

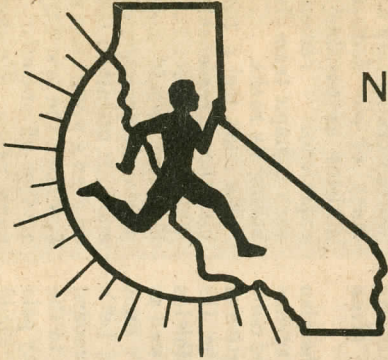
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CALIFORNIA TRACK NEWS

NOVEMBER--DECEMBER 1975

ISSUE NUMBER 8

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CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue
Fresno, California 93702

BIMONTHLY \$3.50 / YEAR

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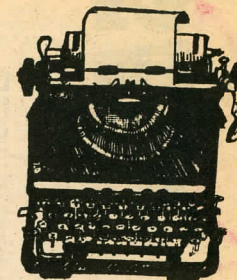
meet the staff Ric Walker

RIC WALKER: One of California Track News' major correspondents is Cal State Northridge senior Ric Walker. Ric has been most instrumental in keeping us supplied with schedules, results, and notes from the Southern California area. Just check the results section of each issue and see how many meet summaries are a result of his efforts. In addition to keeping us up to date with Southern California information he has also written profiles and submitted pictures.

He started running in junior high school. He ran for Bob McKie at Villa Park High School and then Howard Brubaker at Santa Ana before heading to Northridge. His biggest running accomplishment was being a member of Santa Ana's State Championship cross country team in 1972 (fifth man placing 35th). While running track in high school Ric also competed for an AAU swim club.

Best track marks for Ric include: 100 yard dash- 10.8; 220 yard dash- 23.7; 440 yard dash- 53.2; 800 yard dash- 2:05.

from the editor...



Here at California Track News we were quite disappointed when we learned of the proposed method of selection of participants for the U.S. Olympic Trials. Both men's and women's trials will be held in Eugene, Oregon on July 17-27 — a month before the games. To give marathoners more recovery time before the Olympics their trials will be held May 22, also, in Eugene.

It has been suggested that a dozen or so athletes be permitted to compete in the Olympic Trials by invitation only, with just the marathoners having a standard to meet and that is unofficially set at a much too fast 2:20. The athletes invited plus all marathoners under 2:1/2? (qualifying period began May 21) would be given travel and living expenses.

We agree wholeheartedly with the plan to provide travel and living expense money, but we do not feel it has to be done at the expense of such a great limitation of participation in the Trials. Let the US Olympic Committee select those athletes it would and pay their expenses as well as all sub 2:20 marathoners, but don't limit participation to these athletes only. Let's have a reasonable qualifying standard which would guarantee acceptance to the trials. The best would have their way paid but all who met the standard could compete.

Having a definite qualifying standard would also let everyone know what they had to do and where they stood at all times. Rather than battle the whole field constantly all year in hopes of gaining one of a few invitations to the Trials it would permit the athlete to plan out his season — peaking at the Trials and the Games. An

athlete qualifying early could then concentrate on those final most important competitions rather than having to continually insure his spot at the trials.

We say a reasonable qualifying standard should be set because we feel as many athletes as feasibly possible should have a realistic chance of trying out for the U.S. Olympic Team. It will provide the type of incentive and goals that can only help improve the sport. Competing in the Olympic Trials is a lifetime experience and worth working very hard for. Let's give as many of our dedicated, hard working athletes as possible a chance for this experience — remembering, also, that each Olympic team finds many surprises among its ranks.

We don't feel a 2:20 standard for the marathon is reasonable. In 1972 only 9 US athletes ran under 2:20. A tough standard like that would mean at least three maximum marathon efforts in one year. A sub 2:20 marathon takes its physical toll on even a world class runner. If one failed to make it the first day it would mean still another all out effort, and then possibly even more. We suggest 2:30 as a reasonable qualifying standard. This way a good marathoner would need only two all out efforts (the Trials and, hopefully, the Games). Runners could qualify and then concentrate on those two all important races. This would also give more athletes the chance to compete in the trials. It worked in 72 and will work again.



PRAISE

Best Marks: 440- 51.0; 880- 1:55.0; 1320- 3:02; mile- 4:09. Coached by Steve Bruhns (track) and Jim Edwards (cross country).

A sub four minute mile in high school? That goal is pretty unrealistic for most

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Ric, born in Arizona, is a broadcast Journalism major and soon hopes to land a job as a sportscaster-newscaster and announcer-disc jockey. He is also currently a member of an outstanding Cal State Northridge cross country team. Ric's had plenty of experience in track. He

started running in junior high school. He ran for Bob McKie at Villa Park High School and then Howard Brubaker at Santa Ana before heading to Northridge. His biggest running accomplishment was being a member of Santa Ana's State Championship cross country team in 1972 (fifth man placing 35th). While running track in high school Ric also competed for an AAU swim club.

Best track marks for Ric include: 100 yard dash- 10.8; 220 yard dash- 23.7; 440 yard dash- 52.0; one mile- 4:25; 2 mile- 10:00; 3 mile- 15:00; 6 mile- 33:00; 10 mile- 54:37; marathon- 2:33:00.

We are sure you will all join us in thanking Ric Walker for his part in helping make California Track News successful.

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a good marathoner would need only two all out efforts (the Trials and, hopefully, the Games). Runners could qualify and then concentrate on those two all important races. This would also give more athletes the chance to compete in the trials. It worked in 72 and will work again.

PROFE

Best Marks: 440- 51.0; 880- 1:55.0; 1320- 3:02; mile- 4:08.8. Coached by Steve Bruhns (track) and Jim Edwards (cross country).

A sub four minute mile in high school? That goal is pretty unrealistic for most high school runners; but not for Gahr's Jim Arriola who last season as a junior recorded an impressive 4:09.1. Even more impressive, however, is his 4:08.8 as a sophomore (state sophomore record). Jim was injured all during his last cross country season as a junior which explains the failure to improve upon his sensational sophomore times. This year is different as he is building a strong base with a good harrier campaign. He admits, though, it won't be easy, "I have some pretty high goals for this year, but with a lot of hard work I can reach them." On Jim's side is the fact that good running is a part of his family since his older brother is a 4:02 miler at the University of Arizona.

His favorite strategy in the mile race is to run with the leaders until they begin to get tired and then put on the pressure. He especially likes to burn in the last 440. He plans to study engineering in college and is already thinking about such schools as University of Arizona, Stanford, Ohio State and Villanova. He likes track because, "It lets me express myself as an individual." His father is his first and biggest fan, "I owe a lot to my father. He is always there to encourage me. Whenever I need to be timed he is always ready to go. He never misses a meet."

Typical Week's Training: (April 7-13) **Monday-** 6 mile morning run, 10x440 at 62 with 2 minutes rest. **Tuesday-** 6 mile morning run, 6x880 at 2:13 with 3 minute rest. **Wednesday-** 4x440 at 58 with 1 minute rest. **Thursday-** track meet, 1:59, 52.8, 9:47.4. **Friday-** 8 mile morning run, 6 mile afternoon run. **Saturday-** 3x440 at 59 with 20 second rest, 6x440 at 63 with 2 minute rest, 6x220 at sub 30 with 90 second rest. **Sunday-** 8 mile run.



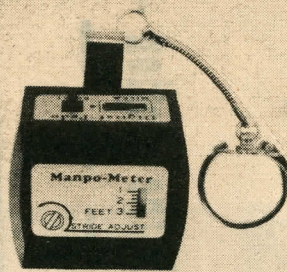
Jim Arriola

JIM ARRIOLA: Gahr High School senior. Age 17; 5 feet, 8 inches; 145 pounds. Born June 10, 1958 in Long Beach, California.

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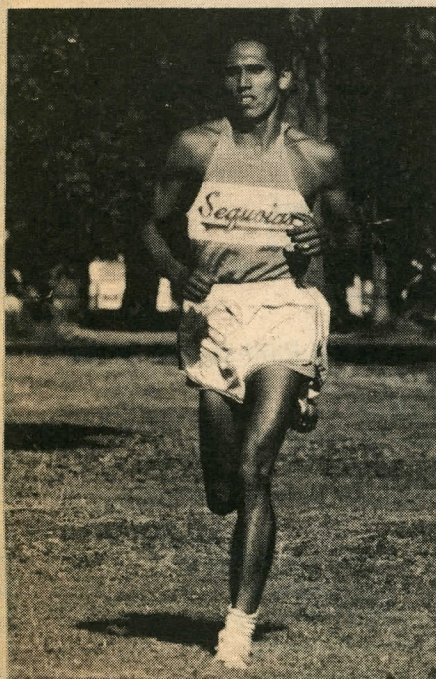
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ON THE COVER: Skyline's John Johnson takes command of the California State High School mile race. He went on to win with Jim Arreola close on his heels. Johnson is now running for Idaho State while Arreola will get another crack at the high school mile title.

Diane Johnson photo

PROFILE

Juan Garcia



JUAN GARCIA Y GAONA: College of the Sequoias. Age 20; 5 feet, 9 inches; 135 pounds. Born August 8, 1955 in Visalia, California. Also competed for Redwood High School and Washington State University.

Best Marks: 440- 51.5; 880- 1:55.1; mile- 4:13.0; 2 mile- 9:04.4; 3 mile- 13:52.0; 6 mile- 29:19.2. Coach: Joe Barba.

Last year's 12th place finisher in the PAC-8 cross country meet (54th place in NCAA) is going to school in Visalia. That's

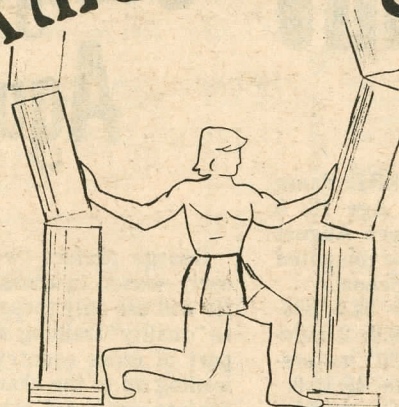
competition and the making of many new friends." His goals for this year are seasonable: 4:10, 13:45, and 28:30. His favorite events are the three and six mile where he likes to set a hard pace right from the beginning. He gears his season to peak for two or so important competitions. Juan is orientating his educational objectives to becoming a diplomate some day.

We asked Juan's coach at Sequoias, Joe Barba, to comment on Juan's training. "First of all, Juan's training is based on the wealth of experience he has gained from his prior coaches such as John Pitman and his coach and fellow runners at Washington State. It would be unfair to take credit for his fine performances. Juan likes to do long runs on weekends and on Mondays. On Tuesday we usually do a controlled speed play kind of workout, with fast slow halves, miles, or some other combination. The idea is to build quick tempo, relaxation, and also allow recovery while keeping the running action going. On Wednesday we run at Rocky Hill. Our hills up there rival anything they have anywhere. Juan loves those hills, and the mental toughness he brings to his workouts up there is astounding. Juan usually does a long, relaxed run on Thursday to recover from Rocky Hill.

"Juan is a highly motivated runner. He pushed himself harder than most runners. Each morning he puts in about six miles of easy running to loosen up. It is a part of his life, both in season and out. Juan is an easy athlete to coach. He earns a coach's respect by his mature attitude. He has a good sense of humor and does not have a big head. He is a great human being, and I can't think of any higher compliment."

Coach Barba goes on to say of Juan, "His greatest race this season was against Simonian of Los Angeles City College at the College of the Canyons Invitational. The course is very tough, steep hills that can take your breath away. At the gun Simonian, who is an excellent runner, took the lead and held it over the entire course. Since we were not pointing for this race, we had worked two hard workouts at Rocky Hill that week, and Juan was tired at the start. He told me later than he knew he had to hold on no matter how much it hurt or how tired he was. Nobody knew what price he was paying to hang on. As

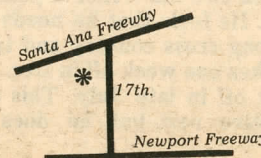
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JACKIE HANSEN



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Best Marks: 440- 51.5; 880- 1:55.1; mile- 4:13.0; 2 mile- 9:04.4; 3 mile- 13:52.0; 6 mile- 29:19.2. Coach: Joe Barba.

Last year's 12th place finisher in the PAC-8 cross country meet (54th place in NCAA) is going to school in Visalia. That's right! Washington State's freshman, Juan Garcia, has returned to his home town and is now competing for College of the Sequoias and is having his best season ever. The former C.I.F. Central Section cross country (73) and track two mile (74) champion left the cool climate of Washington for the more favorable Central California Valley weather and eventually would like to move even further south next year to the University of Texas at El Paso.

Juan says he likes track and cross country running because, "I like the

respect by his mature attitude. He has a good sense of humor and does not have a big head. He is a great human being, and I can't think of any higher compliment."

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ALL COMERS TRACK MEETS --- December 12; January 9, 16, 23

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JACKIE HANSEN

Reclaims World Mark

Jacki Hansen of the San Fernando Valley Track Club re-established her claim to the title of the world's top woman



distance runner by setting a new women's world record in the marathon of 2 hours, 38 minutes, 19 seconds in Eugene, Oregon (Oct. 11).

The 27-year-old's incredible performance broke the 5-month-old mark of 2:40:15 set by Christa Wahlensteck of West Germany. Hansen's time was five seconds faster than her old American record of 2:43, set in last December's Culver City marathon.

The 26-mile, 385 yard run was "just what I wanted," said Coach Laszlo Tabori's prize pupil. "There was no wind, no sun... it was a flat course over bicycle paths and through the Oregon woods. Everything was perfect."

Hansen, a Cal-State Northridge graduate now working in a Los Angeles insurance office, was the first woman finisher in the 1973 Boston Marathon, running 3:05 in 80-degree heat. In September, 1974, she placed fifth in the first women's world championship marathon in West Germany in 2:56.

Why the steady improvement? "Confidence in Laszlo's training program," said Hansen. "He always knows when you're ready and will tell you exactly where you are."

Also, Hansen says she follows the "carbohydrate-loading" diet the week before a big race, as do nine out of ten marathon runners.

"A week before the race, I went on a 19-mile 'depletion run' at an easy 7 1/2-minute-per-mile pace. Then for three days, I ate protein... meat, fish, eggs, lettuce, tea. Three days before the race, I added carbohydrates... potatoes, spaghetti, rice, cake, cookies and bread. Then I ate a light meal the night before the race."

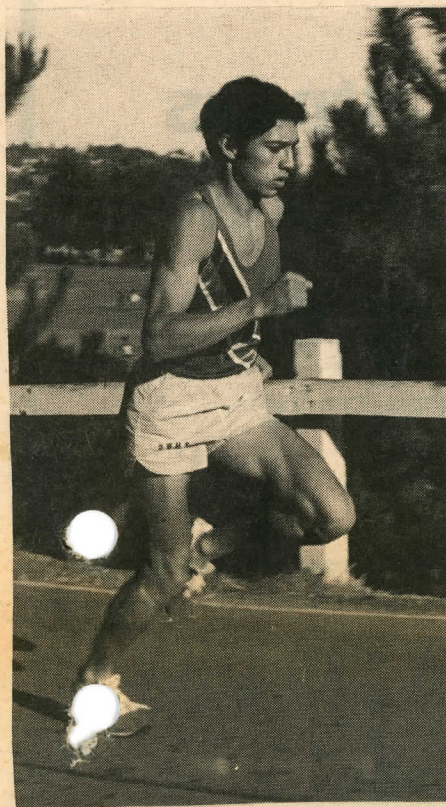


SPOTLIGHT

George Aguirre

GEORGE REYNALDO AGUIRRE: Santa Barbara High School senior. Age 18; 5 feet, 6 inches; 123 pounds. Born August 30, 1957, in El Paso, Texas. Also competed for La Cumbre Junior High School.

Best Marks: (all in 1975) 440- 54.9; 880- 2:00.2; 1320- 3:06.1; mile- 4:19.9; 2 mile- 9:04.4; 3 mile- 14:06.4; 5,000 meters- 14:34.6; 6 mile- 29:12.2; 10 mile- 49:15.0; one hour- 12 miles, 147 yards. Coached by Vern Gambetta.



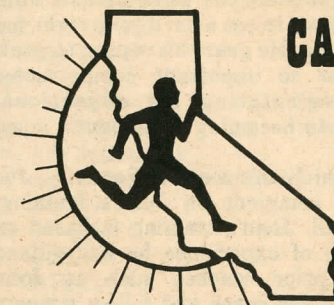
George prefers two meets a week in early season in cross country and track. He will use only these early season meets as "quality" training sessions. In the latter part of cross country and track season, leading up to the championship meets, he prefers one meet a week.

In both cross country and track, George prefers to lead. His competitive strength is the ability to go out hard and push the pace. Two other of George's goals this year are to work on a kick and be able to run from behind.

George does not do anything special to prepare mentally for competition. His is very relaxed before meets. It is not unusual to catch George napping in the car or bus en route to the meet up to an hour before his race.

George takes two full weeks a year off from running. He feels that he needs the rest after a long cross country and track season. He takes one week off in Dec. and another week off in late July. This is a period of active rest--but he does no running.

George has improved each year that he has run. In 1975 he broke all his PR's. He feels that the reasons for this improvement are coaching, becoming a smarter runner, and a gradually increasing workload each year.



CALIFORNIA TRACK NEWS

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ALL SIX ISSUES OF VOLUME ONE: SEPTEMBER 1974 THROUGH AUGUST 1975

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- *Top California Junior College Marks (20 deep)
- *Top California Women's Marks 1974 (30 deep)
- *Top California College-Open Marks 1974 (20 deep)
- *1974 All California Honor Roll Selections
- *1974 California Athletes of the Year
- *California Women's All Time Track & Field Ranking (20 deep)
- *Top California Women's Indoor Marks 1975
- *Top California Prep Indoor Marks 1975
- *Top California Junior College Indoor Marks 1975
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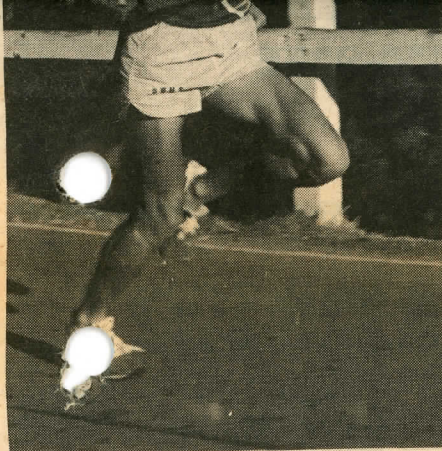
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*Issue Number 7 (September/October - 1975) contains California Female Top Marks by age groups.

All issues contain profiles, stories, results and pictures of California track action.

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George Aguirre first attracted national attention by winning the USTFF National Postal Two Mile Frosh Competition in 1972 in 9:45.8. In the spring of 1973 he won his second national title, RRCA Postal Mile Champion, with a time of 4:30.2.

George has enjoyed much success since he began competing as a seventh grader at La Cumbre Junior High in Santa Barbara. He is a modest and unassuming individual who exhibits a quiet confidence. He is very well liked and respected by his teammates. This year, in the absence of his brother (Richard was fifth in the state in the 2 mile last season with a time of 8:56.0. He is currently a freshman at F.S.U.), he has emerged as a strong team leader. He is very dedicated and devoted to his sport and has worked very hard to achieve the success he has gained.

His favorite event now is the two mile. In the future he feels that he will be better at the 3 and 6 mile. His success in the hour run indicates excellent potential for the longer distances.

His long range goals are to compete successfully in college and to continue to improve. He hopes to compete as long as physically able and to "continue to run until 60 or 70." His competitive goals this year are to place in the CIF in cross country and to compete on the junior national team in cross country. He hopes to make the state meet in the 2 mile and make the junior national team in the 10,000 meters.

George is an above average student in school. In college he hopes to major in photo-journalism and make this his career. He has not decided on any particular school.

period of active rest-but he does no running.

George has improved each year that he has run. In 1975 he broke all his PR's. He feels that the reasons for this improvement are coaching, becoming a smarter runner, and a gradually increasing workload each year.



George's workouts have increased in mileage and intensity since his eighth grade year. His average weekly mileage has progressed as follows: eighth grade: 20 miles; ninth grade: 35 miles; tenth grade: 45-50 miles; eleventh: 65 miles; twelfth: 75-80 miles. George is mature and physically able to handle much higher mileage. But, as his coach, I feel that a slower progressive development will enhance his performance as a collegiate runner and later on. We are carefully laying the foundation for later success. George has never yet run 100 miles in a week.

George's whole training program is pointed toward preparing for the championship meets in late May and June. I have emphasized with George a slow gradual buildup until the end of the season so that he is ready at or near his best over a five week period rather than peaking for one meet.

- *Top California Women's Marks 1975 (20 deep)
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The workouts follow a hard-easy pattern with a fourteen day work cycle when competing and a twenty-one day cycle when not competing. The year is divided into the following phases: Summer: no intervals--longer slower running--base work; Fall: cross country--faster, more intense mileage--intervals on grass once a week--three weeks of long cross country-type hills; Winter: hill work phase--most important of the year, 6-8 weeks of hill sprinting, 110-220 and 330 yds. hills run twice a week, run for speed and strength; Early Season Track: emphasis on fartlek two days a week--hills one day a week; Late Track Season: sharpening shorter faster repeats, more rest and emphasis on conserving energy.

George's favorite workout is fartlek done with long bursts of 300-600 yds. His favorite track work is a pyramid: 880 (2:15) 660 (1:38) 440 (64) 660 (1:33) 880 (2:12) and a 440 jog interval. His least favorite workout is 5 or 6x440 in 62-64 with a 55 yd. jog interval.

Workouts Cross Country Season (1975)
 Week before First Meet — **Mon.-** AM run-3-4 miles easy. PM-4 mile run to grass field, 6x500 with 3 min. rest (1:25-1:30) 1x1,000 2:43 2 mile run back to school. **Tues-** 8 miles over distance-medium. **Wed.-** AM Run 3-4 miles easy. PM Course segments: 1st half mile 2:16.5, mile

4:52, last .4 mile of course 2:10. **Thurs-** 6 miles over distance. 2 miles easy, 2 miles med. and 2 miles hard. **Fri-** 6 miles over distance. **Sat.-** Long Beach Invitational. Won meet in 9:40. Went out slower for first half mile. Afternoon--4 miles easy. **Sun.-** 12-15 miles medium. Daily Warmup -- same all year: 1 mile jog, 6x110 strides, Cooldown the same--more jogging if needed.

Early Competitive Season First week in March, 1975 — **Mon.-** AM Run 3-4 miles easy. PM 1100 at 65 per quarter go last 220, 880 jog, 4x440 at 65 with 55 yd. jog, 880 jog recovery. 660 at 65 and go last 220, 880 jog, 6x220 at 32.5 with jog across infield to start. **Tues.-** 2 miles steady, 2 miles fartlek, 2 miles steady, fartlek reps are 3 min. 2 min. and 1 min recovery is cut after each rep. i.e. 3 min. hard effort, 2 min. jog, 2 min. hard, 1 min jog. Repeat this pattern. **Wed.-** AM 3-4 miles easy. PM medium effort 5 mile run to "big hill", 4x220 hills all out and 4x110 hills. Recovery is a brisk walk down the hill since it is a steep hill. **Thurs-** 6 miles at a comfortable pace 6:00-6:30 per mile. **Fri-** AM 3-4 miles easy. PM Meet: double in half and mile or mile and two mile. **Sat.** AM 3-4 miles easy. PM 6 miles of long fartlek, 5 min., 4 min, 3 min. reps with like recovery. **Sun-** 12 miles overdistance med. pace or how he feels.



UC IRVINE'S FIRST TEAM. THEY WILL NOT ONLY BE HOSTING THE NCAA II, BUT ARE ONE OF THE FAVORITES TO WIN THE MEET.

There are finally some sort of plans for a California state high school cross country meet. Just when it will become a reality is very uncertain and we are not sure if the approach being used to achieve it is a step forward or a step backward. The state C.I.F. office in Santa Barbara

California. Contact David Japs, 835 Oakdale Rd., Rialto, CA 92376. . . . Gayle Hopkins is no longer coaching at San Francisco State but is now at Claremont College. Replacing Gayle at San Francisco is David Fix, son of Eldon Fix, long time coach at Lewis and Clark.

keeping track

reports that in the near future there will be North and South qualifying meets in the two current state championship sports, wrestling and track, precluding "the" State Championship. In track this would eliminate heats and qualifying rounds, thus preventing a two day affair and the cost of overnight trips. It would also greatly limit participation, thereby saving school districts further financial strain. The plan is to then add other sports on this North-South qualifying basis. Cross country is one of these other sports to be added, but as the word comes from Santa Barbara, "Cross country is low on the priority list."

Chuck Debus, the successful coach of UCLA's women's track and cross country squads is no longer with the Bruins but concentrating his coaching efforts on the equally powerful Los Angeles Track Club. . . . Two Californians are leading the way for a very strong BYU harrier club. Paul Cummings from Santa Maria and Benton Hart from Modesto. . . . Two Californians are also adding punch to a very fine University of Oregon group. Terry Williams from Lompoc and Dave Taylor from Merced. . . . UCLA Distance ace Gordon Innes is now at Humboldt State. . . . The South Coast Conference ended in an interesting three way dual tie. San Diego Mesa, Grossmont, and Fullerton all ended with 5-1 records. Mesa beat top ranked Fullerton, Fullerton beat Grossmont, and Grossmont beat Mesa. That ended Grossmonts long string of dual meet victories. All questions should be answered by November fourth when Mesa hosts the conference championships on the tough Genesee Highlands course. . . . One way you can help California Track News is to buy from our advertisers and mention that you saw their product in

The California State AAU Cross Country Championships for girls and women will be held on Sunday, November 16, not Saturday, November 15, as previously advertised. The meet will be held in Mile Square Park in Fountain Valley and is hosted by the Blue Angels. . . . California Track News gives a standing ovation to Bob Seaman. Bob has served the past four years as Chairman of the Southern Pacific AAU Women's Track and Field Committee and since the AAU rules prevent anyone from holding the office for more than four years he will be stepping down. Bob has guided a powerful program including the purchase of \$5,000 in equipment, national championships and many national champions. . . . Senior Track Club's Dr. Tom Bassler has written an interesting article appearing in The Physician and Sports Medicine, Vol. 3, No. 4, April 1975, entitled "Marathon Running and Immunity to Heart Disease." . . . When the Hancock College track was resurfaced this summer only metric starting and finishing lines were put on. According to Coach Ray Kring it is now only the second track in the US that is entirely set up for the metric system. . . . Defending North Coast Section Champion, Redwood High of Larkspur gave every indication they will defend their title as their A team and B team went one-two in the Marin County Athletic League Invitational.

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Track & Field News

For over 25 years, we've served the track community: the leader in book and periodical publishing, track merchandise and accessories.

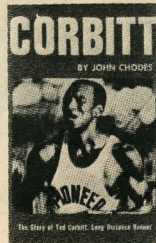
1 COUNTDOWN TO MONTEAL. The Olympic year is underway, and the best way to keep informed, of course, is by reading TRACK & FIELD NEWS, still America's only publication to deliver all the major news and excitement of the sport, from high school track through the Olympics—from all corners of the USA and the world. While our focus is still on men's top-caliber competition, each monthly issue covers all aspects of track (women, masters, road racing, training tips, etc.). At \$9.00 a year, it's money well spent. Write for sample.

2 Have you seen our fast-selling t-shirts? Colored t-shirts include KEEP ON TRACKIN' cartoon shirt, ROAD RUNNER cartoon, and the adidas shirt. White shirts with colored trim are USA, MOSCOW 80, the RUN RUN RUN cartoon shirt and our new TRACK & FIELD NEWS shirt. All t-shirts are available in sizes S,M,L, and XL at \$4.50 each, plus 50¢ per order for postage. All top quality 100% cotton shirts, machine washable.



3 Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Jipcho, Dwight Stones, Steve Williams, Tony Waldrop, all in full color. Still available are color posters of Shorter, Prefontaine, Wottle, and Ryun/Keino. All color posters are \$2.50 each. Add 50¢ per order for postage and handling.

4 T&FN is still the foremost publisher of books on track and field. Recent titles are *The Little Red Book* (with Metric Conversion Tables and a goldmine of information on the sport), \$2.95; *Corbitt* (story of Ted Corbitt, pioneer long distance runner), \$3.95; and *Age Records 1975*, \$2.00. Write for complete booklist.



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The Culver City - Western Hemisphere Marathon will also be the site of the 1975 AAU Marathon Championships. Date: December 7... California State University at Hayward will be the location of the 1976 State High School Track Championships... The Annual Fresno State Track Clinic will be held February 6 and 7 and will feature Peter Snell who will be speaking on middle distance training. Since Olympic Champion Snell is working on his doctorate in exercise physiology it should be a most interesting clinic. Dr. Harmon Brown will be among the other featured speakers. Contact Red Estes % Athletic Department, Fresno State University... Tight finances continue to put the crunch on school athletic programs. Former powerhouse Cal State Fullerton has dropped cross country and track from their program. Chico State no longer has an intercollegiate cross country team, although the Chico runners are competing on a club basis.

Orange Coast College has a pair of twins running one-two. John and Tom Olswang have been pacing the way for the Pirates. John was State Champ last year... Your editor recently received his Masters Degree (in biology) from Fresno State University... The third National AAU-Chevrolet Junior Olympic Cross Country Championship will take place in Herman Park in Houston, Texas on Saturday, December 13. Thousands of distance runners between eight and 17 years of age will try to qualify for the meet through the state and regional championships. California is in Region 13 and will qualify December 6 at Nordhoff High in Ventura,

starting and finishing lines were set on. According to Coach Ray Kring it is now only the second track in the US that is entirely set up for the metric system... Defending North Coast Section Champion, Redwood High of Larkspur gave every indication they will defend their title as their A team and B team went one-two in the Marin County Athletic League Invitational.

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The Big Valley Harriers of Stockton have changed their name to the "Sundance Track Club"... California Track News is selling a good many track and running books. Those living in the Fresno area may make an appointment to check them out by calling 264-5847... Meet Directors: Be sure we know about your meet and get it on our schedule. With a circulation of over 1,000 we can provide good free publicity. We also have very reasonable rates for ads promoting meets... Hans Templeman won the 5+ mile Dammit Run without crossing the finish line and the course record goes to second placer Bill Clark (see results section). Coming onto the track at the finish Templeman somehow failed to circle the oval but was awarded the win anyway since he was over 150 yards ahead with a 330 to go. Since his time was estimated the official course record went to Clark who did properly complete the course.

California MASTERS 1975 Top Marks

Listed here is California Track News' first attempt at a statewide masters track and field ranking. We realize several mrks may have been overlooked, however, it's a start and we are counting on you, the masters readers, to send us additions and corrections. This ranking was especially difficult because many results don't list ages or weight of implements or height of hurdles. Someday we hope to be able to list masters rankings by five year divisions on up to age sixty.

Ages 40-49

100 YARD DASH

10.4	Van Parish(STC)
10.4	Nick Newton(BHS)
10.5	Dick Marlin(NCSTC)
10.5	Phil Presber(NCSTC)
10.6	Percy Knox(CDM)
10.6	George Waterman(CDM)
10.7	Dave Jackson(CDM)
10.7	Jim Parks(STC)
10.9	Bob Jordan(NCSTC)
11.0	Hans Bruhner(NC)
11.0	Hugh Cobb(BHS)
11.0	Ted Vick(CDM)

100 METER DASH

10.9	Dane Baker(STC)
11.0	Percy Knox(CDM)
11.0	Van Parish(STC)
11.0	Phil Presber(NCSTC)
11.4	George Waterman(CDM)
11.4	Dick Marlin(NCSTC)
11.4	Jack Greenwood(STC)
11.5	Jim Lingel(BAS)
11.5	Ronald Dawkins(STC)
11.5	Huel Washington(BAS)
11.6	Bob Jordan(NCSTC)
11.6	Jim Parks(STC)
11.6	Milt Newton(BHS)
11.6	Bill Frederickson(NCSTC)

880 YARD RUN

2:06.3	Bill Fitzgerald(STC)
2:12.1	Peter Mundle(SMTC)
2:12.4	John Weldy
2:13.2	David Mack(BHS)
2:16.4	Ray Archibald(SDTC)

800 METER RUN

2:02.4	Paul Richardson(Unat)
2:04.5	Ed Gookin(SDTC)
2:06.0	Norm Lloyd(SRC)
2:06.3	Gaylord Kalchschmid(SFVTC)
2:07.8	Jerome Lewis(NCSTC)
2:09.6	Bob Lualhati(ETC)
2:13.4	Don Palmer(CDM)
2:13.9	Bob Holmes(SDTC)
2:15.0	Darrell Gee(NCSTC)
2:18.0	Tom Sturak(BHS)
2:18.0	Al Sheahan(SFVTC)

ONE MILE RUN

4:38.4	Bill Fitzgerald(STC)
4:40.4	Pete Mundle(SMTC)
4:40.6	John Weldy
4:40.8	Jim Smith(Unat)
4:44.2	Dick Ortiz(SFVTC)
4:48.0	Wilbur Williams(STC)
4:50.4	Gaylord Kalchmid(SFVTC)
4:51.0	Jim Fokkes(Unat)
4:55.3	Ray Archibald(SDTC)
4:55.5	Frank Thomas(BHS)
4:57.0	Dick Durand(STC)

1500 METER RUN

4:11.0	Ed Gookin(SDTC)
4:16.2	Paul Richardson(Unat)
4:18.0	Jon Weldy
4:19.5	Bill Gookin(SDTC)
4:19.6	Gaylord Kalchschmid(SFVTC)
4:21.0	Peter Mundle(SMTC)
4:23.5	Tom Storack(BHS)
4:25.5	Bob Lualhati(NCSTC)
4:45.9	Stan Cohen(BHS)
4:47.5	Darrell Gee(NCSTC)

THREE MILE RUN

15:28.1	Peter Mundle(SMTC)
15:50.8	John Stayton(STC)
16:05	Joseph Livesay(SDTC)
17:06.8	Ray Archibald(SDTC)
17:28	Bruce Grant

SIX MILE RUN

34:02.0	Joseph Livesay(SDTC)
34:26	Dave Saylor

10,000 METER RUN

32:37	Jerry Smartt
33:34	Peter Mundle(SMTC)
34:10	Ross Smith(UNAC)
34:53	Joseph Livesay(SDTC)
35:00	Mike Healy(WVTC)
35:15	Jim Jacobs(STC)
37:31	Norm Lulian(SFC)
37:56.6	Raul Arbesch(Unat)
38:37	Bill Gookin(SDTC)
38:51	Al Clark

120 YARD HIGHS (39")

14.9	Al Feola
15.3	Jack Greenwood(STC)
15.3	Dave Jackson(CDM)
15.4	Mal Andrews(BAS)
16.1	Bob Billings
17.0	Bill Adler(BHS)
17.3	Neal
18.0	William Alder(BHS)
18.1	Ray Fitzpugh(USMC)
19.1	Van Parish(STC)

400 METER HURDLES

57.8	Jack Greenwood(STC)
60.7	Van Parish(STC)
61.7	Al Sheahan(SFVTC)
66.5	Ray Fitzpugh(USMC)
73.3	Avery Bryant(STC)
77.8	George Pattenbaugh(SFC)

HIGH JUMP

5-10	Don Rose(NCSTC)
5-9	Ed Austin(CDM)
5-6	Phil Conley(WVTC)
5-6	Bill Evans(BHS)
5-6	Billings
5-4	Shirley Davisson(CDM)
5-4	Leon Frankamp(CDM)
5-4	George Loughridge(CTC)
5-3	Jack Graf(Unat)
5-3	Ray Fitzpugh(USMC)

LONG JUMP

21-11	1/2	Shirley Davisson(CDM)
20-10	3/4	Dave Jackson(CDM)
20-5	1/4	Phil Schegel(CDM)
20-4	1/2	Hugh Cobb(BHS)
20-4		Mal Andrews(BAS)
20-2		Phil Presber(NCSTC)
19-9		Tony Nasralla(STC)
19-3	1/2	Phil Conley(WVTC)
19-2		Al Henry(CDM)
18-3	1/2	Bob Billings(BHS)

TRIPLE JUMP

44-8	3/4	Dave Jackson(CDM)
44-3	1/4	Alvis Andrews(CDM)
40-6		Shirley Davisson(CDM)
40-2		Phil Presber(NCSTC)
39-7		Phil Conley(WVTC)
38-5	1/2	Phil Schegel(CDM)
35-10	1/4	Bob Fries(FTC)
33-6	1/2	Huel Washington(BAS)
33-5	3/4	Ray Fitzpugh(USMC)
33-0		J. Wojcik

SHOT PUT (16 lb.)

