

CALIFORNIA TRACK NEWS

FEBRUARY

1980

Issue 42

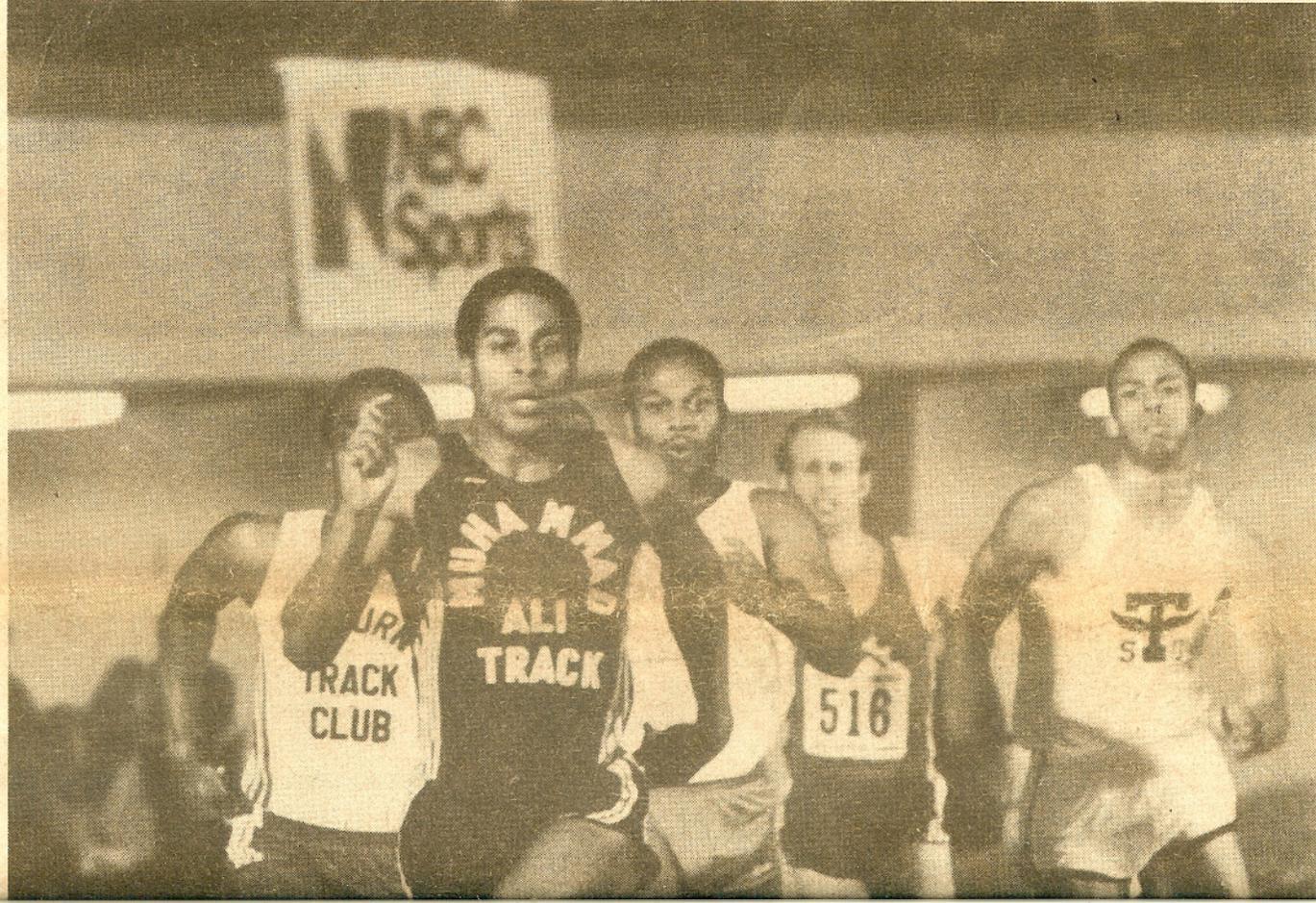
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FEBRUARY 1980

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CALIFORNIA TRACK NEWS
P.O. Box 6103
Fresno, CA 93703

Scott MacLeod
8604 Oakdale St.
Oxon Hill, MD 20022

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The Only Publication Devoted to California Track

California's Top MARATHONERS

by MARTY POST

All Time - Men

Basic rules are that it's the best time for a marathoner while a full-time resident of the state. Faster times after they relocated elsewhere don't count.

The major headache was caused by college students. Marathoners such as Ed Mendoza or Chuck Hattersley who ran their fastest times while out of state at some university I still considered as "Californians" and listed those runners' times. However, to be consistent I did not list times for runners such as Don Kardong or Tony Sandoval while they were enrolled at Stanford.

If you have any additions or corrections please contact California Track News.

2:14:13 Ed Mendoza 12-20-75 Scottsdale
 2:14:39 Chuck Smead 7-11-77 Eugene
 2:14:43 Brian Maxwell* 2-26-77 Seaside
 2:14:45 Chuck Hattersley 9-10-78 Eugene
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 2:15:48 Doug Schmenk 6-17-73 San Mateo

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 2:17:31 Dave Smith 10-13-79 Niagara Falls

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 2:18:32 Mike Cassaday 9-9-79 Eugene

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 2:49:37 Elaine Campo 12-8-79 Las Vegas
 2:49:40 Cheryl Bridges 12-5-71 Culver City

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 2:51:15 Joan Ulyot 12-5-76 Culver City
 2:51:59 Maria Gonzalez 12-1-79 Scottsdale
 2:52:06 Tena Anex 10-23-77 Minneapolis
 2:52:52 Kathy Koudela 1-28-79 Saratoga
 2:53:05 Sally Edwards 9-30-79 Sacramento
 2:53:14 Vicki Bray 12-11-76 Livermore
 2:53:40 Teri Anderson 3-4-73 St. Louis
 2:53:58 Skip Swannack 4-16-79 Boston
 2:54:28 Judy Ikenberry 1-12-74 San Diego

2:55:22 Janet Ledder 1-28-79 Orange
 2:55:35 Ellen Turkel 12-1-79 Scottsdale
 2:56:03 Sue Vinella-Brusher 12-2-79 Oakld
 2:56:10 Irene Rudolf 5-6-79 Weott
 2:56:14 Sandra Kiddy 9-22-79 Waldniel
 2:56:40 Marie Albert 10-23-77 Minneapolis
 2:57:13 Karen Scannell 12-2-79 Oakland
 2:57:41 Nicki Hobson 3-21-76 San Diego
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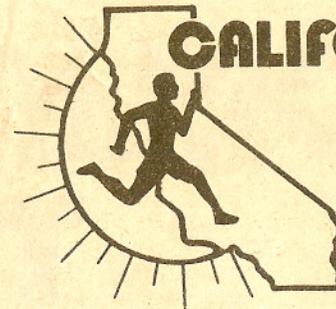
2:58:06 Joanna Martin 11-4-79 Wash DC
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 2:58:28 Judy Milkie 1-30-77 Orange
 2:58:31 Juli Ann Mastain 3-3-79 Chico
 2:58:35 Elaine Ivaldi Miller 10-1-78 Sacto
 2:58:38 Jessie Cook 1-29-78 Orange
 2:58:48 Mickey Young 1-28-79 Orange
 2:58:52 Barbara Paterson 12-10-77 Scotts
 2:58:55 Peggy Lyman 2-10-74 San Mateo
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 (209) 264-5847

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Subscription Rates:
 1 Year \$7.00
 2 Years \$12.00
 3 Years \$16.00
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 2:19:13 Steve Dean 2-28-76 San Mateo
 2:19:14 Dave Frickel 1-14-78 San Diego
 2:19:15 Reid Harter 4-15-74 Boston
 2:19:17 Bill Seaver 9-10-78 Eugene
 2:19:20 Pete Fredriksson* 12-1-74 Cul City
 2:19:31 Dave White 12-3-72 Culver City
 2:19:36 Ron Kurrle 1-27-74 Orange
 2:19:36 Carl Swift 1-25-76 Orange

2:19:39 Ron Nabers 12-2-78 Scottsdale
 2:19:48 Chris Berka 4-18-77 Boston
 2:19:57 Jim Bowles 4-17-78 Boston
 2:20:00 Jean Ellis 9-9-79 Eugene
 2:20:01 Perry Forrester 5-22-76 Eugene
 2:20:04 Ed Chaldez 6-14-75 Palos Verdes
 2:20:13 Roy Kissin 9-9-79 Eugene
 2:20:18 Dennis Rinde 11-10-79 Fresno
 2:20:40 Dave Fleet 1-15-77 San Diego
 2:20:40 Mike Porter 11-26-78 Seattle

* = resident foreigner

All Time Women

2:36:24 Julie Brown 9-10-78 Eugene
 2:38:19 Jackie Hansen 10-12-75 Eugene
 2:38:50 Sue Krenn 4-16-79 Boston
 2:39:11 Miki Gorman 10-24-76 New York
 2:41:49 Marty Cooksey 10-22-78 New York
 2:42:08 Sue Kinsey 2-3-79 Bakersfield
 2:43:02 Sue Petersen 4-16-79 Boston
 2:43:43 Laurie Binder Eugene 9-9-79
 2:45:20 Wendy Walker 2-3-79 Bakersfield
 2:45:36 Penny DeMoss 4-17-78 Boston
 2:46:20 Debbie Lewis 1-14-79 San Diego
 2:46:23 Diane Barrett 12-4-77 Culver City
 2:46:34 Leal-Ann Reinhart 10-23-77 Minn.
 2:46:46 Pat Story 11-3-79 Los Angeles
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 2:19:25 Bill Seaver 9-9 Nike
 2:20:00 Jean Ellis 9-9 Nike
 2:20:13 Roy Kissin 9-9 Nike
 2:20:14 Wayne Badgley* 2-11 West Valley
 2:20:18 Dennis Rinde 11-10 Central Cal
 2:20:43 Ed Chaldez 12-1 Fiesta Bowl
 2:20:47 Ted Quintana 12-2 Oakland
 2:20:54 Steve Godshall 12-1 Fiesta Bowl
 2:20:55 Mike VanHorn 1-28 Paul Masson

2:20:59 Gary Romesser 1-20 Houston
 2:21:12 Bob Burch 10-7 Heart of S.D.
 2:21:26 Wally Buckingham 12-1 Fiesta B.
 2:21:27 Lee Edmonds 12-2 Oakland
 2:21:28 Pat Curran 9-9 Nike
 2:21:28 Ben Martinez 12-1 Fiesta Bowl
 2:21:32 Dave Frickel 1-14 Mission Bay
 2:21:32 Don Paul 4-16 Boston
 2:21:37 Hugh Kuchta 12-1 Fiesta Bowl
 2:21:39 Mark Sisson 9-9 Nike

2:21:54 Jim Arquilla 12-1 Fiesta Bowl
 2:21:54 Mike Mahler 12-1 Fiesta Bowl
 2:22:07 Steve Brown 1-28 Orange
 2:22:09 Jeff Dettmer 8-26 Santa Monica
 2:22:12 Vincent Engel 12-1 Fiesta Bowl
 2:22:47 Carl Stromberg 12-1 Fiesta Bowl
 2:22:49 Athol Barton* 4-16 Boston
 2:22:52 Bill McDermott 10-7 LA Harbor
 2:22:57 Tom Lux 1-14 Mission Bay
 2:22:58 Brad Roy 9-9 Nike

2:22:58 Sal Berumen 12-2 Oakland
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 2:25:31 Dave Vellequette 12-2 Oakland
 2:25:35 Steve Chase 7-8 San Francisco
 2:25:58 Phil Kay 6-3 Sri Chinmoy
 2:26:10 Daryl Zapata 1-20 Houston
 2:26:13 Jeff Clark 12-2 Oakland

2:26:22 Tim Chain 9-9 Nike
 2:26:31 Steve Lassegard 1-28 Orange
 2:26:37 Ken Norton 1-14 Mission Bay
 2:26:46 Mike Fanelli 7-8 San Francisco
 2:26:54 Jim Langley 10-7 Heart of San D.
 2:27:01 Frank Bozanich 4-16 Boston
 2:27:03 James Howard 9-30 Sacramento
 2:27:13 Ernie Rivas 10-21 New York
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 2:27:19 John Gores 12-8 Las Vegas

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 2:55:22 Janet Ledder 1-28 Orange

2:55:35 Ellen Turkel 12-1 Fiesta Bowl
 2:56:03 Sue Vinella Brusher 12-1 Oakland
 2:56:10 Irene Rudolf 5-6 Ave. of Giants
 2:56:14 Sandra Kiddy 9-22 Waldniel
 2:56:56 Marie Albert 1-20 Houston
 2:57:06 Judy Ikenberry 1-20 Houston
 2:57:13 Karen Scannell 12-2 Oakland
 2:57:58 Diane Riley 10-21 New York
 2:57:59 Fran Solomon 1-28 Orange
 2:58:06 Joanna Martin 11-4 Marine Corps

2:58:25 Sue Johnston 12-2 Oakland
 2:58:26 Penny DeMoss 2-18 Mardi Gras
 2:58:31 Juli Ann Mastain 3-3 Bidwell Clas
 2:58:48 Mickey Young 1-28 Orange
 2:59:15 Kathy Martin 12-1 Fiesta Bowl
 2:59:35 Jean Abare 10-21 New York

uncertified:
 2:43:33 Marty Cooksey 5-26 Hang Ten

On The Cover:

Welcome back! John Smith marked his return to amateur ranks with this 400 win at the Ali Indoor Games in 47.20.

photo by Bill Leung, Jr.



Question Corner

by HOWARD WILLMAN

Q. Could you please list every Bay to Breakers race winner since the first race was held?

A. Sure. Here it is 1912, Robert Jackson Vlught, 44:10; 1913, Robert Jackson Vlught, 40:59 (new record); 1914, Oliver J. Miller, 40:46.6 (new record); 1915, Oliver J. Miller, 41:29.6; 1918, Edgar Stout, 42:41; 1919, Harry Ludwig, 42:45.4; 1920, William Churchill, 40:56.6; 1921, Charles Hunter, 40:27.6 (short course); 1922, William Churchill, 42:56 1923, William Churchill, 41:56; 1924, William Churchill, 41:52; 1925, Vincenzo Goso, 42:49.6 (short course); 1926, Frank E. Eames, 42:13;

1927, Frank E. Eames, 42:55.8; 1928, Pietro Giordanengo, 43:05; 1929, Pietro Giordanengo, 43:05; 1930, Manuel John, 43:10; 1931, Jack Keegan, 44:28; 1932, Ray Cocking, 43:19; 1933, Jack Keegan, 43:31; 1934, John Nehi, 42:12; 1935, Leo Karlhofer, 43:50.6; 1936, Joe McClusky, 40:37.2 (short course); 1937, Norman Bright, 39:52 (new record); 1938, Ed Preston, 41:15; 1939, Ed Preston, 41:14; 1940, Ed Preston, 42:12; 1941, Frank Lawrence, 42:39; 1942, James Haran, 43:53; 1943, Joseph Wehrly, 45:01; 1944, Fred Kline, 43:15; 1945, Fred Kline, 43:25.1; 1946, Fred Kline, 44:28; 1947, Merle Knox, 43:52; 1948, Fred Kline, 44:27; 1949, Merle Knox, 42:58; 1950, Elwyn Stribling, 42:57; 1951, John Holden, 46:09; 1952, Jim Shettler, 45:34; 1953, Jesse Van Zant, 42:05; 1954, Jesse Van Zant, 42:15; 1955, Jesse Van Zant, 43:42 (course changed, new record); 1956, Walt Berger, 44:56; 1957, Jesse Van Zant, 44:02; 1958, Wilford King, 41:17 (new record); 1959, Wilford King, 41:30; 1960, Don Kelley, 41:59.8; 1961, Jack Marden, 41:30; 1962, Jim Shettler, 41:25.3; 1963, Herman Gene Gurule, 40:15.7 (new record); 1964, Jeff Fishback, 38:32 (new record); 1965, Bill Morgan, 38:02 (new record); 1966, Eric Brenner, 41:10.6; 1967, Tom Laris, 38:42; 1968, Kenny Moore, 38:15 (course changed, new record); 1969, Kenny Moore, 38:40; 1970, Kenny

Moore, 39:29; 1971, Kenny Moore, 36:57 (new record); 1972, Kenny Moore, 36:39 (new record); 1973, Kenny Moore, 37:15; 1974, Gary Tuttle, 37:07 (course changed, new record); 1975, Ric Rojas, 37:18; 1976, Chris Wardlaw, 37:28; 1977, Paul Geis, 37:03 (new record); 1978, Gerard Barrett, 35:17.4 (new record); 1979, Bob Hodge, 36:50.9.

The 1980 rendition of the race will be its 69th consecutive race since its inception; it is the oldest consecutively-run race in the United States. The race began as the Cross City Race and was first labeled "Bay to Breakers" in 1964 by the *News Call-Bulletin*, then the sponsor of the race. Its field of an estimated 18,000 in 1979 makes it the largest race in the U.S. Except for the first two races, there were less than 100 finishers for every race until 1964, when 124 finished (121 finished in 1912 and 126 in 1913). It first crossed a thousand finishers in 1969 (1,241) and ten thousand in 1977 (12,000, estimated).

In 1921 the course was shortened a few feet, in 1925 it was shortened 308 yards, and in 1936 it was shortened almost a quarter-mile. In 1955 the race routed through Turk Street instead of Golden Gate Avenue, remaining approximately the same length. In 1968 the start was changed from Market Street and The Embarcadero to Steuart and Hayes Street, which hooked up

with Divisadero Street and continued with the old course. In 1974 the race, originally running from San Francisco's Ferry Building to the Cliff House, finished south of Golden Gate Park instead of north near the Cliff House (six years earlier the start was changed a couple of blocks from the Ferry Building). Its current length is 7.6 miles.

□

Q. Who was the last person to set a world pole vault record using a bamboo pole?

A. Cornelius A. Warmerdam of the Olympic Club of San Francisco cleared 15-7 $\frac{3}{4}$ on May 23, 1942, in Modesto for the last world record in the pole vault using a bamboo pole.

□

Send questions of general track and field interest to the National Library of Sports, 180 W. San Carlos St., San Jose, CA 95113.

TUTTLE'S TRACK TOPICS

by GARY TUTTLE

glanced around at Frank Shorter, Garry Bjorklund, Haaden Spic, Ted Casteneda, and two dozen other top runners.

AS WE RAN through the first half-mile, I thought back over the relatively injury-free period in which I had covered around 5,000 miles. I

into racing flats, I was ready, even if I was a little late for the start.

My poor start doomed me to 10th through the first mile. The dirt road was covered with rocks, and running behind had me forever dodging rocks

back. I was afraid to look back, afraid I'd see a dozen runners gaining on me, and then just tighten up and run worse. I ran the last three miles waiting for someone to come flying by. I figured I'd latch on to them and let them pace me into a respectable third place.

Finally with less than a half mile to go, and a 150-yard straightaway directly behind me, I risked a quick look back. I was curious to see how many runners were back there waiting to pounce on me during my traditional slow-motion sprint to the finish.

To my immense relief, the only runners visible were the masters and women runners who had started 40

Churchill, 42:50; 1923, William Churchill, 41:52; 41:56; 1924, William Churchill, 42:49.6 (short course); 1926, Frank E. Eames, 42:13;

Laris, 38:42; 1968, Kenny Moore, 38:15 (course changed, new record); 1969, Kenny Moore, 38:40; 1970, Kenny

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TUTTLE'S TRACK TOPICS

by GARY TUTTLE

"RUNNERS, YOU HAVE 10 seconds to the start. Nine, eight, seven..."

I was only seconds from the start of the 2nd Annual Lasse Viren Invitational, probably the most competitive distance race in California history, and here I was 300 runners and 20 yards behind the starting line.

I had been training hard since winning last year's race, and was prepared physically, but now I was caught unprepared in the closing seconds before the start. Like a rookie, I was still back at a table nervously fumbling with my number, trying to pin it on the front of my jersey.

As Eino, the race director, hit "four," I finished with the last pin, and bolted into the back of the last row of waiting runners. As Eino said "Go," I was still two rows back from the front of the pack, not an ideal start, but at least I hadn't blown 12 months' running in 10 seconds of stupidity.

As we took out first couple of sub-5-minute mile steps, I thought back over the earlier 12 months of running. I was trying to think about something positive in order to build up my confidence. I needed confidence as I

glanced around at Frank Shorter, Garry Bjorklund, Haaden Spic, Ted Casteneda, and two dozen other top runners.

AS WE RAN through the first half-mile, I thought back over the relatively injury-free period in which I had covered around 5,000 miles. I reflected back on the 40 two-hour-plus runs, and the miles and miles of hills. I remembered the dozen races in the last year and the hours of fast training runs. As, I began to grasp the hours of preparation I'd put in, I began to convince myself that I could still run with these guys.

I knew I was fairly well rested for the race, having had a fast but low mileage week. On Saturday, eight days before the race, I ran a 29:21 10,000 meters, a good pre-race run. On Sunday morning I ran an easy, slow two-hour run in the hills. On Monday morning and evening I ran an easy 45 minutes. On Tuesday morning, I ran an easy hour in the hills, and in the afternoon ran four repeat miles at good effort. Wednesday morning I ran 45 minutes easy, but Wednesday afternoon I ran my last hard run, covering seven miles in 35 minutes. Thursday and Friday I ran 35-45 minutes easy in the morning and afternoon, and began eating more carbohydrates and less protein. Saturday, the day before the race, found me irritable (a good sign) and I jogged 20 minutes, just to relieve the pressure.

Race day I was up at 6:30 a.m. and had a shower and a bowl of granola, and drove to Mugu State Park. After a couple of miles of jogging and a change

into racing flats, I was ready, even if I was a little late for the start.

My poor start doomed me to 10th through the first mile. The dirt road was covered with rocks, and running behind had me forever dodging rocks which suddenly appeared as the runners in front of me lifted their feet.

WELL INTO THE second mile, I became afraid for my footing and I could see Kirk Pfeffer of Colorado and Gary Bjorklund of Minnesota 30 yards ahead and pulling away, so I decided to go after them. During miles three and four, I was running strong and began to close on the two leaders. Around mile five I caught Bjorklund on a slight uphill, and a half mile later caught Pfeffer.

Pfeffer and I charged up the 400-yard long hill at six miles, and at the top we had opened a lead of 100 yards on a Frank Shorter-led group of four. Along the top of the hill, I got a small lead and experienced a feeling that I could win the race. My optimism didn't last long, however, because we started down a long, steep downhill, and the long-legged Pfeffer pulled away with every step. The downhill is close to a mile long, and by the bottom Pfeffer had 150 yards and was flying. My attention turned from Pfeffer to the three runners who were now only 30 yards behind me.

Pfeffer (now only a memory) was long gone, and I changed my tactics from running for first place to holding my slim 30 yards over the next four miles.

During the next three miles I worked and concentrated and never looked

back. I was afraid to look back, afraid I'd see a dozen runners gaining on me, and then just tighten up and run worse. I ran the last three miles waiting for someone to come flying by. I figured I'd latch on to them and let them pace me into a respectable third place.

Finally with less than a half mile to go, and a 150-yard straightaway directly behind me, I risked a quick look back. I was curious to see how many runners were back there waiting to pounce on me during my traditional slow-motion sprint to the finish.

To my immense relief, the only runners visible were the masters and women runners who had started 40 minutes before us and were being passed in their last few miles.

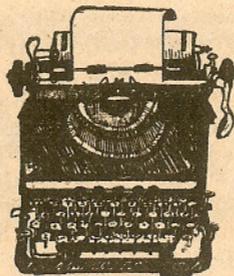
THE FINAL TWO minutes were joyful as I passed numerous spectator-friends clustered near the finish lines, who were sharing in my delight in a local runner finishing second, ahead of some of America's best runners.

The day must have been made for running. The winner, Pfeffer ran an unbelievable 59:13, possibly one of the best performances by an American runner in some time.

Behind me came Dick Mahoney (Greater Boston), and Frank Shorter leading a rapid-fire finish which saw the first eight runners under the winning time of last year. Vince Engel of Ventura finished sixth last year in 67 minutes, but ran 65:00 minutes this year and finished in 25th place. Earlier in the morning Grete Waitz ran a fantastic 68 minutes to lead the women and over 40 men to a very fast finish.

AS I JOGGED around after the race, I tried to think back to remember the last time I won a national-caliber race. Lately they have been few and far between, as I seem to be placing further back. As my tired body started seeking out a beer, it occurred to me that I'm not getting older and slower, they are getting younger and faster.

from the editor...



In the past we have honored the top athletes from all categories of the sport with the title "All California." Last year at this time we named over 500 Californians to this Honor Roll. "An impossible task," you say? That's right! It is virtually impossible to be "all knowing" and be fair in the awarding of this title. We'd, typically, receive a pile of gripes from athletes and coaches who thought we'd made an oversight by not considering them or their athlete - and most were legitimate oversights. So, unless we are swamped by requests to reinstate the "All California Honor Roll" we will be dropping it - at least until we come up with an adequate method for determining recipients. The addition of the departmental editors below may be a step in that direction.

Progress, progress, progress. I guess that's what it's called, and I guess it is supposed to be good. But we are finding out that there is a price to pay for the luxury of "moving forward." For example, we are now mailing CTN through a mailing house. Judy and I used to apply all of the address labels each issue by hand in our family room. We'd sort by zip codes, bundle and then truck them

off to the post office. Other than the fact that it took an entire day (getting well along into the night lately), it was kinda nice, because we know pretty much who our subscribers are and we'd think about each one that we knew as we put their label on and sorted their paper. It was a nice personal touch. Well, no more. The papers will go straight to the mailhouse and out from there - untouched by us. It also means that it will take longer for a new subscriber to get his first issue, and for address changes to be effective. That's progress.

Another aspect of the paper which is being improved is in the production. Judy and I used to do everything. Now we have help, especially with the typesetting, which is so time consuming. But, then it was kind of nice to type all of the results ourselves - it gave us a real feel for the sport. We'll be a little bit more ignorant as a result. That's progress.

We don't want to progress so much that we lose touch with the grass roots level of the various aspects of the sport in California. And, we don't want CTN to become *just* a business operation. We want to stay small enough to be personal. We want to remain a paper for athletes, coaches and fans, by athletes, coaches and fans. All of our staff is involved in one of these three in one way or another, most are at least into running (Judy will beg off at this point) for fun and fitness; and many are serious competitors.

We now have a circulation of about 10,000 copies and most of the current depersonalization in the name of progress is necessary to get that many copies distributed, not to mention putting the thing together in the first place.

As we have always said, CTN is a service paper, providing a much needed (at least in our humble opinion) service to the sport and those who participate in it locally. We want it to be **your** paper. One of these issues soon we will have the reader survey which we've promised you. In the meantime, let us know what you want.

It is becoming increasingly difficult for your editor to keep up with everything that is happening in all areas of our sport (not that I was ever able to do it). Until recently I've tried to coordinate and keep up with every aspect of the sport from high school through masters, from road racing to indoor track. Realistically, it is just too

much for any one person to attempt.

So, we're happy to announce the appointment of two department editors:

(1) **Keith Conning** will be High School Editor and will be in charge of all California high school material for the paper. Keith has been our Northern California High School Correspondent from the very beginning and now having him organize all of the state's prep coverage will provide for much better coordination among all the sections. From now on channel all high school material through Keith: *Keith Conning, 2235 Browning St., Berkeley, CA 94702.*

(2) **Richard Slotkin** will be our Long Distance Editor and will be organizing all of the reporting and write ups on the state's multitude of road races. Dick has been covering the Southern California area events the past three years, but will now be expanding to coordinate all the state's LDR activities. Send all Road Racing highlights, pictures and stories directly to Dick: *Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.*

However, please, always send a copy of LDR results (or any results, for that matter) to the **California Track News Main Office, P.O. Box 6103, Fresno, CA 93703.** That way we can begin the tedious job of typesetting them for publication. **Remember:** Copy of results to main office in Fresno; story, highlights and pictures to Richard Slotkin in Culver City.

MAILBAG

MADERA X-C SLIPPERS O.K.

The following two letters were received in regards to Madera High School's disqualification from the CIF Central Section Cross Country Champ-

mailing list of colleges with track stadiums.

For Feb. 9 you list an "American Congress of Athletics Invitational." I am told there will be one on Feb. 2 at Mt.

get coverage from a school paper and generally extensive coverage from a local paper, while the open athlete is lucky to get a single line. Trying to train alone, find money and still race

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As for the results page: we're bringing 'em back. This issue should see a start and we should be back to full tilt

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MAILBAG

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The following two letters were received in regards to Madera High School's disqualification from the CIF Central Section Cross Country Championship Meet, because their runners ran in gymnastic slippers.

...Ed

We have received the gymnastic shoe (slipper) sent to us for a ruling on the legality of its use in track and field or cross-country competition. We find the shoe does in fact have a well-defined, semi-rigid sole attached to a canvas top. In our opinion this shoe would provide the minimum protection required in rule 2-3-6.

Thomas E. Frederick
Associate Director
National Federation of High Schools

In view of Mr. Frederick's opinion, I have no alternative but to deny the protest and declare the results of the Madera runners in the Section final as official and legal.

Carl Berra
Executive Secretary
C.I.F. Central Section

WEAKEST DEPT.

Last year I wrote you about California Track News' weakest dept.— "Schedule." This Nov-Dec issue seems worse. For example note the attached, not listed by you. If you would have listed this all comers meet I could have been one of the persons who attended.

Can't you have your News put on the

mailing list of colleges with track stadiums.

For Feb. 9 you list an "American Congress of Athletics Invitational." I am told there will be one on Feb. 2 at Mt. SAC which you haven't listed. Is this correct?

My subscription expires in April. I take the News just for the schedule. I would rather see a meet than read about it afterward, in the papers or in the News.

Should I renew?

John L.J. Hart
Laguna Nigual

We are on the mailing list of many colleges. We did, in fact, receive notification of the New Years meet which you mention. However, the information came to us after the December/January issue was printed and mailed. The deadline for this issue was back in November.

Should you renew? Yes, certainly! The December/January issue had over 100 schedule listings, and the current February issue should have close to 150. If you can find a local publication with a better schedule.....buy it!

...Ed

BRING BACK THE RESULTS

I really enjoy CTN, but am depressed at the current trend towards high school running in your magazine. Your Dec-Jan issue contained 5½ pages of high school cross country and about ¼ page of Open (2 of college). High schoolers, as well as college runners,

get coverage from a school paper and generally extensive coverage from a local paper, while the open athlete is lucky to get a single line. Trying to train alone, find money and still race well is very tough, but usually worth it. We would like to get a few lines of recognition in a publication such as yours, but all the space is taken up by high schoolers.

I would also like to see the results page brought back; just give me the "box scores" and I'll write my own story.

Thank you for the paper.

P.S.— Tell Keith Conning that K. Keyes' 10:12 two mile was made while she was a frosh at UCLA. Kate graduated from Tamalpais High School in 1974.

Peter Sweeney
"Aggies Forever"
San Luis Obispo

Peter— I agree with your sentiments about the lack of support and publicity for the "open" athlete in track and running. It is a major problem throughout the U.S. Quite frankly, we find it most difficult to get information from the "open" sector of the sport. The high schools and colleges are much better organized [they have people paid to do these things]. Do you have any suggestions? How about a "Club News" page each issue. We could gather as many club newsletters as possible and put together a monthly summary. Want to head it up?

Could you see to it that we at least

get a copy of the Aggie Running Club Newsletter - The Holy Sole?

As for the results page: we're bringing 'em back. This issue should see a start and we should be back to full tilt by March.

Thanks for your encouragement and continued support.

...Ed

I really enjoy California Track News. I think it is super. About the only suggestion I have is keep up the results. I feel results are far more important than stories about the race, person, etc. But this is just my opinion. Anyway, keep up the good work.

Chuck Smead
Santa Paula

MORE ON MEET CANCELLATION

I was very disappointed to see the manner in which the All U.C. cross country meet was handled. At our Del Rey League Cross Country Finals, all divisions including the girls ran in a driving rain storm. To cancel a meet once teams have arrived is unthinkable, especially in an overnight meet.

Myron Lucen
Granada Hills

There is a flaw in the story about the cancellation of the All Cal cross country race which you printed in your December issue.

If the main cross-country course was unrunable and any potential rain courses were under water, then where did the UCSB team run their "10-miler"

which apparently was run right after the meet was "cancelled."

*Tom Grimmel
Los Angeles*

In response to the controversy which appeared in the "Letters to the Editor" last issue - concerning the cancellation of the University of California All Cal Cross Country Meet. If in the best judgement of the coaches or meet director a given situation is judged to be neither safe nor fair a race should be cancelled (or postponed). A responsible meet director will have the best interests of the athletes in mind even if it means no race. It's a shame, but it happens.

*Parker Wilson
Riverside*

A.A.U. MARATHON CONFUSION

The following letter was written to Dan O'Keefe, meet director of the Paul Masson/National AAU Marathon. The marathon was run on January 27[see story and results in this issue]. We received a copy of the letter and print it here to help clarify the situation for our readers.

...Ed

Dear Dan:

By now I'm sure you're up to your ears in complaints about the problems with the Marathon on Sunday, so I'm not going to add anything new, but I am going to present to you what I feel are three important steps that must be taken **immediately** if you are to salvage any of the prestige of the Championships and smooth over some of the criticism coming at you. Please hear me out and read the following very carefully.

(1) The course, as I understand, has not been certified properly using the calibrated bicycle method as designated by the A.A.U. (Ted Corbitt, et al). If it indeed has been, then those figures should be made available immediately to Corbitt and our own District Certification Chairman, Sheldon Gersh. I am not saying that the course length is incorrect (aside from the "cut course problem"); I'm just asking you to provide us with the appropriate statistical records of your measurements (not the laser-measured figures) so that the

following be done immediately:

(a) You should compile a list of finishers.

(b) That list should then be sent to all clubs that you figure might enter into the team scoring for any division, requesting that each club write in a notation next to all members they can spot that finished. Since no mention (that I know of) was made by you regarding maximum number on a scoring team, you will simply have to take the top three from each club unless a club has specifically entered an "A" and "B" team(s), etc.

(c) After you receive responses from all (or most) of the clubs you mailed to, then and only then should you figure out team scores (based on total team time of top three scorers) and award those teams as champions.

If the above three items are not done immediately, you will be in more "hot water" than you already are at the moment. This way you can at least try and salvage something and show the runners you really care about the outcome of the race.

Dan, I realize that you put in a lot of time and effort on the race. This was obvious. But unfortunately, while you are an excellent PR man, I'm afraid that details that were important to runners (not spectators or the media or the sponsor)...who will ultimately "make or break" your race...were not thoroughly attended to by you or any of your appointees.

Lastly, the finish-line was a disaster. I don't know who you spoke with in regard to setting it up, but certainly not anyone very knowledgeable. There is no way you should have relied on a single chute for that many runners. Also, your computer system should have easily printed out easily removeable name-tags that could have been attached to each runner's number. All your recording, including aid at the finish, was done right in the chute. To prevent chute problems, the idea is to get people out of the chute as fast as possible and do as little as possible in the chute to accomplish that end. That is what caused your problems (not enough chutes and trying to do too much in the chute). Aid should have been clearly away from the chute

Richard is obviously quite a Julie Brown fan...."the redoubtable Ms Brown." I would like to have seen a little more objective report. It sounded like there was never a doubt that Julie would win. Did you see the "Undoubtable" Ms Brown at the National AAU Meet? I cannot see how you were the only person that I have found that thought the meet was well run and the course was well marked. It had to be one of the worst marked championship courses that our top women have had to run on. Cyndy Poor ran and will back up everything that I have said. Richard says that he was there for the senior race...are you sure that is a fact? Michele (remember: one of the sweetest kids) Bush was upset at the article, and at the course markings and monitors.

Please do not praise a meet that is poorly run. Please do not praise Julie Brown so openly, the same Julie that could have easily called to Michele (who was leading) when she took the wrong turn. The others in the race did call to Michele, they are schooled in a different way, I guess...

Just a little steam that I wanted to let go of...remember that the letter started with praise. Keep up the good work.

*Scott Chisam, UCLA womens coach
track & field - cross country*

SLOTKIN'S REPLY

Gee, this is the first letter we've gotten taking me to task. Thank heavens! Now I know that *someone* is reading my stuff.

Coach Chisam makes a couple of irrefutable points, of course, and I would not want to be one to go head-to-head with someone as qualified as he is. The course was, in fact, a bit more complicated than you might want to see in a championship event. Still, this is cross country, so you have to be ready for a few surprises. As a matter of fact, others will back up Coach Chisam on the course having been poorly marked in the last 3/4 mile. When I looked at it prior to the races, it seemed ok, but in the heat of competition, it could be a whole 'nother matter.

Still, at the point where Bush got lost, his case may be a bit weaker. Consider: there were arrows there

Merrill, who I hear used to be pretty good. These ladies specialize in their events while Brown has run rather impressively, they say, everything from the 800 to the marathon. A silver and two bronzes...I don't guess I'm that impressed..not bad, though.

Rereading my account, I can't find myself saying that I thought the race was well run. As far as my being there, Gee...I have a whole roll of film to prove that I was at least in the vicinity, not to mention a few witnesses like the whole Santa Monica TC team, Ruth Caldwell, Fran Soloman, Elaine Campo, and even though I won't count Brown, her coach, Chuck Debus saw me. Honest! I was there! I got lost like everyone else, but I got there.

As to praising Brown, I am not a put-down artist like Dick Young of the *New York Daily News* (I think), and I reserve the right to good-mouth anyone. I am sorry that Michele was upset, but she did run off course and I reported it. But, I'll let her in on a little secret: I am authorizing Editor Cockerham to send her a photocopy of my ballot, cast last month, for CTN's female Long Distance/Road Runner of the year - Michele Bush ranks pretty high with me.

*Richard Slotkin, LDR Editor
California Track News*

THANKS, WE NEEDED THAT

Without a doubt you have the **most thorough** magazine in the sport. You do report from the inside - that's a refreshing change. Thank you for your open reporting and constant effort to publish the truth.

*Phil Ryan
Distance Running Coach
San Marino High School*

CONCERNED

I have become increasingly concerned about the number of negative sounding letters you have been receiving lately. The Letters to the Editor has become one of my favorite parts of the paper and I hope you don't become discour-

with the Marathon on Sunday, so I'm not going to add anything new, but I am going to present to you what I feel are three important steps that must be taken **immediately** if you are to salvage any of the prestige of the Championships and smooth over some of the criticism coming at you. Please hear me out and read the following very carefully.

(1) The course, as I understand, has not been certified properly using the calibrated bicycle method as designated by the A.A.U. (Ted Corbitt, et al). If it indeed has been, then those figures should be made available immediately to Corbitt and our own District Certification Chairman, Sheldon Gersh. I am not saying that the course length is incorrect (aside from the "cut course problem"); I'm just asking you to provide us with the appropriate statistical records of your measurements (not the laser-measured figures) so that the accuracy of the course may be determined. If the certification has not yet been performed via the correct methods, then you should have two competent individuals do it within the next few days (no later than Feb. 2) at your (Paul Masson's?) expense...The course that was the "actual" course should be measured, and also, the course that was actually run on Sunday should be measured (the cutoff portion on Austin).

(2) Legitimacy of using times run for qualifying for Olympic Trials and/or Boston Marathons...since the course will most likely turn up "short" (the course that was run on Sunday), you will have to "extrapolate" times, based on the added distance that would have needed to be run to make it a "full marathon of 26 miles, 385 yards," assuming the runners could have continued at the same pace...Then you should contact both the Athletics Congress and Boston Marathon, with these figures and "appeal" to them for acceptance of times run as a means of qualifying for those races.

(3) Team scoring--Since your method of having teams declare for the Championships was totally inadequate (and since you didn't mention anything about maximum numbers able to compete on a team...5 by AAU rules), I am suggest-

break" your race...were not thoroughly attended to by you or any of your appointees.

Lastly, the finish-line was a disaster. I don't know who you spoke with in regard to setting it up, but certainly not anyone very knowledgeable. There is no way you should have relied on a single chute for that many runners. Also, your computer system should have easily printed out easily removeable name-tags that could have been attached to each runner's number. All your recording, including aid at the finish, was done right in the chute. To prevent chute problems, the idea is to get people out of the chute as fast as possible and do as little as possible in the chute to accomplish that end. That is what caused your problems (not enough chutes and trying to do too much in the chute). Aid should have been clearly away from the chute system.

I hope you take these comments as constructive criticism! As a director of several National Championships myself, I know the crises that can develop, but I think if you had done a little more planning with the "athlete" in mind, things would have not turned out as they did. If you had paid a few knowledgeable runners to be on your committee who had experience in directing large races, they could not only have made your job easier, but none of this probably would have happened. While anyone can make mistakes, it certainly does not help to run away from what you have created. So please Dan, for the athletes involved, take urgent steps as I have suggested to help straighten this mess out the best you can.

*Jack Leydig, Editor
NorCal Running Review*

POOR COURSE MARKINGS

First, let me congratulate you on the fine women's cross country coverage this year. I was very pleased with each issue and will help in any manner requested in the future.

One small problem came up in the last issue, in the section titled "AAU Women's State X-C Championships."

SLOTKIN'S REPLY

Gee, this is the first letter we've gotten taking me to task. Thank heavens! Now I know that *someone* is reading my stuff.

Coach Chisam makes a couple of irrefutable points, of course, and I would not want to be one to go head-to-head with someone as qualified as he is. The course was, in fact, a bit more complicated than you might want to see in a championship event. Still, this is cross country, so you have to be ready for a few surprises. As a matter of fact, others will back up Coach Chisam on the course having been poorly marked in the last 3/4 mile. When I looked at it prior to the races, it seemed ok, but in the heat of competition, it could be a whole 'nother matter.

Still, at the point where Bush got lost, his case may be a bit weaker. Consider: there were arrows...there were cones...there were course monitors...there were pre-race instructions...and there was even a walk through. Now, I'll admit that my eyesight is not the best in the world, but I was on the hill overlooking that spot, and I was viewing much of it through my 300mm lens, which is a potent little telescope. At that point Bush had just pulled ahead of Brown. Brown noticed her move off course, but according to her, thought, "what's she trying to do." The move caught Julie by surprise and she just kept going. Afterwards, according to Julie, "Bush admitted she made a mistake. The course wasn't well marked. Those things happen. The walk-through beforehand helped."

I can't say that I'm a Brown fan, at least not in the sense that I root for her to win. It is kind of hard to ignore her talent, though. She did win by almost a minute...far more than Bush lost when she missed the turn. Coach Chisam is again correct when he points out that Brown wasn't all that dominant at the National AAU Meet. Of the three meets she entered, the best she could do was only one second and a pair of thirds. Admittedly, she did have some competition...nothing really great...somebody by the name of Larrieu, a Mary Becker or Decker or something and Jan

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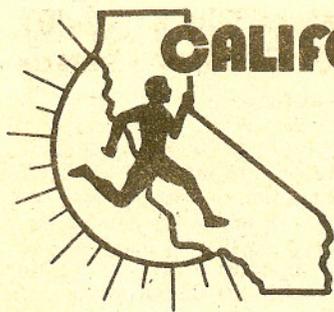
I think you are telling it like it is and reporting items of interest to track and field, both good and bad happenings. Some magazines gloss over things and give us only a rosey eyed view of what's going on. If someone blew it we want to know about it - if something's wrong, it shouldn't be suppressed. If coaches, athletes and fans know they might have their careless blunders publicized they may take a little more time to do it right or to be sure they are on the up-and-up. Pointing out these things can only serve to eventually upgrade the sport.

Keep giving it to us. And, if you are worried about losing those readers who seemed ticked off, you can be assured that 10 more will be happier to subscribe because of it.

*Marlene Johnson
Oakland*

Please send letters of interest to "Mail Bag," California Track News, P.O. Box 6103, Fresno, CA 93703.

We reserve the right to print any letter which we receive, unless requested not to do so. Letters may be edited for brevity and/or clarity.



CALIFORNIA TRACK NEWS

ATHLETES of the YEAR 1979

Now that 1979 is in the record book and the 1980 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 panel of experts (see listing of panel members below) and their choices are tabulated here. The most outstanding California athlete for each division is listed with the vote-points received (10 points for a first place vote from an expert, 6 points for a second place vote, 4 for a third, 2 for a fourth, and 1 for fifth. The other athletes receiving votes and their points follow each selection.

Panel of Experts: Listed here are the members of the Panel of Experts who voted in one or more of the division categories:

Jack Albiani, Augie Argabright, Jim Arquilla, Dave Babiracki, Lolitia Bache, Kathy Brieger, Steve Broten, Calvin Brown, Harmon Brown, Joe Burgasser, Jim Bush, Scott Chisam, Bill Cockerham, Jerry Colman, Keith Conning, Bob Coons, Tom Cory, Rich Ede, Fran Errota, Red Estes, Gordon Fitzel, Vern Gambetta, Emson Grimm, Lance Harder, Peanut Harms, Jon Hendershott, Joe Henderson, Jim Hunt, Tom Jordan, Will Kern, Randy Kilpatrick, Percy Knox, Jim Lambe, Fred LaPlante, Bob Larsen, Jack Leydig, Tom Lionvale,

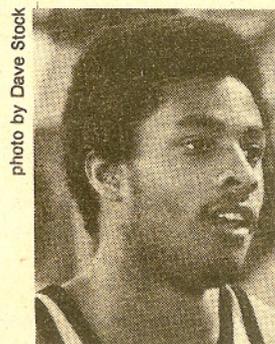


photo by Dave Stock



photo by Keith Conning



photo by Don Gosney



photo by Diane Johnson

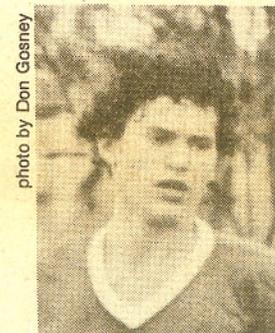


photo by Don Gosney



photo by Diane Johnson



photo by Bill Leung, Jr.



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Panel of Experts: Listed here are the members of the Panel of Experts who voted in one or more of the division categories:

Jack Albiani, Augie Argabright, Jim Arquilla, Dave Babiracki, Lolitia Bache, Kathy Brieger, Steve Broten, Calvin Brown, Harmon Brown, Joe Burgasser, Jim Bush, Scott Chisam, Bill Cockerham, Jerry Colman, Keith Conning, Bob Coons, Tom Cory, Rich Ede, Fran Errota, Red Estes, Gordon Fitzel, Vern Gambetta, Emson Grimm, Lance Har- der, Peanut Harms, Jon Hendershott, Joe Henderson, Jim Hunt, Tom Jordan, Will Kern, Randy Kilpatrick, Percy Knox, Jim Lambe, Fred LaPlante, Bob Larsen, Jack Leydig, Tom Lionvale, Bob McGuire, Kathy Martin, Steve Miller, Bill Minarik, Peter Mundle, John Norton, Ed Oleata, John Orogren, Bruce Orvis, Lou Patterson, Jim Pea- body, Vince Reel, Jeff Rigdon, Evans Roderick, Brad Roy, Frank Russell, Bob Seaman, Dave Shannon, Al Sheahan, Jack Shepard, Chuck Skow, Dick Slot- kin, Chuck Smead, Doug Speck, Walt Stack, Bill Stock, Art Tanick, Scott Thomason, Laurel Treon, Gary Tuttle, Steve Wennerstrom, John Wenos, Howard Willman, Steve Wolters, Bob Womack.

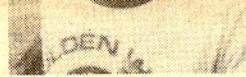


photo by Don Gosney



photo by Diane Johnson



photo by Bill Leung, Jr.



photo by Don Gosney

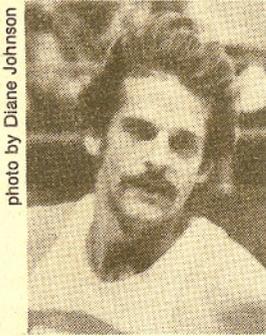


photo by Diane Johnson



photo by Diane Johnson



photo by Don Gosney

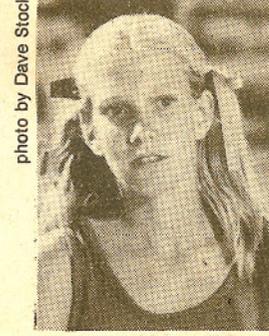


photo by Dave Stock



Bill Green
John Frank
Duncan Macdonald

Renee Wyckoff
Miki Gorman
Evelyn Ashford

Jim O'Neil
Joe Burgasser
Kathy Mintie

Maggie Keyes
Ruth Caldwell
Vickie Cook

Andre Phillips
Sheri Howard
Nick Newton

Boys High School Track

BILL GREEN(76): Undefeated in high school competition, high school national record in the 400. State champion in the 100. Placed third in Senior Nationals 400.

Others: Jeff Nelson(33), Jeff West(20), Lee Balkin(12), Mike Sanford(10), David Mack(4), Henry Ellard(2), Paul Medvin(1)

Previous selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubley 1976, James Sanford 1977, Dave Porath 1978.

Junior Women Track

[including high school]

SHERI HOWARD(114): State champion. AAU Junior champion. 51.09 best time. Member of national high school mile relay record. Member of third place World Cup 1600 Relay team.

Others: Leslie Deniz(62), Gwen Loud (58), Marian Franklin(6), Ann Regan(6), Jacque Nelson(6), Linda Goen(5), Kathy Hamilton(5), Sue McNeal(4), Vickie Cook (2), Tonya Alston(2), Deneen Howard(1).

Previous selections: Mary Decker 1974, Cathy Sulinski 1975, Freida Cobb 1976, Ann Regan 1977.

High School Boys Cross Country

JOHN FRANK(48): Undefeated. First in NorCal, Junior Olympics Regional, and Junior Olympics National Championships.

Others: Barasa Thomas(46), Andy DiConti(22), Jay Marden(12), Jon Butler (6), Rich Read(5), Gary Gonzales(5), Eric Sappenfield(2), Mike Parkinson(2), Fernando Balderas(1).

Previous selections: Ralph Serna 1974, Thom Hunt 1975, Tim Holmes 1976, Frank Assumma 1977, Jeff Nelson 1978.

Junior Women Cross Country

[including high school]

VICKIE COOK(60): Second in Kinney Western Championship. Southern Section CIF fastest with 2A win. Won many invitationals. Only bad race due to illness at Kinney's Nationals, but still placed 6th.

Others: Roxanne Bier(57), Kerry Brogan(30), Kathy Kiernan(30), Kim Schnurpfeil(20), Linda Goen(14), Cathy Demmelmaier(12), Sue Gelley(10), Anabelle Villanueva(9), Shelly Hazlett(8), Diane Har-

rell(7), Liz Strangio(6), Robyn MacSwain(6), Shelly Nieto(6), Maria King(4), Amy Harper(2), Teri Brown(2).

Previous selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Blier 1978.

Community College Mens Track

ANDRE PHILLIPS(60): Won the State Championships in the highs and intermediates as well as part of the winning 400 relay. Set a national record in the intermediates.

Others: Steve Ortiz(12), Larry Goldston(11), Carmelo Rios(6), Ron Williams(6), Willie Jackson(5), Gary Williams(4), Paul Bates(2), Vernon Sallaz(2), Derek Robinson(2).

Previous selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976, Houston McTear 1977, Kenneth Hayes 1978.

Community College Womens Track

RUTH CALDWELL(40): Dominated her event as no other athlete did. Undefeated in community college competition all year in 800 and 1500. State champion in both 800 and 1500.

Others: Yvette Evans(34), Debbie White(12), Ann Wotherspoon(6), Donna Mayhem(4), Donna Hunnerlach(4), Pam Bowers(2), Joselyn West(2), Julie Flynn(1).

Previous selections: Gail Douglas 1977, Ruth Caldwell 1978.

Community College Men Cross Country

RICK ROSE(69): State Champion.

Others: Carmelo Rios(35), Dennis Hamblin(30), Jim Christiansen(8), Alfredo Rosasa(7), Mark LaBonte(4), Steve McCormack(3), Steve Binns(2), Danny

Men's 4 Year College Cross Country

THOM HUNT(92): Third PAC-10 and 5th NCAA I - highest Californian in both.

Others: Jim Schankel(88), Steve Alvarez(22), Steve Ortiz(16), Mark Spilsbury(14), Ron Cornell(12), Rich Hunsaker(4), Dan Aldridge(3), Lance Packer(2), Roy Kissin(1), Danny Grimes(1), John Brennemann(1).

Previous selections: Dave Taylor 1974, Terry Williams 1975, Terry Cotton 1976, Thom Hunt 1977, Thom Hunt 1978.

Open Men's Track and Field

EDWIN MOSES(50): Yes, he is a resident of California - has been for 'bout a year. AAU and World Cup champion. Number one in the world in the intermediates.

Others: Steve Scott(36), Mac Wilkins(14), James Robinson(14), Dan Ripley(5), Ken Stadel(4), Mike Tully(3), Quentin Wheeler(2), Knut Hjeltnes(1), Ron Livers(1).

Previous selections: Bruce Jenner 1974, John Powell 1975, Bruce Jenner 1976, Arnie Robinson 1977, Mac Wilkins 1978.

Open Men's Cross Country

DUNCAN MacDONALD(78): Winner of PA-AAU Championships and placed 6th in AAU Nationals for California's highest placer.

Others: Steve Scott(76), Dave Babiracki(28), Bill Britten(10), Larry Lawson(10), Dave Daniels(3), Gary Tuttle(2), Jerald Jones(1), Don Moses(1).

Previous selections: Bob Thomas 1976, Dave Babiracki 1977, Larry Lawson 1978.

Senior Women Track and Field

EVELYN ASHFORD(110): Winner of 100 and 200 in AAU and World Cup with American records. Ranked number one in the world in 100.

Others: Deby LaPlante(40), Jodi Anderson(24), Julie Brown(17), Maren Seidler(16), Mary Decker(15), Francie Larrier(14), Jane Frederick(10), Cathy Sulinski

Others: Gary Tuttle(37), Steve Scott(36), Duncan Macdonald(29), Gary Blume(14), Jim Schankel(12), Benton Hart(12), Brian Maxwell(8), Larry Lawson(6), Steve Ortiz(5), Mike Pinocci(4), Ben Wilson(4), John Moreno(2), Tony Ramirez(2), Ralph Serna(2), Dave Smith(2), Steve Paladino(2), Chuck Smead(1).

