

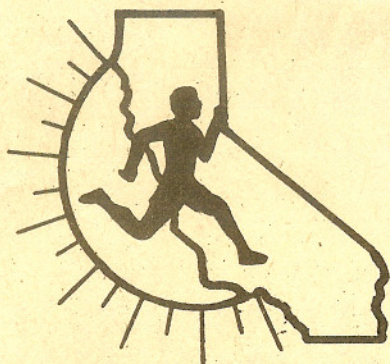
CALIFORNIA TRACK NEWS

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CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue
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PRODUCTION MANAGER: *Judy Cockerham*

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

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HIGH SCHOOL GIRLS: *Rich Ede.*

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COUNTY: *Rich Romine.* SACRAMENTO: *Noel Hitchcock.*

TRACK TEASER PUZZLE: *Mike Lennemann.*

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2 Years.....\$12.00
3 Years.....\$16.00

Published 10 times per year —
one issue per month (January
and September excluded).

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meet the staff:

Mike Lennemann

Mike Lennemann is the writer of the "Track Teaser" puzzle for California Track News. He is actively involved in cross country and track not only as a participant but as spectator, meet director, track club officer and grammar school coach. He has been active in track and cross country officiating. He has worked as a track inspector at the California Junior College Track Championships for the past 4 years, besides performing different duties at high school and college league meets. Mike was assistant to Pete Romero (1966-7 CIF 2 mile champ) at Clovis High School in 1976.

Mike first went out for cross country in his sophomore year at East Bakersfield High School. He went on to become a varsity member of the South Yosemite League Championship cross country and track teams (1969-70).

After graduation he entered Bakersfield Junior College. He was elected captain of the cross country team his sophomore year. From Bakersfield he transferred to Fresno Pacific College and ran two years on the cross country and track teams coached by Bill Cockerham. In 1973 he was voted "Most Outstanding" in cross country. His greatest highlight during his collegiate track career was being a part of the team that beat Fresno State in a dual meet (1973).

Mike is now a member of the Fresno Pacific Track Club and helps staff the club's monthly newsletter while running for the Track Club he has run 3:56.



Mike is Married and his wife's name is Dianne. He is a 5th grade teacher at LaVina school in Madera. In the summer he serves as director of a camp for mentally retarded. His hobbies are: attending track and cross country meets around California, swimming, art, bicycling and camping.

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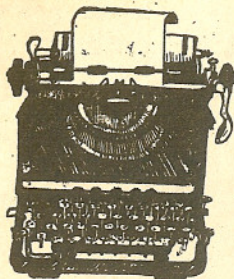
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from the editor...



Do it! Do it! Do it! — We've done it! After much thought, study and prayer we've gone monthly. Well, almost — 10 issues a year is a step in the right direction. Ever since the beginning of CTN back in 1974 we've known a bi-monthly publication just wasn't adequate. The comment we hear the most is that readers love CTN, but it just doesn't come out enough. Our new publication schedule can be found in the credit box.

Basically, there were two main problems with the bi-monthly way: (1) The volume of material. We had more material over a two month period than we could print. Many results, pictures, articles, etc. were here but we just did not have room. (2) The time lag element. Much of the news in each issue was old news; as much as two or three months old. There was too much time between issues to keep the news current.

Going to 10 issues a year will mean more issues thus more pages and will somewhat, relieve problem one. 10 issues will also relieve problem two because issues will come out more frequent. It is a much needed move — hope you will agree.

Going to 10 issues will solve, to some measure, the above two problems, but

leaves two more problems in their place — finances and time. To make up for the additional cost of more issues we are simply charging more — we've upped the subscription rates. To make up for the additional time it is going to take to produce more issues Judy and I will be working harder; getting up earlier and staying up later. As we continue to grow it is envisioned that much of the more routine tasks (typing, labeling, mailing) will be able to be farmed out.

About the price increase. Have you noticed yet that the new yearly subscription cost is \$7.00? If so you have probably already computed that this is twice the old rate of \$3.50, but you will not be getting twice the number of issues in a year. You were getting 6 issues for \$3.50 and will now get 10 for \$7.00.

A sneaky way of having a price increase? Right. There had, until now, never been an increase in the subscription cost of CTN — we've always been \$3.50 and are in the fourth year of publication. Actually, CTN was the outgrowth of another more local publication, Valley Track & Field, which

sophomore year. From Bakersfield he transferred to Fresno Pacific College and ran two years on the cross country and track teams coached by Bill Cockerham. In 1973 he was voted "Most Outstanding" in cross country. His greatest highlight during his collegiate track career was being a part of the team that beat Fresno State in a dual meet (1973).

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ON THE COVER:

GARY TUTTLE consistently one of California's top long distance runners. Shown here winning the recent Beverly Hills 10 Kilo Run — see results section.

photo by Bill Leung, Jr.

began in 1971, and was \$3.50, also. So, we really haven't increased our price in 6 years. I don't need to tell you what has happened to the cost of paper, printing and postage during these same six years. The price increase isn't really much and we know CTN is still a bargain at 10 issues for \$7.00.

What is all this going to mean to our readers? It means you will get more, better and speedier coverage of the track and field happenings in California.

What about your current subscription? Well, every subscriber will receive the number of issues paid for at the time the subscription was started or renewed. If you paid the old amount of \$3.50 you bought 6 issues and will receive 6 issues — it is just that they will arrive before the completion of a year so it will be time to renew earlier. When current subscribers renew they will then pay \$7.00 to receive the 10 issues over the course of the following year.

How do you know when your subscription expires? For new subscribers — no sweat! Just look at the date

on your address label and that will be the last month in which you will receive an issue. For our old subscribers — you will have two dates on your label: the old renewal date from the old system (under that system we listed the date of the first month you would not receive an issue if you didn't renew), and your new renewal date for the new system. Under this system you will still receive your six issues which you paid \$3.50 for and the date on the label will now tell you which month will be the last issue you will receive.

We realize that there will be a few squeaks to workout until the new adjustment is complete. I am sure you will agree that this is a necessary and beneficial move. Hope it's not too confusing. We, as always, welcome your comments and suggestions.



★ ★ ★ ★ ★
spotlight on:

ROD BERRY

RODERICK ROBERT BERRY: Redwood High School(Larkspur) senior. 5 feet, nine inches tall, 120 pounds. Born February 3, 1960 in Marin County, California. Also competes for West Valley Track Club.

Best Marks: 880—1:59.4(77), Mile—4:12.22(77), 2 Mile—8:53.4(77), 3 Mile—14:00.0(77), 6 Mile—29:13.0(77). Coached by Doug Basham in cross country and Don Zile & Morrie Shepherd in track.

Rod Berry is a senior at Redwood High School. Last cross country and track season he made quite a name for himself. As can be noted by the best marks above he has recorded a number of impressive distance running times; and all as a high school junior.

Other Rod Berry accomplishments in last year's burst to prominence include: second in the state 2 mile, second in the national junior 6 mile, 10th in national junior cross country, 8th in national junior AAU 5,000. *#0 & mile record holder in Marin County. All American in the 6 mile in 1977, All Northern Cal team the last two years, and Sunkist Indoor high school 2 mile champion in 1977.

CTN: We've expected to be hearing



photo by Keith Conning

CTN: Do you have any comments, thoughts, philosophy or anything you want to say?

Berry: The philosophy I have always trained by is to always train constantly, year round; but if your body shows signs of stress then ease back on the quality of training. I don't do nearly as much mileage as many other high school runners. Why rush myself? I have at least 15 years of peak competition left in me.

CTN: Fill us in on your yearly training program.

Berry: OK, let's start with Summer. The first two weeks of summer I don't run at all. Weekly mileage during the summer is about 80. This mileage is usually done in two workouts. Just an easy short loosen up 3-4 miles in the morning. During early summer I concentrate on slow continuous running. As summer moves along the quality of my workouts gradually improves, although no speed work as such is done.

During the fall weekly mileage is about 70. This mileage is usually done in one workout, although I will run an easy morning workout if I can drag myself out of bed before school. I usually only

accomplish this once or twice a week. I generally continue with the same distance runs as summer except with higher intensity. Also, mile repeats or 2 minute hill sprints are employed towards the end of the cross country season. These repeats are done on dirt roads. I never run on the track until spring or early winter.

Then comes winter. Two weeks of non running are taken after cross country. During winter I average about 70 miles per week. Very infrequent on the morning runs. The afternoon runs are similar to the summer. Towards the end of winter I go onto the track for slow repetitions — example: 440s at 75 pace with a 220 jog.

In the spring my mileage averages around 50 per week. Now I will be doing twice a week speed work on the track. On a tuesday we might do 3x220@32, 31,30. 3x330@47, 46, 45. 2x440@62, 60. 1x660@1:32. All followed by a distance run. Then on thursday say a four mile continuous run alternating laps fast(70 down to 64) with slow laps(around 88). All other days are for distance runs.

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TURNAROUND TIME: - We take pride in giving you quality products with very little waiting. Under normal circumstances, we will complete your job in 2-3 weeks at most, assuming your artwork is complete. It's just simple lettering, and needs little additional work if the design is complicated. OUR ARTIST designed the shirts to the right for Northern California clubs and races and has done many more...if you need something worked up from scratch or just touchup work, contact us for an estimate.

GARMENTS: - We stock all types of T-shirts, including white, trim, solid color, etc., in mid-weight, 50/50 composition, and heavy-weight materials... write for a complete list of types and colors... Or, if you need warmups, racing jerseys (men's and women's), etc., we can help you too (10% discount for teams on orders of 10 or more garments).



As can be noted by the above information he has recorded a number of impressive distance running times; and all as a high school junior.

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CTN: We've expected to be hearing a lot about Rod Berry in the 1977 cross country season. Your name, however, has not been popping up in the results this fall. What happened?

Berry: I haven't run a race yet this year due to a case of mononucleosis and anemia brought on by the mono. I have just recently started slow training and hope to be in shape for our championship meets.

CTN: What is your favorite track event?

Berry: Anything over 2 miles. Actually, 2 to 6 miles.

CTN: How often do you like to compete?

Berry: Twice a week, ideally. But only one of those a tough competition.

CTN: Do you have any special or favorite competition strategy?

Berry: I usually like to go out fairly slow and catch the leaders by mid-race. If the competition, however, has good leg speed, my early race pace will be fast followed by frequent pickups.

CTN: Do you peak for just one or two important competitions in a season?

Berry: I peak twice (two races) for cross country, once for indoor and four times for track.

CTN: Do you follow any special training rules?

Berry: I never worry about taking a day off if my body feels overly tired. Sleep-wise I try to get at least 10 hours a night. I always try to maintain a well balanced diet which includes vitamin supplements.

CTN: What are your immediate goals — those for this year?



Keith Conning

Berry: I would like very much to make the National Junior Cross Country Team. My other goal is to train hard this spring for a win in the state 2 mile, and possibly give the national record a shot.

CTN: What about longer range goals?

Berry: As for my long range goals I would like to continue running in college, and then begin to compete on the international level.

CTN: How long do you plan to keep competing?

Berry: I plan to run until I'm on my death bed a hundred years from now. As for competition, I will continue to compete as long as I possess the urge.

CTN: Why do you participate in track?

Berry: I participate in track because I enjoy competition, not only with other runners but also with myself as well. I enjoy having a challenge to look forward to. By bettering my own times I derive a great sense of accomplishment.

CTN: What about educational goals, or a career objective?

Berry: I hope to attend a major university and study business administration. I later plan to attend graduate school to obtain my Masters Degree.

CTN: Are you looking at any university in particular?

Berry: At this moment I have it narrowed down to about twenty schools. It will be a tough decision. Some of the schools I'm looking over are: UC Berkeley, Stanford, Princeton, Brown, Georgetown, William & Mary, and Cornell. I am still keeping an open mind as to other possibilities.

chase the clothing as well, please contact me at your earliest convenience (Ph. 415/341-3119...best time to reach me is after 8 pm weekdays; or write to the address below).

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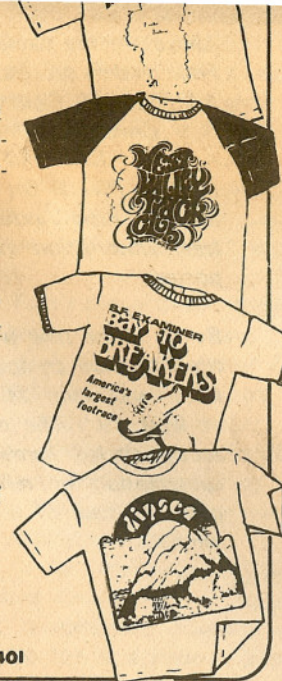
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Hart Park Bakersfield

10am

Saturday, December 10th

Registration 9am

Entry fee \$2 Before Dec. 3, \$1.50

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STRIDERS 50

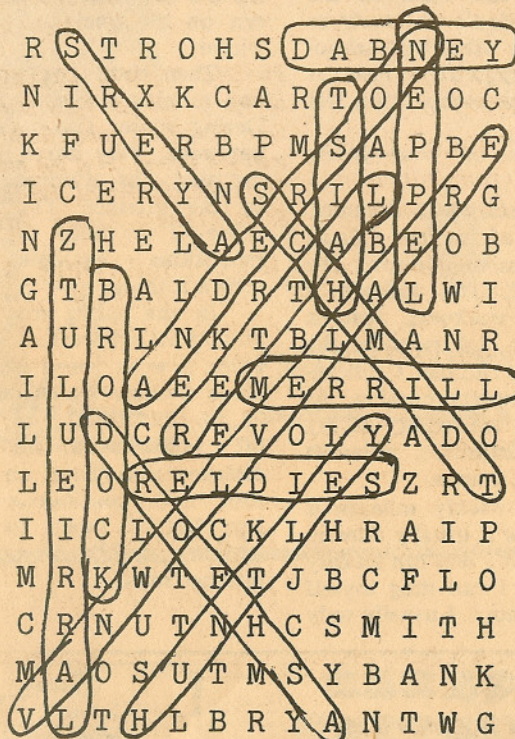
NATIONAL AAU 50 MILE CHAMPIONSHIP

by TOM STURAK

by MIKE LENNEMANN

Track

Trailers



Above are the circled answers to last issue's puzzle. Four readers successfully found all 14 1977 Women's AAU Track & Field Champions in the word scramble: Paul Cross of Oildale, Steve Wolters of Corcoran, Armando Cobos of Montebello, and Rick Vasquez of Pico Rivera. On the basis of a drawing between the four Rick Vasquez is the winner of the one year free subscription renewal and a full color track poster.

Below is the new puzzle for this issue. How many running shoe company names can you find in this

This year's combined "Striders 50" and National (as well as SPA District) Championships attracted the largest and fastest ultradistance track field in U.S. history. Among the 54 starters were 7 men who had previously raced 50 miles under 6 hours, headed by Jim Pearson of Bellingham, Washington, winner of the 1975 National Championships (run on roads) with 5:12:40, fastest ever by an American. Entrants came from as far as Hawaii, Texas, Pennsylvania, and New York.

Two-time "Striders 50" champion Joe Burgasser (5:39:06 in '75), reversing his strategy, blasted an opening 5:43 mile; but by 10 miles, he trailed Arizona's Ken Young by nearly two minutes and retired at 24 1/4 miles (2:39:24). Young an experienced ultramarathoner (U.S. record at 40 miles, 4:08:20), maintained world-record pace through 10 and 20 miles (59:08 and 2:00:52), but slowed considerably before dropping out at 50 kilo (3:19:59). By this stage, early strong-looking contenders Jim Barker of Hawaii (5:35:41 road PR) and Long Beach's John Pagliano (6 times under 6 hours) were both having leg troubles that eventually forced them out around 40 miles. Pearson, admittedly off form after only a few months training following a year's layoff, never threatened the leaders but did manage to finish a respectable eighth.

In the end, unheralded Jim Czachor and first time 50-miler Judy Ikenberry led the 32 finishers on a record-breaking spree. (thirty two finishers is in itself some kind of record for a track race of 50 miles). Czachor--who has been running only two and a half years, and just five weeks earlier raced 5:44:30 on the track--barely missed breaking the American track record of 5:26:40. But his 5:26:54 meet record marks the third

read 6:01/8:12, 30:56/43:38, 63:05/80:58, and 2:44:23/3:12:00.

Similarly, Judy Ikenberry of the Rialto Road Runners ran a comfortable appearing race but slowed the pace as she lowered the world record for 50 miles by nearly 11 minutes in her maiden effort at the distance. Ms. Ikenberry, the 1974 Women's National AAU Marathon Champion, also set new records at a dozen intermediate marks from 20 kilo through 40 miles. The only other woman finisher (four started) was perennial Masters Champion, Donna Gookin, winning her fourth consecutive "Striders 50" title. No other woman (and few men) have completed so many 50 mile track races.



photo by Bill Leung, Jr.

KEN MOFFITT

First Submaster (35-39) finisher, Dave Prokop of San Jose, Claimed a new Canadian citizen's mark of 6:10:34. American veterans records for 50 miles and a variety of intermediate distances were established by Conrad Eroen,

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Below is the new puzzle for this issue. How many running shoe company names can you find in this letter scramble. Mike Lennemann says there are at least 19. The reader submitting the most correctly circled names will receive a one year free subscription or renew plus another related track gift. In case of a tie a drawing will decide the winner.

S T A R K L T R O P S B E
 E Y D C O N A M I T R E A
 O N I O B S I Y T E C S G
 H O D R E K I N O N A R N
 S C A N E O B E A R T E I
 P U S K R O R L E R I V N
 N A I L R R A G A S O N N
 Y S P O T B I L T F B O U
 G F L U W T A F O O T C R
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Cool and collected appearing (e.g., eating a sandwich enroute), Czachor reeled off 10 mile splits of 63:06, 63:33, 65:27, 69:39(including two stops), and 65:13 to average 6:32 per mile. He opened with a 6:03 mile, passed 25 miles in 2:39:26, and ran the final mile in 6:05. After slipping by Young at 30 miles, the steady running New Yorker was never challenged. At the finish, he said he wished he could have continued on to 100 kilometers.

Even steadier, however, was second place finisher Ken Moffitt, who claimed the SPAAAU Men's Open Championship and record with 5:34:16. Running his first ever 50 miler, Ken started with a 6:30 mile, passed 25 miles in 2:46:17, and finished with a 6:22 mile. His first 10 miles was 66:30; his last 66:43. In third place, experienced Nick Marshall of Pennsylvania recorded his fourth sub-6 hour 50 mile, barely two minutes up on fast closing novice Bob Cooper (5:45:12). A 2:26:11 marathoner, Cooper(out of Sacramento), ran a remarkably heady race. Opening with a 6:40 mile, he passed 5 miles in 34:31, 10 miles in 69:28, and 25 miles in 2:52:34; his second half "mirror" splits were 2:52:38, 66:00, 30:44, and 5:58. In contrast, fifth-placer Andrew Levinson finished his fourth consecutive "Striders 50" and broke 6 hours for the first time (5:56:24) the hard way. His first/last mile, 5 mil , 10 mile, and 25 mile splits



KEN MOFFITT

First Submaster (35-39) finisher, Dave Prokop of San Jose, Claimed a new Canadian citizen's mark of 6:10:34. American veterans records for 50 miles and a variety of intermediate distances were established by Conrad Eroen, Division IB, Dan Sheeran, Division IIA, Joe Klass, Division IIB, Paul Reese, Division IIIA, and John Montoya, Division IIIB. Fifty year old Sheeran's 6:15:28 ninth place was perhaps the race's outstanding individual performance.

The Seniors Track Club finished eight runners to dominate both National and District AAU team competition. Again, this number must be some kind of record for 50 mile racing.

September 10. Santa Monica. 5th Annual "Striders 50"/National AAU Senior & Masters Men's & Women's 50 Mile Championship

1)	James Czachor (NYAC)	30	5:26:54
2)	Ken Moffitt (Azt)	25	5:34:16
3)	Nick Marshall (HAC)	29	5:43:17
4)	Bob Cooper (Wood.Str.)	23	5:45:12
5)	Andrew Levinson(STC)	29	5:56:24
6)	Dave Prokop (un)	36	6:10:34
7)	Abe Underwood (BuffCh)	39	6:14:17
8)	Jim Pearson (FFRR)	33	6:15:01
9)	Dan Sheeran(STC)	50	6:15:28
10)	Carlos Alfaro (Azt)	30	6:22:10
11)	Conrad Eroen(STC)	48	6:24:07
12)	Michael Wade (SDTC)	26	6:27:32
13)	Jose Cortez (Wood.Str.)		6:40:05
14)	Judy Ikenberry(RRR)	35 W	6:44:43
15)	Jeffrey Fay (un)	22	6:52:05
16)	Gordon Dugan(MPRR)	44	6:54:16
17)	Stewart Roden(RRR)	22	6:54:24
18)	Bob Branch (CCAC)	31	7:13:31
19)	Girts Ozolins(STC)	40	7:15:42
20)	Kenneth Ganezer(STC)	24	7:15:57
21)	Paul Reese (BuffChps)	60	7:16:29
22)	Doug Peck (Wood.Str.)	22	7:17:14
23)	Bruce Robinson(CCAC)	51	7:19:30
24)	Matthew Bernstein(AMJA)		7:24:12
25)	Don Pycior (un)	38	7:33:32
26)	F. H. McWaid(un)	47	7:33:41
27)	Jack Harper (STC)	47	7:38:37
28)	Donna Gookin (SDTC)	40W	7:38:33
29)	Tom Knoll (MPRR)	44	7:38:53
30)	Joe Klass (STC)	55	7:50:14
31)	John Montoya (STC)	65	7:51:23
32)	Robert Dodson (un.Tx)	46	8:12:32

Classified ADS

RUNNERS' FEET: The complete runners shop for men and women. Featuring all major brands. Runners' Feet, 9 Sutter St., San Francisco, CA 94104. (415) 391-5103.

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CALIFORNIA CLUB CROSS COUNTRY CHAMPIONSHIPS. Saturday, November 19, 1977 at Fresno's Woodward Park. Men's, Women's and Masters Men's Divisions. Clubs must be AAU registered with all competing members AAU registered with the club. Special California Junior (high school) State Cross Country Championship. Write: Track Coach, Fresno Pacific College, 1717 South Chestnut Ave., Fresno, CA 93702.

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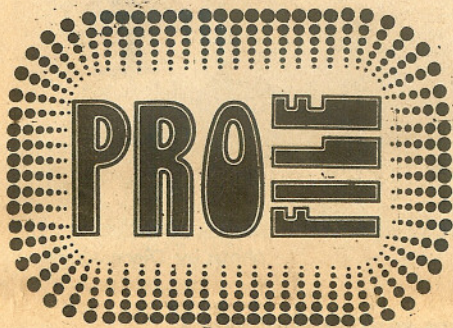
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photo by Bill Leung, Jr.



Tom Lux



season he placed 23rd at the AAU Cross Country Nationals in helping the Toads to the team title.

Tom Lux is another product of the distance running tradition being established by Coach Bob Larsen at Grossmont College. At Grossmont Lux captained the 1972 State Championship Cross Country team, placed third in the one mile and three mile at the 1973 State Track Meet and was the junior college national record holder in the 5000.

Tom's competition strategy is always the same — "go out hard." His immediate goal is to help Jamul Toads repeat

THOMAS DAVID LUX: Jamul Toads Track Club. 24 years old. 5 feet, 9 inches tall; 140 pounds. Born February 11, 1953



Tom Lux

THOMAS DAVID LUX: Jamul Toads Track Club. 24 years old. 5 feet, 9 inches tall; 140 pounds. Born February 11, 1953 in San Diego, CALifornia. Also competed for Monte Vista High School, Grossmont Junior College, and San Diego State University.

Best Marks: 1 Mile— 4:06.1(73), 2 Mile— 8:52 on way to 5,000(77), 3 Mile— 13:23.0(77), 5000 Meter— 13:50.4(77). Coached by Bob Larsen.

photo by Diane Johnson



TOM LUX (center) at start of 1977 National AAU 5000



Country Nationals in helping the Toads to the team title.

Tom Lux is another product of the distance running tradition being established by Coach Bob Larsen at Grossmont College. At Grossmont Lux captained the 1972 State Championship Cross Country team, placed third in the one mile and three mile at the 1973 State Track Meet and was the junior college national record holder in the 5000.

Tom's competition strategy is always the same — "go out hard." His immediate goal is to help Jamul Toads repeat as National Cross Country Champions in Houston on November 26. Longer range goals include shooting for an Olympic berth and picking up the marathon. He is currently pursuing a teaching and coaching career.

As for why he participates in track: "I love competition — hate workouts. The recognition. Running has helped develop me as a person, both physically and mentally."

Typical workouts: Only does interval work during the competitive season, and at that once or twice per week. MONDAY— 5-8 mile morning run, 8-10 mile evening run at medium pace. TUESDAY— 6-8 mile easy morning run, afternoon of interval or fartlek like: 3x880@2:15/2 minute rest plus 3x1320 @3:30/2 minute rest. WEDNESDAY— One long road run of 15 miles. THURSDAY— 8 mile easy morning run, in the afternoon either 8 miles of a hilly run or hard hill repeats. FRIDAY— easy 7 in the morning and easy 8 in the afternoon. SATURDAY— competition or short intervals like 220's with 30 second rest or 440's with 60 second rest. SUNDAY— one run of 15 to 20 miles.

"The hardest adjustment to make after leaving college has been to try and make a living while maintaining a high level of training and mental sharpness." These words from Tom Lux echo the plight of a goodly number of post graduate athletes.

Tom hasn't let conflicts between employment and running slow him down any, though. In fact just last season he recorded lifetime best in the two mile (8:52), three mile (13:23) and 5000 meters (13:50). He was also West Coast Relays 5000 champion and placed 8th. in the 1977 AAU 5000. Running for the Jamul Toads last cross country

MASTERS 1977

California Men Top Marks

Compiled by PETER MUNDLE with PERCY KNOX

100 Yards/100 Meters:

(30-39)

10.5m	H. Sumner(33)SCS 7/16
10.6m	W. Buller(35)SCS 5/21
10.8m	K. Dennis(39)CDM 2/6
10.8m	D. Wells(34)CDM 7/16
10.8m	J. Carlos(31)SCS 6/19
10.9m	D. Segal(39)CDM 1/23
10.0y	C. Roberson(32)CDM 3/12
10.0y	B. Yallan 6/11
11.0m	F. Dungan(33) 9/3
11.0m	D. Romain(35) 6/25
11.0m	R. Ferguson 7/16
11.2m	T. Cain(35)SCS 7/2
11.3m	H. Johnson(37)CDM 2/13
11.3m	A. Henry(39)CDM 1/16

Windy Marks:

9.8y	K. Dennis(39)CDM 4/16
9.9y	H. Johnson(37)CDM 4/16
10.0y	B. Simmons(35)SCS 4/16
10.0y	Elliot (WV.) 4/2

(40-49)

11.0m	K. Dennis(40)CDM 6/19
11.0m	P. Knox(43) CDM 2/13
11.2m	D. Segal(40)CDM 9/3
11.3m	M. Newton(43)SCS 2/13
11.3m	M. Tarango NCS 6/19
10.4y	G. Waterman(42)CDM
11.4m	V. Parish(43)NCS 6/19
11.5m	D. Marlin(47)NCS 7/28
11.5m	H. Bruhner(44)NCS 6/25
11.6m	P. Presber(43)NCS 7/2
11.6m	S. Mendenhall 7/16
11.6m	T. Nasralla(44)STC 6/19

Windy Marks:

9.9y	P. Knox(43)CDM 4/16
10.2y	M. Newton(43)SCS 4/16

23.0m	D. Kurple 6/11
23.3m	H. Johnson(36)CDM 6/19
23.3m	T. Cannon(36)CDM 1/23

Windy Marks:

22.5m	D. Wells(33)CDM 4/2
22.6m	T. Cain(35)SCS 7/3
23.3y	L. Salinger(33)CDM 4/2

(40-49)

22.6m	K. Dennis(40)CDM 6/19
23.0y	D. Segal(40)CDM 5/14
23.2y	M. Newton(43)SCS 5/14
23.2m	P. Knox(43)CDM 6/19
23.2m	H. Bruhner(43)NCS 6/19
23.9y	G. Waterman(42)CDM 3/12
23.9m	E. Oleata(40)SDTC 8/13
24.0m	D. Glasgow(42)NCS 7/2
24.1m	R. Marlin(47)NCS 8/10
24.1m	T. Nasralla(44)STC 6/19
24.1m	S. Mendenhall 6/19

Windy Marks:

22.5y	D. Segal(40)CDM 4/2
23.5m	V. Parish(43)NCS 7/3
23.8m	T. Nasralla(44)STC 7/3

(50-59)

24.7m	B. Watanabe(50)STC 6/19
24.9m	B. Siegen(50)CDM 8/10
25.4m	B. Reemer(52)NCS 6/19
25.8m	R. Hunt(57)SCS 8/10
26.2m	W. Ambrose(51)CDM 6/19
26.2m	W. Buchanan(53)SFV 6/19
26.3y	P. Fetter(55)STC 4/16

Windy Marks:

25.3m	R. Zumwalt(50)NCS 6/25
25.7m	W. Ambrose(52)CDM 4/2
25.8m	D. Watt(54) CDM 6/25
26.2y	P. Fetter(55)STC 4/2

(60-69)



photo by Diane Johnson

BOB WATANABE wins another sprint race

(50-59)

55.2m	B. Sieben(50)CDM 9/3
58.0y	R. Hunt(56) SCS 5/14

(60-69)

2:24.0m	R. Mahannah(61)STC 9/4
2:33.0y	F. Sigstrand(64)SCS 5/14

10.0y

Elliott (WVJ) 4/2

S. Mendenhall (44)STC 7/17

(40-49)

11.0m
11.0m
11.2m
11.3m
11.3m
10.4y
11.4m
11.5m
11.5m
11.6m
11.6m
11.6m
Windy Marks:
9.9y
10.2y

K. Dennis(40)CDM 6/19
P. Knox(43) CDM 2/13
D. Segal(40)CDM 9/3
M. Newton(43)SCS 2/13
M. Tarango NCS 6/19
G. Waterman(42)CDM
V. Parish(43)NCS 6/19
D. Marlin(47)NCS 7/28
H. Bruhner(44)NCS 6/25
P. Presber(43)NCS 7/2
S. Mendenhall 7/16
T. Nasralla(44)STC 6/19
P. Knox(43)CDM 4/16
M. Newton(43)SCS 4/16

(50-59)

24.1m
Windy Marks:
22.5y
23.5m
23.8m
24.7m
24.9m
25.4m
25.8m
26.2m
26.2m
26.3y
Windy Marks:
25.3m
25.7m
25.8m
26.2y

D. Segal(40)CDM 4/2
V. Parish(43)NCS 7/3
T. Nasralla(44)STC 7/3

B. Watanabe(50)STC 6/19
B. Siegen(50)CDM 8/10
B. Reemer(52)NCS 6/19
R. Hunt(57)SCS 8/10
W. Ambrose(51)CDM 6/19
W. Buchanan(53)SFV 6/19
P. Fetter(55)STC 4/16

R. Zumwalt(50)NCS 6/25
W. Ambrose(52)CDM 4/2
D. Watt (54) CDM 6/25
P. Fetter(55)STC 4/2

(50-59)

11.7m
11.0y
12.0m
12.1m
11.3y
12.3m
11.4y
11.4y
12.5m
11.6y
Windy Marks:
11.0y
11.4y
11.5y

B. Watanabe(50)STC 7/2
R. Cooper(53)NCS
P. Jordan(59)CDM
T. Patsalis(55)CDM 6/19
D. Vroom(50)STC 6/11
B. Roemer(52)NCS 7/16
W. Ambrose(51)CDM 2/12
R. Zumwalt(50)NCS
P. Fetter(55)STC 6/25
A. Guidet(58)CDM 1/29
W. Ambrose(51)CDM 3/12
A. Guidet(58)CDM 3/12
P. Fetter(55)STC 3/12

(60-69)

24.9m
27.1y
27.9m
28.1m
28.5m
28.7m
Windy Marks:
27.8m
(70+)
29.2m
30.8m
31.4m
32.0y
Windy Marks:
29.0m

P. Jordan(60)CDM 6/19
F. Sjostrand(64)SCS 5/14
B. Morales(60)CDM 9/4
J. Satti(63)STC 4/17
H. Koppel(64) 5/1
T. Castro(67)STC 7/3
B. Morales(60)CDM 6/25
J. Packard(73) 8/10
S. Lum (72) STC 7/3
W. McFadden(72)SDTC 7/3
M. Montgomery(70)SFV 5/14
J. Packard(73) 6/25

(60-69)

12.0m
13.1m
13.5m
13.5m
12.6y
12.2y

P. Jordan(60)CDM 6/25
B. Morales(60)CDM 6/25
T. Castro(67)STC 8/9
H. Koppel(64) 7/2
J. Caruso(67)STC 6/11
J. Satti(63) STC

440 Yards/400 Meters:

(30-39)

48.7m
48.8m
49.1m
50.0y
50.4m
51.2y
51.0m
51.3m
51.4m
51.9y
51.9m
52.3m
52.8m

H. Sumner(32)SCS 7/2
D. Romain(35) 6/26
R. Harris(30) 9/4
J. Carlos(31)SCS 5/14
R. Harvey(31) 9/4
T. Cain(35)SCS 6/11
M. Growden(30) 6/26
W. Studenmund CDM 2/6
G. Miller(39)CDM 7/16
C. McKenny(38)SCS 3/12
D. Howard(34)SCS 6/19
D. Wells(34)CDM 6/5
H. Adams(37)CDM 9/4

(40-49)

52.4m
52.5m
53.1m
53.7m
54.4y
54.8m
55.1y

H. Bruhner(43)NCS 6/19
E. Oleata(40) SDTC 7/16
M. Tarango(WVJ) 6/19
O. Dawkins(49)STC 9/3
T. Nasrella(44)STC 6/11
P. Knox(43)CDM 6/19
J. Parka(42)STC 4/2

220 Yards/200 Meters:

(30-39)

21.4m
21.5m
21.9m
22.3m
22.4m
22.4m
22.7m
22.7m
22.8m

H. Sumner(32)SCS 6/19
J. Carlos(31)SCS 6/19
W. Butler(35)SCS 6/19
K. Dennis(39)CDM 2/13
C. Roberson(32)CDM
D. Romain(35) 6/26
R. Harris(30) 6/26
P. Dungan(33) 9/4
D. Segal(39)CDM 1/23

(50-59)

55.2m
58.0y
58.3m
58.8y
59.1y

B. Sieben(50)CDM 9/3
R. Hunt(56) SCS 5/14
W. Buchanan(53)SFV 6/26
T. Clayton(52)5/14
B. Fitzgerald(51)STC 5/14

(60-69)

61.5y
63.9m
64.4m
66.5m

F. Sjostrand(64)SCS 3/12
W. Fairbank(60)NCS 4/17
J. Satti(63)STC 6/26
H. Koppel(64) 9/3

(70+)

64.0m

J. Packard(73) 8/10

(60-69)

2:24.0m
2:33.0y
2:39.0m
2:39.9y

R. Mahannah(61)STC 9/4
F. Sjostrand(64)SCS 5/14
S. Madden(69) SFV 9/4
E. Stotsberg(63)SMTC 4/2

(70+)

2:34.5m
3:17.9m

M. Montgomery(70)SFV 9/4
P. Spangler(78) 7/2

1500 Meters/Mile:

(30-39)

3:55.8m
4:02.4m
4:08.5m
4:08.7m
4:09.3m
4:34.9y
4:19.5m

P. Camp(30)SDTC 9/3
M. Eck 6/18
J. Knebel(38) 9/3
T. Richards(36)CDM 9/3
J. Murphy(37)SNSMTC 9/3
D. Fitzgerald(37)SCS 6/11
J. Toomey(CDM) 1/16

(40-49)

4:12.3m
4:12.7m
4:38.9y
4:40.8y
4:21.4m
4:22.8m
4:43.1y

E. Gookin(43) SDTC 8/11
P. Richardson(41) 2/5
K. Guthrie(40) 1/21
B. Emmerling(41)SCS 1/21
W. Williams(44)STC 9/3
G. Kalchschmid(44)SFV 6/25
R. Bowles(40) 1/21

(50-59)

4:29.7m
4:53.8y
4:38.8m
4:39.7m
4:43.2m
4:47.0m
4:50.3m
5:19.4y
5:01.7m
5:01.9m
5:02.8m

M. Hernandez(55)SMTC 8/11
B. Malain 5/1
R. Fitzgerald(51)STC 9/3
A. Bryant(52) STC 7/3
B. Sieben(50)CDM 8/27
R. Gil(53) STC 9/3
L. Miller 6/25
J. Noble(51)STC 5/14
J. Gorrell(55)STC 6/25
A. Waterman(58)NCS 6/25
J. Oleson(59)SFV 4/23

(50-59)

2:09.0m
2:12.0m
2:14.5m
2:15.0m

B. Sieben(50)CDM 8/9
B. Fitzgerald(51)STC 7/9
A. Bryant(53)STC 8/9
M. Hernandez(55)SMTC 8/8



photo by Diane Johnson

BOB WATANABE wins another sprint race

(60-69)

4:55.4m R. Mahannah(61)STC 6/25
 5:03.6m E. Preston(60)NCS 6/18
 5:11.8m P. Reese(60)NCS 6/18
 5:12.6m E. Stotsenberg(63)SMTC
 5:16.6m C. Dahlston(66)CCAC 9/3
 5:19.3m W. Zook(60)SDTC 2/26
 5:27.2m S. Madden(69)SFV 8/11
 5:48y A. Clark(63)STC 5/14

(70+)

5:42.2y M. Montgomery(70)SFV 7/9
 6:37.2m P. Spangler(78)6/18

3 Mile/5000 Meters:

(30-39)

14:22m P. Camp(30) SDTC 9/4
 15:18m G. Goettelman(30) 9/4
 15:38m J. Murphy(37)SMTC 9/4
 15:38.4m B. Kelly(32)CDM 6/18
 15:40m F. Bozanich(33)SDTC 9/4
 15:47m P. Duarte 6/18
 15:49m J. Burgasser(38)STC 9/4
 15:49.4m J. Mulholland 6/25
 15:54m J. Hamey 4/17
 15:56.8m D. Fridly 6/25

(40-49)

16:04.6m J. Smartt(45)SCS 6/25
 16:14.2m P. Mundle(49)SMTC 8/8
 16:45.0y R. Bowles(40) 7/20
 16:25.4m T. Clark(41) SCS 4/24
 16:27m J. Davis(41)SCS 9/4
 16:37m W. Williams(44)STC 6/25
 16:10y L. Efron 5/14
 16:42m R. Smith(49)WVJ 4/17

(50-59)

16:15.4m J. O'Neil(52)SFV 8/8
 17:03m M. Hernandez(55)SMTC 9/4
 17:14y L. Miller 5/14
 18:03.8m J. Oleson(59) SFV 8/8
 18:07m R. Gil(53)STC 9/4
 18:33.6m A. Bryant(52)STC 4/24

(60-69)

18:19.6m E. Preston(60)NCS 6/26
 19:05.0m P. Reese(60)NCS 6/26
 19:28.2m C. Seekins(60)STC 8/8
 19:49m E. Stotsenberg(63)SMTC 9/4
 19:51.2m A. Clark(63) STC 6/26
 20:06m W. Zook(60)SDTC 7/16
 20:35m J. Montoya(65)STC 9/4

(70+)

23:24m P. Spangler(78) 7/3
 24:50.2m W. Davidar(71) 6/26

Steeplechase

(all divisions)