52-9	3/4	O'Brien
47-3		Smith
46-2	3/4	Sam Adams(Unat)
46-2		Tony Conkle(BHS)
44-9		Carlos Fraunderfer
43-4		Ted Wassum(NCSTC)
41-1	1/2	George Waterman(CDM)
39-6		Jim Laut(CDM)
38-8	1/2	Harry Hawke(SDTC)
37-9	1/2	George Loughridge(CTC)

DISCUS (2 kg)

170-10		Humphries(CDM)
156-8		O'Brien
146-10		Carlos Fraunderfer
143-6		Sam Adams(Unat)
139-11		Phil Brady(JUD)
138-7		Harry Hawke(SDTC)
136-1		Stuart Thompson(BHS)
129-4		Don Maurer(SDTC)
126-5		George Waterman(CDM)
124-7		Tony Conkle(BHS)

JAVELIN (800 gm)

10.7 Jim Parks(STC)
 10.9 Bob Jordan(NCSTC)
 11.0 Hans Bruhner(STC)
 11.0 Hugh Cobb(BHS)
 11.0 Ted Vick(CDM)

100 METER DASH

10.9 Thane Baker(STC)
 11.0 Percy Knox(CDM)
 11.0w Van Parish(STC)
 11.0w Phil Presber(NCSTC)
 11.4 George Waterman(CDM)
 11.4 Dick Marlin(NCSTC)
 11.4w Jack Greenwood(STC)
 11.5w Jim Lingel(BAS)
 11.5w Oswald Dawkins(STC)
 11.5w Mel Washington(BAS)
 11.6w Bob Jordan(NCSTC)
 11.6 Jim Parks(STC)
 11.6w Milt Newton(BHS)
 11.6w Bill Frederickson(NCSTC)

220 YARD DASH

23.3 Phil Presber(NCSTC)
 23.5 Nick Newton(BHS)
 23.6 Dave Jackson(CDM)
 23.7 Jim Parks(STC)
 23.8 Percy Knox(CDM)
 23.9 Nick Newton(BHS)
 23.9 Oswald Dawkins(STC)
 24.2 Van Parish(STC)
 24.5 T. Nasarella
 24.7 Ted Vick(CDM)

200 METER DASH

22.5 Thane Baker(STC)
 22.6 Phil Presber(NCSTC)
 22.9 Jim Lingel(BAS)
 23.2 Richard Hartin
 23.2 Jack Greenwood(STC)
 23.3 Hans Bruhner(STC)
 23.4 Hans Bruhner(STC)
 23.6 Oswald Dawkins(STC)
 23.8 Don Cheek(CDM)
 23.9 Milt Newton(BHS)

440 YARD DASH

53.6 Don Cheek(CDM)
 54.2 Jim Parks(STC)
 54.4 Hans Bruhner(STC)
 54.7 T. Nasarella
 55.6 Thomas
 55.6 Frederickson
 56.2 Nick Newton(BHS)
 56.2 David Mack(BHS)

400 METER DASH

52.0 Jack Greenwood(STC)
 52.4 Don Cheek(CDM)
 53.0 Marshall Clark(BAS)
 53.3 Nick Newton(BHS)
 53.5 Hans Bruhner(STC)
 54.1 Van Parish(STC)
 54.2 Jim Parks(STC)
 54.6 Lon Spurrier(Unat)
 54.7 Tony Nasarella
 55.2 Bob Lualhat1(STC)

4:57.0 Dick Durand(STC)

1500 METER RUN

4:11.0 Ed Cokin(SDTC)
 4:16.7 Paul Richardson(Unat)
 4:18.0 Jon Wady
 4:19.5 Bill Cokin(SDTC)
 4:19.6 Gaylord Kalehachaid(SFVTC)
 4:21.0 Peter Mundle(SMTC)
 4:23.5 Tom Blorack(BHS)
 4:25.5 Bob Malain(NCSTC)
 4:45.9 Stan Cohen(BHS)
 4:47.5 Darrell Gee(NCSTC)

THREE MILE RUN

15:28.1 Peter Mundle(SMTC)
 15:50.8 John Stayton(SFC)
 16:05 Joseph Livesay(SDTC)
 17:06.8 Ray Archibald(SDTC)
 17:28 Bruce Grant

5000 METER RUN

15:45.0 Jerry Smartt
 15:55.8 Peter Mundle(SMTC)
 16:15 Ross Smith(NNAC)
 16:19.0 John Stayton(SFC)
 16:30 Bob Malain(NCSTC)
 16:30.0 Joseph Livesay(SDTC)
 16:54 Jerome Lewis(NCSTC)
 16:56 Dennis Teegarden(NCSTC)
 17:08 Don Pickett(MH)
 17:09 Mike Neal(LVTC)
 17:11.8 Bob Fries(FTC)

57.8 Jack Greenwood(STC)
 60.7 Van Parish(STC)
 61.7 Al Sheehan(SFVTC)
 66.5 Ray Fitzhugh(USMC)
 73.3 Avery Bryant(SDTC)
 77.8 George Futenbaugh(LTC)

HIGH JUMP

5-10 Don Rose(NCSTC)
 5-9 Ed Austin(CDM)
 5-6 Phil Conley(WVTC)
 5-6 Bill Evans(BHS)
 5-6 Billings
 5-4 Shirley Davison(CDM)
 5-4 Leon Frankamp(CDM)
 5-4 George Loughridge(CTC)
 5-3 Jack Graf(Unat)
 5-3 Ray Fitzhugh(USMC)

POLE VAULT

12-0 Roger French(STC)
 11-6 Doug Dittmar(STC)
 11-0 Harold Wallace(STC)
 11-0 Oswald Dawkins(STC)
 11-0 Duane Telliano(STC)
 10-6 Ray Fitzhugh(USMC)
 9-6 Dave Douglas(BHS)
 9-6 Bill Eller(NCSTC)
 9-0 John Blakesley(STC)

39-6 Jim Laut(CDM)
 38-8 1/2 Harry Hawke(SDTC)
 37-9 1/2 George Loughridge(CTC)

DISCUS (2 k)

170-10 Humphries(CDM)
 156-8 O'Erlen
 146-10 Carlos Fraunderfer
 143-6 San Adams(Unat)
 139-11 Phil Brady(JUD)
 138-7 Harry Hawke(SDTC)
 136-1 Stuart Thompson(BHS)
 129-4 Don Maurer(SDTC)
 126-5 George Waterman(CDM)
 124-7 Tony Corrie(BHS)

JAVELIN (800 gm)

221-22 Phil Conley(WVTC)
 165-7 Spencer Letcher(NCSTC)
 159-7 Don Rose(NCSTC)
 154-7 Harold Wallace(STC)
 154-6 Dick Straub(SDTC)
 154-2 Harry Hawke(SDTC)
 138-11 Ed Phillips(NCSTC)
 130-4 Clark Devilbiss(CDM)
 124-6 Jerry Wojcik(SFVTC)
 123-2 Bob Billings(BHS)

440 RELAY

45.2 Corona Del Mar
 45.4 Northern Cal Seniors TC
 45.4 Compton TC
 45.9 Compton Fire Dept.
 46.7 Bay Area Striders
 46.8 Beverly Hills Striders
 47.8 Corona Del Mar "B"
 47.8 Seniors TC(45.1 400 meters)

MILE RELAY

3:47.0 Seniors TC
 4:01.2 San Fernando Valley TC
 4:03.5 Northern Cal Seniors TC

PENTATHLON

2704 Phil Conley(WVTC)
 2279 Harry Hawke(SDTC)
 2146 George Waterman(CDM)
 2032 Harold Wallace(STC)
 1882 Ed Phillips(NCSTC)



CORONA DEL MAR'S CRACK RELAY TEAM (left to right): Dave Jackson, Don Cheek, Kendall Webb, and Percy Knox.

Ages 50 & Over

100 YARD DASH

- 10.9 Payton Jordan(CDM)
- 10.9 Al Guidet(CDM)
- 11.2 Pete Fetter(CDM)
- 11.3 Bob Roemer
- 11.4 Bob Cooper
- 11.4 Patsallis
- 11.5 W. Ambrose
- 11.5 Jim Vernon(STC)
- 11.6 D. Watt
- 11.8 Fritziolf Sjostrand(BHS)
- 11.8 Wilbur Buchanan(SFVTC)
- 11.8 Bill Bowers(SDTC)
- 11.8 Charles Carter

100 METER DASH

- 11.5w Rich Stolpe(CDM)
- 11.9 Bob Roemer(NCSTC)
- 12.0 Bob Cooper(NCSTC)
- 12.0 Al Guidet(CDM)
- 12.3 Clarence Killian(NCSTC)
- 12.3w Wayne Ambrose(CDM)
- 12.6 Fritziolf Sjostrand(BHS)

220 YARD DASH

- 24.3 Al Guidet(CDM)
- 26.0 Pete Fetter(CDM)
- 26.3 Bill Bowers(SDTC)
- 26.4 D. Watt
- 26.4 Wilbur Buchanan(SFVTC)
- 26.9 Fritziolf Sjostrand(BHS)
- 27.0 Wayne Ambrose(CDM)
- 27.0 Tom Clayton(CDM)

200 METER DASH

- 23.9 Rich Stolpe(CDM)
- 24.5 Al Guidet(CDM)
- 24.8 Robert Roemer(STC)
- 24.8 Wayne Ambrose(CDM)
- 25.6 Robert Cooper(NCSTC)
- 25.9 Fritziolf Sjostrand(BHS)
- 26.3 Clarence Killian(NCSTC)

440 YARD DASH

- 56.3 Rich Stolpe(CDM)
- 56.4 Al Guidet(CDM)
- 57.3 George Putenbaugh(STC)
- 58.4 Bill Bowers(SDTC)
- 58.5 Tom Clayton(CDM)
- 58.6 Cecil Smith(SDTC)
- 59.4 Ed Halpin(CDM)
- 60.0 Wilbur Buchanan(SFVTC)
- 60.0 Fritziolf Sjostrand(BHS)

1500 METER RUN

- 4:18.5 Bill Fitzgerald(STC)
- 4:27.9 Avery Bryant(STC)
- 4:30.2 Mauro Hernandez(SMTC)
- 4:36.4 George Putenbaugh(STC)
- 4:41.0 Al Dale(NCSTC)
- 4:51.3 Ed Halpin(STC)
- 4:54.2 Ed Preston(Un)
- 5:02.2 Joe Carey(NCSTC)
- 5:04.8 Emmett Smith(NCSTC)

THREE MILE RUN

- 15:55.0 Jim O'Neil(SFO)
- 16:28.4 Mauro Hernandez(SMTC)
- 16:45.0 Charles Carter
- 16:47 Ray Gil(STC)
- 17:07.4 Avery Bryant(STC)
- 17:24.2 Rudy Ceja(STC)
- 17:58 Jim Oleson(SMTC)
- 18:05.6 Bob Long(BHS)
- 18:42.2 Ed Halpin(CDM)
- 18:51.4 David Pain(SDTC)

5000 METER RUN

- 16:19.6 Jim O'Neil(SFO)
- 17:01.8 Mauro Hernandez(SMTC)
- 17:37.0 Sid Toabe(HSTC)
- 17:39.0 Ray Gil(STC)
- 17:42.2 Ed Preston(Un)
- 17:57.0 Jim Oleson(SMTC)

SIX MILE RUN

- 33:02 Jim O'Neil(SFO)
- 34:34 Ray Gil(STC)
- 35:43 Mauro Hernandez(SMTC)
- 36:35 Ceja(STC)
- 36:36 Avery Bryant(STC)
- 36:45 Jim Oleson(SMTC)
- 37:04 Keith Campbell(WJJC)

10,000 METER RUN

- 34:24.2 Jim O'Neil(SFO)
- 37:04 Ed Preston(Unat)
- 37:13 Sid Toabe(HSTC)
- 37:36.2 John Lafferty(SDTC)
- 38:04 Jim Oleson(SMTC)
- 39:05 Mike O'Sullivan(Unat)
- 39:55 Angie Escamilla(SDTC)
- 40:15 John Taylor(Unat)
- 40:52 Joe Carey(NCSTC)
- 40:56.0 John Montoya(STC)

- 16-8 Peter Fetter(CDM)
- 16-2 3/4 Bob Ogle(CDM)
- 15-11 John Damski(SFVTC)

TRIPLE JUMP

- 41-5 Gordon Farrell(CDM)
- 38-7 1/4 Tom Patsalis
- 33-1 Raymond Spencers(SDTC)
- 32-6 1/4 Bob Ogle(CDM)
- 32-6 1/4 Jon Hutchinson(CDM)
- 32-4 1/2 George Putenbaugh(CDM)
- 31-9 3/4 John Damski(SFVTC)
- 29-3 1/2 Erich Jordan(STC)
- 28-0 Joe Gross(CDM)
- 27-4 Joe Caruso(STC)

SHOT PUT (12 lb.)

- 52-2 3/4 George Ker(CDM)
- 44-7 Nathaniel Heard(CDM)
- 41-6 3/4 Jack Thatcher(CDM)
- 41-1 1/4 Dan Aldrich(CDM)
- 39-0 1/2 Jerry Siefert(SDTC)
- 38-2 Tom Montgomery(CDM)
- 38-4 1/2 Pete Fetter(CDM)
- 38-2 Tom Montgomery(CDM)
- 37-2 3/4 Erich Jordan(CDM)
- 36-2 Jim York(NCSTC)
- 35-1 1/4 John Becotte(STC)

DISCUS (1.6 kilo)

- 160-9 Fortune Gerdien(CDM)
- 154-2 George Ker(CDM)
- 142-0 Dan Aldrich(CDM)
- 120-8 John Becotte(STC)
- 117-4 Nathaniel Heard(CDM)
- 116-11 Jack Thatcher(CDM)
- 114-1 Erich Jordan(STC)
- 111-0 Ross Winton(CDM)
- 109-6 Jerry Siefert(SDTC)
- 108-6 Charles McMahon(SDTC)

JAVELIN (800 gm)

- 162-3 Bill Morales(CDM)
- 148-5 Dan Aldrich(CDM)
- 147-8 Pete Fetter(CDM)
- 144-11 Jerry Siefert(SDTC)
- 130-9 John Kilbuck(Unat)
- 130-7 Charles McMahon(SDTC)
- 11807 B. McConaghy
- 116-0 Ed Both(CDM)
- 109-5 W. Wolfe(SDTC)
- 107-2 Ken Carnins(NCSTC)

PENTATHLON

- 2007 Robert Roemer
- 1789 Bill Morales(CDM)
- 1742 Ray Spencer(SDTC)
- 1702 Jon Hutchinson(CDM)



Al...

200 METER DASH

23.9	Rich Stolpe(CDM)
24.5	Al Guidet(CDM)
24.8	Robert Roemer(STC)
24.8	Wayne Ambrose(CDM)
25.6	Robert O'Connell(NCSTC)
25.9	Fritziof Sjostrand(EHS)
26.3	Clarence Killip(STC)

440 YARD DASH

56.3	Rich Stolpe(CDM)
56.4	Al Guidet(CDM)
57.3	George Putenbaugh(STC)
58.4	Bill Bowers(SDTC)
58.5	Tom Clayton(CDM)
58.6	Cecil Smith(SDTC)
59.4	Ed Halpin(CDM)
60.0	Wilbur Buchanan(SFVTC)
60.0	Fritziof Sjostrand(EHS)

400 METER DASH

52.9	Don Cheek(CDM)
54.6	Rich Stolpe(CDM)
56.7	George Putenbaugh(STC)
57.4	Al Guidet(CDM)
58.3	Tom Clayton(CDM)
58.3	Bill Bowers(SDTC)
59.7	Fritziof Sjostrand(EHS)
60.0	Ed Halpin(CDM)
60.3	Wilbur Buchanan(SFVTC)
60.9	Bob Foet(STC)

880 YARD RUN

2:09.1	George Putenbaugh(STC)
2:11.5	Avery Bryant(STC)
2:24.9	Ray Gil(STC)
2:26.8	David Pain(SDTC)
2:28.2	Ed Halpin(STC)
2:28.8	R. Rems
2:33.1	Jack Noble(STC)
2:36.4	Dave Lewis(CDM)

800 METER RUN

2:00.0	Bill Fitzgerald(STC)
2:01.9	Ed Geokin(SMTC)
2:08.2	George Putenbaugh(STC)
2:14.5	Avery Bryant(STC)
2:16.5	Alan Dale(NCSTC)
2:17.6	Robert Foet(STC)
2:19.3	Ray Gil(STC)
2:21.0	Bob McDonald
2:21.8	Ed Halpin(STC)
2:22.9	Emmett Smith(STC)

ONE MILE RUN

4:32.2	Bill Fitzgerald(STC)
4:58.1	Avery Bryant(STC)
5:16.7	Harry Perry(SDTC)
5:17.2	Ray Gil(STC)
5:21.8	Ed Halpin(Unatt)
5:27.2	David Pain(SDTC)
5:31.0	Jim Oleson(SMTC)
5:33.1	Rems
5:34.6	Seymour Collins(SLDC)

33:02	Jim O'Neil(SFO)
34:34	Ray Gil(CMTC)
35:43	Mauro Hernandez(CMTC)
36:35	Ceja(SMTC)
36:36	Avery Bryant(SMTC)
36:45	Jim Oleson(SMTC)
37:04	Keith Campbell(WVJC)

10,000 METER RUN

34:24.2	Jim O'Neil(SFO)
37:04	Ed Preston(Unat)
37:13	Sid Toabe(HSTC)
37:36.2	John Lafferty(SDTC)
38:04	Jim Oleson(SMTC)
39:05	Mike O'Sullivan(Unat)
39:55	Augie Escamilla(SDTC)
40:15	John Naylor(Unat)
40:52	Joe Carey(NCSTC)
40:56.0	John Montoya(SFC)

120 YARD HIGHS (36")

18.0	Tom Patsalis
18.8	Robert Roemer(STC)
18.8	Wayne Ambrose(CDM)
19.4	Jon Hutchinson(CDM)
20.7	Dave Brown(CDM)
20.7	Peter Fetter(CDM)

400 METER HURDLES

65.5	Tom Clayton(CDM)
66.2	Wayne Ambrose(CDM)
67.6	Ray Spencer(SDTC)
67.9	Al Guidet(CDM)
71.4	Jon Hutchinson(CDM)
74.0	Ed Reiner(SDTC)

HIGH JUMP

5-4	Burl Gist(CDM)
5-2	Orville Gillette(Unat)
5-2	Bob Ogle(CDM)
5-0	Dave Brown(CDM)
4-10	James Vernon(STC)
4-8	John Damski(SFVTC)
4-6	Gordon Farrell(CDM)
4-2	John Satti(NCSTC)
4-2	Ted Hatlen(CW)
4-2	McIntyre

POLE VAULT

11-6	Jim Vernon(STC)
10-8	David Brown(CDM)
10-6	Orville Gillette(Unat)
10-6	Don Grosh(CDM)
9-6	T. DeVaughn
9-0	Bob McConaghy(CDM)
8-8	Jon Hutchinson(CDM)

LONG JUMP

19-0	1/4 Tom Patsalis
18-7	George King
17-4	Gordon Farrell(CDM)
17-0	Ray Spencer(SDTC)
16-10	1/4 Burl Gist(CDM)
16-10	Bob Roemer(NCSTC)
16-9	Bill Morales(CDM)



Al Guidet

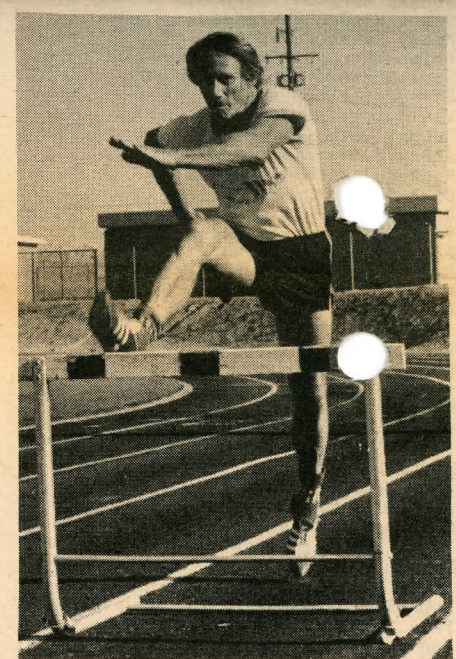
ALFRED V. GUIDET: Corona Del Mar Track Club. Age 57; 5 feet, 8 inches; 155 pounds. Born March 15, 1918 in Brooklyn, New York. Also competed for Fordham University, New York AC. USAF, Northern Cal Seniors TC, and Beverly Hills Striders.

Best Marks: (as a senior competitor) 100 yards- 10.7; 100 meters- 11.6; 220- 24.0; 200 meters- 23.6 (1973 - first man over 50 to run under 24 seconds); 440- 56.4; 400 meters- 56.3; 400 meter intermediates- 63.6.

Age Group Records: 100 Yard Dash- age 53 (11.1), 54 (10.8), 55(10.7); 100 Meter Dash- age 52(12.4), 53(12.2), 54(11.9), 55(11.7), 56(11.6); 220 Yard Dash- age 52(25.4), 53(24.9), 54(24.6), 57(24.3); 200 Meter Dash- age 52(25-1), 53(24.8), 54(24.3), 55(23.6), 56(24.2); 440 Yard Dash- age 57(56.4); 400 Meter Dash- 56(56.3); 400 Meter Intermediates- 54(66.7), 55(63.6), 56(65.6).

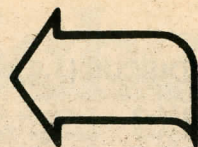
Just as wine and cheese get better with age so does 57 year old senior runner Al Guidet. A glance at his age records by year shows that age is no barrier to his improvement. He holds dozens of masters records and in 1973 was the first man over 50 to run under 24 in the 200 meters.

Al finds success in all of the sprints but likes the 220 and 440 best. He simply goes all out in the shorter dashes, but admits he paces his 440 off of his opponents speed. Each year his goal is simply to put forth his best possible effort in trying to better the times of the year before.



Guidet, a recreation director for the Air Force, says he especially finds enjoyment in track, "Because of the people I meet, the friends I make, the places I go; and the competition makes me think and feel young." He'll continue competing "as long as it is fun." Al goes on relating his feelings about masters track, "Senior or master running is the best thing that could have happened for us older ex-athletes. It gives us a chance once again to test our abilities in our field against others—it keeps us healthy—we eat better and sleep better and feel better. I don't believe we will live any longer than the fellow who does not compete, but I do believe we will in the long run feel a lot better and get more out of life over the same period of time plus the people we meet are great. I guess the greatest satisfaction I get is not the winning of an event, but the bettering of times I had previously run.

Typical Week's Training: Monday- Run two or three 330's between 45 and 48. Three 150's at 9th effort; Tuesday- 2x220 at 30. Starts and short dashes; Wednesday- 2x440 at first 220 in 37 last 220 in 29. 8x110; Thursday- 2x330, 220, 110 at 3/4ths effort. Hurdle work; Friday- four fast 220's, 3 fast 70's. If a meet on Saturday only jog and exercise; Saturday-meet or easy jog; Sunday- 4x250 yard hills.



Movin' On



WHERE THE TOP PREP AND JUNIOR COLLEGE ATHLETES GO ON TO CONTINUE THEIR EDUCATION AND TRACK CAREER

SPRINTS & HURDLES

Willbur Gregory (Mission Viejo)	13.6	UC Irvine	Ray Rubio (Madera)	1:57.0, 4:15.0	Fresno JC
Walter Woodard (San Bernardino)	9.6	CSU Northridge	Yale Strom (Crawford)	9:30.2	San Diego State
Eddie Lyons (Madera)	50.1	Fresno City	Glenn Best (Crawford)	9:13.0	Grossmont JC
Paul Emerson (McClatchy)	48.5	Oregon State	Frank Ricker (Crawford)	1:59.1	Fresno Pacific
Art Bell (Bakersfield JC)	21.6, 47.3	CS Bakersfield	Ron Ellis (Laney JC)	4:17.5	Fresno Pacific
David Gaeta (Bakersfield JC)	14.4, 53.6	Fresno State	Bill Delatorre (Banning)	1:54.3	Oregon State
David Mogni (Ferndale)	14.8	Redwoods JC	Jack Reed (Indio)	1:59.4	Desert JC
Jerry McGuire (Wasco)	50.6	Bakersfield JC	Randy Jones (North Bakersfield)	1:52.6	Bakersfield JC
Clint Bradburn (Montgomery)	22.2, 46.8	Southwestern JC	Robbie Bray (North Bakersfield)	4:17.0	Bakersfield JC
Oliver Hudson (Alameda JC)	48.9	Fresno Pacific	Sammy Garcia (Wasco)	9:24.4, 14:33.0	Bakersfield JC
Darrell McGee (Muir)	9.9, 21.9	UC Irvine	Tim Anderson (Bakersfield JC)	9:33.6, 14:27.6	Maritime Acad.
Greg Dright (West L.A. JC)	9.7, 21.7	UC Irvine	Bob Marks (Granite Hills)	1:58.8	Grossmont JC
Bill Haddad (Chatsworth)	9.8, 21.5, 48.1	UC Irvine	Tom Avery (Fresno JC)	1:57.6	Fresno Pacific
Milton Qualls (West L.A. JC)	49.2	UC Irvine	Tim Earle (Granite Hills)	4:14.2, 9:24.4	Westmont
Fred Richardson (Santa Barbara)	9.9w	Santa Barbara JC	Ike Grozier (Mt. Pleasant)	1:56.8	San Jose JC
Edwin Pipersburg (Santa Barbara)	9.6w	Santa Barbara JC	Rick Fields (Southwestern JC)	1:52.4	UC Santa Barbara
Faul Brown (Spokane Falls JC)	9.6, 21.4	Westmont	Shannan Laird (San Diego)	9:18.0	UC Irvine
Jerry Johnson (San Diego JC)	9.7, 21.8	Westmont	Steve McMahon (Santa Barbara)	9:32.0	Santa Barbara JC
Charles Carter (Monterey)	9.8	Chico State	Bob Angel (Huntington Beach)	4:09.7	Indiana
Kirk Collins (Monterey)	48.0	Oklahoma	Jeff Curran (Los Altos)	9:03.0	Indiana
Leonard Elzey (LA Lutheran)	50.3	Morehouse, GA	Jeff Spangler (Orange)	11m. 786y	Indiana
Jack Hagen (Corona Del Mar)	50.2	Orange Coast JC	Matt Bell (Santa Ana)	4:11.0	Idaho State
Murray Hunt (Menlo-Atherton)	50.3	BYU	John Johnson (Skyline)	4:09.5	Idaho State
Mark Gerkenmeyer (Menlo-Atherton)	14.5	San Mateo JC	Ron Fritzsche (Leigh)	9:03.0, 14:06.2	Berkeley
Jim Yizar (Belmont)	48.0	Idaho State	Dan Berry (Pierce JC)	1:51.1	Berkeley
Ron Kennedy (Serramonte)	13.7, 48.2	Arizona	Marty Bayless (Chatsworth)	1:52.2	Oregon
Elijah Jefferson (Crawford)	9.4, 21.1	Arizona	Dan Aldridge (Petaluma)	1:49.7	USC
Bill Hunt (N. Hollywood)	47.7	Arizona	Harold Colms (Washington high school)	4:13.6	Stanford
Joel Andrews (West Bakersfield)	9.4, 21.0	USC	Phil Copchaver (Wash. DC high school)	4:15.0	Stanford
Johnny Ware (Sacramento)	21.2, 47.2	UCLA	Jerry Emory (Sunn)	9:06.2	Stanford
Grant Niederhaus (Pasadena JC)	50.8 IH	UCLA	Roy Kissin (San Ramon)	8:56.2, 14:26.0m	Stanford
Benny Myles (Harbor JC)	46.7 meters	UCLA	Ajim Baksh (Hollywood)	14:04.2, 29:06.4	UCLA
Brian Theriot (Newport Harbor)	47.2	UCLA	Conrad Duhn (Leigh)	1:51.0, 4:11.4	UCLA
Dana Brewer (Contra Costa JC)	9.6	Berkeley	Jeff Baynes (Long Beach JC)	1:49.2	UCLA
Dave Jakle (Los Altos)	37.0 LH	Stanford	Bob Thomas (Glendale JC)	4:11.1, 13:36.4	UCLA
Vin Mulroy (Newport Harbor)	48.9	Stanford	Richard Aspinore (Santa Barbara)	8:56.2, 14:05.4	Fresno State
Robert Gains (Kennedy)	13.3	Washington	Gary McKeown (LA, Diablo JC)	1:49.3	Fresno State
Jerry Flowers (Eisenhower)	37.6 LH	Long Beach State	Tim Bryan (San Gabriel)	1:49.3	Fresno State
Rickey Jackson (Pasadena)	9.5, 21.3, 48.4	Long Beach State	Larry Baynes (San Ramon)	1:53.4	Long Beach State
Greg C... (Santa Barbara JC)	9.6, 21.3	Long Beach State	Rich McCallister (East Valley JC)	14:00.4	Long Beach State
Johnny... (Dadback JC)	13.3	Long Beach State	Cliff Morrison (LA Valley)	14:00.6	Long Beach State
Phil Pipersburg (Santa Barbara JC)	9.5	Long Beach State	Lave Hull (Menlo-Atherton)	9:23.0	San Mateo JC
Paul White (LA Southwest)	14.1	Long Beach State	John Drew (Hart)	4:23.3	Occidental
Bob Cape (Long Beach JC)	54.8 IH	Long Beach State	Eike Eichel (San Bernardino)	4:22.4	UCLA
Larry Ciampapa (Long Beach JC)	56.2 LH	San Jose State	Jim Trouman (San Bernardino)	9:34.0	San Bernardino JC
Dedy Cooper (Ellis)	13.2, 36.0 LH	San Jose State	Wenona... (Santa Ana)	4:17.0	Hayward State
Don Finley (Cupertino)	13.8w, 37.2 LH	San Jose State	Mike Dayton (Hollis Valley JC)	9:05.0	Hayward State
Don... (San Jose JC)	9.4, 20.9	San Jose State	Stan Woods (Venture)	9:37.5	USC
Bob... (Bakersfield JC)	9.5, 21.5	San Jose State	Gill Herrera (Venture)	4:23.1, 9:37.7	Santa Monica JC
Larry Norwood (Millikan)	9.8	San Jose State	Art Baudendistel (Highlands)	4:18.0, 9:23.2	American River JC
Michael Flippin (LB Poly)	22.0	San Jose State	Chuck Kotral (Highlands)	4:23.4	American River JC
David Sample (Millikan)	14.7	Long Beach JC	Jim Tilford (Morningstar)	4:19.4	Fresno State
Kevin Sain (Millikan)	14.7	Long Beach JC	Kian McCarthy (Marin JC)	4:17.2	San Francisco State
		Long Beach JC	Ray Green (San Rafael)	4:11.2, 1:54.4	Marin JC
		Long Beach JC	Tom Bertotti (Drake HS)	1:54.9	Marin JC
		Long Beach JC	Steve Lacey (Tamalpais)	4:18.1, 9:33.0	Marin JC
		Long Beach JC	Kim Baer (Tamalpais)	9:30.4	Marin JC
		Long Beach JC	Tom Fulte (Crespi)	4:22.4, 9:33.0	UC Santa Barbara
		Long Beach JC			

