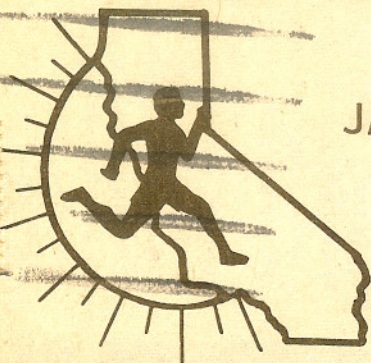


# CALIFORNIA TRACK NEWS

JANUARY—FEBRUARY 1975

VOLUME 1  
NUMBER 3

50¢

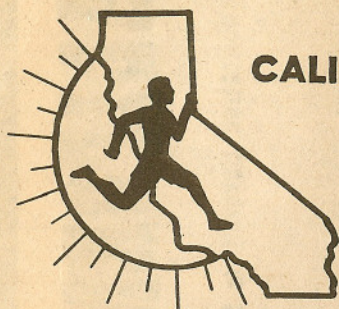


Rich Ede  
627 N. Indian Hill  
Claremont, CA 91711



SAMPLE COPY





## CALIFORNIA TRACK NEWS

1717 S. Chestnut Ave.  
Fresno, CA 93702

**BIMONTHLY \$3.50 / YEAR**

**PUBLISHER:** *Pacific College Track Team*  
**EDITOR:** *Bill Cockerham*

**HIGH SCHOOL STATS:** *Jack Shepard-Ron Blackwood*

**JR. COLLEGE STATS:** *Ken Dose-Don Mulligan*

**COLLEGE-OPEN STATS:** *John Wenos-Chuck Skow*

**GIRL'S & WOMEN'S EDITOR:** *Calvin Brown*

**ORANGE COUNTY:** *Ted Brazil*

**SAN DIEGO:** *Noel Montrucchio*

**SAN FERNANDO VALLEY:** *Ric Walker*

**CIRCULATION:** *Judy Cockerham*

**PHOTOGRAPHY:** *Steve Ward - Bud Hansen*

**PRODUCTION ASSISTANCE:** *Steve Kroeker*

**ART:** *Ed Ramirez*

*Advertisers: send for rates. Special meet notice rates.*

# OVER THE HURDLES

In the last issue we talked about how we are now out of the blocks, off and running with California Track News. Now we're just concerned with getting over the hurdles. The addition of two more people willing to help has been a recent boost. Bud Hansen of Studio City has agreed to photographically cover the Los Angeles area. Several examples of his work are already making this issue better. Bud, also, puts out the Distance Running in Southern California 1974 book (see advertisement) which is well worth the \$5.00 for the pictures, alone.

Ric Walker from Northridge will be our area representative for the San Fernando Valley. His contributions have helped increase the scope of coverage in this issue. Ric, who works for KCSN-Radio Northridge, promotes cross country and track via the radio and writes, "I would appreciate any subscribers sending information regarding results, schedules, or special activities, so that I might continue giving cross country and track a big push on the air." Ric Walker, KCSN, 18111 Nordhoff, Northridge, CA 91324.

A word about the "Athletes of the Year" and "All California" selections. The Athletes of the Year were determined by sending ballots to a knowledgeable group of experts. They ranked California athletes, by category, in order of preference for Athlete of the Year. The others with their points are also listed.

"All California" selections were determined a number of ways. College-Open Track, Women's Track and Girl's Track athletes were selected by taking the top five marks in each event from the state wide rankings as they appeared in California Track News. Junior College Track and High School Track were done the same way but with the addition of State Meet placers (1-5) if they didn't rank in the top five marks. Masters Track was arrived at by selecting the top 25 performers at the Nationals in Oregon. The Masters was the toughest - how do you compare ages and marks?

College-Open Cross Country, High School Cross Country, Women's Cross Country and Girl's Cross Country athletes were selected by comparing season performance, giving emphasis to big meets and championships. Masters Cross Country-Road Racing was decided upon by adding to the top placers in the National Cross Country meet (held in Long Beach) the better road racers from each area of the state. Road racing considered consistency as well as excellence. It was felt masters cross country and road racing weren't yet two distinct sports. 25 were named in each of above.

Male and Female Road Racers were named on the basis of consistent high placing in a variety of races. 25 selected in each.

We realize not everybody will agree with the nominations - that's to be expected. It's very possible that some worthy athletes were omitted (understatement?) and for those oversights, please, accept our apologies. It is a start at recognizing and giving credit to California's great many outstanding athletes who deserve the honor of being named "All California."

Still, the biggest area of need is for someone to head up Masters Track. Much more can and should be done. If you know of someone who might like tinkering with this send us their name and we'll contact them with an offer they can't refuse. Everyone, please send in your track schedules - we'd like to put out a master schedule for the entire state in the next issue - be sure your meets are on it.

Subscriptions are growing (500) but let's keep promoting them - that's the only



**SOUTH HIGH GIRLS - Front Row (Left to Right):** Cynthia Estrada, Deanne Erickson, Sylvia Ochoa, Carmen Alderete, Mary Vega, and





**SOUTH HIGH GIRLS - Front Row(Left to Right):** Cynthia Estrada, Deanne Erickson, Sylvia Ochoa, Carmen Alderete, Mary Vega, and Karen Zuniga. **Second Row:** Kathy Craib, Stephanie Bibb, Teresa Sundberg, Debra Ramirez, Laura Zuniga, Monica Nagel, Susan Shutt.

Did you know that South High(Bakersfield) girl's cross country team was undefeated in all league dual and tri meets, won the Fresno State Invitational, Kern County Invitational, South Yosemite League Meet, Area Qualifying Championships, and finally the Central California Valley Championships?

Assistant coach, Jean Lloyd, says, "Between determination, hard work, dedication, and support of the young men the group became a family. Probably the biggest ingredient was the love and respect these girls were taught by the excellent coaching of Tom Tarrer. Without his efforts these girls could have been just another group plodding around the fields. The girls were determined to win and he was determined to have them win together! Our motto was 'It ain't no dream' and it sure wasn't.

"We are looking forward to next season as we have a very young team and they are really improving. We lose only two girls from this year's team, so we have high hopes."



**#10 CYNTHIA ESTRADA**  
**#34 CARMEN ALDERETE**

**ON THE COVER:** Glendale Junior College's Bob Thomas walked (or, rather, ran) away with all junior college cross country honors.

considered consistency as well as excellence. It was felt masters cross country and road racing weren't yet two distinct sports. 25 were named in each of above.

Male and Female Road Racers were named on the basis of consistent high placing in a variety of races. 25 selected in each.

We realize not everybody will agree with the nominations - that's to be expected. It's very possible that some worthy athletes were omitted(understatement?) and for those oversights, please, accept our apologies. It is a start at recognizing and giving credit to California's great many outstanding athletes who deserve the honor of being named "All California."

Still, the biggest area of need is for someone to head up Masters Track. Much more can and should be done. If you know of someone who might like tinkering with this send us their name and we'll contact them with an offer they can't refuse. Everyone, please send in your track schedules - we'd like to put out a master schedule for the entire state in the next issue - be sure your meets are on it.

Subscriptions are growing (500) but let's keep promoting them - that's the only way to upgrade the quality and increase the frequency of CTN. Does your library receive CTN? Ask them to. If you are putting on a meet check out our low, low meet advertisement rates.

## PROFILE

### Bob Ogle

**BOB OGLE:** Los Angeles Seniors Track Club. Age 56; 5 feet, 9 inches; 150+ pounds. Born August 20, 1918 in Waterloo, Iowa. Coached by Vic Franey (Hoover High School).

**Best Marks:** 1941: High Jump=6-2 1/8; Pole Vault=12-0; Long Jump=21-5; Triple Jump=47-6. 1974: High Jump=5-2 (age 55).

Senior Track Club's Bob Ogle re-entered competitive track only a few years ago and is already having, comparatively, as much success, if not more, than back in his college days at Glendale (37-38) and Occidental (40-41). Bob was no slouch back then, either, as he was competent in all four jumping events and in 1941 won the honored Jim Harvey trophy for most points won in the jumps. Not only is Bob's rebirth into track producing the success of World Age Records in several events (including the decathlon) but he is finding he even enjoys it more the second time around.



What inspires a man of 56 to put on the ol' spikes and scale a crossbar? Just listen to Bob: "My reasons for participating in track are many: for fun, health, fitness, personal satisfaction, and the friendships developed." As for goals, "A constant goal is to keep my weight at 150 pounds and hope to break at least one age group world record each year."

Bob plans to continue with track, "as long as health permits." His favorite event is the high jump and he would like to compete once a week during the spring. When asked about training he apologetically said, "I regret that my training is nil. It would help to find some neighbors or friends. I hope many more seniors come out for competition in track and field as it would make workouts and competition much more fun."



# mailbag

## JON HENDERSHOTT (feature editor Track & Field News)

Just wanted to point out something that caught my eye in the November-December issue. Bruce Jenner is indeed competing unattached but he is living in San Jose, not Santa Barbara. Quite a colony of athletes has assembled in San Jose: Jenner, Fred Samara, and Gary King (all decathlon), of course, Al Feuerbach and John Powell, Jim Penrose (DT), Larry Kennedy (DT), Ken Stadel (DT), Bruce Kennedy (JT), Maren Seidler (SP), Linda Langford (DT-JT), Marilyn King (Pent), Richard Marks (SP). All these in addition to the many fine collegians at San Jose State.

Congratulations on your fine publication; such regional publications like CTN are really vital to our sport and I hope all goes well with it for you in the future.

## BERT BONANNO (track coach San Jose City College)

Bruce Jenner has never lived in Santa Barbara. He has been living in San Jose the last two years. He trains with the San Jose City College track team as does his dog Bertha. Jenner will compete for a new track club called the San Jose Stars.

## RIC WALKER (KCSN Radio Northridge)

In your November-December issue you were incorrect in placing Cal State Fullerton in the CCAA. They moved into the PCAA and Los Angeles State moved out of the PCAA into the CCAA.

## STEVE BRUHNS (track coach Gahr High School)

In his first time at the event, Gahr High soph, Donn Thompson, ran the 330 intermediates in a respectable 39.4 at the Gahr Invitational (April 26, 1974).

## ANDY ANDERSON (cross country coach Pacific High School)

This is one for the books: Jerry Codde, a manager for the past two years in track and cross country made the right choice. The third week of cross country practice he asked me if he could try running instead of standing around watching—I said, "Sure, give it a try." Jerry did and with great results. He worked his way up to number one man on the JV's in two weeks and the following week made the Varsity. At this point he was putting in 85 miles a week running morning, afternoon, and evening. Four weeks later he was number two man Varsity. Jerry had never had any previous running experience.

## JOE HERZOG (track coach Hamilton Junior High, Fresno)

At our league meeting we made a couple of changes of interest. We dropped our girls from 2.0 miles to 1.25 miles. The girls who ran 2.0 did an excellent job. But we felt that we scared a lot from ever coming out.

We also eliminated displacing in team scoring. Every runner will be assigned the points for the place he finished regardless of incomplete team runners and runners beyond the first seven for teams. Still score the first five from each team. Makes for much easier scoring—all the coaches were in favor of it.

## CALVIN BROWN (female statistician)

Kathy Schmidt is not going to compete in the Super Stars. She found she could not remain an amateur as originally told. Kathy is now at UCLA as a junior.

## DICK COXE (track coach San Diego Mesa College)

In your California Best Marks as listed in the November-December issue Bill Wilkinson should rank above Overstreet. Although the both jumped 25-1 in the State JC Meet Wilkinson was the winner based on second best effort. The article on Willie Banks was excellent.

## MARSHALL CLARK (cross country coach Stanford University)

A suggestion has been made by Don Riggs (San Jose State cross country coach) that regional cross country qualifications be proposed for individual All-American certificates. The prohibitive costs involved in athletics traveling to the NCAA site is preventing many qualified individuals from coming to the meet. If cross country as a non-revenue sport is to survive we must consider some constructive changes in honoring the outstanding individual runners in the country.

In NCAA District 8 the USTFF Western Championships has been held for the past six years on the same weekend as the Division I NCAA Championships. Our specific proposal is that the top ten intercollegiate runners in this meet receive All-American recognition. We suggest that at least one other meet be used in geographic location apart from the NCAA Championship site.

# SPOTLIGHT

## Terry Markou

**TERRY MARKOU:** Pacific High School (senior). Age 17; 5 feet, 9 inches; 175 pounds. Born June 1, 1957 in Bouyate, Greece.

**Best Marks:** pole vault=14-3¼. Coached by Andy Anderson.

When does an "All League" football player, state wrestling champion, and 14 foot, 3¼ inch polevaulter find time to catch his breath? Year round sports aren't any problem for Pacific High's Terry Markou who loves competition and finds sports a welcome relief from his studies. Classwork, however, has always come

first as evidenced by his recent selection as the Outstanding Scholar-Athlete from Alameda County. Besides athletics and academics he has also brought another talent to the United States when he arrived from Greece in 1969—that of sculpturing, as he is a most proficient artist and craftsman.

Last season in track Terry won the league (ACAL) and North Coast Section One pole vault titles; was second in the NCS Finals and, finally, placed 7th in the State Meet. His top mark came as a new meet record 14-3¼ at the Castro Valley Relays. This year he is pointing to place high in the State Championships and the Golden West Invitational. He's not mentioning marks but Coach Anderson says, "He'll be well over 15 feet."



**Terry competes in track because, "I like sports and love to be outside in the sun."** As for strategy, "I start at a height that seems reasonable for me, then take as few vaults as possible on the way up so as not to tire." In practice he vaults everyday for form and technique (except no vaulting day before a meet). Only vaults for height in meets. Every workout begins with runnings, stretching and running with the pole. Occasionally sprints and starts will be included in the day's efforts.



**RIC WALKER** (KCSN Radio Northridge)

In your November-December issue you were incorrect in placing Cal State Fullerton in the CCAA. They moved into the PCAA and Los Angeles State moved out of the PCAA into the CCAA.

**STEVE BRUHNS** (track coach Gahr High School)

In his first time at the event, Gahr High soph, Donn Thompson, ran the 330 intermediates in a respectable 39.4 at the Gahr Invitational (April 26, 1974).

not remain an amateur as originally told. Kathy is now at UCLA as a junior.

**DICK COXE** (track coach San Diego Mesa College)

In your California Best Marks as listed in the November-December issue Bill Wilkinson should rank above Overstreet. Although the both jumped 25-1 in the State JC Meet Wilkinson was the winner based on second best effort. The article on Willie Banks was excellent.

**TERRY MARKOU:** Pacific High School (senior). Age 17; 5 feet, 9 inches; 175 pounds. Born June 1, 1957 in Bouyate, Greece.

**Best Marks:** pole vault=14-3¼. Coached by Andy Anderson.

When does an "All League" football player, state wrestling champion, and 14 foot, 3¼ inch polevaulter find time to catch his breath? Year round sports aren't any problem for Pacific High's Terry Markou who loves competition and finds sports a welcome relief from his studies. Classwork, however, has always come

Terry competes in track because, "I like sports and love to be outside in the sun." As for strategy, "I start at a height that seems reasonable for me, then take as few vaults as possible on the way up so as not to tire." In practice he vaults everyday for form and technique (except no vaulting day before a meet). Only vaults for height in meets. Every workout begins with runnings, stretching and running with the pole. Occasionally sprints and starts will be included in the day's efforts.

