

NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION
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The Northern California Running Review is published on a monthly basis by the West Valley Track Club of San Jose, California. It is a communication medium for all Northern California track and field athletes, including age group, high school, collegiate, AAU, women, and seniors. The NCRR is available at many road races and track meets throughout Northern California for 25¢ an issue, or for \$3.50 per year by subscription (12 issues, first class mail). All West Valley TC athletes receive their copies by mail if their dues are paid up for the year.

This paper's success depends on you, the readers, so please send us any pertinent information on the NorCal running scene that you would like to see in print. We can always use good photos for our publication, preferably black & white, and of good contrast. All information should be sent to the editor, Jack Leydig, 603 So. Eldorado St., San Mateo, CA 94402 (Phone: 415-342-3181). Be sure and give photo credits, those competing, and the event being run. Any size print will do. Please do not send the negative. We will return prints after we're through.

Our publication is printed by Frank Cunningham; chief photographer is John Marconi, and our cartoonist is Marin AC's Lee Holley. We encourage others to send us cartoons for consideration. We can't pay you anything for the material used, but you will be doing a service to other athletes by sending information, etc. Some of our contributors this issue are: Bob DeCelle, Jon Hendershott, Elaine Pedersen, Bruce Drummond, Jerry Kokesh, Bob Anderson, Joe Henderson, Steve Lund, Bill Cockerham, Loren Lansberry, Manny Adriano, Jose Cortez, John Sheehan, Charles MacMahon, Tom O'Connor, Jim Hunt, and Mike Pinocci.

This issue marks the beginning of our third year of publication. We have decided to number our issues consecutively from here on out, instead of the old method (2nd Year, 10th month would be issue number 22, etc.). We are in the process of adding a new feature column called "Meet the Coach", which will probably begin with next issue or possibly the January copy. In addition, we are looking for more or less "permanent & dependable" reporters on the collegiate, high school, and women's level especially. Anyone who would like to become a "reporter" of this nature for our publication, please contact the editor. Hopefully we will have about 6 reporters in each category to fully cover everything. Duties would consist mainly of sending in schedules & results from your locale on a weekly basis.

COMING SOON: 1971 NORCAL DISTANCE ANNUAL

After having met with reasonable success in our first attempt at a distance running booklet for Northern California, we are in the process of regrouping for another effort that will be bigger and better than last year's. We intend to have more in the way of statistics and general information. If you have an article you'd like to have published in the Annual, please send it in for consideration by no later than Dec. 31, 1971. We hope to have the Annual ready for sale by the first of February. The cost will be no more than the \$2.00 we charged last year, and maybe we'll even cut it down to \$1.75 in trying to combat inflation. Last year we had a rather poor response in terms of photos for this booklet, at least we didn't get many until personal contacts were made. So we are making a plea for help, and soon. In particular, we are looking for: good group shots of runners, individual shots of top senior runners (don't be bashful, send us your picture!!), high school & collegiate runners (we really need these), and Club shots (doesn't have to be the entire club, but a good group shot is adequate). Any suggestions anyone may have concerning contents should be sent to the editor, Jack Leydig. Hopefully we will exceed 100 pages with at least that many photos...a real collector's item. Ask about advertising rates.

IN THIS ISSUE

An editorial on recent suggested legislation concerning women's long distance running; Northern California Portrait on ace senior runner Ross Smith; West Valley Portrait on sub-six hour 50 miler Jim Bowles; road racing schedule through the end of January; information on upcoming all-comers meets and indoor races; 1972 women's scheduling for first portion of year; race walking results; many high school and college cross country results; road racing results from the Chico 10 Km, the Berkeley-Moraga Run, and many partial results (we need help on results... come on you meet directors!!); a full page of pictures; & more.



CLUB NEWS

This section of our publication is devoted to various club news. If your club has any announcements or news that you would like to have printed, please send it to us. As long as the news is pertinent to track & field and kept to a reasonable length, we will print it, possibly in edited form owing to space limitations. Let's hear from you!!

WEST VALLEY TC NEWS: During the month of November, WVTC picked up five new members. Duncan Macdonald, 1050 Cloud Ave., Menlo Park, CA 94025 (Ph. 854-2901), becomes West Valley's first sub-four minute miler with his best of 3:59.6, set in the Pac-8 Meet in 1970. Duncan, 22 years old, also holds PR's of 1:52.2 for the 880 and 9:00.0 for two miles. In addition, he has gone almost 40 feet in the triple jump. Against the Pac-8 WSU Cougars' Championship team this fall, Dunc ran to a new Stanford course record while finishing third. Larry Main is 28 years old and lives at 124 Turk St., #504, San Francisco, CA 94102 (Ph. 971-9789). Larry has been running in the area for quite a while, beginning with his Hillsdale High School team in San Mateo. He then ran for the Univ. of Arizona. He has personal marks of 55.9 (440), 2:01.5 (880), 3:14 (1320), 4:27.1 (mile), 9:37.2 (2 miles), and 15:13.3 (5000m). He has also run a marathon in 3:28:45. Chuck Smead recently moved to Arcata from Southern California and joined West Valley, becoming eligible to run for the team just three days before the National AAU Cross Country Meet in San Diego. His current address is 1140-C "F" St., Arcata, CA 95521 (Ph. 822-6138). Chuck is only 20 years old, but

he has already run some amazing times, some of them set when he was only 18! Best track times include a 1:59 (880), 4:16 (Mi), 9:07 (2 Mi), 14:23 (3 Mi), 19:17 (4 Mi), 29:25 (6 Mi), and 11 miles, 1461 yds. for the hour run (when he was still in high school). His 2:23:04 marathon best also came when he was in high school. Chuck also has a 49:51 for a flat 10 mile on the roads. Clifton West had just moved when he joined the club, and we don't have his new address or phone number yet. Cliff is 21 years old and is a senior at UC Berkeley with best track times of 1:52.4r (880), 4:04.4 (Mi), and 9:01.4 (2 Mi). He just capped off his most successful cross country season at Cal with a 17th place finish in the Pac-8 six mile in Los Angeles. More on Cliff's new address and phone number next issue. Daryl Zapata lives at 814 Big Bend Dr., Pacifica, CA 94044 (Ph. 355-6624) and is 26 years old. Best track times include 55.3 (440), 1:58.9 (880), 4:24.6 (Mi), 10:01.1 (2 Mi), and 15:23.7 (3 Mi). He recently ran a good 1:31:40 for 25 Km. at the PA title race. Welcome to West Valley!! Enter all new addresses and phone numbers in your directory.

Only one address change for this month. Bill Scobey is moving to Southern California and will be living at 8140 Lesner Ave., Van Nuys, 91406 (Ph. 213-344-5324). He will be training under Lazlo Tabori at San Fernando Valley College and hopes to get his mile time under 4 minutes. He plans on switching to the 5000 and marathon for the Olympic Trials in Eugene.

Some spotty news on our various high school and collegiate runners, most of which is not reported elsewhere in this issue. Jim Howell, now temporarily living in Maine, ran a second place in the Green Mountain Marathon in Burlington, Vermont, on Oct. 24. His time was a 2:35:58. Ralph Thomas of Maine was first with a 2:31:43, but third was over 8 minutes back of Jim...Roy Kissin, a soph at San Ramon High, has been doing some really class running for his school. He is number 3 varsity man on the best team that San Ramon has ever had. The number one man, Mike Dayton, recently won the North Coast Section Finals over Bill Solomon. Roy ran frosh-soph at all invitationals and won every one with the exception of Terra Nova where he had a sub par day and took fourth. In the Pleasant Hill Invitational, Kissin recorded a 10:10.6 to wipe out Tom Hale's course record of 10:25.Burlingame's Peter Brown, after looking like a real contender for the CCS Title, came up with a rather severe knee injury before the league finals and will be sidelined for the rest of the season. Peter is only a junior, so he will be back next year....Jack Bellah of Leigh High in San Jose easily won the Leigh Blossom Hill Challenge (3.0 Miles) by smashing his own 1970 record of 17:55 with a 17:03. His team finished third.... Ron Genschmer, now attending Fresno Pacific College, is really turning into an animal. On Oct. 13 he was voted San Joaquin Valley Sportswriters' Athlete of the Week, not an easy award for cross country runners to get. He has consistently been his team's top man. On Oct. 9 he ran 24:45 and knocked 15 seconds off the Pacific College's course record; then on Oct. 19 in Turlock he did a 23:08 for 4.75 miles, followed by a 20:00.5 for 4.2 miles on the roads at the Reedley Road Race, also a new record....Humberto Hernandez finished 12th in the college division of the Pleasant Hill Invitational in a time of 25:28....Don Pemberton of Hillsdale High won the Mid-Peninsula League, although he was disappointed that Peter Brown didn't get to compete.... The Washington of Fremont High School team won the North Coast Section Meet at Logan High with Bob Grubbs leading the way in third, followed by Mike Pinocci in seventh. Mike Ruffatto, with a bad case of bronchitis, managed to sneak into the race and finish 24th. He is only a junior....Talk about improvement, John Sheehan has been doing just that. He ran a two mile time trial with his UC Davis team recently and smashed his old personal best of 9:34.7 by over 30 seconds with a 9:03, only to take second to Dwayne Harms (9:01). He had a 62 second last lap. In addition, he led his team to the Far West Conference Title with a 10 second victory (see college results section)....Mike Edmonds has also been running well, finishing fifth in the MVAL Finals in 15:06 and taking 14th in the NCS Region I meet (14:56).

The official splits for West Valley's "Green Team" and "White Team" at the Tahoe Relay: I don't know what order you guys ran in, but the team members and splits were as follows. You know what legs you ran. Green Team finished 30th overall in 9:07:18. Members were David Causey, Harvey Sandoval, Roy Kissin, Orval Osborne, Dan Bolster, Frank Cortez, and Vern Rose. Splits were: 1:22:08, 2:43:51, 4:01:14, 5:15:17, 6:23:32, 8:00:43, & 9:07:18. White Team finished 22nd overall with Harold DeMoss, Greg Swift, Jim Holl, Jim Bowles, Walt Edmondson, Neil Kruse, & Bob Greer. Splits: 1:17:55, 2:34:34, 3:46:26, 4:57:29, 6:12:30, 7:39:05, & 8:34:19. We also had a "Pink Team" that started off, composed of Bill Hansen, Herb Ashton, Bob Garrison, Mark Donnell, Sarah Roberts, Rich Croff, & Tom Hier. Only two splits were re-

corded that I know of. At the end of the 2nd leg, the split was 2:49:26, and the next split was 4:43:40 (no hand-off is marked on the result sheets so I guess that was that for the Pink Team). Congratulations to all who ran. Let's see if we can't get about 8 teams up for the Relay next summer!!

West Valley TC is making a big step by taking 4 teams to the National AAU Cross Country Championships in San Diego on Nov. 27. The tentative teams were: Blue Team (Alvaro Mejia, Don Kardong, Duncan Macdonald, Peter Duffy, Chuck Smead, Wayne Badgley, Dwayne Ray, and Bill Scobey); Green Team (Cliff West, Rich Delgado, Bob Crow, Ron Genschmer, Gary Berthiaume, Bill Clark, Jack Leydig, and Charlie Harris); Red Team (Joe McDevitt, Humberto Hernandez, Larry Main, Daryl Zapata, and Jim Bowles); High School Team (Don Pemberton, Ted McRice, Mike Edmonds, Mike Pinocci, Bob Telles, and possibly Jack Bellah & Mike Ruffatto). Hold it...just got the word that Telles is not going and Bellah is going for sure.

Just got another phone call...Art Reade has moved to 1450 Sequoia Ave., San Bruno, 94066 (Ph. 589-6215).

I just filled out forms for our 1972 Fiscal Year request to the AAU for a share of the surplus TV funds. Last year we made a similar application and received zilch, but with our expanded program and outstanding record this year, we should be able to qualify for a sizeable sum. A total of \$20,000 is available to needy clubs. We should hear of the results before the end of December. I will have the application available at the club meeting on Dec. 19 for any of you that would like to look at it.

Speaking of our club meeting....it will be on Dec. 19, beginning at about 6 pm. It'll be a dinner affair with new officers being elected and a host of other important items being discussed. Please fill out the attached mimeo sheet and return it to John Marconi as soon as possible so we can prepare for the dinner.

Concerning the club jerseys...many members have complained about the lettering on their jerseys fraying around the edges. Solution: don't machine wash them. Do it by hand with a mild detergent and warm water...and be gentle!! Jerseys have feelings too.

West Valley TC has tentatively set up a track run for Dec. 18 at Merritt College in Oakland at 10 am. There will be no entry fees and no awards. Purpose of the race is to get good track times at one or more of the following distances: 6 miles, 10 miles, 1 hour, 20 kilometers. This should be a good place to get a good time (or distance in the case of the hour run) as the track is fast and conditions are usually good at this time of year. Bill Kelly is working on getting the track made available on that date. If there is any change, the only way to find out will be to call Kelly (655-7052) or myself (342-3181). Anyone may run the race, not just WVTC members. It will be AAU sanctioned. If you desire to run, sign up the day of the race and bring a friend to count laps for you, regardless of what race (distance) you wish to run. All races will be run together and you may get times at any of the above distances and then stop, or continue if you wish. Assistance will be mandatory so bring a friend or two. Only officials available will be timers and it will be left up to the runners to provide lap counters. For more information, contact Jack Leydig or Bill Kelly.

