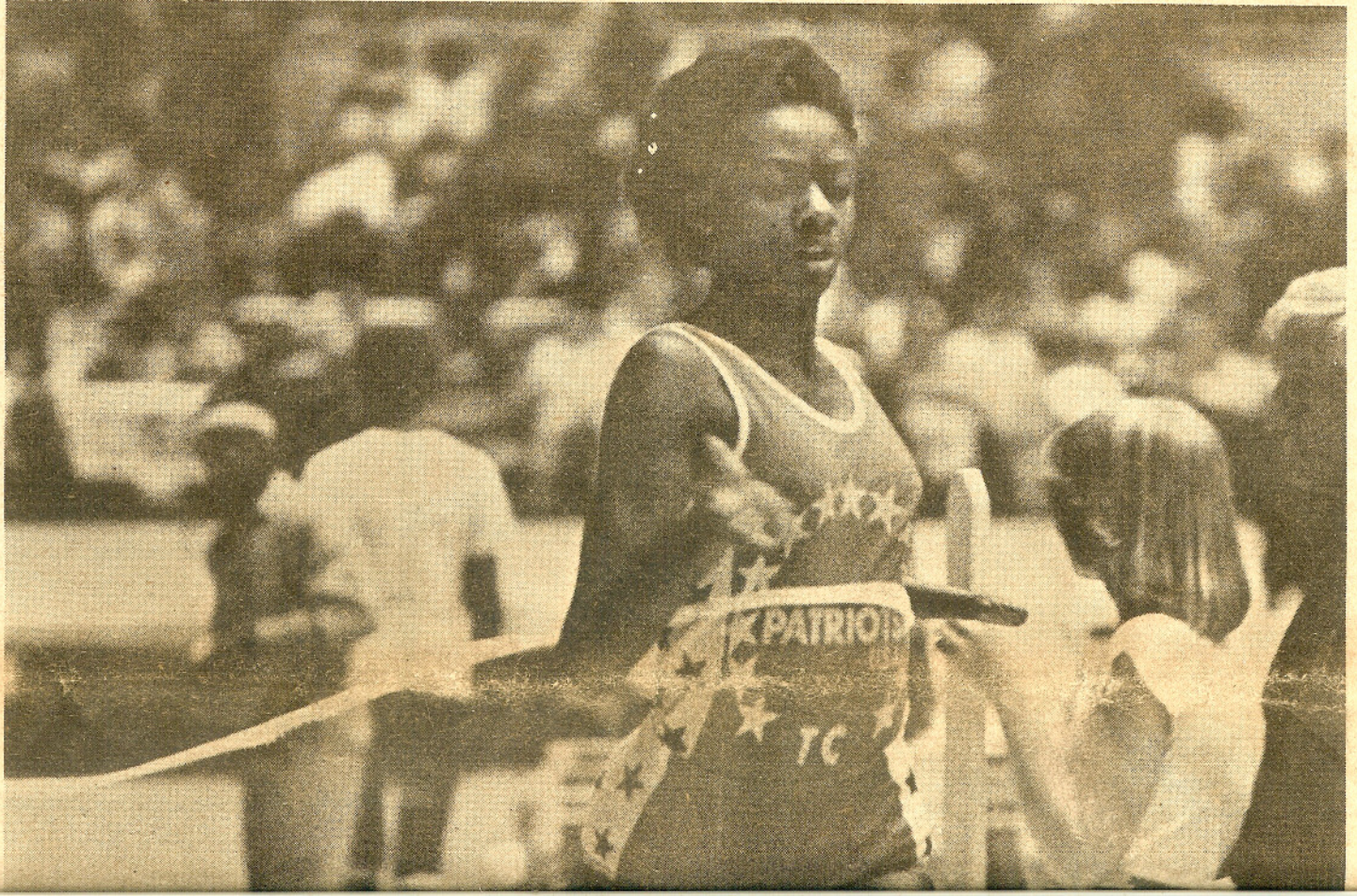


CALIFORNIA TRACK NEWS

March 1978

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Issue 23



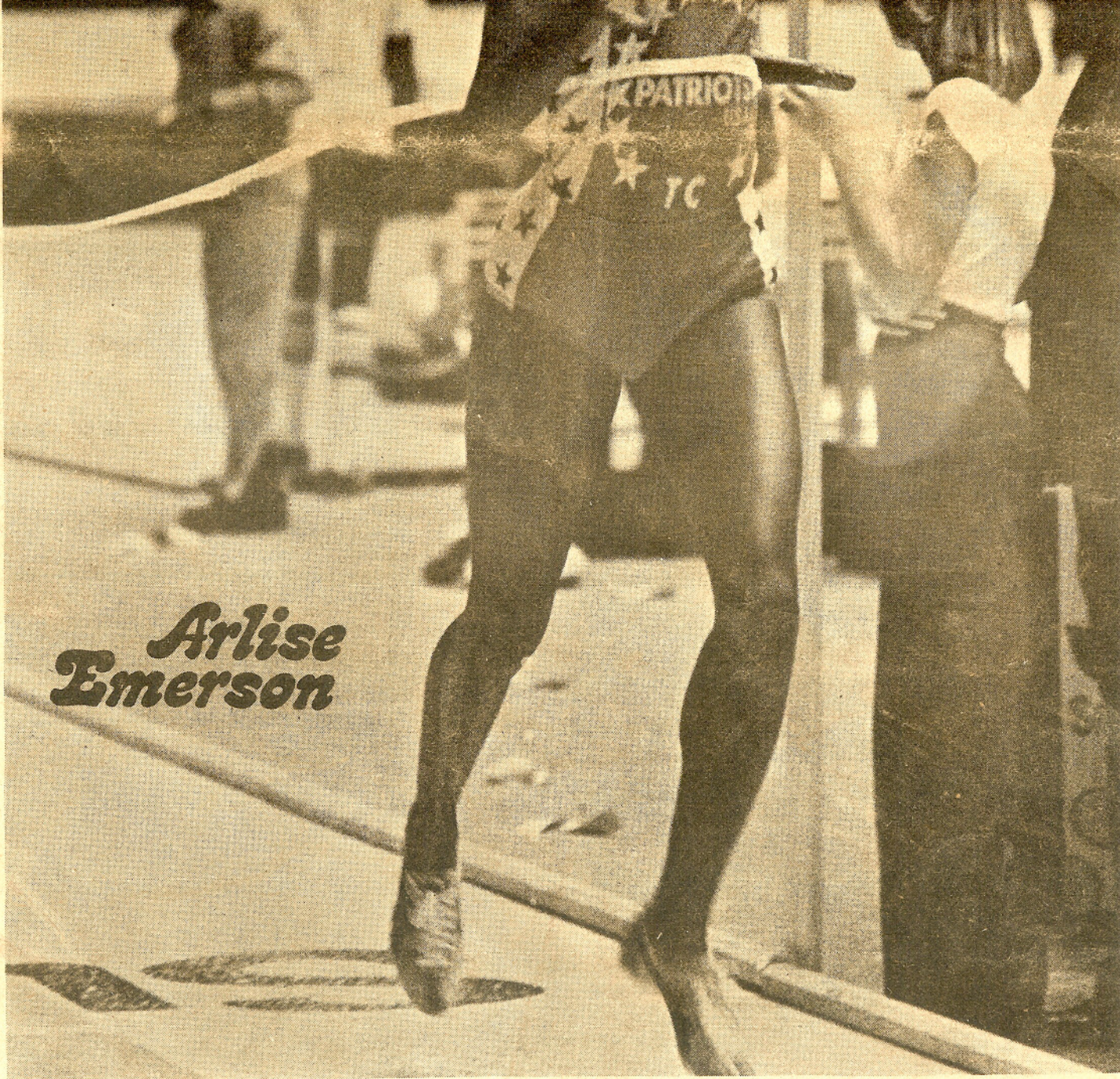
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The Only Publication Devoted to California Track

Mary Decker is back!

Mary Decker gave herself a nice homecoming February 4, in the Los Angeles Forum at the 19th. Annual Los Angeles Times Indoor Games. She pleased her hometown fans with a run from the front 2:23.8 world record in the women's 1,000 yard run.

It was just four years ago in this same L.A. Times sponsored meet that Mary blitzed the world record in the 880 yard run, with her 2:06.7 as a 15 year old. Both races were similar in that Mary shot out at the start, built up a big lead and held on.

Mary had been pretty much out of action the past three years due to a variety of leg problems. Last July she underwent minor surgery for her shin splints.

She had been training very well in New Zealand this winter and this was her first real U.S. appearance in nearly four years.

Decker, now 19 and a student at the University of Colorado, had run a 2:01.8 in the 800 meters in Auckland just a week before the Times Games.



photo by Diane Johnson



CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue
Fresno, CA 93702

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

PUBLISHED BY: *The Fresno Pacific College Track Team and the Fresno Pacific Track Club.*

PHOTOGRAPHERS: *Diane Johnson, Bill Leung, Jr., Dave Stock.*

HIGH SCHOOL BOYS: *Ron Blackwood, Keith Conning, Jack Shepard, Mike Kennedy.*

HIGH SCHOOL GIRLS: *Rich Ede.*

4 YEAR COLLEGE-OPEN MEN: *Chuck Skow.*

AAU GIRLS AND WOMEN: *Calvin Brown.*

JUNIOR COLLEGE MEN: *Fred Baer, Ken Dose, Don Mulligan.*

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MASTERS WOMEN: *Irene Obera.*

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EAST BAY: *James Day. SAN JOSE: Darrel Cox. VENTURA*

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Write for advertising rates. Special "Meet Notice" rates.

11th Arcadia Invitational

Decker, now 19 and a student at the University of Colorado, had run a 2:01.8 in the 800 meters in Auckland just a week before the Times Games.

photo by Diane Johnson

11th Arcadia Invitational

TRACK AND FIELD MEET
FOR
HIGH SCHOOL MEN AND WOMEN

Saturday — April 15, 1978
5:30 pm — Field Events
7:00 pm — Running Events

"TOP HIGH SCHOOL OUTDOOR INVITATIONAL
ON THE COAST"

- *** 1977 meet featured 12 of 16 California Mens State Champions.
- *** Top Womens Meet (Linda Goen — National Record 880 in 1977.
- *** Open to all California CIF sections and selected schools from neighboring states.

MEET RECORDS:

MEN: 9.7; 21.2; 47.2; 1:51.4; 4:06.7; 8:45.2;
13.9; 36.9; 41.7; 3:17.0; 6:10½; 16:1½;
24:10; 50.5; 66:10¼; 188.0.

WOMEN: 10.7; 25.2; 57.8; 2:10.2; 4:54.7;
11:18.5; 14.6; 48.2; 3:58.6; 5-8; 19:4½;
42.3; 121.5.

For Meet Information:

Doug Speck — Mike Gordon
Arcadia High School
180 Campus Drive
Arcadia, California 91006
(213) 445-7507

Subscription Rates:

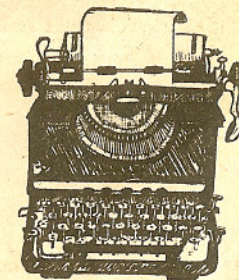
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from the editor...



California Track News is a hobby for Judy and I. This means we don't make any money from the project, but do it in our spare time because we like it. Some late nights, however, I have to confess, I wonder if I'm crazy, or what, for taking on such a project with all of its work. The feeling is kinda like that you get running a marathon; at 15 miles you wonder what you are doing there when you could be home relaxing or doing something less painful — but when its over you're glad you did it, and its not usually too long before you're planning for the next one.

Judy and I aren't the only ones who work hard to put out each issue of CTN. Many, many of our readers have

been faithful in supplying us with material. We can still use more of you getting involved. We have decided to add a small incentive for your efforts. We would like to begin paying corespondents for some of their work.

Right now we will pay photographers \$3.00 for every picture of theirs which we print in CTN. We will also give \$10.00 - 15.00 (depending on length) for such things as stories, articles, rankings, profiles, etc. If you have some ideas of things you would like to do please write us and we will let you know if we can use it. If you'd like a project to work on we'll be happy to suggest several — just write and ask. CTN is your magazine — get involved and make a few extra bucks in the process.

ON THE COVER: ARLISE EMERSON of Westminster High School and the Patriots—USA Track Club sets a 1:05.4 National High School Record in the 500 yard dash.

PROFILE

Ruth & Dennis Caldwell

RUTH CALDWELL: age 20. 5 feet, 9 inches tall; 130 pounds. Born March 8, 1957, in Alhambra, California. Competes for Athletes in Action. Coached by Vince O'Boyle. Also competed for University of Redlands, Blue Angels, and Los Angeles Track Club.

BEST MARKS: 440— 53.5r(75), 880— 2:03.9(76), 1500— 4:15.0(76), 3 mile xc— 17:04(77), ½ marathon— 1:24:24(78).

DENNIS CALDWELL: age 23. 5 feet, 9 inches tall; 140 pounds. Born September 26, 1954, in Corona, California. Competes for Athletes in Action. Coached by Vince O'Boyle. Also competed for Chaffey Junior College and Azusa Pacific College.

BEST MARKS: 800 meter— 1:52.8 (76), 1500 meter— 3:45.7(76), 1 mile— 4:12.0(75), 2 mile— (:14.0(76).

Dennis presently works in professional recreation but is working to expand his interests into race promotion and coaching.

Living in Azusa makes it only natural that they have chosen Citrus Junior College as their prime place of training. There are excellent track and field facilities and both have given themselves over to the training program of Citrus coach Vince O'Boyle. They both are shooting at the 1978 AAU Championships in their training. Ruth in the 800 and 1500, Dennis in the 1500 and 5000. Immediate goals they are looking at are: Ruth— 2:00 and 4:05-4:10; Dennis— 3:39 and 13:45. They both think alike as for long range goals — the 1980 Olympics, 'natch. With like interests and common goals in track there will be a lot of fun and excitement together wether they both make it or not. Both agree they will always be runner even after they reach their competitive peak.

Things can, however, get a little bit hectic around the house with two national class runners under the same roof — each working out twice a day and competing almost every week. Dennis relates, "Regular meals, especially, are rarely seen in our house, so Ruth and I both supplement our diets with instant protein plus a variety of vitamins.

They both also have similar motivation for running. "We have a reason to run," says Dennis, "and that reason is that Jesus Christ has possessed my life. This means also that I have a message to share with those people I run with and that is that the love of God gives us all reason to live."

The Caldwell's have not only given a lot to California track with their fine running talents, but have also recently put on two big running events for others enjoyment. In October of 1977 they founded the "Azusa Golden Days Road Run" which drew over 700 runners. Then two months later they started the "Community Bank River Run" which produced the largest group of runners ever to assemble in Orange County — over 1,200.

About their putting on events for others Dennis says, I have discovered a world of new things by throwing my hat into the meet directors ring and have gained a greater sense of responsibility to the advancement and improvement of long distance running. I would ruge any serious runner, who knows what he wants in a race (as far a organization and promotion) to help step up racing by stepping in and helping out, either in a new event or improving on an old one. I'd be happy to help in any way I can."



6 good reasons why athletes world-wide depend on...



photo by Richard Lee Slotkin

Dennis and Ruth Caldwell are both champion middle distance runners. Dennis as a senior at Azusa Pacific College in 1976 won the NAIA District 3 1500 Meter title(3:47) and placed third in the 800(1:53). Two weeks later he placed third in the NAIA Nationals 1500 in Arkansas with a 3:45.7 (just 0.7 behind winner Mike Boit).

Ruth was 1968 age 10-11 AAU Cross Country Champ; 1973 CIF 440 and 880 winner; a finalist in the 1976 Olympic Trials; and most recently 1977 California State Junior College Cross Country Champion. Ruth was selected as the *California Track News* Junior College Women Cross Country Athlete of the Year.

Dennis Caldwell and Ruth Kleinsasser met at a track meet(where else?) in June of 1975. Ruth was there with another guy. They dated(rather, ran together) for about a year and then became engaged the night before Ruth left to compete in the 1976 Olympic Trials. They have settled in Azusa where they live with their 6 month old Irish setter who, quite naturally, loves to run.

Both Caldwells are currently competing for the Orange County Based Athletes in Action Track Team. During



the school year Ruth competes for Citrus Junior College where she is a freshman, but she says, "I hate school. Right now I also have an excellent job with the Azusa Unified School District with much opportunity for advancement, but I'd just like to be a housewife someday."

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6 good reasons why athletes world-wide depend on...

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Cliff West runs again

...but this time the 27 year-old ex-Cal miler is back as, of all things, a sprinter

By BOB BURNS



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Bay Area track fans had to have been shocked last spring when they read Cliff West's name in the local meet summaries. West had not competed since 1972, when as a Cal senior, he ran a 4:02.7 mile and was an Olympic trials finalist in the 1500 meters. However, the main source of that shock came from the fact that West was competing in the sprints, and was recording excellent times.

Indeed, a former distance runner laying off for five years only to return as

In 1973, Reggie MacAfee of North Carolina became the Black pathfinder when he ran 3:57. West missed his date with destiny, but unbeknownst to him, he would be heard from again.

After receiving his psychology degree from Cal in 1973, he moved back to Sacramento and became a computer programmer. He stopped training entirely although he kept in touch with the sport by coaching youngsters at a local parochial school. He recalled, "About the only running I did was racing those little

clubs or the shoe companies. They asked me on Saturday and we left for Europe on Monday."

He vividly recalls his relay leg in Italy against Pietro Mennea, the European champ at 200 meters. "I passed the 300 in 33.1 and then, man, I just died. There's no way I shouldn't have run 45, but I just didn't have the background to sustain it. Mennea ran 45.6, but we had such a big lead it didn't matter."

After such an encouraging start one would assume that West has grandiose expectations for this upcoming season.

Classified ADS

CLASSIFIED RATES: Meet information @ 10 cents per word; general advertisements @ 20 cents per word. Count name and address as five words. All ads must be paid in advance.

SUBMASTERS/MASTERS TWILIGHT INVITATIONAL. March 31. Bob North, Pinole Y.M.C.A., P.O. Box 423, Pinole, CA 94564. For men and women. Includes first annual submasters Triathlon Championships.....

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WOMEN'S TRACK WORLD MAGAZINE One year(12 monthly issues) for \$10.00. P.O. Box 886, Mentone, CA 92359.

THE SPORTS SOLE: "For the active foot." Everything for runners: shoes, books, magazines, shorts, etc. The Sports Sole, 4777 N. Blackstone, Fresno, CA 93726. Dave Gleason— manager.

Bay Area track fans had to have been shocked last spring when they read Cliff West's name in the local meet summaries. West had not competed since 1972, when as a Cal senior, he ran a 4:02.7 mile and was an Olympic trials finalist in the 1500 meters. However, the main source of that shock came from the fact that West was competing in the sprints, and was recording excellent times.

Indeed, a former distance runner laying off for five years only to return as a sub-47 second 400 meter man is, as far as most track experts can ascertain, an unprecedented achievement in the last 20 years of American track and field.

Despite job obligations that limited his training severely, West ran a 10.3 100 meters, a 20.9 200 and a 46.7 for 400 last year. He was a surprise selection to the United States national team and ran the third leg of the 1600 meter relay in meets against Italy and the Soviet Union. The United States won both races and West's relay splits were 46.5 and 46.7. It was an amazing comeback for a 27 year old man who had, a full five years earlier, flirted with the four minute barrier in the mile.

West entered Cal in 1968 with impressive credentials. As a senior at Kennedy High in Sacramento, he was the state champion in the mile and had a 4:09 best. By 1972, he was close enough to the four-minute barrier that the press was predicting that he would be the first American-born Black athlete to crack that obstacle. He never got closer than that 4:02.7 clocking.

West remembers those days quite well, recalling, "I'm not really a goal-oriented person, but if I ever had one, that was it. It didn't bother me that much, but in retrospect, I realize I didn't put enough time into it as I should have. If I had the frame of mind then that I have now . . . But you can't vie on your mistakes."

In 1973, Reggie MacAfee of North Carolina became the Black pathfinder when he ran 3:57. West missed his date with destiny, but unbeknownst to him, he would be heard from again.

After receiving his psychology degree from Cal in 1973, he moved back to Sacramento and became a computer programmer. He stopped training entirely although he kept in touch with the sport by coaching youngsters at a local parochial school. He recalled, "About the only running I did was racing those little guys."

He began to realize just how much satisfaction he had derived from being in shape. "I felt my body withering away," West said. "I had always been in good shape, and after a long period of inactivity, I realized how much I appreciated that feeling." He recalls the exact day he began running again — April 7, 1976.

Yet what led to this switch to the sprints, considering that speed is generally assumed to be inborn and is usually discovered at an early age? West explains, "Sprinting is technique and coordination, but I didn't have the proper technique. I started to learn it my last year at Cal.

"Eddie Hart (a Cal Teammate who won an Olympic gold medal in the 400 relay in 1972) always told me I had good speed. I'm stronger than I was in college, and I worked on improving my arm movement. Eddie helped me with that aspect of sprinting."

In 1977, West's first 400 produced a 47.0, an auspicious debut. "I felt so great in that race," West recalled. "That was the best I felt in a race all year. Still, I didn't have the training background to run fast consistently."

Although an injury kept him from training for three weeks prior to the AAU Championships, he ran a creditable 46.89 for fifth in his heat.

West was extremely fortunate to be selected to the national team, as he himself realizes. "They (the AAU) went down the line of guys who finished ahead of me, but most guys were running for

clubs or the shoe companies. They asked me on Saturday and we left for Europe on Monday."

He vividly recalls his relay leg in Italy against Pietro Mennea, the European champ at 200 meters. "I passed the 300 in 33.1 and then, man, I just died. There's no way I shouldn't have run 45, but I just didn't have the background to sustain it. Mennea ran 45.6, but we had such a big lead it didn't matter."

After such an encouraging start one would assume that West has grandiose expectations for this upcoming season. While he continues to train an hour a day and hopes to break 46 seconds, he prefers taking a low-key approach. He points out, "I may not get the competitive opportunity to break 46." West plans on running relay legs early in the season, and wants to run an occasional half mile. He has no aspirations concerning the 1980 Olympics, saying, "I'm just happy that I've maintained this long."

West agrees that his comeback is a unique story, but feels there is something to be learned from his re-emergence at the age of 27. "Sprinters burn out before they reach their full maturity. Last year, Eddie Hart ran a 5.2 for 50 yards down in Panama. That's faster than he ran in '72. It shows he still has the basic speed, even at the age of 29.

His point is well-taken, as European sprinters often run well into their late 20's, while the heavy college dual meet and relay schedule obviously shortens the careers of American sprinters.

Cliff West has no deep regrets about his interrupted track career. Instead of being bitter about being unable to continue running after college, or that he possibly discovered his own speed too late in life, West is satisfied that he is still running well.

He is amused at the irony of having trained hard for seven years in the mile, only to later achieve success with minimal training in the sprints. Like the ancient Greeks, he refuses to let his sport dominate other aspects of his life. And it is quite possible that there may be some more surprises in Cliff West's future.

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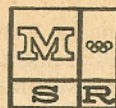


Schedule

MARCH

- 11 **KINGSMAN RELAYS.** Small colleges. Cal Lutheran College.
- 11 **LOS ALAMITOS MARATHON.** 7:30 am. Mitch Lansdale, Los Alamitos Recreation Dept., 10911 Oak St., Los Alamitos 90720.
- 12 **LAKE MERCED RELAYS.** 5 person teams, 4.7 miles per leg. 10 am. Jim Scannell, 365 24th. Ave. No. 4, San Francisco 94121.
- 12 **NATIONAL AAU 25 KILO.** Senior & Masters & Women. Palos Verdes (Lunada Bay), 9 am. Carl Paulson, 1707 Pacific Coast Hwy, No. 315, Hermosa Beach 90254.
- 12 **SPA-AAU WOMEN'S SEASON OPENER.** Mt. SAC, Walnut, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701.
- 17 **USTFF DECATHLON.** Cal State Hayward, 9 am. 2 days.
- 18 **LOS ANGELES MARATHON.** Elysian Park, 8 am. Fred Honda, LA Dept. of Rec., 200 N. Main St. 13th. Floor, Los Angeles 90012.
- 18 **BIG CREEK 15 KILO.** Rich Petersen, Box 206, Laton 93242.
- 18 **STANFORD RELAYS.**
- 18 **NORTHRIDGE RELAYS.**
- 19 **MARIN RED CROSS RUN.** 6.5 mile. Kentfield, 10 am. Lee Strauss, 712 Fifth Ave., San Rafael 94901.
- 19 **BROTHERHOOD GAMES.** UC Berkeley (men & women). Nate Slaughter, 2525 Jacobs St., Hayward 94541.
- 23 **SOUTHERN CAL J.C. RELAYS.** Cerritos Junior College.
- 24 **U.C. SANTA BARBARA INVITATIONAL.** UCSB.
- 25 **LAKE IL SAN JOE 10 MILE.** Howarth Park, Santa Rosa, 10 am. Fred
- 1 **ROEDING PARK 6 MILE RUN.** Frank Delgado, 1560 N. Durrant Way, Fresno.
- 1 **DIABLO VALLEY RELAYS.** Junior College. Track Coach, Diablo Valley College, 321 Golf Club Rd., Pleasant Hill 94523.
- 1 **S.T.C. 2 MAN 14 MILE RELAY.** La Mirada Park, 9 am. Joe Buggasser, Box 4053, Torrance 90510.
- 2 **CLEAR LAKE MARATHON.** Fairgrounds, Lakeport, 10 am. Bill Jones, Lake County Chamber of Commerce, Box 517, Lakeport 95453.
- 2 **WOMEN'S WOODWARD PARK RUN.** 1.5 & 3.0 miles. 7 am. Ron Gates, 4822 E. Olive, Fresno, CA 93727. (209) 229-3989.
- 2 **PA-AAU 50 KILO CHAMPS & BUFFALO STAMPEDE 10 MILER** Sacramento area, 10 am. Abe Underwood, 6555 Park Riviera Way Sacramento 95831. (916) 392-7672
- 2 **PENTATHLON/TRIATHLON/ RACE WALK.** Cal State Northridge 10 am. Rich Ede, 627 N. Indianhill Blvd., Claremont 91711. (714) 624-1484.
- 2 **CONEJO 10 KILO HANDICAP.** Newbury Park, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 4 **FRESNO USTFF DECATHLON.** Dutch Warmerdam, Fresno State University, Fresno 93740. 2 days.
- 8 **PASADENA ROSEBUDS INVIT.** College of the Canyons, 9 am. Ron Grey, Box 632, Altadena 91001. (213) 681-7073.
- 8 **ORANGE COUNTY MARATHON.** Mile Square Park, 8 am. Pete Dowery, 9593 Pettswood, Huntington Beach 92646. (714) 834-3608.
- 8 **SAN MATEO INVITATIONAL.** Junior College. Robt. Rush, College

- 15 **WOODY WILSON RELAYS.** College meet. U.C. Davis.
- 15 **MILLBRAE LIONS RELAY CARNIVAL.** Mills High School, 9 am. Harmon Brown, 2335 David Ct., San Mateo 94403. (415) 341-5726.
- 15 **SIMI VALLEY PIONEER DAYS 10 KILO RUN.** Simi High School, 9 am. Carl Pytlinski, 1672 Fitzgerald, Simi 93065. (805) 527-7506.
- 16 **DOUBLE MARATHON.** 52.4 miles Mike Ipsen, Box 868, Redwood City 94061.
- 16 **S.C. THUNDERBIRD INVITAT.** Citrus College, 9 am. Dave Martinez 16144 Elgenia, Covina 91722. (213) 338-5973.
- 16 **KAWEAH RIVER VALLEY 8 MILE RUN.** Near Visalia. Dave Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.
- 17 **BOSTON MARATHON.** Will Cloney, 150 Causeway St., Boston, MA 02114. Qualifying times required. Entry deadline is April 1.
- 21 **MT. SAC RELAYS.** Walnut. Don Ruh, Mt. San Antonio College, 1100 N. Grand, Walnut 91789. (714) 623-3016. 3 days, including marathon on 22nd.
- 22 **LAKE LEGG 10 KILO ROAD RUN.** 8 am. Manny Guerro, 9242 Slauson, Pico Rivera 90660. (213) 949-1254.
- 22 **LIVERMORE VALLEY 8.5 MILE RUN.** Tom Jefferson, 1767 Tahoe Ct., Livermore 94550.
- 23 **COLLEGE FACULTY-STAFF TRACK MEET.** Hayward, 12 noon. D.P. Neilson, School of Business, Cal State Hayward, Hayward 94542 (415) 642-4593.
- 23 **SPA-AAU 50 KILO CHAMPIONSHIP & 16 MILE RUN.** Camarillo, 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- 28 **SOUTH COAST CONFERENCE TRACK FINALS.** Junior College. San Diego Mesa. Dick Coxe, 7250 Mesa College Dr., San Diego 92111.
- 29 **VALLEY CONFERENCE TRACK FINALS.** Junior College. Stockton. Merv Smith, San Joaquin Delta College, 5151 Pacific Ave., Stockton 95204.
- 29 **SOUTHERN CALIF. COLLEGIATE TRACK CHAMPIONSHIPS.** U.C. Irvine. Len Miller, U.C. Irvine Athletic Dept., Irvine 92717. (714) 833-6304.
- 29 **SAN JOSE INVITATIONAL.** San Jose State. Ernie Bullard, San Jose State University, San Jose 95114. (408) 277-2000.
- 29 **SOUTHERN CALIF. COLLEGIATE TRACK FEDERATION FINALS.** U.C. Riverside.
- 29 **RENO INVITATIONAL.** Jack Cook, Track Coach, University of Nevada, Reno, Nevada 89507.
- 30 **REEDLEY 10 MILE ROAD RUN.** Dave Bronzan, 1173 W. Eymann, Reedley 93654. (209) 638-4664.
- 30 **CINCO DE MAYO 10 MILE RUN.** Belevedere Park, 9 am. Carlos Alfaro, 1322 1/2 S. Fremont, Alhambra 91803. (213) 282-3977.
- 30 **MICKEY'S MISSILES INVITAT.** Balboa Stadium, San Diego, 9 am. Mickey Tyler, 5526 Miraflores Dr., San Diego 92114. (714) 262-6380.



APRIL 21, 22 & 23*

- 18 **STANFORD RELAYS.**
 18 **NORTHRIDGE RELAYS.**
 19 **MARIN RED CROSS RUN. 6.5**
mile. Kentfield, 10 am. Lee Strauss,
712 Fifth Ave., San Rafael 94901.
 19 **BROTHERHOOD GAMES. UC**
Berkeley(men & women). Nate
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 23 **SOUTHERN CAL J.C. RELAYS.**
Cerritos Junior College.
 24 **U.C. SANTA BARBARA INVIT-**
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 25 **LAKE IL SAN JOE 10 MILE.** *How*
arth Park, Santa Rosa, 10 am. Fred
Kenyon, 1609 Mariner Dr., Sebas-
topol 95472.
 25 **OXNARD TO L.A. 5 PERSON**
50 MILE RELAY. 7 am. C.C.A.C.
4070 Minerva Ave., Los Angeles
90066.
 25 **SANTA BARBARA RELAYS.**
Women. La Playa Stadium, 9 am.
Laurel Treon, Women's Athletic
Dept., UCSB, Goleta.
 25 **SAN JOSE RELAYS.** *San Jose*
City College. Bert Bormano, Ath-
letic Dept., San Jose CC, 2100
Moorpark Ave., San Jose 95128.
 26 **LAKE MERCED MASTERS RACE**
4.95 miles, 11 am. Jack Betten-
court, 136 Dundee Dr., South San
Francisco 94080.
 26 **MEET OF CHAMPIONS. UC Irvine**
 26 **EASTER SUNRISE CELEBRAT-**
ION RUNS. 1, 3 & 6 miles. Fresno.
Harry Harder, 761 W. Palm, Reed-
ley 93654.
 26 **LAKE MERRITT RUNS. 5, 10 &**
15 kilos. 9 am. John Notch 415
444-0602.

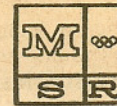
APRIL

- 1 **SACRAMENTO RELAYS.** *Bruce*
Drummond, Sacramento State Col-
lege, 6000 "J" Street, Sacramento
95819.

- Rodewald, 852 Sharon Dr., Cam-*
arillo 93010.
 4 **FRESNO USTFF DECATHLON.**
Dutch Warmerdam, Fresno State
University, Fresno 93740. 2 days.
 8 **PASADENA ROSEBUDS INVIT.**
College of the Canyons, 9 am. Ron
Grey, Box 632, Altadena 91001.
(213) 681-7073.
 8 **ORANGE COUNTY MARATHON.**
Mile Square Park, 8 am. Pete
Dowery, 9593 Pettswood, Hunting-
ton Beach 92646. (714) 834-3608.
 8 **SAN MATEO INVITATIONAL.**
Junior College. Robt. Rush, College
of San Mateo, 1700 West Hillsdale
Blvd., San Mateo 94402.
 8 **NIKE CATALINA 10 KILO ROAD**
RUN. *Santa Catalina Island(Friday*
through Sunday). Nelson Farris,
5261 Clark Circle, Westminster
92683. (714) 898-2290.
 8 **U.C. RIVERSIDE INVITATIONAL**
Chris Rinne, Track Coach, U.C.
Riverside, Riverside 92504. (714)
787-3416.
 8 **FRESNO INVITATIONAL.** *Dutch*
Warmerdam, Fresno State Univer-
sity, Fresno 93740.
 8 **WINE COUNTRY RELAYS.** *Spring*
Lake, Santa Rosa, 9:45 am. 3 per-
son, 15 mile. Dennis Crandall,
865 Colleen Way, Windsor 95492.
 9 **INTERNATIONAL FOCUS ON**
FITNESS RUNS. 5, 15 & 30 Kilos,
Golden Gate Park, San Francisco.
Jack Leydig, Box 1551, San Mateo
94401. (415) 341-3119.
 14 **BAKERSFIELD INVITATIONAL.**
Junior College. Bob Covey, Track
Coach, Bakersfield College, 1801
Panorama, Bakersfield 93305. 2
days.
 14 **ED ADAMS INVITATIONAL.**
Hartnell J.C.. Gary Shaw, 156
Homestead, Salinas 93901.
 15 **WARRIOR RELAYS.** *Small Col-*
lege. Steve Hughes, Track Coach,
Westmont College, 955 La Paz
Rd., Santa Barbara 93708.

- Ct., Livermore 94550.*
 23 **COLLEGE FACULTY-STAFF**
TRACK MEET. *Hayward, 12 noon.*
D.P. Neilson, School of Business,
Cal State Hayward, Hayward 94542
(415) 642-4593.

30 **MICKLEY'S MISSILES INVITAT.**
Balboa Stadium, San Diego, 9 am.
Mickey Tyler, 5526 Miraflores Dr.,
San Diego 92114. (714) 262-6380.



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TRAINING & TECHNIQUE

by VERN GAMBETTA

Weight Training for Track & Field - Part 2

In the last article I went into the physiological principles, the training organization, and systems of weight training. The purpose of this article is to describe how weight training should be applied to the specific event groups in track and field. Space limitation prevents describing every exercise in detail. The exercises will be listed. For further technical descriptions, the reader should refer to the reference by O'Shea.

Basic Exercises

The following lists the basic weight exercises used in a training program for track and field. Each has been chosen because of the specific application to the muscles involved in the action of the various events.

Upper Body:

Dead lift
Clean
Clean & Jerk
Push Press
Bench Press
Incline Bench Press
Press Behind The Neck
Pull-Ups
Pullover
Dips
Upright Row
Curls

Lower Body:

Speed Strength: 60% to 80% max, 6-8 reps, 3-4 sets, 1½-2 minute rest.
Strength Endurance: 50% to 60% max, 8-12 reps, 3-4 sets, 45-90 second rest.
Speed Endurance: Less than 50% max, 10-15* reps, 3-4 sets, 45-90 second rest. (adapted from Johnson, p. 4)

Each of these components should be worked on during training. The amount and extent of each of these will depend on the individual, his/her event, and the phase of training he/she is in (discussed in the following section).

The Training Year

The divisions of the weight training program should parallel the divisions of the training year with regard to each athlete's individual event (for a more complete discussion of this see California Track News, Nov/Dec, 1976, p. 7). Generally, weight training should proceed from the simple to the complex and from general to specific. The level of intensity begins low and should proceed to a high level in the last phase of training.

Foundation I: September

Foundation II: October

Gross Strength Phase: November-March

Power or Strength Transfer Phase:

April-May

The training is cut back to four sessions a week - two upper and two lower body, although the gross body power group or "weight men" may still wish to remain at five days a week. Intensity is increased to 80% or above, but this will vary from exercise to exercise during this five month period. Reps are kept low, six being the highest number. The main emphasis here should be on the tonnage lifted in an individual training session and in a workout week. This is simply done by multiplying the poundage of each lift by the number of sets. For example: 5 sets of 5 power cleans @ 200 pounds is 5x200 lbs = 1,000 lbs.x5(number of sets) = 5,000 pounds.

Power or Strength Transfer Phase— April to May: This is as the name implies the period in which strength is transferred specifically to the technique of the individual events. Less time is spent lifting and more on technique training and competition. The intensity during this phase is varied. Workout days are cut back to three per week with upper and lower body combined in one workout session. One workout should be of high intensity, 90% of max or greater. The second should be of medium intensity, 60-80% of max, emphasizing explosiveness. In this workout, the lifts should be timed. The goal is to perform each exercise in less than one second.

three logical, general classifications based on the events. Each coach or athlete may want to break them down further and devise individual workouts for each specific event.

Gross Body Power Group— Shot, discus, javelin, hammer, and pole vault. These athletes require power in a large number of muscle groups with an emphasis of overall strength development.

Lower Body Power Group— Sprints, long jump, high jump, triple jump, and hurdles. The main requirement here is tremendous leg power balanced by a certain amount of upper body strength.

Continuous Endurance Group— Middle and long distances and steeplechase. The emphasis is on developing overall body strength, not cardio-vascular endurance - this comes from the running.

Sample Workouts

Foundation Phase— The basic purpose here is general overall conditioning and learning proper lifting technique.

Foundation Phase I— Intensity should be 50-60% for 8-12 reps. **Foundation Phase II—** Intensity should be 60-80% and reps cut to 8-10. Split routine is set up as follows: one week Workout Number 1 is done on M-W-F and Workout Number 2 on T-Th. The next week the two are flip-flopped: Number 2 on M-W-F.

the masses involved in the action, the various events.

Upper Body:

Dead lift
Clean
Clean & Jerk
Push Press
Bench Press
Incline Bench Press
Press Behind The Neck
Pull-Ups
Pullover
Dips
Upright Row
Curls

Lower Body:

Back Squats
Step-Ups
Jump Squats
Leg Extension
Leg Curl
Hip Flexor Drill*
Donkey Calf Raise*

Abdomen:

Sit-Ups
Russian Twist*

*Hip Flexor Drill— Done with a partner. The exercise is performed one leg at a time. The exerciser lies flat on his/her back with the knee flexed. The partner wraps a towel around the ankle and slowly pulls the towel until the leg is completely extended while the exerciser resists. Resistance is applied back to the flexed position.

*Donkey Calf Raise— Bent at the waist, hands supported on a bench. Legs are extended behind. A partner sits on exerciser's back. The exerciser does 10 reps with toes straight ahead, ten with toes out, and ten with toes in.

*Russian Twist— Sitting on a bench with legs extended out in front and feet anchored. Hold a weight at the chest. Lean back at approx. a 45 degree angle and twist right and then left.

Training Components

Basically, strength training can be divided into four components:

Gross Strength: Greater than 80% max, 1-6 reps, 4-8 sets, 2-4 minute rest.

the training year with regard to each athlete's individual event (for a more complete discussion of this see California Track News, Nov/Dec, 1976, p. 7). Generally, weight training should proceed from the simple to the complex and from general to specific. The level of intensity begins low and should proceed to a high level in the last phase of training.

