

## CLOCKS 9.4, 20.6 IN SPRINTS

# Bredell Posts Relaxed Sweep

4/1/73

By JEFF STOCKTON  
Staff Writer

Vince Breddell took it easy Saturday.

San Jose State's super speedster, relaxing and running smooth despite gusty winds at Bud Winter Field, clocked a 9.4 in the 100-yard dash and turned in a 20.6 in the 220.

He had an 8.4-miles-per-hour tailwind in the century and a 10.2 mph wind during the 220.

His times were two of the few bright performances during a low pressure, non-scoring track and field meet with entries from SJS, Bay Area Striders, West Valley Track Club, Merritt Junior College, University of Pacific and the Golden Gate Track Club.

The wind, biting cold at times, contributed to many of the slow times.

But Breddell, who had to fight some of the wind at the start of the 220, was more

concerned with relaxing and running with technique.

His furlong was particularly impressive considering the conditions.

"That 20.6 is a good time under any conditions," claimed SJS coach Ernie Bullard. "He's running into it (wind) at the start. He runs nearly half the race into a head wind."

"It was an easy race," said the soft-spoken Breddell, who smoothed his way past Adrian Rodgers of the Bay Area Striders in the stretch. Rodgers was timed in 20.7.

"Rodgers is tough ... he's no slouch," Breddell remarked. "I glanced over at him during the race and saw he was straining. I was running easy.

"I was hoping for a 20-point race. I knew if I ran the first part hard I might hit 20.5 or 20.6."

He termed the 100 "real easy."

"I tried to get a good start.

The coach told me before the race to pop out and hold it there."

His main competition in the century was Ralph Ligons of the Striders who turned in a 9.6.

"I'm just trying to improve," Breddell said. "I'm going to save it now. The workouts have been going real good. Maybe I'll lay off a little now or maybe I'll run in the Sacramento Relays next week."

Other SJS improvements came from Wayne Hurst, who ran a lifetime best of 9:21.0 in the 3,000-meter steeplechase, and pole vaulter Frank Rock, who cleared a best-ever 16-6.

High jumper Bill Crawford just missed twice at the elusive seven-foot barrier, particularly on his second try at 7-0 $\frac{1}{4}$ , when his hand scraped the bar on his way over. He cleared 6-10 on his first jump to win.

Spartan distance sensation Mark Schilling and Glenn Harmatz switched events — Schilling winning the half-mile in 1:55.6 and Harmatz overtaking Jim Dare of the West Valley Track Club for a 4:12.4.

Former SJS weightman Greg Born tossed the discus 186-7, a lifetime best, and Richard Marks, another ex-Spartan, hit 62-8 $\frac{3}{4}$  in his first shot put competition of the year.

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3000 STEEPLECHASE — Hurst (SJS) 9:21.0, Peth (SJS) 9:49.4.  
440 RELAY — Bay Area Striders (Pettus, Bayless, Rodgers, Ligons) 41.6, Merritt 52.8.  
MILE — Harmatz (SJS) 4:12.4, Dare (WVTC) 4:12.9, Seaver (WVTC) 4:17.7.  
120 HH — Carty (BAS) 13.7, Tinnin (SJS) 14.2, Whitley (SJS) 14.3.  
440 — Dees (BAS) 48.5, Greer (BAS) 49.6, Gonzales (BAS) 50.0.  
100 — Breddell (SJS) 9.4w, Ligons (BAS) 9.6, Douthard (SJS) 9.7.  
100 — Pettis (BAS) 9.6w, Rodgers (BAS) 9.7, Watkins (Merritt) 9.9.  
880 — Schilling (SJS) 1:55.6, Giannoulas (SJS) 1:56.1, Hansen (WVTC) 1:57.9.  
440 IH — Mercer (SJS) 54.5, Kaster (SJS) 54.5, Wall (BAS) 54.7.  
220 — Breddell (SJS) 20.6w, Rodgers (BAS) 20.7, Walker (SJS) 22.0.  
3-MILE — Stewart (WVTC) 14:14.6, Geisel (WVTC) 14:16.0.

MILE RELAY — Bay Area Striders (Greer, Bayless, Dees, Pettis) 3:16.0, San Jose 51., 3:16.4.  
SHOT PUT — Marks (Una) 62-8 $\frac{3}{4}$ , Born (SJS) 57-9, Kirschenman (SJS) 53-10.  
JAVELIN — Rhoades (SJS) 229-2, Hariman (BAS) 199-0 $\frac{1}{2}$ , Moshos (BAS) 185-10.  
LONG JUMP — Rogaway (BAS) 24-6, Stoffos (BAS) 24-3 $\frac{1}{2}$ , Wikkelling (SJS) 24-0 $\frac{1}{2}$ .  
POLE VAULT — Rock (SJS) 16-6, Miguel (BAS) 16-0, Royal (SJS) 15-6.  
HIGH JUMP — Crawford (SJS) 6-10, Tinnin (SJS) 6-10, Curtis (SJS) 6-8.  
DISCUS — Born (BAS) 186-7, Penrose (BAS) 185-8 $\frac{1}{2}$ , Kennedy (BAS) 183-4.  
TRIPLE JUMP — Steffes (BAS) 50-0, Terry (SJS) 49-4 $\frac{1}{2}$ , Dunn (BAS) 48-1.