For those WVTC members trying to run indoors this coming season, there are two ways to do so. Number one is that you're already a stud runner and can get an invitation by simply making yourself available. If you're interested in running in an indoor meet but aren't a stud already...then you can try and see if you qualify by running in some of the All-Comers Meets at College of San Mateo this winter (see track & field schedule). I understand that the January 8th meet will most likely be the main qualifying chance for at least some of the events, mostly in collegiate and high school divisions. If you're interested in competing and haven't let me know yet, please do so immediately (what meets, what events, and what times you expect to be running by the date of the meet). I will do my best to get as many into these meets as possible, but your times will do the most for you in terms of qualifying. The two local meets this year will be the SF Examiner All-American Games and Athens Invitational as usual. Those interested in other meets (San Diego, LA, Portland, Seattle, etc.), be sure and contact me.

THIS & THAT

Our apologies to Dan Anderson for cutting him out of a picture in last month's issue. He actually was following Darren George at the Walnut Festival Race, but I misjudged (miscalculated actually) when reducing the photo and he didn't quite make it into view...Congratulations to RC Striders Mike Dailey and George Kirk; both getting married in the near future we hear.

A total of \$74 has been collected so far in contributions for sending Alvaro Mejia to the Nationals in San Diego. His plane ticket cost \$403, so this really isn't going to help very much. The following people made generous contributions of one dollar or more: Ray Menzie, Dave Bronzan, Jim O'Neil, Jack Leydig, John Marconi, Chuck Smead, Bill Kelly, Billy Tracey and Rich Delgado. Thanks for the help. I am sure that Alvaro will do a good job in the Nationals. The club treasury is about at rock bottom after spending over \$650 on the Nationals (includes gas reimbursements and entry fees) and we could use any further help without question. Contributions of \$1.00 or more will be mentioned in the next issue of the NCR. Let's show some support for NorCal's first Boston Marathon winner.

Amidst the rush and confusion after the recent PA-AAU cross country (Senior) race in Golden Gate Park, your editor misplaced his trusty bull-horn. Can't remember if I set it down somewhere or temporarily lent it to someone, but I don't have it anymore. Last time I remember seeing it was near the finish at the south tunnel on the Polo Fields. If anyone picked it up by mistake, thinking it belonged to an official, please contact the editor at once. It's old and beat up pretty badly, but it's been a very helpful friend during the past year. A \$10 reward to he who returns it; no questions asked. It's possible that an official or an Olympic Club member picked it up thinking it was theirs. It's grey and black and has quite a few dents in it....Contrary to what was said in last issue, it seems that the Olympic Trials qualifying standard for the marathon is still not definitely set, but it seems likely that it won't be any less than 2:30 nor more than 2:45. These have been suggestions....For the past five years, the winner of the National AAU 50 Mile Run has been getting nothing more than a hearty handshake and a cheap trophy for his title. It is about time we sent our 50 mile winner to the London-Brighton run as part of his reward. We send the first five finishers in the National Marathon to Japan, Kocise, Enschede, etc. But the poor fifty mile winner ends up with blisters, sore legs and a bad disposition. We have been turning out excellent champions such as Houk, Deines, Beardall, Corbitt, McDonagh, etc. This year let's give the winner a crack at some of the Europeans. We are endorsing a measure to send Skip Houk to London for the 1972 race. We pay our dues and support our AAU. Now it is time they support us and give our AAU champion a trip he so readily deserves. If every member of our club and every runner who reads this article would write to the LDR Chairman, Bob DeCelle, it would be appreciated. His address is P.O. Box 362, Alameda, CA 94501....Speaking of 50 milers, here is the top 10 list for Americans in 1971. Only two are from the PA-AAU, quite a drop from last year. Only repeater is Jose Cortez, who is listed twice, his slower time coming on the way to his record 100 mile run in March. Jim Bowles, in tenth, ran his last 25 miles about 9 minutes faster than his first 25. (1) Skip Houk - 5:19:11, (2) Jose Cortez - 5:31:15, (3) Jim McDonagh - 5:36:52, (4) Vince Chiapetta - 5:39:14, (5) John Pagliano - 5:44:12, (6) Gary Dobrenz - 5:49:59, (7) Jose Cortez - 5:52:13, (8) John Pagliano - 5:52:23, (9) Ted Corbitt - 5:55:48, (10) Jim Bowles - 5:59:43.

An addition to last month's team results. At the Lake Merritt 10 Km. race, the West Valley Joggers & Striders defended their title, making it two years in a row....In the International Black Forrest Marathon (Germany) for women, Natalie Cullimore finished sixth out of a field of 72 in 3:59:54....Byron Lowry has been appointed as Athlete's Representative to the AAU by Bob DeCelle, newly elected National Long Distance Running Chairman....Another correction to the Lake Merritt 10 Km. results. Dale Severy, not Bill Kelly, finished fifth place in a time of 32:18....The West Valley TC is again organizing a group fare to Boston for the annual Marathon madness. More information in coming issues. Keep your eyes open....Speaking of marathons, the 1972 Western Regionals (West Valley Marathon) in Burlingame, will be held about a month earlier this year, on February 13, a Sunday, a 9 am. This will give a chance to high school runners who would like to compete. Last year the race was held after many had started their high school track seasons, thus making it impossible for them to run officially. An entry blank will be attached to each copy of the NCR next time.Notice that we have not started the new 1971-2 point totals for long distance running as of this issue. Reason: not enough results to show very much. Our first point total publication will be the December issue.

The next regular meeting of the Board of Managers, PA-AAU, will be held on Thursday, January 20th, 1972, at the Firemans Fund Building, 3333 California St., San Francisco at 8 pm....The dates for the AAU distance championships for 1972 are as follows: 15 Km (Littleton, Colorado - Aug. 5), 20 Km (Dedham, Mass. - Sept. 9), 25 Km (San Diego - Dec. 18), 30 Km (Central Park, NYC - Oct. 15), Marathon (No. Syracuse, NY - May 21), 50 Miles (Rocklin, CA - Oct. 29), and cross country (Washington Park, Chicago - Nov. 25). The Hour Run will be a postal event as usual, with various locations sending results to John Brennand, Chairman, 4476 Meadowlark Lane, Santa Barbara, CA 93110....US Fifty Mile Champ Skip Houk was recently awarded the Central California AAU's outstanding distance runner for 1971.

New Registration Forms for 1972 are now available from the District Office, 942 Market St., Suite 601, San Francisco, CA 94102. The same form is to be used for either new Registration or Re-Registration and is being employed on a National level. The standard fee is still \$1.50 for your AAU card, but there is an optional \$1.00 for Insurance. The insurance covers only AAU sanctioned meets (travel to and from) and applies to all categories of athletes with the exception of Boxing, Luge, and Bobsledding. It is valid for the calendar year and carries a \$25.00 waiver clause. In the event you are a member of a Club please check the Club's insurance program (if it has one), as you may already be completely covered for workouts and AAU Sanctioned Meets. A brochure is available if you are interested. Please continue to send in bulk applications when possible, in alphabetical order with triple-spaced list of athletes names. (All WVTG members should have their new applications attached to this issue). Please be sure to send it in at once to make sure you are properly registered to represent your club. Do not fill in the club code unless you know what it is. The sport codes (major & minor) are listed on the back of the forms. ***** Send in your registrations early.

EDITORIAL

In the past, women have always had to take a back seat when it comes to long distance running. It seems that many old men in high political positions within the AAU organization have always deemed it either "improper" or "too dangerous" for the opposite sex. Official entry in a men's distance race until only recently was taboo. Women are now allowed to officially run in races up to ten miles, a fairly progressive step, but not much of a help to those women who would like to try marathoning, or even something slightly over ten miles. Obviously, nothing is going to stop an individual from competing in any race he chooses, but in the case of women, they still cannot do it officially at certain prescribed distances. I'm sure most of us remember the scene created a few years ago when Jock Semple personally took it upon himself to attempt removal of a young lady from the Boston Marathon, simply because she was not an "official" runner. This sort of thing, it appears, will soon be a thing of the past, and if I may say so, it's certainly about time. The following paragraph is a copy of the letter I have sent Mr. DeCelle, Men's National Long Distance Running Chairman (AAU), as a recap of the meeting held recently concerning just this question: "Why can't women compete with men at any distance?"

"On Wednesday, November 10, 1971, a special meeting on Women's Long Distance Running was called at the request of Mrs. Pat Rico. The meeting, held at the Fireman's Fund Bldg. in San Francisco, was attended by Mr. Robert E. DeCelle (Natl. Men's LDR Chairman), Dr. C.H. Brown (Medical Counsel to Mr. DeCelle), and Mrs. Roxanne Andersen (PA-AAU Women's Track & Field Chairman). Mr. Jack Leydig (Secretary of Natl. Men's LDR Committee) sat in as an observer. The committee recommended that legislation be prepared concerning the removal of limitations currently placed on Women's Long Distance Running in the United States. In effect, it was suggested that this legislation permit women to compete in the same races as men, regardless of the distance, providing the women participants were scored and awarded separately from the men. For the interim period, this was to be put into effect and considered as policy. It was also requested that Dr. Ken Foreman (Chairman of Natl. AAU Women's Long Distance Running Sub-Committee) review the recommendations set forth by this committee, add his own thoughts on the matter, and put them into legislative form. This would then be sent to Mrs. Pat Rico and the members of the special committee for final comments and/or approval. Mr. DeCelle stated that he wanted to emphasize the fact that by proposing this legislation, the National Men's Long Distance Running Committee was in no way attempting to interfere with or usurp the authority of the National Women's Track & Field Committee or its Long Distance Running Sub-Committee."

So it now appears fairly imminent that women will be able to "officially" compete with men at any distance, as long as they are scored and awarded separately, a rather trivial limitation. I feel that this move is an important one, and one which can be attributed mostly to more progressive AAU politicians who have come to realize that women are going to run in men's races anyway, so it might as well be officially. Any further news on the pending legislation will be printed in upcoming issues of the NCR.

ADVERTISING

Interested in selling your product? With a circulation of almost 500 per month (including 330 mailed subscriptions), the NCR will get results for you. Why? Because we advertise to a select group --- track & field athletes!! Our rates are inexpensive and effectively improve sales for you: 50¢ per line, based on a 7 1/2 inch line, normal type, 12 characters per inch; for reproduction work - 25¢ per square inch for straight black and white, except 50¢ per square inch where half-toning (shading) is necessary. The per square inch rates apply to the final size you want your ad (we reduce or enlarge as required). If you desire to simply enclose an insert (8 1/2 x 11), the rate now varies with the number of issues we mail and the size of our issue. If the insert causes our mailing weight to exceed one ounce, then we must charge the extra postage (currently about \$26.00) in addition to a flat rate of \$5.00 for the insert (may be printed on both sides). We usually don't know how big our issues will be until they're sent to press. For more details, write the editor. For inserts, send 500 copies per month. All checks should be payable to West Valley Track Club.

TEAM DISCOUNT: If you are a member of a recognized AAU, college, or high school team, you are entitled to a major discount on prices quoted in the enclosed RUNNING SHOP price list. These discounts are available from both the Larkspur Office at 924-6370, and the Berkeley Office, located at 1515 Cornell (Phone 525-2748); write or call now! (Only mailed issues have insert this time because we got them to late last issue).

NEW ROAD KING SHOES: New brown suede reverse leather style for running and casual wear, available in addition to the regular white two-stripe running shoe. Extra cushion and improved construction minimizes road shock. Why fight blisters and sore tendons? Wear ROAD KING!! (ed. - the new models are so classy you can get into just about any restaurant with them). Contact NorCal Distributor, Don Pickett, 1800 Vistazo West, Tiburon, CA 94920 (Ph. 435-1117), evenings only. Don is also at most area road races with a good selection of sizes and styles. Check him out next time. In addition to shoes, Don has marathon insoles, nylon shoe strings, shoe repair kits, and heels.

VICS' SPORTS - ADIDAS RUNNING SHOES: You may have noticed recently that Vito D'Aloia is also getting into the shoe selling act at local road races. He sells Adidas training and racing flats, socks, insoles, Gatorade powder, shorts, and a variety of other handy running items. If you have trouble finding him at a race, you can always contact him at 2289 Kenwood Avenue (Vics' Sports), San Jose, CA 95128 (Ph. 408-296-3982). Look him up next race and check over his wide selection.

RUNNING UNLIMITED: (Tiger Distributor for Northern California) - With the dock strike cutting off most of the Tiger supplies, Tom Laris was one step ahead of everyone...he got his supply stocked before the strike. He still has a complete stock of most all sizes and styles. Running Unlimited now has two distribution centers besides the main office in Palo Alto (407 California Ave., Ph. 328-4274). If you live in the East Bay, you can contact Bill Yee at 2262 41st Ave., Oakland, 94601 (Ph. 533-4545). Bill is open for business from 5 to 9:30 pm on Monday thru Friday or by appointment. Or, there is now a new San Francisco Office: Bob Crow handles sales in the North Peninsula and Marin County areas. He is located conveniently at 5655 Geary Blvd., San Francisco, 94121 (Ph. 387-2337). His hours are 6-10 pm, Sunday thru Thursday, or by appointment. *** The Tiger brand is by far the most popular distance shoe on the market...take a look around you at the next road race. RUNNING UNLIMITED also carries shorts, shirts, insoles, running books, carrying bags, spikes, and a variety of other athletic needs. Check out either Tom, Bill or Bob at the next road race. If you are a high school or college runner, ask your coach about getting a special rate by buying Tigers for the whole team. For the price you can't beat 'em.

