

CALIFORNIA TRACK NEWS

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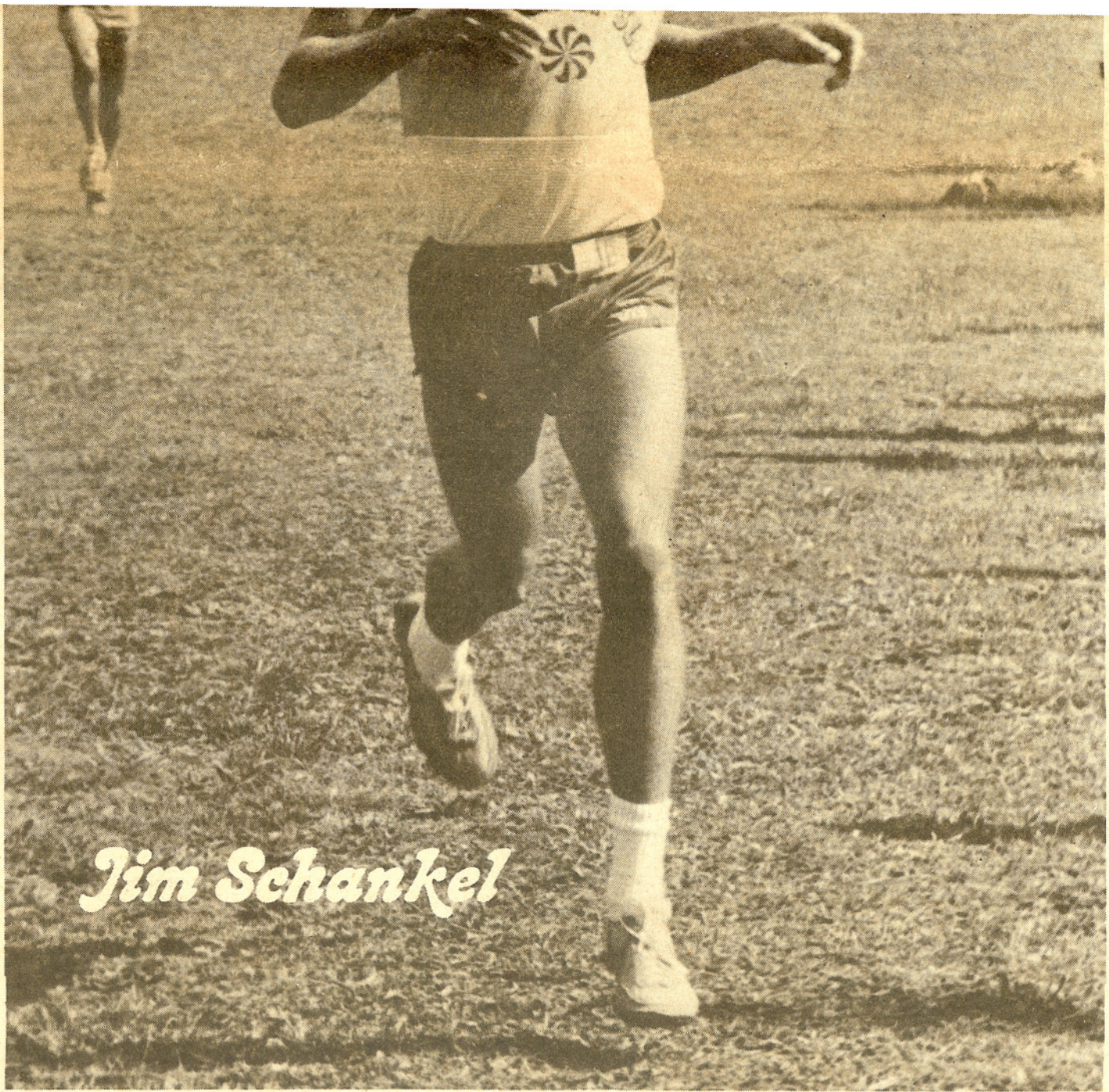


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Jim Schankel

The Only Publication Devoted to California Track

PROFILE ON:

JIM SCHANKEL

by JIM ALVERNAZ

Jim Schankel used to fight fires for a living. Now he sets them -- as a matter of speaking. The 23-year old Lompoc native is currently one of the hottest distance running prospects in the country. He may have been just another example of wasted talent if not for a certain ambitious coach.

That coach is Steve Miller, cross country and track coach at Cal Poly University in San Luis Obispo. Miller coaxed Schankel out of Vandenberg Air Force Base and the service to run on teams he was building for runs at NCAA Division II titles in both sports.

Schankel isn't the only quality body Miller has lured to San Luis Obispo, but no individual present is playing such a large part in Poly's overall success. Schankel thrust himself into the national scene last fall by placing fifth at the Division II cross country championships. He followed that up in the spring with a double vicgory at the Division II track championships winning the 5,000 and 10,000 meter races. Not bad for a guy who hadn't trained seriously for almost two years prior to the previous fall. Still, he and Miller are convinced things

photo by Lou Vincenti



JIM SCHANKEL (center)



CALIFORNIA TRACK NEWS

P.O. Box 6103
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**SCREEN
PRINTING**



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Life wasn't always all that rosy for Schankel, however. As a high schooler at Lompoc High he was one of the top prep six milers in the nation. He enrolled at Cal Poly as a college freshman and immediately found that the running program at that time was not geared to the distance races.

It was an all around bad experience for him. "I had a lot of problems with side cramping during cross country season," said Schankel. "In track season I ran a couple of good races and was an All-American" (he placed 7th in the six mile). "Overall I didn't like it. The program wasn't what I had expected and I wasn't going to spend four years under that system," he said.

What he did do was join the Air Force, a move he doesn't regret in the least. "The service was good to me," said Schankel. "I think it settled me down and helped me mature. I now have more perseverance than before."

Schankel was serving as a fireman when Miller became head track coach at Poly. Miller heard that Schankel was at Vandenburg and set out to get him back in school. "From the time we first got together to the present, things have just gotten better and better," said Miller. "Jim's ability is unquestioned but the problem in the past has been getting it out of him," he went on. "Last year he had another adjustment year. He has gotten better and better."

"Miller got Schankel released from the service a couple of months early. Jim was discharged on September 12, 1977 and was running competitively for Poly just three weeks later.



JIM SCHANKEL (center)

The sudden change in environment didn't go without its consequences however. "While I was in the Air Force I only ran a few meets," said Schankel. "As a fireman my duty was 24 hours on, 24 hours off. I did very little training." As a result Schankel was bothered by sickness for much of the season, a symptom that is not only absent now, but one that is amazing to Miller.

As a result Schankel was bothered by sickness for much of the season, a symptom that is not only absent now, but one that is amazing to Miller. "He just doesn't get hurt," says the third year mentor. "That plus the fact that he is a dedicated trainer has really enhanced his situation. Jim has matured remarkably psychologically and physiologically and I feel we've developed a positive personal relationship," said Miller "This allows us to train and develop the way we have. We feel he needed to be in a structured program and we think it's paying off."

Good physical health is what Schankel gives the majority of credit to his success. "I take a high potency vitamin each day and get more sleep now," he said. "When I train I stretch more and always wear the proper shoes."

Schankel spurns running too many miles during training but instead runs about 13 hard miles each day.

Whatever the cause, he has been untouchable this fall while leading the Mustangs through an unbeaten season including the Western Regionals. The Division II national meet is next and Schankel is looking for a Cal Poly team victory.

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JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401



The junior Rec-Administration major's close range goals are to win the Division II individual cross country title, and to place in the top 10 of the Division I meet. In track he would like to repeat his Division II double in the 5,000 and 10,000 meter runs and finish in the top five at the Division I 5,000 meter final. His long range goals call for a shot at the 1980 Olympics and if not there, the 1984 games in Los Angeles.

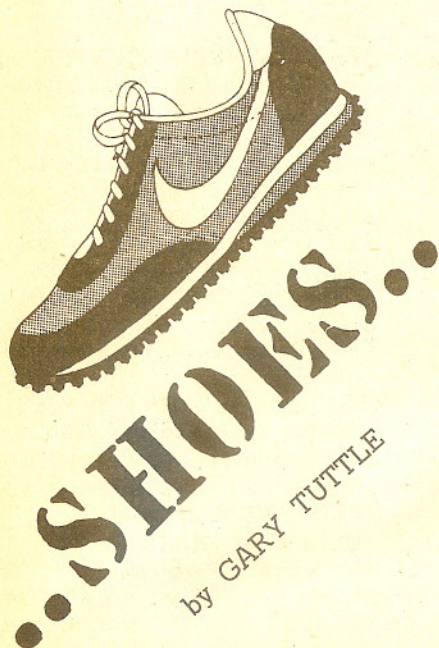
Whatever distance he competes at he will probably do well. His best times:

Two-mile— 8:55.4; Three-mile— 13:33.2; Six-mile— 28:48; 5,000 Meters— 13:59.4; and 10,000 Meters— 29:54.2.

Maybe the one major change that has come over Schankel during his return to Poly is his attitude toward school itself. "I wasn't into school as a freshman. I was in school to run," he said. "Now I go to school AND run."

The reason I run is because I like to," he said. "But if I'm gonna do it, I'm gonna do it the best I can. I don't like to be beat."

TUTTLE'S TRACK TOPICS



doesn't appear to be any system of ranking the four tested categories (rearfoot and forefoot cushion, flexibility, and sole wear) as to importance to everyday training. In my opinion, sole wear makes little impact on the value of a shoe for training, surely not as much as rearfoot cushioning or flexibility, or even forefoot cushion (third in importance). With today's large use of "goo" or "Mend," sole wear has even less importance. Somehow sole wear should be factored in to the survey with less value. Also, something needs changing in the testing when a company like Etonic gets the same two soles rated one way (501-505) in the mens, and differently in the womens (705-701).

Another weakness is in neglecting the importance of heel lift as a factor in being a five star shoe. In my opinion, any shoe with less than 10mm heel lift is inadequate; certainly not five star quality. I know that anything under 10mm will eventually give me achillies tendon problems, and I'm not alone in this complaint.

The most important weakness of the shoe issue is not even the fault of RW, or it's survey. The fault lies with the reader, who feels the final ratings are the last word on shoes. The worst thing a shopper can do is buy a shoe simply because it's top rated. In fact, on page 80 (*Runner's World* - October 1978) it says, "Neither is it suggested that these test results alone be used in a selection of a suitable shoe."

The shoe issue should be used as an aid to smart buying, nothing more.

I recommend that a smart buyer should read the shoe issue then: 1) Evaluate what categories are important to him, then try on those shoes that performed well in those categories laboratory tested. 2) Try on all the shoes that you possibly can, and jog around in them and see what feels good. 3) Ask your running buddies what they like and wear, but don't buy a shoe just because they like it. Keep in mind that RW page 80 says, "There is a best shoe for each runner but not one particular shoe that is best for all runners." 4) Keep in mind there are continually new shoes introduced which are too new to be included in the survey. (Some of the new shoes shown at the Sporting Goods Show are— Etonic Stabalizer, Puma Lite Rider, Osaga Kenetic Trainer, New Balance Dynamo, Tiger Montreal III, Saucony Lady Hornet and Brooks Super Villanova).

These new shoes, and improvements made to the old styles, are made by shoe companies, but RW provides much of the incentive. No matter how you feel about the survey, we owe RW a thank you. I thank you *Runner's World* and so do my feet!

We all must be another year older, because the *Runner's World* Shoe Survey is on the magazine racks again. Once again this year, the shoe issue is better than any of the previous shoe issues. This year's October Shoe Issue is fact filled, colorful, and controversial, but aids the runner in keeping up with the ever changing running shoe scene.

Shoes have changed tremendously over the last four years, and the top shoes of years past are no longer adequate for today's runners. Shoes for training have improved largely because of three reasons. The first and probably the

Thirty One Years' Experience
in Track...

• Porous Track Surfacing

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Shoes have changed tremendously over the last four years, and the top shoes of years past are no longer adequate for today's runners. Shoes for training have improved largely because of three reasons: The first and probably the most important reason is our competitive system of economics which rewards the best shoes with higher sales and resulting greater profits.

The second reason for the shoe improvements is that the people who design the shoes take pride in their shoes, and many being runners themselves are dedicated to helping the runner find the perfect shoe.

The final reason shoes have improved is the *Runner's World* Shoe Survey. RW has been very influential in giving the companies the motivation to upgrade their existing shoes and introduce new models. It is no coincidence that around every August and September a new crop of shoes show up, all claiming to be "the finest shoe yet produced."

As helpful as the shoe issue is, it still comes under a lot of criticism. Much of the criticism comes from the individual shoe companies (especially the low rated). These shoe company spokesmen spend a great amount of time and effort attempting to dispute and down play the importance of the ratings. Their efforts alone seem to dispute their claims as to the surveys unimportance.

This weekend, at the National Sporting Goods Show, I witnessed the efforts of two shoe companies which attempted to convince the retail store buyers of the errors of the survey. One of the companies had a special running clinic, part of which was to dispute the survey. The other shoe company constructed a duplicate laboratory testing machine to dispute the RW ratings on rearfoot cushioning.

In all fairness, the Shoe Survey does have a few weaknesses. First of all, there

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NOVEMBER

- 18 HEART OF THE EMPIRE. 15 kilo, Santa Rosa, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405. (707) 539-3519.
- 18 USTFF WESTERN CROSS COUNTRY CHAMPIONSHIPS, 6 miles, Woodward Park, Fresno. Fresno Pacific Track Club, 1717 South Chestnut Ave., Fresno 93702. (209) 251-7194.
- 18 CALIFORNIA STATE JUNIOR COLLEGE CHAMPIONSHIPS. Grossmont.
- 18 PICO RIVERA TURKEY TROT. 10 miles, 9 am. Armie Briones, Pico Rivera Rec. Dept., 6515 S. Passons Blvd., Pico Rivera 90650. (213) 692-0401, ext. 262.
- 18 AIAW NATIONALS. University of Colorado.
- 19 SPA JUNIOR OLYMPIC CHAMPIONSHIPS. Huntington Beach.
- 19 SANTA CLARA VALLEY AUTUMN RIDGE RUN. 6.07 miles & 10.76 miles, San Jose, 10 am. Ronald Landrum, 1201 Huntingdon Dr., San Jose 95129. (408) 252-0100.
- 19 PEPSI 20 MILE RUN. Delta HS, Clarksburg, 11 am. Elaine Hocking, 4921 Crestwood Way, Sacramento 95822. 447-8647.
- 19 HARVEST CLASSIC. 20 kilo and a 5 kilo for juniors and 10 kilo for women and masters. Oroville. Feather River Hospital, Health Services Dept., 5974 Pentz Rd., Paradise 95969.
- 19 ROSE BOWL MARATHON, ½ & ¼ MARATHON. Pasadena, 7:30 am. Darrell Kelly, Pasadena YMCA, 235 E. Holly, Pasadena 91101. (213) 793-3131.
- 19 SUOMI 20 KILO RACE. Pt. Magu. Eino, 32926 Mulholland Hwy., Malibu 90267. (213) 889-0800.
- 19 EXECUTIVE SHARE HEALTH MARATHON, ¾ & ½ MARATHON. Anaheim, 7 am. Mike
- 25 MASTER'S NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS. 5 kilo, Balboa Park, San Diego. Ed Barvick (714) 435-0210.
- 25 WOMEN'S THANKSGIVING RUN. 10 kilo, Los Angeles, 8:30 am. John Rupp, Box 2161 TA, Los Angeles 90051.
- 26 GARLAND RANCH RUN. 10 kilo. Carmel Valley, 11 am. Gary Geotleman, 223 Country Club Dr., Carmel Valley 93924. (408) 659-4114.
- 26 RUN & BIKE. 4 mile run - 6 mile bike, Redwood Shores Pavilion, 10:30 am. Peter Michon, 174 Crestview, San Carlos 94070. 592-4170.
- 26 COMMUNITY BANK RIVER RUN 10 kilo, Anaheim, 9 am. Community Bank, 1750 South State College Blvd., Anaheim 92806.
- 26 NATIONAL AAU MASTERS AND SPA-AAU MASTERS MARATHON CHAMPIONSHIPS. Anaheim. LDRC-George, 2632 Hollister Terrace, Glendale 91206.
- 26 NATIONAL AAU MASTERS AND SPA-AAU MASTERS MARATHON CHAMPIONSHIPS. Orange, Chapman College, 7:30 am. Joe Burgasser, P.O. Box 4053, Torrance 90510.
- 26 LAKE MERRITT RUNS. 5, 10 & 15 kilos. Oakland, 9 am. John Notch (415) 562-2210.
- 26 OLYMPIC FUND-RAISING RUNS. 5 & 10 kilos. Downtown Sacramento. Donna Taylor, 1725-23rd St., Sacramento 95816.
- 3 DSE SOUTH EMBARCADERO RUN. 6.5 miles, meet at Dolfín Club, 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- 3 CAMPBELL "DECEMBERFEST" 6 miles, Campbell High School, 9 am. Robert Culp, 13638 Riverdale Ct., Saratoga 95070. 867-9844.
- 3 WESTERN HEMISPHERE MARATHON. Culver City, 8 am. Carl Porter, 4117 Overland Ave., Culver City 90230. (213) 837-5211.
- 9 BAKERSFIELD HILL 'n DALE RUN. Cregg Weinmann, 4301 Parker, No. B, Bakersfield 93309.
- 9 DESERT HOT SPRINGS 10 KILO. Women only, 9 am. Doug Huff, P.O. Box 338, Desert Hot Springs 92240. (714) 329-5275.
- 9 CLOVIS STAMPEDE. 5 miles, Clovis High School. Sandy McPherson, 1023 Oxford, Clovis 93612.
- 9 TRACK & FIELD MINI-CLINIC. Glendale Junior College, 8:30 am. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.
- 9 LIVERMORE MARATHON and half marathon. Lawrence Radiation Lab, 10 am. Dick Jones, 228 Scherman Way, Livermore 94550.
- 9 DSE LAND'S END RUN. 4 miles. Balboa & Great Hwy, San Francisco, 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- 9 HUMAN RIGHTS RUN. 5 kilo. Golden Gate Park, Polo Fields, 10 am. Nancy Buxton, 3618 Sacramento St., San Francisco 94118.
- 10 WEIGHTMAN'S PENTATHLON. Glendale JC. John Tansley - see address above.
- 10 SAN FRANCISCO 10 MILE CLASSIC. Golden Gate Park, 11 am. Don Capron, 4808 Fulton St., San Francisco 94121.
- 10 60 KILO RUN. Sacramento, 9 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831.
- 10 APPLE VALLEY RUNS. 6.3 and 3.1 miles, 11 am. Jim Gorrell, 14756 Hopi Rd., Apple Valley 92307.
- 10 COMPTON DISTANCE RUN. 6 miles, 9 am. Art Reade, 410 Buttonwood, Brea 92621. (714) 529-8653
- 10 MARINA DEL REY CHRISTMAS RUN. 10 kilo. 8 am. Twilight Track Club, 646 Midvale Ave., Los Angeles 90024. (213) 477-6177 or 475-8245 (Tim Sprague).
- 15 STANISLAUS TRACK CLINIC at Cal State Stanislaus. Two days. Dr. Al Biancani, track coach, Cal State Stanislaus, Turlock 95380 (209) 633-2567.
- 15 ALL COMERS TRACK MEET. Glendale Junior College, 2:45 pm. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.
- 16 UC IRVINE TRACK CLINIC. At UC Irvine. Two days. 22762 Madrid Dr., El Toro 92630. (714) 586-4293.
- 16 HOLIDAY X-C RUN. 1 and 4 mile, 9 am. Municipal Sports, 200 N. Main St., City Hall East, 13th Floor, Los Angeles 90012.
- 16 MADERA MINI-MARATHON. 13 miles, 11 am. Dennis DeWitt, Madera High School, Madera 93637
- 16 WASCO ROAD RACES. Wasco Parks & Recreation, P.O. Box 840, Wasco 93280.
- 17 CHRISTMAS RELAYS. Don Hintz, 1631 La Vereda Rd., No. 2, Berkeley 94709. (415) 549-3815.
- 17 MT. THOM HILL CLIMB. 4 mile, Glendale. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

Schedule

- women and masters. Oroville. Feather River Hospital, Health Services Dept., 5974 Pentz Rd., Paradise 95969.
- 19 ROSE BOWL MARATHON, ½ & ¼ MARATHON. Pasadena, 7:30 am. Darrell Kelly, Pasadena YMCA, 235 E. Holly, Pasadena 91101. (213) 793-3131.
- 19 SUOMI 20 KILO RACE. Pt. Magu. Eino, 32926 Mulholland Hwy., Malibu 90267. (213) 889-0800.
- 19 EXECUTIVE SHARE HEALTH MARATHON, ¾ & ½ MARATHON. Anaheim, 7 am. Mike Turin, 4000 Park Newport, No. 408, Newport Beach 92660. (714) 556-1350.
- 19 PA-AAU JUNIOR OLYMPIC CROSS COUNTRY. Spring Lake, Santa Rosa.
- 19 PALO ALTO YMCA TURKEY TROT. 5 mile, 3412 Ross Rd., Palo Alto, 9 am. Steve Totten, % YMCA, 3412 Ross Rd., Palo Alto 94303. Awards based on estimated time.
- 19 LAKE MERCED 5 MILER. San Francisco, 10 am. Smith College Scholarship Fund & S.F. Alumni Club, 1476 California St., Dept 277 San Francisco 94109.
- 19 QUAKER 100% RUN. 10 kilo., Golden Gate Park, Polo Fields, 10 am. (415) 495-4273.
- 20 NCAA DIVISION I CROSS COUNTRY CHAMPIONSHIPS. Madison Wisconsin.
- 25 MEN'S NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS. Seattle, Washington.
- 25 WOMEN'S NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS. Memphis, Tennessee.
- 25 STATE CENTER 5 PERSON 15 MILE RELAY. Roeding Park, Fresno. Fresno Pacific Track Club, 1717 South Chestnut Ave., Fresno 93702. (209) 251-7194.

- Anaheim. LDRC—George, 2632 Hollister Terrace, Glendale 91206.
- 26 NATIONAL AAU MASTERS AND SPA-AAU MASTERS MARATHON CHAMPIONSHIPS. Orange, Chapman College, 7:30 am. Joe Burgasser, P.O. Box 4053, Torrance 90510.
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- 26 OLYMPIC FUND-RAISING RUNS. 5 & 10 kilos. Downtown Sacramento. Donna Taylor, 1725-23rd St., Sacramento 95816.

DECEMBER

- 2 REGIONAL JUNIOR OLYMPIC XC CHAMPIONSHIPS. Balboa Park San Diego.
- 2 GLENDALE DECATHLON. 9 am. Two days. World's largest. John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale 91208. (213) 240-1000.
- 2 FRESNO ROAD RACE. Chandler Airport to Kearney Park, 6 miles. Jim Martin, 2530 N. Barton Ave., Fresno 93726.
- 2 SPRING LAKE WOMEN'S 10 KILOMETER. Santa Rosa, 10 am. Empire Runners, 335 Algiers Ct., Santa Rosa 95405.
- 3 PA-AAU JR. MEN'S X-C CHAMPIONSHIPS, 10 kilo, Crystal Springs Belmont Hills, 10:30 am. Jack Leydig, P.O. Box 1551, San Mateo 94401. (415) 341-3119.
- 3 UNITED AIRLINES FRIENDSHIP RUN. 30 kilo, San Bruno, 10 am. Al Bangert, 118 Dunman Way, So. San Francisco 94080.
- 3 BIKE AND RUN. 6 & 12 miles, Chico, 10 am. John Lanz Avecchia, 1378 Arlington Rd., Chico 95926. (916) 343-8933.

- John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.
- 9 LIVERMORE MARATHON and half marathon. Lawrence Radiation Lab, 10 am. Dick Jones, 228 Scherman Way, Livermore 94550.
- 9 DSE LAND'S END RUN. 4 miles. Balboa & Great Hwy, San Francisco, 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- 9 HUMAN RIGHTS RUN. 5 kilo. Golden Gate Park, Polo Fields, 10 am. Nancy Buxton, 3618 Sacramento St., San Francisco 94118.
- 9 NATIONAL JUNIOR OLYMPICS Shawnee Mission Park, Kansas.
- 10 INDUSTRIAL PARK 10 KILO. Bay Park Refuge, Edgewater Dr., Oakland, 9 am. John Notch 415-562-2210.
- 10 HONOLULU MARATHON, Hawaii 6 am. Honolulu Marathon Ass'n, Box 27244, Honolulu, HI 96827. Enter by Oct. 23.

- main St., City Hall East, 13th Floor, Los Angeles 90012.
- 16 MADERA MINI-MARATHON. 13 miles, 11 am. Dennis DeWitt, Madera High School, Madera 93637
- 16 WASCO ROAD RACES. Wasco Parks & Recreation, P.O. Box 840, Wasco 93280.
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- 17 MT. THOM HILL CLIMB. 4 mile, Glendale. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.
- 17 SKUNK HOLLOW 15 KILO HAN-DICAP. Camarillo, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- 23 COYOTE HILLS TO THE BAY 6.8 MILE RUN. Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406.



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- 23 ROSEBOWL 10 MILE HANDICAP
Pasadena, 10 am. Gayle Cory,
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91206.
- 26 HOLIDAY INVITATIONAL 15
KILO RUN. Camarillo, 10 am.
Jim Fagnant, 58 Calle Escalon,
Camarillo 93010. (805) 482-1587.
- 30 ELYSIAN PARK 10 KILO X-C.
Los Angeles, 8 am. Brutus, 2632
Hollister Terr., Glendale 91206.
- 13 ALL COMERS TRACK MEET.
Fresno State University. Carlo
Prandini, 287 W. Barstow, No.
143-B, Clovis 93612. (209) 298-
4659.
- 13 HIGH SIERRA 5 MILE RUN.
Fresno. Joe Herzog, 822 S. Clare-
mont, Fresno 93727.
- 19 ALL COMERS TRACK MEET.
Glendale Junior College, 2:45 pm.
John Tansley, Glendale College,
1500 Verdugo Rd., Glendale 91208
(213) 240-1000.
- 20 NATIONAL AAU SR. MEN
MARATHON CHAMPIONSHIPS.
Houston, Texas. Pete League, 2043
Round Spring, Kingwood, TX
77339.
- 21 ZOO RUN. 4 miles, San Francisco
Zoo, South Gate, 9 am. Norman
Gershenz, S.F. Zoo, Skyline Blvd.,
Zoo Rd. San Francisco 94132.
(415) 661-2023.
- 21 HIGH SIERRA 10 MILE RUN.
Fresno. Len Thornton, 5768 N.
Milbrook, Fresno 93710.
- 25 AZUSA PACIFIC ALL COMERS
DECATHLON. 1 pm, two days.
Marvin Mardock, Azusa Pacific
College, Hwy 66 at Citrus, Azusa
91702.
- 26 ALL COMERS TRACK MEET.
Glendale Junior College, 2:45 pm.
John Tansley, Glendale College,
1500 Verdugo Rd., Glendale 91208
(213) 240-1000.
- 27 ALL COMERS TRACK MEET.
Fresno State University. Carlo
Prandini, 287 W. Barstow, No.
143-B, Clovis 93612. (209) 298-
4659.
- 28 CHAMPAGNE MARATHON. Sara-
toga, 9 am. Dan O'Keefe, 20032
Rodrigues Ave., Cupertino, CA
95014. (408) 257-6670.
- 5 ALL COMERS TRACK MEET
Glendale Junior College, 2:45 pm.
John Tansley, Glendale College,
1500 Verdugo Rd., Glendale 91208
(213) 240-1000.
- 6 BURGER KING 7 MILE. Fresno
Pacific College, 10 am. Fresno
Pacific Track Club, 1717 South
Chestnut Ave., Fresno 93702.
(209) 251-7194.
- 7 GREAT HOLMES LOOP 6 MILE
Cal State Northridge, 8:30 am.
714 e. Acacia Ave., Glendale
91205. Only first 3,000 entries
accepted.
- 7 WOMEN'S INDOOR QUALIFIER.
UCLA. Tentative. Watch the sched-
ule for details.
- 7 CALIFORNIA 10. 10 miles, Lin-
coln HS, Stockton, 10 am. Frank
Hagerty, 7309 Camellia Ln., Stock-
ton 95207. (209) 478-0265.
- 7 GREAT RACE. 3.7 miles. Los
Gatos, 10 am. Peter Michon, 174
Crestview, San Carlos 94070. (408)
255-4700.
- 12 ALL COMERS TRACK MEET.
Glendale Junior College, 2:45 pm.
John Tansley, Glendale College,
1500 Verdugo Rd., Glendale 91208
(213) 240-1000.

JANUARY

● FAST, FLAT AND COOL (45-55 degrees) CERTIFIED COURSE

● PRIZES RAFFLED OFF AFTER RACE

● POSITIONAL STARTING

● \$5.00 ENTRY FEE — \$7.00 LATE ENTRY FEE

● ENTRY DEADLINE DATE: JANUARY 27, 1979

Make check payable to Bakersfield Track Club. AAU registration required.

ENTRY BLANK

I want to participate in the — Half Marathon — Full Marathon.
(please indicate)

Best Marathon Time: _____ Shirt Size: S M L XL
(circle one)

In consideration of your accepting this entry, I, Intending to be legally bound, hereby for myself and my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accure against the Bakersfield Track Club, West High School, their representatives, successors and assigns, for any and all injuries suffered by me at this Bakersfield Marathon.

PRINTED NAME: _____

SIGNATURE: _____
(If under 18 parents signature)

AGE: _____ BIRTHDATE: _____

ADDRESS: _____

DIVISION ENTERING (please check one):

___ Male 13 & under ___ Male 14-19 ___ Male 20-29 ___ Male 30-39

___ Male 40-49 ___ Male 50 & over.

___ Female 29 & under ___ Female 30 & over.

If in need of more information send SASE to Bakersfield Track Club, P.O. Box 9391, Bakersfield, CA 93309.

Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 478-0265.

7 GREAT RACE. 3.7 miles. Los Gatos, 10 am. Peter Michon, 174 Crestview, San Carlos 94070. (408) 255-4700.

12 ALL COMERS TRACK MEET. Glendlae Junior College, 2:45 pm. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.

Prandini, 287 W. Barstow, No. 143-B, Clovis 93612. (209) 298-4659.

28 CHAMPAGNE MARATHON. Saratoga, 9 am. Dan O'Keefe, 20032 Rodrigues Ave., Cupertino, CA 95014. (408) 257-6670.



Track TEASER

by MIKE LENNEMANN

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

Only one reader was brave enough to venture an attempt at last month's difficult puzzle craftely created by Jack Pfeifer. The lone response was submitted by Donn Kirk of Los Altos, California; which automatically makes him the winner of the free one year subscription or renewal and the track related gift.

Donn correctly circled 16 of the 17 junior individual national champions called for by Jack Pfeifer. He missed Lenz, but added two additional names- Perbek and Tufariello.

The answers called for were Zwart, Ruiz, Loud, Owolabi, Salazar,

Nehemiah, Lenz, Suhr, Edwards, Bell, Byers, Buell, Herrman, Herndon, Byrd, Assuma, and McTear.

Since the last puzzle was admittedly difficult we will make up for it in this issue with a very easy one by Mike Lennemann. How many Olympic Games sites (1896 - 1980) can you find hidden in the letter scramble?

The reader submitting the most correctly circled answers will win the one year subscription or renewal plus the track gift. In case of a tie a drawing will determine the prize winner. Entries must be received by December 5, 1978.

ALL-TIME

California Women

Send all additions and corrections to Calvin Brown, 228 E. Artesia Blvd., No. C, North Long Beach, CA 90805.

100 METER HURDLES (33")

automatic is plus .24

| | |
|------------|------------------------------------------|
| 12.8 (1) | Chi Cheng(7/12/70)Munich |
| 13.14 (1) | Pat Van Wolvelaere(5/26/78)Tenn(AR) |
| 13.24 (P) | Jane Frederick(8/19/77)Sofia(AR) |
| 13.36w (3) | Pat Donnelly(5/30/76)Eugene |
| 13.37w (2) | Modupe Oshikoya(6/9/77)UCLA |
| 13.41 (1) | Esther Rot(8/31/75)Crystal Palace |
| 13.69 (6) | Mitzi McMillin(5/7/78)UCLA |
| 13.5 (5) | Lorna Tinney(7/8/72)Frederick |
| 13.5 (1) | Deby Lansky(6/28/74)Bakersfield |
| 13.74w (2) | Jodi Anderson(5/14/78)UCLA |
| 13.6 (1) | Bobbette Krug(7/71)Los Altos |
| 13.7 (5SF) | Marilyn King(6/12/76)UCLA |
| 13.7 (1) | Stella Edwinton(3/23/78)Santa Rosa(14.2) |
| 14.00 (2) | Janet Benford(5/15/76)Manhattan |
| 14.11w (3) | Kris Costello(6/13/77)UCLA |
| 14.13 (1) | Lisa Gourdine(6/4/78)Walnut |
| 13.9 (3H) | Cherrie Sherrard(7/1/72)Canton |
| 13.9 (2) | Janice Lester(5/31/75)UCLA |
| 13.9w | Deanne Carlsen |
| 14.21 (4) | Michelle Hawthorne(6/25/78)Bloomington |

400 METER HURDLES (30")

automatic is plus .14

| | |
|-----------|-------------------------------------|
| 58.62 (4) | Clydine Crowder(6/12/76)UCLA |
| 58.70 (3) | Colette Winlock(5/27/78)Tenn |
| 59.5 (1) | Janice Lester(6/9/74)UCLA |
| 59.6 (3) | Michele Hopper(6/27/75)White Plains |
| 59.9 (3) | Jodi Anderson(5/20/77)UCLA |
| 60.31 (4) | Sheila Hamilton(6/10/77)UCLA |
| 60.8 (1T) | Patty Cape(5/10/75)Walnut |
| 61.31 (2) | Alison Reed(6/14/76)UCLA |
| 61.3 (1) | Stella Edwinton(5/29/78)San Mateo |
| 61.4 (1) | Michelle Hawthorne(8/13/77)Lincoln |
| 62.2 (1) | Alecia Sweeny(7/23/78)Las Vegas |
| 62.2 (2) | Angela Sapp(7/23/78)Las Vegas |
| 62.39 (3) | Kathleen Murphy(5/7/78)UCLA |
| 62.70 (4) | Carolyn Bing(6/14/76)UCLA |
| 62.6 (1) | Alberta Martin(5/21/78)Northridge |
| 62.80 (1) | Heidi Aufermaur(5/27/78)Berkeley |
| 62.82 (1) | Debbie Bottomly(5/14/78)UCLA |
| 63.00 (3) | Yvonne Boone(5/27/78)Bakersfield |
| 63.08 (1) | Linda Hightower(5/20/78)Walnut |
| 63.09 (2) | Laura Nagel(5/20/78)Walnut |

400 METER DASH

automatic is plus .14

| | |
|-----------|-------------------------------------------|
| 50.62 (1) | Rosalyn Bryant(7/28/76)Montreal |
| 51.64 (3) | Kathy Hammond(9/7/72)Munich |
| 51.91 (5) | Mable Ferguson(9/4/72)Munich |
| 52.4 (1) | Charlette Cooke(10/16/67)Mexico City |
| 52.6 (1) | Chi Cheng-Reel(7/29/70)Stockholm |
| 52.7 | Jarvis Scott(10/16/68)Mexico City |
| 53.07 (3) | Kathy Weston(5/21/77)UCLA |
| 53.12 (1) | Freida Cobbs(6/25/78)Bloomington |
| 53.2 (3) | Debbie Byfield-White(6/27/75)White Plains |
| 53.42 (2) | Arlise Emerson(6/25/78)Bloomington |
| 53.44 (Q) | Yolanda Rich(5/26/78)Tenn |
| 53.47 (3) | Gwen Gardner(6/25/78)Bloomington |
| 53.56 (4) | Marian Franklin(6/25/78)Bloomington |
| 53.84 (3) | Mary Decker(7/14/73)Innsbruck |
| 53.7 (1) | Valerie Brisco(4/30/78)Arcadia |
| 53.9 | Una Morris |
| 54.1 (1) | Williamae Ferguson(6/3/72)Irvine |
| 54.1 (2) | Debbie Roberson(6/8/75)UCLA |
| 54.93 (6) | Sherrie Golden(6/15/76)UCLA |
| 54.8 (1) | Adrienne Lair(5/20/78)UCLA |
| 54.8 | Marquita Belk (1978) |

1500 METER RUN

| | |
|--------------|-------------------------------------|
| 4:05.09 (3) | Francie Larrieu(8/6/76)College Park |
| 4:06.83 (4) | Cyndy Poor(8/6/76)College Park |
| 4:08.9 (1) | Mary Decker(1/21/78)Christchurch |
| 4:10.88 (2) | Debbie Heald(6/10/78)UCLA |
| 4:11.7 (1) | Julie Brown(7/1/77)Sochi |
| 4:12.7 (x) | Judy Graham(4/9/77)Goleta |
| 4:16.03 (4) | Ruth Kleinsasser(6/12/76)UCLA |
| 4:17.3 (1) | Kate Keyes(6/8/75)UCLA |
| 4:20.9 (1) | Cheri Williams(7/8/78)Moscow |
| 4:21.5 | Eileen Claugus(8/12/72)Champaign |
| 4:22.08(5SF) | Sue Kinsey(6/11/76)UCLA |
| 4:22.8 (2) | Lee Chiu-Shia(5/18/75)Bakersfield |
| 4:24.17 (1) | Kathi Denz(8/17/78)Walnut |
| 4:24.4 | Ann Trason(5/29/77)Pleasant Hill |
| 4:24.6(7SF) | Paula Rose(6/11/76)UCLA |
| 4:27.2 (1) | Ann Wotherspoon(5/29/78)San Mateo |
| 4:27.3 (1) | Kathy Weston(4/30/78)Pomona |
| 4:27.4 (4) | Maggie Keyes(5/14/78)UCLA |
| 4:28.0 (5) | Jani Rouda(5/14/78)UCLA |
| 4:28.2 (3) | Gundilla Lindh(5/18/75)Bakersfield |



58.70 (3) Collette Winlock(5/27/78)Tenn
 59.5 (1) Janice Lester(6/9/74)UCLA
 59.6 (3) Michele Hopper(6/27/75)White Plains
 59.9 (3) Jodi Anderson(5/20/77)UCLA
 60.31 (4) Sheila Hamilton(6/10/77)UCLA
 60.8 (1T) Patty Cape(5/10/75)Walnut
 61.31 (2) Alison Reed(6/14/76)UCLA
 61.3 (1) Stella Edwinston(5/29/78)San Mateo
 61.4 (1) Michelle Hawthorne(8/13/77)Lincoln
 62.2 (1) Alecia Sweeny(7/23/78)Las Vegas
 62.2 (2) Angela Sapp(7/23/78)Las Vegas
 62.39 (3) Kathleen Murphy(5/7/78)UCLA
 62.70 (4) Carolyn Bing(6/14/76)UCLA
 62.6 (1) Alberta Martin(5/21/78)Northridge
 62.80 (1) Heidi Aufermaur(5/27/78)Berkeley
 62.82 (1) Debbie Bottomly(5/14/78)UCLA
 63.00 (3) Yvonne Boone(5/27/78)Bakersfield
 63.08 (1) Linda Hightower(5/20/78)Walnut
 63.09 (2) Laura Nagel(5/20/78)Walnut

100 METER DASH

automatic timing is plus .24

11.11 (1QF) Barbara Ferrell(10/14/68)Mexico City
 10.9 (1) Andrea Lynch(5/28/77)Wichita
 11.14w (1) Evelyn Ashford(6/11/77)UCLA
 11.0 (1) Chi Cheng(7/18/70)Vienna
 11.38 (1) Renaye Bowen(6/1/76)San Diego
 11.47 (5) Rosalyn Bryant(6/21/76)Eugene
 11.50 (1) Kim Robinson(6/14/77)UCLA
 11.51 (1) Sandra Howard(5/21/77)Modesto
 11.3 (1H) Martha Watson(7/7/72)Frederick
 11.57 (1) Valerie Brisco(4/30/78)Arcadia
 11.58 (1) Brenda Winston(6/13/77)UCLA
 11.58 (2) Gail Douglas(6/8/78)UCLA
 11.58 (3) Jodi Anderson(7/3/78)Stockholm
 11.61 (2) Gayle Butler(5/29/77)UCLA
 11.63 (4) Kelia Bolton(7/28/78)Colorado Springs
 11.4 Jackie Thompson(7/7/72)Frederick
 11.4 (2) Elaine Parker(4/23/78)Northridge
 11.64 (2) Alice Brown(7/8/78)Moscow
 11.66 Pam Waters(6/12/76)UCLA
 11.67 (2) Deandra Carney(6/13/77)UCLA

