

CALIFORNIA TRACK & RUNNING NEWS

**April
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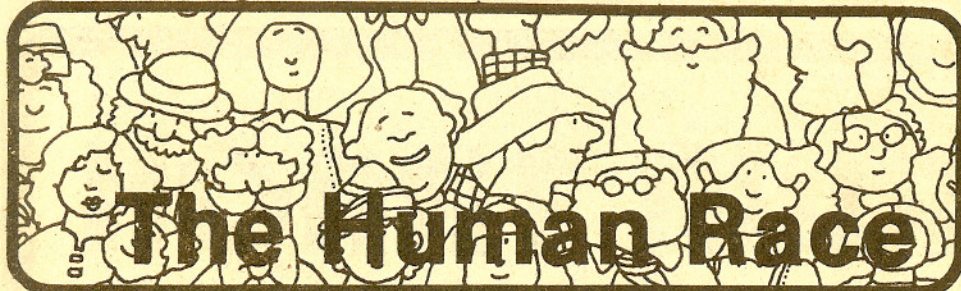
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CALIFORNIA'S TRACK AND RUNNING PUBLICATION



Still A Champion: Billy Mills

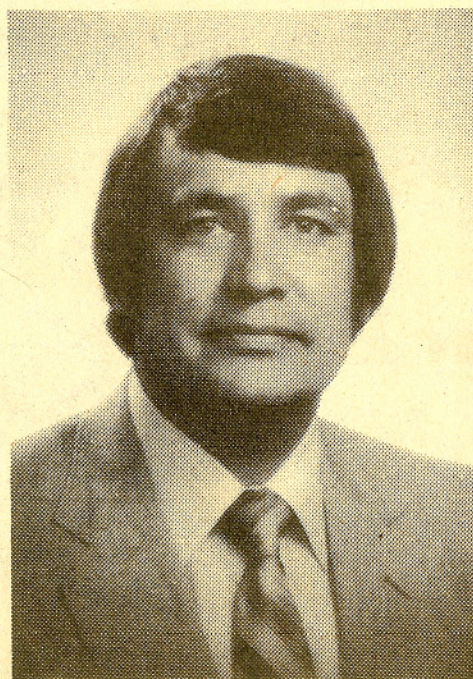
By LEN WALLACH

I've spent alot of my life around heroes. They're commonplace in the military life, so much so that heroic deeds are as ordinary as a housewife doing the evening dishes. They are also an everyday phenomena in the athletic world, so another gold medal or world record is an everyday bill of fare.

Looking back into sports history, with its parade of champions, one gains a perspective which should teach us all something about fame, but seldom does. Old war heroes and ex-champions don't get very far in the race against time if they are counting on their Silver Star or athletic medallions as the coin of the realm. The world cares little about folks who were on top yesterday. The public has an insatiable appetite for new heroes and new deeds.

There are a few exceptions and I'm fortunate to know some of them. One, in particular, who I admire is Billy Mills who has managed to find the real meaning of being the King of the Road for one day only to be its custodian the next.

Anyone connected with sport should be able to remember his story, but it's not surprising that I am uncertain enough that I have to write it down to jog your memory, in case you have forgotten or never knew in the first place.



California Track & Running News

EDITOR & PUBLISHER
Bill Cockerham

PRODUCTION MANAGER
Judy Cockerham

ASSISTANT TO EDITOR
Marty Higginbotham

Billy Mills won the Olympic gold medal. Simple as that, he won the gold medal. It was in the 10,000 meters in Tokyo in 1964 when he came from the back of the pack in the last few hundred yards. He wasn't even thinking about winning at that state. He just didn't want to be embarrassed be being dead last. He was so unknown that none of the shoe companies even offered him a pair of flats until he put the arm on one of them, then it was a leftover pair which hardly fit him.

It was always that way with Mills. He was the hard-luck kid. Born on an Indian reservation didn't do much for his athletic beginnings except to give him a profound sense of Mother Earth. Orphaned and stigmatized by prejudice to his Ogalala heritage, he still managed to work his way into the achiever's life, both athletically and academically. But, nobody was holding their breath or holding a hand out to help him much. All the things you heard about tuberculosis, alcoholism, loss of identity were at work in his society.

He wound up as a U.S. Marine and wormed his way into an opportunity to make the Olympic team just at the start of the Vietnam acceleration; otherwise, he would have joined other young men who became heroes the hard way, in races where survival was the gold medal and a full-time occupation.

He blew everybody away that fall day near Sendagaya train station just a block or two from Meiji shrine, a symbol of other struggles in other times. Mills snatched victory away from the world record holder Ron Clarke of Australia and then with a blink of an eye away from the tape, passed Tunisia's Mohammed Gammoudi in one of the greatest upsets in Olympic history. Even crusty old Avery Brundage, IOC's King of the Mountain, admitted that much.

Billy Mills isn't much of a name for an Olympic champion who went on the next year to set the world record in the six mile. His moniker sounds more like one of those used in T.V. ads like Joe Smith, John Doe, or Bob Brown. It's certainly not much of an Indian name and the "y" in Billy makes it sound like one of those good-old-boys from grits and cornbread country.

Billy Mills is a real champion. He has perspective about what it means. He and his wife, Patricia, and their three children live like a lot of other middle class folks in a middle class suburb of a middle class California city. He peddles insurance and talks at Rotary clubs. Sure, he's on the Bureau of Indian Affairs and the President's Council on Physical Fitness and Sports, but that's expected of Indians who win Olympic



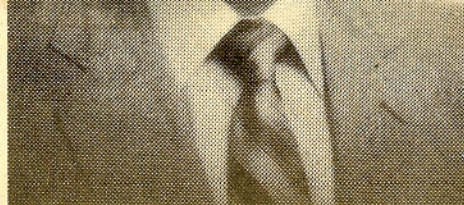
stresses of the "civilized" world made uncivil by society's greed and hardness.

He's found peace with the world around him. He fits into the great outdoors like his ancestors did before him, but he does it with such a harmony and grace that he's part of it, just like the rocks and trees.

Billy Mills is proud of his medal but not engulfed by it. He's proud of being an Indian but has balance about that. He's on the razor's edge of the economic system having all the talents to make a bundle but the wisdom not to. He's tender to his family but has great expectations. He's strong but depends more on the strength of his wife rather than having arrogant confidence in his own

particular, who I admire is Billy Mills who has managed to find the real meaning of being the King of the Road for one day only to be its custodian the next.

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He's dedicated to helping Indian people find their way through the morass and

stresses of the "civilized" world made uncivil by society's greed and hardness.

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Billy Mills is still a champion and will always be one.

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LDR STATISTICS: Bob Martin, National Running Data Center.

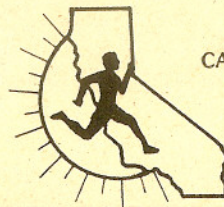
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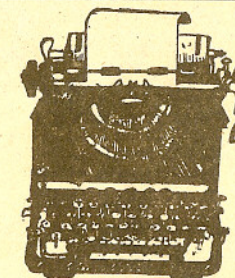
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P.O. Box 6103
Fresno, CA 93703
(209) 264-5847

from the editor...



We hope to re-institute our college/open track & field best marks rankings. But, we will need the help and cooperation from coaches and athletes. Community college coaches, college/university coaches, and club directors/coaches please send your best marks lists and updates to *California Track & Running News*. Also please send in your track meet results.

From the Oops Dept.: An error in typing omitted a Community College Cross Country All American. Helen Lopez of Fresno City College should have been listed on the Third Team All American to complete that team with the seven runners. It was just a little embarrassing to have omitted my local favorite. Another oversight occurred in last month's issue. The by-line for the two masters profiles were omitted. The profile on Andre Tocco was done by photographer Bill Leung, Jr., and the one on Harry Harder by assistant editor Marty Higginbotham.

Welcome to new columnist Len Wallach, who has been writing the "Human Race" column the last three months. Len is, among other accomplishments, the race director for the gigantic Bay to Breakers Race.

ON THE COVER: Gayle Olinekova and Michael Ruffatto, winners of the 1st Annual Kiwanis of Chatsworth 10K on February 22. See "Long Distance Log" section for story and results.

photos by Louis Hirsch



Natural Light

BEER



Presents The **CALIFORNIA CLASSIC 5 MILE**

Saturday, May 23, 1981

Place: Mooney Grove Park, Visalia

Race Time: 8:00 a.m. Sharp

Mooney Grove Park is located on South Mooney Blvd., 3 miles south of Highway 198 in Visalia.

Course: Asphalt, accurate, flat & fast. Splits given at every mile mark.

Check in Time: 7:00 a.m. to 7:45 a.m.

Divisions and Number of Trophies in Each:

Men

14 & Under.....	5
15-19.....	5
20-29.....	10
30-39.....	10
40-49.....	10
50-59.....	5
60 & Over.....	3

Women

14 & Under.....	5
15-19.....	5
20-29.....	5
30-39.....	5
40-49.....	5
50 & Over.....	3

Wheelchair: 3 trophies to be awarded (same awards apply to female wheelchair competitors).

Team Competition: 3 person teams, combined times. Awards to top 3 men's and women's teams and top 40 & Over teams. Neck ribbon medals to each member.

The Awards & Prizes: California Classic/Natural Light T-shirts to the first 200 preregistered.

Adidas shoes to first male and first female finishers overall.

Sweatsuit to first overall male, female & wheelchair finishers.

California Classic/Natural Light sports shirts and caps to first three male, female and wheelchair overall finishers.

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Sweatsuit to first overall male, female & wheelchair finishers.

California Classic/Natural Light sports shirts and caps to first three male, female and wheelchair overall finishers.

Special plaques to oldest and youngest finishers.

California Classic certificates to all finishers.

Many outstanding merchandise prizes to be given away by drawing.

Grand Prize: Awarded to first person to cross the finish line- Las Vegas Classics Championship Package, *Includes:* Four days-three nights in the Hacienda Resort Hotel, late shows, Las Vegas Fun Pack, participation gifts and certificates, special dinners and breakfast, race entry fee and more. You will have choice of running the 10K, Half Marathon, or Full Marathon. *The Half Marathon was chosen number one 13.1 miler in the world by Runner Magazine.*

(Transportation not included)

Entry Fee: \$4.00 preregistration; \$5.00 on day of race. Make checks payable to California Classic Run.

ENTRY BLANK -- CALIFORNIA CLASSIC FIVE MILE -- ENTRY BLANK

WAIVER: In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, waive and release forever any and all rights and claims or damages I may accrue against the California Classic Five Mile, County of Tulare, the race director, Natural Light Beer, Lucky Distributors, and any and all donors and sponsors of this race for any injury suffered by me while traveling to and from, or competing in the California Classic Five Mile Run on Saturday, May 23, 1981 at Mooney Grove Park in Visalia, California.

Signed: (parent or guardian if a minor) _____

Print name clearly _____ Birthdate _____ Age _____

Address/City/State/Zip _____

Male _____ Female _____ Division _____ Team if entering team competition _____ T-shirt size _____

Send Entry and Fee to: California Classic Run, 1026 W. Princeton, Visalia, CA 93277.

15th Annual

MT WILSON

TRAIL RACE 8½ miles

MAY 23, 1981 8:00 am

Entry Fee: \$6.00 - before May 18th.
\$8.00 after the 18th.

Includes commemorative T-shirt

For entry blank and/or more information contact:

Don Parker

City of Sierra Madre Recreation Dept.
232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024
(213) 355-7135

**TAC
Sanctioned**



APR 4: Magical Musical Marathon & Half Marathon. Folsom to Sacramento, Elizabeth Jansen, 2408 "J" St., Sacramento 95816. (916) 442-7223.

APR 4: Whittier YMCA Legg Lake Park 10K & 5K. 9 am. Marilyn Grant, Health & Fitness Director, E. Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 693-5470.

APR 4: Bonne Bell 10K. San Diego. Barbara Rasmussen, 9584 Fermi Ave., San Diego 92123.

APR 4: Orange County Marathon. Featherly Park, 7:30. Dave Harding, Orange Coast YM-CA, P.O. Box 2567, Newport Beach 92663.

APR 4: Eclipse Sun Run III. 5K & 10K. William Mason Park, Jolene Jennings, Allergan Pharmaceuticals, 2525 Dupont Drive, Irvine 92713.

APR 4: Boulder City 2 Mile & 6 Mile. Tommy Hodges, 6245 Hobart Ave., Las Vegas, NV 89107.

APR 4: Village Special Olympics 10K Run. South Coast Plaza Village, Santa Ana, 8 am. Merchants Assn., 3810 So. Plaza Dr., Santa Ana 92704. (714) 751-6569.

APR 5: Sea Cliff 1.5 and 5 Mile. Redondo Beach, 9:30 am. Bill Hurja, 637 Buena Vista St., Moss Beach 94038.

APR 5: Valley of the Bears 20K. RRCA Western Regional and State Championships. Los Osos, 8:30 am. Tom Hampson, 347 Garden St., Los Osos 93402.

APR 5: Sunrise Home Benefit. 5.4 miles. Sinaloa Junior High, Novato, 10 am. Nancy Stewart, 20 Kavon Ct., Novato 94947.

SCHEDULE

Please send scheduling information directly to **California Track & Running News**, P.O. Box 6103, Fresno, CA 93703.

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

Long Distance Running Schedule

APRIL

APR 5: Pigeon Pass Marathon. Loma Linda University, 7 am. Jim Perry, Box 495, Loma Linda 92354. (714) 824-1779. *Please see advertisement in last issue.*

APR 5: Kaweah River Valley Run. 8 miles. Three Rivers. David Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

APR 5: Apple Juice Run. 10K and 2 mile. Sebastopol, 10 am. Daryl Schloss, Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 843-3032.

APR 5: Billy Mills Gold Rush. 2 mile and 10K. Cosumnes River College, Sacramento, 9 am. Southarea Recreation Inc., P.O. Box 9635, Sacramento 95823.

APR 5: Rolling Titans 5K & 10K. Push and Run. Fullerton, 7:30 am. John D. Liverpool, Handicapped Student Services, Cal State University, Fullerton, Fullerton 92634.

APR 5: Run With Music. Los Angeles, 8 am. L.A. Master Chorale, The Music Center, 135 N. Grand Ave., Los Angeles 90012. (213) 972-7282.

APR 11: Las Vegas 50 Mile or 10 Mile. Tommy Hodges, 6245 Hobart Ave., Las Vegas, NV 89107.

APR 11: Pride of the Foothills Spring Run. ½ Marathon, 5K & 10K, Jack Crosby, P.O. Box 221, Glendora 91740. (213) 963-8411.

APR 11: The Forum 5K & 10K. 8 am. Jim Moodispaugh, One Manchester Blvd., Inglewood 90301. (213) 649-7483.

APR 11: Iilsanjo Classic. 10 mile cross country. Santa Rosa, 9 am. Iilsanjo Classic, 1927 Calaveras Dr., Santa Rosa 95405. (707) 527-5395.

APR 11: Clearlake Spring Blossom Marathon

APR 11: Women's Woodward Park Runs. 1.4 & 3.0 miles, Fresno, 8 am. Ron Gates, 3220 Huntington, Fresno 93702.

APR 12: Merced Track Club 10K. Lake Yosemite Park, Merced, 9 am. Merced Track Club, P.O. Box 3275, Merced 95340.

APR 12: Mountain Madness Run. 4.7 miles, Nevada City, Calif. Gary M. Loucks, 116 High St., Grass Valley 95940.

APR 12: Santa Monica 5 & 10K Runs. Santa Monica College, 9 am. Santa Monica Recreation and Parks Dept., 5 & 10K Race, 1685 Main St., Santa Monica 90401.

APR 12: Boothe Park Ribbon Runs. 2 miles and 5.6 miles. Calistoga, 9:30 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

APR 12: Herc Dynamite Run. 4 miles. Hercules, 10 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

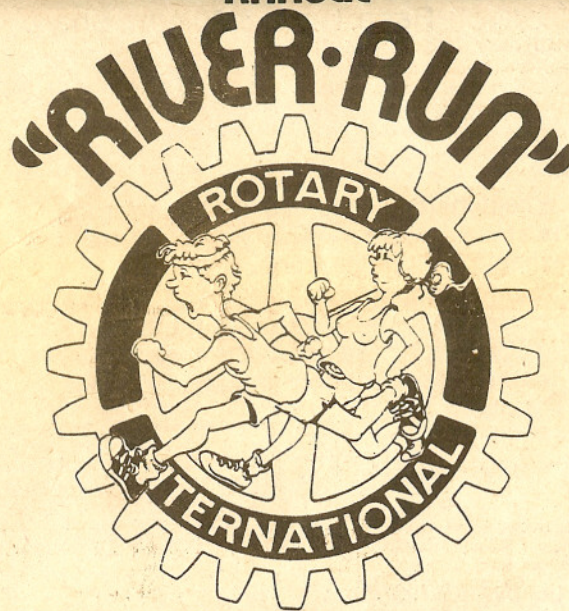
APR 12: American River 50 Miler. Auburn to Sacramento, 7 am. Nancy March, Fleet Feet, 107 South Harding, Roseville 95678. Joe Sloan (916) 783-4558.

APR 12: Charge of the Lite Brigade. Half Marathon (13.1 miles). Foster City, 7:30 am. San Mateo Historical Assn., College of San Mateo Campus, 1700 West Hillsdale Blvd., San Mateo 94402. (415) 574-6441.

APR 18: Mt. SAC Relays Marathon. Walnut Dr. Lee Goldstein, 520 E. Foothill Blvd., Pomona 91767. (714) 621-3952.

APR 18: Livermore 8.56 Mile Run. Livermore, 10 am. Nick Winter, 40453 Dolerita Ave., Fremont 94538.

APR 18: City of Sunnyvale 10,000 Meter Baylands Run. 10 am. Mark Gizon, P.O. Box 60607, Sunnyvale 94088.



FIREBAUGH, CA.

May 9, 1981

6 Mile- Men's Open, 30-39, 40+; Women's Open

3 Mile- Men's Open, High School;
Women's Under 30, Over 30.

1 Mile- Children 12 & Under.

Starting Time 8:30 am. Entries close at 8:00 am.

The Six and Three Mile races will start concurrently at the Firebaugh High School Football Stadium. The One Mile race will be run in the enclosed stadium track.

Firebaugh High School is located on Highway 33 and Helm Canal Rd.

The course consists of a semi-flat, combination asphalt and dirt loop for the Six and Three Mile races. These will originate at or near the stadium, travel along the river course and then conclude on the stadium track.

Entry Fee: \$5.00 and includes commemorative T-shirt.

For more information and an entry blank write:

Ron Sani
2107 N. Harrison
Fresno, CA 93704
(209) 233-0009

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APR 5: Freeway Fantasy 10K Run. Granada Hills, 8 am. Ski & Sports West 10K Run, 11118 Balboa Blvd., Granada Hills 91344.

Sebastopol, 10 am. Daryl Schloss, Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 843-3032.

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APR 11: Clearlake Spring Blossom Marathon & 20K Run. Lakeport, 8 am. Lake County Chamber of Commerce, 875 Lakeport Blvd., Lakeport 95453. (707) 263-6131.

St. Grass Valley 95940.

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APR 18: Tierrasanta Kiwanis 10,000 Meter Spring Run. San Diego, 7:30 am. Dan Driscoll 5555 Tortuga Ct., San Diego 92124. (714) 565-6420.

Long Distance Running Schedule for the Valley

CENTRAL CALIFORNIA LONG DISTANCE RUNNING HANDBOOK

1981

Send check or
money order to:

Action Sports
1026 W. Princeton
Visalia, CA 93277

\$2.00

plus 25 cents
postage



APR 19: Lompoc 15.4 Mile River Relay. River Park, 2 pm. 4 person teams. John Perkins, 3304 Via Dona, Lompoc 93436.

APR 19: Easter Sunrise Celebration Jog. 1, 2, & 3 mile. Woodward Park, Fresno. Harry Harder, 761 N. Palm, Reedley 93654.

APR 20: Boston Marathon. BAA Marathon, P.O. Box 223, Boston, MA 02199.

APR 25: Run for All. 10K and 2 mile. Miche Grove Park, Lodi, 10 am. Freeman or Jana Lane, 1121 W. Monterey Ave., Stockton 95204.

APR 25: Clean Air Run. 9K, Pier 39, San Francisco, 9 am. Bob Kenneth, American Lung Association, 833 Market St., San Francisco 94103.

APR 25: Natural Light Half Marathon. Walnut, 7:30 am. Douglas Hamilton, 691 Wellesley Dr., Claremont 91711.

APR 25: Visalia Spring Run. 10K and 1 mile. Mooney Grove Park, Visalia, 8 am. Robert Stephenson, 1627 Vassar Dr., Visalia 93277.

APR 25: International Friendship Marathon. Chula Vista, 8 am. Clara Jensen, 738 Elm Ave., Chula Vista 92010. (714) 422-5726.

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APR 26: Space Race 10K. Balboa Park, San Diego, 8 am. Space Race, Balboa Park, P.O. Box 33303, San Diego 92103. (714) 238-1233.

APR 26: Southern Pacific 50K and 100K Runs. Camarillo, 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.

APR 26: Lake Merritt Joggers & Striders Sunday Run. Old Boathouse, Oakland, 9 am. LMJS, 230 Marlow Dr., Oakland 94605.

APR 26: Volunteer Triathlon. Clovis West High School, 8 am. 20 mile bike, 6 mile run, 385 yard swim. Volunteer Bureau, 304 Crocker Bank Building, Fresno 93721.

APR 26: NORML Mari-Thon 10K Fun Run. Golden Gate Park, San Francisco, 10 am. Bill Dake, 528 Larch Ave., South San Francisco 94080.

APR 26: Encino Optimist Club 10K Run for Youth. Birmingham High School, San Fernando Valley. Encino Optimist Club "Run for Youth," P.O. Box 431, Encino 91316.

APR 26: Ten Kilometer Lupine Poppy Run. Fort Hunter-Liggett, 10 am. David Chiaramonte, Lake San Antonio, Bradley 93426.

APR 26: American Canyon Cross Country Festival. 2 miles & 7 miles. 9 am. David Chiaramonte, Lake San Antonio, Bradley 93426.

APR 26: Run for Daylight. 10K Lafayette, 9 am. American Cancer Society, P.O. Box 4209, Walnut Creek 94596.

APR 26: Run for Life. 10K. Stanford, 9 am. Caroline Panches, 3003 Moorpark Ave., San Jose 95128.

MAY

MAY 2: Wild Wild West Cross Country

MAY 3: Lakewood 10K. Lakewood Mall, 9 am. Dept. of Recreation & Community Services, P.O. Box 158, Lakewood 90714.

MAY 3: Avenue of the Giants Marathon. Dick Hughes, Six Rivers Running Club, P.O. Box 214, Arcata 95521. (707) 822-9435.

MAY 3: 7up 10K Run for Youth. Morgan Park, Baldwin Park, 9 am. Gary Burt, Baldwin Park Community Center, P.O. Box 248, Baldwin Park 91706. (213) 960-2526.

APRIL

APR 4: California Christian College Athletic Conference. Westmont College. Russ Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108.

APR 4: Cal Women's Invitational Hephathion. UC Berkeley. Vern Gambetta, Women's Athletic Dept., 103 Hearst Gymnasium, Berkeley 94720.

APR 4: Taco Bell Relays. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 4: Age Group All Comers. UC Irvine, 9 am. Frank Duarte, 3717 S. Ramona Dr., Santa Ana 92707. (714) 545-7701.

APR 10-11: Bruce Jenner Classic. San Jose City College. Bruce Jenner Classic, 2100 Moorpark Avenue, San Jose 95128.

APR 11: Riverside Invitational. UC Riverside. Chris Rinne, Track Coach, University of California, Riverside 92521.

APR 11: Pasadena Rosebud Invitational. Age group. Ron Grey, 2750 N. Highview, Altadena 91001. (213) 681-7073.

APR 14-15: TFA/USA Decathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 18: TFA/Brooks Invitational. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330.

APR 23-24: Invitational Decathlon. Mt. San Antonio College. Mt. SAC Relays, Walnut 91789.

APR 24-25: Mt. SAC Relays. Mt. SAC Relays, Walnut 91789.

APR 24: Fresno City College All Comers. Ratcliffe Stadium, Fresno, 3:30 pm. Ken Dose, Athletic Dept., Fresno City College, 1101 E. University, Fresno 93741.

MAY

May 2: So. Calif. Cheetah Invitational. Age group. Mt. SAC, Walnut, 9 am. Richard Lewis, 1440 Douglass Dr., Pomona 92717. (714) 622-5470.

MAY 9: Two Person 8 Mile Relay. Roeding Park, Fresno, 9 am. Gene Lynch, Fresno Track Club, P.O. Box 6103, Fresno 93703.

MAY 9: Rotary River Run. 6 & 3 miles. Firebaugh High School, 8:30 am. Ron Sani, 2107 N. Harrison, Fresno 93704. *Please see advertisement in this issue.*

MAY 9: Guardsmen's Angel Island Race. 4.8 miles. Angel Island, 12 noon. The Guardsmen, 12 Geary St., San Francisco 94108. (415) 781-6785.

MAY 9-10: SPA Women's Multi Event Meet. Claremont High School. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

MAY 9-10: Golden Girls Track Club Invitational. DeAnza College, Cupertino. Nick Massey, 6125 Prospect Rd., San Jose 95129. (408) 253-7761 or 277-6944.

MAY 9: Southwest Collegiate Invitational. UC Irvine. Frank Duarte, 3717 S. Ramona Dr., Santa Ana 92707.

MAY 10: Pepsi Invitational. UCLA. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 652-4304.

MAY 14-15: AIAW Div. II National Championships. Indiana Univ. of Pennsylvania. Edwin Fry, Athletic Dept., Indiana Univ. of Pennsylvania, Zink Hall, Indiana, PA 15705.

MAY 15: CCAA Championships. Cal State Bakersfield. Charlie Craig, Track Coach, Cal State Bakersfield, 9001 Stockdale Hwy., Bakersfield 93309.

MAY 15-16: Far West Conference. Cal State Hayward. Norm Guest, Track Coach, Cal State Hayward, 25800 Hillary, Hayward 94542.

MAY 15-16: PCAA Championships. Cal State Long Beach. Cliff Able, Track Coach, California State University, Long Beach 90840.

MAY 16: Pacific Coast Women's Invitational. UC Berkeley. Vern Gambetta, Women's Athletic Dept., 103 Hearst Gym, Berkeley 94720.

MAY 16: California Relays. Modesto College. Tom Moore, 1720 Richard Way, Ceres 95307. (209) 537-0411.

MAY 17: SPA TAC District Championships. UCLA 10 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

MAY 21-23: AIAW Division III Championships. Cal State Hayward. Bob McGuire, Women's Track Coach, California State University, 25800 Hillary, Hayward 94542.

MAY 21-23: NAIA National Championships. Abilene, Texas.

MAY 23: Warmerdam Classic. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

MAY 22-23: PAC-10 Championships. Stanford. Brooks Johnson, Track Coach, Stanford University, Stanford 94305.

MAY 10: Mothers Day Run for the Shelter. 1.0 and 4.0 miles. Applegate Park, Merced. Friends of Battered Women, P.O. Box 377, Merced 95340. (209) 383-7255.

MAY 10: Golden State Women's Salinas Run. 5K & 10K. Hartnell College, Salinas 930 am. Carolyn West, Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

MAY 10: Keelhauler Classic. 10K. California Maritime Academy, 9 am. Harry Diavatis, P.O. Box 1392, Vallejo 95490. (707) 644-5601.

MAY 29-30: TFA/USA National Championships. Wichita, Kansas. Herm Wilson, Athletic Dept., Wichita State University, Campus Box 18, Wichita, KS 67208. (316) 689-3267.

MAY 30: California Community College Championships. Cerritos College, Norwalk. Dave Kamanski, Athletic Dept., Cerritos College, Norwalk 90650. (213) 860-2451.

MAY 31: American Council of Athletics All Comers. San Jose City College. Richard Thors, 4901 Morena Blvd., Suite 106, San Diego 92117. (714) 273-5371.

MAY 31: Redwood Empire Jr. Olympics. Santa Rosa JC, 8 am. Roger Klein, 5341 Sebastopol Rd., Santa Rosa 95401. (707) 829-2888.

JUN 4-6: NCAA Division I National Championships. Baton Rouge, Louisiana. LSU Athletic Dept., PO Box AS-LSU Station, Baton Rouge, LA 70893. (504) 388-8627.

JUN 5-6: California State High School Championships. Cerritos College, Norwalk.

JUN 6: Hayward Classic. University of Oregon. Bill Dellinger, Athletic Dept., University of Oregon, Eugene, OR 97403. (503) 686-5465.

JUN 7: Compton Invitational. Compton College, 9 am. Harris Williams, 19003 Cliveden, Carson 90746. (213) 636-7643.

JUN 13: American Council of Athletics All Comers. San Diego State University. Richard Thors, 4901 Morena Blvd., Suite 106, San Diego 92117. (714) 273-5371.

JUN 13: Naturite Invitational. Cerritos College, Norwalk, 9 am. Chuck Debus, 13260 Moore, Cerritos 90701. (213) 404-2975.

JUN 13: Brooks Invitational. University of California, Berkeley. Ron Stanko, Penn Square Center, 601 Penn St., Reading, PA 19601. (215) 376-2925.

JUN 13: Golden West Prep Invitational. Hughes Stadium, Sacramento. Bob Jarvis, P.O. Box 60813, Sacramento 95860. (916) 929-7880.

JUN 13: TAC Junior Nationals. Knoxville, Tenn. Billy Maxwell, Athletic Dept., University of Tenn., P.O. Box 47, Knoxville, TN 37901. (615) 974-1225.

JUN 19-21: TAC U.S. Nationals (Men & Women). Hughes Stadium, Sacramento. Al Baeta, American River College, 4700 College Oak Dr., Sacramento 95841. (916) 929-7880.

MAY 16: Laguna Niguel 10K Run. Chet Hollfield Federal Bldg., Laguna Niguel, 8 am. Race Committee, South Coast YMCA, 26076 "C" Getty Dr., Laguna Niguel 92677. (714) 831-9622.

MAY 17: Brown's Valley Ribbon Runs. 2, 4 & 8 miles. Napa, 9 am. Reg Harris, 1267 Walnut, C66, Napa 94558. (707) 255-8705.

MAY 17: Bay to Breakers. 7.63 miles. San Francisco, 8 am. Bay to Breakers, P.O. Box 42000, San Francisco 94103. Entries close April 15.

MAY 17: Charger Club 5K & 10K Runs. Agoura, 8 am. Agoura High School Charger Club, P.O. Box 250, Agoura 91301.

MAY 17: IG Press Run. 2 miles and 10K. Richmond, 9:30 am. Ken Stein, 3230 Macdonald Ave., Richmond 94804. (415) 234-1270.

MAY 17: Big Brothers/Big Sisters 5 Mile. Fresno Downtown Mall, 7 am. Joyeria Mexico, 1048 Fulton Mall, Fresno 93721. *Look for advertisement and entry blank in next issue.*

MAY 17: La Jolla Kiwanis 10K. Balboa Park, 7 am. Doug Evans, La Jolla Bank & Trust Company, P.O. Box 1500, La Jolla 92038.

MAY 17: Santa Anita 7-up Lite Spring Classic. 5K & 10K. Santa Anita Race Track, 8 am. Doug Speck - Bill Johnson, P.O. Box 522, Arcadia 91006. (213) 445-8364.

MAY 23: Anderson Dam Runs. 1, 2 & 10 mile. Morgan Hill, 9 am. Lynn Lockhart, 7664 Los Podres, Gilroy (408) 842-4732.

MAY 23: California Classic 5 Mile. Mooney Grove Park, Visalia, 8 am. California Classic Run, 1026 W. Princeton, Visalia 93277.

MAY 23: Lake Merritt Meet of Miles. College of Alameda track, 10 am. Lake Merritt Joggers & Striders, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

MAY 23: Deaf Awareness Benefit Run. 2.5 miles and 6.5 miles. Yountville, 9 am. Flo Butin, 19 Belvedere Ct., Napa 94558. (707) 226-5438.

MAY 24: Triathlon. Pacific Union College, Angwin, 10 am. 15 mile run, 1 mile swim, 25 mile bike. David Nieman, Box 362, Angwin 94508. (707) 965-6425.

MAY 24: TRAC 10: 10 miles. Sunnyvale, 8 am. Jon Baumgartner, 24292 Elise Ct., Los Altos Hills 94022. (415) 941-7622.

MAY 24: Brentwood 10 Kilometer Run. San Vicente Blvd., 9 am. Frontrunners, 11640 San Vicente Blvd., Brentwood 90049. (213) 820-7585.

MAY 24: Memorial Run. 10K. Grass Valley, 8:30 am. Memorial Park. Gary M. Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

MAY 24: Ass to Ass Run. 13.2 mile and 7.6 mile. Santa Rosa, 9 am. John Adams or Peter Shidler, P.O. Box 4387, Santa Rosa.

MAY 24: Indian Gulch to Hornitos. 10 miles and 5 miles. Hornitos, 8 am. Frank Russell, P.O. Box 2462, Merced 95340. (209) 723-7276.

MAY 25: Pacific Sun Marathon & 10K. Kentfield, 7:30 am. Lorna Cunkle, Pacific Sun Marathon, P.O. Box 553, Mill Valley 94941. (415) 383-4500.

MAY 30: Heritage Days 10K Race. Antelope Valley College, 7:30 am. High Desert Running

APR 26: NORML Mari-Thon 10K Fun Run. Golden Gate Park, San Francisco, 10 am. Bill Duke, 528 Larch Ave., South San Francisco 94080.

APR 26: Encino Optimist Club 10K Run for Youth. Birmingham High School, San Fernando Valley. Encino Optimist Club "Run for Youth," P.O. Box 431, Encino 91316.

APR 26: Ten Kilometer Lupine Poppy Run. Fort Hunter-Liggett, 10 am. David Chiaramonte, Lake San Antonio, Bradley 93426.

APR 26: American Canyon Cross Country Festival. 2 miles & 7 miles. 9 am. David Chiaramonte, Lake San Antonio, Bradley 93426.

APR 26: Run for Daylight. 10K Lafayette, 9 am. American Cancer Society, P.O. Box 4209, Walnut Creek 94596.

APR 26: Run for Life. 10K. Stanford, 9 am. Caroline PUNCHES, 3003 Moorpark Ave., San Jose 95128.

MAY

MAY 2: Wild Wild West Cross Country Marathon. Tuttle Creek Campground, 7 am. Robert Frickel, Box 352, Lone Pine 93545. (714) 876-5671.

MAY 2: Run for Life. 2 to 10 miles, Woodward Park, Fresno, 7 am. Genny Berry, American Heart Assn., 3835 N. West Ave., Fresno 93705. (209) 224-8215.

MAY 2: Las Vegas Track Club 15K or 5K. Sunset Park, 8 am. Tommy Hodges, 6245 Hobart Ave., Las Vegas, NV 89107.

MAY 2: Spring Tune Up. 5K & 10K. Newport Beach, 7:45 am. Spring Tune Up Run, Ford Aerospace, P.O. Box A, Ford Rd., Newport Beach 92660.

MAY 3: Glendale Distance Classic. 5 & 10 kilo. Verdugo Park, 8 am. Carole Jouroyan, Verdugo Mental Health Center, 417 Arden Ave., Glendale 91203. (213) 244-7257, ext. 242.

MAY 3: Reedley 10 Miller. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

MAY 3: Jeff Coach Memorial Run. Miller-Brown Park, Woodlake, 4 miles, 8 am. Jesse Garcia, 350 N. Valencia, Woodlake 93286. (209) 564-3347.

