

CALIFORNIA

TRACK & RUNNING NEWS

\$1.50

AUGUST 1985

ISSUE NO. 106

08/85
Walt Lange
P.O.Box 254647
Sacramento CA 95865

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

California's Only Track & Running Publication

California Track & Running News



Bill Cockerham
Editor & Publisher

Judy Cockerham
Production Manager

Keith Conning
High School Editor

Richard Slotkin
Long Distance Editor

Jack Leydig
Scheduling Editor

Steve Subotnick
Medical Editor

Dean Harper
Triathlon Editor

Ken & Jen Young/NRDC
LDR Statistics

Eino
Special Features

Elaine Fraley
Production Assistant

Photographers: Gene Cohn, Burt Davis, Barbara De Groot, Don Gosney, Louis Hirsch, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson.

Senior Editors: Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Doug Speck (Southern California High School); Steve Ward (Central Section High School); Bob Womack (High School All Time Lists).

Correspondents: Ken Dose, Louis Hirsch, Dennis McClanahan, Ken Takeuchi, Howard Willman.

California Track & Running News is published 11 times per year - one issue per month except December which is combined in a double issue with November. Each issue is mailed about the first of the month.

California Track & Running News has an average circulation of between 6,000 and 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (11 issues) \$15; 2 years (22 issues) \$28; 3 years (33 issues) \$39. Add \$6 per year for first class. Foreign rates on request.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/race ads.

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

MEMBER OF RUNNING USA

Table of Contents

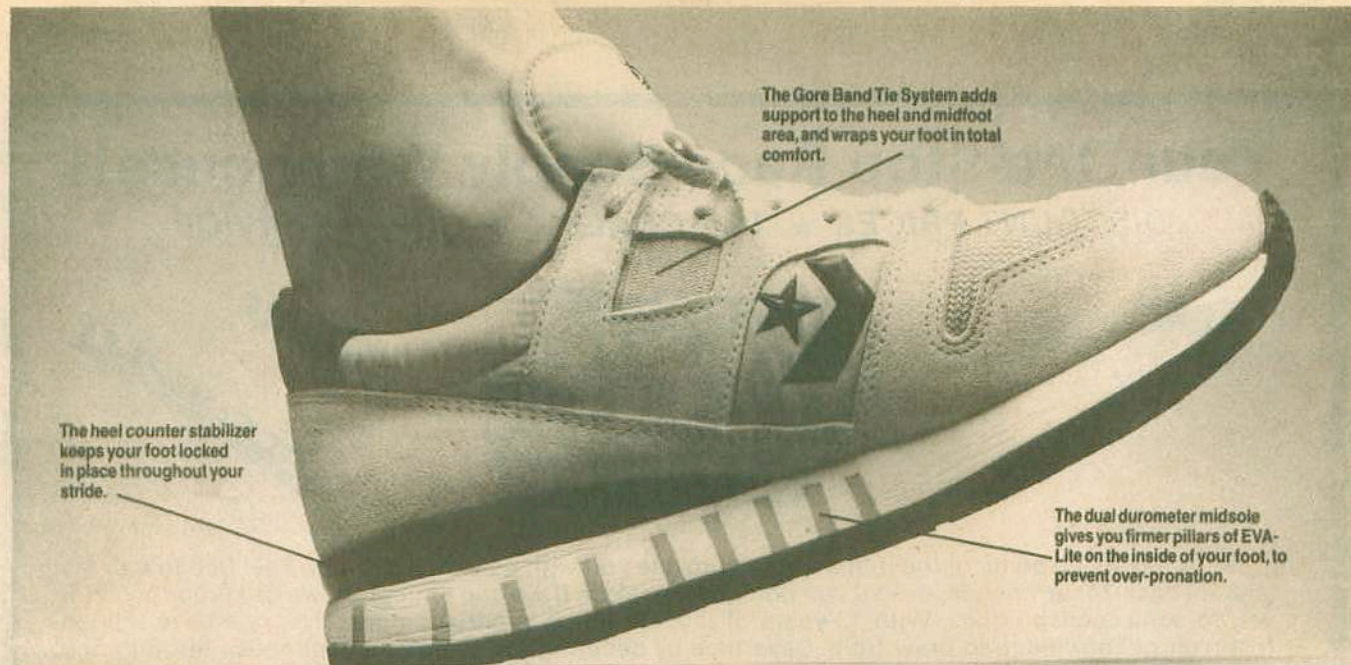
August 1985

Issue No. 106

| | |
|----------------------------------|----|
| From the Editor | 5 |
| Schedule of Events | |
| Road Racing | 6 |
| SoCal Diary | 11 |
| Race Tactics | 12 |
| The Athlete's Kitchen | 13 |
| Medical Notes for Runners | 14 |
| Tips from Galloway | 16 |
| Around the State | 17 |
| High School Section | |
| Prep Notes | 18 |
| Prep Results | 19 |
| 1985 California Ranking | 23 |
| 1985 National Leaders | 25 |
| Results | |
| Age Group Track & Field | 26 |
| College/Open Track & Field | 27 |
| Masters Track & Field | 31 |
| Road Racing | 32 |
| Subscription Order Form | 46 |
| P.R.'s | 47 |

ON THE COVER:

The May 4, Spring Tune Up Barnburner Run 10K in Newport Beach marked the return of Ralph Serna (left) to the racing circuit. Ralph lead the field from the start to the last 200 yards. Chuck DeGarmo of Fountain Valley dogged Serna the entire way and out-kicked him at the finish. DeGarmo eclipsed the course record set by Serna in 1982 by 21 seconds (30:08) with Serna a scant 4 seconds behind. the 28 year old Serna is a former UC Irvine star, while 25 year old DeGarmo is a former Westmont College ace. See page 33 for story and results.



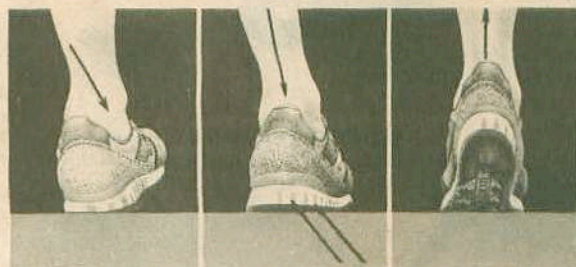
The Gore Band Tie System adds support to the heel and midfoot area, and wraps your foot in total comfort.

The heel counter stabilizer keeps your foot locked in place throughout your stride.

The dual durometer midsole gives you firmer pillars of EVA-Lite on the inside of your foot, to prevent over-pronation.

IT'LL AMAZE YOU, BUT IT WON'T SHOCK YOU.

The new Revenge™ from Converse will amaze you for a lot of reasons. But there's one good reason it won't shock you – our EVA-Lite Domino Midsole. It's biomechanically designed to



Where your foot strikes, the EVA midsole is soft to give you great cushioning. As your foot rolls to the inside, the firmer pillars of EVA prevent over-pronation and add support.

give you soft cushioning on the outside of your foot. And the pillars of firmer EVA-Lite along the inside of your foot give you extra support and prevent your foot from rolling too far inward during your stride.

Now, let's talk about the amazing features. First, the heel-stabilizer counter keeps your foot completely stable throughout your stride. Then there's our unique Gore Band Tie System that

helps support your heel and midfoot area, and wrap your foot in total comfort.

What's more amazing about the Revenge? The price. No other shoe gives you a better combination of cushioning and control for so little money.

Check out the Revenge at your Converse dealer. It's the most advanced shoe in its class. Which shouldn't amaze you at all because it's made by Converse.



CONVERSE

Reach for the stars.

Your One-Stop Race Supply Warehouse!!

DISCOUNT PRICES ★ TOP QUALITY ★ SUPER SERVICE



Gonus

ACCUSPLIT
SPORTS TIMING

Below are listed some of the items we can provide you with as a race director. Feel free to call me (ask for Jack) for any needs, even if you don't see it below. If we can't supply it, we can probably refer you to someone who does. With 13 years of race directing experience ourselves, we have a huge reservoir of knowledge to draw from. Save time by securing all or most of your needs through one source...at prices you can afford, with quality you can depend on, and with friendly and knowledgeable customer service.

PRICE SHEETS AND/OR QUOTES available upon request

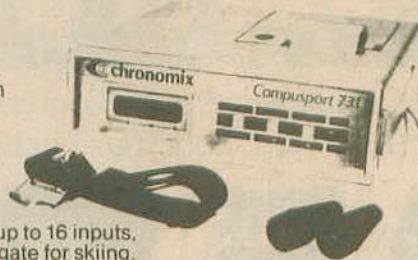
WE'LL BEAT ANY PUBLISHED PRICE on Seiko SP-11 & all Chronomix items*

*Offer expires March 31 - Mention this ad.

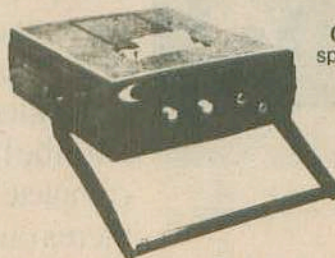


- **T-Shirts** - Available in quantity for \$1.90 each (or less).
- **Awards** - Medals, Embroidered Emblems, Ribbons
- **Race Numbers** - For as little as 12½¢ each, printed!
- **Safety Pins** - \$10.95 per box, or less in quantity.
- **Traffic Control Items** - Cones, Vests, Flags, Barriers, Signs

CC731 Compusport: This new, low-cost, portable printing timer has it all: plain paper and ink printing, time resolution from 1.0 to .001 second, rechargeable NiCad batteries, digital LCD time display and time preset feature. Options include timing for up to 16 inputs, electric eye finish, starting gate for skiing.



CC707 Economy Printing Timer: Prints splits and gives total; also prints sequential and cumulative times. CC707 times to 1/10 second and operates on rechargeable batteries (charger included).



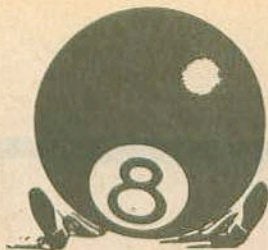
chronomix

CC601 Run Time Clock: 6" Day-Glo yellow digits can be seen up to 240' distance. Displays hours, minutes, seconds (or 1/100's in split mode). Operates 75 hours on set of D-size batteries. Easy-to-use keyboard sets functions and presets times. Has output for printer.



P.O. Box 459, San Carlos, CA 94070

Ph. 415/595-2249



From the Editor

It's been quite some time since I've filled up any space in this column. The reasons for my lack of presence, basically, boil down to two: time and space.

First of all, it has been a very busy school year at Fresno Pacific College. Now, however, that it is summer vacation, I am getting a chance to do some of the other fun, even if more dispensible, things in life.

Secondly, it seems we are always out of space in the magazine. Some things have to be cut out of each issue. I don't like cutting others work or the more timely things like schedule and results - these are what we are all about. It's easiest to cut my own column. Now, however, that the championship track and field season is over, there is room for some of the more frivolous material.

Each issue usually results in a few phone calls from subscribers who didn't receive their magazine. When you mail out thousands of magazines each issue, the odds are that at least a few are going to get crunched or lost along the way. Our July issue, however, has resulted in an all-time record number of calls. We've been tracing the problem and it appears to be due to some faulty glue in the labelling machine. If you didn't receive your July issue, please let us know and we will send one out right away. In the meantime we've been grinding extra horses hoofs.

About that July issue. If you are a track and field fan you should have loved it - especially those who like to follow the preps. The High School State Meet coverage was the biggest and best ever. Showed me just how important I am since this was the first State Meet I've missed in a long time, yet resulted in our best coverage. There was eleven pages of sums and results with a photo of every state champion. Special "thanks" are due to Keith Conning, Doug Speck, Don Gosney and Burt Davis - they went beyond the call of duty to bring you that kind of meet coverage.

While we are talking about state meets, *California Track & Running News* is again naming the top six places in the Junior College California State Meet to California All America status. SoCal correspondent Bill Minarik initiated this service several years ago after comparing the results of the National JUCO Meet to that of the California JC State Meet. California doesn't belong to the national organization and since the top six in the JUCO meet receive All America status and the California marks are as good or better, Bill reasoned the Californians should be All America, too. We agree. If community college coaches would like certificates (suitable for framing) for All America winners they merely need to write on official school letterhead. Please clearly print athletes' names the way they would like to have them inscribed on the All America certificate.

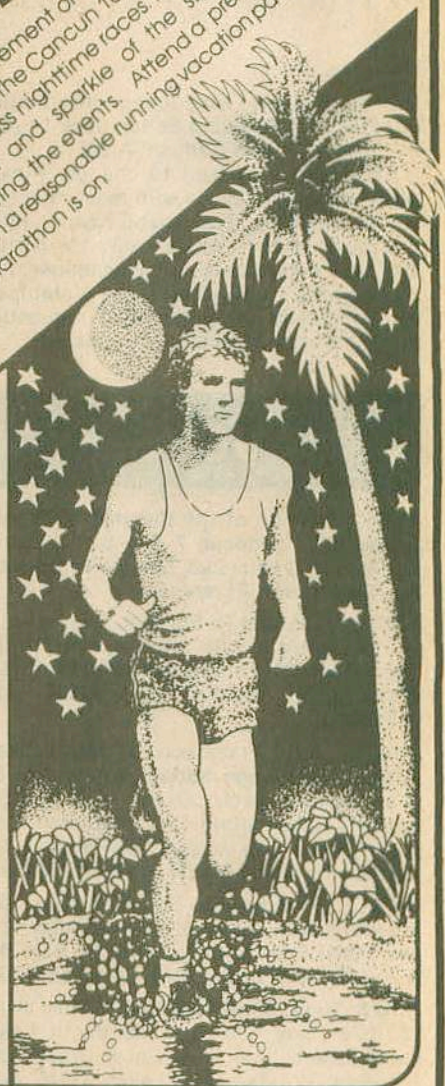
CANCUN THE ULTIMATE RUNNING VACATION

Combine a beautiful island paradise with the excitement of nighttime running and a weekend filled with tropical festivities. It adds up to the Cancun 10K and Marathon. Join an international field competing in these first world class nighttime races. Run along the tulum soft beaches under the muted glow of the moon and sparkle of the stars. Celebrate Mexican Independence Day at festivities prior to and following the events. Attend a pre-race dinner. The fun clinics and briefings All of this and more is included in a reasonable running vacation package. The fun Run and 10 K are on Saturday, Sept. 14, and the Marathon is on Sunday, Sept. 15.

For more information call: Marathon Tours
at 617-492-3088

For race information call: B.K.B. Ltd.
at 303-741-3597

or fill out the form below, clip it and send to:
Marathon Tours
1430 Massachusetts Avenue
Cambridge, Mass. 02138



I'm interested in the Cancun Running Vacation. Send me more information.

Name: _____

Address: _____

City, State, Zip: _____

Telephone (Home): _____ (Business): _____

I am interested in: ☐ The Race ☐ The Vacation

CANCUN

Schedule

By JACK LEYDIG

Please send scheduling information directly to **Scheduling Editor**, Jack Leydig, P.O. Box 459, San Carlos, CA 94070.

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.

AUGUST

AUG 1: College of the Canyons X-Country Series. 5K, Valencia, 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

AUG 3: Fleet Feet Tri-For-Fun. 1/2-mile swim, 12 mile bike, 3 mile run. Antioch (Contra Loma Regional Park), 8 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

AUG 3: San Francisco Summer Cross-Country Challenge Series. 1 mile thru 3.5 mile (Varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick St., #3, San Francisco 94117. (415) 753-1215.

AUG 3: Patagonia's Squaw Valley USA Mountain Run. 3.6 mile, Squaw Valley, 9:45 am. Holly Beatle, Image Promo, P.O. Box 2575, Olympic Valley 95730. (916) 587-5571.

AUG 3: Snow Creek Triathlon. 1/2 mile swim, 25 mile bike, 10K run. Mammoth Lakes (June Lake), time TBA. Snow Creek A.C., P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

AUG 3: Mammoth Lakes Triathlon. 1/4 mile swim, 25 mile bike, 10K run. Mammoth Lakes (Crowley Lake), time TBA. John Blair, NBRA, 1162 Dorset Ln., Costa Mesa 92026. (714) 966-0556.

AUG 3: Oxnard Triathlon. 1.5 mile swim, 30K bike, 10K run. Oxnard, time TBA. Rob Fukutomi, 800 Hobson Way, Oxnard 93030. (805) 984-4643.

AUG 3: Ocean Beach 10K. Ocean Beach (Newport & Santa Monica), 8 am. In Motion Race Consultants, 2321 Morena Blvd., Suite A, San Diego 92110. (619) 276-2738.

AUG 3: Gladiola Festival 5K. Union City (Civic Center, 34009 Alvarado-Niles Rd.), 8 am. Alice Arce, 2932 Daisy St., Union City 94587. (415) 489-0360.

AUG 3: YWCA Women's Walk-Run 5 & 10K. Pacific Grove (Lover's Point), 9 am. Fabia Orselli, c/o 404 Camino El Estero, Monterey 93940. (408) 649-0834.

AUG 3: Atascadero 5 Mile Fun Run. Atascadero (Sunken Gardens), 9 am. Info: Atascadero Recreation Dept. (805) 466-8000, x123.

AUG 3: Nun Run & Corporate Relay. 4-Person Team (5K each) & 1K run. Lynwood (Lynwood City Park), 8 am. St. Francis Medical Center (213) 603-6350.

AUG 4: Skyline 50. National Masters 50K, Western Regional 50K, PA/TAC 50K...Cross Country Championships. El Sobrante (Wildcat Canyon Regional Park, Clark Gate off San Pablo Dam Rd.), 7 am. 650 Limit. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

AUG 4: Alameda Run for the Parks. 10K, Alameda (Southshore Shopping Center), 9 am. 2500 Limit. Barry Weiss, City Hall, Room 201, Alameda 94501. (415) 522-4100.

AUG 4: DSE Roller Coaster Run. 3.1 mile (& 0.6 mile kid's run), San Francisco (Mountain Lake Park, 12th Ave. & Lake St.), 9:30 am/Kid's Run, 10 am/3.1 mile. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

AUG 4: YMCA John Steinbeck Country Run 10K. Salinas (Downtown), time TBA. Sue DeRoy, 117 Clay St., Salinas 93901. (415) 758-3811.

AUG 4: Horny Toad Invitational Triathlon. 1.5 mile swim, 50 mile bike, 13.1 mile run. San Diego (Torrey Pines State Beach), time TBA. By invitation only. Bruce Norvell, 3517 Curlew St., San Diego 92103. (619) 296-9187.

AUG 4: Dog Daze 10K (& 1 Mile). Ukiah (Oak Manor School), 8 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. Al Bellon (707) 462-8404.

AUG 4: Annie & Mary Race. 10K & 2 mile, Arcata area, 8:30 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

AUG 4: Frazier Mt. 10K Run. Frazier Park (near Bakersfield - 7th Day Adventist Camp on Lockwood Valley Rd.), 9:30 am. Frazier Mtn. Safety Officers Ass'n Race Coordinator, P.O. Box 802, Frazier Park 93225. (805) 245-3511, Dennis Carpenter.

AUG 4: Mike's 18-Mile Forest Run. Mt. Charleston (near Las Vegas), Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

AUG 4: Haleakala Run to the Sun. 36 mile, Kahului, Maui, Hawaii, time TBA. Valley Isle Road Runners Ass'n., P.O. Box 888, Kihei, Maui, HI 96753. (808) 244-6042.

AUG 4: Bud Light U.S. Triathlon Series. 1.5K swim, 40K bike, 10K run. Dana Point, time TBA. USTS, P.O. Box 1438, Davis 95617.

AUG 4: Big Avocado 4-Mile. Carpinteria (High School), 8:30 am. Hemie Olivares (805) 684-5326.

AUG 4: Pops Procter All Terrain 10K. Calafia (San Clemente State Beach), 9 am. Sandy Cross (714) 496-6162.

AUG 6: San Diego Track Club 3-Mile. San Diego (Mission Bay), 5:30 pm. San Diego TC (619) 277-7862.

AUG 8: College of the Canyons X-Country Series. 5K, Valencia, 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

AUG 10: San Francisco Summer Cross-Country Challenge Series. 1 Mile thru 3.5 miles (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 a.m. Tim Wason, 350 Frederick, #3, San Francisco 94117 (415/753-1215).

AUG 10: Lions Club 10K. Mammoth Lakes, 8 a.m. Gordon Alper, P.O. Box 17, Mammoth Lakes 93545 (619/934-3587).

AUG 10: Tri For Fun Series #2. 0.5 Mile Swim, 20K Bike, 5K Run, Fresno 93726 (209/221-8181).

AUG 10: Jones Intercable - Cable Stars 5/10K Run. Oxnard (Channel Islands Marina), 8 a.m. Jones Intercable, 721 Maulhardt Ave., Oxnard 93030 (805/485-7774).

AUG 10: A Running Experience 4 & 8K, & Kids Cup 1 Mile. Long Beach, 7:30 a.m./4K, 8 a.m./8K, 9 a.m. NBRA, 1162 Dorset Ln, Costa Mesa 92626 (714/966-0556).

AUG 10: Sprint Triathlon. 3 Mile Run, 9 Mile Bike, 200 Yard Swim, Los Angeles (Irwindale, Santa Fe Dam Recreation Area), 8 a.m. (Enter by July 27). Robert Hogen, Events Services, 7211 Ramona Ave., Alta Loma 91701 (714/989-6512).

AUG 10: The MADD Fiscal Fitness 10K & 2 Mile. San Diego (Balboa Park), 7:30 a.m. Breaking Forty Race Consultants, 3381 Yucca Ave., San Diego 92117 (619/273-5156).

AUG 10: Las Vegas T.C. 5K. Las Vegas (Sunset Park), 7 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702/382-3496).

AUG 10: CCCP Little Olympics 5K. Los Altos Hills (Foothill College), 8:30 am. Dale Yee, 470 Anton Ct., Palo Alto 94301. (415) 328-5757.

AUG 11: Pinole Chamber Country Run. 10K, Pinole (Ellerhorst School, Pinole Valley Rd.), 9 a.m. Dave Koger, Doctors Hospital (Radiology), 2151 Appian Way, Pinole 94564 (415/724-5000, x571).

AUG 11: Feather River Classic 5K & 10 Mile. Quincy (Plumas County Fairgrounds), 8:30 a.m. (Fun Run at 8 a.m.). Central Plumas Rec., P.O. Box 1551, Quincy 95971 (916/283-3278).

AUG 11: DSE Point Run. 3.8 Mile, San Francisco (Start at Little Marina Green), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415/855-1563).

AUG 11: Freshwater Race & Potluck. 2 & 6.2 mile, Freshwater Park (Arcata area), 1 pm/2 mile, 1:45 pm/10K. Six Rivers R.C., PO Box 214, Arcata 95521. (707) 442-6522.

AUG 11: Carrera de Locos Half-Marathon. Westlake Village, 8 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361 (805/496-0088).

AUG 11: Little Tokyo 5K Run. Torrance, 8 a.m. JA Optimist Club, 3440 Torrance Blvd., Suite 102, Torrance 90503.

AUG 11: Park to Plaza 5K & 1 Mile Fun Run. San Diego (Balboa Park), 7 a.m. End of the Line Consulting, P.O. Box 1049, Coronado 92118 (619/435-3354).

AUG 11: Greater Outdoors Triathlon Series. ½ Mile Swim, 15 Mile Bike, 4 Mile Run, Big Bear Lake (Meadow Park Beach), Time TBA. Triathlon, P.O. Box 708, Big Bear Lake 92315 (714/866-7322).

AUG 11: Pinecrest Run. 5 mile, Pinecrest Lake (Highway 108, Tuolumne County), 9 a.m. Michael Turner, P.O. Box 1467, Pinecrest 95364, Attn: Pinecrest Run. (209) 586-2693.

AUG 11: Humboldt County Fair Run. 2 & 5 mile, Ferndale (Humboldt County

Fairgrounds), 1:30 pm. Katherine Queen, P.O. Box 637, Ferndale 95536. (707) 786-9511.

AUG 11: Northstar 5/10K. Northstar Village, 10 am. Julie Maurer, Box 129, Truckee 95734. (916) 562-1010.

AUG 11: We Care Enough Run/Walk Day. 5/10K, Oakland (Lake Merritt Sailboat House), 9:30 am. We Care Enough Run, P.O. Box 711, Oakland 94604. (415) 653-7027.

Note: We have had mail returned "undeliverable as addressed" so best bet is to call.

AUG 11: Weight-a-Minute for MDA Race. 4 mile, Larkspur (Larkspur Landing), 9 am. *Weight handicapped race.* The Good Sport, 2011 Larkspur Landing Cir, Larkspur 94939. (415) 461-1930.

AUG 11: River of No Return 2-Person Team Pentathlon. ½ mile river swim, 10 mile canoe, ¼ mile canoe portage, 9 mile run, 22 mile bike. Healdsburg area, time TBA. Trowbridge Rec., Inc., 20 Healdsburg Ave., Healdsburg 95448. (707) 433-7247.

AUG 11: IAM 5K Fun Run. Balboa Park, San Diego, 7:30 am. Kathy (619) 437-4556.

AUG 11: Peddlers Paddlers & Plodders Triathlon. Los Osos, 9 am. 2 mile canoe, 4 mile run, 12 mile bike. PPP Triathlon, c/o Myron Hood, 2000 Doris Ave., Los Osos 93402. (805) 528-3425.

AUG 14: Northridge Twilight 10K. Cal-State Northridge, Northridge, 6:30 p.m. Dave Babracki, c/o Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344 (818/368-7889).

AUG 15: High Sierra 10K. South Lake Tahoe (Intermediate School tartan track), 6 p.m. Austin Angell, Box 1521, So. Lake Tahoe 95705 (916/541-5224).

AUG 15: College of the Canyons Cross Country Series. 5K, Valencia, 7 p.m. (See Aug. 8).

AUG 15: Sepulveda Dam Evening 10K. Encino (Woodley Park), 6:30 pm. Connie Rodewald, 852 Sharon Rd., Camarillo 93010. (805) 482-5360.

AUG 17: Hayward Zucchini Festival 10K Run. Hayward (Kennedy Park), 8:30 a.m. Eden Area YMCA, 951 Pallsade St., Hayward 94542 (415/582-9614).

AUG 17: Delta Kiwanis Triathlon. ½ Mile Swim, 10 Mile Bike, 5 Mile Run, Antioch (Contra Loma Reservoir), 8 a.m. AM Trophics, 1121 Los Palos Ct., Pittsburg 94565 (415/754-7878).

AUG 17: San Francisco Summer Cross-Country Challenge Series. 1 Mile thru 3.5 Miles. (Varying distances for each division), San Francisco (Golden Gate Park, Polo Fields), 10 a.m. Tim Wason, 350 Frederick, #3, San Francisco 94117 (415/753-1215).

Marathon Runners Tour of New Zealand

October 21 to November 6, 1985

- A 15 day tour of New Zealand for Marathon Runners and friends.
- Highlights of the tour include running the Hamilton International Marathon.
- 8 days sightseeing tour of North Island of New Zealand.
- 3 day stopover in Fiji, the South Pacific paradise Island.
- *Check this out: Accommodation is Free!* Runners will stay with distance runners from clubs in N.Z. A good time will be had by all.
- Tour led by New Zealand runner and Seattle resident, Roy Stevenson.
- Cost: \$1795.

For Itinerary and Further Information call:
Roy Stevenson • (206) 774-7970
Sharon Olliger • (206) 244-4477 or (206) 248-3688

Westwinds Triathlon

McFarland, California • September 29, 1985

15 Mile Bike - 500 Yard Swim - 5 Mile Run

START: 1:00 P.M. at Sherwood & Mast, McFarland

FINISH: McFarland High School Track Stadium

COURSES: Bike - Flat, fast, 1-loop course on city & country paved roads, traffic controlled within city limits. Swim - Continuous pool swim using a maze system. Run - Loop course in town with 2 moderate hills on paved roads.

AWARDS: Custom Medallions for all age divisions, Plaques for 1st in all divisions, plus trophies for 1st male & female overall, Tee Shirts to all finishers, awards will be at least 3 deep guaranteed with more possible in the divisions that get the most entries.

CONTACTS: Gary Farrell (805) 792-3187 or Mike O'Haver (805) 792-3091, for flyer & entry form write: McFarland Recreation & Parks District, 100 S. 2nd Street, McFarland, CA, 93250.

COME and plan to stay to see the beautiful **WESTWINDS HOUSING DEVELOPMENT**. Bring a picnic lunch and enjoy the outstanding recreational facilities McFarland has to offer.

Schedule

AUG 17: Tetrack Trail 8 Mile. Los Angeles (Griffith Park), 7:30 a.m. (No Pre-Entry). John 150 So. Glenoaks Blvd., #9171, Burbank 91510.

AUG 17: Mountain Bike Triathlon (2 Days). Swim 300 Yds., Run 4 Miles, Bike (Mountain) 8 Miles. Big Bear Lake, 9 a.m. Dave Spangler, 1009 W. Brooks St., Ontario 91762 (714/983-5871).

AUG 17: Beale Point Tri for Fun Triathlon. Swim 1K, Bike 20K, Run 5K, Folsom (Folsom Lake), Time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628 (916/965-8326).

AUG 17: Aerospace 10K & 2 Miles. San Diego (Balboa Park), 7 a.m. End of the Line Consulting, P.O. Box 1049, Coronado 92118 (619/437-4556, Hal).

AUG 17: Las Vegas T.C. 5 Mile & 2 Mile. Las Vegas (Blue Diamond & Industrial Rds.), Nev., 7 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702/382-3496).

AUG 17: Bass Lake Half Marathon. 13.3 miles, Bass Lake (The Pines Village), time TBA. Bass Lake Half Marathon, P.O. Box 6103, Fresno 93703 (209/264-5847).

AUG 17: Nat'l TAC Senior Men's 10K Road Championships. Asbury Park, N.J., time TBA. Phil Benson, Box 2287, Ocean Township, NJ 07712 (201/531-4156).

AUG 17: Paul Bunyon Relays. 44 mile (?? person/team), Leggett to Ft. Bragg, 7 a.m. Jerry Drew, Capitol City Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

AUG 17: Gator 24-Hour Track Run. San Francisco (S.F. State Univ.), time TBA. Limit 35 runners, enter by July 20. Jim Skophammer, 63 Moneta Way, San Francisco 94112. (415) 334-9027.

AUG 17: Distance Derby 10 Mile. Huntington Beach (Huntington Beach Pier), 7:30 a.m. Bob Werth, City of Huntington Beach, 2000 Main St., Huntington Beach 92648. (714) 536-5486.

AUG 17: The Grizzly Run 5 & 10K. Big Bear Lake (7,000 ft.), 7:30 a.m. Jim Bollingmo, Alpine Sport Center, P.O. Box 1788, Big Bear Lake 92315. (714) 866-7541.

AUG 17: Bud Light 5/10K Run for Life. Pomona (2800 Reservoir), 7:45 a.m. Steven Heath (714) 627-6131.

AUG 18: Hook & Ladder Run 10K. San Francisco (Golden Gate Park, Rainbow Falls & Kennedy Dr.), 9 a.m. Jim Gallagher, 1358 La Playa, San Francisco 94122 (415/753-0880).

AUG 18: DSE Daly City Scenic Run. 6.8 Mile, Daly City (Coma School), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415/855-1563).

AUG 18: Bodega Big Event Footrace. 5 & 10K, Bodega (at Firehouse), 9 a.m. Marge Windus, Box 249, Bodega 94922 (707/876-3105).

AUG 18: Hammond Bridge Half-Marathon. Arcata/Eureka area, Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521 (707/822-9435).

AUG 18: Hind Sea to See Triathlon. 1 Mile Ocean Swim, 25 Mile Bike, 10K Run, San Luis Obispo (Avila Beach), Time TBA. Jan Johnson, Hind Co., P.O. Box 12609, San Luis Obispo 93406 (805/544-8555).

AUG 18: Run by the Sea 10K. Palos Verdes Peninsula (Marineland), 8:15 a.m. (3K for kids 12 & Under at 7:15 a.m.). Dept. of Leisure Studies, 30940 Hawthorne Blvd., Rancho Palos Verdes 90274 (213/541-4566).

AUG 18: Redwood Shores Biathlon. 400m swim, 4 mile run. Redwood Shores (Redwood City), time TBA. Redwood Shores, Inc., Attn: Biathlon, 3 Twin Dolphin Dr., Redwood City 94065. (415) 594-4242.

AUG 18: Run for Olompall. 4 mile, Novato (Olompall Main Gate), 9 a.m. June Gardner, P.O. Box 1400, Novato 94948. (415) 479-4654.

AUG 18: ARC San Leandro Run Run. 5 & 10K, San Leandro (South Parking Lot, Neptune Dr.), 9 a.m. Larry Fong (415) 828-1505, eves.

AUG 18: Goleta Cove Swim & Biathlon. (Biathlon: run 2 mile, swim 1 mile, run 1 mile.) Goleta (Goleta Beach), time TBA. Bill Hamilton, Santa Barbara Recr. Dept., 620 Laguna, Santa Barbara 93101. (805) 962-1474.

AUG 18: Grape Race. 6.3 miles, San Luis Obispo (3550 S. Broad), 9 a.m. Corbet Canyon Vineyards, P.O. Box 3159, San Luis Obispo 93404.

AUG 20: Manufacturers Hanover Corporate Challenge. 3.5 Mile, San Francisco (Market St. @ Justin Herman Plaza), 7 p.m. Pamakid Runners, P.O. Box 27385, San Francisco 94127 (415/681-2323).

AUG 22: College of the Canyons Cross Country Series. 5K, Valencia, 7 p.m. (See Aug. 8).

AUG 24: San Francisco Summer Cross Country Challenge Series. 1 Mile thru 3.5 Miles, (Varying distances for each division), San Francisco (Golden Gate Park, Polo Fields), 10 a.m. Tim Wason, 350 Frederick, #3, San Francisco 94117 (415/753-1215).

AUG 24: June Lake Triathlon. 500 Yd. Swim, 20 Mile Bike, 5.8 Mile Run, June Lake, 7:30 a.m. NBRA, 1162 Dorset Lane, Costa Mesa 92626 (714/966-0556).

AUG 24: Castaic Triathlon Series. 1K Swim, 40K Bike, 10K Run, Castaic Lake, Time TBA. Runners Up, 22946 Lyons Ave., Newhall 91321 (805/254-1833, days).

AUG 24: Dammit Run. 5.82 mile, Los Gatos (High School), 8:30 a.m. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos 95030. (408) 354-7333 or (408) 354-5660.

AUG 24: Signal Hill 5 & 10K. Signal Hill (Hinsaw Park, Cherry & Hill), 8 a.m. Vic Stringer, 1879 Freeman, Signal Hill 90804. (213) 494-3744.

AUG 24: Hunger Run. 5 & 10K, Bakersfield (Hart Park), 7 a.m. Info. (805) 325-2251.

AUG 25: DSE Biathlon. 2.5 Mile Run, 1/2 Mile Swim, San Francisco (Aquatic Park Cove), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415/855-1563).

AUG 25: Simi Run. 4 Mile & 10K, Healdsburg (Simi Winery), 8 a.m. Lu Hughes, P.O. Box 698, Healdsburg 95448 (707/433-6989).

August 18-23, 1985
GARY TUTTLE'S
Distance Running Camp
Carpenteria, California
For Application Form, write:
Gary Tuttle's Distance Running Camp
c/o Inside Track • 1410 E. Main St.
Ventura, CA 93001

AUG 25: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K, Oakland (Lake Merritt, Old Boathouse), 9 a.m. LMJS, 745 Arimo Ave., Oakland 94610 (415/834-3110).

AUG 25: Wildwood Days Races. 2 Mile & 8 mile, Rio Dell (Firemen's Park), 9:30 a.m.? Six Rivers R.C., P.O. Box 214, Arcata 95521 (707/822-9435).

AUG 25: Merced T.C. Watermelon Run. 10K, Merced (Old County Courthouse, 21st & "N" Sts.), 7:30 a.m. Mike Mason, 1239 Kensington, Merced 95340 (209/723-8080, Eves).

AUG 25: Track Benefit 10K and 1 Mile Fun Run. Oxnard (Centerpoint Mall), 8:30 a.m. Pat Farrell, 2655 Saviers, Oxnard 93033 (805/487-1142).

AUG 25: Ocean Air Triathlon. Swim 1 Mile, Bike 26 Miles, Run 10 Miles, Palos Verdes Estates (Torrance Beach), Time TBA. Steve Whitehead, South Bay Athletic Promotions, P.O. Box 10097, Torrance 90505.

AUG 25: 30 Minute Run. Univ. of Nevada (track), Las Vegas, NV, 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702/382-3496).

AUG 25: Santa Monica Sports & Art Festival Marathon & Half Marathon & 5K Fun Run. Santa Monica College, 7 a.m. Ed Montan, Santa Monica Parks & Recr., 1685 Main St., Rm. 210, Santa Monica 90401. (213/458-8311).

AUG 25: South Hall 50-Mile Ultra & 10-Leg 5-Man 50-Mile Relay. Camarillo (Adohr Dairy, Pleasant Valley Rd.), 6 a.m. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805/482-5360).

AUG 25: June Lake Loop 18-Mile Relay. 3x6 mile, June Lake (June Lake Beach), 8:30 a.m. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626 (714/966-0556).

AUG 25: America's Finest City Half-Marathon. Point Loma (Cabrillo Nat'l Monument), 7 a.m. American Lung Ass'n., 3861 Front St., P.O. Box 3879, San Diego 92103 (619/297-3901).

AUG 25: Presidio 10-Miler. San Francisco (Presidio Parking Lot), 9 a.m. The Guardsmen, 220 Sansome St., #590, San Francisco 94104 (415/781-6785).

AUG 25: Basecamp's "Where the Hell is Truckee?" 30K. Tahoe City (North Tahoe H.S.), 9 a.m. Race Day Registration only. Gerald Rockwell, P.O. Box 5905, Tahoe City 95730. (916) 583-7649.

AUG 25: Fresno Biathlon. 5 mile run, 21 mile bike. Fresno (Woodward Park), 7 a.m. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 434-6394.

AUG 25: North Orange County YMCA 10K. Fullerton (Fullerton H.S.), 7 am. North Orange County YMCA, 2000 Youth Way, Fullerton 92635. (714) 879-9622.

AUG 27: Sonoma Pioneer Day Run. 5 & 10K, Sonoma (City Plaza), 9 am. Ron Tomlinson (707) 938-2809.

AUG 30: Moonlight 5 & 10K Runs. Palo Alto (Baylands Athletic Center, Embarcadero & Geng Rds.), 9 pm. Ann Kribbs, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2261.

AUG 31: America's Love Run. 5 & 10K & 1 Mile Fun Run, Fairfax (Ross Valley Fire Dept., Park & Bolinas Rds.), 8 am. Ed Kelly, Marin Prof. Firefighters, P.O. Box 15, Fairfax 94930. (415) 453-5800.

AUG 31: Breakers to Bay 10K. Ft. Cronkwhite (Rodeo Beach) to Sausalito, 8:30 am. Sausalito Chamber of Commerce (415) 332-0505.

AUG 31: Willits Blathlon. 10K Run, 25K bike, Willits, time TBA. Willits Chamber of Commerce, 15 So. Main St., Willits 95490. (707) 459-4113.

AUG 31: San Francisco Summer Cross Country Challenge Series. 1 Mile thru 3.5 Miles, (Varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 a.m. Tim Wason, 350 Frederick, #3, San Francisco 94117 (415/753-1215).

AUG 31: Caledonian Run. 10K, Santa Rosa (Sonoma County Fairgrounds racetrack), 8 a.m. Wine Country Race Service, Box 879, Forestville 95436 (707/829-2888).

AUG 31: Las Vegas T.C. 2 & 5 Mile (& Picnic). Tule Springs State Park (Floyd Lamb Park), Las Vegas, NV, 7 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101 (702/382-3496).

SEPTEMBER

SEP 1: DSE Kay Atkinson Memorial Run (& Kid's Run). 4.5 Mile, San Francisco (Golden Gate Park), Spereckels Lake @ Kennedy & 36th Ave., 10 a.m. (9:30 a.m./Kid's Run). Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415/855-1563).

SEP 1: Belmont Chamber of Commerce Blathlon. Crank 'n Shank - 20K Bike, 10K Run, Pedal 'n Plod - 10K Bike, 5K Run, Trike 'n Trot - 500 Yd. Trike, 100 Yd. Run, Belmont (Canada Rd. between Edgewood Rd & Hiway 92), 8 a.m./Crank, 10:30 a.m./Pedal, noon/Trike. Belmont Chamber of Commerce, P.O. Box 645, Belmont 94002 (415/595-8696).

SEP 1: Run for Recovery 10K. San Francisco (Golden Gate Park, Polo Field Parking Lot), 9 am. Charles Herich, California Therapeutic Comm., 1659 Scott Blvd., #30, Santa Clara 95050. (408) 244-1834.

SEP 1: South Lake Tahoe 5 & 15K. So. Lake Tahoe (Central Bank near "Y" Intersection of Hwy 50 & 89), 5 pm. Michael Jones, P.O. Box 7886, So. Lake Tahoe 95731. (916) 544-2284.

SEP 2: Robert Mondavi 10K Run at Field & Fair Day. Lodi, 8 am. Field & Fair Day Office, P.O. Box B-1, Lodi 95241. (209) 333-6782.

SEP 2: Serene Lakes 5 Mile Handicap Race. Soda Springs (off Hwy. 80 at Donner Summit), 10 am. (8800 Ft.). Dennis O'Halloran/Aggies, P.O. Box 7641, Tahoe City 95730. (916) 581-5119.

SEP 2: KSON Farewell to Summer 10K. San Diego (Balboa Park), 7:30 am. Kathy Loper (619) 437-4556.

SEP 2: Average Joe Blathlon. 6.1 Mile Run, 7.45 Mile Bike, Auburn (Bowman Elem. School), Time TBA, Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

SEP 2: "Meals on Wheels" 5 & 10K Labor Day Runs. Westlake Village, 7:30 a.m. Emily Gonzales, 2361 Adrian, Newbury Park 91320 (805/498-0192).

SEP 6: Pepsi of Reno 72-Mile Lake Tahoe Run. Tahoe City (Commons Park, behind fire station), 6 am. *Must finish by 10 pm.* Loop around Lake (counterclockwise). Bill Stainbrook, 1503 13th Ave., Sacramento 95820. (916) 451-4845. *Entries must be received by August 30.*

SEP 7: Tri For Real. 1 mile swim, 5 mile run, 20.6 mile bike, Antioch (Contra Loma Regional Park), 8 am. Fleet Fet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-MILE.

SEP 7: Big Brothers/Big Sisters Triathlon Relay. 10.5 mile bike, 7.75 mile boat, 7 mile run. Marysville (Riverfront Park), time TBA. Allan Harder, P.O. Box 2658, Marysville 95901. (916) 742-5151.

SEP 7: Millerton Lake Triathlon. 1 mile swim, 24 mile bike, 10K run. Millerton Lake (near Fresno), time TBA. Global Map Store, 735 N. Fulton, Fresno 93728. (209) 266-9831.

SEP 7: Seal Beach Triathlon. 1K swim, 20K bike, 10K run. Seal Beach (Seal Beach Pier), time TBA. Mike Braunstein, P.O. Box 30306, Long Beach 90853. (213) 431-2527.

SEP 7: Run Through The Roses 5 & 10K. Wasco, 7:30 am. Wasco Jr. Women's Club, 600 Minter, Shafter 93263. Attn: Gail Carty.

SEP 7: Run for Shelter. 5 & 10K, Palmdale (Palmdale Hospital), 8 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

SEP 7: Four Mile Cross Country Race. San Diego (Balboa Park), 8 am. Mark Moran (619) 275-0996.

SEP 7: Toyota Distance Classic 15K & 2 Mile. San Diego (Balboa Park), 7 am. Lynn Flanagan (619) 275-0996.

SEP 7: World's Toughest Triathlon. 2.4 Mile Swim, 120 Mile Bike, 26.7 Mile Run, So Lake Tahoe, Time TBA. Charlie Lincoln, P.O. Box 10758, So Lake Tahoe 95731 (916/577-5073, eves).

SEP 7: Dave Scott Triathlon Clinic. Novato (Novato H.S.), \$30 (pre-registered), \$40 at door. Novato Aquanauts Parents, Inc., P.O. Box 743, Novato 94948 (415/897-4323).

SEP 8: Hometown Days Footrace. 5 mile, San Carlos (Burton Park/Chestnut St. cul-de-sac), 8 am. Hometown Days Footrace, P.O. Box 321, San Carlos 94070. Ruth Waters (415) 593-0572.

SEP 8: DSE Windmill Run. 6.5 mile, San Francisco (Golden Gate Park - Kennedy Dr. at Beach), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

SEP 8: Hoyu's Sports 10,000 Meter Classic. San Francisco (Golden Gate Park), 9 am. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-HOYS.

SEP 8: Indian Ridge Run. 5 & 10K, Moraga (St. Mary's College, Guard House), 9 am. Nancy Sundland, Moraga Jr. Women's Club, P.O. Box 462, Moraga 94556. (415) 376-6008.

SEP 8: Run for Your Life. 5 & 10K, Oakland (Lake Merritt Boathouse, Bellevue St.), 9 am. Eleanor Bilal (SCMS), 1652 47th Ave., Oakland 94601. (415) 436-7755.

SEP 8: Sportsmed Run for S.A.V.E. 10K & 1 mile, Fremont (Mowry Ave. & Paseo Padre Pkwy.), 8:30 am. Doug Ward, Rec. Dept., 38536 Knute Ct., Fremont 94536. (415) 791-4328.

SEP 8: Stride for Life 10K. Petaluma (Luchesi Park), 8 am. Patty Hilligoss, P.O. Box 813, Petaluma 94953. (707) 778-1111.

SEP 8: The Wonderland Triathlon. 1.5K swim, 40K bike, 10K run, Redding (Whiskeytown Lake), 8 am. Redding Triathlon Club, 3331 Bechelli Ln., Redding 96001. (916) 223-2205.

SEP 8: Kirkwood 10K. Kirkwood, 8 am. Norm Rupp, 2608 Newlands Ave., Belmont 94002. (415) 591-2312.

SEP 8: Bike & Tie. Distances (?), Arcata/Eureka area, time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

SEP 8: West Hollywood 5 & 10K Run. West Hollywood (San Vicente & Santa Monica Bvds.), 8 am. Tom Proctor, 1314 N. Hayworth St., Suite 203, W. Hollywood 90046. (213) 876-8550.

SEP 8: Marina Breakers 10K. Marina del Rey (Fisherman's Village, Fiji Way), 8 am. The Fitness Center, Daniel Freeman Memorial Hospital, 333 N. Prairie Ave., Inglewood 90301. (213) 674-7050, x3031.

Printed T-Shirts CHEAP

Factory "Seconds"
Minor "Misprints"
Production Overruns

Specify size(s) and preferred color(s)...various running events, etc. If not satisfied, return for refund, less shipping charges.

2 for \$6, 4 for \$10, 10 for \$20
Shipping Included

Make check payable and send to:
Jack Leydig
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

Schedule

SEP 8: Cloverdale Harvest Run. 3 & 10K, Cloverdale (Cloverdale Citrus Fairgrounds), 9 am. Clint Kemp or John Klrn, P.O. Box 571, Cloverdale 95425. (707) 894-4385 or 894-2019.

SEP 8: Dixon Ram Runs. 5 & 10K, Dixon (Northwest Park), 7:30 am. Jim Williams, P.O. Box 732, Dixon 95620. (916) 678-5877 or 678-4548.

SEP 8: Oakland Brass Pole 8K. Oakland (Lake Temescal to Jack London Square), 9 am. Jim Catalano, Brass Pole Run, P.O. Box 13037, Oakland 94611. (415) 828-5008.

SEP 8: Greater Outdoors Triathlon Series. ½ mile swim, 15 mile bike, 4 mile run. Big Bear (Meadow Park Beach), time TBA. Triathlon, P.O. Box 708, Big Bear 92315. (714) 866-7322.

SEP 12: Carson City to Sacramento 166-Mile. (approx. one-fourth of total distance each day), Time TBA. Paul Reese, Box 585, Auburn 95603 (916/823-0276).

SEP 14: Park to Park Race. 1 & 5 mile, Stockton (Louis Park), 8 am/1 mile, 8:30 am/5 mile. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 952-6950 or (209) 467-1103.

SEP 14: Tri For Fun Championships. 1K swim, 20K bike, 5K run. Folsom (Folsom Lake), time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

SEP 14: Strawberry Feet Race. 2 & 6.2 mile, Miranda(?), 10 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

SEP 14: Dual at the Dam Blathlon. 14K run, 36K bike, Friant Dam (Parking Area)(N.E. of Fresno), 7:30 am. Dual at the Dam, 6073 N. First St., Dept. T, Fresno 93710. (209) 252-2222, after 7 pm. *Sept. 1 Entry Deadline.*

SEP 14: Fall Classic 5 & 10K. Yorba Linda (Yorba Regional Park), 7:30 am/5K, 8 am/10K Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

SEP 14: Run the Good Earth. 10K, La Mesa, time TBA. Bob Yarris (619) 465-0711, x375.

SEP 14: Mount Whitney Portal Run. 22 mile, Mt. Whitney, time TBA. Loeschhorn's Running Club, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

SEP 14: Joel Mena Run. 1 mile & 5K, Bakersfield (Hart Park), 5 pm. Ted Oliver, 3012 Crest Dr., Bakersfield 93306. (805) 872-3707.

SEP 15: Vasona Park 10K Wildlife Run. Los Gatos, 8:30 am. Alan & Doris Burgess, 1275 Glenn Ave., San Jose 95125. (408) 292-6568.

SEP 15: DSE Twin Peaks Run. 3.36 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

SEP 15: Art & Wine Festival 5K Fun Run. Mountain View (Church & Castro), 8:30 am. El Camino Hospital, Community Health Educ., 2500 Grant Rd., Mtn. View 94042. (415) 940-7202.

SEP 15: Pleasanton Heritage Day Run. 5 & 10K, Pleasanton (Amador Valley A.C.), 8:45 am/5K, 9 am/10K. Pam or Gretchen, Amador Valley A.C., 7090 Johnson Dr., Pleasanton 94566. (415) 846-5347.

SEP 15: Don Pedro Triathlon. 1.5K swim, 35K bike, 10K run, Don Pedro Lake (Blue Oaks Campground), Tuolumne County, 8 am. Leon Casas, Triathlon, 43 N. Green St., Sonoma 95370. (209) 532-8342.

SEP 15: Boxer-China Camp 5 & 10K. San Rafael (N. San Pedro & La Pasada), 8 am. Boxer Re-Election Committee, Box 1464, Ross 94957. (415) 435-2241 or 461-5980.

SEP 15: Black Bart Trail Run 10K & 2 Mile Fun Run. Clayton (Village Oak Ctr.), 8 am. Mt. Diablo Health Care Foundation, 2625 Park Ave., Concord 94520. (415) 676-8595.

SEP 15: The Run for Peace & Health for Nicaragua. 5 & 10K, Oakland (Lake Merritt Boathouse), 9 am. RUN CHIRICA, 513 Valencia, #6, San Francisco 94110. Kim Cox (415) 431-7760.

SEP 15: Ellis Eye Center Run for Sight 3 & 10K. Los Angeles (Cedars-Sinai Hospital), 8 am. Barbara Markell, Cedars-Sinai Hospital, 8700 Alden Dr., Los Angeles 90048. (213) 855-3664, days.

SEP 15: Fiesta Fun Run. 4 mile & 1 mile (Under 13), Fresno (Sacred Heart School, 4460 E. Yale), 6:45 am/1 mile, 7 am/4 mile. Fiesta Fun Run, 3713 N. Thesta, Fresno 93726. (209) 224-9749.

SEP 15: Bud Light U.S. Triathlon Series. 1.5K swim, 40K bike, 10K run. San Diego (Solana Beach), time TBA. USTS, Box 886, Solana Beach 92075. (619) 565-9416.

SEP 15: Seagull Half-Marathon & 10K. Solano Beach (San Dieguito Park), 6:30 am. Cheryl Loomis, P.O. Box 1161, Rancho Santa Fe 92067.

SEP 15: Corporate Classic Relay. Shelter Island (San Diego Area), 7:30 am. Kathy (619) 437-4556.

SEP 21: Bass Lake Classic Triathlon. 1.5K swim, 45K bike, 10K run. Bass Lake, time TBA. Franz Weinschenk, c/o Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

SEP 21: Mule Run 50K. Bishop, 7 am. Fleet Feet, 18232 Imperial Hwy., Yorba Linda 92686. (714) 528-3338.

SEP 21: Del Mar Days Triathlon. 1 mile swim, 20 mile bike, 10K run. Del Mar (17th St. at beach), time TBA. Ginny Lee Wood, 1050 Camino del mar, Del mar 92014. (619) 481-1459.

SEP 21: Santa Barbara Bud Light Triathlon. 1¼ mile swim, 50 mile bike, ½-marathon. Santa Barbara, time TBA. Anita Ho, Santa Barbara Rec. Dept., P.O. Drawer P-P, Santa Barbara 93102. (805) 962-7762.

SEP 21: Tug's Tavern Blathlon. ½ mile swim, 5½ mile run, ½ mile swim. San Diego, time TBA. Tom Warren, 2392 La Marque St., San Diego 92109. (619) 483-2498.

SEP 21: Prefontaine Memorial Run. 10K, Coos Bay, Oregon. Prefontaine Memorial Run, P.O. Box 1380, Coos Bay, OR 97420. 1-800-824-8486.

SEP 22: DSE South Embarcadero Run. 6.25 mile (& 1 mile kid's run), San Francisco (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

SEP 22: See the Sea 8K (PA/TAC Championships). San Rafael (Loch Lomond Marina on Pt. San Pedro Rd.), 8:30 a.m. Big Sisters of Marin, 1717 Fifth St., San Rafael 94901 (415/457-5838).

SEP 22: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. LMJS, 745 Arimo Ave., Oakland 94610.

SEP 22: Bay to Breakfast 5 & 10K. Palo Alto (Baylands), 8:30 am. Mid-Peninsula Health Service, 704 Webster St., Palo Alto 94301. Betsy Titterington (415) 324-1085 or 385-5350.

SEP 22: Carousel to Coaster Race/Walk 10K. Santa Clara (Marriott's Great America), 9 am. Carousel to Coaster Race, 969 Kiely Blvd., Suite C, Santa Clara 95051.

SEP 22: Monterey Bay 10K. Pacific Grove (Lover's Point), 9 am. Ed Enquist, P.O. Box 68, Pebble Beach 93953. (408) 649-0082.

SEP 22: Founders Day Run. 5 & 10K, Dublin (Amador Plaza Rd.), 9 am. Angle Burns, 6787 Dublin Blvd., Dublin 94568. (415) 829-1381.

SEP 22: Casa to Casa 5 & 10K. Petaluma (Ely & Casa Grande Rd.), 8 am. Everett Neil, 333 Casa Grande Rd., Petaluma 94952. (707) 778-4677.

SEP 22: Walnut Festival 5 & 10K. 41st Annual. Walnut Creek (Heather Farms Park), 9 am. Jim Changaris, P.O. Box 2308, Walnut Creek 94598. (415) 935-6766.

SEP 22: Western Mountaineering Fall Equinox Run. 3 & 15K, Los Gatos (Loma Prieta School, 23845 Summit Rd.), 8:30 am. Paul Bousquet, 931 Pacific Ave., Santa Cruz 95060. (408) 429-6300.

SEP 22: Blue Lake 10K & 2 Mile. Arcata, time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

SEP 22: Davis/Bud Light Triathlon. Distances (?), Davis (Stonegate Country Club), time TBA. Carol Lane, 3307 Canoe Pl., Davis 95616. (916) 753-7273.

SEP 22: Middle Way 10K. Geyserville (Geysers Peak Winery), time TBA. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

SEP 22: Run for the Animals 5 & 10K. Palo Alto (Palo Alto Baylands), time TBA. Shelley Cravalho, Palo Alto Humane Society, 546 Oxford Ave., Palo Alto 94306. (415) 856-3321.

SEP 22: Run for the Pumpkins. 1.25 & 5 mile, Atwater (3rd & Grove), 8 am. Pumpkin Run, Atwater Chamber of Commerce, 1020 Cedar Ave., Atwater 95301. (209) 358-4251.

SEP 22: YMCA Kids' Triathlon. 1.5 mile run, 4 mile bike, 125 yard swim. Whittier, time TBA. Rhonda Wood, E. Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

SEP 22: CHOC/KFWB South Coast Classic. 5K and 10K, Costa Mesa, time TBA. CHOC Padrinis, P.O. Box 5700, Orange 92667. (714) 532-8683.

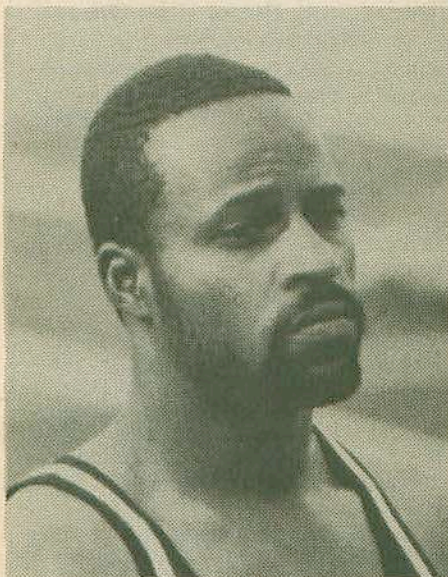
SoCal Diary

By BILL MINARIK

□ June 10.

In a follow-up meet to the summer Olympics, a number of Olympic performers returned to compete in the first annual Arco-Coliseum Invitational. The big mark of the day belonged to crowd favorite Willie Banks who set an American Record in the triple jump with a 57-11½ effort. Another excellent mark was turned in by Andre Phillips who zipped to a 48:37 400 hurdles time. I predict that Phillips will beat Edwin Moses the next time the two meet. The most exciting race of the day had to be the 200 where Kirk Baptiste just edged prep phenoms Roy Martin and Joe DeLoach 20.21 to 20.23 and 20.24. In the 400 Azusa-Pacific's Innocent Egbunike turned in a world leading 44.66. A near tragedy almost occurred when pole vaulter Brad Pursley hit his head on the edge of the pit and suffered a concussion, however this was not until Brad had won the competition at 18-8¼.

In the womens competition, Merlene Ottey-Page continued to dominate the sprint scene with an easy 10.93-22.16 dou-



ANDRE PHILLIPS: cranked 47.67 at the TAC Championships.

ble while Rhonda Blanford was an easy 13.02 winner over a class field in the 100 meter hurdles. In the 400, Lilly Leatherwood came out on top of a stirring battle with Florence Griffith 50.74 to 50.89. The main disappointment in this meet was the absence of a number of top American athletes who allegedly were passing on this one in preparation for the TAC Meet. I honestly don't expect to see them at the TAC Meet either, but rather at the big

money meets later in the summer in Europe.

The only other competition of note was at the Pegasus Invitational in Las Vegas where the Muir High School 400 shuttle hurdle relay team destroyed the girls national high school record of 59.2 with an incredible 56.78 clocking.

This was the only competition of the day for the girls as the meet promoter threw in a couple of girls age group teams in the race to qualify it as a record setting competition. My understanding is that the race was set up as a recruiting ploy by the UNLV coach in an effort to recruit the quartet intact to UNLV. It seems the effort for the most part was successful as 3 of the 4 indicated, after the race, they will go to UNLV.

□ June 17.

The TAC Meet officially brought an end to the U.S. 1985 Outdoor Championship track and field season and what an end it was. The big news of course was the triple jump which saw the greatest competition in the history of the event. Willie Banks lead the competition with a world record setting jump of 58-11½. The fact that Willie had set an American Record the prior week at the Arco Meet showed that this jump was no fluke. Mike Conley was 2nd at 58-1¼ which capped a tremendous jump double for him starting with a winning 28-0 long jump. In 4th place was Olympic gold medalist Al Joyner at 57-3½ which surpassed his winning Olympic mark.

The next best performance came from Andre Phillips who zipped to a 47.67 time in the 400 hurdles; almost a full second ahead of runner-up Danny Harris. This re-affirms my belief that Phillips will beat Edwin Moses in their next head to head competition. Another notable performance came from prepster Roy Martin who equalled his national prep record in the 200 at 20.13 running second behind double sprint winner Kirk Baptiste.

The womens competition was disappointing as many of the big names such as Decker, Ashford, Brown, Griffith, Briscoe-Hooks, Smith, Joyner, Cheeseboro, Bolden, and Benoit did not compete for various reasons. In addition, such stars as Bonnie Dasse, Ruth Wysocki, and Leslie Deniz recorded sub-standard marks. On the bright side however, Carol Lewis long jumped 22-8½, while Rhonda Blanford zipped to a 12.85 100 meter hurdle clocking. In addition Francie Larrieu Smith set a meet record of 32.18 in the 10,000 to bring her back into world prominence.

In the team scoring, the Athletics West team used its front line strength to run away from 2nd place Bud Light 109-61, while in the womens competition the Pumas piled up a bundle of points in the relays to just edge the L.A. Track Club 105-100.

photo by Jim Reynolds



WILLIE BANKS: popped a 58-11½ World Record at the TAC Championships.

In a final round-up of newsy items; first on the prep level: I hope that the people running the high school State Track & Field Championships at Sacramento this year did a good job, because I understand they were on probation from poor handling of prior meets and if they blew this one there would be no more state meets in Sacramento.

If you're a Hawthorne High fan and you're worried about who may carry the load next year for the boys team, you can take heart from a rumor circulating the streets of L.A. that Carson High super soph Calvin Holmes who ran a 10.5 100 meters before being injured this year will transfer to Hawthorne next year.

There is another rumor sweeping L.A. that a prominent female high school trackster will follow the lead of Millikan's Kerri Zaleski and forgo her senior year of high school competition in favor of competing for Coast Athletics.

In the Community College ranks, there will be a major re-alignment of conferences beginning in fall of 1986. At least two of those conferences have set up regulations eliminating out-of-state recruiting. However, I will believe that when it happens.

That about does it for the Diary this season. However, I'll be keeping my eyes and ears open during the summer for whatever gossip happens to be going around as well as keeping an eye on the recruiting scene to see who will be on top next year.

RACE TACTICS

© 1982 - H. PARSONS



Strategy for the Distance Runner

by Roy Stevenson

There are numerous factors which must be taken into account when planning your tactics for a race. Such tactics must stem from a knowledge of your own current level of fitness. Thus, when people ask me how they should run a certain race, I ask them if they are 1) running to win, 2) running to achieve a personal best, or 3) just running the race to finish.

All race strategies fall into one of these three categories, and you should plan your race accordingly. Of course, there are other variables which must be taken into account as well, but more of these later.

Let's look at the John Freeburgs and Graeme Holdens who are lining up to attempt to win the race. They really don't have much choice but to stay within reasonable contact of the leader or leading group, to cover anyone breaking away or surging. These top runners have nothing to lose by being up there, and in fact win by either breaking away from the rest of the lead pack and hanging on to the finish, or by outsprinting their rivals over the last few hundred meters.

But that's only the top .05 percent on the field. What about the rest of us mortals who can't run such a five-minute-mile pace? We are the largest portion of the field — probably 90 percent of all starters, who are aiming to get as close to, or surpass our previous best time for the distance.

The people in this group must learn to run their own race as individuals and use intelligent pace judgement. How many of us are guilty of going off at a suicidal pace in the first mile or two in a 10K road race because of excitement, and paying for it in the last half of the road race? Probably all of us! Pace judgement, to me, is the most important determining factor for improved racing performance after actual training. It is very seldom that you can start flat out in a race and maintain the pace. These races are flukes and can't be counted on. In other words, it is crucial that you start the race at a pace with which you can finish, and maintain the same even pace all the way. All the current world distance track records have the second half of the race slightly faster than the first. There are dozens of pace charts available in running magazines and diaries — use them! The runner who can control his/her self early, and come through

the field in the second half will experience a psychological and physiological boost when passing all the "early sprinters."

This is even more important for the third type of runner in the race, whose only goal is to finish. An excessively fast start for this group will result in these runners having to walk, or DNF (did not finish). Of course, the longer the race, the more the effects of a rash early pace will be felt.

Other factors to be considered when strategizing include the geography of the course. If it is a very hilly course, you should probably assume that this handicap will show on your time. If it is a very hot and humid day, adjust your race accordingly and be prepared to lower your expectations. We don't want you getting hyperthermia waking up in the hospital!

Make sure that you know the course by driving or jogging over it beforehand. I have found it useful to memorize something distinctive about a mile from the finish, so that I mentally prepare myself to speed up from there on.

Use the external stimuli of crowds to help you. They make a bigger difference than you might think. Concentrate on monitoring yourself throughout the race and focus attention on your rhythm and breathing. Don't be afraid to shelter behind other runners into a headwind. A 10 minute-mile headwind can add eight percent to your body's energy costs (E.C. Frederick, *Running Against the Wind*), but by drafting behind another runner, you can reduce this wind resistance by 90 percent.

Evaluate your current training as a performance indicator and give yourself a benchmark, e.g. a hard practice run over a similar distance to your race will help determine your condition before that race.

For beginners or first time racers, choose a smaller local event, rather than the big fields of 2000 plus. Thus, you don't spend five minutes waiting to cross the start line, or risk being trampled.

After the race, evaluate it and see where you went wrong. Above all, don't make excuses if you ran like an idiot and chose to disregard all common sense rules. Try to be relaxed prior to the race during your warm-up. (You do warm up, don't you?) and feel confidence that you have adequately prepared for the race. If you haven't — you

shouldn't be racing!

Check out the race rules before you run. Some races allow the runner to use the full width of the road on turns, i.e. cutting across it, others don't, for instance the Mercer Island Half-Marathon. Any distance you can save for your legs is good.