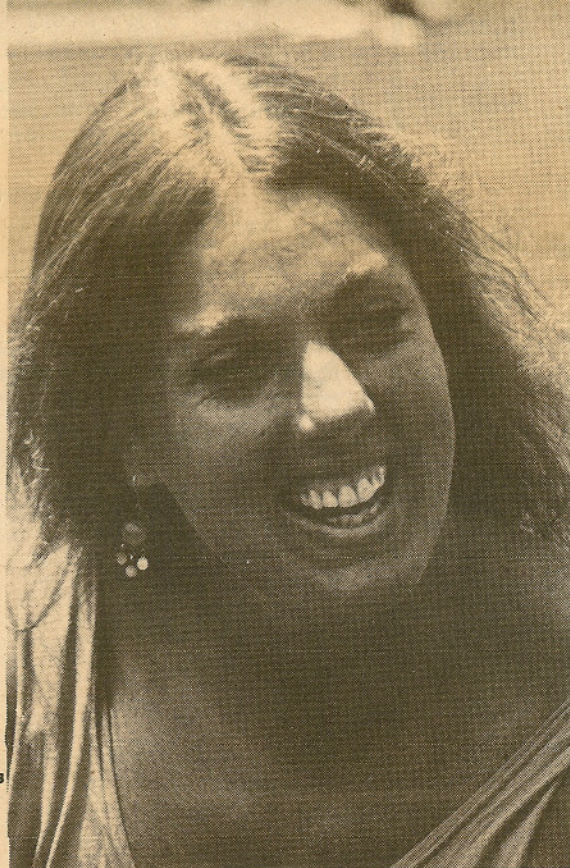


photo by Diane Johnson

MAREN SEIDLER

200 METER DASH

automatic is plus .24

22.62 (1) Evelyn Ashford(6/10/77)UCLA
 22.4 (1) Chi Cheng(7/12/70)Munich
 22.69w (2) Andrea Lynch(1977)England
 22.87 (1H) Barbara Ferrell(10/17/68)Mexico City
 22.8 (2) Rosalyn Bryant(4/29/78)Irvine
 23.08 (1) Jackie Thompson(7/11/73)Munich
 23.0 (1) Adrienne Lewis(5/2/76)El Cerrito
 23.1 (1) Kathie Lawson(7/9/71)Bakersfield
 23.38 (3) Sandra Howard(6/26/77)Gelsenkirchen
 23.41w (2) Freida Cobbs(7/7/76)Ludenscheid
 23.3 (1) Renaye Bowen(1977)
 23.3w (1) Kathy Hammond(6/1/68)Hayward
 23.4 (1) Marie Nickson(5/13/78)Chico
 23.4w Vilma Charlton (1968)
 23.72 (1) Esther Rot(6/14/75)Seoul
 23.5 (4) Una Morris(10/19/64)Tokyo
 23.5 (1) Brenda Winston(4/17/77)Tempe
 23.5w (2) Charlette Cooke(4/17/66)Santa Ana
 23.75 (4SF) Kelia Bolton(6/10/78)UCLA
 23.77 (1) Valerie Brisco(4/30/78)Arcadia

800 METER RUN

2:00.15 (2) Cyndy Poor(8/10/76)Stockholm
 2:00.22 (1) Francie Larrieu(8/20/76)Berlin
 2:00.73 (3) Kathy Weston(6/22/76)Eugene
 2:00.7 (2) Julie Brown(7/2/77)Sochi
 2:01.8 (1) Mary Decker(2/17/74)San Diego
 2:01.99 (1) Ruth K. Caldwell(6/10/78)UCLA
 2:02.9 (2) Tecla Chemabwai(8/10/78)Canada
 2:03.8 (1) Charlette Cooke(7/23/66)LA Coliseum
 2:04.37 (2) Ann Regan(7/3/77)Richmond
 2:04.57 (5) Marcia Romesser(6/10/78)UCLA
 2:04.5 (3) Jarvis Scott(8/24/68)Walnut
 2:05.0 (1) Debbie Heald(5/14/78)UCLA
 2:05.43 (1) Linda Goen(6/14/77)UCLA
 2:05.93 (3) Lynn Hollins(6/10/76)UCLA
 2:06.68 (5) Debbie Roberson(6/9/78)UCLA
 2:07.0 Cis Schafer(7/8/72)Frederick
 2:07.3 Marie Mulder(7/31/65)Kiev
 2:07.45 (4) Kate Keyes(5/31/76)San Diego
 2:07.5 (2) Lynn Smith(8/19/75)Stockholm
 2:07.5 (9) Kathy Costello(5/8/76)Fresno



photo by Diane Johnson

MARY DECKER

3000 METER RUN

8:54.95(3) Francie Larrieu(8/7/76)College Park
 9:12.63 (4) Sue Kinsey(6/10/78)UCLA
 9:26.5 (1) Julie Brown(5/21/77)UCLA
 9:27.43 (1) Judy Graham(3/27/77)Oakland
 9:30.8 Eileen Claugus(4/15/73)San Jose
 9:32.4 (1) Kate Keyes(5/14/78)UCLA
 9:35.1 (8) Ann Wotherspoon(6/10/78)UCLA
 9:42.0 Tena Anex(5/20/73)San Jose
 9:42.26 (1) Phyllis Olrich(4/30/77)San Jose
 9:43.33 (4) Vickie Bray(6/14/77)UCLA
 9:46.0 (3) Linda Broderick(5/14/78)UCLA
 9:46.0 (9) Carrie Craven(5/26/78)Knoxville
 9:48.0 Su-Mei-Lee(6/4/78)Walnut
 9:49.4 (2) Kathy Mintie(6/4/78)Walnut
 9:54.5 (1) Linda Heimiller(3/13/77)Northridge
 9:55.7 (1) Mary Ann Morse(7/1/78)Walnut(12-13)
 9:55.8 (1) Vickie Cook(5/13/78)UCLA
 9:56.5 (1) Susie Meek(4/30/78)Arcadia

5000 METER RUN

- 15:59.9 (2) Julie Brown(5/26/78)Tenn
- 16:00.4 (3) Sue Kinsey(5/26/78)Tenn
- 16:55.3 (1) Vickie Cook(2/13/77)Goleta(12)
- 16:56.4 (1) Sally Metteer(4/1/78)Berkeley
- 16:57.9 (2) Miki Gorman(2/13/77)Goleta(41)
- 17:02.7 (3) Ann Thrupp(6/14/77)Eugene
- 17:05.6 (2) Linda Broderick(4/1/78)Berkeley
- 17:06.8 (1) Chris Troffer(5/20/77)UCLA
- 17:16.2 (3) Linda Heinmiller(4/1/78)Berkeley
- 17:17.6 (9) Kathy Robertson(5/26/78)Tenn
- 17:21.4 (9) Tena Anex(5/20/77)UCLA
- 17:33.6 (5) Lynn Christopher(2/13/77)Goleta
- 17:39.7 (3) Hansen(4/22/78)Northridge
- 17:41.7 Lynne Hjelte (1978)
- 17:51.1 (1) Celia Peterson(4/30/78)Pomona
- 17:52.3 (7) Paula Jackson(5/20/77)UCLA
- 17:53.0 (1) Joyce Dendo(5/21/78)Northridge
- 17:59.4 (3) Pam Cox(5/14/78)UCLA
- 17:59.7 (3) Kathy Kiernan(2/13/77)Goleta(11)
- 18:00.6 (1) Mary Carman(6/24/78)Lompoc

10,000 METER RUN

- 33:42.7 (2) Sue Kinsey(6/8/78)UCLA
- 34:19.5 (1) Julie Brown(3/13/77)Northridge
- 34:54.65(4) Teri Anderson(6/9/77)UCLA
- 34:54.8 (5) Roxanne Bier(6/8/78)UCLA
- 35:07.7 (1) Martha Cooksey(4/1/78)Long Beach Road
- 35:11.2 (6) Ann Trason(6/8/78)UCLA
- 35:21.17 (7) Linda Heinmiller(6/9/77)UCLA
- 35:22.2 (7) Phyllis Olrich(6/8/78)UCLA
- 35:33.74(7) Chris Troffer(6/9/77)UCLA
- 35:39.76(9) Kathy Jewell(6/9/77)UCLA
- 35:40.5 (3) Ann Thrupp(6/9/77)UCLA
- 36:01.0 (9) Karen Nachbar(6/9/77)UCLA
- 36:06.70(12) Jacki Hansen(6/9/77)UCLA
- 36:07.4 (11) Celia Peterson(6/8/78)UCLA
- 36:46.2 (4) Doreen Assumma(5/29/77)UCLA
- 37:35.7(17) Judy Leydig(6/9/77)UCLA
- 37:47.2 (1) Amelie Wilmer(6/4/78)Walnut
- 37:58.2 (5) Marie Albert(5/29/77)UCLA
- 38:07.4 (1) Vivian Soderholm(5/29/78)San Mateo
- 38:21.8 (2) Tena Anex(5/29/77)Pleasant Hills

MARATHON

- 2:36:23.1(1) Julie Brown(9/10/78)Eugene(AR)
- 2:38:19(11-1)Jacki Hansen(10/12/75)Eugene(WR)
- 2:39:11 (1) Miki Gorman(10/24/76)New York
- 2:45:34 Penny DeMoss (1978)
- 2:46:16 (1) Martha Cooksey(3/19/78)Atlanta
- 2:46:23 (2) Diane Barrett(12/6/76)Culver City
- 2:46:34 (1) Leal-Ann Reinhart(10/23/77)New York
- 2:46:54 (2) Sue Kinsey(12/10/77)Scottsdale
- 2:47:07 Celia Peterson(1978)
- 2:49:40 Cheryl Bridges(12/5/71)Culver City
- 2:50:15 (1) Sue Petersen(1978)San Francisco
- 2:50:34(14-1)Kathy Jewell(6/26/77)Lompoc
- 2:50:40 (4) Judy Gumbs(10/23/77)Minneapolis
- 2:51:15 (4) Joan Ullyot(12/6/76)Culver City
- 2:52:06 (7) Tena Anex(10/23/77)Minneapolis
- 2:52:35 Candy Hearn (1978)



photo by Diane Johnson

RUTH CALDWELL

10,000 METER WALK

- 51:00.1 (1) Sue Brodock(5/15/77)Walnut
- 51:51 (2) Sue Liers(6/18/77)Palo Alto
- 53:00.9 (2) Paula Kash Mori(6/10/78)UCLA
- 54:10.2 (3) Sally McPherson(6/18/77)Palo Alto
- 54:29.1 (4) Joyce Brodock(6/18/77)Palo Alto
- 55:51 (6) Chris Sakelarios(6/18/77)Palo Alto
- 56:25.1 (7) Jill Steiner(6/18/77)Palo Alto
- 56:54 (2) Vicki Jones(4/22/78)UCLA
- 57:43 (9) M. Lang(6/18/77)Palo Alto
- 57:48.2 (4) Jessica Waskow(4/2/78)Northridge
- 58:10 (10) Sandy Eriscoe(6/18/77)Palo Alto
- 58:12 (12) Linda Bottlik(6/18/77)Palo Alto
- 58:39.0 (7) Jane Janousek(6/10/78)UCLA
- 62:27.1 (10) Denece George(6/10/78)UCLA
- 63:18.2 (11) Laura Gottlieb(6/10/78)UCLA
- 66:16.3 (X-6)Chris Ramirez(4/2/78)Northridge
- 67:10.4 (12) Patricia Reback(6/10/78)UCLA
- 70:11.5 (13) Marcia Gottlieb(6/10/78)UCLA

SHOT PUT (4 kilo)

- 61-2 1/4 (2)i Maren Seidler(1/20/78)Sindelfingen
- 54-9 1/8 (1) Earlene Brown(9/22/60)Frankfurt
- 53-7 3/4 (1) Kathy Devine(4/29/78)Des Moines
- 53-5 1/4 (1) Jan Svendsen(8/8/72)Los Angeles
- 53-1 (1) Lynn Graham(5/28/71)Garden Grove
- 53-1 (1) Jane Frederick(5/14/78)UCLA
- 51-6 1/2 (1) Emily Dole(5/5/78)Long Beach
- 49-1 (1) Karen Marshall(4/1/78)Northridge
- 48-11 Linda Langford(1975)
- 48-9 (4) Cel Rutledge(8/31/75)UCLA
- 47-6 1/4 (1) Joan Pavelich(5/28/73) San Diego
- 46-7 (4) Melody Rose(5/14/78)UCLA
- 46-2 (1) Pat Bank(12/19/71)Irvine
- 46-1 1/2 (1) Denise Holloway(4/25/76)Walnut
- 45-8 (1) Kuchta(5/27/78)Bakersfield
- 45-8 (P) Susie Ray(8/17/78)Walnut
- 45-6 3/4(1)i Vera Peco(1/25/75)Anaheim
- 45-2 1/4 (3P) Kerry Zwart(6/13/77)UCLA
- 45-0 1/4 (1) Michelle Betham(4/1/78)Arcata
- 44-7 3/4 (1) Iva Wright(6/13/71)Santa Ana

DISCUS

- 193-3 (X-1) Olga Connolly(6/29/75)Irvine
- 180-11 (1) Jan Svendsen(1976)
- 178-8 (X-1) Vivian Turner(7/11/72)Hawthorne
- 176-10 1/2 (1) Earlene Brown(7/16/60)Abilene
- 176-0 (1) Linda Langford(6/6/76)UCLA
- 173-11 Joan Pavelich(1974)
- 173-6 (1) Lisa Vogelsang(4/77)Long Beach
- 171-10 (3) Monette Branson(5/21/77)Modesto
- 168-3 (3) Karen Marshall(6/10/77)UCLA
- 165-9 (1) Terri Sabol(8/31/75)UCLA
- 159-2 (1) Pamela Kurrell(5/28/60)Modesto
- 158-9 (3) Nancy Norberg(8/18/68)Aurora
- 158-4 Christi Pyle(5/26/78)Arcadia
- 157-9 (1) Lynn Graham(7/3/65)Columbus
- 153-5 (2) Iva Wright(3/25/72)Claremont
- 152-5 Karen Stampfli(1977)
- 150-9 (2) Leslie Deniz(6/25/78)Bloomington
- 148-9 Susan Springer(1978)
- 148-1 (4) Debbie Rivera(4/29/73)Walnut
- 143-6 (1) Cindy Banks(4/21/78)Bakersfield

JAVELIN

- 227-5 (1) Kathy Schmidt(9/11/77)Fuerth(WR)
- 207-11 (1) Sherry Calvert(7/7/78)Berkeley
- 207-9 Karin Smith(1978)Europe
- 196-3 (1) RaNae Bair(7/2/67)Santa Barbara
- 196-1 (1) Cathy Sulinski(6/6/76)Campbell
- 192-5 (4) Lynn Cannon(6/25/77)W. Germany
- 186-4 (1) Roberta Brown(3/21/71)Phoenix
- 180-3 (1) Asa Westmon(5/3/75)Lakewood
- 175-3 1/2 Connie Gasson(1977)
- 174-6 Barbara Whitfield(5/22/76)Eugene
- 170-9 1/2 (1) Gloria Wilcox(5/9/64)Westminster
- 170-0 (x) Karen Oldham(10/26/56)Los Angeles
- 169-10 (1) Donna Dietrich(3/18/78)Redlands
- 168-6 (4) Debbie Langevain(6/23/73)Irvine

MARATHON

- 2:36:23.1(1) Julie Brown(9/10/78)Eugene(AR)
- 2:38:19(11-1) Jacki Hansen(10/12/75)Eugene(WR)
- 2:39:11 (1) Miki Gorman(10/24/76)New York
- 2:45:34 Penny DeMoss (1978)
- 2:46:16 (1) Martha Cooksey(3/19/78)Atlanta
- 2:46:23 (2) Diane Barrett(12/6/76)Culver City
- 2:46:34 (1) Leal-Ann Reinhart(10/23/77)New York
- 2:46:54 (2) Sue Kinsey(12/10/77)Scottsdale
- 2:47:07 Celia Peterson(1978)
- 2:49:40 Cheryl Bridges(12/5/71)Culver City
- 2:50:15 (1) Sue Petersen(1978)San Francisco
- 2:50:34(14-1)Kathy Jewell(6/26/77)Lompoc
- 2:50:40 (4) Judy Gumbs(10/23/77)Minneapolis
- 2:51:15 (4) Joan Ulyot(12/6/76)Culver City
- 2:52:06 (7) Tena Anex(10/23/77)Minneapolis
- 2:52:35 Candy Hearn (1978)
- 2:53:14 (37) Vickie Bray(12/11/76)Livermore
- 2:53:40 Teri Anderson(3/4/73)St. Louis
- 2:54:10 (1) Marilyn Paul(11/27/75)Portland
- 2:54:28 Judy Ikenberry(1/12/74)Mission Bay

3000 METER WALK

- 14:16.9 (1) Sue Brodock(4/11/76)Tempe
- 14:49.0 (2) Esther Marquez(8/15/74)Sdr.Omme
- 14:50.2 (1) Lisa Metheny(6/15/76)UCLA
- 15:04.13 (2) Tracy Trisco(6/14/77)UCLA
- 15:19.53 (3) Joyce Brodock(6/14/77)UCLA
- 15:34.4 (1) Jessica Waskow(2/13/77)Goleta
- 15:37.0 (1) Chris Ramirez(7/1/78)Walnut
- 15:41.4 (1) Jill Steiner(4/17/77)Tempe
- 15:43.4 (2) Linda Brodock(5/23/76)UCLA
- 15:45.13 (6) Chris Sakelarios(6/14/77)UCLA
- 15:49.3 (3) Becky Villalvazo(6/15/76)UCLA
- 15:59.28 (5) Linda Bottlik(6/14/77)UCLA
- 16:04.2 (3) Cindi Johnson(5/23/76)UCLA
- 16:05.7 (8) Laura Spencer(6/14/77)UCLA
- 16:08.0 (2) Terri Teegarden(5/16/76)Irvine
- 16:14.9 (1) Kathy Kiernan(3/19/78)Phoenix
- 16:19.4 (2) Ingrid Nussle(7/1/78)Walnut
- 16:25.2 (1) Jane Janousek(6/4/78)Walnut
- 16:25.3 (4) Lynn Holmbeck(2/13/77)Goleta
- 16:29.4 (11) Melissa Steinle(6/15/76)UCLA

5000 METER WALK

- 23:53.0 (1) Sue Brodock(5/1/77)Santa Ana
- 25:02.0 (2) Esther Marquez(8/18/74)Denmark
- 25:28.0 (3) Chris Sakelarios(8/18/74)Denmark
- 25:29.0 (4) Linda Broderick(8/18/74)Denmark
- 26:01.1 (3) Joyce Brodock(6/9/77)UCLA
- 26:12.0 (4) Tracy Trisco(6/9/77)UCLA
- 26:15.4 (5) Linda Bottlik(6/9/77)UCLA
- 26:18.4 (6) Sally McPherson(6/9/77)UCLA
- 26:27.1 (1) Paula Kash Mori(5/14/78)UCLA
- 26:49.8 (3) Jill Steiner(5/1/77)Santa Ana
- 27:12.2 (8) Sandy Briscoe(6/9/77)UCLA
- 27:32.74 (1) Lori Maynard(6/17/78)Los Gatos
- 27:56.2 (3) Cindy Vaughan(5/8/77)Lafayette
- 27:57.3 (4) Laura Spencer(5/8/77)Lafayette
- 28:07.2 (4) Shelley Quintana(4/23/77)Walnut
- 28:17.8 (1) Jane Janousek(5/21/78)Northridge
- 28:34.4 (13) Amy Spangler(6/9/77)UCLA
- 28:48.4 (3) Julie Partridge(4/23/78)Moraga
- 29:01 (1) Vicki Jones(5/14/77)
- 29:16.4 (15) Nancy Ann Foster(6/9/77)UCLA

- 51:00.1 (1) Sue Brodock(5/15/77)Walnut
- 51:51 (2) Sue Liers(6/18/77)Palo Alto
- 53:00.9 (2) Paula Kash Mori(6/10/78)UCLA
- 54:10.2 (3) Sally McPherson(6/18/77)Palo Alto
- 54:29.1 (4) Joyce Brodock(6/18/77)Palo Alto
- 55:51 (6) Chris Sakelarios(6/18/77)Palo Alto
- 56:25.1 (7) Jill Steiner(6/18/77)Palo Alto
- 56:54 (2) Vicki Jones(4/22/78)UCLA
- 57:43 (9) M. Lang(6/18/77)Palo Alto
- 57:48.2 (4) Jessica Waskow(4/2/78)Northridge
- 58:10 (10) Sandy Briscoe(6/18/77)Palo Alto
- 58:12 (12) Linda Bottlik(6/18/77)Palo Alto
- 58:39.0 (7) Jane Janousek(6/10/78)UCLA
- 62:27.1 (10) Denece George(6/10/78)UCLA
- 63:18.2 (11) Laura Gottlieb(6/10/78)UCLA
- 66:16.3 (X-6) Chris Ramirez(4/2/78)Northridge
- 67:10.4 (12) Patricia Reback(6/10/78)UCLA
- 70:11.5 (13) Marcia Gottlieb(6/10/78)UCLA

HIGH JUMP

- 6-4 (1)i Joni Huntley(1/13/78)College Park
- 6-3 3/4(1)i Debbie Brill(2/11/78)Richfield
- 6-0 (P) Jane Frederick(6/24/78)Nymburk
- 5-11 (3) Modupe Oshikoya(4/24/76)Walnut
- 5-11 (7) Cindy Gilbert(6/11/77)UCLA
- 5-11 (3) Annette Tannander(5/7/78)UCLA
- 5-10 1/2 (1) Kari Gosswiller(5/20/78)Arcadia
- 5-10 1/2 (1) Nancy Redican(5/20/78)Arcadia
- 5-10 1/2 Sue McNeal(6/3/78)Bakersfield
- 5-10 (1) Pam Blackburn(4/27/75)Orinda
- 5-10 (P) Marilyn King(6/21/76)Eugene
- 5-10 (3) Denise Cornell(5/21/77)Modesto
- 5-10 (1) Tonya Alston(8/13/78)Lincoln
- 5-10 (1) Chris Remmling(5/14/78)UCLA
- 5-9 1/2 (1) Ellen Fargo(7/1/78)Walnut
- 5-9 3/8 (1) DeAnne Wilson(7/8/72)Frederick
- 5-9 3/8 (2) Sandy Goldsberry(7/8/72)Frederick
- 5-9 1/2 (P) Luanne Morris(5/6/78)UCLA
- 5-9 (2) Candy Ross(6/5/76)Berkeley
- 5-9 (2) Cathy Cook(7/10/76)Mexico City
- 5-9 (2) Anne Erpenbeck(6/4/77)UCLA
- 5-9 (3)i Danny Guyonnet(1/28/78)Ottawa
- 5-9 (4) Fern Simon(5/7/78)UCLA

LONG JUMP

- 22-7 1/2 (1) Jodi Anderson(6/10/78)UCLA
- 21-9 3/4w(1) Martha Watson(5/26/74)Modesto
- 21-7w (P) Jane Frederick(5/28/78)Getzis
- 21-6 1/2 (1) Modupe Oshikoya(5/26/78)Tenn
- 21-0 3/4(1)i Chi Cheng(2/28/70)New York
- 21-0 (2) Sherron Walker(4/29/78)Irvine
- 20-11 3/4(1) Vicki Betts(6/6/76)UCLA
- 20-10 1/2w (1) Marilyn King(5/1/76)San Jose
- 20-9 1/2 (1) Kim Attlesley(7/30/72)Long Beach
- 20-8 1/2w (1) Pat Winslow(7/2/67)Santa Barbara
- 20-7 (1) Dora Lee Roberts(5/1/71)Fresno
- 20-5 3/4(2) Anita Neil(5/27/72)Modesto
- 20-4 3/4 (1) Gwen Loud(4/30/78)Arcadia
- 20-4 1/2 (3) Barbara Ferrell(5/27/72)Modesto
- 20-3 1/2 (2) Joni Huntley(4/1/78)Northridge
- 20-3w (1) Lisa Gourdine(7/31/76)Reno
- 20-2 1/2 (4) Denise Paschal(7/24/66)LA Coliseum
- 20-1 3/4 (2) Karen Elmore(7/3/77)Richmond
- 20-1 1/2w (1) Sonia Guss(9/68)Walnut
- 20-0 1/2 (6) Diane Kummer(6/10/77)UCLA

JAVELIN

- 227-5 (1) Kathy Schmidt(9/11/77)Fuerth(WR)
- 207-11 (1) Sherry Calvert(7/7/78)Berkeley
- 207-9 Karin Smith(1978)Europe
- 196-3 (1) RaNae Bair(7/2/67)Santa Barbara
- 196-1 (1) Cathy Sulinski(6/6/76)Campbell
- 192-5 (4) Lynn Cannon(6/25/77)W. Germany
- 186-4 (1) Roberta Brown(3/21/71)Phoenix
- 180-3 (1) Asa Westmon(5/3/75)Lakewood
- 175-3 1/2 Connie Gasson(1977)
- 174-6 Barbara Whitfield(5/22/76)Eugene
- 170-9 1/2 (1) Gloria Wilcox(5/9/64)Westminster
- 170-0 (x) Karen Oldham(10/26/56)Los Angeles
- 169-10 (1) Donna Dietrich(3/18/78)Redlands
- 168-6 (4) Debbie Langevain(6/23/73)Irvine
- 168-5 1/2 Fran Davenport(9/8/63)Wissen
- 167-8 (3) Nadine Bowers(5/3/75)San Jose
- 167-4 (2) Keri Camarigg(4/30/78)Pomona
- 166-9 (2) Baba Brandin(4/23/66)Hanford
- 165-9 (1) Cathy Corr(5/18/75)Newport Beach
- 162-9 (2) Margaretta Carelli(4/9/72)Long Beach

PENTATHLON (100mh, SP, HJ, LJ, 800)

- 4704 (1) Jane Frederick(6-24/25-78)Nymburk(AR)
(13.48, 51-7, 6-0, 20-7 3/4, 2:18.6)
- 4379 (1) Modupe Oshikoya(6-3/4-78)Tempe
(14.0, 38-3 1/2, 5-9, 21-4 1/2, 2:17.9)
- 4242 (1) Jodi Anderson(4/23/78)Northridge
(14.0, 37-9 1/2, 5-7, 20-8 1/2, 2:20.8)
- 4100 (2) Denise Cornell(4/23/78)Northridge
(14.6, 40-3, 5-8 1/2, 18-3 3/4, 2:19.6)
- 4013 (1) Patsy Walker(5/6/78)UCLA
(14.7, 36-2, 5-5 3/4, 19-1 1/2, 2:19.0)
- 3922 (3) Marilyn Linsenmeyer(4/23/78)Northridge
(14.6, 39-1 1/2, 5-1 3/4, 17-11 1/2, 2:17.2)
- 3912 (1) Kerry Zwart(6-3/4-78)Tempe
(15.2, 43-8 1/2, 5-5 1/2, 18-3 3/4, 2:29.4)
- 3872 (5) Joan Russell(5/27/78)Knoxville
- 3855 (1) Susie Ray(8/17/78)Walnut
(14.6, 45-8, 5-3, 17-7 3/4, 2:33.4)
- 3815 (4) Giulia Monteforte(5-20/21-77)UCLA
(800-2:23.2)
- 3755 (1) Tonya Alston(7/13/77)Millbrae
- 3747 (8) Mitzi McMillin(5-20/21-77)UCLA
(14.0, ? , 5-7, 18-2 1/2, 2:42.3)
- 3670 Lisa Kinimaka(5/27/78)Knoxville
- 3617 (3) Jenny Stary(5/6/78)UCLA
(15.9, 40-2, 5-0 1/2, 17-8 1/2, 2:27.5)
- 3508 (4) Suzy Boehner(5/6/78)UCLA
(15.3, 23-9 1/2, 5-5 3/4, 17-11, 2:26.2)
- 3449 (5) Cindy Banks(5/6/78)UCLA
(15.1, 35-8, 5-1 1/2, 16-4 1/2, 2:36.9)
- 3449 (6) Gigi Hurley(6-4/5-78)Tempe
(14.9, 32-11, 5-1, 17-10 1/2, 2:43.5)
- 3385 (3) Carolyn Zeller(5/6/78)Pomona
(16.1, 28-3 3/4, 5-3, 18-0 1/2, 2:33.9)
- 3379 (6) Syd Brown(5/6/78)UCLA
(16.4, 37-8, 4-10 1/2, 16-2, 2:25.7)
- 3344 (7) Luanne Morris(5/6/78)UCLA
(15.0, 29-0 3/4, 5-9 1/2, 16-3 3/4, 2:56.4)

TEAM SPOTLIGHT:



left to right: Steve Kelley, Jim Hartig, Gary Romesser, Mike Lennemann, Rich Langford, Tony Ramirez, Curt Elia, Darrel Cox.

The Fresno Pacific Track Club is just one of the many clubs in California that is growing at a rapid rate. The FPTC serves the greater Fresno area which extends through Visalia to Madera. There are also several members out of this area and several out of state.

FPTC was originally formed in the summer of 1975. The purpose of the club at that time was to give several graduated athletes from Fresno Pacific College a team so they could continue post-graduation competition. Since this meager beginning, FPTC has expanded to 300+ members. The club now fields full open mens and women's teams in cross country and track. Along with these teams there are many members at the junior level in both track and cross

Championships. Informal team workouts are also held during the track and cross country season.

All of these things have been accomplished mostly through the club's head coach and Board of Directors chairman, Bill Cockerham. The "Ham" as he is affectionately called has worked and sacrificed many hours at making the club what it is today. Several members have also put in the hours to make FPTC successful. Coach Cockerham's philosophy of a club and what it should do is stated like this: "The club should provide an opportunity for track and field and running athletes to achieve their goals; no matter what their level of performance."

Since its beginning in 1975 the

fresno pacific track club

by JIM HARTIG

ably the most elite are the husband-wife team of Gary and Marcia Romesser. Marcia is far away in a class by herself. Her best accomplishment to date is her 1978 fifth place finish in the AAU 800 meters. Her time was an excellent 2:04. Gary runs right next to Marcia in accomplishments. He placed fourth in the 1977 AAU One Hour Run with 12 plus miles. He took 30th in the 1977 AAU cross country championships; sixth Californian. Gary also boasts excellent track times of 14:07 for 5,000 and 29:30 for 10,000. He is among the most consistent of any runner in California as he rarely takes worse than fifth in any big race.

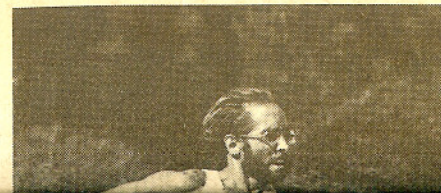
Track clubs would never make it if it were not for the people that work behind the scenes. FPTC is fortunate to have several, and, of course, could always use more. One person that has done an excellent job is Gene Lynch. He has single-handedly taken over the masters program and made it into a respectable team. Mike Lennemann and Larry Lung are very instrumental in putting on club sponsored meets.

this improvement: (1) Pete Romero, former Reedley High School two mile great, is the women's coach and meets with them daily to conduct workouts. (2) Linda Datz is the women's team captain and keeps everyone enthusiastic and informed. Several junior women have shown special potential: Diane Barrett is AAU Junior Marathon champion and Rene Ortiz has been winning all her high school cross country meets.

The masters portion of FPTC is growing almost as fast as the gals. Masters leadership is provided by Gene Lynch (himself an accomplished runner) who is masters captain and founder of that program. One of the more notable masters is Sid Toabe who holds several age records.

Funds for club activities come from annual dues, individual donations, and an annual jog-a-thon. Financially the club barely manages to break even. Corporate or business sponsorships are a goal of the future.

The Fresno Pacific Track Club is open to all runners, joggers, and track



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The club publishes a monthly newsletter and is a contributor to *California Track News*. Seasonal track and cross country schedules are printed and sent out to all members. The club hosts and sponsors numerous running events, among them are the Sierra Pines Relay, State Center 15 Mile Relay and the USTFF Western Regional Cross Country

plished mostly through the club's head coach and Board of Directors chairman, Bill Cockerham. The "Ham" as he is affectionately called has worked and sacrificed many hours at making the club what it is today. Several members have also put in the hours to make FPTC successful. Coach Cockerham's philosophy of a club and what it should do is stated like this: "The club should provide an opportunity for track and field and running athletes to achieve their goals; no matter what their level of performance."

Since its beginning in 1975 the FPTC has had a long list of team and individual accomplishments. Some of the more outstanding team accomplishments to date are: 1977 Tahoe Relay Champions, 1977 Fresno State Invitational Cross Country Champions, 1977 National AAU One Hour Run runner-up, third in the 1978 National AAU 25 Kilo Championships, and winners of the 1978 Central Cal Cross Country Champs.

Among the FPTC's members prob-

single-handedly taken over the masters program and made it into a respectable team. Mike Lennemann and Larry Lung are very instrumental in putting on club sponsored meets.

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left to right: Margie Timberlake, Linda Datz, Diane Barrett, Rene Ortiz, Tone O'Halloran, JoEllen Howard.

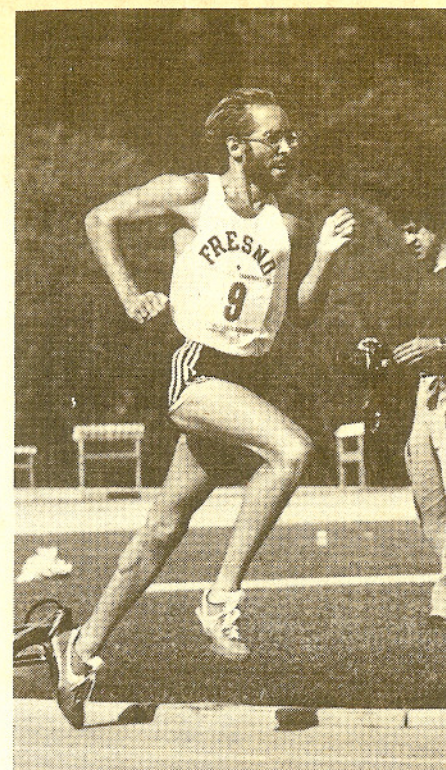


photo by Diane Johnson

GARY ROMESSER

Another large behind the scenes contribution that few people realize and many take for granted is that which the club receives from Fresno Pacific College. A base of operation and facilities are very important to the functioning of the club.

The women's program is now in it's second full year and is making rapid gains both in quantity and quality. Two people are currently responsible for



MARCIA ROMESSER

competitors of any age. It has something for the intense competitor or the low keyed jogger. Social activities are also numerous. The rapid growth is an indication of the running and health movement as well as what the club offers members. For further information or a membership application write: Fresno Pacific Track Club, 1717 South Chestnut Ave., Fresno, CA 93702.

MEET THE STAFF:



Steve Wolters

Steve Wolters is a budding track nut; or, more specifically, a blooming marathon freak. He's only run one, but that's all it took. His low 2:40's at Mission Bay last year was enough to spur him on to greater heights.

Steve, a Fresno Pacific College sophomore, is not only involved in the participation end of 26 milers but also serves as *California Track News* men's marathon statistician. He has developed an all time California marathon list as well as yearly rankings.

We asked the Corcoran product to tell the readers a little bit about his involvement in track: "I took up running during my freshman year in high school by going out for the cross country team.

I had originally planned to use cross country as conditioning for the high school swim team, but I liked running enough to go out for track instead of aquatics. Then my knees blew out on me and I swam anyway. The feet, however, were hooked on 'terra firma' and after that season I hung up my speedo for good and have been running ever since.

Long distance is my bag and I race at every distance from 2 miles to the marathon. I am currently training for races in the 5 mile to 10,000 meter range but feel my best event will eventually be the marathon. I hope to break 2:40 this winter and to dip under 2:30 within the next five years.

This year has been by far the best for me in terms of running, school and life in general. My times have been coming down faster than I ever would have imagined.

One of the most important factors in my performance and rapid improvement is the presence of Jesus Christ in my life. Serving the Lord is a high priority in my life and a major motivation to my running. The Bible says "Do all things heartily as for the Lord and not for men" (Col. 3:23). This has become a guiding principle in my running and life as a whole. I praise the Lord for the success which He has allowed me to experience.

Running is something that I look forward to each day. I plan to keep on running throughout life and hope that I'm still doing it when I'm 80.

2nd ANNUAL MUHAMMAD ALI

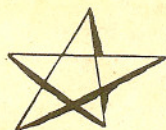
Invitational Indoor Track Meet



2nd ANNUAL MUHAMMAD ALI

Invitational Indoor Track Meet

January 6, 1979



30 EVENTS

- ♦
- OPEN
- ♦
- JUNIOR COLLEGE
- ♦
- HIGH SCHOOL
- ♦
- MASTERS

CELEBRITY
CHALLENGE

- ♦
- MUHAMMAD ALI
AND
- 23
- CELEBRITIES
- IN
- CO-ED RELAY

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Fast, New, Record Breaking 200 Meter Track

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TRAINING & TECHNIQUE

400m RELAY

by VERN GAMBETTA

by LARRY CLINTON

Larry Clinton is the track coach at Ohio University. He served as the Relay Chairman for the U.S. Olympic Development Committee and presented this paper to the Olympic Learn by Doing Clinic at Colorado Springs in July of 1978.

This is the first of a two part series on the relays. The second part, on the 1600 meter relay, will appear in the next issue.

SELECTION OF PERSONNEL

Number One or Leadoff— use your best starter and curve runner. This might also be a good position for one of your weaker stick men.

Number Two or Backstretch— fastest man who is also a good stick man and might be a poor curve runner.

Number Three or Curve— second best curve runner, good stick man, must be able to accelerate fast and hold it around the curve.

Number Four or Anchor— second fastest man who can run from behind or be a front runner and not listen for footsteps. Hint: this might also be a good position for a weaker stick man and a poor curve runner.

Each coach must experiment throughout the season to find his best combination of runners and their best position on the relay team. The above is really only guidelines for what can be done in an ideal situation.

fingers. The leadoff man must run on the inside of the lane and give the outside to the number two runner.

Second Runner - backstretch - first exchange. He remains on the outside of the lane looking over his left shoulder with the rest of his body in position much the same as if he were standing in a set of starting blocks with the arms opposite that of the feet for better exploding power.

When the incoming runner's lead foot breaks an imaginary plane above a predetermined checkmark arrived at by trial and error method, the second runner will start the same as he would out of the blocks in a 100-meter race -- all out! An exception is his head will still be turning forward as he explodes. Note: some teams use a verbal "Go" at this point.

RECEIVING AND HANDING OFF THE BATON PASS:

Receiving: After leaving his mark, the outgoing runner goes all out for a predetermined number of strides (usually a minimum of 5 to a maximum of 9) at which time his left arm goes backward, straightening completely with the palm up forming a V with the thumb and other four fingers. The height of the arm should be enough for maximum reach and without causing the runner to dip forward. The arm must remain a good target without dropping or moving side-to-side.

looking over his right shoulder preparing to receive the baton in his right hand, using the techniques described for the first exchange. The only difference is the position in the lanes and the left to right handoff. The number three runner must stay on the inside of the lane around the curve and he must accelerate quickly as he enters the curve very soon after receiving the baton.

Fourth Runner - Anchor - Home-stretch - Third Exchange: The fourth runner assumes his position on the outside of the lane looking over his left shoulder preparing to receive the baton in his left hand using the same above described techniques. The fourth runner must be extremely steady, as he will know better than the number one, two or three runners how the team is doing and must resist the temptation of an early start if his team is behind. His "when to start" judgment must be excellent, because there is less chance of compensating for mistakes this close to the end of the race.

SUMMARY:

I recommend a right-to-left, left-to-right, right-to-left, non-visual, non-verbal handoff.

HINTS FOR THE 400 METER RELAY

1. Practice your handoffs during workouts according to the next big meet's

one ready to step into a vacated position.
4. Discuss good or bad exchanges as soon as possible with the two athletes involved. Let the athletes analyze what was right or wrong before adding your comments.

5. Have athletes do some running workouts carrying the baton.

6. Practice exchanges against teammates for added distractions. Too many teams only practice by themselves, then enter a big meet and become distracted by others.

7. In a meet, always double check your team's lane; meet officials have a habit of moving teams after scratches.

8. Use 7 strides or 21 steps as a beginning point for determining your takeoff checkmark. That's also a good rule of thumb for a last minute substitute without having a chance to practice exchanges.

9. Utilize your fastest men by having them get the baton one stride into the legal zone and hand off deep in the zone. It's obvious to do this you must take advantage of the "international fly zone" (10 meters).

10. Film or video tape your exchanges for analysis.

11. Practice exchanges only when your athletes are extremely loose and not fatigued.

12. Encourage the team concept of a relay team. Then it's easier to get the long jumpers to run the relay.

13. Stress the speed of the baton -- especially in the exchange zones. Time the baton through the 20 meter exchange zone, then compare it with the overall race average for 20 meters. Example: team time for 400 meters = 40.0 seconds. Average = 20 meters per 2 seconds. Exchange zone = 20 meters per 2.5 seconds. With the time of 2.5 in the zone, you had baton deceleration.

14. A good drill to get the exchange zone baton deceleration concept across to your athletes is to have them run against a teammate of equal ability all-out for 150 meters and have one put both arms up in the air through the zone then try keeping up with the teammate. You only have to do this once.

15. Try to avoid having to make any exchanges between athletes with extreme weight difference.

16. Have all potential relay runners read the rule book so they know and under-

Number Three or Curve—second best curve runner, good stick man, must be able to accelerate fast and hold it around the curve.

Number Four or Anchor—second fastest man who can run from behind or be a front runner and not listen for footsteps. Hint: this might also be a good position for a weaker stick man and a poor curve runner.

Each coach must experiment throughout the season to find his best combination of runners and their best position on the relay team. The above is really only guidelines for what can be done in an ideal situation.

STRATEGY:

1. Get the men into the proper positions based on their physical and mental abilities.
2. Get an early lead so the opponents are still waiting to make their exchanges while your outgoing runner is accelerating the speed of the baton. If I'm running while you are waiting, the lead will increase.
3. The speed of the baton wins the race, not necessarily the combined speed of the four runners. Therefore, all four runners must run all out and avoid any deceleration of baton speed during any part of the race, especially during the exchanges.
4. Become familiar with your opponents, conference members, etc., during the regular season. You may want to shift your personnel based on particular matchups or weakness you have observed.

TECHNIQUES:

Leadoff Runner - the start: He must hold the baton in his right hand and not touch on or beyond the starting line. There are basically two recommended grips. (1) Grip the baton with the index finger and thumb and bridge with the remaining three fingers and (2) bridge with the index finger and thumb and grip baton with the three remaining

THE BATON PASS:

Receiving: After leaving his mark, the outgoing runner goes all out for a predetermined number of strides (usually a minimum of 5 to a maximum of 9) at which time his left arm goes backward, straightening completely with the palm up forming a V with the thumb and other four fingers. The height of the arm should be enough for maximum reach and without causing the runner to dip forward. The arm must remain a good target without dropping or moving side-to-side. Hopefully, this will be necessary for only one stride. The author realizes there are other methods of determining when the hand goes back, such as yelling "stick," but we want the exchange to occur in the same place within the zone each time in order to best utilize our personnel, and with practice this does occur and it becomes more mechanical than listening for a verbal command. I have found some athletes tend to hesitate in the zone when a word command is used. We do use an identifying mark in the zone for the athlete to know his arm must be back at that point.