MAY 3: Golden State Women's Series. 10K. Roseville, 10 am. Suzi Clark, P.O. Box 121, Elk Grove 95624. (916) 682-9816.

MAY 3: New Novato Ridge Run. 5.1 miles and 5K. Novato High School, 10 am. Vic Perrella, 4 Monroe Ct., Novato 94947. (415) 897-8792.

MAY 3: Las Posadas Forest Run. 12 miles. Pacific Union College, Angwin, 10 am. David Nieman, Box 362, Angwin 94508. (707) 965-6425.

MAY 3: St. John's 10K. Marina Del Rey, 8 am. Peter Gaal, MD, Community Affairs, St. Johns Hospital and Health Center, 1328 22nd St., Santa Monica 90403.

MAY 3: CHP Southern California Run. 5K & 15K. Riverside, 8 am. The Running Center, P.O. Box 828, Rialto 92376. (714) 874-5480.

APR 11: Riverside Invitational. UC Riverside. Chris Rinne, Track Coach, University of California, Riverside 92521.

APR 11: Pasadena Rosebud Invitational. Age group. Ron Grey, 2750 N. Highview, Altadena 91001. (213) 681-7073.

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APR 24-25: Mt. SAC Relays. Mt. SAC Relays, Walnut 91789.

APR 24: Fresno City College All Comers. Ratcliffe Stadium, Fresno, 3:30 pm. Ken Dose, Athletic Dept., Fresno City College, 1101 E. University, Fresno 93741.

MAY

May 2: So. Calif. Cheetah Invitational. Age group. Mt. SAC, Walnut, 9 am. Richard Lewis, 1440 Douglass Dr., Pomona 92717. (714) 622-5470.

MAY 2: SCAA Women's Collegiate Conference. Cal Poly SLO. Lance Harter, Women's Track Coach, Cal Poly, San Luis Obispo 93407.

MAY 2: San Jose Invitational. San Jose State University. Ernie Bullard, Athletic Dept., San Jose State, San Jose 95192. (408) 277-3281.

MAY 2: USC vs UCLA Dual Meet.

MAY 2-3: WCAA Conference. San Diego State.

MAY 3: Long Beach Invitational. Long Beach State University. Cliff Able, Long Beach State, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

MAY 8-9: NAIA District III Championships. University of Redlands. Track Coach, University of Redlands, 1200 E. Colton Ave., Redlands 92373.

MAY 8: Stanford Women's Classic. Stanford Stadium, 12 noon. Brooks Johnson, Athletic Dept., Stanford University, Stanford 94305.

MAY 9: West Coast Relays. Ratcliffe Stadium, Fresno. All day. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-1297.

MAY 3: May Day Run. 5K, 10K, 20K. Polo Fields, Golden Gate Park, San Francisco, 10 am. Kate Walsh, 421 Powell Street, San Francisco 94102. (415) 433-2273.

MAY 3: Devil Mountain Run. 10K. Danville, 9 am. Nancy Lewis, P.O. Box 727, Alamo 94507. (415) 837-8030.

MAY 9: Around the Bay in May. 10 miles. Newport Beach, 8 am. Newport Beach Runners Association, 1162 Dorset Lane, Costa Mesa 92626.

APR 15-16: Far West Classic. Cal State Hayward. Norm Guest, Track Coach, Cal State Hayward, 25800 Hillary, Hayward 94542.

MAY 15-16: PCAA Championships. Cal State Long Beach. Cliff Able, Track Coach, California State University, Long Beach 90840.

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MAY 16: California Relays. Modesto College. Tom Moore, 1720 Richard Way, Ceres 95307. (209) 537-0411.

MAY 17: SPA TAC District Championships. UCLA 10 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

MAY 21-23: AIAW Division III Championships. Cal State Hayward. Bob McGuire, Women's Track Coach, California State University, 25800 Hillary, Hayward 94542.

MAY 21-23: NAIA National Championships. Abilene, Texas.

MAY 23: Warmerdam Classic. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

MAY 22-23: PAC-10 Championships. Stanford. Brooks Johnson, Track Coach, Stanford University, Stanford 94305.

MAY 23: Siliconix Invitational. Cal State Long Beach. Cliff Able, Track Coach, Long Beach State, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

MAY 23: NorCal Community College Championships.

MAY 24: USC Invitational. Track Coach, University of Southern California, Heritage Hall, Los Angeles 90007. (213) 743-7693.

MAY 24: San Diego Cougar Invitational. Age group. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

MAY 28: Oregon Twilight Invitational. Oregon State University. Frank Morris, Athletic Department, Oregon State, Corvallis, OR 97331. (503) 754-2611.

MAY 26-30: NCAA Division II National Championships. Macomb, Illinois. Gil Peterson, Athletic Director, Western Illinois Univ., Macomb, IL 61455. (309) 298-1106.

MAY 28-30: AIAW Division I National Championships. Austin, Texas. Phil Delavan, University of Texas, 606 Belmont, Austin, TX 78712. (512) 471-7693.

MAY 28-30: NCAA Division III National Championships. Cleveland, Ohio. William Sudeck, Athletic Dept., Case Western Reserve University, Emerson Gym, 10900 Euclid Ave., Cleveland, OH 44106. (216) 388-2867.

MAY 9: Country Campus Run. 5K and 10K. Sierra College, Rocklin, 8 am. Nancy March, Fleet Feet, 107 South Harding Blvd., Roseville 95678. (916) 783-4558.

MAY 9: Aqueduct Run. 10K. California Aqueduct Bike Trail at Godde Pass, 8 am. Running Promotions Unlimited, P.O. Box 128, Lancaster 93534.

MAY 10: Locker Room May 5K Run. Mooney Grove, Visalia, 8 am. Locker Room, 3901 South Mooney, Visalia 93277. (209) 625-3484.

JUN 6: Hayward Classic. University of Oregon. Bill Dellinger, Athletic Dept., University of Oregon, Eugene, OR 97403. (503) 686-5465.

JUN 7: Compton Invitational. Compton College, 9 am. Harris Williams, 19003 Cliveden, Carson 90746. (213) 636-7643.

JUN 13: American Council of Athletics All Comers. San Diego State University. Richard Thors, 4901 Morena Blvd., Suite 106, San Diego 92117. (714) 273-5371.

JUN 13: Naturite Invitational. Cerritos College, Norwalk, 9 am. Chuck Debus, 13260 Moore, Cerritos 90701. (213) 404-2975.

JUN 13: Brooks Invitational. University of California, Berkeley. Ron Stanko, Penn Square Center, 601 Penn St., Reading, PA 19601. (215) 376-2925.

JUN 13: Golden West Prep Invitational. Hughes Stadium, Sacramento. Bob Jarvis, P.O. Box 60813, Sacramento 95860. (916) 929-7880.

JUN 13: TAC Junior Nationals. Knoxville, Tenn. Billy Maxwell, Athletic Dept., University of Tenn., P.O. Box 47, Knoxville, TN 37901. (615) 974-1225.

JUN 19-21: TAC U.S. Nationals (Men & Women). Hughes Stadium, Sacramento. Al Baeta, American River College, 4700 College Oak Dr., Sacramento 95841. (916) 484-8143.

JUN 20: International Prep Invitational. Naperville, Illinois. Joe Newton, 220 Berkley St., Elmhurst, IL 60126. (312) 530-1240, ext. 272.

JUN 20-21: California TAC Age Group Championships. UC Irvine. Frank Duarte, 3717 S. Ramona Dr., Santa Ana 92707. (714) 545-7701.

JUN 30-JUL 1: TAC Junior Women National Championships. UCLA. Pete Scanlan, 2925 Knoxville, Long Beach 90815. (213) 421-2867.

JUL 3-5: TAC Age Group Girls National Championships. UCLA. Bill Peck, 1140 N. Alexandria, Los Angeles 90028. (213) 666-0546.

JUL 3-4: TAC Jr./Sr. Women Heptathlon National Championships. Spokane. Washington. Vernie Gmeiner, N1810 Greene St., Spokane, WA 99207. (509) 624-6911.

AUG 7-9: AAU Junior Olympics. North Carolina. Ramsey Thomas, Athletic Dept., Wake Forest University, 7265 Reynolda Station, Winston-Salem, NC 27109. (919) 761-5630.

MAY 16: Fillmore Festival Run. 10K and 2 mile. 9 am. Youth Employment Service, 455 Sespe Ave., Fillmore 93015.

MAY 16: Run for the Roses. 10K. Santa Rosa, 9 am. Fred Ptucha, P.O. Box 1517, Santa Rosa 95402. (707) 546-9583.

MAY 16: Coalinga Diamond Jubilee 5 & 10K. Coalinga, 9 am. Bob Semple, 284 Lincoln, Coalinga 93210. (209) 935-2680. *See advertisement in this issue.*

MAY 13: Palos Verdes Marathon. 26 miles and 6.5 miles. Yountville, 9 am. Fio Butin, 19 Belvedere Ct., Napa 94558. (707) 226-5438.

MAY 24: Triathlon. Pacific Union College, Angwin, 10 am. 15 mile run, 1 mile swim, 25 mile bike. David Nieman, Box 362, Angwin 94508. (707) 965-6425.

MAY 24: TRAC 10: 10 miles. Sunnyvale, 8 am. Jon Baumgartner, 24292 Elise Ct., Los Altos Hills 94022. (415) 941-7622.

MAY 24: Brentwood 10 Kilometer Run. San Vicente Blvd., 9 am. Frontrunners, 11640 San Vicente Blvd., Brentwood 90049. (213) 820-7585.

MAY 24: Memorial Run. 10K. Grass Valley. 8:30 am. Memorial Park. Gary M. Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

MAY 24: Ass to Ass Run. 13.2 mile and 7.6 mile. Santa Rosa, 9 am. John Adams or Peter Shidler, P.O. Box 4387, Santa Rosa.

MAY 24: Indian Gulch to Hornitos. 10 miles and 5 miles. Hornitos, 8 am. Frank Russell, P.O. Box 2462, Merced 95340. (209) 723-7276.

MAY 25: Pacific Sun Marathon & 10K. Kentfield, 7:30 am. Lorna Cunkle, Pacific Sun Marathon, P.O. Box 553, Mill Valley 94941. (415) 383-4500.

MAY 30: Heritage Days 10K Race. Antelope Valley College, 7:30 am. High Desert Running Club, 44384 Stanridge Ave., Lancaster 93535.

Gold Country Marathon. Nevada City (Pioneer Park), 7 am. Gold Country Lions, P.O. Box 140, Grass Valley 95945. (916) 265-6542.

MAY 30: Country-Western Play Days 10K. Monterey Park (Barnes Park), 8 am. Mary Paxson, Mercl School, P.O. Box 463, Monterey Park 91754. (213) 289-8817.

MAY 31: CCA/TAC One Hour Run. College of Sequoias, Visalia. David Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

POSTAL

JAN 1 - AUG 31: One Hour Run. Contact Al Huff, 18127 1st Ave. N.W., Seattle, WA 98177. (206) 642-2930.

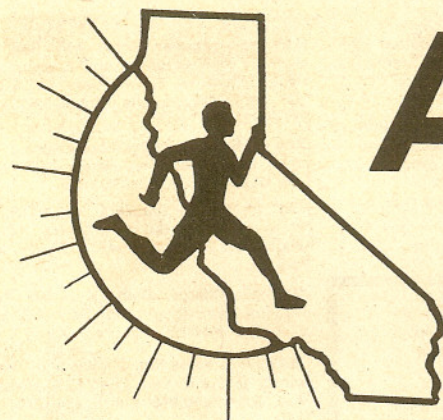
LOOKING AHEAD

JUN 7: Leatherneck Marathon. Santa Ana. Cpl. Doug Weatherman, Public Affairs Office, Marine Corps Air Station El Toro, Santa Ana 92709. (714) 559-2488.

JUN 7: Russian River Marathon. Ukiah, 6 am. Ivan Rauch or Gail Opperman, Ukiah Community Center/Volunteer Bureau, 516 S. State St., Ukiah 95482. (707) 462-8879.

JUN 7: Sri Chinnmay Marathon. Bay area, 7 am. Sundari Michaelian, 2438 16th Ave., San Francisco 94116. (415) 861-4148.

JUN 13: Palos Verdes Marathon. Palos Verdes Estates (Rolling Hills High School), 7 am. Kiwanis Club of Palos Verdes, P.O. Box 153, Palos Verdes Estates 90274. (213) 437-8774.

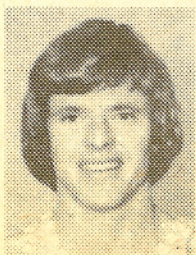


Around the State

By MARTY HIGGINBOTHAM

This is a new section in *California Track and Running News*. We hope you will find it informative and enjoyable. Any suggestions, comments or bits of information you feel would contribute to this section of the newspaper, should be sent to: CTRN, Around the State, 1026 W. Princeton, Visalia, CA 93277.

UCLA's Mark Anderson



MARK ANDERSON: U.C.L.A. senior sociology major. 6-2, 187 pounds, 22 years old. Specializes in the javelin and decathlon. Anderson enjoyed a stellar junior year at UCLA in 1980, capturing the NCAA decathlon title and setting a school

record in the javelin. The javelin record of 256-1 came in the qualifying rounds at the Athletic Congress Championships at Mt. SAC. He went on to place 7th in the TAC Championship Final with a 243-0 toss.

He became UCLA's first NCAA decathlon champion by scoring 7,893 points, making him the second greatest performer in UCLA history behind C.K. Yang(8,089). That total ranked him 5th among U.S. performers for 1980. The NCAA meet was only his second decathlon competition of the year. He won the NCAA title despite a knee injury which

The Runners' Repair Manual

By: Dr. Murray Weisenfeld with Barbara Burr. Price: \$4.94, 193 pages, soft. St. Martin's Press, 175 Fifth Ave., New York, NY 10010. (212) 674-5151.

"The Runners' Repair Manual is full of useful tips on the prevention and cure of running injuries that took me years to learn. Easy to work into any normal, busy and demanding life, Murray Weisenfeld's commonsense advice will help to keep runners running by showing them how to treat themselves effectively."

Craig Virgin

"I have acquired many aches and pains over the years without knowing their causes or their cures. But after reading The Runners' Repair Manual, everything seems clear and simple. Dr. Weisenfeld's book is a very handy and beneficial guide for all joggers, runners and even world class racers."

Don Paige



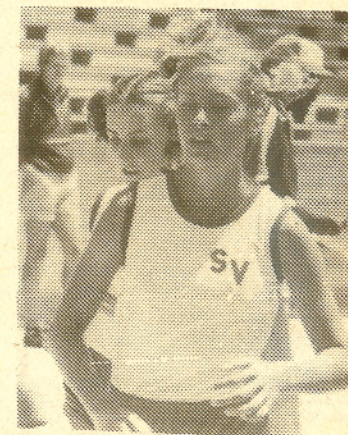
Dates Set for Junior Women Track Nationals

The Athletics Congress has announced that its U.S. Junior Women's Track & Field Championships will take place June 30-July 1 at UCLA's Drake Stadium in Los Angeles. The meet will take place on Tuesday and Wednesday to avoid a conflict with the Special Olympics, which will be held the weekend prior to the junior meet.

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Small School Standout

Mary Grace Maloney, of Vincent High School, North Coast Section Division A cross country champion and record holder.



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The Record Board

California Track & Running News would like to feature a set of records from a school or club in each issue. Here are the women's records at Cal State Hayward as of the end of last season:

California State University at Hayward

100m	Marie Nickson(78)	11.4
200m	Marie Nickson(78)	23.4
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800m	Cis Shaeffer(72)	2:09.9
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10000m	Michele Aubuchon(80)	34:22
100HH	Janel Benford(77)	14.0
400LH	Collette Winlock(78)	58.7
4x100	(78)	47.5
SpMed.	(78)	1:40.9
4x400	(78)	3:52.7
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Javelin	Cathy Sulinski(77)	195-1
High Jump	Pam Blackburn	5-8
Long Jump	Lydia Compagnin(78)	18-10

1981 Central California Athletics Congress President

Gary Campbell, submaster competitor



MARK ANDERSON:
U.C.L.A. senior sociology major. 6-2, 187 pounds, 22 years old. Specializes in the javelin and decathlon. Anderson enjoyed a stellar junior year at UCLA in 1980, capturing the NCAA decathlon title and setting a school

record in the javelin. The javelin record of 256-1 came in the qualifying rounds at the Athletic Congress Championships at Mt. SAC. He went on to place 7th in the TAC Championship Final with a 243-0 toss.

He became UCLA's first NCAA decathlon champion by scoring 7,893 points, making him the second greatest performer in UCLA history behind C.K. Yang(8,089). That total ranked him 5th among U.S. performers for 1980. The NCAA meet was only his second decathlon competition of the year. He won the NCAA title despite a knee injury which kept him from competing in the PAC-10 decathlon and made him questionable for NCAAAs.

Mark lists his biggest track and field thrill as coming back from knee injury to win the NCAA crown. He gave track fans a preview of what is to come by, scoring 7,866 points in the New Year's Meet prior to the start of the 1980 season.

As a prepster at Walnut High School in Walnut he lettered in football, baseball, basketball and track. He had prep bests of 6-6 3/4 and 13-0 in the high jump and pole vault. He attended Mt. SAC Community College where he won the Southern California JC Decathlon Championship with 7,555 points. He enjoys acting, skiing, dancing and horseback riding in addition to the 10 decathlon events.

UCLA coach Jim Bush says of Mark Anderson: "He has the potential to be one of the greatest decathletes in the world...must learn patience to reach his potential...a great, great athlete."

Best Marks:

Decathlon	7,893	1980
Javelin	256-1	1980
Pole Vault	15-0	1980
High Jump	7-0 1/4	1979
100 M	10.91	1980
Long Jump	22-11 1/2	1980
Shot Put	43-3	1980
400 M	49.35	1980
110 HH	15.0	—
Discus	132-7	1980
1500 M	4:14.0	—

running by showing them how to treat themselves effectively."

Craig Virgin

"I have acquired many aches and pains over the years without knowing their causes or their cures. But after reading *The Runners' Repair Manual*, everything seems clear and simple. Dr. Weisenfeld's book is a very handy and beneficial guide for all joggers, runners and even world class racers."

Don Paige

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1981 Central California Athletics Congress President

Gary Campbell, submaster competitor for the Visalia Runners, is the new 1981 Central California Athletics Congress President. Campbell is one of the Central Valley's best 30-39 age group runners. Last year he finished the submasters division in the Track and Field Association Western Regional Cross Country Championships 10 Kilometer, the Porterville Veterans Day 10K, and the Jordache Pasadena Rose Bowl 13.1 miler.

Already this year, Campbell has run some impressive times. He clocked a 54:39 at the California Ten Mile in early January and on March 1 took first place honors in the Visalia Runners Four Mile with a time of 21:10.

photo by Marty Higginbotham



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Bidding against the Southern Pacific TAC for the right to host this meet were representatives of Stanford University. The women's junior meet is for athletes born no earlier than 1963. Usually the meet serves as a qualifier for a USA-USSR junior dual meet, an annual affair that started in 1972 for the men, with women's competition added the following year. The Soviets cancelled last year's junior dual, however, and notified TAC last fall that they did not intend to renew the series this year.

Plans are still in the works for an international competition for this year's juniors, with the top two finishers in each event qualifying for the national team. Last year's junior team competed in the inaugural Pan American Junior Championships in Sudbury, Canada, during late August.

This year's meet will be followed by the U.S. Age-Group Championships for women, July 3-5 at Drake Stadium. This is the third time Drake Stadium will host the women's junior nationals. Both the 1976 and 1977 meets were held at the Bruin track facility. Other sites for the women's junior meet have been Poplar Bluff, Mo. (1972); Irvine, Calif. (1973); Gainesville, Fla. (1974); White Plains, N.Y. (1975); Los Angeles (1976-1977); Bloomington, Ind. (1978-79); and Knoxville, Tenn. (1980).

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TFA-USA Western Regionals

By MARTY HIGGINBOTHAM

The 1981 TFA-USA Western Regional Cross Country Championships have been set for Saturday, October 31. The site for the championship event is Visalia, California, located in the Central Valley. The race will be run at Mooney Grove Park. The men's 10,000 meter event will consist of a two loop course, while the women's 5,000 meter will be a single loop of the same course.

Last year's meet was also held at Mooney Grove Park in Visalia. Coach Jack Cook's University of Nevada-Reno Wolfpack was the 1980 Western Regional and National TFA Cross Country Champs.

Hopefully this date will fit in with most schools and club's cross country schedules. To help in the planning of the meet, it would be appreciated if interested teams could contact Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277.

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Racewalker:

Harry Siitonen

by Marty Higginbotham

Harry Siitonen of the Golden Gate Race Walkers ended a very successful 1980 season. Siitonen, who competes in the 50-54 age group, took a first place last year in the Eastern Regional Masters Track and Field Meet 5 Kilometer walk; he clocked 29:10. At the National AC Meet in Philadelphia on July 4, Harry placed second in the 5 kilo walk with a 29:03. He then came back at the Pan Am Track and Field Championships in mid-August to take second in the 5 kilo, clocking 28:39.3. Then the following day took another second in the 20 kilo in 2:04:19.

This year at the Pacific Association 15 Kilometer Racewalking Championships he timed 1:31:50. Siitonen is a leading promoter of racewalking in the San Francisco Bay Area. He puts out a newsletter called "The Golden Gate Race Walker" which is devoted to Bay Area walkers. He recently participated in cutting a radio tape for a twenty-nine minute symposium on racewalking for a San Francisco radio station.

Persons interested in racewalking in the Bay Area can contact Siitonen at 106 Sanchez St., Apt. 17, San Francisco, CA 94114.



Fast Brains

Margaret Demorest, 17 year old Buchser High School (Santa Clara) senior is a straight "A" student. When she's not studying she runs....fast. The Canadian born Demorest specializes in the long sprints with best marks of 12.2m, 25.2m, and 56.55m. In her favorite event, the 400 hurdles she has a 60.9 clocking to her credit, as well as 14.9 in the 100m hurdles and a 2:17.7 in the 800 meters.

As the 400m hurdles are not a California high school event, Margaret competes often in club competition with the Golden Girls Track Club. Nick Massey, coach of the Golden Girls, says, "Margaret is a truly outstanding athlete and one of the hardest working and most dedicated I have ever seen. In addition, she is an inspiration to all the younger athletes on the team and frequently tries to help them along."

What else does Margaret do? She's Secretary-Treasurer of the Senior Class, is a star on the Buchser basketball team and is a "B" rated tennis player. Anybody think they can catch, or even keep up with, Margaret Demorest? Good luck, college recruiters; try the library.



★★★★★★★★ Las Vegas SUN

Las Vegas 13.1 Miler: Number One in the World

By MARTY HIGGINBOTHAM

The Las Vegas Sun Championships Half Marathon was voted by *Runner Magazine* as the best 13.1 miler in the world. This is quite an honor since the event has only been in existence for two years.

In 1979, Kirk Pfeffer blazed a 1:02:32 followed by Tom Wysocki in 1:02:58. Boston Bill Rodgers finished third in 1:03:22, seventeen seconds in front of Ran-

California Classic Five Mile Run



This year's California Classic Five Mile is being presented by Natural Light Beer. It will truly be a classic event. The race will be run at Mooney Grove Park in Visalia, which is a tremendous park for road racing events. The course is asphalt, flat and very fast.



Fresno State Mentors

relays. Previously Fraley coached at Lemoore High School for 15 years, during which time his track team achieved



Las Vegas SUN

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In 1979, Kirk Pfeffer blazed a 1:02:32 followed by Tom Wysocki in 1:02:58. Boston Bill Rodgers finished third in 1:03:22, seventeen seconds in front of Randy Thomas, while Thomas was a mere eight seconds ahead of Stan Mavis.

In the women's race, Ellison Goodall ran a very fast 1:14:49, well ahead of her competition.

In 1980, Rick Rojas just slipped past New Zealand's Dick Quax. Rojas timed 1:05:34, while Quax came in at 1:05:37. Nevada's Tom Wysocki was next in 1:06:22. Laurie Binder ran away with the women's title with a very quick 1:17:54.

Featured, along with this outstanding half marathon, is a full 26.2 miler and a 10 kilometer. Also the Las Vegas Classics offer a tremendous package deal for the runners at a very reasonable cost.

The date for this year's event has not yet been set in order to avoid conflicts with other major events around the same time, such as the Fiesta Bowl and Honolulu Marathon. We will announce the date as soon as it is known.

In just two short years the Las Vegas has become one of the outstanding road racing events in the country. All three races (10k, 13.1, 26.2) are Athletic Congress sanctioned and certified. They are run over flat and very fast courses with exceptional competition. Some road racing events in the country offer the package deal and/or trip to Las Vegas Classics as a grand prize.

Be looking for the 1981 date in *California Track and Running News*, and be a part of the Las Vegas Championship event and the number one half-marathon in the world!



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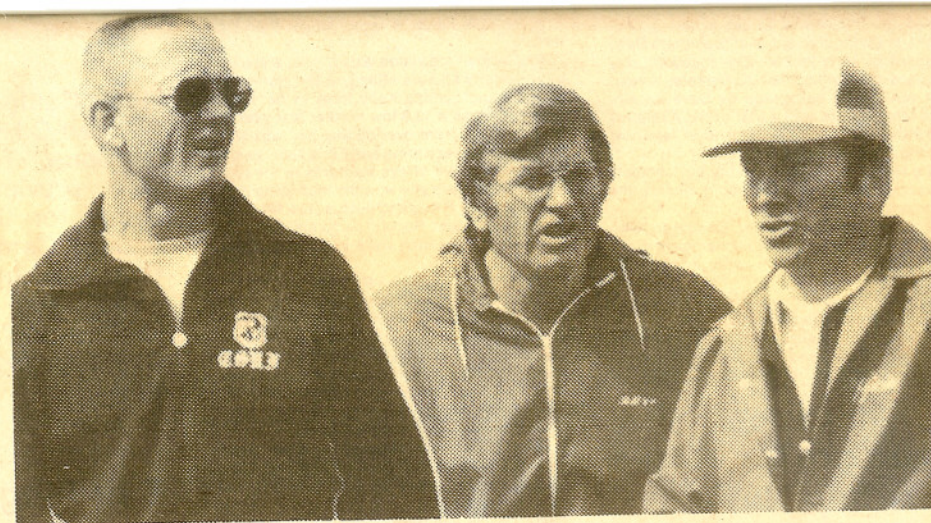
This year's event offers many awards in many different age groups, along with some fine merchandise prizes to be given away in after-race drawings. Also featured in this classic run is a grand prize Las Vegas Classics Championship package deal. The half marathon in Las Vegas has been selected the top 13.1 mile race in the world by *Runner Magazine*. Natural Light t-shirts will be given to the first two hundred preregistered. California Classic/Natural Light sportshirts and caps, sweat outfits and Adidas shoes are just some of the prizes to be awarded to top finishers.

As last year, the California Classic will have a wheelchair division for both men and women competitors.

Natural Light Beer is making the California Classic a top road racing event. For more information on this five mile run contact: California Classic, 1026 W. Princeton, Visalia, CA 93277.



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Fresno State Mentors

Gene "Red" Estes(left) is head cross country and track & field coach, beginning his first year as head of the track team, taking over for retired Dutch Warmerdam. Estes began as an assistant at FSU in 1964. He will also replace Warmerdam as Director of the West Coast Relays.

Bob Fraley(center) is in his first year as FSU assistant track coach, in charge of the Fall track program, sprints, jumps and

relays. Previously Fraley coached at Lemoore High School for 15 years, during which time his track team only lost two dual meets.

Hugh Adams(right) is in his first year at FSU and is in charge of the hurdlers and coordination of officials during meets. Adams previously coached at Parlier High, Reedley High and Reedley College.

Also on the Bulldog track & field coaching staff are Rick Fritzemeier who works with the throwers, and Roger George who works with the decathletes.

"You've tried the rest...now try the best!"

CHIHUAHUA ROAD RUN

2 & 6 mile races

June 14, 1981

Fresno, Calif.

All proceeds for educational scholarships

For More Information: Write
Victor Salazar, 4387 N.
Thorne Ave., Fresno, CA
93704.



PREP NOTES

Send all high school material directly to Keith Conning, California Track & Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

by Keith Conning

Prep Report

By KEITH CONNING

Senior Dennis DeSoto of Santa Rosa opened his 1981 shot put campaign with a toss of 63-1 in a dual meet against Analay on March 6th. Last year DeSoto threw 60-7 1/4, won the North Coast Section, and placed fourth in the State Meet.

Junior Brian Abshire (DeAnza, Richmond) defeated Jim Ryun in the "Spring Scramble with Jim Ryun" in Pleasant Hill. Abshire ran the 6.2 mile race in 31:38 to 32:48 for Ryun. Abshire placed third in the 3000 meter run in the San Francisco Indoor Games.

Senior Paul Rosati (Acalanes, Lafayette) tossed the shot 59-10 to set a new school record, breaking the record of teammate Dave Maggard by nine inches. The following day Maggard's father had his UC Berkeley school shot put record surpassed by Dave Porath. Dave Maggard, Jr. was a star of the Acalanes basketball team this winter and is just now starting his track season.

The North Coast Section shot put competition should be fierce with DeSoto, Rosati, and Maggard.

Chris Prietto (DeLaSalle, Concord), who was the North Coast Section champion in the 400, opened his season with a 10.6 100 meters.

Pete Richardson (Berkeley) ran the 400 in 49.1 in an intra-squad meet.

Berkeley, who placed third in the State 400 relay, ran 42.99 hand-timed at the Cordova Relays. Their mile relay team turned in a 3:22.1.

Southern California Prep Notes

By DOUG SPECK

The big news out of Southern California so far this Spring in dual pre-league action has

9.4 with Brown at 9.5. Mills' blocks slipped and he never got out. Mathis edged Brown in the 220 at 21.9 for both in the same meet. These are all talented, very competitive, "for-real" athletes. The natural skepticism at such quick early season times will be dealt with later when the group will run a number of times on all-weather surfaces with Accutrack timing. Across town, at Blair, hurdler James Knowles has put in a couple of quick 330 yard low hurdle clockings at 36.9 and 36.8.

Irvine Invitational - Saturday, March 14 - Irvine High School.

The metric Irvine Invitational featured action this weekend on the Vaquero all-weather facility. Seventeen schools competed in an affair in which morning heats in the sprints precede the afternoon all-finals competition with multiple heats of races longer than 400 meters.

The women's division was a local show led by University's Laura Mills and the sister duo of Lynn and Lynnda Kelly from Irvine. Mills, best known as a 13.9 low hurdler last year, is staying away from overloading her legs with long-jump and sprinting early this year, as she has suffered two stress fractures in the past ten months. Here she won the high jump (5-8), shot put (41-6, 8 lb.), and discus (134-10), all of which were Meet Record performances. She did race 14.3 the next week in her first hurdle race.

University's Teresa Barrios, the frosh distance star, looked super in rolling to a 5:18 first 1600 during a 10:00.4 solo 3000 meter win. Uni's Polly Plumer is just starting back after a mild injury, and did not race. The Kelly sisters led their Irvine squad to the team title, with Lynn second in both weights (39-7 1/2, 120-0) and Lynnda winning the long jump (17-2) and second in the high jump.

Mike Cochrane's talented Katella group took the men's title. Chuck Franks of Long Beach Jordan added another talent to the Moore League 800 picture (besides Eddie Davis 1:51.68 and Scott Cox 1:51.50) with impressive 50.1 (400) and 1:56.4 (800 Meet Record) middle distance wins. Franks is a tall, talented, and strong runner who will go much faster over two laps. Mira Costa's (Manhattan Beach) Jeff Walker followed a 4:59.2, 800

Locke coach Don Strametz, now at the State University, has worked with Alemany High School to build this into a top meet. A good number of the L.A. area's top programs arrived to do battle.

Denean Howard (Kennedy, Granada Hills) and Vickie Cook (Alemany, Mission Hills) stole the show in the women's track events, while Glendale Hoover's Allison Walker led those on the infield with a 5-8 1/2 high jump. Denean started her day with an anchor job on the 400 relay, bringing her squad in at a lightning 46.82. A bit later she blasted out, then held off Dorsey's Latanya Dawkins in an 11.81

Note: California is divided into ten C.I.F. High School Sections. Track & Field 1981 previews are given below for the San Diego and the Central Coast Sections. The other eight sections were previewed in last month's issue of *California Track & Running News*.

San Diego Section

By KEITH CONNING

BOYS:

100: Kevin Shields (San Diego) 10.64,
4 State

11.82 100 meter race. She closed the afternoon with a 52.1 mile relay split to bring her team from way back to a win over the Manual Arts Toilers 3:49.00 to 3:50.28. Vickie Cook anchored her squad to Meet Record sprint and distance medley relay wins, coming from far back with 2:12.0 and 4:59.0 legs.

Tina Howard (Kennedy) nipped Inger Petersen (Dorsey) 56.55 to 56.79 in a competitive 400 meters, and Carla Johnson (Manual Arts, L.A.) raced to a 2:13.39 800 meter win over a good field. The Toilers Carla Bontl charged 46.1 in the new 300 meter low hurdles. Yolanda Fletcher (Crenshaw, L.A.) tossed the shot 43-1 1/2.

In the Men's Division at Northridge there were a number of fine efforts. Inglewood's Chris Bonner had the day's best mark, a 6-11 high jump. A powerful leaper, he appears capable of higher. Monroe's (Sepulveda) Steve Sutherland pushed Bonner with a 6-9 clearance.

The Compton distance crew, led by Eddie Davis, was unbeatable. They started the day off with an 18:00.0 four mile relay win (Davis anchoring at 4:19.0). Next for the Tarbabes came a 3:28.87 sprint medley win (Davis 1:53.9), an 8:08.0 two mile relay win, and the group closed the day with a 10:43.80 distance medley relay victory. The spirited efforts by Coach Victor Moore and Curtis Seymore's troops were inspirational.

Centennial of Compton had Leonard Graham showing amazing lift the final one-third of the 100 meters to win in 10.85. Bobby Jones raced to a 37.6 300 meter low hurdle win for the same school. Long Beach Poly featured Joe Person, Victor Townsend, and a supporting relay cast. Person, an all-world linebacker for a Sectional Champion football squad, powers his 215 pounds around the track pretty well also. He charged past a couple of people during an anchor leg in a 42.15

1600: Veronica James (Bonita Vista, Chula Vista) 5:01.68, 5-State heat. Junior Susy Tanner (Vista) 5:09.25, 10-State heat.

3200: Terri Brown (San Pasqual, Escondido) 10:59.32, 13-State. Junior Diane Dewey (Monte Vista, Spring Valley) 11:06.7, 24-State. Junior Shelli Lachel (Monte Vista, Spring Valley) 11:01.41. Ruthie Truscott (Santa Fe Springs) 11:13.21. Chadwick (Mira Mesa) 11:20.41.

High Jump: Corlett Jeter (Morse, San Diego) 5-4, NH-State trials.

Long Jump: Eve Sellis (University, San Diego) 17-10 1/2. Chris Mose (El Cajon Valley, El Cajon) 17-7 3/4. NQ-State trials. Dixon (Mira Mesa) 17-3 1/2. Alston (Mission Bay, San Diego) 16-8 1/2.

Discus: Sue Compton (Marian, Imperial Beach) 147-9, 4-State.