# CROSS COUNTRY A SPECTATOR SPORT ??

Cross country a spectator sport? Yes, it certainly can be. Cross country spectating doesn't really have to be limited to merely a handful of die-hard parents and friends watching the start and finish of races; while most of the drama, suspense and excitement goes unseen as the run unfolds somewhere out in the "boondocks." You can't blame potential onlookers for not showing up—there's just not much to see. Most often those fans who do show up are cheated out of most of the action as the runners are detached from their cheers and encouragement. With proper meet organization and administration cross country courses can be lined with cheering fans enjoying the competition and encouraging the performers. All will benefit: the public will eye-witness an exciting athletic event, and the runners will receive the inspiration of running before a large audience. Cross country's status and image in the sports world can only be improved by increasing spectator interest.

The most obvious prerequisite to increased spectating is the layout of a course which permits at least 75% of the race to be viewed from the start-finish area. Any less than 75% isn't fair to those who come to watch a cross country race. More than one coach has lost years off of his life during those endless minutes while his runners were "out there." If at least 75% of the race were visible from one central location it would also eliminate the

congestion and confusion resulting from coaches and others driving and running hither-tither-and-yon to see as much as they can. An example of an excellent spectator course is the six mile spread at Fresno's Woodward Park (home of the Fresno State Invitational, USTFF Western Championships, and site of the 1974 PCAA Championships). 90% of the race is visible from one central hill, appropriately named "spectator hill." Each mile mark, as well as the start and finish, are in clear view of and not more than 100 yards away from spectator hill. Crystal Springs (site of the 1974 AAU Championships) is another spectator course approaching 75% visibility—here the runners pass by the vicinity of the start and finish (highest point on course) at least six times.

One danger in having a course loop back by spectators a number of times is that it has a tendency to become complicated and confusing, thereby, increasing the chance of runners making wrong turns and becoming lost. However, in addition to proper lining and marking of the course beforehand, maps at the meet site and course guides at intersections during the race will eliminate that problem.

A course map will not only help insure the competitors confidence in knowing the course but will also aid spectator appeal by giving fans a preview of where the action will occur. One large sign-board map isn't enough. It is much better to print up individual maps (preferably in a program) that the athletes can carry with

them as they jog the course ahead of time and spectators can have in hand as they plot the race in progress.

A program is not only a good place for a map but should also let everyone know who is running and provide other items such as highlights, pictures, and records. The runners should wear numbers which are listed in the program for spectator identification. If programs are well constructed ads can be sold and the programs themselves can be sold on race day. This, usually, not only provides money to pay for the program but most likely will also generate a little extra for other meet expenses. Both runners and onlookers deserve a program.

Also of utmost importance in generating spectator interest is pre-meet publicity. This is merely a matter of flooding (bugging?) the media—news-papers, television, and radio—with personal visits, telephone calls, and news releases keeping them informed and increasing the chance for more coverage. People, for sure, won't come to something they don't even know about.

Charging a small admission fee (50¢) as was done for the 1973 NCAA and 1974 AAU meets will put a little more into the meet fund, but more importantly will let people know the race really is worth something. Often if an event is free it is considered it must not be worth much. Fifty cents isn't unreasonable for a well managed cross country meet, especially if there is more than one race. Remember, though, that if you do charge

then the spectators have even more right to expect and demand quality.

Fresno State harrier mentor, Red Estes, added to the 1974 PCAA Championships several other imaginative innovations which increased spectator appeal. For one he had a running commentary of the race, including unofficial team scores at each mile, broadcast over loudspeakers set up throughout the spectator area. Also, each runner, rather than wearing a number, wore a large piece of cloth bearing his name across his front (a la 1974 Pac-8 track meet) for instant identification by spectators. Finally, so that mile marks could be clearly visible from spectator hill each was labeled with a large helium balloon floating twenty feet off the ground.

After the race is over it is important to spectators to know the results. Quickly assemble and announce the results and make the awards presentations as soon as possible.

When striving to promote cross country by adding spectator appeal to meets you must keep two important points in mind: One, the runners must come first. Don't forget or slight the competitors in your zeal to accommodate fans. Two, as the crowds increase so will the problems. Large numbers of spectators will even create new and unique problems, but proper organization and administration will handle them and make for a good experience for both competitor and spectator.



# CALIFORNIA TRACK NEWS

## ATHLETES OF THE YEAR 1974

### COLLEGE-OPEN TRACK

**BRUCE JENNER (55)** Years top three world decathlons. Second highest score ever by an American(8308); fourth all time. Undefeated. AAU champion. Bill Toomey the only other to ever score over 8200 three times.

Bruce was one of four outstanding Californians and the voting was close among the other three. John Powell(51) had the second longest discus throw of the year(223-4) with a top 10 average of 216-1, and AAU champion. Jim Bolding(46) had an unparalleled record(for any year) in the intermediates with a 48.1 world record for 440 barriers and a 45.3 on the flats, and AAU champion. Dwight Stones(40) with 7-5 1/4 and the top six jumps of the year and AAU champ.

Others receiving voting points: James Robinson(7), Paul Cummins(6), De Autremont(6), Al Feuerbach(6), Don Quarrie(3), Clancy Edwards(1), Steve Williams(1) and Lawrence Jones(1).

### GIRL'S (under 18) TRACK

**MARY DECKER(45)** Year's top U'S' 880 mark. Second in AAU. First in USA-USSR meet. Undefeated indoors 880.

Others: Terri Sabol(20), Gail Douglas(10), Kathy Weston(9), Cindy Gilbert(6), Janice Wiser(3), Lisa Kinimaka(1), Jodi Anderson(1).

### MASTERS (40+) TRACK

**BILL FITZGERALD(75)** Although he didn't officially win a masters title(since he put himself into a younger age group) the 49 year old dominated age 45-49 half milers. 52.3, 1:59.8, 4:28.

Others: Dave Pratt(26), Ray Hatton(15), Jerry Smartt(10), Bob McDonald(10), Al Arndet(10), Peter Mundle(6), Mauro Hernandez(6), Dave Jackson(6), Avery Bryant(1), Percy Knox(1), Harvey Schellenberg(1), Sid Toabe(1).



DEBBIE JOHNSON



RALPH SERNA

### WOMEN'S CROSS COUNTRY

**JULIE BROWN(60)** Won the California State Cross Country Championships. Second in AAU Nationals. Unbeaten by a Californian.

Others: Francie Larrieu(30), Clare Choate(12), Judy Graham(12), Pam Jewell(2), Jackie Hansen(1).

### JUNIOR COLLEGE CROSS COUNTRY

**BOB THOMAS(60)** Undefeated in JC competition. Won small school state title with faster time than large school race. His 19:19 was also a course record and the fastest winning time ever in the State Meet. Placed 25th in AAU Championships and won AAU Junior 8 kilo.

### MALE ROAD RACING

**GARY TUTTLE(85)** Won National AAU One Hour Run and 20 Kilo Championships as well as Bay to Breakers. Placed third in Australias City to Surf race.

Others: Reid Harter(19), Ron Kurrle(18), Phil Camp(17), Jim Dare(16), Ron Wayne(15), George Stewart(12), Bill Scoby(10), Pat Miller(10), Chuck Smead(9), Bob Branch(6), Kaj Johansen(6), Phil Ryan(3), Jack Bellah(3), Ray Hughes(3), Jack Leydig(1), Peter Fredriksson(1), Mark Covert(1).



BRUCE JENNER(left) California College-Open Athlete of the Year







**BRUCE JENNER**(left) California College-Open Athlete of the Year at the 72 Olympic Trials

### WOMEN'S TRACK

**FRANCIE LARRIEU**(45) Highest ranked U'S' athlete by Women's Track & Field World. Four indoor world records. New American mile record(4:33.1).

Others: Martha Watson(36), Sue Brod-ock(22), Maren Seidler(4), Julie Brown(3), Kathy Schmidt(3), Renaye Bowen(2), Mary Decker(1), Janice Lester(1).

### JUNIOR COLLEGE TRACK

**JAMES ROBINSON**(90) State Junior College record in the half of 1:48.0. Third in AAU 800 with 1:45.7. Second against USSR. American record for indoor 600 yards(1:18.8).

Others: Karl Farmer(46), Orlando Johnson(11), Tony Madau(9), Bruce Hell-ebbrand(9), Bruce Adams(7), Carter(6), Bob Flint(5), Rick Steele(3), Roger Mar-  
tin(2), Marl Murray(1).

### HIGH SCHOOL TRACK

**RICH KIMBALL**(75) Ranked fifth all time nationally in both mile and 2 mile. Best ever California high school distance runner. Fantastic state meet double. National leader in mile(4:02.4) and 2 mile(8:46.6). American indoor record high school 1500 meters(3:50.0).

Others: Ray Burton(32), Willie Banks(19), Fred Shaw(12), Eric Hulst(12), Mill-ard Hampton(6), Dedy Cooper(6), Mark Wilson(4), Rich Greybehl(2), Mark Ridge(1), Clarke Beedle(1), Charles Hatch(1), Joel Andrews(1).

### COLLEGE-OPEN CROSS COUNTRY

**DAVE TAYLOR**(60) Fourth in Pac-8, fifth in NCAA, fifth in AAU.

Others: Ed Mendoza(47), Terry Will-iams(39), Bill Clark(16), Gary Tuttle(12), Brad Duffy(10), Tony Sandoval(10), Mark Genet(6), Dave Babiracki(3), Gordon Innes(2), Don Timm(1).



**DAVE TAYLOR**  
top Californian in cross country

Second in AAU Nationals. Unbeaten by a Californian.

Others: Francie Larrieu(30), Clare Choate(12), Judy Graham(12), Pam Jewell(2), Jackie Hansen(1).

### JUNIOR COLLEGE CROSS COUNTRY

**BOB THOMAS**(60) Undefeated in JC competition. Won small school state title with faster time than large school race. His 19:19 was also a course record and the fastest winning time ever in the State Meet. Placed 25th in AAU Championships and won AAU Junior 8 kilo.

Others: Cliff Morden(47), Jon Olswang(32), Gill Esparza(10), Matt Somer(4), Gary Close(2).

### HIGH SCHOOL CROSS COUNTRY

**RALPH SERNA**(45) Southern Section 4A winner. National postal 2 mile record. Undefeated including 4 wins over Eric Hulst.

Others: Eric Hulst(38), Roy Kissen(26), Ron Fritzke(6), Jeff Curran(5), Phil Hen-  
drick(4).

### GIRL'S (under 18) CROSS COUNTRY

**DEBRA JOHNSON**(30) Even though Pamela Allen won the Nationals Debra won several big invitationals, the SPA Champ-ionships and the California State Meet, only to break her leg in the Nationals.

Others: Pamela Allen(20), Doreen Assuma(6), Linda McQuarrie(3), Becky Wolfinbager(2), Kathy Adams(2).

### MASTERS (40+) CROSS COUNTRY-ROAD RACING

**BILL GOOKIN**(66) Nations fastest 1974 masters marathon mark(2:31:01). Fourth in National Masters AAU Cross Country. Nations top master in one-hour run(11:44).

Others: Jim Shettler(45), Ross Smith(31), Sam Nicholson(31), Dick Bartek(26), Ray Hatton(15), Jerry Smartt(12), John Rudberg(10), Jim Nicholson(10), Dave Waco(6), Dennis Teegarden(6), Len Thorn-  
ton(4), Dave Parker(3), Peter Mundle(3), Ed Almeida(3), Gil Tarin(3), Monty Mon-  
gomery(1), Ken Napier(1).

as well as Bay to Breakers. Placed third in Australias City to Surf race.

Others: Reid Harter(19), Ron Kurrle(18), Phil Camp(17), Jim Dare(16), Ron Wayne(15), George Stewart(12), Bill Scoby(10), Pat Miller(10), Chuck Smead(9), Bob Branch(6), Kaj Johansen(6), Phil Ryan(3), Jack Bellah(3), Ray Hughes(3), Jack Leydig(1), Peter Fredriksson(1), Mark Covert(1).



**GARY TUTTLE**  
top Californian road racer

### FEMALE ROAD RACING

**JACKI HANSEN**(60) In addition to her world record in the marathon she was the first American in the International Mara-  
thon in Germany and the AAU One Hour Run champion.

Others: Judy Ikenberry(26), Joan Ulliyot(10), Micki Gorman(10), Peggy Lyman(7), Eileen Waters(6), Mary Etta Boitano(1).



# spotlight on:

To the casual observer it might have appeared that most of the excitement at the 1974 Culver City-Western Hemisphere Marathon was going on among a handful of foreign runners up at the front. The tight international battle for first place, most certainly, was a thriller; however, the real action of the day occurred thirty places back as a world record was in the process of being broken. The San Fernando Valley Track Club's Jackie Hansen stormed to a 2:43:54.6 topping the global mark of 2:46:24 set just several weeks earlier by France's Chantal Langlace.

Ms. Hansen is not a newcomer to the women's long distance world. She was the 1973 Boston Marathon winner, 1973 Charleston 15 Mile winner, and the 1974 National AAU One Hour Run champion. Earlier in 1974 she picked up the American Record for six miles on the track. She served notice of her seriousness in the marathon with a 2:56:2 fifth place finish in the Women's International Marathon, September 22 in Waldniel, West Germany. In that race she was the first American finisher.

**JACKIE HANSEN:** Age 26; 5 feet 2 inches, 105 pounds; born November 20, 1948, in Binghamton, New York. Coached by Laszlo Tabori.

**Best Marks:** mile=4:54; 2 mile=10:36; 5,000 meters=17:26; 6 mile=34:24.2; 15 kilometer=52:15; 1 hour run=9 miles, 1286 yards; marathon=2:43:54.6.

**CTN:** How does it feel now that you have a world record?

**Hansen:** Many people have asked me what it "feels" like to have a world record. Satisfaction. Ultimate, but momentary satisfaction. The moment you realize your achievement, is the best feeling to come over you. Initially, it is very exciting, then as time passes, the mood changes to a somewhat melancholy mood. It's the denouncement of a climax experience.

capable of anything too physically demanding.

The next few days, I wondered a little what to do with myself—that "lost" feeling. For lack of answers, I thought best to do the same things I always did before. Waking each morning, I went for a run, worked daily and ran every evening. Now there were a few added events like dinners and reunions, but nothing out of the ordinary for the holiday festivities.

And then, I realized that's what it is to have a world record. The ultimate satisfaction of fulfilling what you strove so hard for and then moving on. It's time to

## JACKIE HANSEN

re-evaluate goals and aim for the future.

**CTN:** Is there something special that draws you to running? Why do you run?

**Hansen:** Perhaps all the fringe benefits of being in good shape physically and mentally are the reasons that I keep running but none are "the" reason. Someone once said "running is reason enough." It is for me.

**CTN:** How long do you plan to keep competing?

**Hansen:** As long as possible.

**CTN:** What is your present occupation? Are you a student? Working? Just running?

**Hansen:** Having graduated from Cal-State University Northridge with a degree in English, my educational objectives have been temporarily satisfied. As yet, I haven't re-set these goals but haven't abandoned them either. As long as I am intense on training and competing as much as I presently do, I am satisfied to work just enough to remain self-sufficient. At present, I am employed by Mr. Bill Adler as an insurance underwriter. An athlete himself (sprinter & hurdler) he lends a sympathetic ear to



holds a special intrigue for me. This race is a unique blend of both speed and endurance. The strategy involved in racing this distance takes not only concentration but also pacing. Especially for women, it is a relatively new event and therefore, is open for great improvement.