10:16.2 J. Rupp(30-39) 6/26
 10:28 J. Bevins(39) 6/26
 10:51 J. Patterson(30-39)6/26
 10:56 D. Beardahl(40-49)MAC 5/1
 11:11.6 D. Shannon(30-39) 7/16
 11:13.0 D. Stevenson(48) 6/26
 11:19.0 L. Roberts(50)STC 6/18
 11:34.4 J. Rountree(38)CDM 6/26
 11:39.2 A. Waterman(59)NCS 8/11
 11:55.4 A. Bryant(53)STC 6/18
 12:08.4 J. Noble(51)STC 6/18
 12:59.0 T. Hodges 6/18
 12:59.2 B. Long(58)SCS 6/26
 13:15.2 W. Zook(60)SDTC 8/13

3,000 METER RUN

All Divisions

9:10.8 J. Murphy(37)SMTC 5/21
 9:14 B. Kelly(32)CDM 1/8
 9:19 T. Richards(36)CDM 1/8
 9:26.0 J. Smartt(45)SCS 1/8
 9:30.2 P. Mundle(49)SMTC 6/1
 9:42 D. Fitzgerald(37)SCS 5/21
 9:43 J. Toomey(30-39)CDM 1/8
 9:43.4 J. Davis(41)SCS 5/21
 9:53 M. Hernandez(54)SMTC 4/2
 10:01.8 A. Bryant(52)STC 5/21
 12:41 S. Madden(69)SFV 1/8

110 Meter/120 Yard Hurdles

30-39 - 39"

14.2 W. Butler(35)SCS 6/19
 14.3 L. Sallinger(33)CDM 4/16
 14.7 J. Kurple 6/19
 14.7 C. McCormick(33)SCS 9/4
 14.9 J. Dobroth(35)SCS 3/12
 15.0 A. Henry(39)CDM 5/14
 15.0 T. Cain(35)SCS 6/25

Windy Marks:

14.2 L. Sallinger(33)CDM 4/2
 14.8 A. Henry(39)CDM 4/2

50-59 - 33"

16.7 R. Hunt(56)SCS 9/4
 16.7 T. Patsalis(55)CDM 6/25
 17.6 B. Gist(57)CDM 6/25
 18.5 A. Guidet(58)CDM 6/11
 19.0 R. Wigginton(51)NCS 6/25
 19.0 W. Ambrose(52)CDM 6/19

60+ - 30"

19.4 B. Morales(60)CDM 6/19
 19.5 V. Godfrey(63)SDTC 6/19
 19.6 T. Hatlen(66)NCS 6/5
 23.3 W. McFadden(72)SDTC 6/25
 Windy Marks:
 23.1 W. McFadden(72)SDTC 7/3

440 Yard/400 Meter Hurdles

30-39 - 36"

56.4m T. Cain(35)SCS 6/19
 57.0m C. McCormick(33)SCS 7/16
 58.0m L. Sallinger(33)CDM 9/4
 62.6m S. Loera(31) 7/16

40-49 - 36"

61.2m V. Parish(43)NSC 9/4
 61.6m T. Nasralla(44)STC 7/2
 61.8m M. Andrews(43)BAS 6/26
 62.0m E. Oleata(40)SDTC 9/4
 62.2m A. Sheehan(45)SFV 8/10
 64.0m R. Hickman 5/1
 64.5m E. Dowell(49)NCS 6/26

50-59 - 33"

65.7m R. Roemer(52)NCS 7/2
 66.0m R. Hunt(57)SCS 8/11
 66.5m W. Ambrose(52)CDM 6/18
 67.7m T. Clayton(53)CDM 9/4
 69.7m A. Bryant(53)STC 9/4

60+ - 30"

83.3m V. Godfrey(63)SDTC 6/18
 86.5m W. Bigelow(66) 5/1
 88.6m F. Bierlein(67) 8/11
 90.5m J. Dick(65) 7/2

Decathlon

30-39 - 39" hurdles

6212 D. Wells(34)CDM 6/4
 5736 J. Dobroth(35)SCS 1/29
 4889 H. Serkin 7/2
 4725 J. Fiedler 7/2

40-49

5-11 1/2 M. Newton(43)SCS 5/21
 5-8 E. Austin(47)CDM 6/18
 5-6 P. Conley(42) 5/14
 5-5 1/2 R. Fitzhugh(42)USN 5/21
 5-4 L. Frankamp(43)CDM 1/22
 5-4 J. Tansley(41)STC 1/22
 5-4 D. Rose(42) 6/25
 5-3 C. Young 6/5
 5-2 B. Billings(43)SCS 1/8

50-59

5-3 B. Richards(51)CDM 7/23
 5-2 B. Gist(57) CDM 4/24
 5-1 O. Gillett(57)CDM 6/18
 4-10 D. Brown(54)CDM 4/16
 4-10 R. Roemer(51)NCS 5/1
 4-9 R. Wigginton(51)NCS 6/25

60-69

4-10 J. Vernon(60)STC 6/11
 4-6 J. Damski(62)SFV 5/14
 4-6 H. DeGroot(61)STC 5/21
 4-5 1/4 J. Dick(65) 8/8
 4-4 T. Hatlen(66)NCS 5/21
 4-3 T. Wilson 6/25
 4-2 B. Morales(60)CDM 2/12
 4-2 J. McCarthy 5/1
 4-0 W. Bigelow(66) 4/17

70+

4-2 1/2 H. Vangelder(72)NCS 6/25
 4-0 W. McFadden(72)SDTC 6/18
 3-11 R. Drummond(70) 9/3
 3-8 W. Westbrook(79) 6/25
 3-6 T. Mumby(79) 5/1
 3-6 J. Whittemore(77) 6/25
 3-5 A. Rohrman 6/25

Pole Vault

30-39

15-5 R. Harvey(31) 9/3
 13-0 T. Endres(34) 9/3
 12-6 E. Homer 6/26
 12-6 J. Fiedler 6/26
 12-3 R. Plymale 5/14
 12-0 R. Fleming(39)SDTC 6/26
 12-0 S. Loera(31) CDM 3/12
 12-0 D. Grimes(32)SFV 5/14

40-49

13-0 J. Donley(47) 7/3
 12-3 C. Keffer(43) CDM 1/8
 12-0 C. Cota(41)SDTC 7/2
 12-0 V. Cook(45) 6/19
 11-6 D. Dittmar(43)AIA 5/14
 11-1 H. Wallace(49)STC 4/16
 11-0 R. Fitzhugh(42)USN 6/5



18:03.8m J. Oleson(59) SFV 8/8
 18:07m R. Gil(53)STC 9/4
 18:33.6m A. Bryant(52)STC 4/24

(60-69)

18:19.6m E. Preston(60)NCS 6/26
 19:05.0m P. Reese(60)NCS 6/26
 19:28.2m C. Seekins(60)STC 8/8
 19:49m E. Stotsenberg(63)SMTC 9/4
 19:51.2m A. Clark(63)STC 6/26
 20:06m W. Zook(60)SDTC 7/16
 20:35m J. Montoya(65)STC 9/4

(70+)

23:24m P. Spangler(78) 7/3
 24:50.2m W. Davidar(71) 6/26

6 Mile/10,000 Meters:

(30-39)

30:52.6m R. Hughes(38)SCS 3/26
 31:28m G. Goettelman(30) 9/3
 31:30m D. Zapata(32) 9/3
 32:23.8m D. Fridly 6/26
 31:23.8y M. Rowley(37)CCAC 5/15
 32:37m P. Ryan 6/26
 32:49m F. Bozanich(33)SDTC 9/3

(40-49)

33:19m J. Smartt(45)SCS 9/3
 33:25m R. Bowles(41) 9/3
 33:30.0m D. Beardahl MAC 5/1
 33:51m P. Mundle(49)SMTC 7/1
 33:15y J. Livesay(42) 5/15

(50-59)

33:40.2m J. O'Neil(52)SFOC 9/3
 38:07.0m L. Roberts(50)STC 6/25
 38:09.6m R. Gil(52)STC 6/18
 38:09.8m J. Oleson(59)SFV 8/10

(60-69)

39:02.8m P. Reese(60)NCS 6/18
 40:26.2y C. Seekins(60)STC 7/9
 41:48.6m J. Montoya(65)STC 9/3
 42:30m E. Stotsenberg(63)SMTC 6/12
 43:11.0m C. Dahlsten(66)CCAC 9/3
 43:11.6m R. Mahannah(61)STC 5/28

(70+)

46:27.0m W. Davidar(71) 6/25
 47:23m P. Spangler(78) 7/1

14.2 W. Butler(35)SCS 6/19
 14.3 L. Sallinger(33)CDM 4/16
 14.7 J. Kurple 6/19
 14.7 C. McCormick(33)SCS 9/4
 14.9 J. Dobroth(35)SCS 3/12
 15.0 A. Henry(39)CDM 5/14
 15.0 T. Cain(35)SCS 6/25
 Windy Marks:
 14.2 L. Sallinger(33)CDM 4/2
 14.8 A. Henry(39)CDM 4/2



photo by Diane Johnson

PHIL CONLEY

40-49 - 36"

15.4 H. Smith(41)SCS 4/16
 15.5 D. Jackson(45)CDM 3/12
 15.5 M. Andrews(43)BAS 6/25
 16.3 V. Parish(43)NCS 6/19
 17.2 J. Tansley(41)STC 6/5
 17.3 B. Adler(44)SCS 3/12
 Windy Marks:
 15.4 D. Jackson(45)CDM 4/2
 16.1 V. Parish(43)NCS 7/3
 17.3 R. Fitzhugh(42)USN 7/3

83.3m V. Godfrey(63)SDTC 6/18
 86.5m W. Bigelow(66) 5/1
 88.6m F. Bierlein(67) 8/11
 90.5m J. Dick(65) 7/2

Decathlon

30-39 - 39" hurdles

6212 D. Wells(34)CDM 6/4
 5736 J. Dobroth(35)SCS 1/29
 4889 H. Serkin 7/2
 4725 J. Fiedler 7/2
 4683 P. Sinclair(36) 7/2

40-49 - 36" hurdles

5012 J. Tansley(41)STC 6/4
 4685 H. Smith(41)SCS 6/4
 4588 C. Young 7/2
 4575 R. Fitzhugh(42)USN 6/4
 4472 H. Hawke(47)SDTC 6/4
 4382 A. Brenda (48) 7/2

50-59 - 33" hurdles

3462 R. Hunt(56)SCS 2/26
 2379 J. Minah(57) 6/4

60+ - 30" hurdles

2291 J. Dick(65) 6/4
 2008 T. Hatlen(66)NCS 6/4
 1299 S. Herrmann(72) 4/8
 995 J. Whittemore(77) 6/4

Pentathlon

all divisions

2764 P. Conley(42) 8/12
 2016 B. Morales(60)CDM 8/12
 1870 R. Straub(48)SDTC 6/4
 1690 P. Fetter(56)STC 6/4

High Jump

30-39

6-7 3/4 J. Dobroth(35)SCS 6/18
 6-6 3/4 D. Thoreson 6/18
 6-2 R. Gonzalez 6/25
 5-7 L. Sallinger(33)CDM 4/16
 5-6 S. Loera(31)CDM 7/16

30-39

15-5 R. Harvey(31) 9/3
 13-0 T. Endres(34) 9/3
 12-6 E. Homer 6/26
 12-6 J. Fiedler 6/26
 12-3 R. Plymale 5/14
 12-0 R. Fleming(39)SDTC 6/26
 12-0 S. Loera(31) CDM 3/12
 12-0 D. Grimes(32)SFV 5/14

40-49

13-0 J. Donley(47) 7/3
 12-3 C. Keffer(43) CDM 1/8
 12-0 C. Cota(41)SDTC 7/2
 12-0 V. Cook(45) 6/19
 11-6 D. Dittmar(43)AIA 5/14
 11-1 H. Wallace(49)STC 4/16
 11-0 R. Fitzhugh(42)USN 6/5
 11-0 A. Brenda(40) 5/1

50-59

11-2 D. Brown(54)CDM 8/8
 11-0 D. Grosh(51)CDM 5/14
 11-0 B. Richards(51)CDM 9/3
 10-6 V. Wolfe(54)CDM 5/28
 10-2 O. Gillett(57)CDM 8/8
 9-6 T. DeVaughn(54)CDM 1/8
 9-6 R. Wiggington(51)NCS 6/26

60+

12-0 J. Vernon(60)STC 7/14
 9-0 B. MacConaghy(68)CDM 4/24
 8-7 H. DeGroot(61)STC 8/10

Long Jump

30-39

23-3 1/2 J. Silva(31) 9/3
 22-3 C. Vaughan(30) 6/18
 21-7 S. Jackson 4/17
 21-4 A. Henry (39) CDM 9/3
 21-1/2 L. Sallinger(33)CDM 9/3
 21-1/2 D. Ford (31) 5/28
 20-9 J. Dobroth(35)SCS 3/12
 20-7 H. Christenson
 20-5 1/2 R. Gonzalez 6/25
 20-4 1/2 H. Adams(37) 9/3
 Windy Marks:
 22-11 1/2 Elliot (WVJ) 4/2
 22-11 C. Vaughan(30) 6/18
 21-4 1/2 L. Sallinger(33)CDM 6/18

40-49

20-10 1/2 D. Jackson(45)CDM 8/9
 20-8 1/2 S. Davisson(46)CDM 3/12
 20-7 M. Andrews(43)BAS 6/25
 20-1 1/2 M. Newton(43)SCS 1/8
 19-11 1/2 P. Conley(42) 8/12
 17-5 3/4 T. Nasrella(44)STC 5/14
 19-4 P. Schlegal(47)CDM 8/8
 Windy Marks:
 21-9 D. Jackson(45)CDM 6/18
 20-10 1/2 S. Davisson(46)CDM 3/12
 19-5 1/2 P. Presher(43)NCS 6/18

50-59

19-9 $\frac{1}{2}$
17-11 $\frac{1}{2}$
17-4 $\frac{1}{2}$
17-3 $\frac{3}{4}$
16-10 $\frac{1}{2}$
16-10
Windy Marks:
20-8 $\frac{3}{4}$
17-6 $\frac{1}{2}$

T. Patsalis(55)CDM 6/18
R. Spencer(53)SDTC 7/3
D. Brown(54)CDM 7/3
B. Richards(51)CDM 9/3
D. Vroom(50)STC 6/11
H. Hawke(47)SDTC 6/5

T. Patsalis(55)CDM 6/18
P. Fetter(55)CDM 4/22

60-69

16-3 $\frac{1}{2}$
16-3 $\frac{1}{2}$
15-7 $\frac{1}{2}$
14-9 $\frac{1}{2}$
14-7 $\frac{1}{2}$
13-9 $\frac{1}{2}$
13-9 $\frac{1}{2}$
Windy Marks:
16-6 $\frac{1}{2}$
16- $\frac{1}{2}$
14-11 $\frac{1}{2}$

J. Satti(63)STC 9/3
B. Morales(60)CDM 5/28
J. Vernon(60)STC 6/11
J. Damski(62)SFV 5/14
J. Caruso(67)STC 9/3
T. Hatlen(66)NCS 6/4
H. Miller(61) 7/9

B. Morales(60)CDM 6/18
J. Vernon(60)STC 6/18
M. Andors(65)SDTC 6/25

70+

12-8 $\frac{3}{4}$
12-5 $\frac{3}{4}$
11-0
9-9
9-8
9-7 $\frac{1}{4}$
Windy Marks:
11-7 $\frac{1}{2}$
10-4 $\frac{3}{4}$
8-4 $\frac{3}{4}$

W. McFadden(72)SDTC 7/18
H. Vangelder(72)NCS 8/9
W. Westbrook(79) 9/3
T. Mumby(79) 5/1
B. Blakely(72) 6/11
R. Doms(70)SCS 5/28

S. Lum(72) 6/18
A. Rohrman 6/25
C. Backus(83) 6/25

Triple Jump

30-39

46-10
45-1
45-0
44-3
43-5
43-0

J. Silva(31) 9/4
L. Loveradge 6/26
D. Ford(31) 5/28
A. Henry (39) CDM 6/26
S. Loera(31) CDM 4/16
S. Jackson 4/17

40-49

45-2 $\frac{1}{2}$
42-2
40-7 $\frac{1}{2}$
39-8 $\frac{3}{4}$
38-9
38-0
37-9
36-10
36-2

D. Jackson(45)CDM 8/11
M. Andrews(43)NCS 6/19
A. Andrews(43)CDM 9/4
S. Davisson(47)CDM 8/11
P. Conley(42) 4/2
T. Nasrallu(44)STC 5/28
A. Brenda (48) 6/19
C. Keffer(43)CDM 1/8
P. Schlegal(47)CDM 6/11

50-59

39-11 $\frac{1}{2}$
36-4 $\frac{3}{4}$
35-7 $\frac{1}{2}$
34-8 $\frac{1}{2}$
34-3 $\frac{1}{2}$
Windy Marks:
40-5

T. Patsalis(55)CDM 8/11
R. Spencer(54)SDTC 8/11
D. Brown(54)CDM 7/3
G. Farrell(59)CDM 6/11
D. Vroom(50)STC 5/28

T. Patsalis(55)CDM 6/26

39-6
38-3 $\frac{1}{2}$
38-1

J. Minah(59) 7/3
P. Evans(51)SFV 7/9
M. Henderson 6/25

60-69 - 8 lb.

50-0
46-11
42-11
42-11
42-8 $\frac{1}{2}$
41-7 $\frac{1}{2}$
39-3 $\frac{3}{4}$
37-3
37-3
37-0

J. Thatcher(60)CDM 5/28
H. DeGroot(61)STC 2/12
J. York(63) NCS 9/3
T. Montgomery(62)CDM 6/25
V. Cheedle(67) 6/25
N. Buell(62) 2/12
C. McMahon(61)SDTC 5/14
T. Puglizovich(69)NCS 6/25
J. Pearce 6/25
E. Archer(65)NCS 9/13

70+ - 8 lb.

42- $\frac{1}{2}$
39-9 $\frac{3}{4}$
38- $\frac{1}{2}$
33-9 $\frac{1}{2}$
33-4 $\frac{1}{2}$
31-0

R. Drummond(70) 9/3
R. Doms(70) SCS 6/18
S. Herrmann(73) 5/4
E. Curtice(70) 5/1
B. DeGroot(70)STC 9/3
H. Vangelder(72)NCS 5/1

112-9
99-1
98-9
89-2
77-1

B. DeGroot(70)STC 9/4
W. McFadden(72)SDTC 5/14
R. Drummond(70) 9/4
J. Whittemore(77) 6/26
G. Mowrer(76) 6/26

Hammer Throw

30-39 - 16 lb.

189-9
166-5
165-3
150-6
127-8
121-0

H. Connally(45) 5/1
S. Thomson(44)SCS 6/19
G. Bobell(40)CDM 7/3
J. Pryde (30-39) 4/17
B. Humphreys(41)CDM 6/11
J. Pohl(30-39) 4/17

40-49 - 800 grams

214-11
198-8
184-10
175-9
171-1
160-5
153-11
153-6
152-4

P. Conley(42) 5/29
R. Higgins 6/25
S. Letcher NCS 5/14
C. Wilkinson 5/1
D. Rose(42) 6/25
R. Sutton 5/1
J. Tansley(41)STC 6/5
H. Hawke(47)SDTC 5/28
R. Straub(48)SDTC 6/18

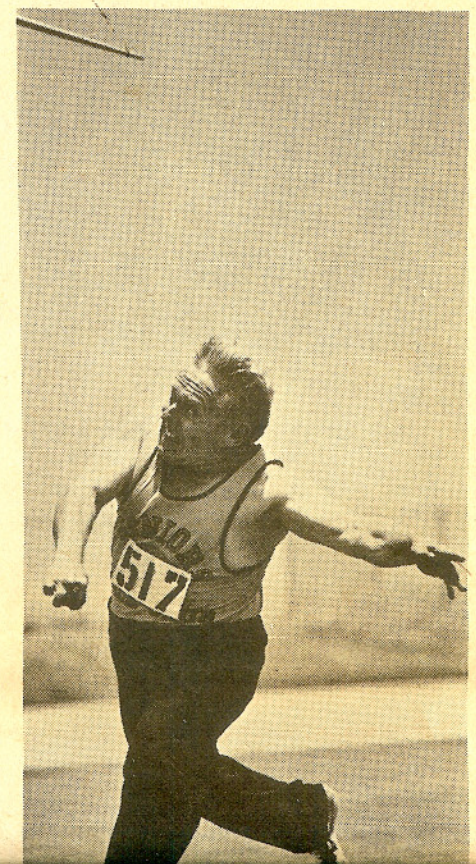
50-59 - 800 grams

162-2
144-1
141-11
141-4
140-6

P. Fetter(55)STC 3/12
D. Aldrich(58)CDM 6/18
L. Silver(56) 6/18
H. DeGroot(61)STC 4/2
J. Siefert(59)SDTC 6/25

photo by Diane Johnson

photo by Diane Johnson



45-2½
42-2
40-7½
39-8 3/4
38-9
38-0
37-9
36-10
36-2

D. Jackson(45)CDM 8/11
M. Andrews(43)NCS 6/19
A. Andrews(43)CDM 9/4
S. Davisson(47)CDM 8/11
P. Conley(42) 4/2
T. Nasralla(44)STC 5/28
A. Brenda (48) 6/19
C. Keffer(43)CDM 1/8
P. Schlegal(47)CDM 6/11

50-59

39-11½
36-4 3/4
35-7½
34-8½
34-3½

T. Patsalis(55)CDM 8/11
R. Spencer(54)SDTC 8/11
D. Brown(54)CDM 7/3
G. Farrell(59)CDM 6/11
D. Vroom(50)STC 5/28

Windy Marks:
40-5
33-5

T. Patsalis(55)CDM 6/26
J. Johnson 6/26

60-69

31-½
30-10 3/4
28-9½
28-5½
26-8½
25-6½

J. Damski(62)SFV 5/14
J. Vernon(60)STC 6/11
J. Dick(65) 5/28
J. Caruso(67)STC 8/11
H. Miller(61) 6/19
A. Vesco(68)STC 9/4

Windy Marks:
31-1
29-0

J. Dick(65) 5/1
J. Caruso(67) STC 6/26

70+

27-6 3/4
24-2
24-1
23-3½
18-7
17-0

W. McFadden(72)SDTC 8/11
W. Westbrook(79) 9/4
H. Vangelder(72)NCS 8/11
R. Doms (70) SCS 8/11
J. Whittemore(77)6/19
T. Mumby(79) 2/12

Windy Marks:
23-7
20-11

R. Doms(70)SCS 6/26
A. Rohrman 6/26

Shot Put

30-39 — 16 lb.

54-2½
54-½
51-11½
50-11
45-½

D. Maggard(37)CDM 2/12
D. Wells(33)CDM 7/16
E. Kohler(37) 9/3
J. Roehr 5/14
R. Harvey(31) 6/25

40-49 — 16 lb.

45-5 3/4
44-11½
44-9½
44-8
44-7
44-6 3/4
42-11
42-11

C. Frauendorfer(45) 4/2
H. Smith(41)SCS 1/22
B. Humphreys(41)CDM 7/3
S. Thomson(44)SCS 6/18
T. Wassam(44) NCS 5/1
G. Ker(54)CDM 5/14
G. Waterman(42)CDM 6/11
F. Simon CDM 6/18

50-59 — 12 lb.

52-1½
46-10½
45- 3/4
42-4

G. Ker(54)CDM 9/3
H. Habegger(50) 9/3
B. Richards(51)CDM 9/3
D. Aldrich(58)CDM 7/3



TOM PATSALIS



EMSON GRIMM

Discus Throw

30-39 — 2 kilo

175-10
167-0
155-10
142-10
141-1

E. Kohler(37) 9/4
D. Wells(33)CDM 5/28
D. Maggard(37)CDM 4/17
R. Manzi(30) 9/4
C. McCormick(33)SCS 9/4

40-49 — 2 kilo

169-1
155-2
141-6
138-5
136-5
130-4

B. Humphreys(41)CDM 6/19
S. Thomson(44)SCS 6/19
E. Van Pelt(43)CDM 4/16
G. Ker(54)CDM 6/19
H. Hawke(47)SDTC 6/26
W. Brackney 4/2

50-59 — 1.6 kilo

152-0
149-2
136-2
134-6
125-2

F. Gordien(43)CDM 4/16
G. Ker(54)CDM 6/26
B. Richards(51)CDM 7/23
D. Aldrich(56)CDM 6/26
H. Habegger(50) 9/4

60-69 — 1 kilo

149-4
141-2
138-9
131-5
131-½
126-10
126-0

J. Thatcher(60)CDM 6/26
H. DeGroot(61)STC 2/12
K. Carnine(69)NCS 6/26
V. Cheedle(67) 6/26
N. Buell(62) 2/12
B. Morales(60)CDM 5/14
J. Dick(65) 5/28

70+ — 1 kilo

121-7
121-5

R. Doms(70) SCS 9/4
S. Herrmann(72) 4/9

50-59 — 12 lb.

122-7
117-5
111-5
107-3

D. Aldrich(58)CDM 9/4
B. Richards(51)CDM 9/4
T. DeVaughn(54)CDM 6/26
F. DeBernardi(55)6/19

60-69 — 12 lb.

120-10
109-8
103-3
96-10

T. Montgomery(62)CDM 6/26
R. Hubbell(67)STC 5/28
C. McMahon(61)SDTC 6/19
A. Vesco(65)STC 6/26

70+ — 12 lb.

95-8
74-8
70-1

S. Herrmann(73) 7/3
R. Doms(70)SCS 5/21
J. Whittemore(77) 6/19

Javelin Throw

30-39 — 800 grams

241-6
206-9
205-4
200-0
197-2

L. Stuart(39)SCS 5/1
S. West 6/25
J. McRorie 6/18
D. Selby(30) 4/16
D. Wells(33)CDM 7/16

60-69 — 600 grams

177-5
143-11
135-0
127-10
125-10
121-4

B. Morales(60)CDN 7/9
H. DeGroot(61)STC 6/11
B. Macconaghy(68)CDM 1/8
O. Nichols(64)BAC 6/25
C. McMahon(61)SDTC 8/27
K. Carnine(69)NCS 6/25

70+ — 600 grams

123-6
105-9
84-0
81-6
71-0
68-6
67-8

E. Curtice(70) 9/4
R. Doms(70)SCS 5/14
J. Whittemore(77) 6/5
B. DeGroot(70)BAS 6/25
G. Mowrer(76) 6/25
W. McFadden(72)SDTC 7/16
S. Herrmann(72) 2/12

400 Meter/440 Yard Relay

30-39

42.7y
43.1y
44.0m

So Calif Striders
Corona del Mar
West Vly Joggers

40-49

43.5y
44.7y
44.9m
45.3m

Corona del Mar
So Calif Striders
No Calif Seniors
Seniors Track Club

50-59

47.0m Corona del Mar
49.1y No Calif Seniors
50.5y San Diego TC

60-69

57.7m Seniors Track Club

800 Meter/880 Yard Relay

30-39

1:32.8m So Calif Seniors
1:33.5y Corona del Mar

40-49

1:32.9y Corona del Mar
1:37.6y So Calif Seniors
1:39.5y Seniors Track Club

50-59

1:46.3y Corona del Mar

1600 Meter/One Mile Relay

30-39

3:33.1y Corona del Mar
3:34.2y So Calif Seniors
3:35.7y San Diego TC
3:49.7y San Fernando Vly
3:50.5y Seniors Track Club

40-49

3:35.4y Seniors Track Club
3:50.1y No Calif Seniors
3:58.5y So Calif Striders
4:00.9y West Valley Joggers
4:01.6y San Diego TC
4:08.1y Corona del Mar

50-59

3:52.8y Corona del Mar
4:19.9m Seniors Track Club
4:37.7y San Fernando Vly
4:40.3y West Vly Joggers

Distance Medley Relay

30-39

11:02.0 Corona del Mar 5/21
11:37.0 So Calif Striders 5/21

40-49

11:49.8 So Calif Seniors 5/21
11:59.0 San Fernando Vly 5/28

50-59

12:43.0 Seniors Track Club 5/28
13:24.4 San Fernando Vly 5/21
14:26.4 So Calif Seniors 5/21
14:40.4 West Vly Joggers 5/1

Sprint Medley Relay

30-39

3:39.1 Corona del Mar 5/21
4:37.6 San Fernando Vly 5/28
4:44.3 So Calif Seniors 5/21

40-49

3:51.1 So Calif Seniors 5/21
3:52.5 Corona del Mar 5/28
4:02.3 Seniors Track Club 5/21

50-59

4:26.7 Corona del Mar 5/21
5:03.0 So Calif Seniors 5/21

2 Mile Relay

30-39

8:39.2 Corona del Mar 5/28
9:30.2 San Fernando Vly 5/28

4 Mile Relay

30-39

19:19.2 Corona del Mar 5/28
20:35.4 San Fernando Vly 5/28

40-49

19:54.4 San Fernando Vly 5/28
19:58.4 So Calif Seniors 5/28

50-59

20:36.0 Seniors Track Club 5/28

Coming

**Muhammad Ali
Invitational**

January 7, 1978

Long Beach Arena

- 26 WESTERN REGIONAL JUNIOR OLYMPIC XC CHAMPIONSHIPS. Chico. John Warwick, Box 272, Chico 95927.
- 26 SDTC MASTERS INVITATIONAL CROSS COUNTRY. 5 Kilo. Augie Escamilla (714) 262-2128.
- 27 ANAHEIM COMMUNITY BANK 10 KILO. 9 am. Floyd Caldwell, 2629 Clarendon, Huntington Park, 90255. (213) 589-5931.
- 27 PEPSI 20 MILE RUN. Delta High School, Clarksburg. 12 am. Elaine Hocking, 800 Riverview Ct., Sacramento 95822. (916) 447-8647.
- 27 REDWOOD SHORES RUN - BIKE 6 mile run, 6 mile bike, Redwood City, 10:30 am. Judy Matray, 350 Marine World Parkway, Redwood City 94065.
- 10 LIVERMORE MARATHON. 10 am Roger Johnson, %Livermore Jaycees, Box 524, Livermore 94550. (415) 447-1100, ext. 7637.
- 10 NATIONAL JUNIOR OLYMPIC XC CHAMPIONSHIPS. Longview, Washington. Gary Swanson, 127 Beverly Hts. Rd., Castle Rock, WA 98611. (402) 472-2291.
- 10 GLENDALE TRACK CLINIC. Glendale College. John Tansley — see Dec. 10, Mt. Tom.
- 10 DESERT HOT SPRINGS ROAD-RUNNER CLASSIC. San Diego area, 10 am. Doug Huff, Box 338, Desert Hot Springs 92240.
- 10 PSA-AAU 10 KILO XC CHAMPIONSHIPS. UC San Diego, 10 am. Dennis Kasisichke (714) 280-7327.
- 11 WEIGHTMAN'S PENTATHLON. Glendale College. John Tansley — see Dec. 10, Mt. Tom.
- 11 COMPTON DISTANCE RUN. 6 miles, 9 am. Art Reade, 410 Buttonwood, Brea 92621. (714) 529-8653
- 11 "DECEMBERFEST" CAMPBELL ROTARY CLUB ROAD RUN. 6 mile, San Jose Area, 9 am. Robert Culp, 13638 Riverdale Ct., Saratoga 95070. (408) 867-9844.

DECEMBER

- 3 FRESNO ROAD RACE. 6 miles, 1 pm. Ron Gates, 4822 E. Olive, Fresno 93727.
- 3 SPRING LAKE WOMEN'S RACE. 10 kilo, Santa Rosa, 10 am. Teresa Jenkins, 78 Estrella, Rohnert Park 94920. (707) 597-5907.
- 11 PA-AAU 100 KILO CHAMPS & 12 HOUR TRACK RUN. Woodside, 6 am. Mike Ipsen, Box 868, Redwood City 94061.

4:01.6y	San Diego	19:19.2	Corona del Mar 5/28
4:08.1y	Corona del Mar	20:35.4	San Fernando Vly 5/28
50-59		40-49	
3:52.8y	Corona del Mar	19:54.4	San Fernando Vly 5/28
4:19.9m	Seniors Track Club	19:58.4	So Calif Seniors 5/28
4:37.7y	San Fernando Vly		
4:40.3y	West Vly Joggers		
		50-59	
		20:36.0	Seniors Track Club 5/28

Schedule

NOVEMBER

- 19 U.S.T.F.F. WESTERN CROSS COUNTRY CHAMPIONSHIPS. Woodward Park, Fresno. Men, women, junior, open, masters divisions. Call Bill Cockerham (209) 264-5847.
- 19 CALIFORNIA CLUB AAU CROSS COUNTRY CHAMPIONSHIPS. woodward park, Fresno. Open, women, and masters divisions. For entry call Bill Cockerham (209) 264-5847.
- 19 PICO RIVERA TURKEY TROT. 10 mile, 9 am. Armie Briones, Pico Rivera Rec. Dept., 6615 S. Passons Blvd., Pico Rivera 90660. (213) 692-0401, ex. 262.
- 19 EMPIRE 15 KILO. Spring Lake Park, Santa Rosa, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405. (707) 539-3519.
- 19 CENTRAL CALIFORNIA JUNIOR OLYMPICS. Woodward Park, Fresno. Joe Herzog, Hamilton JHS, 102 E. Clinton, Fresno 93705.
- 20 PACIFIC ASSOCIATION JUNIOR OLYMPICS. Spring Lake Park, Santa Rosa, 10 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472. (707) 823-8338.
- 20 SANTA CLARA VALLEY AUTUMN RIDGE RUN. 6.07 & 10.76 miles. Ron Landrum, 1201 Huntingdon Dr., San Jose 95129. (408) 252-0100.
- 20 CUP AND SAUCER RUN. 8.7 miles, Siverado JHS, Napa, 10 am. Brian Newell, 1017 Alabama St., Napa 94558. (707) 252-4609.
- 20 CHICO RUNNING CLUB BIKE & RUN. 6 & 17.8 miles. Butte County 10 am. John Lanzavecchia, 1378 Arlington Dr., Chico 95926. (916) 343-8933.
- 20 ROSE BOWL MARATHON. 7:30 am. Darrell Kelly, Pasadena YMCA, 235 E. Holly, Pasadena 91101. (213) 793-3131.
- 20 BEAR CREEK TURKEY TROT. 10 kilo, merced. Alan Beamer, Merced Junior College, Merced.
- 25 WEIGHTMAN'S PENTATHLON. Mission Hills. Brother Lucius, Alemany High School, Mission Hills 91340.
- 26 STATE CENTER 5 PERSON 15 MILE RELAY. Roeding Park, Fresno. 5x 3 mile, many divisions. Bill Cockerham, Fresno Pacific College, 1717 South Chestnut Ave., Fresno 93702. (209) 264-5847.
- 26 WOMEN'S AAU CROSS COUNTRY NATIONALS. San Bernardino Pete Scanlan (213) 421-2867.
- 26 WOMEN'S GRIFFITH PARK 10 KILO. 8:30 am. John Rupp, Box 2161 T.A., Los Angeles 90051.
- 26 MEN'S AAU CROSS COUNTRY NATIONALS. Houston, Texas. Jim McLatchie, 8618 Birdwood Road, Houston, TX 77074.

DECEMBER

- 3 FRESNO ROAD RACE. 6 miles, 1 pm. Ron Gates, 4822 E. Olive, Fresno 93727.
- 3 SPRING LAKE WOMEN'S RACE. 10 kilo, Santa Rosa, 10 am. Teresa Jenkins, 78 Estrella, Rohnert Park 94928. (707) 527-5997.
- 3 CHAMPION GOLD MINE RUN. 8.2 miles, Nevada City, 11 am. Nick Vogt, 106 Footwall Dr., Grass Valley 95945. (916) 273-5880
- 3 BALBOA BOOGIE - WOMEN'S 5 KILO CROSS COUNTRY. San Diego, 9 am. Nicki Habson (714) 273-6058.
- 3-4 GLENDALE DECATHLON. John Tansley @ Glendale College.
- 4 PA-AAU JR. MEN'S CROSS COUNTRY CHAMPIONSHIPS. 10 kilo, Crystal Springs, Belmont, 11 am. Jack Leydig, Box 1551, San Mateo 94401.
- 4 UNITED AIRLINES FRIENDSHIP RACE. 30 mile relay and 30 kilo individual race. San Francisco Int'l Airport. Al Bangert, 118 Dunman Way, SF 94080. (415) 992-9707.
- 4 APPLE VALLEY 6.3 MILE. 11 am. Jim Gorrell, 14576 Hopi Rd., Apple Valley 92307.
- 4 MEN'S AAU NATIONAL MARATHON. Culver City, 8 am. Carl Porter, 4117 Overland Ave., Culver City 90230. (213) 837-5211.
- 9 GLENDALE ALL COMERS TRACK MEET. John Tansley @ Glendale College.
- 10 DESERT HOT SPRINGS WOMENS 10 KILO. 10 am. Doug Huff, Box 338, Desert Hot Springs 92240. (714) 329-5275.
- 10 MT. TOM HILL CLIMB. 9 am. John Tansley, 1500 Verdugo Rd. Glendale 91208. (213) 240-1000.
- 10 HILL 'N DALE CROSS COUNTRY 6 mile, Bakersfield. Chuck Weinmann, 400 E. Roberts Lane No. 6, Bakersfield 93306.
- 11 WEIGHTMAN'S PENTATHLON. Glendale College. John Tansley - see Dec. 10, Mt. Tom.
- 11 COMPTON DISTANCE RUN. 6 miles, 9 am. Art Reade, 410 Buttonwood, Brea 92621. (714) 529-8653
- 11 "DECEMBERFEST" CAMPBELL ROTARY CLUB ROAD RUN. 6 mile, San Jose Area, 9 am. Robert Culp, 13638 Riverdale Ct., Saratoga 95070. (408) 867-9844.
- 11 PA-AAU 100 KILO CHAMPS & 12 HOUR TRACK RUN. Woodside, 6 am. Mike Ipsen, Box 868, Redwood City 94061.
- 16 GLENDALE ALL COMERS MEET. John Tansley - see Dec. 10, Mt. Tom.
- 17 LAKEWOOD 2-MAN 10 MILE RELAY. 9:30 am. Mit Hunt, Box 158, Lakewood Rec. Dept., Lakewood 90714. (213) 866-4776.
- 17 MADERA MARATHON. 12 noon. Dee DeWitt, Madera High School, Madera 93637.
- 17 WASCO MID WINTER AGE GROUP RUNS. Brad Tomasini, Box 840, Wasco 93280.
- 17 SAN MATEO ALL COMERS TRACK MEET. Harry Young, 41 CreekrIDGE Ct., San Mateo 94402. (415) 345-5189.
- 17 MISSION BAY 25 KILO. San Diego area, 9 am. Simeon Baldwin (714) 583-1578.
- 18 SKUNK HOLLOW 15 KILO HAN-DICAP. 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- 18 CHRISTMAS RELAYS. 50 miles (7 runners), Santa Cruz, 9 am. Jack Leydig, Box 1551, San Mateo 94401.
- 24 ROSE BOWL HANDICAP. 10.8 miles, 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602.
- 24 SAN MATEO ALL COMERS TRACK MEET. See Dec. 17.
- 31 ELYSIAN PARK 5 KILO XC. 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201.
- 31 RESOLUTION RUN. 5 Kilo, San Diego area. Don Coleman 469-9226

Developing

Sprint
Techniques

TRAINING & TECHNIQUE

by VERN GAMBETTA

by AL BIANCANI

Al Biancani is Head Track Coach at Cal State Stanislaus. The program he presents contains sprint drills developed by Gerard Mach, the present Canadian National Coach. Coach Biancani worked with Mach and the Canadian National Team in 1976.

