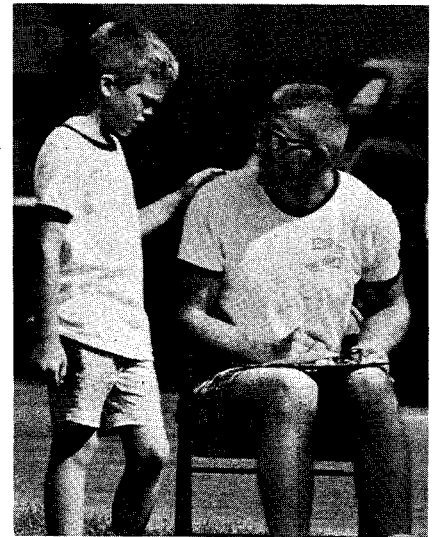
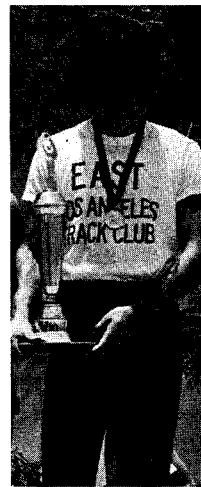
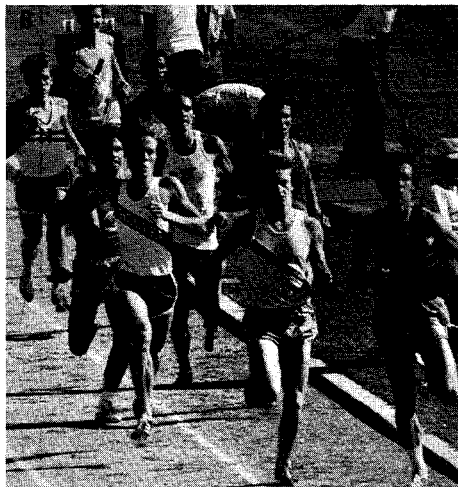


VALLEY TRACK AND FIELD

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VALLEY TRACK AND FIELD
1717 South Chestnut Avenue
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August/September, 1973

Vol. 2, No. 11-12

EDITOR Bill Cockerham
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MEET VALLEY COACH Larry Lung
LONG DISTANCE POINT TOTALS Dave Bronzan

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Red Estes
Mike Lennemann
Harry Harder
Bob Fries
Central Valley YMCA
Roger Trujillo
Steve Ward

ON THE COVER:

- A.) Dennis McCave, Fresno Pacific's record hammer thrower; featured in this month's "Meet Valley Athlete."
- B.) The "hot" high school two mile relay at the West Coast Relays.
- C.) Fresno Pacific's Roger Trujillo receiving his award upon winning the Mexico National triple jump title.
- D.) Fresno State's cross country coach Red Estes receives an encouraging word from his son. Red is featured in "Meet Valley Coach."
- E.) Dawna Douglas leads Valley women roadracers.
- F.) Start of West Coast Relays three mile run.
- G.) Start Central Section AAU One Hour Run.
- H.) Riverdale's Ron Grant.

WHAT IS VALLEY TRACK & FIELD?

VALLEY TRACK AND FIELD is a monthly publication. It is devoted to the promotion of all areas of track and field in the San Joaquin Valley. It is about and for Valley track people. VALLEY TRACK AND FIELD does several things: (1) provides in-depth track news coverage, (2) gives recognition to outstanding Valley performances, (3) presents an opportunity to become better acquainted with other Valley track people, (4) is a source of educational and informative track and field articles.

As a track enthusiast, VALLEY TRACK AND FIELD will be of much interest and a valuable tool to you, as well as an asset to track and field, in general, in the Valley.

The success of VALLEY TRACK AND FIELD, to a great extent, depends on you the readers. It's impossible for us to make it to all of the meets, or even very many of the great number held throughout the year. You can help by always sending in all news and results (pictures, too) about your team, yourself, others, or any track news you have. Please send to VALLEY TRACK AND FIELD, 1717 South Chestnut Avenue, Fresno, CA 93702. Don't assume we already have your results or news. If you have pertinent information, please send it. In a sense this is your publication - it is for you. Help make it a success.

VALLEY TRACK AND FIELD is dedicated to serving all Valley track people, athlete, coach, and fan. We welcome any comments and suggestions. We would be very happy to hear from you.

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MEET VALLEY ATHLETE

DENNIS McCAYE: Senior, Fresno Pacific College. 6-1, 220 pounds. Born August 2, 1951 at Chicago, Illinois.

BEST MARKS: Hammer throw - 130 (frosch), 157 (Soph), 175-3 (Junior), 193-4 (Senior). Coached by Jerry Huhn.

TRAINING: Four days a week working with weights and three days throwing. Nine to ten months a year. One day will be heavy lifting for lower body and back, the next will be light upper body and throwing; this followed by a heavy upper body lifting day, then the next day light lower body and throwing. One day a week will be set aside only for throwing(not including competition). Some running (he specifies "not long distance") is included in the training scheme. Also important is a good diet high in protein and aided with vitamin supplements.

Dennis is an example of what hard work and determination can do for an athlete. Dennis had not participated in track until college. During his freshman year at Fresno Pacific College, track coach Jerry Huhn introduced him to the hammer throw - it was love-at-first-sight - and that first year saw a less than spectacular 130 foot throw sink into the sod. The excitement and challenge of the whirling ball had him hooked as he soon became an addict of weight training, high protein, and determination to excell. The fruits of his habit over his next three years are listed below: Sixth place NAA National 1971; third place NAA National 1972; NAA All American 1972; second place NAA National 1973; NAA All American 1973; Most Outstanding Performance Award 1973 NAA District III Meet; NAA District III Meet record holder; San Joaquin Valley Sports Writers "Valley Athlete of the Week" April 21 and May 19, 1973; Pacific College So., Jr., and Sr. school record holder; undefeated in hammer in dual and triangle meets all four years of college.

Dennis likes to think big and isn't afraid of competition, "I prefer competing in University and Open Divisions. Mostly because of the lack of good hammer competition at the college level right now. I believe competing with athletes of equal or better caliber is the only true way of improving and learning more about your event."

As for goals he would like to break 200 feet in the near future and has the 1976 Olympics in the back of his mind for long range goals.

What goes through a hammer thrower's mind during a competition? "My strategy for a meet is to first set my mind into my event. I try to build in my head a concentration that can not be broken. I feel relaxed while competing yet totally intent on what I am doing. This concentration allows previous experience and workouts to have its greatest effect. My first throw is always easy and conservative, so as to assure myself of a mark and probable qualification for the finals. I have a set warm-up procedure I execute on the field and try to show confidence in warm-up and preliminary throws. The competition will then, usually, give you a certain amount of respect. I always do my best a every meet, but my training is basically geared for the last few meets of the season; usually the biggest of the year."

Dennis would like to continue competing for at least another three or four years. "But a lot will depend on my forthcoming marriage and the responsibilities that go with it. I love the hammer but I love my finance more."

For what reason does a man strive to throw a sixteen pound ball and wire? There are, undoubtedly, as many reasons as there are hammer throwers. For Dennis, "I compete because I feel the Lord has directed me to it. My life has changed for the better because of it. I owe my entire life style and bright future to track and Coach Huhn. After college I would like to coach track in high school or college. I want to share with others what track and the Lord has done for me."

Anyone desirering more information or help with the hammer throw Dennis will be happy to send more detailed workouts or aid. He can be reached at Fresno Pacific College, Fresno, Ca 93702.

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MEET VALLEY COACH

RED ESTES of Fresno State University: During the last eight seasons Fresno State has produced a record of 30 wins and only 9 defeats in their dual cross country campaign. Their coach for the last eight years has been Red Estes.

Red was born in Lewiston, Idaho, but attended Springfield High School, Oregon. While at Springfield, Red participated in basketball and football as well as track. He was the football and track captain at Springfield. Other honors he received were being the league champion during his junior and senior years and he also placed third in the discus at the state meet.

After high school, he attended the University of Oregon where he was a three year letterman in track; throwing the shot and discus. He also was the Northern Division champion in the discus and held the school record of 162-7.

But his athletic career didn't end with college, for he was a member of the 1962 and 1963 CISM (Military Olympics) track team. While on the team, he placed fifth in the discus in the 1962 CISM Championships in Brussels, where he threw the discus 172-1.

The question naturally arises what a weight man is doing coaching a cross country team. The answer can be found by Red's education, namely his education at the University of Oregon, where long distance running history is always being made, whether in coaching, running, or distance theory.