Foundation I: September

Foundation II: October

Gross Strength Phase: November-March

Power or Strength Transfer Phase:

April-May

Strength Retention: June-July

Foundation I— September: This is the conditioning phase of lifting. The emphasis is on learning or relearning proper technique and on general conditioning to allow the body to adapt to the rigors of weight training. Too many athletes shorten this phase to get to heavier lifting. This is dangerous in many respects. First, the height of the peak of strength that can be built is dependent upon the width of the base. Secondly, it has been my experience that athletes who short-cut this phase are the ones who plateau during the season, get stale, and do not make the expected progress.

This training period lasts for one month. The athlete lifts on a split routine of upper body one day and lower body the next. The intensity (per cent of maximum) is kept low, 50-60%. Reps are high, 8-12.

Foundation II— October: This phase lasts another month. Intensity is increased to 60-80% of max. The emphasis is still on reps. The standard workout should consist of 3-4 sets of 8-10 reps. The athlete should not be in a great hurry to add weight and cut reps. The main goal in these foundation phases is to condition and build a base for the next three phases. Strive to lift as much weight as possible for the highest number of reps.

Gross Strength Phase— November to March: This is the longest and the most important of the five training phases.

Power or Strength Transfer Phase— April to May: This is as the name implies the period in which strength is transferred specifically to the technique of the individual events. Less time is spent lifting and more on technique training and competition. The intensity during this phase is varied. Workout days are cut back to three per week with upper and lower body combined in one workout session. One workout should be of high intensity, 90% of max or greater. The second should be of medium intensity, 60-80% of max, emphasizing explosiveness. In this workout, the lifts should be timed. The goal is to perform each exercise in less than one second. This will provide an explosive neuromuscular stimulus. The third session should be a speed endurance workout with low intensity, less than 50%. This should also be done against a clock with 3 sets of each exercise performed for speed: one set in 20 seconds, one in 15 seconds, and one in 10 seconds. With competition on Saturday, the workout progression should be: Sunday— heavy; Tuesday— 60-80%; Thursday— speed endurance.

Strength Retention— June to July: The weight workouts are cut to two days a week. The intensity is high with an emphasis on maintaining strength acquired in all the other phases. No attempt is made to build during this phase.

Too many athletes neglect to lift during this time and experience dramatic drops in strength and even more dramatic drops in performance. It is important to remember that when strength training is stopped, strength can be lost by as much as 5% per week.

Strength retention is also dependent on the total amount of time an individual has been training. The older, more experienced athlete is more likely to retain strength at a higher level than the first-year weight trainer.

Training Groups

In Track Technique, No. 41, Peter Lay, former British National Coach, divides the weight training groups into

The emphasis is on developing overall body strength, not cardio-vascular endurance — this comes from the running.

Sample Workouts

Foundation Phase— The basic purpose here is general overall conditioning and learning proper lifting technique.

Foundation Phase I— Intensity should be 50-60% for 8-12 reps. **Foundation Phase II—** Intensity should be 60-80% and reps cut to 8-10. Split routine is set up as follows: one week Workout Number 1 is done on M-W-F and Workout Number 2 on T-Th. The next week the two are flip-flopped: Number 2 on M-W-F, and Number 1 on T-Th.

Gross Body Power Group: Workout Number One= Dead Lift or Clean(4 sets of 10), Clean & Jerk(4 sets of 10), Bench Press(4 sets of 10), Press Behind Neck—seated(4 sets of 10), Pullover(4 sets of 10), Pull-Up(4 sets of 6). Workout Number Two= Squats(5 sets of 10), Step-Ups(4 sets of 10), Jump Squats (3 sets of 10), Leg Curl(3 sets of 15), Donkey Calf Raise(30 sets of 30), Hip Flexor Drill(3 sets of 3), Sit-Ups(3 sets of 30 daily), Russian Twist(2 sets of 15 daily).

Lower Body Power Group: Workout Number One= Clean(4 sets of 10), Bench Press(4 sets of 10), Pull-Ups (4 sets to max), Pullover(4 sets of 10), Upright Row(4 sets of 10), Sit-Ups (4 sets of 30). Workout Number Two= Squats(6 sets of 10), Step-Ups(4 sets of 10), Jump Squats(2 sets of 10), Leg Curls(3 sets of 15), Hip Flexor Drill (3 sets of 3), Donkey Calf Raise(3 sets of 30), Sit-Ups(4 sets of 30).

Continuous Endurance Group: Workout Number One= Dead Lift(3 sets of 10-12), Bench Press(3 sets of 10-12), Pull-Ups (3 sets to max), Pullover(3 sets of 10), Upright Row(3 sets of 10), Curls(3 sets of 10), Sit-Ups(3 sets of 30). Workout Number Two= Step-Ups(3 sets of 10-12), Jump Squats(2 sets of 10-12), Leg Extension(3 sets of 15), Leg Curls(3 sets of 15), Donkey Calf Raise(2 sets of 30), Sit-Ups(3 sets of 30).

Track ?

by MIKE LENNEMANN

Below is the puzzle for this month. How many California track and/or running clubs can you find hidden in the word scramble. The reader submitting

the most clubs circled will win a free one year subscription or renewal to CTN and a track related gift.

Here are the circled answers to last issue's puzzle. It must have been our toughest puzzle yet since only one person submitted all 27 world pole vault record holders since 1912. The winner— Donn Kirk of Los Altos. Many others were close; Mike Westby of Cerritos and Will Kern of Los Angeles each only missed one. The 27 vaulters: Wright, Foss, Hoff, Carr, Barnes, Graber, Brown, Varoff, Sefton, Meadows Warmerdam, Gutowski, Bragg, Davies, Uelses, Tork Nikula, Sternberg, Pennel, Hansen Seagren, Wilson, Nordwig, Papanicolaou, Isaksson, Bell, Roberts. Smith and Tully were decoys as the contest specified outdoor record holders only.

Track
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Gross Strength Phase— The basic purpose here is the development of strength. Intensity is increased to near or at 80% while reps are cut to 4-6. Training is cut back to four days a week, two upper and two lower.

Gross Body Power Group: Workout Number One= Dead Lift- alternate Clean each workout(6 sets of 4-6), Clean & Jerk(4 sets of 4-6), Bench Press(6 sets of 4-6), Incline Press- alternate with Bench Press(6 sets of 4-6), Press Behind Neck(4 sets of 4-6), Pullover(3 sets of 6), Pull-Ups(4 sets of 6). Workout Number Two= Squats(6 sets of 6), Leg Press(6 sets of 6), Jump Squats(3 sets of 8), Leg Curl(3 sets of 10-12), Hip Flexor Drill(3 sets of 5), Sit-Ups(3 sets of 30 daily), Russian Twist(2 sets of 15-20 daily).

Lower Body Power Group: Workout Number One= Clean(6 sets of 4-6), Bench Press(6 sets of 4-6), Pullover(4 sets of 6), Upright Row(4 sets of 6), Sit-ups(4 sets of 20 with weight). Workout Number Two= Squats(6 sets of 6), Step-Ups(4 sets of 6), Jump Squats(4 sets of 8), Leg Curls(3 sets of 15), Hip Flexor(3 sets of 5), Donkey Calf Raise(3 sets of 20), Sit-Ups(4 sets of 30).

Continuous Endurance Group: Workout Number One= Dead Lift(4 sets of 8-10), Bench Press(4 sets of 8-10), Pull-Ups(2 sets to max.), Pullover(2 sets of 8), Curls(3 sets of 8), Sit-Ups(3 sets of 30). Workout Number Two= Step-Ups(3 sets of 8-10), Jump Squats(2 sets of 8), Leg Extension(2 sets of 10), Leg Curls(3 sets of 12), Donkey Calf Raise(2 sets of 20), Sit-Ups(3 sets of 30).

Power Strength Transfer Phase— Here strength is applied in an explosive manner in order to have a positive transfer to the specific event. Workouts are cut back to three days a week with upper and lower body combined: One workout at 90%, the other two at 60-80%, emphasizing speed of movement.

Gross Body Power Group: Example of a heavy day. Lighter day would have 3 sets of 6 reps— Clean(4 sets of 4-3-2-1), Clean & Jerk(4 sets of 4-3-2-1), Snatch- alternate with Clean & Jerk(4 sets of 4-3-2-1), Incline(4 sets of 4), Press Behind Neck(4 sets of 4), Squats(4 sets of 6), Jump Squats(4 sets of 8), Hip Flexor Drill(2 sets of 5), Sit-Ups(3 sets of 30 daily), Russian Twist(2 sets of 15 daily).

Lower Body Group: Example of a heavy day. Other days would consist of 3 sets, 6-8 reps done explosively— Clean(4 sets of 4-3-2-1), Bench Press(4 sets of 4-3-2-1), Pullover(4 sets of 6), Squats(6 sets of 6), Step-Ups(4 sets of 6), Jump Squats(4 sets of 6-8), Sit-Ups(3 sets of 30).

Continuous Endurance Group: Dead Lift(3 sets of 6), Bench Press(3 sets of 6), Pullover(3 sets of 8), Step-Ups(3 sets of 8), Jump Squats(3 sets of 8), Leg Curls(3 sets of 12), Sit-Ups(3 sets of 30).

Strength Retention— No attempt is made to build during this phase. The emphasis is on maintaining strength. Workouts are cut back to two days a week: one day 90% or greater and the other, 60-80%.

Gross Body Group: Clean or Clean & Jerk(4 sets of 4-3-2-1), Incline or Bench(4 sets of 6-4-2-1), Squats(4 sets of 6-4-2-1), Jump Squats(3 sets of 8), Sit-Ups(3 sets of 30 daily), Russian Twist(2 sets of 10 daily).

Lower Body Power Group: Clean(4 sets of 4-3-2-1), Bench Press(4 sets of 4-3-2-1) Squats(4 sets of 4-6), Step-Ups(4 sets of 8-10 explosive), Jump Squats(3 sets of 10 explosive), Sit-Ups(2 sets of 30).

Continuous Endurance Group: Bench Press(4 sets of 6), Pullover(4 sets of 8), Step-Ups(4 sets of 10-12 explosive), Jump Squats(4 sets of 10 explosive), Sit-Ups(2 sets of 30).

Some Final Thoughts

Remember that weight training should be a means to an end, not an end in itself. It can pay tremendous dividends if properly applied and utilized. For optimum results, weight training must be developed and practiced systematically. Keep in mind that there are as many systems and methods of weight training as there are weight trainers — find the one that is right for you and stay with it.

Bibliography

- 1) Johnson, C., "Strength Foundations," Athletics Coach, Vol 10, No. 4, Dec., 1976, pp. 13-16.
- 2) Lay, Peter, "Triple Phase Weight Training," (Track Technique, No. 41, Sept., 1970, pp. 1308-1311.

Mailbag

HONOR ROLL ADDITION

I recently received your newspaper and I was one of the athletes overlooked concerning the "Honor Roll '77."

I was honored on the "All Northern Cal Team," and was rated in the top ten by Keith Conning and his advisors I was ranked 9th and all the other girls were honored on your Honor Roll. The tenth girls also made the list.

I broke many course records and was undefeated in cross country this season until the last meet in North Coast CIF Section. I finished ninth because I reached my peak too soon.

I do realize it is complicated to undertake this selection of athletes, and difficult to complete the task and find the athletes, but I feel I deserve the same chance as everyone else, because I worked as hard and succeeded as high, or even higher than those people that were honored on the Honor Roll.

Diana Bubanja, Piedmont H.S.

Editors note: You are right twice: (1) it is a difficult task to select the All California Honor Roll each year. This year there were almost 800 names selected; (2) you, certainly, should have been included. It seems you were the victim of late night typing fatigue. Sorry and Congratulations!

MASTERS CORRECTION

STATE CROSS COUNTRY RANKINGS

Since I've been taking flack from some of the coaches over my state-wide cross country rankings, I have decided to scrap them.

Would it be possible to put all high school results together?

Keith Conning— Berkeley High School.

MARK ENYEART

I was amused by the article in your December issue of *California Track News* concerning Joe Douglas and the track men he has coached to success at the Santa Monica Track Club. I am certain he has done a great job in his coaching, but I am amazed that he should claim success in coaching Mark Enyeart.

Mark's greatest year was in 1975 when he won both the NCAA and AAU championships. His best time ever in the 800 meters, 1:44.9 was achieved at the AAU in 1975 and didn't improve until he ran a 1:44.8 this past summer in Europe (Not as a member of the Santa Monica Track Club).

Mark was injured in 1976. He remained on our campus and worked out with the squad. Because of his injury, we decided to save his remaining year of eligibility and give him more time to prepare for the Olympic Trials. Mark did show me a workout Joe Douglas had shown him after the 1976 AAU Meet. Mark tried it and abandoned it in one

Track & Field News

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4 T&FN is still the foremost publisher of books on track and field. Recent titles are *Olympic Images* (our beautiful photobook of the track action at Montreal) \$15.00; *Masters Age Records 1978*; and *Pre!*, the story of his career, \$4.50, plus 50¢ for postage.



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Editors note: You are right twice: (1) it is a difficult task to select the All California Honor Roll each year. This year there were almost 800 names selected; (2) you, certainly, should have been included. It seems you were the victim of late night typing fatigue. Sorry and Congratulations!

MASTERS CORRECTION

Thanks so much for placing me in third in the 60+ track athlete of the year category. However, in the '77 California Masters Records my three records are not there.

Please check your November '77 issue, page 6-7. My 1500 meters at the Pan Am Games (9/3/77) was 4:55.4. My 800 meters at the Pan Am Games 9/4/77 was 2:24.0

The enclosure will show I ran a 5:17.3 mile at Santa Barbara 10/1/77. That is a new world record for 60+ and also for age 61.

The November '77 listings show me as STC. I have not run for them for years. It's now NCS.

Ray Mahannah— Modesto

NEW Subscribers !

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

when he won both the NCAA and AAU championships. His best time ever in the 800 meters, 1:44.9 was achieved at the AAU in 1975 and didn't improve until he ran a 1:44.8 this past summer in Europe (Not as a member of the Santa Monica Track Club).

Mark was injured in 1976. He remained on our campus and worked out with the squad. Because of his injury, we decided to save his remaining year of eligibility and give him more time to prepare for the Olympic Trials. Mark did show me a workout Joe Douglas had shown him after the 1976 AAU Meet. Mark tried it and abandoned it in one week.

I wish to congratulate Joe Douglas on his success at Santa Monica. I am sure he is doing a great service but, please don't give him credit for something he has not done.

*Ralph B. Maughan— Track Coach,
Utah State University.*

MASTERS SPA—AAU COMMITTEE

The masters have formed an SPA—AAU masters committee chaired by Tom Sturak and from our monthly meetings we will formulate rules and guidelines for all future events. This is part of the effects of the restructuring of the AAU. We intend to take advantage of it. Also on the committee are Dave Jackson, Emson Grimm, Hal Smith, John Brenand, Al Sheahen and myself.

Pete Mundle— masters statistician.

RACE CANCELLED

Forthcoming Marine Corps Reserve operational commitments necessitate our having to postpone the first Marine Corps Reserve 5km and 10km run scheduled for January 7.

John R. Haus— Capt. USMC



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**TRACK & FIELD NEWS, BOX 296,
LOS ALTOS, CALIFORNIA 94022**

MASTERS AGE DIVISIONS

Regarding the "Masters 1977 California Men Top Marks" November 1977: First, I want to thank you again for recognizing masters athletics at all (as you may know, *TFN* has dropped Mundle's single page masters "section"). Second, of course, some constructive criticism (1) "Submasters" (which is strictly a provincial category not recognized on the National or International levels) should be 35-39. The world, nation, and California are filled with truly world-class athletes 30-34 years of age.

(2) Masters proper (i.e., 40+) should be listed by five year age groups (40-44, 45-49, etc.). All championship level competitions (and even many local meets) are conducted in five-year divisions. This breakdown wouldn't mean any more work (aside from a few more subheads), as you could make the five-year lists only 5 or 6 deep instead of the 10-12 now given.

Tom Sturak— Southern California Striders.

SHOE SURVEY

City Sports has something against us, and this article ("The Running Shoe Hoax" California Track News— February, 1978) was an attempt by them to harm

us. The article is very one sided and in fact I was never asked one question in relationship to the article.

Bob Anderson— Runner's World

WHO WAS THAT MASKED MAN?

Just received my February issue of *CTN*. I was sorry to see the "puzzle" results. One name is spelled wrong, and another, a "Webster" never held the mile record. I pointed out the spelling error and did not circle the name "Webster." The puzzle editor said he got the 26 mile record holders from "Readers Digest Almanac." I got mine from *The definitive work on the mile: Runners and Races: 1500/Mile*, by Nelson and Quercetani.

Certainly the so-called winners should not be given credit for circling wrong names. I feel that only those with the same results as mine should be credited with the correct solution. I spent literally dozens of hours on this puzzle and cross checked my results with many other reputable references.

Al Hromjak — Santa Susana

Editors note: Puzzle Editor, Mike Lennemann chose the Readers Digest Almanac so that the answers would hopefully be easily obtained by all readers. Their inaccuracy has been noticeable. We have since thrown ours away. Who is this Webster guy, anyway? Fifteen readers did send in completed puzzles with his name circled. Can anyone fill us in on who he is?

California's Top 100 MARATHONERS

This California Top 100 All Time Marathon list is a start. It includes marks received up to January 1, 1978. Several late 1977 results have not yet been received or included. We hope you readers will inform us of additions and corrections to get the listing as accurate as possible. Send to California Track News, 1717 South Chestnut Ave., Fresno, CA 93702.

1)	Chuck Smead (26) 1977	2:14:39
2)	Brian Maxwell (23) 1977	2:14:43
3)	Tony Sandoval (27) 1976	2:14:58
4)	Ron Wayne 1977	2:15:04
5)	Gary Tuttle (29) 1976	2:15:15
6)	Bill Scobey (26) 1971	2:15:21
7)	Doug Schmenk (27) 1973	2:15:48
8)	Norm Higgins (35) 1971	2:15:52
9)	Jon Anderson (24) 1973	2:15:52
10)	Kirk Pfeffer (20) 1977	2:16:03
11)	Eamon O'Reilly (23) 1968	2:16:39.8
12)	Dave Harper 1977	2:17:05
13)	M. Pinocci 1977	2:17:33
14)	Don Kardong (23) 1972	2:18:05
15)	Wayne Badgley (30) 1975	2:18:06
16)	Phil Camp (28) 1976	2:18:07
17)	Ed Schelgle (23) 1977	2:18:11
18)	Steve Dean 1976	2:19:13
19)	Ried Harter 1974	2:19:15
20)	Peter Fredriksson 1974	2:19:19
21)	Dave White (20) 1972	2:19:31
22)	Ron Kurrle (25) 1974	2:19:36
23)	Carl Swift (22) 1976	2:19:39
24)	Chris Berka 1977	2:19:48
25)	Perry Forrester (23) 1976	2:20:01
26)	Ed Chaidez 1975	2:20:04
27)	Bill Clark (26) 1972	2:20:39.2
28)	D. Fleet (23) 1977	2:20:40
29)	Mike Gregorio (25) 1972	2:20:45
30)	Fritz Watson 1977	2:21:00
31)	Byron Lowry (23) 1970	2:21:07

BY STEVE WOLTERS

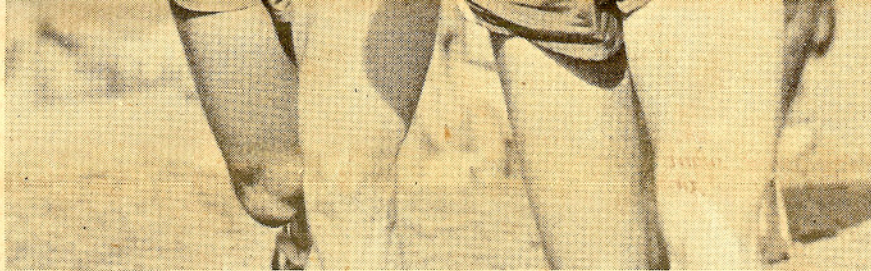


photo by Keith Conning

CHUCK SMEAD (lft) and TONY SANDOVAL
two of California's top All Time Marathoners

19)	Ried Harter	1974	2:19:15
20)	Peter Fredriksson	1974	2:19:19
21)	Dave White	(20) 1972	2:19:31
22)	Ron Kurrle	(25) 1974	2:19:36
23)	Carl Swift	(22) 1976	2:19:39
24)	Chris Berka	1977	2:19:48
25)	Perry Forrester	(23) 1976	2:20:01
26)	Ed Chaidez	1975	2:20:04
27)	Bill Clark	(26) 1972	2:20:39.2
28)	D. Fleet	(23) 1977	2:20:40
29)	Mike Gregorio	(25) 1972	2:20:45
30)	Fritz Watson	1977	2:21:00
31)	Byron Lowry	(23) 1970	2:21:07
32)	T. Bryant	(22) 1976	2:21:20
33)	George Stewart	(24) 1973	2:21:29
34)	Duncan MacDonald	(23) 1972	2:21:31
35)	Ken Moffitt	(22) 1975	2:21:32
36)	John Jones	(26) 1976	2:21:39
37)	Tom Lee	1976	2:21:41
38)	Ray Hughes	(35) 1974	2:21:45
39)	G. Canchola	1977	2:21:50
40)	Eddy Cadena	(29) 1977	2:21:59
41)	Joe Carlson	(24) 1976	2:22:02
42)	Bob Deins	(21) 1969	2:22:04
43)	Goettelmann	(33) 1977	2:22:24
44)	Mike Mahler	(26) 1970	2:22:25
45)	Greg Brock	(24) 1972	2:22:29.6
46)	M. Niemiec	(26) 1977	2:22:54
47)	Bill Mills	(26) 1964	2:22:55
48)	Wayne Akiyama	1975	2:22:55
49)	Nick Kitt	1968	2:22:59
50)	Sam Young	(22) 1975	2:22:59
51)	Ernie Rivas	(26) 1976	2:23:17
52)	Paul Cook	(23) 1976	2:23:26
53)	Brook Thomas	(24) 1972	2:23:28
54)	Wayne Van Dellen	(30) 1967	2:23:30
55)	Doug Wiebe	(25) 1968	2:23:34
56)	Dave Frickel	(22) 1977	2:23:34
57)	Denny Kasischke	1975	2:23:48
58)	Bernd Heinrich	1975	2:23:49
59)	Larry Reyes	(23) 1976	2:23:54
60)	Jim Nuccio	1975	2:23:56
61)	D. McLean	(22) 1976	2:23:59
62)	Phil Ryan	(26) 1971	2:24:00
63)	Mark Kushner	(22) 1974	2:24:02
64)	Thom Hunt	(17) 1975	2:24:06
65)	Jan Sershen	(28) 1976	2:24:10

photo by Keith Conning



CHUCK SMEAD (lft) and TONY SANDOVAL
two of California's top All Time Marathoners

66)	Darryl Zapata	(31) 1977	2:24:18
67)	Mike Kimball	(27) 1964	2:24:20
68)	John Loeschorn	(30) 1974	2:24:22
69)	Jerry Alexander	1976	2:24:24
70)	T. O'Neil	(17) 1977	2:24:32
71)	David Askren	1975	2:24:44
72)	Gene Comroe	1968	2:24:49
73)	Tom Bache	(28) 1972	2:24:54
74)	Gene Fitzgerald	1976	2:25:06
75)	Bill Gookin	(39) 1972	2:25:31
76)	John Madvig	1976	2:25:31
77)	Clarey Reinsma	(19) 1974	2:25:41
78)	Jim Backus	1970	2:25:52
79)	Tulley Mann	(23) 1972	2:26:05
80)	Jim Dare	(27) 1974	2:26:05
81)	Ken Schalmanini	1974	2:26:10
82)	F. Builtron	(20) 1976	2:26:10
83)	R. Cooper	(22) 1977	2:26:11
84)	Lou Patterson	1975	2:26:16
85)	Bill Norris	(27) 1972	2:26:18
86)	K. Heaton	(23) 1977	2:26:27
87)	Roy Trup	(23) 1977	2:26:30
88)	A. Ferreira	(26) 1976	2:26:31
89)	C. Hattersley	(20) 1977	2:26:39
90)	James Bowles	1977	2:26:41
91)	Ed Goodfriend	(19) 1970	2:26:50
92)	Frank Bozanich	1976	2:26:54
93)	Larry Pontinen	1971	2:26:56
94)	Dennis O'Halloran	1976	2:26:57
95)	Fred Emerling	(24) 1975	2:26:59
96)	Jim Birnbaum	(22) 1974	2:27:12
97)	Kaj Johansen	(28) 1974	2:27:12
98)	Bill Anderson	(27) 1970	2:27:15
99)	Eric Hulst	(18) 1976	2:27:25
100)	Vicken Simonian	(29) 1977	2:27:39

1978

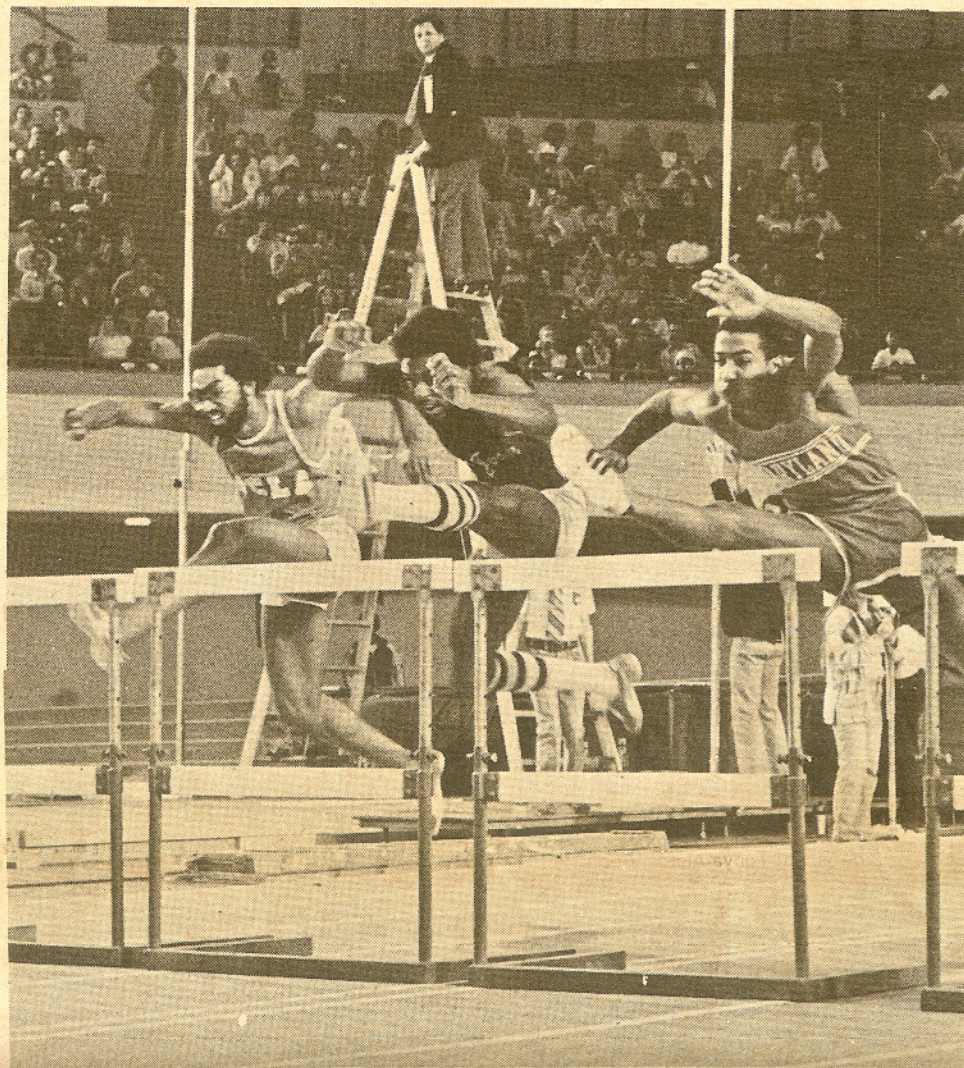
INDOOR WRAP-UP

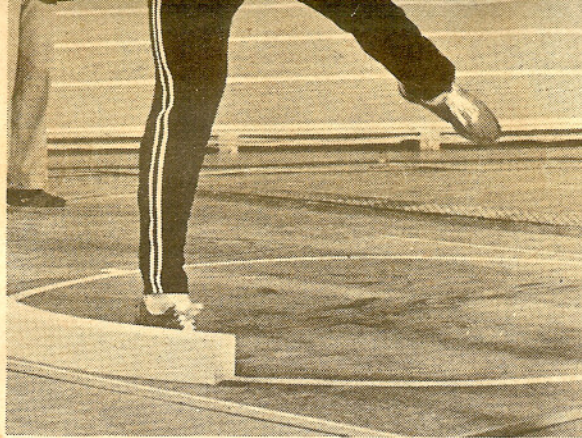
by BILL COCKERHAM

photo by Diane Johnson



photo by Diane Johnson





AL FEUERBACH

For a state which doesn't really have an "Indoor Season" as such, California athletes rolled up quite an impressive stack of 1978 indoor accomplishments. Goldenstaters proved that you don't have to train indoors to compete indoors.

Indoor facilities are difficult to come by in California. Not a single college or university can boast of having one. After all, in sunny California who needs those banked boards that are common place back east and in the mid-west. Actually, though right now I wish we had lots of indoor track, as many of the good early season outdoor meets have been rained out — even those to be on the supposedly "all weather" surfaces.

NEIL PYKE — World Record

Even though California can't come up with many indoor meets — what we do put on are first class. I don't think any other state can boast of five meets of the quality of the five in California. Thanks to the efforts of meet promoters Harold Smith, Al Franken, Will Kern and Jim Terrill the Muhammad Ali, Sunkist, Jack-in-the-Box, L.A. Times, and San Francisco Examiner meets were all top notch.

Houston McTear, the Florida transplant, now at Cerritos J.C.(it was Santa Monica J.C. last year) has literally been

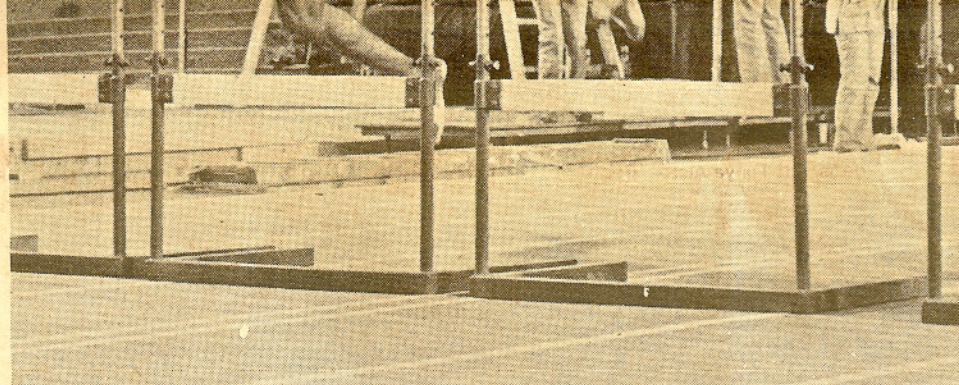
burning up the boards. His explosive start and "strong as an ox" finish have netted him world records in the 50 yard (5.13), 60 yard(6.04), and 60 meter (6.54) dashes. The 6.04 came at the AAU National Championships.

Switching to the women and the distances — Francie Larrieu won the much sought after Vitalis Grand Prix award of \$5,000(for her Pacific Coast Club) by racking up the most placing points in their series of meets. Francie waged many exciting duels with Jan Merrill of Connecticut, but won the biggest at the AAU Nationals(New York—February 24) where she earned the meet's outstanding athlete award for her win in the mile.

Speaking of the AAU meet. How about San Jose State's Ron Livers who won the triple jump with 55-3½. That's way out there, especially for February. The triple jump must belong to California as the top five place winners all have California affiliations. Other AAU winners: Dwight Stones in the high jump (7-4½), Al Feuerbach in the shot put (67-9), Sue Brodock in the mile walk

JIM OWENS — World Record

(7:01.7 — world record), Debbie Brill in the high jump(6-2 — California can claim her as she competes for the Long Beach based Pacific Coast Club), MODOPE Oshikoya in the long jump(20-6¼),



FOSTER, COOPER, NEHEMIAH

Maren Seidler in the shot put(61-0), and the L.A. Mercurettes in the 4X440 relay(Winlock, Wallin, Gardner, Rober-son)(3:51.7).

SUE BRODOCK — World Record

The top two American finishers at the AAU meet qualify for the U.S. team which meets a squad from Europe in a dual meet at Milan, Italy, March 14. You can figure, however, many notable U.S. stars will pass up the trip. Why? Some can't afford the time off and others can make more bucks by competing on their own.

Now for the records by Californians: Debbie Brill(competes for the Pacific Coast Club) started it off with a 6-3¼ Canadian National record in the December 30 Saskatchewan Knights of Columbus meet. On January 7th. Houston McTear and Mike Tully did their things: McTear a 6.54 world record in the 60 meter, and Tully an 18-4 world record in the pole vault. Both at the Muhammed Ali meet in Long Beach. In College Park, Maryland on January 13 at the CYO National meet Joni Huntley set a 6-4 American Record in the high jump.

At the Sunkist meet in Los Angeles, January 21, Evelyn Ashford clocked a 6.80 for an American Record in the 60 yard dash. In New York at the Millrose Games, January 27, Houston McTear hit 6.11 for 60 yards and another world record.

In a string of meets in West Germany Maren Seidler of Cupertino, upped the American record in the shot put by chunks at a time — finally tossing a best of 61-2¼ at Sindelfingen on January 20.

On February 4, little Deandra Carney, just a high schooler, shocked her competitors with a 6.72 world record in the 60 yard dash at the Los Angeles Times meet. Another shocker at the L.A. Times was former California school girl flash Mary Decker(remember her?). Now running for Colorado, Mary delighted the fans with a gutty 1,000 yard world record 2:23.8. The women really stole the show at the Times meet as Patty Van Wolvelaere accounted for yet another womens world record with her 7.68 in the 60 yard hurdles.

MARY DECKER — World Record

In Toronto on February 10, McTear came through as usual. This time a 5.25 world record 50 yard dash. In the same meet and over the same distance two other Californians set world records. Jim Owens a 6.07 over the 50 yard hurdles and Deandra Carney 5.86 in the 50 yard dash. February 11 in Richfield, Ohio at the Northeast Ohio Knights of Columbus meet, Debbie Brill upped her Canadian record to 6-3¼. At the San Francisco Examiner Games on February 18, Neil Pyke walked a mile in 6:04.0 for a world record.

Results

L.A. TIMES

S.F. EXAMINER

MEN

60-1. McTear (Muhammad Ali TC), 6:17; 2. Quarrle (Tobias Striders), 6:22; 3. Williams (Florida AA), 6:23; 4. Edwards (USC), 6:36.
 500 (Race 1)—1. Turner (CS Los Angeles), 57.6; 2. Myles (Maccabi TC), 58.7; 3. Saunders (Long Beach St.), 59.0. (Race 2)—1. Frazier (Phil. Pioneers), 57.1; 2. Sanford (USC), 57.6; 3. Harris (Muhammad Ali TC), 58.3; 4. Darden (Sun Devil TC), 58.5.
 600-1. Brown (Athletes in Action), 1:11.6; 2. Huffman (Long Beach St.), 1:12.1; 3. Webster (Pacific Coast Club), 1:12.3; 4. McKenzie (Sun Devils TC), 1:13.0; 5. Jones (Maccabi TC), 1:14.2.
 1,000-1. Boit (Kenya), 2:09.9; 2. Robinson (Inner City AC), 2:11.4; 3. Omwanza (USC), 2:11.5; 4. Wicksell (Sun Devil TC), 2:17.0.
 MILE-1. Coghlan (Ireland), 3:59.6; 2. Bayl (Tanzania), 4:00.8; 3. Wessinghage (West Germany), 4:02.8; 4. Scott (UC Irvine), 4:02.8.
 TWO MILE-1. Macdonald (West Valley TC), 8:39.4; 2. Quax (New Zealand), 8:43.0; 3. Babiracki (San Fernando valley TC), 8:43.8; 4. Tuttle (Tobias Striders), 8:45.6.

OPEN

Men's mile walk — 1. Neal Pyke, West Valley TC, 6:04.0 (world record); 2. Steve De Bernardo, U.S. Army, 6:40.3; 3. Ron Laird, New York AC, 6:50.4; 4. Manny Adriano, West Valley TC, 6:55.9x.
Women's mile walk — 1. Sue Broddock, Rialto Roadrunners, 7:06.3; 2. Sally McPherson, WVTC, 7:24.5; 3. Joyce Broddock, unat., 7:49.9; 4. Chris Sakalerios, unat., 7:51.2.
Women's mile relay — 1. Berkeley East Bay TC (Debra White, Freida Cobbs, Michelle Hawthorne, Kim White), 4:01.1; 2. San Jose Cindergals, 4:01.5; 3. Millbrae Lions, 4:02.2; 4. Yuba JC, 4:16.5.
Women's high jump — 1. Tonya Alston, Berkeley, 5-8; 2. Coleen Rienstra, Club North, 5-6; 3. Kim Costello, Daly City, 5-6; 4. Gigi Hurley, Millbrae Lions, 5-4.
Women's 60-yard hurdles — 1. Kris Costello, San Jose Cindergals, 8.1; Tonya Alston, Berkeley TC, 8.2; 3. Kim Costello, unat., 8.3; 4. Donna Hannerlach, Buttle CC, 8.4.
Men's 50 meters — 1. Houston McTear, Ali TC., Don Quarrie, Tobias Striders, 5.7; 3. Steve Williams, Athletic Attic, 5.7; 4. LaNorris Marshall, Washington HS, Phoenix, 5.7.
Women's 1,000 meters — 1. Francie Larrieu, Pacific Coast Club, 2:45.6; 2. Judy Graham,

60 HURDLES-1. Cooper (San Jose St.), 7:22; 2. Brygare (Finland), 7:28; 3. Siai Siai (Cal Poly SLO), 7:41; 4. G. Foster (UCLA), 7:51.
MILE RELAY (Race 1)—1. CS Los Angeles (Turner, Osborne, Hawkins, Peete), 3:20.0; 2. Cal Poly SLO, 3:25.3; 3. UC Irvine, 3:27.0. (Race 2)—1. USC (J. Andrews, Johnson, Beaton, Sanford), 3:21.5; 2. Long Beach St., 3:26.0.
TWO MILE RELAY—1. USC (Walters, 1:58.8; Beaton, 1:54.0; Johnson, 1:55.4; Omwanza, 1:55.1), 7:43.3; 2. Long Beach St., 7:46.8; 3. Occidental, 7:56.8; 4. UC Irvine, 7:59.4.
MILE WALK—1. Walker (Tobias Striders), 6:26.5; 2. Reilly (unat), 6:53.0; 3. Bouldin (unat), 7:14.5; 4. Veon (Maturango Milers), 7:18.5.
COMMUNITY COLLEGE MILE RELAY—1. Fullerton, 3:28.0; 2. Pierce, 3:28.2; 3. SD Mesa, 3:29.5; 4. Chaffey, 3:35.9.
BOYS TWO MILE—1. C. Assumma (Eisenhower), 9:17.9; 2. F. Assumma (Eisenhower), 8:18.8; 3. Rios (Lennox), 9:29.9; 4. Webb (Kennedy, La Palma), 9:30.5; 5. Young (Costa Mesa), 9:31.1.
BOYS 1,280 RELAY—1. Pasadena (Sanford, Fruin, Handy, Clayton, Pruitt, Cook, Wilson, Cleveland), 2:20.2; 2. Carson, 2:23.3; 3. Chatsworth,

2:29.2; Saddleback finished second but disqualified for passing out of zone.
TRIPLE JUMP—1. Bufts (Tobias Striders), 53-10 1/2; 2. Tiff (Tobias Striders), 53-7 1/4; 3. Livers (San Jose St.), 53-3; 4. Grimes (Maccabi TC), 52-6 1/2.
POLE VAULT—1. Tully (UCLA), 17-6; 2. Kozakiewicz (Poland), 17-6; 3. Lohre (West Germany), 17-6; 4. Ripley (PCC), 17-6.
LONG JUMP—1. Robinson (South-east San Diego Ghetto Striders), 26-2; 2. Williams (Tobias Striders), 25-9; 3. Ehizuelen (Maccabi TC), 25-2; 4. King (UC Irvine), 24-11 3/4; 5. Doubly (USC), 24-8 1/4.
HIGH JUMP—1. Joy (Canada), 7-5; 2. Stones (Desert Oasis TC), 7-4; 3. Kofinek (PCC), 7-2; 4. Underwood (Maccabi TC), 7-0; 5. Haber (Maccabi TC), 7-0.
WOMEN
 60-1. Carney (LA Mercurettes/San Fernando High), 6:72 (world and American record, old world mark, 6:78, Loverock, Canada, 1978; old American mark, 6:85, Carney, 1978); 2. Lynch (Muhammad Ali TC), 6:76; 3.