I have used the drills presented here myself and with athletes I have coached. I have found them very beneficial in teaching proper running form.

In a following issue I will discuss further Mach's sprint training program. Under this program, men's and women's 1600 meter and 400 meter relays made the finals in the 1976 Olympics without any outstanding individuals.

Sprint speed is said to be an innate ability that one has. It has also been said that speed can be developed only to a certain degree (LaVoie, 1975). One's running techniques can help sprint speed along with good starting form. There are several exercises that are very useful in teaching proper running mechanics as well as in developing strength

the shoulder. Any higher movement will tend to make the line of force go up, thus a tendency towards vertical running. As the runners progress they can work on moving the arms fast while standing in place and maintain relaxation at the same time.

forward in order to get the fullest range of motion. Tight hips will not allow the knees to come up as high as they might if they were loose.

The items to be discussed next are the unique training and teaching progressions that most people do not work on.

progression is A-2 which is done as A-1 but with a skip added as one alternates legs (figure 5). A-3 is the final stage for knee lift work. This drill is like running with the knees coming up high. As the person progresses down the track, he should take about three steps per meter. Emphasis should be on staying



figure 2

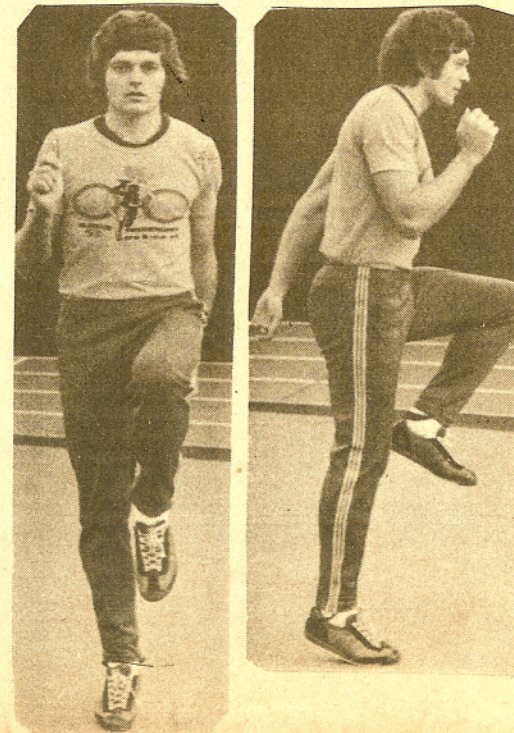


figure 4

The running stride can be broken down, for teaching and training purposes, into three phases: a) knee lift, b) fore leg reach, and c) back leg push.

a) Exercises for high knee lift will be referred to as "A" exercises. A-1 is

tall with the hips under, in order to utilize the fullest range of motion and leverage. Another mechanical form of running that should be worked on is keeping the knees pointing straight ahead

Under this program, men's and women's 1600 meter and 400 meter relays made the finals in the 1976 Olympics without any outstanding individuals.

Sprint speed is said to be an innate ability that one has. It has also been said that speed can be developed only to a certain degree (LaVoie, 1975). One's running techniques can help sprint speed along with good starting form. There are several exercises that are very useful in teaching proper running mechanics as well as in developing stamina and strength to maintain speed.

A starting point for teaching running mechanics is the arms because one's arm speed helps govern leg speed. One should move the arms forward and back in a straight line and not move them across the body. By moving across the body, the shoulders turn from side to side. Subsequently, upper body force is moving off the straight line. Other compensations then must be made to correct the mechanical defects which cause this interference with forward progress.

A way to begin work on arm movement is to think of the shoulder as a ball and socket joint. Start by having the runners circumducting their arms to emphasize the shoulders movement capabilities. Next swing the arms back and forth (figure 1). Emphasis should be on looseness of the shoulder and swinging the arms straight forward. Relaxation should be started right from the beginning. Make sure the runners stay loose in the shoulders. Next, show the runners how to hold their hands. Holding the hands loosely helps to relax the arms and shoulders. The third phase of teaching proper arm movement is to have the athletes bend their elbows to a 90 degree angle and swing from the shoulder (figure 2). The emphasis should be on moving forward and back in a straight line. The elbow angle should not change. The hands do not need to go past the hip on the back swing because the further back the arm goes the longer it will take to get it forward. As the hand goes forward, the arms should never go higher than between the pectoral muscles and

the shoulder. Any higher movement will tend to make the line of force go up, thus a tendency towards vertical running. As the runners progress they can work on moving the arms fast while standing in place and maintain relaxation at the same time.



figure 1

Hip action is sometimes overlooked in sprint training. In working with athletes who are going to sprint, it is important to emphasize loose hips and keeping them under the body. An exercise to work on the hip action is to walk and emphasize the movement of the hips in a figure eight action (figure 3). While walking, the pelvis should be rolled

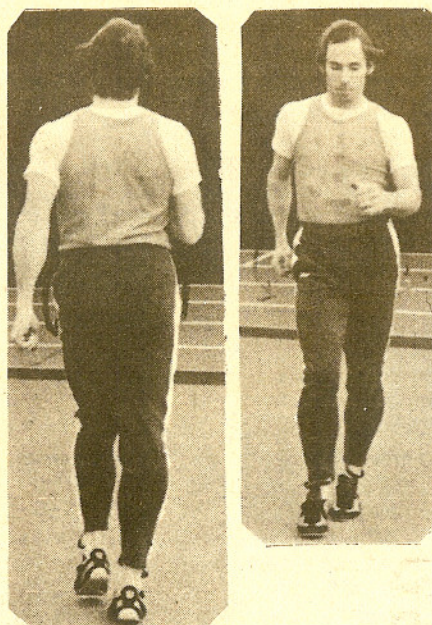


figure 3

done by marching with the knees coming high and then down (figure 4). The emphasis should be on staying high on the toes and pushing up as the knee goes up. The thigh should come up high, parallel with the ground. At this time and during all exercises, arm action or technique should be worked on. The next



figure 2



figure 4

The running stride can be broken down, for teaching and training purposes, into three phases: a) knee lift, b) fore leg reach, and c) back leg push.

a) Exercises for high knee lift will be referred to as "A" exercises. A-1 is

tall with the hips under, in order to utilize the fullest range of motion and leverage. Another mechanical form of running that should be worked on is keeping the knees pointing straight ahead and not to the side: The side action will cause the line of force to go from the center line.

b) Exercises for the fore leg reach phase of the run are called "Bs." With B-1 the runner walks and picks up the lead knee, extends the lower leg and paws back on the ground (active down) (figure 6). The back push is important in maintaining force and alleviating vertical running. The students should be told to lead with the knee before extending the lower leg. B-2 is done with a skip in changing legs. B-3 is running with high knee lift and a good fore leg reach. The active down action should be mentioned often with these practice forms. Progress should be slow down the track. Emphasis should be on maintaining body lean, coming down on the toes, not flat-footed, plus an active down action in pawing the ground. The ability to lift the knee and extend the lower leg will enable the runners to lengthen their strides, subsequently taking fewer strides during a race.

c) The third phase of the running form is the back leg extension or push. This phase is called "Cs." C-1 is done by hopping, i.e. - L.L.-R.R. with the emphasis on back leg extension (figure 7). The exercise is similar to the triple jump exercises used. Distance on the hop is not important, but the back leg extension is. In C-1 the lead leg is brought up as in the "A" exercises. C-2 is done as C-1 but with a fore leg reach. C-3 is done by bounding from one leg to another. Emphasis is again on the back leg extension. With this exercise the runner alter-

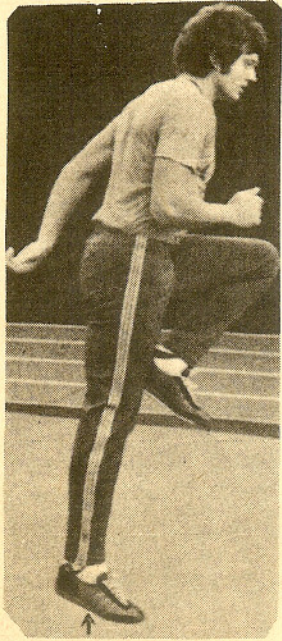


figure 5

nates legs each step, i.e. — R.—L.—R.—L. The knee is brought up and help, again the distance is not important with C-3. Emphasis should be on back leg extension and push off with the toes. Good arm action must be maintained at all times.

Running on the toes has been mentioned in the previous paragraphs. In order to get a good push off, one must

have good ankle strength. An exercise to help build the needed strength is called angle flips (figure 8). Ankle flips are done by getting as high on the toes as possible and flipping the feet. The knees are locked and as the flip is done the toes drag the ground. The runners should land on their toes and not flat-footed.

Body lean should not be left out of any sprint training as it helps keep the line of force over the drive leg, helps prevent vertical running, etc. A method of working on body lean is to have the athletes stand on their toes, put their arms in the prescribed running position, fall forward and start the particular exercise. The emphasis should be on a straight back, hips are under the body and the feeling of being tall when they are running.

It has been mentioned previously that the exercises can be used for developing strength and stamina. The following are examples of how to use the forms for those purposes:

I. For Strength: The maximum distance should be 20 meters. 4-6x20m—A-1, 4-6x20m—A-2, 4-6x20m—B-1, 4-6x20m—B-2, 4-6x20m—C-1, 4-6x20m—A-3 4-6x20m—B-3, 4-6x20m—C-3.



These exercises are to be done quickly and progression should be slow down the track. As the runners form becomes sound, A-1 and B-1 should be eliminated. Weights should be used after the athletes are able to handle the workouts and have established good form. A maximum of 25 pounds should be used. CAUTION on the “B” exercises: The runners should never go farther than 5 meters with weights.

II. For Stamina: These exercises should be progressive, according to how the athlete handles the distance.

Phase A— 2xA-3 at 40m, 80m, and 40m, plus 2xB-3 at 40m, 60m, and 40m.

Phase B— 2xA-3 at 40m and 4xA-3 at 80m, plus 2xB-3 at 40m, and 60m.

Phase C— 1xA-3 at 40m, 2xA-3 at 80m, and 1xA-3 at 100m, plus 2xB-3 at 60m, and 80m.

Phase D— 2xA-3 at 80m, and 100m, plus 2xB-3 at 60m, and 80m.

These exercises should be done by progressing slowly down the track, moving the arms and legs quickly and staying relaxed. An athlete should not try to cover the suggested distance when good techniques can not be maintained. The emphasis in this program is to keep the knees high, move the arms properly, extend the lower leg well, have a good active down and maintain good running techniques at all times.

The above mentioned workouts can be done on separate days of the week or on the same day. Some type of tempo running mixed in with the exercises should also be done. For example: a) 100—300—500—300—100, b) 200—400—600—400—200, and c) 4-8x(4x50). These are run at tempo, not hard, plus the rest interval is very short, 2-3 minutes at the most.

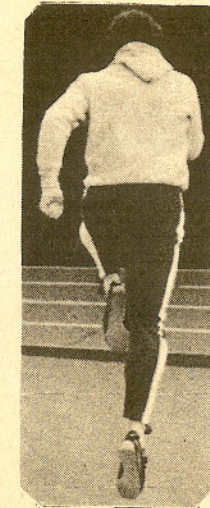


figure 7

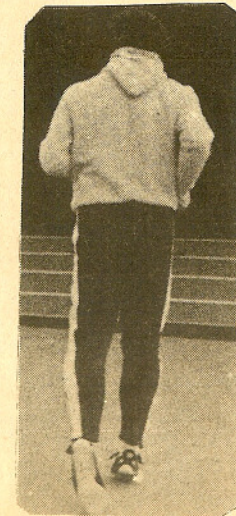


figure 8

REFERENCE

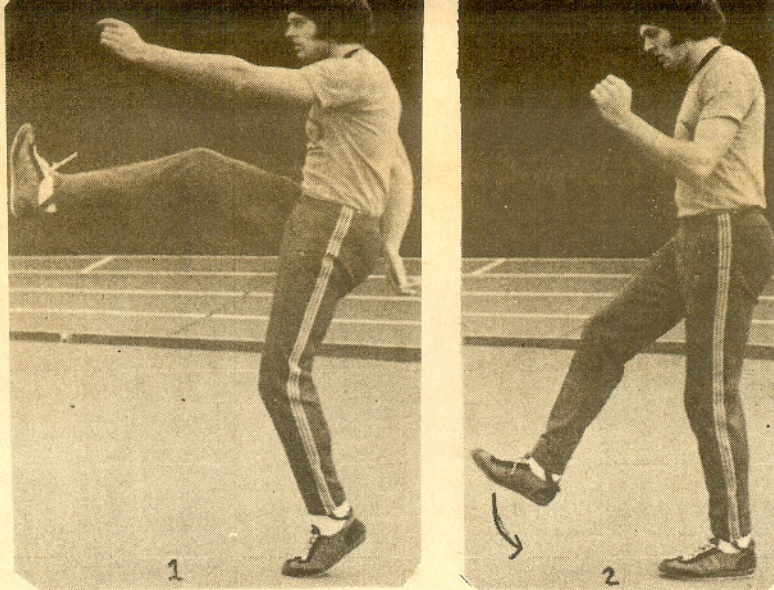


figure 6

the knees high, move the arms properly, extend the lower leg well, have a good active down and maintain good running techniques at all times.

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The above mentioned program can be used in the Fall and early in the season. Many athletes can participate together. The exercises can be helpful in team efforts and team spirit or in teaching a large physical education class.



figure 8

REFERENCE

Statement in an interview, Dr. Norm LaVoie, Exercise Physiologist, Lakehead University, December 6, 1975.

Note: The A,B,C exercises are part of Gerard Mach's basis training program. Mr. Mach is the Canadian national sprint coach on loan from Poland.

TRACK CLINIC

January 6 & 7, 1978

For information call or write:
Dr. Al Biancani, Track Coach
Cal State Stanislaus
Turlock, CA 95380
(209) 633-2566 — office
(209) 632-6642 — home

FRIDAY

- 3:00 Registration
- 4:30 Jim Santos(Cal State Hayward)
Pole Vault
- 6:00 Gerard Mach(Head Coach Canada)
Sprints
- 7:30 Dr. Bill Morris(Cal State Stanislaus)
Cellular Adaptations to
Physical Training
- 9:00 Vern Gambetta(UC Berkeley
womens coach) Women Distance
Running

Free Coffee

Cost: \$15.00 adult
\$10.00 student
1 unit of credit available — \$34.00

SATURDAY

- 9:00 Jim Hunt(Humboldt State) Dist-
ance Running
- 10:30 Ralph Maughan(Utah State) Shot
and Discus
- 12:00 Lunch
- 1:00 Mohinder Gill(Cal State Stanislaus)
Triple Jump
- 2:30 Gerard Mach(Head Coach Canada)
Hurdles
- 4:00 Don Chu(Cal State Hayward)
High Jump

Free Continental Breakfast

Housing: California 6 Motel
Divine Gardens
Paul's Motel

California Women

Send all additions and corrections to Calvin Brown, 228 E. Artesia, No. B,
North Long Beach, CA 90805.
Send all meet results to California Track News, 1717 South Chestnut Ave.,
Fresno, CA 93702.

100 METERS

(-.24 = hand time)

10.9 (1)	Andrea Lynch(PCC)5/28
11.14w (1)	Evelyn Ashford(UCLA)6/11
11.50 (1)	Kim Robinson(LAM)6/14
11.51 (1)	Sandra Howard(PTC)5/21
11.58 (1)	Brenda Winston(RRR)6/13
11.61 (2)	Gayle Butler(LATC)5/29
11.61w (6)	Renaye Bowen(MactC)11.72
11.67 (2)	Deandra Craney(LAM)6/13
11.68 (2)	Jeanette Bolden(LAM)6/13
11.71 (1)	Kelia Bolton(ML)4/30
11.76 (3)	Elaine Parker(ML)5/20
11.78w (3)	Pat VanWolvelare(USC)5/19
11.83 (4)	Rosalyn Bryant(LAM)4/23
11.86 (5)	Alice Brown(LAM)6/13
11.87w (5)	Gail Douglas(Comp)6/10
11.91w (5)	Marie Nickson(HaySt)5/20
11.99 (6)	Phyllis Elmore(Comp)6/13
11.8 (1)	Gwen Loud(LAM)1/30
11.8 (2)	Jane Frederick(LATC)1/30
11.8 (2)	Marian Franklin(ML)5/29
11.8 (2)	Leeida Hunter(Comp)
12.04 (4)	Jackie Thompson-Dunn(Macc)

200 METERS

(-.24 = hand time)

22.62 (1)	Evelyn Ashford(UCLA)6/10(AR)
22.69w(2)	Andrea Lynch(PCC)
23.38 (3)	Sandra Howard(PTC)6/26
23.3	Rosalyn Bryant(CSLA)6/28
23.5 (1)	Brenda Winston(RRR)4/17
23.80 (7)	Gayle Butler(LATC)6/11
23.83 (2)	Marie Nickson(HaySt)5/20
23.94 (1)	Kim Robinson(LAM)6/13
24.02 (1)	Elaine Parker(ML)4/30
24.05 (1)	Gwen Loud(LAM)6/13
24.2 (1)	Gail Douglas(Comp)5/27
24.48 (3)	Jackie Thompson-Dunn(Macc)5/29
24.54 (2)	Rosetta Birt(USC)4/30
24.3	Robbie Mitchell(CSLA)
24.60 (3)	Kelia Bolton(ML)4/30
24.4 (1)	Valerie Milan(CSLA)4/16
24.4	Jat'anya Dawkins(LBC)6/26(12)
24.65 (3)	Modupe Oshikoya(UCLA)3/5
24.71 (1)	Valerie Brisco(LAM)6/5
24.6 (1)	Cynthia Miller(PTC)2/2

2:11.37 (4)	Michelle Hopper(CSLA)5/19	9:33.9 (2)	Kate Keyes(UCLA)2/13
2:11.40 (3)	Began(Camden)5/1	9:42.26 (1)	Phyllis Olrich(WVTC)4/30
2:11.5 (3)	Kathy Chisam(UCLA)4/30	9:43.33 (4)	Vickie Bray(SJC)6/14
2:11.8 (2)	Roma Antoniewicz(LATC)4/23	9:44.2 (9)	Ann Wotherspoon(SJC)6/11
2:12.1 (3)	Susie Meek(BA)4/23	9:48.1 (7)	Linda Broderick(UCLA)5/21
2:12.59 (5)	Michelle Bush(BA)6/13	9:54.5 (1)	Linda Heinmiller(SMTC)3/13
2:12.6 (4)	Sharon Hulse(PAT)4/23	9:58.8 (1)	Ann Thrupp(Stan)5/8

10,000 METERS

34:19.5 (1)	Julie Brown(LATC)3/13
34:54.65 (4)	Teri Anderson(AIA)6/9
34:56.61 (5)	Sue Kinsey(LATC)6/9
35:21.17 (7)	Linda Heinmiller(SMTC)6/9
35:33.74 (7)	Chris Troffer(LATC)6/9
35:39.76 (9)	Kathy Jewell(un)6/9
35:40.5 (3)	Ann Thrupp(Stan)6/9
36:01.0 (9)	Karen Nachbar(C.North)6/9
36:06.70 (12)	Jacki Hansen(SFVTC)6/9
36:46.2 (4)	Doreen Assumma(RRR)5/29
36:51.80 (14)	Ann Trason(MPTC)6/9
37:35.7 (17)	Judy Leydig(WVTC)6/9
37:58.2 (5)	Marie Albert(RRR)5/29
38:21.8 (2)	Anex(AGRC)5/29
38:47.5 (4)	Judy Ikenberry(RRR)4/30
40:22.0 (7)	Teresa Crown(OVR)5/29
40:34.6 (3)	Swannack(WDS)5/29
41:21.1 (5)	Judy Schroeder(BA)4/30
42:57 (1)	Brieger(NCS)5/1
43:23.5 (6)	Jo Smith(BA)4/30



100 YARD DASH

(-.24 = hand time)

10.2 (1)	Evelyn Ashford(UCLA)5/21
10.2 (2)	Andrea Lynch(CSLB)5/21
10.48w (1)	Jeanette Bolden(CHS)6/4
10.56w (2)	Kim Robinson(WHS)6/4
10.4 (1)	Freida Cobbs(BHS)
10.77w (3)	Deandra Carney(SPHS)6/4
10.80w (4)	Gwen Loud(LHS)6/4
10.84 w (5)	Danita Young(CHS)6/4
10.86w (6)	Lena Dillworth(VHS)6/4
10.89w (7)	Valerie Brisco(LHS)6/4
10.7 (1)	Brenda Winston(SGHS)
10.97w (8)	Judy Reed(CHS)6/4
10.98w (9)	Carole Sanders(CHS)6/4
10.8	Vicki Belser(VHS)
10.8	Eloise Mallory(SGHS)
10.8 w	Vanessa Denniston(HBHS)5/14
10.8 w	Alice Brown(MHS)5/21
10.8 (1)	Constance Ward(SPHS)6/4

(-.24 = hand time)

22.62 (1) Evelyn Ashford(UCLA)6/10(AR)
 22.69w(2) Andrea Lynch (PCC)
 23.38 (3) Sandra Howard(PTC)6/26
 23.3 Rosalyn Bryant(CSLA)6/28
 23.5 (1) Brenda Winston(RRR)4/17
 23.80 (7) Gayle Butler(LATC)6/11
 23.83 (2) Marie Nickson(HaySt)5/20
 23.94 (1) Kim Robinson(LAM)6/13
 24.02 (1) Elaine Parker(ML)4/30
 24.05 (1) Gwen Loud (LAM) 6/13
 24.2 (1) Gail Douglas(Comp)5/27
 24.48 (3) Jackie Thompson-Dunn(Macc)5/29
 24.54 (2) Rosetta Birt (USC)4/30
 24.3 Robbie Mitchell(CSLA)
 24.60 (3) Kelia Bolton(ML)4/30
 24.4 (1) Valerie Milan(CSLA)4/16
 24.4 LaTanya Dawkins(LBC)6/26(12)
 24.65 (3) Modupe Oshikoya(UCLA)3/5
 24.71 (1) Valerie Brisco(LAM)6/5
 24.6 (1) Cynthia Mills(PTC)2/13
 24.6 (3) Phyllis Elmore(Comp)5/27

400 METERS

(-.14 = hand time)

51.79 (1) Rosalyn Bryant(LAM)5/21
 53.07 (3) Kathy Bryant(UCLA)5/21
 53.73 (4) Marian Franklin(ML)6/14
 54.19 (6) Valerie Brisco(LAM)6/14
 54.6 (1) Yolanda Rich(LAM)1/30
 54.77 (3) Arlise Emerson(PAT)6/13
 54.86 (4) Gwen Gardner(LAM)6/13
 54.8 Adrienne Lair (CSLA)
 55.0 (1) Debbie Roberson(UCLA)4/1
 55.27 (2) Tecla Chemabwai(NM)5/21
 55.2 Mellissa Quicke(VC)
 55.51 (1) Debbie Bottomley(CSLB)6/5
 55.4 (1) Kathy Keys (GW)4/15
 55.59 (2) Marcia Romesser(FPTC)6/5
 55.70 (2) Collette Wmlock(CSH)4/30
 55.8 (2) Smith(SBBC)4/15
 55.95 (4) Chris A'Harrah(un)4/23
 55.9 (1) Debbie McElroy(CSUN)4/15
 55.9 (1) Teresa Caudillo(LBC)5/29
 56.2 (CB) Jackie Thompson-Dunn(Macc)

800 METERS

2:00.7(2) Julie Brown(CSUN) 7/2
 2:01.2 (2) Francie Larrieu-Lutz(PCC)
 2:04.37 (2) Ann Regan(SJC)7/3
 2:04.57 (3) Tecla Chemabwai(Macc)6/11
 2:04.70 (4) Cyndy Poor (ATA)6/11
 2:05.43 (1) Linda Goen(NHS)6/14
 2:05.83 (3) Ruth Caldwell(un)6/10
 2:06.9 (4) Debbie Roberson(UCLA)5/30
 2:08.32 (1) Judy Graham(WVTC)4/30
 2:08.5 (4) Marcia Romesser(FPTC)5/7
 2:09.4 (2) Debbie Heald(SFVTC)5/1
 2:10.4 (2) Kathy Costello(LATC)1/30
 2:10.9 (1) Kate Keyes(UCLA)3/5

1500 METERS

4:08.2 (1) Francie Larrieu-Lutz(PCC)
 4:11.7 (1) Julie Brown(CSUN)7/1
 4:12.7 (x) Judy Graham (WVTC)4/9
 4:18.7 (6) Kate Keyes (UCLA)6/11
 4:20.8 (1) Debbie Heald(SFVTC)4/23
 4:27.0 (1) Sue Kinsey(CSUN)4/30
 4:29.3 (4) Maggie Keyes(CPSLO)5/19
 4:30.6 (4) Ann Wotherspoon (SJC)4/23
 4:31.4 (1) Kathy Costello(LATC)3/13
 4:31.42 (8) Linda Broderick (UCLA)6/14
 4:32.3 (1) Sharon Hulse(PAT)4/24
 4:32.8 (1) Ruth Caldwell(BA)5/1
 4:33.0 (1) Jani Rouda (Cal) 1/30
 4:33.0 (3) Susie Meek (BA) 5/29
 4:34.9 (5) Phyllis Olrich (WVTC)5/21
 4:39.6 (2) Kelly Wells (un) 2/13
 4:39.9 (5) Chris Troffer (CSUN)4/30
 4:40.2 (3) Hagerty (Sund) 5/8
 4:40.3 (1) Lynn Smith (un) 2/13
 4:40.7 (2) Carol Flournoy(UCLA)1/30

3,000 METERS

9:16.70 (3) Francie Larrieu-Lutz(PCC)
 9:26.5 (1) Julie Brown (CSUN)5/21
 9:27.43 (1) Judy Graham (WVTC)3/27
 9:27.6 (1) Sue Kinsey (LATC)2/13



photo by Diane Johnson

PAT VAN WOLVELARE(rt) and MODUPE OSHIKOYA

9:59.8 (2) Ann Trason(MPTC)5/8
 10:00.1 (1) Chris Troffer(LATC)5/29
 10:01.08(11) Roxanne Bier(SJC)6/14
 10:01.4 (12) Debbie Heald (SFVTC)6/11
 10:08.17 (16) Deloria Hobson(LATC)6/14
 10:14.4 (3) Kelly Wells (un) 2/13
 10:15.0 (3) Hagerty (Sund) 5/29
 10:15.3 (2) Paula Jackson(UCLA)3/11
 10:16.0 (4) Kerry Brogan (Arrow)3/27

5,000 METERS

16:12.0 Julie Brown(CSUN)
 16:17.50 (2) Sue Kinsey(CSUN)5/20
 16:55.3 (1) Vickie Cooke (RRR)2/13
 16:57.9 (2) Miki Gorman (SFVTC)2/13
 17:02.2 (3) Ann Thrupp (Stan) 6/14
 17:06.8 (1) Chris Troffer(CSUN)5/20
 17:11.4 (1) Linda Broderick(UCLA)4/1
 17:21.0 Tena Anex (UCD)
 17:30 (4) Sally Metteer (Cal) 5/20
 17:33.6 (5) Lynn Christopher(SBS)2/13
 17:52.3 (7) Paula Jackson(UCLA)5/20
 17:59.7 (3) Kathy Kiernan(BA)2/13(11)
 18:22.3 (4) Kathy Jewell(un) 2/13
 18:31.1 (3) Diane Byington(USC)4/1
 19:25.9 (4) Paulette Hale(CSLB)4/1
 21:08.0 (2) Malia McCarthy(BA)4/3
 22:08.3 (3) Vee McCarthy(BA)4/3
 22:08.3 (4) Tracy Melvin(BA)4/3

(-.24 = hand time)

10.2 (1) Evelyn Ashford(UCLA)5/21
 10.2 (2) Andrea Lynch(CSLB)5/21
 10.48w (1) Jeanette Bolden(CHS)6/4
 10.56w (2) Kim Robinson(WHS)6/4
 10.4 (1) Freida Cobbs (BHS)
 10.77w (3) Deandra Carney(SFHS)6/4
 10.80w (4) Gwen Loud (LHS)6/4
 10.84 w (5) Danita Young(CHS)6/4
 10.86w (6) Lena Dillworth(VHS)6/4
 10.89w (7) Valerie Brisco(LHS)6/4
 10.7 (1) Brenda Winston(SGHS)
 10.97w (8) Judy Reed (CHS)6/4
 10.98w (9) Carole Sanders(CHS)6/4
 10.8 Vicki Belser(VHS)
 10.8 Eloise Mallory (SCHS)
 10.8 w Vanessa Denniston(HBHS)5/14
 10.8 w Alice Brown(MHS) 5/21
 10.9 (1) Constance Ward (SHS)4/25
 10.9 Thomas (BHS)
 10.9 Danita McKinley (PHS)
 10.9 Kim White (BHS)
 10.9 (1) Linda Cassity (WTHS)
 10.9 Cynthia Huey (VHS)
 10.9 Tonya Alston (CHS)
 10.9 Joy Marimon (NHHS)
 10.9 Schwartz (HHS)
 10.9 Griffin (JHS)

220 YARD DASH

(-.24 = hand time)

23.97 (1) Kim Robinson(WHS)6/4
 24.13 (1) Gwen Loud (LHS)6/3
 23.9 (1) Freida Cobbs (BHS)
 23.9 (1) Sandra Howard(PTC)5/15
 24.0 (1) Rosalyn Bryant(LAM)1/8
 24.26 (2) Danita McKinley(PHS)6/4
 24.1 Kim Webster(DHS)
 24.39 (3) Jeanette Bolden(CHS)6/3
 24.3 (2) Gayle Butler(LATC)5/15
 24.3 Vicki Belser(VHS)
 24.3 (1) Kris Costello (LHS)5/21
 24.4 (1) Marie Nickson(CSH)3/19
 24.4 Danita Young(CHS)6/3
 24.65 (2) Deandra Carney(SFHS)6/3
 24.5 (3) Elaine Parker(ML)5/15
 24.5 (1) Valerie Brisco(LHS)6/25
 24.6 Pam Green(SCC)4/2
 24.6 Kati Gaston(CHS)
 24.7 (4) Kelia Bolton(ML)5/15
 24.7 (2) Eloise Mallory (SCHS)5/21
 24.7 Helen Fulton(BVHS)
 24.95 Mona Yates (EHS)

440 YARD DASH

(-.14 = hand time)

51.2 (R) Rosalyn Bryant(CSLA)5/21
 53.6 (R) Kathy Weston(UCLA)5/21
 54.4 (R) Evelyn Ashford(UCLA)5/19
 54.5 (1) Arlise Emerson(PAT)8/13
 54.7 (R) Valerie Brisco(LHS)6/9

TOP MARKS 1977

Includes marks received through October 15

- 55.1 (R) Debbie McElroy(LATC)6/9
- 55.3 (1) Leannette Eddens(UHS)
- 55.4 (R) Adrienne Lair(CSLA)5/21
- 55.4 (R) Gwen Gardner(CHS)6/10
- 55.4 (R) Melissa Quicke(LAM)6/9
- 55.5 (R) Collette Winlock(LAM)6/9
- 55.6 (R) Veronica Venezia(UCLA)5/19
- 55.8 (R) Modupe Oshikoya(UCLA)5/19
- 55.9 (1) Chris A'Harrah(MACC)4/10
- 56.12 (1) Marquita Belk(SJC)5/27
- 56.3 (R) McCalla (CSB)5/15
- 56.3 O'Brien(PHHS)
- 56.3 (R) Julie Brown(CSUN)5/21
- 56.4 (R) Jarvis Scott(PTC)6/9
- 56.51 (5) Kim Law (SAVHS)6/4
- 56.4 (2) Lezli Peterson(HHS)6/3

880 YARD RUN

- 2:03.8 (R) Julie Brown(LATC)6/9
- 2:07.4 (R) Debbie Roberson(UCLA)5/21
- 2:08.0 (1) Ann Regan(CHS)6/4
- 2:08.2 (1) Linda Goen(NBHS)5/20
- 2:11.2 (R) Kathy Chisam(UCLA)5/21
- 2:11.6 (R) Kathy Weston(UCLA)5/21
- 2:11.6 (R) Kate Keyes(UCLA)5/21
- 2:11.8 (R) Cynthia Warner(BHHS)6/9
- 2:12.1 (1) Susie Meek(BA)5/15
- 2:12.1 (2) Teresa Caudillo(LBC)5/15
- 2:12.4 (3) Michelle Bush(RHHS)6/4
- 2:12.4 (4) Lauri Mullins(CHS)6/4
- 2:12.6 Alice Trumbley (CHS)5/20
- 2:13.3 (3) Michelle Hopper(PTC)5/15
- 2:13.4 (R) Roma Antoniewicz(LATC)6/9
- 2:13.7 (3) Nancy Huyck(AHS)6/3
- 2:14.5 (R) Valerie Ross(WTHS)6/9
- 2:15.0 (2) Stacy Kneeshaw(FHS)5/26
- 2:15.0 (3) Sandra Anderson(BHHS)5/26

MILE RUN

- 4:28.2 (1) Francie Larriau-Lutz(PCC)6/28
- 4:42.0 (1) Judy Graham(WVTC)
- 4:46.4 (1) Kate Keyes (UCLA)
- 4:47.8 (1) Linda Goen(NBHS)6/4
- 4:48.7 (1) Debbie Heald(SFVTC)1/8
- 4:52.8 (2) Vickie Bray (LAHS)6/4
- 4:55.7 (3) Cheryl Flowers(VHS)6/4
- 4:55.8 (4) Sarah Sweeny (MHS)6/4
- 4:56.1 (2)i Ruth Caldwell(BA)1/22
- 4:56.7 (2) Phyllis Olrich(WVTC)
- 4:57.57 (3) Nancy Huyck(AHS)4/9
- 4:57.8 Kathy Adams(SJHS)
- 4:58 (1) Roxanne Diaz(SJHS)6/9



photo by Diane Johnson

KATHY WESTON gets the stick from DEBBIE ROBERSON for a two mile relay win

MARATHON

400 METER HURDLES 30"

MILE RUN

- 4:28.2 (1) Francie Larriou-Lutz (PCC) 6/28
- 4:42.0 (1) Judy Graham (WVTC)
- 4:46.4 (1) Kate Keyes (UCLA)
- 4:47.8 (1) Linda Goen (NBHS) 6/4
- 4:48.7 (1) Debbie Heald (SFVTC) 1/8
- 4:52.8 (2) Vickie Bray (LAHS) 6/4
- 4:55.7 (3) Cheryl Flowers (MHS) 6/4
- 4:55.8 (4) Sarah Sweeny (VHS) 6/4
- 4:56.1 (2)i Ruth Caldwell (BA) 1/22
- 4:56.7 (2) Phyllis Olrich (WVTC)
- 4:57.57 (3) Nancy Huyck (AHS) 4/9
- 4:57.8 Kathy Adams (SJHS)
- 4:58 (1) Roxanne Bier (SJC) 12/18
- 4:58.5 (2) Alice Trumbly (CHS) 5/6
- 4:59.0 (2) Sharon Hulse (PAT) 1/8
- 4:59.5 (4) Jani Rouda (CP) 1/8
- 5:00.1 (2) Linda Broderick (UCLA) 3/19
- 5:00.5 (2) Denise Ashmore (TCHS) 6/3
- 5:00.8 (1) Susie Meek (BA) 5/15
- 5:01.4 (4) Sheila Ralston (PHS) 6/3
- 5:01.4 (1) Linda Heinmiller (UCLA) 7/28

2 MILE RUN

- 10:06.6 (1) Diane Barrett (HHS) 5/26
- 10:07.2 Debbie Heald (SFVTC)
- 10:31.5 (1) Sue Kinsey (LATIC) 2/13
- 10:38.0 Linda Goen (NHS)
- 10:39.7 (1) Roxanne Bier (IHS) 6/4
- 10:42.0 (2) Kathy Adams (SJHS) 6/4
- 10:44.6 (3) Carol Keller (HHS) 6/4
- 10:46.6 (4) Karen Nachbar (SJHS) 6/4
- 10:46.8 (5) Deloria Hobson (CPHS) 6/4
- 10:48.8 (1) Linda Broderick (UCLA) 3/19
- 10:51.5 Cheri Williams (LHS)
- 10:51.7 (7) Kelly Wells (QHHS) 6/4
- 10:53 (2) Heather Tolford (SFVTC)
- 10:59.4 (8) Mari Gibbs (MHS) 6/4
- 11:01 (1) Phyllis Olrich (WVTC) 12/11
- 11:01.8 (9) Tara Hobbs (SBHS) 6/4
- 11:04.0 Vicki Bray (LAHS)
- 11:06.7 Laurie Jewell (CHS)
- 11:06.7 Janice Kelley (HHS)
- 11:08.7 (1) Donna Sanchez (RRR) 1/30

3 MILE RUN

- 16:47.5 (1) Tena Anex (UCD) 5/7
- 17:11.2 (2) Sally Metteer (Cal) 5/7
- 18:12 (1) Laurie Jewell (un)
- 18:52.2 (2) Sullivan (ChicoSt) 3/19
- 19:21 (2) Lorraine Bianco (un)
- 20:16 (3) Barbara Rubio (un)

MARATHON

- 2:48:33 (1) Miki Gorman 4/18
- 2:53:14 (37) Vickie Bray (SJC) 12/11
- 2:53:20 (1-61) Tena Anex (UCD) 7/10
- 2:53:49 Judy Leydig (WVTC)
- 2:56:30 (24) Sue Petersen (Lompoc) @
- 2:57:53 (1-91) Penny DeMoss (WVTC)
- 2:59:12 Judy Milke (SPV) 1/30
- 3:00:38 (2-18) Nicki Hobson (SDTC) 1/15
- 3:01:04 (7) Joan Ulyot (WVTC) 4/18
- 3:01:15 (1-214) Marilyn Taylor (ARC) 5/1
- 3:04:58 (2-237) Sue Krenn (SDTC) 5/1
- 3:05:18 (3-242) Karen Rosenblatt 5/1
- 3:09:15 (3-185) Patricia Cutler (un) 7/10
- 3:09:31 (1-34) Merrill Cray (CRC)
- 3:09:44 (4-288) Ruth Anderson (NCS) 5/1
- 3:09:49 (1) Martin (SP) 6/11
- 3:12:12 (108) Jeanie Jones (PMK) 12/11
- 3:13:11 (5-323) Karen Diekmeyer 5/1
- 3:13:18 (4-212) Karon Schaumberg (ER) 7/10
- 3:15:18 (6-358) Vicki Blankenship 5/1

100 METER HURDLES 33"

- (-.24 = hand time)
- 13.15 w (1) Pat Van Wolvelare (USC) 6/10
- 13.24 (P) Jane Frederick (LATIC) 8/19 AR
- 13.37 w (2) Modupe Oshikoya (UCLA) 5/20
- 14.09 (4) Janet Benford (LAM) 5/30
- 14.11 w (3) Kris Costello (SJC) 6/13
- 14.15 (4) Mitzi McMillin (USC) 6/9
- 14.31 (5) Yvonne Boone (AC) 6/9
- 14.35 (5) Jan Lester (UCLA) 5/29
- 14.40 w (4) Lisa Gourline (PAT) 6/13
- 14.2 w (P) Giulia Monteforte (LATIC) 4/3
- 14.52 (2) Denise Pemberton (CSLB) 5/29
- 14.3 (3) Patrice Shmock (SDSU) 3/11
- 14.3 (1) Tricia Lehning (AA) 6/26
- 14.4 (4) Sandy Tyler (CSLB) 4/1
- 14.68 w (5) Anna Gabriel (BETC) 6/13
- 14.88 (1) Cheryl Glazier (PAT) 5/7
- 14.89 (3) Linda Bourn (WS) 6/13
- 14.7 (1) Pam Ashe (UR) 5/7
- 15.11 (3) Kerry Zwart (LATIC) 5/29
- 15.16 (2) Colleen Williams (SV) 6/5
- 15.16 (5) Kim Burgess (BETC) 6/13
- 15.16 w (5) Denise Cornell (SV) 6/13
- 15.0 (1) Cherrie Sherrard (NCS) 5/29