Handing off: The incoming runner simply looks at his target and extends his right arm forward and lays the baton into the number two runner's hand. The action is very similar to the normal running arm action because if the runner misses, he simply has to take a normal arm pump then he is ready to hand off again. The incoming runner must make the number two runner feel the baton and that he is taking it from him - not just letting go. The letting go kind end up on the track. The baton must also be placed so the number two runner only grips on his outer half of the baton and doesn't have to make any adjustments by pressing the baton against his body.

The incoming runner's responsibility is not over until his teammate is out of the exchange zone safely with the baton and all other teams' exchanges are over and he can safely leave his lane.

Third Runner - The Curve - Second Exchange: The third runner assumes his position on the inside of the lane

of the race.

SUMMARY:

I recommend a right-to-left, left-to-right, right-to-left, non-visual, non-verbal handoff.

HINTS FOR THE 400 METER RELAY

1. Practice your handoffs during workouts according to the next big meet's schedule. Example, third runner is a hurdler and the hurdles are before the relay, then have him work out on the hurdles first in workouts.
2. Relay exchanges in practice must be done with spikes on and at maximum speed for the timing to be correct in a meet.
3. Practice exchanges even if one member is absent and always have some-

Exchange zone = 20 meters per 2.5 seconds. With the time of 2.5 in the zone, you had baton deceleration.

14. A good drill to get the exchange zone baton deceleration concept across to your athletes is to have them run against a teammate of equal ability all-out for 150 meters and have one put both arms up in the air through the zone then try keeping up with the teammate. You only have to do this once.

15. Try to avoid having to make any exchanges between athletes with extreme height difference.

16. Have all potential relay runners read the rule book so they know and understand the regulations regarding the relay.

17. Practice exchanges with standing and jogging handoff drills.

18. Good curve running can be learned; have all your relay athletes practice this in workouts.

19. Practice running the curves in all lanes, but especially the inside lanes.

20. Practice exchanges in all lanes.



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1978 Review

CALIFORNIA MASTERS

by PETER MUNDLE

This report will summarize the California masters season meet by meet in chronological order. The age records if any tied or bettered by Californians will be listed first followed by a summary of the meet. Both the new records and the records tied or broken will be listed. If a mark is a World mark the mark will be followed by the letter 'W.' If in addition the mark is a five year division record it will be followed by an asterick (*). Those marks not appended by 'W' are American records.

January 7: Muhammad Ali Invitational Indoor (Long Beach)

No age records were made in this meet but two Masters AAU indoor records were bettered. The first track meet of the year started with a bang as Bob Emmerling nosed out John Brennan in a thrilling 1500 meter race. (Emmerling's time of 4:15.8 nipped Ken Napier's mark by a tenth. John's time of 4:15.9 tied the record. John is well on his way back to his winning form he was enjoying before a car accident completely immobilized him last year. In the 60 meter event Ken Dennis polished off a good field to win in 7.15. This establishes a new masters AAU indoor record. Payton Jordan continued his dominating ways

February 12: Ambassador College Meet (Pasadena)

New Records:

High Jump— 5-6 W by E. Austin (CDM, 48); old 5-5 by Carlos Vera-Guardia (Venz) ('72).

This meet like many meets this winter was deluged with rain and had to be stopped half way through. Al Henry managed to get a good jump in the drizzly early part of the meet as he catapulted to a mark of 20-11¼ to take the long jump. In the high jump two good marks emerged as Nick Newton flew over the bar at 5-10 and Ed Austin collared an age record with his 5-6 performance. Tom Patsalis sailed to a long jump mark of 19-2 for a good effort.

February 18: Orange Masters Meet (Orange)

New Records:

100 Yards— (10.8 by M. Newton (SCS, 44); old 10.8 by D. Vroom('71) and D. Marlin('75).
Pole Vault— 11-0 J. Vernon (STC, 61); old 11-0 by J. Vernon('78).
Javelin(600 gram)— 154-0 by B. Morales(CDM, 61); old 143-11 by H. De-Groot('77).
Javelin(600 gram)— 130-4 by H. De-

April 1: Corona Del Mar vs Southern Cal Striders (Pasadena)

New Records:

100 Yards— 9.8 W by W. Butler (SCS, 37); old 9.9 by P. Knox('77).
Pole Vault— 11-6 by J. Vernon (SCS 61); old 11-0 by J. Vernon('78).
Long Jump— 20-4 by S. Davisson (CDM, 48); old 19-1½ by J. Greenwood('74).

Walt Butler continued his superb sprinting as he collared the 100 yard age record (9.8) and won the 200 meters (22.9), 70 yard hurdles (8.1) and 220 hurdles (24.0) to cap a busy productive day. Division I had some exciting sprint duels. Bob Messersmith of Viejo who is really coming into his own this year chased Dave Segal to the wire in both the 100 yard and 200 meter races with times equal to the winner of 10.6 and 23.8. Then Bob came back in the 400 meters to give Nick Newton a scare with his 53.2 closing, a tenth back of Newton. Larry Wray coming out of a few years of retirement from competition came through with a good performance in winning the 1500 in 4:21.6. Shirley Davisson uncorked a good early season performance in the long jump bettering four year old Greenwood's mark with a lofty 20-4. Bob Macconaghy had another busy day as he prepares to invade the over-70 division later this month. He had top performances in the shot put (37-8), discus (94-6), javelin (113-4)

Javelin— 168-0 by R. Sutton (Un, 47); old 154-9 by H. Hawke('76).
4 Mile Relay(40-49)— WVJ(Guthrie, Marquard, Bowles, Welck) 19:16.4; old club record— 19:54.4 by SCS(Smartt, Davis, Sturak, Emmerling) 1977; old all-comers record— 19.4

club record— 19:58.3 by SCS(Smartt, Davis, Sturak, Emmerling) 1977; old all comers record 19:54.4 by Unatt. (Norton, Mundle, Portillo, Kalchschmid) 1977.

In this meet conducted under balmy skies and cool weather good field event marks and an exceptional 4 mile relay were produced on this dirt track oval. The 4 mile relay by the strong West Valley Jogger quintet shattered the old records. This team strengthened by the addition of Ken Napier (replacing Marquard) was to come back two weeks later and improve on this at Saratoga recording a phenomenal mark of 18:47.2 (close to a 4:42 average per mile). Kermit Walker produced good marks in the long jump (19-5) and triple jump (41-6½). Spencer Letcher and Ralph Sutton took care of two javelin records by Harry Hawke as they had a field day in that event. Joe Packard who had such a tremendous year last year is now coming back after injuries slowed him down. Joe came through with a world age record mark in the 100 yard event (13.7) and a top mark of 31.7 in the 220.

meet but two Masters AAU indoor records were bettered. The first track meet of the year started with a bang as Bob Emmerling nosed out John Brennan in a thrilling 1500 meter race. (Emmerling's time of 4:15.8 nipped Ken Napier's mark by a tenth. John's time of 4:15.9 tied the record. John is well on his way back to his winning form he was enjoying before a car accident completely immobilized him last year. In the 60 meter event Ken Dennis polished off a good field to win in 7.15. This establishes a new masters AAU indoor record. Payton Jordan continued his dominating ways by taking the 60 meter dash in his division with a time of 7.79. Al Henry won the 60 meter hurdles (36") with a time of 8.60.

January 8: College of the Desert Meet (Palm Desert)

New Records:

Pole Vault— 11-0 by J. Vernon (STC, 61); old mark 10-2 by B. Deacon 1972.
Discus(1.6 kilo)— 131-0 by D. Aldrich (CDM, 59); old 127-7 by D. Aldrich('77).
Hammer(12 lb.)— 120-0 by D. Aldrich (CDM, 59); old 109-1 by C. McMahon ('75).
Hammer(16 lb.)— 78-0 W by R. Hubbell (STC, 68); old = none.

This meet was started a few years ago with its aim being to give athletes a chance to run events not usually contested outdoors. On a fast grass track Ken Dennis came back from yesterday's Ali meet to run another sparkling 60 meter race. Ken topped all other competitors with a time of 7.06. Dan Aldrich came through with two age records in the discus and hammer throws to start his year off in good fashion. Bob Mac Conaghy now approaching 70 got some good marks in his favorite events, the pole vault (9-0) and the javelin (113-11). Jim Vernon one of the premier vaulters in the world started his year off with an American record of 11-0.

February 18: Orange Masters Meet (Orange)

New Records:

100 Yards— (10.8 by M. Newton (SCS, 44); old 10.8 by D. Vroom('71) and D. Marlin('75).
Pole Vault— 11-0 J. Vernon (STC, 61); old 11-0 by J. Vernon('78).
Javelin(600 gram)— 154-0 by B. Morales(CDM, 61); old 143-11 by H. DeGroot('77).
Javelin(600 gram)— 130-4 by H. DeGroot(STC, 62); old 125-10 by C. McMahon('77).

Walt Butler(10.4) and Nick Newton (10.8) outdueled Hilliard Sumner (10.6) and the recently turned 40 Alvin Henry (11.4) in the 100 in two good races. Newton came back in the 220 to again beat Henry 23.8 to 24.2 and Sumner won the 220 with a good early season mark of 22.8. Red Doms sailed the discus 109-6 to just top a valiant effort by Ed DeGroot(104-6) in a battle of over 70 giants. Jim Vernon equalled his American mark in the pole vault while Henry, Shirley Davisson and Tom Patsalis long jumped to marks of 20-10, 19-11 and 19-0. World Games gold medalist Bill Morales came through with an American record in his favorite event the javelin while Hugo DeGroot who is a year older copped a record also with a 130-4 toss. Doms' also heaved the spear a good distance as he measured one out 97-9.

March 25: Meet of Champions (Irvine)

No age records were made in this meet but it had some good races. The masters were invited for the first time to compete in this prestigious meet. Dave Segal ran two scorching races as he took the measure of good fields to win by a large margin. His excellent times were 11.1 (100 meters) and 23.0 (200 meters).

Then Bob came back in the 400 meters to give Nick Newton a scare with his 53.2 clocking, a tenth back of Newton. Larry Wray coming out of a few years of retirement from competition came through with a good performance in winning the 1500 in 4:21.6. Shirley Davisson uncorked a good early season performance in the long jump bettering four year old Greenwood's mark with a lofty 20-4. Bob Macconaghy had another busy day as he prepares to invade the over-70 division later this month. He had top performances in the shot put (37-8), discus (94-6), javelin (113-4) and pole vault (9-0).

April 30: Horbert Hoover Relays (Menlo Park)

New Records:

100 Yard— 13.7 W by J. Packard (Un, 74); old 15.2 by H. Chapson('77).
Javelin (800 gram)— 191-3 by S. Letcher (NCSTC, 46); old 156-10 by H. Hawke ('76).

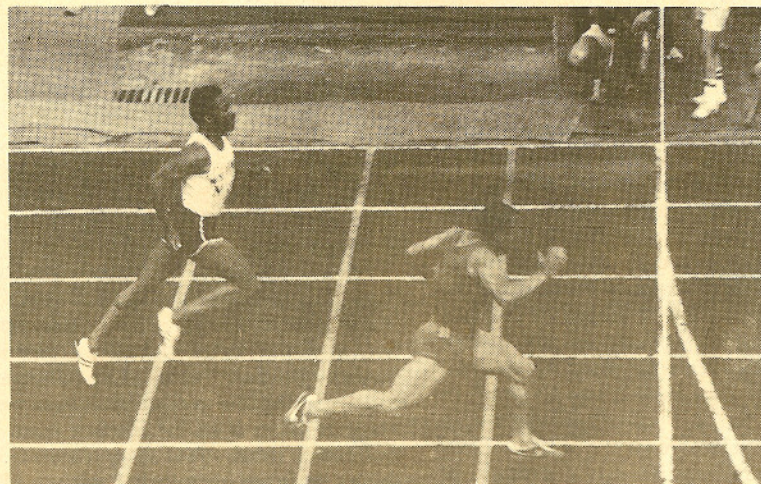
quard) was to come back two weeks later and improve on this at Saratoga recording a phenomenal mark of 18:47.2 (close to a 4:42 average per mile). Kermit Walker produced good marks in the long jump (19-5) and triple jump (41-6½). Spencer Letcher and Ralph Sutton took care of two javelin records by Harry Hawke as they had a field day in that event. Joe Packard who had such a tremendous year last year is now coming back after injuries slowed him down. Joe came through with a world age record mark in the 100 yard event (13.7) and a top mark of 31.7 in the 220.

May 6: Golden State Masters Meet (Porterville)

New Records:

100 Meters— 11.4 by M. Newton (SCS, 44); old 11.5 by B. Watanabe('70).
100 Meters— 11.4 by B. Messersmith (Un, 45); old 11.4 by R. Stolpe('70) and D. Marlin('75).

photo by Percy Knox



KEN DENNIS doing his thing: sprinting to another victory

200 Meters— 22.9 W by M. Newton (SCS, 44); old 22.9 by G. Rhoden(Jam) ('71).

110 Meter Hurdles (30")— 17.5 W by A. Guidet (CDM, 60); old 19.3 by B. Deacon('72).

110 Meter Hurdles (30")— 22.8 W by B. Macconaghy (CDM, 70); old 24.0 by G. Simpson(Aust)('77).

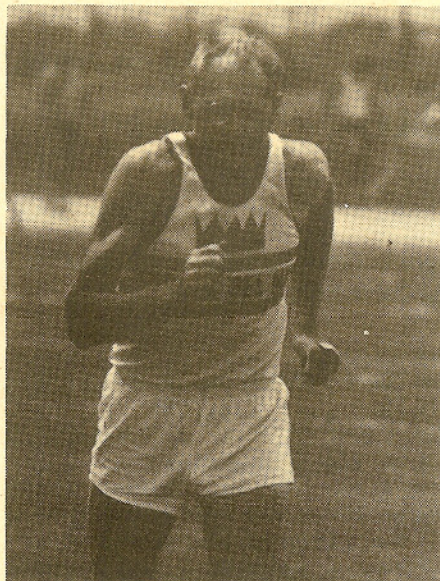
Pole Vault— 9-2 W* by B. Macconaghy (CDM, 70); old 5-6 by A. Brosz(Can) ('77).

Javelin (600 gram)— 166-4 W by B. Morales (CDM,61); old 143-11 by B. Morales('78).

There was some hot sprinting on this rubber asphalt track. Bob Messersmith took up where he left off a month ago winning his division with an American record time of 11.4 and coming back in the 200 to win in 23.6. Ken Dennis and Nick Newton continued to exhibit fine sprinting as they traded wins; Ken taking the 100 meters in 11.3 whose time Nick equaled and Nick taking the 200 in world age record time of 22.9 to Ken's third place time of 23.3. Gary Miller recently entering the 40 and over category and improving each week equaled Nick's time in the 200 as he finished a close second and then too the 400 meter in 51.3 a half second off the record. In the 110 meter hurdles Al Guidet flew over the barriers to record a world division best of 17.5. Move over 70 and over athletes, here comes Bob Macconaghy! Bob wasted little time after turning 70 in April. He scampered to world age record of 22.8 in the hurdles and then uncorked his best pole vault in two years to obliterate the World 70 and over record with his 9-2 clearance. In another of his strong events Bob flung the javelin 112-6 a throw bettered by only two other athletes. The record is 123-6 by Emery Curtice last year. Bill Morales got off a good throw also as he speared a World age record of 166-4.

May 13: Grandfather Games (Van Nuys)

long jump. In other division I action Stew Thomson got off a good hammer throw of 167-11 and stayed close to former American record holder Bob Humphreys with a discus throw of 146-11 to Bob's 154-9. Triple gold medal winner at the last World Games, Tom Patsalis, got his best marks of the year as he long jumped 19-4 and triple jumped



ORV GILLET

37-2, to share some of the top action in division II with George Ker. In division III Fritiof Sjostrand with a World division mark in the 440 tore through the race in 64.5 seconds to highlight this division. Jack Thatcher had his best shot put - discus double of the year with 47-3 and 136-4 performances. Randy Hubbell one of the best hammer throwers in the world copped an American record with his 104-7 heave. In division IV action, Bob Macconaghy was doing his thing as this young 70 year old vaulted 8-6, put the shot 37-6½, measured out a discus throw of 95-7, and tossed the javelin 109-6. Slowed down by the smog super marathoner Monty Montgomery still ran very good times in the 880 (2:39.1) and mile (5:57.1).

May 27: PA-AAU Championships (Los Gatos)

100 Meters— 11.9 W* by P. Jordan (Stan, 61); old 11.9 by P. Jordan('78).

200 Meters— 25.0 W by P. Jordan (Stan, 61); old 26.4 by Y. Brange(SWE)('74).

200 Meters— 30.2 W by J. Packard(Un, 74); old 30.7 by H. Anderson('77).

High Jump— 4-1 W by H. Van Gelder (NCSTC, 73); old 4-0 by J. Whittemore ('73).

Javelin(800 gram)— 170-6 by R. Sutton (Un, 47); old 168-0 by R. Sutton('78).

Most of the outstanding performances were by the over 60 group on this fast chevron track. Stanford coach Payton Jordan far and away the best division III sprinter in the world had another one of his usual, remarkable days as he scooted to two world marks. His 100 meter time of 11.9 equals his best earlier this year and his 200 meter time of 25.0 was only a tenth off his world best mark of 24.9 set last year. Joe Packard still improving clocked a world age 200 meter record of 30.2 and came back to win the 400 in 71.7. Homer Van Gelder upped the world age high jump record to 4-1; one and a half inches off his division IV American record. Dave Romain flashed a 10.9 100 meters and ran one of the fastest 800 meters in the submasters this year as he scintillated to a clocking of 1:54.5. A surprise entrant was world professional shot put record holder at 75-0, Brian Oldfield. Brian now 30, rotated the shot 65-0.

June 11: SPA-AAU Championships (Northridge)

100 Yards— 9.7 W by W. Butler (SCS, 37); old 9.8 by W. Butler('78).

440 Yards— 51.1* by G. Miller (CDM, 40); old 51.4 by J. Lingell('72).

6 Miles— 32:49.6* by P. Mundle (SMTTC, 50); old 32:56.4 by J. O'Neil('76).

120 Hurdles(39")— 13.9 W* by W. Butler (SCS, 37); old 15.6 by A. Henry ('75).

120 Hurdles(33")— 16.7 W* by T.

440 yard hurdles. Ken Dennis ran another good double as he reeled off a 10.1 for 100 yards and 23.0 for 220. In other division I activities Dave Jackson tripled up jumps out to 42-6½ and hurdled 16.3. Al Henry triple jumped 41-8½, long jumped 20-10½ and hurdled 15.8. John Brennand turned in a fine 6 mile of 31:52. In division II Tom Patsalis made his best triple jump of the year count for a world record. Tom leaped 39-4. Tom also got a good long jump off as he soared 19-1½, and he stormed over the 120 yard hurdles in another world record of 16.7. Bob Hunt gave Tom a good battle in the hurdles as he garnered a world age record coming in a tenth back of Tom. Bob also had good marks in winning the 440 (61.6), a world age record in the 440 hurdles (66.7) and the 220 (27.8). Pete Mundle grabbed another over-50 record as he toured the 6 mile in 32:49.6. In division III Jim Oleson ran his best 6 mile in years as he led his group with an American record (36:45.2) and Joe Caruso again upped his world age record as he long jumped 14-2. In division IV Red Doms got off two good throws resulting in American records. Red caught hold of one of his best discus throws and it landed 118-10 away. He got the javelin out 97-6 for the other record. Bob Macconaghy got another good vault this time 9-1, just off his new record. Stan Herrmann who has had a bad time with diabetes since early last year and the consequent arthritis is fighting back to regain his world dominating form. Stan lost a record to Doms but picked up a world age record in the hammer with a good toss of 86-4.

June 17-18: Western Regionals (Los Gatos)

100 Meters— 10.5 W by W. Butler(SCS, 37); old 10.7 by E. Jeffries(SAF) '74.

200 Meters— 22.4 by R. Whitney(SCS, 35); old 23.0 by K. Dennis and J. Davis ('73).

200 Meters— 27.7 W* by H. Koppel (un, 65); old 27.9 by V. McIntyre('76).

400 Meters— 48.9* by R. Whitney (SCS, 35); old 51.1y by H. Adams('75).

400 Meters— 50.8* by G. Miller(CDM,

in two years to obliterate the world 70 and over record with his 9-2 clearance. In another of his strong events Bob flung the javelin 112-6 a throw bettered by only two other athletes. The record is 123-6 by Emery Curtice last year. Bill Morales got off a good throw also as he speared a World age record of 166-4.

May 13: Grandfather Games (Van Nuys)

New Records:

440 Yards— 64.5 W by F. Sjostrand (SCS, 65); old 65.1 by C. Kline('75).
Long Jump— 13-8 W by J. Caruso (STC, 68); old 13-5 by W. McFadden('73).
Triple Jump— 42-11 by D. Jackson (CDM, 46); old 40-3¼ by S. Davisson ('76).
Shot Put(12 lb)— 51-8 W* by G. Ker (CDM, 55); old 48-10 by N. Heard ('73).
Discus(1.6 kg)— 150-7* by G. Ker (CDM, 55); old 142-7 by D. Aldrich ('74).
Hammer(12 lb)— 104-7 by R. Hubbell (STC, 69); old 97-9 by S. Herrmann ('73).
Hammer(12 lb)— 76-0 W by S. Herrmann (Un, 74); old 70-1 by J. Whittemore ('74).

On a very warm (95 degrees) and smoggy day 200 athletes vied on a dirt track for this eighth annual affair. The conditions were devastating to the distance runners but it didn't stop the field eventers. George Ker the meet director, had a fabulous series of marks as he bettered a World record in the shot and an American record in the discus. These marks are also division records. In division I Ken Dennis had to produce his best in the 220 (23.0) to eke out a win over Nick Newton (23.1). Then Newton came back to run a strong 440 (52.4) to win going away from Hans Bruhner (53.5). This was Nick's best time since turning 40. There were some good jump marks as Dave Jackson recorded an American record in the triple jump (42-11) and Alvin Henry got his best mark of the year (21-0½) in the

race in 64.5 seconds to highlight this division. Jack Thatcher had his best shot put - discus double of the year with 47-3 and 136-4 performances. Randy Hubbell one of the best hammer throwers in the world copped an American record with his 104-7 heave. In division IV action, Bob Macconaghy was doing his thing as this young 70 year old vaulted 8-6, put the shot 37-6½, measured out a discus throw of 95-7, and tossed the javelin 109-6. Slowed down by the smog super marathoner Monty Montgomery still ran very good times in the 880 (2:39.1) and mile (5:57.1).

May 20: Striders Relays (Pomona)

100 Meters— 10.8 by W. Butler (SCS, 37); old 11.5 by B. Warren('75).
3000 Meters— 9:30.8* by P. Mundle (SMTC, 50); old 9:55.2 by A. Bryant ('75).
Long Jump— 13-10½ W by J. Caruso (STC, 68); old 13-8 by J. Caruso('78).
Sprint Medley(40-49)— 3:42.0 by CDM (Dennis, Segal, Knox, Miller); old 3:46.6 by CDM (Webb, Stolpe, Jackson, Cheek) '73.
Sprint Medley(50-59)— 4:16.9 by CDM (Carrico, Clayton, Harte, Lewis); old 4:18.4 by STC (Puterbaugh, Gil, Poet, Fitzgerald) '75.
Distance Medley(50-59)— Unattached (Hunt, Buchanan, Mundle, Bryant); old 12:43.2 by STC (Noble, Miller, Bryant, Roberts) '73.

On a fast new poly-urethane track three relay marks tumbled. Corona Del Mar's always strong relay teams copped two records. CDM put their best feet forward in the division I sprint medley and trampled the record by four seconds. Their division II sprint medley team also lowered a tough STC relay record. Walt Butler sprinted to another record in the 100 meters (10.8). Joe Caruso lengthened his World age group record in the long jump to 13-10½. In the 3000 meter race Pete Mundle on his 50th birthday brought the division II record down to 9:30.8 as Pete and division I's Truman Clark battled to the wire with Truman triumphant with his 9:29 winning time.

June 11: SPA-AAU Championships (Northridge)

100 Yards— 9.7 W by W. Butler (SCS, 37); old 9.8 by W. Butler('78).
440 Yards— 51.1* by G. Miller (CDM, 40); old 51.4 by J. Lingell('72).
6 Miles— 32:49.6* by P. Mundle (SMTC, 50); old 32:56.4 by J. O'Neil('76).
120 Hurdles(39")— 13.9 W* by W. Butler (SCS, 37); old 15.6 by A. Henry ('75).
120 Hurdles(33")— 16.7 W* by T. Patsalis (CDM, 56); old 17.2 by R. Morcom('77).
120 Hurdles(33")— 16.8 W by B. Hunt (SCS, 58); old 18.6 by A. Guidet('77).
440 Hurdles(33")— by T. Clayton(CDM, 53); old 67.2 by R. Valentine('77).
440 Hurdles(33")— 66.7 W by B. Hunt (SCS, 58); old 67.1m by A. Guidet('76).
Long Jump— 14-2 W by J. Caruso (STC, 68); old 13-10½ by J. Caruso('78).
Triple Jump— 39-4 W by T. Patsalis (CDM, 56); old 38-10½ by G. Farrell ('74).
Shot Put(12 lb)— B. Burke (CDM, 59); old 41-5½ by J. Thatcher('75).
Discus(1 kg)— 118-10 by R. Doms (SCS, 71); old 116-3 by S. Herrmann ('75).
Hammer(12 lb)— 86-4 W by S. Herrmann (Un, 74); old 70-1 by J. Whittemore ('74).
Javelin(600 gram)— 97-6 by R. Doms (SCS, 71); old 88-1 by R. Higgins('73).
6 Miles— 36:45.2 by J. Oleson(SFVTC, 60); old 36:49.2 by N. Bright('71).

Many good marks came in this meet as the very fast chevron track and superb field event areas gave rise to superior performances. Walt Butler who is making it a habit of collecting records added two more today. Walt blasted over the 39" hurdles to record the fastest ever by anyone in the world over 35 with his fantastic 13.9 mark and then sped down the 100 yard dash runway to another top flight mark of 9.7. Gary Miller who has been flirting with the 400 meter and 400 hurdles records got one this time as he bettered the masters 440 yard mark with his 51.1 time. Gary also hit 60.2 in the

June 17-18: Western Regionals (Los Gatos)

100 Meters— 10.5 W by W. Butler(SCS, 37); old 10.7 by E. Jeffries(SAF) '74.
200 Meters— 22.4 by R. Whitney(SCS, 35); old 23.0 by K. Dennis and J. Davis (.73).
200 Meters— 27.7 W* by H. Koppel (un, 65); old 27.9 by V. McIntyre('76).
400 Meters— 48.9* by R. Whitney (SCS, 35); old 51.1y by H. Adams('75).
400 Meters— 50.8* by G. Miller(CDM, 40); old 51.1y by G. Miller('78).
400 Meters— 51.6 W by N. Newton (SCS, 44); old 52.3y by B. Fitzgerald ('69).
800 Meters— 1:55.0* by R. Whitney (SCS, 35); old 1:57.9 by J. Hackett ('76).
800 Meters— 3:21.9 W by P. Spangler (Un, 79); old - none.
1500 Meters— 4:18.1 by K. Napier (WVJ, 46); old 4:18.3 by P. Mundle ('74).
Steeplechase— 10:57.8 by D. Stevenson (Un, 49); old 11:38.0 by J. Noble('75).
Steeplechase— 11:39.2 by A. Bryant (STC, 54); old 11:42.2 by A. Waterman ('72).
110 Hurdles(30")— 20.6 by B. Deacon (HM, 67); old 22.6 by B. Macconaghy ('75).
400 Hurdles(36")— 58.3 by H. Adams (CDM, 38); old 65.8 by R. Fitzhugh ('73).
400 Hurdles(36")— 64.0 by M. Hee (HM, 37); old 69.4 by B. Ardrey('75).
400 Hurdles(30")— 86.0 W by F. Bierlein(Un, 68); old - none.
High Jump— 5-0 W by B. Gist (CDM, 58); old 5-0 by O. Gillett('77).
Long Jump— 20-10½ by S. Davisson (CDM, 48); old 20-8 by S. Davisson ('78).
Triple Jump— 43-6½ by D. Jackson (CDM, 46); old 42-11 by D. Jackson ('78).
Triple Jump— 27-11½ by W. McFadden (SDTC, 73); old 24-7½ by R. Higgins ('75).



Discus(1 kg)— 126-4 W* by K. Carnine (NCSTC, 70); old 121-7 by R. Doms ('77).

Javelin(600 gram)— 97-9 by R. Doms (SCS, 71); old 97-6 by R. Doms ('78).

Pentathlon— 2936* by H. Adams(CDM, 38); old 1625 by A. Allen('74).

Pentathlon— 1791 W by B. Morales (CDM, 61); old 1746 by K. Langer (WG) '77.

Pentathlon— 860 W by J. Dick (Un,66); old 551 by J. Carson('75).

Pentathlon— 1734 by P. Fetter (CDM, 57); old 1712 by B. Morales('74).

Mile Relay(50-59)— 3:58.9 by STC (Dawkins, Bryant, Wagner, Kleinsasser); old 4:05.6 by STC (Puterbaugh, Gil, Poet, Bryant) '75.

Mile Relay(60-69)— 5:08.2 by Unattached (Chapson, Bierlein, Thompson, Deacon) no previous mark.

On two very warm, stifling days good marks abounded in the sprints and jumps. The weather was conducive to these events as loosened muscles contributed to many fine performances. In the submasters division Dave Romain had one of his best days as he sped to times of 48.9 and 10.9 in the 400 and 100 meter races. Walt Butler again caught some good marks as he picked up a world age record in the 100(10.5) and won the hurdles (14.2) and 200 (22.4). Ron Whitney exploded to American records in his division of 48.9 and 1:55.0 in the 400 and 800 meter races. In division I Gary Miller continued his improvement as he brought his 400 meter record down to 50.8. Neck Newton third in the 400 to Miller raised his masters best time to a very good 51.6 and in the process broke one of the longest standing World age records by Bill Fitzgerald. Also in the 400 Hans Bruhner picked up one of the best marks he has had since turning 40 with his time of 52.7, just a second off the best ever in the 45-49 division.

Herm Wyatt who was one of the leading high jumpers in the U.S. 20 years ago (6-10 was his best) suddenly reappeared on the scene tying the American record in the 45-49 division with his 5-10 mark. Dave Jackson and Shirley copped American age records in their favorite events, the triple jump (43-6½) and the long jump (20-10½) respectively.

jumping shoes on as he fashioned out an American record in the triple jump (27-11½) and long jump (12-5).

June 24-25: Senior Olympics (Irvine)

New Records:

100 Meters— 23.4 by C. Backus (Un, 84); old - none.

400 Meters— 64.0 W* by H. Koppel (Un, 65); old 64.5y by F. Sjostrand ('78).

400 Meters— 2:29.2 W by C. Backus (Un, 84); old none.

1500 Meters— 6:41.6 W by P. Spangler (Un, 79); old - none.

5000 Meters— 23:54.0 W by P. Spangler (Un, 79); old - none.

Steeplechase— 15:51.6 W* by W. Frederick (STC, 70); old - none.

110 Hurdles(36")— 15.0* by A. Henry (CDM, 40); old 16.6 by L. Weed ('77).

110 Hurdles(33")— S. Peck (Un, 54); old - none.

110 Hurdles(33")— 16.8 by T. Patsalis (CDM, 56); old 17.2 by R. Morcom ('77).

110 Hurdles(30")— 20.7 by T. Hatlen (NCSTC, 67); old 22.6 by B. Macconaghy ('75).

400 Hurdles(36")— 53.6* by R. Whitney (SCS, 35); old 55.9y by H. Adams ('75).

400 Hurdles(36")— 66.8 by M. Hee (HM, 67); old 69.4y by B. Ardrey ('75).

400 Hurdles(36")— 59.1 by G. Miller (CDM, 40); old 61.3 by J. McNulty ('73).

400 Hurdles(30")— 73.7 W by A. Guidet (CDM, 60); old 74.5 by V. Godfrey ('74).

Pole Vault— 9-6 by B. Deacon (HM, 67); old 9-0½ by B. Macconaghy ('75).

Long Jump— 16-5 W by J. Satti (NCSTC, 64); old 15-4 by I. Sand(NOR) ('77).

Long Jump— 11-7 W* by W. Wesbrook (Un, 80); old 4-8 by T. O'Connor ('75).

Shot Put(8 lb)— D. Aldrich (CDM, 59); old 47-1 by J. Thatcher ('75).

Shot Put(8 lb)— 48-1¼ W by D. Aldrich (CDM, 59); old 47-1 by J. Thatcher ('75).

Shot Put(8 lb)— 49-1 W by J. Thatcher (CDM, 62); old 47-3½ by H. Schneider (WG) ('76).

Discus(2 kg)— 159-6 by B. Humphreys (CDM, 49); old 159-4 by F. McGee ('75).

Discus(2 kg)— 159-6 by B. Humphreys (CDM, 49); old 159-4 by F. McGee ('75).

also record bettering time of 59.6. Fred also had an excellent time of 50.9 in the 400 flat race just missing Gary's record of 50.8 set a week ago.

Stew Thomson got off a good heave in the discus throw of 146-0 just a foot off of Fortune Gordien's 147-0 throw in 1971. Bob Humphreys produced an age record in the same event of 159-6. In division II George Ker upped his discus record to 151-6 and tossed the shot 50-5½.

Payton Jordan threw in another of his always world top marks in the 100 meters (11.9) and 200 (25.1w). Tom Patsalis jumped 19-6 and 38-9½ to cop the long jump and triple jump crowns. Jack Thatcher put the shot out 49-1 to grab a world age mark in division III.

Al Guidet who had such great battles with Payton Jordan a few years back and was one of the outstanding athletes of the 55-59 group is now returning to that form as a sixty year old. Al gathered in a world age record in the 400 meter hurdles with his fine time of 73.7 and added good marks in the 400 (62.4) and 110 meter hurdles (17.7).

Harry Koppel added another world best mark for his 65-69 division when he negotiated the 400 meters in 64.0 eclipsing the mark of 64.5 by Sjostrand who was second to him in this race (65.6).

Former Olympian vaulter of many years ago, Bud Deacon, scaled 9-6 to get an American record, one of his best since injuring himself a few years ago.

In the densely populated division IV competition Red Doms was the close victor in the shot put as his 38-11 mark just edged out Tony Puglizevich (38-4½) and Bob Macconaghy (38-1½). Tony was the outstanding all around athlete in the first few masters championships in the late 60's. In the 60 and over division Doms also had a 118-0 discus



DAVE JACKSON

throw win. Walter Frederick became the first American over 70 to attempt the very difficult steeplechase and managed the barriers well to record a best in the world for anyone over 70 with his 15:51 performance. Win McFadden jumped to a wind aided mark of 28-5½ in the triple jump and recorded 12-6 in the long jump for two top efforts. Paul Spangler (79), Charles Backus (84) and Walt Wesbrook (80) led the octogenarians or near octogenarians to some world marks in their division.

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very good 51.6 and in the process broke one of the longest standing World age records by Bill Fitzgerald. Also in the 400 Hans Bruhner picked up one of the best marks he has had since turning 40 with his time of 52.7, just a second off the best ever in the 45-49 division.

Herm Wyatt who was one of the leading high jumpers in the U.S. 20 years ago (6-10 was his best) suddenly reappeared on the scene tying the American record in the 45-49 division with his 5-10 mark. Dave Jackson and Shirley copped American age records in their favorite events, the triple jump (43-6½) and the long jump (20-10½) respectively. In the long jump Kermit Walker just topped Alvin Henry with his 21-9 to Henry's 21-5½.

Division II highlighted the return to action of one of early masters best athletes — Willis Kleinsasser selected as the outstanding athlete of the first Masters Championships in San Diego in 1968 has been quietly slipping back into top ranks in the 50-54 division. He negotiated the 800 meters in the excellent time of 2:14.5 and came through the 1500 meters in 4:47.2. Incidentally Willis has been busy during his off years building up a track family as his children have blossomed into star runners including Rugh Caldwell now one of the best 800 and 1500 meter runners in the World

Payton Jordan again had good sprint marks in the 100 meters (11.9) and 200 (25.7). In division III Karry Koppel grabbed another of Virgil McIntyre's records lowering the record by two tenths with his mark of 27.7. This is the best mark in the world in the 65-69 division. He also chipped in a 13.0 100 meters. Bob Macconaghy in his continuing battle with Red Doms in the shot put emerged the winner with his best performance of the year 38-9 to Dom's 37-7½ in some of the hot action of division IV. Bob also got his best javelin throw of the year with a 120-3 heave and close to his best vault (9-0). Ken Carnine coming back from an injury that kept him from competing in the World Games last year shattered the over 70 world best discus throw with his 126-4 mark. Win McFadden had his

(CDM, 60); old 74.5 by V. Godfrey ('74). Pole Vault— 9-6 by B. Deacon (HM, 67); old 9-0½ by B. Macconaghy ('75). Long Jump— 16-5 W by J. Satti (NCSTC, 64); old 15-4 by I. Sand(NOR) ('77). Long Jump— 11-7 W* by W. Wesbrook (Un, 80); old 4-8 by T. O'Connor ('75). Shot Put(8 lb)— D. Aldrich (CDM, 59); old 47-1 by J. Thatcher ('75). Shot Put(8 lb)— 48-1¼ W by D. Aldrich (CDM, 59); old 47-1 by J. Thatcher ('75). Shot Put(8 lb)— 49-1 W by J. Thatcher (CDM, 62); old 47-3½ by H. Schneider (WG) ('76). Discus(2 kg)— 159-6 by B. Humphreys (CDM, 42); old 159-4 by E. McComas ('76).

Discus(2 kg)— 146-0 by S. Thomson (SCS, 45); old 137-11 by O. Chandler ('73).

Discus(1.6 kg)— 151-6* by G. Ker (CDM, 55); old 150-7 by G. Ker ('78).

Discus(1.0 kg)— 166-10 W* by D. Aldrich (CDM, 59); old 136-2 by N. Buell ('74).

Hammer(12 lb)— 104-11 by R. Hubbell (STC, 69); old 104-7 by R. Hubbell ('78).

This is one of the oldest annual meets having its start in 1970 and has gained the reputation as a mecca for the athletes in their 70 and 80's but unfortunately it also has the reputation as a sometimes poorly officiated meet and this year's version was no exception. The marks made in the decathlon and the javelin will not be accepted as record performances due to improper officiating procedures.

There were, never the less, some very good marks some by athletes using this meet as a warmup for the approaching National Championships to be held later in Atlanta. Ron Whitney paced the submasters division with a best American performance in the 400 hurdles of 53.6. Ron also had good times of 50.3 (400) and 1:57.8 (800).

Gary Miller this week lowered the 400 meter American division I record by over two seconds with his clocking of 59.1. Gary had some close competition from Fred Kjer who pressed him with his

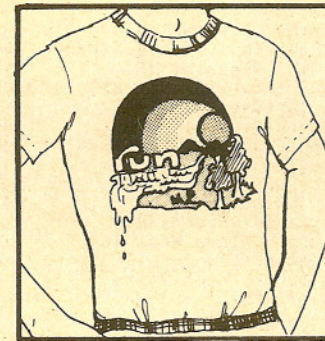
(58-1½) and Bob Macconaghy (58-1½). Tony was the outstanding all around athlete in the first few masters championships in the late 60's. In the 60 and over division Doms also had a 118-0 discus

Charles Backus (84) and Walt Wesbrook (80) led the octogenarians or near octogenarians to some world marks in their division.