SPECIAL CLOSE-OUT SALE ON 1970 NORCAL ANNUALS: If you have been putting off buying your 1970 NorCal Distance Annual, now is your chance to make a savings. We have slashed our prices from \$2.00 to \$1.25, a price you cannot afford to turn down. A full 80 pages of articles on your favorite runners...perhaps on you. Almost 100 pictures and a marathon list that goes all the way down to 2:50 for open runners, 3:20 for seniors, and 5 hours for women. In addition, the Annual contains a complete list of distance running clubs' addresses, ideal for mailing out entry forms for your next race. Don't wait; our supply is running out. Get yours at our newstand or by mail (add 15¢ for 3rd class postage). Order from editor (see front page) & make checks payable to West Valley TC.

EXTENDED SALE ON NCR SUBSCRIPTIONS!! We have had such a good response to our reduced subscription sale of \$2.50 a year for the NorCal Running Review, that we have decided to extend the sale through the end of the year. If we receive your order by no later than Dec. 31, you can still take advantage of our reduced subscription rate to celebrate our 2nd Anniversary. This represents a savings of \$1.00. All subscriptions are sent first class mail, so you receive yours within a day of mailing if you live in Northern California. Renewals are still \$3.50 a year...the \$2.50 is only for new subscriptions. Give an NCR subscription to a friend for a Christmas present. It's something he or she can enjoy the whole year long. Checks should be payable to West Valley Track Club. Indicate what issue you would like to start with. You'll receive 12 issues, one per month, for your \$2.50.

NORTHERN CALIFORNIA PORTRAIT

Meet Ross Smith: Reno, Nevada (West Valley Joggers & Striders). 5'6", 120 lbs., 43 years old, born Dec. 11, 1927, Turlock, Cal., married with three children who all run. Currently employed as Professor and Chairman of the Department of Chemical and Metallurgical Engineering at the University of Nevada in Reno. Began running in 1945, stopped in 1950, but began again in 1968. Self-coached.

TRAINING: Winter, usually once a day. Summer, spring, and fall, often twice a day, averaging 6 days a week of 80-120 miles a week. I train about 11 months out of the year, and then usually take a total of about a month off during the summer for backpacking in the Northern Rockies and/or High Sierras. Longest ever training run: 28 miles.

BEST TIMES: (All 1971 times) - 2 miles (10:34), 10 km. (34:45), short marathon (2:33:27) at Napa, 14 mile Berkeley-Moraga Run (1:20:07), 68:18 on 6th leg of Tahoe Relay, averaged 5:23/mile for 26 miles on 24 hour relay. Favorite distance: 10-20 miles. Favorite frequency of competition: "I would like to race every other week, but I seldom can do this."

DESCRIPTION OF RACING & TRAINING: "Most of my training is on the desert mountains around Reno. A typical 13-20 mile training run will include a 1500-3500 foot elevation gain. During the warmer months in Reno, I will frequently (3-4 times a week) do several miles of interval work on a track during a short second workout. During the winter, I'm afraid to do this type of training and stick to the long runs. The pace of these long runs varies with how I feel and how much climbing is required (speed that I will do any one mile in will vary all the way from around 5:30 a mile to 9 minutes a mile uphill). During a race I like to go out fast (for a senior runner). Sometimes this means I'll fade later in a race, but I seem to be holding up better as of late and finishing fairly strong. I upped my training to an average of about a hundred miles a week at the start of this past summer. This increased mileage appears to have brought results." (Ed. - I think we'll be hearing a lot more from Ross Smith, as his fast 25 mile at Napa seems to bear out. A sub-2:35 marathon is certainly within his reach in the next year or two if his training continues at this level without injuries.)

WEST VALLEY PORTRAIT

Jim Bowles is a runner blessed with fairly good speed, but who likes to run ultra-distance. He currently has the 10th best 50 mile time in the nation and has dipped under 6 hours for the first time...a prelude of better things to come. Jim's current address is 9830 Lincoln Village, Apt. 51, Sacramento, CA 95827 (Ph. 916-363-0126). Jim is 22 years old, single, and is currently a physical education instructor. In addition, he is attending Sacramento City College on a part time basis. He graduated from Vincentian Institute in 1968. Before coming to California and joining West Valley, Jim was an active member of the New York AC, for the period 1967-69. Currently in the service, he expects to be "free" in something like 415 days.

While he trains as if he did nothing but ultra-marathoning, Bowles likes to try competing in all events. Some of his personal records are 10.8 (100), 24.3 (220), 54.9 (440), 4:11.8 (Mi), 10:21 (2 Mi), 10:35 (3000m SC), 7:53 (Mi Walk), 4'9" (HJ), 18'6" (LJ), 11'3" (PV), 34'4" (SP), 5:59:43 (50 Mi). His 50 mile time came at the recent National Championship race in Rocklin, where he finished fifth. He knocked over 25 minutes of his previous best for the distance, but what was more spectacular, he ran his second 25 miles about 9 minutes faster than his first 25. He ran faster than Jose Cortez by about 5 minutes over these last 25 miles, seeming to indicate that he most likely could have gone much faster.

Jim has had some exciting moments during his running career, but two seem to stand out above all the others. In 1967, Jim had a chance to compete against Marty Liquori in an indoor mile run. He finished second place to Marty in that race, marking a memorable moment in his career. In May 1970, Jim decided he would try and do his own pentathlon at an Air Force meet in Texas. Competing in five events on the same day, he managed three thirds, a fourth and a fifth. The third place finishes came in the 3 mile, the pole vault, and the steeplechase; the fourth in the mile; and the fifth in the 880. Quite a remarkable accomplishment. He helped his team to a second place finish at the meet. Looking toward the future, he hopes to improve at his current rate and to remain at his present level of interest. Who knows? Next year Jim may dip into the 5:30's for 50 miles. His large volume of training mileage would certainly seem to indicate he could do this. It is not unusual to see him putting in 150-200 miles a week in long runs around the Sacramento area.

LONG DISTANCE SCHEDULE

Note: All runs listed below are sanctioned AAU events except those specified as DSE races. These are strictly run-for-fun events that are sponsored by the Dolphin/South End Runners of San Francisco. Some of the races listed below are out of the PA-AAU (we have many subscribers now that are out of the local area and are getting requests for expanded schedules - here they are). These non-PA races are designated by an asterisk in parentheses (*). All requests for entries should be directed to the addresses listed (if noted). More information on the SPA-AAU LDR schedule can be obtained by sending a self-addressed, stamped envelope to John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93110. Likewise, for other associations: Pacific SW (Tom Bache, 4920 Kane St., San Diego, CA 92110), Southern Nevada (John Romero, 438 E. Sahara, Las Vegas, Nev.), and Central Calif. (Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702). DSE Race information can be obtained from Walt Stack, 321 Collingwood St., San Francisco, CA 94114. A complete schedule of 1972 PA-AAU races should be out by the first part of December (usually available at the Petaluma Marathon). Send a self-addressed, stamped envelope (16¢) to the PA-AAU, 942 Market St., Suite 601, San Francisco, CA 94102. Abbreviations are used to indicate the Association of the AAU, below. Attn: John Brennand, John Romero, Tom Bache, Bill Cockerham, Walt Stack --- please send us your 1972 long distance schedule as soon as possible so we can print them in next issue. Send to the editor. Thanks.

- Dec 4 - Avocado Lake 4 Mi. Valley Championship. Cameron Ostrand, 197 W. Sycamore, Reedley, CA (*CCA)
- Dec 4 - New Ways AC Cross Country Invitational. George Wright, Political Science Dept., Chico St. College, Chico, CA 95926.
- Dec 4 - 5 Mile Handicap, Valley H.S., Las Vegas, 10 am. (*SNA)
- Dec 5 - Pepsi 20 Mile Run, Sackey (Burbank HS), 12 am. Roadrunners, P.O. Box 2271, Sacramento, CA 95810.
- Dec 5 - Western Hemisphere Marathon, Culver City, 8 am (Entries close 11/26). Carl Porter, W. Hemis. Marathon, Culver City Recreation & Parks Dept., P.O. Box 507, Culver City, CA 90230. (*SPA)
- Dec 11 - 10 Km. Track Run, Valley H.S., Las Vegas, 10 am. (*SNA)
- Dec 11 - Mooney Grove 5 man-15 mile relay. Jerry Hobbs, 15616 Avenue 328, Ivanhoe, CA. (*CCA)
- Dec 12 - PA-AAU Marathon Championships, Petaluma, 10 am. Peter Mattei, 1000 North Point, San Francisco, CA 94109.
- Dec 12 - 10th Annual Apple Valley Blind Handicap, 6.4 & 3.2 miles, 11 am. (*SPA)
- Dec 18 - Track Run at Merritt College, Oakland, 10 am (6 Mi, 10 Mi, 1 Hr, 20 Km). Place & time are tentative, check with Jack Leydig, 603 S. Eldorado, San Mateo, CA 94402 (Ph. 342-3181) or Bill Kelly, 5552 Broadway, Oakland, CA 94618 (Ph. 655-7052) before going to race (sign up there). Bring a friend to count laps...all races will be run simultaneously. No entry fee or awards.
- Dec 18 - So. Nevada 30 Km. AAU District Championships, Vo. Tech., Las Vegas, 10 am. (*SNA)
- Dec 18 - Mission Bay 15 Mile, Mission Bay, San Diego, 10 am. Mission Bay 15, Box 1124, San Diego, CA 92112. (*PSWA)
- Dec 19 - Mini-Marathon, Madera, 13 Miles. Dee DeWitt, 521 Willis, Madera, CA. (*CCA)
- Dec 26 - Devil Take the Hindmost 12 Miler, Griffith Park, 9 am. (1 Mile loops, 1/12 of field eliminated each lap). (*SPA)
- Dec 31 - 12th Annual Midnight Run, 10 Km., midnight. Runner's World, P.O. Box 366, Mtn. View, CA 94040 (Ph. 969-9700). No entry fee or pre-registrations required. Meet at Foothill College, Los Altos Hills.
- Jan 2 - 20 Km. AAU District Championships, Vo. Tech., Las Vegas, 10 am. (*SNA)
- Jan 9 - PA-AAU 15 Km. Championships, Napa, 10 am. Bill Yee, 616 Hillsborough, Oakland, CA 94606.
- Jan 15 - Mission Bay Marathon, San Diego, 8 am. Entries close Jan. 10. P.O. Box 1124, San Diego, CA 92112. (*PSWA)
- Jan 15 - Mini-Marathon, Henderson to Las Vegas, 13 Mi., 10 am. (*SNA)
- Jan 16 - 13.5 Mile Road Run, Sonoma St. College, 10 am. Bob Lynde, Track Coach, Sonoma St. College, Rohnert Park, CA.
- Jan 22 - 15 Kilometer Handicap Race, Valley H.S., Las Vegas, 10 am. (*SNA)
- Jan 23 - PA-AAU 20 Km. Championships, Portola Valley School, 10 am. No pre-entries necessary, sign up at race.
- Jan 29 - Magnan Memorial 20 Miler, Woodside, 10 am. RC Striders, c/o Mike Ipsen, P.O. Box 868, Redwood City, CA.
- Jan 29 - 30 Kilometer Handicap Race, Vo. Tech, Las Vegas, 10 am. (*SNA)
- Feb 5 - Las Vegas Marathon, Univ. of Nevada, Las Vegas, Time to be announced. (*SNA)
- Feb 13 - Western Regional Marathon (West Valley Marathon), Burlingame H.S., 9 am. West Valley TC, c/o Jack Leydig, 603 So. Eldorado, San Mateo, CA, 94402 (Ph. 342-3181). Winner gets paid trip to either National Championship or Olympic Trials Marathon.

TRACK & FIELD SCHEDULE

All-Comers Meets: This winter, the Northern California Track & Field Association will again conduct a series of meets at the College of San Mateo, beginning the weekend of Dec. 4 and again on the following Saturdays: Dec. 11, Dec. 18, Jan. 8, Jan. 15, & Jan. 29. Please note, there will be no meets on Christmas and New Years Days and there will be no meet on Jan. 22 because of the Cow Palace Meet the night before. Field events start at 11:30 am and running events at noon. The entry fee is 50¢ and 1/4" spikes or flats are required on the all-weather track. Showers & lockers are available but the athlete will have to supply his own towel and lock. The 60 yd., 220 yd., 440 yd., 880 yd., Mile, 60 yd. HH, LJ, TJ, HJ, PV, SP, and Discus will be held in the open and high school divisions. In addition, there will be the javelin and 3 mile (open) and 2 mile (high school). Requests for special events, other than those mentioned, must be submitted ten days in advance and be sufficiently competitive to warrant adding to an already lengthy schedule. Inquiries should be sent to Harry Young, 2120 Adeline Dr., Burlingame, CA 94010 (Ph. 343-3778 - home; 574-6452 - business). At Sacramento State College there will be three all-comers meets on Dec. 4, 11, and 18 on the all-weather track. Contact Doug Essary, 4401 Surita St., Sacramento, CA 95825. On Dec. 4 there will be 2 & 3 Mi. postal races (all divisions) before the all-comers.

Trials for the All-American Meet (SF Examiner Indoor at Cow Palace on Jan. 21) will be conducted for mostly collegiate and high school events on Jan. 8 at the regular College of San Mateo All-Comers. Most of the other events will be invitational (open events) and so you will stand a better chance of being chosen if you compete in the early meets too, trying to get good qualifying times or distances for your event(s). Special Note: Art Reade, Duwayne Ray, and several other members of WVTC are interested in qualifying for the SF Indoor Meet. Art (and others) would like to assure fast fields in the mile (and possibly 3 mile and other events) on certain days during the CSM All-Comers Meets. Too often a good runner will show up all by himself and have to try and turn in a good solo performance...sometimes very difficult to do. So if you'd be interested in getting together fast fields in any of the middle distance or distance events on certain days at CSM, phone or write to Art (1450 Sequoia Ave., San Bruno, CA 94066 - Ph. 589-6215). Even if you do not want to run a fast race yourself, if you'd be interested in setting a fast first half pace for the rest of the field, let Art know. The Athens Invitational (Indoor) will be held on Feb. 12 this year.