Fresno State's record is only mildly successful when compared with the other teams in the PCAA but this is one of the toughest leagues in the country with San Diego State and Long Beach State dominating the PCAA for the last few years. During the last three years, Fresno has placed fourth twice and fifth once in the seven team conference. But outside their conference Fresno is very strong, losing only once in dual action in the last two years and winning the Pleasant Hill Invitational last season. But Fresno's best team was in 1967 when they placed seventh in the NCAA College Division Cross Country Championships.

Red has produced some outstanding individuals as well as coaching a very respectable team. Some of these individuals are Dave Cords, who was an All - American in 1967 and Joe Dunbar who was the conference(CCAA) champion in 1968. More recently was Kevin Dougherty who placed fourth in the PCAA and holds all of Fresno State's cross country records. His records are: 4 mile - 19:53, 5 mile - 24:42, 6 mile - 29:42.

Red's team this year appears to be very strong. On this year's team will be David Garcia who holds the school record for the two and three mile (2 mile - 8:54.8, 3 mile - 13:53.6, mile 4:09.6). Also on the team will be Tom Chavez who holds three freshman records (2 mile - 9:27.9, 3 mile - 14:39.2, 6 mile - 31:08.4). Two other members that should be mentioned are Mike Russler (880 - 1:52.9) who was last year's number two man, and Pat Phelan who was the 1973 junior college steeplechase champion(9:15.1).

When asked what the greatest thrill he has experienced while coaching, he answered, "Watching the development of 'average talent' athletes into top runners.

Does Coach Estes have any secret workouts or methods to produce a top runner. Not really, except his annual Shaver Lake training camp, which Red claims is instrumental as a moral builder with the FSU cross country teams as well as a physical builder.

But Red does more than just produce cross country teams for the running community in the Valley. Red has initiated three of the most popular meets in the Valley. The Watermelon Run, which was started in 1966 attracted a field of 15 runners, last year attracted 203 runners. The Watermelon Run is unique in that it is a time prediction race at three different distances, which gives the average runner or jogger a chance to win a trophy, no matter how fast or slow he runs. The race is also accompanied by a watermelon feast and a nice cool swim. The second meet he started was the FSU Invitational, which was introduced in 1967 and attracted 147 runners, last year this event drew 900 runners, which included runners of varying ages. The big event in the Valley is the USTFF Western Cross Country Championships, which has attracted some of the finest runners in the nation and last year had 196 runners, including a fine team from Reno.

When asked what was his coaching philosophies, Red replied, "I very firmly believe that cross country and track should be fun. An athlete can be extremely dedicated and devoted to his sport, but unless he enjoys what he is doing I see no point in doing it. Granted, it takes tremendous will and determination to become a top runner, jumper or thrower. However, if he doesn't have the inner eagerness to take enjoyment from his labors, he will never reach his full physical performance, nor will he tap his true mental-psychological potential. From enjoyment comes improvement. Everyone will not become an Olympic champion, but everyone can improve. The amount of improvement is

OUT OF THE FIRE

by Ron Blackwood

rovement is locked in each individuals mind. As a coach I would hope to help anyone, regardless of their potential or present level of ability reach his fullest potential. In this manner everyone becomes a winner, everyone enjoys his labors, everyone has fun."

When not with the team, Coach Estes either spends time with his family, his wife Myrna, and their four children, Matt (10 years old), Barry (8), Kelli (4), and Scott (2), or participating in one of his hobbies. His hobbies are hunting, jogging, and coaching junior soccer.

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Lonnie Shelton (Foothill HC, Bakersfield) has become the number one weight man in Central Section history by pushing the 16 pound ball 55-4 1/2 and flinging the 4pound, 6 ounce discus 167-3. These marks, of course, are established while in high school or prior to 1 September before starting college. The old college discus mark was held by Sim Iness of Tulare in 1948 with a fling of 156-11. As of right now Shelton's discus mark places him #8 on the all time high school list.

Which Central Section high school has the top over-all Class A school records?? Using my top 50 list, one man per school per event, and my outstanding performance chart I have come up with the following results:

1.	Lemoore	1336 points
2.	Edison (Fresno)	1326
3.	Bakersfield	1319
4.	East (Bakersfield)	1305
5.	Fresno	1296
6.	South (Bakersfield)	1292
7.	McLane (Fresno)	1290
8.	West (Bakersfield)	1286
9.	Roosevelt (Fresno)	1279
10.	Foothill (Bakersfield)	1268
11.	Delano	1259
12.	Reedley	1256
13.	Clovis	1249

Of course I could be a lot more accurate if I had all of the school records of Valley high schools, complete or incomplete

CENTRAL SECTION ODD EVENTS ALL TIME

100 m	Greg Jones(Lemoore)72	10.4
200 m	Bill Cowings(Fowler)60	21.3
400 m	Steve Campbell(Chowchilla)	50.3
5000 m	Pete Romero(Reedley)67	14:48.2
10000 m	Robert Yslas(Madera)67	31:57.0
3 mile	Pete Romero(Reedley)67	14:23.0
6 mile	Robert Yslas(Madera)66	30:18.0
Marathon	Robert Yslas(Madera)68	2:38:43.0
120 HH(42")	Clarence Treat(Kingsburg)56	14.7
220 LH	Dale Messer(Lemoore)56	23.1
480 HH Relay	Fresno(Larson, Lyons, Elders, Cox)	58.4
3000 Steeple	Pete Romero(Reedley)67	9:27.6
SR(16#)	Lonnie Shelton(Foothill)73	55-4 1/2
D(4-6)	Lonnie Shelton(Foothill)73	167-3

A TRIP TO THE U.S. MASTERS TRACK & FIELD CHAMPIONSHIPS

by Sid Toabe

This year six seniors from the Fresno area participated in the 1973 U.S. Masters AAU Track and Field Championships. Harry Harder, Don Zarin, Len Thornton, Don Thomas, Gene Lynch and Sid Toabe. All would probably agree that the experience of attending this event surpasses the personal attainment one may achieve. Over 300 men, ages forty to seventy-plus from every part of the United States, Canada and England (a strong contingent of 45) competing in all track and field events plus the marathon. It is truly a tribute to the spirit of man.

In several events the quality of performances were outstanding. Age group records fell by the dozen. Laurie O'Hara, 5 foot 4 inch - 118 pound forty year old Englishman ran away from the field in the 10,000 meter race (30:46) and again in the 5,000 (15:09). The 1500 meter run was a thriller all the way; Henry Kupczyk (4:02.9) turned on in the last 150 meters to beat out Alan Hughs (4:03.3) and Wilbur Williams (4:05.9). The 40-49 800 meters race was run in senior worlds record time of 1:57.6.

Another amazing characteristic of senior runners is their ability to run more than one quality race. In the three day meet practically every runner ran in at least two races. In the 50-59 competition Mauro Hernandez and Augie Escamilla ran head to head in the 1500 and 5,000 on the same afternoon with Hernandez winning both (4:38, 17:13). In the 60-69 group John Montoya (61) was a medal winner in the 5,000; 10,000 and marathon. In the 40-49 Wilbur Williams in addition to his fine time in the 1500 placed fifth in the 800 meters (2:02), second in the 5,000 meters (15:51) and also ran anchor on his Senior Track Club 1600 meter relay team.

Most of the Fresnans came primarily to run the marathon but the amazing Harry Harder was working on a triple. In doing so he established new American age group records for men 56 posting 20:04 in the 5,000 and 42:45 in the 10,000. He also completed 15 miles of the marathon. Len Thornton, Fresno's outstanding senior runner, was up with the leaders in the marathon when he was forced out of the race at twelve miles by tendonitis of the Achilles. Lynch, Toabe, Thomas and Zarin all completed the grueling marathon and brought the High Sierra Track Club home in fifth place for the National Marathon team championship. Lynch running his first marathon paced himself beautifully to finish in the very respectable time of 3:15:54. The most disappointing thing about the marathon was that it was routed through the dullest part of Mission Bay. Madera was beautiful in comparison. Only 75 of the 125 runners completed the course. The others may have collapsed from sheer boredom. Lynch was 34th., Toabe 46th., Thomas 51st. and 'keep on rolling' Don Zarin 55th. Bill Gookin of San Diego TC (40) won the event in a blazing 2:32:37. It may be assumed from this that Gookin-Aid really works. It was offered about every 2.5 miles at aid stations along the way. Sid Toabe was stopped dead in his track at 19 miles with charley horses in his calf muscles. He alternately walked and crawled for about a mile until the Gookin-Aid which he had been slopping down throughout the race started to work and he was able to blaze to the finish line at an 8:30 pace.