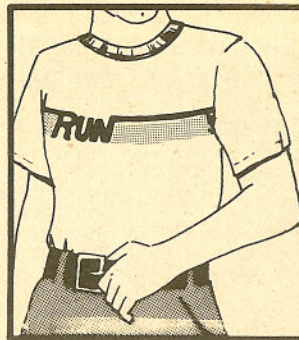
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MOVING ON

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

Sprints & Hurdles

| | |
|------------------------------------|---------------------|
| Rex Gray(Palm Springs HS) | 9.8, 22.4 |
| Tony Williams(Pam Springs HS) | 15.0 |
| Schavelle Ward(Long Beach Poly HS) | 9.7, 22.4 |
| Marvin Lard(Long Beach Poly HS) | 10.0 |
| Joel Flowers(Long Beach Poly HS) | 9.9, 22.5 |
| Ken Oldham(Long Beach Poly HS) | 50.2 |
| Charles Allen(Long Beach Poly HS) | 14.2, 37.7 |
| Vernon Smith(San Diego HS) | 9.9, 22.1, 49.3 |
| Ralph Johnson(San Diego HS) | 15.0, 37.9 |
| Walt Lewis(Hayward HS) | 9.8, 22.2, 49.8 |
| Marshall Green(Bishop O'Dowd HS) | 9.7 |
| Greg Flenory(Sequoias JC) | 10.4m, 21.3m |
| Malcolm Dixon(Sequoias HS) | 13.9, 38.1 |
| Lawrence Hill(Contra Costa JC) | 14.2 |
| Duwayne Pulliam(Northridge State) | 13.9, 52.8 |
| Robert Allas(Alta Loma HS) | 10.5m, 21.5m |
| Rick Gundram(Alta Loma HS) | 9.8, 21.7 |
| Steve Nevels(Citrus JC) | 48.0 |
| Martin Johnson(Mt. Sac JC) | 14.6 |
| Ernest Lewis(San Francisco JC) | 10.0m |
| Eugene Rachal(Cal Berkeley) | 10.5m |
| Banks(Daniel Murphy HS) | 4:24, 9:19, 2:43:50 |
| Armando Luevano(Schurr HS) | 50.7 |
| Randy Bettencourt(Butte JC) | 21.9, 48.9 |
| Dave Dunlap(Saratoga HS) | 10.6m |
| Mario Venzor(Azusa HS) | 39.9 |
| Michael Morton(Inglewood HS) | 9.7, 22.0 |
| Emery Sellers(Inglewood HS) | 9.8 |
| David Ellis(Inglewood HS) | 10.0 |
| Brian Wood(Saddleback JC) | 50.3m |
| Steve Chestnut(Saddleback JC) | 55.1m - IH |
| Larry Hogue(Vanden HS) | 9.8, 14.4 |
| Tim Long(Lincoln HS) | 9.6, 21.4 |
| Jeff Mays(Hoover HS) | 21.6 |
| Dan Stewart(San Diego State) | 47.7 |
| Richard Hoffman(Madison HS) | 14.8 |
| Todd Smith(La Jolla HS) | 14.9 |
| Raymond King(Hoover HS) | 38.6 |
| Pat Conway(Santa Barbara JC) | 54.2m |
| Bobby Jackson(Pittsburg HS) | 9.8, 21.8 |
| Bobby Hilton(Pittsburg HS) | 49.2, 39.9 |
| Robert Darden(Pittsburg HS) | 37.9 |
| Rod Dawkins(Mt. Pleasant HS) | 9.6 |
| Troy Durio(Mt. Pleasant HS) | 36.7, 14.2 |
| Derrick Carter(Mt. Pleasant HS) | 49.5 |

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| UCLA |
| U.S.A.F. |
| Long Beach City |
| Long Beach City |
| Pasadena JC |
| working |
| Pasadena JC |
| San Diego JC |
| San Diego JC |
| Chabot JC |
| Hayward State |
| Hayward State |
| Hayward State |
| Hayward State |
| Hayward State |
| Cal Poly Pomona |
| Cal Poly Pomona |
| Cal Poly Pomona |
| Cal Poly Pomona |
| San Jose JC |
| San Jose JC |
| Long Beach State |
| Rio Hondo JC |
| UC Santa Barbara |
| UC Santa Barbara |
| Cal Poly Pomona |
| Nevada - Las Vegas |
| El Camino JC |
| El Camino JC |
| working |
| UC Santa Barbara |
| Utah State |
| SD Mesa JC |
| SD Mesa JC |
| SD Mesa JC |
| SD Mesa JC |
| SD Mesa JC |
| SD Mesa JC |
| SD Mesa JC |
| Long Beach State |
| Los Medanos JC |
| Los Medanos JC |
| San Jose State |
| San Jose JC |
| San Jose JC |

| | |
|----------------------------------|------------------------|
| Clay Hall(Diablo Valley JC) | 47.6 |
| Willie Curran(Crespi HS) | 9.5, 21.3, 35.9 |
| Mark Orsini(Crespi HS) | 9.8, 22.1 |
| Greg Zovak(Hart HS) | 50.0 |
| Mike Duncan(Burbank HS) | 14.7, 39.2 |
| Jon Batchelor(Dublin HS) | 38.9 |
| Donnie Butler(Fremont HS) | 9.5 |
| Greg Arterberry(Brawley HS) | 10.0, 50.9 |
| Tony Zawinul(Blair HS) | 14.7 |
| Bob White(La Canada HS) | 14.6 |
| Mike Ragan(Glendale JC) | 48.2 |
| Steve Fortner(Liberty Union HS) | 50.6 |
| Dave Fernandez(Castro Valley HS) | 9.8, 21.9, 48.8 |
| Rodney Bethany(Fontana HS) | 9.7, 21.3, 46.93 |
| Don Woods(Atwater HS) | 49.9 |
| Jeff Marlan(Atwater HS) | 49.9 |
| Mark White(Richmond HS) | 14.0, 38.1, 48.4, 53.5 |
| Dokie Williams(El Camino HS) | 9.4w |
| Carl Pope(El Camino HS) | 21.9 |
| Cliff Newsome(Bakersfield HS) | 9.5, 21.3, 47.7 |
| Will Wharry(Hanford HS) | 9.6, 21.7 |
| Phillipe Williams(Laney JC) | 21.5 |
| Tyrone Paul(East L.A. JC) | 48.2 |
| Ronnie Anderson(San Jose JC) | 10.3m |
| Atchade Essodina(Africa) | 10.3m |
| Ronald Harris(Ventura JC) | 47.0 |
| Terry Nash(Fullerton JC) | 47.4 |
| Ken Thomas(Hanford HS) | 10.3m |
| Stan Webster(Mt. SAC JC) | 21.3 |
| David West(Merritt JC) | 47.5 |
| Jeff Boyd(South West JC) | 51.8m - IH |
| David Hopper(Long Beach JC) | 51.9m - IH |
| Ron Vinson(Chaffey JC) | 48.0 |
| Mike White(Richmond HS) | 48.1 |
| Eugene Rachel(San Jose JC) | 21.1w |
| Mike Washington(Sacramento HS) | 21.5 |
| Philip Johnson(Gardena) | 13.3 |
| Ernest Lewis(San Jose JC) | 10.0, 20.4w, 47.6 |
| Eric Brown(Bethel, VA) | 10.2, 21.0 |
| Joe Parker(Roswell NM) | 47.2 |
| Russell Higgins(El Camino JC) | 14.3, 51.8 |
| Bill Dorval(Butte JC) | 14.1w, 52.2 |
| John Davis(Damien HS) | 9.8 |
| Bill Taylor(Alta Loma HS) | 14.6 |
| Harold Williams(Grenshaw HS) | 47.5 |
| Bryant Newbill(Houston, TX) | 47.4 |
| Mike Howard(SBHS) | 21.6 |
| Robert Nowden(Garey HS) | 14.2 |
| Dwayne Jackson(Pomona HS) | 14.2 |

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| Cal Poly SLO |
| UCLA |
| Pierce JC |
| Canyons JC |
| Glendale JC |
| Chabot JC |
| U. Arizona |
| Riverside JC |
| Pasadena JC |
| Glendale JC |
| L.A. State |
| UC Davis |
| Chabot JC |
| USC |
| Stanislaus State |
| Merced JC |
| Oregon State |
| UCLA |
| Santa Ana JC |
| Bakersfield State |
| Bakersfield State |
| Bakersfield State |
| Bakersfield State |
| San Jose State |
| San Jose State |
| San Jose State |
| San Jose State |
| San Jose State |
| San Jose State |
| San Jose State |
| San Jose State |
| Colorado |
| L.A. State |
| L.A. State |
| Cal Berkeley |
| Cal Berkeley |
| Oregon State |
| USC |
| USC |
| UCLA |
| UCLA |
| UCLA |
| Occidental |
| Mt. Sac JC |
| Mt. Sac JC |
| Mt. Sac JC |
| Mt. Sac JC |
| Mt. Sac JC |
| Mt. Sac JC |
| Mt. Sac JC |

Distances

| | |
|---------------------------------|------------------|
| Doug Keeling(Palm Springs HS) | 1:58.9 |
| Bruce Sterling(Laney JC) | 1:53.1 |
| Mike Chastain(Mission HS) | 9:22.0 |
| Ray Castro(Logan HS) | 31:40 |
| John Laird(Bakersfield JC) | 9:28 SC |
| Cedric Sutton(Desert JC) | 1:53.5m, 3:53.1m |
| Armando Pesqueira(Garey HS) | 1:56.9 |
| Jose Ramirez(Garey HS) | 9:21.0 |
| Kirk Buhler(Fountain Valley HS) | 9:37.0 |
| Mark Conover(Mira Monte HS) | 9:07 |
| Ramon Morales(Camarillo HS) | 9:11 |
| Frank Dauncey(Lassen JC) | 9:14 |
| Kevin Searls(Diablo Valley JC) | 9:12 |

| |
|-----------------|
| Desert JC |
| Hayward State |
| Hayward State |
| Hayward State |
| Hayward State |
| Cal Poly Pomona |
| Cal Poly Pomona |
| Cal Poly Pomona |
| Cal Poly Pomona |
| Humboldt State |
| Humboldt State |
| Humboldt State |

| | | |
|------------------------------------|-------------------|--------------------|
| Dave Dunlap(Saratoga HS) | 10.6m | UC Santa Barbara |
| Mario Venzor(Azusa HS) | 39.9 | Cal Poly Pomona |
| Michael Morton(Inglewood HS) | 9.7, 22.0 | Nevada - Las Vegas |
| Emery Sellers(Inglewood HS) | 9.8 | El Camino JC |
| David Ellis(Inglewood HS) | 10.0 | El Camino JC |
| Brian Wood(Saddleback JC) | 50.3m | working |
| Steve Chestnut(Saddleback JC) | 55.1m - IH | UC Santa Barbara |
| Larry Hogue(Vanden HS) | 9.8, 14.4 | Utah State |
| Tim Long(Lincoln HS) | 9.6, 21.4 | SD Mesa JC |
| Jeff Mays(Hoover HS) | 21.6 | SD Mesa JC |
| Dan Stewart(San Diego State) | 47.7 | SD Mesa JC |
| Richard Hoffman(Madison HS) | 14.8 | SD Mesa JC |
| Todd Smith(La Jolla HS) | 14.9 | SD Mesa JC |
| Raymond King(Hoover HS) | 38.6 | SD Mesa JC |
| Pat Conway(Santa Barbara JC) | 54.2m | SD Mesa JC |
| Bobby Jackson(Pittsburg HS) | 9.8, 21.8 | Long Beach State |
| Bobby Hilton(Pittsburg HS) | 49.2, 39.9 | Los Medanos JC |
| Robert Darden(Pittsburg HS) | 37.9 | Los Medanos JC |
| Rod Dawkins(Mt. Pleasant HS) | 9.6 | San Jose State |
| Troy Durio(Mt. Pleasant HS) | 36.7, 14.2 | San Jose JC |
| Derrick Carter(Mt. Pleasant HS) | 49.5 | San Jose JC |
| Tim Curry(Mt. Pleasant HS) | 14.6 | San Jose JC |
| Carl Hathorn(Mt. Pleasant HS) | 9.9 | San Jose JC |
| Dwayne Taylor(Overfelt HS) | 9.6, 21.6 | Nevada - Reno |
| Richard Owens(Overfelt HS) | 49.5 | San Jose JC |
| Carl Monroe(Overfelt HS) | 38.1 | Galivan College |
| Ron Nagata(Indio HS) | 39.0 | Desert JC |
| Ernie Dixon(Bakersfield JC) | 9.7 | Fresno Pacific |
| Tony Allen(Wilson HS) | 9.8 | Long Beach JC |
| Virgil Torrance(Gardena HS) | 10.4m, 21.1, 49.0 | Long Beach JC |
| Perry Johnson(Golden West JC) | 10.3m, 21.2 | Long Beach JC |
| Ken Meriweather(San Jose JC) | 10.3m, 21.2 | Long Beach JC |
| Mike Payne(Long Beach State) | 10.6m | Long Beach JC |
| Devon Lewis(Banning HS) | 9.7, 21.6, 48.0 | Long Beach JC |
| Ron Williams(Pierce JC) | 20.6m, 45.7m | Long Beach JC |
| Sam Ceasar(Banning HS) | 48.0 | Long Beach JC |
| Craig Calloway(Wilson HS) | 49.5 | Long Beach JC |
| Anthony Harris(Jordan HS) | 48.7 | Long Beach JC |
| Cary Hardwick(Wilson HS) | 48.8 | Long Beach JC |
| Ken Collins(Banning HS) | 14.5 | Long Beach JC |
| Darryl Davis(Banning HS) | 14.2, 37.2 | Long Beach JC |
| Jerry Sanders(Pasadena JC) | 14.3 | Long Beach JC |
| Stephen Chepkwony(Foothill JC) | 46.7 | San Jose State |
| Andre Price(Carlimont HS) | 9.7, 21.7 | Foothill JC |
| Craig Copeland(Los Altos HS) | 50.0 | Foothill JC |
| Jimmy Ray Stoky(Racine, Wis.) | 9.6 | Foothill JC |
| Lamont Atkins(Kirkland WA) | 9.7 | Stanford |
| Steve Dawson(Newport Beach) | 14.8, 39.3 | Stanford |
| Robert Maiocco(Brentwood) | 48.2 | Stanford |
| Greg Muhonen(Pocatello, ID) | 14.3, 38.7 | Stanford |
| Kurt Roessler(Havertown, PA) | 14.3, 37.7 | Stanford |
| Marty Lewis(Notre Dame HS) | 38.6 | Pierce JC |
| John Mack(Notre Dame HS) | 39.4 | Linfield College |
| Anthony Edgar(Bell HS) | 9.7, 21.7 | UCLA |
| Chuck Peterson(Montgomery HS) | 14.8, 39.0 | Santa Rosa JC |
| Jeff Eitrear(Montgomery HS) | 14.8 | Santa Rosa JC |
| Mike Durden(Helix HS) | 48.9 | UCLA |
| Greg Illorson(U. Idaho) | 10.2m, 20.9m | Bakersfield JC |
| Larry Dean(Moreno Valley HS) | 49.1 | UC Riverside |
| Kevin Jackson(Pasadena JC) | 10.5 | Bakersfield State |
| Dean Greenaway(Pasadena JC) | 47.0 | U. Colorado |
| Curry McKinney(Trade Tech JC) | 10.7, 21.6 | Northridge State |
| Brian Edrington(Monroe HS) | 14.3 | Northridge State |
| Rodd Palon(Cosumnes JC) | 51.8 - IH | Northridge State |
| Dwayne Wycoff(Monroe HS) | 9.8, 48.9, 36.7 | Northridge State |
| Kevin Gaskins(Foothill HS) | 49.0, 38.2 | Stanislaus State |
| Clay Hall(Delta JC) | 47.6m | Cal Poly SLO |
| Tim Eoet(Palomar JC) | 10.4m | working |
| Greg Wilson(San Marcos HS) | 14.7 | Falomar JC |
| Greg Davis(Downey HS) | 22.5, 39.7 | U.S.A.F. |
| Bruce Staggers(Hancock JC) | 10.7m, 55.3m - IH | Florida |
| Charles Travillion(Santa Maria HS) | 10.7m | Hancock JC |
| Mark Kent(Laney JC) | 10.3m, 21.0 | Cal Poly SLO |
| Fred Harvey(San Jose JC) | 10.3m, 21.1, 46.9 | Cal Poly SLO |

Distances

| | | |
|-----------------------------------|-------------------------|------------------|
| Doug Keeling(Palm Springs HS) | 1:58.9 | Desert JC |
| Bruce Sterling(Laney JC) | 1:53.1 | Hayward State |
| Mike Chastain(Mission HS) | 9:22.0 | Hayward State |
| Ray Castro(Logan HS) | 31:40 | Hayward State |
| John Laird(Bakersfield JC) | 9:28 SC | Hayward State |
| Cedric Sutton(Desert JC) | 1:53.5m, 3:53.1m | Cal Poly Pomona |
| Armando Pesqueira(Garey HS) | 1:56.9 | Cal Poly Pomona |
| Jose Ramirez(Garey HS) | 9:21.0 | Cal Poly Pomona |
| Kirk Buhler(Fountain Valley HS) | 9:37.0 | Cal Poly Pomona |
| Mark Conover(Mira Monte HS) | 9:07 | Humboldt State |
| Ramon Morales(Camarillo HS) | 9:11 | Humboldt State |
| Frank Dauncey(Lassen JC) | 9:14 | Humboldt State |
| Kevin Searls(Diablo Valley JC) | 9:17 | Humboldt State |
| Steve Watkins(Monterey Penn. JC) | 9:19 | Humboldt State |
| Joe Fabris(San Jose JC) | 4:51.3m | Cal Poly SLO |
| Duane Logan(Grant HS) | 4:25 | Northridge State |
| Alex Gonzales(Schurr HS) | 4:24.0 | UCLA |
| Winston Armstrong(Damien HS) | 4:23 | UC Santa Barbara |
| Steve Brumwell(LA Valley JC) | 9:17 - SC | UC Santa Barbara |
| Joe Ebner(Mt. Sac JC) | 9:03 | UC Santa Barbara |
| Mark Elwell(Shasta JC) | 1:52.7m | UC Santa Barbara |
| Ramon Estrada(Santa Ana JC) | 31:28m | UC Santa Barbara |
| Mark Hilton(Glendale JC) | 3:54m | UC Santa Barbara |
| Craig Hochhaus(Clayton Valley HS) | 9:17.7, 14:46.8 | UC Santa Barbara |
| Chris Hughes(Grossmont JC) | 30:12.6m | UC Santa Barbara |
| Doug Owyang(Laney JC) | 1:53.4m | UC Santa Barbara |
| Louis Silva(LA Valley JC) | 30:38m | UC Santa Barbara |
| Jim Triplett(Long Beach JC) | 9:19 | UC Santa Barbara |
| Greg Valdez(Skyline HS) | 4:12.9 | Fresno State |
| Bill Tokar(Saddleback JC) | 3:59.9m, 32:20m | Cal Poly SLO |
| Jim Reed(Vanden HS) | 1:58.6 | UC Davis |
| Ricardo Perez(Kearny HS) | 4:18.6, 9:09.2 | SD Mesa JC |
| Steve Atkinson(Claremont HS) | 4:16.5 | SD Mesa JC |
| Donnie Smith(Fittsburg HS) | 1:57.0 | Butte JC |
| Jose Alvarez(Indio HS) | 1:57.0 | U.S. Army |
| Juan Garza(Sequoias JC) | 9:05 - SC | Fresno Pacific |
| Jose Renteria(Fresno JC) | 9:10 - SC | Fresno Pacific |
| Kobert Smith(Awalt HS) | 4:10.8, 9:23.0 | Princeton |
| Cary Hardwick(Wilson HS) | 1:53.5 | Long Beach JC |
| Lavertis Crawford(Sacramento JC) | 1:54.5 | Long Beach JC |
| Ron Cornell(Long Beach State) | 3:48.8m, 14:14m | Long Beach JC |
| Bill Laird(Lakewood HS) | 4:18, 9:40 | Long Beach JC |
| Carmello Rios(Lennox HS) | 4:18, 9:10, 9:30 - SC | Long Beach JC |
| Chad Kester(Artesia HS) | 4:16, 9:10 | Long Beach JC |
| Mike Ellis(Jordan HS) | 4:19 | Long Beach JC |
| Phil McCarty(St. Francis HS) | 4:23 | Foothill JC |
| Tim Woodward(Villa Park HS) | 4:25 | Santa Ana JC |
| Red Berry(Redwood HS) | 4:12, 8:53 | Stanford |
| Tim Bolton(Italy) | 4:12, 8:52 - SC | Stanford |
| Paul Brewer(Los Gatos HS) | 4:14, 9:14 | Stanford |
| John Schauer(Corvallis, OR) | 1:51.3, 3:54.6m | Stanford |
| Scott Slovic(Eugene, OR) | 4:21.0 | Stanford |
| Kevin Weir(Notre Dame HS) | 1:58.4 | LA Valley JC |
| Rick Rose(Helix HS) | 9:10.8 | Grossmont JC |
| Scott Hislop(West HS) | 1:54.6 | Bakersfield JC |
| Randy White(Oral Roberts) | 1:54.4 | Bakersfield JC |
| Ed Burns(Shafter HS) | 9:38.0 | Bakersfield JC |
| Larry Dean(Moreno Valley HS) | 1:55.8 | UC Riverside |
| Jim Dietler(Foothill HS) | 9:30 | Sierra JC |
| Rick Satterlee(Coronado HS) | 4:23.7, 9:32.6 | Occidental |
| Sal Lozano(Redwood HS) | 1:56.5, 9:25.0 | Sequoias JC |
| Ralph Koltkoff(Downey HS) | 4:18.5 | Cerritos JC |
| Jess Mitchell(Cuesta College) | 4:14 | Hancock HC |
| Scott Mayfield(Righetti HS) | 9:20 | Hancock JC |
| Tim Minor(Monterey Penn. JC) | 14:50, 31:18, 9:21 - SC | Nevada - Reno |
| Art Grasso(El Camino JC) | 3:50.5m | Cal Poly SLO |
| Manny Bautisto(S. Plains, TX) | 30:30m | Cal Poly SLO |
| Jon Stormo(Agoura HS) | 4:10 | Cal Poly SLO |
| Terry Underwood(Crespi HS) | 9:26.0, 31:48.0 | Cornell |

Ron Bahara(Hart HS) 4:09.3
 Charles Rednick(Sherman HS) 9:29.9
 Ken Holloday(Gilroy HS) 9:08
 Larry Lancaster(Bosco HS) 1:58.3
 Mark VanRensselaer(Burbank HS) 1:58.2
 Brian Mole(Burbank HS) 9:34
 Brian St. Aubin(Righetti HS) 1:54.4m
 Jerry Maserjian(Crescenta Valley) 9:26.2
 Rick Eller(Marshall HS) 9:30.2
 Jon Cory(Glendale JC) 30:53m
 Jason Lee(Castro Valley HS) 1:55.9
 Mark Fricker(Hemet HS) 4:08.3, 8:59.3, 1:52.5
 Barry Boettcher(Mt. Sac JC) 3:53.5
 David West(Merritt JC) 1:50.5
 Bob Love(Carlmont HS) 9:08
 Jeff Sanders(West LA JC) 1:52.8
 Joaquin Leano(Porterville JC) 9:02.2 - SC
 Greg Bachand(Albany) 4:11.0
 Mike O'Reilly(San Rafael) 3:51.1m
 Mike White(Richmond HS) 1:51.9
 David Brown(San Diego HS) 1:52.6
 Kevin Burkin(LA Valley JC) 30:12.2m
 John Gerhardt(Costa Mesa HS) 9:11.7
 Curtis Goss(Pomona HS) 1:54.5

San Diego State
 UC Riverside
 San Jose State
 Cerritos JC
 Glendale JC
 working
 Cal Poly SLO
 Glendale JC
 Glendale JC
 Long Beach State
 Hayward State
 Oregon State
 Boise State
 San Jose State
 Montana
 L.A. State
 Nevada - Reno
 Cal Berkeley
 Cal Berkeley
 Cal Berkeley
 UCLA
 Tennessee
 Utah
 Mt. Sac JC

Raul Estrada(Canada HS) 16-3
 Steve Roh(Royal Oak HS) 6-7
 Cameron Gary(Helix HS) 23-4 $\frac{1}{2}$, 46-6 $\frac{1}{2}$
 Randy Langefeld(Helix HS) 13-6
 Tom Clarke(West HS) 6-8
 Mark Epps(Rosamond HS) 6-6
 Brad Pollard(Highland HS) 15-1 $\frac{1}{2}$
 Sam Harris(Highland HS) 13-6
 Ricky Nichols(Bakersfield JC) 49-10
 Kenny Hays(Pasadena JC) 26-2 $\frac{1}{2}$, 51-7
 Sidney Mitchell(Pasadena JC) 25-9 $\frac{1}{4}$
 Alfonso PeBenito(Channel Is. HS) 22-2, 47-0 $\frac{1}{2}$
 Mark Kibort(Fremont HS) 15-3
 Roger Beeman(Delta JC) 6-6
 Randy Ellis(Kern Valley HS) 14-0
 Tim Kelly(Downey HS) 6-8
 Matt Barney(Working) 7-0
 John Baucke(Cypress JC) 16-1
 Tim McDonald(Santa Rosa JC) 16-6
 Tom Condon(Crespi HS) 6-7
 Anthony Curran(Crespi HS) 17-4 $\frac{1}{2}$
 Dave Kenworthy(Crespi HS) 15-6
 Scott Cox(Burbank HS) 45-7, 6-8 $\frac{1}{2}$
 Greg Arterberry(Brawley HS) 46-2
 Dave Igelman(Vacaville HS) 14-5
 Tony Zawinul(Blair HS) 23-8 $\frac{1}{2}$
 Bob White(La Canada HS) 15-6
 Louis Sandoval(Burroughs HS) 14-0
 Mike Decaro(Glendale JC) 49-2 $\frac{1}{2}$
 Homer Eriseno(Liberty Union HS) 23-1 $\frac{1}{2}$, 47-0
 Mitch Ashley(Castro Valley HS) 6-4
 Mark Tawls(Sanger HS) 6-7
 Coart Owens(Alameda JC) 7-2
 Dokie Williams(El Camino HS) 25-1, 51-2
 Craig Montgomery(El Camino HS) 22-1, 48-4, 6-6
 Alex Williams(El Camino HS) 6-10
 Bob Hardison(Granada Hills HS) 24-3, 47-6
 Tyrone Paul(East L.A. JC) 24-1
 Stuart Spencer(Orange Coast JC) 15-2
 Stacey Bailey(Terra Linda HS) 24-0 $\frac{1}{2}$
 Kim Black(San Mateo JC) 17-0 $\frac{1}{2}$
 Atchade Essodina(Africa) 26-3
 Mike Hosford(New Mexico) 16-3
 Craig Roberts(Cerritos HS) 49-11 $\frac{1}{2}$
 Bert Tardieu(Del Mar HS) 16-1 $\frac{1}{2}$
 Stan Webster(Mt. Sac JC) 25-9
 Bob Peterson(Chabot JC) 7-1 $\frac{1}{2}$
 Joao Oliveira(Brazil) 27-0, 58-8 $\frac{1}{2}$
 Jon Warner(El Camino JC) 16-6 $\frac{1}{2}$
 Greg Ernst(Placentia HS) 16-6
 George Farmer(Santa Monica JC) 23-9
 Ron Hunt(Bakersfield JC) 15-6
 Glen Woods(Alameda JC) 50-11 $\frac{1}{2}$
 Andy Grinstead(Mt. Sac JC) 15-6
 Mark Anderson(Walnut HS) 6-10
 David Morales(Walnut HS) 6-9

Mt. Sac JC
 Mt. Sac JC
 San Diego State
 Grossmont JC
 Bakersfield JC
 Bakersfield JC
 Bakersfield JC
 Cal Berkeley
 USC
 Arizona State
 Northridge State
 Northridge State
 Stanislaus State
 working
 Cerritos JC
 Hancock JC
 Cal Poly SLO
 Cal Poly SLO
 Cal Poly SLO
 UCLA
 San Diego State
 Glendale JC
 Riverside JC
 Air Force Academy
 Pasadena JC
 Glendale JC
 Glendale JC
 L.A. State
 Los Medanos JC
 Chabot JC
 Azusa Pacific
 Arizona State
 UCLA
 San Diego State
 Mira Costa JC
 Bakersfield State
 Bakersfield State
 Bakersfield State
 San Jose State
 San Jose State
 San Jose State
 San Jose State
 San Jose State
 San Jose State
 San Jose State
 Idaho
 USC
 UCLA
 Washington State
 Southern U.
 Abilene Christian
 Nevada - Las Vegas
 Occidental
 Mt. Sac JC
 Mt. Sac JC



photo by Keith Conning

PHILLIP JOHNSON

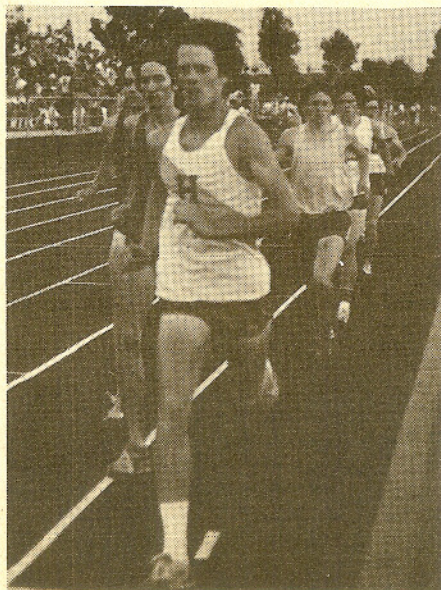


photo by Keith Conning

MARK FRICKER

Throws & Decathlon

Jumps

Jesse Jones(Palm Springs HS) 22-3

working

Rex Gray(Palm Springs HS) 54-3
 Freeman Bailey(Long Beach Poly HS) 56-2
 Mike Stebleton(Los Medanos JC) 57-3, 172-3
 John Newman 58-5, 165-0
 Bill Traugler(San Jose JC) 54-3 $\frac{1}{2}$
 Mike Johnson(Pittsburgh HS) 53-9
 John Lopez(Pittsburgh HS) 150-10
 Gary Bruner(Indio HS) 6359
 Louie Romero(Indio HS) 54-8, 151-6, 197 jav
 Pete Tancred(England) 60-2 $\frac{1}{2}$, 202-2
 John Turton(Porterville JC) 56-2 $\frac{1}{2}$, 172-9
 Tom Lister(Compton HS) 50-6 - 16#
 Dave Phillips(Millikan HS) 54-0

UCLA
 Long Beach JC
 Hayward State
 Cal Poly Pomona
 Northridge State
 Nevada - Las Vegas
 Los Medanos JC
 Stanford
 Desert JC
 Fresno Pacific
 Fresno Pacific
 Long Beach JC
 Long Beach JC

PHILLIP JOHNSON

MARK FRICKER

Jumps

Jesse Jones(Palm Springs HS) 22-3
 Chris Perry(Palm Springs HS) 6-4
 Steve Griffin(Lon Beach Poly HS) 23-0 $\frac{1}{2}$
 Jeff Farrett(Long Beach Poly HS) 6-6 $\frac{1}{2}$
 Charles Ewings(San Diego HS) 6-4
 John Haynes(Northridge State) 24-7, 53-4
 DuWayne Pulliam(Northridge State) 25-1
 Doug Reinhart(San Diego) 7-0
 Bob Churchill(Livermore HS) 6-10
 Randy Rosicka(Sequoias JC) 16-0
 George Francis(Diablo Valley JC) 23-0, 48-7
 Marcus McGlory(El Cerrito HS) 22-1, 47-7
 Jeff Barnes(Dublin HS) 21-11, 47-6
 Mike Asberry(Pittsburg HS) 20-11, 46-6
 Mickey Donaldson(Ontario HS) 6-6
 Israel Medina(Ontario HS) 14-0
 Houston Courtney(Citrus JC) 23-7
 Al Evans(Imperial HS) 22-11 $\frac{1}{2}$
 Jeff Straubel(San Diego State) 6-8
 Peter Moreno(San Jose JC) 50-11 $\frac{1}{2}$
 Thurlis Gibbs(San Jose JC) 7-3 $\frac{1}{2}$
 Richard Cordova(Grant HS) 6-6
 Armando Luevano(Schurr HS) 22-5 $\frac{1}{2}$
 Raul Garcia(Schurr HS) 13-6
 Joe Cusick(Los Gatos HS) 44-3 $\frac{1}{2}$
 Andrew Kratter(Mills HS) 46-7
 Dave Dunlap(Saratoga HS) 22-5 $\frac{1}{2}$
 Brian Wood(Saddleback JC) 22-5, 44-1
 Richard Hoffman(Madison HS) 6-5
 Mark Herring(Morse HS) 22-8, 46-11
 Pat Conway(Santa Barbara JC) 23-7 $\frac{1}{2}$
 Todd Smith(La Jolla HS) 45-5
 Joel Wyrick(Mt. Pleasant HS) 6-10, 46-7
 Gary Bruner(Indio HS) 6-4, 14-0
 Greg Strange(Indio HS) 22-11 $\frac{1}{2}$
 Louie Romero(Indio HS) 14-8
 Ernie Dixon(Bakersfield JC) 22-11
 Ken Collins(Long Beach Poly HS) 23-1
 Gary Williams(Pasadena JC) 24-0, 50-3
 Toby Hammond(Army) 25-10
 Mike Jenkins(Wilson HS) 45-2
 Brad Harris(Los Alamitos HS) 6-11
 Mel Baker(Jordan HS) 6-10
 Jerry Sanders(Pasadena JC) 6-10
 Lou Hill(Wilson HS) 15-0
 Steve Alexander(Los Altos HS) 6-8
 James Corsini(Sunnyvale HS) 14-3
 Dan Montgomery(Lassen HS) 21-5, 44-3
 Fred Grolle(Los Altos HS) 22-2, 47-0
 Kurt Roessler(Havertown, PA) 50-0
 Keith Hall(Notre Dame HS) 6-8
 Mark Reichman(Garces HS) 6-4
 Anthony Edgar(Bell HS) 46-10 $\frac{1}{2}$
 Randy Hitchcock(Montgomery HS) 6-6 $\frac{1}{2}$
 Jim Crowhurst(Montgomery HS) 13-6
 Dave Kirby(Weiser HS) 15-6
 Kelly Gordien(Claremont HS) 7-0 $\frac{1}{4}$

working
 Desert JC
 Long Beach JC
 Bakersfield State
 SD Mesa JC
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 Hayward State
 military
 Cal Lutheran
 Cal Poly Pomona
 Cal Poly Pomona
 Cal Poly Pomona
 UC Irvine
 San Jose State
 Notre Dame U.
 Rio Hondo JC
 Rio Hondo JC
 UC Santa Barbara
 UC Santa Barbara
 UC Santa Barbara
 working
 SD Mesa JC
 SD Mesa JC
 SD Mesa JC
 SD Mesa JC
 San Jose JC
 Stanford
 Desert JC
 Desert JC
 Fresno Pacific
 Long Beach JC
 Long Beach JC
 Long Beach JC
 Long Beach JC
 Long Beach JC
 Long Beach JC
 Long Beach JC
 Long Beach JC
 Foothill JC
 Foothill JC
 Foothill JC
 Stanford
 Stanford
 Boston U.
 Bakersfield JC
 UCLA
 Santa Rosa JC
 Santa Rosa JC
 Mt. Sac JC
 Mt. Sac JC

Rex Gray(Palm Springs HS) 54-3
 Freeman Bailey(Long Beach Poly HS) 56-2
 Mike Stebleton(Los Medanos JC) 57-3, 172-3
 John Newman 58-5, 165-0
 Bill Traughler(San Jose JC) 54-3 $\frac{1}{2}$
 Mike Johnson(Pittsburgh HS) 53-9
 John Lopez(Pittsburgh HS) 150-10
 Gary Bruner(Indio HS) 6359
 Louie Romero(Indio HS) 54-8, 151-6, 197 jav
 Pete Tancred(England) 60-2 $\frac{1}{2}$, 202-2
 John Turton(Porterville JC) 56-2 $\frac{1}{2}$, 172-9
 Tom Lister(Compton HS) 50-6 - 16#
 Dave Phillips(Millikan HS) 54-0
 Matt Pear(Los Altos HS) 58-0
 Jeff Bieller(Villa Park HS) 51-4
 Bill Luby(Hartford, CT) 194-0 jav
 Jerome Franey(Garces HS) 53-0
 Jeff Holcomb(Rochester Tech) 153-10, 150-3 ham
 Bill Green(Fremont HS) 55-1, 181-7
 Mike Wayne(Kern Valley HS) 52-5, 151-6
 Randy Ellis(Kern Valley HS) 152-2
 Tom Petranoff(Palomar JC) 261-7 jav
 Tom Hazelton(Downey HS) 57-5
 Mike Walker(Lompoc HS) 57-0
 Chris Santor(Valley JC) 201 jav
 Brian Paul(West Covina HS) 62-4
 Greg Baker(Rio Linda HS) 51-1
 Randy Abruzzini(Gilroy HS) 54-8
 Dan Jewell(Glendale JC) 225-4
 Terry Williamson(Glendale JC) 164-0
 Jan Bear(Glendale JC) 7,008
 Eric Longfield(Fontana HS) 51-5 $\frac{1}{2}$, 153-7, 6384
 Tom Merlo(Sanger HS) 57-4 $\frac{1}{2}$, 155-10
 Dave Porath(Atwater HS) 65-11, 209-6
 Bret Selby(Bella Vista HS) 6200
 Paul Bishop(West L.A. JC) 175-5
 Curt Ransford(Spokane JC) 241-2
 Colin Sutherland(L.A. State) 192-8
 Bruce Parker(San Francisco) 62-7
 Tohru Asami(Fullerton JC) 6525
 Mark Bryant(Antelope Valley HS) 192-8
 Eugene Leoni(Ft. Wash., PA) 6380
 Mike Carli(Canyons JC) 230-11
 Marcus Gordien(C/P Pomona) 202-3
 Sam Lowry(Santa Rosa JC) 211-1 jav

UCLA
 Long Beach JC
 Hayward State
 Cal Poly Pomona
 Northridge State
 Nevada - Las Vegas
 Los Medanos JC
 Stanford
 Desert JC
 Fresno Pacific
 Fresno Pacific
 Long Beach JC
 Long Beach JC
 Foothill JC
 Hawaii
 Stanford
 Bakersfield JC
 Northridge State
 Northridge State
 Northridge State
 Pierce JC
 working
 San Diego State
 Cerritos JC
 Hancock JC
 Nevada - Reno
 Cal Poly SLO
 Amrican River JC
 working
 Northridge State
 Northridge State
 Cal Poly Pomona
 Cal Poly Pomona
 Fresno JC
 Cal Berkeley
 Bakersfield State
 San Jose State
 San Jose State
 San Jose State
 Cal Berkeley
 USC
 UCLA
 UCLA
 UCLA
 UCLA
 Humboldt State

COMING IN THE NEXT ISSUE:

**Women's "Moving On" feature - where the top high school and junior college gals have gone on to college.

**California marathon ranking.

**Book reviews - some new track books are out.

**Club feature on Camino West.

**Cal Berkeley women's cross country feature.

**Cross country wrap-up: CIF, JC State, NCAA, AAU

**Results - results - results.

**Is Running America's New Religion? article.

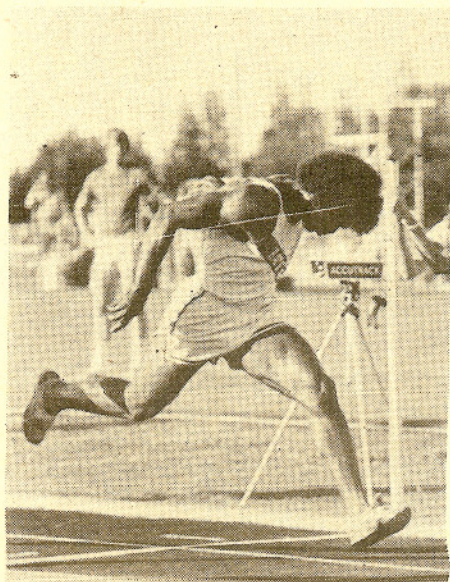


photo by Don Gosney

KEN THOMAS

1978 California HIGH SCHOOL RANKINGS

by KEITH CONNING

boys

100 YARD DASH

- *Mike Sanford (Pasadena)
 - 10.57m 1) Arcadia Invitational 4/29
 - 9.87 1) Southern Section 5/20
 - 9.98 1) Southern Section 5/26
 - 9.5 1) State Meet Heat 3 6/2
 - 9.85 1) State Meet 6/3
- Ken Thomas (Hanford)
 - 9.69w 1) West Coast Relays 5/5
 - 9.5 1) Central Section 5/25
 - 9.93 1) State Meet Heat 2 6/2
 - 9.93 2) State Meet 6/3
 - 9.75 1) Golden West Invitational 6/10
 - 10.3m 3) International Prep Inv. 6/17
- Virgil Terrence (Gardena)
 - 10.67m 2) Arcadia Invitational 4/29
 - 9.81 1) Los Angeles Section 5/27
 - 9.95 2) State Meet Heat 2 6/2
 - 9.96 3) State Meet 6/3
 - 9.89 4) Golden West Invitational 6/10
- Dekie Williams (El Camine, Oceanside)
 - 9.4w San Diego Section Prelim 5/20
 - 9.4w 1) San Diego Section 5/27
 - 9.98 3) State Meet Heat 1 6/2
 - 10.01 4) State Meet 6/3
- Wendle McNeal (Oakland)
 - 10.5m 1) San Jose Relays 3/25
 - 9.91w 4) West Coast Relays 5/5
 - 9.6 1) Oakland Athletic League 5/26
 - 9.9 3) State Meet Heat 3 6/2
 - 10.03 5) State Meet 6/3

220 YARD DASH

880 YARD RUN

- *Dave Mack (Locke, Los Angeles)
 - 1:53.6m 1) Arcadia Invitational 4/29
 - 1:55.5 3) Los Angeles Section 5/27
 - 1:54.63 1) State Meet Heat 1 6/2
 - 1:51.83 1) State Meet 6/3
- **Pete Quinonez (Tulare Union)
 - 1:54.5 1) Central Section 5/25
 - 1:54.47 2) State Meet Heat 3 6/2
 - 1:51.91 2) State Meet 6/3
- *Jeff West (Crenshaw, Los Angeles)
 - 1:55.4 6) Arcadia Invitational 4/29
 - 1:55.1 2) Los Angeles Section 5/27
 - 1:52.8 1) State Meet Heat 2 6/2
 - 1:52.04 3) State Meet 6/3
- Mike White (Richmond)
 - 1:54.6 1) San Jose Relays 3/25
 - 1:54.0 1) Sacramento Invitational 5/27
 - 1:54.2 1) North Coast Section 5/27
 - 1:53.6 2) State Meet Heat 2 6/2
 - 1:52.51 4) State Meet 6/3
 - 1:51.9 2) Golden West Invitational 6/10
- David Brown (Peway)
 - 1:56.8 2) San Diego Section 5/27
 - 1:54.0 3) State Meet Heat 2 6/2
 - 1:52.64 5) State Meet 6/3

MILE RUN

- *Paul Medvin (University, Los Angeles)
 - 4:17.5 1) Los Angeles Section 5/27
 - 4:11.09 3) State Meet Heat 2 6/2
 - 4:08.91 1) State Meet 6/3
- *Frank Assuma (Eisenhower, Rialto)
 - 4:11.7 4) Southern Section 5/26
 - 4:13.75 1) State Meet Heat 1 6/2
 - 4:09.16 2) State Meet 6/3
 - 3:53.6m) AAU Junior Heat 6/24
 - 4:02.1m 10) AAU Junior 6/25
- Mark Fricker (Hemet)

- *Tony Campbell (Banning, Wilmington)
 - 14.0 1) Arcadia Invitational 4/29
 - 13.88 2) Los Angeles Section 5/27
 - 13.8 2) State Meet Heat 2 6/2
 - 14.27 3) State Meet 6/3
 - 14.21 7) Golden West Invitational 6/10
- Malcolm Dixon (Sequoia, Redwood City)
 - 13.9w 1) San Jose Relays 3/25
 - 14.1 2) Central Coast Section 5/26
 - 14.14 2) State Meet Heat 1 6/2
 - 14.41 4) State Meet 6/3
- Steve Guthrie (Cupertino)
 - 14.4w 4) San Jose Relays 3/25
 - 14.0 1) Central Coast Section 5/26
 - 14.46 2) State Meet Heat 3 6/3
 - 14.64 5) State Meet 6/3