Southern-California All-Comers Meets: (Courtesy of George Kerr) - Partial listing - Dec. 10 (Glendale College, 3 pm; Cal-State Fullerton, 2 pm); Dec. 17 (Cal-State Long Beach, 3 pm); Dec. 19 (Long Beach Wilson High, 10 am); Dec. 30 (Mt. SAC, 10 am); Jan. 7 (Cal-State Long Beach, 3 pm; Cal-State Fullerton, 2 pm); Jan. 14 (Cal-State Fullerton, 2 pm); Jan. 21 & 28 (Cal-State Fullerton, 2 pm); Jan. 29 (Mt. SAC, 10 am); Feb. 4, 11, & 18 (Cal-State Fullerton, 2 pm).

Other Indoor Meets: Jan. 22 (Sunkist Invit., LA), Jan. 29 (Oregon Invit., Portland), Feb. 6 (Seattle Indoor), Feb. 11 (LA Times Invit.), Feb. 19 (San Diego Invit.); Natl. AAU Indoor will be held on Feb. 25, Friday, in New York (Madison Square Garden).

HIGH SCHOOL & WOMEN'S SCHEDULING

Dec 4 - National Postal Competition (H.S.) at San Jose State's tartan track.
Dec 10 - 11th Annual Carlmont to San Carlos Turkey Trot, 3 pm.
Dec 28-30 - National AAU Women's Track and Field Clinic at Hayward (Cal-State).
Jan 8 - Cow Palace All-American Trials at College of San Mateo, 11:30 am for field events, noon for running events.
Jan 29 - Athens Invitational qualifying meet at San Jose C.C. for women (maybe high school too?? - someone please advise me), 11 am.
Feb 6 - Women's Winter Championships at College of San Mateo. Dr. Harmon Brown, 2335 David Ct., San Mateo, 94403 (Ph. 341-5726).
(Also contact Dr. Brown concerning the clinic on Dec. 28-30).
***Contact Mr. Estle Agrabright, 18430 Baylor Ave., Saratoga, CA 95070, concerning information on Jan. 29 meet at San Jose CC.

RACE WALKING

Dec 5 - Petaluma Marathon, with runners. Walking 40 Km. and 25 Mile Road Championships, 10 am.
Dec 26 - 7th Annual 20 Kilometer Walk, S.F. State College track, 10 am.
Jan 8 - Junior National 35 Kilometer Walk Championship, Stockton.
****Further information concerning race walking can be obtained from either Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 456-2641), or Steve Lund, 10 Francis Ave., #1, Larkspur, CA.

We finally have some results, thanks to Manny Adriano and Steve Lund. Keep them coming...including scheduling for next year!!!

Bill Ranney Eases to Seven Mile Fairfax Victory: (Fairfax, CA - Sept. 12) - Athens AC's Bill Ranney, really doing some walking as of late, scored an easy two minute victory over Steve Lund, as Goetz Klopfer was shunted to third. Ranney recorded a good 54:38 as only Lund and Klopfer succeeded in breaking an hour behind him. The other finishers: (2) Lund - 56:29, (3) Klopfer - 59:31, (4) Roger Duran - 60:24, (5) Jim Bentley - 62:53, (6) Manny Adriano (WVTC) - 62:45, (7) Brad Bentley - 62:53, (8) Wayne Glusker (WVTC) 63:30, (9) Jerry Lansing - 67:12, (10) Don Horan - 69:25, (11) Sheryl Robinson - 69:56, (12) Bryan Snazelle - 70:00, (13) Jack Halligan - 72:00, (13) Lyndon Blodgett - 72:45, (14) Phil Mooers (WVTC) 74:52.

Klopfer Nips Ranney and Bean at Stockton 5 Km.: (Stockton, CA - Sept. 25) - The Stockton Race Walkers hosted another AAU Sanctioned race walk at Micke Grove Park in Stockton. The 5 kilometer event was held on a cross country, road-track course, winding throughout the park and zoo, and was an all-comer, age group race. The various divisions included an open, 14-15, 12-13, 10-11, and under 10, as well as a masters division and a women's division. Respectively each division was won by Goetz Klopfer, James Bentley, Jr., Mike Brenner, Greg Bentley, Phil Mooers, and Sheryl Robinson. Best form award went to Jackie Dooley and Lyndon Blodgett. Outstanding Age Group Walker went to Dave Fuschak, and Greg Bentley won the award for showing the greatest improvement in 1971. The start was not handicapped. Most outstanding time was turned in by Greg Bentley. He turned nine years of age last month and he has been walking competitively less than eight months. He bettered his 5 Km. time by five minutes. The close battle up front was taken finally by Goetz Klopfer by 17 seconds over Bill Ranney. Jim Bean was another 21 seconds back and then came a big gap. The results: (1) Goetz Klopfer - 22:17, (2) Bill Ranney - 22:34, (3) Jim Bean - 22:55, (4) Jim Hanley - 24:53, (5) Jerry Lansing - 24:53, (6) Jim Bentley - 25:34, (7) Brad Bentley - 26:17, (8) Kevin Brintnall - 26:36, (9) Brian Snazelle - 26:40, (10) Jack Halligan - 29:12, (11) Lyndon Blodgett - 29:16, (12) Phil Mooers (WVTC) 29:38, (13) Sheryl Robinson - 29:59, (14) John Loeschhorn - 30:54, (15) Mike Benner - 31:07, (16) Greg Bentley - 31:11, (17) Jackie Dooley - 31:32, (18) Dave Fuschak - 31:36, (19) Eugene Quilintang - 35:18, (20) Halia Coleman - 35:22.

Ranney Second in US-Canada Walks: (Lake Placid, NY - Oct. 2) - 20 Km. - Ron Laird teamed up with Bill Ranney to give the U.S. a 1-2 sweep of this event with Laird recording a 1:38:35.2 and Ranney getting 1:40:30. Marcel Jobin of Canada was next in 1:41:34, and Bob Bowman of the U.S. team got fourth in 1:42:54. John Knifton (US) finished second in 1:39:23, but was disqualified.

Klopfer Over Ranney Again: (Lake Merritt, Oakland - 5 Km. - Oct. 10) - Under ideal weather conditions, 10 walkers scattered among about 200 runners walked a 5 kilometer race around Lake Merritt in downtown Oakland. As usual, the walkers were lost in the shuffle and the 'race' turned out to be 10 individual solo time trials. Sheryl Robinson really looked impressive in beating veteran Phil Mooers and improving her PR by a great 48 seconds. Goetz Klopfer showed his Pan-American Games form by taking a fairly easy victory over Bill Ranney (36 seconds). The 10 finishers that we know about: (1) Klopfer - 21:58.4, (2) Ranney - 22:34, (3) Roger Duran - 23:28, (4) Jim Bentley - 25:10, (5) Brad Bentley - 25:57, (6) Manny Adriano (WVTC) - 26:13, (7) Bryan Snazelle - 27:10, (8) Sheryl Robinson - 29:11, (9) Phil Mooers (WVTC) 30:10, (10) Greg Bentley (9) - 33:13.

10 Mile Handicap Race, Lake Merced, S.F.: (Oct. 24) - In what turned out to be about the best handicapped walking race in recent memory, Goetz Klopfer pulled out a squeaker over Bill Ranney (timewise - 1:13:58 to 1:14:21) and also won the handicap, but by an even closer margin, 9 seconds over Brian Snazelle, who got a 16 minute head start. The first four handicap finishes were within 23 seconds. (Following are the 6 finishers, their handicap, 5 mile split, total actual time, and adjusted handicap time). Order of finish is based on handicap. (1) Goetz Klopfer (0, 37:11, 1:13:58, 1:38:58), (2) Brian Snazelle (16, 44:52, 1:30:06, 1:39:09), (3) Steve Lund (10, 43:10, 1:24:10, 1:39:10), (4) Bill Ranney (0, 37:12, 1:14:21, 1:39:21), (5) Bob Kitchen (0, 38:20, 1:16:03, 1:41:03), (6) Phil Mooers (WVTC) (25, 51:16, 1:44:09, 1:44:09). *** Added notes: Manny Adriano came with intentions of going only 5 miles and did so in 42:24. Lund intended to not walk at all and got conned into a good handicap and so walked anyway. No walkers were disqualified.

Bob Kitchen Sets World 35 Km. Walk Best: (Nov. 21 - no site available) - Athens AC ace Bob Kitchen, returning to good form (and how!!), set a world walk record at 35 kilos in a time of 2:47:34.0. The old world mark was 2:48:22.2 by Christoph Hohne (E. Germany in 1964) and the old American standard was really toppled (Goetz Klopfer, 3:01:08.0 set in 1970). Any more details that we hear about will be given next issue.

WOMEN'S RESULTS

Walnut Festival Races, Sept. 19: 3/4 Mile, 9 & Under Division: (1) Jeanette Allred (Sac'to) 4:28, (2) Liz Burris (Sac'to) 4:32, (3) Tammy Reneau (Bridgeport) 4:34, (4) Chris Poor (Bridgeport) 4:35, (5) Amy Van Tassel (Sac'to) 4:36. 3/4 Mile, 10/11 Division: (1) Jill Purdy (San Jose) 4:13, (2) Pam Bowers (San Jose) 4:14, (3) Shawn Seibel (Sac'to) 4:15, (4) Chris Sakelarios (Redwood City) 4:16, (5) Kim McDonald (Redwood City) 4:17. One Mile, 12/13 Division: (1) Renee Nelson (Sac'to) 5:23, (2) Janet Burns (San Jose) 5:34, (3) Pam Allen (Lassen) 5:50, (4) Estella Guina (San Jose) 6:38. 1.9 Miles, Women's Division: (1) Robbie Reneau (Bridgeport) 10:27.2, (2) Shirley Springer (Fresno) 10:31, (3) Ronnie Rivett (Lafayette) 10:43, (4) Liz Healy (Fairfield) 10:49, (5) Collene McManus (San Jose) 10:57. Team Awards: 9/under - United San Juan (28), Salinas TC (50); 10/11 - San Jose Cindergals (40), United San Juan (61); 12/13 - San Jose Cindergals (24), United San Juan (37); Women - San Jose Cindergals (15), Lassen (41). *** A total of 208 girls ran in the four age-group races conducted under the direction of Chairman Frank Sutton.

First Annual Fremont "Atalanta": (Oct. 2 - 8 Miles for Women only) - On Saturday, Oct. 2nd, the mythological Goddess Atalanta reappeared in the city of Fremont in conjunction with the Marienda Grande Festival. Legend states that this lovely elusive lady vowed to wed only the man who was able to run more swiftly than she. As Atalanta was running, he rolled three golden apples in her path; greedily she stopped to pick them up, thus losing the race and gaining a husband. *** Nancy Mullen of the Sacramento Road Runners was an easy 4 minute victor over Valerie Eberly of the Millbrae Lions. A total of 14 finishers were reported by Elaine Pedersen. (1) Nancy Mullen (Sac'to RR) 58:27, (2) Valerie Eberly (Millbrae Lions) 62:21, (3) Maureen Wiemeyer (unatt.) 63:09, (4) Connie Cunneen (Pamakids) 64:16, (5) Michelle Healy (Napa Valley Runners) 64:21, (6) Priscilla Butterfield (Napa Valley Runners) 65:36, (7) Myrrha Eberly (Sparta TC) 66:03, (8) Kelly Cunneen (Pamakids) 70:24, (9) Lisa Schmitz (Pamakids) 70:31, (10) Elaine Schmitz (Pamakids) 73:51, (11) Lynda Woelgen (Pamakids) 76:15, (12) Betty Cunneen (Pamakids) 76:56, (13) Iris Newman (unatt.) 78:50, (14) Grace Ruth (Pamakids) 81:16.

PLEASE!! ** We would like to put in more women's results, but we need your help in sending results to us. I have at least 4 or 5 subscribers who deal directly with women's and age group running. Let's hear from you today!!

HIGH SCHOOL RESULTS

Leigh Blossom Hill Challenge, San Jose: (Oct. 30) - 3.0 Miles - (1) Jack Bellah (Leigh) 17:03 (New CR, old record 17:55 by Bellah in 1970). Teams: Silver Creek 36, Camden 50, Leigh 76, Irvington 91, Piedmont Hills 113.

Terra Nova Invitational: (Oct. 30) - We have only results from the large school varsity division. We're still awaiting complete results. If anyone has them, please send them to us. Teams: Mt. Pleasant 46, Washington of Fremont 60, Watsonville 97. Individuals: (1) Steve Brooks (Mt. Pleasant) 9:54 (New CR, old record 10:02 by Chuck Mork, Wash. of Fremont in 1970), (2) George Manriquez (Mt. Pleasant) 10:04, (3) Joel Jameson (Watsonville) 10:06, (4) Bob Grubbs (Wash. Fremont) 10:08, (5) Bob Immethum (Alameda) 10:11, (6) Brad Duffy (Lowell, SF) 10:14, (7) Mike Ruffatto (Wash. Fremont) 10:17, (8) Mike Pinocci (Wash. Fremont) 10:18, (9) Steve Austin (Ygnacio Valley) 10:21, (10) Don Donaldson (Mt. Pleasant) 10:23.

