

NOR-CAL RUNNING REVIEW

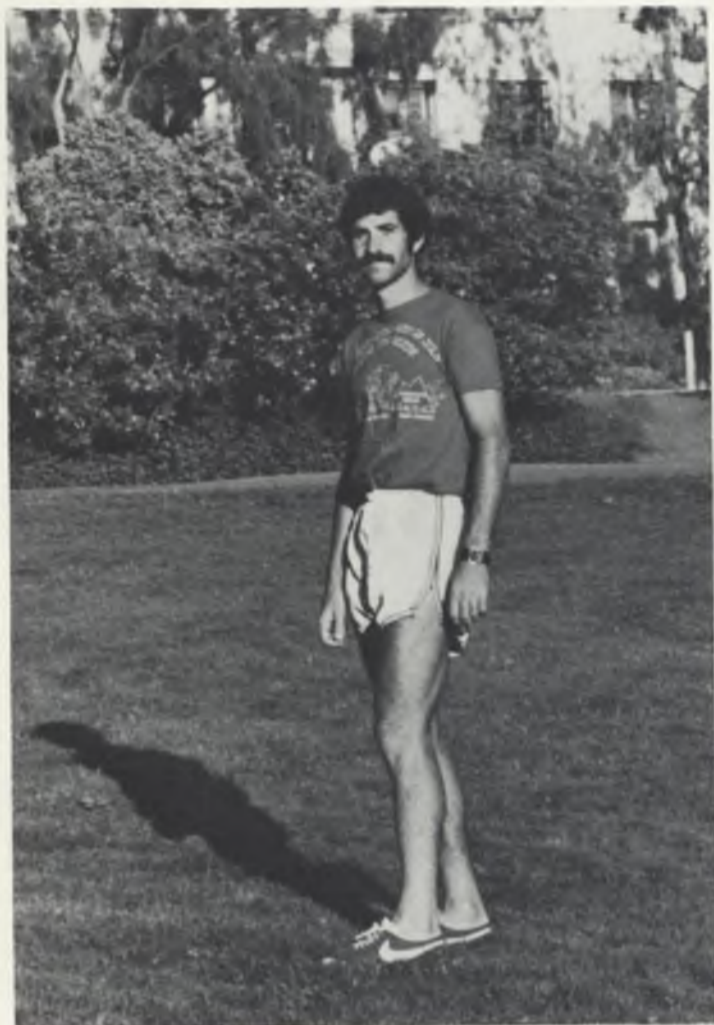
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Northern California Running Review

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NOV.-DEC. 1974 ... No. 51

On the Cover

Washington State's and Kenya's John Ngeno proudly wears his victory laurels after upending a super field in the National A.A.U. Cross Country Championships in Belmont (Nov. 30). Ngeno took almost two full minutes off the old course record with his 29:58.8, which was 17 seconds ahead of Neil Cusack, and another 7 seconds in front of Ted Castaneda. /Manny Adriano Photo/

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All news, features, results, photographs, and other correspondence should be sent to: NCRR, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181, after 8 pm). Due to irregularity of publication dates, all information should be mailed as soon as possible for consideration. Prospective volunteer correspondants and photographers should request details from the above address. Everyone is encouraged to submit meet results and scheduling. Credits are always given for any materials used. Please request permission for use of any NCRR materials other than scheduling information and meet results. PROSPECTIVE PHOTOGRAPHERS: Our small staff of regular photographers can't get to every meet, so please send any prints you may have for consideration. Thank you for your help.

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EDITOR'S MESSAGE

● TRACK SCHEDULES NEEDED: - This issue lists a few early-season track meets, but our next issue (out in early March) will attempt to list a very comprehensive schedule through the middle of May. *BUT WE NEED YOUR HELP!!* Coaches and athletes, please send us your spring track schedules (high schools and colleges) so that we may compile a complete list. Thank you for your help.

● MORE PHOTOS NEEDED: - This spring we will need a lot of volunteer 'contributing photographers' in order to bring our readers good coverage. If you think you'd like to contribute to the NCRR on a fairly regular basis, please write immediately for full details.

● NEXT ISSUE: - We will feature a 1975 'Prep Preview' in issue #52, listing all the top returnees in Northern California in all standard events. Chris Kinder, our statistician, will compile this list, and the following two issues we will run a listing of top 1975 NorCal Prep Marks. - If anyone is interested in compiling a similar list for JC's and/or colleges in the area, please let the editor know immediately.

★ PHOTO QUIZ ★



Name this top local Masters road runner (1945 photo!).

RULES: (1) Submit your guess (one per person) on a postcard and mail it to: PHOTO QUIZ, Box 1551, San Mateo, CA 94401 (card must be postmarked by not later than Feb. 20). (3) All ties will be broken by a drawing. *** The Prize is a one-year subscription or renewal to the NCRR (or \$5 off dues of any WVTC member that wins). All readers are encouraged to submit photos for consideration. *** LAST MONTH the 'famous high jumper' we thought would be a giveaway, but only ten answers (all correct) were received by the deadline. He was none other than previous world-record holder Pat Matzdorf. Our winner by drawing was WVTC member, Joe Mangan (Fremont High in Sunnyvale), who gets \$5 knocked off his 1975 dues. *** Bet we don't get too many correct answers for this month's photo quiz!

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THIS & THAT

● **PEOPLE NEWS:** - Harold DeMoss was unanimously re-elected as the PA-AAU's Long Distance Running Chairman for men on returns from a ballot that was sent to representatives from all District clubs. Well, actually your editor received one vote, so it was not quite unanimous. --- The Bay Area Road Runners Club elected Joe Henderson as its 1975 President. Bill Flodberg was selected as VP; Bob Anderson (not of RW) is Treasurer, and Jim Woodruff is Secretary and editor of the Bay Area RR bulletin. Flodberg will also act as their racing chairman. --- Former Humboldt State star, Gary Tuttle, now competing for the Beverly Hills Striders, won the National A.A.U. 20 Kilo Championships, held in Massachusetts on Oct. 20 in a time of 62:16. Gary was the winner of the 1974 Bay to Breakers Race. --- Norman Bright, now living in Santa Barbara on a somewhat permanent basis, recently competed in a 10 Kilo race for runners over 60 years of age in Japan (Miyajima, near Hiroshima). He outsprinted his only real competition (Kumamoto of Japan) by a mere two seconds in the final few hundred yards of the race, recording a 41:04. Third place was 41:55. --- The Gookin's seem to be a hard luck bunch. In the AAU X-C Championships in Belmont, Bill tore some ligaments in his ankle and was unable to finish (and was unable to run for many weeks afterwards). Donna (Bill's wife), a 3-hour marathoner herself, broke her leg badly while orienteering and is also out of commission for several months.

● A group of distance runners, all more than 60 years old, set a new record running from Hollywood to Las Vegas in a time of 40:33 (that's hours and minutes). The old record, set by the same group in 1972, was 41:40. Participating in the 300 mile run were: Bill Selvin (64) of Orange; Monty Montgomery (68) of Sherman Oaks; Al Clark (61) of Orange; Walt Frederick (67) of Pico Rivera; Noel Johnson (75) of San Diego; Bert Williams (60) of Orange; John Montoya (62) of Colton; Bill Monheit (65) of Oakland; and Walt Stack (67) of San Francisco. Each member ran relay legs of either 10 or 15 minutes, depending on whether the terrain was level or hilly. In the past four years, each member ran 30 minute legs.

● **PA-AAU Women's Road Championships:** - In 1975, the Men's Long Distance Running Committee will co-ordinate their standard road championships (15K, 20K, 25K, 30K, Hour Run, and Marathon) with the women's. So, figure that standard AAU medals and patches will be given to women (top finishers) in these races. No word yet on whether the 10K cross country will be separate. Last year, the women had their own race, and this might be the case in 1975, but we haven't heard anything on this as yet.

● **LOST:** - Your editor lent some USCGS Maps (contour maps) to someone several years ago (they were of the Peninsula mostly), and now I need them back, but can't remember whom I lent them to...so, if the person that has them reads this, please contact me right away. Thanks. See address on page 3.

● **Men's 1974 PA-AAU All-Star Road Running Team:** - In the past the PA-AAU has balloted the runners for selection of our All-Star Team, but there was usually poor response and many names were voted for that really did not belong there, either because of ignorance, or because of deliberately voting for 'friends' instead of the most qualified runners. So this year the LDR Committee decided to appoint a panel of knowledgeable judges to do the selecting. The intent was to place seven open runners and seven masters runners on the team...however, eight masters got onto the list since there was a tie for the seventh man. Here they are: (OPEN) - Jim Dare, George Stewart, Joe Taxiera, Tom Hale, Bill Clark, Jack Bellah, and Jim Nuccio. (MASTERS) - Jim Shettler, Ross Smith, Jim Nicholson, Dennis Teegarden, Gil Tarin, Ken Napier, Bill Snavely, and Jim O'Neil. It turned out that the top seven in the open division were also the top seven in the NCRR Long Distance Point Totals, and the same with the masters, except for Jim O'Neil.

● **PA-AAU Long Distance Handbook & Schedule:** - The 1975 Edition is now out (and has been since around Xmas). It is usually available at road runs in the Bay Area, but is also available through the mail. If bought at a race, it costs 35¢ (up 10¢ from last year due to inflation in printing and paper costs), or send 50¢ for mailed copies to: Harold DeMoss, Box 967, Los Altos, CA 94022. Copies are also available at the PA-AAU Office in San Francisco (942 Market St., Suite 601). All profits from this booklet goes into the LDR travel fund (although it's not all for travel...some of the monies go into the warehouse that stocks items that can be of use to meet directors).

● **AAU Cards for 1975:** - Something new this year...the addition of a 'Sports Participation Fee' of \$1.00 (on top of the regular AAU registration fee of \$2.00, which went up 50¢ this time---first time in about 10 years). Whereas, normally the regular \$2.00 fee gets swallowed up in administration, the extra \$1.00 will be put right back into our sport, helping to send local and national teams to meaningful competitions. So, when you fill out your new AAU application, be sure to indicate what your sport code is: LD for long distance running; TF for track & field; RW for race walking. If you are primarily a distance runner, whether on the track or the roads, indicate LD (3000 meters and up is considered distance).


● **More on the PA-AAU LDR Handbook:** - By the way, the entire booklet was put together (typed, compiled, and hand-collated and stapled) by volunteer help...no one got paid. Some credits are listed in the front of the handbook, but we would like to acknowledge our thanks to the following individuals who performed the 'fun' task of collating and stapling! They are: Vince & Bill Olsen; Dave, Jenny and John Stock, all of San Jose/Los Gatos area.

● **Next LDRC (Men's) Meeting:** - Feb. 3 (7:30 pm) at Beresford Recreation Center in San Mateo (28th and Alameda). In the future we may try to have some of our meetings after important (large) road races at the suggestion of Fred Kenyon. This may be an easier way to get more participation at these important functions. Ideally, each club should have a representative at these meetings (usually once each 1-2 months).

● **1974 Southern California Long Distance Running Annual:** If you are interested in seeing summaries and photos of nearly all of the SPA-AAU's road runs, then send \$5.00 to cover the cost of the booklet and mailing (8-1/2 x 11 and about 1/2" thick) to: Bud Hanson, 4070 Wilkinson Ave., Studio City, CA 91604. A very worthwhile and interesting publication.

● **1975 Boston Marathon Information:** - Interested in going to Boston this year? A lot of Bay Area people are already planning on making the trip, and all that's necessary is a 3:30 qualifying time (since last year's Boston, and including it) and some \$\$\$\$. If you still need a qualifying time, see the following paragraph. If you don't think you can afford to make it, then read further in this paragraph. --- Last year the NorCal Running Review put together a tour group package to Boston for a pretty good savings. Rates have probably gone up some, but there will still be a substantial savings. To give you an idea, last year the regular fare to Boston (roundtrip) was \$366. The excursion fare (7 days minimum) was \$320. The Group Fare (25 bodies minimum needed) was \$294. The Tour Group Fare was \$324 (15 bodies minimum), but that includes 4 nights at the Sheraton Boston (right on the finish-line), so you save quite a bit. The only hitch is that the group must travel both ways together, but that's half the fun of Boston! Last year our group left on Friday morning and returned on Tuesday morning (you have to stay 4 days as part of the package). I don't have all the details worked out yet, but if you are interested, give me a call (415/342-3181) or drop me a line so I can get you on our information-mailing list at the very least. Time is running short, so don't wait until the last minute...let us know your plans NOW! It shouldn't be too hard to get together 15 people.

● **Boston Qualifier:** - There are still people that need a 3:30 time to get into Boston this year (they are requiring a copy of the results of the qualifying race this year), and so the West Valley TC has decided to set up a 'qualifier marathon' for that purpose. There will be no West Valley Marathon this year because our membership is too overworked from staging the AAU X-C and Xmas Relays back-to-back. The WVM will be reinstated in 1976 most likely. There will be a Fun Run Marathon on Feb. 9 (starts at 7:30 am from Poplar & Humboldt in San Mateo) on the WVM certified course, but we are not encouraging a large turnout...only those who need a qualifying time will be encouraged to run. It will be sanctioned and we will have results, but there is no entry fee, no awards, no aid-stations (bring your own waterboy), no traffic control at stop-lights, and no toilets (at school) or showers.



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● **Seaside Marathon:** - This year's race will be held on Feb. 22, and pre-entries are required (by Feb. 15). This race will be the qualifying race for the Women's International Marathon in Germany (end of September). The top 5 finishers here will qualify for places on the USA team, although no expenses will be paid by the A.A.U. to our knowledge. Thus, if some of the top 5 are unable to make the trip because of expenses, then I would suspect that they will go deeper down the list to fill all the slots. For more information on this, contact either the Meet Director (see Scheduling Section) or Dawn Bressie, c/o Dept. of Parks & Recreation, City Hall, 330 W. 20th Ave., San Mateo, CA 94402. Robert & Marilyn Paul of Portland have generously made free housing available to competing women. Also, free transportation will be supplied from Portland to Seaside by the hosts...write them at their home address for further information: 2626 Ravensview Dr., Portland, Ore. 97201.

● **Race Information:** - Jerry Kokesh, who used to help out with the San Jose State track program, is now living near St. Louis, Missouri, and is in the process of organizing a big Marathon on March 2, and he informs the NCRR that they're trying to make a good masters race out of it. Arthur Taylor (2:27 at 48 years of age) from Canada is planning on running, as are a number of other good midwestern runners in the over-40 bracket. Jerry would like to have some good runners from the Bay Area or Southern California in his race, so if you're interested, contact him at: 914 Manchester Rd., Manchester, Mo. 63011. He promises a good race and free housing to out-of-town runners. --- **Something New!** - After the "Great Race" in Sacramento last year, there have been other ideas going around that would mix cycling and running talents. Jim Woodruff has come up with an idea that is basically a 'runners relay', but one that uses a bike. The idea of the race (relay) is to have two people and one bike, with one person running and the other person riding the bike, and alternating whenever the pair chooses. The two runners must be in contact (along with the bike) at all exchange points, so that leaving the bike while one runner dashes ahead is prohibited (that method is used in the 'ride-and-tie' competitions that Levi Strauss has been promoting, using two men and a horse). As long as the two runners and the bike are in close proximity at each exchange, then nothing else is required, and they may switch as often as they like. The bike is basically used only as a 'resting' device. The date for this new idea in running has been set for April 5, Saturday, in the Portola Valley area (Woodside). The distance will be 11 miles and the relay will start at 10 am. Further details may be obtained by writing Jim Woodruff at 531 Benvenue Av., Los Altos, CA 94022.

● **World X-C Championships:** - These races, to be held in Rabat, Morocco on March 16, will hopefully see full US teams this year. Last year the US sent a Junior (under 20) team that won the team title, while Rich Kimball, then a senior at De La Salle High in Concord, took the individual title (first time ever by an American). The US failed to send a senior team because of a lack of funds. This year, the USOC has supposedly made a sum of \$10,000 dollars available for 1975-76 for Men's Long Distance Running. Thus, it appears that one and possibly two teams will be sent to the International X-C this year (depending on whether the AAU wants to send teams in 1976). Four juniors make up a team, and the top runners from the Junior Natl. 8 Kilo in Alameda on Dec. 21 qualified for the trip (see results section). The four going will be: Robert Thomas (Glendale JC and San Fernando Valley TC), Roy Kissin (San Ramon HS and West Valley TC), Ralph Serna (Loara HS), and Eric Hulst (Laguna HS). John Roscoe, who finished second in the race, turned 20 between the Nationals and the Internationals, and is not eligible for the trip. The trials for the senior team will be a National 15 Kilo Championship, originally scheduled for the New York area, and now moved to Gainesville, Florida (Feb. 9). Entries close on Feb. 7 (5 pm) with Roy Benson, Box 14485, Gainesville, Fla. 32607 (Ph. 904/392-0673). This will not be a road race, and barriers will be present on the course. The PA-AAU will send Jim Nuccio (our 15K champ) to compete in this race.

● **Pan-American Trials:** - Currently, the site of the 1975 Pan-American Games Trials (to be held in Mexico City) will be Bakersfield on August 15-16. The LDR Committee of the AAU is currently attempting to have a high-altitude site approved for the marathon trials (Texas withdrew their original bid) on August 30 at Lake Panqutch, in Southeastern Utah...an altitude of 8200 feet, about 500 feet higher than Mexico City. And, a recommendation is also being considered to take the top finishers in the other distance races (3000mSC, 5000m, 10,000m) from Bakersfield and have them compete a week later at altitude to determine Pan-Am Team selections...nothing definite on this as of yet.

● **A Challenge:** - Pax Beale will be staging his Golden Gate Celebrity Charity Run on April 26 at noon, starting at the Ft. Baker parade grounds (Marin County). All of the proceeds will go to the Big Brothers and the Big Sisters of the Bay Area. He hopes to implement many unique ideas for the run, including a gigantic picnic and some entertainment afterwards on the "Little Marina Green". One idea that Pax definitely wants to implement is to issue a challenge to all those runners who were listed in the NCRR's Long Distance Point Ratings...Open, Over-40, and Women. All these runners are invited to 'square off' in head-to-head competition.

● **More on Pan-Am Marathon Trials:** - Six Regional Championships (must be approved by Bob DeCelle, Long Distance Chairman) will be held prior to the Final Trials. A suggested qualifying time of 2:23 is recommended for participation in the Finals. Expenses for Regional winners and the additional 10 fastest times in the U.S. on certified courses one year preceding the trials will be paid by the U.S.O.C. - Incidentally, there are now 88 certified marathon courses in the U.S. (as of mid-October, 1974).

● **National LDRC Members:** - Northern California people who have been elected or appointed to various positions on the National A.A.U. Long Distance Running Committee are: Robert E. DeCelle (Chairperson); Jack Leydig (Secretary); Don MacIntosh (Legal Advisor); Joe Henderson and Robert E. DeCelle (International Selection Committee); Len Wallach (Masters Committee Chairperson); Nick Sakelarios (Member, Age-Group Sub-Committee); Robert E. DeCelle (Finance Committee); Joe Taxiera and Ron Wayne (Athletes Representatives).

● **New Sports Rule Change:** - At the A.A.U. Convention in October, an important change pertaining to fitness of long distance runners (regarding medical examinations and waivers, etc. on entry blanks) was passed. The following statement is now sufficient (no attending physician need be present) when placed on entry blanks for long distance runs: "I attest and certify that I am physically fit and have sufficiently trained for competition in this (event), and my physical condition has been verified by a licensed medical doctor (except where the latter is in violation of religious principles)...(signature)." Also, a parent's signature must accompany all entries of runners under 18 years of age.

● **Site of the 1975 A.A.U. Convention:** - New Orleans on Nov. 30 thru Dec. 6...1976 Convention will be in Phoenix, Arizona.

● **Age-Group Girls Track & Field Rule Change:** - At the A.A.U. Convention, the concept of establishing Age as of January 1 was approved as the method for classification of competitive age-groups. By this method, an athlete stays the same age throughout the competitive season (in fact, the entire calendar year) instead of competing in one group for half the season, and then switching to another age-group category, as has been done.

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●Ed Parker of the Millbrae Lions TC (and Mills High School) has just been selected as Women's Coach for the US-Soviet Indoor Meet. This is certainly a great honor and one that is most definitely deserved. Congratulations Ed!

●A special thanks to Jack Pross of the Birubi Track Club in Sydney, Australia who was extremely thoughtful in sending us a Christmas card---"To the NorCal Running Review and the athletes who support it." (Ed. - Jack Pross also puts out a newsletter for his club which is very informative...anyone who might wish to subscribe to it should contact the NCRR.)

●1974 California Prep Annual: - This comprehensive list is available from Chris Kinder (the NCRR's prep statistician) for only \$1.00. It contains top marks in all standard events from the entire state. --- HELP!! Chris is currently trying to compile a list of the top 20-25 in all events for all-time in both Northern California and the entire state. Chris would be most appreciative if any of our readers could contribute some top marks. He plans to include a similar listing, although not as long, of the top juniors, sophs, and frosh (if possible) for NorCal and California. Anyone who thinks they have a potential mark should send all info (name, class, year, school, and documentation if possible, with wind information) to Chris at: 21732 Olive Ave., Cupertino, CA 95014. --- Chris also has 1972 and 1973 California Prep Annuals available for \$1.00 each.

●All Northern California Prep X-C Team: - This team is selected annually by a group of knowledgeable coaches in the Northern California area and sponsored by the NorCal Track & Field Association. Awards are presented by Citizens Savings. This year's selection committee was composed of: Plato Yanicks (Menlo-Atherton--Chairman), Terry Ward (St. Ignatius), Bob Woods (Camden), Doug Johnson (Petaluma), Bill Thompson (Alameda), Lou Bufkin (Wash. Fremont), and Ken Thomas (Soquel)...other contributors were: Bob McGuire (Pleasant Hill), Dan Greenwald (Bella Vista), David Peterson (Skyline), and Bill Mensing (Downey, Modesto). Geographical boundaries are from Oregon border to Merced. NorCal Runner of the Year was San Ramon's Roy Kissin, undefeated during the regular season (lost only to Eric Hulst in the AAU X-C in Belmont), who was selected to the team for the third straight year, as was Mitch Kingery (San Carlos), and Bob Barnett (Hillsdale). Outstanding junior was Bob Paulin of Camden in San Jose, while the top soph was easily Downey's (Modesto) Tim Holmes, who is featured in this month's NorCal Portrait. The outstanding freshman was Redwood's Rod Berry. Others besides Kissin, Kingery, Barnett, Paulin and Holmes who were nominated to the 22-member team: Dan Aldridge (Petaluma, Sr), Art Baudendistel (Highlands, Sr), Ron Criner (Mt. Diablo, Jr), Jeff Curran (Los Altos, Sr), Jerry Emory (Gunn, Sr), Dirk Feenstra (Jesuit, Sr), Ron Fritzke (Leigh, Sr), Chris Hulburd (Lynbrook, Sr), John Johnson (Skyline, Sr), Jim Mebust (Bella Vista, Sr), Rinaldo Montenegro (Lincoln, San Jose, Sr), Rudy Munoz (Watsonville, Jr), Dan Patterson (Del Valle, Sr), Kevin Rudy (Castro Valley, Sr), Hal Schulz (Redwood, Jr), Kevin Searls (College Park, Jr), and Don Thomas (Bella Vista, Sr). A second team was also selected, as well as an honorable-mention list, but lack of space prohibits our listing them here. Send 25¢ to Plato Yanicks, c/o Menlo-Atherton H.S., Atherton 94025, for a copy.