Previous selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976, Gary Tuttle 1977, Gary Tuttle 1978.

Female Long Distance Road Racing

KATHY MINTIE(44): Set American records at 13 miles, 15 kilo, 10 miles, and 20 kilo.

Others: Sue Petersen(32), Sue Krenn(30), Laurie Binder(18), Michele Bush(16), Sue Munday(10), Judy Fox(10), Maggie Keyes(10), Pat Story(8), Vickie Cook(8), Linda Heinmiller(7), Julie Brown(6), Marty Cooksey(4), Karen Scannell(4), Sandra Kiddy(4), Debbie Lewis(2), Ruth Caldwell(1), Kathy Martin(1).

Previous selections: Jackie Hansen 1974, Jacki Hansen 1975, Miki Gorman 1976, Miki Gorman 1977, Marty Cooksey 1978.

Masters Div. I (40-49) Track & Field

NICK NEWTON(50): Won 9 championships. At World Games was second in 400 and high jump, plus third in 100 and 200. Won AAU Indoor 50 and 300.

Others: Al Henry(36), Gary Miller(18), Percy Knox(8), Dave Jackson(8), Marion Sanchez(3), Larry Stuart(3), Ed Oleata(2), Shirley Davisson(1), Bob Humphreys(1).

Previous selections: Bill Fitzgerald 1974, Peter Mundle 1975, Shirley Davisson 1976, Dave Jackson 1977, Ken Dennis 1978.

Masters Div. II (50-59) Track & Field

TOM PATSALIS(46): Won long jump and triple jump at World Games, plus 5th in 100.

Others: Bill Fitzgerald(30), Ozzie Dawkins(16), Bob Hunt(16), Avery Bryant(10), Ray Spencer(5), Bob Sieben(2), Jim

Masters Div. I (40-49) Cross Country - Roads

JOE BURGASSER(36): Won National 25 Kilo and was second in National Marathon. First American in World Masters Road Racing Championships in England.

Others: John Brennand(34), Doug Latimer(11), Ken Napier(10), Ulrich Kaempf(9), Skip Shaffer(9), Darryl Beardall(8), Ross Smith(6), Bob Wellick(6), Ray Menzie(4), Tom Cathart(4), Jim Nicholson(2), Dennis Teagarden(1), Frank Delgado(1).

Previous selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976, Kent Guthrie 1977, John Brennand 1978.

Masters Div. II (50-59) Cross Country - Roads

JIM O'NEIL(60): National Cross Country champ. Tops at all long distances in division.

Others: Bill Stock(20), Fred Nagelschmidt(10), Pete Mundle(8), Bob Beal(6), Bob Malain(6), Con Erden(6), Tracy Brown(4), Bill Phillips(4), Fred Dunn(4), Sid Toabe(4), Carol O'Connor(4), Joe Klass(1).

Previous selections: Jim O'Neil 1975, Jim O'Neil 1976, Jim O'Neil 1977, Ed Almeida 1978.

Masters Div. III (60-69) Cross Country - Roads

ED LEWIN(28): Consistent winner in local road races.

Others: Jim Oleson(24), Ed Lowell(16), Paul Reese(14), John Lafferty(14), Ted Warm(6), Clyde Alling(4), Bob Long(2), Charlie Seekins(2), Albert Jarsche(2), Don Lundberg(1).

Previous selections: John Montoya 1976, Chuck Seekins 1977, Chuck Seekins 1978.

Masters Div. IV (70+) Cross Country - Roads

MONTY MONTGOMERY(50): When he runs, he's consistently tops.

Others: Paul Spangler(30), Walt Stack(12), Ivor Welch(10), Willard Benton(4), Jim Boles(2), Walt Fredricks(1).

Previous selections: Paul Spangler

Women's Track

RUTH CALDWELL(40): Dominated her event as no other athlete did. Undeclared in community college competition all year in 800 and 1500. State champion in both 800 and 1500.

Others: Yvette Evans(34), Debbie White(12), Ann Wotherspoon(6), Donna Mayhem(4), Donna Hunnerlach(4), Pam Bowers(2), Joselyn West(2), Julie Flynn(1).

Previous selections: Gail Douglas 1977, Ruth Caldwell 1978.

Community College Men Cross Country

RICK ROSE(69): State Champion.

Others: Carmelo Rios(35), Dennis Hamblin(30), Jim Christiansen(8), Alfredo Rosa(7), Mark LaBonte(4), Steve McCormack(3), Steve Binns(2), Danny Hernandez(1), Tony Timmerman(1).

Previous selections: Bob Thomas 1974, Henry Perez 1975, Bob Paulin 1976, Tim Holmes 1977, Bill Hurst 1978.

Community College Women Cross Country

RENEE ORTIZ WYCKOFF(120): State champion and undefeated except for second place in Junior Olympic National Championships.

Others: Ann Regan(38), Sabrina Peters(36), Irene Crowley(19), Lita Whiteman(8), Beth Milewski(8), Lucid Rodriguez(3).

Previous selections: Ruth Caldwell 1977, Ruth Caldwell 1978.

Men's 4 Year College Track and Field

JAMES SANFORD(70): Won AAU and World Cup 100. Rated best in world at 100 meters.

Others: Dave Laut(62), Greg Foster(34), LaMonte King(15), Bart Williams(4), Jim Schankel(3), Thom Hunt(2), James Frazier(1), David Omwansa(1).

Previous selections: Dwight Stones 1976, Mike Tully 1977, Clancy Edwards 1978.

Open Men's Cross Country

DUNCAN MacDONALD(78): Winner of PA-AAU Championships and placed 6th in AAU Nationals for California's highest placer.

Others: Steve Scott(76), Dave Babiracki(28), Bill Britten(10), Larry Lawson(10), Dave Daniels(3), Gary Tuttle(2), Jerald Jones(1), Don Moses(1).

Previous selections: Bob Thomas 1976, Dave Babiracki 1977, Larry Lawson 1978.

Senior Women Track and Field

EVELYN ASHFORD(110): Winner of 100 and 200 in AAU and World Cup with American records. Ranked number one in the world in 100.

Others: Deby LaPlante(40), Jodi Anderson(24), Julie Brown(17), Maren Seidler(16), Mary Decker(15), Francie Larriou(14), Jane Frederick(10), Cathy Sulinski(10), Lynn Cannon(6), Jan Oehm(4), Pam Spencer(4), Kelia Bolton(2).

Previous selections: Francie Larriou 1974, Jane Frederick 1975, Kate Schmidt 1976, Kate Schmidt 1977, Jodi Anderson 1978.

Senior Women Cross Country

MAGGIE KEYES(108) 5 course records. Only lost to one Californian, Kathy Mintie. Highest Californian in AIAW Nationals with 6th place.

Others: Kathy Mintie(53), Julie Brown(42), Jan Oehm(40), Kim Schnurpfell(36), Francie Larriou(6), Michelle Bush(6), Cyndy Poor(6), Cindy Schmandt(6), Linda Goen(5), Cheri Williams(4), Michelle Aubuchon(3), Alice Trumbly(2), Jill Symons(1).

Previous selections: Julie Brown 1974, Julie Brown 1975, Julie Brown 1976, Judy Graham 1977, Julie Brown 1978.

Men's Long Distance - Road Racing

DAVE BABIRACKI(86): Dominated Southern California road racing. Gary Tuttle has been California's top LDR athlete the past five years, however, Babiracki bested him at 10k and marathon. Two marathons at 2:15. National 25 Kilo Champ.

Track & Field

NICK NEWTON(50): Won 9 championships. At World Games was second in 400 and high jump, plus third in 100 and 200. Won AAU Indoor 50 and 300.

Others: Al Henry(36), Gary Miller(18), Percy Knox(8), Dave Jackson(8), Marion Sanchez(3), Larry Stuart(3), Ed Oleata(2), Shirley Davisson(1), Bob Humphreys(1).

Previous selections: Bill Fitzgerald 1974, Peter Mundle 1975, Shirley Davisson 1976, Dave Jackson 1977, Ken Dennis 1978.

Masters Div. II (50-59) Track & Field

TOM PATSALIS(46): Won long jump and triple jump at World Games, plus 5th in 100.

Others: Bill Fitzgerald(30), Ozzie Dawkins(16), Bob Hunt(16), Avery Bryant(10), Ray Spencer(5), Bob Sieben(2), Jim O'Neil(1), Harry Hawke(1), Dave Brown(1).

Previous selections: Bill Fitzgerald 1975, Bill Fitzgerald 1976, Tom Patsalis 1977, Peter Mundle 1978.

Masters Div. III (60-69) Track & Field

HARRY KOPPEL(38): Won both hurdle events at the World Games, plus 5th in the 400 dash.

Others: Al Guidet(32), Bill Morales(18), Payton Jordan(16), Jim Vernon(10), Clarence Killian(7), Jim York(2), Ed Stotsenberg(2), Dan Aldrich(1), Ole Oleson(1).

Previous selections: Jack Thatcher 1976, Payton Jordan 1977, Payton Jordan 1978.

Masters Div. IV (70+) Track & Field

JOSIAH PACKARD(30): Won the AAU 100, 200 and 400. At Western Regionals broke world records for 100, 200 and 400.

Others: Stan Hermann(26), Walt Fredrick(12), Win McFadden(12), Paul Spangler(11), Ken Carnine(8), AJ Puglezevich(6), Emery Curtice(5), Lou Peresenyi(4), Randolph Hubbell(4), Homer Van Gelder(2), Sing Lum(1).

Previous selections: Paul Spangler 1976, Josiah Packard 1977, Winfield McFadden 1978.

Masters Div. III (60-69) Cross Country - Roads

ED LEWIN(28): Consistent winner in local road races.

Others: Jim Oleson(24), Ed Lowell(16), Paul Reese(14), John Lafferty(14), Ted Warm(6), Clyde Ailing(4), Bob Long(2), Charlie Seekins(2), Albert Jarsche(2), Don Lundberg(1).

Previous selections: John Montoya 1976, Chuck Seekins 1977, Chuck Seekins 1978.

Masters Div. IV (70+) Cross Country - Roads

MONTY MONTGOMERY(50): When he runs, he's consistently tops.

Others: Paul Spangler(30), Walt Stack(12), Ivor Welch(10), Willard Benton(4), Jim Boles(2), Walt Fredricks(1).

Previous selections: Paul Spangler 1976, Monty Montgomery 1977, Monty Montgomery 1978.

Masters Women (40+) Track & Field

IRENE OBERA(36): Won the AAU 100, 200, and 400. At World Games won 100, plus 2nd in 200 and 400. Broke three American and one world record.

Others: Miki Gorman(34), Cherrie Sherrard(22), Shirley Kinsey(12), Josephine Kolda(10), Ruth Anderson(9), Dorothy Stock(8), Eula Weaver(6), Ellen Rose(6), Edith Mendyka(6), Dorothy Herrmann(4), Sandra Knott(4), Els Tuinzing(2), Almata Parish(1), Ruth Christian(1).

Previous selections: Irene Obera 1977, Shirley Dieterich 1978.

Masters Women (40+) Cross Country - Roads

MIKI GORMAN(42): Miki didn't race often and has been criticized for not running the big LDR National Championships. But when she does run - no one's close.

Others: Dorothy Stock(34), Ruth Anderson(33), Margaret Miller(18), Sandra Kiddy(11), Dorothy Thomas(10), Sue Stricklin(8), Karen Scannell(7), Christa Rompannen(5), Carol Cartwright(4), Linda Burke(2), Mavis Lindgren(1).

INDOOR Action

RUNNER'S WORLD INDOOR CLASSIC

by Keith Conning

Jan. 4, 1980, Cow Palace, Daly City:
Runners World Indoor Classic.

Norway's Grete Waitz bettered the women's world 3,000 meters record, but it didn't count because of a lap-counting mix up.

Edwin Moses dropped out of the 800 meters, because of shin splints. The four-minute barrier was not broken.

Mark Kent (Cal Poly-SLO) had second place taken from him by the officials.

James Munyala (Kenya) outkicked Dick Quax (New Zealand) in the 3,000 meters.

Runner's World used two indoor track innovations—a light show and athlete interviews by Don Kardong.

Overall, the meet was successful despite the officiating errors and poor turnout (6,200).

In the women's 3,000 meters Grete Waitz ran at world record pace. Her splits were: 2:20 (800 m), 2:55.3 (1000 m), 4:23.0 (1500 m), 4:42.1 (mile), and 5:51.5 (2000 m). She ran her last 440 in :72. Unfortunately she ran one lap too many and finished 3000 meters+ 160 yards in 9:15.1. Waitz ran away from the rest of the field, which included the listed world record holder Jan Merrill. A Chronomix timer caught Waitz at 8:50.8 and a hand-held stopwatch registered 8:51.0, with one lap to go, well under the world record of 8:57.6.

"They told me I was on record pace," Waitz said after the race. "I was just running and listening for the bell. The lap-counting the boys did wrong. It's

No-show Edwin Moses was supposed to run his first 800 meters against James Robinson in one of the featured events of the evening. Robinson won the race easily in 1:51.6 over 17-year-old Billy Konchiellah of Mission Viejo and Kenya.

"I lost some money to Moses during the summer," Robinson said. "I'm just as glad he scratched."

The four-minute barrier withstood yet another attempt. John Robson of Scotland won the mile in a slow 4:04.5. A world-class field went through the 440 led by Craig Masback in 60.6. Duncan MacDonald led at the half-mile in 2:02:4 and at the three-quarters in 3:04.8.

"We should have had a rabbit," said Bob Anderson, the meet director. The officials made another mistake in the men's 50 meter College division race. Mark Kent (Cal Poly-SLO) led for most of the race before being nipped by Ray Threat (Arizona) at the tape. Yet the officials gave Kent fourth place. George Newlon, the director of officials, said that the photo timer wasn't working, so that the result stands. The Oakland Tribune's sports section had a picture showing Kent clearly ahead of the third and fourth place runners.

The most exciting race of the evening was the men's 3,000 meters. Dick Quax of New Zealand led almost the entire way with splits of 61.3, 2:06.6, 3:13.2, 4:02.1 (1500m), 4:19.4, 5:24.5, 6:30.1. With three laps to go, Virgin moved up to second. With two laps left, it was Virgin, Quax and Munyala. With one lap remaining Quax led followed by Munyala. However, Quax could not hold off the blistering finish of Munyala. Only two-tenths of a second separated them at the finish.

Munyala said, "I was aware he (Quax) was going to do that (run wide on the

Dedy Cooper won the 50 meter hurdles over Carl Florant and Charles Foster in 6.62.

Former world record holder Al Feuerbach won the shot put at 65-0½, with Colin Anderson (University of Chicago Track Club) second at 64-3.

Feuerbach said, "I was thinking about a minimum of 67 feet. But we really couldn't get started tonight."

Bill Green (USC), the Cubberley High phenom, defeated Mike Solomon of Trinidad in an exciting 500 meters. They passed the 440 in 49.9.

LaMonte King (Arizona State) won the 300 meters in 35.1 over Millard Hampton (Bay Area Striders). Highly touted Clancy Edwards (Tobias Striders) only managed fourth in 36.2.

Mary Decker (Athletics West) won the 1500 meters in 4:11.1 by ten seconds over Debbie Scott (University of Victoria, B.C.). Decker's splits were 62.7, 2:10.6, 3:02.0 (with 440 to go).

Carl Lewis (University of Houston) won the long jump with a leap of 26-1½. Only 2½ inches separated the first three jumpers. Joao Oliveria (Brazil) was second at 26-0¾ and Larry Myricks (Miss. College) was third at 25-11.

Mike Vanderwal (Canada) won the senior mile in 4:31.1. His splits were 68.6, 2:19.3, and 3:26.4.

Linda Goen (UCLA) won the women's junior mile in 4:54.8. Pam Bowers (San Jose Cindergals) led at the quarter in 72.5. Kimberly Schnurpfel (Stanford) led at the half in 2:26.4 and at the three-quarters in 3:43.3. Roxanne Bier (San Jose Cindergals) closed fast to take second in 4:58.7.

Bob Verbeeck (Belgium) won the junior mile in 4:14.3. He led at the quarter in 59.0. Rod Berry (Stanford) led at the half in 2:06.2 and at the three-quarters in 3:12.1. Paul Medina

Long Jump College Division: 1. Ken Brooks (CS Hayward) 23-1½; 2. Derek Robinson (UC) 22-7¼.

Men's 500 Meters: 1. Bill Green (USC) 1:04.7; 2. Mike Solomon (Trinidad) 1:04.9; 3. Phil Trask (Hartnell Coll.) 1:06.7.



photo by Don Gosney

JAMES ROBINSON

Women's 3000 Meters: 1. Grete Waitz (Norway) 9:15.1; 2. Jan Merrill (AGAA) 9:32.2; 3. Kathy Perkins (CP-SLO) 10:34.4; 4. Cheri Williams (SJ Cindergals) 10:46.8.

innovations—a light show and athlete interviews by Don Kardong.

Overall, the meet was successful despite the officiating errors and poor turnout (6,200).

In the women's 3,000 meters Grete Waitz ran at world record pace. Her splits were: 2:20 (800 m), 2:55.3 (1000 m), 4:23.0 (1500 m), 4:42.1 (mile), and 5:51.5 (2000 m). She ran her last 440 in :72. Unfortunately she ran one lap too many and finished 3000 meters+ 160 yards in 9:15.1. Waitz ran away from the rest of the field, which included the listed world record holder Jan Merrill. A Chronomix timer caught Waitz at 8:50.8 and a hand-held stopwatch registered 8:51.0, with one lap to go, well under the world record of 8:57.6.

"They told me I was on record pace," Waitz said after the race. "I was just running and listening for the bell. The people counting the laps did wrong. It's their fault, not mine. It was my only race indoors and I wanted to get the record...they can't even count the laps. I'm so disappointed that I can't get myself mentally up for another race (1500 meters). The plan was to get the world record here, because at home in Norway we don't have any indoor meets. But I'm mentally under the ground now."

Threat (Arizona) at the tape. Yet the officials gave Kent fourth place. George Newlon, the director of officials, said that the photo timer wasn't working, so that the result stands. The Oakland Tribune's sports section had a picture showing Kent clearly ahead of the third and fourth place runners.

The most exciting race of the evening was the men's 3,000 meters. Dick Quax of New Zealand led almost the entire way with splits of 61.3, 2:06.6, 3:13.2, 4:02.1 (1500m), 4:19.4, 5:24.5, 6:30.1. With three laps to go, Virgin moved up to second. With two laps left, it was Virgin, Quax and Munyala. With one lap remaining Quax led followed by Munyala. However, Quax could not hold off the blistering finish of Munyala. Only two-tenths of a second separated them at the finish.

Munyala said, "I was aware he (Quax) was going to do that (run wide on the final turn), that's why I waited until the straight to pass him. I knew I couldn't pass him on the turn. But I also was aware of my finishing kick."

Quax, who is 32, said, "It's a trick you learn when you get older. But there's still some speed left in the old legs. I needed a hard work out, so this served the purpose."

photo by Don Gosney



Dedy Cooper (right): wins the 50 meter high hurdles in 6.62, over Carl Florant (6.73), Charles Foster (6.74), and Chester Hart (6.92).

Carl Lewis (Houston) won the long jump with a leap of 26-1½. Only 2½ inches separated the first three jumpers. Joao Oliveria (Brazil) was second at 26-0¾ and Larry Myricks (Miss. College) was third at 25-11.

Mike Vanderwal (Canada) won the senior mile in 4:31.1. His splits were 68.6, 2:19.3, and 3:26.4.

Linda Goen (UCLA) won the women's junior mile in 4:54.8. Pam Bowers (San Jose Cindergals) led at the quarter in 72.5. Kimberly Schnurpfel (Stanford) led at the half in 2:26.4 and at the three-quarters in 3:43.3. Roxanne Bier (San Jose Cindergals) closed fast to take second in 4:58.7.

Bob Verbeeck (Belgium) won the junior mile in 4:14.3. He led at the quarter in 59.0. Rod Berry (Stanford) led at the half in 2:06.2 and at the three-quarters in 3:12.1. Paul Medvin (Cal Poly) placed second in 4:15.0 with Berry third in 4:16.2.

James Sanford (USC) won the 50 meters in 5.5 over a good field of Emmitt King (Jefferson State), Steve Riddick (Pioneer TC) and Eddie Hart (Bay Area Striders).

Robin Campbell (Stanford), a product of new coach Brooks Johnson, won the 800 meters in 2:05.2. Dobbie Campbell (Canada) led at the 440 in 62.0.

The Philadelphia Pioneer Track Club won the mile relay in 3:15.6 with a team of Tony Darden 49.1, Tim Dale 48.9, Mike Solomon 49.7, and Herman Frazier 47.9.

Masters Mile: 1. Hike Vanderwal (Canada) 4:31.1 - new Cow Palace Rcord, old mark 4:34.2 by Pete Mundle 1971. 2. John Thresher (Canada) 4:35.9; 3. Herb Lorenz (Millcreek RR) 4:36.4; 4. Tom Cathcart (West Valley TC) 4:38.4; 5. Jack Knebel (WVTC) 4:39.0.

College Mile Relay: 1. Cal Poly SLO 3:26.1; 2. Stanford 3:26.8; 3. Stanislaus State 3:27.6; 4. Cal State Hayward 3:38.6.

Men's Junior Mile: 1. Bob Verbeeck (Belgium) 4:14.3; 2. Paul Medvin (Cal Poly SLO) 4:15.0; 3. Rod Berry (Stanford) 4:16.2; 4. Dennis Maloney (West Valley College) 4:20.1; 5. Dave Royal (Santa Rosa JC) 4:20.1.



JAMES ROBINSON

Women's 3000 Meters: 1. Grete Waitz (Norway) 9:15.1; 2. Jan Merrill (AGAA) 9:32.2; 3. Kathy Perkins CP-SLO) 10:34.4; 4. Cheri Williams (SJ Cindergals) 10:45.6. Runners ran one extra lap.

Junior Women's Mile Run: 1. Linda Goen (UCLA) 4:54.8; 2. Roxanne Bier (SJC) 4:58.7; 3. Kim Schmurpfel (Stanford) 4:59.9; 4. Heather Reid (Calgary Spartans) 5:06.9; 5. Maria King (SJC) 5:07.6

Women's Mile Relay: 1. LA Mercurettes 3:52.1; 2. Berkeley East Bay TC 3:59.20; 3. San Jose Cindergals 4:07.8; 4. Cal Poly SLO 4:12.4; 5. Stanford TC 4:19.6; 6. Hayward TC 4:20.7.

Men's 300 Meters: 1. LaMonte King (Tobias) 35.1; 2. Millard Hampton (BAS) 35.5; 3. Bill Collins (Pioneer) 35.9; 4. Clancy Edwards (Tobias) 36.2.

Men's Shot Put: 1. Al Feuerbach (AW) 65-0½; 2. Colin Anderson (UCTC) 64-3; 3. Dave Laut (UCLA) 63-9½.

Men's 50 Meter: 1. James Sanford (USC) 5.5; 2. Emmitt King (Jefferson State) 5.6; 3. Steve Riddick (Pioneer) 5.6.

Women's 50 Meter: 1. Dolly Fleetwood (Mt. SAC) 6.49; 2. Andrea Lynch (LAN) 6.54; 3. Yvette Evans (LAM) 5.59.

MEN

800—1. Robinson (Inner City TC), 1:51.6; 2. Konchiellah (Mission Viejo), 1:52.5; 3. M. White (California), 1:53.9.

MILE—1. Robson (Scotland), 4:04.5; 2. Masbeck (NY Pioneers), 4:05.0; 3. Centrowitz (Oregon TC), 4:06.2.

3000—1. Munyala (Kenya), 7:59.6; 2. Quax (New Zealand), 7:59.8; 3. Virgin (St. Louis TC), 8:01.0.

MILE RELAY—Pioneer TC (Darden, Dale, Solomon, Frazier), 3:15.6; 2. USC, 3:22.3; 3. California, 3:22.7.

LONG JUMP—1. Lewis (Houston), 26-1; 2. Oliveria (Brazil), 26-0; 3. Myricks (Mississippi College), 25-11.

POLE VAULT—1. Woopse (unat), 17-6; 2. Brown (unat), 16-6; 3. Roberts (unat), 16-6.

ALI INDOOR

by Doug Speck

January 5, Long Beach

The 1980 Track and Field season in Southern California was off to a fine start in the Third Annual Muhammad Ali Indoor Meet at the Long Beach Sports Arena Saturday, January 5th. It was a meet that included record performances at the shortest and longest distances on the program, and featured a fine series of field event performances. The Ali group each year seemingly spares no expense in bringing in top fields in each event. Extra interest was sparked by the return of a group of world class stars to amateur competition and the participation of South Africa's Sidney Maree in this "domestic" affair. The 200 meter oval has always turned out quick lap races.

A sprint orgy at the 60 meter distance high-lighted the evening. The Ron Davies' constructed straight-away seems to get better with age, and that combined with Olympic possibilities this year really seemed to stoke up a super field of dashers. Houston McTear started things off in the second heat when he blasted out and definitely eased off in the last 10-15 yards--the result was a 6.53 win which nipped his World Record of 6.54 set in the 1978 Ali affair. The Finals heated up even more--McTear at 6.38 obliterated his record, as three others closing in after Houston's rocket start were also under the World Best. Harvey Glance came closest at 6.41, and seven of the top eight all-time marks at this distance were accomplished during the evening. Evelyn Ashford soundly trounced a Southern California field in the Women's section with another World Best of 7.04 (under Marlies Gohr of East Germany's 7.12 in 1978). Ashford's power and grace could best be described as awesome.

Steve Scott ran in the 3000 meters. Running against a respectable group, he took command from the start and powered to a new American record of 7:45.2 (4th all-time world). Methodically cranking out 400 meter segments of

after passing at 7-4¼--he cleared the new height. Stones answered this challenge by moving the bar up to 7-6½, which he failed to clear.

An added emotional element in the meet was the return of former amateurs John Smith, Henry Hines, Rod Milburn, and Dwight Stones to competition. Stones was involved in the afore-mentioned torrid high-jump competition. Milburn was out to a quick start in the 60 Meter Highs, admitted he got a little excited, and was run down by Kerry Bethal and Dedy Cooper. Smith moved out ahead of the pack early in the 400 Meters and powered to a fine 47.20 win. Hines leaped 23-9 in the long-jump. The all-time greats were sentimental favorites, and a couple of newspaper stories of late about Smith have made the public aware of the frustration involved for the professional ITA group athletes the past couple of years.

there was a fine group of field event performances. Ron Livers leaped to within an inch of the American Record with a super 55-4½ triple jump. Joao Oliveira of USC and Brazil (yes he is finally wearing the Cardinal and Gold!) had step problems and had one fair leap--54-11. Milan Tiff powered out to 54-4¼. Larry Myricks devastated a fine long-jump field with an opening 26-3½--he bettered that with a 26-6 final effort. Earl Bell survived near disaster after passing until 17-0 with two misses there until he cleared and went on to make 17-6 (over the 17-0 vaults of Ralph Haynie, Mike Tully, and UCLA's Charlie Brown.

The other Men's running events were good competitions. Herman Frazier continued his string of 500 meter wins here with a solid 1:02.63 run. The 800 meters featured all the exciting elements of indoor track--a tight pack, quick finish, and even some flying elbows on the last turn. James Robinson and Peter Lemashon swept by pace setter Gerald Masterson and dueled Mark Enyeart down the final straight. Again, Robinson's final sprint beat all the Americans--but Kenyan Lemashon edged by at the tape to win (1:49.19). The 1500 meter runners ignored the rabbit as Craig Masback led past a 3:05.1-1200 meters. His powerful final 300 withheld

Moore had sizzled 61.5-2:07.4-3:16.4 splits. Former mid-1950's Centennial high school spring great Ken Dennis took down his meet record of 7.15 with his 7.08 60 meter win in the 40-50 division--he was pressed by former Taft high school and Oxy great Doug Smith. Payton Jordan again beat the 55 and older group at 60 in 7.79. Alvin Henry won the 60 lows in 8.2. Judy Fox was the Women's 1500 winner at 5:10.2.

photo by Bill Leung, Jr.



STEVE SCOTT

Junior College-

Coach Ron Allice of Long Beach City College turned loose his stable of flyers in the 60 meters and 60 meter highs. Leon Reed, last year's L.A. City sprint champ at Banning High School, was a narrow dash victor with a meet record 6.74. Darryl Davis looked super in blasting an 8.07 highs win. A very exciting 1600 meter relay ended with Mt. SAC's Harold Williams holding off the pack to win in 3:13.96.

High School-

The one Women's high school race was a screamer -- Long Beach Poly, which spent last spring pushing San Geronio to National Mile Relay records outdoors, got one of their own tonight. Debra Rambo, Janice Smith, Wanda Evans, and Faye Paige (55.5 anchor) cranked out a 3:51.00 1600 meter relay win. Manual Arts (LA) at 3:57.32 and Fremont (LA) 4:01.51 backed Poly up with amazing early year times.

The Men's division featured the emergence of Coach Art Large's latest Pasadena High School sprint star -- Troy Delemar. A fine 9.7-21.9 type last year as a frosh, Delemar showed a good start and fine lift on the way to a 6.74 60 meter dash win. He returned to star in an exciting 1600 meter relay. After Compton jumped out to a lead off Jiles Smith's 49.5 opener, Pasadena and Long Beach Poly moved up to lead on the third leg off Prentice Mimm's 49.4 and LuJuan Collier's 49.7. Delemar had a five yard lead to start on Poly's fine junior Victor Townsend, and Troy's 48.2 leg led Pasadena to a meet record 3:19.93 win over Poly's fine 3:20.95 and Townsend's 48.9. A high school Men's 1500 was Santa Barbara High property. Eric Sappenfield and Barasa Thomas of the Dons led the entire way -- Sappenfield led through 61.3, 2:05, 3:11 splits and pulled away from his teammate Thomas over the final 200 meters. Jon Butler (Edison, Huntington Beach) moved up to challenge Thomas at the end.

the last 10-15 yards—the result was a 6.53 win which nipped his World Record of 6.54 set in the 1978 Ali affair. The Finals heated up even more—McTear at 6.38 obliterated his record, as three others closing in after Houston's rocket start were also under the World Best. Harvey Glance came closest at 6.41, and seven of the top eight all-time marks at this distance were accomplished during the evening. Evelyn Ashford soundly trounced a Southern California field in the Women's section with another World Best of 7.04 (under Marlies Gohr of East Germany's 7.12 in 1978). Ashford's power and grace could best be described as awesome.

Steve Scott ran in the 3000 meters. Running against a respectable group, he took command from the start and powered to a new American record of 7:45.2 (4th all-time world). Methodically cranking out 400 meter segments of between 62 and 63 seconds Scott's performance was the kind the athlete, Steve Prefontaine, who he took the American Record away from, would have been proud of. Scott's fastest four 400 meter segments added up to 4:05.4.

The evening closed up with two sterling competitive events—the Men's 1600 Relay and Men's High Jump. The Relay featured an exciting dual between the Philadelphia Pioneers and University of Southern California. After close (and quick) first two legs by the Club's Clifton McKenzie and Tim Dale and the Trojans James Sanford and Rod Bethany the excitement began on the third leg. SC freshman Bill Green eased past Mike Solomon during a 46.1 split, then Billy Mullins led for 438 meters of the anchor leg during his 45.7 split—he was edged at the tape by Tony Darden's 45.4. The Pioneer's 3:06.2 to 3:06.3 win was very close to the USSR's world record of 3:05.9. USC gets credit for the new American record due to Solomon's Trinidad citizenship.

The Men's High-Jump boiled down to all the elements of an old Western poker game. Dwight Stones return to competition certainly enhanced this event. After Stones and Franklin Jacobs had disposed of the rest of the field Dwight cleared 7-4¼. Jacobs one-upped him by having the bar raised to 7-5½

Earl Bell survived near disaster after passing until 17-0 with two misses there until he cleared and went on to make 17-6 (over the 17-0 vaults of Ralph Haynie, Mike Tully, and UCLA's Charlie Brown).

The other Men's running events were good competitions. Herman Frazier continued his string of 500 meter wins here with a solid 1:02.63 run. The 800 meters featured all the exciting elements of indoor track—a tight pack, quick finish, and even some flying elbows on the last turn. James Robinson and Peter Lemashon swept by pace setter Gerald Masterson and dueled Mark Enyeart down the final straight. Again, Robinson's final sprint beat all the Americans—but Kenyan Lemashon edged by at the tape to win (1:49.19). The 1500 meter runners ignored the rabbit as Craig Masback led past a 3:05.1-1200 meters. His powerful final 300 withheld the onslaught of Sid Maree, Wilson Waigwa, and James Munyala to win in 3:45.8 (Craig's final 200 took 26.6).

Florida A & M won an exciting anchor leg dual with Texas Southern in the Martin Luther King 1600 Relay at 3:12.53. Cal State Los Angeles nipped UC Irvine in the Men's Sprint Medley Relay.

An exciting Women's 800 Meter Relay had the Mercuresses narrowly winning over the Ali group in a new American record 1:36.82—the third leg featured an exciting battle between last year's California High School stars Gwen Loud and Sherri Howard. Kathy McMillan finally got untracked in the finals of the Long Jump with three leaps over 20 feet to win at 20-4. Jan Merrill led most of the way and held off fine looking New Jersey high-schooler Joetta Clark in a 2:09.59 800 meter win. Yolanda Rich looked powerful in a 55.09 400 meter heat win.

Master's Competition

The older folks provided some excitement too. Forty-two year old high school principal from Chicago, Ernie Billups, moved away from former distance great Oscar Moore in the final 200 in a meet record 4:02.5 1500 meters.



STEVE SCOTT

MEN

60—1. McTear (Muhammad Ali TC), 6.38 (world best, old mark, 6.53, McTear, in prelims); 2. Glance (Auburn TC), 6.41; 3. Riddick (Phila. Pioneers), 6.51; 4. Wiley (DC Striders), 6.52; 5. Deal (Texas El Paso), 6.55; 6. M. Sanford (USC), 6.56; 7. Collins (Phila. Pioneers), 6.58.

60 HURDLES—1. Bethel (Fairleigh Dickinson), 7.67 (meet record, old mark, 7.5 hand timed, Nehemiah, Maryland and Cooper, San Jose St., 1979); 2. Cooper (Bay Area Striders), 7.70; 3. Milburn (Houston AC), 7.76; 4. C. Foster (Phila. Pioneers), 7.77; 5. R. Wilson (Villanova), 7.83; 6. Foster (All TC), did not run.

400—1. Smith (All TC), 47.20; 2. Walker (Auburn TC), 47.20; 3. Edwards (Tobias Striders), 48.27; 4. McKenzie (Phila. Pioneers), 48.44.

500—1. Frazier (Phila. Pioneers), 1:02.7; 2. Smith (Auburn TC), 1:03.6; 3. Brown (Athletes in Action), 1:04.0; 4. Dramiga (New Mexico TC), 1:04.2.

800—1. Lemashon (Texas El Paso), 1:49.2; 2. Robinson (Inner City AC), 1:49.3; 3. Enysart (Pacific Coast Club), 1:49.3; 4. Masterson (Santa Monica TC), 1:49.9; 5. Boit (Tobias Striders), 1:50.3.

1500—1. Masback (NY Pioneers), 3:45.8; 2. Maree (Villanova), 3:46.0; 3. Waigwa (Phila. Pioneers), 3:46.4; 4. Munyala (Phila. Pioneers), 3:46.6; 5. Cummings (Pacific Coast Club), 3:48.0.

3000—1. Scott (Sub 4 TC), 7:45.2 (American best and meet record, old American best, 7:50.0 Steve Prefontaine, Oregon, 1974); 2. Korir (Villanova), 7:56.6; 3. Lawson (Santa Monica TC), 7:57.4; 4. Jones (Santa Monica TC), 8:04.3; 5. Musyoki (Texas El Paso), 8:11.0.

1600 RELAY—1. Florida A&M (Wynn 49.3; Sims, 47.8; Davis 47.3; Williams, 48.2), 3:12.4; 2. Texas Southern (Perry 48.9; Williams 48.5; Bullard 47.4; F. Taylor 47.8), 3:12.8; 3. Southern, 3:19.8; 4. Grambling, 3:22.4.

SPRINT MEDLEY RELAY—1. CS Los Angeles (Osborne, Sanders, Hopper, Johnson), 4:24.7; 2. UC Irvine, 4:24.8; 3. CS Long Beach, 4:32.9; 4. Long Beach CC, 4:33.1.

POLE VAULT—1. Bell (Inter. Athletes Assn.), 17-6; 2. Haynie (unat), 17-0; 3. Tully (IAA), 17-0; 4. Brown (UCLA), 17-0; 5. Baird (IAA), 16-4; 6. Jesse (Phila. Pioneers), 16-6.

WOMEN

60—1. Ashford (unat), 7.04 (world and meet record, old world mark, 7.12, Marlies Gohr, East Germany, 1978; old meet record, 7.32, Carney, LA Mercuresses, 1979); 2. Fleetwood (SoCal Cheetahs), 7.33; 3. Lynch (Los Angeles TC), 7.44; 4. Loud (LA Mercuresses), 7.46; 5. Dawkins (Long Beach Comets), 7.49.

400 (Race 1)—Rich (All TC), 55.09; 2. D. Howard (All TC), 56.11; 3. Briscoe (LATC), 56.56 (Race 2)—1. K. White (Berkeley East Bay TC), 55.79; 2. Gutowski (LA Mercuresses), 58.47; Davis (Tennessee St.) and Norman (unat), disqualified for cutting in too soon.

800—1. Merrill (Age Group AA), 2:09.4; 2. Clark (New Jersey AA), 2:09.8; 3. Regan (West Valley College), 2:10.5; 4. Bush (UCLA), 2:11.4; 5. Weston (Oregon St.), 2:12.0.

LONG JUMP—1. McMillen (Tennessee St.), 20-4; 2. Loud (LA Mercuresses), 19-5; 3. Watson (Club International), 19-2¾; 4. Walker (unat), 18-9¼.

COMMUNITY COLLEGE

60—1. Reed (Long Beach), 6.74 (meet record, old mark, 6.87, Lewis, San Jose, 1978); 2. Whyman (Compton), 6.76; 3. Miller (Orange Coast), 6.77; 4. Lewis (Long Beach), 6.79; 5. H. Williams (Mt. San Antonio), 6.82.

60 HURDLES—1. Davis (Long Beach), 8.07; 2. Glenn (Southwest LA), 8.26; 3. Longino (Long Beach), 8.26; 4. Holloway (Long Beach), 8.32; 5. Perry (Long Beach), 8.40.

HIGH SCHOOL

60—1. Delemar (Pasadena), 6.74; 2. Thompson (Granada Hills), 6.77; 3. Bell (Edison), 6.78; 4. Turner (Compton), 6.84; 5. Scott (Lynwood), 7.12.

1500—1. Sappenfield (Santa Barbara), 3:57.2; 2. Thomas (Santa Barbara), 3:59.2; 3. Butler (Edison), 3:59.4; 4. Davis (Compton), 4:02.1.

1600 RELAY—1. Pasadena (Ervin, 51.8; Johnson, 50.5; Mimms, 49.5; Delemar, 48.2), 3:20.0 (meet record, old

mark, 3:23.0, LB Poly, 1979); 2. LB Poly, 3:21.0; 3. Compton, 3:24.7; 4. Fremont, 3:26.9.

GIRLS 1600 RELAY—1. LB Poly (Rambo, 57.9; Smith, 59.1; Evans, 58.5; Paige, 55.5), 3:51.0 (national record, old mark, 3:56.6, Falmouth, Mass., 1975); 2. Manual Arts, 3:57.4; 3. Fremont, 4:01.6.

MASTERS

60 (40-50)—Dennis (Corona del Mar TC), 7.08 (55)—Jordan (Bay Area Striders), 7.79. 60 HURDLES—Henry (unat), 8.2. 1500—Billups (unat), 4:02.5. WOMEN: 1500—Fox (unat), 5:10.2.

MEN

1600 RELAY—1. Philadelphia Pioneers (McKenzie 47.6; Dale 46.3; Solomon 46.4; Darden 45.4), 3:06.2; 2. USC (Sanford 47.5; Bethany 47.0; Green 46.1; Mullins 45.7), 3:06.3 (American record, old mark, 3:08.8, Villanova, 1979); 3. Texas El Paso, 3:07.5; 4. Arizona St., 3:11.4.

HIGH JUMP—1. Jacobs (Fairleigh Dickinson), 7-5½; 2. Stones (Athetic Athletic), 7-4¼; 3. Kotinek (Pacific Coast Club), 7-0¾; 4. Fields (Phila. Pioneers), 7-0¾. Others included: 7. Balkin (UCLA), 6-10¾; Frazier (Arizona), no height.

WOMEN

800 RELAY—1. LA Mercuresses (Evans, Washington, Loud, Gardner), 1:36.82 (world and American record, old world mark, 1:35.7, USSR, 1970 and East Germany, 1973; old American record, 1:38.37, Tennessee St., 1978; 2. Muhammad Ali TC, 1:37.18; 3. SoCal Cheetahs, 1:39.82; 4. Long Beach Comets, 1:40.31.

COMMUNITY COLLEGE

1600 RELAY—1. Mt. San Antonio (Williams, Newbill, Sampson, Cleveland), 3:13.96; 2. San Jose, 3:14.38; 3. Compton, 3:14.54. Long Beach did not finish.

So. California T-F Diary

by BILL MINARIK

January 7 □

The 1980 Olympic Year opened with a bang down at Long Beach last Saturday as the Muhammad Ali Meet produced numerous world and American records. Houston McTear broke the men's 60 meter mark with a 6.38 clocking while Evelyn Ashford did likewise to the women's record with a time of 7.04. Steve Scott then showed that he was ready for Olympic competition as he shaved better than 5 seconds off Steve Prefontaine's American 3K record with a 7:45.2 timing.

Those of you who were dubious of the prediction last year by USC's James Sanford that this year's Trojan 1600 meter relay team would run 2:58 should take note of the Trojans second place time of 3:06.3 which established an American record since the winning Philadelphia Pioneer Club had a foreigner on its team. The Trojans ran without Ron Williams a solid 45 second quarter miler and have James' brother, Mike, as an alternate. A time of 3:06.3 indoors at this time of year without Williams, in my opinion, is unreal.

Two state championship teams from last year gave fans the definite impression they will provide a tough defense of their crowns. Pasadena High School was supposed to drop from being a great team to only a good team now that both Sanford brothers are gone. However, "experts" apparently overlooked a young man by the name of Troy Delemar who last year as a freshman was a member of two PHS relay teams. Troy started off the night's activity by winning the high school 60 in 6.74 seconds and then ran a 48.2 anchor leg on the victorious PHS 1600 meter relay which shattered the meet record with a

Santa Barbara as well as a couple other yet unscheduled meets. Reports from overseas rate the Chinese Nationalists on a par with some of California's top community colleges.

Members of the Muhammad Ali Track Club including such potential U.S. Olympians as Houston McTear and Greg Foster voted unanimously to boycott the Moscow Olympics irrespective of what the U.S. decides to do; and to show they mean business, members of the club have indicated they will picket the L.A. Times Meet where a number of Russians are scheduled to participate.

If some of you are wondering why the Sunkist Meet was pushed back into February this year, the reason given by meet officials was that they didn't want to conflict with the Superbowl which was in town the week-end usually occupied by Sunkist. With SoCal having such great outdoor weather in winter, outdoor track season starts for many colleges in early February. I believe the ideal competitive situation for indoor track would be to have the Ali, Sunkist, Jack-in-the-Box, and Times meets all in January; then the non-institutional athletes could head east for the rest of the indoor season which runs through March. Possibly there are some financial considerations which promoters feel make January meets impractical, however, I'd like to see them give it a chance just once.

UCLA coach Jim Bush has predicted that the 1984 Olympics will feature both amateur and professional athletes; similar to the Davis Cup tennis competition. Jim feels that trying to continue such sports as track and field on an amateur basis is unrealistic. Judging from some of the automobiles I've seen in the

mention the contribution he will probably make to the Bruins NCAA title effort.

Some coaching changes have taken place recently with the most notable being Pierce CC coach Gene Luke leaving that institution in a hassle over money. Former Burroughs High, Glendale CC and BYU sprint star Ralph Turner is leaving his head coaching position at So. Pasadena HS to become assistant to Skip Robinson at Pasadena CC. Glendale CC women's cross country coach, Steve Walters has accepted a full-time position as girls track coach at Canyons High, a position made vacant when Bill Harvey took the Oxy job. Steve's position at GCC was filled by former Burbank High, Valley CC, and UCSB distance star, Scott Schwitzer. This will be sort of a reunion for Scott, who coached a number of the GCC girls when they were at Burbank HS; in addition to spending considerable time working with distance wiz, Jeff Nelson. I understand that long-time Trade Tech coach, Chip Armstrong will be retiring after this upcoming season. Another former Burbank High star, Frank Rock, who pole vaulted his way to fame at Glendale CC and San Jose State, is now a track assistant at Oxy.

I understand Santa Barbara CC head track coach John Goldhammer has claimed his recent 4347 performance in the weightman's pentathlon as a world's record since there is no record of anyone having scored higher in this type of competition. The recent competitive successes of John along with distance coach Steve Bushy has put these two in the somewhat unique position of being their team's two top

ever going to class, will think twice about coming when the lessons on CPR are given.

I'm sure most track fans were saddened to hear of the death of former track great Frank Wycoff who died New Years Day of Emphysema at the age of 70. The former Glendale High, Glendale CC, and USC star made history in 1928 when, as a high school senior, he won the National AAU 100 Yard Dash. He went on to hold the world 100 record of 9.4 from 1930 to 1949 despite the fact that that mark was set without the use of starting blocks. His 100 yard dash school record of 9.6 set at Glendale CC in 1929 still stands to this day, as is evidenced by Frank's picture which can be seen in the GCC gym along the Hall of Records. To the best of my knowledge Frank is the only person ever to be a member of 3 Olympic (28-32-36) 400 meter gold medal relay teams.

People living in the Inyo-Mono County area will be glad to hear that former distance star Tracy Smith and his wife Carolyn have formed a running club to be known as the Deepest Valley Striders. The purpose of the club will be to "promote the benefits of regular running for those who wish to start and those already running." Interested persons may contact Tracy or Carolyn at (714) 873-7200 or 873-4154.

I'd like to catch up on some rumors, so you can take these for what they are worth. There is speculation that a prodigiously competent prep distance runner is as much as 10 years older than he has lead people to believe.

People who were close to the UC Irvine scene suggest that former head

Phiadelphia Pioneer Club had a foreigner on its team. The Trojans ran without Ron Williams a solid 45 second quarter miler and have James' brother, Mike, as an alternate. A time of 3:06.3 indoors at this time of year without Williams, in my opinion, is unreal.

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There were only 3 community college events on the program, but they were enough to let fans know that Long Beach CC has another awesome group of athletes. LBCC went 1-4 in the 60, 1-3-4-5 in the 60 highs, and saw a potential strong 1600 meter relay team succumb to a sub-par leg.

January 28

It seems that LBCC coach Ron Allice isn't content with having the country's #1 CC track team. He is now going after big game as he has scheduled his Viking team against mighty USC in a dual meet to be held February 23 at Troy. Long Beach could beat a number of four year schools, but the Trojans are not one of them. If Long Beach scores over 50 points in the meet, it will be a moral victory. There is a rumor afloat that this dual meet is part of an overall plan to bring Ron Allice over as USC coach.

The Junior National team from Taiwan coached by Chi Cheng will make its American debut March 21 in a tri-meet against Glendale and Canyon Community Colleges at Canyons. The Taiwanese will also be at the Easter Relays in

occupied by Sunkist. With SoCal having such great outdoor weather in winter, outdoor track season starts for many colleges in early February. I believe the ideal competitive situation for indoor track would be to have the Ali, Sunkist, Jack-in-the-Box, and Times meets all in January; then the non-institutional athletes could head east for the rest of the indoor season which runs through March. Possibly there are some financial considerations which promoters feel make January meets impractical, however, I'd like to see them give it a chance just once.

UCLA coach Jim Bush has predicted that the 1984 Olympics will feature both amateur and professional athletes; similar to the Davis Cup tennis competition. Jim feels that trying to continue such sports as track and field on an amateur basis is unrealistic. Judging from some of the automobiles I've seen institutional athletes driving, you might add some collegiate championships to those meets which have both pros and amateurs competing.

If any of you prep fans are wondering who will succeed two time state champ, Paul Medvin, in the mile or 1500 meters, you might consider Andy DiConti. The La Canada High senior, who was fourth in the Kinney National Prep XC Meet, has already run a 3:50 1500 meters outdoors in an all-comers meet at Mt. SAC in early January. That converts to a 4:08 mile. Not bad for a month and a half before track season begins. Other notable winter efforts saw UCLA distance runner Ron Cornell crack the school marathon record with a classy 2:17 performance, and former ITA pro, Brian Oldfield return to the amateur ranks with a nifty 66'-186' weight double.

At the New Years Decathlon at Mt. SAC, former Mountie Mark Anderson, now at UCLA, returned to the site of his 7555 performance at last year's SoCal CC Decathlon Championships and logged an incredible (for this time of the year) 7866 which makes him a definite contender for our Olympic Team not to

who coached a number of the GCC girls when they were at Burbank HS; in addition to spending considerable time working with distance wiz, Jeff Nelson. I understand that long-time Trade Tech coach, Chip Armstrong will be retiring after this upcoming season. Another former Burbank High star, Frank Rock, who pole vaulted his way to fame at Glendale CC and San Jose State, is now a track assistant at Oxy.

I understand Santa Barbara CC head track coach John Goldhammer has claimed his recent 4347 performance in the weightman's pentathlon as a world's record since there is no record of anyone having scored higher in this type of competition. The recent competitive successes of John along with distance coach Steve Bushy has put these two in the somewhat unique position of being their team's two top athletes. There was a similar situation a couple years ago when distance star Mark Covert and masters weight star, George Kerr were coaching together at Valley CC.

It seems community college administrators have shelved the idea, at least temporarily, of any major conference realignments. The only changes I am aware of for 1980-81 is that NorCal schools Taft and Antelope Valley will come down to SoCal and join the WSC making a 12 team conference which will then split into a north-south divisional set-up.

Over Christmas vacation, Glendale CC coach Tom McMurray scored a victory out on the GCC track, however, it wasn't in the sport of track and field, but in the game of life and death. It seems that while Tom was setting up some jumping equipment on a quiet Saturday morning, an aspiring jogger suddenly collapsed on the track. By the time Tom got to him, he had stopped breathing and his heart had stopped. After directing a bystander to call for medical assistance, Tom applied the CPR technique he had taught a number of times in his first aid class and was able to revive the man prior to the paramedics arrival. This type of a situation can happen anytime, so I wish that all the athletes who usually get credit for the first aid course without

be a member of 3 Olympic (28-32-36) 400 meter gold medal relay teams.

People living in the Inyo-Mono County area will be glad to hear that former distance star Tracy Smith and his wife Carolyn have formed a running club to be known as the Deepest Valley Striders. The purpose of the club will be to "promote the benefits of regular running for those who wish to start and those already running." Interested persons may contact Tracy or Carolyn at (714) 873-7200 or 873-4154.

I'd like to catch up on some rumors, so you can take these for what they are worth. There is speculation that a prodigiously competent prep distance runner is as much as 10 years older than he has lead people to believe.

People who were close to the UC Irvine scene suggest that former head coach Len Miller adopted a "scorched earth" policy upon submitting his resignation to that school.

According to reports coming out of Eugene former Locke HS star, David Macke, obtained an attorney to get out of his letter-of-intent to Oregon. After becoming a free agent again, Macke shopped around; and when he couldn't find a sweeter deal, went back to Oregon.

If reports coming out of Santa Rosa are correct the coaches at Santa Rosa CC must be heartbroken as it seems that star weightman Dave Vorhees has decided to sit out this season and save his eligibility for a 4-year school.

Rumors are essentially unsubstantiated gossip, thus all readers are encouraged to check other sources of info before drawing any conclusions.

If any of you readers are contemplating taking in the Summer Olympics in Moscow, you might be interested in the observations made by SoCal hammer thrower Eddie Arcaro, who as part of an American AAU track team visited Russia in 1977. "For the most part, we were treated like tourists, however the townsfolk didn't seem to warm up to us until we could overcome certain parts of our language barrier.

"The Russians attempted to feed us by U.S. standards. Our meals, which

were the same each day, consisted of steak and eggs for breakfast, steak and potatoes for lunch and steak and potatoes for dinner. However, I considered all of the steaks to be of questionable origin. One thing we were not accustomed to was being served cokes in cut crystal glasses."

Ed's observation of economic and social conditions was most interesting. "What we consider to be good service in stores and restaurants is almost non-existent there. Since everyone from the manager on down makes the same salary nobody is anxious to move up. Also, the same worker apathy must transcend the building industry as it takes an average of 10 years to build an office building. I walked through one, half completed, which had been under construction for 8 years. Probably the most noticeable problem in day to day living is the lack of available new goods. Anytime new goods become available, there is a line around the block to purchase them. Most people have enough money, but new goods just are not available. Most clothes and appliances are purchased used. A typical Russian department store resembles an American flea market.

"The big status symbol in Russia is to be a current or former military person. During any formal gathering, you can notice all former military people in full military dress with medals, instead of suits and tuxedos. Upon death, they will be buried the same way."

Readers should also be aware that many of the souvenirs being sold at the Moscow Olympics were made by political prisoners at forced labor camps.

College Track Preview

P.C.A.A.

San Jose State with its awesome sprint power appears to be the class of this conference. Both Fresno State and

State Northridge appear to be on the way down.