**CTN:** How often do you like to compete in a marathon?

**Hansen:** I feel very strongly of the opinion of only racing marathons twice or at the most, three times in a year's time. A marathon takes a great deal of preparation, physically and mentally. It is entirely too taxing on a person to compete too often and the risk of injury becomes too high to make the gamble worthwhile.

**CTN:** Is there any strategy you use in your long runs?

**Hansen:** As true in the marathon, it holds for most long distance races that any strategy deals with the individual against himself and the clock. One must learn to "pace," that is to run within oneself in order that one may best complete the given distance.

**CTN:** Is every race important or do you

stones to that "goal," others are not, are omitted. Obviously, shorter races can be run more often, but not so with the longer distance ones.

**CTN:** Do you follow any special training rules?

**Hansen:** The famous sports-medicine doctor Dr. Van Aaken of Waldniel, Germany, once told me that a runner should "run daily, run long and not eat like a pig." This sounded like good advice to me and I've not forgotten it. More specifically, I would add that I watch the quality of my food very carefully. Even so, I take supplementary multiple vitamins with minerals, as well as a gram of "C" per 6 miles/day, and high potency iron capsules (because of doctor's advice). The only other important factor is that I find I need a steady amount of rest daily.

**CTN:** After the world record, now what?

**Hansen:** For an "active rest" between my last marathon and my next major goal, which is the Boston Marathon 1975, I intend to attempt competition in the mile and two mile, both indoors and outdoors. As for the rest of the year, I hope to return to Germany for the Women's International Marathon.

**CTN:** What about the Olympics?

**Hansen:** People the world-around look to the Olympics as representative of the ultimate in sports excellence. Whether or not it is truly representative is debatable, but one thing is fact: there is no equality between men and women as far as track and field is concerned. I'd like to see the entire field of events offered to the men opened up to the women. This includes more distance races such as the 3,000 meters, 5,000 meters, 10,000 meters and marathon.

**CTN:** Could you describe what your training program is like?

**Hansen:** This is impossible, as I have never been given the same identical workout any two times. I can tell you that my workout sessions mostly consist of interval training. In general, I do intervals every other day alternating on the off days with long runs. Even the long runs are usually a fartlek run. Coach Tabori does not advocate long slow distance. A "typical" week might go like this if training for the marathon:

**Monday**

AM 5.6 mile intervals, track



**Best Marks:** mile=4:54; 2 mile=10:36; 5,000 meters=17:26; 6 mile=34:24.2; 15 kilometer=52:15; 1 hour run=9 miles, 1286 yards; marathon=2:43:54.6.

**CTN:** How does it feel now that you have a world record?

**Hansen:** Many people have asked me what it "feels" like to have a world record. Satisfaction. Ultimate, but momentary satisfaction. The moment you realize your achievement, is the best feeling to come over you. Initially, it is very exciting, then as time passes, the mood changes to a somewhat melancholy mood. It's the denouncement of a climax experience. Something you've worked for and anticipated so long is finally over. For me, the race was over, I visited with my closest friends, Laszlo (coach Laszlo Tabori) and others. It was a quiet but joyous celebration. I probably wasn't

**CTN:** What is your present occupation? Are you a student? Working? Just running?

**Hansen:** Having graduated from Cal-State University Northridge with a degree in English, my educational objectives have been temporarily satisfied. As yet, I haven't re-set these goals but haven't abandoned them either. As long as I am intense on training and competing as much as I presently do, I am satisfied to work just enough to remain self-sufficient. At present, I am employed by Mr. Bill Adler as an insurance underwriter. An athlete himself (sprinter & hurdler) he lends a sympathetic ear to my requests for time to train and compete.

**CTN:** Does the success in the marathon make it your favorite event?

**Hansen:** If forced to choose only one, I would have to say that the 10,000 meter

at the most, three times in a year's time. A marathon takes a great deal of preparation, physically and mentally. It is entirely too taxing on a person to compete too often and the risk of injury becomes too high to make the gamble worthwhile.

**CTN:** Is there any strategy you use in your long runs?

**Hansen:** As true in the marathon, it holds for most long distance races that any strategy deals with the individual against himself and the clock. One must learn to "pace," that is to run within oneself in order that one may best complete the given distance.

**CTN:** Is every race important or do you peak for just one or two major meets?

**Hansen:** Each season, my coach (Laszlo Tabori) and I confer on the schedule of races, deciding to key on one major goal for each time period. Other races take their priority, falling into line behind. Some are actually beneficial as stepping

marathon.

**CTN:** Could you describe what your training program is like?

**Hansen:** This is impossible, as I have never been given the same identical workout any two times. I can tell you that my workout sessions mostly consist of interval training. In general, I do intervals every other day alternating on the off days with long runs. Even the long runs are usually a fartlek run. Coach Tabori does not advocate long slow distance. A "typical" week might go like this if training for the marathon:

#### Monday

AM 5-6 miles intervals, track  
PM 1-1½ hours continuous running

#### Tuesday

AM 5 miles easy running, roads or grass  
PM 2½ hours intervals, track

#### Wednesday

AM 5-6 miles intervals, track  
PM 1½ hours long run, fartlek, roads

#### Thursday

AM 5 miles easy running  
PM 2-2½ hours intervals

#### Friday

AM 5 miles intervals, track  
PM 1½ hours long running

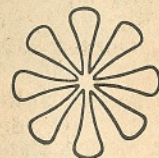
#### Saturday

One session only, 2½ hr. intervals

#### Sunday

One session only, 2½ hr. long road run

# David Babiracki



# PRO

**DAVID BABIRACKI:** San Fernando Valley Track Club (LA Valley JC and Brigham Young University). Age 22; 5 feet, 9 inches. Born July 22, 1952 in Van Nuys, California.

**Best Marks:** 880=1:54r(73); 1 mile=4:06.3(72); 2 mile=8:50(72); 3 mile=13:36(74); 6 mile=29:03(72); 10 mile=49:10(74); 20 Kilo=62:03(74). Coached by Laszlo Tabori.

Dave made his first appearance in track and field record books while attending LA Valley Junior College. In 1972 Dave established National JC records at 3 miles, 10,000 meters and as a member of the record distance medley team. During this past year Dave has shown he can also be very tough at the longer distances as his second place finish in the SP-AAU 20 kilo (62:03) indicates.

Dave, a graduate student in physical education at Cal State Northridge, participates in track simply because he likes it. "I believe the most important thing in amateur sports is personal satisfaction and enjoyment. Striving for that is everyone's goal, but to me track is

my life style so I have to aspire high to get satisfaction."

Laszlo Tabori, who also coaches the San Fernando Valley Track Club and LA Valley JC, is currently in charge of Dave's training. In the Fall interval workouts are geared for the longer distances but progressively become very fast as Spring and the shorter track races approach. Dave puts in about 90 miles per week. "I know others do a lot more, but I feel they don't do it as intensely. I have very much faith in Coach Tabori."

As for goals a 4:00 minute mile and 13:15 three mile don't sound too long range.

**Typical Week's Workouts:** Sunday--15 miles in the hills. Monday AM--5 miles, PM--10-12 miles of hard fartlek. Tuesday--a good two hours of 10-12 miles of interval work. Wednesday AM--5 miles, PM--10-12 miles of relaxed fartlek. Thursday--same as Tuesday. Friday AM--5 miles, PM--14 miles of distance how I feel. Saturday--same as Tuesday or race.





## CALIFORNIA TRACK NEWS

## ALL CALIFORNIA

## HONOR ROLL

Key to category symbols: COT=College-open track, WT=women's track, JCT=junior college track, HST=high school track, GT=girl's track, MT=masters track, COXC=college-open cross country, WXC=women's cross country, JCXC=junior college cross country, HSXC=high school cross country, GXC=girl's cross country, MXCRR=masters cross country-road racing, MRR=male road racing, FRR=female road racing.

Abrahams, Sylvester (FCC) JCT  
 Adams Bruce (SD Mesa) JCT  
 Adams, Kathy (WS) GXC, GT  
 Aguirre, Frank (Gsmt.) JCXC  
 Ahmad, Dalal (PSF) WT  
 Albert, Marie (RRR) GXC  
 Albritton, Terry (Un) COT  
 Alexander, Sam (Tulare W.) HST  
 Allen, Pamela (Lassen) GXC  
 Allmond, Ike (SKY) JCT  
 Anderson, Jodi (PTC) GT  
 Anderson Teri (SJC) WXC, WT  
 Anno, Kathy (OCTC) GXC  
 Andrews, Joel (W. Bakersfield) HST  
 Arbelbede, Cindy (RRR) WT  
 Arbogast, Guy (WSU) COXC  
 Ardary, Bill (Full) JCT  
 Arquilla, Jim (ELATC) MRR  
 Arriola, Jim (Gahr) HST, HSXC  
 Assuma, Doreen (RRR) GXC  
 Austin, Ed (CDM) MT  
 Avrea, Mike (SDS/EI Cam) COXC/JCT

Brown, Steve (Cyp) JCT  
 Bryan, Tim (ARC) JCT  
 Bryant, Avery (STC) MXCRR  
 Bryson, Don (Oakland) HST  
 Burkland, Carol (LMM) GT  
 Burns, Janet (SJC) GXC  
 Burton, Ray (Vacaville) HST  
 Bush, Mike (WLA) JCT  
 Butler, Gayle (LATC) GT  
 Butts, Jim (BHS) COT  
 Byfield, Debby (BTC) WT  
 Bolding, Jim (PCC) COT

Churchill, Vic (Alamany) HST  
 Ciarelli, Tony (OC) JCT  
 Clark, Bill (WVTC) MRR, COXC  
 Clark, Leslie (SJC) WT  
 Claugus, Eileen (WS) WXC  
 Clifford, Andy (Sunny Hills) HST  
 Close, Gary (Gsmt) JCT, JCXC  
 Cole, Kevin (Gardena) HST  
 Colley, Tom (San Geronio) HST  
 Connors, Rod (Cordova) HST  
 Cook, Jon (Mission Viejo) HSXC  
 Cooper, Dedy (Ells) HST

Eberly, Val (SJC) WXC, WT  
 Edwards, Clancy (CPSLO) COT  
 Elder, Darrel (Redwood) HST  
 Elias, Mark (Hum St.) COXC  
 Elmore, Karen (ML) GT  
 Emry, Mike (DV) JCXC  
 Erickson, Marylee (LMM) GT  
 Esparza, Gil (Moor) JCXC  
 Evans, Ron (BHS) COT

Farmer, Karl (SWLA) JCT  
 Farmer, Mike (Wilson) HST  
 Farmer, Pete (BHS) COT  
 Ferrill, Gordon (CDM) MT  
 Fergerson, Mable (WCJ) WT  
 Fergerson, Willamae (WCJ) WT  
 Feuerbach, Al (PCC) COT  
 Fierros, Alex (LLS) COXC  
 Fisher, (HAR) JCT  
 Fishman, Rich (Beverly Hills) HST  
 Fitzgerald, Bill (STC) MT  
 Fleetwood, Dollie (SCC) GT  
 Fletcher, Rick (BHS) COT  
 Flint, Bob (FCC) JCT  
 Flournoy, Carol (SCC) GXC, GT  
 Flox, Scott (Mt Sac) JCT  
 Foster, John (FOOT) JCT  
 Fotinos, Tony (SKY) JCT  
 Fove, John (Locke) HST

Babiracki, Dave (SFVTC) COXC  
 Baksh, Ajim (Hollywood) HST, HSXC  
 Baldwin, Doug (Gsmt) JCT  
 Banks, Dee (RRR) WT  
 Banks, Willie (Oceanside) HST  
 Barrows, John (Mar Vista) HST





Arbogast, Guy (WSU) COXC  
 Ardary, Bill (Full) JCT  
 Arquilla, Jim (ELATC) MRR  
 Arriola, Jim (Gahr) HST, HSXC  
 Assuma, Doreen (RRR) GXC  
 Austin, Ed (CDM) MT  
 Avrea, Mike (SDS/EI Cam) COXC/JCT

Babiracki, Dave (SFVTC) COXC  
 Baksh, Ajim (Hollywood) HST, HSXC  
 Baldwin, Doug (Gsmt) JCT  
 Banks, Dee (RRR) WT  
 Banks, Willie (Oceanside) HST  
 Barrows, John (Marvista) HST  
 Bartek, Richard (SBAA) MXCRR  
 Bartlett, Mike (Piedmont) HST  
 Baxter, James (USC) COT  
 Beck Curtis (UCLA) COT  
 Beedle, Clarke (La Sierra) HST  
 Bell, John (Lynbrook) HST  
 Bellah, Jack (WVTC) MRR, COXC  
 Benson, Randy (Full) JCT  
 Bersano, Gary (Los Gatos) HST  
 Best, Glenn (Crawford) HSXC  
 Betts, Viki (LI) WT  
 Birnbaum, Jim (WVTC) COXC  
 Birt, Rosetta (LI) GT

Black, Hubert (LACC) JCT  
 Blackburn, Pam (CHS) GT  
 Blackburn, Scott (Royal) HSXC  
 Boitano, Mary Etta (SCRC) FRR  
 Boone, Yvone (EB) GT  
 Bowen, Jamie (LI) GT  
 Bowen, Reyane (LI) WT  
 Bowers, Nadine (SJC) GT  
 Bowers, Pam (SJC) GXC  
 Bozanich, Frank (SDTC) MRR  
 Branch, Bob (CCAC) MRR  
 Braun, Dave (CDM) MT  
 Breddell, Vince (SJS) COT  
 Breen, Mike (Gsmt) JCXC  
 Bridges, Cheryl (LATC) WXC  
 Brodock, Linda (RRR) GCX, GT  
 Brodock, Susan (RRR) GT  
 Brooks, Bruce (LACC) JCT  
 Brooks, Steve (SJCC/SSC) JCT/COXC  
 Brown, Benny, (UCLA) COT  
 Brown, Darryl (Monroe) HST  
 Brown, Julie (UCLA) WXC, WT  
 Brown, Larry (BHS) COT  
 Rey Brown (PCC) COT  
 Brown, Rick (UCB) COT  
 Brown, Russ (Hoover) HST



**159 Ray Hatton, 155 Jerry Smartt, 169 Peter Mundle, 112 Hal Higdon,  
 and Bill Gookin at the Masters National Cross Country Meet**

Cagle, George (Novato) HST  
 Caldwell, Jill (LI) GT  
 Calvert, Sherry (LI) WT  
 Camp, Phil (USN) MRR  
 Cannon, Lynn (Chico) WT  
 Cape, Patty (LBC) GT  
 Caputo, Bruce (LAS) JCT  
 Carlson, Deanne (RCS) WT  
 Carmen, Laurie (SBSP) GT  
 Carnine, Ken (NCSTC) MT  
 Carranza, Lawrence (Madera) HSXC  
 Carrigan, Casey (PCC) COT  
 Carter, Dan (EI Cam) JCT  
 Case, Doug (Laguna Bch) HST  
 Casey, Dale (BHS) COT  
 Casillas, Roger (SJD) JCXC  
 Castellanos, Jose (LATT) JCXC  
 Caudillo, Teresa (LBC) GXC  
 Cazanave, Calvin (Norte Del Rio) HST  
 Cendejas, Armando (Full) JCXC  
 Ceja, Rudy (STC) MXCRR  
 Chaidez, Ed (CSUN) COXC  
 Chembawai, Tecla (Chico) WT  
 Chiau-Hsiu, Lee (URTC) WXC  
 Choate, Clare (UCLA) WXC, WT