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★NOR-CAL RUNNING REVIEW★

●Indoor National Standards: - (MEN): (All standards must have been met indoors after Oct. 19, 1974, except for outdoor performances, asterisked below, which must have been made after Jan. 1, 1975) -- All distances in yards unless specified otherwise: 50 (5.3); 60 (6.3); 70 (7.3); 60HH (7.3); 70HH (8.4); 440* (47.6); 600 (1:12.0); 1000 (2:10.3); 880 (1:50.5); 880* (1:49.5); Mile (4:08.3); 2 Mile (8:48.6); 3 Mile (13:38.6); LJ (24'8"); HJ (6'10"); PV (16'6"); TJ (50'4-1/2"); SP (60'0"); 35# Wt (62'0"); Mile Rly (3:21.0); Mile Rly* (3:15.0); 4 x 880 Rly (7:43.0); Medley Rly (determined by Games Committee); Mile Walk (6:45.1); 3000m Walk (13:40.0); 2 Mile Walk (14:40.0). (WOMEN): (All indoor standards must have been met after Dec. 1, 1974; outdoor marks after Jan. 1, 1975) -- Winners of the 1974 Indoor Championships and the top two finishers from the 1974 Outdoor Girls' and Women's Championships are eligible for entry into the 1975 Indoor Championships in their respective events without having established a qualifying mark. Outdoor standards are indicated with an asterisk (*): 50y (5.8); 50m (6.3); 55m (6.8); 60y (6.8); 60m (7.4); 70y (7.8); 220y (25.1); 220y* (24.7); 300y (36.0); 300m (39.7); 440y (57.0); 440y* (56.0); 500y (1:07.3); 500m (1:14.9); 600y (1:24.5); 600m (1:33.5); 880y (2:12.0); 880y* (2:10.0); 1000y (2:34.1); 1000m (2:48.5); 1500m (4:38.0); 1500m* (4:33.0); Mile (4:58.0); Mile* (4:53.0); 50yH (7.0); 50mH (7.5); 55mH (8.2); 60yH (8.2); 60mH (8.9); 70yH (9.4); Mile Walk (8:45.0); LJ (18'10"); HJ (5'6"); 4Kg-SP (46'0"); 8#-SP (48'0"); 3000m (10:35.0); 3000m* (10:25); 2 Mile (11:10.0); 2 Mile* (11:00.0); 4 x 160y Rly (1:18.0); 4 x 147y Rly (1:11.5); 4 x 176y Rly (1:25.8); 4 x 220y Rly (1:47.3); 880y Med-Rly (1:52.0); Mile Rly (4:12.0); Pentathlon (3000 pts); Pentathlon* (3200 pts). *** NEXT ISSUE WILL FEATURE A LIST OF OUTDOOR QUALIFYING MARKS FOR BOTH MEN AND WOMEN. ***

NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by number of races run. Following are the point standings through November 3 (Phelan 15 Miler), with the exception of Peck Park X-C, STC 2-Man Relay, LA Times Marathon, College of the Canyons (both races); STC 4-Man Relay, Mt. SAC X-C; and Ridgecrest 10 Km. The Santa Monica and Santa Barbara Marathons are not included, but will be added later. The scoring starts with Jan. 1. -- The race for first is the closest it's ever been, with the top three runners only .014 apart and Bill Scobey making his usual late season move up the standings. Sam Nicholson is having an easy time of it in the vets category, having already bettered his winning mark of last year, which stood at 0.115. -- (The numbers in parentheses below indicate: number of races run, average placing, and point rating respectively): OPEN DIVISION: 1. Pat Miller (CCAC/13, 3.62, .278), 2. Ray Hughes (BHS/8, 2.25, .281), 3. Ron Kurrle (BHS/12, 3.50, .292), 4. Phil Ryan (GWAA/10, 3.30, .330), 5. Ed Chaidez (CSN/9, 3.44, .383), 6. Skip Shaffer (CCAC/19, 7.32, .385), 7. Don O'cana (BHS/6, 2.33, .389), 8. Bill Scobey (BHS/5, 2.00, .400), 9. Jim Arquilla (ELATC/9, 4.44, .494), 10. Fred Ritcherson (BHS/2, 1.00, .500), Gary Tuttle (BHS/2, 1.00, .500), Bob Wallace (Unat/2, 1.00, .500), and Jim Perez (AZT/12, 6.00, .500), 14. Ajim Baksh (CCAC/6, 3.17, .528), 15. Mark Kushner (CCAC/6, 3.33, .556). MASTERS DIVISION: 1. Sam Nicholson (STC/24, 2.29, .095), 2. Dick Bartek (SBAA/5, 1.20, .240), 3. Rudy Ceja (STC/16, 4.00, .250), 4. Gil Perez (STC/14, 3.93, .281), 5. Glenn Turner (STC/10, 3.10, .310), 6. Don Jones (STC/5, 1.60, .320), 7. Walt Windsor (Unat/9, 3.11, .346), 8. Aurelio Camacho (STC/7, 2.43, .347), 9. Pete Mundle (SMT/3, 1.33, .444), 10. Del Linam (CCAC/9, 4.56, .506), 11. Ray Gil (STC/7, 3.57, .510), 12. Dave Parker (STC/5, 2.60, .520), 13. Norm Lumian (STC/4, 2.50, .625), 14. Clyde Ailing (STC/7, 4.57, .653), 15. John Rudberg (STC/2, 1.50, .750) and Jim Van Manen (SBAA/2, 1.50, .750).

PA-AAU STANDINGS: (Compiled by Art Dudley) - We will list our first 'standings' for the new scoring year in next issue. We still haven't received Dipsea Results for last year's totals.

CLUB NEWS

This section of our publication is devoted to various clubs in the area. If your club would like to put in an announcement or other news, please send it in. Our circulation is now over 1000, with many times more than that reading it, so many of the membership in your club will see the notice. As long as the news is pertinent and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from you. This isn't just for West Valley TC ya know!!

DIABLO VALLEY TRACK & FIELD CLUB: - Formerly the Pleasant Hill Track & Field Club (age group), this club is now sponsored by the Police Associations of Concord, Martinez, Walnut Creek, Pleasant Hill, and the Contra Costa County Sheriff's Dept. The Diablo Valley Track Club will continue with emphasis on the Boys AAU Age-Group Track & Field program, and, in addition, will encourage area high school runners to join the club and run in PA-AAU distance runs, as well as winter all-comers meets between cross country and track seasons. Interested persons should contact Bob Vasquez, 1981 Linnet Ct., Concord 94518.

NOR-CAL STRIDERS: - This is a new club, coached by Larry Neverkovec, that is open to all ages, men and women. At present, the ones most interested are high school boys and men up thru their 30's. The group is primarily running road races each weekend, but will get into track & field later. The San Juan Striders T.C., boys and girls, will now be known as the Northern California Track Club. Neverkovec coaches both teams and can be reached at 6401 Stanley Ave., Carmichael 95608.

WEST VALLEY TRACK CLUB: - A total of 17 new members since our last newsletter! --- Greg Brock (26), 127 Berkshire, Santa Cruz 95060 (Ph. 408/427-2258) is in the middle of a 'comeback' of sorts after running very well in 1972 and finishing fifth in the Olympic Trials Marathon at Eugene. He has bests of: 1:56.3 (880), 4:09.8 (Mile), 8:45.2 (2 Mi), 13:33.8 (3 Mi), 28:53 (10K), 2:22:19.8 (Marathon), and 12 miles, 197 yards for the hour run. Steve Coronado (19), 6848 Rosa Vista, Citrus Heights 95610 (Ph. 916/725-1278) is a soph at American River College with marks of: 22.5 (220), 52.4 (440), 1:55.4 (880), 4:34.9 (Mile), 10:05 (2 Mi). Jeff Curran (18), 1095 Judson Dr., Mtn. View 94040 (Ph. 941-3206) is a senior at Los Altos High with best marks as follows: 10.7 (100), 22.6 (220), 52.0 (440), 1:56 (880), 4:17 (Mile), 9:03 (2 Mi). Jeff was featured in last month's NorCal Portrait. Dave Davis (37), 1683 Eleanor, San Mateo 94402 (Ph. 341-4251, work) is an important addition to the club's weight division, as Dave has PR's of 64'10-1/2" in the shot and 176'10" in the disc. Although both these marks came over 10 years ago, Dave is making a comeback and has already done near 55-feet this winter...he hopes to get the world age record (37) this spring, which stands at 61'1". Dave is now employed as General Manager at the Highlands Recreation District in San Mateo. Boris Dujovic (24), 1441 Larkin, Apt. 3, San Francisco 94109 (Ph. 928-6180) is employed as a barber and has a time of 4:18 in the mile. Fred Emerling (24), 4540 N. El Dorado, #313, Stockton 95207 (Ph. 209/478-2944, Ext. 313) is an insurance adjuster and self-styled bum that ran for the Univ. of Alabama with best marks of: 4:11.4 (Mile), 8:57.3i (2 Mi), 13:57 (3 Mi), 28:47 (6 Mi). He runs enough to keep eating as much as he currently consumes. Ricky Flores (14), 115 Lynn St., King City 93930 (Ph. 408/385-5201) joins his brothers Carlos and Mario as club members. Ricky is an 8th-grader with best times of 2:40 (880) and 5:46 (Mile). Denny Gonsalves (19), 6 Lyndhurst Ct., Belmont 94002 (Ph. 593-2329) is a soph at the College of San Mateo with a best mile time of 4:43. He competes for the CSM cross-country team, and also competed for WVTC in the AAU X-C Championships. Stephen Griffith (28), 24880 Prospect Ave., Los Altos Hills 94022 (Ph. 941-3815) is a student at Stanford Law School. He just began running recently and already has a 3:42:15 marathon to his credit. Glenn Harmatz (22), 4241 Norwalk Dr., #202, San Jose 95129 (Ph. 408/??) is a graduate of San Jose State and has recorded good middle distance times of: 1:51.4 (880), 3:46.8 (1500m), and 4:10.5 (Mile). He will prove to be a valuable addition to our team this spring as he has already received an invitation to the Anaheim Indoor Meet. John P. Hayes (26), 1710 Lincoln, #3, San Rafael 94901 (Ph. 456-4506) is a grad student at the College of Marin, Dominican, and just recently moved into the Bay Area. He has best times of: 4:14 (Mile), 9:16 (2 Mi), 14:24 (3 Mi), and 29:41 (6 Mi). He has also done a 2:32 for the marathon (Boston, 1974). Tim Holmes (16), 205 Barozzi Ave., Modesto 95351 (Ph. 209/524-5685) is only a soph at Downey High in Modesto, but has done some fantastic running (see NorCal Portrait this issue): 2:06 (880), 4:27.1 (Mile), 9:08.9 (2 Mi), 14:59.2 (3 Mi), 15:27.8 (5 Km),

32:05.5 (6 Mi), 33:09.9 (10 Km). Tim Peterson (24), 15 Stowe Ln., Menlo Park 94025 (no phone) is a senior at Stanford who has competed in only a few road runs locally, but very well in both, taking second at Searsville and winning the Pamakid Lake Merced Run in 1974. Anne Marie Pouteau (20), 10 Salt Landing, Tiburon 94920 (Ph. 383-6214) is a third-year student at the College of Marin and also a gardner. She has run 48 minutes for 6 miles on the track. Jim Sullivan (31), 3479 Rio Bravo Dr., San Jose 95122 (Ph. 408/238-2936) is a teacher at Andrew Hill High in San Jose and is an old WVTC member that is making a comeback (hasn't competed actively in 5 years). He has best marks of: 1:55.6 (880), 4:19.6 (Mile), 9:21.5 (2 Mi), 14:19.4 (3 Mi), 29:54.5 (6 Mi), 2:45:57 (Marathon). Gary Wolf (24), 1720 Halford, #238, Santa Clara 95051 (Ph. 247-8373) is an ex-Oregon student, now working as a Contract Administrator. Gary plans on making it tough for Brad Nave to hold onto his club discus record (180-feet), as he has heaved the platter 193'4". Mark Young (22), 707 Leahy St., #224-B, Redwood City 94063 (Ph. 366-4265) works as a bartender and is an ex-Ohio State runner. His marks include: 8.3 (70HH), 14.3 (120HH), 9.9 (100), 50.1 (440), 22'8" (LJ), 44'0" (SP), 138'0" (DT), 165'0" (JT), 6'0" (HJ), 11'6" (PV). All the field event marks were made in decathlon competition, but he didn't list his best total.



WVTC's Women's Team placed second to the San Jose Cinder-gals in the PA-AAU 3-Mile Championships--(left to right) Vivian Harris, Louise Adamson, Ellen Clark, Phyllis Olrich, Joan Ulliyot, Betsy White, and Kathy Himmelberger.

● **News from members:** - John Loeschhorn is now living in Southern California and working for Tred₂. He managed a 2:25 marathon at Culver City, despite the lack of training while moving south. Len Wallach and Jack Leydig were appointed to positions in the National A.A.U. Long Distance & Road Running Committee by Chairman Bob DeCelle. Wallach is the Masters Committee Chairman, and Leydig was reappointed National Secretary. Jim Nuccio reports that he is finally out of the Army and living somewhat peacefully in Mill Valley...he has been celebrating his newfound freedom by winning quite a few road runs lately, including the PA-AAU 15 Kilo and the 'California 10'. Dave Himmelberger received an invitational to compete in the Examiner Games mile a few days after he broke his ankle while running (and slipping) on Stanford's golf course...but he's been staying active by swimming(?). He is wearing a special fiberglass cast that doesn't dissolve in the water! Jim Dare, also invited in the mile, came up with achilles problems a few weeks prior to the meet and had to scratch. Other members invited to the Games are Jim Birnbaum and George Stewart in the two-mile, and Bill Main in the 60 yard dash. Wayne Glusker, Manny Adriano, Roger Duran and Esteban Valle will be competing in the mile walk. Roy Kissin and Tim Holmes will go at it against a strong high school two-mile field. Roy, incidentally, was the winner of the prep 2 mile at the Sunkist Indoor in 9:09.6, the same time as runnerup Ajim Baksh (Hollywood?). Jim Dunkley, who recently moved to Scottsdale, Arizona, ran a PR 3:22:32 at the Fiesta Bowl Marathon in December. Jim & Barb Howell (Jim is now in Nigeria and Barb will soon follow) proudly announce the birth of their first child, a boy (James Wilson, Jr.), who weighed in at 8 lbs. 3-1/2 oz., and measured 20 inches long. Mike Ryan, still being kept fat and happy by the USAF in Dayton, Ohio, reports that he had a very pleasing X-C season. He placed 11th in the shorter Springbank Race, 23rd at the Indiana Univ. Invitational, 4th in the Ohio USTFF 5-mile, 2nd in the Ohio AAU race, and 15th in the Natl. USTFF Championships in Michigan...all on about 50 miles a week training! Pat Mander won the USTFF quite easily, and Mike reports that Pat recently ran 8:42 and 13:15(!) in two non-competitive time trials, *INDOORS!* Mike was also nice enough to take care of Phyllis Olrich at the Women's Natls. in Dayton.

Jim Bowles is still alive and well in New York (Troy) and reports that he hasn't quite yet lost all his brain cells from over-training. At the National Jr. College Championships in Eugene he placed 75th, while his team ended up 17th. His last four races of the season were (including the 75th above): Region III (29:02 for 4th, 5.6 miles); Nat'l RRC 15 Kilo (51:48 for 6th); Eastern States USTFF (27:31 for 4th, 5.2 miles). He hopes to go on to school next year in a warmer climate (how about California, Jim?).

● **Roy Kissin** was nominated as NorCal Prep of the Year (X-C) by the NorCal Track & Field Ass'n. He was the second prep in the AAU X-C (behind Hulst) and then came back three weeks later to upset Hulst and Serna to finish 3rd in the Natl. Junior 8K in Alameda (he was the first prep). He wins a trip to the International X-C in Morocco in March as a result of this performance. Other WVTC's who made the All-NorCal List were: Tim Holmes & Jeff Curran (1st team); Joe Mangan & Tom Smith (2nd team); and Mark Quinn (Honorable Mention). Holmes also was nominated as NorCal's outstanding prep sophomore.

● **Phyllis Olrich** was the club's only female to run in a National Championship this year (besides the marathon), and she managed a 42nd place in the Women's X-C at Dayton, Ohio, on November 30. See complete results in the X-C Section of this issue. The club voted to pay her airfare to the meet.

● **Joel Jameson**, who currently runs for Occidental College in Los Angeles, improved on his 3rd place finish in last year's Nationals by placing 2nd in the NCAA Division III Championships while leading his teammates to the runnerup spot.

● **New Club Records:** - Although the track season has barely begun (all-comers meets), several club standards have fallen or been tied in recent weeks. In the sprints, Greg Marshall & Jim Ward both broke Jost Schmitt's 60 yard standard with 6.4 clockings on Jan. 18 at CSM, while Mark Young tied the old Standard at 6.5, as did Bill Main the previous weekend. Young recorded a 7.5 to set a club standard in the 60 yard highs. Marshall came back after his 6.4 to tie Frank Mercer's 220 mark of 22.0. Dave Davis heaved the shot 52-10 at CSM to obliterate Brad Nave's old mark by about seven feet. He may have thrown further than this at San Jose the week before, but we don't have the exact distance. Phyllis Olrich and Peggy Lyman established the top 2-mile times for women members by going 10:59.0 and 11:17.4, respectively. Phyllis dipped under the 11 minute qualifying standard for the indoor championships. Peggy ran a solo 17:24.6 for 3 miles, also at CSM, to set the club standard in that event.

● **No West Valley Marathon:** - It was decided at our annual Christmas party and elections that the club would not sponsor the West Valley Marathon in 1975 because members felt that too many big events too close together had drained incentive (AAU X-C and Xmas Relays). There will be an informal Boston Qualifier with very minimal preparations (see page 4, last paragraph) in place of the WVM on Feb. 9. Members are urged to contact Jack Leydig immediately if they can devote Sunday morning to help put on the race (we need about 10-15 people).

● **New Officers:** - Elections were held at our Xmas Party on December 21 (staged at the Jewish Community Center in Belmont). Following are your 1975 club representatives. All of them make up the Executive Council, which meets every few months to decide on important financial and other pertinent matters..... President/Treasurer (Jack Leydig, your friendly dictator); 1st V.P. (Daryl Zapata); 2nd V.P. (Bill Clark); Secretary (Dave Himmelberger); Administrative Assistant (Harold DeMoss); Track & Field Reps (Jim Ward and Brad Nave); Race Walking Rep (Wayne Glusker); Junior (under-20) Reps (Roy Kissin and Jeff Brody); College Reps (Dave Shrock and Jack Bellah); Women's Rep (Phyllis Olrich); Masters Rep (Len Wallach); Open Rep (Charlie Harris).

● **1975 WVTC-Sponsored Meets:** - Besides the informal Boston Qualifier Marathon on Feb. 9, the club will host the following races in the new year: All-Comers Track Meet (April 12 at CSM); All-Comers Track Meet (May 31 at CSM); Natl. AAU Masters 25K and PA-AAU 25K (Sept. 14 in S.F., Golden Gate Park); PA-AAU Men's X-C Championships (Nov. 15 at Crystal Sprgs., Belmont); PA-AAU Jr. Men's X-C Championships (Dec. 14 at Crystal Sprgs); Xmas Relays (Dec. 21, Santa Cruz to Half Moon Bay). In addition, the membership voted (at the Xmas Party) to consider co-sponsoring the National AAU Women's X-C in November, which the PA-AAU bid for at the Convention in October...the possibility of co-ordinating the effort between WVTC, the Millbrae Lions, Redwood City Flyers, and possibly the San Jose Cindergals will be looked into in the near future (profits and work effort would be split equally between the clubs involved).

● **Special Plaque Presentations:** - Nice plaques were awarded to several individuals on the club who have devoted much of

their time (above and beyond the call of duty) in helping out WVTC in various ways in 1974. These were presented at the Christmas Party to Len Wallach (for his part in organizing the AAU X-C Championships and other club races), Penny Tomei (for her creative artwork on club uniforms and AAU X-C posters, club stationery, AAU X-C T-shirts, etc.), and Dave Shrock (for his excellent job in the co-ordination of crowd control at the AAU X-C and other tedious jobs throughout the year). Bill Mackey was presented \$50 in free flying time (light plane), along with a plaque, for his service to the NorCal Running Review over the past five years.

● **AAU X-C T-Shirts and Xmas Relays T-Shirts:** - Any club member wishing to help put some bucks in the treasury by helping to get rid of the extras we have left over should contact Jack Leydig immediately. Sell them to your friends and help out the club. If you don't do anything else during the year to help the club, you can at least contribute in this way!

● **ROAD RACE NEWS:** - Below are listed those club members who finished in local road runs who weren't high enough to be put in the results section. If I missed you, let me know so I can include you next issue. --- PA-AAU 10K: 180-Ellen Clark 41:51. Dog Food Run (Handicap): 37-Vivian Harris 48:32. Pepsi 20-Mile: 249-Betsy White 2:29:09, 314-Penny Tomei 2:40:53. Excelsior Golden Gate Park Run: 130-Gail Gustafson 43:12. Livermore Marathon: 72-Lucy Bunz 3:24:18, 76-Betsy White 3:25:11, 84-Nick Granados 3:30:23. Livermore 13.7 Miler: 39-John Moroney 1:47:56, 49-Gail Gustafson (nt), 50-John Tedesco 1:53:40. Daisy Hill Run: 27-Steve Simpson 1:36:07, 43-Gail Gustafson 1:58:09. California Ten: 93-Carlos Flores 64:37.

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OUR RATES: - With a circulation of over 1000, and nearly three times that many readers, you can't afford not to advertise in the NCRR. For information on our super-reasonable rates, contact: Bill Clark, NCRR Advertising Mgr., 156 Marvin Ave., Los Altos, CA 94022...Ph. 415/948-8029 (evenings only).

LETTERS TO THE EDITOR

PHIL CONLEY (*Palo Alto, CA*): "Referring to the Sept/Oct 1974 NCRR, page 24 (Berkeley-Moraga Run)...Fran Conley held the women's record of 1:34:00 from 1972. Peggy Lyman did not break it, nor ever hold it. Oh how quickly they forget!" (*Ed. - My apologies...I should have checked the records more closely...I did forget how fast Fran ran!*)

RAY MENZIE (*Mill Valley, CA*): "In the Runner-Up Column of the NCRR (July/August issue), Rich Perry is featured and described as one of the area's most responsible and energetic race administrators by Jim Valenti. In yet an earlier NCRR, Mr. Perry was given extensive accolades by the local AAU when he stepped down from his local Long Distance Running Chairman post. My experiences bring forth an entirely different opinion from the above. The 1972 and 1973 Golden Gate Marathons, along with the 1973 Pacific AAU Marathon, were all cancelled belatedly by Mr. Perry. His reasons lie with lack of assistance, but no call for help went out in any of the area's running publications that I know of. The one time I sent an entry blank request to Mr. Perry, with stamped reply envelope, it brought no response. And, not once had I seen the gentleman at any of the numerous local distance runs in which I attended. Contrawise, Bob DeCelle and Peter Mattei were, and Harold DeMoss is, at most races. Maybe Mr. Perry did great things behind the scenes that I am ignorant of, but I think not. Peter Mattei, and moreso Bob DeCelle, did not receive a fraction of the good words directed to Rich Perry and that's just unfair (or politics)."

NAME WITHHELD (*San Francisco, CA*): "It is said that imitation is the greatest compliment, but lately West Valley Track Club has had some strange compliments, ranging from near plagiarism to downright lies. Our club did a magnificent job on the Senior Men's Cross Country Championships, from the first step of making a bid at the A.A.U. Convention, to the final celebration at Ralston School. All of the work was done by club members and their friends from other running organizations. We read with interest in one newspaper that the Belmont Recreation Department was credited with making the bid at the A.A.U. Convention in Yellowstone, and then sponsored the meet. It is true that Belmont provided a bus which the WVTC has to pay for, and it is also true that they arranged for Ralston School for the award ceremony...but it was Ken Israel, Ralston track coach, who volunteered his time to open, clean up, and close the building. It isn't that we didn't appreciate the City of Belmont's help, it's just that we don't think anyone should get credit for someone else's toil, especially ours and that of our friends. We were also surprised to see our letter from Governor Reagan show up in the Alameda Track Club's program for the National Jr. X-C Championships. Even parts of the Belmont Mayor's message were lifted from our program. It's not that we don't appreciate the compliment, but when outsiders will stoop to this kind of shabby behavior without even a thank you or request for permission to use our material (or credit), then it's time to speak out. Only our high standards have prevented us from naming names, but it seems that there are better ways of doing business. For those who want the glory...put in the work first!"

RUNNER-UP

MEET LURANA HOETGER: (*By Jim Valenti*) - For most of us, the A.A.U. Office in San Francisco has been a friendly voice over the telephone. For the last ten years that voice has been Lurana Elizabeth Hoetger. It was hard to tell where the A.A.U. left off and Lurana began, as she really was the A.A.U. for so many years.

Lurana was born in Iowa almost sixty years ago; she is now retired and living in Mill Valley, which she has called home for some 37 years. After graduating from the University of Oklahoma in Music, Lurana came to California with her mother to join her brother in Los Angeles. Eventually Lurana Murphy became Mrs. Hoetger and settled down to have a family. Her three children, Jackie, Vicki, and Conrad, have distinguished themselves in education as well as sports. Conrad is the Dean of Students at Tamalpais High School; Jackie teaches aquatics and coaches at Modesto Swim and Tennis Club; and Vicki has a Masters Degree in Physical Education and teaches in the night programs at Tamalpais High.

Lurana left the A.A.U. Office recently due to medical reasons; troubled with cataracts, she felt it was the right course of action.

Coming to the Pacific A.A.U. Office as a temporary employee

to set up the scrambled office at the request of Frank Geis, she planned to stay only a few weeks. Frank got wind of her amazing organizational ability from Olympic Committeeman, Al Sehorn. She had worked for the American Olympic Committee after an interesting one question telephone interview by Sehorn. He had learned of Lurana from Beth Kaufman, originator of Age-Group Swimming, who spoke very highly of her. Al's one question was, "Can you think?" Her affirmative answer got her the job for the preparation of the 1964 Olympic Games. The 'temporary' A.A.U. job lasted almost ten years, and endeared her to the athletes, coaches, administrators, and public. "Time doesn't mean anything," she commented; "It's what you make of it that counts, and I feel that the young people were worth every bit of that little time I might be giving in this life," she added.

Lurana pointed out that her most significant moments came when George Newlon, the PA-AAU's Commissioner of Officials, gave her card #9. These first ten numbers are reserved for the greats of sports...by the way, Alonzo Stagg was #10. Her other moment came from "Iron Man", Walt Stack, who presented her with the coveted Dolphin Swim Club's 'Woman of the Year' Citation and Award.

I've never met Lurana. She was always that friendly voice on the other end of the phone; even the interview was. Why don't you give her a call at (415) 842-2718?

NOR-CAL PORTRAIT

MEET TIM HOLMES: (*By Jon Hendershott*) - If 1974 was any indication, distance running will have to get used to the name Tim Holmes.

During his frosh season at Modesto's Downey High, the 15-year-old Holmes accounted for three national freshman class records--in only his second season of track. Actually it was nothing new for Holmes, who set a world age-14 three mile record late in 1973.

Tim cruised to 5000 meter (15:27.8), six mile (32:05.6), and 10,000 meter (33:09.8) freshman bests, following up his 15:10.8 global three mile mark. And he hasn't stopped as a sophomore, clocking 9:09.0 for two miles in the San Jose State postal race.