1. Cal Poly San Luis Obispo
2. Cal State Northridge
3. Cal State Los Angeles
4. UC Riverside
5. Cal State Bakersfield
6. Cal Poly Pomona

N.A.I.A. District III

Last year Azusa Pacific won their first ever NAIA District 3 track and field crown. Coach Marvin Mardock must have liked the fit, because they appear to be back in contention to defend their title. National champions Sammy Maritim (5,000 & 10,000) and Gary Wise (decathlon) are back as is All American steeplechaser Terry Drake. Add the Barnett brothers and a few choice recruits and look out Nationals. Only big point gainer missing from 1979 is jumper/sprinter Tony Haynes.

District cross country champion Point Loma was 3rd in track in 79 and have their big weight men to add to the distance runners. Cal Lutheran has picked up a lot of bodies and a NAIA national champion in John Turton.

1. Azusa Pacific
2. Point Loma
3. Cal Lutheran
4. United States International
5. Biola
6. Redlands
7. Cal Tech
8. Westmont
9. UC San Diego

P.A.C.—10

Oregon, again, has the best all-around team in the PAC-10 and should be a slight favorite, however USC is so awesome in the sprints that they could pile up enough points in those events alone to grab the title. UCLA will have one of its strongest dual meet teams ever, however the Bruins will probably have to settle for 3rd in, what is probably the country's strongest conference.

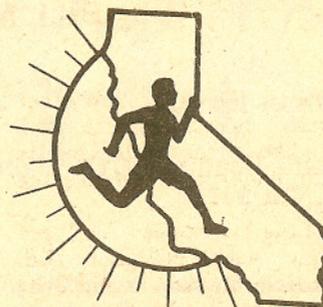
1. Oregon
2. USC
3. UCLA
4. Washington State
5. Arizona State

Division II

1. UC Santa Barbara
2. Nevada-Reno
3. Cal State Bakersfield

Division III

1. Cal State Hayward
2. Cal Lutheran
3. Sacramento State



So Cal C.C. Track Preview

Metro Conference - Men: Long Beach has put together another awesome team which promises to leave its mark in the community college record books. I feel LBCC has a good shot at breaking the national record in both the shuttle hurdle relay and the 1600 meter intermediate hurdle relay. In addition, a 100 point total at the State Meet appears well within the grasp of Coach Ron Allice's crew. Pasadena CC has consistently done the best job of out-of-state and foreign recruiting; and this year, thanks to the success of their Caribbean connection, the Lancers will have the best shot at de-throning Long Beach. In fact, next to the USC-UCLA dual meet, I would rate the Pasadena-LBCC dual meet, March 21 at Pasadena, to be the hottest meet in the state and a definite "don't miss" for any track fan in the area.

1. Long Beach
2. Pasadena
3. Bakersfield

South Coast Conference - Men: Look for Grossmont on the strength of its distance

Mission Conference - Men: If this conference still decides its championship on dual meets only, I'll go with Palomar in a close nod over Citrus with Saddleback 3rd. However any one of the three is capable of winning the title.

1. Palomar
2. Citrus
3. Saddleback

Southern Cal Prediction

1. Long Beach
2. Pasadena
3. Grossmont
4. Mt. SAC
5. Fullerton

State Meet Prediction

1. Long Beach
2. Pasadena
3. San Jose
4. Grossmont
5. Mt. SAC

Metro Conference - Women: El Camino is definitely the class of this conference and maybe the state.

1. El Camino
2. Bakersfield
3. Pasadena

South Coast Conference - Women: Orange Coast fields a tremendous all around team which should win comfortably over sprint laden Mt. SAC and Grossmont.

1. Orange Coast
2. Mt. SAC
3. Grossmont

Southern Cal Conference - Women: Harbor has been consistently the strongest team in this conference and this year should be no exception. Look for Golden West and L.A. Southwest to fight it out for 2nd.

1. L.A. Harbor
2. Golden West
3. Los Angeles Southwest

Western States Conference - Women: Ventura's all around strength should make them a solid winner here while Compton's sprinters and Glendale's distance runners should help account for 2nd and 3rd.

1. Ventura
2. Compton
3. Glendale

During any formal gathering, you can notice all former military people in full military dress with medals, instead of suits and tuxedos. Upon death, they will be buried the same way."

Readers should also be aware that many of the souvenirs being sold at the Moscow Olympics were made by political prisoners at forced labor camps.

College Track Preview

P.C.A.A.

San Jose State with its awesome sprint power appears to be the class of this conference. Both Fresno State and Long Beach State appear to be stronger this year and should have a good battle for second. UCSB with its powerful distance corp should gather in the 4th spot with Utah State and UC Irvine battling it out for last. New UCI head coach Kevin McNair has really gone from a feast to famine in his last two head coaching jobs. When he arrived at Oxy, his predecessor, Steve Haas, had things all set up for him so he walked into two NCAA Div. III titles his first year there. Now he's in a total rebuilding situation at UCI. However, Kevin has put together an excellent staff, so it should be only a matter of time before the Anteaters become a contender.

1. San Jose State
2. Fresno State
3. Cal State Long Beach
4. UC Santa Barbara
5. UC Irvine
6. Utah State.

C.C.A.A.

About the only thing you can be sure of here is that Cal Poly SLO will win the title with what will probably be the biggest margin of victory ever. All the rest of the places are up for grabs as Cal Poly-Pomona, UC Riverside, and Cal State Bakersfield all appear to be on the way up, while former NCAA champs Cal State Los Angeles and Cal

5. Biola
6. Redlands
7. Cal Tech
8. Westmont
9. UC San Diego

P.A.C.—10

Oregon, again, has the best all-around team in the PAC-10 and should be a slight favorite, however USC is so awesome in the sprints that they could pile up enough points in those events alone to grab the title. UCLA will have one of its strongest dual meet teams ever, however the Bruins will probably have to settle for 3rd in, what is probably the country's strongest conference.

1. Oregon
2. USC
3. UCLA
4. Washington State
5. Arizona State
6. Arizona
7. Oregon State
8. Washington
9. U.C. Berkeley
10. Stanford

S.C.I.A.C.

Oxy's all-around strength should propel them to their umpteenth straight title, however Pomona-Pitzer should continue to crowd them.

1. Occidental
2. Pomona Pitzer
3. Redlands
4. Claremont
5. Whittier
6. La Verne
7. Cal Tech

A.I.A.W.

The Bruins made a real recruiting cup this past year which should propel it past defending national titlest CSUN as the areas top team. Northridge, on the other hand, does not have their once vaunted distance corp, but does have a potent sprint crew to go along with some fine field event athletes. This combination carried them to the title last year and will make them a definite contender this year.

Division I

1. UCLA
2. Cal State Northridge
3. UC Berkeley

community college record books. I feel LBCC has a good shot at breaking the national record in both the shuttle hurdle relay and the 1600 meter intermediate hurdle relay. In addition, a 100 point total at the State Meet appears well within the grasp of Coach Ron Allice's crew. Pasadena CC has consistently done the best job of out-of-state and foreign recruiting; and this year, thanks to the success of their Caribbean connection, the Lancers will have the best shot at de-throning Long Beach. In fact, next to the USC-UCLA dual meet, I would rate the Pasadena-LBCC dual meet, March 21 at Pasadena, to be the hottest meet in the state and a definite "don't miss" for any track fan in the area.

1. Long Beach
2. Pasadena
3. Bakersfield

South Coast Conference - Men: Look for Grossmont on the strength of its distance program to win again, but by a smaller margin over much improved Mt. SAC and consistently strong Fullerton. However, watch out for upstart Orange Coast College which apparently has adopted a no-holds-barred recruiting policy in an effort to break up the "Big-Three."

1. Grossmont
2. Mt. SAC
3. Fullerton

Southern Cal Conference - Men: It will probably be Southwest L.A. and Los Angeles C.C. again battling for the title with Golden West in 3rd.

1. Southwest Los Angeles
2. Los Angeles City College
3. Golden West

Western States Conference - Men: Glendale should parlay its rugged distance corp with some outstanding field event people into another conference title. Potent West Los Angeles College fields what might be their best team ever; however the Oilers will have to realize their full potential to be #1. Always tough Compton College will field an awesome sprint corp which will probably be heard from at the State Meet, while Santa Barbara behind super star Tony Gilbert will give any team a tough meet.

1. Glendale
2. West Los Angeles
3. Compton

1. Orange Coast
2. Mt. SAC
3. Grossmont

Southern Cal Conference - Women: Harbor has been consistently the strongest team in this conference and this year should be no exception. Look for Golden West and L.A. Southwest to fight it out for 2nd.

1. L.A. Harbor
2. Golden West
3. Los Angeles Southwest

Western States Conference - Women: Ventura's all around strength should make them a solid winner here while Compton's sprinters and Glendale's distance runners should help account for 2nd and 3rd.

1. Ventura
2. Compton
3. Glendale

Mission Conference - Women: Palomar's distance strength should be the difference here with Citrus and Mira Costa some distance behind.

1. Palomar
2. Citrus
3. Mira Costa

Southern Cal Women Prediction

1. El Camino
2. Orange Coast
3. Mt. SAC
4. Harbor
5. Ventura

Women's State Meet Predictions

1. El Camino
2. Orange Coast
3. Mt. SAC
4. San Jose
5. West Valley



PREP NOTES

by Keith Conning, High School Editor

Send all high school material directly to Keith Conning, CTN High School Editor, 2235 Browning St., Berkeley, CA 94702.

All State Prep Cross Country Team

Below are listed the California All State Cross Country Teams for boys and girls. The first seven compose the first team All California and the remainder are "honorable mention" or second team.

The selections were determined by Keith Conning and Doug Speck in conjunction with many coaches and careful study of the season records. In ranking the first team it was tough deciding on number one: Barasa Thomas won the Kinney Western Regional meet and went on to place second in the National meet. John Frank chose to go the Junior Olympic route rather than Kinney's - he won the Region 13 Junior Olympics and then went on to win the Junior Olympic National crown as well.

Since it is a "High School" selection Roxanne Bier and Cathy Demmelmaier, two super high school students, are not counted since they did not compete for their high schools in cross country.

Boys First Team (ranked in order):

1. **John Frank** (Central Valley): Chico Invitational winner, Northern Section Champion, Northern California Championships winner, Junior Olympics Region 13 & National champion.

2. **Barasa Thomas** (Santa Barbara):

Boys Honorable Mention (alphabetical):

Bret Baffert (San Ramon, Danville)
Fernando Balderas (San Jose)
Chris Bowlus (Bolling Hills)
Ed Callaway (Dos Pueblos, Goleta)
Jim Dunlap (Thousand Oaks)
Mark Emdee (Narbonne, Harbor City)
Sean Evans (Patrick Henry, San Diego)
Tom Foran (Mira Loma, Sacramento)
Jim Kaspari (St. Francis, Mt. View)
Kevin O'Connor (Carlmont, Belmont)
Mike Parkinson (South Pasadena)
Sergio Perez (Corcoran)
Richard Perez (San Geronio, San Ber)
Eric Sappenfield (Santa Barbara)
Jeff Scott (El Camino, Sacramento)
John Spillman (Simi Valley)
Louis Torres (Alemany, Mission Hills)
Jesse Torres (Independence, San Jose)
Mike Vail (Mira Loma, Sacramento)
Jeff Vandereems (Mission Viejo)
Rollie Wingo (Pt. Loma, San Diego)

photo by Keith Conning



3. **Kerry Brogan** (Los Altos): Northern California champion, fifth in Kinney's Western Regional. Central Coast Section, Menlo-Atherton Invitational, St. Francis Invitational winner.

4. **Sue Gelley** (Monte Vista, San Diego): San Diego Section 3A champion, Mt. SAC Invitational 2nd fastest time (11:59) Palos Verdes Invitational division winner.

5. **Anabelle Villanueva** (Fountain Valley) Section 4A champion, Orange County Championships fastest overall time, 2nd fastest overall time at Lake Castaic Invitational.

6. **Shelly Hazlett** (Saugus): Sectional 3A winner by 15 seconds, Mt. SAC Invitational third fastest time, Bell-Jeff Invitational winner.

7. **Diane Harrell** (Palos Verdes): 8th in Kinney's Western Regional meet, Moorpark Invitational champion, fourth fastest overall at Lake Castaic Invitational, leader of state's top team in Sectional 4A win.

Girls Honorable Mention (Alphabetical):

Terry Brown (San Pasqual, San Diego)
Lisa Dailey (Petaluma)
DeeDee Deegan (Alemany, Mission H)
Mary Gaffield (El Cerrito)
Diane Gong (Lowell, San Francisco)
Amy Harper (Prospect, Saratoga)
Beth McGlinchey (Fountain Valley)
Robin MacSwain (Terra Linda, San Raf)
Laura Miller (Chatsworth)
Shelly Nieto (Merced)
Polly Plummer (University, Irvine)
Cynthia Rogers (Mt. Whitney, Visalia)
Lori Shanoff (Petaluma)
Liz Strangio (Mission San Jose, Frem)

photo by Keith Conning



Winning the boys race was Brent Steiner, a senior from the state of Kansas, over California's ace, Barasa Thomas a junior from Santa Barbara High School.

The top seven qualifiers in both boys' and girls' nation-wide regional meets were assembled for the event, run over a 5,000-meter course, for both boys and girls.

Steiner covered the course of over three miles in 15:05.7 and won comfortably over runnerup Thomas Barasa, a Native of Kenya now attending Santa Barbara High, who finished in 15:10.4.

Lyons, meanwhile, set a women's course record with a time of 17:28.8 as she finished 14 seconds ahead of second-place Lynne Strauss of State College, Pa.

Steiner covered the first mile in a blistering 4:30, but Barasa stayed on his heels. "He was getting me on the downhill sections of the course," Steiner said of Barasa, "But after two miles, when we hit the biggest hill (a 100-meter incline known as the concrete switchback), I was able to pull away."

Where Steiner had his greatest success was where Lyons faltered, but she had plenty of time left to regain the lead. In first after a 5:12 opening mile, the 17-year old senior was passed by eventual fourth-placer Roxanne Bier of San Jose with about a mile left. "Coming around the concrete switchback, I lost the lead up the hill," said Lyons. "I think I was back about 30 yards at one point, but I knew I could catch up when I got back within 10 yards. It's the first time I've had to come from behind in quite a while, and I was tired on the hill, but when I got along the straight-away, I really felt good."

Ellen showed her speed by passing section teammate Bier and winning by more than 100 yards over Strauss, who is just a sophomore. Both girls shattered the women's course record 17:48 set earlier this season by San Diego State's Lynn Kanuka.

The West took four of the top eight places in the boys' race to easily capture the team title among the five geographic

careful study of the season records. In ranking the first team it was tough deciding on number one: Barasa Thomas won the Kinney Western Regional meet and went on to place second in the National meet. John Frank chose to go the Junior Olympic route rather than Kinney's - he won the Region 13 Junior Olympics and then went on to win the Junior Olympic National crown as well.

Since it is a "High School" selection Roxanne Bier and Cathy Demmelmaier, two super high school students, are not counted since they did not compete for their high schools in cross country.

Boys First Team (ranked in order):

1. **John Frank** (Central Valley): Chico Invitational winner, Northern Section Champion, Northern California Championships winner, Junior Olympics Region 13 & National champion.
2. **Barasa Thomas** (Santa Barbara): Sectional 4A champion, Kinney's Western Regional winner and second place in National Kinney's Championships.
3. **Andy DiConti** (La Canada): Second in Kinney's Western Regional, third fastest time in Southern Section Finals, fourth in National Kinney's Meet.
4. **Jay Marden** (Mission San Jose, Fremont): Mt. SAC Invitational race winner (15:05), North Coast Section champ, second Northern California Championships, third in Western Regional Kinney's meet, sixth in National Kinney's Championship. Winner of Alum Rock, Artichoke, Crystal Springs, and Hayward Invitationals.
5. **Jon Butler** (Edison, Huntington Beach): Sixth in Kinney's Western Regional, Mt. SAC Invitational fastest time (14:57), eighth in National Kinney's meet. Mammoth Invitational, Corona Del Mar Invitational, Lake Castaic Invitational, and Orange County championship winner, with fastest over-all time in each of the meets.
6. **Rich Read** (Mission San Jose, Fremont): Second in Mt. SAC race (4th fastest time of day-15:06), 5th in Kinney's Western Regional, 2nd to teammate Marden at Artichoke, Crystal Springs, and Hayward Invitationals.
7. **Gary Gonzales** (Clovis): Central Section champion. Undefeated all season.

- Eric Spinnenfeld (Santa Barbara)
- Jeff Scott (El Camino, Sacramento)
- John Spillman (Simi Valley)
- Louis Torres (Alemany, Mission Hills)
- Jesse Torres (Independence, San Jose)
- Mike Vail (Mira Loma, Sacramento)
- Jeff Vandereems (Mission Viejo)
- Rollie Wingo (Pt. Loma, San Diego)

photo by Keith Conning



KATHY KIERNAN

Girls First Team (Ranked in order):

1. **Vickie Cook** (Alemany, Mission Hills): Second in Kinney's Western Championships, 6th in National Kinney's Meet. Southern Section's fastest in Championship meet with 2A win. Mt. SAC fastest overall time (11:45), Castaic Lake Invitational winner, Alemany Invitational champ.
2. **Kathy Kiernan** (Los Amigos, Fountain Valley): 4th in Kinney's Western Regional. Third in Sectional 2A race, Corona Del Mar Invitational champion, Orange County Championships division winner (2nd fastest overall).

- Beth McGlinchey (Fountain Valley)
- Robin MacSwain (Terra Linda, San Raf)
- Laura Miller (Chatsworth)
- Shelly Nieto (Merced)
- Polly Plummer (University, Irvine)
- Cynthia Rogers (Mt. Whitney, Visalia)
- Lori Shanoff (Petaluma)
- Liz Strangio (Mission San Jose, Frem)

photo by Keith Conning



BARASA THOMAS

Kinney Prep Cross Country Nationals

Two years — all the way! That's the Ellen Lyons story, as she capped those two years of undefeated running by winning the first Kinney Prep Cross Country Championships at San Diego's Balboa Park, on December 8.

the 17-year old senior was passed by eventual fourth-placer Roxanne Bier of San Jose with about a mile left. "Coming around the concrete switch-back, I lost the lead up the hill," said Lyons. "I think I was back about 30 yards at one point, but I knew I could catch up when I got back within 10 yards. It's the first time I've had to come from behind in quite a while, and I was tired on the hill, but when I got along the straight-away, I really felt good."

Ellen showed her speed by passing section teammate Bier and winning by more than 100 yards over Strauss, who is just a sophomore. Both girls shattered the women's course record 17:48 set earlier this season by San Diego State's Lynn Kanuka.

The West took four of the top eight places in the boys' race to easily capture the team title among the five geographic sections represented. The West had 33 points to the Midwest's 57. The girls' team competition was a battle between the Northeast and West. The Northeast (second, third, fifth, eighth, 11th) edged the Westerners (first, fourth, seventh, 13th), 29-31.

RESULTS

Boys:

1. Brent Steiner (Overland Park, Kan.) 15:05;
2. Barasa Thomas (Santa Barbara, Calif.) 15:10;
3. Dwight Stephens (Alexandria, Va.) 15:18;
4. Andy DiConti (La Canada, Calif.) 15:27;
5. Jim Smith (Haddonfield, N.J.) 15:27;
6. Jay Marden (Fremont, Calif.) 15:28;
7. Basil Magee (Largo, Fla.) 15:30;
8. Jon Butler (Huntington Beach, Calif.) 15:31;
9. Tom Hacker (Menomonee Falls, Wis.) 15:32;
10. Todd Hews (Fairfield, Maine) 15:33.

Girls:

1. Ellen Lyons (Boise, Idaho) 17:28;
2. Lynne Strauss (College Park, Pa.) 17:12;
3. Ann Gladue (Madison, N.J.) 17:51;
4. Roxanne Bier (San Jose, Calif.) 17:56;
5. Suzanne Girard (Johnson City, N.Y.) 17:56;
6. Vicki Cook (Missions Hills, Calif.) 18:04;
7. Eliza Carney (Tempe, Ariz.) 18:11;
8. Leslie Welch (Peabody, Mass.) 18:20;
9. Ginger Sullivan (Brentwood, Tenn.) 18:28;
10. Nancy Rose (Bristol, Va.) 18:30.

Junior Olympics Cross Country Regional

Las Vegas, Nevada
December 1, 1979

John Frank (Central Valley) won the boys 16-17 race in 14:36, his fastest time of the year. Three Cal-Poly (Pomona) runners--Gary Gorbon, Tony Reyes, and Matt Blaty--finished second, third and fourth.

Renee Ortiz Wyckoff (College of the Sequoias/Fresno Track Club) defeated Susan Gelley (Monte Vista, Spring Valley), the San Diego Section 3A champion, by almost one full minute--6:46 to 7:41.

Terrie Brown (San Pasqual, Escondido), the San Diego Section 1A champion, defeated Linda Van Housen (Woodside) by fifteen seconds in the girls 14-15 race. Results- Boys 16-17: 1. John Frank (Central Valley) 14:36, 2. Gary Borbon (Cal Poly Pomona) 14:43, 3. Tony Reyes (Cal Poly Pomona) 14:48, 4. Matt Blaty (Cal Poly Pomona) 14:56, 5. Roy Santoyo (S. Pac.) 14:59.

Girls 16-17: 1. Renee Ortiz (College of the Sequoias) 6:46, 2. Susan Gelley (Monte Vista, Spring Valley) 7:41, 3. Lucia Rodriguez (TW. PSA) 8:01, 4.

Anna Muceus (TW. PSA) 8:30, 5. Lisa Sellon (S. Pac.) 8:31.

Boys 14-15: 1. Andre Woods (S. Nev.) 12:41, 2. Harold Kuphardt (Pac.) 12:46, 3. John Seeman (T.W.) 12:48, 4. Rusty Knowles (Vacaville) 12:48, 5. Andy Marabe (TW. PSA) 12:49.

Girls 14-15: 1. Terri Brown (SDTC) 14:45, 2. Linda Van Housen (Woodside) 15:00, 3. Inga Thompson (L.D.C.) 15:02, 4. Betsy Chadwick (T.W.) 15:19, 5. Tina Allen (T.W.P.S.A.) 15:23.

Junior Olympics National Championships

Hightstown, New Jersey
at the Peddie School
December 8, 1979

John Frank completed an undefeated season by winning the boys 16-17 3 mile race in 15:24.5. Tony Reyes (Pomona) was second in 15:30.

Renee Ortiz Wyckoff (Visalia) placed second to Donna McLain (York, PA) in the girls 16-17 race.

Andre Marabe (La Jolla Country Day) placed fourth in the boys 14-15 2½ mile race. Andy won the San Diego Section 1A championship.

Terrie Brown (San Pasqual, Escondido) placed seventh in the girls 14-15 2½ mile race.

Frank said, "The course was very windy and cold but I still feel that I should have run faster. The second place runner was from Cal Poly, I don't know what his name is. I was only a few seconds in front of him. Fourth place was Dave Frank (no relation) from Oregon. My birthday is October 7, 1962, so I still have another year of Junior Olympics ahead of me."

Results- Boys 16-17: 1. Frank 15:24.5, 2. Reyes 15:30, 3. Greg Davis (Wichita, KS), 15:31, David Frank (Gladstone, OR) 15:32, 5. Sid Tysdam (Elgin, OR) 15:33.

Girls 16-17 (3 miles): 1. Donna McLain (York, PA) 17:48, 2. Ortiz-Wyckoff 17:53, 3. Shelly Steely (Philadelphia, PA) 18:08, 4. Tracey Wong (Lawrence, KS) 18:19, 5. Kim McDonald (Lakers Track Club) 18:20.

Boys 14-15 (2½ miles): 1. Freddy Carley (Niceville, Fla.) 13:12, 2. Scott Jenkins (Kenosha, WI) 13:19, 3. Ed Cordova (Ladewood, CO) 13:23, 4. Morabe 13:25, 5. Curt Carey (Spencer, IN) 13:38.

Girls 14-15 (2½ miles): 1. Kayla Skelly (Midland, MI) 15:18, 2. Jeanette Kelly (Washington, D.C.) 15:25, 3. Cecilia Hopp (Gateway, CT) 15:26, 4. Mary Wazeter (Welkes Barr, PA) 15:29, 5. Anne Dobrowsky (Grand Island, NY) 15:30.6.

● **Several California High School Women Ranked by Track & Field News.** The following California high school girls were ranked in the top ten in the United States by Jim Rorick, the statistician for Track & Field News:

Gwen Loud (Westchester, LA)--9th 200 meters, 10th long jump

Sherri Howard (San Geronio, San Bernardino)--2nd 400 meters

Leslie Deniz (Gridley)--5th discus
Jacque Nelson (Canyon, Anaheim)--5th javelin

● **San Francisco CIF Section X-C Championships, December 14, Golden Gate Park.**

Diane Gong (Lowell) won the girls' race by a margin of 1:43 over teammate Elizabeth Brown. Valerie Key (Washington) was third followed by former Dipsea winner Mary Etta Boitano (Mercy).

Marco Ibarra (Wilson) defeated Byron Spicer (Mission) and Ken Styles (Lowell) to capture the boys' title.

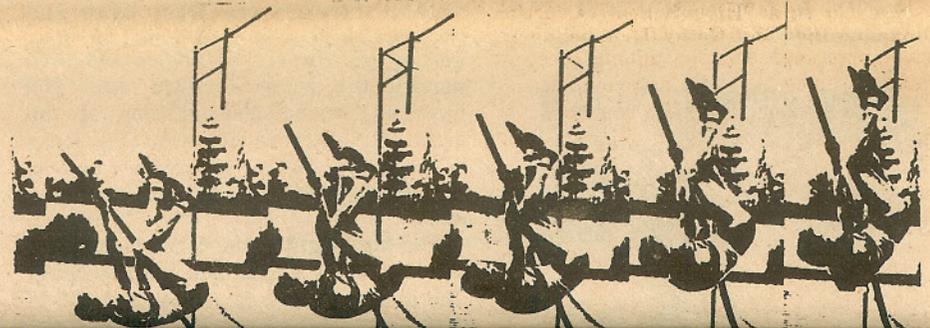
Lowell won both team titles.

"TOP OUTDOOR INVITATIONAL ON THE COAST"

13th Arcadia Invitational

TRACK AND FIELD MEET
FOR
HIGH SCHOOL MEN AND WOMEN

TRACK & FIELD SEQUENCE PHOTOS



the Sequoias) 6:46, 2. Susan Geney placed fourth in the boys 100 race. Andy won the San Diego Section race. Andy won the San Diego Section Lucia Rodriguez (TW. PSA) 8:01, 4. 1A championship.

Mary Wazeter (Welkes Barr, PA) 15:29, 5. Anne Dobrowsky (Grand Island, NY) 15:30.6.

"TOP OUTDOOR INVITATIONAL ON THE COAST"

13th Arcadia Invitational

TRACK AND FIELD MEET
FOR
HIGH SCHOOL MEN AND WOMEN

Saturday — April 12, 1980

5:00 pm — Field Events 7:00 pm — Running Events

- 1979 meet featured 13 of 16 California Men's State Meet Champions.
- 11 of 13 1979 Women's State winners were at Arcadia.
- Open to all California Sections and selected neighboring state schools.

MEET RECORDS:

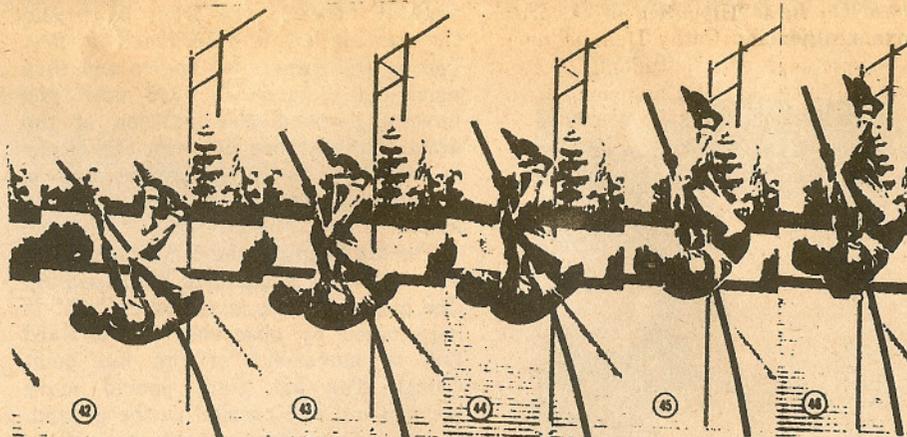
Men: 10:57; 21.2; 47.05; 1:49.9; 3:49.7; 8:12.7(3,000); 13.9; 36.9; 41.5; 3:13.1; 10:13.6(DMR); 7-0; 16-5; 24-10; 50-8¾; 66-10¼; 204-11.

Women: 11.57; 23.77; 53.70; 2:10.2; 4:31.8(1500); 9:53.1(3,000); 14.33; 46.6; 3:51.9; 12:14.0(DMR); 5-10; 20-4¾; 47-10; 154-6.

(metric distances, sprints fully electric Accutrack timed)

For Meet Information: Doug Speck, Doug Smith, or Mike Gordon
Arcadia High School
180 Campus Drive
Arcadia, CA 91006
(213 445-7507)

TRACK & FIELD SEQUENCE PHOTOS



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- ☆ Great coaching aids
- ☆ Technique thought provokers
- ☆ Posting generates interest in track
- ☆ Some are over 28 feet long
- ☆ Each athlete should have them posted at home for analysis

High Jump: Dwight Stones (USA) front view, Dwight Stones (USA) side view, Kestutis (USSR) flop, John Dobroth (USA) straddle. **Long Jump:** Igor Ter-Ovanesyan (USSR), Johnny Johnson (USA). **Triple Jump:** Victor Saneyev (USSR), Nelson Prudencio (Brazil). **Shot Put:** Al Feuerbach (USA), Randy Matson (USA). **Discus:** Jay Silvester (USA). **Pole Vault:** Kjell Isakson (Sweden), Jan Johnson (USA). **Start:** Valeriy Borsov (USSR).

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Hurdles: Willie Davenport (USA). **Javelin:** Jorma Kinnunen (Finland). **Distance:** Jim Ryan (USA). **Hammer:** Romuald Klim (USSR). **Steeple:** Bill Reilly (USA). **Intermediate Hurdles:** Ralph Mann (USA). **Discus:** Ludvik Danek. **Javelin:** Janis Lusic (USSR).

Orange County Community College
winner (and fastest overall)

TRAINING & TECHNIQUE

The Sprint Start

by JOHN TANSLEY

John Tansley has been a successful coach for 18 years. He has coached at the junior high school, high school, community college and university levels.

Glendale College has not been defeated in track for over six years, compiling a 56 wins in a row record and winning the tough Western States Conference five years in a row. Tansley has won state titles in both track and cross country.

John has been enthusiastically received at international, national and local clinics. His lively, well demonstrated and vividly informative presentations emphasize the "technique of coaching" and the "mechanics" of the events. John has been an instructor for the National AAU and Olympic Committee clinics. He has done clinics for South American, Japanese and Mexican coaches. In 1976 he was appointed as a high jump coach before the 1976 Olympic Games by the Olympic Committee. He is a member of the U.S. Sports Academy.



Developing a good, consistent sprint start is obviously very important in running the short sprints and the correct mechanics of starting should be mastered by coach and athlete. The object of the start is to overcome inertia. The most efficient way to do this involves a multitude of mechanical skills, strength, joint angles, balance and weight distribution. The purpose of this article is to introduce coaches and athletes to the "mechanics" of the sprint start and offer some guidelines in technique.

BLOCK SETTING

The block setting is determined by the angles of the legs and the size of the athlete. Like a golf or tennis grip, the athlete may not feel comfortable at first.

The angle of the front leg in the set position should be 90 degrees and the rear leg 120 degrees. These angles have been determined by several studies to be the most efficient. For weak or novice athletes, these angles may have to be increased slightly. Move the blocks till you obtain these angles. The distance between the front block and the starting line is determined by first getting the correct leg angles and then moving the hands forward until you have a perpendicular position of the arms. The distance between the blocks is normally 14 to 18 inches and is sometimes called a "medium-elongated start."

The hip height is the other factor that affects the leg angles and block setting. The height of the hip is raised on "set" is

Therefore, you must drop your hips quickly or you will fall on your face. Weight would be distributed with most of the weight on the legs and the arms only supporting approximately 25 percent of the body weight. Scientific study is needed in this area to determine these ratios but past teachings in the sprint start were probably in error in placing so much weight forward.

FINGER PLACEMENT

The thumb and the forefinger should be close to the starting line. The other fingers should be "fanned" behind them so that the little finger is behind the thumb. This turns and locks the elbow joint to the front and allows the arm to be brought forward and up. During the initial movement "off the line" the thumb should be up and not turned down. Turning the thumb down causes the elbow to move away from the body in a "weak" movement. Finger placement like this also takes the pressure off the thumbs, keeps the athlete high on the fingers and makes the runner more steady.

ARM ACTION

Sprint speed is a combination of frequency of stride and stride length. If the upper body slows its frequency or doesn't apply force to the legs, the result is a slowing of total body action. To maintain high upper body frequency the athlete must have good control of his hands and facial muscles. These two areas are critical in having muscle

action that is not antagonistic and counter-productive. Controlled effort must be practiced.

APPLICATION OF FORCE

The forces that are being applied to the blocks and the speed that they are applied determines the rate of acceleration. Since you are motionless before the gun, the rear leg must contract concentrically without a preceding eccentric contraction (pre-stretch or loading of the muscle). The rear leg, therefore, will not create a great force against the block. As the right leg is brought forward it applies force backwards against the front block and the leg absorbs these forces in an eccentric contraction.

The left arm (left leg forward) should move forward and up, bent 90 degrees at the elbow for quickness. The right arm should mirror the left one, bent 90 degrees, backward and up. Both arms create force backward on to the front leg. When the arms and leg are stopped at 90 degrees to the vertical axis of the body, forces are released, and along with the contraction of the left leg, create tremendous force against the forward block moving the athlete forward.

The speed of the rear leg moving forward and the speed of the arms moving forward are what determines the amount of force being created against the block. The athlete must bring the rear leg through quickly. The initial movement off the line is to pick

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Glendale College is called "track country" because Tansley hosts the world's largest decathlon meet, the nation's largest all-comers series, a weightmans pentathlon, the Glendale Relays, road runs and many conference and league track finals.

His new book, *The Flop Book* has been called "one of the most informative books on a single field event ever done." John's articles have appeared in *Track Technique*, *Athletic Journal*, *U.S. Track Coaches Quarterly*, *California Track News* and several other periodicals.

John holds world records in masters decathlon competition and is still an active competitor in masters competition.

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The hip height is the other factor that affects the leg angles and block setting. The height the hip is raised on "set" is determined by observing the forward line of movement of the hip point (joint). The hip point should move straight out and parallel to the ground. If the hip point moves up during the start, the hip was too low. If the hip point moves down, the hips were too high. Moving the hip height will change the angle of the legs. The coach must get the leg angles to correlate with the hip height.

Studies have shown that wider foot placement will give you faster starts. Blocks should have the capability of being widened to accommodate spacing of 6 to 10 inches between the feet. Blocks should be capable of changing angles so that the rear block can be placed close to 65 degrees and the front block about 45 degrees. These angles correspond to the push-off angles of the legs. Heel "blocks" are not recommended because they prevent eccentric (pre-stretched) contractions.

WEIGHT DISTRIBUTION

Weight distribution in the sprint start is critical. The fastest starting animals in the world are cats. You have never seen a cat start with most of his weight on his front paws!

Moving too much weight forward on the hands lowers the center of mass and when force is applied below the acceleration angle you will rotate forward.

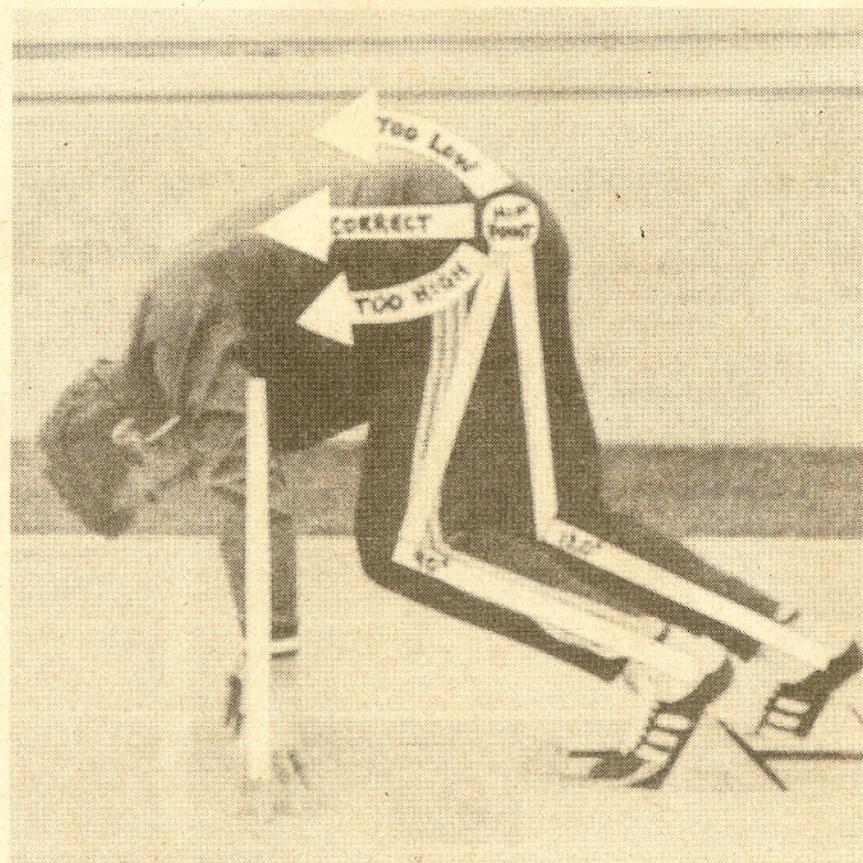
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NO BLOCK SETTING ANGLE

up and drive the left arm forward (not across).

These moves repeat themselves as the sprinter moves down the track. As the acceleration angles increase (become more upright), the leg angles also increase until full stride is reached.

THE ANGLE OF ACCELERATION
[Forward Lean]

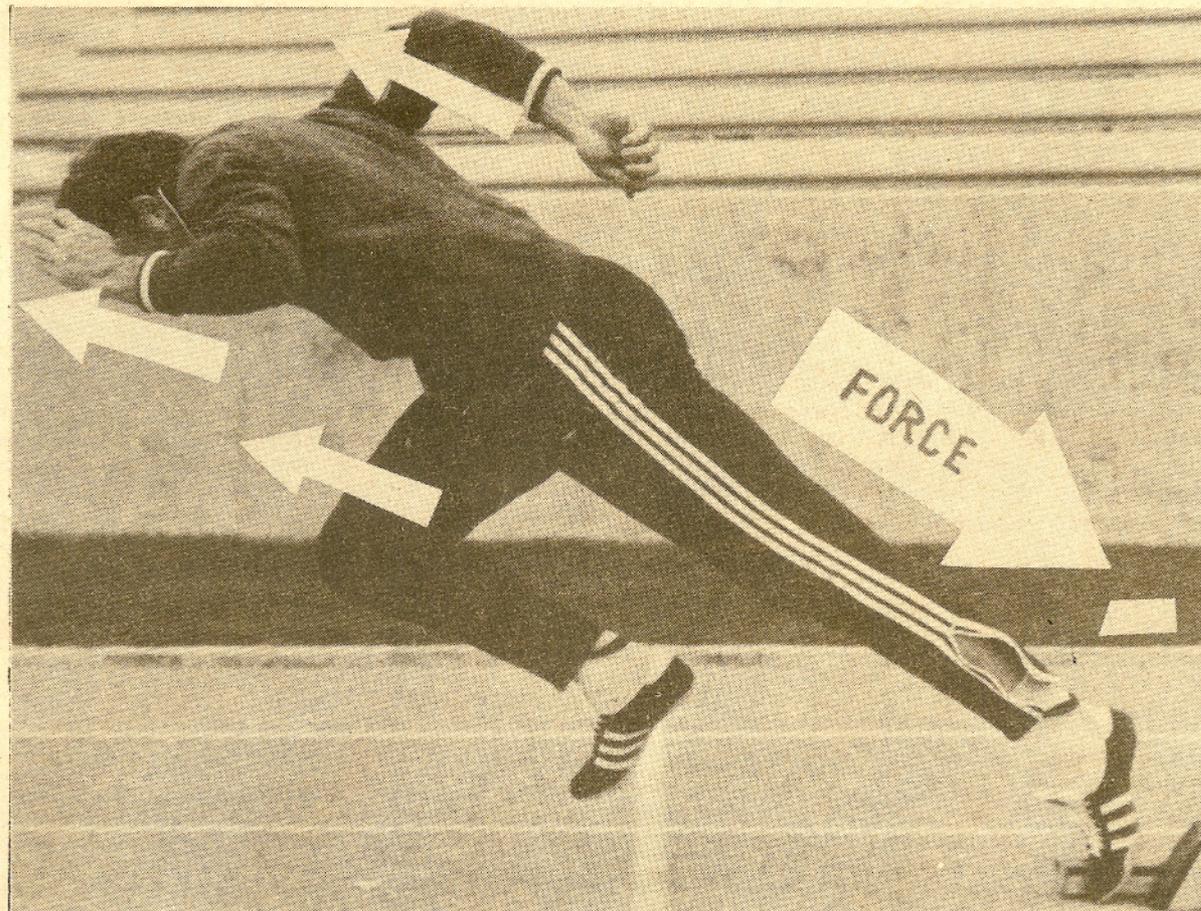
The "angle of acceleration" is determined by the rate of acceleration only. Assuming a bent-over position or the speed you are traveling have nothing to do with true forward lean. It is not necessary therefore, to coach forward lean in the sprint start as acceleration is the cause and lean is the effect.

The angle of acceleration in running is plotted by drawing a line through the center of mass to the ball of the foot when the knees are together. In most sprinters this is about 50 degrees as they are leaving the blocks. Each step increases the angle as speed increases but acceleration decreases until an almost upright "full-stride" position is reached. Wind resistance is a factor in acceleration angle as the runner will create over a 20 mph headwind that he must compensate for with a slight forward lean.

The most efficient start is one in which forces are being applied through a proper body angle. The body angle in the crouch start is too low in the set position (about 45 degrees) and the standing start is too high for the initial rate of acceleration out of the blocks.

Therefore, every effort should be made to keep the center of mass as high as possible in the crouch start while in the "set" position. These are the eight areas that determine a high center of mass in a crouch start:

1. Rounded back, high as possible
2. Rounded shoulders, neck as high as possible
3. Head in line with the body, not dropped, eye focus slightly behind the starting line
4. Locked elbow joints
5. Arms directly under the shoulders
6. Arms in a perpendicular position



APPLICATION OF FORCE

7. High on the fingers as possible
8. Feet as low in the blocks as possible

PSYCHOLOGICAL FACTORS

Reacting to the gun is a skill that must be practiced.

A good routine should be established so that the athlete feels comfortable and secure. The following is suggested:

1. Place the hands in front of the line
2. Place the rear leg in the block straight with toes touching the

ground. (Note: on all-weather tracks the two front spikes should contact the track)

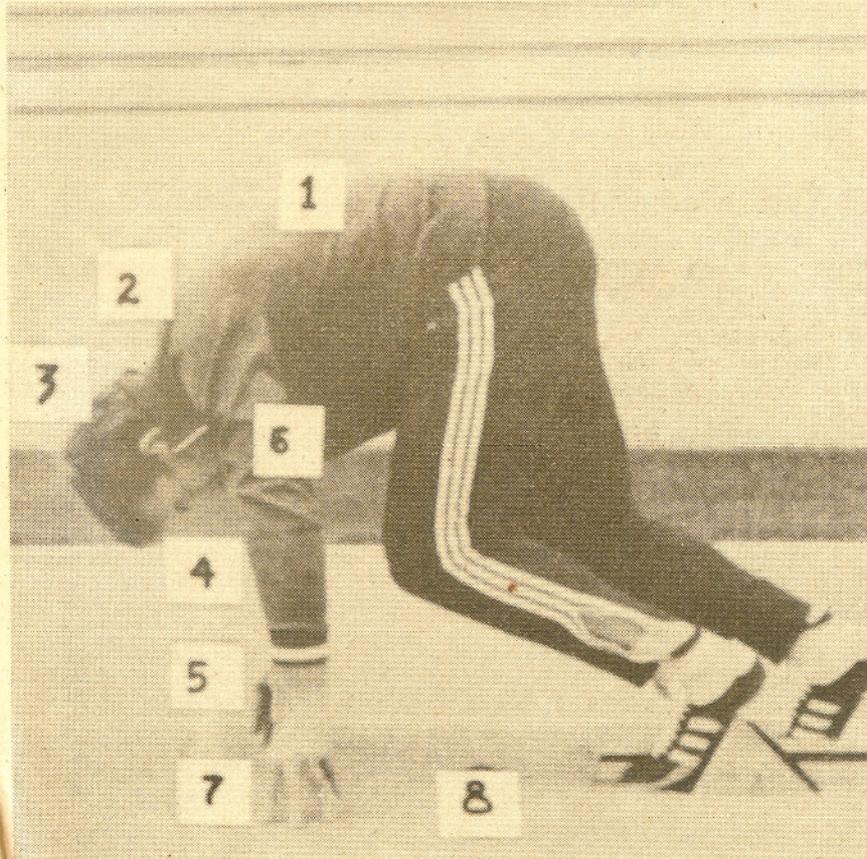
3. Place the front foot in the block straight with toes touching the ground. Lower right knee to ground.
4. Place the right hand directly under the right shoulder and up to the line.
5. Place the left hand under the left shoulder and up to the line.
6. Move forward knee between the arms.
7. Have weight distributed before set
8. On the command of "set" move

1. The lunge belt (resistance running)
2. Hill sprints and starts on a steep hill
3. Bounding, jumping and depth jumping exercises
4. Weight training
5. Arm development through arm action drills with weights
6. Reaction type arm action drills
7. Endurance type arm action drills
8. Starts using various signals
9. Starts concentrating on specific movements
10. Competition over short distances

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APPLICATION OF FORCE

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5. Place the left hand under the left shoulder and up to the line.
6. Move forward knee between the arms.
7. Have weight distributed before set
8. On the command of "set" move the hips to the proper height.

To react to the gun the athlete must concentrate on responding to a signal. Do not think about the "bang" but react to it. Practicing starts with whistles, foot stomps, hand claps, sticks, finger snaps, words and the gun will help teach "reacting."

The athlete should be "scared" out of the blocks and should not anticipate the gun. False starts can cause the sprinter to lose concentration and he should have himself ready to concentrate on the next start.

WARM UP

Tests have shown that the twelfth start is the fastest one. Athletes should warm up for the start just like any other event. Practice starts on the grass with your own blocks before a race should be part of the warm up. A few starts are usually allowed before a race but this is hardly enough to really have the sprinter ready for an all-out effort. Concentrate on form and technique in your practice starts before competition.

TRAINING TO DEVELOP THE START

These are all good training devices to develop the start:

1. The lunge belt (resistance running)
2. Hill sprints and starts on a steep hill
3. Bounding, jumping and depth jumping exercises
4. Weight training
5. Arm development through arm action drills with weights
6. Reaction type arm action drills
7. Endurance type arm action drills
8. Starts using various signals
9. Starts concentrating on specific movements
10. Competition over short distances

COACHING TIPS AND CHECKLIST

1. Watch the initial arm action off the line (both arms)
2. Check the high center of mass points
3. Check the angle of the legs in the set position
4. Watch the hip point and height as it leaves the line
5. Check hand and finger placement
6. Check weight distribution
7. Watch for a perpendicular arm in the set position
8. Watch for forward movement on the command of set (only hips rise)
9. Check to see if the forward knee is under the body and between the elbows
10. Check head position and eye focus
11. Watch for "looping" of the rear leg
12. Check to see if the arms are driving forward and not across the body
13. Check to see that the feet are straight in the blocks
14. Stress reacting to the gun... use different signals
15. Emphasize the relaxation of the hands and face... have control
16. Develop a routine and use the proper commands ("on your marks", "set", gun)

CALIFORNIA'S TOP Female '79

by CALVIN BROWN

Here is the second installment to Calvin Brown's 1979 California female ranking. The 14 & Over Division will appear in the next issue. Please send all additions and/or corrections directly to Calvin Brown, 228 E. Artesia Blvd., #C, N. Long Beach, CA 90805.