Ashford (UCLA), 6:84; 4. Robinson (LA Mercurettes), 6:91.
 -500-1. Bryant (Muhammad Ali TC), 1:06.1; 2. Weston (LATIC), 1:06.6; 3. Emerson (Patriots TC), 1:07.3; 4. Yakubowich (Canada), 1:07.7; 5. Brisco (LA Mercurettes), 1:08.6.
 1,000-1. Decker (Colorado), 2:23.8 (world and American record, old mark, 2:26.7, Decker, Blue Angels TC, 1974); 2. Larrieu (PCC), 2:29.4; 3. Knudson (Colorado International), 2:30.3; 4. Brown (LATIC), 2:30.7.
GIRLS 640 RELAY—1. Westchester (Moore, DeWitty, Hawes, Loud), 1:16.7; 2. Thousand Oaks, 1:17.6; 3. Santa Ana Valley, 1:21.3; 4. Palisades, 1:23.6.
60 HURDLES—1. Van Wolvelaere (LA Track Club), 7.68 (world and American record, old mark, 7.97, Debbie LaPlante, DC Striders, 1978); 2. Frederick (LATIC), 7.83; 3. McMillan (USC), 8.01; 4. Oshikoya (UCLA), 8.01.
HIGH JUMP—1. Brill (PCC/Canada), 6-3 1/2; 2. Huntley (PCC), 6-1 1/4; Guyonnet (Tahiti), no height.
MILE WALK—1. S. Brodock (Rialto Roadrunners), 7:10.9; 2. J. Brodock (RR), 7:51.2; 3. McPherson (West Valley TC), 7:53.0.

Women's 50 meters — 1. Elaine Parker, Millbrae Lions, 6.3; 2. Kim Webster, unat., 6.5; 3. Kelia Bolton, Millbrae Lions, 6.6; 4. Freila Cobbs, Berkeley.
Sprint medley relay — 1. San Jose CC (Pat Holcomb, Andre Phillips, Ernest Lewis, Fred Harvey), 3:34.5; 2. Sequoia, 3:37.1; 3. Sierra, 3:37.2; 4. San Mateo, 3:44.1.

Mile relay — 1. San Jose CC (Mugene Rachel, Andro Phillips, Fred Harvey, Pat Holcomb), 3:26.2; 2. Lancy, 3:30.1; 3. Los Medanos, 3:30.7; 4. San Mateo, 3:32.0.

HIGH SCHOOL

Men's 60-yard hurdles (all unat.) — 1. Mark White, Richmond, 7.4; 2. Malcolm Dixon, East Palo Alto, 7.5; 3. Tony Ram, Union City, 7.5; 4. Mark Adams, Albany, 7.7.

Women's two-mile relay — 1. Carlmont (Annette Neilson, Taska Davis, Linda Jungsten, Paula Fianini), 10:09.3; 2. Piedmont, 10:10.3; 3. Sequoia, 10:16.8; 4. Marin Catholic, 10:23.4.

Men's two-mile relay — 1. Pinole Valley (Val Hoag, Allan Smith, Ian Watts, Brian Brudy), 8:13.4; 2. Stagg (Stockton), 8:21.6; 3. Skyline, 8:22.7; 4. Homestead, 8:44.3.

Men's triple jump (all unat.) — 1. Marvin Colter, Cotati, 47-6 1/2; 2. Allen Kuhn, Cloverdale, 46-7; 3. Freddie Cunningham, San Francisco, 46-4 1/4; 4. Kevin Dye, North Highlands, 46-4 1/2.

Men's mile relay — 1. Richmond (Theodore White II, Mike White, Mark White, Victor Pressey), 3:35.5; 2. Liberty Union, 3:35.9; 3. Pittsburg, 3:36.8; 4. Castro Valley, 3:37.8.

Men's two mile — 1. Rod Berry, Redwood, 9:11.6; 2. Chuck Assumma, Eisenhower (Rialto), 9:14.6; 3. Bob Love, Carlimo., 9:16.4; 4. Carlos Carrasco, Mt. Pleasant, 9:20.0.

AGE GROUP

Girls 1,280-yard relay — 1. Millbrae Lions (Rocky Watkins, Marlo Williams, Laura Sully, Leslie Maxie, Cindy Dillard, Denise Leveroni, Kelly O'Rourke, Kerry Lauer), 2:55.2; 2. Cupertino Yealings, 2:55.2; 3. Hilltop TC, 2:52.0; 4. Harriet Hoover TC, 2:59.2.
Boys 960-yard relay — 1. Herbert Hoover TC (Raymond Shadorf, Gregory G., Bruce Shadorf, Gary Shirley, Rodney Green, Bill Shirley), 2:04.2; 2. Mission City Road Runners,

Women's mile — 1. Jeanie Kayser-Jones, Pamakids, 5:55.6; 2. Carroll O'Connor, NorCal Seniors TC, 6:00.0; 3. Marty Maricle, NorCal Seniors, 6:02.3; 4. Ruth Waters, NorCal Seniors, 6:02.8.

Men's mile — 1. Bob Welck, West Valley Joggers & Striders, 4:39.2; 2. Kent Guthrie, West Valley JS, 4:40.2; 3. Jerry Lewis, Tax Reducers, 4:43.1; 4. Ken Napier, West Valley JS, 4:47.2.

COLLEGE

Long jump — Ed Miller, Bakersfield St., 23-3; 2. Jose Howard, Bakersfield St., 22-4 1/4; 3. Doug Garner, Hayward St., 21-10; Williams Long, Hayward St., no legal jump.

Sprint medley relay — 1. Stanislaus St., 3:32.9; 2. Hayward St., 3:35.5; 3. San Francisco St., 3:40.9; Disqualified — Bakersfield St.

60-yard hurdles — 1. Brian Conley, Hayward St., 7.8; 2. Jerome Reynolds, San Francisco St., 7.8; 3. Elvester Strong, Bakersfield St., 7.8; 4. Pete Dobbins, Hayward St., 8.0.

Mile relay — 1. California (Michael Farmer, Ron Brown, Lloyd Guss, Keith Taylor), 3:21.3; 2. San Jose St., 3:24.0; 3. Stanford, 3:30.2; 4. San Francisco St., 3:34.8.

JUNIOR COLLEGE

Men's 1,000 meters — 1. Mike Boit, Kenya, 2:22.5; 2. Paul Cummings, Pacific CC, 2:26.7; 3. David Wells, Stanford, 2:26.9; 4. Gidson Terer, Fairleigh Dickinson, 2:27.1.

Men's Mile 1. Filbert Bayi, Tanzania, 4:00.2; 2. Nick Rose, Mason-Dixon AC, 4:00.2; 3. Henry Rono, Washington St., 4:01.6; 4. Mark Schilling, Maccabi Union, 4:09.3.

Men's high jump — 1. Dwight Stones, Desert Oasis TC, 7-5; 2. Franklin Jacobs, Fairleigh Dickinson, 7-4; 3. (tie) Dave Haber, Hayward St. and Jacek Wszola, Poland, 6-10.

MASTERS

Men's sprint medley relay — 1. Los Gatos AA, 3:58.9; 2. NorCal Seniors A, 3:59.7; 3. Golden Streakers, 4:10.2; 4. NorCal Seniors B, 4:20.4. **ADD OPEN**

Wheelchair 50 meters — 1. Ed Andreas, San Jose, 11.6; 2. Reggie Green, Richmond, 13.4; 3. Darrell Ray, San Francisco, 14.0; 4. Sheryl Hanestad, Hayward, 15.4.

Men's 50 meters (40-49 years) — 1. Van Parrish, NorCal Seniors, 6.2; 2. Dick Marlin, NorCal Seniors, 6.4; 3. Ed Manougian, NorCal Seniors, 6.5; 4. Ed Mahany, NC Roseville, 6.7.

Men's 50 meter (50 and over) — 1. Pavton Jordan,

2. Jimmie Smith, 4:02.5; 3. Millbrae Lions, 4:02.2; 4. Yuba JC, 4:16.5.

Women's high jump — 1. Tonya Alston, Berkeley, 5-8; 2. Coleen Rienstra, Club North, 5-6; 3. Kim Costello, Daly City, 5-6; 4. Gigi Hurley, Millbrae Lions, 5-4.

Women's 60-yard hurdles — 1. Kris Costello, San Jose Cinders, 8.1; Tonya Alston, Berkeley TC, 8.2; 3. Kim Costello, unat., 8.3; 4. Donna Hunnerlach, Buttle CC, 8.4.

Men's 50 meters — 1. Houston McTear, All TC; Don Quarrie, Tobias Striders, 5.7; 3. Steve Williams, Athletic Attic, 5.7; 4. LaNorris Marshall, Washington HS, Phoenix, 5.7.

Women's 1,000 meters — 1. Francie Larrieu, Pacific Coast Club, 2:45.6; 2. Judy Graham, West Valley TC, 2:49.8; 3. Cheri Williams, San Jose Cindergals, 2:52.7; 4. Ann Wotherspoon, San Jose Cindergals, 2:59.2.

Men's 400 meters — 1. Mil-lard Hampton, Ali TC, 50.6; 2. Paul Wallace, unat., 50.9; 3. Alan Sheats, Stanford, 51.0 (only three entrants).

Men's long jump — 1. Randy Williams, Tobias Striders, 25-1; 2. James Lofton, Stan-ford, 24-11 1/4; 3. Bruce Smith, Oregon St., 24-8 3/4; 4. Ken Dun-can, Sacramento St., 23-10.

Men's pole vault — 1. Mike Tully, UCLA, 17-9 1/4; 2. Wlady-alaw Kozakiewicz, Poland, 17-6; 3. Gunther Lohre, West Ger-many, 17-6; 4. Earl Bell, Pacific Coast Club, 17-0.

Men's sprint medley relay — 1. Los Gatos AA, 3:58.9; 2. NorCal Seniors A, 3:59.7; 3. Golden Streakers, 4:10.2; 4. NorCal Seniors B, 4:20.4. **ADD OPEN**

Wheelchair 50 meters — 1. Ed Andreas, San Jose, 1:1.6; 2. Reggie Green, Richmond, 13.4; 3. Darrell Ray, San Francisco, 14.0; 4. Sheryl Hanestad, Hay-ward, 15.4.

Men's 50 meters (40-49 years) — 1. Van Parrish, NorCal Seniors, 6.2; 2. Dick Marlin, NorCal Seniors, 6.4; 3. Ed Manougian, NorCal Seniors, 6.5; 4. Ed Mahany, NC Rose-ville, 6.7.

Men's 50 meter (50 and over) — 1. Payton Jordan, Stanford, 6.4; 2. Ken Goetzel, NorCal Seniors, 6.7; 3. Steve Peck, unat., 6.8; 4. Roy Wig-ington, NorCal Seniors, 7.2.

Men's 60-yard hurdles — 1. Brain Conley, Hayward St., 7.8; 2. Jerome Reynolds, San Francis-co St., 7.8; 3. Elvester Strong, Bakersfield St., 7.8; 4. Pete Dobbins, Hayward St., 8.0.

Mile relay — 1. California (Michael Farmer, Ron Brown, Lloyd Guss, Keith Taylor), 3:21.3; 2. San Jose St., 3:24.0; 3. Stanford, 3:30.2; 4. San Fran-cisco St., 3:34.8.

AGE GROUP

Girls 1,280-yard relay — 1. Millbrae Lions (Rocky Walker, Marlo Williams, Laura Sully, Leslie Maxie, Cindy Dufford, Denise Leveroni, Betty O'Rourke, Kerry Lauer), 2:15.2; 2. Cupertino Yearlings, 2:15.2; 3. Hilltop TC, 2:52.0; 4. Humboldt Hoover TC, 2:59.2.

Boys 960-yard relay — 1. Herbert Hoover TC (Paul Adams Shadorf, Gregory Gorman, Bruce Shadorf, Gary Shirley, Rodney Green, Bill Shirley), 2:04.2; 2. Mission City Road Runners, 2:04.2; 3. Berkeley East TC, 2:06.8; 54. Cupertino Yearlings, 2:08.3.

JUNIOR COLLEGE

50 meters — 1. Ernest Lew-is, San Jose, 5.7; 2. Eldon Walk-er, Laney, 5.7; 3. Greg Flenory, Sequoias, 5.8; 4. Ken Bowles, American River, 5.8.



photo by Diane Johnson

MIKE TULLY — World Record

ALI

MEN

60 METERS—1. McTear (Muham-mad All TC), 6.54 (world and Ameri-can record, old world mark, 6.57; Wucherer, West Germany, 1972; old American mark, 6.66; Steve Riddick, Phil. Pioneers, 1977); 2. Riddick (Phil. Pioneers), 6.62; 3. Glance (Auburn), 6.68; 4. Wells (Phil. Pioneers), 6.72; 5. S. Williams (Florida AA), 6.72; 6. Quarrie (Tobias Striders), 6.74; 7. Edwards (USC), 6.77; 8. Evans (South Phoenix Speed Merchants), 6.78.

400—1. Harris (Los Medanos Col-lege), 47.19; 2. Smith (Auburn), 47.19; 3. Sanders (Long Beach St.), 48.61; 4. Hampton (Muhammad, All TC), 48.80.

800—1. Belger (Villanova), 1:48.7; 2. M. Boli (Kenya), 1:48.9; 3. Omwanza (USC), 1:49.4; 4. S. Kipkurgat (New Mexico), 1:49.7; 5. Eneyearl (Pacific Coast Club), 1:49.9.

500—1. Frazier (Phil. Pioneers), 1:01.3 (world record, old mark, 1:02.4; Vinson, Eastern Michigan, 1974; and Wilson, Fisk/Guyana, 1977); 2. B. Brown (unat.), 1:02.0; 3. Ongwae (New Mexico), 1:02.2; R. Taylor did not finish.

1,500—1. Welgwa (Phil. Pioneers), 3:38.6; 2. Cummings (PCC), 3:39.4 (American record, old mark, 3:39.8; Waldrop, North Carolina, 1974); 3. Buerkle (New York AC), 3:40.0; 4. Bayl (Tanzania), 3:41.9; 5. Scott (UC Ir-vine), 3:42.6.

3,000—1. Rose (Britain), 7:48.6; 2. Nyambui (Tanzania), 7:56.9; 3. Macdo-nald (West Valley TC), 7:58.7; 4. Stan-ings (Britain), 8:00.5.

60 HURDLES—1. Cooper (San Jose St.), 7.74; 2. C. Foster (Phil. Pioneers), 7.74; 3. G. Foster (UCLA), 7.78; 4. Ne-hemiah (Maryland), 7.85.

1,600 RELAY—1. Villanova (Brown 49.9, Dale 47.3, Harbour 45.8, Bogue 46.6); 3:09.6; 2. Southern, 3:10.5; 3. Long Beach St., 3:12.4; 4. USC, 3:15.2.

3,200 RELAY—1. New Mexico (Romero 1:54.12; Quade 1:52.43; Ong-wae 1:47.53; Kipkurgat 1:49.18), 7:22.4; 2. Villanova, 7:22.6; 3. Long Beach St. 7:49.1.

HIGH JUMP—1. Joy (Canada), 7-4; 2. tie between Arney (Phil. Pioneers) and Fields (Muhammad All TC), 7-2; 4. Underwood (Striders), 7-2.

TRIPLE JUMP—1. Banks (UCLA), 53-1; 2. Livers (unat.), 53-5 1/4; 3. Dup-ree (Maccabi TC), 52-6 1/2; 4. Tiff (Striders), 52-1 1/4.

LONG JUMP—1. Haynes (U.S. Army), 26-6; 2. Robinson (San Diego Southeast Ghetto Striders), 26-1 1/4; 3. Williams (Tobias Striders), 25-3; 4. Lanier (Muhammad All TC), 24-4 1/4.

SHOT PUT—1. Feuerbach (Athletes West), 66-10 1/4; 2. Wilkins (Athletes West), 65-6; 3. Weeks (Athletes West), 64-2 1/4; 4. Albritton (Stanford TC), 63-4 1/4.

POLE VAULT—1. Tully (UCLA), 18-4 (world amateur record, old mark, 18-3 3/4; Ripley, PCC, 1974); 2. Bell (PCC), 17-6; 3. Carter (Houston Hurri-can TC), 17-6; 4. Lehre (West Germa-ny), 17-0.

WOMEN

60—1. Lynch (Muhammad All TC), 24 (hand timed); 2. Ashford (UCLA), 7.2; 3. Carney (San Fernando High), 7.3; 4. Cheeseborough (Tennessee St.), 7.3; 5. Robinson (LA Mercurettes), 7.4; 6. Bolden (LA Mercurettes/Centenni-al High), 7.4.

400—1. Jiles (New Orleans Super-dames), 54.53; 2. Forde (Atoms TC), 54.78; 3. Yakubowich (Canada), 55.59.

800—1. Knudson (Colorado Interna-tional), 2:06.1; 2. Merrill (Age Group AA), 2:06.1; 3. Romesser (LA Mer-curettes), 2:10.9.

1,500—1. Larrieu (PCC), 4:22.4; 2. Graham (West Valley TC), 4:24.5; 3.

Heald (San Fernando Valley TC), 4:27.3; 4. K. Keyes (UCLA), 4:29.8.

LONG JUMP—1. Anderson (LATC), 20-9 1/2; 2. McMillen (Tennessee St.), 20-0 1/4; 3. Loud (LA Mercurettes), 19-5 1/2.

JUNIOR COLLEGE

60—1. Lewis (San Jose), 6.87; 2. Bur-nell (Santa Monica), 6.99; 3. Green (unat.), 7.05.

1,600 RELAY—1. San Jose (Hol-comb, Harvey, Phillips, Rechal), 3:14.9; 2. Compton, 3:20.5; 3. Mt. San Antonio, 3:24.6; 4. Long Beach, 3:25.0.

HIGH SCHOOL

60—1. Marshall (Washington, Phoenix), 6.69 (national record, elec-tric timing); 2. Johnson (Gardena), 6.71; 3. Pitts (Santa Ana Valley), 6.87; 4. Cleveland (Pasadena), 6.91.

1,500—1. Stormo (Agoura), 3:53.6; 2. Medvin (LA University), 3:55.1; 3. Laird (Lakewood), 4:07.1; 4. Atherton (unat.), 4:17.8.

MASTERS

60 (40-55)—Dennis (Corona del Mar TC), 7:15 (55 and over)—Jordan (CdMTC), 7:79; 1,500—Emmerling (Striders), 4:15.8; **60 HURDLES**—Henry (CdMTC), 8.60; **WOMEN'S 1,500**—Gorman (San Fernando Valley TC), 4:49.4.





A.A.U.

MEN

TRIPLE JUMP—1. Livers (San Jose St.), 55-3/4; 2. Tiff (Tobias Striders), 54-8/2; 3. Haynes (NY Pioneer Club), 54-2; Butts (Tob. Striders), 54-1 1/4; 5. Ehizuelen (Maccabi TC/Nigeria), 52-2 1/4.

LONG JUMP—1. Ehizuelen (Maccabi TC/Nigeria), 25-4 1/4; 2. Bradley (Club Northwest), 25-2 1/4; 3. Usui (Japan), 24-10; 4. Haynes (NY Pioneer Club), 24-8 1/4; 5. Machida (Japan), 23-10 1/2.

35-FOUND WT. THROW—1. Kania (Dartmouth), 64-9; 2. Backus (NYAC), 62-11; 3. Healey (Fitchwirth St.), 62-1; 4. Frenn (Maccabi TC), 61-11 1/2; 5. Haskell (Lowell), 61-10 3/4.

60—1. McTear (Muhammad Ali TC), 6:04 (world and American record, old mark 6:11, McTear, Cerritos College, 1978); 2. Merrick (Central Florida YMCA), 6:13; 3. Riddick (Phil. Pioneers), 6:16; 4. S. Williams (Athletic Affic), 6:16; 5. Wells (Phil. Pioneers), 6:23.

600—1. Vinson (Chicago TC), 1:10.0; 2. Tuit (Athletic Affic/Trinidad), 1:10.8; 3. Sowerby (DC Striders/Bahamas), 1:10.8; 4. Solomon (Phil. Pioneers/Trinidad), 1:12.5.

1,000—1. Terer (Fairleigh Dickinson/Kenya), 2:09.3; 2. Martin (Iona), 2:09.9; 3. Smelly (Richmond), 2:09.9; 4. Dyce (Florida TC/Jamaica), 2:10.5; 5. Schappert (Athletic Affic), 2:10.9.

MILE—1. Coghlan (New York AC/Ireland), 4:01.6; 2. Waigwa (Phil. Pioneers/Kenya), 4:02.3; 3. Lacy (Wisconsin), 4:02.9; 4. Fischer (Chicago TC), 4:04.7; 5. Byrne (Georgetown), 4:08.9.

3-MILE—1. Nyambul (Tanzania), 13:09.8; 2. Melancon (New York AC/Ireland), 13:11.8; 4. Lindsay (Chicago TC), 13:18.0; 5. Dillon (Greater Boston TC), 13:21.2.

60 HURDLES—1. C. Foster (Phil. Pioneers), 7:11; 2. Lewis (VPI), 7:18; 3. Owens (Muhammad Ali TC), 7:21; 4.

Shipp (Baton Rouge TC), 7:23; 5. Ford (Louisiana Tech), 7:28.

1,180 MEDLEY RELAY—1. Phil. Pioneers (Joseph, Riddick, Frazier, Collins), 2:03.3; 2. NY Pioneers, 2:04.2; 3. Adelphi, 2:06.4; DC Striders finished second but were disqualified for passing out of zone.

MILE RELAY—Phil. Pioneers (Daley, Frazier, McLean, Taylor), 3:14.3; 2. Howard, 3:15.9; 3. DC Striders, 3:25.4.

TWO MILE RELAY—1. Adelphi (Phillips, Smith, Severino, Williams), 7:40.1; 2. Chicago TC, 7:40.9; 3. Georgetown, 7:45.2; 4. DC Striders, 7:48.1; 5. St. John's (NY), 7:54.7.

HIGH JUMP—1. Stones (Desert Oasis TC), 7-4 1/2; 2. Fields (unat), 7-4 1/2; 3. Kotinek (unat), 7-2 1/2; 4. Arney (Phil. Pioneers), 7-2 1/2; 5. Jacobs (Fairleigh Dickinson), 7-2 1/2.

POLE VAULT—1. Jesse (unat), 17-8 1/2; 2. Carter (Houston Hurricanes), 17-4 3/4; 3. Taylor (Maccabi TC), 17-0 3/4; 4. Bell (unat), 17-0 3/4 no fifth.

SHOTPUT—1. Feuerbach (unat), 67-9; 2. Anderson (Chicago TC), 66-10 3/4; 3. Wilkins (unat), 66-9 3/4; 4. Price (Tampa Bay TC), 62-11 3/4; 5. Neidhart (Maccabi TC), 62-0.

2-MILE WALK—1. Scully (Shore AC), 13:06.7; 2. O'Connor (New York AC), 13:20.3; 3. Heiring (Parkside AC), 13:21.3; 4. Daniel (New York AC), 13:34.8; no fifth.

TEAM SCORES—Philadelphia Pioneers, 27; New York AC, 14; Chicago TC, 13.

WOMEN

LONG JUMP—1. Oshikoya (Maccabi TC/Nigeria), 20-6 1/4; 2. McMillan (Tennessee St.), 20-3 3/4; 3. Anderson (Los Angeles TC), 20-3 1/4; 4. Loud (LA Mercures), 19-2; 5. Johnson (Chicago Zephyrs), 18-11.

ONE-MILE WALK—1. S Brodock (Rialto Roadrunners), 7:01.7 (American record, old mark 7:05.9, S. Brodock, Rialto Roadrunners, 1977); 2. Liers (Ireland TC), 7:34.9; 3. Trisco (Los Angeles TC), 7:39.2; 4. Dufour (Arizona TC), 7:41.1; 5. Devriss (Kettering Striders), 7:43.2.

60—1. Morehead (Tennessee St.), 6:73; 2. Ashford (Maccabi TC), 6:80; 3. Cheeseborough (Tennessee St.), 6:86; 4. Carney (LA Mercures), 6:90; 5. Robinson (LA Mercures), 6:94.

440—1. Thomas (St. John's), 55.53; 2. Dabney (Clippers TC), 55.81; 3. Bryant (LA Mercures), 56.19; 4. Jiles (New Orleans Superdames), 56.33; no fifth.

220—1. Nichols (DC Striders), 24.23; 2. Montgomery (Memphis-Shelby TC), 24.73; 3. Brisco (LA Mercures), 25.06; 4. Gutowski (West Suburban TC), 25.16.

880—1. D. Vetter (Iowa St.), 2:08.8; 2. Weston (LA Mercures), 2:09.8; 3. Beckford (Liberty AC), 2:10.5; 4. Clark (Klub Keyston), 2:14.4; 5. Giampalmo (Florida St.), 2:15.1.

MILE—1. Larrivue (unat), 4:37.0; 2. Merrill (Age Group AA), 4:37.6; 3. Jennings (Liberty AC), 4:39.0; 4. Bremser (Wisconsin TC), 4:40.0; 5. Heald (San Fernando TC), 4:44.6.

TWO MILE—1. Webb (Knoxville TC), 9:55.8; 2. Mills (Penn St.), 10:01.9; 3. Kinsey (Los Angeles TC), 10:03.5; 4. Benoit (North Carolina TC), 10:04.3; 5. Brown (Los Angeles TC), 10:17.4.

640 RELAY—1. Tennessee St. (Morehead, Davis, Cheeseborough, Jones), 1:09.4 (American record, old mark 1:10.8, Tennessee St., 1968); 2. LA Mercures, 1:10.4; 3. DC Striders, 1:12.6; 4. Delaware St., 1:13.4.

880 MEDLEY RELAY—1. Atoms TC (Forde, Brown, Cummings, James), 1:44.3; 2. Klub Keyston, 1:47.8; Tennessee St. finished first but was disqualified for passing out of lane.

MILE RELAY—1. LA Mercures (Winlock, Wallin, Gardner, Robertson), 3:51.7; 2. Atoms TC, 3:54.1; Morgan St. and DC Striders disqualified for unsportsmanlike conduct.

HIGH JUMP—1. Brill (Canada), 6-2; 2. Huntley (unat, Long Beach), 6-1; 3. Girven (Maryland), 5-10; 4. Spencer (Falcon TC), 5-10; 5. tie among Bitner (Canada), Rifter (Texas Womens' U.) and Gilliland (Albuquerque Olympics), 5-8.

SHOTPUT—1. Seidler (San Jose Stars), 61-0 (American record, old mark 56-11, Seidler, Mayor Dailey YF, 1974); 2. Van Pelt (Washington), 49-6 1/4; 3. Patrick (Kentucky Blue Diamond TC), 48-8 1/4; 4. Mecklenberg (Falcon TC), 47-5 1/2; 5. Smith (Springfield College), 46-6 3/4.

TEAM SCORES—Tennessee St., 20; 2. Los Angeles TC, 12; 3. tie between LA Mercures and Maccabi TC, 10.

JONI HUNTLEY — American Record

EVELYN ASHFORD — American Record

DEBBIE BRILL — Canadian Record

DEANDRA CARNEY — World Record

PATTY VAN WOLVELAERE — World Record

HOUSTON McTEAR — World Records

JACK-IN-THE-BOX



photo by Diane Johnson

MAREN SEIDLER — American Record

SUNKIST

MEN

60—1. Edwards (USC), 6.17; 2. S. Williams (Florida AA), 6.20; 3. K. Williams (USC), 6.20; 4. Marshall (Washington High, Phoenix), 6.35; 5. Gilkes (Athletes in Action), no time.
 500 (Race 1)—1. Sanford (USC), 57.6; 2. Turner (CS Los Angeles), 58.0; 3. Beasley (Long Beach St.), 58.2 (Race 2)—1. Brown (unat), 57.4; 2. Webster (Pacific Coast Club), 57.5; 3. Gilbreath (unat), 1:01.1. 600—1. Robinson (Inner City AC), 1:09.9; 2. Johnson (USC), 1:10.9; 3. Beaton (USC), 1:11.4; 4. Theriot (UCLA), 1:13.1; no fifth.
 800—1. Bolt (Kenya), 1:50.3; 2. Omwanza (USC), 1:50.6; 3. Lemashon (Texas El Paso), 1:51.7; 4. Enyeart (PCC), 1:52.5; 5. Nichols (West Valley TC), 1:52.5.
 MILE—1. Wessinghage (West Germany), 3:59.2; 2. Bayi (Tanzania), 4:00.4; 3. Scott (UC Irvine), 4:00.9; 4. Cummings (PCC), 4:02.9; 5. Schilling (unat, San Jose), 4:03.2.
 TWO MILE—1. Nyambul (Tanzania), 8:18.0 (meet record, old mark, 8:24.4, Prefontaine, Oregon TC, 1975); 2. Rono (Washington St.), 8:18.3; 3. Rose (Britain), 8:20.3; 4. Macdonald (West Valley TC), 8:27.4; 5. Muniya (Texas El Paso), 8:28.4.

JUNIOR COLLEGE MILE RELAY
 —1. Fullerton (Nash, Callender, Hunt, Houghton), 3:26.3; 2. Compton, 3:27.7; 4. Pierce, 3:28.0; 4. Golden West, 3:30.8.
 60 HURDLES—1. Cooper (San Jose St.), 7.21; 2. Johnson (Tobias Striders), 7.24; 3. Florant (California), 7.32; 4. Walker (Striders), 7.70; 5. Peterson (Long Beach St.), 8.41.
 LONG JUMP—1. Robinson (San Diego Southeast Ghetto TC), 26-3/4; 2. Williams (Striders), 25-11; 3. Doubly (USC), 25-9/4; 4. Jackson (Arizona St.), 25-5; 5. Whitley (Calif. International), 25-2.
 POLE VAULT—1. Lohre (West Germany), 17-8/2; 2. Tully (UCLA), 17-7/2; 3. tie between Haynie (unat) and Bell (PCC), 17-0; 5. Simpson (Canada), 17-0.
 TRIPLE JUMP—1. Tiff (Striders), 54-9/4 (meet record, old mark, 54-6/4; Butts, Striders, 1977); 2. Campbell (Washington St.), 54-6/4; 3. Banks (UCLA), 53-9/2; 4. Butts (Striders), 53-7/4; 5. Dupree (Maccabi TC), 52-9.
 HIGH JUMP—1. Stones (Desert Oasis TC), 7-5; 2. Joy (Canada), 7-3; 3. Jankunis (NYAC), 6-10; 4. Kotinek (PCC), 6-8; no fifth.

WOMEN

60—1. Ashford (UCLA), 6.80 (American record, old mark, 6.83, Deandra Carney, LA Mercurettes, 1978); 2. Robinson (LA Mercurettes), 6.83; 3. Carney (LA Mercurettes), 6.89; 4. Fleetwood (Cheetahs), 7.01.

MEN

60—1. Marshall (Washington High, Phoenix), 6.26; 2. Williams (Athletic Affic), 6.27; 3. Quarrie (Tobias Striders), 6.29; 4. Russell (San Diego St.), 6.33; 5. Edwards (USC), 6.35.
 60 HURDLES—1. Cooper (San Jose St.), 7.18; 2. Johnson (Striders), 7.38; 3. Hicks (San Diego St.), 7.45; 4. Grégory (UC Irvine), 7.47.
 500—1. Frazier (Phil. Pioneers), 55.9; 2. Brown (unat), 56.7; 3. Sanford (USC), 57.8; 4. Tyler (SD Ghetto Striders), 60.7.
 600—1. Robinson (Inner-City TC), 1:10.0; 2. Beaton (USC), 1:10.0; 3. Turner (CS Los Angeles), 1:11.6; 4. Huffman (Long Beach St.), 1:15.1.
 1,000—1. Bolt (Kenya), 2:05.6; 2. Omwanza (USC), 2:07.5; 3. Musgrove (Colorado TC), 2:09.1; 4. Theriot (UCLA), 2:12.3.

NIGHT SCHOOL

Boys

60—1. Pitts (Santa Ana Valley), 6.34; 2. Cole (Garey), 6.42; 3. Cleveland (Pasadena), 6.48; 4. Torrance (Gardena), 6.49; 5. Sanford (Pasadena), 6.50.
 500 (Race 1)—Bethany (Fontana), 58.5; 2. Stewart (Kennedy, Richmond), 1:00.4; 3. Corum (Newport Harbor), 1:00.8. (Race 2)—1. Johnson (Santa Ana Valley), 59.5; 2. Banks (Morse, SD), 59.9; 3. Adkins (Bonita Vista, Chula Vista), 1:01.0.
 1,000 (Race 1)—White (Richmond), 2:18.3; 2. Hislop (West, Bakersfield), 2:19.8; 3. Dove (Del Mar, San Jose), 2:20.0. (Race 2)—Brown (Poway), 2:20.4; 2. Appell (Fountain Valley), 2:20.5.

JONI HUNT — American Record
 DEBBIE BRILL — Canadian Record
 PATTY VAN WOLVELAERE — World Record
 HOUSTON McTEAR — World Records

JACK-IN-THE-BOX

MILE—1. Coghlan (Ireland), 3:56.0; 2. Scott (UC Irvine), 3:57.1; 3. Bayi (Tanzania), 3:59.7; 4. Muniya (Texas El Paso), 4:01.5.
 TWO MILE—1. Nyambul (Tanzania), 8:17.9 (meet record, old mark, 8:19.2, Kerry O'Brien, Australia, 1971); 2. Rose (Britain), 8:18.4; 3. Rono (Kenya/Washington St.), 8:20.0; 4. Hunt (Arizona), 8:27.5.
 LONG JUMP—1. Robinson (SD Ghetto Striders), 26-9/4; 2. Williams (Striders), 25-4/4; 3. Lofton (Sanford), 25-3/4; 4. King (UC Irvine), 24-6/4.
 TRIPLE JUMP—1. Butts (Striders), 54-9 (meet record, old mark, 54-2/2; Tom Cochee, Striders, 1977); 2. Campbell (Washington St./Australia), 53-11/2; 3. Ikegami (Japan), 49-0.

HIGH JUMP—1. Stones (Desert Oasis TC), 7-4/4; 2. Wszola (Poland), 7-3; 3. Kotinek (Pacific Coast Club), 7-0; 4. Underwood (Striders), 7-0.
 POLE VAULT—1. Kozakiewicz (Poland), 17-7; 2. Ripley (PCC), 17-7; 3. Lohre (West Germany), 17-7; 4. Tully (UCLA), 17-0.

WOMEN

500—1. Emerson (Patriots USA), 1:05.5; 2. Weston (LA Naturite), 1:05.8; 3. Gardner (LA Mercurettes), 1:10.2; 4. Rich (Premier TC), 1:10.6.
 800—1. Decker (Colorado), 2:03.5; 2. Jacobs (LA Naturite), 2:13.6; 3. Romesser (LA Mercurettes), 2:17.8; 4. Antoniewicz (LA Naturite), 2:17.8.
 MILE—1. Larrieu (PCC), 4:35.4; 2. Heald (San Fernando Valley TC), 4:39.6; 3. Brown (LA Naturite), 4:44.1; 4. Denz (Patriots USA), 4:58.4.

MILE (Seeded)—1. McAllister (Deerfield, Ill.), 4:15.2; 2. Medvin (University, LA), 4:17.6; 3. O'Reilly (San Rafael), 4:18.3; 4. Fricker (Hemet), 4:20.9.
 MILE (Rated)—1. Bahara (Hart), 4:17.3; 2. Roberts (Morse, SD), 4:18.1; 3. Shirley (Notre Dame, SO), 4:18.7; 4. Woodland (La Jolla), 4:20.9.
 TWO MILE (Rated)—1. Spilman (Simi Valley, soph), 9:17.2; 2. Morales (Camarillo), 9:17.3; 3. Rios (Lennox), 9:17.4; 4. Caprioglio (Chatsworth), 9:17.5. (Race 2)—1. Cangelosi (Villa Park), 9:26.2; 2. Nelson (Burbank), 9:26.9; 3. Borbon (Upland), 9:28.0.
 TWO MILE (Seeded)—1. C. Assumma (Eisenhower), 9:01.3; 2. Berry (Redwood, Larkspur), 9:03.3; 3. Love (Carlmont), 9:10.3; 4. F. Assumma (Eisenhower), 9:12.4.

60 HURDLES—1. Redd (Crenshaw), 7.56; 2. Stewart (West Covina), 7.58; 3. Mark White (Richmond), 7.90; no fourth. Note: Johnson (Gardena) injured in 60 relay.
 60 RELAY—1. Santa Ana Valley (Steen, Paige, Powell, Pitts), 1:06.1; 2. Muir, 1:06.8; 3. Compton, 1:07.0; 4. Fremont, LA, 1:07.4.
 MILE RELAY—1. Muir (D. Wells, Davis, Moore, Easley), 3:25.5; 2. Locke, 3:26.4; 3. Newport Harbor, 3:27.0; 4. Richmond, 3:30.7.

TWO MILE RELAY—1. La Canada (Reed, Montgomery, Robb, Reigleman), no time (race one lap short); 2. Dos Pueblos, 3. Loara.
 HIGH JUMP—1. Baikin (Glendale), 6-8; 2. Edwards (San Rafael), 6-8; 3. tie between Harris (Los Alamitos) and Dryden (San Geronimo), 6-6.

POLE VAULT—1. G. Ernst (El Dorado), 15-6 (equals meet record, Crook, Wooster, Reno, 1977); 2. Foss (Santa Ynez), 15-0; 3. Tully (Millikan), 14-6; 4. tie between McAlexander (Monte Vista, Cupertino) and Tardieu (Del Mar, San Jose), 14-6.
 LONG JUMP—1. Pitts (Santa Ana Valley), 23-2/2; 2. Butler (Fremont, LA), 22-10/4; 3. Fernandez (Castro Valley), 22-5; 4. Fowler (Fontana), 22-1/2.

Girls

500 (Race 1)—Brisco (Locke), 1:06.4; 2. Patcha (Valencia), 1:08.4. (Race 2)—Emerson (Westminster), 1:05.4 (national high school record, old mark, 1:05.5, Wendy Knudson Boulder, Colo., 1973); 2. Peterson (Santa Cruz), 1:10.4. (Race 3)—Belk (Silver Creek, San Jose), 1:06.2.
 800 (Race 1)—1. Bush (Rolling Hills), 2:18.4; 2. Huyck (Aptos), 2:18.5. (Race 2)—1. Hobbs (Santa Barbara), 2:19.6; 2. Kneeshaw (Foothill), 2:19.8.
 MILE (Seeded)—1. Denz (Pasadena), 4:59.7 (meet record, old mark, 5:00.5, Hulse, Edison, 1977); 2. Meek (Palos Verdes), 4:59.8; 3. Cook (Our Lady of Lourdes), 5:03.2; 4. Hulse (Edison), 5:17.0.
 MILE (Rated)—1. Williams (Livermore), 5:08.5; 2. Wells (Quartz Hill), 5:08.6; 3. Kearns (Yuba City), 5:10.1; 4. Roach (Kennedy, La Palma), 5:10.2.
 640 RELAY—1. Crawford, SD (Young, Reed, Montgomery, Alexander), 1:16.1 (meet record, new event); 2. Fremont, LA, 1:16.7; 3. Locke, 1:16.8; 4. Thousand Oaks, 1:17.0.

