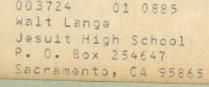
CALIFORNIA TRACK & RUNNING NEWS FEBRUARY 1985





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California's Onla Track



California Track & Running News



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ON THE COVER:

Stanford University's 1984 track/cross country team boasts THREE of California Track & Running News' Athletes of the Year. Left to right are: Olympian Carol Cady (Photo by Barbara DeGroot), Marc Oleson and Regina Jacobs (Photos by Fine Flicks by Don Gosney).

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.

FEBRUARY

FEB 2: Bakersfield Marathon & Half Marathon. Cal State Bakersfield, 8 am. Dale Tedrow, 900 James Rd. #6, Bakersfield 93308. (805) 399-3875.

FEB 2: Las Vegas TC Marathon. Las Vegas, Nevada, 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 2: Sonoma State Hospital Sweetheart Run. 2.5 & 10K, Sonoma State Hospital (Sonoma), 8 am/2.5K, 9 am/10K. John Karsemeyer, P.O. Box 44, Eldridge 95431. (707) 938-6471.

FEB 2: Converse (Capitol City) 20K. Sacramento (Sacramento State Stadium), 10 am. Capitol City Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

FEB 2: McDonald's Cougar Classic. 2, 5 & 10K, Azusa, 8:30 am/2K, 9 am/5 & 10K. Terry Franson, 4137 La Junta, Clarement 91711. (714) 596-5128.

FEB 2: Rancho Los Amigos Hospital 5 & 10K. Rancho Los Amigos Hospital (Downey), 8 am/5K, 9 am/10K. Key Club, c/o Jim Brewer, 11040 S. Brookshire, Downey 90241. (213) 869-7301, x713, or (714) 525-9995.

FEB 2: Trinidad-Clam Beach run. 8.76 mile, Trinidad (near the Colonial Inn on Patrick's Point Dr.), 1 pm. 2,000 limit. Trinidad/Clam Beach Run, P.O. Box 356, Trinidad 95570. (707) 677-3349 or (707) 677-3985.

FEB 3: Jose Segura Memorial Run. 8K & 1 mile, Half Moon Bay (Higgins & Purisima Rds.), time TBA. Jose Segura Run, Box 305, Route 1, Half Moon Bay 94019. (415) 726-3598.

FEB 3: Disabled Awareness 12K. Tentative. San Luis Obispo (Cuesta College), time TBA. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

FEB 3: Sports Festival Warmup 10K. Oxnard (Espanade Shopping Mall), 8 am. Paul Ronan, 800 Hobson Way, Oxnard 93030. (805) 984-4643.

FEB 3: Sand & Strand 2½ & 5 Mile Runs. Hermosa Beach (Pier Ave at Pacific Ocean), 8 am/2½ mile, 9 am/5 mile. Alana Mastrain, Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

FEB 3: Long Beach Marathon. Long Beach (Convention Center), 7:30 am. Joe Carlson, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 494-2664.

FEB 3: DSE Presidio Gate Run. 3.3 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 9: Mission 10. 10 miles, San Juan Bautista (Mission), 10 am. Mission 10, 811 Carpenter Dr., Hollister 95023. (408) 637-3126, eves. - Ed Singleton.

FEB 9: Valentines Fun Run 10K. Campbell (The Factory), 9:30 am. John Araujo, Campbell Recreation Dept., 70 No. First St., Campbell 95008. (408) 866-2105.

FEB 9: Run for Your (Valentine) Heart. 2 & 6 miles, Grover City (Beach/Grand Ave. Ramp), time TBA. Grover City Recreation Dept., c/o City Hall, Grover City 93433.

FEB 9: Santa Barbara 2x4 Mile Couples Relay. Santa BArbara (Palm Park on Cabrillo Blvd.), 8:30 am. SBCR, Box 6616, Santa Barbara 93160, (805) 964-2591.

FEB 9: Up the Estuary in February Half-Marathon, 5K & Children's 1 Mile. Santa Ana (Centennial Park), 7:30 am/½-marathon, 7:45 am/5K, 8:15 am/1 mile. Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

FEB 9: Diamond Bar Sweetheart Runs, 5 & 10K, Diamond Bar (High School), 8 am. Ruth Schafer, 1649 Kiowa Crest Dr., Diamond Bar 91765. (714) 861-5206.

FEB 9: Heart of Escondido 10K & 2 Mile. Escondido (downtown), 7 am. Cathy McKee, 165 E. Lincoln, Escondido 92026. (619) 747-6281.

FEB 9: Lynwood 5 & 10K and Kids' 1K. Lynwood (Recr. Center), 8 am. Lynwood Chamber of Commerce, P.O. Box 763, Lynwood 90262. (213) 537-6484.

FEB 9: Sweatin' Sweethearts 10K/2 Mile. Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101, (702) 382-3496.

FEB 9: Run for Scouting 7.5K. Marysville (Ellis Lake Island), 10 am. Jim Hardee, P.O. Box 1351, Marysville 95901, (916) 742-3215.

FEB 10: DSE Mission Rock Run. 3.5 mile, San Francisco (3rd St. & Mission Rock), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 10: Valnetines Day Mystery Partner Run. 4 miles, Reno, Nevada (starts at Swope Middle School Gym, 901 Keele), 10 am. Truckee Meadows A.C., 618 Gear St., Reno, NV 89503. Ellen or Lyle Freeman (702) 322-8366. FEB 10: CANCELLED - L.A. International Marathon.

FEB 10: Valentine Day Run. 5 & 10K, Oakland (Lake Merritt, New Boathouse), 10 am. American Heart Ass'n, P.O. Box 5157, Oakland 94605. (415) 632-9606.

FEB 10: Davis Marathon & Half Marathon. Davis (High School)(14th & Oak), 9 am. Davis Marathon, 132 "F" St., Davis 95616. (916) 758-MILE.

FEB 10: La Cancha Valentines Day 8K. Napa (La Cancha Health Club), 10 am. 500 limit. Mark Proteau, 1850 Soscol, Napa 94559, (707) 252-8033.

FEB 10: Max Choboian Memorial Road Race, 6 mile & 2 mile prediction. Tulare (Live Oak Park), 1:30 pm/2 mile, 2 pm/6 mile. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 10: Love Your Heart Runs. 5 & 10K, San Luis Obispo (Meadow Park), time TBA. French Hospital, c/o Cardiac Rehab, Unit, San Luis Obispo 93401.

2ND ANNUAL

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10.78	12.04
21.22	23.9
48.42	55.6
1:52.72	2:14.3
3:55.71	4:43.79
8:22.07	9:48.1
14.46	14.3
37.77	44.01
42.76	47.36
3:18.41	3:49.4
10:33.9	12:21
6'8"	5'10"
23'101/2"	18'5¾"
48'31/4"	40'2"
56'514"	47'5"
164'2"	164'5"
15'0"	

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For more information contact.



Dennis McClanahan Track & Field Coach Mt. Carmel High School 9550 Carmel Mtn. Road San Diego, CA 92129 (619) 484-1180

Schedule

FEB 10: Chinatown Firecracker 10K. Los Angeles (No. Broadway & College), 8 am. Rich Pineda, P.O. Box 4732 Terminal Annex, Los Angeles 90051. (213) 250-1008.

FEB 10: San Dieguito Half-Marathon. Solano Beach (San Diego State Park), 8 am. Rebecca Fengler, c/o North Coast YMCA, P.O. Box 907, Encinitas 92024. (619) 942-9622.

FEB 10: Canyon Center 10K. Canyon Country (Canyon Center on Soledad Danyon Rd.), 8 am. Gene Blankenship, Box 481, Newhall 91321. (805) 251-5662 or (818) 783-5183.

FEB 16: Lover's Half-Marathon & 10K. El Dorado (So. of Placerville) (Poor Red's Tavern on Hiway 49), 8:30 am. Alicia Truffer, New Morning Youth & Family Services, 460 Main St., Placerville 95667. (916) 622-5551.

FEB 16: Lite-American Spirit of Leadership 5 & 10K Runs. Long Beach (Cal State Univ.), 8 am. AMA, Cal State Long Beach, 1250 Bellflower Blvd., Long Beach 90840. Attn: Elaine Hanlon. (213) 498-5370 or (714) 538-3114.

FEB 16: Smile San Diego 10K & 2 Mile. San Diego (Mission Bay), 7:30 am. Russell Haag, 4695 Leathers St., San Diego 92117. (619) 270-7743.

FEB 16: Heart Throb 10K, 5K & 1 Mile. South El Monte (Legg Lake, Whittier Narrows), 8 am/1 mile, 8:30 am/5K, 9 am/10K. Theresa Mireles, 3800 Pennmar, El Monte 91732. (818) 350-4029.

FEB 16: 5K, 10K Walk/Jog/Run/Wheel for Your Heart. Whittier (Presbyterian Intercommunity Hospital), 8 am. Hospital Foundation, Presbyterian Intercommunity Hospital, 12401 W. Washington, Whittier 90602. (213) 698-0811, x2492.

FEB 16: I.A.A.F. World Cross Country Championship Trials. Jr. & Sr. Men (8K/Jr., 12K/Sr.), Waco, Texas (Vereran's Admin. Medical Ctr.), 1 pm/Jr., 3:15 pm/Sr. Cross Country Race, c/o The Sports Emporium, 500-A Lake Air Dr., Waco, TX 76710.

FEB 17: DSE Fort Point Run. 3.8 mile, San Francisco (Little Marina Green), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 17: Black Mountain Run to the Top 10K. Rancho Bernardo, 8 am. Movin' Shoes, 3838 Mission Blvd., San Diego 92117. (619) 488-2310.

FEB 17: Santa Monica Mountains 50 Mile & 5-Man Ten-Leg Relay. 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 17: Jedediah Smith 50 Mile Classic. West Sacramento, 8 am. Glenn Bailey, 1412 Drake Dr., Apt. B, Davis 95616. (916) 758-9800. February 6 Entry Deadline.

FEB 17: Willits Classic. 10 mile & 5K, Willits (Recreation Grove), 11 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 459-9547, Jim Gibbons.

FEB 17: Atascadero Half-Marathon. Atascadero, time TBA. Atascadero Recreation Dept., c/o City Hall, Atascadero 93422. FEB 17: Sri Chinmoy 12-Hour Run. Tentative. Site to be arranged (440-yard track), 8 am-8 pm Sundari Michaelian, 2438 - 16th Ave., San Francisco 94116. (415) 759-7770.

FEB 17: Senior Masters "Old Fashion" 4-Mile Run. Yucaipa (Calimesa Park), Limited to 55 years and over. 9 am. C.S.A. 63, P.O. Box 337, Yucaipa 92399. (714) 797-0284.

FEB 17: Sweatin' Sweetheart 10-Mile Twosome. Each run 10 mile, Irvine (Mason Regional Park), 8 am. Loeschhorn's R.C., 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

FEB 17: Wilshire Community Police Council 5 & 10K Runs. Los Angeles (Wilshire & Oxford), 8 am. Ron Batesole, P.O. Box 19586, Los Angeles 90019. (213) 485-4020.

FEB 17: SPA/TAC 30K Championships. Yorba Linda (Regional Park), 8 am. Fleet Feet, 18232 Imperial Hwy., Yorba Linda 92686. (714) 528-3338.

FEB 17: Valentine Day 10K. Valencia (Seco Canyon), 8 am. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

FEB 17: Las Vegas T.C. 20K Championship & 2 Mile Run. Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 18: Washington's Day 8K Hill Challenge. Highland Park area (Pasadena Fwy & Ave. 52), 9 am (children's 3K at 8:30 am). Aztlan Track Club, 448 No. Ave. 56th, Los Angeles 90042. (213) 258-6608, Frank Meza.

FEB 23: The Great Chowder Chase, 10K, Santa Cruz (Boardwalk's River parking lot), 9 am. Chowder Chase 10K, c/o 346 Church St., Santa Cruz 95060. (408) 429-3777.

FEB 23: Run for the Trees. 5K, San Luis Obispo (Cal-Poly Univ.), time TBA. Prof. Norm Pillsbury, Forestry Dept., Cal-Poly Univ., San Luis Obispo 93407.

FEB 23: City of Orange Spring Games 5/10K. Orange (El Modena High School), 7:30 am/5K, 8 am/10K. Al Siddons, 17th St. at Briston, Santa Ana College, Santa Ana 92706. (714) 667-3300.

FEB 23: L'Eggs/YWCA 10,000 Meter Run & 2 Mile Fun Run. Women Only. San Diego (Balboa Park, Organ Pavillion), 8 am. Mary Ann O'Connor, c/o YWCA, 1012 "C" St., San Diego 92101. (619) 239-2902.

FEB 23: Cal Poly 8K. Pomona (Cal Poly Campus), 8 am. Steve Miller, Cal Poly Pomona, Dept. of Recreation, 3801 W. Temple Ave., Pomona 91768. (714) 598-4623.

FEB 23: Las Vegas T.C. 5 & 10 Mile. Tule Springs, Nevada (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

FEB 23: Brick Yard Road Run. 8 mile, Martinez (to Port Costa & back), 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

FEB 24: Pop Marty 5/10K and 10 Mile. Montebello (City Hall), 8 am/5K, 8:30 am/10K, 10 Mile. Charles Gloria, Parks & Recr. Dept., 1600 W. Beverly Blvd., Montebello 90640. (213) 725-1200, x430.

FEB 24: SPA/TAC 5K Women's Championship. Westlake Village (Elementary School), 9 am. California Condors, 32926 Mulholland Hwy, Malibu 90265.

FEB 24: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5/10/15K, Oakland (Lake Merritt, Old Boathouse, Lakeside Dr.), 9 am. LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

FEB 24: DSE Golden Gate Promenade Run. 7.13 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 24: Sequoia Park Race. 2 & 4.5 mile, Eureka (Sequoia Park), 1 pm/2 mile, 1:45 pm/4.5 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616

FEB 24: The Benefit Run. 5 & 10K, Lancaster (Antelope Valley Hospital, 15th St. West & Ave. J), 9 am. Running Promotions Unitd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

FEB 24: Cuervo Mardi Gras 10K & 2 Mile. San Diego (Mission Bay Park, south of Hilton Hotel), 7:30 am. Dave Thompson, c/o 3320 Kemper St., Suite 100, San Diego 92110. (619) 691-0622, Lynn Layce.

MARCH

MAR 2: Bidwell Classic Marathon & Half Marathon & 4 Mile Fun Run. Chico (Bidwell Park), 9 am (3 mile at 8 am). Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857. Feb. 16 Deadline; 2200 Total Entry Limit.

MAR 2: Run for the Seals. 4 mile, Ft. Cronkhite (Rodeo Beach), Marin Headlands area, 9 am. Brian Boxer, c/o California Marine Mammal Center, Ft. Cronkhite, 94965. (415) 331-SEAL.

MAR 2: Santa Barbara Winter Runs. 6 & 10 Miles. Santa Barbara (Cabrillo Arts Center), 8:30 am. SBWR Runs, Box 6616, Santa Barbara 93160. (805) 964-2591.

MAR 2: AM Good Morning 5K. Manhattan Beach (1701 Laurel), 8 am. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. Frank Ellis (213) 372-0460.

MAR 2: Run for Hunger. 1 & 3.1 mile, Modesto (12th & "M" Sts.), time TBA. First Baptist Church, P.O. Box 4309, Modesto 95352. (209) 521-0181.

MAR 2: Run for Hungry Children. 5 & 10K, Irvine (Turtle Rock), 7:30 am/5K, 8:15 am/10K. Marna Hillyard, 2915 Rounsevel Terr., Laguna Beach 92651. (714) 497-7212.

MAR 2: Buick 10K & 2 Mile. San Diego (downtown), 8 am. Lynn Flanagan (619) 276-2738.

MAR 2: Sue Krenn 15K. San Diego (Mission Bay, Hilton Hotel), 7:30 am. Laurie Olson (619) 222-0503.

MAR 3: DSE Kennedy Drive Run. 0.78 mile kid's run & 4.7 mile, San Francisco (Polo Fields, Golden Gate Park), 9:30 am/kid's run, 10 am/4.7 mile. Walt Stack, 741 Kansas St., #2, San Francisco 94107. MAR 3: City of Fremont 10K. Fremont (Central Park Swim Lagoon), 9 am. Sara Cole, P.O. Box 5006, Fremont 94537. (415) 791-4324.

MAR 3: Foggy Bottoms Milk Run. 4 & 10 mile, Ferndale (downtown), 1 pm. Six Rivers R.C., 616 14th St., Arcata 95521. (707) 826-0616.

MAR 3: Channel to Lake Run. 10 mile, Vallejo, 10 am(?). Patti Baron, Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590. (707) 644-5551.

MAR 3: Gold Trall Half-Marathon. Hornitos to Snelling, 10 am. Merced T.C., P.O. Box 3275, Merced 95344. (209) 383-3710, eves.

MAR 3: South Bay 20K. (RRCA Western Regional & Calif. State Championships), Los Osos (Jr. High School), 8:30 am. Shelley Aleshire, P.O. Box 4236, San Luis Obispo 93401. (805) 541-2611.

MAR 3: San Fernando Valley Dental Society 5/10K Runs. Woodland Hills (Pierce College), 8 am. John McManus, San Fernando Valley Dental Society, 18700 Sherman Way, Reseda 91335. (818) 345-0520.

MAR 3: Run-Walk for Nutrition 5/10K Runs. Riverside (Arlington High School), 8 am. Run for Nutrition, Box 3147, Los Alamitos 90720. (213) 430-1073.

MAR 9: Los Alamitos Marathon & 10K. Los Alamitos, 7:30 am/marathon, 8:00 am/10K. Los Alamitos Marathon, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073 or (714) 827-9010.

MAR 9: Spirit of Giving 5 & 10K. Berkeley, 9 am. Christian Baker, 102 Sproul Hall, Berkeley 94720. (415) 642-5753 or 548-3699.

MAR 9: Grape Stampede. 10K, Gonzales (Taylor Cellars, South Alta St.), 10 am. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926, (408) 675-2321.

MAR 9: San Joaquin Biathlon. 4 mile run & 12 mile bike, Fresno (Woodward Park), 8:30 am. Fleet Feet Triathlete, 3870 N. Gedar, #101, Fresno 93726. (209) 221-8181.

MAR 9: Loeschhorn's 5 & 10K. Fountain Valley (Mile Square Park), 8 am/5K, 8:30 am/10K. John Blair, Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556

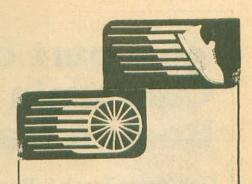
MAR 10: DSE So. Embarcadero Run. 6.25 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94701.

MAR 10: Soccer City Run. 5 & 10K, Pleasanton (Hacienda Business Park), 10 am. Soccer City Run, P.O. Box 5194, Pleasanton 94566. (415) 463-2750, days; (415) 846-5512, eyes.

MAR 10: Food & Fitness Run. 10K, Stanford Univ. (stadium), 8:30 am. Stanford Univ. Hospital, Dept. of Dietetics, #C-108, Stanford 94305. (415) 497-6904.

MAR 10: Davis Enterprise-Blue Devil Classic Half Marathon & 5K. Davis (high school), 9 am. Don Winters, 315 W. 14th (Davis High School), Davis 95616. (916) 756-3131.

MAR 10: Bash Relays. 10K, Modesto (Central Catholic High School), 9 am. Peggy Crowther, 200 So. Carpenter Rd., Modesto 95352. (209) 524-6818 or 521-1820.



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- Ed Parker, Mills High School (415) 697-3344
- Scott Brady-Smith, Antioch High School (415) 757-6560

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Schedule

MAR 10: Black Sheep 5K. San Luis Obispo (The Creamery/downtown), time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 10: Rancho Bernardo Half-Marathon & 2 Mile. San Diego (Westwood Club), 7 am. Lynn Flanagan (619) 276-2738.

MAR 10: Dick Durand 8K Trail Run. Westlake Village, 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 10: Napa Marathon. St. Helena to Napa, 7 am. Limited to 1500. Napa Valley R.C., 3564 Meadowbrook Dr., Napa 94558. (707) 252-1871. Feb. 15 deadline or 1500 entrants, whichever comes first.

MAR 16: Porterville St. Patrick's Day Marathon & Half Marathon. Porterville (Barn Theater, Olive & Plano Sts.), 8 am. Porterville Parks & Leisure Sedrvices, P.O. Box 432, Porterville 93258. (209) 784-1400, x461, Milt Stowe.

MAR 16: Redwood Empire 24-Hour Run. Santa Rosa (Jr. College track), 10 am. Carol Witwer, 5950 Erland Rd., Santa Rosa 95404.

MAR 16: Irish Sprint. 5 mile, San Francisco (Lake Merced - Sunset Blvd. Parking Lot), 10 am. Deborah Neil (415) 566-9292.

MAR 16; Piedmont Middle School Feet Meet. 5 & 10K, Piedmont (Community Center), 9 am. Marlene Sakol, 27 Hardwick, Piedmont 94611. (415) 658-9597.

MAR 16: Ross Valley Run. 15K (PA/TAC Championships), Fairfax (Marin County), 8 am. Fleet Feet, 2086 Chestnut, San Francisco 94123. (415) 921-7188.

MAR 16: St. Patrick's Day 5 & 10K and 1 Mile. Modesto, 8 am. Roger Jones, c/o YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

MAR 16: Fat Farm 10K. China Lake (Naval Weapons Center), 9 am. Brice Hammerstein, 210 Ward, Space 32, Ridgecrest 93555. (619) 446-7398, eves.

MAR 16: St. Patrick's 10K Great Race. Arroyo Grande (Lopez Lake), time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 16: Knights of Columbus 5 Mile. Newhall (Pico Canyon), 8:30 am. John O'Dwyer, 19762 Merryhill St., Canyon Country 91351. (805) 251-0656.

MAR 16: Camarillo Kiwanis 10K. Camarillo (Community Center, 1605 E. Burnley), 8 am. James Hardman, Kiwanis Club, P.O. Box 533, Camarillo 93011. (805) 482-6488.

MAR 16: St. Patrick's Biathlon. 8K run, 38K bike, San Dimas (Bonelli Park), 10 am. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

MAR 17: SPA/TAC 50-Mile Championships. Camarillo (Adohr Dairy), 6 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (818) 986-8686.

MAR 17: DSE Twin Peaks Run. 3.36 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Walt Stack, 941 Kansas St., #2, San Francisco 94107.

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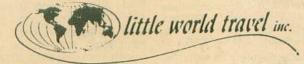
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MAR 17: Rotary 5 & 10K. Yountville, 9 am. Napa Rotary Run, 3010 Beard Rd., Napa 94558. (707) 225-0555.

MAR 17: Boontling Classic. 8K, Boonville (A.V. Elementary School), 10 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. Reed Colfax: (707) 895-3241.

MAR 17: Tom Sullivan St. Patrick's Day 10K. Torrance (Del Amo Shopping Ctr.), 8 am. The Village Runner, 1813½ Catalina Ave., Redondo Beach 90277. (213) 375-2626.

MAR 17: St. Patrick's Day 10K & 2 Mile, San Diego (Mission Bay, Hilton Hotel), 7:30 am. Ernie Dickerson (619) 437-4556.

MAR 17: Fifty-Plus Runners Race. For 50 & Over runners only. Distance ?, Stanford area ?, time TBA. Fifty-Plus Runners, P.O. Box D, Stanford 94305.

MAR 17: APEX 5K Run. Disneyland Hotel Convention Center, Anaheim, 8 am. APEX. 12520 Ventura Blvd., #802, Sherman Oaks 91403. Pati Kern (818) 905-0040.

MAR 23: Spring 24-Hour Run. Ventura (Buena High School track), noon. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAR 23: Great Valley Race. 10k & 2 Mile. Manteca (Lindbergh Center, 311 E. Noth St.), 9 am. Bob Belz, P.O. Box 125, Manteca 95336. (209) 466-0982 or 823-5209.

MAR 23: Waller Park Relay, 4x212 mile, Santa Maria (Waller Park), time TBA. Jim Batterson, 412 W. Orchard St., Santa Maria 93454.

MAR 23: San Marino Rotary 5 & 10k. San Marino, 8 am. Ron Renney, 8533 Duarte Rd., San Gabriel 91775. (818) 793-2303.

Schedule

MAR 23: Run Through Redlands 5 & 10K and Half-Marathon. Redlands, time TBA. Susie Whiteman, Race Central, P.O. Box 828, Rialto 92376. (805) 496-0088. Note: Also listed as March 24 in some sources, check with contact.

MAR 23: Fastest Masters 10K. San Deigo (Mission Bay), 7:30 am. 40 years & Over only. Tom Morrow (619) 477-4447.

MAR 24: Bonne Bell 10K. Women Only. San Francisco (Golden Gate Park, Band Shell to Polo Fields), 9 am. Pamakid Runners, P.O. Box 16131, San Francisco 94116. (415) 681-2323.

MAR 24: Mercury News 10K Race. San Jose (City Hall), 9 am. Mercury News 10K Race, c/o 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

MAR 24: Miles for Smiles 3 & 10K. Petaluma (Old Adobe State Park), 8:30 am. Darylla Hager, P.O. Box 4527, Petaluma 94952. (707) 527-0529.

MAR 24: DSE Presidio Gate Run. 3.3 mile & kid's run (?), San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 24: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5/10/15K, Oakland (Lake Merritt - Old Boathouse/Lakeside Dr.), 9 am. LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

MAR 24: Whale Festival Run, Half-Marathon, 10K & 2 Mile. Ft. Bragg, 10 am. Whale Festival Run, Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437. (707) 964-3153.

MAR 24: Three Mile Island Run. 3 mile, Los Osos, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 24: Conejo 5 & 10K Runs. Westlake Village (Westlake Elem. School), 7:30 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 30: Wildflower Women's Run. 2/5/10K, Morgan Hill, 9 am. Women Only. Debbie Cottingham, 3395 E. Dunne Ave., Morgan Hill 95037. (408) 779-6057.

MAR 30: Cameron Carnival Fun Run. 5K, San Francisco (Golden Gate Park, Polo Fields), 9 am. Cameron Run, c/o Al Hall, 920 Sacramento St., San Francisco 94108. (415) 781-0401.

MAR 30: New Ashley Belt Six-Day Race. El Cajon (Granite Hills Stadium), noon. Track event, limited to 30 runners. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077.

MAR 30: Calvary's Reach Out & Care 5/10K and 1 Mile Fun Run. Westlake Village (Calvary Church), 8 am. Dennis Bellesi, Calvary Community Church, 31293 Via Colinas, Westlake Village 91362. (818) 991-8040.

MAR 30: Whittier YMCA Legg Lake 5/10K. Whittier, 8:00 am/5K, 8:15/10K. Marilyn Grant, Health & Fitness Director, East Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

MAR 30: Circus Vargas 5K Run. Northridge (Devonshire Fairgrounds), 9 am. Grisel Saez (818) 765-0245.

MAR 31: The Kennedy Classic 5 & 10K. Walnut Creek (Del Valle School), 9 am. Jane Fiori, JFK Univ., 12 Alterindo, Orinda 94563. (415) 254-0200.

MAR 31: Zonta 10K Run. Berkeley Marina, 8 am. Zonta Club, P.O. Box 5093, Berkeley 94705. (415) 531-7566.

MAR 31: Houlihan's to Houlihan's 8-Mile Bay Race. Houlihan's/San Francisco to Houlihan's/Sausalito, 8 am. 2500 Limit. Dave Rhody, 43 Cole, #2, San Francisco 94117. (415) 668-2243.

MAR 31: YMCA Half-Marathon. Stanford (stadium), 8 am. Palo Alto YMCA Fitness Center, 755 Page Mill Rd., Bldg. B, Palo Alto 94304. (415) 858-0661.

MAR 31: DSE Potrero Hill Run. 4.5 mile, San Francisco (17th St. & Mission), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 31: SPA/TAC District 20K Championships. Valencia (San Francisquito Canyon, Santa Clarita Park), 8 am. Santa Clarita Runners, Box 298, Saugus 91350. (805) 259-6017 or 251-5562.

MAR 31: Ventura County Symphony Asoc. 10K. Ventura (Buenaventura State Beach Park, Pierpoint Blvd. & San Pedro Ln.), 8 am. Ventura County Symphony Ass'n, Box 1085, Ventura 93002. (805) 643-8646.

MAR 31: April Fool's 10K. Newport Beach (Teller & Birch), 8 am. Leslie Davis, Newport Beach Sporting House, Box 8172, Newport Beach 92660. (714) 752-0565.

MAR 31: Easter Seals Half Marathon & 10K. Carpenteria (Jr. High School), 8 am. Theodore Banks, 351 S. Hitchcock, Suite B-165, Santa Barbara 93105. (805) 682-1112.

MAR 31: Long Beach Grand Prix Charity 10K. Long Beach (Queen Mary), 8 am. Grand Prix, c/o Benevolent Ass'n., 100 W. Ocean Blvd., Ste. A, Long Beach 90802. (213) 436-7727.

MAR 31: Sugarless 5/10K. Riverside (Fairmont Park), 8:30 am. Len Silvergate, Tri-County Dental Society, 6860 Brockton Ave., Suite 9, Riverside 92506. (714) 686-3368.

MAR 31: Run for the Health of It. 10 mile & 2 mile, San Diego (Sharp Hospital), 7:30 am. Lynn Flanagan (619) 276-2738.

MAR 31: Red Cross Marathon & 10K. San Luis Obispo (Meadow Park), time TBA. Chris Connors, 650 Serrano Dr., San Luis Obispo 93401.

MAR 31: Modesto Marathon & Half Marathon. Modesto (West Campus Industrial Pk., Blue Gum & Carpenter Rds.), 8 am. Shadowcase R.C., P.O. Box 3605, Modesto 95352. (209) 578-6608, David Dennis.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.):

APR 6: Pacific to Bay 75K. Pt. Reyes (Limantour Beach), 7 am. Limited entries. Dave Horning, 601 Montgomery, Suite 720, San Francisco 94111.

APR 13: Pigeon Pass Marathon. Loma Linda (Gentry Gym), 7 am. Pat Bieberdorf, 10 Sherril Ln., Redlands 92373. (714) 793-9959.

APR 13: Jimmy Stewart Relay Marathon. 5-person teams, Santa Monica, time TBA. Bruce Beck, c/o Carl Terzian Assox., Brentwood Financial Plaza, 11726 San Vicente Blvd., Suite 550, Los Angeles 90049. (213) 557-3087.

APR 14: American River 50-Mile. Sacramento (Sac'to State Univ.), 6 am. Limited to 500. Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

APR 15: Boston Marathon. Hopkinton, Mass., noon Qualifying Times. Boston AA, 17 Main St., Hopkinton, MA 01748. (617) 435-6905.

APR 28: SPA/TAC 50 & 100K Championships & 50 Mile. Ventura (Adohr Dairy, east of Camarillo), 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAY 4: Good Old Country 50K. Placerville (Herbert Green School), 7 am. Pete Schoener, 4221 N. Canyon Rd., Camino 95709. (916) 644-1002.

MAY 5: Maranatha Marathon & Half Marathon. Rancho Cordova (Goethe Park), 7 am. (Also 10K at 7:15 am). Christian Brothers Ass'n/YFC, 104 Winchester Ct., Folsom 95630. (916) 878-0698 or 351-1190.

MAY 5: Avenue of the Giants Marathon. Near Weott (Dyerville Bridge), 9 am. 2000 Limit. Six Rivers Running Club, P.O. Box 214, Arcata 95521. (707) 822-0318.

MAY 5: Heart CAAN Marathon (and 5/10K). Ventura (Mission Par, 7 am/Marathon, 8 am/5 & 10K. American Heart Ass'n, 1367 Del Norte, Camarillo 93010. (805) 485-4300.

MAY 11: California 50-Mile Endurance Run. Santa Rosa (Annadel State Park), 6 am. Limited to 200. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661.

MAY 11-12: Sunkist Gold Rush 100K. 50K per day, Nevada City area (two new courses), 7:30 am. Paul Reese, P.O. Box 585, Auburn 95603. (916) 823-0276. Limited to 50.

COLLEGE/OPEN TRACK & FIELD

FEB 2: CSULA All Comers. Cal State Univ. Los Angeles, 10 am. Gene Howard, CSULA Athletic Dept., 5151 University Dr., Los Angeles 90032. (213) 225-8060.

FEB 2: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

FEB 2: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

FEB 9: LASW All Comers. Los Angeles Southwest College, 10 am. Track Coach, LASW College, 1660 W. Imperial Hwy., Los Angeles 90047. (213) 777-2225, x206.

FEB 9: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660. FEB 9: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

FEB 9: MSAC All Comers. Mt. San Antonio College, 9:30 am. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 595-1415.

FEB 9: Redlands All Comers. Redlands University, 9 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121, x259.

FEB 9: San Diego All Comers. San Diego State University, 10 am. Jim Cerveney, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.

FEB 9: Roadrunner Men's & Women's Invitational. Cal State Bakersfield, 10 am. Charlie Craig, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.

FEB 16: USC All Comers. University of Southern California, 10 am. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

FEB 16: Los Gatos All Comers. Los Gatos High School 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

FEB 16: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

FEB 16-17: CSLB Heptathlon/Decathlon and All Comers. Cal State Long Beach, 8 am. Ron Buss, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.

FEB 23: Roadrunner Women's Invitational. Cal State Bakersfield, 10 am. Bob Koons, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.

FEB 23: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

MAR 1-2: UNLV Invitational. Includes heptathlon/decathlon. University of Nevada at Las Vegas, 9 am. Al McDaniels, UNLV Track, Maryland Parkway, Las Vegas, NV 89154. (702) 739-3256.

MAR 2: Long Beach State Relays. Cal State Long Beach, 10 am. Ron Buss, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.

MAR 2: Aztec Invitational. San Diego State University, 10 am. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.

MAR 9: San Diego All Comers. San Diego State University, 10 am. Jim Cerveney, SDSU Track, San Diego 92185. (619) 265-5536.

MAR 17: Los Angeles Women's Relays. Cal State Los Angeles, 10 am. Gudrun Armanski, Athletic Dept., 5151 University Dr., Los Angeles 90032. (213) 224-3319.

MAR 22-23: SFSU Decathlon. Cox Stadium, San Francisco State. Harry Marra, Track Coach, San Francisco State Athletic Dept., San Francisco 94132. (415) 469-1561.

MAR 23: Bronco Invitational. Cal Poly-Pomona, 10 am. Jim Sackett, CPP Athletics, 3101 Temple Ave., Pomona 91768. (714) 598-4611. MAR 23: Santa Barbara Easter Relays. LaPlaya Stadium, Santa Barbara. Track Coach, Santa Barbara City College, 721 Cliff Dr., Santa Barbara 93109. (805) 965-0581.

MAR 23-24: Oxy Heptathion & Decathion. Occidental College, 8 am. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAR 23-24: Golden Bear Meet of Champions. Includes heptathlon. University of California at Berkeley. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.

MAR 29-30: Stanford Invitational. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford 94305, (415) 497-1051.

MAR 30: SPA/TAC Olympic Development Meet. Santa Monica College, 1 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 1-2: NorCal Multi-Event Championships. Men and women, Shasta College, Redding, 10 am. *High School*.

APR 6: Santa Rosa Relays. Ken Goetzel, Meet Director, 1235 Mendocino Ave., Santa Rosa 95401. (707) 528-5291 or 433-5335.

APR 6: Sun Angel Classic. Arizona State University. Roger Kerr, ASU Women's Track, Tempe, AZ 85281. (602) 965-2406.

APR 6: Fresno Bee Games. Fresno State University, 8 am. Tom Pagani, FSU Women's Track Coach, Fresno 93740. (209) 294-4098.

APR 6: UCLA All Comers. UCLA, 11 am. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

APR 13: Riverside Inv. UC Riverside.

APR 13: SPA/TAC Women's Olympic Development Meet. U.C. Irvine, 11 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 19: USC Women's Twilight Invitational. University of Southern California, 5 pm. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

APR 19-20: Lady Bronco Women's Invitational. Cal Poly-Pomona, 9 am. John Turek, CPP Women's Track, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

APR 20: Jenner I Invitational. San Jose City College, 12 noon. Bert Bonano, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 21: CSLA Women's Elite Invitational. Cal State University, Los Angeles, 11 am. Gudrun Armanski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

APR 25-28: Mt. SAC Relays. Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 27: Poly Royale Invitational. Cal Poly San Luis Obispo, 10 am. Lance Harter. Cal Poly SLO Track, San Luis Obispo 93402. (805) 546-1130.

MAY 4: New Balance Women's Invitational. U.C. Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.

MAY 5: Southern California Cheetah Invitational. Mt. San Antonio College, 10 am. Richard Lewis, 1440 Douglass Dr., Pomona 91768. (714) 622-2181.

MAY 11: Oxy Invitational. Occidental College. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAY 11: California Relays. Modesto City College. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

MAY 18: UCSB Late Afternoon Heptathion & Decathion. UC Santa Barbara, 12 noon. Sam Adams, UCSB Track, Santa Barbara 93106. (805) 961-2133.

MAY 19: UCLA Pepsi Invitational. UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 652-4304.

MAY 23: Oregon Twilight. University of Oregon, 5 pm. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.

MAY 24: CSLB Last Chance Meet. Cal State Long Beach, 4 pm. Ralph Lindeman, Athletic Dept., CSULB, 1250 Bellflower, Long Beach 90840. (213) 498-5792.

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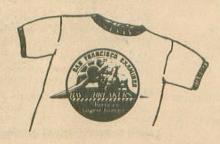


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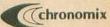
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MAY 24: San Diego-Imperial TAC District Championships. San Diego State, 4 pm. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.

MAY 25: Jenner II Invitational Grand Prix. San Jose City College, 12 noon. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

MAY 25-26: SPA/TAC Jr/Sr Women's Heptathlon Championships. UCLA, 9 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

MAY 26: SPA/TAC Jr/Sr Women & Sr Men's District Championships. UCLA, 10 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAY 28-JUN 1: NCAA Div. I Championships. University of Texas-Austin. Terry Crawford/Sue Humphrey, 606 Bellmont, UT-Austin, Austin, TX 78712.

JUN 1: IAAF/High School Heptathlon/Decathlon. Mt. San Antonio College, 10 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 1: Prefontaine Grand Prix. University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.

JUN 2: All Comers. Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

JUN 7: The Coliseum Classic. Los Angeles Memorial Coliseum, 6 pm. H.D. Thoreau, 425 Blumont, Laguna Beach 92651. (714) 494-6816.

JUN 8: World Class T.C. Invitational. UCLA, 12 noon. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

JUN 8: Footlocker Invitational. University of California at Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326. JUN 9: SPA/TAC Olympic Development Meet. U.C. Irvine, 3 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JUN 14-16: TAC Sr. Men & Women National Championships. University of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

JUN 15-16: TAC Sr. Women's Heptathlon & Sr. Men's Decathlon Champinships. University of Indiana...see contact above.

JUN 21-22: TAC Jr. Men & Women Championships. Elmhurst, Illinois. Joe Newton, York Community High School, 355 W. St. Charles Rd., Elmhurst, IL 60126. (312) 530-1240.

JUN 22-23: Pacific Conference Games. U.C. Berkely. Berney Wagner, USA/TAC, P.O. Box 120, landianapolis, IN 46206. (317) 638-9155.

MASTERS TRACK & FIELD

FEB 23: City of Orange Spring Games. Santa Ana College, 1 pm. Al Siddons, Santa Ana College, 17 at Briston, Santa Ana 92706. (714) 667-3300.

MAR 10: 1985 World Masters Tune-Up Games I. California State Univ., Los Angeles, 8 am. Jim Bentley, P.O. Box 2981, Beverly Hills 90213.

APR 13: Central California TAC Masters Championships. Warmerdam Field, Fresno State Univ. Hugh Adams, 7904 S. McCall, Selma 93662. (209) 896-2435.

APR 21: Mt. SAC Masters Relays. Mt. San Antonio College. Hal W. Smith, 18750 Oxnard St., No. 404, Tarzana 91356. (818) 342-1174. APR 27: Sacramento Masters Relays. Sacramento. Roy Wigginton, P.O. Box 255268, Sacramento 95865. (916) 927-6237.

MAY 4: West Coast Masters Classic. College of the Sequoias, Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

MAY 11: Redlands Evening Kiwanis Masters. Univ. of Redlands. Howard Wagner, 1522 Margarita Dr., Redlands 92373. (714) 792-8395.

MAY 18-19: Pacific Assoc. TAC Championships. Los Gatos High School and San Jose City College. Bruce Springbett, 220 Oak Meadow Dr., Los Gatos 95030. (408) 354-5660.

MAY 25: Anteater Masters Classic. U.C. Irvine. David Lewis, 505 Begonia Ave., Corona Del Mar 92625. (714) 673-2025.

JUN 1: Southern Pacific Assoc. TAC Championships. Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale 91201.

JUN 8-9: TAC Western Regional Championships. San Diego. Joe Horn, 1147 Agate St., San Diego 92109. (619) 488-8886.

JUL 13: Taco Bell Relays. Fresno State Univ. Hugh Adams, 7904 S. McCall, Selma 93662. (209) 896-2435.

JUL 20: NorCal Seniors Classic. Berkeley (UC Edwards Stadium). Mark Grubi, P.O. Box 4512, San Francisco 94101. (415) 285-3352.

AUG 3-4: West Valley Masters Meet. Los Gatos High School and San Jose City College. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-5660.

AUG 10: Trojans Masters Invitational, USC, Los Angeles, Jim Vernon, 1147 W. Rowland Ave., W. Covina 91790, (818) 338-1623.

OCT 5: Club West Masters Meet. UC Santa Barbara, Goleta. George H. Adams, P.O. Drawer K, Goleta 93117. (805) 687-6323.

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California Track & Running News Athletes of the Year

1984 may have been the most exciting year ever in the history of California track and field. Not only did we have the usual slate of invitationals and championships, but the addition of the TAC Championships, the Olympic Trials, Pre-Olympic Tune-ups, and the Olympic Games created a track fans year of all years.

Before we now move into 1985, we can still linger for a moment in the glory of the 1984 super year with the annual California Track & Running News Athlete of the Year selections.

Again this year ballots were mailed out to our panel of selectors. They rated the top athletes in each category of their specialty from one to five. A first place vote received 10 points, a second place vote received 6 points, third 4, fourth 2, and fifth 1 point. Then it was just a matter of adding up the points to determine who the athlete of the year was in that particular category. Simple enough. Not really.

With 50 categories of voting, selecting the top athletes in California is no small job. It's impossible for any one person to know everything about all aspects of this game in California. We think our panel had broad enough representation to sort it all out and come up with worthy selections.

The following experts were solicited to vote in one or more of the categories: Ruth Anderson, Calvin Brown, Ernie Bullard, Bill Cockerham, Keith Conning, Bob Cooper,

Chuck DeBus, Ken Dose, Rich Ede, Eino, Fran Errota, Red Estes, Gordon Fitzel, Steve Haas, Lance Harter, Peanut Harms, Jon Hendershott, Jim Hunt, Dave Jackson, Payton Jordan, Bob Kersee, Percy Knox, Larry Knuth, Harry Koppel, Fred LaPlante, Bob Larsen, John Mansoor, Harry Marra, Bob McGuire, Gary Miller, Bill Minarik, Tom Morrow, Peter Mundle, Tom Pagani, Joni Pendleton, Mike Plant, Marty Post, Brian Pritchard, Paul Reese, Don Ruh, Jim Sackett, Tony Sandoval, Bob Seaman, Al Sheahen, Jack Shepard, Mel Shine Dick Slotkin, Lewis Smith, Doug Speck, Bruce Springbett, Bill Stock, Gary Tuttle, Len Wallach, John Wenos, Howard Willman, and Bob Womack.



CALVIN GAZIANO



LESLIE MAXIE



JOE RICHARDSON

High School Boys Track & Field

JOE RICHARDSON: State high school champion in long jump and triple jump with a state meet double of 24-11 and 51-81/4. Set new national high school triple jump record of 53-61/3.

Others: Next highest point getter was Henry Thomas, followed by Eric Schermerhorn, Roman Gomez, Brian Blutreich, Chip Rish and George Porter.

Previous Selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubley 1976, James Sandord 1977, Dave Porath 1978, Bill Green 1979, Charles Mayfield 1980, Pete Richardson 1981, Steve Kerho 1982, Maurice Grumby 1983.

High School Boys Cross Country

CALVIN GAZIANO: The Castro Valley senior repeated last year's Athlete of the Year honor by being undefeated (except for DNF at Kinney nationals). Won the Kinney Western and NorCal Championship.

Others: See the All California Prep Cross Country Team rankings elsewhere in this issue.

Previous Selections: Ralph Serna 1974, Thom Hunt 1975, Tim Holmes 1976, Frank Assumma 1977, Jeff Nelson 1978, John Frank 1979, Jay Marden 1980, Harold Kuphaldt 1981, Eric Reynolds 1982, Calvin Gaziano 1983.

High School Girls Track & Field

LESLIE MAXIE: State champion in 300 low hurdles. National high school record in 300 hurdles at 40.18, world junior record in 400 hurdles with 55.20. Fifth in state 100 hurdles at 13.87.

Close behind in the voting was Wendy Brown, with Gail Devers the only other big point getter.

Previous Selections: Mary Decker 1974, Cathy Sullinski 1975, Freida Cobb 1976, Ann Regan 1977, Cheri Williams 1978, Sherri Howard 1979, Sherri Howard 1980, Denean Howard 1981, Denean Howard 1982, Natalle Kaalawahia 1983.

High School Girls Cross Country

REBECCA CHAMBERLAIN: The Leigh High (San Jose) junior was basically undefeated by California runners, except an early season second place while sick. Second in Kinney Western and National Championship.

Others: See the All California Prep Cross Country Team rankings elsewhere in this issue.

Previous Selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Bier 1978, Vickie Cook 1979, Vickie Cook 1980, Vickie Cook 1981, Cory Schubert 1982, Kirsten O'Hara 1983.

J.C. Men Track & Field

ED FRAZIER: State 400 champion with a national record 45.77. Also placed third in the

200 at 20.86, as well as participating on Taft's champion (tie) 400 and third place relay teams.

Others: Only other point getters who were close to Frazier in the running were: Doug Wicks, Jeremiah Wheeler and Joey Bunch.

Previous Selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976, Houston McTear 1977, Kenneth Hayes 1978, Andre Phillips 1979, Joe Staub 1980, Tyke Peacock 1981, Sandy Chapman 1982, Al Miller 1983.

photo by Burt Davis



REBECCA CHAMBERLAIN

J.C. Men Cross Country

EUGENE CRUZ: The L.A. Valley harrier pulled it off at the State meet with his win earning him Athlete of the Year honors.

Others: Only others to receive big votes were Pat Watson and Jesus Gutierrez, second and third at State Meet.

Previous Selections: Bob Thomas 1974, Henry Perez 1975, Bob Paulin 1976, Tim Holmes 1977, Bill Hurst 1978, Rick Rose 1979, Jeff Nelson 1980, Rodney Rivera 1981, Rich Brownsberger 1982, Mandla Kuene 1983.



J.C. Women Track & Field

ZELDA JOHNSON: State champion with national records in both 100 (11.23) and 200 (23.12) as well as running on state championship 400 relay and runner up 1600 relay. Others: No others were even close.

Previous Selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981, Barbara Moro 1982, Gervaise McCraw 1983.

J.C. Women Cross Country

LESLIE HAWKINS: The Monterey Penninsula harrier ran off with the State Meet and Athlete of the Year titles.

Others: Anne Kendrick and Sandy Blakeslee were the only other big point getters with their second and third State Meet finishes.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gelley 1980, Renee Wyckoff 1981, Kim DeVetis 1982, Mara Lazdens 1983.

College Men Track & Field

DANNY HARRIS: The former Perris High star, now at lowa State, only lost to one person all year in the intermediate hurdles. That included an NCAA championship and second in the Olympic Games.

Others: Next in voting after Harris John Brenner, then Matt Mileham, with no other big point getters.

Previous Selections: Dwight Stones 1976, Mike Tully 1977, Clancy Edwards 1978, James Sanford 1979, James Sanford 1980, Andre Phillips 1981, Milan Stewart 1982, Felix Bohni 1983.

College Men Cross Country

MARC OLESON: California's top finisher in the NCAA Dist. 8 and the Pac-10.

Others: Oleson earned a very close selection over Brian Abshire and Peter Brett.

Previous Selections: Dave Taylor 1974, Terry Williams 1975, Terry Cotton 1976, Thom Hunt 1977, Thom Hunt 1978, Thom Hunt 1979, Steve Ortiz 1980, Graeme Fell 1981, Tom Downs 1982, Mark Ruelas 1983.

Collegiate Women Track & Field

CAROL CADY: Super double weight eventer with shot put performances earning second in the NCAA and Olympic Trials and seventh in Olympics. The discus earned her a first in the NCAA, second in TAC and fourth in Olympic Trials.

Others: PattiSue Plumer was the next highest vote getter with Ramona Pagel, Sherri Howard, Tony Alston and Laura DeSnoo also earning many voting points.

Previous Selections: Alice Brown 1980, Smith 1981, Jackie Joyner 1982, oyner 1983.

Women Cross Country

OBS: NCAA District 8 Chamh in NCAA National Chamt California finisher. other big vote getter was Alison Wiley, a distant

> Maggie Keyes 1980, 'opp 1982, Regina



DANNY HARRIS

Fine Flicks by Don Gosney

Fine Flicks by Don Gosney



REGINA JACOBS



MARC OLESON

photo by Burt Davis



CAROL CADY



EDWIN MOSES



photo by Jeff Burkholder

IVAN HUFF



VALERIE BRISCO-HOOKS

Open Men Track & Field

EDWIN MOSES: This is the fifth time Moses has won California Athlete of the Year. He remained undefeated, including the Olympic Games.