Foothill Athletic League Finals: (Nov. 5) - San Ramon High of Danville was led by the superlative efforts of Mike Dayton as its varsity completely dominated, with Dayton winning and then his teammates taking 5,8,9,11,14,15. San Ramon also got the frosh-soph title and tied for the JV title, making it the first League sweep in 23 years!! In the varsity division, Bill Solomon was favored to win, but Dayton left him after half a mile and he faded to sixth at the finish. Soph Roy Kissin moved up to varsity after running in the soph division at all the invitationals and got ninth and was within shooting distance of sixth.

National Postal Results, San Jose State Track: (Nov. 6) - Coach Loren Lansberry's Carlmont High School team took top honors at the postal meet and recorded the best time in the nation to date. It was Carlmont's best time ever (47:31.9) and ranks as third best on the all time list, behind Maine East (Park Ridge, Ill.) 47:11.0 in 1970 and Homestead's 47:11.2 (in 1968). Mt. Pleasant, in finishing second (47:51.3), copped the seventh best time ever. After Carlmont & Mt. Pleasant, the varsity times ran as follows: (3) Washington of Fremont 48:16.7, (4) St. Ignatius 48:48.0, (5) Watsonville 49:01.0, (6) San Carlos 49:03.8, (7) Los Altos 49:27.0, (8) Homestead 49:34.0, (9) Leigh 49:53.0, (10) Gunn 49:57.0, (11) 49:57.0, (12) Camden 50:09.0, (13) Carlmont #2 Team 50:33.5, (14) Overfelt 51:07.1, (15) Mt. Pleasant #2 Team 51:15.6 (25 teams finished). Individuals: (1) Steve Brooks (MP) 9:08.4, (2) George Manriquez (MP) 9:14.7, (3) Chris Cole (SI) 9:16.0, (4) Jack Bellah (Leigh) 9:18.0, (5) Russ Black (Carl) 9:20.7, (6) Ernie Ferrel (OF) 9:22.2, (7) Bob Grubbs (Wash) 9:23.0, (8) Steve Miller (Carl) 9:23.7, (9) Ken White (SC) 9:25.1, (10) Mike Ruffatto (Wash) 9:27.0, (11) Carlos Reyes (Watsonville) 9:30.2, (12) Carl Cattarin (Carl) 9:31.4, (13) Chuck Oliver (Carl) 9:33.1, (14) Matt Church (Hom) 9:34.0, (15) John Kinsella (Soq) 9:35.0, (16) Steve Crowley (Gunn) 9:35.0, (17) Mike Pinocci (Wash) 9:35.7, (18) Bill Hurd (Wat) 9:35.8, (19) Mike Porter (SI) 9:37.0, (20) Dan Slavin (Los Altos) 9:38.0, (21) Mitch Kingery (SC) 9:39.5 (Frosh), (22) Larry Chamness (Awalt) 9:40.0, (23) Alex Cano (SSF) 9:41.7, (24) Ed Barney (Carl) 9:43.0, (25) Jeff Norton (LA) 9:45.0. Soph Division: Teams: (1) Homestead 51:04, (2) Mt. Pleasant 51:48.1, (3) Leigh 51:52, (4) Carlmont 52:19.1, (5) San Carlos 52:27.5. Many of the sophs ran in the varsity division and not all years in school were listed in the results. In the straight soph race, however, the individual winner was Bruce Orr of Leigh High in 10:16 over Kelly Lawson of San Carlos who recorded the same time. Then came (3) Mark Luce (Carl) 10:17, (4) Joe Graycar (SC) 10:21.5, (5) Pete Mauran (Leigh) 10:23, (6) Henry Templeman (Carl) 10:23, (7) John Shoyer (Carl) 10:23.6, (8) Bill Hawnes (Homestead) 10:25, (9) Keith Mauran (Leigh) 10:28, (10) Ernie Gomez (MP) 10:28, (11) Jeff McNesby (SC) 10:28, (12) Bruce Wernick (Carl) 10:28, (13) Steve Nidraucen (Leigh) 10:31, (14) Gary Laporri (MP) 10:34, (15) Allen Brackett (Hom) 10:36. Whoa...made a mistake...there was another soph heat on the next page. So add the following and ignore placings: Jerry Emory (Terman) 10:07 (Frosh), John Wilson (Westmont) 10:08, Joe Schumaker (Awalt) 10:19, Stu McLure (LA) 10:20, Mike Larson (Fremont) 10:20, Mace Depper (WM) 10:25, Sam Goss (S.San) 10:27, D. Fernal (OF) 10:27, Phil Hart (Awalt) 10:31, Dave Schmidt (SI) 10:32, Jim Liston (WM) 10:37. Frosh Division: Teams: Leigh 53:01.0, Homestead 53:20.0, Los Altos 53:49.0, Carlmont 54:33.4, San Carlos 55:36.7, Terman 55:48.0 (16 teams finished). Individuals: (1) DeLaGarra (Wat) 10:16, (2) Roy Allen (LA) 10:23, (3) Lien Denwar (Leigh) 10:24, (4) Fernandez (Hom) 10:24, (5) Steve Plansley (Leigh) 10:27, (6) Tony Deagvero (LA) 10:32, (7) Ken Cane (LA) 10:33, (8) Roark Cooper (HS) 10:35, (9) Ron Filizne (Leigh) 10:37, (10) Bob Meloychull (Leigh) 10:39. Junior Varsity Division: Individuals - (1) Lee Shoep (SC) 10:10.4, (2) Orval Osborne (Camden) 10:11.8, (3) Dana Carvey (Carl) 10:13.9, (4) Steve Fiamengo (Carl) 10:20.6, (5) Ron Cartrell (SC) 10:28.6, (6) Bruce Huie (SC) 10:30.2, (7) Chuck Root (Soq) 10:31, (8) Dan Bolster (Camden) 10:33.2, (9) Mike Richter (SC) 10:36, (10) Phil Kleames (Soq) 10:37, (11) Rick Martin (Camden) 10:38.1, (12) Paul Kinsey (Leigh) 10:39, (13) Lupe Felix (Wat) 10:42, (14) Frank Cortez (Sequoia) 10:42, (15) Al Cliff (Carl) 10:45.6. *** Top frosh of the day was Mitch Kingery who ran 9:39.5 to finish 19th in his varsity heat. Top soph was Roger Shannon of Mt. Pleasant (9:48.2). Top junior was Mount Pleasant's George Manriquez, who finished second overall in 9:14.9. And of course the top senior was Steve Brooks of Mt. Pleasant who won in 9:08.4.

Mid-Peninsula League Finals: With Burlingame's Peter Brown sidelined with a knee injury, Hillsdale's Don Pemberton had the varsity race pretty much to himself and won by five seconds over Bill Hastings of Crestmoor. His time of 16:01 knocked 36 seconds off his previous best over the rugged Crystal Springs Course in Belmont. San Mateo copped the team title from Hillsdale, 44-54, followed by Crestmoor (73), Mills (76), Burlingame (125), Capuchino (129) and Aragon (179). Individuals: (1) Pemberton (H) 16:01, (2) Hastings (Cr) 16:06, (3) Bill Lindsell (SM) 16:14, (4) Dave Evans (M) 16:25, (5) Rob Barnett (H, Frosh) 16:29, (6) Brad Dauer (SM) 16:37, (7) Jim Ross (M) 16:44, (8) Scott Gahagen (H) 16:44, (9) Mark Greenough (SM) 16:48, (10) Don McCarthy (C) 16:50. JV: Teams - San Mateo 28, Hillsdale 67, Capuchino 77, Crestmoor 78, Burlingame 103, Mills 172, Aragon 203. Individuals - (1) John Love (SM) 17:53, (2) Doug Graf (SM) 17:59, (3) Bill Benck (H) 18:03, (4) John Mott (H) 18:13, (5) Robert Wilson (H) 18:19. Frosh-Soph: Teams - San Mateo 55, Capuchino 58, Mills 68, Aragon 104, Crestmoor 111, Hillsdale 112. Individuals - (1) John Anderson (SM) 17:11, (2) Taylor (M) 17:24, (3) Gary Oliver (C), (4) Ron Reid (H) 17:37, (5) Craig Chaney (SM) 17:46. Frosh: Teams - Mills 35, Burlingame 63, San Mateo 68, Aragon 90, Hillsdale 108, Capuchino 139. Individuals - (1) Mark Hinchcliffe (B) 17:53, (2) Fred Warren (M) 18:17, (3) Bob Stocking (A) 18:20, (4) Ron Loze (M) 18:20, (5) Bart Shepardson (B) 18:43.

North Peninsula League Finals: (Nov. 12) - Oceana High School won the varsity and junior varsity divisions and Westmoor took the frosh-soph title in the NPL cross country championships in Golden Gate Park in San Francisco. Individual winner was El Camino's Jim Van Dine in a good 12:14. Varsity Teams: Oceana 46, Half Moon Bay 77, Terra Nova 87, Westmoor 106, SSF 116. Individuals - Van Dine 12:14, Cano (SSF), McDaniels (O), Torres (O), Snyders (HMB), Moreno (TN), Rios (S) Parsons (HMB). JV Teams: Oceana 25, Terra Nova 89, Serramonte 92, SSF 115, HMB 157. Individual winner was Richardson (O) in 13:47. Frosh-Soph Teams: Westmoor 45, Serramonte 51, Terra Nova 71, HMB 132, Oceana 143, Jefferson 162. Individual winner was not listed in results I received.

South Peninsula Athletic League Finals: (Nov. 12) - The Carlmont Scots just kept rolling along as they copped all four divisions in the SPAL finals held over a 3.0 mile course at Crystal Springs, Belmont. Steve Miller of Carlmont was the individual winner as he tied his own course record of 15:28 in leading his team to the title. Carlmont placed five men in the top ten finishers. San Carlos did very well in the top three divisions, finishing second to Carlmont in all three. In the JV division, Dana Carvey was the winner, as Carlmont only edged out San Carlos by one point. Varsity Teams: Carlmont 25, San Carlos 58, Gunn 85, Woodside 108, Menlo-Atherton 172, Cubberly 133, Palo Alto 145. Individuals - (1) Miller 15:28, (2) Crowley (G) 15:33, (3) Cattarin (Ca) 15:39, (4) Black (Ca) 15:47, (5) White (SC) 15:49, (6) Barbour (MA) 15:51, (7) Oliver (Ca) 15:53, (8) Kingery (SC) 16:01, (9) Marks (W) 16:12, (10) Lator (Ca) 16:19. JV Teams: Carlmont 28, San Carlos 29, Gunn 81, Woodside 113. Individuals - Dana Carvey (Ca) 16:41. Soph Teams: Carlmont 20, San Carlos 37, Menlo-Atherton 88, Cubberly 90, Palo Alto & Sequoia incomplete teams. Individual: Heary Templeman (Ca) 16:51. Frosh Teams: Carlmont 30, Terman 72, Woodside 90, Wilbur 111, Menlo-Atherton 142, San Carlos 146, Sequoia 163, Jordan 203. Individual - Jerry Emory (Terman) 16:41.

North Coast Section Finals: (Nov. 16) - At Logan High, Fremont - Washington High of Fremont pulled somewhat of an upset, mainly due to the heroic efforts of Mike Ruffatto, who had severe bronchitis and sneaked into the race. He managed to pull himself to a 24th place finish, enough to help his team to the win. Normally he would have easily run in the top 10, but without him the team no doubt would have lost. Upset (of sorts) victor was Mike Dayton of San Ramon who clipped Monte Vista's Bill Solomon by 2 seconds. Bob Grubbs of the Washington team was third, eight seconds behind the winner. Team Scores (Varsity): Wash. of Fremont 74, Antioch 88, San Ramon 126, Ygnacio Valley and Redwood tied with 144, El Cerrito 145. Individuals - (1) Dayton (SR) 14:01, (2) Solomon (MV) 14:03, (3) Bob Grubbs (Wash) 14:09, (4) Jesse Smith (A) 14:11, (5) Don Curtis (Campolindo) 14:16, (6) Jim Tyler (Piedmont) 14:18, (7) Mike Pinocci (Wash) 14:19, (8) James Hughes (Richmond) 14:20, (9) Bob Immethum (Alameda) 14:24, (10) Steve Pangborn (Kennedy of Fremont) 14:26, (11) Joe Brennick (Y) 14:29, (12) Angelo Martinez (Alameda) 14:30, (13) Clarke Bailey (EC) 14:32, (14) Dale Scott (EC) 14:34, (15) Steve Austin (Y) 14:35. Frosh-Soph Teams: Kennedy of Fremont 36, Clayton Valley 66, Mt. Diablo 108. Individuals - (1) Ron Gallahan (Newark) 9:44, (2) Mike Debarr (Kennedy) 9:52.