Grant Niederhaus(Pasadena)	50.8 IH	UC:IA
Benny Myles(Harbor JC)	46.7 meters	UC:IA
Brian Theriot(Newport Harbor)	47.2	UC:IA
Dana Brewer(Contra Costa JC)	9.6	Berkeley
Dave Jakle(Los Altos)	37.0 LH	Stanford
Vin Mulroy(Newport Harbor)	48.9	Stanford
Robert Gains(Kennedy)	13.3	Washington
Jerry Flowers(Eisenhower)	37.6 LH	Long Beach State
Rickey Jackson(Pasadena)	9.5, 21.3, 48.4	Long Beach State
Greg C...y(Santa Barbara JC)	9.6, 21.3	Long Beach State
Johnny...erson(Daddleback JC)	13.3	Long Beach State
Phil Peppersburg(Santa Barbara JC)	9.5	Long Beach State
Paul White(LA Southwest)	14.1	Long Beach State
Bob Cape(Long Beach JC)	54.8 IH	Long Beach State
Larry Ciampapa(Long Beach JC)	56.2 IH	Long Beach State
Dedy Cooper(Ellis)	13.2, 36.0 LH	San Jose State
Don Finley(Cupertino)	13.8w, 37.2 LH	San Jose State
Don L... (San Jose JC)	9.4, 20.9	San Jose State
Bob Tr...ett(Bakersfield JC)	9.5, 21.5	San Jose State
Larry Norwood(Millikan)	9.8	Long Beach JC
Michael Flippin(LB Poly)	22.0	Long Beach JC
David Sample(Millikan)	14.7	Long Beach JC
Kevin Sain(Millikan)	14.7	Long Beach JC
Ray Robinson(LB Poly)	9.8	Occidental
Bart Helms(Bonita Vista)	50.1	Occidental
Gary Ellison(San Geronio)	9.8, 22.2	Sacramento State
Mike Schmidt(San Geronio)	14.7	UC Riverside
Scott Monroy(Overfelt)	13.9	San Jose JC
Ray Thomas(Overfelt)	14.0	San Jose JC
John LaGrande(West Valley JC)	9.8	Hayward State
Lonnell Perkins(Fresno JC)	9.7	Hayward State
Phil Hazelwood(Chabot JC)	49.7	Hayward State
Jon Sutton(Morningside)	9.9, 21.9, 50.1	New Mexico
John Thompson(Morningside)	14.1	Santa Clara
Errol Price(Alameda JC)	9.6(74)	San Francisco State
Al Kately(San Jose JC)	9.7, 21.7	San Francisco State
Jim Barncut(Redwood)	50.2	Marin JC
Ron Bisciglia(Crespi)	9.9, 22.0	Cal Poly SLO
Steve Zubilski(Crespi)	49.8, 14.2	Pierce JC
Darryl Brown(Monroe-LA)	9.7, 21.3	Howard U.
George Ragan(Burbank)	9.9, 22.0, 49.6	Glendale JC
Rick Stecle(Glendale JC)	51.3 IH	Colorado State
Bill Penny(Hancock JC)	9.8, 22.1	Pacific U.
John Torrance(Hancock JC)	50.2	USAF
Bill Barnstead(Righetti)	14.4	Hancock JC
Cliff Wilson(Santa Maria)	22.2	Hancock JC
Bart Williams(Vallejo)	9.6, 48.7	Cal Poly SLO
Jeff Weigel(Rolling Hills)	22.4, 48.9	Cal Poly SLO
Jeff Mettler(San Marin)	48.7	Cal Poly SLO
Nick Clark(Pasadena)	9.8, 49.9	Hawaii
Delbert Smith(Pasadena)	9.7, 48.3	Pasadena JC
George Davis(Pasadena)	9.1	Pasadena JC
Darrell Brown(Pacific)	48.4	San Bernardino JC
Dan King(Granada)	50.1	Chabot JC
Bob Bass(Muir)	9.8, 21.9, 49.6	Cal Poly Pom

DISTANCES

Terry Cotton(Grossmont JC)	4:05.4, 8:43.6	Arizona
Gary Close(Grossmont JC)	13:59.8	Arizona
Mike Breen(Grossmont JC)	14:13.4	Arizona
Jay Woods(Vista)	4:10.8	BYU
Brian Hunsaker(Corona Del Mar)	8:56.8, 14:20.4	UC Irvine
Ralph Serna(Loarna)	4:07.0, 8:46.0	UC Irvine
Breggar Moore(Rancho Alimitos)	9:03.8, 30:47.4	UC Irvine
Glen Fox(Rio Hondo JC)	1:50.6	CSU Northridge
Tom Hacche(Birmingham)	1:51.8	Occidental
Carlos Ponce(Cerritos JC)	1:53.7	Occidental
Madison Bagby(Hemet)	1:56.0	Occidental
Paul Becklund(Henry)	1:52.3	Grossmont JC
Scott Blackburn(Royal)	4:11.1	Moorpark JC
Mitch Kingery(San Carlos)	8:57.4, 14:11.0	San Mateo JC

Richard... (Santa Barbara)	6:58.2, 14:05.4	Fresno State
Gary McKeon(Mt. Diablo JC)	1:49.3	Fresno State
Tim Bryan(San Jose)	1:49.3	Fresno State
Larry Bryan(San Jose)	1:53.4	Long Beach State
Rich McCord(Los Altos Valley JC)	14:00.4	Long Beach State
Cliff Mossen(LB Valley)	14:00.6	Long Beach State
Dave Hull(Genoie-Atherton)	9:23.0	San Mateo JC
John Drew(Hart)	4:23.3	Occidental
Mike McElroy(San Geronio)	4:22.4	UC Riverside
Jim Troutman(San Geronio)	9:34.6	San Bernardino JC
Wesley... (San Jose)	4:17.0	Hayward State
Mike Dayton(Diablo Valley JC)	9:05.0	Hayward State
Alan Woods(Venture)	9:37.5	UCSC
Gil Herrera(Venture)	4:23.1, 9:37.7	Santa Monica JC
Art Raudendistel(Highlands)	4:18.0, 9:23.2	American River JC
Chuck Kostal(Highlands)	4:23.4	American River JC
Jim Milford(Morningside)	4:19.4	Fresno State
Kian McCarthy(Marin JC)	4:17.2	San Francisco State
Ray Green(San Rafael)	4:11.2, 1:54.4	Marin JC
Tom Bertotti(Drake HS)	1:54.9	Marin JC
Steve Lacey(Tamalpais)	4:18.1, 9:33.0	Marin JC
Kim Baer(Tamalpais)	9:30.4	Marin JC
Tom Fulte(Crespi)	4:22.4, 9:33.0	UC Santa Barbara
Zissos Koutsos(Glendale Hoover)	1:56.6	Glendale JC
Mike Edwards(Hancock JC)	1:58.8	Pacific U.
Richard Snoddy(Hancock JC)	4:23.0	Pacific U.
Steve Galbraith(Hancock JC)	14:32.0, 30:13.0	S. Colorado U.
Larry Reven(USAF)	9:16.2, 4:20.0	Hancock JC
Eric Huff(Paso Robles)	9:28.0	Hancock JC
Gene Lambert(Righetti)	1:59.0	Hancock JC
Gil Brooks(San Jose JC)	14:21.2, 9:21.0sc	Cal Poly SLO
Cody Bakila(University)	9:28.4	Fullerton JC
Jim Branson(University)	9:28.6	Fullerton JC
Steve Youngblood(Mt. SAC JC)	1:55.5, 4:21.0	Cal Poly Pom
Mark Sorenson(Upland)	4:19.0	Cal Poly Pom

JUMPS

Tim Vahlstrom(Villa Park)	16-1	UTEP
Tom Curran(Crespi)	15-7	Hawaii
Tim Iverson(San Jose JC)	15-0	Hayward State
John LeGrande(West Valley JC)	23-11, 50-9 3/4	Hayward State
Mike Everhart(Burbank)	6-8	CSU Northridge
Phil Muhl(Hart)	6-8 1/4	CSU Northridge
John Williamson(LB Wilson)	6-5	Occidental
Rudy Beaver(placerville)	6-8	Occidental
Dave Okura(LB Wilson)	14-0	Occidental
Steve Miller(Mt. SAC JC)	6-11 3/4	Occidental
Myrt Easley(Woodside)	49-8	Santa Clara
Marcus Jennings(Ontario)	24-5 3/4	Chaffey JC
Eddie Lyons(Madera)	23-4	Fresno JC
Tony Crump(Madera)	46-1	Fresno JC
Javier Rodriguez(Madera)	14-1	Fresno JC
Imre Santha(Arcadia)	6-10	Oregon State
O.C. Wyatt(Bakersfield JC)	48-8 3/4	Oregon State
Robert Tribble(Indio)	22-8	Desert JC
Chris DeFrance(Corcoran)	22-4, 49-2	Bakersfield JC
David Mongi(Ferndale)	6-6	Redwoods JC
Ron Wall(Mt. SAC)	22-0 1/2	Lewis & Clark
David Green(Coalinga)	13-6	West Hills JC
Steve McIntyre(Camarillo)	22-7 1/2	Moorpark JC
Gene Moss (Mar Vista)	14-3	Southwestern JC
David Calvani(Bonita Vista)	13-9	Southwestern JC
Greg Ruzicka(Orange Coast JC)	24-0 1/4	UC Irvine
Bill Beckford(Palomar JC)	23-0 1/4	UC Irvine
Robert Wood(Laguna Beach)	14-4	UC Irvine
Jim Talley(Brawley HS)	14-8	Idaho State
Ross Dickerson(Brawley)	13-6	Imperial Vly JC
Kirk Collins(Monterey)	6-10 1/2	Oklahoma
Mike Dobbins(Merced)	49-3	Berkeley

Ryan Patton(San Mateo JC)	16-0 1/2	Berkeley
Dan Jackson(Oakland)	50-11	USC
Joel Andrews(West Bakersfield)	24-7 1/4	USC
Masato Chyama(Japan)	24-7 3/4	USC
Yasuhiro Kigawa(Japan)	16-5	USC
Tim Walker(Rhode Is. high school)	7-1 1/2	USC
Robert Gains(Kennedy)	23-8 1/2	Washington
Brian Goodman(Ahoura)	16-0 1/4	Washington State
David Zizzo(Gilroy)	47-2	Fresno State
Jerry Flowers(Eisenhower)	6-10 1/4	Long Beach State
Stan Bland(Mt. SAC JC)	23-4, 50-4 3/4	Long Beach State
Mark Givens(Fresno JC)	24-7	Long Beach State
Vic Glover(Mt. SAC JC)	23-0w	Long Beach State
Alan Hollis(West LA JC)	24-4 3/4	Long Beach State
John Johnson(Harbor JC)	49-8	Long Beach State
Jim Knaub(El Camino JC)	16-8 1/2	Long Beach State
Greg McGee(LA Trade Tech)	49-9 3/4	Long Beach State
Earl Paysinger(Harbor JC)	24-1	Long Beach State
Don Finley(Cupertino)	24-3w, 48-1	San Jose State
Keith Schimmel(Villa Park)	16-3	San Jose State
Mitchell Gordien(San Bernardino JC)	6-9	San Jose State
Paul Viggiano(El Camino JC)	6-11	Arizona
Chuck Scudelari(Santa Barbara)	22-8 3/4w	Santa Barbara JC
Kevin French(Mt. SAC JC)	15-6	Westmont
Berkly McGee(San Diego JC)	22-8	Westmont
Jim Ray(Santa Barbara)	14-0	Westmont
Mike Alioto(Paso Robles)	6-5, 14-1 1/4	Cal Poly SLO
Maurice Galvez(Menlo-Atherton)	23-3, 46-4	Long Beach State
Tommy Thomas(LB Wilson)	23-7 1/4	Long Beach JC
Ray Kelly(LB Poly)	23-6 3/4	Long Beach JC
Curt Gray(Lakewood)	22-6 3/4	Long Beach JC
Gerald Halcomb(Richmond)	49-7w	Long Beach JC
Joe Addy(LB Jordan)	14-4	Long Beach JC
Greg Archidiocanos(Los Medanos JC)	6-9	Hayward State
Jon Sutton(Morningside)	24-2	New Mexico
Errol Price(Alameda JC)	23-6(74)	San Francisco State
Joe Stavish(Occana)	14-2	Marin JC
Kenton Doyle(Monroe-LA)	6-7	Stanford
Greg Johnson(Monroe-LA)	13-6	Valley JC
Steve Cravetz(Campbell)	14-7	West Valley JC
Phil Isaac(Glendale Hoover)	6-8	Glendale JC
O.C. Johnson(Bakersfield JC)	6-6	Fresno Pacific
Bob Boller (Burbank)	6-6	Glendale JC
Carlos Garcia(Glendale JC)	15-6	Los Angeles State
Greg Hart(Ohlone JC)	6-10 1/4	Cal Poly SLO

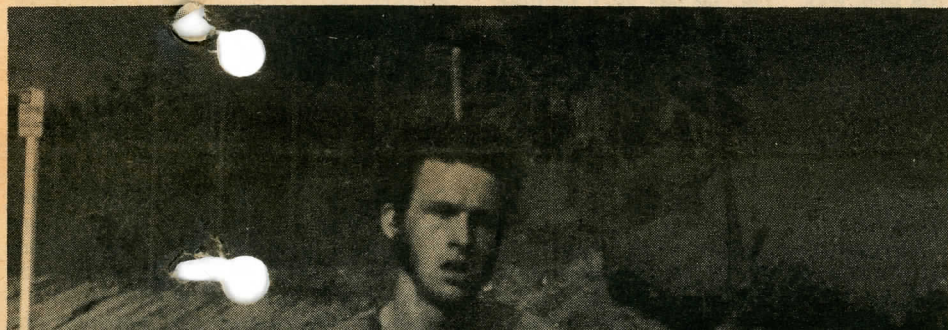
Dave Harder(San Marin)	23-7, 46-5
Brian Williams(San Bernardino JC)	6-7
Vincent Cole(San Fernando)	6-5
Will Wright(Chaffey)	14-8

Cal Poly SLO
Cal Poly Pom
Cal Poly Pom
Cal Poly Pom

THROWS

Craig Watson(Mitty)	59-6, 175-4
Brad Slinkard(St. Paul)	64-10 1/4
Dave Kurrasch(Newport Harbor)	68-5, 175-6
John Nomis(Pierce JC)	58-10 1/2
Rich Stewart(La Quinta)	178-6
Bob Feuerbach(Iowa high school)	62-4
Marcus Gordien(San Bernardino JC)	187-0
Ron Semkiw(Arizona JC)	70-0 1/2, 181-4
Jay Pushkin(Foothill JC)	176-2
Mike Stableton(Pacifica)	60-4 1/2
Mark Madison(LB Poly)	63-2 1/2
Dan Staford(Madera)	55-2
Don Milburn(Madera)	167-7
John Fox(Garces)	58-0, 173-3
Greg Ashford(Sanger)	54-5 1/2
Andy Sanchez(Sanger)	53-5 1/4, 148-8
Scott Wilson(Sanger)	53-4 1/2, 166-2
Larry Schrader(Mayfair)	168-0
Mike Ehman(Brawley)	53-8
Steve Holland(Pontana)	51-5
Mark Hartline(Fontana HS)	51-11
Tim Bergstressor(De Anza JC)	201-4jav, 155
Tim Johnson(San Juan)	54-9
Guy Gida(Monterey)	55-0, 165-3
John Christiansen(Ione)	167-0
Mark Madison(LB Poly)	63-2
John Noble(Whittier)	56-1, 165-4
Greg Holmes(Colorado high school)	160-0
John Cadwallader(Terra Linda)	149-4
Dan Lewis(Cuesta JC)	52-8
Scott Fox(Mt. SAC JC)	54-5

Berkeley
Stanford
UCLA
UCLA
Long Beach State
San Jose State
San Jose State
San Jose State
San Jose State
Arizona State
Hayward State
Occidental
Fresno JC
Fresno JC
Bakersfield JC
Fresno JC
Reedley JC
Reedley JC
UC Irvine
Cal Poly SLO
Chaffey JC
Cal Poly SLO
Westmont
Hawaii
Monterey Penn JC
Stanislaus State
Occidental
Occidental
Marin JC
Cal Poly SLO
Cal Poly Pom



California's Top Marathoners 1975

2:15:38 Peter Fredricksson(DDTC)4-21
2:16:33 Ed Mendoza(JT)1-11

2:32:36 Fred Emerling(Stockton)5-11
2:32:40 Steve Brotten(STC)1-26



KEN MOFFITT: owns several of the top '75
marathon times. Bud Hanson photo

California's Top Marathoners 1975

2:15:38	Peter Fredricksson(SDTC)4-21	2:32:36	Fred Emerling(Stockton)5-11
2:16:33	Ed Mendoza(JT)1-11	2:32:40	Steve Broten(STC)1-26
2:17:44	Kirk Pfeffer(JT)1-11	2:32:41	Jeff Rawlings 6-14
2:18:06	Wayne Badgley(Stockton)5-11	2:32:44	Ken Blakely(Un)1-11
2:18:46	Ron Wayne(Unat)1-11	2:32:44	Andrew McBride(Unat)1-11
2:18:55	Ron Wayne(WVTC)4-21	2:32:46	Stevenson 1-26
2:19:25	Jim Bowles(WVTC)4-21	2:33:03	Bob Branch(CCAC)7-31
2:20:04	Ed Chaldez(CSUN)6-14	2:33:14	Barker(WVTC)2-9
2:20:55	Reid Harter(WVTC)5-11	2:33:19	Don Gregory(FPC)1-11
2:21:32	Ken Moffitt(Oxy)1-11	2:33:26	Bill McDermott 6-14
2:22:12	Carl Swift(APC)1-11	2:33:30	Paul Cook(ATA)6-14
2:22:47	Ron Kurrle(Unat)1-26	2:33:37	Peter Papps 6-14
2:22:55	Wayne Akiyama(SFVTC)1-11	2:33:54	Ray Menzie(Mill Vly)4-21
2:22:59	Ed Chaldez(CSUN)1-11	2:33:55	Jon Higley(MatherAFB)4-21
2:22:59	Sam Young(CSULA)1-26	2:34:02	Rich Hagen(Unat)1-11
2:23:37	Ray Hughes(BHS)1-11	2:34:41	Calderon(Azt)1-26
2:23:48	Dennis Kasischke(SDTC)1-11	2:34:44	Geoff Pietsch(Unat)1-11
2:23:49	Bernd Heinrich(WintCk)4-21	2:35:02	Carlos Alfaro(Aztlan)1-11
2:24:14	Joe Carlson 6-14	2:35:04	Jeff Rigdon(SDTC)1-11
2:24:22	Mark Kushner(CCAC)1-26	2:35:11	Greg Griffin(Cal Tec)1-11
2:24:44	Dave Askren(Oxy)7-31	2:35:23	David Worthen(SDTC)4-21
2:24:48	Ken Moffitt(ELATC)6-14	2:35:23	Jan Day(Unat)3-23
2:26:01	Dave White 6-14	2:35:23	Bernd Heinrich(Unat)3-23
2:26:01	Jim Arquilla(AATC)6-14	2:35:25	Jake White(Unat)3-23
2:26:11	Mark Stevenson 6-14	2:35:25	D. O'Halloran(Arcata)2-22
2:26:40	Lewis Patterson(AIA)7-31	2:35:29	Arreola(Unat)1-26
2:26:46	Mark Kushner(UCLA)4-21	2:35:46	Conrad Lowry(Bayside)5-11
2:26:46	Ken Moffitt 3-30	2:35:55	Orville Atkins(STC)1-26
2:26:59	Fred Emerling(WVTC)2-9	2:36:06	Bill Johnson(SDTC)1-11
2:27:25	Ray Hughes(BHS)4-21	2:36:15	Ajim Baksh(SFVTC)7-31
2:28:11	Jim Backer(Wtsnvl)5-11	2:36:33	Tim Swezey(Pmkds)7-31
2:28:22	Pat Buzbee(Chico)5-11	2:36:55	Wendell Maize(Unat)6-1
2:28:22	Hershal Jenkins(Arcata)2-22	2:37:05	Joe Rudberg(STC)1-26
2:28:28	Bill Clark(WVTC)2-9	2:37:21	Joe Burgasser(STC)
2:28:38	Todd Ferguson(AIA)1-11	2:37:23	Dave Saylor(CCAC)1-26
2:28:38	Kaj Johansen(SDTC)1-11	2:37:36	Roy Buchanan(APC)1-11
2:28:59	Jim Perez(Aztlan)7-31	2:37:50	Phil Ryan(GWAA)4-21
2:29:05	Don Ocara(BHS)2-2	2:38:03	Jim Sane(Unat)1-11
2:29:16	David Askren(Oxy)1-11	2:38:23	Steve Ward(FPC)1-11
2:29:23	Steve Dean(Sacto)3-23	2:38:27	Dave Mitchell(Unat)1-11
2:29:36	John Loesehorn(WVTC)4-21	2:38:30	Ross Smith(WVJS)1-11
2:29:41	Doug McLean(WVTC)1-11	2:38:45	Brian Freeman 6-1
2:30:15	Darin George(AIA)1-26	2:38:48	Chuck Stagliano(SF)4-21
2:30:15	Gary Dobrenz(CCAC)1-26	2:38:56	Ben Holt(SDTC)1-11
2:30:39	Ron Kurrle(BHS)1-11	2:38:58	Ed Cadena(Unat)5-17
2:30:43	Todd Ferguson(AIA)1-26	2:39:05	Rich Bartek(SBAA)1-11
2:30:52	Mike Buzbee(Chico)2-22	2:39:09	Mike Buzbee(Chico)5-11
2:30:53	Bill McDermott(Unat)4-21	2:39:23	Kaj Johansen(SDTC)4-21
2:31:20	Pat Buzbee(Chico)2-22	2:39:24	Paul Cook(AIA)1-11
2:31:32	Wayne Akiyama(SFVTC)3-30	2:39:24	John Brennan(SBAA)1-11
2:31:36	John Freemuth(Unat)1-11	2:39:29	Bill McDermott 3-30
2:31:48	Charles Mudge 6-14	2:39:32	John Pagliano(GWAA)6-14
2:32:00	Bob Bunnell(Arcata)5-11	2:39:38	Kevin Kirby(Sacto)5-11
2:32:15	Ken Blakely 3-30	2:39:40	John Swift(Modesto)1-11
2:32:27	Gary Dobrenz 3-30	2:39:43	Dan Wojcik 3-30
2:32:28	Truman Clark 6-1	2:39:45	Ron Deis(Claremont)1-11
2:32:28	Kaj Johansen(SDTC)6-14	2:39:49	Matt Woessner(FPC)1-11
2:32:32	Tom Lee(Unat)7-31	2:39:51	Eric McFadden(Pma)1-11
		2:39:55	Hershell Jenkins(Aca)5-11

Schedule

NOVEMBER

- 8 **CCAC CHAMPIONSHIPS.** *Cal Poly San Luis Obispo.*
- 8 **FAR WESTERN CONFERENCE CHAMPIONSHIPS.** *Crystal Springs, Belmont.*
- 8 **NAIA DISTRICT III CHAMPIONSHIP.** *La Mirada Regional Park.*
- 8 **EXCELSIOR TC GOLDEN GATE PARK RUN'** 6 miles. 10:00 am. *Frank Donahue, 4903 - B Mission, San Francisco, CA 94112.*
- 8 **CALIFORNIA CLUB CROSS COUNTRY CHAMPIONSHIPS..** 10 Kilo. *Santa Maria. 10:00 am*
- 8 **SAM MIGUEL CROSS COUNTRY MEET.** 2.1 miles Open. *Stan Elam (805) 238-1783.*
- 8 **PA-AAU GIRLS AND WOMEN CROSS COUNTRY CHAMPIONSHIPS.** *San Jose City College.*
- 9 **SPA-AAU GIRLS AND WOMEN CROSS COUNTRY CHAMPIONSHIPS.** *Glen Helen Park.*
- 9 **ANGWIN TO ANGUISH RUN.** 8 miles. *Pacific Union College, Angwin, 10:00 am.*
- 15 **PCAA CHAMPIONSHIPS.** *Long Beach.*
- 15 **PA-AAU MEN'S CROSS COUNTRY CHAMPIONSHIPS.** *Crystal Springs, Belmo. Entries close Nov. 11 - P.O. 1551, San Mateo, CA 94401.*
- 15 **SIERRA AAU MEN'S CROSS COUNTRY CHAMPIONSHIPS.** *Long Beach, 11:00. Ron Alice, % Long Beach State.*
- 15 **SOUTHERN CAL J.C.. CHAMPIONSHIPS** *Rio Hondo College.*
- 15 **NORTHERN CAL J.C.. CHAMPS.** *Woodward Park, Fresno*
- 15 **PAC-8 CHAMPIONSHIPS.** *Stanford.*
- 15 **NCAA II CHAMPIONSHIPS.** *UC Irvine.*

DECEMBER

- 6 **FRESNO ROAD RACE.** 6 miles. *Dave Bronzan, BOX 271, Fresno 93708.*
- 6 **SAN MATEO ALL COMERS.** *Noon.*
- 6 **SAN JOSE CITY COLLEGE ALL COMERS** 9:30 am.
- 6 **REGION 13 JR. OLYMPICS.** *Dave Japs, (714) 875-8047.*
- 6 **ROSEVILLE GAZELLES ROAD RUN.** *Gil Duran, 1325 Susan Circle, Roseville 95678.*
- 6 **USTFF WINTER DECATHLON.** *Glendale College. Contact John Tansley at the College.*
- 7 **NATIONAL AAU MARATHON CHAMPS.** *Culver City. Entries close early - contact Carl Porter, Box 507, Culver City 90230.*
- 12 **GLENDALE COLLEGE ALL COMERS.**
- 13 **SAN JOSE CITY COLLEGE ALL COMERS**
- 13 **SAN MATEO ALL COMERS.**
- 13 **GLENDALE COLLEGE FREE CLINIC.**
- 13 **MADERA MARATHON & MINI.** *Dave Bronzan - address above.*
- 13 **BAKERSFIELD HILL & DALE RUN.** 6 miles. *Dave Bronzan - address above.*
- 13 **LIVERMORE MARATHON.** *Dan Moore 663 Jefferson, Livermore 94550.*
- 14 **PA-AAU JR' CROSS COUNTRY CHAMPS** *Crystal Springs, Belmont. 10 kilo. Entries close Dec. 10. Box 1551, San Mateo 94401.*
- 14 **APPLE VALLEY 6.3 MILE HANDIC.** *Jim Gorrell, 14576 Hopi Rd., Apple Valley 92307.*
- 20 **SAN MATEO ALL COMERS**
- 20 **SAN JOSE CITY COLLEGE ALL COMERS**
- 20 **MT. TOM 4 MILE HILL CLIMB.** *Larry Knuth %Glendale College.*
- 20 **WASCO ROAD RUN.** 6 miles. *Dave Bronzan - address above.*
- 21 **CHRISTMAS RELAY.** *Seven men 50*

PRO

Anthony Sandoval

by: George E. Berry

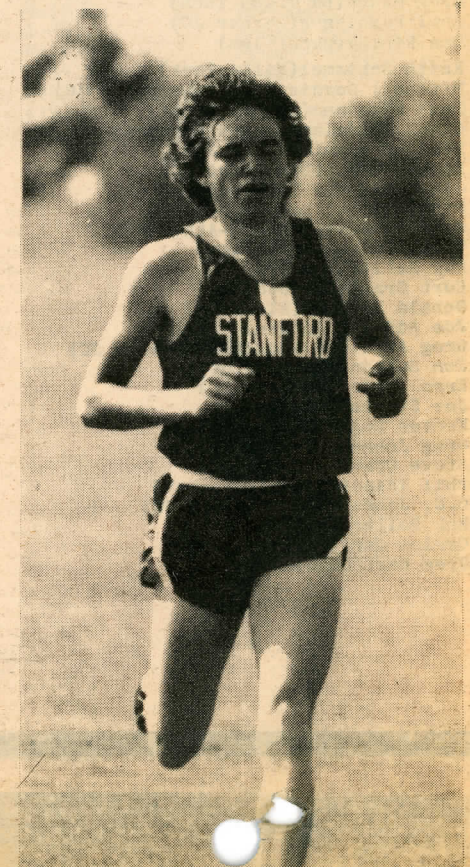
ANTHONY B. SANDOVAL: Stanford University. Age 21; 5 feet, 7 inches; 120 pounds. Born May 19, 1954, in Santa Fe, New Mexico. Also competed for Los Alamos High School in New Mexico.

Best Marks: Three mile - 13:45; Six mile - 28:43. Coached by Marshall Clark.

Anthony Sandoval is unique; but then, to "Sandy" everyone else is unique. He says, "Everyone is special and has something very important to offer others. I feel that I have something to offer track and field." Sandoval is the leading cross country runner for Stanford University, as he was a year ago when he received the team's Most Valuable Runner Award. He is an extremely dedicated, hard-working, young man, both on and off the track. He is the epitome of the long distance runner -- serious, somewhat reserved, and very sincere. He seems to leave a trail of friendships wherever he goes.

Sandy's philosophy of life carries over to his workouts and his teammates. "I enjoy the companionship of the team and hope that they feel the same. Sometimes they tend to get caught-up in our workouts, I try to keep them loose. I take everything as it comes, because it's more fun that way." Yet, he has very definite plans for his future. He is applying to medical schools right now, among them Harvard, Yale, and Stanford. Ultimately, he wishes to return to his home town of Truchas, New Mexico. He feels that "Medical care is desperately needed there and is not available. I hope to return and practice there. I want to be a positive influence."

He presently trains twice a day in preparation for the PAC-8 Championships and the NCAA's. His long range goal is the 1976 Olympic Trials. Sandoval's



Typical Week's Workouts: Sunday- long run; Monday- easy morning run, afternoon of longer type intervals, exercises, upperbody weight. Tuesday- easy morning run, afternoon of shorter (330's) intervals; Wednesday- easy morning run,

- 9 **ANGWIN TO ANGUIN RUN.** 6 miles. Pacific Union College, Angwin, 10:00 am.
- 15 **PCAA CHAMPIONSHIPS.** Long Beach.
- 15 **PA-AAU MEN'S CROSS COUNTRY CHAMPIONSHIPS.** Crystal Springs, Belmont. Entries close Nov. 11 - P.O. 1551, San Mateo, CA 94401.
- 15 **SIERRA AAU MEN'S CROSS COUNTRY CHAMPIONSHIPS.** Long Beach, 11:00. Ron Alice, % Long Beach State.
- 15 **SOUTHERN CAL J.C. CHAMPIONSHIPS** Rio Hondo College.
- 15 **NORTHERN CAL J.C. CHAMPS.** Woodward Park, Fresno
- 15 **PAC-8 CHAMPIONSHIPS.** Stanford.
- 15 **NCAA II CHAMPIONSHIPS.** UC Irvine.
- 16 **CALIFORNIA WOMEN'S CROSS COUNTRY CHAMPIONSHIPS.** Mile Square Park, Fountain Valley. 11:00 am.
- 22 **SPA JUNIOR OLYMPIC CHAMPS.** Nordoff HS, Ojai. Dave Japs (714) 8758047
- 22 **PHELAN 15 MILE BLIND HANDICAP.** Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 22 **USTFF WESTERN CROSS COUNTRY CHAMPIONSHIPS.** Jr., Open, Masters. Woodward Park, Fresno. Bill Cockerham 1717 S. Chestnut Ave., Fresno 93702.
- 22 **CALIFORNIA J.C. CHAMPIONSHIPS.** Woodward Park, Fresno.
- 22 **10 KILO RUN AND CLINIC.** Foothill College, 10:00 am. Jim Woodruff, 3127 Ida Dr., Concord 94519. (415) 689-2206
- 23 **PICO RIVERA TURKEY TROT.** Steve Broten, 13512 E. Romona Dr., Whittier 90602. (213) 693-4183.
- 23 **SANTA CLARA RIDGE RUN.** 5 and 11 miles. Cupertino Yearlings, Box 1049, Cupertino 95014.
- 29 **5 MAN 15 MILE RELAY.** Roeding Park, Fresno. Bill Cockerham - address above.
- 29 **NATIONAL AAU WOMEN'S CROSS COUNTRY CHAMPIONSHIPS.** Crystal Springs, Belmont.
- 30 **ROSEBOWL HANDICAP.** 10.8 & 3.1 miles. Steve Broten - address above.
- 30 **PEPSI 20 MILE.** Clarksburg. 12:00. Elaine Hocking, 800 Riverview Ct., Sacramento, CA 95822.
- 13 **BAKERFIELD HILL & DALE RUN.** 6 miles. Dave Bronzan - address above.
- 13 **LIVERMORE MARATHON.** Dan Moore 663 Jefferson, Livermore 94550.
- 14 **PA-AAU JR' CROSS COUNTRY CHAMPS** Crystal Springs, Belmont. 10 kilo. Entries close Dec. 10. Box 1551, San Mateo 94401.
- 14 **APPLE VALLEY 6.3 MILE HANDICAP.** Jim Gorrell, 14576 Hopi Rd., Apple Valley 92307.
- 20 **SAN MATEO ALL COMERS**
- 20 **SAN JOSE CITY COLLEGE ALL COMERS**
- 20 **MT. TOM 4 MILE HILL CLIMB.** Larry Knuth %Glendale College.
- 20 **WASCO ROAD RUN.** 6 miles. Dave Bronzan - address above.
- 21 **CHRISTMAS RELAY.** Seven man 50 mile. Santa Cruz to Half Moon Bay. P.O. Box 1551, San Mateo 94401.
- 21 **SKUNK HOLLOW 15 KILO.** Connie Rodewald - address above.
- 27 **SAN MATEO ALL COMERS**
- 27 **SAN JOSE ALL COMERS**
- 27 **ELYSIAN PARK 5 KILO CROSS COUNTRY.** Steve Broten - address above.

JANUARY

- 1 **HANGOVER HANDICAP.** Fresno. Dave Bronzan - address above.
- 3 **SAN MATEO ALL COMERS'**
- 3 **SAN JOSE ALL COMERS.**
- 3 **PACIFIC UN-RUN.** 7 miles. Bill Cockerham - address above.
- 9 **GLENDALE ALL COMERS.**
- 10 **SAN JOSE CITH COLLEGE ALL COMERS**
- 10 **CCA-AAUCROSS OU**
- 10 **CCA-AAU CROSS COUNTRY CHAMPS.** 10 kilo. Firebaugh. Dave Bronzan - address above.

RIGHT: Thom Hunt (Patric) didn't fair well in this two mile (State) won by Eric Hulst, but he did recently get revenge in besting Hulst at the MSAC Invitational.

enjoy the companionship of the team and hope that they feel the same. Sometimes they tend to get caught-up in our workouts, I try to keep them loose. I take everything as it comes, because it's more fun that way." Yet, he has very definite plans for his future. He is applying to medical schools right now, among them Harvard, Yale, and Stanford. Ultimately, he wishes to return to his home town of Truchas, New Mexico. He feels that "Medical care is desperately needed there and is not available. I hope to return and practice there. I want to be a positive influence."

He presently trains twice a day in preparation for the PAC-8 Championships and the NCAA's. His long range goal is the 1976 Olympic Trials. Sandoval's outstanding achievements (including the Stanford 6 mile cross country record - 28:38.2) are only matched by his modesty and optimism. He stresses, "I want my success and enjoyment to carry over to my teammates." In a world of boisterous, "anti-heroes," Anthony Sandoval is unique.