The story of the U.S. Masters would not be complete without some word of those marvelous men over 70 who still compete. Ralph Higgins won the 70 plus 100 meters and broke the 200 meter record by 7 seconds in 31.6. He also won the Discus with 74-0 and the triple jump at 24-9. Not bad for a fellow 71 years old.

NOTE: Sid is a long time and avid promoter of physical fitness, especially via running and jogging. Not only does he preach it, but makes himself a living example as is evidenced by his recent American Record at 5,000 meters for age 49.

TOP RANKING HIGH SCHOOLS BY EVENT

by Ron Blackwood

The following list details the top Central Section high schools in each standard event, based on the aggregate performances of the top four performers for each institution. All marks in legitimate meets.

- 400
- 38.4 Lemoore
(T. Smith 9.5(63), G. Jones 9.5(72), W. C. Farmer(67) & L. Jones(68) 9.7.)
 - 38.4 Edison-Fresno
(9.6 A. Mann(63) P. Reeves(64) S. Davis(65) G. Burk(69)).
 - 38.7 Bakersfield
(9.6 G. Mannings(59), 9.7 J. Trout(39) B. Waters(40) B. Whitfield(65)).
 - 38.9 East-Bakersfield
(9.7 B. Mackey(60) B. Olison(64) R. Jones(66), 9.8 R. Grimes(70).
 - 39.0 Delano
(9.6 L. King(54), 9.7 L. Jones(63), 9.8 D. Myers(67), 9.9 R. Hill(56).
 - 39.0 Washington-Easton
(9.6 L. Johnson(68), 9.7 N. Chatman(70) C. Norris(67), 9.9 S. Abraham(72).
- 800 t
- 1:27.0 Lemoore
(21.4 WC Farmer(67) G. Jones(72), 22.0 L. Jones(69), 22.2 H. Farmer(64).
 - 1:27.2 Edison-Fresno
(21.6 G. Burk(69), 21.7 R. Williams(71), 21.9 M. Givens(73), 22.0 F. Reeves
 - 1:27.7 Hoover-Fresno
(21.4 L. Childress(69), 21.8 B. Phipps(69), 22.2 J. Bay(68),
22.3 D. Williams(73).
 - 1:28.1 Madera
(21.4 D. Imerie(67), 21.6 W. Brown(67), 22.2 A. Jones(67), 22.9 J. Gong(71)
 - 1:28.4 East-Bakersfield
(21.7 B. Olison(64), 21.8 J. Nichols(70), 22.4 R. Grimes(70),
22.5 R. Cockerel(72)
 - 1:28.5 Washington-Easton
(21.8 L. Johnson(68), 22.0 N. Chatman(70), 22.2 M. Parks(70),
22.5 S. Abraham(72).
- mile
- 3:10.5 Lemoore
(46.6 L. Jones(68), 47.3 T. Smith(63) & G. Jones(72), 49.3 A. Auerback(66).
 - 3:14.3 Edison-Fresno
(47.9 E. Burts(63), 48.2 L. Amos(68), 49.1 J. White(37) & E. Temple(66).
 - 3:14.4 Bakersfield
(48.2 JC Phillips(56), 48.5 C. Mitchell(65), 48.8 S. Young(72),
48.9 T. Bell(72).
 - 3:16.4 East-Bakersfield
(48.2 H. Holland(60), 49.0 D. Douglass(58), 49.4 R. Cockerel(73),
49.3 J. Pena(73).
 - 3:17.3 South-Bakersfield
(47.8 W. Musgrove(64), 49.5 K. Jones(66), 49.7 E. Ruffin(73),
50.3 V. Cotton(73).
 - 3:17.6 Mt. Whitney-Visalia
(48.5 S. Wingo(72), 49.3 L. Gilmore(67), 49.6 B. Moring(70),
50.2 S. Scealabba(62).
- 2 mile
- 7:38.0 Reedley
(1:53.5 P. Romero(67), 1:54.2 H. Nicholas(70), 1:54.8 J. Gonzales(66)
1:56.5 B. Blanchard(66).
 - 7:39.0 Bakersfield
(1:49.0 C. Mitchell(65), 1:55.9 V. Jackson(70), 1:56.6 B. McDonald(63)
1:57.5 R. Johnson(70).
 - 7:39.0 Fresno
(1:54.6 B. Marchant(61), 1:54.8 R. Croft(66), 1:54.9 J. Beaubier(57)
1:55.2 D. Wood(59)
 - 7:44.0 West-Bakersfield
(1:53.5 L. Boesen(72), 1:55.0 P. Foster(71), 1:57.4 A. Otten(70)
1:58.1 D. Boesen(68)

TOP RANKING HIGH SCHOOLS BY EVENT (con't)

- 2 mile 7:44.1 East-Bakersfield
 (1:54.5 K. Dailey (62), 1:55.2 M. Vasquez (66), 1:57.0 T. Garcia (68)
 1:57.4 L. Conrad (63)
 7:44.6 Lemoore
 (1:53.0 B. Newton (67), 1:56.0 D. Hall (72), 1:57.6 B. Wilson (68),
 1:58.0 S. Wheat (71).
- 4 mile 17:02.1 Reedley
 (4:08.0 P. Romero (67), 4:13.3 H. Nicholas (71), 4:20.3 C. Bravo (69),
 4:21.0 B. Seanan (53).
 17:23.0 East-Bakersfield
 (4:15.9 E. Grenillo (70), 4:20.6 M. Vasquez (67), 4:23.3 D. Villalovas (70)
 4:23.5 D. Ronquillo (70),
 17:30.8 Shafter
 (4:18.6 L. Parker (68), 4:21.5 J. Lopez (66), 4:24.3 P. Timbrell (63),
 4:25.9 J. Janzen (68).
 17:33.0 Redwood-Visalia
 (4:16.5 J. Garcia (73), 4:23.1 E. Moreno (72), 4:25.7 J. Acosta (67),
 4:26.7 B. Patterson (72).
 17:33.3 Roosevelt-Fresno
 (4:22.0 J. Foreman (55), 4:22.5 P. Kenon (66), 4:24.3 J. Beague (64),
 4:24.5 L. Eichhorn (72)
 17:33.8 Fresno
 (4:15.3 P. Santos (64), 4:23.6 R. Baird (72), 4:25.6 E. Hamlin (59),
 4:29.1 B. McCarty (67).
- 3 mile 37:36.5 Reedley
 (8:54.6 P. Romero (67), 9:30.0 H. Nicholas (71) 9:33.7 J. Bravo (69),
 9:38.2 M. Montoya (72).
 37:54.5 East-Bakersfield
 (9:02.8 E. Grenillo (70), 9:29.3 D. Villalovas (68), 9:38.4 F. Rodriguez (66)
 9:44.0 E. Cadena (65).
 37:57.4 Redwood-Visalia
 9:14.4 J. Garcia (72), 9:26.8 B. Patterson (72), 9:29.4 E. Moreno (72)
 9:46.8 A. Corrales (69).
 38:23.8 Madera
 (9:15.8 R. Yslas (67), 9:37.0 J. Cazares (73), 9:41.0 A. Fierros (66),
 9:52.0 L. Ravisconi (73)
 38:30.3 Ballard-Fresno
 (9:28.4 M. Jurkovich (73), 9:28.7 J. Sweeney (71), 9:47.4 B. Camp (67),
 9:55.8 Schenfield (70).
 38:30.6 West-Bakersfield
 (9:29.4 A. Hinzo (73), 9:31.2 M. Andrews (68), 9:35.2 M. Davis (67),
 9:54.8 Salcido (70).
- 10 yd. H.H. :55.8 Roosevelt-Fresno
 (13.7 J. Wilson (69), 14.0 T. Legler (50) & K. Pretzler (58), 14.1 B. Woods (67)
 :56.4 Lemoore
 (14.0 B. Parner (73), 14.1 E. Smith (65) & V. Young (70), 14.2 D. Messers (56).
 :56.6 Edison-Fresno
 (14.0 B. Gill (58), 14.1 E. Barts (64) & D. Thompson (66), 14.4 J. Tatum (70).
 :56.6 Bakersfield
 (13.8 M. Mosley (70), 14.2 R. Parker (72), 14.3 D. Brown (69) & F. Elm (73).
 :57.2 Fresno
 (14.1 R. Cox (71), 14.3 M. Lyons (71), 14.4 R. Belvins (49) & M. Schmidt (60).