Central Coast Section - Region I Meet: (Nov. 18) - In a real team battle, St. Ignatius and San Mateo tied for the CCS Region I title at the Crystal Springs, Belmont course. St. Ignatius had a slightly better team time of 83:30 to San Mateo's 83:48. Hillsdale with 70 points (83:56) and Riordan with 74 (84:01) were also close to the action. Jim Van Dine of El Camino was an easy winner over Chris Cole of SI. Varsity Teams: (after top 4) - Mills 96, South SF 147, Serra 156. Individuals - (1) Van Dine (EC) 15:39, (2) Cole (SI) 15:53, (3) Ryan (R) 16:00, (4) Martinez (R) 16:13, (5) Pemberton (H) 16:15, (6) Barnett (H) 16:21, (7) Cano (SSF) 16:22, (8) Lindsell (SM) 16:24, (9) Finn (Serra) 16:30, (10) Dauer (SM) 16:32, (11) Evans (M) 16:33, (12) Graham (SI) 16:37, (13) Ross (M) 16:44, (14) McVeigh (SI) 16:45, (15) Paul (Cr) 16:48, (16) Greenough (SM) 16:50, (17) Carey (M) 16:52, (18) Gahagen (H) 16:56, (19) Biehl (SM) 16:58, (20) Porter (SI) 17:03. That was the large school varsity. In the small school varsity it was Oceana over Half Moon Bay, 32-44, followed by St. Francis 86, Capuchino 90, Burlingame 107, and Mitty 142. Individually it was Bob McDaniels (Oceana) 16:31 who came out on top. Then came (2) Torres (O) 16:33, (3) Snyders (HMB) 16:40, (4) Rios (Se) 16:44, (5) Parsons (HMB) 16:53, (6) McCarthy (C) 16:55, (7) Dunbar (O) 16:56, (8) O'Halloran (SF) 16:59, (9) Calvin (HMB) 17:00, and (10) Leonard (SF) 17:01. Other results: Frosh-Soph Large School: Teams - Crestmoor 59, Westmoor 59, San Mateo 65, Mitty 73, St. Ignatius 79, Aragon 153. Individuals - (1) Hastings (C) 16:08, (2) Wilson (W) 16:58, (3) Taylor (Mills) 17:22, (4) Smith (SI) 17:26, (5) Oppici (C) 17:37, (6) Whitely (EC) 17:38, (7) Anderson (SM) 17:42, (8) Reid (H) 17:49, (9) Chaney (SM) 17:50, (10) Adams (SM) 17:59. Frosh-Soph Small School: Teams - St. Francis 30, Serramonte 52, Capuchino 56, Half Moon Bay 94, Mitty 111. Individuals - (1) Kasser (SF) 16:45, (2) Torres (S) 16:57, (3) Donovan (SF) 17:10, (4) Faubian (SF) 17:21, (5) Gonzalez (S) 17:25, (6) Olivar (C) 17:28, (7) James (M) 17:31, Jordan (SF) 17:43, (9) Hill (HMB) 17:46, (10) Eggiman (C) 17:56. Junior Var: Teams - St. Ignatius 36, San Mateo 43, Hillsdale 56, Oceana 82, Capuchino 133. Individuals - Budesa (SI) 17:31, Mott (H) 17:42, Graff (SM) 17:47, Love (SM) 17:50, Forines (SI) 17:52. Frosh: Teams - Mills 37, Burlingame 57, SI 78, St. Francis 104, San Mateo 126, Serra 126, Aragon 154, Riordan (incomplete). Individuals - Hinchcliffe (B) 17:40, Mannen (M) 17:47, Loza (M) 18:06, Bologna (R) 18:18, Sherrin (B) 18:24.

Central Coast Section - Region II Meet: (Nov. 19) - Carlmont waltzed away with the Region II title and headed towards a showdown with Mt. Pleasant, the Region III winner. Carlmont's Steve Miller was again tops with his 15:31, just three seconds off his course standard. Frosh Mitch Kingery of San Carlos amazed many spectators by finishing in 15:48 (seventh overall), some 11 seconds under his previous best for the course. Varsity Teams: Carlmont 27, San Carlos 67, Awalt 116, Los Altos 118, Gunn 129, Homestead 130, Lynbrook 136, Sunnyvale 200, Cupertino 208. Individuals - (1) Miller (Ca) 15:31, (2) Crowley (Gunn) 15:34, (3) Chamnis (A) 15:35, (4) Black (Ca) 15:42, (5) Cattarin (Ca) 15:42, (6) Oliver (Ca) 15:45, (7) Kingery (SC) 15:48, (8) Slavin (LA) 15:52, (9) White (SC) 15:59, (10) Barbour (MA) 16:08. Soph Teams: Carlmont 68, Wilcox 76, Los Altos 109, Awalt 121, Lynbrook 129, San Carlos 135, Homestead 139, Fremont 145, MA 167. Individuals - (1) Brazil (W) 16:42, (2) Sutherland (A) 16:49, (3) Jones (MA) 16:50, (4) Waters (L) 16:52, (5) Rios (W) 16:56. JV Teams: San Carlos 19, Carlmont 48, Lynbrook 94, Homestead 129, Sunnyvale 132, Los Altos 152, Cupertino 176, Woodside 224, Peterson 271. Individuals - Randy Philpot (SC) 16:36. Frosh Teams: Carlmont 39, Terman 73, Homestead 75, Lynbrook 105, Cupertino 113, Woodside 138, MA 160, Fremont 183. Individual - (1) Terry Emory (Terman) 16:39.

COLLEGIATE AND AAU CROSS COUNTRY RESULTS

Further Sacramento State Invitational Results: (Oct. 9) - Junior College & College Frosh (Small) - 4 Miles - Teams: Sequoias 47, Hancock 57, Solano 87, Lassen 102, Skyline 145, Consumnes 158. Individuals: (1) Sanford (H) 19:48.6, (2) Pete Flores (Yuba) 20:26, (3) Dan Drechsel (S) 20:40, (4) Ron Kesler (H) 21:07, (5) Carlos Bravo (CS) 21:09, (6) Ed Schelegle (Sk) 21:24, (7) Elesio Martinez (CS) 21:26, (8) John Rodriguez (Yuba) 21:27, (9) Lyle Lough (Lassen) 21:31, (10) Dale Campbell (CS) 21:34, (11) Doug Tubbs (H) 21:35,

(12) Dennis Smith (CS) 21:36, (13) Cliff Vasquez (CS) 21:38, (14) Terry Graves (Con) 21:38, (15) John Silva (Sol) 21:50, (16) Dale Fuller (L) 21:53, (17) Ken Kitz (Con) 21:54, (18) Jack Mintz (H) 21:57, (19) Kelly Lambert (Sol) 21:58, (20) Bill Starnot (Con) 21:58. More JC-Univ. Frosh (Large) Results (top 15 given last issue): (16) Alvino Amador (DVC) 20:51, (17) Ed Noyes (Stan. Frosh) 20:53, (18) Ken Anthony (DeAnza) 20:54, (19) George Davis (Fresno CC) 20:56, (20) Lee Hotchkin (Marin) 20:58, (21) Jon Ahnberg (WVC) 21:01, (22) Rich Smith (DVC) 21:03, (23) Dave Williams (FCC) 21:04, (24) Darren Walton (Marin) 21:05, (25) Ron Grandner (WVC) 21:06. Open Division - 5 Mi, 100 yds. - Teams: Cal-State Fullerton 26, San Diego St. 81, Stanford 97, Chico St. 109, San Jose St. 174, Univ. of Nevada 205, Sac. St. 311, Sac. TC 320. Individuals: (1) Mark Covert (CSF) 26:01.5, (2) Bernie Lahde (S) 26:26, (3) John Casso (CSF) 26:29, (4) Duncan Macdonald (S) 26:31, (5) Dave White (CSF) 26:32, (6) Wayne Badgley (WVTC) 26:35, (7) Otis Martin (SDS) 26:39, (8) Doug Schmenk (CSF) 26:51, (9) Chris Hoffman (CSF) 27:04, (10) Mike Weaver (SDS) 27:10, (11) Mathias Michael (UOP) 27:13, (12) Lee Ferrero (USAF) 27:19, (13) Wheeler (SDS) 27:25, (14) McGuire (CSF) 27:32, (15) Kurt Schoenrock (S) 27:34, (16) Torres (C) 27:38, (17) Forrester (CSF) 27:39, (18) Siddens (CSF) 27:40, (19) Ellison (C) 27:41, (20) Dowling (SDS) 27:41, (21) Mark Donnell (SJS) 27:45, (22) Zarate (UN) 27:48, (23) Stordahl (C) 27:50, (24) Scott McVay (C) 27:53, (25) Caldwell (UOP) 27:57.

College of San Mateo 19, Foothill 39: (Oct. 15) - (1) Jose Cortez (CSM) 20:49 (CR), (2) Neil Glenesk (CSM) 21:19, (3) Scott Carvey (CSM) 21:23, (4) Bob Smith (F) 21:49, (5) Chris Kane (F) 22:02, (6) Ken Phelps (CSM) 22:30, (7) Tim Wright (CSM) 22:31, (8) Nick Yoro (CSM) 23:53, (9) Chris Condon (F) 24:25, (10) Jim Austin (F) 25:09. *** 4.0 Miles, windy and cool, Crystal Springs, Belmont.

College of San Mateo 23, Laney 32: (Oct. 21) - (1) Jose Cortez (CSM) 21:05, (2) Scott Carvey (CSM) 21:22, (3) Lester Mina (L) 21:30, (4) Tom Weir (L) 21:45, (5) Ken Phelps (CSM) 21:46, (6) Joe Taxiera (L) 21:47, (7) Vic Massa (CSM) 22:10, (8) Tim Wright (CSM) 22:47, (9) Brian Lodge (L) 23:05, (10) Dan Woodward (L) 23:25. *** 4.0 Miles, Crystal Springs, Belmont, conditions good.

Alan Hancock Invitational: (Oct. 23, Santa Maria) - 4.0 Miles at Waller Park - Teams: Grossmont College 38, San Jose CC 67, College of San Mateo 95, West Valley College 95, College of Marin 118, DeAnza College 132, San Joaquin Delta 138. Individuals: (1) Ed Mendoza (G) 20:11, (2) Dave Garcia (D) 20:25, (3) Mike Arago (M) 20:30, (4) Leo Nicolet (G) 20:42, (5) Mike Schaecher (WV) 20:43, (6) Jose Cortez (CSM) 20:45, (7) Tom Lux (G) 20:47, (8) Neil Branson (G) 20:49, (9) Mike Hart (SJCC) 20:50, (10) Vian Collier (M) 20:54. *** The 95-95 tie was solved by scoring CSM and West Valley as a dual with CSM coming out on top 27-28. It was so close that even the team times were identical (top 5 added).

Washington State 18, Stanford 45, San Jose State 72: (Oct. 23) - Dan Murphy of WSU clipped 2.5 seconds off the nine year old record on Stanford's 4.2 mile cross country course. Ironically, the old record was held by Danny Murphy of San Jose State (1962). The Cougar team depth was overwhelming as Duncan Macdonald was the only Indian to break into their top five. Duncan's 19:52.2 was still good enough for a new Stanford record, although he finished third in the meet. The dual meet scores were: WSU 18, SU 42; WSU 15, SJS 49; SU 18, SJS 38. Individuals - (1) Dan Murphy (W) 19:31.0, (2) Dave Harper (W) 19:49, (3) Duncan Macdonald (S) 19:52, (4) Mark Hiefield (W) 20:02, (5) Dale Fleet (W) 20:03, (6) Dean Clark (W) 20:07, (7) Arvid Kretz (S) 20:23, (8) Don Smith (W) 20:24, (9) Bernie Lahde (S) 20:30, (10) Maury Greer (SJS) 20:44, (11) Phil Burkwist (W) 20:59, (12) Kurt Schoenrock (S) 21:04, (13) Les Devoe (SJS) 21:09, (14) Brian Mittelstaedt (S) 21:28, (15) John Hanes (SJS) 21:30. (27 finishers)

San Jose State Takes Second at Mt. SAC Invitational: (Oct. 29) - The Long Beach State "A" Team won the Mt. SAC Invitational handily with a score of 25 points over San Jose State's 64. Then came the LB State "B" Team with 76 and Cal Poly with 85. Individuals: (1) Liam Ryan (CP) 23:16.8, (2) Ray Stephens (LB "A") 23:29, (3) Maury Greer (SJS) 23:37, (4) Bob Wallace (LB "A") 23:44, (5) Ron Pryor (LB "A") 23:59, (6) Mike Wood (LB "A") 24:06, (7) Mick Rosner (SJS) 24:10, (8) Mike Ritchie (LB "A") 24:15, (9) James Carlson (LB "A") 24:18, (10) Ben Martinez (LB "A") 24:28.....(13) Les DeVoe (SJS), (18) Bob Stevens (SJS), (21) Mark Donnell (SJS). *** 70°, sunny, flat 5.0 miles (short??).

Oregon TC 21, Humboldt St. 52, West Valley TC 74, So. Oregon College 89: (Oct. 30) - Mike Manley looked like he was going to run away with it all going into the last few miles, but teammate Kenny Moore pulled up strongly and they finished side by side to lead the Oregon TC to a runaway victory. West Valley TC's Don Kardong was with Moore until the last mile. The course was partly on asphalt and some on trails (slippery) and was 6.0 miles long. The race was run in Arcata (about 20 miles north actually). Individual results: (1) Mike Manley (OTC) 29:32.2, (2) Kenny Moore (OTC) 29:32.2, (3) Don Kardong (WVTC) 29:47.8, (4) Art Coolidge (OTC) 30:18, (5) Bill Scobey (unatt.) 30:30, (6) Chuck Smead (unatt.) 30:42, (7) Ron Elijah (HSC) 30:54, (8) Russ Pate (OTC) 31:04, (9) Miller (SOC) 31:05, (10) Jim Gorman (OTC) 31:15, (11) Don Makela (HSC) 31:19, (12) Gray (unatt.) 31:23, (13) Bob Crow (WVTC) 31:26, (14) Dan Mullens (HSC) 31:30, (15) Bill Norris (OTC) 31:42, (16) Howard Labrie (HSC) 31:55, (17) Craig Streichman (HSC) 31:55, (18) Gary Berthiaume (WVTC) 32:12, (19) Dennis O'Halloran (HSC) 32:17, (20) Barry (SOC) 32:22, (21) Charles Frosolone (OTC) 32:27, (22) Jack Leydig (WVTC) 32:36, (23) Thomas (SOC) 32:59, (24) Hollister (OTC) 33:24, (25) Breyne (SOC) 33:53.....(30) Larry Main (WVTC) 35:06. (36 finishers).