Cook, Vicki (RRR) WT  
 Costello, Cathy (OTC) GT  
 Coursey, Patty (BA) WXC  
 Croad, Greg (Glen) JCXC  
 Crowder, Clydine (UCLA) WXC, WT  
 Cummins, Paul (BYU) COT, COXC  
 Curran, Tom (Crespi) HST  
 Curron, Dominique (ML) GXC

Dandoy, A (SBSt) GXC  
 Dare, Jim (WVTC) COT COXC, MRR  
 Davidson, Dana (CD) GT  
 Davie, Mark (AV) JCT  
 DeAutremont, Steve (BHS) COT  
 Decker, Mary (BA) GT  
 Devine, Kathy (SDL) GT  
 Dias, Vic (BHS) COT  
 Diehl, Bill (Army) COT  
 Dimmick, Diane (SJC) WT  
 Dixon, Fred (BHS) COT  
 Dole, Emile (LTC) GT  
 Donnelly, Pat (LI) WT  
 Donohue, Brian (Taft) HST  
 Douglas, Gail (LBC) GT  
 Driscoll, Monette (LATC) WT  
 Duffy, Brad (UCB) COXC

Ferguson, Williamae (WCJ) WT  
 Feuerbach, Al (PCC) COT  
 Fierros, Alex (LLS) COXC  
 Fisher, (HAR) JCT  
 Fishman, Rich (Beverly Hills) HST  
 Fitzgerald, Bill (STC) MT  
 Fleetwood, Dollie (SCC) GT  
 Fletcher, Rick (BHS) COT  
 Flint, Bob (FCC) JCT  
 Flournoy, Carol (SCC) GXC, GT  
 Flox, Scott (Mt Sac) JCT  
 Foster, John (FOOT) JCT  
 Fotinos, Tony (SKY) JCT  
 Foye, John (Locke) HST  
 Frankiewish, Steve (MC) JCT  
 Franz, Mike (EI Cam) JCT  
 Fredrickson, Paul (DA) JCXC  
 Fridriksson, Peter (USIU) COT, COXC  
 Frenn, George (Un) COT

Gabraith, Steve (Han) JCXC  
 Gains, Robert (Kennedy) HST  
 Garcia, Carlos (Glen) JCT  
 Garcia, Juan (WSU) COXC  
 Garcia, Nadia (SDTC) WXC, FMM, WT  
 Garcia, Sam (Wasco) HSXC  
 Gassen, Connie (CCS) GT  
 Geddes, Jim (SD Mesa) JCT  
 Genet, Mark (SJS) COXC  
 George, Roger (FSU) COT  
 Geske, Rich (SOL) JCT  
 Gilbert, Cindy (LJTC) GT  
 Gill Mohinder (CI) COT  
 Gillett, Orville (CDM) MT  
 Gist, Burt (SDTC) MT  
 Givens, Mark (FCC) JCT  
 Goldie, Keith, LBS) COT  
 Goldsberry, Sandy (LITC) WT  
 Goodman, Brian (Agora) HST  
 Gookin, Bill (SDTC) MXCRR  
 Gookin, Donna (SDTC) FRR  
 Gorbet, Ira (LAS) JCT  
 Gorman, Micki (SDTC) FRR  
 Graham, Judy (SJC) WXC, WT  
 Graybell, Rich (Las Lomas) HST  
 Green, Pam (SCC) GT  
 Greenberg, Lisa (SJC) GXC  
 Greenberg, Suzi (SJC) GXC  
 Greer, Kathy (LJTC) GT  
 Greenwood, Jack (LASTC) MT  
 Griffin, Toni (LJTC) GT  
 Grover, Jamie (WV) JCT  
 Guidet, Alfred (BAS) MT



Guina, Stella (SJC) GXC

Halberstadt, John (PCC) COT

Hale, Tom (WVTC) MRR

Hallman, Chris (Gsmt) JCT

Hamilton, Dave (Leigh) HST

Hampton, Curt (El Cajon) HST

Hampton, Millard (Silver Ck) HST

Hansen, Jacki (BHS) WXC, FRR

Hardaway, Betsy (LATC) GT

Harewicz, Marlene (ML) WT

Harrell, Clint (SJD) JCT

Harrell, Steve (ALA) JCT

Harris, Mike (Indio) HST

Hart, Benton (Modesto) HST

Hart, Rick (FOOT) JCXC

Harter, Reid (SMAA) MRR

Hatch, Charles (Wilson) HST

Hatton, Ray (HDTC) MXCRR, MT

Haughey, Kathy (SJC) GT

Hawke, Harry (SDTC) MT

Haynes, Jeff (LBCC) JCT

Haynes, John (El Cerrito) HST

Heald, Debbie (LMM) WT

Heinmiller, Linda (UCLA) WXC

Helebrand, Bruce (Moor) JCT

Hendrick, Phil (Crawford) HSXC

Hernandez, Gary (Mission Bay) HSXC

Hernandez, Mauro (SMAA) MT

Herndon, Jerry (UCLA) COT

Hill, Jesse (LACC) JCT

Hill, Tom (Army) COT

Hilton, Len (PCC) COT

Hollins, Lynn (RRR) GT

Holloway, Denise (SJC) GT

Hopper, Michelle (PTC) WT

Howell, Beth (LJTC) GT

Hughes, Ray (BHS) MRR

Hulst, Eric (Laguna Bch) HSXC, HST

Hunsaker, Brian (Corona Del Mar) HSXC

Hunt, Bea (RRR) GT

Ikenberry, Judy (RRR) FRR

Innes, Gordon (UCLA) COT, COXC

Isaksson, Kjell (BHS) COT

Jackson, Andre (Bak) JCT

Jackson, Clime (BHS) COT

Jackson, Dave (CDM) MT

Jackson, Don (Oakland) HST

Kurrasch, Dave (Santa Ana) HST

Kurrle, Ron (BHS) MRR

Kurz, Gordon (Santa Clara) HST



**BILL CLARK (West Valley Track Club)**

Ladd, Doug (MJC) JCT

Lafferty, John (SMAA) MT, MXCRR

Lane, Judy (WS) GT

Lanier, Al (Army) COT

Larrieu, Francie (PCC-UCLA) WXC, WT

Laut, Dave (Santa Clara) HST

Lawson, Larry (SMAA) COXC

Lester, Janice (LBC) WT

Lewis, Ivory (Wilson) HST

Lewis, Tony (CH) JCT

Ligons, Derek (Chab) JCT

Linsley, Burch (Palisades) HSXC

Lister, Miles (BHS) COT

McClure, Al (PAL) JCT

McQuillan, Beth (WS) WT

McQuillan, Kathy (WS) WT

McQuarrie, Linda (LBC) GXC

McNaughton, Mark (Hoover) HST

McManus, Gary (DVC) JCT

McRoskey, Guy (Loyola) HSXC

Nachbar, Karen (WS) GXC

Napier, Ken (WVJS) MXCRR

Neary, Sue (SCTT) GXC

Neidhart, Jim (UCLA) COT

Neufville, Marilyn (LATC) WT

Newton, Bill (Lemoore) HST

Nicholson, Sam (STC) MXCRR

Nicholson, Sam (STC) MXCRR

Nickson, Marie (BTC) GT

Niederhaus, Grant (Pas) JCT

Noamis, Johnson (PI) JCT

Nuccio, Jim (WVTC) MRR' COXC

O'Carra, Don (BHS) MRR

Oleson, Jim (SMAA) MXCRR, MT

Ollrich, Phyllis (WVTC) WXC

Olswang, John (OC) JCXC

O'Neil, Jim (SFOC) MXCRR

Ordway, Gary (PCC) COT

Overstreet, Cecil (SJCC) JCT

Owens, Dean (USC) COT

Parish, Karen (BA) GXC

Parker, Dave (LASTC) MXCRR

Parks, Maxie (UCLA) COT

Parks, Rick (Crescenta Val) HST

Parnell, Graham (STC) MXCRR

Patterson, Randy (FOOT) JCT

Patton, Roger (CSUN) COT

Pavelich, Joan (LJTC) WT

Pearce, Jim (BHS) COT

Peco, Vera (LBC) GT

Perez, Gil (STC) MXCRR

Peterie, Steve, (Warren) HST

Pfeffer, Kirk (Crawford/Gsmt) HST/JCXC

Phillips, Bill (SDTC) MXCRR

Pierce, Marsha (LMM) GXC

Poor, Cyndy (SJC) WXC, WT

Porter, Debbie (RRR) GXC

Powell, John (Un) COT

Pratt, Dave (Un) MT

Preston, Ed (NCSTC) MXCRR, MT

Scarborough, Bill (Clovis) HST

Schankel, Jim (Lompoc) HST

Schaecher, Mike (WV) JCT

Schilling, Mark (SJS) COT

Schmidt, Bill (PCC) COT

Schmidt, Kathy (LATC) WT

Schultz, (PCC) COT

Scobey, Bill (BHS) MRR

Scott, Jarvis (LAM) WT

Scott, Steve (Upland) HST

Seidler, Maren (SJ) WT

Serna, Ralph (Ioara) HST, HSXC

Shaffer, Skip (CCAC) MRR

Shaw, Carleton (FOOT) JCT

Shaw, Fred (Muir) HST

Shawn, James (SJC) JCXC

Sheats, Alan (Muir) HST

Sherrard, Cherrie (NCSTC) WT

Shettler, Jim (WVJS) MXCRR

Shively, Larry (RH) JCT

Shorts, Albert (LBCC) JCT

Shmook, Peter (BHS) COT

Simmons, Lorretta (RCF) WXC

Simmons, Mike (Carson) HST

Simonian, Vicken (LAC) JCXC

Singletary, Mike (SEC) COT

Singleton, Dean (Irvington) HST

Slover, Bob (BHS) COT

Smartt, Jerry (Un) MXCRR

Smiley, Bruce (LBCC) JCT

Smiley, Jeanette (LATC) WT

Smith, (SWLA) JCT

Smith, Bruce (Ventura) HST

Smith, Herb (SKY) HST

Smith, Karen (SC) WT

Smith, Ross (WVJS) MXCRR

Smith, Tracy (AIA) COXC

Sommer, Matt (WV) JCXC

Spencer, Betty (ITC) WT

Spoolstra, Mike (Cerritos) JCT





Howell, Beth (LJTC) GT  
 Hughes, Ray (BHS) MRR  
 Hulst, Eric (Laguna Bch) HSXC, HST  
 Hunsaker, Brian (Corona Del Mar) HSXC  
 Hunt, Bea (RRR) GT

Ikenberry, Judy (RRR) FRR  
 Innes, Gordon (UCLA) COT, COXC  
 Isaksson, Kjell (BHS) COT

Jackson, Andre (Bak) JCT  
 Jackson, Clime (BHS) COT  
 Jackson, Dave (CDM) MT  
 Jackson, Don (Oakland) HST  
 Jackson, Mike (BHS) COT  
 Jackson, Paul (Kennedy) HST  
 Jackson, Rick (Pal) JCT  
 Jameson, Joel (OXY) COT, COXC  
 Jefferson Elijah (Crawford) HST  
 Jeffery, Randall (SJD) JCT  
 Jenkins, Mike (Vic Val) HST  
 Jenner, Bruce (Un) COT  
 Jewell, Kathy (LBC) GXC  
 Jewell, Laurie (LBC) GXC  
 Jewell, Pam (LBC) WXC  
 Johansen, Kaj (SDTC) MRR  
 Johnson, Debra (RRR) GXC, GT  
 Johnson, Larry (Glen) JCT  
 Johnson, Nathan (Seaside) HST  
 Johnson, Orlando (WLA) JCT  
 Johnson, Pat (LJTC) WT  
 Johnson, Teri (UCLA) WXC  
 Jones, Bob (Gardena) HST  
 Jones, Larance (NEM) COT

Kasischke, Dennis (SDTC) MRR  
 Kennedy, Larry (BHS) COT  
 Kerr, George (CDM) MT  
 Ketting, Harold (El Cam) JCXC  
 Keyes, Kate (UCLA) WXC  
 Kimball, Rich (DeLaSalle) HST  
 King, Jim (SDTC) COT  
 King, Marilyn (ML) WT  
 Kinimaka, Lisa (SJC) GT  
 Kirtman, Mike (Wilson) HST  
 Knaub, Jim (Lakewood) HST  
 Knox, Percy (CDM) MT  
 Kotinek, Rory (UCLA) COT  
 Koyacich, (UCLA) COT  
 Crough, Dave (Mt Sac) JCT  
 Krug, Bobbette (LJTC) GT

Ladd, Doug (MJC) JCT  
 Lafferty, John (SMAA) MT, MXCRR  
 Lane, Judy (WS) GT  
 Lanier, Al (Army) COT  
 Larrieu, Francie (PCC-UCLA) WXC, WT  
 Laut, Dave (Santa Clara) HST  
 Lawson, Larry (SMAA) COXC  
 Lester, Janice (LBC) WT  
 Lewis, Ivory (Wilson) HST  
 Lewis, Tony (CH) JCT  
 Ligons, Derek (Chab) JCT  
 Linsley, Burch (Palisades) HSXC  
 Lister, Miles (BHS) COT  
 Livers, Don (SJCC) JCT  
 Lloy, Tom (Edison) HST  
 Lofton, James (Washington) HST  
 Lucas, Joe (WVTC) COT  
 Ludiway, Allan (WLA) JCT  
 Lyman, Peggy (WVTC) FRR

MacKaye, Lou (OVTC) GXC  
 Madau, Tony (Full) JCT  
 Mann, Ralph (BHS) COT  
 Marquez, Esther (RRR) GT  
 Martin, Roger (WV) JCT  
 Masser, Marjie (LATC) WT  
 Marshall, Harold (El Cam) JCT  
 Mendoza, Ed (Ariz) COT, COXC  
 Menet, Hans (WVTC) COT  
 Miller, Bill (CDM) MT  
 Miller, Creola (RJ) GT  
 Miller Lynne (Un) GXC  
 Miller, Pat (CCAC) MRR  
 Miller, Steve (Mt. Sac) JCT  
 Moore, Glenn (Mt. Pleasant) HST  
 Moore, James (Un) COT  
 Monroe, Vicky (Lassen) GXC  
 Montgomery, Monty (Un) MXCRR  
 Moran, Kim (LATC) GT  
 Morden, Cliff (LAV) JCT, JCXC  
 Morales, William (CDM) MT  
 Morr, Holly (WS) GXC  
 Morse, Michelle (LJTC) GT  
 Mundle, Peter (SMAA) MXCRR, MT  
 Murphy, Dave (Tulare W') HST  
 Murray, Marl (Full) JCT  
 Musich, John (Burbank) HST