Downey soph, Tim Holmes.
(Sacramento Bee Photo)

Yet, despite his quick success, Holmes has a cool head and an unhurried outlook--two attributes sometimes overlooked by young, developing distance runners. "My training is comparatively little, as of now, compared to other distance runners I know," says Tim. "But I feel I have plenty of time to reach my limits, so that's why I train as I do--I don't want to burn myself out by the time I'm 18!" He still sets his goals high though, as he would like to run 2:00, 4:10, and 9:00 this spring.

Quantitywise, Holmes' training is low: averaging 40-70 miles a week and "it drops considerably during track." He doesn't shirk training by any means, training every day for roughly 11 months a year. "During cross country season, I do two-thirds distance work and one-third intervals, with some hills thrown in."

During the winter, it's all distance work. Track is divided about fifty-fifty, distance-speed. He rests about a month in the summer before resuming mainly distance work.

It might be natural to conclude, then, that the quality is high-level. His racing results show he has put the two together.

Tim favors the mile to three miles in race and, in keeping with the rest of the '74 season, also recorded PR's of 4:27.1 and 14:59.2 last spring at those distances. In fact, all his career bests from the 440 through 10,000 meters have come in 1974.

In racing, Holmes uses "the old standard way of just staying behind the leader and kicking at the end." Between cross country and track seasons, "I try to get in a good number of road races to keep me going until track." Holmes seems to have little trouble going--and going and going.

Tim Holmes, Modesto, CA (Downey High). 5'8", 125 lbs, born Dec. 12, 1958 in Modesto. Best marks (all 1974): 440--54.6; 880--2:06.0; Mile--4:27.1; 2 Mile--9:09.0; 3 Mile--14:59.2; 5000 Meters--15:27.8; 6 Mile--32:05.6; 10,000 Meters--33:09.8...the last three marks are all National Prep Freshman Records.



Daryl Zapata, finishing a strong 4th at the Pamakid Lake Merced Run this fall.
/Dennis O'Rorke/

WEST VALLEY PORTRAIT

MEET DARYL ZAPATA: (By Bill Clark)
- The West Valley Portrait for this issue is our newly-elected First Vice-President, Daryl Zapata. Daryl brings excellent qualifications to his new position, as he was able to maintain his sanity during 1974 while functioning as the club's secretary, the position which has the unenviable task of putting in writing the trash that is benevolently dictated at Exec Council Meetings. Seriously, Daryl is one of the hardest workers on the club, and apparently the work is not without reward.

"Joining WVTC served as great incentive for my running. The opportunity to score team points in races gave me something to strive for, which helped me improve my times. Besides, clubs provide a friendly, social atmosphere from which you can learn about people as well as their ideas on running. I'll always be thankful for the associations I've had with fellow WVTC members and all the other people I've met in running."

Daryl's rewards are not only social. He has steadily improved on the track and roads during the past five years in which he has trained consistently. 1974 was a banner

year for Zap, capped off by a PR of 2:27:53 at the Culver City Marathon in December. On the track, he set two All-Comers records at Chabot in August, with a fine 4:18.9 (only 1.6 seconds off his PR) and a 2 mile PR of 9:21.4 (in the same evening). The mild-mannered chemistry teacher also streaked a new club record earlier in the year with teammate Jeff Brody.

The 1967 UC Berkeley grad has some interesting ideas on training, particularly speedwork. "I try for 60-70 miles per week in single workouts by doing two longer runs of 13-16 miles each week, then 8-10 mile runs the rest of the week. The day before each race I'll do 3-5 miles or rest, depending on the importance of the race. I also play tennis after running when possible. During the summer I played before running and ran good track times on 40-50 miles a week. I feel tennis is a good, enjoyable substitute for speedwork, of which I do practically none.

What little speedwork he does is usually during track season. "I've done speedwork for sharpening for the 880-mile by doing 8 x 220 with a 220 job in between and 4 x 440 with a 440 jog maybe twice a week before a six mile run. Other races I'll rely on pickups at the end of a distance run for any speedwork I need. This may not be the best training method for me, but it seems to work, and I'll be willing to try something else if it sounds reasonable."

Daryl's pragmatic approach to training is consistent with his realistic philosophy on racing. "My goals are oriented toward time improvement, since at my level it is difficult to compete for place. I want to get as much from my body and mind as I can, given my running conditions. I don't think I could maintain training on high mileage without getting injured (I've had a few good ones). My immediate goals are 4:15, 9:10, 14:15, and especially 29:30 for 6 miles. Eventually I'd like to run a marathon in the low 2:20's and make the WVTC "A" team in cross country.

In our most recent team effort, the Christmas Relays, Daryl did make the "A" team, and, only two weeks after his Culver City race, ran a strong first leg to start the team towards its eventual victory. There should be plenty more opportunities for Daryl to make the "A" team, and, as of next May 15, he will strengthen WVTC's claim to having the best over-30 team in the country.

Daryl Zapata, San Francisco, CA. Born May 15, 1945. Best marks: 440--55.3; 880--1:58.9; Mile--4:17.3; 2 Mile--9:21.4; 3 Mile--14:39.6; 6 Mile--30:08.0 (31:10.6 for 10K); Marathon--2:27:53.

SPECIAL ARTICLE

BICYCLE CALIBRATION METHOD FOR MEASURING COURSES: (By Don Peterson) - Use one of the standard approved 1/2-mile or preferably 1-mile road calibration courses to calibrate your bicycle on.

This means, with the counter properly mounted on the front wheel of the bicycle, ride over the calibrated course at least 4 times just before and at least 4 times just after riding the bicycle over the race course (to be done all in one day). Locations of presently known standard calibrated courses are listed at the end of this article.

The numbers on the counter are recorded at the start and finish of each measuring ride. Align the front axle directly over the start and finish of the distance. The bicycle must be ridden straight and true with the same amount of lean and weight being put on the front tires. The same rider must ride the bicycle over the calibration course and the race course. The bicycle tires must be in good shape and capable of holding a hard inflation without losing air for many days (no slow leaks).

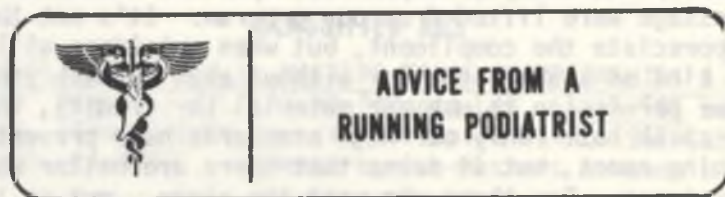
The trips over the calibration course should register within 5 counts per mile (about 1/4 of a wheel revolution or 20 inches). Any counts more or less than the 5 count spread should not be used in the averaging. An average is taken from the first set of 4 good rides over the calibration course and is used to measure the race course. Immediately after the ride over the race course, ride over the calibration course again to obtain a better average.

This method should only be used on smooth paved surfaces. Distances on dirt and grass should be taped with a steel tape preferably, or at least a surveyors wheel that has been similarly calibrated over a measured (taped) course.

Ride the bicycle approximately 1 yard from the curb or edge of the roadway. Do not cut from side to side of a road that has slight curves; the runners should stay to one side of the road. Ride where the runners will run at large curves or corners, and take into account where the traffic or police may cause runners to run on the day of the race.

The locations of presently-known standard calibrated courses (or persons to contact for locations): (1) San Mateo area (Jack Leydig, P.O. Box 1551, San Mateo, CA 94401); (2) Palo Alto (Bayshore Frontage Road between Embarcadero and San Antonio; contact Don Peterson, 916 El Cajon Way, Palo Alto, CA 94303); (3) San Martin (Bill Flodberg, 12925 Foothill Ave., San Martin, CA 95046); (4) Auburn (Paul Reese, 2789 - 17th St., Sacramento, CA 95818); (5) Livermore (Dan Moore, 663 Jefferson, Livermore, CA 94550).

Don Peterson is the PA-AAU Long Distance Running Committee's 'Standards Sub-Committee Chairman'. If you have a course that is not certified at the advertised distance, then you should contact Don to see about having it done. Remember, more than anything else, a runner wants to know how far he's run...a time without an appropriate (accurate) distance is meaningless. With the personnel and equipment that is now available to all meet directors in Northern California, there should be no reason for not having all courses certified in 1975!



Harry F. Hlavac, D.P.M.

Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry F. Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650).

ROBERT SPRAGUE (Belmont, CA): "I've been bothered with tendonitis (achilles) for about two years. It began in both tendons but gradually subsided completely. After about a month it reappeared to a lesser degree in the left tendon only. After several minutes of running it seems to improve, but it returns after workouts. I do sprint runs along with middle distance. I'm 26 years of age. What can be done to cure and prevent its return?"

(RESPONSE): - Achilles tendonitis is the most common injury (of tendons of the foot) and one of the most difficult to treat. Tendons are firm fibrous bands that attach muscles to bones. The Achilles tendon actually includes three of the calf muscles which attach to the middle of the back of the heel bone; they are often injured by the jarring of heel contact and sometimes during the stress of propulsion. When tendons are injured, they take a long time to heal because they have no blood supply of their own, but rather from their

covering, or tendon sheath. With training, runners tend to develop short, tight, calf muscles...thus, increasing the chance of injury. Tendonitis, or inflammation of the tendon, is brought on by injury either through overuse, direct trauma, or changes in running style without proper warmup, such as: starting off fast without stretching; changing from soft to hard surfaces; going over hurdles; changing from flat surfaces to hills; etc. Prevention of injury is most important because once tendon problems occur, they tend to become chronic. This should be done through stretching exercises, slow warmup and cool-down, and long slow distance rather than intervals. The treatment of acute tendonitis must include limited running, proper stretching, and ice packs over the inflamed area before and after running to prevent pain and swelling. During the acutely painful period, use heel elevation, such as 1/2" felt or sponge inside the shoe. Wear good training shoes with cushioning and elevation such as SL-72's or 9190's, Cortez' or Montreals'. See the *Runner's World* Booklet of the Month entitled "Athletes Feet" (Dec. 1974) for selection of proper running shoes. If necessary, during acute tendonitis substitute another aerobic activity such as cycling or swimming, so there is no jarring force on the injured tendon. Even with all these precautions, complete healing should take 4-6 weeks.

Chronic tendonitis indicates continued stress or overuse injury. Continue stretching and avoid sudden changes in running style. If the pain is recurrent, have your feet examined by a sports-minded Podiatrist who can tell you where the muscle imbalance is and begin specific treatment. Tendonitis is another problem where functional orthotics work well, but the basic problem is stress on the tendon, and this must be relieved before the pain will subside.

Scheduling

LONG DISTANCE

NOTE: ALWAYS check with the Meet Director to verify the dates and times listed in the schedule...mistakes can and do occur. The AAU District Contact should be contacted in cases where no meet director is listed. FUN RUNS sponsored by Runner's World

- Jan 25 - PA-AAU 20 Kilo Championships, Portola Vly School, Woodside, 10 am. Jim Woodruff, 531 Benvenue Ave., Los Altos 94022.
- Jan 26 - Peach Bowl Pacers 10 Kilo, Sutter Buttes, Yuba City, 1 pm. Frank Dysart, 1006 E. 17th St., Marysville 95901.
- Jan 26 - DSE Presidio Gate Run, 4 Miles (Meet at Dolphin Club, Foot of Hyde St.), S.F., 10 am. Walt Stack, 321 Collingwood, S.F.
- Jan 26 - Big Dipper Handicap, Fresno, 2 pm. Larry Lung, 3356 N. Monroe, Fresno 93705. (CCA)
- Jan 26 - 5th Annual World Masters Marathon, Chapman College, Orange, 8 am. Bill Selvin, P.O. Box 5694, Orange 92667. (SPA)
- Jan 26 - 2nd Annual Sunrise Trail Race, Sunrise Bridge, Sacramento, 7.5 Miles, 10 am. Walt Lange, 4920 Oak Leaf, Carmichael 95608.
- Feb 1 - Oregon AAU 30 Kilo Championships, Crow H.S. (nr. Eugene), 1 pm. Geoff Hollister, 855 Olive St., Eugene, Ore. 97401. (OA)
- Feb 1 - Oregon RRC 30 Kilo Run, Delta Park HQ Bldg., Portland, 1 pm. Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005.
- Feb 1 - 5th Annual Channel to Lake 10 Miler, Georgia & Santa Clara, Vallejo, 10 am. Solano TC, Box 624, Vallejo 94590.
- Feb 2 - DSE Ferry Bldg. Run (Meet at Dolphin Club, Foot of Hyde St.), 4 Miles, S.F., 10 am. Walt Stack, 321 Collingwood, S.F.
- Feb 2 - Las Vegas Marathon (Univ. of Nevada), 9 am. Bill Freedman, c/o Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Feb 2 - 27th Annual Pop Marty 9.6 Miler, Montebello J.H.S., 9 am. Richard Soria, Montebello Dept. of Parks, Montebello 90640.
- Feb 8 - SDTC February Family Run, Texas & Upas Sts., Balboa Pk., San Diego, 9 am. Bill Gookin, 5946 Wenrich, San Diego 92120.
- Feb 8 - 2nd Annual Arden Rapids Relay, Goethe Pk. (Sacramento), 10 am (Handicap). Walt Lange, 4920 Oak Leaf, Carmichael 95608.
- Feb 8 - Trinidad Beach Run, 8.5 Miles, Trinidad (nr. Eureka), 3 pm. Six Rivers RC, 281 Hidden Valley Rd., Bayside 95524.
- Feb 9 - Boston Qualifier Marathon (7:30 am) - Please see page 4, last paragraph, for full details (large field not wanted!).
- Feb 9 - Natl. AAU Senior Men's 15 Kilo X-C Championships (& qualifier for International X-C in Morocco), Gainesville, Fla., 10 am. Contact Roy Benson, P.O. Box 14485, Gainesville, Fla. 32607 (Ph. 904/392-0673). ENTRIES CLOSE FEB. 7 AT 5:00 P.M.
- Feb 8 - Sunset Park 5 Mile Run, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Feb 8 - Mini-Marathon, 15 Miles, Crater H.S., Central Pt., Ore., 11 am. Bill White, Crater High School, Central Pt., Ore. 97501.
- Feb 8 - Salem Road Run #2, 6 or 9 Miles, Zena, 1:30 pm. Chuck Bowles, Willamette Univ., Salem, Ore. 97301. (OA)
- Feb 9 - 23rd Annual Hermosa Beach 5 Miler, 9 am. Marvin Winer, 700 San Lorenzo, Santa Monica 90402. (SPA)
- Feb 9 - DSE Twin Peaks Run, 3.6 Miles, S.F., 9 am. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Feb 15 - Arizona Admissions Day Marathon, Tucson, 9 am. J. McGee Evans, 400 N. 2nd Ave., Tucson, Arizona 85705.
- Feb 15 - 10,000 meter track race, Univ. of Nevada, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Feb 15 - The River Run, 8.5 Miles, Sacramento, 10:30 am. Sports Expo "River Run", P.O. Box 19333, Sacramento 95819.
- Feb 16 - SPA-AAU 30 Kilo Championships, Culver City, 8 am. Phil Clarke, CCAC, 15232 Burton St., Van Nuys 91402. (SPA)
- Feb 16 - Albany TC Run (1, 3 & 6 Miles), Albany YMCA, Ore., 2 pm. Dave Bakley, 3707 S. Oak, Albany, Ore. 97321. (OA)
- Feb 16 - 4th Annual Elk-a-thon (6 races, 3/4 to 5 Miles; Age-Groups), Concord, 10 am. Vern Forry, 166 Greenwood Circle, Walnut Creek 94596.
- Feb 16 - DSE Lake Merced Run, 5 Miles, S.F., 10 am (Meet at Boathouse). Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Feb 22 - El Cajon 12.8 Miler, Granite Hills H.S., 2 pm. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Feb 22 - Pismo Clam Festival Beach Run, Pismo Beach Pier, 5 Miles, 2 pm. San Luis Distance Club, P.O. Box 1134, S.L.O. 93406.
- Feb 22 - Trail's End Marathon, Seaside, Ore. (Women's International Qualifier), 11:30 am. Seaside Chamber of Commerce, P.O. Box 7, Seaside, Ore. 97138. ENTRIES CLOSE FEB. 15.
- Feb 22 - Sunset Park 10 Miler, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Feb 22 - 6th Annual Martinez Run, 8.4 Miles, Rankin Park, Martinez, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520.
- Feb 23 - 7th Annual LAPD 6.1 Miler, Elysian Park, L.A., 9 am. Ed West, 521 S. Lyon, #238, Santa Ana 92701. (SPA)
- Mar 2 - 3rd Annual Malibu Canyon X-C 10 Kilo, Tapia Park, 10 am. Bruce Robinson, 6322 Eileen, Los Angeles 90043. (SPA)
- Mar 2 - DSE Ocean Beach Run (Balboa & Great Hwy, S.F.), 6 Miles, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Mar 8 - Camellia Festival 100-Miler, Sacramento, 8 am. John Hill, 604 Flint Wy., Sac'to 95818. ENTRIES CLOSE MARCH 1.
- Mar 8 - PSA-AAU 30 Kilo Championships, El Monte Pk., Lakeside, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- Mar 9 - San Jose Fitness Run, 6 Miles, San Jose St., 10 am. Vic Crosetti, 987 Kennard Way, Sunnyvale 94087.

Magazine and the Dolphin/South End Runners of S.F. (DSE) are races requiring no pre-entries...sign in on raceday only.
 AREA CONTACTS: PACIFIC ASS'N: Harold DeMoss, P.O. Box 967, Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC ASS'N: (SPA) Wes Alderson, 4070 Minerva Ave., L.A., CA 90066 (Ph. 213/397-7226, or work--213/870-9286); PACIFIC SOUTHWEST ASS'N: (PSA) Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120 (Ph. 714/582-7752); CENTRAL CALIFORNIA ASS'N: (CCA) Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702; SOUTHERN NEVADA ASS'N: (SNA) Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101; OREGON ASS'N: (OA) Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005; DSE RUNS: (DSE) Walt Stack, 321 Collingwood, San Francisco, CA 94114 (Ph. 415/647-9459). PA-AAU DISTRICT OFFICE: 942 Market St., Suite 601, S.F., CA 94102 (Ph. 415/986-6725)... AAU Card applications available from this address. *** When requesting information on any of the races or from anyone listed above, be sure to enclose a self-addressed, stamped envelope. ---Let us know of any races in your area so we can be sure to list them in our schedule. It's free ya know!!!

RUNNER'S WORLD FUN RUNS: - No entry fees, no AAU card required. Every Sunday at Foothill College, Los Altos, 10:30am. Yoga instruction the first Sunday run of each month after the run. Jan. 26: (1/2 Mi., 1 Mi., 6 Mi.); Feb. 2: (1/4 Mi., 1 Mi., 3 Mi.); Feb. 9 (1/2 Mi., 1 Mi., 5 Mi.); Feb. 16:(1/2 Mi., 1 Mi., 4-1/2 Mi.); Feb. 23: (1/4 Mi., 1/2 Mi., 6 Mi.); Mar. 2 (1/2 Mi., 1 Mi., 2 Mi.); Mar. 9 (1/4 Mi., 1/2 Mi., 8-1/2 Mi.); Mar. 16 (1/2 Mi., 1 Mi., 3 Mi.); Mar. 23 (1/4 Mi., 1/2 Mi., 5 Mi.); Mar. 30 (1/2 Mi., 1 Mi., 6 Mi.). --- Records: 1/4 Mi. (55.0); 1/2 Mi. (2:03); Mile (4:36); 2 Mi. (9:32); 3 Mi. (15:01); 4-1/4 Mi. (21:30); 5 Mi. (25:46); 6 Mi. (30:26).

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STARTING LINE SPORTS

Jack Leydig
Ph. (415) 342-3181

- Mar 9 - 21st Annual San Fernando Handicap, 6 Miles, 10 am. Pat Miller CCAC, 8615 Balboa Blvd., #31, Northridge 91324. (SPA)
 Mar 15 - PA-AAU 30 Kilo Championships (Site and time to be arranged). Mike Jones, 228 North Ave., Aptos 95003.
 Mar 15 - SPA-AAU 25 Kilo Championships, Lunada Bay, 9 am. Carl Paulson, 89 - 15th St., Hermosa Beach 90254. (SPA)
 Mar 16 - Napa Blossom Hill Run (1.2 Novice & 8.1 Mile Open), 9:30 am. Ron Whitney, Heritage School, Calistoga 94515.
 Mar 16 - Pomona Historic Marathon (LA County Fairgrounds), 9 am. Douglas Hamilton, 1763 N. Gary Ave., Pomona 91767. (SPA)
 Mar 16 - 3rd Annual Sugar Beet Run, 10 Kilo (5 miles/women), Manteca, 9:30 am. Manteca Recr. Dept., 149 Poplar, Manteca 95336.
 Mar 22 - Los Angeles Marathon, L.A.P.D. Academy, 8 am. Fred Honda, L.A. Recr. Dept., 200 N. Main, City Hall E., 13th Fl., LA 90012.
 Mar 22 - DSE Mt. Davidson Hill Climb (Meet at Phelan & N. Ocean Ave.), S.F., 3 Mi., 10 am. Walt Stack, 321 Collingwood, SF 94114.
 Mar 23 - Arroyo Verde 15 Kilo X-C, Ventura, 9 am. Connie Rodewald, 852 Sharon, Camarillo 93010. (SPA)
 Mar 23 - 7th Annual NCSTC Lake Merced Run, 5 Miles, S.F., 11 am. MASTERS MEN & WOMEN ONLY. J. Bettencourt, 136 Dundee, SSF 94080.
 Mar 23 - Natl. AAU 30 Kilo (Senior and Masters), 11 am. Bill Shrader, 280 State St., Albany, New York 12210.
 Mar 29 - 2nd Annual 6 Mile Fun Run, Balboa Park, 10 am. Pat Miller CCAC, 8615 Balboa Blvd., #31, Northridge 91324. (SPA)
 Mar 30 - DSE Legion of Honor 4.5 Miler, S.F., (31st Ave. & Clement), 10 am. Walt Stack, 321 Collingwood St., S.F. 94114. (DSE)
 Apr 13 - Natl. AAU 50 Kilo (Senior and Masters), Hanson Dam (Pasadena, CA), Time TBA. Marv Rowley, 9725 Lev, Arleta 91331. (SPA)

TRACK & FIELD

INDOOR: (Feb. 7) - Los Angeles Times Games (The Forum, Inglewood), Contact: Will Kern, Special Events Dept., L.A. Times, L.A. 90053 (213) 625-2345. (Feb. 15) - San Diego Games, Contact: Al Franken, 1101 S. Robertson Blvd., L.A. 90035 (213) 272-7577. (Feb. 28) - National A.A.U. Men's & Women's Indoor Championships (see qualifying standards on page 6) (entries close Feb. 14), Madison Sq. Garden, NYC, Contact: AAU, 444 Madison Ave., 30th Floor, New York, NY 10022. (March 3) - US-Soviet Indoor Dual (Richmond, Va.).

ITA-INDOOR: (Mar. 22) - Los Angeles (LA Sports Arena). (Apr. 4) - San Francisco (Cow Palace, Daly City). (Apr. 11) - Portland (Memorial Coliseum).

*****SCHEDULING NEEDED***** Runners & Coaches: please send us your spring track schedule so that we may have a complete listing of meets in our next issue (mailed in mid-March)...the publicity is free and you'll get more spectators at your meet because of it. Send to: NCRR, Box 1551, San Mateo, CA 94401.

OUTDOOR MEETS: - *The NCRR is not perfect, nor are the schedules we receive! So...before you journey to any of the meets listed below, be sure and verify dates and times.* -- **CODING:** Rather than put a different section for high school, college, etc., we will print all the meets together, with use of the following coding system when the name of the meet is not enough to distinguish entry restrictions. -- (B) Boys; (G) Girls; (AG) Age-Groups, regular AAU divisions for boys & girls; (JHS) Junior High School; (HS) High School; (JC) Junior College; (C) College &/or University; (W) Women; (JR) Juniors (under 20); (M) Masters (over 40); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate.