Typical Week's Workouts: Sunday- long run; Monday- easy morning run, afternoon of longer type intervals, exercises, upperbody weight; Tuesday- easy morning run, afternoon of shorter (330's) intervals; Wednesday- easy morning run, long afternoon run, exercises, upper body weights; Thursday- easy morning run, longer (1,000 yards) type intervals on the grass; Friday- easy morning run, if race on Saturday easy run and strides otherwise long road run; Saturday- race and/or roads.



photo by NOEL MONTRUCCHIO

LTS..RESULTS..RESU

Concord, July 16 -- Concord-Pleasant Hill Recreation Department Senior All-Comer Track Meet #4

Boys 14-15--
 MiWalk: Danny Martinez 7:53.1
 3 Mile: Mike Gulli 17:12.8
 330LH: Norm Hall 44.0
 HJ: Phil Allen 5-6
 Shot: Powell 55-8½
 75Yd: Maiocco 8.1
 1320Yd: Rick Harbaugh 3:28.6
 660 Yd: Mike Gulli 1:37.4
 LJ: Ashley Green 19-9½
 330 Yd: Maiocco 36.8
 Discus: Powell 152-2½
 70HH: Allen 9.5

Boys 16-17--
 MiWalk: Kevin Searls 8:22.3
 3 Mile: Mike Smith 14:52.8
 330 LH: Keith McDaniel 43.0
 70HH: Mike Marhenke 9.2
 Shot: George Evans 43-2
 75Yd: Ron Carter 8.0
 FV: Rooney 14-6
 1320Yd: Dan Harvey 3:25.6
 660 Yd: Cliff Adams 1:31.1
 330 Yd: Glen Larry 37.8
 Discus: Green 132-3
 HJ: Hansen 5-8
 LJ: Tony Kissinger 20-3
 TV: Steppan 42-9½

Men's Open--
 MiWalk: Pancing 7:47.0
 3 Mile: Bob Hermans 16:24.4
 330IH: Graybehl 39.3
 75Yd: Graybehl 7.7
 Shot: Ray Burton 47-7
 1320 Yd: Dale Scott 3:15.6
 Discus: Wilson 130-10½
 660 Yd: McManus 1:23.7
 330Yd: Williams 35.0
 HJ: Friday 6-10
 LJ: Dan Willigis 21-8
 70HH: Graybehl 8.7
 TV: Willigis 42-11½
 FV: Weiding 16-6 3/4
 Javelin: Miller 154-6

Seniors 25-29--
 3 Mile: Patten 15:26.8
 330IH: Slack 43.6
 75 Yd: Stan Lewis 8.3
 Shot: Bill Wooten 40-6½
 1320 Yd: Blasedale 3:18.0
 LJ: Gary Lynch 17-10
 Disc: Wooten 114-2½
 660 Yd: Chick Askin 1:36.6
 330 Yd: Ken Wilson 38.6
 70HH: Mark Ernst 9.3
 HJ: Wooten 5-2

Seniors 30-39--
 3 Mile: Kent Guthrie 15:43.0
 MiWalk: Tom Anderson 8:46.4
 HJ: Henry Lawson 5-10
 330 Yd: Anderson 37.6
 660 Yd: Ackley 1:31.2
 Disc: Dudley Ellis 110-10

Lafayette, August 2--Third Annual Lafayette Rim Run, 6.0 Mile:

1. Hans Templeman 37:23
 2. George Stewart 37:57
 3. Paul Hornig 38:03
 4. Bill Seaver 38:07
 5. Dave Stock 38:31
 6. Mitch Kingery 39:04
 7. Jim Sane 39:15
 8. Tim Holmes 39:56
 9. Pete Flores 40:00
 10. Craig Corey 40:22
 11. Doug McLean 40:29
 12. Tom Chavez 40:38
 13. Joe Salazar 40:42
 14. Devin Searls 40:52
 15. Rich Vasquez 40:59
 16. Steve Niedrauer 41:19
 17. Terence Boynton 41:28
 18. Bruce Kelly 41:35
 19. R. Lee 42:13
 20. Unofficial Runner 42:39
 21. Karl Leal 42:47
 22. Vance Eberly 42:52
 23. Frank Lemus 42:56
 24. Mark Genough 43:00
 25. Rockwell 43:05
 26. Rowley 43:24
 27. Keith White 43:30
 28. Chris Castro 43:45
 29. Frank Sierras 43:54
 30. George Lynch 43:56
 31. Jay Cruse 44:23
 32. Ralph Bowles 44:31
 33. David Sauer 44:31
 34. Devin Klein 44:34
 35. Allen Robertson 44:45
 36. Bill Fiodger 45:20
 37. Chris Svensgaard 45:39
 38. Lloyd Sampson 45:40
 39. Chris Jackson 45:45
 40. Jeffrey Baird 45:52
 41. Scott Shelley 45:57
 42. John Weidinger 46:05
 43. Jan Verlaga 46:08
 44. Dennis Egley 46:23
 45. Jerry Smith 46:34
 46. Randy Loehn 46:45
 47. Tony Pedri 46:47
 48. W. Burlburt 46:51
 49. A. Chesterman 47:07
 50. Kevin O'Hara 47:15
 60. Teri Anderson 1st W 48:48
 75. Betsy White 50:12
 80. Ruth Anderson 50:52

/Charles MacMahon/

Walnut, August 3 -- Walnut Sports Fest:

Girl's 1 Mile Run, 9 and under:
 1. Lisa Torres (RRR) 7:31
 2. Borg Rubio (RRR) 7:43
 3. Cindy Favier (RRR) 7:50

Boy's Intercommunity Two Mile Run, 14-15:

1. David Flores (ElMonte) 9:45
 2. Robert Martin (VillaPk) 9:51
 3. Ken Lotich (Bassett) 10:00
 4. Mike Sena (NorthviewHS) 10:01
 5. Mike Vasquez (Bassett) 10:04

Men's Six Mile Walk:

1. Ed Bouldin (LACS) 50:00
 2. Steve DiBernardo (RRR) 51:08
 3. Dennis Reilly (UnivOre) 51:24

Women's Six Mile Walk:

1. Karlene Waskow (RRR) 56:41
 2. Jane Janousek (SCC) 56:41
 3. Jessica Waskow (Pontana) 57:28
 Master's Three Mile Run, 40-49:
 1. Graham Parell (Un) 16:32
 2. Williw Kleinsasser (STC) 18:23
 3. Richard Richards (Un) 18:23

Master's Three Mile Run, 50-59:

1. Robert Long (BHS) 19:27
 2. Earl Rippee (SFTYC) 19:49
 3. Perdi Gonzales (Un) 20:40

High School Six Mile:

1. Dave Tillary (W. Covina) 32:17
 2. Mike Vernon (LAHS) 32:59
 3. Paul Eardley (W.Covina) 33:15

High School Intercommunity 6 Mile:

1. Jay Angelo Corlett (Uplnd) 33:15
 2. Everett Pacheco (El Mont) 34:03
 3. Ray Rodriguez (Mt.View) 34:36
 4. Neal Ward (Workman HS) 34:47
 5. Martin Lemos (Pontana TC) 34:59

Intercommunity Men's Six Mile:

1. Dave Fricke (Boise St) 29:51
 2. Steve Chase (Walnut Barr) 31:00
 3. Cip Gomez (MSAC) 32:24
 4. Felipe Campiran (Upland) 33:04
 5. Bob Watanabe (Un) 33:47
 6. Mike Garcia (MSAC) 34:10
 7. Keith Lotich (MSAC) 35:03
 8. John Cheever (Un) 35:39
 9. Jack Garcia (SBVC) 35:43
 10. Frank Diaz (MSAC) 36:08

GRIFFITH PARK A C 13 KM TEAM RUN

DATE--08057
 FAST TII
 1 AJIM BAKSH 42:33
 2 LOU PATTERSON 43:14
 3 BOB KRYCZKO 44:11
 4 DAVE ASKREN 44:31
 5 CARL SWIFT 44:44
 6 PAUL COOK 44:51
 7 ROB BRANCH 45:00
 8 KENNETH MOFFITT 45:11
 9 MIKE CHAMPLISS 45:72
 10 JOSE AMAYA 45:82
 11 RAYMOND HUGHES 46:10
 12 LOU SILVA 46:15
 13 DENNIS CALDWELL 46:11
 14 DAVE LILLERY 46:19
 15 CARLOS ALFARO 46:31
 16 TOM COLLEY 46:48
 17 LARRY PONTINEN 47:03
 18 JON HROWEK 47:13
 19 UN 47:13
 20 CCAC 47:13
 21 CCAC 47:13
 22 CCAC 47:13
 23 SHAA 47:13
 24 SHAA 47:13
 25 SHAA 47:13

26) Rod Ruffin, WRRC (16) 47:32
 27) Byrne Elliott (18) 47:48
 28) Pete Larson, SDTC (36) 47:48
 29) Gilbert Mares (18) 47:49
 30) Tom Rothhaar, SDTC (33) 47:49
 48) Ed Almeida, SDTC (53) 49:54
 56) Richard Fleming, SDTC (42) 50:59
 70) Nadia Garcia, SDTC (21) 52:08

San Diego, August 17--Balboa Park 3 Mile:

1) Kevin Weitz, PtLoma TC (23) 15:13
 2) Efron Ceja (16) 15:20
 3) O.J. Romo, Camp TC (26) 15:26
 4) Jim Flanigan (26) 15:33
 5) Ed Goldberg (18) 15:43
 6) Graham Farnell (45) 15:54
 7) Brian Parks, SDTC (15) 15:58
 8) Peter Koubeck (16) 16:15
 9) David Harlan (16) 16:21
 10) Charles Parker, VlySt (17) 16:22
 31) Lynne Miller, SDTC (17) 17:57

Ithaca, N.Y., August 9-10 -- National AAU-Chevrolet Junior Olympic Multi-sport Championship:

GIRLS EVENTS

100 Meter Low Hurdles:
 1. Rosalind Anderson (Md.) 13.8
 2. Lena Gibb (Tx) 13.9
 3. Miriam Loui (Hawaii) 14.5
 4. Stacy Compton (Kansas) 14.5
 5. Kathy Borgwarth (Minn) 14.5
 6. Patsy Walker (Wash) nt

100 Yard Dash:
 1. Freda Hancock (Colo) 10.89
 2. Denise Pemberton (SnMateo) 11.02
 3. Laroya Ruff (WashDC) 11.05
 4. Carrie Sherman (Miss) 11.08
 5. Lori Green (Kansas) 11.13
 6. Brenda Calhoun (Conn) 11.35

200 Yard Dash:
 1. Freda Hancock (Colo) 24:18
 2. Denise Pemberton (San Mateo, California) 24:52
 3. La Roya Huff (Wash DC) 24:58
 4. Wanda Hooker (Tenn) 24:67
 5. Lori Green (Kansas) 24:7
 6. Linda Jones (Wash) 24:98

440 Yard Run:
 1. Linda Jones (Wash) 55:26
 2. Veronica Venezia (San Rafael, California) 55:57
 3. Trudi Rebsamen (Ill) 55:86
 4. Yvonne Braxcon (Colo) 56:54
 5. Barbara Zainen (Wis) 56:94
 6. Sherrie Golden (Tex) 57:3

880 Yard Run:
 1. Robin Blaine (NY) 2:09.24
 2. Rochelle Collins (Mich) 2:10.84
 3. Cindy Worcester (Kans) 2:11.49
 4. Ellen Brewster (Wis) 2:11.62

One Mile Run:

1. Scott Clark (Minn) 4:13.1
 2. Chris Powell (Hawaii) 4:13.73
 3. Mark Thompson (Ga) 4:14.41
 4. Richard Bishop (Wy) 4:14.46
 5. James Lathrop (Tex) 4:15.28
 6. Kevin Kenny (Kansas) 4:15.42
 One Mile Racewalk:
 1. Tim Votapka (Kansas) 7:16.75
 2. Steve Hoger (Nebraska) 7:23.34
 3. Steve O'Brien (Ill) 7:28.38
 4. Geoff Rhodes (Pa) 7:29.85
 5. Joe Sherman (Fla) 7:34.10
 6. Carl Mericle (Tex) 7:42.10

Long Jump:

1. Steven Safranski (Ill) 24-1
 2. Jay Reardon (Mo) 23-10 3/4
 3. Ken Vasquez (Burlingame, California) 22-11½
 4. Dale Berquist (Mass) 22-6 3/4
 5. Peter Falls (Fla) 22-5¼
 6. Howard Saari (Wis) 22-¼

High Jump:

1. Steve Morgan (Mont) 6-8
 2. Danny Couts (Ohio) 6-8
 3. Calvester Brightman (Fla) 6-8
 4. James Dixon (Va) 6-8
 5. Randy Skelton (Idaho) 6-6
 6. Jeff McGinnis (Tenn) 6-6

Shot Put:

1. Steve Montgomery (Susanville, California) 59-8
 2. Gary Schukel (Wyo) 59-1
 3. Rick Foster (Kansas) 58-11 3/4
 4. Darrell Misenheimer (NC) 58-7½
 5. Howard Stuart (Ky) 58-2½
 6. Bob Carr (Pa) 56-11

/Pete Cava/

Orange, August 16--South Orange County OK, Mason Park:

1) Dave Burkin 31:10
 2) Mike Cour (SDTC) 31:52
 3) Dennis Caldwell (AIA) 32:29
 4) Vince Oboyo 32:36
 5) Al Siddons 32:43
 6) Brad Croad 32:47
 7) Skip Shaffer, 1st 35+ 32:59
 8) Marlin Klubers 33:40
 9) Ken Kendall (Striders) 33:46
 10) Rick Fuller (CCAC) 33:58
 11) Brodrick Payne 34:07
 12) Andy Kicklighter 34:13
 13) Mike Vernon 34:23
 14) Arnie Homals 34:33
 15) Scott Thornton (HSTC) 34:35
 16) Smythe 34:39
 17) Merwin Irwin (CCAC) 34:47
 18) Len Thornton (HiSierra) 34:35
 19) Ken Smith 35:09
 20) John Rupp (STC) 35:13
 21) Marv Alvarez 35:15
 22) Unidentified 35:22
 23) Victor Lemos (FTC) 35:42
 24) Lew Roberts (STC) 35:43

Friday	6-10	40. Jeffrey Baird	45:52
LJ: Dan Willigis	21-8	41. Scott Shelley	45:57
70HH: Graybehl	8:7	42. John Weidinger	46:05
TJ: Willigis	42-11½	43. Jan Verlaga	46:08
FV: Weiding	16-6 3/4	44. Dennis Egley	46:23
Javelin: Miller	154-6	45. Jerry Smith	46:34
Seniors 25-29--		46. Randy Loehn	46:45
3 Mile: Patten	15:26.8	47. Tony Pedri	46:47
330IH: Slack	43.6	48. W. Hurlburt	46:51
75 Yd: Stan Lewis	8.3	49. A. Chesterman	47:07
Shot: Bill Wooten	3:40.6½	50. Kevin O'Hara	47:15
1320 Yd: Blasedale	3:18-0	60. Teri Anderson 1st W	48:48
LJ: Gary Lynch	17-10	75. Betsy White	50:12
Disc: Wooten	114-2½	80. Ruth Anderson	50:52
660 Yd: Chick Askin	1:36.6		
330 Yd: Ken Wilson	38.6		
70HH: Mark Ernst	9.3		
HJ: Wooten	5-2		

Seniors 30-39--			
3 Mile: Kent Guthrie	15:43.0		
MiWalk: Tom Anderson	8:46.4		
HJ: Henry Lawson	5-10		
330 Yd: Anderson	37.6		
660 Yd: Ackley	1:31.2		
Disc: Dudley Ellis	110-10		
LJ: Ackley	19-1		
Javelin: Schroeder	134-7		
1320 Yd: Chuck Lawson	3:22.8		
Shot: Ellis	36-8		
75 Yd: Anderson	8.3		
330 IH: Pruitt	42.0		

Seniors 40+ --			
3 Mile: Ernie Haymen	18:59.2		
MiWalk: McGuire	8:48.3		
75 Yd: Ed Hicks	8.5		
1320 Yd: Haymen	4:14.6		
330 Yd: Bruhner	38.2		

Girls 14-15--			
70LH: Maria Anaya	11.2		
75 Yd: Cindy Soto	9.6		
1320 Yd: Jennifer Searls	4:35.6		
Shot: Dawn Saavedra	29-5		
660 Yd: Maria Anaya	1:59.4		
330 Yd: Teresa Busby	44.6		
LJ: Theresa Bushby	17-1		

Girls 16-17--			
LJ: Kathy Honour	16-11		
330 Yd: Jody Garrard	47.2		
660 Yd: Diana Stohr	1:50.2		
75 Yd: Santa Maria	9.3		
70LH: Kathy Honour	10.6		
Disc: Kathy Hilton	106-6½		
MiWalk: Kathy Costello	10:31.2		
3 Mile: Jody Garrard	21:09.8		

Women's--			
Disc: Roberta Bruder	115-5		
70LH: Louise Jurado	10.7		
Shot: Celia Rutledge	46-0		
330 Yd: Louise Jurado	44.8		
	/Bob McGaire/		

Santa Maria, August 23-24: Central Coast Decathlon Championships.

OPEN DIVISION:	
1. Kenny Kring(WVTC)	6376
11.6, 20-6, 35-5½, 5-9 3/4, 52.0, 16.1, 57-9½, 13-10½, 147-7.4, 41.8.	
2. Danni Eitelberg(AHC)	6300
3. Buddy Kring(UCSB)	5684

HIGH SCHOOL DIVISION:	
1. John Dias(Santa Maria HS)	4220
2. Jeff Elwell(Monroe HS-LA)	4043
3. David Levison(Woodside HS)	3027

MASTERS DIVISION:	
1. Douglas Dittmar(Solvang)	3755
meet record	age 42
2. Pete Fetter(Redondo Beach)	3486
world age 54 record	

/Ray Kring/

Walnut, August 3 -- Walnut Sports Fest:

Girl's 1 Mile Run, 9 and under:	
1. Lisa Torres (RRR)	7:31
2. Borg Rubio (RRR)	7:43
3. Cindy Favier (RRR)	7:50
Girl's 1 Mile Run, 10-11:	
1. Vickie Cooke (RRR)	6:18
2. Christy Wilson (BlueAng)	6:29
3. Kelly Carda (BlueAngels)	6:37
Girl's 1 Mile Run, 12-13:	
1. Donna Sanchez (RRR)	6:06
2. Corinne Muniz (Un)	6:19
3. Kelly Jones (Blue Angels)	6:30
4. Alicai Kirkorn (BlAng)	6:36
5. Tami Darr (Un)	6:37
Women's Two Mile Run:	
1. Paula Rose (Blue Angels)	10:06
2. Suzanne Keith (RRR)	10:34
3. Carol Czarnetzki (BA)	11:01
4. Sue Brodcock (RRR)	11:20
5. Sandy De Noon (BA)	11:26

Men's Six Mile:	
1. John Gregario (ColoTC)	28:39
2. Dave White (AmAveTC)	30:17
3. Vicken Simonian (IACC)	30:31
4. Carl Swift (AmAveTC)	31:03
5. John Leeper (AggieTC)	31:14
6. Bob Macias (ELATC)	31:25
7. Paul Cook (AIA)	31:48
8. Tom Colley (RRR)	32:19
9. Stewart Boden (RRR)	32:34
10. Jim Ursulo (MSAC)	32:36
11. Steve Boten (STC)	32:40
12. Todd Ferguson (AIA)	33:31
13. Gabriel Grosz (CCAC)	33:43
14. Brian Woolsey (CCAC)	33:49
15. Irwin Merwin (CulCtyAC)	34:33

Boy's 1 Mile Run, 9 and under:

1. Mike Thomas (HuntBch)	8:35
2. Stephen Cunningham(ArHts)	9:31
3. Hector Duarte (LaFuente)	10:13

Boy's 1 Mile Run, 10-11:

1. Mike Assuma (RRR)	6:04
2. David Trusel (RRR)	6:06
3. Frank Jewitt (RRR)	6:13

Boy's 1 Mile Run, 12-13:

1. Raymond Cook (RRR)	5:50
2. Jim Kelley (LinderoMid)	6:03
3. Steven Mead (Maples Elem)	6:12

Boy's Intercommunity 1 Mile Run, 12-13:

1. Mark Lindstrom (Fontana)	5:50
2. Roger Phillips (SoHills)	6:42
3. Paul Carter (Walnut)	7:10

Boy's Two Mile Run, 14-15:

1. Chuck Assuma (RRR)	9:31
2. Steve Smith (NewbPark)	9:50
3. David Daly (OCBA)	9:55
4. Martin Escobar (MontebHS)	10:24
5. Tim Taylor (NewbPark)	10:40

GRIFFITH PARK A C 13 KM TEAM RUN

PLC		DATE--08057	
1	AJIM BAKSH	FAST TII	
2	LOU PATTERSON	42:33	
3	BOB KRZYCKO	43:44	
4	DAVE ASKREN	44:11	
5	CARL SWIFT	44:14	
6	PAUL COOK	44:51	
7	ROB BRANCH	45:10	28 CCAC
8	KENNETH MOFFITT	45:11	22 GNG
9	MIKE CHAMRLISS	45:12	SBAA
10	JOSE AMAYA	45:12	
11	RAYMOND HUGHES	45:15	35 SCS
12	LOU SILVA	46:10	
13	DENNIS CALDWELL	46:11	
14	DAVE LILLERY	46:19	
15	CARLOS ALFARO	46:31	33 AZTL
16	TOM COLLEY	46:48	18 SURR
17	LARRY PONTINE	47:03	32 SRAC
18	JON ROWEN	47:13	29 CCAC
19	STEVE DURAND	47:14	17 UNAT
20	SKIP SHAFER	47:18	36 CCAC
21	KEITH STRIPSKY	47:27	25 UNAT
22	JOHN PAGLIANO	47:35	35 GWAA
23	WALT MITT	47:37	
24	H. JONES	47:49	
25	RODRIGUIZ	47:55	
26	STEVE WODWIGUIZ	47:59	
27	TERRY GIBSON	48:21	
28	PAT MILLER	48:22	23 CCAC
29	M. VERNON	48:24	
30	JEFF RAWLINGS	48:25	
31	STEVE BLUM	48:40	
32	A. SIDMONS	48:42	
33	ROGER SCHOONOVER	48:43	
34	M. MUELLER	48:44	
35	A L MORTELLI	48:45	34 UNAT
36	HUMPHRIES	48:51	4 CCAC
37	GABRIEL GROSZ	49:27	
38	MARIO HILDOGA	49:40	
39	CHARLES HAKONE	49:45	GPAC
40	IRWIN MERWIN	49:56	24 CCAC
41	DAVID PEREZ	50:11	
42	IGLESIAS DIMAS	50:22	17 RRR
43	RAMOS	50:29	
44	LEMONS	50:44	
45	J. WHITL	50:46	
46	NORM SANDSTROM	50:49	
47	RAUL SEKVIN	51:08	
48	MOULTBERG	51:10	
49	CLIFFORD	51:11	
50	JUAN TONKES	51:15	

San Diego, August 17--Balboa Park 8 Mile

1) Phil Camp, SDTC (28)	40:57.5
2) Tom Lutz, Jamul Toads (22)	41:08
3) Thom Hunt, SDTC (17)	41:22
4) George Pullen, JmTds (21)	41:56
5) Rick Lord, JmTds (21)	42:08
6) J. Martin Nolasco, SDTC (26)	42:28
7) Michael Cour, SDTC (25)	42:48
8) Bill Johnson, SDTC (23)	43:30
9) Jim Mosher, USN (25)	43:57
10) Gary Hernandez (18)	44:03
11) Yale Strom, MM (18)	44:41
12) Fletcher Thornton, JT (21)	44:45
13) Bob Archibald (20)	44:49
14) Eric Galve (16)	45:08
15) Art Brown, SDTC (20)	45:14
16) Tom Bache, SDTC (32)	45:29
17) Bobby Fisher (15)	45:45
18) Richard Williams (17)	46:22
19) Wally Buckingham, SDTC (22)	46:23
20) Jim Arriola (17)	46:25
21) Kaj Johansen, SDTC (30)	46:31
22) Brian Davis, SDTC (14)	46:53
23) Tom Wheeler, ADUH (22)	46:59
24) Rick Satterlee, SDTC (15)	47:03
25) Pierre George (22)	47:29

3. Laroya Huff (WashDC)	11:05
4. Carrie Sherman (Miss)	11:08
5. Lori Green (Kansas)	11:13
6. Brenda Calhoun (Conn)	11:35
200 Yard Dash:	
1. Freda Hancock (Colo)	24:18
2. Denise Pemberton (San Mateo, California)	24:52
3. La Roya Huff (Wash DC)	24:58
4. Wanda Hooker (Tenn)	24:67
5. Lori Green (Kansas)	24:7
6. Linda Jones (Wash)	24:98
440 Yard Run:	
1. Linda Jones (Wash)	55:26
2. Veronica Venezia (San Rafael, California)	55:57
3. Trudi Rebsamen (Ill)	55:86
4. Yvonne Braxcon (Colo)	56:54
5. Barbara Zainen (Wis)	56:94
6. Sherrie Golden (Tex)	57:3
880 Yard Run:	
1. Robin Blaine (NY)	2:09.24
2. Rochelle Collins (Mich)	2:10.84
3. Cindy Worcester (Kans)	2:11.49
4. Ellen Brewer (Wis)	2:11.62
5. Kay Stormo (SD)	2:18.2
6. Jeanette Chapman (Pa)	2:21.4
One Mile Run:	
1. Paula Rose (Corona del Mar, California)	4:48.6
2. Julie Shea (NC)	4:53.6
3. Lalani Kelly (Wash DC)	4:55.0
4. Louise Murphy (Kansas)	4:58.3
5. Kathy Mills (NY)	4:58.3
6. Joan Benoit (Maine)	5:01.2
High Jump:	
1. Toni Jones (Wash DC)	5-8
2. Linda McDade (Ga)	5-7
3. Anne Gilliland (NewMex)	5-6
4. Joan Brockhaus (SD)	5-6
5. Lorri Hooker (Tex)	5-4
6. Venetia Constantine (Ma)	5-4
Long Jump:	
1. Ulinda Capers (Wash)	19-3/4
2. Linda Boyan (Ohio)	18-10½
3. Mary Smith (Mo)	18-8½
4. Kim Moran (Sepulveda, Ca)	18-7½
5. Sandra Lambert (Texas)	18-7½
6. Roxanne Keating (Ariz)	18-6½
Shot Put:	
1. Pamela Porter (SD)	47-2½
2. Christy Timberger (Kans)	46-3
3. Caryl VanPelt (Wash)	44-3
4. Kim Travers (Pa)	43-11 3/4
5. Julie Cabrido (Hawaii)	43-3
6. Kelly Puiks (Ariz)	46-7 3/4

BOYS EVENTS

120 Yard High Hurdles:	
1. J.D. Hill (Mo)	14:04
2. Karl Williams (Va)	14:07
3. James Walker (Ga)	14:25
4. Tony Hicks (DalyCity, Ca)	14:26
5. Jessie James (Tex)	14:49
100 Yard Dash:	
1. Chris Richards (Mich)	9:69
2. William Snoddy (Okla)	9:82
3. Cyril Wyatt (Fla)	9:88
4. David Blatcher (Ala)	9:91
5. Ron Kennedy (DalyCty, Ca)	9:93
6. Ken Foster (Va)	10:03
440 Yard Run:	
1. Antone Blair (Ohio)	47.0
2. Keith Brown (Md)	47.6
3. William Snoddy (Okla)	48.3
4. Wendell Shavers (Fla)	48.3
5. Jeff Sexton (Compton, Ca)	48.4
6. Mark Hurst (NY)	49.5
880 Yard Run:	
1. Dyrk Dahl (Colo)	1:52.06
2. Larry Weber (Wash)	1:52.32
3. Lester Mickens (Ga)	1:54.37
4. Bob Andrews (NY)	1:54.42
5. Brian Russell (Studio	

Orange, August 16--South Orange County JOK, Mason Park:

1) Dave Burkin	31:10
2) Mike Cour (SDTC)	31:52
3) Dennis Caldwell (ATA)	32:29
4) Vince Oboyo	32:36
5) Al Siddons	32:43
6) Brad Croad	32:47
7) Skip Shaffer, 1st 35+	32:59
8) Marlin Klubers	33:40
9) Ken Kendall (Striders)	33:46
10) Rick Fuller (CCAC)	33:58
11) Brodrick Payne	34:07
12) Andy Kicklighter	34:13
13) Mike Vernon	34:23
14) Arnie Romals	34:33
15) Scott Thornton (HSTC)	34:35
16) Smythe	34:39
17) Mervin Irwin (CCAC)	34:47
18) Len Thornton (HiSierra)	34:35
19) Ken Smith	35:09
20) John Rupp (STC)	35:13
21) Marv Alvarez	35:15
22) Unidentified	35:22
23) Victor Lemos (FTC)	35:42
24) Lew Roberts (STC)	35:43
25) Rick Ahlman	35:52
26) Jim Burly (SLDC)	35:54
27) Martin Bleasdale (SMTC)	35:55
28) John Starr (CCAC)	36:00
29) Brian Stansauk	36:15
30) R. A. Mozingo (TRTR)	36:16
31) John Heikes (STC)	36:19
32) Glen Turner (STC)	36:39
33) Dick Van Bercrelaer	37:04
34) Lee Barry	37:10
35) Ric Walker	37:13
36) John Wells	37:14
37) George Moss	37:15
38) Gil Perez (STC)	37:21
39) Tom Richards (CDMTC)	37:32
40) Mike Valencia (FTC)	37:45
41) Gary Farrar (SDTC)	37:53
42) Pat Patterson	37:55
43) Alan Dirkin	37:56
44) Alfred Valencia (FTC)	38:01
45) Tony Galovich	38:05
46) Bob Daniel (SDTC)	38:06
47) Unidentified	38:18
48) Chuck Seekins (STC) 1st 50+	38:33
49) Ray Valencia (FTC)	38:42
50) Gilpin Johnson	38:42
57) Christy Wilson (BlueAngel)	38:53
62) Al Clark (STC) 1st 60+	39:21
105) Esther Smith, 1st W-v	45:49
	/Dave Sills/

El Cerrito, August 9: 6th Hillside Run. 4 miles, hilly.

1. Ron Wayne	20:10
2. Tom Castro	20:45
3. Gene Fitzgerald	21:00
4. Dave Himmelberger	21:42
5. Bob Coleman	22:08
6. Dale Scott	22:26
7. Jack Browne	22:34
8. Dave Larson	22:44
9. Chris Johnson	22:54
10. Bill Harlow	22:57
18. George Moss (first senior)	24:05
24. Jim Myers (10 years old)	25:09
47. Eileen Allen (1-woman)	27:47
80 participants	

9TH PALOS VERDE MARATHON
RACE NUMBER 661 DATE--061475

PLC	NAME	TIME
1	ED CHAIDEZ	2:20:04
2	JOE CARLSON	2:24:14
3	KFNETH MOFFITT	2:24:48
4	DAVE WHITE	2:26:01
5	JIM ARQUILLA	2:26:01
6	MARK STEVENSON	2:26:11
7	CHARLES MUDGE	2:31:48
8	KAJ JOHANSEN	2:32:28
9	JEFF RAWLINGS	2:32:41
10	WILLIAM MCDERMOTT	2:33:26
11	PAUL COOK	2:33:30
12	DAVID WISE	2:33:35
13	PETER PAPPS	2:33:37
14	JOE BURGASSER	2:37:21
15	JOHN PAGLIANO	2:39:32
16	MICHAEL SOMERS	2:40:02
17	DFAN MCCOMB	2:41:51
18	HARRY GLENNAN	2:42:15
19	PAUL DULANEY	2:42:44
20	JOHN RUDBERG	2:42:52
21	JOHN FISANOTTI	2:43:12
22	RICHARD BARTEK	2:44:21
23	HUAN FEEFMAN	2:44:26
24	CHRAIG LOWRIE	2:44:52
25	JON BROWER	2:45:09
26	NORMAN SANDSTROM	2:45:34
27	TERRY GIBSON	2:46:37
28	BURTON ELLISON	2:46:42
29	STEVEN HUMPHRY	2:46:58
30	DON JONES	2:47:42
31	JTM MURLEY	2:48:29
32	CHRIS MENLINGS	2:48:56
33	JTM POWELL	2:49:43
34	CONRAD EROEN	2:50:03
35	JEFF WISE	2:50:13
36	FRANK MARKOWITZ	2:50:22
37	DAN SHEERAN	2:50:38
38	PICK AHLMAN	2:51:08
39	TOMAS CORY	2:52:00
40	MICHAEL SAYWARD	2:52:26
41	TOM DURANTI	2:52:28
42	JAS MCRABIDE	2:52:36
43	DAVID MOLLAND	2:53:11
44	DAVID BLINKINGSHO	2:54:09
45	TOM WAHE	2:54:10
46	RICH WEYAND	2:54:16
47	DOUG SORTINO	2:54:53
48	ROBERT JEFFREY	2:55:15
49	DOMINIC BOLOGNINI	2:55:25
50	STAN WOODS	2:55:37
51	ROBERT BROWN	2:55:47
52	DAVID SILLS	2:55:59
53	HAYDEN SMITH	2:56:13
54	ARTHUR CLAUSING	2:56:14
55	DON MURRAY	2:56:15
56	MIKE LOHR	2:56:26
57	HILL VILLA	2:56:31
58	JOHN LAIRD	2:56:38
59	JOHN MOULGATE	2:56:55
60	MICHAEL COLEMAN	2:57:04
61	SCOTT WILKINS	2:57:07
62	JOHN WEGNER	2:57:19
63	ROY DEGROOT	2:57:20
64	GEORGE DAVALL	2:57:30
65	STEWART BODEN	2:57:36
66	MARVIN WINER	2:57:39
67	DAVE BOUCHER	2:57:45

21ST HUNTINGTON BEACH DISTANCE DERBY
RACE NUMBER 671 DATE--080975

PLC	NAME	TIME
1	AJIM BAKSH	49:28
2	DAVE WHITE	49:31
3	BILL SCOBEY	50:38
4	HOB BRANCH	50:43
5	JOE CARLSON	51:12
6	MARK DULANEY	51:46
7	PAUL COOK	51:47
8	MARK COVERT	51:55
9	VIC SIMONIAN	51:56
10	JIM SWEENEY	51:57
11	J.MARTIN NOLASCO	51:58
12	RONALD KURRLE	51:58
13	LARRY HANSON	51:59
14	TONY REYNOSO	52:13
15	CARL SWIFT	52:48
16	HILL JOHNSON	52:49
17	WAYNE AKIYAMA	52:50
18	TOM COLLEY	54:31
19	RAYMOND HUGHES	54:45
20	DENNIS CALDWELL	55:00
21	SKIP SHAFFER	55:15
22	KEN KENDALL	55:16
23	HILL MCDERMOTT	55:19
24	ROBERT WATANABE	55:30
25	HOB LUGAN	55:34
26	STEWART HOWDEN	55:35
27	STEVE PROTEN	55:36
28	MIKE VERNON	55:43
29	JON BROWER	56:05
30	UNIDENTIFIED	56:05
31	PAYNE BRODERICK	56:11
32	UNIDENTIFIED	56:11
33	GABRIEL GROSS	56:17
34	JIM POWELL	56:36
35	NORM RUSTAD	56:36
36	JAMES URSULO	56:43
37	JOHN RUDBERG	56:56
38	ROBERT RIDLEY	57:03
39	LLOYD GEGGATT	57:07
40	JOE TOLEDO	57:08
41	MICHAEL HARRIE	57:39
42	JOHN FISANOTTI	57:44
43	FRANK FREYNE	57:51
44	GEORGE WINTERS	57:56
45	ERIC HAMMERSTEIN	57:58
46	DON JONES	58:12
47	JOHN TUTTLE	58:22
48	MIKE WALING	58:22
49	BRIAN STANSIAK	58:32
50	ANGUS MORRISON	58:37