Central Coast Section

By HOWARD WILLMAN

400 meter relay win and raced 10.96 for second in the 100 meters. Townsend raced 48.45 for a 400 meter triumph over Serra's Blair Cox (48.86) and Centennial's Time Ware (48.88). A mile relay showdown between Centennial and Poly had Leonard Graham maintaining a slight lead over Townsend through a 48.1 leg with Poly awarded the win when Centennial was disqualified (Poly 3:22.64). LA Baptist's Chris Monroe looked strong in racing to a 1:53.84 800 meter win.

★ ATTENTION HIGH SCHOOL SECTION READERS ★

I will be compiling a high school leaders list to be published each issue during track season. Please send me any marks that meet the following standards: **Men:** 100y 9.8, 100m 10.7, 200m 21.9, 220y 22.0, 400m 49.4, 440y 49.7, 800m 1:56.3, 880y 1:57.0, 1500m 4:02.0, 1600m 4:18.2, Mile 4:20.0, 3000m 8:50.0, 3200m 9:21.4, 2 Mile 9:25.0, HH 14.6, LH 38.3m, 38.5y, 400R 42.8, 440R 43.0, 3200R 3:22.9, Mile Relay 3:24.0, HJ 6-6 1/4, PV 14-0, LJ 22-6, TJ 46-0, SP 55-0, DT 162-0, **Women:** 100y 11.2, 100m 12.2, 200m 25.5, 220y 25.6, 400m 58.2, 440y 58.5, 800m 2:19.2, 880y 2:20.0, 1500m 4:55.0, 1600m 5:13.2, Mile 5:15.0, 3000m 10:45.0, 3200m 11:16.0, 2 Mile 11:20.0, Hurdles 15.0, 330H 48.5, 400R 49.3, 440R 49.5, 3200R 4:03.8, Mile Relay 4:05.0, HJ 5-4 1/4, LJ 17-6, SP 38-0, DT 120-0.

Please send your marks to: Keith Conning, 2235 Browning Street, Berkeley, CA 94702. Include the meet, site, date, wind, and automatic or hand timing information.

(mile best of 4:17.6) and Joe Naughten (Freemont, Sunnyvale), seventh in cross country, also figure prominently.

Brendan Saunders (Bellarmine, San Jose), second last year, comes back with a 1:53.7m. Angel Vasquez (Watsonville), an All-CCS soccer standout, is "finally" in his senior year and returns a 1:55.1m and fifth place. Dulin and Naughten, if they elect to run, and Lowell Gibbs (Gunn, Palo Alto, 1:55.6m) also have legitimate shots.

Hurdles: Reggie Hawkins (Hillsdale, San Mateo) is lone placer (second) returning in highs, and he brings in a 14.2m PR. Defending lows champ Ron Seanez (Gilroy) is again the favorite in his event (PR 36.8m). Also contending should be Woodside duo of Tim Redick (37.75m), second last year, and junior Willie Williams (37.9y) and nearby rival James Ware (Carlmont, Belmont, 38.4y).

Vertical Jumps: Two 6-8s are back in the high jump: TJ Bartel (Westmont, Campbell) and Darrell Washington (Oak Grove, San Jose). Junior Erik Luper (Yerba Buena, San Jose) returns a 6-7, which garnered him the frosh-soph crown.

Mitch Norris (Del Mar, San Jose, 15-2) and Marc Anderson (Buchser, Santa Clara, 15-0) are the "only" 15-footers back, but Jeff Lunt (Westmont, Campbell) and decathlete Tom McGraw (Los Gatos) are back at 14-6 to lead

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Southern California Prep Notes

By DOUG SPECK

The big news out of Southern California so far this Spring in dual pre-league action has been out of Pasadena, specifically at Muir High School. Coach Walt Opp has as talented a group of speedsters as he has ever worked with as Mustang coach. Sprinters Bernard Mathis, Ron Brown, and Ron Mills join with all-arounder Ed Tave to be tough to handle at the bottom end. Brown and Mills were the running backs on an explosive Muir football squad this Fall -- Brown will join the University of Colorado football program next year, while Mills will try to continue the Barry Switzer tradition at running at running back for the Oklahoma Sooners. Tave is a fine all-arounder, having leaped 23-6 1/2 and 47-11 1/2 in the horizontals this Spring. After a 14.2 season-opening high hurdle time he exploded on March 9th to a 13.7 clocking when challenged by Locke's Terry Brisco (14.3). Mathis, a junior, cranked 9.8 and 9.6 in winning the 100 yard dash in the Mustang's first two affairs. Brown clocked 9.8 and 9.7 in the same meets, with Mills turning in one 9.9. Against Blair on March 12th Mathis blasted a

senior Paul Rosati (Acalanes, Lafayette) tossed the shot 59-10 to set a new school record, breaking the record of teammate Dave Maggard by nine inches. The following day Maggard's father had his UC Berkeley school shot put record surpassed by Dave Porath. Dave Maggard, Jr. was a star of the Acalanes basketball team this winter and is just now starting his track season.

The women's division was a local show led by University's Laura Mills and the sister duo of Lynn and Lynnda Kelly from Irvine. Mills, best known as a 13.9 low hurdler last year, is staying away from overloading her legs with long-jump and sprinting early this year, as she has suffered two stress fractures in the past ten months. Here she won the high jump (5-8), shot put (41-6, 8 lb.), and discus (134-10), all of which were Meet Record performances. She did race 14.3 the next week in her first hurdle race.

University's Teresa Barrios, the frosh distance star, looked super in rolling to a 5:18 first 1600 during a 10:00.4 solo 3000 meter win. Uni's Polly Plumer is just starting back after a mild injury, and did not race. The Kelly sisters led their Irvine squad to the team title, with Lynn second in both weights (39-7 1/2, 120-0) and Lynnda winning the long jump (17-2) and second in the high jump.

Mike Cochrane's talented Katella group took the men's title. Chuck Franks of Long Beach Jordan added another talent to the Moore League 800 picture (besides Eddie Davis 1:51.68 and Scott Cox 1:51.50) with impressive 50.1 (400) and 1:56.4 (800 Meet Record) middle distance wins. Franks is a tall, talented, and strong runner who will go much faster over two laps. Mira Costa's (Manhattan Beach) Jeff Atkinson followed a 1:58.3 800 with a gutty 4:05.7 1500 win. Brad Meyer (University, Irvine) looked strong in an 8:42.2 3000 meter triumph. Robert Planta's 8:48.5/4:06.3 double led an awesome Mater Dei (Santa Ana) distance group that could return as the State's top cross country squad in 1981. Katella's Mark Hale raced 14.4 (heat) and 14.7 (final) high hurdle times as the sea breezes turned into a downright hinderance in the afternoon sprint finals, blasting into the faces of the short eventers.

Alemay Relays - Saturday, March 21st - Cal State Northridge.

Rain late in the week wiped out most of Thursday's area duals, so most looked ahead to weekend relay action. The clouds hung around and it was cold enough to slow the sprinters, but the second Alemay Relays on the Cal State Northridge all-weather facility came off. Last year the problem was hurricane force winds -- one of these years things will go perfect for this meet. Former L.A.

Note: California is divided into ten C.I.F. High School Sections. Track & Field 1981 previews are given below for the San Diego and the Central Coast Sections. The other eight sections were previewed in last month's issue of *California Track & Running News*.

San Diego Section

By KEITH CONNING

BOYS:

100: Kevin Shields (San Diego) 10.64, 4-State.

200: Kevin Shields (San Diego) 21.98, 8-State.

800: Jay Moore (Morse, San Diego) 2:21.2i(1000). Sevier (Valhalla, El Cajon) 2:21.4i(1000). O'Rourke (Bonita Vista, Chula Vista) 2:24.8i(1000).

1 mile: Russell (San Pasqual, Escondido) 4:21.0i.

3200: Dave Ivy (Santana, Santee) 9:16.55, 25-State. Stan Aguilar (Helix, La Mesa) 9:31.1i(2 mile).

110H: Joe Leakes (Mt. Carmel, Poway) 14.77, 4-State. Rob Avant (Valhalla, El Cajon) 7.79i(60y). Bruce Mitchell (El Camino, Ocean-side) 7.65i(60y).

300LH: Bruce Mitchell (El Camino, Ocean-side) 37.78, 4-State. Ken Brajehel (Poway) 38.27, 4-State heat.

High Jump: Mike Heintschel (Escondido) 6-6, NQ-State trials. Barrett Francis (Vista) 6-4i.

Pole Vault: Rob Avant (Valhalla, El Cajon) 14-0, NH-State trials. Jay Vavra (Valhalla, El Cajon) 13-6i. Sawyer (Valhalla, El Cajon) 13-0. Ludwig (Southwest, San Diego) 13-0i.

Long Jump: Junior Troy Kurelich (San Pasqual, Escondido) 22-7, 25-State trials. Mark McKinney (Bonita Vista, Chula Vista) 21-7 1/2i. McClendon (University, San Diego) 21-5 1/2i. Lockett (Lincoln, San Diego) 21-4i.

Shot Put: Jack Eaton (Fallbrook) 55-1, 26-State trials.

GIRLS

100: Ellen Jones (Mt. Miguel, Spring Valley) 12.21, 5-State heat. Estella Jackson (Morse, San Diego) 12.41, 5-State heat. Cooksey (Hoover, San Diego) 7.3i(60y).

200: Ellen Jones (Mt. Miguel, Spring Valley) 25.32, 4-State heat. Estella Jackson (Morse, San Diego) 25.69, 6-State heat.

400: Alma Jones (Henry, San Diego) 57.57, 3-State heat. Junior Mary Thompson (Vista) 57.86, 5-State heat. Gates (Marian, San Diego) 1:14.4i(500y). West (Valhalla, El Cajon) 1:15.1i(500y).

800: Julie Hawkes (San Dieguito, Encinitas) 2:16.17, 5-State heat. Junior Denise Dibos (Helix, La Mesa) 2:17.63, 5-State heat. Rowlett (El Capitan, Lakeside) 2:48.6i(1000y).

1600: Veronica James (Bonita Vista, Chula Vista) 5:01.68, 5-State heat. Junior Susy Tanner (Vista) 5:09.25, 10-State heat.

3200: Terri Brown (San Pasqual, Escondido) 10:59.32, 13-State. Junior Diane Dewey (Monte Vista, Spring Valley) 11:06.7, 24-State. Junior Shelli Lachel (Monte Vista, Spring Valley) 11:01.4i. Ruthie Truscott (Santa Fe Springs) 11:13.2i. Chadwick (Mira Mesa) 11:20.4i.

High Jump: Corlett Jeter (Morse, San Diego) 5-4, NH-State trials.

Long Jump: Eve Selis (University, San Diego) 17-10 1/2. Chris Mose (El Cajon Valley, El Cajon) 17-7 1/4. NQ-State trials. Dixon (Mira Mesa) 17-3 1/2i. Alston (Mission Bay, San Diego) 16-8 1/2i.

Discus: Sue Compton (Marian, Imperial Beach) 147-9, 4-State.

Central Coast Section

By HOWARD WILLMAN

BOYS:

While last year's pole vault crop combined to put eight over 15-0 (and 14 over 14-6), this year is undoubtedly expected to be a "down" year. However, two 14-footers and two more at 14-6 return. That plus the usual horde of new names that appear in this event should make for a respectable "down" year.

Sprints: Defending 400 (and fourth in state) champ Anthony Toney (North Salinas, Salinas), and All CCS footballer, is the most versatile of returnees (10.0y, 10.7m, 21.40, 47.79) and is the favorite in the longer events (he was also second in CCS 200). Also back are Reggie Grimes (Hill, San Jose), fourth two years running at 400, and Steve Luke (Woodside), both turning in 49.0 last year.

In the shorter sprints, Ken Smith (Palo Alto) is the favorite (9.99y, 10.6m, 21.77y), coming off his third place in last year's 100. Competition looks to be toughest from Toney, junior Lewis Bruner (Gunderson, San Jose, 9.98y) and Rory Flint (Silver Creek, San Jose, 22.1wy).

Middle Distances: A loaded 3200 appears likely with this fall's cross country season figured in the picture. Mike McCollum (Palo Alto) won the CCS title, was third NorCal, fifth at Western Regional, and sixth nationally. He finished second in last year's 2-mile and has a PR of 9:14.4y. Jesse Torres (Independence, San Jose), third last year, was ineligible for the end of cross country season and returns a 9:13.4y, although he went 9:04.8y at the fall postals. Torres opened up the season with a fast indoor 3000 at the San Francisco Games, clocking 8:31.5 to hold off Nelson Bernal (Westmont, Campbell), who finished in 8:32.6. Bernal, second in cross country, went 9:14.1y at the postals. Also in contention: Nash Guaracha (Hollister), fourth in cross country; Joe Rubio (Willow Glen, San Jose), fifth in cross country and 9:06.9y in postals; and Jim Scattini (Palma, Salinas), sixth in cross country (PR 9:21.5y).

In the 1600 Paul Cox (Los Gatos), fifth last year, returns with PRs of 3:59.6m and 4:21.0y, but should be challenged by versatile Brian Dulin (Leigh, San Jose), third in cross country but has PRs of 1:57.0y and 9:09.3y. Torres

(mile best of 4:17.6) and Joe Naughten (Fremont, Sunnyvale), seventh in cross country, also figure prominently.

Brendan Saunders (Bellarmine, San Jose), second last year, comes back with a 1:53.7m. Angel Vasquez (Watsonville), an All-CCS soccer standout, is "finally" in his senior year and returns a 1:55.1m and fifth place. Dulin and Naughten, if they elect to run, and Lowell Gibbs (Gunn, Palo Alto, 1:55.6m) also have legitimate shots.

Hurdles: Reggie Hawkins (Hillsdale, San Mateo) is lone placer (second) returning in highs, and he brings in a 14.2m PR. Defending lows champ Ron Saneaz (Gilroy) is again the favorite in his event (PR 36.8m). Also contending should be Woodside duo of Tim Redick (37.75m), second last year, and junior Willie Williams (37.9y) and nearby rival James Ware (Carlmont, Belmont, 38.4y).

Vertical Jumps: Two 6-8s are back in the high jump: TJ Bartel (Westmont, Campbell) and Darrell Washington (Oak Grove, San Jose). Junior Erik Luper (Yerba Buena, San Jose) returns a 6-7, which garnered him the frosh-soph crown.

Mitch Norris (Del Mar, San Jose, 15-2) and Marc Anderson (Buchser, Santa Clara, 15-0) are the "only" 15-footers back, but Jeff Lunt (Westmont, Campbell) and decathlete Tom McGraw (Los Gatos) are back at 14-6 to lead the CCS' best event.

Horizontal Jumps: Defending long jump champ Ken Smith (Palo Alto) returns a 23-1. A close event, traditionally, and this year's challengers include Steve Green (Salinas, 22-11), Steve Sewell (Riordan, San Francisco, 22-10), also an All-CCS footballer, Silver Creek (San Jose) duo of Ray Holland and junior Larry Weldon (both 23-5 1/4), and Kenny Allen (Seaside, 22-3).

Weldon, frosh-soph triple jump champ last year, went 48-3 1/2 over the summer to rank him as favorite there. Back, too, are Ken Taylor (Yerba Buena, San Jose, 46-3) and Allen (45-11).

Weights: Tops in the shot is Tim Sutro (Del Mar, San Jose), third last year (PR 58-4 1/4). Jon Swedlund (San Lorenzo Valley, Felton, 54-4) and Rodney Robinson (Awat, Mountain View, 53-10) are also back. The discus could be interesting with Henry Hall (Westmont, Daly City, 176-6), junior Dan Katches (Mills, Millbrae, 171-10) and Sutro (167-8) the returning. Hall, although leading all season, didn't place last year, Sutro was sixth, and Katches won the frosh-soph title with a longer throw than the varsity's winning mark.

Teams: As usual, wide open at this point, with defending champ Woodside, Palo Alto, perennial power Mt. Pleasant (San Jose), Silver Creek (San Jose), and Carlmont (Belmont) among the many who could pull it out.

GIRLS

With only one big name in the distances gone (Roxanne Bier of Independence, San Jose), familiar names should be around to dominate those events this year. And in other events, the usual majority is also back.

Sprints: Defending double (100, 200) champ junior Gurtha Pounds (Live Oak, Morgan Hill) will be favored in the shorter sprints, where she sports PRs of 11.4y, 12.0m, and 24.4m. Also back are places 2-4 in the 100 and 2-6 (excluding fourth) in the 200. Best of the rest: Rhonda Robinson (San Carlos), second in both sprints (PRs 11.2y, 12.0m, 25.06m), and junior Liz Chewing (Saratoga), third in both

Kinney Cross Country Championships

HIGH SCHOOL CROSS COUNTRY RUNNERS & COACHES

Mark Your Calendars Now

The dates for the 1981 Kinney Cross Country Championships have been set as follows:

WESTERN CHAMPIONSHIPS
December 5, 1981 - Woodward Park, Fresno

NATIONAL CHAMPIONSHIPS
December 12, 1981 - Orlando, Florida

1981 California High School Indoor Ranking

By KEITH CONNING

MEN:**50 Meters: (5.4)**

- 5.96 Ken Smith (Palo Alto)
 5.97 Kenny Robinson (Berkeley)
 6.00 *Kevin Willhite (Cordova, Rancho Cor)
 6.07 *Lenny Davis (Pittsburg)
 6.16 Eugene King (Vallejo)
 6.20 Jonathan Jones (Oakland)
 6.0 Lathan Parnell (Hogan, Vallejo)
 6.1 Charles Hester (Carlmont, Belmont)

60 Yards: (6.33)

- 6.36 Kenny Robinson (Berkeley)
 6.38 Kevin Shields (San Diego)
 6.43 Courtney Griffin (Millikan, Long Beach)
 6.46 Jimmie Crittendon (Crenshaw, L.A.)
 6.47 *Troy Delemar (Pasadena)
 6.50 Gerald White (McClintock, Oakland)
 6.53 Harold Todd (Serra, Gardena)
 6.56 Ron Mills (Muir, Pasadena)
 6.64 Paul Jones (Kennedy, Granada Hills)
 6.64 *Kevin Willhite (Cordova, Rancho Cor)

400 Meters: (50.1 440y)

- 50.8 *Anre Williams (Oakland)
 52.9 Timmons (Oakland)
 52.9 Ulysee Walker (Berkeley)
 52.9 Rich Richard (Woodside)

sprints (11.2y, 12.0m, 25.3y). Robinson was seventh in state 200.

Two-time defending 400 champ (and fourth in state) junior Sherrill Miller (Fremont, Sunnyside) returns a fine 54.38m and has also gone 25.16m. Her nearest competitor is versatile Margaret Demorest (Buchser, Santa Clara, 56.55m), also one of the nation's best open 400 hurdlers (60.65). Also back are Val Ford (San Mateo, 57.53m) and Paula Folanini (Carlmont, Belmont, 57.7y).

Middle Distances: An array of versatile runners spotlight action here. Defending 800 champ (second in mile) junior Maria King (Milpitas) has PRs of 2:09.9m, 4:39.7m, and 4:58.3y. She was second in state 800 and fifth as a frosh in '79. Two-time defending mile champ (second in 800 two years in a row) Tracy Weber (Lynbrook, San Jose) returns times of 2:11.4m and 4:56.9y. Kerry Brogan (Los Altos), second in NorCal this cross country season, brings back times of 2:11.6m, 4:59.4y, 9:52.0m, and 10:50.4y. Soph Sharon Yaninek (Presentation, San Jose, 2:14.4m) and junior Esther Berndt (Gunn, Palo Alto, 2:16.4m, 4:42.3m, 5:07.5y) will challenge in the shorter races.

NorCal cross country champ junior Linda VanHousen (Sacred Heart, Menlo Park) has improved enormously from last year's times of 5:15.0y, 10:01.9m, and 11:20.2y. Also in the longer-race picture are Homestead (Cupertino)

500 Yards: (57.4)

- 58.9 Erwin Hickman (Jefferson, L.A.)
 59.0 Darrell Willis (Norco)
 59.2 Chris Prietto (DeLaSalle, Concord)
 59.4 Leonard Graham (Centennial, Compt)
 59.7 Victor Townsend (Poly, Long Beach)
 59.7 Tim Ware (Centennial, Compton)
 59.9 Robert Johnson (Bakersfield)
 60.0 Ulysee Walker (Berkeley)
 61.1 Kevin Flint (Crescenta Valley, La Cres)
 61.3 *Fabian Cooper (Washington, L.A.)

800 Meters: (1:53.0)

- 1:56.7 Steve Gerhart (Miramonte, Orinda)
 1:58.3 Pete Richardson (Berkeley)
 2:00.9 John Odell (Vintage, Napa)

880 Yards: (1:53.0)

- 1:56.2 Scott Cox (Wilson, Long Beach)
 1:56.2 Pete Richardson (Berkeley)
 1:56.5 Brendan Saunders (Bellarmine, S.J.)
 1:57.0 MacArthur Osborne (Crenshaw, L.A.)
 1:57.5 Chris Monroe (Baptist, L.A.)
 1:59.2 Anthony Wells (Santa Ana Valley)
 1:59.9 Cummings (Palos Verdes)
 2:01.4 King (Hawthorne)

1,000 Yards: (2:15.0)

- 2:21.2 Jay Moore (Morse, San Diego)
 2:21.4 Sevier (Valhalla, El Cajon)
 2:24.8 O'Rourke (Bonita Vista, Chula Vista)

1500 Meters: (3:46.6)

- 3:54.5 Jon Butler (Edison, Huntington Bch)
 4:10.5 Steve Gerhart (Miramonte, Orinda)
 4:13.1 *Don Merwin (Hayfork)
 4:13.8 Nash Guaracha (Hollister)

One Mile Run: (4:02.7)

- 4:11.3 Jon Butler (Edison, Huntington Bch)
 4:15.0 Scott Cox (Wilson, Long Beach)
 4:20.8 Steve Valen (El Modena, Orange)
 4:21.0 Russell (San Pasqual, Escondido)
 4:21.5 Jim Hartford (Corona del Mar)
 4:22.3 Shawn Smallwood (Corcoran)
 4:23.2 Octavio Morales (Camarillo)
 4:24.2 Scott LaCrosse (Costa Mesa)
 4:26.0 Shawn Gallagher (Corona del Mar)
 4:27.6 Parker (Tustin)

- 9:19.3 Nelson Bernal (Westmont, Campbell)
 9:25.2 Brad Meyer (University, Irvine)
 9:27.2 Mike Oleata (La Jolla)
 9:28.3 Tom Crewe (Carpenteria)
 9:31.1 Stan Aguilar (Helix, La Mesa)

60 Yard Hurdles: (7.22)

- 7.41 David Ashford (West Covina)
 7.45 Chris Chisman (Poly, Riverside)
 7.47 Ron McCoy (Edison, Fresno)
 7.54 Elliot White (Lynwood)
 7.62 *Steve Kerho (Mission Viejo)
 7.65 Bruce Mitchell (El Camino, Oceanside)
 7.79 Rob Avant (Valhalla, El Cajon)
 7.96 Joe Leakes (Mt. Carmel, Poway)

4x160 Yard Relay:

- 1:05.1 Muir, Pasadena
 1:06.4 Kennedy, Granada Hills
 1:06.6 Pasadena
 1:06.6 Poly, Riverside
 1:06.9 Washington, Los Angeles
 1:07.3 Morse, San Diego
 1:07.6 Banning, Wilmington
 1:07.6 Kearny, San Diego
 1:07.6 Serra, San Diego
 1:07.8 San Diego

4x400 Meter Relay:

- 3:22.6 Berkeley
 3:23.8 Oakland
 3:29.3 Milpitas
 3:31.3 Independence, San Jose
 3:39.7 Nevada Union, Grass Valley

4x440 Yard Relay: (3:21.10)

- 3:26.2 Berkeley
 3:26.9 Muir, Pasadena
 3:30.4 Centennial, Compton
 3:31.1 Pasadena
 3:32.0 Crenshaw, Los Angeles
 3:32.7 Serra, Gardena
 3:34.0 Poly, Long Beach
 3:35.7 Mt. Carmel, Poway
 3:36.2 Poly, Riverside
 3:36.8 Manual Arts, Los Angeles

4x800: (8:00.8 4x880)

- 8:26.4 Vintage, Napa
 8:35.0 Casa Roble (Orangevale)
 8:36.5 Berkeley

4x880 Yard Relay: (8:00.8)

- 8:06.2 Dos Pueblos, Goleta
 8:10.7 Lakewood
 8:14.3 Upland
 8:15.1 Camarillo
 8:22.5 University, Irvine
 8:25.0 Thousand Oaks



Maggie VanZeland



Pete Richardson

Pole Vault: (16-0 3/4)

- 14-6 Marc Alexander (Buchser, Santa Clara)
 14-0 Kevin Camara (Del Mar, San Jose)
 13-6 Jeff O'Donnell (Buchser, Santa Clara)
 13-6 Jay Vavra (Valhalla, El Cajon)
 13-0 Sawyer (Valhalla, El Cajon)
 13-0 Ludwig (Southwest, San Diego)

Long Jump: (26-2)

- 23-2 3/4 Ron McCoy (Edison, Fresno)
 23-0 3/4 Paul Jones (Kennedy, Granada Hills)
 22-7 Ken Smith (Palo Alto)
 22-2 1/2 Nate Banks (Balboa, SF)
 22-2 1/2 Ed Tave (Muir, Pasadena)
 21-11 1/2 *Vince Logan (Salesian, Richmond)
 21-7 3/4 Mark McKinney (Bonita Vista, D.V.)
 21-7 1/2 Jeff Johnson (Petaluma)
 21-5 3/4 McClendon (University, San Diego)
 21-4 Lockett (Lincoln, San Diego)

Triple Jump: (50-5 1/4)

- 48-7 1/4 *Ken Frazier (Mission, S.F.)
 47-10 1/4 Paul Jones (Kennedy, Gran Hills)
 46-7 1/2 Ed Tave (Muir, Pasadena)
 46-4 Phil Anderson (Fremont, L.A.)
 45-6 1/4 Joe Sterling (Menlo-Atherton, Ath.)
 44-6 1/4 Ken Smith (Palo Alto)

Shot Put: (64-11 1/4)

- 56-3 3/4 Paul Rosati (Acalanes, Lafayette)
 54-11 Tim Sutro (Del Mar, San Jose)
 52.4 Fowler (Belle Vista, Fair Oaks)

WOMEN:**50 Meters: (6.43)**

- 6.44 Sharon Ware (Berkeley)

60 Yards: (6.7)

- 6.88 *Layanya Dawkins (Dorsey, L.A.)
 7.08 *Zelda Johnson (Carey, Pomona)

One Mile Run: (4:38.5)

- 4:52.8 *Polly Plumer (University, Irvine)
 4:57.3 *Vickie Cook (Alemany, Miss His)
 4:59.8 Tracy Weber (Lynbrook, San Jose)
 4:59.9 Michelle Mason (Buena, Ventura)
 5:03.5 Shelly Hazlett (Saugus)
 5:03.5 *Lori Lopez (Sacred Heart, L.A.)
 5:04.9 *Bonnie McGlinchey (Fountain Val)
 5:06.9 Nina Manriquez (Burbank)
 5:08.5 Mary Gaffield (El Cerrito)
 5:08.7 Margaret Spotts (Redondo)

3,000 Meter Run: (9:57.3)

- 10:00.6 *Lori Lopez (Sacred Heart, L.A.)
 10:11.8 *Lori Shanoff (Petaluma)
 10:14.0 Kerry Brogan (Los Altos)
 10:14.6 *Robyn MacSwain (Terra Linda, SR)
 10:15.4 Marcia White (Miramonte, Orinda)
 10:22.6 Renee Martin (Casa Roble, Orgvi)
 10:56.1 Judy Peters (Westmont, Campbell)
 10:58.0 Heidi Ertl (Pinole)

Two Mile Run: (10:16.8)

- 11:01.5 *Shelli Lachel (M. Vista, Spring Val)
 11:13.2 Ruthie Truscott (Santa Fe Springs)
 11:20.4 Chadwick (Mira Mesa, San Diego)

4x160 Yard Relay:

- 1:15.7 Ganesha, Pomona
 1:15.8 Manual Arts, Los Angeles
 1:16.5 Fremont, Los Angeles
 1:17.4 Crenshaw, Los Angeles
 1:17.6 Kennedy, Granada Hills
 1:17.6 Vista
 1:17.6 Mt. Miguel, Spring Valley
 1:17.8 Poly, Long Beach
 1:18.1 Morse, San Diego

4x400 Meter Relay: (3:52.35e 4x440)

- 4:02.8 Berkeley
 4:07.0 Casa Roble, Orangevale



sprints (11.2y, 12.0m, 25.3y). Robinson was seventh in state 200.

Two-time defending 400 champ (and fourth in state) junior Sherrill Miller (Fremont, Sunnyvale) returns a fine 54.38m and has also gone 25.16m. Her nearest competitor is versatile Margaret Demorest (Buchser, Santa Clara, 56.55m), also one of the nation's best open 400 hurdlers (60.65). Also back are Val Ford (San Mateo, 57.53m) and Paula Foianini (Carlmont, Belmont, 57.7y).

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NorCal cross country champ junior Linda VanHousen (Sacred Heart, Menlo Park) has improved enormously from last year's times of 5:15.0y, 10:01.9m, and 11:20.2y. Also in the longer-race picture are Homestead (Cupertino) duo of Karen Kwong (5:15.1y, 11:26.8y) and Meg Wright (11:12.3y), fourth in CCS cross country, Cathy Demmelmaier (Lynbrook, San Jose, 11:01.7y), soph Andrea Heimbecker (Willow Glen, San Jose, 11:08.9y), soph Kathleen Bonnet (Saratoga, 11:16.2y), soph Susan Brodie (St. Francis, Mountain View, 11:18.9y, fifth cross country) and Laura Silva (San Carlos, sixth cross country).

Hurdles: This event was hurt badly by graduation of places 1-3, but soph Renay Schoenlein (Piedmont Hills, San Jose, 14.8m), fourth last year, and Karen Robinson (Branham, San Jose, 15.04m), fifth last year, return.

Jumps: Karen Robinson (Fremont, Sunnyvale), second last year and a good 11.3y/12.1m sprinter, leads the high jump returnees with a PR 5-8½. Also back at 5-4: Sidonie Roach (Santa Catalina, Monterey), Chris Metzger (Fremont Christian, Fremont), an All-CCS cager, and junior Kathy Repanich (Lynbrook, San Jose).

Defending long jump champ junior Kelly Abruzzini (Gilroy, 18-2¼) should see more than enough competition from '79 champ Sheila Green (Hill, San Jose, 17-8½) and Margaret Demorest (Buchser, Santa Clara, 18-3¼).

Weights: (shot PRs with 8 lbs.): Double second-placer junior Stephanie Townsend (Silver Creek, San Jose, 40-3½, 134-10) should see plenty of competition from junior Cindi Durschlag (San Carlos, 41-3¼, 130-3), Gia Carozzi (Carlmont, Belmont, 40-5), junior Jill Crisler (Gunn, Palo Alto, 38-11½, 123-7), Jane Hambleton (Buchser, Santa Clara, 133-2), and Diane Oswald (Los Gatos, 128-4).

Teams: San Carlos and Gunn (Palo Alto) look slightly better than the rest, but also in the running are Lynbrook (San Jose), defending champ Fremont (Sunnyvale), Buchser (Santa Clara), Live Oak (Morgan Hill) and Silver Creek (San Jose).

One Mile Run: (4:02.7)

- 4:11.3 Jon Butler (Edison, Huntington Bch)
- 4:15.0 Scott Cox (Wilson, Long Beach)
- 4:20.8 Steve Valen (El Modena, Orange)
- 4:21.0 Russell (San Pasqual, Escondido)
- 4:21.5 Jim Hartford (Corona del Mar)
- 4:22.3 Shawn Smallwood (Corcoran)
- 4:23.2 Octavio Morales (Camarillo)
- 4:24.2 Scott LaCrosse (Costa Mesa)
- 4:26.0 Shawn Gallagher (Corona del Mar)
- 4:27.6 Parker (Tustin)



photo by Don Gosney

Ester Berndt

3,000 Meters: (8:07.6)

- 8:31.5 Jesse Torres (Independence, S.J.)
- 8:32.6 Nelson Bernal (Westmont, Campbell)
- 8:38.4 *Brian Abshire (DeAnza, Richmond)
- 8:47.6 *Harold Kuphaldt (Belle Vista, F. Oak)
- 8:54.6 Paul Cox (Los Gatos)
- 8:55.0 Bob Lohse (Hanford)
- 8:55.2 Aubrey Wilson (Berkeley)
- 8:55.8 Gary Whaler (Placer, Auburn)
- 9:04.2 *Tim Berry (Ygnacio Valley, Concord)
- 9:04.2 *Don Merwin (Hayfork)

Two Mile Run: (8:42.7)

- 8:55.2 Jon Butler (Edison, Huntington Bch)
- 9:11.6 Michael Carlton (Northview, Covina)
- 9:11.6 Cesarlo Marquez (Monroe, Sepulveda)
- 9:13.3 Jeff Atkinson (Mira Costa, Mhntn Bch)
- 9:19.1 Barasa Thomas (Santa Barbara)

8:36.5 Berkeley

- 4x880 Yard Relay: (8:00.8)
- 8:06.2 Dos Pueblos, Goleta
- 8:10.7 Lakewood
- 8:14.3 Upland
- 8:15.1 Camarillo
- 8:22.5 University, Irvine
- 8:25.0 Thousand Oaks



photo by Don Gosney

Jesse Torres

8x160 Yard Relay:

- 2:15.8 Poly, Long Beach
- 2:15.8 Muir, Pasadena
- 2:16.6 Fremont, Los Angeles

High Jump: (7-0)

- 6-11 ¾ **Maurice Crumby (Balboa, S.F.)
- 6-8 Matt Ross (Rio Mesa, Oxnard)
- 6-8 Steve Sutherland (Monroe, Sepul)
- 6-6 Todd Hart (Servite, Anaheim)
- 6-6 Dave Wicker (Millikan, Long Beach)
- 6-4 Barrett Francis (Vista)
- 6-4 Mike Helntschel (Escondido)
- 6-4 Ken Malvino (Redwood, Larkspur)
- 6-4 Washington (Independence, S.J.)