Others: No others were even close in the

Previous Selections: Bruce Jenner 1974, John Powell 1975, Bruce Jenner 1976, Arnie Robinson 1977, Mac Wilkins 1978, Edwin Moses 1979, Edwin Moses 1980, Edwin Moses 1981, Steve Scott 1982, Edwin Moses

Open Men Cross Country

CARMELO RIOS: Ran well in California meets all season, culminating with a 27th place at TAC Championships.

Others: Ivan Huff, Steve Ortiz and Dave Barney all received good votes.

Previous Selections: Bob Thomas 1976, Dave Babairacki 1977, Larry Lawson 1978, Duncan Macdonald 1979, Steve Scott 1980, Thom Hunt 1981, Thom Hunt 1982, Rod Berry 1983.

Open Women Track & Field

VALERIE BRISCO-HOOKS: Three Olympic gold medals with American Records in the 200 (21.81) and 400 (48.83) plus Olympic record in the 200.

Others: Only two voting points behind Brisco-Hooks was Evelyn Ashford, Nobody else was even close to these.

Previous Selections: Francie Larrieu 1974, Jane Frederick 1975, Kate Schmidt 1976, Kate Schmidt 1977, Jodi Anderson 1978, Evelyn Ashford 1979, José Anderson 1980, Evelyn Ashford 1961, Evelyn Ashford 1982, Evelyn Ashford 1983.

Open Women Cross Country

MAGGIE KEYES: The San Rafael resident who runs for Athletics West was the top California finisher in the TAC Championships with her 20th place.

Others: No others close.

Previous Selections: Julie Brown 1974, Julie Brown 1975, Julie Brown 1976, Judy Graham 1977, Julie Brown 1978, Maggle Keyes 1979, Francie Larrieu 1980, Julie Brown 1981, Julie Brown 1982, Connie Hester 1983.

Men's Road Racing

IVAN HUFF: 47:52 10 mile, 60:30 20K, and 28:30 10K - and PA/TAC Champion at all of those distances.

Others: Next highest point getters were: Steve Ortiz, Carmello Rios and John

Previous Selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976, Gary Tuttle 1977, Gary Tuttle 1978, Dave Babiracki 1979, Gary Tuttle 1980, Kirk Pfeffer 1981, Duncan Macdonald 1982, Carmelo Rios 1983.

Women's Road Racing

PATTI GRAY: Pacific Association TAC champion in the 10K at 33:52 and 20K at 1:10:49 plus consistent winner in local road races.

Others: Next closest was Nancy Ditz and Monica Joyce.

Previous Selections: Jackie Hansen 1974, Jackie Hansen 1975, Miki Gorman 1976, Miki Gorman 1977, Marty Cooksey 1978, Kathy Mintle 1979, Laurie Binder 1980, Laurie Binder 1981, Julie Brown 1982, Julie Brown 1983.

Masters Men 40-44 Track & Field

ED BURKE: Olympic hammer thrower at age

Others: Close behind in the voting were George Cohen, Dave Romain, Walt Butler and Dan Fitzsimmons.

Previous Selections: Dave Jackson 1977, Ken Dennis 1978, Nick Newton 1979, George Cohen 1980, Walt Butler 1981, Walt Buytler 1982, George Cohen 1983.

photo by Bill Leung, Jr.



CARMELO RIOS

Masters Men 45-45 American rejavelin the

OH

Masters Men 50-54 Track & Field

PARRY O'BRIEN: National champ and world records in the shot put and discus.

Others: It was tight for second in the voting between sprinters Nick Newton and Bruce Springbett.

Previous Selections: Bill Fitrzgerald 1975, Bill Fitzgerald 1976, Tom Patsalis 1977, Peter Mundle 1978, Tom Patsalis 1979, Shirley Davisson 1980, Don Cheek 1981, Dave Jackson 1982, Bruce Springbett 1983.

Masters Men 55-59 Track & Field

BILL FITZGERALD: National champ in 800 and 1500 with bests of 2:13.0 and 4:34.3.

Others: Last year's winner, Jim O'Neil, was the only one close.

Previous Selections: Tom Patsalis 1977, Tom Patsalis 1979, Tom Patsalis 1981, Bill Fitzgerald 1982, Jim O'Neil 1983.

Masters Men 65-69 Track & Field

DAN ALDRICH: Top discus thrower at 164-10 as well as consistent shot putter.

Others: Al Guidet and Jim Vernon were close behind in the balloting.

Previous Selections: Harry Koppel 1981, Payton Jordan 1982, Dan Aldrich 1983.

Masters Men 70-75 Track & Field

JOHN SATTI: National champ in the long jump, triple jump and 200 meters.

Others: Harry Koppel was the next closest in the voting.

Previous Selections: Josiah Packard 1977, Winfield McFadden 1978, Tony Castro 1981, Tony Castro 1982, Tony Castro 1983.

Masters Men 75-79 Track & Field

WINFIELD McFADDEN: National champ in high jump, long jump and triple jump.

Robert & Carol Photography



BILL FITZGERALD



WINFIELD McFADDEN



JOSIAH PACKARD

Masters Men 60-64 Track & Field

BURL GIST: The 64 year old had marks of 17.3 in the hurdles and 5-2 ¼ in the high jump as well as winning both of those at the National Championships.

Others: The next highest vote getters were Alphonso Julland and Bill Bangert close in second.

Previous Selections: Jack Thatcher 1976, Payton Jordan 1977, Payton Jordan 1978, Harry Koppel 1979, Bob Hunt 1980, Burl Gist 1981, Tom Patsalis 1982, Tom Patsalis 1983. Others: Ken Carnine.

Previous Selections: Paul Spangler 1976, Josiah Packard 1979, Winfield McFadden 1980.

Masters Men 80 + Track & Field

JOSIAH PACKARD: World records in the 100 (15.4) and 200 (32.3).

Others: Paul Spangler

Previous Selections: First year.



MARILYN HARBIN

Masters Women 40-44 Track & Field

JEANNE CARTER: Tops in her age group for the third year in a row in the 100, 200 and 400 in her age group.

Others: Fran Conley was a close second behind Carter.

Previous Selections: Irene Obera 1977, Shirley Dietderrich 1978, Irene Obera 1979, Irene Obera 1980, Cherrie Sherrard 1981, Jeanne Carter 1982, Jeanne Carter 1983.

Masters Women 45-49 Track & Field

MARILYN HARBIN: National champ in 800 and 1500 with best marks of 2:27 and 4:57.

Others: Only others close were Vicki Bigelow and Cherrie Sherrard.

Previous Selections: Christel Miller 1981, Christel Miller 1982, Vicki Bigelow 1983,

Masters Women 50-54 Track & Field

IRENE OBERA: National champ in the 100, 200 and 400 with world record 13,13 in the 100 and US records in 200 and 400.

Others: none close.

Previous Selections: Shirley Kinsey 1981, Shirley Kinsey 1982, Ruth Anderson 1983.

Masters Women 55-59 Track & Field

SHIRLEY KINSEY: National champ in the long jump, shot put discus and javelin.

Others: Ruth Anderson the only one close.

Previous Selections: Helen Dick 1981, Helen Dick 1982, Shirley Dietderich 1983.

Masters Women 60-64 Track & Field JACLYN CASELLI: National champ at 5,000 and 10,000.

Others: Jerri Davidson next closest.

Previous Selections: Jaclyn Caselli 1981, Josephine Kolda 1982, Jaclyn Caselli 1983.



MARGARET MILLER



ADA THOMAS

100, 200 and 400.

all weight events.

Others: Marjorie Hunt



MARION IRVINE



JOSEPHINE KOLDA

Masters Men 50-54 Road Racing

WALLY INGRAM: Tough to beat in his age division. Few have.

Others: Close second to Ray Knerr

Previous Selections: Jim O'Neil 1975, Jim O'Neil 1976, Jim O'Neil 1977, Ed Almeida 1978, Jim O'Neil 1979, Ulrich Kaemph 1981, Ulrich Kaemph 1982, Ulrich Kaemph 1983.





JIM BOWERS

Masters Men 55-59 Road Racing

JIM O'NEIL: World masters 10K champ, 35:19 10K, 2:48 marathon. Unbeatable.

Others: None close.

Previous Selections: Jim O'Neil 1980, Jim O'Neil 1981, Jim O'Neil 1982, Jim O'Neil

Masters Men 60-64 Road Racing

LARRY BANUELOS: Consistent and unbeatable with 39:00 10K's.

Others: Right behind in the voting were Jim McCown, Avery Bryant, Ralph Paffenbarber and Flory Rodd.

Previous Selections: John Montoya 1976. Chuck Seekins 1977, Chuck Seekins 1978, Ed Lewin 1979, Ed Lewin 1980, Harold Daughters 1981, Harold Daughters 1982, Jim McCowen 1983.

Masters Men 65-69 Road Racing

PAUL REESE: Ran 27 races in 1984 and only lost once in division, 42:01 10K, 1:30:41 half marathon, 33:20 8K.

Others: Closely followed in voting by Wayne Zook.

Previous Selections: Ed Lewin 1981, Ed Lewin 1982, Paul Reese 1983.

Masters Men 70 + Road Racing

MAC OSBORN: 1:32:39 half marathon, 43:49 10K, 1:31:00 for 20K.

Others: Larry Stroud, Mel Shine.

Masters Women 40-44 Road Racing

SHIRLEY MATSON: First at Cascade Run Off 15K and Peachtree 10K, 35:37 10K time and 2:50:03 marathon.

Others: None close.

Previous Selections: Mike Gorman 1979. Sandra Kiddy 1980, Karen Scannell 1981, Shirley Matson, 1982, Christa Rompannen 1983.

photo by Gene Cohn



SAL VASQUEZ

Masters Men 45-49 Road Racing

Masters Women 65-69 Track & Field

JOSEPHINE KOLDA: National champ in

Previous Selections: Alice Werbel 1981,

Kay Atkinson 1982, Josephine Kolda 1983.

Masters Women 70 + Track & Field EDITH MENDYKA: The best in age group at

Others: Bess James a very close second. Previous Selections: Bess James 1981,

Masters Men Road Racing SAL VASQUEZ: 30:46 10K for age-44 US record, 51:59 ten mile, 24:54 five mile.

Previous Selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976, Kent Guthrie 1977, John Brennand 1978, Joe Burgasser 1979, Jim Bowers 1980, Jim Bowers 1981, Sal Vasquez 1982, Sal Vas-

Bess James 1982, Bess James 1983.

JIM BOWERS: Three national age 45-49 records at 10K (31:14), half-marathon (1:08:47) and marathon (2:21:31.

Others: none close.

Others: None close.

Previous Selections: John Brennand 1981, Jim Knerr 1982, Doug Latimer 1983.

quez 1983.

photo by Keith Conning



JIM O'NEIL

photo by Keith Conning

KAREN SCANNELL



PAUL REESE



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Masters Women 45-49 Road Racing

KAREN SCANNELL: 37:24 10K, 59:26 15K, 63:18 10 mile, and 2:54 marathon.

Others: Very close and just a few points back were Sandra Kiddy and Vicki Bigelow. Previous Selections: Vicki Bigelow 1981, Vicki Bigelow 1982, Sandra Kiddy 1983.

Masters Women 50-54 Road Racing MARION IRVINE: 37:52 10K, 57:52 15K, 62:58 10 mile and 2:51:01 marathon.

Others: None close in voting.

Previous Selections: Marion Irvine 1981, Marion Irvine 1982, Marion Irvine 1983.

Masters Women 55-59 Road Racing MARGARET MILLER: Sub 41 10K runner and 1:28:42 half marathon. Won World Vets

10K Others: Very close in the voting was Helen Dick.

Previous Selections: Margaret Miller 1981, Margaret Miller 1982, Margaret Miller

Masters Women 60-64 Road Racing MARY STOREY: 36:35 8K, 1:11:30 15K, 77:45 10 mile, 2:04 25K.

Others: None close.

Previous Selections: Kay Atkinson 1981, Jaclyn Caselli 1982, Jaclyn Caselli 1983.

Masters Women 65-69 Road Racing

ADA THOMAS: 1:33:10 for 15K.

Others: Winifred Gore.

Previous Selections: Kay Atkinson 1982, Evelyn Koinig 1983.

Masters Women 70 + Road Racing

BESS JAMES: 62:58 10K, 2:20:15 half marathon, 1:37:29 15K and 1:47 10 mile.

Others: Mavis Lindgren and Felicitas Salazar next in order of votes.

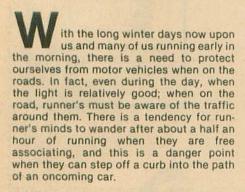


Medical Notes for Runners

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

Runners Setting an Example

Protective Gear



What Can Be Done?

There is no doubt about the fact that utilizing a reflective vest in the dark hours of the morning is helpful. It allows motorists to see you and take appropriate actions so that injury does not occur. That

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Make check payable and send to: Jack Leydig P.O. Box 459 San Carlos, CA 94070 (415) 595-2249 being the case, I think it is imperative for all runners who run either early in the morning or later in the afternoon, as darkness is overtaking daylight, to wear reflective vests. It seems like a simple idea that really shouldn't need an explanation, but many runners appear to be resistant to changing their ways.

Why Must We Set An Example?

The reason we need to set an example is that, in many towns, there is concern about safety of both the motorist and the runner. In towns where there are both older and younger citizens, there is a danger with the older drivers not having the reflexes or the eyesight to see runners, even during good light; thus, reflective vests are quite helpful. There is also the need to set an example for our children, who might be running or biking when daylight is restricted and who, likewise, should wear reflective material.

What Else Can Be Done?

Many shoes now have reflective material, which is also helpful. There is a considerable effort underway to make sure that all running shoes sold to children have reflective material on them. Certainly, this cannot hurt.

What About Biking?

Since many of us ride bikes or have children in the neighborhood who are biking, we need to set an example for them. We should wear protective head gear at all times. Likewise, reflective vests should be utilized when daylight is restricted or when riding bikes in areas of heavy traffic.

What About Proper Identification?

Appropriate identification is a must. Everybody should have a name tag on their shoe or somewhere else on their body, which identifies them, has the name of their physician or emergency facility they should be sent to, and gives a history of any allergies, serious medical problems, and their blood type. This may save your life.



There is no excuse for not having it. You can easily get a name tag to put on your shoe or may wish to wear one around your neck, like a dog tag.

What If You Have Specific Medical Problems?

If you have specific medical problems that need medications from time to time, you would be well advised to have a little wrist wallet that you carry with you with appropriate medications and instructions, should some problem ensue. In this way, if you are a diabetic and prone to bouts of low blood sugar - hypoglycemia, you would carry some sugar substance. If you are an asthmatic prone to severe asthmatic attacks or exercise induced bronchospasm, you would have an appropriate bronchodilator or medihaler available; and, if you are a previous cardiac victim who walks and jogs for exercise but, occasionally, gets some shortness of breath or angina -heart pain, then you should check with your doctor as to the safety of exercise and, likewise, have appropriate medications, such as Nitroglycerine, at hand.

What About Appropriate Clothing?

Appropriate clothing can be a safety factor too. Utilizing a hat in the cold winter months may stop excessive loss of heat from your head and secondary hypothermia. Utilizing gloves is also quite helpful. Thin layers of clothes can easily be removed when one is overheated, but it is difficult to add them if you don't have them. One should try to stay warm when running to avoid muscle pulls and/or generalized hypothermia of the body.

The Bottom Line.

The bottom line is that runners are highly visible, successful people in the community, who should set an example as to exercise as a way of life and acting appropriately with safety gear to prevent accidents or tragedy on the road.

Thanks for cooperating. Best of running.

A. Southwest Rotary Club District 528

In Support of The Rotary Foundation Presents



Sunday March 10th, 1985 California State University, Los Angeles.

Athletes/Team Entry Info; L.A. Patriots T&F Committee PO. Box 2981

Beverly Hills, Calif 90213-2981

Ticket Info:

Rotary Club of Southwest Los Angeles P.O. Box 44-666, Station H

Los Angeles, Calif 90044

PATRIOTS

LA. PATRIOTS OBGANIZING COMMITTEE . P.O. BOX 2001, BEVERLY HILLS, CA 90313-2001

1985 WORLD MASTERS TRACK & FIELD TUNE-UP GAMES I California State University, Los Angeles

DATE

: March 10th 1985.

: California State University, Los Angeles 5151 State University Dr.

AGE DIVISIONS

: 5 year age-groups- men and women 30 and over.

ENTRY PEE

: \$ 10.00 first event (includes T-shirts). \$ 5.00 each additional event. Relay teams \$ 20.00. Three events maximum.

REGISTRATION

: To quarantee participation, entries must be received on or before February 28, 1965. Late entries may be allowed to participate at meet director's discretion.

ENTRY DEADLINE

: Deadline, Midnight Pebruary 28, 1985. Late entries, after Feb. 28, 1985 will be charged \$ 12.00 per event, except relays.

SPECTATOR ADMISSION : \$ 5.00 tickets (all day session).

FACILITIES.

: Artificial track 1/4 spikes. All runways are artificial concrete rings. 400 meter Areo track with electronic timing.

Women first, Men second, Oldest to youngest in 5 year age groups starting at 30 years of age. Races will be combined, but soored separately, at meet directos's discretion.

AWARDS

: Awards for first three places, Awards presented at conclusion of each event.

SPONSORS

: Los Angeles Patriots Track & Field Organizing Los Angeles Southwest Rotary Club.

SANCTION

1 TAC, The Athletic Congress of the U.S.A., Southern Pacific Association.

HULES

: Standard TAC Masters rules enforced,

: Marvin Thompson, J.A. Patriots, President Jim Bentley, Meet Director P.O. Pox 2981, Beverly Hills, CA 90213-2981.

Event Schedule

8:00 am. 10,000 meter run

9:00 am. 100 meter (w-m) Semi-final 10:00 am. 110 meter High Hurdles (m) Semi-final

10:30 am. 100 meter Hurdles (w-m) Semi-final

11:00 200 meter (w-m) Semi-final

11:45 am. 1500 meter run (w-m) (FINAL)

12:30 am. 3000 meter Steeplechase (FINAL)

5000 Race walk (w-m) Combined (PINAL) 1:00 pm.

1:30 LUNCH pm.

2:00 4 x 100 relay (w-m) (FINAL) pm.

2:20 pm. 4 x 100 m. Celebrity Relay Invitational

2:30 pm. Handicap 100 m. race

2:40 pm. Olympic Legend 100 meter Invitational

2:50 pm. 100 meter (w-m) (PINAL)

3:25 pm. 110 m, High Hurdles (m) (FINAL)

100 m. Hurdles (w-m) (FINAL)

4:00 pm. 200 meter (w-m) (FINAL)

4:45 pm. 1500 m. Race walk (w & m) combined (FINAL)

5:15 pm. 800 meter run (w-m) (FINAL)

5:35 pm. 400 meter (w-m) (FINAL)

400 IH (m) (FINAL) 5:55 pm.

5000 meter run (w-m) (COMBINED FINAL) 6:10 pm.

Corp. Sprint relay Invitational (200,200,400,400,200,200) 6:40 pm.

6:50 pm. 4 x 200 m. Relay Community College Invitational

7:00 pm. World Masters 4 x 400 m. relay.

FIELD EVENTS

8:00 am.

1:00 pm. Javelin, Long Jump

2:10 pm. High Jump, Pole Vault

3:15 pm. Shot put, Triple Jump

4:15 pm.

----- Entry Form-----

Please send your entry form, signed waiver and check or money order to " Rotary-Patriots T & P " to P.O. BOX 2981, Beverly Hills, CA 90213-2981.

NAME	LONG WEN	AGEDATE OF BIRTH				
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STATE	Z1P	CLUB AFFILIATION				
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- WAIVER -

In order to compete in the 1985 WORLD MASTER TRACK & FIELD TONE-UP GAMES I, I do for mysolf my heirs and administrators waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accure to me or my heirs against the thereof. I certified that I am in good physical condition to compete in this meet.

DATE	SIGNATURE	

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By DEAN HARPER

The Gullible Gringo Visits

The Boys from Brazil



I was stuck in New York's JFK airport, 3000 miles from home and more than 5000 to my destination The long road to Rio had already become a comedy of errors. I wanted to laugh but couldn't yet see the humor. My instincts told me to board the first plane back to San Francisco. I felt the fool for boarding the smoking section of Argentinas Aerolineas for a 12 hour flight to Rio when I knew my bags and bike were lost somewhere in the New York airport and I was already \$470 in the red for the San Francisco to New York fare. My San Francisco to New York complementary ticket 'was in the mail' according to the travel agent, but it hadn't yet arrived. To further complicate matters, I had no comfirming return trip on Argentinas, even though scheduled to fly to Kauai from San Francisco a few days after the race in Rio. My neverending gullibility, that I believe everything I'm told, and limitless blind faith, that all people make good on their promises, pulled me aboard the airline that was sponsoring my trip to compete in South America's premier triathlon-the 4th annual Rio Triathlon.

A month ago all the details of the trip to Rio appeared to have been worked out. In Hawaii at the Ironman I met with the Rio Triathlon race director, Jose Werneck- a trustworthy magazine editor and sports commentator who genuinely wants to see triathlons flourish in Brazil. In early October everything was set for three Americans to compete in this year's triathlon which, in addition to being in Rio, had prize money. Last year Jose provided fine accomodations for Kurt Madden, Rob Roller, Julie Moss and myself. We took all the top spots and had a great time on the famed Copacabana and Ipanema beaches. A few weeks after the Ironman, I was informed that the race promoters had trouble this year securing complementary tickets for three American athletes, but they could at least get me there. I made the decision to

The flight from New York to Rio is long indeed. Three meals and two movies after takeoff I arrived at the Rio International Airport. The comedy of errors became more laughable. Anxious to know whether my bike arrived, I charged through the 'forbidden' gates out to where the 747 jumbo jet was birthed to watch as the ground crew unloaded the baggage. My bike didn't arrive. I was later informed by the agent that it was probably in New York, or that it may have mistakenly been shipped to Buenos Aires. I tried to impress upon the agent that if the bike didn't arrive by tomorrow, I wouldn't be able to race on Saturday. His empathy was less than overwhelming.

Jose had come to pick me up at the airport. Together we discovered, as we tried to book my flight back on Saturday night after the race, that Aereolinas Argentinas didn't fly to the U. S. until the following Wednesday. The travel agent who made the arrangements for my trip had erroneously told us there was an Argentinas flight leaving Saturday. MY options were to fly out Wednesday, arrive in San Francisco on Thursday and hopefully make my flight to Kauai to compete 3 days later, or to buy my own ticket on Pan Am and fly out Saturday night.

Later that day I was to discover the most discouraging news of the trip. At a late night dinner in a quiet Brazilian restaurant I casually mentioned to Jose and his triathlete wife, Dawn, that I found last years's 80 degree water temperature much to my liking. Dawn responded that the water was somewhat colder this year, that today it was 54 degrees. My heart sank and I immediately tried to impress upon Jose that, from my many experiences with cold water and triathlons in the States, I would not be capable of finishing such a swim. In fact 90% of the competitors would fail to finish. Jose assured me he could get me a wetsuit and noted that today the water was atypically cold. I swore at that moment I'd never again travel without my Body Glove wetsuit.

That evening before bed I entered the following notation in my travel journal: 'I can't shake this sick feeling deep in my stomach. It's caused in part by sleep deprivation and airline food, but stems primarily from thoughts that I may not have my bike in time for the race, that I may not survive the swim even if I do have my bike, and that I may not get back home in time for the race in Kauai. So much for the exciting and glamourous lifestyle of an 'elite' world-traveling athlete.

THE RIO LIFESTYLE

After three hours in the Rio Airport, Jose and I began an auto adventure through the streets of Rio. I was quickly reminded that all Brazilian drivers are mad, but there is a method to their madness. We wind through traffic toward Copacabana weaving in and out of what appears a three lane road but with no markings. Perhaps it's just a 2 lane road with three cars abreast. The streets are overcrowded with VW bugs and small European cars. There are no slow and fast lanes, just slow and fast drivers. Some weave in and out of traffic at breathtaking speeds, stopping at a red light only if there is oncoming traffic. Fender benders abound. Even wealthy Brazilians don't possess large luxury cars because 'you can't park them.' They don't have sports cars because 'they're too much worry.' Most opt for older, smaller cars because, according to one middle class Brazilian woman, 'I don't have to worry about bumping into people.' I assume she meant people in vehicles, not just people, but I dared not

Rio de Janeiro is a city, and Brazil a country of contrast. The natural beauty of a colorful, lush, mountainous tropical setting provides the backdrop for rundown, overpopulated heart of the city highrise apartments and filthy suburban plywood shacks. Rio is economically depressed with 20% of the 7½ million residents unemployed. There is no working class as we know it. Unions are weak or non-existant. There doesn't appear to be a great separaton between the working class and the unemployed. Most of the triathletes come from a fairly large middle class.

Working class 'housing' is a sharp contrast to middle class housing. As we drove up one tropically green hillside in suburbia, the base of the hill contained hundreds of run-down slum shacks. We proceeded through a chain gate and entered a half mile circle with five middle class dwellings. The houses were not ostentatious, but comfortable, and by contrast to their neighbors,

To Be Continued Next Issue.

Athlete's Kitchen

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

Vitamin C Supplements

Strength and Psychology

itamin C seems to be the "in thing" these days. A recent survey of 2450 Americans showed that 30% took vitamin C supplements. Of my clients, the same percentage holds true. Some explanations for this popular trend include:

* "I take 250 mg. C just in the winter when I rarely eat fresh fruits and vegetables."

★ "I take 500 mg, C to improve my exercise performance. I've heard it's supposed to help."

* "I take 1000 mg. C as an "insurance pill" to ease my mind. I don't trust my diet."

These statements may sound logical but all are inappropriate reasons for athletes to self-prescribe supplements. Before you even consider taking extra C, you should first look at your dietary intake. Do you already consume enough so that supplements are an unnecessary expense? The Recommended Daily Allowance (RDA) of C is 60 milligrams. This is twice the minimal daily requirement (MDR) - 30 mgs. - and six times the amount that prevents deficiency symptoms of scurvy. This generous allowance ensures that you'll stockpile enough C to prevent a deficiency even if you consume no C for six to eight weeks. Hence, if you run out of orange juice and eat no other fruits or vegetables for a few days, you won't become deficient overnight. To prove this point, The American Journal of Clinical Nutrition reports that subjects who took C every day (the equivalent of six ounces of orange juice) had the same C levels in their blood as those who took a larger dose (equivalent to three cups of OJ) once every four days. You draw upon the C stored in your liver when you eat inadequate amounts to meet that day's demand.

To consume luxurious amounts of C via foods, you can simply drink a large glass of orange juice every day. (Fresh, frozen and canned juices all have similar amounts of C.) Of all the juices and fruits, oranges are among the best sources of C-better than apples or bananas or even most of the summer fruits. Here's a comparison:

Orange, medium 80 mg. C Pear, medium 1 Grapes, 20 med. 5 Apple, medium 5 Peach, medium 5 Banana, medium 10 Cantaloupe, 1/4 small 35 Grapefrult, 1/2 med. 40 Strawberries, 10 60

You can also nourish yourself healthfully with C-ric'n vegetables - proccoil, potatoes, cabbage , prussel sprouts, tomatoes, green

peppers. For example, you'll get 130 mg. C by munching on a green pepper or 180 mg. by eating two cooked stalks of broccoli.

Despite popular belief, extra vitamin C will not improve athletic performance. The International Journal of Vitamin and Mineral Research reports that schoolboys, who lived in an area where C-deficiency was prevalent, improved their exercise ability to a certain extent as they started the 70 mg/day supplements. Once they reached their normal vitamin balance, their performance leveled off. This demonstrated that poor nutrition can indeed hurt your performance but that vitamin excesses are unlikely to have an enhancing effect. The American

Journal of Clinical Nutrition reports the same. Twenty well-trained runners who took 300 mgs. C for three weeks showed no increase in performance. The one logical reason for taking a supplement, if you insist, would be to appease your mind. If you are convinced that extra C will help you, it just might. Your mind can be a powerful energizer!

Nancy Clark, MS, RD, nutritionist at Sports Medicine Resource, Inc. and author of The Athlete's Kitchen (Bantam, '83), specializes in sports nutrition and wellness. For a list of the C content in fruits and vegetables, send a SASE to 830 Boylston St., Brookline, MA



What Must Be Done About Agents

The Future Lies Ahead

thietes who think sports governance is baloney should think again. If they don't some mean spirited agents will take over our sport. That's bad news for athletes and everyone else. Races, big and small, may end up being controlled by the wrong people whose only concern is to enrich themselves, at the expense of the rest of us. An even worse fate awaits athletes: they'll lose their new found freedoms!

A revolution in the Olympic sport or athletics (road running and track & field) has indeed occurred. On the roads of America, week after week, world-class and recreational athletes compete together for fun, glory and for money. No one should be allowed to take advantage of that historic change by killing our sport in the process.

The relationship between money and athletes is what it's all about. No longer are athlete budgets invisible. Athletic funds to reimburse legitimate expenses and for real compensation (purse money and appearance fees) are all O.K. Running is big time. The money and the talent are big, the arena is world-wide. But, our sport does have special needs. There's the rub! Thinking about money and running requires a fresh mind-set.

Everyone involved in the production of a city-wide event must think about both recreational and world-class runners. If the recreational athlete doesn't have a good time, safe and free from worry, if he or she isn't made to feel appreciated and allowed to excel for family and friends, then road-racing and eventually track & field will wither away.

Road races take place out on the roads. If a city or town makes its streets unavilable, the race is dead. Road-events only happen with community support. All of us saw what happened to the N.Y.C. Marathon when New York City withdrew the use of its streets just before the 1984 marathon.

Sponsors to underwrite events are also essential. Sponsorship dollars keep the sport from drying up. A balance between commercial and community goals is a necessity.

Up to now, fair play and balance have been the foundation on which our sport was built. Some selfish agents couldn't care less about that balance.

Skimming commissions (sometimes even double commissions) off the top of an event and an athlete's income is sometimes stan-

dard operating procedure. Seeking to avoid sanctioning rules has also been tried by those few agents. Our sport will be ruined if that continues.

That's why runners need to know about big time road racing and big money, as it moves into 1985. The nub of the issue is payments to athletes, the use of TACTRUST, and agents who wish to subvert the benefits of the system for themselves.

Athletes are now paid openly without loss of Olympic eligibility. Remember, athletics is an international sport. An international federation called the International Amateur Athletic Federation, (IAAF for short) makes the rules. In the United States, a federal statute appoints TAC/USA (The Athletics Congress of the U.S.A.) as the IAAF member. IAAF approval for open payments to American athletes was granted only after TAC/USA agreed that funds would be routed through a trust system supervised by TAC/USA. That system is called TACTRUST. More than 1500 athletes belong to it. TAC/USA gets no fees, commissions or revenue from supervising the entire trust system. Athlete members of TACTRUST include the superstars, the young and developing athletes who need TACTRUST as a critical part of their career and development training, and the older athletes able to stay in the sport because of TACTRUST. TAC-TRUST makes it possible for sponsors to feel comfortable with the realities of athletic compensation within the Olympic framework. ARRA (Association of Road Racing Athletes) and RRCA (Road Runners Clubs of America) support TACTRUST.

Presently, there is no alternative to TAC-TRUST. Doubtless, TACTRUST will evolve so that the freedom of U.S. athletes to receive compensation will be increased. Since international athletes are a key to important races, and since no foreign country allows its athletes to compete against in eligible U.S. athletes, TAC/USA needs to keep everyone eligible. No foreign government will allow its athletes to compete abroad if eligibility isn't protected.

A few agents couldn't care less. Most agents are willing to work within the system so that their athlete-clients and the sport benefit greatly. The actions of bead-apple agents bode ill for all of us. In effect they want to re-write the rules of our sport. The rules which sports people have developed

providing the balance and fair play our sport requires are not good enough for such operatives.

Today, TAC/USA issues a license (sanction) to any race wishing to receive permission to pay money to athletes. That works fine in most cases. Situations caused by some agents who refuse to act for the good of our sport are now springing up.

The rights of athletes and the well-being of events are ignored by those agents. Reality for these badly-intentioned agents means controlling television or media production and hogging an event's budget for athletes under contract. It means playing all sides against the middle so that only the agent comes out ahead. Dominating our sport's rules - and everyone's paycheck is the result. These agents erode the very fabric of our sport. They hurt athletes. Oftentimes they don't give their own clients a fair shake. They hurt your community.

The struggle that lies ahead involves you. Athletes, events and TAC/USA need to speak with one voice on this subject. All sports persons of good will are invited to join together. The sport must remain in the hands of the sports-people. It must not be lost to outsiders.

Our sport should resist agents who seek to make it a facsimile of professional wrestling. Running events should not be a series of made-for television exhibitions with arranged results and fees. The struggle of US athletes for dignity and the right to earn an open livelihood will have been in vain if that happens. Don't be blinded by the hoopla about money. It's important. It's good for the sport. We can't go back to where we were and we shouldn't want to. Let us, however, together banish those who view athletes and athletic events as existing solely for selfish profit at the expense of everyone else's welfare.

The IAAF believes the danger of this proclem to be so great that it passed rules at the Los Angeles Olympics in August 1984 outlawing those agents who wish to hurt our sport. TAC/USA is working to make those rules stick by developing procedures to protect athletes, events and the agents who respect IAAF rules. Look for startling developments in this area. The whole running community should be on the alert. If you see a situation that's bad for our sport, tell TAC/USA right away. We'll look into it. Don't let yourself or our sport down!

TRAINING TIPS FROM

BOOK ON RUNNING

HOW TO STRENGTHEN AND IMPROVE FORM

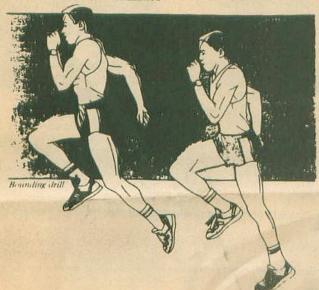
by Jeff Galloway

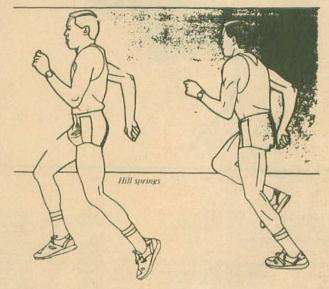
RUNNING DRILLS HAVE BEEN USED by generations of great coaches around the world. In 1977 Arthur Lydiard showed me a special set of exercises that has improved my running ever since. Arthur observed these exercises in Europe, and then experimented first on himself, then on his young Olympic athletes. He believes they strengthen key running muscles and improve rhythm. I agree.

The great New Zealand coach showed me these exercises at our mountain retreat running camp at Lake Tahoe, California. After watching Arthur's athletes perform, I can see why he believes these exercises make the difference that can push an athlete like three-time gold medalist Peter Snell from "good" to "great." From his clinics at Tahoe I have learned the principles behind these exercises. They've not only been a major influence on my running form and theory, but tools that have aided me in helping runners of all abilities.

Rules of Running Exercises and Drills

- Warm up by jogging at least a mile before, and warm down with at least an easy mile afterward.
- 2. Don't try any radical changes. Let the exercises give you the strength to change gradually.
- 3. Don't just jump into these! Ease into them. At first, do only 2-3 of each.
- Slowly work up to about 50-100 meters of each exercise,
 2-3 times a week.
- 5. These are non-strenuous exercises. If they're not easy to do, or if you wear yourself out, you're either doing them wrong, you're not ready to do them, or you're doing too much.
- 6. Do these exercises twice a week for best results. After a good warm up, you may combine them with your form accelerations to get warmed up for hills, speedwork or races. They may also be done by themselves, in the middle of an easy run.





Hill springs

Purpose: Strengthens muscles of hips, legs and feet and moves body into position for ankle to do its work.

Pick a moderate hill (10% grade).

Bounce off one foot and leap into air lifting lead knee.

Hang in the air until the last second.

Very quickly bring the leading leg down for a landing, and spring off with leg *almost* straight. Here's where the ankle has to do its work.

Never let the push-off leg be perfectly straight. Keep the knee slightly bent to avoid spraining the weak and slow-healing muscles behind the knee.

Keep a short stride length, just work on floating and maintaining form.

Start with a few "springs"; gradually work up to 50-100 yards.

Don't worry about lifting knees high.

Bounding

Purpose: Develops more quadricep strength and driving power.

Bounding is the same as hill springing, with these exceptions:

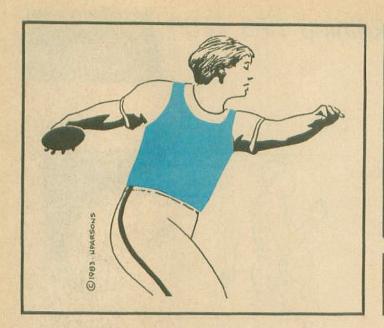
Lift knees higher.

Take longer strides.

Do it on a flat or slightly inclined surface.

Follow directions for hill springing (except for the short stride).

On each step you are driving with greater power, extending your stride and developing your calf muscles.



California Women 1984 Best Marks

By Calvin Brown

The following list was compiled by California Track & Running News Senior Editor Calvin Brown. Please send all comments, corrections and additions directly to Calvin at 3941 S. Westside Ave., Los Angeles, CA 90008.

100 METER HURDLES (33") (Hand Time + 0.24 = Auto Time) (M = Multi-Events)

13.01w	(H1)	Pam Page(SJCC) + 4.14 (13.07)	6-7
13,18w	(3)	Deby L. Smith(CA) Burmnghm(13.33)	7-15
13.27	(H)	Jane Frederick(AW) Talence	9-15
13.34	(2)	Jackie Washington(PE)MSAC + 1.75	7-15
13.35w	(6)	Gayle Watkins(SCC)Mod + 4.51(13.46	5-12
13.45	(1)	Sherita Sanders(Okla) Baylor	4-20
13.51	(2)	Lori Smith(Adidas) Tempe	4-7
13.51w	(H3)	Missy Jerald(WC)SJCC + 4.14(13.55)	6.7
13.52	(1)	Lorna Boothe(PE) CSLA	4-14
13.52	(M)	Jodi Anderson(PE)LACol = -0.30	6-16
13.53	(M)	Jackie Joyner(WC) Talence	9-15
13.55	(1)	Cece Chandler(CPSLO) Missouri	5-26
13.61	(4)	Patsy Walker(Adidas)MSAC + 1.75	7-15
13,64W	(H5)	Jeanette Bolden(WC)SJ + 3.25(13.79)	6-7
13.65w	(1)	Valerie Fleming(UNLV) + 4.37(13.93)	5-12
13.72	(6)	Karen Cannon(CA)MSAC	4-29
13.73	(M)	Mariene Harmon(PE) Talence	9-15
13.82w	(H4)	Margo Edwards(Redids)*2.46(14.17)	6-7
13.90	(7)	Tonja Brown(WC)Zurch + 2.46(14.17)	8-22
13.93w	(H6)	Sue Brownell(Otrch)SJ + 2.46(14.10)	6-7
13.93w	(H1)	Wendy Brown(PE)LA + 3.1(13.95)	6-22
13.7	(6)	Mary Harrington(Nike)MSac + 1.75(13	3.95)
13.96w	(2)	Rolanne Byrd(CSH) + 2.15(14.01)	4-21
14.05	(4)	Aladrian Hunter(LAM)UCI + 1.14	5.5
14.05w	(1)	Junea White(ECC)Bak + 2.88(14.18)	5-25
HIGH	SCHO	OOL 100 METER HURDLES(3	om

19.41 (1) Call Description A 0.4444 22 22") 6

13.41	(1)	Gail Devers(SHS)LA-0.41(14.32-33") 6-2
13.49	(2)	ChooChoo KnightenLHS + 1.20(14.25)5-26
13.59	(2)	Wendy Brown(WHS)LA-0.41(13.93w) 6-2
13.76w	(1)	Leslie Maxie(MHS)SJ + 3,48(13.87) 5-18
13.78	(3)	Carrie Franklin(MHS)Nor + 1.20 5-26
13.85W	(1)	Yvette Bates(BHS) 14.24 30"
13.87w	(2)	Debbie Budwig(CHS) 13.98 30"(14.73)
14.04	(5)	Melissa King(FSH)Nor + 1.20(14.57w) 5-26
14.19	(6)	Michelle Taylor(GHS)Norw + 1.20 5-26
14.21	(2)	Lashawn McBridge(LBPHS) + 1.70(15.49)

HIGH SCHOOL 300 METER HURDLES (30")

HIGH	SCH	JOE 300 METER HOUDES	(30)
40.18	(1)	Leslie Maxie(MHS)Berk(55.20-400m	H) 5-26
41,44	(2)	Michelle Taylor(GHS) LA(58.06)	6-2
42.50	(1)	Janice Farwell(MHS)Nor(61.82)	5-19
42.55	(3)	Melissa King(FHS) LA(61.56)	6-2
42.74	(2)	Karen Brown(DHS)Berk(59.65)	5-26
42.88	(H2)	Gail Devers(SHS)Norwalk	5-25
42.8	(-)	Lana Cantrell (MHS)	
43.08	(4)	Janeene Vickers(PHS)Nor(67.86)	5-26
43.16	(2)	Michelle Kendricks(FHS) (62.16)	5-18
43.33	(3)	Michelle Wooten(BVHS)Berk	5-26
	Alex.		

400 METER HURDLES

55.20	(2)	Leslie Maxie(ML)WJR SJCC	6.9
56.05	(1)	Latanya Sheffield (CA) UCLA	5-13
56.05	(SF4)	Sandra Farmer (CSLA/PE) LA	8-6
56.96	(H3)	Colleen Cozzetto (Moscow/USA) LA	6-18
57.36	(H4)	Lexie Beck (CA) LA	6-18
57.72	(1)	Stella Edwinson (ML) LosGatos	5-20

57.94	(2)	Gayle Kellon (UCLA) MSAC	4-29	11.07w	SF1)	
58.06	(SF1)	Michelle Taylor (SCC) LA	6-23	11.15		
58.0	(2)	Tonja Brown (WC) San Diego	5-27	11.23		
58.54	(SF5)	Li-Jiau Lai Hendry(SCC) LA	8-5	11.24		
58.96	(1)	Margaret Hemmans (ECC) Baks	5-25	11.24w		
59.00	(2)	Debra Carson (GoldenBear)LosGat	5-20	11.34w		
59.62	(2)	Sherifa Sanders (Okla) Lincoln	5-12	11.37		
59.5	(3)	Pam Board (Stanford) SanDiego	5.27	11.41		
59.65	(SF3)	Karen Brown (DHS) LA	6-23	11.42		
59.85	(3)	Cathy Lane (Unat) UCLA	5-20	11.43		
60.0	(5)	Annie King (UCI) San Diego	5-27	11.2		
60.91	(H2)	Kathy Halpin (CSH) Missouri	5-24	11.46w		
61.53	(4)	Sandy Myers (Unat) UCLA)	5-20	11.45w		
61.55	(-)	Melissa King (FHS/LAM)		11.46w		
61.66	(H3)	Deanne Malvino (SonomaSt)Mis	5-24			i
61.6	(-)		0)			į
61.80	(3)					á
61.82	(+)					į
61.91	(4)	K. Robinson (WLA) Norwalk	5-18	1	11.0	ı
	58.06 58.0 58.56 58.96 59.00 59.62 59.65 59.65 59.65 60.0 60.91 61.53 61.66 61.66 61.80 61.82	58.06 (SF1) 58.0 (2) 58.54 (SF5) 58.96 (1) 59.00 (2) 59.62 (2) 59.65 (SF3) 59.65 (SF3) 59.85 (3) 60.0 (5) 60.91 (H2) 61.53 (4) 61.55 () 61.66 (H3) 61.6 (-) 61.80 (3) 61.82 (-)	58.06 (SF1) Michelle Taylor (SCC) LA 58.0 (2) Tonja Brown (WC) San Diego 58.54 (SF5) Li-Jiau Lai Hendry(SCC) LA 58.96 (1) Margaret Hemmans (ECC) Baks 59.00 (2) Debra Carson (GoldenBear)LosGat 59.62 (2) Sherifa Sanders (Okla) Lincoln 59.65 (SF3) Karen Brown (DHS) LA 59.85 (3) Pam Board (Stanford) SanDiego 60.91 (SF3) Karen Brown (DHS) LA 60.0 (5) Annie King (UCI) San Diego 60.91 (H2) Kathy Halpin (CSH) Missouri 61.53 (4) Sandy Myers (Unat) UCLA 61.65 (1) Meissa King (FHS/LAM) 61.66 (H3) Deanne Malvino (SonomaSI)Mis 61.6 (1) Margaret Demorest (Stanford) (61.96 61.80 (3) Sinix (GlendaleCC) Norwaik 61.82 (1) Janice Farwell (Unat) (61.85)	58.06 (SF1) Michelle Taylor (SCC) LA 6-23 58.0 (2) Tonja Brown (WC) San Diego 5-27 58.54 (SF5) Li-Jiau Lai Hendry(SCC) LA 8-5 58.96 (1) Margaret Hemmans (ECC) Baks 5-25 59.00 (2) Debra Carson (GoldenBear) LosGat 5-20 59.62 (2) Sherila Sanders (Okla) Lincoln 5-12 59.5 (3) Pam Board (Stanford) SanDiego 5-27 59.85 (3) Cathy Lane (Unat) UCLA 6-23 60.0 (5) Annie King (UCI) San Diego 5-27 60.91 (H2) Kathy Halpin (CSH) Missouri 5-24 61.55 (4) Sandy Myers (Unat) UCLA) 5-20 61.55 (Missa King (FHS/LAM)) 5-20 61.66 (H3) Deanne Malvino (Sonomas1)Mis 5-24 61.80 (3) Sinix (GlendaleCC) Norwalk 5-18 61.80 (3) Janice Farwell (Unat) (61.85)	58.06 (SF1) Michelle Taylor (SCC) LA 6-23 11.15 58.0 (2) Tonja Brown (WC) San Diego 5-27 11.23 58.54 (SF5) Li-Jiau Lai Hendry(SCC) LA 8-5 11.24 58.96 (1) Margaret Hemmans (ECC) Baks 5-25 11.24w 59.00 (2) Debra Carson (GoldenBear) LosGat 5-20 11.34w 59.62 (2) Sherila Sanders (Okla) Lincoln 5-12 11.37 59.5 (3) Pam Board (Stanford) SanDiego 5-27 11.41 59.85 (3) Cathy Lane (Unat) UCLA 5-20 11.43 60.0 (5) Annie King (UCI) San Diego 5-27 11.2 60.91 (H2) Kathy Halpin (CSH) Missouri 5-24 11.46w 61.55 (H3) Sandy Myers (Unat) UCLA) 5-20 11.45w 61.66 (H3) Deanne Malvino (Sonomast) Mis 5-24 11.47w 61.60 (H3) Deanne Malvino (Sonomast) Mis 5-24 11.47w 61.80 (3) Sinix (GlendaleCC) Norwalk 5-18 11.50w 61.80 (-) Janice Farwell (Unat) (61.85) 11.56w	58.06 (SF1) Michelle Taylor (SCC) LA 6-23 11.15 (1) 58.0 (2) Tonja Brown (WC) San Diego 5-27 11.23 (1) 58.54 (SF5) Li-Jiau Lai Hendry (SCC) LA 8-5 11.24 (1) 58.96 (1) Margaret Hemmans (ECC) Baks 5-25 11.24w (2) 59.00 (2) Debra Carson (GoldenBear) LosGat 5-20 11.34w (H1) 59.62 (2) Sherifa Sanders (Okla) Lincoln 5-12 11.37 (2) 59.5 (3) Pam Board (Stanford) SanDiego 5-27 11.41 (4) 59.65 (SF3) Karen Brown (DHS) LA 6-23 11.42 (4) 59.85 (3) Cathy Lane (Unat) UCLA 5-20 11.43 (3) 60.0 (5) Annie King (UCI) San Diego 5-27 11.2 (H) 60.91 (H2) Kathy Halpin (CSH) Missouri 5-24 11.46w (1) 61.53 (4) Sandy Myers (Unat) UCLA) 5-20 11.45w (5) 61.66 (H3) Deanne Malvino (SonomaSI)Mis 5-24 11.46w (1) 61.66 (H3) Deanne Malvino (SonomaSI)Mis 5-24 11.47w (-) 61.60 (3) Sinix (GlendaleCC) Norwalk 5-18 11.50 (H2) 61.80 (3) Sinix (GlendaleCC) Norwalk 5-18 11.56w (H1)

photo by Burt Davis



Olympic Trials 100 Meter Finalists (left to right): Alice Brown (2nd), Evelyn Ashford (1st), and Jeanette Bolden (3rd).