California TOP MARKS Indoors 1978

men

60 YARD DASH

6.04	Houston McTear (Cerr JC)
6.17	Clancy Edwards (USC)
6.20	Kevin Williams (USC)
6.29	Don Quarrie (Tobias)
6.33	Russell (SDS)

60 METER DASH

6.54	Houston McTear (Cerr JC)
6.71	Phillip Johnson (GHS)
6.74	Don Quarrie (Tobias)
6.77	Clancy Edwards (USC)
6.87	Lewis (SJCC)
6.87	Tony Pitts (Vall.HS)
6.91	Ivan Cleveland (PasaHS)
6.99	Burnett (SMJC)

440 YARD DASH

47.40c	Derald Harris (LMJC)
48.82c	Brian Saunders (LBS)
49.10	Millard Hampton (Ali)

500 YARD DASH

56.7	Benny Brown (AIA)
57.5	Mark Webseter (PCC)
57.6	San Turner (CSULA)
57.6	Alan Sanford (USC)
58.2	Hubert Beasley (CSULB)
58.3	Derald Harris (LMJC)
58.7	Benny Myles (Macc)
59.0	Brian Saunders (LBS)
60.0	Millard Hampton (Ali)

1000 YARD RUN

2:05.6	Mike Boit (un)
2:07.5	David Omwansa (USC)
2:11.4	James Robinson (ICAC)
2:12.3	Brian Theriot (UCLA)

1500 METER RUN

3:39.4	Paul Cummings (PCC)
3:42.6	Steve Scott (UCI)

ONE MILE RUN

3:57.1	Steve Scott (UCI)
4:00.2	Paul Cummings (PCC)
4:03.0	Joe Jones (SMTC)
4:03.2	Mark Schilling (SanJose)

3000 METER RUN

7:58.7	Duncan MacDonald (WVTC)
8:09.0	Stan Vernon (SMTC)
8:15.0	Gary Romesser (FPFC)
8:25.0	Hal Schultz (UCB)

women

50 YARD DASH

5.80	Andrea Lynch (LBS)
5.86	Deandra Carney (SFHS)
5.89	Kim Robinson (LAM)
5.89	Evelyn Ashford (UCLA)

60 YARD DASH

6.72	Deandra Carney (SFHS)
6.76	Andrea Lynch (LBS)
6.80	Evelyn Ashford (UCLA)
6.83	Kim Robinson (LAM)
6.83	Dolly Fleetwood (SCC)

1000 YARD RUN

2:23.8	Mary Decker (Colo)
2:29.4	Francie Larrieu (PCC)
2:30.7	Julie Brown (LATIC)

1500 METER RUN

4:13.4	Mary Decker (Colo)
4:14.0	Francie Larrieu (PCC)
4:24.5	Judy Graham (WVTC)
4:27.3	Debbie Heald (SFVTC)
4:29.8	Kate Keyes (UCLA)



50 YARD DASH

5.80	Andrea Lynch (LBS)
5.86	Deandra Carney (SFHS)
5.89	Kim Robinson (LAM)
5.89	Evelyn Ashford (UCLA)

60 YARD DASH

6.72	Deandra Carney (SFHS)
6.76	Andrea Lynch (LBS)
6.80	Evelyn Ashford (UCLA)
6.83	Kim Robinson (LAM)
6.93	Dolly Fleetwood (SCC)
7.15	Rosalyn Bryant (Ali)
7.15	Jeannette Bolden (CennHS)

60 METER DASH

7.2	Andrea Lynch (LBS)
7.3	Evelyn Ashford (UCLA)
7.3	Deandra Carney (SFHS)
7.4	Kim Robinson (LAM)
7.4	Jeannette Bolden (CennHS)
7.4	Rosalyn Bryant (Ali)

440 YARD DASH

55.1	Rosalyn Bryant (Ali)
57.10	Valeria Brisco (LAM)

500 YARD DASH

1:05.4	Arlise Emerson (WHS)
1:05.8	Kathy Weston (UCLA)
1:06.1	Rosalyn Bryant (Ali)
1:06.2	Marquita Belk (SilverCrkHS)
1:06.4	Valeria Brisco (LAM)
1:10.2	Gardner (LAM)
1:10.6	Yolanda Rich (PUSA)

880 YARD RUN

2:03.5	Mary Decker (Colo)
2:06.2	Francie Larrieu (PCC)
2:09.8	Kathy Weston (LATC)
2:10.9	Marcia Romesser (LAM)
2:13.5	Julie Brown (LATC)
2:13.6	Jacobs (LATC)
2:14.4	Debbie Roberson (UCLA)
2:16.2c	Jenkins (LBC)
2:16.6c	Michelle Hopper (PTC)
2:17.8	Antonowicz (LATC)

1000 YARD RUN

2:23.8	Mary Decker (Colo)
2:29.4	Francie Larrieu (PCC)
2:30.7	Julie Brown (LATC)

1500 METER RUN

4:13.4	Mary Decker (Colo)
4:14.0	Francie Larrieu (PCC)
4:24.5	Judy Graham (WVTC)
4:27.3	Debbie Heald (SFVTC)
4:29.8	Kate Keyes (UCLA)

ONE MILE RUN

4:35.4	Francie Larrieu (PCC)
4:39.6	Debbie Heald (SFVTC)
4:44.1	Julie Brown (CSUN)
4:46.6	Judy Graham (WVTC)
4:58.4	Denz (PUSA)

60 YARD HURDLES

7.54	Patty Van Wolvelaere (USC)
7.83	Jane Frederick (LATC)
8.01	Mitzi McMillan (USC)
8.01	Modupe Oshikoya (UCLA)
8.1	Kris Costello (SJC)
8.2	Tonya Alston (BerkTC)

HIGH JUMP

6-4	Joni Huntley (PCC)
6-3 3/4	Debbie Brill (PCC)
5-8	Tonya Alston (Berk TC)
5-6	Coleen Rienstra (CN)
5-6	Kim Costello (DalyCity)

TWO MILE

10:03.5	Sue Kinsey (CSUN)
10:17.4	Julie Brown (LATC)

LONG JUMP

20-9 1/2	Jodi Anderson (CSUN)
20-6 1/2	Modupe Oshikoya (UCLA)
19-8 3/4	Gwen Loud (LA Luth HS)

SHOT PUT

61-2 1/2	Maren Seidler (Cupertino)
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500 METER DASH

1:02.0	Benny Brown (AIA)
1:04.3	Mark Webster (PCC)
1:04.9	Alan Sanford (USC)

600 METER RUN

1:19.9	Mike Solomon (PCC)
1:20.4	James Robinson (ICAC)
1:20.6	Cliff West (BAS)
1:20.8	Mark Webster (PCC)

880 YARD RUN

1:49.4	David Omwansa (USC)
1:49.6	Mike Boit (un)
1:52.5	Rich Nichols (WVTC)



photo by Diane Johnson

left to right: ASHFORD, CHEESEBOROUGH, LYNCH, CARNEY

TWO MILE RUN

8:27.5	Thom Hunt (Arizona)
8:37.4	Duncan MacDonald (WVTC)
8:39.1	Dave Babiracki (SFVTC)
8:39.4	Paul Cummings (PCC)
8:39.9	Brian Hunsaker (SDS)
8:45.6	Gary Tuttle (Tobias)

3 MILE RUN

13:28.8	Dave Babiracki (SFVTC)
13:34.4	Guy Arbogast (Colo TC)
13:34.8	Duncan MacDonald (WVTC)

60 YARD HURDLES

7.0	Dedy Cooper (SJS)
7.24	Johnson (Tobias)
7.27	Jim Owens (UCLA)
7.28	Greg Foster (UCLA)
7.32	Carl Florant (UCB)
7.41	Roland Sai Sai (CPSLO)
7.45	Tony Hicks (SDS)
7.47	Wilbur Gregory (UCI)
7.70	Walker (Tobias)

60 METER HURDLES

7.74	Dedy Cooper (SJS)
7.78	Greg Foster (UCLA)

HIGH JUMP

7-5	Dwight Stones (DO)
7-3	Fields (Ali)
7-2 $\frac{1}{2}$	Rory Kotinek (PCC)
7-2 $\frac{1}{2}$	Tom Woods (PCC)
7-2	Dave Haber (Macc)
7-2	Jan Underwood (Tobias)
7-0	Walker (USC)
7-0	Ron Livers (SJS)

POLE VAULT

18-4	Mike Tully (UCLA)
18-0	Dan Ripley (PCC)
17-8 $\frac{1}{2}$	Earl Bell (PCC)
17-4 $\frac{3}{4}$	Don Baird (LBS)
17-0 $\frac{3}{4}$	Taylor (Macc)
17-0 $\frac{3}{4}$	Bob Pullard (All Am)
16-6	Charles Brown (UCLA)
16-6	Rus Rogers (USC)

LONG JUMP

26-9 $\frac{1}{2}$	Arnie Robinson (SDSGS)
26-9	Tommy Haynes (Army)
25-11	Randy Williams (Tobias)
25-9 $\frac{3}{4}$	Larry Doubly (USC)
25-4 $\frac{1}{2}$	Charles Ehizvelen (Macc)
25-3 $\frac{1}{2}$	James Lofton (Stanford)
25-2	Stan Whitley (CalInt)
24-11 $\frac{3}{4}$	LaMonte King (UCI)
24-4 $\frac{1}{2}$	Al Lanier (Ali)
23-10	Ken Duncan (Sac St)

photo by Bill Leung, Jr.

photo by Bill Leung, Jr.



JODI ANDERSON

photo by Diane Johnson



STEVE SCOTT

TRIPLE JUMP

55-3 $\frac{1}{2}$	Ron Livers (SJS)
54-9 $\frac{1}{2}$	Milan Tiff (Tobias)
54-9	James Butts (Tobias)
53-11	Willie Banks (UCLA)
52-9	Rayfield Dupree (Macc)
52-6 $\frac{1}{2}$	Arnold Grimes (Macc)
52-2 $\frac{1}{4}$	Charles Ehizvelen (Macc)
52-0 $\frac{3}{4}$	Tommy Haynes (Army)

SHOT PUT

68-8 $\frac{1}{2}$	Al Feuerbach (AW)
67-1	Mac Wilkins (AW)
64-4 $\frac{3}{4}$	Mike Weeks (Macc)
63-4 $\frac{1}{2}$	Terry Albritton (Stan)
62-0	Jim Neidhart (Macc)

4x400 RELAY

3:12.4	Long Beach State
3:15.2	Univ. of So. Calif.

Prep Report

compiled by KEITH CONNING

Prep indoor action started with a bang, when LaNoris Marshall (Washington, Phoenix) edged hurdler Phillip Johnson (Gardena) to set a new national record of 6.69 at 60 meters. Johnson was only two one-hundredths behind. Muhammad Ali must have been pleased by the fine performances in his track meet. In the 1500 meter Jon Stormo (Agoura) outkicked junior Paul Medvin (University, Los Angeles) in the quick time of 3:53.6.

boys

60 YARD DASH

NR=5.9	
6.34	Tony Pitts (Valley, Santa Ana)

In the girls competition at the Sunkist Meet, Arlise Emerson, who attends Westminster High School, won the 500 in a national high school record time of 1:05.4. She broke the mark of 1:05.5 set by Wendy Knudson of Boulder, Colorado, in 1973. Crawford of San Diego girls took up right where they left off last spring. Winners of the state 440 relay in national record time, the Colt quartet captured the 640 relay in meet record time. The team of Danita Young, Judy Reed, Roxanne Montgomery and Kari Alexander ran 1:16.1, eclipsing Los Angeles Locke's best of 1:16.9 run just a few minutes earlier. Poway's Dave Brown, who made his mark on the

football field this fall, used his strength and 330 low hurdle speed to win his 1,000 yard run race in 2:20.4. Morse High's Ron Roberts, who finished high in the CIF large school cross country championships, found the mile run to his liking. Roberts led for much of the race, eventually finishing second in a lifetime best of 4:18.1. It was 6 seconds faster than he ran a year ago. Evelyn Ashford of UCLA set a women's American record of 6.80 in the 60 yard dash. Her automatic clocking broke the old mark of 6.83 by Deandra Carney of the L.A. Mercuresses and San Fernando High School. The hand-timed mark is 6.5 set by Wyomia Tyus in 1966.

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LONG JUMP

26-9 $\frac{1}{4}$	Arnie Robinson (SDSGS)
26-9	Tommy Haynes (Army)
25-11	Randy Williams (Tobias)
25-9 $\frac{3}{4}$	Larry Doubly (USC)
25-4 $\frac{1}{2}$	Charles Ehizvelen (Macc)
25-3 $\frac{1}{2}$	James Lofton (Stanford)
25-2	Stan Whitley (CalInt)
24-11 $\frac{3}{4}$	LaMonte King (UCI)
24-4 $\frac{1}{2}$	Al Lanier (Ali)
23-10	Ken Duncan (Sac St)

photo by Bill Leung, Jr.



FRANCIE LARRIEU

ammad Ali must have been pleased by the fine performances in his track meet. In the 1500 meter Jon Stormo (Agoura) outkicked junior Paul Medvin (University, Los Angeles) in the quick time of 3:53.6.

boys

60 YARD DASH

NR=5.9

6.34	Tony Pitts (Valley, Santa Ana)
6.42	*Morris Cole (Garey, Pomona)
6.48	Ivan Cleveland (Pasadena)
6.49	Virgil Torrance (Gardena)
6.50	*Mike Sanford (Pasadena)
6.52	Kipper Bell (Henry, SD)
6.59	Vernon Smith (San Diego)
6.60	Carl Pope (El Camino, Ocean.)
6.66	Jeff Mays (Hoover, San Diego)

60 METER DASH

6.71	Phillip Johnson (Gardena)
6.87	Tony Pitts (Valley, Santa Ana)
6.91	Ivan Cleveland (Pasadena)

500 YARD DASH

NR=57.3; SR=57.4 (Milton Mitchell, Lincoln, San Diego-1970)

58.4	Rodney Bethany (Fontana)
58.5	Bethany
59.5	Marshall Johnson (Vly, S. Ana)
59.9	*Tony Banks (Morse, San Diego)
60.2	Banks
60.4	Paul Stewart (Kennedy, Richm)
60.8	Chris Corum (Newport Harbor)
61.0	*Mike Adkins (Bonita Vista)
61.0	Richard Hodges (Carlsbad)

1000 YARD RUN

NR=2:10.1

2:18.3	Mike White (Richmond)
2:19.6	Dave Brown (Poway)
2:19.8	Scott Hislop (West, Bkfld)
2:20.0	Jeff Dove (Del Mar, San Jose)
2:20.0	Mike Pope (Henry, San Diego)
2:20.4	Dave Brown (Poway)
2:20.4	Appell (Fountain Valley)
2:21.0	Wes Ashford (Colorado)
2:21.7	Tim Nash (Santana, Santee)

Judy Reed, Roxanne Montgomery and Kari Alexander ran 1:16.1, eclipsing Los Angeles Locke's best of 1:16.9 run just a few minutes earlier. Poway's Dave Brown, who made his mark on the

matic clocking broke the old mark of 6.83 by Deandra Carney of the L.A. Mercurettes and San Fernando High School. The hand-timed mark is 6.5 set by Wyomia Tyus in 1966.

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1500 METER RUN

NR=3:46.6
 3:53.6 Jon Stormo (Agoura)
 3:55.1 *Paul Medvin(Univ.,L.A.)

ONE MILE RUN

NR & SR=4:02.7 (Thom Hunt, Henry, San Diego)
 4:17.3 Ron Bahara(Hart, Newhall)
 4:17.6 *Paul Medvin(Univ.,L.A.)
 4:18.1 Ron Roberts(Morse, SD)
 4:18.3 Mike O'Reilly(SanRafael)
 4:18.7 Shirley(NotreDame, ShermOaks)
 4:20.9 Mark Fricker (Hemet)
 4:20.9 *Jeff Woodland (LaJolla)

TWO MILE RUN

NR=8:40.0
 9:01.3 *Chuck Assumma(Eisen, Rialto)
 9:03.3 Rod Berry(Redwood, Larkspur)
 9:10.3 Bob Love (Carlmont, Belmont)
 9:11.6 Berry
 9:12.4 *Frank Assumma(Eisen, Rialto)
 9:14.6 C. Assumma
 9:16.4 Love
 9:17.2 John Spilman (SimiValley)
 9:17.3 Ramon Morales (Camarillo)
 9:17.4 Rios (Lennox)
 9:17.5 Caprioglio (Chatsworth)
 9:17.9 C. Assumma
 9:18.0 Rick Rose (Helix)
 9:18.8 F. Assumma
 9:20.0 *Carlos Carrasco(Mt. Pleas)

60 YARD HURDLES

NR=6.9; SR=7.1 (Al Hall, Morningside, Inglewood, 1971)
 7.56 Redd (Crenshaw, L.A.)
 7.58 Milan Stewart(W. Covina)
 7.4 Mark White (Richmond)
 7.5 Malcolm Dixon(Sequoia)
 7.5 Tony Ransom(Logan, UnionCity)
 7.89 Wade Stone (Helix)
 7.90 White
 7.7 Mark Adams (Berkeley)
 7.98 Todd Smith (LaJolla)
 8.16 Albert Boner (El Cajon)
 8.31 Roger Ramos(St. Aug, SD)

HIGH JUMP

NR=7-2; SR=7-0 (Dennis Smith, Santa Monica & Bill Hice, Oakland - 1977)
 6-8 *Lee Balkin (Glendale)
 6-8 Reuben Edwards(TerraLinda)
 6-6 Brad Harris (LosAlamitos)
 6-6 Robert Dryden(SanGorgonio)
 6-4 Alex Williams(ElCamino)
 6-4 Frank Schaeffer(Madison, SD)
 6-0 Butch Schrrall(GraniteHills)
 6-0 Mark Schuppert(MonteVista)

POLE VAULT

LONG JUMP

NR & SR=26-2 (Jerry Proctor, Muir, Pasadena, 1967)
 23-2½ Tony Pitts(Valley, SantaAna)
 22-10¼ Donnie Butler(Fremont, LA)
 22-5 Dave Fernandez(Castro Vly)
 22-1½ *Ken Fowler (Fontana)

TRIPLE JUMP

NR=51-9 3/4; SR=50-0¼ (Randy Williams, Edison, Fresno, 1971)
 48-11½ Dokie Williams(ElCam, Ocean)
 48-3¼ Craig Montgomery(ElCamino)
 47-6½ Marvin Colter(Piner, S.Rosa)
 46-7 Allen Kuhn (Cloverdale)
 46-4 3/4 Freddie Cunningham(Balboa)
 46-4½ Keven Dye(Highlands, N.High)
 44-0 3/4 Todd Smith (La Jolla)
 43-1½ Tony Hamilton(Castle Park)

SHOT PUT

NR=71-11; SR=64-11 3/4 (Dave Kurrasch, Newport Harbor, Newport Beach)
 58-2½ Matt Gauthier(Valhalla)
 55-10½ Ken Pole (ElCapitan, Lakeside)
 52-7 Ron Goldy(Henry, San Diego)
 47-2 Tui Toia(Sweetwater, NatlCity)

640 YARD RELAY

1:06.1 Valley, Santa Ana
 1:06.8 Muir, Pasadena
 1:07.0 Compton
 1:07.4 Fremont, Los Angeles
 1:08.6 Morse, San Diego
 1:08.7 Hoover, San Diego
 1:09.1 Castle Park, Chula Vista
 1:09.1 Mt. Carmel, San Diego
 1:09.3 Kearny, San Diego
 1:09.7 Hilltop, Chula Vista

1280 YARD RELAY

2:20.2 Pasadena
 2:23.2 Carson
 2:29.2 Chatsworth

MILE RELAY

NR=3:19.5
 3:25.5 Muir, Pasadena
 3:26.4 Locke, Los Angeles
 3:27.0 Newport Harbor, Newport Beach
 3:30.7 Richmond
 3:35.5 Richmond
 3:35.9 Liberty Union, Brentwood
 3:36.8 Pittsburg
 3:37.8 Castro Valley

TWO MILE RELAY

girls

50 METER DASH

6.5 **Kim Webster(DeAnza, Rich.)
 6.6 Freida Cobbs (Berkeley)
 6.9 **Judy Young (El Cerrito)
 7.0 ***Sharon Ware (Berkeley)

60 YARD DASH

World Record = 6.72 (Deandra Carney, San Fernando)
 6.75 Carney
 6.85 Craig Montgomery(ElCamino)
 6.89 Carney
 6.90 Carney
 7.07 Jeanette Bolden(Centennial)

500 YARD DASH

1:05.4 *Arlise Emerson(Westminster)
 1:05.5 Emerson
 1:06.2 *Marquita Belk(SilverCrk, SJ)
 1:06.4 Valerie Brisco(Locke, LA)
 1:07.3 Emerson
 1:08.4 *Rhonda Patcha(Valencia)
 1:08.6 Brisco
 1:10.2 Gwen Gardner(Crenshaw, LA)
 1:10.4 Lezli Peterson(Harbor, SCruz)
 1:14.2 Helen Fulton(BonitaVista)
 1:14.3 Sheri Gibbs(BonitaVista, CV)
 1:16.1 Judy Reed (Crawford, SanDiego)
 1:16.7 Lavern Perkins (Helix)

800 METER RUN

2:18.9 *Ann Regan(Camden, SanJose)

880 YARD RUN

2:18.4 *Michelle Bush(RollingHills)
 2:18.5 **Nancy Huyck (Aptos)
 2:19.6 Tara Hobbs (Santa Barbara)
 2:19.8 **Stacey Kneeshaw(Foothill)

1000 YARD RUN

2:46.6 Jane Spencer(BonitaVsta, SD)
 2:47.0 *Lita Whiteman (Mira Mesa)
 2:51.3 Laurie Proulx (El Cajon)
 2:57.2 Tara Slatton(Valhalla, ElCaj)

1000 METER RUN

2:52.7 Cheri Williams (Livermore).

ONE MILE RUN

4:59.7 Denz (Pasadena)
 4:59.8 Suzie Meek(PalosVerdes)
 5:03.1 *Cheryl Flowers(Valhalla)
 5:03.2 Cheryl Flowers(Valhalla)

5:10.2 Roach (Kennedy, La Palma)
 5:17.0 **Sharon Hulse(Edison, HB)
 5:23.2 Carol Cremly (Hilltop, CV)

60 YARD HURDLES

8.1 Kris Costello(Lynbrook, SJ)
 8.2 *Tonya Alston (Chico)
 8.3 Kim Costello(ElCamino, SSF)

HIGH JUMP

5-8 *Tonya Alston (Chico)
 5-6 Kim Costello(ElCamino, SSF)

LONG JUMP

19-8 3/4 *Gwen Loud (Lutheran, LA)
 19-5½ Loud
 19-2 Loud
 18-0½ *Veronica Bell(Garey, Pomona)

640 YARD RELAY

1:15.7 Crawford, San Diego
 1:16.1 Crawford
 1:16.7 Fremont, Los Angeles
 1:16.7 Westchester, Los Angeles
 1:16.9 Locke, Los Angeles
 1:17.0 Thousand Oaks
 1:17.6 Thousand Oaks
 1:19.4 Mt. Carmel, San Diego
 1:21.3 Valley, Santa Ana
 1:22.7 Serra, San Diego
 1:23.5 Southwest, San Diego
 1:23.6 Palisades, Pacific Palisades

1600 YARD RELAY

3:34.1 Henry, San Diego
 3:34.1 Morse, San Diego
 3:35.3 San Diego
 3:35.5 Valhalla, El Cajon
 3:38.2 Granite Hills, El Cajon
 3:39.5 Lincoln, San Diego
 3:42.7 Mira Mesa
 3:43.0 Chula Vista
 3:44.0 Vista

MILE RELAY

4:03.4 Crawford, San Diego
 4:12.3 Bonita Vista, San Diego
 4:18.1 Chula Vista
 4:20.5 Southwest, San Diego
 4:21.5 Henry, San Diego
 4:21.6 Mt. Miguel, Spring Valley
 4:24.1 Marian, San Diego
 4:24.5 Valhalla, El Cajon

TWO MILE RELAY

10:09.3 Carlmont
 10:10.3 Piedmont
 10:16.8 Sequoia, Redwood City

7.90 White
 7.7 Mark Adams (Berkeley)
 7.98 Todd Smith (LaJolla)
 8.16 Albert Boner (El Cajon)
 8.31 Roger Ramos (St. Aug, SD)

HIGH JUMP

NR=7-2; SR=7-0 (Dennis Smith, Santa Monica & Bill Hice, Oakland - 1977)

6-8 *Lee Balkin (Glendale)
 6-8 Reuben Edwards (Terra Linda)
 6-6 Brad Harris (Los Alamitos)
 6-6 Robert Dryden (San Geronio)
 6-4 Alex Williams (El Camino)
 6-4 Frank Schaeffer (Madison, SD)
 6-0 Butch Schrrall (Granite Hills)
 6-0 Mark Schuppert (Monte Vista)

POLE VAULT

NR=16-7; SR=16-0 3/4 (Paul Wilson, Warren, Downey, 1965)

15-6 Greg Ernst (El Dorado, Plac.)
 15-0 Scot Foss (Santa Ynez)
 14-6 Steve Tully (Millikan, LB)
 14-6 Ross McAlexander (Monte Vista)
 14-6 Bert Tardieu (Del Mar, SJ)
 14-6 Bob White (La Canada)

2:20.2 Pasadena
 2:23.2 Carson
 2:29.2 Chatsworth

MILE RELAY

NR=3:19.5

3:25.5 Muir, Pasadena
 3:26.4 Locke, Los Angeles
 3:27.0 Newport Harbor, Newport Beach
 3:30.7 Richmond
 3:35.5 Richmond
 3:35.9 Liberty Union, Brentwood
 3:36.8 Pittsburg
 3:37.8 Castro Valley

TWO MILE RELAY

NR=7:47.3

8:13.4 Pinole Valley, Pinole
 8:21.6 Stagg, Stockton
 8:22.7 Skyline, Oakland
 8:44.3 Homestead, Sunnyvale

1000 YARD RUN

2:46.6 Jane Spencer (Bonita Vista, SD)
 2:47.0 *Lita Whiteman (Mira Mesa)
 2:51.3 Laurie Proulx (El Cajon)
 2:57.2 Tara Slatton (Valhalla, El Caj)

1000 METER RUN

2:52.7 Cheri Williams (Livermore)

ONE MILE RUN

4:59.7 Denz (Pasadena)
 4:59.8 Suzie Meek (Palos Verdes)
 5:03.1 *Cheryl Flowers (Valhalla)
 5:03.2 Cook (Our Lady of Lourdes)
 5:08.5 Cheri Williams (Livermore)
 5:08.6 *Kelly Wells (Quartz Hill)
 5:10.1 Stacey Kearns (Yuba City)

MILE RELAY

4:03.4 Crawford, San Diego
 4:12.3 Bonita Vista, San Diego
 4:18.1 Chula Vista
 4:20.5 Southwest, San Diego
 4:21.5 Henry, San Diego
 4:21.6 Mt. Miguel, Spring Valley
 4:24.1 Marian, San Diego
 4:24.5 Valhalla, El Cajon

TWO MILE RELAY

10:09.3 Carlmont
 10:10.3 Piedmont
 10:16.8 Sequoia, Redwood City
 10:23.4 Marin Catholic, Kentfield

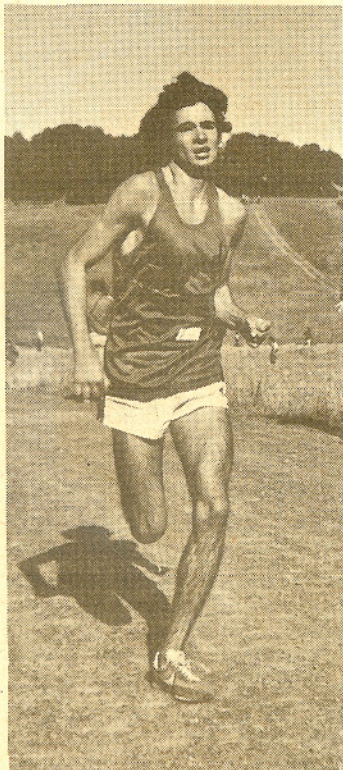


photo by Keith Conning

ROD BERRY

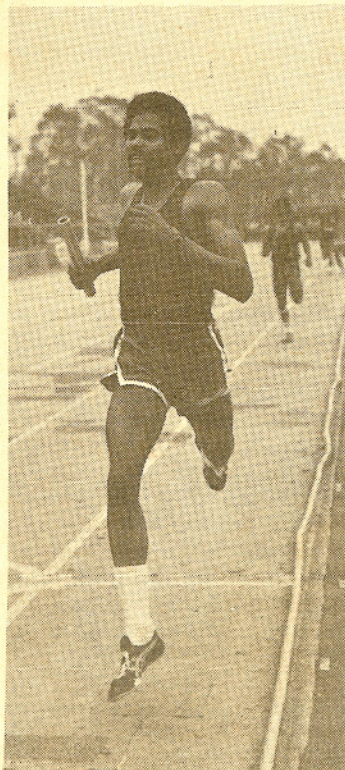


photo by Keith Conning

MARK WHITE anchors Richmond's mile relay.

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NAME _____

ADDR _____

CITY _____ STATE _____ ZIP _____

Box 1551 - San Mateo, CA 94401

November 15. 1st LAAC Mercury 10km Run

1	DAVID BAHIPACKI	SFVT	30:14
2	TOM LEE	CCAC	30:56
3	MIKE WAGENBACH	LAAC	31:15
4	MIKE CHAMBLISS	28 B B	31:38
5	VINCENT ENGEL	31 B H	31:40
6	KEN SWENSON		32:25
7	RUHIN RUIZ		32:25
8	RYNNE ELLIOTT		32:40
9	AL SIDDOONS	MCHI	32:46
10	DAVE WHITE	OF	32:49
11	GORDON GARDNER		33:02
12	JOHN FIANOTTI	CSLA	33:08
13	ROBERT MACIAS		33:11
14	VINCE O'HOYLE		33:13
15	BRIAN THOMPSON		33:22
16	BILL KNAUFT		33:26
17	TOM COFFER		33:35
18	FRANCISCO SAIZ	LT	33:35
19	JOHN FASSIO		33:36
20	TRUMAN CLARK	SCS	33:37
21	BRIAN OLDMAN		33:40
22	MICHAEL CALVANO		33:46
23	JAMES LORDEN		33:58
24	WILLIE PITTENGER		34:00
25	MOHAMMED MUSVEE		34:05
26	JAMES MURPHY		34:07
27	TONY MERINO		34:10
28	JEFF GARRISON		34:14
29	JEFF STEINHART		34:20
30	MARK CHARKEY		34:25
31	AUGUST SIMIEN		34:28
32	KEN BLAKELY	B B	34:31
33	JOHN PAGLIANO	38 GWAA	34:39
34	TOM LINTON		34:46
35	JIM MINAMI	ATZL	34:48
36	BRIAN FERNEE		34:48
37	RENE RUIZ	CCAC	34:49
38	HAROLD GREENE		34:49
39	LEN EFFRON	42 CCAC	34:59
40	JIM FLANIGAN	28 CCAC	35:01
41	JEFFREY KERMODE		35:03
42	JOSFPH ORTEGA		35:04
43	ERNIE VELA	OCAC	35:05
44	NICK AGOSTINELLI	37 CCAC	35:05
45	JOHN MERHAUT	LAAC	35:10
46	DAPREL CESSOR		35:12
47	JOE BIRD	STC	35:14
48	TAYLOR ALSTON		35:16
49	GREG MAROUKAS		35:17
50	STEPHEN MALLEY		35:18
51	IRWIN MEREIN	27 CCAC	35:20
52	UNIDENTIFIED		35:23
53	FORREST METCALF		35:25
54	JEFF JONES	OCTC	35:29
55	R KESHISHIAN		35:31
56	RENE DIAZ	SFVT	35:34
57	PETER MUNDLE	SMTC	35:35
58	MARTIN BLEASDALE	SMTC	35:38
59	JOE BURGASSER	39 STC	35:39
60	GILBERT CORTEZ		35:45
61	HILL THONER		35:47
62	WILLIAM LOVELACE	PMKD	35:49
63	ALAN FORBES	AFTC	35:51
64	W FITZPATRICK	TC	35:54
65	HARRY HAWORTH		35:56
66	DAVID FULLER		35:58
67	MIKI GORMAN	LAAC	36:00
68	ED FIELD	SMTC	36:04
69	FRED DOUBELL		36:05
70	JOE DOUGLAS	SMTC	36:06
71	TOM STURAK	46 MSTR	36:10
72	GEORGE DAVIS	LAPD	36:14
73	TED HROCK		36:15
74	BRUCE KOSTIN	STC	36:16
75	FRANK WILLIAMS	SCS	36:19
76	DON NIELSEN		36:19
77	ORVILLE ATKINS	41 STC	36:20
78	BRUCE HILLS	PFB	36:21
79	JOE DONOGHUE		36:23
80	JACK STEWART		36:23

RESULTS

San Diego. December 17. Mission Bay
25 Kilo

1.	Brad Benam	1:23:35
21	Juan Garza	1:23:56
3.	Wally Buckingham	1:24:37
4.	Brad Roy	1:25:10
5.	Brian Parks	1:26:01
6.	Kevin Heaton	1:27:00
7.	Mark Beyster	1:27:04
8.	Pat Newberry	1:28:34
9.	John Rupp	1:28:42
10.	Mike Puolenski	1:29:11
11.	Humberto Luna	1:29:19
12.	Frank Bozanich	1:29:26
13.	Mark Landsman	1:29:32
14.	Robert Burch	1:30:23
15.	Mike Marsh	1:30:27
16.	Tom Bache	1:30:32
17.	Tim Smith	1:30:37
18.	Dan McCaskill	1:30:41
19.	John McCartin	1:31:48
20.	Jim Thompson	1:32:05

/Simeon Baldwin/

December 10. Mt. Tom Hill Climb 5 Mile

DSE GOLDEN GATE PARK RUN
SUNDAY, 11/27/77 4 miles

1	Jim Tracy	23:47
2	Philip Kay	24:28
3	Bob Darling	24:36
4	Harry Cross	24:46
5	Steve O'Brien	25:02
6	T. Guise	25:14
7	Jim Reichle	25:18
8	W. Plymale	25:20
9	Frank Goss	25:51
10	Bob Cushen	25:56
11	Joe Maher	25:59
12	Mike Healy	26:00
13	Ralph Worthington	26:09
14	T. Serahen	26:23
15	Marco Martin	26:26
16	Jim Batz	26:28
18	John Carleton	26:34
19	A. Koslofsky	26:38
20	G. Roach	26:49
22	R. Kennedy	26:54
23	David Black	27:01
24	Tom Masterson	27:09
25	Brad Wilson	27:13
26	D. Thracker	27:15
27	Bill May	27:29
28	Jerry Esses	no time
29	Pete Alexander	27:44
30	Steve Higgins	27:48
31	Mike Deurloo	27:50
32	M. Pettay	27:51
33	R. Navarro	27:52
34	Steve McCain	28:02
35	Jon Coleman	28:04
36	Bob Butchart	28:06
37	Greg Thomas	28:11
38	M. Griffith	28:14
39	Robert Gehl	28:17
40	R. Lyman	28:22
41	G. Bruce	28:23
42	J. Hally	28:25
43	J. Driscoll	28:31
45	Todd Watkins	28:43
46	C. Becker	28:44
47	Tom Huster	28:46
48	F. Smith	28:48
49	T. Jefferson	28:49
50	Ron Yank	28:50

1	KENNETH MOFFITT	25	AZTL	27:18
2	DAVE FRICKEL	23		27:39
3	STEVE CHASE	23	UNAT	27:45
4	JOHN FIANOTTI	21		28:35
5	JAY PUHINO	21	CSLA	28:35
6	JIM ARQUILLA	26	AIA	29:10
7	STEVE DURAND	21	STC	29:12
8	JAY KIDWELL	16		29:20
9	HILL ANDERSON	34	SRAA	29:49
10	GABRIEL GROSZ	36	CCAC	30:26
11	JOHN FREEMUTH	27		30:51
12	LOUIS SANZ	18		30:56
13	E. TORRES	27		31:05
14	HILL CRUM	42	STC	31:15
15	HILL PEWEN			31:31
16	LEN EFFRON	42	CCAC	31:35
17	EDGAR F. HURT JR	36	UNAT	31:51
18	JOHN BERQUIST	16		31:56
19	JIM MINAMI	33	ATZL	32:11
20	HILL THOMPSON	41	STC	32:19
21	TOM GLEASON	35	UNAT	32:44
22	PAYMOND COOK	15	SURR	32:46
23	MOR JOHNSON	28	GPAC	32:52
24	KICK KOLAR		GHRH	32:57
25	SCOTT LACROSSE		GHRH	32:57
26	PETER STONEY	22		33:04
27	J HOLLEMAN	34		33:10
28	PAT LOGAN	41	STRD	33:21
29	JONATHAN CRACKEL		GHRP	33:31
30	RICHARD DURAND	49	STC	33:35
42	TANIA FISCHER	10	RR	34:57

SKUNK HOLLOW INVITATIONAL
RACE NUMBER 881 DATE--122777

1	CHUCK SMEAD	26	AIA	54:14
2	JOHN FAGNANT	18	USAF	57:00
3	RICK TORRES	19	JC	57:54
4	IVAN BRADLEY	15	CAR	58:15
5	JFFF SHAVER	17	VAR	58:16
6	MARTIN NAVARRO	17	VAR	58:29
7	MIKE BACA	16	STB	59:02
8	TOM ROBBINS	17	MHTC	59:33
9	EDDIE FUEL	16	OXHS	59:34
10	PON YSAIS	15	CHS	59:40
11	PAUL SMITH	16	CHS	1:00:00
12	VINCE SANTISTEVAN	18	JC	1:00:15
13	GILBERT TORRES	15	RMCC	1:02:18
14	STEVE CURILLAS	16	MHTC	1:02:19
15	MARK BRADLEY	17	NPHS	1:02:50

COMPTON DISTANCE RUN
RACE NUMBER 879

PLC	NAME	CLUB	DATE--121177	FAST TIME
1	JOE CARLSON			28:55
2	DAVE FRICKEL			28:56
3	DUANE WALTMIRE			29:31
4	DENNIS CALDWELL			29:51
5	PAUL COOK			30:10
6	BOB ALEXANDER			30:24
7	FRANK DUARTE			31:13
8	ALBERT RAMIREZ			31:35
9	RUSS BARKELEW			31:40
10	JOE RAZO			31:47
11	SKIP SHAFFER	39 CCAC		31:55
12	KEN BLAKELY			31:58
13	NORM TOWERS			32:07
14	ANTHONY PORTER			32:27
15	NICK AGOSTINELLI	37 CCAC		32:38
16	MICHAEL O'SHEA			32:46
17	ALAN DIRKIN			33:33
18	BRUCE KOSTIN			33:35
19	UNIDENTIFIED			33:37
20	ROBERT HUTTON			33:48
21	IRWIN MEREIN	27 CCAC		33:53
22	KEN RIDLER			34:02
23	GLENN TURNER	46 STC		34:04
24	ANDRE TOCCO			34:06
25	EDGAR HIRT			34:17
26	LARRY PONCEY			34:23
27	FRED NINO			34:30
28	ALEX REISBORG	39 BHS		34:51
29	MARTIN BLEASDALE			34:56
30	RON JOHNSON			35:00
31	JOE RAMOS			35:14
32	UBALDO PONCE			35:22
33	BOB EMERLING			35:39
34	AVERY BRYANT			35:46
35	ROBERT GOLENER			35:51

January 7. San Jose. All-Comers Meet
at San Jose City College
Women's 880:

LONG BEACH OCEAN RUN(LONG THIS YEAR)
RACE NUMBER 889 DATE--011578
PLC FAST TIME

58	MARTIN BLEASDALE	SMTC	35:38	33	R. Navarro	27:52	1	CHUCK SMEAD	26	AIA	54:14	21	IRWIN MERIN	27	CCAC	33:53	
59	JOE BURGASSER	39	STC	35:39	34	Steve McCain	28:04	2	JOHN FAGNANT	18	USAF	57:00	22	KEN RIOLER			34:02
60	GILBERT CORTEZ			35:45	35	Jon Coleman	28:06	3	RICK TORRES	19	JC	57:54	23	GLENN TURNER	46	STC	34:04
61	BILL THONER			35:47	36	Bob Butchart	28:11	4	IVAN BRADLEY	15	CAR	58:15	24	ANDRE TOCCO			34:06
62	WILLIAM LOVELACE	PMKD		35:49	37	Greg Thomas	28:14	5	JFFF SHAVER	17	VAR	58:16	25	EDGAR HIRT			34:17
63	ALAN FORBES	AFTC		35:51	38	M. Griffith	28:17	6	MARTIN NAVARRO	17	VAR	58:29	26	LARRY POUNCEY			34:23
64	W FITZPATRICK	TC		35:54	39	Robert Gehl	28:22	7	MIKE BACA	16	STB	59:02	27	FRED NINO			34:30
65	HARRY HAWORTH			35:56	40	R. Lyman	28:23	8	TOM ROBBINS	17	HHTC	59:33	28	ALEX REISBORG	39	BHS	34:51
66	DAVID FULLER			35:58	41	G. Bruce	28:25	9	ENDIE FUEL	16	OXHS	59:34	29	MARTIN BLEASDALE			34:56
67	MIKI GORMAN	LAAC		36:00	42	J. Hally	28:31	10	RON YSAIS	15	CMS	59:40	30	RON JOHNSON			35:00
68	ED FIELD	SMTC		36:04	43	J. Driscoll	28:43	11	PAUL SMITH	16	CHS	1:00:00	31	JOE RAMOS			35:14
69	FRED DOUBELL			36:05	44	Todd Watkins	28:44	12	VINCE SANTISTEVAN	18	JC	1:00:15	32	UBALDO PONCE			35:22
70	JOE DOUGLAS	SMTC		36:06	45	C. Becker	28:46	13	GILBERT TORRES	15	RMCC	1:02:18	33	BOB EMERLING			35:39
71	TOM STURAK	46	MSTR	36:10	46	Tom Huster	28:48	14	STEVE CURILLAS	16	HHTC	1:02:19	34	AVERY BRYANT			35:46
72	GEORGE DAVIS		LAPD	36:14	47	F. Smith	28:49	15	MARK BRADLEY	17	NPHS	1:02:50	35	ROBERT GOLENER			35:51
73	TED HROCK			36:15	48	T. Jefferson	28:50										
74	HRUCE KOSTIN	STC		36:16	49	Ron Yank	28:50										
75	FRANK WILLIAMS	SCS		36:19													
76	DON NIELSEN			36:19													
77	ORVILLE ATKINS	41	STC	36:20													
78	HRUCE HILLS		PFB	36:21													
79	JOE DONOGHUE			36:23													
80	JACK STEWART			36:23													
81	ARMANDO QUINTANA			36:23													
82	RALF LATHAM	SMTC		36:25													
83	KEVIN MCCARTHY			36:26													
84	BOB OXBRIEN			36:27													
85	CHUCK FOOTE	LAPD		36:29													
86	PHILIP PALACIOS			36:29													
87	THOMAS GATES			36:31													
88	STEVE SHEWALTER	STC		36:32													
89	RICK NEBEKER			36:35													
90	VERNE TJARKS	B H		36:35													
91	TONY GOFFREDO	SDIC		36:36													
92	KENNETH PRICE	STC		36:37													
93	JOSEPH POLOVINA	UCLA		36:38													
94	TIM FIER			36:39													
95	MIKE HOLT			36:39													
96	ROBERT HOLOUIN	STC		36:41													
97	PETER CHAMBLISS			36:43													
98	THOMAS CORY	31	GPAC	36:43													
99	JOHN RAMIREZ			36:46													
100	STIVE HARR	BC		36:46													
120	MARTHA COOKSEY			37:07													
136	LFAL RFINHART	SFVT		37:27													
153	TERESA HOM	SMTC		37:52													

1,798 finishers

December 4. Apple Valley. Apple Valley
6.3 Mile Run

1	GORDON HALLER	27	34:17	1	BOB HAYES	22	AIA	51:09
2	STEVE CHASE	23	34:25	2	STEVE HLUM	22	STC	51:09
3	RICH GOVI	25	34:36	3	STEVE DURAND	21	UNAT	51:09
4	JACK GARCIA	20	36:18	4	STEVE CHASE	23	UNAT	51:09
5	TOM RICHARDS	36	36:25	5	MARK HEMPHILL	28	SBA	54:33
6	JEFF FAY	22	37:00	6	HILL KNAUFT	19		54:34
7	JOHN NUNES	19	37:24	7	DAVID MINEAU	30	CRC	54:45
8	TOM GLEASON	35	37:59	8	EDDIE FUEL	15	ODC	54:45
9	BILL CRUM	42	38:20	9	RICK TORRES	19		54:45
10	FRANK SWAN	18	38:40	10	MICHAEL BERGKAMP	24	SBTC	54:57
11	MIKE KEELEY	17	39:39	11	CHARLES APPELL	30	OCTC	55:16
12	DARJ FERRARA	16	39:53	12	MIKE BACA	16		55:30
13	FRANK PETERS	17	40:47	13	TOM ROBBINS	17	HHTC	55:34
14	PHIL MARSHALL	25	40:55	14	STEVE CUBILLAS	16	HHTC	55:38
15	JOHN CHEEVER	36	41:04	15	MARSHALL MATYE	34	CCAC	55:39
16	ROB ERLICH	17	41:15	16	IRWIN MERIN	27	CCAC	55:43
17	MORRIS SCOGGIN	30	41:27	17	ERNIE VELA	19	OCTC	55:46
18	FRANK MARSHALL	31	41:32	18	A L MOTTELL	37	UNAT	55:51
19	DON SCHCOTTER	38	41:52	19	GILBERT TORRES	15		55:52
20	BOB BINGHAM	29	42:34	20	IGNACIO CANTU	26		55:53
21	ERIC VASQUEZ	16	42:45	21	ROB ORCHOLSKI	19	OCTC	55:54
22	CHARLES TRACY	16	42:51	22	J HOLLEMAN	34		57:40
23	WILLIAM SUMNER	29	42:55	23	DENNIS R PARRISH	36	STC	57:57
24	GARY POTEET	17	43:10	24	MIKE CAHOW	17		58:00
25	DAN WAISHER	18	43:15	25	EINO ROMPPANEN	37		58:44
26	DUKE BAUER	16	43:15	26	JOSEPH SCIAME	37	LVDC	58:48
27	JIM BREHNER	30	43:27	27	KEN LUCCI	29	SBA	58:53
28	JIM WOULFE	38	43:35	28	NIKE ZARAGOZA	16	OD	59:15
29	HAROLD DAUGHTERS	56	43:38	29	BRAD JENSEN	15	GTC	59:18
30	ROBERT BOYD	39	44:14	30	LARRY BALLEW	32	STC	59:22
				31	DENNIS STANSAUK	21	SFVT	59:22
				32	RAUL DEANDA	23		59:32
				33	RICHARD DURAND	49	STC	59:38
				34	JIM KNEHR	43		59:39
				35	BRIAN STANSAUK	25	SFVT	59:43
				36	HECTOR ROMERO	14	ODC	1:00:35
				37	JACK STEWART	40		1:00:55
				38	UBALDO PONCE	25		1:01:00
				39	PETER MACEN	30		1:01:04
				40	CAPL PYTLINSKI	38	STC	1:01:29
				41	RICHARD DINGES	37	CCAC	1:01:40
				42	TONY MORENO	24	VCTC	1:02:02
				43	GARY STANSAUK	27	SFVT	1:02:12
				44	HON GOLENER	16		1:02:33
				45	LANCE WINSLOW	13		1:03:08
				46	JOHN STARR	42	CCAC	1:03:18
				47	JOE HAMPTON	30	UNAT	1:03:36
				48	DAVID STASEL	32		1:03:52
				49	FRANK PETERS	17	GTC	1:03:55
				50	DIANE BRINK	16		1:04:00
				51	JIM CUBILLAS	15		1:04:10
				52	DANNY RUFFIN	30		1:04:16
				53	RON WEST	26		1:04:19
				54	ALLAN GREENBERG	31		1:04:21
				55	JAMES NASH	29		1:04:36
				56	TERRY MANNING	39	GCG	1:04:55
				57	JOHN ENGELHARDT	31	STC	1:05:13
				58	DAVID PETERS	14		1:05:16
				59	GARRY CURRY	23		1:05:27
				60	SCOTT HANLEY	16		1:05:33

/Connie Rodewald/

January 7. San Jose. All-Comers Meet
at San Jose City College

Women's 880:

1	Ann Witherspoon (SJC)	2:17.5
Open 60:		
1	Tim Foster (SJCC)	6.4
Open 220:		
1	Ronnie Anderson (SJCC)	22.7
Open 440:		
1	Mark Webster (un)	48.7

January 7. Berkeley. All-Comers Meet
at UC Berkeley

Open 60:

1	Heat #1--Alevard Jones	6.4
	Heat #2--Elden Walker	6.4
Open 200m:		
1	Adrian Rodgers	21.8
2	Ed Jones	21.8
Open 400m:		
1	Lloyd Guss (Heat #1)	49.2
	James Robinson (Heat #2)	48.2

Open 800m:

1	Bruce Sterling	1:56.6
2	D. Barry	1:56.8
Open 1500m:		
1	David Vellequette (Cal)	4:05.5
Open 5000m:		
1	Peter Sweeney (AggieTC)	15:13.0
2	Mark Conover (Miram HS)	15:34.2

Open 330H:

1	Zablackis (Cal)	40.6
2	Mark White (Richmond HS)	40.7
Open 60H:		
1	Milt Turner	7.6
Open High Jump:		
1	Bill Hice	6-6
Open Shot (16#):		
1	Bruce Parker (St. Ign HS)	46-4 1/2

High School 60:

1	H. Smith	6.4
High School 200m:		
1	Craig Nash (LasLomas)	22.6
High School 800m:		
1	Mike O'Reilly (SanRaf)	1:58.2
High School Mile:		
1	Darius Russo (PleasHill)	4:40.0

High School 60H:

1	Mark A. White (Richmond)	7.8
High School Shot:		
1	Bruce Parker (St. Ign)	52-6

Women's 60:

1	Aleta Johnson (Castlemnt)	7.6
Women's 200m:		
1	Michele Hawthorne (BEBTC)	26.0
2	Judy Young (BEBTC)	26.6
Women's 330H:		
1	Michelle Hawthorne (BEBTC)	45.0

/Keith Conning/

LONG BEACH OCEAN RUN(LONG THIS YEAR)
RACE NUMBER 889 DATE--011578

PLC	NAME	TIME	FAST TIME
1	JCF CARLSON	33:01	1/0P
2	MIKE MAHLER	34:26	1/5M
3	THOM LACIE	35:21	2/0P
4	GARY PHILLIP	35:28	3/0P
5	JOHN FISANOTTI	35:41	4/0P
6	PHIL GONZALEZ	35:51	1/83
7	STEVE CLOSE	36:03	5/0P
8	JCF BIRD	36:05	2/5M
9	PHIL PUGH	36:35	6/0P
10	MIKE BERGKAMP	36:53	7/0P
11	DAVE SMYTHE	37:02	8/0P
12	JCF RAZO	37:05	3/5M
13	LEA FFFRON	39:12	1/40
14	JIM KELLEY	39:19	1/82
15	MICHAEL SAYWARD	39:22	9/0P
16	STEVE HIZERA	39:30	2/83
17	JESSY SWAIN	39:34	10/0P
18	CHRIS SMITH	39:38	3/83
19	KEN GANEZER	39:39	11/0P
20	GFF BLANKENSHIP	40:01	4/5M
21	MIKE O'SHEA	40:05	12/0P
22	NEIL JANSSEN	40:20	4/83
23	HAL WINTON	40:25	2/40
24	EGE MCZINGO	40:27	5/5M

January 14, Mission Bay Marathon

1	DAVE FRICKEL	23	LA VERNE	2:19:14.0
2	MATTHEW T. SEGURA	23	NEW MEXICO TC	2:20:47
3	KENNETH MOFFITT	25	AZTLAN	2:22:21
4	RORY E. TRUP	24	JAMUL TOADS	2:22:54
5	ROBERT RUKC-	20	SAN DIEGO	2:22:57
6	RON KURRLE	29	SFVTC	2:23:28
7	TOM LUX	24	JAMUL TOADS	2:23:30
8	BILL BRITTF.	22	AGGIE RC	2:28:08
9	MANNY BAUTISTA, JR	19	NEW MEXICO TC	2:28:15
10	JOHN MADVIG	22	SFVTC	2:29:09
11	PATRICK DEVANEY	23	FT. COLLINS	2:29:46
12	DENNIS EBERHART	24	ENCANTO GEESE	2:30:36
13	DAVID OROPEZA	31	PHOENIX AZ	2:31:41
14	JIM HOPKINS	22	FRESNO PAC. T C	2:33:06
15	SCOTT D. GIDDINGS	29	ENCANTO GEESE	2:33:26
16	BRIAN E. WILLIAMS	22	SDTC	2:33:36
17	RICHARD MEAD	21	FRESNO PAC. T C	2:33:43
18	JOE ANAYA	36	N.M. TC	2:33:44
19	GEORGE LINN	36	SANTA FE NM	2:33:49
20	JOE O'FLAHERTY	31	LA MESA	2:33:58
21	DENNIS FRIDLY	32	LAS VEGAS NV	2:34:00
22	JAMES J WILLIAMS		SENIORS T C	2:34:03
23	TOM BECKER	19	ORANGE COUNTY TC	2:34:14
24	MARK BEYSTER	16	LA JOLLA	2:34:44
25	WALLY BUCKINGHAM	25	JAMUL TOADS	2:34:54
26	CHRISTOPHER HUGHES	19	JAMUL TOADS	2:34:56
27	GARY GOETTELMAHN	34	WEST VALLEY T C	2:35:03
28	TRUMAN CLARK	42	STRIDERS	2:35:03
29	JOHN COPELAND	29	ARIZ ROAD RUNNER	2:35:16
30	MIKE LEBOLD	20	JAMUL TOADS	2:35:32
31	J. DAVID GLYER	27	CULVER CITY AC	2:35:59
32	MICHAEL J PODLENSKI	17	EL CAJON	2:36:09
33	RUBEN RUIZ	20	TUCSON AZ	2:36:17
34	TOM MELLINGER	17	WESTWOOD TRACK	2:36:23
35	LYNN WEITZ	21	LA MIRADA	2:36:29
36	MICHAEL CALVANO	18	ORANGE CO. TC.	2:36:34
36	GORDON DUFF	16	ORANGE CO. TC.	2:36:34
38	JOHN SWIFT	19	MODESTO	2:36:39
39	AL SIDDOONS	26	MACCABBI	2:36:46
40	ANTHONY KONVALIN	18	SAN DIEGO	2:36:50
41	BOB MACKEL	35	SDTC	2:37:36
42	LESLIE PRENTISS	29	SO AZ RR	2:37:39
43	RAFAEL ORTEGA	28	ENCANTO GEESE	2:38:05
44	ROBERT LINVILL		SAN DIEGO	2:38:33
45	TAD KLEINDIENST	27	FULLERTON	2:38:38
46	JEFF MERROW	19	FRESNO PACIFIC TC	2:38:47
47	TOM HENSELY	22	FLAGSTAFF AC	2:38:48
48	PHILIP BUSH	24	GROWIN' MY WAY	2:39:02
49	GRAEME SHIRLEY	32	SAN DIEGO	2:39:03
50	BRUCE JOHNSON	25	MACCABI TC	2:39:18
51	DAVID T. HUGHES	23	LONG BEACH	2:39:19
52	JOSEPH ORTEGA	19	GRANADA HILLS	2:39:25
53	KENNETH D. BLAKELY		BASIN BLUES	2:39:25
54	DAN HARTER	18	SANTA BARBARA	2:39:29
55	WAYNE BUCKINGHAM	25	JAMUL TOADS	2:39:35
56	MIKE BREGANTE	19	SUNDANCE T.C.	2:40:13
57	TOM GLEASON	35	LANCASTER	2:40:16
58	TOM ANSBERRY	14	CAMEL TROTTERS	2:40:17
59	JIM CASPER	34	SANLUIS DIST. CB.	2:40:29
60	THOMAS HOMEYER	29	CAMILLUS NY	2:40:45
61	JOHN BRENNAND	40	SBAA	2:41:08
61	STEWART BODEN	23	RIALTO R R	2:41:08
63	JEFFREY W. RULAND	19	PROCTER VLY MONS	2:41:10
64	ROBERT SORENSON	23	SOLANA BEACH	2:41:21
65	BRIAN E. WAKE	16	SDTC / PROCTER VLY	2:41:25
66	ED ALMEIDA	55	SDTC-50	2:41:28
67	LARRY PONTINEN	36	ST. BARBARA A.A.	2:41:42
68	ROBERT HOLLISTER	19	SANTA BARBARA AA	2:41:53
69	DAVE FURBEE	19	EL TORO	2:42:02
70	MARK C. TRAVIS	19	LA MESA	2:42:10
71	KIRK BODARY	22	WALNUT	2:42:25
72	WILLIE PITTENGER	27	LONE STAR BREW.	2:43:02
73	CHARLES W. HODGE	27	LOS ANGELES	2:43:15
74	JAMES HIMMELSBACH	27	LEUCADIA	2:43:23

January 2. Newark. 2nd Annual Newark Coyote Hills to the Bay 6.8 Mile Run at Coyote Hills Regional Park

1)	Ted Quintana (WVTC)	36:07
2)	Joe Salazar (un)	36:46
3)	Mike Plummer (WVTC)	37:59
4)	Jeff Dowling (Chabot)	39:16
5)	Jim Rostege (WVTC)	39:54
6)	Michael Coke (CaSun RT)	40:58
7)	John Ruppe (un)	41:15
8)	Jeff Farmer (un)	41:36
9)	Jim Holben (WVTC)	41:45
10)	Grady Wright (DSE)	41:46

Senior Men:

1)	Dale Nelson (DSE)	40:45
2)	Nick Winter (LVRC)	41:03
3)	Richard Keene (NCSTC)	42:26
4)	John Armstrong (un)	43:25
5)	Richard Gragi (MVS)	43:36

High School Boys:

1)	Scott Molina (DeLaSalle)	36:46
2)	John Marden (WVTC)	37:29
3)	Steve Lloyd (DH)	39:15

High School Girls:

1)	Liz Strangio (un)	48:09
2)	Linda Coon (un)	50:33
3)	Linda Brown (un)	52:00

Open Women:

1)	Linda Anderson (un)	44:58
2)	Rosalie Pitts (NN)	53:33
3)	Kim Dines (un)	63:49

Senior Women:

1)	Elaine Respass (AA)	54:15
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/Darryl Reina/

January 7. Los Gatos. Los Gatos All-Comers

High School

Shot:

1)	Thompson (Sunnyvale)	51-10
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Discus:

1)	Stouble (Sunnyvale)	156-2 1/2
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Pole Vault:

1)	Alexander (MontaVista)	14-0
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Girls

440 Relay:

1)	Cupertino Yearlings	52.9
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880:

1)	Roxanne Bier (SJC)	2:17.3
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100:

1)	Robinson (Cuper.Year.)	11.9
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440:

1)	Demmelmaier (SJC)	61.2
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1 Mile:

1)	Wotherspoon (SJC)	5:21.3
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220:

1)	Robinson (Cuper.Year.)	27.6
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2 Mile:

1)	Brogan	10:11.15
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Mile Relay:

1)	SJ Cindergals	4:12.0
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High Jump:

1)	Phifer (Independ.)	5-2
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Open

880:

1)	Webster (AirForce)	1:56.3
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January 14. Fresno. 1st Annual High Sierra Track Club Five Mile Run:

1)	Gary Romesser (FPTC)	24:31
2)	Rich Langford (FPTC)	25:33
3)	Dave Bronzan (HSTC)	26:10
4)	Craig Elia (FPTC)	26:26
5)	Tom Lohse (HSTC)	27:08
	Robert Lohse (HSTC)	tie 27:08
7)	Jeff Chandler (HSTC)	27:15
8)	Bruce Greenway (un)	27:19
9)	Al Lomeli (FPTC)	27:31
10)	Len Thornton (HSTC) M	27:57
11)	Frank Delgado (FPTC) M	28:06
12)	Tony Djabayan (HSTC)	28:21
13)	Gordon Keller (FPTC)	28:25
14)	George Garcia (FPTC)	28:50
15)	Gene Lynch (FPTC) M	29:20
22)	Dan Seamount (HSTC) 1-50+31.09	
27)	Sandy McPherson (WW) 1-G	32:39
32)	Marcia Romesser (LAM) 1W	34:42

/Joe Herzog/

January 21. San Mateo. All-Comers Mee

Open

Men's Two Mile Walk:

1)	Nyle Pike (WVTC)	12:59.8
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Men's 1500m:

1)	Mike Porter (WVTC)	3:55.3
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Masters 1500m:

1)	Paul Richardson (WVTC)	4:14.2
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Women's 1500m:

1)	Anne Thompson (MLTC)	4:52.3
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Men's Long Jump:

1)	Paul Bates (CSM)	22-6
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Men's Shot:

1)	Bill Traughber (SJCC)	51-0
2)	Bruce Parker (SJHS)	48-3
3)	Doug Greenwood (Stan)	49-6 1/2

Men's 400m:

1)	Alan Sheets (Stan)	47.9
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Men's Discus:

1)	Rick Buss (Stan)	161-5
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60 Yd High Hurdles:

1)	George Carty (un)	7.3
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60 Yd Dash:

1)	Andy Madolara (Menlo)	6.2
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Women's 60 Yd Dash:

1)	Elaine Parker (ML)	6.9
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High Jump:

1)	Dave Haber (CSUH)	6-10
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200m:

1)	Marv Holmes (Stan)	21.8
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Pole Vault:

1)	Kim Black (CSM)	15-6
	Jim Williams	tie 15-6

330 Interm. Hurdles:

1)	Rick Swift (CSS)	40.5
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800m:

1)	Tom Lobsinger (Stan)	1:53.4
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Triple Jump:

1)	Paul Bates (CSM)	46-7 1/2
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Men's Mile Relay:

1)	College of San Mateo	3:25.4
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High School

Boy's Shot Put:

1)	Bruce Parker (St. Igna)	54-6 1/2
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Boy's Mile:

1)	Len Sperande (Menlo-Ath)	4:35.2
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January 29. Irvine. UC

Irvine Track-Meet

JUNIOR WOMEN

JAVELIN

1.	Cindy Vasquez	QCC	100'11"
2.	Debbie Slemmons	MVS	70'10"
3.	Kim Tanabe	BA	58'2"
4.	Debbie Lacher	QCC	57'10"

60 YARD HURDLES

			0.4
1.	Dulce Reade	AA	8.65
2.	Pam Miller	LBC	8.70
3.	Tawny Singleton	UNAT	8.80
4.	Theresa Lofton	SCC	9.29

60 YARDS (Flight 1 of 3)

			0.6
1.	Val Brisco	LAM	7.08
2.	Marlene Harmon	LAM	7.39
3.	Angie Lowe	LAM	7.58
4.	Nancy Jordan	PR	7.70
5.	Dulce Reade	AA	7.74
6.	Lorraine Flores	AA	8.13

60 YARDS (Flight 2 of 3)

			1.4
1.	Janet Ballard	SCC	7.46
2.	Rita Harrison	SDC	7.52
3.	Regina Jacobs	LAM	7.58
4.	Giselle Lewis	SCC	7.61
5.	Lovie Banks	DONS	7.65
6.	Tracie McMurray	SCC	7.85

60 YARDS (Flight 3 of 3)

			0.1
1.	Lawanda Cudell	LAM	7.56
2.	Susan Washam	SDC	7.57
3.	Iris Pippins	SDC	7.76
4.	Charlorette Zufford	SDC	7.82
5.	Judy Raines	PR	8.60

200 METERS

			-0.4
1.	Artise Emerson	PUSA	25.1

400 METERS (Flight 1 of 3)

1.	Debbie Wilson	LBC	60.1
2.	Sharon Hulse	PUSA	61.6
3.	Rennie Durand	LTC	62.1
4.	Jen Jamesson	UNAT	63.3
5.	Theresa Lofton	SCC	63.4
6.	Lovie Banks	DONS	77.2

400 METERS (Flight 2 of 3)

1.	Rita Harrison	SDC	61.0
2.	Laura Simone	SCC	62.4
3.	Sharon Cummings	SBS	64.1
4.	Lorraine Flores	AA	65.7
5.	Leslie Rhodes	SDC	78.8
6.	Stephanie McGruw	SDC	84.0

400 METERS (Flight 3 of 3)

1.	Suzanne Steward	PUSA	64.4
2.	Millicent Peterson	UNAT	65.1
3.	Tris Pippins	SDC	65.2
4.	Portola Hodge	SBS	66.6
5.	Theresa Kozlowski	PCP	68.0
6.	Judy Raine	PR	69.4
7.	Pamela Smith	DONS	70.9

800 METERS

1.	Sharon Hulse	PUSA	2:25.6
2.	Autumn Bateson	PUSA	2:33.5
3.	Nina Ornelas	PUSA	2:35.4
4.	Rosssana Queyada	SCC	2:39.1
5.	L. Hernandez	PUSA	2:40.6
6.	Barbara Ornelas	PUSA	2:41.8
7.	Carmen Hernandez	PUSA	2:46.7
8.	P. Dreesen	UNAT	2:46.8

55	WAYNE BUCKINGHAM	25	JAMUL CITY	2:39:35
56	MIKE BREGANTE	19	SUNDANCE T.C.	2:40:13
57	TOM GLEASON	35	LANCASTER	2:40:16
58	TOM ANSBERRY	14	CAMEL TROTTERS	2:40:17
59	JIM CASPER	34	SANLUIS DIST. CB.	2:40:29
60	THOMAS HOMEYER	29	CAMILLUS NY	2:40:45
61	JOHN BRENWAND	40	SBAA	2:41:08
62	STEWART BODEN	23	KALATO R R	2:41:08
63	JEFFREY W. RULAND	19	PROCTER VLY MONS	2:41:10
64	ROBERT SORENSON	23	SOLANA BEACH	2:41:21
65	BRIAN E. WAKE	16	SDTC / PROCTER VLY	2:41:25
66	ED ALMEIDA	55	SDTC-50	2:41:20
67	LARRY PONTINEN	36	ST. BARBARA A.A.	2:41:42
68	ROBERT HOLLISTER	19	SANTA BARBARA AA	2:41:53
69	DAVE FURBEE	19	EL TORO	2:42:02
70	MARK C. TRAVIS	19	LA MESA	2:42:10
71	KIRK BODARY	22	WALNUT	2:42:25
72	WILLIE PITTENGER	27	LONE STAR BREW.	2:43:02
73	CHARLES W. HODGE	27	LOS ANGELES	2:43:15
74	JAMES HIMMELSBACH	27	LEUCADIA	2:43:23
75	TRACY V. MOORE	16	EL CAJON	2:43:38
76	JOHN C. BOTKE		SANTA BARBARA	2:43:50
77	GORDON LUTES	33	SAN DIEGO	2:43:54
78	JOHN ORTEGA	18	GRANADA HILLS	2:44:00
79	PETER S. CHAMBLISS	34	BASIN BLUES	2:44:03
80	T C LURTZ	28	SDTC	2:44:10
81	CONRAD WILL	36	SDTC / B P NOONERS	2:44:29
82	WILLIAM BLAIR	40	VISTA	2:44:40
83	FRANK HUTCHINSON		SAN LUIS DIST CB	2:44:53
84	LLOYD GEGGATT	29	TEAM CHART HOUSE	2:45:09
84	BRIAN S. FREEMAN	51	SDTC-50	2:45:09
86	TERRY L. SCHMITZ	29	HUNTINGTON BEACH	2:45:15
87	RAY H. BARTLETT	22	PASADENA	2:45:21
88	HENRY C. BARKSDALE	23	DENVER CO	2:45:25
89	STUART CALDERWOOD	19	LAGUNA BEACH	2:45:27
90	J.L. WILPER	28	TULSA RC	2:45:27
91	STEVE SINE	25	DEL MAR	2:45:31
92	JOHN USKOVICH	35	DENTON TX	2:45:35
93	JIM POSE		SDTC	2:45:49
94	NORMAN SECORD JR.	40	SDTC	2:45:52
95	PAUL W. O'TOOLE	31	USMC	2:45:55
96	PHILLIP R. GONZALES	29	LOMA LINDA LOPER	2:46:01
97	FRED W. MILLARD	32	SDTC/B P NOONERS	2:46:05
98	MIKE DIBOS	19	SAN DIEGO	2:46:14
99	SCOTT HAMMOND	16	SAUGUS	2:46:19
100	BILL PEWEN		COVINA	2:46:21
101	GERALD BERMAN	34	SANTA MONICA	2:46:23
102	STEPHEN E. KELLOGG	22	KELROF	2:46:31
103	BURT DAVIS	35	S. B. ATH. ASSOC	2:46:40
104	TOM ROTHHAAR	35	SDTC	2:46:45
105	ZEKE MAZUR	37	SDTC	2:46:52
106	JIM BOWERSOX	18	SANTA BARBARA	2:46:56
107	JONATHAN J. BROWER		CULVER CITY A C	2:47:10
108	MIKE O'ROURKE	20	SAN DIEGO	2:47:18
109	JOHN KEARNS	38	ROCKY MTN R R	2:47:19
110	PETE PENSEYRES	34	DAMA POINT	2:47:21
111	GORDON WALKER	30	MANCHESTER TRLBL	2:47:25
112	MARK KRENZIEN	30	SMTC	2:47:29
113	MICHAEL L. NICHOLS		SDTC/NAVY	2:47:38
114	JOSE COTA	16	TUCSON AZ	2:47:38
115	JAY W. SMALLEY	43	LA JOLLA	2:47:45
116	GIL SCHALLER	35	AZTLAN	2:47:47
117	GORDY HASKETT	17	SAN DIEGUITO POL	2:47:49
118	WILLIAM FITZPATRICK	25	LONG BEACH	2:47:53
119	ROBERT GORDON	30	LAKEWOOD	2:47:54
120	TOM WARREN	34	TUG'S ATHL CLUB	2:48:04
121	PATRICK BUZBEE	26	TURLOCK	2:48:10
122	JOHN F. HOHM	28	SYRACUSE TC	2:48:19
123	RAY LAFLEUR	30	SDTC	2:48:20
124	JAMES WILLIAMS	35	HORNY TOADS	2:48:23
125	JOHN P. MURPHY	29	SDTC / B P NOONERS	2:48:24

OPEN TEAMS:

1. Encanto Geese	7:42:07
2. Fresno Pacific T C	7:45:36
3. Orange County T C "A"	7:47:22
4. San Diego T C	7:55:22
5. Procter Valley Monsters	8:16:42
6. BioLa T C	8:23:28

WOMEN'S TEAMS:

1. San Diego T C	10:24:34
2. San Diego T C "40"	10:56:24
3. U C L A T C	11:48:35

1) Roxanne Bier (SJC)	2:17:3
100: 1) Robinson (Cuper.Year.)	11.9
440: 1) Demmelmaier (SJC)	61.2
Mile: 1) Wotherspoon (SJC)	5:21.3
220: 1) Robinson (Cuper.Year.)	27.6
2 Mile: 1) Brogan	10:11.15
1) Brogan	10:11.15
Mile Relay: 1) SJ Cindergals	4:12.0
High Jump: 1) Phifer (Independ.)	5-2
Open 1) Webster (AirForce)	1:56.3
880: 1) Webster (AirForce)	49.8
440: 1) Gibbs (SJCC)	6-6
High Jump: 1) Mannon	51-9
Shot: /Keith Conning/	

January 14. College Park, Maryland.

National Invitation Indoor Women's 60:

1) Didi Carney (LA Mercur.)	6.85
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January 21. Fresno. 1978 High Sierra Track Club 10 Mile Run at Woodward Park:

1) Curt Elia (PPTC)	53:52.9
2) Jose Renteria (PPTC)	54:15.1-jc
3) Angel Carrillo (BTC)	54:44
4) John Laird (HTHD)	54:44.4
5) Al Meyers (BTC)	54:44.7
6) Juan Garza (HSTC)	55:02.8
7) Scott Thornton (HSTC)	55:15.2 1-hs
8) Fred Villegas	55:37.7
9) Ken Hurst (WVTC) 2-hs	55:54.2
10) John Swift (Mod)	56:10.6
11) Dave Bronzan (HSTC) 30+	56:22.0
12) Bill Hurst (Mod)	56:36.0
13) Fred Castillo (TW) 3-hs	57:13.5
14) Tom Lohse (HSTC) 4-hs	57:25.2
15) Mike McLain (MTC)	57:53.5
16) Shawn Smallwood (un)	58:05.0
17) Guillermo Salcido (MMC)	58:06
18) Wayne Van Dellen (HSTC)	58:30.8 40+
19) Robert Stephenson 2-30+	58:48.8
20) Rod Rodman 3-30+	59:13.3
21) Abe Underwood 4-30+	59:36.9
22) Al Lomeli (PPTC)	59:49.7
23) Paul Cross 5-30+	59:54.2
24) Bob Lohse 1-jr high	60:14.5
25) Gary Campbell (PPTC)	60:53.2
37) Dan Seamount (HSTC) 1-50+	65:12.7
70) Linda DeLeon (WW) 1-W	82:51.7
72) Tracy Satowski (WW) 2-W	83:41.0
73) Jane Johnson (BC) 3-W	84:48.2
/Len Thornton/	

200m: 1) Marv Holmes (Stan)	21.8
Pole Vault: 1) Kim Black (CSM)	15-6
1) Jim Williams	15-6
330 Intern. Hurdles: 1) Rick Swift (CSS)	40.5
800m: 1) Tom Lobsinger (Stan)	1:53.4
Triple Jump: 1) Paul Bates (CSM)	46-7½
Men's Mile Relay: 1) College of San Mateo	3:25.4

High School

Boy's Shot Put: 1) Bruce Parker (St. Igna)	54-6½
Boy's Mile: 1) Len Sperando (Menlo-Ath)	4:35.2
Boy's 60 Yd High Hurdles: 1) Malcolm Dixon (Sequoia)	7.3
Boy's 440: 1) Bill Green (Cubberly)	49.0
Boy's Long Jump: 1) Darin Ford	21-6½
Boy's Pole Vault: 1) Steve Escobar (Turlock)	13-0
Boy's 60 Yd Dash: 1) Frank Corvillo (Seq)	6.5
Boy's 2 Mile: 1) Steve Loyd (Livermore)	10:02.2

Boy's 220:

1) Frank Orivillo (Seq)	22.5
330 Intern. Hurdles: 1) Malcolm Dixon (Seq)	40.5
Triple Jump: 1) Cedric Young (Balboa)	43-9
High Jump: 1) Brad Morrow (Menorial)	6-2
880 Yd Run: 1) Rick Escobar (Mills)	1:59.8
Boy's Discus: 1) Don Frazee (BellaVsta)	162-9
Girls Mile Relay: 1) Millbrae Lions "A"	4:04.5
/Harry Young/	

ALL-COMERS MEET

At UC Irvine

60-1. Robinson (Los Angeles TC), 5.93; 2. Brisco (LA Mercures), 7.08.
200 METERS—Robinson (LATIC), 24.5.
400-1. Brisco (LAM), 55.0; 2. Emerson (Patriots), 55.4.
800—Romesser (LAM), 2:18.9.
1500—Chisam (UCLA), 4:42.3.
3000—Vollmer (Pacific Coast Pacers), 10:39.1.
880 MEDLEY RELAY—LA Mercures, 1:43.3.
LJ—1. Loud (LAM), 18-8¾; 2. Files (LAM), 18-5¾.
SP—Zwart (LATIC), 41-1½. DT—Vogalsang (Maccabi TC), 150-1.

USTFF DEATHLON

At CS Los Angeles

UNIVERSITY-OPEN—1. Niederhaus (Maccabi TC), 7:15; 2. Harvey (U.S. Air Force), 7:03; 3. DeRoo (Redlands), 6:75; 4. Alford (Hattiesburg, Miss.), 6:68.
COMMUNITY COLLEGE—Bryan (Santa Ana), 6:28.
HIGH SCHOOL—1. Assami (Sunny Hills), 6:09; 2. Romero (Indio), 5:86.