With a little realistic self-appraisal and pre-planning, you can frequently shave seconds, or even minutes off your race time.

Roy Stevenson is the athletic programs director for the North End YMCA and conducts a popular runners' seminar.

Introducing Super Blue-Green™ Food Supplements

•100% natural, high energy blue-green algae is freeze-dried to retain all its vitamins, minerals, enzymes, proteins, amino acids, nucleic acids, and other vital nutrients by Cell Tech, Inc., Klamath Falls, Oregon.

•Contains no additives, preservatives, toxic chemicals, heavy metals, sugar, yeast, or salt.

•95% assimilable into the body.

•Bottled by a F.D.A. approved laboratory

Super Blue-Green™ Omega Sun, because of its higher concentration of neuropeptides, gives the mind sustained mental strength and clarity throughout the day — a great way to increase your concentration. (Also available in liquid form).

Super Blue-Green™ Alpha Sun, because of its higher concentration of glycogen, gives the body sustained physical energy throughout the day — a great way to boost your energy level.

Discover the many health benefits of blue-green algae

Omega Sun (120 capsules) \$43.00

Alpha Sun (120 capsules) \$28.00

Liquid Brain Food (mint, cinnamon, or anise) \$20.00

Shipping included. 30 day, money back guarantee

Make checks or money orders payable to:

Tye Strange

(Independent Distributor)

9516 Carroll Canyon Rd. #216

San Diego, CA 92126

(619) 566-3199

Distributor Opportunities Available

Athlete's Kitchen

By NANCY CLARK, M.S., R.D.



Counting Carbohydrates

Revised from the July, 1985 issue:

On your mark, get set ... **START** counting those carbohydrates! As an active person, you should eat a carbohydrate-rich diet every day, both during training as well as before competitions. These carbohydrates fuel your muscles with glycogen, the muscle sugar you rely upon during rigorous work-outs. Carbs help you perform energetically, when you're exercising hard day after day, week after week. Without a doubt, carbohydrates are an important, but pleasurable, concern for athletes.

One question that endurance athletes frequently ask me, a sports nutritionist, is "How many carbohydrates are enough to totally saturate my muscles with glycogen?" They don't want to over-eat and gain weight. Yet, on the other hand, they don't want to under-eat and have half-fueled muscles. I recommend "counting carbohydrates" as one way to tell if you're eating the right amount when preparing for a marathon, triathlon or other endurance event that requires all the glycogen you have stored in your muscles.

According to David Costill, exercise physiologist, a trained athlete can store about four grams of carbohydrates per pound of lean body weight. Thereby, a lean (10% fat) 150 pound man with 135 pounds of lean weight could need perhaps 540 grams of carbohydrates. A lean (18% fat) woman with 102 pounds of lean weight could need perhaps 408 grams of carbohydrates. These numbers are based on the assumption that all your muscles are totally glycogen depleted to start - an unlikely situation. Hence, they allow a margin of "safety". Keep in mind, however, that not all the carbohydrates you eat get stored in muscles ... some get stored in the liver, others are burned during daily activities or converted into body heat. Thereby, this number gives a reasonable goal.

To roughly estimate your carbohydrate-loading target, you can simply multiply your lean weight (that is, your body weight without the fat ... best determined with either skin-fold calipers or underwater-weighing) by four (ie four grams of carbohydrate per pound lean weight). This answer should correspond with the current carbohydrate-loading dietary recommendations for an intake that's 60-70% carbohydrate ... the high carbohydrate/low fat

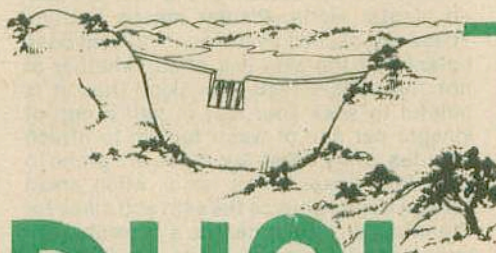
plan that's optimal for both active and health-conscious people.

Using this number, you'll now be ready to meet the carbo-loading challenge! Thanks to the nutritional labelling on bread, pasta, soup, cereal and other packaged foods, you can easily determine the grams of carbohydrates in many of your favorite meals. For example, a $\frac{1}{4}$ cup serving of Grapenuts has 23 grams of carbohydrates. If your daily target is 500 grams, you could attempt to eat $5\frac{1}{2}$ cups of Grapenuts to meet your goal ... or you could eat from a variety of other high carb foods. For unlabelled items such as bananas, potatoes, muffins, etc., you can either find the equivalent in a packaged form (ie. the Duncan Hines muffin mix box indicated the number of carbs there might be in a similar bakery-type bran muffin) or else buy a handy guide-book for carbohydrate-counters, such as the small "diet guides" that are often available at grocery store check-out counters.

By keeping a daily tally of the carbohydrates you eat, you'll know when

you've reached the target that should optimally super-saturate your muscles with glycogen. You'll also know that if you opt to "carbo-load" on the ever-popular-but-high-in-fat chocolate chip cookies, ice cream or M&Ms, you'll simultaneously be eating glutinous amounts of fat calories. For example, a pint of Haagen Dazs has only 100 grams of carbohydrates ... but "costs" 1200 calories. You could eat five pints of ice cream to meet your 500 gram carb-quota, but somehow $1\frac{1}{2}$ pounds of pasta with 500 grams carb and 2400 calories seems a more healthful and less fattening alternative. Any extra fat calories very easily get converted into body fat, whereas the metabolic conversion of dietary carbohydrates in to body fat is inefficient and less fattening.

For a mini-carbohydrate guide, send a SASE to Nancy Clark, RD, Sports Medicine Brookline, 830 Boylston St., Brookline, MA 02167. For a nutrition book, read *The Athlete's Kitchen* (Bantam).



DUAL at the DAM BIATHLON

RUN 14K/8.6 miles

RIDE 36 K/22.3 miles

September 14, 1985

Saturday, 7:30 AM

ENTRY FEE: \$15.00

ENTRY DEADLINE: September 1, 1985

FINISHER'S AWARD: All participants who complete the biathlon will receive a 1985 cycling cap.

LONG SLEEVE T-SHIRTS: All participants will receive a long sleeve 1985 Dual at the Dam T-shirt.

FOR INFORMATION: (209) 252-2222
after 7:00 pm

DUAL at the DAM 6073 N. First St., Dept. T, Fresno, CA 93710

SPONSORED BY

**SPORTS &
ORTHOPEDIC**
Physical Therapy Clinic



Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.

Foot Problems

It is estimated that one out of six Americans has a foot problem, each year, serious enough to warrant a visit to a podiatrist. Let's investigate what the common foot problems are, how to prevent them, and how to deal with them when they occur.

Ingrown Toenails

Ingrown toenails are a common podiatric problem. They may be caused by wearing tight fitting shoes, especially pointed toed shoes, which put pressure on the inner great toenail border. This causes chronic irritation and, eventually, the flesh grows over the nail. When this happens, an infection may occur, and the nail, itself, grows into the flesh, thus becoming a foreign body. Once this happens, it is usually necessary to remove the ingrown nail border to allow the inflamed surrounding tissue to heal and prevent spreading infection. This is carried out under local anesthesia in a podiatrist's office. A simple surgical technique is used to remove the ingrown nail border and the underlying cells from which the nail grows. This procedure is about 95% successful, meaning that, in the majority of cases, the ingrown nail border does not recur. If it does recur, a simple reoperation handles the problem.

Preventative treatment is that of wearing wide-toed shoes and utilizing skin cream on the nail borders.

Fungus

Fungus is commonly called athlete's feet. It may occur in the nails themselves or on the skin. Two types of fungus are commonly found; the first being Epidermophyton or Trichophyton and the second being a yeast. Yeast infections are more commonly between the toes, and there is a pasty by-product of the infection, which is commonly present. The toes, themselves, become beefy red. Chronic yeast infections can occur in the skin and, at times, can occur on the toenails. Trichophyton and Epidermophyton live in the dead keratin layers of the skin and nails. It is difficult to treat them because it is difficult to get any medicine to penetrate the nail or, in fact, the skin.

Prevention is that of rotating shoes and airing them out often. If the feet sweat profusely, deodorant spray is helpful. Excessive moist heat precipitates fungal infection. The feet should be allowed to

breathe. When you get home, take off your shoes and socks and let the air get at your feet.

Over the counter antifungal preparations, such as Tinactin, are most helpful. A powder can be applied in socks and shoes, and a cream can be applied to the skin.

Soaking the feet in a half cup of vinegar per pan of water is helpful to change the Ph of the skin and inhibit fungal growth or infection.

Thick yellow toenails are oftentimes infected with fungus. An appropriate treatment is to have them ground down by a podiatrist and then apply various topical antifungal agents.

Appropriate treatment for athlete's feet of the skin, which presents as an itchy redness or scaliness of the skin, is that of a prescription antifungal agent if an over-the-counter preparation doesn't work.

Remember, fungal infections spread, and it is your obligation to get your feet treated so you don't spread it to other members of your family.

Warts

Warts on the bottom of the foot are called plantar warts. Plantar means bottom. These are caused by a virus. The acid base balance of the skin can affect whether or not the virus infects the skin. Thus it is helpful to soak your feet in half a cup of vinegar per pan of water for ten to fifteen minutes, every other day, if you are prone to wart infections. Warts occur when small foreign objects pierce the skin and allow for the infection. Moist heat is a favorable environment for viruses. Thus utilizing prophylactic care as for fungal infections is helpful.

A wart is a circumscribed lesion, which is flat on the bottom of the foot and raised on the toes. There is pain with pressure from side to side.

Vitamin A decreases the horny layer of the skin and helps get rid of warts. Twenty-five thousand units of Vitamin A, utilizing two pills a day for a month, is helpful; after that, one pill a day will suffice.

Warts should be treated inasmuch as they may spread. Treatment is carried out in a podiatrist's office, and various methods are utilized. I favor, initially, utilizing topical acid preparations, along with regular debridement of the wart. If this doesn't work, then local anesthesia is in-



stilled underneath the wart, and electrosurgical techniques are used to completely remove the wart. Care must be taken not to injure the basal cell layer underneath the wart, or scarring takes place. A laser may be substituted for the electrical surgical unit in this technique. There appears to be no advantage of one method over the other.

Corns

Corns are thick clear keratin lesions, which occur over bony prominences on toes. There is almost always excessive bone or a prominence of bone underneath the corn. Corns beneath toes are called soft corns or heloma molle. Corns on top of the toes are called hard corns or heloma durum.

Tight foot gear or pointed toed shoes compress the shoes or put pressure over toes thus predisposing to corns. Congenital problems, which cause imbalance of toes, lead to hammertoes or claw toes; and these toes may have painful corns on the tops or at the ends.

Preventative treatment consists of wearing shoes that have enough room in the toe box. Open toed sandals may help.

Once the toes are contracted or there are painful corns in between the toes or on top of the toes, you should seek the aid of a podiatrist. Conservative treatment consists of regular debridement of the corns and pads between toes or around the lesions. Wide toed shoes will be prescribed. If this doesn't work, simple surgical procedures, carried out under local anesthesia in a

podiatrist's office, remove the excessive bone under the corns or straighten the toes. Hammertoe surgery or surgery for corns on toes can be performed safely and easily on an outpatient basis in a podiatrist's office or a surgery center. The success rate for these procedures is about 85%. In the 15% where procedures are not entirely successful; initially, the corns go away and then the corns may reappear elsewhere on a toe, or the straightened toe may again become contracted.

Calluses

Calluses occur, oftentimes, underneath metatarsal heads on the ball of the foot. They are caused by malpositioning of metatarsal heads. There is a painful thick skin lesion under an area which takes excessive pressure.

Conservative treatment consists of balancing the foot with some form of inner-sole or orthosis. The lesions are debrided by a podiatrist, and appropriate shoes are prescribed. If this doesn't work and the lesion persists, then a surgical procedure may be carried out to either smooth down the undersurface of the metatarsal bone - a plantar condylectomy - or to elevate a depressed metatarsal to the level of adjacent metatarsals. Although these procedures are successful in eliminating the initial problem, they may cause a callus to form underneath an adjacent metatarsal. The procedures are carried out easily under local anesthesia in a podiatrist's own surgical suite or in an out-patient surgical facility. Appropriate preoperative planning and postoperative care is essential to prevent transfer lesions. Procedures are 85% successful in eliminating the painful problem, but one must realize that there is a chance for a problem to occur elsewhere on the foot. Utilizing foot supports or orthoses after the surgery helps eliminate these transfer lesions.

Hyperkeratosis under heels

Thick callus tissue under heels is usually secondary to congenital factors or poor posture. Appropriate foot supports or prescription of shoes usually takes care of the problem. Initially, the thick tissue must

ly, tight shoes predispose to bunions as well as other foot problems. Foot imbalance, such as a flat foot or pronated foot, causes imbalance of the tendons that normally stabilize the great toe, and the end result may be a crooked bent toe, as well as a bunion. Conservative treatment consists of various splints and pads. Surgical treatment consists of removing the excessive bone and straightening the big toe.

These procedures can most often be done under local anesthesia in a well equipped outpatient surgical facility. At times, it is necessary to perform an osteotomy (a surgical cutting of the bone). When this is done, the joints are repositioned to either straighten the great toe or straighten the first metatarsal. Wires are utilized to hold the bone together while healing takes place.

If the joint is arthritic, a portion of bone may be removed. At times, an artificial joint or implant is put into the joint to facilitate proper function. Implants should be performed in a hospital, but same day surgery is usually sufficient. Bunion surgery is 75 to 80% successful. In 20% of the people, the deformity recurs over a period of time, or there may be still some degree of pain over the bunion or in the great toe joint.

Burning toes

Burning toes occur from an enlargement of a nerve at the bottom of the foot. This is called a neuroma and may occur between the third and fourth toes or second and third toes. There may be numbness associated with the burning. Thin soled shoes cause more pain. These neuromas are caused by tight shoes with a thin sole. They also may be caused by excessive athletic involvement with pounding on the ball of the foot. Conservative treatment consists of balancing the foot, utilizing various neuroma pads, as well as injections, to shrink the neuroma down to normal size. A mixture of long and slow acting local anesthetic and Cortisone with Vitamin B 12 is used for three injections, about a week apart. Following the injections, physical therapy with ultrasound is utilized.

feel that the pain is secondary to inflammation of the soft tissue around the spur. Along with the heel spur, one's heel may be painful due to a bursitis - sac deep in the body - or an entrapment of a nerve on the inside of the heel. *Painful heel syndrome* may be brought on by lowering of the arch. Certainly, walking on hard surfaces may cause a painful heel.



Preventative treatment is that of using good sturdy shoes, which absorb shock upon the heel contact. Various forms of innersoles may be helpful. Once you have pain in the heel, see a podiatrist, who will utilize conservative treatment, consisting of various forms of innersoles or orthoses. If there is considerable pain, an injection with long and slow acting local anesthetic and Cortisone may be helpful. At times, I utilize three injections, a week apart. Physical therapy is helpful, as well as taping of the foot. Laboratory tests are often ordered to rule out arthritis or gout. Most heel problems respond to conservative treatment. If, after a considerable period of time, six to eight months, the heel is still painful and conservative treatment has been exhausted; then one might consider some form of surgery, such as excising the heel spur or releasing the plantar fascia. These procedures may be easily performed under local anesthesia in a well equipped out-patient surgical facility.

Summary

Most foot problems can be prevented by sensible foot gear and utilizing some form of innersole or orthosis. Some problems, however, are congenital; and it is difficult to prevent them. Modern shoes or fashion shoes cause a considerable amount of havoc to the foot. When conservative treatment fails and foot surgery is necessary, most forefoot surgical procedures are easily carried out under local anesthesia, utilizing an ankle tourniquet, in a well equipped podiatrist's surgical outpatient suite. At times, admission to a surgery center or a hospital for same day surgery is preferred. If there are medical problems which present a risk to the patient, then hospitalization is required. Even when that is the case, surgery may be performed on an outpatient basis under local anesthesia.

Many rearfoot surgical procedures, such as heel spurs or spurs at the back of the heel, can likewise be performed under local anesthesia on an outpatient basis. More complicated surgical problems, involving the ankle or major joints in the foot, should be performed in a hospital operating room. For major procedures, general anesthesia is preferred.

Most foot problems can be prevented by sensible foot gear and utilizing some form of innersole or orthosis.

be debrided by a podiatrist, and special emollients or creams are used to help reestablish the normal vitality of the skin.

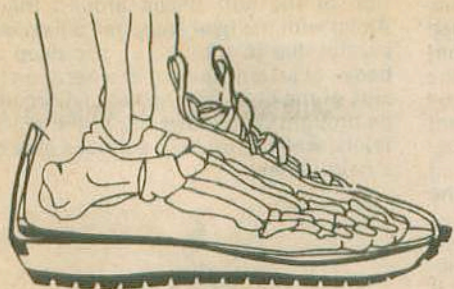
Bunions

Bunions occur at the big toe joint. Bunion is a French word for turnip; and, in fact, when one has bad bunions, the great toe looks like a turnip. Pressure from the shoe causes inflammation around the enlarged first metatarsal head, and a bunion is the end result. If the great toe bends, then hallux valgus is present. Preventative treatment is making sure your foot is balanced and that you wear wide-toed shoes. Certain-

This is 80% successful. In 20% of the people, where the neuromas don't go away, surgery is required. This is carried out under local anesthesia on an out-patient basis, and the results of this surgery are 85% successful. In 10% of the people, most of the pain is gone, but there is still some discomfort. In 5% of the people, the neuroma may grow back.

Painful heel syndrome

The painful heel syndrome may be called the heel spur syndrome. The size of the spur on the bottom of the heel is not indicative of the amount of pain. In fact, most experts



TRAINING TIPS FROM

GALLOWAY'S BOOK ON RUNNING

by Jeff Galloway

SHOE SECRETS

What Type Foot Do You Have? The single most important factor in proper shoe selection is your type foot: *rigid* or *floppy*. The human foot is designed to be both a (rigid) lever and a (floppy) platform. This enables us to propel ourselves forward, yet at the same time adapt to varying surfaces. Many feet, because of bone structure and muscular attachments, can be described as being "hinged" predominantly one way or another: either forward and back (rigid) or side to side (floppy), with some feet having a degree of both characteristics.

The Rigid Foot

Characteristics. The rigid foot moves predominantly forward and back, with a strong push-off. Like a horse's hoof, it's an efficient lever for speed. The runner may land on the heel, but the rigid foot rolls quickly forward and gets a strong push from the forefoot. Excessive supination, often seen with the rigid foot, results when feet yield too much on the outside. This may put too much stress on the bones, tendons and ligaments on the outside of the foot.

Shoe wear. The wear pattern of a rigid foot is along the outside of the shoe, particularly on the outside and middle of the forefoot.

Shoe type needed. A rigid foot needs good flexibility and good forefoot and rearfoot cushion. There is not as much need for stability as there is with a floppy foot.

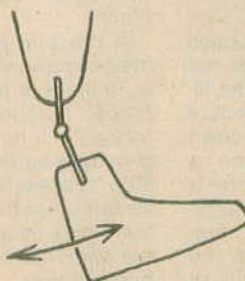
The Floppy Foot

Characteristics. The floppy foot acts as if hinged from side to side. The first strike is usually on the outside (sometimes the inside) of the heel, but then it rolls to the inside of the forefoot. Rolling inward in this fashion can result in over-pronation and cause knee or shin problems.

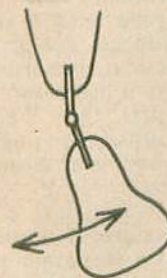
Shoe wear. The wear pattern of a floppy foot is a series of spots where the foot pushes. The empty space between may show little or no wear. Of particular concern is a wear pattern on the inside of the heel or the inside of the forefoot which denotes over-pronation. Here the foot is rolling too far. The foot, knee and hip are no longer in alignment and the knee and shin areas usually take too much stress.

Shoe type needed. A floppy foot needs support. The rear foot and especially the forefoot must have a stable platform. Shoes with a board last tend to be more stable. Some runners need only a board last and a strong arch support. Others will need a custom orthotic to correct excess motion. If you're having problems, consult a podiatrist. Too much cushion can compromise the stability of even a well-made shoe, and any orthopedic devices which are designed to control pronation. *It's best to sacrifice cushion for stability*—there's usually a direct trade-off.

A word on pronation. Don't assume that pronation means trouble. If you aren't having problems you'll probably get them by installing devices in your shoes. If you are a pronator and having knee or shin pain, you may benefit from correction, but get good advice first. I've seen severe pronators who don't seem to have any problems—they must have compensation mechanisms somewhere in their legs or feet.



Rigid foot



Floppy foot

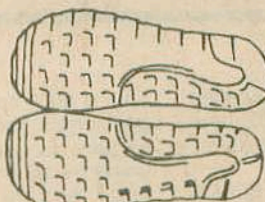


Shoe wear
rigid foot

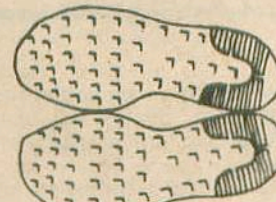


Shoe wear
floppy foot

Shoe Shape. There are two basic shoe shapes: straight and curved. Try on shoes of both types to see which is best for your foot. A straight shoe looks about the same as its mate on the bottom. A curved shoe, however, will look radically different from its partner. If your foot is curved, a straight shoe will put pressure on your big toe and toe joint. If your foot is straight, a curved shoe will put pressure on the outside and you'll probably have extra room on the inside of the forefoot. The "modified straight last" is a compromise between the two.



Straight shoe



Curved shoe

Generally, the shape of the shoe should correspond to the shape of your foot. Be sure there are no areas of pressure or pain, or any feeling of binding when you flex your foot.

Around the State

The Big Sur International Marathon is scheduled for April 27, 1986. Race director William Burleigh has had an eight page full color promotional brochure out to solicit sponsors. Interested parties may contact him at Big Sur International Marathon, P.O. Box 222620, Carmel, CA 93923...Interested in Bee Pollen? You can get an eight page brochure about its health benefits from Hugh Adams, 7904 S. McCall Ave., Selma, CA 93662...Looking for a good cross country film? Kinney Shoe Corporation has produced an excellent one called "Discovery." To borrow a copy contact Carl Sallach at Karol Media, 22 Riverview Dr., Wayne, New Jersey 07470. (201) 628-9111...The TAC/USA National Cross Country Championships have been awarded to San Francisco. They will be held in Golden Gate Park November 28-29, 1986 and will be conducted by Pamakid Runners, host of the San Francisco Marathon. This will mark the first time the championships have been held in San Francisco and the first time in six years on the West Coast. The meet will include four separate events: senior men (10 kilometers) and senior women (5 kilometers) and junior men (8 kilometers) and junior women (5 kilometers). The 1985 Championships will be held in Raleigh, North Carolina.

Northern California Senior Track Club member Harry Koppel, age 71, of Belmont tied the world record for the M70 100 meter dash with his 13.5 at the Sacramento Relays on April 27...Long time Northern California master, Kathy Brieger, has moved to the East Coast...Cal Poly SLO senior Robyn Root won that schools Athlete of the Year Award (Women's Individual Sports) which includes all sports. Root won the NCAA Div. II 10,000 in 33:22 and placed second in the 5,000...The 1985 Court School Educator's High School Cross Country Championships will be held on November 7 in Fresno. To be eligible runners must come from either a C.Y.A. facility, a juvenile court school or a community school (i.e. juvenile hall, ranches, detention center, etc.). Anyone interested in taking teams to this race should contact Bob Sigala, c/o Blue Ridge H.S., Morgan Hill, CA 95037...Abel Kiviat, the oldest living U.S. track and field Olympic medalist and one of the greatest indoor runners of all time, heads a list of four new members into the National Track and Field Hall of Fame. Kiviat, who turned 93 June 23, along with sprinter Mel Patton, high jumper John Thomas and former San Jose State coach Lloyd "Bud" Winter were elected to the Hall. Kiviat was the silver medalist in the 1,500 at the 1912 Olympic Games. Patton attended the University of Southern California where he was one of the world's top sprinters in the late 1940's, winning the 1948 Olympic 200 title. Thomas, who competed at Boston University, was a two-time Olympic high jump medalist and a former world record holder. Winter was one of the world's greatest sprint coaches and had 27 athletes who competed in the Olympic Games.

The N.A.I.A. District III Track Championship men's scoring as reported in the June issue was not correct. The correct scoring should be: 1st place, Azusa-Pacific with 224.5 points; 2nd place, Cal Lutheran with 167 points; 3rd place Point Loma with 163 points; 4th place, Biola with 44.5 points; 5th place, Westmont with 30 points...We remind all community college coaches that California Track & Running News awards All America cer-

tificates to the top six places in each event in the J.C. State Meet. To receive certificates please send your request on official school letterhead to: California Track & Running News, P.O. Box 6103, Fresno, CA 93703...The Olympic Marathon Trials in 1988 will be unlike any before. So will the '87 Trials for the World Championships and Pan-American Games. And so will the next national marathon, which serves as a qualifier for several foreign trips. According to Joe Henderson's *Running Commentary* a plan being considered by TAC would make a single annual race the U.S. championships and international trials for the next three years...Sacramento's Dennis Rinde placed fourth in the Wang Marathon in Australia on June 8th. He recorded a 2:19:24 behind winning time of 2:13:36 by Australia's Grenville Wood...California road racing courses recently certified by the National Running Data Center include: Santa Anita Spring Classic 5 & 10K, Brentwood 5 & 10K, Golden Gate Park TAC Loop 5 & 10K, Capistrano Beach 10K Run, Palo Alto Duck to Ducks and Patient Care 10K runs, and the Paramount 10K.

Several Californians have earned berths on the USA Junior Team and will compete in two international meets this summer. Daymon Lee of Los Angeles will run the 400, Chris Schille of Redway the 5000, Raymond Young from Hawthorne the 110m hurdles, Gordon Bugg from West Covina the 400 hurdles, John Bender from Shafter will put the shot, Fred Mondragon of Stanford will toss the javelin, and David Dangleis of Azusa will compete in the decathlon. On the women's side it will be Choo Choo Knighten of Los Angeles in the 200 and Leslie Maxie of San Mateo in the 400 hurdles. Californians on the staff include Pete Scanlon of Long Beach as the women's manager, and Michael Morris of Van Nuys as an assistant trainer...What do you do when you have a degree in drama and like to raise money for such groups as UNICEF? You go into fund raising. And, you raise millions of dollars. Sheila Grether, who has raised more than \$10 million for such diverse entities as the Hollywood Library and the Brooklyn Academy of Music, has been hired as the first full-time fund-raiser for Cal State Los Angeles' up-and-coming athletic program. Grether, a 1976 graduate of Occidental College, has the "modest" goal of raising \$50,000 for Cal State L.A. in her first year — and a total of more than \$800,000 by 1990.

Responding to the triathlon boom, the Ninth Annual Camp Fleet Feet for the first time will include the sports of swimming, cycling, and running. According to co-founder and camp director, A.J. Underwood, "Today's runners are interested in improving their performance by supplementing their training with other aerobic sports such as swimming and cycling. The dates are August 6th thru August 11 at Lake Tahoe. For further information, contact Sally Edwards at Camp Fleet Feet, 2408 J St., Sacramento, CA 95816. (916) 442-7223...Continuing her assault on the world sprint records for women age 50 and over, Irene Obera lowered her own world marks in the 100 and 200 meter events at the TAC Southern Pacific Association Masters Track and Field Championships at Occidental College on June 1. Her new marks are 12.9 and 27.3...Brian Oldfield turned 40 on June 1. Still competing at a world-class level, he threw the shot 69-7 on June 8 to finish second in the Arco

Classic in Los Angeles. That, by the way, is a new age-40-or-over world record...Two world and two U.S. age-division records were set in the TAC/Pacific Track and Field Championships in Los Gatos, on May 18. Irene Obera, 51, set both world and American marks for women age 50-54 with her 27.44 200 world best and 63.8 400 American best. Bob Hunt, 65, set the other world standard with a swift 71.4 in the M65 400 hurdles. Josephine Kolda lowered her own W65 American 200 mark to 34.2.

Runner's World magazine has been sold by Bob Anderson to Rodale Press, publisher of *Prevention* and *Bicycling*. RW will be moved from Mountain View, California to Rodale headquarters in Emmaus, Pennsylvania...The Culver City Athletic Club's masters team travelled to Washington, D.C. to compete in the national championship 20K on May 26, and brought home the title. The team was made up of Steve Close, Tom Burns, Jim Knerr, Phil Ryan, Dick Belliveau, and Dick Pallies, who finished in that order...Sal Vasquez won it again — the 7.1 mile Dipsea Race on June 9, in Mill Valley. The 45 year old Vasquez ran 49:56 with a four minute handicap, besting runner Peggy Smythe in at 57:47 with an eleven minute handicap...The Twin Cities Marathon will be awarding prize money to masters to the tune of \$27,500 in the divisions beginning at age 35. They will also be awarding \$125,000 in the open/invitational division...In the San Francisco Marathon the overall male and female winners will each receive a 1985 Audi 4000S Quattro — an automobile valued at \$18,000 — along with complete Ricoh 35mm camera outfits and free round-trip flights to the New York and Houston Tanneco Marathons...At press time we've also learned that the San Francisco Marathon will be featured in a one-hour program on ESPN...Former Lompoc High School distance running star Terry Williams is still at it, now as a sub-master, as he proved in winning the Parade Route 5K on June 22, in 15:45...At the June 30 Monterey Bay Triathlon, a team of Colleen, Randy, and Jeffrey Sweet won the age 30-39 Co-Ed Relay Team Division. The victory is especially notable because swimmer Colleen Sweet of Carmel is paralyzed from the waist down. Colleen's husband, Randy, was the cyclist, and Randy's brother, Jeffrey of Salinas, was the runner...Computer software companies are putting out road race software to score races and/or provide self coaching-

recording. For information write to: DB Software, P.O. Box 20628, Albuquerque, NM 87154; and to: Kusala Software, 745 Arimo, Oakland, CA 94610.

Books of Interest

LITTLE GOLD BOOK. Bert Nelson, Editor. 97 pages. \$8.39 from Track & Field News, Box 298, Los Altos, CA 94023. Called the "Track Fan's Companion," this packed book is an indispensable resource for every fan, coach, athlete and official. Metric conversion tables - complete to 344"5", combined metric conversion and decathlon/Heptathlon scoring tables, equipment / implement / sector / circle specifications, basic rules of track & field, barrier breakers, various tables and charts, and more.

MASTERS AGE RECORDS. Compiled by Pete Mundie. \$5 from NMN, P.O. Box 2372, Van Nuys, CA 91404. This 1985 version of Peter Mundie's popular record book lists the men's and women's world and U.S. age best for all track and field events for each age from age 35 and up, as of Jan. 1, 1985.

THE ATHLETICS CONGRESS OF THE USA 1985 DIRECTORY. 198 pages. Includes directory, by-laws and operating rules. \$8.00 from The Athletics Congress, 200 South Capitol Ave., Suite 140, Indianapolis, IN 46225. (317) 638-9155.

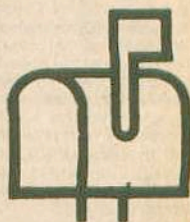
TAC RACE WALKING HANDBOOK 1985. By Bob Bowman. 79 pages. Price unknown. Inquire at TAC address above. Includes race schedule, records, rankings, lists, progressions and more.

1985 UNITED STATES JUNIOR TRACK & FIELD ANNUAL. Edited by Alan S. Mazurky. 85 pages. Price unknown. Inquire at TAC address above. Includes qualifying standards, records, all time lists, national and international reviews and more.

THE TRIATHLON TRAINING AND RACING BOOK. By Sally Edwards. 152 pages. \$7.95 from Contemporary Books, Inc., 180 North Michigan Ave., Chicago, IL 60601. (312) 782-9181. Now, for the first time, ten star triathletes share their personal formulas for success in triathloning. Athletes speak on high performance training and mental strategies.

Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.



By KEITH CONNING

State Meet 3200 Correction.

The official results were incorrect. Junior Chris Hoepker (Encinal, Alameda) finished eighth in 9:18.5. Senior John Bass (Castro Valley), who was listed as finishing eighth, actually finished 21st in 9:35.7.

Doug Speck and I were getting 3,000 meter times. Hoepker was eighth at that point. Coach Joe King (Encinal) and Peter Jensen, a close follower of the Castro Valley program, confirmed this order of finish.

Golden West Inv.

California State University Sacramento, June 8 - Floyd Heard (Marshall, Milwaukee, WI), second in the 1984 TAC Junior Olympics in 10:69 (-0.47mps), set a meet record in the 100 of 10.27 (+1.38mps). The first four finishers in the 100 were under the old meet record of 10.58 set by Clark Waddell (Franklin, Somerset, NJ) in 1983. Heard accelerated away from the field to win by .27.

Heard came back to set another meet record of 20.65 (0mps) in the 200. The old meet record of 20.76 was set by Stanley Bialock (Northside, Atlanta, GA) in 1982. Michael Timpson (Miami Lakes, Hialeah, FL) was second in 20.76, also under the old meet record. Heard won the 1984 TAC Junior Olympics in 21.20 (+0.03mps).

"I really surprised myself tonight," said Heard to Bob Burns, *Sacramento Bee* correspondent. "I got a good start in the 100, and I thought I could beat Timpson if I just kept pumping my arms." Heard is headed for Texas A&M in the fall on a track scholarship.

Chip Rish (Marina, Huntington Beach), the State Meet 400 champion, was third in 21.03.

Danny Everett (Fairfax, Los Angeles), second in the State Meet at 46.37, set a new meet record in the 400 of 46.06. The old meet record of 46.09 was set by Darrell Robinson (Wilson, Tacoma, WA), the most outstanding performer in 1982. Robert Ellis (Highlands, North Highlands) was third in 47.50.

"That's (referring to his State Meet defeat) the only reason I came here," said Everett to Burns. "At the State Meet, Rish wanted it, while I just would have liked it. Today's race felt sort of slow. I'm surprised it was this fast."

Sean Langer (Bakersfield), the State Meet 800 champion in 1:51.75, placed fifth in 1:52.2.

Roman Gomez (Belmont, Los Angeles) out kicked Marty Stroschheim (Highland, Pocatello, ID), sixteenth at the Kinney Western Regional cross country meet, in the stretch of the mile-4:07.09 to 4:07.29. Stroschheim, who entered the meet with a best of 4:19.9, received the Marge Rodebaugh Award for his 12+ second improvement. Gomez led at 400 in 1:01.2, at 800 in 2:03.4 (1:02.2), at 1200 in 3:07.1 (1:03.7). Stroschheim passed Gomez on the last turn, but Gomez repassed him in the stretch.

"I wanted a fast time," said Gomez to Alan McAllister of the *Oakland Tribune*. "It would have put me in the top 10 all-time."

Scott Fry (Perkins, Sandusky, OH), the Kinney National cross country champion, missed Steve Prefontaine's 3,000 meter national high school record by .1. His

splits were: 1:04.2, 2:10.4, 3:15.8, 4:22.2, 5:28, 6:33.9, 7:06.2, 7:36.7. Steve Miller (Elk Grove, IL) was second in 8:20.8.

"I had no idea I was that close (to the record)," said Fry to Burns. "I can't say I would have gotten it had I known, because I was hurrying at the end. I'm ecstatic. Steve Prefontaine was one of the greatest distance runners ever."

Fry won the Governor's Trophy as the meet's outstanding performer. He broke the old meet record of 8:16.0 set by Eric Reynolds (Camarillo) in 1983. Only two other Ohio athletes have won the Governor's Trophy—1976 Jeff Phillips (Columbus) 100 9.5y, 200 21.1m; 1980 John Zishka (Lancaster) mile 4:03.85.

Timpson set a meet record of 13.40 (+1.83 mps) in the 110-meter high hurdles. The old meet record of 13.58 was set by Kerho in 1982. Timpson becomes the third best performer with the fifth best performance of all-time. Robert Reading (St. Mary's, Berkeley) finished seventh in 14.00. Jimmy Wynne (Valley, Sacramento) was ninth in 14.09.

"It was just bad luck," said Timpson to Jeff Massa of the *Sacramento Union*. "The blocks slipped out from under me in the hurdles and I didn't hit the board all day in the long jump. You have to accept defeat before you're a winner."

David Jones (Montclair, NJ) defeated Randle Walker (Rahway, NJ) in the 400H—51.69 to 51.78. Mike King (Menlo-Atherton, Atherton), 5th in the State Meet 300H, finished fourth in 53.05.

Jon Shelton (Clearlake, Houston, TX) won the high jump at 7-2. Jeff Rogers (Overfelt, San Jose) was second at 7-2. Shelton cleared 6-8, 6-10, and 7-0 on his first attempt. He cleared 7-2 on his second attempt and missed three times at 7-4. Rogers missed once at 6-8, which turned out to be the difference between first and second.

Brandon Richards (San Marcos, Santa Barbara) set a new California high school and meet record of 18- $\frac{1}{4}$ in the pole vault. The old California record of 17-10 $\frac{1}{2}$ was set by Richards earlier this year. The old meet record of 17-4 $\frac{1}{4}$ was set by Casey Carrigan (Orting, Washington) in 1969. Richards became only the second prep ever to clear 18 feet.

"I wasn't sure the bar was going to stay on," said Richards to Burns. "It feels so good to finally clear 18 feet."

"I'm thrilled to death," said Bob Richards, the Olympic pole vault champion in both 1952 and 1956 and Brandon's father. "The potential in this kid is unreal."

"I was going for 18 feet for a long time," Brandon said to Massa. "My right hamstring started to tighten and I didn't want to risk hurting myself with some big meets coming up this summer."

"I touched the bar coming across," said Brandon. "I looked up and the bar stayed up there. I couldn't believe it."

Andy Stack (Hobart, IN) was second at 16-6. Richards missed twice at 15-6, cleared 16-6, 17-0, 17-6, and 18-0 on his first attempt. He missed twice at 18-2 and then passed his final attempt.

Andre Love (St. Joseph, Westchester, IL) long jumped 25-3 $\frac{1}{4}$ (+0.33 mps). His series was: foul, 24-3 $\frac{1}{4}$ (+1.69), 25-2 $\frac{1}{4}$ (+0.38), 24-4 $\frac{1}{4}$ (+2.56), foul, 25-3 $\frac{1}{4}$. Laurence Nelson (Simi Valley), the State Meet champion at 24-3 $\frac{1}{4}$ (+2.3 mps), was fifth at 24- $\frac{1}{4}$ (+1.07).

Terrence Strong (Bakersfield), the State Meet champion at 51-9 (+4.8 mps), placed

Fine Flicks by Don Gosney

Fine Flicks by Don Gosney

photo by David Larson



Brandon Richards



Brian Blutreich



Danny Everett

ed third in the triple jump at 49-1 $\frac{1}{4}$ (+1.28). Mark Triplett (Marshall Fundamental), 3rd in the State Meet at 50-2 (+3.9 mps), was fourth at 49-0 (+1.27). Steve Shelley (Vallejo), 7th in the State Meet at 49-2 (+6.8 mps), was fifth at 48-9 $\frac{1}{4}$ (+1.71).

Brian Blutreich (Capistrano Valley, Mission Viejo), the State Meet shot put champion at 68-4, won at 67-5 $\frac{1}{2}$. Jack Mohr (Los Altos), 2nd at the State Meet at 60-4 $\frac{1}{2}$, was sixth at 59-3. Blutreich's series: 65-7 $\frac{1}{2}$, 67-5 $\frac{1}{2}$, foul, 66-11, 64-4, foul.

Blutreich also won the discus at 202-1. His series: 189-7, 202-1, 196-11, 186-6, foul, 193-8. Pete Thompson (Cupertino), 2nd in the State Meet at 190-0, was fourth at 189-1.

"Any time you win it's a good day," said Blutreich to Massa. "I wanted to get a good mark early. I was a little nervous at first because I didn't really have enough time to warm up."

Bump Novacek (Gothenburg, N B) won the decathlon with 7013 (with college implements). Novacek becomes the 5th best high schooler of all-time. Novacek's brother Jay was a Kodak All-American tight end for Wyoming.

Muir, Pasadena.

Pegasus Invitational, Las Vegas, June 8—The Muir, Pasadena 4 x 100 shuttle low hurdles relay team of Franklin 13.7, Cantrell 14.4, Caddell 13.9, and Wilson 14.7 set a national record of 56.78. The old record of 59.2 was set by Newport News Menchville, Virginia in 1981.

Keebler I.P.I.

York High School, Elmhurst, Illinois, June 15—Brandon Richards (San Marcos, Santa Barbara), the GWI winner at 18- $\frac{1}{4}$, set a meet record of 17-3 $\frac{1}{4}$ in the pole vault. The old meet record of 17-1 $\frac{1}{2}$ was set by Steve Stubblefield (Wyandotte, Kansas City, Kansas) in 1980. Andy Stack (Hobart, IN), second at GWI at 16-6, was also second here at 16-6. Cam Miller (Raytown, Mo.) was third at 16-6.

Richards missed three times at a national high school record height of 18-2. "You may have only six good jumps in you during a day," said Richards to Jerry Shnay of the *Chicago Tribune*. "You might as well go for something big."

"I'd like to get a high school record, but I've still got some time," he said. "And then I'd like to break the junior world record of 18-6 $\frac{1}{2}$ (Radion Gatullon, Soviet Union, Sept. 8, 1984), but I'm only 18 so I've got two years to do that."

Danny Everett (Fairfax, Los Angeles), second in the State Meet in 46.37 and first at Golden West in 46.06, set a meet record of 45.76. He becomes the eighth best all-time in the nation and second best in California to Bill Green's 45.51. The old meet record of 45.9 was set by James Rolie (Orlando, Florida) in 1982. Everett has lost only once this year, to Chip Rish (Marina, Huntington Beach) in the State Meet. "I thought I'd run against him in the 400 here," said Everett, "but somehow, when I'm at a race, he doesn't show up." Last week at GWI Everett ran the 400 and Rish the 200.

George Porter (Cabrillo, Lompoc), the State Meet 300H winner in 35.50, won in 35.57, the third best performance ever. Michael Graham (Hawthorne), second at the State Meet in 36.55, finished third in 37.13. David Jones (Montclair, NJ), the Golden West 400H champion at 51.69, was fourth in 37.45.

Brian Blutreich (Capistrano Valley, Mission Viejo), the winner of the State Meet shot put at 68-4 and the GWI at 67-5 $\frac{1}{2}$, won with a toss of 69-3 $\frac{1}{4}$.

Blutreich, the winner of the discus at the State Meet at 203-4 and the Golden West at 202-1, also won here at 198-4. Blutreich became the second athlete to win the discus and shot put in this meet. It was the 17th consecutive time he has thrown longer than 190 feet, giving him a new high school mark for most 190-plus throws. Blutreich was named outstanding field performer.

Mark Deady (Stevenson, Prairie View, Illinois) won the mile in 4:07.50. Marty Stroschheim (Pocatello, ID), second at Golden West in 4:07.29, was also second here in 4:07.79. Stroschheim is now running with the Santa Monica Track Club. Roman Gomez (Belmont, Los Angeles), the winner of the 1600 at the State Meet in 4:15.93 and the mile at Golden West in 4:07.09, placed third in 4:09.74.

Scott Fry (Perkins, Sandusky, Ohio), the Kinney National cross country champion and winner of the Golden West 3,000 in 8:08.1, won the two-mile in 8:54.85. He claims he improved his running after his freshman year when "I looked in *Track & Field News* and saw all those lists of top times and wanted to be listed there," Fry said to the *Chicago Tribune*. "I had the worst times in the world as a freshman, times like 5:04 for the mile and 10:40 for the two-mile."

Greg Whiteley (University, Irvine), eighth in the Kinney National meet, placed fifth in 9:08.69. Calvin Gaziano (Castro Valley), second at the State Meet 3200 in

9:03.05, was eighth in 9:22.30. Jeff Taylor (St. Paul, Minnesota), ninth at the Kinney National, was third in 9:05.39. Andy Martin (Anandale, NJ), nineteenth at Kinney National, was fourth in 9:06.08.

Floyd Heard (Marshall, Milwaukee, Wis.), the Golden West 200 champion in 20.65, won here in 20.75. Danny Everett (Fairfax, L.A.), the 400 champion, was second in 20.97 and was voted the outstanding track performer.

Leroy Burrell (Lansdowne, Pa.) won the 100 in 10.43. Heard, the Golden West winner in 10.27, was second in 10.49. Stanley Kerr (Snook, Tx), second at Golden West in 10.54 was third in 10.71.

Mike McGowan (Toronto, Canada) edged Peter Chiodo (Toronto, Canada) in the 3,000 steeplechase-9:17.4 to 9:17.7.

Jon Shelton (Clearlake, Houston, Tx), the Golden West high jump winner at 7-2, also won here at 7-0. Hollis Conway (Fairpark, Shreveport, LA), sixth at Golden West at 7-0, placed second at 6-10. Jeff Rogers (Overfelt, San Jose), third in the State Meet at 6-8 and second at GWL at 7-2, no heighted.

Andre Love (St. Joseph, Westchester, IL), the Golden West long jump winner at 25-3 1/4, also won here at 24-1 1/4.

Latin Berry (Milwaukie, OR), the Golden West triple jump winner at 50-8 1/4, won at 50-1/4.

Jeff Glass (Lancaster, PA), the Golden West javelin winner at 220-0, won with a throw of 206-0.

✓ TAC Championship

Indianapolis, Indiana, June 14-16-Joe DeLoach (Bay City, TX) placed sixth in the 100 in 10.21. Roy Martin (Roosevelt, Dallas) was eighth in 10.27. Henry Thomas (Hawthorne), competing for the first time since his operation, placed sixth in heat two in 10.49.

Martin equaled his high school record

of 20.13 in the 200, while placing second by .02. DeLoach had run 20.48 in his heat, but injured in the final.

Kerri Zaleski (Millikan, Long Beach) placed ninth in the 800 in 2:08.96. She ran 2:04.59 to finish third in heat two. That makes her the fourteenth best performer all-time in the nation and fourth best all-time in California. Last year she placed second in the State Meet 800 in 2:05.87. This year she passed up her senior year of high school competition. Instead she competed for Coast Athletics.

Rebecca Chamberlain (Leigh, San Jose), the State Meet 3200 champion, was pulled out of the 10,000, when she was lapped.

Leslie Maxie (Mills, Millbrae/Millbrae Lions), the State Meet 300LH champion, placed eighth in the 400 hurdles in 59.36 from lane one. She placed third in heat three in 58.15. "The last few hurdles were not nearly as good as they should have been," Maxie said to John Crumppacker of the *San Francisco Examiner*. "The one good thing was at least I didn't chicken-step (chop her steps) at the end. It was OK. I was able to take it pretty strong and come up at the end."

Latrese Johnson (Unattached/Clovis High), the State Meet champion in the high jump at 6-1 1/4, tied for eighth at 6-1/4 with Sue McNeal (Stars & Stripes/Carlsbad HS), the 1978 State Meet champion, and Katrena Johnson (Arizona/Marshall Fundamental, Pasadena), the 1981 and 1982 State Meet champion. Junior Angle Bradburn (Norwell HS, Ossian, Indiana) was thirteenth at 5-10 1/4.

Johnson cleared 5-10 1/4 on her first attempt, missed once at 6-1/4, and missed three times at 6-2.

Sheila Hudson (Rio Linda), the State Meet triple jump champion at 41-10w, placed seventh at 40-11. Wendy Brown

(Puma/USC), the three-time State Meet champion, set a meet record of 43-2 1/4, the ninth best collegiate performance ever.

✓ Bacardi Rum Run

Lake Merritt, Oakland, June 16-Senior Dennis Pfeiffer (Eureka), who is going to Humboldt State in the fall, won the 18 & Under division 5K in 15:24.5.

Sally Wood (Piedmont), sixth in the State Meet 3200, won the 10K in 37:48.

✓ Top Marks given 277 U.S. Schools

Washington, D.C., June 21-U.S. Education Secretary William J. Bennett commended 212 public and 65 private secondary schools as "models for the nation."

The schools selected partially for overcoming special difficulties, "represent the strength and vitality of America's pluralistic system of education," Bennett said.

Winning schools, which will receive a plaque and flag:

California: Senior High-Marina, Huntington Beach; Borrego Springs, Borrego Springs; Castro Valley, Castro Valley; Piedmont, Piedmont; North Monterey County, Castroville. Junior High/Middle-La Crescenta; George W. Kastner, Fresno; Lindero Canyon, Agoura Hills; Meadowbrook School, Poway. Private-Holy Names, Oakland; Polytechnic School, Pasadena; Presentation, Berkeley; St. Mary's College, Berkeley; Westlake School for Girls, Los Angeles.

Chip Rish (Marina, Huntington Beach) won the 400 at the State Meet. Calvin Gaziano (Castro Valley) was second in the 3200. Sally Wood (Piedmont) was sixth in the 3200. Kara Lyman (North Monterey

County, Castroville) placed ninth in the Central Coast Section discus. Robert Reading (St. Mary's, Berkeley) won the State Meet high hurdles and placed ninth in the 300LH.

✓ Mark Moyer (St. Mary's of Berkeley)

Berkeley, July 4-St. Mary's High football and track coach Mark Moyer has accepted a position as head track and field coach at UC Riverside. Moyer, 36, has coached track and field for 17 years at the all-boys school in Berkeley.

He is particularly noted for his success with high hurdlers. This year for the third time in six years an athlete from St. Mary's has won the California State Meet high hurdles. Don Ward ran 13.73 in 1980, Mark Boyd 13.93 in 1983, and Robert Reading 13.88 this year.

✓ Clovis HS - FSU X-C Invitational

Steve Ward (Clovis High Cross Country coach) would like to invite you and your team to the 1985 Clovis Cross Country Invitational. Last year's meet featured several of the top ranked teams and individuals in the state. He again hopes to showcase California's top cross country athletes and teams on one of the state's best courses, Woodward Park.

This year the junior high school will be conducted on Friday afternoon, September 27th and the high school/college races on Saturday morning, September 28th.

Results

Sac-Joaquin Section CIF Championships

from Steve Fagundes

May 22-24. Modesto JC, Modesto.

On Wednesday, May 22 (Trials) and Friday, May 24 (Finals), the best track and field athletes in the Sac-Joaquin Section

Fine Flicks by Don Gosney



Brenda Payton of El Dorado

gathered at Modesto Junior College Stadium to determine the representatives to next week's CIF State Meet. As always, the competition was fierce for the top three qualifying spots with an additional incentive provided for local athletes with the State Meet scheduled for Sacramento's Hughes Stadium.

Performances by a talented group of seniors, and an extremely tight battle for the team title, highlighted the girls division. Rio Linda senior, Sheila Hudson stretched out to meet records in both the long and triple jumps with excellent marks of 19-5 1/2 and 40-4 1/4, respectively, becoming the first girl to capture both horizontal jumps in the same year. Hudson easily captured the triple jump by over two feet, but was challenged in the long jump by sophomore Stacey Rogers (Johnson, Sacto) who leaped to a personal record 19-1 1/4 to also eclipse the previous meet standard. A bridesmaid for her underclass years in the middle distance events, El Dorado (Placerville) senior Brenda Payton came of age (and in a big way) capturing an impressive middle distance double with personal records of 2:15.5 (800m) and 4:59.2 (1600m). Both victories were solo efforts for the much improved Payton, as was Colleen Donovan's victory in the 3200m. The Lodi senior devastated the field by over forty seconds, smashing her own meet record by eighteen seconds, and moving to number two on the all-time Section list with a 10:27.9 clocking. Defending state and section champion Stacy Hom (Cordova, Rancho Cordova) successfully retained her title with a seasonal best of 158-4. Sidelined by a knee injury that prevented her from competing until late April, the Cordova senior won the event by over 36 feet and appears ready to challenge for her second state title.

Not all the seniors that entered the meet as the favorite in their respective events, however, fared as well as the aforementioned champions. Vacaville

senior Danielle Knox was undefeated against section competition over the entire season and had recorded an all time section best in the trials with a 14.10 clocking. In the finals, half way through the race it was obvious that the other eight athletes were running for second. On her way to another all-time section best and possibly a sub-14 second clocking, Knox smashed into the last hurdle and sprawled to the ground, her dream of a section championship and a berth in the state meet ended. Junior Michele Wootton (Bella Vista, Fair Oaks) won the race in a personal record of 14.11 to defeat two-time defending champion Misako Hill (Cordova, Rancho Cordova).

In other action, Madeline Drew (Roseville), another senior, captured the 100 meters with a 12.01 clocking after racing to a seasonal best 11.94 in the trials. Johnson (Sacramento) sophomore Stacey Rogers garnered her second silver medal with a 12.05 clocking following a seasonal best of 11.95 in the trials. Rogers went on to capture the 200 meters in 25.30 from a fast closing Kia Seales (Arroyo) to gain her first section title. The 400 meters was a duel between sophomores Laurie and Deangela Smith of Valley (Elk Grove) (no relation), with Laurie edging her teammate for the title in 57.01 to 57.03 clockings. The two Smiths provided the nucleus for Valley's victories in both relays with team seasonal bests of 48.50 (400m) and 3:57.4 (1600m). Sophomore Chrishelle Johnson (Stagg, Stockton) held off a strong challenge by defending champion Michele Wootton (Bella Vista, Fair Oaks) to capture the 300 meter hurdles in a meet record 43.3 seconds. The high jump was a close competition with junior Durelle Schimeck (Nevada Union, Grass Valley), senior Annette Woo (Bella Vista, Fair Oaks), and Michele Wootton all clearing 5-6 and missing at 5-8. Wootton placed third due to a miss at a lower height and Schimeck outlasted Woo in a jump-off to capture her first section title.

Fine Flicks by Don Gosney



Madeline Drew

continued on next page...

Prep Notes

The team race could not have been any closer. Bella Vista (Fair Oaks) led by junior Michele Wootton and Valley (Elk Grove) led by Laurie and Deangela Smith tied for the team title with 44 points. All three girls put in exceptional team and individual performances, but Wootton's effort deserves special attention. The multitiered junior placed first (100m hurdles), second (300m hurdles), and third (high jump) in her individual events and anchored the Bronco's 1600m relay team with a 56.9 leg, taking the team from seventh to fourth and the points necessary to tie for the team title. Combined with their section championship in last fall's harrier campaign, Bella Vista becomes the first school in section history to capture girls cross country and track championships in the same academic year. Congratulations to the Lady Broncos and Bella Vista's head track and field coach Larry Fletcher and Rita Fagundes, the girls head track and field and cross country coach.

The boys division was highlighted on the track by the double victory of senior sprinter Steve Jones (Burbank, Sacto) and the Jesuit (Carmichael) distance twins—Eric and Mark Mastalir and in the field by discus thrower Jeff Hooper (Del Campo, Fair Oaks) and pole vaulters Wally Summers and Karl Ingeman of Beyer (Modesto).

In the middle and long distance events, only Manteca junior Tony Perez's 800 victory prevented a clean sweep by the Jesuit distance crew. In the 800 meters Perez led from start to finish capturing his first section title in 1:54.1 with Jesuit sophomore Dan Cahill second in a personal best of 1:56.1. Junior twins Mark and Eric Mastalir of Jesuit ran away from the 1600 meter field with Mark defending his section crown in 4:12.5 and Eric a close second in 4:13.1, both just missing Tim Holmes (Downey, Modesto) meet record of 4:12.4 set in 1977. Eric returned in the 3200 meters pulling away in the last 600 meters for a convincing victory in 9:13.7 and his first section track championship. In other track action, seniors Jim Wynne (Valley, Elk Grove) and Craig Cooper (Fairfield) looked sharp capturing their hurdling specialties in 14.15w (110 meter highs) and 37.2 (300 intermediates), respectively. Hiram Johnson (Sacramento) captured both relays with 41.65 (400 meters) and 3:20.9 (1600 meters) clockings, the former setting a new section meet standard.

The field events featured a number of outstanding performances and close competitions. In the horizontal jumps seniors Stephen Shelley (Vallejo) and Mike Harris (Fairfield) continued their season long duel for supremacy in the triple jump. Harris captured the subsection championship with an all-time section best of 50-7. Last week and Shelley rebounded in Wednesday's trials with the leading qualifying mark of 51-0w. Once

14-3 clearance. In the discus Del Campo (Fair Oaks) junior Jeff Hooper edged Vacaville senior Ron Elm by two feet with a winning toss of 182-8. Patterson senior Steve Adelmann was a surprise winner in the shot put with a personal record of 59-2½.

In the team competition, Walt Lange's Jesuit Marauders easily garnered their first track championship with 47 points of which 42 points were scored by their outstanding distance squad. Vallejo and Highlands (Sacramento) finished second and third with 51 and 30 points, respectively. As in the girls competition, Jesuit captured the cross country championship during the preceding fall to complete a rare section championship double.

Girls Team Scores

1. Bella Vista and Valley 44, 3. Johnson 36, 4. Rio Linda 27, 5. Cordova 24, 6. El Dorado 20, 8. Modesto 17, 9. Nevada Union 16, 10. Grant, Turlock 16, 13. Vallejo 13, 14. Davis, Vacaville 12, 16. Elk Grove, Roseville 10, 18. Hogan, Lindhurst, Tokay, Rio Americano, Lincoln, Fairfield, Highlands 8, 24. Del Campo 7, 25. Foothill, St. Francis, Merced 6, 28. Vanden 5, 29. Downey, McClatchy 4, 31. Placer, Arroyo, Atwater 2, 33. Napa, Oakmont, Oakdale, Burbank 1.

Girls Individual Results

Shot Put — Davis, Johnson 39-10½, Ralph Lindhurst 39-7, Schmek, Nevada Union 38-8½, Hempel, Lodi 37-5½, Horn, Cordova 36-11½, Scott, Placer 36-9.
Discus — Horn, Cordova 158-4, Ezray, Rio Americano 122-2, Hempel, Lodi 121-9, Moran (Downey) 116-9, Bell (Cordova) 112-9, Wood (Placer) 111-5.

100 Low Hurdles — Wootton, Bella Vista 14.71, Hill, Cordova 14.35, White, Grant 14.37, Johnson, Stagg 14.80, Craver, Highlands 15.10, Colvin, Vanden 15.02.

1,600 — Payton, El Dorado 4:59.7, Kuphardt, Bella Vista 5:08.1, Hyatt, Davis 5:08.2, Wilkinson, Merced 5:14.7, Coate, Vacaville 5:15.2, Chavez, Modesto 5:17.1.

400 Relay — Valley 48:50, Vallejo 48:72, Grant 48:90, Tokay 49:86, Fairfield 50:05, Cordova 50:06.

400 — L. Smith, Valley 57:01, D. Smith, Valley 57:03, Simmons, Modesto 58:50, White, Grant 58:70, Johnson, Stagg 58:72, Chmumus, Del Campo 59:25.

100 — Drew, Roseville 12:01, Rogers, Johnson 2:08, Davenport, Vacaville 12:17, Bonner, Vallejo 12:39, Seals, Arroyo 12:50, Johnson, Modesto 12:50.

300 Low Hurdles — Johnson, Stagg 43.3, Wootton, Bella Vista 43.4, Hudson, Rio Linda 43.9, Colvin, Vanden 43.9, Smith, Vallejo 45.8, Beckus, Napa 46.3.

High Jump — Schmek, Nevada Union 5-6, Woo, Bella Vista 5-6, Wootton, Bella Vista 5-6, Kean, Lincoln 5-4, Muhn, Elk Grove 5-4, Ahlstedt, Oakmont 5-2.

Long Jump — Hudson, Rio Linda 19-5½, Rogers, Johnson 19-1½, Evans, Fairfield 18-1½, Joe, Valley 18-8½, Simmons, Modesto 18-5½, Chambers, Cordova 18-½.

3,200 — Donovan, Lodi 10:27.9, Boyd, Turlock 11:08.1, Bruk, Beyer 11:15.5, Knox, Del Oro 11:19.5, Coate, Vacaville 11:26.2, Chavez, Modesto 11:28.3.

800 — Payton, El Dorado 2:15.5, Rasmussen, Elk Grove 2:17.5, Kelley, St. Francis 2:18.1, Green, Lincoln 2:18.3, Connolly, Atwater 2:19.1, Arlin, Oakdale 2:19.2.

200 — Rogers, Johnson 25.30, Seals, Arroyo 25.31, Carter, Foothill 25.60, Hennrich, Tokay 25.13, Nelson, Merced 26.33, Green, Burbank 26.37.

1,600 Relay — Valley 3:57.4, Hogan 3:58.8, Modesto 3:59.7, Bella Vista 4:04.1, Davis 4:04.6, Vallejo 4:04.8.

Triple Jump — Hudson, Rio Linda 40-9½, Martin, Turlock 38-2½, Pie, Highlands 37-6½, Hendrix, McClatchy 36-9, Norner, Vacaville 36-7½, Miles, Rio Linda 36-2.

Boys Team Scores

1. Jesuit 47, 2. Vallejo 31, 3. Highlands 30, 4. Valley 26, 5. Kennedy 24, 6. Atwater 22, 7. Fairfield 21, 8. Burbank, Oakdale.

Casa Roble, Johnson 20, 12. Manteca, Merced, Beyer 16, 15. Del Campo 14, 16. Lincoln 13, 17. Rio Linda 12, 18. Riverbank, Ceres 10, 20. Colfax, Grant, Patterson, Dixon, San Juan, Vacaville 8, 26. Folsom, Davis 7, 28. Amador 6, 29. Lodi 5, 30. Cordova, Grace Davis, Oakmont 4, 33. Los Banos, Hughson, Bella Vista, Arroyo, Christian Brothers 2, 38. Lindhurst, Franklin, Hogan, Brierly, Elk Grove 1.

Boys Individual Results

Discus — Hooper, Del Campo 182-8, Elm, Vacaville 80-7, Valladolid, Atwater 168-6, Nott, Grace Davis 166-2, Wedell, Casa Roble 166-1, Vanzandt, Hogan 161-10.

Triple Jump — Harris, Fairfield 48-3½, Shelley, Vallejo 47-8½, Rivera, Oakdale 47-1½, Thompson, Cordova 46-1, Ramey, Davis 45-8½, Rasmussen, Brierly, Elk Grove 45-¼.

110 High Hurdles — Wynne, Valley 4:15, Holmes, San Juan 14:50, Ellison, Vallejo 14:51, Knowles, Valley 4:78, Shaden, Lincoln 14:87, Pride, Grant 14:95.

400 Relay — Johnson 41:65, Vallejo 41:61, Highlands 42:47, Merced 42:70, Valley 43:21, Franklin 43:61.

1,600 — M. Mastalir, Jesuit 4:12.5, E. Mastalir, Jesuit 4:13.1, Perez, Manteca 4:17.2, Blazona, Casa Roble 4:23.5, Myers, Vallejo 4:26.1, Royston, Casa Roble 4:27.3.

400 — Ellis, Highlands 47:52, Parker, Kennedy 48:30, Markum, Ceres 48:76, Jefferson, Oakmont 49:21, Olson, Lincoln 49:25, Salquist, Davis 49:9.

100 — Jones, Burbank 10:38, Tiiss, Vallejo 10:63, Going, Vallejo 10:70, Henry, Merced 10:83, Cranford, Arroyo 11:04, Adeyemo, Lindhurst 11:10.

300 Intermediate Hurdles — Cooper, Fairfield 37:2, Shaben, Lincoln 38:1, Pride, Grant 38:4, Leno, Del Campo 38:6, Merrill, Los Banos 39:0, Ellison, Vallejo 39:1.

Shot Put — Moore, Atwater 59-2½, Adelmann, Patterson 57-10, Valladolid, Atwater 57-3½, Steele, Lodi 55-10, Harris, Merced 55-2, Donovan, Lodi 54-7.

Fine Flicks by Don Gosney



Mark Mastalir of Jesuit

Fine Flicks by Don Gosney



Eric Mastalir of Jesuit

Sidelined by a hamstring injury that kept him out of last year's track season, Steve Jones returned to competition this year attempting to challenge for the section and state titles at 100 meters he captured as a sophomore in 1983. In his last section final, the compact, but powerful Burbank star was not to be denied racing to victories in a barely wind-aided 10.38 (+2.20 mps) for 100m and a personal record 21.13 for the furlong distance. Sprint action continued in the 400 meters where senior Robert Ellis (Highlands) looked relaxed and strong in winning with a seasonal best of 47.52.

again the jumpers changed positions with Harris winning with a 48-3½ leap and Shelley second at 47-8½. In the long jump senior Greg Parker (Kennedy, Sacto) edged out Dixon senior Doug Smith 23-3 to 23-1½. The high jump competition had three jumpers clear 6-8 with junior Mirl McGinnis (Riverbank), in only his first year of jumping, winning on the count back with junior Tim Baker (Oakdale) second and senior Bill Hepworth (Amador) third. Beyer (Modesto) pole vaulters Wally Summers and Karl Ingeman finished first and third with vaults of 15-2 and 14-3, respectively, with Rusty Love (Rio Linda) splitting the twosome for second with a



Tim Baker of Oakdale

High Jump — McGinnis, Riverbank, 6-8; Baker, Oakdale, 6-8; Hepworth, Amador, 6-8; Ziegler, Davis, 6-6; Brown, Christian Brother, 6-6; Harris, Fairfield, 6-6.

800 — Perez, Manteca, 1:54.1; Cahill, Jesuit, 1:56.1; Blazona, Casa Roble, 1:57; Barrick, Ceres, 1:57.6; Mastair, Jesuit, 1:58.3; Walker, Casa Roble, 1:58.4.

3,200 — Mastair, Jesuit, 9:13.7; Coker, Vacaville, 9:20; Roberts, Casa Roble, 9:20.2; Thomas, Jesuit, 9:20.6; Hong, Bella Vista, 9:22.4; Kingsley, Folsom, 9:26.1.