100 METERS

TOO IV	IEIER	15		11.60w	(2)	Cathy Roberts(CSH) + 4.76	5-19
10.76	(1)	Evelyn Ashford(PE)Zur.WR + 1.70	8-22	11.61w	(-)	Patrice Carpenter(ContraCosta)(11	
10.99	(1)	Florence Griffith(WC) W.Berlin-0.01 Valerie Brisco Hooks(WC)Kob + 0.9	8-17 8-29	11.63 11.63w	(2)	Pam Qualls(BHS) LA + 0.03 Sara Parros(SMHS) + 4.76(11.73)	6-2 5-19
11.04	(T3)	Diane Williams(PE) Zurich + 1.70	8-22	11.0011	101	Sara ranos(Simila) + 4.10(11.73)	0.10

200 METERS

21.81	(1)	Valerie Brisco Hooks(WC)LA-0.1 AR	8-9
22.04	(2)	Florence Griffith(WC) LA -0.1	8-9
22.59w	(SF1)	Pam Marshall(CA)SJCC + 2.32(22.67)	6.9
22.75	(1)	Evelyn Ashford(PE)SMCC + 1.93	4-14
22.78w	(1)	Sherri Howard(CSLA) + 2.55(22.97)	4-28
22.98w	(2)	Gervaise McCraw(MSAC)(23.49)	4.29
23.02w	(2)	Jeanette Bolden(WC) + 4.00(23.50)	5-12
23.08	(4)	Diane Williams(PE)SJCC + 0.58	6-9
23.08	(H1)	Alice Brown(WC)Zur + 0.0	8-22
23.12	(1)	Zelda Johnson(MSAC)Bak + 0.21JRC	5-25
23.14	(5)	Lori Smith(Adidas)SJCC + 0.58	6-9
23.16	(1)	Lashon Nedd(WC)MSAC + 1.75	6.3
	153		

photo by Barbara DeGroot



CHOO-CHOO KNIGHTEN & GAIL DEVERS

(-)	Inger Peterson (UNLV)	
(1)	Roberta Belle(PE)MSAC + 1.55	7-15
(2)	Lisa Hopkins(PE)MSAC + 1.75	6-3
	Cathy Roberts(CHS) + 3.0(23.59)	4-28
		5-19
		4-28
		2-4
		7-7
		3-31
		4-28
100		4-26
	Arlene Van Warmerdam/Hindli	23.861
(2)	Pam Qualis(BHS) LA -0.03	6-2
	(1) (2) (1) (1) (2) (1) (2) (3) (M) (-)	(1) Roberta Belle(PE)MSAC + 1.55 (2) Lisa Hopkins(PE)MSAC + 1.75 (1) Cathy Roberts(CHS) + 3.0(23.59) (1) Paulette Blalock(CHS)Nor-2.48 (2) Tami Stilles(MHS) + 3.0(24.2) (1) Jackie Pusey(PE) CSLA (1) Leslie Maxie(MHS)Los Gatos (2) Sharon Ware(ASU) + 4.77(23.77) (3) Gwen Gardner(LAM) + 2.55(24.10) Jackie Joyner(WC) MSAC (-) Arlene Van Warmerdam(Hind)

400 M	ETERS		
	1.14 = A	Valerie Brisco Hooks(WC)LA OR	8-6
48.83	(1)	Sherri Howard(PE) LA	6-19
50.40	(4)	Denean Howard(PE) LA	6-19
51.05	(5)	Evelyn Ashford(PE) SJCC	6-7
51.08	(H1)	Florence Griffith (WC) LA	6-19
51.11	(6)		6-19
51.26	(8)	Roberta Belle (PE) LA	9-7
52.12	(3)	June Griffith (PE) London	5-13
52.31	(3)	ChooChoo Knighten(LHS)UCLA	6-18
52.32	(SF7)	Gwen Gardner (LAM) LA	6-18
52.38	(SF7)	Kelia Bolton (PE) LA	6-17
52.63	(QF5)	Rosalyn Bryant (PE) LA	6-16
52.72	(H3)	Rene Chambers Ross (SDS)LA	6-17
52.88	(QF7)	Arlise Emerson (Nike) LA	7-7
53.07	(4)	Leslie Maxie (MLTC) LosGatos	6-16
53.09	(H3)	Sharon Dabney (PE) LA	100 TO 10
53.20	(1)	Paulette Blalock (CHS) Norw	5-19
53.69	(1)	Delphina Banks (CSH) Fresno	
53.71	(3)	Willeta Page (PE) San Diego	5-27
53.72	(1)	Lawanda Cabell (ECC) Bakers	5-25
53.73	(1)	Kim White (CAL) Berkeley	4-14
53.75	(1)	Lashon Nedd (WC) Modesto	5-12
53.78	(2)	Linetia Wilson (MHS) Norw	5-19
53.79	(1)	Cindy Cumbess (LAM) MSAC	4-28
53.81	(3)	Janice Farwell (MHS) Norwalk	5-19
54.14	(2)	Gervaise McCraw (SCC) CSLA	4-21

400 METERS ON RELAY LEG

400 MI	EIER	S ON RELAT LEG	
(# = Rel	ay Pos	sition - All hand times)	
48.73	(3)	Valerie Brisco Hooks (WC) MSAC	7-25
48.83	(2)	Sherri Howard (PE) LA	8-11
50.97	(4)	Denean Howard (PE) LA	8-10
51.5	(4)	ChooChoo Knighten (LHS) LA	6-2
51.9	(4)	Paulette Blalock (CHS) Norwalk	5-26
52.19y	(3)	June Griffith (PE) SJCC(= 51.89)	6-8
52.3	(4)	Roberta Belle (PE) Berkeley	7-14
52.67	(2)	Sharon Dabney (CSLA) CSLA	3-10
52.9	(3)	Rose Monday (PE) Berkeley	7-14
53.13	(4)	Delphina Banks (CSH) Missouri	5-25
53.17	(1)	Evelyn Ashford (PE) CSLA	3-24
53.58y	(4)	Robin Campbell (PE) SJCC(= 53.28)	6-8
53.47	(3)	Lashon Nedd (WC) CSLA	4-21
53.5	(2)	Kerri Zaleski (MHS) LA	6-2

		Western and Bullion and	
53.52	(1)	Kelia Bolton (PE) MSAC	4-29
53.88v	(3)	Lisa Hopkins (PE) SJCC(=53.58)	6-8
53.75	(4)	Gayle Kellon (UCLA) MSAC	4-29
53.8	(3)	Margaret Hemmans (ECC)Bakers	5-25
53.9	(4)	Michelle Taylor (SCC) LA	6-23
53.94	(3)	Sandra Farmer (CSLA) CSLA	3-24
54.04	(4)	Willeta Page (PE) UCLA)	5-20
54.1	(-)	Donna Curtis (USC)	
54.1	(4)	Janice Farwell (MHS) MSAC	4-28
54.19	(3)	Kim Noyd (CSH) Missouri	5-25
54.2	(1)	Kerri Zaleski (MHS) Norwalk	5-19
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800 METERS

OUD INE	TEN		
1:58.50	(1)	Kim Gallagher (PE) LA	6-19
1:58.65	(2)	Ruth Wysocki (Brooks) Paris	9-4
1:59.77	(3)	Robin Campbell (PE) LA	6-19
2:00.48	(SF4)	Cynthia Warner (LAM) LA	6-17
2:01.59	(SF7)	Louise Romo (CAL) LA	6-17
2:03.21	(H6)	Rose Monday (PE) LA	6-16
2:04.24	(3)	Michele Hopper (PE) MSAC	4-29
2:04.91	(1)	Trena Hull (CHS) LA	6-2
2:05.1	(-)	Mary Decker (AW)	
2:05.62	(H2)	Cindy Cumbess (LAM) SJCC	6-7
2:05.74	(4)	Deann Gutowski (LAM) Knoxville	5-18
2:05.77	(1)	Marcia Martin (Stanford) Berkeley	5-5
2:05.87	(2)	Kerri Zaleski (CA) LA	6-2
2:05.93	(5)	Donna Curtis (USC) MSAC	4-29
2:06.38	(4i)	Debbie Roberson (MS.INT.) Boston	2-10
2:06.3	(9)	Esther Scherzinger (CA) UCLA	5-13
2:06.50	(2)	Francie Larrieu (N.Bal) Houston	5-26
2:06.56	(2)	Karla Federspiel (LATC) SanDiego	5-27
2:06.71	(2)	Li-Jiau Hendry (Talwan) MSAC	7-15
2:06.97	(1)	Arlise Emerson (Nike) SJCC)	4-21
2:06.98	(3)	Monica Joyce (CW) MSAC	7-15
2:07.08	(H)	Regina Jacobs (Stanford) PaloAlto	5-11
2:07.26	(2)	Jill Ellingson (CPSLO) Berkeley	3-24
2:07.44	(3)	Trescia Palmer (CAL) Berkeley	3-24
2:07.60	(2)	Linda Goen (Converse) UCLA	5-20

1500 METERS

1500 M	ETER	(5	
3:59.19	(1)	Mary Decker (AW) Eugene	6-4
1:00.18	(1)	Ruth Wysocki(Brooks)LA	6-24
4:06.09	(1)	Francie Larrieu(N.Bal)Burnaby	7-16
4:08.08	(1)	Kim Gallagher (PE) SJCC	6-9
4:09.29	(7)	Louise Romo (Cal) LA	6-24
4:10.19	(6)	Maggie Keyes (AW) Lausanne	7-10
4:11.33	(SF6)	Regina Jacobs (Stanford) LA	6-22
4:11.36	(7)	Pattisue Plumer (Stanford) Lausanne	7-10
4:13.3	(3)	Monica Joyce (CW) Berkeley	7-14
4:15.90	(3)	Michele Bush (T.Kang) Atlanta	4.21
4:16.2	(6)	Michele Hopper (PE) SJCC	5-26
4:17.22	(SF7)	Linda Goen (Converse) LA	6-22
4:17.99	(6)	Gladees Prieur (CPSLO) MSAC	4-29
4:18.0	(7)	Alison Wiley (Stanford) SJCC	5-26
4:21.52	(2)	Denise Ball (LATC) MSAC	6.3
4:21.61	(3)	Shella Raiston (PE) MSAC	6-3
4:22.9	(3)	Cory Schubert (Stanford) PaloAlto	5-12
4:23.43	(2)	Tania Fischer (UCLA) UCI	5-5
4:23.60	(2)	Julie Seleine (ASU) Berkeley	4-14
4:23.7	(1)	Andrea Ward (LAM) Pomona	3-24
4:24.07	(1)	Marilyn Davis (CAL) Fresno	5-19
4:24.16	(-)	Jennifer Abraham (UCI)	
4:24.7	(xi)	Amy Harper Avrit (CPSLO) SanDiego	2-17
4:25.23	(1)	Jeri Dunn (CPSLO) Missouri	5-25
4:25.3	(3)	Diana Figliomeni (CSS) Berkeley	3-24

photo by Richard Lee Slotkin Fine Flicks by Don Gosney



RUTH WYSOCKI



KARIN SMITH

3000 METERS

8:34.91	(1)	Mary Decker (AW) LA	6-23
8:49.51	(1)	Monica Joyce (CW) San Diego	5-27
8:50.85	(5)	Francie Larrieu (N.Bal) LA	6-23
8:54.91	(SF4)	Pattisue Plumer (Stanford) LA	6-21
8:58.70	(6)	Maggie Keyes (AW) Stockholm	7-2
9:07.35	(4)	Julie Brown (Adidas) MSAC	4-28
9:09.4	(3)	Alison Wiley (Stanford) Philadel	4-26
9:15.02	(8)	Shella Raiston (Unat) MSAC	4-28
9:15.4	(9)	Ruth Wysocki (Brooks) MSAC	4-28
9:18.6	(2i)	Michele Bush (T. Kang) Portland	2-18



PATTISUE PLUMER

Service 1	12.0		-
9:21.9	(3)	Cory Schubert (Stanford) PaloAlto	5-12
9:22.68	(1)	Ellen Lyons (SMTC) UCI	5-5
9:27.53	(2)	Hansen (Cal) UCI	5.5
9:27.8	(12)	Tania Fischer (UCLA) MSAC	4-28
9:28.5	(13)	Lisa Gonzales (UCI) MSAC	4-28
9:29.75	(1)	Renee Wyckoff (Fres) Fresno	4-7
9:31.22	(2)	Vicki Bray (CPSLO) Missouri	5-25
9:31.5	(1)	Gladees Prieur (CPSLO) Berkeley	3-24
9:32.64	(1)	Louise Romo (Cal) Fresno	2-18
9:33.0	(2)	Michele Hopper (PE) CSLA	1-14
9:33.55	(2)	Ceci Hopp (Stanford) UCLA	5-20
9:34.5	(1)	Chris Bergeron (CA) USC	2-18
9:34.7	(1)	Carol Keller (Jamul) UCLA	4-7
9:35.5	(1)	Kirsten O'Hara (PVHS) LA	6-2
9:37.5	(16)	Amy Harper Avrit (CPSLO) MSAC	4-28
5000 B	AETE	DC	

9:37.5	(16)	Amy Harper Avril (CPSLO) MSAC	4-28
5000 M	ETE	RS	
15:29.0	(1)	Pattisue Plumer (Stanford) Phil	4-26
15:39.50	(1)	Julie Brown (Adidas) LA	6-24
15:42.03	(4)	Monica Joyce (CW) LA	6-24
15:45.52	(-)	Alison Wiley (Stanford)	
15:56.09	(5)	Marty Cooksey (Kang) Eugene	7-21
16:04.63	(11)	Ellen Lyons (SMTC) LA	6-24
16:11.62	(5)	Maggie Keyes (AW) DesMoines	4-28
16:14.87	(14)	Carol Gleason (CPSLO) LA	6-24
16:17.2	(4)	Cory Schubert (Stanford)PaloAlto	5-12
16:23.9	(1)	Marilyn Davis (Cai) Los Gatos	7-21
16:24.24	(+)	Roxanne Bier (SJC)	
16:26.40	(1)	Renee Wyckoff (FS) Goleta	3-24
16:27.85	(3)	Kathy Koudela (CSH) Missouri	5-25
16:32.56	(5)	Nena Manriguez (CSUN) Missouri	5-25
16:35.51	(4)	Chris Bergeron (CA) San Diego	3-4
16:37.22	(5)	Ruth Wysocki (Brooks) SanDiego	3-4
16:45.24	(-)	Pat Story (SMTC)	
16:51.1	(2)	Hemenway (GSFTC) San Fran	5-4
16:53.08	(2)	Cindy Nagle (CMS) Northfield	5-26

continued on next page...

16:59.41 (9) Robyn Root (CPSLO) Missouri 5:17:04.4 (5) Ceci Hopp (Stanford) PaloAlto 5:17:07.81 (2) Lorraine Mercado (UCI) UCI 3:17:08.0 (1) Michele Hopper (PE) CSLA 3:17:08.80 (2) Vicki Bray (CPSLO) Bakersfield 5:17:08.80 (2) Vicki Bray (CPSLO) Bakersfield 5:18:08.72 (2) Ellen Lyons (SMTC) MSAC 4:18:08.72 (2) Ellen Lyons (SMTC) MSAC 4:18:08.72 (13) Kim Schnurpfeil (PE) LA 6:18:18:14 (16) Renee Wyckoff (FS) Eugene 5:18:18:14 (16) Renee Wyckoff (FS) Eugene 5:18:18:19:19:19:19:19:19:19:19:19:19:19:19:19:				
17:04.4 (5) Ceci Hopp (Stanford) PaloAlto 17:07.81 (2) Lorraine Mercado (UCI) UCI 3.17:08.0 (1) Michele Hopper (PE) CSLA 3.17:08.80 (2) Vicki Bray (CPSLO) Bakersfield 5.17:08.80 (2) Vicki Bray (CPSLO) MSAC 4.17:08.10 (2) Pat Story (SMTC) MSAC 4.10.17:2 (13) Kim Schnurpfeil (PE) LA 6.17:08.10 (14) Mary Kias (USIU) MSAC 4.17:08.10 (14) Mary Kias (USIU) MSAC 4.17:08.10 (14) Mary Kias (USIU) MSAC 4.17:08.10 (15) Michele Hopper (PE) CSLA 12:17-18:10 (15) Michele Mason (Stanford) Missouri 5.10 (15) Michele Mason (Stanford) Missouri 5.10 (15) Michele Mason (Stanford) PaloAlto 5.10 (15) Michele Missouri 5.10 (15) Michele Missouri 6.10 (15) Missouri 6.10				4-2
17:07.81 2				5-2
17.08.0				5-1
7:08.80 (2) Vicki Bray (CPSLO) Bakersfield 5 0,000 METERS 2:52.91 (4) Marty Cooksey (Kang) LA 6 3:03.7 (2) Ellen Lyons (SMTC) MSAC 4 4:08.1 (5) Pat Story (SMTC) MSAC 4 4:08.1 (5) Pat Story (SMTC) MSAC 4 4:08.1 (6) Renee Wyckoff (FS) Eugene 5 5:01.1 (4) Karthy Koudela (CSH) Berkeley 3 5:09.2 (12) Robyn Root (CPSLO) MSAC 4 5:509.2 (12) Robyn Root (CPSLO) MSAC 4 5:509.2 (12) Robyn Root (CPSLO) MSAC 4 5:503.1 (1) Cindy Nagle (CMS) Bakersfield 2 5:51.8 (1) Michele Hopper (PE) CSLA 12-17- 5:51.8 (1) Michele Hopper (PE) CSLA 12-17- 6:18.1 (8) Francie Negri (CAL Davis) Missouri 5 7:01.4 (17) S. Ball (USIU) MSAC 4 8:36.86 (2) Kim Miller (UCD) Chico 5 8:37.0 (20) Joanie Eifler (CPP) MSAC 4 8:38.86 (2) Kim Miller (UCD) Chico 5 9:27.9 (2) Zampardo (CSUN) Bakersfield 5 9:27.9 (2) Zampardo (CSUN) Bakersfield 5 9:25.2 (1) Gigl Luhtala, Los Gatos 5 0:30.7 (1) McMillion (Westmont) Pomona 3 19:38.9 (1) Rosa Medina (Fresno CC) 10:43.7 (8) Marty Cooksey (Unat) Olympia 5 30:39.4 (13) Marty Cooksey (Unat) Olympia 5 30:39.4 (13) Marty Cooksey (Unat) Olympia 5 30:39.4 (14) Laurie Crisp, Osaka 13 31:41 (2) Julie Brown (Eugene) Olympia 5 33:52 (7) Nancy Ditz (Menlo Park) Olympia 5 33:42 (13) Marty Cooksey (Unat) Olympia 5 33:43 (5) Michelle Aubuchon, S.F. 8 41:44 (41) Charlene O'Brien(San Jose) Olympia 5 42:19 (1) Leslie McMullin (Oakland) Oakland 2 44:15 (7) Robyn Root (CPSLO) Sacto 12-44 45:00 (8) Pat Story (Tiger) Sacto 12-44 46:01 (4) Elizabeth Baker (Rancho S, F, Olympia 5 45:40 (4) April Powers (Los Altos) Sacto 12-48 46:05 (71) Marilyn Taylor-Allen(GSFTC) Olym 5 46:05 (71) Marilyn Taylor-Allen(GSFTC) Olym 5 47:31 (16) Juana Stavolone (SJ) Sacto 12-48 46:05 (71) Marilyn Taylor-Allen(GSFTC) Olym 5 47:33 (16) Juana Stavolone (SJ) Sacto 12-48 46:05 (71) Marilyn Taylor-Allen(GSFTC) Olympia 5 47:33 (16) Juana Stavolone (SJ) Sacto 12-48 47:38 (1) Judy Vivian (Torrance) Mission Bay 1-1 47:48 (1) Jackle Hansen (SM) Boston 12-48 47:53 (2) Linda Martinez (Belmont) Oakland 2				
2:52.91 (4) Marty Cooksey (Kang) LA 6:3:03.7 (2) Ellen Lyons (SMTC) MSAC 4:4:08.1 (5) Pat Story (SMTC) MSAC 4:4:08.1 (5) Pat Story (SMTC) MSAC 4:4:08.7 (13) Kim Schnurpfeii (PE) LA 6:4:13.4 (16) Renee Wyckoff (FS) Eugene 5:5:05.01.1 (4) Kathy Koudela (CSH) Berkeley 5:09.2 (12) Robyn Root (CPSLO) MSAC 4:5:09.2 (12) Robyn Root (CPSLO) MSAC 4:5:09.2 (12) Robyn Root (CPSLO) MSAC 4:5:09.2 (13) Michele Hopper (PE) CSLA 12:17-6:10.7 (15) Pamela Cox (CW) MSAC 4:5:01.4 (17) S. Ball (USIU) MSAC 4:5:01.4 (17) S. Ball (USI				5-1
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0:30.7 (1) McMillion (Westmont) Pomona 3:0:39.8 (-) Rosa Medina: (Fresno CC)				5-1
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ARATHON				3-1
331:41 (2) Julie Brown (Eugene) Olympia 5-33:52 (7) Nancy Ditz (Menlo Park) Olympia 5-33:52 (7) Nancy Ditz (Menlo Park) Olympia 5-35:42 (13) Marty Cooksey (Unat) Olympia 5-35:42 (13) Laurie Crisp, Osaka 1-37:13 (3) Laurie Binder (Adidas) Sacto 12-48-40:09 (32) Sherry Simmons (Lomita) Olympia 5-40:29 (5) Gayle Voik, Sacramento 12-48-41:01 (6) Rainey Stolp (WVTC) Sacto 12-48-41:44 (41) Charlene O'Brien (SanJose) Olym 5-42:01 (42) Elizabeth Baker (Ranchos, F.) Olym 5-42:01 (42) Elizabeth Baker (Ranchos, F.) Olym 5-43:01 (43) (41) Charlene O'Brien (SanJose) Olym 5-43:01 (42) (43) (43) (44):15 (7) Robyn Root (CPSLO) Sacto 12-48-14 (45):00 (8) Pat Story (Tiger) Sacto 12-48-14 (45):49 (14) Josita Morales (Bishop) Sacto 12-48-46:05 (14) Sharited (Bishop) Sacto 12-48-46:05 (14) Sharited (Bishop) Sacto 12-48-46:25 (76) Marilyn Taylor-Allen (GSFTC) Olym 5-48-25 (76) Bonnie Olyyer (S.F.) Olympia 5-48-				3-2
2.33:52 (7) Nancy Ditz (Menlo Park) Olympia 5- 2.35:42 (13) Marty Cooksey (Unat) Olympia 5- 2.37:01 (5) Laurie Crisp, Osaka 1- 2.37:13 (3) Laurie Binder (Adidas) Sacto 12-4- 2.40:09 (32) Sherry Simmons (Lomita) Olympia 5- 2.40:29 (5) Gayle Volk, Sacramento 12-4- 2.41:01 (6) Rainey Stolp (WVTC) Sacto 12-4- 2.41:34 (5) Michelle Aubuchon, S.F. 8- 2.41:44 (41) Charlene O'Brien(SanJose)Olym 5- 2.42:19 (1) Leslie McMullin (Oakland) Oakland 2 2.42:19 (1) Loslia Morales (Bishop) Sacto 12-4- 2.45:40 (65) Judy Leydig (SanCarlos) Olympia 5- 2.45:40 (71) Marilyn Taylor Allen (GSFTC) Olym 5- 2.46:05 (71) Marilyn Taylor Allen (GSFTC) Olym 5- 2.46:25 (76) Bornie Dwyer (S.F.) Olympia 5- 2.47:31 (16) Juana Stavolone (SJ) Sacto 12-4- 2.47:38 (1) Judy Vivian (Torrance) Mission Bay 1- 2.47:38 (1) Judy Vivian (Torrance) Mission Bay 1- 2.47:38 (1) Judy Leydig (Belmont) Oakland 2 2.47:38 (1) Judy Leydig (Belmont) Oakland 2 2.47:38 (1) Judy Leydig (Belmont) Oakland 2 2.47:38 (2) Linda Martinez (Belmont) Oakland 2 2.47:53 (2) Linda Martinez (Belmont) Oakland 2	MARA	THO	N	
235:42 (13) Marty Cooksey (Unat) Olympia 5- 37:01 (5) Laurie Crisp, Osaka 1, 37:01 (5) Laurie Binder (Adidas) Sacto 12-4- 40:29 (5) Gayle Voik, Sacramento 12-4- 41:01 (6) Rainey Stolp (WYC) Sacto 12-4- 41:04 (6) Rainey Stolp (WYC) Sacto 12-4- 41:34 (5) Michelle Aubuchon, S.F. 8- 41:44 (41) Charlene O'Brien(SanJose) Olympia 5- 42:01 (42-01 (42-01) Elizabeth Baker (Ranchos, F.) Olym 5- 42:19 (1) Leslie McMuillin (Oakland) Oakland 2 44:15 (7) Robyn Root (CPSLO) Sacto 12-4-83 12 44:15 (7) Robyn Root (CPSLO) Sacto 12-4-83 12 45:04 (11) Josita Morales (Bishop) Sacto 12-4-8 45:59 (12) April Powers (Los Altos) Sacto 12-4-8 46:05 (71) Marilyn Taylor-Allen (GSFTC) Olym 5- 46:25 (76) Bonnie Dwyer (S.F.) Olympia 5- 47:31 (16) Juana Stavolone (SJ) Sacto 12-4-8 47:38 (1) Judy Vivian (Torrance) Mission Bay 1- 47:38 (1) Jackie Hansen (SM) Boston 4- 47:48 (2) Linda Martinez (Belmont) Oakland 2			Julie Brown (Eugene) Olympia	5-12
137:01 (5)				5-12
37:13 (3) Laurie Binder (Adidas) Sacto 12:4-6				5-12
140:09 (32) Sherry Simmons (Lomita) Olympia 5-40:29 (5) Gayle Volk, Sacramento 12-44 11:01 (6) Rainey Stolp (WVTC) Sacto 12-44 14:04 (6) Rainey Stolp (WVTC) Sacto 12-44 14:04 (6) Michelle Aubuchon, S.F. 8-41:44 (41) Charlene O'Brien(SanJose) Olympia 5-42:01 (21) Elizabeth Baker (Ranchos F. Jolym 5-42:19 (1) Leslie McMullin (Oakland) Oakland 2 2 2 2 2 2 2 2 2				1-29
40:29 (5) Gayle Volk, Sacramento 12-4-6 41:01 (6) Rainey Stolp (WVTC) Sacto 12-4-6 41:034 (5) Michelle Aubuchon, S.F. 8-1 41:44 (41) Charlene O'Brien(SanJose)Olym 5-1 42:01 (42) Elizabeth Baker (Ranchos, F.)Olym 5-1 42:19 (1) Leslie McMullin (Oakland) Oakland 2 44:15 (7) Robyn Root (CPSLO) Sacto 12-4-83 12 45:00 (8) Pat Story (Tiger) Sacto 12-4-83 12 45:00 (8) Pat Story (Tiger) Sacto 12-4-83 12 45:44 (11) Josita Morales (Bishop) Sacto 12-4-8 45:44 (11) Josita Morales (Bishop) Sacto 12-4-8 45:59 (12) April Powers (Los Altos) Sacto 12-4-6 46:21 (14) Sharlet Gilbert (Richmond) Sacto 12-4-6 46:21 (14) Sharlet Gilbert (Richmond) Sacto 12-4-6 46:25 (76) Bonnie Dwyer (S.F.) Olympia 5-1 47:38 (1) Judy Vivian (Torrance) Mission Bay 1-1 47:38 (1) Jackle Hansen (SM) Boston 4-1 47:48 (-) Jackle Hansen (SM) Boston 4-1 47:48 (-) Linda Martinez (Belmont) Oakland 2				
41:01 (6) Rainey Stolp (WVTC) Sacto 12:44:41:34 (5) Michelle Aubuchon, S.F. 8- 41:34 (6) Michelle Aubuchon, S.F. 8- 42:01 (42) Elizabeth Baker (Ranchos, F.)Olym 5- 42:19 (1) Leslie McMullin (Oakland) Oakland 2 44:15 (7) Robyn Root (CPSLO) Sacto 12:4-83 12:4-85:00 (8) Pat Story (Tiger) Sacto 12:4-83 12:4-85:40 (11) Josita Morales (Bishop) Sacto 12:4-85:40 (11) Josita Morales (Bishop) Sacto 12:4-85:40 (12) April Powers (Los Altos) Sacto 12:4-86:05 (71) Marilyn Taylor-Allen (GSFTC) Olym 5- 46:02 (76) Bonnie Dwyer (S.F.) Olympia 5- 47:31 (16) Juana Stavolone (SJ) Sacto 12:4-8 47:38 (1) Judy Vivian (Torrance) Mission Bay 1- 47:48 (1) Jackie Hansen (SM) Boston 4- 47:48 (1) Jackie Hansen (SM) Boston 4- 47:48 (2) Linda Martinez (Belmont) Oakland 2			Gayle Volk Sassaments	5-12
41:34 (5) Michelle Aubuchon, S.F. 8-41:44 (41) Charlene O'Brien(SanJose)Olym 5-42:01 (42) Elizabeth Baker (Ranchos F.)Olym 5-42:19 (1) Leslie McMullin (Oakland) Oakland 2 44:15 (7) Robyn Root (CPSLO) Sacto 12-4-83 12 45:00 (8) Pat Story (Tiger) Sacto 12-4-8 12-4-8 12-4-8 12 45:12 (65) Judy Leydig (SanCarlos) Olympia 5-1 45:41 (11) Josita Morales (Bishop) Sacto 12-4-8 45:59 (12) April Powers (Los Altos) Sacto 12-4-8 46:05 (71) Marilyn Taylor-Allen(GSFTC) Olym 5-1 46:21 (14) Sharlet Gilbert (Richmond) Sacto 12-4-8 46:25 (76) Bonnie Dwyer (S.F.) Olympia 5-1 47:38 (1) Judy Vivian (Torrance) Mission Bay 1-1 47:48 (1) Jackie Hansen (SM) Boston 4-1 47:48 (2) Linda Martinez (Belmont) Oakland 2			Rainey Stolo (WVTC) Secto	
141:44			Michelle Aubuchon, S.F.	8-19
42:01 (42) Elizabeth Baker (Ranchos, F., Olym 5-142:19 (1) Leslie McMullin (Oakland) Oakland 2 44:15 (7) Robyn Root (CPSLO) Sacto 12-4-83 12 45:00 (8) Pat Story (Tiger) Sacto 12-4-83 12 45:00 (6) Pat Story (Tiger) Sacto 12-4-8 45:44 (11) Josita Morales (Bishop) Sacto 12-4-8 45:49 (12) April Powers (Los Altos) Sacto 12-4-8 46:05 (71) Marilyn Taylor-Allen (GSFTC) Olym 5-146:21 (14) Sharlet Gilbert (Richmond) Sacto 12-4-8 46:25 (76) Bonnie Dwyer (S.F.) Olympia 5-147:38 (1) Judy Vivian (Torrance) Mission Bay 1-147:48 (1) Jackle Hansen (SM) Boston 4-147:48 (2) Linda Martinez (Belmont) Oakland 2	41:44			5-12
A4:15 (7)	:42:01	(42)		5-12
45:00 (8)				2.5
45:12 (65) Judy Leydig (SanCarlos) Olympia 5-1 45:44 (11) Josita Morales (Bishop) Sacto 12-4-8 45:59 (12) April Powers (Los Altos) Sacto 12-4-8 46:05 (71) Marilyn Taylor-Allen(GSFTC) Olym 5-1 46:21 (14) Sharlet Gilbert (Richmond) Sacto 12-4-8 46:25 (76) Bornie Dwyer (S.F.) Olympia 5-1 47:31 (16) Juana Stavolone (SJ) Sacto 12-4-8 47:38 (1) Judy Vivian (Torrance) Mission Bay 1-1 47:47-48 (1) Jackie Hansen (SM) Boston 4-1 47:53 (2) Linda Martinez (Belmont) Oakland 2				3 12-4
45:44 (11) Josita Morales (Bishop) Sacto 12-4-6 45:59 (12) April Powers (Los Altos) Sacto 12-4-6 46:05 (71) Marilyn Taylor-Allen(GSFTC) Olym 5-1 46:21 (14) Sharlet Gilbert (Richmond) Sacto 12-4-6 46:25 (76) Bonnie Dwyer (S.F.) Olympia 5-1 47:31 (16) Juana Stavolone (SJ) Sacto 12-4-6 47:38 (1) Judy Vivian (Torrance) Mission Bay 1-1 47:48 (1) Jackie Hansen (SM) Boston 4-1 47:53 (2) Linda Martinez (Belmont) Oakland 2				
45:59 (12) April Powers (Los Altos) Sacto 12-4-646:05 (71) Marilyn Taylor-Allen (GSFTC) Olym 5-146:21 (14) Sharlet Gilbert (Richmond) Sacto 12-4-646:25 (76) Bonnie Dwyer (S.F.) Olympia 5-147:31 (16) Juana Stavolone (SJ) Sacto 12-4-647:38 (1) Judy (Vivian (Torrance) Mission Bay 1-147:48 (1) Jackle Hansen (SM) Boston 47:53 (2) Linda Martinez (Belmont) Oakland 2				5-12
46:05 (71) Marilyn Taylor-Allen(GSFTC) Olym 5:1 46:21 (14) Sharlet Gilbert (Richmond) Sacto 12:45:46:25 (76) Bornie Dwyer (S.F.) Olympia 5:1 47:31 (16) Juana Stavolone (S.J) Sacto 12:45:47:38 (1) Judy Vivian (Torrance) Mission Bay 1:1 47:48 (1) Jackie Hansen (SM) Boston 4:1 47:53 (2) Linda Martinez (Belmont) Oakland 2				
46:21 (14) Sharlet Gilbert (Richmond) Sacto 12:4-8 46:25 (76) Bonnie Dwyer (S.F.) Olympia 5-1 47:31 (16) Juana Stavolone (SJ) Sacto 12:4-8 47:38 (1) Judy Vivian (Torrance) Mission Bay 1-1 47:48 (1) Jackie Hansen (SM) Boston 4-1 47:53 (2) Linda Martinez (Belmont) Oakland 2				
46:25 (76) Bonnie Dwyer (S.F.) Olympia 5- 47:31 (16) Juana Stavolone (SJ) Sacto 12-4-6 47:38 (1) Judy Vivian (Torrance) Mission Bay 1- 47:48 (1) Jackle Hansen (SM) Boston 4-1 47:53 (2) Linda Martinez (Belmont) Oakland 2				
47:31 (16) Juana Stavolone (SJ) Sacto 12-4-8 47:38 (1) Judy (Vivian (Torrance) Mission Bay 1-1 47:48 (1) Jackle Hansen (SM) Boston 4-1 47:53 (2) Linda Martinez (Belmont) Oakland 2				5-12
47:38 (1) Judy Vivian (Torrance) Mission Bay 1-1 47:48 (·) Jackie Hansen (SM) Boston 4-1 47:53 (2) Linda Martinez (Belmont) Oakland 2				
47:48 (-) Jackie Hansen (SM) Boston 4-1 47:53 (2) Linda Martinez (Belmont) Oakland 2				1-15
47:53 (2) Linda Martinez (Belmont) Oakland 2				4-16
47-60 (00) Innered avie (C.C.)			Linda Martinez (Belmont) Oakland	2-5
47.05 (90) Jeanne Lavin (S.F.) Olympia 5-1	47:59	(90)	Jeanne Lavin (S.F.) Olympia	5-12



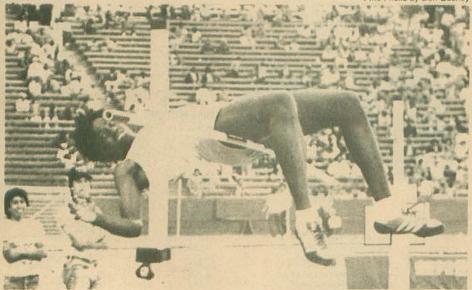
REGINA JOYCE LEADING ELLEN LYONS AND MARTY COOKSEY.

4X100 METER RELAY

42.98	(2)	US West Berkeley	7-14
43.20	(1)	World Class, MSAC	4-29
44.68	(3)	Puma Energizer, Tempe	4-7
45.01	(4)	SCC, Tempe	4-7
45.77	(5)	San Diego State, Tempe	4-7
45.85	(1)	MSAC, Bakersfield	5-25
45.99	(1)	Hawthorne H.S., LA	6-2
46.08	(1)	El Camino College, Norwalk	5-18
46.1	(1)	CS Hayward, San Francisco	5-4
46.2	(1)	Muir H.S., Norwalk	5-26
46.3	(2)	Compton H.S., Norwalk	5-26
46.45	(-)	UC Berkeley, (Cal)	4-14
46.56	(2)	CS Bakersfield, MSAC	4-28
46.6	(4)	Milikan H.S., Norwalk	5-26
46.93	(2)	Contra Costa CC, Bakersfield	5-25
46.8	(2)	CS San Francisco, S.F.	5-4
46.96	(1)	Hawthorne Rockets, LA	6-24
47.02	(3)	Burbank H.S., LA	6-2
47.10	(1)	CSLA, Fresno	3-31
47.0	(1)	Berkeley H.S., Berkeley	5-19
47.1	(5)	LB Poly H.S., Norwalk	5-26
47:26	(4)	Fresno State, Fresno	5-19
47.70y	(4)	Muziks, San Jose (= 47.40)	6-9
47.46	(2)	Pasadena CC, Santa Monica	3-11
47:48	(12)	CSUN, Missouri	5-24
4X400	MET	FR RELAY	

47400	MEI	ER RELAT	
3:30.83y	(1)	Puma Energizer, SJCC = 3:29.61	6-8
3:37.81y	(3)	PE-B, SJCC = 3:36:61	6-8
3:37.08	(1)	World Class, UCI	5-5
3:37.75	(1)	El Camino College, BC	5-25
3:38.65	(1)	Locke H.S., LA	6-2
3:39.9	(1)	CSLA, CSLA	3-10

Fine Flicks by Don Gosney



WENDY BROWN

3:40.45	(2)	LAM, Tempe	4-7
3:40.58	(2)	CSH, Missouri	5-25
3:40.59	(1)	Compton H.S., Norwalk	5-26
3:40.64	(3)	Muzik, Tempe	4-7
3:42.10y	(4)	SCC, SJCC	6-8
3:41.74	(-)	Stanford	
3:42.16	(1)	UC Berkeley, Berkeley	3-24
3:43.35	(3)	Millikan H.S., LA	6-2
3:44.66	(2)	Hawthorne H.S., Norwalk	5-19
3:44.98	(H2)	CPP, Missouri	5-24
3:46.01	Total Total	CPSLO, Missouri	5-24
	(4)		
3:46.87	(2)	MSAC, Bakersfield	5-25
3:46.88	(5)	Muir H.S., Norwalk	5-26
3:46.98	(3)	Fullerton CC, Bakersfield	5-25
3:47.06	(1)	UCLA, UCLA	3-31
3:47.1	(-)	SDS	3-24
3:47.50	(2)	USC, USC	
3:49.82	(4)	American River CC, Bakersfield	5-25
3:50.86	(6)	Beverly Hills H.S., Norwalk	5-26
HIGH J	LIBAD	THE RESERVE OF THE PARTY.	
	Olvir		
6-4	(1)	Pam Spencer (PE) UCLA	5-13
6-21/4	(1)	Wendy Brown (WHS) SJCC	4-21
6-2	(2)	Jane Frederick (AW) UCLA	5-13
6-2	(1)	Phyllis Bluntson (CSB) SJCC	5-26
6-2	(1)	Latresse Johnson (CHS) LA	6-24
6-11/2	(-i)	Jackie Joyner (WC) (6-0 %)	
6-11/2	(1)	Sue McNeal (CPSLO) Berkeley	4-14
6-11/2	(3)	Katrena Johnson (Nike) SJCC	6-8
6-11/4	(2)	Debra Larsen (Unat) MSAC	4-29
6-11/4	(1)	Tonya Alston (UCLA) Eugene	6-2
6-1	(1)	Shelley Fehrman (CSLB) LB	3-17
6-01/2	(1)	Janet Nicolls (CPP) Pomona	3-24
6-0	(Q)	Jolanda Jones (SMTC) LA	6-22
5-111/2	(1)	Amalia Montes (Mexico) CSLA	2-4
5-111/2	(2)	Lori Clark (CA) UCI	3-10
5-111/4	(2)	Denise Gaziambide (Stanford) Provo	5-19
5-11	(M)	Sue Patterson (WARP 7) Pomona	4-20
5-10	(4)	Tonya Mendonco (FS) SJCC ""	4-21
5-10	(4)	Joanna Bullard (CA) UCI	5-5
5-10	(1)	Milde McCall (CSH) Chico	5-12
5-10	(2)	Beth Vidakovits (SFHS) LA	6-2
5-10	(3)	Yleana Carrasco (AHS) LA	6-2
5-91/2	(M)	Karen Kraemer (CPSLO) Pomona	5-4
5-9			3-30
5-9	(1)	Yvette Maufas (LAV) Bakersfield	5.25
5-9	(1)	Michelle Wootten (BVHS) LA	6-2
5-9	(5)	Rena Wright (CSDH)	0.5
	(1)		
5-9	(+)	Francis (MVHS)	
5-9	(-)	Francis (MVHS)	
LONG	(·)	Francis (MVHS)	
5-9 LONG - 23-03/4W	(·) JUMI (1)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4)	5-28
5-9 LONG - 23-0-34 w 22-5-34 w	(-) JUMI (1) (1)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4)	6-2
5-9 LONG . 23-0-1/4 w 22-5-1/4 w 22-4-1/4	(1) (1) (M)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA 0.18	6-2 6-17
5-9 LONG . 23-0 34 w 22-5 34 w 22-4 44 22-1 1/2	(1) (1) (M) (1)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA	6-2 6-17 4-21
5-9 LONG . 23-0 4/w 22-5 4/w 22-4 4/w 22-1 1/2 21-9 1/2	(1) (1) (1) (M) (Q1)	Prancis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA 0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07	6-2 6-17 4-21 6-7
5-9 LONG . 23-0 4/w 22-5 4/w 22-4 4/w 22-1 1/2 21-9 1/2 21-5 1/w	(1) (1) (1) (M) (1) (Q1) (1)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA 0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12	6-2 6-17 4-21 6-7 5-13
5-9 LONG . 23-0 4w 22-5 4w 22-4 4w 22-1 1/2 21-9 1/2 21-5 1/4 21-2 1/4	(1) (1) (1) (M) (Q1)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene	6-2 6-17 4-21 6-7 5-13 6-2
5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-1 ½ 21-9 ½ 21-5 ¼ 21-2 ¼ 21-1 ¼ 21-1 ¼	(1) (1) (1) (M) (1) (Q1) (1)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA 0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12	6-2 6-17 4-21 6-7 5-13 6-2 9-16
5-9 LONG . 23-0 4w 22-5 4w 22-4 4w 22-1 1/2 21-9 1/2 21-5 1/4 21-2 1/4	(·) JUMI (1) (1) (M) (1) (Q1) (1) (4)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMilliam (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene	6-2 6-17 4-21 6-7 5-13 6-2
5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-1 ½ 21-9 ½ 21-5 ¼ 21-2 ¼ 21-1 ¼ 21-1 ¼	(1) (1) (1) (M) (1) (Q1) (1) (4) (M)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA 0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence	6-2 6-17 4-21 6-7 5-13 6-2 9-16
5-9 LONG . 23-0 4 w 22-5 4 w 22-4 4 22-1 1/2 21-9 1/2 21-5 1/4 21-1 1/4 21-1 1/4 21-1 0/4 21-0	(·) JUMI (1) (1) (M) (1) (Q1) (1) (4) (M) (1) (3)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMilliam (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene	6-2 6-17 4-21 6-7 5-13 6-2 9-16 7-7
5-9 LONG . 23-0 4 w 22-5 4 w 22-4 4 22-1 1/2 21-9 1/2 21-5 1/4 21-1 1/4 21-1 1/4 21-0 1/4	(·) JUMI (1) (1) (M) (1) (Q1) (1) (4) (M) (1) (3)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI	6-2 6-17 4-21 6-7 5-13 6-2 9-16 7-7 5-5
5-9 LONG . 23-0 4 w 22-5 4 w 22-4 4 22-1 1/2 21-9 1/2 21-5 1/4 21-1 1/4 21-1 1/4 21-1 0/4 21-0	(·) JUMI (1) (1) (M) (1) (Q1) (1) (4) (M) (1) (3)	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto	6-2 6-17 4-21 6-7 5-13 6-2 9-16 7-7 5-5 5-12
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5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-5 ¼ w 22-1 ½ 21-9 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 20-10 ½ 20-10 ½ 20-9 ½ 20-7 ½ 19-9 ½ 20-5 ¼ w 20-5	(*) JUMI (1) (1) (1) (2) (3) (4) (6) (1) (1) (1) (4) (6) (1) (1) (1) (1) (1) (2) (2) (2) (2) (2) (2) (3) (6) (1) (2) (3) (6) (1) (2) (3) (6) (1) (2) (3) (6) (1) (2) (3) (6) (1) (2) (3) (6) (1) (2) (3) (6) (1) (6) (7) (8) (8) (9) (9) (9) (9) (9) (9) (9) (9) (9) (9	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto Shiri Million(Wash) Mod(20-81/4) Sheila Nicks (UNLV) UCI Lena Wallin (CA) Oslo Wendy Brown (WHS) LA Joanna Harper (Unat) Compton Gail Devers (SHS) Norwalk Marlene Harmon (PE) + 2.86(20-13/4) Patsy Walker (Adidas)Sacto(20-41/4) Patsy Walker (Adidas)Sacto(20-41/4) Sharon Boyer (CA) UCI Sandy Crabtree (CA) Compton Yvette Bates (BHS) SantaMonica Jewel Lovelady (Roadrunner)Fresno Karen Lawson (SFHS)SJCC(42-101/2) Yvette Bates (BHS) LA(42-51/4) Robyne Johnson (Texas)Eug(40-111/2 Cece Chandier (CPSLO)Missouri Sheila Hudson (PLHS) LA Renita Robinson (MAHS) Chandra Roberts (CSLA) UCI Jewel Lovelady (RR) UCI Janis Diggs (SHS)Berkeley Camiller Robertson (RHS) Norwalk	6-2 6-17 7-13 6-2 9-16 7-7 5-5 5-12 5-12 5-25 5-27 7-21 6-2 5-5 5-26 6-7 7-21 5-25 6-7 7-21 6-2 6-7 7-21 6-2 6-7 7-21 6-2 6-7 7-21 6-2 6-7 7-7 7-21 6-2 6-7 7-7 7-2 1 1-2 1 1-2 1 1-2 1 1-2 1 1-2 1 1 1 1
5-9 LONG 23-0 ¼ W 22-5 ¼ W 22-5 ¼ W 22-1 ½ 21-9 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 20-10 ½ 20-10 ½ 20-10 ½ 20-10 ½ 20-5 ½ W 20-2 20-1 ½ 19-11 19-9 ½ 19-9 19-8 ¼ W 42-6 ½ W 41-4 ¼ W 40-4 ¼ 40-3 ½ 40-2 ½ 39-9 % 39-6 39-6	(1) JUMI (1) (1) (1) (1) (1) (1) (1) (2) (2) (2) (2) (2) (2) (2) (2) (2) (3) (3) (4) (1) (1) (2) (3) (3) (4) (4) (4) (5) (6) (7) (7) (7) (7) (7) (7) (7) (7) (7) (7	Francis (MVHS) Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto Shiri Milton(Wash) Mod(20-81/4) Sheila Nicks (UNLV) UCI Lena Wallin (CA) Oslo Wendy Brown (WHS) LA Joanna Harper (Unat) Compton Gail Devers (SHS) Norwalk Marlene Harmon (PE) + 2.86(20-13/4) Patsy Walker (Adidas)Sacto(20-41/4) Sharon Boyer (CA) UCI Sandy Crabitee (CA) Pomona Melvina Lay (CSLA) Compton Yvette Bates (BHS) SantaMonica Jewel Lovelady (Roadrunner)Fresno Karen Lawson (SFHS)SJCC(19-61/5) MP Wendy Brown (WHS)SJCC(42-101/5) Yvelte Bates (BHS) LA(42-51/4) Robyne Johnson (Texas)Eug(40-111/5) Cece Chandier (CPSLO)Missouri Sheila Hudson (PLHS) LA Renita Robinson (MAHS) Chandra Roberts (CSLA) UCI Jenel Lovelady (RR) UCI Janis Diggs (SHS)Berkeley Camillo Robertson (RHS) Norwalk Gait Devers (SHS)	6-2 6-17 5-13 6-2 9-16 7-7 5-5 5-12 5-25 6-7 7-21 5-25 6-7 7-21 5-25 6-7 7-21 5-25 6-7 7-21 5-5 5-12 5-26 6-7 7-7 1-29 4-7 5-18 4-21 6-2 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5
5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-1 ½ w 21-9 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 20-1 0	(1) JUMI (1) (1) (1) (M) (1) (Carol Lewis(SMTC) + 2.20(22-7 1/4) Gwen Loud(Hawaii) Eugene(21-7 1/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMilliam (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto Shiri Milton(Wash) Mod(20-8 1/4) Sheila Nicks (UNLL) UCI Lena Wallin (CA) Oslo Wendy Brown (WHS) LA Joanna Harper (Unat) Compton Gail Devers (SHS) Norwalk Marlene Harmon (PE) + 2.86(20-1 1/4) Patsy Walker (Adidas)Sacto(20-4 1/4) Sharon Boyer (CA) UCI Sandy Crabtree (CA) Pomona Melvina Lay (CSLA) Compton Yvette Bates (BHS) SantaMonica Jewel Lovelady (Roadrunnen)Fresno Karen Lawson (SFHS)SJCC(19-6 1/2) Yvette Bates (BHS) LA(42-5 1/4) Robyne Johnson (Texas)Eug(40-111/2) Yvette Bates (BHS) LA(42-5 1/4) Robyne Johnson (Texas)Eug(40-111/2) Sheila Hudson (PLHS) LA Renita Robinson (MAHS) Chandra Roberts (CSLA) UCI Janis Diggs (SHS)Berkeley Camillo Robertson (RHS) Norwalk Gait Devers (SHS) Carole Jones (AZ) Compton	6-2 6-17 5-13 6-2 9-16 7-7 5-5 5-12 5-25 6-7 7-21 5-25 6-7 7-21 5-25 6-7 7-21 5-25 6-7 7-21 5-5 5-12 5-26 6-7 7-7 1-29 4-7 5-18 4-21 6-2 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5
5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-4 ¼ 22-1 ½ 21-9 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 20-10 ½ 20-10 ½ 20-9 ½ 20-7 ½ 19-9 ½ 20-5 ¼ w 20-5 ¼	() JUMI (1) (1) (0) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto Shiri Milton(Wash) Mod(20-81/4) Sheila Nicks (UNLV) UCI Lena Wallin (CA) Oslo Wendy Brown (WHS) LA Joanna Harper (Unat) Compton Gail Devers (SHS) Norwalk Marlene Harmon (PE) + 2.86(20-13/4) Patsy Walker (Adidas)Sacto(20-41/4) Patsy Walker (Adidas)Sacto(20-41/4) Sharon Boyer (CA) UCI Sandy Crabtree (CA) Pomona Melvina Lay (CSLA) Compton Yvette Bates (BHS) SantaMonica Jewel Lovelady (Roadrunnen/Fresno Karen Lawson (SFHS)SJCC(42-101/2) Yvette Bates (BHS) LA(42-51/4) Robyne Johnson (Texas)Eug(40-111/2 Cece Chandier (CPSLO)Missouri Sheila Hudson (PLHS) LA Renita Robinson (MAHS) Chandra Roberts (CSLA) UCI Jewel Lovelady (RR) UCI Janis Diggs (SHS)Berkeley Camille Robertson (RHS) Norwalk Gail Devers (SHS Carole Jones (AZ) Compton	6-2 6-17 6-17 5-13 6-2 9-16 7-7 7-21 6-2 5-5 5-12 5-27 7-21 6-2 5-5 4-21 5-25 6-7 7-21 5-25 6-2 4-21 5-25 6-2 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5
5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-1 ½ 21-9 ½ 21-9 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 20-1 1 ½ 20-1 1 ½ 20-1 1 ½ 20-1 1 ½ 19-9 ½ 20-7 20-5 ½ w 20-2 20-1 ½ 19-11 19-9 ½ 19-9 ½ 19-8 ¼ w 41-4 ¼ w 40-4 ¾ 40-2 ½ 40-2 ½ 39-8 ¾ 39-6 39-5 39-0 39-5 39-0 39-5 39-0 39-0	(1) JUMI (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMilliam (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto Shiri Milton(Wash) Mod(20-81/4) Sheila Nicks (UNLV) UCI Lena Wallin (CA) Oslo Wendy Brown (WHS) LA Joanna Harper (Unat) Compton Gail Devers (SHS) Norwalk Marlene Harmon (PE) + 2.86(20-13/4) Patsy Walker (Adidas)Sacto(20-41/4) Sharon Boyer (CA) UCI Sandy Crabtree (CA) Pomona Melvina Lay (CSLA) Compton Yvette Bates (BHS) SantaMonica Jewel Lovelady (Roadrunner)Fresno Karen Lawson (SFHS)SJCC(19-61/5) MP Wendy Brown (WHS)SJCC(42-101/2) Yvelte Bates (BHS) LA(42-51/4) Robyne Johnson (Texas)Eug(40-111/2 Cece Chandler (CPSLO)Missouri Sheila Hudson (PLHS) LA Renita Robinson (MAHS) Chandra Roberts (CSLA) UCI Janis Diggs (SHS)Berkeley Camille Robertson (RHS) Norwalk Gait Devers (SHS Carole Jones (AZ) Compton	6-2 6-17 6-17 5-13 6-2 9-16 7-7 5-5 5-12 5-26 6-7 7-21 5-26 6-7 7-21 5-26 6-7 7-21 5-5 5-27 5-28 6-27 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-
5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-1 ½ w 21-9 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 20-1 0	(1) JUMI (1) (1) (M) (1) (M) (1) (M) (1) (M) (M) (1) (M) (M) (M) (M) (M) (M) (M) (M) (M) (M	Carol Lewis(SMTC) + 2.20(22-7 1/4) Gwen Loud(Hawaii) Eugene(21-7 1/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMilliam (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto Shiri Milton(Wash) Mod(20-8 1/4) Sheila Nicks (UNLL) UCI Lena Wallin (CA) Oslo Wendy Brown (WHS) LA Joanna Harper (Unat) Compton Gail Devers (SHS) Norwalk Marlene Harmon (PE) + 2.86(20-1 1/4) Patsy Walker (Adidas)Sacto(20-4 1/4) Sharon Boyer (CA) UCI Sandy Crabtree (CA) Pomona Melvina Lay (CSLA) Compton Yvette Bates (BHS) SantaMonica Jewel Lovelady (Roadrunnen)Fresno Karen Lawson (SFHS)SJCC(19-6 1/5) MP Wendy Brown (WHS)SJCC(42-10 1/2) Yvette Bates (BHS) LA(42-5 1/4) Robyne Johnson (Texas)Eug(40-11 1/5) Cece Chandifer (CPSLO)Missouri Sheila Hudson (PLHS) LA Renita Roberts (CSLA) UCI Janis Diggs (SHS)Berkeley Camillo Robertson (RHS) Norwalk Gait Devers (SHS Carole Jones (AZ) Compton Lynette Farnum (CPSLO) Gattney (CT) Penn Milde MicCall (CSH) Missouri	6-2 6-17 6-17 5-13 6-2 9-16 7-7 7-21 6-2 5-5 5-12 5-27 7-21 6-2 5-5 4-21 5-25 6-7 7-21 5-25 6-2 4-21 5-25 6-2 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5
5-9 LONG . 23-0 ¼ w 22-5 ¼ w 22-5 ¼ w 22-1 ½ 21-9 ½ 21-9 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 21-1 ½ 20-10 ½ 20-10 ½ 20-9 ¼ 20-5 ½ w 20-5 ½ w 20-5 ½ w 20-5 ½ 19-11 19-9 ½ 19-9	() JUMI (1) (1) (1) (2) (3) (4) (4) (5) (1) (1) (1) (4) (4) (5) (7) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	Carol Lewis(SMTC) + 2.20(22-71/4) Gwen Loud(Hawaii) Eugene(21-71/4) Jackie Joyner (WC) LA -0.18 Jennifer Inniss (CSLATC) CSLA Jodi Anderson (PE) SJCC + 1.07 Kathy McMillian (CA) UCLA + 1.12 Sabrina Williams (USC) Eugene Jane Frederick (AW) Talence Douglas (CA) Eugene Janet Yarbrough (Hind) UCI Veronica Bell (SCC) Modesto Shiri Millon(Wash) Mod(20-81/4) Sheila Nicks (UNLV) UCI Lena Wallin (CA) Oslo Wendy Brown (WHS) LA Joanna Harper (Unat) Compton Gail Devers (SHS) Norwalk Marlene Harmon (PE) + 2.86(20-13/4) Patsy Walker (Adidas)Sacto(20-41/4) Patsy Walker (Adidas)Sacto(20-41/4) Sharon Boyer (CA) UCI Sandy Crabtree (CA) Compton Yvette Bates (BHS) SantaMonica Jewel Lovelady (Roadrunner)Fresno Karen Lawson (SFHS)SJCC(42-101/2) Yvette Bates (BHS) LA(42-51/4) Robyne Johnson (Texas)Eug(40-111/2 Cece Chandier (CPSLO)Missouri Sheila Hudson (PLHS) LA Renita Robinson (MAHS) Chandra Roberts (CSLA) UCI Jewel Lovelady (RR) UCI	6-2 6-17 6-7 5-13 6-2 9-16 7-7 5-12 5-5-12 5-5-12 6-2 5-26 6-7 7-21 6-2 5-5-18 4-21 6-2 1-2 1-2 1-3 1-3 1-3 1-3 1-3 1-3 1-3 1-3 1-3 1-3