McAeal, (SWLA) JCT  
 McCandless, Rich (WV) JCXC

Patton, Roger (CSUN) COT  
 Pavelich, Joan (LJTC) WT  
 Pearce, Jim (BHS) COT  
 Peco, Vera (LBC) GT  
 Perez, Gil (STC) MXCRR  
 Peterie, Steve, (Warren) HST  
 Pfeffer, Kirk (Crawford/Gsmt) HST/JCXC  
 Phillips, Bill (SDTC) MXCRR  
 Pierce, Marsha (LMM) GXC  
 Poor, Cyndy (SJC) WXC, WT  
 Porter, Debbie (RRR) GXC  
 Powell, John (Un) COT  
 Pratt, Dave (Un) MT  
 Preston, Ed (NCSTC) MXCRR, MT  
 Price, Bob (AIA) COT  
 Proctor, Jerry (BHS) COT  
 Pryor, Ron (BHS) COT  
 Pushkin, Jay (FOOT) JCT

Quarrie, Don (BHS) COT  
 Quintana, Ted (Chab) JCT, JCXC

Ramirez, Tony (FCC) JCXC  
 Ramsey, Jeff (SRJC) JCT  
 Raymond, Dale (UCLA) WXC  
 Reese, Paul (NCSTC) MXCRR  
 Remimling, Chris (LJTC) GT  
 Rich, Charles (CI) COT  
 Rich, Yolanda (LAJ) GT  
 Richardson, Fred (USC) COY  
 Ridge, Mark (Merced) HST  
 Robinson, Arnie (SDTC) COT  
 Robinson, James (LAN) JCT  
 Rochambean, Gene (SDTC) MT  
 Rodriguez, Tom (El Cam) JCT  
 Rogue, Elaine (LATC) GT  
 Rohrig, Jim (Santa Val) HST  
 Rose, Larry (PCC) COT  
 Rudolph, Debbie (WRR) FRR  
 Rutlege, Cel (ML) WT  
 Ryan, Phil (GWAA) MRR

Saavedra, Jose (Full) JCXC  
 Sabol, Teri (LATC) GT  
 Sagon, Carl (SRJC) JCT  
 Sakelaries, Chris (RCF) WXC, WT  
 Sakelaries, Georgia (RCF) WT  
 Sandberg, Cindi (SJC) GT  
 Sandoval, Tony (Stan) COXC  
 Satti, John (HSTC) MT

Smith, Tracy (AIA) COXC  
 Sommer, Matt (WV) JCXC  
 Spencer, Betty (ITC) WT  
 Spoolstra, Mike (Cerritos) JCT



**PHIL HENDRICK (Crawford HS)**  
 San Diego Class AA Winner.



Stary, Jenny (SCC) GT  
 Stearns, Maria (UCLA) WXC  
 Steele, Rick (Glen) JCT  
 Stewart, George (WVTC) MRR  
 Stern, Diane (SCC) GXC  
 Stones, Dwight (PCC) COT  
 Sulinski, Cathy (ML) GT  
 Svendsn, Jan (LJTC) WT  
 Sutton, John (Morningside) HST

Tarin, Gil (WVJS) MXCRR  
 Taxiera, Joe (ATC) MRR  
 Taylor, Clarence (UCLA) COT  
 Taylor, Dave (Ore) COXC  
 Têegarden, Dennis (NCSTC) MXCRR  
 Tennett, M. (RJ) WT  
 Theriot, Brian (Newport Hbr) HST  
 Thomas, Bob (Glen) JCXC  
 Thomas, Ron (Pinle Val) HST  
 Thompson, Donn (Gahr) HST  
 Thompsen, Sheila (OTC) GT  
 Thornton, Len (HSTC) MXCRR  
 Tibaduiza, Domingo (WVTC) COT  
 Tiff, Milan (BHS) COT  
 Timm, Don (AIA) COT, COXC  
 Tollefson, Don (BHS) COT  
 Torbert, Rich (Lowell) HST  
 Tracanelli, Francois (UCLA) COT  
 Trayson, Ann (SVTC) GXC  
 Triplett, John (WV) JCT  
 Tully, Mike (Millikan) HST  
 Turner, Glenn (STC) MXCRR  
 Tuttle, Gary (BHS) COT, COXC, MRR  
 Toabe, Sid (HSTC) MXCRR

Ulliyot, Joan (UCMC) FRR  
 Vallavazo, Becky (RRR) WT  
 VanBenthams, Lisa (LJTC) GT  
 VanSlyck, Rick (SJD) JCT  
 Veney, UCLA) COT  
 Venezia, Veronica (TLTC) WT  
 Vonlderstein, Mark (Full) JCT

Warkentin, John (BHS) COT  
 Washington, Ed (USC) COT  
 Washington, Huel (Un) MT  
 Wassum, Ted (NCSTC) MT  
 Waterburey, Janet (OCTC) GXC

Waters, Eileen (SDTC) WXC, FRR  
 Watson, Martha, (LI) WT  
 Wayne, Ron (Ore) MRR  
 Weston, Kathy (WS) GT  
 Wheeler, Charles (Merded) HST

Whitaker, Ron (SJS) COT  
 White, Tom (BHS) COT  
 Whited, Randy (Downey) HST  
 Whitfield, Barbara (CSH) WT  
 Wicksell, Ray (W. Covina) HST  
 Wilkinson, Bill (SD Mesa) JCT  
 Williams, Dan (Hoover) HST  
 Williams, Harold (SDS) COT  
 Williams Lloyd (FCC) JCT  
 Williams, Steve (SDS) COT  
 Williams, Terry (BHS/Ore) COT/COXC  
 Williams, Wes (SDTC) COT  
 Wilmuth, Rick (Cit) JCT  
 Wilson, Deann (LATC) WT  
 Wilson, Dennis (Gsmt) JCXC  
 Wilson, Jerry (BHS) COT  
 Wilson, Craig (Millikan) HST  
 Wilson, Robert (Gsmt) JCT  
 Wilson, Mark (Monte Vista) HST  
 Windson, Walt (Un) MXCRR  
 Wiser, Janice (LJTC) GT  
 Winzenried, Mark (BHS) COT  
 Wolfe, Renay (RCF) WXC  
 Wolfenbarger, Becky (SCC) GXC, GT  
 Wolman, Francois (Fairfax) HST  
 Woods, George (PCC) COT  
 Woods, Jay (Vista) HSXC  
 Wright, Iva (FE) WT  
 Wyatt, Jim (SKY) JCT

Yeo, Matt (UCD) COXC  
 Zech, Pat (Antioch) HST  
 Zinger, Tom (Moor) JCXC



Baksh(l), Linsley(c), DeLaTorre(r) lead LA City CIF Meet

College because, "It is small enough so you can be on a closer ratio of teachers to students. They have a good curriculum and known for their track team. They, also, have a good coach who is interested in you as a person and not just something he is training to perform athletic feats."

A 50 foot triple jump and 24 plus in the long jump are among Danny's short range goals. Long range goals include being able to win both small and college competition as well as hoping to make an Olympic team.



Ulliyot, Joan (UCMC) FRR  
 Vallalvazo, Becky (RRR) WT  
 VanBentham, Lisa (LJTC) GT  
 VanSlyck, Rick (SJD) JCT  
 Veney, UCLA) COT  
 Venezia, Veronica (TLTC) WT  
 Vonlderstein, Mark (Full) JCT

Baksh(l), Linsley(c), DeLaTorre(r) lead LA City CIF Meet

## UNITED STATES OLYMPIC COMMITTEE TRACK AND FIELD CLINIC



JANUARY 25-26, 1975 (9:00 to 4:00 daily)

CAL STATE HAYWARD

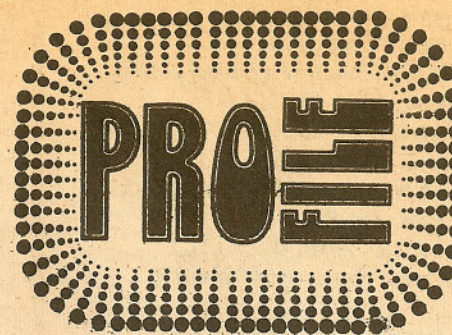
### A LEARN BY DOING CLINIC FEATURING

TOM ECKER	Cedar Rapids, Iowa
TOM TELLEZ	U.C.L.A.
CHI CHENG	University of Redlands
DON SAWYER	Cal State Hayward
GAYLE HOPKINS	San Francisco State
BOB FRIES	Fresno City College
DON CHU	Cal State Hayward
VINCE REEL	University of Redlands
JIM SANTOS	Cal State Hayward

Fees: Clinic Fee \$15.00; College credit for 1 semester unit \$20.00

### WRITE TO THE DIRECTOR:

Jim Santos  
 P.E. Department  
 Cal State Hayward  
 Hayward, CA 94542  
 phone: (415) 881-3093



## Danny Williams

**DANNY WILLIAMS:** Hoover High School (Occidental College), Age 18; 5 feet, 10 3/4 inches; 155 pounds. Born January 11, 1956, in Fresno, California. Coached by Frank Fletcher (Steve Haas). **Best Marks:** Long Jump=24-2 1/2; Triple Jump=48-10 3/4; 220=22.2.

The Central San Joaquin Valley has earned the reputation of producing an abundance of "class" triple jumpers. Even before the triple jump became an official event in the state meet, the Valley produced many of the top high school triple jumpers in the nation: Randy Williams (USC), Dave Tucker (CSULB), Steve Rim (Oregon State). Danny Williams kept this reputation alive this past track season. He placed third in the high school state meet.

Danny holds school records in both the long and triple jumps and served as team captain his final year at Hoover High. As a pre-med student he chose Occidental

College because, "It is small enough so you can be on a closer ratio of teachers to students. They have a good curriculum and known for their track team. They, also, have a good coach who is interested in you as a person and not just something he is training to perform athletic feats."

A 50 foot triple jump and 24 plus in the long jump are among Danny's short range goals. Long range goals include being able to win both small and college competition as well as hoping to make an Olympic team.



In competition Danny likes to, "make the first one a shocker and have the competition come to me. I take as few amount of jumps as possible to protect and save the spring in the legs." He stresses a proper diet and sleep as part of his program.

Track for him is a valuable experience, "I can express my feelings that are running around inside of me through my jumping. Also, I really like one to one competition. In track what you achieve is shown by how hard you work at it. If you want an exciting yet very mental sport then you'll love track." Danny keeps track in right perspective, "Even though I may not win all my events I'll still be a champion because I can accept defeat."



## california track news BACK ISSUES AVAILABLE

**FIRST ISSUE** \*\*Top California prep marks 1974 (20 deep)  
 \*\*Top California junior college marks 1974 (20 deep)  
 \*\*Pictures and meet results of California action  
 \*\*Features, stories, profiles

**SECOND ISSUE** \*\*16 big pages with features and profiles  
 \*\*Top California women's marks 1974 (30 deep)  
 \*\*Top California college-open marks 1974 (20 deep)  
 \*\*Over 30 pictures and 75 major meet results

60 cents each or \$1.00 for both. Send to California Track News

## SCHEDULED

\*\*\*\*\*

### JANUARY

- 10 **GLENDAL ALL COMERS.** *Glendale College. Field events 1:00, running 3:00.*
- 10 **LONG BEACH ALL COMERS.** *Cal State Long Beach. Events start 3:15.*
- 11 **ALL COMERS TRACK MEET** *Reedley College. 1:00.*
- 11 **SAN JOSE ALL COMERS.** *San Jose City College. Field 9:00, running 9:30.*
- 11 **MISSION BAY MARATHON.** *San Diego. 8:00 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120.*
- 11 **4th ANNUAL CALIFORNIA 10.** *Delta Junior College, Stockton. 10:00 am. Wayne Badgley, PO Box 4682, Stockton, 95204. phone: (408) 477-4272*
- 12 **4th DAISY HILL RUNS.** *Sonoma State College. 10:00 am. 6.75 & 13.5. Bob Lynde, Cal-State Sonoma, Rohnert Park 94928.*
- 12 **PICO RIVERA 5 MILE.** *9:00 am. Manny Guerrero (213) 6920401.*
- 17 **GLENDAL ALL COMERS**

### FEBRUARY

- 1 **CHANNEL TO LAKE 10 MILER.** *Vallejo. 10:00. Solano TC, PO Box 624, Vallejo 94950.*
- 1 **SAN MATEO ALL COMERS**
- 2 **POP MARTY 9.6 MILE RUN.** *Montebello. 9:00. Richard Soria (213) 722-4100.*
- 7 **LA TIMES INDOOR.** *Will Kern, LA Times, Times-Mirror Sq., LA 90053.*
- 8 **SAN MATEO ALL COMERS.**
- 9 **HERMOSA BEACH 5 MILE.** *9:00. Marvin Winer, 700 San Lorenzo, Santa Monica*
- 15 **THE RIVER RUN.** *Sacramento. 8.5 miles. 10:30 am. PO Box 19333, Sacramento 95819.*
- 15 **REEDLEY ALL COMERS.**
- 15 **SAN DIEGO INDOOR.** *Al Franken, 1101 S. Robertson, LA 90035.*
- 16 **SPA-AAU 30 KILO CHAMPIONSHIP.** *Culver City 8:00. Phil Clarke, 15232 Burton St., Van Nuys 91402.*
- 16 **ELKATHON** *Concord. 10:00. Ver*

Two of America's finest high school distance runners are close rivals and good friends. Ralph Serna, however, not only has the edge age wise but has beaten junior Eric Hulst 9 out of 13 times they have confronted each other.... Peter Snell, famed New Zealand middle distance runner, is competing again. Snell, now residing in California, runs for the Northern California Seniors Track

8#).... Bill Gookin puts out an **Orienteering in Southern California** newsletter which is available for \$2.00 per year. Write him at 5946 Wenrich Dr. San Diego 92120.... Cal State Northridge's Conrad Gonzales and Carl Smith combined on December 4th for a 2-Man 10 Mile Relay timing 44:03. Each averaged 66.1.

Ric Walker reports on the new Sunkist Indoor track: Meet director Al Franken

# keeping track

Club.... Marta Stolz of Cal State Long Beach established an unofficial women's American pole vault record of 8-0 at the inaugural Port-A-Pit / Cata-Pole meet for women vaulters. Terri Christmas of Whittier High School finished second with a mark of 6-6.... A total of 210 plaques were awarded in 9 divisions of the December 15th 50 Mile Christmas Relay from Santa Cruz to Halfmoon Bay.

Senior Division refers to ages 30-39; while the Masters Division is for those 40-49.... The Peace Corps is looking for young ex-athlete coaches with some coaching experience for foreign assignment in Africa. The assignment is for two years. Transportation, medical benefits, food and lodging or living allowance plus \$75 per month are the conditions. If interested call Jack Colbourn toll free 800 424-8580, Ext. 67.... The West Yosemite League in Central California put out a 28 page program for the league cross country meet (thanks to assistant Mt. Whitney HS coach Doug Rudolf).... The tenth annual Carrera de la Revolucion Mexicana 11 kilo run through the streets of Tijuana on the date of the 1910 Mexican Revolution was won in course record time by Swedish veteran Peter Fredriksson of USIU and the San Diego Track Club on November 20th. Fredriksson and fellow USIU student Anders Gardeborn swept away from the starting pack of 80 and were

and Sports Arena manager Ken Good are confident they have built the fastest 11 lap board track in the world. There are two key points contributing to the expected speed of the track. One is the high banking on the curves, which helps the runners get around the turn without having to slow. The second is the unique construction plan where runners run downhill 32 feet more eachlap than they run uphill. That is accomplished by having the athletes run into a steep bank on the turn, then run down gently coming out of the turn. Also, the track is anchored more solidly than other indoor tracks by a new process for joining the parts of the track. How much does this new facility cost? Near \$20,000.