TOP RANKING HIGH SCHOOL BY EVENTS (con't)

720 y6.L.H. :74.5 Lemoore
 (18.4 E.Smith(65)&L.Jones(69), 18.8 B.Parmer(73), 18.9 D.Messer(56).
 :75.1 Edison-Fresno
 (18.3 A.Mann(63), 18.8 E.Burts(64), 18.9 L.Amps(68), 19.1 J.Amey(60).
 :75.6 East-Bakersfield
 (18.4 B.Mackey(61), 19.0 D.Douglass(58), 19.1 B.Olison(63)&H.Sipes(68).
 :76.3 Wasco
 (18.7 S.Boyett(63), 18.9 S.Reimer(72), 19.0 L.Callahan(67), 19.7 O.Hailey
 :76.4 Shafter
 (18.4 J.Bradford(57), 19.0 M.Lane(66), 19.4 D.Gaeta(73), 19.6 H.Bunting(73)
 :76.5 Fresno
 (19.0 D.Dukes(70), 19.1 K.Elders(71), 19.2 M.Schmidt(60)&R.Cox(71).

HJ 26'6 3/4" Wasco
 (7'1 1/2" O.Hailey(68), 6'6"W.Matson(69)&G.Brown(70), 6'5 1/2"G.Broom(73).
 26'3 1/4" Fresno
 (6'10 K.Elders(71) 6'6 3/4"B.Allard(52), 6'5 1/2"J.Erdman(65), 6'5"M.Kaufman
 25'2 1/4" Bakersfield
 (6'9 3/4"R.Jones(62), 6'7 1/2"J.Mackey(67), 6'5"S.Walton(66), 6'4"E.Barnes(66)
 26'0 1/4" McLane-Fresno
 (6'9 1/2"B.Chennell(63), 6'6"S.Simmons(63), 6'4 1/2"B.Brakeman(69)&G.Eropkins(67)
 26'0 1/4" Hoover-Fresno
 (6'9 1/2"R.Fletcher(69), 6'6"S.Stafford(72), 6'5"M.Thomas(73), 6'4"J.Lamar(70)
 25'9" Delano
 (6'8 1/2"L.Lucas(65), 6'5"J.Hopkins(54), 6'4"A.Broom(68), 6'3 1/2"J.Jenkins(73).

FV 57'8" McLane-Fresno
 (14'10"M.Kelley(68), 14'9 1/2"J.Baker(71), 14'0 1/2"R.Popp(66), 14'0"J.Baker(71)
 56'9 3/4" Hoover-Fresno
 (14'7 1/2"T.Henderson(71), 14'4 1/2"J.Moffett(71), 14'0 3/4"M.Oliver(70),
 13'9" C.Livingston(67).
 56'4 1/2" Lemoore
 (14'7"S.Schossler(68), 14'1 1/2"G.Sula(72), 14'0 1/2"M.Ray(68), 13'7 1/2"D.Wood(72)
 56'2 3/4" Roosevelt-Fresno
 (14'11"S.Hardison(68), 14'0"R.Schoendube(72)&D.Dendaaw(73),
 13'3 3/4"B.Bibb(67).
 55'3 1/2" Reedley
 (14'6"D.Schmidt(66), 14'2"F.Huerts(72), 13'7 1/2"P.Chimenti(67), 13'0"F.Mock
 55'1 3/4" Shafter
 (14'3"J.Stuebbe(69), 14'1 1/4"L.Tuck(66), 13'6"S.Bryant(67), 13'3 1/2"J.Bradford
 (55)

MLJ 99'4 3/4" Edison-Fresno
 (26'0 1/2"G.Hardeman(73), 25'4 1/2"R.Williams(71), 24'0"P.Reaves(64)&S.Davis(61)
 95'4" Madera
 (25'6 3/4"N.Wood(61), 23'8 3/4"D.Crump(65), 23'7 3/4"G.Brewer(61),
 23'4 3/4"K.Nance(61),
 94'5 3/4" Lemoore
 (24'6"T.Smith(63), 24'1 1/2"G.Jones(72), 23'0 1/2"E.Smith(70), 22'10"W.Ferryman
 94'0 1/4" Bakersfield
 (24'4"L.Wright(70), 23'5 3/4"R.Meagher(41), 23'3"C.Humphrey(66),
 22'11 1/2"L.McCoy(57).
 93'8 3/4" Delano
 (23'8 3/4"E.Jones(59), 23'6 1/2"D.Myers(67), 23'5 1/2"M.Freeman(69),
 23'6 1/2" J.Hook(67),
 92'4 1/4" Washington-Easton
 (23'4"L.Johnson(73), 23'3 1/2"D.Maxwell(66), 23'1"S.Abraham(73),
 22'7 3/4"L.Jamison(65)

TOP RANKING HIGH SCHOOL BY EVENTS (con't)

- TJ 189' 2 1/2" Tulare Western
 (48'2" J.Torrance (72), 48'1" J.Meadows (72), 46'6 1/2" L.Webb (68),
 46'5" L.Felton (71).
- 188' 3 1/2" Central-Fresno
 (49'6 1/2" E.Lopez (70), 47'10 1/2" T.Rotella (71), 47'4" E.Swillis (70),
 43'6 1/2" L.Lopez (73).
- 187' 8 3/4" South-Bakersfield
 (48'2 1/2" D.Smith (69), 47'2" J.Lewis (70), 46'8 1/2" R.Simril (71), 45'7 3/4"
 J.Smith (73).
- 186' 10 3/4" Delano
 (47'2 1/2" J.Ortega (67), 46'9 1/2" W.Jenkins (73), 46'6 3/4" E.Amaya (69),
 46'4" J.Hooks (67).
- 186' 9" Washington-Easton
 (49'9" L.Tucker (73), 47'0 1/2" D.Maxwell (67), 45'6 3/4" S.Abraham (73),
 44'4 3/4" A.Parker (66).
- 185' 7 1/2" Foothill-Bakersfield
 (47'7 3/4" L.Shelton (73), 46'10 3/4" J.Kindred (72), 46'10 1/2" A.Jackson (72),
 44'2 1/2" C.Williams (72).
- SP 240' 9" Taft
 (62'2 3/4" M.Garrett (66), 60'9 3/4" L.Patterson (52), 58'11 3/4" D.Russell (65)
 58'5" P.Young (68).
- 234' 10" McLane-Fresno
 (59'4 1/2" C.Hulce (62) & R.Goodson (64), 58'3 1/2" S.Belmont (), 57'9 1/2" C.Green (67).
- 230' 11" Porterville
 (59'11 1/2" D.Nelms (69), 59'10 1/2" B.Otto (71), 57'7" R.Cateneda (66),
 55'6" C.Anderson (71).
- 224' 6 3/4" Fresno
 (57'10 1/2" S.Taylor (71), 55'11 3/4" R.Bischell (60), 55'7 1/2" L.Fatigan (63),
 55'1" S.Weber (66).
- 222' 10" Delano
 (57'0 1/2" C.Fair (69), 56'9 1/2" D.Sheehan (68), 54'2" K.Watkins (72), 54'10" L.Glass
 (54)
- 219' 10 3/4" Sanger
 (58'0" A.Torosian (67), 54'6 3/4" D.Smith (66), 54'0 1/2" J.Nielsen (62),
 53'3 1/2" F.Merlo (69).
- DT 721' 11 1/2" Porterville
 (184'9" B.Otto (71), 184'3" C.Anderson (70), 176'7" D.Nelms (69), 176'5 1/2" L.Crow
 (53)
- 718' 5" McLane-Fresno
 (189'3" M.McNaughton (73), 178'8" S.McNaughton (68), 175'5 1/2" A.McNaughton (62)
 174'10 1/2" D.Farley (67).
- 692' 7" Foothill-Bakersfield
 (195'5" L.Shelton (73), 180'8" M.Hailey (71), 160'6" G.Knox (66), 156'0" W.Harris
 (73)
- 686' 5 1/4" Delano
 (176'9" L.Glass (55), 174'0 3/4" B.Wilson (66), 172'2" D.Ietlow (61),
 163'5 1/2" C.Fair (69).
- 681' 3 1/2" Taft
 (177'5" L.Patterson (52), 171'3 1/2" M.Garrett (66), 170'8 1/2" A.Schmidt (54),
 162'6 1/2" L.Strown (68).
- 680' 3 3/4" Fresno
 (172'4" D.Samuelian (63), 172'2" B.Jacobs (), 168'7" J.Girbanti (67),
 167'2 3/4" R.Bischell (60).