38-8 38-4 1/4 38-3 1/2	(·) (1) (·)	Chandra McQuarn (LBWHS) Cathy Roberts (CHS) Norwalk Yvette Roberts (WHS)	5-19	156-9 155-8 154-5	(1) (1) (2)	Diana Clements (Adidas) CSLA Tracy Saylor (CSLB) CSLB Dahna Taylor (USIU) Pomona	2-4 3-17 4-21
38-3 38-3	(2)	Kelly Calahan (KHS) Sacto Olsen (GHS) SJCC	5-18 5-19	JAVE	LIN T	HROW	
38-2½ 38-1¾ w	(4)	Kathy Reimann (CPSLO) UCI Debbie Orr (OVHS) (37-8)	5-5 5-2	212-2 200-5	(2) (1)	Karin Smith (AW) Tokyo Cathy Sulinski (ML) Berkeley	9-14 7-14

photo by Bill Leung, Jr.



PAM SPENCER

SHOT PUT

7-15 3-24 7-21 4-7 Lorna Griffin (AW) MSAC 59-7 58-334 Ramona Pagel (SDS) USC 58-3-4 57-1 56-2½ 55-8 55-1½ 54-11¼ 54-0½ 52-2½ 52-2 Carol Cady (Stanford) SAC Bonnie Dasse (CA) Tempe Leslie Deniz (PTC) Flagstaff (3) (2i) (3i) Natalie Kaaiawahia (ASU) Flagstaff Natalie Kaalawania (ASU) Flagstaff Peggy Pollack (CA) Tempe Sharen Hamilton (RR) MSAC Jane Frederick (AW) Potsdam Diana Clements (Adidas)SanDeigo Pam Dukes (Stanford)PaloAlto Laura DeSnoo (SDS) SanDiego Kathy Devine (Unat) (4) (5) (M) 4-7 4-29 7-20 (2) (4) (3) 5-27 5-12 5-27 51-3½ 50-1 3-10 3-24 4-7 2-11 5-25 5-24 Annie McElroy (Unat) CSLB Jacque Norton (Unat) Tucson Dot Jones (ModestoCC) Fresno 49-101/2 48-10 Lorráine Costanzo (AZ) Flagstaff Diane Oswalt (CSH) Missouri Patsy Walker (Unat) Corvallis Cindi Durschlag (UCBerk) Berkeley Jacqui Sheffield (LSU) Houston (4i) (2) (2) (4) 48-5 47-111/2 47-61/2 47-534 47-534 47-5 47-21/2 47-21/4 (2) (M) (M) Jackie Joyner (WC) LA Kerry Bell (CA) UCLA

46-6	(1)	Pam Alexander (AHS)	3-16
46-5 1/2	(1)	Deborah Corley (CSB) Bakers	2.25
DISCU	IS		
213-11	(1)	Leslie Deniz (Unat) Tempe	4.7
208-0	(1)	Lorna Griffin (AW) SMCC	4-14
206-6	(Q1)	Carol Cady (Stanford) Eugene	5-31
196-4	(7)	Laura DeSnoo (SDS) MSAC	4-29
186-6	(2)	Ramona Pagel (SDS) LasVegas	3-31
179-8	(1)	Natalie Kaaiawahia (ASU) Berk	4-14
179-7	(Q7)	Gale AZaphiropoulos (WLCity)LA	6-23
178-10	(-)	Diane Oswalt (CSH) (178-4)	
178-6	(1)	Karen Nickerson (Stanford)PaloAlto	3-17
176-11	(1)	Lacy Barnes (FS) Eugene	4 28
176-0	(6)	Francine Kaylor (Maccabi) SJCC	6.8
174-6	(2)	Glenda Ford (Converse) Berk	3-24
1716	(4)	Jacque Norton (Unat) SanDiego	5.27
170-1	(2)	Toni Lutjens (UCLA) UCLA	5-19
167-11	(3)	Wendy Robinson (Unal) SAC	4-14
167-10	(2)	Lindy Toman (CW) Oxy	5-12
166-10	(7)	Kim Kesler (UCBerk) Modesto	5 12
164-8	(2)	Brenda Westbrook (UCI) Irvine	.1.10
164-4	(4)	Cindi Durschlag (CA) Berkeley	3.10
161-11	(2)	Pam Dukes (Stanford) Oxy	3 31
159-1	(1)	Stacev Hom (CHS) LA	6.2
157-2	(5)	Mary Dentinger (SAC) Fresno	4.7
	- 11 A STORY		

photo by Bill Leung, Jr.



RAMONA PAGEL

10710	TABLE TO		-
197-10	(1)	Lynda Sutlin (Unat) Austin	5-20
192-7	(2)	Kate Schmidt (PE) UCLA	5-13
186-1	(Q3)	Susie Ray (WC) SJCC	6-7
177-7	(1)	Michelle Olivera (CA) NASSAU	8-25
177.4	(1)	Joanne Davis (UCSB) Oxy	4:17
177 3	(5)	Debbie Williams (CA) SJCC	6-8
174-6	(1)	Barb Moro (Bud Light) UCI	5-5
173-0	(M)	Jane Frederick (AW) Potsdam	7.21
172-9	(1)	Liz Mueller (CA) San Diego	3-4
170-10	(1)	Faye Roblin (FR) Eugene	4.28
169-11	(1)	Shella Carpenter (AIA) CSLA	3-18
168-10	(1)	Mary Osborne (Stanford) PaloAlto	4-21
167-7	(1)	Jacque Nelson (CPP) BakersId	2-10
166-4	(2)	Kristen Engle (Unat) Berkeley	3-24
163-5	(Q11)	Deena Bernstein (CA) SJCC	6-7
162-9	(2)	Debra Larsen (Unat) MSAC	6-3
161-3	(1)	Bailey (WV) Salinas	5.23
160-9	(M)	Tracy Hanton (USMA) Phila	4-25
160-1	(2)	Angela Rock (SDS) PaloAlto	4.21
159-7	(3)	Jo Ethenidge (E. Wash, U) Montana	5-19
159-5	(3)	Debbie Dibb (SDTC) Pomona	4-21
157-3	((2)	Jenny Pace (Unat)(Malta)LA	8-5
155-10	(3)	Brenda McIntyre (PP) Oxy	5-12
HEPTA	THL	NC	

6714AR (1) Jann Frederick (AW) Talence 9 13.27 6-11 50 10 74 15 71 11 169 9 7 13.55

6520AR (1) Jackie Joyner (WC) LA 6-16	8/17
13.61, 6-0, 42-1014, 23.77, 22-414, 148-11, 2:13.41	
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13.52, 5-1014, 43-1114, 24.49, 20-101/2, 159-2, 2:13.2	
	6/17
13.81, 5-714, 46-14, 24.68, 20-414, 130-9, 2:12.57	-
	9/20
15.14, 5-1114, 44-914, 25.05, 18-814, 145-0, 2:23.13	
	6/17
14.76, 5-9 4, 41-6, 25.75, 18-6 4, 127-0, 2:08.55	6/17
5698 (8) Kerry Bell (CA) LA 6-11 14.96, 6-0, 45-10½, 26.42, 18-10¾, 121-6, 2:23.31	OF FT
	6/17
13.95, 5-714, 38-634, 25.24, 18-6, 114-11, 2:16.84	
	0/21
15.40, 5-11, 38-6, 26.48, 17-1034, 149-4, 2:17.61	
	9/20
14.10, 5-51/4, 39-71/4, 25.90, 18-21/2, 127-6, 2:17.63	
	1/12
14.5, 5-834, 44-8, 25.4, 19-214, 115-7, 2:29.2	
5582 (4) Sharon Hatfield (USC) Eugene 5-2	8/29
14.65, 5-6, 37-3, 25.47, 18-5 14, 125-9, 2:16.90	-
0330	8/29
14.49, 5-6, 38-8 ¼, 26.12, 18-3 ¼, 149-9, 2:25.94	
	6/27
14.98, 5-7, 38-514, 24.95, 18-1134, 115-6, 2:21.85	2110
	7/18
14.5, 5-1, 43-11 ³ / ₄ , 26.3, 16-10 ³ / ₅ , 133-6, 2:24.1 5273 (3) Ticka Simon (CSH) Missouri 5-2	1/22
5273 (3) Ticka Simon (CSH) Missouri 5-2 15.31, 4-1134, 33-21/2, 25.35, 18-1, 126-2, 2:14.68	1166
	6/17
14.71, 5-714, 37-114, 26.06, 19-0, 132-2, 2:52.86	
	6/27
14.50, 5-1, 37-1134, 25.86, 17-6, 110-4, 2:21.85	
	5-4/5
15.2, 5-1 1/4, 36-2, 25.7, 17-6, 125-11, 2:17.9	
	20/21
15.39, 5-11, 32-314, 27.31, 17-0, 122-3, 2:21.27	
5191 (-) Sharon Hanson (CPSLO) Berkeley 3-2	24/25
14.9, 4-11 34, 36-5, 26.1, 16-10 34, 141-3, 2:20.0	
	5-4/5
13.5, 5.7, 41-5, 24.6, 17-101/2, 74-0, 2:50.2	
	6/17
13.9w, 5-0½, 34-4¾, 25.1, 18-½, 101-4, 2:35.3	- Live
	1/12
5082H (T3) Deanne Johnson (SDS) Palo Alto 5-1	1/12
PENTATHLON	
	E140
	5/16
13.27, 6-1½, 50-10, 21-1¼, 2:13.55 4712 (1) Jackie Joyner (WC) LA 6-1	6/17
4712 (1) Jackie Joyner (WC) LA 6-1	OUT

4712 (1) Jackie Joyner (WC) LA 13.61, 6-0, 42-10 ⁻¹ 4, 2:13.41	6-16/17
4628 (2) Jodi Anderson (PE) LA	6-16/17
13.52, 5-10-4, 43-11-4, 20-10-4, 2:13.20	di lori i
4514 (4) Patsy Walker (Adidas) LA	6-16/17
13.81, 5-714, 46-014, 20-414, 2:12.57	
4310 (5) Joan Russell (CA) LA	6-16/17
14.76, 5-934, 41-6, 18-634, 2:08.55	
4263 (6) Marlene Harmon (PE) LA	6-16/17
14.07, 5-81/2, 38-31/2, 19-81/4, 2:17.19	
4250 (8) Kerry Bell (CA) LA	6-16/17
14.96, 6-0, 45-101/2, 18-101/4, 2:23.31	
4184 (3) Debra Larsen (Unat) UCLA	5-19/20
15.14, 5.1114, 44-914, 18-814, 2:23.13	
4176 (9) Mary Harrington (Nike) LA	6-16/17
13.95, 5-714, 38-614, 18-6, 2:16.84	2 3 4 A 4
	6-16/17
14.44, 6-0, 45-1½, 18-7½, 2:35.32	-
4127 (11) Sue Brownell (Outreach) LA	6-16/17
14.73, 5-6, 38-434, 19-51/2, 2:15.90	F.04100
4054 (2) Tracy Hanlon (USMA) Missouri	5-21/22
14.41, 5-3½, 41-5½, 18-3½, 2:27.17 4083H (1) Janet Nicolls (CPP) Pomona	5-4/5
4083H (1) Janet Nicolls (CPP) Pomona 15.4, 5-101/2, 41-41/2, 17-81/4, 2:16.9	0-4/0
4035 (4) Sharon Hatfield (USC) Eugene	E 20100
14.65, 5-6, 37-3, 18-5 ³ / ₄ , 2:16.90	2.59159
4009 (7) Li-Jiau Tsai (MSAC) MSAC	4-25/26
14.98, 5-7, 38-5 ¹ / ₄ , 18-11 ³ / ₄ , 2-21.85	4-20/20
3879H (3) Cece Chandler (CPSLO) Pomona	5.4/5
13.5, 5-7, 41-5, 17-101/2, 2:50.2	0.410
3822 (2) Sue Patterson (CA) UCI/MSAC	5-5/6
15.42, 5-834, 32-9, 17-2, 2:17.84	
3799 (8) Allison Eades (UCBerk) MSAC	4-26/27
14.50, 5-1, 37-1134, 17-6, 2:21.85	
3840H (3) Laura Mills (UCI) Oxy	3-17/18
14.5, 5-1, 43-1134, 16-101/2, 2:24.1	
3745 (6) Denise Woodard (UCR) Missouri	5-21/22
15.61, 5-1, 36-34, 17-71/2, 2:14.59	
3716 (17) Carrie McLaughlin (CA) LA	6-16/17
14.71. 5-714. 37-114. 19-0. 2:52.86	
3715 (3) Ticka Simon (CSH) Missouri	5-21/22
15.31, 4-11 4, 33-21 2, 18-1, 2:14.68	The same
3745H (4) Karen Kraemer (CPSLO) Pomona	5-4/5
15.4, 5-91z, 33-814, 16-914, 2-22.8 3674 (5) Tina Glenn (CPP) Pomona	1:20/21
15.16, 5-314, 35-412, 16-514, 2:20,14	4-20/21
3681H (1) Lynne Wingle (IdahoSt) Montana	5.16/17
13.9w, 5-012, 34-432, 18-012, 2:35.3	De light /
10.01.00 7.014 1.100 7.2.003	

Prep Notes

California Interscholastic

By KEITH CONNING

L.A. Vice Raid Nets Olympic

January 14. Los Angeles.

Two-time Olympic hurdles champion Edwin Moses was one of 82 men arrested and charged with soliciting prostitution during a vice squad sweep of Hollywood. He was also cited for possessing a small amount of marijuana, police said.

Moses, co-winner of Sports Illustrated's Athlete of the Year award with gymnast Mary Lou Retton, won the gold medal in the 400-meter hurdles in the 1976 and 1984 Olympics and has not lost in seven years and 109 races.

Moses, who is married, was arrested early yesterday at Sunset Boulevard and Genesee Avenue for allegedly approaching a female undercover police officer and soliciting an act of prostitution.

Police Sgt. David Young said Moses "was booked for soliciting an act of prostitution, and later released on his own recognizance.

Soliciting an act of prostitution is a misdemeanor and carries a \$500 fine and/or six months in jail.

Mary Decker, Mary Decker January 12. Los Angeles.

Mary Decker believes that her wellpublicized collision with Zola Budd at the Olympic Games last summer might ultimately work in her favor. And some harsh words from an Olympic teammate might help, too.

Sometimes, I wonder if what happened at the Olympics wasn't a blessing in disguise to motivate me more," Decker said. "Maybe, maybe not."

"Maybe that's what I needed to get something inside me fired up to run even faster than I have."

Decker, 26, will race for the first time since her celebrated fall in the 3,000-meter race in the Olympics next Friday night when she competes in the 2,000-meter event in the Sunkist Invitational track meet at the Los Angeles Sports Arena.

Ruth Wysocki, who will also run in 2,000, said earlier this week that she felt Decker owed Budd an apology for her behavior following the incident in the Games, when Decker collided with Budd

Decker blamed Budd for the collision, saying, "I hold her responsible," after the

In addition, Wysocki sald, "Some of us are relieved that the public now knows the Mary we all know.

"I can only say that Ruth may have done me a favor," Decker said yesterday at a news conference. "She may have helped me run faster.

'We're just acquaintances. I find it puzzling and surprising that she's

become such an authority on me."

Decker, responding to the critical remarks by Wysocki and American miler Steve Scott, another Olympian, said she likes the way she is and that she doesn't believe she has any reason to apologize

'I think the general public respects me because they can relate to me as a human being," Decker sald. "I have feel-

'My reaction following the Olympics were completely natural, human and what I felt. I think people have the right to form their own opinions. I think I have the right to feel my own feelings

"I don't think I'm a selfish person. I think I've given a lot to track and field . . . It (the criticism) bothers me. human being. I have emotions. It doesn't bother me enough to lose sleep over it."

Decker expressed the feeling that Wysocki spoke out without being aware of some details.

"I think it's unfortunate that she (Wysocki) has been misinformed," Decker said. "I've never belittled my competitors and I don't want to start now.
"I don't feel like I have any reason to

apologize. We tried to organize a breakfast or a lunch with Zola after the Olympics. They declined the invitation.

'If anyone should apologize, I think it should be Wysocki for talking about something she doesn't have any idea about."

Mary Decker Weds January 1. Eugene, Oregon.

Track star Mary Decker celebrated New Year's day by marrying British discus thrower Richard Slaney in a private church ceremony in Eugene, Oregon. Decker wore a white gown with veil and carried a bouquet of flowers during the 15-minute evening ceremony at the First United Methodist Church in Eugene. Slaney wore a black tuxedo. Fellow track star Alberto Salazar drove the couple to the reception immediately after the wed ding. Many athletes were among the 250 people who witnessed the wedding. Decker's coach, Dick Brown, also was present. The church choir sang "Amazing Grace" during the ceremony, which was officiated by the Rev. Fred Kane. It was Decker's second marriage and Slaney's first. She was formerly married to marathon runner Ron Tabb. They were divorced in 1983.

Decker called Slaney the most unselfish athlete she has ever known. "I out, so I thought, 'Oh God, I could screw this up too," she said. "But as Richard and I look at II, if we can go through a year like this with all the pressures, adverse situations and everything that's happened, then we certainly can live the rest of our lives together.

Now, Early Bird Gets the Jogger December 27. Boston, Mass.

"We have identified an additional unexpected danger for joggers," Swiss doctors said in a report published today. Bird attacks.

Over the last two years, the doctors say they have treated 12 people who were attacked by birds while running. Among them was one jogger who was set upon

"Joggers should be aware that nature has its own laws and may not allow intrusion without revenge," the doctors wrote in the New England Journal of Medicine.

Five of the joggers identified the birds as European buzzards.

The victims, all men, suffered head cuts up to 6 inches long. All the attacks occurred between April and July which is the buzzards' breeding season.

Nosh Hinkston Wins One Mile Fun Run

October 21. Alexandria, Louisiana. Noah Hinkston, the Oakland 800 and mile champ, was the overall winner in the mile run at the Seventh Annual Guaranty Bank United Way Run Day. Hinkston, a member of the San Francisco State track team, was officially clocked in 4:48. Hinkston has a personal best of 4:14 in the 1,600. He set the time this past June at Eugene, Oregon. Hinkston is training and racing in the south and will return to San Francisco in November.

Roger Kingdom

Olympics gold medalist Roger Kingdom bought a \$26,000 Porsche and traveled to Europe last summer, but now he says he doesn't have enough money to fly home to Georgia for the holidays. "I'm broke," Kingdom told the Pittsburgh Post-Gazette. "It really trips me out when everyone says I'm capitalizing on my gold medal and getting all that money." Kingdom said he decided not to accept endorsements shortly after winning the 110-meter hurdles at the Summer Olympics in Los Angeles, even though he had been offered contracts that could have brought up to \$400,000. The reason: he was afraid of losing his eligibility to rejoin the Pitt football team, for which he was a running back and defensive back in 1981 and 1982. Kingdom, from Vienna, GA., since has changed his mind about foot-

Covins High School Cross Country

I would like to thank Coach Steve Miller for sending his 1984 Cross Country booklet. "Since Covina High School started its Cross Country Program thirty years ago, no team has distinguished itself with the honors this years team won," said Miller. "My heartfelt thanks to the fine athletes, their families, and our friends who contributed so much to this, our finest season ever.

1984 saw many firsts for Covina High, including both boys and girls qualifying for CIF in the same year for the first time ever. In addition, the boys qualified for the finals, another first.

The boys varsity won the San Gabriel Valley Invitational.

Striving for Excellence at Drake High Extracurricular activities have taken on a new meaning this year at Sir Francis

Central California's Elite Meet

14th San Joaquin Valley RELAYS

Track & Field Meet for High School Men and Women

Monday Evening April 1, 1985

"Come Run With The State's Best"

* Fantastic 10 Lane Atlas Track *

MEET RECORDS

Men:

Women:

38.1, 42.0, 14.2, 10.7, 9:11, 3:20.1, 15-2, 27-7-%, 195-10, 6-10-%, 48-3-%; 80-10-½

46.6, 48.9, 12.0, 14.9, 5:00.1, 18-31/2, 5-8, 37-71/2, 137-1

SANCTIONED FOR ALL C.I.F. SECTIONS

FOR MORE INFORMATION & ENTRY FORMS, CONTACT:

Chuck Toste, Head Track Coach Lemoore High School Bush & Lemoore Ave. Lemoore, CA 93245 Phone: (209) 924-5651

Drake High School for 35 students who were selected by Bill Taylor to be members of the exclusive group he founded, Arete West.

Taylor is the track and cross country coach who, in his free time, devotes himself to six-year-old Arete West, an organization made up of students who have been hand-picked to study European history and culture and then travel there to experience it first-hand. "Arete" means excellence or virtue in Greek, and is the foundation of what Taylor seeks in the special students he chooses to accompany him on his journey.

Most of the people selected for Arete West are runners, although last year the group included two drama students and one academically outstanding student. Above all, the most important qualification is a striving for excellence in a chosen field of endeavor.

In earlier years, Taylor was on two national championship teams and was a member of the USC track team, but got a severe case of tonsilitits that dashed most of the dreams of his college track

"I have a good group of runners," said Taylor, "But the State level talent is obviously outstanding. Angela Driller, fourth in the second heat of the North Coast Section Meet of Champions 300 low hurdles in 47.23, will run under 45, but Maxie (Leslie of Mills, the State Champion) will break 49 seconds. Why don't we require that she run the intermediates? Then she would only win by one or two hurdles."

All-Comers Meet

January 5. Berkeley.

Calvin Gaziano (Castro Valley), the Kinney Western Regional cross country champion, came up to Berkeley to get in a little speed work before his rematch with Kinney National champion Scott Fry of Ohio at the Sunkist Invitational Indoor meet. Gaziano ran the first lap of the 800 in 58 and won easily in 1:57.0.

Leslie Maxie (Mills, Millbrae), who almost made the Olympic team, ran a very fast 23.4 200 meters. Jimmy Hines, the 1968 Olympic 100 meter champion, edged her.

Chuck Brook (Oakland) raised some eyebrows with his 23-5 1/4 leap in the long jump.

COLLEGE CHOICES

GREG AIKENHEAD (Mission Viejo). Shot Put: 3) SC 61:3, 1) State 63-8½, 1) GWI 63-7½, 2) IPI 63-½, best 64-7½. Discus: 1) SCT 186-2, 3) SC 179-11, 5) State 174-10, 5) GWI 178-9, 5) IPI 164-6. OREGON.

KEITH ALLEN (Bellarmine, San Jose) 800: 1) NC 1:52.97, 6) State 1:52.99, best 1:52.1. INDIANA.

JOHN ANDERSON (San Fernando). 3001H: 5) SC H1 37.60, 6) SC 38.40. USC.

SHAWN AYERS (Bellarmine, San Jose) Cross Country: 8) CCS 15:50. CAL POLY SAN LUIS OBISPO.

GEORGE BASSETT (Saratoga). Pole Vault: 1) NC 15-10, 2) State 15-10, 7T) GWI 15-0, 9) IPI 14-9. CALIFORNIA.

CHRIS BECERRA (Mills, Millbrae). 1600: 3) CCS 4:17.9y, 5) NC H1 4:29.32. SAN JOSE STATE.

JOHN BENDER (Shafter). Shot Put: 1) 3 way 4/11 65-9, 2) SC 62-51/2, 3) State 62-31/4, 2) GWI 61-5, 1) IPI 63-31/4. FRESNO

AL BLADES (Muir, Pasadena). 300IH: 2) SS 4A 37.26. PASADENA CITY.

RON BROWN (Muir, Pasadena), 100: 4) SC 10.97, 6) State 10.97, 5) IPI 10.74, best 10.39, ARIZONA.

GORDON BUGG (West Covina). 300IH: 4) SC 37.47, 3) State 36.84. CAL STATE LOS ANGELES

PAUL BURROUGHS (Agoura), 3200: 4) SC 9:03.98, 7) State 9:19.02, SAN DIEGO STATE.

ALEJANDRO CARMONA (Belmont, L.A.). 3200: 5) SC 9:05.96. U.S. INTERNA-TIONAL.

DAVID CERAGIOLI (Terra Nova, Pacifica). Long Jump: 3) CCS 23-3½, 8) NC 21-11. Triple Jump: 1) CCS 46-7½, 4) NC 45-9½, 8) State 43-10, SAN FRANCISCO STATE.

RICH CLARK (Mountain View), 1600: 4) CCS 4:18.5, 7) NC 4:24.25. Brother of Shannon Clark, the State 1600 champ. CAL POLY SAN LUIS OBISPO.

MARK COULTER (Gunderson, San Jose). Pole Vault: 3) CCS 15-8. SAN JOSE CITY.

CHRIS CRAIG (Leigh, San Jose). 3200: 2) NC 9:08.66, 5): State 9:15.40, CAL POLY SAN LUIS OBISPO. TROY CURRAN (York, Monterey). Cross Country: 3) CCS 15:34. MONTEREY PENINSULA.

MICHAEL DAVIDSON (St. Francis, Mountain View). 400: 2) NC 47.64, 5) State 48.51, best 47.49. ARIZONA.

STEVE DUDLEY (Leland, San Jose). Discus: 1) CCS 180-7, 15) NCT 131-6. NEW MEXICO.

ELLIOTT DUNNING (Valley, Santa Ana). 100: 2) SS 4A 10.57, 3) SC H2 10.66, 5) SC 10.97, 5) GWI 10.50w. 200: 3) SS 4A 21.33, 3) SC 21.51, 3T) State 21.40, 5) GWI 21.09w. OREGON.

JOHN FÖLEY (Miramonte, Orinda). 3200: 1) NCS MOC 9:18.41, 13) NC 9:52.1. U.C. DAVIS.

MATT GIUSTO (San Mateo). 1600: 1) CCS Top 8 4:15.2y, 3200: 1) NC 9:08.12; 3) State 9:05.20, 300: 4) GWI 8:28.87. ARIZONA.

TED GOODLAKE (Fallbrook). 3200: 4) SDS 9:35.74. TENNESSEE.

JAMES GREEN (Gunderson, San Jose). Best 15:10.5. SAN JOSE CITY.

KEVIN GREEN (VIIIa Park). Best 4:14.54y + . OKLAHOMA.

PAT GREEN (La Jolla), 3200: 6) SC 9:08.34. CALIFORNIA.

ROD GRIEVE (Jesuit, Carmichael). Cross Country: 14) NC 15:31, 42) Kinney Western 15:53. CAL POLY SAN LUIS OBISPO.

JESUS GUTIERREZ (Pasadena), 1600: 3) SS 4A 4:13.77, 3200: 2) SC 8:59.51, 2) State 9:00.30, 3000: 3) GWI 8:25.14, 2 Mile: 3) IPI 9:04-9, PASADENA CITY.

CHRIS HALE (Monrovia). Long Jump: 3) SC 23-11w, 3) State 23-21*. NEBRASKA.

J. P. HALL (La Salle, Pasadena). Cross Country: 1) SS 1A 15:16, 16) Kinney Western 15:31, U.C. IRVINE.

KEN HENDERSON (Berkeley). 100: 1) NC H2 10.67, 5) NC 10.98, 200: 3) NC 21.80, 6) State 21.75, bost 21.1. BRIGHAM YOUNG.

MARTIN HIGGINBOTHAM (Berkeley). 3200: 2) NCS MOC 9:23.18, 6) NC 9:27.9. CAL POLY SAN LUIS OBISPO.

continued on next page...

18th Arcadia Invitational

Track and Field Meet for High School Men & Women

Saturday Evening APRIL 13, 1985

"Come Run With the Best in the West"



- * 1984 Meet featured entries from 24 California State Champions
- * Nineteen 1984 events reatured Track & Field News prep"All-Americans."
- ★ Five National Records set in last eight years at Arcadia.
- Sanctions applied for all California Sections, Arizona, Oregon and Nevada schools.

MEET RECORDS:

Men: 10.54 · 21.36 · 47.05 · 1:49.9 · 4:06.7 · 8:45.2 · 14.04 · 37.2 · 41.18 · 3:13.1 · 10:13.6(DMR) · 7'1" · 24'10" · 16'5" · 66'10'4' · 204'11" · 50'11'4".

Women: 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74 -10:18.44 - 13.93 - 42.32 - 46.6 - 3:46.3 - 11:59.11(DMR) -5'10" - 20'4'4" - 50'10" - 172'4" - 41'9'4"(TJ).

Metric Distances Accutrack Timing

For Meet Information:
Greg Jones • Doug Speck
Arcadia High School
180 Campus Dr. • Arcadia, CA 91006
(818) 446-0131

Prep Notes

DAN HOLMES (Santa Barbara). 1600: 4) SC 4:10.62, 3) State 4:10.14. BOISE STATE.

ANDRE HUNTER (Berkeley). 100: 1) NC H1 10.65, 1) NC 10.88, 2) State 10.69, 400: 1) NC 47.42, 2) State 47.69, CAL STATE HAYWARD.

RODNEY JETT (Johnson, Sacramento). 110HH: 1) SJS 14.22, 1) NC 14.28, 5) State 14.43. 300IH: 2) SJS 37.21, 8) State 38.07. CALIFORNIA.

HARRY JOHNSON (Blair, Pasadena). 110HH: 2) SC 14.12, 2) State 14.33. Decathlon: 5344. TEXAS A & M.

JOHNNY LEE (Santa Monica). Pole Vault: 1(SC 15-21/4, 6T) State 14-8, best 15-6. UCLA.

TOM LEGAN (Del Mar, San Jose). 1600: 2) NC 1983 4:13.25. SAN JOSE STATE.

JOE NITTI (Loyola, Los Angeles), 3200; 9) SC 9:11.43, UCLA.

CARY NOBLES (Independence, San Jose). 300IH: 1) NC 37.92, 5) State 37.58. 110HH: 1) CCS 14.27. SAN JOSE CITY.

JIM ORTIZ (Barstow). 1600: 3) SC 4:10.06, 2) State 4:10.10, 6) IPI 4:15.09. 3000: 6) GWI 8:41.08. UCLA.

DAN PALMA (Glendale). 3200: 3) SC 9:02.16, 4) State 9:06.91. 1600: 3) Arcadia 4:13.06. U.S. INTERNATIONAL.

FRANK RAMIREZ (Lompoc). 3200: 1) Arcadia 9:09.42. U.S. INTERNATIONAL.

ANTHONY REYNOLDS (Fremont, L.A.). 110HH: 1) LAS 14.28, 9) GWI 14.69w, best 14.19. Long Jump: 2) SC 24-0, 4) State 23-1/2. UCLA.

JOE RICHARDSON (Pasadena). Long Jump: 1) SC 24-4½, 1) State 24-11, 1) GWI 26-0¾, 1)IPI 24-8½. Triple Jump: 3) SC 49-0, 1)State 51-8¾w (50-1½ ok), 1) GWI 53-6½, 2) IPI 51-7, 3) JR. PASADENA CITY.

JEFF ROACH (Laguna Hills). 400: 2) SS 3A 47.59. 300IH: 3) SC H2 37.56. U.S. INTER-NATIONAL.

MARTIN SANDOVAL (Monte Vista, Spring Valley). 3200: 10) SC 9:24.1. GROSS-MONT.

ERIC SCHERMERHORN (Woodbridge, Irvine), 800: 1) SC 1:49.21, 1) State 1:49.61, 2) GWI 1:52.27, 6) JR 1:51.78. 400: 1) SS 3A 47.09, 4) SC 47.30, 3) State 47.74. USC.

CALVIN SCRUGGS (McLane, Fresno). 200: 3) SC H1 21.47, 6) SC 21.89. FRESNO STATE

BRIAN SHIELDS (Loyola, L.A.). 800: 5) SC 1:52.38. GEORGETOWN

ANDY SIMS (Dana Hills, Dana Point). 800: 3) SC 1:51.44, 3) State 1:51.42. UCLA.

NICK SPARKS (Bella Vista, Fair Oaks). 800: 1) SJS 1:52.0, 2) NC 1:53.10, 4) State 1:52.01, 5) GWI 1:53.58. NOTRE DAME.

CHAD STEARNS (San Jose). Hammer Throw: 171-6. DUKE.

VICTOR VALEN (El Modena, Orange). 1600: 2) SC 4:09.34, 4) State 4:10.99, 3) GWI 4:11.66y, BAYLOR.

PETE VICENCIO (Del Oro, Loomis), 3200: 1) SJS 9:11.89, 4) NC 9:24.22, 8) State 9:43.97. U.S. INTERNATIONAL.

PAT WATSON (Palos Verdes, Palos Verdes Estates), Cross Country: 3) SS 4A 15:09, 6) Kinney Western 15:12, 12) Kinney National 15:21. EL CAMINO.

KEVIN YOUNG (Jordan, L.A.). 300IH: 2) LAS 37.54. 110HH: 2) LAS 14.32, 4) SC 14.45. UCLA.

RAYMOND YOUNG (Hawthorne). 110HH: 1) SC H1 13.91, 1) SC 14.07, 1) State 14.32, 3) GWI 13.73w. 300IH: 2) SC 37.24, 2) State 36.80, 3) GWI 52.04 (400H). UCLA.

WOMEN

YVETTE BATES (Berkeley). 100LH: 1) Gilroy 1982 13.74, 1) MOC 14.24 (13.85w), 3) NC 14.44, 7) State 14.33. 300LH: 2) MOC 43.56, 7) NC 45.2. LJ: 1) SPTAC 19.91/4, 1) NC 19.61/2, 3) State 19.71/2, TJ: 2) NC 41-6, 1) State 42.51/2, USC.

ASIA BOULWARE (Millikan, Long Beach). 100: 2) SC H1 11.94. FRESNO STATE.

RACHEL BRAY (Los Altos). HJ: 4) CCS 5-7, 9) NC 5-2, best 5-9. CAL POLY SAN LUIS OBISPO.

YVETTE BROWN (Vacaville). DT: 4) NCT 134-1, 4) NC 130-9, 2) State 143-5, 15) JR 115-5. OREGON.

WENDY BROWN (Woodside). 100LH: 2) NC 14.26, 2) State 13.59, 2) JR 13.95, HJ: 1) Jenner 6-2¼, 1) NC 5-9, 1) State 6-1¼, 3) JR 6-2, LJ: 2) NC 19-4¼, 1) State 20-9¾. TJ: 1) NC 42-1¼, 1) State 42-10½. USC.

DEBBIE BUDWIG (Clovis West, Fresno). 100LH: 4) SC 13.93, 6) State 14.05. 300LH: 1) CS 44.06. FRESNO STATE.

MARY ANNE BULLARD (Esperanza, Anaheim). 300LH: best 43.78. USC.

AMY COX (Santa Ana), 1600; 1) Arcadia 4:58.21, UCLA.

LANETTE DAVIS (Del Mar, San Jose). 1600: 3) NC 4:56.35, 8) State 4:59.57. CALIFORNIA.

NOREEN de BETTENCOURT (Caron Deiet, Concord). 1600: 2) NC 4:50.90, 3) State 4:50.71. CAL POLY SAN LUIS OBISPO.

GAIL DEVERS (Sweetwater, National City), 100: 1) SC 11.76, 1) State 11.51, 2) JR 11.89, 100LH: 1) SC 13.48, 1) State 13.41, 300LH: 2) SC H2 42.88, 5) SC 43.35, best 42.26, LJ: 1) SC 20.7, 2) State 20.61/a, TJ: best 39-6, UCLA.

MARIA ESCOBOZA (El Dorado, Placentia), 1600: 5) SC 4:55.9, U.C. IR-VINE.

JANICE FARWELL (Millikan, Long Beach). 400: 4) SC 54.65, 4) State 54.51. 300LH: 1) SS 4A 42.50, 2) SC 42.70, 4) State 42.76. WASHINGTON STATE.

LATONIA FLOYD (Oak Grove, San Jose), SP: 1) 46-9, 1) NC 45-21/2, 2) State 45-1/4, 4) JR 44-4, CALIFORNIA.

TRENA HULL (Compton), 800: 2) SC 2:07.34, 1) State 2:04.91, 1600: 1) SC 4:50.8, 2) State 4:47.71, NEVADA LAS VEGAS,

NIA JACKSON (La Lutheran, Burbank). 100: SS A 11.93. FRESNO STATE.

JONI MOONEY (Vacaville), 1600: 1) SJS 4:58.61+, 8) NCT 5:23.75, 3200: 1) NC 10:35.88, 3) State 11:02.71, AUBURN.

KAREN NILSON (El Cajon). 400: 1) SDS 58.06. SAN DIEGO STATE.

KIRSTEN O'HARA (Palos Verdes, Palos Verdes Estates). 1600: 6) SS 4A 4:58:55, 3200: 1) SC 10:15:29, 1) State 10:11:62. CALIFORNIA.

MICHELLE OLIVERA (Bishop Garcia Diego, Santa Barbara). JT: best 177-7. CAL STATE LA.

CHERYL OSTLINKER (Covina), 3200: 9) SC 10:55.73, U.C. IRVINE.



HOW WELL DO YOU KNOW LAST YEAR'S PREP TWO MILERS? They are all listed in this "College Choice" feature. Photo is from the 1984 State Meet 3200 Meter.

SARA PARROS (Santa Monica). 100; 2) SC 11.99, 3) State 11.73, 200; 3) SS 4A 24.21, 2) SC H1 24.00, 4) SC 24.24, 4) State 24.02. UCLA.

MONICA PHILLIPS (Kennedy, Granada Hills), 100: 5) SC 12:29, best 11:98, 200: 6) SC 24:33, UCLA.

CHANTAL PLANTE (Arroyo Grande). 3200: 6) SC 10:50.46. CALIFORNIA.

CARINA QUEZADA (Glendora), 800: 5) SC 2:14.22, 4) JR H1 2:11.41, 8) JR 2:11.73.

TANYA RANSOM (El Toro). 400: 3) SS 3A 56.26. USC.

PAULA READY (Long Beach). 100: 5) 12.08, best 11.78. NEVADA LAS VEGAS.

CAMILLE ROBERTSON (Redlands), TJ: 1) SC 39-8, 6) State 38-41/4, CAL POLY POMONA.

FAYE ROBINSON (La Puente). 200: 1) Arcadia 24.72, best 24.28, 400: 3) Arcadia 55.82 SAN DIEGO STATE.

MARGARET RUDEN (Cupertino). 300IH: 4) NC 43.63, 8) State 45.19. FRESNO STATE.

DANIELLE SHARKEY (Gunderson, San Jose). Ld: 4) NCT 18-71/5, 5) NC 17-71/4. CAL POLY SAN LUIS OBISPO. TAMMY SNYDERS (Edison, Huntington Beach). 1600: 4) SC 4:54.0, 6) State 4:56.85. UCLA.

PAM THOMPSON (Saugus). 3200: 2) SC 10:35.79, 6) State 10:56.30. U.C. IRVINE.

DORI TRESSLER (Santa Barbara). Multievents: 4871+. CAL POLY SAN LUIS OBISPO.

ALIX TUBMAN (Davis, Modesto), 800: 3) NC 2:12.67, 5) State 2:11.56, U.C. SANTA BARBARA.

RACHEL VILLEGAS (Bell, Los Angeles). 800: 4) SC 2:12.85, 6) State 2:12.30. CAL STATE LOS ANGELES.

BETH WILSON (Del Oro, Loomis). Cross Country: 4) SJS 18:16, 16) NC 18:30. U.C. DAVIS.

ABBREVIATIONS: NC = Northern California Championships. SC = Southern California Championships. GWI = Golden West Invitational. IPI = International Prep Invitational. T = Trials. H = Heat. CCS = Central Coast Section. NCS = North Coast Section. NCS = North Coast Section. SS = Southern Section. LAS = Loa Angelos Section. MOC = Meet of Champions. SJS = Sac-Joaquin Section. JR = TAC Junior. SDS = San Diego Section.

All-California **Cross Country** Team



By Keith Conning

BOYS

FIRST TEAM

1. Calvin Gaziano (Castro Valley)				
09/29 1)	Ram	12:10 CR		
10/06 1)	Artichoke L	11:09.5		
10/08 1)	Stanford A	15:24.6		
10/20 1)	Mariner L	15:22 CR		
10/27 1)	2 mile postal	9:02.6		
11/01 1)	Hayward Area	15:19		
11/10 1)	NCS 2A South	13:55 CR		
11/17 1)	NCS MOC	13:57		
11/24 1)	Nor Cal	14:35.1		
12/01 1)	Kinney W	14:49.56		
12/08 DNF) Kinney N			

2. *Eric Mastalir (Jesuit, Carmichael)

Hesidenc	e. El Dorado Hills	
09/22 2)	Clovis	15:03.3
10/13 2)	Crystal Springs CV	15:02
10/27 3)	Mt. SAC R46	15:18
11/02 2)	SJS Sub2	14:48
11/12 2)	SJS	15:02
11/247)	Nor Cal	15:09.5
12/01 3)	Kinney W	15:04
12/08 6)	Kinney N	15:19.1

3. Greg Whiteley (University, Irvine)

09/15 1)	Woodbridge DII	16:16
10/203)	Orange Co. D4	15:18
10/27 5)	Mt. SAC R46	15:32
11/10 1)	SS 4A R3	15:31
11/17 5)	SS 4A	16:01
12/01 4)	Kinney W	15:06
12/08 8)	Kinney N	15:24.9

4. *David Naranjo (Sanger)

09/21 1)	Sanger	15:02.5
09/28 1)	Hanford Jr.	15:01
09/30 2)	Fresno Police 6m	30:26
10/13 1)	Atascadero L	17:25
11/02 1)	North Yosemite	14:55.9
11/16 1)	CS	14:38.1 CR
11/24 2)	Nor Cal	15:02.6
12/01 5)	Kinney W	15:07
12/08 28)	Kinney N	16:15.4

5. Vic Santamaria (WillowGlen,SanJose)

10/13 4	Crystal Springs CV	15:14
10/20 1	St.Francis-Foothill Sr	15:51
10/27 4	2 Mile Postal	9:31.4
11/13 1	CCS RII	15:44.6
11/201	CCS	15:01.1
11/24 5	Nor Cal	15:08.6
12/016	Kinney W	15:11
12/08 1	5) Kinney N	15:40.7

e Um University (The second Only)

o, Jim ria	ream (Thousand C	Jaks)
09/15 1)	Royal III	15:45
09/29 6)	Bell-Jeff L	15:36
10/06 1)	Kenny Staub DI	15:22
10/19 1)	Ventura Co.	14:59
10/20 1)	Palos Verdes R1	11:08
10/27 1)	MI. SAC R46	15:10 = 29A-T
11/10 1)	SS4A R1	15:18
11/17 2)	SS4A	15:25
12/017)	Kinney W	15:13
12/08 27)	Kinney N	16:07.9

Fine Flicks by Don Gosney



CALVIN GAZIANO

7. *Mark Mastalir (Jesuit, Carmichael)

Residenc	e: El Dorado Hills	
09/22 1)	Clovis	15:02.4
10/13 1)	Crystal Springs CV	14:5
10/27 2)	Mt.SAC R46	15:17
11/02 1)	SJS Sub 2	14:4
11/12 1)	SJS	15:00.
11/24 6)	Nor Cal	15:09.0
12/018)	Kinney W	15:1
12/08 17)	Kinney N	15:43.
8. Shawn	Sandoval (Southwest,	SanDiego
09/22 2)	South Bay	15:4

15:34 6 ML SAC R47 10/27 4) SDS 3A R2 11/21 1) 15:54 Kinney W 12/01 9)



(left to right): VIC SANTAMARIA, GREG WHITELEY, CALVIN GAZIANO, DAVID NARANJO, ERIC MASTALIR, MARK MASTALIR.

photo by Maurice Wilson



JIM HARVATH

09/15 2) Royal III

12/01 17) Kinney W

SECOND TEAM 9. Paul Myers (Westlake, Westlake VII)

09/29 1)	Bell-Jeff L	14:4
10/06 2)	Kenny Staub DI	15:40
10/13 2)	Atascadero L	17:3
10/27 2)	ML SAC R47	15:2
11/10 1)	SS 4A R2	15:1
11/17 1)	SS 4A	15:24
12/01 11)	Kinney W	15:2
10. Denni	s Pfelffer (Eureka)	
11/10 1)	NCS 2A North	15:04.
11/17 3)	NCS MOC	14:3
44/04 400	Manager	45.00



SHAWN SANDOVAL

11. Lane Olson (L.A.Baptist, Sepulveda)
Residence: Nort	hridge

10/20 3)	Alemany D3	16:25
10/26 1)	Mt. SAC R18	16:02.5
11/10 2)	SS 1A R2	16:10
11/17 1)	SS 1A	15:57
12/01 18)	Kinney W	15:28
12. *Step	hen Imlay (Temple City)	
09/15 4)	Woodbridge DII Jr	16:36
AUTOMOSPO .		CONTRACTOR OF THE PARTY OF THE

12. Step	nen imiay (Temple City	1
09/15 4)	Woodbridge DII Jr	16:36
10/06 1)	Kenny Staub DII	15:40
11/10 1)	SS 3A R3	15:35
11/17 6)	SS 3A	16:27
12/01 20)	Kinney W	15:29

continued on next page...