The American Medical Joggers Association held a free Sports Medicine Clinic the day before the Western Hemisphere Marathon. Not to be outdone the January 11th Mission Bay Marathon will host a symposium on running for fun, health, and competition which will feature Runner's World editor, Joe Henderson. For more information call Noel Montruccio at 279-6259 (home). The Mission Bay Marathon is also serving as a Pan-American Games Qualifying Trial.... The San Luis Distance Club boasts crack place kicker John Schmidt of San Luis Obispo HS. John was fifth man on their AAU Hour Run team and recently scored the game winning PAT in



- MISSION BAY MARATHON.** San Diego. 8:00 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120.
- 11 **4th ANNUAL CALIFORNIA 10.** Delta Junior College, Stockton. 10:00 am. Wayne Badgley, PO Box 4682, Stockton, 95204. phone: (408) 477-4272
- 12 **4th DAISY HILL RUNS.** Sonoma State College. 10:00 am. 6.75 & 13.5. Bob Lynde, Cal-State Sonoma, Rohnert Park 94928.
- 12 **PICO RIVERA 5 MILE.** 9:00 am. Manny Guerrero (213) 6920401.
- 17 **GLENDALE ALL COMERS.**
- 18 **SAN MATEO ALL COMERS.** San Mateo JC. Field 11:15, running 12:00. Harry Young, 2120 Adeline Dr., Burlingame 94010.
- 18 **SAN JOSE ALL COMERS.**
- 18 **LOS ANGELES SUNKIST INDOOR.** Al Franken, 1101 S. Robertson, LA 90035.
- 18 **MASTERS ODD EVENT MEET.** College of the Desert. 12:00.
- 18-19 **AMERICAN RIVER CLINIC.** Al Beta, American River College, Sacramento 95841.
- 19 **LONG BEACH 10 KILO OCEAN RUN** Geza Botlik, 4119 Exultant Dr., Palos Verdes Pen. 90274.
- 24 **GLENDALE ALL COMERS.**
- 24 **SF EXAMINER INDOOR.** Jim Terrill, 12121 Wilshire Blvd., LA 90024.
- 25 **SAN JOSE ALL COMERS.**
- 25 **PA-AAU 20 KILO CHAMPS.** Portola Valley Schl., Woodside. 10:00. Jim Woodruff, 531 Benvenue Ave., Los Altos 94022.
- 24-25 **SOUTHERN CALIFORNIA INDOOR.** Anaheim Convention Center. Jim Crumpton, 2525 Newport, Costa Mesa 92626.
- 25-26 **US OLYMPIC COACHES CLINIC.** Cal State Hayward. See ad.
- 25-26 **USTFF DECATHLON.** Cal State LA.
- 26 **PEACH BOWL PACERS 10 KILO.** Yuba City. 1:00. Frank Dysart, 1006 E. 17th, Marysville 95901.
- 26 **WORLD MASTERS MARATHON.** Orange. 8:00. Bill Selvin, 2025 N. Tustin No. 3, Orange 92665.
- 26 **BIG DIPPER HANDICAP.** Fresno. 2:00. Larry Lung, 3356 N. Monroe, Fresno 93705.

- 8 **SAN MATEO ALL COMERS.**
- 9 **HERMOSA BEACH 5 MILE.** 9:00. Marvin Winer, 700 San Lorenzo, Santa Monica
- 15 **THE RIVER RUN.** Sacramento. 8.5 miles. 10:30 am. PO Box 19333, Sacramento 95819.
- 15 **REEDLEY ALL COMERS.**
- 15 **SAN DIEGO INDOOR.** Al Franken, 1101 S. Robertson, LA 90035.
- 16 **SPA-AAU 30 KILO CHAMPIONSHIP.** Culver City 8:00. Phil Clarke, 15232 Burton St., Van Nuys 91402.
- 16 **ELK-A-THON.** Concord. 10:00. Various races up to 5 miles. Vern Forry, 166 Greenwood Cir., Walnut Ck 94596.
- 22 **PISMO CLAM FESTIVAL BEACH RUN** Pismo Pier. 2:00. 5 miles. San Luis Distance Club, PO Box 1134, SLO 93406.
- 22 **MARTINEZ RUN.** Rankin Park. 10:00. 8.4 miles. Luka Sekulich, 1485 Darlene Dr., Concord 94520.
- 22 **BAKERSFIELD ALL COMERS.** Bakersfield JC. Field 1:15, running 1:30.
- 23 **LAPD 6.1 MILE RUN.** Los Angeles. 9:00. Bob Burke (213) 221-3101.
- 28 **LONG BEACH RELAYS.** High School.

## MARCH

- 1 **LONG BEACH RELAYS.** High School, Junior College, College, University, Open.
- 1 **MASTERS ALL COMERS.** LA Valley College. 12:00. George Kerr LA VC, 5800 Fulton, Van Nuys, Ca 91401.
- 2 **LONG BEACH RELAYS.** Women and Girls.
- 2 **MALIBU CANYON CROSS COUNTRY RUN.** Tapia Park. 10:00. 10 Kilo. Bruce Robinson, 6322 Eileen, LA 90043.
- 8 **CAMILLIA FESTIVAL 100 MILER.** Sacramento. 8:00. John Hill, 604 Flint Way, Sacramento 95818.
- 8 **REEDLEY ALL COMERS.**
- 9 **SAN FERNANDO HANDICAP.** 10:00. 6 miles. Pat Miller, 8615 Balboa No. 31, Northridge 91324.
- 9 **SAN JOSE FITNESS RUN.** Bud Winter Field. 10:00. 6 miles. Vic Crosetti, 987 Kennard Way, Sunnyvale 94087.

\$5 per month are the conditions. If interested call Jack Colbourn toll free 800 424-8580, Ext. 67. . . . The West Yosemite League in Central California put out a 28 page program for the league cross country meet (thanks to assistant Mt. Whitney HS coach Doug Rudolf). . . . The tenth annual Carrera de la Revolucion Mexicana 11 kilo run through the streets of Tijuana on the date of the 1910 Mexican Revolution was won in course record time by Swedish veteran Peter Fredriksson of USIU and the San Diego Track Club on November 20th. Fredriksson and fellow USIU student Anders Gardeborn swept away from the starting pack of 80 and were never headed. Gardeborn was coasting in second place two blocks from the finish and over a minute ahead of third place, and defending champion Porfirio Serna of Ensenada, when he was efficiently shunted off the course up a side street by his motorcycle escort and the intersection guide. By the time he got back on course he was eleventh.

Culver City Athletic Club's Marv Rowley won the November 9th, Southern Nevada AAU 15 kilo Championship with 50:24. Teammate Pat Miller was third at 51:49. . . . George Ker will be directing Masters All Comers track meets at L.A. Valley College on March 1 & 15. . . . Anyone of any age, sex, or size who's interested in jogging or running twice a week at Valley College under the auspices of professional coaching may call the San Fernando Valley Track Club at (213) 986-6262 or (213) 785-1895. . . . Peter Mundle of Venice and Santa Monica Track Club set a new American age 45 record of 15:55 in the three mile run. . . . Bob Beamon of long jump fame is dickering for a pro contract with the newly organized International Volleyball Assn. Says Beamon, "I've got that God-given leaping ability and quickness. I'm very agile. I can do a lot of things in the air."

Four California preps were selected by The Harrier magazine as High School Cross Country All-Americans. The four are: Phil Hendrick of Crawford HS in San Diego, Eric Hulst of Laguna Beach HS, Roy Kissin of San Ramon HS in Danville, and Ralph Serna of Loara HS in Anaheim. . . . Masters Implement standards have been established for shot, discus, javelin, and hammer as follows: age 40-49 (16#, 2K, 800gm, 16#); age 50-59 (12#, 1.6K, 800gm, 16#); age 60-69 (12#, 1.6K, 800gm, 12#); age 70-79 (8#, 1K, 600gm, 12#); age 80+ (8#, 1K, 800gm,

Association held a free Sports Medicine Clinic the day before the Western Hemisphere Marathon. Not to be outdone the January 11th Mission Bay Marathon will host a symposium on running for fun, health, and competition which will feature Runner's World editor, Joe Henderson. For more information call Noel Montrucchio at 279-6259 (home). The Mission Bay Marathon is also serving as a Pan-American Games Qualifying Trial. . . . The San Luis Distance Club boasts crack place kicker John Schmidt of San Luis Obispo HS. John was fifth man on their AAU Hour Run team and recently scored the game winning PAT in the SLO-Righetti football game.

Californians in Collegiate national cross country competition: Occidental College placed second in the NCAA Division III. Joel Jameson led the tigers with his second place. United States International University placed second in the NAIA Championships with Kris Larnmark pacing the way in 19th. First Californian in NAIA meet was Steve Brooks of Stanislaus State in 14th. In NCAA Division II Northridge placed 6th, Humboldt State 7th, UC Irvine 13th and UC Davis 14th. Northridge's Ed Chaidez was first Californian in 8th. Top California team in NCAA Division was Long Beach State in 26th. Top California runners were pretty much running for out of state schools: Dave Taylor and Terry Williams 5th and 6th from Oregon, Ed Mendoza 9th for Arizona, Juan Garcia 54th for Washington State, Paul Cummings 103 for Brigham Young, Benton Hart 134 for Brigham Young and Mike Pinocci 150 for Oklahoma State. Top runner from a California school was Mike Avrea 94th for San Diego State. Brad Duffy finished 106 for Cal Berkeley, Mark McConnell was 110 for Stanford and Tom Rodriguez was 146 for Long Beach.

Patty Johnson Van Wolvelaere was honored as the Pacific Southwest Association's AAU Athlete of the Year on the basis of her world-equaling 7.4 effort in the 60 yard hurdles and her AAU victories (indoors and out). . . . Several world class track and field athletes have joined the Missiles Track Club, headed by woman coach "Mickey" Patterson Tyler. The athletes, formerly associated with the San Diego Club, are: leading long jumpers Arnie Robinson, James (Bouncy) Moore and Donald Robinson; quarter-milers Wes Williams, James King and James Redd, and sprinter Steve Williams.



# CALIFORNIA WOMEN: ALL-TIME LIST

## DISCUS THROW

193-3	Olga Connolly	8-8-72
178-8	Vivian Turner	7-11-72
176-10	Earlene Brown	7-16-60
173-11	Joan Pavelich	74
169-1	Monette Driscoll	8-8-72
167-11	Jan Svendsen	6-9-74
166-11	Linda Langford	4-25-71
159-2	Pamela Kurrell	5-28-60
158-9	Nancy Norberg	8-18-68
157-9	Lynn Graham	7-3-65
155-6	Terri Sabol	6-26-74
153-5	Iva Wright	3-25-72
148-1	Debbie Rivera	4-29-73
146-10	Kathy Schmidt	4-14-71
146-9	Medoldy McCarthy	6-12-65
144-11	Debbie Langevain	3-16-73
139-7	Judy Lane	3-17-73
138-7	Debbie Brown	4-2-72
136-9	Yvette Brownlee	72
135-9	L. Lindahl	1-12-62

## JAVELIN THROW

208-1	Kathy Schmidt	6-2-73
196-3	RaNaë Bair	7-2-67
192-1	Lynn Cannon	6-29-74
192-0	Sherry Calvert	5-13-72
186-4	Roberta Brown	3-21-71
183-8	Karin Smith	74
170-9½	Gloria Wilcox	5-9-64
170-0	Karen Anderson Oldham	10-26-56
168-6	Debbie Langevain	6-23-73
168-5½	Fran Davenport	9-8-63
167-10	Barbara Pickel Whitfield	6-2-73
166-9	Babs Brandin	4-23-66
165-6	Cathy Sulinski	6-28-74
163-0	Nadine Bowers	74
162-9	Margareta Carell	4-9-72
160-2	Pamela Livingston	4-24-70
160-1	Linda Langford	6-13-70
158-5	Karen Mendyk	7-8-62
158-4	Donna Dietrich	?
156-6½	Kathy Mirko	6-20-64

## PENTATHLON

## SHOT PUT (4 Kilo)

56-11	Maren Seidler	2-16-74
54-9 1/8	Earlene Brown	
53-5½	Jan Svendsen	8-8-72
53-1	Lynn Graham	5-28-71
49-6	Kathy Devine	6-29-74
48-3½	Emily Dole	5-4-74
47-6½	Joan Pavelich	5-28-73
46-3½	Cel Rutledge	74
46-2	Pat W. Bank	12-19-71
45-2½	Linda Langford	4-11-70
44-7½	Iva Wright	6-13-71
44-3	Judy Lane	6-20-73
43-10½	Mary Jo Peppler	6-7-64
43-5½	Janis Nay	68
43-2½	Vera Peco	6-9-74
42-0½	Kathy Schmidt	1-22-72
41-10½	Yvette Brownlee	6-5-71
41-8½	Debbie Brown	5-27-72
41-8	Denise Holloway	6-9-74
41-6	Vivian Turner	7-1-67

## 100 METER HURDLES

12.8	Chi Cheng	7-12-70
13.0	Patty Johnson	7-8-72
13.5	Pat Donnelly	7-8-72
13.5	Lorna Tinney	7-8-72
13.5	Deby Lansky	6-28-74
13.6	Bobbette Krug	7-271
13.9	Marilyn King	6-12-71
13.9	Cherrie Sherrard	7-1-72
14.0	Deanne Carlsen	6-3-73
14.1	Deanna Galian	6-13-70
14.2	Alberta Martin	70
14.2	Janet Benford	7-9-71
14.2	Janice Lester	74
14.3	Dianne Spangler	6-24-70
14.3	DeAnne Wilson	5-8-71
14.5	Pat W. Bank	4-11-70
14.5	Clydine Crowder	4-20-74
14.4w	Cathy Clarke (14.63)	6-20-73
14.7	Cam Conley	5-8-71
14.7	Sandy Goldsberry	5-8-71

## THREE MILE RUN

15:43.4	Julie Brown	12-8-74
16:12.2	Clare Choate	6-16-74
16:35.5	Teri Johnson	1-12-74
16:36.0	Cheryl Bridges	3-13-71
17:28.5	Debbie Johnson	6-5-71
17:56.0	Esther Marquez	6-5-71
17:58.3	Cathie Buhliert	6-5-71
18:12.8	Marie Albert	3-31-73
18:14.1	Sandy Dean	6-26-71
18:24.9	Sonia Gerth	6-13-71
18:31.2	Ruth Kleinsasser	4-18-71
18:31.2	Margit Sturhann	6-26-71
18:39.0	Patty Dillingham	1-20-71
18:45.2	Pam Allen	6-13-71
18:45.3	Mary Cortez	6-13-71
18:46.0	Donna Mueller	6-26-71
18:47.7	Kathy Jewell	2-13-72
19:12.0	Laurie Jewell	6-13-71
19:17.0	Beverly McQuarrie	6-5-71
19:23.1	Kati McIntyre	6-5-71