200 — Jones, Burbank, 21.13; Ellis, Highlands, 21.95; Henry, Merced, 22.10; Parker, Kennedy, 22.30; Frazier, Valley, 22.36; James, Grant, 22.43.

Long Jump — Parker, Kennedy, 23.3; Smith, Dixon, 23.14; Chapman, Folsom, 23.0; P. Rivera, Oakdale, 22.4; J. Rivera, Oakdale, 22.4; Sims, Jesuit, 22.2.

Pole Vault — Summers, Beyer, 15.2; Love, Rio Linda, 14.3; Ingeman, Beyer, 14.3; Francis, Rio Linda, 14.0; Neugebauer, Hughson, 13.9; Boyd, Elk Grove, 13.6.

Mt. SAC Relays H.S. Heptathlon

June 1-2, Walnut.

Overall Results

| | | |
|---|---------------------------|------|
| 1 | Gea Johnson, Phoenix | 4886 |
| 2 | Kim Malone, Glendale | 3092 |
| 3 | Lisa Vanderburg, Walnut | 3008 |
| 4 | Nichelle Medina, Montebel | 2685 |
| 5 | Andrea Hallgren, Glendale | 2479 |

Golden West Invitational

June 8, Sacramento.

Men's Results

100 Meters: 1. Floyd Heard, Milwaukee, 10.27; 2. Stanley Kerr, Snook, TX, 10.54; 3. LeRoy Poindexter, Bayshore, NY, 10.55; 4. Byron Grant, Corsicana, TX, 10.57; 5. Larry Berkeley, Oxnard, 10.63; 6. Sean Tillis, Elk Grove, 10.70.

200 Meters: 1. Floyd Heard, Milwaukee, 20.65; 2. Michael Timpson, Hialeah, FL, 20.76; 3. (tie) Chip Rish, Huntington Beach, 21.03; and Stanley Kerr, Snook, TX 21.03; 5. LeRoy Poindexter, Bayshore, NY, 21.27; 6. Chuck Carter, Gibbsboro, NJ, 21.37.

400 Meters: 1. Danny Everett, Los Angeles, 46.06; 2. Tony Allen, Jasper, TX, 47.10; 3. Robert Ellis, North Highlands, 47.50; 4. Mike Clemmons, Little Rock, AR, 47.94.

800 Meters: 1. Doug Conroy, Lancaster, OH, 1:51.0; 2. Matt Dunn, Kyle, TX, 1:51.0; 3. John Quade, Bothell, WA, 1:51.3; 4. Jason Morgan, Winchester, VA, 1:51.6; 5. Sean Langer, Bakersfield, 1:52.2; 6. Roy Taylor, Arlington, TX, 1:52.6.

1 Mile: 1. Roman Gomez, Los Angeles, 4:07.09; 2. Marty Stroschein, Pocatello, ID, 4:07.29; 3. Eric Peterson, Eugene, OR, 4:11.00; 4. Tim Petrie, Springfield, MO, 4:11.71; 5. Chris Sullivan, Ridgewood, N.J., 4:12.08; 6. Wes Tilgner, Dallas, OR, N.T.A.

3000 Meters: 1. Scott Fry, Sandusky, OH, 8:08.1; 2. Steve Miller, Elk Grove, IL, 8:20.8; 3. Craig Watcke, So. Bend, IN, 8:25.2; 4. Bruce McDowell, Vancouver, WA, 8:27.8; 5. Joe LeMay, Ridgewood, NJ, 8:40.5; 6. Ellis Del Sol, Chula Vista, 8:44.4.

110m Hurdles: 1. Michael Timpson, Hialeah, FL, 13.40; 2. Marcellis Horn, Jasper, TX, 13.77; 3. Eric Mitchell, Pine Bluff, AR, 13.84; 4. Jeff Baker, Methuen, MA, 13.87; 5. Lawrence Felton, Litcher, LA, 13.90; 6. Gerry Guster, Odessa, TX, 13.43.

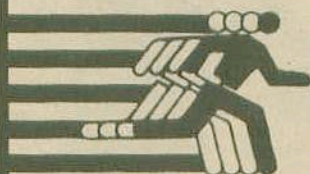
400m IH: 1. David Jones, Montclair, NJ, 51.69; 2. Randle Walker, Rahway, NJ, 51.78; 3. Kevin Mason, Houston, TX, 52.81; 4. Mike King, Menlo Atherton, 53.05; 5. Brent Majors, Simsbury, Conn., 53.05; 6. David Ramirez, Methuen, Mass., 54.37.

7th Western Qualifier

KINNEY

CROSS COUNTRY CHAMPIONSHIPS

Saturday, December 7, 1985
Woodward Park
Fresno, CA



Open to all high school cross country runners from California and eleven other western states. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

FOR MORE INFORMATION & ENTRY BLANK:
Contact: Bill Cockerham, California Track & Running
News, Box 6103, Fresno, CA 93703 • (209) 264-5847

Fine Flicks by Don Gosney



Roman Gomez of Belmont

High Jump: 1. Jon Shelton, Houston, TX, 7-2; 2. Jeff Rogers, San Jose, 7-2; 3. (tie) Rick Noji, Seattle, WA, and Tom Smith, Heyworth, IL, 7-2; 5. Neal Guldry, Kaplan, LA, 7-2; 6. Hollis Conway, Shreveport, LA, 7-0.

Pole Vault: 1. Brandon Richards, Santa Barbara, 18-1/4; 2. Andy Stack, Hobart, IN, 16-6; 3. Jay Davis, Eugene, OR, 15-6; 4. Jeff Hancock, Claremore, OK, 15-8.

Long Jump: 1. Andre Love, Westchester, IL, 25-3/4; 2. Michael Timpson, 25-1/4; 3. Rich Turner, West Haven, Ct., 24-1; 4. Todd Baskerville, Rahway, NJ, 24-0 1/2; 5. Laurence Nelson, Simi Valley, 24-0 1/4; 6. Charles Perry, Bryan, TX, 23-5 1/2.

Triple Jump: 1. Latin Berry, Milwaukee, OR, 50-8 1/2; 2. Hollis Conway, Shreveport, LA, 49-7 1/2; 3. Terrence Strong, Bakersfield, 49-1 1/4; 4. Mark Triplett, Pasadena, 49-0; 5. Steve Shelley, Vallejo, 48-9 1/4; 6. Spencer Williams, Eugene, OR, 48-4 1/4.

Shot Put: 1. Brian Blutreich, Mission Viejo, 67-5 1/2; 2. Andy Papathanassiou, Union City, NJ, 66-6; 3. Randy Barnes, St. Albans, WV, 65-6 1/2; 4. Frank Mazza, River Ridge, LA, 60-5 1/2; 5. Eric Craig, San Antonio, TX, 60-1 1/2; 6. Jack Mohr, Los Altos, 59-3.

Discus: 1. Brian Blutreich, Mission Viejo, 202-1; 2. Glen Schneider, Fort Wayne, IN, 197-5; 3. Dan O'Mara, Topeka, KS, 193-0; 4. Pete Thompson, Cupertino, 189-1; 5. Randy Barnes, WV, 182-1; 6. Brent Patera, Salem, OR, 181-6.

Javelin: 1. Jeff Glass, Lancaster, PA, 220-0; 2. Dan Sheets, Portland, OR, 215-2 1/2; 3. Frank Crossen, Kendall Park, NJ, 213-9 1/4; 4. Rob Miller, Newberg, OR, 212-0; 5. Wirt Gilliam, Elizabeth, NJ, 209-10; 6. Bill Parisi, Ridgfield Park, NJ, 200-11.

Decathlon: 1. Bump Novacek, Gothenburg, NB, 7013; 2. Darrin Harris, Boise, ID, 6818; 3. Bubba Barrow, Benton, AR, 6718; 4. Joey Duarte, Sherman Oaks, 6201; 5. Chris Tobey, Seattle, WA, 6081; 6. Bob Babiak, Toms River, NJ, 6066.

Keebler I.P.I.

June 15, Elmhurst, Illinois.
Distances in meters

100—1. Leroy Burrell, Lansdowne, Pa., 10.43; 2. Floyd Heard, Milwaukee, Wis., 10.49; 3. Stanley Kerr, Snook, Texas, 10.71; 4. Aaron Mayo, Bloom Trail H.S., Chicago Heights, 10.72; 5. Chuck Carter, Gibbsboro, N.J., 10.73; 6. Dwight Frazier, Winter Haven, Fla., 10.77; 7. Tom Worley, Lumberton, N.C., 10.77; 8. Byron Grant, Corsicana, Texas, 10.78.

200—1. Heard, Milwaukee, Wis., 20.75; 2. Dan Everett, Los Angeles, 20.97; 3. Kerr, Snook, Texas, 21.30; 4. Carter, Gibbsboro, N.J., 21.37; 6. Frazier, Winter Haven, Fla., 21.64; 7. Ken Burke, Rochester, N.Y., 21.67.

400—1. Everett, Los Angeles, 45.76 [breaks record of 45.9 by James Rolfe, Orlando, Fla., 1962]; 2. Gary Satterwhite, Rahway, N.J., 46.62; 3. Tony Allen, Jasper, Texas, 47.05; 4. Harlan South, Thornton High School, Harvey, 47.66; 5. Dave Williams, Toronto, Canada, 48.10; 6. Mike Thamar, Miskago, Wis., 48.56.

800—1. Doug Herron, Anchorage, Alaska, 1:49.75; 2. Wayne Moncriel, Toronto, Canada, 1:50.18; 3. Matt Dunn, Buda, Texas, 1:50.53; 4. Fred Bronner, Rockaway, N.J., 1:53.92; 5. Bruce Harris, Dover, Del., 1:54.13; 6. Paul Steele, Brooklyn, N.Y., 1:55.77; 7. Shane Bumgarner, Norman, Okla., 1:56.35; 8. Robert Bradley, Crossett, Ark., 2:01.28.

1 Mile—1. Mark Deady, Stevenson High School, Prairie View, Ill., 4:07.50; 2. Marty Stroschein, Pocatello, Idaho, 4:07.79; 3. Roman Gomez, Los Angeles, 4:09.74; 4. Doug Henderson, Lake Oswego, Ore., 4:09.74; 5. Doug Keen, Toronto,

continued on next page...

Canada, 4:10.21; 6, Jim White, York High School, Elmhurst, 4:10.99; 7, Scott Williams, Indianapolis, 4:18.18; 8, Tim Peterle, Springfield, Mo., 4:19.96.

TWO-MILE—1, Scott Fry, Sandusky, Ohio, 8:54.85; 2, John Gill, Bramalea, Canada, 9:04.67; 3, Jeff Taylor, St. Paul, Minn., 9:05.30; 4, Andy Martin, Anandale, N.J., 9:06.08; 5, Greg Whiteley, Irvine, Cal., 9:08.69; 6, Scott Faulde, Belleville, Canada, 9:10.01; 7, Cisco Bob, Ruidoso, N.M., 9:12.73; 8, Calvin Gaziano, Castro Valley, Cal., 9:22.30; 9, Bruce McDowell, Vancouver, Wash., 9:26.01; 10, Craig Watcke, South Bend, Ind., 9:45.42.

3,000 STEEPLECHASE—1, Mike McGowan, Toronto, Canada, 9:17.4; 2, Peter Chiodo, Toronto, Canada, 9:17.7; 3, Keith Williams, Trenton, N.J., 9:27.6; 4, Ed Slowikowski, Hinsdale South High School, Darien, Ill., 9:28.2; 5, Paul Self, Kitchener, Canada, 9:37.0; 6, Pat Lavery, Bronx, N.Y., 9:43.0; 7, Rob Collins, Gresham, Ore., 9:52.1; 8, Brian Nichols, York High School, Elmhurst, Ill., 10:21.8.

HIGH JUMP—1, Jon Shelton, Houston, Texas, 7-0; 2, Hollis Conway, Shreveport, La., 6-10; 3, Tyrone Smith, Plymouth Meeting, Pa., 6-10; 4, Jerry Giberson, Warrensburg, Ill., 6-10; 5, Neal Guidry, Kaplan, La., 6-8.

POLE VAULT—1, Brandon Richards, Santa Barbara, Cal., 17-3¼ [breaks meet record of 17-1½ by Steve Stubblefield, Kansas City, Kansas, 1980]; 2, Andy Stack, Hobart, Ind., 16-6; 3, Cam Miller, Raytown, Mo., 16-6; 4 [tie] Chris Bohanon, Bishop, Texas and Mike Murray, Sterling, Ill., at 15-6; 6 [tie], Tim McMichael, Apache, Okla.; Bobby DeHollander, Plano, Texas; Doug Wood, Wingham, Canada; Dean Starkey, Maine West High School, Des Plaines, Ill., all at 15-6; 10, Dan Burton, Bloomington, Ind., 15-6; 11, Jeff Hancock, Claremore, Okla., 15-0.

110 HIGH HURDLES—1, Frank Barnett, Sanford, Fla., 13.78; 2, Timpon, Hialeah, Fla., 13.86; 3, Kevin Field, Toronto, Canada, 13.89; 4, David Jones, Montclair, N.J., 14.03; 5, Robert Kennedy, Indianapolis, 14.09; 6, Darrin Harris, Boise, Idaho, 14.11; 7, Jeff Baker, Methuen, Mass., 15.61; 8, Marcel Horn, Jasper, Texas, 15.67.

300 HURDLES—1, George Porter, Lompoc, Cal., 35.57; 2, Withrop Graham, Jamaica, West Indies, 36.66; 3, Michael Graham, Hawthorne, Cal., 37.13; 4, David Jones, Montclair, N.J., 37.45; 5, Brent Majors, Simsbury, Conn., 38.05; 6, Bubba Barrow, Benton, Ark., 38.33; 7, Kevin Mason, Houston, Texas, 38.92; 8, Darrin Harris, Boise, Idaho, 39.22.

LONG JUMP—1, Andre Love, St. Joseph High School, Westchester, Ill., 24-1¼; 2, Robert Majors, Roanoke, Va., 23-0¼; 3, Bradley Mayo, West Orange, N.J., 22-7¼; 4, Timpon, Hialeah, Fla., 22-6¼; 5, Todd Baskerville, Rahway, N.J., 22-2¼; 6, Horn, Jasper, Texas, 21-10¼; 7, Matt Zuber, Marengo, Iowa, 21-9¼.

SHOT PUT—1, Brian Blutreich, Mission Viejo, Cal., 69-3¼; 2, Andy Papathanassio, Union City, N.J., 65-2½; 3, Randy Barnes, St. Albans, N.Y., 60-2; 4, Neil Eubank, Merrillville, Ind., 64-8¼; 5, J.J. Grant, Liverpool, N.Y., 63-11¼; 6, Kent Wells, Lincoln, Neb., 61-10½; 7, Frank Mazza, River Ridge, La., 57-6¼.

DISCUS—1, Blutreich, Mission Viejo, Cal., 198-4; 2, Dan O'Mara, Topeka, Kansas, 192-4; 3, Glenn Schneider, Ft. Wayne, Ind., 184-11; 4, Brent Peterle, Salem, Ore., 161-1; 5, Tracy Simien, Sweeny, Texas, 178-5; 6, Bobby McDaniels, Crossett, Ark., 177-5; 7, Wells, Lincoln, Neb., 172-11; 8, Jeff Wood, Watseka, I., 170-11; 9, John Zollinger, Little Canada, Minn., 170-10; 10, Peter Ingelson, Toronto, Canada, 163-1.

JAVELIN—1, Jeff Glass, Lancaster, Pa., 206-0; 2, Ken Weinberg, Albany, Ore., 2-4; 3, Frank Crossen, Monmouth Junction, N.J., 200-10; 4, Rob Miller, Newburg, Ore., 200-1; 5, Andrew Silberstein, The Hills, N.Y., 199-4; 6, Bill Parisi, Ridgefield Park, N.J., 190-4; 7, Roy Hage, Albany, Ore., 197-10. [Silberstein and Parisi tied for fourth place but Silberstein given fourth place because of bad best throw of 197-8; Parisi's next best throw was 184-5].

HAMMER—1, Paul Rao, Lincoln, R.I., 194-6; 2, Ray Taylor, Lincoln, R.I., 187-4; 3, Evan Brown, Burlington, Canada, 179-6; 4, Simon Sirkisian, Providence, R.I., 172-7; 5, Grant, Liverpool, N.Y., 169-10; 6, Brad Maus, Andale, Kansas, 155-2; 7, Donald Kralovetz, Phoenix, Ariz., 154-2.

TRIPLE JUMP—1, Latin Berry, Milwaukee, Ore., 50-0½; 2, Sean Sharon, Palatka, Fla., 48-3¼; 3, Hollis Conway, Shreveport, La., 47-2½; 4, Bannion Hayes, Rock Island, Ill., 47-2½; 5, Randy Taylor, Mobile, Ala., 45-9½; 6, Burrell, Lansdowne, Pa., 44-7½. [Kolar, Conway and Hayes both tied for third with 47-2½. Both had next-best jumps of 46-11¼. Conway's third best jump was 46-10½. Hayes next best was 46-4½.]



Brandon Richards of Santa Barbara vaults 17-3¼ to break Golden West meet record.

DATE: August 25, Sunday

TIME: 7:00am check-in 6:45

DISTANCE: Run 5-miles in Park
Ride 21-miles to
Friant & Back

ENTRY: Limit to the first
250 plus 50 entries
partners, one run &
one rides.

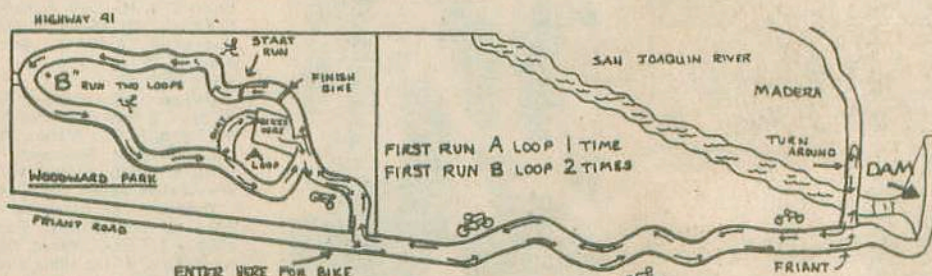
FEE: \$10.00. Day of race 12.00

PURPOSE: First to give you a chance to
compete in a well run competition. Second to help the Fresno
City College men and women's Cross Country teams.

AWARDS: Tee Shirts to ALL entries. Awards to 1-2-3 men, 1-2-3 women.
Plus championship tee shirts for each age group listed below.
There will be a drawing for many prizes from the finish cards.

SAFETY: Hard Helmets must be worn during bike ride. Obey road guards.

DRAFTING: NO DRAFTING. We enforce this rule. My phone: 439-6394



You may register at Reggie Bauer's Bike. Entry forms at Wendy's and
Shaw Copy Center, or by calling Bob Fries at (209) 439-6394.

1985 High School Leaders California

by Keith Conning

Please send all men's and women's high school information to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702. Please be sure to include wind information on all affected events and specify if timing is hand or automatic.

These lists contain the best California high school marks (indoor and out) reported to our high school editor by July 1, 1985. The current California record is listed at the head of each event. Times in 100ths are automatic and are placed in a position of correspondingly higher value in relation to hand times, which are in 10ths.

Classes: xxx = frosh; xx = soph; x = junior; ? = class unknown; all others are believed to be seniors.

Symbols: c = converted mark; i = indoor mark.

BOYS

100 Meters (10.25)

| | |
|--------|--|
| 10.25 | Henry Thomas (Hawthorne) |
| 10.62 | Larry Burkeley (Oxnard) |
| 10.63 | Anthony Ford (Compton) |
| 10.64 | *Ronald McCree (Madera) |
| 10.70 | **Martin Cannady (Duarte) |
| 10.70 | Seon Tillis (Valley, Sacramento) |
| 10.73 | Dwight Moore (Westchester, L.A.) |
| 10.73 | Steve Jones (Burbank, Sacramento) |
| 10.74c | Darran Greer (Bakersfield) |
| 10.74c | *Gary Wellman (Westlake, Westlake Village) |

200 Meters (20.64c)

| | |
|--------|--|
| 20.64c | Henry Thomas (Hawthorne) |
| 20.82 | Michael Marsh (Hawthorne) |
| 20.97 | Danny Everett (Fairfax, L.A.) |
| 21.01 | Chip Rish (Marina, Huntington Bch) |
| 21.09 | Larry Burkeley (Oxnard) |
| 21.13 | Steve Jones (Burbank, Sacramento) |
| 21.14 | Mike Connors (Northgate, Walnut Creek) |
| 21.18 | Anthony Ford (Compton) |
| 21.44 | *Ronald McCree (Madera) |
| 21.47 | Teddy Baker (Saddleback) |

400 Meters (45.51)

| | |
|--------|---|
| 45.76 | Danny Everett (Fairfax, L.A.) |
| 45.84c | Chip Rish (Marina, Huntington Bch) |
| 45.98 | Henry Thomas (Hawthorne) |
| 47.50 | Robert Ellis (Highlands, No. Highlands) |
| 47.84c | Markel Knox (Oakland) |
| 47.85 | Sean Kelly (Hawthorne) |
| 48.00 | David Gayden (Morse, San Diego) |
| 48.02 | Terry Riley (Jordan, Long Beach) |
| 48.06 | Andre Taylor (Woodside) |
| 48.10 | Grea Parker (Kennedy, Sacramento) |
| 48.10 | Mike Robinson (Fallbrook) |

800 Meters (1:47.31)

| | |
|---------|--|
| 1:50.94 | Sean Kelly (Hawthorne) |
| 1:51.75 | Sean Langer (Bakersfield) |
| 1:52.63 | *Vincent Thompson (Ganessa, Pomona) |
| 1:52.66 | *Neil Fitzgerald (St. Ignace, S.F.) |
| 1:52.77 | Arlen Anderson (Mission Viejo) |
| 1:53.0 | Travis Atkins (Wilson, Hacienda Heights) |
| 1:53.13 | John Cronin (Mission Viejo) |
| 1:53.22 | Roman Gomez (Belmont, L.A.) |
| 1:53.90 | Robert Williams (Pittsburg) |
| 1:54.1 | *Tony Perez (Manteca) |

1600 Meters (3:58.1c)

| | |
|----------|-------------------------------------|
| 4:05.66c | Roman Gomez (Belmont, L.A.) |
| 4:12.5 | *Mark Mastalir (Jesuit, Carmichael) |
| 4:13.1 | *Eric Mastalir (Jesuit, Carmichael) |
| 4:13.2 | Greg Whiteley (University, Irvine) |
| 4:13.48 | *Jim Zimmer (Simi Valley) |
| 4:13.79 | *Jim Olson (Irvine) |
| 4:14.61 | Dean Bole (Crawford, San Diego) |
| 4:14.68 | **Paul Serratos (Moreno Valley) |
| 4:14.72 | *Tony Perez (Manteca) |
| 4:14.96 | Eric Aguirre (Wilson, L.A.) |

3200 Meters (8:33.4c)

| | |
|---------|--|
| 8:52.6c | Calvin Gaziano (Castro Valley) 9:03.16 outdoor |
| 8:57.5 | Greg Whiteley (University, Irvine) |
| 9:03.05 | Roman Gomez (Belmont, L.A.) |
| 9:03.31 | *Eric Mastalir (Jesuit, Carmichael) |
| 9:03.83 | *David Naranjo (Sanger) |
| 9:03.95 | Ellis Del Sol (Hilltop, Chula Vista) |
| 9:07.78 | *Adam McAbey (Miramonte, Orinda) |
| 9:08.65 | *Darren Stonerock (Saugus) |
| 9:10.06 | *John Domingue (Ligh, San Jose) |
| 9:12.85 | *Chris Hoepker (Encinal, Alameda) |

110 Meter High Hurdles (13.41)

| | |
|--------|---|
| 13.88 | Robert Reading (St. Mary's, Berkeley) |
| 13.95 | Damon Thomas (Pasadena) |
| 14.00 | *Terry Johnson (Katella, Anaheim) |
| 14.09 | Jimmy Wynne (Valley, Sacramento) |
| 14.22 | Kenny Hall (Ganessa, Pomona) |
| 14.24c | George Porter (Cabrillo, Lompoc) |
| 14.27 | Tim James (San Dimas) |
| 14.34c | *Kavin McPherson (Mt. Pleasant, San Jose) |
| 14.36 | John Coffee (Roosevelt, Fresno) |
| 14.37 | Ed Tillman (Hawthorne) |

300m Intermediate Hurdles (35.32)

| | |
|-------|---------------------------------------|
| 35.32 | George Porter (Cabrillo, Lompoc) |
| 36.56 | Mike Graham (Hawthorne) |
| 36.71 | Kenny Hall (Ganessa, Pomona) |
| 36.74 | Keith Pontiffet (Esperanza, Anaheim) |
| 36.76 | Mike King (Menlo-Atherton, Atherton) |
| 37.20 | Jay Taylor (St. Augustine, San Diego) |
| 37.38 | Von Joyce (Hawthorne) |
| 37.40 | Craig Cooper (Fairfield) |
| 37.41 | Robert Reading (St. Mary's, Berkeley) |
| 37.46 | Grant (St. Francis, LaCanada) |

4 x 100 Meters (40.64)

| | |
|--------|------------------------|
| 40.64 | Hawthorne |
| 41.32 | Muri, Pasadena |
| 41.39 | Compton |
| 41.44c | Pasadena |
| 41.54 | Johnson, Sacramento |
| 41.57 | Oxnard |
| 41.58 | Gardena, Los Angeles |
| 41.74c | Oakland |
| 41.81 | Vallejo |
| 41.84 | Kennedy, Granada Hills |

4 x 400 Meters (3:07.40)

| | |
|---------|--------------------------|
| 3:07.40 | Hawthorne |
| 3:13.81 | Centennial, Compton |
| 3:14.35 | Polytechnic, Long Beach |
| 3:15.67 | Morse, San Diego |
| 3:15.83 | Muir, Pasadena |
| 3:16.16 | Pasadena |
| 3:16.97 | Westchester, Los Angeles |
| 3:18.1c | Skyline, Oakland |
| 3:18.1c | Galileo, San Francisco |
| 3:18.2c | Oakland |

High Jump (7-4 1/2)

| | |
|----------|---|
| 7-3 | Jeff Rogers (Overfelt, San Jose) |
| 6-10 1/4 | *George Smith (Clovis West, Fresno) |
| 6-10 1/4 | Lyndon Earley (Gardena, Los Angeles) |
| 6-10 | ?Mark Webster (Homestead, Cupertino) |
| 6-10 | John Medford (Hawthorne) |
| 6-10 | Eric Wheelwright (Edison, Huntington Bch) |
| 6-10 | **Luis Julco (Piedmont Hills, San Jose) |
| 6-10 | ?David Morrow (Upland) |
| 6-10 | ?Kerry Theus (Lynwood) |
| 6-9 | Mark Robinson (Simi Valley) |
| 6-9 | Miri McGinnis (Riverbank) |

Pole Vault (18-1/4)

| | |
|--------|---|
| 18-1/4 | Brandon Richards (San Marcos, SantaBarbara) |
| 16-2 | **Brent Burns (Acalanes, Lafayette) |
| 15-10 | Wally Summers (Beyer, Modesto) |
| 15-7 | *Steve Toney (Menlo-Atherton, Atherton) |
| 15-3 | Sean Hickey (Fallbrook) |
| 15-3 | ?Derek Gibbons (Del Mar, San Jose) |
| 15-2 | Ed Gagnon (Simi Valley) |
| 15-2 | Fritz Howser (Newport Harbor, N.B.) |
| 15-1 | Scott Johnston (Mt. Carmel, San Diego) |
| 15-1 | Kevin Qualle (Hughson, Modesto) |



3200 stars (left to right): Eric Mastalir, Roman Gomez, Calvin Gaziano and David Naranjo. Photo from State Meet 3200 Meter Final.

continued on next page...

Long Jump (26-2 1/4)

| | |
|----------|--|
| 24-3 1/2 | Larry Nelson (Simi Valley) |
| 23-9 1/2 | Michael Pringle (Kennedy, Granada Hills) |
| 23-9 | Cleo Bates (Pasadena) |
| 23-9 | Jim Chapon (Mt. Carmel, San Diego) |
| 23-9 | Ramon Tisdale (Westmoor, Daly City) |
| 23-8 1/2 | ***Billy Wright (Edison, Fresno) |
| 23-8 1/2 | Doug Smith (Dixon) |
| 23-7 1/2 | ?Rogers (Johnson, Sacramento) |
| 23-7 | Greg Parker (Kennedy, Sacramento) |
| 23-6 1/2 | Alfred Jackson (Tulare Western, Tulare) |

Triple Jump (53-6 1/2)

| | |
|-----------|--|
| 50-7 | Mike Harris (Fairfield) |
| 49-11 1/4 | Terrence Strong (Bakersfield) |
| 49-11 1/4 | *Marcus Hooks (Lakewood) |
| 49-10 1/4 | Terrence Williams (Muir, Pasadena) |
| 49-7 1/4 | Tim Williams (Rubidoux, Riverside) |
| 49-7 | James Williams (Coalinga) |
| 49-6 1/4 | Alfred Jackson (Tulare Western, Tulare) |
| 49-1 1/4 | Mike Harper (Santa Fe, Santa Fe Springs) |
| 49-0 | Mark Triplett (Marshall Fundamental, Pasadena) |
| 48-10 1/2 | Stephen Shelley (Vallejo) |

Shot Put (69-6 1/4)

| | |
|-----------|---|
| 69-6 1/4 | Brian Blutreich (Capistrano Vly, Mission Viejo) |
| 60-10 1/2 | John Knight (Oak Park, Agoura) |
| 60-8 1/2 | Jack Mohr (Los Altos) |
| 59-11 | Dominic Fortino (Palma, Salinas) |
| 59-5 1/2 | Ziad Khozam (El Modena, Orange) |
| 59-2 1/2 | Tim Moore (Atwater) |
| 59-1 1/4 | *Scott Bunnell (Gunn, Palo Alto) |
| 59-1 1/4 | Ray Valladao (Atwater) |
| 58-2 1/4 | Joe Bowser (Serra, San Diego) |
| 58-2 | Todd Cathers (Oroville) |

Discus (210-8)

| | |
|-------|---|
| 210-8 | Brian Blutreich (Capistrano Vly, Mission Viejo) |
| 190-0 | Pete Thompson (Cupertino) |
| 187-5 | *Jeff Hooper (Del Campo, Fair Oaks) |
| 183-2 | Ron Elm (Vacaville) |
| 179-8 | Jeff Swenning (Kingsburg) |
| 179-6 | Ziad Khozam (El Modena, Orange) |
| 179-5 | Ray Valladao (Atwater) |
| 178-1 | *Mike Coffino (Tampa, Mill Valley) |
| 176-5 | Jack Mohr (Los Altos) |
| 174-6 | ?Chuck Reep (Arroyo, El Monte) |

Fine Flicks by Don Gosney



Jeff Rogers of Overfelt in San Jose

Girls

100 Meters (11.34)

| | |
|--------|--|
| 11.61 | Carrie Franklin (Muri, Pasadena) |
| 11.66 | Chewuakii Knighten (Locke, Los Angeles) |
| 11.70 | *Tami Stiles (Hawthorne) |
| 11.84 | Tesha Giddens (Locke, Los Angeles) |
| 12.01 | *Lashun Peters (Woodside) |
| 12.04 | ***Deandra Wheeler (Hawthorne) |
| 12.04 | *Nicole Caldwell (Redwood Christian, SanLnd) |
| 12.04c | April Freow (Morse, San Diego) |
| 12.04c | Kim Grant (Hawthorne) |
| 12.07 | ?Mina Hutchins (Independence, San Jose) |

200 Meters (23.08)

| | |
|--------|---|
| 23.44c | Chewuakii Knighten (Locke, Los Angeles) |
| 23.56 | *Tami Stiles (Hawthorne) |
| 23.64c | Leslie Maxie (Mills, Millbrae) |
| 24.04c | ***Janeene Vickers (Pomona) |
| 24.08 | Kim Grant (Hawthorne) |
| 24.17 | Tesha Giddens (Locke, Los Angeles) |
| 24.43 | ***Deandra Wheeler (Hawthorne) |
| 24.55 | *Latrice Watson (Edison, Fresno) |
| 24.64c | Sonji Green (Menlo-Atherton, Atherton) |
| 24.67 | Michelle Miller (Muir, Pasadena) |

400 Meters (50.87)

| | |
|-------|---|
| 52.17 | Chewuakii Knighten (Locke, Los Angeles) |
| 53.10 | Linetta Wilson (Muir, Pasadena) |
| 53.83 | *Janeene Vickers (Pomona) |
| 53.86 | *Princess Bennett (Compton) |
| 54.37 | ***Deanna Amy (Hawthorne) |
| 55.43 | Kerri Zaleski (Millikan, Long Beach) |
| 55.45 | Tresa Currie (Pittsburg) |
| 55.77 | Tami Allen (Hawthorne) |
| 55.80 | Trisha Aubuchon (Esperanza, Anaheim) |
| 55.82 | Leslie Noll (Mt. Carmel, San Diego) |

800 Meters (2:02.29)

| | |
|---------|--|
| 2:04.59 | Keri Zaleski (Millikan, Long Beach) |
| 2:08.00 | Leslie Noll (Mt. Carmel, San Diego) |
| 2:09.06 | *Darcy Arreola (Grossmont, La Mesa) |
| 2:09.17 | *Laura Chapel (University City, San Diego) |
| 2:09.9 | Kristen Dowell (Santa Teresa, San Jose) |
| 2:13.14 | *Sherrie Smith (Woodbridge, Irvine) |
| 2:13.28 | *Kim Milligan (Compton) |
| 2:13.4 | Karen Dowell (Santa Teresa, San Jose) |
| 2:13.43 | Jodie Wertz (Redwood, Larkspur) |
| 2:13.74 | *Elena Spight (Miramonte, Orinda) |

1600 Meters (4:33.44c)

| | |
|---------|--|
| 4:45.8c | *Shannon Clark (Mountain View) |
| 4:49.9c | Kristen Dowell (Santa Teresa, San Jose) |
| 4:53.3c | *Laurie Chapman (Gunderson, San Jose) |
| 4:54.5c | *Angela Stearns (Silver Creek, San Jose) |
| 4:55.00 | *Nikki Richot (Edison, Huntington Beach) |
| 4:56.35 | *Darcy Arreola (Grossmont, La Mesa) |
| 4:57.83 | *Sidney Thatcher (Encinal, Alameda) |
| 4:58.3c | ?Sabrina Han (Westmoor, Daly City) |
| 4:58.75 | Angela Bonomini (Red Bluff) |
| 4:58.8c | *Rebecca Chamberlain (Leigh, San Jose) |

3200 Meters (10:04.2)

| | |
|----------|--|
| 10:23.85 | *Rebecca Chamberlain (Leigh, San Jose) |
| 10:25.27 | Colleen Donovan (Lodi) |
| 10:26.3c | *Laurie Chapman (Gunderson, San Jose) |
| 10:36.7 | Sally Wood (Piedmont) |
| 10:37.78 | Sherri Minkler (Analay, Sebastopol) |
| 10:39.1c | *Mary Mendoza (Presentation, San Jose) |
| 10:39.60 | ***Tracey Williams (Mountain View, El Monte) |
| 10:39.81 | *Darcy Arreola (Grossmont, La Mesa) |
| 10:42.64 | *Amy Dabul (Temple City) |
| 10:42.9 | ?Sabrina Han (Westmoor, Daly City) |

100 Meter Low Hurdles (13.41)

| | |
|--------|--|
| 13.65 | Carrie Franklin (Muir, Pasadena) |
| 13.71 | Chewuakii Knighten (Locke, Los Angeles) |
| 13.76 | Lana Cantrell (Muir, Pasadena) |
| 13.87 | ?Kelly Peacock (Van Nuys) |
| 14.01 | *Lashawn McBride (Polytechnic, Long Beach) |
| 14.06 | *Janeene Vickers (Pomona) |
| 14.18 | ?Knox (Vacaville) |
| 14.24c | *Effie Daetz (Leigh, San Jose) |
| 14.28 | *Doris Williams (Polytechnic, Riverside) |
| 14.35 | Misako Hill (Cordova, Rancho Cordova) |

300 Meter Low Hurdles (40.18)

| | |
|--------|---|
| 41.54 | Linetta Wilson (Muir, Pasadena) |
| 41.78 | *Ronda Brooks (Oakland) |
| 41.80 | Leslie Maxie (Mills, Millbrae) |
| 42.36 | Lana Cantrell (Muir, Pasadena) |
| 43.20 | *Michelle Wooten (Beila Vista, Fair Oaks) |
| 43.54c | *Christelle Johnson (Stagg, Stockton) |
| 43.97 | Michelle Hall (Millikan, Long Beach) |
| 44.00 | *Amy Ice (Cajon) |
| 44.04c | *Gina Albanese (Branham, San Jose) |
| 44.08 | Sheila Hudson (Rio Linda) |

4 x 100 Meters (45.11)

| | |
|-------|--------------------------|
| 45.11 | Hawthorne |
| 45.23 | Muir, Pasadena |
| 47.00 | Oakland |
| 47.30 | Compton |
| 47.45 | Morse, San Diego |
| 47.84 | Independence, San Jose |
| 48.00 | Kennedy, Granada Hills |
| 48.01 | Pomona |
| 48.04 | El Cerrito |
| 48.29 | Menlo-Atherton, Atherton |

Fine Flicks by Don Gosney



Tami Stiles of Hawthorne

4 x 400 Meters (3:37.68)

| | |
|---------|----------------------------|
| 3:37.69 | Muir, Pasadena |
| 3:41.21 | Hawthorne |
| 3:47.36 | Compton |
| 3:48.94 | Oakland |
| 3:52.24 | Beverly Hills |
| 3:53.47 | Hueneme, Oxnard |
| 3:53.96 | Esperanza, Anaheim |
| 3:54.31 | Mt. Carmel, San Diego |
| 3:54.7c | St. Francis, Mountain View |
| 3:55.54 | Polytechnic, Long Beach |

Fine Flicks by Don Gosney



Linetta Wilson of Muir in Pasadena

High Jump (6-2 1/4)

| | |
|---------|--|
| 6-2 1/4 | Latrese Johnson (Clovis) |
| 6-0 | *Yleana Carrasco (Anaheim) |
| 5-11 | **Ursula Lovely (Kennedy, LaPalma) |
| 5-10 | Beth Vidakovits (St. Francis, Mt. View) |
| 5-10 | *Lashawn McBride (Polytechnic, Long Beach) |
| 5-9 | *Michelle Wooten (Bella Vista, Fair Oaks) |
| 5-9 | ***Celia Willis (Clovis West, Fresno) |
| 5-7 | Cassandra Vance (Crenshaw, Los Angeles) |
| 5-7 | Stacy Lee (Los Alamitos) |
| 5-7 | **Christy Lee (Rolling Hills) |
| 5-7 | Annette Woo (Bella Vista, Fair Oaks) |
| 5-7 | ?Pollock (Westlake, Westlake Village) |

Fine Flicks by Don Gosney



Left to Right: Laurie Chapman, Mary Mendoza, Rebecca Chamberlain, Colleen Donovan, Sherri Minkler. State Meet 3200 Meter Final.

Long Jump (20-9 1/4)

| | |
|-----------|--|
| 19-10 | Yvette Roberts (Washington, Easton) |
| 19-6 1/2 | **Karen Lawson (St. Francis, Mt. View) |
| 19-5 1/2 | Rosalyn Mitchell (Diamond Bar) |
| 19-3 1/2 | Sheila Hudson (Rio Linda) |
| 19-3 | Chrissy Cerkel (Redwood, Larkspur) |
| 18-10 1/4 | Kim Huey (Santa Fe Christian, San Diego) |
| 18-10 | *Cynthia Salery (Roosevelt, Fresno) |
| 18-8 1/2 | **Stacey Rogers (Johnson, Sacramento) |
| 18-7 | **Madette Smith (Quartz Hill) |
| 18-5 1/4 | ?Kelly Peacock (Van Nuys) |

Triple Jump (42-10 1/2)

| | |
|-----------|---|
| 40-9 | Sheila Hudson (Rio Linda) |
| 39-11 1/2 | **Jackie Anderson (Mt. Miguel, Spring Valley) |
| 39-5 1/2 | Kim Taylor (Valencia, Placentia) |
| 38-10 1/4 | Yvette Roberts (Washington, Easton) |
| 38-5 | *Dawn Bent (Logan, Union City) |
| 38-3 1/4 | Jaime Kirven (Woodbridge, Irvine) |
| 38- 1/4 | ?Gaylen Ames (El Modena, Orange) |
| 37-9 1/2 | Debbie Orr (Ocean View, Huntington Beach) |
| 37-9 | **Effie Daetz (Leigh, San Jose) |
| 37-8 | ?Tara Fairfield (Fremont, Sunnyvale) |
| 37-8 | Crissy Cerkel (Redwood, Larkspur) |

Shot Put (53-7 1/4)

| | |
|-----------|---|
| 46-11 1/4 | Elaina Oden (Irvine) |
| 46-9 | Heidi Adams (Mission Viejo) |
| 44-11 1/2 | Brandi Gail (Rowland) |
| 44- 1/2 | *Tracy Crawford (Southwest, San Diego) |
| 43-3 | *Karolina Leppaluoto (Madison, San Diego) |
| 42-6 1/2 | Stephanie Smith (Yreka) |
| 42-6 1/2 | Celeste Paquette (Rancho Alamitos) |
| 42-6 | Melinda Beckenhauer (Los Altos) |
| 42- 3/4 | ?Hernandez (Branham, San Jose) |
| 41-11 1/4 | Betty Lobsinger (Concord) |
| 41-11 1/4 | Shelly Lovati (El Modena, Orange) |

Discus (183-4)

| | |
|--------|--|
| 162-2 | *Lilili (Nogales) |
| 158-4 | Stacy Horn (Cordova, Rancho Cordova) |
| 149-2 | Elaina Oden (Irvine) |
| 148-0 | Celeste Paquette (Rancho Alamitos) |
| 146-10 | Gina Niko (Mt. Eden, Hayward) |
| 146-3 | Stephanie Smith (Yreka) |
| 144-7 | Joey Classen (Clovis) |
| 144-4 | Heidi Adams (Mission Viejo) |
| 141-11 | *Tracy Crawford (Southwest, San Diego) |
| 137-11 | ?Kelly Wilson (Woodbridge, Irvine) |

1985 U.S. Prep Leaders

Men

100 Meters (10.16)

| | |
|-------|--------------------------------|
| 10.18 | Roy Martin (Roosevelt, Dallas) |
|-------|--------------------------------|

200 Meters (20.13)

| | |
|-------|--------------------------------|
| 20.13 | Roy Martin (Roosevelt, Dallas) |
|-------|--------------------------------|

400 Meters (44.69)

| | |
|--------|-------------------------|
| 45.74c | Tony Allen (Jasper, TX) |
|--------|-------------------------|

800 Meters (1:47.31)

| | |
|---------|----------------------------------|
| 1:48.09 | Doug Herron (Bar, Anchorage, AK) |
|---------|----------------------------------|

Mile (4:03.59)

| | |
|---------|------------------------------|
| 4:03.59 | John Quade (Woodinville, WA) |
|---------|------------------------------|

2 Miles (8:36.3)

| | |
|---------|-----------------------------------|
| 8:49.8c | Scott Fry (Perkins, Sandusky, OH) |
|---------|-----------------------------------|

110 Hurdles (13.22y, 12.9y)

| | |
|-------|---|
| 13.40 | Mike Timpson (Miami Lakes, Hialeah, FL) |
|-------|---|

300 Hurdles (35.32)

| | |
|-------|--------------------------------------|
| 35.32 | George Porter (Cabrillo, Lompoc, CA) |
|-------|--------------------------------------|

4 x 100 Meters (40.31, 40.2y)

| | |
|-------|-------------------|
| 40.31 | Roosevelt, Dallas |
|-------|-------------------|

4 x 400 Meters (3:07.40)

| | |
|---------|-----------|
| 3:07.40 | Hawthorne |
|---------|-----------|

High Jump (7-6)

| | |
|---------|--------------------------|
| 7-5 1/4 | Tom Smith (Heyworth, IL) |
|---------|--------------------------|

Pole Vault (18-1 1/4)

| | |
|---------|---|
| 18- 1/4 | Brandon Richards (San Marcos, Santa Barb) |
|---------|---|

Long Jump (26-8 1/4)

| | |
|-------|---|
| 25-10 | Mike Timpson (Miami Lakes, Hialeah, FL) |
|-------|---|

Triple Jump (53-6 1/2)

| | |
|------|-----------------------------|
| 51-0 | Latin Berry (Milwaukie, Or) |
|------|-----------------------------|

Shot Put (81-3 1/4)

| | |
|----------|---|
| 69-6 1/2 | Brian Blutreich (Capistrano Valley, MissionV) |
|----------|---|

Discus (213-6)

| | |
|-------|---|
| 210-8 | Brian Blutreich (CapistranoVly, MissionViejo) |
|-------|---|

Women

100 Meters (11.13)

| | |
|-------|----------------------------------|
| 11.61 | Carrie Franklin (Muir, Pasadena) |
|-------|----------------------------------|

200 Meters (22.77)

| | |
|--------|----------------------------------|
| 23.44c | Chewuakli Knighten (Locke, L.A.) |
|--------|----------------------------------|

400 Meters (50.87)

| | |
|--------|---------------------------------|
| 52.04c | **Andrea Thomas (Walton, Bronx) |
|--------|---------------------------------|

800 Meters (2:00.07)

| | |
|---------|--------------------------------------|
| 2:04.59 | Kerri Zaleski (Millikan, Long Beach) |
|---------|--------------------------------------|

Mile (4:35.24)

| | |
|---------|--------------------------------|
| 4:41.1c | *Laura Matson (A, Bloom H, MI) |
|---------|--------------------------------|

2 Miles (10:03.5)

| | |
|-----------|-----------------------------------|
| 10:05.15l | Suzie Tuffey (Bergan, Peoria, IL) |
|-----------|-----------------------------------|

100m Hurdles (12.95)

| | |
|-----------|---------------------------------------|
| 13.40 (A) | *Yolanda Johnson (Washington, Denver) |
|-----------|---------------------------------------|

300m Hurdles (40.18)

| | |
|-------|---------------------------------|
| 41.54 | Linetta Wilson (Muir, Pasadena) |
|-------|---------------------------------|

4 x 100 (45.11)

| | |
|-------|---------------|
| 45.11 | Hawthorne, CA |
|-------|---------------|

4 x 400 (3:37.69)

| | |
|---------|----------------|
| 3:37.69 | Muir, Pasadena |
|---------|----------------|

High Jump (6-2 1/4)

| | |
|---------|------------------------------|
| 6-2 1/4 | Latrese Johnson (Clovis, Ca) |
|---------|------------------------------|

Long Jump (22-3)

| | |
|------|---------------------------------------|
| 20-3 | **Carlette Guldry (Sterling, Houston) |
|------|---------------------------------------|

Triple Jump (42-10 1/2)

| | |
|----------|---------------------------------------|
| 41-2 1/4 | **Carlette Guldry (Sterling, Houston) |
|----------|---------------------------------------|

Shot Put (53-7 1/4)

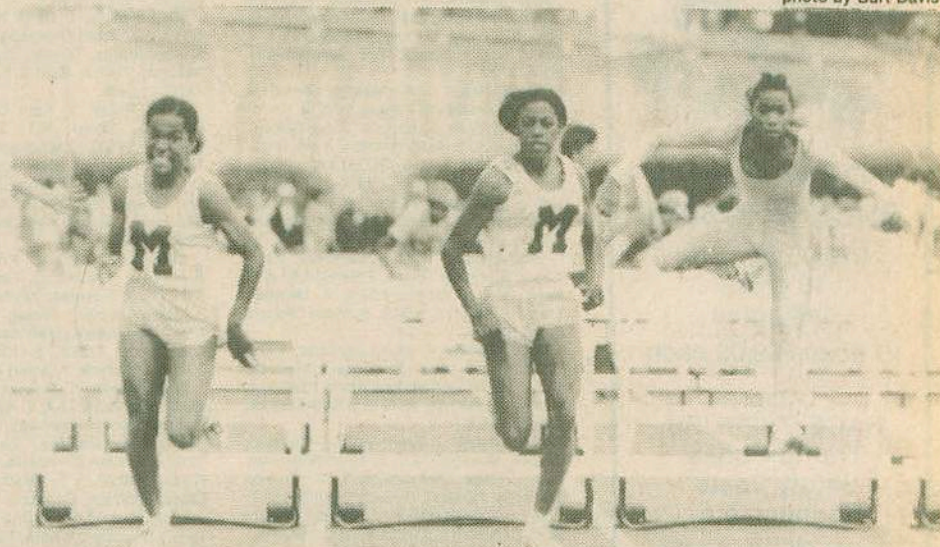
| | |
|-----------|---|
| 49-4 1/4l | Patty Purper (Red River, Grand Forks, ND) |
|-----------|---|

Discus (183-11)

| | |
|-------|---|
| 168-6 | Patty Purper (Red River, Grand Forks, ND) |
|-------|---|

This list contains the best U.S. high school marks (combined, indoors and outdoors) reported to our high school editor.

photo by Burt Davis



Left to Right: Lana Cantrell, Carrie Franklin, and Choo Choo Knighten.

Results

Track & Field

Age Group Track & Field Results

Central Calif. TAC Jr. Olympic

May 25, Bakersfield College.

Boys Results - Bantam

100 Meters: 1. Dustin Hopkins, Kern, 13.3NR, 2. Porchia, Tulare, 13.7, 3. Derrick Williams, Kern, 13.7, 4. Jay Dunlam, Kern, 14.3, 5. Aaron Lometti, Fresno, 14.4.

200 Meters: 1. Dustin Hopkins, Kern, 29.3, 2. Anthony Russell, Fresno, 30.1, 3. Ryan Brandon, Madera, 30.2, 4. Pratt, Tulare, 31.2, 5. Previs Davis, Kern, 31.3.

400 Meters: 1. Eric Dunn, Fresno, 67.7, 2. Ben Morgan, Kern, 69.3, 3. Ruben Rice, Tulare, 69.4, 4. David Smith, Madera, 69.5, 5. Eli Williams, Kern, 74.2.

800 Meters: 1. Sergio Ruiz, Fresno, 2:32.4, 2. Neil Rojas, Fresno, 2:34.5, 3. Thorencio Bacus, Kern, 2:38.1, 4. Travis Mannon, Tulare, 2:38.4, 5. Jarrod McPhetridge, Kern, 2:38.5.

1500 Meters: 1. Sergio Ruiz, Fresno, 5:04.7, 2. Travis Hilderbrand, Kern, 5:09.9, 3. Raymond Garza, Kern, 5:11.9, 4. Craig Jenkins, Fresno, 5:12.4, 5. Jay Fowler, Fresno, 5:21.8.

400m Relay: 1. Kings (Greathouse, Russel, Graves, Davis) 57.3, 2. Kern (Thomas, Bunsert, Morgan, Bock) 58.9, 3. Tulare (Porchia, Gray, Lewis, Pratt) 59.6, 4. Madera (Brandon, Armstrong, Sonorio, Aguirre) 60.9, 5. Tulare (Robles, Ross, Jefferson, Womack) N.T.

1600m Relay: 1. Kern (Williams, Davis, Womack, McDonald) 4:51.3, 2. Fresno (Peterson, Crosby, Nunez, Dunn) 4:52.6, 3. Kern (Boren, Howard, Varner, McPhetridge) 4:56.1, 4. Kings 4:58.0, 5. Fresno (Jenkins, Alves, Fowler, Rojas) 5:05.7.

Long Jump: 1. Dustin Hopkins, Kern, 14.2 1/4, 2. Louie Morales, Fresno, 14.0 1/4, 3. Scott Perry, Fresno, 13.10 1/4, 4. Matt Lem, Fresno, 13.6, 5. Eric Stenberg, Kern, 13.1 1/4.

High Jump: 1. Brian Wallin, Fresno, 4-4, 2. Eric Stenberg, Kern, 4-3, 3. Chad Billingsley, Kern, 4-3, 4. Larry Parker, Kern, 4-2, 5. Larry Ruppich, Fresno, 4-2.

Shot Put: 1. Dustin Dillard, Fresno, 27-4 1/2, 2. Jessie Gloria, Fresno, 25-6, 3. Derick Williams, Kern, 24-1, 4. Contreras, Kings, 21-8 1/4, 5. Les Clark, Kern, 21-8 1/4.

Midget

80m Hurdles: 1. Tim Fullenwider, Kern, 14.1, 2. John Roldan, Tulare, 14.2, 3. Jason Garcia, Tulare, 14.7, 4. Jon Valenti, Kern, 15.0, 5. Ladaughn Coilton, Madera, 15.4.

100 Meters: 1. Jason Conover, Kings, 13.0, 2. Marc Quirling, Kern, 13.3, 3. Patrick Moultrie, Fresno, 13.3, 4. Richard Gorman, Kern, 13.7, 5. Antoine Thomas, Madera, 13.7.

200 Meters: 1. Deandee Maxwell, Fresno, 26.2, 2. Jason Conover, Kings, 26.8, 3. Tyrone Presley, Madera, 27.1, 4. Jason Wright, Kern, 27.6, 5. Sean Weems, Kern, 27.8.

400 Meters: 1. Jason Wright, Kern, 61.4, 2. Pete Castaneda, Fresno, 61.5, 3. Kenny Edwards, Fresno, 63.1, 4. John Roldan, Tulare, 63.5, 5. Greg Newton, Kern, 64.3.

800 Meters: 1. Mike Garza, Kern, 2:22.9, 2. Eric Parish, Tulare, 2:23.4, 3. Tony Edwards, Fresno, 2:24.4, 4. Aurin Lahari, Kern, 2:28.0, 5. Kevin Chandler, Madera, 2:30.2.

1500 Meters: 1. Mark Sanchez, Kern, 4:53.2, 2. Miguel Torres, Fresno, 4:57.8, 3. Juan Garcia, Kings, 4:57.9, 4. Usbaldo Tornero, Madera, 5:04.3, 5. Mark Orocco, Kings, 5:07.1.

3000 Meters: 1. Mark Sanchez, Kern, 10:22.3, 2. Jose Santiago, Madera, 10:31.9, 3. Mike Sanchez, Kern, 10:42.1, 4. Jose Ruiz, Fresno, 10:49.9, 5. Eddie Garza, Kern, 11:05.5.

400m Relay: 1. Kings (Wiley, Maxwell, Draper, Moultrie) 52.0, 2. Kern (Wheems, Kaling, Rags, Person) 52.3, 3. Fresno (Cavazos, Aguayo, Minuch, Phillips) 52.7, 4. Kern (Walker, Sumlin, Hooks, Stinson) 53.1, 5. Madera (Graham, Thomas, Harwood, Presley) 53.3.

1600m Relay: 1. Kern (Walker, Sumlin, Stevens, Hooks) 4:16.9, 2. Fresno (Draper, Maxwell, Wiley, Moultrie) 4:18.7, 3. Madera (Preston, Hernandez, Johnson, Rodriguez) 4:21.4, 4. Fresno (Gonzales, Hill, Vidrio, Castaneda) 4:21.7, 5. Tulare (Parish, Palony, Jones, Wilkerson) 4:25.3.

Long Jump: 1. Haynes, Kings, 16-2 1/4, 2. Keith Rivera, Kern, 16-0, 3. Eric Boron, Kern, 15-5 1/2, 4. Pete Castaneda, Fresno, 15-1/2, 5. Casey McCants, Fresno, 14-7 1/2.

High Jump: 1. Haynes, Kings, 5-0, 2. Ozan Serim, Kern, 4-9, 3. David Pressutti, Fresno, 4-8, 4. Jason Christy, Kern, 4-7, 5. Jeremy Holliday, Kern, 4-7.

Triple Jump: 1. Jason Crossley, Kern, 34-1 1/2, 2. Fred Johnston, Kern, 34-1/2, 3. Keith Rivera, Kern, 33-9 1/2, 4. Daniel Haller, Kern, 32-5, 5. Shawn Barnes, Fresno, 30-8 1/2.

Shot Put - 6 lbs.: 1. John Cabrera, Fresno, 36-1 1/2, 2. Matt Pohl, Kern, 35-11 1/4, 3. Steve Matney, Kern, 31-2 1/4, 4. Joe Gonzales, Fresno, 29-5 1/4, 5. Lance Moore, Kern, 28-5 1/2.

Discus - 1 kilo: 1. Andy Flores, Tulare, 93-3, 2. Gary Cunha, Fresno, 82-2, 3. Stony Sullit, Fresno, 79-6 1/2, 4. Brian Pallon, Tulare, 78-7, 5. Scott Dilley, Kern, 76-6 1/2.

Youth

100m Hurdles: 1. Mitch Gregory, Kern, 15.2, 2. Leo Langer, Kern, 15.4, 3. Marcus Davis, Madera, 15.5, 4. Steve Schmidt, Kern, 16.6, 5. Jason Burdge, Tulare, 18.9.

100 Meters: 1. Ira Jones, Fresno, 11.7, 2. Eric McGee, Kern, 11.7, 3. Maced Mitchell, Madera, 12.1, 4. Anthony McAnahan, Kern, 12.1, 5. Darren Hopkins, Kern, 12.1.

200 Meters: 1. David Cartozian, Fresno, 23.5, 2. Ira Jones, Fresno, 23.7, 3. Darren Hopkins, Kern, 24.4, 4. Matt Fuentes, Kern, 24.9, 5. Willie Parker, Kern, 25.2.

400 Meters: 1. Rusty Waugh, Kern, 55.0, 2. Art Contreras, Fresno, 55.4, 3. Adam Walker, Fresno, 55.9, 4. Carlos Scott, Kern, 57.1, 5. Carlos Sanchez, Madera, 62.7.

800 Meters: 1. Randy Pinal, Fresno, 2:15.1, 2. Sergio Rizo, Kern, 2:15.3, 3. Sean Rufo, Kings, 2:17.6, 4. Gilbert Adame, Madera, 2:24.1, 5. Luis Gomez, Madera, 2:24.6.

1500 Meters: 1. John Bekmanis, Fresno, 4:27.4, 2. Egan Titus, Kern, 4:28.0, 3. Robert Hinojosa, Fresno, 4:28.3, 4. Raymond Mencheca, Kern, 4:48.7, 5. Joe Juarez, Tulare, 4:49.1.

3000 Meters: 1. Shon Wilson, Fresno, 10:10.3, 2. Brian Quintana, Kern, 10:19.1, 3. Jose Juarez, Tulare, 10:20, 4. Luis Arredondo, Tulare, 10:41.9, 5. Aaron Mears, Kern, 11:04.6.

400m Relay: 1. Kern (McGee, Geary, Peterson, Piker) 46.7, 2. Kern (Turk, Fuentes, White, Mechanahan) 46.9, 3. Tulare (Shavor, Stallworth, Jenkins, Graham) 47.6, 4. Fresno (Belton, Chaundry, Lawanson, Farmer) 47.7, 5. Madera (Martinez, Biphon, Mitchell, No Name) 48.2.

1600m Relay: 1. Fresno (Dolon, Bekmanis, Chaundry, Farmer) 3:46.7, 2. Kern (Turk, Fuentes, White, Scott) 3:47.3, 3. Kern (Rimer, Porter, Jones, Berry) 4:03.7, 4. Madera (Martinez, Adame, Sanchez, Ash) 4:06.8, 5. Kings (Jacques, Tobias, Ancheta, Kramer) 4:10.8.

3200m Relay: 1. Fresno (Wilson, Titus, Pinal, Markos) 9:24.4, 2. Kern (Menchaca, Gangle, Rizo, Harrelson) 9:27.0, 3. Kern (Gonzales, Bartley, Zepeda, Nadil) 10:07.4, 4. Kern (Quintana, Howard, Sons, Wilder) 10:20.1, 5. Madera (Santiago, Cabral, Tornero, Guzman) 10:43.8.

Long Jump: 1. Valentine Lopez, Fresno, 19-9 1/2, 2. Jody Graham, Tulare, 19-7 1/2, 3. Chris Ruiz, Kern, 19-8 1/2, 4. Robert Salazar, Fresno, 19-4 1/2, 5. Marcus Davis, Madera, 18-8 1/2.

High Jump: 1. Ruben Hendricks, Kern, 6-1, 2. Rick Pickett, Fresno, 5-10, 3. Andre McCoy, Fresno, 5-8, 4. Tracy Jackson, Madera, 5-6, 5. Steve Sandoval, Fresno, 5-6.

Triple Jump: 1. Jody Graham, Tulare, 41-9 1/2, 2. Valentine Lopez, Fresno, 41-2, 3. Chris Ruiz, Kern, 40-6 1/2, 4. Jim Farmer, Fresno, 40-4 1/2, 5. Collins Reimer, Kern, 38-4.

Shot Put - 4 kilo: 1. Mike Lopez, Fresno, 50-9, 2. Ilario Prieto, Tulare, 50-1, 3. Juan Flores, Madera, 43-9 1/4, 4. Brian Reeves, Kern, 42-7 1/2, 5. Jason Morales, Tulare, 42-6 1/2.

Discus - 1 kilo: 1. Steve Garrett, Fresno, 130-3, 2. Mike Martinez, Fresno, 129-7, 3. Scott Bethel, Kern, 119-3 1/2, 4. Junior Garza, Kern, 118-3, 5. Anthony Raygoza, Fresno, 117-6.

Pole Vault: 1. Scott Estes, Fresno, 9-0, 2. David Sloan, Fresno, 8-6, 3. Larry Mattox, Kern, 7-0.

Girls Results - Bantam

100 Meters: 1. Rene Mitchell, Fresno, 14.5, 2. Theasa Wandick, Kern, 14.6, 3. Jania Richardson, Fresno, 14.7, 4. Natisha Kindred, Kern, 15.0, 5. Tammy Rhines, Madera, 15.4.

200 Meters: 1. Nicole Bentley, Kern, 29.2, 2. Rene Mitchell, Fresno, 30.8, 3. Theasa Wandick, Kern, 31.2, 4. Jania Richardson, Fresno, 31.8, 5. Y. Hartley, Kings, 32.4.

400 Meters: 1. Veronica Serda, Kern, 70.7, 2. Tamika Stennis, Fresno, 70.9, 3. Cassandra Benfro, Kern, 71.3, 4. Heather Reagan, Fresno, 73.8, 5. Michelle Cox, Kern, 73.9.

800 Meters: 1. Nicole Bentley, Kern, 2:41.9, 2. Lisa Vargas, Madera, 2:44.3, 3. Monce Huizar, Kern, 2:44.9, 4. Brandy Gann, Kern, 2:45.2, 5. Stephanie Crawford, Kern, 2:47.9.

1500 Meters: 1. Brandy Gann, Kern, 5:34.3, 2. Rachel Barajas, Madera, 5:35.1, 3. Monce Huizar, Kern, 5:35.3, 4. Lisa Vargas, Madera, 5:40.9, 5. Esperanza Arroyo, Kern, 5:51.8.

400m Relay: 1. Kern (Akines, Leftrich, McMullry, Stevenson) 59.9, 2. Kern (Acves, Harris, Wankick, Johnson) 60.9, 3. Madera (Ireland, Hernandez, Armential, Iniquez) 61.8, 4. Fresno (McSwain, Majors, Makley, Reagan) 62.7.

1600m Relay: 1. Kern (Arroyo, Lopez, Serda, Gann) 5:05.8, 2. Kern (Crawford, Jones, Lefever, Hubble) 5:18.9, 3. Fresno (Greathouse, Stennis, Draper, Mitchell) 5:19.8, 4. Tulare (Wilhatch, Wagata, Marshall, McCormick) 6:05.4.

Long Jump: 1. Nicole Bentley, Kern, 13-5 1/4, 2. Almee Bowman, Kern, 12-1/2, 3. Heather Reagan, Fresno, 12-0, 4. Ronette Harrison, Kern, 11-8, 5. Erin Miller, Kern, 11-1.

High Jump: 1. Amy Bigby, Kern, 4-1, 2. Jessica Rippes, Fresno, 4-0, 3. Valeria McSwain, Fresno, 3-11, 4. Allison Baker, Kern, 3-10, 5. Karl Beene, Kern, 3-8.

Shot Put - 6 lb: 1. Maria Luis Cabrera, Fresno, 24-11 1/4, 2. Cecilia Ybarra, Fresno, 22-2 1/4, 3. Moz, Kings, 21-11, 4. Nicole Park, Kern, 21-6 1/4, 5. Jennifer Sloan, Fresno, 17-9 1/4.

1600m Relay: 1. Fresno (Greathouse, Clayton, Clark, King) 4:39.8, 2. Kern (Popek, Villarreal, Hutcherson, Lauffenburger) 4:43.7, 3. Fresno (Seymore, Anderson, Valentine, McCauley) 4:58.3, 4. Fresno (Bennett, Reid, Yang, Lumbert) 5:02.0, 5. Tulare (Noriega, Logan, Edwards, Rodriguez) 5:06.1.

Long Jump: 1. Marti Harbin, Kern, 15-7 1/2, 2. Tara Phelps, Fresno, 15-0, 3. Andra Caldwell, Fresno, 14-7 1/4, 4. Anna Trujillo, Fresno, 14-4, 5. Mona Santana, Fresno, 13-9 1/4.

High Jump: 1. Marti Harbin, Kern, 3-10, 2. Heather Brown, Tulare, 4-9, 3. Katie Abbott, Fresno, 4-8, 4. Courtney Valitine, Fresno, 4-6, 5. Tracy Gordon, Madera, 4-5.



Safety Pins

**FOR RUNNERS
RACE NUMBERS**

\$10.95 per Box
10 gross
1440 pins

10 boxes/\$9.00 each

Also:
RACE SUPPLIES
Traffic Cones
Safety Vests
Banners, etc.