Age 12-13

80 Meter Hurdles

(ht + 0.24 = auto time)

11.9 (1)	Yvette Bates/BEBTC	5-19
12.52 (1)	Renay Schoelien/CY	7-14
12.67 (1)	Kathy Lavering/AA	6-9
12.75 (2)	Kate Brew/ATC	6-9
13.03 (1)	Cheryl Lindberg/SBSP	5-12
12.8 (3)	Tammy Ruth/ML	5-27
13.06 (3)	Hilary Bray/ATC	6-9
12.9 (2)	Sue McLaughlin/CY	4-22
13.0 (2)	Eileen Penson/PR	5-5
13.0 (5)	Anna Mahoney/CY	5-27
13.1 (1)	Bridget Cantwell/RD	5-27
13.8 (P)	Laura Sullivan/ML	4-22
14.34 (3)	Jenny Smith/LBC	3-11
14.3 (5)	Monica Eaker/ML	4-22
14.49 (3)	Shuilyn Topscott/Fresno	7-14
14.54 (4)	Maggie Molina/Sanger	7-14
14.4 (2)	Beth Kelly/Santa Rosa	4-7
14.6 (P)	Rachel Bray/SJC	4-22
15.04 (P)	Laura Knight/AA	4-29
15.31 (1)	Melisa Huth/SBSP	7-7

200 Meter Hurdles

(ht + 0.24 = auto time)

27.4 (1)	Yvette Bates/BEBTC	5-19
28.8 (1)	Kathy Lavering/AA	6-9
29.4 (2)	Sue McLaughlin/CY	5-27
29.7 (2)	Cheryl Lindberg/SBSP	5-12
29.8 (3)	Hilary Bray/ATC	5-27
30.1 (3)	Linda Taylor/ATC	5-27

200 Meters

(ht + 0.24 = auto time)

24.7 (1)	Nedra Rodgers/BEBTC	5-19
25.1 (1)	Kysa Paul/SCY	5-5
25.37 (1)	Lisa Harris/SDC	6-9
25.2 (2)	Stephanie Fletcher/RTC	5-5
25.2 (1)	Melissa Jordan/SCRR	7-15
25.2 (3)	Diane Pullins/PR	5-5
25.6 (2)	Lana Rice/BEBTC	5-19
25.92 (1)	Kim Woods/RTC	6-9
25.7 (4)	Robin Simmons/LAM	5-5
25.7 (3)	Annette Rogers/BA	7-15
25.95 (1)	Regina Miller/RTC	6-9
26.03 (5)	Minnie Murry/BEBTC	6-30
25.8 (2)	Denise Williams/BEBTC	4-22
25.9 (1)	Kelli Webster/BEBTC	5-27
26.0 (1)	Andrea Rolfe/LBC	5-5
26.39 (3)	Florence Evans/SDC	6-9
26.39 (6)	Michelle Motley/CI	6-9
26.40 (4)	Teresa Loughlin/SCRR	6-9
26.2 (3)	Kenya Green/WVJ	3-11
26.4 (4)	Marvice Lindsey/LBC	7-15

400 Meters

(ht + 0.14 = auto time)

56.94 (1)	Andrea Rolfe/LBC	6-9
57.14 (1)	Denise Williams/BEBTC	6-30
57.19 (2)	Florence Evans/SDC	6-30
57.9 (1)	Diane Pullins/PR	5-27
58.05 (1)	Melissa Jordan/SCRR	7-15
58.4 (1)	Doniece Johnson/BEBTC	5-27
59.0 (5)	Marcy Anderson/SCRR	5-27
59.5 (2)	Tracy Ridgell/BEBTC	5-19
59.5 (1)	Marvice Lindsay/LBC	6-9
59.6 (3T)	Lesley Buchanan/LBC	5-5
59.6 (3T)	Robin Simmons/LAM	5-5
59.76 (3)	Kathy McGough/SDC	6-9
59.79 (4)	Kenya Green/WVJ	6-9
59.8 (1)	Lana Rice/BEBTC	4-22
60.1 (2)	Nedra Donelson/LBC	6-9
60.16 (1)	Sharon Hanson/TT-Ven	7-7
60.54 (2)	Mandy Whistler/BA	7-7
61.0 (7)	Carina Quezada/SCC	5-5
61.3 (3)	Anita Smith/BEBTC	4-22
61.8 (5)	Celeste Friend/CY	5-27

800 Meters

2:15.2 (1)	Marcy Anderson/SCRR	6-30
2:16.45 (1)	Doniece Johnson/BEBTC	7-7
2:17.3 (1)	Leslie Pratt/SCRR	5-12
2:17.3 (4)	Sharon Yaninek/SJC	6-30
2:18.1 (2)	Stephanie Fletcher/RTC	5-5

3,000 Meters

9:51.5 (1)	Tania Fischer/SCRR	7-1
10:07.9 (1)	Kathy Kiernan/BA	5-5
10:16.0 (1)	Mary Ann Morse/OTC	5-27
10:16.5 (5)	Andrea Heimbecker/SJC	7-1
10:21.8 (6)	Teresa Barrios/PUSA	7-1
10:23.2 (2)	Pauline Vasquez/SJC	5-27
10:29.2 (3)	Rosanna Carrillo/IVS	5-5
10:30.4 (4)	Kim Carter/Redding TC	5-27
10:30.9 (3)	Michele Miller/SJC	7-1
10:35.5 (3)	Sonja Cooper/SCRR	3-17
10:37.0 (4)	Cindy Rouiller/SCRR	7-1
10:45.3 (3)	Sharon Yaninek/SJC	5-5
10:46.9 (5)	Sabrina Schreder/Redd.	5-27
10:57.8 (5)	Samantha Rodella/SCRR	3-17
11:01.3 (4)	Dyana Crabtree/BA	2-25
11:03.4 (7)	Darla Costa/SGVB	5-5
11:04.1 (5)	Trish Ramirez/SCRR	7-15
11:07.4 (2)	Leslie Pratt/SCRR	2-11
11:12.1 (4)	Joanne Maldonado/SCT	2-11
11:15.5 (?)	Theresa Maestos/SCRR	3-17

3,000 Meter Walk

15:37.5 (1)	Kathy Kiernan/BA	7-1
15:53.1 (2)	Samantha Rodella/SCRR	7-1
16:25.0 (3)	Andrea Lepley/Un-SCV	7-1
17:33.8 (2)	S. Sylvester/RG	5-27
17:49.4 (3)	Trisha Ramirez/SCRR	3-18
17:59.3 (5)	Heide Hogan/SCRR	7-1
19:04.3 (3)	Elizabeth Pike/ATC	5-27
21:32.5 (4)	M. Simpson/RG	5-27
23:44.0 (2)	Staci Polos/Un	5-12

440 Yard Relay

(m = +3.0 for yards; ht + 0.14 = at)

48.28 (1)	Berkeley East Bay TC	7-1
48.4 (1)	Hilltop	5-19
49.41m (1)	Rancho	6-9
50.3 (3)	Berkeley East Bay-B	5-27
50.79m (2)	So. Cal Cheetahs	6-9
50.83m (3)	Pasadena Rosebuds	6-9
51.0 (4)	Cupertino Yearlings-A	5-27
51.10m (2)	West Vernon Jets	7-7
51.23m (4)	San Diego Cougars-A	6-9
51.56 (7)	NVGB	7-1
51.29m (1)	Long Beach Comets	7-15
51.29m (2)	East Oakland Youth	7-15
51.74m (3)	Golden State-Bakersfield	7-14
52.44m (4)	Modesto Marinettes	7-15
52.9 (6)	Orinda Track Club	5-27
52.88m (5)	San Diego Cougars-B	6-9

4:11.2m (2)	NVGB	7-7
4:14.8m (2)	Marinettes	5-27
4:18.7 (3)	SJC-A	4-7
4:19.8m (4)	Berkeley East Bay-B	5-27
4:23.2m (5)	Redding Track Club	5-27
4:25.0 (5)	San Diego Cougars-B	5-27
4:24.0m (4)	So. Cal Road Runners-B	4-22
4:25.8 (4)	Cupertino Yearlings	4-7
4:26.7 (3)	Pasadena Rosebuds	3-11
4:30.0 (2)	So Cal Cheetahs	4-1
4:35.6 (1)	SJC-B	4-7
4:35.4m (6)	BA	5-5
4:39.7 (2)	Milbrae Lions	4-7
4:41.9 (3)	SJC-C	4-7
4:43.0 (4)	Orinda-B	4-7

High Jump

5-7 (1)	Tonya Mendonca/Visalia	7-14
5-4 (1)	Elisa Cooks/SCC	6-9
5-3 (1)	Tammy Ruth/ML	5-27
5-1 (2)	Cheryl Lindberg/SBSP	5-12
5-1 (2)	Rachael Bray/SJC	5-27
5-0 (2)	Lisa Fegras/Laguna Bch	6-9
4-11 (4)	Tyra Brewer/Un	7-14
4-10 (1)	Kelly Brogan/SJC	4-22
4-9½ (P)	Laura Sullivan/ML	4-22
4-9½ (P)	Julia Devine/SJC	4-22
4-8 (1)	Kim Tanabe/Un	1-6
4-8 (3)	Jill Roberts/PR	5-27
4-8 (4)	Keri Johnson/Un	5-27
4-8 (5)	Nicole Aguirre/ML	5-27
4-8 (6)	N. Paul/BEBTC	5-27
4-6 (2)	Paulette Willis/LBC	2-4
4-6 (4)	Lorraine Charman/RD	5-27
4-6 (6)	Stephanie Crang/SBSP	6-9
4-5 (P)	Kathy Lavering/AA	2-25
4-5 (3)	Sylvia Smith/SBSP	5-12

Long Jump

17-9½ (1)	Lisa Wright/W Fresno TC7-14	
17-4 (1)	Yvette Bates/BEBTC	7-1
17-3½ (2)	Tracy Keverline/SCRR	7-1
17-2¼ (1)	Cheryl Lindberg/SBSP	5-5
17-1½ (1)	Leslie Kimbrell/M. Marl	5-27
17-1½ (2)	Hilary Bray/ATC	6-9
16-10¾ (3)	Kysa Paul/SCY	5-12
16-8¾ (P)	Tammy Ruth/ML	4-22
16-7¼ (1)	Arnetta Jones/ST. G	4-22
16-7¼ (3)	Kate Brew/ATC	6-9
16-6 (5)	Michelle Motley/CI	6-9
16-2½ (4)	D. Davis/EH	5-27

12.8 (3)	Tammy Ruth/ML	5-27
13.06 (3)	Hilary Bray/ATC	6-9
12.9 (2)	Sue McLaughlin/CY	4-22
13.0 (2)	Eileen Penson/PR	5-5
13.0 (5)	Anna Mahoney/CY	5-27
13.1 (1)	Bridget Cantwell/RD	5-27
13.8 (P)	Laura Sullivan/ML	4-22
14.34 (3)	Jenny Smith/LBC	3-11
14.3 (5)	Monica Eaker/ML	4-22
14.49 (3)	Shuilyn Topscott/Fresno	7-14
14.54 (4)	Maggie Molina/Sanger	7-14
14.4 (2)	Beth Kelly/Santa Rosa	4-7
4.6 (P)	Rachel Bray/SJC	4-22
15.04 (P)	Laura Knight/AA	4-29
15.31 (1)	Melisa Huth/SBSP	7-7

200 Meter Hurdles

ht + 0.24 = auto time)		
27.4 (1)	Yvette Bates/BEBTC	5-19
28.8 (1)	Kathy Lavering/AA	6-9
29.4 (2)	Sue McLaughlin/CY	5-27
29.7 (2)	Cheryl Lindberg/SBSP	5-12
29.8 (3)	Hilary Bray/ATC	5-27
30.1 (3)	Linda Taylor/LBC	7-15
30.2 (1)	Tammy Ruth/ML	4-7
30.4 (3)	Kate Brew/ATC	6-9
30.4 (2)	Renay Schoenbein/CY	7-14
30.5 (2)	Laura Knight/AA	4-8
31.3 (2)	Monica Eaker/ML	4-7
31.4 (4)	Sherry Smith/PR	4-8
31.4 (3)	Anna Mahoney/CY	4-22
31.6 (6)	Nicole Aguirre/ML	5-27
31.6w (1)	Eileen Penson/PR	6-9
32.2 (1)	Anna Mendeke/CY	4-7
32.2 (2)	Laura Lee Sullivan/ML	4-7
32.7 (5)	Beth Kelley/SRS	4-22
33.0 (4)	Jenny Smith/LBC	3-11
33.1w (2)	Laura Merovick/SBSP	6-9

100 Meters

(ht + 0.24 = auto time)		
11.7 (1)	Nedra Rodgers/BEBTC	5-27
12.0 (1H)	Patrice Capenter/HT	4-22
12.0 (2H)	Zena Hill/HT	4-22
12.28w (1)	Stephanie Fletcher/RTC	6-9
12.33 (1)	Lisa Harris/SDC	4-22
12.2 (1H)	Denise Williams/BEBTC	4-22
12.44w (3)	Kiane Pullins/PR	6-9
12.51 (1)	Regina Miller/RTC	7-14
12.3 (2H)	Kelli Webster/BEBTC	4-22
12.3 (3H)	Minnie Murry/BEBTC	4-22
12.55w (1)	Kim Woods/RTC	6-9
12.61w (4)	Kysa Paul/SCY	6-9
12.63 (2)	Annette Rogers/BA	4-22
12.71w (6)	Melissa Jordan/Camaril	6-9
12.73 (3)	Terri Phillips/GSTC	7-14
12.5 (1)	Kenya Green/WVJ	3-11
12.74w (1)	Deanne Robinson/RTC	4-1
12.78w (7)	Gayle Kellon/SCC	6-9
12.87w (2)	Robin Simmons/LAM	4-1
12.89w (3)	D. Bell/SDC	6-9

57.9 (1)	Diane Pullins/PR	5-27
58.05 (1)	Melissa Jordan/SCRR	7-15
58.4 (1)	Doniece Johnson/BEBTC	5-27
59.0 (5)	Marcy Anderson/SCRR	5-27
59.5 (2)	Tracy Ridgell/BEBTC	5-19
59.5 (1)	Marvice Lindsay/LBC	6-9
59.6 (3T)	Lesley Buchanan/LBC	5-5
59.6 (3T)	Robin Simmons/LAM	5-5
59.76 (3)	Kathy McGough/SDC	6-9
59.79 (4)	Kenya Green/WVJ	6-9
59.8 (1)	Lana Rice/BEBTC	4-22
60.1 (2)	Nedra Donelson/LBC	6-9
60.16 (1)	Sharon Hanson/TT-Ven	7-7
60.54 (2)	Mandy Whistler/BA	7-7
61.0 (7)	Carina Quezada/SCC	5-5
61.3 (3)	Anita Smith/BEBTC	4-22
61.8 (5)	Celeste Friend/CY	5-27

800 Meters

2:15.2 (1)	Marcy Anderson/SCRR	6-30
2:16.45 (1)	Doniece Johnson/BEBTC	7-7
2:17.3 (1)	Leslie Pratt/SCRR	5-12
2:17.3 (4)	Sharon Yaninek/SJC	6-30
2:18.1 (2)	Sonja Cooper/SCRR	4-22
2:18.2 (2)	Becky Engleman/SCRR	5-12
2:18.7 (2)	Kathy McGough/SDC	5-27
2:20.0 (3)	Carina Quezada/SCC	5-27
2:21.5 (5)	Tania Fischer/SCRR	4-22
2:22.3 (3)	Christine Standley/BA	6-9
2:22.5 (3)	Michele Miller/SJC	5-27
2:22.5 (2)	Lynda Sutton/SCRR	7-7
2:23.0 (4)	Kathleen Bonnett/SJC	5-27
2:23.7 (1)	Monica Montanez/Fresno	7-14
2:24.8 (3)	Paulette Willis/LBC	7-7
2:25.7 (5)	D. Davis/EH	5-27
2:26.8 (2)	Linda Carroll/CY	4-22
2:26.9 (7)	Kathy Kiernan/BA	4-22
2:27.0 (9)	Rosanna Carrillo/IVS	5-27
2:27.4 (6)	Tracey Ridgell/BEBTC	5-27

1500 Meters

4:39.63 (2)	Tania Fischer/SCRR	7-1
4:40.01 (3)	Marcy Anderson/SCRR	7-1
4:41.56 (4)	Mary Ann Morse/?TC	7-1
4:42.00 (5)	Sonja Cooper/SCRR	7-1
4:47.5 (8)	Andrea Heimbecker/SJC	7-1
4:47.9 (3)	Kathy Kiernan/BA	6-9
4:49.6 (4)	Leslie Pratt/SCRR	6-9
4:51.5 (5)	Sharon O'Brien/IVS	6-9
4:52.1 (3)	Rosanna Carrillo/IVS	3-18
4:52.4 (1)	Kim Carter/Redding TC	5-27
4:53.3 (7)	Christine Standley/BA	6-30
4:55.0 (6)	Teresa Barrios/Un	6-9
4:55.1 (4)	Becky Engleman/SCRR	7-15
4:56.1 (4)	Sabrina Schreder/Redding	5-27
4:57.4 (5)	Heather Watkins/BEBTC	5-27
4:57.7 (6)	Cindy Rouillier/SCRR	5-29
4:58.8 (1)	Denise Johnson/BEBTC	4-22
4:59.5 (6)	Pauline Vasquez/SJC	5-27
5:00.0 (7)	Trisha Ramirez/SCRR	5-27
5:02.6 (3)	Michele Miller/SJC	4-22

17:49.3 (5)	Trisha Ramirez/SCRR	3-18
17:59.3 (5)	Heide Hogan/SCRR	7-1
19:04.3 (3)	Elizabeth Pike/ATC	5-27
21:32.5 (4)	M. Simpson/RG	5-27
23:44.0 (2)	Staci Polos/Un	5-12

440 Yard Relay

(m = +3.0 for yards; ht + 0.14 = at)		
48.28 (1)	Berkeley East Bay TC	7-1
48.4 (1)	Hilltop	5-19
49.41m (1)	Rancho	6-9
50.3 (3)	Berkeley East Bay-B	5-27
50.79m (2)	So. Cal Cheetahs	6-9
50.83m (3)	Pasadena Rosebuds	6-9
51.0 (4)	Cupertino Yearlings-A	5-27
51.10m (2)	West Vernon Jets	7-7
51.23m (4)	San Diego Cougars-A	6-9
51.56 (7)	NVGB	7-1
51.29m (1)	Long Beach Comets	7-15
51.29m (2)	East Oakland Youth	7-15
51.74m (3)	Golden State-Bakersfield	7-14
52.44m (4)	Modesto Marlinettes	7-15
52.9 (6)	Orinda Track Club	5-27
52.88m (5)	San Diego Cougars-B	6-9
53.2 (3)	CCF	5-27
53.2 (2)	LA Cougars	6-3
53.28m (5)	Santa Barbara SP	4-22
53.3 (4)	San Gabriel Flyers	3-4
53.3 (5)	N. Oakland Comm.	4-22

880 Yard Medley Relay

(m = +0.5 for yards)		
1:48.1 (1)	Berkeley East Bay TC	5-27
1:48.9m (1)	Long Beach Comets	4-22
1:49.60 (2)	San Diego Cougars	7-1
1:50.6 (1)	Hilltop	5-19
1:51.6 (2)	Milbrae Lions	5-27
1:52.2m (1)	West Vernon Jets	3-11
1:52.6m (2)	So. Cal Cheetahs-A	5-27
1:53.8 (2)	Pasadena Rosebuds	5-12
1:53.5m (1)	Rancho	5-5
1:54.3m (3)	San Diego Cougars-B	3-18
1:54.5m (2)	So Cal Road Runners	7-15
1:55.44 (6)	NVGB	7-1
1:56.5 (5)	Cupertino Yearlings-A	5-27
1:56.1m (6)	CCF	6-9
1:56.4m (8)	N. Oakland	6-9
1:58.0m (4)	So. Cal Cheetahs-B	4-22
1:58.2m (5)	Santa Barbara SP	4-22
2:01.2m (5)	Long Beach Comets-B	3-11
2:02.8 (6)	Marlinettes TC	5-27
2:07.1 (3)	Los Medanos	4-22

One Mile Relay

(m +1.2 = yards)		
3:58.8 (1)	Berkeley East Bay-A	7-1
3:59.3 (1)	Long Beach Comets	5-12
4:01.7 (1)	San Diego Cougars-A	5-5
4:02.3 (2)	So. Cal Road Runners	5-12
4:10.8m (3)	Orinda-A	6-3

4-8 (3)	Jill Roberts/PR	5-27
4-8 (4)	Keri Johnson/Un	5-27
4-8 (5)	Nicole Aguirre/ML	5-27
4-8 (6)	N. Paul/BEBTC	5-27
4-6 (2)	Paulette Willis/LBC	2-4
4-6 (4)	Lorraine Charman/RD	5-27
4-6 (6)	Stephanie Crang/SBSP	6-9
4-5 (P)	Kathy Lavering/AA	2-25
4-5 (3)	Sylvia Smith/SBSP	5-12

Long Jump

17-9½ (1)	Lisa Wright/W Fresno TC7-14	
17-4 (1)	Yvette Bates/BEBTC	7-1
17-3½ (2)	Tracy Keveline/SCRR	7-1
17-2¼ (1)	Cheryl Lindberg/SBSP	5-5
17-1½ (1)	Leslie Kimbrell/M. Marl	5-27
17-1½ (2)	Hilary Bray/ATC	6-9
16-10¾ (3)	Kysa Paul/SCY	5-12
16-8¾ (P)	Tammy Ruth/ML	4-22
16-7¼ (1)	Arnetta Jones/ST. G	4-22
16-7¼ (3)	Kate Brew/ATC	6-9
16-6 (5)	Michelle Motley/CI	6-9
16-2½ (4)	D. Davis/EH	5-27
16-1 (5)	Ellen Ipson/SV	5-27
15-9 (6)	Toye Hill/SDC	6-9
15-8¾ (5)	Sharon McGinnis/Un	5-12
15-6 (1)	Paulette Willis/LBC	5-27
15-5¾ (1)	Sharon Hanson/Tigers T	7-7
15-3¾ (2)	DeMetrius McClinton/WV7-14	
15-2¼ (4)	Diana Rossman/HH	
15-1¼ (3)	Holly Hayre/PBP	7-14

Shot Put

(6 pounds)		
39-7 (1)	Cora Thomas/Hanford	7-14
39-4¾ (2)	Bermaine Paulo/Fresno	7-14
38-3½ (3)	Jennifer Crittenden/SDC	7-1
36-10¾ (3)	Karen Puccini/Un	7-14
36-6¼ (4)	Michelle Olivera/SBSP	7-1
36-0 (3)	Stephanie Emerson/MM	7-15
34-7½ (1)	Jackie Garcia/SLDC	7-7
33-2½ (3)	Denise Miles/WVJ	5-5
33-2 (1)	Regina Corgele/NO	5-19
33-1 (3)	Mary Graham/BA	6-9
32-5½ (4)	Chris Ebert/AA	6-9
32-1½ (5)	Sheree Johnson/SDC	6-9
31-8 (6)	Laura Merovick/SBSP	6-9
31-6½ (4)	Melisa Huth/SBSP	7-7
30-11 (5)	Tracey Keveline/SCRR	5-5
30-8 (6)	Sheri Johnson/SDC	5-5
29-11¾ (P)	Bridget Cantwell/RD	3-25
29-10¾ (P)	Tammy Ruth/ML	4-22
29-5½ (1)	Martha Scaletti/RG	5-27
29-4¼ (P)	K. Johnson/Un	4-22

Discus

90-11 (1)	Stacie McManus/Un	7-14
85-8 (1)	Michelle Olivera/SBSP	6-9
84-7 (2)	Karen Puccini/Un	7-14
79-5 (3)	Melisa Huth/SBSP	7-14
78-3 (1)	Delia Hernandez/MTC	5-12
75-8 (4)	Jackie Garcia/SLDC	7-14
74-0 (1)	Martha Scaletti/RG	5-27
61-7 (2)	Michele Simpson/RG	5-27
59-1 (4)	Katie McCurdy/SBSP	5-12
57-0 (2)	Niconi Davis/HH	4-22
51-8 (1)	Janet Ratzlaff/SV	5-19
47-7 (4)	Carrie Steward/RG	4-22
44-2 (4)	Davison/APP	5-27
43-9 (5)	Sully Lunsford/RG	4-22
39-9 (6)	D. Adams/APP	5-27

Javelin

114-7 (1)	Michelle Olivera/SBSP	7-1
108-10 (4)	Keri Johnson/Un	7-1
100-9 (6)	Laura Merovick/SBSP	7-1
75-9 (1)	Karen Steiner/CY	4-7
72-6 (3)	Katie McCurdy/SBSP	5-12
68-5 (1)	E. Quilantang/St. G	7-14
66-7 (4)	Sherry Oliver/LBC	6-9
65-6 (2)	Melisa Huth/SBSP	7-14
65-2 (3)	Darla Costa/SGVB	7-14
61-1 1/2 (2)	Martha Scaletti/RG	4-22
59-4 (4)	Shari Arnold/PR	5-27
55-9 (2)	Michele Simpson/RG	5-27
53-8 (4)	Jackie Keller/APP	5-27
51-0 (5)	R. McHargue/CY	5-27
43-6 1/2 (6)	Debbie Adams/APP	5-27
39-1 (4)	Sally Lunsford/RG	4-22
34-3 (3)	Lisa Davison/APP	4-7
30-5 (4)	Marian Selvaggio/SGVB	7-7

Pentathlon

(80mh, SP-6, HJ, LJ, 800)

3097 (1)	Tammy Ruth/ML	4-22
2849 (2)	Laura Sullivan/ML	4-22
2466 (3)	Rachael Bray/SJC	4-22
2407 (1)	Kathy Laving/AA	3-25
2327 (2)	Bridget Cantwell/RD	3-25
2321 (1)	Kysa Paul/SCY	2-25
2271 (4)	Keri Johnson/Un	4-22
2261 (2)	Paulette Willis/LBC	2-25
2117 (5)	Julia Devine/SJC	4-22
2016 (6)	Elizabeth Brown/ML	4-22
1922 (7)	Nicole Aguirre/ML	4-22
1731 (8)	Lisa Becker/SV	4-22
1620 (2)	Tracy Flock/SGVB	3-25
1593 (4)	KC Culver/RD	3-25
1394 (9)	Kelly Derbin/ML	4-22
1337 (10)	Cheryl Thomas/ML	4-22

100 Meters

(0.24 Auto)

11.60 (1)	Sharon Ware/BEBTC	7-14
11.68w (1)	Bridgette Blackburn/LAM	6-9
11.7 (1)	Tanya Dawkins/LBC	3-11
11.99w (1)	Tracy Scott/SDC	6-9
12.09w (3)	Inger Peterson/SCY	6-9
12.10 (2)	Michelle Gilmore/LBC	7-15
12.10w (4)	Tanaya King/BEBTC	7-1
12.12w (2)	Patricia Cooksey/SDC	6-9
12.22w (5)	Zelda Johnson/SCC	6-9
12.29 (3)	Karen Schaefer/M.MARL.	7-15
12.32 (2)	Lawanda Cabell/LAM	4-13
12.35w (6)	Kati Petersen/LANTC	6-9
12.39w (3)	Monica Ellerby/SCY	6-9
12.40 (4)	Valerie Spence/BEBTC	7-14
12.44w (7)	Ellen Jones/SDC	6-9
12.46w (8)	Debbie Jackson/RTC	6-9
12.57w (4)	Patty Garcia/URTC	6-9
12.58w (1)	Jeannie Arnold/LBC	5-13
12.62w (5)	Felicia Jones/PR	6-9
12.80w (6)	Pam Richards/PR	6-9

200 Meters

(0.24 Auto)

24.14 (1)	Sharon Ware/BEBTC	7-14
24.41 (3)	Tanya Dawkins/LBC	7-1
24.50 (1)	Tanaya King/BEBTC	6-30
24.59 (2)	Lawanda Cabell/LAM	6-9
24.8 (2)	Michelle Gilmore/LBC	3-11
25.20 (1)	Cheryl Taylor/SDC	6-9
25.22 (4)	Valerie Spence/BEBTC	7-14
25.27 (4)	Tracy Scott/SDC	6-9
25.1w (2)	Zelda Johnson/SCC	2-4
25.35 (2)	Kati Petersen/LANTC	6-9
25.37 (4)	Monica Ellerby/SCY	6-30
25.37w (2)	Inger Peterson/SCY	5-13
25.38 (5)	Kim Turner/LANTC	6-9
25.3 (2)	Karen Fisher/SCY	6-30
25.78 (3)	Pat Garcia/URTC	6-9
25.99 (4)	Sharon Alston/SDC	6-9
26.00 (4)	Ellen Jones/SDC	4-22
25.8 (3)	Patricia Cooksey/SDC	6-30
25.9 (4)	Regina Jacobs/LANTC	3-11
26.27w (b)	Jeannie Arnold/LBC	5-13

400 Meters

(0.14 Auto)

52 (1H)	Tippi Hall/LBC	3-17
56.98 (1)	Lawanda Cabess/UNAT	6-30
57.51 (1)	Tanya Dawkins/LBC	4-22
57.5 (H)	Cheryl Taylor/SDC	3-17
57.65 (4)	Kelly Churchman/LAM	6-30
57.6 (1)	Karen Fisher/SCY	5-27
58.0 (1)	Regina Jacobs/LANTC	3-11
58.1 (2)	Jennifer Cottingham/SDC	3-18
58.39 (5)	Michelle Simon/UNAT	7-1
58.65 (3)	Kim Turner/LANTC	6-9
58.68 (3)	Willa Evans/BEBTC	6-9

1500 Meters

4:41.36 (6)	Chris Manning/OTC	7-1
4:41.48 (7)	Maria King/SJS	7-1
4:44.0 (1)	Lori Lopez/SHC	5-27
4:45.7 (2)	Sarah Rankin/TW	5-27
4:48.1 (3)	Lisa Sellon/SCC	5-27
4:49.0 (4)	Lisa Whiteman/UNAT	5-27
4:55.4 (1)	Denise Ball/UNAT	6-9
4:55.5 (4)	Cynthia Rogers/Visalia	7-14
4:56.5 (2)	Chris Ramirez/SCRR	6-9
4:59.2 (5)	Cherylynn Shuman/SCC	3-18
4:59.2 (3)	Linda Van Housen/WS	6-9
5:02.9 (4)	Jenny Glockner/WS	6-9
5:03.0 (6)	Andrea Stone/UNAT	3-18
5:04.5 (6)	Jan Gervais/SDTC	5-27
5:05.0 (5)	Kelly Cerda/SCRR	6-9
5:09.0 (?)	Shari Wheeler/UNAT	3-18
5:09.5 (?)	Michele Gaiche/UNAT	3-18
5:09.9 (8)	Aida Stearns/SJC	6-30
5:18.5 (?)	Lenelle Waskow/UNAT	3-18

3000 Meters

10:06.7 (1)	Lori Lopez/SHC	6-9
10:17.5 (1)	Denise Ball/NP	7-7
10:23.1 (4)	Chris Manning/OTC	7-1
10:26.3 (6)	Linda Van Housen/WS	7-1
10:34.1 (2)	Sandra Katzer/UNAT	3-17
10:35.3 (7)	Karen Devine/SJC	7-1
10:36.9 (3)	Kim Gonzales/VGTC	6-9
10:50.8 (4)	Denise Ball/UNAT	6-9
10:52.0 (4)	Cynthia Rogers/VISALIA	7-14
10:52.7 (4)	Michele Gaiche/UNAT	3-17
11:04.7 (10)	Jenny Glockner/WS	7-1
11:07.9 (11)	Chris Ramirez/SCRR	7-1
11:09.0 (6)	Barbara Arreola/SLDC	6-9
11:34.0 (?)	Malia McCarthy/UNAT	3-17
12:28.4 (?)	Shari Wheeler/UNAT	3-17

3000 Walk

15:48.0 (1)	Chris Ramirez/SCRR	3-18
16:52.3 (4)	Lynn Holmbeck/PUSA	7-1
18:21.8 (3)	Andrea Johnson/UNAT	3-18

440 Relay

(0.14 Auto)

47.8 (1)	BEBTC	6-30
47.56 (1)	LBC	5-13
48.16 (2)	SYC	6-30
48.5m (2)	SDC	3-18
48.98m (3)	Silver Streaks	7-14
48.98m (4)	Fresno Pacific	7-14
49.97 (5)	BEBTC/B	7-1
50.0 (4)	Rancho	3-11
50.0m (2)	LA Cougars	4-8

High Jump

5-7 (1)	Katrena Johnson/PR	4-8
5-7 (2)	Rena Wright/CI	7-14
5-6(p)	Sharon Hatfield/PUSA	7-79
5-5 1/2 (3T)	Stacey Neumann/UNAT	7-1
5-3 (2)	Dana Dahlke/SBSP	4-22
5-3 (6)	Laura Campbell/AA	7-1
5-0 (3)	Geri Golden/LBC	3-18
5-0 (1)	Dianne Fields/RTC	6-4
4-11 (3)	Heidi Ellis/OTC	6-9
4-10 (1)	Carrie Thomas/TW	5-27
4-9 (2)	Valerie Thorpe/LV	3-11
4-9 (4)	Cathy Ledesma/PR	4-8
4-7 (5)	Carla Johnson/LA Cougars	4-8
4-1 (3)	Paula Reading/TW	3-11
3-9 1/4 (p)	Kim Hovis/UNAT	3-25

Long Jump

18-10 3/4 (1)	Wynde Grey/PR	5-13
18-2 (2)	Geri Golden/LBC	6-9
17-10 (1)	Alice Franklin/LAM	7-8
17-9 3/4 (p)	Sharon Hatfield/PUSA	
17-9 (5)	Sherifa Sanders/BEBTC	4-8
17-7 1/4 (4)	Carolyn Shepard/LAM	7-14
17-7 (1)	Dana Dahlke/SBSP	2-11
17-2 (2)	Karen Fisher/SCY	2-11
17-1 1/4 (8)	Robin Johnson/BEBTC	7-1
17-1 (2)	Tippi Hall/LBC	3-18
16-11 1/2 (3)	Marilyn Kind/UNAT	6-9
16-10 1/2 (2)	Robin Stinson/UNAT	5-13
16-4 1/4 (3)	Cindy Newton/PR	4-8
16-2 (5)	Dana Cox/OTC	6-9
16-1 1/2 (4)	Annazette Wright/LA C	4-8
15-11 (6)	Heidi Ellis/OTC	6-9
15-10 (1)	Laymon Lahabra	6-4
15-6 3/4 (4)	Valerie Thorpe/LV	2-11
15-3 3/4 (3)	Yvette Brumfield/RTC	3-11
14-10 1/4 (5)	Mitchuell Berry/UNAT	4-8

Shot Put-8lbs.

43-1 (1)	Yolanda Fletcher/RTC	7-8
39-2 3/4 (1)	Kathy Kahn/San Luis DC	6-9
39-1 (2)	Barrie Greer/UNAT	7-8
37-2 3/4 (3)	Beverly Hewitt/AA	6-9
37-1 3/4 (4)	Stacey Moro/APP	6-9
37-1 1/4 (5)	Cindi Durchslag/WS	6-9
35-2 3/4 (1)	Sonia Yanez/PR	4-8
34-0 (13)	Lorraine Costanzo/Newhall	7-1
33-10 (5)	Adelle Chavez/Mont.	7-15
31-3 (p)	Sharon Hatfield/PUSA	
27-5 3/4 (2)	Wynde Grey/UNAT	5-13
25-11 (p)	Kim Hovis/UNAT	3-25
25-0 3/4 (3)	Angela Beverly/SDJ	3-11
24-11 1/2 (4)	Denise Grant/RTC	3-11
24-2 1/4 (p)	Valerie Hovis/UNAT	3-25
23-8 1/2 (2)	Maria Belmonte/UNAT	4-8
23-3 1/2 (3)	Lulu Guerrero	4-8

Pentathlon

(80mh, SP-6, HJ, LJ, 800)

3097 (1)	Tammy Ruth/ML	4-22
2849 (2)	Laura Sullivan/ML	4-22
2466 (3)	Rachael Bray/SJC	4-22
2407 (1)	Kathy Lavinger/AA	3-25
2327 (2)	Bridget Cantwell/RD	3-25
2321 (1)	Kysa Paul/SCY	2-25
2271 (4)	Keri Johnson/Un	4-22
2261 (2)	Paulette Willis/LBC	2-25
2117 (5)	Julia Devine/SJC	4-22
2016 (6)	Elizabeth Brown/ML	4-22
1922 (7)	Nicole Aguirre/ML	4-22
1731 (8)	Lisa Becker/SV	4-22
1620 (2)	Tracy Flock/SGVB	3-25
1593 (4)	KC Culver/RD	3-25
1394 (9)	Kelly Derbin/ML	4-22
1337 (10)	Cheryl Thomas/ML	4-22

Age 14-15

100 Meter Hurdles

(0.24 Auto)

14.2 (1H)	Geri Golden/LBC	7-14
14.47 (1)	Laura Mills/BA	6-9
14.62w (1)	Sherifa Sanders/BEBTC	7-1
14.96w (4)	Thelma Harmon/SA	7-1
15.17 (1)	Katrena Johnson/PR	4-8
15.0 (1)	Kari Alexander/UNAT	5-27
15.42 (5)	Karen Neblett/CI	6-30
15.47 (2)	Rhonda Whitlow/UNAT	4-22
15.61 (1)	Robin Stinson/UNAT	5-13
15.85 (3)	Marilyn Kind/UNAT	6-9
15.7 (P)	Sharon Hatfield/PUSA	7-79
16.15 (4)	Amy Lewis/UNAT	6-9
16.0 (2)	Jerri Baker/UNAT	3-11
16.76 (2)	Terra Dobroth/UNAT	5-13
17.02 (5)	Lori Jacobs/WS	6-9
17.27 (4)	Sheri/UNAT	4-22
17.8 (P)	Kim Hovis/UNAT	3-25
18.0 (3)	Debbie Bilih/UNAT	5-27
19.0 (P)	Valerie Thorpe/UNAT	3-25

400 Meter Hurdles

(0.14 Auto)

64.95 (2)	Thelma Harmon/LAM	7-1
66.65 (3)	Melanie Cummins/LBC	6-30
67.2 (3)	Jerri Baker/UNAT	3-11
67.40 (5)	Karen Neblett/CI	7-1
67.6 (2)	Kelly Wells/SCRR	6-9
68.1 (3)	Amy Lewis/UNAT	6-9
69.1 (4)	Lori Jacobs/WS	6-9

25.37 (2)	Inger Peterson/SCY	5-13
25.38 (5)	Kim Turner/LANTC	6-9
25.3 (2)	Karen Fisher/SCY	6-30
25.78 (3)	Pat Garcia/URTC	6-9
25.99 (4)	Sharon Alston/SDC	6-9
26.00 (4)	Ellen Jones/SDC	4-22
25.8 (3)	Patricia Cooksey/SDC	6-30
25.9 (4)	Regina Jacobs/LANTC	3-11
26.27w (b)	Jeannie Arnold/LBC	5-13

400 Meters

(0.14 Auto)

52 (1H)	Tippi Hall/LBC	3-17
56.98 (1)	Lawanda Cabess/UNAT	6-30
57.51 (1)	Tanya Dawkins/LBC	4-22
57.5 (H)	Cheryl Taylor/SDC	3-17
57.65 (4)	Kelly Churchman/LAM	6-30
57.6 (1)	Karen Fisher/SCY	5-27
58.0 (1)	Regina Jacobs/LANTC	3-11
58.1 (2)	Jennifer Cottingham/SDC	3-18
58.39 (5)	Michelle Simon/UNAT	7-1
58.65 (3)	Kim Turner/LANTC	6-9
58.68 (3)	Willa Evans/BEBTC	6-30
58.88 (3)	Karen Haller/VGTC	4-22
59.2 (2)	Sharon Alston/SDC	5-27
59.74 (4)	Tammy Anderson/MMARL	7-15
59.7 (1)	Vonda Black/LA Coug	4-8
59.9 (H)	Michelle Wade/SDC	3-17
60.1 (5)	Melanie Cummins/LBC	5-27
60.5 (2)	Rosalind Bowie/RTC	4-8
60.5 (2)	Pam Richards/	5-27
61.23 (5)	Antoninette Rolfe/LBC	5-13

800 Meters

2:10.34 (1)	Regina Jacobs/LANTC	7-1
2:13.47 (2)	Louise Romo/LANTC	7-1
2:15.57 (3)	Tina Howard/LAM	7-1
2:16.4 (1)	Karen Haller/VGTC	4-22
2:20.2 (4)	Trescia Palmer/SCY	6-30
2:20.5 (2)	Cherylynn Shuman/SCC	4-22
2:21.1 (1)	Lori Lopez/SHC	5-27
2:21.9 (6)	Karen Devine/SJS	6-30
2:24.0 (3)	Andrea Stone/UNAT	3-11
2:27.6 (5)	Amy Johnson/PUSA	6-9
2:28.7 (4)	Kim Gonzales/VGTC	3-11
2:29.0 (4)	Martha Solis/PR	5-27
2:29.1 (1)	Audrey Daily/LA Coug	4-8
2:29.6 (4)	Antoinette Rolfe/LBC	4-22
2:29.7 (5)	Tracey Harvey/SCRR	4-22
2:29.7 (P)	Sharon Hatfield/PUSA	4-22
2:31.0 (2)	Tracy Harvey/SCRR	4-8
2:34.5 (6)	Karen Wolfe/WS	6-9
2:35.0 (5)	Robin Serrato/SHC	5-27
2:36.6 (P)	Valerie Thorpe/LV	3-25

3000 Walk

15:48.0 (1)	Chris Ramirez/SCRR	3-18
16:52.3 (4)	Lynn Holmbeck/PUSA	7-1
18:21.8 (3)	Andrea Johnson/UNAT	3-18

440 Relay

(0.14 Auto)

47.8 (1)	BEBTC	6-30
47.56 (1)	LBC	5-13
48.16 (2)	SYC	6-30
48.5m (2)	SDC	3-18
48.98m (3)	Silver Streaks	7-14
48.98m (4)	Fresno Pacific	7-14
49.97 (5)	BEBTC/B	7-1
50.0 (4)	Rancho	3-11
50.0m (2)	LA Cougars	4-8
50.1m (3)	Pasadena Rosebuds	5-27
50.98m (6)	WVJ	6-9
51.57 (4)	N. Valley Golden Bears	6-30
51.2m (4)	SDC/B	5-27
52.1 (5)	SDJ	3-11
41.99m (7)	SCC	6-9

880 Medley Relay

(m + 0.5 = Yards)

1:45.59 (1)	LBC	7-1
1:45.7m (1T)	SCY	6-9
1:46.48 (2)	LAM	7-1
1:46.93 (3)	LANTC	7-1
1:46.7m (3)	SDC/A	6-9
1:47.92 (5)	BEBTC	7-1
1:51.0m (4)	SDC/B	5-27
1:52.5m (5)	SCC	5-27
1:53.0m (3)	Rancho	3-11
1:54.3m (6)	PR	5-27

Mile Relay

(m + 1.2 = Yards)

3:57.1m (1)	SDC	4-22
4:00.6 (2)	BEBTC	7-1
4:01.2 (3)	Orinda	Tc
4:00.9m (2)	LBC	4-22
4:09.5m (1)	LA Cougars	4-8
4:42.4m (2)	Woodside Striders	6-9

2 Mile Relay

10:44.8 (6)	Woodside Striders	7-1
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Shot Put-8lbs.

43-1 (1)	Yolanda Fletcher/RTC	7-8
39-2¾ (1)	Kathy Kahn/San Luis DC	6-9
39-1 (2)	Barrie Greer/UNAT	7-8
37-2¾ (3)	Beverly Hewitt/AA	6-9
37-1¾ (4)	Stacey Moro/APP	6-9
37-1¼ (5)	Cindi Durchslag/WS	6-9
35-2¾ (1)	Sonia Yanez/PR	4-8
34-0 (13)	Lorraine Costanzo/Newhall	7-1
33-10 (5)	Adelle Chavez/Mont.	7-15
31-3 (p)	Sharon Hatfield/PUSA	
27-5¾ (2)	Wynde Grey/UNAT	5-13
25-11 (p)	Kim Hovis/UNAT	3-25
25-0¾ (3)	Angela Beverly/SDJ	3-11
24-11½ (4)	Denise Grant/RTC	3-11
24-2¼ (p)	Valerie Hovis/UNAT	3-25
23-8½ (2)	Maria Belmonte/UNAT	4-8
23-3½ (3)	Lulu Guerrero	4-8
22-0¼ (4)	Lorraine Soler	4-8

Discus Throw

139-0 (2)	Kathy Kahn/SLDC	7-1
126-4 (1)	Barrie Greer/UNAT	3-11
124-5 (2)	Andrea Kriva/Burbank	7-8
116-8 (8)	Stacey Moro/APP	7-1
104-6 (10)	Cindi Durchslag/WS	7-1
104-5 (3)	Adelle Chavez/Mont.	7-15
75-3 (13)	Lorraine Costanzo/Newhall	7-1
65-2 (6)	Leslie Rhodes/SDC	6-9

Javelin

145-7 (1)	Deena Bernstein/CI	5-27
117-1 (2)	Andrea Kriva/UNAT	5-13
117-0 (3)	Susan Compton/SD	7-14
115-4 (3)	Cindi Durchslag/WS	7-15
111-8 (2)	Stacey Moro/APP	6-9
106-11 (3)	Leslie Rhodes/SDC	3-18
103-3 (8)	Stephanie Moro/APP	4-8
90-5 (3)	Sonia Yanez/PR	4-8
66-0 (3)	Andi Solday/TW	5-27
61-1 (4)	Stephanie McGuire/SDC	5-27
60-11 (5)	Jennifer Costa/SDC	6-9
52-7 (3)	Stephanie McGuire/SDC	2-4

Pentathlon

(100MH, SP-8, HJ, LJ, 800)

3590 (1)	Sharon Hatfield/PUSA	8-79
2564 (1)	Valerie Thorpe/LV	3-25
2159 (2)	Kim Hovis/LV	3-25

MASTERS

BEST MARKS

1979

by PERCY KNOX

Send all additions and corrections directly to:
Percy Knox, 447 E. Lingard St., Lancaster, CA 93534

60 Meter Dash

(30-39)	
Herman Franklin (31) SCS	6.7
Hillard Sumner (33) SCS	6.8
Willie Roberson (35) CIM	7.0
Walt Butler (38) SCS	7.1
Larry Sallinger (36) CIM	7.1
John Harper (31) SCS	7.1
Ron Beadle (30) CIM	7.2
(40-49)	
Ken Dennis (41) CIM	6.9
Percy Knox (45) CIM	6.96
Nick Newton (45) SCS	7.1
Al Henry (41) CIM	7.1
Ted Vick (49) CIM	7.2
(50-59)	
Tom Patsalis (57) CIM	7.9
Wayne Ambrose (53) CIM	7.9
Pete Fetter (58) CIM	8.0
Bob Hunt (58) SCS	8.2
(60+)	
Al Guidet (61) CIM	8.0
Joe Caruso (69) STC	8.5

100 Yard Dash

(30-39)	
Herman Franklin (31) SCS	9.8
Hillard Sumner (33) SCS	9.9
Walt Butler (38) SCS	9.9
Willie Roberson (35) CIM	10.0
Le Van Hofwagen (30) CIM	10.0
Mike Jackson (30) SCS	10.0
(40-49)	
Percy Knox (45) CIM	10.0
Nick Newton (45) SCS	10.3
Ken Dennis (41) CIM	10.5
Lewis Smith (40) SCS	10.6
Van Parish (45) NCS	10.6
Al Henry (41) CIM	10.7
Tony Nasaralla (46) STC	11.0
Dan Barrows (4) SCS	11.1
Hugh Cobb (4) SCS	11.2
Bob Radford (47) CIM	11.3
Ted Vick (49) CIM	11.4
(50-59)	
Tom Patsalis (58) CIM	11.6
Pete Fetter (58) CIM	11.8
Louis Beadle (51) CIM	11.8
Bob Hunt (59) SCS	12.3
Delaine Wagner (53)	12.3
Byron Walls (59)	12.3
(60-69)	
Payton Jordan (62) CIM	10.9
Clarence Killion (61) CIM	12.3
Morales, Bill (63) CIM	12.7
Jim Vernon (63) STC	12.8

100 Meter Dash

(30-39)	
Marion McCoy (30) AM	10.3
Hillard Sumner (33) SCS	10.6
Herman Franklin (31) SCS	10.6
Greg Marshall (31) WV	10.6

Bob Cooper (55) NCS	12.5
Ted Vick (50) CIM	12.6
Wilbur Buchanan (55) SCS	12.7
Louis Beadle (51) CIM	12.7
(50-59)	
Dick Zumwalt (52) NCS	12.7
Roy Wigginton (5)	12.8
Wayne Ambrose (53) CIM	12.9
Pete Fetter (58) CIM	12.9
Ray Spencer (56) SD	12.9
Bob Hunt (59) SCS	13.1
(60-69)	
Payton Jordan (62) CIM	12.4
Clarence Killion (61) CIM	12.9
Harry Koppel (66) STC	12.9
Al Guidet (61) CIM	13.0
John Satti (65) STC	13.3
Bill Morales (62) CIM	13.6
Byron Walls (60)	13.4
Jim Vernon (63) STC	13.6
George Poloynis (61) CIM	13.6
Jack Rawls (62)	13.9
S.Hoover (6) NCS	14.1
George Poloynis (61) CIM	14.1
Joe Caruso (69) STC	14.4
Alan Cranston (66)	14.5
Bill Burke (60) CIM	14.6
(70+)	
Josiah Packard (75) NCS	14.3
Ken Carnine (70) NCS	14.7
Harry Durall (7)	15.3
Sing Lum (75) CIM	15.4
L.Jackson (74)	15.4
A.J.Puglizvich (70) NCS	15.6

200 Meter Dash

(30-39)	
Hillard Sumner (33) SCS	21.2
Herman Franklin (31) SCS	21.2
Greg Marshall (31) WV	21.7
Matt Pruitt (33) WV	21.9
Glenn Johnson (31) CIM	22.1
David Romain (37) WV	22.1
Marion McCoy (30) AM	22.1
Clarence Corbin (34) WV	22.2
Walt Butler (38) SCS	22.3
Dan Fitzsimmons (35) WV	22.3
Mike Jackson (30) SCS	22.3
Ron Beadle (30) CIM	22.4
Doug Smith (30) CIM	22.5
Willie Roberson (35) CIM	22.7
L.Van Hofwagen (30) CIM	22.9y
Ron Ferguson (33) SCS	23.0
G.Crosby (30)	23.0
Bobby Simpson (37) WV	23.0
(40-49)	
Doug Smith (40) CIM	23.0
Ken Dennis (42) CIM	23.1
Percy Knox (45) CIM	23.2
Gary Miller (41) CIM	23.3
Nick Newton (45) SCS	23.4
(40-49)	
Walt Butler (38) SCS	23.5

Sing Lum (75) CIM	32.2
A.J.Puglizvich (70) NCS	32.6
Paul Spangler (80)	39.5

200 Meter Dash - electric

(30-39)	
Hillard Sumner (33) SCS	21.85
Glenn Johnson (31) CIM	22.40
Matt Pruitt (33) WV	22.52
Mike Jackson (30) SCS	22.67
Walt Butler (38) SCS	22.76
David Romain (37) WV	22.78
Doug Smith (39) CIM	22.96
Dan Fitzsimmons (35) WV	23.02
Clarence Corbin (34)	23.07
Greg Marshall (31) WV	23.12
(40-49)	
Gary Miller (41) CIM	23.56
Marion Sanchez (47) NCS	23.65
Mick Newton (45) SCS	23.68
Lewis Smith (40) SCS	23.72
Charles McKenney (40) SCS	23.92
Percy Knox (45) CIM	23.98
Bruce Springbett (46) NCS	24.12
Van Parish (45) NCS	24.19
Phil Presber (45)	24.21
(50-59)	
Ozzie Dawkins (51) STC	24.62
Bob Cooper (55) NCS	24.95
Bob Watanabe (53) STC	25.20
Bob Sieben (53) SD	25.33
Huel Washington (50)	25.35
Ted Vick (50) CIM	25.59
Louis Beadle (51) CIM	26.22
Wilbur Buchanan (55) SCS	26.94
Tom Clayton (55) CIM	27.00

400 Meter Dash

(30-39)	
Hillard Sumner (33) SCS	47.9
Matt Pruitt (33) WV	48.2
Ron Whitney (36) SCS	49.4
David Romain (37) WV	49.4
Ralph Lee (37) SCS	49.8r
Glenn Johnson (31) CIM	49.9
Greg Marshall (31) W V	50.5y
John Perry (34) SCS	50.9r
Sam Pinterpe (34)	51.0
Ron Beadle (31) CIM	51.2
R.Burleson (3)	51.4
Bill Weller (31) WV	51.5y
Frank Reilly (31)	52.0
Dan Fitzsimmon (35) W V	52.1
George Mason (35) WV	52.3
James Johnsen (3) NCS	52.4
Frank Little (35) SCS	52.9
Doug Smith (39) CIM	53.0
J.Barnes (3)	53.1
J.Smith (3)	53.3
Doug Wells (35) CIM	53.7
Walt Butler (38) SCS	53.8r
(40-49)	
Charley McKenney (40) SCS	51.7
Nick Newton (45) SCS	52.0
Gary Miller (41) CIM	52.0
Ed Oleata (4?) SD	52.8
Hans Bruhner (46) NCS	53.8
Percy Knox (45) CIM	54.9
P.Maresca (40) NCS	54.9
Jim Parks (45) STC	55.0
Tony Nasaralla (46) STC	55.4
W.Grant (4) CIM	55.8
Gary Bane (41) SCS	55.9
(50-59)	
Ozzie Dawkins (51) STC	54.5
Bob Sieben (53) SD	55.7
Don Jackson (53) NCS	56.5
Huel Washington (50) BAS	56.7
Louis Beadle (50) CIM	58.4
Wilbur Buchanan (55) SCS	59.3
Bob Hunt (58) SCS	59.5
Gene Harte (5) CIM	59.9
Delaine Wagner (53) STC	60.0
Al Brenda (51)	60.1
Ed Dowell (52) NCS	60.2
(60-69)	
Al Guidet (61) CIM	62.8
Harry Koppel (66)	63.7
Bill Bowers (60) SD	63.8
Clarence Killion (61) CIM	64.5
John Satti (65) STC	65.5
Paul Ganaki (6)	65.6
Hill Fairbanks (6)	66.5
George Poloynis (61) CIM	66.9
(70+)	
Josiah Packard (75) NCS	68.5
Mel Shine (70) NCS	69.3
Sing Lum (75) CIM	81.9
Paul Spangler (80)	90.6

400 Meter Dash - electric

Hillard Sumner (33) SCS	48.07
Matt Pruitt (33) WV	48.11

Lewis Smith (40) SCS	10.8
Van Parish (45) NCS	10.6
Al Henry (41) CIM	10.7
Tony Nasaralla (46) STC	11.0
Dan Barrows (4) SCS	11.1
Hugh Cobb (4) SCS	11.2
Bob Radford (47) CIM	11.3
Ted Vick (49) CIM (50-59)	11.4
Tom Patsalis (58) CIM	11.6
Pete Fetter (58) CIM	11.8
Louis Beadle (51) CIM	11.8
Bob Hunt (59) SCS	12.3
Delaine Wagner (53)	12.3
Byron Walls (59) (60-69)	12.3
Payton Jordan (62) CIM	10.9
Clarence Killion (61) CIM	12.3
Morales, Bill (63) CIM	12.7
Jim Vernon (63) STC	12.8

100 Meter Dash

(30-39)	
Marion McCoy (30) AM	10.3
Hillard Sumner (33) SCS	10.6
Herman Franklin (31) SCS	10.6
Greg Marshall (31) WV	10.6
Walt Butler (38) SCS	10.7
Mike Jackson (30) SCS	10.7
Glenn Johnson (31) CIM	10.7
Doug Wells (35) CIM	10.8
Doug Smith (39) CIM	10.8
J.Ravelomanantsoa (35) SCS	10.9
Ron Beadle (30) CIM	10.9
David Romain (37) WV	10.9
Dan Fitzsimmons (35) WV	11.0
Clarence Corbin (34) WV	11.0
Willie Roberson (35) CIM	11.1
Phil Underwood (30) SCS	11.1
Ron Ferguson (33) SCS	11.1
Bobby Simpson (37) WV	11.2
Sam Robinson (3) (40-49)	11.2
Percy Knox (45) CIM	10.9
Ken Dennis (41) CIM	11.2
Doug Smith (40) CIM	11.2
Bruce Springbett (47) NCS	11.2
Van Parish (45) NCS	11.2
Ben Anixter (41)	11.2
Dave Segal (41) CIM	11.3
Nick Newton (45) SCS	11.3
Lewis Smith (40) SCS	11.3
Marion Sanchez (47) NCS	11.4
Phil Presber (45)	11.5
M.Anderson (40) SCS	11.5
Ben Rivera (45)	11.5
Al Henry (41) CIM	11.6
Richard Koren (40)	11.6
Dick Hickman (41)	11.7
Tony Nasaralla (46) STC	11.7
Charles Fuller (40) NCS	11.7
Bob Radford (47) CIM	11.8
Jim Parks (45) SCS	11.8
Hans Bruhner (46) NCS (50-59)	11.9
Ozzie Dawkins (51) STC	11.6
Bob Watanabe (53) STC	11.7
V.Regier (5) NCS	11.8
Huel Washington (50)	11.9
Bob Roemer (54) NCS	12.0
Tom Patsalis (58) CIM	12.4

Wayne Ambrose (53) CIM	12.9
Pete Fetter (58) CIM	12.9
Ray Spencer (56) SD	12.9
Bob Hunt (59) SCS (60-69)	13.1
Payton Jordan (62) CIM	12.4
Clarence Killion (61) CIM	12.9
Harry Koppel (66) STC	12.9
Al Guidet (61) CIM	13.0
John Satti (65) STC	13.3
Bill Morales (62) CIM	13.6
Byron Walls (60)	13.4
Jim Vernon (63) STC	13.6
Al Simmons (66)	13.6
Jack Rawls (62)	13.9
S.Hoover (6) NCS	14.1
George Poloynis (61) CIM	14.1
Joe Caruso (69) STC	14.4
Alan Cranston (66)	14.5
Bill Burke (60) CIM (70+)	14.6
Josiah Packard (75) NCS	14.3
Ken Carnine (70) NCS	14.7
Harry Durall (7)	15.3
Sing Lum (75) CIM	15.4
L.Jackson (74)	15.4
A.J.Puglizvich (70) NCS	15.6

100 Meter Dash - electric

(30-39)	
Marion McCoy (30) AM	10.52
Hillard Sumner (33) SCS	10.85
Glenn Johnson (31) CIM	10.87
Walt Butler (38) SCS	10.93
Mike Jackson (30) SCS	10.95
Greg Marshall (31) WV	11.03
Doug Smith (39) CIM	11.27
Bobby Simpson (37) WV	11.37
Dan Fitzsimmons (35) WV	11.38
Sam Robinson (3)	11.56
Ron Ferguson (33) SCS (40-49)	11.61
Ed Oleata (42) SD	11.9
Lewis Smith (40) SCS	11.31
Marion Sanchez (47) NCS	11.35
Percy Knox (45) CIM	11.38
Nick Newton (45) SCS	11.48
Van Parish (45) NCS	11.59
Bruce Springbett (46) NCS	11.70
Phil Presber (45)	11.72
Charles Fuller (40) NCS (50-59)	11.74
Ozzie Dawkins (51) STC	11.85
Bob Watanabe (53) STC	11.90
Ted Vick (50) CIM	12.23
Huel Washington (50) CIM	12.28
Tom Patsalis (58) CIM	12.51
Bob Roemer (54) NCS	12.54
Bob Cooper (55) NCS	12.67
Wilbur Buchanan (55) SCS	12.98
Pete Fetter (58) CIM	13.03
Ray Spencer (56) SD (60-69)	13.13
Payton Jordan (62) CIM	11.9
Clarence Killion (61) CIM	12.81
Al Guidet (61) CIM	13.25
Harry Koppel (66) STC	13.26
Jack Rawls (62)	13.59
Byron Walls (60) CIM	13.62
John Satti (65) STC	13.70
Bill Morales (63) CIM	13.85
Joe Caruso (69) STC	14.34