400 METERS (Flight 3 of 3)		
1. Suzanne Steward	PUSA	64.4
2. Millicent Peterson	UNAT	65.1
3. Tris Pippins	SDC	65.2
4. Portola Hodge	SBS	66.6
5. Therese Kozlowski	PCP	68.0
6. Judy Raine	PR	69.4
7. Pamela Smith	DONS	70.9

800 METERS		
1. Sharon Hulse	PUSA	2:25.6
2. Autumn Bateson	PUSA	2:33.5
3. Nina Ornelas	PUSA	2:35.4
4. Rossana Quezada	SCC	2:39.1
5. L. Hernandez	PUSA	2:40.6
6. Barbara Ornelas	PUSA	2:41.8
7. Carmen Hernandez	PUSA	2:46.7
8. P. Dreesen	UNAT	2:46.8
9. Luthia Enriquez	PUSA	2:55.0

1500 METERS		
1. Cynthia Pedroza	SBS	5:23.1
2. L. Hernandez	PUSA	5:25.7
3. Laura Simone	SCC	5:39.3
4. Carrie Flores	SCC	5:40.4
5. Maria Gibbons	SBS	5:40.9
6. Cindy Stucker	UNAT	5:58.0
7. Katrina Dawkins	SDC	5:59.9
8. Kaye Johnson	SDC	6:13.7

1500 METERS		
1. Kathy Chisam	UCLA	4:42.3
2. Carol Flournoy	UCLA	4:44.6
3. Elaine Schultze	UCLA	4:56.4
4. T. DeAruda	UNAT	5:01.9
5. Gina Wilkie	UCI	5:04.3
6. Terri Coken	INAT	5:41.6
7. Lori Yamashita	UCI	5:45.1
8. Dian Felshaw	UCI	6:04.7

3000 METERS		
1. Kim Vollmer	PCP	10:39.1
2. Marilyn Nippold	PUSA	11:35.0

880 MEDLEY RELAY	
1. SCC (Veronica Bell)	1:50.3
2. PUSA (Sharon Hulse)	1:51.1
3. LBC (Debbie Wilson)	1:55.5
4. SBS (Sharon Cummings)	2:08.7

MILE RELAY	
1. SCC (Rossana Quezada)	4:23.2

SENIOR WOMEN

60 YARD HURDLES (Flight 1 of 2)	1.6	
1. Modupe Oshikoya	UCLA	7.95
2. Mitzi McMillian	LI	8:06
3. Marlene Harmon	LATIC	8:31
4. Lisa Gourdine	UCLA	8:63
5. Jan Lester	UCLA	8:89

60 YARD HURDLES (Flight 2 of 2)	1.2	
1. Annette Tannander	UNAT	8.57
2. Denise Cornell	LATIC	8.63
3. Jenny Mann	UCLA	8.95
4. Kerry Zwart	LATIC	8.99
5. Lisa Kinimaka	LATIC	9.29
6. Susan Kaskus	OV	9.81

60 YARDS (Flight 1 of 3)	1.0	
1. Kim Robinson	LAM	6.93
2. Jeanette Bolden	LAM	7.13
3. Alice Brown	LAM	7.16
4. Valerie Milan	PTC	7.19
5. L. Wallin		7.46
6. Marian Eastern	UNAT	7.57

60 YARDS (Flight 2 of 3)	1.2	
1. Tina Roberson	LACT	7.12
2. Shirley Smith	PTC	7.37
3. Leida Hunter	CSULB	7.45
4. Diann Donaldson	PTC	7.46
5. Vanessa Denniston	PUSA	7.46
6. Yolanda Rich		7.48

50 YARDS (Flight 3 of 3) 2.0

1. Bev Johnson	LAM	7.18
2. Marilyn Linsemeyer	LATC	7.64
3. Lori Udansky	UCI	7.69
4. Rose Kaufman	LATC	7.85
5. Linda Molo	UNAT	8.12

200 METERS -0.4

1. Kim Robinson	LAM	24.5
2. Denise Eddington	LAM	24.6

400 METERS (Flight 1 of 3)

1. Valerie Brisco	LAM	55.0
2. Arlise Emerson	PUSA	55.4
3. Gwen Gardner	LAM	56.9
4. Marcia Romesser	LAM	57.5
5. Ella Rich	PTC	57.7
6. Alberta Martin	PTC	58.4

400 METERS (Flight 2 of 3)

1. L. Wallin		56.6
2. Bev Johnson	LAM	57.7
3. Yolanda Rich		57.9
4. Michele Hopper	PTC	58.5
5. Marian Eastern	UNAT	59.6

400 METERS (Flight 3 of 3)

1. Rose Kaufman	LATC	60.0
2. Dollie Fleitwood	SCC	62.4
3. Dana Miller	UNAT	62.9
4. Marley Sung	UNAT	65.1
5. Gail Burger	UNAT	66.9
6. Charae Coppenhaver	UNAT	70.0

800 METERS

1. Marcia Romesser	LAM	2:18.9
2. T. DeAnda	UNAT	2:26.8

3000 METERS

1. Lisa Pesh	PCP	12:13.3
2. Lynda Berg	UNAT	12:29.8
3. Anita Bennetts	UNAT	12:45.2
4. Cindee Fukuhara	UNAT	13:57.5
5. Cyndi Murgan	UNAT	13:58.3
6. Patty Parker	UNAT	14:16.3
7. Melodie Flores	UNAT	14:57.6
8. Amy Spang	UNAT	15:04.1
9. Victoria Reithard	PUSA	15:22.8
10. Mary Galvin	UNAT	15:31.4
11. Laura Mann	UNAT	15:50.6
12. Renita Caldwell	UNAT	15:57.8
13. Lisa Salazar	UNAT	18:47.2

MILE WALK

1. Autumn Bateson	PUSA	8:30.0
2. Jane Janousek	UNAT	8:57.5

880 MEDLEY RELAY

1. LAM (Valarie Blisco)	1:43.3	**
2. LAM B (Gwen Gardner)	1:43.5	**
3. PTC (Adrienne Lair)	1:48.0	**
4. LATC (Regina Jacobs)	1:48.9	**
5. LAM C (Marcia Romesser)	1:50.7	
6. PTC B (Michele Hopper)	1:51.4	
7. CSULB (Andrea Brown)	1:52.6	
8. SDC (Rita Harrison)	1:58.2	
9. UNAT-USC (Carey Hill)	1:59.1	

MILE RELAY

1. UNATTACHED (Marian Eastern)	4:17.7
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LONG JUMP

1. Gwen Loud	LAM	18'8-3/4"
2. Magnolia Files	LAM	18'5-3/4"
3. Veronica Bell	SCC	17'11"
4. Kerry Zwart	LATC	17'10 1/2"
5. Lisa Kinimaka	LATC	17'2-3/4"
6. Stophanie Davis	UNAT	17'2 1/2"
7. Tracie McMurray	SCC	17'0 1/2"
8. Bunny Cooper	DONS	16'10 1/2"
9. Denise Cornell	LATC	16'6 1/2"
10. Marilyn Linsenmeyer	LATC	16'3"
11. Marlene Harmon	LATC	15'7"
12. Lori Udansky	UCI	15'5-3/4"
13. Theresa Lofton	SCC	15'5 1/2"

January 21. Sea King Half Marathon

1) Brian Hunsaker (Jamul)	1:11:10
2) Bill St. John (Jamul)	1:11:10
3) Joe Dowling	1:12:23
4) Fran Duarte 1st35-39	1:13:11
5) Bill Johnson	1:13:30
6) Hank Lawson	1:13:41
7) Dennis Kasischke 1st30-34	1:15:10
8) Mike Sayward	1:15:41
9) Lew Jones 2nd 30-34	1:17:25
10) Tom Gleason 2nd 35-39	1:19:14
11) Jerry Smart 1st 45-49	1:19:24
12) Tom Richards 3rd 35-39	1:20:12
13) Ray Schmidt (CCAC)40-44/1	1:20:34
14) Dave McCann	1:20:38
15) Paul Palalids 3rd 30-34	1:20:48
16) Pat Patterson	1:21:50
17) Les Weaver 4th 35-39	1:21:58
18) Rick Ahlman 4th 30-34	1:22:05
19) Dave Heikes 2nd 40-44	1:22:06
20) Mike Shriver 1-HS	1:22:15
23) Don Watson 3rd 40-44	1:23:19
28) Tracy Brown 2nd 45-49	1:23:56
46) Norm Luman 1st 50-54	1:26:38
131) Tracey Robin 1st HS Girl	1:35:03
132) Kathy Kiernan 2nd JH Girl	1:35:05
149) Jolie Leach 1st Women	1:36:53
152) Francine Solomon 1st W 30+1	1:37:01
156) Julius Karabil 2/50-54	1:37:17
166) Marie Trapnell 2nd HS Girl	1:38:18
173) Janet Herzfield 3-HS Girl	1:38:54
177) Natale Fernandez 4-HS Girl	1:39:02
209) Elane Campo 2nd Woman	1:41:39
401 finishers	/John Blair/

January 21. Los Gatos. Los Gatos All Comers

Open

440 Relay:

1) Mergerson, Scott, Clanahan, Taylor	44.2
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880:

1) Hurst (Puma TC)	2:00.0
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70HH:

1) Roublick (Puma) tie	8.4
Carty (un)	

100:

1) Shellworth (Stanford)	10.0
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440:

1) Ramian (un)	52.1
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Mile:

1) Chain (DeAnza)	4:26.55
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220:

1) Taylor (un)	22.1
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330 IH:

1) Shellworth (Stanford)	39.0
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Pole Vault:

1) Searle (West Vly)	14-0
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High Jump:

1) Gibbs (un)	6-9 3/4
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Shot:

1) Mannon (un)	50-11 1/2
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Discus:

1) Mannon	147-11
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Long Jump:

1) Qghak (Stanford)	22-0
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High School

880:

1) Demo (Homestead)	2:04.2
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70HH:

1) Davison (Willets)	9.1
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January 22. Perrier-Northridge 10km

Open Women:

1) Vickie Cook	35:43
2) Jody Johnson	40:24
3) Joan Lind	40:50
4) Virginia Cisi	40:58
5) Sue Nehotte	41:36
6) Carole Karr	42:56
7) Karen Neal	43:21
8) Maleah Grover	43:46
9) Karen Sheets	43:48
10) Lynne Greifinger	43:58

35-39 Women:

1) Gerry Robertson	39:42
2) JoAnn Miley	42:01
3) Pauline Stevens	42:02

40-49 Women:

1) Catherine Grow	40:35
2) Belva Norins	45:48

50+ Women:

1) Margaret Miller	42:57
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12 & under Women:

1) Tania Fischer	37:15
2) Cathy Duarte	39:43
3) Ann Bensch	42:42

13-15 Women:

1) Barbara Arreola	38:05
2) Janet Freriks	40:39
3) Nancy Pascal	40:33

16-18 Women:

1) Sheila O'Donnell	41:10
2) Donna Grochowski	41:24
3) Vivian Metzger	41:30
4) Katherine Edwards	41:41
5) Kathy Peters	42:21

Open Men:

1) Bill Rodgers	28:30.9
2) David Babiracki	28:48.6
3) Gary Romesser	29:11
4) Charles Smead	29:24
5) Steve Brown	29:48
6) Joe Carlson	29:54
7) Carey Simons	30:01
8) Jerry Alexander	30:20
9) Ben Martinez	30:22
10) Jon Sutherland	30:25
11) Jean Ellis, MD	30:34
12) Steve McCalley	30:54
13) Daniel Spear	30:57
14) Robert Traba	31:01
15) John Madvig	31:10

12 & under Men:

1) Ralph Salcido	35:25
2) Andrew Metzger	36:37
3) Michael Duarte	38:52

13-15 Men:

1) Bill Francis, Jr.	33:34
2) Ray Cook	34:57
3) Jim Kelley	35:18

16-18 Men:

1) Lance Packer	31:16
2) Jeff Shaver	31:19
3) Dan Caprioglio	31:39

35-39 Men:

1) Frank Duarte	31:31
2) Larry Walker	33:19
3) Norman Towers	33:29

40-49 Men:

1) Len Efron	33:27
2) Brian Fernee	34:11
3) Pat Logan	35:14

50-59 Men:

1) Ray Gil	36:00
2) Fred Neal	36:12

January 29. San Mateo. All-Comers Track Meet

Open

Hammer:

1) David Thompson (Stanf)	160-5
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1500m:

1) Roy Kissin (WVTC)	3:51.9
2) Mike Porter (WVTC)	3:53.1

Javelin:

1) Mike Criscini (SJCC)	169-4
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110m HH:

1) George Carty (un)	14.2
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Long Jump:

1) Skip Peterson (WVTC)	23-7 1/2
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400m:

1) Alan Sheats (Stanford)	47.8
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1500m Masters:

1) Herb Naylor (NCSTC)	5:17.7
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Shot:

1) Bret Mannon (un)	50-11
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100m:

1) Darrin Nelson (Stanf)	10.5
2) Dan Bates (SFS)	10.6

High Jump:

1) Bob Peterson (Chabot)	7-1 1/2
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5000m:

1) Tom O'Neil (Stanford)	15:07.3
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Discus:

1) Rick Buss (Stanford)	163-2
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Pole Vault:

1) Jim Williams (un)	16-0
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100m Masters:

1) Harry Koppel (un)	13.1
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***world record for 64 yr. old**

Triple Jump:

1) Derek Toliver (WVTC)	45-8 1/2
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330 IH:

1) Gordon Bliss (CSM)	40.4
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200m:

1) Bill Green (Cubberly)	21.7
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Women's 220:

1) Cindy Dillard (MLTC)	27.7
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800m:

1) Dave Wells (Stan)	1:52.0
2) Rich Nichols (WVTC)	1:52.3

Masters 800m:

1) Paul Richardson (WVTC)	2:00.2
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High School

Girls 440 Relay:

1) Millbrae Lions TC "A"	51.6
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Shot:

1) Brian Lake (CasaGr)	49-3 1/2
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Mile:

1) Greg Valdez (Skyline)	4:24.8
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110m HH:

1) Malcom Dixon (Sequoia)	14.2
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Pole Vault:

1) Walter Worthge (Carlm)	12-6
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100 Yd:

1) Bill Green (Cubberly)	9.8
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Girls 100 Yd:

1) Cynthia Dillard (MLTC)	12.1
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High Jump:

1) Joel Wyrick (Mt.Pleas)	6-6
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Triple Jump:

1) Freddie Cunningham	48-4
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Discus:

1) Steve Davis (SanMateo)	165-11
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330 IH:

1) Malcom Dixon (Sequoia)	40.2
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220 Yd Dash:

1) Bob Maiocco (Liberty)	22.5
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880 Yd Run:

4. LATC (Regina Jacobs)	1:48.9
5. LAM C (Marcia Romesser)	1:50.7
6. PTC B (Michele Hopper)	1:51.4
7. CSULB (Andrea Brown)	1:52.6
8. SDC (Rita Harrison)	1:58.2
9. UNAT-USC (Carey Hill)	1:59.1

MILE RELAY

1. UNATTACHED (Marian Eastern)	4:17.7
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LONG JUMP

1. Gwen Loud	LAM	18'8-3/4"
2. Magnolia Files	LAM	18'5-3/4"
3. Veronica Bell	SCC	17'11"
4. Kerry Zwart	LATC	17'10 1/2"
5. Lisa Kinimaka	LATC	17'2-3/4"
6. Stephanie Davis	UNAT	17'2 1/2"
7. Tracie McMurray	SCC	17'0 1/2"
8. Bunny Cooper	DOMS	16'10 1/2"
9. Denise Cornell	LATC	16'6 1/2"
10. Marilyn Linsenmeyer	LATC	16'3"
11. Marlene Harmon	LATC	15'7"
12. Lori Udsansky	UCI	15'5-3/4"
13. Theresa Lofton	SCC	15'5 1/2"
14. Linda Villarosa	UCI	15'1"
15. Janice Opalinski	DHHS	14'11 1/2"
16. Carey Hill	UNAT	14'7-3/4"

SHOT PUT - JUNIOR WOMEN

1. Theresa Lofton (4 Kilo)	SCC	32'0"
1. Barrie Green (8/14-15)	LATC	38'0 1/2"

SHOT PUT - SENIOR WOMEN - 4 KILO

1. Kerry Zwart	LATC	41'1 1/2"
2. Marilyn Linsenmeyer	LATC	39'10"
3. Lisa Kinimaka	LATC	39'8 1/2"
4. Jenny Mann	UCLA	36/10 1/2"
5. Denise Cornell	LATC	35'7"
6. Marion Fairbank	UNAT	34'4"
7. Honour Henry	UNAT	25'11 1/2"

DISCUS

1. Lisa Vogelsang	MACCAB	150'1"
2. Leslie Hoerner	CSULB	141'10"
3. Marion Fairbanks	UNAT	90'2"

JAVELIN

1. Regina Steele	UNAT	126'8"
2. Alexis Crampton	UNAT	104'4"
3. Sue Gregory	UCI	99'9"
4. Honour Henry	UNAT	94'11"
5. Beatrice Chan	UCI	90'8"

Sacramento. 1978 Winter Sun Run

2 Mile

1) Dan Will (18)	10:45
2) Jeff Scott (15)	11:00
3) Dan Olsen (16)	11:26
4) Ron McClure (14)	11:28
5) Tom Arnaz (16)	11:40
32) Kathy Bennet (19)	14:00
34) Katrina Hoversten (16)	14:12
40) Alisa Fong (9)	14:51

10K

1) Bruce McInturf (18)	32:07
2) Tony Baccelli (28)	33:03
3) Willie Diaz (18)	34:01
4) Tim Powell (16)	34:31
5) Scott Molina (17)	34:50
6) Joe Taxiera (24)	34:55
7) Ed Stromberg (34)	35:05
8) William E. Tippetts (26)	35:17
9) Scott Halgat (16)	35:29
10) Walt Howard (40)	35:37
14) Joe Sloan (43)	35:59
18) Richard Hanna (41)	36:21
72) Patricia Kuphaldt (16)	40:52
83) Candy Hearn (34)	41:37
97) Sharon Yaninek (12)	42:34
115) Lisa Lewis (16)	44:21

/David Island/

1) Taylor (un)	22.1
330 LH:	
1) Shellworth (Stanford)	39.0
Pole Vault:	
1) Searle (West Vly)	14-0
High Jump:	
1) Gibbs (un)	6-9 3/4
Shot:	
1) Mannon (un)	50-11 1/2
Discus:	
1) Mannon	147-11
Long Jump:	
1) Qghak (Stanford)	22-0
High School	
880:	
1) Demo (Homestead)	2:04.2
70HH:	
1) Davison (Willets)	9.1
100:	
1) Taylor (Overfelt)	9.8
440:	
1) Creeden (Cupertino)	51.9
Mile:	
1) Smith (Awalt)	4:39.1
220:	
1) Kennedy (Sunnyvale)	22.6
330 LH:	
1) Daley (Los Gatos)	42.1
2 mile:	
1) Van Den Hoven (Saratoga)	9:52.0
Pole Vault:	
1) Bauld (Soquel)	13-3
High Jump:	
1) Rogers (Watsonville)	5-8
Shot:	
1) Sorreson (Sunnyvale)	55-10
Discus:	
1) Stubele (Sunnyvale)	157-0
Long Jump:	
1) Lundy (Independence)	20-7
Triple Jump:	
1) McCudy (Monta Vista)	4403
Girls 440 Relay:	
1) Homestead	52.8
Girls 880:	
1) Threadgill (CuperYearl)	2:32.0
Girls 70 LH:	
1) Mila (Modesto)	8.5
Girls 100:	
1) Mila	11.7
Girls 440:	
1) Jordan (Saratoga)	62-7
Girls Mile:	
1) Brogan (SJC)	5:22.5
Girls 220:	
1) Robinson (Cupert. Yearl)	27.4
Girls 2 Mile:	
1) Olrich (SJC)	1:09
Girls High Jump:	
1) Phifer (Independ.)	5-4
Girls Long Jump:	
1) Phifer	16-4

/Keith Conning/

Andrew Metzger	38:57
3) Michael Duarte	38:52
13-15 Men:	
1) Bill Francis, Jr.	33:34
2) Ray Cook	34:57
3) Jim Kelley	35:18
16-18 Men:	
1) Lance Packer	31:16
2) Jeff Shaver	31:19
3) Dan Caprioglio	31:39
35-39 Men:	
1) Frank Duarte	31:31
2) Larry Walker	33:19
3) Norman Towers	33:29
40-49 Men:	
1) Len Efron	33:27
2) Brian Fernee	34:11
3) Pat Logan	35:14
50-59 Men:	
1) Ray Gil	36:00
2) Fred Nagelschmidt	36:12
60+ Men:	
1) Eddie Lewin	38:56

/Leal Ann Reinhart/

January 29. San Francisco. The Bonne Bell 10,000 Meters

1. Suzanne Bier/16	San Jose Cindergels	36:20
2. Laurie Crisp/16	West Valley TC	36:51
3. Cheri Williams/18	San Jose Cindergels	36:59
4. Judy Jacobs-Loyd/16	West Valley TC	37:02
5. Ann Wetherapoon/21	San Jose Cindergels	37:08
6. Vivian Duffie/21	Stanford	37:31
7. Sally Metteer/19	un.	37:34
8. Kathy Perkins/20	San Jose Cindergels	37:50
9. Kerry Brogan/15	San Jose Cindergels	37:58
10. Cathy Demmelauer/14	San Jose Cindergels	38:02
11. Pauline Vasquez/12	San Jose Cindergels	38:15
12. Terrie Brown/14	un.	38:16
13. Patricia English/25	West Valley TC	38:24
14. Marjio Connelly/20	Frankie Runners	38:29
15. Joan Fox/17	un.	38:40
16. Peggy Lyman/30	West Valley TC	38:45
17. Skip Swannack/36	Woodside Striders	38:51
18. Jill Symons/17	un.	38:54
19. Arlene Daley/17	un.	38:56
20. Debi Lazary/20	HAVU	38:57
21. Ann Regis/16	San Jose Cindergels	38:58
22. Cynthia Olivarri/22	Star Essentials	38:59
23. Judy Fox/37	un.	39:19
24. Marilyn Taylor/25	West Valley TC	39:23
25. Elaine Miller/31	Frankie Runners	39:27
26. Shelia Maskovich/29	Hunts Sweatshogs	39:36
27. Estella Juina/19	San Jose Cindergels	39:39
28. Carol Phillips	?	39:42
29. Andrea Helabecker/12	San Jose Cindergels	39:45
30. Irene Rudolf/36	West Valley TC	39:54
31. Jane Wooton/19	Hunts Sweatshogs	40:00
32. Madeline Hoese/22	Aggie RC	40:01
33. Diana Pighlomeni/16	San Jose Cindergels	40:02
34. Joan Ulloty/37	West Valley TC	40:11
35. Sharron Yaninek/12	San Jose Cindergels	40:12
36. Liz Strangio/15	Mission San Jose	40:13
37. Linda Hayes/25	San Jose Cindergels	40:18
38. Kim Schnurpfeil/16	West Valley TC	40:20
39. Sandy McTheron/17	4111 Women TC	40:27
40. Jill Campbell/14	Cal Berkeley	40:33
41. Elizabeth Brown/12	Milbrae Lions	40:39
42. Vicki Blankenship/33	un.	40:42
43. Jane Soversby/27	Frankie Runners	40:45
44. Ruth Anderson/43	Nur Cal. Sen. TC	40:57
45. Caron Schauberg/36	Frankie Runners	40:59
46. Jill Gustafson/35	un.	41:02
47. Kathleen Bonnet/12	San Jose Cindergels	41:07
48. Liana Wilson/14	Hill Cr. High	41:10
49. Rosmarie Lagunas/16	un.	41:21
50. Sue Brasher/33	un.	41:23
51. Stevanne Auerbach/39	un.	41:24
52. Barbara Pike	un.	41:25
53. Eileen Burger/22	Aggie RC	41:36
54. Mary Healy/30	Women On The Run	41:38
55. Joanne Ernst/18	un.	41:44
56. Judy Irving/31	un.	41:51
57. Lynne Hjelte/18	Cal Berkeley	41:52
58. Karen Daley/19	un.	41:54
59. Barbara Magno/34	Tamapa	41:59
60. Barbara Thomas/33	un.	42:00

738 Finishers

/Penny DeMoss/

1) Greg Valdez (Skyline)	4:24.8
110m HH:	
1) Malcom Dixon (Sequoia)	14.2
Pole Vault:	
1) Walter Worthge (Carlm)	12-6
100 Yd:	
1) Bill Green (Cubberly)	9.8
Girls 100 Yd:	
1) Cynthia Dillard (MLTC)	12.1
High Jump:	
1) Joel Wyrick (Mt.Pleas)	6-6
Triple Jump:	
1) Freddie Cunningham	48-4
Discus:	
1) Steve Davis (SanMateo)	165-11
330 IH:	
1) Malcom Dixon (Sequoia)	40.2
220 Yd Dash:	
1) Bob Maiocco (Liberty)	22.5
880 Yd Run:	
1) Greg Valdez (Skyline)	1:58.6

/Dave Shrock & Harry Young/

January 28. San Jose. All-Comers Meet at San Jose City College

Open 60:	
1) Ernest Lewis (SJCC)	6.2
Open 60HH:	
1) Frank Roublick (un)	7.7
Open 220:	
1) Dwayne Green (SJCC)	21.8
Open 2 Mile:	
1) Steve Strangio (un)	9:36.8
Open Steeplechase:	
1) Joe Salazar (SJCC)	9:57.3
Open 440 Relay:	
1) San Jose CC	41.4
Women's 60:	
1) Marquita Belk (SJC)	7.3

/Keith Conning/

January 28. Los Gatos. All-Comers Meet at Los Gatos High

Open 440 Relay:	
1) Johnson, Hurley, Schular, Roublick	44.6
Open 880:	
1) R. Thomas (WVTC)	1:57.6
Open 70HH:	
1) G. Carty	8.5
Open Mile:	
1) Hurst (Puma TC)	4:20.5
Open 330 IH:	
1) Shellworth	38.7
Open 220:	
1) Holcombe (SJCC)	21.4
Open 2 Mile:	
1) Baker	9:20.5
Open High Jump:	
1) Gibbs (SJCC)	6-10
Open Long Jump:	
1) Bates (CSM)	22-7
Open Triple Jump:	
1) Bates	47-5
Open Shot:	
1) Brady	50-4 1/2

/Keith Conning/

January 28. Berkeley. UC Berkeley All-Comers

Open
60 Race #2:
1) Ed Jones 6.3
60 Race #3:
1) Eldon Walker (Laney) 6.2
2) Norbert Payton (BAS) 6.3
200m:
1) Elden Walker (Laney) 21.6
2) Adrian Rodgers 21.6
3) Ed Jones 21.8

400m:
1) Paul Wallace (EACBS) 48.6
2) Mike Randall 49.1
800m:
1) Lloyd Guss (UCB) 1:56.9
2) Douglas Owyang (Alameda) 1:57.9

1500m:
1) Andy Clifford (Cal) 3:50.8
2) James Robinson (InnerCity) 3:50.8
3) Damon Wood (Cal) 3:55.5

2 Mile:
1) Mark Proteau (AggieRC) 9:40.4
60HH:
1) Derrick Legions 7.5
400m Relay:
1) Sacramento CC 42.1

Shot:
1) Greg Canfield (Cal) 41-0
Javelin:
1) Tori Lewis (Cal) 194-4
2) Greg Canfield (Cal) 181-7

Triple Jump:
1) Glenn Woods (Alameda) 46-0
Long Jump:
1) Marion Anderson 22-9

High Jump:
1) King Wiley (Cal St Hay) 6-8
2) Jerry Coleman (WVTC) 6-6

High School
60:
1) Lester (Oakland) 6.4
200m:
1) W. McNeal (Oakland) 22.6
400m:
1) D. Wilkins 50.9
800m:
1) Brian Brady (Pinole) 1:58.7

1 Mile:
1) Mark Conover (Miramonte) 4:31.8
2 Mile:
1) Dave Royal (Petaluma) 10:01.2
60 HH:
1) Mark A. White (Richmond) 7.7

400m Relay:
1) Oakland "A" 43.5
1600m Relay:
1) Oakland "A" 3:28.2

Shot:
1) Bob Guthrie (Berkeley) 49-1 3/4
Discus:
1) Bob Guthrie (Berkeley) 134-2

Long Jump:
1) Greg Clark (Petaluma) 21-10
High Jump:
1) James Miller (Vacaville) 6-0
2) Gilbert Pacaldo (St.Ig.) 6-0
3) Doug Hamilton (Vacaville) 6-0

Women
60:
1) Kim Webster (DeAnza) 7.0
2) Sharon Ware (Berkeley) 7.0
200m:
1) Sharon Ware (Berkeley) 25.4

January 29. Orange. World Masters Marathon

1) Joe Carlson (26) 2:18:41
2) Thomas Bryand (24) 2:21:14
3) Ron Kurrle (29) 2:21:52
4) Dave White (25) 2:22:52
5) Mark Stevenson (19) 2:26:32
6) Jean Ellis (31) 2:28:10
7) Lionel Ortega (23) 2:30:48
8) Frank Duarte (36) 2:30:53
9) Steve Blum (22) 2:31:06
10) Robert Planta (14) 2:31:24
1st 40+ John Rudberg (43) 2:39:50
1st 60+ Charles Seekins (61) 3:06:23
1st 70+ M. Montgomery (71) 3:12:06
1st W Susan Peterson (33) 2:51:41
1st W70+ Mavis Lindgren (70) 4:46:10
/Bill Selvin/

January 28. Atlanta, Georgia. AAU Senior Men's 12km Cross Country Championships

1) Dan Dillon (GrBostonTC) 35:41.8
2) Randy Thomas (GBTC) 35:42.1
3) Jeff Wells (Ath. West) 35:43.6
4) Mike Roche (NJAA) 35:44.4
5) Guy Arbogast (ColoTC) 35:45.4
6) Charley Vigil (ColoTC) 35:45.6
7) Bill Rodgers (GBTC) 35:45.9
8) Duncan MacDonald (WVTC) 35:47.3
9) Tom Wysocki (U.Nev Reno) 36:04.9
10) Pat Davey (Knoxville TC) 36:14.1
11) Gary Tuttle (Tobias Str) 36:17.0
/Pete Cava/

Himalayan Distance Run

Women's 5km Run:
1) Debi Gazafy 19:01
2) Sue Craig 20:07
3) Joan Shrimpton 23:11
Lynn Montano 23:11
4) Maureen Scannel (M) 23:22
5) Judy Bloom 24:52

Women's 10km Run:
1) Marilyn Taylor 39:52
2) Elaine Miller 40:35
3) Jane Sowersby 41:32
4) Ruth Anderson (M) 41:35
5) Peggy Lyman 41:47
6) Marty Maricle (M) 43:20
7) Janet Hollenbach 44:35
8) Linda Brown 44:45
9) Laury Belzer 45:09
10) Jenny Ray 45:15

Men's 10km Run:
1) John Cobourn 34:49
2) Don Chaffee 34:51
3) Dennis Coulter 34:53
4) Bob Myers 35:02
5) Dennis Gustafson 35:37
6) Joe Maher 35:40
7) Jim Coughlin 35:43
8) Bill Brusher 35:44
9) Robert Herrick 35:47
10) Neil Berg 35:50
11) Dan Powers 35:58
12) Cliff Wolery 36:04
13) Ronald Felzer 36:21
14) John Ruppe 36:27
15) Jess Chavez 36:30
/FORErunners/McCormick/

February 5. Las Vegas. Las Vegas Marathon

CASITAS DAM 10km HANDICAP JAN.29

1 BOB HAYES AIA 33:42 1 A
2 VINCE ENGEL BB 34:26 1 C
3 BILL SCOBEY BB 34:56 2 C
4 STEVE DURAND STC 35:38 2 A
5 RON WISE 35:50 1 D
6 DAVID MINEAU CRC 36:08 3 C
7 LARRY PONTINEN SBAA 36:12 2 D
8 MIKE BERGKAMP SBAA 36:32 3 A
9 EPIGEMENIO TORRES 36:54 1 B
10 JIM FLANIGAN CCAC 37:32 2 B
11 DENNIS STANSAUK SFVT 38:10 4 A
12 GARY DINKINS 38:16 3 D
13 DAVID HALL VCTC 38:32 3 B
14 TOM CORY GPAC 38:34 4 C
15 RICK VASQUEZ AZTL 38:44 1 M
16 E BLANKENSHIP STC 38:46 4 D
17 ROBERT HUTTON 38:56 5 C
18 BUDDY BARNETT 39:08 5 D
19 JAY ROMAIS 39:10
20 KEN LUCCI SBAA 39:18 4 B
21 CHRIS SMITH DDB 39:28 1 J
22 ROBERT SCULLLEY 39:34
23 DARREN MOORE 39:36 2 J
24 STEVE MIZEBA DDB 39:42 3 J
25 LARRY BALLEW STC 39:50
26 DICK DURAND STC 40:10 1 T
27 F NAGELSCHMIDT STC 40:34 1 R
28 CARL PYTLINSKI STC 40:56 6 D
33 EFRAIN ROBLES 41:14 1 K
34 ANDREW METZGER 41:16 1 L
65 R TAKAHASHI 44:28 1 V
74 CATHY FULKERSON PVR 45:30 1 W
87 DENISE LOPEZ SHC 48:11 1 G
102 RUDY HALUZA TSTR 52:14 1wk

/Connie Rodevald/

February 3. Santa Maria. All-Comers Meet at Allan Hancock College

Men
100m (#1):
1) Bush (CP) 11.0
100m (#2):
1) Johnson (un) 11.0
200m:
1) Gilbert (Cues) 23.0
400m:
1) Steven Betts (AHC) 50.1'
800m:
1) Schankel (CP) 1:55.6
1500m:
1) Ivan Huff (AHC) 4:02.2
3000m:
1) Eroo Keranen (AHC) 8:56.8
110m HH:
1) Godinez (CP) 15.2
400m IH:
1) Aukes (Cues) 58.8
Pole Vault:
1) Foss (SYVHS) 15-6
Shot:
1) Michelmores (CP) 50-11
Discus:
1) Vondgas (CP) 152-9
Javelin:
1) Kurt Wahl (CP) 179-3
Hammer:
1) Behnke (CP) 149-2
Women
200m:
1) Franca Castro (AHC) 26.7

January 29. Marysville. Peach Bowl Pacers Track Club 10,000m

1) Lynn Mentzer (UNTC) 33:28
2) Roy Hoglund (CWTC) 33:53
3) Robert Miller (CWTC) 34:20
4) Tim Powell (CB) M/16-17 34:26
5) Dan Martinez (WS)M/16-17 34:33
6) Brent Cushenbery (ARTC) 34:40
7) Frank Castino (SunTC) 34:48
8) Bill Galaviz (un) 34:57
9) Peter Duffy (SCTC) 35:10
10) Lyle Freeman 35:21
11) Mike Warr M/16-17 35:44
12) Britt Brewer (CRC)M14-15 35:47
13) Robert Bourbeau (WVJ&S)M 35:48
14) Noel Lincicome 35:50
15) Scott Molina M/16-17 35:55
16) Erik Winje 36:01
17) Mike Plummer (WVTC) 36:08
18) Frank Turner 36:15.1
19) Robert Woodliff M/30-39 36:15.9
20) Doug Rennie M/30-39 36:18
21) Barry Rounds M/30-39 (PBP) 36:31
22) Ken Alberg M/16-17 36:50
23) Walt Schaefer (CRC)M/30-39 36:55
24) Steve Daniels (SWEAT) 36:59
25) Robert Felisch 37:03
26) Ross Smith (WVJ&S) M 37:07
27) Joe Slone (Ophir) M 37:10
75) Merrill Cray (CRC) W 42:08
79) Kim Carter (RTC) W/13u 42:55
83) Stacey Kearns (PBP)W14-17 43:13
96) Regina Silva (SWEAT) W/op 44:58
102) Mary Ann Morse W/13u 46:09
106) Elona Schreder (RTC)W/13u 46:45
111) Sabrina Schreder (RTC)13u 47:21
/Fred Turner & Ed Williams/

February 12. Thousand Oaks. Hidden Valley Marathon

1) Bruce W. Dewsberry (TW) 2:28:59
2) Dave White 2:32:13
3) Frank Bozanich 2:34:21
4) Tad Kleindienst 2:43:56
5) Lugo Anthony 2:45:07
6) Joe Burgasser (STC) 2:47:57
7) John P. Murphy 2:47:59
8) Norm Secord 2:48:55
9) Tony Goffredo 2:51:51
10) John Bades 2:53:07
11) Gary Seeger 2:53:53
12) Bob Carmen 2:55:54
13) Jon Jackson 2:56:07
14) Timothy Key 2:57:11
15) Allan Ullman 2:57:23
Women:
22) Sue Peterson 1st W 3:03:39
Patricia Butler 2nd W 3:24:00
Florence Squires 3rd W 3:33:27

Half-marathon (13.1 mile):
1) Joe Carlson 1:08:34
2) Gary Romesser (FPTC) 1:09:55
3) Vince Ingel 1:11:48
4) Frank Duarte 1:12:38
5) Michael Sayward 1:13:30
Women:
Celia Peterson 1st W 1:23:46
Sue Krenn 2nd W 1:26:19
3rd Woman 1:28:38
Marilyn Nippold 4th W 1:31:34
Donna Grochowski 5th W 1:32:19
(696 entrants)

6.0 Mile
1) Dennis Caldwell (ATA) 29:29

1) Mark A. White (Richmond)	7.7
400m Relay:	
1) Oakland "A"	43.5
1600m Relay:	
1) Oakland "A"	3:28.2
Shot:	
1) Bob Guthrie (Berkeley)	49-1 3/4
Discus:	
1) Bob Guthrie (Berkeley)	134-2
Long Jump:	
1) Greg Clark (Petaluma)	21-10
High Jump:	
1) James Miller (Vacaville)	6-0
2) Gilbert Pacaldo (St.Ig.)	6-0
3) Doug Hamilton (Vacaville)	6-0

Women

60:	
1) Kim Webster (DeAnza)	7.0
2) Sharon Ware (Berkeley)	7.0
200m:	
1) Sharon Ware (Berkeley)	25.4
2) Freida Cobbs (Berk)	25.4
3) Michelle Hawthorne (ElCr)	25.5
400m:	
1) Debbie Byfield White	57.5
800m:	
1) Anna Lee (un)	2:27.4

Masters

200m:	
1) Hans Bruhner	24.8
1 Mile:	
1) Kent Guthrie (WVJ&S)	4:42.0
	/Keith Conning/

January 22. Pico Rivera. 6th Annual Anniversary Run -- 5 Mile:

Women's Open

1) Kim Vollmer (PCP)	30:11
2) Judy Steese	30:25
3) Karen King (STC)	34:36
4) Adrianna Dominguez	36:25
5) Yvonne Hernandez	36:49

60+	
1) Joe McArdle	50:47

50+	
1) Lono Tyson (CCAC)	31:33
2) Vernon Melton (STC)	31:35
3) John Noble (STC)	32:12

40+	
1) Rick Vasquez (Aztlan)	28:31
2) Jim Gillespie	29:28
3) Louis Simms, Jr. (STC)	29:52
4) Gleeson (SCS)	29:58
5) Bob Losser	30:25

30+	
1) Joe Razl (Aztlan)	26:28
2) Steve Close (STC)	26:41
3) Mit Hunt	27:43
4) Tom Corey (GPAC)	28:22
5) William K. Sumner	29:16

Men's Open

1) Dave Frickel	24:04
2) David Schriver (ITE)	25:03
3) Bob Alexander (CCAC)	25:16
4) Alex Hedges	26:01
5) Steve Chase (OCTC)	26:11
6) Dimas Iglesias	26:31
7) Michael Sayward (Aztlan)	26:54
8) Keith Hill (Aztlan)	27:20
9) Jim Flanigan (CC)	27:46
10) Joe Ramos	28:11

/Armie Briones/

Men's 10km Run:	
1) John Cobourn	34:49
2) Don Chaffee	34:51
3) Dennis Coulter	34:53
4) Bob Myers	35:02
5) Dennis Gustafson	35:37
6) Joe Maher	35:40
7) Jim Coughlin	35:43
8) Bill Brusher	35:44
9) Robert Herrick	35:47
10) Neil Berg	35:50
11) Dan Powers	35:58
12) Cliff Wolery	36:04
13) Ronald Felzer	36:21
14) John Ruppe	36:27
15) Jess Chavez	36:30

/FORErunners/McCormick/

February 5. Las Vegas. Las Vegas Marathon

Twenty-eight year old Donald Ocana, from Anaheim, ran away from the field to win this year's race in the time of 2:32:27. John Michaels, from Salt Lake City, finished a distant second in 2:39:06.

Two outstanding performances were recorded. The first woman finisher was Susan Patterson, a graduate student at the University of Nevada, Las Vegas. She ran 2:57:27 shattering the Nevada record by almost thirty minutes (3:27:02). Ten year old Michael Duarte, from Santa Ana, ran 3:02:09, which should place him high amongst the marathoners in his age group.

Ideal weather was the main factor in that 93% of the runners finished (132 started-123 finished). Race day was overcast and the temperature was 50 degrees.

1) Donald Ocana (28) Ca	2:32:27
2) John Michaels (23) Utah	2:39:06
3) Tony Gerardi (31) Nev	2:42:13
4) Johnny Clark (30) Nev	2:44:20
5) Mike Bernstein (27) Nev	2:44:45
6) Aaron Goldman (45) Nev	2:45:45
7) Steve Rennie (27) Nev	2:46:49
8) Marc Rogers (24) NY	2:46:51
9) Steven French (30) Utah	2:48:50
10) Leonard Bender (41) Nev	2:49:55
11) Tracy Brown (49) Ca	2:50:54
12) Robert Dobson (30) NH	2:52:15
13) Herman Fountain (30) Ca	2:52:34
14) Sam Paris (40) NY	2:52:46
15) Phillip Balke (30) Ca	2:54:05
16) Eric Jones (32) Mich	2:56:07
17) John Bowen (34) Nev	2:56:37
18) Larry Moore (29) Nev	2:57:10
19) Susan Patterson (23) Nev	2:57:27
20) James Luft (30) Ca	2:57:35
30) Michael Duarte (10) CA	3:02:09
36) Tommy Hodges (50) Nev	3:07:19
56) Sandy Brauer (39) Nev	3:17:43
86) Carol Christensen (36) Ut	3:36:32

1) Timothy Key	1:55.15
15) Allan Ullman	2:57:23
Women:	
22) Sue Peterson 1st W	3:03:39
Patricia Butler 2nd W	3:24:00
Florence Squires 3rd W	3:33:27
Half-marathon (13.1 mile):	
1) Joe Carlson	1:08:34
2) Gary Romesser (FPTC)	1:09:55
3) Vince Ingel	1:11:48
4) Frank Duarte	1:12:38
5) Michael Sayward	1:13:30
Women:	
Celia Peterson 1st W	1:23:46
Sue Krenn 2nd W	1:26:19
3rd Woman	1:28:38
Marilyn Nippold 4th W	1:31:34
Donna Grochowski 5th W	1:32:19

1) Kurt Wahl (CP)	179-3
Hammer:	
1) Behnke (CP)	149-2
Women	
200m:	
1) Franie Castro (AHC)	26.7
1500m:	
1) Franie Castro (AHC)	5:06.0
3000m:	
1) Leslie Means (AHC)	11:55.9
Shot:	
1) Rippchen (Cues)	32-9 1/2
Discus:	
1) Brown (CP)	112-3
Javelin:	
1) Banks (SBCC)	102-7

/Ray Kring/

February 5. Hermosa Beach 26th Annual Hermosa Beach Distance Runs

Women (18-34):	
1st--Carol Frey (20:53), 2-Diann Isan,	
3-Kathy Peters, 4-Deborah Sue McCoy,	
5-Pamela Henderson.	
Women (35+):	
1st--Deanna Holleman (18:56), 2-	
Glenda Morgan, 3-Bette Del Riego.	
High School Boys:	
1st--Ken Hebert (16:14), 2-David	
Thomas, 3-Jeff White.	
Men (18-34):	
1st--Jay White (16:34), 2-Jack Gwan,	
3-Kevin Cody, 4-Dennis Estabrook, 5-	
Peter Cody.	
Men (35+):	
Fastest time, Russ Hilligan (17:05);	
Ages 35-44: 1st-Jim Harris (18:07),	
2-Jim Spotts, Ages 45-55: 1st-Dave	
Thomas (17:26), 2-Walt Edward.	