Jack's Athletic Supply
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

Triple Jump: 1. Kam Warner, Kern, 32-8, 2. Marti Harbin, Kern, 31-3, 3. Christina Bennett, Kern, 30-3½, 4. Nicole DuPlessis, Tulare, 29-9½, 5. Lisa Tessandodi, Kern, 29-6½.

Shot Put - 6 lb: 1. Denella Nadal, Kern, 32-2½, 2. Tiffany Martinez, Kern, 29-0, 3. Christina Bennett, Kern, 27-3½, 4. Maite Figueroa, Fresno, 27-3, 5. Patsy Boykin, Kern, 25-3½.

Discus - 1 kilo: 1. Tiffany Martinez, Kern, 85-8½, 2. Denella Nadal, Kern, 79-11½, 3. Maite Figueroa, Fresno, 70-3, 4. Misako Hampton, Kern, 68-8½, 5. April Martinez, Tulare, 64-¼.

100m Hurdles: 1. Lupita Parada, Kern, 16.2, 2. Kim Young, Madera, 16.3, 3. All Toroczon, Kern, 16.8, 4. Kim Mosler, Tulare, 16.9, 5. Kathy Rush, Kings, 19.1.

100 Meters: 1. Angie Davidson, Kern, 12.3, 2. Christy Cope, Tulare, 12.7, 3. Renee Jones, Kings, 12.7, 4. Carla Williams, Kings, 12.9, 5. Loreli McWorter, Kern, N.T.

200 Meters: 1. Angie Davidson, Kern, 26.0, 2. Christy Cope, Tulare, 26.6, 3. Kim Young, Madera, 27.3, 4. Kathy Newman, Kern, 29.4.

400 Meters: 1. Edwinna Ammonds, Fresno, 64.0, 2. Clarissa Moulton, Kern, 65.9, 3. Dee Dee McKinney, Kern, 66.8, 4. Vanessa Cartwright, Tulare, 70.3.

800 Meters: 1. Whitney Wyatt, Kern, 2:21.0, 2. Deanna Crowston, Fresno, 2:31.2, 3. Dee Dee McKinney, Kern, 2:33.4, 4. Teresa Ruiz, Fresno, 2:33.4, 5. Michelle Boyer, Fresno, 2:35.4.

1500 Meters: 1. Maryanne Martinez, Kern, 4:56.4, 2. Allison Core, Fresno, 5:06.2, 3. Paula Shearer, Kern, 5:07.8, 4. Teresa Ruiz, Fresno, 5:07.8, 5. Shelly Graves, Fresno, 5:18.8.

3000 Meters: 1. Maryann Martinez, Kern, 10:20.7 NR, 2. Allison Core, Fresno, 10:49, 3. Teresa Ruiz, Fresno, 10:55.9, 4.

Dawnett Ellis, Kern, 12:30.0, 5. Jennifer Neumeier, Fresno, 12:35.7.

400m Relay: 1. Fresno (Kimbrough, Chisom, Harris, Holley) 51.0, 2. Kings (Williams, Jones, Youngblood, Rust) 51.6, 3. Madera (Young, Brunzell, Melendez, Stockwell) 53.4, 4. Kern (Phillips, Greggs, Hayes, Kimber) 54.3, 5. Tulare (Martinez, Bodoh, Cartwright, Cope) 54.6.

1600m Relay: 1. Fresno (Holly, Chisom, Ammons, Harris) 4:19.8, 2. Kern (Frazier, Morgan, McKinney, Collier) 4:25.1, 3. Fresno (Hoffman, Core, Krause, Graves) 4:27.3, 4. Madera (Melendez, Cabral, Tornero, Guzman) 4:27.3.

3200m Relay: 1. Kern (Ornales, Huizar, Estrada, Anderson) 10:37.7, 2. Fresno (Pizana, Jensen, Dugan, Crowson) 10:57.1, 3. Kern (Ellis, DeShields, Affentranger, Mabon) 11:10.7.

Long Jump: 1. Angela Kimbrough, Fresno, 16-3, 2. Melanie Porterfield, Kern, 15-10½, 3. Maryann Kraus, Fresno, 15-9½, 4. Raquel Trujillo, Fresno, 15-3¼, 5. All Toroczon, Kern, 15-¼.

High Jump: 1. Marci Lee, Fresno, 5-0, 2. Cozette Loandez, Fresno, 4-11, 3. All Toroczon, Kern, 4-11, 4. Edwinna Ammonds, Fresno, 4-10, 5. Kim Mosler, Tulare, 4-6.

Triple Jump: 1. All Toroczon, Kern, 34-0, 2. Maryann Kraus, Fresno, 33-11, 3. Melanie Porterfield, Kern, 32-5, 4. Brandy Camarillo, Kern, 31-5½, 5. Raquel Trujillo, Fresno, 31-3½.

Shot Put - 6 lb: 1. Dawn Dumble, Kern, 38-6, 2. Maria Gauzin, Fresno, 37-8, 3. Terry Brown, Madera, 36-6¼, 4. Nicole Hoepfner, Fresno, 34-8, 5. Melissa Wels, Kern, 34-5¼.

Discus - 1 kilo: 1. Dawn Dumble, Kern, 109-9, 2. Maria Gauzin, Fresno, 96-1, 3. Melissa Wels, Kern, 93-6½, 4. Vanessa Cartwright, Tulare, 87-7½, 5. Maria Camacho, Fresno, 85-11.

High School Haptathlon

1. Gea Johnson, Washington H.S., Phoenix, 4886, 2. Kim Malone 3092, 3. Lisa Vanerberg 3006, 4. Nichelle Medina 2685, 5. Andrea Hallgren 2479.

High School Decathlon

1. Jeff Bedell, Villa Park, 5684, 2. Don D'Orazio 5593, 3. Glen Luckner 5488, 4. Gabriel Saez 5442, 5. David Carter 5441.

Coliseum Classic

by John Ortega

June 8. L.A. Coliseum.

Willie Banks triple jumped an American Record (AR) 57-11½ to highlight the inaugural Coliseum Classic on Saturday, June 8th. Four (3 men, 1 woman) world and three (2 men, 1 woman) American leading marks were produced at the first meet held on the Coliseum track since last summer's Olympic Games.

Now 29, Banks produced one of the greatest series in history as he crack 57 feet 3 times. His series, 56-4½, 54-9½, 57-¼, 56-10, 57-4¼, 57-11½, averaged 56-8¼ while also producing the 5th and equals 8th longest jumps in U.S. history. He had held the previous AR of 57-7½. Banks didn't win easily however as Olympic silver-medalist Mike Conley of Arkansas temporarily wrestled the lead from Banks with a 57-3½ effort in round four. Rising to the occasion the former Bruin bounded 57-4¼ in the penultimate round and his AR in the final stanza.

a number 1 ranking in 1981), Banks had not performed up to his expectations in the Olympic year. He finished a distant 6th at the Games themselves and saw his U.S. ranking drop to 3rd after having had a four year run (80-83) at the top. This year however, he claims that he is healthy for the first time in three seasons and that he is confident of going even farther. "I'm very pleased with the American Record," he stated. "However, I'm capable of going farther. That wasn't a perfect jump technically. I think the world record can be broken at sea level."

While Banks' AR was the highlight of the meet, it wasn't the only outstanding performance. Innocent Egbunike of Nigeria and Azusa-Pacific won a good 400 in a national record 44.66. The time was a world leader and just did hold off a rejuvenated Darrell Robinson (44.71) in 2nd. Olympic relay gold-medalist Ray Armstead ran 44.91 in 3rd with World Champion Bert Cameron of Jamaica 6th in 45.41 and Olympic silver-medalist Gabriel Tiacoh of the Ivory Coast 7th in 45.84.

Andre Phillips completed a unique double with a world leading 48.37 in intermediates win after having finished 4th (13.54) to Olympic champion Roger Kingdom (13.33) earlier in the day in the high hurdles.

Dennis Lewis and Brian Stanton both went 7-7 in the high jump (Lewis winning on fewer misses) while Kenyans Sammy Koskel and Billy Konchellah went 1-2 in the 800 (1:44.63 - 1:44.67). AR holder Johnny Gray was never in the race and finished 7th in 1:54.60.

photo by Jim Reynolds



Steve Scott roars to a 3:36.82 victory in the Arco 1500. Second is #74 Mike Bolt and third #75 Peter Koech.

Banks' effort moved him to 2nd on both the all-time performance and performer lists. Only Loao Carlos de Oliveira of Brazil has jumped farther than Banks; however his 58-8¼ (17.89m) effort was accomplished in the rarified air of Mexico City (7,523 feet above sea level) at the 1975 Pan-American Games. Although he has been one of the most consistent jumpers in the world for the last six seasons (ranking no worse than 6th with

In the men's shot put Gregg Taffralls threw a PR 69-11½ to defeat a stellar field which included U.S. record-holder Brian Oldfield (69-7), Jesse Stuart (68-1½), 1984 NCAA Champion John Branner (67-¼) and Olympian Augie Wolf (66-1½).

On the women's side of the meet the best marks were produced in the sprints. Jamaican Merlene Ottey-Page continued

continued on next page...

College/Open Track & Field Results

Mt. SAC TAC Meet

June 2. Walnut.

Men's Results

100 Meters: 1. Rex Brobby 10.1, 2. Ed Frazier 10.4, 3. Sam Turner 10.4.

200 Meters: 1. Leonard Graham 20.6, 2. Gregg Holmes 21.2, 3. James Gilkes 21.2.

400 Meters: 1. Darrell Robinson 45.4, 2. Daymon Lee 46.3, 3. Nat Page 47.1, 4. Anthony Washington, 47.5.

800 Meters: 1. Sam Caesar 1:50.75, 2. Keith Youngblood 1:50.98, 3. Glenn Cunningham 1:51.00.

1500 Meters: 1. Ray Wickless 3:43.7, 2. Billy Konchella 3:44.4, 3. Andy Sims, 4:01.2.

3000m Steeplechase: 1. Dave Barnett 9:07.8, 2. Cal Linam 9:23.8, 3. Sal Rodriguez 10:02.4.

5000 Meters: 1. Curt Shelman 14:14.1, 2. Jerry Anderson 15:01.2, 3. Richard Taylor 15:05.6.

110m High Hurdles: 1. Sam Turner 13.5, 2. James McCraney 13.7, 3. Anthony House 14.7.

400m Hurdles: 1. Ed Cooper 49.69, 2. Barton Williams 50.44, 3. Dray Hargrove 52.04.

Shot Put: 1. Gary Williky 64-0¼, 2. Brian Faul 63-2, 3. John Turco 57-3.

Discus: 1. Greg McSeveney 219-9, 2. Judd Binley 212-1, 3. Gary Williky 208-9, 4. Paul Bishop 199-1.

Hammer: 1. Declan Hegerty 249-4, 2. Pete Galle 210-7, 3. Mike Fritchman 208-5, 4. Steve Rohovit 207-6.

Javelin: 1. Jason Bender 245-4, 2. Doug Fernandez 238-8, 3. Steve Tully 221-11.

High Jump: 1. Bryan Stanton 7-0½, 2. Bill Cannon 6-11, 3. Brain Patchett 6-7.

Pole Vault: 1. Brandon Richards 17-10½, 2. Lary Jesse 17-4½, 3. Kelly Rodrigues 16-5.

Long Jump: 1. Robert Cannon 24-9¼, 2. Sheldon Blockburger 24-8½, 3. Kevin Wilson 23-6.

Triple Jump: 1. Terry Armitage 52-4½, 2. Gary Cameron 50-11, 3. Ken Hayes 50-10¼.

Women's Results

100 Meters: 1. Lydia DeVega 11.5, 2. Karen Cannon 11.8, 3. Gayle Watkins 11.9.

200 Meters: 1. Pam Marshall 21.7, 2. Roberta Bell 22.7, 3. Robin Simmons 23.7.

400 Meters: 1. Nina Simone 56.4.

800 Meters: 1. Veronica Storvick 2:08.82, 2. Deann Gutowski 2:09.40, 3. Jill Harrington 2:09.66, 4. Laurel Hacche 2:09.75.

3000 Meters: 1. Mag Manriquez 9:52.0, 2. Vicky Bray 9:55.2, 3. Jane Balsiger 10:13.3.

100m Hurdles: 1. Pam Page 12.8, 2. Karen Cannon 13.1, 3. Gayle Watkins 13.5, 4. Cindy Greiner 14.0.

400m Hurdles: 1. Kathleen Brooks 1:06.61.

Shot Put: 1. Ramona Pagel 61-¼, 2. Carol Cady 53-4¼, 3. Ronda Losonkohl 37-8.

Discus: 1. Carol Cady 202-3, 2. Ramona Pagel 191-5, 3. Kathy Picknell 187-7, 4. Lorna Griffin 186-4.

Javelin: 1. Jackie Nelson 168-10, 2. Mary Hyden 168-1, 3. Debbie Williams 160-0.

High Jump: 1. Sue McNeal 6-¼, 2. Lori Clark 5-11, 3. Tonya Alston 5-9.

Long Jump: 1. Cindy Greiner 19-5½, 2. Modupe Oshikoya 18-10¼, 3. Renita Robinson 18-8¼.

Triple Jump: 1. Gayland Ames 38-1.

Results

her hot sprinting with a fine sprint double. She won the 100 in a stadium record 10.93 and then the 200 in a world leading 22.16.

Olympian Lillie Leatherwood ran down fast-starting Florence Griffith in the stretch to win the 400 in a American leading 50.74. The Olympic 200 silver medalist finished 2nd in 50.89.

In the women's 100 low hurdles NCAA Champion Tanya Blanford of Nebraska ran 13.02 in defeating Olympic gold medalist Benita Fitzgerald-Brown (13.24), Tanya Brown (13.25), Stephanie Hightower (13.26) and Olympian Pam Page (13.29).

Attendance at the meet was disappointing; approximately 7000. Some of this was no doubt due to the last hour withdrawals of headliners Carl Lewis, Edwin Moses (both injured) and Joaquin Cruz (fatigue). However, some of the responsibility has to be placed on the meet promoters. The best seats in the Coliseum were a ridiculous \$25 while the mediocre seats were \$12! It's high time that the promoters realized that last year's Olympic fever is dead. The people attending this year's meets are the true track fans; not people only interested in attending an Olympic event. The Coliseum track's future is already up in the air (the Los Angeles Raiders are talking about lowering the stands to field level) and the attendance here didn't do anything to improve the situation. The promoter's greediness is beginning to hurt the popularity of this great sport.

photo by Jim Reynolds



Willie Banks at Arco.

MEN

100—1. Cook (USC), 10.23 (wind 0.2 m.p.s. against); 2. Baptiste (Santa Monica TC), 10.26; 3. Ingh (Missouri/Nigeria), 10.26; 4. DeLoach (Bay City HS, Tex.),

10.28; 5. C. Smith (Bud Light), 10.29; 6. Glance (Polibati), 10.33; 7. Graddy (adidas), 10.46; 8. Brobbly (Ghana), 10.52.

200—1. Baptiste (Santa Monica TC), 20.21 (wind 0.2 m.p.s. aiding); 2. Martin (Dallas Roosevelt HS, Tex.), 20.23 (third fastest high school performance of all-time); 3. DeLoach (Bay City HS, Tex.), 20.24 (third fastest high school performance of all-time); 4. Conley (Arkansas), 20.87; 5. Graddy (adidas), 21.00; 6. Sharpe (Canada), 21.04.

400—1. Egbunike (Azusa Pacific/Nigeria), 44.66; 2. Robinson (Los Angeles TC), 44.71; 3. Armstead (AccuSplit), 44.91; 4. Uti (Iowa St./Nigeria), 45.02; 5. Rowe (AccuSplit), 45.17; 6. Carmeron (Coverse/Jamaica), 45.41; 7. Tiach (Washington St./Ivory Coast), 45.84.

800—1. Koskei (Kenya), 1:44.63; 2. Konchellah (Los Angeles TC/Kenya), 1:44.67; 3. Barbosa (Brazil), 1:46.39; 4. Redwine (Athletics West), 1:46.47; 5. Bourke (Australia), 1:49.41; 6. Mack (Santa Monica TC), 1:49.78; 7. Gray (Santa Monica TC), 1:54.60.

1500—1. S. Scott (Tiger), 3:36.82; 2. Bort (Kenya), 3:37.43; 3. P. Koeh (Washington St./Kenya), 3:38.46; 4. Masback (Sub 4), 3:42.71; 5. Harbour (Santa Monica TC), 3:44.88; 6. Kane (Ivory), 3:48.74; 7. D. Taylor (Sub 4/Ireland), 3:50.67; F. Assumani (Ivory), did not finish.

110 HURDLES—1. Kingdom (New Image), 13.33 (wind 0.1 m.p.s. aiding); 2. Clark (Houston TC), 13.50; 3. McKoy (Pacific Coast Club/Canada), 13.52; 4. Phillips (World Class), 13.54; 5. Andrade (SMU), 13.92; 6. Stewart (Los Angeles TC), 14.28.

400 HURDLES—1. Phillips (World Class), 48.37; 2. D. Patrick (adidas), 49.52; 3. Page (Los Angeles TC), 49.89; 4. B. Williams (Stars & Stripes), 50.04; 5. Nylander (SMU/Sweden), 51.27.

HIGH JUMP—1. Low (New Balance), 7-7; 2. Stanton (Stars & Stripes), 7-7; 3. Howard (Pacific Coast Club), 7-5 1/2; 4. Harken (Ivory), 7-2 1/2; 5. Ottey (Pacific Coast Club/Canada), 7-2 1/2; 6. Nordquist (Tiger), 7-0 1/2.

POLE VAULT—1. Pursley (Pacific Coast Club), 18-8 1/2; 2. Dial (Ivory), 18-8 1/2; 3. Tully (New York AC), 18-4 1/2; 4. Hintnaus (Brazil), 17-8 1/2; 5. Bell (Pacific Coast Club), 17-8 1/2.

TRIPLE JUMP—1. Banks (Los Angeles TC), 57-11 1/4 (wind 0.0) (American record, old mark, 57-7 1/2; Banks, Athletics West 1981, second best performer and performance of all-time, best sea level performance of all-time); 2. Conley (Arkansas), 57-3 1/4; 3. Sripkins (Ivory), 56-3 1/4; 4. Cannon (AccuSplit), 55-5 1/4; 5. Emordi (Texas Southern/Nigeria), 54-4 1/4; 6. Oporosi (Moorpark College/Poland), 47-1 1/4; Banks series—56-4 1/2, 54-9 1/2, 57-0 1/4, 56-10, 57-4 1/4, 57-1 1/4; Conley's series—54-6, 55-5 1/4, 56-3 1/4, 57-3 1/4, (wind 0.6 m.p.s. aiding), foul, foul.

SHOTPUT—1. Tafari (Stars & Stripes), 69-11 1/2; 2. Oldfield (Ivory), 69-7; 3. Stuart (Chicago TC), 68-1 1/2; 4. Brenner (Puma), 67-0 1/4; 5. Wolf (adidas), 66-1 1/4; 6. J. Campbell (Louisiana Tech), 65-4 1/4.

DISCUS—1. Burns (Athletics West), 214-6; 2. Powell (Bud Light), 214-3; 3. Binley (Stars & Stripes), 207-1; 4. McSeveney (Stars & Stripes), 201-8; 5. Okoye (Azusa Pacific/Nigeria), 197-2.

WOMEN

100—1. Ottey-Page (Los Angeles TC/Jamaica), 10.93 (wind 1.1 m.p.s. aiding); 2. Bolden (World Class), 11.19; 3. Marshall (Los Angeles TC), 11.21; 4. G. Jackson (Atoms/Jamaica), 11.57; 5. Simmons (Inglewood Panthers), 11.97.

200—1. Ottey-Page (Los Angeles TC/Jamaica), 22.16 (wind 0.0); 2. G. Jackson (Atom/Jamaica), 23.04; 3. Dixon (Atoms), 23.06; 4. Belle (Ivory), 23.62.

400—1. Leatherwood (New Balance), 50.74; 2. Griffith (World Class), 50.89; 3. Ross (San Diego St.), 51.33; 4. Chapman (Australia), 52.12; 5. Bailey (World Class), 52.73; 6. Belle (Puma), finished fourth in 51.72 but was disqualified.

800—1. Rowe (Los Angeles TC), 2:02.05; 2. Addison (Athletics West), 2:03.18; 3. Warren (Oregon), 2:03.56; 4. Lambaler (Athletics West/Switzerland), 2:05.24; 5. Fleming (Australia), 2:05.28; 6. Wysocki (Brooks), 2:08.78.

1100 HURDLES—1. Blanford (Los Angeles TC), 13.02 (wind 0.1 m.p.s. aiding); 2. Fitzgerald-Brown (Polibati), 13.24; 3. T. Brown (World Class), 13.25.

4. Hightower (Bud Light), 13.26; 5. Page (Los Angeles TC), 13.29; 6. Cannon (Coast Athletics), 13.56.

HIGH JUMP—1. Huntley (Pacific Coast Club), 6-3 1/2; 2. Ritter (Pacific Coast Club), 6-3 1/4; 3. Brill (Pacific Coast Club), 6-3 1/4; 4. Spencer (Los Angeles TC), 6-2; 5. Blunston (Puma), 6-0 1/4; 6. Johnson (Arizona), 5-11.

LONG JUMP—1. Lewis (Santa Monica TC), 21-4 1/4 (wind 0.6 m.p.s. against); 2. Garden (Australia), 21-2 1/2 (2.3 m.p.s.) (20-11 3/4 legal best); 3. Henry (Texas El Paso/Jamaica), 20-8; 4. Williams (Coast Athletics), 20-3.

TAC National Championships

June 14-16, Indianapolis, Indiana.

June 14

Women

10,000 METERS

Final

1. Larrieu Smith (New Balance), 32:18.29 (meet record, old mark, 32:52.6; Mary Shea, Raleigh, N.C., Cardinal Gibbons HS, 1979) (third fastest American performer and performance all-time); 2. K. O'Hara (California), 32:40.76 (fifth fastest American performer all-time); 3. Jennings (AW), 32:48.88 (eighth fastest American performer all-time); 4. Audain (New Zealand), 32:57.40; 5. McLennan (Puma), 33:03.82; 6. Rost (Cal Poly SLO), 33:12.86; 7. Cathey (New Balance), 33:16.80; 8. King (Virginia Tech), 33:21.08.

3,200-METER RELAY

Final

1. Puma (Castro), 2:07.5; Hopper 2:09.5; Arnold 2:06.0; Davidson 2:13.9; 8.36.88; 2. Metroplex Striders, 8:42.28; 3. Club Sota, 8:48.59; 4. Bowling Green St., 8:51.6; 5. Wisconsin Parkside, 9:15.7 (hand timed); no sixth.

June 15

Men

100 METERS

2 In Each Heat Plus Next Fastest

3 Qualify For Final

HEAT ONE—1. Baptiste (Athletics West), 10.19 (wind 0.2 m.p.s. against); 2. DeLoach (Bay City HS, Tex.), 10.26; 3. McNeil (East Carolina), 10.33. Nonqualifiers included: 4. C. Lewis (Santa Monica TC), 10.34; 5. Jefferson (Polibati), 10.35; 6. Butler (Bud Light), 10.41.

HEAT TWO—1. Morris (Karamul), 10.28 (wind 0.3 m.p.s. aiding); 2. Glance (Polibati), 10.32. Nonqualifiers included: 6. H. Thomas (Santa Monica TC), 10.49.

HEAT THREE—1. Scott (Knoxville TC), 10.22 (wind 0.3 m.p.s. against); 2. C. Smith (Bud Light), 10.24; 3. Cook (Polibati), 10.24; 4. Martin (Dallas Roosevelt HS), 10.32. Nonqualifiers included: 5. Graddy (adidas), 10.37; 6. Lattery (Bud Light), 10.41.

Final

1. Baptiste, 10.11 (wind 0.1 m.p.s. against); 2. McNeil, 10.17; 3. C. Smith, 10.18; 4. Scott, 10.19; 5. Morris, 10.21; 6. DeLoach, 10.21; 7. Cook, 10.25; 8. Martin, 10.27; 9. Glance, 10.29.

5,000 METERS

Final

1. Bickford (New Balance), 28:00.10; 2. Nenow (Puma), 28:10.60; 3. Porter (AW), 28:12.90; 4. Brantley (Nike), 28:31.82; 5. Corp (New Balance), 28:32.99; 6. Gordon (AW), 28:38.04; 7. Gorman (New Balance), 28:41.93; 8. Uhmman (Puma), 28:48.60; 9. Virgin (Front Runner), 28:49.91. Others included: 10. Hunt (AW), 29:02.90.

110-METER HURDLES

Final

1. Kingdom (New Image), 13.37 (wind 1.2 m.p.s. aiding); 2. Clark (Houston TC), 13.49; 3. Talley (Western Michigan), 13.59; 4. Andrade (Puma), 13.66; 5. Lane (Karamul), 13.47; 6. Wilcher (Bud Light), 13.76; 7. Washington (Western Michigan), 13.95; 8. Norman (NY Pioneers), 14.14; Pierce (Karamul), did not finish.

SHOTPUT

Final

1. Laut (AW), 68-11 1/4; 2. Brenner (Puma), 68-9 1/4; 3. Stuart (Chicago TC), 68-1; 4. Tafari (Stars & Stripes), 67-11 1/2; 5. Atkins (AW), 67-8 1/4; 6. Wolf (adidas), 66-3 1/4; 7. Seufolhm (Weight City), 66-2 1/4; 8. Smith (Stars & Stripes), 65-2; 9. Backes (New Mexico), 64-10. Others included: 12. Oldfield (Chicago TC), 62-3 1/4.

Women

100 METERS

3 In Each Heat Qualify For Final

HEAT ONE—1. Inniss (Atoms/Guyana), 11.26 (2.5 m.p.s.); 2. Finn (Bud Light), 11.31; 3. Wallace (Texas Southern TC), 11.49. Nonqualifiers included: 5. M. Taylor (Ivory), 11.59; 9. DeVega (SoCal Cheetahs/Philippines), 12.05.

HEAT TWO—1. Marshall (Los Angeles TC), 11.15 (3.2 m.p.s.); 2. Torrence (Bud Light), 11.28; 3. G. Jackson (Atoms/Jamaica), 11.29. Nonqualifiers included: 5. Burke (Puma), 11.59.

HEAT THREE—1. Ottey-Page (Los Angeles TC/Jamaica), 10.94 (wind 1.6 m.p.s. aiding) (meet record, old mark, 10.96; Evelyn Ashford, Medalist, 1982); 2. Williams (Puma), 11.24; 3. Clette (Bud Light), 11.36. Nonqualifiers included: 6. Peterson (Nevada Las Vegas), 11.62; 8. Johnson (SoCal Cheetahs), 11.76.

Final

1. Ottey-Page, 10.98 (wind 0.6 m.p.s. aiding); 2. Marshall, 11.21; 3. Williams, 11.23; 4. Inniss, 11.34; 5. Finn, 11.37; 6. Wallace, 11.38; 7. Torrence, 11.41; 8. Jackson, 11.42; Clette, 11.43.

5,000 METERS

Final

1. Girard (Ivory), 15:47.50; 2. Merrill (Age Group AA), 15:57.83; 3. Switzer (Texas), 15:58.39; 4. McMiken (Los Angeles TC/New Zealand), 15:59.89; 5. J. Hansen (Los Angeles TC), 16:01.88; 6. Holiday (BYU), 16:02.00; 7. Cogan (Ohio St.), 16:07.57; 8. Quick (Nike), 16:09.23; 9. Everett (Ivory), 16:18.37. Others included: 14. L. Gonzales (New Balance), 16:36.07.

100-METER HURDLES

Final

1. Blanford (Los Angeles TC), 12.85 (wind 0.1 m.p.s. aiding) (meet record, old mark, 12.86; Deby LaPlante, KCB TC, 1979, and Stephanie Hightower, LATC, 1982) (third fastest American performer and equals fourth-fastest performance all-time); 2. Hightower (Bud Light), 12.92; 3. Fitzgerald-Brown (Polibati), 13.04; 4. Page (Los Angeles TC), 13.06; 5. Martin (Knoxville TC), 13.11; 6. Pendergraft (Auburn), 13.24; 7. Brady (Polibati), 13.25; 8. Young (Puma), 13.29; 9. Hunter (Atoms/Jamaica), 13.79.

1,600-METER RELAY

Final

1. Police Athletic League (McMillan 55.0; A. Williams 54.2; Green 51.9; Emanuel 52.9), 3:33.91; 2. Puma "A", 3:36.35; 3. Puma "B", 3:46.41; no other entrants.

10,000-METER WALK

Final

1. Torrellas (Abraxas), 48:38.16 (American and meet record, old mark, 50:32.8; Sue Brodcock, SoCal Roadrunners, 1979); 2. Vail (Island), 49:25.43; 3. Lawrence (Danner Shoe), 50:26.61; 4. Lopez (SoCal Roadrunners), 50:54.87; 5. Liers (Island), 51:23.97; 6. Robertson (Club Northwest), 51:50.79; 7. Brown (Island), 52:08.72; 8. Howell (Seattle TC), 52:43.40; 9. Bocci (Motor City Striders), 53:28.95. Others included: 13. Kash (SoCal Roadrunners), 55:15.00.

DISCUS

Final

1. Cady (Bud Light), 200-9; 2. Neer (Western Michigan TC), 185-2; 3. Griffin (Nike), 179-4; 4. Beasley (Oregon), 179-1; 5. Levi (Arizona), 178-5; 6. Pagel (Los Angeles TC), 177-2; 7. Garrett (Arizona), 174-6; 8. DeSnoo (San Diego St.), 174-4; 9. Picknell (Bud Light), 172-5. Others included: 12. Deniz (Los Angeles), 146-4.



Louise Romo-2nd 800 (1:59.63)

LONG JUMP

Final

1. Lewis (Santa Monica TC), 22-8½w (3.9 m.p.s.) (21-11 legal best); 2. Williams (Coast Athletics), 21-2½w (3.5 m.p.s.); 3. Garcia (Puma), 20-11½w (6.4 m.p.s.); 4. Brown (Puma), 20-10½ (wind 0.8 m.p.s. aiding); 5. Johnson (Pollitabs), 20-10w (3.5 m.p.s.); 6. Loud (Coast Athletics), 20-9w (4.8 m.p.s.); 7. Yarbrough-Harvey (Stars & Stripes), 20-7w (4.9 m.p.s.); 8. Echols (LSU), 20-5¼w (4.6 m.p.s.); 9. Jones (Kansas), 20-3w (3.1 m.p.s.). Others included: 10. Inniss (Atoma/Guyana), 20-2¼w (4.5 m.p.s.); 11. Bell (SoCal Cheetahs), 20-1w (5.6 m.p.s.).

HIGH JUMP

Final

1. Ritter (Pacific Coast Club), 6-3¼; 2. Sommer (adidas), 6-3¼; 3. Blunston (Puma), 6-2; 4. Moore (Washington St.), 6-2; 5. Huntley (Pacific Coast Club), 6-2; 6. Spencer (Los Angeles TC), 6-2; 7. Westover (Ather), 6-1; 8. tie among McNeal (Stars & Stripes), L. Johnson (Clovis HS), Chesbro (unat) and K. Johnson (Arizona), 6-1.

JAVELIN

Final

1. Sulinski (Millbrae Lions), 197-8; 2. Mercer (Florida St.), 188-8; 3. Suttin (Los Angeles TC), 187-5; 4. Wheeler (Sequim HS, Wash.), 181-1; 5. Ray (World Class), 177-10; 6. Battaglia (Indiana), 175-1; 7. Harmon (Oregon), 167-4; 8. Martinson (Puma), 166-0; 9. Schoenborn (Moscow USA), 160-7. Others included: 11. Mueller (San Diego St.), 157-10.

June 16

Men

200 (semifinals, 2 in each plus next fastest 3 qualify for final): Heat One—Daniel (Bud Light), 20.49w (2.9 m.p.s.); 2. DeLoach (Bay City, Tex. HS), 20.48. Nonqualifiers included: 4. Manning (Stars & Stripes), 20.75. Heat Two—Martin (Dallas Roosevelt HS), 20.30 (wind 1.1 m.p.s. aiding); 2. Crain (Pollitabs), 20.34; 3. Quow (New York Pioneers), 20.44. Nonqualifiers included: 4. Butler (Bud Light), 20.52; 7. Graddy (adidas), 20.91. Heat Three—1. C. Smith (Bud Light), 20.14 (wind 0.8 m.p.s. aiding); 2. Baptiste (unat), 20.31; 3. McSwain (North Carolina St.), 20.36; 4. Jefferson (Kent St.), 20.48. Nonqualifiers included: 6. Evans (Pollitabs), 20.54. (Final)—1. Baptiste, 20.11 (wind 0.4 m.p.s. aiding); 2. Martin, 20.13 (equals national high school record, Martin, 1985); 3. C. Smith, 20.26; 4. Crain, 20.32; 5. Clow, 20.50; 6. McSwain, 20.51; 7. Daniel, 20.70; 8. Jefferson, 20.87; 9. DeLoach, 25.32.

400—1. Rowe (Accusplit), 44.87; 2. Robinson (Los Angeles TC), 44.94; 3. Haley (Arkansas), 45.06; 4. Robinson

(SMU), 45.09; 5. Caldwell (Pollitabs), 45.10; 6. McCoy (Bud Light), 45.32; 7. Dixon (Iowa St.), 45.61; 8. Daniels (Bud Light), 45.70; 9. Vaughn (New Balance), 45.93.

800—1. Gray (Santa Monica TC), 1:44.01; 2. Marshall (adidas), 1:44.53; 3. Jones (Converse), 1:44.58; 4. Mack (Santa Monica TC), 1:44.77; 5. Robinson (Inner City), 1:45.03; 6. Wilson (Athletics West), 1:45.21; 7. Sanders (Bud Light), 1:45.49; 8. Clark (Bud Light), 1:46.81; 9. Mays (Bud Light), 1:47.75.

1,500—1. Spivey (Athletics West), 3:39.54; 2. S. Scott (Tiger), 3:39.61; 3. Hacker (Wisconsin United), 3:39.63; 4. Aragon (AW), 3:39.89; 5. Harbour (Santa Monica TC), 3:40.51; 6. Dixon (unat), 3:40.57; 7. Myers (Oregon), 3:41.18; 8. Theriot (adidas), 3:41.27; 9. F. Assumma (unat), 3:41.74; 10. Fricker (Accusplit), 3:43.15; 11. Lewis (Fresno St.), 3:43.19; 12. Brahm (Indiana), 3:44.08.

5,000—1. Padilla (AW), 13:16.42 (meet record, old mark, 13:25.14, Padilla, 1983) (fifth performer and ninth performance all-time U.S.); 2. Marfee (Puma), 13:17.13; 3. Centrowitz (New York AC), 13:33.92; 4. Placencia (AW), 13:34.10; 5. Sepienza (Dartmouth), 13:34.51; 6. Graddy (AW), 13:35.16; 7. Henderson (AW), 13:35.76; 8. Wysocki (Brooks), 13:42.13; 9. Wicksell (Puma), 13:47.89. Others included: 17. Aldridge (Tiger), 14:07.33.

3,000 STEEPCHASE—1. Marsh (AW), 8:18.35 (meet record, old mark, 8:21.05, Marsh, 1983); 2. Diemer (AW), 8:20.64; 3. Gerber (Nike), 8:21.99; 4. Cooper (Converse), 8:25.85; 5. Hyde (Air Force), 8:27.68; 6. Huff (Converse), 8:28.45; 7. Fadli (Pacific Coast Club), 8:29.01; 8. Beardsley (Etonic), 8:29.65; 9. Pittman (Knoxville TC), 8:30.34. Others included: 10. Daniels (Converse), 8:30.98; 15. Knowles (New Balance), 8:44.29.

400H—1. Phillips (World Class), 47.67 (third fastest performer all-time world; second fastest U.S. performer all-time); 2. Harris (Iowa St.), 48.65; 3. Rambo (Bud Light), 49.29; 4. Thomas (Indiana), 49.34; 5. Laverty (Texas El Paso), 49.35; 6. Page (Los Angeles TC), 49.84; 7. Williams (LSU), 49.88; 8. Patrick (adidas), 50.01; 9. Clark (Knoxville TC), 50.21.

HAMMER—1. Logan (New-York AC), 250-2; 2. McKenzie (Stars & Stripes), 232-4; 3. Flax (Oregon), 230-3; 4. Green (Stars & Stripes), 230-1; 5. McArdle (Oregon International), 229-1; 6. DeSoto (unat), 221-4; 7. Masterson (Puma), 219-3; 8. Egan (Rhode Island), 217-9; 9. Deal (Chicago TC), 215-2. Others included: 11. Rohovit (Converse West), 210-8; 13. Littleton (Fresno St.), 208-9; 17. Mann (Azusa Pacific), 204-0; 21. Maynard (Athletes In Action), 194-10; 22. Arcaro (All-American), 192-6.

TRIPLE JUMP—1. Banks (Los Angeles TC), 58-11½w (1.5 m.p.s. aiding) (world, American and meet record, old world mark, 58-8½, Joao de Oliveira, Brazil, 1975; old American mark, 57-11¼, Banks, 1985; old meet mark, 57-7½, Banks, Athletics West, 1981); 2. Conley (Arkansas), 58-1¼ (wind 1.9 m.p.s. aiding) (third best performer all-time world and second performer all-time U.S.); 3. Simpkins (Stars & Stripes), 57-5¼ (wind 0.5 m.p.s. aiding) (equals eighth performer all-time world and third performer all-time U.S.); 4. Joyner (AW), 57-3½ (wind 0.9 m.p.s. aiding) (fourth performer all-time U.S.); 5. Cannon (Accusplit), 55-7 (wind 0.8 m.p.s. aiding); 6. Criddle (Santa Monica TC), 54-4; 7. Streeter (Indiana), 54-1¼; 8. Marlow (Stars & Stripes), 54-1; 9. Roskiewicz (Knoxville TC), 52-11¼.

LONG JUMP—1. Conley (Bud Light), 28-0w (2.7 m.p.s.); 2. Grimes (AW), 27-10¼w (4.4 m.p.s.); 3. Powell (World Class TC), 27-2w (4.0 m.p.s.); 4. Myricks (Bud Light), 26-9¼w (2.2 m.p.s.); 5. McRae (Bay Area Striders), 26-7¼w (5.0 m.p.s.); 6. Jackson (Stars & Stripes), 26-2¼w (2.3 m.p.s.); 7. Johnson (Abilene Christian), 26-1¼w (2.7 m.p.s.); 8. Coney (Penn St.), 25-11w (4.5 m.p.s.); 9. Howard (North Carolina St.), 25-7¼w (6.1 m.p.s.).

DISCUS—1. Powell (Bud Light), 214-4; 2. Burns (AW), 211-10; 3. Binley (Stars & Stripes), 210-3; 4. McSeveney (Stars & Stripes), 208-1; 5. Swarts (Shore AC), 205-1; 6. Williby (Maccabi), 204-11; 7. Buncic (Bud Light), 204-9; 8. Meyer (Houston TC), 203-9; 9. Davenport (Texas), 201-9. Others included: 12. Carter (New York), 195-9; 13. Bishop

(unat), 189-11; 14. T. Bender (Fresno St.), 188-4.

JAVELIN—1. Petranoff (AW), 286-1; 2. Jadwin (Tiger), 284-6; 3. Atwood (AW), 276-10; 4. Roggy (Puma), 276-5; 5. M. Barnett (AW), 258-0; 6. Collins (New York AC), 257-7; 7. Christianson (Moscow USA), 257-2; 8. B. Cruser (Oregon), 253-9; 9. Ward (unat), 241-1.

HIGH JUMP—1. Stanton (Stars & Stripes), 7-6½; 2. Balkin (Stars & Stripes), 7-5¼; 3. Burton (unat), 7-5¼; 4. Whitehead (unat), 7-5¼; 5. Crumby (Arizona), 7-4¼; 6. Nordquist (Tiger), 7-4¼; 7. tie between Lewis (New Balance) and Howard (Pacific Coast Club), 7-4¼; 9. Peacock (Puma), 7-4¼. Others included: 10. Carter (unat), 7-4¼.

POLE VAULT—1. Dial (AW), 18-9¼; 2. Tully (New York AC), 18-5¼; 3. Olson



Phyllis Blunston - 3rd HJ (6-2)

(Pacific Coast Club), 18-5¼; 4. Bright (AW), 18-1¼; 5. Cooper (Athletes In Action), 17-9¼; 6. tie among Jenkins (Bud Light), Stubblefield (Bud Light) and Volz (unat), 17-9¼; Kenworthy (Stars & Stripes), Freley (Fresno St.) and Tarpenning (Oregon), no height.

20-KILOMETER WALK—1. Lewis (New York AC), 1:28:26.46; 2. Evoniuk (Bud Light), 1:29:18.12; 3. Scully (Shore AC), 1:30:12.16; 4. Wick (unat), 1:30:23.81; 5. Kaestner (Wisconsin Park-side), 1:33:50.26; 6. Morgan (New York AC), 1:35:38.28; 7. Funkhouser (Shore AC), 1:35:50.74; 8. Shick (Athletes In Action), 1:39:28.33; 9. DeWitt (Chicago TC), 1:41:24.37.

FINAL TEAM LEADERS—Athletics West 109; Bud Light 61; Stars & Stripes 47; New York AC 36; Puma 32; Los Angeles TC 19.

Women

200 (semifinals, 2 in each heat plus next fastest 3 qualify for final): Heat one—1. Ottey-Page (Los Angeles TC), 22.76w (2.8 m.p.s.); 2. Clette (Bud Light), 22.94; 3. Smith (Converse), 23.04; Smalls (Michigan St.), 23.09. Heat Two—1. Marshall (Los Angeles TC), 22.74w (2.7 m.p.s.); 2. Finn (Bud Light), 23.22. Nonqualifiers included: 3. Burke (Puma), 23.60; 7. McCraw (SoCal Cheetahs), 24.06. Heat Three—1. Jackson (Atoms/Jamaica), 22.48w (4.3 m.p.s.); 2. Torrence (Bud Light), 23.00; 3. Sowell (New Image), 23.11. (Final)—1. Ottey-Page, 21.93 (wind 0.9 m.p.s. aiding) (sixth performer all-time world); 2. Marshall, 22.39; 3. Jackson, 22.57; 4. Clette, 23.05; 5. Torrence, 23.21; 6. Smith, 23.23; 7. Sowell, 23.25; 8. Finn, 23.33; 9. Smalls, 23.39.

400—1. Leatherwood (New Balance TC), 50.64; 2. Dixon (Atoma), 50.78; 3. Oliver (Knoxville TC), 51.96; 4. Dabney (Puma), 52.19; 5. McIntosh (Atoms),

52.47; 6. Belle (Puma), 52.75; 7. Shurr (Puma), 52.80; 8. Sherri Howard (Puma), 53.48; 9. Maxey (Kansas St.), 54.72.

800—1. Groenendaal (AW), 1:59.48; 2. Romo (Los Angeles TC), 1:59.83; 3. Walton-Floyd (Pollitabs), 2:00.17; 4. Clark (AW), 2:00.24; 5. McIntosh (Villanova), 2:01.52; 6. Jenkins (Adams St.), 2:03.14; 7. Campbell (Puma), 2:03.43; 8. Lambert (AW), 2:04.76; 9. Zaleski (Millikan HS/Coast Athletics), 2:08.86.

1,500—1. Richburg (Gazette International), 4:04.73; 2. Backford (Brooks), 4:06.48; 3. Wysocki (Brooks), 4:07.42; 4. Warren (adidas), 4:07.50; 5. Foster (Nike), 4:08.76; 6. Odom (Houston Harriers), 4:09.42; 7. Romo (Los Angeles TC), 4:10.38; 8. Harvey (Knoxville TC), 4:11.02; 9. Webb (adidas), 4:14.22; 10. Dettelsen (AW), 4:15.80; 11. Jones (AW), 4:20.37; Gregorek (AW), did not start.

3,000—1. Branta (AW), 8:49.64; 2. Bremser (Wisconsin United), 8:49.66; 3. Knisley (New Balance), 8:52.54; 4. Hayes (AW), 9:02.14; 5. Welch (unat), 9:02.92; 6. Twomey (W), 9:05.06; 7. Merrill (Age Group AA), 9:12.75; 8. Natale (New Balance), 9:13.12; 9. Bush (Kangaroos), 9:14.05; 10. Forde (Maryland), 9:20.44; 11. Craft (AW), 9:28.11; 12. Ralston (Converse), 9:31.06.

400 HURDLES—1. Brown-King (AW), 55.10; 2. Sheffield (Los Angeles TC), 55.53; 3. Brown (World Class), 56.34; 4. Williams (LSU), 56.34; 5. Farmer (Puma), 56.61; 6. Davis (Oklahoma St.), 56.74; 7. Bradley (unat), 57.09; 8. Maxie (Millbrae Lions), 59.39; Barksdale (Puma), did not start.

400 RELAY—1. Puma "A", 43.95; 2. Puma "B", 45.19; 3. Michigan St., 45.74; Atoms, did not finish.

800 MEDLEY RELAY—1. Los Angeles TC, 1:36.80; 2. Puma, 1:37.64; 3. Atoms, 1:41.17; no other starters.

SHOTPUT—1. Pagel (unat), 60-4¼; 2. Pollock (Coast Athletics), 57-3¼; 3. Cavanaugh (Puma), 56-7; 4. Garrett (Arizona), 54-8¼; 5. Cady (Los Angeles TC), 54-4¼; 6. Jones (Fresno St.), 52-8¼; 7. Burke (Commonwealth AC), 51-8¼; 8. Beasley (Oregon), 51-1¼; 9. Costanzo (Arizona), 50-11. Others included: 11. Clements (adidas), 47-6¼.

TRIPLE JUMP—1. Brown (Puma), 43-2¼; 2. Thomas (Converse), 43-1; 3. Turner (Nike), 43-0¼; 4. Garcia (Puma/Brazil), 42-9¼; 5. Netterville (Purdue), 41-3¼; 6. Gabriel (Atoma), 41-0¼; 7. Hudson (Rio Linda HS, Calif.), 40-11; 8. Robinson (South Bay), 40-7¼; 9. Dollins (Wisconsin United), 40-7¼.

FINAL TEAM LEADERS—Puma 105; Los Angeles TC 100; Athletics West 45; Bud Light 28; Atoms 27; New Balance 26; Coast Athletics 17.

Foot Locker Summer Games/ Pacific Conf. Championships

by Keith Conning

June 22-23, Berkeley.

Andre Phillips (World Class), the TAC 400 meter champion, set a meet record of 45.2 hand-timed in the Foot Locker 400 meters. Three California high schoolers finished 2nd, 3rd, and 4th (see Prep Notes). The old meet record of 45.58 was set by Bert Cameron (Jamaica) in 1984. "I ran the open 400 for some fun," said Phillips. "The speed is there, the strength is there for some good times. I have no plans to run the intermediate hurdles until the Sports Festival." Concerning Edwinn Moses' 109 meet winning streak in the 400 hurdles, Phillips said, "Hopefully it will be me to break it (the streak). Danny Harris (Iowa State/Perris HS) and I have the best chance of doing it."

Octavius "Okie" Clark (Bud Light/Santa Fe CC), who finished 8th in the TAC championships 800 at 1:46.81, set a Pacific Conference meet record of

continued on next page...

Results

1:46.01. The old meet record of 1:47.9 was set by Chum Darvall (US) at Canberra in 1977. "It was tough the last 110 meters," said Clark. "I just had to gut it out. It was a PR for me."

Peter Renner (New Zealand), 11th in the Olympic Games steeplechase and ranked 8th in the world, set a Pacific Conference meet and Edwards Stadium record of 8:28.33. The old meet record of 8:26.51 was set by Greg Duhalme (Canada) at Christchurch in 1981. The old stadium record of 8:31.24 was set by Julius Korir (Washington State) in 1983. "The win was surprisingly easy," said Renner. "Running from the rubber (track) to the grass, tires the legs but it didn't bother me too much. I really didn't plan to lead the race, but the others assumed I would because I am usually a leader. I'm very happy with the race."

Joe Dial (Oklahoma State), the TAC pole vault champion at 18-9 1/4 and NCAA champion at 18-6, won at 18-4 1/4.

Willie Banks (LATIC), who set a world record of 58-11 1/2 at TAC, set a Pacific Conference meet record of 56-0. The old meet record of 54-6 1/2 was set by Ron Livers (US) in 1977. "This is a soft runway, unlike Indianapolis (where he set the world record last week), which is an incredibly hard runway, and it gives a lot more bounce," said Banks. "I'm leaving right now for Belfast; I guess I'll be dodging molotov cocktails."

Chuck Debus, Banks' coach said, "He's an amazing athlete, to be jumping like this at 29. Since last week, he's had a lot of offers to compete; they've added the triple jump to a lot of meets in Europe, and his price has gone up. The long jump is a Grand Prix event this year, so he was doing the long jump early in the season in order to have an event this summer. Now, with the record, he doesn't need to worry about that. He's going to use the meets for training now; that's why he took all six jumps. Only when he has three days bet-

photo by Burt Davis



Foot Locker Mile (left to right): Jeff Atkinson (8th, 4:04.85), Richie Harris (3rd, 3:59.63), Gary Lewis (7th, 4:04.55), Mark Fricker (5th, 4:01.00), Ray Flynn (2nd, 3:58.95), Jay Marden (6th, 4:01.22), John Walker (4th, 3:59.65), Steve Scott (1st, 3:58.43).

Nat Page (LATIC), 6th in the TAC 400-meter hurdles at 49.84, set a new Pacific Conference meet and personal record of 49.56. The old meet record of 50.79 was set by Lloyd Guss (Canada/ex-California) in 1981.

The United States 4 x 100 team of Lee McNeil, Emmitt King, Greg Moore, and Harvey McSwain won in 39.30.

The United States 4 x 400 team of Nat Page 47.1, Andrew Valmon 45.1, Calvin Long 45.8, and Cedrick Vaughans 45.7 defeated Japan-3:03.70 to 3:05.76.

Jimmy Howard (PCC), ranked 6th in the world and 7th in the TAC high jump at 7-4 1/4, set an Edwards Stadium and Pacific Conference meet record of 7-7. The old stadium record of 7-6 was set by Pat Matzdorf (USA/Wisconsin) in 1971. It was a world record at the time. The old meet record of 7-3 was set by Dean Bauck (Canada) in 1981.

when meets, he'll do some conditioning. He needs to hold his form until the World Cup."

Jesse Stuart (UCTC), 3rd in the TAC shot at 68-1, set a Pacific Conference meet record of 68-5. The old meet record of 64-10 was set by Collin Anderson (US) in 1981. "I'm not satisfied with the way I threw today," said Stuart. "I never could align my technique."

John Brenner (Puma TC), 2nd in TAC at 68-9 1/4, won the Foot Locker shot at 68-8 1/4. Greg Tafrales (Stars and Stripes TC) was second at 67-8, followed by 40-year-old Brian Oldfield at 66-4 1/4.

John Stapylton-Smith (New Zealand) set a Pacific Conference meet record of 286-4 in the javelin. The old record of 270-8 was set by Cary Feldmann (US) at Toronto in 1973.

Masami Yoshida (Japan) upset the Foot Locker Javelin field with a throw of

281-6. It was very close to his national record of 286-0. Yoshida had only placed fifth in the Pacific Conference at 266-1 the day before.

Dave Steen (Canada/ex-California) set a Pacific Conference meet record in the decathlon of 8109 (11.18, 23-5 1/4, 43-2 1/4, 6-8, 48-8, 15.16, 140-7, 16-4 1/4, 210-11, 4:24.34). The old meet record of 7793 was set by John Crist (US) in 1981. "Things went well, nothing spectacular, just real solid," said Steen. "It's real nice to be competing back home. I competed here at Cal and it motivated me when my friends started showing up in the stands. Now I'll just rest up for a while. The next meet, as far as the decathlon is concerned are the Canadian championships. I'm going to train for the pole vault and try to make it to the world cup."

Lillie Leatherwood (New Balance), 1st in TAC 400 at 50.64, set a Pacific Conference meet record of 51.06. The old meet record of 52.63 was set by Verna Burnard (Australia) in 1977.

The United States 4x100 team of Tanya McIntosh, Michelle Finn, Gwen Torrence, and Ella Smith set a new Pacific Conference meet record of 44.25. The old meet record of 44.26 was set by Australia in 1977. Canada was second in 44.76, followed by Australia 45.00 and New Zealand 45.57.

The United States 4x400 team of Roberta Belle (Los Angeles) 52.3, Susan Shurr 52.1, Michelle Maxey 51.8, and Tanya McIntosh 52.0 set a Pacific Conference meet record of 3:28.20. The old meet record of 3:34.20 was set by Australia in 1981. Australia was also under the old record of 3:33.40.

Penny Neer (Wn.MI.TC), 2nd in the TAC discus at 185-2, became the fourth American to throw over 200 feet with a toss of 201-4. "All I can say is I'm going to collect on a lot of steak dinners after today," said Neer. "I had so many bets with people (including Cal Athletic Director Dave Maggard, who promised her a meal if she threw over 200 feet). I also get to call home collect. My friends told me I'd have to pay for the call if I just did OK, but that I could call collect if I did really well."

Penny attended the University of Michigan on a basketball scholarship and did track just for fun. Her college coach when she started (in track) Red Simmons, left the school after two years. "The new coach was a distance runner, and he didn't know anything about the discus," she said. So Penny began coaching herself and continued to do so until this day.

Conference Games

June 22-23, Edwards Stadium, Berkeley.

Men's Results

100 Meters: 1. Emmitt King (USA) 10.44, 2. Lee McNeil (USA) 10.45, 3. Rick Jones (Can) 10.56.

200 Meters: 1. Harvey McSwain (USA) 20.83, 2. Courtney Brown (Can) 21.17, 3. Michael Dwyer (Can) 21.32.

400 Meters: 1. Andrew Valmon (USA) 45.84MR, 2. Susumu Takano (Japan) 45.95, 3. Cedrick Vaughans (USA) 46.12.

800 Meters: 1. Okie Clark (USA) 1:46.01MR, 2. Peter Fearless (NZ) 1:46.97, 3. Simon Hoogerwerf (Can) 1:47.36.

1500 Meters: 1. Dave Campbell (Can) 3:44.25, 2. Peter Bourke (Australia) 3:45.13, 3. Craig Masback (USA) 3:45.44.

3000m Steeplechase: 1. Peter Renner (NZ) 8:28.33SR, 2. Graeme Fell (Can) 8:40.67, 3. Hideki Mieda (Japan) 8:41.79.

5000 Meters: 1. Robert Lonnegren (Can) 13:54.00, 2. Tsukasa Endo (Japan) 13:54.45, 3. Brad Erickstad (USA) 14:00.45.

10,000 Meters: 1. Peter Butler (Can) 28:53.1, 2. Rex Wilson (NZ) 29:07.0, 3. Paul Gorman (USA) 29:21.0.

110m Hurdles: 1. Alex Washington (USA) 13.5, 2. Tom Wilcher (USA) 13.6, 3. Jeff Glass (Can) 13.7.

400m Hurdles: 1. Nat Page (USA) 49.56MR, 2. John Graham (Can) 50.11, 3. Tony Valentine (USA) 50.30.

4 x 100m Relay: 1. United States (Lee McNeil, Emmitt King, Greg Moore, Harvey McSwain) 39.30, 2. Australia 40.28, 3. Japan 40.40.

4 x 400m Relay: 1. United States (Cedrick Vaughans, Andy Valmon, Calvin Long, Tony Valentine) 3:03, 2. Japan 3:05.76, 3. Australia 3:09.80.

Long Jump: 1. Mike McRae (USA) 25-8, 2. Yunchi Usui (Japan) 25-2 1/4, 3. Stephen Walsh (NZ) 24-5 1/4.

Triple Jump: 1. Willie Banks (USA) 56-0MR, 2. Yasushi Ueta (Japan) 53-8 1/4, 3. Matthew Sweeney (Australia) 51-10 1/4.

High Jump: 1. Jimmy Howard (USA) 7-7SR, 2. Brian Stanton (USA) 7-5 1/4 MR, 3. Shuji Ujino (Japan) 7-1 1/4.

Pole Vault: 1. Steve Stubblefield (USA) 17-8 1/4 MR, 2. Neal Honey (Australia) 17-0 1/4, 3. Toshiyuki Hashioka (Japan) 17-0 1/2.

Shot Put: 1. Jesse Stuart (USA) 66-5MR, 2. Luby Shambal (Can) 57-11 1/4, 3. Henry Smith (NZ) 55-7 1/4.

Discus: 1. Art Swarts (USA) 195-2, 2. Ray Laddins (Can) 190-11, 3. Paul Nandapi 190-3.

Javelin: 1. John Stapylton-Smith (NZ) 286-4MR, 2. Mike Mahovich (Can) 273-10, 3. Craig Christiansen (USA) 271-8.

Hammer: 1. Dave McKenzie (USA) 228-5MR, 2. Hans Lotz (Australia) 223-11, 3. Joseph Quigley (Australia) 221-6.

Decathlon: 1. Dave Steen (Can) 8109 MR&SR, 2. Greg Haydenluk (Can) 7562, 3. Simon Poelman (NZ) 7553.

Women's Results

100 Meters: 1. Michelle Finn (USA) 11.63, 2. Angela Phipps (Can) 11.77, 3. Katherine Wallace (USA) 11.79.

200 Meters: 1. Gwen Torrence (USA) 23.57, 2. Maree Chapman (Australia) 23.59, 3. Ella Smith (USA) 23.63.

400 Meters: 1. Lillie Leatherwood (USA) 51.06MR, 2. Maree Chapman (Australia) 51.72, 3. Tonya McIntosh (USA) 52.64.

800 Meters: 1. Renee Belanger (Can) 2:02.45MR, 2. Veronica McIntosh (USA) 2:03.45, 3. Bronwyn Fleming (Australia) 2:04.15.

1500 Meters: 1. Susan Foster (USA) 4:09.36MR, 2. Anne McKenzie (NZ) 4:11.61, 3. Penelope Just (Australia) 4:14.77.

3000 Meters: 1. Sharon Dalton (Australia) 9:06.53MR, 2. Sue Lee (Can) 9:07.55, 3. Christine Pflitzinger (NZ) 9:08.95.

100m Hurdles: 1. Stephanie Hightower (USA) 13.34MR, 2. Silvia Forgrave (Can) 13.61, 3. Lyn Stock (NZ) 13.67.

400m Hurdles: 1. Schowanda Williams (USA) 56.85MR, 2. Gwen Wall (Can) 57.64, 3. Lyn Grime (NZ) 57.87.

4 x 100m Relay: 1. United States (Tonya McIntosh, Michelle Finn, Gwen Torrence, Ella Smith) 44.25MR, 2. Canada 44.76, 3. Australia 45.00.

4 x 400m Relay: 1. United States (Tonya McIntosh, Roberta Bell, Michelle Maxie, Susan Shurr) 3:28.20MR, 2. Australia 3:33.40, 3. Canada 3:35.49.

Long Jump: 1. Carol Lewis (USA) 21-9MR, 2. Carol Galloway (Can) 20-10 1/4, 3. Minako Isogai (Japan) 20-5 1/4.

High Jump: 1. Deann Bopf (Australia) 6-2 1/4, 1/4, 2. Coleen Sommer (USA) 6-2 1/4, 3. Megumi Sato (Japan) 6-1 1/4.

Shot Put: 1. Ramona Pagel (USA) 60-4 1/4 MR, 2. Gael Martin (Australia) 52-8, 3. Sue Reinwald (Australia) 51-5 1/4.

Discus: 1. Penny Neer (USA) 201-4MR, 2. Sue Reinwald (Australia) 188-0, 3. Gail Zaphiropoulos (Can) 177-11.

Javelin: 1. Cathy Sulinski (USA) 187-8, 2. Celine Chartrand (Can) 187-2, 3. Laurie Schultz (Can) 182-9.

Heptathlon: 1. Jocelyn Millar-Cubit (Australia) 5838MR & SR, 2. Donna Smellie (Can) 5749, 3. Terry Genge (NZ) 5424.

Foot Locker

June 23, Edwards Stadium, Berkeley.

Men's Results

400 Meters: 1. Andre Phillips 45.2MR, 2. Danny Everett (Fairfax HS) 45.95, 3. Henry Thomas (SMTC) 45.98.

photo by Burt Davis



Foot Locker Women's 1500: Kristen Dowell (#62, 4th, 4:25.4) leads Monika Zleschang (#59, 5th, 4:29.17).

800 Meters: 1. Billy Konchellah (Kenya) 1:46.40, 2. Freddie Williams (Abilene Christian) 1:47.44, 3. David Mack (SMTCC) 1:48.36.

Mile: 1. Steve Scott (Tiger TT) 3:58.43, 2. Ray Flynn (Ireland) 3:58.95, 3. Richie Harris (Athletics West) 3:59.63.

Pole Vault: 1. Joe Dial (Oklahoma St) 18-4 1/2, 2. Tom Hintnaus (Brazil) 18-0 1/2, 3. Billy Olson (PCC) 18-0 1/2.

Javelin: 1. Masumi Yoshida (Japan) 281-6, 2. Tom Jadwin (Unat) 274-2, 3. Tom Petranoff (Athletics West) 271-4.

Shot Put: 1. John Brenner (Puma) 68-8 1/2, 2. Greg Taffalis (S&S TC) 6-8, 3. Brian Oldfield (Unat) 66-4 1/4.

Women's Results

400 Meters: 1. Pam Marshall (LATIC) 51.41MR, 2. Florence Griffith (World Class TC) 52.25, 3. Renee Ross (SDSU) 52.40.

1500 Meters: 1. Ruth Wysocki (Brooks) 4:11.10, 2. Angela Chalmers (GB) 4:14.89, 3. Kathy Hayes (Athletics West) 4:15.19.

Taggard 10.6, 2. Gene Driver 10.7, 3. Ed Williams 11.4.

200 Meters: (W75) 1. Bess James 45.2, (W60) 1. Diana Smith 45.3, (W55) 1. Shirley Dietderich 39.9, (W50) 1. Irene Obera 27.3, (W45) 1. Jeanne Carter 28.9, (W30) 1. Tina Stough 27.9, 2. Danita Reese 28.6, (M70) 1. Chia-Tsung Pao 34.7, (M65) 1. Al Guidet 34.5, 2. Geo. Polynis 34.9, (M60) 1. Geo. Simon 29.5, 2. Pete Fetter 29.5, 3. Tom Clayton 30.1, (M55) 1. Rocky McPherson 25.0, 2. Robert Watanabe 26.8, 3. Ossie Dawkins 26.9, (M50) 1. Nick Newton 24.0, 2. Bruce Springbett 24.1, 3. Dick Glasgow 25.1, (M45) 1. Ray Griffin 25.7, 2. Ed Martin 27.4, 3. Enver Mehmedbasich 27.6, (M40) 1. Ken Dennis 23.3, 2. Hugh Adams 24.7, 3. Roger Tsuda 25.8, (M30) 1. Frank Little 22.8, 2. Dan Fitzsimmons 22.9, 3. Mike Kahn 24.2, (M25) 1. Marion McCoy 22.0, 2. Glenn Johnson 22.8, 3. Ron Martin 23.8, (M20) 1. Gene Driver 21.5, 2. Warren Spikes 21.8, 3. Randy Benson 21.8.

400 Meters: (W50) 1. Irene Obera 65.7, (W45) 1. Jeanne Carter 66.2, (W30) 1. Tina Stough 61.8, 2. Mary Joe Moore 64.0, 3. Danita Reese 64.4, (M65) 1. Geo. Polynis 81.5, (M60) 1. George Simon 79.4, (M55) 1. Louis Beadle 61.9, 2. Gene Harte 63.8, (M50) 1. Tony Nasralla 58.7, 2. Will Robinson 58.9, 3. Ray Griffin 59.2, (M45) 1. Robert Jones 58.3, (M40) 1. Frank Little 51.6, 2. Dennis Duffy 52.3, 3. Woody Studenmund 53.7, (M35) 1. James Gelsomini 55.4, 2. Bill Sevilla 68.2, (M30) 1. Gene Driver 50.6, 2. Wayne Johnson 53.4, 3. Ruben Flores 55.6.

800 Meters: (W75) 1. Bess James 4:06.1, (W30) 1. Tina Stough 2:22.8, 2. Susan Hunter 2:41.9, 3. Mary Joe Moore 2:47.1, (M70) 1. Ed Stotsenberg 2:54.9, (M65) 1. David Cohen 2:45.2, 2. George Polynis 3:26.5, (M55) 1. Jerry Withers 2:19.5, 2. Gunnar Linde 2:22.2, 3. Louis Beadle 2:27.9, (M50) 1. Fred Lehr 2:15.4, 2. Don Williams N.T., (M45) 1. George Cohen 2:01.6, 2. Mel Elliott 2:02.9, 3. Bill Perry 2:14.3, (M35) 1. James Gelsomini 2:00.1, 2. Bruce Wint 2:01.1, (M30) 1. William McCarty 2:04.9, 2. Wayne Douglas 2:05.3, (M20) 1. Bernie Wooten 2:10.1, 2. Dave Hunter 2:13.6.

1500 Meters: (W75) 1. Bess James 8:33.5, (W30) 1. Danita Reese 4:55.0, 2. Susan Hunter 5:30.6, (M65) 1. George Polynis 7:28.5, (M60) 1. Don Cotner 5:39.5, (M55) 1. Jerry Withers 5:08.5, (M45) 1. Mel Elliott 4:35.9, (M40) 1. George Davis 4:27.9, 2. Dennis Selby 5:12.9, (M35) 1. Ron Jensen 4:19.6, 2. Bruce Wint 4:26.8, (M30) 1. Steve Morgan 4:50.0.