- Feb 1 - Mt. SAC All-Comers, Walnut, 10 am (O); CSM All-Comers in San Mateo, 11:30 am (O/HS); Women's Winter Games, Sac'to State, Contact: Duster TC, 10449 Ambassador Dr, Rancho Cordova 95670.
 Feb 8 - CSM All-Comers, San Mateo, 11:30 am (O/HS); Grossmont College All-Comers, El Cajon, 11 am (O); Cal-State Hywd. Tully-Schneider Alumni Meet, Hayward, 11 am.
 Feb 15 - Reedley All-Comers, Reedley (O); Menlo Track Carnival, Menlo College, Menlo Park, 1:30 pm (C/Maybe Open); Weightman's Quadrathlon, Fresno St. (O).
 Feb 22 - Cal-State Hywd. All-Comers, 11 am (O); Golden Gate Conference Relays, CSM, 10 am (JC); Camino Norte Conference Relays, Los Medanos, Pittsburg, 11 am (JC); Bakersfield JC All-Comers, 1:15 pm (O).
 Mar 1 - Long Beach Relays, Cal-State LB, all day (HS/JC/C/O); MCAL Relays, College of Marin, Kentfield, 11 am (HS); Masters All-Comers, LA Valley College, Van Nuys, noon (M); Sac'to St. & BAS at UC Berkeley, 1:15 pm; Small College Meet, San Jose St., 11 am; Fresno St. at Stanford, 1:15 pm.
 Mar 2 - Long Beach Relays, Cal-State LB, (W/G).
 Mar 8 - Reedley All-Comers, Reedley (O); Natl. AAU Masters Indoor, Hightstown, N.J., 10 am, Contact: Bob Fine, 11 Park Pl., NYC 10007 (M); San Jose Cinderella Invit., San Jose CC, Contact: Augie Argabright, 18430 Baylor, Saratoga 95070 (W/G); San Diego St. & Fullerton St. at Cal, 1:15 pm; Stanford at SJS, 11 am; Westmont & Nevada (Reno) at SFS, 1:30 pm; Santa Clara & WVTC at Cal-St. Hywd., 11 am; Coast Conf. Relays, Skyline JC, 10 am (JC).
 Mar 14 - Cal-St. Decathlon, Hayward, 10 am (2 days) (O).
 Mar 15 - SFS at Cal-St. Hayward, 1 pm; Masters All-Comers, LA Valley College, Van Nuys, noon (M); 2nd Annual CDM Relays, Cal-Poly SLO, Contact: Don Cheek, P.O. Box 1476, Atascadero 93422 (M); Sonoma, Humboldt & Stan-

- islaus at Sac'to St., 1 pm; Chico at UC Davis.
 Mar 16 - Brotherhood Games, Laney JC, Oakland, 12:30 pm (C/O).
 Mar 21 - Santa Barbara Relays, UCSB (JC/HS).
 Mar 22 - Santa Barbara Relays, UCSB (C/O/LM); Stanford Relays, Stanford (field events at SJS), 11 am (HS/C); Herbert Hoover Relays, Contact: Van Parish, 400 Market Pl., Menlo Pk. 94025 (BAG/GAG/LM); Andrew Hill Invit., San Jose CC, 10 am (HS); Arcata Invit., Arcata (HS).
 Mar 24 - Puget Sound at Cal-St. Hywd., 1 pm; SoCal Decathlon, Mt. SAC (JC Only?), 2 days.
 Mar 25 - Oregon St. & WVTC at Cal-St. Hywd., 1 pm.
 Mar 26 - UCSB/USTFF Decathlon, Contact: Sam Adams, UCSB, Santa Barbara 93106 (2 days) (O).
 Mar 27 - SoCal Relays, UC Irvine (JC).
 Mar 29 - Oregon St. & Staters TC at Cal, 1:15 pm; Occidental at Stanford, 1:15 pm; WSU & Cal-St. Hywd. at Sac'to St., 1 pm; Santa Rosa Invit., Santa Rosa JC, 10 am, (JC); Humboldt at Chico; SFS & Sonoma at UC Davis; San Joaquin Valley Relays, Lemoore HS, 1:30 pm, Contact: Bob Fraley, Track Coach, Lemoore HS, Lemoore 93245 (HS).
 Apr 5 - Sacramento Relays, Sac'to St., 1 pm (C/O/JC?); WSU at SJS, 11 am; 5th Annual Grandfather Games, LA Valley College, Van Nuys, Contact: George Ker, 16750 Index St., Granada Hills 91344 (noon) (M).

RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For Nor-Cal) Frank Hagerty, 2973 W. Swain Rd., #37, Stockton 95207 (Ph. 209/478-2065); (For So-Cal) Ed Bouldin, 11923 Old River School Rd., Downey 90242 (Ph. 213/923-1168); (For Pacific NW) Don Jacobs, Box 23146, Tigard, Ore. 97223. -- Below are all the upcoming races that we know about...like practically none. Someone let us know if there are any scheduled walks out there!

- Feb 7 - LA Times Indoor Games, Inglewood (The Forum), Invitational 1 Mile Walk.
 Feb 8 - 10 Kilo Track Walk, Azusa Pacific College, 1 pm.
 Feb 15 - San Diego Indoor Games, possible 1 or 2 mile walk.
 Feb 28 - Natl. AAU Indoor Championships, 2 Mile Walk (see indoor schedule in opposite column for contact).
 Feb ?? - Indio Date Festival 10 Kilometer.
 Mar ?? - Senior Natl. AAU 25 Kilo Championships, Green Lake, Wash.

RESULTS?? - How come no results? Ain't nobody walkin' no more? There are a few scattered all-comers results after the X-C results, but that's it. How's about someone sending us some info?

TIDBITS--- Southern California's Sue Brodock became the first woman ever to win the Blackburn award for the most outstanding single performance for a race walker in 1974. She won the Women's International Championship in 24:16 (world record time for 5 Kilos), beating former world record holder Margareta Simu (Sweden) by 40 seconds! --- The national race walking magazine (Ohio Racewalker), in its November issue, lists two NorCal walkers in its 1974 U.S. rankings at 20 and 50 kilometers. In the 20K, Bill Ranney (Unat) of Fairfax is ranked sixth, while Roger Duran (WVTC) of San Jose is picked as 10th best in the 50K. Also, Wayne Glusker (WVTC) was the 16th fastest performer at the shorter distance. /Reported by Roger Duran/

NATL. CHAMPIONSHIPS: - The PA-AAU garnered two AAU Championships for 1975...the prestigious Senior 20K (international trip qualifying) and the Class B 10K (both dates TBA). The Pacific Association will also co-ordinate the One Hour Postal competition from May through August.

CROSS COUNTRY RESULTS

MT. SAC INVIT.: (Oct. 25, Walnut) - (Large Schools) Fullerton 58, American River 89, LA Valley 112, Fresno 115, Mt. SAC 116, Orange Coast 134, Diablo Valley 176, Sac'to City 193...Morden/LAV 19:52, Olswang/OC 19:54, Simonian/LACC 19:55, Saavedra/Full 20:13, Cendejas/Full 20:24, Ramirez/Fr 20:27, Emry/DVC 20:27... 11-Green/AR 20:45, 13-Payne/AR 20:58. (Small Schools) Grossmont 42, San Joaquin Delta 74, West Valley 81, Moorpark 91, San Jose CC 108, LA Harbor 131, CSM 231...Close/Gr 19:59, Esparza/Moor 20:01, Casillas/SJD 20:10, McCandless/WV 20:15, Van Slyke/SJD 20:21, Sommer/WV 20:25, Aguilar/SA 20:28, Breen/Gr 20:37, James/SJCC 20:38, Wilson/Gr 20:41. /Bob Rush & Mark Payne/

VALLEY CONF. CHAMPIONSHIPS: (Nov. 9, Fresno) - (Teams) Delta 40, ARC 67, Fresno 77, Consumnes 116, Sac City 121, Sequoias 163, Modesto 140, Reedley 205...Ramirez/F 19:42 (CR), Perez/D 19:48, Garrett/C 19:56, Casillas/D 19:59, Van Slyke/D 20:01, Baird/F 20:11, Howard/C 20:18, Ferriera/AR 20:20, Singer/D 20:25, Higginbotham/COS 20:35, Payne/AR 20:40, Laux/M 20:42, Qualle/M 20:43, Stordahl/SC 20:45, Hyde/F 20:45. /Mark Payne/

GOLDEN VALLEY CONF.: (Nov. 9, Susanville) - (Teams) Lassen 30, Redwoods 54, Yuba 70, Shasta 80, Sierra 130, Siskiyous 148... Caputo/L 21:24, Dyer/L 22:28, Downham/B 22:31, Bixdasha/Y 22:47, Harris/L 23:04. /Mark Payne/

SAC-JOQUIN I MEET: (Nov. 9, Brown's Ravine) - (Varsity) Cordova 39, South Tahoe 48, Jesuit 48, Casa Roble 81, Fairfield 113...Hitchcock/ST 14:48, Feenstra/J 15:01, Forgeon/ST 15:04, Starkey/C 15:05, Sutherland/C 15:07, Read/J 15:16, Smith/C 15:20, Boyd/O 15:22, Gaul/J 15:24, Phillips/C 15:25, O'Neil/J 15:26, Hall/CR 15:29, Axel/CR 15:30, McAbiney/ST 15:31, Teague/C 15:35. (Juniors) Davis 46, Oakmont 64, Casa Roble 68...Sterling/D 15:18, Navarro/O 15:24, Rinde/CR 15:29. (Sophs) Cordova 53, Jesuit 55, Oakmont 68...Vennect/C 10:27, Keller/P 10:28, Reiswig/C 10:30. (Frosh) Vanden 68, Mills 70, S. Tahoe 109... Pledger/V 10:47, Lopez/D 10:48, Peterson/Mitchell 10:51./Payne/

SAC-JOQUIN III MEET: (Nov. 9, Rusch Park) - (Varsity) Mira Loma 38, La Sierra 46, Bella Vista 66, San Juan 98, Del Campo 114...Mebust/BV 15:07, Thomas/BV 15:14, Speere/ML 15:28, Freeman/LS 15:33, Farrell/LS 15:37, Flores/ML 15:46, Gagen/EC 15:50, Fairley/LS 15:53, Carroll/ML 15:55, Adams/SJ 15:59. (Juniors) Del Campo 18, Bella Vista 48, Mira Loma 74...Nickel/Enc 16:39, Van Metre/DC 16:45, Edgar/DC 16:53. (Sophs) Bella Vista 20, Mira Loma 51, San Juan 76...Dickson/BV 10:31, Kress/ML 10:45, Crabb/BV 10:49. (Frosh) Bella Vista 33, Mira Loma 44, Encina 65...Will/Enc 10:45, Palo/BV 11:11, West/BV 11:12. /Mark Payne/

SAC-JOQUIN II MEET: (Nov. 9, Brown's Ravine) - (Varsity) Sacramento 33, Highlands 40, Grant 101...Magee/Sac 14:40, Baudendistel/H 14:53, Monie/Sac 15:01, Gutierrez/G 15:09, Kostal/H 15:11, Bottallo/Sac 15:13, Dobrinen/H 15:20, Rash/Bur 15:21, Moreno/H 15:22, James/EG 15:33, Adams/EG 15:34, Brojeck/Sac 15:35, Robertson/NDR 15:44, Miller/Sac 15:45, Silva/YC 15:45. (Juniors) Christian Bros. 21, Rio Linda 63, McClatchy 73...Van Horn/JFK 15:01, Ferriera/CBS 15:13, Hurst/RL 15:17, Long/JFK 15:23, Betschart/Sac 15:45, Domek/CBS 15:57, Zielke/CBS 16:00. (Sophs) Elk Grove 51, McClatchy 60, Foothill 83...McInturf/McC 10:15, Sareem/EG 10:39, Link/JFK 10:45, Beltram 10:47, Garabay/Bur 10:53. (Frosh) Yuba City 40, Don Julio 57, Foothill 57... Bassnet/DJ 10:53, Fortier/CBS 11:03, Silva/YC 11:14, Irons/Fthl 11:16, Sastre/DJ 11:18. /Dan Davidson/

FAR WEST CONFERENCE MEET: (Nov. 9, Arcata) - 5.3 Miles (Teams) Humboldt 28, Davis 37, Chico 63, Sac'to St. 110, SFS 148, CSH 168...Yeo/D 26:33, Elias/H 26:37, Collier/H 26:46, Lowry/H 26:49, Emme/D 26:55, Anderson/H 26:56, Brown/C 26:58, Sweeney/D 26:59, Sheehan/D 27:00, Furey/Sac 27:07, Finn/C 27:08, Griffin/C 27:16, Dulaney/H 27:17, Schelegle/D 27:23, Ruggle/C 27:25, Bunnell/H 27:27, Fitzgerald/H 27:36, Stone/C 27:39, Martinez/D 27:42, Taxiera/D 27:54. /Jim Hunt/

SPA-AAU 10 KILO CHAMPIONSHIPS: (Nov. 9, Fountain Valley) - San Fernando Vly TC 35, Beverly Hills Str. 49, Athletes in Action 76, Santa Monica TC 84, Rialto RR 130...Tuttle/BHS 31:00, Babiracki/SFV 32:24, Carlson/Unat 32:34, Smith/SFV 32:37, Swartz/SMTC 32:45, Sutherland/SFV 32:50, P. Ryan/GWAA 32:56, Hughes/BHS 33:05, Kluvers/SMTC 33:10, Haver/AIA 33:15, Schmenk 33:21, Ocana 33:25, Akiyama/SFV 33:29, Kryczko/Oxy 33:31, Ferguson/AIA 33:36, Branch/CCAC 33:37, Horn/SFV 33:40, Scobey/Unat 33:44, Kurrle/BHS 33:45, George/AIA 33:57, Price/AIA 34:07, Pryor/BHS 34:15, Greer/BHS 34:19,...106-Bright 41:51, 113-McCray 42:48.

NORTHERN SECTION C.I.F. CHAMPIONSHIPS: (Nov. 9, Chico) - (Varsity) Chico 50, Lassen 52, Enterprise 84, Las Plumas 93... Prouty/N.Tahoe 12:38.5, Harris/L 12:57, Avrit/Ch 12:58, Taber/E 13:12, Pease/Ch 13:20, Mallory/Shasta 13:21, Patterson/L 13:22, Wagner/LP 13:24, Sanders/E 13:25, Bruhn/Ch 13:28. (Girls) Enterprise 25, Lassen 44, Shasta 68...Monroe/L 10:42, Allen/L 10:59, Bernadette/Ch 11:42, Zaharris/E 11:52, Hanson/E 11:52, Daniell/E 11:59, Hoatson/E 11:59. /Chuck Sheley/

3-MILE POSTAL MEET: (Nov. 9, San Jose) - (Varsity) Leigh/SJ 75:22.3, Watsonville 76:07, Carlmont 76:36, Camden 77:07, Los Altos 77:37, Carlmont #2 77:58, St. Ignatius 78:09, Woodside 78:13, San Carlos 78:20, Leigh #2 78:40...(Seniors) Kingery/SC 14:11, Fritzsche/Lei 14:16, Barnett/Hills 14:23, Curran/LA 14:42, Baudendistel/HL 14:47, De La Garza/Wat 14:51, Aver/Bran 14:59, Young/Carl 15:00, Hull/M-A 15:01.7, Alarcon/Cam 15:10.9... (Juniors) Paulin/Cam 14:42, Lambert/Lei 15:10.9, Galaski/Lei 15:13, Smith/MSJ 15:18, Farwell/Wood 15:20, Klein/Cam 15:20, Neillande/Carl 15:20.6, Behrmann/LA 15:26, Walker/Cam 15:31, Honey/Wood 15:32...(Sophs) Cortez/Wood 14:58.1, Skeeland/Cam 15:05, Siquieros/Wat 15:15, Mandanis/Carl 15:16.8, Bergkamp/Lei 15:17.4, LaVille/SI 15:22, Ritt/Lei 15:27, Houser/Lei 15:29, O'Leary/SI 15:38, Villanueva/Wat 15:40...(Frosh) Love/Carl 15:47.6, Graycar/SC 15:56, Castro/Log 15:59, Martinez/Log 16:01, Luttrell/SC 16:11, Sipiora/Aw 16:14, Smith/Lei 16:24, Nelson/Lei 16:34.6, Himenes/Wood 16:58, Hardin/?? 16:58.8. (Soph Teams) Leigh 78:59.1, Carlmont 79:05.8, Logan 81:55. (Frosh Teams) Leigh 84:54.4, San Carlos 84:59, Carlmont 85:13. /Loren Lansberry/



Eastern New Mexico's Mike Boit (#115) led his teammates to a second straight NAIA X-C Championship. /Skip Olsen/

CAL STATE GIRLS' & WOMEN'S X-C CHAMPIONSHIPS: (Nov. 10, San Diego) - (9/U) RRR 87, LBC 95, BATC 96, Appaloosa TC 106, SVTC 119, CY 152...Kiernan/BA 7:02, Fuller/SJS 7:15, Katzer/LBC 7:18, Tanabe/BA 7:26, Jewitt/RRR 7:29, Carney/CY 7:37, Kendall/OC 7:38, Smith/SVTC 7:39, Vanderschuit/BA 7:42, Miller/ATC 7:42. (10-11) RRR 44, SCS 125, RRR'B' 167, BA 189, CY 202, SBS 232, RG 240, SLTS 309...Boitano/Un 9:22, Mojaka/SCC 9:29, Cook/RRR 9:32, Lantry/Un 9:34, Beauchamp/WS 9:37, Wilson/BA 9:39, Waskow/RRR 9:42, Johnson/RRR 9:47, Ruderman/RRR 9:49, Waterbury/OCTC 9:49. (12-13) RRR 29, SCS 62, WS 133, SJS 135, BATC 197, RRR'B' 203, SVTC 275...Rose/BA 10:36, Keith/RRR 10:42, Nunez/RRR 10:51, Bain/WS 11:00, Waters/SCC 11:04, Sanchez/RRR 11:08, Bier/ATC 11:08, Villalvazso/RRR 11:10, Bridges/RRR 11:16, Esslinger/SCC 11:16. (14-15) SJS 69, OVTC 75, BATC 77...Adams/WS 14:59, Trayson/SVTC 15:32, Parish/BA 15:37, Pierce/LMM 15:43, Nachbar/WS 16:13, Mackaye/OVTC 16:16, Bowen/LITC 16:19, Seibel/SJTC 16:20, Van Tassel/SJS 16:28, Reneau/BRR 16:30. (14-17) RRR 45, LBC 56, SCS 71...Johnson/RRR 14:39, McQuarrie/LBC 15:01, Assuma/RRR 15:14, Wolfenbarger/SCC 15:24, Miller/Un 15:25, Waterburey/OCTC 15:27, Flournoy/SCC 15:28, Albert/RRR 15:36, Morr/WS 15:46, Caudillo/LBC 15:52. (Women) UCLA 22, SDTC 99, RCF 108, UCLA'B' ??...Brown/UCLA 16:39, Larriveu/UCLA 16:48, Choate/UCLA 17:07, Hansen/BHS 17:28, Bridges/LATC 17:29, Keyes/UCLA 17:47, Garcia/SDTC 17:51, Anderson/SJC 17:59, Claugus/WS 18:00, Johnson/UCLA 18:17. /Don Vynne/

NCS II MEET: (Nov. 13, Lafayette) - (Varsity) Ygnacio Vly 76, Miramonte 97, San Ramon 103, Livermore 153, Acalanes 156, Del Valle 163, Mt. Diablo 166...Kissin/SR 13:57.5, Patterson/DV 14:14, Searls/CP 14:16, Criner/MD 14:16, Harvey/Dub 14:27, Flynn/Aca 14:38, Turney/YV 14:39, Tarin/Liv 14:42, Bedecarra/MD 14:46, Lund/Mir 14:46, Barbera/Mir 14:53, Morrow/SR 14:57, Haas/Mir 14:58, Bell/YV 14:59, Dowling/CP 15:00. (F/S) Pleasant Hill 53, Campolindo 95, Mt. Diablo 114, San Ramon 137... Harbaugh/Pied 10:20, Cowling/Gran 10:25, Hopkins/Camp 10:28, Vanbuskirk/PH 10:33, Preece/SR 10:37, Mollin/NG 10:39./Vincent/

CATHOLIC A.L. ALL EAST-BAY INVIT.: (Nov. 14, Pleasant Hill) - (Girls) Las Lomas 58, Northgate 62, Pleasant Hill 70, Amador 111, Bishop O'Dowd 148...Costello/PH 8:25, Searls/CP 8:54, Hermann/LL 8:56, Harbig/NG 9:06, Stevens/CV 9:10, Salisbury/NG 9:15, Scannel/BO 9:16, Berrbaum/Am 9:17. /Bob McGuire/

NOR-CAL JC CHAMPIONSHIPS: (Nov. 15, Pebble Beach) - (Large School) SJD 53, WVC 66, SJCC 100, ARC 111, FCC 125, Chabot 149, CSM 209...Perez/SJD 19:03 (CR), Sommer/WV 19:12, Ramirez/FCC 19:16, Quintana/Ch 19:18, Green/AR 19:20, Van Slyke/SJD 19:22, Casillas/SJD 19:25, Baird/FCC 19:34, Sullivan/WV 19:38, Padilla/Ch 19:39, McCandless/WV 19:39, Emry/DVC 19:41, Rios/WV 19:45, Payne/AR 19:45, Aguilar/SJCC 19:46, Singer/SDJ 19:48, Kipp/Sac 19:51, James/SJCC 19:54, Camp/ARC 19:56, Uresti/SJCC 19:57, Brooks/SJCC 19:57, Wood/CSM 19:58, Tucker/SJD 19:59, Hyde/FCC 20:00, Qualle/Mod 20:03. (Small School) DeAnza 81, MPC 98, Skyline 101, Foothill 128, Consumnes 168, Cabrillo 210...Frederickson/DA 19:34, Caputo/Las 19:40, Hart/Fthl 19:43, Reime/Cab 19:46, Lawson/DA 19:47, Garrett/Con 19:48, Avila/WH 19:49, Howard/Con 19:54, Magallanes/MPC 19:56, Munoz/Cab 19:58, Moreno/Sky 19:59, Beck/MPC 20:04, Burroughs/CCC 20:05, Maher/Merc 20:06, Higginbotham/Seq 20:07, Barraza/MPC 20:08, Vargas/Merc 20:14, Fotinos/Sky 20:16, McVeigh/Sky 20:19, Gaisie/Port 20:25. /Bob Rush & Mark Payne/

SAC-JOQUIN SECTION MEET: (Nov. 16, Rusch Park) - (Varsity) Jesuit 58, S. Lake Tahoe 89, LaSierra 100, Cordova 118, Mira Loma 134, Bella Vista 140...Mebust/BV 14:59, Thomas/BV 15:09, Read/J 15:15, Koris/Lodi 15:17, Baudendistel/H 15:19, Speere/ML 15:20, Diekmeyer/Stagg 15:24, Arroyo/Beyer 15:26, Sutherland/C 15:29, Forgeon/ST 15:30, Farrell/LS 15:31, Hitchcock/ST 15:32. (Juniors) Downey 53, Oakmont 56, Davis 89, Del Campo 112, Casa Roble 149...Holmes/Downey-soph 15:32, Sterling/Dav 15:37, Van Horn/JFK 15:45, Costa/Beyer 15:46, Navarro/O 15:47, Wright/Van 15:53, Walker/Ed 15:53, Pepper/DO 15:56. (Sophs) Bella Vista 54, Cordova 89, Jesuit 107, Lodi 117, Turlock 129...Aguilar/Mant 10:15, Gracey/T 10:16, Vennect/C 10:20, McInturf/McCl 10:27, Kirkpatrick/BV 10:27. (Frosh) Mills JHS 65, Vanden 89, Bella Vista 111, South Tahoe 125, Merced 141...Will/Enc 10:20, Pledger/V 10:36, Palo/BV 10:43, Allen/Beyer 10:48, Dias/Down 10:50, Branch/ML 10:53, Peterson/Mitchell JHS 10:53, Bassnett/DJ 10:54, Lopez/Dav 10:55. /Mark Payne/

NAIA CHAMPIONSHIPS: (Nov. 16, Salina, Kansas) - Eastern N.M. 28, USIU/Cal 161, Malone 164, Wisc/LaCrosse 202, Hillsdale/Mch 204, Moorhead St./Minn. 204...(30) So-Cal College 769...Boit/ENM 23:45, Ndoo/ENM 24:03, Vigil/Adams 24:09, Brien/Marymount 24:10, Rosa/Wisc-Pksde 24:17, Mengich/ENM 24:21, Williams/ENM 24:27, Francis/Mrhd 24:31...(14) Brooks/Stanslaus 24:40, (19) Larnmark/USIU 24:51, (25) Fredriksson/USIU 25:01, (41) Gardenborn/USIU 25:11, (47) Matthews/USIU 25:18, (54) Johnson/SCC nt, (58) Jones/USIU nt, (108) Downs/USIU nt, (123) Patterson/SCC nt, (158) Odom/Azusa Pacific nt, (221) Hitt/SCC nt, (241) Adams/SCC nt, (271) Goehner/USIU nt, (293) Davis/SCC nt, (322) Dunlevie/SCC nt. /Skip Olsen/



Tony Sandoval and Mark McConnell lead a group at the Pac-8 Championships at Stanford. /Paul Cooper/

PAC-8 CHAMPIONSHIPS: (Nov. 16, Stanford) - WSU 30, Oregon 51, OSU 80, Stanford 110, Cal 126, Washington 141, UCLA 149, USC ns ...Ngeno/WS 27:37.6 (CR), Williams/O 27:58.2, Kimeto/WSU 28:02, Taylor/O 28:04, Arbogast/WS 28:35, Brown/OS 28:37, Amaya/OS 28:39, Barger/O 28:44, Murphy/WS 28:46, Innes/UCLA 28:48, Bellah/S 28:53, Garcia/WS 28:55, Sandoval/S 28:57, Ebba/OS 29:00, McConnell/S 29:02, ...(17) Schmulewicz/C 29:06, (21) Maxwell/C 29:10, (26) Dean/C 29:26, (27) Blume/C 29:34, (36) Brown/S 30:02, (37) Parietti/S 30:05, (39) Clifford/C 30:12, (45) Boutin/S 30:46, (46) Harris/C 30:49, (48) McLean/S 32:37, ... Duffey/C (DQ, 28:54). /M. Clark/

PA-AAU WOMEN'S 10 KILO CHAMPIONSHIPS: (Nov. 16, Belmont) - WVTC 17, RCF 18...Finn/Un 40:56 (CR), Ulliot/WVTC 42:09, Lyman/WVTC 42:17, Sakelarios/RCF 42:32, Tiernan/OTC 43:04, Y. Cotte/RCF 43:19, Cray/Un 43:29, Wolfe/RCF 43:51, Simmons/RCF 44:14, Anderson/NCSTC 44:48, D. Wallach/Un 44:56, Himmelberger/WVTC 45:14, Malone/PAMA 45:57, J. Cotte/RCF 46:32, Fitzgerald/Un 46:50, Best/Un 47:27, Severance/Un 48:18. /Jack Leydig/