RESULTS:

FIRST SUMMER BUNION DERBY

July 7 - Open Division (3.0 miles): 1. Mike Russler(Phaethon TC) 15:21; 2. Mark Hull(PTC) 15:34; 3. Don Gregory(La Loma Striders) 15:35; 4. Steve Ward(LLS) 15:42; 5. Steve Hall(Flying Squirrels TC) 15:44; 6. Cliff Rees(FSTC) 15:46; 7. John Noonan(HSTC) 15:47; 8. Ned Baird(PTC) 15:52; 9. Dave Salcido(LLS) 15:53; 10. Bruce Pendleton(PTC) 15:57; 11. Carl Swift(PTC) 16:04; 12. Bill Cockerham(HSTC) 16:12; 13. Dale Campbell(HSTC) 16:12; 14. Mike Lennemann(LLS) 16:23; 15. Fernie Montanaz(PTC) 16:27; 16. Cliff Vasquez(Visalia) 16:37; 17. Rick Vafeades(Porterville) 16:48; 18. Bryan Patterson(North Visalia TC) 16:50; 19. Dave Williams(FSTC) 16:51; 20. Rick Fierro(PTC) 17:12; 21. Jim Dick(HSTC) 17:13; 22. Bruce Greenway(Visalia) 17:20; 23. Dennis Iida(PTC) 17:23; 24. Gary Self(Selma) 17:53; 25. Barry Moring(Visalia) 18:02; 26. Gary Campbell(HSTC) 18:17; 27. Greg Lyon(PTC) 18:24; 28. Scott Thornton(HSTC) 18:23; 29. Reg Harris(Fresno) 19:08; 30. David James(PTC) 19:18; 31. Rick Marez(Fresno) 19:58; 32. Steve Meunier(Un) 20:00; 33. Monte Lung(KR Club) 20:05; 34. David Souk(Un) 20:32; 35. Mike Keffer(Fresno) 23:00. Senior Division (3.0 miles): 1. Bob Fries(Fresno) 16:39; 2. Len Thornton(HSTC) 16:43; 3. Sid Toabe(HSTC) 17:51; 4. Eugene Lynch(Fresno) 18:33; 5. Jim Thaxter(HSTC) 19:29; 6. Lee Spenser(Fresno) 20:47; Russ Overman(Clovis) 23:47; 8. Ron Gates(PTC) 25:41. High School Division (3.0 miles): 1. Bryan Foley(PTC) 16:11; 2. Louis Grieco(PTC) 16:17; 3. Robert Borec(PTC) 16:22; 4. Richard Reynaga(HSTC) 16:28; 5. Mark Southwick(HSTC) 16:38; 6. Vicente Garza(PTC) 16:52; 7. Rafael Garcia(NVTC) 16:56; 8. Mike Thornton(HSTC) 17:30; 9. Richard Mead(PTC) 17:35; 10. Mario Garza (PTC) 17:43; 11. Robin Hinman(Tulare West.) 17:45; 12. Frank Alcorta(PTC) 18:10; 13. Darrell Ketner(Hamilton) 18:23; 14. Tom Avery(PTC) 19:02; 15. Neill Roberts(Ham.) 19:31; 16. Randy Hicks (PTC) 19:51; 17. Kevin DeLotta(PTC) 20:05; 18. David Shaw(Ham.) 20:39; 19. Armon Zore (Fresno) 23:34. Junior High Division (1.0 mile): 1. Jesse Gayton(Green Acres TC) 5:06; 2. Jim Grieco(Ahwahnee) 5:22; 3. Bobby Robles(Clark) 5:40; 4. Niel Stockton(Ahwahnee) 5:49; 5. Kevin Stork(Clark) 5:52; 6. Freddy Flores(Clark) 5:57; 7. Pat Lynch(Ahwahnee) 6:14. Elementary Division (.5 mile): 1. Greg Rivera (Clark) 2:43; 2. Jesse Garcia(Clark) 2:47; 3. Jerry Grieco(Wolters) 2:49; 4. Eugene Contreras(Clark) 2:52; 5. James Garvin(Wolters) 3:01; 6. Juan Garza(PTC) 3:05. Girls Division (.5 mile) 1. Jocelyn Sisson(Mt. Whitney) 2:56; 2. Christy Grieco(Wolters) 3:06. Team Scores: Phaethon TC 11, La Loma Striders 16, High Sierra TC 34, Flying Squirrel TC 37, Phaethon HS 43, High Sierra HS 73, Visalia 90, High Sierra Seniors 109, Hamilton 149. (from Larry Lung)

SECOND SUMMER BUNION DERBY

July 21 - With the temperature down and the mosquitos up, the times were fast and quality very high. The turnout was excellent with 95 runners attempting the 2nd Bunion Derby. By the time the last race finished three meet records were broken. Greg Rivera broke Scott Thornton's old record by only two seconds. Len Thornton broke his own mark by almost two minutes. Harry Harder broke his old record by 33 seconds. Open Division (6.0 miles): 1. Rich Lozano(La Loma Striders) 32:14; 2. Cliff Rees(Flying Squirrel TC) 32:21; 3. Don Gregory(LLS) 32:26; 4. Mike Russler(Phaethon TC) 32:27; 5. Carl Swift(PTC) 32:32; 6. Steve Hall(FSTC) 32:36; 7. Dave Salcido(LLS) 32:52; 8. Greg Hall(FSTC) 33:05; 9. Jim Hartig (Un) 33:14; 10. Bruce Pendleton(PTC) 33:32; 11. Bill Cockerham (HSTC) 33:53; 12. Mark Hull(PTC) 34:25; 13. Fernie Montanez(PTC) 34:34; 14. Steve Ward(LLS) 34:52; 15. Dave Williams(FSTC) 34:57; 16. Art Ramos(Post Office) 34:45; 17. Bruce Greenway(Visalia) 35:52; 18. Mike Brooks(Un) 35:55; 19. Dennis Iida(PTC) 36:31; 20. Gregg Lyon(PTC) 36:40; 21. Cliff Vasques(Visalia) 36:46; 22. Dale Campbell (HSTC) 36:53; 23. Gary Self(Un) 37:19; 24. Rich Petersen(HSTC) 37:29; 25. Scott Thornton(HSTC) 37:42; 26. Gary Campbell(HSTC) 35:54; 27. Reg Harris(Un) 39:20; 28. David Sanchez(Un) 40:37; 29. David James(PTC) 41:09; 30. Monte Lung(KR Club) 41:25; 31. David Sourk(Un) 46:22; 32. Mike Keffer(Un) 50:40. Senior Division (6.0 miles): 1. Len Thornton(HSTC) 34:19; 2. Bob Fries(Fresno) 35:44; 3. Eugene Lynch (un) 37:50; 4. Bob Reynaga(HSTC) 41:26; 5. Harry Harder(HSTC) 42:27; 6. Lee Spenser(Un) 48:02; 7. Ross Oberman(Un) 49:10; 8. Ron Gates(PTC) 53:30.

continued

High School Division (6.0 miles): 1. Louis Grieco(PTC) 33:41; 2. Robert Borec(PTC) 34:01; 3. Richard Reynaga(HSTC) 34:06; 4. Mark Southwick(HSTC) 34:15; 5. Rafael Garcia(N. Visalia TC) 34:47; 6. Richard Mead(PTC) 36:13; 7. Bryan Foley(PTC) 36:16 8. Vicente Garza(PTC) 36:25; 9. Mike Thornton (HSTC) 36:34; 10. Richar Quiroz(Un) 37:34; 11. Raul Garza (PTC) 37:41; 12. Armon Zore(Fresno) 38:04; 13. Tom Avery(PTC) 40:04; 14. Darrel Kefner(Hamilton) 40:36; 15 Randy Hicks(PTC) 41:49; ;6. Neill Roberts(Hamilton) 43:01. Junior High Division (1.5 miles): 1. Bobby Robles(Clark) 8:21; 2. Jim Grieco (Ahwahnee) 8:22; 3. Kevin Stork(Clark) 8:59; 4. Niel Stockton(Ahwahnee) 9:03; 5. Pat Lynch(Ahwahnee) 9:28; 6. Charles Dearman NT. Elementary Division (.75 miles): 1. Greg Rivera(Clark) 4:11; 2. Jesse Garcia(Clark) 4:12; 3. Jim Grieco(Wolters) 4:13; 4. James Garvin(Wolters) 4:38; 5. Tom Fries 4:52; 6. Juan Garza(PTC) 4:52; 7. Tom Overton(Clark) 5:25. Girls Division (.75 miles): 1. Jocelyn Sisson (NVTC) 4:30; 2. Charity Laslo(Clark) 4:33; 3. Jennifer Heaton(Clark) 4:36; 4. Christy Grieco(Walters) 4:39; 5. Carol Contreras(Clark) 4:43; 6. Bise Baker(Clark) 4:45. Team Scores La Loma Striders 11, Flying Squirrel TC 16, Phaethon TC 19, High Sierra TC 41, Phaethon HS 51, High Sierra Seniers 116.