## ONE MILE WALK

7:14.1	Susan Brodock	6-9-74
7:45.3	Esther Marquez	6-9-74
7:49.6	Chris Sakelarios	6-30-74
7:49.6	Linda Brodock	6-30-74
7:56.0	Sheila Thomsen	5-27-74
7:59.4	Kati McIntyre	6-3-72
8:04.0	Cynthia Johnson	5-4-74
8:11.4	Becky Villalvazso	5-26-74
8:11.6	Kiane Dimmick	74
8:13.2	Teri Teegarden	2-16-74
8:20.3	Joyce Wimer	6-26-74
8:20.6	Dayna Gerth	6-24-73
8:22.9	Cindy Arbelbede	74
8:24.7	Vickie Cook	6-30-74
8:25.2	Georgia Sakelarios	6-30-74
8:25.5	Debi Pelkofer	6-13-71
8:28.0	Paula Rose	5-26-74
8:28.2	Lisa Metheny	6-30-74
8:30.4	Sharon Gallivan	6-2-74
8:30.5	Joyce Brodock	74

## MARATHON

3:20:11	Chris Sakelarios	2-10-74
3:20:59	Doreen Assumma	2-10-74
3:24:14	Louise Adamson	2-10-74
3:24:38	Jean Meyer	2-10-74
3:39:00	Kati McIntyre	1-29-72

## 880 YARD RUN

2:02.3	Mary Decker	2-17-74
2:04.6	Charlette Cooke	7-23-66
2:03.69m	Kathy Weston (2:04.9)	6-29-74
2:04.5m	Jarvis Scott (2:07.8)	68
2:05.5	Francie Larrieu	6-1-72
2:07.2	Judy Graham	8-11-72
2:07.8	Julie Brown	73
2:07.9	Lynn Hollins	5-27-73
2:07.0m	Cis Schafer (2:08.3)	7-8-72
2:07.3m	Marie Mulder (2:10.2)	7-31-65
2:08.5	Tecla Chembawai	74
2:08.0m	Kim Miller (2:11.4)	7-7-71
2:09.0m	Nancy Mullen	7-7-72
2:10.38	Brigitta Larsson	3-25-73
2:10.4	Kathy Costello	6-2-74
2:10.7	Ruth Kleinsasser	4-29-73
2:10.9	Cyndy Poor	74
2:11.0	Kathy Haughey	6-10-77
2:11.0	Debbie Heald	74
2:11.3	Kathy Hammond	5-31-69

## ONE MILE RUN

4:32.4	Francie Larrieu	6-1-74
4:38.5	Debbie Heald	3-16-72
4:40.1	Mary Decker	3-16-72
4:40.7	Eileen Claugus	6-23-73
4:41.6	Teri Anderson	72
4:21.9m	Cyndy Poor	77
4:44.4	Julie Brown	6-9-74
4:44.9	Judy Graham	6-9-74
4:47.4	Sandy Langan	6-5-71
4:29.0m	Natalie Rocha	7-26-67
4:50.9	Tena Anex	6-29-72
4:32.0m	Val Eberly (4:59.8)	72
4:52.2	Maria Stearns	6-13-70
4:32.2m	Becky Wolfenbarger	5-18-74



183-8	Karin Smith	7-9-64
170-9½	Gloria Wilcox	5-9-64
170-0	Karen Anderson Oldham	10-26-56
168-6	Debbie Langevain	6-23-73
168-5½	Fran Davenport	9-8-63
167-10	Barbara Pickel Whitfield	6-2-73
166-9	Babs Brandin	4-23-66
165-6	Cathy Sulinski	6-28-74
163-0	Nadine Bowers	74
162-9	Margareta Carell	4-9-72
160-2	Pamela Livingston	4-24-70
160-1	Linda Langford	6-13-70
158-5	Karen Mendyka	7-8-62
158-4	Donna Dietrich	?
156-6½	Kathy Mirko	6-20-64

## PENTATHLON

4206	Marilyn King	8-12-72
4142	Pat W. Bank	6-25-70
3989	Lorna Tinney	6-24-72
3883	Pat Donnelly	6-23/24-72
3840	Lucia Vaamonde	5-29-71
3819	Lisa Kinimaka	6-28/29-74
3817	Dianne Spangler	6-28-69
3693	DeAnne Wilson	5-23/24-71
3691	Barbara Emerson	6-28-69
3641	Cam Conley	5-23-71
3632	Sandy Goldsberry	6-25-70
3595	Alberta Martin	6-28-69
3411	Cindy Sandberg	6-23/24-74
3336	Michele Morse	6-23/24-74
3256	Elaine Rogue	6-23/24-74
3197	Mary Lee Erickson	5-13-72
3119	Leslie Gliessman	6-23/24-72
3114	Sharon Ferrell	5-23/24-71
3057	Jenny Stary	6-23/24-74
3024	Gayle Butler	5-19-73

## LONG JUMP

21-7½	Martha Watson	7-18-74
21-0½	Chi Cheng	2-28-70
20-9½	Kim Attlesay	7-30-72
20-7	Dora Lee Roberts	5-22-71
20-7	Marilyn King	8-12-72
20-6	Pat Winslow(Bank)	7-2-67
	20-8½(7-2-67)	
20-5½	Anita Neil	5-27-72
20-4½	Barbara Ferrell	5-27-72
20-3w	Vicki Betts (20-0)	4-25-70
20-2½	Denice Paschal	7-24-66
20-1½	Sonia Guss (19-7 3/8)	63
19-11½	Renaye Bowen	3-24-73
19-10	Barbara Emerson	9-20-68
19-9½	Franzetta Parham	69
19-9	Kathy McMillian	8-12-74
19-8½	Janet MacFarlane	6-10-67
19-8	Jodi Anderson	6-1-74
19-7 ¾w	Lorna Tinney	6-24-72
19-6½	Karen Elmore	6-15-74
19-5½	Myra Albrecht	5-22-71
19-5½w	Dianna Windle (19-2)	6-23-73

13.5	Pat Donnelly	7-8-72
13.5	Lorna Tinney	7-8-72
13.5	Deby Lansky	6-28-74
13.6	Bobbette Krug	7-27-71
13.9	Marilyn King	6-12-71
13.9	Cherrie Sherrard	7-1-72
14.0	Deanne Carlsen	6-3-73
14.1	Deanna Galian	6-13-70
14.2	Alberta Martin	70
14.2	Janet Benford	7-9-71
14.2	Janice Lester	74
14.3	Dianne Spangler	6-24-70
14.3	DeAnne Wilson	5-8-71
14.5	Pat W. Bank	4-11-70
14.5	Clydine Crowder	4-20-74
14.5w	Cathy Clarke (14.63)	6-20-73
14.7	Cam Conley	5-8-71
14.7	Sandy Goldsberry	5-8-71

## 400 METER HURDLES

59.5	Janice Lester	6-9-74
59.8	Michele Hopper	6-29-74
60.0	Clydine Crowder	6-9-74
63.0	Ethis Hunter	6-22-73
63.3	Leslie Clark	74
63.5	Marilyn Neufville	5-13-73
63.6	Carol Burkland	6-9-74
63.7	Dalah Ahmad	74
64.0	Patty Cape	5-27-74
64.0	Mary Lee Erickson	6-25-74
64.0	Beth Howell	6-25-74
64.4	Diane Dellinger	6-10-73
64.4	Effie Jordan	6-20-73
64.5	Carolyn Bing	6-9-74
64.5	Linda DeLaRue	74
64.5	Alberta Martin	74
64.6	Cathy Clarke	6-10-73
65.2	Amber Souza	6-25-74
65.2	Cynthia Snyder	6-25-74
65.6	Theresa SanAgustin	6-25-74

## HIGH JUMP

5-10½	Cindy Gilbert	4-27-74
5-9 3/8	DeAnne Wilson	7-8-72
5-9 3/8	Sandy Goldsberry	7-8-72
5-9	Franzetta Parham	8-20-67
5-8	Brenda Simpson	7-4-70
5-8	Linda Hedmark	4-8-73
5-8	Pam Blackburn	6-1-74
5-8	Chris Remmling	6-26-74
5-7 3/8	Sharon Callahan	6-23-68
5-7½	Pat Winslow(Bank)	6-10-67
5-7 1/8	Terreze Brown	7-10-64
5-7	Denise Parker	5-15-65
5-6	Jean Gaertner	6-4-60
5-6	Ordellia Smith	2-4-68
5-6	Cam Conley	5-8-71
5-6	Roxanne Demick	3-25-72
5-6	Jan Dill	3-25-72
5-6	Cathy Clarke	4-28-73
5-6	Kathy McQuaillan	6-10-73
5-6	Laurie Carman	6-30-74

7:59.4	Kati McIntyre	6-3-72
8:04.0	Cynthia Johnson	5-4-74
8:11.4	Becky Villalvazo	5-26-74
8:11.6	Kiane Dimmick	74
8:13.2	Teri Teegarden	2-16-74
8:20.3	Joyce Wimer	6-26-74
8:20.6	Dayna Gerth	6-24-73
8:22.9	Cindy Arbelbede	74
8:24.7	Vickie Cook	6-30-74
8:25.2	Georgia Sakelarios	6-30-74
8:25.5	Debi Pelkofer	6-13-71
8:28.0	Paula Rose	5-26-74
8:28.2	Lisa Metheny	6-30-74
8:30.4	Sharon Gallivan	6-2-74
8:30.5	Joyce Brodock	74

## MARATHON

2:43:54	Jacki Hansen	12-1-74
2:46:36	Miki Gorman	74
2:49:40	Cheryl Bridges	12-5-71
2:53:40	Teri Anderson	3-4-73
2:54:28	Judy Ikenberry	1-12-74
2:58:09	Joan Ulliyot	9-22-74
2:58:55	Peggy Lyman	2-10-74
3:01	Eileen Waters	12-1-74
3:01:15	Mary Etta Boitano	2-10-74
3:05:07	Lucy Bunz	2-10-74
3:09:43	Mary Decker	71?
3:12	Luann Kralick	12-1-74
3:12:20	Irene Ulliyot	2-10-74
3:12:27	Jenny Taylor	2-10-74
3:16:03	Marie Albert	2-10-74

## ONE MILE RUN

4:32.4	Francie Larriou	6-1-74
4:38.5	Debbel Heald	3-16-72
4:40.1	Mary Decker	3-16-72
4:40.7	Eileen Clausus	6-23-73
4:41.6	Teri Anderson	72
4:21.9m	Cyndy Poor	77
4:44.4	Julie Brown	6-9-74
4:44.9	Judy Graham	6-9-74
4:47.4	Sandy Langan	6-5-71
4:29.0m	Natalie Rocha	7-26-67
4:50.9	Tena Anex	6-29-72
4:32.0m	Val Eberly (4:59.8)	72
4:52.2	Maria Stearns	6-13-70
4:32.2m	Becky Wolfenbarger	5-18-74
4:53.0	Nanette Torrey	4-470
4:53.0	Gundilla Lindh	4-29-72
4:53.3	Debbie Johnson	7-7-71
4:34.4m	Kathy Adams	5-4-74
4:54.6	Clare Choate	74
4:54.7	Kathy Costello	6-9-74
4:54.7	Carol Flournoy	74

## TWO MILE RUN

9:39.3	Francie Larriou	2-17-74
10:10.2	Teri Anderson	6-9-74
10:11.8	Clare Choate	6-9-74

# 1974 California Prep Annual

**\* FEATURING:** The Most Complete Listing Available  
(about 40 deep per event)

State Meet Results

Order for only \$1.00 from: *Chris Kinder*  
21732 Olive Ave.  
Cupertino, CA 95014



# JANUARY/FEBRUARY - 1975

10:19.4	Eileen Clausus	6-23-73
10:34.0	Tena Anex	6-23-73
10:34.2	Debbie Heald (10:12.4)X	3-16-73
10:35.0	Julie Brown	12-8-74
10:36.2	Nadia Garcia	6-9-74
10:38.1	Jacki Hansen	6-10-73
10:38.8	Judy Graham	74
10:40.3	Debbie Johnson	6-29-72
10:44.5	Amy Haberman	74
10:44.8	Cheryl Bridges	1-22-72
10:47.8	Jackie Dixon	4-30-72
10:49.1	Kathy Adams	6-26-74
10:51.1	Estella Guina	6-10-73
10:51.1	Becky Wolfenbarger	6-26-74
10:51.2	Val Eberly	6-9-74
10:52.0	Kathy Greer	6-26-74
10:53.8	Dominique Carron	74

## 100 YARD DASH

10.0	Chi Cheng	6-13-70
10.4	Barbara Ferrell	6-8-69
10.4	Mable Ferguson	4-3-71
10.4	Kathie Lawson	6-22-73
10.4	Renaye Bowen	5-18-74
10.4w	Doreen Porter (10.6)	4-25-64
10.4w	Marilyn White (10.6)	5-17-64
10.5	Willamae Ferguson	3-25-72
10.5	Bobbette Krug	3-25-72
10.5	Martha Watson	3-25-73
10.5w	Pernetta Glenn (10.6)	3-27-66
10.5w	Vilma Charlton (10.6)	66
10.5w	Dee DeBusk (10.7)	5-13-67
10.5w	Diana Wilson (10.7)	5-17-64
10.6	Willie Mae Nichols	7-4-69
10.6	Jackie Thompson	3-25-72
10.6	Toni Griffin	3-25-72
10.6	Pat Johnson	5-13-73
10.6w	Shirley Wilson (10.8)	4-25-64
10.6w	Charlette Cooke (10.8)	5-17-64
10.6w	Ordellia Smith	5-20-67
10.7	Rosie Bonds	5-16-65
10.7	Shirley Lenyou	6-4-66
10.7	Janet MacFarlane	6-10-67
10.7	Kathy Smallwood	6-21-69
10.7	Una Morris	6-7-70
10.7	Gail Douglas	7-6-74
10.7w	Linda Bradshaw (10.8)	5-11-63
10.7w	Irene Obera	5-25-63
10.7w	Sonia Guss	6-10-65
10.7w	Orinthia Woodson	5-13-67

## 220 YARD DASH

22.6	Chi Cheng	7-3-70
23.0w	Una Morris (23.5m)	4-17-66
23.1m	Jackie Thompson (23.6w)	7-11-73
23.3	Mable Ferguson	6-22-73
23.5	Barbara Ferrell	6-21-69
23.4m	Kathy Hammond (23.6)	5-6-72
23.5w	Kiana Wilson (23.7)	67
23.4mw	Vilma Charlton (23.6m)	68
23.5w	Renaye Bowen (23.6)	6-9-74
23.6	Willamae Ferguson	7-3-71
23.6	Kathie Lawson	6-20-71
23.5mw	Charlette Cooke (24.2)	4-17-66

# CALIFORNIA TRACK NEWS

PAGE 11



## Ed Mendoza

**ED MENDOZA:** University of Arizona (senior) and Jamul Toads Track Club. Age 21; 5 feet 7 inches; 130 pounds. Born December 4, 1952 in San Diego, California. **Best Marks:** 880=1:54; mile=4:03.1; 2 mile=8:44; 3 mile=13:38. Coached by David Murray.

Followers of California high school and junior college track weren't surprised by Ed Mendoza's seventh place finish in the 1974 National AAU cross country meet. While a prep at San Diego's Helix High School he was CIF section champion and his 9:00.1 in track earned him High School All American honors. Moving on to distance running powerhouse, Grossmont College, Ed continued his winning ways and racked up three state championships (two in cross country and one in track three mile). This season as Captain of the Arizona cross country squad he bagged ninth in the NCAA Championships and then representing the San Diego based



Jamul Toads Track Club went on to seventh in the AAU.