KATHY WESTON gets the stick from DEBBIE ROBERSON for a two mile relay win



photo by Diane Johnson

400 METER HURDLES 30"

- (-.14 = hand time)
- 59.62 (5) Clydine Crowder (UCLA) 6/11
- 59.9 (3) Jodi Anderson (CSUN) 5/20
- 60.0 (4) Colette Winlock (CSH) 5/20
- 60.31 (4) Sheila Hamilton (LATIC) 6/10
- 61.4 (1) Michelle Hawthorne (BETC) 8/13
- 62.56 (5) Kathleen Murphy (UCLA) 5/20
- 62.8 (1) Alison Reed (LATIC) 5/29
- 62.8 (3) Alberta Martin (PTC) 5/29
- 63.41 (4) Patty Cape (CSLB) 4/30
- 63.7 (4) Anna Riller (USC) 5/29
- 64.07 (3) Candy Ross (BETC) 6/13
- 64.0 (1) Amber Souza (WS) 3/27
- 64.0 (2) Snyder (UCD) 3/27
- 64.27 (5) Sandy Niehuus (SDSU) 4/30
- 64.3 (T3) Janice Lester (UCLA) 3/11
- 64.94 (6) Cathy Hohmann (CY) 6/13
- 65.2 (5) Eva Gothberg (PTC) 5/29
- 65.5 (1) Marks (ECC) 5/13
- 65.8 (4) Sue Niehuus (SDSU) 4/1
- 65.8 (1) Pam Ashe (UR) 5/6

MILE WALK

- 7:14.8 (1)i Sue Brodock (RRR) 1/22
- 7:36.2 (2)i Tracy Trisco (BA) 2/4
- 7:38.4 (2)i Lisa Metheny (RRR) 1/22
- 7:40.8 (1) Sally McPherson (WVTC)
- 7:45.9 (4)i Joyce Brodock (RRR) 2/4
- 7:47.1 (5)i Linda Rotlik (RRR) 2/4
- 7:47.4 (1) Jill Steiner (RRR) 3/6
- 8:02.3 (5)i Becky Villavazo (RRR) 1/22
- 8:20.8 (7) Jessica Waskow (RRR) 1/30
- 8:42.2 (8) Sharlene McGinley (SBS) 1/30
- 8:57.5 (10) Debbie Porter (RRR) 1/30
- 9:00.0 (11) Jane Janousek (un) 1/30

3,000 METER WALK

- 14:54.9 (1) Sue Brodock (RRR) 3/20
- 15:04.13 (2) Tracy Trisco (BA) 6/14
- 15:19.53 (3) Joyce Brodock (RRR) 6/14
- 15:34.4 (1) Jessica Waskow (RRR) 2/13
- 15:41.4 (1) Jill Steiner (RRR) 4/17
- 15:45.13 (6) Chris Sakelarios (RCF) 6/14
- 15:49.6 (2) Lisa Metheny (RRR) 3/20
- 15:59.28 (5) Linda Bottlik (RRR) 6/14

- 16:05.7 (8) Laura Spencer (CY) 6/14
- 16:25.3 (4) Lynn Holmbeck (PAT) 2/13
- 16:37.89 (12) Amy Spangler (Arrow) 6/14
- 17:09.53 (13) Sharlene McGinley (SBS) 6/14
- 17:24.2 (6) Becky Villavazo (RRR) 5/29

5,000 METER WALK

- 23:53.0 (1) Sue Brodock (RRR) 5/1
- 26:01.1 (3) Joyce Brodock (RRR) 6/9
- 26:12.0 (4) Tracy Trisco (BA) 6/9
- 26:15.4 (5) Linda Bottlik (RRR) 6/9
- 26:18.4 (6) Sally McPherson (WVTC) 6/9
- 26:39.7 (7) Chris Sakelarios (RCF) 6/9
- 26:49.8 (3) Jill Steiner (RRR) 5/1
- 27:12.2 (8) Sandy Brisco (un) 6/9
- 27:56.2 (3) Cindy Vaughan (RCF) 5/8
- 27:57.3 (4) Laura Spencer (CY) 5/8
- 28:07.2 (4) Shelley Quintana (BA) 4/23
- 28:31.7 (12) Jane Janousek (un) 6/9
- 28:34.4 (13) Amy Spangler (Arrow) 6/9
- 28:54.4 (14) Paula Kash Mori (UCLATIC) 6/9
- 29:01 (1) Vicki Jones (UCLA TC) 5/14
- 29:16.4 (15) Nancy Ann Foster (UCLA) 6/9
- 29:22.5 (6) Jessica Waskow (RRR) 4/23
- 29:26.7 (1) Maynard (WDS) 7/3
- 38:33.0 (3) Russell (EVT) 4/16

10,000 METER WALK

- 51:00.1 (1) Sue Brodock (RRR) 5/15
- 51:51 (2) Sue Liers (ITC) 6/18
- 54:10.2 (3) Sally McPherson (WVTC) 6/18
- 54:29.1 (4) Joyce Brodock (RRR) 6/18
- 55:51 (6) Chris Sakelarios (RCF) 6/18
- 56:25.1 (7) Jill Steiner (RRR) 6/18
- 57:43 (9) M. Lang (ITC) 6/18
- 58:10 (10) Sandy Brisco (Stan) 6/18
- 58:12 (12) Linda Bottlik (RRR) 6/18



440 RELAY

45.58 (1)	LA Mercuresses 6/10
45.83 (2)	LA Naturite TC 6/10
45.8	Cal State Univ LA
46.14 (1)	Crawford HS(SD)6/4
46.27 (1)	Millbrae Lions TC 6/13
46.42 (2)	Centennial HS 6/4
46.5 (2)	Premier TC 5/29
46.74 (2)	LAM-B 6/13
47.15 (6)	Univ Southern Calif 5/21
47.0 (1)	Compton College 5/27
47.1 (2)	LAM-C 5/29
47.26 (6)	LANTC-B 6/10
47.3 (3)	Lakewood International
47.88 (3)	Morse HS 6/4
47.97 (3)	Cal State Univ LB 4/24
47.9 (1)	Westchester HS 5/20
48.07 (2)	Univ Cal LA 4/30
48.0	Edison HS (Fresno) 5/6
48.23 (4)	Locke HS 6/4
48.29	Silver Creek HS
48.1 (2)	Cal State Hayward 3/19

MILE RELAY (4 x 440)

3:40.1 (2)	UCLA 5/21
3:41.0 (3)	Cal State LA 5/21
3:41.97 (1)	LA Mercuresses 6/9
3:46.8 (1)	Cal State Northridge 5/19
3:49.3 (5)	Premier TC 6/9
3:50.65 (2)	LA Naturite TC 4/23
3:52.1 (1)	Locke HS 6/4
3:52.3 (6)	Cal St Bakersfield 5/19
3:53.56 (5)	So Calif Cheetahs 6/14
3:53.6 (2)	Crawford HS (SD) 6/4
3:54.23 (7)	Berkeley Eastbay TC 6/14
3:54.4 (3)	North HS (Bkfld)6/4
3:55.0 (4)	Rolling Hills HS 6/4
3:55.1 (1)	Beverly Hills HS 6/3
3:55.2 (2)	Dos Pueblos HS 6/3
3:55.3 (5)	Santa Barbara HS 6/4
3:55.6	Tamalpais HS(Mill Vly)
3:55.6	Bonita Vista HS
3:55.8	El Cerrito HS
3:57.4 (1)	Terra Linda HS 5/28

12:56.9 (3)	Crescenta Vly HS 4/16
12:59.3 (4)	Arcadia HS 4/16
13:01.5 (1)	Bishop HS 4/16
13:01.8 (5)	Marin HS 4/16
13:04.1	North HS
13:08.2	Madera HS
13:08.4	Santa Monica HS
13:10.0 (2)	W. Torrance HS 4/22
13:13.2	Beverly Hills HS
13:15.6 (3)	Fontana HS 4/22
13:17.1 (3)	USC 4/16

SHOT PUT (4 kilo / 8 lb., 13 oz.)

54-1 1/4 (1)	Maren Seidler(MDYF)6-10
51-0 3/4 (2)	Jane Frederick(LATC)6/10
50-4 (1)	Emily Dole(LI)5/29
47-6 1/2 (1)	Karen Marshall(CSUN)4/10
46-0 3/4 (3)	Melody Rose(CSLA)5/29
45-8 1/4 (1)	Linda Langford(ML)5/29
45-2 1/4 (Q3)	Kerry Zwart (LATC)6/13
44-5 1/2 (1)	Susie Ray(BA)6/26
43-5 1/4 (1)	Kutchka (SV) 5/8
43-1	Julie Flynn (LATC)
42-7 1/2 (1)	Jennifer Wagstaff(Cal)5/7
42-4 (1)	Becky Daniel(OC)4/15
41-11	Heidi Kauti(UCLA)
41-10 1/4 (Q9)	Kendis Warren(LAM)6/13
41-3 1/2 (1)	Lisa Vogelsang(UCLA)3/19
40-11 3/4 (4)	Terrie Grudzinskas(LATC)
40-11 3/4 (Q)	Karen Stampfli(LHS)6/13
40-10 1/2 (2)	Cathy Sulinski (CSH)5/7
40-7 (3)	Trimble (UCD) 5/7
40-5 1/4 (Q)	Kathy Rutcka (SV)6/13

HIGH JUMP

6-1 1/4 (1)	Joni Huntley(FCC)6/28
5-11 (1)	Jane Frederick(LATC)1/30
5-11 (7)	Cindy Gilbert(Macc)6/11
5-10 (3)	Denise Cornell(SVTC)5/21
5-10 (1)	Rienstra 7/13
5-10 (1)	Tonya Alston(CHS)8/13
5-9 (4)	Chris Remmling(UCLA)5/21
5-9 (1)	Kari Gosswiller(UHS)6/4
5-9 (2)	Anne Erpenbeck(HBHS)6/4
5-9	Sue McNeal (CHS)
5-9 (1)	Marilyn King(ML)5/29
5-8 (1)	Pam Blackburn(CSH)4/30
5-8 (1)	Candy Ross(BHS)5/21
5-8	Chris Shawhan(LHS)
5-7 1/2	Kaizer (NHS)
5-7 (2)	Cathy Cook(LATC)4/1
5-7 (1)	Danny Gayonnet (FCC)4/17
5-7 (1)	Fern Simon(CSLB)4/24
5-7 (1)	Brenda Little(CSLB)5/1
5-7 (P)	Mitzi McMillin(LI)5/20
5-7 (4)	Sonya Harrigfeld(BHS)6/4
5-7	Susie Boehrner(CVHS)

DISCUS THROW

173-6 (1)	Lisa Vogelsang (UCLA)
171-10 (3)	Monette D. Branson(LATC)5/21
170-4 (4)	Linda Langford(ML)5/21
168-3 (3)	Karen Marshall(LATC)6/10
155-6 (Q2)	Christi Pyle(LATC)6/13
143-9	Emily Dole (CSLB)5/20
143-5	Karen Stampfli(LHS)
142-7 (2)	Leslie Hoerner(LI)5/29
139-2	Leslie Deniz(GHS)
137-10 (2)	Heidi Kauti(UCLA)4-1
137-9 (1)	Cindy Banks(SBCC)5/13
137-5 (2)	Syd Brown(CSLB)4/30
136-7 (1)	Susan Springer(SHS)5/27
136-5 (1)	Jennifer Wagstaff(Cal)4/24
136-2	Jill Ridenour(YCHS)
135-6	Bonnie Dasse(CMHS)
133-2	Carol Dolsby(AVHS)
132-5	Terrie Grudzinskas(LATC)6/9
131-8	Cecilia Sandoval(RHS)
131-8 (3)	Gale Zaphiropoulos(HHS)6/4

880 MEDLEY RELAY
(220-110-110-440)

1:39.35 (1)	UCLA 5/20
1:39.55 (2)	Cal State Univ LA 5/20
1:41.63 (3)	LA Naturite TC 6/10
1:42.2 (4)	LA Mercuresses 6/10
1:43.6 (1)	Premier TC 4/16
1:44.4 (2)	LAM-B 5/29
1:44.9 (3)	Cal State Bakersfield 4/30
1:45.13 (1)	Cal State Hayward 5/1
1:46.29 (2)	Patriots USA 6/13
1:46.5 (4)	BH 6/5
1:47.2 (1)	Crenshaw HS 5/28
1:47.7 (3)	PTC-B 5/29
1:47.9 (3)	Lakewood International
1:47.92 (2)	Univ of Calif 5/1
1:48.15 (6)	So Calif Cheetahs 6/13
1:48.4	Pomona HS
1:48.60 (6)	Blue Angels 6/13
1:48.7 (4)	Univ of Redlands 4/30
1:48.8 (2)	Freemont HS 5/28
1:48.8	Muir HS

2 MILE RELAY (4 x 880)

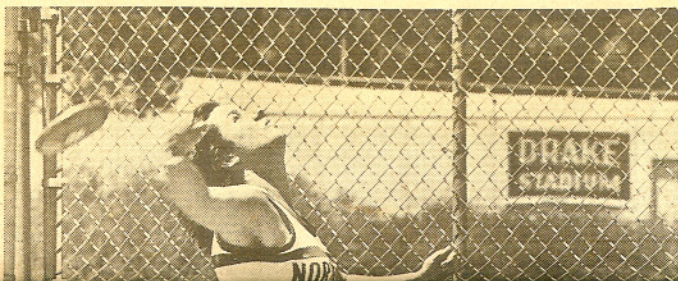
8:41.46 (1)	LA Naturite TC 6/9
8:41.98 (1)	UCLA 5/21
8:54.78 (2)	Cal State Northridge 5/21
8:55.99 (3)	San Jose Cindergals 6/14
8:58.83 (4)	Blue Angels 6/14
9:32.6	Santa Barbara HS
9:33.0 (4)	Rialto Road Runners 6/5
9:33.67 (1)	Univ of California 4/30
9:36.0 (2)	UC Santa Barbara 4/30
9:44.4 (1)	Univ of Redlands 5/15
9:45.0	Rolling Hills HS
9:55.5 (2)	Claremont HS 4/22
9:56.1 (3)	Crescenta Valley HS 4/22
9:58.2 (5)	Blue Angels-B 6/5
10:00.1 (4)	USC 4/30
10:03.8 (1)	UC Davis 5/7
10:05.3	Camarillo HS
10:07.2 (4)	Patrick Henry HS 4/22
10:09.7 (2)	So. Calif Cheetahs 3/6
10:11.7 (1)	Livermore HS 4/26

LONG JUMP

21-11 (1)	Jodi Anderson(LATC)7/2
20-8 1/2 (5)	Modupe Oshikoya(UCLA)6/11
20-6 3/4 (6)	Martha Watson(LI)6/11
20-1 3/4 (2)	Karen Elmore(ML)7/3
20-1 1/2 (7)	Jane Frederick(LATC)9/4
20-0 1/2 (1)	Vicki Betts (CSLA)5/29

JAVELIN THROW

227-5 (1)	Kathy Schmidt(PCC)9/11wr
197-9 (1)	Karin Smith(UCLA)5/21
195-1 (2)	Cathy Sulinski(CSH)4/30
192-5 (4)	Lynn Cannon(ML)6/25



1:48.8 (2) Fremont HS 5/28
1:48.8 Muir HS

10:09.7 (2) So. Calif Cheetahs 3/6
10:11.7 (1) Livermore HS 4/26

130-2 (1) Jill Ridenour (YCHS)
135-6 (2) Bonnie Dasse (CMHS)
135-2 (1) Carol Dolby (AVHS)
132-5 (1) Terrie Grudzinskas (LATC) 6/9
131-8 (1) Cecilia Sandoval (RHS)
131-8 (3) Gale Zaphiropoulas (HHS) 6/4

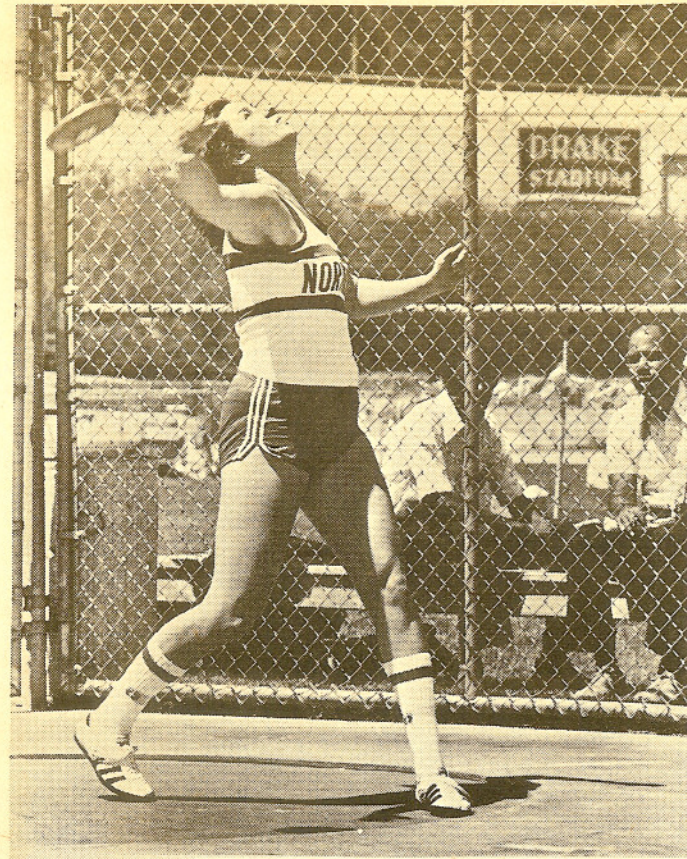


photo by Diane Johnson

KAREN MARSHALL

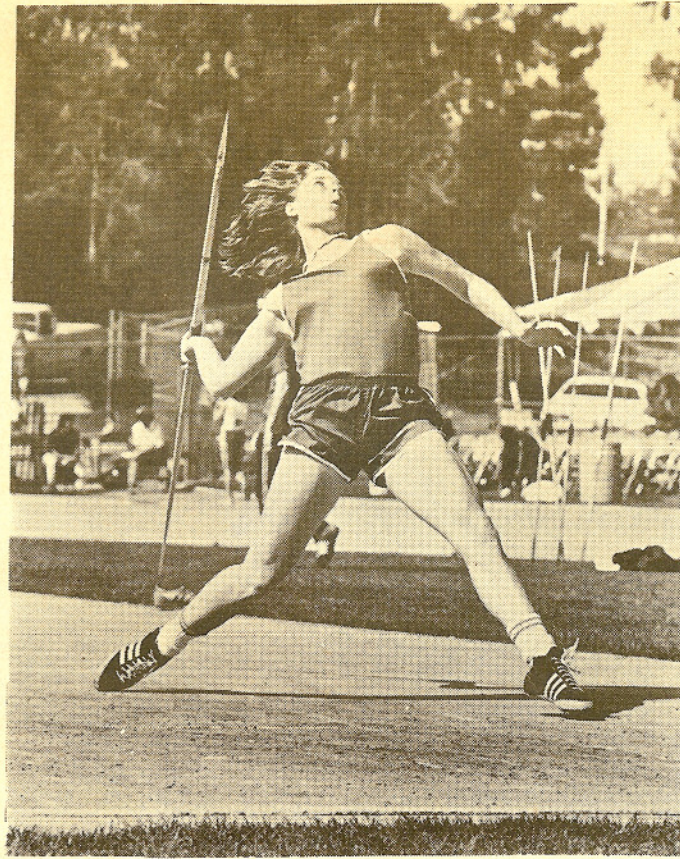


photo by Diane Johnson

CATHY SULINSKI

JAVELIN THROW

- 227-5 (1) Kathy Schmidt (PCC) 9/11wr
- 197-9 (1) Karin Smith (UCLA) 5/21
- 195-1 (2) Cathy Sulinski (CSH) 4/30
- 192-5 (4) Lynn Cannon (ML) 6/25
- 191-2 (2) Sherry Calvert (LI) 6/11
- 175-3½ (1) Connie Gasson (CSUN)
- 154-1 (2) Lisa Van Benthem (un) 5/1
- 153-7 (2) Anne-Gro Harby (Norway) 4/10
- 151-2 (3) Jackie Nelson (BA) 7/2
- 150-11 (2) Cathy Corr (LI) 5/15
- 149-4 (1) Barb Moro (BA) 5/29
- 148-3 (3) Lorna Brandt (Chico) 3/19
- 145-9 (3) Charm Bishop (SCC) 4/10
- 141-9 (3) Debbie Dibb (TW) 6/14
- 141-2 (1) Jenny Stary (Pom-Pit) 5/7
- 139-9 (6) Lorelei Van Benthem (un)
- 137-11 (Q6) Janine Dell'Acqua (SDSU)
- 137-5 (1) Raedean Rona (PAT) 3/13
- 136-2 (5) Regina Steele (USC) 5/29
- 134-4½ (1) Parizo (Ven. CC) 5/13

PENTATHLON

(100mh-33", SP-4 kilo, HJ, LJ, 800)

- 4625 (2) Jane Frederick (LATC) 8/20
- 3865 (3) Kerry Zwart (LATC) 6/5
- 3815 (4) Giulia Monteforte (LATC)
- 3808 (1) Denise Cornell (SV) 3/27
- 3755 (1) Tonya Alston 7/13
- 3747 (8) Mitzi McMillin (USC) 5-20/21
- 3456 (4) Jenny Stary (Pom-Pitz) 4/3
- 3314 (1) Carolyn Zeller (RHS) 5/7
- 3295 (18) Brenda Bruce (USC) 5-20/21
- 3248 (2) Kris Sorrenson (CHS) 5/7
- 3179 (3) Candy Barra (ECHS) 5/7
- 3066 (2) Carey Hill (USC) 5/15
- 3056 (x-2) Michelle Beveridge (FPTC)
- 3045 (1) Donna Fromme (UR) 5/22
- 2988 (5) Syd Brown (CSLB) 4/3
- 2945 (1) Terri Mulligan (RC) 6/10
- 2911 Nancy Redican (SVHS)
- 2823 Eileen Collins (ROHS)
- 2771 Stacy Kneeshaw (PHS)
- 2766 Lezli Peterson (HHS)

880 RELAY (4 x 220)

- 1:44.4 (1) Lakewood International 3/6
- 1:45.0 (2) CS Bakersfield 3/6
- 1:45.1 (1) Tamalpais HS 4/26
- 1:46.0 (1) Sequoia HS 5/1
- 1:46.30 (2) Saratoga HS 5/1
- 1:48.3 SA Valley HS
- 1:48.4 (2) Richmond HS 4/26
- 1:48.8 (3) DeAnza HS 4/26
- 1:48.9 (4) Hogan HS 4/26
- 1:49.5 (5) Berkeley HS 4/26

**DISTANCE MEDLEY RELAY
(440-880-1320-mile)**

- 11:34.1 (1) LA Naturite TC 4/16
- 12:16.6 (1) Blue Angels 3/6
- 12:20.6 (1) Santa Barbara HS 4/16
- 12:40.1 (2) Cal State Bakersfield 3/6
- 12:42.5 (3) Cal State Long Beach 3/6
- 12:44.6 (2) Rolling Hills HS 4/16
- 12:47.9 (1) Bakersfield HS 4/25
- 12:53.2 (2) Burroughs HS 4/25
- 12:56.6 (3) West HS (Bkfld) 4/25

- 20-0½ (6) Diane Kummer (Macc) 6/10
- 19-10w (1) Gwen Loud (LHS) 5/21
- 19-9 (1) Lisa Gouridine (ETHS) 6/4
- 19-7½ (1) Marilyn King (ML) 4/30
- 19-6½ (1) Leslie Scott (KHS)
- 19-5 (2) Sherron Walker (un) LAM 4/30
- 19-3½ (1) Debbie Wilford (CPHS)
- 19-2 3/4 (2) Dorothea Gaffney (LHS) 6/4
- 19-2 (P) Giulia Monteforte (LATC) 4/3
- 19-1 3/4 (3) Kathy Haynes (MHS) 6/4
- 19-1½ (1) Joni Huntley (FCC) 4/2
- 19-1½ (Q2) Jewell Lovelady (CHS) 6/3
- 18-11 3/4 (1) Kim Moran (MHS) 5/28
- 18-11½ (1) Carrie McLaughlin (GDHS)

Don Hill(Kennedy HS, Barstow)	9.5	21.7
Larry Jones(Kennedy HS, Barstow)	9.5	
Claude Grady(Kennedy HS, Barstow)	14.7,	37.4
Todd Doudy(Carlsbad HS)	50.9	
Larry Sorzano(Carlsbad HS)	10.0,	22.3, 50.9
Karl Mullins(Mt. Miguel HS)	50.2,	38.4
Steve Watkin(Roosevelt HS, Fresno)	14.2,	38.1
Gene Antone(Chico HS)	49.4,	14.4
Pete McKinnon(Chico HS)	39.0	
Devon Snyder(Ventura HS)	37.0	
Tim Chambers(Santa Monica HS)	37.4	
Tim Long(Lincoln HS, San Diego)	9.8	
Terrell Williams(Morse HS)	50.4	
Greg Reed(Morse HS)	14.9,	38.2
James Pinkney(Crawford HS)	48.7r	
Ned Armour(San Diego Mesa JC)	14.46	
Lyndelle Hawkins(Tracy HS)	9.9w	
Nate Borden(Belmont HS)	9.9,	38.6
Jerome Brooks(Fairfax HS)	9.7,	21.8
Clark Rucker(monte Vista HS)	50.2	
Leonard Meeks(Indiana HS)	13.8	
Kevin Stone(Perris HS)	14.0	
Rick Gonzales(West Covina HS)	14.8	
Ken Penner(South Hills HS)	39.1	
Merrill Nunley(Sacramento JC)	49.4	
Bill Ward(Merritt JC)	48.0	
Brian Conley(Burbank HS, Sacto')	14.5	(42")
Kent Wigton(DeAnza JC)	52.0ih	
Ramon Grubbs(Blair HS)	37.5	
Victor Trapps(Pittsburg HS)	9.6,	21.5
Alex Flowers(Pittsburg HS)	22.5	
Tony Amerson(Pittsburg HS)	14.3,	36.7
Keith Anderson(San Mateo JC)	15.0,	53.8ih
Brian Bradley(Edison HS, Fresno)	9.9,	21.5
Richard Easter(Harbor JC)	14.6,	54.1ih
Ron Malone(Fresno JC)	10.6m,	21.8
Jesse Pena(Bakersfield JC)	48.3	
Doug Lowe(McLane HS)	14.6,	38.1
James DeGuir(Monrovia HS)	9.8,	38.2
Brian Haskelt(Victor Valley HS)	9.9,	22.0
O.J. Smith(Victor Valley HS)	10.0	
Dave Lonsinger(Highland HS, Bkfld)	50.5	
Anthony Glover(DeAnza HS)	9.8	
Will Patterson(DeAnza HS)	14.1,	38.9
Jerry Barker(Palomar JC)	9.6	
Roland Siai Siai(Palomar JC)	9.4,	21.1, 13.9
Steve Manookian(Montebello HS)	50.8	
Rich Clark(Menlo-Atherton HS)	14.1	
Rob Martin(Vill Park HS)	9.9,	22.2
Dave Hauber(Villa Park HS)	10.0	
Mike McParlane(Villa Park HS)	49.9	
Roy Hedlund(Villa Park HS)	14.7,	38.3
Shannon Moore(Eureka HS)	39.3	
Chuck Hashbarger(Ventura HS)	39.8	
Mike Richardson(Kennedy HS, LA)	49.8	
Eric Grimes(Kennedy HS, LA)	15.0	
Anthony Young(Compton JC)	14.1,	51.7ih
Lou McGlothlin(East LA JC)	9.5,	20.8, 47.8
Lawrence Williams(Los Angeles JC)	10.5m	
Chris Menninger(Foothill JC)	47.8	
Jerry Sommerville(San Berdo HS)	9.8,	22.1, 50.0
Larry Goldston(Colorado HS)	9.7,	21.6, 46.3m
Chip Benson(Lutheran HS)	14.1	
Chris Neal(Long Beach Poly)	9.7,	22.4
Joe Zahm(Long Beach Poly)	9.9,	22.5
Charles Stephens(Long Beach Poly)	50.3	
Gilbert Basadula(Long Beach Poly)	50.3	
Michael Bradley(Long Beach Poly)	49.8,	37.8
Ronnie Williams(Chatsworth HS)	9.5,	21.0, 47.01
Chris Dailey(Kennedy HS, Sacto')	9.4,	21.7
Steve Link(Kennedy HS, Sacto')	38.5	
Jeff Mayem(Rolling Hills HS)	9.9,	22.0, 50.1
Bill Ryan(St. Ignatius HS, SF)	14.5	
James Starmer(Butte JC)	52.8ih	
Christopher Williams(Crestmoor HS)	14.9,	39.1
Ken Margerum(Fountain Valley HS)	9.9,	13.78, 37.9

Colorado State
Fullerton JC
Mira Costa JC
Mira Costa JC
Grossmont JC
Fresno Pacific
West Valley JC
UC Davis
UC Irvine
UC Irvine
San Diego Mesa JC
San Diego Mesa JC
San Diego Mesa JC
San Diego Mesa JC
San Diego State
Delta JC
Los Angeles CC
Cal Poly-Pomona
Cal Poly-Pomona
Cal Poly-Pomona
Cal Poly-Pomona
Cal Poly-Pomona
Hayward State
Hayward State
Hayward State
Hayward State
UC Berkeley
UN Las Vegas
Los Medanos JC
Los Medanos JC
Fresno State
Fresno State
Fresno State
Fresno State
Fresno State
Pasadena JC)
Mt. Diablo JC
Victor Valley JC
Bakersfield JC
Contra Costa JC)
Univ. of Idaho
Cal Poly-SLO
Cal Poly-SLO
work
Alameda JC
Cal Poly-SLO
Humboldt State
Orange Coast JC
mission
College of Redwood
Moorpark JC
work
Northridge State
UCLA
UCLA
UCLA
UCLA
UCLA
UCLA
Cerritos JC
Cerritos JC
Long Beach JC
Long Beach JC
Compton JC
Pierce JC
Sacramento JC
UC Davis
UC Santa Barbara
UC Santa Barbara
UC Santa Barbara
Stanford

Tim Washington(Fresno HS)	14.2
Stan Isaac(Wasco HS)	39.1
Jeff Jones(West Hills JC)	14.5

Fresno JC	14.2
Bakersfield JC	39.1
UN Reno	14.5



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Distances

Chuck Hattersley(Grossmont JC)	1:52.9	Univ. Colorado
Scott Blackburn(Moorpark JC)	3:53.6m, 9:07.8	Boise State
Dave Hull(San Mateo JC)	9:18.8 steeple	Montana
Jim Walters(Costa Mesa HS)	1:49.4	USC
Brian Hunsaker(UC Irvine)	8:56.8	San Diego State
Bobby Thomas(UCLA)	13:36.4	San Diego State
Bruce Jensen(Santa Clara HS)	1:52.9	San Jose State
Stan Ross(San Mateo HS)	4:08.2	San Jose State
Tim Costa(Fullerton JC)	1:48.3	Baylor
Dave Kingsland(El Modena HS)	1:50.0	Houston
Tim Holmes(Downey HS, Modesto)	8:55.3	Modesto JC
Steve Alvarez(Coachella Vly HS)	8:56.4	UC Riverside
Roland Calderon(Kennedy HS, LA)	1:55.8	LA Valley JC
Robert Troba(Kennedy HS, LA)	9:30.0	Northridge State
Ronald Walker(Kennedy HS, Sacto')	9:35	Stanislaus State
Drew Poulin(Washington HS)	4:18, 9:27	UC Santa Barbara
Mike LeHold(Grossmont JC)	9:25.6 steeple	UC Santa Barbara
Mike Seeker(Pasadena JC)	3:56m	UC Santa Barbara
Brian Parks(Hilltop HS)	4:21.7	Southwestern JC
Mark Stillman(Willow Glen HS)	1:52.5, 4:06.9	Stanford
Tom Lobsinger(Canada)	1:50.5m, 3:45.1m	Stanford
Sam Sawney(Pasadena JC)	1:52.7	Pt. Loma College
Barry Kleinsasser(Citrus JC)	3:54.4m	Pt. Loma College
Coy Kendrick(Righetti HS)	9:20.0	Hancock JC
Paul Lemos(Pontana HS)	1:57.9	Chaffey JC
Eero Keranen(Australia)	3:55m, 14:45m, 9:00sc	Hancock JC
Ivan Huff(Paso Robles HS)	9:20	Hancock JC
Steve Reinhard(Cresenta Val. HS)	1:57.0	Glendale JC
Henry Mendoza(Lincoln HS)	1:57.5, 4:24.5	Glendale JC
Dave Eagle(Cresenta Valley HS)	4:17.3	Glendale JC
Drew Trujillo(Cresenta Val. HS)	4:17.0	Glendale JC
Terry Gibson(Glendale Hoover HS)	9:21.1	Glendale JC
Marty Higgenbotham(Sequoias JC)	14:32	Fresno Pacific
Jesse Gayton(Redwood HS, Visalia)	4:25	Fresno Pacific
Jay Rubino(Glendale JC)	31:40m	Cal State LA
Ron Cornell(San Pedro HS)	4:10, 9:13	Long Beach State
Will Porter(Chaminade HS)	4:21	Canyons JC
Eric Goethals(Granada Hills HS)	4:23	Canyons JC
John Brennehan(Canyons JC)	9:17.5, 9:19.4 sc	Northridge State
Dan Aldridge(Santa Rosa JC)	3:47.0m, 1:49.4m	Cal Poly-SLO
Robby Bray(Bakersfield JC)	1:54.3m, 3:55m, 30:56m	Cal Poly-SLO
Eric Huff(Cuesta JC)	3:55.6m	Cal Poly-SLO
Mitch Kingery(San Mateo JC)	14:35m, 29:00, 2:21mar	Cal Poly-SLO
Wally Montenegro(San Jose JC)	31:12m	Cal Poly-SLO
Ray Rubio(Fresno JC)	3:57.0m	Cal Poly-SLO
Jim Schankel(air force)	4:09, 13:52, 28:48	Cal Poly-SLO
Bill Weed(American River JC)	9:04.4 steeple	Cal Poly-SLO
Steve Silk(San Marino HS)	1:56.5	Cal Poly-SLO
Gordon Grey(Kingsburg HS)	1:55.2	Cal Poly-SLO
Henry King(Harbor JC)	1:52.3	UC Davis
Mark Hallenbeck(Tustin HS)	3:55.7m, 9:10.2sc, 14:42m	Univ. Washington
Devon Flynn(Acalanes HS)	4:15.0, 8:57.2sc, 30:27m	Univ. Washington

Paul Beckland(San Diego)	1:51.6, 3:50.2	Univ. Arizona
Mark Gookin(San Diego)	4:24, 9:16, 30:38	Univ. Arizona
Jon Higley(Cosumnes Riv. JC)	9:27.5 steeple	Lewis & Clark
Mike Bisbee(Cuesta JC)	1:49.9m	Bakersfield State
Robert Burch(San Diego JC)	31:11.0m	Bakersfield State
Mike Galligan(Marysville HS)	4:15.8	Yuba JC
Tim Elming(Sierra HS)	9:34	Fresno JC
Valentin Ramos(Roosevelt HS, Fres)	9:40	Fresno JC
Paul Sechrist(Piedmont Hills HS)	9:21	San Jose City
Jack Foster(San Mateo HS)	1:54	Middlebury Coll.
Jeff Coffman(Dos Pueblos HS)	1:57.0, 4:15.3, 9:13.5	Cerritos JC
Dan King(Saddleback JC)	1:57.7	work
Steve Cassaro(Saddleback JC)	1:57.7	Cal Poly-SLO
Tim Borland(Mission Viejo HS)	1:56.1	Saddleback JC
Mike Walterhouse(Mission Viejo HS)	4:17, 9:09	Saddleback JC
Art VanWie(El Toro HS)	4:25	Saddleback JC
Steve Ortiz(Kennedy HS, Barstow)	1:57.3, 4:18.6, 8:55.7	Utah
	14:13, 29:15	
Glen Borland(Del Norte HS)	1:57.4, 4:19.0, 9:15.0	Humboldt State
Frank Castro(Carlsbad HS)	1:56.2	Mira Costa JC
Terrance Boynton(Cupertino HS)	9:40.0	San Jose State
Pete Gaul(Jesuit HS)	9:31, 29:59, 2:38:18	Stanford
Tom O'Neil(Jesuit HS)	4:19, 9:05, 29:39, 2:24:32	Stanford
Jeff Slater(Jesuit HS)	4:19.4	Stanford
Steve Fagella(Jesuit HS)	1:55.9	U Oregon
Doug Avrit(Chico HS)	4:16.5, 9:11.6	West Valley JC
Steve Tyler(Mt. SAC JC)	1:49.3	UC Irvine
Charlie Christensen(Edison HS)	4:07.5	UC Irvine
Larry Greer(Paradise HS)	4:10.7	UC Irvine
Dave Schriver(Montebello HS)	9:02.0	UC Irvine
Dave Daniels(San Geronio HS)	9:10 steeple	UC Irvine
Gary Hernandez(San Diego Mesa)	9:11.0, 14:28.8m	Fresno State
Mark Malec(San Diego Mesa)	14:36.8m	San Diego State
Randy Prine(San Diego Mesa)	15:13.7m	San Diego State
Bob Henke(Madison HS)	9:26.7	San Diego Mesa
Richard Wheeler(Morse HS)	1:55.7	San Diego Mesa
Dan Maher(Leland HS)	4:14	Boston Univ.
Gary Smith(Mt. SAC JC)	1:55.9	Cal Poly-Pomona
Ron Cline(Westminister HS)	9:37	Cal Poly-Pomona
Don Fisher(Golden West JC)	9:12	Cal Poly-Pomona
Vern Sallaz(San Leandro HS)	1:52.0	Hayward State
Mark Molina(Chabot JC)	1:54.0	Hayward State
Ray Kindle(Alameda HS)	32:00	Hayward State
Glenn Cunningham(Blair HS)	1:54.0	army
Al Jimenez(Blair HS)	9:21.0	Pasadena JC
Rob Brenner(Fresno JC)	1:56.0	Fresno State
Keith Jacobson(Delta JC)	9:21	Fresno State
Alfred Lara(Fresno JC)	9:20	Fresno State
Dan Smith(Eureka HS)	4:17	Fresno State
Therman Welch(Oceanside HS)	1:57, 4:21	Whittier Coll.
Felix Elieff(Highland HS, Baksfld)	1:57.0, 4:16.8, 8:55.6	UC Berkeley
Duane LaCour(Salesian HS)	4:17.3	Pasadena JC
Bob Short(Palomar JC)	1:49.9	San Diego State
Kurt Clarke(Palomar JC)	1:55.4	UN Reno
Joe Tipton(Palomar JC)	3:53.9m, 9:01.2	UN Reno
Shannon Laird(Palomar JC)	14:48.0m, 8:53.2steeple	U. Colorado
Keith Young(Menlo-Atherton)	1:57.5	U. Oregon
Gary Thurston(Menlo-Atherton)	4:23, 9:30.8	navy
John Greathouse(Villa Park HS)	4:23.4, 9:30.7	UC Irvine
Tom Westfall(Villa Park HS)	4:24.6, 9:14.5	UC Riverside
Bobby Brockert(Chatsworth HS)	1:56.3	Pierce JC
Lance Packer(Chatsworth HS)	9:20.7	Northridge State