5000 Meters: (W75) 1. Bess James 31:31.0, (M55) 1. Pat Devine 17:33.5, 2. Pete Mundle 19:33.5, (M50) 1. Tom Sturak 18:52.2, (M35) 1. Chuck Foote 16:05.4, 2. Steve Crouch 17:00.6, (M30) 1. Irwin Merlein 17:25.0.

80 Meter Hurdles 30": (W50) 1. Christel Miller 14.6, (M70) 1. Chia-Tsung Pao 15.7, **100 Meter Hurdles 33":** (M60) 1. Chuck McFate 20.3, 2. Loren Noyes 23.0.

110 Meter Hurdles 36" & 39": (M50) 1. Don Smith 16.3, 2. Ray Fitzhugh 19.7, (M45) 1. Al Henry 17.1, 2. Gary Bane 18.2, (M40) 1. John Dobroth 15.5, 2. Cornelius McCormack 15.9, (M35) 1. Marvin Thompson 15.7, 2. Al Lipscomb 16.3, (M30) 1. Ed Williams 14.8, 2. John Turek 15.7, 3. Kevin Speaks 16.0.

400 Meter Hurdles: (M70) 1. Chia-Tsung Pao 99.9, (M60) 1. Loren Noyes 93.2, (M50) 1. Will Robinson 65.3, 2. Al Sheahan 68.7, (M45) 1. Hugh Adams 61.3, (M35) 1. Al Lipscomb 63.5, 2. Bill Sevilla 77.3, (M30) 1. Bernard Wooten 61.2, 2. Fouts Williams 61.6, 3. Kevin Speaks 62.6.

3K Steeplechase: (M60) 1. Ray Spencer 12:39.1, 2. Rex Dieterich 15:10.1, (M50) 1. Jack Randolph 14:16.4, (M40) 1. Dave Leaton 11:09.9, (M35) 1. Henry Lange 10:32.9, (M30) 1. Ian Cumming 9:34.9, 2. David Hunter 10:25.5.

15K Race Walk: (W50) 1. Elaine Wood 31:50, 2. Beverly Hunt 40:42, (W45) 1. Freda Ziegelmair 36:37, (W35) 1. Joan Joyce 39:34, (M50) 1. Alan Havens 29:35, 2. Robert Meador 30:10, (M45) 1. Mike Dempsey 28:42, 2. Larry Richardson 32:56, (M40) 1. Jim Coots 25:57, 2. Robert Brewer 26:10, 3. Ron Daniel 26:37, (M35) 1. Larry Burch 25:07, 2. Carl Warrel 25:59, 3. Mike Kane 29:48, (M30) 1. Enrique Flores 21:26, 2. Pete Arbogast 34:26.

Hammer: (M70) 1. Art Vesco 25.99m, 2. Gene Hanson 23.24m, (M60) 1. Bill Bangert 33.48m, 2. Tom Devaughn 32.00m, (M55) 1. Enison Grimm 16.00m, (M50) 1. J.C. Devilbiss 25.53m, (M35) 1. Mike Deller 49.12m, 2. Frank Reilly 47.86m, 3. Gary Kelmenson 43.00m, (M30) 1. Casey Ballwey 59.26m.

Pole Vault: (M75) 1. Bob MacConaghy 2.30m, (M70) 1. Carol Johnston 2.60m, (M65) 1. Jim Vernon 3.05m, 2. Elmer Siegel 2.60m, (M60) 1. Don Grosh 3.05m, 2. Dave Brown 2.90m, (M45) 1. Gary Bane 3.36m, (M40) 1. M. Connelly 4.27, 2. Robert Bly 3.36m, 3. H. Sansbury 3.20m, (M35) 1. R. Ying 3.36m, 2. Floyd Toledo 2.74m, (M30) 1. L. Roach 4.42m, 2. Pete Arbogast 2.44m.

Javelin: 10.4kg, 0.6kg, 0.8kg (W70) 1. Edith Mendyka 20.60m, (W55) 1. Shirley

Kinsey 23.32m, 2. Shirley Dietderich 21.64m, (W50) 1. Christel Miller 32.98m, 2. Magdalene Kuhne 17.38m, (W25) 1. Jane Nash 22.44m, (M75) 1. Bob MacConaght 30.10m, (M70) 1. Art Vesco 21.22m, (M60) 1. Pete Fetter 41.84m, 2. Toni Lombardi 39.48m, (M55) 1. Del Pickarts 47.18m, 2. Emson Grimm 14.44m, (M50) 1. Ralph Hudson 47.56m, 2. John Pakiz 41.70m, 3. Ed Martin 41.70m, (M45) 1. Gary Bane 39.88m, 2. Robert Jones 33.52m, (M40) 1. Mike Woodward 43.14m, (M35) 1. Pat Edwards 45.28m, 2. Ron Rooks 40.20m, 3. Richard Rooks 38.84, (M30) 1. Fouts Williams 39.52m.

High Jump: (W30) 1. Heidi Zimmer 1.47m, (M65) 1. Elmer Siegel 1.17m, (M60) 1. Chuck McFate 1.32m, (M55) 1. Ed Austin 1.57m, (M50) 1. Nick Newton 1.72m, 2. Don Smith 1.87m, 3. Ray Fitzhugh 1.52m, (M45) 1. Gary Bane 1.57m, (M40) 1. John Dobroth 1.98m, (M35) 1. Charles Rader 1.98m, (M30) 1. Mel Embree 2.07m, 2. Pete Arbogast 1.37m.

Long Jump: (W70) 1. Edith Mendyka 2.36m, (W50) 1. Christel Miller 4.04m, 2. M. Kuhne 3.29m, (M65) 1. Gordon Farrell 4.37m, (M60) 1. Pete Fetter 4.45m, 2. Chuck McFate 3.51m, (M50) 1. Dave Jackson 5.82m, 2. Ray Fitzhugh 4.86m, 3. Ed Martin 4.80m, (M45) 1. Al Henry 5.52m, 2. Roger Tsuda 5.50m, 3. Robert Jones 5.09m, (M40) 1. Ted Yamamoto 5.76m, 2. John Lawson 5.30m, 3. Robert Bly 5.29m, (M35) 1. Roger Trujillo 6.78m, (M30) 1. John Turek 6.73m, 2. E.C. Paysinger 6.34m, 3. John Kueche 6.28m.

Shot Put: (W70) 1. Edith Mendyka 7.71m, (W55) 1. Shirley Kinsey 8.55m, (W35) 1. Latanya Glass 8.96m, (M70) 1. Art Vesco 8.66m, (M65) 1. Mike Castaneda 11.22m, (M60) 1. Bill Bangert 12.71m, 2. Ken Mitchell 10.59m, 3. Loren Noyes 10.10m, (M50) 1. J.C. Devilbiss 8.55m, (M45) 1. Bob Frahm 10.54m, 2. John White 10.51m, (M35) 1. Frank Reilly 15.75m, 2. Al Stephens 14.70m, 3. Mike Deller 14.41m, (M30) 1. Pete Arbogast 8.66m.

Discus: (W70) 1. Edith Mendyka 16.96m, (W55) 1. Shirley Kinsey 29.88m, 2. Shirley Dietderich 19.40m, (M65) 1. Mike Castaneda 41.64m, (M60) 1. Bill Bangert 43.10m, (M55) 1. Emson Grimm 12.66m, (M50) 1. Parry O'Brien 55.08m, 2. Richard Kennerly 37.28m, 3. Ed Martin 35.86m, (M40) 1. Lloyd Higgins 51.96m, 2. Claude Lott 43.70m, 3. Cornelius McCormack 42.10m, (M35) 1. Frank Reilly 50.60m, 2. Mike Deller 64.22m, 3. Al Stephens 39.50m, (M30) 1. Fouts Williams 26.76, 2. Pete Arbogast 21.22m.

Triple Jump: (W50) 1. M. Kuhne 7.35m, (M65) 1. Charles Mercurio 8.41m, (M60) 1. Dave Jackson 12.53m, 2. Don Smith 11.17m, 3. Ray Fitzhugh 9.52m, (M40) 1. John Lawson 10.92m, (M35) 1. Roger Trujillo 13.89m, 2. Joel Whitfield 12.01m, 3. Ron Rook 9.98m.

photo by Richard Lee Slotkin



Bess James wins 800/1500/5k

Masters Track & Field Results

SPA Masters Championship

June 1. Occidental College.

100 Meters: (W65) 1. Marjorie Hunt 26.8, (W60) 1. Diana Smith 25.0, (W50) 1. Irene Obera 12.9, 2. Mag. Kuhne 16.8, (W32) 1. Tina Stough 13.6, (M70) 1. Chia-Tsung Pao 16.3, (M65) 1. Al Guidet 14.5, (M60) 1. Pete Fetter 13.9, 2. Geo. Simon 14.1, 3. Tom Clayton 14.5, (M55) 1. Rocky McPherson 11.9, 2. Robert Watanabe 12.7, 3. Ossie Dawkins 13.3, (M50) 1. Bruce Springbett 11.9, 2. Nick Newton 12.2, 3. Tony Nabralia 12.6, (M45) 1. Fred Niedermeyer 12.0, 2. Stan King 12.1, 3. Roger Tsuda 12.5, (M40) 1. Frank Little 11.3, 2. Dan Fitzsimmons 11.5, 3. Dennis Duffy 11.8, (M40) 1. Tony Craddock 12.0, 2. Ted Yamamoto 12.4, 3. Juan Bustamante 12.6, (M35) 1. Marion McCoy 10.6, 2. Stan Whitley 10.8, 3. Glenn Johnson 11.3, (M30) 1. Dwayne

Results

Road Race Results

Sutter Buttes 10 Miler

Yuba City.

Overall Results - Men

| | |
|---------------------------|-------|
| 1 David Rennelsen (25-29) | 51:38 |
| 2 Mark Hicks (25-29) | 58:04 |
| 3 Garry Green (30-34) | 56:41 |
| 4 Don Hicks (25-28) | 56:55 |
| 5 Rick Torres (18-24) | 57:38 |
| 6 Mike Buzbee (30-34) | 57:39 |
| 7 Matt Green (18-24) | 58:10 |
| 8 Kevin Cimino (25-29) | 58:30 |
| 9 Clint Pearson (18-24) | 60:03 |
| 10 George Griffen (30-34) | 60:05 |

Overall Results - Women

| | |
|-------------------------|-------|
| 1 Sandy Coffey (35-39) | 62:55 |
| 2 Jackie Walker (35-39) | 66:59 |
| 3 Kim Graczyk (18-24) | 72:22 |
| 4 Kerry Bell (18-24) | 76:00 |
| 5 Amy Stout (18-24) | 76:00 |

Calvary Comm. Church Runs

Westlake Village. 10K, 5K.

Overall Results - 10K

| | |
|---------------------------------|-------|
| 1 Steve Glocke (35-39) | 33:21 |
| 2 Steve McCalley (30-34) | 33:33 |
| 3 Fred Snyder (25-29) | 33:47 |
| 4 Jim Hughes (35-39) | 34:45 |
| 5 Mike Smith (20-24) | 34:51 |
| 6 Peter Lawrence (corp. Msts) | 35:18 |
| 7 Bruce Mitchell (corp. Msts) | 36:10 |
| 8 Randy Felix (15-19) | 36:27 |
| 9 Roy Burleson (40-44) | 36:40 |
| 10 Art Mortell (45-49) | 36:42 |
| 11 Blake Skyrme (15-19) | 36:58 |
| 12 Phil DeLacerda (30-34) | 37:06 |
| 13 Fred Fleming (corp. Msts) | 37:32 |
| 14 Carlos Valencia (corp. Msts) | 37:37 |
| 15 Scott Loftin (25-29) | 37:45 |
| 16 Kurt Kamperschroer (25-29) | 38:10 |
| 17 Allan Baxter (35-39) | 38:17 |
| 18 Bob Hoogendyk (35-39) | 38:19 |
| 19 Chris Jensen (20-24) | 38:27 |
| 20 Ray Craig (45-49) | 38:51 |
| 21 Jack Nosco (20-24) | 39:06 |
| 22 Conni McCarthy (30-34F) | 39:10 |
| 23 Roger Patrick (40-44) | 39:11 |
| 24 Mary Bullock (25-29) | 39:23 |
| 25 Bigfoot Wells (40-44) | 39:24 |

Overall Results - 5K

| | |
|-------------------------------|-------|
| 1 Archie Santos (20-24) | 15:58 |
| 2 Ed Kitchen (25-29) | 16:07 |
| 3 Mike Smith (20-24) | 16:09 |
| 4 Henry J. Lange, Jr. (35-39) | 16:11 |
| 5 Gilbert Guevara (15-19) | 16:17 |
| 6 Rich Eichner (30-34) | 16:20 |
| 7 Herman Rodriguez (30-34) | 16:30 |
| 8 Randy Felix (15-19) | 16:40 |
| 9 Holden Mackae (25-29) | 16:51 |
| 10 Brian Shapiro (20-24) | 17:02 |
| 11 Philip Delacda (30-34) | 17:05 |
| 12 Rich Hallblom (35-39) | 17:17 |
| 13 Scott Joerger (15-19) | 17:23 |
| 14 Allaf Baxter (35-39) | 17:28 |
| 15 Gene Ball (35-39) | 17:39 |

Corporate Team Results

Masters: (40 & O) 1. Litton (I. Harry Panteles, 2. Laurence Peter, 3. Carlos Valencia) 37:34; 2. Data Corp (I. Joe Pagano, 2. Jim Hughes, 3. Dick Duccini) 38:08; 3. GTE (I. Ron Eaton, 2. Robert Venable, 3. Fred Fleming) 39:64.
Open: (35 & U) 1. Gould Corp (I. Bruce Mitchell, 2. Melvin Flowers, 3. Robert Guthrie) 38:51.

YMCA/Marcus & Millichap Half Marathon

from Janet V. Napier

March 31, Stanford.

Overall Results

| | |
|----------------------------------|---------|
| 1 Coty Pinckney (29) | 1:09:18 |
| 2 Doug McLean (31) | 1:11:42 |
| 3 Dale Richard (24) | 1:11:53 |
| 4 Ed Bomber (25) | 1:13:18 |
| 5 Bill Dunn (37) | 1:13:42 |
| 6 Michael Paul (30) | 1:14:34 |
| 7 Barry Starkey (26) | 1:15:09 |
| 8 Tom Laris (44) | 1:15:18 |
| 9 Glyn Reynolds (30) | 1:15:30 |
| 10 Bud Napoli (23) | 1:16:05 |
| 11 Manuel Morales (23) | 1:16:46 |
| 12 Richard Batty (33) | 1:16:56 |
| 13 Steven Krow-Lucas (31) | 1:16:58 |
| 14 Bill Clark (41) | 1:17:11 |
| 15 Michael McCaffery (31) | 1:17:33 |
| 16 Terry Rodriguez (27) | 1:17:44 |
| 17 Walter Bortz (25) | 1:18:06 |
| 18 Larry Eder (26) | 1:18:08 |
| 19 Bernhard Hillier (28) | 1:18:24 |
| 20 Robert Cain (31) | 1:18:44 |
| 21 Jerry Wittenauer (26) | 1:18:46 |
| 22 Mark Neubieser (26) | 1:19:33 |
| 23 Chris Lee (32) | 1:19:39 |
| 24 Don Jedlovac (30) | 1:19:44 |
| 25 Bill Yates (29) | 1:19:47 |
| 26 Jim Collins (27) | 1:20:29 |
| 27 Robert Brummer (29) | 1:20:42 |
| 28 Scott Strait (29) | 1:20:47 |
| 29 Armen Khachadourian (34) | 1:21:07 |
| 30 Unknown Runner | 1:21:50 |
| 31 Anthony Lopez (19) | 1:21:25 |
| 32 Mark Lyon (29) | 1:21:51 |
| 33 Victoriano Castillo, Jr. (25) | 1:21:55 |
| 34 Aaron Rosenthal (25) | 1:21:59 |
| 35 Paul Findell (31) | 1:22:02 |
| 36 Thomas Lucas (25) | 1:22:03 |
| 37 Alan Smith (33) | 1:22:12 |
| 38 Vic Kaliakin (28) | 1:22:18 |
| 39 Robert Vandera (36) | 1:22:34 |
| 40 John Rinehart (33) | 1:22:39 |
| 41 Peter Todd (50) | 1:22:47 |
| 42 Pekka Hietala (27) | 1:22:58 |
| 43 Jerry Lewis (49) | 1:23:01 |
| 44 Rod Christensen (34) | 1:23:04 |
| 45 Nancy Ditz (30F) | 1:23:06 |
| 46 Chris Glab (26) | 1:23:08 |
| 47 Jeff Kent (35) | 1:23:09 |
| 48 Eileen Bickard (27F) | 1:23:09 |
| 49 Tim Propeck (38) | 1:23:15 |
| 50 Sid Naiman (36) | 1:23:19 |
| 51 Stan Wegner (45) | 1:23:24 |
| 52 David Hayes (42) | 1:23:38 |
| 53 Anthony Rodriguez (41) | 1:24:12 |
| 54 Sam Vandenberg (48) | 1:24:25 |
| 55 Fred Montanez (40) | 1:25:54 |
| 56 Dick Malkin (45) | 1:26:11 |
| 57 Johnnie Lonardo (43) | 1:26:35 |
| 58 Richard Frampton (44) | 1:27:08 |
| 59 Gigi Luhtala (41F) | 1:28:02 |
| 60 Don Carpenter (57) | 1:28:12 |
| 61 Mohan Sundareson (41) | 1:28:13 |
| 62 James Nicholson (54) | 1:28:24 |
| 63 Sharon Quintana (40F) | 1:33:21 |
| 64 Karen Deveney (41F) | 1:33:50 |

The American River 50

April 14, Sacramento. 50 Miles.

During the past several years, the American River 50 mile Run has gained an impressive reputation. The nation's largest ultramarathon run has become well known for its quality field, its unique and challenging course, the professional caliber of its organization, and the awful heat. In 1985, all participants and race organizers agreed that the race met and in most cases surpassed all its advanced billing (especially the heat).

Without question, the heat was the major story of the race, held on April 14. With temperatures hitting record levels the previous day and no forecast of relief in sight, 402 runners came to the starting line prepared for a battle royal on their hands. There were as many theories of how to combat the heat as there were runners. Many planned to start out conservatively and save their strength for the heat of the day. Others planned to go out quickly and get as many miles under their feet as possible before the sun was able to affect them. Everyone wore light colored clothing and caps and the predominant fashion was the 'desert nomad' look. Water bottles were strapped on hands and around waists like hand grenades and ammunition cartridges. The restroom lines swelled as fluid loading theories turned into unloading reality. All in all, the 402 runners who trudged off to battle amid the cheering and waving of friends and relatives were as sophisticated, thoughtful, and experienced a group of people as had ever run the A. R. 50. They were as prepared as they could possibly be for the challenges that lay ahead. They thought.

The race began coolly enough as the lead runners settled into a 6 minute/mile pace on the flat bike trail. Meanwhile, further back in the pack, the overall pace was faster than in previous years. It seemed that most runners were subscribers to the theory of getting the thing over with as quickly as possible. Either that, or they had inclinations toward suicidal behavior.

Veteran Auburn runner Dan Houchell made his break early and gladdened the hearts of many local observers as he surged to a 2 minute lead at Sunrise aid stop (16.0 miles). Favorite Rae Clark was second, and yet another local runner, Chris Turney of Rancho Cordova was 3rd. Nick Vogt and Jeff Wall followed. Perhaps the biggest surprise so far was 24 year old Ann Trason coming into Sunrise 30th place overall and 3 minutes ahead of course record holder Sally Edwards. Last years women's winner Kathy D'Onofrio and local runner Jan Levat followed.

As temperatures climbed, Rae Clark began his move. That he was the favorite was a matter of little debate, especially after his awesome 5:27 win at the Southern California 50. Also Rae had a score to settle with the course. In previous years he had finished 5th, 4th, and 2nd. He figured that his time had come. Crossing the marathon mark in 2:45, he passed a fading Dan Houchell near Beals Point (27.6 miles). Overheated, Dan jumped into adjacent Folsom Lake to cool off.

By Granite Bay (31.7 miles), runners had passed through the first of a series of

hills as the paved bike path had now turned into dirt horse trail. Running strongly, Rae Clark now had a commanding 7 minute lead over second place Nick Vogt. Masters veteran Jeff Wall was 3rd, Chris Turney 4th, followed by a pack of runners including Dan Hollis, Charlie Hoover, Martin Jones, and Dan Houchell (he had jumped back out of the lake). Surprising Ann Trason had meanwhile built up her lead over Sally Edwards to a whopping 22 minutes. Disbelievers were still holding their breaths. Jan Levat had passed a tiring Kathy D'Onofrio to take 3rd.

41.1 miles into the race in the middle of the hilliest and rockiest portions of the horse trail was the final major aid stop at Rattlesnake Bar. By this point, the temperature had maxed out at a sizzling 94 degrees. Though the front runners were well on their way to the finish line, the rest of the runners strung as far back as 26 miles would have to face the brunt of the heat. Rae Clark held an 11 minute lead over Dan Hollis who had moved into second spot. Jeff Wall was still third and Nick Vogt had dropped to 4th. On the women's side, Ann Trason was now 23 minutes ahead of Sally Edwards. She wasn't going to fade as skeptics had thought.

Meanwhile at the finish line in Auburn, race officials looked down with binoculars at the big hill (1200 feet of climb) that was the final 3 mile section of the run. They waited for Rae Clark. And they waited. Finally Rae came up the hill and motored across the finish line. He had tired considerably in the last few miles and was simply happy to be the first to finish. His time of 6:26:12, 32 minutes slower than Jim Howard's course record was a testimonial to the harsh conditions that runners had to face in the 1985 AR 50. Dan Hollis was able to cut Rae's lead down to 7 minutes with a time of 6:33:08. Chuck Jones passed 3 runners from Rattlesnake to take 3rd place at 6:37:09, while Mitch Vogt held on to 4th. Mark Brotherton, running his second 50 mile race in a week, came on in a flurry to take 5th. Though times were anywhere from 30 minutes to hours slower this year, new-comer Ann Trason certainly didn't seem to take much notice. She finished in a superb course record time of 7:09:01, taking 13th place overall out of 402 starters. She eclipsed Sally Edwards old record by more than 9 minutes. Her comment as she crossed the finish line was "Is it always this hot?" We certainly haven't heard the last of Ann Trason. Sally Edwards finished 2nd in 7:40:36, Jan Levat 3rd in 7:47:05.

Overall Results

| | |
|-------------------------------------|---------|
| 1 Rae Clark (30-39) SanJose | 6:26:12 |
| 2 Daniel Hollis (30-39) Pinole | 6:33:08 |
| 3 Chuck Jones (18-29) NevadaCy | 6:37:09 |
| 4 Nick Vogt (30-39) MeadowVista | 6:46:47 |
| 5 Mark Brotherton (18-29) WintCk | 6:52:54 |
| 6 Jeffrey Wall (40-49) DalyCity | 6:53:58 |
| 7 Martin Jones (40-49) Sanoma | 6:55:06 |
| 8 Charlie Hoover (30-39) Sepulvd | 6:58:34 |
| 9 Patrick Shaughnessy (30-39) Vlj | 7:02:14 |
| 10 Bob Dalton (30-39) San Jose | 7:04:07 |
| 11 Dan Houchell (18-29) Auburn | 7:07:31 |
| 12 Richard Provost (30-39) SanPed | 7:08:25 |
| 13 Ann Trason (18-29) Berkeley | 7:09:01 |
| 14 Bernd Leupold (40-49) SanRafal | 7:11:47 |
| 15 Bill Finkbeiner (18-29) RanchoC | 7:19:08 |
| 16 Gary Seeger (30-39) Verdi, NV | 7:20:52 |
| 17 Rex Maynard (40-49) Auburn | 7:21:49 |
| 18 Bruce VonBorstel (30-39) Gortgn | 7:24:03 |
| 19 Eric McCready (30-39) Crestline | 7:31:51 |
| 20 Gilbert Machado (30-39) Sacto | 7:36:00 |
| 21 Kenneth Drew (30-39) SanJose | 7:39:53 |
| 22 Sally Edwards (30-39) F/Sacto | 7:40:36 |
| 23 Gard Leighton (50-59) Napa | 7:45:01 |
| 24 Martin Hillyer (40-49) Novato | 7:45:11 |
| 25 Clayton Campbell (30-39) Rockn | 7:45:49 |
| 26 Dana Gard (40-49) CitrusHeights | 7:47:05 |
| 27 Jan Levat (30-39) Camino | 7:47:05 |
| 28 Allan Stanbridge (30-39) Burling | 7:48:27 |
| 29 Ephraim Romesberg (50-59) S.J. | 7:55:19 |
| 30 Marc Seif (30-39) Davis | 7:56:45 |

Rio Bravo 10 Mile

April 28.

Overall Results

| | |
|--------------------|---------|
| 1 Angel Carrillo | 55:08 |
| 2 Mickey Gayton | 1:00:27 |
| 3 Stephen Whitmore | 1:00:32 |

Maranatha Runs

May 4, Rancho Cordova.

Overall Results - Marathon

| | |
|-----------------------------|---------|
| 1 Miguel Gaviria (29) | 2:39:06 |
| 2 Gil Michado (31) | 2:39:39 |
| 3 Mark Kaiser (32) | 2:44:02 |
| 4 Christopher Broadley (29) | 2:50:12 |
| 5 Tim Twietmeyer (26) | 2:59:12 |
| 6 Harold Carling (50) | 3:01:27 |
| 7 Allen Brooks (29) | 3:04:11 |
| 8 Ray Langston (50) | 3:06:41 |
| 9 Jim Belard (38) | 3:12:34 |
| 10 Jeffrey Withe (38) | 3:16:39 |
| 11 Ross Bradley (29) | 3:17:27 |
| 12 Bob Hoy (41) | 3:24:29 |
| 13 Tim Thomas (37) | 3:28:28 |
| 14 John Meyers (45) | 3:29:09 |
| 15 Susan Laing (34F) | 3:29:30 |

Overall Results - Half Marathon

| | |
|-------------------------|---------|
| 1 Tim Powell (24) | 1:14:37 |
| 2 Bill Dunn (37) | 1:14:37 |
| 3 Doug Arnold (39) | 1:26:24 |
| 4 Frank Perry (44) | 1:26:56 |
| 5 Markhan Rees (36) | 1:27:06 |
| 6 Mark Christensen (26) | 1:28:17 |
| 7 Terry Hedemark (38) | 1:28:54 |
| 8 Paul Mitchell (50) | 1:29:12 |
| 9 John O'Hagan (29) | 1:30:02 |
| 10 Patrick Tubbs (39) | 1:30:18 |
| 11 Ron Thurman (27) | 1:30:19 |
| 12 Mike Arbunich | 1:30:54 |
| 13 Pete Gaffney (35) | 1:30:58 |
| 14 Eric Onishi (15) | 1:31:20 |
| 15 Bob Hawkins (49) | 1:32:08 |
| 16 James Auguston (38) | 1:32:45 |
| 17 Gary Hollinger (48) | 1:33:07 |
| 18 Fred Mittermayr (41) | 1:33:32 |
| 19 Richard Reed (14) | 1:34:32 |
| 20 Steve Secrist (32) | 1:34:42 |

Overall Results - 10K

| | |
|------------------------------|-------|
| 1 Michael Van Horn (27) | 32:12 |
| 2 Dean Raymond (34) | 35:07 |
| 3 Patrick Kornder (21) | 35:41 |
| 4 Kirk Schild (18) | 37:54 |
| 5 Bill Land (36) | 38:04 |
| 6 Jesse Torrez (31) | 38:21 |
| 7 Glenn Marshall (37) | 38:52 |
| 8 Robert Snyder (46) | 39:19 |
| 9 Tim Habiler (27) | 39:40 |
| 10 Arther Smith (43) | 39:52 |
| 11 Domingo Riveria (34) | 41:11 |
| 12 Nathan Wulf (16) | 41:57 |
| 13 Mike Selby (32) | 42:26 |
| 14 Jene Stewart (52) | 42:46 |
| 15 Ken Smedberg (42) | 43:13 |
| 16 Ron Peterson (41) | 43:20 |
| 17 Clifford Stapp (43) | 43:43 |
| 18 Hank Greenfield (51) | 43:52 |
| 19 Paula Kay Robichaud (29F) | 44:00 |
| 20 Mike Wilgus (14) | 44:27 |
| 21 Norm Barstad (53) | 44:40 |
| 22 Gil Sanguinetti (46) | 45:13 |
| 23 Rey Valdes (28) | 45:19 |
| 24 John Tognetti (28) | 45:27 |
| 25 David Galvan (32) | 46:25 |

Beni-Foot Race

May 4, San Jose, 5K.

Division Results - Men

| |
|--|
| 12 & Under: 1. Daryl Onton 18:35, 2. Cesar Jana 19:53, 3. Michael Novak 20:32. 13-18: 1. Jeffrey Davis 16:11, 2. Phillip Bella 17:06, 3. Juan Aranedo 17:48. 19-29: 1. Robert Henndon 15:01, 2. Paul French 15:09, 3. Alex Gonzales 15:14. 30-39: 1. Nick Yray 15:37, 2. Charles Lightly 15:55, 3. Frank Williams 17:36. 40-49: 1. Tim Rostege 16:13, 2. John Deitchman 17:29, 3. Juan Armendariz 17:30. 50 & Over: 1. Wilbert Threats 18:47, 2. Marcel Diraison 29:53, 3. Don Austin 23:43. |
|--|

Division Results - Women

| |
|--|
| 12 & Under: 1. Crystal Miks 19:18, 2. Carrie Adams 20:01, 3. Lisa Miller 20:48. 13-18: 1. Kris Kelley 19:38, 2. Cynthia Novak 25:55, 3. Ajmir Dnaddey 26:54. 19-29: 1. Roxanne Bier 18:27, 2. Cecilia Gonzales 21:47, 3. Denise Bachelder 21:48. 30-39: 1. Laurel Ulrich 20:53, 2. Marylou Lujan 21:15, 3. Connie Miks 21:48. 40-49: 1. Elaine Hulsiniller 19:46, 2. Diane Bronstead 21:41, 3. Kay Rogers 23:01. 50 & Over: 1. Rose Flores 26:50, 2. Florence Stage 29:25, 3. Marge Moore 29:27. |
|--|

Carrera Del Ano

May 4, Delano, 5K & 10K.

Division Results - Men's 5K

| |
|---|
| 13 & Under: 1. Erik Musto 22:16, 2. Raymond Medina 22:02, 3. Thomas Gutierrez 24:37. 14-20: 1. Thomas Valles 17:02, 2. Rocky Guerrero 17:16, 3. Mario Lopez 17:36. 21-29: 1. Isais Luma 16:18, 2. Gary Barnett 17:26, 3. John Valdez 17:35. 30-39: 1. Scott Rosenlieh 18:13, 2. Alex Orosco 18:24, 3. Robert Barrera 19:27. 40-49: 1. Bob Perry 17:57, 2. George Becerra 19:43, 3. Bob Branden 20:11. 50-59: 1. Bill May 22:29, 2. Kenneth Jones 23:56, 3. George Medina 26:07. |
|---|

Division Results - Women's 5K

| |
|--|
| 13 & Under: 1. Cynthia Carter 27:23, 2. Robin Lyn Scales 29:34. 14-20: 1. Bambi Lopez 21:04, 21-29: 1. Julie Salazar 24:46, 2. Anna Armendariz 25:16, 3. Esther Garcia 26:18. 30-39: 1. Alfredo Hall 22:29, 2. Socorro Zavala 22:54, 3. Eloise Hernandez 23:06. 40-49: 1. Susan MacReery 24:05, 2. Ola Buchanan 24:30. 50-59: 1. Julia Najera 32:17. |
|--|

Division Results - Men's 10K

| |
|--|
| 14-20: 1. Amador Ayon 37:08, 2. Dan Guerrero 37:36, 3. Marcos Rodriguez 49:6. 21-29: 1. Adrian Huerta 34:31, 2. Ron Lessley 37:41, 3. Chet Blanton 38:57. 30-39: 1. Jimmy Aguilar 34:34, 2. Robert Rodriguez 37:03, 3. Sergio Rodriguez 39:56. 40-49: 1. Robert Wolfersberger 37:42, 2. Leo Marquez 39:33, 3. Al Branco 41:17. 50-59: 1. Carlos Gutierrez 41:32, 2. Sam Ferrel 44:29, 3. Bert Beene 46:11. |
|--|

Division Results - Women's 10K

| |
|--|
| 21-29: 1. Karen Irwin 53:31, 2. Marlene O'Rourke 1:00:08, 3. Lucy Crespin 1:00:52. 30-39: 1. Rosa Carrillo 55:05, 2. Heidi Weisbaun 58:45. 40-49: 1. JoAnne Branco 49:19, 2. Maria Salisbury 50:42, 3. Belma Crowe 53:37. 50-59: 1. Susie Takayma 1:10:08. |
|--|

Spring Tune Up Barnburner Runs

from S. T. Johnson

May 4, Newport Beach, 1/5/10K.

Ford Aerospace presented its 5th annual Spring Tune Up Runs. It was an ideal day for running-overcast and cool.

The 5K produced near record times for the course by John Koningh (Irvine) 15:16.6 and Harolene Walters (El Toro) 18:51.6.

The 10K marked the return of Ralph Serna to the racing circuit. Ralph led the field from the start to the last 200 yards. Charles De Garmo (Fountain Valley) dogged Serna the entire way and out-kicked him at the finish. De Garmo eclipsed the course record set by Serna in 1982 by 21 seconds (30:08.2) with Serna a scant 4 seconds behind.

The girls 10K race was won by last years winner, Annette Isom, a Ford Aerospace employee, in 36:36.0.

The 1K race for kids 10 and under produced 150 potential Olympians - the youngest 2 years old. Eric Sanchez (Pomona) and Monica Jaimes (L.A.), a repeat winner from 1984, won their respective divisions. Monica also placed 2nd in her age group in the 5K with a 21:32.2.

The 1450 finishers plus spectators enjoyed the sun that broke through at 9:30 a.m., and the refreshments supplied by Miller Lite, NAPA Natural Beverages, Johnston's Yogurt, Fruit-A-Freeze, and oranges supplied by the Girl's Club. The Ford Aerospace Band again provided a musical upbeat to the festivities.

The event netted the local boys and girls clubs \$14,000.

Winners of 1K

Boys:

| | |
|------------------------------|--------|
| 1 Eric Sanchez (8) Pomona | 3:42.5 |
| 2 Joey Hernandez (9) Laverne | 3:44.5 |
| 3 Steve Baker (10) Santa Ana | 4:02.6 |

Girls:

| | |
|----------------------------------|--------|
| 1 Monica Jaimes (10) L.A. | 3:53.7 |
| 2 Kelly Petersen (10) San Dimas | 4:03.7 |
| 3 Jamie Braun (10) Mission Viejo | 4:14.2 |

Winners of 5K

Men:

| | |
|------------------------------------|-------|
| 1 John Koningh (28) Irvine | 15:16 |
| 2 Greg Gonzales (24) HuntingtonBch | 15:26 |
| 3 Hal Hays (32) Granada Hls | 15:29 |

Women:

| | |
|----------------------------------|-------|
| 1 Harolene Walters (42) ElToro | 18:51 |
| 2 Debbie Wilkinson (36) MissionV | 19:53 |
| 3 Debby Pierce (32) GrandTer | 19:57 |

Winners of 10K

Men:

| | |
|--------------------------------|---------|
| 1 Charles DeGarmo (25) F.Vally | 30:08CR |
| 2 Ralph Serna (28) Vista | 30:12 |
| 3 Brian Theron (27) L.A. | 31:22 |

Women:

| | |
|------------------------------|-------|
| 1 Annette Isom (23) SantaAna | 36:36 |
| 2 Carol Carmgan (24) Irvine | 38:07 |
| 3 Candy Clark (33) Tustin | 40:14 |

Turlock Rotary Biathlon

from Darryl Crow

May 4, Turlock, 10K Run, 50K Bike.

Eric Little of Fresno was the first male biathlete to complete the 10K run in a time of 33:44 followed by Wayne Baker of Newark in 34:38 and Edward Kolofer of Salinas in 34:55. Chad Marquardt the eventual overall winner finished the run in 10th place with a time of 36:58. The first male finisher of the 10K was Modesto's Benton Hart, a member of a relay team who blazed the course in 31:39, a full 1:35 ahead of second place runner Doug Berbera at 33:14.

At the conclusion of the bike portion of the event Marquardt had made up the 3 minute 14 second deficit with a total time of 2:00:22. Second place was Brett Van

Natta in a time of 2:00:21. Van Natta was the 1984 biathlon winner. Third place finisher was Little in a time of 2:02:28.

Julie Mattson of Fresno was the first female biathlete finisher in the run in a time of 37:20 followed by Jancie Gordon in 39:54 and Penny Burnstein in 40:20. Gordon of Tollhouse was the overall female biathlon winner in a time of 2:23:09. Maria Carter was second in 2:24:27 followed by Marsha Jamison in 2:24:58. Mattson DNF.

In the relay divisions, the overall winners were Dan Starn, who completed the run in 35:12, and Chris Courtney who smoked the 50K bike course in 1:18:21 for a total elapsed time of 1:53:33. Courtney picked up a full 8:20 on the second place team of Benton Hart and Mark Zehnder. Courtney and Starn are both from Turlock. The overall winning female relay team was Amy Marsh and Tracee Toombs, both of Turlock, with a combined time of 2:24:29.

Bob and Carol Arme of Fresno won the coed division in 2:07:25. Hewlett-Packard and Livingston Medical Clinic won the corporate relay divisions.

Division Results - Men

| |
|--|
| 19 & Under: 1. Jeffrey Hickman 2:15:08, 2. Jim Nabholz 2:16:12, 3. Rex Lara 2:23:57. 20-29: 1. Chad Marquardt 2:00:21, 2. Brett Van Natta 2:00:22, 3. Eric Little 2:02:28. 30-39: 1. Michael Jamison 2:05:09, 2. Mark Williams 2:05:17, 3. Edward Kolofer 2:06:52. 40-49: 1. James Hatfield 2:06:08, 2. Marco Martin 2:07:12, 3. Pete Santellano 2:14:22. 50-59: 1. Denton Palmer 2:28:29, 2. Bill Ferrell 2:28:52, 3. Howard Knost Jr. 2:29:17. 60 & Over: 1. Don Lundberg 2:40:53. |
|--|

Division Results - Women

| |
|--|
| 20-29: 1. Janice Gordon 2:23:09, 2. Maria Carter 2:24:27, 3. Rhonda Violini 2:25:49. 30-39: 1. Marsha Jamison 2:24:58, 2. Deb- |
|--|

continued on next page...

the

Running

scene

A running magazine featuring:

- INTERVIEWS
- MEDICAL ADVICE
- TRAINING TIPS
- FOOD TIPS
- HUMAN INTEREST
- ...And Much More!

SUBSCRIBE NOW AND SAVE

THE RUNNING SCENE,
4020 EL CAMINO AVE., SACRAMENTO, CA 95821

Please send me:

6 issues \$7.50
12 issues \$13.00
18 issues \$18.00

CHECK ONE:

☐ PAYMENT ENCLOSED
☐ BILL ME LATER

Mr.
Mrs.
Ms.

(please print full name)

Address

City

State

Zip

Results

ble Ingram 2:26:20, 3. Robin Saltonstall 2:27:53, 40-49: 1. Barbara Miller 2:41:43, 2. Faye Daly 2:44:20, 3. Beverly Marquardt 2:46:18, 50-59: 1. Ethel Kerr 3:02:03.

Relay Division - Men

19 & Under: 1. Carlos Pineda/Mike Wenstrand 2:00:15, 2. John Spenker/Brent Bigler 2:04:01, 3. Kevin Yaler/Dan Taggs 2:06:07, 20-29: 1. Dan Starn/Chris Courtney 1:53:33, 2. Benton Hart/Mark Zehnder 1:58:20, 3. Mark Lavan/Rick Wallace 2:00:36, 30-39: 1. Ron Bennett/Will Rose 2:01:09, 2. Bill Martin/Bob Youngquist 2:08:05, 3. Darell Champion/Tom Cuchscher 2:11:13, 40-49: 1. Richard Carlson/Terry Taylor 2:08:41, 2. Gerald Operkamper/Dennis Wombacher 2:19:39, 3. Stan Ross/Bob Stammerjohan 2:20:14, 50-59: 1. Abe Rojas/Jim Stevens 2:20:39.

Relay Division - Women

19 & Under: 1. Amy Marsh/Tracee Toombs 2:25:29, 2. Peggy Dudley/Roxanne Colquhoun 2:33:25, 3. Amy Janzen/Judi Frampton 2:53:33, 20-29: 1. Althea Miller/Kristine Williams 2:34:26, 2. Mary Lindsay/Sheryl Fanelli 2:46:18, 3. Danette Peterson/Cindy Reaser 2:47:43, 30-39: 1. Kathleen Smith/Lynette Baker 3:25:55, 2. Rose Armendariz/Margaret Winegardner 3:30:12, 3. May Boastwick/Karen Yingling 3:31:18, 40-49: 1. Kathie Morgan/Betty Seimas 2:55:14, 2. Anita Walker/Gayle Land 3:04:39, 3. Elke Weiglein/Jeanie Sallaberry 3:07:23, 50-59: 1. Carol Armet/Bob Armet 2:07:15, 2. Julie Coughlin/Bill Harris 2:08:00, 3. Val Smart/Ken Howell 2:13:26.

Our Lady of Victory Carnival Run

May 5, Fresno, 1 Mile & 5 Mile.

Division Results - Men's 5 Mile

11 & Under: 1. Alex Cordova 33:35, 12-14: 1. Brandt Marott 34:33, 15-18: 1. Greg Donson 27:26, 19-29: 1. Tom Pedreira 29:59, 2. George Chavana 32:11, 3. Greg Kriehgoff 32:21, 30-39: 1. Al Lomeli 26:28, 2. David Williams 27:11, 3. Rito Fuenites, Jr. 28:05, 4. Robert Garcia 29:41, 5. John Taylor 30:05, 40-49: 1. Bill Woody 29:13, 2. Frank Delgado 29:27, 3. Roger Orazo 30:21, 4. Evan Orme 31:01, 5. Ron Quitoriano 32:03, 50-59: 1. Richard Robinson 49:25, 2. Mike Manjarrez 53:24, 60 & Over: 1. Harry Harder N.T.

Division Results - Women's 5 Mile

15-18: 1. Kandi Mulhern 37:08, 19-29: 1. Aileen Takeuchi 39:55, 2. Diane McCreedy 41:08, 3. Sandy Setrackian 42:00, 30-39: 1. Charilda Kemble 35:02, 2. Kay Hall 40:28, 3. Carol Crow 40:30, 4. Randy Caffeejian 41:09, 5. Charlene Enoch 42:47, 40-49: 1. Jackie Ryle 38:50, 2. Heidi Fialho 43:17, 3. Mary Hooper 43:33, 4. Deborah Schwartz 47:10, 5. Jo Anne Robinson 48:58.

Division Results - Men's 1 Mile

6 & Under: 1. Jason Hammond 8:50, 2. Jackie Lovato 9:04, 7-8: 1. Noah Dye 6:46, 2. Eric Campbell 7:00, 3. Chad Sansom 7:09, 9-10: 1. Neil Rojas 5:48, 2. Eric Lindegren 6:25, 3. Chris Yelez 6:32, 11-13: 1. Doug Drace 6:07, 2. Mark Measell 6:23, 3. Chris Stopher 7:08, 14-18: 1. Erin Woody 4:46, 19-29: 1. Kelly McCraig 4:48, 30-39: 1. Wayne Campbell 5:01, 40-49: 1. Tom Ockey 5:30, 50-59: 1. Grant Sharp 5:32, 60 & Over: 1. Bob Musso 5:58.

Division Results - Women's 1 Mile

6 & Under: 1. Renee Kops-Jones 7:48, 2. Rochelle Monk 8:05, 3. Kelly Carmody 8:58, 7-8: 1. RaeLee Lovato 8:44, 2. Me-Kala Rector 10:46, 9-10: 1. Lori Fraijo 6:56, 2. Anita Campbell 7:16, 3. Kim Carmody 7:46, 19-29: 1. Grace Perea 7:05, 30-39: 1. Regena Notehine 7:44, 40-49: 1. Alice Pina 7:49, 60 & Over: 1. Hilda Mattos 13:38.

Marin YMCA Spring Run

May 5, San Rafael, 10K.

Overall Results

1 Bob McLennon 35:27
2 Bill Miner 36:38
3 Paul Dale 36:46
4 Dan Ross 37:00
5 Dick Cordone 37:20
6 Peter Franks 37:33
7 Bill Tannenbaum 38:31
8 Chuck Ford 38:32
9 Mike Maniscalco 39:01
10 Donn DeAngelo 39:26
11 Heidi Quadri 39:27
12 David Gleason 40:49
13 Jim Nason 41:17
14 Frank Cavanaugh 41:18
15 Jim Pillacelli 42:19
16 Joe Madrigali 42:20
17 Larry Sellers 42:29
18 Doug Brockbank 42:42
19 John McGreevy 43:02
20 Robert Smith 43:09

Division Results - Men

15-19: 1. Matt Mackay 44:21, 20-29: 1. Bill Miner 36:38, 30-39: 1. Bob McLennon 35:27, 40-49: 1. Frank Cavanaugh 41:18, 50 & Over: 1. Jim Nason 41:17.

Division Results - Women

14 & Under: 1. Katrina Bowen 83:40, 15-19: 1. Vickie Bowen 73:31, 20-29: 1. Heidi Quadri 39:27, 30-39: 1. Carol Morley 47:07, 40-49: 1. Christianne Jackson 56:50, 50 & Over: 1. Els Tunzing 54:16.

Rolling Titans 5 & 10K Push/Run

May 5, Fullerton.

Division Results - Men's 10K

18 & Under: 1. Chris Bube 35:52, 2. David Salazar 37:09, 3. Tony Callender 53:31, 19-24: 1. Kevin Broady 30:16, 2. Matt Blatley 31:09, 3. Brock Vauhan 31:22, 25-29: 1. Joey Gomez 30:12, 2. Holland Bunz 32:18, 3. Danny Young 34:35, 30-34: 1. Don Ocann 33:39, 2. Bruce Braswell 37:00, 3. James Liedke 38:42, 35-39: 1. Keith Stroel 33:14, 2. Jerry Laverty 35:06, 3. Ron Berez 38:52, 40-44: 1. Lee Gilbert 36:53, 2. Ronald Logan 38:35, 3. Mike Suchey 39:13, 45-49: 1. Ted Alarcon 36:14, 2. Skip Shaffer 40:27, 3. Bud Greenleaf 41:33, 50-59: 1. Warren Mavin 39:57, 2. Raymond Wright 40:18, 3. Bernard Turbow 41:38, 60 & Over: 1. Frank Motoleone 43:20, 2. Cyril Walker 45:39, 3. Wes McKane 52:18.

Division Results - Women's 10K

18 & Under: 1. Chris Malone 47:24, 2. Lori Matsumoto 50:43, 3. Kathy Brick 51:15, 19-24: 1. Susan Brewster 41:54, 2. Linda Alvarez 43:45, 3. Laurel Carpenter 48:52, 25-29: 1. Jennifer Buckley 40:45, 2. Celia Clitheroe 50:22, 3. Debbie Kemp 50:36, 30-34: 1. Janet Farrow 47:23, 2. Marilyn Nemetz 48:57, 3. Dede Tisor 51:57, 35-39: 1. Sally Kurtz 41:14, 2. Janice Shermann 44:23, 3. Olga Ginez 48:31, 40-44: 1. Anne Malume 51:20, 2. Susan Farris 1:00:51, 45-49: 1. Patti Kapcho 46:00, 2. Irene Berregard 47:13, 3. Macca Carpenter 1:00:48, 50-59: 1. Dorothy Griggs 53:41.

Overall Results - Men's 5K

1 Mark Silva 16:18
2 Sallbor Gonzales 17:02
3 John Moore 17:15

Overall Results - Women's 5K

1 Liz Terriquez 20:12
2 Shelly Everett 21:12
3 Kathy Tolley 21:14

Overall Results - Men's 10K Pusher

1 Jim Tennigkeit 29:49.95
2 Mike Trujillo 30:50.47
3 Ruben Varela 40:14.95
4 Roger Lee 42:33.84
5 Bob Gibson 50:31.64

Overall Results - Women's 10K Pusher

1 Karen Baumohl 44:17.56
2 Jan Shermann 45:32.69
3 Mary Jones 50:31.64

Heart/Cann Runs

May 5, Ventura, Marathon/10K.

Overall Results - Marathon

1 Craig Moore (31) 2:29:43
2 Rudolph Bonzales (27) 2:31:03
3 Charlie Hoover (36) 2:36:50
4 Chris Carroll (29) 2:39:12
5 Bill Scobey (40) 2:41:05
6 Mike Smith (22) 2:42:07
7 Pablo Drobny (39) 2:43:56
8 John Babcock (29) 2:48:21
9 Ralph Casillas (34) 2:50:32
10 Cahries McClung (44) 2:50:43
11 Joe Sassmann (45) 2:51:45
12 Sean Obrien (28) 2:52:40
13 Gary Warnecke (30) 2:53:03
14 Tom Waller (34) 2:53:20
15 Gregory Bohdan (23) 2:53:26

Division Results - Men's Marathon

16-18: 1. Ira Josephs 4:31:51, 19-29: 1. Rudolph Gonzales 2:31:03, 2. Chris Carroll 2:39:12, 3. Mike Smith 2:42:07, 30-39: 1. Craig Moore 2:29:43, 2. Charlie Hoover 2:36:50, 3. Pablo Drobny 2:43:56, 40-49: 1. Bill Scobey 2:41:05, 2. Charles McClung 2:50:43, 3. Joe Gassmann 2:51:45, 50-59: 1. John Richards 3:02:10, 2. Tom Kurz 3:26:03, 3. Ted Blumberg 3:30:08, 60 & Over: 1. David Kille 3:23:55, 2. Curtis Frame 3:51:22, 3. John McManus 4:05:45.

Division Results - Women's Marathon

19-29: 1. Sue Sayger 3:07:35, 2. Sharon Steward 3:27:11, 3. Karen Willis 3:36:52, 30-39: 1. Debra Sharp 2:58:01, 2. Mimi Paronowski 3:21:44, 40-49: 1. Sue Petersen 3:02:07, 2. Sandra Kiddy 3:04:28, 3. Brenda Lunsford 3:34:39.

Overall Results - 10K

1 Terry Williams 31:13
2 Larry Montag 32:57
3 Jesus Morales 33:02
4 Jerry Howell 33:09
5 Hans Van Koppen 34:01
6 Adolfo Huerta 34:07
7 Thomas Garcia 34:14
8 Arturo Frausto 34:59
9 David Adams 35:17
10 Juan Hernandez 35:19
11 Doug Becker 35:21
12 Rick Hallblom 35:23
13 Bob Huebel 35:26
14 Bob Drimmon 35:32
15 Scott Ehlers 35:42

Division Results - Men's 10K

12 & Under: 1. Albert Little 39:59, 2. Scott Fickerson 42:11, 3. Erik Payne 45:52, 13-15: 1. Daniel Adelbeck 39:28, 2. Mark Jamali 41:15, 3. Philip Casanta 42:06, 16-18: 1. Gregor Bull 37:00, 2. Brian Valentine 37:43, 3. Jim McWaters 40:11, 19-29: 1. Jesus Morales 33:02, 2. Jerry Howell 33:09, 3. Thomas Garcia 34:14, 30-39: 1. Terry Williams 31:13, 2. Larry Montag 32:57, 3. Hans Van Koppen 34:01, 40-49: 1. Arturo Frausto 34:59, 2. Dave Wheeler 37:23, 3. Jim Crawford 37:39, 50-59: 1. Ken Gaskell 37:14, 2. Richard Fosse 39:43, 3. Dennis Grisso 40:13, 60 & Over: 1. Ray Gil 39:45, 2. Maurice Kelliher 46:18, 3. Jack Pearlman 46:29.

Division Results - Women's 10K

12 & Under: 1. Nicole Ellis 46:49, 2. Janet DeMott 48:30, 3. Alisa Perren 51:08, 13-15: 1. Lisa Askims 48:22, 2. Angelique Little 49:57, 3. Katie Ditzhazy 52:50, 16-18: 1. Sharon Coe 51:55, 2. Lisa Lofland 52:57, 19-29: 1. Diane Odion 40:20, 2. Lupe Reyes 40:48, 3. Patsy Routzen 42:28, 30-39: 1. Conni McCarthy 37:22, 2. Sara Denning 37:40, 3. Cheryl Savage 40:21, 40-49: 1. Jane Frnzese 43:25, 2. Gaby McQuilty 43:26, 3. Ruth Hemming 44:17, 50-59: 1. Myra Rhodes 53:24, 2. Mary Musgrove 59:12, 3. Betty Elder 59:34, 60 & Over: 1. Roselea Davis 1:14:49.

Fiesta Days Runs

May 5, San Fernando, 10K, 5K, 1 Mile.

Division Results - Men's 10K

14 & Under: 1. John Lisiewicz 42:59, 2. Kevin Durkin 43:50, 3. Tim Feeley 44:16, 15-19: 1. No Name 35:42, 2. Toby Jimenez 36:10, 3. Michael Bartholemew 36:27, 20-29: 1. Peter Magill 30:52, 2. Cal Linart

31:52, 3. Tom Wilkinson 32:20, 30-39: 1. Jay Uretsky 34:13, 2. Robert Lopez 34:46, 3. Barry Foose 35:04, 40-49: 1. Dennis Parish 34:49, 2. Mike Wardle 37:38, 3. Ken Hamrick 38:00, 50-59: 1. Regis Boyle 37:39, 2. Leo Prado 39:54, 3. Carlo Leone 40:08, 60 & Over: 1. Keith Albright 40:02, 2. Ed Johnston 45:34.

Division Results - Women's 10K

14 & Under: 1. Romy Jacobson 51:26, 15-19: 1. Donna Lisiewicz 42:56, 2. Michelle Wilkinson 44:30, 3. Kristen Gilliland 45:03, 20-29: 1. Catherine Isham 38:23, 2. Jill Horne 39:03, 3. Linda Gallagher 39:56, 30-39: 1. Cheryl Comstock 42:06, 2. Christine Weiner 42:30, 3. Francie Cowley 46:23, 40-49: 1. Jeanette Wells 41:22, 2. Carmen Connolly 43:22, 3. Pamela Stephens 43:58, 50-59: 1. Oleta Della Sorte 48:18, 2. Ann Priddy 49:49, 3. Ina Lisiewicz 50:53.

Division Results - Men's 5K

14 & Under: 1. Robert Lopez 16:45, 2. Morgan Bateham 18:21, 3. Bear Bonebaker 19:01, 15-19: 1. No Name 15:55, 2. David Rawlins 16:00, 3. Kyle Korch 16:26, 20-29: 1. Chris Monroe 15:24, 2. Dave Faget 15:33, 3. Joe Heimbuckle 15:42, 30-39: 1. Fred Doubel 16:22, 2. Bill Stone 17:07, 3. Ralph West 17:14, 40-49: 1. Lee Baca 16:31, 2. Catarina Gonzales 16:40, 3. Phil Henriksen 17:52, 50-59: 1. Jim Parra 18:18, 2. Gunnar Brickner 18:23, 3. Bill Winstanley 18:45, 60 & Over: 1. Larry Banuelos 18:38, 2. Stanley Neufeld 23:28.

Division Results - Women's 5K

14 & Under: 1. Lorena Ramirez 19:03, 2. Sandra Hernandez 19:17, 3. Laura Pearson 21:42, 15-19: 1. Kim Ojeda 18:33, 2. Carolyn Richards 18:41, 3. Esther Martinez 19:14, 20-29: 1. Nancy Barnwell 18:24, 2. Maureen Corrigan 18:37, 3. Susan Bald 22:50, 30-39: 1. Merla Huntley 20:24, 2. Liz Manderville 22:37, 3. Kathy O'Hara 23:32, 40-49: 1. Cecily Parke 20:10, 2. Marty Blonn 23:40, 3. Cecilia Macrae 23:54, 50-59: 1. Virginia Taneja 22:25, 2. Janet Floyd 25:24, 3. Pat Winstanley 26:55, 60 & Over: 1. Daisy Wong 25:32.

Division Results - Men's 1 Mile

16-29: 1. Patrick Clifford 4:27, 2. Derek Butterfield 4:34, 3. Ted Snively 4:51, 30-44: 1. Salvador Gonzalez 4:57, 2. Catario Gonzalez 4:59, 3. Edward Voll 5:11, 45-59: 1. Gene Galindo 5:07, 2. Robert Culling 5:13, 3. Bill Manderville 5:23, 60 & Over: 1. Larry Banuelos 5:35, 2. David Cohen 6:01, 3. Frank Colella 8:29.

Division Results - Women's 1 Mile

8 & Under: 1. Banwer Eccleston 7:04, 2. Janet Malone 7:27, 3. Crystal Rodriguez 7:50, 9-11: 1. Heather MacPherson 6:04, 2. Kelly Connelly 6:21, 3. Renee Pengra 6:25, 12-15: 1. L. Villanueva 5:50, 2. Veronica Chavez 6:10, 3. Susan Wells 6:33, 16-29: 1. Doris Chung 6:40, 2. Linda Tynl 7:52, 3. Eliz Billitti 8:03, 30-44: 1. Maria Rodriguez 6:49, 2. Janet Coleman 6:57, 3. Harriet Peterson 7:21, 45-59: 1. Marjorie Andrus N.T., 2. Audrey Whaley N.T., 3. Beverly Snasely N.T., 60 & Over: 1. Daisy Wong 7:29, 2. Susie O'Hara N.T.

Avenue of the Giants Marathon

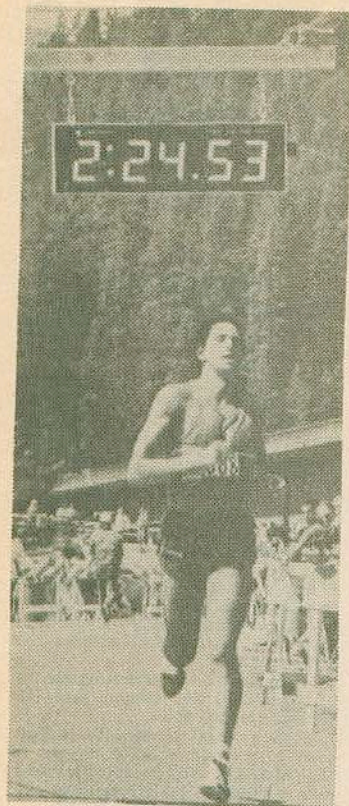
May 5, Arcata.

Overall Results

1 Bryan Fahrenbach (20-29) Clovis 2:24:52
2 Harry Cottrell (35-39) Minneapi 2:26:16
3 Daniel Babcock (20-29) El Toro 2:28:20
4 Edward Bomber (20-29) San Jose 2:29:43
5 Bryan Thoreson (20-29) Brkings 2:29:48
6 Richard Jensen (35-39) Escondo 2:30:38
7 Kim Uller (20-29) La Mesa 2:31:03
8 James Washington (30-34) Arcata 2:31:24
9 Tom Cheese (20-29) Costa Mesa 2:32:22
10 Gary Wilborn (35-39) Portland 2:32:58

Division Results - Men

19 & Under: 1. Jay Nelson 3:39:09, 2. Keith Daellenbach 3:43:11, 20-29: 1. Bryan Fahrenbach 2:24:52, 2. Daniel Babcock 2:28:20, 3. Edward Bomber 2:29:43, 30-34: 1. James Washington 2:31:24, 2. David Prael 2:37:07, 3. Jim Rocha 2:38:47, 35-39: 1. Harry Cottrell 2:26:16, 2. Richard



Bryan Fahrenbach winning Avenue of the Giants Marathon

Jensen 2:30:38, 3. Gary Wilborn 2:32:58, 40-44: 1. Wolfdieter Weber 2:50:20, 2. Jim Henry 2:51:33, 3. Lee Fletcher 2:52:22, 45-49: 1. Jim Bevins 2:41:10, 2. George Felker 2:50:32, 3. James Dean 3:00:37, 50-54: 1. Craig Roland 2:40:42, 2. Ivan Rarick 2:56:04, 3. Hal Jackson 2:59:38, 55-59: 1. Hank Fragoza 2:58:13, 2. Frank Crabbe 3:13:40, 3. Richard Laine 3:15:33, 60-64: 1. Warren Palt 3:35:17, 2. Bob Dickerson 3:51:29, 65 & Over: 1. Bud Ross 4:02:42, 2. Steve Cole 4:12:21, Wheelchair: 1. Robin Welch 4:32:53, 2. Michael Jellison 5:54:52.

Division Results - Women
19 & Under: 1. Leslie Hankin 3:55:41, 2. Erin Hardin 4:24:06, 20-29: 1. Eileen Bickard 2:51:28, 2. Carol Gebhardt 3:11:12, 3. Carolyn Wagstaff 3:11:51, 30-34: 1. Judy Gower 3:08:38, 2. Randi Bromka 3:17:38, 3. Margot Perez-Kunze 3:21:45, 35-39: 1. Valerie Budig 3:12:35, 2. Cheryl Pierce 3:20:24, 3. Lynne Herren 3:23:37, 40-44: 1. Nancy Glaser 3:27:59, 2. Sandra Verhoogen 3:34:50, 3. Elizabeth Cushman 3:36:24, 45-49: 1. Margaret Chatge 3:35:10, 2. Marilyn Russell 4:07:12, 50-54: 1. Ann Enman 3:45:26, 2. Katherine Belers 3:50:05, 55-59: 1. Bernice Carter 4:14:04, 60-65: 1. Judy Golding 5:26:25.

Wild Wild West Cross Country

May 5. Lone Pine. Marathon, 10 MI & 3 MI.

Overall Results - Marathon
1. Joe Mangan (28) Sunnyvale 2:57:19
2. Herb Tanzer (33) Torrance 3:07:09
3. Frank Hutchinson (32) Los Osos 3:08:16
4. Mark Samuelson (31) Stockton 3:17:27
5. Dave Stevenson (32) Los Altos 3:25:07
6. Paul Garnett (37) Topanga 3:27:24
7. Bill Flynn (31) Tarzana 3:29:44
8. Tom Duket (42) Torrance 3:30:25
9. Terri Gerber (36F) Encino 3:30:28
10. Jim Pettit (34) Encino 3:30:28

Division Results - Men's Marathon
20-29: 1. Joe Mangan 2:57:19, 2. David Park 3:33:41, 3. David Calderon 3:35:11, 30-39: 1. Herb Tanzer 3:07:29, 2. Frank Hutchinson 3:08:16, 3. Mark Samuelson 3:17:27, 40-49: 1. Gary Miller 3:25:00, 2. Tom Duket 3:30:25, 3. Robert Calvin 3:34:51, 50-59: 1. Walt Johnson 3:34:51, 2. Howard Arnold 3:39:48, 3. Roger Boedecker 3:43:26, 60-69: 1. Paul Bioland 5:17:05.

Division Results - Women's Marathon
10-19: 1. Mary Bassler 6:24:49, 20-29: 1. Susan Locke 4:04:21, 2. Katie Rosan 5:33:07, 30-39: 1. Teri Gerber 3:30:28, 2. Joanie Slinger 4:20:45, 3. Judy Walker 4:27:42, 40-49: 1. Kathy Kusner 4:17:48, 2. Gloria Bassler 5:08:51, 3. Dorothy Kobayashi 5:40:03, 50-59: 1. Ruth Bioland 6:06:14.

Overall Results - 10 Mile
1. Francisco Garcia (28) Rosemead 1:06:56
2. Marc Reynolds (37) Bishop 1:10:27
3. Frank Williams (41) Hermosa B 1:11:04
4. Dennis Everett (29) Lone Pine 1:11:27
5. Mark Long (25) Mammoth Lk 1:12:11
6. Alan Reynolds (21) Pasadena 1:12:38
7. Thomas Pryatel (39) Las Vegas 1:13:21
8. Keith Kirkpatrick (38) Los Osos 1:14:19
9. Ralph West (32) Sierra Mad 1:14:49
10. Josita Morales (29) Bishop 1:15:01

Overall Results - 3 Mile
1. Harley Isgur (34) Cumber 21:19
2. Bob Morgan (24) Mammoth Lk 29:33
3. Susan Lutze (30) Lone Pine 31:03
4. Paul Lamos (34) Lone Pine 34:09
5. Sheri Linde (28) Encinitas 34:29

May Fair 10K/5K

May 11. Dixon.

Division Results - Men's 10K
13 & Under: 1. Michael Bak 43:11, 14-15: 1. Rod Meyer 40:08, 16-18: 1. Jim Flor 35:49, 19-29: 1. Perez, N.T. 30:39, 1. Julios Ratti 34:32, 40-49: 1. Bob Goodrich 36:28, 50 & Over: 1. John Dotson 42:46, Racewalking: 1. Russ McInnes 1:12:14.

Division Results - Women's 10K
14-15: 1. Monika Farrar 49:14, 19-29: 1. Loveday, N.T. 30:39, 1. Darlene Phillips 42:06, 40-49: 1. Khartoon Tudhope 47:39, 50 & Over: 1. Mayrene Bates 49:30.

Division Results - Men's 5K
13 & Under: 1. Chris Ackermann 20:43, 14-15: 1. Kevin Holbrook 17:07, 16-18: 1. Richard Towner 17:30, 19-29: 1. Kerry Hickam 16:34, 30-39: 1. Schafer, N.T. 40:49, 1. Ron Peterson 20:49, 50 & Over: 1. Jack Westbrook 20:39, Racewalking: 1. Jay Gastelum 32:46, Wheelchair: 1. Rick Fields 21:34.