Prep Notes

	Jaurequi (Clovis)	-
08/26 12)	Fresno Biathion	88:38
09/22 5)	Clovis	15:23.9
09/28 1)	Hanford Sr	15:29 15:32
10/05 1)	Golden West	
10/13 8)	Crystal Springs CV	15:38
10/19 2)	Roughrider	15:17
11/02 5)	North Yosemite	15:36.5
11/08 2)	CS North Area	14:53.3
11/16 2)	CS	14:50.6
11/24 4) 12/01 21)	Nor Cal	15:06.4
12/01/21)	Kinney W	15:30
14. Mike (Goralka (Livermore)	
10/20 5)	Mariner L	16:20
11/01 1)	East Bay	17:29
11/102)	NCS 3A	16:30.9
11/17 11)	NCS MOC	15:04
11/24 10)	Nor Cal	15:17.6
12/01 22)	Kinney W	15:31
15. *Jess	Llanez (McLane, Fres	no)
09/22 8)	Clovis	15:34.7
09/28 2)	Hanford Jr	15:17
09/30 3)	Fresno Police 6m	31:31
10/05 2)	Golden West	15:39
10/12 1)	Madera	15:01
10/19 4)	Roughrider	15:36
11/02 4)	North Yosemite	15:20
11/08 3)	CS North Area	15:03.0
11/165)	CS	15:00.0
11/24 24)	Nor Cal	15:44.9
12/01 24)	Kinney W	15:34
16. **Jan	on Lienau (Clovis)	
Residence	e: Fresno	
09/22 6)	Clovis	15:29.1
09/28 1)	Hanford So.	10:00
10/05 3)	Golden West	15:44
10/07 6)	Fresno Fair 10K	32:31
10/13 3)	Crystal Springs CV	15:11
10/19 1)	Roughrider	15:13
11/02 2)	North Yosemite	15:06.8
11/08 1)	CS North Area	14:49.0
11/16 3)	CS	14:54.3
11/24 B)	Nor Cal	15:10.7
12/01 25)	Kinney W	15:35
	THIRD TEAM	

photo by Keith Conning



photo by Maurice Wilson



SCARRO



photo by Burt Davis

JEFF JACOBS

	ď,	y-
MIKE	GORALKA	AARON MA
2. Richa	rd Salazar (Saratog	a)
9/22 12)		15:58.6
0/08 9)	Stanford A	16:16.2
1/06 2)	De Anza League	15:45.8
1/13 2)	CCS RII	15:49.7
1/20 10)	CCS	15:28.1

11/20 10)	CCS	15:28.1
11/24 15)	Nor Cal	15:33.2
12/01 31)	Kinney W	15:44
23. Stuart	Thompson (San Marino	
10/26 1)	MI. SAC R20	15:51
11/178)	SS 3A	16:31
12/01 33)	Kinney W	15:45

24. *Adar	n McAboy (Miramonte,	Orinda)
09/22 1)	Bob McGuire Relays	10:37
09/29 2)	San Ramon S	9:55
10/08 5)	Stanford A	16:02.5
10/13 2)	Hershel Miles L	15:24
11/01 2)	Foothill AL	15:13
11/10 5)	NCS 2A South	14:51
11/17 6)	NCS MOC	14:48
11/24 17)	Nor Cal	15:36.9
12/01 34)	Kinney W	15:46

Honorable Mention (Listed in alphabetical order).

Andrew Allan, SanMarino, 39) Kinney W 15:49; John Bass, Castro Valley, 2) Stan-ford A 15:51.6; 'Craig Blockhus, Mt. View, 35) Kinney W 15:47; David Cantu, Chula Vista, 44) Kinney W 15:51, 2) SDS 3A 16:16; 'Mark Dani, Valhaila, El Cajon, 3) Mt. SAC R47 15:33; Mike Dean, Lassen, Susanville, 13) Nor Gal 15:32-1, 1) No. Sec. 16:01; Ellis Deisol, Hilltop, Chula Vista, 1) SDS 2A 16:10, 41 Mt. SAC R46 15:29: "Tom G.01; Ellis Delsol, Hilltop, Chula Vista, 1) SDS 2A 16:10, 4| Mt. SAC R46 15:29; "Tom Estes, Lassen, Susanville, 14) Nor Cai 15:32.7; William Feliciano, Cypress, 3) SS 4A 15:49, 1) Mt. SAC R47 15:21; Roman Gomez, Belmont, L.A., 1) LAS 15:18, 9) Mt. SAC R46 15:43; Francis Grisez, Castle Park, Chula Vista, 1) Kinney W Jr/Sr 15:57, "Scott Machado, Moreau, Hayward, 9) Nor Cai 15:14.6, 43) Kinney W 15:51; Ron Perez, Colton, 4) SS 4A 15:59; Shawn Sinclair, Brea, 1) SS 2A 15:58; "Jonathan Smith, Miramonte, Orinda, 3) Stanford A 15:53.1, 11) Nor Cai 15:28.2; Joe Tamblyn, No. Tahoe, Tahoe City, 1) Stanford B 15:57.3, 1) Nevada AA; Brian Vaughan, Berkeley, 47) Kinney W 15:55; David Whitworth, Nor Cai 15:28; Dan Vega, Clovis, 16) Nor Cai 15:35.3; David Whitworth, 47) kinney W 15:54, Dan Vega, Clovis, 16) Nor Cal 15:35.3; David Whitworth, Hawthorne, 50) Kinney W 15:58; Avery Wilson, Edgewood, West Covina, 2) SS 2A 16:00; **Jeff Wood, Serra, San Diego, 40) Kinney W 15:50, 2) SDS 2A 16:42; Jim Zim-mer, Simi Valley, 6) Mt. SAC R46 15:37.

Athletes of the Year by Grade

Senior: Calvin Gaziano

Junior: Eric Mastalir (Jesuit, Carmichael) Sophomore: Jason Lienau

Freshman: Joe Devine

THIRD TEAM				
17. **Asron Mascorro (Rosemead)				
09/15 1)	Woodbridge So D1	16:03		
09/29 1)	Azuse 10th	15:29		
11/10 2)	SS 3A R3	15:41		
11/17 1)	SS 3A	15:55		
12/01 26)	Kinney W	15:37		
18. Bobby	Rivera (Newark Men	n.,Newark)		
10/06 3)	Artichoke L	11:38		
10/13 1)		15:22		
10/20 3)	Mariner L	16:10		
11/10 1)		16:26.0		
	NCS MOC	14:30		
11/24 3)	Nor Cal	15:04.2		
12/01 27)	Kinney W	15:38		
	scobs (Crespi, Encine	0)		
	e: Tarzana			
	Coliseum 10K	32:33		
	Kenny Staub DII	15:54		
10/20 4)	Palos Verdes R1	11:34		
	Mt. SAC R47	15:47		
11/10 1)	SS 2A R3	15:46		
11/173)		16:00		
12/01 28)	Kinney W	15:38		
	Serratos (Mt.View,			
09/15 1)	Woodbridge DI Sr	15:43		
	Laguna Hills 12th	14:56 CR		
	Bell-Jeff L	15:21		
11/10 1)	SS 3A R2	15:46		
11/17 3) 12/01 29)	SS 3A	16:12		
		15:42		

21. *Daren Stonerock (Saugus)

Sonora DII

Bell-Jaff L

SS 3A R1

Kinney W

SS 3A

Mt. SAC R48

Nipomo Classic Woodbridge DII Jr

15:44 15:57

14:40

15:04 15:39

15:44

GIRLS

FIRST TEAM

1. Rebec	ca Chamberlain(Leig	h,SanJose)
09/22 1)	Clovis	17:28.7 MR
09/29 1)	Alum Rock	13:08 CR
10/06.2)	Artichoke L-	13:34
10/08 1)	Leigh-Prospect-Mit	ty 18:54
10/13 1)	Crystal Springs	17:12#7 A/T
10/15 1)	v. Branham	19:05
10/20 1)	St.Francis-Fthill Jr.	Sr 17:23CR
10/22 1)	Leigh-Westmont-B	ckfd 16:11
10/27 1)	2 mile postal	10:46.1PR
11/01 1)	Leigh-LG-DelMar	
11/07 1)	WestValley AL CCS RIII	14:49 CR
11/14 1)	CCS RIII	17:49
11/20 1)	CCS	16:51 CR
11/24 1)	Nor Cal	16:53.7 CR
12/012)	Kinney W	17:09
12/08 2)	Kinney N	17:04.7
12/16 1)	Christmas Relay 4.	5m 24:47
	- A MANUAL CONTRACT C	University and Company

2.***Trac	sy Williams(Mt.	View, El Monte)
09/05 1)	Woodbridge D1	18:13
09/29 1)	Bell-Jeff L	17:57
10/27 1)	Mt. SAC R49	18:13 #20 A/T
11/10 1)	SS 2A R2	18:33
11/17 1)	SS 2A	17:47 #9 A/T
12/01 5)	Kinney W	17:43
12/08 24)	Kinney N	18:29.3

3. *Laurie	Chapman (Gund	erson, S.J.)
10/06 1)	Artichoke L	13:20
10/13 2)	Crystal Springs	17:47 #20 A/T
10/27 2)	2 Mile Postal	10:49.0
11/13 1)	CCS RII	17:55.6
11/20 5)	CCS	17:56.7
11/24 4)	Nor Cal	17:53.8
12/01 6)	Kinney W	17:49
12/08 18)	Kinney N	18:05.6

4. **	Maliasa	Sutton	(Newbury	Park)
	ter director or	PROPERTY.	(LEC W DUIT)	F. SALES

08/08 1)	Nipomo Classic	17:49 GH
09/15 1)	Royal III	18:40
10/06 1)	Kenny Staub DI	18:10
11/10 1)	SS 4A R2	18:10
11/17 1)	SS 4A	18:00 #16 A/T
12/017)	Kinney W	17:50
12/08 25)	Kinney N	18:34.6
A.L.		
5. **Chris	Ity Farrell (Thouse	and Oaks)

	ast a mirmin fillionning	D'arion)
09/15 2)	Royal III	19:07
09/29 2)	Bell-Jeff L	18:33
10/06 5)	Kenny Staub DI	19:09
10/20 1)	Palos Verdes R1	13:22
10/27 4)	Mt. SAC R48	18:21
11/10 1)	SS 4A R3	18:02
11/17 2)	SS 4A	18:08
12/01 8)	Kinney W	17:51

6. *Darcy Arreola (Grossmont, LaMesa) Residence: El Cajon

09/29 1)	Costa Mesa 3A	18:31
10/27 2)	MI. SAC R49	18:38
11/16 2)	SDS 3A R2	14:42
11/21 1)	SDS 3A	14:22
12/01 10)	Kinney W	18:00
	Hall constant	

7. Colleen Donovan (Lodi)

10/08 4)	Stanford A	18:59.7
10/20 1)	Cougar Relays	16:22
11/12 1)	SJS	17:30.4
11/24 3)	Nor Cal	17:48.4
12/01 11)	Kinney W	18:03
and the same of th		

8. Termmy McCarthy (Buena Ventura)

09/15/3)	Royal III	19:4
10/06 3)	Kenny Staub DI	18:4
		18:3
10/27 7)	MI. SAC R48	-0.000.00
11/17 12)	SS 4A	19:24
12/01 12)	Kinney W	18:0

photo by Burt Davis



09/08 1)

09/15 2) 09/22 1)

09/29 2)

11/10 1)

11/17 2)



(left to right): TRACEY WILLIAMS, LAURIE CHAPMAN, MELISSA SUTTON, CHRISTY FARRELL.



(left to right): DARCY ARREOLA, COLLEEN DONAVAN, TAMMY McCARTY

SECOND TEAM

9. *Shann	on Clark (Mt. View)	
10/01 1)	Mountain View	18:28
10/11 3)	Center Meet	18:20
10/18 2)	Center Meet	17:56
10/20 2)	St.Francis-Fthl Jr/Sr	18:19.5
10/25 1)	Center Meet	17:49
11/06 1)	Santa Clara VL	18:01.3
11/13.2)	CCS RII	18:31.8
11/20 3)	CCS	17:44.7
11/24 2)	Nor Cal	17:32.9
12/01 14)	Kinney W	18:09

10. Heather Brookes (BonitaVista,C.V.)

Residence	e: Bonita	
09/22 1)	South Bay	11:43.9
10/06 1)	Mt. Carmel	13:46.9
10/27 6)	Mt. SAC R48	18:24
11/16 1)	SDS 3A R2	14:19
11/21 2)	SDS 3A	14:36
12/01 15)	Kinney W	18:12

11. Sherri Minkler (Analy, Sebastopol)

10/08 1)	Stanford B	18:44.2
11/10 3)	NCS 2A North	18:14
11/17 12)	NCS MOC	18:09
12/01 16)	Kinney W	18:14

12. *Sabrina Han (Westmoor, DalyCity)

Udied II	DOTH	14.40
10/08 21)	Stanford A	20:04.0
10(18.1)	Center Meet	17:41
11/13 6)	CCS R1	19:10.9
11/20 4)	CCS	17:47.3
11/24 5)	Nor Cal	18:09.4
12/01 18)	Kinney W	18:18

13. Patty Almendariz (SantaMonica)

10/20 1)	Alemany D3	19:15
10/27 7)	MI, SAC R49	19:08
11/17 4)	SS 1A	19:14
12/01 19)	Kinney W	18:21

14. Brenda Payton (ElDorado, Placerville) 10/26 1) Capital Valley C SJS Sub 4 18:48 18:12 SJS 18:07.5 11/24 17) Nor Cal 18:49.8

18:21

15 *Lies Bizzo (Hart Nowhall

12/01 20) Kinney W

09/15 1)	Royal II	18:58
10/06 2)	Kenny Staub D1	18:31
10/20 2)	Palos Verdes R1	13:33
10/27 1)	ML SAC R48	18:14
11/10 1)	SS 3A R3	18:41
11/17 1)	SS 3A	18:32
12/01 22)	Kinney W	18.24
16. *Lisa	Williams (Mt.View, El	Monte)

10/27 12)	ML SAC R49	19:23
11/104)	SS 2A R2	19:34
11/17 2)	SS 2A	18:57
12/01/23)	Kinney W	18:24

THIRD TEAM

17. **Michelle Lewis (Buena, Ventura)		
10/27 8)	MI SAC RAB	18:36
11/17.4)	SS 4A	18.46
12/01/24)	Kinney W	18 25

11/2011)	Alameda Co. AL	18:43 GH
11/10 1)	NCS 2A South	17:31
11/17 17)	NCS MOC	18:20
12/01 25)	Kinney W	18:27
19. Wend	y Knox (DelOro, Loo	mis)
Residenc	e: Rocklin	
10/08 12)	Stanford A	19:41
11/02 2)	SJS Sub 4	18:29
12/01 26)	Kinney W	18:30
20. ***An	n Kuphaldt (BellaVis	ta,FairOk)
10/13 3)	Crystal Springs	17:59
10/26 2)	Capital AL	18:36
11/03 1)	SJS Sub 3	18:19
11/12 2)	SJS	17:53.4
11/247)	Nor Cal	18:21.4
12/01 27)	Kinney W	18:33
21. ***Sh	aron Plante (Arroyo	Grande)
	minute in the female of the	100000000000000000000000000000000000000

18. Sally Wood (Piedmont)

41. 31	aron Flame (Alloyo G	(BUILDE)
Residenc	e: Grover City	
09/08 2)	Nipomo Classic	18:4
09/15 1)	King City Tri	17:14
09/22 2)	Clovis	18:1
10/08 2)	Stanford A	18:44
10/27 3)	MI. SAC R48	18:19
11/01 1)	Northern L	17:3
11/10 1)	SS 3A R2	18:45
11/17 3)	SS 3A	19:10
12/01 29)	Kinney W	18:36

22 **Kally Ilniaki /Canta Cruzi

09/29 3)	Ram	15:0
10/06 2)	Artichoke S	14:1
10/08 4)	Stanford B	19:40.
10/27 6)	2 mile postal	11:22.
11/20 16)	CCS	18:47.
12/01 30)	Kinney W	18:4

23. **Kati	hy Dalton (Sonoma	Vly,Sonoma)
09/23 11)	HBO 10K	41:53
10/08 3)	Stanford B	19:09.4
11/10 2)	NCS 2A North	18:00
11/17 3)	NCS MOC	17:33
11/24 16)	Nor Cal	18:47.2
12/01 32)	Kinney W	18:42

24 Heather Hallahan /Enterprise Dest

24. Heather Hollanan (Enterprise, Red)				
Chico	10:51			
Stanford A	19:13.4			
Northern Sec.	19:43			
Nor Cal	18:52.6			
Kinney W	18:46			
	Chico Stanford A Northern Sec. Nor Cal			

HONORABLE MENTION

(Listed in alphabetical order)

""Lori Andeen, Menlo-Atherton, Atherton, 6) Nor Cal 18:18.9; ""Wanda Baily, Fairfield, 11) Nor Cal 18:38.1; Debbie Ball, Newbury Park, 46) Kinney W 19:01; ""Carrie Barber, Atascadero, 1)SS 1A 18:53; Ann Bernan, San Marino, 2) Mt. SAC R21 19:12.7, 37) Kinney W 18:47; Lupe Casillas, El Rancho, Pico Rivera, 2) SS 3A 18:59; Laura Cattivera, Mira Costa, Manhattan Beach, 3) Stanford A 18:48; Manhattan Beach, 3) Stanford A 18:48; Lori Cook, Golden West, Visalia, 1) CS 11:30.9, 14) Nor Cal 18:45.8; 'Monica Daley, Los Gatos, 9) Nor Cal 18:30.8; 'Maura Digiesi, McAteer, S.F., 1) SFS 19:25, 51) Kinney W 19:07. Terri Dillon, Bella Vista, Fair Oaks, 39) Kinney W 18:49; '''Shannon Hanlon, Yreka, 1) Northern Sec. 19:37; Maggie Henson, Newport Harbor, Newport Beach, 5) SS 4A 19:00; Eugenia Jauregui, Newark Memorial, Newark, 47) Kinney W 19:04;

Fine Flicks by Don Gosney



HEATHER BROOKES, 4107 SABRINA HAN, 4065 KELLY ILNICKI, 4177 LISA RIZZO, 4195 TAMMY McCARTY, 4238 SHANNON CLARK.

***Katie McCandless, Castilleja, Palo Alto, 2) CCS 17:28.3, 8) Nor Cal 18:28.8; Leslie Noll, Mt. Carmel, San Diego, 49) Kinney W 19:06; Janine Ogas, Clovis, 10) Nor Cal 18:34.9; Ojeda, Eagle Rock, L.A., 1) LAS 18:38; ***Kat Prince, Rubidoux, Riverside, 5) Mt. SAC R48 18:23, 40) Kinney W 18:51; Julie Rivers, Livermore, 1) NCS MOC 17:17, 15) Nor Cal 18:46.4; Julie Ruiz, Ursuline, Santa Rosa, 2) Stanford B Nulz, Orsuline, Santa Rosa, 2) Stanford B 18:59.4, Deonne Self, Del Campo, Fair Oaks, 6) Mt. SAC R49 19:07, 41) Kinney W 18:51; "Sherri Smith, Woodbridge, 3) SS4A 18:38; "Sydney Thatcher, Encinal, Alameda, 13) Nor Cai 18:44.3; Lori Wilson, Terra Nova, Pacifica, 38) Kinney W 18:49, Mandy Wood, Vacaville, 12) Nor Cal 18:39.3: Tracy Wright, Irvine, 2) MI. SAC R48 18:19.

Athletes of the Year by Grade

Senior: Colleen Donovan (Lodi) Junior: Rebecca Chamberlain

(Leigh, San Jose) Sophomore: Melissa Sutton (Newbury Park)

Freshman: Tracey Williams (Mt. View, El Monte)

Coaches of the Year

Boys: Bob Wall (Lassen) Girls: Bob Van Sickle (NewportHarbor)

Criteria for Selection:

The top eight finishers at the Kinney Western are placed on the first team. Places nine through sixteen make the se-cond team and places seventeen through twenty-four are on the third team. Naturally runners from other states do not count.

In order to make honorable mention you had to finish among the top thirty-two Californians at Kinney, the top sixteen at Nor Cal, the top ten (times) at Southern Section, win your section and run well in other important races, the top ten (times) at Mt SAC, or the top five (times) at Stanford.

Abbreviations:

· · = sophomore. * = junior.
*** = freshman. ""=freshman, t=large school.
S=small school: CR=course record.
MR=meet record: NCS=North Coast
Section, SJS=SSac-Joaquin Section. SS = Southern Section, CS = Central Sec tion, CCS = Central Coast Section, SDS = San Diego Section, No Sec. = Nor thern Section, LAS = Los Angeles Sec tion. SFS = San Francisco Section, Nor Cal Northern California, W - Western, N National, R - Race, CV Champion-ship Varsily, Mt SAC - Mount San Antonio College, Sub - Sub section; D. Division, Jr. Junior, Sr. Senior, So Sophomore, Fr freshman

Results

Stuntmen's Association 5/10K

trom Jill MacKenzie

November 10. Griffith Park, L.A.

The weather was perfect in Griffith Park when 1600 runners assembled for the 2nd Annual running of the Stuntmen's Association 5K and 10K race. This year it was presented by Toyota.

The course created for the first running of the now annual event, is a relatively flat out and back route past the L.A. Zoo, the Travel-Town train museum, and the park's historic merry-go-round. It eliminated the sharp downhill start and the uphill finish formerly used. Griffith Park management has erected permanent mile-markers and adopted the route as its officially sanctioned and certified 5K/10K course.

This year a unique water spray was added to the course which included split times at each mile, two water stations, and Park Ranger's supervision of traffic control along the course and at the turn-a-rounds. Comments ranged from "well organized!" to "best race of the year!"

With the experience of two races behind them, and additional possibilities such as television coverage ahead, the Stuntmen's Association hopes to turn this event into a major fall classic.

Division Results - Men's 10K 14 & Under: 1. Rod Braunthal 40:48, 2. John Dorobek 43:36, 3. Victor Garcia 44:34, 15-19: 1. Carlos Munguia 34:40, 2. Christian McCart 35:36, 3. Gene Bock 37:23. 20-24: 1. Mario Godinez 33:51, 2. Curt Boehm 34:58, 3. John Omara 35:30. 25-29: 1. Mario Hidalgo 32:05, 2. Page Thibodeaux 34:06, 3. Greg Bandy 34:49. 30-34: 1. Ron Gee 31:44, 2. Rudie Druase 33:28, 3. Bob Dillman 34:35. 35-39: 1. Thomas Sneddon 34:45, 2. Steve Crouch 36:58, 3. Tom Belder 37:21, 40-44: 1. Charlie Pondella 36;06, 2. Steve Russell 36:14, 3. Denis Trafecanty 36:38. 45-49: 1. Baldomero Pedraza 40:33, 2. Bill Uebersetzig 40:37, 3. Nobby Orens 41:28. 50-54: 1. Karl Hering 41:06, 2. Dick Ramirez 42:53, 3. Stephen Bland 43:37. 55-59: 1. Leo Prado 40:14, 2. Doug Maitala 44:00, 3. Frank Pinkerto 45:22, 60 & Over: 1. Glen Ward 48:31, 2. John Melville 49:53,

 Jack Mehlman 50:33.
 Division Results - Women's 10K
 Bunder: 1. Roberta Perez 55:10. 15-19: Kim Bluckman 43:01, 2. Leslie Graham 45:43, 3. Alexia Soutsos 45:59. 20-24: 1 Doreen Espinoza 38:22, 2. Jill Mazuchi 44:18, 3. Ana Cadavid 45:46. 25-29: 1. Sharon Ryan 43:11, 2. Merial Jackson 44:02, 3. Marian Green 44:50, 30-34: 1. lika Gillette 40:00, 2. Caroline Lunger 41:42, 3. Judy LeGrande 46:13. 35-39: 1. Teri Gerber 37:59, 2. Teri Godreau 38:31, 3. Sarah Huleis 44:57, 40-44: 1. Barbara Shields 44:05, 2. Virginia Tanner 47:29, 3. Sharon Goldsmith 50:24. 45-49: 1. Atsuko Fu-jimoto 45:35, 2. Elaine Murphy 47:42, 3. Carole Davis 48:24. 50-59: 1. Yukle Mochida 48:30, 2. Patricia Pruitt 51:52. 60 & Over: 1. Edith Carlisle 55:28, 2. Esther Tapelband 58:52, 3. Lucile Adney 1:08:41.

Division Results - Men's 5K 14 & Under: 1. Richard Pesqueira 17:02, 2. David Beaudet 18:30, 3. Tony Brown 18:47. 15:19: 1. Carlos Sillas 16:07, 2. Johnny Ledesma 16:56, 3. Eddie Flores 17:25. 20:24: 1. Marco Garcia 15:16, 2. David Waish 15:23, 3. Cupp Thomas 16:21, 25:29: Rich Burns 15:27, 2. Ed Kitchen 16:18, 3. Eugene Musiar 16:43. 30-34: 1. Carlos Pilo

Godoy 15:54, 2. Bo Gonzalez 16:57, 3. Philip Delacerda 17:01. 35-39: 1. Henry Lang Jr. 16:12. 2. Fred Doubell 16:20. 3. Fred Ortega 16:31, 40-44; 1. Bruce Geddes 17:03, 2. Carlos Balbona 18:05, 3. Manouch Lankarani 18:14, 45-49; 1. James Murphy 16:57, 2. Aldo Mora 17:53, 3. Buck Taylor 18:04, 50-54; 1. Sam Mayo 18:11, 2. Mike Velarde 18:59, 3. Barry Truex 19:53, 55-59: 1. Jerry Withers 18:24, 2. Leonard Walts 19:23, 3. Gene Haskell 23:34. 60 & Over: 1. Larry Banuelos 19:29, 2. Ed Stotsenberg 22:18, 3. Ron Mariott

Division Results - Women's 5K 14 & Under: 1. Karrie King 20:14, 2. Nicole Kennerly 22:16, 3. Gina Terrazas 23:29. 15:19: 1. Maria Tauscher 22:43, 2. Kim Publicover 23:39, 3. Lynda Publicover 23:40. 20-24: 1. Fran Gilmore 20:27, 2. Lisa Voorhis 22:09, 3. Sara Gonzalez 22:19. 25-29: 1. Bobbie Shipper 17:05, 2. Mary Tracey 17:12, 3. Jeanne Kawashima 19:14. 30-34: 1. Claudia Morales 19:02, 2. Maria Rodriguez 22:10, 3. Ramona Brigham 22:35. 35-39: 1. Gloria Santillan 21:21, 2. Eva Gural 22:06, 3. Susan Myers 22:33. 40-44: 1. Judy Kewley 18:58, 2. Alice Travis 21:14, 3. Dolores Gallardo 21:42, 45-49: 1. Liz Bennett 24:49, 2. Dinah Martin 27:27, 3. Kaete Aguirre 28:44. 50-59: 1. Ginie Mains 26:57, 2. Neysa Pickens 33:18, 3. Nettie Gruber 43:55. 60 & Over: 1. Daisy Wong 26:13, 2. Lucy Byersw 31:00

PA/TAC 10K Championship

November 11, Richmond.			
	Open Men	20.04	
1	Carmelo Rios, Aggies	30.51	
2	Ivan Huff, Aggies	31:02	
4	Scott Mayfield, Aggies	31:06	
	Dan Harvey, Aggies	31:11	
5	Doug Avrit, Aggies	31:17	
6	Jim Smith	31:20	
7	Rick McCandless, Ryans	31.26	
8	Pete Sweeney, Aggies	31:34	
9	Mark Conover, Puma	31:36	
10	Phil Hornig, Reebok	31:38	
11	Jeff Adkins, Aggies	31:42	
12	Brad Hawthorne, Saucony	31 42	
13	Hector Perez, Aggles	31:47	
14	Pat Sullivan, Ryans	31:48	
15	Matt Yeo, Aggles	31.52	
5	Master Men		
1	Sal Vasquez, Pamakids	32:45	
2	Jerry Lynch	34:23	
3	Jim Gibbons, Tamalpa	34:25	
4	Ramsay Thomas, WVJS	34 26	
5	Joe Becerra, Excelsion	34.45	
10.1	Super Master Men	120 100	
1	Myron Neuraumont, WVJS	38:13	
2	Bryan Holmes	38:59	
3	Hank Fragoza	39:36	
	Open Women		
1	Janine Aiello, Impala	37:06	
5	Sharlet Gilbert, Zophyr	37.17	
3	Kathy Koudella, Aggies.	37.26	
4	T. Schmidt-Puckett, Flyers	37.58	
5	Eileen Kramor Vuricouch, Flyers	38.05	
6	Gonnie Hoster, Aggies	39.02	
7	Sue Gyorey	39.08	
H	Heike Skaden, Flyers	39:23	
9	Karen Lanterman, WVTC	39.53	
10	Bev Marx, Flyers	39.54	
	Master Women		
1	Yaren Lanterman, WVTG	39.53	
2	Denise Bigelow, Aggles	44:54	
3	Eve Pell, Tamalpa	45.17	
4	Ruth Anderson, NCS	45.47	
5	Nadine O'Gonnor, Tamalpa	45.50	
Super Master Women			
1	Huth Anderson, NCS	45.41	
2	Marty Maricle, NGS	49.01	
3	Mary Heinleits, Tamalpa	93.41	

Turkey Trot 5K & 10K

Movember 17 Santa Ana

100	veniber II. aama Ana.	
	Overall Results - 5K	
1	Chuck Degarmo (24)	15:13
2	Dave Parsel (29)	15:30
3	Fred Cowles (21)	15:56
4	Benny Brown (31)	16:1
5	Stan Stauble (40)	16:18
6	Henry Lange Jr (35)	16:35
7	Anthony Lopez (19)	16:46
8	Gary Carlin (30)	16:46
3	Joe Mhama (16)	16:48
10	Kami Etebar (30)	16:53
11	Warren Young (37)	16:56
12	Edward VanPatten (17)	17:04
13	Jim Kenworthy (36)	17:20
14	Stacy Ming (25)	17:20
15	Jerry Skinner (37)	17:32
	Division Results - Men's 5K	
-	e trades a come constant on	an n

12 & Under: 1. Steve Schmidt 20:48, Keith Arnold 20:52, 3. Pedro Mendoza 21:20, 13:18: 1, Joe Mhama 16:48, 2. Ed-ward VanPatten 17:04, 3. Charley Yu 18:28, 19:29: 1, Chuck Degarmo 15:13, 2. Dave Parsel 15:30, 3. Fred Cowles 15:56. 30-39: 1. Benny Brown 16:11, 2. Henry Lange Jr. 16:35, 3. Gary Carlin 16:46. 40-49: 1. Stan Stauble 16:18, 2. Harry Hunt 17:55, 3. Randall Shelley 17:57, 50-59: 1. Wally Evertz 17:36, 2. Robert Culling 18:17, 3. Andy Beall 19:14, 60&Over, 1. Rod Mariott 21:57, 2. Donald Cotner 22:01, 3. Doug Smith 23:29.

Division Results - Women's 5K 12 & Under: 1. Yolanda Mendoza 27:52. 13-18: 1. Wendy Petersen 20:49, 2. Kirsten Petersen 20:55, 3. Kathy Ball 20:58. 19-29: 1. Elizabeth Taft 18:07, 2. Tracee May 19:46, 3. Donna Rostagno 20:05. 30-39: 1. Carolyn Slade 21:26, 2. Maria Rodriguez 22:21, 3. Marjorie Hayes 23:19, 40-49: 1. Sue Petersen 18:31, 2. Carol Jones 23:02, 3. Sharon Kirk 25:34, 50-59: 1. Evelyn Reiten 23:30, 2 Patricia Pruitt 25:02, 3. Irene Bracher 25:17, 60 & Over: 1. Chris Hodowski 28:32, 2. Billie Abbott N.T., 3.

Leona Vinson N.T.

	Overall Results - 10K	
1	Mark Junkermann (19)	30:51
2	Mark Leintz (21)	31:05
3	Jim Nagel (25)	31:20
4	Colin McConnell (26)	31:41
5	David Smith (28)	32:34
6	Patrick Cornejo (20)	33:27
7	Joseph Jenkins Jr (28)	33:50
8	Eric Anderson (16)	34:21
9	Dan Wilder (31)	34:23
10	Thomas Leong (18)	34:24
11	Ken Vendley (15)	34:40
12	James Whitson (31)	34:55
13	Horacio Juarez (17)	35:14
14	Fred Pichay (34)	35:26
15	Julian Cruz (26)	35:39
	Division Results - Men's 101	(

12 & Under: 1. Jesus Serrato 44:58, 2. Julio ierrato 47:46, 3. Garlos Mendoza 48:04. 13-18: 1 Eric Anderson 34:21, 2 Thomas Leong 34:24, 3. Ken Vendley 34:40, 19:29: 1 Mark Junkermann 30:51, 2. Mark Leintz 31:05, 3. Jim Nagel 31:20: 30:39; 1. Dan Wilder 34:23, 2. James Whitson 34:55, 3. Fred Pichay 35:26 40-49: 1 Bruce Geddes 36.03, 2. Ron May 37.32, 3. James Knapp 38.27, 50-59; 1. John Heiker, 39.06, 2. Tom Wilson 42 35, 3. Jim Heitzman 44 02 60 & Over: 1. Frank Monteleone 45:00, 2. Bernie Hodowski 53:25, 3 Marion Magnison

Division Results - Women's 10K 12 & Under: 1. Angelica Mendoza 53 00, 2. Jenniter Carr 56 49 13-18: 1. Lisa Torris 42.42, 2. Gart Barragan 47.44. 19-29; 1. Wendy Simmons, 37.03, 2. Jamie Wooden 45.15, 3. Debra Wilkins, 56.03. 30-39; 1.

Lois Curl 38:41, 2 Daiva Justonis 40:51, 3 Lin Aspel 45:01. 40-49: 1 Ida Hendrick 44:45. 2 Phyllis Harn 47:37. 3 Patti Kop cho 49:35. 50-59: 1 Pauline Dean 49:37. 2 Maryellen Castro 53:13. 3 Jane Tolley 59:05. 60 & Over: 1. Lois Edds 50:30.

Tram Road Challenge

November 18. Palm Springs. 6K.
Three hundred runners huffed and puffed their way up the road to the Palm Springs Aerial Tramway's Valley Station in the second annual Tram Road Challenge

The Challenge, billed as "the toughest 6K you'll ever run," climbs nearly 2,000 feet in 3.7 miles from the entrance gate on the Tram Road near Highway 111 to the Valley Station.

Division Results - Men 14 & Under: 1. Brian Shannon, 15-19: 1 Joe Alaniz. 20-29: 1. Torin Rotstein. 30-39: 1. Will Pittenger. 40-49: 1. Martin Bleasdale. 50-59: 1. Jim Demetrious. 60 & Over: 1. Sam Simon.

Division Results - Women 15-19: 1. Terry Wilson, 20-29: 1. Linda Kamenzind, 30-39: 1. Nancy Kummen-Baird, 40-49: 1. Beth Pachacki

Turkey Trot

from David M. Olsen

November 18, Merced, 10K & 1,7 Mile.

The 10th annual MTC Turkey Trot was run in Applegate Park with 150 runners participating. Winning overall honors were Mark Huschle, completing the 10K race in 32:34, and Tracy Walton in a time of 41:44.

In the 1.7 mile Fun Run competition. Richard Curtice was the first to finish in a time of 8:51, and Stacy Wainwright was the first woman covering the course in

Two division records were set, Reva Colliver, running in the women's 40-49 age group, turned in a time of 43:32, replacing to Sullivan's 1981 time of 43:38. In the men's division, Len Thornton ran 36:21, removing Bob Fries' former record of 36:52. Thornton also holds the 40-49 male record with a time of 35:08, set in 1976, and the Turkey Trot's longest standing record.

in the heavyweight competition Atwater's Joe Day finished in a new record time of 48:12, just 15 seconds in front of defending champion Dave Moss. Both runners were under Moss's old record of

Division Results - Men's 10K 17 & Under: 1. Allen Bradley 35:11, 2. Scott Hogan 35:58, 3. David Garcez 35:58. 18-29: 1. Mark Huschle 32:34, 2. Doug Twilleager 32:55, 3. Greg McKinstry N.T. 30-39: 1. John Carter 34:46, 2. Louis 30-39: 1. John Carter 34-40, 2. Louis Phillips 36:06, 3. Robert Chambers N.T. 40-49: 1. Bill Woody 38:32, 2. Ken Schwisow 40:45, 3. Gary Allen N.T. 50-59: 1. Len Thomton 36:21, 2. John Norberg N.T., 3. John Grifflin N.T. 80 & Over: 1. Don Lundberg 45:26.

Division Results - Women's 10K 17 & Under: 1. Ginger Connolly 47:04. 18-29: 1. Tracy Walton 41:44, 2. Nancy Galarmeau 43:18, 3. Alleen Takeuchi N.T. 30-39: 1. Vicki Bolton 45:49, 2. Michelle Bottjer 46:21, 3. Carmen Patlan N.T. 40-49: 1. Heva Colliver 43:32, 2. Muriel Olsen 45:27, 3. Jean Schwisow N.T. 50-59: 1. Betty Seimas 56:36, 2. Sylvia Quellette, N.T., 3. Pat Cantellucci N.T.



Two time Boston Marathon winner and honorary chairman Jim Knaub presents the Invacare "Roll 500 titanium Superlight" sport wheelchair (designed by Knaub) to fellow competitor Mary Jones of Cornoa Del Mar. Mary was second place female wheelchair division winner.

CRI Long Beach Half Marathon

November 18. Long Beach.

Community Rehabilitation Industries recently staged their annual "Race for Rehabilitation" called the 1984 CRI Long Beach Half Marathon and Three Mile Fun Run. Two time Boston Marathon winner Olympic wheelchair runner Jim Knaub served as honorary chairman of this year's highly successful race; drawing nearly 2,000 runners. Knaub who was sponsored by Invacare Corporation, presented a "Roll 500 Titanium Superlight" sport wheelchair to second place female division winner Mary Jones of Corona Del Mar. Other top seeded wheelchair runners include: Candice Cable (1984 Olympic winner), Chip Parmelli, Jim Tenakite, Peter Brookes, and Rapheal Ibarra, to name a few. "This year's event marks the beginning of what will soon become the leader in an annual series of long-distance road races for the wheelchair athlete," explains Knaub. We need to promote ourselves as athletes," he adds, "not just as people in wheelchairs."

Major sponsors of the race were: Invacare, Kinko's Copies, Shoreline Village, and International Touch. Other sponsors include: Buffums, Arby's, 7-Eleven, Foot Locker, City Sports Magazine, and Avenue 3 Pizza.

Entertainment was provided by recording artists J.S. Dunlap, Brook Wills, and the nationally acclaimed G.T.E. General Happening Band.

"Overall the race was a spectacular success in terms of publicity, runner participation, and community support," boasts race director Dereke Clements. The 1985 race which is scheduled for Sunday November 17th, will be specifically geared for the runner, to include: mile markers and split times called along the entire course route, natural runner refreshments at the finish, and awards that are directly related to runners'

Wheelchair Division Results
1. Jim Knaub 58:38, 2. Chip Parmelly
1:04:38, 3. Peter Brookes 1:04:39.

Division Results - Men 14 & Under: 1. Ray McConnachie 1:30:04, 2. Raymond Bush 1:46:27, 3. Hendrick Zandbergen 1:51:43, 15-19: 1. JP Hall 1:12:53, 2. David Greenberg 1:19:24, 3. Juan Oregel 1:19:42, 20:24: 1. Gregg Ramsey 1:13:00, 2. Mike Cooper 1:15:16, 3. Phil Smith 1:16:45, 25-29: 1. Rusty Garman 1:09:41, 2. Anton Gonzales 1:15:09, 3. Chris Thompson 1:15:43. 30-34: 1. Charles

Duggan 1:11:48, 2. Ben Martinez 1:14:49, 3. Jay Uretsky 1:16:41. 35-39: 1. Jim Hackenberg 1:17:03, 2. Pablo Drobny 1:17:24, 3. Tom Carras 1:17:55. 40-49: 1. Bill Elam 1:19:01, 2. Ron Navarrette 1:20:02, 3. John Bushman 1:20:18, 50-59: 1. Tracy Brown 1:26:53, 2. Paul Saucedo Jr. 1:28:41, 3. Dennis Bracher 1:28:57. 60 & Over: 1. J Kettler 1:35:24, 2. Casey Poole 1:38:48, 3. John Nino 1:39:44.

Division Results - Women 15-19: 1. Kaysie Choate 1:38:50, 2. Julie Hinrichs 1:45:26, 3. Kristen Gilliland 1:52:50. 20-24: 1. Sherrie Roach 1:24:03, 2. Cheryl Boessow 1:30:54, 3. Sue Corea 1:31:21. 25-29: 1. Kyong Gaddis 1:31:07, 2 Patricia Markovich 1:31:07, 3. Kaaron Benson 1:32:48, 30-34; 1. Amy Graham 1:27:26, 2. La Gilmore 1:31:56, 3. Sue Rudolph 1:32:40. 35:39: 1. Cheryl Allen 1:28:05, 2. Debbie Wilkinson 1:28:36, 3. Neva Ingersoll 1:35:36. 40-49: 1. Carolyn Doty 1:36:17, 2. Joanne Coltra 1:38:23, 3. Shirley Blush 1:38:56. 50-59: 1. Pinkie Fisher 1:48:32, 2. Audrey Hauth 1:48:33, 3. Antginette Hill 1:53:44. 60 & Over: 1. Judy

McDonald's 8K McClassic

November 18. San Diego Division Results - Men

8 & Under: 1. Shawn Hiatt 39:01, 2. Jason Klute 43:07, 3. Darren Watson 44:47. 9-12: Mike Farrell 30:24, 2. Chris Shapper 33:30, 3. Mike Kessler 33:49. 12-17: 1. Bill Ruff 26:34, 2. Jonathon Rice 28:30, 3. Tony Young 38:50, 18-29: 1. Rich Brownsberger 2. Brian Harold 23:37, 3. Jerry Marsh 23:37. 30-39: 1. Ken Misner 25:11, 2 Charles Thompson 25:39, 3. Mike Cour 26:00. 40-49: 1. Gary Novak 25:46, 2. Ben Dodge 27:47, 3. Terry Dockery 29:07. 50-59: 1. Marsh Haraden 29:09, 2. Warren Osborn 29:46, 3. Jerry Diedrich 32:55. 60 & 1. Jim McCown 31:01, 2. Spencer 33:32, 3. Demetrio Miller 34:41.
Division Results - Women

8 & Under: 1. Sherri Savel 39:31, 2. Rainy Schultz 46:24, 3. Holly Hinrichson 62:50. 9-12: 1. Lisa Uribe 37:27, 2. Valerie Drach 38:59, 3. Kelli Hurl 39:15. 12-17: 1. Jenifer Martin 38:31, 2. Juliet Stivgn 40:09, 3. June Sirino 41:24, 18-29; 1. Susan Berenda 27:15, 2. Liz Baker 28:06, 3. Leslie Howland 29:02, 30-39; 1. Patti Huri-Tuffley 29:25, 2. Judy Dodge 29:53, 3. Debbie Lewis 30:01. 40-49: 1. Ursia Rains 31:43, 2. Bonnie Baer 33:18, 3. Jan Gervals-Cour 35:05. 50-59: 1. Margaret Miller 32:09, 2 Anne Johnson 35:27, 3. Beatrice Lovell 39:41, 60 & Over: 1. Gerry Davidson 41:01, 2. Lucy Killea 45:05, 3. Ethel Roberts

End of World Hunger

November 18. Brentwood, 5K & 19K. Division Results - Men's 5K 18 & Under: 1. Romney Mawhorter 15:51, 2. Tim Barnett 16:17, 3. Manuel Morones 16:26. 19-29: 1. Brian Butterfield 15:57, 2. Matthew Brayman 16:35, 3. Eugene Muslar 17:00. 30-39: 1. Robert Daniels Musiar 17:00, 30-39: 1, Robert Dameis 17:33, 2, Steve Mangum 18:31, 3, Roberto Perez 18:46, 40-49: 1, Ron Hecker 21:40, 2, Mike Bond 21:54, 3, Antonio Quiroga 21:57, 50-59: 1, Gunnar Brickner 19:16, 2, Leonard Walts 20:07, 3. Lvar Lovaas 20:25. 60 & Over: 1. Eddie Lewin 20:40, 2. Stanley Neufeld 22:00, 3. David Cohen

Division Results - Women's 5K 18 & Under: 1. Allison Baker 20:28, 2. Gall Wehrli 22:32, 3. Amy Dalton 22:41, 19:29: 1. Diane Haney 19:18, 2. Mary Jane Babyak 24:49, 3. Mary Freese 25:39.

Division Results - Men's 10K 18 & Under: 1. Glen Patterson 36:07, 2 Gene Bock 38:59, 3. Mauricio Regalado 39:37, 19-29: 1, Chris Schallert 30:53, 2, David Greifinger 32:31, 3, Peter Quint 32:48, 30-39: 1, Ron Kurrle 33:58, 2, Paul Garnett 36:13, 3. Bill Fisher 37:19, 40-49: 1. Eugene Blankenship 34:59, 2. Ed Wehan 35:29, 3. John Larkin 36:05. 50-59: 1. Dane Macomber 40:24, 2. Joe Macias 41:25, 3. Tony Townsend 43:04. 60 & Over: 1. K. G. Taki 45:33, 2. Joseph Rossi 53:20, 3. Russ Haltom 56:57.