UC Davis 23, Chico 43, Sac'to State 64: (Oct. 30) - (1) John Sheehan (UCD) 24:35, (2) Dwayne Harms (UCD) 24:43, (3) Noel Hitchcock (S) 24:45, (4) Ellison (C) 24:51, (5) Axelson (UCD) 24:55, (6) Stordahl (C) 25:17, (7) Maydahl (UCD) 25:19, (8) Bill Hansen (UCD) 25:31, (9) Furey (S) 25:37, (10) Price (C) 25:41. *** 5.0 miles at UC Davis.

Stanford 31, Cal 41, USC 52: (Oct. 30) - Duncan Macdonald broke another course record and led the Indians to a triumph over Cal and USC on Cal's 4 mile Strawberry Canyon course. The old record was 20:06 set by WSU's Mark Hiefield last year in the WSU-Cal-WVTC triangular. Duncan ran 20:00 to knock 6 seconds off the record. Individuals - (1) Macdonald (S) 20:00, (2) Eugenio Amaya (Cal) 20:18, (3) Tom Lipski (USC) 20:19, (4) Bernie Lahde (S) 20:22, (5) Brian Mittelstaedt (S) 20:33, (6) Bob Coe (S) 20:38, (7) Steve Brown (USC) 20:45, (8) Brian Maxwell (Cal) 20:45, (9) Emerson Davis (Cal) 20:51, (10) Wolfgang Schmulewicz (Cal) 20:54, (11) Bernick (USC) 20:55, (12) Jaime Baldovinos (Cal) 21:17, (13) Fred Ritcherson (USC) 21:18, (14) Hansen (Cal) 21:27, (15) Mark McConnell (S) 21:32.

Northern Division Meet at Eugene: (Oct. 30) - Washington State's powerful squad buried Oregon by taking second through sixth places behind Oregon's Steve Prefontaine in the Pac-8 Northern Division Meet. "Pre" went unchallenged, beating runnerup Dan Murphy by over a half a minute. Teams: WSU 20, Oregon 36, OSU 80, Washington 90. Individuals: (1) Prefontaine (O) 28:10.8, (2) Dan Murphy (WSU) 28:46, (3) Mark Hiefield (WSU) 29:12, (4) Dave Harper (WSU) 29:13, (5) Dale Fleet (WSU) 29:14, (6) Phil Burkwist (WSU) 29:16, (7) Randy James (O) 29:18, (8) Tyson (O) 29:27, (9) Steve Savage (O) 29:40, (10) Johnson (W) 29:46.

College of San Mateo 25, San Jose CC 31: (Nov. 5) - In a meet that determined the Golden Gate Conference Title, San Mateo pulled out a narrow victory over San Jose City at Coyote Park in San Jose (4.0 miles). Conditions were good. Individuals - (1) Mike Hart (SJ) 19:48, (2) Jose Cortez (CSM) 19:54, (3) Scott Carvey (CSM) 20:00, (4) Neil Glenesk (CSM) 20:10, (5) Ken Phelps (CSM) 20:12, (6) Phil Teresi (SJ) 20:17, (7) Bob Enriquez (SJ) 20:29, (8) Louis Sanchez (SJ) 20:33, (9) Jim Sena (SJ) 20:37, (10) Juan Ramirez (SJ) 20:40.

John Sheehan Leads Cal Aggies to Far West Conference Title: (Nov. 6) - UC Davis frosh John Sheehan ran over a good field to win handily over the 5.0 mile course at Arcata in 24:58.6. His Aggie team won with a low score of 33 to capture the Far West Conference Title. Humboldt State was next with 65, followed by Chico 72, Cal-State Hayward 76, Sac'to State 94, and SF State 171. Individuals - (1) Sheehan (UCD) 24:58.6, (2) Kim Ellison (C) 25:08, (3) Noel Hitchcock (Sac) 25:11, (4) Dwayne Harms (UCD) 25:15, (5) Don Makela (HSC) 25:19, (6) Terry Metcalf (CSH) 25:20, (7) John Axelson (UCD) 25:22, (8) Willie Eashman (CSH) 25:30, (9) Denis O'Halloran (HSC) 25:32,

(10) Jerry Maydahl (UCD) 25:37, (11) Bill Hansen (UCD) 25:39, (12) David Wood (C) 25:39, (13) Humberto Hernandez (CSH) 25:40, (14) Pat Stordahl (C) 25:42, (15) Jim Price (C) 25:53, (16) Craig Streichman (HSC) 26:04, (17) Ron Elijah (HSC) 26:10, (18) Howard Labrie (HSC) 26:10, (19) John Hanzlik (CSH) 26:13, (20) Steve Litchfield (Sac) 26:13. *** Gently rolling roads and trails at Patrick's Pt. State Park in Humboldt County. Sunny and crisp.

West Valley TC Edges SC Striders at Santa Barbara Invitational: (Nov. 6) - 6.0 Miles, gently rolling with two fence jumps, mostly dirt with some asphalt. West Valley's Don Kardong simply ran away from the field to record a 29:08.2, topping second place Jim Ryun by nearly 50 seconds. Ryun had to kick like crazy to beat off the challenge of West Valley's second man Wayne Badgley, who without a doubt ran the best race of the season and possibly of his life. In the team battle, it was a real close as the Striders were nipped by a mere point by West Valley, only team from the Bay Area to run. Team Scores: WVTC 31, SCS 32, San Diego TC 73, Santa Barbara AA 86, Golden West AA 103. Individuals - (1) Kardong (WVTC) 29:08.2, (2) Jim Ryun (Club West) 29:57, (3) Wayne Badgley (WVTC) 29:58, (4) Greg Brock (SCS) 30:12, (5) Brook Thomas (SCS) 30:22, (6) Mike Gregorio (SDTC) 30:30, (7) Dick Woelk (SCS) 30:42, (8) John Kennedy (unat.) 30:47, (9) Greg Tibbitts (unat.) 30:50, (10) Bill Clark (WVTC) 31:01, (11) Eddy Cadena (AIA) 31:11, (12) Bob Crow (WVTC) 31:12, (13) Tarry Harrison (Club West) 31:23, (14) Max Harris (SCS) 31:27, (15) George Minarik (SCS) 31:32, (16) Jim Backus (SCS) 31:36, (17) Bill Gookin (SDTC) 31:38, (18) Larry Pontinen (SBAA) 31:45, (19) Gary Berthiaume (WVTC) 31:53, (20) Jack Leydig (WVTC) 31:59, (21) Manuel Greene (CTC) 32:14, (22) Ron Wise (SBAA) 32:18, (23) Jon Sutherland (unat.) 32:36, (24) Gary Dobrenz (GWAA) 32:38, (25) John Thornton (unat.) 32:40, (26) Mike McCormick (SDTC) 32:41, (27) John Brennan (SBAA) 32:44, (28) Alan Haas (GWAA) 32:58, (29) Keith Jeffers (SBAA) 33:11, (30) Tulley Mann (SDTC) 33:12, (31) Ron Larrieu (SCS) 33:24, (32) Don Shanahan (SDTC) 33:31, (33) Jim Perez (GWAA) 33:35, (34) John Pagliano (GWAA) 33:44, (35) Rich Levy (SDTC) 33:59, (36) Larry Main (WVTC) 34:25, (37) Jeff King (CTC) 34:36, (38) Bodo Bilazewski (SBAA) 34:53, (39 & 40) ????, (41) Larry Suhr (SBAA) 36:50, (42) Dave Waco (GWAA) 36:53, (43) Chuck Dubus (unat.) 41:38. *** Scoring was done using AAU rules, 5 to count and no displacements.

Camino Norte Conference: (Nov. 10) - 3.8 Miles at Lake Lagunitas (Marin County) - The Camino Norte Conference cross country meet was supposed to be a close one, but as it turned out, West Valley College of Campbell ran away with everything, except the individual honors, which were taken by Dan Dreschel of Solano College. Team scoring went as follows: West Valley 39, DeAnza 72, Santa Rosa 79, Marin 81, Solano 97, Skyline 136, Contra Costa 211, Canada (incomplete team). Individuals: (1) Dreschel (S) 19:56, (2) Mike Arago (M) 20:12, (3) Mike Schaecher (WV) 20:18, (4) Jon Ahnberg (WV) 20:20, (5) Jan Remak (DA) 20:26, (6) Butch Alexander (SR) 20:29, (7) Vian Collier (M) 20:30, (8) Gordon Blackwell (WV) 20:31, (9) Jim Everard (SR) 20:35, (10) Ken Anthony (DA) 20:40.

Golden Gate Conference: (Nov. 11) - At Sierra College, Rocklin - 4.0 Miles - Raining, windy, slippery, rolling hills - Jose Cortez led his College Of San Mateo teammates to a lopsided victory in the GGC Title Race as he edged Diablo Valley's Jack Bentz by 2 seconds, 22:02 to 22:04. Team Scores: CSM 32, Diablo Valley 66, Foothill 94, Laney 95, Chabot 95, CCSF 128 (San Jose CC and Merritt did not run). Individuals - (1) Jose Cortez (CSM) 22:02, (2) Jack Bentz (DVC) 22:04, (3) Bob Smith (F) 22:12, (4) Neil Glenesk (CSM) 22:15, (5) Scott Carvey (CSM) 22:25, (6) Dave Chamness (F) 22:29, (7) Rich Smith (DVC) 22:31, (8) Rich Millan (Cha) 22:33, (9) Ken Phelps (CSM) 22:37, (10) Joe Taxiera (L) 22:43, (11) Lester Mina (L) 22:46, (12) Albino Amador (DVC) 22:51, (13) Vic Massa (CSM) 22:56, (14) Tom Weir (L) 23:11, (15) Terry Smith (CCSF) 23:17.

PCAC Championships: (Nov. 13, San Diego) - Teams: Long Beach St. 33, San Diego St. 73, San Jose St. 79, Fresno St. 117, UCSB 127, LA State 131, UOP 160. Individuals: (1) Jeff Lough (LAS) 30:34.6, (2) Mathias Michael (UOP) 30:38, (3) Ray Stephens (LBS) 30:42, (4) Maury Greer (SJS) 30:45, (5) Bob Wallace (LBS) 30:47, (6) Mike Wood (LBS) 30:56, (7) Mike Weaver (SDS) 31:02, (8) Les DeVoe (SJS) 31:05, (9) Ron Pryor (LBS) 31:07, (10) Joe Carlson (LBS) 31:16.

Pacific-Eight Championships at Los Angeles: (Nov. 13) - Teams: WSU 31, Oregon 44, UCLA 77, USC 124, OSU 133, Cal 142, Stanford 154, Washington 203. Course was 6 miles, 410 yds. long. Steve Prefontaine again dominated as he broke Duncan Macdonald's old course record of 31:11. The top nine today were under that mark with "Pre" recording a sensational 29:59.6. Individuals: (1) Prefontaine (O) 29:59.6, (2) Dan Murphy (WSU) 30:45, (3) Ruben Chappins (UCLA) 30:52, (4) Phil Burkwest (WSU) 30:53, (5) Randy James (O) 30:53, (6) Mark Hiefield (WSU) 30:54, (7) Fred Ritcherson (USC) 31:02, (8) Ron Johnson (UCLA) 31:04, (9) Dave Harper (WSU) 31:09, (10) Dale Fleet (WSU) 31:11....(15) Bernie Lahde (S), (17) Cliff West (Cal), (24) Eugenio Amaya (Cal), (31) Duncan Macdonald (S) -- had bad cold. That's all the results we have at present.

N.C.A.A. Small College Nationals: (Nov. 13, Wheaton, Ill.) - With a six man team from Davis completely falling apart, the only California team to place in the ten was Cal-State Fullerton who won handily with 47 points to North Dakota State's 81 and Eastern Michigan's 109. With times converted from the Far West Conference Meet the week before, Cal Davis should have placed third. Somehow the entire team fell apart and placed a dismal 14th. The weather was about 48° and dry with light winds. Mike Slack of North Dakota St. ran away with it all in a time of 24:19 for the five mile course. California finishers after the top five: (1) Slack (ND) 24:19, (2) Tim Tubb (CSF) 24:34, (3) Mark Covert (CSF) 24:38, (4) Dan Moynihan (Tufts) 24:40, (5) John Casso (CSF) 24:48,.... (9) Chris Hoffman (CSF) 24:57, (26) Mark Elias (Pomona) 25:27, (33) Bill Ryan (Pomona) 25:37, (40) Dave White (CSF) 25:41, (44) Bill Seaver (San Fernando) 25:44, (46) John Sheehan (UCD) 25:45, (55) Jerry Metcalf (CSH) 25:55, (58) John Axelson (UCD) 25:57, (64) Dwayne Harms (UCD) 26:00, (85) Willie Eashman (CSH) 26:16, (90) Doug Schmenk (CSF) 26:17, (97) Mark Kushner (Riverside) 26:23, (107) Daniel Callahan (Riverside) 26:30, (118) Don Makela (HSC) 26:34, (125) Jim McGuire (CSF) 26:36, (164) Bill Hansen (UCD) 26:52, (223) Jerry Maydahl (UCD) 27:21, (225) Don Wells (UCD) 27:22.