Division Results - Women
13 & Under: 1. Sarah Velaz 22:01, 14-15: 1. Meredith Rehman 26:58, 16-18: 1. Chris Wells 26:33, 19-29: 1. Maritha Vazquez 24:25, 30-39: 1. Francis, N.T. 40:49, 1. Norma Poff 26:42, Racewalking: 1. Rosie Gastelum 34:12.

The Human Race

May 11. Mill Valley. 10K.

Division Results - Men
19 & Under: 1. Rodney Harvey 36:59, 2. Thomas Brauch 37:06, 3. Jed Putterman 40:22, 20-29: 1. James Reichle 36:00, 2. David Nelson 36:07, 3. Jeff Rosenthal 37:15, 30-39: 1. Bob McLennan 34:35, 2. Thomas Curtin 36:29, 3. Chuck Ford 37:04, 40-49: 1. Bernie Hollander 37:33, 2. Santiago Ojeda 38:34, 3. James Miller 40:58, 50-59: 1. Joseph Sparrowhawk 43:31, 2. George Johnstone 45:31, 3. Jerry Pearlman 47:01, 60-69: 1. Howard Powers 44:43, 2. Don Ross 52:11, 3. Donavon Larson 52:34.

Division Results - Women
19 & Under: 1. Jessica Lee Molligan 54:41, 2. Carrie Shanahan 1:20:13, 20-29: 1. Mary Babbitt 43:12, 2. Victoria Mann 45:08, 3. Jenny Rosenthal 47:24, 30-39: 1. Franki Bevans 44:28, 2. Sandra Seiki 45:28, 3. Cecilia Melder 51:57, 40-49: 1. Jane McClure 46:59, 2. Renate Kohli 49:16, 3. Jan Ardell 50:42, 50-59: 1. Marlys Green 50:11, 2. Jane Thurston 52:11, 3. Betty Obata 52:12.

Bakersfield Bud Light Triathlon

from Kris Moran

May 11. Bakersfield.

Overall Results - Men
1. Scott Molina (25) 2:26:33
2. Rob Barel (27) 2:26:45
3. Scott Tinley (28) 2:27:19
4. Grant Boswell (24) 2:31:06
5. Thomas Gallagher (24) 2:32:07
6. John Devere (24) 2:32:07
7. Barry Makarewicz (23) 2:32:37
8. Gary Peterson (33) 2:33:10

Division Results - Men
18 & Under: 1. Chase Watts 3:07:18, 2. John Randall 3:06:11, 3. Curtis Gerber 3:07:18, 19-24: 1. Grant Boswell 2:31:06, 2. Thomas Gallagher 2:32:07, 3. John Devere 2:32:07, 25-29: 1. Scott Molina 2:26:33, 2. Rob Barel 2:26:45, 3. Scott Tinley 2:27:19, 30-34: 1. Gary Peterson 2:33:10, 2. Ruben Chappins 2:36:35, 3. Rick Klatt 2:45:11, 35-39: 1. Duncan Thomas 2:38:47, 2. Las Waddel 2:46:36, 3. Dennis Good 2:47:12, 40-44: 1. George Wright 2:48:46, 2. Walter Radloff 2:56:18, 3. Peter Schultz 3:03:13, 45-49: 1. Hans Dieben 2:48:55, 2. Kemp Aaberg 2:54:09, 3. Tim Lemucchi 3:06:02, 50-59: 1. Jim Demetriou 3:08:00, 2. Dick Robinson 3:20:50, 3. Jack Eberly 3:22:57, 60 & Over: 1. Keith Albright 3:35:55, 2. Verne Scott 3:42:03.

Overall Results - Women
1. Sylviane Puntous (24) 2:43:31
2. Patricia Puntous (24) 2:44:06
3. Janet Greenleaf (24) 2:46:42
4. Anne McDonnell (23) 2:50:24
5. Karen Chequer-Pfeiffer (27) 2:51:38
6. Julie Moss (26) 2:53:21
7. Heidi Christensen (26) 2:53:54
8. Patti Scott-Baier (32) 2:58:05

Division Results - Women
18 & Under: 1. Bryn Randolph 3:29:08, 2. Sally Ruhl 3:50:27, 19-24: 1. Sylviane Puntous 2:43:31, 2. Patricia Puntous 2:44:06, 3. Janet Greenleaf 2:46:42, 25-29: 1. Karen Chequer-Pfeiffer 2:51:38, 2. Julie Moss 2:53:54, 3. Heidi Christensen 2:53:54, 30-34: 1. Patti Scott-Baier 2:58:05, 2. Susan Griffin 3:02:50, 3. Marilyn Ganahl 3:24:31, 35-39: 1. Sheri Ross 3:18:09, 2. Linda McIndoe 3:32:50, 3. Jane Granskog 3:41:15, 40-44: 1. Barbara Wright 3:33:30, 2. Susan Lucas 3:55:43, 3. Margaret Lemucchi 4:02:38, 45-49: 1. Elizabeth Saba 4:20:53, 50-59: 1. Sally Boyes 3:58:56.

Angel Island Run

May 11. Angel Island, S.F. Bay. 4.6 Mile.

Overall Results
1. Mike Kriege (15-39) 24:39
2. Patrick Miller (15-39) 25:56
3. Mitchell Powers (15-39) 26:02
4. Jim Hampton (15-39) 26:26
5. Steven Petto (15-39) 26:56
6. Rick Niles (15-39) 27:30
7. Lawrence Berg (15-39) 27:36
8. Larry Littlefield (15-39) 27:41
9. Barry Blue (15-39) 27:54
10. James DeYoung (15-39) 27:58
11. Raymond Fisher (15-39) 28:15
12. Jackson Barker (15-39) 28:17
13. Mark Miller (15-39) 28:21
14. Paul Stulgaitis (15-39) 28:22
15. Michael Penney (15-39) 28:24
16. Craig Edwards (15-39) 28:32
17. Stan Benkoski (40-49) 28:33
18. Tim Brody (15-39) 28:36
19. Paul Orgeron (15-39) 28:48
20. Nick Jennison (40-49) 28:52
21. Kenneth Whistler (15-39) 28:54
22. Stephen Niles (15-39) 28:55
23. Jeff Jennings (15-39) 29:19
24. Bill Pitz (15-39) 29:20
25. Daniel Butterfield (15-39) 29:21
48. Cornelia Brown (15-39 F) 31:03
56. Debbie Bispo (15-39 F) 31:24
74. Ingrid Carlsen (15-39 F) 31:57
90. Kimberly Hering (15-39 F) 32:27
94. Amy Viall (11-14 F) 32:38

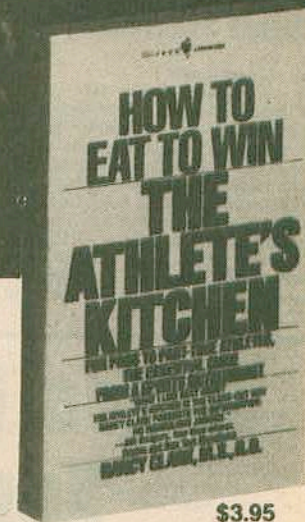
Fiesta La Ballona

May 11. Culver City. 10K.

Division Results - Men
18 & Under: 1. Rafael Sanguino 32:20, 2. Jim Sparkman 45:27, 3. William Furden 47:22, 19-29: 1. Eugene Musler 32:46, 2. Peter Puhek 33:06, 3. Ramiro Saenz 34:20, 30-34: 1. Octaviano Bautista 35:19, 2. Douglas Wiggins 38:24, 3. Ed Dorio 38:37.

continued on next page...

"...I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."
—Bill Rodgers



\$3.95

By Nancy Clark, M.S., R.D., Nutritionist, Sports Medicine Resource, Inc. Boston, MA

- Practical suggestions on how to improve your daily diet and eating patterns.
- Sports nutrition tips on quick energy foods, thirst quenchers, carbohydrate-loading meals, caffeine... plus more.
- Informative charts, graphs and tables that condense the text.
- Over 200 simple recipes for meals/snacks that not only taste good but also are good for you.

Prices and availability subject to change without notice.

Available at your bookstore or use this handy coupon.

Bantam Books, Inc., Dept. HW7,
414 East Gulf Road, Des Plaines, Ill. 60016

Please send me the books I have checked above. I am enclosing \$_____ (please add \$1.25 to cover postage and handling).
Send check or money order - no cash or C.O.D. please

Mr./Mrs./Miss _____
Address _____
City _____ State/Zip _____ HN7-10/84

Please allow four to six weeks for delivery.

Results

35-39: 1. Henry Lange, Jr. 33:54, 2. Richard Miller 34:41, 3. William Fisher 35:46, 40-44: 1. Ralf Latham 37:30, 2. Mike Wardle 39:06, 3. Chris Pratt 39:16, 45-49: 1. Lee Van Leeuwen 37:16, 2. Claude Bruni 38:50, 3. Kenneth Fletcher 39:16, 50-54: 1. Regis Boyle 38:01, 2. Mark Gauerhe 40:20, 3. Jean Pierre Matheudi 41:18, 55-59: 1. Remy Burkel 41:59, 2. Sam Deluca 43:23, 3. Milas Sather 47:05, 60 & Over: 1. Clyde Alling 46:40, 2. Ludlow Gibbons 54:58, 3. Ed Morse 56:00. Wheelchair: 1. Cesar Ayala 38:27, 2. Augustine 38:34.

Division Results - Women

18 & Under: 1. Gloria Martin 57:49, 19-29: 1. Michelle Liberko 45:34, 2. Caroline Davis 47:29, 30-34: 1. Sheryl Snyder 37:29, 2. Cathy Fitzgerald 44:20, 35-39: 1. Carol Mortier 41:50, 2. Joy Blexins 46:05, 40-44: 1. Molly Thayer 43:25, 2. Stephan Blyly 50:46, 45-49: 1. Karen Nestande 49:32, 2. Martha Solman 49:48, 50-54: 1. Nelly Williams 48:05, 60 & Over: 1. Helen Dick 41:57, 2. Daisy Wong 53:58.

Seal Beach 10K

May 11, Seal Beach.

Division Results - Men

9 & Under: 1. Jamie Duckman 45:51, 2. Antanas Sadunas 55:04, 3. Carlos Campbell 1:14:44, 10-14: 1. David Dannon 37:09, 2. David Lyon 38:16, 3. Juan Carlos Martinez 38:33, 15-19: 1. Gumby Anderson 33:52, 2. Aaron Cenicerros 34:12, 3. Bill Lind 35:26, 20-24: 1. Brad Jensen 31:22, 2. Greg Gonzales 31:58, 3. Greg Ramsey 32:15, 25-29: 1. Carlos Mendoza 33:23, 2. David Bower 33:27, 3. Mark McKenzie 34:18, 30-34: 1. Skyler Jones 34:48, 2. Morris Rehm 34:58,

3. Bill Aguaya 35:28, (35-39: 1. Ron Jensen 33:34, 2. John Turner 35:49, 3. Ron Ogilvie 35:51, 40-44: 1. John Kurtz 35:56, 2. Steve Russel 36:39, 3. Ralph Castro 36:47, 45-49: 1. Harvey Peterson 36:48, 2. Frank Green 37:07, 3. Tom Parkiss 37:54, 50-59: 1. John Warner 38:57, 2. Tracy Brown 39:51, 3. Bob Rice 40:09, 60 & Over: 1. Jim Gardner 48:40, 2. A.J. Clor 49:52, 3. Bernie Hodowski 53:46. Wheelchair: 1. Jim Knaub 27:23, 2. Rafael Ibarra 29:01, 3. Michael Trujillo 29:47.

Division Results - Women

9 & Under: 1. Sara-Lee Reyes 43:45, 2. Sarah Goodman 1:12:05, 10-14: 1. Lucinda Reyes 40:05, 2. Amy King 46:09, 3. Megan McNeal 56:53, 15-19: 1. Melissa Maloney 48:06, 2. Leslie Patton 57:59, 3. Puanani Pereira 1:01:53, 20-24: 1. Elizabeth Remley 42:03, 2. Jane Lewis 43:12, 3. Kym Kucera 43:53, 25-29: 1. Olivia Padilla 39:43, 2. Becky Garcia 40:25, 3. Sue Tencic-Kelt 42:12, 30-34: 1. Tammy Nicholas 43:01, 2. Janet Reed 43:34, 3. Lori Smith 45:28, 35-39: 1. Chrissy Purkiss 41:57, 2. Jean Castraita 43:35, 3. Debbie Barton 45:17, 40-44: 1. Sue Peterson 38:51, 2. Marianne Welsh 45:28, 3. Ellen Butler 46:08, 45-49: 1. Annie Quinonez 44:34, 2. Macia Martyn 45:16, 3. Florence Jeong 50:25, 50-59: 1. Carmen Rolle 49:42, 2. Mary Ellen Castro 52:00, 3. Rose Ornelas 53:46, 60 & Over: 1. Lucy Adney 1:10:00. Wheelchair: 1. Mary Jones 31:42.

Rotary River Run

May 11, Firebaugh.

Division Results - Men's 6 Mile

Open: 1. Gilbert Delgado 37:16, 2. Manuel Huaracha 38:12, 3. Hector Sapulveda 38:18, Masters: 1. Fred Pereira 42:01, 2. Ray Barrios 43:10, 3. Lon Hendricks 46:28, Seniors: 1. Gonzalo Fastardo 40:04, 2. Fred Santana 43:25, 3. Jess Hernandez 45:00.

Division Results - Women's 6 Mile
Open: 1. Chris Sani 50:32, 2. Pam Lindsey 50:56, 3. Chris Nemanick 52:30.

Division Results - Men's 3 Mile
High School: 1. Jesus Ramirez 18:48, 2. Pedro Ramirez 19:47, 3. Eleazar Garcia 20:53, Open: 1. Scott Dye 18:50, 2. David Alvarado 22:30, 3. Jim McCall 22:31.

Division Results - Women's 3 Mile
Under 30: 1. Vicky Patian 25:20, 2. Santana Quintana 25:45, 30 & Over: 1. Josie Diaz 29:32, 2. Babette Fisher 30:40, 3. Angel Brown 32:15.

Division Results - Boy's 1 Mile
12 & Under: 1. Mario Sani 6:47, 2. Nino Sani 7:12, 3. Willie Coit 7:52.

Division Results - Girl's 1 Mile
12 & Under: 1. Michelle Shuemake 6:46, 2. Cynthia Patian 7:07, 3. Carol Shuemake 8:02.

Rattlesnake Run

May 11, Madera County, 10K.

No rattlesnakes were seen but 54 runners from the flat-lands and the foothills made it out to Finegold Creek (near Millerton Lake in eastern Madera County) for the 1st Annual Rattlesnake Run on May 11 to benefit Finegold Creek Institute.

The ideal weather (cool) made it easy to enjoy the natural rugged beauty of the lower Sierra Nevada. The course had the same rugged nature and was pronounced by many to be the toughest in the area. Tom Davidson of Clovis made the out-and-back 10K tour in 37:51 to take first overall. He was followed by a Coarsegold runner, Steve Kelley, in 39:28. Carolyn Campbell showed the benefits of hill training in Ahwahnee with a strong 44:39 performance to top the women's field. A third foothill runner, David Souza of Oakhurst, turned in a fine 5:35 to win the mile race. Many children ran the shorter race, but the older runners were missed in the 10K, as both over 50 division prizes went begging.

Overall Results - 10K

| | | |
|----|------------------|-------|
| 1 | Tom Davidson | 37:51 |
| 2 | Steve Kelley | 39:28 |
| 3 | John Volkman | 41:32 |
| 4 | Steve Larkins | 43:01 |
| 5 | Bill Schwartz | 43:09 |
| 6 | Steven Whitwill | 43:32 |
| 7 | Ron Thiesen | 44:16 |
| 8 | Carolyn Campbell | 44:39 |
| 9 | Stan Thiesen | 45:01 |
| 10 | John Pius | 45:10 |

Overall Results - One Mile

| | | |
|----|---------------|------|
| 1 | David Souza | 5:35 |
| 2 | Randy Wymare | 6:36 |
| 3 | Steve Souza | 7:05 |
| 4 | Kathy Hernon | 8:29 |
| 5 | Adam Sanchez | 8:29 |
| 6 | Amanda Tarver | 8:51 |
| 7 | Brook Allen | 9:15 |
| 8 | Tanya Wymare | 9:45 |
| 9 | May Allen | 9:51 |
| 10 | Carol Neves | 9:53 |

Run for the Son

May 11, Los Gatos, 10K.

Overall Results - Men

| | | |
|----|--------------------------|-------|
| 1 | Curtis Karbowski (19-29) | 32:21 |
| 2 | Tony O'Halloran (19-29) | 32:45 |
| 3 | Rick Rohr (19-29) | 33:19 |
| 4 | Allen Neal (19-29) | 33:51 |
| 5 | Dan Wimsatt (19-29) | 34:20 |
| 6 | Jeff Davis (14-18) | 34:24 |
| 7 | Bill Meinhardt (40-49) | 34:31 |
| 8 | Steve Lote (19-29) | 34:42 |
| 9 | Dave Waterman (19-29) | 34:46 |
| 10 | Don Jedlovac (30-39) | 34:52 |

Division Results - Men

13 & Under: 1. Daryl Onton 39:10, 14-18: 1. Jeff Davis 34:24, 19-29: 1. Curtis Karbowski 32:21, 30-39: 1. Don Jedlovac 34:52, 40-49: 1. Bill Meinhardt 34:31, 50 & Over: 1. Jerome Lewis 36:14. Wheelchair: 1. Gary Kerr 28:15.

Overall Results - Women

| | | |
|---|------------------------|-------|
| 1 | Roxanne Bier (19-29) | 39:06 |
| 2 | Darcy Waterman (19-29) | 39:52 |
| 3 | Carol Crocker (30-39) | 42:19 |

| | | |
|----|-------------------------|-------|
| 4 | Katie Scott (30-39) | 42:51 |
| 5 | Ann Wimmer (14-18) | 43:55 |
| 6 | Lisa Miller (13 & U) | 44:22 |
| 7 | Dena De Angelo (19-29) | 44:36 |
| 8 | Madelyn Vassigh (40-49) | 44:56 |
| 9 | Patty Richmond (30-39) | 46:08 |
| 10 | Diane Bromstead (40-49) | 46:09 |

Division Results - Women

13 & Under: 1. Lisa Miller 44:13, 14-18: 1. Ann Wimmer 43:55, 19-29: 1. Roxanne Bier 39:06, 30-39: 1. Carol Crocker 42:19, 40-49: 1. Madelyn Vassigh 44:56, 50 & Over: 1. Kon Kak Isee 59:25.

Two Person Eight Mile Relay

May 11, Fresno.

Jim Hartig and Bryan Fahrenbach ran to an uncontested record win in Fresno Track Club's 9th Annual 2 person 8 mile relay over the Roeding Park 2 mile loop course. They took advantage of a cool morning to lap 21 seconds of the course record, running at a 4:48 mile pace.

Fahrenbach, who was the winner of the Avenue of the Giants Marathon just six days before, complained of some stiffness in his legs, but ran excellent splits of 9:38 and 9:43. Hartig had the second fastest splits of the day running 9:28 and 9:34. Tony Ramirez, teaming with Brad Butler, had the days fastest times with 9:31 and 9:28.

Tiffany Awalt and Jennie Horg won the womens division running just ten seconds over one hour.

Janice Gordon recorded the fastest times by a woman touring the loop in 12:13 and 12:24 while leading her mixed team to a 49:12 1st place finish. Her partner, David Thom ran 11:56 and 12:39.

As race director I wish to thank all of our very capable help. Jeannie Arakelian and Paula Ramirez did the split timing and missed only five times in spite of a cronomix malfunction. Sallie Orme, Ramon Esquivel, Ken Takeuchi, Lucille Reed and Jim Kellas all provided efficient and much appreciated help.

Overall Winners

1. Jim Hartig, Bryan Fahrenbach, 38:23; 2. Phillip Castellanos, Efron Castellanos, 41:50; 3. Richard Harkless, Todd Sheller, 42:02; 4. Rito Fuentes, David Williams, 42:46; 5. Brad Butler, Tony Ramirez, 42:55; 6. Kevin Bell, Joe Martinez, 43:24; 7. Brian Butler, Gumaro Castellanos, 43:27; 8. Greg Donsen, Tony Munroe, 44:51; 9. Nick Nardone, Larry Nava, 45:10; 10. Jerry Stehman, Sean Stehman, 46:01; 11. Ron Enos, Rey Pena, 47:17; 12. Frank Delgado, Joe Delgado, 47:27; 13. Mark Haymond, John Montoya, 48:35; 14. Brent Fernandez, Obed Fernandez, 49:11; 15. Janice Gordon, David Thom, 49:12.

Great Rockwell Reservoir Run

May 11, Canoga Park, 10K.

Overall Results - 10K

| | | |
|----|-----------------------|-------|
| 1 | Robert Proctor (26) | 32:28 |
| 2 | Patrick Cooper (22) | 32:40 |
| 3 | Fred Snyder (25) | 33:15 |
| 4 | John Brennan (49) | 33:25 |
| 5 | Craig Mead (32) | 34:32 |
| 6 | Jim Hughes (38) | 34:44 |
| 7 | Steven Durand (28) | 34:54 |
| 8 | Gary Dehlinger (18) | 35:26 |
| 9 | Mark Mayers (24) | 35:32 |
| 10 | Dennis Mihora (40) | 35:49 |
| 11 | Jerry Cooper (18) | 36:02 |
| 12 | Nick Trozzi (24) | 36:10 |
| 13 | John Frankman (27) | 36:14 |
| 14 | Robert Hendrix (30) | 36:19 |
| 15 | Mark Graham (27) | 36:38 |
| 16 | Joe Toledo (37) | 36:49 |
| 17 | Roy Burleson (41) | 36:59 |
| 18 | Mark Westerville (23) | 36:59 |
| 19 | Skip Witt (47) | 37:09 |
| 20 | David Sojka (21) | 37:13 |
| 21 | Dave Borjon (26) | 37:27 |

Jack's Athletic Supply

Screened T-Shirts as Low as \$1.85
(\$1.50 in Kid's Sizes)

Embroidered Patches - Ribbons
CHRONOMIX Timers & Clocks
Race Supply Warehouse (Buy-Rent)



Also--We offer free or discounted race-equipment rentals, advertising, prizes, etc., with large volume purchases...call & see what we can offer!

Jack Leydig: Box 459, San Carlos, CA 94070
Phone (415) 595-2249

| | |
|-----------------------|-------|
| 23 Bryan McCanna (15) | 37:30 |
| 24 Paul Jenkins (30) | 37:36 |
| 25 Dick Franco (45) | 37:48 |

Hawthorne Family YMCA Mother's Day Run

May 11. Hawthorne. 10K & 3K.
Overall Results - 10K

| | |
|------------------------------|-------|
| 1 Bob Leitch (19-24) | 30:42 |
| 2 Jeff Harbell (19-24) | 33:25 |
| 3 Ed Avol (30-34) | 33:26 |
| 4 Ray Stemmer (19-24) | 33:28 |
| 5 No Name | 33:29 |
| 6 Paul Marcel (35-39) | 33:29 |
| 7 Mark Mesler (19-24) | 33:30 |
| 8 James Curry (30-34) | 33:35 |
| 9 Phil Smith (25-29) | 33:39 |
| 10 Ricky Lynk (19-24) | 33:46 |
| 11 Andre Tocco (45-49) | 33:54 |
| 12 Glenn Tanner (30-34) | 33:55 |
| 13 Javier Lara (25-29) | 33:56 |
| 14 Geoff Guerrero (30-34) | 33:57 |
| 15 Tim Braun (25-29) | 34:15 |
| 16 Catalino Gonzalez (40-44) | 34:18 |
| 17 Chris Smith (25-29) | 34:21 |
| 18 Eddie Edwards (19-24) | 34:57 |
| 19 Laurindo Mello (19-24) | 35:00 |
| 20 Dale Frank (25-29) | 35:04 |
| 21 William Balcer (25-29) | 35:05 |
| 22 Scott Sandus (15-18) | 35:07 |
| 23 Jason Swanson (15-18) | 35:10 |
| 24 James Wisener (19-24) | 35:11 |
| 25 Salvador Gonzalez (19-24) | 35:24 |

Overall Results - 3K (no times available)
Francisco Garcia, 2. Gred Cowies, 3. Greg Maroukas, 4. Daryl Johnson, 5. Dan Ashimine, 6. Bruce Horiguchi, 7. Greg Stanci, 8. Robin Reed, 9. Van Holland, 10. Maury Degener.

Up the River Till You Quiver

May 11. Santa Ana. 10 Mile & 5K.

Division Results - Men's 10 Mile

15-18: 1. Gus Fieldhouse 1:01:46, 2. John Lewis 1:03:51, 3. Rene Bentley 1:04:24,
19-24: 1. Danny Martinez 50:04, 2. Gilbert Cortez 54:06, 3. Joe Gostin 55:51, 25-29: 1. Thom Dennon 49:49, 2. Joe Young 54:23, 3. Jon Horowitz 55:37, 30-34: 1. Enrique Serratos 55:37, 2. Bob Morrison 55:11, 3. Robert Lopez 57:55, 35-39: 1. Bill Harns 59:41, 2. Jim Ketter 1:00:14, 3. Doug Allen 1:00:19, 40-44: 1. Larry Fabela 58:12, 2. Tommy Martin 1:00:59, 3. John Waddington 1:01:09, 45-49: 1. Ron Navarrete 57:25, 2. Ralph Smith 1:08:06, 3. Pete Faust 1:08:19, 50-59: 1. Tom Willson 1:08:13, 2. Jack Wallace 1:12:12, 3. Robert Perry 1:12:31, 60-69: 1. Jack Goertzen 1:09:36, 2. Casey Poole 1:12:30, 70 & Over: 1. Dean Scofield 1:19:08.

Juvenal Herrera 17:39, 2. Clifford Larkins 18:54, 3. Jim Gould 19:20, 50-59: 1. Van Aposhian 20:32, 2. Ollie Harker 20:49, 3. Jim Maynard 22:23, 60-69: 1. Delmar Gourley 19:31, 2. Thomas Smith 26:08, 70 & Over: 1. Bill Nice, N.T.

Division Results - Women's 5K
14 & Under: 1. Nicole Mitts 19:37, 2. Denisha Bendz 22:10, 15-18: 1. Kathleen Carroll 20:14, 2. Michelle Walton 22:50, 3. Anne Kovac 30:03, 19-24: 1. Sue Corea 19:17, 2. Karol Freeman 20:51, 3. Debbie Watson 23:04, 25-29: 1. Gail Gondrezick 19:30, 2. Kathy Novak 20:30, 3. Georgina Ried 21:01, 30-34: 1. Diane Reed 24:13, 2. Mary Loeb 24:24, 3. Linda Wheeler 24:30, 35-39: 1. Diava Jusonis 19:27, 2. Nancy Gonzales 24:25, 3. Lynn Janke 27:35, 40-49: 1. Joja Applesata 21:51, 2. Carol Jones 22:13, 3. Janet Gayna 23:33, 50-59: 1. Dorothy Griggs 23:41, 2. Lea Henningsen 28:10.

Run The One

May 12. Elk. 10K.

Division Results - Men
18 & Under: 1. Bubba Doughty 39:23, 2. Adam Wolfe 51:03, 3. Merlin Hambel 1:02:34, 19-29: 1. Paul French 32:07, 2. Dale Richard 32:16, 3. Thomas Downes 33:28, 30-39: 1. Steve Ottoway 32:46, 2. Glen Walder 33:29, 3. Rick Bahy 34:16, 40-49: 1. Peter Laskier 34:05, 2. Will Reed 37:26, 3. Ken Scudder 41:45, 50-59: 1. Bill Ryan 43:27, 2. Ralph Webb 46:08, 3. Myron Boice 47:35.

Division Results - Women
18 & Under: 1. Isa Pedersen 59:19, 2. Becky Matson 1:00:17, 19-29: 1. Elizabeth Horan 46:27, 2. Tanya Shore 46:34, 3. Michele Van De Hoek 49:50, 30-39: 1. Patricia English 36:45, 2. Leslie Browne 42:38, 3. Ann Forsham 41:16, 40-49: 1. Barbara Magid 40:38, 2. Bernice Scranton 51:37, 3. Denise Tenzel 52:30, 50-59: 1. Barbara Wein 1:00:58, 2. Naomi Kerwin 1:05:37.

Run for Health

May 12. Ukiah. 3.34 Mile & One Mile.

| | |
|------------------------------|-------|
| Overall Results - 3.34 Mile | |
| 1 Jerry Drew (26) Ukiah | 16:33 |
| 2 Jim Gibbons (40) Willits | 19:55 |
| 3 Howie Hawkes (33) Talmage | 20:04 |
| 4 Al Beilon (58) Ukiah | 20:13 |
| 5 Glen Westlund (35) Upperlk | 20:15 |
| 6 Robert Clark (34) Calpella | 20:46 |
| 7 Jeff Chad (29) Ukiah | 20:56 |
| 8 Mike Whitehead (29) Sacto | 21:01 |
| 9 Lang Russel (44) Ukiah | 21:02 |
| 10 James Jacobs (51) S.F. | 21:24 |

Division Results - Men's 3.34 Mile
9 & Under: 1. Joshua Welch 26:55, 10-14: 1. Josh Rosenberg 25:11, 2. Troy Mazzilli 26:13, 3. Roman Buckmaster 32:26, 20-29: 1. Jerry Drew 16:33, 2. Jeff Chadd 20:56, 3. Mike Whitehead 21:01, 30-39: 1. Howie Hawkes 20:04, 2. Glen Westlund 20:15, 3. Robert Clark 20:46, 40-49: 1. Jim Gibbons 19:55, 2. Lang Russell 21:02, 3. Steve Lincoln 23:42, 50-59: 1. Al Beilon 20:13, 2. Jim Jacobs 21:24, 3. Sanford Dorbin 22:19, 60 & Over: 1. Wayne Collier 24:44.

Division Results - Women's 3.34 Mile
20-29: 1. Consuelo Ayala 27:05, 2. Becky Ronco 33:00, 30-39: 1. Karen Clay 24:33, 2. Cam Downey 26:47, 3. Sarah Elizares 27:06, 40-49: 1. Suzanne Walsh 28:45, 2. Sharon Byrd 36:27, 50-59: 1. Alice Cradick 27:46, 2. Irene Culver 29:19, 60 & Over: 1. Maria Carlson 32:45.

Overall Results - 1 Mile
1 Robert Schooling (17) Santa Rosa 5:18
2 Everett Supper (17) Willits 5:19
3 Erik Kammer (16) Ukiah 5:40
4 Steve Ahl (41) Ukiah 5:50
5 Daniel Jackson (36) Ukiah 5:58
6 Steven Shryock (17) Lakeport 6:10
7 Billy Holben (18) Lakeport 6:30
8 Eli Gibbons (11) Willits 6:30
9 Edward Isnard (51) Ukiah 6:43
10 Kristin Weldon (14) Kelseyvi 6:53

Division Results - Women's 1 Mile
Under 10: 1. Alicia Williams 47:42, 2. Holly Westlund 9:26, 3. Courtney Steele 10:56.

10-14: 1. Kriston Weldon 6:53, 2. Dawn Weldon 7:53, 3. Kristen Steele 8:36, 20-29: 1. Carolyn Knight 8:43, 2. Liz Quirioga 11:04, 30-39: 1. Susan Lovell 10:56, 2. Roberta Valdez 11:55, 3. V. Rackaukas 12:05, 40-49: 1. Rose Collins 7:04, 2. Paula Samonte 9:03.

Division Results - Men's 1 Mile
Under 10: 1. Scott Ault 7:44, 2. Shawn Harvey 9:23, 3. Shawn Harvey 9:23, 10-14: 1. Eli Gibbons 6:30, 2. Jeremy Collier 7:13, 3. Ian Powell 7:40, 15-19: 1. Robert Schooling 5:18, 2. Evertt Super 5:19, 3. Eric Kammer 5:40, 30-39: 1. Dan Jackson 5:58, 2. Steve Lovell 9:25, 3. James Harvey 9:29, 40-49: 1. Steve Ahl 5:50, 50-59: 1. Ed Isnard 6:43, 2. Dennis Denny 9:24.

May Day Run

from Sheri Cardo

May 12. Golden Gate Park, S.F. 5K/10K.

Division Results - Men's 10K
10-13: 1. Jason Ysip 41:04, 2. Chris Orton 47:52, 3. Jeremy Kazan 49:47, 14-18: 1. Brian Herndon 47:11, 2. Stuart Siegel 48:51, 3. Mark Ghalamkar 51:01, 19-29: 1. William St. John 30:52, 2. Charles Potter 31:40, 3. Mark Carper 32:10, 30-39: 1. Wally Kazmierowski 32:44, 2. Mike Paul 34:13, 3. Sheldon Clark 34:15, 40-49: 1. Miguel Solorio 37:03, 2. Andy Anderson 37:51, 3. Santiago Ojeda 38:58, 50-59: 1. Rudy Oehm 39:19, 2. Herbert Vanek 39:24, 3. David Reichel 40:04, 60 & Over: 1. Gary Toji 46:07, 2. Marvin Beck 50:51, 3. Edward Garner 50:53.

Division Results - Women's 10K
11-13: 1. Vivian Beniflah 51:32, 2. Kim Shea 1:01:10, 3. Hannah Toon 1:03:49, 14-18: 1. Kelli Moeckel 58:48, 2. Norma Panina N.T., 19-29: 1. Patti Martin 38:17, 2. Eileen Brennan 38:51, 3. Yumi Takahashi 41:29, 30-39: 1. Peggy Smith 39:19, 2. Paula Beard 40:38, 3. Jane Brethauer 41:49, 40-49: 1. Alice Rose 40:35, 2. Susan Brown 42:32, 3. Dorothy Cady 47:44, 50-59: 1. Eileen Klatky 47:40, 2. Hisae Reichel 50:04, 3. Dee Keys 55:19, 60 & Over: 1. Arlene Fitzgerald 1:03:13.

Division Results - Men's 5K
10-13: 1. Daniel Lilot 20:26, 2. Fabrizio Zappaterra, N.T., 3. Mauro Zappaterra N.T., 14-18: 1. Michael O'Conner 16:24, 2. Armand Mussey 17:49, 3. Dave Pell 22:41, 19-29: 1. Dan Ross 17:25, 2. John Nooyen 17:45, 3. Tony Angotti 18:17, 30-39: 1. Gary John 16:28, 2. Robert Beal 16:38, 3. J. W. White 17:09, 40-49: 1. Joseph Becerra 15:57, 2. Steve Parker 18:42, 3. Ed Meagor 21:29, 50-59: 1. Paul Weggenman 17:53, 2. Ray Piva 18:27, 3. Ed Watchempino, N.T., 60 & Over: 1. Edward Fernandez, 2. Stan Anderson, 3. Sergei Buzolin.

Division Results - Women's 5K
10-13: 1. Alva Duncel, 2. Fatima Kimlyo-Johnson, 3. Janelle Daniels, 14-18: 1. Karen Simontacchi, 2. Angela Eve Gatto, 3. Katie Peters, 19-29: 1. Cynthia Sobrekro, 2. Ronda Schreiber, 3. Susan Glittenberg, 30-39: 1. Angela Jenkins, 2. Mary Ellen Greaney, 3. Laural Ulrich, 40-49: 1. Peggy Kang, 2. Beth Medeiros, 3. Nancy Eyler, 50-59: 1. Irene McKeever, 2. Joan Hanrahan, 3. Ruth Levitan, 60 & Over: 1. Gertrude Wood, 2. Colette Carey, 3. Gene Milano.

Atalanta's Victory Runs

May 12. Arcata. 5.7 Miles & 1.75 Miles.

| | |
|-----------------------------|-------|
| Overall Results - 5.7 Miles | |
| 1 Munece Williams (23) | 35:45 |
| 2 Karen Angel (39) | 36:18 |
| 3 Lori Ramirez (26) | 37:33 |
| 4 Karen Kelley-Day (35) | 37:43 |
| 5 Susan Long (29) | 39:01 |
| 6 Margaret Tauzer (25) | 40:42 |
| 7 Sandy Cline (22) | 40:47 |
| 8 Louise Shultz (40) | 41:04 |
| 9 Lisa Maurer (19) | 42:04 |
| 10 Sherry Graza (27) | 42:14 |

Division Results - 5.7 Miles
15-19: 1. Lisa Maurer 42:04, 2. Sara Rasmussen 48:02, 20-24: 1. Munece Williams 35:45, 2. Sandy Cline 40:47, 3. Debbie Terry 42:40, 25-29: 1. Lori Ramirez 37:33, 2. Susan Long 39:01, 3. Margaret Tauzer 40:42, 30-34: 1. Peggy Straham 42:50, 2. Marilee Parich 44:58, 3. Susanah Christy 45:21, 35-39: 1. Karen Angel 36:18, 2. Karen Kelley-Day 37:43, 3. Nancy Caneday 48:03, 40-44: 1. Louise Shultz 41:04, 2. Terry Hill 47:48, 3. Marilyn Bennett 47:50, 45-49: 1. Sherry Bannion 42:29, 2. Patricia Pedrotti 42:58, 3. Carol Norris 55:12, 50-54: 1. Nancy Gardner 46:06, 55 & Over: 1. Virginia Terry 45:40, 2. Betty Hamblin 49:14, 3. Georgina Buxton 54:12.

Overall Results - 1.75 Miles
1 Sally Hunt (21) 10:28 || 2 Rhonda Argo (26) | 11:40 |
| 3 Lee Ann Ramsey (14) | 12:15 |
| 4 Mary Conover (19) | 12:22 |
| 5 Makata Sanfilippo (33) | 12:25 |
| 6 Dawn McCauley (27) | 12:26 |
| 7 Karen Stein (23) | 12:33 |
| 8 Karen McFarland-Cataloni (28) | 12:45 |
| 9 Theresa Maglady (17) | 12:51 |
| 10 Linda Pouttu (26) | 12:55 |

Division Results - 1.75 Miles
14 & Under: 1. Lee Ann Ramsey 12:15, 2. Ceci Walker 13:22, 3. Denise Wood 13:43, 15-19: 1. Mary Conover 12:22, 2. Theresa Maglady 12:51, 3. Michelle Fullerton 13:06, 20-24: 1. Sally Hunt 10:28, 2. Karen Stein 12:33, 3. Claudia Esparza 14:05, 25-29: 1. Rhonda Argo 11:40, 2. Dawn McCauley 12:26, 3. Karen McFarland-Cataloni 12:45, 30-34: 1. Sarah Jones 13:30, 2. Terry Tauzer 13:51, 3. Cynthia Coleman 14:18, 35-39: 1. Kathy Coleman 13:40, 2. Amy Eads 13:47, 3. JoAnne Splitter 14:22, 40-44: 1. Sandra Ball 13:27, 2. Rita Sway 13:44, 3. Wendy Wahlund 15:15, 45-49: 1. Joan Maurer 14:17, 2. Bonnie Breeze 18:14, 50-54: 1. Marie Kelleher-Roy 18:06, 2. Barbara Kelley 22:45, 3. Thea Gast 22:47, 55 & Over: 1. Eve Modlin 19:22, 2. Thelma Jackson 22:19.

Armed Forces Day Runs

May 18. Torrance. 5K & 10K.

Division Results - Men's 10K
10 & Under: 1. Chris King 46:27, 11-12: 1. Chris McAllister 42:10, 13-15: 1. Brian Tokuda 37:23, 16-18: 1. Gary Puhek 33:45, 19-24: 1. Kenny Fleming 32:6, 25-29: 1. David Bower 33:39, 30-34: 1. Mark Judge 35:13, 35-39: 1. Fred Fleming 36:50, 40-44: 1. Rene Diaz 36:40, 45-49: 1. Andre Tocco 35:52, 50-54: 1. Vince Gilliland 38:42, 55-59: 1. Pat Devine 37:02, 60-64: 1. Larry Banvelos 39:50, 65 & Over: 1. Eddie Lewin 41:33.

Division Results - Women's 10K10 & Under: 1. Jessica Reifer 26:57, 13-15: 1. Wendy Scotto 52:21, 16-18: 1. Connie Carlson 46:40, 19-24: 1. Brinne Carrier 39:47, 25-29: 1. Sherry Simmons 37:01, 30-34: 1. Leslie Lewis 41:35, 35-39: 1. Nancy Welly 47:22, 40-44: 1. Susan Lohn 51:22, 45-49: 1. Beauchamp 1:00:43, 50-54: 1. Atsuko Jujimoto 46:31, 55-59: 1. Diane Minsian 1:26:2, 60-64: 1. Helen Dick 44:30, 65 & Over: 1. Lucile Adney 1:09:00.

Division Results - Men's 5K
10 & Under: 1. Eric Sanchez 21:20, 11-12: 1. Chip English 20:02, 13-15: 1. Brent Conking 18:35, 16-18: 1. Michael Scott 16:25, 19-24: 1. James McKenzie 16:04, 25-29: 1. Bob Wilder 17:09, 30-34: 1. Geoff Guerrero 17:00, 35-39: 1. Henry Lange 17:01, 40-44: 1. Dan Ashimine 17:59, 45-49: 1. Tom Hawson 18:33, 50-54: 1. Robert Culley 19:16, 55-59: 1. Jerry Withers 18:56, 60-64: 1. Nelson Wiley 23:55, 65 & Over: 1. David Cohen 21:57.

Division Results - Women's 5K
10 & Under: 1. Christina De Leon 28:40, 11-12: 1. Shannon Brooks 23:57, 13-15: 1. Andrea Dean 23:09, 16-18: 1. Kim Tande 23:32, 19-24: 1. Lynn Christopher 21:03, 25-29: 1. Laura Miller 20:54, 30-34: 1. Denise Ellison 22:32, 35-39: 1. Sue Reinhardt 22:58, 40-44: 1. Kathie Owen 22:21, 45-49: 1. Martha Solman 27:14, 50-54: 1. Jeri Phillips 27:27, 55-59: 1. Dolores Withers 31:45.

Results

Orange 24 Hour Run

May 17-18. Orange.

Overall Results

| | | |
|----|-----------------------------------|---------|
| 1 | Leo Marquez (46) Bakersfield | 122 1/2 |
| 2 | Lee Preble (50) Torrance | 117 1/2 |
| 3 | Tom Magrann (36) Cypress | 111 |
| 4 | Jack Resh (53) Orange | 111 |
| 5 | Leon Ransom (48) San Diego | 109 1/2 |
| 6 | Don Pycior (46) Santa Ana | 105 |
| 7 | Ward Wright (44) Redondo Beach | 102 1/2 |
| 8 | Jeff Hindman (28) Fountain Valley | 101 |
| 9 | Dan Murray (31) Santa Ana | 100 1/2 |
| 10 | Jeff Kinzel (32) Tustin | 100 1/4 |

Parcourse Challenge

May 18. Gold's Gym, Reno, NV.

Overall Men: 1. Rafael Othon, 2. Sean Crom, 3. Jeff Rahn, 4. Dan Lucas, 5. Joe Doser.

Overall Women: 1. Laurie Brantingham, 2. Kim Cummings, 3. Alice Douglas, 4. Elaine Wohler, 5. Charlene Stevens.

Men's Sit-ups

1. Tim Tyson 74, 2. Rafael Othon 68, 3. Sean Crom and Mark Quinlan 65.

Women's Sit-ups

1. Mary Christiansen 62, 2. Susanne Real 54, 3. Cindy Maseglin 53.

Men's Pull-ups

1. Mark Quinlan 36, 2. Dan Lucas 28, 3. Stacey Smithart 27.

Women's Pull-ups

1. Mary Christiansen 15, 2. Suzanne Real 5, 3. Jeannie Webb 5.

Men's Bar dips

1. Rafael Othon 62, 2. Stacey Smithart 56, 3. Mark Quinlan 46.

Women's Bar dips

1. Mary Christiansen 20, 2. Jeannie Webb 16, 3. Charlene Stevens 11.

Men's 5 1/2 Mile Run

1. Dan Lucas 31:40, 2. Sean Crom 32:12, 3. Jeff Rahn 32:30.

Women's 5 1/2 Mile Run

1. Laurie Brantingham 36:23, 2. Annette Rahn 37:25, 3. Kim Cummings 41:19.

Dala Horse Trot

May 18. Kingsburg. 10K & 2 Mile.

Division Results - Men's 10K

Best Time: Al Lomelli, 33:21.5.

16-29: 1. Lex Swanson, 2. Gary Sander. 30-34: 1. Al Lomelli, 2. Rick Gafney. 35-39: 1. Rob Stevenson, 2. Jim Hill. 40-49: 1. Ron Quitoriano, 2. John Pius. 50 & Over: 1. Dick Cain, 2. John Paredes.

Division Results - Women's 10K

Best Time: Diana McDaniel, 38:50.

16-29: 1. Tari Pierce, 2. Margi Hodge. 30-34: 1. Diana McDaniel, 2. Chris Bratton. 35-39: 1. Cherie Stephenson, 2. Sherraine Sheldon. 40-49: 1. Mary Ann Barroso, 2. Jackie Ryle. 50 & Over: 1. Dorothy Thomas.

Division Results - Men's 2 Mile

Best Time: Gilbert Guzman, 10:07.8.

15 & Under: 1. David Hawkins, 2. Eric Fleming. 16-29: 1. Gilbert Guzman, 2. Steve March. 30-34: 1. Greg Griffen, 2. William Valk. 35-39: 1. Gerald Bauer, 2. Larry Fischer. 40-49: 1. Charles Cadoret, 2. Tom Ockey. 50 & Over: 1. Bob Hedin, 2. Bill Carmichael.

Division Results - Women's 2 Mile

Best Time: Jana Nelson, 12:49.

15 & Under: 1. Amy Bartel, 2. Laura Hawkins. 16-29: 1. Jana Nelson, 2. Ronetta Brandt. 30-34: 1. Jan Alcott, 2. Sharon Madsen. 35-39: 1. Sherrill Lott, 2. Nanette McKinney. 40-49: 1. June Hess, 2. Joan Johnson. 50 & Over: 1. Elaine Clark, 2. Rose Marie Swanson.

Team Xerox Corporate Marathon Relay

May 18. Mill Valley.

Final Results

| | | |
|----|--------------------------------|---------|
| 1 | Nike, Portland, OR | 2:12:58 |
| 2 | Rockwell Int'l, L.A. | 2:15:59 |
| 3 | Texas Instruments, Dallas | 2:16:31 |
| 4 | AT&T, New York | 2:16:58 |
| 5 | Chevron, San Francisco | 2:19:43 |
| 6 | McDonnell Douglas, St. Louis | 2:21:12 |
| 7 | Ford, Detroit | 2:22:09 |
| 8 | Raytheon, Boston | 2:22:25 |
| 9 | Bell South, Atlanta | 2:22:34 |
| 10 | University of Pittsburgh, Pitt | 2:23:51 |
| 11 | General Electric, Washington | 2:24:28 |
| 12 | AT&T, Chicago | 2:29:15 |

Run for Life

May 18. Woodward Park, Fresno.

Overall Results

| | | |
|----|------------------|-------|
| 1 | Bryan Fahrenbach | 30:07 |
| 2 | Rod Marvin | 30:35 |
| 3 | Gilbert Delgado | 31:31 |
| 4 | Dan Vega | 31:48 |
| 5 | Kevin Bell | 32:56 |
| 6 | Daniel East | 34:07 |
| 7 | Ralph Smith | 34:34 |
| 8 | Hector Sepulveda | 35:05 |
| 9 | Don Trout | 35:17 |
| 10 | Manuel Huaracha | 35:20 |
| 11 | Scott Dye | 36:20 |
| 12 | Henry Ovalle | 36:31 |
| 13 | Casey Clark | 36:59 |
| 14 | Bill Schwartz | 37:07 |
| 15 | Joe Delgado | 37:27 |
| 16 | Sergio Rojas | 37:40 |
| 17 | Gary Pomazlitzky | 37:45 |
| 18 | John Purveger | 37:48 |
| 19 | Santos Portillo | 37:50 |
| 20 | Victor Alaniz | 37:55 |
| 21 | David Horg | 37:56 |
| 22 | Mark Muzny | 38:13 |
| 23 | Fred Alderete | 38:15 |
| 24 | Stanley Hederick | 38:13 |
| 25 | Ric Brown | 38:21 |

Overall Results - 2 Mile

| | | |
|----|------------------|-------|
| 1 | Richard Harkless | 9:54 |
| 2 | Paul Garza | 10:24 |
| 3 | Egan Titus | 10:27 |
| 4 | Rod Enos | 10:27 |
| 5 | David Bloyd | 10:44 |
| 6 | John Valett | 10:49 |
| 7 | Earle Franks | 10:57 |
| 8 | Thom Eas | 11:15 |
| 9 | Rey Pena | 11:31 |
| 10 | Alex Cordova | 11:46 |
| 11 | Domingo Pena | 11:48 |
| 12 | Randy Pinal | 11:49 |
| 13 | Pete Santellano | 11:50 |
| 14 | Curtis Summers | 11:58 |
| 15 | Scott Curtis | 11:59 |

Sunkist Gold Rush 100K

May 18. Nevada City.

Overall Results

| | | |
|----|-------------------|----------|
| 1 | Chuck Jones | 7:35:10 |
| 2 | Bruce von Berstel | 8:05:46 |
| 3 | Robert Sobsey | 8:43:29 |
| 4 | Steve Kohler | 8:51:44 |
| 5 | David Prier | 9:01:15 |
| 6 | Jim Drake | 9:09:27 |
| 7 | Roger Sobsey | 9:20:24 |
| 8 | Adrian Crane | 9:26:40 |
| 9 | Jan Levett | 9:40:39 |
| 10 | Ray Nocholl | 9:46:57 |
| 11 | Gary Ruttenberg | 9:47:08 |
| 12 | Jon Griffin | 10:03:06 |
| 13 | Bill Trammontin | 10:05:57 |
| 14 | Bill Gardner | 10:06:51 |
| 15 | Roland Martin | 10:14:10 |
| 16 | Steve Galvan | 10:14:10 |
| 17 | Bill Yawn | 10:14:10 |

Gold Nugget Ridge Run

May 18. Paradise Lake. 2.9 Mile, 6 Mile.

Overall Results - 2.9 Miles

| | | |
|----|-----------------|-------|
| 1 | Gregg Williams | 15:29 |
| 2 | Kevin Barry | 15:45 |
| 3 | Skip Lees | 17:51 |
| 4 | David Hanley | 18:33 |
| 5 | Greg Montgomery | 18:41 |
| 6 | Jack McKenna | 18:44 |
| 7 | Mike Rivas | 19:21 |
| 8 | Ben Meyers | 19:51 |
| 9 | Ken Tiez | 19:52 |
| 10 | Wade Ballard | 19:58 |

Division Results - Men's 2.9 mile

14 & Under: 1. Joshua Dawson 22:15, 2. Jesse Jaynes 22:15, 3. Robert Morgan 24:50. 15-19: 1. Wade Ballard 19:58, 2. Bob Arbayo 20:07, 3. Pardue Tyson 20:13. 20-29: 1. Gregg Williams 15:29, 2. Kevin Barry 15:45, 3. Michael Rivas 19:21. 30-34: 1. David Hanley 18:33, 2. Greg Brueggemann 21:00, 3. Chris Prator 21:16. 35-39: 1. Greg Montgomery 18:41, 2. Jack McKenna 18:44, 3. Ken Tiez 19:52. 40-49: 1. Skip Lees 17:51, 2. Nick Pizzica 20:59, 3. Ed Meyers 21:08. 50-59: 1. Jim Flood 24:46.

Division Results - Women's 2.9 mile

14 & Under: 1. Jennifer Coon 29:26. 15-19: 1. Sonja Dillenbeck 21:42, 2. Kelle Brooks 32:42, 3. Sue Williams 33:08. 20-29: 1. Dale Darrow 21:42, 2. Ayala Consuelo 25:00, 3. Dianna Douglas 25:26. 30-34: 1. Melinda Borgs 25:36, 2. Jill Robinson 25:48, 3. Linda Lively 26:08. 35-39: 1. Didi Toasperm 24:39, 2. Darlene Meyer 30:31, 3. Candy Hadley 56:34. 40-49: 1. Tami Bemiller 23:22, 2. Laurene Feingold 26:50, 3. Judy Thomas 36:33.

Overall Results - 6 Miles

| | | |
|----|------------------|-------|
| 1 | James Ballantyne | 34:33 |
| 2 | Ed Byers | 34:49 |
| 3 | Bob Hastings | 35:52 |
| 4 | Roger Zolldan | 35:55 |
| 5 | Ray Darwin | 36:51 |
| 6 | Steve Stefanides | 37:31 |
| 7 | Everett Riggie | 37:37 |
| 8 | Scott Borges | 38:18 |
| 9 | Steve Casey | 38:28 |
| 10 | David Coy | 39:52 |

Division Results - Men's 6 Mile

15-19: 1. David Coy 39:52, 2. Robert Haynes 41:15, 3. Brian Ausland 42:07. 20-29: 1. Ed Byers 34:49, 2. Bob Hastings 35:52, 3. Steve Stefanides 37:31. 30-34: 1. Scott Borges 38:18, 2. Andy Mark 42:28, 3. Gary Detches 47:21. 35-39: 1. Roger Zolldan 35:55, 2. Steve Casey 38:28, 3. Brett Barham 41:26. 40-49: 1. James Ballantyne 34:33, 2. Ray Darwin 36:51, 3. Rod Hass 43:43. 50-59: 1. Everett Riggie 37:37, 2. Grant Eldridge 51:56, 3. Bill Huston 1:02:51.

Division Results - Women's 6 mile

15-19: 1. Beth Thomas 47:10, 2. Zade Ellis 57:42, 3. Eva McNeil 1:04:39. 20-29: 1. Sheri Lawrence 50:10, 2. Donna Seaman 56:46, 3. Debbie Stoner 58:33. 30-34: 1. Cindy Graves 46:50, 2. Liz Norris 52:11, 3. Marie Symmes 58:37. 35-39: 1. Barbara Zolldan 44:11, 2. Linda Layland 55:55, 3. Candy Hadley 56:34. 40-49: 1. Delight Brown 50:37.

El Segundo Fun Run

May 18. El Segundo. 10K & 5K.

Division Results - Men's 10K

18 & Under: 1. James Brown, Jr. N.T., 2. Jose Guiterrez 40:04, 3. John Yocum 50:16. 20-24: 1. Bob Leetch 32:30, 2. Stephen Sichi 40:39, 3. Thatcher White 41:18. 25-29: 1. Tom Carlton 33:16, 2. Denis Bauke 34:09, 3. Dave Orlowski 35:28. 30-34: 1. Mike O'Halloran 36:41, 2. Tim Boggs 36:36, 3. Kim Stockdale 38:01. 35-39: 1. Paul Garnett 36:13, 2. Herschel Stiles 37:37, 3. Louie Ybarra 39:04. 40-49: 1. Merl Glauser 36:14, 2. Joe Macias 40:56, 3. Al Keahi 41:18. 50-59: 1. Robert Mandi 41:51, 2. Steve Mager 44:21, 3. Leonard Davids 45:27.

Division Results - Women's 10K

18 & Under: 1. Samantha Brown 52:32. 19-24: 1. Eliz Remley 42:46, 2. Lucie LeBlanc 45:26, 3. Sunny Thompson 49:49. 25-29: 1. Michelle Fredette 44:52, 2. Donna Silveira 47:23, 3. Cathy Means 47:28. 30-34: 1. Jan Delaney 47:05, 2. Terry Matz 48:41, 3. Pat Biehl 55:59. 35-39: 1. Maryann Harwood 48:27, 2. Joanie Matheson 54:23, 3. Carol Keahi 56:46. 40-49: 1. Cynthia Brack 48:57, 2. Dianne McLeod 49:20, 3. Susan Mayer, N.T. 50-59: 1. Nelly Williams 47:13.

Division Results - Men's 5K

18 & Under: 1. Francisco Garcia 16:17, 2. Eric Gengelback 16:56, 3. Armando Quiroz 18:00. 19-24: 1. Andy Ligeti 16:43, 2. Paul Wilder 17:12, 3. Richard Walter 18:02. 25-29: 1. Daryl Johnson 16:54, 2. Bryan Hill 17:35, 3. Steven Barnard 18:06. 30-34: 1. Fred Tsutsui 17:39, 2. Paul Rikers 17:44, 3. Carl Allen 18:05. 35-39: 1. Fred Doubell 17:09, 2. Salvada Gonzales 17:26, 3. Brian Oldham 17:50. 40-49: 1. Catarino Gonzales 16:54, 2. John Cosgrove 17:45, 3. Richard Dela Sota 19:05. 50-59: 1. Chuck Cobb 20:56, 2. Milo Sather 21:46, 3. Tokumi Ono 23:25. 60 & Over: 1. Stanley Neufeld 24:07, 2. John Williams 25:57, 3. Will Busick 30:02.

Division Results - Women's 5K

18 & Under: 1. Sandy Tregarthen 21:41, 2. Andrea Ross 26:18, 3. Jen Jacobson 28:57. 19-24: 1. Julia Dibilla 22:00, 2. Renee Fieldhouse 23:43, 3. Marjorie Burich 26:14. 25-29: 1. Mary Ann Yustman 23:03, 2. Sandra Galli 25:24, 3. Shannon Helms 26:22. 30-34: 1. Laurel Hyde 23:31, 2. Donna Elmer 24:24, 3. Janet Coleman 25:47. 35-39: 1. Maryann Harwood 22:38, 2. Linda Toderio 24:09, 3. Lynn Childs 26:23. 40-49: 1. Molly Thayer 20:15, 2. Corrine Schratz 22:39, 3. Susan Dittmore 31:14. 50-59: 1. Barbara McElvain, N.T., 2. Ruth McPadden, N.T. 60 & Over: 1. Sue Hyde 27:37.

Gustine Run For The Goal

May 19. Gustine. 5K & 10K & 1 Mile.

Overall Results - 10K

| | | |
|----|---------------------------|-------|
| 1 | Mark Huschle, Claremont | 32:05 |
| 2 | Wayne Baker, Newman | 32:47 |
| 3 | Richard Johnson, Stockton | 34:13 |
| 4 | Eric Peterson, Turlock | 35:33 |
| 5 | Reg Harris, Napa | 36:07 |
| 6 | Anthony Burrola, Gustine | 39:07 |
| 7 | John Esparza, Modesto | 39:14 |
| 8 | David Olsen, Merced | 40:36 |
| 9 | John Caetano, Gustine | 45:53 |
| 10 | Tony Silveira, Atwater | 46:12 |

Overall Results - 5K

| | | |
|----|-------------------------|-------|
| 1 | Angel Rejena, Turlock | 15:27 |
| 2 | Dean Loftgren, Oakdale | 16:16 |
| 3 | Shane Parmer, Modesto | 16:34 |
| 4 | Charles Pittel, Oakdale | 16:44 |
| 5 | Don Steiner, Sacramento | 17:14 |
| 6 | Zachary Taylor, Gustine | 17:23 |
| 7 | Jim Norquist, Modesto | 17:26 |
| 8 | Corey Borges, Merced | 17:28 |
| 9 | Gerry Holmes, Modesto | 17:50 |
| 10 | Thomas Diehl, Atwater | 18:12 |

1 Mile Run

| | | |
|---|-------------------------|------|
| 1 | Zachary Taylor, Gustine | 4:33 |
|---|-------------------------|------|

Westlake Florist Flower Run

May 19. Westlake Village. 5K & 10K.

Men's Results - 10K

14 & Under: 1. Al Little, 32:17, 2. Briles, 41:05, 3. Bill Murray, 42:58. 15-18: 1. Mike Roth, 38:00, 2. Josh Polsten, 41:37, 3. Reinhard, 42:52. 19-29: 1. Eugene Mustar, 32:58, 2. Brian Nelson, 34:35, 3. C. Wikel, 35:21. 30-34: 1. Eichner, 34:11, 2. Craig Mead, 34:51, 3. R. Hatch, 35:10. 35-39: 1. S. Glacke, 32:38, 2. Jim Hughes, 33:05, 3. Mike Keith, 36:42. 40-44: 1. Peter, 36:06, 2. Eggleston, 36:23, 3. Maher, 37:52. 45-49: 1. Armantrout, 36:25, 2. Skip Witt, 36:40, 3. Aba Ramirez, 38:36. 50-54: 1. Gaskell,

37:23, 2. B. Regis, 37:42, 3. D. Briskick, 46:43. 55-59: 1. B. Winstanly, 39:12, 2. J. Downerly, 40:53, 3. J. Perrodin, 44:04. 60 & Over: 1. Schewe, 48:09, 2. Jack Mehlman, 49:00, 3. White, 52:42.

Women's Results - 10K

14 & Under: 1. Nancy Roseland, 48:41. 15-18: 1. B. Gormley, 51:28. 19-29: 1. Klausmeier, 38:51, 2. Papapetru, 43:03, 3. Rose Wineman, 47:55. 30-34: 1. Rita Schnepf, 40:47, 2. Maryann Kestner, 43:50, 3. Carpenter, 44:54, 35-39: 1. S. Harmon, 40:38, 2. Cargile, 52:58, 3. Ronnie Franklin, 53:28. 40-44: 1. Stevenson, 43:21, 2. Jean Franzese, 45:05, 3. Jackie Gallner, 48:44. 45-49: 1. Gina Faust, 40:54, 2. No Name, 47:38, 3. Carole Davis, 48:47. 55-59: 1. M. Miller, 42:06. 60 & Over: 1. Miller, 42:06.

Men's Results - 5K

14 & Under: 1. Nofziger, 18:21, 2. Schiermann, 18:42, 3. Delacerta, 18:49. 15-18: 1. Gary Dehlinger, 16:07, 2. John Roger, 16:35, 3. Koblirne, 17:55. 19-29: 1. Merwin, 16:04, 2. C. Wickel, 16:51, 3. N. Trozzi, 17:21. 30-34: 1. Peter Moss, 15:55, 2. Craig Mead, 16:07, 3. P. Delacerta, 17:13. 35-39: 1. Lange, 16:32, 2. Riz Evan, 17:22, 3. Doubell, 17:24. 40-44: 1. Peter, 16:54, 2. Charlie Pondella, 17:00, 3. Charlie McTaggart, 18:44. 45-49: 1. Aba Ramirez, 18:15, 2. R. Barlett, 19:43, 3. Daley, 22:31. 50-54: 1. Gaskell, 18:09, 2. Jack Thomas, 18:58, 3. Trux, 19:16. 55-60: 1. G. Brickner, 18:54, 2. Dunn, 20:36, 3. Jack Perrodin, 20:58. 60 & Over: 1. Nemeth, 19:09, 2. Durrant Walker, 22:48, 3. Robert Albin, 24:40.

Women's Results - 5K

14 & Under: 1. Feiler, 20:42, 2. Jennifer Susko, 22:11, 3. Jessica Graham, 22:11. 15-18: 1. Debbie Ball, 19:49, 2. K. Gluckman, 21:00, 3. Lewis, 21:12. 19-29: 1. Klausmeier, 18:26, 2. Dianne Bush, 20:36, 3. Johansson, 21:13. 30-34: 1. Donnelly, 21:02, 2. Robin Brooks, 24:57, 3. Eggleston, 25:13. 35-39: 1. Harmon, 19:25, 2. English, 24:21, 3. Fitzpatrick, 24:32. 40-44: 1. Jane Franzese, 20:59, 2. Pearson, 24:22, 3. Dougherty, 25:08. 45-49: 1. Gina Faust, 19:14, 2. R. Hemming, 21:20, 3. Carol Davis, 23:05. 50-54: 1. P. Winstanley, 27:21, 2. Schaffer, 27:59, 3. Spencer, 30:31. 55-60: 1. Margaret Miller, 20:08, 2. Selma Melhan, 31:34, 3. Castaneda, 36:15. 60 & Over: 1. J. Frankman, 31:30.

Santa Anita Lite Spring Classic

May 19. Arcadia. 5K & 10K.

At a time when attendance is slacking off at some organized runs, the Santa Anita Lite Spring Classic enjoyed record-breaking crowds for its sixth annual running. More than 3000 runners, walkers and wheelchair racers turned out for the 5K and Jim Fixx Memorial 10K events. Cool, overcast weather assured fast times over the well-planned scenic route, which takes participants on a loop out of the Santa Anita Race Track parking lot and past such Arcadia landmarks as Santa Anita Fashion Park, the golf course, high school, city hall, Arcadia Park and the Los Angeles County Arboretum.

The superbly organized Classic provided split times at each mile marker, as well as water and aid stations at the one and three-mile marks. The Arcadia Police Department monitored key intersections with the help of the San Gabriel Valley Amateur Radio Club. Amateurs were placed with police and paramedics to quicken response to possible medical emergen-

cies and to relay vital race info. With their help, the finish line was held open for 70-year-old Olive Rohrer who finished the 10K racewalk in two hours and nine minutes.

Santa Anita Lite Spring Classic medals were awarded to the first five finishers in each of the ten divisions and the first two finishers in each division also received merchandise awards that included copies of Jim Fixx's final book, *Maximum Sports Performance*. All finishers received a long-sleeved, hooded T-shirt and a completion certificate signed by Fixx's son, John. In the festive post-race party that followed Southern California's biggest run, participants were treated to refreshments courtesy of Miller Beer, Arrowhead Drinking Water, Tenneco West, Nesbitt's Soft Drinks, and Johnson's Yogurt.

A highlight of the event was the marriage of Terry Carpenter and Dave Johnson before the start of the 10K. Dressed to run, the entire wedding party then participated in the race.

Overall winner of the 5K, which got underway at 7:45 a.m., was Gus Quinonez (14:49) while Beth McGrann (17:44) won the women's 5K.

Overall winner of the 10K was Peter Renner (29:58), member of the 1984 New Zealand Olympic Team who took 9th place in the Steeple Chase at the Los Angeles Games. Renner's wife Wendy, a world ranked runner took the women's 10K with a time of 34:43.