Division Results - Women's 10K 18 & Under: 1. Leslie Bunnage 51:41, 2. Jennifer Jackson 1:00:51, 3. Stacy Schultz 1:06:39. 19-29: 1. Shannon Stryker 37:57, 2. Donna Chadwick 38:40, 3. Karen Samuels

South Bay 10K

from Dorl Livingston

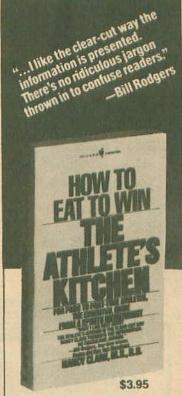
29:58

November 18. Hermosa Beach. Overall Results - Men Sean Evans (20-24) Danny Martinez (20-24) Mark Rueleas (20-24)

	Domi Familo (Fr. Fal	EG-MU.
2	Danny Martinez (20-24)	30:30
3	Mark Rueleas (20-24)	30:44
4	Rusty Knowles (20-24)	30:56
5	David Babiracki (30-34)	31:02
6	Rick Dobson (20-24)	31:30
7	Robert Macias (30-34)	32:32
8	Robert Perkins (25-29)	32:43
	Overall Results - Women	
1	Monica Joyce (25-29)	33:05
2	Yvonne Harter (25-29)	39:57
3	Tracey Snodgrass (20-24)	40:58
4	Mitsuko Yamaguchi (20-24)	41:03
5	Wendy Watson (40-49)	41:48
6	Lori Marcel (25-29)	42:00
7	Dobl McDougall (50-59)	42:00
8	Deanna Holleman (40-49)	42:16
9	Mariana McMullen (40-49)	42:47
10	Janet Tsakiris (20-24)	42:57
9 8	Under: 1. Reggie Hilton 84:00.	9-15: 1.
Joe Marcky 41:00 2 Erik Ottinger 43:40 3		

Scott Kwiker 47:29, 15-19: 1. Ken Vendlen 34:53, 2. Brad Kaytor 40:55, 3. Scott Griffin 43:26, 20-24; 1. Sean Evans 29:58, 2. Danny Martinez 30:30, 3. Mark Ruelas 30:44 25-29: 1. Robert Perkins 32:43, 2. John Webster 34:46, 3. Bill Balcer 35:23. 30-34: 1. David Babarack 31:02, 2. Robert Macias 32:32, 3. Irwin Merein 35:03. 35-39: 1. Paul Marcel 33:41, 2. Warren Young 35:21, 3 Salvador Gonzalez 35:23. 40-44: 1. Catarino 35:18, 2. Gregory Kelly 35:35, 3. Raymond Smith 38:01. 45-49: 1. John Pagliano 36:28, 2 Chuck Kloes 38:46, 3. Thomas Johnson 39:05, 50:59: 1. John Rudberg 37:34, 2. George McGaffigan 38:17, 3. Ron Poston 38:25, 60-69: 1. Avery Bryant 39:07, 2. Robert Page 40:26, 3. Paul Jernstrom 45:11

Division Results - Women 11 & Under: 1. Meta Hodgkinson 51:02. 12-14: 1. Martina Lauchengeo 44:13, 2. Norma Dell 57:19. 20-24: 1. Tracey Snodgrass 40:58, 2. Mitsuko Yamaguchi 41:03, 3. Janet Tsakiris 42:57, 25-29: 1. Monica Joyce 33:05, 2. Yvonne Harter 39:57, 3. Lori Marcel 42:00. 30-34: 1. Barbara Honeck 43:28, 2. Judith Hicks 45:13, 3. Nancy Baler 48:22. 35-39: 1. Margaret Dickie 44:17, 2. Joann Mayeda 48:27, 3. Patricia Waldon 48:40. 40-49: 1. Wendy Watson 41:48, 2. Deanna Holleman 42:16, 3. Mariana McMullen 42:47, 50-59: 1. Dobi McDougall 42:00, 2. Jean Windishar 58:51.



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Results

Tiger Turkey Trot

No	vember 18. Meadow Park, SLO. Overall Results - 7 Miles	
		-
1	Rory Cooper (24 Wich) SLO	31:52
2	Paul Lee (23) ArroyoGrande	33:42
2 3 7	John Ernatt (21) SLO	34:00
7	Les Beck (40) SLO	38:47
11	Diane Dixon (30F) LosOsos	41:13
	Overall Results - 3.4 Miles	
1	Farron Fields (23) SLO	16:57
2	Vernon Sallas (25) SLO	18:01
3	Steve Flynn (28) Morro Bay	18:08
9	Bob Perry (43) Tulare	21:38
11	Tony Canaan (52) SLO	21:48
12	Jonie Carew (21F) SLO	23:09
13	Kathryn Krieger (15F) SLO	23:20
19	Mary Lopez (37F) SLO	24:31

Hunger Project Run

No	vember 22. San Luis Obispo. 10	MI.
	Overall Results	
1	Paul Lee (23) Arroyo Grande	57:40
2	Larry Jameson (42) SLO	59:58
3	Keith Klipatrick (38) Los Osos	61:20
4	Chris Conners (33) SLO	61:21
5	Roger Zolldan (37) Fremont	62:13
11	Diane Dixon (30F) Los Osos	68:56
12	Vicky Philips (27F) SLO	69:13
17	Barbara Zolidan (37F) Fremont	74:58
18	Roger Boedecker (55)PtHuen	74:59
21	Velma Bowden (40F) SLO	77:52
31	Walt Erickson (63) Morro Bay	86:17

City of Torrance **Turkey Trot** Fun Run

November 22. Torrance. (No Times Available)
Division Results - Men

13 & Under: 1. Brian Tokuda. High School: 1. Michael Scott, 18-24: 1. Brent Griffiths. 25-29: 1. Mark Judge. 30-34: 1. Harris Stephen. 35-39: 1. Ron Parks. 40-44: 1. Norm Towers. 45-49: 1. Bill Mandeville. 50-54: 1. Jim Scarborough. 55-59: 1. Jerry Withers. 60 & Over: 1. Larry Banuelos.

Division Results - Women

13 & Under: 1. Sandy Tregarther. High
School: 1. Keilie Hourigan. 18-24: 1. Linda Salafia. 25-29: 1. Donna Stocker. 30-34: 1. Gloria Soto. 35-39: 1. Carolyn Slade. 40-44: 1. Kathryn Owen. 45-49: 1. Shirley Blush. 50-54: 1. Faye Metz. 55-59: 1. Ingrid Zam-

Point Isabel Race

November 25 Bichmond 5K

Overall Results	
Jim Gaffield (18-29)	15:32
Matthew Dowling (18-29)	15:55
Allan Smith (18-29)	15:59
Peter Day (40-49)	16:01
Andrew Ream (18-29)	16:22
Sharlet Gilbert (30-39F)	17:12
Sarah Tabbatt (18-29F)	18:23
Cathie Chavez (18-29F)	19:09
Anne Mott (18-29F)	19:11
Carole Stothers (18-29F)	19:40
Bruce Oliver (50 & O)	20:29
Sally Wolfer (50 & OF)	21:26
	Jim Gaffield (18-29) Matthew Dowling (18-29) Allan Smith (18-29) Peter Day (40-49) Andrew Ream (18-29) Shariet Gilbert (30-39F) Sarah Tabbatt (18-29F) Cathle Chavez (18-29F) Anne Mott (18-29F) Carole Stothers (18-29F) Bruce Oliver (50 & O)

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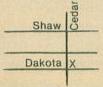
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Westlake Village 20K

November 25. Westlake Village.

	Overan nesuns		
1	Steve Blum (29) Ventura	1:05:37	
2	Michael Durkin (25) Malibu	1:09:28	
3	Dan Cook (17) ThousOaks	1:11:01	
4	Roman Gomez (18) L.A.	1:11:01	
5	Ignacio Rodriguez (27)Oxnard	1:11:46	
6	Jay Uretsky (34) L.A.	1:11:58	
7	John O'Mara (22) SimiViy	1:12:09	
8	Ralph Casillas (33) Oxnard	1:12:23	
9	Jussi Hamalainen (38) Finland	1:12:30	
10	Ken Martinez (19) SimiVly	1:13:09	
12	Charles McClung (44) Reseda	1:13:30	
15	Ronald Pattinson(47)Pasadena	1:14:27	
19	Beth Milewski (26F) Northrg	1:15:47	
31	Sara Denning (31) SantaMon	1:18:36	
38	Don Guthrie (51) ShermanOaks	1:21:42	
42	Tammy McCarthy (17F) Ventura	1:23:17	
54	Don Dunn (56) CanogaPk	1:26:43	
56	Marie Stevenson (39) Thou Oks	1:27:01	
58	Robert Nemeth(60)WoodldHI	1:27:37	

TAC Nat'l X-C

from Pete Cava

November 24, Boston, Overall Results - Senior Men's 10K Pat Porter (25) AthWest John Easker (21) WisconsinUntd 28:14 Gabriel Kamau (29) ConvsWest 28:23 Scott Jenkins (21) WisconsinU Ed Eyestone (23) BYU 28:30 Earnonn Coghlan (32) NYAC Jeff Drenth (23) Ath West 28:31 Jim Sapienza (24) Dartmth 28:38 Brian Dunn (21) TmKang 28:40 Alberto Salazar (26) AthW Carmelo Rios (24) ConvWest 29:21 Ivan Huff (24) ConvWest Dan Harvey (26)Conv Ag Doug Avrit (24) ConvAg 29:32 30:17 30:22 Dan Gonzalez (22) ConvAG 30:37 Junior Men Anthony Williams(19)JockSh 23:12 James Farmer (19) UofN.Car 23:13 Chris Schille(18)BrownUni 23:29 23:42 Charles Cole (18) BucknellU

Bob Kempainen(18)Dartmouth

23:45

Senior Women Cathy Branta (21)WiscUntd 15:19 Betty Springs (23) AthWest Andrea Fischer (21) U of Mis 15:26 15:38 15:40 Nan Doak, U of Iowa Mary Knisely (25)Roos Shelly Steely (22) FlorTC 15:44 15:45 Christine Momiken(21)Roos 15:47 15:49 Joan Hansen (26) AthlWest Kathy Hayes (21)U of Oregon 15:52 Jennifer Rioux(19)Unat 20 Maggie Keyes (26) Ath/West 16:16 Junior Women's Rene Harbaugh (18)N.CarSt 16:38 17:06 17:12 Stacy Bilotta (18)N, CarSt Kristin Perini (18) LibertyAC Leslie Walls (18) LibertyAC Denys Adams (15) MichiganTC 17:40

Mount Tam Trail Run

from Diane Smalley

November 25, Fairfax, 12K,

Here are the division winners of the Mount Tam Trail Run. We had a beautiful, dramatic day for this unique 12 K cross-country race. This is the second year for this run and there will be a third only if the Marin Municipal Water District Board approves. There were 425 runners registered with 254 male finishers and 119 female finishers.

The women started 5 minutes ahead of the men as last year. Only one fellow passed Pat English, whose time was 48:21, and that was Brian Maxwell, whose time was 43:01

Division Results - Men

18 & Under: 1. Michael Perez 50:19, 2. Eric Walker 53:03, 3. Brent Ray 56:27, 19-29: 1. Morten Warland 44:50, 2. Jeffrey Cowling 46:41, 3. Eric Allen 47:01. 30-39: 1. Brian Maxwell 43:01, 2. Fred Frauens 44:04, 3. Chris Thomas 44:40. 40-49: 1. Arvid Olson 48:20, 2. John Swyers 48:32, 3. Tom Wright 48:38. 50-59: 1. Bob Malain 53:00, 2. Al Kirkman 53:39, 3. Bill Van Horn 54:28. 60 & Over: 1. Warren Steckmest 1:05:59, 2. Bob Lindskog 1:10:19, 3. Don Boothroyd 1:13:56

Division Results - Women

18 & Under: 1. Janet Gallagher 1:09:05, 2 Tracy Miyashiro 1:17:02. 19-29: 1. Heidi Schaer 52:10, 2. Carol Welch 53:43, 3. Melinda Creel 55:47. 30-39: 1. Patricla English 48:21, 2. Wink Luskin 54:01, 3. Hazel Wood-Kuttin 55:18. 40-49: 1. Marilyn Harbin 53:45, 2. Barbara Magid 58:05, 3. Agatha-Sue Lee 59:10. 50-59: 1. Marty Maricle 1:01:38, 2. Elsa Sandberg 1:05:13 3. Mariys Green 1:10:26, 60 & Over: 1. Els Tuinzing 1:16:19.

Santa Clarita Valley 5K & 10K

November 24. Newhall. Overall Results - 5K

1	Tim Watson (19)	15:19
2	Rich Burns (29)	15:38
2 3	David Walsh (21)	15:47
4	Chuck Pontius (20)	16:12
5	Darren Sand (16)	16:27
6	Kule Younkers (16)	16:42
7	Rick Glider (35)	16:47
8	Shawn Elmore (18)	16:52
9	Henry Lange (35)	16:59
10	Charlie Pondello (43)	17:06
27	Scott Jung (15)	18:48
31	Gunnar Brickner (58)	19:23
35	Sue Harmon (34)	19:42
36	Barry Truex (50)	19:44
66	John Thompson (60)	22:35
	Overall Results - 10K	
1	Michael Trujillo (22)	32:39
2	Rudle Krauce (30)	33:08
3	Glenn Johnson (17)	34:06
4	George Sinano (17)	34:22
5	Ken Buckson (32)	35:02
6	John Puarto (45)	35:44
7	David Kahan (17)	35:48
8	Nick Trozzi (24)	36:06
9	Jerry Hackett (44)	36:08
10	Mike Mench (39)	36:13

Bell Thru The Bunker 5 Mile

36:43

38:46

39:03

from Darlene Galindo

November 25, San Pedro.

15 Steven Watanabe (31)

30 Joe Natoli (15)

33 Pegis Boyle (51)

Cold weather and cloudy skies did not keep Kathy Kanes from finishing first woman overall for the second year in the Third Annual Bell thru the Bunker 5 Mile run held Sunday, November 25, in San

Proceeds from the run sponsored by the Los Angeles City Department of Recreation and Parks, Bud Light (Bay Beer Distributors) and KHTZ 97.1 FM will benefit recreation centers in the Harbor District.

Top Five Man **Brent Griffiths** Gian Starinieri 26:28 Jerry Hernandez 26:29 Luis Pinon Fernando Vasquez 26:56 27:26 Top Five Women

Kathy Kanes 30:05 Patti Tuffley 31:26 Vickie Cook Mary Blish Mary Jane Mitchell 34:31

Top Five Teams

 Pico Rivera A Team, 2. South Gate Athletic Club, 3. Magnificant Seven, 4. Pico Rivera B Team.

Pico Rivera Open C won the women's open division. The Jim Evan Property, Inc. won the corporate team division. Sheri Clewis won the costume division.

Sugarloaf Ridge X-C 5K & 9K

November	24. Ke	nwood.
	Overa	Il Results -

1	Don Kadronich, StaRsa, (10)	21:22
2	Jeff Wilson, StaRsa,(2 O)	22:12
3	Jim Dennison, StaRsa,(3 O)	23:03
4	Donna Sommers, StaRsa,(1 O F)	23:27
5	Darrell Corbyn, Martnz, (1 13&U)	24:56
7	John Poeboy, Kenwd (41)	25:11
15	Bill Geary, StaRsa, (56)	32:22
	Overall Results - 9K	
1	Butch Alexander, Sono(30-34)	32:03
2	Christopher Bokman, No(1 16-18)	32:12
3	Dennis Bollman, Son(2 30-34)	32:21
4	Darryl Beardall, SnRsa, (1 40-49)	32:49
5	Larry Meredith, Occ, (1 19-29)	33:04
16	Kathy Dalton, Son, (1 18&UF)	37:24
24	Janelle Corbyn, Mart(2 18&U)	39:40
25	Sam Stevenson, SR (1 50-59)	39:42
27	Kristie McCall,SR (3 18&U)	41:04
	AND THE PROPERTY OF THE PERSON	

UCSC Cardiac Pacer 5 Mile Run

D	ecei	mber	1.	San	ta	Cruz.	
				Ove	ral	Rest	ilts
	- 1220	90.000	550.5	122/	17.00	A COLUMN	

	Crotali Negulia	
1	Torin Rotstein, Merrill	28:4
2	Mike Lotter, UCSC Staff	29:40
3	Mark Goulet, Aptos	29:40
4	Bob Eberle, Santa Cruz	29:50
5	Scott Donnellan	30:48
6	George Mason, El Cerrito	32:15
7	David Schwin, Salinas	32:22
8	Michael Grow, Salinas	33:11
9	Dan Andrews	33:28
10	Richard Eberle, Santa Cruz	33:34

Laguna Niguel Scenic 5 & 10K

December 1. Newport Beach. Division Results - Men's 5K

14 & Under: 1. Shanon Winkelman 18:25, 2. Jim Casudita 18:37, 3. Billy Anderson 20:27, 15:18: 1. Joey Laawood 16:47, 2. Matt Bright 16:53, 3. James Maynard 16:59, 19:24: 1. Ralph Gabibraldi 15:31, 2. Dan Partelow 16:35, 3. Steve Corona 17:37, 25:29: 1. Howard Keeley 16:35, 2. Frank Boegeman 17:17, 3. Herb Massinger 17:18, 30:34: 1. David McCohn 17:03, 2. Larry Grayson 17:52, 3. Mike Messlers 19:33, 35:39: 1. Henry Lange Jr. 16:35, 2. Marty Schwarz 17:23, 3. Dr. Ca Scdn 17:31. 40:44: 1. Bob Hill 17:13, 2. Pete Gamolin 19:22, 3. Jim Pierson 19:44, 45:49: 1. Juvenal Merrers 18:36, 2. Manuel Copes 20:11, 3. Al Simpbusch 20:33, 36:59: 1. Tracey Brown 19:24, 2. Ben Castro 21:10, 3. Robert Percy 21:37, 60 & Over: 1. Delmar Goseley 21:17, 2. Rob Mariott 23:01, 3. Thomas Smith 29:14, 2. Rob Mariott 29:13, 3. Thomas Smith 29:14, 2.

Division Results - Women's 5K Under: I. Heather Burton 25:18, 2. Headi Maseman 31:29, 15:18; 1. Jennifer Haynes 22:35, 19-24; 1. Joann Pridomieski 21:56, 2. Karolyn Freeman 24:08, 3. Kateyn Samuer 25:02, 25:29; 1. Patricia Porschel 19:07, 2. Bronda Pleumey 22:13, 3. Gal Gombrezick 22:18, 30-34; 1. Luxta Puzzingten 21:04, 2. Lyume Silper 24:46, 3. Lin da Sammors 29:32, 35:39; 1. Shelly Wronka 26:01, 2. Cherade Plumes 26:12, 3. Juli Page 28:39, 40-49; 1. Georgina Nuttal 24:21, 2. Laurio Bombram 26:22, 3. Pat Johnson 26:26, 50-59; 1. Corrine Chapmen 31:32, 2. Dionne Davis 34:37.

Division Results - Men's 10K. 14 & Under: 1 Ken Gibson 37:25, 2 Jon Burnbaum 37:32, 3. Duncan McGraw 38:53. 15-18: 1. Martin Zemaner 34:08, 2. Dave Goncales 35:19, 3. Jerry Kruse 37:19. 19-24: 1. Glibert Cortez 32:21, 2. William Chollman 39:19, 3. Dean Burdette 39:30. 25-29: 1. Tom Vernon 30:58, 2. David Parsel 31:48, 3. Holland Bunz 32:31. 30-34: 1. Norm Begaye 34:03, 2. Larry Graycun 36:34, 3. Bill Leung 37:08. 35-39: 1. Robert Williams 34:11, 2. Jim Reilly 34:22, 3. Bill Sumner 35:01. 40-44: 1. Bill Anderson 35:47, 2. Tommy Martin 36:37, 3. Mick Dunoff 38:11. 45-49; 1. Stan Price 37:30, 2. Harvey Peterson 36:02, 3. Rudy Subia 41:42. 50-59: 1. John Heikes 39:26, 2. Jack Wallace 43:18, 3. Jim Clampett 45:37. 60 & Over: 1. Sam Simon 48:40, 2. Kurt Kuperman 1:01:39.

Division Results - Women's 10K 15-18: 1. Sandy Schenk 44:05. 19-24: 1. Carol Carrigan 37:43, 2. Diane Goebei 39:48, 3. Donna Rostagno 40:59. 25-29: 1. Nan Lipshin 47:00, 2. Monica Moore 49:04, 3. Arlene Turner 49:29. 30-34: 1. Jaynie Studenmund 38:17, 2. Michelle Watts 45:39, 3. Lin Laspei 46:29. 40-49: 1. Margaret Neville 44:41, 2. Sharon Donoff 57:36, 3. Andrea Delkeskamp 59:31. 50-59: 1. Mary Ellen Castro 54:55.

Holiday 5K Run

December 1. Visalia.

Tanis Leyendekker and Jack Butler, of Peregrine Racing Team were the women's and men's winners of the fifth annual Holiday 5K in Visalla.

annual Holiday 5K in Visalia.
Leyendekker's winning time of 17:27 broke the race record by 50 seconds.
Butler ran 15:20 to win by 19 seconds.
Division Results - Men

Division Hesuits - Men 14 & Under: 1. Todd Sanders 19:15. 15-19: 1. Mike Lizotte 15:59, 2. Brett Lizotte 16:00. 20-24: 1. Jack Butler 15:20, 2. Oscar Correa 15:39, 3. Robert Taylor 16:00. 25-29: 1. Isias Luna 15:58, 2. Baldemar Bettencourt 16:03, 3. Adrian Huerta 16:08. 30-34: 1. Larry Nava 17:19, 2. Joseph Jiminez 18:37, 3. Clay Barnett 19:13, 35-39: 1. John Forenti 16:52, 2. Jim Hill 17:34, 3. Alex Orosco 17:44. 40-44: 1. Bob Perry 18:26, 2. Dennis Duffy 18:43, 3. Bob Biakley 18:49, 45-49: 1. Frank Padilla 17:14, 2. Roger Richards 18:33, 3. Grant Sharp 19:04, 50 & Over: 1. Tom Upton 18:19, 2. Chris Denny 19:10, 3. Robert Allison 10:19.

Division Results - Women 14 & Under: 1. Petit Pinson 20:34, 15-19: 1. Shellle Taylor 20:24, 20-29: 1. Tanis Leyendekker 17:27, 2. Shirley Johnson 18:40, 30-39: 1. Kathy Kennedy 18:59, 2. Rosane Schiedel 21:10, 40 & Over: 1. Mary

World Veterans 10K Champs.

December 1: San Diego. Overall Mer

Wight 27:24.

	Overall Men	
1	Barry Brown (40) USA	30:25
2	Guy Ogden (40) G. Britain	31:05
3	Derek Vaughn (40) G. Britain	31:13
4	Ken Inglis (42) Canada	31:18
5	Pierre Voets (45) Belgium	31:19
ti	Hermond Jansen (40) Belgium	31:33
1	Dan Conway (45) USA	31.36
H	Don Cottman (41) USA	31.45
9	David Surman (40) Canada	31:48
10	Patrick Monahan (40) Canada	32:08
11	Kirk Randall (43) USA	32:18
10	Peter Day (40) USA	32:24
13	Michael Helfeman (44) USA	32.58
14		33539
15		32.34
16	Gary Goeffelmann (44) USA	32,39
17	Hubert Carnot (43) Belgium	3, 4,5
111	Hiteve Close (41) UNA	33.08
19	Bill Clark (40) USA	33 10
20	Bay Hatton (52) USA	33.15
21	Ken Winn (47) USA	3,1-46
11		33151
7	Antonio Villannova più Mesico	33.152
(1)	Hichard Woodcutt pt DUSA	3.153

25	Michael Smith (42) G.Britain	33:53
26	Earl Ellis (48) USA	33:56
27	Stanley Stauble (40) USA	34:03
28	George Luiken (41) USA	34:03
29	Ino Cantu (50)	34:06
30	Glen Norcliffe (41) Canada	34:06
31	Ernest Billups (47) USA	34:08
32	John Wood (53) G.Britain	34:21
33	Ray Will (46) Canada	34:35
34	Hal Goforth (40) USA	34:44
35	Benjamin Dodge (41) USA	34:51
36	Ron Fisher (47) Australia	34:54
37	Norman Oyler (42) USA	34:57
38	John Weldy (50) USA	34:57
39	Donald Shanahan (42) USA	35:07
40	Michael Figueroa (40) USA	35:08
41	Brian Fernee (46) USA	35:11
42	Jim Oneil (59) USA	35:14
43	Tony Sapienza (55) USA	35:17
44	Al Huff (46) USA	35:25
45	Howard Rubin (56) USA	35:34
46	James Gerace (44) USA	35:35
47	Bill Crum (49) USA	35:36
48	Edward Barvick (43) USA	35:42
49	Severino Venzor (52) Mexico	35:43
50	Ron Franklin (56) G. Britain	35:45
	Overall Women	
1	Gabriele Andersen(39)Switz	34:48
2	Fordie Madeira (39) USA	35:26
3	Linda Findley (37) Canada	36:26
4	Patti Tuffley (36) USA	37:21
5	Shirley Matson (44) USA	37:42
6	Judy Dodge (38) USA	37:43
7	Vicki Foltz (40) USA	38:13
8	Judy Pickert (41) USA	38:18
9	Diane Stoneking (36)	38:19
10	Diane Palmason (46) Canada	38:21
11	Melinda Carter (36) USA	38:26
12	Carol Lasseter (42)	38:37
13	Judy Kewley (40) USA	39:00
14	Susan Houlton (37) USA	39:04
15	Vicki Bigelow (49) USA	39:06
16	Mary Anne Wehrum (46) USA	39:20
17	Wendy Watson (40) USA	39:59
18	Mimi Lerner (47) USA	40:21
19	Susan Adams (35) USA	40:34
20	Margarete Deckert (51) USA	40:38
21	Margaret Miller (58)	41:22
22	Carol Flexer (41) USA	41:34
23	Mary Jo Gillaspy (43) USA	42:05
24	Tiare Lund (37) NewZealand	42:09
25	Barbara Dibble (54)	42:18

World Veterans Marathon Championships

		1.100
De	cember 2. San Diego.	
	Men's Results	
1	Paddy Murphy (40) Eire	2:21:48
2	Henri Salavarda (48) Belgium	2:25:13
3	Norman Green (52) USA	2:25:51
4	Pierre Voets (45) Belgium	2:27:51
5	Hubert Carnol (43) Belgium	2:27:52
6	Harry Schubert (44) W.Ger	2:28:51
7	Ben Johns (48) Canada	2:30:23
8	Robert Nelson (44) USA	2:31:04
9	Jerry Jobski (40) USA	2:32:45
10	Maurice Vervaet (41) Belgium	2:35:30
11	Gary Novak (41)	2:36:08
12	Graham Bagnall (43) G.Brit	2:37:42
13	John Wood (53) G.Britain	2:39:27
14	Bill Catanese (46) USA	2:39:51
15	John Hobbs (43) USA	2:40:34
16	Arnold Maxwell (48) G.Brit	2:44:07
17	Erik Sten (40) USA	2:44:40
18	Bob Brock (51) USA	2:44:49
19		2:45:33
20		2:47:37
21	Geoffrey Etherington (55) USA	2:48:25
22	Harry Adshead (52) Canada	2:51:23
23	Patrick Devine (56) USA	2:51:29
24	Larry Pontinen (43) USA	2:52:16
25	Peter Saccone (41)	2:54:35
26	Warren Osborn (50) USA	2:54:55
27	Reginald Ferneyhough (61) GB	
28	George Buckner (45)	2:56:28
29	William Ramage (52) G.B.	2:56:47
	Women's Results	0.00.00
1	Sue Peterson (40) USA	2:55:09
2	Wendy Robertson (41) Canada	2:55:28
4	Anne Bland (42) G.B.	2:57:41
5	Jan Bustad (37) USA Florianne Harp (36) USA	2:58:57
6	Tiare Lund (37) NewZealand	3:18:40
7	Barbara McLeod (47) Canada	
1	Dai Dai a MCLEOU (471 Odna0a	3:19:49

Ruth Waters (51) USA

10 Mary Dybvig (41)

Ruth Anderson (55) USA

3:23:29

PR's

From Richard Lee Slotkin

Allison Baker (SMTC) Perrier 10K	39:24
Sara Denning (SMTC) Westlake 20K	1:18:34
Pat Ewing (SMTC) Sacramento Int'l. Marathon	2:19:21
Robert Grove (Mission San Jose H.S.) Nat'l, Postal 2-M	*9:57
Club Hack, China Cup Series 25 Mile Relay	2:16:45
Ron Hardesty (PFF) Fiesta Bowl Mara.	2:45:06
Lee Heinz (LVDC) Calif. Int'l. Marathon	3:23:39
Mark Luevano (SMTC) Perrier 10K	30:24
David Mack (SMTC) SPATAC 15K Championship	52:20
Jesse Marquez (PFF) Long Beach Half Mara.	1:39:52
Joe Nitti (SMTC) UCLA Fall Invit. Track Meet 2-M	9:03.51
Dave Nuttall, Christmas 10K (Griffith Park)	40:30
Roberta Rodin (PFF) Long Beach Half Mara.	1:52:58
Mel Shine, Oakland Half-Marathon	1:46:01
Rick Tanner (Hack/Hamilton H.S.) L.A. City Finals X-C 5K	15:24

Send your P.R.'s	that's Personal	Record	updates	to Richard
Slotkin, 14212 Sui				

Name		
Event	7	1 - 1 -
Mark	a line	Club/School

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The Perrier 10K & The Western Hemisphere Marathon

by Richard Lee Slotkin

I visited a couple of old friends last month. It was a while since I had seen either of them, a couple of years at least. They hadn't changed much. I've run with both of them a couple of times. There have been some great moments and one or two not so great ones, but they're my friends and it was great to be back

I'm talking about the Beverly Hills Per-rier 10K and the Western Hemisphere Marathon, of course. Western Hemisphere, better known as Culver City, is the second oldest continuously run marathon in the country. Perrier is newer, only six years old, and it's a shame that they picked the first Sunday in December to run it each year because that's the same day Culver City has been using and it makes it tough to see both these pals. What I usually end up doing is covering Perrier and then running over to Culver Ci-ty in time to catch the awards and some of the stragglers. That's what I did this time, too.

In the past few years, I've had to sort of spurn my friends because on the same day that they ran, the folks at Sub Four were putting on a world class event down in Newport Beach, about 50 miles away. Sentiment had to give way to practicality. But this year, there was no Sub Four race. I could have slept in; goodness knows I could have used it. Yet, how could I? My first ever 10K was Perrier. And my first marathon was - where else? - Culver City. It was also my best marathon. And, it runs past the apartment where I live.

So, I set the alarm for 6 a.m. Perrier could almost be called the Bill Rogers Invitational. He has won it twice and taken second or third a couple of times. Perrier brings him out every year and here he was again. Rod Dixon, who won it in 1982 was back again also. It figured to be a toss between Rogers and Dixon. Dixon beat Rogers here last year, but he wasn't running very well right now, having dropped out of the New York Marathon at about 23 miles, and horror of horrors, disdaining the 10K at the Steve Garvey/Pepsi for the 5K just weeks earlier. On the other hand, as everyone knew, Rogers wasn't the same anymore either. Yet, as everyone also knew, he really hadn't lost all that much. It was just that the competition was getting tougher.
And, then again, maybe both of them were washed up and one of the locals would kick ass. Steve Ortiz was running very well lately. He hung right on the heels of the great Pat Porter in the Colisuem 10K in October and he did make it all the way to finals of the 10,000 meters in the Trials, taking a pair of thirds in the prelims. Ron Roberts, like Ortiz, a product of the Larsen Long Distance Machine at UCLA, was also running very well lately, going sub-30 with an alarming consistancy. Ya' know, this could be a good one. That wasn't all. In the women's race.

we had a real, genuine American Olym-pian. Yeah, we know that Rogers was an Olympian, too, but this one was a version. Her name is Joan Hansen, she's from Tucson, and she's taken up housekeeping in L.A. We might not only have a great men's race, but we could possibly get a new women's course record. Well, you never know

As the starting time neared, I couldn't help thinking that Culver City was about half over for the leaders. Boy! Wouldn't a helicopter be nice to have about now?!

Oh well. They'll tell me about it when I get over there. I just hope they save me a bowl of stew. I'm already starving and it's only nine o'clock

Anyway, things got going, first with the waiters' race. This has been a Perrier tradition and it's no gimmick. Originally they ran 10K but It's been shortened to 5K to attract more entrants. They send them off a few minutes before the main race and some of these guys can go. They do go. This year, as a matter of fact, the first waitress finished in 21:41. That's just a little over a 7 minute a mile average and, don't forget, she's carrying a tray with a full bottle of Perrier. And that bottle has to be kept standing. Sound easy? Let's see you do it in a half hour ... without switching hands either.

After the last of the waiters disap-peared around the curve, the big one, the Charge of the Three Thousand, commenced. The point of that Charge pierced the mile mark in 4:30. That's a bair below a 28 flat finish. Nobody thought they'd hold that pace.

At 2 miles, Rogers, Roberts and Ortiz had separated themselves from the rest by about 30 yards. That gap continued to spread and a little after the 2 mile mark, Roberts began to fall back. By the 5K, Roberts had been dropped. He was 30 yards behind Rogers and Ortiz who went through the halfway point in 14:12. My, my! That is a 28:24 pace. They picked it up by a second or so from the 2 mile mark. That's not an orthodox pattern. Well, you know something has to give because the last 2 miles are up a slight grade. They've been going slightly down so far. So, for this race, the pattern really wasn't that surprising.

Anyway, 65 seconds later, Joan Hansen came by, smiling and waving to some familiar faces who were cheering her on. Twenty yards behind was Robyn Root of CPSLO, and 5 yards behind her was Gladees Prieur, also of SLO, There was more depth in the women's field this year than they ever had. Thirty-one of them broke 40 minutes.



(left to right): Steve Ortiz, Ron Roberts, Bill Rogers.

They didn't. By two miles it was 9:09. Wait a minute! That's still a 28:25 pace. Are Rogers and Dixon ready for that kind of a shootout? Rogers might be. He was right up in front with Ortiz and Roberts. Dixon...well, he really wasn't in the race at this point. You could just about see him about 50 or 60 yards back there. But Rogers didn't look so hot either. Oh, he was up there, all right, but he looked as though he were in lots of pain. Ortiz, on the other hand, looked as though he was rolling right along. Roberts, just a step behind them, was looking pretty much under control too. But, then, with Rogers you can't go by what he looks like. He always looks as though he's in pain. As a matter of fact, he was in pain. So much so that at about 4 miles he was thinking of asking Ortiz if he wanted to tie. At that point, Ortiz would have taken him up on it But, we're getting a bit ahead of

Meanwhile, Ortiz and Rogers were having a little duel. They took turns testing each other and the lead shifted from one to the other, but never by more than a step or two. Then, at 4 miles, Rogers made one more surge and Ortiz held steady. "He kept picking it up, picking it up... I kept trying to keep him in range, but I was too fatigued." So, Rogers pulled away from Ortiz and saved himself from having to ask the embarassing question "... he was a little more tired than me," said Rogers afterward. But, Boston Billy showed that even fired, it takes a hell of a runner to beat him. His time was 28:52, That was 20 seconds ahead of second, and second was the man that Rogers feared once he left Ortiz because he knew what a feroclous finisher Rod Dixon is, Actually, Ortiz might have held Dixon off, but he misjudged not the man but the distance. With about a hundred yards to go, Ortiz thought, "... I had about 80

yards on the next guy...we came around the corner and all of a sudden: Boom! Here comes Rod Dixon. I was surprised."

Hear Dixon tell it: I caught him, I'd say, 20 meters from the finish line. He looked back at the 6 mile mark and he still had 30 yards on me, and I really believe he probably thought that he'd have me. But, you see, as I say: The miler's kick does the trick!

So, Ortiz thought he had a bigger lead than he did and had to settle for third, but by only a second. Dixon's time was 29:12, and Ortiz's was 29:13. It seemed like a long time until 4th place came, but it was only 18 seconds. That was Ron Roberts, who only lost one place after he fell back somewhere past the two mile marker.

John Koningh was the seventh, and last, to break the magic half hour mark, which goes to show that this was a pretty good field for what was almost all locals, except for Dixon and Rogers. Sean Evans in 8th place was only 3 seconds over 30 minutes. It was a good race.

Joan Hansen had it pretty easy in winning the women's end of things if you want to call a 33:22 10K pretty easy. Still, it was convincing because second placer Root was 44 seconds behind, with a time of 34:06. Teammate Prieur was 3rd, just as she was at the 5K, in 34:25. Sixteenth place Donna Chadwick was just out of the 36's with a time of 37:06. Now, if you don't know about these things, that's one hell of a women's field when you consider that, except for a couple of the SLO's, this was almost all local talent. And of the SLO group, Prieur is from the neighborhood.

Well, what would a Beverly Hills 10K be without some mention of the merchandise awards? It hurts to even think about it. The silver plate, French perfume, dinner at the gourmet restaurants . . rewards of the fast lanel

The morning was well along by the time they got around to passing out all that good stuff and all the runners were in. But a few miles away, in Culver City, there were still some folks out there. They were all getting pretty close by this time, near noon, but there were still a few who refused to say die. Meanwhile, the awards ceremony was going on inside the senior citizens rec center, Sid Kronenthal, Mr. Western Hemisphere Marathon, himself, presiding. Despite the glories of the past, this race isn't in the same league as Per-rier in the strength and depth of its field. You can win this one with something in the 2:20s; they never get anyone to go under 2:20 anymore. And, the winner, as often as not, doesn't have much in the way of challenges after about ten miles. Without prize money and a budget to br-ing in top runners, that's about all you can expect, and Culver City hasn't chosen to go into the marathon "business." This year, in fact, they only had 190 preregistered. But, in a minor miracle, race day registrations beefed the field up to about 400.

First of the 400 was Steve Flynn, from, where else? San Luis Obispo. He must have carpooled with the girls from Cal Poly. Flynn got out front fast and early and ran all by himself for an 8 minute win. He was the only one to break 2:30, and he just did if at that. His time was 2:29:28. Brad Drake of San Diego was second in 2:37:25 and Charile Hoover, who is more at home in the ultras, was 3rd just a bit behind Drake. Eight seconds behind, as a matter of fact.

Pauline Brown had blisters so bad that even after the paramedics fixed her up she could hardly walk. She had been run-ning on them since four miles. Around 15 miles she took the lead and held it even though the blisters just got worse the further she went. Her 2:50:53, while not spec-tacular, especially for a winner, was quite good for this race. It's been won recently in times that didn't break 3 hours. So, se-cond place Sheryl Snyder's time of 2:53:49 turns out to be pretty good, too. In fact, with Sarah Rector taking 3rd in

3:03:01 and Carolyn Doty 4th in 3:06:39, this was the best women's finish they've had in a while.

So, Brown limped to her car, hurting a little too much to appreciate her time and the big winner's trophy, while I mooched a bowl of stew

It was after 12 by now. I had been up over 6 hours with no breakfast. Let me tell you, that stew was GOOODOD!!!

photo by Richard Lee Slotkin



JOAN HANSEN

Beverly Hills Perrier 10K

De	December 2. Beverly Hills. 10K.			
	Overall Results - Men			
1	Bill Rogers, Boston	28:52		
2	Rod Dixon, NewZealand	29:12		
3	Steve Ortiz, Barstow	29:13		
4	Ron Roberts, SanDiego	29:31		
5	Frank Assumma, Rialto	29:34		
6	Chris Schallert	29:38		
7	John Koningh, Irvine	29:56		
8	Sean Evans, Irvine	30:03		
9	Greg Hauser, SantaMonica	30:12		
10	Chuck DeGarmo	30:15		
11	Dave Babiracki, GranadaHis	30:16		
	Ron Gee	30:17		
	David McDonald, New Zealand	30:20		
14	Mark Luevano, BeverlyHills	30:24		
15	Jim Nagel	30:26		
16	John Spilman, SimiVly	30:27		
17	Jon Butler, L.A.	30:51		
18	Ray Cook, Northridge	30:52		
19	Peter Kanter, Pasadena	31:20		
20	James Sterling, Pasadena	31:24		
21	Joel Hope, Upland	31:36		
33	Paul Burridge, Pasadena	31:39		
	Gilbert Cortez, MontereyPk	31:48		
	Steven Berry, L.A.	31:56		
25		32:04		
26		32:05		
27		32:06		
28		32:16		
29		32:16		
30		32:23		
31		32:37		
32	Robert Campos, L.A.	32:40		

33	Jeffrey Swallow, Boulder	32:4
34	Garry Nitti, SantaMonica	32:42
35	Mike Crafton, Torrance	32:5
36	Robert Lopes, San Diego	32:5
37	Oscar Aguirre, GardenGrove	33:12
38	Merhaut, L.A.	33:13
39		33:1
40		33:2
41	Richard Greene, LasVegas	33:2
42	Carlos Silley, Westwood	33:3
43	Eric Huff, SantaMonica	33:3
44	Dan Cote, Redondo Bch	33:3
45	Joey Gomez, YorbaLinda	33:3
46	Matt Cucchiara, NewYork	33:3
47		33:3
	Dane Costley, SimiValley	33:4
	Andrew Thumm, SantaMonica	33:4
	Jack Cochran Palos Verdes	33:4

Division Results - Men

15 & Under: 1. Travis Biggs 34:06, 2. Brian Dameworth 34:59, 3. Mitch Carlin 36:21 16-18: 1. Robert Lopes 32:56, 2. Henry Gonzales 33:17, 3. Dan Cote 33:34, 35-39: 1. Peter Kanfer 31:20, 2. Merhaut 33:13, 3. Dave Shannon 34:14, 4. Dennis Joe 34:23, 34:40. 40-49: 1. Richard Greene 33:29, 2. Matt Cucchiara 33:36, 3. Barry Shaw 34:18, 4. Chad Coury 34:47, 5. George Kinsley 35:04, 8. Ron Fisher 35:16. 50-59: 1. Fred Lehr 36:49, 2. Ron Poston 38:04, 3. Dusty Snyder 39:31. 60 & Over: 1. Larry Banuelos 38:59, 2. Eddle Lewin 41:33. Racewalk: 1. Frederico Varig 46:21, 2. Ed Boulden 51:06.

Overall Results - Women Joan Hansen, L.A. Robyn Root, CPSLO Gladys Prieur, CPSLO

33:22 34:06

34:25 Vicky Bray, CPSLO 34:53 Lori Lopez, CLSLO 35:09 Mary Tracey, SantaMonica 35:09 Michelle Hopper, Arcadia 35:59 Darcy Bowden, SantaMonica 36:01 Michelle Aubuchon, Livermr 36:10 Vickie Cook, UCLA Sara Fisher, Australia 10 36:15 36:34 Alexandra Aguirre, Northridge 36:37 Mara Lazdans, Northridge Sharon Given, Huntington, NY 36:47 36:53 Gretchen Lohr, StudioCity 37:05 16 Donna Chadwick, UCLA 17 Tania Fischer, CanogaPk 37:06 37:08 Laici Arney, SantaMonica 37:17 Jill Walker, Northridge 37:49 Rose Monday, SantaMonica 38:11 Terri Goodreau, N.Hollywood 38:45 Bev Lowe 38:53 Harolene Walters, ElToro 39:02 Elizabeth Gauer, Northridge Brenda Karst, PlayaDelRey 39:10 39:11 Holly Briggs, SimiValley 39:21 Allison Baker, PacPalis 39:24 Bonnie Robinson, L.A. Jeanne Kawashima, L.A. 39:30 39:38

Mimi Lerner, Huntington, NY Teresa Jenkins, LongBeach 39:52 Anne Bennett, Northridge 40:51 33 Lindsey Folsom, NewYork, NY 40:52 Mary Campbell, BeverlyHills Rita Schnepp, Malibu 41:19 Helen Dick, L.A. Susan Breidenback, BelAir 36 41:20 41:44 Molly McCarthy, RanchoPalosV 41:53 Cecily Parke, Sierra Madre 42:20 40 Susan Jayson, L.A. 41 Theresa Raffo 42:23

Tracey Watson, Christchurch, NZ 42:46 43 Arlene Vanski, SantaMonica 42:47 44 Barbara Honeck, ManhattanBch 42:51 Joyce Momita, N. Hollywood 46 Debbie Lowe, Malibu 47 Alberta Stewart, Torrance 42:53 43:07

48 Susan Stevens, L.A. 49 Alice Vasquez, L.A. 50 Dolores Ambrosio, 29 Palms Division Results - Women

43:32

15 & Under: 1. Holly Briggs 39:21. 16-18: 1. Tania Fishcer 37:08, 2. Allison Baker 39:24. 35-39: 1. Teri Goodreau 38:45, 2. Mary Campbell 41:10, 3. Gloria Slantillian 43:55, 4. Joan Johnston 44:07, 5. Connie Carson 44:27, 6. Lang Ludwig 45:03. 40-49: 1. Harolene Walters 39:02, 2. Bonnie Robinson 39:30, 3. Mimi Lerner 39:41, 4 Cecily Parke 42:20, 5. Joyce Momita 42:53, 6. Alberta Stewart 43:07, 50-59: 1

Nellie Williams 46:46, 2. Yuki Uchida 46:20, 3. Faye Fritz 51:18. 60 & Over: 1. Helen Dick 41:20, 2. Fenya Crown 63:56. Racewalk: 1. Esther Lopez 53:32, 2. Sybil

Culver City Marathon

December 2. Culver City. Overall Results - Men

9	Steve Flynn, SLO	2:29:28
2	Brad Drake, San Diego	2:37:25
3	Charlie Hoover, Sepulveda	2:37:33
4	Stanley Bronowichi, Hawthrn	2:41:08
5	Pablo Drobny, LongBeach	2:41:52
6	Marcos Gutlerrez, S.J.Cap	2:43:03
7	Simon Rubin, PalosVerdesE	2:43:32
8	Jeff Kinzel, Tustin	2:45:15
9	Girts Ozolins, Torrance	2:48:31
10	Ralph Casillas, Oxnard	2:48:41
11	Joel Hornstock, SantaMonica	2:49:02
12	Gianni Carani	2:49:02
13	Charles McClung, Reseda	2:50:40
14	Martin O'Malley	2:50:52
15	William Hechel	2:52:44
16	William Lovelace	2:53:48
	Division Results - Men	
100		

18 & Under: 1. Gary Dehlinger 2:59:59, 2. Rafael Sanguino 3:03:58, 3. David Uri 3:14:53, 4. Sean Welch 3:16:53. 19-29: 1. Flynn 2:29:28, 2. Bronowichi 2:41:08, 3. Gutierrez 2:43:03, 4. O'Malley 2:50:52, 5. William Hechel 2:52:44. 30-34: 1. Drake 2:37:25, 2. Kinzel 2:45:15, 3. Casillas 2:48:41, 4. Brian Davis 2:55:20, 5. Richard Gluechler 2:57:17, 35-39: 1. Hoover

photo by Richard Lee Slotkin



PAULINE BROWN

2:37:33, 2. Drobny 2:41:52, 3. Hornstock 2:48:41, 4. Lovelace 2:53:48, 5. Joel Miller Perez 3:01:54. 45-49: 1. Ozolins 2:48:31, 2. Robert Gillespie 3:08:02, 3. Don Watson 3:08:16, 4. Emil Malayotti 3:14:29, 5. William Shieresz 3:15:47, 50-54: 1. John Rudberg 3:04:34, 2. Louis Simms Jr. 3:11:35, 3. Joe Macias 3:14:21, 4. Robert Pale 3:14:26, 5. Lee Preble 3:17:08. 55-59: 1. Tom Ryan 3:03:16, 2. Charles Hanson 3:04:51, 3. Raymond Penkert 3:18:51, 4. Dan Shearan 3:25:56, 5. Robert Hardway 3:31:34. 60 & Over: 1. Rubin Heredia 3:41:16.

Overall Results - Women Pauline Brown, Westlake Sheryl Snyder, WoodlandHis 2:50:53 2:53:49 Sarah Rector, So. Pasadena Carolyn Doty, GardenGrv 3:06:39 Evelyn Marshall, SantaMonica 3:25:20 Lucy Tellez 3:26:14 Karla Lyon 3:33:55 Jan Delaney, Lomita 3:35:40 Katharine Kehr, L.A. 3:35:52 10 Susu Majure, L.A. 11 Ida Hendrich, FtnVly 3:43:34 3:51:33 Diane LeSage, L.A. 13 Robin Charin, Studio City 14 Pam Smith, Riverside 3:57:15 4:09:11 15 Kathleen Raffloer, San Diego

Division Results - Women 19-29: 1. Brown 2:50:53, 2. Rector 3:03:01, 3. Marshall 3:25:20, 4. Tellez 3:26:14, 5. Karla Lyon 3:33:55 30-34: 1. Snyders 2:53:49, 2. Delaney 3:35:40, 3. Smith 4:09:11, 4. Carol Ann Vinstein 4:14:50. 35-39: 1. Kehr 3:35:52, 2. Majure 3:43:34, 3. Charin 3:57:15, 4. Tina Tomilinson 4:14:09. 40-44: 1. Doty 3:06:39, 2. LeSage 3:55:22, 3. Raffloer 4:09:24. 45-49: 1. Hendrich 3:51:33, 2. Joann Bally 4:19:06.

Pine Cone Seven

December 2 Senta Maria 7 Miles

	Overall Results	
1	S. Paduganan (33)	41:47
2	R. Quintero (30)	42:28
3	M. Briones (32)	43:06
4	K. Crouthers (17)	44:15
5	W. Forman (32)	44:19
6	A. Hecker (30)	44:26
7	R. Levy (29)	44:49
8	G. Sundstrom (36)	45:39
9	D. Book (36)	46:03
10	C. Sepko (40)	46:06
12	L. Ojeda (61)	48:15
19	A. Lumsdaine (15F)	50:37
25	G. Hohenstein (33F)	52:49
33	J. Carlson (42F)	59:40
47	A. Frey (52F)	87:51

photo by Richard Lee Slotkin



(left to right): Charile Hoover, Sheryl Snyder, Steve Flynn.

Exxon X-C Challenge

De	ic. 1.Las Positas Park,SantaBart).
	Overall Results - Men's 5000	m
1	Gary Tuttle (37) Ventura	16:30
2	Gordon Christie (23)LosOlivos	16:52
3	Jim Triplett (27) S.B.	16:59
4	Pete Von Haug (25) S.B.	17:12
5	Ron Ysais (23) Oxnard	17:37
13	John Brennand (49) S.B.	19:13
23	Matthew Howells (16) Ojai	20:38
54	Patsy Simioni (39F) S.B.	32:29
	Overall Results - Men's 3000r	
1	Jim Mattson (18) S.B.	10:34
2	Duncan Thomas (36) S.B	10:47
3	Mike Callahan (17) Camarillo	10:48
4	Greg McNell (16) Oiai	10:56
5	Jim Knerr (50) SimiValley	11:12
9	Daniel Dewenter (14) Goleta	11:42
10		11:43
	Overall Results - Women's 3000	
1	Elaine Triplett (33) S.B.	12:16
2	Diane Odion (28) S.B.	12:52
3	Cheri Kantor (29) S.B.	13:05
4	Ruth Vomund (26) Ventura	13:20

Desert Cities Road Race

13:57

14:00

December 2, Palm Desert.

Cindy Terstal (14) S.B.