330 YARD LOW HURDLES

- *Gary Lee (Poly, Long Beach)
 - 37.83 2) Southern Section 5/26
 - 37.34 3) State Meet Heat 3 6/2
 - 36.58 1) State Meet 6/3
- Larry Gowling (Sacramento)
 - 36.8 1) League
 - 36.6 1) Sub-section
 - 37.1 1) Sac-Joaquin Section 5/26
 - 37.03 1) State Meet Heat 3 6/2
 - 36.87 2) State Meet 6/3
 - 53.81 (440H) 4) Golden West Inv 6/10
- Dwayne Wycoff (Menree, Sepulveda)
 - 37.12 1) Los Angeles Section 5/27
 - 37.16 1) State Meet Heat 2 6/2
 - 36.96 3) State Meet 6/3
- *Tony Campbell (Banning, Wilmington)
 - 38.32m 5) Arcadia Invitational 4/29
 - 37.31 2) Los Angeles Section 5/26
 - 36.72 1) State Meet Heat 1 6/2
 - 37.00 4) State Meet 6/3
 - 53.68 (440H) 2) GWI 6/10
- William Stapleton (Linceln, San Francisco)
 - 38.7 1) San Francisco Section 5/
 - 37.27 2) State Meet Heat 3 6/2
 - 37.12 5) State Meet 6/3



| | | |
|------------------------------------------|-----------------------------|------|
| 10.75 | 1) Golden West Invitational | 6/10 |
| 10.3m | 3) International Prep Inv. | 6/17 |
| 3. Virgil Terrence (Gardena) | | |
| 10.67m | 2) Arcadia Invitational | 4/29 |
| 9.81 | 1) Los Angeles Section | 5/27 |
| 9.95 | 2) State Meet Heat 2 | 6/2 |
| 9.96 | 3) State Meet | 6/3 |
| 9.89 | 4) Golden West Invitational | 6/10 |
| 4. Dekie Williams (El Camine, Oceanside) | | |
| 9.4w | San Diego Section Prelim | 5/20 |
| 9.4w | 1) San Diego Section | 5/27 |
| 9.98 | 3) State Meet Heat 1 | 6/2 |
| 10.01 | 4) State Meet | 6/3 |
| 5. Wendle McNeal (Oakland) | | |
| 10.5m | 1) San Jose Relays | 3/25 |
| 9.91w | 4) West Coast Relays | 5/5 |
| 9.6 | 1) Oakland Athletic League | 5/26 |
| 9.9 | 3) State Meet 3 | 6/2 |
| 10.03 | 5) State Meet | 6/3 |

220 YARD DASH

| | | |
|--------------------------------------------|-------------------------------|------|
| 1. *Mike Sanford (Pasadena) | | |
| 21.46m | 1) Arcadia Invitational | 4/29 |
| 22.10 | 1) Southern Section | 5/26 |
| 21.44 | 1) State Meet Heat 3 | 6/2 |
| 21.42 | 1) State Meet | 6/3 |
| 2. Virgil Terrence (Gardena) | | |
| 21.62m | 3) Arcadia Invitational | 4/29 |
| 21.53 | 1) Los Angeles Section | 5/27 |
| 21.74 | 1) State Meet Heat 2 | 6/2 |
| 21.62 | 2) State Meet | 6/3 |
| 21.76 | 3) Golden West Invitational | 6/10 |
| 3. *Roy Mesley (Norte Del Rio, Sacramento) | | |
| 21.5 | 1) Sacramento Invitational | |
| 21.4 | Seasonal best | |
| 21.6 | 2) Sac-Joaquin Section | 5/26 |
| 21.77 | 2) State Meet Heat 2 | 6/2 |
| 21.73 | 3) State Meet | 6/3 |
| 21.81 | 1) National Junior Olympics | |
| 4. *Bill Green (Cubberley, Pale Alto) | | |
| 21.5 | 1) Central Coast Section | 5/26 |
| 21.81 | 2) State Meet Heat 3 | 6/2 |
| 22.24 | 9) State Meet | 6/3 |
| 21.02 | 1) Santiago Nakazawa Memorial | 6/25 |
| 5. Howard Hawkins (Warren, Downey) | | |
| 22.23 | 3) Southern Section | 5/26 |
| 21.98 | 3) State Meet Heat 2 | 6/2 |
| 21.78 | 4) State Meet | 6/3 |

440 YARD DASH

| | | |
|---------------------------------------|-----------------------------|------|
| 1. *Bill Green (Cubberley, Pale Alto) | | |
| 47.8 | 1) Sub-district | |
| 47.0 | 1) Central Coast Section | 5/26 |
| 48.11 | 1) State Meet Heat 1 | 6/2 |
| 46.77 | 1) State Meet | 6/3 |
| 47.76 | 1) National Junior Olympics | 8/13 |
| 2. Red Bethany (Fonsana) | | |
| 47.05 | 1) Arcadia Invitational | 4/29 |
| 48.11 | 1) Southern Section | 5/26 |
| 47.91 | 1) State Meet Heat 3 | 6/2 |
| 46.93 | 2) State Meet | 6/3 |
| 47.85 | 3) Golden West Invitational | 6/10 |
| 3. Devin Lewis (Banning, Wilmington) | | |
| 49.02 | 2) Los Angeles Section | 5/27 |
| 48.37 | 3) State Meet Heat 3 | 6/2 |
| 47.90 | 3) State Meet | 6/3 |
| 4. Cliff Newsum (Bakersfield) | | |
| 47.99 | 2) Arcadia Invitational | 4/29 |
| 48.5 | 1) Central Section | 5/25 |
| 48.25 | 2) State Meet Heat 1 | 6/2 |
| 48.07 | 4) State Meet | 6/3 |
| 5. Tony Thompson (Woodside) | | |
| 48.0 | 3) Central Coast Section | 5/26 |
| 48.32 | 2) State Meet Heat 3 | 6/2 |
| 48.08 | 5) State Meet | 6/3 |

MILE RUN

| | | |
|-------------------------------------------|-----------------------------|------|
| 1. *Paul Medvin (University, Los Angeles) | | |
| 4:17.5 | 1) Los Angeles Section | 5/27 |
| 4:11.09 | 3) State Meet Heat 2 | 6/2 |
| 4:08.91 | 1) State Meet | 6/3 |
| 2. *Frank Assumma (Eisenhower, Rialto) | | |
| 4:11.7 | 4) Southern Section | 5/26 |
| 4:13.75 | 1) State Meet Heat 1 | 6/2 |
| 4:09.16 | 2) State Meet | 6/3 |
| 3:53.6m | AAU Junior Heat | 6/24 |
| 4:02.1m | 10) AAU Junior | 6/25 |
| 3. Mark Fricker (Hemet) | | |
| 4:10.6 | 2) Southern Section | 5/26 |
| 4:11.20 | 5) State Meet Heat 2 | 6/2 |
| 4:10.78 | 3) State Meet | 6/3 |
| 4:09.3 | 3) Golden West Invitational | 6/10 |
| 4:11.3 | 3) International Prep Inv | 6/17 |
| 3:50.6m | AAU Junior Heat | 6/24 |
| 3:53.1m | 5) AAU Junior | 6/25 |
| 4. Mike O'Reilly (San Rafael) | | |
| 3:51.5m | 1) Arcadia Invitational | 4/29 |
| 4:14.0 | 4) North Coast Section | 5/27 |
| 4:14.39 | 4) State Meet Heat 1 | 6/2 |
| 4:13.2 | 4) State Meet | 6/3 |
| 4:09.8 | 4) Golden West Invitational | 6/10 |
| 4:14.2 | 6) International Prep Inv | 6/17 |
| 5. Jen Storme (Ageura) | | |
| 4:11.4 | 3) Southern Section | 5/26 |
| 4:11.17 | 4) State Meet Heat 2 | 6/2 |
| 4:18.0 | 5) State Meet | 6/3 |

TWO MILE RUN

| | | |
|-----------------------------------------------|-----------------------------|------|
| 1. *Jeff Nelson (Burbank) | | |
| 9:06.51 | 1) Southern Section | 5/26 |
| 8:59.28 | 1) State Meet | 6/3 |
| 2. Red Berry (Redwood, Larkspur) | | |
| 9:20.0 | 1) Hale Reach Relays | |
| 9:06.8 | 2) North Coast Section | 5/27 |
| 8:59.33 | 2) State Meet | 6/3 |
| 9:12.7 | 1) International Prep Inv | 6/17 |
| 3. *Charles Carrasco (Mt. Pleasant, San Jose) | | |
| 9:06.2 | 1) San Jose Relays | 3/25 |
| 9:02.6 | 1) Central Coast Section | 5/26 |
| 9:27.6 | 19) State Meet | 6/3 |
| 4. *Chuck Assumma (Eisenhower, Rialto) | | |
| 8:25.1m | | |
| 9:05.1 | | |
| 5. Steve Webb (Kennedy, La Palma) | | |
| 8:26.1m | 2) Arcadia Invitational | 4/29 |
| 9:08.0 | 3) Southern Section | 5/26 |
| 9:06.97 | 3) State Meet | 6/3 |
| 9:03.2 | 3) Golden West Invitational | 6/10 |

120 YARD HIGH HURDLES

| | | |
|--------------------------------|-----------------------------|------|
| 1. Philip Johnson (Gardena) | | |
| 14.0 | 2) Arcadia Invitational | 4/29 |
| 13.64 | 1) Los Angeles Section | 5/27 |
| 13.84 | 1) State Meet Heat 1 | 6/2 |
| 14.22 | 2) State Meet | 6/3 |
| 13.3 | 2) Golden West Invitational | 6/10 |
| 14.35 | 3) AAU Junior | 6/25 |
| 2. Milan Stewart (West Covina) | | |
| 14.36 | 1) Southern Section | 5/26 |
| 13.7 | 1) State Meet Heat 2 | 6/2 |
| 13.97 | 1) State Meet | 6/3 |
| 13.84 | 3) Golden West Invitational | 6/10 |
| 13.73 | 1) Mexico City | 6/25 |



photo by Don Gosney

MIKE WHITE

HIGH JUMP

| | | |
|--------------------------------------------------|---------------------------------|------|
| 1. Kerry Myers (Berkeley) | | |
| 6-7 3/4 | 1) Dual meet | 3/ |
| 6-4 |) North Coast Section 4A | 5/26 |
| 6-2 |) North Coast Section | 5/27 |
| 6-10 | 1) Northern Pacific Assoc. AAU | |
| | Jr. Olympics 7/15 | |
| 6-10 | 1) Region 13 Jr. Olympics | |
| 7-2 1/4 | 1) National AAU Junior Olympics | |
| 2. Brad Harris (Los Alamitos) | | |
| 6-10 | 1) Arcadia Invitational | 4/29 |
| 6-8 | 2) Southern Section | 5/26 |
| 6-11 | 1) State Meet | 6/3 |
| 3. Delvon Davis (Miraleste, Rancho Palms Verdes) | | |
| 6-8 | 2 tie) Arcadia Invitational | 4/29 |
| 7-0 | 1) Southern Section | 5/26 |
| 6-10 | 2) State Meet | 6/3 |
| 4. *Cassie Fairman (San Pedro) | | |
| 6-8 | 7 tie) arcadia Invitational | 4/29 |
| 6 7-0 | Seasonal best | |
| 6-8 | 1) Los Angeles Section | 5/26 |
| 6-10 | 3) State Meet | 6/3 |
| 5. Reuben Edwards (Terra Linda, San Rafael) | | |
| 6-8 | 2 tie) Arcadia Invitational | 4/29 |
| 6-6 | 4 tie) San Jose Relays | 3/25 |
| 6-8 | 1) Hale Reach Relays | 4/22 |
| 6-8 | 1) North Coast Section | 5/27 |
| 6-10 | 4) State Meet | 6/3 |

POLE VAULT

1. Anthony Curran (Crespi, Encino)
 - 17-4½ 1) Ventura Relays 4/22
 - 16-5 1) Arcadia Invitational 4/29
 - 17-0 3/4 1) League
 - 16-6 Pepsi Invitational
 - 16-5½ 1) Southern Section 4A 5/
 - 17-1 1) Southern Section 5/26
 - 17-5¼ 1) State Meet 6/3
 - 16-6 2) Golden West Invitational 6/10
 - 17-0½ 1) International Prep Inv 6/17
 - 15-6 6) AAU Jr. 6/24
2. Greg Ernst (El Dorado, Placentia)
 - 15-6 1) San Jose Relays 3/25
 - 15-0 2) Arcadia Invitational 4/29
 - 16-6 1) League
 - 16-5 Section Prelims
 - 16-5½ Southern Section A
 - 16-6 2) Southern Section 5/26
 - 16-3 2) State Meet 6/3
 - no height Golden West Invitational 6/10
 - 16-6 3) International Prep Inv 6/17
 - 16-0 3) AAU Jr. 6/24
3. Scott Foss (Santa Ynez Valley, Santa Ynez)
 - 15-0 4) Southern Section 5/26
 - 15-10 3) State Meet 6/3
 - 15-6 4) Golden West Invitational 6/10
 - 15-6 5) International Prep Inv 6/17
4. Bob White (La Canada)
 - 14-½ 4) San Jose Relays 3/25
 - 14-6 5) Arcadia Invitational 4/29
 - 15-0 5) Southern Section 5/26
 - 15-6 4) State Meet 6/3
5. Mitch Preciado (Homestead, Sunnysvale)
 - 14-6 2) Leigh-West Valley Relays
 - 15-0 3/4 2) Central Coast Section 5/26
 - 15-6 5) State Meet 6/3

LONG JUMP

1. Dokie Williams (El Camino, Oceanside)
 - 23-8½ 1) San Jose Relays 3/25
 - 23-10½ 3) Arcadia Invitational 4/29
 - 24-6½ 1) San Diego Section 5/27
 - 22-9 3/4 7) State Meet Trials 6/2
 - 25-1¼ 1) State Meet 6/3
 - 23-3 3/4 7) Golden West Invitational 6/10
2. *Dennie Butler (Fremont, Los Angeles)
 - 24-1½ 2) Arcadia Invitational 4/29
 - 24-5 City semi
 - 25-4 1) Los Angeles Section 5/27
 - 23-3½ 3) State Meet Trials 6/2
 - 24-8 3) State Meet 6/3
 - 24-7 2) Golden West Invitational 6/10
 - 23-8 4) International Prep Inv 6/17
3. Mike Bradford (Fairfax, Los Angeles)
 - 24-3½ 2) Los Angeles Section 5/26
 - 23-6 3/4 2) State Meet Trials 6/2
 - 24-8 2) State Meet 6/3
 - 23-4½ w 6) Golden West Invitational 6/10
4. Tony Pitts (Santa Ana Valley)
 - 24-5 1) Arcadia Invitational 4/29
 - 24-3 1) Southern Section 5/26
 - 22-10 3/4 6) State Meet Trials 6/2
 - 24-5 4) State Meet 6/3
 - 24-2 3/4 3) Golden West Invitational 6/10
5. Tony Hamilton (Castle Park, Chula Vista)
 - 23-9½ 2) San Diego Section 5/27
 - 24-0 1) State Meet Trials 6/2
 - 23-7½ 5) State Meet 6/3

TRIPLE JUMP

4. Craig Montgomery (El Camino, Oceanside)
 - 47-2 4) San Jose Relays 3/25
 - 47-4½ 2) San Diego Section 5/27
 - 47-6 3/4 9) State Meet Trials 6/2
 - 48-8 3/4 4) State Meet 6/3
5. Marvin Colter (Piner, Santa Rosa)
 - 47-3½ 2) San Jose Relays 3/25
 - 47-2 1) North Coast Section 5/27
 - 47-7½ 7) State Meet Trials 6/2
 - 48-4½ 5) State Meet 6/3

SHOT PUT

1. Dave Porath (Atwater)
 - 64-2 1) Sacramento Invitational
 - 63-7½ 1) Arcadia Invitational 4/29
 - 65-10 1) Sub-section prelim
 - 64-2 1) Sac-Joaquin Section 5/26
 - 64-3 3/4 1) State Meet Trials 6/2
 - 65-10 3/4 1) State Meet 6/3
 - 63-9½ 4) Golden West Invitational 6/10
 - 63-5½ 2) International Prep Inv 6/17
 - 54-8 (16 lb.) 4) AAU Jr. 6/25
2. Brian Faul (West Covina)
 - 62-5½ 2) Arcadia Invitational 4/29
 - 62-2 1) Southern Section 5/26
 - 62-7½ 2) State Meet Trials 6/2
 - 61-3½ 3) State Meet 6/3
 - 62-6 5) Golden West Invitational 6/10
3. Vince Brown (Mater Dei, Santa Ana)
 - 57-10½ 5) Arcadia Invitational 4/29
 - 61-3 2) Southern Section 5/26
 - 59-8 3/4 7) State Meet Trials 6/2
 - 61-3 3/4 2) State Meet 6/3
4. *Don Mosebar (Mt. Whitney, Visalia)
 - 60-5 2) West Coast Relays 5/5
 - 59-11 1) Central Section 5/25
 - 61-11 3) State Meet Trials 6/2
 - 61-2½ 4) State Meet 6/3
5. Ken Pole (El Capitan, Lakeside)
 - 58-6½ 1) San Jose Relays 3/25
 - 60-5 3/4 3) Arcadia Invitational 4/29
 - 61-6½ 1) San Diego Section 5/27
 - 60-5½ 4) State Meet Trials 6/2
 - 60-9 3/4 5) State Meet 6/3
 - 61-8½ 6) International Prep Inv 6/17

DISCUS

1. Dave Porath (Atwater)
 - 200-3½ 1) Sacramento Invitational
 - 204-11 1) Arcadia Invitational 4/29
 - 199-3 1) Sub-section prelim
 - 198-10½ 1) Sac-Joaquin Section 5/26
 - 189-10 1) State Meet Trials 6/2
 - 199-5 1) State Meet 6/3
 - 209-6 1) Golden West Invitational 6/10
 - 195-8 1) International Prep Inv 6/17
 - 163-9 (college weight) 5) AAU Jr. 6/24
2. Jar Kevar (Burreughs, Ridgecrest)
 - 174-4 4) Southern Section 5/26
 - 169-4 8) State Meet Trials 6/2
 - 175-11 2) State Meet 6/3
3. Tim Bennett (Kingsburg)
 - 184-2 1) West Coast Relays 5/5
 - 169-0 2) Central Section 5/25
 - 174-7 5) State Meet Trials 6/2
 - 172-7 3) State Meet 6/3
4. Tom Peterson (North Salinas)
 - 182-6 2) West Coast Relays 5/5
 - 180-8 2) Central Coast Section 5/26
 - 182-0 3) State Meet Trials 6/2
 - 170-8 4) State Meet 6/3

girls

100 YARD DASH

1. *Alice Brown (Muir, Pasadena)
 - 11.82m 4) Arcadia Invitational 4/29
 - 10.93 1) Southern Section 4A 5/
 - 10.93 1) Southern Section 5/26
 - 11.12 2) State Meet Heat 1 6/2
 - 10.96 2) State Meet 6/3
 - 11.79m 2) AAU Jr. 6/24
 - 11.80m 1) v. USSR 7/4
 - 11.64m 2) v. USSR 7/8
 - 12.09m 5) v. West Germany-Great Britain
2. Kelia Bolton (Hill, San Jose)
 - 11.7m 1) San Jose Relays 3/25
 - 10.4 1) Central Coast Section 5/26
 - 11.06 1) State Meet Heat 1 6/2
 - 10.92 1) State Meet 6/3
 - 11.82m 4) AAU Heat 2
 - 12.29m 8) AAU jr 6/24
 - 12.31m 4) v. USSR 7/4
3. Pam Marshall (Jordan, Los Angeles)
 - 11.78 2) Arcadia Invitational 4/29
 - 11.04 2) Los Angeles Section 5/27
 - 10.96 3) State Meet Heat 3 6/2
 - 11.00 3) State Meet 6/3
4. Elaine Parker (Oceanside, Pacifica)
 - 11.7m 2) San Jose Relays 3/25
 - 11.4m 2) Northridge 4/23
 - 10.5 2) Central Coast Section 5/26
 - 10.95 2) State Meet Heat 3 6/2
 - 11.01 4) State Meet 6/3
 - 11.78m 5) AAU Heat 1
5. Valerie Brisco (Locke, Los Angeles)
 - 11.57m 1) Arcadia Invitational 4/29
 - 10.76 1) Los Angeles Section 5/26
 - 10.94 1) State Meet Heat 3 6/2
 - 11.05 5) State Meet 6/3

220 YARD DASH

1. Freida Cobbs (Berkeley)
 - 23.7 1) North Coast Section 5/27
 - 24.19 1) State Meet Heat 1 6/2
 - 24.15 3) State Meet 6/3
 - 24.07m 5) AAU Heat 2 6/9
 - 24.02m 1) AAU JR. 6/25
 - 24.06m 2) v. USSR 7/5
 - 23.72 USOC Festival
2. Kelia Bolton (Hill, San Jose)
 - 24.3 1) Northridge 4/23
 - 23.9 1) Central Coast Section 5/26
 - 24.24 2) State Meet Heat 2 6/2
 - 23.99 1) State Meet 6/3
 - 24.03m 4) AAU Heat 2 6/9
 - 23.75m 4) AAU semifinal 1 6/10
 - 24.13m 6) AAU 6/10
 - 24.22m 3) AAU JR. 6/25
 - 25.65m 3) v. USSR 7/8
3. Valerie Brisco (Locke, Los Angeles)
 - 23.77m 1) Arcadia Invitational 4/29
 - 24.10 Los Angeles Section 5/27
 - 24.45 1) State Meet Heat 3 6/2
4. Pam Marshall (Jordan, Long Beach)
 - 23.82m 2) Arcadia Invitational 4/29

- 24-7 2) Golden West Invitational 6/3
- 23-8 4) International Prep Inv 6/17
- 3. Mike Bradford (Fairfax, Los Angeles)
 - 24-3 2) Los Angeles Section 5/26
 - 23-6 3/4 2) State Meet Trials 6/2
 - 24-8 2) State Meet 6/3
 - 23-4 6) Golden West Invitational 6/10
- 4. Tony Pitts (Santa Ana Valley)
 - 24-5 1) Arcadia Invitational 4/29
 - 24-3 1) Southern Section 5/26
 - 22-10 3/4 6) State Meet Trials 6/2
 - 24-5 4) State Meet 6/3
 - 24-2 3/4 3) Golden West Invitational 6/10
- 5. Tony Hamilton (Castle Park, Ghula Vista)
 - 23-9 2) San Diego Section 5/27
 - 24-0 1) State Meet Trials 6/2
 - 23-7 5) State Meet 6/3

TRIPLE JUMP

- 1. Dokie Williams (El Camino, Oceanside)
 - 48 -1 1) San Jose Relays 3/25
 - 50-8 3/4 1) Arcadia Invitational 4/29
 - 51-0 3/4 1) San Diego Section 5/27
 - 50-2 3/4 1) State Trials 6/2
 - 50-4 1) State Meet 6/3
- 2. Craig Roberts (Cerritos)
 - 47-6 2) Arcadia Invitational 4/29
 - 46-9 3) Southern Section 5/26
 - 48-1 5) State Meet Trials 6/2
 - 49-10 2) State Meet 6/3
- 3. Lonnie Sanders (Grant, Sacramento)
 - 47-2 3) San Jose Relays 3/25
 - 49-5 1) Woodland Invitational 5/6
 - 48-0 1) Sac-Joaquin Section 5/26
 - 49-11 3/4 2) State Meet Trials 6/2
 - 49-1 3) State Meet 6/3
 - 49-6 3) Golden West Invitational 6/10

- 189-10 1) State Meet Trials 6/2
- 209-6 1) Golden West Invitational 6/10
- 195-8 1) International Prep Inv 6/17
- 163-9 (college weight) 5) AAU Jr. 6/24
- 2. Jav Kevar (Burroughs, Ridgecrest)
 - 174-4 4) Southern Section 5/26
 - 169-4 8) State Meet Trials 6/2
 - 175-11 2) State Meet 6/3
- 3. Tim Bennett (Kingsburg)
 - 184-2 1) West Coast Relays 5/5
 - 169-0 2) Central Section 5/25
 - 174-7 5) State Meet Trials 6/2
 - 172-7 3) State Meet 6/3
- 4. Tom Peterson (North Salinas)
 - 182-6 2) West Coast Relays 5/5
 - 180-8 2) Central Coast Section 5/26
 - 182-0 3) State Meet Trials 6/2
 - 170-8 4) State Meet 6/3
- 5. Don Frazee (Bella Vista, Fair Oaks)
 - 173-4 2) Sac-Joaquin Section 5/26
 - 172-8 6) State Meet Trials 6/2
 - 169-8 5) State Meet 6/3



- 24.02m 1) AAU JR. 6/25
- 24.06m 2) v. USSR 7/5
- 23.72 USOC Festival
- 2. Kalia Bolton (Hill, San Jose)
 - 24.3 1) Northridge 4/23
 - 23.9 1) Central Coast Section 5/26
 - 24.24 2) State Meet Heat 2 6/2
 - 23.99 1) State Meet 6/3
 - 24.03m 4) AAU Heat 2 6/9
 - 23.75m 4) AAU semifinal 1 6/10
 - 24.13m 6) AAU 6/10
 - 24.22m 3) AAU JR. 6/25
 - 25.65m 3) v. USSR 7/8
- 3. Valerie Brisco (Locke, Los Angeles)
 - 23.77m 1) Arcadia Invitational 4/29
 - 24.10 Los Angeles Section 5/27
 - 24.45 1) State Meet Heat 3 6/2
- 4. Pam Marshall (Jordan, Long Beach)
 - 23.82m 2) Arcadia Invitational 4/29
 - 24.40 1) Southern Section 5/26
 - 24.10 1) State Meet Heat 2 6/2
 - 24.05 2) State Meet 6/3
- 5. *Alice Brown (Muir, Pasadena)
 - 24.92m 4) Arcadia Invitational 4/29
 - 24.85 2) Southern Section 4A 5/29
 - 24.44 2) Southern Section 5/27
 - 24.61 3) State Meet Heat 3 6/2
 - 24.22 4) State Meet 6/3

440 YARD DASH

- 1. Freida Cobbs (Berkeley)
 - 55.8m 3) Arcadia Invitational 4/29
 - 53.12m 1) AAU JR 6/25
 - 54.19m 1) AAU JR Heat 1 6/24
 - 54.72m 1) v. USSR 7/4

440 YARD RELAY

- 1. El Cerrito (*Jerry Gipsen, Tony Brown, *Bryant Pete, *Donald Barrett)
 - 44.4 7) Hale Reach Relays
 - 42.0 2) North Coast Section 5/27
 - 42.04 2) State Meet Heat 2 6/2
 - 41.55 1) State Meet 6/3
- 2. Gardena (Virgil Torrence, Shawn Thomas, Alan Scott, Philip Johnson)
 - 41.5 1) Arcadia Invitational 4/29
 - 41.98 1) Los Angeles Section 5/27
 - 41.51 1) State Meet Heat 3 6/2
 - 41.75 2) State Meet 6/3
- 3. Pasadena (Mike Sanferd, Tyrene Ervin, Melvin Cook, Ivan Cleveland)
 - 42.0 4) Arcadia Invitational 4/29
 - 41.55 1) Southern Section 5/26
 - 41.60 2) State Meet Heat 3 6/2
 - 41.76 3) State Meet 6/3
- 4. Compton (Kenneth Archie, Derant Davis, Nathan Davis, Lee Mitchell)
 - 42.4 5) Arcadia Invitational 4/29
 - 41.59 3) Southern Section 5/26
 - 42.03 2) State Meet Heat 1 6/2
 - 41.78 4) State Meet 6/3
- 5. Menree, Sepulveda (Paul Andersen, Joe Sangster, Dwayne Stewart, Dwayne Wycoff)
 - 42.72 4) Los Angeles Section 5/27
 - 42.10 3) State Meet Heat 1 6/2
 - 41.86 5) State Meet 6/3

MILE RELAY

- 1. Banning, Wilmington (Darryl Davis, Sam Caesar, Chris Blaylock, Devon Lewis)
 - 3:17.6m 1) Arcadia Invitational 4/29
 - 3:15.59 1) Los Angeles Section 5/27
 - 3:12.8 1) State Meet Heat 1 6/2
 - 3:11.57 1) State Meet 6/3
- 2. Westchester, Los Angeles (Dennis Brown, Leonard Jones, Darryl Lee, Greg Pittman)
 - 3:16.7 3) Los Angeles Section 5/27
 - 3:15.31 1) State Meet Heat 3 6/2
 - 3:13.35 2) State Meet 6/3
- 3. Fontana (Darren Cooper, Tim Fowler, John Gary, Rodney Bethany)
 - 3:21.7m 5) Arcadia Invitational 4/29
 - 3:18.67 3) Southern Section 5/26
 - 3:15.22 1) State Meet Heat 2 6/2
 - 3:13.68 3) State Meet 6/3
- 4. Fremont, Los Angeles (Dennie Butler, Vincent Shelton, Anthony Derry, Eddie Daniels)
 - 3:16.59 2) Los Angeles Section 5/26
 - 3:13.6 2) State Meet Heat 1 6/2
 - 3:14.34 5) State Meet 6/3
- 5. Kennedy, Richmond (Terry Lewis, Paul Stewart, Ken Russell, Jamie Richard)
 - 3:16.5 1) North Coast Section 5/27
 - 3:16.00 2) State Meet Heat 2 6/2
 - 3:15.9 5) State Meet 6/3

2. *Arlise Emerson (Westminister)
- 55.4m 2) All Comers, Irvine 1/29
 - 55.6m 2) Arcadia Invitational 4/29
 - 55.10 1) Southern Section 4A 5/20
 - 55.81 1) Southern Section 5/26
 - 54.66 1) State Meet Heat 3 6/2
 - 54.3 1) State Meet 6/3
 - 53.99m 3) AAU Heat 2 6/8
 - 54.4m 6) AAU Semi 1 6/9
 - 53.42m 2) AAU JR 6/25
 - 55.43m 2) v. USSR 7/4
 - 55.48m 6) v. West Germany-Great Britain 7/11
3. Valerie Brisco (Locke, Los Angeles)
- 55.0m 1) All Comers, Irvine 1/29
 - 53.7m 1) Arcadia Invitational 4/29
 - 55.97 1) Los Angeles Section 5/27
 - 56.60 2) State Meet Heat 3 6/2
 - 56.47 4) State Meet 6/3
4. Gwen Gardner (Crenshaw, Los Angeles)
- 56.53 2) Los Angeles Section 5/27
 - 55.01 1) State Meet Heat 1 6/2
 - 54.94 2) State Meet 6/3
 - 53.47m 3) AAU JR 6/25
 - 54.24m 2) v. USSR 7/8
 - 54.94m 4) v. West Germany-Great Britain 7/11
5. *Marian Franklin (Balboa, San Francisco)
- 55.83 5) AAU Heat 2 6/8
 - 55.08 4) v. USSR 7/8

880 YARD RUN

1. *Ann Regan (Camden, San Jose)
- 2:11.5 1) San Jose Relays 3/25
 - 2:10.0 1) Central Coast Section 5/26
 - 2:13.7 1) State Meet Heat 3 6/2
 - 2:07.93 1) State Meet 6/3
 - 2:05.3m 2) AAU JR 6/25
 - 2:07.3m 3) v. USSR 7/5
 - 2:12.5m 4) v. USSR 7/9
 - 2:14.1m 6) v. West Germany-Great Britain 7/11
2. *Linda Geen (North, Bakersfield)
- 2:12.3 1) Central Section 5/25
 - 2:15.38 2) State Meet Heat 2 6/2
 - 2:10.79 3) State Meet 6/3
 - 2:07.2 5) AAU JR 6/25
3. *Michelle Bush (Relling Hills)
- 2:14.8m 2) Arcadia Invitational 4/29
 - 2:11.9 1) Southern Section 4A 5/20
 - 2:12.3 1) Southern Section 5/26
 - 2:10.9 1) State Meet Heat 1 6/2
 - 2:10.46 2) State Meet 6/3
4. *Diane Figliomeni (Saratoga)
- 2:14.0 2) Central Coast Section 5/26
 - 2:13.52 2) State Meet Heat 1 6/2
 - 2:11.9 6) State Meet 6/3
 - 2:09.7 7) AAU JR 6/25
5. **Staci Kneeshaw (Foothill, Santa Ana)
- 2:14.2m 1) Arcadia Invitational 4/29
 - 2:12.7 2) Southern Section 4A 5/20
 - 2:12.4 2) Southern Section 5/26
 - 2:14.59 1) State Meet Heat 2 6/2
 - 2:10.94 4) State Meet 6/3

MILE RUN

1. Cheri Williams (Livermore)
- 4:53.3 1) West Coast Relays 5/5
 - 4:52.3 1) North Coast Section 5/27
 - 4:54.44 3) State Meet Heat 2 6/2

TWO MILE RUN

1. Cheri Williams (Livermore)
- 10:09.8 1) North Coast Section 5/27
 - 10:17.71 1) State Meet 6/3
2. Susie Meek (Pales Verdes)
- 9:56.5 (3000m) 1) Arcadia Invitational 4/29
 - 10:44.8 1) Southern Section 4A 5/20
 - 10:34.6 1) Southern Section 5/26
 - 10:23.54 2) State Meet 6/3
3. **Rexanne Bier (Independence, San Jose)
- 10:37.8 1) Central Coast Section 5/26
 - 10:44.04 3) State Meet 6/3
4. Pam Bowers (American, Fremont)
- 10:50.1 2) North Coast Section 5/27
 - 10:46.93 4) State Meet 6/3
5. Janice Kelley (Hemet)
- 11:11.7 1) Southern Section 2A 5/20
 - 11:07.5 3) Southern Section 5/26
 - 10:50.32 5) State Meet 6/3

110 YARD LOW HURDLES

1. Kris Costello (Lynbrook, Sunnyvale)
- 13.9 3) Central Coast Section 5/26
 - 14.29 1) State Meet Heat 2 6/2
 - 13.83 1) State Meet 6/3
 - 14.0 2) Pacific AAU JR, Sacra. 6/11
 - 14.66 8) AAU JR 6/25
2. Kim Costello (El Camino, South San Francisco)
- 13.9 1) Central Coast Section 5/26
 - 14.26 1) State Meet Heat 3 6/2
 - 13.95 2) State Meet 6/3
 - 14.87 7) AAU Heat 2 6/8
 - 14.28 5) AAU JR 6/25
3. Michelle Hawthorne (El Cerrito)
- 13.9 1) North Coast Section 5/27
 - 14.40 1) State Meet Heat 1 6/2
 - 14.03 3) State Meet 6/3
 - 13.8 1) Pacific AAU JR, Sacra. 6/11
 - 14.21 4) AAU JR 6/25
 - 13.9 1) Jr. Olympics Heat 7/15
 - 14.4 1) Jr. Olympics 7/15
 - 13.9 1) Region 13 Jr. Olympics 7/23
4. *Leri Smith (Gardena)
- 14.98 3) Los Angeles Section 5/27
 - 14.48 2) State Meet Heat 3 6/2
5. Joyce Scott (Vanden, Travis AFB)
- 14.4 1) Sac-Joaquin Section 5/26
 - 14.59 3) State Meet Heat 3 6/2
 - 14.44 5) State Meet 6/3

HIGH JUMP

1. **Sue McNeal (Carlsbad)
- 5-8 1) San Diego Section 5/27
 - 5-10 1) State Meet 6/3
 - 5-10 4) AAU JR 6/24
2. Nancy Redican (Simi Valley)
- 5-7 3) Arcadia Invitational 4/29
 - 5-10 1) Southern Section 4A 5/20
 - 5-8 1) Southern Section 5/26
 - 5-7 5) State Meet 6/3
3. *Tenya Alston (Chico)
- 5-9 1) Northern Section 5/26
 - 5-6 6 tie) State Meet 6/3
 - 5-8 11) AAU JR 6/24
 - 5-10 1) Jr. Olympics 8/13
4. Anne Erpenbeck (Huntington Beach)
- 5-6 3) Southern Section 4A 5/20
 - 5-6 3) Southern Section 5/26

3. *Carrie McLaughlin (Grace Davis, Modesto)
- 18-8 1) Sac-Joaquin Section 5/26
 - 18-8 3) State Meet Trials 6/2
 - 19-2 2) State Meet 6/3
4. Velma McClain (Pacific, Garden Grove)
- 18-5 1) Southern Section 4A 5/20
 - 18-1 4) Southern Section 5/26
 - 18-10 1) State Meet Trials 6/2
 - 19-0 3/4 3) State Meet 6/3
5. Joanna Harper (Fremont, Los Angeles)
- 19-0 1) Los Angeles Section 5/27
 - 18-1 9) State Meet Trials 6/2
 - 18-11 4) State Meet 6/3

SHOT PUT

1. *Kerry Zwart (Crescenta Valley, La Crescenta)
- 42-10 2) Arcadia Invitational 4/29
 - 44-10 1) Southern Section 4A 5/20
 - 45-7 1) Southern Section 5/26
 - 45-9 1) State Meet Trials 6/2
 - 45-11 1) State Meet 6/3
 - 43-8 1) AAU Womens Pentathlon 6/4
2. Rosario Ramos (Anaheim)
- 41-4 5) Arcadia Invitational 4/29
 - 44-6 1) Seasonal best
 - 43-11 1) Southern Section 3A 5/20
 - 44-4 3/4 2) Southern Section 5/26
 - 45-6 2) State Meet Trials 6/2
 - 45-1 3/4 2) State Meet 6/3
3. *Sue Springer (Salinas)
- 44-11 3/4 1) Central Coast Section 5/26
 - 44-3 3/4 4) State Meet Trials 6/2
 - 44-11 3) State Meet 6/3
4. Jackie Nelson (Cnayan, Anaheim)
- 43-3 1) Arcadia Invitational 4/29
 - 44-11 1) Southern Section 2a 5/20
 - 42-6 3/4 3) Southern Section 5/26
 - 44-4 3/4 3) State Meet Trials 6/2
 - 44-8 4) State Meet 6/3
5. *Debra Fryer (Holy Names, Oakland)
- 43-5 1) North Coast Section 5/27
 - 43-4 5) State Meet Trials 6/2
 - 44-7 3/4 5) State Meet 6/3
 - 42-11 9) AAU JR 6/24

DISCUS

1. Christi Pyle (Hoover, Glendale)
- 154-6 1) Arcadia Invitational 4/29
 - 158-4 1) Southern Section 5/26
 - 154-6 1) State Meet Trials 6/2
 - 149-3 1) State Meet 6/3
 - 147-2 12) AAU 6/9
 - 155-0 2) Compton Invitational 6/17
 - 152-9 1) AAU JR 6/25
 - 131-3 3) v. USSR 6/25
 - 145-8 3) v. USSR 7/9
 - 152-7 3) v. West Germany, Great Britain 7/11
2. *Leslie Deniz (Gridley Union, Gridley)
- 145-1 2) Northern Section 5/26
 - 150-9 2) AAU JR 6/25
 - 144-4 4) v. USSR 7/4
 - 144-4 4) v. USSR 7/9
 - 144-3 6) v. West Germany-Great Britain 7/11
3. *Sue Springer (Salinas)

| | | |
|-------------------------------------------|--------------------------|------|
| 2:10.46 | 2) State Meet | 6/3 |
| 4. *Diane Figliomeni (Saratoga) | | |
| 2:14.0 | 2) Central Coast Section | 5/26 |
| 2:13.52 | 2) State Meet Heat 1 | 6/2 |
| 2:11.9 | 6) State Meet | 6/3 |
| 2:09.7 | 7) AAU JR | 6/25 |
| 5. **Staci Kneeshaw (Feethill, Santa Ana) | | |
| 2:14.2m | 1) Arcadia Invitational | 4/29 |
| 2:12.7 | 2) Southern Section 4A | 5/20 |
| 2:12.4 | 2) Southern Section | 5/26 |
| 2:14.59 | 1) State Meet Heat 2 | 6/2 |
| 2:10.94 | 4) State Meet | 6/3 |

MILE RUN

| | | |
|-------------------------------------|---------------------------------------|------|
| 1. Cheri Williams (Livermore) | | |
| 4:53.3 | 1) West Coast Relays | 5/5 |
| 4:52.3 | 1) North Coast Section | 5/27 |
| 4:54.34 | 3) State Meet Heat 2 | 6/2 |
| 4:44.95 | 1) State Meet | 6/3 |
| 4:21.3m | 1) AAU JR | 6/25 |
| 4:20.9m | 1) v. USSR | 6/78 |
| 4:21.9m | 1) v. USSR | 7/4 |
| 4:22.9m | 3) v. West Germany-Great Britain 7/11 | |
| 2. Susie Meek (Pales Verdes) | | |
| 4:56.7 | 1) Southern Section 4A | 5/20 |
| 4:51.9 | 2) Southern Section | 5/26 |
| 4:53.15 | 1) State Meet Heat 2 | 6/2 |
| 4:49.65 | 2) State Meet | 6/3 |
| 3. *Linda Goen (North, Bakersfield) | | |
| 5:01.3 | 3) West Coast Relays | 5/5 |
| 5:02.6 | 1) Central Section | 5/25 |
| 4:58.30 | 5) State Meet Heat 2 | 6/2 |
| 4:52.04 | 3) State Meet | 6/3 |
| 4. *Kelley Wells (Quartz Hills) | | |
| 5:09.6 | 1) Southern Section 3A | 5/20 |
| 4:54.7 | 4) Southern Section | 5/26 |
| 4:54.34 | 3) State Meet Heat 1 | 6/2 |
| 4:52.29 | 4) State Meet | 6/3 |
| 5. Suzanne Richter (Chico) | | |
| 5:07.4 | 1) Northern Section | 5/26 |
| 4:54.26 | 2) State Meet Heat 1 | 6/2 |
| 4:52.42 | 5) State Meet | 6/3 |