CENTRAL CALIFORNIA A.A.U. ONE HOUR RUN

June 9, Reedley High School: Open Division 1. Don Gregory(High Sierra TC) 10m-1015y; 2. Juan Garza (HSTC) 10m-347y; 3. Manuel Hernandez(Un) 9-448y; 4. Scott Thornton(HSTC) 8m 1019y; 5. David Sanchez(Un) 8m-80y; 6. Dawna Douglas(Un)(first woman) 7m-165y; 7. John Noonan(HSTC) 4m-880y. High School Division 1. Mark Southwick(HSTC) 10m-80y; 2. Raul Mendez(Un) 9m-1023y; 3. Mike Thornton(HSTC) 9m-925y; 4. Joe Cazares(Super Chickens) 9m-718y; 5. Rafael Garcia(Un) 9m-590y; 6. Bryan Foley(PTC) 9m-220y; 7. Richard Mead(PTC) 9m-220y; 8. Charles Hudiburgh(Un) 8m-1380y; 9. Raul Contreras(Un) 8m-769y; 10. Frank Salcido(Un) 4m-440y; 11. Greg Orloff(Un) 3m-880y. 30 - 39 Division 1. Richard Petersen(HSTC) 10m-100y; 2. Eugene Lynch(HSTC) 9m-768y; 3. Gary Self (HSTC) 8m-1338y; 4. Joe G. Delgado(HSTC) 8m-1120y; 5. Ray Douglas(Un) 7-570. 40 Plus Division 1. Len Thornton(HSTC) 10m-218y; 2. Bob Stout(Fresno TC) 9m-1420y; 3. Bob Fries(FTC) 9m-1050y; 4. Sid Toabe(HSTC) 9m-981y; 5. Harry Harder(HSTC) 8m-10y; 6. Dewey Jan(PTC) 7m-300y.

FELTON ROAD RACE

July 8, Santa Cruz: The Phaethon Track Club invaded the Santa Cruz area again this year hoping for better luck than last year when they left empty handed. This year the Phaethon Track Club represented the Valley very well in placing third in the team competition and coming home with a plaque. The team found the course wasn't any easier this year and the times reflected the difficulty of the course over the 9.2 mile race. For a brief description, it can be stated that there are only two hills over the entire course yet there is not a level strip on the entire course. The team was led by Carl Swift who placed eighth in the competition.

1. Jack Bellah(West Valley TC) 52:32; 2. Dan Anderson(WVTC) 53:29; 3. Alex Aquilar(WVTC) 53:59; 4. Doug Butt(Marin AC) 54:41; 5. Rich McCandless(WVYC) 54:58; 6. Dean Chesnut(San Jose CC) 54:59; 7. Dave Stock(WVTC) 55:16; 8. Carl Swift(Phaethon TC) 55:56; 9. Grover Prowell(San Jose State) 55:59; 10. Joe Taxiera(Alameda TC) 56:06; 16. Bruce Pendleton(PTC) 58:11; 42. Larry Lung(PTC) 61:51; 55. Rick Fierro(PTC) 63:50; 57. Mark Hemphill(PTC) 63:58. 207 runners. Team Scores: West Valley Track Club 18, San Jose City College 78, Phaethon Track Club 178.

	1967	1968	1969	1970	1971	1972	1973	1974	1975	1976	1977
Bob Fries.....	* 39:00 *	38:40 *	37:07	*35:29	34:23	33:33	*34:37				
Lee Scott.....	44:00	40:45	43:54	44:04	44:03	39:18	42:51				
Elmer Harelson.	47:40	- -	47:46	- -	- -	46:24	47:22				
Bob Brag.....	47:00	52:00	47:30	- -	- -	- -	- -				
Jim Thaxter		47:07	44:48	43:40	40:05	42:35	38:52				
Clint Thaxter.....		51:50	52:42	52:28	48:48	- -	- -				
Brent DeMonte.....		47:35	42:49	- -	44:03	41:44	43:34				
Bob Smith.....		52:00	- -	- -	- -	- -	- -				
Fernie Montanez ..	No Time	47:47	36:14 *	33:52	35:23	- -	- -				
Bob Stout.....			37:17	37:55	- -	*33:00	35:26				
Gary Self.....			42:08	39:24	34:59	34:16	37:14				
Sid Toabe.....			42:08	38:26	- -	36:24	36:54				
David Peacher.....			45:49	- -	37:41	37:58	36:46				
Don Green			49:04	47:32	- -	- -	- -				
Gordon Parrish.....			49:14	- -	46:23	- -	- -				
Terry Semrau Jr.....			- -	- -	- -	- -	74:00				
Terry Semrau			52:01	51:58	- -	- -	48:00				
Milton Semrau.....			- -	- -	- -	- -	64:30				
Joe Ginet			52:55	50:48	- -	- -	- -				
Orville McAdams.....			52:55	50:48	- -	- -	- -				
Bill Beaty			56:23	- -	- -	- -	- -				
Menthol Rank			58:00	- -	- -	- -	- -				
Ernie McWilliams.....			58:45	- -	- -	- -	- -				
Ray Pina				36:54	- -	- -	- -				
Art Fernandez.....				40:49	38:31	- -	42:14				
Jim Kantrakis.....				42:12	- -	- -	- -				
George Lowe.....				43:16	40:59	- -	- -				
Joe Delgado.....				45:29	- -	40:18	38:02				
M. Pacheco.....				45:39	39:30	- -	- -				
Paraline.....				46:22	- -	- -	- -				
Henry Perez.....				46:26	- -	- -	- -				
Harley Buller.....				47:22	- -	- -	- -				
Lee Thomas.....				47:43	42:55	43:14	43:15				
Dick Davidian.....				47:49	- -	- -	- -				
M. Johnson.....				50:23	- -	- -	- -				
Don Merzoian.....				50:46	- -	- -	- -				
W. Elder.....				50:46	- -	- -	- -				
Bert Woodruff.....				51:30	44:57	41:42	40:17				
Don Fowler,,,,,				52:03	47:26	- -	- -				
Walt Sorenson.....				52:28	60:24	- -	- -				
Dewey Jan				52:30	49:23	47:51	47:30				
Penny.....				57:27	- -	- -	- -				
Gene Lynch.....					39:45	- -	39:09				
Russ Oberman.....					42:55	- -	- -				
Mike Crill.....					42:55	- -	- -				
Don Zarin.....					44:49	40:33	- -				
Bud Jewett.....					47:12	45:17	- -				
Mathew Margolis.....					47:30	- -	- -				
Mike Sandoval.....					48:10	- -	- -				
Cecil McGarland.....					48:57	- -	- -				
Ron Gates.....					51:02	47:41	- -				
Len Thorton.....						34:35	- -				
Frank Delgado.....						36:55	- -				
Chris Delgado.....						41:08	38:03				
Don Thomas						39:06	- -				
Ray Douglas.....						39:46	- -				
Gene Fertig.....						40:38	40:16				
Harry Harder.....						40:42	- -				
Jerry Gleason.....						41:20	- -				

The 7th Annual Father's Day 6 mile Run was won by Bob Fries in

a time of 34:37, defeating last year's winner, Bob Stout who ran 35:26 for second place. Forty-nine runners ages 10 to 61 competed.