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3 New 1976 Olympic Super-Films: men's and women's... show virtually all field event medalists from Montreal and other

Jumps

Floyd Eddings(Pomona HS)	24-4w	UC Berkeley
Jeff Goode(Rio Mesa HS)	6-10	UC Berkeley
Bobby Jones(East LA JC)	25-5	UC Berkeley
Mike McRae(Chabot JC)	25-7 1/2, 53-4w	UC Berkeley
Kevin Stevenson(San Mateo JC)	16-0	UC Berkeley

Jim Schankel (air force)
 Bill Weed (American River JC)
 Steve Silk (San Marino HS)
 Gordon Grey (Kingsburg HS)
 Henry King (Harbor JC)
 Mark Hallenbeck (Tustin HS)
 Devon Flynn (Acalanes HS)

4:09, 13:52, 28:48
 9:04.4 steeple
 1:56.5
 1:55.2
 1:52.3
 3:55.7m, 9:10.2sc, 14:42m Univ. Washington
 4:15.0, 8:57.2sc, 30:27m Univ. Washington

Cal Poly-SLO
 Cal Poly-SLO
 Cal Poly-SLO
 Cal Poly-SLO
 UC Davis
 Univ. Washington
 Univ. Washington

Bob Short (Palomar JC)
 Kurt Clarke (Palomar JC)
 Joe Tipton (Palomar JC)
 Shannon Laird (Palomar JC)
 Keith Young (Menlo-Atherton)
 Gary Thurston (Menlo-Atherton)
 John Greathouse (Villa Park HS)
 Tom Westfall (Villa Park HS)
 Bobby Brockert (Chatsworth HS)
 Lance Packer (Chatsworth HS)

1:49.9
 1:55.4
 3:53.9m, 9:01.2
 14:48.0m, 8:53.2steeple
 1:57.5
 4:23, 9:30.8
 4:23.4, 9:30.7
 4:24.6, 9:14.5
 1:56.3
 9:20.7

San Diego State
 UN Reno
 UN Reno
 U. Colorado
 U. Oregon
 navy
 UC Irvine
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 Pierce JC
 Northridge State

Track & Field News

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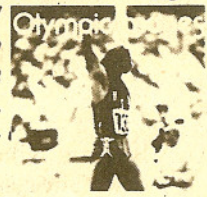
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Floyd Eddings (Pomona HS)
 Jeff Goode (Rio Mesa HS)
 Bobby Jones (East LA JC)
 Mike McRae (Chabot JC)
 Kevin Stevenson (San Mateo JC)
 Dennis Smith (Santa Monica HS)
 Alvin Spencer (Compton)
 Rex White (San Jose JC)
 Greg Reilly (Pasadena JC)
 Rob Olson (Woodland Hills HS)
 Jerry Sanders (Los Angeles HS)
 Bill Hice (Oakland HS)
 Matt Barney (Arizona State)
 Jeff Jones (Lompoc HS)
 Bob Bell (Crescenta Valley HS)
 Troy Smith (Burbank HS)
 Jon Perrenood (Pater Noster HS)
 Paul Marrick (San Pedro HS)
 Bob Dillard (San Mateo JC)
 Stan Reyes (Fresno JC)
 Eddie Tate (Fresno JC)
 Tom Robertson (Solano Beach HS)
 Gary Slauson (San Juan HS)
 Keith Tyler (Plsnt Valley HS)
 Steve Oravetz (West Valley JC)
 Jim Frazier (Fremont HS, LA)
 Lynn Bess (Inglewood)
 Mike Brandenburg (Ceres HS)
 Gerald Howard (Palmdale HS)
 Myron Perkins (Bakersfield HS)
 Jas Chima (Yuba City HS)
 John Rafer (Avenal HS)
 Tony Padilla (Wasco HS)
 Jeff Jones (West Hills JC)
 Tony Wells (Overfelt HS)
 John Kennedy (Alaska HS)
 Tim Foster (Barstow HS)
 Jamie Foss (Santa Ynez HS)
 Bruce Starks (Rio Linda HS)
 Mark Vela (Antioch HS)
 Sean Rivera (Antioch HS)
 Brad Johnson (Dos Pueblos HS)
 Jeff Harrison (Dos Pueblos HS)
 Stuart Foster (Saddleback JC)
 John Perry (San Clemente HS)
 Myron Bartlett (Foothill HS)
 Tony Fuller (University HS)
 Alan Gersten (University HS)
 Kevin McCune (San Luis Obispo HS)
 Larry Jones (Kennedy HS, Barstow)
 Inigo Figuracion (Mt. Miguel HS)
 Herman Young (Mt. Miguel HS)
 Mark Wallace (Mt. Miguel HS)
 Herman Young (Mt. Miguel HS)

24-4w
 6-10
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 25-7 $\frac{1}{4}$, 53-4w
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 7-2
 24-6
 24-4
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 6-10
 7-2
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 6-6
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 14-0
 13-6
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 6-8 $\frac{1}{2}$
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 6-6
 6-4

UC Berkeley
 UC Berkeley
 UC Berkeley
 UC Berkeley
 UC Berkeley
 USC
 Long Beach State
 San Jose State
 Houston
 BYU
 Northridge State
 Merritt JC
 Hancock JC
 Hancock JC
 Glendale JC
 Glendale JC
 Glendale JC
 Harbor JC
 Cal Poly-SLO
 Cal Poly-SLO
 Cal Poly-SLO
 Cal Poly-SLO
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 Univ. Arizona
 Univ. Arizona
 Modesto JC
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 Bakersfield State
 Yuba JC
 Fresno JC
 Bakersfield JC
 UN Reno
 San Jose City
 San Jose City
 San Jose City
 San Jose City
 work
 Los Medanos JC
 Laney JC
 Santa Barbara JC
 North Texas
 Cal Poly-SLO
 Saddleback JC
 Saddleback JC
 Saddleback JC
 Saddleback JC
 Saddleback JC
 Colorado State
 UC San Diego
 Grossmont JC
 Grossmont JC
 Grossmont JC

James Viscoritch(Cupertino HS) 6-6
 Mike Pickett(Chico HS) 6-9½
 George Cortessis(Acalanes HS) 14-0
 Mark Kaminski(Acalanes HS) 14-0
 LaMont King(Arizona HS) 25-9
 Willie Alexander(Roosevelt HS, Fre) 24-47-11½
 Brett Bell(Sanger HS) 6-10½
 Bill Thilkin(Millikan HS) 15-1
 Eric Engberg(Mt. SAC JC) 15-6
 Melvin Freeman(Lincoln HS, SD) 6-6
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 Mike Leavenworth(San Diego Mesa) 6-8
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 Gary Kruse(Tracy HS) 6-4
 Willie Briscoe(Belmont HS) 6-5
 William Epler(Belmont HS) 14-0
 Rod McMillian(Fontana HS) 22-11
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 Bill Long(Serra HS, LA) 22-11
 Gil Jenkins(Fresno JC) 6-8
 Larry Wright(San Mateo JC) 6-9
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 Ron Horn(Fresno JC) 7-0
 Russell Morgan(Los Banos HS) 6-4
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 Anthony Glover(DeAnza HS) 23-7
 Paul Bates(Menlo-Atherton HS) 24-4½, 49-3
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 Jim Sidler(Villa Park HS) 16-3½
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 Mike Maxwell(Ventura HS) 13-7
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 Andre Tyler(Long Beach Poly HS) 6-8
 Craig Fidone(Edison HS, HB) 6-6½
 Steve Kakhshani(Edison HS, HB) 15-10½
 Chris Dailey(Kennedy HS, Sacto') 22-11
 Steve Link(Kennedy HS, Sacto') 46-3, 7-0
 Fred Guillory(Kennedy HS, Sacto') 14-0
 Bill Dougher(Mira Costa HS) 14-0
 Behzad Mofatakar(West Torrance HS) 14-0
 John Hartnett(Mater Dei HS) 6-4
 David Loomis(Piedmont HS) 6-4
 Christopher Williams(Crestmoor HS) 6-8½
 Kevin McElveny(Lynbrook HS) 15-0
 Robin Bell(Lynbrook HS) 14-6
 Clint Brown(Lynbrook HS) 14-0
 Harvey Marable(Lemoore HS) 6-5
 Mike Sula(Lemoore HS) 15-6
 Mark Newton(Canoga Park HS) 14-10
 Doug Ballinger(Redwood HS, Lksp) 14-1(76)
 Darrin Nelson(Pius X HS) 23-4½
 Ken Margerum(Fountain Valley HS) 48-3½
 Chris Shea(Moorpark JC) 15-0
 Valace Fowler(Fontana HS) 23-0½, 6-4
 Keith Moody(Fontana HS) 13-6
 Andre Polidori(Hancock JC) 6-4½
 Timmy Kring(Hancock JC) 14-0½

San Jose State
 West Valley JC
 UC Berkeley
 UC Berkeley
 UC Irvine
 UC Irvine
 UC Irvine
 UC Irvine
 UC Irvine
 San Diego Mesa
 San Diego State
 San Diego State
 Delta JC
 Delta JC
 Delta JC
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 Cal Poly-Pomona
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 Orange Coast JC
 San Jose State
 Sacramento JC
 UC Davis
 Stanislaus State
 UC Santa Barbara
 UC Santa Barbara
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 UC Santa Barbara
 DeAnza JC
 DeAnza JC
 DeAnza JC
 Sequoias JC
 West Hills JC
 El Camino JC
 Stanford
 Stanford
 Stanford
 Pt. Loma College
 San Juacinto JC
 Chaffey JC
 Chico State
 UC Santa Barbara

Alan Gerg(Franklin HS) 54-0
 Greg Tognari(Marshall HS) 52-4
 Tony McLavley(Glendale JC) 157-5
 Craig Boriero(Canyons JC) 156-8
 Eric Grow(Fullerton) 54-0
 Kevin Hurd(DeAnza JC) 196-2 jav
 John Logsdon(Fullerton JC) 56-8
 Kurt Vonegas(Foothill JC) 162-9
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 Steve Summers(Pasadena JC) 61-5½
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 Paul Fuller(Long Beach JC) 52-9, 167-11, 177-3ham
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 Ted Torosian(Sanger HS) 166-9
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 Mike Cronin(Harbor JC) 205-0 jav
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Glendale JC
 Glendale JC
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 Cal Poly-SLO
 Cal Poly-SLO
 Cal Poly-SLO
 Cosumnes Riv. JC
 Univ. Washington
 Oregon State
 Oregon State
 Oregon State
 Lewis & Clark
 Fresno State
 Bakersfield State
 Fresno JC
 UN Reno
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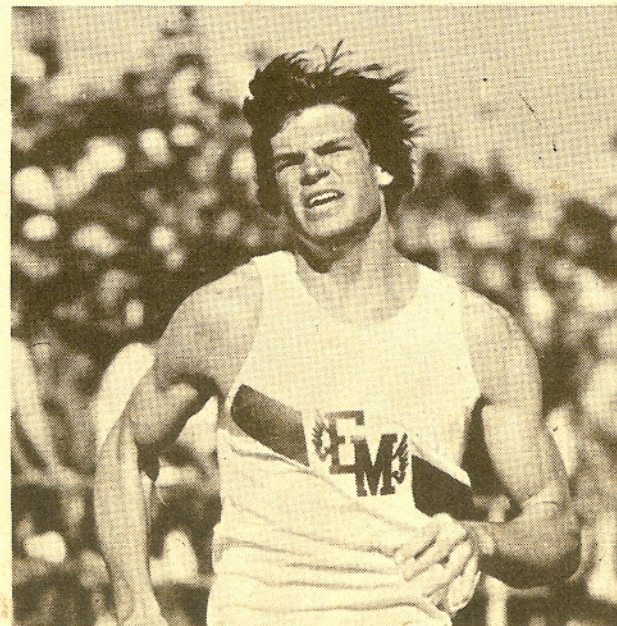


photo by Diane Johnson

1:50.0 half miler, DAVE KINGSLAND, is now at Houston

Running
e

Behzad Moftahkar(West Torrance HS) 14-0
 John Hartnett(Mater Dei HS) 6-4
 David Loomis(Piedmont HS) 6-4
 Christopher Williams(Crestmoor HS) 6-8½
 Kevin McElveny(Lynbrook HS) 15-0
 Robin Bell(Lynbrook HS) 14-6
 Clint Brown(Lynbrook HS) 14-0
 Harvey Marable(Lemoore HS) 6-5
 Mike Sula(Lemoore HS) 15-6
 Mark Newton(Canoga Park HS) 14-10
 Doug Ballinger(Redwood HS, Lksp) 14-1(76)
 Darrin Nelson(Pius X HS) 23-4½
 Ken Margerum(Fountain Valley HS) 48-3¼
 Chris Shea(Moorpark JC) 15-0
 Valace Fowler(Fontana HS) 23-0½, 6-4
 Keith Moody(Fontana HS) 13-6
 Andre Polidori(Hancock JC) 6-4½
 Timmy Kring(Hancock JC) 14-0½

UC Santa Barbara
 UC Santa Barbara
 UC Santa Barbara
 UC Santa Barbara
 DeAnza JC
 DeAnza JC
 DeAnza JC
 Sequoias JC
 West Hills JC
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Throws

Pat Graham(San Jose HS) 62-9
 Greg McSeveney(Cerritos) 186-0
 Steve Crow(Porterville JC) 185-2
 Steve Scott(Foothill JC) 48-9½
 Joe Staub(Monterey Park HS) 62-6
 Norman Finke(Modesto JC) 214-9 jav
 Ray Gonzales(Silver Creek HS) 57-11½, 176-0
 Dave Powell(Vacaville HS) 56-3½, 179-4
 David Conklin(Rio Linda HS) 149-11½
 Randy Perry(Antioch HS) 171-11
 Bill Huckaby(Fresno HS) 156-0
 John Harper(San Clemente HS) 58-7, 169-2
 Dave Young(Foothill HS) 50-10, 156-0
 Jeff Greenough(Laguna Beach HS) 167-5
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 Jim Minard(San Diego JC) 201-10jav
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 David Laut(San Jose JC) 61-9½, 153-7
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 Bob Wilson(Edison HS, HB) 54-7, 163-0
 Robert Avila(Kennedy HS, Sacto') 52-11, 167-0
 Tom Giles(DeAnza JC) 200-1jav
 Mike Gough(DeAnza JC) 53-0, 158-0
 Dave Thomson(Santa Ynez HS) 194-10
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 Rick Green(Foothill JC) 152-0
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 Jeff Haile(Piedmont HS) 59-7
 Ken Barnes(Yreka HS) 50-0
 Mike Rivera(Righetti HS) 50-6

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 Northridge State
 San Jose City
 San Jose City
 Sacramento JC
 Chico State
 Fresno Pacific
 Saddleback JC
 Saddleback JC
 Saddleback JC
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- 3) Virgil Torrence (US) 10.67
 - 4) Andre Barriere (Can) 10.79
 - 5) Mitsuo Terada (Japan) 10.86
 - 6) Kenichi Kato (Japan) 11.03
- 200m:
- 1) Desai Williams (Can) 21.28
 - 2) Virgil Torrence (US) 21.67
 - 3) Andre Barriere (Can) 21.84
 - 4) Shigeo Matsuhura (Ja) 22.10
 - 5) Larry Goldston (US) 22.15
 - 6) Junichi Kawada (Japan) 22.33

August 6, 1977 Belmont Steaks Footrace,
8.93 Miles:

- 1) Brian Maxwell (BodyAmmo) 46:59
- 2) Steve Palladino (CamW) 48:22
- 3) Al Hernandez (WVTC) 48:49
- 4) Bob Miller (Cam West) 49:49
- 5) Michael Duncan (WVTC) 49:53
- 6) Paul Mello (Cam West) 49:55
- 7) Mike Miller (Cam West) 50:13
- 8) Mike Plummer (WVTC) 51:04
- 9) DeWayne Little (Six Riv.) 51:09
- 10) Kevin Farey (Cam West) 51:15
- 11) Dan Martinez (Woodside) 51:20
- 12) Jeff Cowling 51:23
- 13) Ralph Bowles (WVJS) 51:27
- 14) Jim Cook 51:30
- 15) Richard Guilfooy (MPAC) 51:33
- 16) Kevin O'Connor (Cam. W) 51:37
- 17) Ulrich Kaempf (TRAC) 51:48
- 18) Jeff Romiguere 51:57
- 19) Richard Antal 52:08
- 20) Richard Stiller (WVJS) 52:13
- 21) Jeff Farmer 52:20
- 22) Brian Hurdal (Cam.W) 52:57
- 23) Timothy Lavelle 52:59
- 24) Greg Thomas (DSE) 53:18
- 25) Gilbert Dean (Cam.W) 53:23
- 26) Glenn Dean 53:35
- 27) Robert Welck (MPAC) 53:41
- 28) Gary Grellmann (SurfCity) 53:43
- 29) Robert Weaver (Cam.W) 53:45
- 30) Jerry Lewis 54:26
- 31) Frank Ruona 54:43
- 32) Roy Scellato (TRAC) 55:00
- 33) Greg Wimmer 55:05
- 34) Peter Ild 55:18
- 35) Andy Takaha (Cam. W) 55:20
- 36) Raymond Aver (LosGatos) 55:22
- 37) Kevin Coulter 55:23
- 38) Orin Dahl 55:34
- 39) David Edelstein (Cam.W) 55:50
- 40) Don Dugdale 55:52
- 59) Roxanne Bier (SJC) W 57:49
- 76) Dennis Egley (50+) 58:39
- 79) Penny DeMoss (W) WVTC 58:46
- 308 Finishers /Ken Israel/

- 15 KIM VOLLMER 32:08
- 16 DAN HOUSTON 32:13
- 17 LORRI BLANCO 32:15
- 18 JOSE DE ANDA SR 32:21
- 19 ALBERT CLARK 32:30
- 20 MIKE ISENER 32:39
- 21 SHAWN ISENER 32:44
- 22 R. TAKAHASHI 32:53
- 23 MARIE TRAPNELL 33:20
- 24 UNIDENTIFIED 33:24
- 25 KAREN FRANK 33:26
- 26 SONJA COOPER 33:26
- 27 ED HALPIN 33:28
- 28 JACK RESH 33:29
- 29 HILLY HARVEY 33:30
- 30 HERMAN MORENO 33:40

/John Brennan/

Santa Maria. Allan Hancock College Invitational

Men--Large School (4.2 Mile):

- 1) Eero Keranen (AHC) 20:24
 - 2) Mark Hilton (Glendale) 20:35
 - 3) Terry Gibson (Glendale) 20:42
 - 4) Stu Sutherland (SBCC) 20:50
 - 5) Jon Cory (Glendale) 21:01
 - 6) Kevin Searls (DVC) 21:04
 - 7) Joe Salazar (SJCC) 21:06
 - 8) Bob Hollister (SBCC) 21:08
 - 9) Paul Sechrist (SJCC) 21:20
 - 10) Ron Criner (DVC) 21:20
 - 11) Ivan Huff (AHC) 21:21
 - 12) Joe Fabris (SJCC) 21:31
 - 13) Bob Tapia (AHC) 21:33
 - 14) Greg Cross (DVC) 21:34
 - 15) Jeff Cowling (Chabot) 21:38
 - 16) Kevin Lundgren (AHC) 21:42
 - 17) Steve Reinhart (Glen.) 21:43
 - 18) Greg Miller (SJCC) 21:47
 - 19) Mike Plummer (Chabot) 21:49
 - 20) Matt Dowling (DVC) 21:55
- Glendale 49, Allan Hancock 67, San Jose City College 67, Diablo Vly 75, Santa Barbara CC 109, Chabot 117.

Small School Team Scores: Porterville 42, Skyline 50, Antelope Valley 74, Cuesta 78, Cabrillo 92.

- Women:
- 1) Sue Munday (SJCC) 17:18
 - 2) Tina Moran (Glen) 17:23
 - 3) Franie Castro (AHC) 17:50
 - 4) Linda Robinson (AHC) 18:08



photo by Bill Leung, Jr.

UCLA women have put together a strong 1977 cross country squad

- 44 DAVID EDDS 58:30
 - 45 SUE SANCHEZ 58:35 1W
 - 46 TERRY SCHMITZ 58:36
 - 47 DAVE HOLLAND 58:43
 - 48 MARK WINIG 58:53
 - 49 RAY GIL 59:04
 - 50 FRANK FRY 59:12
 - 105 KATHY JEWELL 1:03:33 2W
 - 110 SUE PETERSON 1:03:54 3W
- 400m:
- 1) Larry Goldston (US) 47.49
 - 2) Shingo Nishimura (Ja) 47.54
 - 3) Ron Williams (US) 47.90
 - 4) Takayuki Isobe (Ja) 48.10
 - 5) Doug Hinds (Can) 48.61
 - 6) Randy Sealy (Can) 51.1(ht)
- 800m:
- 1) Ron Reindell (Can) 1:50.53
 - 2) Don Heughan (Can) 1:51.07
 - 3) Mike White (US) 1:52.55
 - 4) Takao Enomoto (Ja) 1:53.23
 - 5) Tadaaki Hayano (Ja) 1:55.58
 - 6) Jim Walters (US) 1:56.5 ht

/John Brennan/

August 14. Redwood Shores-Camino West Biathlon

- 1) D. McLean 29:33
 - 2) C. Hochaus 29:39
 - 3) D. Roth 29:39
 - 4) K. McCormick 29:55
 - 5) T. Labelle 30:00
 - 6) C. Tempey 30:35
- 1500m:
- 1) Tom Lobsinger (Can) 3:49.2
 - 2) Peter Favell (Can) 3:49.9
 - 3) Charles Christensen (US) 3:51.7
 - 4) Tatsuhiko Miyakazi (Ja) 3:52.5
 - 5) Brian Russell (US) 3:53.3
 - 6) Yutaka Kanai (Ja) 4:05.4

IRVINE PARK RUN (FIRST RACE)
DISTANCE-- 5.000 MILES DATE--080777

- FAST TIME
- 1 JOE CARLSON 26 FCAC 23:50
 - 2 JOHN KONINGH 20 ICC 24:09
 - 3 DENNIS WILSON 21 J T 24:12
 - 4 PAUL COOK 25 AIA 24:16
 - 5 RAMON ESTRADA 19 24:48
 - 6 CARMELO RIOS 17 25:01
 - 7 BRIAN APPELL 17 OCTC 25:04
 - 8 JOE AVILA 17 25:12

39) David Edelstein (Cam.W)	55:50
40) Don Dugdale	55:52
59) Roxanne Bier (SJC) W	57:49
76) Dennis Egle (50+)	58:39
79) Penny DeMoss (W) WVTC	58:46
308 Finishers /Ken Israel/	

13) Bob Tapia (AHC)	21:30
14) Greg Cross (DVC)	21:34
15) Jeff Cowling (Chabot)	21:38
16) Kevin Lundgren (AHC)	21:42
17) Steve Reinhart (Glen.)	21:43
18) Greg Miller (SJCC)	21:47
19) Mike Plummer (Chabot)	21:49
20) Matt Dowling (DVC)	21:55

45 SUE SANCHEZ	58:35 1W
46 TERRY SCHMITZ	58:36
47 DAVE HOLLAND	58:43
48 MARK WINIG	58:53
49 RAY GIL	59:04
50 FRANK FRY	59:12
105 KATHY JEWELL	1:03:33 2W
110 SUE PETERSON	1:03:54 3W

IRVINE PARK RUN (FIRST RACE)
DISTANCE-- 5.000 MILES DATE--080777

PLC	NAME	AGE	TEAM	FAST TIME
1	JOE CARLSON	26	FCAC	23:50
2	JOHN KONINGH	20	ICC	24:09
3	DENNIS WILSON	21	J T	24:12
4	PAUL COOK	25	A:A	24:16
5	RAMON ESTRADA	19		24:48
6	CARMELO RIOS	17		25:01
7	BRIAN APPELL	17	OCTC	25:04
8	JOE AVILA	17		25:12
9	ANDREW LEVINSON	29	STC	25:23
10	KEVIN O'HARA	19		25:28
11	KEN KENDALL	27	OXY	25:36
12	DAVIE EDDS	19		25:39
13	RAYMOND HUGHES	38	SFVT	25:40
14	STEVE KOVATCH	18		25:45
15	UNIDENTIFIED			25:46
16	DAVE DALY	16		25:47
17	HUD WILLIS	28	SMTC	25:49
18	STEVE CHASE	22	UNAT	25:54
19	SCOTT ROLEY	19	LBS	26:03
20	MIKE SERNA	15		26:08
21	TOM BECKER	19	OCTC	26:14
22	HARRY FOOSE	30	SFVT	26:15
23	GILBERT ESPARZA	15	RRR	26:17
24	CARL NICHOLSON	30	WTC	26:35
25	JOHN STARINJEN	19		26:36
26	MARK WYNNE	32		26:38
27	JOE BURGASSER	38	STC	26:43
28	STEVE CUIILLAS	15		26:44
29	TIM WOODWARD	17	OFTC	26:47
30	HEN GOMEZ	16	PTC	26:54
31	PATRICK GLOVER			26:55
32	SKIP SHAFFER	39	CCAC	26:58
33	TOM WESTFALL	17	O F	27:00
34	LAZARO GARCIA	15		27:00
35	ALBERT RAMIREZ	19		27:00
36	ROBERTA PLANTA	14		27:02
37	JIM LORDEN	21		27:08
38	NICK AGOSTINELLI	36	CCAC	27:14
39	ROBT SLICK	21		27:16
40	ERNEST VELA	19	OCTC	27:18

/John Brennan/

IRVINE PARK RUN (MASTERS, JRS. WOMEN)
DISTANCE-- 5.000 MILES

PLC	NAME	DATE	FAST TIME
1	JOHN E DAVIS		25:28
2	DARTY CRONIN		27:13
3	SUSIE SANCHEZ		27:49
4	RICK VASQUEZ		28:17
5	HAL WINTON		28:55
6	BILL FREEDMAN		29:20
7	RALPH SALCIDO		29:36
8	ERNIE PORTILLO		30:02
9	JENNIE CERVANTES		30:05
10	REDMOND GLEESON		30:08
11	HILL O DONNELL		30:50
12	DICK BERRES		31:51
13	SAM BILICH		31:52
14	YVETTE M IRONS		32:00

Small School Team Scores: Porterville
42, Skyline 50, Antelope Valley 74,
Cuesta 78, Cabrillo 92.

Women:

1) Sue Munday (SJCC)	17:18
2) Tina Moran (Glen)	17:23
3) Franie Castro (AHC)	17:50
4) Linda Robinson (AHC)	18:08
5) Sheila O'Donnell (Cuesta)	18:28
6) Laurel Spector (Glen)	18:32
7) Emily Whitney (Glen)	18:36
8) Kathy Kinane (UCSB)	18:39
9) Joyce Dendo (UCSB)	18:47
10) Marcie Parker (Glen)	18:54
11) Cindy Huggins (AVC)	18:57
12) Nina Peticalas (UCSB)	18:57

Glendale College 39, UC Santa Barbara
44, Allan Hancock College 72, Santa
Barbara CC 79, Porterville College 159
Chabot 128. /Ray Kring/

23RD HUNTINGTON BEACH DISTANCE DERBY
DISTANCE--10.000 MILES DATE--081377

PLC	NAME	FAST TIME
1	RALPH SERNA	50:10
2	THOMAS COLLEY	51:20
3	MARTIN NOLOSCO	51:46
4	PERRY FORRESTER	52:29
5	DONALD KURRLE	52:38
6	DAVID GREIFINGER	53:13
7	UNIDENTIFIED	54:10
8	RICHARD CROWELL	54:12
9	HILLY JONES	54:40
10	HUD WILLIS	54:45
11	FRANKLIN HARALSON	55:01
12	DENNIS CALDWELL	55:18
13	CHAD KESTER	55:19
14	CARLOS ALFARO	55:20
15	FRANK GERSON	55:24
16	ANDREW LEVINGSON	55:40
17	DON DEMETRIACLES	55:54
18	JIM KING	55:59
19	AURELIO CAMACHO	56:11
20	ENRIQUE SERRATOS	56:25
21	DENNIS FITZGERALD	56:30
22	HART J COVENTRY	56:32
23	JOHN SCHMICKRATH	56:38
24	THOM LACIE	56:40
25	JOE BURGASSER	56:40
26	UNIDENTIFIED	56:51
27	STEPHEN KELLOGG	56:53
28	UNIDENTIFIED	57:03
29	JOHN MERRHANT	57:04
30	JOE WILLIAMS	57:12
31	DARTY CRONIN	57:19
32	DAVID OLSON	57:22
33	LINK SNYDER	57:27
34	DANIEL CONTRERAS	57:29
35	JOHN PAGLIANO	57:34
36	JOHN RUDBERG	57:41
37	BOB ROUPRET	57:43
38	CRAIG LOWRIE	57:49
39	JIM FLANIGAN	57:53
40	PRESTON DRAKE	57:58
41	UNIDENTIFIED	58:05
42	KENNETH GANEZER	58:12
43	JON BRYANT	58:22

/John Brennan/

August 14. Redwood Shores-Camino West
Biathlon

1) D. McLean	29:33
2) C. Hochaus	29:39
3) D. Roth	29:39
4) K. McCormick	29:55
5) T. Labelle	30:00
6) C. Tempey	30:35
7) D. Harper	30:45
8) T. Lambie	30:46
9) I. Waters	31:22
10) J. Sterbentz	31:31
11) J. Scott	31:36
12) M. Leslie	31:51
13) J. Farmer	32:13
14) R. Heroog	32:18
15) T. Schreck	32:23
16) J. Cvekso	32:25
17) G. Gaesser	32:36
18) J. Willis	32:45
19) G. Wimmer	32:49
20) T. Morse	32:54
31) J. Lewis (M)	34:09
39) E. Healy (M)	35:04
40) K. Napier (M)	35:04
46) R. Bier (W)	35:47
67) T. Weber (W)	36:52
84) S. Schnell (W)	37:53

August 20. Valencia. College of the
Canyons 6 Mile All-Comers

1) John Brenneman (CSUN)	31:35
2) M. Covert	32:56
3) N. Carr	34:16
4) R. Schoonover	34:18
5) D. Coyle	34:23
6) G. Dobrenz	34:26
7) G. Schaller	34:33
8) S. Kellogg	34:53
9) C. Nicholson	35:21
10) L. Hurtado	35:34
11) D. Clarke	35:41
12) J. Burgasser	35:55
13) D. Jankunas	35:57
14) T. Gleason	36:12
15) D. Wash	36:24
16) M. Pasquarello	36:33
17) R. Broten	36:39
18) S. Broten	37:00
19) Unknown	37:02
20) J. Flanigan	37:03

/Monte Cartwright/

August 20. Los Angeles. USA-JAPAN-
CANADA Track & Field Meet at UCLA
Drake Stadium (Juniors)

MEN

100m:	
1) Desai Williams (Can)	10.55
2) Billy Mullins (US)	10.55

1) Larry Goldston (US)	47.49
2) Shingo Nishimura (Ja)	47.54
3) Ron Williams (US)	47.90
4) Takayuki Isoe (Ja)	48.10
5) Doug Hinds (Can)	48.61
6) Randy Sealy (Can)	51.1(ht)

800m:

1) Ron Reindell (Can)	1:50.53
2) Don Heughan (Can)	1:51.07
3) Mike White (US)	1:52.55
4) Takao Enomoto (Ja)	1:53.23
5) Tadaaki Hayano (Ja)	1:55.58
6) Jim Walters (US)	1:56.5 ht

1500m:

1) Tom Lobsinger (Can)	3:49.2
2) Peter Favell (Can)	3:49.9
3) Charles Christensen (US)	3:51.7
4) Tatsuhiko Miyakazi (Ja)	3:52.5
5) Brian Russell (US)	3:53.3
6) Yutaka Kanai (Ja)	4:05.4

5000m:

1) Rob Evans (Can)	14:35.16
2) Dave Daniels (US)	14:36.79
3) Tom Lobsinger (Can)	14:40.30
4) Koji Goda (Ja)	14:42.34
5) Don Moses (US)	14:44.47
6) Kazuo Kojima (Ja)	15:26.0

110m Hurdles:

1) Greg Foster (US)	14.05
2) Philip Johnson (US)	14.68
3) Mitsugi Ogata (Ja)	15.03
4) Yukihiro Yoshimatsu (Ja)	15.28
5) Bryan Henschell (Can)	15.32
6) Lloyd Guss (Can)	15.43

400m Hurdles:

1) Lloyd Guss (Can)	52.04
2) Yukihiro Yoshimatsu (Ja)	52.20
3) Vic Quan (Can)	53.48
4) Mark White (US)	53.57
5) Rich Hohmann (US)	55.02
6) Kazuyuki Hayashi (Ja)	55.57

5 km Walk (exhibition)

1) Hiroaki Deto (Ja)	24:37.5
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High Jump:

1) Rob Olson (US)	6-9 $\frac{1}{2}$
2) Phil Wells (Can)	6-8
3) Tatsuo Yamada (Ja)	6-6 $\frac{3}{4}$
4) Kelly Gordien (US)	6-6 $\frac{3}{4}$
5) Dave Steen (Can)	6-4 $\frac{3}{4}$

Pole Vault:

1) Jon Warner (US)	15-9
2) Anthony Curran (US)	15-9
3) Nobukazu Higuchi (Ja)	15-5
4) Dave Steen (Can)	12-9 $\frac{1}{2}$

Long Jump:

1) Donnie Butler (US)	24-9 $\frac{1}{2}$
2) Lamont King (US)	24-4
3) Itsuko Omura (Ja)	23-5 $\frac{1}{2}$
4) Tony Simms (Can)	22-9 $\frac{1}{2}$
5) Kazumasa Goto (Ja)	22-9 $\frac{1}{2}$
6) Ossie Sargant (Can)	21-5 $\frac{3}{4}$

Triple Jump:

1) Dokie Williams (US)	50-7
2) Chip Benson (US)	48-11 $\frac{1}{2}$
3) Tony Simms (Can)	48-10
4) Kazumasa Goto (Ja)	48-8 $\frac{3}{4}$
5) Ossie Sargant (Can)	48-0 $\frac{1}{2}$
6) Itsuko Omura (Ja)	45-3 $\frac{3}{4}$

Shot Put:

1) Jeff Stover (US)	60-9 $\frac{1}{2}$
2) Jon McKenzie (US)	55-9
3) Martino Catalano (Can)	51-10
4) Peter Rummel (Can)	49-8
5) Masayuki Kawada (Ja)	48-3 $\frac{1}{2}$
6) Tetsuji Ikegawa (Ja)	46-11

Discus:	
1) Scott Endler (US)	168-0
2) Mark Bryant (US)	149-0
3) Mike Clarke (Can)	148-11
4) Kazuyoshi Okura (Ja)	141-11
5) Peter Rummel (Can)	139-9
6) Kunio Takahashi (Ja)	137-11
Hammer:	
1) Masayuki Kawada (Ja)	192-6
2) Harold Willers (Can)	145-11
3) Kazuyoshi Okura (Ja)	142-9
4) Martino Catalano (Can)	136-4
Javelin:	
1) Tom Petranoff (US)	254-2
2) Masami Yoshida (Ja)	238-3
3) Laslo Babits (Can)	235-11
4) Dennis Morley (US)	228-2
5) Tom Gawinski (Can)	210-7
6) Jun Suzuki (Ja)	175-0
400m Relay:	
1) USA (Mullins, Torrence, Johnson, Foster)	40.32
2) Canada	41.04
3) Japan	41.89
Mile Relay:	
1) USA (Golston, White, Williams)	3:13.7
2) Canada	3:14.4
3) Japan	3:14.4
Women	
100m:	
1) Angela Bailey (Can)	11.66
2) Deandra Carney (US)	11.77
3) Yukiko Osako (Ja)	11.80
4) Jeanette Bolden (US)	11.84
5) Cindy Moore (Can)	12.10
6) Hiroko Yamamoto (Ja)	12.11
Special 100m:	
1) Evelyn Ashford (LA)	11.74
2) Kim Robinson (LA)	12.07
3) Gwen Laud (LA)	12.07
4) Chantal Desrosiers (Can)	12.28
5) Mineko Shimazaki (Ja)	12.36
200m:	
1) Brenda Winston (US)	23.9
2) Angela Bailey (Can)	24.2
3) Elaine Parker (US)	24.4
4) Yukiko Osako (Ja)	24.7
5) Terryuko Tanaka (Ja)	25.2
6) Cathy Chrusch (Can)	25.3
400m:	
1) Sharon Acker (US)	54.2
2) Valerie Brisco (US)	54.2
3) Janette Wood (Can)	54.6
4) Bev Britton (Can)	55.6
5) Hiromi Hatano (Ja)	56.9
6) Yumiko Aoi (Ja)	57.7
800m:	
1) Kim Jeffrey (Can)	2:05.24
2) Robin Blaine (US)	2:09.08
3) Sara Neil (Can)	2:10.89
4) Rumiko Wakihata (Ja)	2:11.72
5) Rosemarie Giampalmo (US)	2:11.9 ht
1500m:	
1) Sara Neil (Can)	4:25.7
2) Tanya Wells (US)	4:30.3
3) Reiko Takechi (Ja)	4:36.5
4) Mami Fukao (Ja)	4:39.2
5) Diane Cameron (Can)	4:43.5
6) Vicky Bray (US)	4:50.7
100m Hurdles:	
1) Andrea Wachter (Can)	14.5
2) Lisa Gourdiere (US)	14.5

August 20. Avila Beach. Plankton Festival Three Mile Run	
1) Luis Arreola (SLDC)	15:09
2) Bob Nanninga (WVTC)	15:16
3) Mike Raynes (CalPoly)	15:29
4) Jon Root (SLDC)	15:53
5) Jeff Funk (CalPoly)	15:55
6) Frank Hutchinson (CalPoly)	15:56
7) Jim Casper (SLDC)	16:01
8) Jaime Hernandez (SLDC)	16:02
9) Tony Arreola (SLDC)	16:05
10) Greg Baxter (AHS)	16:07
11) Rene Romero (SLDC)	16:22
12) Gary McCusker (SLOHSTC)	16:26
13) Mike Barnes (SLDC)	16:33
14) Wayne Guffin (CalPoly)	16:34
15) Steve Southall (LVDC)	16:35
16) Mark Breish (AHS)	16:37
17) Stephen Betita (SLOSHS)	16:38
18) Steve Braun (LVDC)	16:40
19) Joe Sciamie (LVDC)	16:41
20) Raul Garcia (AGHS)	16:42
21) Robert Saldivar (AGHS)	16:50
22) Richard Welch (SLDC)	16:51
23) Rusty Rettler (SLDC)	16:55
24) Dan Greenwald (Roseville)	16:56
25) Stan Rosenfield (SLDC)	17:06
26) Lindsey Cox (SLOSHS)	17:14
27) Hector Castillo (AGHS)	17:15
28) Chuck Shoshone (AGHS)	17:16
29) Tracy Mosley (AGHS)	17:24
30) Sam Nicholson (STC)	17:28
31) Walter Thompson (SLDC)	17:32
32) Richard Grinnell (SLOSHS)	17:33
33) John F. Coffey (SLDC)	17:43
34) Howard Jacobson (BC)	17:53
35) John Hogerheiden (SLDC)	17:54
54) Barbara Hasson (SanAnton.)	19:02
55) Barbara Arreola (SLDC)	19:05
64) Joe Kourakis (SLO) M	19:44
77) Jean Spierling (50)	21:20
/Stan Rosenfield/	
August 27. Penn Valley. Golden Empire Run	
14-15 Men (2.57 Mile):	
1) Mark Dahlquist (VM)	15:37
14-15 Women (2.57 Mile):	
1) Krista Roberts (WillsSpk)	16:18
16-17 Men (3.30 Mile):	
1) Frank Turner (GoldRun)	19:21
16+ Women (3.30 Mile):	
1) Karen Bain (ClubNorth)	23:23
2) Rachel Wurga (ClubNorth)	23:30
18+ Men (5.05 Mile):	
1) Pete Flores (ARC)	27:07
2) David Boyet (ARC)	27:07
3) Chris Hammer (WVTC)	28:33
4) Jim Bowles (WVTC)	29:00
5) Nick Vogt (GSTC)	29:16
6) Jim Holben (WVTC)	30:18
7) Greg Tinloy (GSTC)	30:45
8) Mark Gallo (BuffChps)	30:59
9) Gene Meyers (CRC)	31:27
10) William Heidalberger (un)	32:30
35+ Men (5.05 Mile):	
1) Ross Smith (WVTC)	29:49
2) Peter Hanson (Ophir)	31:27
3) Barry Turner (un)	31:37
4) Robert Malain (BuffChps)	31:59
5) J. F. Kendall (GSTC)	33:02
35+ Women (5.05 Mile):	
1) Catherine Smith (NCSTC)	42:10