200 Meter Dash

(30-39)	
Hillard Sumner (33) SCS	21.2
Herman Franklin (31) SCS	21.2
Greg Marshall (31) WV	21.7
Matt Pruitt (33) WV	21.9
Glenn Johnson (31) CIM	22.1
David Romain (37) WV	22.1
Marion McCoy (30) AM	22.1
Clarence Corbin (34) WV	22.2
Walt Butler (38) SCS	22.3
Dan Fitzsimmons (35) WV	22.3
Mike Jackson (30) SCS	22.3
Ron Beadle (30) CIM	22.4
Doug Smith (30) CIM	22.5
Willie Roberson (35) CIM	22.7
L.Van Hofwagen (30) CIM	22.9y
Ron Ferguson (33) SCS	23.0
G.Crosby (30)	23.0
Bobby Simpson (37) WV (40-49)	23.0
Doug Smith (40) CIM	23.0
Ken Dennis (42) CIM	23.1
Percy Knox (45) CIM	23.2
Gary Miller (41) CIM	23.3
Nick Newton (45) SCS (40-49)	23.4
Hans Bruhner (46) NCS	23.5
Al Henry (41) CIM	23.5
Lewis Smith (40) SCS	23.5
Dave Segal (41) CIM	23.7y
Harry Wade (45)	23.7
Bruce Springbett (46) NCS	23.9
Terry Cannon (41) CIM	23.9
Phil Presber (45)	24.0
Van Parish (45) NCS	24.0
Tony Nasaralla (46) STC	24.4
Charles Fuller (40) NCS	24.5
P.Maresca (4)	24.6
Jim Parks (45) SCS	24.7
Dan Barrows (45) SCS (50-59)	24.7y
Ozzie Dawkins (51) STC	24.5
Bob Cooper (55) NCS	24.7
Bob Watanabe (53) STC	24.9
Bob Sieben (53) SD	25.1
Bob Roemer (54) NCS	25.1
Huel Washington (50)	25.1
Ted Vick (50) CIM	25.5
Louis Beadle (50) CIM	25.6
Dick Zumwalt (52) NCS	26.5
Wilbur Buchanan (55) SCS	26.7
Tom Clayton (55) CIM	26.7
Bob Hunt (58) SCS	26.9
Roy Wigginton (5)	27.0
Ray Spencer (56) SD	27.2
Delaine Wagner (53)	27.5
Pete Fetter (58) CIM (60-69)	27.6
Clarence Killion (61) CIM	26.0
Harry Koppel (66) STC	27.2
Al Guidet (61) CIM	27.4
John Satti (65) STC	27.6
Byron Walls (60)	28.6
Bill Bowers (60) SD	28.7
Jack Rawls (62) CIM	29.5
George Poloynis (61) CIM (70+)	29.9
Josiah Packard (75) NCS	29.5
Ken Carnine (70) NCS	30.3
Mel Shine (70) NCS	31.1

Glenn Johnson (31) CIM	22.4
Matt Pruitt (33) WV	22.52
Mike Jackson (30) SCS	22.67
Walt Butler (38) SCS	22.76
David Romain (37) WV	22.78
Doug Smith (39) CIM	22.96
Dan Fitzsimmons (35) WV	23.02
Clarence Corbin (34)	23.07
Greg Marshall (31) WV (40-49)	23.12
Gary Miller (41) CIM	23.56
Marion Sanchez (47) NCS	23.65
Nick Newton (45) SCS	23.68
Lewis Smith (40) SCS	23.72
Charles McKenney (40) SCS	23.92
Percy Knox (45) CIM	23.98
Bruce Springbett (46) NCS	24.12
Van Parish (45) NCS	24.19
Phil Presber (45) (50-59)	24.21
Ozzie Dawkins (51) STC	24.62
Bob Cooper (55) NCS	24.95
Bob Watanabe (53) STC	25.20
Bob Sieben (53) SD	25.33
Huel Washington (50)	25.35
Ted Vick (50) CIM	25.59
Louis Beadle (51) CIM	26.22
Wilbur Buchanan (55) SCS	26.94
Tom Clayton (55) CIM	27.09
Bob Hunt (59) SCS	27.10
Ray Spencer (56) SD (60-69)	27.42
Clarence Killion (61) CIM	27.41
Harry Koppel (66) STC	27.48
Byron Walls (60) CIM	28.68
Bill Bowers (60) SD	28.90
John Satti (65) STC	29.13
Jack Rawls (62) STC	29.56
George Poloynis (61) CIM (70+)	30.05
Josiah Packard (75) NCS	29.70
Ken Carnine (70) NCS	31.36
Mel Shine (70) NCS	32.75
Sing Lum (75) CIM	33.41
Paul Spangler (80)	39.50

300 Meter Dash

(30-39)	
Hillard Sumner (33) SCS	34.8
Frank Reilly (31)	37.6
Doug Smith (39) CIM	37.9
Willie Roberson (35) CIM	38.3
Harvey Johnson (38) CIM	38.7
(40-49)	
Nick Newton (46) SCS	37.5
Ken Dennis (42) CIM	37.7
Dave Segal (41) CIM	37.9
Percy Knox (46) CIM	39.5
Al Henry (41) CIM	39.9
Ted Vick (49) CIM (50+)	41.9
Bob Hunt (58) SCS	44.2
Delaine Wagner (53)	44.8
Al Guidet (61) CIM	45.3

Don Jackson (53) NCS	56.5
Huel Washington (50) RAS	56.7
Louis Beadle (50) CIM	58.4
Wilbur Buchanan (55) SCS	59.3
Bob Hunt (58) SCS	59.5
Gene Harte (5) CIM	59.9
Delaine Wagner (53) STC	60.0
Al Brenda (51)	60.1
Ed Dowell (52) NCS (60-69)	60.2
Al Guidet (61) CIM	62.8
Harry Keppel (66)	63.7
Bill Bowers (60) SD	63.8
Clarence Killion (61) CIM	64.5
John Satti (65) STC	65.5
Paul Ganaki (6)	65.6
Bill Fairbanks (6)	66.5
George Poloynis (61) CIM (70+)	66.9
Josiah Packard (75) NCS	68.5
Mel Shine (70) NCS	69.3
Sing Lum (75) CIM	81.9
Paul Spangler (80)	90.6

400 Meter Dash - electric

Hillard Sumner (33) SCS	48.07
Matt Pruitt (33) WV	48.41
David Romain (37) WV	49.66
Glenn Johnson (31) CIM	50.13
Sam Pinterpe (34)	51.21
Bill Weller (31) WV	52.22
Dan Fitzsimmons (35) WV	52.25
Frank Little (35) SCS	52.54
Doug Smith (39) CIM (40-49)	53.20
Gary Miller (41) CIM	51.72
Charles McKenney (40) SCS	51.98
Nick Newton (45) SCS	52.14
Mel Elliott (40) SM	53.53
Hans Bruhner (46) NCS	54.22
Percy Knox (45) CIM	55.22
Jim Parks (45) SCS	55.22
Tony Nasaralla (46) STC (50-59)	55.40
Ozzie Dawkins (51) STC	54.68
Bob Sieben (53) SD	55.99
Don Jackson (53) NCS	56.69
Huel Washington (50)	58.96
Bob Hunt (59) NCS	59.62
Wilbur Buchanan (55) SCS	60.03
Delaine Wagner (53)	60.59
Ray Spencer (56) SD (60-69)	60.67
Clarence Killion (61) CIM	63.10
Al Guidet (61) CIM	63.35
Harry Koppel (66) STC	63.88
Bill Bowers (60) SD	63.96
John Satti (65) STC	65.53
George Poloynis (61) CIM (70+)	66.94
Josiah (75) NCS	68.64

600 Meter Run

(30+)	
Gary Miller (41) CIM	1:27.2
Steve Waggner (34) CIM	1:27.3
Tom Clayton (55) CIM	1:42.0
Delaine Wagner (53)	1:42.7

800 Meter Run

(30-39)	
Ralph Lee (37) SCS	1:52.1
Ramsay Thomas (35) WV	1:53.8
Tom Von Ruden (35)	1:53.9
David Romain (37) WV	1:54.2
John Perry (34) SCS	1:55.8
Hillard Sumner (33) SCS	1:58.2
Bob Browne (33) WV	1:58.7
Sam Pinterpe (34)	1:59.2
George Mason (35) WV	1:59.4
Steve Waggner (34) CIM	2:00.3
Don Donaldson (39)	2:01.0
Fred Doubell (3)	2:03.2
Norm Towers (38)	2:05.6
C.Minnick (3)	2:07.0y
J.Meisner (3)	2:08.0
H.Williams (3)	2:08.5y
(40-49)	
Jack Knebel (40) WV	2:00.2
Paul Richardson (40) W V	2:01.7
Mel Elliott (40) SM	2:02.8
P.Maresca (40) NCS	2:07.4
J.Carter (4)	2:07.5
Gary Miller (41) CIM	2:07.6
George DePooter (45)	2:08.7
M.Lauderdale (4)	2:08.9
John Harper (46) CIM	2:09.7
S.Webb (41) CIM	2:10.3
Gay Kalchschmid (45) SFV	2:11.2
W.Grant (4) CIM	2:11.5y
J.Erbes (41)	2:11.6
B.Estes (4)	2:12.0
(50-59)	
Bill Fitzgerald (54) STC	2:04.8
Bob Sieben (53) SD	2:07.1
Don Stevenson (50)	2:11.2
Don Jackson (53) NCS	2:11.6
Bob Holmes (5) SD	2:15.5
Avery Bryant (55) STC	2:17.4
Pete Mundle (51) SM	2:18.5
Wil Kleinsasser (51) STC	2:19.5
(60+)	
Don Longnecker (63)	2:28.7
Allan Waterman (61)	2:32.1
George Poloynis (61) CIM	2:33.9
Monty Montgomery (72)	2:43.1
Mel Shine (70) NCS	2:44.3
Harry Koppel (66) STC	2:44.9
Sid Madden (72)	2:45.8
Chester Beach (67)	2:46.0
Paul Spangler (80)	3:27.2

1500 Meter Run

(30-39)	
Ramsay Thomas (35) WV	3:52.7
Tom Von Ruden (35)	3:54.2
Ralph Lee (37) SCS	4:02.6
James Backus (35)	4:03.6
Steve Waggner (35) CIM	4:08.4
Bruce Kastin (35)	4:10.3
Gary Goettleman (35) WV	4:13.0
Don Donaldson (39)	4:15.2
Norm Towers (38)	4:20.0
J.White (37) WV	4:23.1
R.Hanson (3)	4:25.0
Jim Howell (3)	4:25.6
J.McFadden (37) WV	4:26.9
B.Wade (3)	4:29.4

Truman Clark (43) SCS	9:28.2
Pete Mundle (51) SM	9:32.8
D.Haddock (30)	9:47.0
Tom Richards (38) CIM	9:49.0
Wil Kleinsasser (51) STC	10:48.0

3 Mile/5,000 Meters

Gary Goettleman (35) WV	14:51.8
Harvey Franklin (37) WV	15:09.0
J.Clary (33) WV	15:21.8
Frank Duarte (35)	15:33.3
Jim Howell (35) WV	15:45.0
D.Veeks (3)	15:56.0
B.Stephenson (3)	16:24.3
Steve Waggner (34) CIM	16:26.4
R.Hanson (3) CIM	16:30.4
James Backus (35)	16:36.7
Norm Towers (38)	16:42.8
J.McFadden (38)	16:46.6
M.Gallo (3)	16:53.1
(40-49)	
Bob Wellock (41)	16:04.3
J.Burgasser (40)	16:06.0
Truman Clark (43) SCS	16:07.1
Kent Guthrie (4) WV	16:54.0
Dave Stephenson (4)	16:58.0
Dave Reisbord (4)	17:17.0
Tom Cantcart (4) WV	17:20.8
Skip Witt (40)	17:45.8
D.Pickett (4)	17:51.9
Tom Sturak (48) SCS	17:52.0
G.Lynch (46)	17:57.0
(50-59)	
Pete Mundle (51) SM	16:30.0
Jim O'Neil (54)	16:39.6
S.Nicholson (5) STC	17:20.3
Avery Bryant (55) STC	17:36.3
Jim Oleson (5)	18:30.0
R.Mueller (53)	18:46.5
(60+)	
Don Longenecker (63)	18:01.5
ED Statenberg (65)	18:44.3
Sid Madden (71) SFV	19:43.9
Paul Spangler (80)	25:09.8

10,000 Meter Run

(30-39)	
Bill Clark (35) WV	31:53.6
G.Conefrey (3)	32:04.5
M.Chamblis (3)	32:39.9
Frank Durate (3)	32:59.6
M.Winter (36)	33:34.6
Darryl Zappta (34) WV	33:35.6
R.Hanson (3) CIM	33:58.0
(40-49)	
Bob Wellock (41) NCS	33:39.0
B.Packard (4)	33:40.0
Truman Clark (43) SCS	33:52.1
Kent Guthrie (4) WV	33:55.8
J.Burgasser (4)	34:08.3
J.Lewis (43)	34:37.9
Ralph Bowles (4)	35:01.1
A.Durkin (4)	35:03.6
J.Livesay (4)	35:05.0
(50-59)	
Jim O'Neil (54)	33:54.4
Pete Mundle (51) SM	34:03.6
(60+)	
Jim Oleson (60)	37:54.7
Ed Statenberg (65)	39:43.6

110 Meter Hurdles - electric

(30-39)	
Walt Butler (38) SCS	13.92
Theo Viltz (30)	14.77
Larry Sallinger (36) CIM	14.79
Fred Johnston (33) SCS	15.25
C.McCormick (35) SCS	15.38
(40-49)	
Al Henry (41) CIM	14.78
Charles Fuller (40) NCS	15.56
Dave Jackson (47) CIM	15.72
Van Parish (45) NCS	16.40
Hal Smith (43) SCS	16.50
(50-59)	
Tom Patsalis (58) CIM	16.88
Bob Hunt (59) SCS	17.48
Burl Gist (59) CIM	18.46
Robert Higginbotham (52)	19.96
Don Donnelly (51) CIM	20.33
Wayne Ambrose (54) CIM	20.47
(60-69)	
Al Guidet (61) CIM	18.73
Chester Beach (67)	19.37
Jack Ravls (62)	19.46
Clarence Killion (61) CIM	19.64
Bill Morales (62) CIM	19.75

400 Meter Hurdles

(30-39)	
Ron Whitney (36) SCS	54.5
Matt Pruitt (33) WV	55.6
C.McCormick (35) SCS	57.7
Larry Sallinger (36) CIM	58.5
Hugh Adams (39) CIM	58.9
(40-49)	
Gary Miller (41) CIM	57.6
Ed Oleata (42) SD	58.2
J.Thomas (40)	58.7
Dick Hickman (41)	61.2
Van Parish (45) NCS	63.7
Tony Nasaralla (46) STC	64.6
Al Sheehan (47) SFV	64.9
(50-59)	
Ed Dowell (52) NCS	64.7
Bob Holmes (51) SD	66.9
Bob Hunt (58) SCS	67.3
Tom Clayton (55) CIM	67.8
B.McGuire (5)	68.7
(60+)	
Al Guidet (61) CIM	73.6
Allan Waterman (60)	74.6
John Satti (65) STC	75.5
P.Gunahi (63)	75.9

400 Meter Hurdles - electric

(30-39)	
Matt Pruitt (33) WV	55.85
Hugh Adams (39) CIM	57.70
C.McCormick (35) SCS	57.99
Larry Sallinger (36) CIM	58.67
R.Carlon (3)	58.76
(40-49)	
Gary Miller (41) CIM	57.74
Ed Oleata (42) SD	58.60
J.Thomas (4)	58.84
Van Parish (45) NCS	63.82

Corona Del Mar	44.5	(40-49)	
(Henry, Miller, Jackson, D. Smith)		James Brown (40)	6'
Corona Del Mar	44.6	Herman Wyatt (47)	6'
(Dennis, Miller, Henry, Knox)		Nick Newton (45) SCS	5'11 1/4
Southern Cal Striders	44.7	Ed Austin (49) CIM	5'8
(Anderson, L. Smith, Barrows, McKenney)		Marion Sanchez (47)	5'8
Corona Del Mar	44.9	Kermit Walker (43)	5'6
(Henry, Dennis, Miller, Knox)		Don Rose (4)	5'6
Southern Cal Striders	44.9	Dennis DeWitt (4)	5'6
(Newton, L. Smith, Smith, McKenney)		R.Phranlser (4) NCS	5'6
Corona Del Mar	45.0	Dick Emberger (40)	5'5
(Henry, Miller, Jackson, Knox)		Bruce Hescock (45)	5'5
Corona Del Mar	45.0	Leon Frankamp (4)	5'4
(Dennis, Henry, Waterman, Knox)		Gary Bane (41)	5'4
Southern Cal Striders	45.1	Ed Oleata (42) SD	5'3
(Newton, L. Smith, McKenney)		James Thomas (40)	5'2
Northern Cal Seniors	45.3	Phil Conley (45) WV	5'2
(Springbett, Sanchez, Bruhner, Parish)		K.C. Keffer (46) CIM	5'
(50-59)		Shirley Davisson (49) CIM	5'
Seniors TC	49.0	C.Young (4)	5'
(Dawkins, Smith, Wagner, Watanabe)		M.Bodley (4)	5'
Corona Del Mar	49.05	M.Page (40)	5'
Corona Del Mar	49.1	(50-59)	
(Fetter, Clayton, Ambrose, Vick)		Burl Gist (59) CIM	5'3/4
Seniors TC	49.14	Orv Gillett (59) CIM	4'10
Dawkins, Smith, Wagner, Watanabe)		Dave Brown (57) CIM	4'9 1/2
Corona Del Mar	49.3	Harry Hawke (50) SD	4'9
(Waite, Patsalis, Stolpe, Wagner)		Hal Wallace (52) STC	4'8
Corona Del Mar	49.5	Delaine Wagner (52) STC	4'8
(Beadle, Ambrose, Clayton, Vick)		Al Brenda (51)	4'7 1/2
Corona Del Mar	49.9	Bob Ogle (59) CIM	4'6
		James Johnson (57)	4'5
		B.Perry (5) CIM	4'4
		J.Minah (59) CIM	4'4
		Roy Wigginton (53) NCS	4'4
		(60-69)	
		Burl Gist (60) CIM	5'
		Bob Ogle (60) CIM	4'10
		Orv Gillett (60) CIM	4'8
		Ted Wilson (6)	4'8
		(60-69)	
		Jim Vernon (63) STC	4'6
		Hugo DeGroot (62) STC	4'6
		James Damski (64)	4'6
		James McCarthy (64) NCS	4'6
		Bill Burke (60) CIM	4'4
		Don Winton (60) CIM	4'4
		Chester Beach (67)	4'121/8
		Ted Hatlen (69)	4'12
		John Dick (67)	4'1 1/4
		(70+)	
		Homer VanGelder (74)	4'
		L.Perfsenyi (7)	3'10
		A.Reiser (7)	3'10
		W.Frederick (71)	3'10
		Winfield McFadden (74) SD	3'8 1/2
		Walt Westbrook (80)	3'8

800 Meter Relay

Southern Cal Striders	1:29.19y
(Ferguson, Butler, Franklin, Sumner)	
Corona Del Mar	1:30.5
(Roberson, D. Smith, Johnson, Beadle)	
Corona Del Mar	1:31.6
Southern Cal Striders	1:31.7
(Butler, Kiapas, Ferguson, Sumner)	
Corona Del Mar	1:32.2y
(Johnson, H. Johnson, D. Smith, Roberson)	
(40-49)	
Corona Del Mar	1:34.3
(Dennis, Henry, Miller, Segal)	
Southern Cal Striders	1:35.2
(Newton, Anderson, Barrows, McKenney)	
Corona Del Mar	1:35.37y
(Henry, Knox, Jackson, Miller)	
(50-59)	
Corona Del Mar	1:42.44y
(Stolpe, Clayton, Beadle, Vick)	
Seniors TC	1:43.05y
(Dawkins, Watanabe, Wagner, Fitzgerald)	

1600 Meter Relay

Southern Cal Striders	3:22.5
(Butler, Perry, Lee, Sumner)	
Southern Cal Striders	3:22.7
(Butler, Perry, Lee, Sumner)	
Southern Cal Striders	3:23.0
(Butler, Perry, Lee, Sumner)	
West Valley TC	3:24.7
(Marshall, Romain, Wheeler, Fitzsimmons)	
West Valley TC	3:24.89
(Marshall, Romain, Wheeler, Fitzsimmons)	
West Valley TC	3:28.5
West Valley TC	3:30.7
(Fitzsimmons, Mason, Thomas, Romain)	
(40-49)	

Long Jump

(30-39)	
Carl Flowers (32) CIM	23' 1/2
J.Natley (3)	22' 9 1/4
R.Lewis (3)	22' 3
Greg Marshall (31) WV	22' 1
Craig Vaughn (32)	21' 7 1/2
Mike Clark (31)	21' 4 1/2
Larry Sallinger (36) CIM	21' 3
Frank Reilly (31)	21' 3
M.Dunn (3)	20' 6
Alan Bigby (31) SCS	20' 1 1/2
Hugh Adams (39) CIM	20' 1
Dennis Stempel (36)	20' 1

Don Longnecker (63)	2:28.7
Allan Waterman (61)	2:32.1
George Poloyinis (61) CIM	2:33.9
Monty Montgomery (72)	2:43.1
Mel Shine (70) NCS	2:44.3
Harry Koppel (66) STC	2:44.9
Sid Madden (72)	2:45.8
Chester Beach (67)	2:56.0
Paul Spangler (80)	3:27.2

1500 Meter Run

(30-39)	
Ramsay Thomas (35) WV	3:52.7
Tom Von Ruden (35)	3:54.2
Ralph Lee (37) SCS	4:02.6
James Backus (35)	4:03.6
Steve Waggener (35) CIM	4:08.4
Bruce Kastin (35)	4:10.3
Gary Goettelman (35) WV	4:13.0
Don Donaldson (39)	4:15.2
Norm Towers (38)	4:20.0
J.White (37) WV	4:23.1
R.Hanson (3)	4:25.0
Jim Howell (3)	4:25.6
J.McFadden (37) WV	4:26.9
B.Wade (3)	4:29.4
J.Davis (3) (40-49)	4:32.0
Tom Cantcart (4) WV	4:11.9
Jack Knebel (40)	4:14.1
Mel Elliott (40) SM	4:20.0
David Reisbord (43) SM	4:22.0
Bob Wellock (41)	4:23.3
J.Carter (4) SFV	4:43.7
J.Erbes (41)	4:31.0
J.Fekkes (41)	4:32.2
Gay Kalchschmid (4)	4:33.4
E.Galindo (40) SM	4:33.4
E.Field (4) SM	4:34.8
Skip Witt (40) SCS	4:35.1
Ed Oleata (42) SD	4:37.1
Tom Sturak (48) SCS (50-59)	4:39.3
Bill Fitzgerald (54) STC	4:22.0
Pete Mundle (51) SM	4:26.0
Avery Bryant (55) STC	4:39.8
Bob Holmes (51) SD	4:40.3
Dave Stephenson (50)	4:45.0
Wil Kleinsasser (51) STC	4:48.3
G.Linde (51) SM	4:50.0
L.Watts (5) (60+)	4:59.2
Ed Statenberg (65)	5:08.1
Don Longnecker (63)	5:00.3
B.Lehman (6)	5:19.8
Allan Waterman (60)	5:21.8
Monty Montgomery (72)	5:31.0
Sid Madden (72)	5:40.0
George Poloyinis (61) CIM	5:42.5
J.Garcia (6)	5:52.0
F.Burleim (6)	5:52.9
D.Klan (6)	5:53.6
Paul Spangler (80)	6:46.8

3000 Meter Run

Ramsay Thomas (35) WV	8:31.5
Jim Murphy (40) CIM	9:13.1
R.Hanson (3)	9:18.0
Norm Towers (38)	9:23.7

10,000 Meter Run

(30-39)	
Bill Clark (35) WV	31:53.6
G.Conefrey (3)	32:04.5
M.Chamblis (3)	32:39.9
Frank Durate (3)	32:59.6
M.Winter (36)	33:34.6
Darryl Zappta (34) WV	33:35.6
R.Hanson (3) CDM (40-49)	33:58.0
Bob Wellock (41) NCS	33:39.0
B.Packard (4)	33:40.0
Truman Clark (43) SCS	33:52.1
Kent Guthrie (4) WV	33:55.8
J.Burgasser (4)	34:08.3
J.Lewis (43)	34:37.9
Ralph Bowles (4)	35:01.1
A.Durkin (4)	35:03.6
J.Livesay (4) (50-59)	35:05.0
Jim O'Neil (54)	33:54.4
Pete Mundle (51) SM (60+)	34:03.6
Jim Oleson (60)	37:54.7
Ed Statenberg (65)	39:43.6

110 Meter Hurdles

(30-39)	
Walt Butler (38) SCS	13.6
Theo Viltz (30)	14.4
Larry Sallinger (36) CIM	14.5
Alan Bigby (30)	15.0
Fred Johnston (33) SCS	15.1
C.McCormick (35) SCS	15.1
Hugh Adams (39) CIM (40-49)	15.8
Al Henry (41) CIM	14.6
Dick Hickman (41)	15.1
Dave Jackson (47) CIM	15.5
Mal Andrews (45) BAS	15.8
Charles Fuller (40) NCS	15.8
Ed Oleata (42) SD	16.0
Hal Smith (43) SCS	16.0
J.Thomas (40)	16.1
Van Parish (45) NCS	16.1
G.Bane (4)	16.4
Marion Sanchez (46) NCS	16.5
Dick Emberger (40)	16.6
Bruce Hescoek (45)	17.1
Bill Adler (46) SCS	17.2
Tony Nasaralla (46) STC (50-59)	18.6
Tom Patsalis (58) CIM	16.0
Bob Hunt (59) SCS	17.2
Al Brenda (51)	17.3
Burl Gist (59) CIM	17.5
J.Friesen (51) CIM	18.2
Roy Wigginton (53)	19.0
B.Higgenbotham (5)	19.4
Don Donnelly (51) CIM (60+)	20.1
Al Guidet (61) CIM	17.3
Bill Morales (63) CIM	19.0
Chester Beach (67)	19.0
Jack Rawls (62)	19.0
Clarance Killion (61) CIM	19.4
Al Simmons (6)	19.8
John Satti (65) STC	20.0
Bill Burke (60) CIM	20.8

400 Meter Hurdles - electric

(30-39)	
Matt Pruitt (33) WV	55.85
Hugh Adams (39) CIM	57.70
C.McCormick (35) SCS	57.99
Larry Sallinger (36) CIM	58.67
R.Carlon (3) (40-49)	58.76
Gary Miller (41) CIM	57.74
Ed Oleata (42) SD	58.60
J.Thomas (4)	58.84
Van Parish (45) NCS	63.82
Al Sheehan (47) SFV	64.18
Tony Nasaralla (46) STC (50-59)	64.51
Ed Dowell (50) NCS	64.88
Bob Hunt (59) SCS	64.92
Bob Holmes (51) SD	67.07
Tom Clayton (55) GDM	68.00
Ray Spencer (56) SD (60+)	68.98
Al Guidet (61) CIM	70.78
Allan Waterman (60)	76.06
John Satti (65) STC	76.99

400 Meter Relay

Southern Cal Striders (Butler, Franklin, Ferguson, Sumner)	42.15
Southern Cal Striders (Butler, Ferguson, Jackson, Sumner)	42.2
Southern Cal Striders (Butler, Jackson, Ferguson, Sumner)	42.35
Corona Del Mar (Roberson, D.Smith, Johnson, Johnson)	42.5
Southern Cal Striders (Butler, Ferguson, Sumner)	42.5
Southern Cal Striders (Butler, Franklin, Jackson, Sumner)	42.7
Corona Del Mar (Beadle, D.Smith, Johnson, Wells)	42.9
Southern Cal Striders (Butler, Klapas, Ferguson, Sumner)	42.9
Corona Del Mar	43.0
Southern Cal Striders	43.1
Corona Del Mar	43.2
Southern Cal Striders	43.3
Corona Del Mar (Roberson, D.Smith, Johnson, Beadle)	43.3
West Valley TC (Corbin, Simpson, Marshall, Pruitt)	43.73
West Valley TC	43.8
Southern Cal Striders (40-49)	43.9
Corona Del Mar (Henry, Jackson, Miller, Knox)	44.5

1600 Meter Relay

Southern Cal Striders (Butler, Perry, Lee, Sumner)	3:22.5
Southern Cal Striders (Butler, Perry, Lee, Sumner)	3:22.7
Southern Cal Striders (Butler, Perry, Lee, Sumner)	3:23.0
West Valley TC (Marshall, Romain, Wheeler, Fitzsimmons)	3:24.7
West Valley TC (Marshall, Romain, Wheeler, Fitzsimmons)	3:24.89
West Valley TC	3:28.5
West Valley TC (Fitzsimmons, Mason, Thomas, Romain)	3:30.7
Corona Del Mar (Harper, Knox, Mayer, Miller)	3:38.9
Corona Del Mar (Harper, Knox, Mayer, Miller)	3:43.37
Northern Cal Seniors (Parish, Springbett, Bruhner)	3:46.1
Seniors TC (Davkins, Fitzgerald, Wagner, Smith)	3:55.1
Seniors TC (Davkins, Fitzgerald, Wagner, Smith)	3:55.29

Sprint Medley Relay

Southern Cal Striders (Butler, Ferguson, Sumner, Lee)	3:39.5
Corona Del Mar (Dennis, Segal, Miller, Mayer)	3:42.9
Corona Del Mar (Segal, Knox, Miller, Henry)	3:48.8
Seniors TC	4:23.4

High Jump

(30-39)	
John Dobroth (38) SCS	6'83/4
Charles Rader (31)	6'7
Steve Lang (30)	6'6
James Brown (39)	6'4 1/2
Llyod Higgins (37)	6'1
A.Smith (31) SCS	5'10
John Fielder (33)	5'9
Frank Reilly (30)	5'8
Larry Sallinger (36) CIM	5'8
F.Ledder (3)	5'8
R.Burleson (3)	5'73/4
Warren Cummings (30)	5'7
Carl Flowers (32) CIM	5'6
Dennis Stempel (36)	5'5
Hugh Adams (39) CIM	5'4
M.Culbert (3)	5'4
Skip Leora (3) CIM	5'4

Long Jump

(30-39)	
Carl Flowers (32) CIM	23' 1/2
J.Natley (3)	22' 9/4
R.Lewis (3)	22'3
Greg Marshall (31) WV	22'1
Craig Vaughn (32)	21' 7/4
Mike Clark (31)	21' 1/2
Larry Sallinger (36) CIM	21' 1/4
Frank Reilly (31)	21' 1/4
M.Dunn (3)	20'6
Alan Bigby (31) SCS	20' 1 1/2
Hugh Adams (39) CIM	20'1
Dennis Stempel (36)	20' 1/2
Sam Robinson (3)	19' 11 3/4
M.Ucovich (3) NCS	19' 7/4
Fred Johnston (31) SCS	19'7
John Fielder (33)	19'4
Skip Leora (33) CIM	19'4
H.Rush (3)	19'2
Meyer (3) (40-49)	19'1
Al Henry (41) CIM	21' 7/4
Shirley Davisson (49) CIM	21' 3/4
Kermit Walker (43)	21' 3/4
Dave Jackson (47) CIM	20' 8 3/4
Phil Presber (45)	19'7
Mal Andrews (45) BAS	19' 6 1/4
Gary Miller (41) CIM	19' 1 1/2
Bruce Hescoek (45)	19' 1 1/2
Tony Nasaralla (47) STC	19' 1 1/4
Phil Schlegel (49) CIM	18' 10 1/2
E.Pearson (4)	18' 9 1/8
Gary Bane (41)	18' 8 3/4
Charles Fuller (40) NCS	18' 8 1/4
Burton Otzinger (49)	18'8
Alvin Andrews (45) CIM	18'7
Dennis Dewitt (40)	18'7
R.Tsuda (4)	18'4
Hal Smith (43) SCS	17' 11 1/4
Phil Conley (45) WV	17' 10 1/2
Ted Vick (49) CIM (50-59)	17'7
Tom Patsalis (58) CIM	19' 1 1/4
Al Brenda (51)	17' 10
Ray Spencer (56) SD	17' 6 3/4
James Johnson (57) NCS	17' 4 3/4
R.Slecer (5)	17' 1 1/2
Dave Brown (56) CIM	16' 10
Ted Vick (50) CIM	16' 7 1/4
Bob Reemer (54) NCS	16' 4 1/4
Don Donnelly (51) CIM	16' 3 3/4
Pete Fetter (58) CIM	15' 9 1/4
Hal Wallace (52) STC	15' 9 1/4
Harry Hawke (50) SD	15' 9 1/4
Dick Straub (51) SD	15' 5 3/4
H.Huseney (5)	15' 1 1/4

(60-69)

Jim Vernon (63) STC	17'
John Satti (65) STC	16'7 $\frac{1}{4}$
Gordon Farrell (61) CIM	16'3 $\frac{1}{4}$
Bill Burke (60) CIM	14'11 $\frac{1}{4}$
Al Guidet (61) CIM	14'7 $\frac{1}{2}$
George Peleynis (61) CIM	14'6
Clarance Killian (61) CIM	14'6
Joe Caruse (69) STC	14'13 $\frac{3}{4}$
Jack Rawls (62)	14'2
Eric Jordan (61) STC	13'10
John Damski (64) (70+)	13'6 $\frac{1}{2}$
Winfield McFadden (74) SD	13'1 $\frac{1}{4}$
Hemer VanGelder (74)	12'4 $\frac{1}{2}$
Walt Westbrook (81)	11'

Triple Jump

(30-39)

Mike Clark (31)	45'5
Carl Flowers (32) CIM	42'10 $\frac{1}{4}$
Andy Smith (30) SCS	41'5 $\frac{1}{2}$
I.Sanders (34) (40-49)	41'1 $\frac{1}{2}$
Al Henry (41) CIM	43'6
Dave Jackson (47) CIM	43'3 $\frac{1}{4}$
M.Ramsey (4)	42'9
Kermit Walker (43)	42'2 $\frac{1}{2}$
Alvin Andrews (45) CIM	39'7 $\frac{1}{2}$
Shirley Davisson (49) CIM	38'6
Tony Nasaralla (47) STC	36'7 $\frac{1}{2}$
Phil Conley (45) WV (50-59)	35'2
Tom Patsalis (58) CIM	39'9
Al Brenda (51)	37'4 $\frac{3}{4}$
Dave Brown (56) CIM	35'10 $\frac{1}{4}$
Ray Spencer (56) SD	35'1
Don Donnelly (51) CIM	33'10 $\frac{1}{2}$
James Johnson (51) NCS (60-69)	33'1 $\frac{1}{4}$
Gorden Farrell (61) CIM	37'2 $\frac{1}{2}$
Bob Ogle (60) CIM	31'2 $\frac{1}{4}$
George Peleynis (61) CIM	29'6 $\frac{1}{4}$
Jehn Damski (64)	29'8
Jehn Satti (65)	29'5 $\frac{1}{4}$
Eric Jordan (61) STC (70+)	29'3 $\frac{1}{4}$
Winfield MacFadden (74) SD	27'4
Hemer VanGelder (74)	26'6 $\frac{1}{2}$

Pole Vault

(30-39)

Wayne Lambert (33)	15'
Warren Wilke (31) CIM	15'
Warren Cummings (30) SCS	14'6
Timothy Knappen (31)	14'6
Dennis Stempel (36)	13'6
Richard Stepp (34)	12'6
John Fielder (33)	12'
P.Klien (3)	12'
Tony Ender (36)	11'6
Skip Leera (33) CIM	10'
Frank Reilly (31) (40-49)	10'
Vic Cook (47) SCS	13'9
Bruce Hescoock (45)	13'
Carlos Cota (43) SD	12'6
Dennis DeWitt (40)	12'
Gary Gane (41) SCS	12'
K.C.Keffer (45) CIM	12'

Stew Thompson (46)	41'10 $\frac{1}{2}$
R.Fox (41)	38'7 $\frac{1}{2}$
Bruce Hescoock (45)	38'11
B.Harrison (41)	37'4 $\frac{1}{4}$
C.Klehm (40)	36'9
Ed Oleata (42) SD	36'7
R.Marenin (4) (50-59)	36'5
Bill Bangert (5) CIM	46'8 $\frac{1}{2}$
George Ker (56) CIM	46'5 $\frac{1}{2}$
Harry Hawke (50) SD	43'5 $\frac{1}{2}$
Hal Wallace (52) STC	39'8 $\frac{1}{2}$
P.Evan (5)	37'5
Dick Straub (51) SD	36'6 $\frac{1}{2}$
O.Merle (5)	36'6 $\frac{1}{2}$
James Minah (59) (60-69)	36'5
Jack Thatcher (63) CIM	48'5
Dan Aldrich (60) CIM	47'1 $\frac{1}{4}$
Ross Winton (60) CIM	45'3 $\frac{1}{4}$
James York (65)	44'5 $\frac{1}{4}$
Bill Burke (60) CIM	43'6
Eric Jordan (61) STC	42'13/4
Tom Montgomery (65) CIM	40'103/4
Huge DeGroot (62) STC (70+)	39'2
Redmond Doms (7)	37'9 $\frac{1}{2}$
Bob MacCenaghy (71) CIM	37'83/4
L.Perferyi (7)	37'43/4
A.J.Puglizevich (7)	35'9 $\frac{1}{4}$
Stan Herrmann (74) CW	35'2 $\frac{1}{4}$
R.Hubbell (7)	32'4

Javelin

(30-39)

Doug Wells (35) CIM	201'6
Warren Wilke (31)	196'5
E.Gale (3) WV	188'6
Llyed Higgins (37)	179'2
Fred Johnston (33) SCS	178'11
Frank Reilly (31)	174'5
C.McCormick (35) SCS	165'11
D.Kuhn (3)	158'
Dennis Stempel (36)	152'5
D.Rich (3)	147'5
M.Thompson (32)	147'3
Richard Stepp (34)	143'1
D.Elenburg (3)	142'11
Warren Cummings (31) SCS	139'1 $\frac{1}{2}$
M.Culbert (3)	126'1
B.Henderson (32) NCS	126'1
John Lewis (3)	124'7
John Fielder (33) (40-49)	123'9
Larry Stuart (41) SCS	242'9
Phil Conley (45) WV	204'8
S.West (43)	199'6
Spencer Letcher (48)	181'
R.Sutton (4) NCS	176'3
R.Millis (4)	169'9
Bob Higgins (40)	166'1
Bruce Hescoock (45)	164'11
Dick Emberger (40)	154'5
Hal Smith (43) SCS	150'10
Don Rose (4)	148'7
R.Fox (4)	144'11
L.Schroder (4) NCS	139'6
Gary Bane (41) SCS	137'2
D.Smith (46)	136'1
A.Falty (40)	125'9
J.Wejck (4) SFV	124'2
K.C.Keffer (45) CIM	122'1

Stew Thompson (4)	143'5
Ed Van Pelt (45) CIM	136'5
Hal Smith (43) SCS	129'6
Bruce Hescoock (45)	117'4
D.Fox (4)	115'10 $\frac{1}{2}$
R.Marenin (4)	112'9
Spencer Letcher (4)	112'1 $\frac{1}{2}$
Ed Oleata (42) SD	107'5
R.Harrison (41) (50-59)	105'10
Harry Hawke (50) SD	142'10
Don Maurer (50)	140'3
George Ker (56) CIM	138'3
Bill Bangert (5) CIM	133'6 $\frac{1}{2}$
Dick Straub (51) SD	129'
Hal Wallace (52) STC	123'3
Bob Stone (59)	115'
R.Hassman (5)	108'4 $\frac{1}{2}$
Al Brenda (51)	108'2
P.Evans (5)	106'6
R.P.Parkinson (58)	105'9
Fred DeBernardi (5)	101'6
Rey Wigginton (5)	100'8

(60-69)	
Dan Aldrich (60) CIM	173'2
Jack Thatcher (63) CIM	150'5 $\frac{1}{2}$
Don Winton (60) CIM	130'10
Huge DeGroot (61) STC	122'9
Bill Burke (60) CIM	121'6 $\frac{1}{4}$
Ric Jordan (61) STC	120'5
J.Sanz (6) CIM	119'10
J.R.York (65)	118'11
J.Dick (67)	117'83/4
Tom Montgomery (65) CIM	115'5
James McCarthy (60) NCS (70+)	107'9 $\frac{1}{4}$
Ken Carnine (71) NCS	124'
A.R.Doms (7)	121'8
E.DeGroot (72) STC	103'2

Hammer

(30-39)

Richard Stepp (34) (40-49)	101'
Stew Thompson (46) SD	159'5
Gordon Bobell (44)	158'

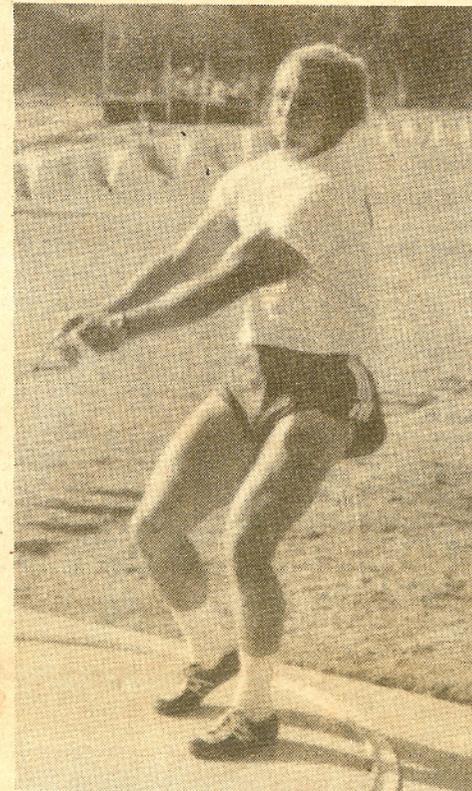
J.Hanley (44) SCS	140'8
C.Klehm (40)	119'11
Hal Smith (43) SCS (50-59)	114'7
P.Evans (53)	116'11
Bob Stone (57)	111'5
Bill Bangert (56) CIM	110'1
James Minah (59) CW	108'6
T.DeVaughn (56)	107'6 $\frac{1}{2}$
Fred DeBernardi (5)	106'5
R.Hassman (55) SRR (60+)	100'5
Dan Aldrich (60) CIM	141'3 $\frac{1}{4}$
James Minah (60)	132'4
J.Sanz (61) CIM	130'9
Tom Montgomery (65) CIM	126'7
Randolph Hubbell (7)	124'3
James York (6)	123'6
Charles McMahon (63) SD	120'4
A.Vesco (67) SCS	113'10
Bill Burke (60) CIM	107'3
Stan Herrmann (74)	98'3

West Coast
Weight Pentathlon



DENNIS MORLEY

The 1979 edition of the West Coast Weight Pentathlon was record breaking and exciting. John Goldhammer upped his meet record by 127 points (from 4220 to 4347). We think this is a world



JOHN GOLDHAMMER

(dale) junior, rubbed Chris Doble's high school record out of the books by a mere 3 points. Doble won the Community College Division with 3165 competing for Fullerton College.

John Damski (64)	29'15 1/2
John Satti (65)	29'15 1/2
Eric Jordan (61) STC (70+)	29'3 1/4
Winfield MacFadden (74) SD	27'4
Homer VanGelder (74)	26'6 1/2

Pole Vault

(30-39)	
Wayne Lanbert (33)	15'
Warren Wilke (31) CIM	15'
Warren Cummings (30) SCS	14'6
Timothy Knappen (31)	14'6
Dennis Stempel (36)	13'6
Richard Stepp (34)	12'6
John Fielder (33)	12'
P.Klien (3)	12'
Tony Ender (36)	11'6
Skip Leera (3 3) CIM	10'
Frank Reilly (31) (40-49)	10'
Vic Cook (47) SCS	13'9
Bruce Hescoock (45)	13'
Carlos Cota (43) SD	12'6
Dennis DeWitt (40)	12'
Gary Gane (41) SCS	12'
K.C.Keffner (45) CIM	12'
Ron Fleming (41)	12'
G.Durmas (4)	12'
Ed Oleata (42) SD	11'6
Dick Emberger (40)	11'6
Hal Smith (43) SCS	11'
L.Ward (4)	11'
Duane Telliano (4) CIM	11'
Tom Woodring (42)	11'
Douglas Dittmar (47)	10'6
J.Reagan (4)	10'6
F.Gallarde (4)	10'
M.Budley (4) NCS (50-59)	10'
Don Grosh (54) CIM	11'
Dave Brown (56) CIM	11'
Al Brenda (51)	11'
Hal Wallace (52) STC	10'9
Harry Hawke (50) SD	10'6
Vern Wolfe (54) USC	10'
James Johnson (57) (60+)	9'6
Jim Vernon (63) STC	11'6
Orv Gillett (60) CIM	10'
Rob MacConaghy (71) CIM	9'6

Shot Put

(30-39)	
Doug Wells (35) CIM	53'2
Ed Kohler (38)	51'9 1/2
Frank Reilly (31)	50'8
E.Hill (3)	46'8
Llyed Higgins (37)	43'5
D.Rich (3)	43'1 1/2
Charles Russell (36) CIM	40'5 1/2
L.Meyer (3)	40'4
Fred Johnston (33) SCS	39'11
C.McCormick (35) SCS	38'3
Warren Cummings (31) (40-49)	36'10 1/2
Andy Halle (45)	44'5 1/4
Phil Brody (4)	44'1
J.Hanley (44)	42'4
Hal Smith (43) SCS	42'2

D.Rich (3)	12'2
M.Thompson (32)	14'7'3
Richard Stepp (34)	14'3'1
D.Elenburg (3)	14'2'11
Warren Cummings (31) SCS	13'9'1 1/2
M.Culbert (3)	12'6'1
B.Henderson (32) NCS	12'6'1
John Lewis (3)	12'4'7
John Fielder (33) (40-49)	12'3'9
Larry Stuart (41) SCS	24'2'9
Phil Cenley (45) vV	20'4'8
S.West (43)	19'9'6
Spencer Letcher (48)	18'1'
R.Sutton (4) NCS	17'6'3
R.Millis (4)	16'9'9
Bob Higgins (40)	16'6'1
Bruce Hescoock (45)	16'4'11
Dick Emberger (40)	15'4'5
Hal Smith (43) SCS	15'0'10
Don Rose (4)	14'8'7
R.Fox (4)	14'4'11
L.Schroeder (4) NCS	13'9'6
Gary Bane (41) SCS	13'7'2
D.Smith (46)	13'6'1
A.Falty (40)	12'5'9
J.Wajeck (4) SFV	12'4'2
K.C.Keffner (45) CIM (50-59)	12'2'1
Pete Fetter (58) CIM	15'3'7
Dick Straub (51) SD	14'6'10
Fortune Gordien (56)	13'4'3
Harry Hawke (50) SD	13'3'
Hal Wallace (52) STC	13'1'5
Bob Roemer (54) NCS	13'0'4 1/2
Mark Henderson (58)	12'5'7
G.Gray (5) (60-69)	12'2'2
Bill Morales (63) CIM	16'3'10
Dan Aldrich (60) CIM	15'7'
Don Winton (60) CIM	13'6'1
Jerry Siefert (61)	13'1'3
Bill Burke (60) CIM	12'2'4
Charles McHahon (62) SD	12'2'3
Eric Jordan (61) STC (70+)	12'2'
E.Curtice (7) NCS	12'8'1
Ken Carnine (71) NCS	12'6'5
Bob MacConaghy (71) CIM	11'7'2
Winfield MacFadden (74) SD	10'8'9
Redmond Doms (7)	10'1'10
A.Reiser (70)	9'6'7
R.Hubbell (7)	9'4'9
A.J.Puglizevich (70) NCS	9'2'2

Discus

(30-39)	
Llyed Higgins (37) SCS	170'5
Frank Reilly (31)	169'6
Ed Kohler (38)	167'2
Doug Wells (35) CIM	161'11
E.Hill (3)	144'9
C.McCormick (35) SCS	130'3
D.Rich (3)	124'1
Warren Wilke (31)	123'1
Fred Johnston (33) SCS	120'4
Hugh Adams (39) CIM	110'4
Warren Cummings (31) (40-49)	110'2
Bob Humphrey (43) CIM	156'10
Phil Brady (45)	149'4



DENNIS MORLEY

The 1979 edition of the West Coast Weight Pentathlon was record breaking and exciting. John Goldhammer upped his meet record by 127 points (from 4220 to 4347). We think this is a world record for this event. John's marks were as follows: Hammer 61.75 (2027), Shotput 15.70 (51-6), Discus 49.66 (162-11), Javelin 58.44 (191-8) and 35# Weight 17.85 (58-6). John bettered every one of his marks from last year.

Matt Mileham, a freshman from Fresno State University, demolished both the hammer (65.82, 215-11) and the 35# Weight (19.17, 62-10) records. Mileham is from Great Britain and was runner-up to his teammate Rick Fritze-meier in the University Division (3784 to 3752). Another Fresno State athlete, Dennis Morley, upped his own meet record in the javelin to 67.84 (222-7).

Mike Deller, a former Glendale College athlete, bumped defending champion and record holder Floyd Higgins in the 30-39 year age group as he upped the record 22 points to 3475. Stewart Thompson won his fourth title in the 40-49 year age group. Harold Parsons came all the way from Toronto, Canada to win the 60-69 year age group which missed record holder Dan Aldrich for the first time. Bob Stone won the 50-59 and Redmond Doms edged Randy Hubbell 1076 to 1056 in the 70-79 year old group. The meet had its first 80plus competitor in John Whittemore who established a record of 525 points. He scored in every event.

Jeff White, a Crescenta Valley (Glen-



JOHN GOLDHAMMER

dale) junior, rubbed Chris Doble's high school record out of the books by a mere 3 points. Doble won the Community College Division with 3165 competing for Fullerton College.

For the first time, there was a women's division and Diane Spangler, Glendale College's womens track coach scored 1076 points. Diane scored in every event.

(all marks metric)

Open division: 1— John Goldhammer (Agape TC) 4,347 (meet record). Marks: HT— 61.7; SP— 15.70; DT— 49.66; JT— 58.44; 35#Wt— 49.66.

University division: 1— Rick Fritze-meier (Fresno State) 3,784 (2nd overall). Marks: HT— 50.06; SP— 13.94; DT— 42.31; JT— 52.10; 35#Wt— 16.30.

Community College division: 1— Chris Doble (Fullerton) 3,165 (9th overall). Marks: HT— 35.36; SP— 12.80; DT— 42.50; JT— 56.64; 35#Wt— 10.26.

High School division: 1— Jeff White (Crescenta Valley) 2,373 (meet record and 24th overall). Marks: HT— 23.89; SP— 10.18; DT— 34.86; JT— 45.71; 35#Wt— 8.83.

Sub-Masters (30-39) division: 1— Mike Deller (unattached, Eagle Rock) 3,475 (meet record and 7th overall). Marks: HT— 42.81; SP— 13.86; DT— 44.93; JT— 48.21; 35#Wt— 13.05.

Masters 40-49 division: 1— Stewart Thompson (unattached, Los Olivos) 3,163 (10th overall). Marks: HT— 46.15; SP— 12.43; DT— 42.00; JT— 26.75; 35#Wt— 15.03.

Masters 50-59 division: 1— Bob Stone (N.C. Seniors) 1,906 (30th overall). Marks: HT— 25.61; SP— 8.87; DT— 28.20; JT— 34.37; 35#Wt— 7.80.

Masters 60-69 division: 1— Harold Parsons (Toronto, Canada) 2,110 (28th overall). Marks: HT— 27.06; SP— 9.45; DT— 28.54; JT— 28.15; 35#Wt— 9.44.

Masters 70-79 division: 1— A. Redmond Doms (SC Striders) 1,076 (38th overall). Marks: HT— 14.61; SP— 7.87; DT— 22.32; JT— 26.57; 35#Wt— 5.32.

Masters 80-over division: John Whittemore (Club West, SB) 525 (meet record and 41st overall). Marks: HT— 15.53; SP— 5.37; DT— 17.98; JT— 17.74; 35#Wt— 4.84.

Women's division: 1— Diane Spangler (Glendale, unattached) 1,076 (meet record and 39th overall). Marks: HT— 15.11; SP— 6.90; DT— 18.86; JT— 35.59; 35#Wt— 5.42.

Individual records: University division HT— Matt Mileham, Fresno State (65.82); University division 35#Wt— Matt Mileham, Fresno State (19.17); University division JT— Dennis Morley, Fresno State (67.84).

Exhibition 35#Wt Throw— George Frenn 20.67 (67-10).

HILL'N DALE RUN

by LARRY ARNT

Dec. 6, Bakersfield: Hill'n Dale Run.

It couldn't have been a nicer day for the 8th Annual Fellowship of Christian Athletes Hill'n Dale 6 mile run. Weather was cool and clear, however Cardiac hill still took its toll. Ask Richard Rodriguez who was in contention for the lead until humbled a bit by the hill. Danny Villalobos of BTC and Greg Gonzales - Doobie Loopers, crossed the line first in a deliberate tie in 33:17 on the slightly long 6 mile course. Both had a comfortable margin over Glen Suito (33:58) in 3rd., followed closely by Sergio Perez (34:06) in 4th. - 1st in the 15-16 High School class. John Lopez East Bakersfield High School Coach rounded the top 5 in 34:46.