440 YARD RELAY

| | | |
|-------------------------------------------------------------------------------------|------------------------------|------|
| 1. Jordan, Los Angeles (Shirley Smith, Diann Jones, Florence Griffith, Terri Black) | | |
| 48.57 | 4) Los Angeles Section | 5/27 |
| 47.91 | 2) State Meet Heat 2 | 6/2 |
| 47.14 | 1) State Meet | 6/3 |
| 2. Hill, San Jose (Kim Thompkins, Nancy Reynolds, Tina Lawson, Kelia Belton) | | |
| 47.45 | 1) San Jose Relays Section 1 | 3/25 |
| 47.7 | 1) Central Coast Section | 5/26 |
| 47.72 | 1) State Meet Heat 1 | 6/2 |
| 47.15 | 2) State Meet | 6/3 |
| 3. Berkeley (**Sharon Ware, **Carelyn Ruff, *Kim White, Freida Cobbs) | | |
| 47.6 | 1) San Jose Relays | 3/25 |
| 47.3 | 1) North Coast Section | 5/27 |
| 47.30m | 1) Arcadia Invitational | 4/29 |
| 4. Crawford, San Diego (Kari Alexander, Judy Reed, Karen Williams, Danita Young) | | |
| 47.4 | 1) San Diego Section | 5/27 |
| 47.33 | 1) State Meet Heat 2 | 6/2 |
| 5. Crenshaw, Los Angeles (Lori Dynes, Gwen Gardner, Linda Reek, Cheryl Wilson) | | |
| 48.30 | 2) Los Angeles Section | 5/27 |
| 48.68 | 3) State Meet Heat 3 | 6/2 |
| 47.61 | 3) State Meet | 6/3 |

HIGH JUMP

| | | |
|-------------------------------------------|--------------------------|------|
| 1. **Sue McNeal (Carlsbad) | | |
| 5-8 | 1) San Diego Section | 5/27 |
| 5-10 1/4 | 1) State Meet | 6/3 |
| 5-10 | 4) AAU JR | 6/24 |
| 2. Nancy Redican (Simi Valley) | | |
| 5-7 | 3) Arcadia Invitational | 4/29 |
| 5-10 1/4 | 1) Southern Section 4A | 5/20 |
| 5-8 | 1) Southern Section | 5/26 |
| 5-7 | 5) State Meet | 6/3 |
| 3. *Tenya Alston (Chico) | | |
| 5-9 | 1) Northern Section | 5/26 |
| 5-6 | 6 tie) State Meet | 6/3 |
| 5-8 | 11) AAU JR | 6/24 |
| 5-10 | 1) JR. Olympics | 8/13 |
| 4. Anne Erpenbeck (Huntington Beach) | | |
| 5-6 | 3) Southern Section 4A | 5/20 |
| 5-6 | 3) Southern Section | 5/26 |
| 5-9 | 2) State Meet | 6/23 |
| 5. Angela Phifer (Independence, San Jose) | | |
| 5-7 | 2) Central Coast Section | 5/26 |
| 5-8 | 3) State Meet | 6/3 |

LONG JUMP

| | | |
|------------------------------------------|---------------------------------------|------|
| 1. *Gwen Loud (Westchester, Los Angeles) | | |
| 20-4 3/4 | 1) Arcadia Invitational | 4/29 |
| 19-11 1/2 | 2) AAU JR | 6/24 |
| 19-6 3/4 | 3) v. USSR | 7/4 |
| 19-6 1/2 | 3) v. USSR | 7/8 |
| 19-10 1/2 | 5) v. West Germany-Great Britain 7/11 | |
| 2. Kathy Haynes (Madera) | | |
| 18-10 | 3) Arcadia Invitational | 4/29 |
| 19-8 | Seasonal best | |
| 18-3 3/4 | 2) Central Section | 5/25 |
| 18-4 3/4 | 5) State Meet Trials | 6/2 |
| 19-3 | 1) State Meet | 6/3 |

DISCUS

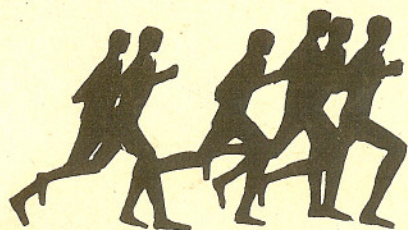
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|--------------------------------------------|---------------------------------------|------|
| 1. Christi Pyle (Hoover, Glendale) | | |
| 154-6 | 1) Arcadia Invitational | 4/29 |
| 158-4 1/2 | 1) Southern Section | 5/26 |
| 154-6 | 1) State Meet Trials | 6/2 |
| 149-3 | 1) State Meet | 6/3 |
| 147-2 | 12) AAU | 6/9 |
| 155-0 | 2) Compton Invitational | 6/17 |
| 153-9 | 1) AAU JR | 6/25 |
| 151-3 | 3) v. USSR | 7/25 |
| 145-8 | 3) v. USSR | 7/9 |
| 152-7 | 3) v. West Germany, Great Britain | |
| 2. **Leslie Deniz (Gridley Union, Gridley) | | |
| 145-1 | 2) Northern Section | 5/26 |
| 150-9 | 2) AAU JR | 6/25 |
| 144-4 | 4) v. USSR | 7/4 |
| 144-4 | 4) v. USSR | 7/9 |
| 144-3 | 6) v. West Germany-Great Britain 7/11 | |
| 3. *Sue Springer (Salinas) | | |
| 146-5 | 1) Central Coast Section | 5/26 |
| 145-9 | 2) State Meet Trials | 6/2 |
| 141-3 | 2) State Meet | 6/3 |
| 4. *Linda Read (Alameda) | | |
| 124-2 | 1) Hale Roach Relays | 4/22 |
| 139-4 | 1) North Coast Section | 5/27 |
| 135-3 | 3) State Meet Trials | 6/2 |
| 138-8 | 3) State Meet | 6/3 |
| 147-2 | Seasonal best | 5/7 |
| 5. Karen Stampfli (Lassen, Susanville) | | |
| 150-10 | 1) Northern Section | 5/26 |
| 129-2 | 5) State Meet Trials | 6/2 |
| 134-6 | 4) State Meet | 6/3 |



MILE RELAY

| | | |
|-----------------------------------------------------------------------------------------------------|-------------------------|------|
| 1. Fremont, Los Angeles (Joanna Harper, Vanessa Frazier, Brenda Cole, Glenda Beshears) | | |
| 4:01.4m | 5) Arcadia Invitational | 4/29 |
| 3:55.71 | 2) Los Angeles Section | 5/27 |
| 3:55.89 | 3) State Meet Heat 3 | 6/2 |
| 3:51.29 | 1) State Meet | 6/3 |
| 2. Crawford, San Diego (Kari Alexander, Karen Williams, Vanessa Williams, Judy Reed) | | |
| 3:57.2 | 1) San Diego Section | 5/27 |
| 3:53.34 | 1) State Meet Heat 3 | 6/2 |
| 3:51.93 | 2) State Meet | 6/3 |
| 3. Locke, Los Angeles (Valerie Brisco, Teresa Pearson, Retha Jones, Resalyn Cherry) | | |
| 3:56.7m | 1) Arcadia Invitational | 4/29 |
| 3:55.57 | 1) Los Angeles Section | 5/27 |
| 3:52.5 | 1) State Meet Heat 2 | 6/2 |
| 3:55.9 | 5) State Meet | 6/3 |
| 4. Berkeley (**Wendy Allums, **Fatrie Johnson, *Kim White, Freida Cobbs) | | |
| 3:59.1 | 1) Hale Roach Relays | 4/22 |
| 3:52.8 | 1) North Coast Section | 5/27 |
| 3:57.88 | 4) State Meet Heat 1 | 6/2 |
| 5. Sir Francis Drake, San Anselmo (**Jenny Baumsteiger, *Jenny Davison, Lisa Vukicevich, Leri Saia) | | |
| 3:56.4 | 2) North Coast Section | 5/27 |
| 3:54.09 | 2) State Meet Heat 1 | 6/2 |
| 3:54.35 | 3) State Meet | 6/3 |

So. California X-C Diary



by BILL MINARIK

October 23—

I had the opportunity to see the J.C. portion of the Mt. SAC Invitational and there were a few surprises. NorCal small school Sierra stepped up into the large school division for the sole purpose of trying to beat mighty Grossmont and was close at least through the first three runners. Hitchcock of Sierra (5th State J.C. 5,000 meters) was awesome in defeating Ortiz of Grossmont (1st State J.C. 5,000 meter) as he led wire to wire. In the small schools, Pima Arizona won, but Southwestern of San Diego showed surprizing strength even though one of the top five was out. According to the coaches, now that Grossmont is getting so much out-of-district talent, Southwestern is beginning to get more of the better local high school runners.

The way the J.C.'s shape up in SoCal, Grossmont will win large school in a breeze with Hancock and Southwestern the favorites in small school based on strong first five. Glendale has a super first three, but is questionable past that (Glendale ran J-V's at Mt. SAC). Glendale's womens team, the defending small schools state champs, are looking as good as ever to repeat.

I was generally disappointed with NorCal large schools at Mt. SAC. Unless American River was running their J-V's they must be the disappointment of the year. It looks like Sierra and Monterrey Peninsula for small title in north with

and had nothing left to prove at that level. But there she was again at Mt. SAC running against girls 4-5 years her junior. Needless to say, she won and broke the course record for women by about one minute.

In Southern Section CIF, it looks like Palos Verde, Burroughs, and upland for team title with Jeff Nelson of Burbank and Assumma brothers favorites for individual honors.

October 30—

The Western States Conference show down between Hancock and Glendale resulted in a 23-32 win for Glendale. This was a bit of a surprise, even though both teams were 7-0, since Hancock had a better comparative score against all seven opponents. Hancock will have a chance to redeem themselves in the WSC Finals. A win there by Hancock with Glendale second would find both schools as co-conference champs.

It looks like its between Glendale, Hancock and Southwestern for the Small school SoCal Championship, with Moorpark fourth and Mira Costa fifth.

Grossmont is a sure winner in large school SoCal with Fullerton and Long Beach fighting it out for second and third and Santa Ana and Bakersfield for fourth and fifth.

In women's SoCal it looks like Orange Coast in the large schools with Citrus, Palomar and Glendale fighting

November 6—

The results of conference finals indicate that J.C.'s will run about as I expected in the So Cal Meet. Even though Fullerton was close (34-44) to Grossmont in the conference finals, Grossmont's first five will be in the top 20 in State and SoCal meets while Fullerton's fourth and fifth men will get strung out between 25th and 40th. There should be at least a 30 point spread between Grossmont and Fullerton.

In the small schools, Southwestern has to be the favorite after their awesome performance (20 points) in the Mission Conference finals. An indicator of their strength is that they put two men in front of and two men right behind Hendrick of SDCC who was fifth in State last year. Both Hancock and Glendale have as much talent as Southwestern but illness(Hancock) and injuries(Glendale) have kept both teams below par and it doesn't appear they will reach full potential by State meet time.

I don't have full results of the Metropolitan Conference finals but the scores of first five teams were: Bakersfield 45, El Camino 49, Long Beach 58, Pasadena 89, Valley 100, Pierce 153. Long Beach had best team there, but their first two men got "lost" and according to Coach, "are still up there running."

This year only top four from each conference and top 10 individuals

TURNING OUT UNIQUE EARTHEN VESSELS



LIKE THE POTTER'S WHEEL . . .
PROVIDING MOMENTUM AND
DIRECTION TO GROW
IN CHRISTIAN COMMITMENT
AND TO DEVELOP
YOUR CREATIVE POTENTIAL

FRESNO PACIFIC COLLEGE

better local high school runners.
The way the J.C.'s shape up in SoCal, Grossmont will win large school in a breeze with Hancock and Southwestern the favorites in small school based on strong first five. Glendale has a super first three, but is questionable past that (Glendale ran J-V's at Mt. SAC). Glendale's womens team, the defending small schools state champs, are looking as good as ever to repeat.

I was generally disappointed with NorCal large schools at Mt. SAC. Unless American River was running their J-V's they must be the disappointment of the year. It looks like Sierra and Monterrey Peninsula for small title in north with large schools up for grabs.

I was a little disappointed with seeing Ruth Caldwell still running at the J.C. level. A world class runner before she entered J.C., she won the state title in cross country and the state track title at 800 and 1500 all in a breeze last year

seven opponents. Hancock will have a chance to redeem themselves in the WSC Finals. A win there by Hancock with Glendale second would find both schools as co-conference champs.

It looks like its between Glendale, Hancock and Southwestern for the Small school SoCal Championship, with Moorpark fourth and Mira Costa fifth.

Grossmont is a sure winner in large school SoCal with Fullerton and Long Beach fighting it out for second and third and Santa Ana and Bakersfield for fourth and fifth.

In women's SoCal it looks like Orange Coast in the large schools with Citrus, Palomar, and Glendale fighting it out in the small schools.

The high school are still up for grabs with no school showing any particular strength. Burroughs, Upland and Palos Verdes look like the favorites. I still pick Jeff Nelson of Burbank to win the individual title.

State last year. Both Hancock and Glendale have as much talent as Southwestern but illness(Hancock) and injuries(Glendale) have kept both teams below par and it doesn't appear they will reach full potential by State meet time.

I don't have full results of the Metropolitan Conference finals but the scores of first five teams were: Bakersfield 45, El Camino 49, Long Beach 58, Pasadena 89, Valley 100, Pierce 153. Long Beach had best team there, but their first two men got "lost" and according to Coach, "are still up there running."

This year only top four from each conference and top 10 individuals advance to SoCal meet.

In the final high school dual meet of the year Burroughs High (27)(3,4,5,7,8,9,10) beat cross town rival burbank High(32)(1,2,6,11,12) as 500 fans watched. Jeff Nelson of Burbank again set a course mark of 14:42. Nelson has set a course record on every course he has run this year.

LIKE THE POTTER'S WHEEL . . .
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FRESNO PACIFIC COLLEGE

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FRESNO PACIFIC COLLEGE
1717 S. Chestnut Ave.
Fresno, California 93702
Phone (209) 251-7194, ext. 57

Fresno Pacific College admits qualified students without regard to race, color, sex, and national or ethnic origin to all of its educational programs.

2nd ANNUAL WARRIOR

TRACK & FIELD CLINIC

December 15-16, 1978

at Cal State Stanislaus — Mainstage Theater

Friday 3:00 - 10:00 pm
Saturday 9:00 - 4:30 pm

1-2 units college credit available
Cost: \$15.00 for adults
\$6.00 for students
\$37.00 per unit

For more information write:

Dr. Al Biancani, Track Coach
California State College
Turlock, CA 95380

or phone: (209) 633-2567; 632-6642

FEATURED SPEAKERS

VERN GAMBETTA of U.C. Berkeley will talk on the Decathlon. Mr. Gambetta is widely published and has a tremendous reputation as a women's coach.

JOHN OROGNEN, the head track coach at Yuba College, will speak on female track and field.

DR. DON CHU, assistant track coach at Cal State Hayward, will talk on long jump and triple jump.

DAVE FIX, head track coach at Cal State San Francisco, will speak on the high jump.

BOB KING, head cross country and track coach at Mauloma High School, will speak on the topic of distance running.

STAN WRIGHT, athletic director at Cal State Sacramento and former Olympic sprint coach, will talk on sprints.

MARK ERICKSON, assistant track coach Cal State Stanislaus will speak on the hammer.

AL BIANCANI, track coach at Cal State Stanislaus will speak on the Polish method of hurdles training.

DR. BILL MORRIS of Cal State Stanislaus will speak on an aspect of exercise physiology as related to track.

USA-Poland Pentathlon
Spala, Poland
June 24-25, 1978

1. Danuta Cala (Poland), 4209
 2. Gabriela Jenescu (Romania), 4144
 3. Florence Picaut (France), 4138
 4. Themis Zambrzycki (Brazil), 4099
 5. Boguslawa Potalej (Poland), 4082
 6. Crazyna Wiestoj (Poland), 4081
 7. Patsy Walker (USA), 4064
 8. Dana Collins (USA), 4009
- also:
10. Judy Fontaine (USA), 3875
12. Kerry Zwart (USA), 3798
Denise Cornell (USA), did not compete

Teams
Poland 12,372 - USA 11,948

USSR-West Germany-USA Pentathlon
Donyetsk, Soviet Union
June 17-18, 1978

1. Ekaterina Smirnova (USSR), 4473
2. Beatrix Philipp (West Germany), 4401
3. Nadyezhda Karyakina (USSR), 4270
4. Iris Kunster (West Germany), 4261
5. Ina Losch (West Germany), 4219
6. Kornelia Zulek (West Germany), 4209
7. Tatyana Shlapakova (USSR), 4186
8. Olga Kuragina (USSR), 4121
9. Olga Rukavishnikova (USSR), 4117
10. Lyudmila Stolbova (USSR), 4091

- also:
20. Dana Collins (USA), 3873
22. Patsy Walker (USA), 3773
23. Judy Fontaine (USA), 3763
25. Kerry Zwart (USA), 3671
Denise Cornell (USA), did not finish

Teams:
West Germany 17,090 - USSR 17,050
USSR 17,050 - USA 15,080

August 20. Tiburon. Round Tiburon
Run--8 1/2 Miles:

- | | |
|---------------------|-------|
| 1) Hal Schulz | 41:42 |
| 2) Bill Seaver | 41:54 |
| 3) Mike Porter | 41:59 |
| 4) Pete Flores | 42:02 |
| 5) Peanut Harms | 42:27 |
| 6) Lou Patterson | 42:28 |
| 7) Steve Brooks | 42:38 |
| 8) Rod Berry | 42:41 |
| 9) Jan Sershen | 43:06 |
| 10) Steve Palladino | 43:21 |
| 11) John Sheehan | 43:22 |
| 12) Rick Brown | 43:44 |
| 13) Pete Sweeney | 43:45 |
| 14) Mike Smith | 43:50 |
| 15) Hal Tompkin | 43:55 |
| 16) Bill Sevald | 44:06 |
| 17) Brent Cushberry | 44:11 |
| 18) Unofficial | |
| 19) Dan Martinez | 44:26 |
| 20) Daryl Zapata | 44:30 |
| 21) Dave Muela | 44:34 |
| 22) Pat Miller | 44:38 |
| 23) Brian Tracy | 44:43 |

RESULTS

- | | |
|------------------------------|-------|
| 21) Vince Engel (TIT) | 31:22 |
| 22) David Greifinger(SMTC) | 31:29 |
| 23) Dennis Caldwell (Loesch) | 31:45 |
| 24) Richard Weeks (BB) | 31:47 |
| 25) Jeff Shaver (SMTC) | 31:58 |
| 26) Richard Diaz | 32:00 |
| 27) Steve Close (STC) | 32:03 |
| 28) Jim Scott (SMTC) | 32:04 |
| 29) Michael Calvano (OCTC) | 32:17 |
| 30) Michael Mahler | 32:20 |
| 31) William Knapp | 32:24 |
| 32) John Molson | 32:26 |
| 33) Bart Coventry (STC) | 32:27 |
| 34) Rick Hagin | 32:29 |
| 35) Vince O'Boyle (TCH) | 32:41 |
| 36) Joe Razo (Atzlan) | 32:52 |
| 37) Paul Smith | 32:53 |
| 38) Ron Hanson (STC) | 33:03 |
| 39) Fernando Ramirez(SMTC) | 33:06 |
| 40) Joe Burgasser (STC) | 33:11 |
| 41) Jerald Bertran | 33:20 |
| 42) Percell Keeling | 33:20 |
| 43) Jevman Alonso | 33:24 |
| 44) Peter Mundle (SMTC) | 33:26 |
| 45) Barry Foose | 33:30 |
| 46) E. O'Connell | 33:33 |
| 47) Jim McCauley | 33:35 |
| 48) Brian Oldham | 33:38 |
| 49) Don McCarthy | 33:39 |
| 50) Ralph Lee | 33:43 |

- Women 10k:
- | | |
|-----------------------------|-------|
| 1) Marty Cooksey | 33:43 |
| 2) Miki Gorman | 35:23 |
| 3) Vickie Cook (SCRR) | 36:14 |
| 4) Tania Fischer (RRR) | 37:17 |
| 5) Sherrie Torrants | 37:47 |
| 6) Barbara Paterson(SFVTC) | 39:56 |
| 7) Ann Bensch (STC) | 40:33 |
| 8) Janet Keast | 40:38 |
| 9) Cathy Cummins | 40:44 |
| 10) Roberta Takahashi | 40:45 |
| 11) Pam Canchola (SFVTC) | 40:57 |
| 12) Barbara Honeck | 41:25 |
| 13) Marre Rooth | 41:31 |
| 14) Helen Dick | 41:36 |
| 15) Verena Florence(UCLATC) | 41:50 |
| 16) Sharon Hettig | 41:59 |
| 17) Val Lebel | 42:00 |
| 18) Donna Van Puyvelde | 42:05 |
| 19) Sara Leseignevie | 42:06 |
| 20) Donna Chadwick | 42:12 |
| 21) Linda Savitz (SDTC) | 42:23 |
| 22) Margaret Miller (STC) | 43:17 |
| 23) Sibyl Zaden | 43:24 |
| 24) Linda Freidman(SFVTC) | 43:37 |
| 25) Pauline Stevens (LAAC) | 43:49 |

- | | |
|----------------------------|--------------|
| 20j) Karen Diekmeyer(SDTC) | 1:45:43 |
| 20c) Vicky Bray (SJC) | 1:45:43 |
| 23c) Lucy Shapiro (WVTC)40 | 1:47:01 |
| 23d) Gail Campbell(WVJS) | 1:47:42 |
| 51j finishers | /Don Capron/ |

September 30. Salinas. Salinas
Skyclimb

- | | |
|------------------------------------------------|---------|
| 1/1-19+ Daniel Gruber/23/Aptos | 47:22 |
| 2/2-19+ Gilbert Munoz/19/Watsonville | 49:25 |
| 3/3-19+ Anthony Bettencourt/26/Martinez | 51:13 |
| 4/4-19+ Harold Huff/28/Salinas | 52:31 |
| 5/1-30+ John Dullaghan/33/Monterey | 53:17 |
| 6/5-19+ Clarke Argue/27/Salinas | 53:19 |
| 7/1-15+ Robert Radovich/18/Watsonville | 55:13 |
| 8/1-19+ Alan Pollard/25/Oakland | 56:07 |
| 9/7-19+ Ker Kitz/25/Salinas | 56:19 |
| 10/2-30+ Frank James/36/Salinas | 56:59 |
| 11/8-19+ Rafael Terrafría/24/Monterey | 57:01 |
| 12/2-15+ Mike Higgins/16/Marina | 57:29 |
| 13/1-40+ John Warren/40/Los Altos | 58:46 |
| 14/9-19+ Edward Kolofer II/29/Sar. Luis Obispo | 59:17 |
| 15/3-30+ Jim Turner/36/Menlo Park | 59:24 |
| 16/10-19+ Thomas Morrison/25/Fort Ord | 59:24 |
| 17/1-14+ (tie) Jim Chaney/13/Pleasant Hill | 59:36 |
| 1-14- (tie) John Morse/14/Salnat Creek | 59:36 |
| 19/2-40+ Richard Bacon/49/Salinas | 59:58 |
| 20/3-40+ William Flodberg/44/San Martin | 1:00:11 |
| 21/4-30+ Bruce Eisenman/36/Hollister | 1:00:57 |
| 22/3-15+ Will Wild/15/Salinas | 1:01:23 |
| 23/5-30+ William Henson/31/Fort Ord | 1:01:25 |
| 24/3-14+ Pat McMahon/19/El Cerrito | 1:01:50 |
| 25/6-30+ Andy Chesnek/35/Los Gatos | 1:02:06 |
| 26/7-30+ Jim Hart/36/Greenfield | 1:02:37 |
| 27/4-15+ Javier Naranjo/17/Watsonville | 1:02:53 |
| 28/8-30+ Jim Corbett/30/Monterey | 1:02:54 |
| 29/11-19+ Babe Ramirez/29/Salinas | 1:03:28 |
| 30/5-15+ Christian Li/15/Pacific Grove | 1:04:02 |
| 31/4-40+ Steve Elman/34/Salinas | 1:04:59 |
| 32/5-40+ Albert Burd/40/San Jose | 1:05:00 |
| 33/12-19+ Steve Dixon/27/Castroville | 1:05:08 |
| 34/9-30+ John Pomeroy II/36/Monterey | 1:05:10 |
| 35/10-30+ Dan Weisvilo/31/Pacific Grove | 1:05:27 |
| 36/13-19+ Richard Campbell/26/Salinas | 1:05:38 |
| 37/14-19+ John Cavanaugh/28/Salinas | 1:05:40 |
| 38/15-19+ Richard Garcia/24/Santa Cruz | 1:05:59 |
| 39/11-30+ George Yellich/31/Salinas | 1:06:03 |
| 40/12-30+ Nelson Derooy/30/Salinas | 1:06:12 |
| 41/6-40+ Thomas Gutierrez/48/Gilroy | 1:06:22 |
| 42/13-30+ Joe Henderson/35/Febble Beach | 1:06:30 |
| 43/14-30+ Eddie Mitchell/31/Monterey | 1:06:42 |
| 44/16-19+ Joaquin Duarte/28/San Jose | 1:06:55 |
| 45/15-30+ Bruce Williamson/31/Salinas | 1:07:16 |
| 46/17-19+ Terry Bernard/25/ | 1:07:32 |
| 47/16-30+ Ed Rynne/34/Marina | 1:07:34 |
| 48/18-19+ Tom Stephen/29/Pacific Grove | 1:07:35 |
| 49/7-40+ Angelo Micalizio/41/Salinas | 1:07:45 |
| 50/8-40+ W. Paul Foster/40/El Cerrito | 1:07:50 |
- /Don Dugdale/

September 23. Fresno. E.R.A. Run

- | | | |
|--------|----------------|-------|
| Div. | 2 Mile: | |
| 1. CM | Bryan Foley | 10:01 |
| 2. CM | Mike Lenneman | 10:34 |
| 3. CM | Greg Lyon | 10:44 |
| 4. HCB | Mark Beebe | 11:23 |
| 5. MC | Frank Delgado | 11:31 |
| 6. CM | Dave Donaldson | 11:32 |

- | | | |
|---------|------------------|-------|
| 11. OM | Mark Beebe | 41:15 |
| 12. OM | Jim Jadrich | 42:05 |
| 13. OM | Levy Brarrett | 42:22 |
| 14. OM | ? Bruce ? | 42:27 |
| 15. OM | Ron Martin | 42:37 |
| 16. MM | Richard Baxter | 42:46 |
| 17. SMM | Bob Owen | 42:47 |
| 18. OM | Leonard Jadrich | 43:31 |
| 19. OM | Paul Martin | 43:34 |
| 20. SMM | Frank Ortega | 43:45 |
| 21. MM | Ed Hartin | 43:52 |
| 22. SMM | Jerry Wright | 43:59 |
| 23. SMM | Oscar Girald | 44:09 |
| 24. SMW | Carolyn Tiernan | 44:20 |
| 25. MM | Bert Woodruff | 44:29 |
| 26. CM | Michael Carrillo | 45:30 |
| 27. MM | Gary Dunkle | 45:41 |
| 28. OM | Matt Stewart | 46:32 |
| 29. OM | Pete Romero | 47:40 |
| 30. SMM | Donald Hicks | 48:52 |
- /JoEllen Howard/

September 30. Fresno. Fresno State
Invitational

- Men 10,000m:
- | | |
|----------------------------|-------|
| 1) Jim Schankel (CPSLO) | 31:16 |
| 2) Jan Aldridge (CPSLO) | 31:32 |
| 3) Tom Wysocki (UMRTC) | 31:39 |
| 4) Gary Romesser (FPTC) | 31:52 |
| 5) Joaquin Leano (un) | 32:13 |
| 6) Mitch Kingery (CPSLO) | 32:15 |
| 7) Rudy Munoz (un) | 32:18 |
| 8) John Capriotti (CPSLO) | 32:28 |
| 9) Roy Kissin (Stanford) | 32:33 |
| 10) B. Manny (CPSLO) | 32:38 |
| 11) Jarrel Cox (FPTC) | 32:51 |
| 12) Jim Hartig (FPTC) | 32:55 |
| 13) Rod Berry (Stanford) | 32:59 |
| 14) Tom Lobsinger (Stanf) | 33:02 |
| 15) Robby Bray (CPSLO) | 33:03 |
| 16) Miguel Santizo (FSU) | 33:04 |
| 17) Joe Ramirez (CP Pom) | 33:09 |
| 18) Tom Trimble (CPSLO) | 33:13 |
| 19) Frank Plasso (UNLV) | 33:19 |
| 20) Jacque Fleming (un) | 33:28 |
| 21) Jim Hammons (un) | 33:31 |
| 22) John Jones (SantaBarb) | 33:35 |
| 23) Jim Minor (un) | 33:38 |
| 24) Tim Gruber (SanJose) | 33:44 |
| 25) Tom Kopes (AIA) | 33:49 |
| 26) Eric Hoff (CPSLO) | 33:53 |
| 27) Marin Boyd (un) | 33:55 |
| 28) Jim Tilford (FSU) | 33:58 |
| 29) Chuck Schwarz (Ariz) | 33:58 |
| 30) E. Bettencourt (FSU) | 34:10 |
| 31) Lave Coulman (FSU) | 34:12 |
| 32) Scott Slovic (Stan) | 34:16 |
| 33) John Pratter (Ariz) | 34:17 |
| 34) Joe Fabris (CPSLO) | 34:18 |
| 35) Rod Cune (CP Pom) | 34:23 |
| 36) Juan Garza (FPC) | 34:26 |
| 37) Fat McGuire (un) | 34:28 |
| 38) Bob Mirth (Nev-B) | 34:28 |
| 39) David Edds (CP-Pom) | 34:32 |
| 40) Gary Padgett (AIA) | 34:32 |

Cal Poly SLO 24, Nevada Reno 67, Stanford 75, Fresno Pacific TC 100, Fresno State 130, Pomona 145, San Jose State 180, Athletes in Action 199, Santa Clara 284, Bakersfield 303, Dominguez Hills 316.

- Open Women:
- | | |
|--------------------------|-------|
| 1) Jan Oehm (UCB) | 17:04 |
| 2) Suzanne Richter (UCB) | 17:05 |

| | |
|-------------------------|--------------|
| 2) Bill Seaver | 41:54 |
| 3) Mike Porter | 41:59 |
| 4) Pete Flores | 42:02 |
| 5) Peanut Harms | 42:27 |
| 6) Lou Patterson | 42:28 |
| 7) Steve Brooks | 42:38 |
| 8) Rod Berry | 42:41 |
| 9) Jan Sershen | 43:06 |
| 10) Steve Palladino | 43:21 |
| 11) John Sheehan | 43:22 |
| 12) Rick Brown | 43:44 |
| 13) Pete Sweeney | 43:45 |
| 14) Mike Smith | 43:50 |
| 15) Hal Tompkin | 43:55 |
| 16) Bill Sevald | 44:06 |
| 17) Brent Cushberry | 44:11 |
| 18) Unofficial | |
| 19) Dan Martinez | 44:26 |
| 20) Daryl Zapata | 44:30 |
| 21) Dave Muela | 44:34 |
| 22) Pat Miller | 44:38 |
| 23) Brian Tracy | 44:43 |
| 24) Ron Nabers | 44:49 |
| 25) Jay Martin | 45:02 |
| 26) Harvey Franklin | 45:08 |
| 27) Darryl Beardall | 45:11 |
| 28) Kevin Jones | 45:17 |
| 29) Dennis Ortega | 45:21 |
| 30) Pierre Bouras | 45:30 |
| 31) Dave Robertson | 45:49 |
| 32) Glen Borland | 45:51 |
| 33) Unofficial | |
| 34) Don Paul | 45:57 |
| 35) Greg Jewett | 46:02 |
| 36) Jeff Wall | 46:06 |
| 37) Mike Wright | 46:08 |
| 38) Dan Rubio | 46:20 |
| 39) Ken Apperson | 46:28 |
| 40) Bob Lawrence | 46:53 |
| 41) Dave Zumwalt | 47:05 |
| 42) Iain Mickle | 47:06 |
| 43) Tim Sweezy | 47:13 |
| 44) Anthony Bettencourt | 47:20 |
| 45) John Cobourn | 47:27 |
| 46) Tony Casillas | 47:31 |
| 47) Gilbert Dean | 47:32 |
| 48) Fidel Serrano | 47:38 |
| 49) Joe Garza | 47:43 |
| 50) Dave Collins | 47:50 |
| 896 finishers | /Don Capron/ |

September 17. Beverly Hills. Beverly Hills Perrier Run-10 kilo:

| | |
|------------------------------|-------|
| 1) Bill Rodgers (GBTC) | 29:06 |
| 2) Gary Tuttle (TIP) | 29:16 |
| 3) Stan Vernon (SMTC) | 29:24 |
| 4) Ben T. Wilson | 29:35 |
| 5) Larry Lawson (SMTC) | 29:53 |
| 6) Bob Daniels | 29:55 |
| 7) Bill McCullough (SMTC) | 30:00 |
| 8) Tom Lee | 30:05 |
| 9) Tom Bryant (SMTC) | 30:16 |
| 10) Carey Simons (SMTC) | 30:21 |
| 11) Steve McCarthy | 30:29 |
| 12) Cleveland Whalen (SMTC) | 30:31 |
| 13) Derek Fernee | 30:47 |
| 14) Gerardo Canchola (SFVTC) | 30:52 |
| 15) Jerry Alexander (BB) | 31:04 |
| 16) Duncan McDonald | 31:04 |
| 17) Pat Weiler (SMTC) | 31:11 |
| 18) Rob McLeod | 31:15 |
| 19) Brian Maxwell (BA) | 31:16 |
| 20) Charlie Mac Muller | 31:21 |

| | |
|-----------------------------|-------|
| 9) Janet Reast | 40:22 |
| 10) Cathy Cummins | 40:44 |
| 11) Pam Canchola (SFVTC) | 40:57 |
| 12) Barbara Honeck | 41:25 |
| 13) Marre Rooth | 41:31 |
| 14) Helen Dick | 41:36 |
| 15) Verena Florence(UCLATC) | 41:50 |
| 16) Jharon Hettig | 41:59 |
| 17) Val Lebel | 42:00 |
| 18) Donna Van Puyvelde | 42:05 |
| 19) Jara Leseignevie | 42:06 |
| 20) Donna Chadwick | 42:12 |
| 21) Linda Savitz (SDTC) | 42:23 |
| 22) Margaret Miller (STC) | 43:17 |
| 23) Sibyl Zaden | 43:24 |
| 24) Linda Freidman(SFVTC) | 43:37 |
| 25) Pauline Stevens (LAAC) | 43:49 |

September 17. San Francisco. PAAAU 25 Kilo Championship

| | |
|------------------------------|---------|
| 1) Mike Porter(WVTC) | 1:19:25 |
| 2) Angel Martinez (Aggie) | 1:20:42 |
| 3) Matt Yeo (Aggie) | 1:20:44 |
| 4) Pete Flores (Aggie) | 1:20:48 |
| 5) Bill Clark (WVTC) | 1:20:59 |
| 6) Jan Sershen (ETC) | 1:21:12 |
| 7) Dennis O'Halloran (Ag) | 1:21:20 |
| 8) Peanut Harms (Aggie) | 1:21:37 |
| 9) Chris Hamer (WVTC) | 1:22:40 |
| 10) Brock Hinzman (ETC) | 1:22:59 |
| 11) Dave Muela (ETC) | 1:23:53 |
| 12) Garry Goettlemann (WVTC) | 1:24:28 |
| 13) Tad Waliczko (un) | 1:24:38 |
| 14) Daryl Zapata (WVTC) | 1:24:39 |
| 15) Unofficial | 1:24:43 |
| 16) Tom Laris (WVTC) | 1:24:47 |
| 17) Skyler Jones (WVTC) | 1:24:57 |
| 18) Atkins Chun | 1:25:07 |
| 19) Stein Rafto | 1:25:07 |
| 20) Patrick Miller | 1:25:22 |
| 21) Brian Bonner (LVRC) | 1:25:27 |
| 22) Perry Linn (BL) | 1:25:32 |
| 23) Bill Sevald (ETC) | 1:25:37 |
| 24) Dave Dunbar | 1:25:45 |
| 25) Garry Green (BL) | 1:25:59 |
| 26) Rick Brown (Aggie) | 1:27:00 |
| 27) Ralph Bowles (WVJS) | 1:27:01 |
| 28) Tom Paul (Pam) | 1:27:14 |
| 29) Mike Fanelli (Pam) | 1:27:25 |
| 30) Mike Lisowski (un) | 1:27:33 |
| 31) John Sheehan | 1:27:47 |
| 32) Greg Jewett (ETC) | 1:27:53 |
| 33) Tim Sweezy (Pam) | 1:28:32 |
| 34) Dave Levitsky (WVTC) | 1:28:35 |
| 35) Darryl Beardall(41) | 1:28:38 |
| 36) Hashim Bashiruddin (ETC) | 1:28:30 |
| 37) Jim O'Neil (53) BL | 1:29:00 |
| 38) Layne Mason | 1:29:08 |
| 39) Phil Sanfilippo (WVJS) | 1:29:17 |
| 40) Nick Winter | 1:29:24 |
| 41) Ray Taketa (Has) | 1:29:49 |
| 42) Frank Nolan | 1:30:12 |
| 43) Dave Collins (WVTC) | 1:30:26 |
| 44) Dave Zumwalt (Pam) | 1:30:28 |
| 45) Kent Guthrie (WVJS)40 | 1:30:29 |
| 46) Fidel Serrano | 1:30:35 |
| 47) Jim Doran (WVJS) | 1:31:23 |
| 48) Dan Williams (LMJS) | 1:31:27 |
| 49) Dan Moore (LVRC) | 1:31:28 |
| 50) Dennis Dillie | 1:31:52 |
| 62) Roxanne Bier (SJC) | 1:33:05 |
| 154) Judy Fox (WVTC) | 1:41:35 |
| 164) Joan Ulliyot (WVTC) | 1:42:53 |
| 192) Vicki Blankenship (Pam) | 1:44:36 |
| 193) Judy Irving | 1:44:51 |
| 197) Sue Brusher (LMTS) | 1:44:52 |

| | |
|-----------------------------------------|---------|
| 40/12-30/Nelson Dero/30/Salinas | 1:06:12 |
| 41/6-40/Thomas Gutierrez/48/Gilroy | 1:06:22 |
| 42/13-30/Joe Henderson/35/Seaside Beach | 1:06:30 |
| 43/14-30/Eddie Mitchell/31/Konterey | 1:06:42 |
| 44/16-19/Joaquin Duarte/28/San Jose | 1:06:55 |
| 45/15-30/Bruce Williamson/31/Salinas | 1:07:16 |
| 46/17-19/Terry Bernard/25/ | 1:07:32 |
| 47/16-30/Ed Rynne/34/Marina | 1:07:34 |
| 48/18-19/Tom Stephen/29/Pacific Grove | 1:07:35 |
| 49/7-40/Angelo Micalizio/41/Salinas | 1:07:45 |
| 50/8-40/W. Paul Foster/40/EI Cerrito | 1:07:50 |

/Don Dugdale/

September 23. Fresno. E.R.A. Run

Div. 2 Mile:

| | |
|--------------------------|-------|
| 1. OM Bryan Foley | 10:01 |
| 2. OM Mike Lenneman | 10:34 |
| 3. OM Greg Lyon | 10:44 |
| 4. HCB Mark Beebe | 11:23 |
| 5. ME Frank Delgado | 11:31 |
| 6. CM Dave Donaldson | 11:35 |
| 7. ME Gene Lynch | 11:40 |
| 8. OW Connie Hester | 12:03 |
| 9. HSB Scott Durham | 12:08 |
| 10. CM Joe Herzog | 12:13 |
| 11. OW Serena Domingues | 12:38 |
| 12. JB Joel Smith | 12:42 |
| 13. JB Bill Iwatsubo | 12:46 |
| 14. SPM Chuck Maas | 12:54 |
| 15. OM Paul Falvey | 12:55 |
| 16. OW Nora Vargas | 12:58 |
| 17. OM Ralph Jacobs | 13:00 |
| 18. OM David Shavel | 13:01 |
| 19. OM Tony Camarella | 13:03 |
| 20. OM Thomas Nagle | 13:04 |
| 21. HSB Keith Shoshone | 13:24 |
| 22. OW Carolyn Tiernan | 13:25 |
| 23. OW Ann Olson | 13:32 |
| 24. OM Thomas Damsen | 13:35 |
| 25. OW Irene Torres | 13:37 |
| 26. HSG Erika Nielson | 13:40 |
| 27. OW Grace Robles | 13:47 |
| 28. HSB Chris Dunkle | 13:52 |
| 29. OW Tone O'Halloran | 14:01 |
| 30. OW Lorie Chenot | 14:14 |
| 31. OM Ralph Kachadouian | 14:19 |
| 32. OW Diana Macias | 14:20 |
| 33. OW Linda Datz | 14:24 |
| 34. OW Sarah Saucedo | 14:25 |
| 35. OW Lisa Shattuck | 14:52 |
| 36. OW Janet Baird | 14:53 |
| 37. OW Cathy Fitch | 15:16 |
| 38. OW Kristi Bartsch | 15:35 |
| 39. HSG Nancy Klassen | 15:38 |
| 40. OW Suzanne Brewer | 15:47 |
| 41. SMT Elizabeth Hagan | 15:58 |
| 42. OW ? Sosa | 16:17 |
| 43. MM James Smith | 16:24 |
| 44. SMT Jim Lambert | 16:36 |
| 45. OW Lynn Ellsworth | 16:43 |
| 46. MW Mary Jo Fitchhorn | 18:36 |
| 47. OW Ruth Kroeger | 18:41 |
| 48. MW Theanne Woodruff | 19:42 |
| 49. OW Susan McCafferty | 20:01 |
| 50. OW Carol Kliever | 20:22 |

Div. 6 Mile:

| | |
|----------------------|-------|
| 1. OM Tim Cornell | 35:34 |
| 2. OM David Kurtze | 35:52 |
| 3. OM Jeff Merrow | 36:16 |
| 4. OM Jeff Chandler | 36:30 |
| 5. SMT Art Meyer | 36:58 |
| 6. OM Steve Fenner | 38:45 |
| 7. OM Jim Hartig | 39:14 |
| 8. OM Larry Martin | 39:16 |
| 9. OM Genero Salazar | 39:31 |
| 10. SMT James Scott | 40:32 |

| | |
|--------------------------|-------|
| 29) Chuck Schwarz (Ariz) | 33:58 |
| 30) E. Bettencourt (FSU) | 34:10 |
| 31) Lave Coulman (FSU) | 34:12 |
| 32) Scott Slovic (Stan) | 34:16 |
| 33) John Pratter (Ariz) | 34:17 |
| 34) Joe Fabris (CPSLO) | 34:18 |
| 35) Ed Cune (CP Pom) | 34:23 |
| 36) Juan Garza (PFC) | 34:26 |
| 37) Fat McGuire (un) | 34:28 |
| 38) Bob Mirth (Nev-B) | 34:28 |
| 39) David Edds (CP-Pom) | 34:32 |
| 40) Gary Padgett (ATA) | 34:32 |

Cal Poly SLO 24, Nevada Reno 67, Stanford 95, Fresno Pacific TC 100, Fresno State 130, Pomona 145, San Jose State 180, Athletes in Action 199, Santa Clara 284, Bakersfield 303, Sominguez Hills 316.