Long Jump: (26-2)

- 23-2 ¾ Ron McCoy (Edison, Fresno)
- 23-0 ¾ Paul Jones (Kennedy, Granada Hill)
- 22-7 Ken Smith (Palo Alto)
- 22-2 ¾ Nate Banks (Balboa, SF)
- 22-2 ¾ Ed Tave (Muir, Pasadena)
- 21-11 ¾ *Vince Logan (Salesian, Richmond)
- 21-7 ¾ Mark McKinney (Bonita Vista, D.V.)
- 21-7 ¾ Jeff Johnson (Petaluma)
- 21-5 ¾ McClendon (University, San Diego)
- 21-4 Lockett (Lincoln, San Diego)

Triple Jump: (50-5 ½)

- 48-7 ¾ *Ken Frazier (Mission, S.F.)
- 47-10 ¾ Paul Jones (Kennedy, Gran Hills)
- 46-7 ¾ Ed Tave (Muir, Pasadena)
- 46-4 Phil Anderson (Fremont, L.A.)
- 45-6 ¾ Joe Sterling (Menlo-Atherton, Ath.)
- 44-6 ¾ Ken Smith (Palo Alto)

Shot Put: (64-11 ¾)

- 56-3 ¾ Paul Rosati (Acalanes, Lafayette)
- 54-11 Tim Sutro (Del Mar, San Jose)
- 52-4 Fowler (Belle Vista, Fair Oaks)

WOMEN:

50 Meters: (6.43)

- 6.44 Sharon Ware (Berkeley)

60 Yards: (6.7)

- 6.88 *Layanya Dawkins (Dorsey, L.A.)
- 7.08 *Zelda Johnson (Carey, Pomona)
- 7.0 Ellen Jones (Mt. Miguel, Spring Valley)
- 7.3 Cooksey (Hoover, San Diego)
- 7.4 Estella Jackson (Morse, San Diego)

400 Meters: (54.2A 440 yards)

- 56.1 *Denean Howard (Kennedy, Gran Hls)
- 59.7 Tanaya King (Berkeley)
- 62.8 **Lana Rice (Berkeley)
- 64.0 *Gurtha Pounds (Live Oak, Morgan Hl)

500 Yards: (1:04.1)

- 1:04.1 *Denean Howard (Kennedy, Grn Hl)
- 1:08.3 Tina Howard (Kennedy, Granada Hl)
- 1:08.8 *Carla Johnson (Manual Arts, L.A.)
- 1:08.9 Debbie Marsino (Cypress)
- 1:09.7 Cheryl Taylor (San Diego Cougars)
- 1:10.3 Margaret Demorest (Buchser, S. Cl)
- 1:11.9 *Kelly Churchman (Rio Mesa, Oxn)
- 1:12.0 Jossie Fiorda (Costa Mesa)
- 1:14.4 Gates (Marian, San Diego)
- 1:15.1 West (Valhalla, El Cajon)

800 Meters: (2:02.4 880 yards)

- 2:13.3 *Maria King (Millpitas)
- 2:14.5 *Marilyn Davis (Miramonte, Orinda)
- 2:17.4 *Jessica Spies (Livermore)
- 2:25.8 *Laurie Hollingworth (Piner, Santa R)
- 2:26.6 *Esther Berndt (Gunn, Palo Alto)
- 2:29.9 Paula Foianini (Carlmont, Belmont)

880 Yard Run: (2:02.4)

- 2:12.2 Regina Jacobs (Argyll Acad, N. Hlwd)
- 2:14.8 *Maria King (Millpitas)
- 2:14.8 Cindy Stoughton (Corona del Mar)
- 2:15.0 *Jessica Spies (Livermore)
- 2:15.7 Jennifer Dunn (Camarillo)
- 2:20.2 Leslie Pratt (Edison, Hunt. Bch)
- 2:20.3 Sonia Cooper (Fontana)

1,000 Yard Run: (2:26.7)

- 2:48.6 Rowlett (El Capitan, Lakeside)
- 2:50.6 *Denise Dibos (Helix, La Mesa)
- 2:55.2 Julie Hawkes (San Dieguito, Encints)

1500 Meters: (4:26.2)

- 4:52.8 *Esther Berndt (Gunn, Palo Alto)
- 4:54.7 *Laurie Hollingworth (Piner, S. Rosa)
- 4:58.1 Missy Dickson (Acalanes, Lafayette)

- 5:06.9 Nina Manriquez (Burbank)
- 5:08.5 Mary Gaffield (El Cerrito)
- 5:08.7 Margaret Spotts (Redondo)

3,000 Meter Run: (9:57.3)

- 10:00.6 *Lori Lopez (Sacred Heart, L.A.)
- 10:11.8 *Lori Shanoff (Petaluma)
- 10:14.0 Kerry Brogan (Los Altos)
- 10:14.6 *Robyn MacSwain (Terra Linda, SR)
- 10:15.4 Marcia White (Miramonte, Orinda)
- 10:22.6 Renee Martin (Casa Roble, Orgvl)
- 10:56.1 Judy Peters (Westmont, Campbell)
- 10:58.0 Heidi Ertl (Pinole)

Two Mile Run: (10:16.8)

- 11:01.5 *Shelli Lachel (M. Vista, Spring Val)
- 11:13.2 Ruthie Truscott (Santa Fe Springs)
- 11:20.4 Chadwick (Mira Mesa, San Diego)

4x160 Yard Relay:

- 1:15.7 Ganesha, Pomona
- 1:15.8 Manual Arts, Los Angeles
- 1:16.5 Fremont, Los Angeles
- 1:17.4 Crenshaw, Los Angeles
- 1:17.6 Kennedy, Granada Hills
- 1:17.6 Vista
- 1:17.6 Mt. Miguel, Spring Valley
- 1:17.8 Poly, Long Beach
- 1:18.1 Morse, San Diego

4x400 Meter Relay: (3:52.35e 4x440)

- 4:02.8 Berkeley
- 4:07.0 Casa Roble, Orangevale
- 4:12.2 Carlmont, Belmont
- 4:17.8 Saratoga

4x440 Yard Relay: (3:52.35e)

- 4:13.0 Fallbrook
- 4:14.3 Valhalla, El Cajon
- 4:19.6 San Dieguito, Encinitas
- 4:19.7 Mt. Carmel, San Diego

4x800:

- 10:11.4 Mills, Millbrae
- 10:23.4 Drake, San Anselmo
- 10:26.0 Los Altos

50 Meter Hurdles (33"): (7.42)

- 7.55 Sherifa Sanders (Berkeley)
- 8.01 Robyne Johnson (Berkeley)

High Jump: (5-10)

- 5-8 Jenny Linderman (Sonora)
- 5-6 *Cheryl Bishop (Berkeley)
- 5-6 Maggie Van Zeeland (Acalanes, Lafyt)
- 5-0 Sheri Morford (Foothill)

Long Jump: (19-9 ½)

- 18-1 Sherifa Sanders (Berkeley)
- 17-11 ¼ Vivian Riley (Mt. Pleasant, San Jos)
- 17-6 ¾ Robyne Johnson (Berkeley)
- 17-5 ¾ Chris Mose (El Cajon)
- 17-5 ¾ Maggie Van Zeeland (Acalanes, Lft)
- 17-3 ¾ Dixon (Mira Mesa, San Diego)
- 17-0 ¾ ***Yvette Bates (Berkeley)
- 16-8 ¾ Alston (Mission Bay, San Diego)
- 16-3 ¾ *Kelli Abruzzini (Gilroy)

Shot Put: (49-7 ¾)

- 42-4 ¾ Debbie Corley (Garces, Bakersfield)
- 40-0 Laura DeSnno (Washington, Fremt)
- 38-2 ¾ Cindi Durschlag (Woodside)

KEY: Times in 100ths are automatic. The number in parenthesis following the event title is the California Indoor Record.

*converted time; *junior; ** sophomore; *** freshman; e electronic; A altitude; y yards; " inches. **Please send all additions and corrections to Keith Conning, High School Editor, 2235 Browning Street, Berkeley, CA 94702.**

MASTERS SCENE

By MARTY HIGGINBOTHAM

Spring is here and so is the masters track and field season. Beginning this month until mid-August, there are many outstanding masters meets on the schedule.

April 4 is the running of the 22nd Annual Sacramento Relays. This meet has a full slate of individual and relay events for master athletes. The following week, April 11, is the 3rd Annual Northeast Masters Track and Field Relays to be held at Cal State Los Angeles.

Track Athletes take note: The Golden State Masters Meet in Porterville has been cancelled this year due to a conflict in the use of the track facility. It will be on next year's schedule, however.

There are still four other track meets in May. Beginning May 9 with the Grandfather Games, May 16 is the Striders Relays, May

23 the Redlands Master Meet and ending with the Pacific Association Championships on May 30.

This year Bruce Springbett will be directing three major track and field championship meets. On May 30 he will be hosting the Pacific Association Athletic Congress Master Championships and then on June 20-21, he will conduct the Western Regional Championships. To cap things off, he will be hosting the 1981 National Masters Championships on August 15-16. For more information on these three meets, contact: Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95013.

Once again, we at *California Track and Running News* wish all master athletes a very successful 1981 season.

We would also appreciate any masters information and news you might have. Send it to: California Track & Running News, Masters Editor, 1026 W. Princeton, Visalia, CA 93277.

California Masters Top Marks of the Decade 1970-1979

40yd	4.5	Percy Knox(43)	77	440ydR	43.5	Corona Del Mar (K. Dennis, G. Miller, D. Segal, P. Knox)	78
50yd	5.5	Percy Knox(40)	73			Corona Del Mar (K. Dennis, P. Knox, G. Waterman, D. Segal)	77
		George Waterman(40)	75	800mR	1:32.3	Corona Del Mar (K. Dennis, P. Knox, G. Waterman, D. Segal)	77
60yd	6.3	Percy Knox(40)	73			Corona Del Mar (K. Dennis, P. Knox, G. Waterman, D. Segal)	77
	6.4i	Dean Smith(40)	72	880YdR	1:32.9	Corona Del Mar (K. Dennis, P. Knox, G. Miller, D. Segal)	78
60m	6.9	Ken Dennis(41)	79			Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
	7.15a	Ken Dennis(41)	79			Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
75y	8.0	Percy Knox(40)	74			Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
100y	9.8	Percy Knox(40)	73	SMR	3:42.0	Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
	9.7p	Percy Knox(43)	77			Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
100m	10.8	Ken Dennis(41)	78	1600mR	3:30.6	Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
120y	12.5	Don Cheek(42)	72			Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
200m	22.1	Ken Dennis(41)	78	DMR	11:19.4	Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
300m	37.2	Nick Newton(42)	76			Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78
330y	37.6	Percy Knox(44)	77	High Jump	6-0	Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller, D. Segal)	78

PROFILE ON: Ivor Welch

By MARTY HIGGINBOTHAM

IVOR WELCH: San Francisco Dolphin South End Runners. Age 86. Height 5-6. Weight 140 pounds. Born January 19, 1895.

At age 86, Ivor Welch has earned much recognition in long distance running. Welch began his running career at age 83, in February 1978, to be exact. Before this he had never taken part in competitive athletics, but kept himself active in hiking, backpacking, hunting and fishing. He feels his health is good, he eats well and sleeps well (seven to eight hours a night), takes vitamins and has no injuries or physical problems. Welch does his workouts alone and is free to run whenever he wants. A typical week's workout schedule consists of 8 to 12 miles three to four days a week, with 4 or more miles one or two other days. He runs anywhere from 25 to 50 miles a week with no hard, fixed schedule. Living at the top of a hill in Pacifica he starts his run downhill in any direction he chooses. During his runs he encounters some steep hills and some gentle up and down slopes. His return home is an uphill finish. Welch feels his uphill running is improving.

Welch has a very healthy diet to go along with his running. He eats a great



the Avenue of the Giants Marathon in 5:57 on May 4, then came back June 1

California Masters Top Marks of the Decade 1970-1979

40-49

40yd	4.5	Percy Knox(43)	77	440ydR	43.5	Corona Del Mar (K. Dennis, G. Miller, D. Segal, P. Knox)	78
50yd	5.5	Percy Knox(40)	73	800mR	1:32.3	Corona Del Mar (K. Dennis, P. Knox, G. Waterman, D. Segal)	77
60yd	6.3	Percy Knox(40)	73	880YdR	1:32.9	Corona Del Mar (K. Dennis, P. Knox, G. Waterman, D. Segal)	77
60m	6.4i	Dean Smith(40)	72		1:32.9	Corona Del Mar (K. Dennis, P. Knox, G. Miller, D. Segal)	78
	6.9	Ken Dennis(41)	79	SMR	3:42.0	Corona Del Mar (D. Segal, K. Dennis, P. Knox, G. Miller)	78
	7.15a	Ken Dennis(41)	79	1600mR	3:30.6	Corona Del Mar (D. Jackson, C. Tetrault, D. Palmer, D. Stolpe)	72
75y	8.0	Percy Knox(40)	74	DMR	11:19.4	Southern Calif. Striders(J. Cull, Coben, T. Sturak, J. Smartt)	73
100y	9.8	Percy Knox(40)	73	High Jump	6-0	Jack Razzuto(40)	70
	9.7p	Percy Knox(43)	77		6-0	Herm Wyatt(47)	79
100m	10.8	Ken Dennis(41)	78	Long Jump	23-4 3/4	Dave Jackson(40)	72
120y	12.5	Don Cheeki(42)	72	Triple Jump	46-11	Dave Jackson(41)	73
200m	22.1	Ken Dennis(41)	78	Pole Vault	15-0 3/4	Ken Hieb(42)	72
300m	37.2	Nick Newton(42)	76	Shot Put	52-9 3/4	Parry O'Brien(43)	75
330y	37.6	Percy Knox(44)	77	Discus	182-9	Bob Humphrey(40)	76
400m	50.8	Gary Miller(40)	78	Javelin	242-9	Larry Stuart(40)	79
440yd	51.1	Gary Miller(40)	78	The above list was compiled by Percy Knox. <i>California Track & Running News</i> will publish other age divisions in future issues. Look for the 45-49 age bests next issue. Please send in any additions and/or corrections.			
800m	1:57.6	David Pratt(41)	73				
1500m	4:05.9	Wilbur Williams(40)	73				
1 Mile	4:24.3	Wilbur Williams(40)	73				
3K	8:57.0	Pete Mundie(42)	70				
2 Mile	9:28.0	Pete Mundie(42)	70				
5K	15:12.6	Pete Mundie(44)	72				
10K	32:08.4	Pete Mundie(44)	72				
110mHH	14.6(36)	Al Henry(40)	78				
	15.0(39)	Dave Jackson(40)	72				
400mIH	56.1(36)	Gary Miller(40)	78				
400mR	43.5	Corona Del Mar (K. Dennis, G. Waterman, D. Segal, P. Knox)	77				



4th World Veterans Games, Christchurch, New Zealand, January 14, 1981. The U.S. Masters National Team of (l to r): Matt Brown(47), Nick Newton(47), Percy Knox(47), Bruce Springbett(48). 400 and 1600 meter relay champions (age 45-49 division) in 45.46 and 3:37.11.

Before this he had never taken part in competitive athletics, but kept himself active in hiking, backpacking, hunting and fishing. He feels his health is good, he eats well and sleeps well (seven to eight hours a night), takes vitamins and has no injuries or physical problems. Welch does his workouts alone and is free to run whenever he wants. A typical week's workout schedule consists of 8 to 12 miles three to four days a week, with 4 or more miles one or two other days. He runs anywhere from 25 to 50 miles a week with no hard, fixed schedule. Living at the top of a hill in Pacifica he starts his run downhill in any direction he chooses. During his runs he encounters some steep hills and some gentle up and down slopes. His return home is an uphill finish. Welch feels his uphill running is improving.

Welch has a very healthy diet to go along with his running. He eats a great variety of foods—vegetables (preferably raw), fruits, cereals, nuts, dairy products, nutritional yeast, wheat germ and bran. He rarely drinks coffee or tea, beer infrequently, and wine and meat occasionally. Along with this healthy diet is a good appetite, Welch says.

In 1979 and 1980 Welch was the oldest marathoner in America. He is the oldest person to ever run Pike's Peak Marathon (ascent), which he ran last August in a time of 6:30. In 1979 he competed in the Pepsi 20 Mile and clocked 4:14, and also ran the San Francisco YMCA Golden Gate Marathon in 6:30. The last two years (1979 and 1980) he timed 1:30 in the Bay to Breakers Run. In 1980 Ivor ran



the Avenue of the Giants Marathon in 5:57 on May 4, then came back June 1 and ran the Sri Chinmoy 26.2 miler in 5:55. He capped off 1980 with a 3:31:37 clocking at the Brooks 25 Kilometer in San Francisco.

Welch likes to take it easy and enjoy the runs he takes part in. His goals for this year include at least two marathons, Pike's Peak and Bay to Breakers. Ivor says fellow Dolphin South End Runner Walt Stack has inspired him along with Dr. Joan Ulyot, as hers was the first book on running that Welch read in early 1978.

Ivor Welch is quite an incredible person and at age 86 says he never stops learning. He also adds that he just enjoys general running and intends to keep running as long as he is able.

PACIFIC SUN MARATHON & 10K RACE

Memorial Day, Monday, May 25, 1981

T-shirts for finishers • Certified course • Division medals • Raffle prizes

\$8.00 marathon / \$6.50 10K

For entry blank & map, send SASE to:
Pacific Sun Marathon, Box 553, Mill Valley, CA 94942

PROFILE ON:

Walt Stack

By MARTY HIGGINBOTHAM

WALT STACK: Age 73. Born September 28, 1907 in Detroit, Michigan.

Walt Stack began running fifteen years ago on January 1, 1966, at age 58. He was involved in rough water swimming competitively, and to improve his stamina, he took up running. In recent years, Stack has become a well-known personality in the running world. He is founder and president of the San Francisco Dolphin South End Runners.

Stack considers his best times to be nothing special, although he has timed 3:25 for the marathon, 7:15 for the fifty mile distance and 17 hours for the one hundred mile run. Walt says his race strategy is to "start slow and taper off," and describes his favorite event as "seeing the finish line." Last October he ran his 100th marathon in San Francisco. Other 26.2 milers he has run include Boston, New York, Las Vegas, Honolulu, Toronto, Louisiana, Alaska and Dallas. He has also run the Pike's Peak Marathon for thirteen years in a row. Stack has also competed in Greece, Melbourne, Auklund, the Fiji Islands and other cities as well. He has competed in eleven Fifty Mile Runs and three One Hundred Milers, in-

cluding the very grueling 100 Mile Western States Endurance Run. Stack has taken part in several other endurance type activities such as two Ride and Tie Horse and Man races of forty miles which involves two men and one animal, has swum the Golden Gate and Alcatraz several times, also a twenty mile donkey race (no riding) up a Colorado mountain. These are just some of Walt's vigorous endurance events.

Stack has received much recognition in the running scene. There has been a book written about him entitled, "The Running Saga of Walter Stack" by Bob Bishop. He is a member of the San Francisco Mayor's Physical Fitness Council. He was pictured on the cover of *City Sports* magazine in the early 1970's as "Man of the Year". In 1974, he received an award from the Pacific Association AAU for outstanding contribution to the promotion of running and the AAU. Stack has also appeared on many television shows such as Good Morning America and Johnny Carson's Tonight Show, as well as some parts in movies. He also appeared on an NBC show with 1976 Olympic decathlon champion Bruce Jenner. Walt feels some of his best achievements is work he has done in helping women obtain equal rights and the encouragement he has given to older runners.

Stack plans to continue running as long as his "carcass can hold up".

Walt's main objective is to enjoy life, he says, and feels participating in running is the greatest thing in the world for a person's ego. He feels, due to his

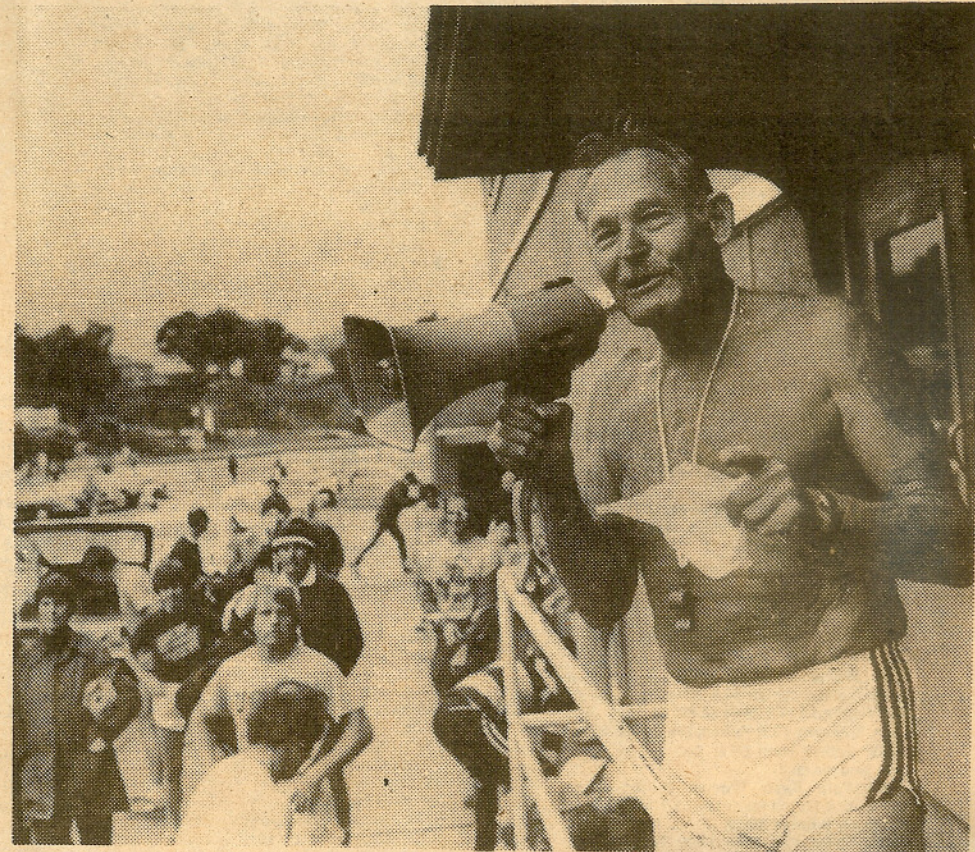


photo by Lorraine Rorke

age and development of stamina and a personality people refer to as "colorful," that he has been given much recognition. Well, it certainly is true. Walt does have a "colorful" personality. His ambition, vivaciousness, and love of the sport has absolutely been an inspiration to many.

Note: At age 73, Walt has not slow-

ed down at all. February 12, of this year, he competed in the International Nautilus Iron Man Triathlon in Kioloa, Hawaii. This devilish event consisted of a 2.4 mile rough water swim, 112 mile bike ride and, to end it all, a 26 mile run. An outstanding feat! Congratulations Walt from *California Track and Running News*.

SCHEDULE

Listed here are events specializing in masters competition and of interest to California masters. Also check the regular scheduling section in each issue as many events listed there also feature masters divisions. Please send scheduling information to: California Track & Running News, P.O. Box 1328, Los Gatos, CA 95031. (408) 354-2005.

May 30: Pacific Association Athletics Congress Masters T&F Championships. Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031. (408) 354-2005.

June 20-21: Western Regional Athletics Congress Masters T&F Championships. Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031. (408) 354-2005.

June 27-28: 12th Annual Senior Olympics. University of Southern California, Los Angeles, CA. (213) 746-1234.

Saturday
May 16, 1981



10:00 A.M.

Southern California Striders Relays

include Boston, New York, Las Vegas, Honolulu, Toronto, Louisiana, Alaska and Dallas. He has also run the Pike's Peak Marathon for thirteen years in a row. Stack has also competed in Greece, Melbourne, Auklund, the Fiji Islands and other cities as well. He has competed in eleven Fifty Mile Runs and three One Hundred Milers, in-

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April 4: 22nd Sacramento Relays. California State University, Sacramento. Full slate of individual and relay events for masters. Send SASE to Roy Wigginton, 3012 Scenic Hts., Carmichael, CA 95608.

April 5: NCSTC Lake Merced Masters 5 Miles. Masters only. SF Boathouse. Bob O'Connor, 2748 St. James Road, Belmont, CA 94002. (415) 591-9721.

April 11: 3rd Annual Northeast Masters Track & Field Relays. Cal State Los Angeles. Skip Loera, 3111 W. Ramon Blvd., Alhambra, CA 91803.

April 19: Mt. SAC Relays. Hal Smith, 18750 Oxnard St., No. 104, Tarzana, CA 91356. (213) 342-1174.

April 26: Senior Olympics Marathon. Mason Park, Irvine, 6:30 am. Contact: Senior Olympics, 5670 Wilshire Blvd., No. 360, Los Angeles, CA 90036.

MAY 9: 11th Annual Grandfather Games. Los Angeles Valley College, Van Nuys. George Ker, 8220 Langdon Ave., No. 36, Granada Hills, CA 91344. (213) 758-3770.

May 16: 6th Annual Striders Relays. Cal State University - Northridge, 10 am. Ann Smith, 22736 Mulholland Dr., Woodland Hills, CA 91364. (213) 348-6352. *Please see advertisement in this issue.*

May 23: Redlands Masters Track & Field Meet. Redlands University. Buzz Wagner, 1522 Margareta Dr., Redlands, CA 92373. (714) 793-2638.

May 30: Pacific Association Athletics Congress Masters T&F Championships. Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031. (408) 354-2005.

June 20-21: Western Regional Athletics Congress Masters T&F Championships. Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031. (408) 354-2005.

June 27-28: 12th Annual Senior Olympics. University of Southern California, Los Angeles. Warren Blaney, 5670 Wilshire Blvd., Suite 300, Los Angeles, CA 90036. (213) 938-5548.

July 4-5: 4th Annual North American Masters T&F Championships. Philadelphia, PA. Contact: Jim Weed, 11672 E. 2nd Ave., Aurora, Colorado 80010. (303) 341-2980.

July 4: Bartlett Mineral Springs Independence Day Four Mile Race. Mooney Grove Park, Visalia. Independence Day Run, 1026 W. Princeton, Visalia, CA 93277.

July 18: TFA/USA Western Masters T&F Championships. UCLA's Drake Stadium. Michael Sims & Associates, 5419 Sunset Blvd., Los Angeles, CA 90022. (213) 462-7360.

August 1: 9th Annual Corona del Mar "Don Palmer Memorial" Relays. Santa Ana College. Dave Jackson, 1910 S. Andmark Ave., Carson, CA 90746. (213) 638-7125.

August 8-9: 5th Annual Home Savings & Loan Pan American Masters Games. Los Angeles. Hilliard Sumner, 22713 Ventura Blvd., Woodland Hills, CA 91367. (213) 884-1349.

August 15-16: 14th Annual Penn Mutual/Athletics Congress National Masters Track & Field Championships. Los Gatos High School. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031. (408) 354-2005.

Masters Schedule Cancellation: The 5th Annual Golden State Masters T&F Meet on May 2 in Porterville has been cancelled.

Saturday
May 16, 1981



10:00 A.M.

Southern California Striders Relays

Cal State Northridge

INDIVIDUAL EVENTS AND RELAYS

Divisions: Men 30-39, 40-49, 50-59, 60-69, 70+ and women 30+

All entries must be received by **May 9, 1981**. *Entry Fee:* \$10 per relay team. \$5 per 1st individual event, and \$3 each additional individual event. Each competitor will receive a T-shirt. Late entry add \$2 per event.

Send entry to: **Ann Smith**, 22736 Mulholland Drive, Woodland Hills, CA 91364.

ENTRY FORM

Southern California Striders Relays
Cal State Northridge / May 16, 1981

ENTRY FORM

Name _____ Age _____

Street Address _____

City/State/Zip _____

Club Affiliation _____ Date of Birth _____

T-shirt size _____ Division(circle one): SM I II III IV W TAC Number _____

Please enter me in the following events:

1 _____ 2 _____ 3 _____
4 _____ 5 _____ 6 _____
7 _____ 8 _____ 9 _____

RELEASE: In consideration of the acceptance of my entry, I do hereby, for myself, my heirs and administrators, waive any and all claims I may have against T.A.C., Cal State Northridge, the Southern California Striders, their representatives and the various sports facilities and associations for any and all injuries suffered by me in any event, sport or facility. Further, I certify that I have no physical defects that would prevent me from competing in this meet.

Signature: _____ Dated _____

Telephone Number _____

Orange Masters Track & Field Meet

February 7, 1981.

1 Mile Run: Women 40-49: Judy Martin 6:14; Marcia Martyn 6:25; Wilma Maddock 6:27. **Men 40-49:** Lee Miller 4:57; Lou Mayers 5:00; Gary Smith 5:25.4. **Men 50-59:** Jerry Withers 5:09.2; Leonard Walts 5:13.2; Patrick Devine 5:27.8. **Men 60-69:** Bob Kroger 5:40.6; Ed Stotsenberg 5:42.1; George Poloynis 6:24.

60 Yard Hurdles: Men 40-49: Alvin Henry 8:28; Gary Bane 8:75. **Men 50-59:** Tom Patsalis 8:68; Fred Gallardo 8:8; John Friesen 11.0. **Men 60-69:** Burl Gist 8:68; Robert Hunt 8:9; Al Guidet 9.09

100 Yard Dash: Women 40-49: Jeanne Carter 13.4; Myra Sorensen 14.23; Marcia Martyn 15.5. **Women 50-59:** Shirley Kinsey 13.5; Diana Smith 17.01. **Women 60-69:** Marjorie Hunt 19.56. **Men 40-49:** Ken Dennis 10.6; Robin Winston 10.7; Nick Newton 11.4. **Men 50-59:** Ted Vick 11.4; Tom Patsalis 11.76; Peter Fetter 11.78. **Men 60-69:** Robert Hunt 12.8; Al Guidet 12.85; Bob Kroger 14.02.

880 Yard Run: Women 40-49: Judy Martin 2:56.35; Marcia Martyn 2:56.8. **Men 40-49:** Mel Elliot 2:07.8; Lee Miller 2:11.9; Lou Mayers 2:13.9. **Men 50-59:** Louis Readle 2:24.5; Leonard Walts 2:26.0; Jack Noble 2:31.2. **Men 60-69:** Bob Kroger 2:46.07; George Poloynis 2:51.04; Bowen Smith.

440 Yard Dash: Women 40-49: Jeanne Carter 69.7; Myra Sorensen 79.03; Judy Martin 79.48. **Women 50-59:** Donna Smith 1:46. **Men 40-49:** George Cohen 54.4; Alvin Henry 57.70; Bob Radford 60.63. **Men 50-59:** Ted Vick 60.5; Larry Schubert 67.7; Patrick Devine 69.3. **Men 60-69:** Robert Hunt 65.6; Bob Kroger 69.75; Don Mowrer 86.4.

220 Yard Dash: Women 40-49: Jeanne Carter 32.3; Myra Sorensen 35.3; Marcia Martyn 36.99. **Women 50-59:** Shirley Kinsey 32.7; Diana Smith 42.2. **Men 40-49:** Nick Newton 24.3; Ken Dennis 24.6; Alvin Henry 25.6. **Men 50-59:** Ted Vick 25.8; Peter Fetter 27.75; Larry Schubert 30.1. **Men 60-69:** Robert Hunt 29.3; Chas Mercurio 30.96; George Poloynis 32.4.

High Jump: Men 40-49: Nick Newton 5-6; Ned Cherry 5-0; Gary Bane 5-0. **Men 50-59:** Ed Austin 5-4; Shirley Davison 5-0; Larry Schubert 4-10. **Men 60-69:** Burl Gist 5-0; Orv. Gillett 4-8; Jim Vernon 4-8.

Discus: Women 40-49: Cris Miller 73-6. **Men 40-49:** Carl Klehm 111-2; Mickey Black 111-1; Clyde Gossert 104-8. **Men 50-59:** Bill Bangert 119-8; Tom Allison 118-6; Fred Gallardo 102-0. **Men 60-69:** Dan Aldrich 163-4; Jack Thatcher 131-2; Bill Burke 118-7. **Men 70 & Over:** Red Doms 111-1; Gene Hanson 79-5.

Pole Vault: Men 40-49: Vic Cook 13-0; Gary Bane 11-0. **Men 50-59:** Don Grosh 10-6; Dave Brown 10-0; Vern Wolfe 10-0. **Men 60-69:** Jim Vernon 10-6; Orv Gillett 8-6; Bill Burke 7-0. **Men**

70 & Over: Bob MacConaghy 7-6.

Long Jump: Women 40-49: Myra Sorensen 11-5½; Marcia Martyn 9-7. **Men 40-49:** Gary Miller 17-7½; Edward Martin 14-10; James Sorensen 11-8½. **Men 50-59:** Tom Patsalis 18-4; Burton Otzinger 16-0; Fred Gallardo 15-8. **Men 60-69:** Burl Gist 14-11½; Chas Mercurio 14-4; Bill Burke 13-4½.

Javelin: Women 40-49: Christel Miller 102-7. **Women 50-59:** Shirley Kinsey 70-9. **Men 40-49:** Gary Miller 148-7; Gary Bane 132-4; Ned Cherry 115-3. **Men 50-59:** Peter Fetter 149-10; J. Clark Devilbiss 113-11; Tom Allison 107-7. **Men 60-69:** Dan Aldridge 135-9; Bill Burke 120-2. **Men 70 & Over:** Red Doms 91-8.

Shot Put: Women 50-59: Shirley Kinsey 26-2. **Men 40-49:** Carl Klehm 39-9; Clyde Gossert 38-1; Ned Cherry 33-11. **Men 50-59:** Bill Bangert 49-9; Tom Allison 39-7; J. Clark Devilbiss 32-7. **Men 60-69:** Jack Thatcher 45-5; Daniel Aldrich 44-9; Bill Burke 40-1. **Men 70 & Over:** Gene Hanson 36-6; Red Doms 35-10; Bob MacConaghy 32-10.

Northern California Seniors Marin Meet

100 Yard Dash:
40-44 Bill Mitchell (41) Unatt 11.4
45-49 Bruce Springbett (48) NCS 10.9
50-54 Dick Marlin (50) NCS 11.1
60-64 Clarence Killion (63) NCS 13.3
65-69 Harry Koppel (67) NCS 12.0

220 Yard Dash:
45-49 Bruce Springbett 24.3
50-54 Dick Marlin 25.7
60-64 Clarence Killion 28.3
65-69 Harry Koppel 27.8

440 Yard Dash:
40-44 Bill Mitchell 56.68
45-49 Bruce Springbett 55.58
60-64 Clarence Killion 71.1
65-69 Harry Koppel 72.8

880 Yard Run:
50-54 Peter Woodward (51) NCS 2:26.0
60-64 Richard Moore (61) 2:51.7

One Mile Run:
40-44 Bert Botta 4:48.7
60-64 Alan Waterman (62) NCS 6:04.3
Richard Moore (61) Tamalpa 6:04.3

Three Mile Run:
40-44 John Swyers (41) Tamalpa 17:23.1
40-44 Women Lillian Woodward (44) 21:17.0
50-54 Don Pickett (53) Tamalpa 17:58.9

Javelin:
40-44 Dick Hotchkiss (42) Unatt 166-4
60-64 Bob Stone (60) NCS 132-4

Discus:
40-44 Dick Hotchkiss 114-6
60-64 Bob Stone 141-3

Shot Put:
Dick Hotchkiss 41-7
60-64 Bob Stone 42-5

High Jump:
Dick Hotchkiss 5-8
60-64 Larry Stump (61) Unatt 4-0

KEEPING track

Steve Ortiz, UCLA standout distance runner, will redshirt the 1981 outdoor track and field season. Ortiz has been inactive with a bad achilles tendon....Stanford University was the only California school to place in the AIAW Indoor Nationals held at Idaho State University on March 13-14. Stanford scored 10 points for 20th place off the second place 5,000 meter finish of Kim Schnurpfel (16:38.0) and the fifth place of Pamela Donald in the long jump (6.17)....*Harrier Magazine* recently picked their 100 US High School All Americans for 1980 cross country (50 boys and 50 girls). 3 boys and 3 girls from California were selected: Jon Butler, Jay Marden, Mike McCollum, Vickie Cook, Lori Lopez and Polly Plummer. An interesting note of the 70 runners in the Kinney National Prep X-C Championships (35 boys, 35 girls) 38 of them, or over 50% were All Americans.

According to an article in the *Los Angeles Times*- Hal Connolly, 49, former Olympic gold medalist in the hammer throw and now Santa Monica High School English department head, says that track and field athletes make widespread use of amphetamines, except when they know that drug tests will be administered at major meets. "Cocaine is also becoming a popular performance stimulant," Connolly said. Connolly isn't drug-shy himself. Recuperating from knee surgery, he admitted taking steroids in the 1960s and "I'm contemplating taking steroids again if I'm going to compete as a Master."