4TH MALIBU CANYON CROSS COUNTRY
RACE NUMBER 686 DATE--100575

PLC	NAME	TIME
1	PAUL COOK	33:38
2	HRUCE JOHNSON	33:45
3	CHARLES HORN	33:50
4	HENNY MARTINEZ	33:56
5	CARL SWIFT	34:05
6	JIM ARQUILLA	34:10
7	PAT MILLER	34:14
8	JOE CARLSON	34:25
9	HOB MACIAS	34:36
10	STEVE CHASE	34:49
11	RAYMOND HUGHES	34:56
12	FRED MAIER	35:05
13	TOM LEE	35:10
14	CARLOS ALFARO	35:17
15	GORDON HALLER	35:19
16	ROBERT LUGAN	35:24
17	ANGELO CORLETT	35:29
18	MIKE VERNON	36:07
19	RAY MORALES	36:18
20	ROBERT RIDLEY	36:20
21	HOB ARCE	36:28

Los Gatos, August 23 -- 2nd Annual
Los Gatos Drummit Run, 5 Mile:

PLC	NAME	TIME
1	Hans Templen (Un)	29:50
2	Bill Clark (WVTC)	30:07
3	Mitch Kingery (CWTC)	30:26
4	Bob Paulin (CRR)	30:31
5	Jack Bellah (WVTC)	30:52
6	Dave Stock (WVTC)	31:01
7	Scott Carvey (Un)	31:24
8	John Moreno (CWTC)	31:33
9	Mark McConnell (Un)	31:36
10	Tony Munoz (CWTC)	31:38
11	Craig Corey (Un)	31:40
12	Joe Salazar (WSTC)	31:42
13	Russ Daggatt (OTC)	31:46
14	Jim Shettler (WVJS)	31:48
15	Armando Lagunas	31:53
16	Jesse Zamora (WSTC)	32:00
17	Bob Cooper (NS)	32:02
18	Bruce Rider (WVJS)	32:16
19	Greg Miller	32:25
20	Gary Goettelmann (WV)	32:27
21	Greg Mandanis (WS)	32:29
22	John Barbour (WS)	32:38
23	Jay Marlowe (CWTC)	32:41
24	John Clary (TRAC)	32:45
25	Tom Cooper (CRR)	32:46
26	Mike Smith (PAMA)	32:47
27	John Weidinger (ETC)	32:48
28	Roland Watson (WVTC)	32:57
29	Bruce Sayre (CWTC)	33:03
30	David Weikel (CWTC)	33:04

First 5 Open Women:

1	Judy Graham (SJC) #103	36:38
2	Phyllie Orlach (WVTC) #130	37:38
3	Peggy Lyman (WVTC) #134	37:47
4	J. Hendrickson (SJC) #152	38:37
5	Sally McPherson (SJC) #165	39:10

First 5 Masters Men:

1	Jim Shettler (WVJS) #14	31:48
2	Jerome Lewis (WSTC) #58	34:31
3	Ken Napier (WVJS) #60	34:35
4	Harold Demoss (Un) #81	35:33
5	Carl Martin (WVJS) #87	36:00

First 3 Masters Women:

1	Myrrha Eberly (LCP) #321	48:22
2	Mama "Toby" Ogilvie (LGAA)	48:55
3	Nancy Bean (ISE) #381	54:32

First 5 High School Girls:

1	Sue Nedry (WVTC) #115	37:00
2	Roxanne Bier (SJC) #125	37:27
3	Sue Monday (Un) #126	37:30
4	Diane Williams (PBP) #168	39:19
5	Alicia Montz (Un) #255	43:58

Team Champions--Men:

1	West Valley Track	61
2	Camino West	73
3	Woodside Striders	129

Team Champions--Women:

1	San Jose Cinderzals	715
2	West Valley Track	783

/Maynard Ormo/

1975 Pan-American Games
U.S.A. Women's Track & Field
Team Trials:
Duke Stadium, UCLA
Finals, August 31, 1975

1500 Meter Run

1	Jan Merrifill (Age-Grp AA)	4:10.6
2	Cindy Brewer (Wis. TC)	4:13.8
3	Judy Graham (SJC)	4:15.1
4	Peggy Heppel (ISU TC)	4:26.9
5	Margaret Groos (NW)	4:27.7

400 Meter Dash

1	Sharon Dabney (Clip. TC)	52.1
2	Debra Sapenter (PV AZM)	53.2
3	Pat Helms (Klub Keystone)	53.7
4	Debbie Roberson (IA TC)	54.4
5	Gwen Norman (Sports Int'l)	54.6

100 Meter Dash

1	Pam Jiles (WOS)	11.3w
2	Renaye Bowen (Un.)	11.4w
3	Chandra Cheesborough	11.5w
4	Brenda Monahan (TSU)	11.5w

Flagstaff, Arizona, August 23 --
Pan American Team Trials Marathon

PLC	NAME	TIME
1	Ric Rojas	2:26:25
2	Chuck Smead	2:28:11
3	Wayne Badgley	2:29:22
4	Bill Haviland	2:29:56
5	Steve Hoag	2:32:36
6	Steve Flanagan	2:33:44
7	Wayne Akiyama	2:34:10
8	Bob Busby	2:34:28
9	James Kelley	2:34:52
10	Reid Harter	2:36:04
11	Lee Pidler	2:37:04
12	Tom Nabers	2:39:43
13	Ron Fleming	2:40:45
14	Steve Floto	2:41:34
15	Kirk Pfeffer	2:44:23
16	Skip Hamilton	2:53:28
17	Terry Ziegler	2:53:53

The following runners did not finish:

Jeff Galloway	57:20
Herb Lorenz	57:34
Russ Pate	1:58:22
Rob Wayne	1:56:25
Tom Hoffman	29:31
Ed Bingham	2:02:55
Mike McAllister	32:40
Rick Trujillo	58:01
James Bowles	65:34
Bruce Robinson	60:11
Rick Lower	59:13
Fred Espinosa	28:56

/Bob DeCelle/

Grass Valley August 23, 1975
8th Annual Golden
Empire Cross Country Run

Women 14-over 2 Miles 440 Yards

1	Eileen Claugus (Un.)	12:24.4
2	Darcy Burleson (IKMA)	12:38
3	Pam Allen (Lassen TC)	12:44
4	Debbie Rudolf (LTC)	12:52
5	Karen Nachbar (WS)	13:02
6	Vickey Monroe (LTC)	13:40
7	Holly Himenes (Woodside)	13:48
8	Chris (Woodside)	14:15
9	Jody Garrard (Un)	14:20
10	Shawn Hoose (WS)	14:30

Men 12-13 1.8 Miles

1	Ray Eddy (Un.)	11:15
2	Matt Dugard (CB)	11:24
3	Tom Arnez (CB)	11:31

Men 14-15 1.8 Miles

1	Steve Pagella (CWTC)	10:19
2	Brian Barton (CWTC)	10:23
3	Harry Youkers (Un.)	10:36
4	Jon Valerga (DVTC)	10:40
5	Kevin Reynolds (DVTC)	10:42

Men 19-over Open 4.5 Miles

1	Benton Hart (Un.)	22:06.1
2	Adam Ferreira (HH)	22:13
3	Bob Deis (HH)	22:14
4	Jairo Vargas (NNAC)	22:14
5	Bob Loux (Un.)	22:25
6	Andy Sturgeon (GW)	22:27
7	Karl Schaechterue (Un.)	22:27
8	George Hernandez (NNAC)	22:29
9	Pete Flores (AFC)	22:41
10	Steve Palladino (CW)	22:45
11	Earl Lagomarsino (GW)	23:00
12	Jim Sane (Buffalo Chips)	23:05
13	Stan Ross (GW)	23:20
14	Mike Adams (AR)	23:25
15	Doug Butt (Marin)	23:36
16	Dave Cortez (Woodside)	23:52
17	Tom Blake (Aggie)	24:07
18	Greg Mandanis (Woodside)	24:12
19	Robert Bourbeau (WVTC)	24:20
20	David Robertson (WVTC)	24:30

47	DOUG SORTINO	2:54:53
48	ROBERT JEFFREY	2:55:15
49	DOMINIC BOLOGNINI	2:55:25
50	STAN WOODS	2:55:37
51	ROBERT BROWN	2:55:47
52	DAVID SILLS 37 STC	2:55:59
53	HAYDEN SMITH	2:56:13
54	ARTHUR CLAUSING	2:56:14
55	DON MURRAY	2:56:15
56	MIKE LOHR	2:56:26
57	HILL VILLA	2:56:31
58	JOHN LAIRD	2:56:38
59	JOHN HOULGATE	2:56:55
60	MICHAEL COLEMAN 26 GPAC	2:57:04
61	SCOTT WILKINS	2:57:07
62	JOHN WEGNER	2:57:19
63	ROY DEGROOT	2:57:20
64	GEORGE DAVALL 41 UNAT	2:57:30
65	STEWART BODEN	2:57:36
66	MARVIN WINER 37 CCAC	2:57:39
67	DAVE BOUCHER	2:57:45
68	RICHARD DAVIES 53 CCAC	2:57:59
69	JIM SMITH 40 UNAT	2:58:07
70	MIKE COSTELLO	2:58:21
71	BOB NASH	2:58:32
72	HILL REICHERT	2:59:28
73	ROGER MURRAY	2:59:30
74	PAUL DUELO	2:59:36
75	ROBERT JENSEN	2:59:51
76	TIM FIEFER	3:00:35
77	DFNNIS EGGLEY	3:00:37
78	STEVE HOFMANN	3:01:00
79	QUIRT DAVIS 32 SBAA	3:01:09
80	SAM NICHOLSON 46 STC	3:01:10
81	RON LUND	3:01:14

/John Brennan/

4TH MALIBU CANYON CROSS COUNTRY				
RACE NUMBER 686 DATE--100575				
PLC				FAST TIME
1	PAUL COOK			33:38
2	KRUCIE JOHNSON			33:45
3	CHARLES HORN			33:50
4	BENNY MARTINEZ 24			33:56
5	CARL SWIFT			34:05
6	JIM ARQUILLA 24 AATC			34:10
7	PAT MILLER			34:14
8	JOE CARLSON			34:25
9	HOR MACIAS			34:36
10	STEVE CHASE	21 UNAT		34:49
11	RAYMOND HUGHES 36 SFVT			34:56
12	FRED MAIER			35:05
13	TOM LEE			35:10
14	CARLOS ALFARO 35 AZTL			35:17
15	GORDON HALLER			35:19
16	ROBERT LUGAN			35:24
17	ANGELO CORLETT			35:29
18	MIKE VERNON			36:07
19	RAY MORALES			36:18
20	ROBERT RIDLEY 27 CCAC			36:20
21	HOR ARCE			36:28
22	TAYLOR H ALSTON			36:52
23	RICHARD WILLIS			36:56
24	JOHN BRENNAND 40 SBAA			37:03
25	RON YOUNG			37:04
26	SKIP SHAFER 37 CCAC			37:06
27	DOUG HUMPHRIES 19 UNAT			37:13
28	IGLESIAS DIMAS 18 RRR			37:25
29	JAMES W HOWLES 24			37:30
30	FRANK FREYNE 35 CCAC			37:45
31	DANNY RITCHEY 29 UNAT			37:53
32	A L MORTLELL 35 UNAT			37:56
33	JIM MOORE			38:24
34	JOHN WELLS			38:29
35	VINCENT GOMEZ 35			38:32
36	SAM NICHOLSON 46 STC			38:39
37	JOHN RUPP 29 UNAT			38:47
38	HOWIN MERLIN 25 CCAC			38:49
39	JOHN STARR 40 CCAC			38:54
40	HOR DANIEL			38:55

Half Moon Bay, September 19 -- Half Moon Bay Cross Country Invitational 4.0 Mile:

1)	Alfred Lara (Fresno CC)	21:42
2)	Steve Palladino (CSM)	22:09
3)	Steve Looney (Marin)	22:16
4)	Louis Grieco (FresnoCC)	22:23
5)	Harold Ketting (El Cam)	22:24
6)	Todd Baker (W. Valley)	22:24
7)	Kat Rios (W. Valley)	22:32
8)	Dave Vellequette (DeAnza)	22:39
9)	Greg Eger (DeAnza)	22:48
10)	Larry Martin (Marin)	22:51
11)	Dave Tomerlin (FresnoCC)	22:54
12)	Ray Rubio (Fresno CC)	22:56
13)	Steve Van Meter (ElCam)	22:59
14)	Brian McCurdy (Marin)	23:07
15)	Kim Baez (Marin)	23:11
16)	Marty Carreon (El Cam)	23:12
17)	Mike Garvey (El Cam)	23:15
18)	Bob Eaver (W. Valley)	23:17
19)	Mark Isaacson (W. Valley)	23:19
20)	Dave Hull (CSM)	23:20
21)	Armondo Laquenes (W.Vly)	23:29
22)	Larry Glennan (El Cam)	23:39
23)	Brian Hurdal (CSM)	23:42
24)	Pat Lacey (Marin)	23:48
25)	Gary Meyer (CSM)	23:49
26)	Keith Maurer (W. Vly)	23:50
27)	John Curry (El Cam)	23:52
28)	Bob Barnett (CSM)	24:01
29)	Jim Coughlin (Marin)	24:03
30)	Baltmore Betancourt(FCC)	24:04
Fresno City College 58, Marin 66, W. Valley 71, El Cam 73, San Mateo 98, DeAnza 144, Foothill 246		/Bob Fries/

/Don Arnett/

Bass Lake, September 6 -- Fourth Annual Bass Lake Half Marathon, 13 1/4 Miles:

1)	Hans Templeman (SanCarlos)	1:11:56
2)	Wayne Van Dellen (Wdlke)	1:15:53
3)	Jon Wegener (Ventura)	1:22:12
4)	Heinic Hartwig (Sonora)	1:23:37
5)	Len Thornton (Fresno)	1:23:51
6)	Bob Shirey (Oakhurst)	1:28:26
7)	Greg Ambroscini (Atwater)	1:30:33
8)	Ralph Reichert (Fresno)	1:33:10
9)	Stewart Cramer (Mariposa)	1:33:12
10)	Steve Morris (Atwater)	1:34:55

Santa Monica, September 6 -- "Striders 50" & SPA 50 Mile Championships on track at Santa Monica College

1)	Joe Burgasser (STC)	5:39:06
2)	Andrew Levinson (STC)	6:23:47
3)	Dan Sheeran (STC) 40+	6:30:23
4)	Donna Gookin (SDTC)1stWM	7:18:36
5)	Eileen Waters (SDTC)1stW	7:44:00
6)	Alan Reynolds (P/LomaTC)	7:45:09
7)	Joe Klass (Grif Pk AC)50+8:	13:42
8)	Robert Brown (Un)	8:28:05
9)	Ozzie Gontang (SDTC)	9:07:43
10)	Tom Bassler (STC)	10:32:48u
11)	Plavio Bisignano (STC)	11:35:00u
12)	Thaddeus Kostrubala(SDT)12:	30:00u
27 Starters		

Santa Monica, August 31 -- Santa Monica Marathon

1)	Dave Askren (Occi)	2:24:44
2)	Lewis Patterson (AIA)	2:26:40
3)	Jim Perez (Actlan TC)	2:28:59
4)	Tom Lee (Un)	2:32:32
5)	Robert Branch (CulvCty)	2:33:03
6)	Ajlm Baksh (SFVC)	2:36:15
7)	Tim Swezey (Pamakids)	2:36:33
8)	Thomas Amon McCann (Rsm)2:	41:01
9)	Anthony Geraldo (LsVgs)	2:42:40
10)	Jonathon Brower (CivCty)	2:42:55
11)	Pat Miller (CulvCityAC)	2:43:14
12)	John Faigliano (GNAA)	2:43:42
13)	Tom Gleason (Un)	2:44:17
14)	Scott Wilson (Oxnard)	2:46:58
15)	Christopher Heulings(Un)	2:47:27
16)	Dimas Iglesias (FagRock)	2:48:02
17)	John Rupp (Srs TC)	2:48:42
18)	Steve Rodriguez (Un)	2:49:40
19)	Kenneth Ganezer (Un)	2:50:35
20)	Michael Lonont (Hart HS)	2:51:02
21)	Joe Fiore (Las Vegas TC)	2:51:05
22)	Jim Hurley (Cal Poly)	2:51:32
23)	David Sills (Srs TC)	2:52:28
24)	Frank Thomas (BevHills)	2:52:42
25)	James Oleson (StaMonTC)	2:52:52
26)	Brian Stansauk (SPTC)	2:53:09
27)	Bart Coventry (Un)	2:53:16
28)	Mark Patterson (Un)	2:54:15
29)	Enrique Sigala (SchurrHS)2:	54:22
30)	James Korb (Un)	2:54:32
70)	Linda Heilmuller (Un)	3:09:00
88)	Sue Monday (Un)	3:14:58
105)	Alicia Kirkorn (BATC)	3:18:36
106)	Kelly Cerda (BATC)	3:18:37

Men 19-over Open 4.5 Miles

1.	Benton Hart (Un.)	22:06.1
2.	Adam Ferreira (RH)	22:13
3.	Bob Deis (HH)	22:14
4.	Jairo Vargas (INAC)	22:14
5.	Bob Loux (Un.)	22:25
6.	Andy Sturgeon (GW)	22:27
7.	Karl Schaechterue (Un.)	22:27
8.	George Hernandez (NNAC)	22:29
9.	Pete Flores (ATC)	22:41
10.	Steve Palladino (CW)	22:45
11.	Earl Lagomarsino (GW)	23:00
12.	Jim Sane (Buffalo Chips)	23:05
13.	Stan Ross (CW)	23:20
14.	Mike Adams (AR)	23:25
15.	Doug Butt (Marin)	23:36
16.	Dave Cortez (Woodside)	23:52
17.	Tom Blake (Aggie)	24:07
18.	Greg Mandanis (Woodside)	24:12
19.	Robert Bourbonau (HHTC)	24:20
20.	David Robertson (WTC)	24:30

1975 Pan-American Games U.S.A. Women's Track & Field Team Trials Drake Stadium, UCLA Finals, August 31, 1975

1500 Meter Run

1.	Jan Merrill (Age-Grp AA)	4:10.6
2.	Cindy Bremer (Wis. TC)	4:13.8
3.	Judy Graham (SJC)	4:15.1
4.	Peggy Heppel (ISU TC)	4:26.9
5.	Margaret Groos (NW)	4:27.7

400 Meter Dash

1.	Sharon Dabney (Clip. TC)	52.1
2.	Debra Sapenter (PV AZM)	53.2
3.	Pat Helms (Klub Keystone)	53.7
4.	Debbie Roberson (IA TC)	54.4
5.	Gwen Norman (Sports Int'l)	54.6

100 Meter Dash

1.	Pam Jiles (NOS)	11.3w
2.	Renaye Bowen (Un.)	11.4w
3.	Chandra Cheesborough	11.5w
4.	Brenda Morhead (TSU)	11.5w
5.	Martha Watson (LI)	11.5w

100 Meter Hurdles

1.	Deby La Plante (Un.)	13.5w
2.	Pat Donnelly (LI)	13.6w
3.	Rhonda Brady (MH YF)	13.6w
4.	Sonya Hardy (BC)	13.8w
5.	Jeanine Shepherd (CFC)	14.0w

800 Meter Run

1.	Kathy Weston (WS)	2:03.6
2.	Kathie Hall (WS TC)	2:04.2
3.	Cheryl Roulier (FTC)	2:05.5
4.	Debbie Vetter (ER TC)	2:07.1
5.	Chris Caldwell (PP)	2:09.1

200 Meter Dash

1.	Pam Jiles (NOS)	23.6
2.	Chandra Cheesborough	24.0
3.	Theresa Montgomery (SU)	24.0
4.	Rosalyn Bryant (MD YF)	24.0
5.	Freida Cobbs (BEB)	24.1

Javelin

1.	Kathy Schmidt (LA TC)	201'8"
2.	Sherry Calvert (LI)	186'0"
3.	Lynn Cannon (ML TC)	186'7"
4.	Karin Smith (LA TC)	175'10"
5.	Barbara Whitfield (Un.)	159'8"

High Jump

1.	Joni Huntley (Ore. TC)	6'0"
2.	Pam Spencer (GF RR)	5'10"
3.	Susan Hackett (Un.)	5'10"
4.	Louise Ritter (RO TC)	5'8"
5.	Connie Dorsey (TH TC)	5'8"

Shot Put

1.	Maren Seidler (MD YF)	50'1 1/2"
2.	Mary Jacobson (Un.)	49'6"
3.	Marcia Mocklenburg	48'10 1/2"
4.	Cel Rutledge (ML TC)	48'9"
5.	Jan Svendson (WVW)	48'0"

Long Jump

1.	Martha Watson (LI)	21'4 3/4"
2.	Kathy McMillan (Un.)	21'3 1/2"
3.	Sherron Walker (F TC)	20'8 3/4"
4.	Cathy Newman (ISU)	19'7 3/4"
5.	Willie White (CSU)	19'5"

Discus

1.	Terri Sabol (LA TC)	165'9"
2.	Jan Svendson (WVW)	162'6"
3.	Monette Driscoll (IA TC)	161'9"
4.	Lorna Griffin (FVT)	156'8"
5.	Linda Langford (MD YF)	155'3"

Pentathlon

1.	Gale Fitzgerald (Atoms TC)	4306
2.	Dana Collins (Salem TC)	4103
3.	Marilyn King (ML TC)	4079
4.	Teri Seippel (KS)	3810
5.	Patsy Walker (TCS)	3786

/Bob Seaman/

Alameda, September 6 -- Alameda Cross Country Carnival at Alameda Municipal Golf Course, 10,000 meters:

High School:

1)	Dan Harvey (CW)	34:25
2)	Kurt Vineyard (AR)	35:07
3)	Harry Youkers (AR)	35:52
4)	Ron Busby (WVTC)	36:00
5)	David Renaud (AR)	36:12
6)	Marc O'Hara (MC)	36:21
7)	Ken Romiguere (C)	36:22
8)	Peter Wilamoski (AR)	36:29
9)	Bob Rollit (WVTC)	36:32
10)	Gary Veasy (AHS)	37:09

Masters (40+):

1.	James Shettler (WVJS)	34:26
2.	Bill Jensen (FK)	36:05
3.	Ulrich Kaempf (TRAC)	36:26
4)	John Finch (NCSTC)	36:54
5)	Bill Snavely	37:52
6)	James Jacobs (NCSTC)	37:52
7)	Dennis Egly	38:39
8)	Derl Crowder (UA)	39:28
9)	Paul Reese	40:12
10)	Al Weil (NCSTC)	40:30

Open:

1)	Jim Nuccio (WVTC)	31:04
2)	Matt Yeo (WS)	32:22
3)	Skyler Jones (WVTC)	32:29
4)	Humberto Hernandez (WV)	32:36
5)	Dennis Tracy (WVTC)	33:11
6)	Tony Webb (UA)	33:12
7)	David Himmelberger(WVTC)	33:29
8)	Bob Bailey (UA)	33:32
9)	Clark Rosen (PK)	33:37
10)	Doug Butt (MH)	34:03
11)	Nicholas Vost (GSTC)	34:17
12)	Roland Watson (WVTC)	34:27
13)	John Seidinger (ETC)	34:32
14)	Ralph Bowles (WVJS)	34:42
15)	Dave Robertson (WVTC)	34:45
16)	Bryan Tracy (UA)	35:00
17)	Kent Guthrie (WVJST)	35:06
18)	Mark Lund (WVTC)	35:05
19)	Jeff Zimmerman	35:11
20)	Bryan Gieser (WS)	35:42

Women, 15+:

1.	Kathy Adams (Wls Spike)	17:02
2.	Karen Kachbar (WlsSpk)	17:19
3.	Ruth Anderson (NCSTC)	18:38
4)	Skip Swannack (UA)	18:58
5)	M. Louise Adamson (WVTC)	19:02
6)	Terry Gellner (DSE)	20:13
7)	Shella Scannell (UA)	20:58
8)	Andrea Cheek (BEBTC)	21:27
9)	Barbara Robben (UA)	21:32
10)	Karen Scannell (PK)	22:12

White Plains, New York; August 8, 9 & 10 -- 1975 AAU Masters Track & Field Championships

100 Meters:

1A	1. R. H. Whilden	10.7
2.	Thane Baker (Srs TC)	10.9
3.	Phillip Presher (NoCalSrs)	11.5
1B	1. Jack Greenwood (SrsTC)	11.4
2.	Dick Martin (NoCalSrsTC)	11.5
3.	Oswald Dawkins (SrsTC)	11.5
4.	Huel Washington (BAS)	11.6
2A	1. Rich Stolpe (Cor del Mar)	11.5
4.	Wayne Ambrose (Cor d Mar)	12.3
2B	1. Alfred Guidet (CDM)	12.2
2.	Clarence Killian (NoClSr)	12.4
4.	Bill Morales (CDM)	13.1
3A	1. F. Sjostrand (BH Str)	12.6
4.	John Satti (NoCalSrs)	13.5
4A	1. W. McFadden (SDTC)	14.4
2.	Sing Lum (Bkfld TC)	14.5
3B	1. Jack Williams (VetsAC)	13.0
2.	Ken Carnine (NoCalSrs)	13.5
3.	Joe Caruso (Srs TC)	13.5
5.	A Puglizovich (NoCalSrs)	14.4
4B	1. H. Okada (Japan)	15.1

200 Meters:

1A	1. Robert Thomas (NYPionrs)	22.3
2.	W T Baker (Srs TC)	22.5
3.	Phillip Presher (SrsTC)	22.6
1B	1. Jack Greenwood (Srs TC)	23.2
2.	Oswald Dawkins (Srs TC)	23.6
3.	Don Cheek (CDM)	23.6
4.	Dick Martin (NoCalSrs)	24.3
5.	Huel Washington (BAS)	24.3
2A	1. Richard Stolpe (CDM)	23.9
4.	Robert Roemer (Srs TC)	24.8
5.	Wayne Ambrose (CDM)	24.8
3A	1. Fritiof Sjostrand (BHS)	25.9
3.	John Satti (NoCalSrs)	27.7
3B	1. Jack Williams (Vets AC)	27.9
2.	Ken Carnine (Srs TC)	28.3
4A	1. Winfield McFadden (Un)	31.0
3.	Sing Lum (Bfld)	32.2

400 Meters:

1A	1. Van Parish (Srs TC)	55.8
1B	1. Jack Greenwood (SrsTC)	52.0
2.	Don Cheek (CDM)	52.4
4.	Huel Washington (BAS)	56.3
2A	1. Rich Stolpe (CDM)	54.6
3.	George Futenbaugh	57.9
6.	Thomas Clayton (CDM)	60.0
2B	1. Al Guidet (CDM)	57.4
4.	Edward Halpin (CDM)	61.7
3A	1. Fritiof Sjostrand (BAS)	59.7
3B	4. Sidney Madden (BHS)	74.4
5.	Ken Carnine (Srs TC)	91.9
4B	1. Paul Spangler (SnLuisDC)	88.7

1500 Meters:

1A	1. Albert Thomas (St.Geo.)	3:58.2
10.	Bill Gookin (SDTC)	4:19.5
11.	Ed Gookin (SDTC)	4:20.0
13.	Tom Stuvak (BH Strdrs)	4:23.5
19.	Ray Archibald (USMITT)	4:40.0

2B	1. John Gilmour (Un)	35:06.4
2.	John Lafferty (SDTC)	37:36.2
5.	James Oleson (SM AC)	39:40
3A	1. John Wall (HowCoStrd)	40:38
3B	1. Syd Hesketh (NSWVets)	42:02
4	1. Paul Spangler (SLDC)	54:47

110 Meter High Hurdles:

1A	1. M. D. Burger (HlsHrs)	15.2
2.	Dave Jackson (Cor dl Mar)	15.9
5.	Ray Fitzhugh (USMITT)	17.9
7.	Van Parish (Srs TC)	19.2
1B	1. Jack Greenwood (Srs TC)	15.3
2.	Don Donnelly (Cor Dl Mar)	32.8
2A	1. George Bartlett (Col Hrs)	17.2
2.	Robert Roemer (Srs TC)	18.8
3.	Wayne Ambrose (CDM)	19.0
4.	Jon Hutchinson (CDM)	19.4
2B	1. E W Reiner (SDTC)	20.3
2.	Clarence Killian (SrsTC)	22.0
3A	1. George Braceland (PhMstr)	19.3
4.	Ted Hatten (Cl West)	20.6
3B	1. Dick Lacey (NY Pioneers)	22.5
3.	Walter Frederick (Srs TC)	26.8

400 Meter Hurdles

1A	1. Colin Shafto (NoVetsAC)	59.4
4.	Van Parish (SRS TC)	60.7
5.	Al Sheehan (SfVal TC)	62.4
1B	1. Jack Greenwood (Srs TC)	58.7
2A	1. Wayne Ambrose (CDM)	66.2
2.	Thomas Clayton (CDM)	68.3
4.	Jon Hutchinson (CDM)	72.0
5.	George Futenbaugh (STC)	77.8
2B	1. Al Guidet (CDM)	68.6
2.	E W Reiner (SDTC)	75.7
3A	1. George Braceland (PhMst)	75.8
3B	1. Dick Lacey (NY Pioneer)	82.9
2.	Walt Frederick (Srs TC)	1:34.0
4A	1. Hervert Anderson (Un)	1:52.3

800 Meters:

1A	1. Paul Richardson (Un)	1:58.7
7.	Edwin Gookin (SDTC)	2:04.5
11.	Bob Luallhatl (Srs TC)	2:09.6
14.	Ray Archibald (USMITT)	2:14.3
1B	1. Dean Smith (Un)	2:08.9
6.	Bob Holmes (SDTC)	2:13.9
2A	1. Bill Fitzgerald (SrsTC)	2:03.8
4.	George Futenbaugh (SrTC)	2:08.6
6.	Alan Dale (Srs TC)	2:16.6
7.	Robert Poet (Srs TC)	2:17.6
8.	Ray Gil (Srs TC)	2:19.3
11.	Emmett Smith (Srs TC)	2:22.9
2B	1. Jack Stevens (St Stev Hr)	2:17.1
3.	Edward Halpin (CDM)	2:22.6
3A	1. William Andberg (TCTC)	2:27.2
3B	1. C E Kline (Rich T&F)	2:32.3
2.	Sidney Madden (BH Strdr)	2:37.8
4.	Richard Brendenbeck (SDTC)	2:38.7
5.	Fred Bierlein (Srs TC)	2:44.6
4A	Harold Chapson (HawMstr)	2:42.4
4B	1. Paul Spangler (SLuisCl)	3:27.7

5000 Meter Walk:

1A	1. Roy Thorpe (Sheffield)	23:18:2
1B	1. John Kelly (BH Strdrs)	24:10.6
2A	1. Robert Mimm (Un)	25:37
2B	1. Don Johnson (Shore AC)	27:09
2.	Bob Long (BH Strdrs)	29:28
3a	1. Anthony Medeiros	27:11
3B	1. Clair Duckham (Ohio TC)	30:54
3.	Chesley Unruh (SDTC)	32:14
4A	1. Alfred Toberts (HhgHrs)	28:18
4B	1. Edward Doran (Buff AC)	40:29
One Mile Relay:		
Div 1	1. Veterans AC	3:37.4
Div 2	1. Seniors TC	3:33.4
Div 3	1. USMITT (B)	NT
400 Meter Relay:		
Div 1	1. No. Calif. Srs TC	45:0
2.	Seniors TC	45.1
3.	Corona del Mar	45.7
Div 2	1. Corona del Mar	48.2

Pentathlon:

1A	1. Phillip Conley (WVTC)	2626
4.	George Waterman (CDM)	2146
6.	Edward Phillips (MCSTC)	1882
1B	1. Harry Hawke (SDTC)	2279
2.	Harold Wallace (STC)	2032
2A	1. Robert Roemer (STC)	1992
3.	Ray Spencer (SDTC)	1742
4.	Jon Hutchinson (CDM)	1673
2B	1. Bill Morales (CDM)	1627
2.	Gordon Farrell (CDM)	878
3A	1. George Braceland (PhMst)	1441
3.	Charles McMahon (SDTC)	919
3B	1. Ken Carnine (STC)	1268
4A	1. Herbert Anderson (Un)	426

Discus:

1A	1. Edward McComas (Baltim)	154-9
6.	George Waterman (CDM)	118-0
1B	1. Fanie DuPlessis (SoAfric)	137-11
2.	Harry Hawke (SDTC)	123-11
6.	Emson Grimm (STC)	53-5
2A	1. George Ker (CDM)	149-0
2B	1. Dan Aldrich (CDM)	137-77
3.	Nathaniel Heard (CDM)	117-4
3A	1. K. Maksimezyk (WestbrgHr)	135-6
4.	Charles McMahon (SDTC)	103-4
5.	Thomas Montgomery (CDM)	98-0
6.	James York (NoCalSrs)	94-8
7.	A E Vesco (Srs DC)	93-4
3B	1. Ken Carnine (NoCalSrs)	105-4
4A	1. Stan Herrmann (StaBarb)	102-0
3.	Winfield McFadden (SDTC)	82-7
Triple Jump:		
1A	1. Dave Jackson (CDM)	43-7
2.	Alvis Andrew (CDM)	43-2 3/4

3A	1. Miyata Tazaki (Japan)	34-1/4
2.	John Damski (Sn FernVTC)	31-6 1/4
8.	Ted Hatlen (Club West)	23-11 1/4
3B	1. Joe Caruso (Srs TC)	27-91/4
4A	1. Winfield McFadden (SDTC)	23-1
4B	1. Walter Westbrook (Un)	23- 3 1/4
Shot Put:		
1A	1. Edward McComas (Md)	53-3 3/4
5.	George Waterman (CDM)	41-1 1/2
1B	1. Harry Hawke (SDTC)	37-7
4.	Emson Grimm (Srs TC)	23-2
2A	1. George Ker (Calif)	50-10 1/2
2B	1. Nathaniel Heard (CDM)	43-8 3/4
3.	Daniel Aldrich (CDM)	37-6 1/4
3A	1. K. Maksimezyk (WestbrgHrs)	39-5
2.	Thomas Montgomery (CDM)	38-2
4.	James York (NoCalSrs)	36-2
6.	Charles McMahon (SDTC)	33-8
8.	A E Vesco (Srs TC)	30-6
3B	1. A J Puglizovich (NoClSr)	28-5
4A	1. Stan Herrman (ClbWest)	38-4

High Jump:

1A	1. Stig Pettersson (Un)	6-6
3.	Donald Rose (NoCalSrs)	5-6
4.	Phillip Conley	5-6
5.	Raymond Fitzhugh (USMITT)	5-6
1B	1. Ed Austin (CDM)	5-8
2.	Shirley Davissom (CDM)	5-4
6.	Bob Holmes (SDTC)	4-8
2A	1. George Barlett (CollHrs)	5-4
3.	Dave Brown (CDM)	4-10
2B	1. Burl Gist (CDM)	5-4
2.	Orville Gillette (Un)	5-2
4.	Gordon Farrell (CDM)	4-6
3A	1. Ian Hume (RichnRegTC)	4-10 1/4
3.	John Damski (SanFernVTC)	4-8
7.	John Satti (NoCalSrs)	4-2
8.	Ted Hatlen (ClWest)	4-2
3B	1. Richard Lacey (NY Pion)	4-2
2.	Fred Bierlein (NoCalSrs)	4-0
5.	Walter Frederick (STC)	3-9

Long Jump:

1A	1. Dave Jackson (CDM)	20-5 3/4
3.	Phillip Conley (WVTC)	18-11 1/2
5.	Ray Fitzhugh (USMITT)	17-8 1/4
1B	1. Phil Schlegel (CDM)	19-4 3/4
2.	Shirley Davissom (CDM)	19-3 3/4
3.	Huel Washington (LAE)	17-1/2
4.	Don Donnelly (CDM)	16-7 3/4
1.	Richard Morcom (PhMst)	17-11 1/2
6.	Raymond Spencer (SDTC)	15-9 3/4
7.	Robert Roemer (NoCalSrs)	15- 3/4
9.	Jon Hutchinson (CDM)	14-9 3/4
2B	1. Gordon Farrell (CDM)	15-6 3/4
2.	Bill Morales (CDM)	15-4 1/2
3A	1. John Satti (MCSTC)	15-8 3/4
2.	John Damski (SanFernVTC)	14-9
7.	Morris Gleimer (SnFernTC)	13-2
3B	1. Joe Caruso (Srs TC)	6-1/2

3A	1. John Fraser (Scotland)	143-6
4.	Thomas Montgomery (CDM)	122-2
5.	Charles McMahon (SDTC)	108-7
8.	A E Vesco (STC)	101-8
3B	1. Randolph Hubbell (SrsTC)	102-7
4A	1. Stan Herrmann (ClWest)	97-0
Javelin:		
1A	1. Phillip Conley (WVTC)	221-11
4.	Donald Rose (NoCalSrs)	158-8
5.	Edward Phillips (NoCalSrs)	138-11
6.	Ray Fitzhugh (USMITT)	129-9
1B	1. Harold Wallace (SrsTC)	154-7
3.	Harry Hawke (SDTC)	154-2
2A	1. Aivars Pavulins (HawMstr)	150
2B	1. Bill Morales (CDM)	144-6
2.	Dan Aldrich (CDM)	141-1
3A	1. Charles McMahon (SDTC)	122-9
3B	1. William Dunham (Un)	107-3
2.	Ken Carnine (NoCalSrs)	107-2

Pole Vault:

1A	1. Valentine Lunn (BulwyHrs)	11-0
4.	Dave Douglas (BvHlsStr)	9-6
1B	1. Jerry Donley (Un)	12-0
2.	Harold Wallace (SrsTC)	10-6
2A	1. Richard Morcom (PhMstrs)	11-0
2.	David Brown (CDM)	10-6
6.	Jon Hutchinson (CDM)	8-0
2B	1. Jim Vernon (Un)	9-6
2.	Orville Gillette	8-6
3A	1. Bud Deacon (HawMstrs)	11-6
3B	1. Adalbert Brosz (Sptcl)	8-6
4A	1. Walter Westbrook	8-5

Oceanside, September 8 -- Fourteenth Annual Robin Larivee Memorial Ten Mile Run

1)	Phillip Cady (SDTC)	51:05.8
2)	Martin Nolasco (SDTC)	52:41
3)	Duane Waltmire (Un)	53:37
4)	Arthur Brown (SDTC)	54:51
5)	Skip Shaffer (CCAC) 35+	54:54
6)	Walt Waltmire (Un)	55:17
7)	Rick Trachak (USMC)	55:23
8)	Graham Farnell (Un) 45+	55:24
9)	James Mosher (USN)	56:27
10)	Bill Gookin (SDTC) 40+	57:01
11)	Dean McComb (Un)	57:03
12)	Terry Huddleston (SCStrd)	57:05
13)	Mike Lohr (Un)	57:16
14)	Gilbert Ramos (Un)	57:26
15)	Mark Pricker (Un)	57:36
16)	Gerald Metzler (USN)	57:54
17)	Tom Rothhaar (SDTC) 30+	58:21
18)	Bob Mackel (SDTC)	58:26
19)	Rod Kuffin (NRRC)	58:39
20)	John Dibos (SDTC)	59:28

1.	Jack Greenwood (SrsTC)	52.0
2.	Don Cheek (CDM)	52.4
3.	Huel Washington (BAS)	56.3
1.	Rich Stolpe (CDM)	54.6
3.	George Futenbaugh	57.9
6.	Thomas Clayton (CDM)	60.0
2B		
1.	Al Guidet (CDM)	57.4
4.	Edward Halpin (CDM)	61.7
3A		
1.	Fritiof Sjostrand (BAS)	59.7
3B		
4.	Sidney Madden (BHS)	74.4
5.	Ken Carnine (Srs TC)	91.9
4B		
1.	Paul Spangler (SnLuisDC)	88.7

1500 Meters:

1.	Albert Thomas (St. Geo.)	3:58.2
10.	Bill Gookin (SDTC)	4:19.5
11.	Ed Gookin (SDTC)	4:20.0
13.	Tom Stuvak (BH Strdrs)	4:23.5
19.	Ray Archibald (USMITT)	4:40.0

3000 Meter Steeplechase:

1.	Bengt Jarnhester (Swdn)	4:18.2
8.	Stanley Coben (BHS)	4:45.9
2A		
1.	Avery Bryant (Srs TC)	4:27.9
3.	Mauro Hernandez (SMTTC)	4:30.2
8.	Alan Dale (Srs TC)	4:44.2
12.	Emmett Smith (NoCalTC)	5:11.5
2B		
1.	John Gilmour (Un)	4:41.0
3A		
1.	William Andberg (TCTC)	5:04.0
3B		
1.	Mervyn Jenkinson (OnsVts)	5:03.3
4.	Richard Bredenbeck (SDTC)	5:36.0
6.	Walter Frederick (SrsTC)	6:15.3
4A		
1.	Harold Chapson (Hawaii)	5:21.1
4B		
1.	Paul Spangler (SLDC)	6:33.9

5000 Meters:

1.	Albert Thomas (St. Geo.)	14:49.8
9.	John Stayton (STC)	16:19.0
12.	Joseph Livesay (SETC)	16:48
1B		
1.	Peter Mundle (SMTTC)	15:55.8
8.	Bill Stock (SDTC)	17:40
18.	Robert Herman (Srs TC)	20:44
2A		
1.	Jack Brown (CambrHrs)	16:14.0
2.	James O'Neil (SFOlym)	16:19.6
4.	Mauro Hernandez (SMTTC)	17:01.8
8.	Ray Gil (Srs TC)	17:39.0
2B		
1.	John Gilmour (Un)	16:25.8
2.	James Oleson (JMTTC)	17:57.0
3.	Robert Long (BHS)	19:03.8
4.	Edward Halpin (CordMar)	19:50.6
3A		
1.	William Andberg (TCTC)	18:44.6
3B		
1.	Syd Hesketh (NCW Vets)	20:05.4
3.	Jim Hole (Srs TC)	20:59
5.	Walter Frederick (STC)	22:54
4A		
1.	Paul Hode (AlliCanton)	25:44
4B		
1.	Paul Spangler (SLDC)	23:30

10,000 Meters:

1.	Kenneth Harland (CambrHrs)	32:19.0
7.	James Jacobs (Srs TC)	35:15
1B		
1.	Tony Sapienza (BAA)	34:09.2
13.	Robert Herman (SrsTC)	44:15
14.	Harry Siitonen (DiphnSeP)	44:39
2A		
1.	James O'Neil (SF Olym)	34:46.6
7.	Robert Donald (SrsTC)	41:02
8.	Marvin Hoary (SDTC)	45:42

1.	Dean Smith (Un)	2:08.9
2.	Bob Holmes (SDTC)	2:13.9
2A		
1.	Bill Fitzgerald (SrsTC)	2:03.8
4.	George Futenbaugh (SrTC)	2:08.6
6.	Alan Dale (Srs TC)	2:16.6
7.	Robert Poet (Srs TC)	2:17.6
8.	Ray Gil (Srs TC)	2:19.3
11.	Emmett Smith (Srs TC)	2:22.9
2B		
1.	Jack Stevens (St Stev Hr)	2:17.1
3.	Edward Halpin (CDM)	2:22.6
3A		
1.	William Andberg (TCTC)	2:27.2
3B		
1.	C E Kline (Rich T&F)	2:32.3
2.	Sidney Madden (BH Strdr)	2:37.8
4.	Richard Brendenbeck (SLTTC)	3:38.7
5.	Fred Bierlein (Srs TC)	2:44.6
4A		
1.	Harold Chapson (HawMstr)	2:42.4
4B		
1.	Paul Spangler (SLuisCl)	3:27.7

3000 Meter Steeplechase:

1.	J O Macdonald (ChrChchHr)	9:29.8
1B		
1.	Bill Stock (SDTC)	10:50
2.	John Noble (Srs TC)	10:52
2A		
1.	Elver Gaston (Ktrn Strd)	11:55
2B		
1.	Robert Long (BHS)	12:13
3A		
1.	R M MacTarnahan (USMITT)	11:56
3B		
1.	Paul Carmichael (Olym Cl)	16:27

Triple Jump:

1.	Dave Jackson (CDM)	43-7
2.	Alvis Andrews (CDM)	43-2 3/4
5.	Phillip Preaber (STC)	40-2
6.	Phillip Conley (WVTC)	38 10 1/4
8.	Ray Fitzhugh (USMITT)	34-1/2
1B		
1.	Shirley Davisson (CDM)	40-3
2.	Phil Schlegel (CDM)	38-5 1/2
4.	Huel Washington (BA Str)	33-6 1/2
2A		
1.	Edwin Lukens (SyracuseCh)	34-10 1/4
3.	Raymond Spencers (SDTC)	33-1
4.	Jon Hutchinson (CDM)	31-5 1/2
2B		
1.	Gordon Farrell (CDM)	35-9 3/4

Long Jump:

1.	Dave Jackson (CDM)	20-5 3/4
3.	Phillip Conley (WVTC)	18-11 1/2
5.	Ray Fitzhugh (USMITT)	17-8 1/4
1B		
1.	Phil Schlegel (CDM)	19-4 3/4
2.	Shirley Davisson (CDM)	19-3 3/4
3.	Huel Washington (BAE)	17-1/2
4.	Don Donnelly (CDM)	16-7 3/4
2A		
1.	Richard Morcom (PhilMst)	17-11 1/2
6.	Raymond Spencer (SDTC)	15-9 3/4
7.	Robert Roemer (NoCalSrs)	15- 3/4
9.	Jon Hutchinson (CDM)	14-9 3/4
2B		
1.	Gordon Farrell (CDM)	15-6 3/4
2.	Bill Morales (CDM)	15-4 1/2
3A		
1.	John Satti (HCSTC)	15-8 3/4
2.	John Damski (SanFernVTC)	14-9
7.	Morris Gleimer (SnFernTC)	13-2
3B		
1.	Joe Caruso (Srs TC)	6-1/2
4A		
1.	Winfield McFadden (SDTC)	13-3

Hammer Throw:

1.	Howard Payne (Brethl4,Ms)	209
8.	Dave Douglas (EevHlsStr)	111-9
1B		
1.	Thomas Mullins (Un)	172-10
2A		
1.	Sandy Patterson (Un)	106-5
2B		
1.	Thomas McDermott (MadYcCl)	133-5
2.	Dan Aldrich (CDM)	97-3



#302 - Monty Montgomery: One of best in over 60 age group. photo by Bud Hanson

September 20

GEORGIA DEL MAR INVITATIONAL (2.6 miles long Back Bay)

INDIVIDUALS:

1.	McConnell (Ed)	9:50
2.	Goldins (Sal)	10:00
3.	Hogan (Ed)	10:10
4.	Ed 10:11	5. Christensen (Ed) 10:14
6.	Rodriguez (Sal)	10:19
7.	Goldstein (Ed)	10:25
8.	Estrada (SAV)	10:30
9.	Cleary (GG)	10:34
10.	Castiles (Sal)	10:34
11.	Greenhouse (VP)	10:34
12.	Ringer (SAV)	10:36
13.	Alvarez (GG)	10:40
14.	Kelsay (Ed)	10:41
15.	Martin (VP)	10:43
16.	Sekare (Ed)	10:50
17.	Roley (VP)	10:51
18.	Avila (Sal)	10:51
19.	Westfall (VP)	10:52
20.	Leong (VP)	10:53

TEAMS: 1. Edison 20, 2. Salesian 60, 3. Villa Park 82, 4. (He) Garden Grove and Santa Ana Valley 136, 6. Los Alamitos 138, 7. Tustin 194, Troy and Coachella Valley, no score.

INDIVIDUALS:

1.	St. John (MD)	9:59
2.	Fricker (Hemat)	10:07
3.	Lohr (Hemat)	10:08
4.	Cox (WII)	10:12
5.	Money (EM)	10:15
6.	Doud (WII)	10:16
7.	Triplett (WII)	10:16
8.	Calvano (Ed)	10:30
9.	Harrall (HB)	10:25
10.	Glass (Unl)	10:27
11.	O'Hara (MD)	10:30
12.	Gloumen (MD)	10:38
13.	Fero (Unl)	10:40
14.	Becker (RA)	10:42
15.	Krieger (HB)	10:44
16.	Newell (EM)	10:48
17.	Duff (HB)	10:49
18.	Gifford (HB)	10:50
19.	Long (Unl)	10:51
20.	Wooten (WII)	10:53

TEAMS: 1. L.B. Wilson 99, 2. Huntington Beach 67, 3. University 94, 4. Mater Del 93, 5. Hemet 95, 6. El Modena 101, 7. Rancho Alamitos 154, 8. Los Amigos 239, Bolsa Grande and Marmoth, no score.

INDIVIDUALS:

1.	J. Day (CdM)	9:58
2.	Spilsbury (F)	10:00
3.	Gerich (F)	10:07
4.	Tobarly (F)	10:11
5.	Loker (Wm)	10:31
9.	Boegeman (F)	10:32
10.	Tetrake (FV)	10:32
11.	Holland (CdM)	10:32
12.	Way (F)	10:39
13.	Silva (Val)	10:41
14.	Daly (CdM)	10:44
15.	Flores (Val)	10:45
16.	Venegas (Val)	10:47
17.	Blanks (BQ)	10:48
18.	Sarmento (FV)	10:49
19.	Roberts (Val)	10:52
20.	Noian (FV)	10:54

TEAMS: 1. Foothill 30, 2. Valencia 86, 3. Fountain Valley 77, 4. Corona del Mar 119, 5. Westminster 125, 6. Laguna Beach 174, 7. Newport Harbor 181, 8. Pacific 212, 9. Brea-Olinda 224.

/Ted Brazil/

Arroyo Grande, September 27 -- Arroyo Grande Harvest Festival, 8 M.

1.	Ed Cedena (SLDC)	40:31
2.	John Beaton (GroverCty)	44:18
3.	Jim Hilserman (SLO)	44:18
4.	Rey Pena (SLO)	44:48
5.	John Flather (FaloAlto)	44:58
6.	Stan Rosenfield (SLO)	45:15
7.	Jack Cline (Grover City)	46:02
8.	Gary Farrar (SLO)	48:11
9.	K. C. Shaw (Atascadero)	48:17
10.	Jim Webb (SLO)	49:01

/Stan Rosenfield/

Hamilton Junior High Invitational Cross Country

Table with 3 columns: Rank, Name, Time. Lists girls varsity 1.4 miles results from 1st to 10th place.

Team Standing

Table with 2 columns: Team Name, Points. Lists Clark, Ahwahnee, and Tenaya.

County Schools Varsity 2Miles

Table with 3 columns: Rank, Name, Time. Lists county school varsity 2 mile results from 1st to 10th place.

Team Standing

Table with 2 columns: Team Name, Points. Lists Tenaya-Merced, Clark, McCabe, and Firebaugh.

Fresno City Schools Varsity 2Miles

Table with 3 columns: Rank, Name, Time. Lists Fresno city schools varsity 2 mile results from 1st to 10th place.

Team Standings

Table with 2 columns: Team Name, Points. Lists Ahwahnee, Hamilton, Tenaya, Sequoia, Kings Canyon, Yosemite, and Tehipite.

Long Beach, September 13 -- Long Beach State Invitational Cross Country Meet, 5 Miles

Table with 3 columns: Rank, Name, Time. Lists Long Beach State invitational cross country 5 mile results from 1st to 26th place.

50. ORANGE COUNTY 10 KM/MASON PARK RACE NUMBER 672

Table with 3 columns: Rank, Name, Time. Lists Orange County 10 km race results from 1st to 35th place.

MT RALDY CLIMB RACE NUMBER 678

Table with 3 columns: Rank, Name, Time. Lists Mt Raldy Climb race results from 1st to 27th place.

13TH SANTA MONICA SPORTS FESTIVAL OPE RACE NUMBER 674

Table with 3 columns: Rank, Name, Time. Lists Santa Monica Sports Festival Ope race results from 1st to 27th place.

4TH WILL ROGERS 15 KM CROSS COUNTRY RACE NUMBER 681

Table with 3 columns: Rank, Name, Time. Lists Will Rogers 15 km cross country race results from 1st to 36th place.

Pebble Beach, September 13 -- Pebble Beach Cross Country Run, 4.0 Miles

Table with 3 columns: Rank, Name, Time. Lists Pebble Beach cross country 4.0 mile results from 1st to 20th place.

San Francisco September 14 Masters Natl' 25 Kilometer PA-AAU Champs.

Table with 3 columns: Rank, Name, Time. Lists San Francisco Masters National 25 kilometer PA-AAU Champs results from 1st to 32nd place.

Country Meet, 5 Files:		
1) Tom Steiner (AmVTC)	24:11	
2) Ed Chaidoz (Northridge)	24:13	
3) Dave Harper (Jama Toads)	24:16	
4) Jim Sweeney (CSULB)	24:19	
5) Bruce Johnson (Un)	24:21	
6) Cliff Morden (CSULB)	24:23	
7) Joe Carlson (AAAC)	24:35	
8) Carl Smith (SFTC)	24:44	
9) Dave White (AATC)	24:45	
10) Richard Aguirre (FresSt)	24:46	
11) Carey Simons (CalSULA)	24:50	
12) Bob Marias (Un)	24:52	
13) Rich McCandless (CSULB)	24:54	
14) Thomas Rodriguez (CSULB)	24:55	
15) Fred Maier (CulverCity)	24:59	
16) Bob Wilson (CSULB)	25:06	
17) Pat Cunnah (Northridge)	25:15	
18) George Pullen (JamToads)	25:16	
19) Ron Kurrle (CSULB)	25:17	
20) Jim Arquilla (AATC)	25:21	

Long Beach 50, American Ave TC 53,
Northridge 92, Fresno State 111,
L.A. 184, Westmont 204, Northridge
JV 218, /Red Estes/

Long Beach, September 13 -- 10th Annual Long Beach Comets Beach Run, at Belmont Pier

9 & under 1 mile:

1. Kathy Kiernan (BA)	5:28
2. Sonia Cooper (RRR)	5:41
3. Kim Tanabe (BA)	5:49
4. Carina Quezada (SCC)	5:54
5. Marcy Anderson (RRR)	5:55
6. Lauren Miskinnia (RRR)	5:57
7. Lisa Torres (RRR)	5:59
8. Kendy Anno (OCT)	6:00
9. Blaire Bates (SCC)	6:01
10. Andrea Rolfe (LBC)	6:03

10-11 1 1/2 miles:

1. Vicki Cook (RRR)	8:11
2. Carol Lantry (RRR)	8:12
3. Kristy Wilson (BA)	8:23
4. Andrea Kirkhorn (BA)	8:26
5. Jane Wintermute (SCC)	8:43
6. Lenell Waskow (RRR)	8:45
7. Tracy Melvin (BA)	8:47
8. Susie Conroy (SCC)	8:56
9. Shari Wheeler (RRR)	8:57
10. S. Hatfield	8:59

12-13 2 Mile:

1. Donna Sanchez (RRR)	11:14
2. C. Czarnetski (BA)	11:19
3. A. Kirkhorn (BA)	11:22
4. C. Nunez (RRR)	11:31
5. Mari Gibbs (LI)	11:41
6. Sharon Hulse (Pat)	11:42
7. J. Wintermute (SCC)	11:47
8. L. Honeywell (RRR)	11:48
9. D. Washington (BA)	11:50
10. Tami Darr (Un)	11:51

14-18 2 1/2 Mile:

1. Paula Rose (BA)	13:56
2. Mary Decker (LI)	14:23
3. B. Wolfenbarger (Un)	14:42
4. Kathy Jewell (JBC)	14:55
5. S. Woodbridge (Un)	15:01
6. Diane Stern (SCC)	15:05
7. S. Simmons (GA)	15:45
8. Ann Dandoy (BA)	15:46
9. Marsha Pierce (Un)	15:53
10. Karen Parish (BA)	16:02

14 & over 3 Mile:

1. Debbie Heald (Un)	16:33
2. Suzanne Keith (RRR)	17:25
3. Sandy DeKonon (BA)	18:32
4. Doreen Assumma (RRR)	18:54
5. Teresa Caudillo (LBC)	19:21
6. Jane Harding (BA)	20:08
7. Virginia Lantry (RRR)	20:34
8. Carol Honeywell (RRR)	20:42
9. C. Rubio (BA)	20:59
10. Mrs. Hollinger (RRR)	22:07

/Ken Karnes/

10 STEVE ACUFF	31:35	
11 STEVE BROTEN	31:42	23 STC
12 STEVE MCCALLEY	32:13	
13 CARL SWIFT	32:15	
14 JAY RUBINO	32:15	
15 DAVID GREIFINGER	32:26	
16 SKIP SHAFFER	32:35	37 CCAC
17 HARVEY KLUVERS	32:36	
18 ANDY SHERICK	32:56	
19 PRESTON DRAKE	32:58	31 CCAC
20 JOHN FISANOTTI	33:17	19
21 KEVIN BAXTER	33:41	
22 NORM RUSTAD	33:55	
23 GREG CLEMERS	33:58	
24 UNIDENTIFIED	34:25	
25 L STEPHENS	34:28	
26 TOM WAHE	34:32	
27 JEFF WISE	34:51	
28 ROBERT RIDLEY	34:52	27 CCAC
29 JOHN SWIFT	34:55	
30 MIKE WOODSON	34:59	
31 KEVIN FISHER	35:08	
32 PAUL DELANY	35:10	
33 DARRELL DOWNEY	35:12	
34 JIM HURLEY	35:14	
35 JOHN RUPP	35:16	29 UNAT

Grass Valley, September 13 -- Lake Wildwood Cross Country 10 Mile Run:

1) Tim Stone (IMAA)	59:08
2) Nick Vogt (Gold STC)	60:20
3) Doug Rennie (BC)	61:34
4) Robert Bourbeau (Nev AC)	62:02
5) Larry Slammer (BC)	65:10
6) Mike Bradley (Chico)	65:41
7) Paul Holmes (BC)	65:44
8) Tom Wilson (Un)	66:53
9) Wayne Moss (Un)	67:02
10) Abe Underwood (Un)	67:15
11) LaPierre (Un)	67:53
12) Guy Falcy (Un)	68:03
13) Michelle McKeen (NCTC)	68:18
14) Mickey Brodie (BC)	68:23
15) Don Jardine (OP)	70:28
16) Fraser Rasmussen (Un)	70:33
17) Ed Stromberg (BC)	71:13
18) Jim Cook (Un)	71:30
19) Larry Burleson (Chico)	72:15
20) Darly Burleson (IMAA)	72:16

/Gold Spike TC/

Grover City, September 13 -- UCCM La Fiesta Cross Country Races

Open Division, 4 Miles:

1) Ed Cadena (SLDC)	19:42
2) Ron Genschmer (WVTC)	20:03
3) Randy Myaliviec (CalPoly)	20:33
4) Joe Dabill (Un)	20:40
5) Luis Arrosia (SLDC)	21:25
6) Richard Welch (Atas.)	21:26
7) Evan Schellenger (MorBy)	22:26
8) Stan Rosenfield (SLDC)	22:32
9) Larry Newland (HoroBay)	22:46
10) Jim Casper (SLDC)	22:54
11) Gary Carnes (Atascadero)	23:21
12) Jack Cline (SLDC)	23:29
13) K.C. Shaw (SLDC)	24:04
14) Bruce Smith (Un)	24:35
15) Larry Palmer (Atascadero)	24:50
16) Osamu Yamamoto (CalPoly)	25:23
17) Seymour Collins (SLDC)	25:41
18) Mike Veron (SLDC)	26:03
19) Robert Henderson (Atas.)	27:24
20) Jean Spierling (SLDC)	28:56

/Stan Rosenfield/

10 TOM EDWARDS	34:35	
11 SKIP SHAFFER	34:37	CCAC
12 MIKE GARCIA	54:04	
13 TAYLOR ALSTON	54:33	
14 MIKE VERNON	54:37	
15 JOHN PAGLIANO	54:50	
16 NORM RUSTAD	54:58	36 GWAA
17 DOUG HUMPHRIES	55:02	
18 JEFF WISE	55:13	19 UNAT
19 VINCENT GOMEZ	55:17	
20 PRESTON DRAKE	55:44	
21 GARRIFL GROSZ	55:47	31 CCAC
22 ROGER MCGRATT	56:01	CCAC
23 FRANK FREYNE	56:37	
24 S RODRIGUEZ	56:43	35 CCAC
25 ROBERT RIDLEY	56:54	
26 IRWIN MERLIN	57:03	27 CCAC
27 RICK AHLMAN	57:20	25 CCAC
28 J M STEINHART	57:25	30 UNAT
29 J P WHITE	57:41	
30 MICHAEL ASSUMMA	57:54	
31 THOMAS CORY	57:58	12 SURR
32 BRIAN STANSAUK	58:02	28 GPAC
33 UNIDENTIFIED	58:12	23 SFVT
34 JOHN RUPP	58:30	
35 JOHN STARR	58:35	29 UNAT
36 PAUL FAHRI	58:43	40 CCAC
37 DAVID TRUSEL	58:59	
38 NADIA GARCIA	59:02	11 RRR
39 NICK AGOSTINELLI	59:04	
40 GILBERT PEREZ	59:04	35 CCAC
	59:13	42 STC

/John Brennan/

SPA 20 KM AT GRIFFITH PARK RACE NUMBER 685 DATE--092775

PLC	NAME	CLUB	FAST TIME
1	DAVE BABIRACKI		1:02:21
2	BILL SCOBAY	30 CCAC	1:03:59
3	PAUL COOK		1:04:11
4	RAYMOND HUGHES	36 SFVT	1:04:32
5	PAT MILLER	24 CCAC	1:04:57
6	BOB BRANCH	29 CCAC	1:05:15
7	KENNETH MOFFITT	23 GNG	1:06:07
8	CARLOS ALFARO	35 AZTL	1:06:41
9	JOHN FREEMOTH		1:07:21
10	LARRY REYES		1:07:47
11	BRAD E CROAD	19	1:08:08
12	BILL MC DERMOTT	24 UNAT	1:08:37
13	RICHARD WILLIS		1:08:50
14	MARK KUSHNER	22 CCAC	1:08:58
15	JERRY SMARTT	40	1:09:01
16	SKIP SHAFFER	37 CCAC	1:09:39
17	JOHN PAGLIANO	36 GWAA	1:10:01
18	STEWART BODEN		1:10:27
19	PRESTON DRAKE	31 CCAC	1:10:30
20	JON BROWER	30 CCAC	1:11:03
21	REYNOLDO CALDERON		1:11:20
22	BILL CRUM	40 STC	1:11:31
23	JOHN RUDBERG	41 STC	1:11:31
24	GABRIEL GROSZ	CCAC	1:11:36
25	JOHN RUPP	29 UNAT	1:11:56
26	RAJ JOHNSON		1:12:42
27	MIKE KANELLUCCI		1:13:13
28	BRIC HAMMERSTEIN	24 UNAT	1:14:09
29	DAMION HOWELL		1:14:19
30	CHARLES BARONE	GPAC	1:14:51

/John Brennan/

15-Michael Conroy/30/ETC	1:26:29
16-Clark Rosen/26/PAMA	1:26:29
17-Roland Watson/29/WVTC	1:26:38
18-Tom Castro/28/UNAT	1:26:48
19-Gary Goette/Imann/31/WVTC	1:27:02
20-Mark Llewellyn/19/WDS	1:27:24
21-Bob Paulin/17/CRR	1:27:29
22-Mike Plummer/17/UNAT	1:27:33
23-Bob Miller/19/CWTC	1:27:34
24-Doug Butt/30/UNAT	1:27:39
25-Richard Bartek/43/SBAA	1:27:43
1M/ 26-Jim Shettler/42/WVJS	1:27:48
2M/ 27-Graham Parnell/45/UNAT	1:27:58
28-Jake White/33/TRAC	1:28:02
3M/ 29-Ray Menzie/40/UNAT	1:28:21
30-Bryan Gieser/22/WDS	1:28:26
31-Russ Black/21/TRAC	1:28:27
32-Mike Smith/17/PAMA	1:28:48
33-David Warren/34/ETC	1:28:55
34-Kent Guthrie/38/WVJS	1:29:05
35-Greg Mandanis/16/WDS	1:29:14
36-George Stewart/25/WVTC	1:29:17
37-John Clary/29/TRAC	1:29:20
38-Frank Krebs/32/GWTC	1:29:52
39-Ralph Bowles/39/WVJS	1:30:05
4M/ 40-John Rudberg/41/STC	1:30:10
5M/ 41-Ross Smith/47/UNAT	1:30:37
42-Donald Roth/31/WVTC	1:31:15
43-David Muela/23/ETC	1:31:20
44-Don Chaffee/36/ETC	1:31:23
45-Jerry Ockerman/29/UNAT	1:31:50
46-Bob Myers/36/PAMA	1:31:51
47-Bruce Rider/21/WVJS	1:32:03
48-Kevin Kirby/18/UNAT	1:32:16
49-John Kleinbach/26/ETC	1:32:21
6M/ 50-Don Jones/49/STC	1:32:36
51-Vincent Spangler/37/SFAC	1:32:37
52-Mike Larsen/24/UNAT	*1:32:46
7M/ 53-Gil Tarin/44/WVJS	*1:32:51
8M/ 54-Bob Malain/48/NCS	*1:32:59
9M/ 55-Darty Cronin/47/STC	*1:33:00
10M/ 56-Dennis Teeguarden/44/NCS	*1:33:02
11M/ 57-Jim O'Neil/50/CSRS-SFOC	*1:33:02
58-Rich Stiller/38/TRAC	1:33:31
12M/ 59-David Parker/45/STC	1:33:40
13M/ 60-Len Thornton/44/HSTC	1:33:50
61-Walt Van Zant/36/WVJS	1:33:52
62-Ben Sawyer/38/SOQL	1:33:58
14M/ 63-Mike Healy/43/WVJS	1:34:14
64-Joe Becerra/33/ETC	1:34:26
65-Bill Meinhardt/34/WVJS	1:34:31
15M/ 66-Ulrich Kaempft/44/TRAC	1:34:49
16M/ 67-Conrad Eroen/46/STC	1:35:05
68-Raymond White/30/SRC	1:35:06
1M/ 69-Cyndy Poor/22/SJC	1:35:14
70-Haywood Norton/28/UNAT	1:35:51
71-Joe Maher/28/UNAT	1:36:12
72-Ross Rowley/27/UNAT	1:36:17
17M/ 73-Walt Betschart/48/BCTC	1:36:19
74-Bill Catanese/37/UNAT	1:36:27
75-Patrick McVeigh/29/USCL	1:36:36
76-Keith Hastings/32/UNAT	1:36:52
18M/ 77-Bob Biancalana/50/CSRS-MH	1:37:06
78-Terry Casey/25/ETC	1:37:17
79-Bruce Carradine/42/ESLN	1:37:18
80-Bill Spence/26/WVTC	1:37:33

/Jack Leydig/

Palo Alto, October 2 -- Stanford Invitational, 2.75 mile

Varsity I: 1) Stan Ross (Serra) 13:24 2) Bob Love (Carlmont) 13:30 3) Greg Mandanis (Carlmont) 13:36 4) Fred Ehmman (LosAltos) 13:41 5) Mike Lambert (Leigh) 13:51 6) B. Picha (Homestead) 13:52 7) P. Stahl (Homestead) 13:53 8) T. Beaynton (Cupertino) 13:54 9) J. Salazar (Lick) 13:55 10) B. Paulin (Camden) 13:56 Leigh 93, Serra 94, Lick 96, Carlmont 126, Los Altos 146, Camden 155, Piedmont Hills 160

Varsity II: 1) Bob Milson (Aragon) 13:33 2) Craig Corey (San Mateo) 13:34 3) Greg Miller (Mt. Pleas.) 13:44 4) Ray Russell (Blackford) 13:49 5) Paul Fenga (Aragon) 13:50 6) J. Cassara (Mt. View) 13:52 7) J. Fabris (Mt. Pleas.) 14:06 8) G. Thurston (Menlo-Ath) 14:10 9) D. Harbour (Del Mar) 14:11 10) D. Little (Seaside) 14:14 Mt. Pleasant 73, Del Mar 85, Aragon 119, Westmoor 138, Mt. View 154

Girls' 2 Mile: 1) Sharon Furtado (Buchser) 10:21 2) Becky Barket (Branham) 10:27 3) Tani Taylor (Sun) 10:45 4) Renee Mallet (Branham) 10:47 5) Kathy Ott (Monta Vista) 10:58 6) E. Douglas (Prospect) 11:14 7) S. Richter (Cupertino) 11:18 8) T. Smith (Cupertino) 11:21 9) K. Holland (Cupertino) 11:32 10) K. Russell (Cubberly) 11:41 Branham 47, Cupertino 95, St. Francis 117, Del Mar 144, /Marshall Clark/

Walnut Creek, September 21--31st Annual Walnut Festival Race at Heather Park, 5.6 Mile: 1) Jim Nuccio 27:23 2) Ed Schelegle 28:34 3) Jeff Clark 28:39 4) Patrick Stordahl 28:43 5) Peter Sweeney 28:48 6) Ron Elijah 28:59 7) Joe Taxiera 29:00 8) Dennis Tracy 29:15 9) John Leeper 29:27 10) Matt Yeo 29:36 11) Peter Marks 29:54 12) Bob Bailey 30:04 13) Byron Geiser 30:06 14) Roger Stordahl 30:08 15) Steve White 30:13 16) Tony Webb 30:17 17) Lester Mina 30:20 18) Brent Heinrich 30:24 19) Lee Hotchkin 30:35 20) Dan Anderson 30:40 38) George Moss (1st Senior) 34:10 52) Kathy Costello (1st W) 35:21 106) Jack Kirk (1st 60+) 43:33 /George Moss/

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Atascadero, September 21 -- Atascadero Colony Days Distance Run, 4 Miles:

1) Ed Cadena (SLDC) 19:49 2) Ron Genschmer (WVTC) 20:05 3) Jim Warrick (Cal Poly) 20:34 4) Dave Stock (WVTC) 20:41 5) John Boston (SLDC) 21:13 6) Randy Mysliviec (CalPoly) 21:15 7) Stan Hockerson (CalPoly) 21:18 8) Jim Hiserman (Un) 21:49 9) Terry Taylor (Pankin RR) 21:54 10) Luis Arreola (SLDC) 22:22 11) Robert Taylor (Rankin RR) 22:34 12) Key Pena (CoronaDelMar) 22:41 13) Jim Casper (SLDC) 22:49 14) huddi Linke (Cal Poly) 22:53 15) Stan Rosenfield (SLDC) 22:54 16) Chuck Bowin (Un) 23:32 17) Dave Pickett (SLHS) 23:40 18) Steve Zeibek (Rankin RR) 24:16 19) Primo Ramon (CLDC) 24:30 20) Dave Farmer (CLDC) 24:35 /Stan Rosenfield/

Vacaville, September 28 -- Mt. Vece Hill Climb, 10.6 Miles:

1) Doug Butt 66:28 2) Sean O'Riortan 67:47 3) Mike Otter 70:06 4) Ross-Smith 72:18 5) Dick Cordone 76:32 6) Mike LaPierre 76:48 7) Steve Wesley 77:40 8) Bill Flobberg 79:47 9) Tom Mourrey 84:37 10) Mike O'Neil (Senior) 84:53 11) Evan McBride 85:08 12) Tom Phillips 85:10 13) Bill Lovelace 85:25 14) Antonio Poyes 86:07 15) Ruth Anderson (Senior) 86:48 16) Mike Andrews 86:56 17) Harry Blank (Senior) 90:54 18) Penny Rensau 92:05 19) Kirby Wilcox 92:56 20) Andrew Keilner 93:20 /Bill Flobberg/

MOORPARK INVITATIONAL DIVISION ONE: INDIVIDUAL

1. Walterhouse (Mission Viejo), 9:49; 2. Lamont (Hart), 10:03; 3. Grasso (Aviation), 10:04; 4. Gibson (Aviation) 10:06; 5. LaBonte (Mission Viejo), 10:08. TEAM--1. Mission Viejo, 71; 2. La Canada, 88; 3. Walnut, 121.