FATHER'S DIVISION

1.	34:37	Bob Fries
2.	35:26	Bob Stout
3.	36:46	Dave Peacher
4.	36:49	Art DelaCruz
5.	36:54	Sid Toabe
6.	37:14	Gary Self
7.	37:19	Ddn Thomas
8.	38:00	Steve Zoffka
9.	38:02	Joe Delgado
10.	38:03	Chris Delgado
11.	38:52	Jim Thaxter
12.	38:56	Dick Cain
13.	39:09	Gene Lynch
14.	40:02	Larry Huebner
15.	40:16	Gene Fertig
16.	40:17	Bert Woodruff
17.	42:06	Franz Weinschenk
18.	42:14	Dave Sanchez
19.	42:14	Art Fernandez
20.	42:36	Jack Mattox
21.	42:51	Lee Scott
22.	43:12	John Liston
23.	43:15	Lee Thomas
24.	43:34	Brent DeMonte
25.	45:50	Paul Buckner
26.	46:56	Lee Spencer
27.	47:22	Elmer Harelson
28.	47:30	Dewey Jan
29.	47:46	Rod Jarrett
30.	47:47	James Fletcher
31.	48:00	Terry Semrau
32.	52:00	Carlton Douglas
33.	64:30	Milton Semrau

FATHER & SON DIVISION

1st	- Larry Huebner	40:02
	Jim Huebner	33:37
2nd	- Gene Fertig	40:16
	Scott Fertig	34:50

HUSBAND & WIFE DIVISION

1st	- Donna & Ray Douglas	43:42	42:14
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GRANDFATHER & GRANDSON

1st	- Milton Semrau	64:30
	Terry Semrau Jr.	74:00

AGE GROUP WINNERS:

29 & Under	- Art DelaCruz	36:49
30 to 34	- Dave Peacher	36:46
35 to 39	- Joe Delgado	38:02
40 to 44	- Bob Fries	34:37
45 to 49	- Bob Stout	35:26
50 to 54	- Lee Scott	42:51
60 to 64	- Carlton Douglas	52:00

MASTER COPY FATHER'S DAY RUN

1968 1969 1970 1971 1972 1973 1974

Pete Schoner.....	42:35	-	-
Vern Bickley.....	54:33	-	-
Larry Huebner.....	40:02		
Art DelaCruz.....	36:49		
Steve Zoffka.....	38:00		
Dick Cain.....	38:56		
Franz Weinchenk.....	42:06		
Dave Sanchez.....	42:14		
Jack Mattox.....	42:36		
John Liston.....	43:12		
Lee Spencer.....	45:50		
Lee Spencer.....	46:56		
Rod Jarrett.....	47:46		
James Fletcher.....	47:47		
Carlton Douglas.....	52:00		

NON FATHER DIVISION

1.	33:01	Jim Hartig
2.	33:37	Jim Huebner
3.	34:05	Steve Ward
4.	34:50	Scott Fertig
5.	35:42	Alex Basurto
6.	35:54	Bruce Caputo
7.	36:10	Art Ramos
8.	36:15	Jerry Douglas
9.	39:08	Kim Fertig
10.	41:36	Ray Douglas
11.	47:22	Pat Lynch
12.	74:00	Terry Semrau

PHAETHON vs. HIGH SIERRA

- SENIORS 100 - 1. Dewey Jan, PTCF 12.0 2. Joe Delgado HSTC 12.0
3. Len Thornton, HSTC 12.6
- JOGGER'S MILE - 1. Donna Cockerham HSTC 37 seconds error - 7:38.1
2. Becky Lindstrom PTCF 132 seconds error - 7:28.6
- 440 relay - 1. HIGH SIERRA TRACK CLUB 42.5 2. PHAETHON TRACK CLUB 44.6
- MILE - 1. Rich Lozano HSTC 4:26.3 2. Ned Baird PTCF 4:35.2
3. Mark Southwick HSTC 4:43.4 4. Dave Tomerlin PTCF 5:05.6
- 70 HH - 1. Darrel Smith HSTC 10.1 2. Greg Lyon PTCF 11.5
3. Dave Bronzan HSTC 12.2 4. Larry Lung PTCF 12.2
- 440 - 1. Lewis Amps HSTC 53.2 2. Mike Russler PTCF 53.2
3. Robert Borec PTCF 56.6 4. Dave Bronzan HSTC 66.3
Non-scoring-Randy Hicks PTCF 58.1
- 100 - 1. Sconiers HSTC 9.8 2. Singleton PTCF 9.9 3. Chaves HSTC 10.0
4. Oliveras PTCF 10.4 Non-scoring-Hardison HSTC 10.3
Verdugo PTCF 10.6 Russler PTCF 11.1
- 880 - 1. Mike Lenneman HSTC 2:00.0 2. Mark Hull PTCF 2:00.6
3. Mario Garza PTCF 2:08.4 4. Steve Hardison HSTC 2:19.8
non-scoring Tom Avery PTCF 2:09.0 Joe Delgado HSTC 2:23.2
- High Jump - 1. Roger Trujillo HSTC 6-0 2. Louis Amps HSTC 5-6
3. Greg Lyon PTCF 5-2 non-scoring-Darryl Smith HSTC 5-4
Jim Dick HSTC 5-4 Mark Southwick HSTC 5-0
- SENIORS MILE - 1. Len Thornton HSTC 5:42.0
- Long Jump - 1. Roger Trujillo HSTC 23-8 2. Steve Hardison HSTC 23-0
3. Oliveras PTCF 21-2 4. Verdugo PTCF 19-9
non-scorers Z. Schniers 21-6 D. Smith HSTC 21-2
J.Dick HSTC 20-1 Huebner PTCF 18-4 T.Avery PTCF 16-7
M.Thornton HSTC 13-8
- 220 - 1. Zachery Sconiers HSTC 22.5 2. Eric Singleton PTCF 22.5
3. Greg Lyon PTCF 23.5 4. Dave Bronzan HSTC 28.9
non-scorers Verdugo PTCF 25.0 L.Thornton HSTC 28.9
D.Jan PTCF 28.9
- 2 mile - 1. Martin Urias HSTC 10:05.3 2. Steve Ward HSTC 10:19.0
3. Bruce Pendleton PTCF 10:32.0 4. Randy Hicks PTCF 12:24
non-scorers W. Van Dellen HSTC 10:32.0
- Mile Relay 1. PHAETHON TRACK CLUB 3:41.0 2. HIGH SIERRA T.C. 4:06
- Six Mile Run - 1. Wayne Van Dellan HSTC 34:22.1 2. Vicente Garza
PTCF 35:36.2 3. Mark Hemphill PTCF 35:57.2
- TRIPLE JUMP - 1. Roger Trujillo HSTC 47-7 2. Darryl Smith HSTC 42-3
3. Larry Lung PTCF 35-2

POLE VAULT - 1. David Jayne PTCF 11-6 2. Mike Poindexter PTCF 11-6
3. Mike Thornton HSTC 11-0 4. Scott Thornton HSTC 8-0

DISCUS - 1. Roger Trujillo HSTC 100-9 2. Jim Dick HSTC 86-6
3. Frank Delgado PTCF 73-6 4. Dewey Jan PTCF 69-4
non-scoring D. Smith HSTC 72-8 M. Southwick HSTC 66-5
M. Thornton HSTC 64-5 L.Lung PTCF 62-4 M.Poindexter PTCF 50-0

HIGH SIERRA TRACK CLUB 113, PHAETHON TRACK CLUB 78

Y M C A SUMMER TRACK MEETS

Here are the results of two of the bi-weekly summer YMCA all comers track meets. These fun meets were again conducted in conjunction with the Clovis Recreation Department and were as much or more of a success as the past years. Chic Fero, this years meet director, did a superb job of meet managing and everyone had an enjoyable and profitable time.

Third Meet:

BOYS

50 yd dash	0-7	Gabby Ramirez - 8.0 - New meet record
	8-9	Bill Prindle - 6.7 - New meet record
	10-11	David Brown - 6.1 - New meet record
70 yd H.H.	16-17	Bishop Brown - 10.0
	18-Open	Gary Ellis - 9.5
100 yd L.H.	12-13	Pete Valdez - 17.5
100 yd dash	8-9	Bill Prindle - 12.7 - New meet record
	10-11	David Brown - 13.0
	12-13	Tie: Ed Delora - 12.7 Pete Valdez - 12.7
	14-15	Ron Nakagawa - 10.7
	16-17	Mark Morikawa - 10.6
	18-Open	Darryl Smith - 10.1
	40-Over	Jan Dewey - 12.1
220 yd dash	10-11	Jeff Gaffney - 30.2
	12-13	Ted Jeung - 28.6
	14-15	Steve Aguirre - 28.0
	16-17	Coy Kimberling - 26.9
440 yd dash	0-7	Gabby Ramirez - 1:24.0
	8-9	Bill Prindle - 1:08.5 Ties meet record
880 yd run	12-13	Scott Thornton - 2:30.0
	14-15	Jim Grieco - 2:20.2
	16-17	Tom Avery - 2:06.1
	18-Open	Darryl Cox - 2:02.2
	30-Over	Fernie Montanez - 2:07.0
Mile run	12-13	Scott Thornton - 5:31.0
	16-17	Mark Southwick - 4:39.3
	18-Open	Steve Hall - 4:38.1