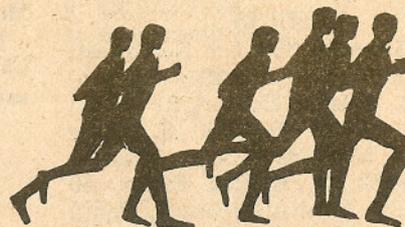
Brenda Villanueva 42:06 was by quite a margin, 1st in the Open Women's Division over 2nd. place Shelly Wyss (44:44) and Nancy Torii (48:12) 3rd.

Oldest "young" runner was Harry Harder (62), a super vet who ran a nice 43:38.

photo by Richard Slotkin



LONG DISTANCE LOG



by RICHARD SLOTKIN

Long Distance Editor

Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertine Lane, Culver City, CA 90230. Also send a copy of the results to the California Track News office: P.O. Box 6103, Fresno, CA 93703.

one being Martti Kiilholma, from Eino's native Finland. Linda Goen and Michelle Bush, both running for UCLA these days, Linda Heinmiller, Pam Morris and Pat Story of the Santa Monica Track

photo by Richard Slotkin



crowds. And Beverly Hills does put on a good event. They make an effort to improve too. Two years ago, despite a long finish chute, the finish line backed up as much as two blocks into the course. Last year, with practically no finish chute, there was *no* back-up, but only the first 1000 males and females got official places. This year, there was also a very short finish chute, and also no back-up and *all* finishers got official places. They did use two finish lines, though. One for men and one for women. The one sour, but unavoidable, note was that those at the tail end of the pack lost up to two minutes getting to the start line.

The heat spell had broken and the morning was cool. That was fortunate because that 9:00a.m. start could have been bothersome a week or two earlier. The sun was bright, but there was some haziness in the air. This was especially evident when watching the race through a 300mm lens with a yellow filter. Come to think of it, it was hazy even through my 35mm wide-angle lens..Also with a yellow filter. Could have been worse though. Three miles away in Culver

puffing hard and definitely struggling. Meanwhile Bourban was blazing to a 36:56 win! And he never spilled a drop.

When the gun went off for the main pack Scott, as usual, went for the lead immediately with Kiilholma, Koningh and a bunch of Santa Monicans stringing out behind him. That's how they came through the short loop and headed out onto the long loop. Following them, it took several minutes before the last of the mob crossed the start line.

At about 4 kilo, Scott seemed to have tired suddenly and Kiilholma went by him. He said later that Scott is breathing sounded somewhat belabored. But that's no reason to count Steve Scott out of it. Around 6Km, Scott had caught Kiilholma and they ran together for 2Km. Then, at 8Km, the famous Scott kick was unleashed and the Finn had to settle for a good rear view of the winner. Scott's 29:02 was a course record and beat Bill Rodgers' time. In fact, so did Kiilholma who checked in 10 seconds behind Scott. About this time I began to wonder what happened to all those Santa Monicans. They were coming. First around the corner of Spalding Dr. heading to the finish chute on Moreno Dr. was Tom Bryant. Seven of the next eight after Bryant were his teammates. Only John Koningh, who runs with Scott on the Sub-4 team, broke the string. He was 6th in 29:59. The rest were all Santa Monica. Gerald Jones took 4th and this miler is proving to be very capable in the distances. Larry Lawson, still not back to last year's performances, was a sub-30 finisher for 5th. After Koningh came Pat Weiler, Dave Greifinger, P.R.'ing with a 30:24, David MacDonald, Jim Scott (no relation to that other feller) also P.R.'ing in 30:41, and Keith Colburn. Eleven in all under 31:00 and six under 30:00. Rather impressive for an open road race.

The women were no less impressive. There were ten under 38 minutes. Linda Heinmiller had taken the lead from Bush at about a mile and a half. She held the lead for three miles when Bush moved back into the lead. With a half mile to go Heinmiller went after her but, though she was closing fast,



Danny Villalovos (left)
and Greg Gonzales



Michelle Bush

PERRIER 10K

by RICHARD SLOTKIN

Dec. 9, 1979, Beverly Hills: Perrier 10K.

The coffee was lousy, I was told. The bagels and cream cheese looked good though. So did the pancakes. I had left my wallet in the car so I had to be satisfied with a banana I had brought with me. The breakfast was being peddled to benefit the Beverly Hills Drill Team and Marching Band. Considering that no one eats prior to a run, they were selling quite a bit of the stuff.

Meantime, shouldering my way through the steadily growing crowd in front of the High School, I spotted one familiar face after another. The Caldwells, Dennis and Ruth were up from Orange County, as was Steve Scott and his sub-4 teammate John Koningh. There was the Malibu Sculptor Eino (we know his last name!) with another of his unending string of house guests...this

Club and two more UCLAns, Sheila Ralston and Linda Broderick gave promise to a very competitive women's race. And, as usual the Santa Monica Track Club was out in force.

There were some notable absentees from last year. Perrier didn't bring Bill Rodgers out here this year. Dave Babiracki was up in Vegas winning the marathon there, and Gary Tuttle was also missing. Vickie Cook, only a Freshman at Alemany, but getting even better after a sensational Junior High career, was busy elsewhere as was Miki Gorman. Marty Cooksey, last year's winner is up in Oregon as we reported last month. None of this mattered, though. A turnaway crowd of 3000 was on hand to try this 4th running of the very popular Beverly Hills 10K. Three thousand was all the race officials would accept and they reached the quota easily. There were the usual unofficial runners, so the field was well over 3000. Besides that, however, there were probably another 1000 on hand for the shorter fun run which followed the completion of the 10K. A good event will bring out the

finish chute, there was no back-up, but only the first 1000 males and females got official places. This year, there was also a very short finish chute, and also no back-up and all finishers got official places. They did use two finish lines, though. One for men and one for women. The one sour, but unavoidable, note was that those at the tail end of the pack lost up to two minutes getting to the start line.

The heat spell had broken and the morning was cool. That was fortunate because that 9:00a.m. start could have been bothersome a week or two earlier. The sun was bright, but there was some haziness in the air. This was especially evident when watching the race through a 300mm lens with a yellow filter. Come to think of it, it was hazy even through my 35mm wide-angle lens..Also with a yellow filter. Could have been worse though. Three miles away in Culver City, where I live, it was so foggy that you couldn't see the street signs. So, tossing my banana peel in a trash can (I wouldn't throw it in the gutter...not in Beverly Hills...Culver City, maybe, but Beverly Hills? Besides, there were six motorcycle mounted B.H.P.D. watching me.) And wiping my hands off on my sweat pants, I hastily passed out those last second "good luck" wishes to everyone I recognized and headed for a position to shoot the start. Last year, Roger Bourbon was given a two minute head start. Dressed in complete waiter's garb, including street shoes, he carried his tray with a goblet and bottle of Perrier to a 46:07 this year, he was "challenged" by a whole pack of *Garcons* all dressed up in formal outfits, including bow ties, ruffled shirts and the tray and bottle of Perrier. The only concession to the seriousness of the event was substitution of racing flats for work shoes. Again, they were sent off two minutes ahead of the rest and from the start you could see that some of them were in trouble. Trying to stay with the redoubtable Monssieur Bourbon, they went out too fast. The course consists of one short 2K loop followed by a long 8K loop. As they came by the start line after completing the first loop, and by now mingled with the front runners of the main mob, most were already

runs with Scott on the Sub-4 team, broke the string. He was 6th in 29:59. The rest were all Santa Monica. Gerald Jones took 4th and this miler is proving to be very capable in the distances. Larry Lawson, still not back to last year's performances, was a sub-30 finisher for 5th. After Koningh came Pat Weiler, Dave Greifinger, P.R.'ing with a 30:24, David MacDonald, Jim Scott (no relation to that other feller) also P.R.'ing in 30:41, and Keith Colburn. Eleven in all under 31:00 and six under 30:00. Rather impressive for an open road race.

The women were no less impressive. There were ten under 38 minutes. Linda Heinmiller had taken the lead from Bush at about a mile and a half. She held the lead for three miles when Bush moved back into the lead. With a half mile to go Heinmiller went after her, but, though she was closing fast, she had let Bush get too far out in front. I never saw Bush go by and I thought Heinmiller had won. The officials didn't see her either and she was routed into the men's chute...for the day's only foul up. Meanwhile, another Linda Goen, the Bakersfield mile and 2 mile star and a UCLA teammate of Bush put on a kick of her own and finished two seconds behind Heinmiller.

Half a minute later Ruth Caldwell had to put on a similar kick to hold Heinmiller's Santa Monica teammate Pam Morris also by 2 seconds. Another Santa Monican, Pat Story, a 2:46 marathoner, was sixth in 36:16. Pat was a victim of the crowd, having one of her shoes knocked half off when someone stepped on her heel at the start. Unable to get it back over the heel, she had to work her way to the side and find a clear spot. Then, she had trouble untying the knots she had made extra tight so they wouldn't come undone while she was running. Some days are like that, aren't they?

In all, it was a very nice affair. Lots of people got P.R.'s on a course which was A.A.U. certified last year. After the race, while the results were being tabulated, the Fun Run was held and there was disco skating demonstrations by a popular local group called The Wheel People. They were pretty good.

decided to drop out at 25 miles. He had an upcoming 100Km National Championship and he wasn't going to wreck himself on this race if he didn't feel competitive. I believe a leg was bothering him.

Anyway, from there on it was Pearson all the way, holding a 4 lap lead over Charles Hoover. Pearson's "Pit Crew" told him that Hoover was only a mile behind and Pearson said he'd hold his pace, but "...If he kicks, I'll kick!" Hoover didn't and Pearson didn't have to. His 5:40:49 was well off last year's 5:23 by Ken Moffit, who decided to pass this year. (Not looking forward to it, he said.) But, it was good enough for the weaker field this year, and it made up for his drop-out at 40 miles last year.

Only three females entered this year, down from only four last year Jesse Smith, who finished second last year, dropped out leaving only Nancy Pearlman, of the Santa Monica Track Club, and Melda Dean, who was unattached. Pearlman at 31 and Dean at 50 were both first timers. Pearlman's 7:43:05 was almost an hour ahead of Dean, so she got her name on the trophy along with Pearson. (Pearson and Pearlman...hmm...nice ring to that. Forget it folks. Jim's married to one of the cutest girls in Bellingham!) but Dean wasn't exactly shut out, she set an American and meet record for masters women, 50-59. She ran a very steady race, picking up slightly towards the end. She said that she was concentrating only on moving and had no idea how far she had gone until her seconds, husbands and daughter, told her she was on her last two laps.

Pearlman had some problems. At 16 miles, she was very sick because of a banana she had eaten a half-hour before the race. (Nancy! Nancy! you can't do that! "But I always do", she said.) She stopped briefly a couple of times but couldn't shake the nausea. Finally, someone pointed out to her that this was a 50 mile run and she could stop for a half-hour, lie down, take a nap, go to the powder room, anything that would make her feel better, and still not lose much, if anything, in terms of overall standing. That and another pit stop

ware cookie containers, the trophy and inside of a half an hour, the place was deserted, no sign of a race ever having been run. Even the trash was gone.

Then we, the staff, went over to La Barbara's and had a pizza. This thing is special.

RESULTS

1. Jim Pearson, 35 (Club Northwest; Bellingham, Wash.) 5:40:49 - 1st sub-master. 2. Charles Hoover, 31 (Una.; Sepulveda, Calif.) 5:47:23. 3. Craig Chambers, 30 (Una.; Santa Monica, Calif.) 6:07:42. 4. Conrad Eroen, 50 (Seniors TC; Manhattan Beach, Calif.) 6:21:33 1st 50-54. 5. Fred Nagelschmidt, 55 (Seniors TC, Ventura, Calif.) 6:24:00 1st 55-59. 6. Jim Minami, 35 (Aztlan TC; Sun Valley, Calif.) 6:29:04. 7. Doug Latimer, 41 (West Valley TC; Redwood City, Calif.) 6:35:19 1st 40-44. 8. Fred McWaid, 50 (So. Calif. Striders; Torrance, Calif.) 6:37:44. 9. Eric Edmunds, 26 (Lawyers TC, Los Angeles, Calif.) 6:50:01. 10. George Billingsley, 57 (Buffalo Chips; Loomis, Calif.) 6:54:11. 11. Bob Davidson, 32 (Una.; Venice, Calif.) 6:59:06. 12. Dennis Letl, 42 (Buffalo Chips; Sacramento, Calif.) 6:59:11. 13. Daniel Sheeran, 52 (Seniors TC; Orange, Calif.) 7:02:43. 14. Byron Potts, 49 (So Calif. Striders; Los Angeles, Calif.) 7:09:22. 15. Bruce Robinson, 53 (Culver City AC; Los Angeles, Calif.) 7:17:13.....17. Nancy Sue Pearlman, 31 (Santa Monica TC; Los Angeles, Calif.) 7:43:05 1st Open Women.....23. Melda Dean, 50 (Una.; El Segundo, Calif.) 8:42:06 1st Master Woman.

ROSE BOWL 10 MILE RUN

by LOUIS HIRSCH

Dec. 23, Pasadena: Rose Bowl 10 Mile Run.

Four hundred eager ones had gathered at the Rose Bowl by 8:00 a.m. on this cool Sunday. They were all

minutes ahead of second place Lynn Hjelte. Like teammate Tom Bryant, Pat ran a very aggressive race and her SMTC sunburst also led from wire to wire.

RESULTS

Men:

1. Tom Bryant (SMTC) 48:44; 2. Pat Curran 51:20; 3. Steve Young 51:36; 4.

HSTC 10 MILE

BY MARTY HIGGINBOTHAM

January 19, Woodward Park, Fresno. 4th Annual High Sierra Track Club 10 Mile Run.

Tony Ramirez of the Fresno Track Club said he needed a good race and was up for this one. It was a good day for racing over the rolling hills that made up the ten mile course. The temperature was 44, it was cool and clear, and the sun was shining. Ramirez proved he was up for the race as he broke away from a very strong field at about three miles. He came by the four mile mark at 20:02, just ahead of former teammate Rich Langford, 20:10, now of the Aggie Running Club; Jim Hartig, 20:11, of the Fresno Track Club and Juan Garza, 20:17, of the host High Sierra Track Club. Six days earlier on January 13, Garza had run a 2:23:57 marathon at Mission Bay.

After the race Ramirez said he started to push it at around five miles because he was feeling good. This was obvious, for at seven miles he had built up a twenty-five second lead over Langford. Running very strong the rest of the way Ramirez went on to win in 51:03, which was eight seconds off Fred Carnahan's course record which was set at the First HSTC 10 Mile in 1977. Langford held on for second place in 51:52, followed closely by Hartig in 52:00. Garza remained in fourth with a 52:22.

The hottest performance of the day may have come from 5th place Gary Gonzalez of the Fresno Track Club.

Charlie McMullen (SMTC) 51:44; 5. Jim Arguilla 51:49.

Women:

1. Pat Story (SMTC) 59:33; 2. Lynn Hjelte 1:01:00; 3. Donna Chin 1:02:20; 4. Paulette Halel (SFVTC) 1:04:26; 5. Betsy Borregard (SMTC) 1:05:32. ●

High School junior and ripped a 52:28, shattering the junior division record, previously held by Scott Thornton.

High Sierra TC made a good showing in the sub-masters and masters divisions as Dave Bronzan won the sub-masters with a time of 56:17, and Wayne VanDellen ran a 59:15 to take the 40-49 division. Both runners were off their own course records in their divisions.

In the women's division Sandy McPherson was an easy winner in 71:10.

A couple other outstanding performances were turned in by the boys junior high division winner Jesse Valdez 58:49, and by Harry Harder (HSTC) in the 60 and over, with a time of 68:48.

A total of 124 runners completed this fourth annual event. It was a very well organized race and Len Thornton, meet director, should be commended for an outstanding job of putting on the race.

RESULTS

Junior Men: 1. Gary Gonzales 52:28; 2. Bob Lohse 55:47; 3. Jesse Valdez 58:49.

Open Men: 1. Tony Ramirez 51:03; 2. Rich Langford 51:52; 3. Jim Hartig 52:00; 4. Juan Garza 52:22; 5. Gary Mumaw 53:42; 6. Juan Molina 53:51; 7. John Hendry 55:39; 8. Jeff Merrow 56:56; 9. Al Lomeli 57:05; 10. Tom Holliday 58:02.

Men 30-39: 1. Dave Bronzan 56:17; 2. Don Chapin 56:28; 3. Mark Hemphill 57:03.

Men 40-49: 1. Wayne VanDellen 59:15; 2. Colby Churchman 59:41; 3. Bob Fries 60:35.

Men 50-59: 1. Dan Seamount 65:50. **Men 60+:** 1. Harry Harder 68:40.

Women: 1. Becky Dieter 79:01; 2. Ramona Diaz 82:06; 3. Linda DeLeon

Benjamin) but Dean wasn't exactly shut out, she set an American and meet record for masters women, 50-59. She ran a very steady race, picking up slightly towards the end. She said that she was concentrating only on moving and had no idea how far she had gone until her seconds, husbands and daughter, told her she was on her last two laps.

Pearlman had some problems. At 16 miles, she was very sick because of a banana she had eaten a half-hour before the race. (Nancy! Nancy! you can't do that! "But I always do", she said.) She stopped briefly a couple of times but couldn't shake the nausea. Finally, someone pointed out to her that this was a 50 mile run and she could stop for a half-hour, lie down, take a nap, go to the powder room, anything that would make her feel better, and still not lose much, if anything, in terms of overall standing. That and another pit stop seemed to help and soon her pace began to pick up. She hung in and finished with a flourish. As mentioned before, after Bozanich dropped out, Charles Hoover found himself in second and easily held it, becoming the only other finisher besides Pearson to break 6 hours. His time was 5:47:23. But, running very well in this his second 50 miler was Craig Chambers. At 30, Chambers was a mere baby in this field. In fact, next to finish after him was 50 year old Conrad Eroen and a few minutes later came 55 year old Fred Nagelschmidt, both of the Seniors T.C. Then, another "kid", Jim Minami, 35, of Aztlan, whose teammate Ken Moffit won in meet and American record time last year. Jim ran a very strong race also. Just about everyone who finished ran a strong race to go 50 miles at all, you have to be strong. Even Flavio Bisignano, who last year was still out there running at 1:30 A.M., while we were leaving, having officially closed the race ("Call me in the morning with your time," hollered Director Sturak as we drove off), even Flavio came on strong and P.R.'d in 9:12:59.

So, another 50 miler came to an end. We picked up the sponges, intermediate distance markers, clocks, tables, unclaimed prizes, Jacqueline's tupper-

or former teammate Rich Langford, 20:10, now of the Aggie Running Club; Jim Hartig, 20:11, of the Fresno Track Club and Juan Garza, 20:17, of the host High Sierra Track Club. Six days earlier on January 13, Garza had run a 2:23:57 marathon at Mission Bay.

After the race Ramirez said he started to push it at around five miles because he was feeling good. This was obvious, for at seven miles he had built up a twenty-five second lead over Langford. Running very strong the rest of the way Ramirez went on to win in 51:03, which was eight seconds off Fred Carnahan's course record which was set at the First HSTC 10 Mile in 1977. Langford held on for second place in 51:52, followed closely by Hartig in 52:00. Garza remained in fourth with a 52:22.

The hottest performance of the day may have come from 5th place Gary Gonzales of the Fresno Track Club. Gonzales is a seventeen year old Clovis

ROSE BOWL 10 MILE RUN

by LOUIS HIRSCH

Dec. 23, Pasadena: Rose Bowl 10 Mile Run.

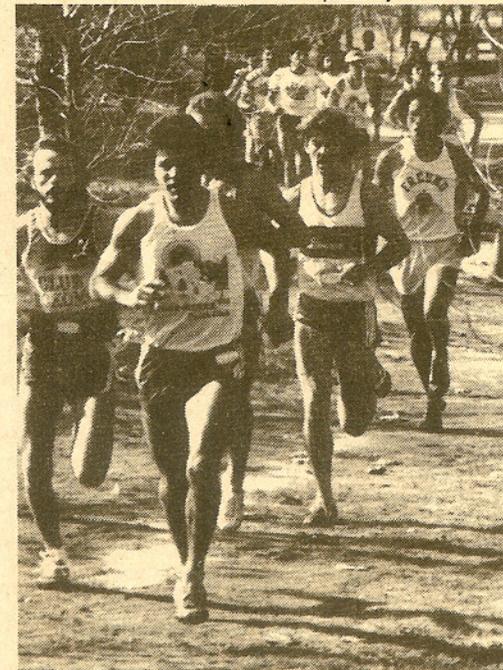
Four hundred eager ones had gathered at the Rose Bowl by 8:00 a.m. on this cool Sunday. They weren't early arrivals for the Ohio State-USC showdown. They were nervously awaiting an event which is also becoming a Pasadena tradition: the annual Rose Bowl 10 miler. Normally, it hasn't drawn the top talent, not even locally, but this year was different. Tom Bryant, who has been getting better every time out for the past year, really showed his stuff today. He went to the front right away and stayed there. His Santa Monica Track Club teammate Charlie McMullen, a 2:15 marathoner and 3:56 miler, figured to be his only competition, but this was all Bryant, all the way. Blazing over the course which circles the Bowl 3 times, he had a 30 second lead after the first loop, built it up to a minute after the second and finished up nearly three minutes ahead of runner-up Pat Curran with a PR of 48:44.

McMullen, who is trying to run himself back into shape in time for the Olympic trials at the Skylon Course, was exactly three minutes behind as he settled for 4th behind Steve Young. Fifth went to 18 year old Jim Arguilla.

Continuing her hot streak, Pat Story, hardly recovered from her SPAAAU District 20k Championship win, was a winner again in a PR for her of 59:33. It was her first time under an hour for the distance and it was two and a half



Gary Gonzales



1 mile mark at the High Sierra 10 Mile

director, should be commended for an outstanding job of putting on the race.

RESULTS

Junior Men: 1. Gary Gonzales 52:28; 2. Bob Lohse 55:47; 3. Jesse Valdez 58:49.

Open Men: 1. Tony Ramirez 51:03; 2. Rich Langford 51:52; 3. Jim Hartig 52:00; 4. Juan Garza 52:22; 5. Gary Mumaw 53:42; 6. Juan Molina 53:51; 7. John Hendry 55:39; 8. Jeff Mellow 56:56; 9. Al Lomeli 57:05; 10. Tom Holliday 58:02.

Men 30-39: 1. Dave Bronzan 56:17; 2. Don Chapin 56:28; 3. Mark Hemphill 57:03.

Men 40-49: 1. Wayne VanDellen 59:15; 2. Colby Churchman 59:41; 3. Bob Fries 60:35.

Men 50-59: 1. Dan Seamount 65:50.

Men 60+: 1. Harry Harder 68:40.

Women: 1. Becky Dieter 79:01; 2. Ramona Diaz 82:06; 3. Linda DeLeon 84:43.

photo by Rick Friesen

photo by Rick Friesen

Running isn't the only thing that will get you in shape.

Then came the awards. Now, this is Beverly Hills and in Beverly Hills you don't get a tacky trophy or a three dollar medal. The trophies look like they've been done by Cellini and the medals are medallions that an Olympian wouldn't be ashamed of. But that's not all. There were also merchandise awards. In some places that means a Nike bag, a dozen homemade cupcakes baked by the race director's wife or two pounds of 10 penny nails at Lem's Hardware Store. In Beverly Hills you get a \$50 gift certificate to Neiman-Marcus or Sak's 5th Avenue, or dinner for two at Ma Maison (where Roger Bourban might be your waiter), or La Scala. You might get a case of wine and a sterling goblet from which to drink it, or a hair styling at Sassoon's. No wonder they had over 3,000 applicants. Besides the aforementioned largesse, Perrier tossed in a bunch of goodies: cases of Perrier, singlets, T-shirts, sweat shirts, coasters, and I don't know what-all! There were also some blind drawings for prizes.

So, there's only one problem: to get any of this loot, you gotta be *fast....*or lucky.

RESULTS

Boys 15-under: 1. Robert Merritt (BHHS) 34:22; 2. Peter Cho (Newbury Pk) 35:20; 3. Charles Carlin (BHHS) 35:37.

Boys 16-18: 1. Ron Ysais 31:19; 2. Hector Perez 31:46; 3. Steve Corzan 31:47; 4. Paul Farina.

Men 19-34: 1. Steve Scott (Sub-4) 29:02; 2. Martti Kiilholma (Finland) 29:12; 3. Tom Bryant (SMTC) 29:33; 4. Gerald Jones (SMTC) 29:43; 5. Larry Lawson (SMTC) 29:55; 6. John Koningh (Sub-4) 29:59; 7. Pat Weiler (SMTC) 30:22; 8. Dave Greifinger (SMTC) 30:24; 9. David MacDonald (SMTC) 30:33; 10. Jim Scott (SMTC) 30:41; 11. Keith Colburn (SMTC) 30:50.

Men 35-39: 1. Dick Weeks 31:31; 2. John Barkman 33:16; 3. Marshall Mat-tye (CCAC) 33:34; 4. Ron Russel 33:50; 5. Eino 34:10.

Men 40-49: 1. Joe Burgasser (STC) 33:03; 2. Skip Shaffer 33:13; 3. Andre

**STRIDERS
50 MILER**

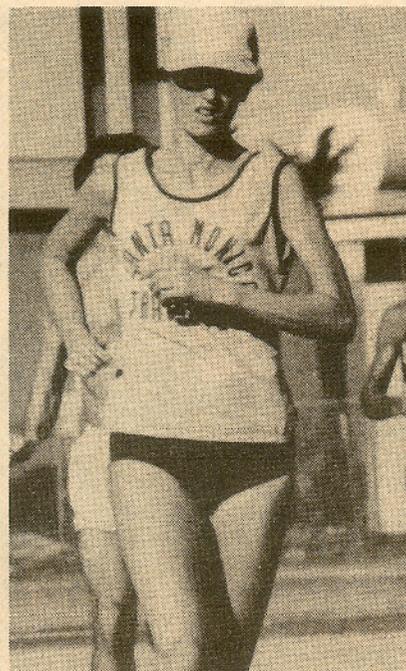
by RICHARD SLOTKIN

Dec. 15, 1979, Santa Monica: Striders 50 miler.

It's hard to think of anything that could be more boring than watching a bunch of people run around a quarter-mile track 200 times. The Striders 50 is different, though. I became involved with it 3 years ago, and I've been hooked ever since. There is usually some championship aspect to it and this year was no exception. It was an S.P.A. District Championship and a Masters National Championship. That's not what makes this thing so special, though.

Ultramarathoning is still a fairly exclusive activity. There aren't that many people who run 50 miles and beyond. Most of those who do, know each other. So, these races are almost like family reunions. Local runners put up the out-of-town runners to save them the cost of a motel. Then they go out and run against each other. And when it's all over, they drive them back to the airport. Everyone has to have someone to count laps and log various statistics, so runners bring wives, girlfriends, husbands, pals, kids, whoever...and these people get to know each other too, adding to the reunion atmosphere. Over the P.A. System the split-caller will interup his calling out the time to encourage this runner or make kidding remarks to that one. Everyone has their own private bell lap, as Race Director Tom Sturak rattles an antique, cracked, beat-up piece of junk that used to be a bell. And, they even have a tape for every division winner to run through. It often means routing some runners to the outside of the track, but no one seemed to mind. There is coffee and chocolate chip cookies, home-baked by Jacqueline Hanson, for the officials and others working at the race. (Like her running, Hanson's cookies are world class). And each finisher is greeted with

photo by Richard Slotkin



Nancy Pearlman

available. This year, just before the runners were sent on their way, a Bronze-Mounted-On-Rosewood Trophy was unveiled to a murmur of "ooh's" and "ah's", and the Bruce Dern Striders 50 perpetual trophy was inaugurated. On it were 6 plates with the first male and female finishers of the previous runnings, and one blank plate for this year's winners. A permanent home was yet to be found for this trophy, but it is hoped to be put on display at some

facility such as the Citizens Savings (formerly Helms) Foundation Hall of Fame. It is currently setting forlornly on the Artist's workbench.

Well, with this inspiring note, the gang got down to business: 200 laps around S.M.C.'s clay track. As he usually does, Frank Bozanich went to the front, closely followed by Jim Pearson of Club Northwest, up in Bellingham, Washington. Pearson kept close to Bozanich, not really challenging him. Just hanging close. Then, Ken Ganeezer went into the lead, running as though it were a 10K. By 4 miles he had over a 220 yard lead on Bozanich and Pearson. At 5 miles he was still going strong, slightly extending his lead. Most of us watching thought he was out of his mind to run a pace like that and our suspicions proved true. Ganeezer said afterwards that he intended to run as fast as he could as far as he could. He's done it before, he says. But, the pace did take its toll and he began to back off, only to pick it up again. Soon, his back-offs were getting very slow and his pick-ups were getting slower too... and shorter. Finally, he dropped out. Meanwhile, Bozanich wasn't having such a hot day either. After Ganeezer came back to earth, he and Pearson took over, but it clearly wasn't the hard driving aggressive Bozanich that we're used to seeing. By about 22 miles, Pearson had moved out front and shortly after that, when I saw Bozanich running alongside 53 year old Bruce Robinson having a rather casual and congenial conversation with him, I knew that the ex-marine was no longer serious. By that time, in, fact, he had

1980

SPA AAU

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Men 40-49: 1. Joe Burgasser (STC) 33:03; 2. Skip Shaffer 33:13; 3. Andre Tocco 34:03; 4. Brian Furnee 34:07; 5. Jim Murphy (SMTC) 34:15.

Men 50-59: 1. Bill Power 38:01; 2. J.P. Guernin 40:10; 3. Lane Blonk 41:05.

Men 60-over: 1. Ed Lewin 39:23; 2. Dick Davis 42:20.

Girls 15-under: 1. Ann Bensch (STC) 39:02; 2. Carol Doody 40:03; 3. Michelle Evans (SMTC) 41:07.

Girls 16-18: 1. Kelly Baishop 40:56; 2. Liz Gorman 41:40; 3. Lynne Honeywell 42:27.

Women 19-34: 1. Michelle Bush (UCLA) 34:46; 2. Linda Heinmiller (SMTC) 35:08; 3. Linda Goen (UCLA) 35:10; 4. Ruth Caldwell (Loeschhorn's) 35:38; 5. Pam Morris (SMTC) 35:40; 6. Pat Story (SMTC) 36:16; 7. Gina Dyer (USC) 36:16; 8. Sheila Ralston (UCLA) 36:39; 9. Linda Broderick (UCLA) 36:57; 10. Jean Miller 37:36.

Women 35-39: 1. Susan Stevens 41:10; 2. Deanna Holleman 41:24; 3. Judy Kewley 41:37; 4. Sandy Mosk 42:47; 5. Sharon O'Halloran 43:21.

Women 40-49: 1. Valerie Johnson 41:29; 2. Linda Burke 42:22; 3. Jesse Smith 46:25.

Women 50-59: 1. Helen Dick 43:20; 2. Inez Saver 46:44.

Women 60-over: 1. Priscilla Libby 57:22; 2. Sarah London 61:42. •

to count laps and log various statistics, so runners bring wives, girlfriends, husbands, pals, kids, whoever...and these people get to know each other too, adding to the reunion atmosphere. Over the P.A. System the split-caller will interup his calling out the time to encourage this runner or make kidding remarks to that one. Everyone has their own private bell lap, as Race Director Tom Sturak rattles an antique, cracked, beat-up piece of junk that used to be a bell. And, they even have a tape for every division winner to run through. It often means routing some runners to the outside of the track, but no one seemed to mind. There is coffee and chocolate chip cookies, home-baked by Jacqueline Hanson, for the officials and others working at the race. (Like her running, Hanson's cookies are world class). And each finisher is greeted with a package of merchandize prizes and certificates on the spot...before he can even get his shoes off.

There are special problems in these races. Because of their length, at least nine hours, temperature is always a factor. In nine hours, there are drastic changes. If you start early, you face cold morning and warm to hot afternoons. If you start late, you have hot afternoons and cold evenings. If you start in the evening, you're up all night. Actually, the weather is usually more of a factor for spectators and officials. The runners can keep reasonably warm, although they become vulnerable to cramping, but the rest of us get pretty chilly. Record keeping is more complicated. Time for each lap must be recorded and cumulative time for various intermediate distances such as 5K, 10K, marathon and so on. And...It is such a long way to go.

This year became a little more special with the introduction of a perpetual trophy. In the past, winners received plaques or whatever awards Director Sturak could come up with, besides various merchandise awards and the inevitable T-Shirt. Then last year, an Oscar actor/runner donated a bunch of bucks for a perpetual trophy but because of the lack of time, only the artist's drawing of the trophy was

and an's, and the Bruce Bern Sanders 50 perpetual trophy was inaugurated. On it were 6 plates with the first male and female finishers of the previous runnings, and one blank plate for this year's winners. A permanent home was yet to be found for this trophy, but it is hoped to be put on display at some

place to hang. By about 12 noon, Pearson had moved out front and shortly after that, when I saw Bozanich running alongside 53 year old Bruce Robinson having a rather casual and congenial conversation with him, I knew that the ex-marine was no longer serious. By that time, in, fact, he had

1980 SPA AAU

June through December

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RUNNING SCHEDULE

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Address _____

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Mission Bay Marathon

by TOM BACHE

January 13, San Diego: 16th Annual Mission Bay Marathon.

Mike Manley, a veteran runner who is a novice marathoner, and Gail Volk, a veteran marathoner who has been running only two years, triumphed by wide margins in the 16th Annual Mission Bay Marathon. The 2030 official entrants from 30 states and 5 nations started at 6:57 am under threatening skies. A series of storms had passed through San Diego in the days preceding the race, closing many streets including, briefly, a section of the course on Friars Road. The rain stopped a few hours before the race, leaving wet streets, though with few puddles, and high humidity (90-95%). However, the heavy cloud cover, mild temperatures (60-65°) and light wind made it a day for fast running.

Manley, a 37-year-old Oregon Track Club runner, was a major force in U.S. track from 1964 to 1976, primarily in the steeplechase. He is new to serious road running after several years of limited activity. In the early miles he trailed Joseph Nzau, a Kenyan student at the University of Wyoming and international class 10KM runner. Before 10 miles Manley was up with Nzau and he moved ahead to stay shortly after halfway. At 20 miles his 1:41:52 was 1:36 ahead of Craig Virgin's course record pace, but he was unable to match Virgin's final miles, finishing in 2:14:43, only 3 seconds off the record.

The next three finishers were Jamul Toads teammates Tom Lux, Gary Close and Brian Blue. Lux was again the first San Diego finisher, moving up

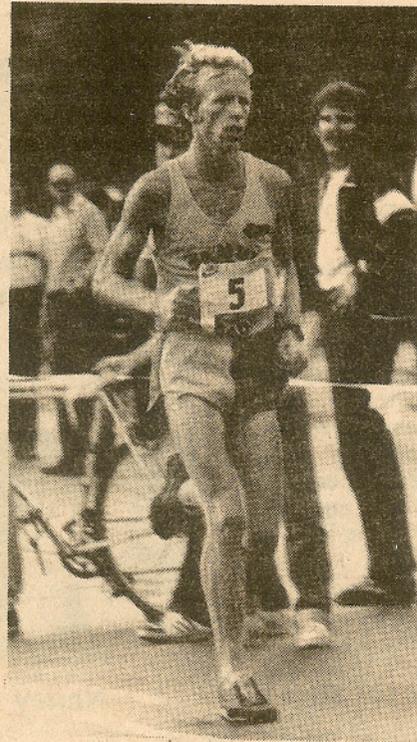


photo by Steve Wolters

Tom Lux

from 5th in 1979. Blue ran with Lux through 20 miles, while Close gained his place with the fastest final 10KM of the day. Ten runners finished under the 2:21:54 Olympic Trials standard, which was the time of the 100th fastest American in 1979. The first 31 were under 2:30, making this by far the fastest Mission Bay Marathon ever.

The women's race was an easy win for Gail Volk, a 19-year-old freshman at Seattle Pacific University

who ran six marathons between 2:39:48 and 2:50:49 in 1979. Leading from the start, she continuously widened her margin over defending champion Laurie Binder and finished in 2:44:41, besting Binder's course record by 1:07. For the first time at Mission Bay, five women finished under 3 hours.

Other division winners included Joey Gomez of Placentia who ran 2:28:28 for the Junior Men's title, Joseph Gassman of Hawthorne who was the over-40 men's winner in 2:40:53, Brian Freeman of the sponsoring SDTC who was first over 50 in 2:50:54 and Robert Kroger of Riverside who was first over 60 in 3:15:51. The women's over-40 title went to Phyllis Smith who defeated her SDTC teammate Donna Gookin by only 10 seconds, the narrowest winning margin of the race.

Best Performances

Men under 2:20

1. Craig Virgin (23) St. Louis TC	2:14:40	1979
2. Mike Manley (37) Oregon TC	2:14:43	1980
3. Kirk Pfeffer (20) Jamul Toads	2:16:03	1977
4. Ed Mendoza (22) Jamul Toads	2:16:33	1975
5. Doug Schmenk (23) East LA TC	2:17:21	1974
6. Doug Schmenk (21) Cal TC	2:17:45	1972
7. Kirk Pfeffer (18) Jamul Toads	2:17:45	1975
8. Jacinto Sabinal Mexico	2:17:47	1974
9. Tom Lux (26) Jamul Toads	2:18:01	1980
10. Mario Cuevas (26) Mexico	2:18:05	1976
11. Doug Schmenk (23) ELATC	2:18:06	1973
12. Phil Camp (28) SDTC/USN	2:18:07	1976
13. Ben Wilson (31) Claremont	2:18:08	1979
14. Dave Harper (24) Jamul Toads	2:18:19	1977
15. Gary Close (24) Jamul Toads	2:18:38	1980
16. Ron Wayne (25) unat	2:18:46	1975

Women under 2:55

1. Gail Volk (19) Seattle TC	2:44:41	1980
2. Laurie Binder (31) San Diego	2:45:48	1979
3. Sue Krenn (28) SDTC	2:45:52	1979
4. Debbie Lewis (24) Team Charthouse	2:46:20	1979
5. Laurie Binder (32) KCBQ TC	2:48:08	1980
6. Therese Koslowski (19) PC Pacers	2:53:46	1980
7. Martha Cooksey (23) Orange	2:54:06	1978
8. Judy Ikenberry (31) Rialto RR	2:54:28	1974

MEN

1	MIKE MANLEY	37	OREGON TC	2:14:43
2	TOM LUX	26	JAMUL TOADS	2:18:01
3	GARY CLOSE	24	JAMUL TOADS	2:18:38
4	BRIAN BLUE	22	JAMUL TOADS	2:20:22
5	MUGO WEY	25	SWITZERLAND	2:20:26
6	CHRIS ROLLAMAN	23	USNC	2:20:35
7	DAVID MAGNESS	21	U. OF WYOMING	2:20:39
8	BILL GLAD	25	CLUB NORTHWEST	2:20:54
9	STEPHEN CARLSON	25	SHORTER R.T.	2:20:59
10	TIM FOX	25	GREAT LAKES TC	2:21:36
11	JEAN ELLIS	33	LAGUNA NISGUEL	2:22:12
12	RORY TRUP	26	JAMUL TOADS	2:22:36
13	ATHOL BARTON	24	SAN JUAN CAP.	2:23:24
14	JUAN A. GARZA	28	SAN DIEGO	2:23:29
15	RICK BOURRIER	24	CANADA	2:23:57
16	JOSEPH NZAU	27	U. WYOMING	2:24:10
17	STEVE ROUSSETIS	30	ATN'L IN ACTION	2:24:43
18	BILL CLARK	36	WEST VALLEY TC	2:25:05
19	JOHN MICHAELS	25	BEEHIVE TC	2:25:16
20	TOM KELLEY	25	SDTC	2:25:18

36	ANDY BLACK	20	FALLBROOK	2:32:19
37	TONY TIERMAN	19	OCEANSIDE	2:32:50
38	MIKE SIMMS	31	ANN ARBOR MICH.	2:34:13
39	STEVEN SLANSON	24	CAL MARITIME	2:34:27
40	IKE GREEN	18	SAN JOSE	2:34:46
41	HENRY CHIO	20	ESCONDIDO	2:34:54
42	TERRY W. SNYDER	24	SAN DIEGO	2:34:57
43	LOU PATTERSON	28	SANTA ANA	2:35:05
44	GEORGE MASON	27	SANTA ANA	2:35:06
45	JOHN NELSON	20	CORONADO	2:35:24
46	TIM LOFTUS	30	ANDREWS AFB	2:35:49
47	JER BOWERSOX	20	ALBUQUERQUE N.M.	2:36:22
48	DAVID WATSON	37	LA JOLLA	2:36:41
49	JRNY STONKUS	24	SEATTLE WASH.	2:36:55
50	FEDERILLO BUILTRON	23	O/S	2:36:56
51	BOB BOWERS	23	SCOTTSDALE AZ	2:36:59
52	VINCE HERNANDEZ	20	CARLSBAD	2:37:13
53	JOSEPH HURD	25	SAN FRANCISCO	2:37:25
54	RAY WOOLERY	24	PHOENIX AZ	2:38:08
55	PAUL CRAIG	26	DEL MAR	2:38:09
56	JOHN CRAIG	26	DEL MAR	2:38:10
57	KEVIN M. HEATON	26	SAN DIEGO	2:38:23
58	GARY NOVAK	36	SAN DIEGO	2:38:24
59	MICHAEL PHILLIPS	31	SAN DIEGO	2:38:25

73	RON JOHNSON	30	SAN DIEGO	2:40:29
74	JOSEPH GASSMANN	40	HAWTHORNE	2:40:53
75	JIM HURLEY	23	BAYWOOD PARK CA	2:40:57

WOMEN

1	GAIL VOLK	19	SEATTLE TC	2:44:41
2	LAURIE BINDER	32	KCBO TC	2:48:08
3	THERESE KOZLOWSKI	19	P. C. PACERS	2:53:46
4	YVONNE YANKE	22	SDTC	2:55:02
5	TISH HUBAK	29	LONG BEACH	2:59:55
6	RUTHIE TRUSCOTT	16	SAN DIEGO	3:02:57
7	JAYNE MACARTHUR	33	BOULDER R.R.	3:05:43
8	LOLITIA BACHE	37	SDTC	3:07:42
9	LESLIE MAHR	27	TUG'S AC	3:08:24
10	JOAN WILSON	27	CCC DALLAS	3:08:46
11	RELINDA IRELAND	28	BONITA	3:13:03
12	ROBYN DUBACH	19	FULLERTON	3:13:44
13	LYNNE MCGINNIS	24	SANTA MONICA TC	3:14:12
14	CARRIE MORRISON	22	LA MESA	3:14:32
15	YONARA BROADY	15	FULLERTON	3:17:06
16	CHRIS HANN	27	SDTC	3:18:11
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2 TOM LUX	26 JAMUL TOADS	2:18:01
3 GARY CLOSE	24 JAMUL TOADS	2:18:38
4 BRIAN BLUE	22 JAMUL TOADS	2:20:22
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14 ATHOL BARTON	32 SAN DIEGO	2:23:29
15 JUAN A. GARZA	28 HIGH SIERRA TC	2:23:57
16 RICK BOURRIER	24 CANADA	2:24:00
17 JOSEPH NZAU	27 U. WYOMING	2:24:23
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19 BILL CLARK	36 WEST VALLEY TC	2:25:05
20 JOHN MICHAELS	25 BEEHIVE TC	2:25:16
21 TOM KELLEY	26 SDTC	2:25:45
22 BILL ADAMS	23 ATH'L IN ACTION	2:26:29
23 MATT MC GOWAN	23 CIRCLEVILLE	2:27:20
24 DANIEL COPPER	24 ROCK ISLAND ILL	2:27:52
25 TED PAWLAK	23 W. VALLEY JOGGER	2:27:53
26 GERARD WOOD	32 TEAM WEST	2:28:25
27 JOEY GOMEZ	19 TEAM 84	2:28:28
28 MICHAEL WHELAN	20 STATEN ISLAND NY	2:28:41
29 LARRY REYES	27 HOLLAND PATENT	2:28:48
30 JON BLACK	19 FALLBROOK	2:29:08
31 ROBERT STANLEY	22 FLAGSTAFF	2:29:44
32 GREG HITCHCOCK	20 SOUTH LAKE TAHOE	2:30:42
33 STEVE LASSEGARD	27 SANTA ANA	2:30:50
34 HADEN SMITH	32 ARIZONA	2:31:01
35 DANIEL MITCHELL	21 OXNARD	2:32:01

36 ANDY BLACK	20 FALLBROOK	2:32:19
37 TONY TIMERRAN	19 OCEANSIDE	2:32:50
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41 HENRY CHIO	20 ESCONDIDO	2:34:54
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44 GEORGE MASON	24 SANTA ANA	2:35:06
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51 BOB BOWERS	23 SCOTTSDALE AZ	2:36:59
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58 GARY NOVAK	36 SAN DIEGO	2:38:24
59 MICHAEL PHILLIPS	31 SDTC	2:38:52
60 MIKE NORTON	24 SANTA MONICA	2:38:42
61 ALFONSO H. OSORIO	23 SAN DIEGO	2:38:59
62 STEVEN BOHLEN	27 UCLA TC	2:39:08
63 NORBERTO S. AVILA	21 SAN YSIDRO	2:39:22
64 MICHAEL HOUSLEY	26 TORONTO ONTARIO	2:39:30
65 WALT HILLS	26 DEL MAR	2:39:31
66 TED KUKLA	21 PROCTOR VALLEY	2:39:43
67 SILBERT, D CORTEZ	19 ALHAMBRA	2:39:46
68 DEAN C. RAYMOND	30 SANTA ANA	2:39:53
69 STEVE BINE	27 DEL MAR	2:39:54
70 RON NEHRING	32 BEEHIVE TC	2:40:05
71 JEFF TRIBOLE	26 CYPRESS CA.	2:40:06
72 TIMOTHY CORNISH	29 CALGARY ALTA CAN	2:40:28

WOMEN

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74 JOSEPH GASSMANN	40 HAWTHORNE	2:40:53
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1 GAIL VOLK	19 SEATTLE TC	2:44:41
2 LAURIE BINDER	32 KCBQ TC	2:45:48
3 THERESE KOZLOWSKI	19 P. C. PACERS	2:53:46
4 YVONNE YANKE	22 SDTC	2:55:02
5 TISH HUBAK	29 LONG BEACH	2:59:55
6 RUTHIE TRUSCOTT	16 SAN DIEGO	3:02:57
7 JAYNE MACARTHUR	33 BOULDER R.R.	3:05:45
8 LOLITIA BACHE	37 SDTC	3:07:42
9 LESLIE MAHR	27 TUC'S AC	3:08:24
10 JOAN WILSON	27 CCG DALLAS	3:08:46
11 MELINDA IRELAND	28 BONITA	3:13:03
12 ROBYN DUBACH	19 FULLERTON	3:13:44
13 LYNNE MCGINNIS	24 SANTA MONICA TC	3:14:12
14 CARRIE MORRISON	22 LA MESA	3:14:32
15 TORARA BROADY	15 FULLERTON	3:17:06
16 CHRIS MANN	27 SDTC	3:18:11
17 ANN MAGUIRE	30 BAA	3:19:39
18 CAROLYN MAXNAM	34 SDTC	3:20:11
19 JUNE A. ALLEN	34 SDTC	3:20:41
20 HEREDITH WISNIEMSKI	31 RIVERDALE N.Y.	3:20:51
21 ELLEN CLARK	32 WCTC	3:22:34
22 ANDREA HARDY	25 SEPULVEDA	3:24:39
23 GLORIA PESCHEL	34 SDTC	3:26:17
24 PHYLLIS SMITH	42 SDTC	3:26:34
25 DONNA GOODIN	45 SDTC	3:26:44
26 MARGARET MAHONEY	30 N. LIGHTS TC	3:26:45
27 CORALIE COOPER	22 SAN DIEGO	3:27:38
28 SANDRA SIMPSON	35 SDTC	3:28:46
29 JERI DOUGLAS	27 SDTC	3:28:54
30 DIANA FAGAN	27 TEMPLE CITY CA.	3:30:29

SUPER BOWL SUNDAY RUN

by Dennis McCarbery

Jan 20, Redondo Beach: Super Bowl 10K Mile Run.

Redondo Beach Super Bowl Sunday 10K Run II, with the largest 10 K run field ever on the West Coast, was won by Steve Ortiz and Linda Heinmiller on a sun-baked course in the coastal area of Redondo Beach on Sunday (Jan. 20).

Ortiz, 20, of Barstow, set a new course record in winning the 6.2 mile race. His time was 30 minutes and seven seconds--25 seconds faster than the initial course record set on Super Bowl Sunday in 1979 by Lou Patterson.

Miss Heinmiller, 23, of Redondo Beach was the fastest woman on the course, winning the female division in a time of 35:58. She was also 25 seconds faster than last year's first place woman, Susie Meeks of Palos Verdes Estates.

The Redondo Beach 10K Run, sponsored by Olympia Gold and presented by the Redondo Beach Chamber of Commerce, is the largest 10K run held in the West. Police estimated between 9,000 and 10,000 runners on the course, although there were only 5,521 persons registered to run in the event.

Pressing Ortiz for most of the run was fellow UCLA student Ron Cornell, 20, of San Pedro, who finished second in 30:22. Richard Diaz, 18, of Redondo Beach, was third in 30:41. Last year's winner Patterson, 28, of Santa Ana, was fourth in 30:44, while Jon Sutherland, 28, of Northridge, was fifth in 30:54.

In the women's division, Miss Heinmiller's closest pursuer was Becki Pearson, 16, of Manhattan Beach in 38:22. Paulette Halel, 25, of Santa Monica, was third in the women's division at 38:36. Kathy Martin, 29, of San Pedro was fourth in 39:01, with Sherry Simmons, 21, of Lomita, fifth in 39:16.

"The event is filled with excitement and fun," said George Escofie, Redondo Beach Chamber president. "Everything went off on time and very smoothly--we've had many compliments on the quality of the event. The runners seemed to enjoy the festive morning, the course and systems designed for the runners."

In addition to the many thousands of participants, an estimated 5,000 persons viewed the start and finish of the road run, while many other thousands watched from various locations through-

out the course. The 10 kilometer course took the runners through the King Harbor, Civic Center, Riviera Village, Esplanade, Redondo Beach Pier and International Boardwalk areas of the city. The start and finish were in the Redondo Beach Marina area, near the city's Seaside Lagoon.

Among the 5,521 runners registered for the event were people from as far away as Australia, Connecticut, Hawaii, Illinois, Louisiana, Maryland, Massachusetts, Minnesota, New Hampshire, New York, Ohio, Tennessee, Texas, Virginia and Washington.

Race Director Hans Albrecht praised everyone involved with the staging of the Largest 10K Run in the West. "Everyone's energies produced a quality event for the runners--thanks to everyone concerned. The runners' enjoyment of the course and the festive atmos-

phere is shown by the tremendous turnout."

The weather for the event was "perfect," with sunny, clear skies and mild temperatures.

The Olympia Gold-sponsored event was presented by the Redondo Beach Chamber of Commerce.

RESULTS

Men:

1. Steve Ortiz (20, Barstow) 30:07; 2. Ron Cornell (20, San Pedro) 30:22; 3. Richard Diaz (18, Redondo Beach) 30:41; 4. Lou Patterson (28, Santa Ana) 30:44; 5. Jon Sutherland (28, Northridge) 30:54; 6. Jim Mosher (30, San Diego) 30:57; 7. Alfredo Rosas (19, El Segundo) 31:05; 8. Jim Arquilla (29, Long Beach) 31:29; 9. Paul Raether (26, Rochester, N.Y.) 31:35; 10. Bob Macias (30, Los Angeles) 31:39.

Women:

1. Linda Heinmiller (23, Redondo Beach) 35:58; 2. Becki Pearson (16, Manhattan Beach) 38:22; 3. Paulette Haleb (25, Santa Monica) 38:36; 4. Kathy Martin (29, San Pedro) 39:01; 5. Sherry Simmons (21, Lomita) 39:16; 6. Margaret Spotts (16, Redondo Beach) 40:39; 7. Lee Dowstедder (22, Redondo Beach) 40:50; 8. M. Teresa Haro (19, West Los Angeles) 41:26; 9. Marsha Dyer (29, Manhattan Beach) 41:44; 10. Ann Bensch (14, Palos Verdes Estates) 41:53. ●

Big Dipper Handicap

January 27, Fresno: Big Dipper 6 Mile Handicap.

Despite fog and very cold temperatures, the Big Dipper Handicap had a very good turnout. For Harry Harder this was his sixth running of this annual event. The sixth time around proved to be lucky for the sixty-two year young Harder of the High Sierra Track Club. Harder started with a ten minute handicap over Chris Hamer, of the West Valley Track Club, and managed to maintain his lead to capture first place honors, finishing fourteen seconds ahead of Hamer.

fastest time in his six attempts. His fastest time came in 1976 when he ran 39:05. Also, his previous best finish was fourth. For Harry it was a very strong performance, especially since he had just competed in the High Sierra 10 Mile only eight days earlier (January 19 at Woodward Park) and won his division, establishing a new record with an outstanding time of 68 minutes.

Chris Hamer turned in the fastest time of the day. After the race Hamer said, "I only wanted to run about 30:30 and use this as a fast paced workout, but I felt pretty good..." Hamer must have felt good, for his workout turned into a good 29:58. Hamer's reason for using this as a workout is to prepare him for the Bakersfield Marathon (February 2) in which he'll be attempting to meet the 2:21:54 standard for the Olympic Trials. His current best is a 2:27 run in July, 1979.

It turned out to be a husband-wife duo for the fastest male and female times. Kimbie Hamer, also of West Valley Track Club, was the fastest female with a time of 39:26. The Hamers just recently moved to Clovis from Citrus Heights. Both of them will add some stiff competition to the Central Valley area. ●

AAU MARATHON

January 27, Cupertino. National AAU Championship Marathon and Paul Masson Marathon.