DIVISION TWO: INDIVIDUAL 1. Haldeman (Santa Monica), 9:43; 2. Wyman (Palos Verdes), 9:57; 3. Jury (Palos Verdes), 10:00; 4. Prislak (Simi), 10:10; 5. Collins (Hueneme), 10:10. TEAM--1. Palos Verdes, 61; 2. Oxnard, 83; 3. Hueneme, 97.

DIVISION THREE: INDIVIDUAL 1. Fitzgerald (Rio Mesa), 10:09; 2. Lundgren (St. Joseph), 10:13; 3. Torres (Rio Mesa), 10:33. TEAM--1. Rio Mesa, 71; 2. Santa Clara, 73; 3. Miraleste, 94.

/Vern Gambetta/

SEASIDE INVITATIONAL DIVISION 1

INDIVIDUAL 1. McConnell (Edison)

September 27

LONG BEACH INVITATIONAL (Course 2.0 miles)

INDIVIDUAL DIVISION 1 1. Brady (St. Bernard) 9:58; 2. Baker (Cannell) 9:57; 3. Alvarez (Cochella Valley) 10:00; 4. Lundgren (St. Joseph) 10:11; 5. Senz (Cantwell) 10:14; 6. Hurtado (St. Anthony) 10:21; 7. Edsall (Santa Clara) 10:23; 8. Congdon (So. Pasadena) 10:34; 9. Avila (Cantwell) 10:37; 10. Grotenhuis (So. Pasadena) 10:39.

TEAM SCORES: 1. South Pasadena 100; 2. Cantwell 107; 3. Crespi 123; 4. Miraleste 125; 5. Santa Clara 126; 6. Morro Bay 152; others -- 12. St. Anfl'y 12; 15. Los Amigos 385.

INDIVIDUAL DIVISION 2 1. Russell (Notre Dame) 9:52; 2. Gibson (Glendale-Hoover) 9:53; 3. P. Shirley (Notre Dame) 9:54; 4. J. Ebner (Bishop Amat) 9:54; 5. Grasso (Aviation) 9:59; 6. F. Ebner (Bishop Amat) 10:00; 7. Prislak (Simi) 10:02; 8. Miller (Western) 10:02; 9. Nichols (Sonora) 10:03; 10. Dutzi (El Dorado) 10:08.

TEAM SCORES: 1. Notre Dame (Sherman Oaks) 117; 2. Oxnard 154; 3. El Dorado 157; 4. Hawthorne 169; 5. Bishop Amat 165; 6. Western 165; others -- Sonora, no score.

INDIVIDUAL DIVISION 3 1. Aguirre (Santa Barbara) 9:40; 2. Guerra (No. Torrance) 9:51; 3. Cox (LB Wilson) 9:55; 4. Coffman (Dos Pueblos) 9:56; 5. Brodell (University, LA) 9:58; 6. Sherrill (University, LA) 9:58; 7. Doud (LB Wilson) 9:59; 8. Berbrack (Kennedy, LA) 10:00; 9. Alvarado (Lakeside) 10:04; 10. Meza (San Fernando) 10:05.

TEAM SCORES: 1. Long Beach Wilson 67; 2. Kennedy (La Palma) 145; 3. Newbury Park 146; 4. University (Los Angeles) 152; 5. Arcadia 161; 6. Dos Pueblos 210.

JUNIOR VARSITY

Race 1--1. St. Paul 31; 2. Crespi 48; 3. Cantwell 74. Individual--Sylvester (Crespi) 10:45; Race 2--1. Bishop Amat 89; 2. Schurr 102; 3. El Dorado 111. Individual--Morena (Baldwin Park) 10:58; Race 3--1. Long Beach Wilson 15; 2. Lakewood 92; 3. Newbury Park 100. Individual--Angrim (Wilson) 10:46.

San Joaquin Hills Invitational

SENIORS: 1. Fricker (Hemet) 11:22; 2. Saucedo (Esperanza) 11:39; 3. Boman (Dana Hills) 11:40; 4. Lor (Hemet) 11:46; 5. Nichols (St. John Bosco) 11:48; 6. Arnoult (Excelsior) 11:55; Blanks (Brea) 11:58; 7. Stodda (Esperanza) 12:02; 8. Fricker (Hemet) 12:04; 9. B. Vasquez (Dana Hills) 12:07; 11. Torres (San Pasquel) 12:10; 12. Gallego (St. John Bosco) 12:11; 13. Colton (Rim of World) 12:12; 14. Daniel (Hemet) 12:15; 15. Hindstrom (Esperanza) 12:17. Course 2.3 miles.

TEAMS SCORES: 1. Hemet 50; 2. Dana Hills 88; 3. St. John Bosco 94; Canyon 135; Rim of World 142; Brea 146; El Toro 157. JUNIORS: Canyon 37; La Salle 55; Excelsior 152; Dana Hills 184; St. John Bosco 218; individual--Frayme (Canyon) 12:02.

SOPHOMORES: Canyon 60, Norco 69, El Toro 89, San Pasquel 115, Brethren 121, Rim of World 148, Brea 160, Dana Hills 172; individual--Linars (El Toro) 12:20.

FRESHMAN: Dana Hills 37, Esperanza 42, La Salle 89, La Sierra 133; individual--Mike Bruggeman (Dana Hills) 12:40. SWEEPSTAKES. WINNER: Dana Hills.

Palo Alto, October 18 -- Stanford Invitational Women's Division, 2 Mile:

1) Tina Anex (UCD) 10:32 2) Phyllis Olrich (Un) 11:02 3) Carolyn Tiernan (Stan) 11:49 4) Cathy Himmelberger (Un) 12:06 5) Verna Stein (DeAnza) 12:10 6) Ann Thrupp (Stanford) 12:22 7) C. Hammuri (DeAnza) 12:34 8) Audrey Kemp (Stanford) 12:37 9) L. Adamson (Un) 12:51 10) Linda Ames (Stanford) 12:52 11) Sandy Briscoe (Stanford) 12:55 12) C. Olavari (Cal) 13:00 13) E. Berger (UCD) 13:03 14) L. Berkley (Un) 13:08 15) H. Vischar (DeAnza) 13:11 Stanford 20, Davis 46, California 73 /Marshall Clark/

San Francisco, October 4 -- Golden Gate Invitational Cross Country Run, 4.2 Miles:

1) Henry Perez (Delta) 20:30 2) Alfred Lara (Fresno CC) 21:09 3) Bob Deis (Amer Riv) 21:11 4) Mark Payne (Amer Riv) 21:12 5) Bill Weed (Amer Riv) 21:16 6) Shawn James (San Jose) 21:17 7) Mike Emry (Diablo Vly) 21:19 8) Ben Jordan (Delta) 21:24 9) Roy Hodgund (San Jose) 21:25 10) Jose Cordova (Delta) 21:27 11) Mark Stoker (Delta) 21:29 12) Keith Jacobson (Delta) 21:30 13) Bob Loux (Modesto) 21:33 14) Roger Casillas (Delta) 21:35 15) Ken Starky (Amer Riv) 21:37 16) Wally Montengo (Delta) 21:43 17) Artic Pios (W. Valley) 21:47 18) Adam Ferriar (Amer Riv) 21:48 19) Greg Eager (DeAnza) 21:49 20) John Bettencourt (SanJose) 21:52 21) Kim Baez (Marin) 21:53 22) Steve Paladino (SanMat) 21:54 23) Jim McBust (Amer Riv) 21:55 24) Don Lohse (COC) 21:56 25) Louis Grieco (FresnoCC) 21:57 26) Gary Scutherland (AmRiv) 21:59 27) Steve Locey (Marin) 22:01 28) Ed Taylor (COS) 22:02 29) Mike Adams (Amer Riv) 22:03 30) Dave Hull (San Mateo) 22:09 31) Ruben Lee (San Jose) 22:11 32) Larry Martin (Marin) 22:11 33) Bob Barnett (San Mateo) 22:12 34) Ray Rubio (Fresno CC) 22:14 35) Chuck Kostal (Amer Riv) 22:16 36) Jose Mouler (Marin) 22:19 37) Ray Green (San Mateo) 22:20 38) Steve O'Hara (Chabot) 22:22 39) Jim Krenn (San Jose) 22:23 40) Larry Cabran (Diablo) 22:23 Delta 1:46:20, American 1:47:24, San Jose 1:48:28, Marin 1:50:39, Fresno CC 1:51:05, W. Valley 1:52:25, Diablo Vly 1:52:31, COS 1:52:38, San Mateo 1:53:01, Modesto 1:54:35, DeAnza 1:54:35, Sacramento 1:56:50, Merritt 1:59:14, Poothill 1:59:26, San Francisco 2:01:33 /Bob Fries/

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Valencia, September 28 -- College of the Canyons Road Run, 7.9 Miles:

1) Anthony Reynoso (Cal Poly) 42:21 2) Bob Macias (East LA TC) 43:07 3) Enoch Martinez (Col Cany) 43:25 4) Ken Blakley (Un) 43:28 5) John Breneman (COC) 44:01 6) Jim Bowles (WVTC) 44:08

Reedley, October 11 -- Reedley High School Road Race

7-8 Grade--One Mile: 1) Mike Assuma (Rialto) 5:01 2) Raymond Cook (Rialto) 5:07 3) Manuel Kenteria (Madera) 5:10 4) Tony Hernandez (Madera) 5:13 5) Luis Frustra (Madera) 5:15 6) David Weidort (Rialto) 5:17 7) Gary Gonzalez (Clark) 5:18 8) Albert Morono (Mawona) 5:25 9) Todd Oberman (Clark) 5:26 10) Brian Wilcox (Clark) 5:29

High School--3 Mile:

1) Lawrence Carranza (Mira) 15:29 2) Felix Elieff (Highland) 15:32 3) B. Muniz (Clovis) 15:37 4) Jose Renteria (Madera) 15:45 5) Burton Ellison (Bkfld) 15:45 6) Rodney Lewis (Bkfld) 15:47 7) Richard Ursin (Bkfld) 15:52 8) Jesse Lopez (Reedley) 16:00 9) Mark Bogges (Bfld) 16:11 10) Roman Gutierrez (Poothill) 16:13 11) Ola Frithipon (Clovis) 16:14 12) Valentin Ramos (Fos) 16:16 13) Steve McDonald (Hoover) 16:17 14) Jim Grieco (Hoover) 16:23 15) Mike Castillo (Hoover) 16:27

College/Open--6 Mile:

1) Ron Zarate (U of Nev) 28:41 2) Tom Wysocki (U of Nev) 29:00 3) Mike Dagg (U of Nev) 29:26 4) De La Garza (U of Nev) 29:40 5) Bruce Caputo (LassenTC) 30:05 6) Curt Elia (Fresno TC) 30:14 7) Paul Frederickson (Nev) 30:28 8) Jiaro Vargas (U of Nev) 30:46 9) Mario Sanchez (U of Nev) 31:16 10) Dave Kiel (un) 32:03 11) Stewart Boden (Un) 32:20 12) Manuel Hernandez (FSU) 32:28 13) Rafael Othon (U of Nev) 32:30 14) Larry Lung (Fresno TC) 32:52 15) Dave Bronzan (HiSierra) 33:03 16) Dave Albright (Un) 33:22 17) Gary Campbell (Un) 33:28 18) Greg Weimann (FnPacif) 33:48 19) Julio Barquez (Un) 33:53 20) Ray Gregston (FSU) 33:57

Masters--6 Mile:

1) Len Thornton (HiSierra) 33:22 2) Joe Livesay (SDTC) 33:43 3) Bert Woodruff (Un) 38:55 4) Harry Harder (HiSierra) 39:17 5) Franz Weinschenk (Un) 39:58 /Roger Trujillo/

Santa Barbara City College Cross Country

Men 4.0 Miles 1) Tom Cusick (Canyons) 20:44 2) Dave Haake (SBCC) 20:49 3) Miguel Santizo (SBCC) 20:54 4) Tim Hampton (CM) 21:01 5) Andy Casillas (Canyons) 21:09 6) John Bruneman (Canyons) 21:14 7) Enoch Martinez (Canyons) 21:21 8) Steve McMahon (SBCC) 21:22 9) Kick Fuller (Canyons) 21:33 10) Stu Sutherland (SBCC) 21:35

Team Standing

1) College of the Canyons 28 2) Santa Barbara 37 3) Ventura 111 4) Palomar 122 5) Antelope Valley 140 6) College of the Canyons "B" 141 7) Santa Monica 143 8) Reedley 224 9) Trade-Tech 252

16) Tony Webb	30:20
17) Lester Mina	30:20
18) Brent Heinrich	30:24
19) Lee Hotchkiss	30:35
20) Dan Anderson	30:40
38) George Moss (1st Senior)	34:10
52) Kathy Costello (1st W)	35:21
106) Jack Kirk (1st 60+)	43:33
/George Moss/	

4. Prisiak (Simi), 10:10; 5. Collins (Hueme), 10:10. TEAM—1. Palos Verdes, 67; 2. Oxnard, 83; 3. Hueneme, 97.

DIVISION THREE: INDIVIDUAL—1. Fitzgerald (Rio Mesa), 10:09; 20 Lundgren (St. Joseph), 10:13; 3. Torres (Rio Mesa), 10:33. TEAM—1. Rio Mesa, 71; 2. Santa Clara, 73; 3. Miralste, 94.

/Vern Gambetta/

Las Vegas, September 27 -- Las Vegas Invitational, 4.0 Miles

Race #1 - 7th Runner:

1) Greg Gonzales (Nrthrdg)	19:57.2
2) Hecken Hart (BYU)	20:08.9
3) Dave Mackey (NAU)	20:13.3
4) Mario Sanchez (UNR)	20:38.5
5) Ned Baird (Fresno State)	20:44.9
6) Randy Harris (UNLV)	22:38

Race #2 - 6th Runner:

1) Henry Hart (BYU)	19:58.6
2) Bill Entz (Northridge)	20:22.7
3) Tom Chavez (Fresno St)	20:39.8
4) Neil Howk (NAU)	20:43.2
5) George Hernandez (UNR)	20:57.9
6) James Karr (UNLV)	23:34

Race #3 - 5th Runner:

1) Stig Husby (BYU)	20:04.4
2) Paul Fredrickson (UNR)	20:08.5
3) Mark Casanova (Northridge)	20:09.4
4) Nick Martin (NAU)	20:44.8
5) Jim Tifford (Fresno St)	21:05.9
6) Mark Rivero (UNLV)	22:33.5

Race #4 - 4th Runner:

1) Jay Wood (BYU)	19:43.4
2) Paul Wright (Northridge)	19:48.6
3) Mike Dagg (UNR)	20:10.0
4) Kyle Sawyer (NAU)	20:27.9
5) Bryan Foley (Fresno St)	20:28.3
6) Joerg Herbrechtsmeier (LV)	23:28.0

Race #5 - 3rd Runner:

1) Richard Heid (BYU)	19:44.6
2) Ben Delagarza (UNR)	19:56.1
3) Dan Villalovous (Northridge)	20:04.5
4) Rob Waugh (NAU)	20:24.6
5) Tony Ramirez (Fresno St)	20:44.6
6) Ray Temdle (UNLV)	21:31.4

Race #6 - 2nd Runner:

1) Benton Hart (BYU)	19:07.3
2) Pat Curran (Northridge)	19:45.0
3) Pat Phelan (Fresno St)	20:05.3
4) Freddie Espinoza (NAU)	20:15.3
5) Jairo Vargas (UNR)	20:28.9
6) Brad Cruz (UNLV)	21:28.0

Race #7 - 1st Runner:

1) Paul Cummings (BYU)	18:58.8
2) Larry Gerich (NAU)	19:29.6
3) Ed Chaide (Northridge)	19:33.2
4) Tom Wysocki (UNR)	19:59.6
5) Richard Aguirre (PresSt)	20:19.2
6) Bob Weaver (UNLV)	21:55.5

BYU 1:37:46.0, Northridge 1:39:40.6, No. Arizona Univ. 1:42:18.7, Univ. of Nevada at Reno 1:42:19.5, Fresno State 1:44:08.0, University of Las Vegas 1:57:18.4 /Red Estes/

Contra Costa, September 27 -- 6th Annual West Contra Costa YMCA Run for your life! Race, 2.75 Mile:

1) Gene Fitzgerald	13:41
2) Robert McMeans	14:20
3) Jon Martin	14:25
4) Tim Swezey	14:26
5) Bruce Jones	14:30
6) Dave Warren	14:33
7) Bob Myers (1st 35+)	14:38
8) Bill Harlow	14:43
9) Dennis TeeGuarden	14:44
10) Greg Bachand	15:05
11) George Moss	15:35
12) Bruce Kuefner	15:37
13) Ralph Waller	15:39
14) Frank Robben	15:50
15) Philip Hood	15:56
29) Jim Myers (ten yrs.)	16:54
38) Nancy Edelsen (1st W)	18:04
/George Moss/	

September 27

TRINITY INVITATIONAL

DIVISION 1
INDIVIDUAL: 1. McConnell (Edison) 11:00, 2. J. Day (Corona del Mar) 11:04, 3. Wyan (Palos Verdes) 11:10, 4. Jury (Palos Verdes) 11:14, 5. Walczak (Edison) 11:24, 6. Ward (Workman) 11:29, 7. Hogan (Edison) 11:34, 8. Kelsey (Edison) 11:34, 9. Christensen (Edison) 11:35, 10. Goldstein (Edison) 11:40, 11. Billings (Palos Verdes) 11:44, 12. Wiggins (Palos Verdes) 11:50, 13. Grimm (Workman) 11:53, 14. Arciniega (Edison) 11:56, 15. McClanum (Palos Verdes) 11:57.

TEAM SCORES: 1. Edison 30, 2. Palos Verdes 45, 3. Corona del Mar 76, 4. Workman 84.

DIVISION 2
INDIVIDUAL: 1. Buholz (Servite) 11:32, 2. Hunter (Boron) 11:41, 3. Martinez (Bishop) 11:51. TEAM SCORES—1. Bishop 25, 2. Servite 79, 3. Whittell (Nevada) 88.

/Ted Brazil/

Palo Alto, October 18 -- Stanford Invitational, 6 Mile:

1) Wilson Waigwa (UTEP)	28:10
2) James Muniyala (UTEP)	28:28
3) Anthony Sandoval (Stan)	28:38
4) Frank Munene (UTEP)	29:02
5) Tony Zuniga (UTEP)	29:07
6) Kip Sirma (UTEP)	29:12
7) G. Gibson (UTEP)	29:26
8) T. Wysocki (Nev)	29:31
9) J. Bellah (Stanford)	29:33
10) Ron Zarate (Un)	29:41
11) R. Kissin (Stanford)	29:47
12) D. Swart (WVTC)	29:50
13) J. Bember (UTEP)	29:54
14) B. DeLaGarza (Nev)	29:57
15) B. Clark (WVTC)	30:01
16) B. Thomas (Un)	30:04
17) Richard Aguirre (CSUF)	30:05
18) J. Emory (Stanford)	30:06
19) A. Reynoso (Cal Poly)	30:07
20) Dave Cords (WVTC)	30:12
21) P. Fredrickson (Nev)	30:16
22) Mike Dagg (Nev)	30:21
23) R. Fritzsche (Cal Berk)	30:25
24) T. Ybarra (Nev)	30:26
25) B. Seaver (WVTC)	30:29
26) B. Bailey (WVTC)	30:36
27) D. Stock (Cal Poly)	30:37
28) H. Hernandez (WVTC)	30:46
29) R. Mysliviec (Cal Poly)	30:49
30) G. Blume (Cal Berk)	30:54

UTEP 18, Stanford 71, University Reno 82, WVTC 90, Cal Poly 144, CSUF 147, UCB 165

/Red Estes & Marshall Clark/

41.4. Prisiak (Simi), 10:10; 5. Collins (Hueme), 10:10. TEAM—1. Palos Verdes, 67; 2. Oxnard, 83; 3. Hueneme, 97.

DIVISION THREE: INDIVIDUAL—1. Fitzgerald (Rio Mesa), 10:09; 20 Lundgren (St. Joseph), 10:13; 3. Torres (Rio Mesa), 10:33. TEAM—1. Rio Mesa, 71; 2. Santa Clara, 73; 3. Miralste, 94.

Blanks (Brea) 11:58; 4. Stodda (Esperanza) 12:03, 9. Frickler (Hemet) 12:06, 10. B. Vasquez (Dana Hills) 12:07, 11. Torres (San Pasquel) 12:10, 12. Gallagos (St. John Bosco) 12:11; 13. Colton (Rim of World) 12:12, 14. Daniel (Hemet) 12:15, 15. Hindstrom (Esperanza) 12:17, Course 2.3 miles.

TEAMS SCORES: 1. Hemet 50, 2. Dana Hills 85, 3. St. John Bosco 94, Canyon 135, Rim of World 142, Brea 146, El Toro 157.

JUNIORS: Canyon 37, La Salle 55, Excelsior 152, Dana Hills 164, St. John Bosco 218; Individual—Frayms (Canyon) 12:02.

SOPHOMORES: Canyon 60, Norco 69, El Toro 89, San Pasquel 115, Brethren 121, Rim of World 148, Brea 160, Dana Hills 172; Individual—Linars (El Toro) 12:20.

FRESHMAN: Dana Hills 37, Esperanza 42, La Salle 89, La Sierra 133; Individual—Mike Bruggeman (Dana Hills) 12:40.

SWEESTAKES. WINNER: Dana Hills.

DIVISION 3
SENIORS: 1. Spillsbury (Foothill) 11:08, 2. Gerich (Foothill) 11:20, 3. Gomez (Valencia) 11:30, Ringer (Santa Ana Valley) 11:35, Metcalf (Estancia) 11:37, Cisneros (Valencia) 11:40, Borgman (Foothill) 11:40, Estrada (Santa Ana Valley) 11:42, McKeon (Upland) 11:43, Robert (Valencia) 11:46, Becker (Rancho Alamitos) 11:47, Cox (Upland) 11:48, Ems (Upland) 11:49, Flores (Valencia) 11:54, Lee (Foothill) 11:55.

TEAM SCORES: Foothill 43, Valencia 52, Upland 107, Rancho Alamitos 109, Estancia 154, Santa Ana Valley 160, Chino 200, Orange Glenn 232, Magnolia 309.

JUNIORS: 1. Upland 25, 2. Foothill 11:32, 3. Orange Glenn 101, 4. Santa Ana Valley 137, 5. Estancia 150, Valencia 205; Individual—Innes (Upland) 11:29.

SOPHOMORES: 1. Valencia 44, Foothill 59, Upland 86, Rancho Alamitos 158, Orange Glenn 182, Bellflower 207, Magnolia 214; Individual—Timmierman (Saddieback) 11:45.

FRESHMAN: Foothill 60, Rancho Alamitos 80, Upland 137, Santa Ana Valley 161, Saddieback 182; Individual—Daly (Foothill) 12:01.

SWEESTAKES WINNER: Foothill.

/Ted Brazil/

Orange, October 25 -- Chapman Invitational, 5 Mile (Small College Div.)

1) Woltmeire (Azusa Pac)	24:08
2) Hartig (Presno Pacific)	24:31
3) Caldwell (Azusa Pacific)	24:52
4) Swift (Azusa Pacific)	24:55
5) Hitt (Azusa Pacific)	25:04
6) Odom (Azusa Pacific)	25:11
7) Estrada (Fresno Pacific)	25:22
8) Ellis (Fresno Pacific)	25:50
9) Taylor (Biola)	25:54
10) Gaisie (Cal Luth)	26:02
11) Delach (Azusa Pacific)	26:08
12) Ward (Fresno Pacific)	26:22
13) Weitz (Biola)	26:30
14) Buhler (Biola)	26:50
15) Blum (Cal Luth)	27:15
16) Weinmann (Fresno Pac)	27:59
17) John Henry (Fresno Pac)	28:08
18) Blagg (Biola)	28:21
19) Orpdoff (Azusa Pac)	28:24
20) Navarro (Chapman)	28:33

Azusa 19, Fresno 45, Biola 75, Cal Lutheran 102, Chapman 135

/Bill Selvin/

37) Steve O'Hara (San Jose) 22:23
39) Jim Kronn (San Jose) 22:23
40) Larry Cabran (Diablo) 22:23
Delta 1:46:20, American 1:47:24, San Jose 1:48:28, Marin 1:50:39, Fresno CC 1:51:05, W. Valley 1:52:25, Diablo Vly 1:52:31, COS 1:52:38, San Mateo 1:53:01, Modesto 1:54:35, DeAnza 1:54:35, Sacramento 1:56:50, Merritt 1:59:14, Foothill 1:59:26, San Francisco 2:01:33 /Bob Fries/

Valencia, September 28 -- College of the Canyons Road Run, 7.9 Miles:

1) Anthony Reynoso (Cal Poly)	42:21
2) Bob Macias (East LA TC)	43:07
3) Enoch Martinez (Col Cany)	43:25
4) Ken Blakley (Un)	43:28
5) John Brenneman (COC)	44:01
6) Jim Bowles (WVTC)	44:08
7) Skip Shaffer (CulvCty)	44:26
8) Jon Wegener (Un)	45:24
9) Mark Hershey (HS)	45:41
10) Charles Hongue (Un)	45:46
11) Tom Gleason (30+)	45:50
12) John Kosarich (STC) 30+	46:14
13) Ric Walker (CSUN)	46:17
14) Jim Landeros (COC)	46:23
15) Jay Mortensen (Un)	46:33
40-49:	
28) Gilbert Perez (STC)	48:37
53) Jerry Hedges	53:09

Women's Division:
47) Carolyn Tiernan (WVTC) 52:33 /Ric Walker/

Wasco, October 4 -- 10th Annual Wasco Invitational Cross Country Meet, 3 Mile:

Varsity

1) Randy White (Shafter)	14:40.5
2) Felix Elicoff (Highland)	14:52
3) Ed Thoma (San Luis)	15:11
4) Romar Gutierrez (Foothill)	15:20
5) Lupe Arguello (Wasco)	15:24
6) Al Meyer (Shafter)	15:26
7) J. Lopez (Reedley)	15:46
8) Eddie Lujan (Highland)	15:52
9) E. Balderas (Reedley)	15:52
10) Mike Pena (Coalinga)	15:57
11) Tony Ruiz (Foothill)	15:57
12) Scott Hislop (West)	16:00
13) D. Ruiz (Wasco)	16:02
14) Cris Carbajal (Foothill)	16:04
15) Rob DeYonker (West)	16:07
16) Mike Yurkas (Highland)	16:09
17) Tony Arreola (SanLuisOb)	16:10
18) Mike Allmon (Highland)	16:11
19) Ed Weaver (SanLuisObispo)	16:14
20) Ed Burns (Shafter)	16:15

Highland 81, Foothill 87, Shafter 101, Wasco 107, West 111, San Luis Obispo 113, Reedley 163, Hanford 168, Coalinga 227, Mt. Whitney 250, North 316 /Andy Darby/

Palo Alto, September 27 -- Stanford Team Trials, 4.2 miles:

1) Anthony Sandoval (Stan)	19:38
2) Tom Lux (San Diego St)	20:22
3) Roy Kissin (Stanford)	20:31
4) Bill Clark (WVTC)	20:32
5) Mike Avrea (San Diego)	20:33
6) Jack Bellah (Stanford)	20:36
7) D. Smart (WVTC)	20:38
8) S. Acuff (San Diego)	20:45
9) Frank Boutin (Stanford)	20:48
10) R. Bailey (WVTC)	20:53
11) D. Zapata (WVTC)	20:58
12) W. Seaver (WVTC)	20:58
13) R. Lord (San Diego)	20:59
14) G. Brock (WVTC)	21:06
15) A. Hazard (San Diego)	21:07

Stanford 36, San Diego State 43, West Valley Track Club 44, Golden West Track Club 106 /Marshall Clark/

Men 4.0 Miles

1. Tom Gubick (Canyons)	20:44
2. Dave Haake (SECC)	20:49
3. Miguel Santizo (SBCC)	20:54
4. Tim Hampton (SM)	21:01
5. Andy Casillas (Canyons)	21:09
6. John Breneman (Canyons)	21:14
7. Enoch Martinez (Canyons)	21:21
8. Steve McMahon (SBCC)	21:22
9. Rick Fuller (Canyons)	21:33
10. Stu Sutherland (SBCC)	21:35

Team Standing

1. College of the Canyons	28
2. Santa Barbara	37
3. Ventura	111
4. Palomar	122
5. Antelope Valley	140
6. College of the Canyons "B"	141
7. Santa Monica	143
8. Reedley	224
9. Trado-Tech	252
10. West Hills	280

Women 2.0 Miles

1. Sailer (Ventura)	13:43
2. Temple (Ventura)	14:07
3. Cathy St. Amour (Canyons)	14:49
4. Lauren French (SBCC)	14:57
5. Michell Dunn (SECC)	15:01
6. Murray (Ventura)	15:02
7. Rodriguez (Ventura)	15:42
8. Jocelyn Foster (SBCC)	15:57
9. Lynay Parkhurst (Canyons)	16:22
10. Daila Goudey (Canyons)	16:36

Team Standing

1. Ventura	26
2. Santa Barbara	31

/Les Stevens/

Allan Hancock College Invitational

Santa Maria-October 18 4 Miles

1. Gerace (Glen)	20:47
2. Hampton (AV)	20:49
3. Martin (AHC)	21:07
4. Vargas (Mer)	21:15
5. Huff (AHC)	21:22
6. Fissnotti (Glen)	21:36
7. Hill (Mer)	21:50
8. Corson (AV)	21:53
9. Reyes (AHC)	22:02
10. Judy (AHC)	22:08
11. Schoonover (Glen)	22:12
12. Gupton (Glen)	22:20
13. Curran (AV)	22:22
14. Foss (Glen)	22:48
15. Willsey (Fort)	22:52
16. Johnson (Cues)	22:56
17. Cole (AV)	23:16
18. Denz (Colum)	23:20
19. VanRoussdaer (Glen)	23:25
20. McCrumb (AV)	23:31

Team Standing

1. Glendale	44
2. Allan Hancock	49
3. Antelope Valley	60
4. Merced	87
5. Porterville	144
6. Cuesta	155
7. Columbia	164

/Ray Krings/

Rio Linda Invitational
October 12, 1975

Small School Junior-Senior
Individual

- 1. John Walontzka (Lan.) 16:10
2. Tom Hurst (RL) 16:25
3. Howard Clabough (RL) 16:53
4. Frank Custino (Iono) 17:08
5. Tom Blake (BH) 17:21
6. Kelly Dant (Wheat.) 17:31
7. Stearling Hatchara (EU) 17:42
8. Leonard LeMaster (MDR) 17:48
9. John Martinez (Rose.) 17:59
10. Randy Brooke (Rose.) 18:03

Small School Varsity Team

- 1. Mike Wright (Van.) 15:39
2. Bill Schmidt (ST) 15:44
3. Greg Hitchcock (ST) 15:50
4. Kent Firgeon (ST) 16:03
5. Dave Zielke (CBS) 16:13
6. Joe Ferreira (CBS) 16:23
7. Joe Domek (CBS) 16:28
8. John Garofalos (ST) 16:34
9. Darrell Sarmiento (CBS) 16:37
10. Nicholson (ED) 16:44

Team Standing

- 1. South Tahoe 28
2. Christian Brothers 42
3. El Dorado 78
4. Vandon 94
5. Grant 129
6. St. Mary's 145

Large School Junior-Senior
Individual

- 1. Mike Van Horn (JFK) 16:03
2. Kurt Vineyard (Arm.) 16:26
3. Jeff Bolon (EC) 16:42
4. Frank Goss (Fair.) 16:52
5. Don Thomas (CKM) 16:53
6. Pito (BV) 17:10
7. Vernon Shanks (JFK) 17:18
8. Bruce Long (JFK) 17:27
9. Ken Newell (Foot.) 17:28
10. Rick West (DC) 17:32

Large School Varsity Team

- 1. Tim Holmes (Downey) 15:18
2. Dennis Rinde (CR) 15:31
3. Bogomarsino (Jes.) 15:34
4. O'Neill (Jes.) 15:34
5. Eric Wolfe (Davis) 15:54
6. Tim Farrell (LS) 15:56
7. Read (Jes.) 16:01
8. Rob Farley (LS) 16:03
9. Kirk Vail (Stagg) 16:08
10. John Swift (Downey) 16:15

Team Standing

- 1. Jesuit 41
2. La Sierra 83
3. Davis 87
4. Stagg 88
5. Downey 90
6. Casa Roble 177
7. Highlands 192
8. Vacaville 194
9. Franklin 213
10. McAtoe 267
11. Lincoln 272

/Steward/

Prep Cross Country

STANLEY STUBS INVITATIONAL

DIVISION ONE: INDIVIDUAL
1. Shoes (Cres. Valley) 9:52.5; 2. ...