MAMMOTH INVITATIONAL	
LARGE: INDIVIDUAL-1. Gomez (V), 16:32; 2. Lamsdon (Edison), 16:37; 3. J. Spillman (Simi soph), 16:34; 4. Knarr (S), 17:01; 5. Sandoval (V), 17:05; 6. Stobom (E), 17:06; 7. B. Spillman (S), 17:11; 8. Dulaney (PV), 17:12; 9. Nager (PV), 17:21; 10. McCaa (Estancia), 17:30. TEAM-1. Simi, 42; 2. Edison, 52; 3. Valencia, 61; 4. Palos Verdes, 66; 5. Estancia, 128.	
MEDIUM: INDIVIDUAL-1. Ernst (ED), 16:33; 2. Clark (CS), 17:11; 3. Mubihu (ED), 17:35; 4. Herbst (ED), 17:36; 5. Thomas (ED), 17:33. TEAM-1. El Dorado, 19; 2. Canyon (Saugus), 45; 3. Burroughs (Ridge), 94; 4. Brea, 131.	
SMALL: INDIVIDUAL-1. Gulso (Irvine), 17:28; 2. Jimenez (Rowland), 17:45; 3. Stapp (Irvine), 18:00. TEAM-1. Rowland, 35; 2. Irvine, 63; 3. Rim of the World, 78.	
GIRLS: INDIVIDUAL-1. Meek (PV), 13:26; 2. Hulse (E), 13:32; 3. Jones (E), 13:43; 4. Presnell (Mammoth), 13:53; 5. Jones (CdM), 14:09. TEAM-1. Palos Verdes, 79; 2. Burrough (Ridgecrest), 80; 3. Edison, 81; 4. Corona del Mar, 95.	
MOORPARK INVITATIONAL	
LARGE: INDIVIDUAL-1. Nownes (TO soph), 16:12; 2. Routh (TO), 16:16; 3. Watkins (RH), 16:17; 4. Green (Torrence), 16:25; 5. Bradley (NP), 16:39. TEAM-1. Dos Pueblos, 62; 2. Thousand Oaks 70; 3. Rolling Hills, 74; 4. Newbury Park, 82; 5. Palmdale, 113.	
MEDIUM: INDIVIDUAL-1. Nelson (Bur), 15:45; 2. Brennan (SM), 16:22; 3. Nelson (Bue), 16:32; 4. Whatcott (Bur), 16:35; 5. Bradley (RM), 16:35. TEAM-1. San Marcos, 52; 2. Burbank, 70; 3. Buena, 78; 4. Rio Mesa, 90; 5. Walnut, 97.	
SMALL: INDIVIDUAL-1. Nunes (Carp), 16:33; 2. Underwood (Cr), 16:37; 3. Cook (Cr), 16:47; 4. Stephenson (Carp), 17:01; 5. Breish (Atascadero soph), 17:15. TEAM-1. Carpinteria, 36; 2. Crupi, 62; 3. Santa Paula, 83; 4. San Luis Obispo, 86; 5. Bishop Diego, 139.	
GIRLS: INDIVIDUAL-1. Bush (RH), 11:23; 2. Arreola (SLO soph), 11:44; 3. Carmen (SM), 11:58; 4. Tracey (Antelope Valley), 12:11; 5. Broccoli (NP), 12:14. TEAM-1. Newbury Park, 76; 2. San Luis Obispo, 9; 3. San Marcos, 116; 4. Rolling Hills 122; 5. Burbank, 123.	
BELL-JEFF INVITATIONAL	
LARGE: INDIVIDUAL-1. Rios (Lennox), 14:38; 2. Avila (Cantwell), 14:53; 3. Cathey (S), 15:06; 4. Campbell (ES), 15:23; 5. Hammond (S), 15:49. TEAM-1. Rosemead, 58; 2. Saugus, 60; 3. El Segundo, 61.	
GIRLS: INDIVIDUAL-1. Ragan (S), 12:04; 2. Devinex (S), 12:13; 3. Mitchell (S), 12:36. TEAM-1. Saugus, 15; 2. Paraclete, 45.	
/Vern Gambetta/	
MCATEER INVITATIONAL CROSS-COUNTRY MEET At Golden Gate Park Polo Fields	
Varsity team leaders - 1. Half Moon Bay 56; 2. Aragon 102; 3. (Tie) Lowell, McAtaer 118; 5. St. Ignatius, 138; 6. Jefferson 156; 7. Sacred Heart 163; 8. San Marin 222; 9. Riordan 259; 10. Lincoln 260.	
Varsity individual leaders - 1. Glenn Dean (Jeff) 15:11	

KENNY STAUB INVITATIONAL At La Crescenta Park	
BOYS: DIVISION ONE: IND.-1. Nelson (B), 15:30; 2. Appell (FV), 15:50; 3. Esparza (NP), 15:57; 4. Bradley (NP), 15:57; 5. Bueker (W), 15:59; 6. Daly (F), 16:04; 7. McManus (PV), 16:05; 8. Smoot (FV), 16:07; 9. Duran (F), 16:10; 10. Brown (FV), 16:11; 11. B. Shirley (ND), 16:17; 12. Scott (F), 16:22; 13. Buehler (FV), 16:23; 14. Van Rensselaer (B), 16:26; 15. Goldstein (E), 16:27. TEAM-1. Fountain Valley, 66; 2. Foothill, 72; 3. Palos Verdes, 101; 4. Westminster, 116; 5. Newbury Park, 132; 6. Edison, 135; 7. Burbank, 169; 8. Dos Pueblos, 172; 9. Noire Dame (SO), 193.	
DIVISION TWO: IND.-1. Martin (QH), 15:53; 2. Gerkin (CdM), 15:56; 3. Hunsaker (CdM), 16:04; 4. Benavidez (Basset), 16:04; 5. Lemos (S), 16:04; 6. J. Martin (SM), 16:22; 7. Maserjian (Crescenta Valley), 16:27. TEAM-1. University, 105; 2. Quartz Hill, 119; 3. San Marino, 122; 4. Corona del Mar, 135; 5. Salesian, 143; 6. Canyon (Saugus), 145.	
DIVISION THREE: IND.-1. Avila (C), 16:06; 2. Diaz (Redondo), 16:12; 3. Singer (Duarte), 16:43. TEAM-1. West Covina, 70; 2. Hart, 112; 3. Hoover, 113; 4. Cantwell, 124.	
GIRLS: DIVISION ONE: IND.-1. Meek (PV), 11:48; 2. Bush (RH), 11:55; 3. Wells (QH), 12:10; 4. Jones (E), 12:12; 5. Hulse (E), 12:12; 6. Hobbs (SB), 12:17; 7. Villanueva (FV), 12:21; 8. Bettencourt (CV), 12:26; 9. Kirkhorn (CV), 12:26; 10. Spring (U), 12:32; 11. Ringer (E), 12:39; 12. Schmandt (SB), 12:40; 13. Broccoli (NP), 12:43; 14. Ferree (E), 12:49; 15. Burke (DP), 12:51. TEAM-1. Edison, 43; 2. Fountain Valley, 137; 3. University, 137; 4. Santa Barbara, 143; 5. Dos Pueblos, 154; 6. Rolling Hills, 162; 7. Beverly Hills, 171; 8. Quartz Hill, 175; 9. Crescenta Valley, 181; 10. Newbury Park, 185; 11. Palos Verdes, 186.	
DIVISION TWO: IND.-1. Brink (SM), 12:25; 2. Elson (B), 12:55; 3. Corzeta (B), 13:01. TEAM-1. Burbank, 56; 2. Foothill, 80; 3. San Marino, 112.	
YUCAIPA INVITATIONAL	
DIVISION ONE: IND.-1. Trexler (Ru), 16:30; 2. Rodriguez (I), 16:42; 3. Glenn (Barstow), 16:42; 4. Bell (Re), 16:44. TEAM-1. Indio, 35; 2. Redlands, 58; 3. Rubidoux, 106.	
DIVISION TWO: IND.-1. Malendez (N), 16:00; 2. Mayo (N), 16:08; 3. Mendoza (W), 16:23; 4. Allen (W), 16:35; 5. Breaux (C), 16:37; 6. Pacifica, 16:38; 7. Camacho (W), 16:40. TEAM-1. Walnut, 33; 2. Norco, 51; 3. Pacifica, 69; 4. Claremont, 89.	
DIVISION THREE: IND.-1. Ramirez (G), 15:54; 2. Allen (P), 16:37; 3. Mores (AV), 16:48. TEAM-1. Apple Valley, 40; 2. Garey, 72; 3. Arlington, 90.	
DIVISION FOUR: IND.-1. Zimmerman (TP), 16:29; 2. Rednick (SI), 16:43; 3. Vasquez (CV), 16:59. TEAM-1. Twentynine Palms, 62; 2. Coachella Valley, 65; 3. Sherman Indian, 67.	
GIRLS: IND.-1. Kelley (Hemet), 12:42; 2. Teague (C), 13:08; 3. Pressimone (Pacifica), 13:36. TEAM-1. Central, 74; 2. Norco, 143; 3. Walnut, 156.	
/Vern Gambetta/	

COSTA MESA INVITATIONAL	
BOYS: DIVISION ONE: IND.-1. Gerhardt (CM), 15:00; 2. B. Kester (Artesia), 15:04; 3. LaBonte (MV), 15:11; 4. Webb (Kennedy, LP), 15:14; 5. Young (CA), 15:21; 6. C. Kester (A), 15:36; 7. Carr (Mira Costa), 15:46; 8. J. Spillman (S), 15:51; 9. Atherlon (LBW), 15:55; 10. Thompson (CA), 16:07. TEAM-1. Costa Mesa, 48; 2. Mission Viejo, 78; 3. LB Wilson, 109; 4. Los Amigos, 113; 5. LP Kennedy, 140; 6. Simi, 146.	
DIVISION TWO: IND.-1. Eddy (MD), 15:49; 2. Shipley (RA), 16:02; 3. Deltmer (Cypress), 16:05. TEAM-1. Rancho Alamitos, 38; 2. Mater Del, 71; 3. Canyon (Anahelm), 102.	
DIVISION THREE: IND.-1. Demetriedes (LB), 15:58; 2. Morabe (LJCD); 16:07; 3. Gulso (Irvine), 16:09. TEAM-1. La Jolla Country Day, 68; 2. St. John Bosco, 78; 3. Laguna Beach, 90.	
GIRLS: DIVISION ONE: IND.-1. Vollmar (Canyon, Ana), 12:19; 2. Fisher (CA), 12:26; 3. Gonzales (Santa Ana), 12:30; 4. Romahn (CM), 12:32; 5. Perez (Hueneme), 12:40. TEAMS-1. Costa Mesa, 35; 2. Canyon (Anahelm), 68; 3. Mater Dei, 89; 4. Hueneme, 106.	
DIVISION TWO: IND.-Roach (LP Kennedy), 11:54; 2. Mintie (Rosary), 12:05; 3. Follett (HB), 12:25; 4. Fernandez (Estancia), 12:44; 5. Herzfeld (LBW), 12:45. TEAM-1. Huntington Beach, 40; 2. Lakewood, 70; 3. Irvine, 118.	
/Vern Gambetta/	
CHAMINADE INVITATIONAL At Cal St. Northridge	
DIVISION ONE: IND.-J. Spilman (Simi soph), 14:55; 2. Blaine (Bakersfield), 15:07; 3. V. Goethals (GH), 15:13; 4. O'Donnelly (South Bakersfield), 15:18; 5. Amaya (Wilson), 15:18; 6. Caprioglio (Chatsworth), 15:18; 7. Lowe (Burroughs, Burb.), 15:26; 8. Cooper (North, Bakers), 15:27; 9. Knerr (Simi), 15:30; 10. Perez (Kennedy, GH), 15:34. TEAM-1. Simi, 71; 2. Chatsworth, 128; 3. Salesian, 135; 4. Kennedy (GH), 142; 5. Burroughs (Burb.), 145.	
DIVISION TWO: IND.-1. Rios (Lennox), 14:43; 2. Stormo (Agoura), 15:05; 3. Avila (Cantwell), 15:21; 4. Ramirez (Santa Paula), 15:27; 5. Madrigal (Arroyo), 15:30. TEAM1. Agoura, 54; 2. Rio Mesa, 116; 3. El Segundo, 117; 4. Channel Islands, 127; 5. South Pasadena, 137.	
DIVISION ONE: IND.-1. Davis (LJCD), 15:25; 2. Morabe (LJCD), 15:29; 3. Meissner (St. Genevieve), 15:39. TEAM-1. Alemany, 63; La Jolla Country Day, 63; 3. Notre Dame (Chr.), 72; 4. Cathedral, 105; 5. Whittier Christian, 126.	
GIRLS: IND.-1. Goen (North, Bakers), 10:44; 2. W. Walker (B), 11:23; 3. J. Walker (B), 11:28; 4. Hobson (Canoga Park), 11:45; 5. Botlik (M), 11:52; 6. Tracy (AV), 12:07. TEAM-1. Bakersfield, 74; 2. Miralste, 126; 3. Agoura, 141; 4. Simi, 152; 5. Antelope Valley, 156.	
/Vern Gambetta/	

6) Leonard Sandoval (PTC)	17:14
7) Mike Hoeller (PTC)	17:21

1) Valerie Brisco (US)	54.6
2) Janette Wood (Can)	54.6
3) Bev Britton (Can)	55.6
4) Hiromi Hatano (Ja)	56.9
5) Yumiko Aoi (Ja)	57.7
800m:	
1) Kim Jeffrey (Can)	2:05.24
2) Robin Blaine (US)	2:09.08
3) Sara Neil (Can)	2:10.89
4) Rumiko Wakihata (Ja)	2:11.72
5) Rosemarie Giampalmo (US)	2:11.9 ht
1500m:	
1) Sara Neil (Can)	4:25.7
2) Tanya Wells (US)	4:30.3
3) Reiko Takechi (Ja)	4:36.5
4) Mami Fukao (Ja)	4:39.2
5) Diane Cameron (Can)	4:43.5
6) Vicky Bray (US)	4:50.7
100m Hurdles:	
1) Andrea Wachter (Can)	14.5
2) Lisa Gourdine (US)	14.5
3) Chantal Brisebois (Can)	14.6
4) Kris Costello (US)	14.9
5) Fumiko Yamane (Ja)	15.0
6) Mari Hayashi (Ja)	15.1
High Jump:	
1) Hisayo Fukumitso (Ja)	5-9½
2) Sharon Burrill (US)	5-9½
3) Joanne McLeod (Can)	5-9½
4) Maggie Woods (Can)	5-9½
5) Sally Layman (US)	5-9½
6) Takako Hrie (Ja)	5-5
Long Jump:	
1) Theresa Lenardon (Can)	19-7 3/4
2) Roxanne Keating (US)	19-5½
3) Kumiko Sakai (Ja)	19-3½
4) Marie Deserres (Can)	18-5½
5) Brenda Johnson (US)	18-8 3/4
6) Sachaie Takaue (Ja)	18-0½
Shot Put:	
1) Kelly Curran (US)	43-9½
2) Kerry Zwart (US)	43-5½
3) Kiyomi Watase (Ja)	42-5½
4) Tetsuko Watase (Ja)	42-0 3/4
5) Bonnie Kindrat (Can)	38-4
6) Ann Grainger (Can)	37-11½
Discus:	
1) Christi Pyle (US)	147-5
2) Betty Anderson (Can)	140-7
3) Rieko Nishimura (Ja)	138-4
4) Nobuko Sanuki (Ja)	138-0
5) Leslie Deniz (US)	137-7
6) Ann Grainger (Can)	117-6
Javelin:	
1) Mieko Hosokawa (Ja)	147-6
2) Celine Chartrand (Can)	146-2
3) Lisa Van Benthem (US)	138-7
4) Shelly Theon (Can)	132-2
5) Lorelei Van Benthem (US)	126-0
400m Relay:	
1) Canada (Bailey, Moore, Desrosiers, Chrusch)	49.8
2) Japan	46.8
3) USA	49.8
Mile Relay:	
1) Canada (Britton, Jeffrey, Wachter, Wood)	3:42.2
2) USA	3:48.4
3) Japan	3:55.0
Men's Team Scores:	
USA 156--Canada 128--Japan 87	
Women's Team Scores:	
Canada 101--USA 99--Japan 67	
Combined Team Scores:	
USA 255--Canada 229--Japan 154	

/Pete Cava/

1) Karen Bain (ClubNorth)	29:29
2) Rachel Wurga (ClubNorth)	29:30
18+ Men (5.05 Mile):	
1) Pete Flores (ARC)	27:07
2) David Boyet (ARC)	27:07
3) Chris Hammer (WVTC)	28:33
4) Jim Bowles (WVTC)	29:00
5) Nick Vogt (GSTC)	29:16
6) Jim Holben (WVTC)	30:18
7) Greg Finloy (GSTC)	30:45
8) Mark Gallo (BuffChps)	30:59
9) Gene Meyers (CRC)	31:27
10) William Heidlberger(un)	32:30
35+ Men (5.05 Mile):	
1) Ross Smith (WVTC)	29:49
2) Peter Hanson (Ophir)	31:27
3) Barry Turner (un)	31:37
4) Robert Malain (BuffChps)	31:59
5) J. F. Kendall (GSTC)	33:02
35+ Women (5.05 Mile):	
1) Catherine Smith (NCSTC)	42:10

August 22. Valencia. College of the Canyons 3 Mile All-Comers Cross Country Meet

1) S. Durand (Conejo TC)	15:40
2) B. Foose (SFVTC)	15:43
3) R. Smith	15:51
4) J. Starinieri	15:53
5) J. Rawlings	15:59
6) E. Goethol	16:00
7) Joe T.	16:08
8) C. Cathey	16:09
9) T. York	16:28
10) S. Hammond	16:29
11) W. Porter	16:44
12) T. Sardo	16:46
13) M. Pasquarello	16:56
14) R. Uhlman	17:00
15) I. Garcia	17:02

SANTA MONICA 10 KM (MASTERS,HS,WOMEN)

PLC	DISTANCE--	6.200 MILES	DATE--	082777	FAST TIME
1	CARMILLO RIOS	1 03			31:44
2	RAY HARRINGTON	2 03			32:34
3	DAN BRADE	3 03	SMTC		32:53
4	GARY GREENBOUY	4 03			32:55
5	HURT SHIRLY	5 03			33:42
6	NICK CARR				33:47
7	JERRY SMART	1 40			33:50
8	BOB PLANTA	1 02			33:57
9	R. GREIFINGER				34:25
10	ED WHITE				34:28
11	JEFF SHAVER				34:36
12	DICK BARTEK	2 40			34:50
13	SHAWN O'NEAL	2 02			34:58
14	TOM LINTON				35:02
15	TONY GUZMAN				35:20
16	RICK VASQUEZ	3 40	AZTL		35:34
17	LEN EFFRON	4 40	CCAC		35:53
18	JIM SMITH	5 40	UNAT		35:54
19	VICTORIA COOK	1 WOM	SURR		35:56
20	BOB GAINES				36:04
21	KEN SANTILLAN	3 02			36:06
22	CAROL COOK	2 WOM			36:06
23	EDDIE LOPEZ				36:17
24	KEN MALOTT				36:23
25	ED DELZER	4 02			36:32
26	AURELIO CAMACHO		STC		36:35
27	BOB ACQUARELLI				36:44
28	HECTOR IBARRE				36:52
29	RAY GIL	1 50	STC		36:53
30	RANDY GUERRO	5 02			37:01

/John Brennan/

TEAM 1. Rosemead, 30; 2. Saugus, 60; 3. El Segundo, 61.

/Vern Gambetta/
McATEER INVITATIONAL CROSS-COUNTRY MEET At Golden Gate Park Palo Alto Fields

Varsity team leaders - 1. Half Moon Bay 56; 2. Aragon 102; 3. (Tie) Lowell, McAtteer 118; 5. St. Ignatius, 138; 6. Jefferson 156; 7. Sacred Heart 163; 8. San Marin 222; 9. Rior-dan 259; 10. Lincoln 260.

Varsity individual leaders - 1. Glenn Dean. (Jeff) 15:11 (course record); 2. Brian Millar (McA) 15:11; 3. Gilbert Dean (Jeff) 15:20; 4. Sergio Olivas (HMB) 15:33; 5. Mark Ford (McA) 15:41.

/Vern Gambetta/

August 27. Santa Monica. National AAU 15km Race Walking Championships

NAAU Open:	
1) Neal Pyke (WVTC)	1:09:50.0
2) Larry Walker (Tobias)	1:10:32.1
3) Steve DiBernardo (ClubNW)	1:12:51.2
4) Wayne Glusker (WVTC)	1:13:28.6
5) Rudy Haluza (Tobias) 1-M	1:14:40.2
6) Bill Ranney (WVTC) 2-M	1:16:30.3
7) Brian Szazelle (WVTC)	1:18:51.8
8) Dennis Reilly (Tobias)	1:19:39.1
9) David Hall (VenturaCoTC)	1:20:34.9
10) Manny Adriano (WVTC)	1:21:52.4
11) John Allen (un) 3-M	1:22:10.5
12) Dale Sutton (SDTC)	1:22:35.7
13) Jim Coots (un)	1:22:52.1
14) Paul Hendricks (SDTC)	1:25:00.5
15) Joe Hampton (un)	1:31:15.3
NAAU Junior:	
1) Dan Martinez (WoodsideSt)	1:23:55.3
2) Travis Veon (MaturangoM)	1:25:31.8
3) Brad Jacobs (WoodsideStr)	1:28:19.0
SPA Women's Race:	
1) Mary Connolly (Woodside)	1:33:09.1
2) Lori Maynard (Woodside)	1:34:30.1
3) Chris Berzaman (Woodside)	1:39:07.4
SPA 5km Women's Race:	
1) Vicki Jones (UCLA)	28:49
2) Paula Mori (UCLA)	29:51
3) Nancy Foster (UCLA)	30:21
4) Connie Rodewald (VCTC)	31:24
5) Jane Kennedy (UCLA)	31:45

/Connie Rodewa

August 27. Arroyo Grande. Arroyo Grande Recreation Dept. Cross Country Races at Arroyo Grande High School

Open Division--3 Mile:	
1) Joey Gomez (PTC)	16:32
2) Rick Cisneros (PTC)	16:37
3) Tom Trimble (OTUSA)	17:00
4) Louis Riviera (PTC)	17:03
5) Donald Ocana (PTC)	17:14

CLARENCE, 67.
DIVISION THREE: IND.-1. Rami-rez (G), 15:54; 2. Allen (P), 16:37; 3. Mores (AV), 16:48. TEAM-1. Apple Valley, 40; 2. Garey, 72; 3. Arlington, 90.
DIVISION FOUR: IND.-1. Zimmerman (TP), 16:29; 2. Rednick (SI), 16:43; 3. Vasquez (CV), 16:59. TEAM-1. Twentynine Palms, 62; 2. Coachella Valley, 65; 3. Sherman Indian, 67.
GIRLS: IND.-1. Kelley (Hemet), 12:42; 2. Teague (C), 13:08; 3. Pressimone (Pacifica), 13:36. TEAM-1. Central, 74; 2. Norco, 143; 3. Walnut, 156.

/Vern Gambetta/

CLARENCE, 67.
DIVISION THREE: IND.-1. Rami-rez (G), 15:54; 2. Allen (P), 16:37; 3. Mores (AV), 16:48. TEAM-1. Apple Valley, 40; 2. Garey, 72; 3. Arlington, 90.
DIVISION FOUR: IND.-1. Zimmerman (TP), 16:29; 2. Rednick (SI), 16:43; 3. Vasquez (CV), 16:59. TEAM-1. Twentynine Palms, 62; 2. Coachella Valley, 65; 3. Sherman Indian, 67.
GIRLS: IND.-1. Kelley (Hemet), 12:42; 2. Teague (C), 13:08; 3. Pressimone (Pacifica), 13:36. TEAM-1. Central, 74; 2. Norco, 143; 3. Walnut, 156.

/Vern Gambetta/

6) Leonard Sandoval (PTC)	17:14
7) Mike Hoeller (PTC)	17:21
8) Jim Flint (RHS)	17:42
9) David Kurtze (OTUSA)	17:43
10) Tom Mirek (PTC)	17:55
11) Brian St. Aubin (OTUSA)	17:57
12) Salvador Trejo (PTC)	18:01
13) Jose Sotelo (PTC)	18:08
14) Phil Castillo (PTC)	18:31
15) Hector Acosta (Nogales)	18:37
16) Mark Breish (AHS)	18:41
17) John Wirdzek	18:45
18) Luis Domingo (NHS)	18:46
19) Rusty Rettler (AGHS)	18:51
20) Stan Rosenfield (SLDC)	19:00
21) John P. Coffey (SLDC)	19:04
22) Keith Gomes (AHS)	19:10
23) Jim Childress (OTUSA)	19:11
24) Tom Jefferis (SLDC)	19:11
25) Ken Gomes (AHS)	19:14
30) Jack Cline (SLDC) M	19:37
36) Barbara Arreola (SLDC) W	21:13
40) Rhonda Patcha (PTC)	22:02

/Stan Rosenfield/

September 10. Monterey. Pebble Beach Invitational Cross Country Meet, 4.0 mile:

1) Joaquin Leano (Porterville)	19:23
2) Ken Martin (Lane)	19:25
3) Barry Soettcher (Mt. Sac)	19:37
4) Joe Ebner (Mt. SAC)	19:38
5) Eero Keranen (AHC)	19:45
6) Jose Renteria (FresnoCC)	19:49
7) Stu Sutherland (SB)	19:51
8) Tim Minor (MPC)	20:00
9) John Sup (MPC)	20:07
10) Billy Jones (Mt. Sac)	20:08
11) Robert Hollister (SB)	20:13
12) Steve Walkers (MPC)	20:17
13) Searls Kevin (DVC)	20:19
14) Dave Magness (Lane)	20:19
15) P. Seachrist (SJ)	20:21
16) Ron Criner (DVC)	20:25
17) Jim Russell (Lane)	20:26
18) Mike Kennedy (MPC)	20:28
19) M. Timberman (Marin)	20:29
20) V. Ramos (FresnoCC)	20:30
Mt. Sac 81; Monterey 82; Lane, Ore. 85; San Jose 116; Diablo Valley 172; Fresno 181; Hancock 182.	

/Bob Fries/

SANTA MONICA 10 KM (OPEN) DISTANCE-- 6.200 MILES

Table with columns: PLC, NAME, AGE, SEX, TIME, NAME, TIME. Lists race results for Santa Monica 10 KM (OPEN) with names like Dave Babiracki, Gary Tuttle, Tom Lee, etc.

/John Brennan/

MT BALDY TO-THE-TOP RUN (ACT DIST 8 MI) DISTANCE--12.200 MILES

Table with columns: PLC, NAME, AGE, SEX, TIME, NAME, TIME. Lists race results for Mt Baldy To-The-Top Run with names like Raymond Hughes, Steve Chase, John Freemoth, etc.

/John Brennan/

PA-AAU 25 KILO - SEPT. 11, 1977 - Golden Gate Park, San Francisco. - Sponsored by West Valley TC.

Large table with columns: NAME, TIME, NAME, TIME. Lists race results for PA-AAU 25 Kilo with names like Jim Nucetto, Duncan Macdonald, Paul Gels, etc.

September 11. Peach Bowl Pacers Track Club--5 Mile:

Table with columns: NAME, TIME. Lists race results for Peach Bowl Pacers Track Club 5 Mile with names like Bob Miller, David Wood, Dave Robertson, etc.

September 17. Grover City. UCCM La Fiesta Cross Country Races

Table with columns: NAME, TIME. Lists race results for Grover City UCCM La Fiesta Cross Country Races with names like Bob Nanninga, Jesse Mitchell, Tom Trimble, etc.

Table with columns: NAME, TIME. Lists race results for Grover City UCCM La Fiesta Cross Country Races (Ages 15 & under/2 Mile) with names like Aaron Yuma, Lisa Veron, Duane Ludwig, etc.

September 17. Half Moon Bay. Annual 4.0 Mile Beach Run

Table with columns: NAME, TIME. Lists race results for Half Moon Bay Annual 4.0 Mile Beach Run with names like Mello (CSM), Paulin (WVC), Aurit (WVC), etc.

/Ray Kring/

Decorative graphic with a tree and text: 2nd annual HIGH SIERRA 10 MILE ROAD RACE

8	JON FRERIKS	11:14:2
9	GIL SCHALLER	1:12:13
10	GARY BORRON	1:12:42
11	RAYMOND COOK	1:12:57
12	STEVE KELLOG	14 SURR 1:13:39
13	MICHAEL HARRIE	1:14:13
14	STEVE DURAND	22 UNAT 1:15:05
15	BOB BRANCH	20 STC 1:15:52
16	JIM MINAMI	31 CCAC 1:16:15
17	GERRY HARNETT	1:17:27
18	DAVE MILLER	1:17:31
19	CHUCK GREENHALL	1:17:32
20	RILL MC DERMOTT	1:17:55
21	ED GOOKIN	26 UNAT 1:19:07
22	BRIAN OLDHAM	SOTC 1:19:16
23	LEN EFFRON	1:19:24
24	BOB HATTORI	42 CCAC 1:20:25
25	JOHN RUPP	31 STC 1:21:27
59	ED SAICOE	50 UNAT 1:34:09
74	JOHN MONTGAY	65 STC 1:40:06

/John Brennan/

September 10, Fresno, 1977 Fresno State University Watermelon Run

2 Mile:

1)	Sal Lozano	9:58
2)	Bryan Foley	9:58
3)	Terry Taylor	10:05
4)	Scott Swenson	10:05
5)	Robert Taylor	10:19
6)	Mario Flores	10:33
7)	Kevin Stork	10:42
8)	Jeff Chandler	10:42
9)	Nick Kalmeta	10:46
10)	Jesse Garcia	10:51
47)	Sandy McPherson	13:00
49)	Erike Nielsen	13:08

4 Mile:

1)	Tony Ramirez	20:35
2)	Steve Kelley	20:45
3)	Greg Pope	21:11
4)	Greg Lyon	21:19
5)	Unknown	21:29
6)	Dan Smith	21:31
7)	Larry Lung	21:32
8)	Tony Diabayan	21:34
9)	Greg McKinstry	21:43
10)	Dave Grennier	21:52
57)	Linda Datz	27:33
66)	Lisa Shattuck	31:02

6 Mile:

1)	Bob Deis	30:32
2)	Miguel Santizo	30:32
3)	Robert Buich	31:05
4)	Gary Hernandez	31:05
5)	George Aguirre	31:50
6)	Richard Aguirre	31:54
7)	Bryan Foley	32:06
8)	Juan A. Garza	32:09
9)	Rodney Jenkins	32:15
10)	Keith Jacobson	32:42
11)	Art Meyer	32:46
12)	Blaine K. Witte	32:55
13)	Steve Burch	32:59
14)	David Haake	33:27
15)	David Bronzan	33:35
55)	Diane Barrett	41:04

/Red Estes/

67/154-Mortijo Connelly/20/PWK	1:36:18
75-Dennis Kroll/30/UN	1:36:24
12M/76-Marvin Miner/40/WVTC	1:36:26
77-George Ridout/35/DIRT	1:36:34
1F/78-Judy Gumbs-Leydig/26/WVTC	1:36:35
79-Thomas Aldana/26/UN	1:36:53
80-John Llygren/22/AGRC	1:37:30

1:44:07	46M/234-Ed Burke/39/UN	1:51:45
1:44:09	155-James Mullany/32/UN	1:51:46
1:44:13	11F/236-Carol Young/27/UN	1:51:46
1:44:17	237-James Miller/37/AA	1:51:50
1:44:19	12F/238-Diane Ventre/24/UN	1:51:54
1:44:20	47M/239-Jack Simonton/41/DSE	1:52:08
1:44:23	240-William Jager/31/UN	1:52:28

23:07
23:10
25) Benson (CSM)
/Ray Krings/

September 11, Peach Bowl Pacers Track Club--5 Mile:

1)	Bob Miller (CWTC)	27:57
2)	David Wood (CRC)	28:15
3)	Dave Robertson (WVTC)	29:02
4)	Mike Galligan (PBP)	29:04
5)	Bill Galaviz (un)	29:24
6)	Larry Summer (BC) 30+	29:55
7)	David Maldonado (un)	29:58
8)	Walt Schafer (CR) 30+	30:04
9)	Lyle Freeman (un)	30:06
10)	Bob Hedges (BC) 30+	30:10
11)	Barry Rounds (PBP) 30+	30:15
12)	Larry Pugh (un) 30+	30:24
13)	Paul Holmes (BC) Master	30:41
14)	Gilbert Dean (CWTC)	30:42
15)	Glen Dean (CWTC)	30:45
16)	Guy Ealey (ARC) 30+	30:47
17)	Chuck Nichols (BC)	30:51
18)	Robert Felsch (un)	31:02
19)	Ray Maldonado (un)	31:04
20)	Bob Woodliff (un)	31:08
21)	Rick Browning (PBP)	31:18
22)	Bryan Holmes (WVJS)	31:21
23)	Doug Rennie (BC) 30+	31:23
24)	Dave Cargill (un)	31:33
25)	Steve Salandez (un)	31:34
26)	Joe Sloan Sr. (Ophir) M	31:40
27)	Glenn Reed (SWEAT) 30+	32:07
28)	Ian Watts (Pamakids)	32:10
29)	Don Mason (NVTC)	32:12
30)	Steven Caudle (un)	32:13
31)	Fred Jackson (Pamakids)	32:15
32)	Don Seurer (un)	32:17
33)	P. J. Downey (SL) 30+	32:18
34)	Danilo Sanchez (CW)	32:19
35)	Mike Lambert (BC) 30+	32:40
36)	David Nyquist (CRC)	32:44
37)	Pete Schoener (BC) 30+	32:47
38)	Andre Laforge (Serriahi)	32:59
39)	Brian Newell (NVRC) 30+	33:08
40)	Bill Flint (CRC)	33:13
59)	Sally Edwards (Ophir)	35:59
69)	Brenda Shanks (un)	37:12
79)	Sue Schnell (Sundance)	39:01

/Ed Williams/

September 17, Clovis: Central Cal XC Meet.

FUSU Four-Mile Course

1. Bob Deis, FSU, 19:04.2 (course record); 2. Gary Romesser, FPTC, 19:04.8; 3. Steve Covier, B, 19:10; 4. Scott Blackburn, B, 19:10; 5. Jim White, Sac, 19:16; 6. Karl Knapp, B, 19:18; 7. Gary Hernandez, FSU, 19:25; 8. Miguel Santizo, FSU, 19:25; 9. Rich Langford, FSU, 19:26; 10. John Brenneman, N, 19:27; 11. Dave Steffens, B, 19:31; 12. Tony Rameriz, FPTC, 19:33; 13. John Miller, St, 19:35; 14. Darrell Cox, FPTC, 19:35; 15. Richard Aguirre, FSU, 19:36.

Team Scoring: Fresno State 39, Boise State 43, Fresno Pacific Track Club 73, Cal State Northridge 83, Sacramento 89, 102, Matador Track Club 198, Cal State Bakersfield 200, Fresno Pacific College 225, Stanislaus no score.

Women's Division

Two-Mile Course

1. Alice Trumbley, CSB, 11:35 (course record); 2. Diane Barrett, unatt, 11:42; 3. Bird Anderson, CSB, 12:26; 4. Sarah Washman, FPTC, 13:53; 5. Diana Martin, CSB, 14:10.



2nd annual
HIGH SIERRA
10 MILE ROAD RACE

Sponsored by the High Sierra Track Club

* SATURDAY, JANUARY 21, 1978

* CHECK-IN: 10 a.m.

WOODWARD PARK, FRESNO

RACE: 11 a.m.

COURSE: Three loops around park. Paved road. Some hills. Start and finish at parking lot in front of Spectator Hill.

Body Punch and water at every 3-mile mark. Times given every mile.

RAIN OR SHINE WE RUN!

DIVISIONS AND AWARDS:

(Drawing for additional awards after meet)

OPEN: (19 and above, Junior College, College & up to 29 years old)

1st Place: New Balance Super Comps, 2nd through 5th: Trophies, 6th through 10th: Medals, 1st College Runner: New Balance 320's, 1st Jr. College Runner: New Balance 320's

30-39: 1st Place: New Balance Super Comps, 2nd through 5th: Medals

High School Division: (10th, 11th & 12th grade)

1st Place: New Balance 320's, 2nd through 5th: Medals

Junior High School Boys: (9th, 8th, 7th & below)

1st Place: Trophy, 2nd through 5th: Medals

40-49: 1st Place: New Balance 320's, 2nd through 5th: Medals

50 & up: 1st Place: Trophy, 2nd through 5th: Medals

Women's Open: 1st Place: New Balance Super Comps, 2nd through 5th: Medals

Specialty Division: Awards to the first police officer or fireman.

The oldest runner. The first cross-country or track coach.

***More awards if sign-ups indicate

***New Balance T-shirts to first 24 finishers

\$2.00 advance entry fee

-- deadline is January 19, 1978.

SEND TO: Len Thornton
5768 N. Millbrook
Fresno, CA 93710

\$3.00 late entry fee.