Long Jump	8-9	Al Burdine - 11'9"
	10-11	Mike Cook - 12'8"
	12-13	Steve Todd - 16'1"
	14-15	Mark Pankratz - 19'2"
	16-17	Danny Williams - 19'11"
	18-Open	Steve Whetstone - 19'10"
Triple jump	12-13	Brian Murrey - 32'5½"
	14-15	Ron Nakagawa - 37'7½"
	18-Open	Al Foster - 40'8"
High jump	14-15	Bill Scarborough - 6'1" New meet record
	16-17	Mike Skow - 5'3/4"
	18-Open	Louis Torres - 6'3"
Pole vault	12-13	Scott Thornton - 8'6"
	14-15	Mike Thornton - 11'0"
Joggers mile	12-13	Mike Macias - 7:02 - 8 sec. off
	14-15	Jim Grieco - 5:24 - 4 sec. off
	16-12	Mark Southwick - 6:20 - 0 sec. off
	18-Open	Jim Farmer - 6:28 - 2 sec. off
	30-Over	Fernie Montanez - 6:19 - 1 sec. off
	40-Over	Ron Gates - 8:00 - 15 sec. off
2 mile run	12-13	Dave Higginbotham - 14:24.4
	14-15	John Swift - 11:26.3
	18-Open	Mike Lenneman - 9:48.4 - New meet record
Mile relay	18-Open	Fearsome Foursonie - 3:55.9
Discus	14-15	John Fletcher - 118'9"
	16-17	John Lutz - 126'5"
	18-Open	Ward Sorensen - 115'7"
	30-Over	Harold Zahlis - 94'0"
Shot Put	14-15	John Fletcher - 41'5"
	16-17	John Lutz - 44'2"
	18-Open	Ward Soresen - 41'11"
	30-Over	Harold Zahlis - 42'9"

GIRLS

50 yd dash	10-11	Nina Baker - 6.0 New meet record
100 yd L.H.	10-11	Dana Call - 18.7 New meet record
	12-13	Layna Zinch - 17.9
	14-15	Sheri Call - 16.6 New meet record
100 yd dash	10-11	Dana Call - 13.8
	12-13	Roxanne Wright - 11.8 New meet record
	14-15	Wendy Takemoto - 12.1 Ties meet record
220 yd dash	12-13	Roxanne Wright - 31.0 New meet record
	14-15	Carol Zelasko - 28.6
440 yd dash	8-9	Pam Ramirez - 1:31.5
880 yd Run	10-11	Jennifer Heaton - 2:58.0
	12-13	Denise Baker - 3:01.2 New meet record
	14-15	Sandy Todd - 3:13.0

50yd Dash- 0-7 -Gabby Ramirez-10.0
8-9 -Bill Prindle-7.2
10-11-Chris Mathos-7.0

100yd Dash- 0-7 -Gabby Ramirez-16.1
8-9 -Bill Prindle-13.1
10-11-Eddie Gandolfo-13.2
12-13-Sтивен Todd-11.7
14-15-Ronnie Nakagawa-11.0
18-on-Andre Hardeman-10.3

440yd Dash- 0-7 -Gabby Ramirez-83.5
8-9-Bill Prindle-71.5
12-13-Neil Stockton-60.0
14-15-Ronnie Nakagawa-58.0
16-17-Jim Black-53.6 New
18-on-Oswald White-55.8

880yd Run- 8-9 -Bill Prindle-2:52
10-11-Jerry Grieco-2:50

Mile Run--10-11-Greg Rivera-6:14 New
12-13-Scott Thornton-5:35
14-15-Russ Pickett-5:11
16-17-Mark Southwick-4:38.5
18-on-Jim Hartig-4:26
30-on-Fernie Montanez-4:38.5

Joggers Mile- 8-9-Andy Fisher-8:00-1:15 sec. Off. New Meet Record
10-11-Todd Cberman-6:57-.12 sec. off.
12-13-Neil Stockton-6:14-.09 sec. off.
14-15-Ron Kawaguchi-6:23-.07 sec. off.
16-17-Mark Southwick-6:14-.08 sec. off.
18-on-TIE-Jim Farmer-6:21-.01 sec. off.
Jeff Britton-6:29-.01 sec. off.
30-on-Verle Boney-6:04-.01 sec. off.
40-on-Ron Gates-8:10-.05 sec. off.
3-Mile-18-on-Carl Swift-15:33
40-on-Len Thornton-16:16

Long Jump- 0-7 -Gabby Ramirez-9'8"
8-9 -Marl Bretz-10'7"
10-11-Eddie Gandolfo-13'11"
12-13-Sтивен Todd-17'4"
14-15-Eric Kawagushi-18'0"
16-17-Bill Hurd-18'8"
18-on-Rodger Trujillo-22'2"

Triple Jump-10-11-Greg Rivera-30'0"
12-13-John Guarnera-31'11"
14-15-Dennis Morley-40'5"
16-17-Danny Williams-45'9" New Meet Record
18-on-Al Foster-41'2"

Pole Vault-12-13-Scott Thornton-8'0"
14-15-Rich Hoffman-10'6"
16-17-Bob Folsom-10'0"

Shot Put-18-on-John Lutz-43'7"

Discus-16-17-John Lutz-137'0"
18-on-Steve Hall-124'2" New

GIRLS

50yd Dash- 0-7 -Gia Gandolfo-

100yd Dash-10-11-Jennifer Heaton-15.7
12-13-Carrie Bretz-13.1
14-15-Ann Maxwell-12.7

440yd Dash- 8-9 -Susan Stringer-1:56.0
14-15-Sandy Todd-1:16.0

880yd Run-10-11-Jennifer Heaton-2:58

Mile Run-12-13-Denise Baker-7:05

Joggers Mile-12-13-Charity Lasso-6:21-.01

Long Jump-10-11-Jennifer Martin-11'8"
12-13-Carrie Bretz-14'3"
14-15-Susan Robertson-8'11"

DISTANCE RUNNING POINT TOTALS

by Dave Bronzan

Here are the latest totals in the Valley Distance Running Point Race. The top seven in each division at the end of the year (December) will be named to the "All Valley" Distance Running Team. Remember that the number of races you run is nearly as important as how well you do. Not included yet are the fourth Bunion Derby or Hume Lake.

<u>OPEN DIVISION:</u>	<u># of</u>	<u>ave.</u>	<u>Points</u>
	<u>races</u>	<u>place</u>	
1. Don Gregory(HSTC)	4	2.0	.50
2. Dave Bronzan(HSTC)	4	2.9	.72
3. Mike Russler(PTC)	4	3.0	.75
Curt Elia(PTC)	2	1.5	.75
5. Cliff Rees(FSTC)	6	5.8	.96
Rich Petersen(HSTC)	9	8.5	.96
7. Rich Lozano(LLS)	1	1.0	1.00
8. John Noonan(HSTC)	4	4.7	1.17
9. Craig Elia(PTC)	2	2.75	1.37
10. Kevin Dougherty(PTC)	1	1.5	1.50
11. Bill Cockerham(HSTC)	4	6.4	1.60
12. Jim Hartig(Unat.)	3	5.3	1.78
13. Greg Hall(FSTC)	3	5.3	1.78
<u>SENIOR DIVISION:</u>			
1. Len Thornton(HSTC)	8	1.1	.14
2. Sid Toabe(HSTC)	5	2.8	.56
3. Harry Harder(HSTC)	8	4.6	.57
4. Gene Lynch(HSTC)	6	3.5	.58
5. Bob Fries(Unat.)	3	2.0	.66
6. Bob Reynaga(HSTC)	4	3.0	.75
7. Ron Gates(PTC)	7	6.3	.90
8. Bob Stout(Unat.)	2	2.0	1.00

Valley Track Photos

COACHES - ATHLETES - FANS:

Nearly every photo appearing in VTF can be made available to you on order at the following rates:

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Fresno, Ca. 93702

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Event Schedule

SELMA FOUR MILER

Divisions: Open, 30-39, 40-49, and 50 plus.

Contact: Gary Self, 2102 Hicks Drive, Selma, California 93662.

Friday, September 14, 1973

FRESNO WATERMELLON RUN

Where: Men's Gym, Fresno State University

When: Saturday, September 15, all races start at 10:30 am. Registration 8:30 - 10:00.

Races: 2 miles - 4 miles - 6 miles.

Awards: Top 10 places in all 3 races based on closest predicted times.

Entry Fee: Fifty cents per person.

Afterwards: Free watermelon and swim.

N. A. S. SIX MILE

Saturday, September 29, 1973

Divisions: Open, Military, College.

Contact: Keith Westbay, Recreation Department
Naval Air Station, Lemoore, CA 93245