DIVISION TWO: INDIVIDUAL
1. Godinez (Salesian) 10:22.5; 2. ...

SWEEPSTAKES—Foothill.

October 4

SECOND ANNUAL SANTA BARBARA MASTERS MEET

Murdles—1. D. Jackson 15.6. 440 relay—1. Corona Del Mar 46.6. 100 — 1. P. Knox 10.6; 2. M. Newton; 3. H. Cobb. 880 — 1. D. Mack 2:19.7; 2. S. D. Herrmann. 220 — 1. M. Newton 23.7; 2. P. Knox; 3. T. Nasarala. High jump — 1. B. Evans 5-4; 2. Frankamp; 3. J. Graf. Triple Jump — 1. D. Jackson 41.7. Shot Put — 1. H. Smith 45.0; 2. L. Frankamp; 3. D. Douglas. Long Jump — 1. D. Jackson 20-0; 2. H. Cobb; 3. J. Graf. Hammer — 1. D. Douglas 107-1. Discus — 1. L. Frankamp 99-4; 2. D. Douglas; 3. H. Smith. Pole Vault — 1. D. Dittmar 11-4; 2. D. Douglas. Javelin — 1. L. Frankamp 119-11.

Mile — 1. J. Noble 5:14.2; 2. D. Blederman. 100 — 1. T. Vick 11.3; 2. C. Sarlinana; 3. E. Grimm. 220 — 1. T. Vick 25.4; 2. H. Wallace. 2-mile — 1. J. Noble 17:06. High Jump — 1. E. Austin 5-7; 2. H. Wallace. Triple Jump — 1. S. Davilson 40-4; 2. J. Wojcik 33-0; 3. H. Wallace 29-6. Shot Put — 1. J. Laut 38-3; 2. H. Wallace; 3. E. Grimm. Long Jump — 1. S. Davison 21-11 (world record). Discus — 1. H. Wallace 105-7; 2. J. Wojcik; 3. E. Grimm. Pole Vault — 1. D. Dittmar 11-6; 2. D. Douglas. Javelin — 1. J. Wojcik 117-5; 2. H. Wallace.

Hurdles — 1. W. Ambrose 18.8. 440 Relay — 1. Corona Del Mar 59.9. 440 — 1. T. Clayton 59.9. 100 — 1. W. Ambrose 11.5; 2. D. Watt; 3. R. Baum. 880 — 1. D. Lewis 2:33.8. 220 — 1. D. Watt 24.4; 2. W. Ambrose. Mile Relay — 1. Corona Del Mar 47.2. Shot Put — 1. P. Fetter 37-4; 2. R. Baum. Long Jump — 1. W. Ambrose 14-1. Discus — 1. P. Fetter 91-10; 2. R. Baum. Pole Vault — 1.0. Grosh 9-0; 2. T. DeVaughn. Javelin — 1. P. Fetter 141-11.

Mile — 1. E. Halpin 5:25.4; 2. F. Remis. 100 — 1. J. Fernon 12.4. 880 — 1. E. Halpin 2:18.2; 2. F. Remis. 220 — 1. G. Farrell 30.0. High Jump — O. B. Gillett 5-2; 2. B. Ogle; 3. J. Vernon. Shot Put — 1. J. Siefert 39-0; 2. J. Thatcher; 3. J. Becolle. Long Jump — 1. G. Farrell 16.5. Discus 1. J. Becolle 115-7. Pole Vault — 1. J. Vernon 11-0; 2. O. B. Gillett. Javelin — 1. J. Siefert

temore 7-10. Hammer — J. Whittemore 71-0; 2. T. Mummy. Discus — 1. J. Whittemore 84-4; 2. G. Mowrer; 3. B. Crane. Javelin — 1. J. Whittemore 77-4; 2. G. Mowrer; 3. T. Mummy.

High Jump — 1. T. O'Connor 2-6. Shot Put — 1. T. O. Connor 20-11. Long Jump — 1. T. O'Connor 4-6. Discus — T. O'Connor 38-3. Javelin — T. O'Connor 38-4.

/Shirley Davisson/

ALL-CAL CROSS-COUNTRY MEET

1. (tie) Brian Hunter and Ralph Serna (I) 24:17.8. 3. Matt Yeo (UCD) 24:22. 4. Steve Scott (I) 24:31; 5. Bob Tillman (I) 24:47; 6. John Koningh (I) 24:50. 7. Scott Schwitzer (SB) 25:01. 8. Pete Sweeney (UCD) 25:04; 9. Joe Taxiera (UCD) 25:05; 10. John Leader (UCD) 25:11; 11. Robert Slick (I) 25:21; others—14. David Villarreal (I) 25:40; 15. Gary Blume (Cal) 25:40.

TEAM SCORES: 1. Irvine 18. 2. UC Davis 42. 3. UC Santa Barbara 92. 4. California 108. 5. UC Riverside 116.

SAN GABRIEL VALLEY INVITATIONAL

At Mt. San Antonio
INDIVIDUAL (combined races):
1. Tillery (WC), 10:20; 2. J. Ebinger (BA), 10:21; 3. Boettcher (Pomona), 10:24; 4. Ward (Work), 10:33; 5. Jones (Basset), 10:37; 6. Steven-son (SH), 10:38; 7. F. Ebner (BA), 10:41; 8. Garcia (LP), 10:50; 9. Galavez (Baldwin Park), 10:53; 10. Chavira (Northview), 10:58; 11. Castillo (BA), 10:59. TEAM—1. Bishop Amat, 54:50; 2. West Covina, 55:09; 3. Bassett, 55:33; 4. tie between Northview and Walnut, 56:22; 6. La Puente, 56:26; 7. Workman, 56:46; 8. South Hills, 58:12.

DOS PUEBLOS INVITATIONAL BOYS HIGH SCHOOL

Senior — 1. George Aguirre (SB) 9:40; 2. Deud (LBW) 10:05; 3. Cox (LBW) 10:12; 4. Triplett (LBW) 10:13; 5. Ertz (NH) 10:17; 6. Koening (SMarino) 10:18; 7. Thoma (SLO) 10:19 ... 11. Hollister (SMarcos) 10:25 ... 15. Schumacher (SB) 10:40. (Team: 1. LB Wilson 9; 2. San Marino 39).

Junior — 1. Jeff Coffman (DP) 9:57; 2. Mitchell (AG) 10:16; 3. Tabla (Cabrillo) 10:17; 4. Vergara (Montebello) 10:25; 5. Walter (LBW) 10:26; 6. Gil (SB) 10:33 ... 11. Heinrichs (SB) 10:39 ... 14. Martin (SMarcos) 10:47 (Team winner (Team: 1. LB Wilson 31; 2. Arroyo Grande 38).

Freshmen — Ray Morales (Camarillo) 10:21; 2. Thompson (La Canada) 10:25; 3. Parker (DP) 10:29; 4. Martin (SMarino) 10:35; 5. Storino (Agoura) 10:41; 6. M. Shields (DP) 10:51 ... 15. Anderson (SMarcos) 11:09. (Team: 1. Dos Pueblos 17; 2. La Canada 30).

Freshmen — 1. Brian Parker (DP) 11:01; 2. Barragan (Mont) 11:10; 3. Musquij (AG) 11:19. (Team: La Canada 34, San Marino 36).

Class AAAA Sweepstakes — 1. Long

TOP INVITATIONAL TEAMS

1. Waterhouse (MV) 9:56; 2. Peralta (Santa Fe) 9:56; 3. Young (CA) 9:57; 4. St. John (MD) 10:08; 5. LaBonte (MV) 10:10; 6. Thompson (LB) 10:11; 7. Deanne (Cov) 10:10; 8. Hulet (LB) 10:13; 9. Achill (SC) 10:14; 10. Overholt (CA) 10:14; 11. S. Kester (Art) 10:15; 12. Borton (DH) 10:16; 13. Hawkinson (CA) 11. B. Kester (Art) 10:15; 12. Borton (DH) 10:16; 13. Hawkinson (CA) 10:16; 14. Ellis (CM) 10:18; 15. Calvano (HB) 10:19; 16. Seucido (EPA) 10:20; 17. Alvarado (Lak) 10:20; 18. Glass (Uni) 10:21; 19. Tom Becker (Art) 10:22; 20. Adams (SC) 10:23.

TOP TEAM TIMES
1. Costa Mesa 50:53; 2. Mission Viejo 52:35; 2. Mater Dei 53:14; 4. Orange 53:22; 5. Esperanza 53:26; 6. University 53:26; 7. Artesia 53:27; 8. Lakewood 53:32; 9. Huntington Beach 53:51; 10. Fountain Valley 53:52; 11. Laguna Beach 53:55.

Ted Brazil/

October 11

VILLA PARK CLASSIC

(2.04 miles at Eisenhower Park)
RACE 1-1. Hulet (LB) 9:54; 2. Spillbury (Foot) 9:54; 3. Waterhouse (MV) 10:10; 4. St. John (MD) 10:14; 5. Young (CM) 10:24; 6. Camann (LI) 10:24; 7. Ryan (BH) 10:34; 8. B. Kester (Art) 10:34; 9. Nichols (Son) 10:39; 10. Timmermans (Sod) 10:40; 11. Moore (BO) 10:41; 12. Butal (ED) 10:44; 13. Greenhouse (VP) 10:46; 14. Dahl (Ken) 10:46; 15. Tevelde (VP) 10:53.

RACE 2-1. Gerick (Foot) 10:15; 2. Thompson (CM) 10:28; 3. LaBonte (MV) 10:28; 4. Dean (Full) 10:28; 5. Oppermann (LH) 10:29; 6. C. Kester (Art) 10:32; 7. Herbst (ED) 10:32; 8. Richardson (LB) 10:47; 9. Frasco (Ken) 10:48; 10. Royley (VP) 10:48.

RACE 3-1. Weadon (LH) 10:30; 2. Toberty (Foot) 10:31; 3. Shillings (Art) 10:34; 4. Overholt (CM) 10:37; 5. Martin Mann (MV) 10:39; 6. Temple (Full) 10:52; 7. Mike Gloudeaman (MD) 10:55; 8. Wenger (Ken) 10:57; 9. Berry (Troy) 11:02; 10. White (Lo) 10:10.

RACE 4-1. Ellis (CM) 10:33; 2. Boegeman (Foot) 10:46; 3. Ludin (LH) 10:49; 4. Cooney (Ken) 10:50; 5. Baum-tries (LB) 10:51; 6. Ealey (MB) 10:54; 7. Westfall (VP) 10:55; 8. Orshocki (FV) 11:01; 9. Paulus (Troy) 11:05; 10. Ernst (ED) 11:06; 11. Way (Foot) 10:37; 2. Elliott (CA) 10:40; 3. Sarmiento (FV) 10:51; 4. Stockdale (Ken) 10:56; 5. Leong (VP) 11:02; 6. Lybeck (ED) 11:05; 7. Olsen (MC) 11:06; 8. Boettler (Troy) 11:06; 9. Mirales (SH) 11:11; 10. Matt Mann (MV) 11:12.

RACE 5-1. Kolar (CA) 10:42; 2. Daley (Foot) 10:52; 3. Cummings (FV) 10:54; 4. Craik (LH) 11:07; 5. Gonzales (Ken) 11:11; 6. Powell (VP) 11:11; 7. Cox (MV) 11:15; 8. Allen (ED) 11:20; 9. Snyder (LB) 11:24; 10. Alves (Mc) 11:21.

RACE 7-1. Hawkinson (CA) 10:40; 2. Lee (Foot) 11:05; 3. Vandenberg (VP) 11:07; 4. Duddy (FV) 11:12; 5. Weber (LB) 11:17; 6. Nielson (LH) 11:22; 7. Zarow (ED) 11:27; 8. Mark Gloudeaman (MD) 11:29; 9. Turner (MV) 11:30; 10. Evans (Ken) 11:36.

TEAM SCORES: Foothill '12. Costa Mesa 16. La Habra 36. Mission Viejo 47. Mater Dei 53. Laguna Beach and Kennedy 54. Fountain Valley 58. Villa Park 59. El Dorado 61. Artesia 62. Troy 73. Sunny Hills and Fullerton 96. Pacifica 107. Royal Oak 110. Loara 112. Saddleback 125. Eisenhower 130. Santa Ana 136. Sonora 147. Brea-Olinda 152.

1. Foothill 52:03; 2. Costa Mesa 52:42; 3. La Habra 53:21; 4. Mission Viejo 53:44; 5. Mater Dei 53:59; 6. Laguna Beach 54:04; 7. Kennedy 54:17; 8. Artesia 54:27; 9. Villa Park 54:38; 10. Fountain Valley and El Dorado 54:39.

/Ted Brazil/

TOP INDIVIDUAL TIMES

1. Thom Hunt (Patrick Henry, SD) 9:45; 2. Eric Hulet (Laguna) 9:47; 3. Don Moses (Crescenta Valley) 9:51; 4. Tom Methmon (Canyon, Saugus) 10:13; 4. Brian Blue (Crawford, SD) and George Aguirre (Santa Barbara) 10:15; 6. Joe Young (Costa Mesa) 10:19; 7. Lyle Wright (Crawford) 10:22; 8. Bob Currell (Castle Rock, SD) and Dave Daniels (San Geronimo) 10:23; 10. Joe Ebner (Bishop Amat), Barry Boettcher (Pomona), Brian Russell (Notre Dame, SO) and Sal Godinez (Salesian) 10:25; 14. Paul Neveu (Grossmont) and Eric Gulve (Claremont, SD) 10:26; 16. Colin McConnell (Edison) 10:28; 17. Jeff Day (Corona del Mar), Chris Hughes (Monte Vista, SD) and Brian Stevenson (Bishop Amat) 10:29; 20. Bill St. John (Water Dei) and Tom McCann (Rosemead) 10:31; 22. Mike Ryan (Sunny Hills) and Frank Dauncey (Orange) 10:33; 24. Runar Bowman (Dana Hills) 10:34; 25. Mark Mileir (Western), Jim Austin (Monte Vista, SD), adn John Starinieri (Canyon, Saugus) 10:36.

TOP TEAM TIMES

1. Edison 53:31; 2. Costa Mesa 53:47; 3. Salesian 53:52; 4. Monte Vista (SD) 53:55; 5. Canyon (Saugus) 54:13; 6. Crawford (SD) 54:18; 7. Kearny (SD) and Patrick Henry (SD) 54:31; 9. Crescenta Valley 54:43; 10. La Habra 54:46; 11. Castle Park (SD) 54:55; 12. L.B. Wilson 54:56; 13. Santa Barbara 55:04; 14. Laguna Beach 55:20; 15. Bishop Amat 55:27; 16. Upland 55:28; 17. Pt. Loma 55:32; 18. Helix 55:35; 19. Mater Dei 55:37; 20. Sweetwater (SD) 55:47; 21. Poway 55:50; 22. University 55:52; 23. Baldwin Park 55:54; 24. Buena Park 55:59; 25. Hawthorne 56:00.

October 24

MT. SAN ANTONIO INVITATIONAL (CITY COLLEGE) LARGE SCHOOLS

INDIVIDUAL 1. J. Olswang (Orange Coast) 19:43; 2. Saavedra (Fullerton) 19:50; 3. Simonian (Los Angeles City) 20:05; 4. Nance (LA Valley) 20:24; 5. Olswang (Orange Coast) 20:28; 6. Keating (El Camino) 20:30; 7. Canchola (LA Valley) 20:32; 8. Cendejas (Fullerton) 20:36; 9. O'Neil (Fullerton) 20:41; 10. Marin (LA Valley) 20:57. TEAM: 1. Fullerton 49 (1:43:52); 2. Orange Coast 85 (1:45:24); 3. LA Valley 112 (1:46:19); 4. Mt. San Antonio 118 (1:48:16); 5. San Mateo 144; 6. Long Beach 146; 7. El Camino 181; 8. Sacramento 229; 9. Pierce 250; 10. Cerritos 259; 11. Los Angeles City 282; 12. Cypress 267.

MEDIA SCHOOLS INDIVIDUAL 1. Perez (Delta) 19:57; 2. Pfiffer (Grossmont) 20:13; 3. Wilson

2. La Sierra	83
3. Davis	87
4. Stagg	88
5. Downey	90
6. Casa Roble	177
7. Highlands	192
8. Vacaville	194
9. Franklin	213
10. McAtcer	267
11. Lincoln	272

/Steward/

Relay 1. Corona Del Mar 50.9. 440 - 1. T. Clayton 59.9. 100 - 1. W. Ambrose 11.5; 2. D. Watt; 3. R. Baum. 880 - 1. D. Lewis 2:33.8. 220 - 1. D. Watt 26.4; 2. W. Ambrose. Mile Relay - 1. Corona Del Mar 4:22.8. Shot Put - 1. P. Fetter 37.4; 2. R. Baum. Long Jump - 1. W. Ambrose 14.1. Discus - 1. P. Fetter 91.0; 2. R. Baum. Pole Vault - 1.0. Gosh 9.0; 2. T. DeVaughn. Javelin - 1. P. Fetter 141.11.

55-59

Mile - 1. E. Halpin 5:25.4; 2. F. Reiss. 100 - 1. J. Fernon 12.4. 880 - 1. E. Halpin 2:28.2; 2. F. Reiss. 220 - 1. G. Farrell 39.0. High Jump - O. B. Gillett 4.2; B. Ogle; 3. J. Vernon. Shot Put - 1. J. Siefert 39.0; 2. J. Thatchner; 3. J. Becotte. Long Jump - 1. G. Farrell 16.5. Discus 1. J. Becotte 115.7. Pole Vault - 1. J. Vernon 11.0; 2. O. B. Gillett. Javelin - 1. J. Siefert 135.3.

60-64

Hurdles - 1. T. Hallen 21.5. Mile - 1. W. Mihalo 7:30.7. 440 - 1. D. Mowrer 1:20.7. 100 - 1. T. Hallen 13.5; 2. D. Mowrer. 2-mile - 1. W. Mihalo 16:37.6. High Jump - 1. J. Danski 4.4; 2. T. Hallen; 3. D. Mowrer. Triple Jump - 1. J. Danski 31.2; 2. T. Hallen; 3. A. Vesco. Shot Put - 1. T. Montgomery 47.5; 2. C. McMahon; 3. B. Wolfe. Long Jump - 1. J. Danski 14.2; 2. D. Mowrer; 3. T. Hallen. Hammer - 1. T. Montgomery 123.8; 2. C. McMahon; 3. A. Vesco. Discus - 1. C. McMahon 128.2; 2. T. Montgomery; 3. A. Vesco. Javelin - 1. C. McMahon 130.7; 2. B. Wolfe; 3. A. Vesco.

65-69

Hurdles - 1. R. Hargreaves 22.0; 2. R. Doms. Mile - 1. S. Madden 5:55.0; 2. R. Williams. 440 - 1. R. Hargreaves 1:14.9. 100 - 1. J. Caruso 12.7; 2. R. Hargreaves. 220 - 1. R. Hargreaves 31.0. 2-mile - 1. R. Williams 13:07.6; 2. S. Madden. Triple Jump - 1. J. Caruso 27.1; 2. R. Doms. Shot Put - 1. V. Cheadle 44.3; 2. E. Lamb; 3. R. Doms. Long Jump - 1. J. Caruso 14.8 (world record); 2. R. Hargreaves. Hammer - 1. R. Hubball 108.0; 2. R. Doms. Discus - 1. V. Cheadle 122.1; 2. R. Doms; 3. B. McConaghy. Pole Vault - 1. B. McConaghy 5.6. Javelin - 1. B. McConaghy 118.7; 2. R. Doms; 3. J. McKnight.

70-74

Mile - 1. H. Dowler 6:23.4. 440 - 1. H. Dowler 1:43.8. 100 - 1. S. Lum 14.0; 2. H. Dowler. 220 - 1. S. Lum 32.6; 2. H. Dowler. 2-mile - 1. H. Dowler 10:24.4. High Jump - 1. P. Stephens 4.0; 2. S. Herrmann. Shot Put - 1. S. Herrmann 38.9; 2. Long Jump - 1. (tie) P. Stephens and S. Herrmann 10.2. Hammer - 5. Herrmann 104; 1 (world record). Discus - 1. S. Herrmann 104.10. Javelin - 1. S. Herrmann 60.4.

75-79

Hurdles - 1. B. Crane 24.6. Mile - 1. P. Spangler 7:17.2. 440 - 1. P. Spangler 1:35.8. 100 - 1. B. Crane 14.7; 2. T. Mumby; 3. P. Spangler. 880 - 1. P. Spangler 2:26.4. 2-mile - 1. P. Spangler 15:19.8. High Jump - 1. B. Crane 3.10; 2. T. Mumby; 3. J. Whittemore. Triple Jump - 1. B. Crane 22.0; 2. J. Whittemore. Shot Put - 1. B. Crane 30.10; 2. G. Mowrer; 3. J. Whittemore. Long Jump - 1. J. Whit-

temore 10:22.7. 440 - 1. S. Schumacher 1:39.7. 100 - 4. (Team: 1. L.B. Wilson 9; 2. San Marino 39).

Junior - 1. Jeff Coffman (DP) 9:57; 2. Mitchell (AG) 10:16; 3. Tabia (Cabrillo) 10:17; 4. Vergara (Montebello) 10:25; 5. Walter (LBW) 10:26; 6. Gil (SB) 10:33. . . . 11. Heinrichs (SB) 10:39. . . . 14. Martin (SMarcos) 10:47 (Team winner (Team: 1. L.B. Wilson 31; 2. Arroyo Grande 38).

Sophomore - Ray Morales (Camarillo) 10:27; 2. Thompson (La Canada) 10:25; 3. Parker (DP) 10:29; 4. Martin (SMarine) 10:36; 5. Storino (Agoura) 10:41; 6. M. Shields (DP) 10:51. . . . 15. Anderson (SMarcos) 11:09. (Team: 1. Dos Pueblos 17; 2. La Canada 30).

Freshmen - 1. Brian Parker (DP) 11:01; 2. Barragan (Mont) 11:10; 3. Musquiz (AG) 11:19. (Team: La Canada 34, San Marino 36).

Class AAA Sweepstakes - 1. Long Beach 200; 2. Arcadia 179; 3. Dos Pueblos 200; 4. Santa Barbara 212; 5. Newport Harbor 243.

Class AA Sweepstakes - 1. La Canada 196; 2. San Marino 199; 3. Montebello 263; 4. Righetti 481.

GIRLS VARSITY

1. Tara Hobbs (SB) 12:01; 2. Schwalger (Buena) 12:04; 3. Erickson (Alhambra) 17:20; 4. Serrano (DP) 12:29. . . . 7. Barber (SB) 12:35. . . . 14. Upton (SB) 13:14; 15. Sharp (Op) 13:15. (Team: 1. Dos Pueblos 80, Santa Barbara 82; 3. Alhambra 91. . . 6. San Marcos 200).

October 4

GOSTA MESA INVITATIONAL (2.0 Mile at Towhille Park) DIVISION 1

INDIVIDUAL: 1. Hulst (LB) 10:13. 2. Boman (DH) 10:16. 3. Saucedo (Esp) 10:20. 4. Vasquez (DH) 10:27. 5. Arnouf (Exc) 10:28. 6. Echabarra (Exc) 10:29. 7. Richardson (LB) 10:32. 8. Nuziez (Esp) 10:36. 9. Kychenhal (Esp) 10:44. 10. Blanks (BO) 10:48. 11. Furbee (EY) 10:50. 12. Stodola (Esp) 10:50. 13. Frayne (Can) 10:51. 14. Lindstrom (Esp) 10:54. 15. Deretriades (LB) 10:57. 16. Torreyney (Esp) 10:59. 17. Montgomery (DH) 10:59. 18. Kovalch (Can) 10:59. 19. Kunze (Can) 11:01. 20. Murphy (Can) 11:02.

TEAMS: 1. Esperanza 46. 2. Laguna Beach 70. 3. Dana Hills 71. 4. Canyon 95. 5. Excelsior 114. 6. El Toro 122. 7. Brea-Olinda, no score.

Division 2

INDIVIDUAL: 1. St. John (MD) 10:05. 2. Daunne (Org) 10:10. 3. B. Kester (Art) 10:15. 4. Alvarado (Lak) 10:20. 5. Gless (Uni) 10:21. 6. Tom Becker (RA) 10:22. 7. C. Kester (Art) 10:26. 8. Stillings (Art) 10:32. 9. Fero (Uni) 10:32. 10. Ramirez (Org) 10:33. 11. O'Hara (MD) 10:34. 12. Teegarden (Org) 10:36. 13. Proust (Lak) 10:38. 14. Pinedo (Org) 0:40. 15. Randle (RA) 10:41. 16. Finkenstein (Lak) 10:42. 17. Eddy (MD) 10:43. 18. Galvan (Uni) 10:44. 9. Tim Becker (RA) 10:47. 20. Kanner (Esd) 10:50.

TEAMS: 1. Artista 78. 2. Orange 79. 3. University 80. 4. Mater Del 81. 5. Lakewood 85. 6. Rancho Alamitos 117. 7. Saddleback 190. 8. Los Arroyos 242. 9. Bolsa Grande, no score.

Division 3

INDIVIDUAL: 1. Waterhouse (AMV) 9:56. 2. Young (CA) 9:57. 3. LaBonte (MV) 10:05. 4. Thompson (CA) 10:08. 5. Austin (SC) 10:14. 6. Overholt (MV) 10:14. 7. Hawkinson (CA) 10:16. 8. Ellis (CA) 10:18. 9. Calvano (HB) 10:18. 10. Adenille (SC) 10:23. 11. Krieger (HB) 10:26. 12. Kester (CA) 10:33. 13. Martin Mann (MV) 10:37. 14. Nolan (FV) 10:39. 15. Orchoiski (FV) 10:42. 16. Clifford (HB) 10:43. 17. Althoff (AMV) 10:44. 18. Rina (SP) 10:45. 19. Short (HB) 10:46. 20. Carcoran (MV) 10:47.

TEAMS: 1. Costa Mesa 27. 2. Mission Viejo 68. 3. Huntington Beach 89. 4. Fountain Valley 95. 5. Anaheim 146. 6. Agoura 199. 7. San Clemente, no score.

October 29

MT. SAN ANTONIO INVITATIONAL (CITY COLLEGE) LARGE SCHOOLS

INDIVIDUAL: 1. J. Olswang (Orange Coast) 19:43. 2. Saavedra (Fullerton) 19:50. 3. Simonian (Los Angeles City) 20:05. 4. Nance (LA Valley) 20:24. 5. Olswang (Orange Coast) 20:28. 6. Keating (El Camino) 20:30. 7. Canchola (LA Valley) 20:32. 8. Cendejas (Fullerton) 20:36. 9. O'Neil (Fullerton) 20:41. 10. Marin (LA Valley) 20:57.

TEAMS: 1. Fullerton 49 (1:43:52). 2. Orange Coast 65 (1:45:24). 3. LA Valley 112 (1:46:19). 4. Mt. San Antonio 118 (1:48:16). 5. San Mateo 144. 6. Long Beach 146. 7. El Camino 181. 8. Sacramento 221. 9. Pierce 250. 10. Cerritos 259. 11. Los Angeles City 282. 12. Cypress 367.

MEDIUM SCHOOLS

INDIVIDUAL: 1. Perez (Delta) 19:57. 2. Pfeiffer (Grossmont) 20:13. 3. Wilson (Grossmont) 20:27. 4. Colley (San Bernardino) 20:30. 5. Casillas (Delta) 20:35. 6. Best (Grossmont) 20:37. 7. Helgeson (Grossmont) 20:38. 9. Beck (Bakersfield) 20:41. 9. Baudenistal (Am. River) 20:54. 10. Vasquez (Bakersfield) 20:56.

TEAMS: 1. Grossmont 31 (1:42:51). 2. San Joaquin Delta 52 (1:43:38). 3. American River 87 (1:46:07). 4. Bakersfield 95. 5. Santa Ana 143. 6. Harbor 186. 7. San Bernardino 200. 8. Southwestern 214. 9. Saddleback 207. 10. Rio Hondo 275. 11. Riverside 307.

SMALL SCHOOLS

INDIVIDUAL: 1. Garcia (Sequoias) 20:07. 2. Blackburn (Moorpark) 20:32. 3. Garrett (Consumnes Riv.) 20:51. 4. Flint (Moorpark) 20:59. 5. Morrison (Citrus) 21:01. 6. Taylor (Sequoias) 21:01. 7. Huff (Hancock) 21:01. 8. Munoz (Imperial Valley) 21:07. 9. Castillo (Citrus) 21:09. 10. Martin (Hancock) 21:12.

TEAMS: 1. Moorpark 55 (1:46:57). 2. Sequoias 64. (1:47:04). 3. Citrus 64 (1:47:42). 4. Consumnes River 111. 5. Imperial Valley 193. 6. Desert 195. 9. Chaffey 225. 10. L.A. Southwest 292. West Los Angeles and Compton, no score.

NOTICE

INDIVIDUAL: 1. Smith (Grossmont) 21:04. 2. Verdugo (Grossmont) 21:07. 3. Furey (Am. River) 21:19. 4. Wilbers (Grossmont) 21:21. 5. Hattersley (Grossmont) 21:24. 6. McGarry (Fullerton) 21:29.

TEAMS: 1. Grossmont 69 (1:49:58). 3. Orange Coast 114 (1:53:49). 4. Mt. San Antonio 135 (1:53:44).

TOP INDIVIDUAL TIMES

1. John Olswang (Orange Coast) 19:43. 2. Jose Saavedra (Fullerton) 19:50. 3. Henry Perez (Delta) 19:57. 4. Vicken Simonian (LACC) 20:05. 5. Juan Garcia (Sequoias) 20:07. 6. Kirk Pfeiffer (Grossmont) 20:13. 7. Rich Nance (LA Valley) 20:24. 8. Dennis Wilson (Grossmont) 20:27. 9. Tom Olswang (Orange Coast) 20:28. 10. Hal Ketting (El Camino) and Tom Colley (San Bernardino) 20:30. 12. Garardo Canchola (LA Valley) and Scott Blackburn (Moorpark) 20:32. 14. Roger Casillas (Delta) 20:35. 15. Armando Cendejas (Fullerton) 20:36.

TOP TEAM TIMES

1. Grossmont 1:42:51. 2. San Joaquin Delta 1:43:38. 3. Fullerton 1:43:52. Orange Coast 1:45:24. 5. American Rivera 1:46:07.

/Don Ruh/

Madera, October 25 -- Madera Elks Invitational, 3 Mile, Open Division

1) Mike Lennemann (PPTC)	15:06
2) Curt Elia (PTC)	15:10
3) Craig Elia (Phaethon)	15:32
4) Gary McManis (Fr's St.)	15:49
5) Keith Jeffers (JamulPds)	15:53
6) Dean Ray (Fr's St.)	15:58
7) Larry Lung (PFC)	16:04
8) Ray Rubio (Madera)	16:04
9) David Raygosa (Fr's St.)	16:05
10) Len Thornton (HiSierra)	16:16

Varsity Division:

1) Tim Holmes (Downey)	14:39
2) Randy White (Shafter)	14:44
3) Lawrence Carranza (Mdra)	15:03
4) John Swift (Downey)	15:10
5) Rodney Lewis (EastBkfld)	15:11
6) Jose Renteria (Madera)	15:12
7) Bob Costa (Beyer)	15:13
8) Jesse Lopez (Reedley)	15:15
9) Vince Garza (Central)	15:16
10) R. Ellison (Bkfld)	15:17
11) Alfred Soto (Downey)	15:24
12) Al Meyer (Shafter)	15:25
13) Rick Ussin (Bkfld)	15:26
14) Terry Lewis (East Bkfld)	15:28
15) Wolfgang Boggers (Bkfld)	15:29
16) Jim Grileo (Hoover)	15:33
17) Eric Fitz (Downey)	15:36
18) Brian Thompson (EastBkfl)	15:41
19) Ray Gamboa (Madera)	15:41
20) John Alenao (Bkfld)	15:41

East Bkfld 80 1/2, Madera 83 1/2, Bkfld 88, Downey 90, Shafter 129, Bullard 137, Hoover 188, Salinas 224, Reedley 238, Selma 241.

/Mike Lennemann/

Porterville, October 4 -- Porterville Invitational, 4.0 Miles:

1) ReJme (Cabrillo)	20:39
2) Hampton (AVC)	20:56
3) Huff, Eric (AHC)	21:07
4) Huff, Larry (AHC)	21:26
5) Vargas (Mer)	21:41
6) Carson (AVC)	21:44
7) Martin, Mike (AHC)	22:01
8) Duran (WH)	22:27
9) Miller (Sky)	22:29
10) Hill (Mer)	22:32
11) Wardwill (Reed)	22:35
12) Curran (AVC)	22:44
13) Kubacki (Mer)	22:49
14) Lange (Sky)	22:51
15) Deng (Colum)	22:55
16) Honstra (Sky)	22:58
17) Ortiz (Reed)	22:59
18) Brown (AVC)	23:00
19) Willsay (Porterville)	23:06
20) Solace (Reed)	23:14

Antelope Valley 58, Allan Hancock 61, Morced 70, Reedley 131, Columbia 156, Porterville 163

/Ray Kring/

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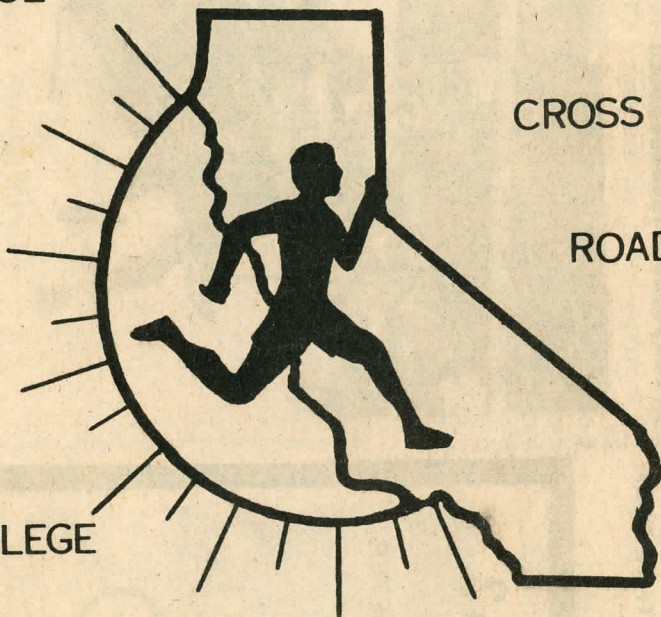
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