September 17. Moorpark. Moorpark Invitational (3.0 Mile):

- 1) Ruth Caldwell (Citrus) 19:04
 - 2) Tina Moran (Glendale) 19:43
 - 3) Franie Castro (AHC) 19:58
 - 4) Linda Robinson (AHC) 20:04
 - 5) Laurel Spector (Glendale) 20:15
 - 6) Kathy Longdoc (So. West) 20:21
 - 7) Nancy Ramirez (Ventura) 20:50
 - 8) Wendy Branch (SBCC) 21:10
 - 9) Colleen Gould (Citrus) 21:12
 - 10) Teresa Jackson (SBCC) 21:12
- Citrus 71, Glendale 71, Santa Barbara CC 82, Orange Coast 105, Southwestern 123, Allan Hancock 130, Ventura 140, San Diego CC 204. /Ray Krings/

MAD RIVER RUN

Sept. 18, 1977

Results of Mad River Run, Blue Lake

2.5 miles. 1:00 p.m.

	time	diff	place
		pred	pred
1 Steve Kovach	13:24		
2 Greg Heistuman (22)	13:47	1:43	13th
3 Larry Wieland (31)	14:58	0:02	1st
4 Steve Will (19)	16:06	0:40	7th
5 Richard Leutzinger (38)	16:48	13:12	16th
6 Bill Van Fleet (62)	18:20	0:50	8th
7 Jimmy Williams (12)	19:36	0:24	6th
8 Dave Williams (43)	19:39	0:21	5th
9 Dan Norris (43)	20:22	1:38	11th
10 Joli Sandoz (25w)	20:32	0:58	9th
11 Carol Norris (41w)	22:17	0:13	4th
12 Judy Webb (w)	22:18	0:12	2nd
12 Buzz Webb (40)	22:18	0:12	2nd
14 Barbara Ehlers (w)	23:32	1:42	12th
15 Jeff Bauer (36)	23:56	36:04	18th
16 Guillermo Marquez (6)	24:31	1:29	10th
17 Michelle McKeegan (w)	25:41	3:11	14th
18 Theo Lengyel (7)	28:30	10:22	15th
19 Irith Shalmony (w)	28:56	31:04	17th

6.0 miles. 1:45 p.m.

	time	age	pace
1 Gordon Innes	32:32	23	5:25
2 Dwayne Little	32:35	19	5:25
3 Mike Dyer	32:35		5:25
4 Steve Kovach	33:15		5:32
5 Wayne Arlison	33:44	18	5:37
6 Roger Innes	34:05	18	5:40
7 Harry Cottrell	34:17	31	5:43
8 Rusa Trytek	34:22	30	5:44
9 Jim Rocha	34:46	26	5:48
10 Karl Maxon	35:12	17	5:52
11 James Washington	35:36	24	5:56
12 Rom Ross	35:47	36	5:58
13 Rich Gilchrist	37:29	42	6:15
14 Mike Phillips	37:33	30	6:16
15 Ron Fleener	37:42	30	6:17
16 Chuck Ehlers	37:45	37	6:18
17 Lenny Escarda	37:47	45	6:18
18 Richard Leutzinger	38:05	38	6:21
19 Jeff Foster	38:11	18	6:22
20 Larry Wieland	38:35	31	6:26
21 Jerome Lengyel	39:07	43	6:31
22 Don Hughes	39:38	47	6:36
23 Dave Boyd	39:55	27	6:39
24 Dick Meyer	39:56	37	6:39
25 Buzz Webb	39:59	40	6:40
25 Bill Daniel	39:59	33	6:40
27 Jim Harper	40:35	23	6:46
28 Jack Holcomb	40:36	32	6:46
29 Flossie Horgan	41:24	31w	6:54
30 Hal Jackson	41:45	44	6:57
31 Dick Stepp	42:06	32	7:01
32 Dan Stromberg	42:28	30	7:05
33 Aaron Krohn	42:29	33	7:05
34 Steve Fox	43:05	38	7:11
35 Bruce Jenkinson	43:13	26	7:12
36 Alan Feuerwerker	44:08	39	7:21
37 Jerry Fowler	44:11	38	7:22
38 Gerald Hoopes	44:15	36	7:22
39 Jeri Fredin	44:18	37	7:23
40 Charlie Snygg	44:23	37	7:24
41 Gayle Kerstetter	46:03	38w	7:41
42 Dan Norris	46:59	43	7:50
43 Dan Feliciano	47:00	46	7:50
44 Guillermo Marquez	49:10	41	8:12
45 Michael McClure	50:51	26	8:29

- 46) Walt Waltmire 32:45
- 47) Steve Broten (BasinBlues) 32:47
- 48) John Ortega 32:48
- 49) Jeff Shaver (SMTCC) 32:50
- 50) John Starinieri 32:54
- 51) Richard Bartek 32:57
- 52) Jeff Steinhart 32:58
- 53) Ron Hanson (CDMTC) 32:59
- 54) Thom Lacie 33:01
- 55) Dimos Iglesias 33:02
- 56) Gabriel Grosz (CCAC) 33:03
- 57) Joe Burgasser (STC) 33:04
- 58) Nick Agostinelli (CCAG) 33:06
- 59) Byrle Smallen 33:07
- 60) Dave Shannon 33:09
- 65) Len Efron (CCAC) 40+ 33:16
- 74) Tod Alarcon 40+ 33:52
- 82) Wilbur Williams (STC) 40+ 34:10
- 95) Joe Douglas (SMTCC) 40+ 34:43
- 122) Luan Dosti (SFVTC) 50+ 35:32
- 129) Vickie Cook (HRR) W 35:45
- 141) Ray Gil (STC) 50+ 35:52
- 162) Richard Davies (CCAC) 50+ 36:13
- 209) Teresa Hom (SMTCC) W 37:10
- 261) Lorraine Blanco W 38:05
- 281) Pam Firestone (SFVTC) W 38:22
- 285) Chris Gilbreth (SMTCC) W 38:26

Team Results

Women:

- 1) Santa Monica TC
 - 2) Rialto Road Runners
- Men's Open:
- 1) Athletes in Action
 - 2) San Fernando Track Club
 - 3) Culver City Athletic Club
 - 4) Santa Monica Track Club

Men's 40+:

- 1) Culver City Track Club
 - 2) Seniors Track Club
 - 3) Santa Monica Track Club
- Men 35-39:
- 1) Culver City Track Club
 - 2) Seniors Track Club

/Ken Simpson/

September 18. Walnut Creek. 33rd Walnut Festival Races -- Girls 14+

3 Mile:

- 1) Tina Anex 17:59
- 2) Rosemarie Laguna 18:51
- 3) Marilyn Brandt 20:10
- 4) Lydia Zele 20:11
- 5) Holly Himines 20:23

/Andrew MacCono/

September 18. Walnut Creek. 33rd Walnut Festival Race, 5.575:

- 1) Mike Emry (Aggies) 28:21
- 2) John Sheehan (WV) 28:45
- 3) Peter Sweeney (Aggies) 29:12
- 4) Jim Bowles (Sac St) 29:56
- 5) Javier Barragan (Aggies) 30:02
- 6) Dirk Rohloff (Aggies) 30:15
- 7) Mike Sweeney (Aggies) 30:28
- 8) Kevin Kirby (Aggies) 30:35
- 9) Donald Lichten (Aggies) 30:44
- 10) Tom Burns (un) 31:04
- 11) Gary Alderman (Pama) 31:18
- 12) Gary Singer 31:48
- 13) Ricky Delesik (Sac St) 31:55
- 14) Steve Ellis (Sac St) 32:03
- 15) Jim O'Neil (OC*50) 32:08



FRESNO PACIFIC TRACK CLUB: Fresno State Inv. and Cal Aggie Inv. Champions. Left to right: Darrel Cox, Tony Ramirez, Steve Kelley, Gary Romesser, Jim Hartig, and Keith Jeffers.



HOOVER HIGH SCHOOL (Fresno) Fresno State Inv.,

17	Chuck Ehrlich	37:45	47	6:18
18	Lonny Escaria	37:47	45	6:18
19	Richard Leutzinger	38:05	38	6:22
20	Jeff Foster	38:11	18	6:22
21	Larr y Wieland	38:35	31	6:26
22	Jerome Langyel	39:07	43	6:31
23	Don Hughes	39:38	47	6:36
24	Dave Boyd	39:55	27	6:39
25	Dick Meyer	39:56	37	6:39
26	Buzz Webb	39:59	40	6:40
27	Bill Daniel	39:59	33	6:40
28	Jim Harper	40:35	23	6:46
29	Jack Holcomb	40:36	32	6:46
30	Flossie Horan	41:24	31w	6:54
31	Hal Jackson	41:45	44	6:57
32	Dick Stepp	42:06	32	7:01
33	Dan Stromberg	42:28	30	7:05
34	Aaron Krohn	42:29	33	7:05
35	Steve Fox	43:05	38	7:11
36	Bruce Jenkinson	43:13	26	7:12
37	Alan Feuerwerker	44:08	39	7:21
38	Jerry Fowler	44:11	38	7:22
39	Gerald Hoopes	44:15	36	7:22
40	Jeri Freidin	44:18	37	7:23
41	Charlie Snygg	44:23	37	7:24
42	Gayle Kerstetter	46:03	Jhw	7:41
43	Dan Norris	46:59	43	7:50
44	Dan Feliciano	47:00	46	7:50
45	Guillermo Marquez	49:10	41	8:12
46	Michael McClure	50:51	26	8:28
47	Sandra Stepp	52:32	28w	8:45
48	Kathy Harper	56:51	22w	9:29
49	Jim Carr	57:19	54	9:33
50	Julie Bowman	57:54	36w	9:39

September 18. Walnut Creek. 33rd
Walnut Festival Race, 5.575:

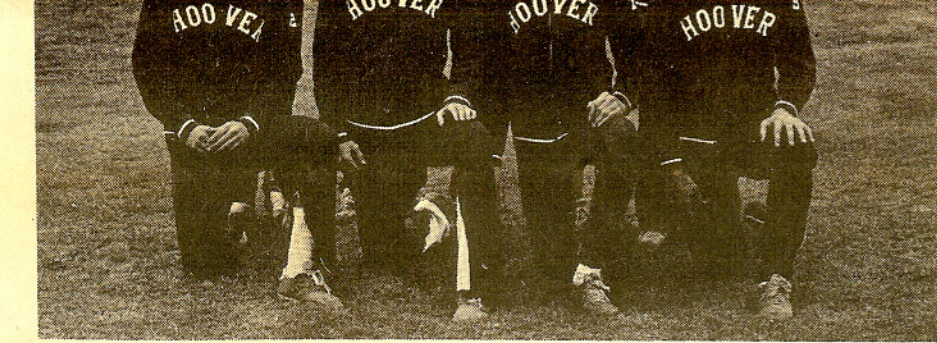
1)	Mike Emry (Aggies)	28:21
2)	John Sheehan (WV)	28:45
3)	Peter Sweeney (Aggies)	29:12
4)	Jim Bowles (Sac St)	29:56
5)	Javier Barragan (Aggies)	30:02
6)	Dirk Rohloff (Aggies)	30:15
7)	Mike Sweeney (Aggies)	30:28
8)	Kevin Kirby (Aggies)	30:35
9)	Donald Lichten (Aggies)	30:44
10)	Tom Burns (un)	31:04
11)	Gary Alderman (Pama)	31:18
12)	Gary Singer	31:48
13)	Ricky Delesik (Sac St)	31:55
14)	Steve Ellis (Sac St)	32:03
15)	Jim O'Neil (OC*50)	32:08
16)	Jeff Simons (Aggies)	32:14
17)	Ross Rowley (Sundance)	32:27
18)	Tim Rostege (WVTC)	32:30
19)	Mike Pratt (Aggies)	32:59
20)	Terry Hughes (Coyotes)	33:06
21)	Bryan Holmes (WVJS)	33:10
22)	Robert Malain (BuffCh)	33:34
23)	Jim Carr	33:35
24)	Brad Parr (Aggies)	33:40
25)	Paul Orgeron (BodyAmmo)	33:50
26)	David Sebo (Aggies)	33:57
27)	Larry Arata	34:17
28)	Joe Ferreira (Sac St)	34:25
29)	Jim Kallett (Sac St)	34:27
30)	Russell Escobede	34:38
45)	Ruth Anderson (NCS) W	37:26
64)	Carolyn Tiernan	40:52
Aggies.22, Sac State 88, No Cal Srs		
288.		/Andrew MacCono/

September 23. Rancho Cordova. Cordova
Invitational

Girls:		
1)	L. Crisp (Downey)	13:03
2)	S. Dennison (EC)	13:17
3)	F. Negri (Foothill)	13:29
4)	P. Kuphaldt (BellaVsta)	13:38
5)	B. Metoyen (S. Tahoe)	13:44
6)	S. Chamness (LS)	13:49
7)	T. Gaunino (Downey)	13:55
8)	M. Haase (S.Tahoe)	13:57
9)	T. Price (BV)	14:06
10)	M. McKeen (Cor)	14:10
11)	S. McKeen (Mills)	14:12
12)	S. White (EC)	14:21
South Tahoe 56, Bella Vista 83, El		
Camino 91, Cordova 119, Downey 123.		
Varsity Boys:		
1)	D. Swan (Linc)	16:12
2)	J. Dixon (Linc)	16:15
3)	M. Dickenson (BV)	16:20
4)	J. Dietler (Foothill)	16:21
5)	H. Pineiro (ST)	16:39
6)	T. Fernandez (High)	16:40
7)	B. Oakden (BV)	16:42
8)	R. Szekeresh (Cor)	16:43
9)	T. Bird (CB)	16:48
10)	R. Pugh (High)	16:54
11)	B. Maas (ST)	17:00
12)	C. Shultz (Cor)	17:01
13)	J. Trons (Foothill)	17:05
14)	C. Clarke (Cor)	17:10
15)	D. Mart (Cor)	17:11

September 18. Beverly Hills. Beverly
Hills 10 Kilo Run

1)	Gary Tuttle (Tobias)	28:21
2)	Dave Babiracki (SFVTC)	28:38
3)	Tom Lee (CCAC)	28:41
4)	Vicken Simonian	29:17
5)	Mike Wagenbach	29:31
6)	Duane Waltmire (AIA)	29:43
7)	Joe Carlson (CCAC)	29:48
8)	Ed Chaldez	29:52
9)	Dennis Caldwell (AIA)	30:07
10)	Gerardo Canchola(SFVTC)	30:10
11)	Paul Cook (ATA)	30:12
12)	Vince Engel (BasinBlues)	30:13
13)	Cleveland Whalen (SMTC)	30:14
14)	Tom Hethman	30:19
15)	Phil Ryan (CCAC)	30:21
16)	Mark Luevano (Maccabbi)	30:24
17)	Perry Forrester (SMTC)	30:26
18)	Rubin Ruiz	30:33
19)	Bill McDermott	30:33
20)	Carl Swift	30:36
21)	John Molson (SMTC)	30:39
22)	Gary Nitti (SMTC)	30:52
23)	Ted Neever	30:54
24)	Ron Kurrie	30:55
25)	John Madvig	31:01
26)	Dan Brady (SMTC)	31:30
27)	Keith Colburn (SMTC)	31:34
28)	David Greifinger(SMTC)	31:42
29)	Barry Foos	31:45
30)	Steve McCalley (SFVTC)	32:01
31)	James Murphy (SMTC)	32:07
32)	Bob Day	32:10
33)	Disqualified	
34)	Mohammed Musvee	32:12
35)	Dan Wojak	32:18
36)	Bart Coventry (STC)	32:19
37)	Gary Borbon	32:20
38)	Disqualified	
39)	Paul Heide	32:27
40)	Ken Kendall	32:32
41)	Mark Hemphill (SBAA)	32:33
42)	Gary Dobrenz (CCAC)	32:37
43)	Robin Platero	32:39
44)	Tom Linton	32:40
45)	Skip Shaffer (CCAC)	32:42



HOOVER HIGH SCHOOL (Fresno) Fresno State Inv.,
Fresno City and North Yosemite League champs.

Cordova 58, Bella Vista 60, South
Tahoe 77, Lincoln 93, Highlands 111.

Sophomore Boys:

1)	D. Betker (Casa Roble)	11:21
2)	J. Scott (EC)	11:37
3)	S. Hurst (Downey)	11:46
4)	J. Crook (Downey)	11:49
5)	D. Maxwell (Jesuit)	11:50
El Camino 47, Cordova 56, So. Tahoe		
85, Downey 93, Bella Vista 115.		

/Bill Mensing/

September 22. Castro Valley Meet

Boys:

1)	Ken Romiguere (CastroVly)	16:25
2)	Frank Leeds (Alameda)	17:15
3)	Chuck Maroney (Bish.O'Dwd)	17:16
4)	Pat Scannell(BishopO'Dowd)	17:17
5)	Benn Fern (Alameda)	17:29
Castro Valley 36, Alameda 37, Bishop		
O'Dowd 49.		

Girls:

1)	Colleen Scannell(BishopO'D)	14:45
2)	Kathy Way (Alameda)	15:03
Alameda 32, Bishop O'Dowd 32, Castro		
Valley 67. /Keith Conning/		

September 21, Visalia:
Mt. Whitney Invitational

Varsity
(3-Miles)

1. Sal Lozano, Red, 15:55.5 (meet record); 2. Terry Taylor, Red, 15:56; 3. Fred Castillo, TW, 16:02; 4. Greg DeLaCruz, MW, 16:04; 5. Robert Taylor, Red, 16:12; 6. Jim Leos, MW, 16:21; 7. Tom Lohse, Han, 16:33; 8. Homer Guardiola, Tul, 16:37; 9. Robert

Lohse, Han, 16:43; 10. Felipe Segovia, Del, 16:47; 11. Lee Moritz, MW, 16:50; 12. Joe Luiz, Ex, 16:52; 13. Tim Hill, MW, 16:53; 14. Dan Jones, Red, 17:03; 15. Randy Mitchell, Tul, 17:06.

Redwood 39, Mt. Whitney 69, Hanford 73, Tulare Union 77, Reedley 140, Selma 182, Exeter 195, Monache 213, Delano 219, Porterville 241.

Girls
(2-Miles)

1. Helen Lopez, Del, 12:20.8 (Meet record); 2. Rene Ortiz, TW, 12:49; 3. Peggy Simmons, Red, 12:57; 4. Jamie Vener, Ex, 13:31; 5. Michelle Kuykendall, MW, 13:35; 6. Josie Gonzales, Ex, 13:41; 7. Lisa Shidler, MW, 13:53; 8. Gail Moffitt, Ex, 13:54; 9. Karen Hamilton, MW, 14:08; 10. Nancy Orozco, San, 14:11; 11. Lori Bechthold, MW, 14:13; 12. Erin Elliott, MW, 14:14; 13. Karen Moritz, MW, 14:15; 14. Juanita Mesta, San, 14:19; 15. Susan Dominguez, Sel, 14:19.

Exeter 15, Mt. Whitney 18, Selma 44, Redwood 46, Sanger 53, Tulare Union 54, Tulare Union 60, Reedley 77, Porterville 88.

September 23. Rancho Cordova. Cordova
Invitational

Boys:

1)	D. Swan (Lincoln)	16:12
2)	J. Dixon (Lincoln)	16:15
3)	M. Dickenson (BellaVista)	16:20
4)	J. Dietler (Foothill)	16:21
5)	H. Pineiro (SoTahoe)	16:39
6)	T. Fernandez (Highlands)	16:40
7)	B. Oakden (Bella Vista)	16:42
8)	R. Szekeresh (Cordova)	16:43
9)	T. Bird (CB)	16:48
10)	R. Pugh (Highlands)	16:54
Cordova 58, Bella Vista 60, So Tahoe 77,		
Lincoln 93, Highlands 111.		

Girls:

1)	Laurie Crisp (Downey)	13:03
2)	S. Dennison (ElCamino)	13:17
3)	F. Negri (Foothill)	13:29
4)	P. Kuphaldt (Bella Vista)	13:38
5)	B. Metoyen (S. Tahoe)	13:44
6)	T. Gaunino (Downey)	13:55
7)	M. Haase (So Tahoe)	13:57
8)	T. Price (Bella Vista)	14:06
9)	M. McKeen (Cordova)	14:12
10)	S. McKeen (Mills)	14:12
South Tahoe 56, Bella Vista 83, El		
Camino 91, Cordova 119, Downey 123.		

/Keith Conning/



join us in HAWAII!

- ** 5th. ANNUAL HONOLULU MARATHON, DECEMBER 11, 1977
- ** AMERICAN MEDICAL JOGGERS ASSOCIATION SYMPOSIUM
- ** FIRST ANNUAL MARATHON RACE DIRECTORS MEETINGS

8 DAYS FOR \$ 319.⁰⁰

PACKAGE INCLUDES: Air transportation, all transfers, first class hotel, tips and taxes.

Departure: December 5, 1977, from Los Angeles or San Francisco.

FOR MORE INFORMATION CONTACT:

Torigian & Kelley
 %Roos/Atkins World Travel Bureau
 1949 East Shields Avenue
 Fresno, CA 93726
 Phone (209) 226-0525

September 23. Lake Tahoe. Pepsi of Reno Lake Tahoe 72 Mile Run

- | | |
|----------------------------------|----------|
| 1) Nick Marshall (29) Penn. | 10:41:18 |
| 2) Mike Williams (25) S.Cruz | 12:16:41 |
| 3) John Evans (28) Truckee | 14:06:43 |
| 4) Chuck Lyda (24) Truckee | 14:16:41 |
| 5) Harvey Cain (47) Sacramento | 15:31:20 |
| 6) Harry Siitonen (51) San Fran. | 17:18:29 |
- /Charles Mersereau/

September 23. Yosemite. Yosemite Invitational, 4.0 Miles at Mirror Lake:

- | | |
|---------------------------|-------|
| 1) Paul Mello (OSM) | 20:16 |
| 2) M. Galligan (Yuba) | 20:22 |
| 3) Jose Renteria (FCC) | 20:33 |
| 4) M. Timmerman (Marin) | 20:34 |
| 5) S. Hulce (FCC) | 20:37 |
| 6) Jerry Drew (SR) | 20:40 |
| 7) Brad Brown (Delta) | 20:47 |
| 8) R. Baldocchi (CSM) | 20:47 |
| 9) Valentine Ramos (FCC) | 20:58 |
| 10) G. Zentner (Marin) | 20:59 |
| 11) T. Elming (FCC) | 20:59 |
| 12) G. Aguilar (Delta) | 21:08 |
| 13) B. Betancourt (FCC) | 21:15 |
| 14) Chris Koris (Delta) | 21:18 |
| 15) J. Gradone (Cabrillo) | 21:18 |
| 16) D. Grimes (DA) | 21:19 |
| 17) Unknown | 21:30 |

September 24

UCLA INVITATIONAL 10,000 Meters

INDIVIDUAL—1. Simonian (unat), 31:34; 2. Cendejas (LBS), 31:42; 3. Rubino (CSLA), 31:44; 4. Lux (Jamul Toads), 32:04; 5. McCandless (unat), 32:11; 6. McConnell (LBS), 32:14; 7. James (UCLA), 32:16; 8. Lujan (LBS), 32:24; 9. Johnson (unat), 32:27; 10. Simons (CSLA), 32:22.

TEAM—1. Long Beach St., 33; 2. Santa Monica TC, 60; 3. Cal St. Los Angeles, 62; 4. UCLA, 79.

LAS VEGAS INVITATIONAL Combined Races

INDIVIDUAL—1. Cabanals (BYU), 19:07.5; 2. Scott (UCI), 19:22.1; 3. Ramirez (Cal Lutheran), 19:22.5; 4. Morris (BYU), 19:28.1; 5. Murphy (NR), 19:28.5; 6. Packer (Cal St. Northridge), 19:29.8; 7. Langford (Fresno St.), 19:31.7; 8. Munoz (NR), 19:36.0; 9. Dies (Fresno St.), 19:36.6; 10. Whetto (Weber St.), 19:40.4.

TEAM—1. UC Irvine, 1:38:21.4; 2. Fresno St., 1:38:53.9; 3. BYU, 1:39:04.1; 4. Nevada Reno, 1:39:08.7; 5. Weber St., 1:40:30.6.

/Vern Gambetta/

- | | |
|-----------------------------|-------|
| 17) Mike Sarkisian (DelOro) | 13:40 |
| 18) Frank Paula (Petaluma) | 13:45 |
| 19) Dave Jansen (Oakmont) | 13:46 |
| 20) Terry Miller (Woodland) | 13:46 |
| 21) Dirk Giles (Petaluma) | 13:46 |
| 22) Mark Cyr (PV) | 13:46 |
| 23) Chris Hood (PV) | 13:48 |
| 24) Jeff Jones (DelOro) | 13:51 |
| 25) Mike Mullen (Arcata) | 13:51 |
- Petaluma 52, Oakmont 91, Del Oro 93, Arcata 108, Chico 116, Saratoga 148, Shasta 163, Pleasant Valley 175, Woodland 180, Enterprise 267.
- Varsity Girls-1.85 Mile:
- | | |
|----------------------------|-------|
| 1) Darcy Burleson (Chico) | 10:54 |
| 2) Suzanne Richter (Chico) | 11:07 |
| 3) Teri Wierson (Sunset) | 11:09 |
| 4) Julie Selchau (Chico) | 11:18 |
| 5) Marchi Wierson (Sunset) | 11:20 |
| 6) Jill Symons (Chico) | 11:23 |
| 7) Leslie Sessums (Bishop) | 11:37 |
| 8) Sandy Beauchamp (Oak.) | 11:40 |
| 9) Luanne Park (Chico) | 11:41 |
| 10) Leann Knedler (RB) | 11:45 |
- Chico 22, Sunset 68, Shasta 87, Bishop 135, Del Oro 143.

September 24. SF Jaycees 10 Kilo Charity Run

- | | |
|------------------------|-------|
| 1) John Routh | 32:49 |
| 2) John Clary | 33:04 |
| 3) Richard Stillier | 33:16 |
| 4) John Bork | 33:20 |
| 5) Rob Brunkan | 33:22 |
| 6) Rick Brown | 33:29 |
| 7) Ulrich Kaempf | 33:30 |
| 8) Byron Richardson | 33:46 |
| 9) Jerry Lewis | 34:01 |
| 10) James Willis | 34:46 |
| 11) Geoffrey Henderson | 35:11 |
| 12) Roger Bryan | 35:27 |
| 13) Jeff Smith | 35:36 |
| 14) Dennis Gustafson | 35:37 |
| 15) Don Dugdale | 35:39 |
| 16) Allen Robertson | 35:47 |
| 17) Gary Crangle | 35:49 |
| 18) Jim Doran | 35:50 |
| 19) Norm McAbee | 36:01 |
| 20) Douglas Latimer | 36:12 |
| 21) Timothy Treacy | 36:14 |
| 22) Harold Rosen | 36:15 |
| 23) Dick McCullough | 36:18 |
| 24) Rodney Horsfield | 36:20 |
| 25) Timothy Morse | 36:46 |
| 26) Michael Swanson | 37:00 |
| 27) Todd Watkins | 37:13 |
| 28) Jeff Houston | 37:23 |
| 29) Frank Smith | 37:37 |

September 24. Marysville Invitational

September 23. Yosemite. Yosemite Invitational, 4.0 Miles at Mirror Lake:

1) Paul Mello (CSM)	20:16
2) M. Galligan (Yuba)	20:22
3) Jose Renteria (FCC)	20:33
4) M. Timmerman (Marin)	20:34
5) S. Hulce (FCC)	20:37
6) Jerry Drew (SR)	20:40
7) Brad Brown (Delta)	20:47
8) R. Baldochi (CSM)	20:47
9) Valentine Ramos (FCC)	20:58
10) G. Zentner (Marin)	20:59
11) T. Elming (FCC)	20:59
12) G. Aguilar (Delta)	21:08
13) B. Betancourt (FCC)	21:15
14) Chris Koris (Delta)	21:18
15) J. Gradone (Cabrillo)	21:18
16) D. Grimes (DA)	21:19
17) Unknown	21:30
18) Rick Baker (Delta)	21:32
19) J. Riechle (SR)	21:33
20) J. Mitchell (Cuesta)	21:35
21) R. Matthews (Marin)	21:37
22) Jeff Merrow (FCC)	21:39
23) K. McBride (CSM)	21:42
24) M. McQueeney (DA)	21:43
25) Joe Green (CSM)	21:45

Fresno CC 50, Delta 84, CSM 91, Marin 144, DeAnza 167.

Girls

1) Connie Hester (FCC)	25:42
2) L. McCarthy (Cuesta)	27:01
3) V. Venezia (Marin)	27:15
4) Nora Vargas (FCC)	27:19
5) S. O'Donnell (Cuesta)	27:26
6) R. Keosky (Cuesta)	28:18
7) G. Robles (FCC)	28:29
8) C. Hughart (Cuesta)	28:46
9) H. Haggard (Delta)	28:50
10) S. Locke (Marin)	29:18

/Bob Fries/

September 24. Stinson Beach Cross Country Relays

1) Mike O'Reilly (SanRafel)	7:41
2) Phil Brock (Redwood)	8:13
3) Jim Savelliff (SanRafael)	8:16
4) Ian-Mickle (Redwood)	8:16
5) Garth McCune (Redwood)	8:19

Redwood 41:47, San Rafael 41:53, Tamalpais 44:08.

1) Bridget Flynn (Tamalpais)	9:38.2
2) Sarah Sweeny (MarinCath)	9:43
3) Diane Kenny (Novato)	9:53
4) Kileen Brennan (MarinCath)	10:03
5) Dominique Stewart (Redw)	10:23

Marin Catholic 53:24, Redwood 53:48, Tamalpais 53:56. /Keith Conning/

September 24. Los Angeles. UCLA All-Comers Cross Country Meet

1) Ruth Caldwell (Citrus)	17:49.8
2) Linda Broderick (UCLA)	18:07
3) Paula Jackson (UCLA)	18:10
4) Lauri Jewell (LB State)	18:15
5) Linda Heinmiller (UCLA)	18:25
6) Carol Flournoy (UCLA)	18:43
7) Debbie Roberson (UCLA)	19:02
8) Kathy Chisam (UCLA)	19:03
9) Sheila Raiston (UCLA)	19:45
10) Michelle Hopper (CalStIA)	19:57

Santa Monica TC, 60; 3. Cal St. Los Angeles, 62; 4. UCLA, 79.

LAS VEGAS INVITATIONAL

Combined Races

INDIVIDUAL-1. Cabanillas (BYU), 19:07.5; 2. Scott (UCI), 19:22.1; 3. Ramirez (Cal Lutheran), 19:22.5; 4. Morris (BYU), 19:28.1; 5. Murphy (NR), 19:28.5; 6. Packer (Cal St. Northridge), 19:29.8; 7. Langford (Fresno St.), 19:31.7; 8. Munoz (NR), 19:36.0; 9. Dies (Fresno St.), 19:36.6; 10. Whetto (Weber St.), 19:40.4.

TEAM-1. UC Irvine, 1:38:21.4; 2. Fresno St., 1:38:53.9; 3. BYU, 1:39:04.1; 4. Nevada Reno, 1:39:08.7; 5. Weber St., 1:40:30.6.

/Vern Gambetta/

September 24. Marysville Invitational

Boys (3 Miles):

1) Turner (Colfax)	14:13
2) Zunila (Lindhurst)	14:42
3) Espinoza (McClatchy)	14:51
4) Cooper (Yuba City)	14:53
5) Carroll (McClatchy)	14:55

Yuba City 43, McClatchy 58, Lindhurst 71. /Keith Conning/

September 24. Solano Invitational

Boys (2.9 Miles):

1) Harry Youkers (Armijo)	15:31
2) Kirk Peterson (Fairfield)	16:05
3) John Harbath (Fairfield)	16:15
4) Jeff Markhurst (Dixon)	16:26
5) Greg Whalen (Vacaville)	16:33

Vacaville 25, Fairfield 35.

Girls (1.9 Miles):

1) Colleen Stewart (Fairfield)	12:31
--------------------------------	-------

Vacaville 27, Delta 28. /Keith Conning/

September 24. Sunnyvale Invitational (2.4 Mile)

1) Paul Brewer (Leigh)	12:01
2) Dave Avila (Cupertino)	12:10
3) Pat Morton (LosGatos)	12:14
4) Gregori Jenkins (Leigh)	12:21
5) Gary Sanchez (Sunnyvale)	12:23

Los Gatos 62, Leigh 75, Half Moon Bay 101, Cubberly 129, Fremont 154. /Keith Conning/

September 24. Chico. 6th Annual Chico Invitational Cross Country Meet

Varsity Boys-2.55 Mile:

1) Jon Schmidt (And)	12:55
2) Mike Williams (Arcata)	13:00
3) Dave Royal (Petaluma)	13:09
4) Rick Martinez (Shasta)	13:09
5) Greg Williams (Chico)	13:15
6) Rudy Balli (Petaluma)	13:17
7) Memo Campos (Del Oro)	13:21
8) Mike Haupt (Oakmont)	13:27
9) Bo Long (Petaluma)	13:31
10) Craig Johnson (Saratoga)	13:33
11) Phil Martien (Arcata)	13:33
12) Chris Johnson (Chico)	13:36
13) Bill Cote (Lassen)	13:39
14) Kent Viscovi (Oakmont)	13:39
15) Garry Sewell (DelOro)	13:40
16) Steve Crowdon (Chico)	13:40

Shasta 109, 111, 113, 115, 117, 119, Woodland 180, Enterprise 267.

Varsity Girls-1.85 Mile:

1) Darcy Burleson (Chico)	10:54
2) Suzanne Richter (Chico)	11:07
3) Teri Wierson (Sunset)	11:09
4) Julie Selchau (Chico)	11:18
5) Marchi Wierson (Sunset)	11:20
6) Jill Symons (Chico)	11:23
7) Leslie Sessums (Bishop)	11:37
8) Sandy Beauchamp (Oak.)	11:40
9) Luanne Park (Chico)	11:41
10) Leann Knedler (RB)	11:45

Chico 22, Sunset 68, Shasta 87, Bishop 135, Del Oro 143.

September 24. San Jose. Alum Rock Invitational

1) Carlos Carrasco (Mt.Pleas)	11:17
2) Tom Downs (Skyline)	11:19
3) Steve Strangio (MissSJ)	11:26
4) Greg Valdez (Skyline)	11:28
5) Peter Downs (Skyline)	11:29
6) Steve McDannald (Hoover)	11:30
7) Scott Thornton (Hoover)	11:30
8) Ken Holladay (Gilroy)	11:33
9) John Marden (MissSJ)	11:36
10) Martinez	11:38

Boys: Skyline 72, Mission San Jose 79, Mira Loma 82, Hoover (Fresno) 107, James Lick 191.

1) Irene Crowley (Overfelt)	14:23
2) Kelly Jones (Skyline)	14:46
3) Behrbaum (Amador)	15:02
4) Coon (Mission San Jose)	15:15
5) Coensger (Amador)	15:25
6) Ducey (Mission San Jose)	15:36
7) Strangio (Miss.SanJose)	15:37
8) M. Kelley (Gilroy)	15:43
9) Bordenave (Santa Teresa)	15:45
10) Benevento (SantaTeresa)	16:03

Mission San Jose 60, Silver Creek 87, Santa Teresa 102, Amador 108, Skyline 128. /Keith Conning/

September 24. Chico. Chico Invitational

1) Jon Schmidt (Anderson)	12:55
2) Mike Williams (Arcata)	13:00
3) Dave Royal (Petaluma)	13:09
4) Rick Martinez (Shasta)	13:09
5) Greg Williams (Chico)	13:15
6) Rudy Balli (Petaluma)	13:17
7) Memo Campos (DelOro)	13:21
8) Mike Haupt (Oakmont)	13:27
9) Bo Long (Petaluma)	13:31
10) Craig Johnson (Saratoga)	13:33

Petaluma 52, Oakmont 91, Del Oro 93, Arcata 108, Chico 116, Saratoga 148.

1) Darcy Burleson (Chico)	10:54
2) Suzanne Richter (Chico)	11:07
3) Teri Wierson (Sunset)	11:09
4) Julie Selchau (Chico)	11:18
5) Marchi Wierson (Sunset)	11:20
6) Jill Symons (Chico)	11:23
7) Leslie Sessums (Bishop)	11:37
8) Sandy Beauchamp (Oakmont)	11:40
9) Luanne Park (Chico)	11:41
10) Leann Knedler (RedBluff)	11:45

Chico 22, Sunset (Beaverton, Ore.) 68, Shasta 87, Bishop 135, Del Oro 143. /Keith Conning/

10) James Willis	34:01
11) Geoffrey Henderson	34:46
12) Roger Bryan	35:11
13) Jeff Smith	35:27
14) Dennis Gustafson	35:36
15) Don Dugdale	35:37
16) Allen Robertson	35:39
17) Gary Crangle	35:47
18) Jim Doran	35:49
19) Norm McAbee	35:50
20) Douglas Latimer	36:01
21) Timothy Treacy	36:12
22) Harold Rosen	36:14
23) Dick McCullough	36:15
24) Rodney Horsfield	36:18
25) Timothy Morse	36:20
26) Michael Swanson	36:46
27) Todd Watkins	37:00
28) Jeff Houston	37:13
29) Frank Smith	37:23
30) Carroll Holthaus	37:37
31) Judy Gumbs-Leydig	37:41
37) Patricia Cutler	37:43
50) Anne Hamilton	38:33
54) Gail Campbell	40:09
60) Gail Gustafson	40:40

/Jarva Petrovich/

September 24, Kingsburg Invitational

Varsity Boys

1. Martinez, Kingsburg, 15:45.1; 2. Burns, Shafter, 16:13; 3. Lehrman, Immanuel, 16:17; 4. Moreno, Sanger, 16:29; 5. Bergen, Shafter, 16:34; 6. Hernandez, Shafter, 16:29; Harrouar, Riverdale, 16:36; 8. Gonzales, Tranquillity, 16:42; 9. Cordova, Tranquillity, 16:46; 10. Carrillo, Tranquillity, 16:49.

Team Scoring

1. Shafter, 27; 2. Tranquillity, 42; 3. Immanuel, 72; 4. Selma, 75; 5. Chowchilla, 125.

Girls

1. Affentranger, Shafter, 12:46.3; 2. Mesta, Sanger, 13:20; 3. Singh, Kingsburg, 13:25; 4. Dominguez, Selma, 13:33; 5. Orozco, Sanger, 13:35; 6. Towery, Shafter, 13:36; 7. Vanwagnen, Clovis West, 13:41; 8. Barry, Selma, 13:42; 9. Greenwood, Selma, 13:54; 10. Harms, Immanuel, 14:05.