The Central California Association of the Athletics Congress is sponsoring a championship race series that will recognize the top long distance runners in Central California for 1981. 24 races have been selected for this series. The runners place in these 24 races will be used to determine the top long distance runners. Five divisions will be recognized: Open Men, 30-39 Men, 40 and Over Men, Open Women, 30 and Over Women. The runners average place in the championship will be divided by the total number of championship races that the runner finishes. The lowest score will be the winner with the next lowest second and so

However, it is time to stop criticizing the IOC for 'inaction.' That group has bent its own rules -- the one requiring national championships in 25 countries before an event is considered and the one requiring that new events be approved four years before an Olympics -- to make room for this marathon. For that, we owe these officials our gratitude. Now if we could just get similar action on the 5000 and 10,000 meters."

The Athletics Congress of the USA at its annual convention in December 1980, passed a number of track and field rule changes. Some of the changes: Rule 61.1 - The requirement that where starting blocks are used that a competitor's feet must be in contact with the ground has been eliminated. Rule 61.2 - Starting blocks must be used for all races up to and including 440 yards and the lead-off legs of relays where that leg does not exceed 440 yards. Blocks may not be used for any other races. Rule 74.2 - In the high jump and pole vault, total trials no longer should be considered in breaking ties. Rule 91.2 - In all throwing events form a circle, a competitor may interrupt his trial once started, lay down his implement and leave the circle before beginning a new trial. Rule 91.3 - In throwing events from a circle, a competitor may not spray or spread any substance on his shoes as well as within the circle. Rule 93.9 - TAC has joined the IAAF in reaffirming the long established rule that if a competitor passes a certain height in the high jump or pole vault, he forfeits his right to jump again at that height. Rule 160.2 - The Heptathlon becomes a standard and official event for women. For a complete copy of TAC rule changes contact: Heliodoro R. Rico, Chariman, Rules Committee, 89 Lexington Dr., Croton-on-Hudson, NY 10520.

San Diego State University has selected 1981 men's and women's co-captains: Sprinter Chris Blaylock and pole vaulter Bill Halaverston, both of whom were out of action a year ago, have been named men's captains. Blaylock is a swift quarter-miler while Halverson set the school standard in the vault at 17-3 in 1979. Juniors Lynn

Jack's Athletic Supply

Chas Mercurio 30-96; George Poloyr 32-4.
High Jump: Men 40-49: Nick Newton 5-6; Ned Cherry 5-0; Gary Bane 5-0. Men 50-59: Ed Austin 5-4; Shirley Davison 5-0; Larry Schubert 4-10. Men 60-69: Burl Gist 5-0; Orv Gillett 4-8; Jim Vernon 4-8.
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Former UCLA triple jumper Willie Banks recently jumped 56-5½ in an indoor meet in Tokyo (March 22) for an American Record. Just a week earlier on hometurf UCLA he set the outdoor record at 56-7¼....Speaking of UCLA horizontal jumpers; Dokie Williams recorded lifetime best marks of 25-3½ and 54-10 in the Tennessee dual on March 23....Speaking of jumpers; how's this for a pole vault clinic: Bruce Caldwell of Fibersport, Wladyslaw Kozakiewicz the world record holder at 18-11½, and Larry Jesse who vaulted 18-8 last season. When? Friday, May 8 from 3:30 to 5:30. Where? Warmerdam Field at Fresno State University. Cost? \$5.00 for coaches, \$2.00 for athletes. For more information: Red Estes, Track Coach, Fresno State University, Fresno 93740.

Santa Monica Track Club is now a NIKE sponsored club....The International Runners Committee, spearheaded by Joe Henderson, has announced that, "Two sources -- one within the IAAF leadership and the other from the highest levels of the IOC -- confirmed independently that the women's marathon has, for all practical purposes, been approved for the Los Angeles Games. We emphasize that the decision is not yet final. It is too early to break out the champagne and start celebrating the victory in the streets.

breaking ties. Rule 91.2 - In all throwing events form a circle, a competitor may interrupt his trial once started, lay down his implement and leave the circle before beginning a new trial. Rule 91.3 - In throwing events from a circle, a competitor may not spray or spread any substance on his shoes as well as within the circle. Rule 93.9 - TAC has joined the IAAF in reaffirming the long established rule that if a competitor passes a certain height in the high jump or pole vault, he forfeits his right to jump again at that height. Rule 160.2 - The Heptathlon becomes a standard and official event for women. For a complete copy of TAC rule changes contact: Heliodoro R. Rico, Chariman, Rules Committee, 89 Lexington Dr., Croton-on-Hudson, NY 10520.

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Su-Mei Lee has returned to Taiwan after three years of unsatisfactory conditions in California, including a high school which would not let her compete interscholastically....Several school records have been reported: Phyllis Blunston of Cal State Bakersfield high jumped 6-2, and right behind her was Cal Poly's Sue McNeal with a record 6-1. Other early season Cal Poly records are Dana Henderson's 41-7½ in the shot put and Laura Held's 63.91 400 meter low hurdles. At the Aztec Invitational San Diego State's Lynn Kanuka set school and Canadian records when she finished second behind UCLA's Kathie Mintie in the 5,000 at 16:02.5.

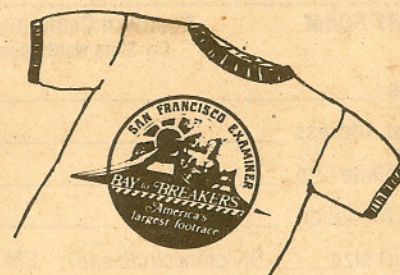
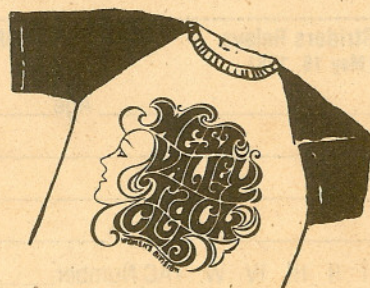
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CLUB NEWS

By MARTY HIGGINBOTHAM

Clubs wishing to be in the "Club News" section of *California Track & Running News* should send a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. Also, clubs are encouraged to occasionally send a black and white photograph of a member or members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be very much appreciated.

Club Profile: TEAM INSIDE TRACK

By MARTY HIGGINBOTHAM

Team Inside Track
1410 E. Main Street
Ventura, CA 93001

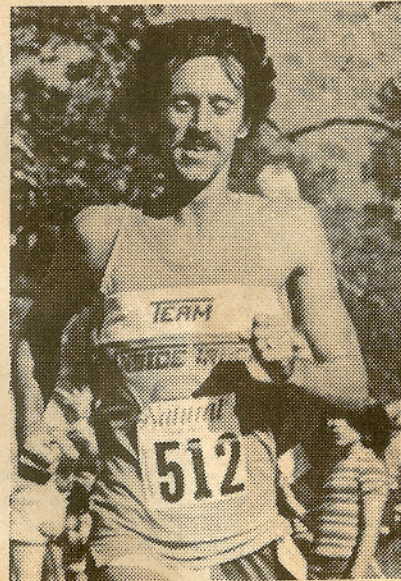
Team Inside Track began in 1978 when a dozen runners and joggers saw the need for organization of both the social runners and serious runners into a club for every ability. In the club's short history, they have done an outstanding job of establishing themselves.

Some of their major accomplishments include Southern Pacific Association District Athletic Congress 30 Kilometer Champions in 1978, 25 Kilometer Champions in 1979, marathon champions in 1979 and 1980, and sixth in the National Club Championships in 1979. They are two-time winners of the Santa Monica Mountain Relay. Not to be left out, the women's team captured the District 25 Kilometer Championships in 1979.

Team Inside Track also has its share of top individual runners, such as Bill Scobey, a very well-known runner. He recently ran and placed ninth in a Pro Marathon, timing 2:22. Other top runners include Willie Pettenger, who last year won the District 50K and placed fifth in the National 50 Kilometer Championship.

Former Oregon State star, Keith Munson, is another of the group's stellar runners. Already this year Munson has a championship under his belt as he took honors at the SPA-AC 25 Kilometer on March 1. Also, Walt Johnson, who placed fifth in the J.C. State Cross Country Meet last fall.

The club also has one of the top runners in the



Gary Tuttle

Money is spent for parties, races, bus trips and incentive awards. Last year the group raised approximately four thousand dollars and spent about three thousand.

The club gets together for a meeting every second Tuesday of the month for a program. They also hold an award's banquet and club picnic. Team Inside Track does supply some financial aid for its racer's travel expenses. Last year approximately three hundred dollars went to travel expenses.

Team Inside Track is very active in sponsoring different events. In 1979 and 1981 they hosted the Southern Pacific Association 25 Kilometer Championships, and in 1980 they hosted the Na-

Golden Gate Race Walkers

106 Sanchez St., Apt. 17
San Francisco, CA 94114

Three Golden Gate Race Walkers nabbed victories at the Western Regional Masters Track and Field Indoor Championships February 22, held at the Cow Palace. In the 30-34 age group, Craig Bergquist timed 15:41.0 in the two mile walk for top honors, while Chuck Marut timed 15:47.6 to take the 40-44 division. Beth Sibley kept the winning streak going as she captured the 35-39 division mile walk in 8:40.7.

Several members of the Golden Gate Race Walkers competed in the Pacific Association Athletic Congress 15k Championships. Leading the GGRW was Chuck Marut who timed 1:15:45. Next came Craig Bergquist 1:24:05, then Bob Edwards in 1:27:52, Harry Siitonen in 1:31:50, followed by Byron Edwards 1:40:47 and Chris Wedger twenty seconds in 1:41:06.

Wanda Abelson, Lynette Breslau, Elena Carola and Harry Siitonen participated in cutting a radio tape for a twenty-nine minute symposium on racewalking in late April. It will be broadcast on San Francisco radio station KALW.

Visalia Runners

P.O. Box 3638, Visalia, CA 93278

Many members of the Visalia Runners took part in the local Jug to the Club 10k run on March 21. Several top performances were turned in. Top finisher for the club was Gary Campbell, as he took a close second place in the 30-34 age group in 33:02. Frank Padilla was next as he captured the 40-44 age group crown in 36:17. The women's team took a clean sweep of the top three positions with Rene Wyckoff leading the way with a 36:24. She was followed by Tanis Ryzebol in 40:20 and Shirley Rojas in 43:57. Jacques Randolph ran a 45:00 to win the 30-39 age group and teammate JoAnn Branco ran 44:45 to take the 40-49 title. Jacques Randolph and husband, Richard, combined to win the husband/wife team title in the 69 and under category, while Al and JoAnn Branco won top honors in the 70 and over division.

photo by Marty Higginbotham

STC finisher was Gene Blankenship who timed 2:39:28 for second spot in the 35-39 division. Jesse Cook took top honors in the 40-44 age group with a 2:44:37 while fellow STC runner Paul Jernstrom captured first in the 55-59 division in a time of 3:07:44.

Dolphin South End Runners

771 Fifth Avenue No. 3
San Francisco, CA 94118

At age 73, DSE member Walt Stack proved he is really an "iron man" as he competed in the 4th Annual Nautilus Iron Man Triathlon in Hawaii on February 14. Stack is not the only DSE runner who ventures into devastating tests of endurance, the end of 1980 saw eight DSE members tackling the "Arcata to Willow Creek Forty Miler" up north. All eight DSE members completed this grueling event with top finisher being John Cover placing eighth in 6:28:50. Steve Cole followed in 6:32:21 for tenth. Then John Buenfil and Dick Collins came in together at 6:34:51 for eleventh and twelfth.

In keeping with the ultra distance runs, on February 15, several members ran in the Jed Smith Fifty Miler.

On the track, George Moss competed in the Western Regionals Masters Track and Field Indoor Championships on February 22; there he ran a quick 5:05 mile to win the 45-49 age division.

High Sierra Track Club

112 Green Oaks, Visalia, CA 93277

High Sierra Track Club will be hosting two Central California Athletic Congress Championships this spring. On May 3, they will sponsor the CCAC Ten Mile Championship in Reedley. Then on May 31 they will host the CCAC One Hour Run Championships at the College of the Sequoias all-weather track. Dave Bronzan is meet director for both these championship races. For more information on these two races, contact Bronzan at 112 Green Oaks, Visalia, CA 93277.

HSTC has added several new runners to an already strong membership. At present, they are very well-represented in every age division with Juan Garza and Juan Molina being the strength of the open division, Dave Bronzan and Don Chapin lead the submasters, while Wayne Van Dellen 40-49, Len Thornton 50-59, and Harry Harder 60 plus, all have won in their respective divi-

outstanding job of establishing themselves. Some of their major accomplishments include Southern Pacific Association District Athletic Congress 30 Kilometer Champions in 1978, 25 Kilometer Champions in 1979, marathon champions in 1979 and 1980, and sixth in the National Club Championships in 1979. They are two-time winners of the Santa Monica Mountain Relay. Not to be left out, the women's team captured the District 25 Kilometer Championships in 1979.

Team Inside Track also has its share of top individual runners, such as Bill Scobey, a very well-known runner. He recently ran and placed ninth in a Pro Marathon, timing 2:22. Other top runners include Willie Pettenger, who last year won the District 50K and placed fifth in the National 50 Kilometer Championship.

Former Oregon State star, Keith Munson, is another of the group's stellar runners. Already this year Munson has a championship under his belt as he took honors at the SPA-AC 25 Kilometer on March 1. Also, Walt Johnson, who placed fifth in the J.C. State Cross Country Meet last fall.

The club also has one of the top runners in the country in Gary Tuttle, whose long list of achievements speaks for itself. In 1980 he placed third in the National AAU 10 Kilometer. Just after that, he ran a 28:47.4 to place twelfth in the Olympic Trials 10K. He also placed third in the Lasse Viren Finnish run, which is one of California's top races.

At present, Team Inside Track has a roster of one hundred and fifty members with about sixty to seventy being active. A breakdown in members shows seventy per cent to be men and thirty per cent women. Forty per cent of the members are master competitors, while five per cent are high school and junior runners. The club is a total distance runner's club and they have steadily grown over the last couple of years. Membership for the club is ten dollars a year.

Current club president is Tim Taylor. The club structure is set up in a way that club officers make recommendations, while club members vote.

Team Inside Track earns its money through dues, race sponsorships, t-shirt sales and clinics.



Gary Tuttle

Money is spent for parties, races, bus trips and incentive awards. Last year the group raised approximately four thousand dollars and spent about three thousand.

The club gets together for a meeting every second Tuesday of the month for a program. They also hold an award's banquet and club picnic. Team Inside Track does supply some financial aid for its racer's travel expenses. Last year approximately three hundred dollars went to travel expenses.

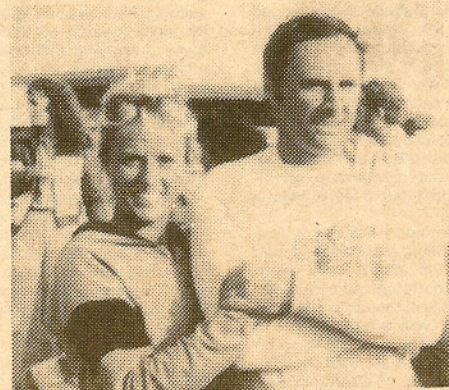
Team Inside Track is very active in sponsoring different events. In 1979 and 1981 they hosted the Southern Pacific Association 25 Kilometer Championships, and in 1980 they hosted the National 25 Kilometer Championship. They also sponsor the Seabreeze 10K and 20K runs, an international cross country race; Holiday Invitational 10 Kilometer, as well as an award's banquet, spaghetti feed, and running clinic. They also have bus trips to Bay to Breakers, Avenue of the Giants and Fiesta Bowl Marathons.

Team Inside Track also puts out a monthly newsletter of about five pages. It consists of results, upcoming events and many announcements. The club is also extremely active in the community. They provide people for the Special Olympics as timers and judges and also supplied twenty-four people for local youth track meets. The club also contributed \$300 to youth track.

Team Inside Track is a club for serious and fun runners and they are very active in Ventura. The club itself best describes its purpose and goal, which is: "To promote running as a positive element in the community and to provide social and competitive opportunities for all levels of skill."

Many members of the Visalia Runners took part in the local Jug to the Club 10k run on March 21. Several top performances were turned in. Top finisher for the club was Gary Campbell, as he took a close second place in the 30-34 age group in 33:02. Frank Padilla was next as he captured the 40-44 age group crown in 36:17. The women's team took a clean sweep of the top three positions with Rene Wyckoff leading the way with a 36:24. She was followed by Tanis Ryzebol in 40:20 and Shirley Rojas in 43:57. Jacque Randolph ran a 45:00 to win the 30-39 age group and teammate JoAnn Branco ran 44:45 to take the 40-49 title. Jacque Randolph and husband, Richard, combined to win the husband/wife team title in the 69 and under category, while Al and JoAnn Branco won top honors in the 70 and over division.

photo by Marty Higginbotham



Al and JoAnn Branco

Rob Stephenson will be conducting the Visalia Spring Run 10k on April 25. This event is also the Central California Athletic Congress 10k Championships. For more information on this race, contact Rob Stephenson at 1527 Vassar Drive, Visalia, CA 93277.

Seniors Track Club

1626 Wellington Place
Westlake Village, CA 91361

The Seniors Track Club has named their runners of the year for 1980. Awarded runner of the year for the men was Jim Knerr while Margaret Miller won top honors for the STC women.

Eleven new members have joined the STC roster. Their membership now stands at about two hundred athletes.

Many club members ran the 9th Annual World Masters Marathon in Irvine in late January. Top

High Sierra Track Club

112 Green Oaks, Visalia, CA 93277

High Sierra Track Club will be hosting two Central California Athletic Congress Championships this spring. On May 3, they will sponsor the CCAC Ten Mile Championship in Reedley. Then on May 31 they will host the CCAC One Hour Run Championships at the College of the Sequoias all-weather track. Dave Bronzan is meet director for both these championship races. For more information on these two races, contact Bronzan at 112 Green Oaks, Visalia, CA 93277.

HSTC has added several new runners to an already strong membership. At present, they are very well-represented in every age division with Juan Garza and Juan Molina being the strength of the open division, Dave Bronzan and Don Chapin lead the submasters, while Wayne Van Dellen 40-49, Len Thornton 50-59, and Harry Harder 60 plus, are all top racers in their respective divisions.

HSTC runners dominated the 3rd Annual Jug to the Club 10K as they swept the top three places overall and won three divisional titles. Juan Garza led HSTC runners as he finished first in 32:14. He was followed by Juan Molina 32:27 and Dave Bronzan, first place in 30-39 division, in 33:01. Frank Ortega was another winner for the team as he took the 35-39 category in 36:14.

Southern California Striders

Congratulations should go out to George Cohen and Bob Hunt for being selected "Athlete of the Year" in their respective divisions. Cohen was selected top 40-49 track and field athlete as he won a gold medal in the World Games 800 meter. He has a 1:54.9 best which is an American record for his age group. Hunt is a world class 60-69 competitor in the sprints and hurdles. At the World Games, Hunt took thirds in the 400 meter and 200 meter dashes, he also nabbed a first in the 110 meter hurdles and 400 meter hurdles.

This year the Southern California Striders will host two major masters track and field meets. Ann Smith will be meet director for the May 16 Striders Relays. On August 8-9 the Striders will present the Pan American Masters Track and Field Championships. In 1980 both of these Strider-sponsored meets were very well-organized and successful events.

Bakersfield Track Club

433 E. Belle Terrace
Bakersfield, CA 93307

The Bakersfield Track Club held its 1981 Awards Banquet and dinner in late February. Guest speaker at this banquet was Laszlo Tabori, who gave a very informative and enjoyable talk. Jim Steen received an award for his service to the club over the years. Many other BTC runners received

BTC Race Championship series awards.

New BTC club officers for 1981 are: President--Bob Edwards, Vice-President--Don Cross, Treasurer--Bill Easton, Secretary--Andrea MacDonald, and Race Director--Mike O'Haver.

Tom Holliday and James Lipford went north to Visalia to run the Jug to the Club 10k on March 21. Holliday timed 33:29, good for a fourth place finish in the open division, while Lipford nabbed a second in the 40-44 age group with a time of 37:23.

LONG DISTANCE LOG



by **RICHARD SLOTKIN** LONG DISTANCE EDITOR

Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

Points of Interest

By **RICHARD SLOTKIN**

THE INDOOR SEASON:

With the demise of the Muhammed Ali Meet, the Southern California indoor season was reduced to three meets: The Sunkist, the L.A. Times and the Jack in the Box.

Somehow, despite the overall high quality of the athletes, despite the setting of several meet records and one world record (plus one tied WR) and despite the appearance of several of the best known and most popular athletes, this season just didn't seem to have the excitement, the electricity that we've felt in other years. The crowds were smaller; there were empty seats at all three meets, even at the Jack in the Box in San Diego.

I'm not sure why. Maybe it's the overall feeling about the economy; maybe it's the let-down after the return of the hostages. Old rivalries seemed to have become ho hum. It was almost as though no one even cared whether Greg Foster could take Renaldo Nehemiah this year. Or, maybe everyone knew he couldn't.

Whatever it is, I had the feeling that it was a dull season. Whenever I mentioned it, I found agreement. It's not really fair because there were many notable moments. The highlight of the whole season, Southern California and all points north, south, east and west, was to be Eamon Coghlan's performance at Jack in the Box. Not only did Coghlan knock 2 seconds

Going through the 1320 in 2:55.4, the pack was, to quote the official note keepers at the arena, "chasing the clock and the outer limits of track and field achievement." Oh, were they! With two laps to go and Scott determined to get a WR, Coghlan just exploded past him and the chase was on! Scott went after the little guy with everything in his body and soul. He was blazing and would not, not, NOT let Coghlan run away from him. But Coghlan was like a man possessed. When he went through the 1500 in the World Indoor Best of 3:35.6, the crowd went even more berserk than they already were because they knew they were seeing history. Scott went by the 1500 in an American Indoor Record of 3:36.0 and still had a chance to maybe, just maybe catch this guy. It wasn't to be. Coghlan got even stronger and the lead became just over a second...and a new WIB (World Indoor Best).

What a performance! Even John Walker, who doesn't especially like Coghlan and had some pretty harsh words about him last year here, could only agree that it was quite an act to follow. Walker didn't do so badly himself, taking 3rd with a very impressive 3:52.8, a time that would win most any meet...except this one. Coghlan was almost delirious with joy. He grabbed Scott, hugged him, ruffled his hair very vigorously, jogged a victory lap...not much doubt about it: he was pleased. Scott took it well, good sport that he always is. You might wonder how he could be

more than joggers. But, so what? That's true of the open races, also. Most of the men are not especially competitive. But, at least they come out.

If women are going to develop the level of competition that they are capable of, they must...absolutely must...turn out in greater numbers. It's a simple matter of probability. In order for those with the talent to develop into quality athletes to be likely to get into a program in which that talent will be developed, a large enough sample of the available women must participate. That way, the chances become much greater that the top talents are in the participating group than when there are only a small number. In other words, there are plenty of women out there who *could* be fine runners, but never will because they never got into it in the first place. Well, the next obvious question is how do we get them to come out? This is the "Just Wondering Dept.," remember?

For sure, there ought to be more encouragement at the junior and senior high school level, because that's where most of athletic talent begins to develop...not to mention attitudes towards athletics, and life in general. Second, the athletic organizations, such as TAC...are you listening?...could do a lot more towards providing recognition. Instead of worrying about getting their cut from athletes incomes, they ought to be putting their efforts into providing the framework

Midnight Fun Run

January 1, Lompoc. Lompoc Valley Distance Club/ERA-Hunter Realty 1980/1981 Midnight Fun Run. 4.9 miles.

1. Bill Carrier	26:34
2. Howard Wallace	26:54
3. David Elam	29:46
4. Larry La May	30:49
5. Wes Marshall	32:32
5. Kerri Marshall 1-F	32:32

Lompoc X-C Championships

December 20. River Park, Lompoc. 3.0 miles:

1. Tom Trimble	15:26
2. Greg Mandanis	15:26
3. George Mercure	16:48
12. Sally Rich 1-F	20:20

Lompoc Winter Run

Men 5.8 Mile:

1. Tom Trimble (21) Orcutt RR	31:01
2. Luis Arreola (23) SLDC	32:33
3. Dave Kurtze (20) Orcutt RR	33:00
4. Mike Lane (21) Orcutt RR	33:37
5. Craig Lowrie (25) SLDC	33:58
9. Jerry Hill (40) SLDC	37:18
12. Ray Gil (54) LVDC	38:28

Women 3.37 Mile:

1. Becky Bonsali (19) SLO	21:10
2. Nancy Carroll (29) S. Maria	30:43
3. Valerie Drone (31) Orcutt RR	31:45

It was the third consecutive Clam Beach title for Tuttle in the January 31st event sponsored by the Six Rivers Running Club of Arcata.

Rain earlier in the week gave way to clear skies for the racers who were greeted by enthusiastic crowds in the historic town of Trinidad and on the beach.

Results:

Boys 14 & Under:

1. Chris Schille (14) Redway	49:50
2. Brian Beckerdite (14) Miranda	57:21
3. Greg Cordova (12) Cottonwd	58:46

Boys 15-18:

1. Michael Healey (17) Redding	44:58
2. Larry Guinee (18) Berkeley	45:32
3. Tom Greene (15) Fortuna	46:33
4. Jon Carlson (18) Eureka	47:30
5. Armie Gama (16) P Cedro	48:05

Open Men 19-34:

1. Gary Tuttle (33) Ventura	39:32
2. Mark Conover (20) Arcata	39:40
3. Dennis O'Halloaran (29) FrOaks	41:27
4. Steve Kretsinger (21) Arcata	41:41
5. John Mansoor (25) Fr Oaks	42:23
6. Tim Becker (22) Arcata	42:49
7. Harry S. Cottrell (34) Eureka	42:52
8. Hersh Jenkins (29) Rohn Pk	43:05
9. Greg Balbierz (21) Arcata	43:07
10. Roger Innes (21) Arcata	43:35

Men 35-39:

1. Bill Scobey (35) Ventura	41:20
2. Bill Daniel (36) Arcata	48:47
3. Andy Jensen (37) Redwd Vly	49:18
4. Ron Ross (39) Arcata	49:25
5. Wayne F. Moss (38) Weaver	50:10

Men 40-44:

1. Richard Whitewater (40) So. SF	47:53
2. Glenn Reed (42) Redding	50:47
3. Richard Meyer (41) Eureka	51:27
4. Dale Haines (41) Brookings	51:31
5. Chuck Ehlers (40) Arcata	51:34

Men 45-49:

1. Lenny Escarda (49) Eureka	50:35
2. Hal Jackson (47) Arcata	51:51
3. Richard Gilchrist (45) Bayside	52:01

Men 50-54:

1. Whitney Buck (51) Arcata	55:39
2. Don Hughes (51) Bayside	55:45



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Whatever it is, I had the feeling that it was a dull season. Whenever I mentioned it, I found agreement. It's not really fair because there were many notable moments. The highlight of the whole season, Southern California and all points north, south, east and west, was to be Eamon Coghlan's performance at Jack in the Box. Not only did Coghlan knock 2 seconds from the old mark, which is quite a chunk at this stage of the mile's development, but he ran the fastest mile ever run, indoor or outdoor, on American soil.

Another high point would be the new Stanley Floyd-James Sanford rivalry. That promises to provide continued excitement in the outdoor season. Evelyn Ashford demonstrated that, without any doubt, she's back. A big stunner, though largely unappreciated at the time, was the upset in the Sunkist women's 60y hurdles. The Russian Olympic Gold Medalist was convincingly dusted off by the local unknown, Santa Monica College's Rene Felton. So, we all know that the Russians don't always take their U.S. tours as seriously as they should, but that's their problem, not ours...or Felton's.

The Jack in the Box was the big one this year. There was the usual Al Franken star-studded field in all the events, but everyone came to see the Scott-Coghlan shootout in the mile. They weren't disappointed, no sir, not by a long shot.

With former Villanova star, Phil "Tiny" Kane as the DR (designated rabbit) and setting a truly blazing early pace, like a 56.3 quarter and a 1:55.5 half, Steve Scott broke Coghlan's indoor world record, set on the same track two years ago. Unfortunately for Scott, exactly 1.2 seconds earlier little Eamon Coghlan had also broken it. So, after running an incredible 3:51.8, all Scott had to show for his efforts was an American record...and not even a meet record. But look what it took to upstage him. It took the fastest mile ever run on American soil. That's right, Nobody, but nobody has ever run a mile faster than Coghlan's 3:50.6. Not indoors, not outdoors, not anywhere. No one from Wes Santee to Jim Ryun ever went that fast. And, only one, Ryun, ever went faster than Scott, and that was only once...and outdoors.

After Kane dropped out, really having done a job, Scott moved out to the front with Coghlan right behind, and John Walker and Ray Flynn tailing him. Further back were Harald Hudak of West Germany and Tanzania's Filbert Bayi. But, forget those guys. Tonight, there were only two who counted.

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So that's it for the indoor season. With a few notable, very notable exceptions, it just didn't seem to have the sparkle we've felt in previous year. The Scott-Coghlan series probably more than offsets it, though...I suppose. But, for whatever it was worth, *California Track & Running News* tried to bring as much of it to you as we could (see last issue for complete write-ups of all five of California's indoor meets). Now bring on the outdoor season! UCLA-USC, Pepsi, West Coast, Mt. SAC, TAC...and then...it's indoor time again. We love it!!!

JUST WONDERING DEPARTMENT:

How come the women-only races in the Los Angeles area draw so poorly? The Beverly Hills Bonne Bell, a few years ago, had about 900 entered, though only about 750 actually ran. And that was the big one. All the rest have been far skimpier. Last year, the L'eggs 10K in Santa Monica drew around 400, while Avon's half marathon this year was maybe 550, despite a mere \$3.00 entry fee and a bundle of goodies...not to mention the high stakes for the winner. And 2 years ago, a Bonne Bell in Irvine had about 150 runners. Meanwhile, similar events in other cities pull in 1,400 to 3,500 entries. Even San Diego can get over 1,000 women out for an event. What's wrong with L.A.?

Surely, it isn't the talent. At this year's Avon, which will be covered in the next issue of *CT&RN*, there were Kathy Mintie, Gayle Olinekova, Michelle Bush, Sue Stricklin, Margaret Miller, Linda Staudt, Fran Solomon and Elaine Campo among others. Yet only 534 were entered, and probably less than that actually ran. Where are the missing ones? I would suspect that it's the middle and back of the pack that is letting us down. When you get 3,000 entrants in a women only race, the biggest percentage of them are probably little

more than jiggers. But, so what? That's true of the open races, also. Most of the men are not especially competitive. But, at least they come out.

If women are going to develop the level of competition that they are capable of, they must...absolutely must...turn out in greater numbers. It's a simple matter of probability. In order for those with the talent to develop into quality athletes to be likely to get into a program in which that talent will be developed, a large enough sample of the available women must participate. That way, the chances become much greater that the top talents are in the participating group than when there are only a small number. In other words, there are plenty of women out there who *could* be fine runners, but never will because they never got into it in the first place. Well, the next obvious question is how do we get them to come out? This is the "Just Wondering Dept..." remember?

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Maybe some of the women out there in readerland could share with us their ideas on how to remedy the situation. L.A. women can't be that different from women in the rest of the country... can they? Are they that laid back that only suntan lotion and poolside deck chairs are the only outdoor attraction for them? Based on what I see on San Vicente Blvd. any day of the week, that's hard to believe.

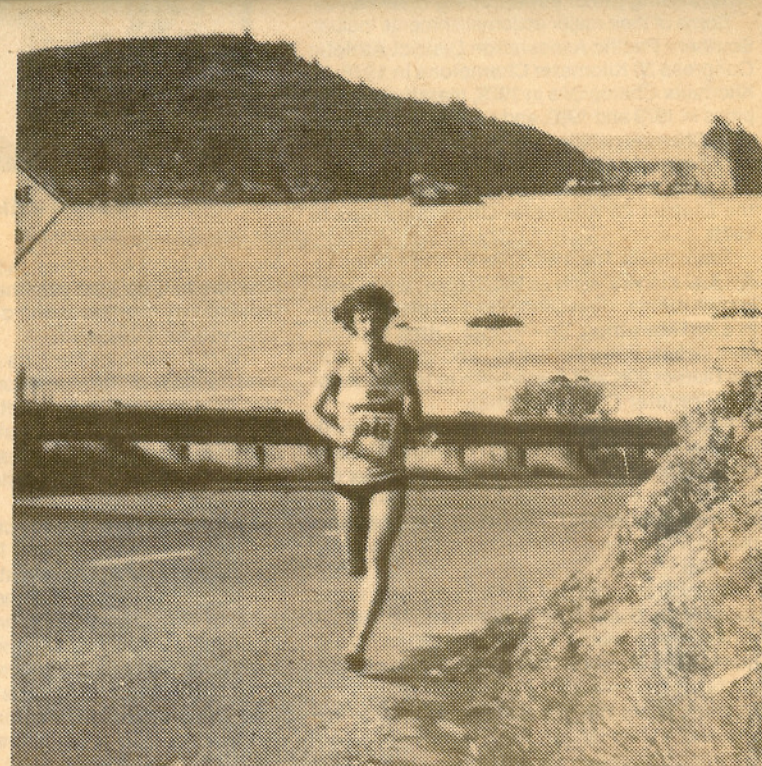
So, we'd like to know!

P.R.'s

A pretty skimpy list this time. Are distance runners really that modest? C'mon, let all California know about it.

This month's list, though down in quantity, makes up for it in quality as can readily be seen, from Eamon Coghlan's world record to our "old" friend Jennifer (the artist) Prager:

Elaine Campo	2:44:49
World Masters Marathon	
Eamonn Coghlan	(World Record) 3:50.6
Jack in the Box Indoor Mile	
Gilbert Cortez	30:35
Aztec Invitational 10K	
Ann Dewey (SMTC)	42:52
Malibu 10K	
Therese Kozlowski (LMU)	*2:54:57
World Masters Marathon	
Bob Macias (SMTC)	*2:30:14
Clyde Matsumura (SMTC)	2:29:12
World Masters Marathon	
Jennifer Prager (9 years old)	51:27
Randy's Runners 10K	
Steve Scott (Sub-4) American Rec.	3:51.8
Jack in the Box Indoor	
Vikken Simonian (SMTC)	*2:18:56
World Masters Marathon - 1st	
Fran Solomon	36:09
Back Bay 10K	



Gary Tuttle wins Clam Beach Run

Trinidad Clam Beach Run

From CHUCK EHLERS

January 31, Trinidad. 8.5 miles.

Blistering the difficult, scenic 8.5 mile course at a 4:39 pace, Gary Tuttle staved off a challenge from Humboldt State University cross country star Mark Conover to capture his fifth victory in the Trinidad Clam Beach Run.

The 33-year-old Tuttle, of Ventura, California, a former HSU cross country All-American himself, took 56 seconds off Chuck Smead's record in the 16th running of the event that drew nearly 1,300 starters.

Tuttle grabbed the lead from Conover (second in the NCAA Division II Cross Country Championships) in the last 2.5-mile stretch of the race on the beach and finished eight seconds ahead.

Another HSU cross country ace, Claudia Bergsohn, 19, captured the women's open title in her first Clam Beach effort with a 51:21.

A record 1,221 finishers completed the hilly course that starts on the road before dropping sharply to the surfline and taking the runners through the swollen Little River.

Yet another former HSU cross country luminary, Bill "Mad Dog" Scoby, took third in the race and first in the 35-39 age group with a 41:20.