Hassle City! A casual observer would not have even noticed, but things went awry at the Paul Masson Champagne Marathon. You can't just say, "Sorry, folks. Check-hike, let's go again." The tenseness of the situation was felt even more by the fact that this year's Masson Marathon was also doubling for the National AAU Marathon Championships for men, women and masters. Add to that the importance of qualifying times for the approaching Olympic Trials and Boston marathons and you can imagine why some runners were hoppin' mad when it was discovered right after the

The problems with the "cut course" didn't affect the unknowing runners as they put on a real show of marathon racing. Hatsuo Okubo and Keiichi Shimoku both of Japan held the early lead with a large pack close behind. At halfway, however, Dave Smith of the Sacramento area's Youth for Christ Track Club moved up and around and only Hatsuo went with him. Exploding in the last six miles Frank Richardson a San Francisco animal hospital employee, pressed for the lead and finally pulled



Sue Munday

away in the final mile to earn the title "National Champion." His Masson Marathon record 2:13:54 effort loses some of its luster in the light of the short course.

Slicing even more time off the record was San Jose's Sue Munday, whose 2:42:17 clocking was four minutes better than when she won the Oakland

2:26:40; 24. Michael Gulli 2:27:05; 25. David Hambly 2:27:12.

25. Fred Frosberg 2:27:18; 27. Daryl Zapata 2:27:54; 28. Scott Molina 2:28:58; 29. Michael Conroy 2:29:02; 30. Arthur Baudendistel 2:30:01; 31. Charles Harris 2:30:12; 32. Monfred Steffny 2:30:47; 33. David Mineau 2:30:53; 34. Don Dugdale 2:30:57; 35. Kent Guthrie 2:31:08; 36. David Zielke 2:31:18; 37. Joe Burgasser 2:31:54; 38. Dean Rinde 2:32:25; 39. Tomasso Kearcher 2:34:20; 40. David Askern 2:35:14; 41. Thomas Rousseau 2:35:33; 42. Jack Leydig 2:35:43; 43. Richard Luetzinger 2:36:15; 44. Vince O'Boyle 2:36:22; 45. Jasper Kirby 2:36:41; 46. Kevin Holtzclaw 2:36:44; 46. Maurice Pratt 2:36:54; 48. Jim Knerr 2:37:06; 49. Karl Machsches 2:37:14; 50. Dennis Caldwell 2:37:20

Open Women:

1. Sue Munday 2:43:17; 2. Linda VanHousen 2:47:28; 3. Sue Peterson 2:49:31; 4. Sandra Kiddy 2:51:07; 5. Judith Groombridge 2:57:41; 5. Judy Gumbs-Leydig 3:00:46; 6. Joan Ullyot 3:00:49; 7. Susan Karl 3:00:52; 8. Kathrynne Carlton 3:03:08; 9. Skip Swannack 3:04:03; 10. Deryl Elijah 3:10:49; 11. Jenny Glockner 3:13:03; 12. Carol Stroud 3:13:47; 13. Ruth Anderson 3:14:35; 14. Mary Pat Kroyer 3:15:20; 15. Frances Sackerman 3:15:56.

Masters Men:

1. Herb Lorenz 2:21:00; 2. David Hambly 2:27:12; 3. Kent Guthrie 2:31:08

Masters Women:

1. Sandra Kiddy 2:51:07; 2. Judith Groombridge 2:57:41; 3. Ruth Anderson 3:14:35.

Under 16 Boys:

1. Scott Marconda 2:43:12; 2. Richard Hanna 2:43:17; 3. Randy Anderson 2:53:37.

Under 16 Girls:

1. Linda VanHousen 2:47:28; 2. Valerie Lisiewicz 3:19:15. ●

Points of Interest

by Richard Slotkin

Besides keeping his last name classi-

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photo by Marty Higginbotham



Harry Harder

Harry seems to be improving with age, since his 39:44 winning time over the somewhat hilly course, is his second

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Before the race and even during the run everything seemed to be super organized and a relaxed meet director, Dan O'Keefe appeared to be enjoying the fruits of his hard work as he encouraged the passing runners. For Dan, however, the fruit quickly turned sour.

The problem happened when police officers mistakenly directed the runners up a wrong street, thus, shortening the course. "I can't imagine that occurring," said O'Keefe when confronted with the fact. It appears, however, the mistake was made well before the Sheriff's Department put out barricades along the route for the more than 2,000 runners who participated. Lt. Jim McLarney said the course map he was given last fall included the cutoff. McLarney said that on at least three occasions his version of the map, which would include logistical notes, was given to O'Keefe. The old map was "a problem of poor communications," said McLarney.

O'Keefe said a Boston Marathon official said Masson times would be accepted as qualifying times at Boston with the addition of two minutes for those who finished under 2 hours, 40 minutes and three minutes for those slower than 2:40.



Sue Munday

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Slicing even more time off the record was San Jose's Sue Munday, whose 2:42:17 clocking was four minutes better than when she won the Oakland Marathon last month and more than 13 minutes better than any woman in Masson history. She also bettered the northern California record of 2:45:32 held by Penny DeMoss of Los Altos.

Other national champions crowned were Herb Lorenz, 40, New Jersey, who defended his 1979 masters title with a 2:21 effort, more than three minutes faster than the U.S. masters record time he won with at Buffalo, N.Y. last year, and Sandra Kiddy, 43, Palm Springs, who took the women's masters crown in 2:51. Lorenz said it was the fastest marathon he has run in five years.

RESULTS

Open Men:

1. Frank Richardson 2:13:54; 2. Hat-suo Okubo 2:14:08; 3. Dave Smith 2:15:41; 4. Keiichi Shimokugaki 2:15:52; 5. Mark Sisson 2:16:31; 6. Mitch Kingery 2:16:36; 7. Phil English 2:16:41; 8. Dennis O'Halloran 2:18:39; 9. Russ Pate 2:19:15; 10. Skip Brown 2:19:21; 11. Ernie Rivas 2:19:41; 12. John Lermusik 2:19:53; 13. Jim Howard 2:20:37; 14. Mark Proteau 2:20:39; 15. Lee Edmons 2:20:56; 16. Herb Lorenz 2:21:00; 17. Ken Hunter 2:22:43; 18. Allen Sandretti 2:23:12; 19. John Mansoor 2:24:16; 20. Scott Buttinghouse 2:24:57; 21. Richard Meyers 2:26:30; 22. Mark Hines 2:26:37; 23. Ted Pawlak

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Points of Interest

by Richard Slotkin

Besides keeping his last name classified, Eino won't admit his age, like Jack Benny, he is always 39. That got him a 5th place award at the Beverly Hills 10K in the 35-39 age group. But, his 34:10 would have gotten him 1st place in the 50-59 group by 4 minutes. Now, I wouldn't accuse him of being in that age group. However, if he had entered his name there, he'd have gotten a much bigger haul and no one would have challenged it. The only thing is, he wasn't in top form at Beverly Hills. If he had been, he might have won the 35-39 group, he says.

Put Roger Bourbon's feat into perspective, last year he ran Perrier in 46:07 carrying the tray and bottle. As late as April 22, he was still running at about that pace. In August, he did a half marathon in 87 minutes and now, December, he's doing 10K's in the mid 30's. Wearing a real waiters outfit and balancing that tray and bottle, yet, that is spectacular. Roger really is a waiter.. at the Posh Ma Maison. He also sells real estate. I received an announcement from him last May that he was working for Day Realty.

Despite Steve Scott's recent string of successes in the 10,000 meters, (S.P.A. A.A.U. X-C championship, National AAU xc, Perrier), he's not considering the Olympic Trials at that distance or even the 5,000. He says he'll stick with

the 1500. (Wonder how he'd do at the marathon). I told him that I had heard that he walked some at the Mt. Baldy race last year (it's 8 miles, and all up!). He laughed, got a faraway look in his eye and said, "Anyone who didn't walk on the course was crazy!" I believe it.

Chuck Debus has left CSUN because of their decision to drop into Division II competition, in order to "balance" their athletic program, the rest of which is Division II. Taking up the slack will still be the L.A. Naturite T.C. UNTIL 1984, at least, and his activities in movie production, currently as a technical director. He has some experience there, notably the Babe Didrickson story on TV a few years ago.

Since I started writing this month's column, events have gone haywire. Russia's move into Afghanistan has jeopardized the U.S. participation in Moscow this summer. President Carter has threatened a possible U.S. boycott.

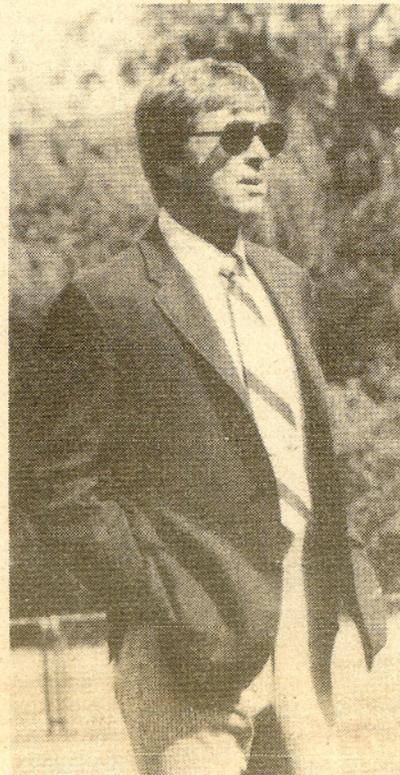
I admit to having mixed feelings. One part of me says we should allow the Russians no Financial and Propaganda benefits. The other part of me says that no one should deprive an athlete of his chances to compete. Not the A.A.U. or U.S.O.C., not the I.O.C. and not the President. Further, more good will is created on the playing field than on the battlefield. And why should the athletes pay for the politicians' failures? And, further yet, the games give an opportunity to show that our way of life is "better" more convincingly than any boycott could. Still, do we want to let the Russians collect millions in hard currency? Go unpunished? Business as usual? Munich, 1972 revisited? Berlin, 1936 revisited? Or, is that really even the point?

Santa Monica Track Club coach **Joe Douglas** is almost vehement: leave the Olympics alone. There are other ways, political and economic to get at them. On the other hand, Muhammad Ali, of all people...after all, he chose to face prison rather than fight a war he didn't believe in...says let's back the President. His Track and Boxing Club have pulled out of any competition involving the Russians. But then, Ali has become involved with Islam, which sees Russia's move as a threat to itself. The athletes

World's 1979 Coach of the Year. "...Pulling out of the Olympics is a negative way of protesting Russia's actions in Afghanistan.

"A more positive approach would be to pass out American flags to all the members of the U.S. Olympic team and 'Jam them down the throats' of the Russians with superior performance. That's the only language they understand.

"But, a word of caution: we had better prepare our athletes for the most mentally intimidating experience in the history of athletics."



Jim Bush

Jim Bush, head track and field coach at U.C.L.A. feels the athletes are being used as pawns. But members of the athletic community run the risk of being branded unpatriotic if they insist upon

though..." still "...would like to see an honest poll of the public... I'm annoyed by politician's claims about moving the site...can't be done in 6 months.. The politicians are lying about this..." Bush wants to know where the politicians were when "...we were asking them for help...the politicians are trying to make hay." He would like to see better care for the athletes, especially the post-college athletes. Training sites, living expenses, etc. so they can train and still survive. Otherwise we're at a disadvantage to Communist block countries.

Joe Douglas



Merle McGee

Getting back to the boycott, he doesn't think the countries with athletes likely to make good showings will back us. Those that will "...well, who cares if Saudi Arabia isn't there?" Echoing

became so overcome with emotion during the gift exchange ceremony that they had tears running down their faces. More good will is created with this kind of contact and its advantages are greater than any which might result from a boycott. He, like the others feels that the politicians are using the athletes as pawns...which is really ironic because they have never provided any help to the athletes who have represented the USA so well in the past.

Ken Matsuda, assistant to Vern Wolfe at U.S.C. Matsuda wonders why, if Afghanistan is so crucial, are we sending our boxing and wrestling teams to Russia now, and why is the welcome mat still out for the Russians at Lake Placid now? The Olympics are 6 months away and Afghanistan is now. So, what's the connection? And why the inconsistency? Matsuda agrees with the others that diplomatic or military, if necessary, approaches should be used. He too made the point that mostly U.S. athletes would be hurt, because the countries which figure to join us in a boycott don't have the quantity and quality of talent that the U.S. has. Regarding a neutral site, he says there is none because such issues as South Africa and Taiwan would still exist. He recognizes that athletics and politics are intertwined, and that's what makes the whole thing so frustrating. Speaking for U.S.C. he says that if it came to war, there'd be complete backing of the President's position, but right now its too early to decide. And even at a later date, the athletes should decide individually.

Merle McGee, former track coach at Crenshaw H.S. and current coach with the Santa Monica Track Club. McGee's basic reaction is anger. "This is an opportunity to put the games above politics." He says that President Carter doesn't have the right to decide what's best for Americans in this area. "...He hasn't even taken a poll." McGee, too, says that the President has other options, but "...they don't grab the public...he's using the games as a front to show the public that he means to be tough." This is the attitude that

pay for the politicians' failures? And, further yet, the games give an opportunity to show that our way of life is "better" more convincingly than any boycott could. Still, do we want to let the Russians collect millions in hard currency? Go unpunished? Business as usual? Munich, 1972 revisited? Berlin, 1936 revisited? Or, is that really even the point?

Santa Monica Track Club coach **Joe Douglas** is almost vehement: leave the Olympics alone. There are other ways, political and economic to get at them. On the other hand, Muhammad Ali, of all people...after all, he chose to face prison rather than fight a war he didn't believe in...says let's back the President. His Track and Boxing Club have pulled out of any competition involving the Russians. But then, Ali has become involved with Islam, which sees Russia's move as a threat to itself. The athletes themselves are divided. Bill Rodgers takes the same position as Douglas. Dwight Stones backs the Hawks. Here are some reactions from a few more of the local coaches:

Chuck Debus, coach of the Los Angeles Naturite Track Club and Runners



Jim Bush

Jim Bush, head track and field coach at U.C.L.A. feels the athletes are being used as pawns. But members of the athletic community run the risk of being branded unpatriotic if they insist upon going. After all, we went in 1956 and 1968 despite Russian tanks in Budapest and Prague. Like Debus, Bush says the best approach is to go and make a good showing. A boycott won't hurt Russians but beating them will, and it would offset their propaganda. He's "...willing to abide by the President's call,



Merle McGee

Getting back to the boycott, he doesn't think the countries with athletes likely to make good showings will back us. Those that will "...well, who cares if Saudi Arabia isn't there?" Echoing Debus' thoughts, Bush concluded by saying the only thing the Russians understand is force. Boycotting isn't force. Incidentally, he thinks we could have our best showing since 1968.

Joe Douglas, head coach, Santa Monica Track Club. Douglas says that the athletes will be severely punished if the ultimate goal is taken from them. He points out that the NBA has its playoffs, football has the Super-Bowl, baseball the World Series, and so on. Further, if the Olympics turn out to be permanently damaged, many talented athletes will not enter track and field at all. And no athletic program can be truly successful if top talent is not there. And Douglas feels that it's a foregone conclusion that the top talent will go elsewhere without an ultimate goal of the level of the Olympics. He points out that athletes who fail to make an Olympic team will stay in the sport for another four or even eight years attempting to finally qualify...not to mention qualifiers who keep coming back. (A good example of this could be Mike Mahler, who, at 37 will be in the marathon trials..if they have them... *Editor.*) "they don't always have to work for the almighty dollar, which is what many people think is the American Way..." Douglas recalled some of the USA-USSR meets in which athletes

intertwined, and that's what makes the whole thing so frustrating. Speaking for U.S.C. he says that if it came to war, there'd be complete backing of the President's position, but right now it's too early to decide. And even at a later date, the athletes should decide individually.

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I am truly confused. The Olympics has always been political, even the original version. Funny though...these days we stop Olympiads on account of wars. The ancient Greeks stopped wars on account of Olympiads. Have we made

Continued on page 28....

Lists over 70 LDR events in Central California (Merced to Bakersfield)

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FEBRUARY

FEB 15: Sunkist Invitational Indoor. Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 879-9210.

FEB 16: Bakersfield Metric Track Meet. Cal State Bakersfield. Charlie Craig, Track Coach, California State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2187.

FEB 16: Synanon Winter Run. 10 Kilo, Badger. Michele Gauthier, Box 139, Badger 93603.

FEB 16: Miller Beer 10 Kilo. Del Mar Fairgrounds. Bill Johnson (714) 433-1233.

FEB 16: Tecate/Ensenada Relay. David Manwaring (714) 275-1384.

FEB 16: Valentine Day Runs: 5 & 10 Kilo. Lake Merritt, Oakland, 10 am. Heart Association, P.O. Box 5157, Oakland 94605.

FEB 16: Alameda County Perimeter 118-mile 3-Day Ultra-Marathon. John Notch, 230 Marlow Dr., Oakland 94605.

FEB 16: CRE Prediction Run. 2 miles, Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane, Clovis 93612. (209) 299-8495

FEB 16: National AAU 50 Mile Championships. Sr. Women, Masters Men & Women. Houston, Texas. George Kleeman, 227 Faust, Houston, TX 77024.

FEB 17: Almond Blossom Run. 3 & 8 miles. Paso Robles High School, 9 am. Jim Bonzi, North County Sports, 13th and Park St., Paso Robles 93446. (805) 238-7285.

FEB 17: Excelsior East End Run. 7.87 miles, Golden Gate Park, San Francisco, 10 am. Bob Darling, 650 Madrid, San Francisco 94112.

FEB 17: Feather River 50 Mile and PAAAU Championship. Marysville, 8 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

FEB 17: Santa Monica Mountains 50 Mile Relay. Pt. Mugu, 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 17: Max Chabolan Road Race. Tulare. Contact Tulare Parks and Recreation Dept.

FEB 18: L'eggs/YWCA Women's 10 Kilo Road Race. Balboa Park, San Diego, 8 am. L'eggs/YWCA 10,000, San Diego YWCA, 1012 C St., San Diego 92101. (714) 239-0355.

FEB 18: Washington's Birthday Run. Woodward Park, Fresno. Ron Gates, 3220 E. Huntington, Fresno 93702. (209) 237-3572

FEB 22: San Jose Cindergals All Comers.

FEB 22: Jack in the Box Indoor. San Diego. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 879-9210.

FEB 24: Dam Run. 2 mile & 10 kilo. Parking area of Shasta Dam, 10 am. Butch Alexander, P.O. Box 4354, Redding 96001.

FEB 24: SPA Season Opener. Women's meet. Cal State Northridge, 9 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

FEB 24: Greater Los Angeles Marathon. Tentative.

FEB 29: USA Indoor Championships. Madison Square Garden, New York. Athletics Congress of the USA, Suite 612-A, New York Statler Hotel, 401 Seventh Avenue, New York, NY 10001.

MARCH

MAR 1: Sanger Striders Fun Run. 2, 4.3 & 6.3 miles. Corner of North & Academy, Sanger, 9 am. Dave Dodson (209) 875-4072

MAR 1: Anderson Dam Run. 1, 2 & 10 miles, Anderson Dam Park, 9 am. Bill Flodberg, 12925 Foothill Ave., San Martin.

MAR 1: San Jose Club Meet. San Jose State University.

MAR 1: 24 Hour Relay. Grossmont College. Will Rasmussen. (714) 447-8909.

MAR 1: Phidippides Marathon. Bob Day (714) 222-0578.

MAR 1: UCSD Medical Center 10 Kilo Campus Run. Sonda Berk. (714) 459-7808.

MAR 1: All Comers Track Meet. Southwestern College. Rich Gehring (714) 421-2610.

MAR 1: Distance Runners Clinic. Ventura. Features: food, movies, speakers, and drawings. Team Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

MAR 1: The Marathon by Phidippides. Santa Rosa, 8 am. Judy Reed, Phidippides, 3401 Cleveland Ave., #5, Santa Rosa 95401.

MAR 1: Bidwell Classic Marathon & Road Run. Chico, 8 am. Larry Dion, P.O. Box

MAR 9: Loma Linda Marathon, Half and Quarter. 7 am. Ellis R. Jones, 24414 University Ave. #60, Loma Linda 92354.

MAR 9: San Fernando 10 Kilo Portsmouth Handicap. 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 842-5360.

MAR 9: Vallejo Channel to Lake 10 Mile Run. 10 am. Ron Petrillo, 137 Lain Dr., Vallejo 94590. (707) 642-8188.

MAR 9: Pamakid Lake Merced Relays. 5 person, 4 1/2 miles each, San Francisco, 10 am. Pamakid Runners, P.O. Box 27556, San Francisco 94127.

MAR 9: Napa Valley Marathon. Calistoga, 7 am. Clarence Hall, 4516 Bay Creek Rd., Napa 94558. (707) 255-0683.

MAR 9: Big Creek Pie Run. 15 Kilo. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820.

MAR 9: Red Cross Marathon. San Luis Obispo, 7:30 am. Jim Hurley, 1216 Morro St., San Luis Obispo 93401.

MAR 9: SDSU Men's Crew 10 Kilo. Doug Perez (714) 265-6472.

MAR 9: Center for Women's Studies 10 Kilo. Balboa Park, San Diego, 9 am. Mark Cohen (714) 435-8542.

Mar 14-15: NCAA Indoor Championships. Detroit, MI. Jack Harvey, Track Coach, University of Michigan, 1000 South State Street, Ann Arbor, MI 48109.

MAR 15: St. Patrick's Marathon & Mini. Porterville, 8 am. Dr. Allen Nelson, 900 S. Main, Porterville 93257. (209) 781-3130.

MAR 15: CRE Prediction Run. 3 miles. Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

MAR 15: Mormon Battalion 1/2 Marathon. JoAnn Autenreid (714) 274-3894.

MAR 15: Northridge Relays. Bill Webb, Track Coach, California State University, Northridge 91330.

MAR 15: St. Patrick's Day Shamrock Run. 10 kilo, Griffith Park, 8 am. Dane S. Johnson, P.O. Box 91136, Los Angeles 90009.

MAR 22-23: UCSB Decathlon — Pentathlon. Santa Barbara. Sam Adams, UCSB Dept. of Athletics, University of California, Santa Barbara 93106.

MAR 23: Vichy Springs Runs. Silverado Country Club, Napa. 2 & 4 miles. Silverado TC, 1267 Walnut C66, Napa 94558.

MAR 23: Sharp Hospital Rehab. Center 1/2 Marathon. Neil Finn (714) 267-2441.

MAR 23: Northern California Seniors Track Club Masters 5 Mile. Lake Merced, 11 am. Jack Bettencourt, 136 Dundee Dr., S. San Francisco 94080. (415) 755-9681.

MAR 23: Harbor 10 Kilo Jamboree. Newport Beach, 9 am. Dr. Fred Owens, c/o March of Dimes, 111 W. Dyer Rd., Suite 10-G, Santa Ana 92707.

MAR 23: Catalina Marathon. Catalina Marathon Finishers Association, 197 Via Trinita, Aptos 95003.

MAR 29: Roeding Park 6 Miler. Fresno. Frank Delgado, 1560 N. Durant Way, Fresno 93728. (209) 233-3631.

MAR 29: Pride of the Foothill Spring Run. 5 & 10 Kilo and 1/2 marathon. Glendora, 8 am. Jack Cosby, 415 W. Carrol Ave., Suite 201, Glendora 91740. (213) 335-8483.

MAR 29: Job's Daughters Benefit Run. 5 & 10 kilo. Oxnard, 8 am. Terry Shook, 2014 Snow Ave., Oxnard 93030. (805) 485-5274.

MAR 29: Escondido Cross Country 10 Kilo. Kit Carson Park. Bob Daniel (714) 743-5410.

MAR 29: Torrey Pines Natural High 15 Kilo. Ann Pylw (714) 755-0469.

MAR 29: Grand Opening 10 Kilo. Corcoran, 9 am. Corcoran YMCA, 900 Dairy Ave., Corcoran 93212.

MAR 30: USC Women's Invitational. Sherry Calvert, USC Women's Athletics, Heritage Hall, Los Angeles 90007. (213) 741-7693.

MAR 30: Central Valley YMCA Double Marathon. Sequoia Lake to downtown Fresno. Dave McGarry, Central Valley YMCA, 2424 Stanislaus, Fresno 93721. (209) 268-4251.

APR 5: Orange County Marathon. Pete Dowrey, 9593 Pettswood Dr., Huntington Beach 92646. (213) 963-0271.

APR 6: Easter Celebration Jog. Fresno. Harry Harder, 761 W. Palm, Reedley 93654 (209) 638-5007.

APR 6: Conejo 10 Kilo Run. Newbury Park. Connie Rodewald, 852 Sharon Dr., Camarillo 93010

APR 10-12: Bakersfield CC Relays. Memorial Stadium.

APR 11-12: Bruce Jenner Classic. San Jose City College Stadium.

APR 12: Arcadia High School Invitational. APR 12: George Allen 5 & 10 Kilo Runs. Palos Verdes, 8:30 am. March of Dimes, 1111 So. Central Ave., Glendale 91204. (213) 956-8565.

APR 12: Women's Woodward Park Run. Fresno, 1.4 & 3.0 miles. Ron Gates, 3220 E. Huntington Blvd., Fresno 93702. (209) 237-3572.

APR 12: Natural Light Half Marathon. San Diego. Laurie Kohler, One Memorial Dr., St. Louis, MO 63102.

APR 12: Clearlake Marathon & 20 Kilo. Lakeport, 8 am. Entries must be post-marked by April 5. Marathon, 875 Lakeport Blvd., Lakeport 95453.

APR 13: Santa Anita Spring Classic. 5 & 10 kilo. Santa Anita, 8 am. Dennis Caldwell, 1525 Mesa Verde Dr., Costa Mesa 92628.

APR 13: Santa Monica 10 Kilo. 9 am. Santa Monica Parks and Recreation Dept., 1685 Main Street, Santa Monica 90401. (213) 393-0462.

APR 13: Glendale Distance Classic. 5 & 10 Kilo, 7 am. John Spoorleder, c/o Glendale Guidance Clinic, 417 Arden Ave., Glendale 91203. (213) 244-7257.

APR 13: Run For Those Who Can't. Puente Hills Mall, 8 am. Margaret Fleming, ASPD, Puente Hills Mall, 449 Puente Hills Mall, City of Industry 91748. (213) 965-5875.

APR 13: Kaweah River Valley Run. Three Rivers, 8 miles. David Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.

APR 13: American River 50-Miler. Auburn to Sacramento, 7 am. Enter by April 1. Joe Sloan, 12657 Highland Dr., Auburn 95603.

APR 13: SPA All Comers/Pentathlon Champs. Women. Cal State Northridge, 10 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

APR 13: Boothe Park Ribbon Runs. Boothe State Park (Napa Valley), 10 am. 2 & 5.8 mile. Silverado TC, 1267 Walnut C66, Napa 94558.

APR 17-20: Mt. SAC Relays. Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 North Grand, Walnut 91789.

APR 19: West Valley Masters Track Meet

FEB 17: **Excellor East End Run.** 7.87 miles, Golden Gate Park, San Francisco, 10 am. Bob Darling, 650 Madrid, San Francisco 94112.

FEB 17: **Feather River 50 Mile and PAAAU Championship.** Marysville, 8 am. Abe Underwood, 6555 Park-Riviera Way, Sacramento 95631. (916) 392-7672.

FEB 17: **Santa Monica Mountains 50 Mile Relay.** Pt. Mugu, 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 17: **Max Chabolan Road Race.** Tulare. Contact Tulare Parks and Recreation Dept.

FEB 18: **L'eggs/YWCA Women's 10 Kilo Road Race.** Balboa Park, San Diego, 8 am. L'eggs/YWCA 10,000, San Diego YWCA, 1012 C St., San Diego 92101. (714) 239-0355.

FEB 18: **Washington's Birthday Run.** Woodward Park, Fresno. Ron Gates, 3220 E. Huntington, Fresno 93702. (209) 237-3572

FEB 22: **San Jose Cindergals All Comers.**

FEB 22: **Jack in the Box Indoor.** San Diego. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 879-9210.

FEB 23: **El Cajon 20 Kilo.** 4th and Madison, El Cajon. Mike Reilly (714) 444-1623.

FEB 23: **All Comers Track Meet.** Southwestern College, 10 am. Rich Gehring (714) 421-2610.

FEB 23: **Long Beach Relays.** Cliff Abel, Track Coach, Cal State University, 1250 Bellflower Blvd., Long Beach 90840.

FEB 23: **Los Gatos-Vasona 10 Kilo.** LosGatos High School, 9 am. Dan Cruz, 3679 Bridgeport Ct., Apt. 14, San Jose 95117.

FEB 23: **Sonoma Valley Footraces: 1.8 & 7.8 miles.** Depot Park, Sonoma, 10 am. Butch Alexander, P.O. Box 632, Sonoma 95476.

FEB 23: **Trail's End Marathon.** Seaside, Oregon, 11 am. Entry deadline - February 16. Chamber of Commerce, Box 7, Seaside, OR 97138.

FEB 23: **6.5 Mile San Clemente Run.** 9 am. San Clemente Parks & Recreation Dept., 100 No. Seville, San Clemente 92672. (714) 492-5101, ext. 264.

FEB 23: **Fresno State Alumni All Comers.** Red Estes, Assistant Track Coach, Fresno State University, Fresno 93740.

FEB 23: **Martinez to Port Costa Brickyard Run.** 8.4 miles, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

FEB 23: **San Francisco Examiner Indoor Meet.** Cow Palace. Jim Terrill, Box 1032, Los Altos 94022. (415) 965-2433.

FEB 23: **Valley News 10 Kilo.** Sepulveda Dam, 9 am. Steve Benoit, 4919 Ramsdell Ave., La Crescenta 91214. (213) 957-0913.

FEB 24: **Easter Seal - Century 21 10 Kilo.** Cal State Northridge, 9 am. Bill Kennedy, c/o Century 21, 21021 Ventura Blvd., Woodland Hills 91364.

& 6.3 miles. Corner of North & Academy, Sanger, 9 am. Dave Dodson (209) 875-4072

MAR 1: **Anderson Dam Runs.** 1, 2 & 10 miles, Anderson Dam Park, 9 am. Bill Flodberg, 12925 Foothill Ave., San Martin.

MAR 1: **San Jose Club Meet.** San Jose State University.

MAR 1: **24 Hour Relay.** Grossmont College. Will Rasmussen. (714) 447-8909.

MAR 1: **Phidippides Marathon.** Bob Day (714) 222-0578.

MAR 1: **UCSD Medical Center 10 Kilo Campus Run.** Sonda Berk. (714) 459-7808.

MAR 1: **All Comers Track Meet.** Southwestern College. Rich Gehring (714) 421-2610.

MAR 1: **Distance Runners Clinic.** Ventura. Features: food, movies, speakers, and drawings. Team Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

MAR 1: **The Marathon by Phidippides.** Santa Rosa, 8 am. Judy Reed, Phidippides, 3401 Cleveland Ave., #5, Santa Rosa 95401.

MAR 1: **Bidwell Classic Marathon & Road Runs.** Chico, 8 am. Larry Dion, P.O. Box 1162, Chico 95927. (916) 345-4063.

MAR 1: **Northridge All Comers Track Meet.** Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330.

MAR 2: **Great Rancho Milpitas Foot Races.** 5 & 10 kilos, 10 am. Gene Gomes, 17706 Blackberry Hill Rd., Los Gatos 95030. (408) 354-2327.

MAR 2: **SPA-AAU 25 Kilo District Championships.** Mission Park, Ventura, 8 am. Tim Hughes, Inside Track, 2821 E. Main St., Ventura 93003. (805) 648-5976.

MAR 2: **Women's PA-AAU 10 Kilo Championships and Run.** Woodside School, Woodside, 10 am. Judy Leydig, P.O. Box 1551, San Mateo 94401.

MAR 2: **Eel River Bottoms Run.** Humboldt County. Six Rivers RC, P.O. Box 214, Arcata 95521.

MAR 7-8: **AIAW Indoor Championships.** Columbia, MO. Dorothy Doolittle, University of Houston, Jepsen Fieldhouse, Houston, TX 77004.

MAR 8: **Mission Bay 30 Kilo and 5 Kilo Fun Run.** Bill Casper, 3240 Main St., Lemon Grove 92045.

MAR 8: **Legal Secretary's 10 Kilo.** El Monte Park. Karen Schulenberg (714) 224-4562.

MAR 8: **Aztec Invitational Track Meet.** San Diego. Track Coach, San Diego State University, San Diego 92182.

MAR 8: **Great Runs: 10 kilo.** Davis, 9 am. Sally Edwards, Fleet Feet, 231 G St. #7, Davis 95616. (916) 442-3338.

MAR 8: **Indian Valley Cross Country.** 5 miles. Novato, 10 am. Jim Platt, 14 Tilden Dr., Novato 94947. (415) 897-8972.

MAR 8: **Los Alamitos Marathon.** 7:30 am. Mitch Lansdell, 10911 Oak St., P.O. Box 3147, Los Alamitos 90720. (213) 430-1073.

St., San Luis Obispo 93401.
MAR 9: **SDSU Men's Crew 10 Kilo.** Doug Perez (714) 265-6472.

MAR 9: **Center for Women's Studies 10 Kilo.** Balboa Park, San Diego, 9 am. Mark Cohen (714) 435-8542.

MAR 14-15: **NCAA Indoor Championships.** Detroit, MI. Jack Harvey, Track Coach, University of Michigan, 1000 South State Street, Ann Arbor, MI 48109.

MAR 15: **St. Patricks Marathon & Mini.** Porterville, 8 am. Dr. Allen Nelson, 900 S. Main, Porterville 93257. (209) 781-3130.

MAR 15: **CRE Prediction Run.** 3 miles. Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

MAR 15: **Mormon Battalion 1/2 Marathon.** JoAnn Autenreid (714) 274-3894.

MAR 15: **Northridge Relays.** Bill Webb, Track Coach, California State University, Northridge 91330.

MAR 15: **St. Patrick's Day Shamrock Run.** 10 kilo, Griffith Park, 8 am. Dane S. Johnson, P.O. Box 91136, Los Angeles 90009.

MAR 16: **Heart of Palm Spring 10 Kilo Run.** Palm Springs, 8 am. Keenan F. Barber, MD, 72-282, P.O. Box 1639, Palm Desert 92260. (714) 346-8109.

MAR 16: **Pleasant Hill 10 Kilo Run.** Diablo Valley College, 10 am. Pleasant Hill 10 Kilo, 105 Emmerson Ct., Pleasant Hill 94523 (415) 939-9330.

MAR 16: **USC Women's All Comers.** Sherry Calvert, USC Women's Athletics, Heritage Hall, Los Angeles 90007. (213) 741-7693.

MAR 16: **Gym Bag 50 Kilo.** Oceanside Pier. (714) 729-8971.

MAR 21-22: **Martin Luther King Games.** Stanford University.

MAR 22: **Robinson Memorial.** Joe Sciame, 1305 North Orchid St., Lompoc 93426.

MAR 22: **Meet of Champions.** UC Irvine.

MAR 22: **Bank of America PACE 10 Kilo.** Mission Bay Info. Center (714) 464-4752.

MAR 22: **Jug to the Club Run.** 10 kilo, Visalia, 10 am. KJUG Country FM 107, 3205 S. Mooney Blvd., Visalia 93277.

MAR 22: **Nike/Catalina Road Run.** 5.97 mile, Avalon. Siga Albrecht, 197 Via Trinita, Aptos 95003.

MAR 22: **Queen Mary 10 Kilo Run.** Long Beach. Ron Allice, Long Beach City College, 4901 E. Carson, Long Beach 90808.

MAR 22: **Stockton 10 Kilo.** Micke Grove Park, 10 am. Mrs. Albert Flor, 1528 Seward Way, Stockton 95207. (209) 477-4549.

MAR 22: **Piedmont Park 5 & 10 Kilos.** 9 am. Sharon Smith, 58 Lake View Ave., Piedmont 94611. (415) 547-1912.

MAR 22: **NorCal 10 & 3.** Redding, 10 am. Jim Fisher, 1347 Walnut St., Redding 96001. (916) 243-7900.

Fresno 93728. (209) 233-3631.
MAR 29: **Pride of the Foothill Spring Run.** 5 & 10 Kilo and 1/2 marathon. Glendora, 8 am. Jack Cosby, 415 W. Carrol Ave., Suite 201, Glendora 91740. (213) 335-8483.

MAR 29: **Job's Daughters Benefit Run.** 5 & 10 kilo. Oxnard, 8 am. Terry Shook, 2014 Snow Ave., Oxnard93030. (805) 485-5274.

MAR 29: **Escondido Cross Country 10 Kilo.** Kit Carson Park. Bob Daniel (714) 743-5410.

MAR 29: **Torrey Pines Natural High 15 Kilo.** Ann Pylw (714) 755-0469.

MAR 29: **Grand Opening 10 Kilo.** Corcoran, 9 am. Corcoran YMCA, 900 Dairy Ave., Corcoran 93212.

MAR 30: **USC Women's Invitational.** Sherry Calvert, USC Women's Athletics, Heritage Hall, Los Angeles 90007. (213) 741-7693.

MAR 30: **Central Valley YMCA Double Marathon.** Sequoia Lake to downtown Fresno. Dave McGarry, Central Valley YMCA, 2424 Stanislaus, Fresno 93721. (209) 268-4251.

MAR 30: **Run for the Walk of Fame 10 Kilo.** Hollywood. Valorie Keene, Hollywood Chamber of Commerce.

MAR 30: **PA-AAU Women's 10 Kilo Championship.** Tentative. Site TBA. West Valley Track Club, P.O. Box 1551, San Mateo 94401.

MAR 30: **Buffalo Stampede.** 10 miles, UC Davis, 10 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

MAR 30: **Huddart Park Hill Run.** 7 1/2 miles. Canada College, Redwood City. Woodside Striders, 1251 Hudson St., Redwood City 94065. (415) 368-1095.

MAR 30: **Pinole Marathon.** Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

APRIL

APR 1: **Fresno TFA/USA Decathlon.** Fresno State University. Red Estes, Athletic Dept., California State University, Fresno 93740. (209) 487-2167.

APR 3: **So Cal CC Relays.** Cerritos.

APR 3: **Diablo Valley CC Relays.** Pleasant Hill.

APR 5: **Fresno State Invitational.** Red Estes, Athletic Dept., California State University, Fresno 93740. (209) 487-2167.

APR 5: **Sacramento Relays.** Track Coach, Cal State University, 6000 J Street, Sacramento 95819.

APR 5: **Nike U.S. Club Roadracing Championships.** 10 kilo. Mission Bay, San Diego. Entries must be postmarked by Feb. 28. Nike/Club Road Champs, P.O. Box 10412, Eugene, OR 97440.

APR 13: **Glendale Distance Classic.** 5 & 10 Kilo, 7 am. John Sporleder, c/o Glendale Guidance Clinic, 417 Arden Ave., Glendale 91203. (213) 244-7257.

APR 13: **Run For Those Who Can't.** Puente Hills Mall, 8 am. Margaret Fleming, ASPD, Puente Hills Mall, 449 Puente Hills Mall, City of Industry 91748. (213) 965-5875.

APR 13: **Kaweah River Valley Run.** Three Rivers, 8 miles. David Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.

APR 13: **American River 50-Miler.** Auburn to Sacramento, 7 am. Enter by April 1. Joe Sloan, 12657 Highland Dr., Auburn 95603.

APR 13: **SPA All Comers/Pentathlon Champs.** Women. Cal State Northridge, 10 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

APR 13: **Boothe Park Ribbon Runs.** Boothe State Park (Napa Valley), 10 am. 2 & 5.8 mile. Silverado TC, 1267 Walnut C66, Napa 94558.

APR 17-20: **Mt. SAC Relays.** Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 North Grand, Walnut 91789.

APR 19: **West Valley Masters Track Meet and Mountain Charles Great Chase.** Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

APR 19: **Western Village Fitness Run.** Clovis, 10 Kilo. Ron Koch, Athletic World, 711 E. Shaw, Ste. 109, Clovis 93612. (209) 298-3969.

APR 19: **Woody Wilson Relays.** UC Davis. John Pappa, Athletic Dept., University of California, Davis 95616.

APR 19: **Saddleback Valley 10 Kilo.** 8:30 am. Debbie Babish, Recreation Coordinator, Saddleback Valley School District, 19631 Dissen Dr., Mission Viejo 92691. (714) 768-0981.

APR 19: **Mt. SAC Relays Marathon.** Also 1/2 marathon. Walnut-Pomona, 7 am. Douglas E. Hamilton, 691 Wellesley Dr., Claremont 91711. SASE.

APR 19: **CRE Prediction Run.** 5 kilo, Clovis, 7:30 am. Mike DeCarli, 1029 Cherry Lane #A, Clovis 93612. (209) 299-8495.

APR 19-20: **Knott's Berry Farm Clinic and 10 Kilo Run.** Buena Park. Jake McKinney, Knott's Berry Farm, Public Relations Dept., 8039 Beach Blvd., Buena Park 90620. (714) 630-8545.

APR 20: **Diet Pepsi 10 Kilo Run.** Lake Yosemite Park, Merced, 9 am. Diet Pepsi, P.O. Box 2068, Merced 95340. (209) 722-4131.

APR 20: **Optimist Club of Encino 10 Kilo.** Rand Pinsky, 15760 Ventura Blvd., Encino 91436. (213) 986-5414.

APR 20: **River Relays.** Lompoc. J. Perkins, 3304 Via Dona, Lompoc 93426.

APR 20: **Moorpark Scramble.** 5 & 10 kilo, Moorpark College, 8 am. Norm Chung, 280 Casey Rd., Moorpark 93021. (805) 529-1124.

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Track & Field Challenger

by: Bill Minarik

Oops! We were caught with our high jumpers not having all the letters in their name; well, just one, actually. Bob DeMuth's High Jump Crossword puzzle didn't draw the response of answers we usually get and it was probably due to a misspelling of Matzdorf in number 20 down. This made the puzzle impossible to get 100% on the puzzle. Bob Womack's comments best sum up the situation: "Your puzzle is 'cooked.' NiChinChin fits 20 down BUT Ni's record was never accepted since China was not a member of the IAAF (still isn't). The first jumper to officially clear 7-6 was Pat Matzdorf but neither "Matzdorf" nor "Pat Matzdorf" fits into 10 spaces."

We should have allowed 11 spaces for number 20 down or else said the first jumper to clear 7-6 officially or unofficially. Sorry about that.

Anyway, three readers, including Womack, sent in completed puzzles and noting the error. The three are: Bob Womack of Fresno, Richard Hymans of England, and Richard J. Vargus of Sunnyvale. Based on the drawing, the winner of the one year subscription renewal and track related gift is **Richard J. Vargus.**

The answers to the high jump crossword puzzle are listed below:

DOWN

- 1 Thranhardt
- 2 Beilschmidt
- 4 Yashchenko
- 5 Benn Fields
- 6 L.A.
- 7 Fosbury
- 8 Mogenburg
- 11 Ritter
- 15 Pol.
- 16 P.R.
- 18 Dwight Stones
- 19 Jacek Wszola
- 20 Pat Mazdorf or NiChinChin

ACROSS

- 3 Nat
- 5 Brill
- 9 Nagel
- 10 DDR
- 12 Brown
- 13 Joy
- 14 USSR
- 17 Judge
- 21 AAU
- 24 NCAA
- 26 Page
- 30 Dumas

Here is the new puzzle for this month. Bill Minarik has put together another "Challenger" this time a "Track Challenger" with several more difficult portions to serve as tie breakers.

Facts:

A conference commissioner has a scheduling problem. His conference has just enlarged to 12 teams, A thru L, and he is trying to work out a schedule where each team meets every other team in the shortest period of time. The conference rules provide the following scheduling requirements:

- 1 No more than one meet per week.
- 2 No more than four teams per meet (triple-dual meet). Each team will be considered to be having a dual meet with every other team on the track except that only the first meeting of each two teams will count in the standings.
- 3 No team may have a bye.

Question:

What is the fewest number of weeks in which the conference can complete its schedule??? (Show the schedule).

Tie Breakers: for the Track Challenger question are as follows in this order:

1. The schedule, shown for the Track Challenger question with the fewest number of duplicate dual meet competitions.
2. The same schedule with the fewest number of meets. A dual, double-dual, or triple-dual will each be considered as one meet for purposes of this question.
3. What is the fewest number of weeks the conference could complete its schedule if it had 13 team, A thru M, instead of 12 teams. All other facts are the

APR 21: Boston Marathon. Hopkinton, Mass., noon. Entries must be received by March 10. Will Cloney, BAA Marathon, Box 223, Boston, MA 02199.

BOSTON MARATHON TOUR PACKAGE

For group rates and discounts on trip to Boston Marathon, contact Jack Leydig, P.O. Box 1551, San Mateo 94401.

APR 26: Olympic Development Pentathlon. Santa Barbara. Sam Adams, Athletic Dept., University of California, Santa Barbara 93017. (805) 961-2133.

APR 26: San Jose National Invitational. San Jose State University.

APR 27: Reedley 10 Miller. David Bronzan, 1173 W. Eymann, Reedley 93654.

APR 27: Gamma Phi Beta 10 Kilo. Rosebowl, Pasadena, 9 am. Mrs. Martha Brown, 850 Cumberland Road, Glendale.

APR 27: St. Johns Hospital & Health Center 10 Kilo. Marina Del Rey, 8 am. Dr. Peter Gall, Attn: Community Affairs, St. John's Hospital and Health Center, 1328 22nd Street, Santa Monica 90404.

APR 27: SPA 50 Kilo Championship. Los Posas Hills, 6:15 am. 31.1 miles. Connie Rosewald, 852 Sharon Dr., Camarillo

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APR 21: Boston Marathon. Hopkinton, Mass., noon. Entries must be received by March 10. Will Cloney, BAA Marathon, Box 223, Boston, MA 02199.

BOSTON MARATHON TOUR PACKAGE
For group rates and discounts on trip to Boston Marathon, contact Jack Leydig, P.O. Box 1551, San Mateo 94401.

APR 26: Olympic Development Pentathlon. Santa Barbara. Sam Adams, Athletic Dept., University of California, Santa Barbara 93017. (805) 961-2133.

APR 26: SCAA Women's Collegiate Conference Championships. Cal Poly Pomona. Women's Track Coach, Cal Poly Pomona, 3801 W. Temple Ave., Pomona 91768.

APR 26: Visalia Spring Run. † & 10 kilo. Visalia Runners, 1527 Vassar Dr., Visalia 93277. (209) 733-1655.

APR 26: Scots Olympic Fund Run. 10 kilo, Huntington Beach, 9 am. Steve Russell, 5822 Research Dr., Huntington Beach 92649. (714) 897-7750.

APR 26: Conejo Valley Days. 10 kilo, 8 am. Kathy Bauwens, 668 Los Vientos Dr., Newbury Park 91320.

APR 26: San Jose National Invitational. San Jose State University.

APR 27: Reedley 10 Miller. David Bronzan, 1173 W. Eymann, Reedley 93654.

APR 27: Gamma Phi Beta 10 Kilo. Rosebowl, Pasadena, 9 am. Mrs. Martha Brown, 850 Cumberland Road, Glendale.

APR 27: St. Johns Hospital & Health Center 10 Kilo. Marina Del Rey, 8 am. Dr. Peter Gall, Attn: Community Affairs, St. John's Hospital and Health Center, 1328 22nd Street, Santa Monica 90404.

APR 27: SPA 50 Kilo Championship. Los Posas Hills, 6:15 am. 31.1 miles. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 27: Santa Rosa Valley 16 Mile Run. Los Posas Hills, 6:15 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAY

May 4: Avenue of the Giants Marathon. Entries accepted in order of postmark date, beginning February 1, 1980..2,000 maximum. Marathon, P.O. Box 214, Arcata 95521.

noting the error. The three are: Bob Womack of Fresno, Richard Hymans of England, and Richard J. Vargas of Sunnyvale. Based on the drawing, the winner of the one year subscription renewal and track related gift is **Richard J. Vargas.**

The answers to the high jump crossword puzzle are listed below:

DOWN

- 1 Thranhardt
- 2 Beilschmidt
- 4 Yashchenko
- 5 Benn Fields
- 6 L.A.
- 7 Fosbury
- 8 Mogenburg
- 11 Ritter
- 15 Pol.
- 16 P.R.
- 18 Dwight Stones
- 19 Jacek Wszola
- 20 Pat Mazdorf or NiChinChin
- 21 Ackermann
- 22 Ulrike
- 23 Pam Spencer
- 24 N.H.
- 25 Jacobs
- 27 HJ
- 28 McDaniel
- 29 Balas

meet with every other team on the track except that only the first meeting of each two teams will count in the standings.

3 No team may have a bye.

Question:

What is the fewest number of weeks in which the conference can complete its schedule??? (Show the schedule).

Tie Breakers: for the Track Challenger question are as follows in this order:

1. The schedule, shown for the Track Challenger question with the fewest number of duplicate dual meet competitions.

2. The same schedule with the fewest number of meets. A dual, double-dual, or triple-dual will each be considered as one meet for purposes of this question.

3. What is the fewest number of weeks the conference could complete its schedule if it had 13 team, A thru M, instead of 12 teams. All other facts are the same. (Show the schedule).

4. The schedule shown for Tie-Breaker 3, with the fewest duplicate dual-meet competitions.

5. The schedule shown for Tie-Breaker 3, with the fewest number of meets.

A winner from those who remain tied will be decided by a drawing.

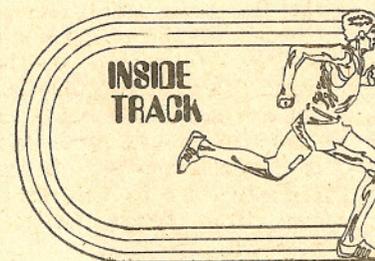
.....continued from page 26.

any progress in 2600 years? Apparently not. South Africa cannot compete, so Sidney Maree, a black, sits on the side lines. Why can't South Africa compete? Because they discriminate against blacks. So the world, the enlightened world, responds by, in effect, barring Maree. The inmates really do run the asylum, I'm convinced of that.

Possibly, as an answer to this problem, is the establishment of a permanent site. Why not put it near the original in Olympia, Greece? That way, boycotts would be quite hollow because no country, except Greece, would stand

to get a financial or propaganda benefit. Let's carry it one step further. Eliminate national teams. Let U.S.O.C. set qualifying standards and anybody that meets them can enter. Then it would really be the world's best against the world's best. Why should some 4:02 miler get the compete because he's the best upper Oz has, while four American 3:57 milers sit home because they weren't our top three. Even team sports could be accommodated. The best teams that actually played at least one season together could go. No national teams, no all star team.

Well, we could go on, but let's not. Fill up our letters page with your thoughts. Let's see how CTN's readers feel about this.



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SPOTLIGHT ON:

Chris Whitlock

by JIM CROWHURST

Chris Whitlock: Samta Rosa Junior College Sophomore. Age 20. Chris was born in San Francisco on May 18, 1959. He is 6 feet 3 inches tall and weighs 180 pounds. Also competed for Cardinal Newman High School.

Best Marks: 400 meters-46.69; 200 meters-21.8; 100 meters-10.6. All marks done in 1979 as a Freshman. Coached by Pat Ryan.

Santa Rosa Junior College was strong in track last year and should be even better this year. Pat Ryan's track teams have been taking the Camino Norte Championships trophy back with them for the last three years in a row. Some of the past standouts for the Santa Rosa team have been: Dan Aldridge, Bob Gummerson, Steve Lawry, Tim McDonald, Jeff Ramsey and Jeff Veerhees. Last year's team won its conference meet by over a 170 points, and of the 266 points they scored, over 200 of those points were scored by freshmen. Later they went on to take second in the Community College NORCAL meet, and 8th at the State meet. Ryan's team will go into this year with another strong, well balanced team. Ryan's cross-country team just came off its best season in the Bear Cubs history, winning the men's NORCAL meet. Five of last years seven state meet placers are returning.

Of the five, the one most promising to come back from this years State meet with a first place medal is Chris Whitlock. After becoming last year's fastest freshman in the 400, with his

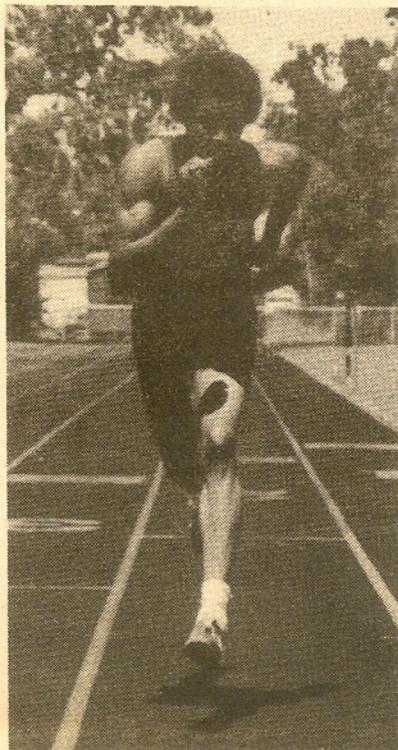


photo by Matt Malvine

Chris started running track because sports were just part of his family's life. His brother ran track plus played football, but it was his father who encouraged Chris and inspired him. His father was at one time the 3rd best boxer in the world and fought Joe

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BAKERSFIELD COLLEGE

Rosa team have been: Dan Aldridge, Bob Gummerson, Steve Lawry, Tim McDonald, Jeff Ramsey and Jeff Veerhees. Last year's team won its conference meet by over a 170 points, and of the 266 points they scored, over 200 of those points were scored by freshmen. Later they went on to take second in the Community College NORCAL meet, and 8th at the State meet. Ryan's team will go into this year with another strong, well balanced team. Ryan's cross-country team just came off its best season in the Bear Cubs history, winning the men's NORCAL meet. Five of last years seven state meet placers are returning.

Of the five, the one most promising to come back from this years State meet with a first place medal is Chris Whitlock. After becoming last year's fastest freshman in the 400, with his 3rd place finish of 46.69 in the State meet, Chris was voted Most Valuable Runner on the Santa Rosa team. He was also the Northern California champion in 46.94.