(Above) Start of the PA-AAU Women's 10K Championships. (Right) Deborah Finn, who won that race by over a minute in a record time of 40:56. /J. Marconi Photos/

NATL. AAU X-C TUNEUP MEET: (Nov. 16, Belmont) - (10 Kilometers on Natl. AAU X-C Course...first time run) - Tibaduiza/UNTC 31:51.4 (CR), Clark/WVTC 32:04, Zarate/UNTC 32:22, Birnbaum/WVTC 32:36, Jones/WVTC 32:46, De La Garza/UNTC 32:48, Dare/WVTC 32:52, Nuccio/WVTC 32:53, DeFazio/SRRC 33:02, Mejia/WVTC 33:31, Stewart/WVTC 33:56, Harris/WVTC 34:06, Bunnell/Humb 34:14, Seaver/WVTC 34:22, Munoz/Un 34:26, McDevitt/WVTC 34:28, Zapata/WVTC 34:44, Himmelberger/WVTC 34:52, Tracy/WVTC 34:58, Wolfe/WVTC 35:01, Darling/ETC 35:10, R. Munoz/Un 35:28, Lund/WVTC 35:55, Schupbach/SRC 36:13. /Jack Leydig/



PCAA X-C CHAMPIONSHIPS: (Nov. 16, Fresno) - Long Beach 28, Fullerton 71, Fresno St. 74, SJS 84, SDS 128...(6 Miles) Genet/SJ 29:43.4, Rodriguez/LB 30:09, Avrea/SD 30:10, Sweeney/LB 30:22, Wilson/LB 30:24, Norton/Full 30:26, Garcia/Fr 30:29, Lundblad/LB 30:36, Phelps/LB 30:40, Gruber/SJ 30:40, (22) Ebert/SJ 31:37, (25) Krause/SJ 31:54, (26) Prowell/SJ 31:56, (28) Hurst/SJ 32:17, (30) Kasser/SJ 33:00. /John Wenos/

CALIFORNIA CLUB X-C CHAMPIONSHIPS: (Nov. 17, Long Beach) - (10 Kilo) AIA 40, Jamul Toads 43, SMTC 55, Camp Pendleton 79, SDTC 112, SMTC 'B' 136...Fleet/JT 31:07, Ryan/GWAA 31:08, Harper/JT 31:11, Swartz/SMTC 31:35, Kluevers/SMTC 31:37, Malec/JT 31:53, George/AIA 32:03, Haver/AIA 32:03, Ferguson/AIA 32:23, Riggs/AIA 32:25, Price/AIA 32:45, Kilpatrick/SMTC 32:45, Valentine/AIA 32:50, Lord/JT 33:05, Bozanich/CP 33:09. /Tom Cory/

NATL. AAU MASTERS X-C CHAMPIONSHIPS: (Nov. 17, Long Beach) - (10 Kilo) - (Because of a protest involving the eligibility of an athlete competing for one of the top three teams, the results of the team championship may be subject to change.) - Seniors TC 'A' 55, San Diego TC 'A' 63, SPA-AAU 73, West Valley J&S 75, PA-AAU 104, CCA-AAU 125, Seniors TC 'B' 169.5, SDTC 'B' 214.5... Hatton/HDAC 32:21, Higdon/IS 32:52, Smartt/SPA 33:14, Gookin/SDTC 33:26, Bartek/SPA 33:40, Parnell/STC 33:45, Shettler/WVJS 33:48, Mundle/SPA 33:54, Phillips/SDTC 34:26, Smith/WVJS 34:32, Thornton/CCA 34:36, O'Neil/PA 35:07, Roberts/STC 35:21, Rudberg/STC 35:24, Williams/STC 35:26...(18) Malain/PA 35:30, (19) Menzie/PA 35:34, (21) Napier/WVJS 35:54, (23) Tarin/WVJS 36:12, (26) Healy/WVJS 36:44, (34) Snavely/PA 37:24, (39) Nicholson/PA 37:42, (40) Preston/PA 37:45, (63) Collins/WVJS 40:19, (66) Bright/Un 40:36, (73) Flodberg/WVJS 41:13, (99) Wallach/WVTC 48:26. /Jim O'Neil & Sam Nicholson/



This group follows Roy Kissin (out of view) in the NCS Finals (left to right): Ron Criner, Steve Loccy, Kevin Searls, Tom Smith, Dan Patterson & Bob Turney. /Jeff Searls/

NCS CHAMPIONSHIPS: (Nov. 19, Site Unknown) - (Varsity) Redwood 62, San Rafael 110, Castro Valley 118, Ygnacio Valley 126, San Ramon 136, Miramonte 153, Alameda 160, Petaluma 185, Livermore 190, Newark 195... Kissin/SR 14:54, Patterson/DV 15:15, Criner/MD 15:17, Aldridge/Pet 15:21, Green/SRaf 15:23, Searls/CP 15:25, Harvey/Dub 15:26, Rudy/CV 15:28, Hornig/CV 15:32, Schulz/Red 15:34, Locey/Tam 15:38, Mihailoff/Red 15:39, Turney/YV 15:40, Berry/Red 15:43, Smith/MSJ 15:44, Collins/OD 15:47, Brander/Pet 15:48, Lund/Mir 15:49, Acosta/Ala 15:50, O'Reilly/SRaf 15:51. (F/S) Tamalpais 74, Pleasant Hill 84, El Cerrito 128, Mt. Diablo 145, Campolindo 152... Borland/DN 10:08, Gregg/Red 10:13, Smith/Eur 10:16, Collier/Tam 10:20, Jussey/Wash 10:21, Burke/DLS 10:33, Hiler/Wash 10:34, Cowling/Gran 10:35, Endo/EC 10:37, Croft/PH 10:37, O'Reilly/SRaf 10:37, Carlsen/Tam 10:37, Harbaugh/Pied 10:40, Capurro/Mor 10:41.

NOR-CAL INVITATIONAL: (Nov. 19, Site Unknown) - (Girls) Tamalpais 66, Las Lomas 83, Pleasant Hill 114, Northgate 128... Costello/PH 9:31, Broderick/Tam 9:49, Searls/CP 9:53, Habig/NG 9:59, Keyes/Tam 10:02, Salisbury/NG 10:04, Herrmann/LL 10:06, Scharninghausen/SRaf 10:14, Severinghaus/Red 10:16, Garrard/Uk 10:21, Pertelino/Tam 10:24, Quinlivan/DN 10:26, Howard/Uk 10:27, Harrison/MD 10:31, Faiferek/LL 10:31.

CCS REGION II MEET: (Nov. 20, San Jose) - (Varsity) Lynbrook 74, Carlmont 97, Wilcox 127, Woodside 144, Homestead 147... Kingery/SC 14:27, Emory/Gunn 14:35, Hulburd/Lyn 14:50, Mangan/Fre 14:56, Cortez/Wood 15:01, Stonum/Hom 15:04, Behrman/LA 15:08, Fonda/Aw 15:09, Bumbaca/Wil 15:12, Cochran/Lyn 15:16. (Sophs) Carlmont 55, Monta Vista 56, Cupertino 58, San Carlos 103, Lynbrook 124... Nicklin/MV 15:27, Jackson/Cup 15:38, Boynton/Cup 15:39, Love/Carl 15:42, Ripplinger/MV 15:47... Note: Jeff Curran fell and was unable to complete race. /Joe Mangan/

PANTHER PANT: (Nov. 22, Portola Valley) - (7th Grade Boys) Ralston 46, Cunha 60, PVS 70, Burlingame 120, Taylor 136... Hudson/Tay 8:06 (CR), Marson/Tay 8:09, Greenhaw/Cun 8:14, O'Connor/Ral 8:19, Kirkpatrick/Ral 8:30. (7th Grade Girls) PVS 'A' 15, PVS 'B' 43... Simmons/PVS'A' 6:58.6, Bartlett/PVS'A' 7:08, Sugman/Cun 7:10, Morshead/PVS'A' 7:19, Stoffle/PVS'A' 7:23. (8th Grade Boys) Ralston 34, PVS 64, Parkside 91, Taylor 104, Cunha 106... Herrera/Ral 7:42.2 (CR), Rochlitz/PVS 7:47, Kolto/Ral 7:53, Mulligan/PVS 7:57, Koch/Rals 8:03. (8th Grade Girls) PVS'A' 33, Kennedy 59, Cunha 70, PVS'B' 79, Burlingame 113... Schmidt/Cun 6:54.9, Hantz/PVS 7:01, Poole/PVS 7:03, Mandy/Kenn 7:04, Schmidt/B 113. /Chris Miller/

STATE JC X-C CHAMPIONSHIPS: (Nov. 23, Walnut) - (Large School) Grossmont 54, Fullerton 107, San Joaquin Delta 108, West Valley 119, Moorpark 120, San Jose CC 122, LA Valley 140, American River 190, LA Harbor 197, Fresno CC 201... Olswang/OCC 19:37.3, Morden/LAV 19:45, Esparza/Moor 19:48, Sommer/WV 19:52, Quintana/Chab 20:01, Simonian/LACC 20:02, Ramirez/FCC 20:11, Castellanos/LATT 20:15, Saavedra/Full 20:16, Ketting/EC 20:19. (Small School) Glendale 40, Citrus 86, DeAnza 95, Hancock 107, Imperial Valley 140, Foothill 156, Consumnes 176, Monterey Pen. 183, Skyline 191, Palomar 215... Thomas/Glen 19:19.5 (CR), Frederickson/DA 20:18, Croad/Glen 20:21, Hart/Fthl 20:35, Galbraith/Han 20:37, Howard/Con 20:42, Carlson/Cit 20:45, Fabing/Han 20:48, Garrett/Con 20:50, Caputo/Lassen 20:52. /Bob Rush & Don Ruh/

WESTERN REGIONAL X-C CHAMPIONSHIPS (USTFF): (Nov. 23, Fresno) - Nevada(Reno) 27, Cal-Poly SLO 37, UCSB 72, Phaethon TC 111, HSTC 141... Zarate/UNR 29:41.5, Menet/UNR 30:12, Schankel/CP 30:15, De La Garza/UNR 30:39, Schweitzer/UCSB 31:02, Wysocki/UNR 31:10, Stordahl/WVTC 31:11, Beaton/CP 31:12, Warrick/CP 31:13, Renoso/CP 31:14, Rado/CP 31:15, Elia/Ph 31:20, Cadena/CP 31:31, Read/UCSB 31:42, Vargas/UNR 31:45, Hall/Fresno 31:55, Ybarra/UNR 32:01, Duran/UCSB 32:12, Kipp/SacTC 32:15, Dagg/UNR 32:16, Boyet/UCSB 32:20, Stock/CP 32:34. /Bill Cockerham/

WOMEN'S NATL. AAU JUNIOR X-C CHAMPIONSHIPS: (Nov. 24, Millbrae) - (3 Miles) - San Jose Cindergals 51, Eastside TC (Wash.) 77, Rainbow Runners (Wash.) 90, Flathead Vly (Mont.) 126, RC Flyers 161, Millbrae Lions TC 187, Moscow Merc. (Idaho) 216... Carron/MLTC 17:27.8, Bowers/SJC 18:10, Allen/Lassen 18:17, Garmoe/ETC 18:25, Winnie/RR 18:34, Guina/SJC 18:41, Greenberg/SJC 18:46, Estes/FV 18:55, Happy/RR 18:56, Reneau/BRR 18:58, Kinnibugh/ETC 19:01, Monroe/Lassen 19:02, MacKaye/OVTC 19:08, Garmoe/ETC 19:09, S. Greenberg/SJC 19:13, Burns/SJC 19:17, Weaver/FV 19:23, Tiernan/Orinda 19:26, Wolfe/RCF 19:28, Mears/SJC 19:29. --- (Non-Championships Race) Anderson/SJC 18:10.4, Graham/SJC 18:17, Poor/SJC 18:17, Val Eberly/SJC 18:52, Haberman/SJC 19:15. --- (Age-Group 13/Under) Coleman/ETC 18:33, Belk/SJC 18:44, Hoskins/Un 19:13, Hoel/ETC 19:18, Clemons/ETC 19:20. /Jim Hume/

NCAA X-C CHAMPIONSHIPS: (Nov. 25, Bloomington, Ind.) - Oregon 77, Western Ky. 110, UTEP 136, WSU 144, Providence 225... (26) Long Beach St. 660. --- Rose/WKU 29:22, Ngeno/WSU 29:37, Waigwa/UTEP 29:52, Geis/Ore 29:57, Taylor/Ore 29:59, Williams/Ore 30:01, O'Shea/Prov 30:03, Ridler/WKU 30:06, Mendoza/Ariz 30:08, Smith/Wich 30:11, Meyer/Mich 30:13, Virgin/Ill 30:15, Long/WKU 30:18, Zumbaugh/BG 30:20, Munene/UTEP 30:21, Lawson/ASU 30:22, Minty/EnMich 30:24, Staynings/WKU 30:25, Moller/Roch 30:26, Peterson/Geotn 30:27... (41) Tibaduiza/Nev, Reno 30:51, (103) Cummings/BYU 31:40, (105) Duffey/Cal 31:42, (110) McConnell/Stan 31:45, (134) Hart/BYU 31:55, (146) Rodriguez/LBS 32:00, (150) Pinocci/Okla St. 32:02, (168) Arbogast/WSU 32:10, (202) Phelps/LBS 32:42, (207) Templeman/Mont 32:49, (211) Sweeney/LBS 32:55, (215) Wilson/LBS 33:00, (226) Greer/LBS 33:15, (230) Garcia/Fresno St. 33:23, (238) Dick/LBS 33:36, (245) Amaya/OSU 33:56. /Sam Bell/



Dominique Carron was an easy winner in the Women's Junior National X-C. /Jim Hume/

DVAL TWO-MILE POSTAL RUN: (Nov. 26, Pleasant Hill) - (Girls) Costello/PH 10:44 (2:33, 2:46, 2:46, 2:39), Searls/CP 11:53, Harrison/MD 12:30. /Bob McGuire/

CCS X-C CHAMPIONSHIPS: (Nov. 26, San Jose) - (2.88 Miles) - (Varsity) Pacific Grove 124, Leigh 129, Lincoln/SJ 151, Lynbrook 165, Serra 192, Lick/SJ 209, Homestead 224, Wilcox 241, Watsonville 247, Carlmont 255... Fritzsche/Lei 14:08, Barnett/Hills 14:17, Paulin/Cam 14:34, Salazar/Lick 14:41, Adams/Pg 14:42, Munoz/Wat 14:42, Adams/AH 14:45, Emory/Gunn 14:48, Corey/SM 14:49, Hulburd/Lyn 14:49, Salet/Milp 14:54, Quinn/Apt 14:55, Montenegro/Linc 14:56, Behrman/LA 14:56, Kingery/SC 14:59, McBride/HMB 15:01, Harnett/Serra 15:03, Cortez/Wood 15:04, Mello/Cr 15:04, Stout/Lei 15:05, Miller/MP 15:07, Watkins/Pg 15:08, Baker/West 15:10, Alarcon/Cam 15:12, Alderette/Linc 15:16. (F/S) Leigh 58, Silver Crk 110, Cupertino 134, Monta Vista 157, Carlmont 162, Willow Glen 212, Half Moon Bay 218, Aptos 237, Gilroy 239, Saratoga 271... Eberly/LG 14:58, Daniels/B 15:11, Arnold/HMB 15:16, Ritt/Lei 15:17, Stillman/WG 15:20, Allara/Cap 15:20, Nicklin/MV 15:21, Jackson/Cup 15:24, Goodstein/Menlo 15:25, Houser/Lei 15:28. /Thornburg/

USTFF NATL. X-C CHAMPIONSHIPS: (Nov. 27, Ann Arbor, Mich.) - UCTC 'A' 22, UCTC 'B' 69, Golden Triangle TC 70, Toledo TC 112, Bowling Green St. 134... Mander/UCTC 29:32.6, Herold/UCTC 30:00, Baldwin/GTTC 30:30, Zumbaugh/BG 30:34, Gonzalez/Mexico 30:38, Roscoe/SW-Mich 30:42, Haviland/KTC 30:47, Lesch/UCTC 30:50, Smith/OhTC 30:51, Cloeter/UCTC 30:53... (15) Ryan/KS 31:30... (62) Liebenberg/KalTC 34:22. /Warhurst/

AAU WOMEN'S & GIRLS' NATL. X-C CHAMPIONSHIPS: (Nov. 30, Dayton, Ohio) - (Women) 3 Mi, 110 Yds. - UCLA 68, Duke City 139, Falcon TC 149, SJ Cindergals 161, Oregon TC 189... (12) Burbank Str. 462... Bjorkland/DC 17:31.7, Brown/UCLA 17:41, Larrieu/UCLA 18:03, Quatier/FTC 18:12, Lettis/Sugar 18:12, Nappel/Iowa 18:13, Graham/SJC 18:15, Jewell/LBC 18:26, Brown/FTC 18:31, Cook/SMSU 18:37, Bridges/LATC 18:41, Choate/UCLA 18:42, Vetter/BRTC 18:46, Gibbons/Glen 18:50, Vigil/DC 18:51... (22) Poor/SJC 19:10, (35) Val Eberly/SJC 19:34, (42) Olrich/WVTC 19:47, (55) Anderson/SJC 20:09, (56) Haberman/SJC 20:09, (57) Carron/MLTC 20:12, (102) McPherson/SJC 21:30. --- (14-17) 2.5 Miles less 30 Yds. - Syracuse Chargers 98, SJ Cindergals 108, Albuquerque OC 168, SoCal Cheetahs 228, Kettering Str. 267... Allen/Lassen 15:05.0, Groos/NW 15:15, Opalewski/FF 15:16, Harewicz/MtLeb 15:25, Adams/WS 15:28, Wroblewski/Alb 15:29, Pusch/Syr 15:31, Assumma/RRR 15:32, Seybold/Syr 15:37, Greenberg/SJC 15:38, Miller/WSub 15:40, Monroe/Lassen 15:41, Guina/SJC 15:42, Kaput/Phnx 15:43, Hagenlocher/Syr 15:43... (25) Bowers/SJC 16:04, (29) Mears/SJC 16:09, (30) Morr/WS 16:10, (31) S. Greenberg/SJC 16:12, (50) Burns/SJC 16:40, (61) Reneau/BRR 16:49. --- (12-13) 2 Miles - Scioto TC 76, Rialto RR 89, SC Cheetahs 125, Sports Internat'l 153, Albuquerque OC 191, Blue Angels TC 233... Cline/Scio 12:07.3, Campbell/SI 12:12, Hoffman/Scio 12:18, Forbes/Port 12:19, Rose/BATC 12:23, Bain/WS 12:31, Villalvazso/RRR 12:33, Waters/SCC

12:48, Gilliland/Alb 12:50, Mamillan/RRR 12:52, Bridges/RRR 12:53... (88) Reneau/BRR 14:13, (90) Pool/BRR 14:15. --- (10-11) 1-1/2 Miles + 143 Yds. - Rialto RR 62, Blue Angels 96, Ambler OC 161... Beach/Alb 9:37.6, Cook/RRR 9:40, Mojica/SCC 9:47, Zureweller/FlorTC 9:52, Gallagher/Amb 9:58, Cobb/RRR 9:59, Wilson/BATC 10:01, Beauchamp/WS 10:04, Cerda/BATC 10:06, Erickson/Bur 10:08... (32) Baker/RG 10:32, (40) Pool/BRR 10:37, (49) Frye/SJS 10:43, (75) Strickland/RG 11:07, (85) Duran/RG 11:14, (100) Monty/RG 11:29, (112) Heaton/RG 11:34 (Roseville Gazelles were 11th team with 404 pts.). --- (9/Under) 1 Mile - Fleet Feet TC 118, Albuquerque PAL 124, Ambler OC 125, Burbank Str. 140, Blue Angels TC 162, Rialto RR 183... (11) Roseville Gazelles 415... Craven/Scio 6:07.5, Jackson/CYO 6:22, Kiernan/BATC 6:31, Gallegos/Alb 6:46, Kulpa/Bur 6:49... (68) Sylvester/RG 7:38, (72) Flanagan/RG 7:40, (88) Doyle/RG 7:56, (92) Foster/RG 8:05, (95) Edwards/RG 8:12. /Steve Price & Phyllis Olrich/

NATIONAL SENIOR MEN'S AAU X-C CHAMPIONSHIPS: (Nov. 30, Belmont) - Near perfect conditions and perhaps the best field in AAU history made the Bay Area's first Men's National XC Championship an unqualified success, as an estimated 2500-3000 spectators watched more than 300 runners wind over the 10,000 meter Crystal Springs course in the Belmont Hills. Washington State ace, John Ngeno of Kenya, who was runnerup to Nick Rose in the NCAA Championships on the previous Monday, had it all to himself after about 4-1/2 miles as he opened up a big 17 second gap on Neil Cusack of Ireland and the New York AC. John's winning time of 29:58.8 was almost two full minutes under Domingo Tibaduiza's 31:51 course standard (Domingo himself chopped off over a minute from his previous best today in finishing sixth, the top PA-AAU placer). First American citizen to finish the race was Ted Castaneda, who led his Colorado TC teammates to something of an upset victory with his third place finish. The team battle was a close one, however, as New York AC was within 5 points (83-88), and the Philadelphia Pioneers and Eastern New Mexico TC were also close (95 and 106, respectively). The Jamul Toads, led by Ed Mendoza's great seventh place finish, was the top California team, edging out host West Valley TC by 30 points, 194-224. The University of Nevada's Reno-based squad was seventh (185) to lead local (PA-AAU) squads. Following are the full team standings and the top 75 finishers, plus some other top locals. --- (Teams) Colorado TC 83, New York AC 88, Philadelphia Pioneers 95, En. New Mexico TC 106, Club Northwest 148, Florida TC 150, Univ. of Nevada TC 185, Jamul Toads 'A' 194, West Valley TC 'Blue' 224, San Fernando Vly TC 227, Quantico Marines 249, Santa Monica TC 258, Athletes in Action 263, Univ. of Chicago TC 298, Jamul Toads 'B' 379, Chico State 419, Atlanta TC 433, West Valley TC 'Red' 451, San Luis Obispo DC 456, Camino West TC 483, Ft. Collins TC 491, West Valley TC 'Green' 516, Camp Pendleton Marines 530, Excelsior TC 554, Valley of the Moon TC 595. (Indiv.) 1. Ngeno/WSU 29:58.8, 2. Cusack/NYAC 30:15.6, 3. Castaneda/CTC 30:22, 4. Fredericks/Phil 30:40, 5. Taylor/Ore 30:43, 6. Tibaduiza/UNTC 30:44, 7. Mendoza/JT 30:45, 8. Johnson/CNW 30:47, 9. Tuttle/BHS 30:49, 10. Peterson/CTC 30:54, 11. Shorter/FTC 30:56, 12. Rojas/NMTC 30:56, 13. Bringhurst/Un 31:00, 14. Wallace/ENM 31:00, 15. Howard/Kaj 31:01, 16. Liquori/NYAC 31:03, 17. Maguire/Phil 31:05, 18. McCubbins/Canada 31:06, 19. Staynings/WKU 31:07, 20. Kardong/CNW 31:10, 21. Timm/AIA 31:12, 22. Moller/Roch 31:16, 23. Zarate/UNTC 31:17, 24. Gregorio/CTC 31:19, 25. Thomas/SFV 31:23, 26. Crawford/NYAC 31:25, 27. Stemmer/Phil 31:27, 28. Boit/ENM 31:29, 29. Smith/AIA 31:30, 30. McAfee/Phil 31:30, 31. Brown/ENM 31:31, 32. Lawson/SMTC 31:33, 33. Manley/OTC 31:33, 34. Clark/WVTC 31:35, 35. Williams/ENM 31:36, 36. Galloway/FTC 31:38, 37. Childers/QM 31:38, 38. Clark/NYAC 31:39, 39. Flanagan/CTC 31:39, 40. Hulst/Un 31:41, 41. Vigil/CTC 31:42, 42. Barger/Ore 31:44, 43. Ndoo/ENM 31:46, 44. Leddy/NYAC 31:49, 45. Brown/FTC 31:52, 46. Fleming/NYAC 31:55, 47. Ruffatto/CTC 31:59, 48. Babiracki/SFV 32:00, 49. Bachelor/FTC 32:02, 50. Garcia/NMTC 32:03, 51. Hoffman/UCTC 32:04, 52. Menet/UNTC 32:05, 53. Trujillo/CTC 32:06, 54. Brown/KnoxTC 32:08, 55. Quintana/AITC 32:08, 56. Esparza/JT 32:11, 57. Tyson/CNW 32:14, 58. White/Kaj 32:15, 59. Kluvers/SMTC 32:16, 60. Stewart/WVTC 32:19, 61. Donnelly/Phil 32:20, 62. Lesch/UCTC 32:21, 63. Close/JT 32:21, 64. Atkins/CNW 32:22, 65. Ring/CNW 32:24, 66. Kissin/WVTC 32:26, 67. Mengich/ENM 32:28, 68. Rose/WKU 32:29, 69. DePeiza/FTC 32:31, 70. Macdonald/Un 32:32, 71. Breen/JT 32:33, 72. Morris/QM 32:35, 73. Wilson/JT 32:36, 74. Ybarbo/QM 32:38, 75. Williams/BHS 32:39...79. Birnbaum/WVTC 32:43, 88. Bellah/WVTC 32:55, 96. De La Garza/UNTC 33:00, 102. Wysocki/UNTC 33:11, 110. Dare/WVTC 33:17, 114. Cords/WVTC 32:27, 116. Mejia/WVTC 33:29, 117. Kingery/CWTC 33:30, 127. Routh/Menlo TC 33:48, 129. McLean/WVTC 33:50, 130. Hernandez/WVTC 33:53, 131. Ybarra/UNTC 33:55, 137. Martinez/AITC 34:02, 138. Finn/Chico 34:03, 140. Fritzke/CWTC 34:04, 141. James/Un 34:06, 147. Vargas/UNTC 34:15, 148. McDevitt/WV 34:16.