AAU Open:	
1st--Jim Arguilla (28:19), 2-Tom	
Edwards, 3-Tom Rush, 4-Jim Gill,	
5-Tom Wahe.	

AAU Masters:	
1st--Pete Mundle (32:16), 2-Bob Holtel,	
3-Andre Tocco, 4-Alex Reisbord, 5-	
Clyde Alling, 6-Warren Morman.	

AAU High School:	
1st--Carmelo Rios (32:16), 2-Bob	
Palacios, 3-Oscar Huicochea, 4-Keith	
Kolbly, 5-Ralph Kolthoff.	

AAU Women:	
1st--Kit Fagan (38:36), 2-Denise Ar-	
matage, 3-Pat Crouch.	
AAU Women Veterans:	
1st--Stella Sharpe (46:26), 2-Diane	
Maloy. /Bruce Drury/	

February 2-3. Albuquerque, New Mexico. National AAU Senior Women's Indoor Pentathlon Championship:

1) Anne Gilliland (AlbuqOC) 3839	
(9.0, 31-3 1/2, 5-11, 17-7 1/2,	
2:26.5)	
2) Karen Page (NewZealand) 3835	
(8.9, 35-2.5-2 1/2, 18-2 1/2,	
2:21.2)	
3) Linda Cornelius (TexasA&M) 3826	
(8.8, 32-5 3/4, 5-6 1/2, 18-2 1/2,	
2:22.0)	
4) Liz McBain (Canada) 3790	
5) Mary Harrington (ColoSt) 3670	
6) Denise Cornell (Naturite) 3610	
7) Lisa Kinimaka (Naturite) 3572	
8) Kara Danniger (Texas) 3433	
9) Brenda Wilson (Colo St) 3412	
10) Kerry Zwart (Naturite) 2881	
	/Pete Cava/

February 5. Montebello. Pop Marty Memorial Run (10 mile):

1 DAVE FRICKEL		50:39
2 DUKE MUNDALL		51:05
3 ALBERT RAMIREZ		51:50
4 STEVE CHASE	23 UNAT	52:12
5 MIKE BARRAGAN		52:26
6 RUCY CHAVEZ		52:30
7 JAMES PEREZ	31 AZTL	52:35
8 DAVE ASKREN		53:05
9 LOUIS VERGARA		53:20
10 BOB MILLER		54:29
11 JOE RAZO		54:35
12 GARY COHEN		55:15
13 BILL FITZPATRICK		55:18
14 JOHN RUPP	31 STC	55:23
15 GILBERT CORTIZ		56:00

Trinidad Beach

RESULTS Feb. 4

Name	Time
1 Chris Cole	41:24
2 Gordon Innes	42:00
3 Scott Peters	42:29
4 Chris Speere	43:36
5 Glen Borland	43:38
6 Paul Heide	43:46
7 Roger Innes	43:51
8 Bill Scobey	43:55(R)
9 Vince Engel	44:13
10 Darryl Beardall	44:34(R)
11 Dewayne Little	44:51
12 Ken Hammer	45:01
13 Mark Reeder	45:11
14 Tony Munoz	45:32
15 Frank Ebner	45:53
16 David Figuelredo	46:15
17 Greg Davy	46:17
18 Jerry Wise	46:18
19 Richard Carlson	46:21
20 Howard Labrie	46:48
21 Greg Heistuman	46:51
22 Steven Hensen	47:15
23 Mike Williams	47:15
24 Rick Smith	47:24
25 James Rocha	47:26

SANTA BARBARA WINTER RUN (6 MI)

PLC	NAME	AGE	CLUB	DATE--020478	FAST TIME
1	STEVE HOUSEWORTH	22			36:26
2	STUART SUTHERLAND	22	CN		31:09
3	RAUL GIL	18	SBAA		32:16
4	JOHN BRENNANO	42	SBAA		32:29
5	ERIC SAPPENFIELD	16			33:10
6	CHRIS BOEKER	18	OCTC		33:29
7	C. MORRINGHAM	23	SBAA		33:54
8	PHIL MARSHALL	26			33:55
9	BURT DAVIS	35	SBAA		34:03
10	RUSSELL BESTE	16			34:08
11	HECTOR NIEVES	15	SBAA		34:08
12	DAN HOJCIK	22	UNAT		34:11
13	MIKE HOBBS	15			34:20
14	JON JACKSON	18	SBAA		34:29
15	BRANDT HECKERT	22			34:32
16	BUDDY BARNETT	36			34:42
17	VERN EASLEY	18			34:42
18	SCOTT OMOALEN	18	SBAA		34:49
19	ED CALLOWAY	15	DP		34:55
20	JAY ROPAIS	34			35:09
21	JOE GOODMAN	24			35:37
22	BRAD SMITH	17	CYPS		35:52
23	GREG ROBIN	21	SBCC		35:52
24	DAVID MACDONALD	15	SMCC		36:10
25	JOSH GOLONG	18			36:16
26	DON KARL	24	S9AA		36:33
27	TARA MORRS	17			36:35
28	TOM HANNA	16	DP		36:46
29	ROBERT STAPLES	18			36:50
30	FRANK RIGGS	27	SB		37:02
31	M. CABANATUAN	19	SBAA		37:02
32	DENNIS MARTINEZ	17	CYPS		37:03
33	PAUL ROBB	23			37:04
34	STEVE RIPLEY	35	S9AA		37:17
35	KEN SMITH	16			37:23
36	GEORGE MERCURF	29			37:29
37	RICK HORN	18			37:37
38	MARC DIERKES	22			37:46
39	JOHN MCCAFFERTY	22			37:55

February 4. San Mateo. Examiner
Games Trials at College of San Mateo

High School

2 Mile #1:

- 1) Greg Valdez (Skyline) 9:31.8
- 2) Kevin O'Connor (Carlmnt) 9:32.6

2 Mile #2:

- 1) Steve Strangio (Miss SJ) 9:12.8
- 2) Dave Coulman (SanMarin) 9:14.0
- 3) Craig Hochhaus (ClayVly) 9:17.7
- 4) Carlos Carrasco (Mt.Pls) 9:20.1
- 5) Tom Downs (Skyline) 9:21.8
- 6) John Marden (Miss SJ) 9:31.3
- 7) Armand Moreno (Piner) 9:32.0
- 8) Mark Conover (Miramonte) 9:32.3

60HH:

- 1) Malcolm Dixon (Sequoia) 7.3
- 2) Erick McPherson (Mt.Pls) 7.5
- 3) Mark Adams (Berkeley) 7.5
- 4) Mark White (Richmond) 7.5
- 5) Steve Syties (Hillsdale) 7.6
- 6) Tony Ransom (Logan) 7.7

Mile Relay:

- 1) Richmond HS 3:22.7
- 2) Highland 3:24.1
- 3) Liberty Union 3:24.8
- 4) Pittsburg 3:25.3
- 5) Castro Valley 3:26.9

2 Mile Relay:

- 1) Pinole Valley 8:04.2
- 2) Stagg 8:06.3
- 3) Skyline 8:08.8
- 4) Homestead 8:12.0

Triple Jump:

- 1) Marvin Colter (Piner) 47- $\frac{1}{2}$
- 2) Fred Cunningham (Balboa) 46-9 $\frac{1}{4}$
- 3) Allen Tuhn (Cloverdale) 45-5
- 4) Jeff Clanagan (SilverCrk) 45-0
- 5) Kevin Dye (Highlands) 44-8
- 6) Don Bordingham (Cordova) 44-7 $\frac{1}{2}$

Girls 2 Mile Relay:

- 1) Piedmont 10:07.5
- 2) Carlmont 10:11.7
- 3) Sequoias 10:18.1
- 4) Marin Catholic 10:23.2
- 5) Homestead 10:24.9

Women's

60 #1:

- 1) Elaine Parker (MLTC) 7.0
- 2) Freida Cobbs (BEBTC) 7.0
- 3) Sharon Ware 7.0
- 4) Judy Young 7.1

60 #2:

- 1) Kelia Bolton (MLTC) 6.9
- 2) Kim Webster
- 3) Debra Byfield White 7.0
- 4) Colette Winlock (CSH) 7.1
- 5) Carolyn Ruff (BHS) 7.6

60HH #1:

- 1) Kris Costello (SJC) 8.2
- 2) Stella Edwinston (ML) 8.3
- 3) Donna Hunnerlach (Colo) 8.4
- 4) Michelle Hawthorne 8.5
- 5) Mila Amerine 8.6
- 6) Kathy Hamilton 8.9

60HH #2:

- 1) Tonya Alston (BEBTC) 8.2
- 2) Bonnie Newman (MLTC) 8.5
- 3) Kim Costello 8.3
- 4) Angel Kellen 8.4
- 5) Carolyn Ruff (Berk HS) 8.4
- 6) Loretta Gilmore 9.2

1000 #1:

- 1) Judy Graham (WVTC) 2:33.2
- 2) Cheryl Williams (SJC) 2:35.1
- 3) Roxanne Bier (SJC) 2:35.2

880 Relay:

- 1) CSULA 1:45.0
- 2) CSULA "B" 1:49.6
- 3) LA unattached 1:49.9

Mile Run:

- 1) Hernandez (un) 5:50.6
- 2) Williams (CSULA) 5:58.6

Mile Relay:

- 1) CSULA 3:55.2
- 2) Cal Poly SLO 3:59.1
- 3) UCSB 4:16.1

3000m Run:

- 1) Maggie Keyes (CPSLO) 11:14.8
- 1) Jani Rouda (CPSLO)
- 1) Eileen Kraemer (CPSLO) 3-way tie

Shot:

- 1) Lorna Brandt (un) 39-8 $\frac{3}{4}$
- 2) Rye Llane (CP Pom) 35-2
- 3) Prisalla Shank (UCSB) 33-11

High Jump:

- 1) Wanne Morris (UCSB) 5-4
- 2) Joan Russel (UCSB) 5-2
- 3) Beehner (CP Pom) 5-2

Discus:

- 1) Shelly Brown (CPSLO) 119-7
- 2) Drye (CP Pom)
- 3) Lind (UCSB) 105-11

Javelin:

- 1) Brandt (UCSB) 119-10
- 2) Costello (UCSB) 91-10
- 3) Krieg (UCSB) 78-11

/Eddy Cadena/

February 11. San Mateo. All-Comers
Track Meet

High School Division

440 Relay Girls:

- 1) Millbrae Lions TC 51.9

Boys Mile:

- 1) Len Serangio (MA) 4:26.6

Boys 110m HH:

- 1) Bill Ribera (Carlmont) 15.3

Boys Long Jump:

- 1) Darin Ford (Memorial) 20-6

Boys Pole Vault:

- 1) Paul Roche (St. Ignat.) 13-6

Boys 440:

- 1) Art Nicholson (MA) 50.3

Girls 440:

- 1) Cynthia Dillard (MLTC) 62.4

Boys High Jump:

- 1) Bill Graber (LosAltos) 6-2

Boys Shot Put:

- 1) Bruce Parker (St. Ignat) 51-7 $\frac{1}{2}$

Boys 100 Yd Dash:

- 1) Tommy Ford (HATC) 10.3

Girls 100 Yd Dash:

- 1) Kelia Bolton (MLTC) 11.1

Boys 2 Mile:

- 1) Dominic Rios (Serramnte) 10:07.8

Boys 220 Yd Dash:

- 1) Art Nicholson (Men-Ath) 22.9

Boys 880:

- 1) Jim Schieder (Skyline) 2:00.8

Boys Discus:

- 1) Steve Davis (SanMateo) 166-0

Open, Women & Masters

Open 1500m:

- 1) Mike Mayhew (Stanford) 4:01.3

1500m Masters:

- 1) Jerry Lewis (TRAC) 4:26.9

110m HH:

- 1) George Carty (un) 14.2
- 2) Tom Shellworth (Stanf) 14.3

Men 30-39:

- 1) Walt Butler 10.4

Men 40-49:

- 1) Nick Newton 10.8

Men 50-59:

- 1) Tom Patsalis 11.9

Men 60-69:

- 1) William Morales 12.4

800 Yards

Women 40-49:

- 1) Ellen Rose 3:07

Men 30-39:

- 1) Mike Eck 1:58

Men 40-49:

- 1) David Reisbord 2:20

Men 50-59:

- 1) David Lewis 2:38

Men 60-69:

- 1) George Poloynis 2:50

220 Yards

Women 30-39:

- 1) Debbie Hanavan 35.3

Women 40-49:

- 1) Shirley Kinsey 32.3

Women 50-59:

- 1) Martha Sebol 36.8

Men 30-39:

- 1) Hillard Sumner 22.8

Men 40-49:

- 1) Nick Newton 23.8

Men 50-59:

- 1) Bob Hunt 26.4

Men 60-69:

- 1) George Poloynis 31.3

Mile Relay

30-39:

- 1) Hutton, Miller, Meredith, Takahashi 5:41

40-49:

- 1) Holt, Miller, Buckholz, Resh 4:38

50-59:

- 1) Harte, Wagner, Clayton, Hunt 4:24

High Jump

30-39:

- 1) Louis Hanavan 5-0

40-49:

- 1) Nick Newton 5-6

50-59:

- 1) Burl Gist 5-0

60-69:

- 1) Jim Vernon 4-4

5000M

Women 30-39:

- 1) Roberta Takahashi 22:19

Women 40-49:

- 1) Stella Sharp 25:00

Men 30-39:

- 1) Frank Duarte 16:05

Men 40-49:

- 1) Brian Fernee 17:12

Men 50-59:

- 1) Roy Richards 23:27

Men 60-69:

- 1) Bert Williams 25:39

440 Relay

30-39:

- 1) Striders (Butler, Sumner, Ferguson, Johnson) 43.6

40-49:

- 1) Corona del Mar (Miller, Davidson, Radford, Knox) 46.7

50-59:

- 1) Corona del Mar (Wagner,

16	BUDDY BARNETT	36	34:42
17	VERN EASLEY	18	34:42
18	SCOTT OMDALEN	18	S9AA 34:49
19	ED CALLOWAY	15	DP 34:55
20	JAY ROYALS	34	35:09
21	JOE GOODMAN	24	35:37
22	BRAD SMITH	17	CYPS 35:52
23	GREG ROBIN	21	S9CC 35:52
24	DAVID MACDONALD	15	SMCC 36:10
25	JOSH GOLONG	18	36:16
26	DON KARL	24	S9AA 36:33
27	TARA MORRIS	17	36:35
28	TOM HANNA	16	DP 36:46
29	ROBERT STAPLES	18	36:50
30	FRANK RIGGS	27	SB 37:02
31	M. CABANATUAN	19	S9AA 37:02
32	DENNIS MARTINEZ	17	CYPS 37:03
33	PAUL ROBB	23	37:04
34	STEVE RIPLEY	35	S9AA 37:17
35	KEN SMITH	16	37:23
36	GEORGE MERCURF	29	37:29
37	RICK HORN	18	37:37
38	MARC DIERKES	22	37:46
39	JOHN MCCAFFERTY	22	37:55
40	STEVE RUOSTROM	29	38:54
41	BILL BUCHANAN	29	39:28
42	BOBBIE KING	22	S9CC 39:48
43	ALAN KASEHAGEN	28	40:01
44	JEFF NELSON	29	40:07
45	JOHN SANGER	38	40:08
46	D. KNIGHT	36	40:21
47	BRUCE CAMPBELL	24	40:23
48	JOE GREEN	30	40:25
49	FRED NICHOLS	31	40:45
50	CARL MORTELS	32	40:50

SANTA BARBARA WINTER RUN (10 MI)

PLC	DATE--020478	FAST TIME
1	JOHN JONES	29 SBAA 52:01
2	JOHN MADVIG	22 SFVT 53:30
3	MICHAEL SAYWARD	29 AATA 55:06
4	STEVE BROTEN	25 B 9 55:26
5	TIM DONOVAN	27 SBAA 56:10
6	HILLIE PITTENGER	27 LSB 56:21
7	STEVE DURAND	21 STC 56:29
8	DICK BARTEK	45 S9AA 56:35
9	DAVID HINEAU	30 CRC 56:47
10	STEPHEN KELLOGG	22 KLFRA 56:54
11	MICHAEL BERGKAMP	24 SBAA 57:14
12	DEAN MCCOMR	24 57:24
13	JOHN BOTKE	24 SBAA 57:35
14	LARRY PONTINEN	36 SBAA 57:54
15	STEVE CLOSE	34 STC 57:56
16	GIL MADEL	19 SBAA 1:00:25
17	MARK MEMPHILL	28 SBAA 1:01:21
18	JOHN COFFEY	42 SLDC 1:01:24
19	PETER JOHNSON	37 1:01:34
20	ROLAND MOORE	15 DP 1:01:36
21	KEN LUCCI	29 SBAA 1:01:40
22	ROBERT OPLIGER	24 1:01:56
23	ANDRE TOCCO	42 CCAC 1:02:08
24	JOHN PERKINS	49 LVDC 1:02:20
25	RAY GILL	53 STC 1:02:34
26	MARY CARMAN	17 SBAA 1:02:47
27	ROBERT CARMAN	46 STC 1:02:47
28	RICHARD HERNANDEZ	19 1:03:06
29	RICK REEVES	21 UCSB 1:03:09
30	SAM NICHOLSON	49 STC 1:03:21
31	HAYNE HOFFMAN	40 1:03:24
32	ED DONAHUE	29 USA 1:03:26
33	CHMITZ, FRED HAG	53 STC 1:03:26
34	TORY HALLANAN	30 1:03:47
35	DON BETOWSKI	33 SBAA 1:04:26
36	JAMES GILLMAN	26 1:04:38
37	LES VIELBIG	43 FKAC 1:04:49
38	STEVE ASKEY	31 1:05:01
39	BILL CHRISTIANSEN	35 1:05:02
40	RON ALPER	31 1:05:06
41	LUKE WATKINS	18 1:05:45
42	DAVID BRAINERD	21 1:05:51
43	JOHN MACRAE	36 1:06:30
44	DANNY RUFFIN	31 1:06:35
45	ALLAN HUNT	30 SBAA 1:06:39

2	Kim Webster	7.0
3	Debra Byfield White	7.0
4	Colette Winlock (CSH)	7.1
5	Carolyn Ruff (BHS)	7.6
60HH #1:		
1	Kris Costello (SJC)	8.2
2	Stella Edwinston (ML)	8.3
3	Donna Hunnerlach (Colo)	8.4
4	Michelle Hawthorne	8.5
5	Mila Amerine	8.6
6	Kathy Hamilton	8.9
60HH #2:		
1	Tonya Alston (BEBTC)	8.2
2	Bonnie Newman (MLTC)	8.5
3	Kim Costello	8.3
4	Angel Kellen	8.4
5	Carolyn Ruff (Berk HS)	8.4
6	Loretta Gilmore	9.2
1000 #1:		
1	Judy Graham (WVTC)	2:33.2
2	Cheri Williams (SJC)	2:35.1
3	Roxanne Bier (SJC)	2:35.2
4	Ann Wotherspoon (SJC)	2:35.8
5	Pam Bowers (SJC)	2:38.9
6	Chris Manning (OrindaTC)	2:39.9
7	Karen Bain (Club North)	2:41.5
8	Cathy Demmlmaier	2:43.2
1000 #2:		
1	Joanne Shearer (SJC)	2:42.2
2	Kerry Brogan	2:47.0
3	Anna Lee	2:51.6
4	Linda Thomas	2:52.7
5	Theresa Gilreath	2:54.8
6	Sherry Blackburn	2:54.9
Mile Relay #1:		
1	Millbrae Lions	3:50.2
2	SJ Cindergals	3:52.2
3	Berkeley East Bay TC	3:54.1
4	Orinda TC	4:07.9
Mile Relay #2:		
1	Yuba College	4:07.4
High Jump:		
1	Tonya Alston (BEBTC)	5-6
2	Coleen Reienstra (Club N)	5-6
3	Joni Martin	5-2
4	Gigi Hurley (MLTC)	5-1
5	Kim Costello	5-1
6	Bonny Newman (MLTC)	5-1

February 11. Santa Barbara. UCSB

Relays		
400m Relay:		
1	CSULA	49.1
2	CSULA "B"	49.9
3	Cal Poly SLO	50.0
2 Mile Relay:		
1	Cal Poly SLO	9:31.1
2	UCSB	9:45.3
3	UCSB "B"	10:29.8
880 Medley:		
1	CSULA	1:51.2
2	CSULA "B"	1:52.1
3	LA Unattached	1:54.0
80m Hurdles:		
1	Morris (UCSB)	11.8
2	Wilson (UCSB)	12.8
3	Russell (UCSB)	12.9
Distance Medley:		
1	Cal Poly SLO	12:23.9
2	UCSB	12:54.9
3	CP Pomona	13:23.6

/Keith Conning/

1	Bruce Parker (St. Ignat)	51-7½
Boys 100 Yd Dash:		
1	Tommy Ford (HATC)	10.3
Girls 100 Yd Dash:		
1	Kelia Bolton (MLTC)	11.1
Boys 2 Mile:		
1	Dominic Rios (Serramnte)	10:07.8
Boys 220 Yd Dash:		
1	Art Nicholson (Men-Ath)	22.9
Boys 880:		
1	Jim Schieder (Skyline)	2:00.8
Boys Discus:		
1	Steve Davis (SanMateo)	166-0
Open, Women & Masters		
Open 1500m:		
1	Mike Mayhew (Stanford)	4:01.3
1500m Masters:		
1	Jerry Lewis (TRAC)	4:26.9
110m HH:		
1	George Carty (un)	14.2
2	Tom Shellworth (Stanf)	14.3
3	John Foster (Stanford)	14.4
Long Jump:		
1	Paul Bates (CSM)	22-8½
Javelin:		
1	Greg Boriero (CS Stan)	175-9
400m:		
1	Al Sheats (Stanford)	47.4
2	Marc Webster (USAF)	48.0
Shot:		
1	Bret Manon (un)	52-0
High Jump:		
1	Bob Peterson (Chabot)	6-6
100m:		
1	Andre Phillips (SJCC)	10.6
Masters 100m:		
1	Payton Jordan (Stanford)	11.1
Triple Jump:		
1	Paul Bates (CSM)	47-7½
5000m:		
1	Duncan MacDonald (WVTC)	13:52.1
2	Roy Kissin (Stanford)	14:17.0
130 Yd IH:		
1	Andre Phillips (SJCC)	36.8
200m:		
1	James Lofton (Stanford)	21.0
2	Gordon Banks (Stanf)	21.7
3	Fred Harvey (SJCC)	21.7
Discus:		
1	Neil Berquist (Foothill)	154-6
800m:		
1	Ramsay Thomas (WVTC)	1:56.9
Mile Relay:		
1	Stanislaus State	3:18.3
2	Stanford Univ.	3:19.2
Pole Vault:		
1	Greg Woepsoe (SJS)	16-0

/Dave Shrock & Harry You

February 18. Orange. Orange Masters Track Meet at El Modena High School

100 Yds		
Women 30-39:		
1	Debbie Honavan	15.0
Women 40-49:		
1	Christel Miller	13.5
Women 50-59:		
1	Ursula Schreiber	14.3
Women 60-69:		
1	Martha Seabol	16.5

Women 30-39:		
1	Roberta Takahashi	22:19
Women 40-49:		
1	Stella Sharp	25:00
Men 30-39:		
1	Frank Duarte	16:05
Men 40-49:		
1	Brian Fernee	17:12
Men 50-59:		
1	Roy Richards	23:27
Men 60-69:		
1	Bert Williams	25:39
440 Relay		
30-39:		
1	Striders (Butler, Sumner, Ferguson, Johnson)	43.6
40-49:		
1	Corona del Mar (Miller, Davidson, Radford, Knox)	46.7
50-59:		
1	Corona del Mar (Wagner, Fatten, Guidet, Clayton)	51.4
Mile		
Women 30-39:		
1	Janet Ledder	6:16
Women 40-49:		
1	Stella Sharp	7:29
Men 30-39:		
1	Sal Mendoza	4:47
Men 40-49:		
1	Lee Miller	5:21
Men 50-59:		
1	David Lewis	5:54
Men 60-69:		
1	Robert Wayt	7:50
70 Hurdles		
30-39:		
1	Walt Butler	8.4
40-49:		
1	Alvin Henry	8.9
50-59:		
1	Tom Patsalis	9.4
60-69:		
1	William Morales	11.1
440 Yards		
Women 30-39:		
1	Roberta Takahashi	81.0
Women 40-49:		
1	Ellen Rose	77.8
Women 50-59:		
1	Martha Sebol	85.4
Men 30-39:		
1	Webster Johnson	51.5
Men 40-49:		
1	Gary Miller	53.4
Men 50-59:		
1	Bob Hunt	59.5
Men 60-69:		
1	George Poloynis	71.0
Discus		
Women 40-49:		
1	Shirley Kinsey	72-8
Men 30-39:		
1	Ed Kohler	156-5
Men 40-49:		
1	Hal Smith	106-9
Men 50-59:		
1	H. L. Habegger	113-2
Men 60-69:		
1	Jack Thatcher	125-9
Men 70-79:		
1	Red Doms	109-6

Pole Vault

- 30-39: 1) Tony Endres 10-6
- 40-49: 1) K. C. Keffer 10-0
- 50-59: 1) Don Grosh 9-6
- 60-69: 1) Jim Vernon 11-0

Long Jump

- Women 30-39: 1) Ursula Schreiber 13-6
- Men 30-39: 1) Martin Smith 18-8
- Men 40-49: 1) Alvin Henry 20-10
- Men 50-59: 1) Tom Patsalis 19-0
- Men 60-69: 1) Bill Morales 15-7
- Men 70+: 1) Red Doms 11-0

Shot Put

- Women 30-39: 1) Ursula Schreiber 24-9
- Women 40-49: 1) Shirley Kinsey 20-7
- Men 30-39: 1) Charles Russell 40-11
- Men 40-49: 1) Hal Smith 40-7
- Men 50-59: 1) H. L. Habegger 39-2
- Men 60-69: 1) Jack Thatcher 44-9
- Men 70+: 1) Red Doms 36-11

Javelin

- Women 30-39: 1) Geraldine Meredith 42-7
- Women 40-49: 1) Christel Miller 90-9
- Men 30-39: 1) Dave Kuhn 138-10
- Men 40-49: 1) Dick Smith 138-6
- Men 50-59: 1) Pete Fetter 142-7
- Men 60-69: 1) William Morales 154-0
- Men 70+: 1) Red Doms 97-9

/Larry Sallinger/

February 4, Bakersfield Marathon

MARATHON (62 finishers)

- 1. Ray Rubio, 2:27:59; Ted Oliver, 2:46:59; 3. Robert Hedges, 2:47:29; 4. Jay Helgersen, 2:50:07; 5. Mike Souza, 2:50:52; 6. Merl Glauser, 2:51:41; 7. Paul Cross, 2:53:26; 8. Eddie Lujan Sr., 2:54:47; 9. Cliff Walrey, 2:54:51; 10. Gary Seager, 2:55:06; 11. Tom Miller, 2:58:38; 12. Jim Cowles, 2:58:45; 13. Michael Veron, 2:59:03; 14. Joe Bургasser, 2:59:20; 15. Tim Wilson, 3:02:29; 16. Moses Aguirre, 3:05:01; 17. Gote Hakansson, 3:05:44; 18. Scott Groseil, 3:08:50; 19. Paul White, 3:10:15; 20. Randy Rutledge, 3:13:10.

Top woman finisher: 51. Brenda Villanueva, 3:42:20.

HALF-MARATHON (115 finishers)

- 1. Ron Wayne, 1:07:18; 2. Robert

- 1. Mann (UCLA) 37-11; 2. Duffie (B) 35-01.4; 3. Roberts (D) 34-9.4; 4. Shank (UCSB) 33-5.2; 5. Linde (B) 31-9.1; 6. Kershner (UCSB) 30-5. LONG JUMP - 1. Oshikoya (UCLA) 20-1; 2. Gourdine (UCLA) 18-3; 3. Usdansky (I) 16-11; 4. Sweat (I) 16-0; 5. Villarosa (I) 15-3.2; 6. Menillo (R) 14-10.2. HIGH JUMP - 1. Morris (UCSB) 5-6 (new school record); 2. Russell (UCSB) 5-4; 3. Sweat (I) 5-4; 4. Gepsen (I) 5-2; 5. Herigstad (D) 4-10; 6. Howell (R) 4-8. DISCUS - 1. Duffie (B) 115-11.2; 2. Linde (B) 115-1; 3. Ostertag (UCSB) 108-5 (new school record); 4. Roberts (D) 107-4; 5. Lind (UCSB) 106-0; 6. Shank (UCSB) 94-0. 400 METER HURDLES - 1. Murphy (UCLA) 1:03.4; 2. Niles (UCSB) 1:10.8; 3. Mills (UCSB) 1:15.4; 4. Reiph (UCSB) 1:17.5; 5. McIntosh (D) 1:17.8; no sixth. 800 METERS - 1. Powers (UCSB) 2:17.6 (new school record); 2. Burgen (SD) 2:19.4; 3. Wilke (I) 2:21.3; 4. Jackson (UCLA) 2:23.2; 5. Waghston (D) 2:24.2; 6. Mann (UCLA) 2:25.3. 400 METERS - 1. Henty (UCLA) 58.2; 2. Valdez (UCSB) 60.5; 3. Usdansky (I) 61.5; 4. Schroeter (B) 63.7; 5. Souza (UCSB) 65.5; 6. O'Leary (I) 66.5. 200 METERS - 1. Valdez (UCSB) 26.6; 2. Allen (B) 27.0; 3. Cheek (B) 27.1; 4. Herigstad (D) 27.3; 5. Garrity (UCSB) 27.4; 6. Kershner (UCSB) 28.4. 3,000 METERS - 1. Broderick (UCLA) 10:01.8; 2. Mettler (B) 10:09.8; 3. Heilmaller (UCLA) 10:13.20; 4. Dende (UCSB) 10:20.7; 5. Hjelte (B) 10:55.7; 6. MacKaye (UCSB) 11:21.3. MILE RELAY - 1. UCLA 3:59.1; 2. UCSB 4:04.3 (new school record); 3. Berkeley 4:15.8; 4. Davis 4:28.1; 5. Riverside 4:40.5; no sixth.

/Vern Gambetta/

February 18, Bakersfield Metric Meet.

- 3000 meter Steeplechase - Small (B), 9:28.5; Kelley (FP), 9:32.6; Beaver (SLO), 9:44.0.
- 400 Meter Relay - SLO (Carter, Sal-Sal, Douglas, Williams), 41.4; FSU 41.9; FSU 42.7.
- 1500 Meter - Schankel (SLO), 3:57.8; Earle (W), 3:58.1; Weltz (B) 3:58.9; Foley (FP), 3:59.2.
- 1500 Meter, open women - Keyes (SLO), 4:41.5; Kraemer (SLO), 4:42; Anderson (CSB), 4:43.7; Wulff (CL), 5:13.7.
- 1500 Meter, high school girls - Fulkerson 4:52.2; W. Walker 4:53.2; Templeton 5:03.1.
- 110 Meter Hurdles - Sal-Sal (SLO), 14.3; Carley (FSU), 14.5; Kennedy (CL), 14.6; Pratt (UNA), 14.7; Mince (FSU), 14.8.
- 100 Meter Hurdles, women - Wessel (SLO), 18.0; Duncan (SLO), 18.4; Cummings (CL), 19.2.
- 400 Meter - Williams (SLO), 46.9; Newsome (UNA), 48.6; Brown (FSU), 49.9; Monseith (FSU), 50.0; Horn (COS) 50.0; Lingel (FSU), 50.2; Cox (UNA), 51.1.
- 400 Meter, women - Moore (SLO), 57.7; Peters (SLO), 58.8; O'Halloran (SLO), 1:02.3.

February 25, USC & San Diego State at U.C. Irvine.

- 100 METERS-1. K. Williams (USC), 10.5; 2. Doubly (USC), 10.7; 3. King (UC Irvine), 10.7; 4. Newell (San Diego St.), 10.7.
- 200-1. Mullins (USC), 20.5; 2. Krulee (SDS), 21.2; 3. Burrell (USC), 21.9; 4. Gregory (UCI), 22.0.
- 400-1. Sanford (USC), 46.3; 2. Beaton (USC), 46.5; 3. McGee (UCI), 47.4; 4. Stewart (SDS), 47.8.
- 800-1. Scott (UCI), 1:47.6; 2. Johnson (USC), 1:50.1; 3. Walters (USC), 1:50.3; 4. Shannon (UCI), 1:52.6.
- 1500-1. Ormwansa (USC), 3:47.2; 2. Hunsaker (SDS), 3:49.6; 3. Greer (UCI), 3:50.3; 4. Koningh (UCI), 3:50.4.
- TWO MILE-1. Hunsaker (SDS), 8:56.2; 2. Ahlmeyer (UCI), 8:57.2; 3. Perez (USC), 9:01.6; 4. Schriver (UCI), 9:02.5.
- 3,000 STEEPLCHASE-1. Daniels (UCI), 8:55.5; 2. St. John (SDS), 9:04.4; 3. Ahlmeyer (UCI), 9:04.8; 4. Lawson (SDS), 9:34.0.
- 110HH-1. Gregory (UCI), 14.5; 2. Hicks (SDS), 14.8; 3. Greybehl (USC), 15.0; 4. Disstanislaw (UCI), 15.9.
- 400IH-1. Chambers (UCI), 51.8; 2. Greybehl (USC), 52.0; 3. Hicks (SDS), 52.4; 4. Cheadle (unaf), 54.2.
- 400 RELAY-1. USC (K. Williams, Mullins, Sanford, Edwards), 39.7; 2. San Diego St., 41.5; 3. UC Irvine, 42.4.
- 1,600 RELAY-1. UC Irvine (McGee, Chambers, Bowie, Scott), 3:15.1; 2. San Diego St. "A", 3:16.6; 3. San Diego St. "B", 3:35.9; no fourth.
- HIGH JUMP-1. Walker (USC), 6-6; 2. Low (SDS), 6-6; 3. Connell (USC), 6-6; no fourth.
- TRIPLE JUMP-1. Reed (UCI), 48-0; 2. Johnson (SDS), 47-10.2; 3. Garrett (SDS), 47-7; 4. Burch (UCI), 46-5.
- LONG JUMP-1. Doubly (USC), 25-8.2; 2. King (UCI), 25-3; 3. Corrin (UCI), 23-10; 4. Mitchell (UCI), 22-6.
- HAMMER-1. Briski (SDS), 186-3; 2. Schrader (UCI), 174-11; 3. Costello (SDS), 149-11; 4. O'Toile (UCI), 141-7.
- SHOTPUT-1. Montgomery (USC), 57-10.2; 2. McKenzie (USC), 57-2.2; 3. Kurrusch (UCI), 53-8; no fourth.
- JAVELIN-1. Bardales (UCI), 226-8.2; 2. Irpo Paananen (USC), 199-3; 3. Eitenberg (UCI), 195-1; 4. Muna (SDS), 191-1.
- POLE VAULT-1. Rogers (USC), 16-0; 2. Thilken (UCI), 15-6; 3. Vieria (SDS), 14-6.

/Vern Gambetta/

February 25, Stanford vs San Jose State vs Hayward State.

- Hammer-1. Kells (SJ), 186-1 (meet record, former mark 182-7, Aldo Consi (SJ), 1977); 2. Sawyer (H), 179-8; 3. Weidman (S), 160-6; 4. Lee (H), 149-7; 5. Miller (SJ), 148-0.
- 3000 M Steeple-1. Haldeman (S), 9:16.67; 2. Gail (S), 9:21.0; 3. Brooks (SJ), 9:29.89; 4. Bettencourt (SJ), 9:32.2.
- 400 relay-1. Stanford (Nelson, Banks, Shears, Lofton), 39.9; 2. SJS (Washington, Whitaker, Kirtman, Cooper), 40.0; 3. Hayward (Williams, Corker, Monday, Jones), 42.7.
- 1 mile-1. Lobsinger (S), 4:10.4; 2. Stillman (S), 4:10.4; 3. Green (SJ), 4:18.0; 4. Carson (H), 4:18.6.
- Shot put-1. Gummerson (SJ), 55-1; 2. Feuerbach (SJ), 52-6; 3. Greenwood (S), 52-3.2; 4. Williams (H), 52-2; 5. Johnson (H), 52-1.
- 110 meter HH-1. Cooper (SJ), 13.8 (ties field record by Larry Livers, 1968); 2. Mar-

Bonne Bell 10,000m Road Race & Nat'l AAU 10km Championships for Junior, Senior and Master Women:

- 1) Ruth Caldwell (AIA) 36:51
- 2) Martha Cooksey (un) 37:20
- 3) Christine Troffer (LANC) 37:40
- 4) Roxanne Bier (SJC) 37:41
- 5) Vickie Cook (RRR) 2-jr 37:42
- 6) Miki Gorman (SFVTC) 1-m 37:51
- 7) Susie Meek (un) 3-jr 37:54
- 8) Cheri Williams (SJC) 4-jr 37:59
- 9) Jacqueline Hansen (SFVTC) 38:12
- 10) Jeannee Abare (SDSU) 38:23
- 11) Laurie Crisp (WVTC) 5-jr 38:32
- 12) Tania Fischer (RRR) 6-jr 38:42
- 13) Ann Wotherspoon (SJC) 38:46
- 14) Michelle Bush 7-jr 38:48
- 15) Kathy Perkins (SJC) 38:54
- 16) Kerry Brogan (SJC) 8-jr 39:01
- 17) Doreen Assuma (RRR) 39:03
- 18) Cathy Demmelmaier (SJC) 39:09
- 19) Linda Broderick (UCLA) 39:26
- 20) Kate Keyes (UCLA) 39:26
- 21) Pepper Mintie (PCP) 39:29
- 68) Nicki Hobson (SDTC) 45+ 42:32
- 72) Ruth Anderson (NCS) 45+ 43:03
- 77) Betty Wood (SDTC) 40+ 43:24
- 91) Dorothy Stock (SDTC) 45+ 43:49
- 94) Ruth Waters (NCS) 40+ 44:03
- 146) Margaret Miller (STC) 50+ 45:54
- 203) Helen Palmer (UCLA-TC) 50+ 47:59
- 212) Helen Dick (un) 50+ 48:33

- Teams:
 - 1st Senior ----- San Fernando Vly TC
 - 1st Junior ----- San Jose Cindergals
 - 1st Master ----- San Diego TC
- /J. Q. Hansen/

February 25, Porterville, 2nd Porterville Invitational Marathon/Mini-Marathon

- Open Marathon:
- 1) Dennis Stansauk (Reseda) 2:39:17
- 2) Jack Case (Porterville) 2:43:38
- 3) Santos Reynaga (S.Clara) 2:48:19
- 4) Steve Kelley (Fresno) 2:49:03

- 30-39 Marathon:
 - 1) Mike Veron (Santa Marg.) 2:58:54
 - 40-49 Marathon:
 - 1) Floyd Slocum (Exeter) 3:50:58
 - 50-59 Marathon:
 - 1) Bob Reynaga (Porterville) 3:11:44
 - 60-69+ Marathon:
 - 1) Joe Carey (Fresno) 3:28:22
- Mini-Marathon

- High School:
- 1) Mark Anderson (Porterville) 1:41:25
- Open:
- 1) Joaquin Leano (Porterville) 1:12:15
- 2) Edgar Leano (Porterville) 1:12:16
- 3) Mario Caldero (Porterville) 1:17:45
- 4) Art Meyer (Fresno) 1:18:26
- 5) Tomas Rico (Woodville) 1:18:45
- 6) Miguel Lennemann (Fresno) 1:24:55
- 40-49 Women:
- 1) Liz DeMonte (Fresno) 2:07:14
- 30-39:
- 1) Mel Rich (SLO) 1:33:00
- 40-49:
- 1) Brent DeMonte (Fresno) 1:44:12
- High School Women:
- 1) Lisa Veron (Santa Marg.) 2:03:31
- Open Women:
- 1) Linda Datz (Fresno) 1:49:54
- 30-39 Women:

February 4, Bak- ersfield Marathon

MARATHON (62 finishers)

1. Ray Rubio, 2:27:59; Ted Oliver, 2:46:59; 3. Robert Hedges, 2:47:29; 4. Jay Helgersen, 2:50:07; 5. Mike Souza, 2:50:52; 6. Merl Glauser, 2:51:41; 7. Paul Cross, 2:53:26; 8. Eddie Lujan Sr., 2:54:47; 9. Cliff Wairey, 2:54:51; 10. Gary Seager, 2:55:06; 11. Tom Miller, 2:58:30; 12. Jim Cowles, 2:58:45; 13. Michael Veron, 2:59:03; 14. Joe Burgasser, 2:59:20; 15. Tim Wilson, 3:02:29; 16. Moses Aguirre, 3:05:01; 17. Gole Hakansson, 3:05:44; 18. Scott Grosell, 3:08:50; 19. Paul White, 3:10:15; 20. Randy Rutledge, 3:13:10.