Due to the fact Chris had an infected throat at Bakersfield he was told not to run on the Mile Relay team, of which the team had run 3:13.74 earlier in the year. Chris was still allowed to run the open 400 relay team that took 5th in 41.17. All three of which were school records. Chris started the year running the 100-200 and was told by Coach Ryan he didn't have to run the 400 if he didn't want to. Which Chris didn't, even though he was the High School NBL 440 champion in '77 with a time of 50.68. One day for fun, or by Ryan's request, Chris ran in a dual meet on a 2nd non-scoring mile relay team and ran a 48.4 split. From then on Chris was the anchor man on Santa Rosa's mile relay team and at the D.V.C. Relays, his third mile relay, ran a 47.2 split. After that race Ryan told Chris he could still just do the 100-200 and maybe he could get the NORCAL or he could do the 400 and probably do well at State. The next week Chris decided to run the 400, his first open 400 of the year, in a dual meet, his time of 47.5 broke the school record by .1 of a second. His State meet 400 was only his 6th with all under 48 seconds, except one in 48.6.



photo by Matt Malvine

Chris started running track because sports were just part of his family's life. His brother ran track plus played football, but it was his father who encouraged Chris and inspired him. His father was at one time the 3rd best boxer in the world and fought Joe Louis. The main thing his father taught him was that your attitude towards a sport should be all out and not half way. Chris' favorite event is now the 400, he likes to compete about 2-3 times a month but he never tries to peak for any particular meet. His only real training rule is to avoid junk foods. His strategy in a race is to use the best pacing for that day to achieve the best time and to hopefully win.

Chris' immediate goals for this year are to break the California Junior College State Record. Looking beyond that his goals are to compete in the Olympics, either this year's or the next one, and to become the best in the world. He plans on going on to college but has not picked out a campus yet. His objective for a career is in the field of Radiology. Chris wants to keep competing for as long as he possibly can. Ryan thinks Chris has great potential.

Typical Week's Training: **Monday**- warm-up, 3 x 330 max. with full recovery, warm-down. **Tuesday**- warm-up, relay work, 4 x 165 easy, warm-down. **Wednesday**- warm-up, 4 x 220 high intensity effort with full recovery, warm-down. **Thursday**- warm-up, relay work, warm-down. **Friday**- race.

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BAKERSFIELD COLLEGE

5K*10K RUN

3.1 miles 6.2 miles

Saturday
MARCH 15, 1980
9:00 am

REGISTRATION: 8:00 - 9:00 a.m. Saturday, March 15 at
Bakersfield College Memorial Stadium

ENTRY FEE: \$5.00 before deadline
\$6.00 after deadline

DEADLINE: Postmarked no later than 2/27/80

PRE-REGISTRATION: Send completed entry blank with
\$5.00 to:
Bakersfield College Athletics
1801 Panorama
Bakersfield, CA 93306
Attn: Alice Nunes - 5 & 10 K

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DIVISIONS: Men and women
5K: 25 and under
26 and over

10K: 18 and under
19 - 30
31 - 40
41 and over

ENTRY FORM (Please Print) Make checks payable to Bakersfield College Athletics

NAME _____ AGE _____

STREET ADDRESS _____

CITY _____

MALE _____ FEMALE _____ 5K _____ 10K _____

WAIVER: In consideration of your accepting my entry, I intend to be legally bound, do hereby waive, release and forever discharge any and all rights and claims I may accrue to me against Bakersfield College and the officials for any and all injuries suffered by me while participating in this event.

Signature _____

Date _____

Cup and Saucer Runs

November 11, 1979 Napa Fourth Annual 8.6 Mile.

Junior men: 1. Freddie Smith (Napa) 56:40; 2. George Merrill (Snta Rsa) 59:20; 3. Chris Wilmoth (St. Helena) 62:31.

Open men: 1. Mark Proteau (Napa) 45:38; 2. Tim Lee (Napa) 46:47; 3. Dave Nieman (Angwin) 49:18.

Submaster men: 1. Larry Pugh (Fairfield) 51:01; 2. Terry Ubelhart (Rnht PK) 52:17; 3. Rick Molenkoph (Sn Anslmo) 54:17.

Master men: 1. Chuck Hall (napa) 58:27; 2. John Shea (Napa) 58:33; 3. Shastu Geurtsen (Sebstpl) 59:00.

Junior women: 1. Gabrielle Warren (Napa) 73:23.

Open women: 1. Melinda Dittman (Napa) 69:28; 2. Terisa Nerelli (Kenwood) 77:39; 3. Ann Reho (Kenwood) 77:40.

Submaster women: 1. Karen Gallagher (Sebastpl) 69:19; 2. Sharon Wilmoth (Rutherford) 75:32; 3. Sally Taylor (Sebastopol) 78:53.

Master women: 1. Erma Baker (Angwin) 71:44; 2. Marj Sweeney (Napa) 81:03.

L'eggs/YWCA

November 11, 1979 Santa Monica. L'eggs/YWCA Meter Run.

0-19: 1. Vickie Cook (15, Northridge) 35:07; 2. Liz Garmon (17, AZusa) 38:59; 3. Carol Doody (10, Upland) 40:01.

20-29: 1. Yvonne Yanke (21, Seal Beach) 36:10; 2. Gina Dyer (21, Lakewood) 37:05; 3. Jaynie Miller (25, Los Angeles) 37:33.

30-39: 1. Bev Shingles (39, New Zealand) 35:24; 2. Judy Kewley (35, Simi Valley) 41:25; 3. Deanna Holleman (37, Manhattan Beach) 41:30.

40-49: 1. Milki Gorman (44, Los Angeles) 35:47; 2. Christa Romppanen (40, Malibu) 40:18; 3. Wilma Maddock (45, Costa Mesa) 43:03.

50+ : 1. Margaret Miller (53, Thou sand Oaks) 40:45; 2. Helen Dick (55, Los Angeles) 44:41; 3. Phyllis Regis (50, Ventura) 48:01.

Turkey Trot

Nov. 17, 1979 Lompoc Turkey Trot '79.

1. Manny Bautista (21) 31:51; 2. Steve Strangio (19) 31:51; 3. John Marden (18) 31:51; 4. Tom Trimble (20) 33:08; 5. Mike Ryan (33) 33:51; 6. Russ Sharer (25) 34:23; 7. Mike Lane (20) 34:49; 8. Clint Chase (20) 35:32; 9. Efrain Gonzales (33) 35:55; 10. Jerry Wright (35) 36:22;.....15. John Coffey (44) 37:09;.....17. Ray Gil (55) 39:05; 18. J.J. Holoubek (63) 39:17;.....27. Shirley Saunders (38) 42:46;.....35. Linda O'Brien (31) 44:22;.....39. Sue Edelman

RESULTS

Send all results to
California Track News, P.O. Box 6103, Fresno, CA 93703

1:58:00; 24. Erik Winje 1:58:21; 25. Gordy Vredenburg 1:58:22; 26. Timothy Morse 1:58:26; 27. Doug Latimer (1 40-M) 1:58:37; 28. Jim O'Neil (1 50-M) 1:58:49; 29. Steve Stark 1:58:52; 30. William Boggs 1:58:54;.....43. Glen Krawiec (2 40-M) 2:00:52;.....54. Bill Bugler (3 40-M) 2:02:57;

114. Judy Gumbs Leydig (1 OP-W) 2:08:27;.....125. Heike Skaden (1 J/S-W) 2:09:56;.....170. Richard Houston (2 50-M) 2:13:57;.....172. Art Waggoner (3 50-M) 2:14:04;.....211. Vickie Randall (2 OP-W) 2:16:34;.....296. Heidi Skaden (1 40-W) 2:22:23; 297. Ruth Anderson (1 50-W) 2:22:41;.....300. Sunny Roberts (3 OP-W) 2:23:06;.....305. Deborah Bispo (4 OP-W) 2:23:20;.....307. Mary Strudwick (1 SU-W) 2:23:28;.....310. Karen Diekmeyer (2 SU-W) 2:23:49;.....324. Janice LeCoog (5 OP-W) 2:24:36.

Jeff Woodland 9:06.9; 7. Steve Whitcomb 9:10.0; 8. Mike Lawrence 9:11.2; 9. Jeff West 9:28.1; 10. Alex Gonzales 9:28.1; 11. Ken Ernst 9:38.0; 12. Dave Brown 9:45.3.

Fresno Road Race

December 1, 1979 Fresno Road Race 6.0 Miles.

1. Juan Garza (open) 29:58; 2. Jim Hartig (open) 30:28; 3. Juan Molina (open) 30:51; 4. Shawn Smallwood (HS) 31:17; 5. Dave Lehrman (HS) 31:51; 6. Steve Moreno (open) 32:02; 7. Randy Belzer (open) 32:13; 8. Van Villalobos (open) 32:23; 9. David Bronzan (30-39) 32:42; 10. John Hendry (open) 32:46; 11. Mark Hemphill (30-39) 32:51; 12. Curtis Elia (open) 33:08; 13. Chuck Shoshone (HS) 33:16; 14. John Ensz (open) 33:22; 15. Scott Durham (HS) 33:23; 16. Wayne Van

Dellen (40-49) 34:15; 17. Bob Lindsey (30-39) 34:18; 18. Jessie Valdez (Jr. Hi.) 34:29; 19. Heinie Hartwig (40-49) 34:37; 30. Larry Lung (open) 34:43; 21. Gordon Keller (30-39) 34:46; 22. Frank Delgado (40-49) 34:50; 23. Dan Currier (open) 34:58; 24. Larry Martin (open) 35:23; 25. Jim Lambe (open) 35:37;.....58. Serena Domingues (Wopen) 38:06;.....68. Ann Olson (Wopen) 38:58;.....71. Franz Weinschenk (58) 39:06;.....92. Lisa Shattuck (Wopen) 40:11;.....92. Carolyn Tiernan (Wopen) 40:05;.....110. Jean Ainger (W-30-39) 41:20;.....122. Brenda Struven (Wopen) 42:06;.....123. Terri Nieto (Wopen) 42:06;.....128. Michele Gauthier (W40-49) 42:47;.....132. Jeanette Burke (W40-49) 43:00;.....193. Dorothy Thomas (W58) 48:46.

Galloping Gobbler

November 24, 1979 Bakersfield Track Club's 6 Mile Run.

1. Eddy Cadena 30:35; 2. Greg Gonzales 30:50; 3. Angel Carrillo 31:06; 4. Jack Dixon 31:28; 5. Joel Mena 31:45; 6. Glenn Suito 31:48; 7. John Lopez 31:50; 8. Tom Holliday 32:14; 9. Frank Krebs 32:58 10. Isaac Salcido 33:05; 11. Rod Rodman 33:10; 12. Colby Churchman 34:50; 13. Jerry Keeley 35:19; 14. Osvaldo Espinoza 35:53; 15. James Lipford 36:29;.....17. Jill Walker 37:32;.....21. Brenda Villanueva 37:57;.....38. Shelley Wyss 41:34;.....40. Sindi Steinbeck 43:46;.....50. Olga Villalobos 46:39.

Desert Run

November 24, Palm Desert. Coors Desert Run 15 Miles.

Men 12 & Under: 1. Michael Duarte (12) 1:50:58; 2. Robbie Barrios (Irvine, 12) 1:51:31; 3. Mike Wanstreet (Hac. Hts., 12) 2:00:50.

Men 13-18: 1. Greg Henkel (Downey, 17) 1:33:53; 2. John Martin (Manhattan Beach, 16) 1:35:35; 3. Clive Wood (Ontario) 1:38:13.

TFA/USA Decathlon

December 1 & 2, 1979 Glendale.

1. Mauricio Bardales (Tobias Striders) 7543; 2. Spud Alford (Miss.-Maccabi) 7322; 3. Scott Young (Bonita T.C.) 7166; 4. John Green (Denver T.C.) 6952;

Junior High Division: 1. Jesse Valdez (14, Corcoran) 1:19:40; 2. Jerry Keeley (14, Shafter) 1:20:04; 3. Albert Martinez (15, Corcoran) 1:23:55

Open: 1. Craig Elia (29, Fresno) 1:13:24; 2. Daniel Rusk (19, Merced) 1:17:18; 3. Dan Currier (28, Sanger) 1:17:31.

High School Division: 1. Shawn Smallwood (16, Corcoran) 1:10:42; 2. Roy Cortez (17, Merced) 1:16:49; 3. Mario Carranza (17, Madera) 1:19:58.

Women [under 25]: 1. Terrie Nieto (22, Fresno) 1:42:24.

Women [25 & up]: 1. Jean Ainger (38, Sanger) 1:36:30.

Apple Valley

December 9, 20th Annual Apple Valley 6.3 Mile Run.

Men: 1. Steve Ortiz (Barstow) 32:12 new course record; 2. Marvin Rowley (Granada Hills) 35:40; 3. Dean Sylvies (Quartz Hill) 36:36; 4. Rich Garrett (Orange) 37:02; 5. Rudolph Perez (San Bernardino) 37:22; 6. Michael Cook (Ontario) 37:32; 7. David Cook (Ontario) 37:34; 8. Bob Hoogendyk (Big Bear Lake) 38:00; 9. Bob Gilligan (Big Bear Lake) 38:53; 10. Lynn Buehler (LaVerne) 39:03.

Masters Men: 1. Marvin Rowley (Granada Hills) 35:40; 2. Miles Keefe (Yuca Valley) 39:28; 3. Dick Berres (San Bernardino) 40:57; 4. Jim Munson (Lancaster) 41:30; 5. Dwaine Batt (West Covina) 42:14.

Women: 1. Joyce Rowley (Granada Hills) 47:34; 2. Yvonne Monsauret (Riverside) 47:48; 3. Deanna Guillory (Garden Grove) 48:21; 4. Ruth MacLean (Montclair) 48:23; 5. Joan Hedani (West Covina) 49:28.

115 finishers.

Las Vegas Marathon

December 9, Las Vegas, Nevada.

Overall Men
1. Dave Babiracki, Granada Hills, Ca

Dan Gruber, Aptos, Ca 2:23:08; 5. John Gores, Santa Barbara, Ca 2:27:19; 6. Brian Igoe, Cardiff, Calif. 2:28:28.

Overall Women

1. Sue Peterson, Laguna Beach, Ca 2:48:20; 2. Sue Krenn, San Diego, Ca 2:49:28; 3. Elaine Campo, Santa Barbara, Ca 2:49:37; 4. Cindy Haney, Honolulu 2:50:40; 5. Judy Leydig, San Mateo, Ca 2:55:10; 6. Kathy Robertson 2:58:03.

Las Vegas 1/2 Marathon

Men 17-under:

1. Petter Udall 1:24:35.

Men 18-29:

1. Kirk Pfeffer 1:02:32; 2. Tom Wysocki 1:02:58; 3. Randy Thomas 1:03:39; 4. Stan Mavis 1:03:47; 5. Michael Spoettel 1:04:01.

Men 30-34:

1. Bill Rodgers 1:03:22; 2. John Jones 1:07:32; 3. Frank Shorter 1:08:55; 4. Rich Holloway 1:09:31.

Men 35-39:

1. Derek Clayton 1:11:37; 2. Jerry Schmidt 1:12:05; 3. James Duncan 1:17:47.

Men 40-44:

1. Jim Heinz 1:24:06; 2. Manuel Gauderma 1:24:34.

Men 45-49:

1. Jack Foster 1:05:44; 2. Donald Cousins 1:17:48.

Men 50-54:

1. Bill Stock 1:20:16; 2. Tommy Hodges 1:28:41.

Men 55-59:

1. Ralph Ratcliffe 1:35:07; 2. Jim Dacolas 1:39:58.

Men 60-64:

1. Dean Johnson 1:46:51; 2. Richard Kegley 1:47:03.

Men 65-over:

1. Nathaniel Hefner 1:51:20; 2. Dr. Howard Calkin 1:56:49.

Women 17-under:

1. Amy Whisler 1:50:40.

Women 18-29:

1. Ellison Goodall 1:14:49; 2. Nina Reitz 1:31:00.

Women 30-34:

1. Eleanor Mendoza 1:24:56.

Women 35-39:

1. Darby Burns 1:35:35.

Women 40-44:

1. Christi Romppanen 1:28:49.

Women 45-49:

1. Dorothy Stock 1:32:41.

Women 50-54:

1. Lucille Sanchillo 1:49:16.

Women 55-59:

1. Majorie Lawson 2:07:23.

Women 60-64:

1. Alice Werbel 2:03:28.

December 15, Santa Barbara.

Boys 14-under: 1. Kevin Adkins (14, Santa Barbara) 34:56; 2. Dana Carville (14,

wood) 37:05; 3. Jaynie Miller (25, Los Angeles) 37:33.

30-39: 1. Bev Shingles (39, New Zealand) 35:24; 2. Judy Kewley (35, Simi Valley) 41:25; 3. Deanna Holleman (37, Manhattan Beach) 41:30.

40-49: 1. Miki Gorman (44, Los Angeles) 35:47; 2. Christa Romppanen (40, Malibu) 40:18; 3. Wilma Maddock (45, Costa Mesa) 43:03.

50+ : 1. Margaret Miller (53, Thousand Oaks) 40:45; 2. Helen Dick (55, Los Angeles) 44:41; 3. Phyllis Regis (50, Ventura) 48:01.

Turkey Trot

Nov. 17, 1979 Lompoc Turkey Trot '79.

1. Manny Bautista (21) 31:51; 2. Steve Strangio (19) 31:51; 3. John Marden (18) 31:51; 4. Tom Trimble (20) 33:08; 5. Mike Ryan (33) 33:51; 6. Russ Sharer (25) 34:23; 7. Mike Lane (20) 34:49; 8. Clint Chase (20) 35:32; 9. Efrain Gonzales (33) 35:55; 10. Jerry Wright (35) 36:22;.....15. John Coffey (44) 37:09;.....17. Ray Gil (55) 39:05; 18. J.J. Holubek (63) 39:17;.....27. Shirley Saunders (38) 42:46;.....35. Linda O'Brien (31) 44:22;.....39. Sue Edelman (25) 44:43.

Masters AAU 25 Kilometers

November 17, 1979 Tulsa, Oklahoma National AAU Masters 25 Km Championships.

1. Joe Burgasser (STC, 1 40-44) 88:38; 2. Ralph Bowles (MW, 2 40-44) 91:26; 3. Darryl Beardall (MW, 3 40-44) 91:43; 4. Unidentified (- 4 40-44) 92:19; 5. Jim Knerr (STC, 1 45-49) 93:48;.....Merl Glauser (STC, 5 40-44) 95:17;.....Ray Menzie (MW, 2 45-49) 96:34;.....Bill Catanese (MW 98:42;.....Joe Marino (STC) 98:49;.....Phil Hager (MW) 99:11;.....Conrad Eren (STC, 2 50-54) 1:40:09;.....David Sills (STC) 1:42:00;.....Donna Wright (- 1 40-44W) 1:51:40;.....Ed Lowell (STC, 2 60-64) 1:56:00;.....Linda Burke (STC, 2 40-44W) 1:57:18.

Pepsi 20 Mile Run

November 18, Clarksburg 20 Mile.

1. Brian Maxwell 1:43:56; 2. Jaime White 1:44:22; 3. Jim Howard 1:46:58; 4. Bill Clark 1:48:42; 5. Chris Hamer 1:49:47; 6. Jan Sershen 1:50:22; 7. Bradley Brown 1:50:39; 8. Michael Gull 1:51:59; 9. Jack Leydig 1:52:26; 10. Mike Warr 1:52:32; 11. Adam Ferreira 1:53:38; 12. Gus Rojas 1:58:44; 13. Dean Rinde 1:53:59; 14. Mike Wright 1:54:42; 15. Michael Conroy 1:55:17; 16. Patrick Buzbee 1:55:53; 17. Noel Lincome 1:55:57; 18. Mark Jost 1:55:59; 19. Brent Cushenbery 1:56:45; 20. Brian Bonner 1:56:46; 21. Anthony Bettencourt 1:57:19; 22. Steve Asher 1:57:32; 23. Bert Johnson

November 24, 1979 Bakersfield Track Club's 6 Mile Run.

1. Eddy Cadena 30:35; 2. Greg Gonzales 30:50; 3. Angel Carrillo 31:06; 4. Jack Dixon 31:28; 5. Joel Mena 31:45; 6. Glenn Sultor 31:48; 7. John Lopez 31:50; 8. Tom Holliday 32:14; 9. Frank Krebs 32:58 10. Isaac Salcido 33:05; 11. Rod Rodman 33:10; 12. Colby Churchman 34:50; 13. Jerry Keeley 35:19; 14. Osvaldo Espinoza 35:53; 15. James Lipford 36:29.....17. Jill Walker 37:32;.....21. Brenda Villanueva 37:57;.....38. Shelley Wyss 41:34;.....40. Sindi Steinbeck 43:46;.....50. Olga Villalobos 46:39.

Desert Run

November 24, Palm Desert. Coors Desert Run 15 Miles.

Men 12 & Under: 1. Michael Duarte (12) 1:50:58; 2. Robbie Barrios (Irvine, 12) 1:51:31; 3. Mike Wanstreet (Hac. Hts., 12) 2:00:50.

Men 13-18: 1. Greg Henkel (Downey, 17) 1:33:53; 2. John Martin (Manhattan Beach, 16) 1:35:35; 3. Clive Wood (Ontario) 1:38:13.

Women 13-18: 1. Cathy Duarte (Santa Ana, 14) 1:51:31; 2. Chris Lokotos (Palm Springs, 17) 2:08:42; 3. Doreen Kennedy (Indio, 18) 2:17:08.

Men 19-29: 1. Kirk Pfeffer (Boulder, Co, 23) 1:15:34; 2. Mark Nelson (Orange, 20) 1:24:00; 3. Gregg Szanta (Riverside, 23) 1:24:12; 4. Richard Alarcon (El Centro, 20) 1:24:56; 5. James Keith (Indio) 1:25:11; 6. David Jackson (Spring Valley, 20) 1:25:32.

Women 19-29: 1. Kiana Darg (Rancho Palos Verdes, 19) 1:43:57; 2. Kathy Stevensen (Redondo Beach, 27) 2:12:15; 3. DeAnna Stoner (Claremont, 29) 2:15:28.

Men 30-39: 1. Frank Duarte (Santa Ana, 38) 1:22:44; 2. Jim Minami (Sun Valley, 35) 1:28:49; 3. Danny Contreras (Riverside, 30) 1:31:34.

Women 30-39: 1. Denise Ransom (35) 2:00:30; 2. Judy Shekiow (Palm Springs, 32).

Men 40-49: 1. Fred Kiddy (Palm Springs, 43) 1:31:12; 2. Donald Cousins (Big Bear, 45) 1:31:44; 3. Miles Keefe (Yucca Valley, 40) 1:35:53.

Women 40-49: 1. Sandra Kiddy (Palm Springs, 42) 1:41:10; 2. Jennifer Wright (Indio, 45) 1:46:35; 3. Jane Dods (N. Hollywood, 43) 1:59:30.

Men 50-59: 1. John Schwager (Penn., 52) 1:45:05; 2. Sam Bilich (Harbor City, 57) 1:45:10; 3. Richard Diener (Glendora, 55) 1:48:51.

Women 50-59: 1. Goloria Hendricks (Long Beach, 54) 2:27:25.

Men 60+: 1. Robert Kroger (Riverside, 63) 1:47:48; 2. Ferdi Gonzales (Palms, 61) 1:55:59; 3. William Cornett (60) 2:00:21.

UCLA Track Run

November 28, 1979, Los Angeles 2 Mile.

1. Steve Ortiz 8:43.8; 2. Brian Russell 8:47.2; 3. Ron Cornell 8:48.8; 4. Dave Daniels 9:01.6; 5. Mark Lewis 9:05.1; 6.

(30-39) 34:18; 18. Jessie Valdez (Jr. HI.) 34:29; 19. Heinie Hartwig (40-49) 34:37; 30. Larry Lung (open) 34:43; 21. Gordon Keller (30-39) 34:46; 22. Frank Delgado (40-49) 34:50; 23. Dan Currier (open) 34:58; 24. Larry Martin (open) 35:23; 25. Jim Lambe (open) 35:37;.....58. Serena Domingues (Wopen) 38:06;.....68. Ann Olson (Wopen) 38:58;.....71. Franz Weinschenk (56+) 39:06;.....92. Lisa Shattuck (Wopen) 40:11;.....92. Carolyn Tiernan (Wopen) 40:05;.....110. Jean Ainger (W-30-39) 41:20;.....122. Brenda Struven (Wopen) 42:06;.....123. Terri Nieto (Wopen) 42:06;.....128. Michele Gauthier (W40-49) 42:47;.....132. Jeanette Burke (W40-49) 43:00;.....193. Dorothy Thomas (W56+) 48:46.

TFA/USA Decathlon

December 1 & 2, 1979 Glendale.

1. Mauricio Bardales (Tobias Striders) 7543; 2. Spud Alford (Miss.-Maccabi) 7322; 3. Scott Young (Bonita T.C.) 7166; 4. John Green (Denver T.C.) 6962; 5. Lane Maestretti (U. Nevada at Reno) 6930; 6. Billy Davis (Idaho State U.) 6875; 7. Steve Kemp (Canadian Nat. Team) 6867; 8. David Tolson (Point Loma College) 6777; 9. Tom Byron (Fresno State) 6672; 10. Ken Young (Coll. of Eastern Utah, CC1) 6648; 11. Jan Bear (Cal Poly, Pomona) 6632; 12. Joe Tyler (Unat.) 6599; 13. John Serrano (U.C. San Diego) 6590; 14. Rich Maher (Fresno Track Club) 6540; 15. John Scheerer (U.C.Irvine) 6525; 16. Corey Miller (Fresno State) 6458; 17. Craig Durek (Linda's Lovers) 6426; 18. Matt Vukicevich (Cal. Poly-SLG) 6299; 19. Mike Fendley (Unat.) 6256; 20. Jeff Conkle (Fullerton J.C., CC2) 6224;.....28. Dennis Stempel (Bay Area Striders, 1 SM) 5886;.....40. Tyler Ribera (Hayward H.S., HS1) 5670;.....45. Kurt Vavra (Valhalla H.S. El Cajon, HS2) 5439;.....53. Ed Oleata (SDTC, 1M40) 5258;.....57. Jim Connolly (Culver City H.S., HS3) 5143;.....64. Leslie J. Weed (Denver Track Club, 2M40) 4769;.....66. Gary Bane (S. Calif. Stiders, 3M40) 4548; 67. Harry Hawke (San Diego Track Club, 1M50) 4506;.....72. Al Brenda (Unat., 2M50) 4084;.....Jim Vernon (Seniors Track 1M60) 3015.

Madera Mini-marathon

December 9, 1979 Madera 13.1 Miles.

Masters Men: Heinie Hartwig (40, Sonora) 1:22:53; 2. Rick Zamarripa (46, Fresno) 1:27:20; 3. Joseph Carey (61, Fresno) 1:27:25.

Sub-Masters Men: 1. David Bronzan (32, Reedley) 1:10:58; 2. Mark Hemphill (30, Fresno) 1:12:58; 3. Don Chafin (33, Fresno) 1:15:32; 4. David Soleno (32, Dinuba) 1:18:45; 5. Frank Ortega (36, Fresno) 1:21:41.

(Granada Hills) 36:40; 3. Dean Sylvies (Quartz Hill) 36:36; 4. Rich Garrett (Orange) 37:02; 5. Rudolph Perez (San Bernardino) 37:22; 6. Michael Cook (Ontario) 37:32; 7. David Cook (Ontario) 37:34; 8. Bob Hoogendyk (Big Bear Lake) 38:00; 9. Bob Gilligan (Big Bear Lake) 38:53; 10. Lynn Buehler (LaVerne) 39:03.

Masters Men: 1. Marvin Rowley (Granada Hills) 35:40; 2. Miles Keefe (Yucca Valley) 39:28; 3. Dick Berres (San Bernardino) 40:57; 4. Jim Munson (Lancaster) 41:30; 5. Dwaine Batt (West Covina) 42:14.

Women: 1. Joyce Rowley (Granada Hills) 47:34; 2. Yvonne Monsauret (Riverside) 47:48; 3. Deanna Guillory (Garden Grove) 48:21; 4. Ruth MacLean (Montclair) 48:23; 5. Joan Hedani (West Covina) 49:28. 115 finishers.

Las Vegas Marathon

December 9, Las Vegas, Nevada.

Overall Men

1. Dave Babiracki, Granada Hills, Ca 2:16:55; 2. Hakkan Spik, Finland 2:17:03; 3. Gary Tuttle, Ventura, Ca 2:18:32; 4.

1. Ruanher Heher 1:51:20; 2. Dr. Howard Calkin 1:56:49.
Women 17-under:
1. Amy Whisler 1:50:40.
Women 18-29:
1. Ellison Goodall 1:14:49; 2. Nina Reitz 1:31:00.
Women 30-34:
1. Eleanora Mendoza 1:24:56.
Women 35-39:
1. Darby Burns 1:35:35.
Women 40-44:
1. Christi Rompannen 1:28:49.
Women 45-49:
1. Dorothy Stock 1:32:41.
Women 50-54:
1. Lucille Sanchloll 1:49:16.
Women 55-59:
1. Majorie Lawson 2:07:23.
Women 60-64:
1. Alice Werbel 2:03:28.

Arthritis 10 K Road Race

December 15, Santa Barbara.

Boys 14-under: 1. Kevin Adkins (14, Santa Barbara) 34:56; 2. Dana Carlyle (14, Goleta) 38:40; 3. David Shields (14, Goleta) 38:43.

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JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401



Boys 15-18: 1. Robert Evelyn (16, Goleta) 36:45; 2. Brad Drake (18, Santa Barbara) 37:00; 3. Phil Stanovich (15, Santa Barbara) 37:36.

Men 18-29: 1. Joe League (25, Goleta) 31:45; 2. Robert Hollister (20, Santa Barbara) 31:53; 3. Jon Jackson (20, Santa Barbara) 32:17; 4. Tom Garcia (20, Isla Vista) 35:06; 5. Robert Tremblay (32, Santa Barbara) 35:49.

Men 35-39: 1. Steve Close (36, Montecito) 34:34; 2. Jerry Wright (35, Lompoc) 36:54; 3. Bill King (37, Santa Barbara) 37:26; 4. Bobby Roberts (35, Lompoc) 37:37; 5. Kemp Aaberg (39, Goleta) 37:45.

Men 40-49: 1. Des O'Neill (40, Santa Barbara) 38:38; 2. Eliseo Rosales (45, Santa Barbara) 39:17; 3. Gordon McClenathen (46, Goleta) 39:33.

Men 50-over: 1. John Holoubek (63, Lompoc) 39:48; 2. Jim Rowe (55, Santa Barbara) 40:14; 3. Joseph Carey (61, Fresno) 42:12.

Girls 14-under: 1. Stephanie Crang (13, Santa Barbara) 57:38; 2. Tracy Westnedge (11, Goleta) 61:54; 3. Kathy Rhodes (12, Santa Barbara) 64:24.

Girls 15-18: 1. Cynthia Schmandt (18, Santa Barbara) 37:30; 2. Gay McClenathen (17, Goleta) 41:36; 3. Deanna Carlyle (16, Goleta) 42:27.

Women 19-29: 1. Lisa Moreno (24, Santa Barbara) 42:32; 2. Wendy Branch (20, Santa Barbara) 43:07; 3. Molly Miller (20, Santa Barbara) 44:04.

Women 30-39: 1. Sandra Marshall (32, Goleta) 40:18; 2. Kitty Silsbury (35, Santa Barbara) 42:39; 3. Shirley Saunders (38, Santa Barbara) 42:50.

Women 40-over: 1. Fay Hobbs (44, Santa Barbara) 41:04; 2. Susan Neushul (40, Goleta) 44:38; 3. Joan Wysong (44, Ojai) 54:12.

All-Comers Meet, Edwards Stadium, Berkeley, December 15.

James Robinson (Inner City A.C.) started his quest for gold at Moscow by winning the 1500 meters in 4:00.3 and the 400 meters in 48.3. Gary Romesser (Fresno TC) won the 5,000 meters in 14:23.0. His wife Marcia ran a quick 2:07.2 in the men's 800 meters, which was won by Mark Webster (Pacific Coast Club) in 1:54.8. Mark Kent (Cal Poly-SLO) took the 55 meter dash in 5.7, but had to pull up in the 200 meters Masters runner Pete Richardson (West Valley Track Club) took fourth in the 800 meters in 2:06.3.

Marian Franklin, a freshman at Cal, was a double winner--800 meters in 2:11.3 and 200 meters in 24.2. Willa Evans (Berkeley High) won the 1500 in 5:18.6. Masters runner Karen Scannell placed third in the 1500 with 5:25.

heat of the 50 meter dash in 5.8 behind Mark Kent (Cal Poly) 5.7 and Greg Turner 5.8. But Hart came back in the third heat to win in 5.7 ahead of Turner, who also ran 5.7. Kent was a double winner as he captured the 200 meters in 21.7.

Tom Smith (University of Colorado), who hails from Fremont, California, won the open 800 meters in 1:56.5. Pete Richardson (Berkeley High) won the high school 800 meters in a very fast 1:57.4. Richardson ran 1:55.4 last year as a sophomore at El Cerrito. Incidentally, all high school athletes are running unattached or for their clubs until the official season begins. I have indicated the high school just for purposes of information. Diane Kenny (Brigham Young), who ran for Novato High last year, won the 1500 meters in 4:49.8. Kim White (Cal State Northridge) won the 400 meters in 55.5. Frannie Castro (Cal State Hayward) took the 800 meters in 2:13.3.

Berkeley East Bay Track Clubs 1600 meter relay team of junior Kenny Robinson 49.9, junior Pete Ricardson 48.8, junior Charles Clewis 52.6, and senior Tommy Baker 50.2 ran an outstanding time of 3:21.5. Berkeley High should have a great mile relay team this year as all four of these athletes are eligible this spring. Add Homer Dotson, who ran 48.6 two weeks ago, and you have fantastic depth too.

Open Division

1,500 — Nichols, 4:04.4; 70-meter HH: Cowling, 7.4; heat 2: Roberts, 7.5; 55-meters: (heat 1) Kent, 5.7; heat 2: McNeal 6.1; heat 3: Hart, 5.7; 400: (heat 1) Robinson 48.0; heat 2: Finger, 50.0; 800: Smith, 1:56.5; 200: Kent, 21.7; 5,000: Scrutton, 14:00.8; 1,600 relay: Bay Area Berkeley Track Club, 3:21.5; L.J. Alston, 22-10"; Discus: Tzafrales, 167-1; Shot: Tzafrales, 56-0"; Javelin: Murtubise, 192-11; T.J. Alston 49-8".

Women

1,500: Kenny, 4:49.3; 55 meters: Hansen, 6.6; 70-meter HH: 70-meter hurdles: Hawthorne, 9.1; 400: White, 55.5; 800: Castro, 2:13.3; 1,600 relay: Cal, 4:01.7; Discus: Randolph, 12-4; Shot: Casazza, 29-1; Javelin: Shoaf, 111-8.

High School Boys

70-meter HH: Williamson, 7.5; 55 meters: Williamson, 6.2; 400: Baker, 50.6; 800: Richardson, 1:57.4; 1,600: Baffert, 4:22.2; 3,200: Obarra, 10:00.0; L.J. Frazier, 21-10"; Shot: Fottrell, 43-8"; T.J. Frazier, 47-10"; Discus: Garvey, 152-1.

High School Girls

800: Wright, 2:24.5; 200: Hansen, 25.8.

Age Group

1,500: Handy, 6:36.8; 200: Crosse, 31.5.

Monica) 54:43; 7. Karl Clausing (Camarillo) 54:54; 8. Jim Knerr (Simi Valley) 55:06; 9. Ken Kayoda (Cerritos) 55:35; 10. Michael Trujillo (Los Angeles) 55:51.

Women: 1. Vivian Metzger (Camarillo) 66:31; 2. Marleen Havery (Camarillo) 68:44; 3. Sharon Meirdartma Saugus 76:05; 4. Alma Paige (Ventura) 77:57; 5. Renee Williams (Lompoc) 80:46. 132 finishers.

Holiday Invit'1

December 29, Camarillo. 3rd Annual Holiday Invitational 10 Kilo Run.

Men: 1. John Fagnant (USAF Academy) 33:41; 2. Mark Cummings (USAF Academy) 34:21; 3. Martin Navarro (Oxnard) 34:41; 4. Eddie Fuel (Port Hueneme) 34:47; 5. David Kinsler (Ventura) 35:13; 6. Vince Engle (Ventura) 35:31; 7. Jim Brown (San Diego) 35:48; 8. Christopher Weston (Los Angeles) 35:50; 9. Arnulfo Carbajal (Oxnard) 36:04; 10. Kent Johnson (Morenci, Ariz) 36:22.

Masters Men: 1. Ted Oviatt (Agoura) 39:23; 2. Fred Nagelschmidt (Ventura) 39:37; 3. Roger Brown (Camarillo) 43:48.

Women: 1. Kelly Wells (Quartz Hill) 41:41; 2. Vivian Metzger (Camarillo) 43:43; 3. Mary Botch (Westlake) 44:27; 4. Sara Denning-Boile (Santa Monica) 46:18; 5. Ingrid Hainline (Ventura) 48:41. 154 finishers.

R.W. 5 Mile

December 30, 1979 Palo Alto Runner's World 5 Mile Invitational.

Men's Division: 1. Steve Scott (Sub-4 T.C.) 22:35.5; 2. Randy Thomas (Greater Boston) 22:41.4; 3. Centrowitz (Oregon) 22:53.7; 4. Tom Wysocki (Las Vegas T.C.) 22:56.8; 5. John Capriotti (Cal Poly) 22:57.9; 6. Duncan MacDonald (West Valley) 23:07.5; 7. Mark Scrutton (Univ. of Colorado) 23:09.0; 8. John Moreno (Camino West) 23:09.9; 9. Dave Murphy (Mason Dixon T.C.) 23:10.2; 10. Don Kardong (Northwest) 23:23.4.

Women's Division: 1. Grete Waitz (Norway) 26:04.0; 2. Joan Benoit (Liberty A.C.) 27:21.8; 3. Patti Lyons (Boston A.A.) 27:41.5; 4. Debbie Scott (Univ. of Victoria) 27:46.5; 5. Ruth Caldwell (Loeschhorn's) 28:02.0; 6. Vivian Soderholm-Difatte (W. Valley) 28:06.1; 7. Maggie Keyes (Cal Poly) 28:25.7; 8. Suzanne Richter (Golden Bear T.C.) 28:41.4; 9. Gail Volk (Seattle Comets) 28:50.9; 10. Cindy Schmandt (Golden Bear Track Club) 28:52.7.

Men's Top Teams: 1. Sub-4 Track Club 70:37.8; 2. Aggie Roadracing Club 72:03.2; 3. Camino West 72:19.8.

Women's Top Teams: 1. Golden Bear Track Club 89:38.8; 2. Seattle Comets T.C. 89:44.3; 3. West Valley Track Club 89:49.7.

NEW YEAR'S MEET

At Mt. San Antonio College

100 METERS—1. Miller (Orange Coast College), 10.3; 2. Lewis (LBCC), 10.4. **200**—Blalock (San Diego St.), 21.9. **400**—Seasar (LBCC), 48.2. **800**—1. Sawney (Point Loma), 1:52.3; Bruce (SoCal Roadrunners), 1:52.9. **1,500**—Wong (SoCal Roadrunners), 3:53.5. **5,000**—Royes (Cal Poly Pomona), 16:06.4. **10,000**—Colley (unat), 31:21.4. **110M-H**—Davis (LBCC), 14.2. **400M**—Campbell (USC), 53.5. **L.J.**—Williams (Maccabi TC), 24-2. **T.J.**—Hayes (unat), 49-3/2. **PV**—1. Curran (UCLA), 16-0; 2. Thilken (unat); 3. Butler (Knoxville TC), 16-0. **HT**—Galle (Maccabi TC), 211-1. **Decathlon (first-day leaders)**—1. Anderson (UCLA), 4:04; 2. Neiderhaus (unat), 3:84; 3. Young (San Diego), 3:73.



The Only Publication Devoted to California Track

CALIFORNIA TRACK NEWS

All-Comers Meet, Edwards Stadium, Berkeley, December 15.

James Robinson (Inner City A.C.) started his quest for gold at Moscow by winning the 1500 meters in 4:00.3 and the 400 meters in 48.3. Gary Romesser (Fresno TC) won the 5,000 meters in 14:23.0. His wife Marcia ran a quick 2:07.2 in the men's 800 meters, which was won by Mark Webster (Pacific Coast Club) in 1:54.8. Mark Kent (Cal Poly-SLO) took the 55 meter dash in 5.7, but had to pull up in the 200 meters Masters runner Pete Richardson (West Valley Track Club) took fourth in the 800 meters in 2:06.3.

Marian Franklin, a freshman at Cal, was a double winner—800 meters in 2:11.3 and 200 meters in 24.2. Willa Evans (Berkeley High) won the 1500 in 5:18.6. Masters runner Karen Scannell placed third in the 1500 with 5:25.

55-meter dash—1. Kent, 5.7. 60-meter HH—1. Florant, 7.3. 200 meters—1. Trask, 21.7. 400 meters—1. Robinson 48.3. 800 meters—1. Webster 1:54.8. 1,500—1. Robinson 4:00.3. 5,000—1. Romisser, 14:23.0. LJ—1. Marlow, 22-10 1/2. TJ—1. Bates, 51.0. HJ—1. Wyrock, 6-8. PV—1. Stevenson, 15-0. J—1. Steen, 202-2. S—1. Hill, 48-3. D—1. Taffrais, 170-11.

WOMEN

55—1. Parker, 6.6. 200—1. Franklin, 24.2. 400—1. Ward, 60.4. 800—1. Franklin, 2:11.3. 1,500—1. Evans, 5:18.6. LJ—1. Robinson, 16-3 1/4. S—1. LaRee, 86-2 1/4.

HIGH SCHOOL

55—1. Porter, 6.1. 60 HH—1. Williamson, 7.5. 200—1. Williams, 22.8. 400—1. Williams, 50.7. 800—1. Dumont, 2:01.7. 1,600—1. Wilkens, 4:35.1. 3,200—1. Shea, 9:59.7. 400 relay—1. Hayward, 44.1. S—1. Bechtel, 38-9. D—1. Garvey, 144-7. TJ—1. Frazier, 47-10 1/2. LJ—1. Frazier, 21-5 1/2. HJ—1. Simonsen, 6-4. PV—1. Arlich, 12-6.

All-Comers Meet, Edwards Stadium, University of California, Berkeley, December 22, 1979

Mark Scrutton from Sevenoaks, England and the University of Colorado ran a fine 14:00.8 in the 5,000 meter run. He completed eight laps (3200 meters) in 8:46 and proceeded to lap almost the entire field.

Olympian James Robinson (Inner City AC) won the 400 meters in 48.0.

Alameda J.C. track coach and 1972 Olympic gold medalist Eddie Hart (Bay Area Striders) placed third in the first

athletes are eligible this spring. Rick Homer Dotson, who ran 48.6 two weeks ago, and you have fantastic depth too.

Open Division

1,500 — Nichols, 4:04.4; 70-meter HH: Cowling, 7.4; heat 2: Roberts, 7.5; 55-meters: (heat 1) Kent, 5.7; heat 2: McNeal 6.1; heat 3: Hart, 5.7; 400: (heat 1) Robinson 48.0; heat 2: Finger, 50.0; 800: Smith, 1:56.5; 200: Kent, 21.7; 5,000: Scrutton, 14:00.8; 1,600 relay: Bay Area Berkeley Track Club, 3:21.5; L.J.: Alston, 22-10 1/2; Discus: Taffrais, 167-1; Shot: Taffrais, 56-0 1/2; Javelin: Hurtubise, 192-11; TJ: Alston 49-8 1/2.

Women

1,500: Kenny, 4:49.8; 55 meters: Hansen, 6.6; 70-meter HH: 70-meter hurdles: Hawthorne, 9.1; 400: White, 55.5; 800: Castro, 2:13.3; 1,600 relay: Cal, 4:01.7; Discus: Randolph, 12-4; Shot: Casazza, 29-1; Javelin: Shoaf, 111-8.

High School Boys

70-meter HH: Williamson, 7.5; 55 meters: Williamson, 6.2; 400: Baker, 50.6; 800: Richardson, 1:57.4; 1,600: Barfert, 4:22.2; 3,200: Otbarra, 10:00.0; L.J.: Frazier, 21-10 1/2; Shot: Fottrell, 43-8 1/2; TJ: Frazier, 47-10 1/2; Discus: Garvey, 152-1.

High School Girls

800: Wright, 2:24.5; 200: Hansen, 25.8.

Age Group

1,500: Handy, 6:36.8; 200: Crosse, 31.5.

Clovis Stampede

December 15. 8 kilometers (4.97 miles):

Boys 13-under: 1. Steve Cory (CRE) 32:53.

Boys 14-17: 1. Robert Lohse (HSTC) 25:49; 2. Scott Durham (HSTC) 27:48; 3. Scott Faeth (HSTC) 28:50.

Men 18-29: 1. Jim Hartig (FTC) 25:05; 2. Juan Molina (HSTC) 25:13; 3. John Hendry (CRE) 26:32; 4. Scott Swenson (FTC) 26:32; 5. Ben Dewel 28:44.

Men 30-39: 1. Mark Hemphill (FTC) 27:24; 2. Gordon Keller (FTC) 28:55; 3. Robin Swogger 29:31.

Men 40-49: 1. Frank Delgado (FTC) 28:36; 2. Roger Richards 29:19; 3. Rick Zamarripa 30:38.

Men 50-59: 1. Dan Seamount (HSTC) 30:18; 2. Sid Toabe (FTC) 30:38; 3. Fred Fitchhorn (FJ) 34:05.

Girls 13-under: 1. Beth Corey (WWTC) 38:04. Girls 14-17: 1. Heidi Becker (HSTC) 31:14; 2. Karen VanWaganen (FTC) 32:35. Women 18-29: 1. Paula Ramirez (FTC) 32:18; 2. Joslyn Baca (HSTC) 36:22. Women 30-39: 1. Julie Prazich 43:11. Women 40-49: 1. Eileen Lohse (HSTC) 43:54. Women 50+: 1. Virginia Martin (FJ) 54:38.

Skunk Hollow

December 23, Camarillo. 7th. Annual Skunk Hollow 15 Kilometer Run.

Men: 1. Ramon Morales (Camarillo) 49:53; 2. Vince Engle (Ventura) 51:23; 3. Jeff Tribble (Cypress) 51:24; 4. David Mineau (Oxnard) 53:24; 5. Ed Fuel (Port Hueneme) 54:39; 6. Bill Boggs (Santa

Boston) 22:41.4; 3. Centrowitz (Oregon) 22:53.7; 4. Tom Wysocki (Las Vegas T.C.) 22:56.8; 5. John Capriotti (Cal Poly) 22:57.9; 6. Duncan MacDonald (West Valley) 23:07.5; 7. Mark Scrutton (Univ. of Colorado) 23:09.0; 8. John Moreno (Camino West) 23:09.9; 9. Dave Murphy (Mason Dixon T.C.) 23:10.2; 10. Don Kardong (Northwest) 23:23.4.



The Only Publication Devoted to California Track



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The BRUCE JENNER CLASSIC



The World is coming to San Jose!

April 11-12, 1980

Sponsored by Minolta & San Jose Mercury News

Featuring Renaldo Nehemiah - in his outdoor debut

Saturday, April 12 — 11:30 am - 5:00 pm at San Jose City College Stadium home of the most beautiful baby-blue track in the world.

Outstanding Individuals: Rudy Chapa, Eddie Hart, Arnie Robinson, Houston McTear, Clancy Edwards, Steve Riddick, Tony Darden, Bill Green, Greg Foster, Dedy Cooper, Willie Banks, Renaldo Nehemiah, Evelyn Ashford, Debbie Brill, Patrick Abada, Mike Tully, James Sanford, Suleiman Nyambui, Franklin Jacobs, James Robinson, Mac Wilkins, Al Feuerbach, John Powell, Larry Myricks, Knut Hjeltnes, Ron Livers, James Butts, Maren Siedler. **Others invited:** Pietro Mennea, Edwin Moses, Eamonn Coghlan, Steve Scott, Henry Rono.

Top Teams: National Team of France, USC, UCLA,

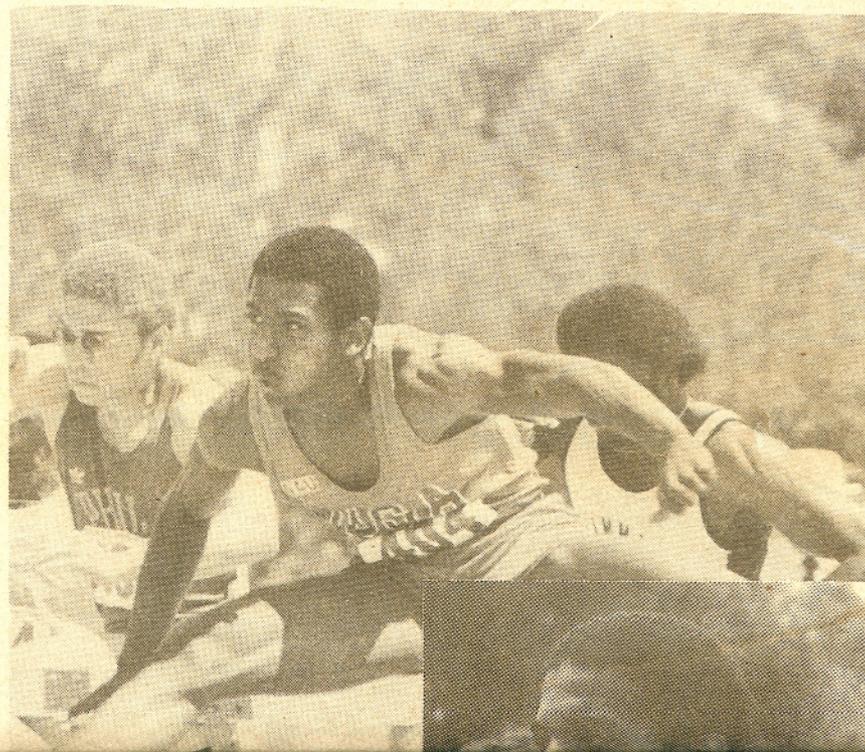


photo by Bill Leung, Jr.

Richard Lee Slotkin

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Top Teams: National Team of France, USC, UCLA, UTEP, Maryland, Houston, San Jose State, UC Berkeley, Stanford, Cal Poly SLO, Philadelphia Pioneers, Tobias Striders, Athletes in Action, Pacific Coast Club, Ali Track Club, Athletic Attic, Athletics West, Santa Monica Track Club, Maccabi Track Club. **Others invited:** National Team from China, National Team from Cuba. **Community College Teams** (men & women): Long Beach, San Jose, Fullerton, Alameda, Mt. San Antonio, Grossmont, Saddleback, Canyons, Cerritos, Chabot. **High School Teams:** Great response to the extended high school program with all of the powers from the North plus Southern powers like Long Beach Poly and Pasadena

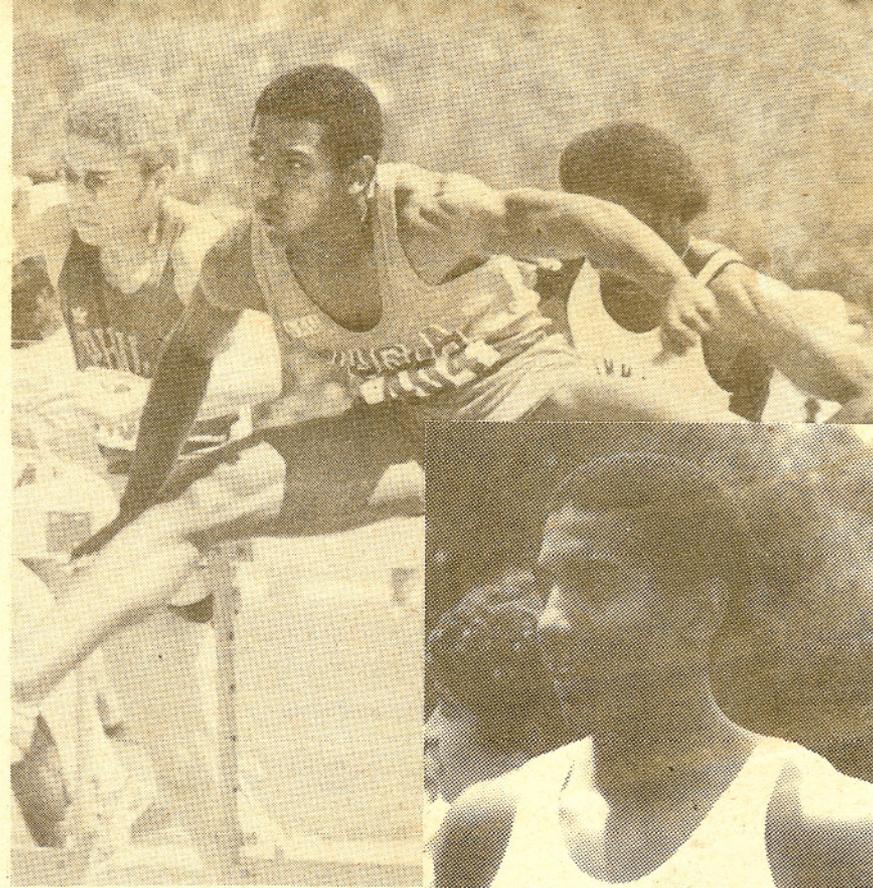


photo by Richard Lee Slotkin

Note: Tickets for the high school competition on Friday, April 11 (2:00 pm - 8:00 pm) are \$3.00 and sold separately on day of meet only.

Order your tickets early — seating at San Jose City College is limited!

Name _____

Address _____

City _____

State _____ Zip _____

April 12, 1980

- \$9.00 Reserved (finish line side)
- \$7.00 Reserved (press box side)
- \$5.00 Grandstand & Standing

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Bert Bonanno
Meet Director
San Jose City College
2100 Moorpark Ave.
San Jose, CA 95128

Be sure to enclose a stamped, self-addressed envelope.