3. Ted Ruprecht (52) Trinidad	56:36
Men 55-59:	
1. Bob Dickerson (59) Blue Lake	59:27
Men 60-64:	
1. John Facey (60) Fortuna	64:07
Men 65 & Over:	
1. Bill Van Fleet (66) Eureka	65:32
Girls 14 & Under:	
1. Tammy Davis (14) Loleta	69:09
2. Michelle Hawk (13) Piercy	70:43
3. Sandy Porter (14) Eureka	71:24
Girls 15-18:	
1. Kim Pieratt (17) Hydesville	56:31
2. Teri Davis (17) Brookings	60:13
3. Angela Hodge (17) Blue Lake	60:25
Women's Open 19-34:	
1. Claudia Bergsohn (19) Arcata	51:21
2. Tammy Johnson (21) Arcata	51:37
3. Cindy Claiborne (24) Arcata	51:41
4. Flossie Horgan (34) Chico	51:46
5. Kathleen Kaiser (34) Chico	52:23
Women 35-39:	
1. Linda Forbes (38) Arcata	64:44
2. Carol Davis (39) Brookings	69:17
Women 40-44:	
1. Gayle Kerstetter (41) Arcata	58:57
2. Julie Bowman (40) Eureka	68:14
Women 45-49:	
1. Sherry Bennion (45) Bayside	67:53
Women 50-54:	
1. Betty Jain (50) Arcata	69:27
Women 55-59:	
1. Mary Leach (55) Eureka	105:20



Ellen Lyons

Bonne Bell 10K

February 1, San Francisco. Please see the March issue of *California Track & Running News* for the write-up story.

1. Janice Oehm (21)	34:28
2. Ellen Lyons (18)	34:35
3. Cindy Schmandt (19)	34:40
4. Suzanne Richter (20)	35:21
5. Stefani Flowers (19)	35:49
6. Stefani Stoutt (20)	36:09
7. Robyn MacSwain (16)	36:58
8. Denise Bigelow (19)	37:06
9. Kerry Brogan (18)	37:08
10. Karey Robinson (21)	37:12
11. Dana Flint (17)	37:24
12. Mary Gaffield (17)	37:48
13. Vickie Bigelow (45)	37:53
14. Sharlet Gilbert (29)	37:54
15. Bev Marx (27)	37:55
16. Eileen Claudus (25)	37:59
17. Sue Vinella-Brusher (26)	38:00
18. Pam Cox (22)	38:05
19. Marcia White (17)	38:07
20. Kathy Way (20)	38:11
21. Joan Ulliyot (40)	38:15
22. Dana Hooper (26)	38:22
23. Jolie Houston (24)	38:26
24. Marilyn Davis (16)	38:37
25. Florianne Harp (32)	38:46
26. Skip Swannack (35)	38:50
27. Joyce Rankin (33)	38:52
28. Valerie Ross (19)	38:53
29. Ann Wotherspoon (24)	38:55
30. Irene Rudolf (38)	38:56
31. Jane Sowersby (30)	38:58
32. Kimbi Hamer (21)	39:14
33. Kathy Pfiefer (21)	39:17
34. Claudia Wish (30)	39:19

is world class in the middle distances: the 800m, 1500m and 3000m.

So, there was some talent out there. Olinekova was 27th overall, and Eino was 15th. Second woman was Jaynie Studenmund. Her time was 38:08, just 11 seconds and 3 places overall ahead of third placer Barbara Terhune. However, she was about 20 seconds and nine places behind her husband/coach, Woody.

Attracting the most attention was the health food hound and local character, Gypsy Boots. Boots is a one man carnival, and at 67, he was apparently the oldest runner of the day. Not by much, though. Stotsenberg is 66. Boots' 51:13 wasn't anywhere close to Stotsenberg's time, but, when you think about it, it was good enough to lend some credibility to the lifestyle he advocates.

Results:

1. Jon Sutherland (29) Northridge	30:42
2. Brian Russell (22) Westwood	30:50
3. Chris Stewart (34) Westwood	31:12
4. Jon Black (20) Thousand Oaks	31:17
5. Gary Nitti (26) Santa Monica	31:44
6. Bill Entz (26) Encino	31:49
7. Tom Lowry (28) Malibu	32:10
8. Chris Brenneman (18) Northridge	32:17
9. Steve Blum (25) Ventura	32:39
10. Steve Schuman (18) Los Angeles	32:47
11. Andy Black (21) Thousand Oaks	32:48
12. Steve Gilbert (18) Beverly Hills	33:15
13. Scott Aguirre (18) Los Angeles	33:46
14. William Spilman (20) Simi Valley	33:52
15. Eino Romppanen (40) Malibu	34:07
16. Steve Dietch (16) Woodland Hills	34:14
17. Roy Burleson (37) Thousand Oaks	34:19
18. Mike Jones (17) Anaheim	34:22
19. Doug Becker (35) Ojai	34:25
20. Truman Clark (45) Port Hueneme	34:33
21. Ron Smith (33) Pasadena	34:36
22. Chris Klein (24) Pac. Palisades	34:46
23. Steve Merriman (24) Malibu	34:50
24. James Wright (34) Santa Monica	34:52
25. Tom Arce (15) Ojai	35:02
26. Bard Cook (25) Marina Del Rey	35:05
27. Gayle Olinekova (27F) Venice	35:30
28. Michael Vogel (28) Ventura	35:33
29. Bill Barnes (17) Ventura	35:36
30. Randall Voeltz (29) Agoura	35:37
31. Bernard Berslau (35) Westlake Vii.	35:50
37. Ray Craig (45) Malibu	36:13
42. Jack Williams (45) Camarillo	36:23
45. Pateick McNeil (14) Ojai	36:35
52. Joseph Nitti (14) Santa Monica	37:30
56. Robert Hanisee (42) Malibu	37:37
61. Bud Lackie (44) Santa Monica	37:47
69. Jaynie Studenmund (26F) Eagle R.	38:08
72. Barbara Terhune (37F) L.A.	38:19
83. Will Robinson (50) Thousand Oaks	38:59
89. Leslie Schiller (28F) Ventura	39:20
107. Margaret Miller (55F) Thousand O.	40:44
119. George Ropella (52) Malibu	41:13
133. Ed Stotsenberg (66) Malibu	41:49
139. John Perrodin (52) Chatsworth	42:08
171. Don Mathews (60) Santa Monica	43:13
179. Heidi Frandsen (17F) La Canada	43:25
190. Kim Stewart (14F) Woodland H	43:43
214. Donna Rostagno (16F) L.A.	44:23
226. Debbie Brown (43F) Malibu	44:47
237. Mack Willis (63) Malibu	45:12
256. Katie Larsen (18F) Ventura	45:35
257. Valeria Heckler (37F) Malibu	45:36
258. Anna Castaneda (15F) Pac. Pal.	45:40
277. Chris Williams (12) Malibu	45:59
290. Venae Nicolaysen (40F) Malibu	46:27
291. Christa Romppanen (41F) Malibu	46:27

7. Terry Faley (18)	17:02
8. Len Efron (45)	17:09
9. Don Young (15)	17:16
10. Walt Winsor (49)	17:23
45. J. Simos (50)	19:42
62. Kim Stewart (14) 1-F	20:20
63. Mark Baldwin (under 12)	20:20
76. John Chaplin (60)	21:40

Max Chaboian Road Race

By MARTY HIGGINBOTHAM

February 15, Live Oak Park, Tulare. Max Chaboian Six Mile Road Race.

Nice weather brought just under two hundred runners to Tulare for the annual Max Chaboian Six Mile Road Run. In the early stages of the race a lead pack consisting of Jim Hartig, Juan Garza and Shawn Smallwood ran together until Fresno Track Club's Jim Hartig began to put distance between himself and Garza and Smallwood. Hartig stretched his lead all the way to finish fresh in 30:21, well ahead of second place finisher Juan Garza of the High Sierra Track Club. Garza clocked 31:42.

Members of the High Sierra TC dominated the submaster and master age groups leading the way was Dave Bronzan in the 30-34 division with his winning effort of 32:36. Wayne VanDellen timed 33:13 to take the 40-49 division. In the 50-59 Len Thornton clocked 33:42 to take first place honors while Harry Harder ran 40:24 to win the sixty and over age group.

Ed Taylor took first place honors in 20-24 age group with a 32:27 time, he was followed in second place by younger brother Robert, timing 33:22. Jess Rodriguez of the Visalia Runners was an easy winner in the 35-39 division as he timed 33:49. In the fourteen and under division Jeff Helton was the winner in 36:11. The 15-16 age was won by Brian Smallwood in 35:38 while brother Shawn took the 17-18 division in 31:52.

Renee Wycoff was an easy winner in the women's division as she ran 36:18, well ahead of runner up Ruby Hernandez. In the 25-29 age group Carol Salvador timed 46:03 to take honors while Visalia Runner teammate Jacques Randolph ran 43:10 to win the 30-34 division. Jo Ann Branco kept the Visalia Runners women on top as she out ran her competition in the 40-49 division timing 45:37.

Shannon Battles and Janet Velasquez each won their respective divisions, as Battles won the fourteen and under in 45:19 and Velasquez ran 48:18 to win the 15-16 division. Other women winners included Elaine Hutsinpillar 42:59 first in the 35-39, Liz DeMonte first in the 50-59 in 45:21 and Evelyn Krumbein 60:35 first in the sixty and over.

MEN'S DIVISIONS:

14 & Under:	1. Jeff Helton 36:11; 2. Eric Anderson 37:21; 3. Frank Garrillo 38:33.
16 & Under:	1. Brian Smallwood 35:38; 2. John Chaboian 38:19; 3. John Wallace 38:43.

18 & Under:	1. Shawn Smallwood 31:52; 2. Brett Pugh 33:55; 3. Alex Gallegos 34:48; 4. Paul Anderson 34:56; 5. Ray Duran 36:29.
19-24:	1. Ed Taylor 32:27; 2. Robert Taylor 33:22; 3. Freddy Castillo 34:32; 4. Lino Flores, Jr. 36:10; 5. Rick Garcia 38:50.
25-29:	1. Jim Hartig 30:21; 2. Juan Garza 31:42; 3. Leon Valley 34:24; 4. Jeff Bruggemann 35:18; 5. Jim Lambe 35:35.

30-34:	1. Dave Bronzan 32:36; 2. Paul Cross 32:42; 3. Steve Kelley 32:55; 4. Gary Campbell 33:11; 5. David Soleno 33:49.
35-39:	1. Jesse Rodriguez 33:49; 2. Roger Sebert 36:17; 3. Dick Powell 37:15; 4. Ken Smallwood 37:36; 5. Raul Aguayo 39:15.

40-49:	1. Wayne VanDellen 33:13; 2. Fernie Montanez 34:34; 3. Frank Delgado 34:43; 4. Rick Zamarrappa 36:15; 5. Tommy Upton 38:54.
50-59:	1. Len Thornton 33:42; 2. Gil Hinz 37:01; 3. AR Souza 38:48.

60 & Over:	1. Harry Harder 40:24; 2. Bob Lehman 40:42; 3. Ed Cate, Jr. 47:59.
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WOMEN'S DIVISIONS

14 & Under:	1. Shannon Battles 45:19; 2. Cathy Stebles 47:45; 3. Vickie Gonzalez 49:21.
16 & Under:	1. Janet Velasquez 48:18; 2. Jill Canales 49:02; 3. Marilyn Stebles 61:12.

19-24:	1. Renee Wycoff 36:18; 2. Ruby Hernandez 42:32; 3. Andrea Lieberman 42:35.
25-29:	1. Carol Salvador 46:03; 2. Esther Henson 52:22.

30-34:	1. Jacque Randolph 43:10; 2. Margaret Pena 44:13; 3. Cherie Stephenson 48:26.
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35-39:	1. Elaine Hutsinpillar 42:59; 2. Margie Timberlake 46:37; 3. Alejandra Rachal 54:43.
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40-49:	1. Jo Anne Branco 45:37; 2. Sez Conway 49:44; 3. Theanne Woodruff 60:32.
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50-59:	1. Liz DeMonte 45:21.
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60 & Over:	1. Evelyn Krumbein 60:35.
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Reggie Smith Centinela Hospital 10K Run

By LOUIS HIRSCH

February 15, Hollywood Park Race Track.

It was a perfect morning for a 10K run at the forum in Inglewood. There were 1300 people ready to start the Reggie Smith 10K Run. Dave Babiracki, now running for the Sub-4 Track Club, took the lead from the start and ran a constant pace to also lead at the finish. At the half mile mark, he already had a one hundred yard lead, and from there he stretched it out even longer to win by a minute and a half.

Denise Ball also felt it was just as perfect a morning but she probably didn't really appreciate it until near the end of the race. She had the misfortune of having to weave her way through the crowd. Eventually she found some elbow room and finished as first woman in 36:58; not by much, though. Three seconds behind was Elaine Schultze, and shortly after, in 37:18 came Roma Antoniewicz. Three very good marks posted by these girls.

Top Ten Overall:

1. Dave Babiracki	29:36
2. M. Caprioglio	31:14
3. David Greifinger	31:43
4. Ron Kurrel	32:01
5. Gilbert Mata	32:06
6. Eddie Runner	32:19
7. Jeff Olsen	32:20
8. Tyrus Deminter	32:34
9. Victor Herrera	32:38
10. Henry Lange	32:45

MEN: 13 & Under:	1. Lane Olson 35:03; 2. Jeffrey Jalobs 36:24; 3. Eric Huss 38:43. 14-18: Eddie Runner 32:19; 2. Jeff Olson 32:20; 3. Tyrus Deminter 32:34. 19-29: 1. Dave Babiracki 29:36; 2. M. Caprioglio 31:14; 3. Dave Greifinger 31:43. 30-34: 1. Ron Kurrel 32:01; 2. Henry Lange 32:45; 3. Michael Tsegai 34:29. 35-39: 1. Stan Stauble 33:42; 2. Robert Barela 33:45; 3. Lawrence Fabela 34:44. 40-44: 1. Charles Ross 34:21; 2. Joseph Gassmann 34:34; 3. Nelson Grader 34:45. 45-49: 1. Andre Tocco 34:05; 2. Walt Windsor 34:29; 3. Ray Craig 35:54. 50-54: 1. Patrick Devine 36:37; 2. John Racely 38:08; 3. Juan Carmona 38:28. 55-59: 1. Ray Gill 36:25; 2. Avery Bryant 38:46; 3. Robert Page 39:31. 60 & Over: 1. Eddie Lewin 39:07; 2. Steve Chaplin 40:24; 3. Louis Rocha 41:26.
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FEMALE: 13 & Under:	1. Misty Yoshikawa 42:44. 4-18: 1. Denise Ball 36:58; 2. Cherie Miko 43:30. 19-29: 1. Elaine Schultze 37:01; 2. Roma Antoniewicz 37:18; 3. Julie McKinney NT. 30-34: 1. Suzanne Miller 43:30. 35-39: 1. Carmen Connolly NT. 45-49: 1. Elinor Sherman 44:47. 50-54: 1. Colleen Jones 44:40. 55-59: 1. Helen Dick 41:26.
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photo by Louis Hirsch



Dave Babiracki and son



2. Ellen Lyons (18)	34:35
3. Cindy Schmandt (19)	34:40
4. Suzanne Richter (20)	35:21
5. Cheryl Flowers (19)	35:49
6. Stefani Stoutt (20)	36:09
7. Robyn MacSwain (16)	36:58
8. Denise Bigelow (19)	37:06
9. Kerry Brogan (18)	37:08
10. Karey Robinson (21)	37:12
11. Dana Flint (17)	37:24
12. Mary Gaffield (17)	37:48
13. Vickie Bigelow (45)	37:53
14. Sharlet Gilbert (29)	37:54
15. Bev Marx (27)	37:55
16. Eileen Claudus (25)	37:59
17. Sue Vinella-Brushier (26)	38:00
18. Pam Cox (22)	38:05
19. Marcia White (17)	38:07
20. Kathy Way (20)	38:11
21. Joan Uillyot (40)	38:15
22. Dana Hooper (26)	38:22
23. Jolie Houston (24)	38:26
24. Marilyn Davis (16)	38:37
25. Florianne Harp (32)	38:46
26. Skip- Swannack (35)	38:50
27. Joyce Rankin (33)	38:52
28. Valerie Ross (19)	38:53
29. Ann Wotherspoon (24)	38:55
30. Irene Rudolf (38)	38:56
31. Jane Sowersby (30)	38:58
32. Kimbi Hamer (21)	39:14
33. Kathy Pfeifer (21)	39:17
34. Claudia Wish (30)	39:19
35. Cathy Corfee (17)	39:23
36. Bonnie Storm (35)	39:24
37. Susan Jenkinson (19)	39:27
38. Kim Himenes (13)	39:28
39. Margo Elson (29)	39:30
40. Allison Nemir (18)	39:33
47. Heidi Skaden-Poyser (43)	39:53
48. Marion Irvine (51)	40:03
108. Frances Sackerman (51)	43:03
147. Ruth Anderson (51)	44:22
295. Kay Atkinson (63)	47:22
1089. Norelma Walker (63)	57:47
1209. Alice Werbel (65)	59:24
1651 finishers.	

Malibu 10K

By RICHARD SLOTKIN

February 2, Zuma Beach.

Jon Sutherland finally got one. Running the beachside course in 30:42, he beat out UCLA distance runner Brian Russell by 8 seconds. Next was Chris Stewart, who travelled a long way from his home in England for this one.

For a relatively small field...about 600 preregistered, and maybe a few hundred more joining in on race day, many of the unregistered...there was plenty of quality. Besides the three just mentioned, there were world class marathoner Gayle Olinekova, who was an easy winner over all the women, Eino, the Malibu sculptor, who won the men's 40-44 division in 34:06, and who is one of Sutherland's "consultants;" wonder woman Margaret Miller, who, at 55, beat all the ladies from 40 on, not to mention her own age group. Her time of 40:44 wasn't anywhere near her best, but it's pretty quick; Ed Stotsenberg won a gold and two silver medals at the World Masters Games in New Zealand in January, and he won the 60 and over category in 41:47. Ed has done better also, but the long distances aren't really his thing. He

30. Randall Voeltz (29) Agoura	35:37
31. Bernard Berslau (35) Westlake VII.	35:50
37. Ray Craig (45) Malibu	36:13
42. Jack Williams (45) Camarillo	36:23
45. Pateick McNeil (14) Ojai	36:35
52. Joseph Nitti (14) Santa Monica	37:30
56. Robert Hanisee (42) Malibu	37:37
61. Bud Lackie (44) Santa Monica	37:47
69. Jaynie Studenmund (26F) Eagle R.	38:08
72. Barbara Terhune (37F) L.A.	38:19
83. Will Robinson (50) Thousand Oaks	38:59
89. Leslie Schiller (28F) Ventura	39:20
107. Margaret Miller (55F) Thousand O.	40:44
119. George Ropella (52) Malibu	41:13
133. Ed Stotsenberg (66) Malibu	41:49
139. John Perrodin (52) Chatsworth	42:08
171. Don Mathews (60) Santa Monica	43:13
179. Heidi Frandsen (17F) La Canada	43:25
190. Kim Stewart (14F) Woodland H	43:43
214. Donna Rostagno (16F) L.A.	44:23
226. Debbie Brown (43F) Malibu	44:47
237. Mack Willis (63) Malibu	45:12
256. Katie Larsen (18F) Ventura	45:35
257. Valeria Heckler (37F) Malibu	45:36
258. Anna Castaneda (15F) Pac. Pal.	45:40
277. Chris Williams (12) Malibu	45:59
290. Venae Nicolaysen (40F) Malibu	46:27
291. Christa Romppanen (41F) Malibu	46:27

San Fernando Valley Run for Children's Dental Health

February 8, San Fernando Valley.

RESULTS OF 10K:

1. Girn Strimrich	33:02
2. Tim Hampton (25)	33:50
3. Steve Durand (24)	34:01
4. Tim Watson (17)	34:11
5. Mike Mudrick (19)	34:39
6. Henry Lambe (over 30)	35:01
7. Ken Moffitt (over 25)	35:06
8. Gene Blankenship (39)	35:13
9. Dale Matsuda (18)	35:55
10. Roy Farhi (18)	36:43
11. Frank Meza (32)	36:53
12. Mike Vogel (28)	37:07
13. Chris Bourke (45)	37:18
14. Lynn Borland (38)	37:19
15. Len Efron (45)	37:25
20. James Price (under 17)	38:10
26. Norm Cohen (over 40)	38:53
33. Dick Durand (52)	39:27
45. Bob Gerlach (51)	40:29
49. Colleen Spadoni (18) 1-F	40:50
59. Eddy Lewin (64)	41:29
73. Roy Steward (over 55)	42:29
75. Paul Jenstrom (59)	42:38
78. Cheryl Snyder (25) 2-F	42:49
92. Tracy Bradfield (11)	43:28
103. Lisa Peterson (18) 3-F	44:15
138. Iris Cohen (over 18) 4-F	47:02
144. Pat Bernardoni (25) 5-F	47:30

5 KILOMETER RESULTS:

1.00 Gilbert Cortez (18)	15:42
2. Steven Dietch (17)	16:10
3. S. LeBlanc (25)	16:26
4. Nils Miller (17)	16:46
5. Herb Medina (16)	16:58
6. Bill Boggs (31)	17:00

the 17-18 division in 31:52.

Renee Wycoff was an easy winner in the womens division as she ran 36:18, well ahead of runner up Ruby Hernandez. In the 25-29 age group Carol Salvador timed 46:03 to take honors while Visalia Runner teammate Jacques Randolph ran 43:10 to win the 30-34 division. Jo Ann Branco kept the Visalia Runners women on top as she out ran her competition in the 40-49 division timing 45:37.

Shannon Battles and Janet Velasquez each won their respective divisions, as Battles won the fourteen and under in 45:19 and Velasquez ran 48:18 to win the 15-16 division. Other women winners included Elaine Hutsinpillar 42:59 first in the 35-39, Liz DeMonte first in the 50-59 in 45:21 and Evelyn Krumbein 60:35 first in the sixty and over.

MEN'S DIVISIONS:

14 & Under: 1. Jeff Helton 36:11; 2. Eric Anderson 37:21; 3. Frank Garrillo 38:33.

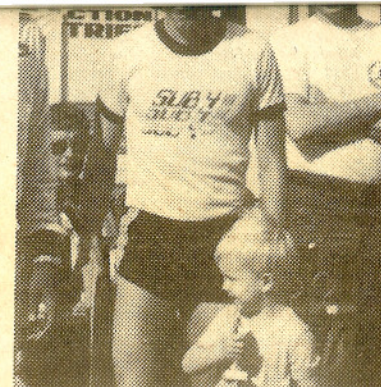
16 & Under: 1. Brian Smallwood 35:38; 2. John Chobolan 38:19; 3. John Wallace 38:43.

By LOUIS HIRSCH

February 15, Hollywood Park Race Track.

It was a perfect morning for a 10K run at the forum in Inglewood. There were 1300 people ready to start the Reggie Smith 10K Run. Dave Babiracki, now running for the Sub-4 Track Club, took the lead from the start and ran a constant pace to also lead at the finish. At the half mile mark, he already had a one hundred yard lead, and from there he stretched it out even longer to win by a minute and a half.

Denise Ball also felt it was just as perfect a morning but she probably didn't really appreciate it until near the end of the race. She had the misfortune of having to weave her way through the crowd. Eventually she found some elbow room and finished as first woman in 36:58; not by much, though. Three seconds behind was Elaine Schultze, and shortly after, in 37:18 came Roma Antoniewicz. Three very good marks posted by these girls.



Dave Babiracki and son

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City of Coalinga

Almond Blossom

February 15: Paso Robles. Almond Blossom Run.

3 Mile Run:

1. Mark Breish	15:36
2. Matt Armbruster	16:04
3. Matt Vukkevich	16:48
4. Lee Paul	16:54
5. Sean Breadmore	17:07
11. Marvin Gross 1-40	17:52
33. G. Goochey 1-F	20:13

8 Mile Run:

1. Eddy Cadena	40:29
2. Craig Lowrie	41:43
3. Ron Richardson	42:46
4. A. Arreola	43:54
5. John Ernatt	44:14
6. Joseph Bird 1-40	44:38
7. Tom Jefferis	45:58
8. J. Hurley	46:26
9. Al Ramos	47:15
10. Jim Moser	47:48
18. Bill VanWyngaarden 2-40	50:39
36. John Herd 1-50	53:26
40. Emily Whitney 1-F	53:51
49. Cindy Hutchison 2-F	55:11
61. Barbara Hasson 3-F	56:49
96. Jean Spierling 1-F 50	64:10

Toro 10K

By RICHARD SLOTKIN

February 21, California State University, Dominguez Hills.

The course was 90% cross country. Runners went through a botanical nursery and had to jump small streams when not traversing rough footing. Temperature at the beginning of the race was 69°, sunny and clear.

Dave Frickel led all the goats, rabbits and runners to a 32:05 win, followed only a few seconds later by UCLA distance runner Dan Brady. Tenth overall went to 45 year old wonder Andre Toco (see profile, last issue). Toco came in just behind Pt. Fermin Flyer teammate Thom Lacie. Thom, who does such a great job directing that semi-annual Pt. Fermin 10 Miller, runs pretty well, too. Thirty-three fifty-eight on that Dominguez Hills course isn't bad for a submaster.

Injury plagued Sherry Simmons, of nearby Lomita seems to be coming around again. She took women's honors with a pretty quick 38:23. Twelve year old Voncille Brown was second. She has been coming on very well of late and has gone under 40:00, although today, she was welcomed to the wonderful world of cross country in a more realistic time of 41:38.

Men Top 10:

1. Dave Frickel	32:05
2. Dan Brady	32:14
3. Terry Drake	32:32
4. Alvaro Palacios	32:39
5. Rudy Chavez	32:56
6. Gilbert Mata	33:27
7. Mike Dagg	33:33
8. Bruce Johnson	33:42
9. Thom Lacie	33:58
10. Andre Toco	34:07

Women Top 5:

1. Sherry Simmons	38:23
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Run of The Press

February 21, Sepulveda Dam Recreation area. Jon Sutherland and Ron Ysaïs wound up in a photo finish, with identical times of 31:43 in the Third Annual Daily News Run of the Press at the Sepulveda Dam Recreation area.

Sutherland, former Granada Hills High School track star and now a Van Nuys resident, was awarded first place laurels over Oxnard's Ysaïs. Jon Black of Thousand Oaks was third in 31:58.

Alemay High School's state cross country champion Vicki Cook showed her stuff with a record breaking performance in the women's division.

Placing 36th overall among a field of over 1,300 finishers (more than 1,400 started), Cook completed the run in 36:02 destroying the record of 39:08 set last year by Janine Walther of Chatsworth. Cook was 2½ minutes ahead of second place Robin Tracey, who finished in 38:32. Bobbi King was third at 38:42 and Walther's 39:00 was only good enough for 4th.

Sutherland and Ysaïs were well off the men's course record of 29:49, set last year by Dave Babiracki.

Following the three frontrunners in both the overall and 18-34 class were Malibu's Tom Lowry (32:04), Lancaster's Richard Govi (32:08), Encino's Billy Entz (32:20), Northridge's Mike Munoz (32:29) and Van Nuys' Jim Hampton (32:41).

Reseda's Charles McClung was 23rd overall in 35:04 to win the men's 40-44 division and Roy Burleson of Thousand Oaks was 25th overall in 35:20 to take the men's 35-39 category.

Simi Valley's Jim Knerr ran the distance in 35:43 to place 33rd overall and take top honors in the men's 45-49 division. Patrick Devine owned the best time for men aged 50-54 at 37:58. Avery Bryant of Rancho Palos Verdes won the men's 55-59 division in 39:33 and Fullerton's Phil Castle was the best among men aged 60 and over.

Overall Top 10:

1. Jon Sutherland (Van Nuys)	31:43
2. Ron Ysaïs (Oxnard)	31:43
3. Jon Black (Thousand Oaks)	31:58
4. Tom Lowry (Malibu)	32:04
5. Richard Govi (Lancaster)	32:08
6. Billy Entz (Encino)	32:20
7. Mike Munoz (Northridge)	32:29
8. Jim Hampton (Van Nuys)	32:41
9. Jim Kelley (Agoura)	32:41
10. Mark Pederson (Simi Valley)	33:11

Women's Leaders:

1. Vicki Cook (Alemay)	36:02
2. Robin Tracey	38:32
3. Bobbi King	38:42
4. Walther	39:00
5. Barbara Terhune	39:53
6. Sheri Lawson	40:04

Division Winners:

Boys 12 and Under: 1. Craig Lawson (Granada Hills) 39:29, Peter Oviatt 42:48, Andy Elam 43:58.

Boys 13-17: 1. Jim Kelley (Agoura) 32:41; 2. Mark Pederson (Simi Valley) 33:11; 3. Jeff Kusiumi (N. Hollywood) 33:21; 4. Steven Dietch (Woodland Hills) 33:33.

Men 35-39: 1. Roy Burleson (Thousand Oaks) 35:20; 2. Tom Gleason 35:35; 3. Pecho Ponce NT; 4. Bill Elam NT; 5. Don Grimes NT.

Men's 40-44: 1. Charles McClung (Reseda) 35:04; 2. Eino Romppanen 35:25; 3. Merl Glauser 35:42; 4. Tom Carroll 37:21; 5. Freddie

42:35; 4. Maynard Mickelson 43:05.

Men 55-59: 1. Avery Bryant (Rancho Palos Verdes) 39:33; 2. Keith Albright 39:45; 3. Roy Stewart 40:53.

Men 60 & Over: 1. Phil Castle (Fullerton) 41:56; 2. Oscar Borgen 47:08; 3. Frank Izzo 49:08.

Girls 12 & Under: 1. Sheri Lawson (Granada Hills) 40:04; 2. Julie Tingle (Agoura) 53:50; 3. Carolyn Wick (Canyon Country) NT.

Girls 13-17: 1. Vicki Cook (Alemay) 36:02; 2. Janine Walther (Chatsworth) 39:00; 3. Kim Stewart (Woodland Hills) 44:56; 4. Mari Grubbs (Panorama City) 49:38.

Women 18-29: 1. Robin Tracey 38:32; 2. Bobbi King 38:42; 3. Lynne McGinnis 42:00; 4. Lisa Peterson 43:46; 5. Kathy Rouze 44:26.

Women 30-39: 1. Barbara Terhune 39:53; 2. Susan Harmon 42:36; 3. Carmel Vrabel 45:30; 4. Stephanie Ebba 45:53.

Women 40-44: 1. Christin Romppanen 41:14; 2. Joyce Momita 46:38; 3. Lotte Krause 50:49;

Women 45-49: 1. Jane Dodds 45:54; 2. Ann Richards 50:38; 3. Missy Silvers 50:51.

Women 50 & Over: 1. Daisy Wong 49:41; 2. Ruth Ward NT.

Washington's Birthday Run

From FRANK FREYNE

February 21, Ridgecrest. Seventh Annual George Washington Birthday Run, 8.0 miles.

Top Male Finishers:

1. Robert Slick (25) Orange	42:31
2. Marshall Mayte (37) Sylmar	42:45
3. Dan Contreras (32) Riverside	44:02
4. Robert Coss (19) China Lake	44:42
5. Robert Barela (39) Barstow	45:01
6. Richard Belliveau (44) Northridge	46:12
7. Thomas Rindt (36) Ridgecrest	46:34

Top Female Finishers:

1. Sheila Hasham (38) Alhambra	53:45
2. Jeanette Wells (43) Quartz Hills	54:27
3. Denise Bedford (24) Riverside	56:07
4. Dianne Lucas (36) Ridgecrest	56:59

Up the Estuary February Half Marathon

By BOB COOPER

February 21, Newport Beach.

The enticement of a trip to Taiwan lured a bevy of Southern California's hottest runners to the Up the Estuary in February Half Marathon. The Newport Beach race was won by a male track specialist and a female marathoner.

Relentless Santa Ana winds buffeted the runners on their way out, then temperatures in the mid-seventies cooked them on the return trip. First to cross the line was 26-year-old Charlie Gray, an unknown on the local road racing circuit. He has been a steeplechase/10,000 meter track man although he has done well when he has tried the roads--his credits include a 2:21

National Running Data Center

By BOB MARTIN

Setting U.S. Road Running Records and Appearing in National Rankings - Official U.S. road running records, as recognized by the Road Runners Club of America and the Athletics Congress, are compiled and maintained by the National Running Data Center. To substantiate marks that would qualify for records and inclusion in rankings, the following information must be supplied to the NRDC:

1. A copy of the letter from the National Standards Committee (Ted Corbitt, chairman) approving the course as certified.

2. A signed statement attesting that the race was run on the course as it was certified.

3. Complete race results listing official times to the accuracy that times were recorded (not rounded to nearest second if tenths were recorded). Complete race results consist of complete names, ages, sex, hometown, home state, and time for every official finisher for which such information was gathered and recorded.

4. A description of the finish procedures used to match runners and times and to verify that the assigned times are properly matched to each runner.

5. A description of the procedures used to verify performances, i.e., to insure against cheating. This would include such things as course monitors, pull tags at start, recording numbers at checkpoints and turnaround points, videotaping, and careful control of entry information.

These requirements, beginning with 1981 races, are a part of the continuing effort to upgrade the quality of road running records. This information should be supplied for all races at standard distances on certified courses so that results of such races may be entered into records and rankings lists promptly. These requirements apply to national open and age-group records as well as to single-age records and to listings in the book "U.S. Distance Rankings" and "U.S. Marathoners."

While these requirements mean that the NRDC cannot accept news reports, certificates, partial results, and individual reports of marks as a basis for records and rankings, the submittal of such information should not be discouraged. Partial information is often useful for race participation statistics and as a basis for seeking the entire information as outlined above. Furthermore, race directors should not be discouraged from submitting information about their races because of a seeming inadequacy of procedures described in items 4 and 5 above. Smaller races do not need as elaborate procedures to assure accuracy and honesty as larger ones do, and thus to provide acceptable marks for records and rankings.

Certified Course Book - The 1981 edition of "Certified Road Running Courses" is nearing completion. This book lists all certified courses, as approved by the National Standards Committee, up to the beginning of 1981. It also includes more material on how to certify a road running course. The increase in the number of certified courses has exceeded the rate of increase in races and race finishers, so the 1981 edition contains information on many more courses than last year's book. "Certified Road Running Courses,"

seconds later by UCLA distance runner Dan Brady. Tenth overall went to 45 year old wonder Andre Toco (see profile, last issue). Toco came in just behind Pt. Fermin Flyer teammate Thom Lacie. Thom, who does such a great job directing that semi-annual Pt. Fermin 10 Miller, runs pretty well, too. Thirty-three fifty-eight on that Dominguez Hills course isn't bad for a submaster.

Injury plagued Sherry Simmons, of nearby Lomita seems to be coming around again. She took women's honors with a pretty quick 38:23. Twelve year old Voncille Brown was second. She has been coming on very well of late and has gone under 40:00, although today, she was welcomed to the wonderful world of cross country in a more realistic time of 41:38.

Men Top 10:

1. Dave Frickel	32:05
2. Dan Brady	32:14
3. Terry Drake	32:32
4. Alvaro Palacios	32:39
5. Rudy Chavez	32:56
6. Gilbert Mata	33:27
7. Mike Dagg	33:33
8. Bruce Johnson	33:42
9. Thom Lacie	33:58
10. Andre Tocco	34:07

Women Top 5:

1. Sherry Simmons	38:23
2. Voncilla Brown	41:38
3. Evette Rice	42:27
4. Connie Garbarini	44:29
5. Jeanine Griffiths	46:20

among men aged 60 and over.