Division Results - Men's 5K

15 & Under: 1. Fil Arizmendi 16:36. 16-20: 1. Gus Quinonez 14:49. 21-29: 1. Carey Simons 14:57. 30-39: 1. Enrique Serratos 15:35. 40-49: 1. Phil Ryan 16:08. 50-59: 1. Jim Brownfield N.T. 60 & Over: 1. Larry Bannelos 18:25. Racewalker 40 & U: 1. Larry Burch N.T. Racewalker 40 & O: 1. Bob Brewer N.T.

Division Results - Women's 5K

15 & Under: 1. Lisa Bartholomew 22:50. 16-20: 1. Beth McGrann 17:44. 21-29: 1. Lisa Noorhis 20:09. 30-39: 1. Lois Curl 18:24. 40-49: 1. Bonnie Baer 20:07. 50-59: 1. Atsuko Fujimoto 21:35. 60 & Over: 1. Joan Smith 28:57. Racewalker 40 & U: 1. Renatta Hahn N.T. Racewalker 40 & O: 1. Elaine Ward N.T.

Division Results - Men's 10K

15 & U: 1. Freddy Ortega 35:20. 16-20: 1. Kevin Bagley 32:20. 21-29: 1. Peter Renner 29:58. 30-39: 1. Dave White 32:24. 40-49: 1. Tracey Smith 30:51. 50-59: 1. Jim Knerr 35:39. 60 & Over: 1. Donald Dilworth 41:46. Racewalker 40 & U: 1. Ferico Valerio N.T. Racewalker 40 & O: 1. Jim Koots N.T. Wheelchair: 1. Bud Harris N.T.

Division Results - Women's 10K

15 & Under: 1. Jamie Gunn 41:52. 16-20: 1. Becky Merrill 40:38. 21-29: 1. Wendy Renner 34:43. 30-39: 1. Lois Curl 41:39. 40-49: 1. Carmen Connolly 44:19. 50-59: 1. Nelly Williams 46:18. 60 & Over: 1. Lois Edds 49:51. Racewalker 40 & U: 1. Stella Rhodes N.T. Racewalker 40 & O: 1. Callie Green N.T.

The Examiner Bay to Breakers

May 20. San Francisco.

Olympic marathon champ Joan Benoit and Kenyan Ibrahim Hussein both broke course records yesterday as they led the field of 95,000 runners in what proved to be the largest Examiner Bay to Breakers race in history. Benoit of Maine ran

39:54.8 smashing Laurie Binder's record by a minute and a half, setting a new American record in the 12K. Hussein won the overall race in 34:53.3, breaking New Zealander Rod Dixon's course record.

England's Geoff Smith finished right behind Hussein, also breaking Dixon's record with a time of 35:00.8. Paul Cummings finished third in 35:56.1, and William Donakowski of Berkeley was fourth in 36:04.1.

In the women's race, runner-up and last year's defending champion Nancy Ditz (40:59.4) of Menlo Park, third-place finisher Janine Aiello (41:04.6) of San Francisco, and fourth-place finisher Julie Brown (41:05.1) of San Diego also bested Binders record of 41:24.7, set in 1983. Binder came in sixth in 41:47.

The Aggie Running Club continued its dominance in the centipede division, finishing in 41:05.5. But the Aggies, who prided themselves in never losing to a female, were passed up by the first four woman finishers. Benoit commented, "I saw them do a little victory dance at the top of the (Hays Street) hill, and I said to myself, 'Those guys are too cocky.'" The best centipede costume award went to the MacArthur Park lobster.

Once everyone crossed the finish line, they migrated inland to Security Pacific Bank's Footstock in Golden Gate Park's Polo Field, where they celebrated "San Francisco style" at a festival that included live music, entertainment, the awards ceremony and a huge sports exhibition. Crowds were estimated at 150,000 at Footstock, making it the Bay Area's biggest part on record.

Overall Results - Men

| | | |
|----|-------------------------------|---------|
| 1 | Ibrahim Hussein, NM | 34:53.3 |
| 2 | Geoff Smith, Boston, MA | 35:00.8 |
| 3 | Paul Cummings, Provo, UT | 35:56.1 |
| 4 | William Donakowski, Berkeley | 36:04.1 |
| 5 | Name unknown, Yuba City | 36:15.1 |
| 6 | Gary Sirano, Pittsburgh, PA | 36:21.5 |
| 7 | Rich McCandless, Los Gatos | 36:27.7 |
| 8 | Brad Hawthorne, Pleasant Hill | 36:54.7 |
| 9 | Charlie Spedding, Auburn, MA | 37:05.5 |
| 10 | Gary Tuttle, Ventura | 37:05.5 |

Overall Results - Women

| | | |
|---|-----------------------------|---------|
| 1 | Joan Benoit, Maine | 39:54.8 |
| 2 | Nancy Ditz, Menlo Park | 40:59.4 |
| 3 | Janine Aiello, S.F. | 41:04.6 |
| 4 | Julie Brown, San Diego | 41:05.5 |
| 5 | Judith McCreary, Golden, CO | 41:12 |
| 6 | Laurie Binder, Oakland | 41:47 |

Laguna Lake Relays

May 25. San Luis Obispo.

Overall Results

| | | |
|----|------------------------------|-------|
| 1 | Joel Orth/Antony Kelly | 23:42 |
| 2 | Heather Mills/Bob Perry | 24:03 |
| 3 | Alex Handley/Kelith Handley | 24:30 |
| 4 | Eric Brown/Jim Brown | 24:36 |
| 5 | Dan Matich/Steve Sharp | 25:22 |
| 6 | Dave Howell/Roger Boedecker | 25:23 |
| 7 | Dian Newell/Peter Newell | 25:30 |
| 8 | Paul Aurignac/Travis Kenney | 25:42 |
| 9 | Ben Allen/Paul Allen | 26:08 |
| 10 | Carrie Barber/Michele Kenney | 26:40 |
| 11 | Marty Conway/Phil Zephier | 26:50 |
| 12 | Bill Enderit/Mike Enderit | 27:13 |
| 13 | Lissa Beck/Les Beck | 27:17 |
| 14 | Juliet Meece/Bill Meece | 28:39 |
| 15 | Hillary/Rick Aleshire | 28:39 |
| 16 | Audrey Handley/Dale Anderson | 29:02 |
| 17 | Jean Brown/Garry Brown | 30:47 |

Cal Classic Four Mile

from Marty Higginbotham

May 25. Visalia.

Juan Garcia and Sal Lozano set a fast pace at the Cal Classic Four Mile. The two crossed the first mile in 4:42 with Hugo Cibrian close behind. Garcia went by two in 9:42 with Lozano and Abrian on his heels. At the three mile mark it was Garcia leading at 14:31. Abrian had moved ahead of Lozano for second. Juan Garcia went on to win in 19:28 with Cibrian second in 19:34. A week earlier Abrian placed sixth at the Junior College State Meet 5000m in 15:03. Lozano placed third in 19:46.

Tanis Leyendekker ran away from the women's field clocking 23:10.

Men's Results

14 & Under: 1. Thomas Williams, 28:19, 2. Gene Fischer, 36:02, 3. Laban Fischer, 37:20. 15-19: 1. Hugo Abrian, 19:34, 2. Pete Cerda, 22:25, 3. Darryl Jewell, 22:46. 20-24: 1. Jack Butler, 21:10, 2. Robert Taylor, 21:16, 3. Will Seymore, 21:18. 25-29: 1. Juan Garcia, 19:28, 2. Sal Lozano, 19:46, 3. Ed Taylor, 20:38. 30-34: 1. Bryan Patterson, 22:10, 2. Robert Aragon, 23:00, 3. Don Hunt, 25:39. 35-39: 1. Jim Hill, 23:22, 2. Bert Wilgenburg, 23:58, 3. Merle Watson, 24:03. 40-44: 1. Bob Blakeley, 24:47, 2. Steve Johnson, 25:49, 3. John Wilson, 29:36. 45-49: 1. Frank Padilla 22:28, 2. Fred Mendoza, 23:46, 3. Len Hansen, 26:34. 50 & Over: 1. Fred Pereira, 27:04, 2. A.R. Souza, 27:54.

Women's Results

14 & Under: 1. Adala Garza, 39:48. 15-19: 1. Jennifer Anderson, 31:12. 20-29: 1. Tanis Leyendekker, 23:10, 2. Jeanne Tirado, 31:22, 3. Kim Badskey, 33:37. 30-39: 1. Kathy Kennedy, 25:25, 2. Charlie Stephenson, 28:03, 3. Missy Lastrange, 28:24.

Topanga 10K

May 25. Topanga.

Men's Results - 5 Mile

13 & Under: 1. Tim High, 58:06, 2. Tom Martin, 59:23, 3. Jim Martin, 59:28. 14-19: 1. Gumby Anderson, 39:07, 2. Ken Vendley, 40:26, 3. Tim Martinez, 40:35. 20-29: 1. Tay Dulaney, 36:27, 2. Damien Curry, 37:17, 3. Steven Durand, 38:07. 30-39: 1. Dan Stumpus, 38:14, 2. Thomas Sweddon, 38:42, 3. Charlie Hoover, 39:11. 40-49: 1. Peter Lawrence, 40:10, 2. Ken Price, 40:15, 3. Kenny Aaberg, 40:32. 50-59: 1. John Ghini, 45:06, 2. Bill McGray, 45:47, 3. Michael Fenton, 46:53. 60 & Over: 1. Casey Poole, 50:33, 2. John Cleary, 55:24, 3. Russ Haltom, 65:47.

Women's Results

13 & Under: 1. Tina Donatoni, 86:22, 2. Sarah Baty, 86:43. 14-19: 1. Angie Stempel, 54:23. 20-29: 1. Karen Johnson, 48:03, 2. Susana Ruiz, 54:57, 3. Kathleen Cooper, 56:39. 30-39: 1. Sheryl Snyder, 43:48, 2. Jance Gannon, 44:32, 3. Sharon Grant, 50:33. 40-49: 1. Wendy Watson, 52:00, 2. Elsie Pena, 54:14, 3. Judy Hillestad, 54:55. 50-59: 1. Nelly Williams, 52:30, 2. Jean Contreras, 68:40, 3. Helen Cooper, 71:12.

Subscribe to California Track & Running News

Results

Memorial Run

May 25. Madison School, Sanger.

Men's Results - 6 Mile

15 & Under: 1. Mike Perez, SSTC, 40:26.4.
18-19: 1. Pete Naranjo, SSTC, 35:10. 19-29:
1. Luis Nava, Unat., 37:25.7. 30-39: 1. John
Volkman, SSTC, 39:10. 40-49: 1. John
Plus, 40:50.4. 50-59: 1. Grant Sharp,
41:30.4. 60 & Over: 1. Jim Martin, Fresno
Joggers, 1:08:18.

Women's Results - 6 Mile

15 & Under: 1. Regina Saldivar, SSTC,
50:34.7. 30-39: 1. Charlene Enoch, SSTC,
47:58.6. 40-49: 1. Jackie Ryle, 47:44.6.
50-59: 1. Sydney Loo, 56:46.1. 60 & Over: 1.
Virginia Martin, Fresno Joggers, 1:08:18.

Breakers 10 Mile

May 25. San Diego.

Overall Results - Men

1 Rich Brownsberger, El Cajon 51:57
2 Gilberto Alvarez, Mexico 52:21
3 Willie Ayyad, San Diego 53:21
4 Tom Lux, San Diego 53:41
5 Steve Hastings, San Diego 53:50
6 Ted Van Arsdale, RanchoBern 55:54
7 Robert Lusitana, San Diego 55:55
8 Andy Mackay, Santee 56:16
9 Robert Hawker, San Diego 56:28
10 Steve Grensap, Phoenix, AZ 56:55

Division Results - Men

12 & Under: 1. Mike Farrell 1:05:40, 2.
Chris Schaffer 1:08:39, 3. Tony Tan
1:09:34. 13-17: 1. Jon Rice 57:43, 2. Han
Tan 1:02:20, 3. Carlos Diaz 1:03:58. 18-29:
1. Rich Brownsberger 51:57, 2. Gilberto
Alvarez 52:21, 3. Willie Ayyad 53:21. 30-39:
1. Tom Lux 53:41, 2. Ted Van Arsdale
55:54, 3. Andy Mackay 56:16. 40-49: 1.
Peter Stern 57:32, 2. Richard Green 58:21,
3. Robert McAndrews 58:34. 50-59: 1.
Norm McAbee 1:03:00, 2. Warren Osborn
1:03:27, 3. John Lockhart 1:05:59. 60 &
Over: 1. Rudy Iglesias 1:08:27, 2. Louie
Ojeda 1:09:29, 3. Wayne Zook 1:10:03.

Overall Results - Women

1 Mindy Ireland, Alpine 59:40
2 Oonagh Bruni, Encinitas 59:50
3 Lita Lux, San Diego 1:04:07
4 Judy Dodge, San Diego 1:05:00
5 Robin Davis, Del Mar 1:05:23
6 Debbie Lewis, San Diego 1:06:06
7 Susan Elden, San Diego 1:06:11
8 Jan Wilson, Del Mar 1:06:12
9 Lisa Gross, La Mesa 1:08:50
10 Ursula Rains, ChulaVista 1:08:23

Division Results - Women

12 & Under: 1. Rana Mundy 1:21:49, 2.
Rubi Mercado 1:29:05, 3. Sheri Savel
1:29:20. 13-17: 1. Jenny Mayfield 1:24:56,
2. Andrea Millman 1:25:40, 3. Kristah
Davis 1:27:23. 18-29: 1. Oonagh Bruni
59:50, 2. Lita Lux 1:04:07, 3. Robin Davis
1:05:23. 30-39: 1. Mindy Ireland 59:40, 2.
Judy Dodge 1:05:00, 3. Debbie Lewis
1:06:06. 40-49: 1. Ursula Rains 1:08:23, 2.
Marilyn Carpenter 1:12:45, 3. Sue Hutchin-
son 1:14:12. 50-59: 1. Caroline Murray
1:15:16, 2. Sally Byram 1:18:22, 3. Sheila
Charlton 1:19:11. 60 & Over: 1. Gerry
Davidson 1:27:13, 2. Virginia Hastings
1:28:37, 3. Felicitas Salazar 1:57:46.

Fourth Sunday Run

May 26. Lake Merritt, Oakland.

Overall Results - 5K

1 Kyle Kassier (21) CastroVly 16:04
2 Ken Grace (28) SanLeandro 16:14
3 Kent Thompson (23) ElSobrante 16:20
4 Noah Linkson (19) Oakland 16:58
5 John Bushweller (23) Berkeley 17:21

Overall Results - 10K

1 Jason Look (31) Oakland 38:39

2 Mike Fish (48) Alameda 39:05
3 Daniel Smith (25) Stanford 39:19
4 Len Goldman (41) Piedmont 39:35
5 Brian Westcott (27) Stanford 39:45

Overall Results - 15K

1 George Roach (43) Fairfax 69:09
2 Jim Thorne (15) SanLorenzo 69:46
3 David Tayrea (35) PleasantHill N.T.
4 Kerry Spangler (24) Concord N.T.
5 Frank Hernandez (36) Alameda N.T.

I-Can Run For Drug-Free Youth

from Sandy Schmidt

May 26. Incline Village, NV. 10K, 2 Mile.

Division Results - Men's 10K

12 & Under: 1. Brandon Franklin 60:08.
13-19: 1. Bob Johnston 34:57, 2. Joe
Tamblyn 35:34, 3. Tim Jacobs 41:19. 20-29:
1. J. Miguel Tibaduzza 32:04, 2. Bobby
Riggs 33:02, 3. Sean Crom 34:18. 30-39: 1.
Mike Annoy 32:33, 2. Dennis O'Hallorin
32:41, 3. Gary Ceragioli 35:52. 40-49: 1.
The Mackinaw 37:28, 2. Mike Bellanca
37:59, 3. Ted Alarcon 38:07. 50 & Over: 1.
Larry Borino 48:28, 2. Larry Wilkins 52:56,
3. John Bugge 53:06.

Division Results - Women's 10K

12 & Under: 1. Amy Frank 58:12. 13-19: 1.
Loretta Ginstino 48:48, 2. Laura Loken-
sgard 64:51, 3. Karen Tarrantino 66:12.
20-29: 1. Rene Dicus 40:30, 2. Tarmeh
Rumack 41:20, 3. Joni LeSage 44:01.
30-39: 1. Eileen Burger 40:51, 2. Kathy
Cergoli 44:18, 3. Betsy Garfinkel 44:50.
40-49: 1. MaryAnn Barroso 47:48, 2.
Rosemary Osborn 51:36, 3. Julie Fong
52:09. 50 & Over: 1. Amber Henninger
50:37, 2. Elaine Bannister 65:40.

Division Results - Men's 2 Mile

12 & Under: 1. Marc Maynard 14:27, 2.
Bobby Houston 14:52, 3. Jessie Nicholow
16:02. 13-19: 1. Chris Wade 12:21, 2. Jim
Ross 12:55, 3. Derick Spenn 13:29. 20-29: 1.
Mark Gregor 10:16, 2. Joe Doser 10:35, 3.
Roderick Flick 11:15. 30-39: 1. Mark Cardin
11:31, 2. Fred Schmidt 11:52, 3. Richard
Gobey 12:11. 40-49: 1. Maurice Yeates
12:29, 2. Hans Busch 13:31, 3. Doug
Doolittle 14:26. 50 & Over: 1. Gordon
Greenwood 16:32, 2. Bart Barnett 18:22, 3.
Malcom Stuart 18:29.

Division Results - Women's 2 Mile

12 & Under: 1. Karen Wolfe 17:24, 2. Diana
Wesendunk 17:43, 3. Tomis Kane 17:44.
13-19: 1. Laura Baker 13:16, 2. Christy
Richey 14:55, 3. Laurian Pokroy 16:58.
20-29: 1. Jean Lurkuls 15:28, 2. Jean
Alkins 16:06, 3. Cammie Trevey 18:16.
30-39: 1. Barbara Butcher 14:53, 2. Virginia
Fah 16:45, 3. Karen Hunt 17:19. 40-49: 1.
Eileen Meuris 16:04, 2. Pam Netuschil
17:02, 3. Kay Anderson 18:26. 50 & Over: 1.
Lil Watkins 20:03, 2. Nancy Finke 20:13, 3.
Abbey Rogers 20:33.

Kids 1/2 Mile

Boys Results

5 & Under: 1. Brian Walton 3:58, 2. Travis
Schumacher 4:33, 3. Remy Paille 4:38. 6-8:
1. Chris Casey 3:07, 2. Michael Mendoza
3:16, 3. Mike Milton 3:17. 9-12: 1. Brent
Eckhardt 2:53, 2. Kevin Wikander 3:09, 3.
Geoffrey McKinzie 3:35.

Girls Results

6-8: 1. Kathleen McLaughlin 3:34, 2. Col-
len McLaughlin 3:41, 3. Kelly Green 3:44.
9-12: 1. Elizabeth Hallworth 2:57, 2. Char-
ty Kass 2:58, 3. Michelle Stay 3:01.

Brentwood 10K

By Richard Lee Slotkin

May 26. Brentwood.

They had the usual crowd, 3000 plus
and the usual weather, cool and overcast,
for this 9th running of the Brentwood 10K.
There were a few things different, though.

The big change was the addition of a
5K. It was hoped that a 5K would bring
out more of the locals; those who do jog a
bit but for whom a 10K is too intimidating,
too far and, probably, too much. The 5K
was rather well-attended, but most of the
crowd probably were defectors from the
10K, as indicated by the normal total
number of runners. On the other hand,
with crowd sizes continually declining in
all but a few special races, maybe holding
steady at 3000 was a result of the 5K. In
any case, a lot of people liked it, probably
over a thousand. The 10K is still the main
event at Brentwood, though. And, without
prize money and with but modest mer-
chandise prizes, there is still a pretty
good field, both men and women, up
front and in the age groups. If a woman
expects to win the 40-49 age division, she
better be prepared to break 39 minutes.
This is no place for cherry picking.

photo by Richard Lee Slotkin



Frank Plasso
Brentwood 10K Winner

year. Some unofficial and a quite modest
amount of bucks (\$100) were made
available to the top finishers of each race.
Not enough to draw a Carlos Lopes or
Steve Jones, but, if you already happened
to be there, it did add a bit of incentive.

And that brings up some of those other
changes we mentioned earlier. The prize
money and the sponsor. For the first time
since the inception of this race, the Brent-
wood branch of United Calif. Bank (now
First Interstate Bank) changes in
management at the bank were the key
factor in that decision. However, there
was a White Knight in the form of Hooper
Insurance, so, the T-shirts were bought,
most of them anyway. They were a bit
short and had to be reordered. The finish line
crew was hired and applications were
distributed.

And, the weather held out.

Frank Plasso is 24 years old, lives in
Las Vegas and runs 10K's under 30
minutes when he's hot. This time, he
wasn't hot, but there wasn't anyone hot-
ter. Tom Vernon came close. "If it had
been 6.3 miles, I would have won!" he
said afterwards. Could be. He was only
one second back and had been closing
very quickly. But, this was Plasso's day.
He's been here before, but never got the
brass ring. After a sort of bumbling start
- there was not gun; just someone calling
into a P.A. system: Ready, set, go! - the

photo by Richard Lee Slotkin



Kelly Babcock
Brentwood 10K Winner

Popular, too. That's why they still draw
over 3000 runners. The course is a mile
and a half of San Vicente Blvd, famous
San Vicente with its tree-lined islands,
its fast, but sneaky tough course (there
are no hills, but there are a couple of
grades), the fashionable Brentwood
neighborhood and easily managed traffic
control. From Barrington Ave. to Avon-
dale twice, it becomes a double out and
back course, and the nice thing about
that is whether you're a spectator or a
runner, you pretty much get to see
everyone 4 times... well, twice in the 5K,
of course.

We did say there was no prize money,
and that has been the case up until this

leaders went through the first mile in 4:38.
There were about five or six in that pack
and it included Plasso, Vernon, Jim Har-
tig, and last year's winner Chris Schallert.
By the 5K, Hartig, from Fresno, was
leading. With his familiar dark glasses,
even on this overcast day, he had built up
about a 60-70 yard lead over Schallert and
Vernon, who came through the turn-
around almost side by side. Just behind
them came Plasso.

A bit later, an unfamiliar and very
solitary female came through the 5K in
17:08. Fourteen seconds later another un-
familiar and just as solitary female went
by. The first one was Kelly Babcock, a
Michigan State grad and the other was

Lana Menricks, about whom we have no information other than her age, 29, and that she runs for Converse. Anyway, they finished in the same order and with almost the same spread, 15 seconds. With both of them under 35 minutes, 34:38 for Babcock to 34:53 for Menricks, it was an impressive day for the ladies.

Meanwhile, Plasso wasn't content to maintain his position. Hartig was smelling victory and even through his dark glasses he could see the finish line coming into range. But, Plasso was feeling pretty good and he had already reeled in Vernon and Schallert, so there was only Hartig left. Just past 5 miles, Plasso moved past Hartig and began the mad dash for the finish. Hartig tried to hang on and Vernon and Schallert had fired up their afterburners. Vernon was the one who had the most left and he dropped Schallert, caught and passed Hartig with about a quarter mile to go and went after Plasso, coming up short by that one second. Hartig hung on for 3rd just 4 seconds behind Vernon. Plasso was disappointed with his time, 30:20, but he was happy to have won. Who wouldn't be?

The 5K was won by Brock Vaughn, currently red-shirting at Cal Poly, Pomona. Following a 4:44 mile, slower than the 10K first mile, incidentally, he moved into

photo by Richard Lee Slotkin



Brock Vaughn
Brentwood 5K Winner

the lead at the turnaround, the halfway point, went through 2 miles in 9:32 and finished in 14:48, almost a half minute ahead of second.

Teresa Haro-Coe was the woman's winner in 17:21 and was 40th overall. She went wire to wire unchallenged, finishing 20 seconds ahead of 2nd place Michelle Tiff. A very fine local runner, roads, track and cross-country, this was, oddly enough Coe's first 5K. She seemed pleased. Quite pleased.

Division Results - Men's 10K

12 & Under: 1. Octavio Bautista 35:12, 2. S. Rgiolazaro 44:13, 3. Chris King 44:49, 13-15: 1. Freddy Guzman 35:48, 2. Chris

Forie 36:38, 3. Jason Hollingsworth 37:37, 16-18: 1. Joe Nitti 30:59, 2. Gary Dehlinger 33:30, 3. Andy Guss 34:21, 19-29: 1. Frank Plasso 30:20, 2. Thom Vernon 30:21, 3. Chris Schallert 30:31, 30-39: 1. Jim Hartig 30:25, 2. Ron Gee 31:18, 3. Martin Dean 32:34, 40-49: 1. Marshall Matye 32:37, 2. Charlie Pondella 34:48, 3. Brian Fernee 34:49, 50-59: 1. Bruce Brinkema 36:50, 2. Aurelio Camacho 38:40, 3. Pete Ratz 39:48, 60 & Over: 1. Eddie Lewin 41:01, 2. Paul Jernstrom 45:41, 3. Milton Bassett 46:10.

Division Results - Women's 10K

12 & Under: 1. Sandra Hema Dez 40:38, 2. Judith McCullough 49:42, 3. Tokai Moller 1:01:32, 13-15: 1. Karina Salenger 46:40, 2. Sarah Gianos 52:04, 3. Leslie Bunnage 52:48, 16-18: 1. Kim Yung 39:06, 2. Jennifer McNamara 46:41, 3. Judith Klein 49:47, 19-29: 1. Kelly Babcock 34:38, 2. Lana Menricks 34:53, 3. Shannon Stryker 35:40, 30-39: 1. Teresa Haro-Coe 39:03, 2. Patricia Kolph 39:22, 3. Michele Tiff 39:37, 40-49: 1. Harolene Walters 38:33, 2. Bonnie Robinson 39:51, 3. Betty Jacobs 40:00, 50-59: 1. Nelly Williams 45:30, 2. Marion Hillman 57:26, 3. Rosanna Bursay 57:52, 60 & Over: 1. Helen Dick 41:37, 2. Marjorie Braude 1:14:55.

Division Results - Men's 5K

12 & Under: 1. Chip English 18:59, 2. Chuck Forsch 21:43, 3. Eric Freeman

photo by Richard Lee Slotkin



Teresa Haro-Coe
Brentwood 5K Winner

22:22, 13-15: 1. Kristopher Depew 17:12, 2. Mike Glaze 17:46, 3. Eric Kobrine 17:50, 16-18: 1. Colin Wolfe 15:48, 2. Bryan Portillo 16:04, 3. Aaron Bowen 17:29, 19-29: 1. Brock Vaughn 14:48, 2. David Ortiz 15:12, 3. Billy Threadgold 15:35, 30-39: 1. Gary Nitti 15:28, 2. Tom Lowry 15:30, 3. Steve Wulf 15:43, 40-49: 1. Neil Doherty 16:12, 2. Eino Eino 16:47, 3. Lynn Borland 17:35, 50-59: 1. Jack Thomas 18:55, 2. Barry Truex 19:31, 3. Leroy Carter 19:31, 60 & Over: 1. Larry Banuelos 18:10, 2. Jim Goller 19:28, 3. Russ Stumpus 20:52.

Division Results - Women's 5K

12 & Under: 1. Kristina Magnuson 25:30, 2. Brigitte Barshay 26:01, 3. Cheryl Stein

26:55, 13-15: 1. Suzette Basore 17:41, 2. Shawne Ratay 20:21, 3. Erika Bernheimer 21:14, 16-18: 1. Caitlin Gabor 19:25, 2. Cara Hardiman 24:14, 3. Julia Herman 28:58, 19-29: 1. Teresa Coe 17:21, 2. Gretchen Lohr 17:49, 3. Donna Chadwick 17:55, 30-39: 1. Michele Tiff 17:41, 2. Pauline Stevens 20:46, 3. Diane Scurlcock 20:56, 40-49: 1. Judy Kewley 18:17, 2. Molly Thayer 19:39, 3. Rita Gilmore 19:57, 50-59: 1. Atsuko Jujimoto 21:14, 2. Phyllis Greifinger 27:42, 3. Sally Ehrmann 29:36, 60 & Over: 1. Daisy Wong 25:21, 2. Judy Simon 27:19, 3. Marilyn Twitchell 40:13.

Coronado Memorial Day

May 27, Coronado, 10K.

Overall Results - Men

1 Norberto Avila, ChulaVis 30:54
2 Mark Shreckengast, San Diego 31:21
3 Jerry Marsh, San Diego 31:40
4 Juan Naranjo, San Diego 31:47
5 Shawn Sandoval, San Diego 31:57
6 Dan Sweeney, Coronado 32:52
7 John Moya, San Diego 32:54
8 Daniel Stupar, San Diego 32:56
9 Ed Nares, San Diego 33:03
10 Pete Salcedo, ElCentro 33:07

Division Results - Men

17 & Under: 1. Robert Lopes 33:25, 2. Eric Billmeyer 34:21, 3. Cary Gregorio 34:58, 18-29: 1. Norberto Avila 30:54, 2. Mark Shreckengast 31:21, 3. Kerry Marsh 31:40, 30-39: 1. Ed Nares 33:03, 2. Brent Chadwell 33:23, 3. John Montgomery 33:28, 40-49: 1. Larry Lake 34:35, 2. Tom Von Ruden 34:46, 3. Don Shanahan 35:20, 50 & Over: 1. Warren Osborn 38:24, 2. Harry Little 40:05, 3. John Terrell 40:10, Wheelchair: 1. Al Alcover 33:35, 2. Paul Herman 36:28, 3. Steve Himborg 47:57.

Overall Results - Women

1 Mindy Ireland, Alpine 35:55
2 Lorrie Dierdorff, San Diego 38:08
3 Kathy Loper, Coronado 39:50
4 Ursula Rains, ChulaVista 40:32
5 Clon Ruiz, San Diego 40:38
6 Ellen Turkel, San Diego 40:45
7 Karen Werner, San Diego 41:10
8 Katherine Riddle, Coronado 41:34
9 Patience Unger, San Diego 42:03
10 Joan MacDonald, Del Mar 42:20

Division Results - Women

17 & Under: 1. Pilar Reza 42:56, 2. Stacey Schertzer 45:43, 3. Liza Johnson 52:23, 18-29: 1. Lorrie Dierdorff 38:08, 2. Katherine Riddle 41:34, 3. Patience Unger 42:03, 30-39: 1. Mindy Ireland 35:55, 2. Clon Ruiz 40:38, 3. Ellen Turkel 40:45, 40-49: 1. Kathy Loper 39:50, 2. Ursula Rains 40:32, 3. Brenda Lunsford 44:18, 50 & Over: 1. Marlys Creigh 46:48, 2. Suzi Gillis 47:46, 3. Jeri Morris 1:01:03.

Bolder Bolder

May 27, Boulder, CO, 10K.

Overall Results - Men

1 Paul Davies-Hale, Engl, \$5,800 29:06
2 Mauricio Gonzales, Mex, \$3,450 29:16
3 Jesus Herrera, Mex, \$2,800 29:18
4 Pat Porter, Alamosa, CO, \$3,780 29:20
5 Simeon Kigen, Kenya, \$2,080 29:28
6 Domingo Tibadulza, Col, \$2,100 29:29
7 Martin Pitayoy, Mex, \$1,820 29:32
8 Rob deCastella, Aust, \$2,040 29:33
9 Joao daSilva, Brazil, \$1,430 29:36
10 Jose Gomez, Mexico, \$1,450 29:40
11 Terry Cotton, San Diego, \$640 30:28

Overall Results - Women

1 Rosa Mota, Portugal, \$8,200 33:59
2 Gail Kingma, Seattle, \$4,375 34:47
3 Tuja Toivenen, Finland, \$2,025 34:53
4 Dorothea Rasmussen, Den, \$1,620 34:59
5 Maureen Custy, Denver, \$1,800 35:11
6 Janis Klecker, Hop, MN, \$1,440 35:30
7 Wendy Renner, N.Z., \$1,040 35:43
8 Judy McCreery, Gold, CO, \$1,020 35:43
9 Julie Benzel, Ft. Col, \$640 35:49
10 Carol Urish-McLachle, TX, \$510 36:00
11 Nancy Ditz, MenloPk, \$320 36:12

Pacific Sun 10K

from Kees Tuinzing

May 27, San Rafael.

PATAC Masters 10K Championships.

Memorial Day proved to be PR day thanks to the unusual May weather (read that cool and overcast without wind) and a strong field in both the Open and Masters divisions for the 8th Annual Pacific Sun 10K. The event was sponsored by Ross General Hospital, Pacific Sun Newspaper, Tamalpa Runners, Mendocino Water, and the Bread and Chocolate Bakery and included \$4200 prize money for the Championships.

Sout African, Derrick May, led a pack of 20 well ahead of a 1000 runners through the first mile of this fast course (recently recertified according to 1985 TAC standards), in 4:42; by 3 miles (14:05) the pack, primarily consisting of Reno and Tahoe residents, had begun to break apart with improved Jeff Adkins in 2nd place. May could be seen from the finish line well ahead in first place on the bike path at 4 1/4 miles; by the time he hit the 6 mile split at the entrance to the COM track for the final sprint home he was close to Dan Buntman's 1982 record of 29:16. Race announcer, Barry Spitz, encouraged the spectators to bring May home under the old record, but he came up short by 7 seconds. The time will establish a new course record because of the recertification. He was in quick company as 4 broke 30 minutes, 13 broke 31 minutes and 27 went under 32 minutes.

The ever enthusiastic Leslie McMullin established a 35 minute flat (94th overall) for the 1985 course and was the repeat winner for this race.

This was the Masters 10K Championships and as in 1984, the field displayed great depth right through the 60 & Over categories. There were 350 men and women in the 40-49 age group, 90 in the 50-59, and 21 in the 60 & Over. Awards went 5 deep this year. Repeat Masters winner Sal Vasquez, 2 weeks away from a 4th straight Dipsea win, placed 12th overall in 30:51, followed by Dan Murray (31:14), and Joe Becerra (32:37). Many Masters women runners will be glad when Vicki Bigelow graduates to the 50 year age division, because she won the Masters division with a 38:02, followed by Gigi Luhtala (38:43) and Joan Reiss (40:09). Marty Maricle had an easier time of it in the 50 & Over division with Sister Marlon Irvine injured on the sidelines. She followed by her NorCal teammates Ruth Waters (44:43) and Eileen Klatsky (47:11). In the men's Senior Division it was Glynn Wood (34:43) Monterey, Morton Gray (35:32), Santa Rosa, Everett Riggle (36:07) of Chico, Jimmy Low (40:32), Florio Rodd (41:19), John Gilkey (42:46) were the 60 & Over winners for the men. Nationally ranked Mary Storey led the 60 & Over with a 47:11, followed by Jaclyn Caselli (50:19), and Els Tuinzing (51:31) rounded out a tough Masters division.

Division Results - Men

14 & Under: 1. Ethan Ford 37:15, 2. Bruce Bigelow 37:37, 3. Jed Putterman 39:05, 4. Dino Daniels 39:23, 5. Brent Ray 40:53, 6. Ryan Moran 41:43, 7. Dan Sherman 44:21, 8. Lichen Pursley 47:51, 9. Mark Herwick 51:26, 10. Roger Petersen 51:58, 11. Chris Keane 52:13, 12. Thomas Michaud 53:04, 13. George Ellis 53:25, 14. Kristopher Moeckel 55:01, 15. Luis Calvillo 58:18, 16. Jason Eshleman 57:27, 17. Joshua Lenn 58:18, 18. Danny Margolin 1:05:55, 19. Erik Masad 1:07:24, 20. Robert Hohe 1:09:35, 15-18: 1. Brian McInnes 33:37, 2. Jim Fiori 35:07, 3. Tom Payn 36:19, 19-29: 1. Jeffrey Adkins 29:39, 2. Steve Venable 29:51, 3. Alan Dehlinger 29:53, 4. Joaquin Leano 30:24, 5. Steve Blakemore 30:27, 6. Thomas Borschel 30:33, 7. Marcos Trigg 30:36, 8. Dennis Rinde 30:45, 9. Michael

continued on next page...

Results

Williams 30:47, 10. Rick Gentry 30:57, 11. Gregg Szanto 31:01, 12. David Chairez 31:10, 13. John Gradowski 31:10, 14. Jerry Drew 31:12, 15. Philip Broadus 31:13, 16. Robert Herndon 31:17, 17. Scott Steinmaus 31:20, 18. Harold Schultz 31:24, 19. Peter Lewandowski 31:31, 20. Steve Haase 31:53, 21. Jeffrey Strutman 31:59, 22. Douglas Blough 32:44, 23. Estaban Martinez 33:10, 24. Matthew Dowling 33:17, 25. Andy Takaha 33:22, 26. Donald Hicks 33:31, 27. Walter Napoli 33:38, 28. Michael Anduze 33:49, 29. Steve Ferrario 33:59, 30. Mark Hicks 34:00, 31.

All Pacific Sun photos by Gene Cohn



Derrick May



Vicki Bigelow



Glynn Wood



Jimmy Low



Mary Story

Gary Nichols 34:19, 32. Mathew Douglass 34:24, 33. Dan Ruark 34:31, 34. Jeffrey Duquette 34:49, 35. Mark Fairbanks 34:53, 36. Bill Miner 34:58, 37. Richard Barrett 34:59, 38. Jeff Porto 35:00, 39. Matt Greene 35:18, 40. Kevin Mesa 35:23, 41. Steve Sparks 35:29, 42. David Palmieri 35:30, 43. Wendell Haase 35:31, 44. Dan Ross 35:42, 45. Matthew Larson 35:48, 46. Steve Hazlett 36:18, 47. Martin Noonan 36:20, 48. Klaus Juenemann 36:23, 49. Ken Wilson 36:25, 50. William Schulz 36:38, 30-39: 1. Derrick May 29:23, 2. Brian Maxwell 30:49, 3. Don Paul 31:05, 4. Thomas Cushman 31:49, 5. Richard Govi 31:54, 6. Robert Clay 32:01, 7. Mark Graves 32:13, 8. Charles Thompson 32:15, 9. Steven Slawson 32:39, 10. Tim Williams 32:54, 11. Tom Robinson 32:58, 12. Thomas Bennett 33:15, 13. Fred Frauens 33:16, 14. William Good 33:22, 15. Gary Ferre 33:23, 16. Syl Pascale 33:33, 17. James Tracy 33:34, 18. Ron Newstat 33:43, 19. Randy Marx 34:05, 20. John Benitou 34:09, 21. David Stancilffe 34:11, 22. Daniel Hollis 34:30, 23. Guillermo Barron 34:30, 24. James Batz 34:48, 25. Connaltre Chateaubriant 34:49, 26. Richard Batty 34:56, 27. Armen Khachadourian 34:59, 28. Dick Cordone 35:06, 29. Kevin Peak 35:11, 30. Robert Crum 35:25, 31. Duncan Brydon 35:34, 32. Ronald Souza 35:38, 33. Alan Smith 35:42, 34. Paul Findell 35:45, 35. Peter Franks 35:51, 36. Bruce Baker 36:02, 37. Larry Littlefield 36:14, 38. Jim Lawson 36:21, 39. John Volkert 36:31, 40. David Juday 36:46, 40-49: 1. Sal Vasquez 30:51, 2. Dan Murray 32:14, 3. Joseph Becerra 32:37, 4. Bill Clark 32:57, 5. Ed Cadman 33:08, 6. Bob Lindsey 33:18, 7. Jeffrey Wall 33:26, 8. Chris Loosley 33:30, 9. Tom Kirchner 33:33, 10. Joe Cavanaugh 33:39, 11. Daryl Zapata 33:45, 12. Peter Laskier 34:07, 13. Dennis Reager 34:08, 14. Jon MacPherson 34:13, 15. Kenneth Sack 34:16, 16. Bill Meinhardt 34:18, 17. Darryl Beardall 34:31, 18. Steve Lyons 34:33, 19. William Jenny 34:34, 20. Dan Alarid 34:37, 21. Gordy Vredenburg 34:45, 22. John Semler 34:47, 23. Ronald Nelson 34:50, 24. Raymond Darwin 34:54, 25. Frank Krebs 34:57, 26. Donald Ardell 34:58, 27. Arvid Olson 35:11,

28. John Swyers 35:13, 29. David Taylor 35:16, 30. Martin Hillyer 35:32, 31. John Sheigren 35:35, 32. Tom Rose 35:41, 33. Phil Murphy 35:41, 34. Timothy Jordan 35:41, 35. Stephen Hoots 35:43, 36. Bjorn Solberg 36:13, 37. Art Banos 36:30, 38. Larry Martin 36:33, 39. Siegfried Mattern 36:59, 40. Ken Johnson 37:07, 50-59: 1. Glynn Wood 34:43, 2. Morton Gray 35:32, 3. Everett Riggie 36:07, 4. James Mickie 36:27, 5. Myron Nevaumont 38:33, 60 & Over: 1. Jimmy Low 40:32, 2. Flory Rodd 41:19, 3. John Gilkey 42:46, 4. Howard Powers 44:51, 5. Harlan Koch 46:14.

Division Results - Women
14 & Under: 1. Nicole Rae Ellis 46:20, 2. Jenny Hampton 49:19, 3. Emily Bates 1:04:39, 15-18: 1. Carrie Costamagna

Nugget 50 Mile

June 1. Woodland.

Overall Results

1 Joe Mangan (28) Sunnyvale 6:34:18
2 John Coffey (29) Portland 6:36:44
3 Dan Houchell (28) Auburn 6:57:08
4 Bob Silverman (37) L.A. 7:13:40
5 Odin Christensen (37) Reno 7:14:14
6 Charlie Hoover (36) Sepulveda 7:15:32
7 Roger Daniels (49) Novato 7:24:10
8 Ron Harries (35) Sacto 7:29:56
9 Martin Jones (42) Sonoma 7:39:16
10 Bruce LaBelle (29) S.F. 7:41:16
11 Gard Leighton (50) Napa 7:44:36

Scott 24:01, 35-39: 1. Olga Ginez 22:34, 2. Peggy Hargrove 28:01, 3. Georgia Antonyshyn 28:18, 40-44: 1. Wendy Owens 22:54, 2. Carol Jones 23:01, 3. Kathleen Latini 23:13, 45-49: 1. Laetitia Walulik 23:18, 2. Dolores Curry 27:12, 3. June Elliott 31:09, 50-59: 1. Alma Shelton 30:36, 2. Alice Waythomas 31:46.

Division Results - Men's 10K

14 & Under: 1. David McKay 43:44, 2. Mickey McKay 43:45, 15-18: 1. Rick Herr 35:03, 2. Lance Hunziker 42:09, 3. Richard Beals 45:40, 19-24: 1. Tom Carlton 32:45, 2. James Misener 35:27, 3. Rene Castaneda 40:32, 25-29: 1. Dimas Iglesias Jr. 39:05, 2. Paul Kellman 40:21, 3. Glenn Bulthuis 41:11, 30-34: 1. Bill Leung 36:53,

39:10, 2. Beckl VanZant 41:09, 3. Deelym Beardall 45:14, 19-29: 1. Heidi Perham 35:44, 2. Ingrid Hemenway 38:15, 3. Laura Rinde 37:31, 4. Chris Iwahashi-Hosoda 37:45, 5. Teresa Basgall 38:34, 6. Katherine Dykstra 38:45, 7. Heidi Quadri 39:05, 8. Eileen Brennan 39:09, 9. Tracey Bennett 39:11, 10. Susan Locke 39:30, 11. Peggy Lavelle 40:19, 12. Jody Williams 40:26, 13. Jane Patocchi 40:34, 14. Linda Buckman 40:35, 15. Barbara Hosking 41:03, 16. Jane Stephens 41:51, 17. Maryann Trullit 42:15, 18. Robin Barnato 42:34, 19. Laura Lascot 43:02, 20. Kimberly Stansbury 43:21, 30-39: 1. Leslie McMullin 35:00, 2. Sharlet Gilbert 35:55, 3. Wink Luskin 37:17, 4. Bev Marx 38:06, 5. Paula Beard 39:25, 6. Hazel Wood-Kuttin 39:41, 7. Dianne Johnston 41:24, 8. MaryEllen Greaney 41:30, 9. Donna Chan 41:41, 10. Jan Hampshire 42:02, 11. Ramona Ingrassia 42:32, 12. Judith Bolker 42:54, 13. Charlene Bayles 44:21, 14. Susan Shattuck 44:27, 15. Karen Clay 46:06, 50-59: 1. Vicki Bigelow 38:02, 2. Gigi Luhtaia 38:43, 3. Joan Reiss 40:09, 4. Heidi Skaden-Poyser 40:16, 5. Gail Rodd 41:00, 6. Joan Colman 41:32, 7. Karen Deveney 42:27, 8. Barbara Pelletier 42:40, 9. Kay Willoughby 42:48, 10. Bonny Lawrence 43:12, 50-59: 1. Marty Maricle 44:39, 2. Ruth Waters 44:43, 3. Eileen Klatzky 47:11, 60 & Over: 1. Mary Storey 47:11, 2. Jaclyn Caselli 50:19, 3. Els Tuijning 51:31, 4. Evelyn Klonig 54:45.

Nun Run

June 1. San Mateo. 10K.

Overall Results - Men

1 Robert Anex (26) Mt. View 28:50
2 Joe Green (26) Vallejo 29:48
3 Paul Ghidossi (19) San Bruno 30:14
4 Michael Duncan (35) San Mateo 30:59
5 Dennis Tracy (38) Palo Alto 31:28

Overall Results - Women

1 Anita Johnson (22) Mt. View 35:49
2 Kathy Costello (27) Walnut Creek 36:43
3 Kim Rupert (30) Hillsborough 38:14
4 Debbie Norton (30) San Mateo 38:15
5 Debbie Ingram (31) S.F. 38:33

12 Patrick Shaughnessy (33) Valejo 7:45:26
13 Robert Sobsey (34) Reno 7:50:48
14 Mark Samuelson (31) Stockton 7:54:50
15 Bill Finkbeiner (29) RanchoCor 8:08:08
16 Dana Gard (40) Citrus Heights 8:14:55
17 Christopher Delgado (50) C.H. 8:14:55
18 David Park (29) Canyon Country 8:17:34
19 Jack Slater (38) S. San Gabriel 8:39:50
20 Bruce Madewell (39) Sacto 8:44:17
21 Bill Gardner (42) Forest Ranch 8:45:39
22 Jan Levett (36) Camino 8:45:39
23 Ron Covert (50) China Lake 8:47:43
29 J.F. Kendall (55) Nevada City 9:02:28
30 Fred Hagelschmidt (61) Ventura 9:04:11
59 Mary Cantini-Norkin (41) F.S.F. 11:36:07
62 Suzi Clark (37) Folsom 12:21:43
63 Helen Klein (62) C.H. 13:10:35

Sweat Don't Fret

June 1. Santa Ana. 20K & 10K & 5K.

Division Results - Men

14 & Under: 1. Dave Baker 19:06, 2. Raul Barrera 20:05, 3. Jeh Hildebrand 21:00, 15-18: 1. Sergio O'Cadiz 15:36, 2. Sean Brunstetter 16:34, 3. Danny Rosales 16:43, 19-24: 1. Jim Campbell 20:21, 2. Mark Devine 20:45, 3. Frederick 21:51, 25-29: 1. Danny Young 16:29, 2. Mark Chaney 17:53, 3. Mark Frantz 18:48, 30-34: 1. Geary Weber 17:37, 2. Mark Embrey 18:09, 3. Frank Dipolito 19:30, 35-39: 1. Jerry Laverly 16:47, 2. Lonnie Morrow 17:04, 3. Ronald Fallana 17:13, 40-44: 1. Harry Hunt 17:33, 2. Dave Reynolds 18:32, 3. Chris Pratt 18:32, 45-49: 1. Tony Nieto 19:11, 2. Gerald Tyner 19:36, 3. Ron Castillo 20:36, 50-59: 1. Fred Castaneaia 19:40, 2. Mel Elliott 19:44, 3. Jack Green 20:17, 60-69: 1. Scotty Donald 24:05, 2. Whetson 25:02, 3. Thomas Smith 28:02, 70 & Over: 1. Bill Nice 22:17, 2. Elmer Mateas 29:51.

Division Results - Women's 5K

14 & Under: 1. Deborah O'Brien 21:09, 2. Anaceli Barrera 21:14, 3. Maria Barrera 22:35, 15-18: 1. Annie Blanks 22:01, 19-24: 1. DeDe Woodruff 20:27, 2. Jennifer Brichner 24:18, 3. Julie Rosales 26:55, 25-29: 1. Jill Anne 20:55, 2. Mary Murphy 24:29, 3. Julie Ramos 24:34, 30-34: 1. Katie Hill 22:45, 2. Jean Mulvey 23:09, 3. Martha

2. Nicasio Olivargas 37:15, 3. Harvey Loya 37:16, 35-39: 1. Warren Young 37:50, 2. John Jaeger 39:01, 3. Eugene Spindger 39:03, 40-44: 1. Bob Hill 35:03, 2. Bill Osness 37:42, 3. Jerry Searcy 40:32, 45-49: 1. Curt Curtis 38:11, 2. Denis Doran 39:08, 3. Charlie Davis 44:26, 50-59: 1. Steve Dible 39:28, 2. Norm Dickinson 40:46, 3. Carl Ingalls 42:08, 60-69: 1. Bill Poser 52:53, 2. Jack Davidson 58:49, 70 & Over: 1. Jacob Bishin 1:05:03.

Division Results - Women's 10K

14 & Under: 1. Heather Lewis 1:01:18, 15-18: 1. Michelle Walton 49:00, 19-24: 1. Brianne Carrier 38:56, 2. Linda Gallagher 40:16, 3. Leslie Curra 45:39, 25-29: 1. Lorie Dierdoff 37:46, 2. Sherri Fox 44:29, 3. Linda Nellany 47:58, 30-34: 1. Patricia Bennet 44:59, 2. Pam Matsufuji 1:01:56, 35-39: 1. Mary Yep 46:11, 2. Diane Ito 46:31, 3. Ronni Levine 49:31, 40-44: 1. Rose Marie Semington 52:44, 2. Carol Mason 54:06, 45-49: 1. Elaine Havens 44:00, 2. Patti Kopcks 48:06, 3. Irene Berregard 47:40, 50-59: 1. Doris Breeding 52:43, 2. Jeanne Hum 53:07, 3. Joan Boatright 55:22, 70 & Over: 1. Lucile Adney 1:03:24.

Division Results - Men's 20K

15-18: 1. Gus Fieldhouse 1:24:03, 2. Scott Cordero 1:25:05, 19-24: 1. Ted Cottl 1:08:48, 2. Peter Neal 1:24:06, 25-29: 1. Kie Soo Hoo 1:12:11, 2. Brad Tarr 1:15:34, 3. Devin Corcoran 1:16:10, 30-34: 1. John Kulisch 1:13:41, 2. Mario Molina 1:16:44, 3. Rick Delgado 1:16:46, 35-39: 1. Don Hunt 1:11:55, 2. Jay Uretsky 1:12:55, 3. Gary Burton 1:13:57.

40-44: 1. Gerard Gruber 1:30:23, 2. Clifford Golenor 1:31:17, 3. Forrest Story 1:44:39, 45-49: 1. Ron Navarrette 1:11:59, 2. Gary Peterson 1:27:51, 3. Douglas Shepherd 1:29:48, 50-59: 1. Ed Cox 1:25:23, 2. Charles McCandless 1:35:37, 3. Carl Barnes 1:37:21, 60-69: 1. Casey Poole 1:31:40, 2. Sam Simon 1:42:51, 70 & Over: 1. Dr. Dean Scofield 1:38:10, 2. Jim Boie 1:48:26.

Division Results - Women's 20K

19-24: 1. Sue Corea 1:29:22, 25-29: 1. Jeanne Kawashima 1:21:21, 2. Kathy Anno 1:35:41, 3. Jean Carter 1:35:50, 30-34: 1. Candy Clark 1:23:19, 2. Diane Bagwell

1:52:36. 35-39: 1. Trudy Le Clair 1:49:42
40-44: 1. Patricia Roland 1:46:14. 45-49: 1.
Mary Dugan 1:46:44. 2. Andrea
Delkeskamp 1:56:55.

Wine Country Race for Hospice

June 1. Sonoma. 10K/3K.

Overall Results - 10K

| | |
|--------------------------------|-------|
| 1. Allan Smith (24) BHS | 32:56 |
| 2. Daniel McCullough (28) SON | 33:10 |
| 3. Stacy Van Horn (21) SON | 33:42 |
| 4. Allan Stanbridge (38) BURLG | 33:58 |
| 5. George Frazier (38) MV | 35:04 |
| 6. Blake Wood (26) PL HS | 35:08 |
| 7. Bruce Phinney (25) NOV | 35:40 |
| 8. Thomas Stubbs (30-34) SON | 36:31 |
| 9. Bill Posedel (43) NOV | 36:33 |
| 10. John Wohler (25) OK | 37:42 |

Division Results - Men's 10K

19-24: 1. Allan Smith 32:56. 2. Stacy Van Horn 33:42. 3. Mike Tarvid 37:51. 25-29: 1. Dan McCullough 33:10. 2. Blake Wood 35:28. 3. Bruce Phinney 35:40. 30-34: 1. Thomas Stubbs 36:31. 2. Peter Curfin 41:29. 3. Jeff Bell Sr. 41:32. 35-39: 1. Allen Stanbridge 33:58. 2. George Frazier 35:04. 3. Dave Sjostedt 37:50. 40-44: 1. Bill Posedel 36:33. 2. Richard Frampton 39:41. 3. Sal Citarella 39:49. 45-49: 1. Ray Young 41:12. 2. Ralph Harms 42:14. 3. Dennis McNamara 42:49. 50-54: 1. Al Kirkman 39:07. 2. Fred Winn 48:52. 3. Charles Stanley 49:50. 55-59: 1. Leo McMillan 41:13. 2. Donald Martin 55:18. 3. John Peckman 58:42. 60 & Over: 1. Daniel Barreto Jr. 52:17.

Division Results - Women's 10K

19-24: 1. Maribeth Duffy 38:47. 2. Cynthia Corliss 49:16. 3. Irma Magdaleno 49:25. 25-29: 1. Cindi Williams 41:04. 2. Robin Stovall 45:00. 3. Vicki Oleski 46:53. 30-34: 1. Nancy Stover 42:00. 2. Ann Donnelly 47:06. 3. Liz Richards 52:03. 35-39: 1. Margaret Livingston 43:38. 2. Christine Stanbridge 48:43. 3. Pam Topolewski 48:59. 40-44: 1. Carol Kelly 44:46. 2. Edda Stickie 48:43. 3. Jocelyn Benson 49:05. 45-49: 1. Tami Tamalpa 43:39. 2. Joy Brown 74:32. 50-54: 1. Suzanne Bond 53:22. 2. Barbara Carlson 65:18. 3. Donna Ferrari 74:32. 55-59: 1. Catherine Carney 57:12.

3K Winners - Men

| | |
|----------------------------------|-------|
| 1. Dennis Bollman, Sonoma | 9:45 |
| 2. Dave Jones (15) Sonoma | 10:53 |
| 3. Todd Wheeler (15) Forestville | 11:16 |

3K Winners - Women

| | |
|--------------------------------|-------|
| 1. Cynthia Sobreto, Oakland | 12:51 |
| 2. Maureen Ewens (14) Sonoma | 12:56 |
| 3. Hannah Norup (16-18) Sonoma | 12:58 |

Wheelchair

| | |
|-----------------------------|-------|
| 1. Greg Cornish, Glen Ellen | 32:40 |
|-----------------------------|-------|

Bobby Hardy 11:11. 3. David Jaffe 11:29.
18-29: 1. Doug Herman 8:36. 2. Richard Florez 9:15. 3. Jonathan Florez 9:56. 30-39: 1. Marcus Clark 10:07. 2. Robert Schultz 10:32. 3. Dennis Mignano 13:02. 40-49: 1. Richard Fraday 17:30.

Division Results - Women's 1 1/2 Mile

11 & Under: 1. Jessica Bogardus 14:23. 12-17: 1. Sharon Jurecki 12:37. 2. Louise Jay 19:52. 18-29: 1. Mary Brambila 12:25. 2. Sally Sharp 14:35. 3. Rebecca Wing 15:49. 30-39: 1. Liz Norris 11:32. 2. Bobbi Power 12:42. 3. Elaine Herrick 14:08. 40-49: 1. Judith Nelson 16:28.

Quick Silver 50 Mile Endurance Run

from Jerry Simons

June 1. San Jose.

Overall Results

| | |
|-------------------------|---------|
| 1. Rae Clark | 6:48:33 |
| 2. George Zimmerman | 7:06:13 |
| 3. Dan Williams | 7:19:16 |
| 4. Charles Savage | 7:35:15 |
| 5. Eric Evers | 7:54:23 |
| 6. Dick Forst | 7:55:58 |
| 7. Robert Livingston | 7:58:17 |
| 8. Ed Richardson | 8:11:33 |
| 9. Ephraim Romsberg | 8:17:05 |
| 10. Roger Sobsey | 8:25:27 |
| 11. Jean Lue Szpakowski | 8:28:03 |
| 12. Ron Kovac | 8:36:50 |
| 13. Ernie Flores | 8:39:19 |
| 14. Lee Danopli | 8:44:06 |
| 15. Carol LaPlant | 8:48:01 |
| 16. Bobby Yee | 8:50:59 |
| 17. Dave Hudson | 8:58:52 |
| 18. Frank Ruona | 9:17:22 |
| 19. Orin Dahl | 9:22:27 |
| 20. Bob Norton | 9:22:27 |

Division Results - Men

18-29: 1. Ernie Flores 8:39:19. 2. Lee Danopli 8:44:06. 30-39: 1. Rae Clark 6:48:33. 2. George Zimmerman 7:06:13. 3. Dan Williams 7:19:16. 40-49: 1. Dick Forst 7:55:58. 2. Ron Kovacs 8:36:50. 3. Orin Dahl and Jim Wholey 9:22:27. 50 & Over: 1. Ephraim Romsberg 8:17:05.

Division Results - Women

18-29: 1. Susan Locke 9:40:27. 30-39: 1. Carol LaPlant and Kathy Martin 8:48:01. 40-49: 1. Mary Ann Buxton 9:52:52. 50 & Over: 1. Martha Maricle 9:44:54.

L'Eggs Mini Marathon

June 1. New York, N.Y.

Francie Larrieu-Smith of Denton, Tx., found "a little something extra in my legs" and held off hard-charging Grete Waitz of Norway by three seconds to win the fourteenth running of the 10 kilometer L'Eggs Mini Marathon in New York's Central Park Saturday, June 1.

The victory marked an important milestone for Smith, former holder of seven world indoor records at shorter distance, in her campaign to become recognized at age 32 in her new career as a distance runner.

High humidity and temperatures in the mid-70s prevented an expected assault on Waitz's world record of 30:59.8 for 10K on the road as Smith took the top prize in 32:23.0.

But the huge crowd was treated to a stirring finish as Smith moved into a 15-yard lead with about a half-mile to go along the winding park roads and then responded with a kick of her own to win when Waitz uncorked a desperate drive over the last 50 yards.

"I did my best to catch up to her," said Waitz, who suffered only her second defeat in the L'Eggs Mini in the last seven years. But Francie very determinedly let

me know this was her race.

Aurora Cunha of Portugal, who stayed with Smith and Waitz for more than four of the 6.2 miles, held on to take third place and Anne Audain of New Zealand, 1983 winner of this race, was a distant fourth. Judi St. Hilaire of Brighton, Mass., completed the top five.

Olympic marathon champion Joan Benoit of Freeport, Maine, who had set as her personal aim in this race to finish in the top ten missed that target, finishing eleventh. Olympic 3,000 meter champion Maricica Puica of Romania fared even worse, dropping out with a pain in her side after going four and a half miles.

It was the third straight triumph for Smith within the last three weeks and her second straight over Waitz, whom she upset in a 3,000 meter race in California last week.

Smith said she was surprised to find Waitz dropping behind with a half-mile to go.

"I wasn't sprinting or anything, and then I noticed she wasn't there," Smith explained. "But then I kept reminding myself not to ease off, to save something" because I knew Grete would come back - and she did.

"I love to see that finish line," she said. "When I see it, I always can find a little something extra in my legs."

Rounding out the top ten were Dorthe Rasmussen of Denmark, Kellie Cathey of Mesa, Ariz., Suzanne Girard of Washington, D.C., Marty Cooksey of Kirkwood, Mo., and Maureen Custy of Denver, Colo., who edged Benoit for the last spot in the top ten.

Benoit said the race confirmed her belief that she needs "to get back on the track and do more speed practice."

"I've been training almost entirely on the road and I had hoped I could run this race on strength alone rather than speed," she said. "It didn't work."

Smith said training at home in Texas helped her win.

"At home it's been in the 80s for a while and 100 the last two days," she said. "That gave me an advantage today."

The starting field of 7,809 was a record for the race and so was the total of over 5,600 finishers.

Overall Results

| | |
|---------------------------------------|-------|
| 1. Francie Larrieu-Smith (32) Tx | 32:23 |
| 2. Grete Waitz (31) Oslo, Norway | 32:26 |
| 3. Aurora Cunha (26) Amadora, Port | 32:45 |
| 4. Anne Audain (29) Boise, ID | 33:19 |
| 5. Judi St. Hilaire (25) Brighton, MA | 33:20 |
| 6. Dorthe Rasmussen (25) Denmark | 33:28 |
| 7. Kellie Cathey (23) Mesa, AZ | 33:29 |
| 8. Suzanne Girard (22) Wash. DC | 33:36 |
| 9. Marty Cooksey (30) Kirkwood, MO | 33:40 |
| 10. Maureen Custy (29) Denver, CO | 33:44 |

St. John's Napa Old Town Run

June 2. Napa.

Sunday's crisp, sunny weather provided the perfect race atmosphere for over one hundred and twenty avid entrants to the Seventh Annual St. John's Napa Old Town Run.

Four records were shattered in the five running divisions for men and women. Records set in the master division, veteran division and junior division.

Bob Blackman, Napa, ran a winning time of 25:44 over a fast five mile course. Blackman's closest competition was Steve Ferrario, St. Helena, who followed at 27:09, almost two minutes behind him. Alan Galdi, Pengrove, placed third at 27:25. All three runners competed in the open division, age 20-29.

Laura McGinn, Napa, won the woman's class and the open division with a time of 32:45. Yoka Zwetsloot, Napa, won the master division in a record time of 33:49, breaking her own 1984 division record of 34:29. Susan Lancaster, Vallejo, placed third and won the submaster division with a time of 33:40.

Three other records fell in the veterans and junior division. Hank Fragoza, Vallejo, also broke his own 1984 division record with a time of 28:51. Ilse Forrest, Napa, lowered the woman's veteran division record by 7 minutes with a time of 37:42. Tony Squibb, Napa, set the Junior record with a time of 27:42.

Division Results - Men

13 & Under: 1. Robert Fate, III, 32:35. 2. Joe Carroll 38:41. 3. Greg Korte 38:44. 14-19: 1. Tony Squibb 27:42. 2. Josh Smith 28:39. 3. Michael Tyler 28:41. 20-29: 1. Bob Blackman 25:44. 2. Steve Ferrario 27:09. 3. Alan Galdi 27:25. 30-39: 1. Steve Zantelli 29:19. 2. Chris Maltren 29:21. 3. Reg Harris 29:33. 40-49: 1. Mark Smith 27:43. 2. L. Dougherty 27:49. 3. James Engle 29:37. 50 & Over: 1. Hank Fragoza 28:51. 2. James Reardon 32:28. 3. Mort Ward 32:50.

Division Results - Women

13 & Under: 1. Betty Lu 62:40. 2. Veronica Derin 63:07. 3. Christian Cave 63:21. 20-29: 1. Laura McGinn 32:45. 2. Carol Hansen 43:16. 3. Cathy Casdren 44:24. 30-39: 1. Susan Lancaster 34:40. 2. Teresa Matta 37:31. 3. Donna Drago 37:36. 40-49: 1. Yoka Zwetsloot 33:49. 2. Noria Harris 38:03. 3. Mary Edwards 39:43. 50 & Over: 1. Ilse Forrest 37:42. 2. D. Alerie Cassara 52:38.

Camp Coombs Run

June 1. Napa. 10K & 1 1/2 Mile.

Division Results - Men's 10K

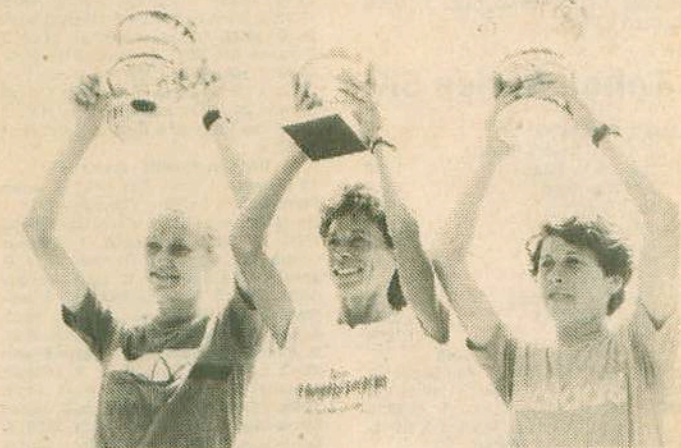
12-17: 1. Lincoln Lucas 52:48. 2. Mike Mello 52:49. 3. Eric Stanley 54:40. 18-29: 1. Bob Blackman 35:16. 2. Mike Weiss 38:31. 3. Charles Fromm 38:32. 30-39: 1. Craig Moore 34:09. 2. John Sensenbaugh 40:17. 3. John King 41:04. 40-49: 1. Tom Brumley 43:10. 2. Dennis Sweeney 43:34. 3. Bob Frescura 46:05. 50 & Over: 1. Hank Fragoza 38:57. 2. Tom Walsh 45:29. 3. Jack Hadley 51:49.