Open Women:

| | |
|------------------------------|-------|
| 1) Jan Oehm (UCB) | 17:04 |
| 2) Suzanne Richter (UCB) | 17:05 |
| 3) Fayllis Olrich (SJC) | 17:22 |
| 4) Maggie Keyes (CPSLO) | 17:26 |
| 5) Susie Meek (UCB) | 17:33 |
| 6) Alice Trumbly (UCB) | 17:38 |
| 7) Sue Munda (CPSLO) | 17:41 |
| 8) Roxanne Bier (SJC) | 17:54 |
| 9) Lynne Hjelte (UCB) | 17:55 |
| 10) Kathy Perkins (WV) | 17:55 |
| 11) Janice Kelly (CPSLO) | 17:57 |
| 12) Jill Seymons (CSU Chico) | 17:57 |
| 13) Kerry Brogan (SJC) | 18:04 |
| 14) Kate Keyes (CPSLO) | 18:09 |
| 15) Diana Bujanja (UCB) | 18:15 |
| 16) Tani Ronea (CPSLO) | 18:16 |
| 17) Ann Thrupp (Stanford) | 18:17 |
| 18) Ann Wotherspoon (WV) | 18:25 |
| 19) Cathy Demmelmaier (SJC) | 18:32 |
| 20) Ann Regan (SJC) | 18:41 |
| 21) Marcia Romesser (FPTC) | 18:48 |
| 22) Laurie Hagopian(Calluth) | 18:50 |
| 23) Pam Bowers (WV) | 18:59 |
| 24) Catherine Oddone(CSUC) | 19:03 |
| 25) Debbie Dobbs (CalPoly) | 19:05 |
| 26) Wendy Bebrogum(Hayw) | 19:08 |
| 27) Tracy Weber (SJC) | 19:10 |
| 28) Nancy Ramirez (CSB) | 19:11 |
| 29) Susan Bragdon (Stan) | 19:13 |
| 30) Colleen Connors (CSUC) | 19:13 |

Berkeley 23, Cal Poly SLO 52, San Jose Cindergals 63, West Valley College 116, Stanford 184, Chico 187, Cal Lutheran 188, UC Davis 237, Hayward 246, Fresno Pacific TC 252, Bakersfield 257. /Red Estes/

September 23. Alameda. 2nd Annual Marine Air Reserve Runway Run

3 Mile:

| | |
|----------------------------|-------|
| 1) Dennis Tracy (32) | 15:22 |
| 2) Don Paul (28) | 15:27 |
| 3) Mike McCormick (28) | 15:36 |
| 4) James Tracy (28) | 15:41 |
| 5) Anthony Bettencourt(26) | 15:53 |
| 6) Bill Benz (36) | 16:03 |
| 7) Tim Rostege (38) | 16:09 |
| 8) John J. Thias (24) | 16:31 |
| 9) Rick Cairo (15) | 16:38 |
| 10) Sargon Nona (27) | 16:39 |
| 11) John Danner (21) | 16:50 |
| 12) Larry Feigenbaum (31) | 16:51 |
| 13) Hector J. Vega (22) | 16:54 |
| 14) Steve Dean (22) | 16:57 |
| 15) Michael Boitano (16) | 16:57 |
| 16) Bryan Holmes (44) | 17:01 |

| | |
|---------------------------|-------|
| 17) Jon M. Irons (18) | 17:01 |
| 18) Robert Sikora (40) | 17:03 |
| 19) Terry Chavez (15) | 17:09 |
| 20) John Weidinger (37) | 17:13 |
| 21) Robert Edwards (16) | 17:16 |
| 22) Sammy Brown (16) | 17:19 |
| 23) Edward Tam (20) | 17:22 |
| 24) Dan Alarid (36) | 17:27 |
| 25) Ron Tanaka (32) | 17:32 |
| 51) Nancy Mohorovich (28) | 19:08 |
| 57) Diane Young (36) | 19:27 |
| 59) Sue Schnell (26) | 19:29 |
| 72) Miriam Gerard (37) | 20:01 |
| 75) S. Quesenberry (17) | 20:07 |

347 finishers

6 Mile:

| | |
|-----------------------------|-------|
| 1) Tom Laris (38) | 31:31 |
| 2) Gary Singer (23) | 31:46 |
| 3) Steve Haas (20) | 32:47 |
| 4) Jeffrey Wall (36) | 33:11 |
| 5) Larry Sumner (34) | 33:24 |
| 6) Jim O'Neil (53) | 33:39 |
| 7) Greg McDonald (17) | 34:15 |
| 8) Doug Perez (30) | 34:21 |
| 9) Derrick Hamilton | 34:21 |
| 10) Dean Harper (25) | 34:40 |
| 11) Dennis A. Gustafson(35) | 34:41 |
| 12) Ray Bonner (36) | 34:47 |
| 13) Ross M. Rowley (30) | 34:53 |
| 14) Santos S. Reynaga (29) | 34:57 |
| 15) Nick Korevar (24) | 35:04 |
| 16) Thomas Varela (30) | 35:05 |
| 17) Dennis Coulter (21) | 35:08 |
| 18) Kevin Coulter (24) | 35:10 |
| 19) James Mickle (44) | 35:27 |
| 20) Robert Gehl (50) | 35:51 |
| 73) Ruth Anderson (49) | 40:08 |
| 78) D. Bigelow (16) | 40:21 |
| 80) Kathy Way (18) | 40:38 |
| 100) F. Kroyer (22) | 41:59 |
| 108) Marilyn Harbin (41) | 42:33 |

292 finishers /John Hausman/

September 22. Lake Tahoe. Pepsi of Reno Lake Tahoe 72 Mile Run:

| | |
|-------------------------------|----------|
| 1) Skip Houk (36) | 10:09:53 |
| 2) John Notch (30) | 10:39:13 |
| 3) Kenneth Adams (36) | 10:43:13 |
| 4) Don Choi (30) | 10:47:16 |
| 5) Marc Hoschler (27) | 10:58:40 |
| 6) Mike Williams (26) | 11:15:08 |
| 6) Tate Miller (30) | 11:15:08 |
| 8) Bob Hedges (32) | 11:29:39 |
| 9) John Prewitt (31) | 11:31:31 |
| 10) Marcy Schwam (25) 1W | 12:01:32 |
| 11) Harrison Smith (51) 1-50+ | 12:04:38 |
| 12) Bob Woodliff (30) | 12:05:16 |
| 13) Jay Helgerson (23) | 12:09:55 |
| 14) George Parrott (34) | 12:44:11 |
| 14) Norm Shaskey (31) | 12:44:11 |
| 19) Thurman Cheatham(41) 1st | 13:08:29 |
| 20) Sally Edwards (31) 2W | 13:15:15 |
| 21) Rod McKenzie(44) 2-40+ | 13:33:16 |
| 31) Lynn Harris (27) 3W | 14:44:10 |

/Charles Mersereau/

September 30. Big Bear Lake. Big Bear Lake 10 Mile Run:

| | |
|------------------------------|---------|
| 1) Bill Knapp (USMC) | 56:57 |
| 2) Kent Schmidt (un) | 57:44 |
| 3) Gary Polhill (un) | 58:39 |
| 4) Bob Morris (un) | 59:31 |
| 5) Steve Kellogg (un) | 59:55 |
| 6) Brian Oldham (un) 1st 30+ | 1:00:42 |

October 7. Tapia Park 10 Kilo

| | | |
|-------------------------|-------|------|
| 1. JIM FRENCH (26) | 36:11 | 10P |
| 2. VINCE ENGEL (32) | 36:20 | 20P |
| 3. MARK COVERT (27) | 37:01 | 30P |
| 4. STEVE BLUM (23) | 37:11 | 40P |
| 5. TIM DONOVAN (28) | 37:13 | 50P |
| 6. MARK CASTENADA (19) | 37:19 | 1JR |
| 7. RICK BALLESTERO(18) | 37:47 | 2JR |
| 8. JOHN BOTKE (35) | 37:50 | 1SM |
| 9. TOM BABIRACKI(20) | 38:06 | 60P |
| 10. STEVE DURAND(22) | 39:03 | 70P |
| 11. RON SASSER (25) | 39:35 | 80P |
| 12. WILL PITTINGER(27) | 40:16 | 90P |
| 13. BILL FLYNN (24) | 40:25 | 100P |
| 14. GIL SCHALLER (35) | 40:38 | 2SM |
| 15. CHARLES MCLUNG(38) | 40:51 | 3SM |
| 16. RON NOVOTNY(21) | 41:41 | 110P |
| 17. GARY DOBRENZ(32) | 41:43 | 120P |
| 18. BRIAN MCGINN(16) | 42:03 | 3JR |
| 19. GARY TUTTLE(30) | 42:12 | 130P |
| 20. BEN KNIGHT(28) | 42:12 | 140P |
| 21. ERIC EDMUNDS(25) | 42:13 | 150P |
| 22. RED GLEESON(45) | 42:15 | 1M |
| 23. ANDREW PFEFFER(33) | 42:15 | 160P |
| 24. BILL SAC (17) | 42:40 | 4JR |
| 25. MARK GUZMAN (15) | 42:41 | 5JR |
| 26. DIEGO MEZA (17) | 42:47 | 6JR |
| 27. ED PLANTILLAS(16) | 42:56 | 7JR |
| 28. JACK STEWART(41) | 42:58 | 2M |
| 29. BRIAN MEZA (15) | 42:58 | 8JR |
| 30. BOB SCULLY (21) | 43:20 | 170P |
| 31. TERRY WAINSCOTT(22) | 43:22 | 180P |
| 32. JOE MARINO(39) | 43:28 | 4SM |
| 33. ED QUON (16) | 43:37 | 9JR |
| 34. ROY BURLESON(35) | 44:05 | 5SM |
| 35. ALLAN HUNT (31) | 44:08 | 190P |
| 36. CHRIS FRANCOLLA(27) | 44:11 | 200P |
| 37. PAT QUINLAN(16) | 44:12 | 10JR |
| 38. WES MAYNEZ (16) | 44:22 | 11JR |
| 39. GLEN TURNER(47) | 44:25 | 3M |
| 40. RICHARD DINGES(38) | 44:29 | 6SM |

/Charles Horn/

| | |
|------------------------------|-------|
| 7) Art Menchaca (Nariz) | 29:56 |
| 8) Fred Ongaga (UTEP) | 30:06 |
| 9) Yukon Tomisato (UTEP) | 30:08 |
| 10) Steve Ortiz (Grossmont) | 30:19 |
| 11) Ed Mendoza (Jamul) | 30:20 |
| 12) Jary Close (Jamul) | 30:22 |
| 13) David Shoots (Ariz) | 30:23 |
| 14) Tom Lux (Jamul) | 30:25 |
| 15) Paul Becklund (Ariz) | 30:34 |
| 16) David Peckham (Ariz) | 30:36 |
| 17) Dirk Lakeman (Ariz) | 30:38 |
| 18) Wally Buckingham (Jamul) | 30:41 |
| 19) Bill St. John (SDSU) | 30:45 |
| 20) Vicken Simonian (UCLA) | 30:47 |
| 21) Robert Traba (CSUN) | 30:52 |
| 22) Lance Packer (CSUN) | 30:55 |
| 23) Mark Malec (SDSU) | 31:04 |
| 24) Ruben Keyes (N Ariz) | 31:09 |
| 25) Pat Hamilton (Ariz) | 31:13 |

Univ Texas El Paso 23, Arizona 58, Jamul Toads 76, San Diego State 108, North. Arizona 135, Cal State Northridge 142, UCLA 181, San Diego TC 213, USIU TC 298, Claremont-Harvey Mudd 305.

Women's Intercollegiate, Masters & Open:

| | |
|------------------------------|---------|
| 1) Joan Hansen (Ariz) | 17:25.2 |
| 2) Robin Tracey (Ant Vly) | 17:38 |
| 3) Diane Riley (SDS) | 17:43 |
| 4) Joy Hansen (Ariz) | 17:54 |
| 5) Debbie Rozak (Ariz) | 18:02 |
| 6) Marjorie Kaput (Ariz) | 18:05 |
| 7) Sue Krann (SDTC) | 18:07 |
| 8) Jeanne Abare (SDS) | 18:09 |
| 9) Laurie Jewell (LBS) | 18:13 |
| 10) Lauri Cline (PhoenixCol) | 18:30 |
| 11) Maria Tilman (Phoenix) | 18:31 |
| 12) Nancy Bak (QuestClub) | 18:31 |
| 13) J. Bottomley (LBS) | 18:34 |
| 14) Nancy Cullinane(UTEP) | 18:38 |
| 15) Krista Holmes (Ariz) | 18:42 |
| 16) Kim Vollmer(UCI) | 18:43 |
| 17) Ellen Turkel (SDTC) | 18:44 |
| 18) Trimm (LBS) | 18:48 |
| 19) Kay Harpold (SDTC) | 18:50 |

October 8. Azusa. Azusa Golden Days Road Run

10 Mile:

| | |
|-----------------------------|----------|
| 1) Tom Lee | 50:16.2 |
| 2) Mike Chamblis (29) | 51:55.1 |
| 3) Ed Chaidez | 52:54.8 |
| 4) John Eggers (22) | 53:44.4 |
| 5) Charles Godoy | 53:53.3 |
| 6) Howard Burgess (23) | 54:31.0 |
| 7) Bob Alexander (25) | 55:12.1 |
| 8) Jim Perez | 55:18.7 |
| 9) Joe Razo (40) 1st | 55:26.4 |
| 10) Vince O'Boyle (32) | 55:40.3 |
| 11) Ray Hughes (39) | 56:23 |
| 12) Ray Santoyo (16) | 56:38 |
| 13) John Carrasco (18) | 56:52 |
| 14) Bob Morris (26) | 57:05 |
| 15) Joe Burgasser (40) | 57:33 |
| 16) Steve Waggner (34) | 57:49 |
| 17) Manuel Reynoso (23) | 57:53 |
| 18) Wayne Douglas (30) | 57:57 |
| 19) Steve Richard (20) | 58:17 |
| 20) Jon Lugo (17) | 58:29 |
| 21) Jim McCaunday (25) | 58:32 |
| 22) Joe Hamus (19) | 58:40 |
| 23) Bruce Yoshiwara (24) | 58:52 |
| 24) Tom Gleason (36) 1st | 58:57 |
| 25) Rick Vasquez (41) | 59:00 |
| 26) Ruiz (35) | 59:21 |
| 27) Frank Williams (35) | 59:23 |
| 28) Bruce Bias (29) | 59:35 |
| 29) D. Modrell (27) | 60:10 |
| 30) Eugene Blankenship (36) | 60:15 |
| 41) Aurelio Camacho (47) | 62:00 |
| 61) Bernadette Carmack (29) | 64:48 1W |
| 86) Eddie Lewin (62) | 67:48 |
| 95) Lono Tyson (51) | 68:15 |
| 97) Delia Burke (29) 2W | 68:18 |
| 138) Jim Dacollias (55) | 1:12:24 |
| 142) Maureen Meardon(28) 3W | 1:12:56 |
| 151) JoAnn Miley (33) | 1:13:38 |
| 154) Lynne Wohlers (26) | 1:13:41 |
| 161) Lucy Lopez (17) | 1:14:23 |
| 201) Lisa Resh (15) | 1:17:16 |

5,000m:

| | |
|--------------------------|-------|
| 1) John Konigh | 15:08 |
| 2) Mark Ruelas (16) | 15:14 |
| 3) Robert Slick (22) | 15:21 |
| 4) Ron Kurrle (30) | 15:24 |
| 5) Walt Waltmire (24) | 15:24 |
| 6) Duane Waltmire (23) | 15:32 |
| 7) Kirk Bodary (23) | 15:32 |
| 8) Scott Hunter (18) | 15:46 |
| 9) Rich Delanty (27) | 15:54 |
| 10) Tom Engel | 16:03 |
| 11) Barry Foose (31) | 16:08 |
| 12) Russell Headworth | 16:11 |
| 13) Irv Ray (26) | 16:12 |
| 14) Chris Carlson (21) | 16:26 |
| 15) Joe Moreno | 16:30 |
| 16) Tony Black | 16:30 |
| 17) Andre Tocco (42) | 16:31 |
| 18) Skip Shaffer | 16:32 |
| 19) Mark Martinez | 16:33 |
| 20) Mark Patterson | 16:37 |
| 21) Garry Hooker | 16:42 |
| 22) John Magill Jr. (20) | 16:43 |
| 23) Robert Golenor | 16:47 |
| 24) Ed Cantu | 16:49 |
| 25) Unidentified | 16:50 |
| 26) Rob Ardessi (21) | 16:51 |
| 27) Tomas Roach | 16:52 |
| 28) Jessie Swain (23) | 16:55 |
| 29) Bill Lankam (22) | 16:57 |
| 30) Scott Hanley (17) | 17:01 |
| 68) Peggy Watson (46) 1W | 19:18 |
| 72) Roberta Hutton (31) | 19:29 |
| 84) Suzanne Miller | 20:11 |



photo by Keith Conning

- 1) John Prewitt (31) 11:31:31
 - 10) Marcy Schwam (25) 1W 12:01:32
 - 11) Harrison Smith (51) 1-50+ 12:04:38
 - 12) Bob Woodliff (30) 12:05:16
 - 13) Jay Helgerson (23) 12:09:55
 - 14) George Parrott (34) 12:44:11
 - 14) Norm Shaskey (31) 12:44:11
 - 19) Thurman Cheatham (41) 1st 13:08:29
 - 20) Sally Edwards (31) 2W 13:15:15
 - 21) Rod McKenzie (44) 2-40+ 13:33:16
 - 31) Lynn Harris (27) 3W 14:44:10
- /Charles Mersereau/



photo by Keith Conning

left to right: Dana Slater, Suzanne Richter, and Cheri Williams

September 30. Big Bear Lake. Big Bear Lake 10 Mile Run:

- 1) Bill Knapp (USMC) 56:57
 - 2) Kent Schmidt (un) 57:44
 - 3) Gary Polhill (un) 58:39
 - 4) Bob Morris (un) 59:31
 - 5) Steve Kellogg (un) 59:55
 - 6) Brian Oldham (un) 1st 30+ 1:00:42
 - 7) Walt Hitt (AIA) 1:00:52
 - 8) Ron Halloway (un) 1:01:12
 - 9) Steve Waggener (CDMTC) 34 1:01:31
 - 10) Roy Bricker (USMC) 1:01:51
 - 11) Tom Richards (CDMTC) 37 1:01:53
 - 12) Robert Thomas (un) 1:02:07
 - 13) William Crum (STC) 1-40+ 1:02:31
 - 14) Fred Carter (un) 1:03:13
 - 15) Bill Flynn (un) 1:03:25
 - 16) Terry Burk (un) 1:04:30
 - 17) Mark Smitman (un) 1:05:04
 - 18) Doug Kinzle (un) 31 1:05:09
 - 19) Richard Dameron (un) 1:05:26
 - 20) Larry Gattton (un) 1:06:06
 - 31) Harold Daughters (SCS) 57 1:08:36
 - 56) Carol Cartwright (SPVTC) 1:14:54
 - 67) Carol Doody (SCRR) 9 1:17:47
 - 72) Julie Thompson (un) 25 1:20:34
 - 83) Judy Shenklow (PS) 34 1:25:23
- /Edgar Hurt, Jr./

October 7. Berkeley. Cal Invitational at Tilden Park, 5000m:

- 1) Dana Slater (Co) 17:43.1
 - 2) Jan Oehm (Cal) 17:48.9
 - 3) Suzanne Richter (Cal) 17:49.9
 - 4) Mary Decker (Co) 17:59.5
 - 5) Maggie Keyes (CPSLO) 18:07.6
 - 6) Susie Meek (Cal) 18:08.0
 - 7) Alice Trumbly (Cal) 18:08.3
 - 8) Robin Baker (Ore) 18:13.9
 - 9) Kathy Wilson (Co) 18:19.6
 - 10) Cheri Williams (Ore) 18:23.0
 - 11) Irene Griffith (Ore) 18:26.9
 - 12) Sue Munday (CPSLO) 18:36.4
 - 13) Katy Mountain (Ore) 18:38.5
 - 14) Molly Morton (Ore) 18:42.4
 - 15) Jody Parker (Ore) 18:44.1
 - 16) Ellen Schmidt (Ore) 18:50.3
 - 17) Kate Keyes (CPSLO) 18:53.0
 - 18) Marjan Moulujan (Wash) 18:53.3
 - 19) Terrie Winney (Wash) 18:53.3
 - 20) Sheila Ralston (UCLA) 18:58.2
 - 21) Rainey Roatman (Wash) 19:03.2
 - 22) Kathy Chisam (UCLA) 19:04.1
 - 23) Brenda Cardin (OSU) 19:06.4
 - 24) Janice Kelly (CPSLO) 19:09.0
 - 25) Ann Thrupp (Stan) 19:13.4
 - 26) Diana Bubanja (Cal) 19:15.8
 - 27) Lynne Hjelte (Cal) 19:16.2
 - 28) Heather Tolford (Ore) 19:18.8
 - 29) Michelle Aubuchon (CSUH) 19:19.7
 - 30) Jan Rouda (CPSLO) 19:23.8
- UC Berkeley 43, U of Oregon 56, U of Colorado 83, Cal Poly SLO 85, U of Washington 130, UCLA 147, Oregon State 195, Stanford 222, CSU Hayward 234.
- /Vern Gambetta/

October 7. San Diego. 36th Annual Aztec Invitational

- Men's Intercollegiate & Open:
- 1) Thom Hunt (Ariz) 28:33.3
 - 2) James Rotich (UTEP) 28:49
 - 3) Rodolpho Gomez (UTEP) 28:56
 - 4) James Munyala (UTEP) 29:24
 - 5) Brian Hunsaker (SDSU) 29:43
 - 6) Kip Sirma (UTEP) 29:48

- 20) Laurie Proul (Grossmont) 18:52
 - 21) Natalie Fernandez (Orng) 18:53
 - 22) Y. Yanke (LBS) 18:54
 - 23) Sandy Marquez (Phoenix) 18:57
 - 24) Terry Lafferty (Grossm) 18:59
 - 25) Jane Spencer (Nev-LV) 19:09
- Arizona 30, San Diego State 80, Long Beach State 81, Phoenix College 84, San Diego TC 96, UTEP 169, Orange Coast 173, Glendale Ariz CC 214, San Diego TC 224.

Junior College Division:

- 1) Vito Perrone (GlendAzCC) 20:00.5
 - 2) Dave Barney (CentAz) 20:05
 - 3) Ron Cornell (LBCC) 20:17
 - 4) Robert Lopez (GlenCC) 20:35
 - 5) Ken Halal (GlendaleCC) 20:35
 - 6) Chad Kester (LBCC) 20:37
 - 7) Phil Nielsen (GlenCC) 20:39
 - 8) Robert Calph (MesaAZCC) 20:40
 - 9) Bobby Shoots (CentAz) 20:41
 - 10) Ken Dollar (CentAz) 20:50
 - 11) Frankie Nez (Phoenix) 20:52
 - 12) Greg Brady (CentAz) 20:56
 - 13) Carmelo Rios (LBCC) 20:58
 - 14) Wilmer Saufkie (CenAz) 21:01
 - 15) Ryan Sales (Phoenix) 21:02
 - 16) Mike Calvano (OrangeCs) 21:04
 - 17) Julian Finkelstein (LBC) 21:05
 - 18) Ben Hancock (CentAz) 21:07
 - 19) Mark Trilevsky (LBCC) 21:08
 - 20) Nelson Begay (Phoenix) 21:10
- Glendale Arizona CC 40, Central Arizona 47, Long Beach CC 57, Orange Coast 114, Phoenix College 123, Mesa Arizona CC 147, Golden West 192, Antelope Valley 202.

Men's Masters:

- 1) Frank Saiz 23:00
- 2) Joe Livesay (Quest) 23:09
- 3) Bob Collins (SDTC) 23:17
- 4) Tony Sucec (SDTC) 23:23
- 5) Bill Phillips (SDTC) 23:47
- 6) Tom Hillary 24:02
- 7) Mike Owen 24:26
- 8) Don Evans (SDTC) 24:33
- 9) Bill Stock (SDTC) 25:05
- 10) Jim Donahue 25:50

- 12) Russell Headworth 16:11
 - 13) Irv Ray (26) 16:12
 - 14) Chris Carlson (21) 16:26
 - 15) Joe Moreno 16:30
 - 16) Tony Black 16:30
 - 17) Andre Tocco (42) 16:31
 - 18) Skip Shaffer 16:32
 - 19) Mark Martinez 16:33
 - 20) Mark Patterson 16:37
 - 21) Garry Hooker 16:42
 - 22) John Magill Jr. (20) 16:43
 - 23) Robert Golenor 16:47
 - 24) Ed Cantu 16:49
 - 25) Unidentified 16:50
 - 26) Rob Ardessi (21) 16:51
 - 27) Tomas Roach 16:52
 - 28) Jessie Swain (23) 16:55
 - 29) Bill Lankam (22) 16:57
 - 30) Scott Hanley (17) 17:01
 - 68) Peggy Watson (46) 1W 19:18
 - 72) Roberta Hutton (31) 19:29
 - 84) Suzanne Miller 20:11
 - 96) Sheree Bodary (20) 20:31
 - 100) Amy Hooker 20:40
- /Dennis Caldwell/

San Jose. Alum Rock Invitational

Varsity:

- 1) Strangio (MSJ) 11:22.8
 - 2) Trujillo (Gil) 11:36.5
 - 3) Marden (MSJ) 11:37.3
 - 4) Balderas (SJ) 11:42.5
 - 5) Foran (ML) 11:43.0
 - 6) Soto (MP) 11:44.5
 - 7) Read (MSJ) 11:47.3
 - 8) Shoemaker (ML) 11:53.7
 - 9) Koding (ML) 11:54.4
 - 10) Torres (MP) 11:54.9
 - 11) Ramirez (YB) 11:56.1
 - 12) Vail (ML) 11:57.8
 - 13) Tiernan (ML) 12:06.1
 - 14) Wagstaffe (Bell) 12:11.1
 - 15) Munoz (JL) 12:12.0
- Mission San Jose 44, Mira Loma 47, James Lick 109, Mt. Pleasant 146, Overfelt 162, Gilroy 180, Bellarmine 191, San Jose

Girls:

- 1. Fuller (ML) 13:34
 - 2 Strangio (MSJ) 14:16.4
 - 3 Lasso (MSJ) 15:04.1
 - 4 Stearns (SC) 15:21.6
 - 5 Coon (MSJ) 15:33.1
 - 6 Tersigni (SC) 15:44.3
 - 7 Benevento (ST) 15:51.0
 - 8 Slingerland (ML) 15:55.4
 - 9 Bordenave (Lst) 15:56.5
 - 11) Duey (MSJ) 16:12.3
- Mission San Jose 32, Santa Teresa 65, Mira Loma 90, Newark 130, Overfelt 175.
- /DeDiego/

October 14. Santa Maria. 14th Annual Hancock Invitational Meet-- 4 miles & 90m:

- 1) Eero Keranen (AHC) 19:53
 - 2) Sechrist (SJCC) 19:59
 - 3) Gillis (SBCC) 20:04
 - 4) Lundgren (AHC) 20:13
 - 5) Reyes (Cuesta) 20:23
 - 6) McDaniel (Sky) 20:26
 - 7) Mayfield (AHC) 20:29
 - 8) Kendrick (AHC) 20:32
 - 9) Tapia (AHC) 20:36
 - 10) Mitchell (AHC) 20:47
 - 11) Golass (AVC) 20:50
 - 12) Powell (AVC) 20:50
 - 13) Baldwin (Cuesta) 20:51
 - 14) Shover (SMCC) 20:53
 - 15) Huff (AHC) 20:59
 - 16) Matsumma (SMCC) 21:03
 - 17) Torres (Sky) 21:04
 - 18) Jackson (SBCC) 21:05
 - 19) Doves (AVC) 21:07
 - 20) Skiff (Sky) 21:08
- Allan Hancock 29, Cuesta 89, Skyline 99, Antelope Valley 101, San Jose CC 106, Santa Barbara CC 143, Santa Monica CC 162, Oxnard College 212.
- /Ray Kring/

October 8: Aptos Invitational

LARGE SCHOOL BOYS' VARSITY

1. Soto (MP) 12:32, 2. Vasquez (WAT) 12:41, 3. Truigillo (GIL) 12:42, 4. Hland (SOQ) 12:53, 5. Hernandez (IND) 13:01. Team Scores - Watsonville 61, Leigh 63, Independence 93, Soquel 129, Gilroy 130.

SMALL SCHOOL BOYS' VARSITY

1. Baldoras (SJ) 12:39, 2. Gonzalez (LIN) 12:52, 3. Rembao (SC) 12:55, 4. Magallanes (SEA) 12:57, 5. Gonzales (LIN) 13:00. Team Scores - James Lick 62, Lincoln 71, Santa Cruz 134, King City 154, Gunderson 158.

COMBINED GIRLS' VARSITY

1. Schneider (SC) 13:50, 2. Choy (SAL) 13:58, 3. Elley (GIL) 14:47, 4. Weaver (APT) 14:54, 5. Sa cher (WAT) Team Scores - Leigh 87.

/Greg Brock/

October 7. San Mateo. San Mateo Invitational Cross Country Run --

Table with 2 columns: Rank and Name/Time. Includes names like Bill Hurst (Mod) 20:20, Nick Brewer (AR) 21:06, Swift Katepa (COS) 21:12, Jack Dixon (Delta) 21:13, Mike Dyer (WV) 21:21, Dal Lozano (COS) 21:27, Jeff Baumeteger (Marin) 21:31, Tim Holmes (Mod) 21:31, Jerry Drew (S Rosa) 21:32, Malcolm Maxwell (AR) 21:34, Jarleen (Marin) 21:38, McBride (SMateo) 21:39, Will (AR) 21:40, Thurston (S Mateo) 21:41, Jsten Berger (Diablo) 21:44, Lohse (COS) 21:47, Zumbaca (WV) 21:48, Jarbowski (WV) 21:49, Hurst (Mod) 21:56, Graves (WV) 21:59, Brehen (S Mateo) 22:00, Munoz (Delta) 22:03, Sale (Delta) 22:07, Steve McDannald (FCC) 22:08, Jones (S Rosa) 22:09.

American River 89, College of the Sequias 89, West Valley 101, Modesto 174, San Mateo 121, Santa Rosa 170, Delta 189, Marin 194, Fresno CC 215, Diablo Valley 238, Foothill 275, San Francisco 283, Napa 293, DeAnza 330. /Bob Fries/

October 7. San Mateo. San Mateo Invitational Cross Country Meet-- Women: (Hilly 3.0 miles):

Table with 2 columns: Rank and Name/Time. Includes names like Tracey Kearns (Yuba) 18:24, Diane Williams (Yuba) 18:25, Bonnie Hester (FCC) 18:39, Chip Swannick (Canada) 18:43, Sheila O'Donnell (Cues) 19:05, Sally McPherson (DeAnza) 19:06, LeAnn Kindler (Shasta) 19:07, Suzanne Blevins (Diab) 19:17, Karen Robinson (Delta) 19:24, Diana Pappas (Yuba) 19:28, Amy Haberman (DeAnza) 19:33, Serena Domingues (FCC) 19:38, Lynn Harris (DeAnza) 19:57, Diana Bateman (Diablo) 20:01, Fenay Wolf (Canada) 20:04, Mara Vargas (FCC) 20:05.

Table with 2 columns: Rank and Name/Time. Includes names like Manny Bautista (CPSLO) 32:29.7, Felix Elieff (CalBerk) 32:30.7, Ben Martinez (AIA) 32:31.8, Don Moses (UCI) 32:32.4, Benton Hart (WVTC) 32:33.1, Hal Schultz (CalBerk) 32:35.1, Miguel Santizo (CSUF) 32:36.7, John Sheehan (Aggie) 32:40.6, Mitch Kingery (CPSLO) 32:44.3, Dal Aldridge (CPSLO) 32:44.6, Al Lara (CSUF) 32:47.1, Bill Clark (WVTC) 32:47.8, Dan Harvey (CWTC) 32:49.3, Pat Weiler (SantaMon) 32:52.9, Roy Hoalund (CWTC) 32:56.4, Bill Haldeman (Stanford) 32:58.0, Robby Bray (CPSLO) 32:58.5, Stu Sutherland (CSUF) 32:59.7, Joe Young (UCI) 33:00.5, Lupe Chavez (SJS) 33:00.8, Gil Brooks (CWTC) 33:01.4, Andy Clifford (Cal) 33:02.6, Carl Anderson (Cal) 33:05.2, Tim Gruber (SJS) 33:11.6, Chris Sadler (Pt.Loma) 33:16.2, David Schriver (UCI) 33:17.9, Eric Huff (CPSLO) 33:18.8, Jim Tilford (CSUF) 33:19.8, Scott Roley (LBS) 33:20.2, Dave Coulman (CSUF) 33:21.2, Santa Monica TC 28, Cal Poly SLO 106, Cal Irvine 111, Cal Berkeley 151, Aggie TC 165, Stanford/Red 170, Fresno State Univ 194, Camino West 199, West Valley TC 202, Cal State Long Beach 223, San Jose State 327, Pt. Loma 363, Stanford/White 383, Athletes in Action 397, Fresno State TC 450, Excelsior TC 468, Santa Clara 575, Univ of San Francisco 619.

October 14

DOS PUEBLOS INVITATIONAL

BOYS: SR--1. Lubsen (Millikan), 15:15; 2. Brennard (SMc), 15:20; 3. Conroy (DP), 15:43; 4. Kidd (SMC), 15:46; 5. Smith (DP), 15:48. TEAM--1. Dos Pueblos, 2. Westminster, 25; 3. San Marcos, 32; 4. San Marino, 39; 5. Arroyo Grande, 51; 6. South Pasadena, 63. JR--1. Parkinson (SP), 15:22; 2. Beste (SMc), 15:28; 3. Smith (Camarillo), 15:32; 4. Callaway (DP), 15:38. TEAM--1. San Marino, 19; 2. South Pasadena, 35; 3. San Marcos, 46; 4. Dos Pueblos, 44; 5. Arroyo Grande, 54. SO.--1. Dunn (AG), 15:40; 2. Kelley (A), 15:42. TEAM--1. Arroyo Grande, 20; 2. Agoura, 24; 3. Dos Pueblos, 28. SWEEPSTAKES: 4A--Dos Pueblos, 3A--San Marino, 3B. GIRLS: IND.--1. Carman (San Mc), 13:05; 2. Brink (San Mr), 13:07; 3. Arreola (SLO), 13:30. TEAM--1. San Marino, 38; 2. Dos Pueblos, 57; 3. San Luis Obispo, 93; 4. San Marcos, 126; 5. South Pasadena, 138.

RIGHETTI INVITATIONAL

DIV. ONE (Boys): IND.--1. Thomas (SB), 14:34; 2. Sappenfield (SB), 14:45; 3. Morris (QH), 14:46; 4. Dewaay (SB), 14:46; 5. Sauer (QH), 14:58. TEAM--1. Quartz Hill, 31; 2. Santa Barbara, 40; 3. Righetti, 88. DIV. TWO (Boys): IND.--1. Magill (LC), 14:51; 2. Navarro (Rio Mesa), 15:05. TEAM--1. La Canada, 32; 2. Rio Mesa, 43. DIV. THREE (Boys): IND.--1. Baxter (A), 14:55; 2. Bergan (S), 15:03. TEAM--1. Atascadero, 39; 2. Ho between Shafter and Carpinteria, 56; 4.

October 8. San Francisco. Schlitz Light 10 Kilo at Golden Gate Park:

Table with 2 columns: Rank and Name/Time. Includes names like Rick Rojas 30:13, Brian Maxwell 30:38, Harold Schulz 30:53, Mike Porter 31:03, Emil Magallanes 31:19, Mike Cassidy 31:46, Mark Sisson 31:52, Steve Rafto 32:14, Bill McIntosh 32:18, Hank Lawson 32:21, Michael Niemiec 32:31, Eric Williams 32:36, Tom Laris 32:37, Mike Gulli 32:39, Robert Darling 32:41, Ed Dux 32:45, Tad Woliczko 32:49, Dennis Tracy 32:57, Jim Price 32:57, Les DeVoe 33:02, Dan Cruz 33:08, George Pfeiffer 33:15, James Bowles 33:18, William Sevald 33:18, Mike Wheeler 33:27, Mike Duncan 33:27, Ken Phelps 33:29, Perry Linn 33:29, Ron Nabers 33:31, Gary Singer 33:32, Darryl Beardall(41)LM 33:33, Ken Scalmanini 33:42, Rick French 33:43, Scott Molina 33:45, Harvey Franklin 33:51, Jeff Wall 34:02, H. Bashirddin 34:05.

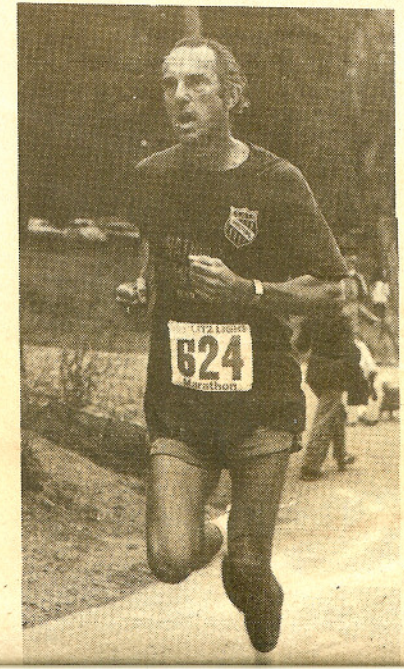
Table with 2 columns: Rank and Name/Time. Includes names like D. Richardson (LTC) 56:40, L. Pugh (SS) 56:42, C. Vineyard (SS) 56:46, L. Daugherty (NVRC) 57:16, J. Engle (NVRC) 41 57:40, K. Berggren (un) 67:14, K. Keeton (un) 72:28, K. Balch (un) 72:29, L. Cowan (un) 74:06, J. Mellor (un) 76:02, M. Barnett (un) 77:32. /Joe Dana/

October 14. San Francisco. FORE-runners 10k Golden Gate Women's Run

Table with 2 columns: Rank and Name/Time. Includes names like Elaine Miller SM 38:11, Penny DeMoss O 38:50, Irene Rudolf SM 39:01, Joan Ulliyot SM 39:18, Judy Irving SM 39:45, Jolie Houston O 41:24, Lucy Shapiro M 41:40, Barbara "Baby" Cakes O 41:55, Daphne Dunn SM 42:05, Mary Kolb SM 42:14, Gail Gustafson SM 42:18, Christine Carriere O 42:22, Maria Ng O 42:27, Val Heimark O 42:57, Lisa Capaloini O 43:02, Diane Wayman O 43:09, Laury Belzer SM 43:19, Marti Menz O 43:46, Denise Bigelow J 43:55, Joyce Rankin SM 44:04, Claudia Shenefield M 44:11, Marilyn Moreton SM 44:13, Liz Ray SM 44:15, Pamela Provol O 44:23, Eleanor Errante SM 44:52.



Keith Conning



Keith Conning

October 7. San Mateo. San Mateo
Invitational Cross Country Meet--

- Womer. (Hilly 3.0 miles):
1) Itacey Kearns (Yuba) 18:24
2) Diane Williams (Yuba) 18:25
3) Bonnie Hester (FCC) 18:39
4) Skip Swannick (Canada) 18:43
5) Sheila O'Donnell (Cues) 19:05
6) Sally McPherson (DeAnza) 19:06
7) LeAnn Kindler (Shasta) 19:07
8) Suzanne Blevins (Diab) 19:17
9) Karen Robinson (Delta) 19:24
10) Diana Pappas (Yuba) 19:28
11) Amy Haberman (DeAnza) 19:33
12) Serena Domingues (FCC) 19:38
13) Lynn Harris (DeAnza) 19:57
14) Diana Bateman (Diablo) 20:01
15) Fenay Wolf (Canada) 20:04
16) Mora Vargas (FCC) 20:05
17) Mina Beatis (Napa) 20:19
18) Peggy Stok (Canada) 20:21
19) Ann Olson (FCC) 21:25
20) Diana Tichelsar (AR) 30:32
Fresno City 66, Yuba 76, Canada
124, Diablo Vly 143, DeAnza 155,
College of the Sequoias 174, Santa
Rosa 179, Napa 225, Marin 226, Delta
244, Habot 251, Skyline 264, San
Mateo 377, Contra Costa 463./Bob Fries/

October 14: San
Lorenzo Invitat.

BOYS VARSITY
LARGE SCHOOL

1. Ifland (S) 16:10, 2. Colvin (Lyn) 16:18, 3.
Bergkamp (Lei) 16:36, 4. Lucas (Lei) 16:47, 5.
Maloney (Lei) 16:51. Team Scores - Leigh 27,
Soquel 47, Lynbrook 61, Santa Clara 89, Aptos
114.