Overall Top 10:

1. Jon Sutherland (Van Nuys)	31:43
2. Ron Ysais (Oxnard)	31:43
3. Jon Black (Thousand Oaks)	31:58
4. Tom Lowry (Malibu)	32:04
5. Richard Govi (Lancaster)	32:08
6. Billy Entz (Encino)	32:20
7. Mike Munoz (Northridge)	32:29
8. Jim Hampton (Van Nuys)	32:41
9. Jim Kelley (Agoura)	32:41
10. Mark Pederson (Simi Valley)	33:11

Women's Leaders:

1. Vicki Cook (Alemany)	36:02
2. Robin Tracey	38:32
3. Bobbi King	38:42
4. Walther	39:00
5. Barbara Terhune	39:53
6. Sheri Lawson	40:04

Division Winners:

Boys 12 and Under: 1. Craig Lawson (Granada Hills) 39:29, Peter Oviatt 42:48, Andy Elam 43:58.

Boys 13-17: 1. Jim Kelley (Agoura) 32:41; 2. Mark Pederson (Simi Valley) 33:11; 3. Jeff Kusiumi (N. Hollywood) 33:21; 4. Steven Dietch (Woodland Hills) 33:33.

Men 35-39: 1. Roy Burleson (Thousand Oaks) 35:20; 2. Tom Gleason 35:35; 3. Pecho Ponce NT; 4. Bill Elam NT; 5. Don Grimes NT.

Men's 40-44: 1. Charles McClung (Reseda) 35:04; 2. Eino Romppanen 35:25; 3. Merl Glauser 35:42; 4. Tom Carroll 37:21; 5. Freddie Perez 37:20.

Men 45-49: 1. Jim Knerr (Simi Valley) 35:43; 2. Ted Oviatt 37:30; 3. Frank Greene 37:21; 4. Richard Flores 38:09; 5. Chip Strange 38:18.

Men 50-54: 1. Patrick Devine 37:58; 2. Leopoldo Ibarra 42:16; 3. Thomas Garthaly

Up the Estuary February Half Marathon

By BOB COOPER

February 21. Newport Beach.

The enticement of a trip to Taiwan lured a bevy of Southern California's hottest runners to the Up the Estuary in February Half Marathon. The Newport Beach race was won by a male track specialist and a female marathoner.

Relentless Santa Ana winds buffeted the runners on their way out, then temperatures in the mid-seventies cooked them on the return trip. First to cross the line was 26-year-old Charlie Gray, an unknown on the local road racing circuit. He has been a steeplechase/10,000 meter track man although he has done well when he has tried the roads--his credits include a 2:21 marathon, making him an Olympic Trials qualifier in 1980, and a win in the popular Will Rogers 10K last July 4.

Gray, Dwayne Waltmire, Jim Triplett and Dr. Jean Ellis, a professional marathoner, formed a tight pack as they fought the wind for 6 1/2 miles.

"Dwayne and I blocked the wind the whole way out because the other two wouldn't share the lead," Gray complained. But that didn't stop the Westwood salesman, who recently moved here from Kansas City, from keeping the pressure on the rest of the way. Shortly after the foursome turned around to ride a tailwind back to the start, Ellis, then Triplett, and finally Waltmire dropped back as Gray turned on his track speed. Waltmire fell off the pace when Gray ran a two-mile split of 9:36 over miles 9 and 10.

Still, it was a close and surprisingly (for the conditions) fast finish as Gray clocked 1:07:41 (5:10 per mile) with Waltmire, Triplett and Ellis finishing 13, 30 and 58 seconds later, respectively.

Elaine Campo of Santa Barbara, who won the women's division at the Irvine Marathon a month earlier in a swift 2:44, claimed another victory here.

"I wasn't sure if I'd be up to a maximum effort so soon after that marathon, so I ran a tactical race today," Campo said. She went stride-for-stride with Fran Solomon on the way out, then pulled away at the turnaround. Solomon stayed close though as Campo finished in 1:22:03, Solomon in 1:22:23 and Marina del Rey's Molly Thayer third in 1:27:16.

This was the first event in the China Cup series consisting of seven races in which top finishers are awarded points. At least two men and two women, those with the highest point totals after the final race in December 1981, will win all-expense paid ten-day trips to Taiwan and Hong Kong for two international races later that month. /Bob Cooper/

Men: 1) Charles Gray 1:07:41, 2) Dwayne Waltmire 1:07:54, 3) Jim Triplett 1:08:11, 4) Dr. Jean Ellis 1:08:39; **Women:** 1) Elaine Campo 1:22:03, 2) Fran Solomon 1:22:23, 3) Molly Thayer 1:27:16.

Top Female Finishers:	
1. Sheila Hasham (38) Alhambra	53:45
2. Jeanette Wells (43) Quartz Hills	54:27
3. Denise Bedford (24) Riverside	56:07
4. Dianne Lucas (36) Ridgecrest	56:59

continuing effort to upgrade the quality of road running records. This information should be supplied for all races at standard distances on certified courses so that results of such races may be entered into records and rankings lists promptly. These requirements apply to national open and age-group records as well as to single-age records and to listings in the book "U.S. Distance Rankings" and "U.S. Marathoners."

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The National Running Data Center - Is an independent, non-profit, organization devoted to the collection, analysis, publication, and dispersal of running and running-related information. It cooperates with and has the support of the major governing bodies associated with running. It works with and supplies information to running publications. It is supported by donations from individuals, clubs, and running-related firms.

Chatsworth 10K

By LOUIS HIRSCH

February 22, Chatsworth Reservoir.

In the middle of February when most people are at home trying to stay out of the cold; folks in Southern California do things a little differently. On this Sunday morning, about 1800 people gathered at the Chatsworth Reservoir in T-shirts and shorts, which was about all anyone would have wanted to wear this morning, to run the First Annual Kiwanis of Chatsworth 10K. The run is to raise money for the Spastic Childrens Foundation.

The major complaint of the runners was not the weather, which was in the 70's but the hills that weren't supposed to be on this "flat" course. Another problem was that the course, which was run around the empty Chatsworth Reservoir, was laid out on a road only 15 feet wide. Not the best of accommodations for a mob of 1,800.

Furthermore, the leaders had trouble with bad footing on the gravel covered surface. However, Michael Ruffatto didn't have much trouble with anything. He took the lead from the start and wasn't aware of the other runners from then on. He

followed the lead truck to win in a time of 31:47.

Gayle Olinekova, the female winner had to wait until the second mile to get free of the pack. Once she did, she beat the next female, Denise Ball, by over 2 1/2 minutes with a time of 36:24. Third was a slowish 41:54, but Voncille Brown is only 12, and she probably lost at least a minute and a half just trying to keep from being trampled by that huge horde.

Men 12 & Under:

1. Ruben Ortega	46:11
2. Miguel Lujan	46:39
3. Scott Parker	47:59

Men 13-15:

1. Tim Cammack	33:25
2. George Yuster	35:03
3. David Loud	36:00

Men 16-18:

1. Tony Yang	34:30
2. Dave Maxwell	35:16
3. Don Bemowski	35:21

Men 19-29:

1. Michael Ruffatto	31:47
2. Mark Vanleeuwen	32:19
3. James Barbaravolo	33:02

Men 30-34:

1. Mike Lozoya	34:24
2. Bill Boggs	34:30
3. Charles Hoover	35:04

SAN DIEGO TRACK CLUB Newsletter

Sure! I'd like to stay in touch with San Diego County running. Enclosed is my check for **\$6.00 for a one year subscription** to the San Diego Track Club Newsletter.

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**SAN DIEGO TRACK CLUB
P.O. Box 4864 • San Diego, CA 92104**

Name _____
(Please print name in full)

Address _____ Apt.# _____

City _____

State _____ Zip _____

Men 35-39:	
1. Eugene Blankenship	34:43
2. Jim Minami	34:47
3. Larry Ballew	36:15

Men 40-44:	
1. Ray Hughes	34:58
2. Charles McClung	35:43
3. Charles Ross	35:47

Men 45-49:	
1. Jim Knerr	36:34
2. Christopher Bourke	37:57
3. Ted Oviatt	39:05

Men 50-54:	
1. Patrick Devine	38:39
2. Dick Durand	40:21
3. George Ropella	41:47

Men 55-59:	
1. Robert Page	41:56
2. Harold Franzlick	44:29
3. Benjamin White	46:55

Men 60 & Over:	
1. Eddie Lewin	41:30
2. Abe Stein	45:44
3. John DeChampion	46:26

Women 12 & Under:	
1. Voncille Brown	41:54
2. Eleanor Uribe	43:20
3. Danica Lisiewicz	48:24

Women 13-15:	
1. Valarie McVicar	42:48
2. Valarie Lisiewicz	44:18
3. Kim Stewart	45:00

Women 16-18:	
1. Denise Ball	38:58
2. Donna Toth	45:36
3. Mary Jo Dietrich	46:43

Women 19-29:	
1. Gayle Olinekova	36:24
2. Colleen Trout	43:05
3. Colleen Corsaro	46:23

Women 30-34:	
1. Jeffrey Anne Jones	45:47
2. Nancy Aiegler	47:35
3. Christy Bobo	49:22

Women 35-39:	
1. Sheila Hasham	44:11
2. Marie Stevenson	45:11
3. Anna Lewin	46:05

Women 40-44:	
1. Joyce Momita	48:42
2. Yvette Tazuin	50:22
3. Grace Maynard	52:41

Women 45-49:	
1. Oleta Dellacorte	49:54
2. Ina Lisiewicz	51:32
3. Joyce Boedecker	54:23

Women 50-54:	
1. Colleen Jones	47:19
2. Erica Kay	51:45
3. Helen Steinwart	53:49

Women 55-59:	
1. Helen Dick	46:44
2. Daisy Wong	52:02
3. Helga Carden	54:25

Junior International X-C Trials

February 28, Seattle, Washington. U.S. Junior Men's Cross Country Trials. 8,000 meters. Top 6 qualify for USA World Championship team.

1. George Nicholas (Kettering Striders)	24:57
1. Keith Brantley (U. Florida)	24:57
3. John Butler (Sub-4)	25:02
4. Chris Hamilton (U. Portland)	25:08
5. Michael Pyeatt (Oregon State)	25:17

Senior Men Intl' X-C Trials

March 7, Louisville, Kentucky. 12,000 meters. Top 9 qualify for world championship team. Course wet, and soggy.

1. Craig Virgin (Front Runner TC)	36:09
2. Nick Rose (England)	36:10
3. George Mailey (New Ballance TC)	36:30
4. Dan Dillon (Athletics West)	36:31
5. Mark Nenow (Victory AC)	36:36
6. Mark Muggleton (Phidippides)	36:54
7. Thom Hunt (Athletics West)	36:55
8. Mike McGuire (New York AC)	36:57
9. Bill Donakowski (New York AC)	37:09
10. Bruce Bickford (Athletics West)	37:12
21. Dave Babiracki (Sub-4)	38:20
22. John Capriotti (Unat)	38:23
46. Greg Hitchcock (Oregon TC)	40:27

Sanger Striders Spring Run 6 Mile

March 7, Madison School, Sanger.	
1. Juan Molina (HSTC)	33:07
2. Al Lomeli (FTC)	33:14
3. Al Tappe (Unat)	33:47
4. Len Thornton (HSTC) 1 50 +	34:14
5. Martin Leal (Sanger) 15-18	34:44
6. Gordon Keller (FTC) 1 30 +	34:48
7. Frank Delgado (FTC) 1 40 +	35:27
8. Ricky Bernal (Sanger) under 15	35:37

Women:	
1. Kimbi Hamer (Unat)	37:49
2. Becky Beaver (Unat)	43:29
3. Ramona Diaz (Unat) 1 40 +	44:33
6. Sue Takayama (FJ) 1 50 +	51:39

San Diego Light Half Marathon

From RUDY R. GARZA

March 7, San Diego. Joan Benoit is quietly turning the Natural Light Half-Marathon Series into a personal record setting series. She set a new women's American record for the event with a time of 1:11:16 at the Natural Light San Diego Half-Marathon on Saturday, March 7, breaking her own mark in the 13.1 mile race of 1:13:26 set in winning Natural Light New Orleans Half-Marathon in January. She eclipsed the record previously held by Patti Lyons Catalano by 38 seconds in New Orleans and improved her own time in San Diego by more than 2 minutes.

The two record setting performances by the diminutive runner from Exeter, N.H., who is training for the Boston Marathon in April, should make her a strong contender for the prestigious Boston run, which she won in 1979.

At San Diego, Benoit beat favorite Laurie Rinder, whom she will face again at Boston.

PATAC 15K Walk

From HARRY SIITONEN

March 8, Northgate Shopping Center, Terra Linda.

Dennis Reilly, of the Bauchet Street Walkers, knocked out a win in an initially tight contest with Walt Jaquith, West Valley Track Club, and Dennis Gustafson, SF Police Dept., in the 1981 Pacific Association Athletics Congress 15K Race Walking Championship.

Gustafson led for more than 10 kilometers before being overtaken by Oakland's Reilly. For a time Jaquith of Tahoe City, was in distant 3rd with stomach cramps. Walt recovered and overtook Gus but could not quite catch up with Reilly. Bonnie Dillon, of the Cupertino Yearling, in her first racewalking competition following a long layoff after a brilliant year in the 1980 national women's competition, made a strong comeback to take the No. 1 women's spot. Bonnie and Oakland's Beth Sibley were locked in a tight duel for more than 5 kilometers before the 1980 5K national women's bronze medalist went into a lead she never relinquished. The hard pace pulled Beth through to PRs in the 15 as well as the 5 & 10 splits.

1. Dennis Reilly (Oakland)	1:11:32
2. Walt Jaquith (Tahoe City)	1:11:38
3. Dennis Gustafson (San Francisco)	1:12:46
4. Chuck Marut (Oakland)	1:15:45
5. Jonathan Harris (Stanford)	1:16:47
6. Fred Dunn (San Francisco)	1:19:00
7. Bonnie Dillon (Cupertino)	1:21:23
8. Beth Sibley (Oakland)	1:21:46
9. Craig Bergquist (San Francisco)	1:24:05
10. Bob Edwards (Cupertino)	1:27:52

Run for the Lions

March 14, Discovery Bay (Northern California). 10 Kilo.

1. Bill Seaver 1 30-39	32:06
2. Tom Craig	32:29
3. Greg Jewett 2 30-39	32:57
4. Brad Hawthorne	33:12
5. Gary Alterman 3 30-39	33:16
6. Jim Myers 1 14-19	33:30
7. Ted Pawlak	33:52
8. Ross Rowley 4 30-39	34:15
9. Ronald Sample 5 30-39	34:55
10. Bob Myers 1 40 +	35:02
11. Mynon Nuarmion 2 40 +	36:05
12. Jack Byrd 3 40 +	36:49
17. Sharlet Gilbert 1 F 30-39	38:15
36. Paige Tully 1 F 14-19	45:04
37. Vickie Knafelc 2 F 14-19	45:08
58. Janice Knafelc 1 F 40 +	52:49

Royal Bricker 50K

March 15, Oceanside. Royal Bricker Memorial Gym Bag 50K. This partly hilly, scenic run follows the old Coast Highway from Oceanside to La Jolla.

Men 19 & Under:	
1. Allan Hamlet (16)	3:59:36
Men 20-29:	
1. Kurt A. Madden	3:19:48

Los Angeles Lite Marathon

From JAYNE WALLACE YOLLIN

March 21, Los Angeles.

Over 150 runners from around the country competed in the challenging Los Angeles Lite Marathon. The 26 mile, 385 yard course - much of it uphill - was won by Ron Gee of Los Angeles. Gee, a member of the San Fernando Valley Athletic Club, finished at 2:32:54, and was entered in the Open Division.

Number 2 was Jim Minami of San Valley, finishing at 2:37:06. Minami was entered in the Veterans 35-39 category. Number 3, from Laguna Beach, was Bruce Johnson, with a time of 2:43:05.

One of the most interesting runners was Carlos Palomino, the exwelterweight champion. Palomino, a Lite Beer from Miller All-Star, finished a very "respectable" 3:22:06, ranking 28 in his first marathon.

The marathon clock was shut down after four hours. One woman, Judy Palmer, finished within that mark. From La Crescenta, Palmer finished 42 with a time of 3:36:25.

The Los Angeles Marathon had been held for 9 consecutive years prior to 1980. It was cancelled last year due to Prop. 13 cuts affecting the city's Department of Recreation & Parks (under whole auspices the marathon is run). In an unprecedented goodwill gesture, a private corporation - Miller Brewing Company - agreed to underwrite the costs of this year's event.

The grueling course, which began at the Police Academy in Elysian Park and continued through Griffith Park on Riverside Boulevard, offered the runners a terrific



Start of the Los Angeles Lite Marathon. The 26 mile, 385 yard marathon offered runners a challenging course, much of it uphill. Winner was Ron Gee, of the San Fernando Valley, with a time of 2:32:54.

Spring Fever Run

challenge. The Los Angeles Lite Marathon, which will be held every year from now on, hopes to utilize the planned 1984 Olympic

Women 45-49:	
1. Joyce Morris	48:42
2. Yvette Tautin	50:22
3. Grace Maynard	52:41
Women 45-49:	
1. Oleta Dellacorte	49:54
2. Ina Lislewicz	51:32
3. Joyce Boedecker	54:23
Women 50-54:	
1. Colleen Jones	47:19
2. Erica Kay	51:45
3. Helen Steinwart	53:49
Women 55-59:	
1. Helen Dick	46:44
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3. Helga Carden	54:25

Junior International X-C Trials

February 28, Seattle, Washington, U.S. Junior Men's Cross Country Trials. 8,000 meters. Top 6 qualify for USA World Championship team.

1. George Nicholas (Kettering Striders)	24:57
1. Keith Brantly (U. Florida)	24:57
3. John Butler (Sub-4)	25:02
4. Chris Hamilton (U. Portland)	25:08
5. Michael Pyatt (Oregon State)	25:17
6. Peter Warner (Oregon State)	25:36
7. Mike McCollum (Aggie RC)	25:40
8. Rich Read (Aggie RC)	25:49
9. John Frank (Oregon State)	26:06
10. Greg Long (Utah State)	26:16
11. Tom Roth (Stanford)	26:37
14. Shawn Gallagher (Corona Del Mar)	27:06
17. John Spilman (Santa Barbara AA)	27:35
19. Paul McClure (Aggie RC)	27:47

Physical Education & Sport Week Runs

March 7, Bakersfield.
5K Race:

1. Trent Martinez (15)	15:23
2. Curtis Morgan (35)	16:04
3. Bill Loughry (39)	16:11
4. Brian Church (16)	16:28
5. Ray Maranda (41)	16:31
6. Leo Marquez (42)	17:51
7. Nancy Ramirez (23F)	18:17
11. Don Cross (56)	19:06
15. Megan Pace (14F)	19:40
25. Susan McCreery (38F)	21:54
29. Carolyn Leary (40F)	22:18
60. Carol Evenson (54F)	50:48

10K Run:

1. Tom Holliday (29)	34:30
2. Larry Bayless (16)	34:51
3. Ron Rodman (35)	35:23
4. Jack Mayes (14)	36:42
5. Bob Miller (45)	36:53
17. Bert Beene (51)	43:11
24. Andrea MacDonald (26F)	45:31
30. Martha Miller (32F)	47:14
42. Ingrid Silverman (41F)	49:15

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The two record setting performances by the diminutive runner from Exeter, N.H., who is training for the Boston Marathon in April, should make her a strong contender for the prestigious Boston run, which she won in 1979.

At San Diego, Benoit beat favorite Laurie Binder, whom she will face again at Boston. Binder, who beat Benoit in the championship finals of the 1980 Natural Light Series, finished the race in 1:16:27.

Greg Meyer, the U.S. record holder in the 10K and 25K races, was the overall winner at the San Diego event with a time of 1:06:45. Tim Varley of San Diego, who set the course record for the San Diego half-marathon the previous week, finished second to Meyer with a time of 1:07:34. Meyer is also making a habit of winning the Natural Light Half-Marathon races, posting his second win of the series after taking the New Orleans race.

"I knew that Laurie was favored in her own hometown and that she was after my record," Benoit said. "All I wanted to do was keep up with her pace. I was surprised when I moved out ahead early in the race and maintained my pace."

Benoit said she knew her American record was in jeopardy because of the fast, flat course of San Diego's Mission Bay Fiesta Island, but she also knew how strong she has been running lately.

"All the publicity around the San Diego race was around Laurie, which is understandable," she added. "I didn't make too much of it because we always have a good race when we go against each other. I feel fortunate that I not only won the race, but that I set a new record."

More than 1,300 runners competed at San Diego. Besides Meyer, the other winners in the men's division were: Gus Fieldhouse, 14 years and under, 1:22:16; Bill Burger, 15-18, 1:11:05; Athol Barton, 30-39, 1:09:13; Gary Sampson, 40-49, 1:15:26; Jim O'Neill, 50 and over, 1:15:04.

In the women's division, winners were: Cassey Sheppard, 14 and under, 1:34:29; Laura Johnson, 15-18, 1:33:11; Patty Pastore, 40-49, 1:30:59; Anne Johnson, 50 and over, 1:31:44.

Because Benoit and Meyer are on the advisory board, the first place prizes of all expense-paid trips to this year's championship finals at Tampa, Florida, on December 6 were awarded to Tim Varley and Laurie Binder.

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2. Tom Craig	32:29
3. Greg Jewett 2 30-39	32:57
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12. Jack Byrd 3 40 +	36:49
17. Sharlet Gilbert 1 F 30-39	38:15
36. Paige Tully 1 F 14-19	45:04
37. Vickie Knafelc 2 F 14-19	45:08
58. Janice Knafelc 1 F 40 +	52:49

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March 15, Oceanside. Royal Bricker Memorial Gym Bag 50K. This partly hilly, scenic run follows the old Coast Highway from Oceanside to La Jolla.

Men 19 & Under:

1. Allan Hamlet (16)	3:59:36
Men 20-29:	
1. Kurt A. Madden	3:19:48
2. Andrew Vano	3:20:11
3. Dave Mitchell	3:29:01
4. John Collias	3:36:41

Men 30-39:

1. Wayne Hallam	3:24:50
2. Roger Frans	3:26:25
3. Rafael Castrejón	3:31:52
4. Ed Nares	3:31:53
5. Richard Dryer	3:32:32

Men 40-49:

1. Chuck Geison	3:49:54
2. Jack Resh	3:50:34
3. Kent Holder	3:59:07

Men 50 & Over:

1. Lew Roberts	5:00:14
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Women 20-29:

1. Marjana Rohde	4:21:07
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Women 30-39:

1. Barb Rasmussen	4:21:07
2. Emily Morgan	4:39:25

Women 40-49:

1. Sandy Duchnick	5:10:22
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Jug to the Club 10K

By MARTY HIGGINBOTHAM

March 21, Visalia.

High Sierra Track Club runners dominated the 3rd Annual Jug to the Club 10K. HSTC members took the top three spots with Juan Garza leading the charge in 32:14. Fellow team member Juan Molina was next in 32:37. The battle for third place was the most exciting of the day as Dave Bronzan HSTC and Gary Campbell of the Visalia Runners fought it out right to the finish line with Bronzan coming out on top 33:01 to Campbell's 33:02. Both Bronzan and Campbell are submasters, very strong ones at that! Another High Sierra runner claimed a divisional title as Frank Ortega clocked 36:14 to take the 35-39 age division. Frank Padilla clocked a 36:17 to nab the 40-44 title while Rick Zamarripa ran 37:03 to take the 45-49 title. The fifty and over was won by Chuck Freuller in 43:53.



Start of the Los Angeles Lite Marathon. The 26 mile, 385 yard marathon offered runners a challenging course, much of it uphill. Winner was Ron Gee, of the San Fernando Valley, with a time of 2:32:54.

Spring Fever Run

By ELIZABETH JONES

March 21, Woodward Park, Fresno.

The First Annual Spring Fever Run was held at Woodward Park on March 21, 1981. Feminine Fitness promoted and put on the run, co-sponsored by the Y.W.C.A. and Nutrition Council. Our purpose was to encourage fun and fitness for the entire family and our results were positive!

Over 260 runners participated in our event and 100 of these runners registered on race day in the cold, wind and rain. Outstanding enthusiasm! Half of the participants were experienced competitors and half were novice joggers competing for the first time. We are proud of these enthusiastic runners.

The financial profits were encouraging. The Y.W.C.A. received half of the proceeds and the Nutrition Council received the other half.

A good run was experienced by all and we look forward to our next Fun Run. Our first place runner was Scott Thornton 32:15. Danny Hernandez topped the Wheel Chair Division with a winning time of 42:16.1. Caroline Fisher was the first woman in 34:12. Eric Valdez was the top predictor in the 1.5 mile Prediction Fun Run.

challenge. The Los Angeles Lite Marathon, which will be held every year from now on, hopes to utilize the planned 1984 Olympic Marathon route in the future.

Open Division:

1. Ron Gee (Los Angeles)	2:32:54
2. Bruce Johnson (Laguna Beach)	2:43:05
3. Gregg Brugger (North Hollywood)	2:44:52
4. Steve Flynn (Tarzana)	2:50:31
5. Henry Nunez (Los Angeles)	2:51:46

Veterans Division (35-39):

1. Jim Minami (Sun Valley)	2:37:06
2. Boyd Hartley (Glendale)	2:48:11
3. Richard Buck (Topanga)	2:59:55
4. Delbert Beaudoin (Monrovia)	3:03:49
5. Michael Mench (Valencia)	3:07:45

Veterans Division (40-49):

1. Richard Belliveua (Northridge)	2:53:39
2. Russell Moore (Los Angeles)	2:54:54
3. Ted Alarcon (Whittier)	3:08:43
4. Tony Poupard (Santa Barbara)	3:09:35
5. Delbart Pearce (Oxnard)	3:10:46

Veterans Division (50-59):

1. Keith Albright (La Crescenta)	3:11:30
2. Frank Oyvind (Sherman Oaks)	3:35:37
3. Tony Gomez (Huntington Beach)	3:35:53
4. Fred McWaid (Torrance)	3:36:42

High School Division:

1. Jeff Sloan (Woodland Hills)	3:11:58
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Women's Division:

1. Judy Palmer (La Crescenta)	3:36:25
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Make extra dollars for yourself, your team or club. It's easy, takes little time and there's no investment. We'll supply you with everything you need.

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Track & Field Results

Attention Coaches: Please send results of your track meets to *California Track & Running News*, P.O. Box 6103, Fresno, CA 93703. Also send best marks listings and updates.

Cal vs Hayward Women & Cal vs BAS & WVTC Men

By KEITH CONNING

February 28, Edwards Stadium, Berkeley.

The top performance of the day was Kristen Engle's javelin throw of 157-10. This was the first time that the Cal men and women had a track meet together at George Cunningham Edwards Stadium. They have other joint meetings scheduled this spring. The most exciting finish was the battle between Colleen Moran (Hayward State) and Cindy Schmandt (Cal) in the 600 meters. Moran upset Schmandt, but both runner were given the same time. The meet was contested in the rain, so that the performances were sub-par and some events were not contested.

WOMEN:

100: Connie Culbert (Cal) 12.9, Delphina Banks (H) 12.9, Evelyn Buckley (H) 13.3.
300: Buckley (H) 42.2, Chris Vigue (C) 43.3.
600: Colleen Moran (H) 1:37.9, Cindy Schmandt (C) 1:37.9, Crystal Preisser (H) 1:42.0, Cheryl Flowers (C) 1:42.0, Evelyn Knowles (H) 1:42.1, Suzanne Richter (C) 1:42.5.
1000: Schmandt (C) 2:56.0, Flowers (C) 3:00.8, Richter (C) 3:03.0, Mary Rieboldt (H) 3:04.9, Karey Robinson (H) 3:05.6, Susan Derikson (C) 3:09.9. (Splits: 68.17 Schmandt, 2:20.52).
2000: Jan Oehm (C) 6:24.3 (new meet and school record), Stefani Stoutt (H) 6:31.0, Michele Aubuchon (H) 6:32.8, Connie Hester 6:40.3, Kerry Martinson (C) 6:41.5, Allison Nemir (C) 7:03.3. Splits: 73 Aubuchon, 2:30(77) Hester, 3:48(78) Oehm, 5:06(78).
100 Hurdles: Heidi Benserud (Norway) 14.7, Sally Meinbress (C) 15.4, Kathy Hamilton (C) 16.3, Vigue (C) 17.0, Joy Upshaw (H) 17.6.

Leonetta Eddens (H) 18.3, Louise Jurado (H) 19.0.

300 Hurdles: Meinbress (C) 47.5, Debbie Zwick (H) 51.1, Jurado (H) 52.8, Carol Manning (H) 54.2.

4x400 Relay: Hayward State (Preisser, Buckley, Banks, Fannie Castro) 4:01.0.
High Jump: Jen Howard (H) 5-0, Hamilton (C) 5-0, Shelley Craig (C) 4-10.

Long Jump: Dawn Peters (H) 18-0, Casey Overfield (C) 17-0 3/4, Cindy Grauf (C) 16-7 1/2, Joy Upshaw (H) 15-0 1/2, Judy Robinson (C) 14-10.

Shot Put: Sue Springer (C) 42-9, Roxanne Kasparian (H) 38-0, Glenda Ford (H) 37-9 1/4, Heidi Benserud (Norway) 37-7, Phyllis Hatch (C) 34-8 1/4, Marla Rosenblatt (H) 26-5.

Discus: Ford (H) 147-7, Springer (C) 144-1, Kasparian (H) 133-11.

Javelin: Kristen Engle (C) 157-10, Dana Hayakawa (C) 117-11, Rosenblatt (H) 113-2.

MEN:

100: Derek Robinson (C) 10.9, Ted White (Unatt) 11.0, Jimmy Williams (C) 11.2, Mike McCrae (BAS) 11.3.

200: Robinson (C) 21.5, Williams (C) 22.3, White (Unatt) 22.6.

400: Gregg Thornton (C) 48.1, Bryant Newbill (C) 49.5, Terry Wiley (C) 51.9.

800: James Robinson (ICAC) 1:51.5, Mike White (C) 1:51.6, Lloyd Guss (Unatt) 1:52.0, Carl Bonner (C) 1:53.2, Andrew Boyd (C) 1:54.2, Dave West (Unatt) 1:55.9, Andy Howard (C) 1:58.5. Splits: 26.7, 55.57 West, 1:23.76 White.
1500: Mike Dyer (C) 3:52.1, Brian Brady (Unatt) 3:52.9, Boyd (C) 3:56.9, Allan Smith (Unatt) 3:58.2. (Splits: 63.79 Dyer, 2:05.07 Boyd, 2:51.11 [one lap to go] Dyer, 3:06.24).

2 Mile: Benton Hart (WVTC) 8:46.9, Mike O'Reilly (C) 8:50.8, Hal Schulz (C) 8:53.6, John Sup (C) 8:55.1, Rick McCann (C) 8:57.6, Domingo Tibaduiza (Nevada-R) 8:59.5, Mike Porter (WVTC) 8:59.5. (Splits: 65.79 Hart, 2:12.18 McCann, 3:19.45, 4:26.53 Hart, 5:29(2000), 5:31.62 Schulz, 6:38.33, 7:45.15).

110 High Hurdles: Larry Cowling (C) 14.3, Al Borden (Unatt) 14.5, Jim Scannella (Unatt) 14.8, BJ Carmichael (Unatt) 14.9, Peter Grimes (C) 15.2.

400 Intermediate Hurdles: Jim Scannella (Unatt) 53.4, Peter Grimes (C) 53.7, Amerson (Unatt) 57.2.

4x400 Relay: Cal "A" Team (Bonner 48.16, M. White 48.50, Cowling 48.52, Guss 47.53) 3:12.8, Cal "B" Team (Newbill, Grimes, Boyd, Mason) 3:17.9.

High Jump: Michael Nelson (C) 6-8.

Shot Put: Lane (WVTC) 56-11, Bruce Parker (C) 55-8, Harvey Salem (C) 51-8, Tony Hill (C) 49-3 1/2.

Discus: Hill (C) 166-11, Eric Olson (C) 145-3.
Javelin: Steve Roller (WVTC) 216-8, Dave Lewis (C) 212-10.

Berkeley - Hayward Sacramento

By KEITH CONNING

March 7, Edwards Stadium, Berkeley.

Two athletes made the qualifying standards for inclusion in *Track Newsletter*. Bishop Dolegiewicz (Titan TC, Toronto, Canada) put the shot 64-5 1/4 and Larry Cowling (Cal/Sacramento HS) ran the 110 meter high hurdles in 13.7. Cowling's mark was a new meet record, breaking the old mark of 14.0 by McKinley Mosley (Cal) in 1976.

Sophomore Burce Parker (Cal/St. Ignatius HS, San Francisco) placed second in the shot put at 59-7 1/4, just missing Dave Maggard's school record by an inch.

Hayward State won the dual meet over Sacramento State by 98 to 73.

Junior Mike O'Reilly (Cal/San Rafael HS) set a new meet record in the 5000 meters with a 14:20.9. The old record was 14:26.8 by Mike Van Horne (Sacramento State) in 1979. Hal Schultz (Cal/Redwood HS, Larkspur) was given the same time as O'Reilly. The splits were: 66.64, 2:15.41 (Rich McCann, Cal), 3:23.74, 4:32.39 (Schulz), 5:39.59, (O'Reilly), 6:48.89, 7:57.59 (Schulz), 9:06.91, 10:17.30 (O'Reilly), 11:26.49, 12:37.04, 13:11.91 (1 lap to go), 13:46.98.

James Robinson (Inner City AC/Cal 76) won the 1500 meters in 3:49.7 with Mike Dyer (Cal/West Valley JC/Saratoga) second in 3:50.6. The splits were: 64 (McCann), 2:05 (Dyer), 2:50 (1 lap to go), 3:05.

Dedy Cooper (Bay Area Striders) won the 400 meters in 47.9.

Both Robinson and Cooper contributed similar 47.4 legs on the 1600 meter relay. However, Cal won the relay in 3:13.2 with a fine 47.6 leg by Mike White.

Hammer: Bob Bush (Sac) 161-6, Mike Songer (Hay) 154-11, Pete Bastone (GBTC) 147-8.

10,000 Meter Run: Jerry Drew (Sac) 30:50.8, Ed Nicholson (Sac) 31:32.4, Oscar Mendez (Hay) 33:33.7.

400 Meter Relay: California (Alonzo Mathis, Jimmie Williams, Larry Cowling, Derek Robinson) 40.8, Capital City TC 41.7, Hayward State 42.0, Sacramento State 45.1.

3000 Meter Steeplechase: Lee Young (Sac) 9:35.3, Rick Pincombe (Sac) 9:37.8, Steve Schuman (Cal) 9:42.9.

1500 Meter Run: James Robinson (INAC) 3:49.7, Mike Dyer (Cal) 3:50.6, Mark LaBonte (Cal) 3:52.2, Allen Smith (Unatt) 3:53.1, Andrew Boyd (Cal) 3:54.1.

Long Jump: William (Hay) 24-3 1/4, Paul Bates (Cal) 23-11 1/4, Mike McCrae (BAS) 23-11, Norm Alston (Hay) 22-5 1/2.

Javelin: David Lewis (Cal) 208-10, Roy Abendroth (Cal) 187-2, Albert Miller (Sac) 179-3.

110 High Hurdles: Larry Cowling (Cal) 13.7, Mike Carley (Capital City TC) 14.1, Brian Conley (Hay) 14.3, Al Borden (Unatt) 14.4.

400 Meter Dash: Dedy Cooper (BAS) 47.9, Gregg Thornton (Cal) 48.1, Bradley (Capital City TC) 48.4, Bryant Newbill (Cal) 49.3.