Team Scores

1. Shafter, 17; 2. Selma, 19; 3. Sanger, 22; 4. Kingsburg, 28; Tranquillity, 43; 6. Immanuel, 59; 7. Chowchilla, 64.

September 24. Las Vegas. Las Vegas Invitational

Open Division Race:

1) Art Menchaca	19:22.7
2) Bob Waugh	19:25.9
3) Tony Ramirez	19:46.2
4) Steve Blum	19:51.6
5) David Daniels	19:54.9
6) Larm Greer	20:00.7
7) John Payne	20:04.3
8) George Aguirre	20:07
9) Richard Burns	20:21
10) Charlie Christensen	20:22

- 7th Runner:
 1) David Haake (CSUF) 19:45.1
 2) Phil Peterson (N Ariz U) 19:51.4
 3) David Schriver (UCI) 19:52.6
 4) Dave Webster (BYU) 19:59.2
 5) Joe Tipton (UCR) 20:01.0

- 6th Runner:
 1) John Koningh (UCI) 19:35.8
 2) Javier Chavez (Weber) 19:41.3
 3) Leif Ottosson (NAU) 19:45.4
 4) Bryan Foley (CSUF) 19:54.5
 5) Blaine Anderson (BYU) 19:55.7

- 5th Runner:
 1) David Bernstein (UCI) 19:44.5
 2) Benito Lazo (NAU) 19:45.5
 3) Steve Scharmann (Weber) 19:46.2
 4) Lynn Mentzer (UNR) 20:00.2
 5) Richard Aguirre (CSUF) 20:01.8

- 4th Runner:
 1) Steve Scott (UCI) 19:22.1
 2) Lance Packer (Northridge) 19:29.8
 3) Rich Langford (CSUF) 19:31.7
 4) Rudy Maunoz (UNR) 19:36.0
 5) Robert Wnetto (Weber) 19:40.4

- 3rd Runner:
 1) Harry March (BYU) 19:45.1
 2) Don Moses (UCI) 20:02.8
 3) Larry Gerion (NAU) 20:05.7
 4) John Wendler (Northridge) 20:06.8
 5) Hans Menet (UNR) 20:07.7

- 2nd Runner:
 1) Dan Morris (BYU) 19:28.1
 2) David Murphy (UNR) 19:28.5
 3) Ed Ahlmeyer (UCI) 19:43.8
 4) Mike Munoz (Northridge) 19:47.6
 5) Gary Hernandez (CSUF) 19:54.6

- 1st Runner:
 1) Demetrio Cabanillaz (CYU) 19:07.5
 2) Ed Ramirez (CalLuth) 19:25.2
 3) Bob Deis (CSUF) 19:36.6
 4) Tom Wysocki (UNR) 19:49.6
 5) Ralph Serna (UCI) 19:58.8

UC Irvine 1:38:21.4, Cal State Univ
 Fresno 1:38:53.9, Brigham Young U
 1:39:04.1, UN Reno 1:39:08.7, Weber
 State 1:40:30.6, CSU Northridge
 1:41:28.6, N. Arizona U 1:42:12.9,
 Cal Poly Pomona 1:46:58.3, Pima JC
 "A" 1:47:38.7, Cal Lutheran 1:56:08.4,
 Pima JC "B" 1:58:10.4
 /Red Estes/

- | | | | | |
|----|-----------------|----|------|---------|
| 24 | JOHN BRENNAND | 42 | SBAA | 1:11:42 |
| 27 | JERRY SMARTT | 46 | SCS | 1:12:01 |
| 24 | JIM MINAMI | 33 | ATZL | 1:12:02 |
| 29 | JUAN TORRES | 24 | AZTL | 1:12:16 |
| 30 | GIL SCHALLER | 34 | | 1:12:26 |
| 31 | BOB BRANCH | 31 | CCAC | 1:12:31 |
| 32 | KEN GANEZER | 24 | STC | 1:13:22 |
| 33 | THOMAS CORY | 30 | GPAC | 1:13:26 |
| 34 | PATRICK EARLEY | 35 | UNAT | 1:13:29 |
| 35 | DARTY CRONIN | 49 | STC | 1:13:36 |
| 36 | MOB HOLTEL | 45 | STC | 1:13:36 |
| 37 | BILL CRUM | 42 | STC | 1:13:45 |
| 38 | ALAN DIRKIN | 39 | CDMT | 1:13:54 |
| 39 | ANDREW LEVINSON | 29 | STC | 1:13:57 |
| 40 | GARY SEEGER | 33 | | 1:14:03 |
| 72 | SUE PETERSEN | 33 | | 1:20:24 |
| 80 | TERRY HOM | 24 | SMTC | 1:21:45 |

/John Brennan/

September 25. Lemoore. Naval Air
 Station Lemoore 6.5 Mile:

- Open:
 1) Bruce Greenway 39:20
 2) Rich Petersen 39:49.5
 3) Russell Moates 44:17.5
- College:
 1) T. Rhoden 37:53.7
 2) G. Chapman 43:44
 3) J. Olivier 50:38
- Military:
 1) D. L. Sullivan 37:8
 2) M. P. Wyland 41:49.5
 3) C. A. Rodriguez 43:58
- Joggers:
 1) J. Lee 45:38
 2) S. M. Green 45:28
 3) C. R. Ers 48:4

/Carl Whitaker/

September 29. Stanford Invitational--
 High School Boys Top Ten Times:

- | | | |
|----|--------------------------|---------|
| 1) | Paul Brewer (Leigh) | 14:18.9 |
| 2) | Avila (Cupertino) | 14:29 |
| 3) | Glenn Dean (Jefferson) | 14:30 |
| 4) | O'Conner (Carlmont) | 14:38 |
| 5) | Hernandez (Independence) | 14:40 |
| 6) | Jenkins (Leigh) | 14:42 |
| 7) | Gil Dean (Jefferson) | 14:42 |
| 8) | Jones (Menlo) | 14:46 |

October 1. Fresno. Fresno State Uni-
 versity Invitational, 6.0 mile:

- | | | |
|-----|---------------------------|-------|
| 1) | Tom Wysocki (UN Reno) | 29:54 |
| 2) | Gary Romesser (FFTC) | 30:08 |
| 3) | Dave Murphy (UN Reno) | 30:15 |
| 4) | Bob Deis (FSU) | 30:21 |
| 5) | Jim Hartig (FFTC) | 30:29 |
| 6) | Jim Schankel (CP/SLO) | 30:37 |
| 7) | Darrel Cox (FFTC) | 30:47 |
| 8) | Tony Ramirez (FFTC) | 30:51 |
| 9) | Roy Kissin (Stanford) | 30:53 |
| 10) | Ruby Munoz (UN Reno) | 30:56 |
| 11) | Bill Haldeman (Stanford) | 30:59 |
| 12) | Gary Hernandez (FSU) | 31:03 |
| 13) | Richard Langford (FSU) | 31:11 |
| 14) | Mitch Kingery (CP/SLO) | 31:14 |
| 15) | Harold Celms (Stanford) | 31:19 |
| 16) | Robbie Bray (CP/SLO) | 31:20 |
| 17) | Hans Menet (UN Reno) | 31:21 |
| 18) | George Aguirre (FSU) | 31:26 |
| 19) | Steve Kelley (FFTC) | 31:29 |
| 20) | Lynn Mentzer (UN Reno) | 31:34 |
| 21) | David Haake (FSU) | 31:45 |
| 22) | Jeff Norton (Stanford) | 31:48 |
| 23) | Bill Avila (CalPoly Pom) | 31:50 |
| 24) | Mitch Wasterlain (Stanf) | 31:51 |
| 25) | Robert Burch (CSBkfld) | 31:52 |
| 26) | Bill Weed (CP/SLO) | 31:54 |
| 27) | Tom O'Neil (Stanford) | 31:58 |
| 28) | David Edds (CalPoly Pom) | 32:02 |
| 29) | Keith McCormick (Stanf) | 32:11 |
| 30) | Lawrence Jordan (CSBkfld) | 32:17 |
| 31) | Dan Aldridge (CP/SLO) | 32:21 |
| 32) | Richard Aguirre (FSU) | 32:23 |
| 33) | Bryan Foley (FSU) | 32:26 |
| 34) | Jerry Emory (Stanford) | 32:29 |
| 35) | Bill Gail (Stanford) | 32:30 |
| 36) | Keith Jeffers (FFTC) | 32:31 |
| 37) | Wally Montenegro (CP/SLO) | 32:40 |
| 38) | Steve Burch (CSBkfld) | 32:41 |
| 39) | Carlson (CP Pomona) | 32:42 |
| 40) | Joe Tipton (Nevada) | 32:47 |

/Red Estes/

October 1. Nevada Union Invitational

- | | | |
|----|------------------|-------|
| 1) | Foster (Jesusit) | 15:56 |
| 2) | Mackey (Davis) | 15:58 |
| 3) | Otis (Mira Loma) | 15:59 |
| 4) | Allen (Beyer) | 16:01 |
| 5) | Lopez (Davis) | 16:07 |
| 6) | Little (Jesusit) | 16:09 |
- Mira Loma 37, Jesusit 67, Cordova 123,
 Oakmont 136, McClatchy 136.
 /Keith Conning/

October 1. Berkeley. Berkeley Invita-
 tional

- | | | |
|-----|---------------------------|-------|
| 1) | Tena Anex (UCD) | 19:38 |
| 2) | Sally Matteer (Cal) | 20:04 |
| 3) | Juli Mastain (Chico) | 20:21 |
| 4) | Michelle Aubuchan (Chico) | 20:45 |
| 5) | Barbara Sprague (Chico) | 21:17 |
| 6) | Jean Gregg (UCD) | 21:21 |
| 7) | Kileen Burger (UCD) | 21:27 |
| 8) | Moiria Carey (Cal) | 21:35 |
| 9) | Marilyn Brandt (UCD) | 21:47 |
| 10) | Jill Campbell (Cal) | 22:15 |
- UC Davis 35, Chico 37, UC Berkeley 48
 /Vern Gambetta/

October 1. Riverside. 1977 All-Cal Meet
 at UC Riverside

- | | | |
|-----|-------------------|---------|
| 1) | Serna (UCI) | 24:27.8 |
| 2) | Scott (UCI) | 24:34 |
| 3) | Schulz (UCB) | 24:40 |
| 4) | Koningh (UCI) | 24:41 |
| 5) | Moses (UCI) | 24:45 |
| 6) | Alvarez (UCR) | 24:48 |
| 7) | Garcia (UCR) | 25:10 |
| 8) | Ellief (UCR) | 25:18 |
| 9) | Ahlmeyer (UCI) | 25:23 |
| 10) | Bernstein (UCI) | 25:34 |
| 11) | Blume (UCR) | 25:46 |
| 12) | Lebold (UCSR) | 25:53 |
| 13) | Schriver (UCI) | 25:55 |
| 14) | Burke (UCR) | 25:57 |
| 15) | Emry (UCD) | 26:07 |
| 16) | Leeper (UCD) | 26:20 |
| 17) | Barragan (UCD) | 26:22 |
| 18) | Doran (UCSB) | 26:29 |
| 19) | Edwards (UCSB) | 26:37 |
| 20) | Vellequette (UCR) | 26:42 |
- UC Irvine 21, UC Berkeley 56, UC River-
 side 84, UC Santa Barbara 112, UC Davis
 97, UC San Diego 168. /John Pappa/

October 1. Blue Angel Cross Country
 Invitational at Fountain Valley Mile
 Square Park (5000 meters):

- | | | |
|-----|--------------------------|---------|
| 1) | Margorie Kaput (QuestTC) | 17:25.6 |
| 2) | Linda Broderick (UCLA) | 17:32 |
| 3) | Laurie Jewell (LBState) | 17:39 |
| 4) | Linda Heimiller (UCLA) | 17:42 |
| 5) | Kathy Jewell (Rialto) | 17:50 |
| 6) | Carol Flournoy (UCLA) | 17:54 |
| 7) | Laurie Gline (Quest TC) | 18:03 |
| 8) | Kathy Chisam (UCLA) | 18:05 |
| 9) | Krista Holmes (QuestTC) | 18:13 |
| 10) | Debbie Roberson (UCLA) | 18:18 |
- UCLA 30, Quest TC 48, Long Beach
 State 76.

October 1. Livermore Cross Country
 Invitational

- Boys/Target School:
- | | | |
|-----|----------------------------|-------|
| 1) | Ken Romiguere (CastroVly) | 13:59 |
| 2) | John Marden (MissSJ) | 14:08 |
| 3) | Bob Wentworth (Livermore) | 14:12 |
| 4) | Mark Baker (San Ramon) | 14:15 |
| 5) | Mike Chastaine (Miss SJ) | 14:17 |
| 6) | Mike O'Reilly (SanRafael) | 14:43 |
| 7) | Rich Read (Miss SJ) | 14:51 |
| 8) | David Goldaney (Tamalpais) | 15:02 |
| 9) | Brian Brady (Pinole) | 15:04 |
| 10) | Ian Hickle (Redwood) | 15:05 |
- Mission San Jose 85, Castro Valley 93,
 Redwood 93, San Rafael 143, Tamalpais
 154.
 Boys/Small School:





BOB DEIS (Fresno State)



SCOTT PETERS
(Humboldt State)



JIM WHITE
(Sacramento State)

/Keith Conning/

10) Debbie Robertson(UCLA) 18:10
UCLA 30, Quest TC 48, Long Beach
State 76.

October 1. Livermore Cross Country
Invitational

- Boys/Large School:
- 1) Ken Romiguiera(CastroVly) 13:59
 - 2) John Marden (MissSJ) 14:08
 - 3) Bob Wentworth (Livermore) 14:12
 - 4) Mark Baker (San Ramon) 14:15
 - 5) Mike Chastaine (Miss SJ) 14:17
 - 6) Mike O'Reilly (SanRafael) 14:43
 - 7) Rich Read (Miss SJ) 14:51
 - 8) David Goldaney(Tamalpais) 15:02
 - 9) Brian Brady (Pinole) 15:04
 - 10) Ian Hickle (Redwood) 15:05
- Mission San Jose 85, Castro Valley 93,
Redwood 93, San Rafael 143, Tamalpais
154.

- Boys/Small School:
- 1) Dan Martinez (Newark) 14:22
 - 2) Chris Kadoch (Jameslick) 14:45
 - 3) Matt Hartman(Milpitas) 14:52
 - 4) Walter Norris (J. Lick) 14:55
 - 5) John Thompson (Acalanes) 15:13
- James Lick 27, Monte Vista 113, Newark
117, Memorial 120, Foothill 121.

- Girls:
- 1) Julie Hayes (Dublin) 10:03
 - 2) Bridget Flynn (Tamalpais) 10:28
 - 3) Kristl Roos (Acalanes) 10:30
 - 4) Jill Smith (Turlock) 10:32
 - 5) Linda Coon (Miss SJ) 10:33
 - 6) Beth Duey (Miss. SJ) 10:52
 - 7) Karen Salisbury (Northgte)10:53
 - 8) Laurie Greene (Northgate) 10:55
 - 9) Dominique Stewart(Redwood)10:58
 - 10) Dina Buti (MissSJ) 11:00
- Mission San Jose 67, San Ramon 86,
Tamalpais 96, Northgate 101, Redwood
124. /Keith Conning/

SPA 20 KM CHAMPIONSHIP(GRIFFITH PARK
DISTANCE--12.400 MILES DATE--092477

PLC	NAME	AGE	SCHOOL	FAST TIME
1	CHUCK SMEAD	26	AIA	1:02:28
2	DUANE WALTHIRE	22	AIA	1:02:54
3	DAVE SMITH	22	AIA	1:02:58
4	GARY ROMESSER	26	FPTC	1:03:10
5	MARK DULANEY	22	AIA	1:03:37
6	MIKE CHAMBLISS	28	B H	1:03:43
7	RAYMOND HUGHES	38	SFVT	1:05:10
8	BOB HAYES	22	AIA	1:05:23
9	RONALD KURRLE	29	SFVT	1:05:25
10	GARY PADGETT	24	AIA	1:05:34
11	CARL SWIFT	24	AIA	1:06:16
12	DAVE FRICKEL	22	SFVT	1:07:16
13	KENNETH MOFFITT	25	AZTL	1:07:56
14	STEVE DURAND	20	STC	1:08:17
15	JOHN RUPP	31	STC	1:09:08
16	KEN KENDALL	27	OXY	1:09:16
17	FARNK DUARTE	35		1:09:25
18	HAPT J COVENTRY	36	STC	1:09:35
19	MARK HEMPHILL	28	SRAA	1:10:08
20	JOHN PAGLIANO	38	GWAA	1:10:15
21	JEFF CLARK	22	ARC	1:10:40
22	CARLOS ALFARO	37	AZTL	1:10:55
23	LARRY PONTINEN	36	SHAA	1:11:14
24	LEN EFFRON	42	CCAC	1:11:33
25	STEPHEN KELLOGG	22	CTCH	1:11:37

- 9) Rochford (Serra) 14:50
 - 10) Water (San Carlos) 14:51
- Section #1: Carlmont 96, Leigh 118,
Independence 135, Serra 180, Saratoga
187. Section #2: Lick 85, Menlo-Atherton
123, Del Mar 144. /Keith Conning/

September 30. South Lake Tahoe

- Boys/Large School(2.85 Miles):
- 1) Madison (Wooster, Nev) 15:54
 - 2) Pineriro (So Tahoe) 16:01
 - 3) Bently (Sparks) 16:03
 - 4) Devine (Rd) 16:08
 - 5) Gonzales (Rd) 16:12
- South Tahoe 31, Stewart(Nev) 52,
Sparks (Nev) 64, Fallon (Nev) 117,
Reed 141.
- Girls(2 Miles):
- 1) Metoxen (SoTahoe) 13:19
 - 2) Guyer (Carson) 13:38
 - 3) Sprague (SB) 13:39
 - 4) Valentine (Reno) 13:51
 - 5) Haase (So Tahoe) 13:54
- South Tahoe 29, Reno 66, Carson 100,
Ferneley 115, El Dorado 122.
/Keith Conning/

October 1. Oakland Athletic League

- at Joaquin Miller Park
- Boys/Large School:
- 1) T. Downs (Skyline) 11:35
 - 2) G. Valdez (Skyline) 11:47
 - 3) P. Downs (Skyline) 11:53
 - 4) R. Castro (Logan) 11:59
 - 5) R. Millar (McAteer) 12:00
- Skyline 21, El Cerrito 79, McAteer 86,
Berkeley 91, Logan 91.
- Boys/Small School:
- 1) Chuck Maroney (Bishop'Dwd) 11:57
 - 2) Ben Fenn (Alameda) 12:08
 - 3) Frank Leeds (Alameda) 12:10
 - 4) Dennis King (Encinal) 12:12
 - 5) Pat Scannell(Bishop O'Dwd)12:12
- Alameda 52, Pleasant Hill 58, Bishop
O'Dwd 63, Piedmont 112, Encinal 116.
- Girls:
- 1) Diana Rubanja (Piedmont) 10:30
 - 2) Linda Wicking (Piedmont) 10:47
 - 3) Melissa Martel (Piedmont) 10:50
 - 4) Kelly Jones (Skyline) 10:51
 - 5) Pat Gonsales (Bishop O'Dwd)10:58
- Piedmont 40, Pleasant Hill 75, Sky-
line 89, Bishop O'Dwd 102, Moreau
102. /Keith Conning/

October 1. Arroyo Grande. 3rd Annual
Harvest Festival 10 Mile Run

- 1) Jim Hiserman 57:38
- 2) Anthony Reynoso 57:38
- 3) Antonio Arreola 59:05
- 4) Joe Lozano 60:00
- 5) Lester Mena 60:10
- 6) John Beaton 61:43
- 7) Jack Cline 62:16
- 8) John F. Coffey 62:55
- 9) Greg DeNike 64:03
- 10) Mike Veron 65:24
- 11) Stan Rosenfield 67:34
- 12) Orion Blackwell 67:53
- 13) Bill Arnerich 68:15
- 14) Bob Hester 71:21
- 15) Phil Cisneros 72:42
- 16) Jerry Bourne 73:36
- 17) Bob Powell 73:52
- 18) Marty Katz 73:57
- 19) Joe Kourakis 75:30
- 20) Mike Byrne 76:02
- 25) Amber Pappe 78:26
- 26) Beth Schultz 78:26

/Stan Rosenfield/

October 1. San Francisco. Golden Gate Invitational at Golden Gate Park, 4.2 Mile:

1) Paul Mello (SM)	21:12
2) Doug Avrit (WV)	21:23
3) Jose Renteria (FresnoCC)	21:24
4) Bob Paulin (WV)	21:34
5) Swift Katepa (COS)	21:38
6) Mike Timmerman (Marin)	21:40
7) Brad Brown (Delta)	21:46
8) Paul Seachrist (SJ)	21:47
9) Greg Miller (SJ)	21:55
10) Valentine Ramos (FCC)	21:58
11) Searls Kevin (Diablo)	21:58
12) Tim Elming (FCC)	22:00
13) Cassara (FH)	22:04
14) Criner (Diablo)	22:07
15) Baldochhi (SM)	22:07
16) Joe Fabris (SJ)	22:08
17) Eberly (WV)	22:11
18) Bill Joseph (SJ)	22:14
19) Jerry Drew (SR)	22:17
20) Pincome (SM)	22:17
West Valley 1:50:23, San Jose 1:50:25, Fresno CC 1:50:36, San Mateo 1:50:43, Diablo Valley 1:52:55.	

Girls Scores

1) Sue Monclay (SJ)	26:19
2) Jan Taylor (DuAnza)	26:52
3) Jean Hohnor (DuAnza)	27:05
4) Connie Hester (FCC)	28:06
5) Grace Robles (FCC)	28:23

/Bob Fries/

October 1, Fresno State Invitational.

**Varsity Boys
Division I**

No.1- 1. McDonald (Hoov), 9:37 (course record); 2. Pope (Bull), 9:40; 3. Lozano (Red), 9:46; 4. Meyer (Roos), 9:57; 5. Bishop (West), 10:00.
No.2- 1. Little (Hoov), 9:44; 2. Djabayan (Bull), 9:53; 3. Taylor (Red), 10:00; 4. Stock (Clov), 10:14; 5. Hernandez (Mad), 10:18.
No.3- 1. Thorton (Hoov), 9:56; 2. Taylor (Red), (9:57); 3. Chandler (Clov), 10:23; 4. Garcia (Mad), 10:24; 5. Kalmeta (Roos), 10:30.
No.4- 1. Walker (Hoov), 10:06; 2. Jones (Red), 10:10; 3. Medina (Mad), 10:17; 4. Hendricks (Bull), 10:33; 5. Garcia (Clov), 10:44.
No.5- 1. Dushaw (West), 10:28; 2. Aguilar (Mad), 10:36; 3. Guarnera (Hoov), 10:42; 4. Gonzales (Red), 10:48; 5. Hoopain (Roos), 10:55.
Team scores- Hoover 50:05 (course record), Redwood 50:41, Bullard 51:39, Madera 51:43, West 52:28.

Division II

No.1- 1. Castillo (TW), 10:07; 2. Lehrmar (Imm), 10:50; 3. Aguilar (Par), 11:12; 4. Curtis (Ex), 11:16; 5. Llamas (Sel), 11:40.
No.2- 1. Calistro (TW), 10:18; 2. Enoz (Imm), 10:37; 3. Tellez (Sel), 11:02; 4. Moreno 4. Fernandez (Par), 11:38; 5. Gonzales (Ex), 11:45.
No.3- 1. Polomo (Ex), 11:20; 2. Guzman (TW), 11:20; 3. Melvin (Imm), 11:38; 4. Mohtemayon (Par), 11:47; 5. Albridez (Sel), 11:51.
No.4- 1. Roberts (TW), 11:12; 2. Halmas (Sel), 11:31; 3. Mares (Par), 12:25; 4. Stryd (Imm), 12:33; 5. Coffman (Ex), 12:40.
No.5- 1. Baker (Sel), 11:35; 2. Perez (TW), 12:03; 3. Bero (Ex), 12:16; 4. Dayilla (Sierra), 12:29; 5. Neufeld (Imm), 12:38.
Team scores- Tulare Western 55:06, Selma 57:35, Immanuel 58:16, Parlier 58:18, Exeter 59:16

Girls (1 mile)

1. Ortiz (TW), 11:56 (course record); 2. Szwajski (Clov),

42) Dan Gustafson	29:06
43) Phil Wilder	29:07
44) Dennis Kroll	29:08
45) Dennis Coulter	29:11
46) Kevin Coulter	29:12
47) Paul Armstrong	29:26
48) Dave Allen	29:29
49) Steve Simpson	29:31
50) De Jerome	29:34
61) Judy Leydig	30:17
79) Joan Ullyot	31:16
88) Kathy Himmelberger	31:31
110)Carolyn Tiernan	32:26
116)Gail Gustofson	32:34

/Ron Wayne/

October 8. Villa Park Invitational

Race #1:	
1) Frank Assumma (Eisenhow)	10:06
2) Gerhardt (GM)	10:11
3) Webb (LP Kennedy)	10:19
Race #2:	
1) Chuck Assumma (Eisenhow)	10:03
2) Young (Costa Mesa)	10:09
Costa Mesa 13 (52:42), Eisenhower 21 (52:48).	

/Keith Conning/

Open Division

1) G. Romesser (FPTC)	24:14
2) F. Harms (Aggie RC #1)	24:29
3) J. Hartig (FPTC)	24:39
4) Sheehan (WVTC #1)	24:44
5) P. Sweeney (Aggie RC #1)	24:48
6) T. Ramirez (FPTC)	24:53
7) M. Yeo (Aggie RC #1)	24:58
8) D. Cox (FPTC)	25:00
9) D. Boyett (Aggie RC #1)	25:04
10) T. Lobsinger (Stan)	25:10
11) S. Kelley (FPTC)	25:24
12) G. Innes (un)	25:28
13) F. Wolfe (un)	25:31
14) M. Reeder (Humb)	25:35
15) Schlegle (Aggie RC #1)	25:39
16) McGrath (un)	25:40
17) Munoz (Humb)	25:41
18) N. Kanter (un)	25:44
19) D. Coras (FPTC)	25:45
20) K. Jeffers (FPTC)	25:46
21) H. Tompkins	25:47
22) B. Miller (UCD JV)	25:48
23) D. Little (Humb)	25:50
24) D. Zapata (WVTC)	25:56
25) B. Bedecarre (Stanford)	26:03
26) M. Proteau (Aggie RC)	26:07

October 8. Long Beach. Long Beach USTFF Cross Country Invitational at El Dorado Park (10,000m):

1) McCandles (un)	30:11
2) Dean (SMTC)	30:18
3) Smead (AIA-A)	30:25
4) Waltmire (AIA-A)	30:29
5) Kingery (CPSLO-A)	30:35
6) Schankel (CPSLO-A)	30:48
7) Lugan (LB St.)	30:52
8) Delaney (AIA-A)	31:02
9) James (UCLA-A)	31:04
10) Smith (AIA-A)	31:04
11) Chaidez (un)	31:09
12) Martinez (AIA-A)	31:13
13) Nance (Pt. Loma)	31:14
14) Cornwell (LBS)	31:15
15) Jones (SBAA)	31:17
16) Bray (CPSLO)	31:18
17) Lawson (SMTC)	31:24
18) Caldwell (AIA-A)	31:28
19) Priest (LBS)	31:44
20) Roley (LBS)	31:46
21) Weitz (Biola)	31:47
22) Nitti (SMTC)	31:48
23) Gomez (LBS)	31:53
24) Luevard (Maccabi)	31:57
25) Wilson (LBS)	32:01
26) Sadler (Pt. Loma)	32:02
27) Adams (Pt. Loma)	32:04
28) Russell (UCLA-B)	32:05
29) Arreola (CPSLO-A)	32:10
30) French (UCLA-A)	32:12
31) Weed (CPSLO-A)	32:15
32) Forrester (SMTC)	32:16
33) Loken (LBS)	32:21
34) Capriotti (CPSLO-B)	32:26
35) Colbern (SMTC)	32:28
36) Padgett (AIA-B)	32:41
37) Caballero (UCLA-B)	32:42
38) Garman (Pt. Loma)	32:55
39) Small (CPSLO)	32:57
40) Whalen (SMTC)	32:59

/Steve Miller/

October 8. Yosemite. Yosemite Park Fun Run

Open Men (4.6 mile):	
1) Kerry Kilgore (Stockton)	26:41
2) Ross Rowley (Stockton)	27:18
3) Larry Duke (Oakland)	27:32
Masters Men (4.6 mile):	
1) Rick Peterson (Laton)	27:45
2) Sid Toabe (Fresno)	29:24
3) Bernard LaCasse (LosGatos)	31:27

Women (4.6 mile):	
1) Dorothy Thomas (Fresno)	37:11
2) Carol Cook (Clovis)	41:06
3) Betty Toabe (Fresno)	43:17

Open Women (3.35 mile):	
1) Jill Duke (Oakland)	28:31
2) Hillery Huddleston (Oak.)	29:29
3) Marika Keller (Clovis)	29:54

Masters Women (3.35 mile):	
1) Marj Corbo (Fresno)	32:25
2) Pat Kuhl (Fresno)	33:34
3) Kay Barnes (Fresno)	37:28

Men (3.35 mile):	
1) Tom Patterson (Oakland)	20:50

/Jim Martin/

6th Edition

1977

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R FORM

(Cont.) 10-34
 No.5-1. Duchow (TW), 10:28; 2. Aguilar (Mad), 10:36;
 3. Guarrera (Hoov), 10:42; 4. Gonzales (Red), 10:48; 5.
 Hoopian (Rus), 10:55
 Team scores— Hoover 50:05 (course record), Redwood
 50:41, Bullard 51:39, Madera 51:43, West 52:28.

Division II

No.1— 1. Castillo (TW), 10:07; 2. Lehrmar (Imm), 10:50;
 3. Aguilar (Par), 11:12; 4. Curtis (Ex), 11:16; 5. Llamas (Sel),
 11:40.

No.2— 1. Calistro (TW), 10:18; 2. Enoz (Imm), 10:37; 3.
 Tellez (Sel), 11:02; 4. Moreno 4. Fernandez (Par), 11:38; 5.
 Gonzales (Ex), 11:45.

No.3— 1. Polomo (Ex), 11:20; 2. Guzman (TW), 11:20; 3.
 Melvin (Imm), 11:38; 4. Mohtemayon (Par), 11:47; 5. Albridez
 (Sel), 11:51.

No.4— 1. Roberts (TW), 11:12; 2. Halmes (Sel), 11:31; 3.
 Mares (Par), 12:25; 4. Stryd (Imm), 12:33; 5. Coffman (Ex),
 12:40.

No.5— 1. Baker (Sel), 11:35; 2. Perez (TW), 12:03; 3. Broo
 (Ex), 12:16; 4. Dayilla (Sierra), 12:29; 5. Neufeld (Imm),
 12:38.

Team scores— Tulare Western 55:06, Selma 57:35, Imma-
 nuel 58:16, Parlier 58:18, Exeter 59:16.

Girls (1.4 miles)

1. Ortiz (TW), 11:56 (course record); 2. Satawski (Clov),
 11:58; 3. Stafford (Mad), 12:05; 4. Neilson (Clov), 12:12; 5.
 McPherson (Clov), 12:20; 6. Kamps (Fres), 12:31; 7. Toabe
 (Bull), 12:40; 8. Simmons (Red), 12:45; 9. Funch (Bull), 12:49;
 10. Hodge (Bull), 12:49.

Team scores— Clovis 8, Bullard 23, Madera 31, Fresno 35,
 Exeter 43, Redwood 58, Selma 67, Reedley 88.

/Red Estes/

**October 8. Berkeley. 1977 Berkeley
 Waterfront Run (5.09 Mile):**

- | | |
|---------------------|-------|
| 1) Paul Geis | 23:49 |
| 2) Duncan McDonald | 24:06 |
| 3) Jim Nuccio | 24:34 |
| 4) Bill Clark | 24:52 |
| 5) Tom Laris | 24:58 |
| 6) Bill Seaver | 25:21 |
| 7) Dennis Tracy | 25:52 |
| 8) Victor Cary | 25:53 |
| 9) Mike Smith | 25:58 |
| 10) Jack Leydig | 26:26 |
| 11) John Clary | 26:31 |
| 12) Jake White | 26:33 |
| 13) James Tracy | 26:47 |
| 14) Kent Guthrie | 26:52 |
| 15) Rick Brown | 26:54 |
| 16) Richard Stiller | 26:57 |
| 17) Mike Wheeler | 27:02 |
| 18) Don Hickman | 27:41 |
| 19) Paul Holmes | 27:43 |
| 20) Bill Jenny | 27:51 |
| 21) Doug Rennie | 27:54 |
| 22) Jerome Lewis | 27:56 |
| 23) Jim Holben | 27:59 |
| 24) Ray Orwig | 28:04 |
| 25) Dave Lavitaky | 28:15 |
| 26) Roger Bryan | 28:16 |
| 27) David Garcia | 28:19 |
| 28) Lloyd Sampson | 28:20 |
| 29) Rob Colboin | 28:23 |
| 30) Bryan Holmes | 28:26 |
| 31) Robert Woodliff | 28:28 |
| 32) Rod Horsfield | 28:33 |
| 33) Kurt Mayno | 28:40 |
| 34) Roy Scellato | 28:41 |
| 35) Peter Demarias | 28:47 |
| 36) Bruce Jones | 28:54 |
| 37) Allen Robertson | 28:55 |
| 38) Bill Brusher | 28:56 |
| 39) Ray Juncosa | 29:00 |
| 40) Marty Post | 29:03 |
| 41) Randy Margo | 29:05 |

**In-depth listings of
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CALIFORNIA TRACK NEWS
 1717 South Chestnut Ave.
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**October 8. Davis. Cal Aggie Invita-
 tional Cross Country Meet**

University Division

- | | |
|----------------------------|-------|
| 1) H. Schulz (UCR) | 24:14 |
| 2) B. Deis (CSUF) | 24:26 |
| 3) S. Peters (Humb) | 24:31 |
| 4) J. Moreno (SF State) | 24:32 |
| 5) J. White (Sac) | 24:40 |
| 6) B. Haldeman (Stanford) | 24:48 |
| 7) F. Burke (UCR) | 24:49 |
| 8) G. Hernandez (CSUF) | 24:50 |
| 9) A. Raudendistel (Sac) | 24:55 |
| 10) G. Blume (UCR) | 24:56 |
| 11) M. Santizo (CSUF) | 24:57 |
| 12) G. Aguirre (CSUF) | 24:58 |
| 13) M. Emry (UCD) | 25:00 |
| 14) F. Elieff (UCB) | 25:02 |
| 15) D. Haake (CSUF) | 25:06 |
| 16) R. Aguirre (CSUF) | 25:07 |
| 17) T. O'Neil (Stanford) | 25:08 |
| 18) D. Rinde (Sac) | 25:09 |
| 19) H. Celms (Stanford) | 25:10 |
| 20) C. Speer (Humb) | 25:12 |
| 21) A. Clifford (UCB) | 25:13 |
| 22) J. Leeper (UCD) | 25:17 |
| 23) J. Miller (Stanislaus) | 25:19 |
| 24) M. Van Horn (Sac) | 25:20 |
| 25) J. Tucker (Humb) | 25:22 |
| 26) M. Garrett (Sac State) | 25:23 |
| 27) F. Ebner (Humb) | 25:24 |
| 28) S. Palladino (UCD) | 25:27 |
| 29) T. Quintana (Hayward) | 25:28 |
| 30) D. Harvey (San Jose) | 25:34 |

Fresno State 48, UC Berkeley 53, Sac-
 ramento State 80, Stanford 105, Hum-
 boldt 108, UC Davis 148, San Jose State
 173, San Francisco St 188, Hayward 238,
 Chico State 247, U of Santa Clara 312.

- | | |
|--------------------------|-------|
| 27) J. Hopkins (un) | 26:07 |
| 28) D. Rohloff (UCD JV) | 26:08 |
| 29) R. Heglund (UCD) | 26:09 |
| 30) M. Mayhew (Stanford) | 26:10 |

Fresno Pacific TC 28, Aggie RC #1 33,
 Humboldt Running Club 83, Stanford
 134, San Jose 196, UC Davis 226,
 Sacramento B 279, Berk JV 277, ARC#2
 357, F.S. 360, St. Mary 364, Hayward
 451, USF 590, Santa C 651.

/John Pappa/

**October 8. Davis. Davis Invitational--
 Women's Division, 5000m:**

- | | |
|-----------------------|-------|
| 1) Judi Graham | 17:49 |
| 2) Sally Meteer | 18:57 |
| 3) Juli Mastain | 19:06 |
| 4) Tena Anex | 19:14 |
| 5) Mady Roesse | 19:19 |
| 6) Audrey Kemp | 19:28 |
| 7) Vivian Soderholm | 19:35 |
| 8) Linda Datz | 19:38 |
| 9) Joanne Ernst | 19:40 |
| 10) Cindy Olavarri | 19:42 |
| 11) Barb Sprague | 19:47 |
| 12) Sandy Briscoe | 19:48 |
| 13) Michelle Aubuchon | 19:49 |
| 14) Annette Mungai | 19:56 |
| 15) Eileen Burger | 19:57 |

- | | |
|-------------------------------|-------|
| 3) Larry Duke (Oakland) | 27:32 |
| Masters Men (4.6 mile): | |
| 1) Rick Peterson (Laton) | 27:45 |
| 2) Sid Toabe (Fresno) | 29:24 |
| 3) Bernard LaCasse (LosGatos) | 31:27 |

- | | |
|----------------------------|-------|
| Women (4.6 mile): | |
| 1) Dorothy Thomas (Fresno) | 37:11 |
| 2) Carol Cook (Clovis) | 41:06 |
| 3) Betty Toabe (Fresno) | 43:17 |

- | | |
|-----------------------------|-------|
| Open Women (3.35 mile): | |
| 1) Jill Duke (Oakland) | 28:31 |
| 2) Hillery Huddleston(Oak.) | 29:29 |
| 3) Marika Keller (Clovis) | 29:54 |

- | | |
|----------------------------|-------|
| Masters Women (3.35 mile): | |
| 1) Marj Corbo (Fresno) | 32:25 |
| 2) Pat Kuhl (Fresno) | 33:34 |
| 3) Kay Barnes (Fresno) | 37:28 |

- | | |
|----------------------------|--------------|
| Men (3.35 mile): | |
| 1) Tom Patterson (Oakland) | 20:50 |
| | /Jim Martin/ |

**October 8. San Mateo. College of San
 Mateo Invitational**

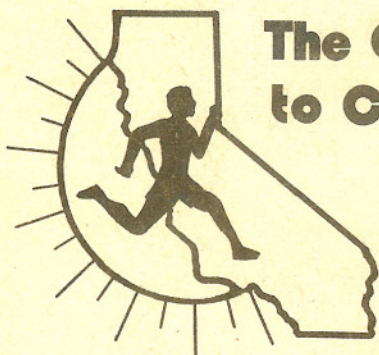
Men's 4.1 Mile:

- | | |
|--|-------|
| 1) Tim Holmes (Mod) | 20:56 |
| 2) Tim Farrell (ARC) | 21:00 |
| 3) Jose Renteria (FCC) | 21:06 |
| 4) Nick Brewer (ARC) | 21:12 |
| 5) Doug Avrit (WVC) | 21:22 |
| 6) Rick Pincombe (CSM) | 21:32 |
| 7) D. Fennstera (ARC) | 21:33 |
| 8) Bob Coulson (ARC) | 21:33 |
| 9) Tim Elming (FCC) | 21:35 |
| 10) Kevin Searls (DVC) | 21:36 |
| 11) Paul Mello (CSM) | 21:37 |
| 12) Valentine Ramos (FCC) | 21:39 |
| 13) Joe Green (CSM) | 21:42 |
| 14) W. Eberly (WVC) | 21:45 |
| 15) Gregg Santos (WVS) | 21:47 |
| 16) Mike Brown (ARC) | 21:48 |
| 17) G. Cassara (Foothill) | 21:49 |
| 18) Ron Criner (DVC) | 21:51 |
| 19) Stan Winkey (Mod) | 21:54 |
| 20) John Swift (Mod) | 21:55 |
| 21) Brad Brown (Delta) | 22:06 |
| 22) Jerry Drew (SR) | 22:09 |
| 23) Ed Nicholson (ARC) | 22:11 |
| 24) Rick Baker (Delta) | 22:16 |
| 25) Chris Kors (Delta) | 22:17 |
| ARC 37, GSM 85, Fresno CC 95, WVC
102, DVC 103. | |

Girls 2.9 Mile:

- | | |
|---------------------------|-------|
| 1) Sharon Hehner (DAC) | 18:04 |
| 2) Marilyn Taylor (DAC) | 18:38 |
| 3) Sue Munday (SJCC) | 18:56 |
| 4) Connie Hester (Fresno) | 19:25 |
| 5) April Dowers (DAC) | 19:30 |
| 6) Chris Sakelerios (Can) | 19:49 |
| 7) Pat Cervantes (SEQ) | 20:01 |
| 8) Mary Connolly (Can) | 20:15 |
| 9) Nora Vargas (Fresno) | 20:24 |
| 10) Grace Robles (Fresno) | 20:37 |
| 11) Mercy Bucker (CSM) | 20:47 |
| 12) Diana Papas (Yuba) | 20:50 |
| 13) Karen Stok (Can) | 20:51 |
| 14) Nancy Timmerman (Mar) | 20:55 |
| 15) Heidi Haggard (Delta) | 21:01 |

/Bob Fries/



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