Top woman finisher: 51. Brenda Villanueva, 3:42:20.

HALF-MARATHON (115 finishers)

1. Ron Wayne, 1:07:18; 2. Robert Burch, 1:08:17; 3. Montenegro, 1:11:13; 4. John Laird, 1:11:47; 5. Al Meyer, 1:11:53; 6. Randy Cole, 1:14:17; 7. Chris Nevison, 1:14:36; 8. Gerry Haslam, 1:15:56; 9. Bob Nanninga, 1:16:04; 10. Phil Meyer, 1:16:36; 11. Rodney Jenkins, 1:16:53; 12. Robert Stephenson, 1:17:02; 13. Ron Rodman, 1:18:02; 14. Gary Campbell, 1:19:04; 15. Pat Patterson, 1:19:49; 16. Steve Kelly, 1:22:27; 17. Alfredo Luna, 1:22:52; 18. Marcos Romero, 1:23:29; 19. Tom Holliday, 1:23:53; 20. Earl Miller, 1:25:10; 21. Eugene Lynch, 1:25:19; 22. Thomas Jeffers, 1:25:45; 23. Dan Ostby, 1:26:27; 24. William Broyles, 1:26:53; 25. Rick Brewer, 1:27:55.

Top woman finisher: 33. Kim Templeton, 1:30:17.

/Mike Miles/

February 12

ALL-CAL WOMEN'S TRACK AND FIELD MEET AT UCSB

Team scores: 1. UCSB 140; 2. UCLA 138; 3. Berkeley 81; 4. Irvine 55; 5. Davis 54; 6. San Diego 8; Riverside 4.

5,000 METERS — 1. Flourney (UCLA) 18:00; 2. Anex (D) 18:47.5; 3. Burger (D) 19:01.5; 4. Lane (UCSB) 19:06.5 (new school record); 5. Craig (B) 19:41.2; 6. Copley (UCSB) 20:16.8. 400 METER RELAY — 1. Berkeley 49.5; 2. UCSB 51.4.

1500 METERS — 1. Chisam (UCLA) 4:35.8; 2. Ralston (UCLA) 4:39.0; 3. Metteer (B) 4:42.5; 4. Wilke (I) 4:43.9; 5. Kanane (UCSB) 4:48.4 (new school record); 6. Marshall (UCLA) 4:49.7. 100 METER HURDLES — 1. Oshikoya (UCLA) 14.2; 2. Gourdin (UCLA) 15.1; 3. Merris (UCSB) 15.2 (new school record); 4. Russeh (UCSB) 15.8; 5. Mann (UCLA) 16.1; 6. Bodington (B) 16.7. 100 METERS — 1. Murphy (UCLA) 12.5; 2. Herigstad (D) 13.2; 3. Curry (UCSB) 13.2; 4. Hester (UCSB) 13.3; 5. Johnson (UCSB) 13.5; no sixth. JAVELIN — 1. Gregory (I) 105-9; 2. Hammari (D) 102-6; 3. Chan (I) 93-10; 4. Costello (UCSB) 90-4; 5. Boyeff (UCSB) 74-9; 6. Krieg (UCSB) 71-4. SHOT PUT

3000 meter Steeplechase — Small (B), 9:20.5; Kelley (FP), 9:32.6; Beaver (SLO), 9:44.0. 400 Meter Relay — SLO (Carter, Sal-Sal, Douglass, Williams), 41.4; FSU 41.9; FSU 42.7. 1500 Meter — Schankel (SLO), 3:57.8; Earle (W), 3:58.1; Weltz (B) 3:58.9; Foley (FP), 3:59.2. 1500 Meter, open women — Keyes (SLO), 4:41.5; Kraemer (SLO), 4:42; Anderson (CSB), 4:43.7; Wulff (CL), 5:13.7. 1500 Meter, high school girls — Fulkerson 4:52.2; W. Walker 4:53.2; Templeton 5:03.1. 110 Meter Hurdles — Sal-Sal (SLO), 14.3; Carley (FSU), 14.5; Kennedy (CL), 14.6; Pratt (UNA), 14.7; Mince (FSU), 14.8. 100 Meter Hurdles, women — Wessel (SLO), 18.0; Duncan (SLO), 18.4; Cummings (CL), 19.2. 400 Meter — Williams (SLO), 46.9; Newsome (UNA), 48.6; Brown (FSU), 49.9; Monseth (FSU), 50.0; Horn (COS) 50.0; Lingel (FSU), 50.2; Cox (UNA), 51.1. 400 Meter, women — Moore (SLO), 57.7; Peters (SLO), 58.8; O'Halloran (SLO), 1:02.3. 100 Meter — Sal-Sal (SLO), 10.6; Bradley (FSU), 10.7; Thompson (FSU), 10.8; Douglass (SLO), 10.9; Launt (CL), 10.9. 800 Meter, girls — Goen (UNA), 2:13.4; Miller (UNA), 2:23.9; Walters (SLO), 2:27.7. 800 Meters — Marlow (SLO), 1:55.7; Selyers (UNA), 1:56; Harris (SLO), 1:56.5; Chapin (HS), 1:57.7; Williams (FP), 1:59.2. 800 Meter, high school boys — Roark 2:03. 400 Meter Hurdles — Barlett (SLO), 53.4; Kennedy (CL), 54.6; Easter (FSU), 55.3. 200 Meter — Sal-Sal (SLO), 21.1; Williams (SLO), 21.3; Thompson (FSU), 21.5; Bush (SLO), 21.6; Bradley (FSU), 21.6. 500 Meter — Asridge (SLO), 14:31.9; Kingert (SLO), 14:34.1; Weltz (B), 14:54.4; Huff (SLO), 14:55.9; Lucero (CSB), 15:04.3. Sprint Medley (400, 220-220, 800), women — SLO 4:08.1; CSB 4:08.2; FP 4:36.2. Mile Relay — SLO 3:21.5; SLO3:22.3; FSU 3:22.7.

Javelin — Myles (CL), 196-9; Raymond (FSU), 195-6; Bergstress (W), 187-10; Jadwin (BC), 183-6. Shot put — Schalbaske (FSU), 52-10½; Michelmore (SLO), 51-6½; Toma (SLO), 51-5; Watkins (FP), 50-3½; Ender (FSU), 49-11. High jump — Weeks (CL), 6-8½; Kraft (SLO), 6-6; Churchill (SLO), 6-6; Dillard (SLO), 6-2. Long jump — Walker (CL), 22-8; Smith (CSB), 22-5; Haynes (AP), 22-4½; Redd (UNA), 22-3½; Washington (AP), 21-6½. Javelin, women — Pariza (UNA), 127-1; Maxwell (BC), 104-1; Roberts (CSB), 97-6; Duncan (SLO), 96-1; Coombs (BC), 94-6. Hammer throw — Brunner (SLO), 165-11; Semar (CSB), 158; Edwin (CL), 153-3; Behunkel (SLO), 145-7; Auferoth (B), 140-10; Fritzmair (FSU), 137-7. Triple jump — Tyler (B), 49-11; Zizzo (FSU), 45-6½; Haynes (AP), 45-3½; Washington (CL), 44-3½; Quigley (SLO), 44-1½. Pole vault — Alrich (UNA), 15-6; Reyes (SLO), 15; Foster (SLO), 14-6; Smith (FP), 14-6. Discus — Ender (FSU), 160-5; Auferoth (B), 153-11; Michelmore (SLO), 151-8; Vonogas (SLO), 149-10; Tinsley (FSU), 149-3. Discus, women — Brown (SLO), 112-3; Wofford (BC), 96-8½; Anderson (CL), 91-4. Colleges placing: Azusa Pacific (AP), Biola (B), Fresno Pacific (FP), Cal Poly (SLO), Fresno St. (FSU), Westmont (W), Cal Lutheran (CL), College of Sequoias (COS), High Sierra Track Club (HS), Cal State Bakersfield (CSB) Bakersfield College (BC).

/Mike Miles/

Field Metric Meet.

3000 meter Steeplechase — Small (B), 9:20.5; Kelley (FP), 9:32.6; Beaver (SLO), 9:44.0. 400 Meter Relay — SLO (Carter, Sal-Sal, Douglass, Williams), 41.4; FSU 41.9; FSU 42.7. 1500 Meter — Schankel (SLO), 3:57.8; Earle (W), 3:58.1; Weltz (B) 3:58.9; Foley (FP), 3:59.2. 1500 Meter, open women — Keyes (SLO), 4:41.5; Kraemer (SLO), 4:42; Anderson (CSB), 4:43.7; Wulff (CL), 5:13.7. 1500 Meter, high school girls — Fulkerson 4:52.2; W. Walker 4:53.2; Templeton 5:03.1. 110 Meter Hurdles — Sal-Sal (SLO), 14.3; Carley (FSU), 14.5; Kennedy (CL), 14.6; Pratt (UNA), 14.7; Mince (FSU), 14.8. 100 Meter Hurdles, women — Wessel (SLO), 18.0; Duncan (SLO), 18.4; Cummings (CL), 19.2. 400 Meter — Williams (SLO), 46.9; Newsome (UNA), 48.6; Brown (FSU), 49.9; Monseth (FSU), 50.0; Horn (COS) 50.0; Lingel (FSU), 50.2; Cox (UNA), 51.1. 400 Meter, women — Moore (SLO), 57.7; Peters (SLO), 58.8; O'Halloran (SLO), 1:02.3. 100 Meter — Sal-Sal (SLO), 10.6; Bradley (FSU), 10.7; Thompson (FSU), 10.8; Douglass (SLO), 10.9; Launt (CL), 10.9. 800 Meter, girls — Goen (UNA), 2:13.4; Miller (UNA), 2:23.9; Walters (SLO), 2:27.7. 800 Meters — Marlow (SLO), 1:55.7; Selyers (UNA), 1:56; Harris (SLO), 1:56.5; Chapin (HS), 1:57.7; Williams (FP), 1:59.2. 800 Meter, high school boys — Roark 2:03. 400 Meter Hurdles — Barlett (SLO), 53.4; Kennedy (CL), 54.6; Easter (FSU), 55.3. 200 Meter — Sal-Sal (SLO), 21.1; Williams (SLO), 21.3; Thompson (FSU), 21.5; Bush (SLO), 21.6; Bradley (FSU), 21.6. 500 Meter — Asridge (SLO), 14:31.9; Kingert (SLO), 14:34.1; Weltz (B), 14:54.4; Huff (SLO), 14:55.9; Lucero (CSB), 15:04.3. Sprint Medley (400, 220-220, 800), women — SLO 4:08.1; CSB 4:08.2; FP 4:36.2. Mile Relay — SLO 3:21.5; SLO3:22.3; FSU 3:22.7.

Javelin — Myles (CL), 196-9; Raymond (FSU), 195-6; Bergstress (W), 187-10; Jadwin (BC), 183-6. Shot put — Schalbaske (FSU), 52-10½; Michelmore (SLO), 51-6½; Toma (SLO), 51-5; Watkins (FP), 50-3½; Ender (FSU), 49-11. High jump — Weeks (CL), 6-8½; Kraft (SLO), 6-6; Churchill (SLO), 6-6; Dillard (SLO), 6-2. Long jump — Walker (CL), 22-8; Smith (CSB), 22-5; Haynes (AP), 22-4½; Redd (UNA), 22-3½; Washington (AP), 21-6½. Javelin, women — Pariza (UNA), 127-1; Maxwell (BC), 104-1; Roberts (CSB), 97-6; Duncan (SLO), 96-1; Coombs (BC), 94-6. Hammer throw — Brunner (SLO), 165-11; Semar (CSB), 158; Edwin (CL), 153-3; Behunkel (SLO), 145-7; Auferoth (B), 140-10; Fritzmair (FSU), 137-7. Triple jump — Tyler (B), 49-11; Zizzo (FSU), 45-6½; Haynes (AP), 45-3½; Washington (CL), 44-3½; Quigley (SLO), 44-1½. Pole vault — Alrich (UNA), 15-6; Reyes (SLO), 15; Foster (SLO), 14-6; Smith (FP), 14-6. Discus — Ender (FSU), 160-5; Auferoth (B), 153-11; Michelmore (SLO), 151-8; Vonogas (SLO), 149-10; Tinsley (FSU), 149-3. Discus, women — Brown (SLO), 112-3; Wofford (BC), 96-8½; Anderson (CL), 91-4. Colleges placing: Azusa Pacific (AP), Biola (B), Fresno Pacific (FP), Cal Poly (SLO), Fresno St. (FSU), Westmont (W), Cal Lutheran (CL), College of Sequoias (COS), High Sierra Track Club (HS), Cal State Bakersfield (CSB) Bakersfield College (BC).

Javelin — Myles (CL), 196-9; Raymond (FSU), 195-6; Bergstress (W), 187-10; Jadwin (BC), 183-6. Shot put — Schalbaske (FSU), 52-10½; Michelmore (SLO), 51-6½; Toma (SLO), 51-5; Watkins (FP), 50-3½; Ender (FSU), 49-11. High jump — Weeks (CL), 6-8½; Kraft (SLO), 6-6; Churchill (SLO), 6-6; Dillard (SLO), 6-2. Long jump — Walker (CL), 22-8; Smith (CSB), 22-5; Haynes (AP), 22-4½; Redd (UNA), 22-3½; Washington (AP), 21-6½. Javelin, women — Pariza (UNA), 127-1; Maxwell (BC), 104-1; Roberts (CSB), 97-6; Duncan (SLO), 96-1; Coombs (BC), 94-6. Hammer throw — Brunner (SLO), 165-11; Semar (CSB), 158; Edwin (CL), 153-3; Behunkel (SLO), 145-7; Auferoth (B), 140-10; Fritzmair (FSU), 137-7. Triple jump — Tyler (B), 49-11; Zizzo (FSU), 45-6½; Haynes (AP), 45-3½; Washington (CL), 44-3½; Quigley (SLO), 44-1½. Pole vault — Alrich (UNA), 15-6; Reyes (SLO), 15; Foster (SLO), 14-6; Smith (FP), 14-6. Discus — Ender (FSU), 160-5; Auferoth (B), 153-11; Michelmore (SLO), 151-8; Vonogas (SLO), 149-10; Tinsley (FSU), 149-3. Discus, women — Brown (SLO), 112-3; Wofford (BC), 96-8½; Anderson (CL), 91-4. Colleges placing: Azusa Pacific (AP), Biola (B), Fresno Pacific (FP), Cal Poly (SLO), Fresno St. (FSU), Westmont (W), Cal Lutheran (CL), College of Sequoias (COS), High Sierra Track Club (HS), Cal State Bakersfield (CSB) Bakersfield College (BC).

Hammer—1. Kells (S.J), 186-1 (meet record, former mark 182-7, Aldo Congi (S.J), 1977); 2. Sawyer (H), 179-8; 3. Weidman (S), 160-6; 4. Lee (H), 149-7; 5. Miller (S.J), 148-0. 3000 M Steeple—1. Haldeman (S), 9:16.67; 2. Gail (S), 9:21.0; 3. Brooks (S.J), 9:29.89; 4. Bettencourt (S.J), 9:32.2. 400 relay—1. Stanford (Nelson, Banks, Sheats, Lofton), 39.9; 2. SJS (Washington, Whitaker, Kirtman, Cooper), 40.0; 3. Hayward (Williams, Corker, Monday, Jones), 42.7. Mile—1. Lobsinger (S), 4:10.4; 2. Stillman (S), 4:10.4; 3. Green (S.J), 4:18.0; 4. Carson (H), 4:18.6. Shot put—1. Gummerson (S.J), 55-1; 2. Feuerbach (S.J), 52-6; 3. Greenwood (S), 52-3½; 4. Williams (H), 52-2; 5. Johnson (H), 52-1. 110 meter HH—1. Cooper (S.J), 13.8 (ties field record by Larry Livers, 1968); 2. Margerum (S), 14.5; 3. Shellworth (S), 14.6; 4. Kirtman (S.J), 15.1. 400 meters—1. tie Sheats (S) and Rochee (S.J), 47.1; 3. Rempel (S), 48.0; 4. Foster (S.J), 49.0. 100 meters—1. Whitaker (S.J), 10.4; 2. Washington (S.J), 10.6; 3. Nelson (S), 10.6; 4. Kirtman (S.J), 11.0. Javelin—1. Gall (H), 205-11; 2. Stewart (S.J), 193-6; 3. Ellis (S), 170-3; 4. Brown (S), 167-8; 5. Carozzi (H), 147-4. 800—1. Wells (S), 1:52.1; 2. Harris (S), 1:52.4; 3. Ross (S.J), 1:52.5; 4. Chavez (S.J), 1:53.2. 400 meter IH—1. Cooper (S.J), 51.7; 2. Shellworth (S), 52.2; 3. Finley (S.J), 53.5; 4. Swift (S), 54.5; 5. Davis (S.J), 54.6. Long jump—1. Lofton (S), 25-2; 2. Cole (S.J), 24-5½; 3. White (S.J), 23-11½; 4. Garner (H), 23-9½; 5. Brown (S.J), 23-9½. High jump—1. Nelson (S.J), 7-0½; 2. Livers (S.J), 6-8; 3. Jenkins (H), 6-8; 4. Wallace (S), 6-4¼; 5. Littleboy (S), 6-4¼. 200 meters—1. Lofton (S), 21.0; 2. Banks (S), 21.2; 3. Rochee (S.J), 21.2; 4. Rempel (S), 21.4. Discus—1. Buss (S), 168-5; 2. Gummerson (S.J), 165-4; 3. Horn (S.J), 155-7½; 4. Hill (S), 153-7. Pole vault—1. Woepse (S.J), 16-6; 2. Olsen (H), 16-0; 3. Reitz (H), 15-0; 4. Hallet (H), 14-0; 5. Simpson (S.J), 13-6; 6. Johnk (S), 13-0. Two mile—1. Quintana (H), 8:53.8; 2. Lobsinger (S), 8:58.0; 3. Harvey (S.J), 8:58.6; 4. O'Neil (S), 9:02.4. Mile relay—1. SJS (Foulke, Foster, Rochee, Cooper), 3:12.3; 2. Stanford, 3:12.8; 3. Hayward A, 3:28.1; 4. Hayward B, 3:30.1. Triple jump—1. Livers (S.J), 53-1; 2. Johnson (S.J), 52-9; 3. White (S.J), 47-11¼; 4. Bullwinkel (S), 46-9¾.

Hammer—1. Kells (S.J), 186-1 (meet record, former mark 182-7, Aldo Congi (S.J), 1977); 2. Sawyer (H), 179-8; 3. Weidman (S), 160-6; 4. Lee (H), 149-7; 5. Miller (S.J), 148-0. 3000 M Steeple—1. Haldeman (S), 9:16.67; 2. Gail (S), 9:21.0; 3. Brooks (S.J), 9:29.89; 4. Bettencourt (S.J), 9:32.2. 400 relay—1. Stanford (Nelson, Banks, Sheats, Lofton), 39.9; 2. SJS (Washington, Whitaker, Kirtman, Cooper), 40.0; 3. Hayward (Williams, Corker, Monday, Jones), 42.7. Mile—1. Lobsinger (S), 4:10.4; 2. Stillman (S), 4:10.4; 3. Green (S.J), 4:18.0; 4. Carson (H), 4:18.6. Shot put—1. Gummerson (S.J), 55-1; 2. Feuerbach (S.J), 52-6; 3. Greenwood (S), 52-3½; 4. Williams (H), 52-2; 5. Johnson (H), 52-1. 110 meter HH—1. Cooper (S.J), 13.8 (ties field record by Larry Livers, 1968); 2. Margerum (S), 14.5; 3. Shellworth (S), 14.6; 4. Kirtman (S.J), 15.1. 400 meters—1. tie Sheats (S) and Rochee (S.J), 47.1; 3. Rempel (S), 48.0; 4. Foster (S.J), 49.0. 100 meters—1. Whitaker (S.J), 10.4; 2. Washington (S.J), 10.6; 3. Nelson (S), 10.6; 4. Kirtman (S.J), 11.0. Javelin—1. Gall (H), 205-11; 2. Stewart (S.J), 193-6; 3. Ellis (S), 170-3; 4. Brown (S), 167-8; 5. Carozzi (H), 147-4. 800—1. Wells (S), 1:52.1; 2. Harris (S), 1:52.4; 3. Ross (S.J), 1:52.5; 4. Chavez (S.J), 1:53.2. 400 meter IH—1. Cooper (S.J), 51.7; 2. Shellworth (S), 52.2; 3. Finley (S.J), 53.5; 4. Swift (S), 54.5; 5. Davis (S.J), 54.6. Long jump—1. Lofton (S), 25-2; 2. Cole (S.J), 24-5½; 3. White (S.J), 23-11½; 4. Garner (H), 23-9½; 5. Brown (S.J), 23-9½. High jump—1. Nelson (S.J), 7-0½; 2. Livers (S.J), 6-8; 3. Jenkins (H), 6-8; 4. Wallace (S), 6-4¼; 5. Littleboy (S), 6-4¼. 200 meters—1. Lofton (S), 21.0; 2. Banks (S), 21.2; 3. Rochee (S.J), 21.2; 4. Rempel (S), 21.4. Discus—1. Buss (S), 168-5; 2. Gummerson (S.J), 165-4; 3. Horn (S.J), 155-7½; 4. Hill (S), 153-7. Pole vault—1. Woepse (S.J), 16-6; 2. Olsen (H), 16-0; 3. Reitz (H), 15-0; 4. Hallet (H), 14-0; 5. Simpson (S.J), 13-6; 6. Johnk (S), 13-0. Two mile—1. Quintana (H), 8:53.8; 2. Lobsinger (S), 8:58.0; 3. Harvey (S.J), 8:58.6; 4. O'Neil (S), 9:02.4. Mile relay—1. SJS (Foulke, Foster, Rochee, Cooper), 3:12.3; 2. Stanford, 3:12.8; 3. Hayward A, 3:28.1; 4. Hayward B, 3:30.1. Triple jump—1. Livers (S.J), 53-1; 2. Johnson (S.J), 52-9; 3. White (S.J), 47-11¼; 4. Bullwinkel (S), 46-9¾.

/Mike Miles/

Mini-Marathon

High School:
1) Mark Anderson (Porterville) 1:41:25
Open:
1) Joaquin Leano (Porterville) 1:12:15
2) Edgar Leano (Porterville) 1:12:16
3) Mario Caldero (Porterville) 1:17:45
4) Art Meyer (Fresno) 1:18:26
5) Tonas Rico (Woodville) 1:18:45
6) Miguel Lennemann (Fresno) 1:24:55
40-49 Women:
1) Liz DeMonte (Fresno) 2:07:14
30-39:
1) Mel Rich (SLO) 1:33:00
40-49:
1) Brent DeMonte (Fresno) 1:44:12
High School Women:
1) Lisa Veron (Santa Marg.) 2:03:31
Open Women:
1) Linda Datz (Fresno) 1:49:54
30-39 Women:
1) Joan Miller 2:30:24
/Don Kavadas/

February 25, Martinez to Port Costa Brickyard 8.4 Mile Run:

1) Steve Brocks (24)	41:57
2) Craig Hochhaus (18)	42:15
3) Jan Sershen (30)	42:32
4) Michael Niemiec (27)	42:39
5) Michael Duncan (28)	43:11
6) Mike Wheeler (29)	43:39
7) Mark Proteau (25)	43:51
8) Kent Guthrie (41)	44:13
9) Jeffrey Wall (35)	44:14
10) Ralph Bowles (41)	44:15
11) Timothy Jordan (38)	44:18
12) Joe Hulk (21)	44:23
13) Gary Alderman (34)	45:01
14) Kevin Searls (20)	45:41
15) Terrence Casey (27)	46:03
16) Harry Youkers (17)	46:04
17) Wes Hildreth (39)	46:05
18) William Jenney (36)	46:09
19) Terry Hughes (34)	46:13
20) Clark Roseo (28)	46:22
21) Ross Rowley (29)	46:25
22) Ted Pawlar (21)	46:28
23) Bob Felsch (28)	46:29
24) Dennis Gustafson (34)	46:42
25) Mike Warr (16)	46:43
26) Russ Kiernan (40)	46:47
27) August Louis (20)	46:51
28) Bob Cushen (46)	47:00
29) Hoyt Walker (26)	47:10
30) James Nicholson (47)	47:11
31) Mike Traynor (17)	47:14
32) Evencio Hurtado Jr. (28)	47:19
33) Doug Butt (33)	47:21
34) Robert Malain (50)	47:23
35) Anthony Helfet (34)	47:24
36) Brad Kearns (24)	47:29
37) Ian Watts (17)	47:33
38) Anthony Bettencourt (25)	47:43
39) C. Eiriksson (30)	47:45
40) Allan Stanbridge (31)	47:45
105) Elaine Miller (31)	54:03
115) Ruth Anderson (48)	54:45

/Luka Sekulich/

OOPS! Forgotten picture credits from last issue: (1) The picture of Susie Sanchez on page 7 was by Bill Leung, Jr. (2) The shot of Dwight Stones on page 11 was by Diane Johnson.

February 25; Long Beach Relays

OPEN

HAMMER—1. Meyer (Chicago TC), 186-9½; 2. D. Fuller (Long Beach St.), 181-3; 3. P. Fuller (LBS), 177-1½.

JAVELIN—1. Carpenter (Athletes in Action), 248-4; 2. DeMill (unat), 234-5; 3. Stuart (Maccabi TC), 232-7.

480 SHUTTLE HURDLE RELAY—1. All-American TC, 1:00.7; no second or third.

SPRINT MEDLEY RELAY—1. South Bay TC, 3:32.1; no second or third.

10,000 METERS—1. Hayes (AIA), 30:37.3; 2. Billa (Chapman), 31:05.0; 3. C. Smith (CS Northridge), 31:46.9.

5,000 —1. Simons (Santa Monica TC), 14:33.9; 2. Ramirez (Fresno Pacific TC), 14:34.1; 3. Laidell (AIA), 14:35.7.

3,000 STEEPLECHASE—1. McCullough (SMTC), 8:47.0; 2. McLeod (SMTC), 8:48.0; 3. Cour (San Diego TC), 9:06.7.

4001H—1. Mills (New Zealand), 51.9; 2. Taylor (unat), 53.0; 3. Lizardi (LBS), 53.2.

TWO MILE RELAY—1. USC (Walters, Johnson, Beaton, Omwansa), 7:26.5; 2. Maccabi TC, 7:34.5; 3. Long Beach St., 7:38.8.

SHOTPUT—1. Laut (UCLA), 60-6½; 2. Pagel (Maccabi TC), 56-5½; 3. D. Fuller (LBS), 58-8.

LONG JUMP—1. Williams (Tobias Striders), 25-11½; 2. Magee (All-America TC), 24-6; 3. Stauch (UCLA), 24-3½.

HIGH JUMP—1. Phillips (Chapman), 7-0; 2. Joseph (UCLA), 7-0; 3. Meisler (Maccabi TC), 6-10.

200—1. Vernell Fergersen (West Coast Jets), 22.2; 2. Vernon Fergerson (West Coast Jets), 22.3; no third.

400—1. King (unat), 47.2; 2. Vernon Fergersen (WCJ), 47.7; 3. Benson (unat), 47.7.

1,500—1. Arriola (Maccabi TC), 3:53.3; 2. Foley (Fresno Pacific TC), 3:54.1; 3. Woolfe (unat), 3:57.1.

MILE RELAY—1. Long Beach St. "A", 3:17.5; 2. French Decathletes, 3:18.3; 3. Long Beach St. "B", 3:31.5.

POLE VAULT—1. Lagerquist (unat), 16-6; 2. Laz (unat), 16-6; 3. Brown (UCLA), 16-6.

TRIPLE JUMP—1. Taylor (LBS), 52-2½; 2. Caldwell (Unat), 51-10½; 3. Halcomb (LBS), 50-11.

DISTANCE MEDLEY RELAY—1. CS Northridge, 10:14.4; no second or third.

880 RELAY—1. Long Beach St., 1:26.3; 2. CS Northridge, 1:27.3; 3. South Bay TC, 1:27.8.

400 RELAY—1. UCLA, 41.2; 2. Long Beach St., 41.3; 3. CS Northridge, 41.4.

FOUR-MILE RELAY—1. Santa Monica TC, 16:43.1; 2. Long Beach St., 17:08.5; no third.

DISCUS—1. Gordien (unat), 200-7; 2. Weber (All-America TC), 173-5; 3. D. Fuller (LBS), 181-5.

JUNIOR COLLEGE

SP—Parras (Cerritos), 48-2 3/4. PV —1. Halverson (Mt. San Antonio), 16-0; 2. Baucke (Cypress), 14-6. LJ—Robinson (LBCC), 22-2 3/4. JT—Campbell (Cerritos), 197-4. HJ—Smith (Alra Costa), 6-6. DT—1. Stewart (Cypress), 157-4; 2. Brandes (Santa Ana), 146-9. TJ—Horseley (Cypress), 47-1½.

Shuttle Hurdle Relay—Fullerton, 1:02.2 4001H—Harris (Sequoias), 56.3. 5,000—1. Dahl (Cypress), 14:47.8; 2.

February 21. Ventura. Tri-Counties Invitational held at Ventura College

100m #1:		4x110 yd relay:	
1) Harris (VC)	11.1	1) Moorpark	43.0
100m #2:		4x440 yd relay:	
1) Griffith (SBCC)	11.1	1) Ventura	3:27.0
200m:		Pole Vault:	
1) B. Stagers (AHC)	22.9	1) J. Rosecrance (SBCC)	13-0
2) Churchill (MC)	23.0	2) W. Rosecrance (SBCC)	13-0
400m:		High Jump:	
1) Taylor (Ox)	52.2	1) Eberly (MC)	6-7
2) Feeley (AHC)	52.6	2) Gerlach (MC)	6-5½
800m:		Long Jump:	
1) Huff (AHC)	1:56.5	1) Reyes (Ox)	21-4
2) Wahl (SBCC)	1:59.4	Triple Jump:	
1500m:		1) Radford (MC)	42-8½
1) Sutherland (SBCC)	4:02.5	Shot Put:	
2) Torres (MC)	4:03.6	1) Wollerman (VC)	51-7½
5000m:		2) Futujuma (Ox)	49-10½
1) Keranen (AHC)& Huff(AHC)	15:30.8	Discus:	
110m HH:		1) Crowder (SBCC)	134-2
1) Mejia (MC)	15.7	Javelin:	
400m IH:		1) Crowder (SBCC)	185-1
1) Mejia (MC)	56.2	2) Gray (AHC)	172-7
2) Lazano (AHC)	57.0		

/Ray Kring/

PLC	PACE NUMBER	9CS	DATE--021978	FAST TIME
1	CHUCK SNEAD	26	AIA	1:38:135
2	BOB HAYES	22	AIA	1:38:135
3	DAVE FRICKEL	23		1:38:154
4	KENNETH HOFFITT	25	AZTL	1:40:169
5	JOE CARLSON	26	CCAC	1:42:103
6	DUKE MUNDSELL	25	TOC	1:42:121
7	MICHAEL SAYWARD	29	AATA	1:43:121
8	RUBEN RUIZ	18	AZTL	1:44:131
9	STEVE DURAND	21	STC	1:44:157
10	GARY PADGETT	34	AIA	1:46:101
11	STEPHEN KELLOGG	22	KELR	1:46:123
12	KEN BLAKELY	23	B B	1:46:135
13	JAMES WILLIAMS	31		1:46:137
14	WILLIE PITTENGER	27		1:48:111
15	STEWART BODFH	23		1:48:144
16	BRIAN CLOHAM	31		1:48:154
17	BART J COVENTRY	37	STC	1:48:155
18	MARSHALL MATYF	34	CCAC	1:49:120
19	TRUMAN CLAPK	42	SCS	1:49:125
20	JOHN SARGENTI	26		1:49:147
21	GARY COHEN	20	ATZL	1:50:106
22	JOHN RUPP	31	STC	1:50:138
23	TOM GLEASON	35	UNAT	1:50:142
24	JOHN RUDBERG	43	STC	1:50:145
25	LARRY PONTINEN	36	SBAA	1:50:158
26	TOM WAHE	37	STC	1:53:108
27	CARLOS ALFARO	37	AZTL	1:53:123
28	ORVILLE ATKINS	41	STC	1:53:126
29	STEVE BROTEN	25	B B	1:53:135
30	BYRLE SMALLEN	30	STC	1:53:150
37	CELIA PETERSON	17		1:55:154
41	MARTHA COOKSEY	23		1:56:119
60	SUE PETERSEN	33	SFVT	2:02:159

The Only Publication Devoted to California Track

CALIFORNIA TRACK NEWS

Now in

** OPEN
** COLLEGE
** WOMEN
** PICTURES

CS Northridge, 10:14.4; no second or third.
 880 RELAY—1. Long Beach St., 1:26.3; 2. CS Northridge, 1:27.3; 3. South Bay TC, 1:27.8.
 400 RELAY—1. UCLA, 41.2; 2. Long Beach St., 41.3; 3. CS Northridge, 41.4.
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 DISCUS—1. Gordien (unat), 200-7; 2. Weber (All-America TC), 173-5; 3. D. Fuller (LBS), 181-5.

JUNIOR COLLEGE

SP—Parraz (Cerritos), 48-2 3/4. PV—1. Halverson (Mt. San Antonio), 16-0; 2. Baucke (Cypress), 14-6. LJ—Robinson (LBCC), 22-2 3/4. JT—Campbell (Cerritos), 197-4. HJ—Smith (Mira Costa), 6-6. DT—1. Stewart (Cypress), 157-4; 2. Brandes (Santa Ana), 146-9. TJ—Horsey (Cypress), 47-1 1/2.
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/Jim Hartig/

COMING NEXT MONTH:

- **High School outdoor preview - boys & girls
- **High School boys state meet records and class records.
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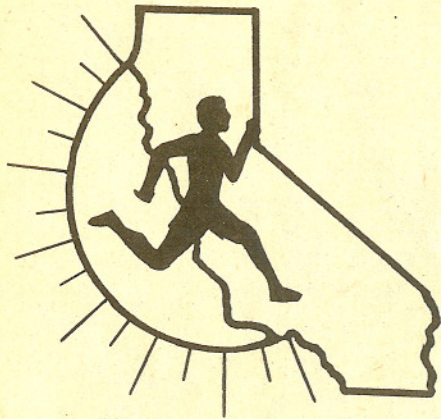
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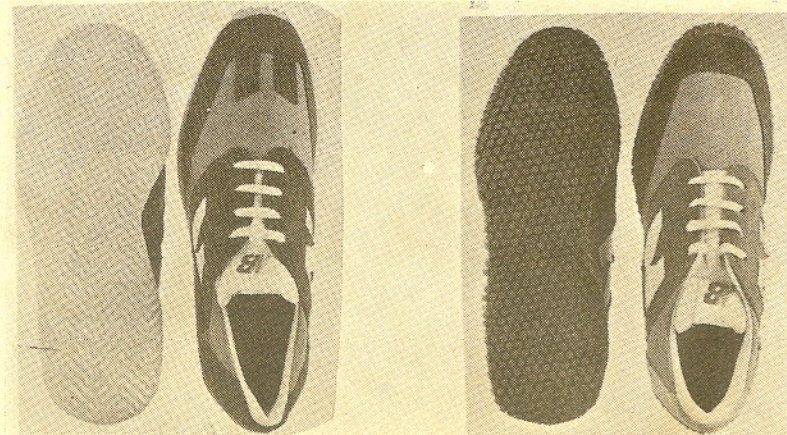
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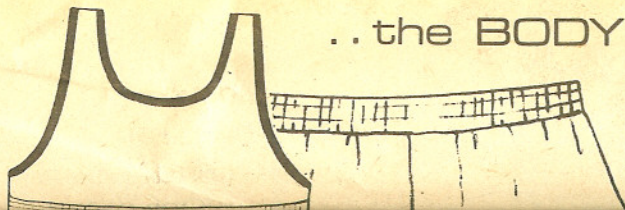
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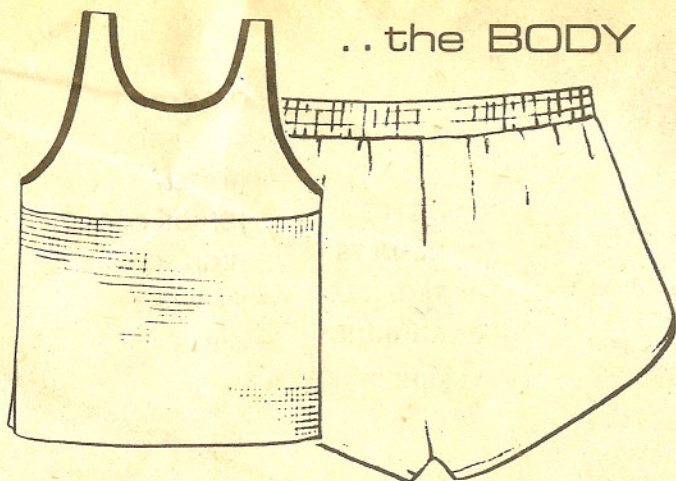
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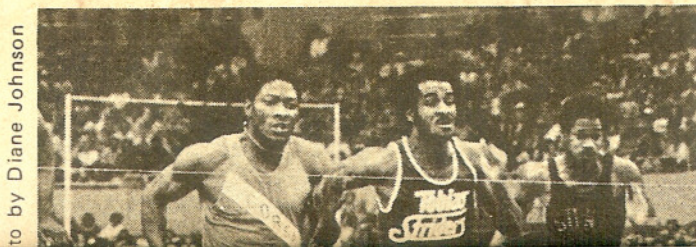


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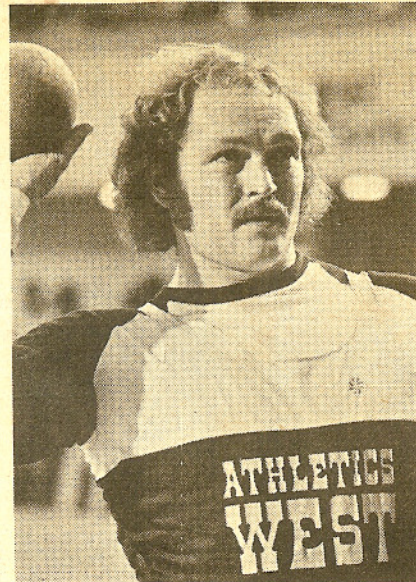
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