SMALL SCHOOL

1. Gaylan (Hol) 16:09, 2. Gonzales (Lin)
16:11, 3. Rambao (SC) 16:20, 4. Aquirre (Hol)
16:32, 5. Gonzales (Lin) 16:38. Team Scores -
Lincoln 25, Santa Cruz 73, Gunderson 81, Black-
ford 85, Seaside 126, San Lorenzo Valley 129.

GIRLS VARSITY

1. Terry Schneider (SC) 19:52, 2. Tami
Capurso (Gun) 20:46, 3. Pearson (SLV) 20:52, 4.
Guelich (S) 20:58, 5. Barney (Lei) 21:04. Team

/Greg Brock/

October 14. Stanford. 5th Annual
Stanford Cross Country Invitational-
10,000m:

- | | |
|----------------------------|---------|
| 1) Stan Vernon (SMTC) | 31:39.0 |
| 2) Mike Porter (WVTC) | 31:42.9 |
| 3) Cleveland Whalen (SMTC) | 31:44.5 |
| 4) Armondo Cendejas (LBS) | 31:45.2 |
| 5) Gary Romesser (FPTC) | 31:45.6 |
| 6) Bill McCullough (SMTC) | 31:46.1 |
| 7) Roy Kissin (Stanford) | 31:48.1 |
| 8) Tom Bryant (SMTC) | 31:51.8 |
| 9) Emil Magalanes (Aggie) | 31:56.4 |
| 10) Jerald Jones (SMTC) | 32:00.5 |
| 11) Jim Schankel (CPSLO) | 32:01.6 |
| 12) Ralph Serna (UCI) | 32:02.4 |
| 13) Larry Lawson (SM) | 32:08.0 |
| 14) Rod Berry (Stanford) | 32:11.5 |
| 15) John Capriotti (CPSLO) | 32:19.7 |
| 16) John Mureno (CWTC) | 32:21.9 |
| 17) Joe Avila (UCI) | 32:22.5 |
| 18) Paul Burke (CalBerk) | 32:26.6 |
| 19) Dave Daniels (UCI) | 32:28.3 |
| 20) Jim Van Dine (Aggie) | 32:28.7 |

Puebllos, 44; 5. Arroyo Grande, 54, SO.
-1. Dunn (AG), 15:40; 2. Kelley (A),
15:42. TEAM-1. Arroyo Grande, 20; 2.
Agoura, 24; 3. Dos Pueblos, 28.
SWEEPSTAKES: 4A-Dos Pueblos, 3A
-San Marino, 38.

GIRLS: IND.-1. Carman (San Mc),
13:05; 2. Brink (San Mr), 13:07; 3. Ar-
reola (SLO), 13:30. TEAM-1. San Ma-
rino, 38; 2. Dos Pueblos, 57; 3. San Luis
Obispo, 93; 4. San Marcos, 126; 5. South
Pasadena, 138.

RIGHETTI INVITATIONAL

DIV. ONE (Boys): IND.-1. Thomas
(SB), 14:34; 2. Sappenfield (SB), 14:45;
3. Morris (QH), 14:46; 4. Dewaay (SB),
14:46; 5. Sauer (QH), 14:58. TEAM-1.
Quartz Hill, 31; 2. Santa Barbara, 40; 3.
Righetti, 88.

DIV. TWO (Boys): IND.-1. Magill
(LC), 14:51; 2. Navarro (Rio Mesa),
15:05. TEAM-1. La Canada, 32; 2. Rio
Mesa, 43.

DIV. THREE (Boys): IND.-1. Bax-
ter (A), 14:55; 2. Bergan (S), 15:03.
TEAM-1. Atascadero, 39; 2. Be-
tween Shafter and Carpinteria, 56; 4.
St. Joseph, 101.

GIRLS: IND.-1. Goen (North, Bak.),
10:59; 2. Wells (QH), 11:14; 3. Walker
(B), 11:21; 4. Schmandt (SB), 11:27.
TEAM-1. Santa Barbara, 56; 2.
Bakersfield, 79; 3. La Canada, 108; 4.
Quartz Hill, 114.

THOUSAND OAKS INVITATIONAL

DIV. ONE (Boys): IND.-1. Lowe
(Bur), 16:20; 2. Dunlap (TO), 16:26; 3.
Delong (Bur), 16:42; 4. Gusman (Bur),
16:43; 5. Wildish (Bur), 17:00. TEAM-1.
Burroughs (Burbank), 23; 2. Thousand
Oaks, 41; 3. Buena, 89.

DIV. TWO (Boys): IND.-McGinn
(Chaminade), 17:24. TEAM-1. West-
lake, 24; 2. LA Lutheran, 55; 3. Cha-
minade, 68.

GIRLS: IND.-1. Deegan (Alemany),
12:43; 2. Delatorre (R), 13:16; 3. Mc-
Laughlin (TO), 13:31; TEAM-1. Simi,
38; 2. Thousand Oaks, 67; 3. Westlake,
68; 4. Royal, 103.

MONTEBELLO INVITATIONAL

BOYS: SR.-1. Breaux (Claremont),
15:16; 2. Barragan (Montebello), 15:20;
3. Diedrich (Mayfair), 15:20; 4. More-
no (Rosemead), 15:21; 5. Corte (Kep-
pel), 15:37. JR.-1. Vinning (Haw-
thorne), 15:19; 2. Vargara (Mont), 15:35.

GIRLS: IND.-1. Bennett (Sierra),
12:05; 2. Bellakoff (California), 12:12; 3.
York (Hawthorne), 12:19; 4. Freriks
(Alhambra), 12:21.

SAN GABRIEL VALLEY INVITA-
TIONAL

At Mt. San Antonio College

BOYS: IND.-1. Ebner (BA), 15:22; 2.
Reyes (D), 15:31; 3. Allen (Pomona),
15:53; 4. Hadley (SH), 16:08; 5. Riley
(R), 16:13. TEAM-1. Walnut, 84:44; 2.
Bishop Amat, 85:39; 3. Nogales, 85:56; 4.
Rowland, 86:03; 5. South Hills, 86:05; 6.
Damien, 87:26.

GIRLS: IND.-Ebner (BA), 12:43.
TEAM-Glendora, 32.

CANYON GIRLS INVITATIONAL

DIV. ONE: IND.-1. And. Kirkhorn
(E), 11:57; 2. Rose (CdM), 12:26; 3.
Kneeshaw (F), 12:38; 4. Jones (CdM),
12:48; 5. Unger (F), 12:29; 6. Melvin
(E), 12:52. TEAM-1. Corona del Mar,
93:39; 2. Edison, 94:01; 3. Foothill, 96:35;
4. Costa Mesa, 98:18; 5. Canyon (Ana),
103:07.

DIV. TWO: IND.-1. Hazlett (Sau),
12:32; 2. Ragan (Sau), 12:35; 3. Henley
(Sonora), 12:49; 4. Mitchell (Sau),
12:58. TEAM-1. Saugus, 92:24; 2. Nor-
co, 97:24; 3. Palmdale, 103:31.

DIV. THREE: IND.-Martinez (R),
13:18. TEAM-1. La Sierra, 1:05:36; 2.
Rosemead, 106:14.

DIV. FOUR: IND.-1. Lopez (Sacred
Heart), 13:27. TEAM-1. Paradise,
106:26; 2. Sacred Heart, 110:10.

/Bill Minarik/



photo by Keith Conning



photo by Keith Conning

DEBBIE HEALD

- | | |
|-------------------------------|-------|
| 38) Mike Wright | 34:08 |
| 39) Dave Collins | 34:09 |
| 40) Steve Roberts | 34:10 |
| 41) Win Thibodeaux | 34:11 |
| 42) Joe Hurd | 34:19 |
| 43) Frank Nolan | 34:31 |
| 44) Joe Becerra | 34:32 |
| 45) John Rupp | 34:34 |
| 46) John Addison | 34:34 |
| 47) Ed Elliott | 34:35 |
| 48) Dan Moore | 34:37 |
| 49) Keith Kruse | 34:39 |
| 50) Jim O'Neil (53) 2M | 34:40 |
| 51) Debbie Heald (23) 1W | 34:47 |
| 73) Norm McAbee (46) 3M | 35:53 |
| 83) Bob Malain (51) 4M | 36:08 |
| 87) Judy Fox (37) 2W | 36:10 |
| 97) Bob Lualham (45) 5M | 36:34 |
| 129) Dash Reinhart (30) 3W | 37:19 |
| 147) Judy Leydig (27) 4W | 37:53 |
| 154) Kathlene Koudela (17) 5W | 38:01 |
- 1,118 finishers

October 15. Suisun. 1st Annual Lagoon
Valley Loop--15 Kilo:

- | | |
|-------------------------|-------|
| 1) P. Flores (ARC) | 49:14 |
| 2) P. Linn (BC) | 50:54 |
| 3) B. Alexander (VM) | 51:45 |
| 4) R. Laxon (un) | 52:33 |
| 5) D. Beardall (Tam) 41 | 52:52 |
| 6) M. Wright (SS) | 53:01 |
| 7) K. Golding (un) | 53:08 |
| 8) W. Woodliff (ARC) | 53:15 |
| 9) M. Larson (V) | 53:32 |
| 10) S. Molina (WTS) | 53:47 |
| 11) R. Vega (SS) | 54:14 |
| 12) L. Sumner (BC) | 54:16 |
| 13) R. Mellor (un) | 54:24 |
| 14) D. Butt (WVTC) | 54:42 |
| 15) M. Warr (un) | 54:48 |
| 16) B. Stevens (un) | 55:23 |
| 17) T. Rostege (WVTC) | 55:54 |
| 18) M. Deatherage (SS) | 56:13 |
| 19) D. Cargill (SS) | 56:27 |
| 20) R. Beener (un) | 56:37 |

JIM O'NEIL

1978 CSUN Twilight Invitational
October 20, 1978

- | | |
|--------------------------|---------|
| 1. Dave Babiracki (un) | 30:40.8 |
| 2. J. Rabino (CSULA) | 30:45 |
| 3. Jon Sutherland (CSUN) | 30:53 |
| 4. Lance Hacker (CSUN) | 31:23 |
| 5. Ed Chadez (COCR) | 31:33 |
| 6. Carl Smith (COCR) | 31:37 |
| 7. Rich Hart (COCR) | 31:37 |
| 8. Jeff Lough (AZTLAN) | 31:38 |
| 9. A. Ruiz (CSULA) | 31:54 |
| 10. Pat Curran (COCR) | 31:57 |
| 11. S. Duarte (CSUN) | 32:00 |
| 12. John Starnary (CSUN) | 32:04 |
| 13. Hillantz (COCR) | 32:22 |
| 14. J. Crtefa (CSUN) | 32:25 |
| 15. Paul Wright (COCR) | 32:27 |
| 16. Tim Mann (CSUN) | 32:35 |
| 17. G. Cohen (CSULA) | 32:37 |
| 18. Jim Perez (AZTLAN) | 32:45 |
| 19. J. Fisanotti (CSUN) | 32:48 |
| 20. S. Kirchoff (CSULA) | 32:53 |
| 21. J. Araujo (CSULA) | 32:55 |
| 22. Robert Traba (CSUN) | 33:15 |
| 23. E. Faiz (CSULA) | 33:21 |
| 24. L. Walker (Tobias) | 33:34 |
| 25. Ben Stevens (CSUN) | 33:51 |
| 26. J. Hurtado (CSUN) | 33:54 |
| 27. T. Rouse (CSULA) | 34:20 |
| 28. F. Shibley (un) | 34:26 |
| 29. Jim Wendler (CSUN) | 34:34 |
| 30. K. Firehorn (CSULA) | 35:51 |
- Team Scores; 1- Club Northridge 25,
2-CSUN 46, 3-CSULA 56.

/Jon Sutherland/

October 21. Los Angeles. UCLA Women's Cross Country Invitational

5000m/University:

| | |
|------------------------------|---------|
| 1) Susan Richter (Cal) | 17:31.9 |
| 2) Jan Oehm (Cal) | 17:34.8 |
| 3) Sheila Ralston (UCLA) | 17:48.1 |
| 4) Alice Trumbly (Cal) | 17:48.4 |
| 5) Susie Meek (Cal) | 17:56.6 |
| 6) Lynn Hjelte (Cal) | 18:01.6 |
| 7) Linda Broderick (UCLA) | 18:10.2 |
| 8) Kathy Chisam (UCLA) | 18:35.6 |
| 9) Brenda Falash (UCLA) | 18:39.5 |
| 10) Laurie Jewell (LongBch) | 18:39.9 |
| 11) Wanda Burke (UCLA) | 18:42.5 |
| 12) Pam Cox (Cal) | 18:48.0 |
| 13) Jeanne Abare (SanDiego) | 18:49.4 |
| 14) Diane Lester (UCLA) | 18:58.5 |
| 15) Evelyn Grimm (LongBch) | 18:58.9 |
| 16) Michelle Bonds (LongBch) | 19:02.0 |
| 17) Michelle Hopper (LA St) | 19:04.1 |
| 18) Sheri Marshall (UCLA) | 19:04.8 |
| 19) Debbie Bottomly (LongBh) | 19:11.6 |
| 20) Patty Cape (Long Beach) | 19:13.9 |
| 21) Kim Vollmer (Irvine) | 19:16.2 |
| 22) Andrea Ward (UCLA) | 19:19.3 |
| 23) Cookie Hernandez (CPPom) | 19:23.9 |
| 24) Cathy Cummins (USC) | 19:24.8 |
| 25) Mercedes Brucker (CPPom) | 19:27.0 |

UC Berkeley 18, UCLA 38, Long Beach State 80, San Diego State 127, Cal Poly Pomona 159, UC Irvine 166, USC 185.

Varsity High School:

| | |
|-----------------------------|---------|
| 1) L. Goen (N.Bkfld) | 10:59.3 |
| 2) M. Mason (Buena) | 11:22.2 |
| 3) S. Broccali (NewbPark) | 11:26.2 |
| 4) M. Carman (SanMarcos) | 11:30.2 |
| 5) M. Botch (NewbPark) | 11:38.5 |
| 6) B. Arreola (SLO) | 11:42.2 |
| 7) C. Adams (Burbank) | 11:51 |
| 8) D. Hughes (NewbPark) | 11:51.5 |
| 9) J. Elson (Burbank) | 11:54.8 |
| 10) D. Brink (SanMarino) | 11:59.2 |
| 11) M. Walker (SLO) | 12:01.7 |
| 12) D. Ball (NewbPark) | 12:04.7 |
| 13) K. Hansen (NewbPark) | 12:05 |
| 14) D. Johnson (DosPueblos) | 12:05.6 |
| 15) L. Lopez (Sacred Heart) | 12:06.1 |

Newbury Park 41, Dos Pueblos 119, Burbank 125, Buena 139, San Luis Obispo 141, Arcadia 144, San Marino 150, San Marcos 193, Sacred Heart 210, North Bakersfield 217, Royal 328.
/Scott Chisam/

October 15. Long Beach. 16th Annual CSU Long Beach Rotary Marathon Run

16.2 mile:

| | |
|-------------------------|--------|
| 1) Jim Arquilla (27) | 88:31 |
| 2) Roy Bricker (20) | 89:52 |
| 3) Jim Scott (24) | 90:00 |
| 4) Bill Knapp (28) | 90:43 |
| 5) John Molson (21) | 91:17 |
| 6) Joe Burgasser (40) | 91:37 |
| 7) Chad Kester (18) | 92:28 |
| 8) Dave Glycer (28) | 93:08 |
| 9) John Rudberg (44) | 94:34 |
| 10) Phil Bush (25) | 95:10 |
| 14) Darty Cronin (50) | 96:21 |
| 86) Sue Hutchinson (41) | 115:44 |

October 22. Merced. 2nd Annual Great Bell Race

3 Kilo:

| | |
|-------------------------|-------|
| 1) Dan Silva (MTC) | 9:36 |
| 2) R. Bettencourt (LB) | 9:37 |
| 3) J. Intardonato (MTC) | 9:41 |
| 4) T. Correa (MTC) | 9:50 |
| 5) Rory White (un) | 9:51 |
| 6) Z. Taylor (MTC) | 10:16 |
| 7) J. Lazano (MTC) | 10:21 |
| 8) Ken Roberts (MTC) | 10:30 |
| 9) Shelly Nieto (MTC) | 10:38 |
| 10) S. Carlson (MTC) | 10:44 |
| 18) Julie Hughes (MTC) | 11:48 |
| 28) Noel Foster (MTC) | 12:33 |

15 Kilo:

| | |
|------------------------------|-------|
| 1) Gary Green (BCC) | 49:28 |
| 2) Curt Elia (FPFC) | 49:38 |
| 3) Jim Cook (un) | 49:52 |
| 4) Craig Elia (FPFC) | 50:22 |
| 5) Matt Galeazzi (MTC) | 51:12 |
| 6) Gary Campbell (FPFC) | 51:27 |
| 7) Greg McKinstry (MTC) | 52:30 |
| 8) Beto Salcito (MTC) | 53:05 |
| 9) R. Stephenson (HSTC)30+ | 53:20 |
| 10) John Haney (MTC)30+ | 54:06 |
| 11) Bob Hedges (BC) 30+ | 55:54 |
| 12) Don Rusk (un) | 56:00 |
| 13) Roy Cortez (MTC) | 56:16 |
| 14) Danny Franco (un) | 56:30 |
| 15) Barney Eradia (un)30+ | 56:46 |
| 16) Curt Royer (MTC) | 57:03 |
| 17) Tom Parker (MTC) 30+ | 57:23 |
| 18) Jim Scott (FPFC) 30+ | 57:36 |
| 19) Robert Hardy (un) 30+ | 57:54 |
| 20) B. Galloway (FPFC) | 58:01 |
| 37) Lili Hughes (MTC) 1W | 63:46 |
| 40) S. Bingham (HSTC) 40+ | 64:47 |
| 41) S. Fitzwater (un) 30+W | 64:52 |
| 43) Ed Rossi (MTC) 40+ | 64:59 |
| 51) Alma Paige (un)30+W | 69:45 |
| 52) M. Timberlake (FPFC)30+W | 71:03 |

/Frank Russell/

October 21: Soquel Invitational

BOYS VARSITY LARGE SCHOOL

1. Trujillo (Gil) 12:00, 2. Soto (MTP) 12:03, 3. Rameri (YB) 12:09, 4. Hernandez (Ind) 12:23, 5. Wagstaffe (Bel) 12:34, 6. Goui (TL) 12:35, 7. Green (Ind) 12:38, 8. Delore (Fre) 12:39, 9. Garcia (Mad) 12:41, 10. Lenschau (TL) 12:41.

Team Scores - Madera 109, Fremont 119, Redwood 132, Berkeley 162, San Mateo 166, Independence 169, Terra Linda 177, Serra 245, Tamalpais 254, Soquel 269.

SMALL SCHOOL

1. Balderas (SJ) 12:38, 2. Rembo (SC) 12:19, 3. Marson (Mil) 12:39, 4. Aulton (HMB) 12:45, 5. Salazar (Lic) 12:47, 6. Peterson (TN) 12:48, 7. Felhaber (Bur) 12:50, 8. Munoz (Lic) 12:52, 9. Wirdzek (Mil) 12:53, 10. Marshall (Mip) 13:03.

Team Scores - James Lick 45, Mills 68, Santa Cruz 114, Terra Nova 114, Half Moon Bay 118, King City 145, Oceana 155, San Lorenzo Valley 167, Santa Clara 199, Pacific Grove 226.

GIRLS VARSITY

1. Goldthorpe (HMB) 14:15, 2. Koudela (MV) 14:15, 3. Schnurfeil (Sna) 14:21, 4. Schmidt (HMB) 14:37, 5. Choy (Sal) 14:39, 6. Schneider (SC) 14:56, 7. MacSwain (TL) 15:04, 8. Sanchez (Wat) 15:16, 9. Miller (Fre) 15:24, 10. Guelich (Soq) 15:32.

Team Scores - Half Moon Bay 37, Redwood 70, Watsonville 104, Soquel 118, San Mateo 124, Terra Linda 131, Santa Cruz 157, Independence 184, Arago 238.

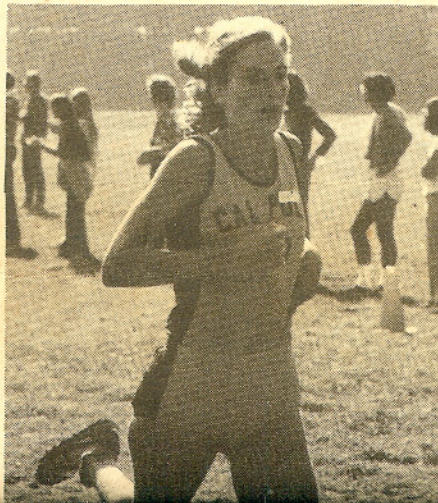


photo by Keith Conning



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October 15. Long Beach. 16th Annual CSU Long Beach Rotary Marathon Prep 16.2 mile:

| | |
|-------------------------|--------|
| 1) Jim Arquilla (27) | 88:31 |
| 2) Roy Bricker (20) | 89:52 |
| 3) Jim Scott (24) | 90:00 |
| 4) Bill Knapp (28) | 90:43 |
| 5) John Molson (21) | 91:17 |
| 6) Joe Burgasser (40) | 91:37 |
| 7) Chad Kester (18) | 92:28 |
| 8) Dave Glycer (28) | 93:08 |
| 9) John Rudberg (44) | 94:34 |
| 10) Phil Bush (25) | 95:10 |
| 14) Darty Cronin (50) | 96:21 |
| 86) Sue Hutchinson (41) | 115:44 |
| 97) Julie Leach (21) | 117:28 |
| 105) Clyde Alling (60) | 118:37 |
| 152) Jim Bole (71) | 130:50 |

4.1 mile:

| | |
|----------------------------|-------|
| 1) Dennis Caldwell (24) | 20:26 |
| 2) Brian Appell (18) | 20:50 |
| 3) Rich Dyer (28) | 21:09 |
| 4) Todd Scott (21) | 21:54 |
| 5) David Reed (22) | 22:05 |
| 15) Greg Whitely (11) | 23:58 |
| 19) Rob Jones (15) | 24:53 |
| 25) Rosalind Martinez (12) | 26:05 |
| 26) Kathy Duarte (13) | 26:06 |
| 31) Candace Arnold (21) | 27:01 |
| 64) Mark Weaver (7) | 31:49 |
| 77) Amber Chavez (7) | 33:48 |

/Frank Bole/

October 21. Orange. Chapman College Invitational Cross Country Meet-- 5 Miles:

| | |
|------------------------------|-------|
| 1) Maritim (AzusaPac) | 24:34 |
| 2) Burch, R (CSBkfld) | 24:47 |
| 3) Burch, S (CSBkfld) | 24:51 |
| 4) Garza (FresnoPacific) | 24:55 |
| 5) Nance (Pt. Loma) | 25:01 |
| 6) Esqueda (Pt. Loma) | 25:08 |
| 7) Gallagher (Claremont) | 25:11 |
| 8) Drake (Azusa Pacif) | 25:26 |
| 9) Rodriguez (Azusa) | 25:38 |
| 10) Nichols (CalLuth) | 25:41 |
| 11) Sawney (Pt.Loma) | 25:44 |
| 12) McCann (Azusa Pacific) | 25:46 |
| 13) Wolters (Fresno Pacific) | 25:54 |
| 14) Hackley (LA Baptist) | 26:01 |
| 15) Ashcraft (AzusaPacif) | 26:02 |
| 16) Alison (CalLutheran) | 26:03 |
| 17) Andy (Cal Luth) | 26:08 |
| 18) Renteria (FresnoPac) | 26:15 |
| 19) Antonick (CalLuth) | 26:21 |
| 20) McLinden (Pt. Loma) | 26:22 |

Azusa Pacific 45, Point Loma 64, Cal Lutheran 83, Fresno Pacific 105, Cal State Bkfld 129, Claremont 153, Biola, LA Baptist 234, Univ of Redlands 247, CSU Dominguez Hills 254.

/Rex Ressler/

1. Trujillo (G) 12:00, 2. Soto (HMB) 12:23, 3. Rameri (YB) 12:09, 4. Hernandez (Ind) 12:33, 5. Wagslatte (Bel) 12:34, 6. Goul (TL) 12:35, 7. Green (Ind) 12:38, 8. Delore (Fre) 12:39, 9. Garcia (Mad) 12:41, 10. Lenschau (TL) 12:41. **Team Scores** — Madera 109, Fremont 119, Redwood 132, Berkeley 162, San Mateo 166, Independence 169, Terra Linda 177, Serra 245, Tamalpais 254, Soquel 269.

SMALL SCHOOL

1. Balderas (SJ) 12:18, 2. Rembao (SC) 12:19, 3. Marson (Mil) 12:39, 4. Moulton (HMB) 12:45, 5. Salazor (Lic) 12:47, 6. Peterson (TN) 12:48, 7. Felhaber (Bur) 12:50, 8. Munoz (Lic) 12:52, 9. Wirdzek (Mil) 12:53, 10. Marshall (Mip) 13:03. **Team Scores** — James Lick 45, Mills 68, Santa Cruz 114, Terra Nova 114, Half Moon Bay 118, King City 145, Oceana 155, San Lorenzo Valley 187, Santa Clara 199, Pacific Grove 226.

GIRLS VARSITY

1. Goldthorpe (HMB) 14:15, 2. Koudela (MV) 14:15, 3. Schnurfeil (Sna) 14:21, 4. Schmidt (HMB) 14:37, 5. Choy (Sal) 14:39, 6. Schneider (SC) 14:56, 7. MacSwain (TL) 15:04, 8. Sanchez (Wat) 15:16, 9. Miller (Fre) 15:24, 10. Guelich (Soq) 15:32. **Team Scores** — Half Moon Bay 37, Redwood 70, Watsonville 104, Soquel 118, San Mateo 124, Terra Linda 131, Santa Cruz 157, Independence 184, Arago 238.

/Greg Brock/

MT. SAN ANTONIO INVITATIONAL Two Miles

TEAM SWEEPSTAKES: IND.—1. Cook (Chaminade), 12:02; 2. Villanueva (FV), 12:03; 3. Flowers (V), 12:04; 4. Rose (CdM), 12:20; 5. Schmandt (SB), 12:23; 6. Rodriguez (M), 12:27; 7. Botch (NP), 12:28; 8. Susan Gelliey (MV), 12:29; 9. S. Kutzer (HB), 12:29; 10. Kirkhorn (E), 12:30; 11. Hulise (E), 12:34; 12. Hazlett (S), 12:43; 13. Ragan (S), 12:50; 14. Mills (FV), 12:51; 15. Stanglo (MSJ), 12:52; 16. Ringer (E), 12:53; 17. Ball (NP), 12:55; 18. Ferree (E), 12:57; 19. Jones (CdM), 12:59.

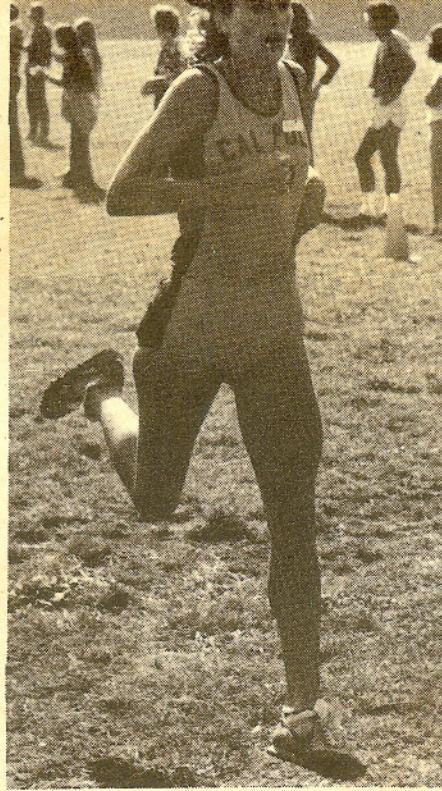
TEAM—1. Edison, 82 (64:04); 2. Newbury Park, 106 (65:05); 3. Corona del Mar, 134 (65:59); 4. Saugus, 138 (65:14); 5. Valhalla, 161 (66:32); 6. Helix, 200 (67:57); 7. Fountain Valley, 207 (69:08); 8. Monte Vista (SD), 213 (68:22); 9. Tie between Mission San Jose (72:44) and Huntington Beach (68:22), 224; 11. Santa Barbara, 221; 6. Helix, 200 (67:57); 7. Fountain Valley, 207 (69:08); 8. Monte Vista (SD), 213 (68:22); 9. Santa Barbara, 221 (68:39); 10. Tie between Huntington Beach (68:22) and Mission San Jose (72:44); 12. Foothill, 241 (69:30); 13. Costa Mesa, 246 (70:00).

INDIVIDUAL SWEEPSTAKES: IND.—1. Karamisos (Righetti), 12:25; 2. T. Ebner (Bishop Amat), 12:31; 3. Mason (Buena), 12:41; 4. Damron (Calon), 12:50; 5. Deegan (Alemany), 13:10. **TEAM—1.** Indio, 91 (70:31); 2. San Marcos (SB), 96 (70:36); 3. Buena, 107 (71:37).

RACE "E". IND.—1. Bush (Rolling Hills), 11:15; 2. Wells (QH), 12:07; 3. Gibbs (M), 12:12; 4. McCarthy (M), 12:22; 5. Morefield (QH), 12:47; 6. Sprink (U), 12:53; 7. Wack (Coronado), 12:56. **TEAM—1.** University (Irvine), 26 (67:07); 2. Quartz Hill, 112 (66:47); 3. Rolling Hills, 129 (67:03); 4. Tie between Marina (68:37) and Burbank (68:32), 139; 6. Norco, 147 (68:43); 7. Coronado, 191 (70:33); 8. Fallbrook, 192 (70:17); 9. Hueneme, 200 (70:50); 10. San Marino, 204 (71:38); 11. Patrick Henry (SD), 212 (71:14).

OTHER TOP IND. TIMES—McCracken (San Dieguito), 12:42; Brown (San Pasqual), 12:46; White (Lowell), 12:55; Baessler (South Hills), 12:56; Thompson (Romona, SD), 12:59.

OTHER TOP TEAM TIMES—Mater Del, 68:58; El Centro, 69:04; Capistrano Valley, 69:50; Bonita Vista (SD), 69:58; Crescenta Valley, 71:07; Simi Valley, 71:32; LB Wilson, 71:33; Arlington, 71:46.



By Keith Conhina

MAGGIE KEYES



Richard Slotkin photo

SHEILA RALSTON

MT. SAN ANTONIO BOYS INVITATIONAL Three Miles

TEAM SWEEPSTAKES RACE

IND.—1. Nelson (Burbank), 14:32.2 (course record, old mark, 14:56.3, Gerhardt, Costa Mesa, 1978); 2. Medvin (LA University), 14:58.4; 3. C. Assumme (E), 15:02.5; 4. Hess (SE), 15:15.0; 5. Cangelosi (VP), 15:16.4; 6. Cleves (H), 15:16.7; 7. Walling (Irvine University), 15:18.7; 8. Sirengio (MSJ), 15:24.4; 9. Reed (MSJ), 15:27.0; 10. Allen (SE), 15:28.9; 11. Lubson (Mill), 15:30.2; 12. John Marden (MSJ), 15:31.1; 13. Blaty (Marina), 15:31.6; 14. Delong (Burr), 15:35.2; 15. Harris (Els), 15:38.2; 16. Lowe (Burr), 15:40.7; 17. Jay Marden (MSJ), 15:43.8; 18. Gibbens (SE), 15:45.0.

TEAM—1. South Eugene (Oregon), 91 (4-10-10-26-33) (78:23); 2. Mission San Jose, 125 (8-9-12-17-79) (78:54); 3. Monte Vista (SD), 145 (79:47); 4. Burroughs (Burbank), 148 (79:42); 5. Upland, 170 (80:14); 6. Simi Valley, 197 (80:43); 7. Helix, 208 (80:47); 8. University (Irvine), 210 (80:40); 9. Villa Park, 219 (79:58); 10. Foothill, 229 (81:22); 11. San Marcos (Santa Barbara), 245 (81:51); 12. Eisenhower, 272 (81:42); 13. Millikan, 309 (82:26).

INDIVIDUAL SWEEPSTAKES RACE

IND.—1. Ernst (ED), 15:04; 2. Melendez (M), 15:06; 3. Ebner (BA), 15:18; 4. Lanson (Edison), 15:21; 5. R. Roberts (Morse, SD), 15:24; 6. Perez (San Geronimo), 15:25; 7. Ingraham (MM), 15:26; 8. Duff (HB), 15:27; 9. P. Shirley (ND), 15:30; 10. Ruelas (La Salle), 15:32; 11. Arriola (Gahr), 15:41.

RACE 9

IND.—1. Diaz (RT), 15:09.1; 2. Parkinson (SP), 15:42.8; 3. Martinez (Salesian), 15:44.1. **TEAM—1.** Agoura, 77 (80:53); 2. La Habra, 140 (82:04); 3. Walnut, 142 (82:22); 4. Santa Paula, 156 (82:31); 5. Alemany, 166 (82:54); 6. South Pasadena, 167 (82:32); 7. Redondo, 178 (81:55).

RACE 20

IND.—1. Pope (Patrick Henry, SD), 15:34; 2. Gonzalez (St. John Bosco), 15:39; 3. Barron (F), 15:40; 4. Barragan (M), 15:44; 5. Brown (FV), 15:45. **TEAM—1.** Costa Mesa, 118 (81:17); 2. Montebello, 138 (81:46); 3. Quartz Hill, 138 (81:15); 4. Buena Park, 160 (81:59); 5. El Modena, 174 (82:35); 6. Fountain Valley, 177 (82:20); 7. San Marino, 190 (82:59); 8. Fallbrook, 194 (82:47).

OTHER OUTSTANDING PERFORMANCES

IND.—Allen (Pomona), 15:35; Sundstrom (Fontana), 15:37; Beyster (La Jolla), 15:43. **TEAM—Dana Hills, 81:36; Thousand Oaks, 81:55; Rolling Hills, 82:26; Westminster, 82:46; Mira Costa, 82:55; Rowland, 82:59.**

COLLEGE—OPEN

NCAA DIVISION II WESTERN REGIONALS

At Crystal Springs

IND.—1. Schankel (CPSLO), 30:46.4; 2. White (Sac. St.), 31:07.7; 3. Alvarez (UCR), 31:30.8; 4. Rubino (CSLA), 31:47.8; 5. Kingery (CPSLO), 31:49.9. **TEAM—1.** Cal Poly SLO, 27; 2. Sacramento St., 73; 3. UC Riverside, 101; 4. Cal St. Los Angeles, 107.

MARINE CORPS MARATHON

At Washington, D.C.
MEN—1. Eden (Richmond, Va.), 2:18:06; 2. McCarey (Athletes West), 2:21:55; 3. Maguire (State College, Pa.), 2:23:22. **WOMEN—Killion (New York) 3:01:55**

10,000-METER ROAD RACES

At Griffith Park
MEN: 1. Babiracki (San Fernando Valley TC), 29:52; 2. Sutherland (CS Northridge), 30:15; 3. McMulland (Santa Monica TC), 31:11. **WOMEN—1.** Gorman (LA Athletic Club), 35:35; 2. Lopez (Los Angeles), 39:30; 3. Lubach (Rossmore), 40:35

At Hollywood Park
MEN—1. Jirele (Santa Monica TC), 30:25; 2. Alexander (unat), 30:32; 3. Lough (UC Irvine), 31:35. **WOMEN—1.** Brown (CS Northridge), 36:43; 2. Mintie (Arizona), 37:37; 3. Goen (North High, Bakersfield), 37:51

At Atlanta
WOMEN—1. J. Shea (Raleigh, N.C.), 35:26; 2. Barron (Atlanta), 36:12

7.3-MILE ROAD RACE

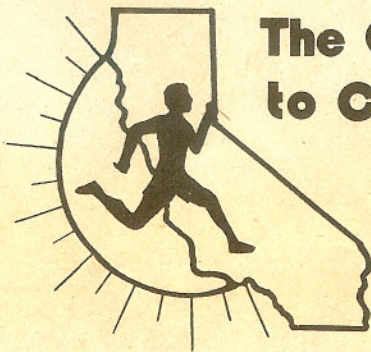
At Newton, Mass.
MEN—1. Rodgers (Boston), 35:25; 2. Flanders (South Portland, Me.), 36:14; 3. Brown (Newtonville, Mass.), 36:19. **WOMEN—Carty (Groton, Mass.), 44:28**

/Bill Minarik/



Heart of San Diego Marathon.
Hope to have results next issue.

photo by Diane Johnson



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CALIFORNIA TRACK NEWS

AIAW REGIONAL MEET
At El Dorado Park

IND.—1. Brown (CSN), 17:02; 2. Kinsey (CSN), 17:06.3; 3. M. Keyes (SLO), 17:11; 4. Oehm (C), 17:13; 5. Hjelte (C), 17:26; 6. Trumbley (C), 17:29; 7. Meek (C), 17:33; 8. Thrupp (Stanford), 17:33; 9. Munday (SLO), 17:36; 10. Richter (C), 17:38.

TEAM—1. California, 32; 2. Cal St. Northridge, 58; 3. Cal Poly SLO, 61; 4. UCLA, 102; 5. Hawaii, 188; 6. San Diego St., 240; 7. Stanford, 245.

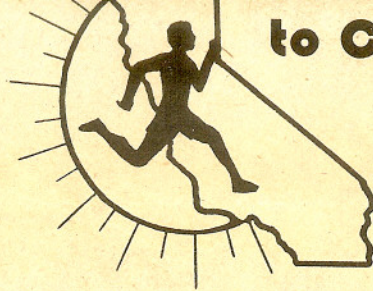
Big 10 CHAMPIONSHIPS
At Bloomington, Ind.

IND.: 1. Lacy (W), 23:50 for 10,000 meters; 2. Spivey (Indiana), 24:00; 3.

JUNIOR COLLEGE MISSION CONFERENCE CHAMPIONSHIPS
At Saddleback

MEN (4 miles): INDIVIDUAL—1. Ruland (Southwestern), 19:21; 2. Penwell (Southwestern), 19:23; 3. Hendrick (SD City), 19:29. TEAM—1. Southwestern, 20 points; 2. MiraCosta, 63; 3. Citrus, 104; 4. Saddleback, 116; 5. Palomar, 128; 6. San Diego City, 129; 7. Riverside City, 146; 8. College of the Desert, 234; 9. Chaffey, 234.

WOMEN (3 miles): INDIVIDUAL—1. Caldwell (Citrus), 17:01; 2. Martin (Palomar), 17:26; 3. Wilson (Palomar), 17:30. TEAM—1. Citrus, 35; 2. Palomar, 35; 3. San Diego City 70; 4. Southwest-



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AIAW REGIONAL MEET

At El Dorado Park

IND.—1. Brown (CSN), 17:02; 2. Kinsey (CSN), 17:06.8; 3. M. Keyes (SLO), 17:11; 4. Oehm (C), 17:13; 5. Hjelte (C), 17:26; 6. Trumbley (C), 17:29; 7. Meek (C), 17:33; 8. Thrupp (Stanford), 17:33; 9. Munday (SLO), 17:36; 10. Richter (C), 17:38.

TEAM—1. California, 32; 2. Cal St. Northridge, 58; 3. Cal Poly SLO, 61; 4. UCLA, 102; 5. Hawaii, 188; 6. San Diego St., 240; 7. Stanford, 245.

Big 10 CHAMPIONSHIPS

At Bloomington, Ind.

IND.: 1. Lacy (W), 23:50 for 10,000 meters; 2. Spivey (Indiana), 24:00; 3. Jackson (W), 24:17. TEAM—1. Wisconsin, 24; 2. Michigan; 3. Minnesota

BIG 8 CHAMPIONSHIPS

At Norman, Okla.

IND.—1. Pheffer (C), 29:45.8 for 10,000 meters; 2. Hunsaker (C), 30:06.2; 3. Kaitany (Iowa St.), 30:11.9. Others included: 5. Spilsbury (C), 30:27.6. TEAM—1. Colorado, 22; 2. Oklahoma, 79; 3. Kansas, 97

ATLANTIC COAST CONFERENCE CHAMPIONSHIPS

At Raleigh, N.C.

IND.—1. Hofstetter (NC), 30:06.0 for 10,000 meters; 2. Haack (C); 3. Cornwell (M). TEAM—1. Clemson, 41; 2. North Carolina, 66; 3. Maryland, 77

JUNIOR COLLEGE

MISSION CONFERENCE CHAMPIONSHIPS

At Saddleback

MEN (4 miles): INDIVIDUAL—1. Ruland (Southwestern), 19:21; 2. Penwell (Southwestern), 19:23; 3. Hendrick (SD City), 19:29. TEAM—1. Southwestern, 20 points; 2. MiraCosta, 63; 3. Citrus, 104; 4. Saddleback, 116; 5. Palomar, 128; 6. San Diego City, 129; 7. Riverside City, 146; 8. College of the Desert, 234; 9. Chaffey, 234.

WOMEN (3 miles): INDIVIDUAL—1. Caldwell (Citrus), 17:01; 2. Martin (Palomar), 17:26; 3. Wilson (Palomar), 17:30. TEAM—1. Citrus, 35; 2. Palomar, 35; 3. San Diego City 70; 4. Southwestern, 82; 5. College of the Desert, no score.

SOUTH COAST CONFERENCE CHAMPIONSHIPS

At Mt. San Antonio College

MEN (4 miles): INDIVIDUAL—1. Perez (SD Mesa), 19:45; 2. Agüero (Santa Ana), 19:57; 3. Ortiz (Grossmont), 19:59. TEAM—1. Grossmont, 34 points; 2. Fullerton, 44; 3. Santa Ana, 92; 4. Orange Coast, 108; 5. SD Mesa, 141; 6. Cerritos, 159; 7. Mt. San Antonio, 164

WOMEN (3 miles): INDIVIDUAL—1. Proulx (G), 19:10; 2. Whiteman (G), 19:41; 3. Lafferty (G), 19:44. TEAM—1. Grossmont, 35; 2. Orange Coast, 34; 3. Mt. San Antonio, 77; 4. Cerritos, 88

photo by Keith Conning



left to right: DAVE PERLMAN (Los Lomas), DARYL WILLIAMS (Dublin) and John Thompson (Acalanes).