Division Results - Women's 10K

18-29: 1. Suzette Moore 47:47. 2. Debra Manfree 50:28. 3. Dana Ryan 58:03. 30-39: 1. Pam Bjornberg 46:48. 2. Diana Wimberley 47:50. 3. Carol Daniels 49:50. 40-49: 1. Mary Sweeney 51:53. 2. Mary Edwards 54:25. 3. Barbara Easterling 57:13. 50 & Over: 1. Ilse Forrest 51:12.

Division Results - Men's 1 1/2 Mile

11 & Under: 1. Colin Grinnell 12:48. 2. Peter Cockcroft 13:52. 3. Adam Jaffe 14:34. 12-17: 1. Darren Serrano 10:59. 2.



Victory is sweet for Francie Larrieu-Smith (center) who was first to cross the finish line in the L'Eggs Mini Marathon in Central Park on June 1. Sharing the glory are second place finisher, Grete Waitz (left) and Aurora Cunha (right) who placed third.

Results

Russian River Run

June 2, Talmage, Mara/Half Mara.

Overall Results - Men's Marathon

| | | |
|----|-------------------------------|---------|
| 1 | Robbie Wright, LongBch | 2:39:28 |
| 2 | Lon Kincannon, S.F. | 2:42:47 |
| 3 | Gary Ceragiolli, Markleeville | 2:45:34 |
| 4 | Nathan Martin, Stanford | 2:55:00 |
| 5 | Tom Massery, S.F. | 2:57:55 |
| 6 | James Beland, Orangeville | 3:01:28 |
| 7 | David Taerona, PleasantHl | 3:02:25 |
| 8 | Dave Pfister, Citrus Heights | 3:03:59 |
| 9 | Nick Kantar, Carmichael | 3:03:59 |
| 10 | Yale Goldberg, Phoenix, AZ | 3:04:09 |

Division Results - Men's Marathon

Open: 1. Robbie Wright 2:39:28. 30-39: 1. Lon Kincannon 2:42:47. 40-49: 1. David Pfister 3:03:59. 50-59: 1. Don James 3:21:00. 60 & Over: 1. Paul Reese 3:32:19.

Overall Results - Women's Marathon

| | | |
|---|------------------------------|---------|
| 1 | Christine Iwahashi, Davis | 2:53:15 |
| 2 | Karen Angel, Trinidad | 3:07:53 |
| 3 | Susan Edwards, Concord | 3:29:42 |
| 4 | Jami Harrison, Sacto | 3:31:21 |
| 5 | Aleane Nitzky, Flagstaff, AZ | 3:36:36 |

Division Results - Women's Marathon

Open: 1. Christine Iwahashi 2:53:15. 30-39: 1. Karen Angel 3:07:53. 40-49: 1. Cindy Hutcherson 3:45:52.

Overall Results - Men's Half Marathon

| | | |
|----|-----------------------------|---------|
| 1 | Robert Clay, Kelseyville | 1:10:41 |
| 2 | John Zinselmair, MadRiver | 1:12:45 |
| 3 | Bill Dunn, Campbell | 1:14:13 |
| 4 | Steven Naiman, Chico | 1:16:02 |
| 5 | James Ballantyne, Paradise | 1:17:03 |
| 6 | Greg Davy, Eureka | 1:17:19 |
| 7 | Tim Souza, San Jose | 1:17:49 |
| 8 | William Rathorn, MillValley | 1:18:22 |
| 9 | Sid Naiman, Fremont | 1:19:19 |
| 10 | Michael Cannon, Ukiah | 1:19:58 |

Division Results - Men's Half Mara.

Junior: 1. Juan Zensen 1:58:01. Open: 1. Steven Naiman 1:16:02. 30-39: 1. Robert Clay 1:10:41. 40-49: 1. James Ballantyne 1:17:03. 50-59: 1. Alan Beilon 1:23:40. 60 & Over: 1. Ted Wrm 2:09:46.

Overall Results - Women's Half Mara.

| | | |
|----|--------------------------------|---------|
| 1 | Mary Pincini-Weils, Eureka | 1:28:30 |
| 2 | Elizabeth Black, Ukiah | 1:31:54 |
| 3 | Kathy Ceragiolli, Markleeville | 1:32:53 |
| 4 | Sue Fernandes, Redwood Vly | 1:33:45 |
| 5 | Ellen Nolan, S.F. | 1:34:38 |
| 6 | Mary Grady, Davis | 1:47:52 |
| 7 | Julie Ann Springer, S.R. | 1:37:59 |
| 8 | Heleen Renner, Petrolia | 1:40:02 |
| 9 | Sherry Bennion, Bayside | 1:42:00 |
| 10 | Kathi Rathorn, Mill Vly | 1:42:31 |

Division Results - Women's Half Mara.

Open: 1. Elizabeth Black 1:31:54. 30-39: 1. Mary Pincini-Weils 1:28:30. 40-49: 1. Sherry Bennion 1:42:00. 50-59: 1. Hlaae Reichel 1:43:58. 60 & Over: 1. Maria Carlsen 2:18:11.

Tahoe Series 5K

June 2, Tahoe City.

Overall Results

| | | |
|----|--------------------|-------|
| 1 | Denis O'Halloran | 17:40 |
| 2 | Jeff Townsend | 17:53 |
| 3 | Mark Gregor | 18:25 |
| 4 | Jerry Jobski | 18:48 |
| 5 | Mike Lumbad | 19:14 |
| 6 | Matt Estep | 20:29 |
| 7 | Sparky Kramer | 21:24 |
| 8 | Jean Claude Pascal | 21:31 |
| 9 | Phillippe Mollard | 22:01 |
| 10 | Andy Kercher | 22:04 |

Division Results - Men

20-29: 1. Jeff Townsend, 2. Mark Gregor, 3. Matt Estep. 30-39: 1. Denis O'Halloran, 2. Mike Lumbad, 3. Sparky Kramer. 40-49: 1. Jerry Jobski, 2. Phillippe Mollard, 3. Randy Frazer. 50-59: 1. Bill Rogers.

Division Results - Women

19 & Under: 1. Kristin Krone, 2. Noel Pascal, 3. Lilley Robertson. 20-29: 1. Colleen Connors, 2. Adele Allender, 3. Gabriela O'Neal. 30-39: 1. Eileen Burger, 2. Maggie Filmore, 3. Karen Davis.

San Leandro Shoreline 10K

from Rob Caughell

June 2, San Leandro.

Division Results - Men

13 & Under: 1. Scott Sutch 36:12, 2. Jason Yslip 39:44, 3. Khoa Do 41:54. 14-18: 1. Mason Myers 32:51, 2. Jim Fiori 34:28, 3. Jeff Dewitt 34:39. 19-29: 1. Jay Marden 30:43, 2. Stephan Adams 31:09, 3. Scott Steinmaus 31:33. 30-39: 1. Mark Graves 31:44, 2. Steven Slawson 32:14, 3. Rich Langford 32:48. 40-49: 1. Rudy Mondragon 33:43, 2. Don Ardell 34:29, 3. David Taylor 34:56. 50-59: 1. Ken Allen 37:14, 2. Bryan Holmes 37:28, 3. John Gregson 38:15. 60 & Over: 1. Theodore Martin 45:04, 2. Gary Toji 45:39, 3. Howard Powers 45:51. Wheelchair: 1. Gary Kerr 27:39, 2. Stan Phillips 32:55, 3. Troy Durham 32:55.

Division Results - Women

13 & Under: 1. Marlene Chambliss 43:00, 2. Fatima Johnson 44:02, 3. Francesca Fitzgerald 49:59. 14-18: 1. Sally Wood 36:32, 2. Stacey Kaesser 53:04, 3. Brenda Cavanaugh 53:45. 19-29: 1. Amanda Goldner 38:50, 2. Carole Stotter 39:17, 3. Denise Bigelow 39:40. 30-39: 1. Shariet Glibert 35:52, 2. Sue Vinella-Brusher 36:57, 3. Kathy Kennedy 39:47. 40-49: 1. Lucy Dibilanca 46:17, 2. Patricia Peterson 46:39, 3. Laura Stage 46:56. 50-59: 1. Barbara Robben 48:41, 2. Kathryn Midgley 53:01, 3. Colleen Runce 55:52. 60 & Over: 1. Viala Asher 1:05:32, 2. Peggy Pridmore 1:07:28. Wheelchair: 1. Maya Cooper 48:23.

Run for Fund

June 2, San Marcos. 5/10K.

Division Results - Men's 5K

12 & Under: 1. Mike Kalaz 21:46, 2. Eric DeSio 21:57, 3. George Trimble 22:52. 13-17: 1. Nevin Mawhinney 19:26, 2. Lance Edling 19:32, 3. David Gentry 20:15. 18-29: 1. Mike Mathey 20:33, 2. Mike Kozzely 21:06, 3. Jose Hernandez 21:25. 30-39: 1. Frank Bochinski 17:45, 2. Andrew Vano 18:02, 3. Paul Kinder 18:17. 40-49: 1. Jerry Meadows 18:37, 2. Bob Daniel 18:38, 3. John Sonnhalter 18:42. 50-59: 1. Roger Wileman 20:19, 2. Dave Sheard 26:21, 3. Mike Murray 22:17. 60 & Over: 1. Donald Bradley 22:32, 2. Eddie Simon N.T.

Division Results - Women's 5K

12 & Under: 1. Rita Salazar 24:06, 2. Milena Glusac 24:27, 3. Lein Pham 24:42. 13-17: 1. Hackty Chounlamouny 21:48, 2. Kira Jorgensen 22:15, 3. Cherlie Nydam 23:18. 18-29: 1. Patricia Gordon-Reedy 19:31, 2. Dana Lee 24:23, 3. Cindy Glennie 25:09. 30-39: 1. Judy Kunsman 24:48, 2. Florence Gill 25:37, 3. Franci Free 25:50. 40-49: 1. Helen Kent 28:11, 2. Gloria Weir 28:36, 3. Lana Hudson N.T. 50-59: 1. Doris Gordon 26:48, 2. Joan Harrison N.T., 3. Janet Lee 35:33. 60 & Over: 1. Judy Simon 28:38.

Division Results - Men's 10K

12 & Under: 1. Tony Tan 42:52, 2. Adam Perry 48:04, 3. Katsana Vilaysane 48:31, 4. David Ordunez 48:39, 5. Kevin Mossbarger 49:13, 6. Danh Van 49:48, 7. Gonzolo Olvera 53:46, 8. John Trendler 54:14, 9. Jonathon Bailey 54:25, 10. Matt Kennedy 54:33. 13-17: 1. David Keizer 36:37, 2. Jose Rodriguez 37:09, 3. George Mojica 38:01, 4. Ron Landes 38:19, 5. Jim Lynch 38:21, 6. John Salisbury 40:46, 7. Steve Bralin 41:40, 8. Roland Rick 42:59, 9. Michael Lostetter 43:06, 10. Larry Kent 45:19. 18-29: 1. Ordenez Sanchez 32:26, 2. James Sheremeta 32:48, 3. Kim Reedy 33:03, 4. Bill Schipper 33:47, 5. Francisco Garcia 34:32, 6. James Peet 34:33, 7. Dave Cook 34:38, 8. Vinny Lostetter 34:43, 9. Pat Nolan 34:58, 10. Gordy Haskell 35:30. 30-39: 1. Don King 34:50, 2. Murphy Rainshreiber 35:10, 3. Mark Erwin 37:15, 4. John Lauriano 37:56, 5. Gus Santerre 38:10, 6. Drew Swonetz 38:53, 7. J. Pau'

Kent 38:55, 8. Hal Bosworth 39:22, 9. Michael Schertzer 39:41, 10. Rocky Brannon 39:57. 40-49: 1. Steve Dornish 35:53, 2. Larry Lake 36:07, 3. Carl Petersen 37:13, 4. Jim Thompson 37:46, 5. John Mettler 40:02, 6. Neville Wood 41:11, 7. Ronald Davis 41:39, 8. John Harney 42:53, 9. George Purcell 43:31, 10. Walt Parry 44:26. 50-59: 1. Warren Osborn 39:27, 2. Terrell Eddy 39:50, 3. Silver Macias 43:40, 4. Inder Singh 50:10, 5. Chris Christlieb 51:42, 6. Ken Sims 52:29, 7. Robert Larson 53:00, 8. C. Trejo 56:46, 9. John Stubbs 1:00:05, 10. Donald Cook 1:02:16. 60 & Over: 1. Tom Leedham 42:35, 2. Kaz Hiroshige 48:42, 3. Dick Breen 53:43, 4. John Donnelly 1:00:57, 5. Albert Klinge 1:08:59.

Division Results - Women's 10K

12 & Under: 1. Siamone Banghaxay 54:13, 2. Sheri Savel 57:43, 3. Debra Savel 58:38. 13-17: 1. Katrina Glusac 44:40, 2. Shanti Hedderson 47:21, 3. Mary Favis 55:05. 18-29: 1. Laura Douglas 44:41, 2. Sarah Week 44:52, 3. Laurie Sheard 50:17. 30-39: 1. Marilee Ramsay 43:08, 2. Pilar King 45:16, 3. Janet Dentino 46:30. 40-49: 1. Nancy Thweatt 45:20, 2. Angel Ryan 52:12, 3. Charrie Deuel 53:05. 50-59: 1. Elaine Pew 58:25, 2. Delight Sims 1:05:23, 3. Enid Parr 1:09:38.

Converse Women's 5 Miler

from Gail Goettlemen

June 2, Aptos.

Division Results

Under 13: 1. Lisa Miller 37:06, 2. Kristin Griffin 43:37, 3. Chantel Fann 50:37. 14-19: 1. Joni Lindblom 36:17, 2. Teresa Clark 36:46, 3. Erin Gail 38:49. 20-29: 1. Sue Gyoney 29:33, 2. Eileen Bickard 30:51, 3. Susan Radford 31:23. 30-39: 1. Eileen Claugus 29:41, 2. Peggy Smyth 30:02, 3. Jacquellin Braisted 30:52. 40-49: 1. Gigi Luhtala 32:44, 2. Elaine Hutsinpillar 35:14, 3. Jerri Rose 38:42. 50-59: 1. Elizabeth Ross 38:57, 2. Mary Ann Perry 39:17, 3. Katherine Beiers 39:59. 60 & Over: 1. Jaclyn Casselli 39:36.

Festival at the Lake Run

June 2, Lake Merritt, Oakland, 5/10K.

Overall Results - 5K

| | | |
|----|-----------------------|-------|
| 1 | Jeffrey Dorfman (20) | 16:34 |
| 2 | Alphonzo Jackson (39) | 17:22 |
| 3 | Mike Giles (26) | 17:25 |
| 4 | Guillermo Barron (32) | 17:30 |
| 5 | Robert Ryson (40) | 17:43 |
| 6 | Armand Musey (18) | 18:42 |
| 7 | Mark Lind (16) | 18:45 |
| 8 | Mark Watson (31) | 18:54 |
| 9 | Wayne Meier (33) | 19:05 |
| 10 | Ken Mills (50) | 19:12 |
| 11 | Steven Jacobsohn (43) | 19:14 |
| 12 | Ronald Frank (39) | 19:28 |
| 13 | William Hall (48) | 19:36 |
| 14 | Chris Sentovich (27) | 19:37 |
| 15 | Michael Price (35) | 19:52 |
| 16 | Laurence Jackson (37) | 20:01 |
| 17 | Jeff Davis (28) | 20:05 |
| 18 | John Black (38) | 20:10 |
| 19 | Arthur Klatsky (55) | 20:13 |
| 20 | Jana Jarosz (17F) | 20:20 |

Overall Results - 10K

| | | |
|----|-----------------------|-------|
| 1 | Phillip Broaduss (24) | 31:32 |
| 2 | Thom Trimbald (25) | 33:04 |
| 3 | Teshome Kebera (28) | 33:22 |
| 4 | Joe Schieffer (34) | 33:27 |
| 5 | Michael Anduze (29) | 34:32 |
| 6 | John Montiverdi (39) | 35:32 |
| 7 | Howard Worrell | 35:43 |
| 8 | James Brown (13) | 35:59 |
| 9 | Rex Merrill (34) | 36:06 |
| 10 | John McAllister (25) | 36:32 |
| 11 | Paul Campana (24) | 38:14 |
| 12 | Wesley Hurlburt (45) | 38:18 |
| 13 | Gregory Davis (26) | 38:23 |
| 14 | Charles Hights (29) | 38:41 |
| 15 | Bill Bugler (49) | 38:45 |

Division Results - Men's 5K

13 & Under: 1. Darin Tara 20:44, 2. John Lockard 21:41, 3. Lorenzo DeJanvry 21:45. 14-20: 1. Jeffrey Dorfman 16:34, 2. Armand Musey 18:42, 3. Mark Lind 18:45. 21-29: 1. Mike Giles 17:25, 2. Chris Sentovich 19:37, 3. Jeff Davis 20:05. 30-39: 1. Alphonzo Jackson 17:22, 2. Guillermo Barron 17:30, 3. Mark Watson 18:54. 40-49: 1. Robert Tyson 17:43, 2. Steven Jacobsohn 19:14, 3. William Hall 19:36. 50-59: 1. Ken Mills 19:12, 2. Arthur Klatsky 20:13, 3. Vicente Caselle 21:08.

Division Results - Women's 5K

13 & Under: 1. Jill Jarosz 23:28, 2. Natasha Fein 24:07, 3. Nicole Burgers 28:17. 14-20: 1. Jana Jarosz 20:20, 2. Kimberly Lawler 20:43, 3. Kelly Poe 23:21. 21-29: 1. Kym Dobson 22:22, 2. Carrie Oakeshott 25:52, 3. Karen Wanmaker 26:21. 30-39: 1. Marlie Behrens 20:32, 2. Laura Byers 23:54, 3. Barbara Butcher 23:56. 40-49: 1. Averil Carnona 22:41, 2. Sybil Byrnes 26:02, 3. Kathie Higgins 29:42. 50-59: 1. Sally Wolfer 21:10, 2. Eileen Klatsky 23:02, 3. Janet Fahy 30:39. 60 & Over: 1. Marjorie Windus 43:54.

Division Results - Men's 10K

13 & Under: 1. James Brown 35:59, 2. Jeremy Kazan 1:00:31, 3. David Causey 1:05:26. 14-20: 1. Timothy Edgette 45:14, 2. Dan Stone 45:46, 3. Tate Kuerbis 49:10. 21-29: 1. Phillip Broaduss 31:32, 2. Thom Trimbald 33:04, 3. Teshome Kebera 33:22. 30-39: 1. Joe Schieffer 33:27, 2. John Montiverdi 35:32, 3. Howard Worrell 36:43. 40-49: 1. Wesley Hurlburt 38:18, 2. Bill Bugler 38:45, 3. Norman Unrau 39:43. 50-59: 1. Jess Chavez 41:18, 2. Jack Riley 43:55, 3. Scott Buginas 43:57. 60 & Over: 1. Keith Anderson 43:05.

Division Results - Women's 10K

13 & Under: 1. Jamie Brown 43:05, 2. Heather Sawchuck 1:07:42. 21-29: 1. Kimberly Baker 42:21, 2. Jerri Edwards 46:50, 3. Ellen Case 50:04. 30-39: 1. Gwyn Blackburn 40:16, 2. Ioma Mbanugo 41:04, 3. Ann Baugh 49:01. 40-49: 1. Carolyn Draheim 1:05:15. 50-59: 1. Beverly Edwards 58:35, 2. Mavis Buginas 1:14:10.

Robert De Celle II Memorial Relay

June 6, South Lake Tahoe.

Division Results - Open Men

1. Silver State Striders, Reno, (Dave Parrish, Rudy Munoz, Chris Ryles, John Bay, Allen Dilling, Derrick May, Steve Blakemore) 6:24:00. 2. Capitol City Flyers, Fair Oaks, 6:39:06. 3. Silver State Striders, Reno, 6:51:13.

Master Men

1. Silver State Striders Masters C, Reno, (Boyce Jacques, Skip Houk, Ken Adams, Glade Hall, Perry Hayden, Gary Seeger, John Peacock) 7:43:43. 2. Capitol City Flyers, Fair Oaks, 7:48:12. 3. Napa Valley Masters #1, Napa, 8:00:42.

Open Mixed

1. Carson City Silver 7, Carson City, (Nancy Bowman, Ron Cross, Lisa Gaskill, Patti Young, David Amster, Steve Pradera, Richard Billy) 7:31:30. 2. Tahoe Sports Ltd., South Lake Tahoe, 8:12:14. 3. Truckee Meadows A.C., Truckee, 8:12:15.

High School

1. Oakmont Vikings, Roseville, (Jeff Struthers, Eric Keller, Mike Bell, Mike McGuire, Mark Colgan, Aaron Weidkamp, Paul Lind) 8:11:31. 2. San Luis Obispo High, San Luis Obispo, 8:14:10. 3. U. S. Badminton, Stockton, 8:51:49.

Women

1. Capitol City Flyers, Fair Oaks, (Heike Skaden, Rosaiba Tibaduiza-Cardenas, Sandy Coffey, Anita Johnson, Bev Marx, Terry Puckett, Laune Park), 8:31:54. 2. Silver State Striders A, Reno, 8:32:50. 3. Impala Racing Team, San Francisco, 8:32:58.

AAU

1. Silver State Barristers, Reno, (Ronald Martin, Rick Trachak, Kent Robinson, Mike Mallor, Bill Lane, Bob Pyzel, Don Nomura), 8:00:42.

Gratitude 8K

June 8. San Diego.

Overall Results - Men

| | |
|---------------------|-------|
| 1 Tim Varley | 24:29 |
| 2 Gilberto Alvarez | 24:33 |
| 3 Willy Ayyad | 24:33 |
| 4 Robert Lusitana | 25:24 |
| 5 Mark Staniforai | 25:45 |
| 6 James Sheremeta | 25:50 |
| 7 Richard Farmer | 26:14 |
| 8 Erik Wald | 26:24 |
| 9 Randy Stoppelmoor | 26:28 |
| 10 Randy Kilpatrick | 26:31 |

Division Results - Men

| |
|---|
| 12 & Under: 1. Mike Farrell 28:48, 2. Shane Miller 36:34, 3. Brian Knudsen 38:08. |
| 13-17: 1. Robert Lopes 26:37, 2. Cary Gregori 26:59, 3. Carlos Diaz 28:58, 18-29: 1. Tim Varley 24:29, 2. Gilberto Alvarez 24:33, 3. Willy Ayyad 24:33, 30-34: 1. Randy Kilpatrick 26:31, 2. Ed Nares 26:58, 3. Douglas Smith 28:03, 35-39: 1. Ron Wells 26:50, 2. Herman Fountain 27:53, 3. Hayden Smith 27:55, 40-49: 1. Peter Stern 26:57, 2. Steve Dornish 27:48, 3. Larry Lake 27:56, 50-59: 1. Alberto Reyes 32:30, 2. Frank Goldberg 32:47, 3. Jerry Wilson 33:18, 60 & Over: 1. Rudy Iglesia 32:43, 2. Wayne Zook 33:50, 3. Jack Douglas 35:25. |

Overall Results - Women

| | |
|--------------------|-------|
| 1 Teresa Sherry | 30:06 |
| 2 Kathy Kinane | 30:17 |
| 3 Lorrie Dierdorff | 30:25 |
| 4 Carrie Morrison | 30:43 |
| 5 Kathy Laper | 30:59 |
| 6 Diane Riley | 31:01 |
| 7 Ellen Turkel | 32:14 |
| 8 Kathy Olson | 32:23 |
| 9 Ursula Rains | 32:35 |
| 10 Clon Ruiz | 32:49 |

Division Results - Women

| |
|---|
| 12 & Under: 1. Bruni Rains 44:31, 2. Ruth Corfah 48:26, 3. Raimae Swift 51:36, 13-17: 1. Corie Shankles 37:42, 2. Jessica Rapp 38:42, 3. Sarah Coultis 43:30, 18-29: 1. Kathy Kinane 30:17, 2. Lorrie Dierdorff 30:25, 3. Carrie Morrison 30:43, 30-34: 1. Teresa Sherry 30:06, 2. Ellen Turkel 32:14, 3. Kathy Olson 32:23, 35-39: 1. Janie Shankles 33:06, 2. Leeann Jordan 33:36, 3. Audrey Burns 33:36, 40-49: 1. Kathy Loper 30:59, 2. Ursula Rains 32:35, 3. Eileen Pae 34:09, 50-59: 1. Theresa Swenson 48:19, 2. Suzanne Escue 49:49, 3. Joane Petrin 53:44, 60 & Over: 1. Felicitas Salazar 54:19. |
|---|

Catch-A-Splash

June 8. Oakwood Lake Resort, Manteca.

Division Results - Men's 1 Mile

| |
|--|
| 13 & Under: 1. David Bowker 6:58, 2. Andy Sims 7:10, 3. Andy Martinez 7:52, 14-18: 1. John Shimon II 8:21, 2. Mathew Van Nuys 7:58, 19-29: 1. John Lalonde 6:44, 30-39: 1. David Trombino 5:18, 2. Jeff Cook 5:38, 3. Sebort Hawkins 8:56, 40-49: 1. Billy Kent 8:38, 50 & Over: 1. Rudy Deleon 37:22, 2. Robert Dornse 43:23. |
|--|

Division Results - Women's 1 Mile

| |
|---|
| 13 & Under: 1. Jacquetta Robinson 7:13, 2. Jeanine Pera 7:19, 3. Julie Pera 9:05, 14-18: 1. Samantha Smith 7:51, 19-29: 1. Consuelo Garcia 5:45, 2. Susana Samorano 7:15, 3. Joey Alejandres 7:56, 30-39: 1. Leslie Van Nuys 8:22, 2. Gayla Shimon 10:36, 40-49: 1. Jessie Noyala 6:05, 2. Sandra Smith 9:29, 3. Joanie Myers 9:41. |
|---|

Division Results - Men's 5 Mile

| |
|---|
| 13 & Under: 1. Ty Hollingsworth 36:34, 2. Bill Bently 40:45, 3. Jimmy Robinson 44:14, 14-18: 1. Louie Rivera 39:27, 2. Jeff Kent 33:06, 3. Evan Harrison 36:20, 19-29: 1. Joss Walter 27:29, 2. Daniel Garcia 29:03, 3. Tim Carroll 29:37, 30-39: 1. Frank Garcia 29:07, 2. Robert Pera 29:31, 3. Mike Alexander 30:05, 40-49: 1. John Semler 27:52, 2. Barry Bowman 30:13, 3. Albert Borrero 32:48, 50 & Over: 1. Rudy Deleon 37:22, 2. Robert Dornse 43:23. |
|---|

Division Results - Women's 5 Mile

| |
|---|
| 13 & Under: 1. Angela Williford 45:13, 14-18: 1. Staci Brunton 41:32, 19-29: 1. |
|---|

Carol Welch 31:31, 2. Linda Black 34:26, 3. Cherise Stuart 36:44, 30-39: 1. Cindy Winter 36:07, 2. Mary Bock 36:48, 3. Mouse Lyons 37:23, 40-49: 1. Jean Shuler 33:18, 2. Sharon Miller 36:52.

Gold Medal Triathlon

from Rick Gebers

June 8. Vacaville.

1/4 Mile Swim, 9 Mile Run, 32 Mile Bike.

Overall Results

| | |
|----------------------------------|---------|
| 1 Ruben Chappins, HI | 2:33.10 |
| 2 Don Seymour, Pleasant Hill | 2:33.38 |
| 3 Sean Molina, Berkeley | 2:34.07 |
| 4 John Devere, San Diego | 2:38.05 |
| 5 Bob Gobbell, Citrus Heights | 2:38.12 |
| 6 Ptereo Karmar, Sacto | 2:38.13 |
| 7 David Babiracki, Granada Hills | 2:40.16 |
| 8 Scott Miller, Auburn | 2:42.58 |
| 9 Roger Wolfe, San Jose | 2:43.39 |
| 10 Dan Winsatt, Stanford | 2:43.47 |

Overall Results - Women

| | |
|---------------------------------|---------|
| 1 Sue McMurray, Davis | 3:01.59 |
| 2 Susan Hrbach, S.F. | 3:08.16 |
| 3 Nancy Stover, Berkeley | 3:11.57 |
| 4 Barbara Hoskins, Corte Madera | 3:13.39 |
| 5 Debra Ingram, S.F. | 3:21.44 |
| 6 Susan Munn, Davis | 3:25.00 |

Division Results - Men

| |
|--|
| Men's Relay: 1. Lange-Kohoe-Amable 3:03.21, 2. Wainwright-Waters-Martinez 3:07.59, 3. Cooper-Brisco-Frey 3:08.46. |
| Women's Relay: 1. Kelly-Franklin-Gilbert 3:15.18, 2. Gebers-Fennie-Hocker 3:47.21, 3. Williams-Pape-Thane 3:55.24. |
| Mixed Relay: 1. Ryan-Ford-Lee 3:11.50, 2. Estes-Lockhart-Pappas 3:17.45, 3. Varney 3:26.41. |

| |
|---|
| Men's Results: 16-20: 1. Sean Molina 2:34.07, 2. Phil Molina 2:45.31, 3. Andy Kelsey 2:54.37, 21-24: 1. John Devere 2:38.05, 2. Bob Gubbell 2:38.12, 3. Scott Miller 2:42.58, 25-29: 1. Don Seymour 2:33.36, 2. Peter Kaimar 2:38.13, 3. Roger Wolfe 2:43.47, 30-34: 1. Ruben Chappins 2:33.10, 2. David Babiracki 2:40.16, 3. John Birge Jr 2:44.00, 35-39: 1. Norm Gould 2:50.16, 2. Tim Hayes 2:50.20, 3. Dennis Good 2:51.37, 40-49: 1. Walter Radloff 2:55.46, 2. Forrest Bond 3:02.58, 3. Tom Davies 3:05.25, 50 & Over: 1. Dave Stevenson 3:21.38, 2. Tom Taylor 3:25.33, 3. Joseph Russell 3:33.50. |
|---|

| |
|---|
| Women's Results: 16-20: 1. Tami Hood 3:22.34, 2. Maureen Kalla 3:29.46, 3. Michelle Kelsey 4:05.52, 21-29: 1. Sue McMurray 3:01.59, 2. Susan Hrbach 3:08.16, 3. Barbara Hoskins 3:13.39, 30-34: 1. Nancy Stover 3:11.57, 2. Debra Ingram 3:21.44, 3. Storm Eddy 3:27.05, 35-39: 1. Rona Gallant 3:43.49, 2. Marilyn Smith 4:21.18, 40-49: 1. Susan Munn 3:25.00, 2. Valerie Doyle 3:25.44, 3. MacKenzie Rooday 3:46.36. |
|---|

Morro Bay to Cayucos Fun Run

June 8. Morro Bay.

Overall Results

| | |
|-----------------------------------|-------|
| 1 Darren Near (20) Arcadis | 32:15 |
| 2 Tom McKeown (31) SLO | 32:30 |
| 3 Paul Lee (24) SLO | 33:42 |
| 4 Peter Roske (23) SLO | 34:23 |
| 5 Ozzie Osgood (38) San Diego | 34:41 |
| 6 Jim Hurley (29) Los Osos | 35:03 |
| 7 Rick Hallblom (36) Santa Barb | 35:45 |
| 8 Alan Reynolds (21) Pasadena | 35:53 |
| 9 George Clendinnins (29) Santa B | 35:59 |
| 10 Jim Casper (42) Shell Beach | 36:40 |
| 11 Len Thornton (54) Fresno | 36:49 |
| 12 Richard Hauck (16) Clovis | 37:23 |
| 13 James Besser (17) Clovis | 37:23 |
| 14 Jeff Mullane (18) Fresno | 37:23 |
| 15 Tommy Wells (16) Clovis | 37:23 |
| 16 King Wayman (35) LaGrande | 37:35 |
| 17 Brad Curry (29) SLO | 37:38 |
| 18 Martin Simpson (36) Fresno | 37:46 |
| 19 Bob Dickinson (36) SLO | 38:40 |
| 20 Jim Catlin (32) SLO | 38:41 |
| 21 Barry Rice (36) Cambria | 39:24 |

| | |
|--------------------------------|-------|
| 22 Mike Tate (34) Atascadero | 39:27 |
| 23 Dale Anderson (36) SLO | 39:29 |
| 24 Peter Reilly (29) Morro Bay | 39:36 |
| 25 Jesse Arnold (45) Cambria | 39:37 |

Conejo 20K

June 8. Westlake Village.

Overall Results

| | |
|------------------------------------|---------|
| 1 Fred Snyder (25) Woodland Hills | 1:10.26 |
| 2 Jim Hughes (38) Simi Valley | 1:12.39 |
| 3 Jim Knerr (51) Simi Valley | 1:16.29 |
| 4 Parry Pantelas (48) Westlake Vlg | 1:21.57 |
| 5 Regis Boyle (51) Thousand Oaks | 1:22.04 |
| 6 Steve Kohler (37) Woodland Hills | 1:22.47 |
| 7 Michael Mutek (33) Agoura Hills | 1:22.57 |
| 8 Manuel Ramirez (33) Oxnard | 1:23.30 |
| 9 Bob Hendrix (34) Conejo Park | 1:24.16 |
| 10 Gary Farnham (48) Newbury Pk | 1:25.58 |

G.G.P. Run As One

June 8. Pomona. 10/5K.

Division Results - Men's 10

| |
|--|
| 14 & Under: 1. Bebe Martinez 20:21, 15-16: 1. Eddie Flores 18:16, 17-18: 1. Scott Peterson 19:26, 19-24: 1. Mack Williamson 17:01, 25-29: 1. Rob Slick 16:38, 30-34: 1. Adolfo Serrato 18:01, 35-39: 1. Salvador Gonzalez 17:58, 40-44: 1. Catarino Gonzales 17:36, 45-49: 1. Ron Castillo 21:16, 50-59: 1. Booker Washington 20:48, 60 & Over: 1. Stanley Newfield 24:37. |
|--|

Division Results - Women's 10K

| |
|--|
| 14 & Under: 1. Holly Grauer 53:30, 15-16: 1. None, 17-18: 1. Denise Smith 54:05, 19-24: 1. Denise Shelton 60:26, 25-29: 1. Lori Wilson 43:48, 30-34: 1. None, 35-39: 1. Maria Rodriguez 51:56, 40-44: 1. Rosalind Comeaux 63:57, 45-49: 1. Audrey Wagner 61:19, 50-59: 1. Bobbi Pollock 57:58. |
|--|

Division Results - Men's 5K

| |
|--|
| 14 & Under: 1. Mike Rodriguez 51:44, 15-16: 1. Joe Montoya 37:47, 19-24: 1. Dominique Westlake 33:22, 25-29: 1. Chris Ackerman 39:03, 30-34: 1. Louie Fraire 44:31, 35-39: 1. Jay Uretsky 35:58, 40-44: 1. Wayne Mitchell 41:34, 45-49: 1. Fred Glover 40:19, 50-59: 1. Leo Prado 42:57, 60 & Over: 1. Jack Britton 53:48. |
|--|

Division Results - Women's 5K

| |
|--|
| 14 & Under: 1. Veronica Cortez 25:53, 15-16: 1. Laura Logan 21:30, 17-18: 1. Marni Frisbie 27:10, 19-24: 1. Lorrie Martinez 24:08, 25-29: 1. Laurie Robertson 23:17, 30-34: 1. Maria Rodriguez 24:20, 35-39: 1. Dee Perkins 31:15, 40-44: 1. Donna Hammer 25:46, 45-49: 1. Margaret Shields 24:19, 50-59: 1. Stella Ramirez 36:26. |
|--|

Paradise Runs

June 9. Irvine. 5K & 10K.

Division Results - Men's 10K

| |
|--|
| 10 & Under: 1. Carlos Mendoza 45:24, 2. Brandon Kaplan 46:40, 3. Ruben Garcia 56:28, 11-15: 1. Mike Acosta 37:38, 2. David Healy 41:09, 3. Raphael Cand 45:28, 16-18: 1. Gumby Anderson 35:09, 2. Ken Vendley 35:29, 3. Sean Brungtshe 36:42, 19-24: 1. Michael Matheson 33:58, 2. Jerome Bogan 34:52, 3. Elder 36:50, 25-29: 1. Ralph Serna 30:40, 2. Greg Mislick 32:19, 3. Stuart Calderwood 33:46, 30-34: 1. Dave White 32:27, 2. Marco Ihavaria 35:02, 3. Tony Alvarado 37:58, 35-39: 1. Richard Kenworthy 34:08, 2. Marty Schwarz 34:52, 3. Arden Fick 35:17, 40-44: 1. Harry Hunt 36:27, 2. Ken Mazur 37:29, 3. Tony Duvs 37:44, 45-49: 1. Harvey Peterson 37:48, 2. Frank Russo 38:50, 3. Gamma Chavez 39:19, 50-59: 1. Rudy Sibia 41:22, 2. Bruce Larsen 42:08, 3. Norman Dickinson 42:42, 60 & Over: 1. Donald Dilworth 40:58, 2. Frank Monteleone 45:06, 3. Frank Torope 45:09. |
|--|

Division Results - Women's 10K

| |
|--|
| 10 & Under: 1. Erika Garcia 52:06, 2. Angelica Mendoza 60:04, 11-15: 1. Anne Marie Ordway 47:18, 2. Jeannette Chun |
|--|

60:12, 16-18: 1. Denise Petrossi 49:48, 19-24: 1. Sylvia Mosqueda 37:12, 2. Carol Carrigan 39:02, 3. Lynda Duke 51:35, 25-29: 1. Sherri Fox 43:45, 2. Debora Friedman 45:02, 3. Cynthia Dakis 47:59, 30-34: 1. Sheri Hall 40:42, 2. Cynthia Tyler 43:59, 3. Roberta Linville 45:52, 35-39: 1. Neva Ingersol 43:18, 2. Kathy Pycior 44:05, 3. Colleen Maurin 47:54, 40-44: 1. Harolene Walters 38:24, 2. Mary Korzop 43:24, 3. Shirley Gray 45:66, 45-49: 1. Marcia Martyn 47:26, 2. Elaine Murphy 48:12, 3. Anne DeRose 53:44, 50-59: 1. Audrey Hauth 50:24, 2. Dorothy Griggs 52:56, 3. Donna Wyman 56:25, 60 & Over: 1. Olive Roah 60:14.

Division Results - Men's 5K

| |
|--|
| 10 & Under: 1. Raul Barrera 20:40, 2. Tzahur Barrera 22:13, 3. Matt Locher 22:40, 11-15: 1. Jim Robbins 16:57, 2. Eric Schrader 17:40, 3. Jay Brett 17:55, 16-18: 1. Sean Combs 16:35, 2. Chris Bube 16:56, 3. Aaron Hichman 17:00, 19-24: 1. William Cottles 17:01, 2. Frank Acosta 17:53, 3. Patrick Hernandez 17:57, 25-29: 1. John Koenigh 15:10, 2. William Kloss 15:57, 3. Steve Boaz 16:30, 30-34: 1. Jeremy Smith 17:29, 2. Stephen Arebal 18:10, 3. Rodman 18:14, 35-39: 1. Bill Sumner 17:04, 2. Walt Hitt 17:10, 3. Mike StAndre 17:21, 40-44: 1. Torre Swets 18:25, 2. Dan Nehenhuis 18:26, 3. Daniel Haheson 18:28, 45-49: 1. Frank Russo 18:02, 2. Lee Miller 18:03, 3. Otto Reed 18:12, 50-59: 1. George McGaffigan 19:04, 2. Lyle Deem 19:34, 3. Fred Casteneda 20:01, 60 & Over: 1. Delmar Gourley 22:12, 2. Bill Nice 22:14, 3. David Lewis 22:18. |
|--|

Division Results - Women's 5K

| |
|--|
| 10 & Under: 1. Araceli Barrera 21:50, 2. Maria Barrera 24:20, 3. Yolanda Mendoza 24:42, 11-15: 1. Jennifer Frankot 20:54, 2. Bathilda Fung 22:27, 3. Holly Westergard 23:47, 16-18: 1. Julian Dana 21:50, 2. Therese Victor 22:12, 3. Traci Siebels 23:07, 19-24: 1. Laura Harkness 19:54, 2. Teresa Knapp 21:22, 3. Sara Taylor 22:17, 25-29: 1. Marie Kollins 17:38, 2. Colleen Mills 19:12, 3. Kathy Anno 19:57, 30-34: 1. Lois Curi 18:39, 2. Larrette Lein 21:53, 3. Maria Rodriguez 23:10, 35-39: 1. Julie Lloyd 19:07, 2. Neva Ingersol 20:06, 3. Cheryl Allen 20:10, 40-44: 1. Diane Simpson 24:15, 2. Jackie Sorenson 25:08, 3. Beverly Johnston 26:50, 45-49: 1. Laetitia Walulik 24:02, 2. Barbara Deroche 25:06, 3. Pat Johnson 26:52, 50-59: 1. Martha Furst 26:57, 2. June Miranda 27:13, 3. Phyllis Stockman 28:29, 60 & Over: 1. Marie Bownan 34:01. |
|--|

Flower Festival 10K Run

June 9. Encinitas.

Division Results - Men

| |
|---|
| 17 & Under: 1. Clark Sandknop 33:52, 2. Jon Rice 35:22, 3. Danny Voudx 35:34, 18-29: 1. Jerry Marsh 30:36, 2. Bill Clevies 31:51, 3. Doug Vaughn 32:46, 30-34: 1. Tom Lux 31:23, 2. Bill Glenn 35:31, 3. Bob Decker 35:38, 35-39: 1. John Montgomery 33:50, 2. Mac Larson 35:33, 3. Greg Armstrong 35:38, 40-44: 1. Duke Vaughn 35:50, 2. Jim Thompson 36:53, 3. Dave Brandano 37:36, 45-49: 1. Jerry Berkof 37:28, 2. John Mesman 38:59, 3. Joan Mettler 39:15, 50-59: 1. Marsh Haradan 38:27, 2. Warren Osborn 38:34, 3. Bud Blackwood 40:11, 60 & Over: 1. Lou Harris 46:19, 2. M. R. Cano 48:45, 3. Sam Sewall 50:09. |
|---|

Division Results - Women

| |
|---|
| 17 & Under: 1. Nicole Nugent 40:39, 2. Amy Haiseth 43:22, 3. Stacey Schertzea 44:21, 18-29: 1. Cha Lux 37:58, 2. Suzanne Morris 38:46, 3. San Wilson 40:12, 30-34: 1. Teresa Sherry 37:20, 2. Janet Haake 43:11, 3. Jacqueline Deschamps 44:00, 35-39: 1. Robin Paine 41:42, 2. Marice Ramsey 42:24, 3. Vickie Morland 43:54, 40-44: 1. Ursula Rains 40:34, 2. Marjann Founes 43:40, 3. Karen Santone 50:22, 45-49: 1. Lolly Branon 46:30, 2. Donna Hawkins 49:54, 3. Judi Vignos 52:49, 50-59: 1. Elizabeth Hunt 55:09, 2. Elaine Puf 56:01, 3. Aurora Mach 58:09. |
|---|

Results

Rancho Bernardo 10K

June 9, San Diego.

Overall Results - Men

| | |
|-------------------------|-------|
| 1 Ted Van Arsdale (32) | 32:59 |
| 2 Graham Garcia (38) | 33:14 |
| 3 John Cavanaugh (38) | 33:15 |
| 4 D. J. Smalley (29) | 33:36 |
| 5 Kevin Heaton (31) | 33:44 |
| 6 Pete Salcedo (23) | 33:58 |
| 7 Robert Beauchamp (30) | 33:59 |
| 8 Tony David (29) | 34:02 |
| 9 Steven Bratt (28) | 34:03 |
| 10 Brian Lucas (26) | 34:08 |

Division Results - Men

9 & Under: 1. Tony Tan 40:45, 2. Shane Mullen 47:33, 3. Jeff Corwin 47:33. 10-11: 1. Greg Moss 43:02, 2. Aaron Quesnell 44:55, 3. James Simmons 46:40. 12-13: 1. Chris Shaffer 40:32, 2. Bill Aronson 41:10, 3. Vince Wallace 41:25. 14-15: 1. Jason Heideman 37:57, 2. Robbie Johnson 40:34, 3. Corey Bousquet 40:36. 16-17: 1. Richard Morales 34:22, 2. David Keizer 34:50, 3. Steve Vavrumek 35:33. 18-29: 1. D. J. Smalley 33:36, 2. Pete Salcedo 33:58, 3. Tony David 34:02. 30-39: 1. Ted Van Arsdale 32:59, 2. Graham Garcia 33:14, 3. John Cavanaugh 33:15. 40-49: 1. Peter Stern 34:14, 2. Hal Goforth 34:50, 3. Steve Dormish 34:50. 50-59: 1. Walley Ingram 37:39, 2. Terrell Eddy 39:27, 3. Bill Burns 40:10. 60-69: 1. Louie Ojeda 43:22, 2. Jack Smothers 47:32, 3. Arthur Varley 49:07. 70 & Over: 1. Walt Kuetzing 53:59, 2. Carl Stroud 58:23, 3. Willard Benton 65:07. Racewalker: 1. Dale Sutton 53:10, 2. Carl Warrell 53:55, 3. Doug Greiner 57:32.

Overall Results - Women

| | |
|-----------------------|-------|
| 1 Mindy Irland (33) | 36:15 |
| 2 Donagh Bruni (29) | 36:23 |
| 3 Mary Akins (25) | 38:09 |
| 4 Kathy Loper (43) | 39:47 |
| 5 Julie Moss (25) | 40:50 |
| 6 Carol Gebhardt (28) | 40:53 |
| 7 Lisa Gross (23) | 41:18 |
| 8 Renee Gerrick (30) | 41:44 |
| 9 Jill Newman (17) | 42:00 |
| 10 Cindy Lennon (33) | 43:40 |

Division Results - Women

9 & Under: 1. Sheri Savel 53:58. 10-11: 1. Lisa Uribe 47:56, 2. Rana Mundy 51:25, 3. Tara Barnhart 55:02. 12-13: 1. Dawn Gigstad 50:30, 2. Christine Duben 53:50, 3. Debra Savel 60:22. 14-15: 1. Shanti Helder-son 47:00, 2. Katherine Grasberger 48:20, 3. Kim Wood 50:05. 16-17: 1. Jill Newman 42:00, 2. Vanessa Owen 48:10, 3. Kimberly Uyeda 48:20. 18-29: 1. Oonagh Bruni 36:23, 2. Mary Akins 38:09, 3. Julie Moss 40:50. 30-39: 1. Mindy Irland 36:15, 2. Renee Gerrick 41:44, 3. Cindy Lennon 43:40. 40-49: 1. Kathy Loper 39:47, 2. Lolitta Bache 44:23, 3. Dixie Madsen 47:38. 50-59: 1. Anne Johnson 45:09, 2. Sheila Charlton 46:20, 3. Elsa Sandberg 49:22. 60-69: 1. Gerry Davidson 51:05, 2. Iruja Hastings 53:45, 3. Hazel Klein 57:58. 70 & Over: 1. Bess James 65:30, 2. Felicitas Salazar 71:21, 3. Minerva Rothacker 71:25, 4. Chatta Thomson 71:30. Racewalker: 1. Jolene Steiger-walt 57:55, 2. Veda Roubdequp 67:55, 3. Louise Warner 71:20.

| | |
|------------------------|-------|
| 24 Gary Santl (Mil.) | 38:35 |
| 25 Joe Quesada (30-39) | 38:35 |

Division Results - Men

11 & Under: 1. Billy Straw 59:33, 2. Anthony Bengue 59:53, 3. Jerold Fioner 1:00:3. 12-17: 1. Lewis Ortiz 35:55, 2. Erik Arvesen 37:30, 3. Glenn Houston 41:09. 18-29: 1. Daniel McGreal 32:58, 2. Chris Bone 33:36, 3. Scott Broch 33:49. 30-39: 1. Nick Yray 32:25, 2. Wally Cleaver 35:45, 3. Dave Osborn 35:57. 40-55: 1. Mattern Siegfried 36:53, 2. John Rogers 37:47, 3. Gary Mader 38:17. 56 & Over: 1. Joe King 38:05, 2. Dave Stevenson 38:57, 3. Howard Powers 46:38.

Division Results - Women

11 & Under: 1. Lisa Miller 44:44, 2. Fatama Johnson 52:06, 3. Veronica Cruz 55:38. 12-17: 1. Amy Viall 43:25, 2. Susan Fairless 59:29, 3. Irene Castro 1:01:55. 18-29: 1. Amanda Goldner 39:26, 2. Lynn Marie Zito 39:29, 3. Lisa Bailey 46:25. 30-39: 1. Barbra Johnson 44:33, 2. Kathleen Feltz 44:41, 3. Laurel Ulrich 45:10. 40-55: 1. Elaine Hutsain Pillar 43:43, 2. Betsy Frasersmith 44:29, 3. Marge Gaffly 46:13. 56 & Over: 1. Penny Hall 58:59, 2. Peggy Pridmore 1:04:58.

Round The Runway Footrace

June 9, Moffett Field, 10K.

Overall Results

| | |
|--------------------------------|-------|
| 1 Nick Yray (30-39) | 32:25 |
| 2 Daniel McGreal (18-29) | 32:58 |
| 3 Robert Friese (Mil) | 33:22 |
| 4 Chris Bowe (18-29) | 33:36 |
| 5 Scott Broch (18-29) | 33:49 |
| 6 Kevin Mears (Mil.) | 34:29 |
| 7 Frank Rossi (18-29) | 35:22 |
| 8 Bret White (18-29) | 35:26 |
| 9 Walt Cleaver (30-39) | 35:45 |
| 10 Lewis Ortiz (12-17) | 35:55 |
| 11 Dave Osborn (30-39) | 35:57 |
| 12 Joseph Galdosh (18-29) | 36:39 |
| 13 Thomas Eller (18-29) | 36:42 |
| 14 Wiegand (18-29) | 36:46 |
| 15 Siegfried Mattern (40-55) | 36:53 |
| 16 Dale Drake (Mil.) | 37:11 |
| 17 Allison Unterreiner (18-29) | 37:14 |
| 18 Erik Arvesen (12-17) | 37:30 |
| 19 John Rogers (40-55) | 37:47 |
| 20 Cerial Wanders (18-29) | 37:49 |
| 21 Joe King (56&O) | 38:05 |
| 22 Gary Mader (40-55) | 38:17 |
| 23 William Damon (18-29) | 38:31 |

Richmond Lions Quota Club Run

June 9, Richmond.

Overall Results

| | |
|-----------------------------------|-------|
| 1 Tom Schmitt (22) Berkeley | 22:00 |
| 2 Allan Smith (24) Pinole | 22:34 |
| 3 Kent Thompson (23) ElSobrante | 22:58 |
| 4 Allen Esmonds (22) SanLeandro | 24:22 |
| 5 Daniel Hollis (34) Pinole | 24:36 |
| 6 Sharlet Gilbert (34) Richmond | 24:42 |
| 7 Ron Kiyono (37) Fremont | 25:16 |
| 8 Ernie Morua (24) Fremont | 25:38 |
| 9 Laura Starrett (21) Kentfield | 25:52 |
| 10 Lee Grayon (47) ElSobrante | 26:08 |
| 11 David Hudson (36) SanRamon | 26:14 |
| 12 George Roach (43) SanRafael | 26:27 |
| 13 Laura Rinde (22) CitrusHeights | 26:47 |
| 14 Randy Miller (37) SanPablo | 27:15 |
| 15 George Moss (49) ElCerrito | 27:21 |
| 16 Carl Beaver (40) Martinez | 28:01 |
| 17 Marilyn Acquistapace(37)Richm | 28:18 |
| 18 Doug Smith (40) S.F. | 28:24 |
| 19 Stephen Derenzo (43) Pinole | 28:24 |
| 20 Arthur Klatsky (55)Orinda | 28:35 |
| 21 Dana Sanderson (27) Napa | 28:44 |
| 22 Gough Reinhart (56) SanLeand | 28:45 |

| | |
|---------------------------------|-------|
| 23 Ray Menzie (50) Tiburon | 29:11 |
| 24 Bill Parker (21) SanRamon | 29:47 |
| 25 Steve Justice (38) Pinole | 29:53 |
| 26 Craig Roach (34) Emeryvi | 30:02 |
| 27 Martin Dunlap (21) Richmond | 30:09 |
| 28 Gregory Nicks (14) Richmond | 30:28 |
| 29 John Cassali (32) Rodeo | 30:35 |
| 30 Susan Lancaster (35) Vallejo | 30:37 |

San Luis Dam Jam

June 9, Los Banos, 10K & 1.3 Mile.

Division Results - Men's 10K

17 & Under: 1. James Gray 37:36, 2. Deslin Malone 37:56, 3. Mike Hay 38:38. 18-29: 1. Zack Taylor 36:24, 2. Tom Diehl N.T., 3. Doug Mageras 40:05. 30-39: 1. John Baker 34:18, 2. Lovie Phillips 36:32, 3. Curt Rorer 37:02. 40-49: 1. Ken Schwison 40:10, 2. Aurelio Zuniga 42:10, 3. Pierre Pastor 44:06. 50-59: 1. Ken Takeuchi 42:06, 2. A. E. Coplantz N.T. 60 & Over: 1. Don Lundberg 46:13, 2. Toby Solorzano 102:11, 3. John Vasquez N.T.

Division Results - Women's 10K

17 & Under: 1. Christine Boyd 44:25. 40-49: 1. Jean Schwison 51:52, 2. Pat Kaufmon N.T.

Division Results - Men's 1.3 Mile

17 & Under: 1. Jeff Bakker 5:43, 2. Craig Chavey 6:54, 3. Ray Dammert 7:58. 18-29: 1. Tim Stevens 5:19, 2. Ray Bettencourt 6:00. 50-59: 1. Thomas Gotleres 6:55, 2. John Kaufman 8:15. 60 & Over: 1. Paxson Taylor 6:75.

Division Results - Women's 1.3 Mile

17 & Under: 1. Ginger White 7:00, 2. Kelly Schwison N.T. 18-29: 1. Amy Bublar 7:14. 40-49: 1. Barbara Silveria 8:20. 50-59: 1. Marvel Taylor 9:23, 2. Verna Lundberg 10:02.



CALIFORNIA TRACK & RUNNING NEWS

Yes, I'd like to subscribe. Please start sending **California Track & Running News** to me at the address indicated below. My check is enclosed.

Name _____

Address _____

City/State/Zip _____

☐ \$15 (1 year)

☐ \$28 (2 years)

☐ \$39 (3 years)

**SEND TO: California Track & Running News
P.O. Box 6103 • Fresno, CA 93703**



Schedule

Continued from page 10:

SEP 28: The Gazette Journal 5-Mile Classic. Reno (YMCA, Foster Dr.), 9 am. Dean Church, P.O. Box 2200, Reno, NV 89520. (702) 788-6232.

SEP 28: Ironhorse Triathlon. 2K swim, 38K bike, 10K run. Berkeley (Tilden Park, Lake Anza), 8 am. Women's Intramural Athletics, Univ. of California, Joan Parker, 177 Hearst Gym, Berkeley 94720. (415) 642-2098.

SEP 28: Mt. Diablo Trail Classic. 6 & 13 mile, Mt. Diablo State Park (near Walnut Creek), 8 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

SEP 28: Run So That Others May See 5 & 10K. Sacramento, 8 am. Dave Edmiston, 77 Scripps Dr., Sacramento 95825. (916) 929-4883.

SEP 28: Corporate Cup X-Country Challenge. Gilroy (?), 9:30 am. Culture Inc., P.O. Box 2303, Gilroy 95021. (408) 847-1093.

SEP 28: Benicia Rotorun. 5 & 10K, Benicia (High School), 9 am. Benicia Rotary Club, P.O. Box 421, Benicia 94510. (707) 745-2419.

SEP 28: Castaic Triathlon Series. 1K swim, 40K bike, 10K run. Castaic (Castaic Lake), time TBA. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833, days.

SEP 28: Chuck's Steak House Triathlon. 10K run, 20K bike, 2K swim. San Diego (Fiesta Island), time TBA. *Deadline Sept. 18.* Chuck's Triathlon, Alan Olson, 2923 Cadden Way, San Diego 92117. (619) 274-4144.

SEP 29: DSE Colt Tower Run. 3.0 mile, San Francisco (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

SEP 29: Bud Light U.S. Triathlon Series Nat'l Championships. 1.5K Swim, 40K Bike, 10K Run, Hilton Head Island, So. Carolina, Time TBA. USTS, P.O. Box 1438, David 95617.

SEP 29: Bridge to Bridge. 8 Mile & 5K, San Francisco (Ferry Bldg./Embarcadero), 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., San Francisco 94111 (415/951-7070, Isabelle Lemon).

SEP 29: Sonoma Vintage Runs. 5 & 10K, Sonoma (Sebastiani Vineyards, 389 Fourth St.), 8 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

SEP 29: Whiskeytown Relays. Near Redding, 9 am. Info? - Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

SEP 29: Santa Cruz Sentinel Tinman Triathlon. 2K swim, 25K bike, 10K run. Santa Cruz, time TBA. Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060. (408) 427-1728.

SEP 29: Hospice 10K. Santa Barbara (Santa Barbara City College), 9 am. John Brenand, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

SEP 29: Westwinds Triathlon. 15 mile bike, 500 yard swim, 5 mile run. McFarland, 1 pm Gary Garrell, 100 S. 2nd St., McFarland 93250. (805) 792-3187, days.

SEP 29: Leukemia Society 2 Mile & 10K. Coronado, 7:45 am. Donna Donan, Leukemia Society of America, 4535 - 30th St., Suite 208, San Diego 92116. (619) 283-6131.

SEP 29: Portland Marathon & 5 Mile. Portland, Oregon, time TBA. Oregon Road Runners Club, P.O. Box D, Beaverton, OR 97075. (506) 226-1111.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc):

OCT 5: Penofin Mile (road). (\$25,000 plus incentives) (Must be sub-4:00 miler to enter!), Ukiah, 3 p.m. John Mayginnis, c/o Performance Coatings Race, P.O. Box 478, Ukiah 95482 (707/462-3023).

OCT 6: Penofin 10K. (\$35,000 plus incentives), Ukiah, 9 a.m. (also Runners Expo). Same address as Penofin Mile (above).

OCT 6: Great Race at Stanford. PA/TAC Women's Championships (in addition), 10K, Stanford Univ. (stadium), 8:30 a.m. John Law, 830 Los Trancos Rd., Portola Valley 94025.

OCT 6: Pepsi/Fresno Fair Cross-City Race. 2 mile & 10K, Fresno (Roeding Park), 7:45 am. Cross City Race, 1121 E. Chance, Fresno 93702. (209) 255-3081.

OCT 6: Sacramento Marathon. Sacramento, 7 am. John McIntosh, The Sports Cottage, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

OCT 6: Sri Chinmoy 12-Hour Run. Campbell (on 1/4-mile track), time TBA. Glibar D'Angelo, 22334 Santa Paula, Cupertino 95014. (408) 996-8038.

OCT 6: Alcatraz Challenge. 1.5 mile swim from Alcatraz, 20 mile bike, 15 mile Double Dipsea, 7 am. 150 Limit. Sally Bailey, 10 Camelford St., Moraga 94556. (415) 376-3468. \$100 Entry Fee.

OCT 12: Stroh's Run for Liberty II. Fresno (Court House), 7:45 am. 8K. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

PR's

from Richard Lee Slotkin

| | |
|--|---------|
| Jim Armantrout (SCR) Westlake Florist 10K, 1st 45-49 | 36:30 |
| Bill Balcer (South Bay R.C.) Hawthorne 10K | 35:05 |
| Bill Balcer (South Bay R.C.) Hermosa Rotary 10K | 34:58 |
| Jamie Barnes (SCRR) Region XIV Champs., 3000m | 11:01.5 |
| Karen Callahan (SCR) Kaiser Permanente 5K | 22:00 |
| Karen Callahan (SCR) Deacon Jones 5K | 21:15 |
| Steve Callahan (SCR) Kaiser Permanente 5K | 21:42 |
| Steve Callahan (SCR) Deacon Jones 5K | 21:05 |
| Carrie Chavez (SCRR) Region XIV Champs., 1500m | 4:59.8 |
| Kent Cox (SCR) Fiesta Days 5K | 18:07 |
| Teddy Dandel (SCRR) Region XIV Champs., 1500m | 5:12.3 |
| Jeff Dobra (PFF) Marathon's Memorial Day Run 1 Mile | 4:58.05 |
| Laura Doering (SCRR) Region XIV Champs., 3000m | 10:20.4 |
| Laura Doering (SCRR) Region XIV Champs., 1500m | 4:50.7 |
| Ann Foose (SCR) Kaiser Permanente 5K | 22:40 |
| James Garrisson (SCRR) Region XIV Champs., 1500m | 4:52.0 |
| David Greifinger (SMTC) Lake Ontario 1/2 Marathon, CR | 67:27 |
| Brian Hillebrand (PFF) Marathon's Memorial Day Run, 1 Mile | 4:46.41 |
| Judy Kewly (Calif. Condors) Cascade Run-Off 15K | 58:30 |
| Judy Kewly (Calif. Condors) Moorpark Coll. Stadium Fund 5K | 17:46.9 |
| Glenda Kimmerly (SCR) Monty Montgomery 10 Miller | 77:08 |
| Dan King (SCR) Love Your Heart 10K | 47:09 |
| Amy King (SCRR) Region XIV Champs., 3000m | 11:01.7 |
| David Longyear (SCRR) Region XIV Champs., 800m | 2:08.3 |
| Bill Mandeville (PFF) Lakewood 1/2 Marathon | 1:27:46 |
| Joanie Matheson (So Bay R.C.) Hawthorne 10K | 52:37 |
| Melissa McVie (SCRR) Region XIV Champs., 800m | 2:38.9 |
| Melissa McVie (SCRR) Region XIV Champs., 1500m | 5:23 |

| | |
|---|----------|
| K. O'Hara (Cal) TAC Nationals, 10,000m | 32:40.76 |
| Dave Park (SCR) Mt. Wilson Trail Race (8.6m) | *1:12.04 |
| Robert Polk (San Pedro/PFF) L.A. City Finals, 800m, 2nd | 2:01.96 |
| Sue Reinhart (PFF) Santa Anita Classic 10K | 47:14 |
| Louise Romo (LATC) SPATAC District Champ, 800m | 2:01.1 |
| Louise Romo (LATC) TAC Nationals, 800m | 1:59.63 |
| Booty Santoyo (SCRR) Region XIV Champs., 800m | 2:34.9 |
| Marion Sepulveda (SCRR) Region XIV Champs., 800m | 2:29.9 |
| Naomi Sepulveda (SCRR) Region XIV Champs., 1500m RW | 7:38.7 |
| Russ Sidles (SCR) Mt. Wilson Trail Race (8.6m) | 1:26:19 |
| David Souza (Yosemite HS) Chihuahua Road Run, 10K | 35:32 |
| Tanya Thayer (SCRR) Region XIV Champs., 3000m | 10:18.2 |
| Steve Watanabe (SCR) Monty Montgomery 10 Miller | 60:03 |
| Bob Wilder (PFF) Love Your Heart 10K | 34:02 |
| Pat Winstanley (SCR) San Fernando Days 10K | 53:22 |
| Eric Zorawowicz (SCR) Century 21 Victory 5K | 20:07 |

* = 1st time at distance

SPRINTS

| | |
|--|--------|
| Tasha Cox (Westside RR) Tulare Sundowner Meet, 50m | 12.7 |
| Tasha Cox (Westside RR) Tulare Sundowner Meet, 100m | 24.7 |
| Tasha Cox (Westside RR) Tulare Sundowner Meet, 200m | 47.9 |
| Tasha Cox (Westside RR) Tulare Sundowner Meet, 400m | 2:00.8 |
| Kelly Peacock (Van Nuys HS) State Meet, 100m LH | 13.87 |
| Andre Phillips (World Class) TAC Nationals, 400mH, 3rd A/T, 2nd U.S. | 47.67 |

FIELD EVENTS

| | |
|--|------------|
| Willy Banks (LATC) Arco Coliseum Classic, TJ, AR | 57-11 1/4 |
| Willy Banks (LATC) TAC Nationals, TJ, WR | 58-11 1/2 |
| Tasha Cox (Westside RR) Tulare Sundowners Meet, LJ | 5-8 1/4 |
| Tasha Cox (Westside RR) Tulare Sundowners Meet, TJ | 11-10 |
| Brandon Richards, Golden West Inv., PV | 18-0 1/4 |
| Brian Stanton (SSTC) Arco Coliseum Classic, HJ | 7-7 |
| Aparico Tate (SCRR) Region XIV Champs, Discus, 1st | 90-2 1/2 |
| Jodie Warr (SCRR) Region XIV Champs, Javelin, 1st | 101-11 1/2 |



Our Shadow proves the theory of evolution.

Running has come a long way in the last quarter of a million years.

First someone got the bright idea to run on two feet instead of four. About 240,000 years later came the first shoes. Then Saucony developed the Jazz and Freedom Trainer and something called the "Saucony feel" was born.

Now comes the Saucony Shadow.

Its outersole evolved from the Jazz. So it retained the same cushioning ability, while adding reinforced rubber around the edge for longer wear and better support. The midsole grew from the Freedom Trainer, with the addition of a motion controller and shank insert for torsional stability.

And, to insure its survival at night, we've covered the heel counter with 3M Scotchlite[®] reflective tape and a protective black double screen.

It's a shoe Charles Darwin would have loved. Because it's probably the most comfortable argument anyone's ever made for evolution.



Saucony 

Div. of Hyde Athletic Industries, Inc.
Centennial Industrial Park, Centennial Dr., Peabody, MA 01960

Styles for men and women.