HILL & DALE X-C RUN: (Dec. 7, Bakersfield) - Athletes in Action 15, Fresno Pacific 40... Valentine/AIA 29:42, Riggs/AIA 29:42, George/AIA 29:51, Cadena/AIA 30:01, Ferguson/AIA 30:27, Price/AIA 30:33, Rodriguez/FPC 30:43, Ankeny/Un 30:45, Woessner/FPC 31:05, Garcia/Wasco HS 31:09...6 Miles. /L. Thornton/

NATL. AAU JR. 8 KILO CHAMPIONSHIPS: (Dec. 21, Alameda) - A very strong field went out fast and a large group stayed together until the final mile when State JC Champ Bob Thomas of Glendale College tried to make a big move, dragging John Roscoe with him in the process. Thomas held on to record a 6/10ths of a second victory, 24:25.4 to 24:26.0. West Valley TC's Roy Kissin made known that he's just as good as his southland challengers with a convincing kick that brought him home ahead of Ralph Serna (Loara HS) and Eric Hulst (Laguna Beach HS). Internationalist Jim Buell of Kentucky was next, some 5-seconds back of the tight prep grouping. The top four qualify for a trip to the Junior International X-C in Morocco in March (Kimball led the U.S. team to victory in 1974). Since John Roscoe turned 20 before March (although he was 19 at the time of this meet), he gives his spot up and Hulst joins the strong squad. The flat course featured 3-foot barriers (international style) every mile. Team scores are still in the process of being verified (AAU cards being checked by Meet Director for affiliations), but unofficially, The Big Foot TC of Spokane, Washington, just managed to edge out West Valley TC, as both scored the same number of points (we don't know what that score was), but the fifth runner for the Washington team was ahead of his WVTC counterpart. West Central Kentucky would have easily won, but don't qualify for the team scoring since they are not an AAU Club. Below are the unofficial top 25, plus other local runners through about 60th. --- 1. Thomas/Glendale 24:25.4, 2. Roscoe/SWMich 24:26, 3. Kissin/WVTC 24:29.2, 4. Serna/Loara HS 24:30, 5. Hulst/Laguna Bch HS 24:31, 6. Buell/WCKU 24:36, 7. Morden/SFVTC 24:38, 8. Arbogast/WSU 24:44, 9. Fulton/OSU 24:59, 10. Whitaker/BFTC 25:06, 11. Clary/Alaska 25:10, 12. Hansen/WCKU 25:11, 13. Lacy/Wisc 25:14, 14. Simonian/LACC 25:18, 15. Kingery/CWTC 25:24, 16. Perez/BVH 25:29, 17. Aquirre/SBAA 25:30, 18. Casillas/BVH 25:31, 19. Marks/WCKU 25:34, 20. Kummant/LCRR 25:35, 21. McCandless/WVTC 25:36, 22. Ludwikowski/CHWHS 25:38, 23. Adams/SFVTC 25:39, 24. Larson/BFTC 25:40, 25. Burrige/WCKU 25:41, 26. Quintana/AITC 25:42, 27. Sweeney/MAC 25:43...33. Barnett/CWTC 25:56, 34. Holmes/WVTC 25:59, 39. Fritzke/CWTC 26:06, 40. Tucker/BVH 26:07, 41. James/WSTC 26:08, 43. Ramer/GWTC 26:11, 44. Frederickson/DA 26:15, 45. Curran/WVTC 26:16, 47. Gagen/GWTC 26:21, 50. O'Neil/El Dorado HS 26:26, 52. Camp/Un 26:28, 54. Jacobson/BVH 26:31, 55. Tracy/MAC 26:33, 59. Magallanes/WVTC. /Bob DeCelle/



West Valley TC's Roy Kissin qualified for International Junior X-C by taking third in AAU Junior Nationals. /Jeff Sears/



START OF NATL. AAU CROSS COUNTRY /O'Rorke/



FIELD AT 400 METERS /Keith Conning/



ROJAS LEADS LARGE GROUP /Lee/



FIELD AT 400 METERS /Keith Conning/



ZARATE, FLEMING, FLANAGAN & LEDDY /J. Searls/



NGENO & CUSACK /Lee/



SHORTER /OMPHOTO/



NGENO AT FINISH /O'Rorke/



TUTTLE /OMPHOTO/



CASTANEDA & GREGORIO /Shaughnessy/



NGENO, ROJAS & CUSACK /OMPHOTO/



TAYLOR, TIBADUIZA & MENDOZA /K. Conning/



NGENO & CUSACK /O'Rorke/



TIBADUIZA & GREGORIO /OMPHOTO/

TRACK & FIELD RESULTS

ALL-COMERS MEET: (Dec. 7, San Jose) - (OPEN) 60: Douglas/SJCC 6.3; Mile: Hoglund/WTC 4:31.9; 60HH: Ligons/Colo 7.3; 440: Alexander/Cal 49.8; 880: Jenner/Stars 1:57.3; 220: Pettus/BAS 22.4; 2 Mi: Brock/Un 9:25.3; HJ: Allen/SJCC 6-4; LJ: Bond/Un 20-4 1/2; TJ: Tolliver/Stan 47-0 1/2; DT: Pushkin/Fthl 166-7; JT: Shelton/Un 175-3; SP: Allen/DA 45-0. (HIGH SCHOOL) 60: Goodison/Amador 6.9; 60HH: Hicks/Srmte 7.6; 440: Stearns/Berk 52.6; 880: Holst/Un 2:07.9; 220: White/Berk 23.0; HJ: Gibbs/Hill 6-4; TJ: Moreno/Lick 44-3; JT: Bowers/Un 147-8; SP: Comer/Un 50-7; PV: Endler/Hill 12-6. /Bert Bonanno/

ALL-COMERS MEET: (Dec. 14, San Jose) - (OPEN) 60: Sliger/WV 6.4; Mile: Kessler/SJS 4:30.8; 60HH: Ligons/Colo 7.4; 440: Rippenstein/CCSF 50.7; MileR: SJCC 3:25.8; SP: Allen/DA 45-3; TJ: Tolliver/Stan 45-4; HJ: Shiefer/CP-Pomona 6-4; DT: Pushkin/Fthl 164-2; 2 Mi: Ryan/SJCC 9:41.6. (HIGH SCHOOL) 60: Lewis/Wilson 6.5; Mile: Holst/Santa Ter 4:34.1; 60HH: Kennedy/Srmte 7.6; 880: Vasquez/Mills 1:59.6; 220: Reese/Wilson & Stephens/Berk 22.9; 2 Mi: Salazar/Lick 9:59; SP: Webster/Lick 54-11; PV: Dillard/Mills 13-0; HJ: Dillard/Mills 6-2. (GIRLS) Mile: Poor/SJC 4:47.0; 440: GoForth/SJC 63.6; 220: Elmore/MLTC 26.0; 2 Mi: Graham/SJC 10:07; SP: Langford/MDYF 47-9. /Bonanno/

ALL-COMERS MEET: (Dec. 21, San Mateo) - (OPEN) 2 Mile Walk: Glusker/WVTC 14:54.6; PV: Paton/CSM 14-0; 60HH: Carty/Un 7.4, Ligons/Colo 7.4, Pierce/OSU 7.6; JT: Macrerie/Stan 174-0; Mile: Routh/MTC 4:19.0, Ellis/Laney 4:21.0, Schelegle/Aggie TC 4:31; SP: Davis/Un 52-11, Doll/CRC 46-1; LJ: Butler/SFS 21-10 1/2, Hall/Stan 21-7 1/2, Hudnell/Ore 21-3 1/2; 60: (#1) Marshall/WVTC 6.6, Whitfield/AATC 6.6, (#2) Ligons/Colo 6.6, Horton/Laney 6.6, Carty/Un 6.6; 440: Ward/WVTC 49.4, Young/Un 51.8, Pierce/OSU 51.8, Ribera/Navy 51.8; Sr-440: Juilland/NCSTC 53.6; TJ: Toliver/Stan 45-2 1/4; DT: Nave/WVTC 165-9, Pushkin/Fthl 152-7; 3 Mi: Phelps/LBS 14:46.2, Tracy/WVTC 14:46.2, Schelegle/Aggies 14:51.6, Ellis/Laney 14:55.0; 880: Robertson/WVTC 1:58.8, Marshall/WVTC 2:03.2; (HIGH SCHOOL) 60: Kennedy/Srmte 6.5, Barrell/HATC 6.6; 880: Robertson/NDR 2:06.3; HJ: Miller/Oc 5-10; 60HH: Kennedy/Srmte 7.5, Hicks/Srmte 7.6; SP: Nasca/EG 47-10; LJ: Galves/M-A 20-10; Mile: Schreck/Menlo 4:31.0, DeFont/SFCh 4:32.3; 440: Richardson/NDR 52.3, LaForge/Oc 52.3; 2 Mi: Byrd/SFCh 10:18.8; PV: Hippick/DM & Lovejoy/DM 13-3. /Harry Young/

ALL-COMERS MEET: (Dec. 28, San Jose) - (OPEN) 60: Sliger/WV 6.5; Mile: Ryan/SJCC 4:24.8; 60HH: Carty/Un 7.6; 440: Kennedy/Un 50.8; 880: Sanchez/SJCC 1:57.3; 220: Foster/Stan 22.9; 2 Mi: Brock/Un 9:42.8; DT: Overton/Cal 165-8; TJ: Bond/Un 45-5; LJ: Bond/Un 21-1 1/2; SP: Sizemore/SJCC 49-9 1/2; HJ: Allen/SJCC 6-4; PV: Olson/Un 13-0. (HIGH SCHOOL) 60: Kennedy/Srmte 6.5; Mile: Holst/Santa Ter 4:31.0; 60HH: Kennedy/Srmte 7.6; 440: Hicks/Srmte 53.5; 880: Markham/OG 2:01.6; 220: Harvey/SCRk 23.5; 3 Mi: Paulin/Camd 14:49.4; DT: Horn/Un 154-1; LJ: Brooks/Milp 20-5; SP: Gough/Un 48-10; HJ: Ferguson/Hom 6-4. (GIRLS) Mile: Poor/SJC 4:44.8; 3 Mi: Graham/SJC 16:04. /Bert Bonanno/

ALL-COMERS MEET: (Dec. 28, San Mateo) - (OPEN) 60: Carty/Un 7.4, Whitfield/AATC 7.4, Almond/Sky 7.5; PV: Paton/CSM 14-6; Mile: Scott/WSU 4:23.1, Clift/SDak 4:24.1, Tracy/WVTC 4:24.4; SP: Davis/Un 52-10 1/2; 60: (#1) Kennedy/Srmte 6.2w, Marshall/WVTC 6.4w, Whitfield/AATC 6.5w, (#2) Pettus/Un 6.2w, Roosevelt/BAS 6.4, Kirkpatrick/CSN 6.5w; LJ: Bule/BYU 21-6; TJ: Toliver/Stan 44-4; 440: Robinson/Un 47.8, Ward/WVTC 50.1, Marcheschi/Chab 51.1; DT: Nave/WVTC 169-8; 3 Mi: Dare/WVTC 14:18.6, Pinocci/WVTC 14:28.6, Schelegle/Aggies 14:38.8; 220: Pettus/Un 22.2, Robinson/Un 22.4, Roosevelt/BAS 22.4, Campbell 22.5; 880: Ridley/ECHS 1:59.5, Scott/WSU 2:00.9, Young/SDak 2:04.6. (HIGH SCHOOL) Mile: Searcy/Logan 4:37.9, Mihailoff/Rdwd 4:38.4, DeFont/SFCh 4:39.6; 60: Wagner/Srmte 6.4, Diles/Srmte 6.6, Vasquez/Mills 6.6; 440: LaForge/Oc 52.1; PV: Dillard/Mills 13-0; 2 Mi: Green/SRAF 10:00.6, Berry/Rdwd 10:05.4 (Frosh); 220: Giles/SM 22.9; 880: Camp/Ara 2:04.2, Loza/Mills 2:04.2. (GIRLS) 2 Mi: OTrich/WVTC 10:59.0, Lyman/WVTC 11:17.4. /Young/

ALL-COMERS MEET: (Jan. 4, San Mateo) - (OPEN) DT: Nave/WVTC 166-11, Mannon/Cal 135-7; SP: Davis/Un 53-8 1/2, Mannon/Cal 53-1; LJ: Butler/SFS 20-11; 60HH: Carty/Un 7.5, Whitfield/AATC 7.6, Young/WVTC 7.6; HJ: Coleman/SacSt 6-4; Mile: LaForge/OcHS 4:18.8, Ellis/Laney 4:19.8, Duff/BYU 4:22.8; TJ: Butler/SFS 44-1 1/4; 60: Payton/Un 6.3, Kennedy/Srmte 6.4, Whitfield/AATC 6.4; Sr-60: Juilland/NCSTC 7.1; PV: Graham/CSM 12-6; 440: Robinson/Laney 48.5, Ward/WVTC 50.0, Morgan/Cal 50.0; 3 Mi: Emerling/WVTC 14:30.8, Schelegle/Aggies 14:38.8; 220: Pettus/BAS 22.2, Roosevelt/BAS 22.3, Rodgers/BAS 22.4; Sr-220: Parish 24.7; 880: Ribera/Notre Dame 1:59.1, Bender/SJS 1:59.1, Ellis/

Laney 2:00.1; Sr-880: Richardson 2:09.8; MileR: Bears 3:28.7; (HIGH SCHOOL) 440R: Serramonte 44.0, Skyline 44.7; 60HH: Kennedy/Srmte 7.4, Pulliam/Sky 7.5, Hicks/Srmte 7.5; Mile: Patterson/DV 4:33.5, Schulz/Rdwd 4:35.0, McMeans/SM 4:37.1; PV: Dillard/Mills 12-10, James/EG 12-10; HJ: Dillard/Mills 6-2; SP: Beland/Serra 40-9 3/4; LJ: Martin/Moreau 19-4; TJ: Pulliam/Sky 43-6 1/2; 60: Burrell/HATC 6.4, Lewis/Wilson 6.5, Molina/HATC 6.5; 440: Smith/Sky 51.5, Stephens/Berk 51.9; 2 Mi: Schultz/Rdwd 9:58.0, Mihailoff/Rdwd 9:58.2, Southwick/SSF 10:04.6; 220: Reese/Wilson 22.6, Winters/Wilson 23.1, Molina/Hywd 23.1; 880: Hurtado/SFCh 2:07.6, Etienne/Cstl 2:08.0. /Harry Young/

EXAMINER GAMES TRIALS: (Jan. 11) - (HIGH SCHOOL) At San Mateo - 60HH: (#1) Kennedy/Srmte 7.2, Andrews/BakWst 7.3, Unpingco/Pitt 7.4, (#2) Hicks/Srmte 7.2, Turner/Kenn 7.7, Finley/Cup 7.8; 2 Mi: Kissin/SRam 9:13.6, Kingery/SC 9:15.0, Gagen/ECam 9:16.6, LaForge/Oc 9:19.2, Fritzke/Lei 9:19.6, Holmes/Downey 9:21.0, Paulin/Cam 9:22.6, Suhr/Lei 9:24.4, Garcia/Wasco 9:24.5, Read/Jes 9:26.2, Patterson/DV 9:26.4, Barnett/Hills 9:27.6; Sprt-MedR: Highlands 3:34.5, Serramonte 3:36.6, Hoover 3:36.6, Grant 3:36.9; MileR: San Mateo 3:27.4, McClatchy 3:27.4, Serramonte 3:27.8, Gilroy 3:29.9; PV: Sanchez/BV 13-6, Sula/Lemoore 13-0, Fernside/DM 13-0, Thornton/Hoover 13-0, Lovejoy/DM 13-0, James/EG 13-0, O'Reilly/Sanger 13-0; (MASTERS) At San Mateo - 60: (Over-50) (#1) Jordan 7.0, Juilland 7.1, Satti 7.8, Hoover 8.2, (#2) Carter 7.4, Thursby 7.8, Lopez 7.8, Puglizevich 8.0; Sprt-MedR: NCSTC 'A' 2:41.6, NCSTC 'D' 2:45.3, NCSTC 'B' 2:52.7; LJ: Presber 20-8 1/2, Andrews/BAS 19-2 1/2, Conley 18-5, Brown 17-10, Mahaney 17-2 3/4, Parish 17-2 3/4; Mile: Teeguarden/NCSTC 4:41.2, Malain/NCSTC 4:42.4, Napier/WVJS 4:43.2, Shaw 4:46.2, Healy/WVJS 4:47.1, Thornton/HSTC 4:47.2, Richardson 4:50.6, Pickett/NCSTC 4:54.1, Wood/NCSTC 4:54.7, Moss 4:57.5; (OPEN) At San Mateo - Mile Walk: Valle/WVTC 8:02.2, Lucas 8:02.3, Quinn/Wilson 9:38.2. (COLLEGE) At Cal-State Hay'd - 60: Edwards/CPSLO 6.3, Smith/CSH 6.4, Larry/CSH 6.4; LJ: Byrd/Stanislaus 23-2 1/2, Urmann/Chico 21-5 1/2, Davis/CPSLO 21-3 3/4; Sprt-MedR: SFS 3:32.0, UC Davis 3:33.4, Chico 3:36.8. (JC) At SJCC - 60: Gordon/SJCC 6.4, Sliger/WV 6.4, Barnes/DVC & Brown/CCC 6.5; TJ: Marlow/ConR 48-6 1/4, LeGrande/WV 47-0 1/2, Richardson/ARC 45-11 1/2; Sprt-MedR: SJCC 3:31.0, Laney 3:31.2, Contra Costa 3:32.9; MileR: San Mateo 3:22.6, SJCC 3:22.6, CCSF 3:23.3; Exhib.-60HH: Almond/Sky & Crittendon/CCC 7.6, Taylor/Laney 7.7; Exhib.-3 Mi: Quintana/Chab 14:29.4, Frederickson/DA 14:30.6, Ellis/Laney 14:31.0. (WOMEN) At San Jose St. - 60: Cobb/BTC 6.9, Parker/MLTC 7.0, Byfield/BTC 7.1; 1000m: Poor/SJC 2:49.3, Weston/WS 2:50.5, Simmons/RCF 2:54.2; HJ: Shawhan/WS 5-1 1/4, McQuillan/WS 5-1 1/4, Sandberg/SJC 5-1 1/4; 880-MedR: BTC 1:47.3, MLTC 1:48.1, WS 1:48.2; A-G Relay (4 x 160): CY 1:22.2, RHS 1:25.4, Appaloosa 1:26.5; Boy's A-G Relay: PHTFC 2:53.1, CY 2:55.2, HHBC 2:56.3; Exhib.-SP: Langford/MDYF 48-11, Rutledge/MLTC 46-5, Trout/MLTC 41-4. /S.F. Examiner/

ALL-COMERS MEET: (Jan. 18, San Mateo) - (OPEN) Mile: Stewart/Army-WVTC 4:11.8, Clifford/Cal 4:16.1, Harris/Cal 4:19.5; SP: Davis/WVTC 52-10, Rockwood/CSM 45-6 1/4; LJ: Butler/SFS 21-10 1/4, Hall/Stan 21-3, Jordan/BAS 20-6 1/4; 60HH: (#1) Young/WVTC 7.5, Almond/Sky 7.6, McCormack/Un 7.6, (#2) Carty/Un 7.4, Tayler/Laney 7.6, Swartzell/Un 8.0; JT: Makons/Stan 191-2, Swartzell/Un 172-11; 60: (#1) Kennedy/Srmte 6.4, Hatcher/Un 6.5, Carty/Un 6.6, (#2) Marshall/WVTC 6.4, Campbell/Un 6.5, Howard/Menlo 6.6, (#3) Pettis/BAS 6.3, Ward/WVTC 6.4, Roosevelt/BAS 6.4; Sr-60: Jordan/Stan 7.0, Manogian/NCSTC 7.1, Brant/NCSTC 7.2; 440: Kennedy/Srmte 48.8, Ward/WVTC 49.4, Harrell/Ala 49.9; PV: Eshelman/BAS 15-6, Hardison/Israel 15-6, Paton/CSM 14-6; DT: Nave/WVTC 170-11, Harbottle/Cal 137-6; HJ: Haver/CSH 6-6, Huff/Un 6-6, Friday/CSH 6-4; TJ: Butler/SFS 45-6 1/4, Cox/Cal-Ext. 44-6 3/4, Murphy/CSH 44-0; 3 Mi: Schmulewicz/Cal 14:28.2, Blume/Cal 14:28.6, Kennedy/Cal 14:30.2, Tracy/WVTC 14:30.8...Berry/Rdwd HS 15:03.8 (New World Age Rcd. for 14 year olds); 220: (#1) Marshall/WVTC 22.0, Snyder/SFS 22.6, Gaines/CCSF 22.9, (#2) Pettis/BAS 21.9, Robinson/Un 22.3, Campbell/Un 22.4; 880: Morgan/Cal 1:54.2, Lewis/Laney 1:56.7, Bay/WVTC 1:58.8; (HIGH SCHOOL) SP: Hume/Nov 43-0 1/2; 60HH: Kennedy/Srmte 7.4, Hicks/Srmte 7.4; LJ: Young/Hills 20-5; Mile: Mihailoff/Rdwd 4:31.2, Ross/Serra 4:31.8, McMeans/SM 4:33.8; 60: (#1) Williams/Vall 6.4, Burrell/HATC 6.5, Priest/Oak 6.5, (#2) Burke/Low 6.4; 440: Stephens/Berk 50.5, McCoy/Berk 51.4, Molina/HATC 51.6; HJ: Wright/Carl 6-4, Kleppe/Hills 6-4, Dillard/Mills 6-2; TJ: Lo/Low 43-2; 2 Mi: Lomax/Alb 9:59.6, Nelson/Ara 10:09.0, Hall/M-A 10:09.2; 220: Stephens/Berk 22.4, Williams/Vall 22.5; PV: Dillard/Mills 12-6, Grace/Arroyo 12-0; 880: Martinelli/Srmte 2:02.6, McCoy/Berk 2:03.4, Patterson/DV 2:03.4; (WOMEN) 3 Mi: Lyman/WV 17:24.6.