Fresno City Wins NorCal JC Meet: (Nov. 19, Rocklin) - San Joaquin's Dave Garcia smashed Jose Cortez' course record of 22:02, set a week earlier, by running to a quick 20:43 clocking. The top 30 or so runners smashed the record, primarily due to the fact that it had rained the week before. Fresno City College took a rather easy victory over West Valley, 55-85, with San Jose City a close 3rd with 86. Then came College of San Mateo 123, American River 145, DeAnza 181, Modesto JC 183, Santa Rosa JC 201, College of Marin 204, San Joaquin Delta 226, Diablo Valley 248, Sacramento CC 331, Chabot 345, Laney 353 and Foothill 419. Individuals: (1) Garcia (SJD) 20:43, (2) Mike Schaecher (WV), (3) Mike Arago (Marin), (4) Greg Hall (FCC), (5) Guy Arthurholt (MJC), (6) Jon Ahnberg (WV), (7) Jose Cortez (CSM) 21:20, (8) Steve Hall (FCC), (9) Jim Cina (SJCC), (10) Bob Enriquez (SJCC), (11) Mike Brooks (FCC), (12) Vian Collier (Marin), (13) Jack Bentz (DVC), (14) Neil Glenesk (CSM) 21:37, (15) Pat Dunning (FCC). No times available on most placers.

Prefontaine Paces Ducks to NCAA Title: (Nov. 22, Knoxville, Tenn.) - University of Oregon pulled an upset by winning the NCAA Cross Country Title at Knoxville in near freezing weather. Steve Prefontaine led the entire distance and ran 29:14.9 for the six mile course. Gary Bjorkland of Minnesota was the only serious challenger. Oregon must have been saving something as they defeated Pac-8 winner Washington State by a score of 83 to 122. University of Pennsylvania was next with 158, followed by favored Villanova with 162 and surprise East Tennessee State with 193. Individual placers: (1) Prefontaine (O) 29:14.9, (2) Bjorkland (Minn) 29:21, (3) Mike Slack (NDS) 29:36, (4) Dan Murphy (WSU) 29:37, (5) Richard Reid (BYU) 29:30, (6) Richard Sliney (N.Ariz.) 29:47, (7) Cornelius Cusack (E. Tenn.) 29:51, (8) Edward Leddy (E. Tenn.) 29:51, (9) Rich Gross (Ill.) 29:55, (10) Jerome Howe (KSU) 29:59, (11) Hector Ortiz (W. Ky.) 30:02, (12) Dave Wottle (Bowl.Gr.) 30:06, (13) Charles Boatwright (Okla. St.) 30:07, (14) Steve Kelley (Ind) 30:08, (15) David Wright (Vill) 30:08, (16) Jim Kresci (Murray St.) 30:10, (17) John Casso (CS Fullerton) 30:12, (18) Dave Merrick (Penn) 30:14, (19) Randy James (Ore) 30:15, (20) Greg Fredericks (Penn St.) 30:16, (21) Jeff Lough (CSLA) 30:17, (22) Dan Moynihan (Tufts) 30:19, (23) Dennis Spach (Air Force) 30:21, (24) Bob Scharnke (Wisc) 30:26, (25) Donal Walsh (Vill) 30:27. *** More California results next time if we get them.

PAT BUZBEE WINS NEW WAYS 10 KM. RUN

(Oct. 17 - Chico): The New Ways AC took over sponsorship of the Bidwell Park 10 Kilometer Race this year and proceeded to walk away with the team title by taking the first five places, led by the Buzbee brothers, Pat and Mike, who finished within seconds of each other. Bob Malain of Redding was the top senior as he placed a good tenth overall with a time of 35:55, less than three minutes behind the winner. Nancy Mullen of the Sacramento Road Runners was top woman finisher in 19th place with a time of 41:13. A total of 33 runners finished the race. No other details are available. The complete list of finishers and their times:

1 - Pat Buzbee (New Ways AC)	33:00	12 - West Davis	37:50	23 - G. Reinhardt	42:37
2 - Mike Buzbee (New Ways AC)	33:06	13 - Mark Blanchard	38:01	24 - Liz Green (Lassen TC)	45:12
3 - Tom O'Conner (New Ways AC)	34:34	14 - John Tomlin	39:13	25 - Barbara Green (Lassen TC)	46:29
4 - Jim Estes (New Ways AC)	34:34	15 - Pam Allen	39:46	26 - Susan Rudolph	46:29
5 - Steve Cain (New Ways AC)	35:15	16 - Bob Wall	39:46	27 - John Hill (NCSTC)	46:40
6 - Kevin Christensen (Lassen JC)	35:23	17 - Darrel Brock	40:24	28 - Kathy Hammond (Sac'to RR)	47:10
7 - Dale Fuller	35:29	18 - Warren Conrad	40:54	29 - Steve Lehnhardt	49:38
8 - John Grechriou	35:30	19 - Nancy Mullen (Sac'to RR)	41:13	30 - DeAnn Carlson	49:38
9 - Tony Osa	35:44	20 - Mike Daily	41:38	31 - Trixie Ratliff	57:37
10 - Robert Malain (NorCal Seniors TC)	35:55	21 - Dale Phillips (Lassen TC)	41:39	32 - Russ Burke	57:40
11 - Lyle Lough (Lassen JC)	37:50	22 - Debbie Rudolph	42:28	33 - Barbara Conrad	60:22

LOWRY KNOCKS 32 SECONDS OFF BERKELEY-MORAGA RECORD

(Oct. 31, Berkeley): The Olympic Club's Byron Lowry seems to be making a habit out of breaking this record. He did it last year and repeated this year, averaging right at about 5 minutes a mile for the 14 mile grind that goes gradually up and down (but in big chunks of like 3 and 4 miles). Last year he ran 1:10:25, and this year he recorded a 1:09:53 in leading the entire distance. No one even challenged him. Meanwhile, back in second place, there was a real battle going on. Napa's Darren George came out ahead of Culver City AC's Ray Darwin by a mere 3 seconds, as both dipped under 1:13. Amazing Ross Smith was the first senior finisher in the large field (150 finishers) and he placed 11th overall with a 1:20:07, far ahead of Peter Wood's 1:21:39. Jim O'Neil was a distant third senior in 1:23:46. Young Michelle Healy finished in 88th overall to become the top woman finisher. Her time was a good 1:36:58. No team scores were figured, but it appears that Marin AC was the winner. The top 60 finishers and their times are listed below: (conditions were overcast and perfect for a record run).

1 - Byron Lowry (SFOC)	1:09:53	21 - William Fairwell	1:22:48	41 - James Freeman	1:26:27
2 - Darren George (Napa Valley R)	1:12:46	22 - Dave Zumwalt	1:22:56	42 - Lee Holley (Marin AC)	1:26:36
3 - Ray Darwin (Culver City AC)	1:12:49	23 - John Noonan (Marin AC)	1:23:13	43 - Greg Wardwell	1:26:43
4 - Tom Cathcart (Livermore RC)	1:14:32	24 - Bill Posedel (SFPD)	1:23:29	44 - Mike Healy (Napa Valley)	1:26:51
5 - Wolfgang Schmulewicz (unatt.)	1:14:57	25 - John Geer	1:23:34	45 - Alexander Fontes	1:26:53
6 - Dan Anderson (Valley TC)	1:16:14	26 - Jim O'Neil (SFOC)	1:23:46	46 - James Nicholson (NCSTC)	1:26:58
7 - Robert Gormley (Marin AC)	1:16:59	27 - Thomas O'Brien	1:23:52	47 - Bill Flodberg (Solano TC)	1:27:03
8 - John Butterfield (Napa Valley)	1:17:26	28 - Unknown runner	1:23:54	48 - Don Sommer (Napa Valley)	1:27:10
9 - John Weidinger (unatt.)	1:18:59	29 - David Stevenson (Stanford RC)	1:23:56	49 - Ron Kinney (unatt.)	1:27:20
10 - Ian Jackson	1:20:00	30 - Arthur White	1:24:07	50 - Alexander Monterrosa	1:27:32
11 - Ross Smith (West Valley J & S)	1:20:07	31 - Walter Van Zant (WVJS)	1:24:30	51 - Wesley Hurlburt	1:27:47
12 - John Thelin (Marin AC)	1:20:27	32 - Willie Cronin (West Valley)	1:24:56	52 - Thomas Pinckard	1:28:27
13 - John Camache	1:20:55	33 - Edward Jaynes (Athens AC)	1:25:08	53 - Thomas Mann	1:28:52
14 - Unknown Runner	1:20:59	34 - Peter Mattei (NCSTC)	1:25:09	54 - Gil Tarin (NCSTC)	1:29:09
15 - Bob Stephenson (West Valley TC)	1:21:04	35 - Robin Clark (Maranon)	1:25:27	55 - Burt Betta	1:29:26
16 - Dennis Matthews (Solano TC)	1:21:14	36 - Michael George	1:25:34	56 - Ralph Paffenbarger (NCSTC)	1:29:37
17 - Peter Walton (Marin AC)	1:21:24	37 - Dave Kern	1:25:58	57 - Ernst Hayman	1:30:05
18 - Robert Wood (NCSTC)	1:21:39	38 - Mark Clark	1:26:07	58 - John Jamieson	1:30:21
19 - Douglas Essary (Sac'to TC)	1:21:47	39 - Charles Burke	1:26:16	59 - Donald Peterson (SRC)	1:30:25
20 - Jim Holl (West Valley TC)	1:21:51	40 - Steve Parker (Alameda TC)	1:26:25	60 - Rex Dieterich (NCSTC)	1:30:26

PARTIAL RESULTS

At press time we were lacking many road race results, including the following: PA-AAU Junior XC Championships, Turkey Trot Races, PA-AAU Senior XC Championships, and the Daly City Hill Run. Peter Mattei is working on the first two and has promised to have them ready for next issue. I have written the Olympic Club for the PA Senior XC results but have as yet received nothing. It was still pretty early for the Daly City Results. We expect them in the mail in a few days. Sponsors of Colfax, Pleasanton-Dublin, Pepsi 20 Miler, and PA Marathon...we will need your results for next time. Please send them to us by no later than Dec. 20 for publication. While we're waiting, I guess partial results are better than none at all, so below are a few shorts on some of the above races.

(Nov. 6, Turkey Trot) - Byron Lowry won easily after taking second to Bill Clark last year. We don't know any other results or even if he broke the record set by Clark in 1970. Chances are he did since the conditions were very poor last year.

(Nov. 13, PA-AAU Sr. XC) - West Valley TC's Bill Scobey beat a field that many called the best in Northern California AAU Cross Country history, or at least one of the best. We have no times, but Bill won by probably about 20 seconds over Cliff Clark, the 1969 winner (Scobey's time was 29:24). Peter Duffy, running for the Univ. of Nevada, was third, about 30 yards or so back of Clark. Then came Byron Lowry, Chuck Smead, Wayne Badgley, Duwayne Ray (last year's winner), Jon Anderson, and Gary Berthiaume. West Valley TC successfully defended its 1970 title. No other information at this time.

(Nov. 20, Daly City Hill Run) - Darryl Beardall, after a long layoff, is on the way back it seems. He and West Valley's Mike Pinocci (a senior at Washington High in Fremont) ran shoulder to shoulder the entire distance and finally decided to come across the line together. Solano TC's Steve Slawson was a distant third place. Top senior was Peter Wood, followed by Jim O'Neil. No other results available at this time.

Late West Valley TC News: Duwayne Ray now has a new phone number. It is 526-3467 in Modesto. His address is still the same as in the club directory. Also, Duwayne will not run in the Nationals, but we have added Ron Elijah who may take Duwayne's place on the first team. Either Clark, Elijah, or West will most likely fill the gap left by Ray. Humberto Hernandez has come up with a leg injury and will not be able to go either. We still will have 4 teams, although probably only 7 on the Green Team and 5 on the Red Team and 5 on the High School Team.



Bill Solomon and Mike Ruffatto, two top North Coast Section runners, are shown during an All-Comers H.S. two mile last winter. (Marconi photo)



John Sheehan (#342) was the Far West Conference winner over 5 miles at Humboldt St. Shown here at Walnut Festival Race. (Marconi photo)



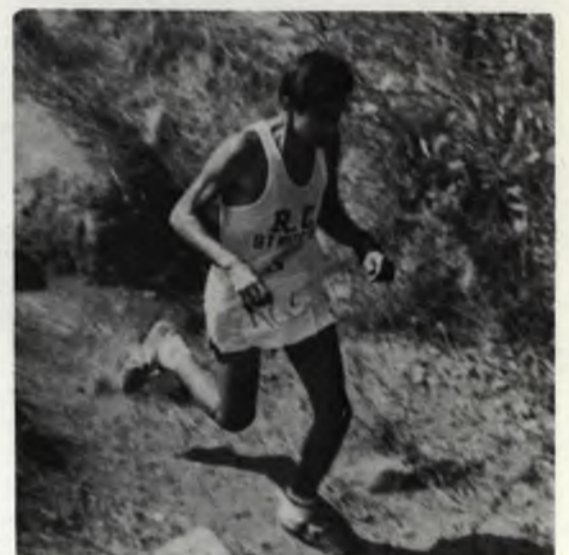
Chuck Smead leads Byron Lowry up a steep hill at the PA Senior XC Race in Golden Park. Byron took 4th and Chuck 5th. (Marconi photo)



Jim Bowles, recently fifth place finisher in the AAU 50 Mile Championship, is featured in this month's West Valley Portrait. (Marconi photo)



Peter Duffy leads Bill Scobey and Cliff Clark (hidden) at PA Sr. XC Race. Scobey went on to win with Clark 2nd, Duffy 3rd. (Marconi photo)



Mitch Kingery, a frosh at San Carlos High School, recently ran a 9:39.5 2 mile, top time in the nation for a 9th grader this year. (Marconi photo)



Ross Smith, featured in this month's Northern California Portrait, shown finishing the 1971 Las Vegas Marathon. (Las Vegas News Bureau)



A pack of runners at the Walnut Festival Race, led by Rich Delgado & Bob Crow, who went on to tie for fifth place. (Marconi photo)