15 Trina Nagele (40) S.B.

Monica Jones (16) Goleta

Division Results - Men's Half Mara 15 & Under: 1. Jeff Pauley 1:30:25. 16-19: 1. Jon Vermillion 1:18:30. 20-24: 1. Louie Ter rones 1:12:33. 25-29: 1. Dave Smith 1:08:38. 30-34: 1. Del Valdez 1:13:03. 35-39: 1. Danny Contreras 1:18:58. 40-44: 1. Dale Mead 1:24:13. 45-49: 1. Ted Martinez 1:20:54. 50-59: 1. Don Moore 1:33:04. 60 & Over: 1. Adrian Villagran 1:33:24.

Division Results - Women's Half Mara. 16-19: 1. Robin Kanowitz 2:05:16. 20-24: 1. Bernadette Montenearo 1:42:33, 25-29; 1 Susan Schroeder 1:54:53, 30-34: 1. Maggle Montoya 1:37:57, 35-39: 1. Meredith Mahlum 1:40:43, 40-49: 1. Carolyn Libby 1:42:34, 50 & Over: 1. Alice Krueper 1:58:04.

Division Results - Men's 5K 12 & Under: 1. Beau Oxandaboure 20:41. 13-15: 1. Alex Navidad 16:41. 16-19: 1. Joe Alaniz 16:04. 20-24: 1. Peter Reuther 18:04. 25-29: 1. Greg DeLaCruz 16:00. 30-34: 1. Kevin Slotta 17:25. 35-39: 1. Cruz Gomez 18:00. 40-44: 1. Mike Fuller 18:16. 45-49: 1. Kent Steele 19:15. 50-59: 1. Jim DeMetriou 18:30. 60 & Over: 1. Karlis Smiltens 23:10.

Division Results - Women's 5K 12 & Under: 1. Stephanie Zapalowski 20:14. 13-15: 1. Gina Gomez 22:33. 16-19: 1. Cathy Gomez 29:22. 20-24: 1. Charlotte Tate 20:53. 25-29: 1. Patricia Escamilla 20:01. 30-34: 1. Carol Alexander 20:13. 35-39: 1. Helen Kerrigan 24:14. 40-49: 1. Sigrid McAllister 21:19. 45-49: 1. Sigrid McAllister 21:19

Great American Smokeout

December 2. Riverside.
Division Results · Men's 2 Mile

12 & Under: 1. Kyle Kurt 14:19. 13-18: 1. Mike Andreasen 11:02. 19-29: 1. Juan Solis 10:12. 30-39: 1. Geoff Zehnder 10:09. 40-49: 1. Anthony Gomez 11:41, 50-59: 1. Robert Culling 11:53.

Division Results - Women's 2 Mile 12 & Under: 1. Joanie Thomas 16:08. 13-18: 1. Mary Shomoh 15:51. 19-29: 1. Elizabeth St. Antoine 14:49. 30-39: 1. Morens Fortie 15:11. 40-49: 1. Pameta Cobb 16:36. 50-59; 1. Patti Hodge 20:02.

Division Results - Men's 10K 12 & Under: 1. Darren Wheelock 43:20. 13-18: 1. Barry Verespey 35:52. 19-29: 1

Mark Lotich 35:19. 30-39: 1. Gary Foltz 34:57. 40-49: 1. Phil Weiny 37:08. 50-59: 1. Wally Ingram 37:26. 60-69: 1. Jack Goertzen 43:14. 70-79: 1. Tony Perona 53:37.

Division Results - Women's 10K 13-18: 1. Brigid Freyne 44:11. 19-29: 1. Denise Bedford 38:23. 30-39: 1. Eustolia Cruz 40:00. 40-49: 1. Patricia Delturco 46:53. 50-59: 1. Patricia Pruitt 52:05. 60-69: 1. Edith Coleman 1:03:29. 70-79: 1. Evelyn Chandler 1:34:31.

Division Results - Men's Half Marathon Division Results - Men's Half Marathon 13-18: 1. Savador Gonzoga 1:17:13. 19-29: 1. Bobby Adams 1:08:04. 30-39: 1. Dave Frickel 1:09:33. 40-49: 1. Dave Arntson 1:20:14. 50-59: 1. Eugene Black 1:23:04. 60-69: 1. Casey Poole 1:36:32. 70-79: 1. Dean Scoffield 1:48:41.

Division Results - Women's Half Mara. 13-18: 1. Cheryl Thurman 1:55:19, 19-29: 1. Sherrie Roach 1:22:25, 30-39: 1. Debble Heaton 1:23:27. 40-49: 1. Donna Wagner 1:47:27. 50-59: 1. Diane Dana 1:50:09.

California Int'l. Marathon

from Don Kardong and John Mansoor

December 2. Sacramento.

U.S. runners Ken Martin and Katy Schilly defeated strong foreign contingents set course records, and packeted \$12,000 each as they posted victories in the California International Marathon, the final race of the 1984 ARRA Championship Circuit

Blessed with excellent marathon weather, including fog and temperatures in the mid-forties, the twenty-six year-old Martin ran cautiously in a large pack through the first twenty miles of marathon debut. At that point, Scotland's Fraser Clyne forced the pace and broke from the group, along with Martin, Kjell-Erik Stahl of Sweden and Derrick May of South Africa. Martin was the only runner to follow another move by Clyne at twenty-three miles, then held on tenaciously until the final mile, when he broke away easily from the Scot for the victory, posting a new course record of

"I felt great until I stopped," said Martin later.

Martin's time was more than two minutes faster than the old course record of 2:13:35, which was set in last year's in augural running of the California Interna-tional Marathon by Martti Killholma, Martin's time was also the fastest by an American this year and, coming as it did in the designated Athletics Congress (TAC) National Championship in the marathon, qualified him to represent the U.S. in the first ever World Championship

Marathon in Hiroshima, Japan in April. In the women's division, Janis Klecker of Hopkins, MN, pushed the pace during the early miles before being overtaken by the twenty-seven year-old Schilly shortly after the halfway point. Schilly went on to a 2:32:40 victory, a personal best and nearly a minute better than Gabriele Andersen Schiess' course record of 2:33:25. Schilly was followed by Gail Kingma of Seattle, who closed strongly over the second half of the race, and Ireland's Monica Joyce, while Klecker faded to fourth. Schilly's victory was her second this year in a major California marathon, as it followed by less than four months her victory in San Francisco

This year's California Marathon, which included over 1,300 finishers, awarded \$75,000 in prize money. Next year's race scheduled for December 1, is expected to increase its purse to nearly \$100,000.

Overall Results - Men

Ken Martin, Mesa, AZ(\$12,000) 2:11:24 Fraser Clyne, Scotld (\$6,000) 2:11:50 Kjell Frik Stahl, Sweden(\$4,000) 2:12:00 Demck May, So Africa (\$3,000) 2 12 53 Daniel Grimes, Nevedad\$2,000i 2,14,10

Dennis Rinde, Folsom(\$1,000) 2:14:13 Richard Umberg, Switzld (\$900) 2:14:36 Kevin McCarey, Irvine (\$800) 2:15:25 Robert Mauws Belgium(\$700) 2:15:41 Martti Kiilholma.Finid(\$600) Rich McCandless LsGat(\$500) 2:16:53 Jukka Toivola, Finid(\$400) 2-17-45 Don Paul S.F. (\$300) 2.17:47 14 Huerta Porfino, Mex(\$200) 15 Monty Brothwell Idaho(\$100) Overall Results - Women

Katy Schilly.Georgia(\$12,000) Gail Kingma.Seattle(\$6.000) Monica Joyce.Ireland(\$4,000) 2:34:49 Janis Klecker, MN (\$3,000) 2:37:18 Cornelia Burki, Switzl(\$2,000) Bev Miller, Macomb IL(\$1,000) Juana Stavolone Spain(\$900) Luanne Park Chico(\$800) 2:47:10 2:48:05 Linda Edgar Washington (\$700) 2:50 04 Heike Skaden, Fair Oaks (\$600) 2:51:07 Bette Poppers, CO (\$500) 2:51:11 Kathy Donofrio, S.F. (\$400) 13 Linda VanHousen, Redwd(\$300)2:53:55 14 Caittin Sullivan, SanMat(\$200) 2:56:07

Saint Joseph **Medical Center** Runs

15 Joan Reiss Sacto (\$100)

from Joanne Sugar

December 2. Griffith Park, L.A. 5/10/15K. Division Results - Men's 5K

17 & Under: 1. Wayne Lecheminant 17:54, 2. Matt Tibbetts 18:14, 3. Randall Little 19:01, 18-29; 1. Brian Butterfield 15:52, 2. Marc Ziblatt 16:01, 3. Elgin Smith 16:29. 30-39: 1. Raul Orozco 17:32, 2. S. Nchezgenaro 18:02, 3. Jeffrey Adams 18:25. 40-49: 1. Ron Aumsteiger 19:47, 2. Jess Tena 21:02, 3. Charles Menagh 21:07 50 & Over: 1. Aldo Mora 17:56, 2. Mike Velarde 19:22, 3. Gunnar Brickner 19:27.

Division Results - Women's 5K 17 & Under: 1. Tiffany Loebs 21:05, 2. Maria Sanchez 24:08, 3. Serrina Sims 25:52. 18-29: 1. Jan Tefft 21:50, 2. Sally Walters 25;25, 3. Lynn Sancez 25:47 30-39: 1. Maryjane Mitchell 19:31, 2. Maria Hodriguez 22:37, 3. Tanith Ordinola 24:31. 40-49: 1. Marky Molina 24:12, 2. Mary Procs? 28:04, 3. Olivia Krok 28:31. 50 & Over: 1. Doris Gordon 26:36, 2. S. Lmaemehlman 30:02, 3. Dorothy Busk

Division Results - Men's 10K 17 & Under: 1. Gene Bock 38:37, 2. Kenneth Wilson 43:27, 3. Robert Vizcarra 47.31. 18-29: 1. Andy Diconti 30:50, 2. Casey Jones 34:26, 3. Tim Dougherty 35:16. 30-39: 1. Joaquin Martinez 38:37, 2. Hal Williams 39:06, 3. Ronald Crittendon 39:10. 40-49: 1. Rene Ruiz 37:07, 2. Tom Carroll 39:03, 3. Russ Robinson 39:12. 50 & Over: 1. Jack Green 42:51, 2. Fred Por-tillo 43:51, 3. John Clement 44:00.

Division Results - Women's 10K 17 & Under: 1. Ellen Thornton 43:27, 18-29: Lorena Suarez 49:30, 2. Lisa Collins 58:11, 3. Jeanne Turowski 1:00:36. 30-39: 1. Vera Teller 48:39, 2. Carol Powell 48:55. Jeane Ann Gerard 51:21. 40-49: 1. Lily Garcia 56:18, 2. Sara Fonseca 58:29, 3. Noel Galbraith 59:26. 50 & Over: 1. Evelyn Dabritz 52:58, 2. Elizabeth McClellan 56:43.

Division Results - Men's 15K 17 & Under: 1. William Palacios 57:35, 2. Dean Long Jr. 57:59, 3. Greg Alaniz 1:00:46, 18-29: 1. Mario Godinez 52:26, 2. Jeffrey Dahlby 57:25, 3. Gary Greenberg 57:39. 30-39: 1. Jay Uretsky 54:06, 2. Roberto Perez 56:54, 3. Jesus Ceja 59:25. 40-49: 1. Ron Pattinson 56:07, 2. Gary Schwager 57:23, 3. Charles McTaggart 58:45. 50 & Over: 1. Wayne Fong 1:03:30, 2. Dana Morris 1:04:16, 3. Larry Carter 1:05:04

Division Results - Women's 15K 18-29: 1. Bobbie Schipper 57:13, Leonora Long 1:10:48, 3. Kathy Trotter 1:15:27, 30-39: 1. Diane Ito 1:08:20, 2. Mary Kincaid 1:20:15, 3. Susan Wildgoose

1:26:19. 40-49: 1. Patricia Kennedy 1:20:23. 2. Janet Graybill 1:20:44, 3. Sandra Marshall 1:28:17

Livermore Marathon

December 8. Livermore.

Overall Results - Marathon Ken Olsen (26) WalnutCk Joe Schieffer (33) Oakland 2.42.53 Stephen Freitas (34) Martinez 2:44:06 Joe Burzynski (32) Richmond 2 48 42 Marvin Wood (41) Murray Dave Stevenson (32)LsAltosHs 2:55:24 Frank Ryona (39) SanJose 2.56 03 David Waterman (27) SanJose Henry Wald (32) Houston 2 58 12 10 Robert Pera (36) SanJose 2:58:30 18 Harold Carling (50) Chico 3:08:49 49 Margaret Curtis (44F) S F 3:38:30 52 Barbara Carlson (50F) Onnda 3:41:06

66 Bob Manly (65) Goullervie 3:56:46 Overall Results - Half Marathon Mike Clusserath(24)SantaCira 1:10:53 Troy Durham (5.1) Hayward Mike Gama (25) Hayward 1 15 22 Barry Starkey (26) Hayward 1:15:46 Steven Lewis (19) Livermore Ernie Morua (23) Fremont 1:17:43 James Rycek (28) Livermore 1:18:00 Eddie Salazar (33) Newark 1:18:19 Michael Hicks (42) SanJose 1:18:23 10 Bert Johnson (42)Sunnyvale 1:19:01 Buzz Basini (43) Saratoga 1:19:49 Jay Cook (44) Saratoga 1:20:39 13 Bill Dunlop (41) Livermore 14 William Sullivan(34)Sonora 15 Brad Ross (29) Dublin 1:21:28 1:21:58 Don Demaria (45) SanRamon 1:22:37 17 Cary Spencer (35) Livermore 1:22:43 18. Don Jedlovec (30) Fremont 1:23:00 Frank Garcia (29) Tracy 1:23:32 20 Ian Robinson (38) PaloAlto 1:23:38 Peter Sanchez (29) SanJose 1:24:13 Steven McCormack(36)Oakld 1-24-31 Jeff Kamps (32) Liverm 1:25:08 24 Richard Gaudinier (32) Dublin 1:25:28 25 Dan Moore (43) Livermore 1 25:38 71 Susan Brown (41F) SanJose 1:35:45 73 Jill Stoner (24F)PleasantHI 1:36:07 81 David Weber (60) Stanford 82 Debbie Santamaria(25F)Lvrme 1:37:39 85 Cynthia Milford(41F) Stocktn 1:18:11 91 Janette Frischknecht(32F)Pist 1:38:35 101Ruth Anderson(55F)Oakland

Police Memorial Runs

from Bob Moses

December 8. Bakersfield, 5K & 10K.

December 8. Bakersfield, 5K & 10K.
Division Results - Men's 5K
12 & Under: 1. Chris Gill 23:18, 2. Jimmy
Castro 24:09, 3. Nathan Ryan 26:38, 13-18:
1. Brian Enge 20:11, 2. S. Valdez 20:44, 3.
Joe Escobar 20:54, 19-29: 1. B. Thompson
19:29, 2. J. Crews 20:36, 3. T. Wyatt 20:53. 30-39: 1. Joe Espinoza 22:22, 2. Ken Mabon 22:53, 3. K. Davis 22:56. 40-49: 1. Dorsch Sanders 21:39, 2. Leo Marquez 22:19, 3. George Medina 24:35. 50 & Over: Don Williams 23:15, 2. J. Williams 28:16, 3. J. Randolph 30:03.

Division Results · Women's 5K 13-18: 1. Stephanie Rodriguez 33:18, 2. Jackie Pope 52:22. 19-29: 1. T. Schonfield 24:12, 2. Maureen Thistle 26:50, 3. K. Dragt 27:25, 30:39: 1. L. Cummins 28:50, 2 Braylku Wishlduni 28:56, 3. Susia Olivarez 29:24. 40-49: 1. Susan McCreery 30:02, 2. Mary Saenz 33:21, 3. Marti Briggs 38:07. 50 & Over: 1. Fay McMillan 55:22.

38:07. 50 & Over 1. Fay McMillan 55:22.
Division Results · Men's 10K
12 & Under: 1. Geoffrey 45:22. 13-18: 1.
Micky Gayton 33:21. 19-29: 1. Cory Pearron 36:57, 2. John Kraetch 37:14, 3. Ron
Lessley 37:23. 30-39: 1. Jimmy Aguillar
34:06, 2. Harry Maloney 34:56, 3. Jim
Leask N.T. 40-49: 1. Ted Oliver 35:19, 2.
Cary McCally 38:55, 3. Jim Reservoids Gary McCain 38:55, 3. Jim Reynolds

Division Results - Women's 10K 13-18: 1. Renee Pacheco 44:54, 19-29: 1. Laura Love 38:56, 2. Brenda Villanneva 40:13, 3. Lori Hashim 41:35, 30-39: 1. Lupe Seberty 43:21, 2. J. Thompson 44:27, 3. Jane Granskog 46:59, 40-49: 1. S. Lucas 48:03, 2. Judy McDole 51:25, 3. Elizabeth Saba 56:23, 50 & Over: 1. Aurora Perez 53:01, 2. Nancy Acmon N.T.

McFarland Christmas 2-Mile

December 8. McFarland.

Local runners prevailed in both male and female divisions this year, Thomas Valles was the overall winner in 10:00.5 over Javier Zepeda 10:10.0. The 1st female was local Becky Soto in 12:34.2. In the Masters Arnold Buchanan defended his title with a PR 10:56.5 and 7th overall. Ola Buchanan did likewise with 15:38.9 for the ladies. 5 year old Gilbert Pacheco was the youngest McFarlander. Geraldine Morris was the oldest McFarlander and the winner in the 50 & Over division.

Overall Results

1	Thomas Valles (16)	10:00
2	Javier Zepeda (19)	10:10
3	Mario Lopez (19)	10:31
4	Jimmy Aguilar (31)	10:39
5	Fernando Lopez (21)	10:45
6	Damaclo Diaz (12)	10:46
7	Arnold Buchanan (46)	10:56
8	Monte Mackey (29)	10:56
9	Montemayor Gabino (23)	10:59
10	Jim Mitchikoff (15)	11:00
	Division Requite . Man	

12 & Under: 1. Damacio Diaz 10:46. 13-18: 1. Thomas Valles 10:00. 19-29: 1. Javier Zepeda 10:10. 30-39: 1. Jimmy Aguilar 10:39. 40-49: 1. Arnold Buchanan 10:56. 50 & Over: 1. Don Fipps 20:36.

Division Results - Women

12 & Under: 1. Kristina Pacheco 16:00,
13-18: 1. Bambi Lopez 13:13, 19-29: 1.

Becky Soto 12:34, 30-39: 1. Eleanor
Espinoza 14:38, 40-49: 1. Ola Buchanan
15:38, 50 & Over: 1. Geraldine Morris
27:49

San Francisco Half Marathon

from John Medinger

December 9. San Francisco.

John Moreno of Pacifica ran away from the field in the first annual San Francisco Half-Marathon on December 9. Moreno. running for the Converse Aggles, opened a 50-yard lead over David Minter and Roy Kissin by the 10K mark, which he reached in 29:42. By the ten mile mark, which Moreno passed in 48:32, the lead was over 100 yards. Slowing a bit on the course's only uphill section in the last mile. Moreno held his comfortable lead and cruised to a swift 1:04:45 finish. Minter held off Kissin and former Cana-dian Olympian Brian Maxwell for second.

In the women's race, Nancy Ditz of Menlo Park, running for Tiger International, opened a sizeable lead over fast-improving Kathlene Koudela of Cupertino in the early stages of the race and won by over a minute in 1:16:08. Koudela held on to second. Inishing 150 yards ahead of Laurie Binder of Oakland. Both Ditz and Binder are on the comeback trail after suffering serious injuries. Ditz is showing a return to her 2:33 marathoning form after suffering three stress fractures while Iraining for the Avon International Marathon this summer Binder ran her most competitive race since she underwent surgery on her fool following the

U.S. Olympic Trials Marathon last spring. The course is a fast one, and I love coming to the City and running in the

park," said Ditz of the race route, which runs through Golden Gate Park and along the Great Highway. "And," she added, the Pamakids put on the best-organized races I've ever run in." Her sentiments must be shared by many others, as the event overnight became the largest halfmarathon in the Bay Area, drawing some 2000 entrants.

The event will be held in 1985 on December 8, and will be the PA-TAC halfmarathon championship.

Overall Results · Men 1 John Moreno, Aggles (125-29)

2	David Minter, Etonic (1 20-24)	1:05:35
3	Roy Kissin, P&E (2 25-29)	1:06:36
4	Brian Maxwell, Tamalp(1 30-34)	1:08:29
5	Tom Borschel, Reebok(3 25-29)	1:08:37
6	Rob Annex	1:09:13
7	Derek McIver, Aggies (2 30-34)	1:09:23
8	Charles Thompson, GSF(3 30-)	1:09:38
9	Bryan Fahrenbach, FTC	1:09:52
10	Alex Gonzales (2 20-24)	1:10:16
11	Fritz Watson (1 35-39)	1:10:25
12	Jim Price	1:10:36
13	Stepan Adams (3 20-24)	1:11:18
16	Syl Pascale (2 35-39)	1:12:01
17	Bob McLaughlin, UTC(1 19&U)	1:12:12
18	Glen Handlin (2 19&U)	1:12:25
19	Bill Dunn, SCS (3 35-39)	1:12:36
26	Jerry Lynch (1 40-44)	1:13:37
31	Omar Urbina (3 19&U)	1:14:14
37	Robert Gormley, ExTC(2 40-44)	1:14:59
45	Martin Hillyer, Tam (1 45-49)	1:16:11
55	Bill Catanese, Tam (2 45-49)	1:17:25
58	Joe Becema (3 40-44)	1:17:45
	Siegfried Mattern, Pam (3 45-49)	
	Bob Buckendahl (1 50-59)	1:27:44
	Arthur Reed (2 50-59)	1:27:46
	Ernest Schorno (3 50-59)	1:28:55
	Warrener Pait, Frntrnrs (1 60-69)	1:43:23
	Ray Remond (2 60-69)	1:44:13
	Norman Krieg, SCS (3 60-69)	1:44:30
	Donald Iwahashi, Pam(170+)	1:56:38
	Abe Wasserman, Pam(270+)	1:57:49
	9Steve Cole,Pam(3 70 +)	2:02:27
110	0George Ellis,Pam(1 WC)	2:06:51
	Overall Results - Women	110202

Nancy Ditz, T.I.(130-34) Kathlene Koudela. Ag(1 20-24) 1:17:28 Laurie Binder, Adi(1 35-39) Nelly Wright (2 35-39) 1:18:16 1:20:08 Alison Unterreiner (1 25-29) 1:20:28 Sarah Tabbutt (2 25-29) 1:21:47 Patricia English Sauc(2 30-34) Ann Trason (2 20-24) 1:22:39 1:23:15 Heidi Schaer, Tam(3 25-29) 10 Eileen Bickart, RyansSpt 1:24:09 Jacque Lewis (3 20-24) 1:24:23 Hilary Naylor, Imp(3 35-39) Jane Sowersby, GSFTC(3 30-34) 1:25:33 Joan Ullyot.WVTC(1 40-44) 1:27:56 Sylvie Aguirre (1 19&U) 1:28:16 Carrie Costamagna(2 19&U) 1:29:16 1:29:57 24 Janet Buckendahl (1 50-59) Karen Devaney, WVTC(2 40-44) 1:32:55 Mary McNolakis (3 19&U) :34:52

Ann Hurdham (3 40-44) Ginger Burrola, MQTC(1 45-49) 1:42:01 90 Anne Neeley (2 45 49) 113Eileen Klatsky, NCSr(2 50 59) 1:42:23 133Margaret Houston (3 50-59) 148Ceis Wildin, DSE(3 45-49) 1:47:07

1:48:39 217 Jaclyn Caselli NCSr(1 60-69) 1:55:30 380Annabel Marsh, Pam(260-69) 2:10:18 424Judy Golding.DSE(3 60-69) 2:18:58

Division Results - Men 19 & Under: 1. Bob McLaughlin 1:12:12, 2. Glen Handlin 1:12:25, 3. Omar Urbina 1:14:14. 20-24: 1. David Minter 1:05:35, 2. Alex Gonzales 1:10:16, 3. Stepan Adams 1:11:18. 25-29: 1. John Moreno 1:04:45, 2. Roy Kissen 1:06:36, 3. Tom Borschel 1:08:37. 30-34: 1. Brian Maxwell 1:08:29, 2. Derek McIver 1:09:23, 3. Charles Thompson 1:09:38. 35-39: 1. Fritz Watson 1:10:25, 2. Syl Pascale 1:12:01, 3. Bill Dunn 1:12:36 2- Syl Pascale 1:12:01, 3. Bill Dunn 1:12:38. 40-44: 1. Jerry Lynch 1:13:37, 2. Robert Gormley 1:14:59, 3. Joe Becema 1:17:45. 45-49: 1. Martin Hillyer 1:16:11, 2. Bill Catanese 1:17:25, 3. Slegfried Mattern 1:21:21. 50-59: 1. Bob Buckendahl 1:27:44, 2. Arthur Reed 1:27:46, 3. Ernest Schorno 1:28:55. 60-69: 1. Warrener Pait 1:43:23, 2. Ray Remond 1:44:13, 3. Norman Krieg 1:44:30. 70 & Over: 1. Donald Iwahashi 1:56:38, 2. Abe Wasserman 1:57:49, 3. Steve Cole 2:02:27. Wheelchair: 1. George Ellis 2:06:51

Division Results - Women

19 & Under: 1. Sylvie Aguirre 1:28:16, 2. Carrie Costamagna 1:29:16, 3. Mary McNolakis 1:34:52. 20-24: 1. Kathlene Koudela 1:17:28, 2. Ann Trason 1:23:15, 3. Jacque Lewis 1:24:23. 25-29: 1. Alison Unterreiner 1:20:28, 2. Sarah Tabbutt 1:21:47, 3. Heidi Schaer 1:23:28, 30-34: 1. Nancy Ditz 1:16:08, 2. Patricia English 1:22:39, 3. Jane Sowersby 1:25:33. 35-39: 1. Laurie Binder 1:18:16, 2. Nelly Wright 1:20:08, 3. Hilary Naylor 1:24:34, 40-44: 1. Joan Ullyot 1:27:56, 2. Karen Devaney 1:32:55, 3. Ann Hurdham 1:37:22, 45-49: 1. Ginger Burrola 1:42:01, 2. Anne Neeley 1:42:23, 3. Cels Wildin 1:48:39, 50-59; 1. Janet Buckendahl 1:29:57, 2. Eileen Klatsky 1:44:44, 3. Margaret Houston 1:47:07 60-69: 1. Jaclyn Caselll 1:55:30, 2. Annabel Marsh 2:10:18, 3. Judy Golding 2:18:58.

Alpine Holiday 10K

December 9 Dancho Dalo Verde

	Overall Results - Men		
1	Sergio Sanchez (22)	32:22	
2	Hary Schubert (44)	33:15	
3	Shawn Sandoval (17)	33:22	
4	Wally Buchingham (32)	33:51	
5	Pete Salcedo (22)	33:55	
6	Randy Kilpatrich (32)	34:39	
7	D. J. Smalley (28)	34:51	
8	Fred Doyle (32)	34:58	
9	Dan Davies (27)	35:23	
10	Dan Clemens (28)	35:34	
Division Results - Men			

12 & Under: 1. Tony Dan 45:05, 2. Geoffrey Coulston 45:49, 3. Matthew Sturken 47:17 13-17: 1. Shawn Sandoval 33:22, 2. Bill Sanders 38:11, 3. Tony Aranill 40:22. 18:29: 1 Sergio Sanchez 32:22, 2 Pete Salcedo 33:55, 3. D. J. Smalley 34:51. 30-39: 1. Wally Buckingham 33:51, 2. Ran dy Kilpatrich 34;39, 3, Fred Doyle 34;58, 40-49; 1, Harry Schubert 33:15, 2, Robert Sevene 37:39, 3, Robert McAndrews 38:40. Gookin 38:19, 3. Fred Lehr 38:54, 60 & Over: 1. Donald Dilworth 44:30, 2. Lee Gentili 46:16, 3. Herb Scholnick 51:15.

	Overall Results - Women	
1	Patti Hurl-Tuffley (36)	39:12
2	Mary Akins (24)	40:24
3	Debbie Chaddock (23)	40:30
4	Janie Shankles (38)	43:19
5	Sue Chen (32)	43:23
6	Diana Smith (33)	43:27
7	Lisa Cook (29)	44:18
8	Betty Wood (48)	44:39
9	Bonnie Baer (40)	45:30
10	Diane Shea (30)	45:35
	Division Results - Women	

12 & Under: 1. Sheri Savel 52:33. 13-17: 1 Julie Price 49:02, 2. Christie Cleal 63:03 18-29: 1 Mary Atkins 40:24 2 Debbie Chaddock 40:30.3 Lisa Cook 44:18, 30:39: 1. Patti Huri-Tuffley 39:12 2 Janie Shankles 43:19, 3 Sue Chen 43:23, 40-49: 1. Betty Wood 44:39. 2. Bonnie Baer 45:30. 3 Ginni Nordstrom 46:46: 50-59: 1 Elsa Sandberg 49:25: 2 Anita Calhoun 51:56: 3 Jane Mills 58:08. 60 & Over: 1. Judy Simon

CRRC Christmas Run

ue	cember 12. Griffith Pk. L.A. 10K.	
	Overall Results	
1	Danny Bustos (22)	30:08
2 3	Farron Fields (23)	30,20
3	Jeff Dettmer (23)	31.05
4	Alan Dehlinger (24)	31:37
5	Adam Devito (16)	32:49
5 6 7	Jim Ulvestad (29)	32:49
7	Dave White (32)	33:00
8	Enrique Castro (28)	33:16
9	Joe Falcon (30)	33.24
10	Sam Evans (30)	33 25
11	Stanley Dutton (40)	33:50
12	Bob Caro (25)	33:56
13	Manuel Tinoco (18)	34:02

14 Jay Uretsky (34)

34:02 34-14

15 Steve Madraccia (38)
Division Results - Men

12 & Under: 1. Steve Summer 43:11, 2. Carlos Mendoza 45:13, 3, James Rollans 53:48, 13-16: 1, Adam Devito 32:49, 2, Manuel Tinoco 34:02, 3, Gumby Anderson 34:26, 19-29: 1, Danny Bustos 30:08, 2, Farron Fields 30:20, 3. Jeff Dettmer 31:05. 30-39: 1. Dave White 33:00, 2. Joe Falcon 33:24. 3. Sam Evans 33:25. 40-49: 1. Stanley Dutton 33:50, 2, Randall Shelley 36:37, 3, Frank Russo 37:09, 50-59: 1, Ron Poston 37:39, 2, Patrick Devine 37:49, 3, Robert Culling 39:09. 60 & Over: 1. Larry Banuelos 40:26, 2. Jose Canchola 45:20,

 Nathan Molofsky 46:08.
 Division Results - Women
 & Under: 1. Angelica Mendoza 54:39. 13-18: 1 Julie Robles 45:46, 2 Lill Yu 48:25, 3, Kerry Kumahara 48:25, 19-29: 1 Rose Monday 37:25, 2, Sandee Malang 40:08, 3. Melody Kalman 45:25, 30-39: 1 Diane Dixon 40:06, 2. Judy Legande 46:12, 3. Laura Castaneda 47:35, 40-49: 1. Olivia Coria 46:40, 2. Maria Fribourg 49:45, 3. Louise Wilson 50:41, 50-59: 1, Irene Olberz 45:44, 2, Melly Williams 46:26, 3, Elizabeth McClellan 55:18. 60 & Over: 1. Daisy Wong

Lompoc City X-C Championship

December 15. Lompoc. Results

Race #1-1/2 Mile: 1. Nathan Daltorio (7) Hapgood 4:01. Race #2-1/2 mile: 1. Travis Greenly (7) Buena Vista 3:27. Race #3-1/2 mile: 1. Mike Benson (9) Hapgood 3:32. Race #4-3/4 mile: 1. Seth Matthews Bean (9) Hapgood 5:23. Race #5-1/4 mile: 1. Jay Benson (11) Buena Vista 4:37. Race #6-1/4 mile: 1. Jason Costa (12) Middle Schl 4:43. Race #7-1 mile: 1. Arih Travis (12) Vandenberg Middle Schl 6:42. Race #10-1 mile: 1. Tom Campbell (15) Lompoc High 5:48. Race #11-2 mile: 1. Dan St John (17) Lompoc High 12:09. Race #12-3 mile open: 1. Tom Campbell (15) 16:47.

Corona Del Mar Viking Holiday 5K

December 15. Newport Beach.

Division Results - Men 14 & Under: 1. Jim Reinhold 17:59, 2. Mitchell Greenberg 18:31, 3. Jim Robbins 19:07. 15-18: 1. Dan Holland 16:03, 2. Greg Neitzel 16:06, 3. Darren Wood 16:14. 19-29: Dr. John Koningh 14:31, 2. Dave Parsel 15:14, 3. Larry Hand 15:23, 30-34: 1. Al Siddons 15:48, 2. Bill Leung 17:21, 3. Thomas Hollar 17:30, 35-39: 1. Henry Lange 16:35, 2. Bill Summer 16:48, 3. Marty Schwarzz 17:00. 40-44: 1. Tommy Martin 17:17, 2. Dennis Durham 17:46, 3. Tim Rhone 17:57. 45-49: 1. Bruce Torrence 18:04, 2. Alan Wakeling 18:24, 3. Lee Gire 18:52, 50-59: 1. Andy Beall 18:26, 2. Buddy Beishe 18:38, 3. Dennis Grisso 19:17. 60 & Over: 1. Larry Banuelos 18:52, 2. Delmar Gourley 20:31, 3. Jim Dacolias 22:29.

Division Results - Women 14 & Under: 1. Leslie Cashion 20:17, 2. Lisa Ford 21:54, 3. Erin Turner 24:23. Lisa Ford 21:54, 3, Erin Turner 24:23, 15-18: 1, Amy Dalton 20:07, 2, Michelle Dawson 20:51, 3, Carl Young 21:55, 19-29: 1, Diane Haney 18:39, 2, Laurel Hacche 20:11, 3, Anne Buheig 23:33, 30-34: 1, Aspel Lin 21:10, 2, Maria Rodríguez 21:49, 3, Linda Lawrence 22:54, 35-39: 1, Barbara (Sint) 24:44, 2, 1 Inda Wallace, 26:36, 3, 3 Giant 24:34, 2. Linda Wallace 26:36, 3. Penny Green 26:46, 40-44; 1. Sherrie Simms 20:16, 2. Linda Parker 24:14, 3. Gina Smart 24:38. 45-49: 1. Cherie Lightburne 21:30. 2. Marcia Martin 22:00, Susan Mailman 23:03. 50-59: 1. Gabrielle Shaul 24:39, 2. Patricia Pruitt 24:41, 3. Katherine Bazara 25:03.

Lake Murray 50

from Jerry Dietrich

December 15. San Diego.

Most ultrarunners plan their year around a six day race, or the WS 100, or London to Brighton. For John Mon-tgomery of Del Mar, California, there was only one big one, The Lake Murray 50. After finishing fifth in 1983, John approached Betty after the race and stated that this was the greatest race he'd ever experienced and raved about the wonderful course. "I'll be back next year for sure. and I'll be looking forward to it.

John Montgomery did return, and true to his word, he was ready. He took the lead early with a steady 6:45 pace over the rolling hills around the lake. By 30 miles all the challengers had faded, except for the relentless Pete Saccone five minutes behind. John increased his lead to 10 minutes at 40 miles, and at 45 Pete was still back by 8. After breaking the tape, a tired, emotional, but very happy, John Montgomery exchanged hand-shakes and hugs with friends.

The top woman was Dixie Barnard, of San Diego, running in her first ultra. Dixie started out at a cautious 10 minute pace in next to last place. Then she seemed to gain confidence and speed as the race progressed. When it was over she had worked her way through most of the field finishing 9th overall.

Amazing Pete Saccone, who seems to excel at every ultra distance, finished 2nd for the second straight year even though he improved his time by 10 minutes and broke the course record. Pete topped the 40-49 category.

The toughest runner in the field had to be Phil Hengen, of San Diego. Phil was the only runner to continue on and complete 100K. The day was quite cold, but extremely dry. The humidity was at about 20 percent. Even though most of the runners were tights, muscle screness stop

ped all except Phil from going on.
Lee Preble of Torrance, had just turned 50 and celebrated by winning the 50-59

class. Doug Fenner was top man 20-29.
The second woman finisher was Sue Simms, from Newhall, She ran a fine race winning the 30-39 class and finishing 19

minutes behind Dixie.

The top duo of the day was Trudy Schmutzler and Hutch Gibb. Trudy and Hutch ran together last year and returned this year to take a half an hour off their

The only entrant over 60, was special guest, renowned ultramarathon ing pioneer, Dick Goodman, of Yakima. Washington. At the awards dinner after the race. Dick commented that "the course was fough, but very good.

After all the awards were given, Pete Saccone presented me with a birthday card designed by his wife Liz. The card was signed by all the numers and inside was a very generous gift certificate which had been contributed to by everyone. can't imagine how I ever deserved to be so lucky as to have wonderful friends like

Overall Results

1	John Montgomery (36)	6/09/20
2	Pete Saccone (41)	6,20,18
3	Frand MacKenzie (34)	6.47.50
A	PontonyM1;	6.53.37
1,	Dong Ferner 126)	7.16,26
F.	Phil Hongon (40)	/21/41
1	Budd Willie, MA,	11/12
B	I sate forestates that y	7.48.40
9	Dixin Barnard (47F)	15351
111	Fester Richards (AS) 11M	11/138
	Sun Simms (SAF)	8 12 11
	Gregory Chandler (%)	82025
	John Calmonson (41) HI	82139
	The Eddy (City	8 23 33
	back Gollins (5.1)	8 24 53

16	David Saylor (48)	8:37:49
17	Winterhawk Semier (32) OR	8:39:14
18	John Gonzales (19)	8:42:08
19	Dale Sutton (45)(walked)	8:53:38
20	Mickey Morera (24)	8:56:41
21	Dick Goodman (64) WA	9:01:39
22	Trudy Schmutzler (23F)	9:11:06
22	Hutch Gibb (39)	9:11:06
24	Mark Richert (45)	9:11:06
25	John Squires (53)	9:38:48
26	Pat Farrell (48)	10:49:05
27	Pam Medhurst (31)	11:02:37
28	Leon Ransom (47)	11:56:50
	100K	
1	Phil Hengen (40)	9:55:38

photo by Richard Lee Slotkin



ANNE PEWE

The Westwood Village 10K

by Richard Lee Slotkin

December 15. Los Angeles.

It was on a Friday evening, last July 27th, to be exact and it was the night before the opening of the Olympic Games. Westwood Village was its usual scene of crowded sidewalks, long lines of movie-goers and heavy vehicle traffic. Pennants fluttering from every street pole gave evidence that some of the Olympic events would be held just a few blocks away on the UCLA campus. So, the scene was a little more festive than usual, the crowd a little bigger than usual and traffic a little heavier than usual. It was vintage

Friday night Westwood, only more so.
Then, in one crazy instant a half-block of picture-pretty Westwood became ghastly as the seventh circle of Dante's Hell, bloody as the Marines' landing at Tarawa, frenzied as the deck of the An automobile with its driver gone beserk had charged up onto the sidewalk and plowed into the crowd. In a few seconds, one person lay dead, nearly 50 offiers were severely injured and scores of lives were changed forever

But the shattered bodies and scarred minds were only the immediate results of this mindless carnage. Ahead still lay the shock, grief and mending. And, the bills.

Especially the bills. Medical costs are not cheap in any case, but major medical costs can destroy a family's finances forever. And, in this instance, as is so often the case, there were many with insufficient medical insurance. Some of the victims had none.

So, in an effort to provide at least some assistance to the doubly unfortunate, the merchants of Westwood, whose customers were the victims, turned to the running community. Coordinated by the district's councilman, Zer Yaroslarsky, they organized a benefit 10K run, part of which would include the streets of Westwood itself. With sponsor money covering the expenses, it was felt that the entry fees could account for as much as \$20,000. Barely enough to cover a single operation in some cases, but it would buy a lot of groceries for some needy folks.

At ten bucks a head, they needed 2000 entires. There were 1500 finishers logged in by Race Central, who did the results tabulating, and figuring the DNFs and no shows, they probably came pretty close to their goal.

Several of the victims were on hand, some of them even running the race Most noticeable was a pretty 22 year old wheelchair bound Vietnamese girl by the name of Nghi Hue Truong. She and her family had made their way to this great land of opportunity from the nightmare that their native VietNam had become, only to find another nightmare on the sidewalks of Westwood. Truong now has a missing leg, no spleen and paralysis from the chest down, souvenirs of her visit to the Village. She also has as bright and upbeat a spirit as you will ever find. "I have a whole new life ahead of me," she said with a smile, yet, "and I have to get on with it." You can bet she will, too. After 5 months in the hospital, she has made it home, maybe not quite in one piece, but as ready to go as an NFL linebacker

And maybe as tough.

Also on hand, in fact he was the official starter, was Carl Lewis, Lewis and his sister Carol, also participated in the awards ceremonies and by their presence, lent some encouragement to the many victims who came out for the race, to either watch or run. It was an autograph hound's holiday for a while. There must be at least 200 people scattered around Los Angeles who have the photgraph to prove that they shook the hand of the winner of four gold medals. By the time the crowd had gone, the Lewises were as bushed as the runners, but who could deny that it was for a worthy cause?

A few days earlier at Kangaroos headquarters in St. Louis, Olympian John Tut-tle and former British 3000m champion Adrian Leek had been assured that they had a pretty weak field facing them in Westwood, so they could go out there and sort of relax, show the colors and make Team Kangaroo look good. The company also loaded up the women's field by bringing in a whole team, in-cluding two T & F All-Americans, Anne Pewe and Karen Campbell. Well, things worked out pretty well for the women, who took 6 out of the top ten places, but Tuttle and Leek began to get that old I'vebeen-had feeling as they milled around the start line. I mean, guys like Ron Roberts, Joey Gomez and Martti Kiilholma were also milling around. And every one of them could go under 30 minutes. Tuttle and Leek had already planned to go out and get a little bit of a lead and go on from there just fast enough to win and cross the line together in a tie. Holding hands yet. especially, was uneasy. A bad ankle had caused him to DNF the Olympic Marathon and he didn't think he had come back enough in his training to break 30 just yet and he knew he'd have to if he and Leek were going to win this one Memo to the front office, he thought: Thanks a lot, guys!

Well, like it or not, there they were, and after a bit of a delay, Carl finally fired the gun and it was time to go to work. Matt Blaty, running for Converse took the early lead, but he was only the tip of the iceberg. Everyone who had even a pretense of a chance was right on his heels. Still, Blaty kept up the pace, stayed in front and went through the mile in what? ... 4:55? At 4:55 even I could have been in that lead pack, which was now down to about a dozen runners. Actually, the mile mark was probably off, because we later learned that due to some misplacing of marker cones, the course turned out to be, in the words of the cer-tifier, "...a little long."

Anyway, Blaty continued to make Converse look good until shortly after that mile mark when he tripped over one of the cones while swinging out a bit too far on a tight turn. That pretty much took him out of things, although not completely. He did hang in close enough to finish 9th, but almost two minutes behind the win-

OK, so far so good, two miles in 9:29. indicating either a 4:34 second mile, or, as we supposed, a "long" first mile. By this time, Leek and Tuttle had placed their bright red singlets in the front, which is where they had expected to be all along. Trouble was, right behind them were those same guys they were worried about at the beginning: Gomez, Roberts

photo by Richard Lee Slotkin



(left to right): John Tuttle, Ron Roberts, Adrian Leek, Joey Gomez.

and Killholma. Killholma had run the Sacramento Marathon two weeks earlier and it really was doubtful if he had that good a 10K in him this soon afterwards Sure enough, right past two miles he began to fade, and eventually just packed

Roberts and Gomez weren't having any of that, though. Gomez was right up there with the Roos and Roberts only a step behind. Up until now, the course had been In West L.A. and through the V.A. Hospital grounds, but now it was swing-ing into Westwood. This was where Leek decided to forget about brotherly love and started to make a move, Tuttle notwithstanding. By a little past the 5K, Roberts began to feel the pace and he fell back about 20 yards. Leek, meanwhile, had a five yard lead on Gomez, who, in turn, had a step or so on what was becoming a very discouraged Tuttle.

Then, disaster struck. Well, maybe that's putting it a bit too stronly. A comedy of errors might be more appropriate. You see, this was more or less an out and back course. The finish wasn't quite the same place as the start, and once the turnaround was made, the return trip covered pretty much the same ground as what was used coming out. Well, at about 31/2 miles, it seems that there were a couple of cars parked where they shouldn't have been, and that caused Leek, who was definitely in the middle of a surge, to have to slightly detour. Unfortunately, the only place he could go was right into the mob still heading out! Leek had to literally push his way through that stream of humanity to cross over the street and continue on back the way he had come. And once he had made that breakthrough, he still found the whole course filled with folks coming head-on into him. "It . . . upset the whole rhythm of Leek allowed after the race.

it sure did. Once he finally got clear of all that nonsense, he found both Tuttle, which was ok, and Gomez, which wasn't ok, right back on his tail. And even Roberts, when he emerged from the rip-tide, was back in the hunt, though still about 20 yards back. Tuttle decided that he really didn't want the race to come down to a sprint and have to get into a kicking contest with some "Foreigner" as he put it, so he went with Leek. Gomez, on the other hand, figured he had been given a new lease on life and he might as well make the most of it.

So, on they went, heading home, the Roos and Gomez. When they were about halfway through the V.A. Hospital grounds again, Tuttle suddenly went to surge city. He got a step or two on Leek, who then followed suit. Gomez was unable to hang with them anymore and he began to lose contact. Running into the traffic, Gomez related, "... was kind of a mess. They brought us back together. and we hung together til about 41/2 miles. Then, they surged and I just couldn't res-

So, Tuttle and Leek got their tie, hand in hand across the finish line. Of course, TAC rules being what they are, ties not being allowed, Leek was given the win, possibly on the basis of a slightly longer nose. Tuttle was elated, though. He never expected to break 30 minutes, "I know Adrian is a little bit better than I am in the shorter distances, so I was happy to tie with him,"sd he said, laughing. "I realized this wasn't going to be such a pushover as what Kangaroos had told us . . . I knew that we'd have to run under 30 minutes so we took it out pretty hard after the mile and nobody seemed to drop ... "
Tuttle continued, "... (after having to fight through the crowd) Adrian was pissed off and said, 'Well, I'm not going to run hard anymore!"

Not until later anyway.

Anne Pewe, say that PAY-way, found herself trailing Sue Berenda for the first two miles. For the next mile, they ran together, more or less, trading short leads. At about 3 miles, the former Michigan State Spartan moved ahead for

good. A member of Kangaroos winning team at the cross country nationals in Boston a few months ago, Pewe opened up a pretty good lead and went on to a 34:07 finish, seventeen seconds ahead of Berenda. Probably a sub-34 on a legitimate course. Then it was three more Roos, former Uclan Shella Raiston, and two more Roos; a grand total of six out of the first eight.

All in all, it was a pretty good race. The course had too many turns to be a fast course, and if the promoters are able to make this an annual affair, they will make some changes there. They are, in fact, hoping to keep this going. What they are aiming for is to get the shoe companies to send teams as did Kangaroo and make the run an annual shootout. It could be the kind of thing the L.A. area really needs: a prestige race.

Division Results - Men

12 & Under: 1. Marc Lawson 40:49, 2. Gabriel Hernandez 44:17, 3. Michael Krentzin 44:25. 13-15: 1. Richard Nava 35:10, 2 Craig Lawson 35:27, 3 Ken Vendley 35:34, 18-18: 1 Darren Sand 34:50, 2 David Kahan 35:02, 3 Luis Castaneda 35:43. 19-29: 1. Adrian Leek 29:32, 2. John Tuttle 29:32, 3. Joey Gomez 29:46, 4. Ron Roberts 30:02, 5. Hector Perez 31:02, 6. David Greifinzer 31:12, 7 Matt Blaty 31:25, 8. James Sterling 32:05 9. John Ortega 32:06, 10. Mark Van Leeuwen 32:19, 11. Steve Perez 32:26, 12 Holland Dune 32:35, 13. Donald Scott 33:32, 14. Bernie Brizuela 33:48, 15. Mark Mayers 34:25, 16. Michael Brennan 34:51, 17. Joe Galligan 34:51, 18. Tim Smith 34:53, 19. Carlos Sillas 35:00, 20. Richard Wittbrodi 35:02. 30-34: 1. Dave Babiracki 31:09, 2. Ron Gee 31:16, 3. R. Kilpatrick 33:32, 4. John Merhaut 33:55, 5. Jay Uretsky 34:19, 6. Craig Mead 34:52, 7. Dallas Jones 35:01, 8. Peter Bethune 35:13, 9. Edward Mantini 35:51, 10. Marvin Bartel 36:02. 35-39: 1. Jim Gensichen 35:42, 2. James Sobject 36:24, 3. Richard Miller 36:25, 4. Frederic Fleming 36:32, 5. Ralph Johnson 36:55, 6. Daniel Gaudin 37:23, 7 Steve Mangum 37:52, 8. Stephen Gooze 38:31, 9. Roger Weingaertner 39:18, 10. Miles Yamane 39:42. 40-44: 1. Stanley Dutton 34:43, 2. George Kingsley 35:25, 3. Lee Baca 36:24, 4 Dennis Mihora 36:35, 5 Brian Collins 37:12, 6. Manouch Lankarani 38:08, 7. Denis Trafecanty 38:12, B. Martin Austgen 38:29, 9. Tom Morrow 39:15, 10. Jean-Pierre Theveny 39:34. 45-49: 1. Brian Fernee 34:54, 2. Joe Gassmann 36:00, 3. Christopher Bourke 36:47, 4. Thomas Johnson 38:51, 5. War ren Moorman 39:08. 50-54: 1. John Rudberg 38:24, 2. John Ghini 39:39, 3. Herbert Honor 39:59. 55-59: 1. William Toomey 39:44, 2. Bob Vitale 41:04, 3. Bill Stowell 42:32. 60-64: 1. Bob Page 41:02, 2. Jack Kettler 43:12, 3. Lou Harris 46:32. 65-69: 1. Eddie Lewin 41:51, 2. Jack Warner 42:47. 70 & Over: 1. Nate Shupack 44:54, 2. Ed Stotsenberg 45:52. Division Results - Women

12 & Under: 1. Marci Lawson 45:54, 2. Patricia O'Reilly 48:47 13:15: 1 Sheri Lawson 41:39; 2 Kim Grongeyer 41:44; 3 Siobhain O'Reilly 44:16: 16:18: 1 Patricia Almendariz 37:59, 2 Wendy Logsdon 40:01, 3. Amanda Marks 40:43, 19-29: 1. Anne Pewe 34:07, 2. Susan Berenda 34:24, Karen Campbell 34:53, 4. Cosgrove 35:22, 5, Nancy Brown 36:17, 6. Shella Raiston 36:28, 7, Kim Stemplen 36:40, 8. Carolyn Richards 38:44, 9. Cathy Bodie 39:50, 10. Gall Conway 40:24. 30-34: 1. Jaynie Studenmund 36:48, 2. Teri Tait 42:04, 3. Aine Lynam 43:42, 35:39: 1. Cheryl Allen 42:58, 2. June Lane 45:26, 3 Adell Williams 47:53 40:44: 1. Judy Kewley 39:15, 2. Bonnie Robinson 40:25. 3. Susan Stevens 43:00. 45-49: 1. Atsuko Fujimoto 44:52, 2. Elaine Murphy 47:11, 3. Carole Davis 47:56, 50-54: 1. Leyla Harney 47:19, 2. Pat Devita 50:11, 3. Carol Lefevre 54:54. 55-59: 1. Selma Mehlman 60-64: 1. Helen Dick 44:08: 70 & Over: 1. Lucile Adney 1:17:45.