LONG DISTANCE RESULTS

SPA-AAU 50 MILER: (Sept. 14) - (1) Joe Burgasser/STC 6:04:39, (2) Levinson 6:09:41, (3) Clark 6:21:04, (4) Lundquist 6:32:57, (5) Eileen Waters/SDTC 6:55:27, (6) Donna Gookin/SDTC 7:12:51, (7) Smith 7:16:32, (8) Linam/CCAC 7:28:59, (9) Lee 8:11:19, (10) Bassler/Un 11:24:19, (11) Bisignano/PVRC 11:46:43, (12) Bassler, Jr./Un 13:30:45...Eileen Waters broke her world record for women (7:05:31, set last year), and Donna Gookin established a women's veteran world record. Both women set many intermediate world records, as Donna led for over half the race before falling off the pace. /Tom Sturak/

VENTURA YMCA RUN: (Sept. 27, Ventura) - 6.313 Miles - Scobey/BHS 37:41, Pontinen/SBAA 40:57, Van Manen/SBAA 41:40, Baisgen/Un 42:13, Stufflebean 43:20. /John Brennard/

DAYS OF VERDUGO RUN: (Oct. 19, Glendale) - 10.0 Miles - Loeschhorn/WVTC 53:15, Scobey/Un 53:21, Miller/CCAC 55:58, Arce 57:59, Shaffer/CCAC 58:01, Broten/STC 58:02. /Tom Cory/

RENO JOURNAL JOG: (Oct. 27, Reno) - 5 Miles - Domingo Tibaduiza broke his own course record of 23:30 by 17 seconds in downing the likes of Tracy Smith, among others. -- Tibaduiza/Nev 23:13, Smith/AIA 23:57, Benn/Mad Dogs 24:31, Herman/MD 24:41, Zarate/MD 24:50, Houk/WVTC 24:54, Wysocki/Nev 25:16, DeLaGarza/Nev 25:19, Duffy/MD-WVTC 25:34, Ybarra/Nev 25:36, Dagg/Nev 26:03, Hernandez/Nev 26:12, McIvan/MD 26:14, Williams/Nev 26:15, Bowen/Nev 26:16, Barton/Un 26:20, Cross/Nev 26:33, Kirk/Un 26:34... (Women) Allen/Lassen 30:11, Monroe/Lassen 30:48. /Nev. St. Jour/

LONG BEACH 16.2 MILER: (Oct. 27, Long Beach) - Pryor/BHS 1:20:46 (CR), Scobey/BHS 1:21:46, Hughes/BHS 1:24:58, Kurrle/BHS 1:25:25, Miller/CCAC 1:25:55, Carlson 1:26:29, Rowley/CCAC 1:26:47, Shaffer/CCAC 1:27:53, Arce 1:29:33, Parnell 1:29:40 (40+)... (45) Jackie Hansen/SFVTC 1:38:58, (46) Eileen Waters/SDTC 1:39:43. /John Brennard/

RIDGECREST 10 KILO: (Nov. 2, LA Area) - Rowley/CCAC 32:16, Shaffer/CCAC 32:50, Tjogas/OTHT 33:54, Hughes/CCAC 34:13, Freyne/CCAC 34:35, Peck/Un 34:40. /Wes Alderson/

PHELAN BLIND HANDICAP: (Nov. 3, Phelan) - Branch/CCAC 1:25:21, Young 1:27:17, McDermott 1:27:53, Cook/AIA 1:29:32, Perez/GWAA 1:29:36... (10) Bright 1:45:41 (60+)... 15 Miles. /Wes Alderson/

PIONEER ROAD RUN: (Nov. 10, Phoenix, Ore.) - 9.0 Miles - Miller 45:27, Hill/Un 47:17, Caputo/Lassen JC 47:30, Ashton/Phoenix 49:00, Sullivan 49:26... (9) Wayne Moss/Weaverville 53:26. /Wayne Moss/

COLFAX 10 MILER: (Nov. 16, Colfax) - Ybarra/Nev 55:13, Hernandez/Nev 55:29, Williams/Nev 55:31, M. Buzbee/Un 56:22, Dagg/Nev 56:25, P. Buzbee/Un 56:27, Ellis 56:44, S. Williams 56:54, Christensen/Nev 56:56, Prouty 56:57, J. Williams 58:38, Bowen 58:59, Schafer 59:13, Sane/CD 59:43, Hanson/CRC 59:44, Larson 60:45, Othon 61:09, Burch 62:54. /Pete Hanson/

ROSEBOWL HANDICAP: (Nov. 17, Pasadena) - 10.08 Miles - Young 50:31, Scobey/Un 50:52, Kurrle/BHS 51:43, Swift 52:25, Caldwell 53:38, Eck 54:01, Shaffer/CCAC 54:05, Hoffman 54:16, Perez/GWAA 54:36, Pagliano/GWAA 55:15... (21) Jackie Hansen/SFVTC 58:31. /Wes Alderson/

SKUNK HOLLOW II: (Nov. 23, LA Area) - 9.3 Miles - Broten/STC 54:02, Burns 56:04, Pontinen/SBAA 56:42, Lowry/GWAA 58:24, Fagnant 59:10, Singleton/Un 59:37. /John Brennard/

THREE UNDER 2:20 AT CULVER CITY MARATHON: (Dec. 1, Culver City) - Foreign athletes swept the first four places this year, as defending champ Reino Paukkonen from Finland was defeated by Mexican Mario Cuezas (2:18:08.8 to 2:18:48), running his first marathon. Swede Peter Fredriksson, attending U.S.I.U. in San Diego, was third in a PR 2:19:19, ahead of another Mexican, Sergio Gonzales (2:22:00), and the first American citizen, Ed Chaidez (2:22:15). A total of 12 broke the 2:30 barrier, but the big story was Jackie Hansen's world record for women as she finished in a swift 2:43:54.6 to almost sneak into the top 30 places. -- Cuezas/Mex 2:18:08.8, Paukkonen/Finland 2:18:48, Fredriksson/USIU-Swe 2:19:19, Gonzales/Mex 2:22:00, Moffitt/Oxy 2:22:33, Loeschhorn/WVTC 2:25:00, P. Ryan/GWAA 2:25:50, Johansen/SDTC 2:27:12, Zapata/WVTC 2:27:53, Branch/CCAC 2:28:24, Hughes/BHS 2:29:43, Miller/CCAC 2:31:10, Schaffer/CCAC 2:33:00, Jones/SDTC 2:33:18, Lopez/Un 2:34:07, Watanabe/MSAC 2:34:08,

Analla/Un 2:34:49, Clark/BHS 2:35:55, Rawlings/Un 2:36:09, Menzie/Un 2:38:28, Bartek/SBAA 2:38:43, Rudberg/STC 2:38:53, Arce/Un 2:39:03, Atkins/STC 2:39:43, Gerald/LVTC 2:40:10, Arreola/SLDC 2:40:46, Johnson/SDTC 2:40:56, Slick/Un 2:40:56, Levinson/CCAC 2:42:25... J. Hansen/SFVTC 2:43:54.6. /Porter/

MT. MADONNA HILL CHALLENGE: (Dec. 8, Gilroy) - 12.1 Miles - McConnell/Stanford 1:11:25, Quinn/Aptos HS 1:12:25, Salazar/Lick HS 1:12:45, Minor/PGr 1:16:00, Montenegro/Linc 1:16:21, Berumen/SJCC 1:16:40, Aver/LG 1:17:03, Watkins/PGr 1:18:13, Morales/Gav 1:18:37, Selbach/Aptos 1:19:13, Little/Seaside 1:19:17, Holiday/Gilroy 1:19:28, Marlowe/Gilroy 1:21:34, Sanchez/Gav 1:21:50, Pujol/LG 1:23:00, Gonzales/Aptos 1:23:12, O'Connor & Barsi/St. Francis 1:24:15. /Jay Marlowe/

MADERA MARATHON: (Dec. 14, Madera) - Braddy/Flying Sq./FSU 2:35:18, Lopez/Reedley High School 2:45:18, Hamphill/Phaeton 2:45:18, Lyon/Phaeton 2:51:46, Estrada/Reedley HS 2:52:56, Harbaugh/Un 2:56:41, MacIntosh/SRC 2:57:34, Scott/Un 2:58:57, Salazar/Reedley Coll. 3:02:43, Kawakawi/RC 3:04:29. /DeWitt/

GALLOWAY LEADS CLASSY FIELD IN HONOLULU MARATHON: (Dec. 15, Honolulu, Hawaii) - Jeff Galloway/FTC 2:23:02 (CR), Moore/OTC 2:23:38, Macdonald/Hawaii Med. School (ex-WVTC) 2:28:30, Shorter/FTC 2:33:22 (suffered pulled hamstring during race and jogged in easily...one week after victory at Fukuoka), Banko/Univ. Hawaii 2:34:47... (14) Pagliano/GWAA 2:47:41, (16) Jerry Chun (15 Yrs) 2:51:16, (27) Strote/Un-LA 2:59:26, (30) Cindy Dalrymple 3:01:59 (1st woman), (31) Daven Chun 3:02:23 (10 Yrs. Old), (49) Daniell/AMJA-Redding 3:14:41, (116) Teri Anderson/SJC 3:41:53, (120) Milton/AMJA-Redding 3:42:31, (122) Scott/Venice-Cal 3:43:17, (132) Dow/Reno-AMJA 3:45:07, (142) Bassler/AMJA-Palos Verdes 3:48:20, (158) Kostrubala/SDTC 3:54:29, (165) Averitt/STC 3:57:10, (211) Cain/AMJA-Sac'to 4:21:51, (219) Cardello/AMJA-Rolling Hills 4:24:51, (235) Burbank/AMJA-Stanford 4:38:56, (264) Lawrence/AMJA-LA 5:15:13, (296) Jill Garrie/LA 6:47:49. /Tom Ferguson/

MENDOZA BLITZES AMERICAN 25-KILO MARK: (Dec. 21, San Diego) - Ed Mendoza made his first serious road-racing attempt a startling success as he ran the fastest-ever road 25K (15.534 Mi.) by an American in winning the National AAU 25 Kilo Championship at Mission Bay. A tight field composed of Mendoza, Chuck Smead, Bill Clark, Ron Wayne, Mark Kushner, Dave Babiracki, Ed Chaidez, Kirk Pfeffer and Gary Close cruised through 5K in 15:30 (5 minute pace) and 10K in 31:20, before the latter three dropped off the pace before 15K (47:15-20 for the 6 leaders). At that point Mendoza spurred a quick 15:08 for a 62:23 at 20K, leaving everyone adrift. His last 10K was a scintillating 30:15!! His final 1:17:30 betters John Vitale's old 1:18:10 mark (also co-held by Amby Burfoot). He led his Jamul Toad teammates to the team title (43), ahead of San Diego TC's 63 and West Valley TC's 95 (Santa Monica, originally 3rd with 90, was DQ'd with unregistered members). First veteran (over 40) was Graham Parnell of the Jamul Toads (hmm! --didn't he run for Seniors TC at the Masters XC??), with a very fine 1:25:25, good for 26th. --- Mendoza/JT 77:30, Smead/Un 79:21, Clark/WVTC 79:47, Wayne/Un 80:11, Kushner/CCAC 80:50, Babiracki/SFVTC 81:09, Chaidez/CSN 81:29, Pfeffer/JT 81:39, Close/JT 81:49, Hunt/SDTC 82:31, Kasischke/SDTC 82:47, Nutter/WVaTC 82:47, Swartz/Un 82:47, Ocana/BHS 83:11, Loeschhorn/WVTC 83:17, Ferguson/AIA 83:19, Kluvers/SMTTC 83:49, George/AIA 84:16, Burke/SDTC 84:18, Ankeny/Un 84:33... (27) Zapata/WVTC 85:43, (38) Emerling/WVTC 88:28, (55) Price/AIA 92:16, (63) Haver/AIA 93:30, (73) Wolfe/WVTC 95:16, (95) Nadia Garcia/SDTC (1st woman) 98:41, (103) Dunn/PAMA 1:40:10, (154) Krohn/SRRC 1:48:37, (182) Loeschhorn, Sr./LWSC 1:55:54. /Tom Bache/

AMERICAN RIVER TRAIL RACE: (Dec. 28, Sacramento) - 8.08 Miles - Wayne Badgley ran an outstanding race under sloppy conditions to break Kevin Furey's course record of 41:04. Henry Perez of Delta College was also under the old standard with his 40:31, behind Wayne's 39:37. -- Badgley/Un 39:37, Perez/Un 40:31, Singer/BVH 41:28, Ferreira/Un 41:55, Tucker/Un 42:28, Sweeney/Ophir 42:31, Baudendistel/GWTC 43:15, Payne/AlTC 43:25, Vogt/GSTC 43:32, Green/Un 43:39, Butt/MAC 43:55, Jordan/BVH 44:05, Kevin Furey/GWTC 44:38, Gagen/GWTC 44:51, Jordan/GWTC 45:45, Read/GWTC 45:45, Lange/GWTC 46:17, G. Gagen/GWTC 46:24, Read/GWTC 46:32, Vredenburg/Un 46:34. /Lange/

YMCA WINTER RUN: (Jan. 4, Lompoc) - Cadena/SLODC 40:17, Galbraith/HancJC 40:17.8, Warrick/CPSLO 41:31, Genschmer/WVTC 42:06, Reyes/SDTC 42:41.6. /Joe Sciamel/

BADGLEY OUTCLASSES FIELD AT LOS ALTOS HILLS 10 KILO: (Nov. 2, Los Altos Hills) - Big Valley Harrier ace, Wayne Badgley, now in the over-30 class, had little trouble winning the First Annual 10 Kilo behind Foothill College. His 31:53 clocking was almost three full minutes up on WVTC's Marc Lund (34:43). Ken Napier shot down some good runners in the open class as he clipped Ray Menzie (just turned 40) in the Masters division, 35:02 to 35:08. Peter Wood was third in that division, having a good battle with fast improving Pat Cunneen, 37:38 to 37:43. Skip Swannack upended Sue Grigsby by over a minute to win her category without too much trouble, 45:25 to 46:37 over Sue Grigsby. A field of 109 runners completed the run in a very successful first-year turnout. Below are listed the top 45 finishers. /Jim Woodruff/

1 - Wayne Badgley (BV Harriers)	31:53	16 - Peter Wood (NCSTC)	37:38	31 - Ed DiGirolamo (Alameda TC)	39:22
2 - Marc Lund (West Valley TC)	34:43	17 - Pat Cunneen, Sr. (Pamakids)	37:43	32 - Colin Templeman	39:27
3 - Ken Napier (West Valley J&S)	35:02	18 - Donaldson	37:50	33 - Terry Mullen	39:30
4 - Jim Barker (West Valley TC)	35:07	19 - Bill Flodberg (West Vly J&S)	38:01	34 - Wayne Hooper	39:33
5 - Ray Menzie (Unat)	35:08	20 - Bill Snavely (Big Vly Harr.)	38:05	35 - Gary Martin	39:41
6 - Dale Severy (Santa Barbara AA)	35:17	21 - Richard Walters	38:10	36 - Carl Martin (West Valley J&S)	39:50
7 - John Thomas	35:27	22 - V.M. LaPierre	38:11	37 - Gary Galloway	39:51
8 - Bruce Rubin	35:51	23 - Steve O'Brien	38:31	38 - John Stovel	40:14
9 - Wayne Glusker (West Valley TC)	36:04	24 - Ken Paul (West Valley TC)	38:49	39 - Dennis Egley	40:19
10 - D.J. White	36:16	25 - Rich Peterson	38:52	40 - Joe Henderson	40:27
11 - Unidentified Runner	36:32	26 - Nat Sterling	39:02	41 - Arvid Kretz (West Valley TC)	40:33
12 - Steven Sidney	36:41	27 - Charles Sinclair	39:05	42 - Don Peterson (Stanford RC)	40:36
13 - John Geer (Whittier College)	37:05	28 - Ed Preston (NCSTC)	39:08	43 - Don Allison	40:45
14 - Jim Holl (West Valley TC)	37:11	29 - John Dunn (Pamakids)	39:16	44 - Morrison	40:56
15 - Jim Williams	37:19	30 - Ed Jaynes (Bay Area Striders)	39:18	45 - Donald Carpenter	41:01



(Above) Start of PA-AAU 10 Kilo Championships in Golden Gate Park. (Left) Lead group after about 1-1/2 miles...Tibaduiza, center, won handily; Bill Clark (far left) took third at the Natl. AAU 25 Kilo in San Diego. (Right) Ruth Anderson (1) and Kathy Himmelberger (r) were second and third, respectively in the women's division of the 10 Kilo. /Dennis O'Rorke/

TIBADUIZA DEFENDS TITLE IN RUNAWAY 10 KILO VICTORY: (Nov. 9, San Francisco) - Deciding not to mess around this race, Nevada TC's Domingo Tibaduiza, who set a South American record for 5,000 meters this summer in Europe, broke away from the field shortly after the two mile mark and was never challenged as he rambled on to a 33-second margin of victory in the PA-AAU X-C Championships at Golden Gate Park. Jim Nuccio, representing West Valley TC, put on a good kick to upend Domingo's teammate, Hans Menet of Switzerland, 29:33 to 29:35. The University of Nevada TC defeated

last year's team champs, West Valley TC, by a margin of 23-32. Ken Napier continued his close battle with just-turned-40 Ray Menzie, pulling out a 33:17 to 33:30 victory. Bill Jensen of the Pamakids was almost another minute back at 34:24, and normal half-miler Dave Pratt followed with 34:44. Joan Ulyot had no trouble handling the female competition with her 37:18, good for 129th overall out of 205 finishers. Veteran Ruth Anderson edged WVTC's Kathy Himmelberger by three seconds for the runnerup spot, 38:59 to 39:02. Fast-improving Betsy White was another 12 seconds back. The top 75 finishers follow. /Ronald Bull/

1 - Domingo Tibaduiza (Nevada TC)	29:00	14 - Daryl Zapata (West Valley TC)	31:00	27 - Bob Darling (Excelsior TC)	32:02
2 - Jim Nuccio (West Valley TC)	29:33	15 - Pat Stordahl (West Valley TC)	31:10	28 - J. Woods (Aggie TC)	32:02
3 - Hans Menet (Nevada TC)	29:35	16 - Dave Ramer (Golden West TC)	31:20	29 - John Leeper (Aggie TC)	32:03
4 - Ron Zarate (Nevada TC)	29:42	17 - John Hayes (West Valley TC)	31:35	30 - Mike Conroy (Excelsior TC)	32:04
5 - Jim Birnbaum (West Valley TC)	30:23	18 - Terry Ybarra (Nevada TC)	31:41	31 - Ellis (Nevada TC)	32:05
6 - Ben De La Garza (Nevada TC)	30:24	19 - Ken Schaecterle (CTC)	31:41	32 - G. Hernandez (Nevada TC)	32:06
7 - Bill Clark (West Valley TC)	30:26	20 - Mike Dagg (Nevada TC)	31:41	33 - Jim Sane (Cordova Dusters)	32:08
8 - John Routh (Menlo TC)	30:34	21 - Unidentified Runner	31:47	34 - Gene Fitzgerald (Pamakids)	32:15
9 - Jim Dare (West Valley TC)	30:41	22 - Lester Devoe (Unat)	31:49	35 - Unidentified Runner	32:18
10 - Tom Wysocki (Nevada TC)	30:51	23 - Jairo Vargas (Nevada TC)	31:52	36 - R. Bowen (Nevada TC)	32:19
11 - Unidentified Runner	30:53	24 - P. Wong (Un)	31:58	37 - J. Mollring (VMTC)	32:24
12 - Skyler Jones (West Valley TC)	30:57	25 - D. Young (Aggie TC)	32:00	38 - Bruce Williams (Nevada TC)	32:26
13 - Charlie Harris (West Vly TC)	30:58	26 - D. Kelly (Nevada TC)	32:00	39 - Russ Black (West Valley TC)	32:27

40 - Marc Lund (West Valley TC)	32:28	52 - Bryan Gieser (Woodside Str.)	32:43	64 - Mark Proteau (Alameda TC)	33:11
41 - M. Salls (SHTC)	32:29	53 - J. Ladd (Aggie TC)	32:44	65 - Gary Wolfram (Un)	33:12
42 - J. West (CTC)	32:31	54 - Lon Berquist (Aggie TC)	32:45	66 - Clark Rosen (Pamakids)	33:16
43 - Jones (Un)	32:31	55 - R. Davis (Aggie TC)	32:58	67 - Ken Napier (West Valley J&S)	33:17
44 - Jon Higley (USAF)	32:34	56 - Steve Slawson (VMTC)	33:00	68 - Gus Cano (Excelsior TC)	33:18
45 - K. Christensen (Nevada TC)	32:36	57 - M. Lazzarotto (VMTC)	33:01	69 - T. Willis (Un)	33:22
46 - Bill Benz (Stanford RC)	32:37	58 - C. Ogle (UC Berkeley)	33:03	70 - Ray Menzie (Un)	33:30
47 - Dave Himmelberger (WVTC)	32:38	59 - Don Roth (West Valley TC)	33:05	71 - T. Imbert (Nevada TC)	33:34
48 - Mike Fornicari (CTC)	32:39	60 - J. Leach (SHTC)	33:07	72 - Butch Alexander (VMTC)	33:35
49 - Bruce Wolfe (West Valley TC)	32:40	61 - J. Lynde (VMTC)	33:08	73 - Dave Warren (Excelsior TC)	33:36
50 - B. Jones (Un)	32:41	62 - G. Rogers (CTC)	33:09	74 - Jack Hackmann (VMTC)	33:37
51 - D. Miles (Alameda TC)	32:42	63 - D. Martinez (Un)	33:10	75 - Unidentified Runner	33:37

CARL MARTIN AND JOHN ROUTH TAKE HONORS AT DOGFOOD RUN: (Nov. 17, Los Altos) - This 6 mile race had handicaps up to 15 minutes, and Carl Martin of the West Valley Joggers & Striders caught Sharon Furtado in the last half-mile to take full advantage of his 11 minute headstart (she had 15). John Routh set the course mark with a quick 29:54 to overcome Joe Taxiera's fast start (4:46 for his first mile). Joe finished with a respectable 30:36 clocking. A total of 105 runners finished the race, as the scratch group started with the longest of the regular Sunday morning Fun Runs at Foothill College. Below are listed the top 45 finishers by handicap, with handicap listed in parentheses. /Jim Woodruff/

1 - Carl Martin (11) (WVJS)	40:36	16 - Ed Good (11)	46:14	31 - Mark Dawson (0)	47:44
2 - Sharon Furtado (15)	40:44	17 - Don Pickett (4) (NCSTC)	46:17	32 - Dan Anderson (0) (WVTC)	48:08
3 - Vicky Bray (15)	42:18	18 - John Dunn (5) (Pamakids)	46:23	33 - Anne Smith (15)	48:09
4 - John Elliott (14)	42:23	19 - Kevin Daw (5)	46:43	34 - Werner Rodiger (9)	48:13
5 - Ray Mahannah (15)	43:11	20 - Greg Dubin (5)	46:47	35 - Howard Griffith (5)	48:18
6 - John Flather (8)	43:42	21 - Bryan Kovacs (15)	46:53	36 - Ken Hares (8)	48:28
7 - James Engle (6)	43:59	22 - Janet Ditz (14)	47:00	37 - Vivian Harris (13) (WVTC)	48:32
8 - Vito D'Aloia (11)	44:32	23 - Douglas Dray (5)	47:01	38 - Phil Conley (8) (SRC)	48:35
9 - Robert Wallace (12)	44:46	24 - Gary Upham (5) (Un)	47:09	39 - Jack Kirk (10) (Un)	48:41
10 - Dale Shute (14)	44:53	25 - David Nelson (5)	47:12	40 - Orval Osborne (5) (WVJS)	48:47
11 - John Routh (0) (Menlo TC)	44:54	26 - Robert Paulin (8)	47:16	41 - Robert Kennedy (6)	48:49
12 - John Geer (5) (Whittier ATC)	44:57	27 - Larry Ruger (8)	47:18	42 - Robert Anderson (0)	49:10
13 - Joe Taxiera (0) (Alameda TC)	45:36	28 - Brian Allen (0)	47:29	43 - Ed Jaynes (1) (BA Striders)	49:11
14 - Jack Cook (5)	45:38	29 - Gary Alderman (5)	47:37	44 - Philip San Filippo (5)	49:18
15 - Wayne Hooper (5)	45:46	30 - David Michaels (5)	47:38	45 - John McCrillis (5)	49:19



(Above) Start of the ever-popular Pepsi 20-Miler, which saw 586 starts and 441 finishers. (Left) Ross Smith set a Masters record of 1:53:57 to whip Jim O'Neil by over 3 minutes in this race. /Jim Watt/

RON WAYNE CRUISES TO VICTORY AT PEPSI 20: (Nov. 24, Sacramento) - Ron Wayne, 25, of Berkeley, handily won the 9th Annual Pepsi 20-Miler at Kennedy High School, leading a record field of 586 runners from four states. The Univ. of Massachusetts graduate, and recent winner of the National A.A.U. Marathon in New York, was clocked in 1:45:59, almost three minutes off Byron Lowry's course record of 1:42:16. In five of the other divisions of the race, records fell like confetti on New Year's. New records were set in these divisions: High School Juniors & Seniors--Jim Sane (Cordova HS) 1:50:42; Sophomores--Bruce McInturf (McClatchy HS) 1:55:19; Over-40 (Men)--Ross Smith (West Valley J&S, Reno) 1:53:57; Women--Joan Ulyot (West Valley TC) 2:12:53; Women Over-40--Ruth Anderson (NCSTC) 2:25:03. Following the race, only these five of the existing records stood: Lowry's open record; Maryetta Boitano's age 11 and under mark of 2:19:14; Paul Reese's age 50-59 standard of 2:05:48; Walt Stack's age 60-69 2:40:02; Herb Dowler's age 70 plus 3:30:35; and Hugh Miller's age 12 to 9th grade 1:55:29. The race was run under ideal weather conditions. A total of 47 runners were under 2 hours this year (6 minutes per mile), and four dipped under 1:50. Martin Qualle of Modesto JC was somewhat of an upset for runnerup spot, as he is only an average X-C runner for his team. Doug McLean of Stanford showed that his race might be the marathon, as his 1:48:31 was a very good effort. Howard Labrie showed signs of a comeback with his 1:49:37. (Ed. - All in all, this race has got to be one of the best organized in California, if not the country...congratulations, Paul Reese, on another great race!). /Paul Reese/

1 - Ron Wayne (Un)	1:45:59	13 - James Mebust	1:53:31	25 - Mike Conroy (Excelsior TC)	1:56:17
2 - Martin Qualle (Modesto JC)	1:47:42	14 - Bill Benz (Stanford RC)	1:53:49	26 - Louis Grieco	1:56:19
3 - Doug McLean (West Valley TC)	1:48:31	15 - Ross Smith (West Vly J&S)	1:53:57	27 - Robert Coleman	1:56:29
4 - Howard Labrie (SRRC)	1:49:37	16 - Bruce Wolfe (West Vly TC)	1:54:28	28 - David Warren (Excelsior TC)	1:56:30
5 - Hershall Jenkins (SRRC)	1:50:26	17 - Tim Swezey (Pamakids)	1:54:43	29 - Rod Read (Golden West TC)	1:56:44
6 - Alex Aguilar (San Jose CC)	1:50:32	18 - Mike Buzbee (Un)	1:54:48	30 - Daryl Zapata (West Vly TC)	1:56:56
7 - Jim Sane (Cordova Dusters)	1:50:42	19 - Andrew McBride	1:55:09	31 - Kent Guthrie (West Vly JS)	1:56:59
8 - Jim Barker (West Valley TC)	1:51:03	20 - Roberto Marr	1:55:14	32 - Kevin Kirby	1:57:03
9 - Jim Freeman (San Juan Str.)	1:51:36	21 - Bruce McInturf (McClatchy)	1:55:19	33 - Frank Boutin (Stanford)	1:57:05
10 - Don Gregory (Fresno Pacific)	1:51:39	22 - Tim Gagen (El Camino HS)	1:55:25	34 - Leon Brunet	1:57:08
11 - Robert Cooper	1:52:38	23 - Glen Berwick	1:55:32	35 - Boyd Tarin (Alameda TC)	1:57:10
12 - Gene Fitzgerald (Pamakids)	1:53:05	24 - Darryl Beardall (Marin AC)	1:55:59	36 - Eugene Elliott	1:57:17