Shot Put: Bishop Dolegiewicz (Unatt) 64-5 1/4, Bruce Parker (Cal) 59-7 1/4, Greg Taffralis (WVTC) 57-10 1/2, Bob Gummerson (BAS) 56-10, Tony Hill (Cal) 50-11, Harvey Salem (Cal) 50-8 1/4.

100 Meters: Norbert Payton (Unatt) 10.6, Gary Kelly (Cal) 10.6, Mike Farmer (Unatt) 10.7, John Farley (Sac) 10.7, Ted White (Unatt) 10.7, Derek Robinson (Cal) 10.7.

800 Meter Run: Mike White (Cal) 1:50.1, Andy Clifford (Gold Bear) 1:50.4, Brian Brady (Unatt) 1:52.1, Andrew Boyd (Cal) 1:53.7, Jeff Coe (Sac) 1:54.3, Rick Denesik (Sac) 1:54.7.

400 Meter Intermediates: Larry Cowling (Cal) 51.8, Peter Grimes (Cal) 52.0, Jackson (Capital City TC) 52.4, Jim Scannella (BAS) 52.9, Sandy LeBeaux (Hay) 53.0.

High Jump: Joe Radan (Sac TC) 6-10, Mike Nelson (Cal) 6-10, Tie between Jim Moran (Hay) and Bob Churchill (Unatt) 6-8, Keith Nelson (Unatt) 6-8, Kerry Myers (Cal) 6-6.

Pole Vault: Ross Alexander (Cal) 16-6, Bob Olsen (Maccabi) 16-0, Tie between Tim Covello (Cal) and Tom Philbert (Cal) 14-6.

200 Meters: Derek Robinson (Cal) 21.7, Jimmie Williams (Unatt) 21.9, Alonzo Mathis (Cal) 22.0, Payton (Unatt) 22.1.

5000 Meter Run: Mike O'Reilly (Cal) 14:20.9, Hal Schulz (Cal) 14:20.9, Mike Porter (WVTC) 14:32.9, Bob Love (Cal) 14:35.7, Jeff Farmer (Hay) 14:50.1, Felix Elieff (Cal) 14:51.5, Blain Mickle (Cal) 14:52.2.

1600 Meter Relay: California (Greg Thornton 48.6, Peter Grimes 48.5, Mike White 47.6, Bryant Newbill 48.5) 3:13.2, Unattached team of Robinson, Cooper, Scannella and Clifford 3:14.0, Hayward (LaBeaux, Long, Carson, Richardson) 3:23.7, Sacramento State 3:34.6.

Triple Jump: Marcus McGlory (Hayward) 51-2 1/2, Paul Bates (Cal) 50-7 1/4, Norm Alston (Hay) 49-4, Dan Vieira (Hay) 47-8 1/4.

Women's Javelin: Sherry Calvert (Unatt) 177-8, Linn Duntton (AIA) 158-11, Jacque Nelson (UCLA) 154-5, Barbara Moro (Shaklee) 138-4, Lisa Van Benthem (USC) 138-1, Lynn Van Benthem (USC) 135-11.

Women's 5000 Meters: Kathy Mintie (UCLA) 15:49.3, Lynn Kanuka (SDSU) 16:02.5, Liz Baker (SDSU) 17:17.1, Beth Milewski (CSUN) 17:19.1.

Women's Shot Put: Susie Ray (UCLA) 48-3 1/2, Heidi Cauti (UCLA) 46-1 1/4, Cheryl Kennedy (SDSU) 45-0 1/2, Bonnie Dasse (SDSU) 43-1 1/2, Kerry Zwart (USC) 42-7 1/2, Pam Master-son (Mira Costa) 39-0.

Women's 4x400 Relay: UCLA (Emerson, Fowler, Jerald, Cumbess) 3:42.83, San Diego State 3:51.17, San Diego Cougars 3:55.76.

Women's High Jump: Karl Edwards (Shaklee) 6-0, Patti Stafford (SDSU) 5-9, Kerry Zwart (USC) 5-7, Natasha Smith (CSUN) 5-3, Kelli Jorgensen (USC) 5-3.

Distance Medley Relay: Central Arizona CC 10:06.92, Scottsdale CC 10:08.28, Glendale CC 10:35.49.

Women's 400 Meter Relay: UCLA (Jerald, Fowler, Bolden, Griffith) 44.89, USC 47.30, Cal State Northridge 47.81, San Diego Cougars 48.13, San Diego Mesa 49.12.

Men's Triple Jump: Jose Salazar (Unatt) 50-11 1/4, Cameron Gary (SDSU) 48-9, Louis Faison (USC) 48-4 1/4.

Men's 400 Meter Relay: Unattached (Williams, Andrews, Sanford, Quarrie) 39.86, USC 40.02, San Diego State 40.41, Pasadena CC 40.73, Maccabi TC 40.82, Amer. Congress of Athletics 41.09.

Women's 1500 Meter Run: Monica Joyce (SDSU) 4:22.0, Laura Miller (Sports Clinic) 4:39.0, Charlotte Reeves (CentAZ) 4:46.0, Carol Crumley (SDSU) 4:49.0, Sherry Turco (Glendale) NT.

Men's 1500 Meter Run: Graeme Fell (SDSU) 3:47.19, Mike Pope (Grossmont) 3:47.25, Steve McCormack (Grossmont) 3:49.62, James Mosher (Phid. TC) 3:52.03, George Sanchez (Glendale) 3:53.72.

Men's Javelin: Mike Packer (Maccabi) 255-0, Barron Rutherford (USC) 238-2, Larry Stuart (Maccabi) 222-4, Kurt Broman (SDSU) 214-4.

Men's 3200 Meter Relay: USC (Holman, Bethany, Jackson, Savage) 7:45.05, Dickinson State 7:50.38, San Diego State 7:52.53.

Women's Long Jump: Jennifer Innes (CSLA) 18-11 1/2, Sharon Walker (Coast Ath.) 18-9 1/2, Karen Taylor (Shaklee) 18-8 1/4, Kerry Zwart (USC) 18-6.

Women's 3200 Meter Relay: UCLA (Copper, Regan, Goen, Raiston) 9:04.04, San Diego State 9:16.29, Glendale City College 9:48.78, Glendale City College (AZ) 11:46.33.

Men's 800 Meter Relay: San Diego State (Russell, Williams, Blaylock, Fuller) 1:24.71, Pasadena City College 1:26.90, Maccabi Track Club 1:27.81.

Men's Shot Put: Don Mosebar (USC) 56-4 1/2, Brian Muir (Scottsdale CC) 54-7 1/2, Rich

★Once again the greatest relays meet in the USA★

same time. The meet was contested in the rain, so that the performances were sub-par and some events were not contested.

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High Jump: Michael Nelson (C) 6-8.

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High Jump: Joe Radan (Sac TC) 6-10, Mike Nelson (Cal) 6-10, Tie between Jim Moran (Hay) and Bob Churchill (Unat) 6-8, Keith Nelson (Unat) 6-8, Kerry Myers (Cal) 6-6.

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5000 Meter Run: Mike O'Reilly (Cal) 14:20.9, Hal Schulz (Cal) 14:20.9, Mike Porter (WVTC) 14:32.9, Bob Love (Cal) 14:35.7, Jeff Farmer (Hay) 14:50.1, Felix Elleff (Cal) 14:51.5, Blain Mickle (Cal) 14:52.2.

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Triple Jump: Marcus McGlory (Hayward) 51-2½, Paul Bates (Cal) 50-7¼, Norm Alston (Hay) 49-4, Dan Vieira (Hay) 47-8¼.

Discus: Dave Porath (Cal) 183-7, Jay Kovar (Unat) 178-2, Tony Hill (Cal) 162-9, Greg Taffraillas (WVTC) 158-3, Eric Debus (Hay) 153-7.

Aztec Invitational

March 7, Choc Sportsman Track, San Diego.

Men's 10,000 Meter Run: Eric Hulst (AIA) 30:05.4, Bill Adams (AIA) 30:05.4, Gregg Szanto (Unat) 30:12.9, Gilbert Cortez (CSLA) 30:37.7, Chris Sadler (AIA) 30:39.2.

QUALIFYING STANDARDS

Event	Pacific-10		NCAA	
	auto	hand	auto	hand
100m	10.74	10.5	10.40	10.1
200m	21.54	21.3	20.95	20.6
400m	47.84	47.7	46.60	46.4
800m	1:51.3	1:51.3	1:48.47	1:48.2
1500m	3:51.0	3:51.0	3:44.16	3:43.9
Steeple	9:05.0	9:05.0	8:47.00	8:46.7
5000m	14:30.0	14:30.0	14:00.00	13:59.7
10,000m	No Standard		29:30.00	29:29.7
HH	14.64	14.4	13.96	13.7
IH	52.84	52.7	51.34	51.1
4x100m	No Standard		40.16	39.9
4x400m	No Standard		3:08.00	3:07.8
4x440y	No Standard		3:09.10	3:08.9
HJ	2.08	6-10	2.19	7-2¼
PV	4.98	16-4	5.24	17-2¼
LJ	7.47	24-6	7.70	25-3¼
TJ	15.09	49-6	15.85	52-0
SP	17.37	57-0	18.29	60-0
DT	51.82	170-0	56.66	185-11
HT	48.78	160-0	57.92	190-0
JT	67.06	220-0	74.22	243-6
Dec	6800	6800	7400	7400

★Once again the greatest relays meet in the USA★

22nd Annual

Mt. SAC Relays

APRIL 23-26, 1981

in Beautiful
Mt. San Antonio College Stadium
Walnut, California

★April 23 (Thur) Decathlon/Heptathlon - first day

★April 24 (Fri) Community College Division

★April 25 (Sat) High School, Collegiate, Open

★April 26 (Sun - morning) Girls Age Group

★★April 26 (Sun - afternoon) World Class Invitational

Tickets:

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Or Write to: Mt. SAC Relay, Walnut, CA 91789

(Unat) 52.69, Bobby Deary (Pasadena CC) 53.64.

Women's 400 Meter Hurdles: Debbie Bortomley (SDSU) 61.78, Marion Eastern (USC) 66.4, Nancy O'Connell (SDSU) 67.18, Yvette Irons (Glendale) 67.23.

Men's 800 Meter Run: David Korir (Utopia) 1:48.97, David Omwanza (Unat) 1:51.39, Darrel Savage (USC) 1:53.23, Brian Donohue (Unat) 1:53.37.

Women's Sprint Medley Relay: Cal State Los Angeles (Smith, Aren, Innes, Pusey) 1:41.77, UCLA 1:42.64, San Diego Cougars 1:47.02, USC 1:47.99, San Diego State 1:48.74.

Men's Pole Vault: David Kenworthy (Unat) 16-6, Bill Haverson (SDSU) 16-0, Jerry Mulligan (Unat) 16-0, Dave Sanderson (Unat) 16-0.

Men's 5000 Meter Run: Jeff Nelson (Glendale, CA) 14:04.0, Simon Kilik (Central AZ) 14:17.9, George Mason (AIA) 14:21.6, Robert Lusitana (SDSU) 14:32.7, Steve Evans (Grossmont) 14:34.2.

Men's Discus: Richard Sliney (SDSU) 180-8, David Diaz (AIA) 168-1, Phil Cookson (Grossmont) 153-11.

Men's Long Jump: Larry Doubly (USC) 24-9 1/4, Ned Armour (Maccabi) 24-1 1/4, Randy Williams (Unat) 23-9 3/4, Tim Williams (Glendale, AZ) 23-1 1/4.

Men's 3000 Steeplechase: Wally Buckingham (Jamul Toads) 9:10.71, Albert Kuhn (TVU-Switz.) 9:12.1, Bob Henke (Mesa) 9:13.1, Mike Cour (Body & Sole TC) 9:18.5, Steve Hall (Aggies) 9:18.6.

Men's High Jump: Rory Kotinek (Unat) 7-1, Frank Schiefer (SDSU) 6-11, Jason Meisler (Unat) 6-11, Rick Parks (Glendale) 6-7, Eric Smith (USC) 6-7.

Men's 1600 Meter Relay: USC (Sanford, Bethany, Turner, Green) 3:10.93, Maccabi TC 3:14.1.

Note: There was some question as to whether there was a proper stagger in the sprint

14.4, Peter Grimes (Cal) 14.6.

Javelin: David Lewis (Cal) 213-2, Robert Riley (SLO) 212-9, Tom Silva (SLO) 197-0, Mark Feaster (SLO) 195-6.

Long Jump: Paul Bates (Cal) 25-4 1/4, David Tucker (SLO) 23-3 1/2, Derek Robinson (Cal) 23-0 3/4, Jerry Armitage (SLO) 22-4 1/2.

400 Meters: Pat Croft (SLO) 46.8, Lloyd Guss (BAS) 47.5, Gregg Thornton (Cal) 47.9, Darryl Anderson (SLO) 48.4, Bryant Newbill (Cal) 48.9.

100 Meters: Mark Kent (SLO) 10.4, Derek Robinson (Cal) 10.6, Joe Sial Sial (SLO) 10.6, Ted White (Unat) 10.8, Alonzo Mathis (Cal) 10.9.

800 Meters: Mike White (Cal) 1:49.9, Vernon Sallaz (SLO) 1:52.0, Greg Clark (SLO) 1:52.4, Brian Brady (Cal) 1:52.4.

400 Intermediates: Larry Cowling (Cal) 51.6, Peter Grimes (Cal) 52.4, Brad Underwood (SLO) 53.4, Doug Lallaker (SLO) 53.5.

High Jump: Milton Good (Unat) 7-0, Mike Nelson (Cal) 6-10, Tie Kerry Myers (Cal) and Erik Johannessen (SLO) 6-10, Mark Langan (SLO) 6-8.

200 Meters: Mark Kent (SLO) 20.8, Joe Sial, Sial (SLO) 21.1, Derek Robinson (Cal) 21.1, Fred Harvey (Unat) 21.4, Alonzo Mathis (Cal) 21.8.

Pole Vault: Ross McAlexander (Cal) 16-6, Mike Thornton (SLO) 15-0.

Discus: David Porath (Cal) 191-7, Jay Kovar (Cal) 167-5, Tony Hill (Cal) 162-9, Chris Sorenson (SLO) 161-10.

Triple Jump: Paul Bates (Cal) 51-1 1/2, Ron Waynes (SLO) 46-2, Ridge Quigley (SLO) 45-6.

5000 Meter Run: Rich McCann (Cal) 14:15.3, Hal Schulz (Cal) 14:18.2, Terry Gibson (SLO) 14:18.9, Manny Bautista (SLO) 14:21.7.

1600 Relay: Bay Area Striders 3:10.6, California 3:11.0, SLO 3:11.0.

Final Score: California 87, Cal Poly SLO 66.

5 Way Meet at Stanford

Stanford Meet, March 21:

Women's Javelin: Mary Osborne(S) 162-1, Carol Cady (S) 134-8, Laura Coombs (CP) 118-9, Peggy Hernandez (CP) 111-11.

Women's Long Jump: Pam Donald (S) 18-8 3/4, Lynnae Warren (S) 18-8 3/4, Kathy Reimann (CP) 15-11 3/4, Chris DuBois (CP) 15-11 3/4.

Women's 5000 Meters: Kim Schnurpfell (S) 16:34.8, Liz Strangio (CP) 17:06.2, Terry Esquivel (Unat) 17:49.0, Becky Bonsall (CP) 18:00.0, Claudia Morlang (Unat) 18:27.4.

Men's Steeplechase: Kevin Jones (CP) 8:54.6, Bill Graham (S) 9:02.0, Chris Hamer (F) 9:09.2, Carmelo Rios (CP) 9:12.0, Tom Wuchte (A) 9:13.4, Dave Frank (S) 9:15.2, Greg Laudenslager (F) 9:26.4.

Women's Shot Put: Carol Cady (S) 45-7 3/4, Dana Henderson (CP) 43-7 3/4, Mary Osborne (S) 42-0 3/4, Erin Lynch (CP) 39-0 1/2.

Women's High Jump: Sue McNeal (CP) 5-6, Susan Burrus (S) 5-4, Chris Dubois (CP) 5-2.

Women's 3000 Meters: Pattisue Plumer (S) 9:49.4, Eileen Draemer (CP) 9:49.6, Diane Gong (S) 9:58.4, Janice Kelley (CP) 10:20.2.

Men's 4x100 Meter Relay: Army 41.47, Fresno State 41.69, Stanford 41.74, Oregon State 42.22, Cal Poly San Luis Obispo 43.63.

15-0, Stan Thomas (A) 15-0.

Men's High Jump: Eric Johannessen (CP) 6-9, Dan McNamara (F) 6-9, Eric King (OS) 6-7, Scott Watkins (OS) 6-7, Doug Anderson (F) 6-7, Chris Hutchinson (F) 6-7.

Women's 800 Meters: Esther Scherzinger (CP) 2:13.8, Kathy Jones (CP) 2:17.1, Kris Allyne (Unat) 2:20.6, Ann Wotherspoon (S) 2:21.8.

Men's 800 Meters: Kasheef Hassan (OS) 1:50.8, Vernon Sallaz (CP) 1:51.1, Cardell Williams (A) 1:51.6, John Schaer (S) 1:51.7, Bob Tapia (F) 1:51.8, Greg Clark (CP) 1:53.2.

Men's 400 Meter Hurdles: (Heat 1): Garry Shumway (S) 52.69, Mark White (OS) 52.71, Andrew Fields (OS) 53.70. (Heat 2): Brad Underwood (CP) 53.34, Steve Dawson (S) 55.08.

Women's 400 Meter Hurdles: Deanne Johnson (Unat) 61.65, Laura Held (CP) 63.0, Susan Burrus (S) 64.69.

Women's 200 Meters: Eloise Mallory (CP) 24.96, Pam Donald (S) 25.33, Liz Douglas (CP) 25.72.

25.72.

Men's 200 Meters: (Heat 1): Mark Kent (CP) 21.1, Joe Sial Sial (CP) 21.2, Rene Scott (F) 21.8, Darrin Nelson (S) 22.1. (Heat 2): Fred Williams (S) 22.05, Mark Kibort (CP) 22.41.

Women's Discus: Carol Cady (S) 165-3, Mary Osborne (S) 129-0, Laura Coombs (CP) 123-0.

Women's 1500 Meters: Kim Schnurpfell (S) 4:29.9, Robin Campbell (Unat) 4:32.6, Amy Harper (CP) 4:33.0, Pattisue Plumer (S) 4:41.1, Emily Whitney (CP) 4:41.6.

Men's 5000 Meters: Ivan Huff (CP) 14:19.2, James Smith (S) 14:22.0, Danny Bautista (CP) 14:26.0, Steve Strangio (CP) 14:28.0, Tom O'Neil (S) 14:32.8, John Frank (OS) 14:33.0, Doug Avrit (CP) 14:35.4, Andy DiConti (CP) 14:44.0.

Women's Mile Relay: Cal Poly SLO 3:52.5, Stanford 3:54.3.

Men's Mile Relay: Cal Poly SLO 3:11.9,

Oregon State 3:12.9, Fresno State 3:13.4, Stanford 3:14.0, Army 3:16.0.

Men's Triple Jump: Henry Ellard (F) 51-5 1/4, Ryan Whittle (F) 48-1 1/2, Ray Palumbo (A) 46-10 1/2, Kevin Kullander (A) 46-8 3/4.

Men's Discus: Dave Thomson (S) 174-7, Chris Sorensen (CP) 172-8, Ron Schmidt (OS) 172-7, Paul Bender (F) 167-9, Chris Waltman (OS) 167-5, Ron Fritzemeier (F) 153-7.

Team Scores: Cal Poly SLO 95, Stanford 63, Cal Poly SLO 107, Army 52, Cal Poly SLO 93, Oregon State 70, Cal Poly SLO 103, Fresno State 60, Stanford 90, Army 64, Oregon State 82, Stanford 80, Fresno State 82, Stanford 81, Fresno State 93, Army 70, Fresno State 83, Oregon State 80, Oregon State 91, Army 69.

Team Scores: (Women): Cal Poly 69, Stanford 67.



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Cal vs Cal Poly SLO

By KEITH CONNING

March 14, Edwards Stadium Berkeley.

At a time when the very existence of collegiate dual meets are being questioned, Cal and Cal Poly-San Luis Obispo put on a great show of competition and sportsmanship. After the meet the Cal team took a victory lap to the delight of the staunch Bear backers. Cal Poly may be a Division II school, but they gave Cal a great battle. The lead changed hands six times during the meet. Cal Poly led by ten points at the end of four events, and continued to lead by nine half way through the meet. Cal Poly still led by one point after 14 of the 18 events, but then Cal swept the discus to go into the lead for good.

The top event of the day was the shot put. Bishop Dolegiewicz (Canada), a guest competitor, won with a put of 64-7 1/4. Dave Porath (Cal) broke Dave Maggard's school record of 59-8 3/4 established at the 1962 NCAA meet in Eugene, Oregon, with a prodigious toss of 60-0 1/2. He later extended his new record to 62-1. Meanwhile, teammate Bruce Parker became Cal's second 60-plus putter with 60-5 1/4. Brian Faul (Cal Poly) also threw his lifetime best of 59-2 1/4 to take third in the dual meet competition.

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Porath also won the discus at 191-7 to qualify for the NCAA.

Paul Bates (Cal) became the second longest jumper in Cal history with a fine leap of 25-4 1/2. It was a lifetime best for Bates and qualifies him for the NCAA. Bates also won the triple jump at 51-1 1/4 to qualify him for the Pac-10.

Larry Cowling (Cal) upset Dedy Cooper (Bay Area Striders), the fourth ranked high hurdler in the world last year, with 13.7 to 13.8. Cowling and Peter Grimes went 1-2 in the 400 intermediates to both qualify for the Pac-10.

Ivan Huff (Cal Poly) won the steeplechase and set a new school record of 8:48.6. Mike Dyer (Cal) and Mark LaBonte (Cal) both qualified for the Pac-10. Dyer was selected as the university division track athlete of the week for becoming the third fastest steeplechaser in Cal's history at 8:55.8.

James Robinson (Inner City AC), the fifth ranked 800 meter runner in the world last year, won the 1500 meters in 3:47.2 with his patented come from behind technique. Steve Strangio (Cal Poly) led the first 400 in 59.9. Paul Medvin (Cal Poly) led at the half in 2:02. Vernon Sallaz (Cal Poly) led at 3/4 in 3:05. Robinson ran his last lap in 58 seconds. Mike O'Reilly (Cal) qualified for the Pac-10 with 3:49.9 in fifth place.

Mark Kent (Cal Poly) was a double winner in the 100 and 200. Derek Robinson (Cal) qualified for the Pac-10 in the 200. Rich McCann (Cal) qualified for the Pac-10 with a 14:15.3 in the 5000.

400 Meter Relay: SLO (George Carter, Joe Sial, Pat Croft, Mark Kent) 40.2, Cal (Alonso Mathis, Floyd Eddings, Larry Cowling, Derek Robinson) 40.6.

Shot Put: Bishop Dolegiewicz (Unat) 64-7, David Porath (Cal) 62-1 1/4, Bruce Parker (Cal) 60-5 1/4, Brian Faul (SLO) 59-2 3/4.

3000 Meter Steeplechase: Ivan Huff (SLO) 8:48.6, Mike Dyer (Cal) 8:55.8, Carmelo Rios (SLO) 8:59.0, Mark LaBonte (Cal) 9:04.0.

1500 Meter Run: James Robinson (Inner City AC) 3:47.2, Vernon Sallaz (SLO) 3:47.4, Andy DiConti (SLO) 3:48.3, Paul Medvin (SLO) 3:48.7, Mike O'Reilly (Cal) 3:49.9.

110 High Hurdles: Larry Cowling (Cal) 13.7, Dedy Cooper (BAS) 13.8, Pete Godinez (SLO)

Stanford Meet, March 21:

Women's Javelin: Mary Osborne(S) 162-1, Carol Cady (S) 134-8, Laura Coombs (CP) 118-9, Peggy Hernandez (CP) 111-11.

Women's Long Jump: Pam Donald (S) 18-8 3/4, Lynnae Warren (S) 18-8 3/4, Kathy Reimann (CP) 15-11 3/4, Chris DuBois (CP) 15-11 1/4.

Women's 5000 Meters: Kim Schnurpfel (S) 16:34.8, Liz Strangio (CP) 17:06.2, Terry Esquivel (Unat) 17:49.0, Becky Bonsall (CP) 18:00.0, Claudia Morlang (Unat) 18:27.4.

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Women's Shot Put: Carol Cady (S) 45-7 1/4, Dana Henderson (CP) 43-7 1/4, Mary Osborne (S) 42-0 3/4, Erin Lynch (CP) 39-0 1/2.

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Women's 4x100 Meter Relay: Cal Poly San Luis Obispo 47.93, Stanford 48.28.

Men's 1500 Meters: Paul Medvin (CP) 3:47.8, Dennis Arriola (S) 3:50.3, Jim Langley (OS) 3:50.5, Terry Gibson (CP) 3:50.8, Jack Marden (CP) 3:52.6, Ed Callaway (S) 3:52.8, Chris Mozinga (A) 3:53.9, Bob Payne (A) 3:54.7, Jary Krauser (OS) 3:54.9, Greg Valdez (F) 3:55.1.

Men's Hammer: Matt Mileham (F) 224-11, Dave Thomson (S) 203-8, Ron Fritzmeier (F) 183-8, Jeff Scott (A) 179-9, Art Klosterman (OS) 167-1, Scott Chappell (F) 166-2.

Women's 100 Meter Hurdles: Liz Carroll (CP) 15.16, Kathy Reimann (CP) 15.21, Leann Margerum (S) 17.03. *Wind 0.81 m/sec against.*

Men's 110 Meter Hurdles: (Heat 1): Vince Fortune (F) 15.37, Jim Bermudez (A) 15.51. *Wind 2.3 m/sec aiding.* (Heat 2): Frank Williamson (F) 14.63, Mark White (OS) 14.70, Jeff Cook (A) 14.86, Pete Godinez (CP) 14.90, Corey Miller (F) 14.91. *Wind 1.2 m/sec aiding.*

Women's 400 Meters: Kellia Bolton (Unat) 55.18, Marcia Martin (S) 56.16, Deanne Johnson (Unat) 56.46, Liz Douglas (CP) 57.42, Chris Dubois (CP) 60.05.

Men's 400 Meters: (Heat 1): Pat Croft (CP) 46.71, Don Poulter (F) 48.35, Ken Scott (OS) 48.36, Doug Villaret (S) 48.51. (Heat 2): Robert Malocco (S) 48.85, Kevin Jones (S) 48.86, Shon Bowles (CP) 48.86, Don Woods (F) 48.97.

Men's Javelin: Rich Wolf (OS) 263-7, Gary Bruner (S) 227-6, Bob Bauder (A) 214-7, Rob Riley (CP) 211-6.

Women's 100 Meters: Eloise Mallory (CP) 12.03, Pam Donald (S) 12.30, Lynnae Warren (S) 12.61, Liz Carroll (CP) 12.84.

Men's 100 Meters: (Heat 1): Mark Kent (CP) 10.78, Joe Sial Sial (CP) 10.80, Darrin Nelson (S) 11.00. (Heat 2): Fred Williams (S) 10.99, Vince White (S) 11.06. *Wind 1.7 m/sec aiding.*

Men's Shot Put: Brian Faul (CP) 58-3 3/4, Chris Waltman (OS) 53-11, Ron Schmidt (OS) 53-8, Brian Holloway (S) 51-6 1/4, Chris Sorensen (CP) 51-4 1/4.

Men's Long Jump: Henry Ellard (F) 23-7, Kevin Kullander (A) 23-6 1/4, Dave Tucker (CP) 23-3 1/4, Willie Alexander (F) 22-8 3/4, Tom Waynes (CP) 22-7 3/4.

Men's Pole Vault: Scott Davis (OS) 16-4, Mark Kibort (CP) 16-4, Shannon Sullivan (OS) 15-6, Blake Hawker (A) 15-0, Billy Pierce (F)

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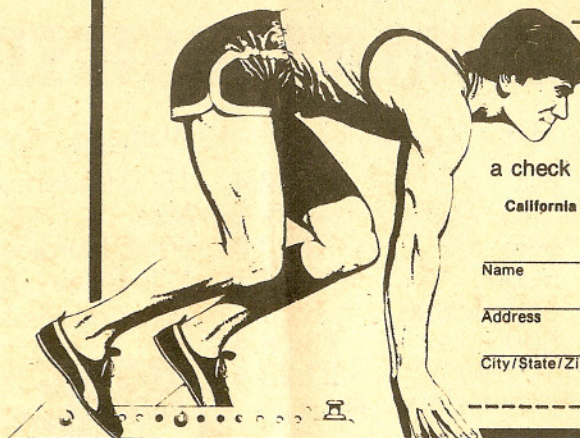
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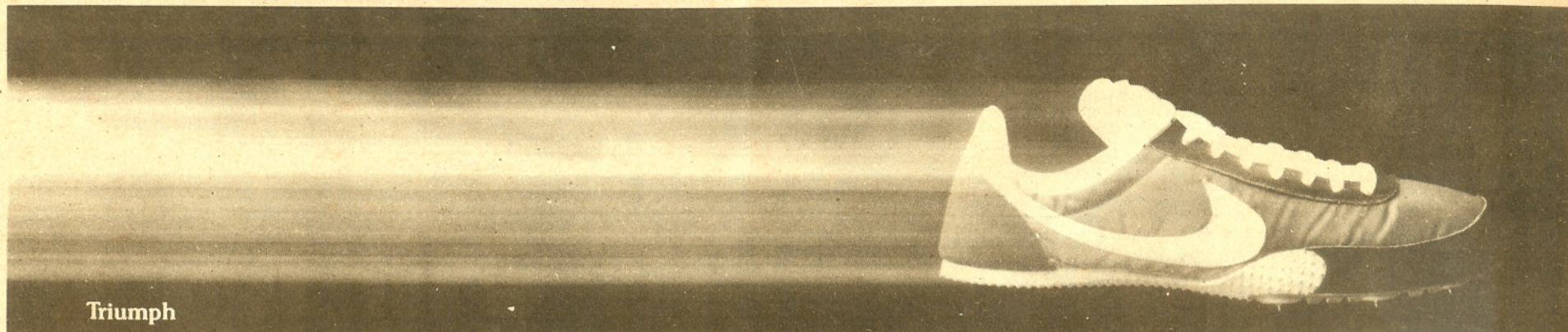
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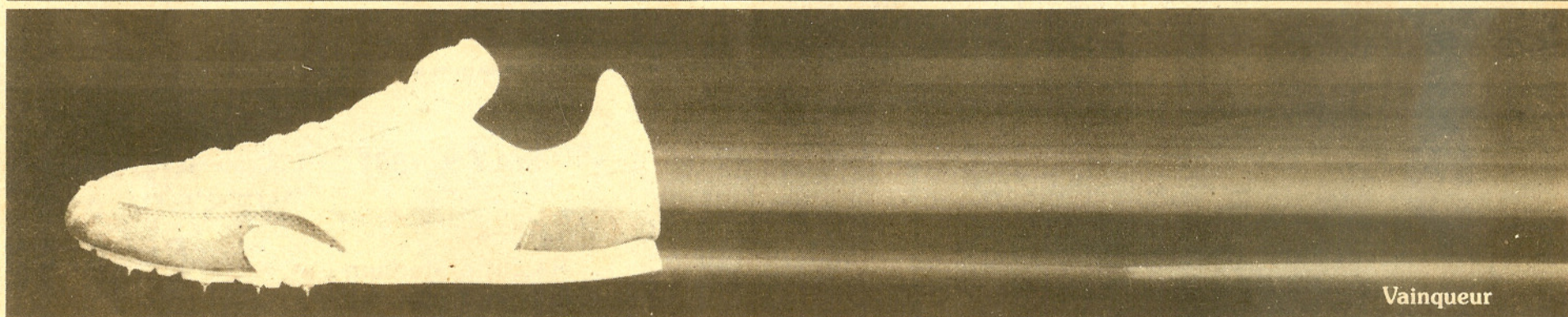
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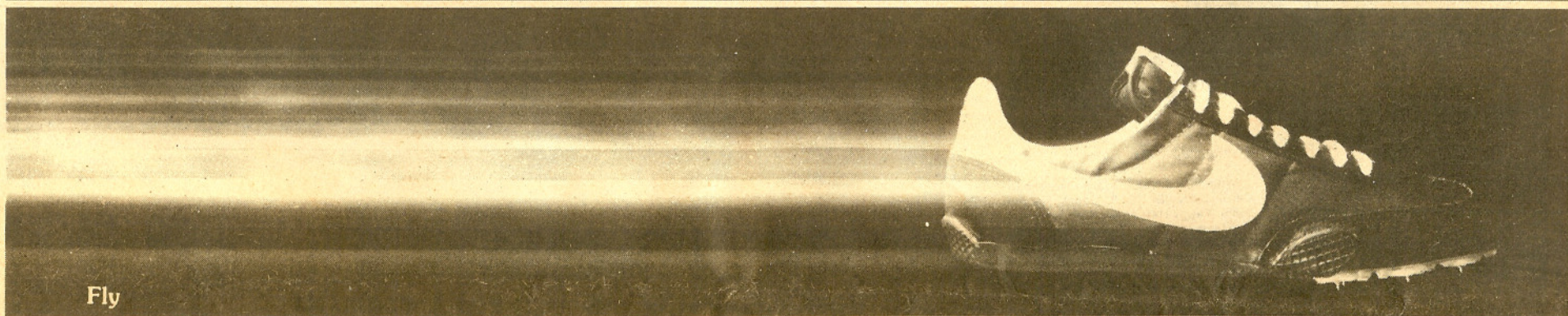
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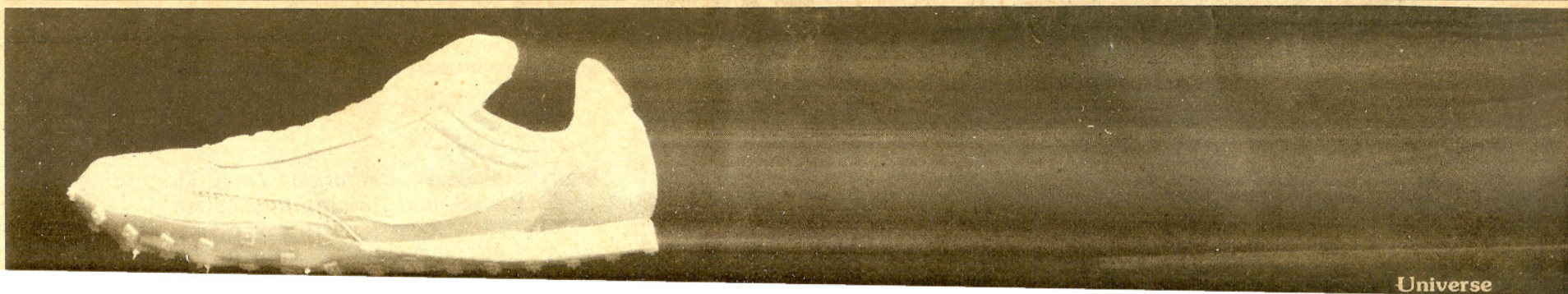
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800	1:42.4
1500	3:32.1
Mile	3:49.0
3000	7:32.1
Steeplechase	8:05.4
5000	13:08.4
10,000	27:22.4

Women's

1500 (indoors)	4:00.8
Mile	4:21.7
60yd. Hurdles (indoors)	7.47
Mile Relay	3:41.5
Mile (indoors)	4:17.5



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