Coyote Hills-To-The-Bay Race

December 15. Coyote Hills Regional Park, Fremont. 3.4 Miles & 6.8 Miles.

Division Results - Men's 3.4 Miles 10 & Under: 1. Sean Eaton 28:23, 2. Jason Goularte 29:14, 11-19: 1. Mike Roach 19:14, 2. Eddie Campbell 19:44, 20-29: 1. Don Looby Jr. 19:46, 2. Fred Ayap 21:15. 30-39: 1. Julios Ratti 18:45, 2. Mike Hotton 19:18. 40-49: 1. Jack Roach 20:13, 2. William Tucker 22:16. 50-59: 1. Arnold DeLaRosa 22:19, 2. Myron F. Boice 26:56. 60 & Over: 1. Ulysses Ratti 26:27, 2. John Guinee 29:31.

Division Results - Women's 3.4 Miles 10 & Under: 1. Christine Parker 24:20, 2. Janet Marie Parker 24:21, 11-19: 1. Harpreet Kaur 22:47, 2. Andrea Hannes 24:57. 20-29: 1. Val Bates 25:43, 2. Rosanne Dudley 28:13, 30-39: 1. Crystal Miks 23:18, 2. Barbara Zolidan 23:47, 40-49: 1. Diane Bromstead 24:44, 2. Ruth Birmon 32:24.

Division Results - Men's 6.8 Miles 10 & Under: 1. Jerome Daniels 46:55, 2. Dave Reuser 63:15. 11-19: 1. Phil Jensen 39:51, 2. Kevin Hallam 42:01. 20-29: 1. Dan Harvey 37:03, 2. Mike Gama 39:11. 30-39: 1. John Illige 38:14, 2. Peanut Harms 38:15, 40-49: 1. Tim Rostege 40:19, 2. Mike Schoelz 41:20. 50-59: 1. Ralph Aquino 44:10, 2. Al Kirkmon 47:05. 60 & Over: 1. Howard Powers 52:26, 2. Bill Wallace

Division Results - Women's 6.8 Miles 10 & Under: 1. Erin Moore 69:30. 11-19: 1. Erin Bellamy 47:11, 2. Karen Rae Parker 50:08. 20-29: 1. Roxanne Bier 45:02, 2. Rachel Bates 52:07. 30-39: 1. Linda Montyhen 42:58, 2. Nancy Stover 51:18. 40-49: Mary Cantini-Norkin 56:13, 2. Frances Massey 59:35. 50-59: 1. Barbara Rodden

Rudolph's Classic 5K & 10K

December 15. Lancaster.

Division Results - Men's 5K 12 & Under: 1. Craig Clesed 18:56, 2. Chad Cieslek, 3. Rod Harrington, 13-15: 1. Justin Christensen 17:58, 2. Tim Ward, 3. Brent Garrett. 16-18: 1. Jack Kicklighter 17:12 2 Scott Denham, 19-24; 1 Brent Allen 15:52, 2 John Brady, 3 Robert Carlew, 25-29; 1 Cordell Telford 18:19, 2 David Cates, 3. Mike Shiller, 30-39: 1. Ralph West 17:13, 2. Pat Curran, 3. Phil Horn, 40-49: 1. Richard Cooper 19:52, 2. Wayne Mauldin, 3. Jack Wengert, 50-59: 1. Alan Taylor 19:52, 60 & Over: 1. John Thompson 23:25, 2. Larry Kelbly.

Division Results - Women's 5K 12 & Under: 1. Kim Washburn 25:22, 2. Karen Harvey, 3. Kasi Moore, 13-15: 1 Leanne Robinson 27:43. 19-24: 1. Tracy Woods 20:12, 2. Robin Furgueson, 3. Lisa Jackson. 25:29: 1. Clara Cotes 25:14, 2. Darlene Savage, 3. Catherine Guerrero, 30-39: 1. Sylvia Aceves 19:47, 2. Dee Bender, 3. Janice Hightower, 40 & Over: 1. Margaret Chapman 24:31, 2. Jeanne

Division Results - Men's 10K 12 & Under: 1. Jeremy Gocke 41:37, 2. Jason Pape 13-15: 1. Greg Bales 37:55: 2. Frank Sakelerios. 3. Mark Harvey. 19:24: 1. Allen Dehlinger 32:46: 2. Shawn Elmore. David Lucas. 25-29: 1 Casey Jones 33:35, 2. Tony Whitmore, 3. Gary Miller, 30:39; 1. Gary Everson, 33:41, 2. Brian Brian Stensauk, 3. Jack Dewar. 40-49: 1. Glenn Crabtree 38:45, 2 Neil Wilcox, 3 Stan Cholewinshil 50:59: 1 Paul Hassan 48:24, Jim Harvey, 3. Don Kaplan 60 & Over: 1 Jim Talley 42:37

Division Results - Women's 10K 12 & Under: 1 Jean Harvey 53:24 13:15: 1 Cheryl Clesled 49:38 25:29: 1. Mary Bullock 40:04: 2 Kathy Britcliffe 30:39: 1 C.J. Douglas 56:38: 40 & Over: 1 Jeanelle Wells 41:26, 2 Julio Andolsek

Sanger Striders Pre-Christmas Run

from Dave Dodson

December 22. Sanger. 6 Miles. Division Results - Men

15 & Under: 1. Scott Kennedy 37:23. 16-18: 1. Jesus Llanes 32:47, 19-29: 1. Jesus Jasso 35:44. 30-39: 1, Harry Maloney 34:30. 40-49: 1. Bob Perry 36:39. 50-59: 1. Ric Zamarripa 36:50.

Division Results - Women 19-29: 1. Tanis Leyendekker 35:57 CR. 30-39: 1. Kathy Kennedy 37:33. 40-49: 1. Bonnie Pius 47:24. 50-59: 1. Sydney Loo 59:20. 60 & Over: 1. Virginia Martin

T.I.T. 6.6 Mile **Cross Country**

December 25. ventura.				
	Overall Results			
1	Gary Tuttle (1 19-39)	34:39		
2	Steve Blum (2 19-39)	35:45		
3	Luis Pinon	36:06		
4	Tom Phillips	36:30		
5	Rudy Hernandez	37:11		
6	Mike Zaragoza	37:16		
7	Matt Cucchiara (1 40-49)	37:56		
8	Han VanKoppen	38:01		
9	Ramon Perez (1 18&U)	38:48		
10	Mike Delgado (2 18&U)	39:27		
11	Eugene Blankenship (2 40-49)	39:30		
23	Anne Hayden (1F 19-34)	43:43		
30	Tammay McCarty (1F 18&U)	46:03		
32	Manuella Miller (2F 18&U)	46:55		
34	Mimi Baranowski (1F 35+)	47:43		
40	Fred Nagelschmidt (150+)	49:39		
51		1:01.16		



Westlake Village 20 Mile Run

De	cember 30. Westlake Village.	
	Overall Results	
1	Steve Flynn(28)Tarzana	1:51:16
2	Luis Pinon Jr.(20)SanPedro	1:52:51
3	Thomas Sneddon(38)PanCty	1:57:59
4	Art VanVeen(21)TempleCty	1:59:44
6	Francisco Garcia(28)Rosemed	2:00:48
7	Bob Badgett(18)Valencia	2:01:22
8	Ron Smith (37) GranadaHls	2:01:47
9	Greg Hill (19) Annapolis, MD	2:02:17
10	Jim Pellon(34)Encino	2:02:37
11	Brian Nelson(27)Ventura	2:02:56
12	Raiph Casillas(33)Oxnard	2:03:31
13	Ed Kitchen(25)Thous.Oaks	2:03:53
14	Bill Lovelace(37)CanogaPk	2:04:41
15	Andre Tocco(49)SanPedro	2:04:50
16	Robert Davidson(40)L.A.	2:06:23
17	Paul Garnett(36)Topanga	2:07:08
18	Bill Flynn(30)Tarzana	2:09:35
19	Morris Rehn(32)LongBeach	2:09:41
20	James Leiman(35)Eugene.OR	2:09:48
26		2:12:05
30		2:14:03
52		2:24:08
56		2:25:20
58		2:25:40
71	Sue Harmon(34F)VanNuys	2:29:37
77	Wendy Watson(40F)ManhatBc	2:30:01
82	Laura Miller(28F)Hawthne	2:32:42
92	Amy Graham(35F)ManhatnBch	
159	Melda Dean(55F)ElSegundo	3:09:44

PA/TAC 5K Championships

Dec. 31.	Foothill	Col. Los	Altos	Hills.
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Overall Results	
1 Sean Cahill, England	14:30
2 Steve Pradere, Reno	15:02
3 Hector Perez, Con. Agg	15:08
4 Terry Gibson, Con. Agg	15:11
5 John Spilman, Northrid	15:16
6 Mark Proteau, Con. Agg	15:27
7 Matt Huber, Reno	15:32
8 Vern Salaz, Con Ago	15:42
9 Vic Santamaria	15:42
10 Glenn Reynolds, Con. Agg	15:44
11 Stacey Gelken, Con: AGg	15:48
12 Pete Carpenter	15:52
13 Glenn Carpenter	16:01
14 Kevin Mears	16:02
15 Mike Kriege	16:10.4
16 Mark Williams	16:10.6
17 Dale Richard	16:12
18 Syl Pacael	16:17
19 Hugh Stahl	16:22
20 Steve Scholz	16:24
27 Christine Boxer	16:50
32 Vicki Bray	17:52
34 Melissa Martel	18:16
35 Roxanne Bier	18:29
36 Sharon Maley	19:01

Family Midnite Run

December 31. Lompoc. 4.8 Miles.

	Overall Results	
1	John Trump (29) Lompoc	25:33
2	Joe Alaniz (19) 29 Palms	25:34
3	Peter Pubek (24) Lompoc	25:49

4	John Kelley (22) Lompoc	27:39
5	Mike Uena (41) Lompoc	28:54
13	Art Schickram (55) Lompoc	32:28
20	Cherri Mead (35F) Oxnard	38:57
22	Ruth Adams (47F)Lompoc	39:33

Buena 5K

January 5. Ventura. Division Results - Men

14 & Under: 1. Darren Leisky. 16-18: 1. Mike Barton 17:13, 2. Randel Felix 17:17, 3. Tom McKean 17:50. 19-29: 1. Jim Triplett 14:56, 2. Peter Von Haug 15:22, 3. Mikeal Hunt 15:35, 30-39: 1, Chuck Smead 14:55, 2, Larry Montaz, 15:46, 3, Raiph Cassillas, 16:38, 40-49: 1, Matt Cucchialla 16:05, 2. Larry Pontinen 17:30, 3. G. Foodman 18:19. 50-59: 1. Ken Gaskell 18:14, 2. Gene Pumphrey 18:46, 3. Gunnar Brickner 19:00. 60 & Over: 1. Fred Naagismchit

Division Results - Women 18 & Under: 1. Tammy McCarty 18:54, 2. Connie McCarty 21:02, 3. Shanna Meringuni 24:27. 19-29: 1. Cathy Askin 19:57, 2. Debbie Mareno 25:16, 3. Debra Mosher 25:20. 30-39: 1. Elaine Tripplett 18:05, 2. Mimi Barondush 19:49, 3. Susan Wickham 22:06, 40-49: 1. Jan Franzese 22:06, 2. Liz Cushman 22:17, 3. Racheal Zaligosh 24:46, 50-59: 1. Patti Titus 30:26, Bea House 34:03. 60 & Over: 1. Doris Vernon 30:02

Avalon Benefit 50 Miles

January 5. Santa Catalina Island.

	Overall negults	
1	Warren Finke (42) Oregon	6:25:34
2	Richard Provost (38)	6:26:22
3	Larry Goodman (28)	6:44:43
4	Charles Savage (37)	6:50:59

Dan Stumpus (33) 7:05:07 Ian Maddisson (42) 7:14:09 Steve Corona (23) 7:20:50 Skip Rochefert (30) 7:20:56 9 Ron Covert (50) 10 Jeff Pierce (28) 7:36:25 7:37:49 Bob Silverman (37) 7:37:49 Hal Winton (53) 7:39:47 13 Richard Vander Stueken(45) 7:41:47 7:47:49 Roger Sebert (28) Steve Kohler (37) 7:52:08

China Cup Opener

January 12. Fountain Valley, 5K.

It was a day to prove Murphys Law
-"That which can go wrong will go
wrong". The day started at 4 a.m. with Santa Ana winds blowing in gusts up to 60 mph. It was all we could do to stand up at the park in Fountain Valley. The trees were falling down, branches and leaves flew through the air. A decision had to be made about the race. How dangerous was it for the runners. John Blair and George Payan had to make a decision by 7 a.m. They had both gotten out of sick beds and the winds seemed horrendus to them. They decided to go with just one race, at 8:30, the shorter length and hope that the winds would die down some by then. The race committee looked like pioneers guirding up for a fight with the indians by circling the race vehicles to try and give some protection from the indian wind. Nothing could be put out without the wind blowing it away. Then came out electronic problems. PA wouldn't work. Wind blown dust in the Chronomix caused it to malfunction, the large clock developed a sticky number. Finish cards were dropped and blown away. Tree tops fought with runners for a piece in the

finish chute. Weather reports say that this was one of the worse Santa Ana winds on record and we agree. We were out in it trying to put on a race.
Division Results - Men

14 & Under: 1. Craig Lawson 16:46, 2. Ken Gibson 17:17, 3. Albert Pardeds 17:43. 15:18: 1. Joe Nittl 14:42, 2. Adam DeVito 15:38, 3. Richard Tanner 16:00. 19:24: 1. Ray Cook 14:48, 2. Nicholas Carr 14:51, 3. Alan Dehlinger 15:14. 25:29: 1. Holland Bunz 15:26, 2. David Parsel 15:31, 3. Tom Cheese 15:37. 30:34: 1. Ben Martinez 15:19, 2. Dave Frickel 15:30, 3. Rex Power 15:54, 35-39: 1. Jim Reilly 16:05, 2. Robert Williams 16:29, 3. Bill Sumner 16:43. 40-44: 1. Bob Hill 16:38, 2. Catarino Gonzalez 16:43, 3. Randall Shelley 16:48. 45-49: 1. Ronald Pattinson 16:51, 2. Juvenal Herrera 17:22, 3. Gary Smith 17:23. 50-59: 1. Gunnar Brickner 17:50, 2. Leonard Walts 18:09, 3. Tom Wilson 18:39. 60-69; 1. Larry Banuelos 17:59, 2. David Cohen 19:41, 3. Casey Poole 20:20. 70-79; 1. Fred Shanley 25:38, 2. Larry Kelbley 28:38. 80 & Over: 1. Jacob Bishin 30:51.

Division Results - Women 14 & Under: 1. Marci Lanson 20:18, 2. Kelly Sullivan 27:40. 15-18: 1. Tania Fisher 16:47, 2. Mo Winner 16:51, 3. Sheri Lawson 18:41, 19-24: 1. Vickie Cook 16:48, 2. Shannon Stryker 16:48, 3. Nancy Brown 16:53. 25-29: 1. Linda Fox 17:50, 2. Anne Standley 18:18, 3. Jeanne Kawashima 18:27. 30-34: 1. Judi Vivian 17:04, 2. Claudia Morales 17:38, 3. Lois Curl 18:05. 35-39: 1. MaryJane Mitchell 18:17, 2. Davia Jusionis 18:32, 3. Diane Ito 10:12. 40-49: 1. Sue Peterson 17:15, 2. Harolene Walters 17:42, 3. Brenda Lunsford 20:31. 50-59: 1. Mary Norris 23:52, 2. Jeanne Carrier 23:55, 3. Jean Windishar 25:51. 80 & Over: 1. Chris Hodowski 26:19, 2. Leona Vinson

Track & . Field

West Coast Weight Pentathlon

December 16 CSULA

	Top Ten Men	
1	Mike Entr.hman, Bakerst	4671
2	Matt Mileham, Britain	425
3	Alan Collatz Bakerst	405
4	Paul Bender, Freeno St	403
5,	Frank Reilly, AllAmerTG	399
6	Machon Littleton FresnoSt	399
7	Phil Mann, Azusa	377
8	Lloyd Higgins, Striders	368
9	Oscar Garza, GalSt LA	357
10	Jeff Crow, Bakersf	349
	Top Three Women	
1	Lacy Barnes, FreshoSt	208
1	Maria Leaurent, Bakerst	202

All-Comers Meet

2 Mana Character Freehold

January 5. U.C. Berkeley.

Men 55: Craig Nash 6.4. 200: Scott Sanders 22.2. 400: 1. Kevin Mouton 49.9. 800: Calvin Gaziano 1:57.0. 1500: Harvey Franklin 4:08.4. 55HH: Mark Boyd 7.6.

300IH: Michael Engelhart 42.1. HJ: 300IH: Michael Engelhart 42.1. HJ:
Maurice Crumby 7-2. PV: Joe Sandrin!
13-6. LJ: Jeff Suitos 21-5½, TJ: Dimitri
Piterman 47-7½, SP: Gregg Tafralis 61-3.
DT: Gregg Tafralis 179-7. HT: Mike
Ostrom 141-8. JT: John Burns 187-2.

Women
200: Leslie Maxie 23.4. 400: Ronda
Brooks 1:01.8. 800: Sydney Thatcher
2:29.0. 1500: Luz Frias 5:44.1. 300H: Karen
Ansaldi 53.9. 400R: Eastshore TC 55.3. LJ:

Ansaidi 53.9. 400R: Eastshore TC 55.3. LJ: Carrie Dees 14-81/2. DT: Cindi Durchslag 146-10. JT: Martha Hill 105-3.

High School Boys 55: Anthony Usher 6.6. 200: Anthony Usher 23.0. 400: Alvin Pickettay 52.3. 800: Adam McAboy 2:03.9, 1500: Kevin Robinson 4:37.6. 3200: Brian Vaughan 10:09.9. 400R: Berkeley 46.1. HJ: Paul MacFarland 6-4. PV: Kevin Englund 13-0. LJ: Chuck Brooks 23-514. TJ: Chuck Brooks 42-8. SP: Robert Adwere 48-11/2. DT: Milton Har-

All-Comers Meet

January 12. U.C. Berkeley. Men

55: Kevin House 6.3. 200: Craig Armstrong 21.7. 400: Maurice Compton 48.5. 800: George Mason 1:59.1. 1500: Harvey Franklin 4:07.8 55HH: Mike Lee 7.8. 300LH: Terry Calloway 42.4. 400R: Merritt 44.5 1600R: Merritt 3:29.5. HJ: Maurice 44.5. 1900n: Meritti 3.2.5. Hs. Maurite Crumby 7-0. PV: Anthony Harris 13-6. LJ: Ken Frazier 23-7%. TJ: Terry Calloway 41-8 4. SP: Mike Smith 63-10 4. DT: Gregg Tafralis 178-9. JT: Ron Uhi 204-8. HT: Dave Debus 180-6.

Women

55: Johnnetta Gay 7.3. 200: Ronda Brooks 26.7. 400: Shella Herzog 67.5. 800: Laurie Hollingworth 2:22.8. 1500: Laurie Hollingworth 4:56.4. 5000: Janine Aiello 17:16.5 400R: Dr. King TC 53.5. 1600R: Milibrae Lions 4:27.7. HJ: Nancy Kelly 4-4. LJ: Renee Jackson 17-71/2. DT: Buffy Sexton 100-7.

High School Boys

55: Marty Roberts 6.6. 200: Pat Gordon 23.0. 400: Lionel Dozier 51.7. 800: Bryan Mayberry 2:03.1. 1500: Adam McAboy 4:20.0. 3200: Chris Hoepker 9:58.9. 55HH: Michael Engelhart 8.0. 300LH; Alvin Pickettay 42.2, 400R; Skyline 44.8, 1600R; Skyline 3:40.6. HJ: Paul MacFarland 6-2. PV: Wally Summers 13-6. LJ: Charles Brooks 22-31/4. TJ: Ray Cox 40-81/4. SP: Robert Adwere 48-41/4. DT: Milton Hartogh 141-2. JT: P. Ansaldi 67-11

Long Beach State All-Comers Meet

January 19. Long Beach.

Men's Results 80 Yd. (42" Hurdles): 1. Joseph Duarte, 7.8, 2. Viltz 8.3, 3. McLaughlin 8.4.

60 Yd. (39" Hurdles): 1. Anthony Burnett 7.9, 2. Southern St. Anthony 8.6, 3. Noyes

100m: 1. John Thomas 10.8, 2. Charles Branch 10.9.

200m; 1. Kevin Hawkins 21.5, 2. John Thomas 21.8, 3. Beckham 22.4, 4. Donald Hawkins 22.6.

400m: 1. John Patterson 50.1, 2. Darrin Smith 51.7, 3. Eric Hesly 52.42. 1500m: 1. Greg King 4:06.3, 2. Bill

Schipper 4:10.7. 500m: 1. Adam DeVito 15:53.7

HJ: 1. Steve Nuchols 7-0, 2. Tyrus Jefferson 7-0, 3. Lewis 6-10.

SP: 1. Keith Robinson 42-7, 2. Cordi (Cypress HS) 47-9. PV: 1. Mike Worden 15-0, 2. Jeff Mulligan 14-6, 3. John Reed 14-6.

LJ: 1. Tyrus Jefferson 24-51/2, 2. Tobias

Virgil 23-11/2. TJ: 1. Brent Kotinek 48-034, 2. Anthony Burnett 44-8.

Women's Results

60 Yd. (33" Hurdles): 1. Laura Mills 8.3, 2. Yleana Carrasco 8.5, 3. Sue Patterson 8.8.

60 Yd. (30" Hurdles): 1. Laura Mills 8.3, 2. Yleana Carrasco 8.5

100m: 1. Felica Skaggs 12.9. 200m: 1. Myra Mayberry 25.1, 2. Tol

Pugh & Joyce Austin 25.8. 400m: 1. Myra Mayberry 56.5, 2. Tol Pugh 56.7, 3. Margaret Hemmans 57.5. 1500m: 1. Terl Grimsby 5:14.4, 2. Kirsten

Petersen 5:19.8, 3. Wendy Petersen 5:20.2, 4. Carrie Freeman, 5:22.6, 5. Jamie Barais

5:23.2. 3000m: 1. Kerin Berry 11:50.0.

HJ: 1. Yieana Carrasco 5-8. SP: 1. Lori Smith 42-111/2, 2. Lisa Limm

LJ: 1. Kathrine Williams 18-0, 2. Joyce Austin 17-914, 3. Renita Robinson 17-11/2.

TJ: 1. Renita Robinson 39-2, 2. Angela McKnight 34-11, 3. Nedra Walsh 33-0.

SUNKIST Invitational

by Doug Speck

Jan. 15. Sports Arena, Los Angeles. Meet Director Al Franken's love affair with middle distance running, the intense media hype surrounding the Mary Decker Olympic fall, and comments of late by Ruth Wysocki about Mary's general demeanor all combined to create real interest (and results) in the January 18th Sunkist Indoor Track & Field Meet. Mary and Ruth were out after a World Record 2000 meter 5:43.30 (and each other it seemed). The usual super Men's Mile field here let no one down as Eamon Coghlan, out of the 84 Olympic picture with a stress fracture, and Steve Scott, went at it. Valerie Brisco-Hooks showed she is not planning a post-Olympic let-down in 1985 with a fine 440, and just about every other event was exciting and very competitive.
The Women's 2000 (13 laps 107.2 yards)

was a Meet Director's delight, as the couple of weeks previous in the press had been full of charges and counter-charges about Decker's behavior after her Olym-pic entanglement with Zola Budd by her Olympic Trials 1500 meter conqueror Ruth Wysocki. Both athletes were introduced at the meet to mixed cheers and boos. Both grew up in Southern California, so there was some extra interest. Decker certainly wasted no time once the gun fired in going out after the record. With a 10 meter lead after just three laps on Wysocki, Mary knocked out quarter splits of 68.4-2:15-3:22 (or 500 meter splits as they announced of 1:22.2-4:46.8 through 1000m). By the Mile in 4:31.0 Mary had 40 meters on Wysocki and definite record possibilities. The Athletics West star continued to power all the way in to finish in 5:34.52 and easily break Yekaterina Podkopaeva's 1983 mark. Ruth finished in a good 5:45.93. Decker is obviously over any physical ailments due to her Coliseum fall from August and talked excitedly after the race about the rest of her indoor season.

The Men's Mile featured a super field, headed by Earnon Coghlan and Steve Scott, and those people will never let you down competitive-wise. Coghlan was hot to trot after stress fracture problems in 1984 and Scott was anxious to reprove himself after a bit of a letdown in the Olympics. Rabbit Eddle Davis towed the group through 59.1-2:00.1 quarter splits. Tom Smith (Athletics West) kept things honest with a 3:00.8 at the 1320 mark. The favorites were all in close tow. Coghlan made the first move with two 160 circuits to go and the race was on. Scott eased up to Eamon as they came off the final turn, but just missed catching the Irishman at the tape 3:56.34-3:56.35. Coghlan churned the final 160 yard lap in 18.8 seconds (51.7 pace for a quarter). Scott's mile was his 89th under 4:00, while John Walker recorded his 95th with his 3:57.56 in 3rd.

Valerie Brisco-Hooks came to run in her 440 yard race. She blasted the first 160 yard loop in 18.0 (49.5 440 pace) and held a big lead which measured 12 meters at the finish over Florence Griffith. Valerie's 53.41 was a Meet Record and only .12 outside the world 440 yard

The Men's 880 featured American Record holder (1:42.96) Johnny Gray and Olympic silver medalist Earl Jones (Eastern Michigan). Gray went out and set the pace through a 53.7 440 with Jones running a comfortable second. Gray learned in Europe to go out hard and push the entire race, and Earl worked his way



Men's Open 500 Finish, left to right: Egbunike (3rd), Armour (4th), Cameron (2nd), Darden (1st).

close, but could never quite catch the Santa Monica TC star 1:49.0-1:49.2.

The Men's High Jump was a very good competition. Jim Howard, Lee Balkin, and Doug Nordquist all joined Dwight Stones over 7-31/4. Balkin surprised a bit by clearing 7-5, while Howard was the only other one to be successful there. Howard surprised even more by sailing over 7-61/2 on his second attempt to take the competi-

The Pole Vault featured another top group, of which Dan Ripley, Doug Lytle, Billy Olson, and Earl Bell were able to negotiate 18-0. Olson showed he is on the road back with an 18-4 clearance, along with Bell, with the older Texan (Bell) winning on the earlier clearance rule. Both Bell and Olson looked as if some bigger and better fireworks will be along this indoor season.

Greg Foster survived an altercation with the Security people before his race to put together an excellent start and race over 50 yards in the Hurdles, Greg's 5.96 featured an easing up at the end that cost him a World Record (5.92 by the guy who catches passes for the 49ers). A little later in the meet they raced 60 yards over the sticks, and it was a little closer, but Greg still prevailed 7.11 to 7.19 over Al

The Two Mile featured a good group which followed Steve Ortiz through a 4:18.0 mile. Doug Padilla became a bit impatient at that point and took off with 3:37.25 1500 meter specialist from England, Jack Buckner. The Englishman accelerated past Padilla before the Mile and a quarter, and certainly did not seem interested in testing Padilla's wicked last 440 sprint. Bucker went 65.9-64.0-59.2 for the three quarter mile bits past the mile. the third one causing Padilla to cash in his chips and drop way back. Buckner raced 61.6 for the final 440 to win in 8:28.76. The Britisher looked very good through his 3:04.8 final 1320.

The Triple Jump was a good competi-tion. Mike Conley sailed out 54-0 on his second jump, with Robert Cannon moving ahead to 54-10 on his second to last ef-fort. Conley stretched out to 55-61/2 on his final trial, as Cannon could respond only

Alice Brown looked very sharp in runn-

ing down quick starting Zelda Johnson over 60 yards in winning with a 6.72 (just .06 short of Evelyn Ashford's Meet Record). Darwin Cook (USC) looked very solid the entire race in winning the Men's 60 in 6.16 over Harvey Glance (6.20).

Tony Darden, a true indoor vet, won a competitive 500. Darden took the pace out for the first two laps, and it was like a magnet drew the four runner field together down the final stretch, where Bert Cameron just missed catching Darden with 57.0 the time for both, Lee Arbogast (Athletics West) won an

exciting last lap duel in the Women's 880 Rose Monday (Puma TC) 2:08.3-2:08.5.

El Camino JC won the battle of the behemoth Community Colleges in their Mile Relay at 3:19.9, featuring Daymon Lee on the anchor.

Sunkist Indoor High School Section

A National Record performance by amazing Choo-Choo Knighten (Locke, LA) in the 500 yards, a National Record equalling Women's 640 Relay by a smooth-passing Muir of Pasadena group, and super vaulting by recent transfer (Midway, Waco, Texas to San Marcos, Santa Barbara) Brandon Richards highlighted the prep portion of the Sunkist Indoor Meet. And, as usual, athletes competing unattached (as were all the preps from their institutions in this meet) from Hawthorne HS, were all over the placing winning everything

Choo-Choo Knighten (Locke, LA) looked very powerful all the way in racing away from her competition into record land and a 1:04.0 500 yard that took down the famous Denean Howard's 1:04.1 from 1981. Knighten returned to blaze 7.9 for the 60 yard Hurdles at 33", the third fastest time in the nation so far in 1985. Soph Janeene Vickers (Pomona) showed her Cross-Country season only made her stronger as she handled cross-town rival Michelle Taylor (Ganesha, Pomona) 1:05.0-1:05.1 in their heat. Vickers and Taylor are now #3 and #4 respectively on the All-Time list in this event.

Muir High returns a good Women's 400 meter relay group. In their 640 relay (4 x 160 loops) here they exhibited a super blend of speed and excellent stick work



CHOO-CHOO KNIGHTEN

continued on next page...

to equal the National Record of 1:13.4. Nicki Caddell (19.1), Lanetta Wilson (18.0), Michelle Miller (18.3), and Lana Cantrell (18.0) made up the squad.

Brandon Richards-perhaps you remember his daddy Bob, cleared 17-0 last year in Texas, and he took right up here where he left off. After he cleared 15-6 to win the Prep vault the Santa Barbaran headed over to the Open competition, where he sailed over 17-0, easily a Golden State prep best. Brandon about broke his rear bone later on when he landed half on and half off the runway, although he appeared to be walking

around fine afterwards.

Hawthorne performed at its usual high level. Henry Thomas is looking better than ever. He has run 10.4 and 10.0w for 100 meters outdoors, and here got into high gear in the 60 after about 20 yards and waltzed away in a 6.0 clocking. Thomas anchored his 640 relay group to the evening's fastest clocking of 1:06.0 with a 15.7 lap split, and anchored his Mile Relay group to a win at 3:25.4 with a 49.4 after Sean Kelly had broke it open with a 49.6 third leg. Kelly, who has run 1:53.0 outdoors for 800m this winter, cruised along behind the leader in the half at 57.2 for the first 440, then easily handled Bakersfield's Sean Langer by 1.4 seconds in the final 160 circuit on the way to a 1:57.4 win. The Cougars took one heat of the Men's Two Mile Relay with a squad of four hurdlers. Von Joyce, Ed Tillman, Steve Taylor, and Mike Graham are timber toppers who got in shape. Graham has real potential in this event, as his 2:02.5 brought Hawthorne in first, but the team was disqualified when one of its members stepped off the track onto the infield when going around a turn. Graham returned later to take the 60 Yard Highs at 7.6 over Terry Johnson (Katella, Anaheim) and Damon Thomas (Pasadena) with the same time.

races. Each of the first three legs in the Women's Two Mile Relay ran a lap short pretty good prep 880 legs for young ladies, all between 1:56 and 2:01). It even got strange on the anchor as Newport Harbor and Hawthorne were not far apart, but the anchor runners got the batons on different laps. Anyway, the time sheet came back with Hawthorne the winners and no times listed.

Scott Fry (Perkins, Sandusky, Ohio), the Kinney National CC Champ, came to face Calvin Gaziano (Castro Valley) and Brad Hudson (South Eugene, Oregon) over two miles. The only problem was that neither Gaziano nor Hudson showed or had the courtesy to explain their nonappearances. It was up to Southlanders Greg Whiteley (University, Irvine) and Jim Harvath (Thousand Oaks) to try to tag along with the Ohlo dynamo. The trio screamed through three-quarters of a mile in 3:19.7, with Whiteley able to hang on through 4:29.8-5:38.0-6:48.6-7:57.6 splits before the midwesterner began to pull away. There were problems in this race too, as somehow the lap sign skipped a beat and athletes ran one lap too far. Fry went through the real finish in 9:02.4 and sprinted another for the officials. The rest had some problems. The times listed in the results were wrong for the correct distance, with Whiteley finishing two in 9:11.1 (and covering one more lap in 24.4 seconds). Harvath was

9:26.1 with the pack a ways back.
Kerri Zaleski (Millikan, Long Beach)
looked good in her 880 race. The Millikan senior took it out through a 63.2 440, with only Mt. Carmel's (San Diego) Lesley Noll close. Zaleski finished unchallenged in a 2:10.8 Meet Record, while Noll ran a fine 2:13.9. Lesley did not run outdoors last Spring after suffering a stress fracture

Tim Williams (Rubidoux, Riverside) exploded in the Triple Jump out to a fine



TAMMY McCARTY - Rated Mile

photo by Jim Reynolds



Boys Seeded Mile, front row, left to right: John Quade, David Naranjo, Mark Mastalir, Eric Mastalir, Roman Gomez, Bill Feliciano.

The Hawthorne girls were not far behind. They took their heat of the 640 Relay in a good 1:15.4. They recorded the Nation's second fastest Mile Relay at 4:00.6 with Deanna Amy (60.6), Tami Allen (60.9), Lisa Oates (60.1), and Tami Stiles (58.9) making up that group. The Gougars also won the Two Mile Relay in a race that showed some of the careless officiating that took place in the prep distance

48-8 to handle Marcus Hooks (Lakewood) 47-101/2. George Smith (Clovis West) goes a long ways over his head in the High He followed up his 6-11 soph clearance last spring with a 6-8 victory

After a leisurely 3:22.0 1320 split in the Men's Rated Mile, LA Wilson's Eric Aguirre cranked a 62.4 final 440 to run away from Shawn Sinclair (Brea) and the

pack in a 4:24.4 win. In the Seeded Mile the pack cruised along behind defending State Champ Roman Gomnz (Belmont, LA) for an 880 (65.4-2.15.6) before they realized the LA City star might not be at full strength. John Quade, a 3:52:38 1500 runner from Woodlinville, Washington led the charge, as he tacked a 59.2 final quarter onto a 3:22.8 1320 split to easily win at 4:22.0 over Hilltop of San Diego's

Ellis Del Sol (4:26.4).

In the Women's Rated Mile Tammy Mc-Carty (Buena, Ventura) pulled away from the pack despite an 80.2 final 440 to win at 5:14.2. In the Seeded Race Tracey Williams (Mountain View, El Monte) tried to run away through a 69.1 first 440. The pack worked its way back up by the 880 (2:28.4), as Rebecca Chamberlain (Leigh, San Jose) and Shannon Clark (Mountain View) led the pressure. At 3:47.8 for the 1320 Chamberlain challenged and went by. Clark remained close and during a furious last lap dash edged past her Central Coast Section rival to win 5:02.1-5:02.6, with Williams back at 5:04.7.

Dwight Moore (Westchester) (59.5) and Danny Everett (Fairfax, LA) (59.2) recorded the evening's quickest 500 yard victories in their heats. Simi Valley recorded a slid 2:16.5 in winning the supposed slower section of the 8 x 160 Relay for Men. Louisville recorded a 2:44.9 in an 8 x 160 Relay for Small School Women.

Simi's Lawrence Nelson went 22-7 1/4 to take the Men's Long Jump, and Teddy Baker took a Football Hero 60 yard in 6.3 over Oxnard's Lawrence Burkeley with the same time.

OPEN Men

60-1. Cook (USC), 6.16; 2. Glanca

60—1. Cook (USC), 6:16; 2. Glence (unat), 6:20; 3. Egbunike (Azusa Pacitic/Nigeria), 6:21; 4. Baptiste (Houston), 6:25; 5. Robinson (Arizona St.), 6:36; 6. R. Brown (Arizona), 6:42. LEGENDS 60—1. Kenny Dennis, 6:5. (equals meet record, Darel Newman, 1984); 2. Leon Coleman, 6:5; 3. Darel Newman, 6:9; 4. Tony Castro, 7:0; 5. Alan Cranston, 7:1; 6. Bob Richards, no time, 50. HURDLES—1. Foster (World

50 HURDLES—1 Foster (World Class), 5.96 Isecond performer and performance all-time world), 2 Campbell (unat), 6.02, 3 Stewart (unit), 6.13, 4

(unal), 6 U2, 3 stewart (uni), 6 13, 4 Joyner (Athletics West), 6 16; 5 Phillips (World Class), 6:23. 60 HURDLES—1 Foster (World Class), 7 11; 2 Joyner (Athletics West), 7 19; 3 Campbell (unal), 7 20; 4 Stewart (unal), 7:26; 5 Phillips (World Class), 7 22

CORPORATE CO-ED RELAY

Rockwell International, 4 13.8; 2 Hughes Aircraft, 4 17.3, 3 TRW, 4 18.5 500—1 Darden lunath, 57.0, 2 Cameron Lamaical, 57.0, 3 Egbunike (Azusa Pacific/Nigeria), 57.1, 4 Armour

(Fresno St.), 57 2.

880 - 1 Gray (Santa Monica TC.), 149 0, 2 Jones (Eastern Michigan), 149 2, 3 West (Santa Monica TC.), 1510, 4 Thenot (unat), 1518, 5, T Scott (Arizona St.), 152 5, 6 Belger

Scott (Arizona St.), 152.b. 6 Belger (Pacific Coast Club), no time MILE—1. Coghlan (New York AC/fre land), 3.56.34; 2. S. Scott (Tiger), 3.56.35; 3. Walker (Sub 4/New Zenland), 3.57.56; 4. T. Smith (Athletics West), 4.00.86; 5. F. Assumma (unat), 4.01.03, 6. Taylori (Sub 4), 4.08.49 T.W.C. MILE—1. Buckers (Bruson)

6 Taylor (Sub 4), 4 OB 49
TWO—MILE—1 Buckner (Britain),
828.76, 2 Padrilla (Athletics West),
838.76, 2 Padrilla (Athletics West),
834.93, 3 Harbour (Santa Moniar 21),
835.05, 4 Aldridge (unat), 8:39.46, 6
Kosch (Washington St.), no time; 7 S
Ortiz (unat), nt. 8 Van Calcar (Gregon St.), nt. 9 Cummings (New Balance), nt. 10. Butter (unat), nt.

HIGH JUMP 1 Howard (Pacific Coast Club), 7 6% (meet record, old mark, Coast Club), 7-6% (meet record, old mark, 7-6; Franklin, Jacobs, 1980); 2; Balkin (Stan, & Stupes), 7-5; 3; Nordquist (mar), 7-3%, 5; Jacoby (mar), 7-1%, 6; Harken (Washington St.), 7-1% Hill FL, RUMP — 1 Conley (Arkansas), 55-69 (miet record, old mark, 54-11%, 8; Irvers, mar), 1981); 2; Canion (Coast Athlettes), 54-10; 3; Kimble (BA Striders), 53-3%, 4; Washington (IKTA), 51-13%, 5 France (Arrans St.), 61-6; Public (BSC)

Frazioi (Anzona St.), 51 O, 6, Pullin (USC), 411 1/14

POLE VAULT | Hell (Pacific Coast Clab), 18 4, 2, Obon (Pacific Coast Clab), 18 4, 3, Lytic Jusait, 18 0, 4, Hiptery (Pacific Coast Clab), 18 0, 4, he between Corran (unat) and Kenworthy (uset), 17.0, 7.B. Hichards (Santa Harbara San Marcus (B), 370 (equals second porternor all brochts), 8 Fraley (Fresno SE), 16 6

Women

(6) I Brown (World Chee), G-72, 2 Innex (Atomy), G-95, 3 Barke (Jamme), G-96, 4 Johnson (Weelmatten), G-96, 5

Griffith (World Class), 6.99; 6. Simmons (USC), 7.18.

(USC), 7-18.

2.000—1. Decker (Athletics West), 5:34.52 (world best and American record, old world best, 5:43.30, Yekaterina Podkopesve, USSR, 1983, old American mark, 5:51.1. Decker, 1982). 2. Wysocki (Brooks), 5:45.93; 3. M. Joyce (Cowerse/Ireland), 5:56.32; 4. Hopper (Puma), 6:08.08; 5. K. O'Hara (California), 6:09.51

440—1. Brisco-Hooks (World Class), 53.41; 2. Griffith (World Class), 54.96; 3. Gardner (Hawaii), 55.46; 4. Sheffield (San Diego St.), 55.51

Diego St.), 55.51 880—1. Arbogast (Athletics West), 2:08.3; 2. Monday (Puma), 2:08.5; 3. Lambelet (Athletics West), 2:09.2; 4. Curtis (USC), 2:12.1; 5. Romo (California), 2:13.7.

880 (Seeded Race)—1. Kelly (Hawthorne), 1:57 4, 2. Langer (Bakerstield), 1:59.0, 3. Akins (HH Wilson), 1:59.2, 4. Thompson (Ganesha), 2:02.0, 5. Lohman (Orange), 2:05.7. (Rated Race)—1. S. Grajalva (Atascadro), 2:02.0, 2. Cronin (Mission Viejo), 2:02.6, 3. Maynard (Capistrano Valley), 2:02.8, 4. Knapp (Esperanza), 2:02.9.

SEDED MILE—1. Quade (Seattle, Wash.), 4:22.0, 2. Del Sol (Chula Vista Hilltop), 4:26.4, 3. Peterson (North Eugene, Ore.), 4:28.3, 4. M. Mastalir (Sacramento Jesuit), 4:29.6, 5. E. Mastalir (Sacramento Jesuit), 4:29.6, 5. TWO-MILE—1. Fry (Sandusky Perkins, Ohio), 9:02.4, 2. Whiteley (Irvine University), 9:11.1, 3. Harvath (Thousand Oaks), 9:26.1, 4. Imlay (Temple City), no time.

photo by Burt Davis



(left to right): Rebecca Chamberlain, Shannon Clark, Tracey Williams.

HIGH SCHOOL

Boys
60 1 Thomas (Hawthorne), 6 0
fland timed), 2 Dixon (Esenthower), 6 1,
3 Rish (Marina), 6 3, 4 Brooks (Woodbidgo), 6 4, 5 Robinson (Loyola), 6 4
FOOHBALL 60 1 Baker (Saddleback), 6 3, 2 Burkeley (Oxnaid), 6 3, 3
Flanagan (Pomona), 6 4, 4 Berbs (SanJose Lick), 6 5
fXO (Rince 1) 1 Moorie (Westchester), 5 9 5, 2 Hill (Santa Monica), 1 00 1,
3 Norman (Barstow), 1 00 3 (Race2) 1 Evorutt (Fairlan), 59 2, 2 James
(Sarramento Grant), 1 03 6, 3 Neal
(Biorisale Poly), 1 04 6 (Baco 3) 1
flictures (San Fernando), 1 (XO 5, 2
Thomas (Pasadona), 1 01 4, 3 Wilson
(Comshaw), 1 01 6

60 HURDLES—1 Graham (Haw thorne), 7.6 (hand timed); 2 Johnson (Katella), 7.6, 3 Thomas (Pasadena), 7.6, 4 Bradshaw (Saugus), 7.7, 5 Flowers (Santa Ana Valley), 7.7

photo by Burt Davis



SEAN KELLY



photo by Burt Davis

SEAN LANGER

8 32 0; 5 Corona del Mar, 8:33 0; (Race 2)—1 La Canada, 8:30.7, 2 El Modena, 8:37.7; 3. Saugus, rit, 4 Loyola, rit, 5: El Toro, rit, 6: Arroyo, 8:39.9; Hawthorner an 8:23.5 but was disqualified.
HIGH JUMP—1. Smith (Fresno Clovis West), 6:8, 2. Wheelwright (Huntington Beach Edison), 5:-6, 3. Moebius (Rolling Hills), 6:6, 4. Martin (Arcadia), 6:6, 5. Ward (Moreno Valley), 6:4, 6. Moore (Millikan), 6:-4.

Ward (Moreno Valley), 6-4; 6. Moore (Millikan), 6-4. POLE VAULT—1. Richards (Santa Barbara San Marcos), 15-6; 2. Sambrano (Reno Bishop Menogue), 15-0; 3. Johnson (Huntington Park), 14-6; no fourth. LONG. JUMP—1. L. Nelson (Simi Valley), 22-74; 2. Jones (Saddleback), 22-24; 3. Sawyer (El Modena), 21-9; 4. Chembras (Revent), 20-75.

22-24, 3. Søwyer (El Modena), 21-9, 4. Chambers (Oxnaid), 20-9 TRIPLE JUMP—1 Williams (Rubidoux), 48-8, 2. Hooks (Lakewood), 47-10½, 3. Davis (Chino), 45-7, 4. Phillips (Santa Ana Foothill), 45-4; 5. Miller (LA Fremont), 43-1.

Girla

500 (Race 1)—1 Knighten (Locke). 1:04.0 (national high school and meet record, old national HS mark, 1:04.1, Denean Howard, Granada Hills Kennedy, 1981, old meet mark, 1 05 4, Arlese Emerson, Westminster, 1978) (equal tensor) seventh performer all-time world), 2 Blalock (Compton), 1 08 6, 3 D. Amy (Hawthorne), 1 10 0 (Race 2)—1 Aubo

chon (Esperanza), 1:10.5; 3: Culliver (LA Banning). 1:17.4. (Race 3)—1. Vickers (Pomona), 1:05.0 (third performer all-time HS). 2: Taylor (Ganesha), 1:06.1 (fourth performer all-time HS). 3: Banks (El Dorado), 1:09.7; 4. Mitchell (Bakersfield), 1:15.7.

Dorado, 1.09.7, 4. Mitchell (Bakersheid), 115.7

880 (Seeded Race)—1. Zaleski (Mitthekn), 2:10.8 (meet record, old mark, 2:11.8, Jessica Spies, Livermore, 1982); 2. Noll (San Diego Mt. Carmell, 2:13.9, 3. Sharon Smith (Crenshaw), 2:21.0, 4. Moring (Hart), 2:22.3, 5. Baker (Spring Valley Monte Vista), 2:24.0, 6. Long (Mission Viero), 2:25.1 (Rated Race)—1. Sims (Locke), 2:23.4, 2. Dabul (Temple City), 2:25.9, 3. Smith (Upland), 2:28.6, 4. Ribar (Camarifilio), 2:30.0

RATED MILE—1. McCarty (Buena), 5.14.2.2. Donahue (Torrance), 5.18.0, 3. Rizzo (Hart), 5.19.5, 4. Minible (Sebastapol Analy), 5.19.5, 5. Harkins (La Quinta), 5.21.4. SEEDED MILE—1. Clark (Mountain SEEDED MILE—1. Clark (Mountain

5 21.4

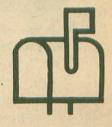
SEEDED MILE—1. Clark (Mountain View. Central Coast Section), 5 02.1, 2. Chamberlain (San Jose Eeigh), 5 02.6, 3. T. Williams (El Monte Mountain View), 5 04.7, 4. Chapman (San Jose Gunderson), 5 07.0, 5 Ritchot (Huntington Beach Edison), 5 12.6

Edison), 5-12-6.

60 HURDLES—1 knighten (Locke),
7-9, 2 Franklin (Muir), 9-0, no third.
8 x 160 RELAY - 1 Louisville, 2-44-9.
2 Valley Christian 2-53-0, no third.

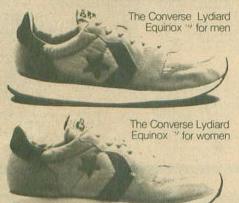
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