37 - Jim O'Neil (SFOC)	1:57:18	65 - Randal Morris	2:02:26	93 - Frank Lee	2:06:12
38 - Jon Higley (USAF)	1:57:22	66 - Craig Miers	2:02:30	94 - Eric Fitz	2:06:20
39 - Pat Buzbee (Un)	1:58:15	67 - Bob Mastro	2:02:31	95 - Norm Zuigzne	2:06:26
40 - Peter Witt	1:58:20	68 - Jim McFall	2:02:42	96 - Bill Snavely (BVH)	2:06:32
41 - Steve Ward	1:58:25	69 - Tim Holmes (Downey HS)	2:02:48	97 - Pete Hanson (Colfax RC)	2:06:48
42 - Matt Woessner	1:58:33	70 - Richard Clark	2:03:01	98 - Mike Adams	2:06:49
43 - Gary Sutherland	1:58:36	71 - Mury Salls	2:03:08	99 - David Zielke	2:07:17
44 - Doug Butt (Marin AC)	1:58:59	72 - Richard Ellis	2:03:13	100 - Corey Sterner	2:07:22
45 - Michael Garrett (CRC)	1:59:05	73 - Bob Malain (NCSTC)	2:03:16	101 - Chuck Stagliano	2:07:23
46 - Jeff Kroot (Marin AC)	1:59:07	74 - William DiVita	2:03:23	102 - David Muela	2:07:32
47 - Ed Price (West Valley TC)	1:59:44	75 - Tom Mann (STTC)	2:03:31	103 - Richard Govi	2:07:37
48 - Jeff Jahn (VMTC)	2:00:00	76 - William Weed	2:03:33	104 - Packy White	2:07:38
49 - Jan Makowski	2:00:13	77 - Robert Anex	2:03:44	105 - Paul Keller	2:07:41
50 - Esteban Valle (WVTC)	2:00:40	78 - Doug Rennie	2:04:07	106 - Bob Myers	2:07:42
51 - Dan Starn	2:00:42	79 - Felix Gayton	2:04:20	107 - Larry Sumner	2:07:57
52 - Tom Castro	2:00:43	80 - Dennis Rine	2:04:26	108 - Santos Reynaga (WVTC)	2:08:02
53 - John Thomas	2:00:44	81 - Bruce Long	2:04:41	109 - Roland Watson	2:08:06
54 - Mark Mirza	2:00:48	82 - Gordy Vredenburg	2:04:43	110 - Mark Rios	2:08:10
55 - Tom Cory	2:00:49	83 - Gary Chilton (Stanford RC)	2:04:54	111 - Fred Nichol	2:08:33
56 - Chris Garrett	2:00:56	84 - Bruce Williams (Nevada)	2:05:07	112 - David Sjostedt	2:08:38
57 - Bill Peck	2:01:11	85 - Harvey Ferrill (BVH)	2:05:13	113 - Dennis R. Martinez	2:08:49
58 - Tom O'Neil (GWTC)	2:01:21	86 - Frank Hagerty (BVH)	2:05:14	114 - John Magdaleno	2:08:52
59 - Mike Moss	2:01:33	87 - Chuck Waldman	2:05:26	115 - Chris Otis	2:09:00
60 - Harold DeMoss (West Vly TC)	2:01:46	88 - Sean McGinn	2:05:30	116 - Dan Davidson	2:09:03
61 - Walt Schafer	2:01:52	89 - Doug Comporato	2:05:34	117 - Benny Jordan	2:09:06
62 - George Hernandez (Nevada)	2:01:54	90 - Mike Lennemann	2:05:45	118 - Kevin Christensen (Nevada)	2:09:08
63 - Emerson Davis	2:02:01	91 - Frank Krebs (Golden West TC)	2:05:53	119 - Randy Hansen	2:09:22
64 - Donald Chaffee	2:02:07	92 - Tim Farrell	2:06:04	120 - David Mebust	2:09:26

BEARDALL SHOWS JUNIORS HOW TO RUN: (Nov. 30, Grass Valley) - Marin AC's ageless Darryl Beardall (going on 40...he's 38 I think) decided to show the local junior talent (under 20) that he still knows how to run. In doing so, he handily won the Champion Mine Gold Run over an 8.2 mile course by 6 seconds. Rod Reed was second in 43:22, followed by Jim Freeman's 43:53. Jim O'Neil, now approaching 50, took 11th overall, just a little over 3 minutes off the winner's pace, to take honors for over-40...no one else was close. Karen Van Tassel of the San Juan Striders got the top slot for the women with her 60:55 clocking, over 5 minutes ahead of teammate Michele Kadie's 66:09. Perfect conditions prevailed for the race, which winds over country roads. A total of 78 runners completed the race. /Nick Vogt/

1 - Darryl Beardall (Marin AC)	43:16	11 - Jim O'Neil (SF Olympic Club)	46:46	21 - Mark Nygaard (Gold Spike TC)	48:22
2 - Rod Reed (Golden West TC)	43:22	12 - Rick Lowe (Ophir Prison TC)	46:50	22 - Chris Otis (San Juan Str.)	48:39
3 - Jim Freeman (NorCal Striders)	43:53	13 - Doug Rennie (BCTC)	47:12	23 - Abe Underwood (BCTC)	48:47
4 - Doug Butt (Marin AC)	44:27	14 - Rick Read (Golden West TC)	47:19	24 - John Magdaleno (Lodi HS)	48:49
5 - John Leeper (Aggie TC)	45:05	15 - Tom Hurst (Rio Linda AC)	47:25	25 - Mike Venard (Lodi HS)	48:49
6 - Tom O'Neil (Golden West TC)	45:33	16 - Robert Anex (Un)	47:33	26 - Bob Kadie (San Juan Str.)	49:10
7 - Nick Vogt (Gold Spike TC)	45:41	17 - Pete Hanson (Colfax RC)	47:43	27 - Brent Ririe (VMTC)	49:51
8 - George Rogers (Chico State)	46:11	18 - Terry Barton (Golden West TC)	47:57	28 - Jerry White (NCal Striders)	49:52
9 - Tim Jordan (CUTC)	46:30	19 - Harry Ellis (Un)	48:00	29 - David Zielke (Un)	50:18
10 - Bob Mastro (Lodi HS)	46:43	20 - Scott Ellis (Un)	48:04	30 - Steve Ellis (NorCal Str.)	50:45



(Above) Start of the Excelsior Golden Gate Park Run. (Left) Ben De LaGarza of the Univ. of Nevada (Reno), shown winning the same race by some 31 seconds over teammate Tom Wysocki. /Dennis O'Rorke/

NEVADA SWEEPS GOLDEN GATE PARK RUN...AGAIN!: (Dec. 1, San Francisco) - For the second year in a row, the University of Nevada cross country team took the team trophy at the annual Excelsior TC-sponsored 6 mile run in Golden Gate Park... and they won the title in style as the Nevada men took the first five places, and after some of them had run the day before at the National A.A.U. Championships in Belmont. The event took place under a cool December sun which filtered its way through the wintery mist and the tall cypress trees surrounding the Polo Field. Over 160 runners completed the course, with Ben De LaGarza taking an early lead to win by over 30 seconds. Kathy Costello from Pleasant Hill High School and a member of the Orinda TC, won first in the women's division, with Irene Rudolf of WVTC grabbing second. Bill Jensen of the Pamakids won the Masters Division over Pat Cunneen (32:51 to 33:24), and Hal Schultz of Redwood HS took the Junior Division, placing sixth overall. /Dave Warren/

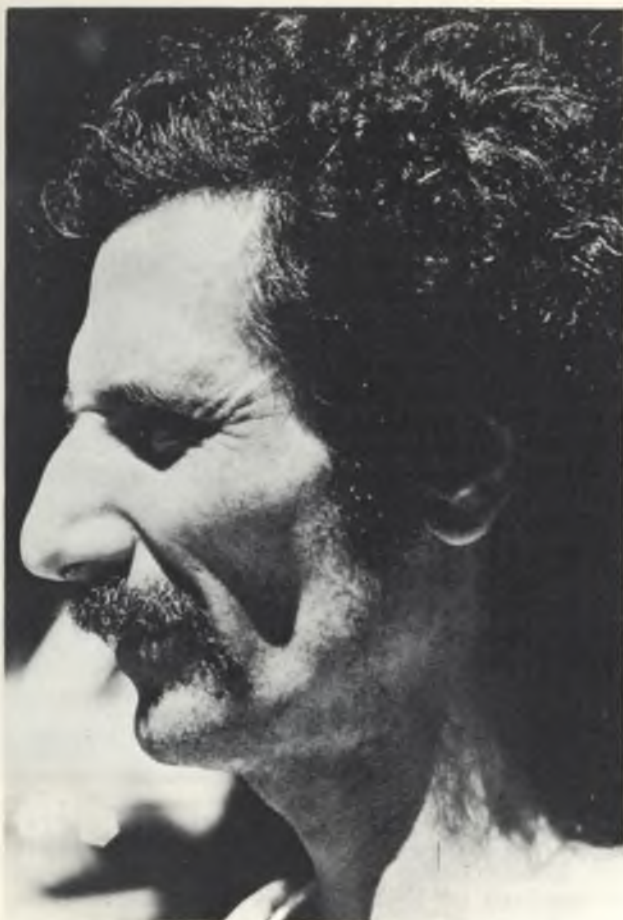


(Left) Skyler Jones passes to Jim Nuccio at Christmas Relays as both set records for their respective legs. (Center) Fred Emerling won the Livermore 13.7 Miler and set a record running his leg at the Christmas Relays, shown here. (Right) Nuccio passing to George Stewart, who set a record for his leg too. /John Marconi Photos/

CHRISTMAS RELAYS A HUGE SUCCESS--OVER 100 TEAMS & 700 RUNNERS: (Dec. 15, Santa Cruz to Half Moon Bay) - With sunny skies for the second year in a row, the Christmas Relays was a perfect way to spend the day in mid-December. After 500 showed up at last year's initial running (switched from the start at Half Moon Bay), it was apparent that a winner was in the making. This time a whopping 100+ teams came to run, with 7 men on each team (again a change from last year's setup). Things started off quickly with Stanford's Mark McConnell (running for Cabrillo TC) notching a 49:30 split for the first leg, a full minute ahead of the second place team. Fred Emerling got the fastest carry on the second leg, bringing West Valley TC from back in the pack into a narrow lead with his 22:50. Skyler Jones pulled it ahead some more with his 28:12 on the third run of the day, and that was good enough for fast time too. After that it was never in doubt that WVTC would win, it was just a matter of by how much. Jim Nuccio (48:16) and George Stewart (26:04) grabbed records for their respective legs too as they lengthened the lead to nearly 8 minutes. Shawn James of Westside TC (and San Jose CC) managed to pull back a little distance on the lead teams with his record 23:35 on the sixth, very hilly carry, but not enough. Bill Clark charged up the nearly 2 mile hill at the beginning of the final leg on his way to setting a 56:57 time that was good enough for the record. The final time of WVTC's winning team was 4:18:12 for the full 50 miles, chopping a healthy eleven minutes from last year's record of 4:29:16 by the Lompoc '5' pickup team. However, this year teams got the services of two extra runners, and the absence of an uphill stretch at the end...but still, the record will remain high on the list for years to come. Camino West TC was also under the old mark with 4:29:00. The Divisional Winners were as follows: A--Clubs--West Valley TC 4:18:12; B--Non-affiliated Groups--Dumpers 4:35:27; C--High Schools--Redwood HS 4:44:31; D--Boys Age-Group--Millbrae Lions TC 5:51:16; E--Masters Clubs--West Valley J&S--5:02:28; F--Masters Pickup Teams--No Entries; G--Women's Clubs--West Valley TC 5:40:10; H--Women's Pickup Teams--Central Coast Striders 6:43:52; I--Women's Masters Teams--The Dolls 6:33:19. Top 50 Teams with splits for top 10 teams: (1) West Valley TC "A" (Zapata 52:07, Emerling 1:14:57, Jones 1:43:09, Nuccio 2:31:23, Stewart 2:57:27, Harris 3:21:15, Clark 4:18:12), (2) Camino West TC "A" (50:32, 1:15:16, 1:44:02, 2:35:33, 3:05:08, 3:30:27, 4:29:00), (3) West Valley JC (52:08, 1:17:37, 1:48:02, 2:37:53, 3:06:21, 3:31:08, 4:31:25), (4) Westside TC (53:08, 1:17:55, 1:50:04, ???, 3:08:58, 3:32:33, 4:33:27), (5) West Valley TC "B" (53:47, 1:17:35, 1:47:04, 2:39:10, 3:08:46, 3:33:40, 4:34:29), (6) Dumpers (51:05, 1:16:10, 1:46:39, 2:39:33, 3:09:40, 3:36:33, 4:35:27), (7) Boner Babies (54:45, 1:19:52, 1:51:25, 2:43:13, 3:12:18, 3:37:10, 4:37:51), (8) Pamakid "A" (53:00, 1:18:52, 1:49:02, 2:44:23, 3:11:51, 3:38:28, 4:38:03), (9) Golden West TC (53:00, 1:20:10, 1:48:27, 2:41:56, 3:09:27, 3:35:40, 4:38:31), (10) Excelsior TC (55:44, 1:21:55, 1:51:49, 2:45:16, 3:12:43, 3:38:44, 4:40:10), (11) Ophir "A" 4:42:12, (12) Diablo Valley 4:44:22, (13) Redwood HS 4:44:31, (14) Cabrillo TC "A" 4:46:44, (15) Camino West "B" 4:49:50, (16) The Know Names 4:50:00, (17) West Valley J&S 4:51:19, (18) Valley of the Moon 4:53:15, (19) Excelsior TC "B" 4:55:05, (20) Los Gatos Pacers 4:59:17, (21) Turlock HS 4:59:44, (22) Menlo TC "A" 5:00:20, (23) Serra HS 5:01:05, (24) West Valley J&S Masters 5:02:28, (25) Tax Reducers "A" 5:02:48, (26) Mills HS 5:02:51, (27) Tennyson HS 5:03:06, (28) El Cerrito HS 5:03:17, (29) Shmedehay 5:05:25, (30) Buffalo Chips 5:06:30, (31) Ed's Team 5:06:42, (32) NorCal Striders 5:07:06, (33) Aragon HS 5:07:27, (34) Cambrian RR 5:07:33, (35) Gold Spike TC 5:09:18, (36) Peach Bowl Pacers 5:09:48, (37) Leland HS 5:10:37, (38) Runners Army 5:12:36, (39) Good Earth Runners 5:13:09, (40) NorCal Seniors 5:13:16, (41) Stagg HS 5:13:27, (42) Camino West "C" 5:14:37, (43) Cupertino HS 5:16:49, (44) West Valley TC "C" 5:16:50, (45) Annadel Mudders 5:19:09, (46) Pleasant Hill HS 5:19:09, (47) Serramonte HS 5:19:41, (48) Dry Heaves 5:20:09, (49) Winters 5:20:19, (50) Woodside Striders 5:21:32. Important Note: - The results (full splits) will be mailed out shortly after the first of February...we are waiting for about 25 extra sets of ribbons to mail out with them. Results will be mailed to team captains, so you'll have to get your copy and ribbon from whomever that happens to be. *** T-SHIRTS: We still have a lot of extra T-Shirts left in M, L, and XL (very few medium left). If you want a souvenir of the race (new design), please fill out the order-form on page 6 of this issue...only \$3.00 each by mail! All shirts have trim on neck and sleeves. /Dave Shrock/

MEJIA WINS MIDNIGHT RUN: (Jan. 1, Los Altos) - Not exactly like winning at Sao Paulo, but West Valley TC's and Colombia's Alvaro Mejia became the only person ever to win the famous Brazilian New Year's Eve Race and the Runner's World-sponsored Los Altos Midnight Fun Run by whipping Rich Kimball over the final two miles, 26:27 to 26:48. Joe Taxiera, who led early, was third, another ten seconds back. The winning time was more than a minute off Dave Babiracki's course mark over the 5.2 mile circuit (5 loops). Phyllis Olrich, also of WVTC, defeated Ann Witherspoon (33:19 to 34:47) to top her division. First over-40 was??? /J. Henderson/

1 - Alvaro Mejia (West Valley TC)	26:27	9 - Mark Payne (Alameda TC)	28:07	17 - Bill Yaley	29:02
2 - Rich Kimball (Alameda TC)	26:48	10 - Kevin Searls	28:21	18 - Dennis O'Halloran	29:05
3 - Joe Taxiera (Alameda TC)	26:58	11 - Joe Salazar	28:25	19 - Tom Blake	29:10
4 - John Freemuth	27:01	12 - Mike Williamson	28:33	20 - Rich Stiller (Tax Reducers AC)	29:13
5 - Chris Berka (West Valley TC)	27:07	13 - Jake White (Tax Reducers AC)	28:39	21 - Tom Gleason	29:22
6 - Randy Luce	27:46	14 - Mark Mirza	28:48	22 - Bruce Wolfe (West Valley TC)	29:23
7 - Lars Kaupany (Oregon/Norway)	28:00	15 - Dave Mihailoff (Redwood HS)	28:48	23 - Chuck McMillan	29:27
8 - Nick Vogt (Gold Spike TC)	28:01	16 - Dave Hull	28:48	24 - Ray Orwig (West Valley TC)	29:34



Alvaro Mejia started off the New Year in the proper fashion by winning the Los Altos Midnight Run over Rich Kimball...He is the only runner to have won this race and the famous Sao Paulo Midnight Run in Brazil. /John Marconi Photo/

NUCCIO NIPS CLARK AT 4TH ANNUAL CALIFORNIA 'TEN': (Jan. 11, Stockton) - The host Big Valley Harriers put on a good show, with everyone getting a chance to win something in a drawing at the end of the run. But WVTC's Jim Nuccio put on a good show himself, taking the certified 10-miler from teammate Bill Clark, 49:21 to 49:41, with Wayne Badgley of the host club in third (50:07)...his old record was 49:48. He got a TV set in the process as winner. Jim Shettler's 57:06 topped Jim O'Neil's 57:22 in the masters competition, while Mary Etta Boitano took women's honors (67:45). /Badgley/

1 - Jim Nuccio (West Valley TC)	49:21	31 - Bruce Jones (Un)	57:03
2 - Bill Clark (West Valley TC)	49:41	32 - Gordy Vredenburg (Un)	57:04
3 - Wayne Badgley (Big Valley Har)	50:07	33 - Jim Shettler (West Vly J&S)	57:06
4 - Fred Emerling (West Vly TC)	50:51	34 - Ray Batz (Pamakids)	57:10
5 - Mike Pinocci (West Valley TC)	50:54	35 - Jim O'Neil (SF Olympic Club)	57:22
6 - Henry Perez (BV Harriers)	51:23	36 - Mark Magee (Un)	57:29
7 - Gary Singer (BV Harriers)	51:47	37 - Keith White (Aggie TC)	57:32
8 - Roger Casillas (BV Harriers)	52:26	38 - Jim Flanigan (Un)	57:35
9 - Steve Dean (Golden West TC)	52:49	39 - Manuel Monje (Un)	57:55
10 - Trevor Viljoen (Okla. State)	52:57	40 - Frank Donahue (Excelsior TC)	58:07
11 - Joe Cordova (BV Harriers)	53:59	41 - Mark Mirza (Un)	58:10
12 - Jim Barker (West Valley TC)	54:15	42 - John Magdaleno (Bandits)	58:14
13 - Bennie Jordan (BV Harriers)	54:26	43 - Mike Venard (Bandits)	58:14
14 - Bob Branch (Culver City AC)	54:27	44 - Bob Byers (Pamakids)	58:20
15 - Doug Butt (Marin AC)	54:34	45 - Doug Rennie (Buffalo Chips)	58:27
16 - Keith Jacobson (BV Harriers)	54:36	46 - Gary Chilton (Stanford RC)	58:28
17 - Mike Buzbee (Un)	54:39	47 - Kurt Schroers (Un)	58:54
18 - Nick Vogt (Gold Spike TC)	54:52	48 - John Clary (Un)	59:02
19 - Gary Wolfram (Un)	54:57	49 - Paul Koski (Excelsior TC)	59:07
20 - Pat Buzbee (Un)	55:07	50 - Jim Sullivan (West Valley TC)	59:17
21 - Gary Gagen (Golden West TC)	55:20	51 - Rich Vasquez (DVTC)	59:22
22 - Tom O'Neil (Golden West TC)	55:22	52 - Scott Ellis (Un)	59:43
23 - Mike Conroy (Excelsior TC)	55:24	53 - Mark Proteau (Alameda TC)	59:53
24 - Tom Castro (Un)	56:04	54 - Joe Ferreira (Chris. Bros. HS)	60:02
25 - Jake White (Tax Reducers AC)	56:24	55 - Harvey Ferrill (BV Harriers)	60:14
26 - Bill Seaver (West Valley TC)	56:27	56 - Greg Walker (BV Harriers)	60:14
27 - Bob Mastro (Bandits)	56:36	57 - Haywood Norton (Un)	60:24
28 - Wayne Plymale (Pamakids)	56:40	58 - Bill Peck (High Sierra TC)	60:27
29 - Frank Krebs (Golden West TC)	56:47	59 - Jeff Betschart (Buffalo Chips)	60:29
30 - Dan Moore (Livermore Vly RC)	56:56	60 - Jesus Flores (West Valley TC)	60:34

BEARDALL SUPREME--FOURTH STRAIGHT DAISY HILL VICTORY WITH NEW RECORD: (Jan. 12, Cal-St. Sonoma, Rohnert Pk.) - Darryl Beardall continued his dominance over the Daisy Hill course by recording his fourth straight win and demolishing his own previous mark by 76 seconds! Darryl's new mark is 1:15:00. Gene Fitzgerald recorded the second fastest time ever on the course with a 1:15:27 clocking. High-schooler Kevin Searls of College Park in Pleasant Hill was next with 1:17:13, a new prep division record by over 7 minutes!! Caron Schaumberg shattered the previous best in the women's division with a 1:31:49 (breaking Fran Conley's 1:42:29 mark of 1973). Caron improved her own best on the course (13.5 miles) by 13:14. The women continued to be impressive, as Kathy Costello (1:33:55), Kathy Rankin (1:35:09), and Ruth Anderson (40+) (1:36:23) all turned in times that bettered the previous mark. Bob Malain led the masters runners with his 1:24:28, some 9 minutes ahead of Gough Reinhardt. --- Five new marks were set in the running of the 6.75 mile (1/2 Daisy Hill) course. Gina Perkins lowered the 12 and under girls time to 60:22 to improve upon the old mark of 61:21 by Jennifer Searls. Dana Searls ran 45:38 in the women's division to topple the old mark of 46:08 by Penny Tomei. Lynn Stafford set a new sub-masters (35-39) mark with a 44:22, and Bill Jensen ran 37:20 in the 40-and-over division. Most impressive was Ed Preston (50-59) who finished 4th overall in 39:38, setting a new division mark. The top 16 and 24 from the short and long races, respectively, are listed below. /Bob Lynde/

1 - Matt Dowling (Diablo Vly TF)	36:27	9 - Jim Warren (Un)	44:15
2 - Bill Jensen (Pamakids)	37:20	10 - Lynn Stafford (VMTC)	44:22
3 - Pete Golinieux (Pleasant Hill)	39:17	11 - John Hepfer (Un)	44:43
4 - Ed Preston (NCSTC)	39:38	12 - Paul Oerth (Bechtel TC)	45:04
5 - Dennis Johnson (VMTC)	40:43	13 - Bob Johnson (VMTC)	45:12
6 - George Moss (NCSTC)	41:04	14 - Edwin Heinlein (NCSTC)	45:17
7 - Bryan March (College Park HS)	41:48	15 - Mark Pearson (Un)	45:33
8 - Jeff Searls (Un)	44:00	16 - Dana Searls (Un)	45:38
1 - Darryl Beardall (Marin AC)	1:15:00	13 - Gus Cano (Excelsior TC)	1:28:47
2 - Gene Fitzgerald (Pamakids)	1:15:27	14 - Jack Hackmann (VMTC)	1:29:00
3 - Kevin Searls (DVTC)	1:17:13	15 - Gary Warner (Montgomery HS)	1:30:42
4 - Bob Darling (Excelsior TC)	1:19:22	16 - Mark Gallo (NorCal Striders)	1:30:46
5 - Jeff Kroot (Marin AC)	1:20:46	17 - Paul Williams (Un)	1:31:02
6 - Glenn McCarthy (VMTC)	1:22:06	18 - John Lynde (Cal-St. Sonoma)	1:31:39
7 - Mike Brandner (Un)	1:22:13	19 - Romero Mendoza (VMTC)	1:31:49
8 - Gene Schaumberg (VMTC)	1:23:30	20 - Caron Schaumberg (VMTC)	1:31:49
9 - Bob Bunnell (Marin AC)	1:23:30	21 - Gough Reinhardt (NCSTC)	1:33:06
10 - Kees Tuinzing (SERC)	1:23:51	22 - Colin Hermans (VMTC)	1:33:18
11 - Bob Malain (NCSTC)	1:24:28	23 - Kathy Costello (Orinda TC)	1:33:55
12 - Louis Dougherty (Un)	1:24:29	24 - Kathy Rankin (Cal-St Sonoma)	1:34:09



Seeming to get better with age, Darryl Beardall set a new record of 1:15:00 at Daisy Hill. /John Marconi Photo/

LATE GNUS

Always room for a filler!! -- Haven't got the complete PA-AAU 15 Kilo results yet, but Jim Nuccio won over Bill Clark (46:12 I think) and Peggy Lyman ran in the low 57's for top woman. --- Ed Mendoza won Mission Bay in a time of 2:16:33 (1st marathon) to Kirk Pfeffer's 2:17:44 (2nd best Junior ever) and Ron Wayne's 2:18:46!

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