Ed's competition strategy is to always go out with the leaders, then start an early kick with about 880 yards to go, "because of my limited speed." Would you believe a 4:03 miler has a quarter best of only 54? "I lack natural speed; that and not enough power for hill running are possibly my weak areas and I plan to work on them in future training." As for

training he runs twice a day Monday through Friday, with only one workout (or a race) on Saturdays and Sundays. Twice a week are interval work days and every weekend sees either a race or a time trial. Total weekly mileage ranges from 80 to 100 depending on the degree of difficulty of the coming races. Training is geared for peak performances at conference and nationals.

There are several reasons why Ed participates in track: "It's very enjoyable and satisfying, I love the competition, it's given me an opportunity to earn a scholarship, and has given me the chance to use, in a positive way, the ability the Lord has given. Running is a lot like the race-of-life, both have their ups and downs. Striving to achieve, and good all around living are the goals of both."

He is a firm believer in at least eight hours of sleep and a good diet (loads up on liver pills). His favorite event is the two mile where he feels capable of 8:30 this coming track season. Ed is planning a career in teaching and coaching.

The NCAA track championships are to be held at BYU this year, a fact which Ed is admittedly not too happy about, "I greatly dislike running at high altitude against the other schools in the conference. I feel it really isn't fair as I can usually handle any good runner at sea level, yet at altitude I'm hard pressed to keep up with just average runners and can't break 4:14, 9:00 or 14:00. I am sick and tired of getting beat by guys that live at high altitude who could never beat me on my home track. I am really disappointed that the NCAA track championships are at BYU this year."



TOP MARKS IN 1974:



10.7w	Irene Obera	5-25-63
10.7w	Sonia Guss	6-10-65
10.7w	Orinthia Woodson	5-13-67

cross country and one in track (three mile). This season as Captain of the Arizona cross country squad he bagged ninth in the NCAA Championships and then representing the San Diego based

believe a 400 meter has a quarter best of only 54? "I lack natural speed; that and not enough power for hill running are possibly my weak areas and I plan to work on them in future training." As for

and instead of getting beat by guys that live at high altitude who could never beat me on my home track. I am really disappointed that the NCAA track championships are at BYU this year."

## 220 YARD DASH

22.6	Chi Cheng	7-3-70
23.0w	Una Morris (23.5m)	4-17-66
23.1m	Jackie Thompson (23.6w)	7-11-73
23.3	Mable Ferguson	6-22-73
23.5	Barbara Ferrell	6-21-69
23.4m	Kathy Hammond (23.6)	5-6-72
23.5w	Kiana Wilson (23.7)	67
23.4mw	Vilma Charlton (23.6m)	68
23.5w	Renaye Bowen (23.6)	6-9-74
23.6	Willamae Ferguson	7-3-71
23.6	Kathie Lawson	6-20-71
23.5mw	Charlette Cooke (24.2)	4-17-66
23.8	Kathy Smallwood	6-21-70
23.8	Debbie Byfield	74
23.9	Marilyn Neufville	4-28-73
23.9w	Doreen Porter (24.0)	4-25-64
24.0	Maureen Abare	6-18-72
23.8mw	Karin Lundgren (24.3)	72
24.0w	Martha Watson	5-13-73
24.0m	Shirley Wilson	7-11-64
24.0m	Shirley Lenyoun	6-17-67
24.0m	Pat D. Winslow Bank	7-30-67

## 440 YARD DASH

51.6m	Kathy Hammond (52.2)	72
51.9m	Mable Ferguson (53.7)	72
52.5	Chi Cheng	6-20-70
52.4m	Charlette Cooke (53.3)	67
52.7m	Jarvis Scott (53.4)	68
53.13m	Kathy Weston	74
53.6	Karin Lundgren	4-30-72
53.7	Janice Wiser	5-27-74
54.2	Una Morris	8-8-66
54.3	Mary Decker	6-1-74
54.5	Ann Larsson	3-26-72
54.1m	Willamae Ferguson	6-3-72
54.6	Elizabeth Randarz	3-26-72
54.7	Joan Pirie	7-3-70
55.2	Veronica Venezia	8-12-74
55.4	Debbie Byfield	74
55.5	Maureen Abare	3-26-72
55.5	Yolanda Rich	6-2-74
55.6	Jackie Thompson	5-1-69
55.6	Debbie Roberson	6-19-73



Sophomore Julie Brown, who recently led her Bruin teammates to the National AAU Cross Country Championship, broke the world record in the 3 mile run Sunday, December 8, in a special AAU sanctioned event at UCLA's Drake Stadium. Despite the prevalence of gusting Santa Ana winds, the fleet Ms. Brown covered the distance in 15:43.4, trimming 5.2 seconds off the old mark of 15:48.6, held since 1969 by Italy's Paola Pigni. UCLA women's track coach Chuck Debus felt Brown's time would have been 12 to 15 seconds faster had it not been for the hampering winds. Ms. Brown has been running track on a full-time basis for less than three years now and already owned the American 3-mile mark of 16:08.0 before claiming the world standard. Her splits for the world record were: 77, 2:37, 3:54, 5:15, 6:35, 7:55, 9:15, 10:35, 11:53, 13:13, 14:32, 14:43 as her teammates helped pace her. Clare Choate and Linda Heinmiller tied for second in 19:41.8.



### TOP MARKS IN 1974:

330 IH	-----38.9
2 Mile Relay	----- 7:56.9
Sprint Medley	----- 3:32.8
4 Mile Relay	----- 18:09
Mile Relay	----- 3:21.4
Discus	----- 195-10
High Jump	----- 6-10

# San Joaquin Valley Relays

March 29, 1975

1:30 p.m.

Lemoore High School  
Lemoore, California

\* ALL WEATHER TRACK

\* C.I.F. SANCTIONED FOR CENTRAL & SAC-JOQUIN SECTIONS

For information write:

Bob Fraley  
Track Coach  
Lemoore High School  
Lemoore, California 93245





# David Cordtz



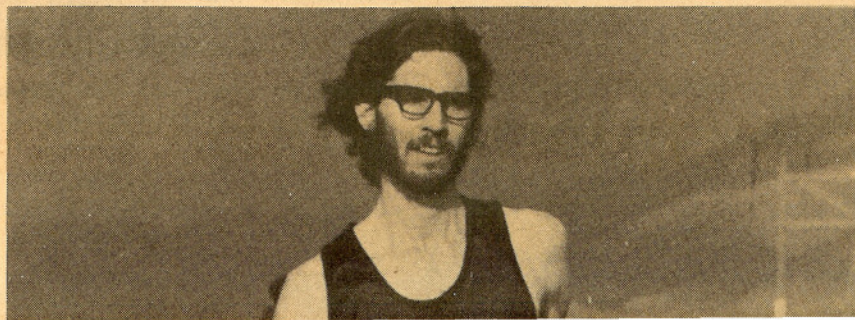
**DAVID CORDTZ:** Santa Rosa Junior College (sophomore). Age 19, 5 feet, 11 inches; 168 pounds. Born December 30, 1954 in San Diego, California. Attended La Jolla High School in San Diego.

**Best Marks:** Decathlon 6036 (11.1, 12-0, 38-0, 52.0, 15.0, 115, 11-2, 162, 5:15). Coached by Pat Ryan.

Having recently won the United States Track & Field Federation Winter Decathlon with an excellent early season 6036, it would be safe to say David Cordtz of Santa Rosa Junior College is an all-around track athlete. The problem is in finding a favorite individual event. He feels, actually, that his best event isn't even one of the ten decathlon contests. He hopes to run the intermediate hurdles this year when not participating in decathlons.

His main goal in each event is, "To give a maximum effort, relax, and have a good time." Also, adding that, "When in competition I don't spend a lot of time worrying about the event I just do it. If there is a big wind or rain, or a bad track or pit I just remember that whatever the conditions are they are the same for my competitors. I feel that track and field, especially the decathlon, is the greatest test of athletes ability—I'm challenged and excited by this.

David is working toward a secondary teaching credential with a major in physical education. He makes it a point to get ten hours of sleep every night and takes a daily dose of vitamin supplements (E, C, and B complex). As for the future, "After JC I would like to transfer to a four year college which will provide me with the opportunity to further my goals."



Monty Cartwright (College of the Canyons coach) leads at Winter Decathlon

## Steve Williams & San Diego State

Steve Williams, one of the greatest sprinters in the world quit the San Diego State University track team in October. Williams who tied the world 100 meter record of 9.9 on June 20 at UCLA in the AAU finals and equaled what was then the world 100 yard record of 9.1 at the West Coast Relays in Fresno May 12, 1973, stated the main reason for his withdrawal was an "overall difference in philosophy between Coach Dick Hill and myself. I've decided that it's not in my best interests to compete for the University. I will never again compete for State."

The 21 year old Williams indicated his decision was not a snap judgment. "I thought about it all summer. I made the final decision on a flight back from Europe." The telecommunications major will remain in school at State, however, citing three goals for his future: "I want to graduate by 1976. I want to win three gold

uncompromisable. I'm no strict disciplinarian but there are certain rules which cannot be broken.

"I don't think it's any secret to most people that behavioral problems were involved," said Hill. "Basically Steve's behavior was intolerable from an institutional as well as the NCAA's point of view. We're talking about missing practices at the lowest level on up to much more sensitive areas I don't want to go into. There are certain standards that must be maintained with any team and it's as simple as that. Whether a man is a 9.1 sprinter or a 10 flat sprinter shouldn't enter into it."

Williams has no ill feelings toward Hill and in fact has his permission to use the Aztec facility.

State's track program when just starting to gel has now dissolved somewhat as Williams wasn't the only standout to recently leave. Since the





Carl Swift, national champion walker, won Santa Barbara Marathon

West Coast Relays in Fresno May 12, 1973, stated the main reason for his withdrawal was an "overall difference in philosophy between Coach Dick Hill and myself. I've decided that it's not in my best interests to compete for the University. I will never again compete for State."

The 21 year old Williams indicated his decision was not a snap judgment. "I thought about it all summer. I made the final decision on a flight back from Europe." The telecommunications major will remain in school at State, however, citing three goals for his future: "I want to graduate by 1976. I want to win three gold medals at the Montreal Olympics. And, then I want to step into the business arena. And I can't do the last one without the sheepskin." The former UTEP student added, "Others have gone this route and succeeded, so why can't I? My dad will be paying my way to stay at San Diego State because that's where I want to get my education."

A few weeks before Steve's announcement the University indicated he would be scholastically ineligible due to incomplete grades, which Steve says he has already made up during the summer, however, the transcripts don't yet reveal it. Williams was hurt by the way the athletic office announced the scholastic deficiencies. "That killed me," he said. "I want to get back to the time when I was able to run my best and still maintain a 3.2 GPA in school. I did that in 1973 when I wasn't running for a school."

Apparently a major abrasion between Williams and Hill came last season when the team was to have photos taken on a Friday and Williams didn't show. "Some people took that to mean I was snobbish. Well, I'm not. We had a meet the next day and ever since I've been running I've refused to get near a track the day before I run. I won't even wear flats. Call it superstition or whatever, I just can't do it. I know if I get there and workout I'll start running too hard because the adrenalin is flowing even then. That's why I didn't show up."

In trying to shed some light on the situation Dick Hill, the veteran track coach who tutored Olympic champs Bob Hays, Rod Milburn and Willie Davenport, said, "Steve was going to be dismissed from the team anyway, but certainly not in this manner. It was simply a matter of him breaking certain team rules which are

institutional as well as the NCAA's point of view. We're talking about missing practices at the lowest level on up to much more sensitive areas I don't want to go into. There are certain standards that must be maintained with any team and it's as simple as that. Whether a man is a 9.1 sprinter or a 10 flat sprinter shouldn't enter into it."

Williams has no ill feelings toward Hill and in fact has his permission to use the Aztec facility.

State's track program when just starting to gel has now dissolved somewhat as Williams wasn't the only standout to recently leave. Since the beginning of last track season there has been an exodus of track talent. First William Dabney, the New York state cross country champion and a 1:50.8 880 runner enrolled and then quickly disappeared to enter an Eastern university. More recently, Tom Lux, a versatile distance man from Grossmont College, transferred to University of Oregon. Donald Tyler, a San Diego Lincoln High graduate who turned 440 yards in 47.5 dropped out of school. Long jumper-high jumper Alex Ray bid adieu to State following his freshman year to transfer to a college near his Houston home. James Redd, school 440 record holder at 46.4, will be out all season while making up grades.

All is not bleak for San Diego State as Harold Williams, PCAA 220 champ and 9.4 sprinter, is returning as is 51.6 intermediate hurdler Garry Greene. The Aztecs, who have been terribly weak in the weight events the past two years, now look competitive with shot putters Mark Stevens (56-0), Steve Parisen (53-1) and Brad Davis (51-0). Also Jean Beaudry has a 49-3 best in the shot and 142-1 in the discus while Dick Comber comes in with a 164-0 toss.

Middle distance men Quentin Wheeler and Odie Huffman are frosh from New Shrewsbury, N.J., and ran legs on the nation's fastest prep sprint medley relay team. Wheeler has a best of 52.8 in the 440 IH and 13.8 in the 120 highs while Huffman has run the 880 in 1:51.8. Sprinters Brain Donohue (48.9), Quinard McDonald (48.8) and Donald Moore (9.9, 21.8, 48.2) are incoming Californians. Top distance newcomer is Mike Avrea who ran a 4:09.0 mile and 9:05.8 two mile at El Camino last year.



Somis, September 7 -- Somis Ten Mile

1. Marvin Rowley (CCAC)	57:30
2. Gary Dobrenz (CCAC)	58:13
3. Steve Broten (STC)	59:18
4. Tom Howell (SBAA)	59:19
5. James Perez (GWAA)	59:47
6. Jerry Hedges (STC)	60:51
7. Stan Rosenfield (SLDC)	60:51
8. Tom Edwards (Un) 1st HS	61:13
9. Henry Guevara	62:18
10. Joseph Dabill	62:35
15. Richard Davies (CCAC) 1st 50+	72:53

/John Brennand/

SPA-AAU 50 Mile Championships, 9-14-74.

1. Joe Burgasser (36, STC)	6:04:39
2. Andrew Levinson	6:09:41
3. Truman Clark	6:21:04
4. Bennet Lundquist	6:32:57
5. Eileen Waters	6:55:27
6. Donna Gookin	7:12:51
7. Warren Smith	7:16:32
8. Del Linam (42, CCAC)	7:28:59
9. Jack Lee	8:11:19
10. Tom Bassler (42, Un)	11:24:19

/John Brennand/

Santa Barbara, October 25 -- Santa BarbaraCity College Cross Country Invitational atShoreline Park, 4.0 Miles:

1. Haake (SBCC)	21:09
2. Burns (Canyons)	21:10
3. Cusick (Canyons)	21:18
4. Martinez (Canyons)	21:23
5. Castellanos (Trade Tech)	21:31
6. Barajas (Palomar)	21:34
7. Hampion (Antelope Vly)	21:47
8. Tracey (Canyons)	21:54
9. Olsen (Ventura)	22:03
10. Grubbs (Canyons)	22:04
College of the Canyons 27, Palomar 64, Antelope Valley 104, Santa Barbara 124, Reedley 127, Ventura 130, Los Angeles Trade Tech 140, Canyons "B" 175, Allan Hancock "B" 239	

Glendale, October 19 -- Days of Verdugo Run.10.0 miles.

1. John Loeschhorn	53:15
2. Bill Scobey (29, Un)	53:21
3. Pat Miller (23, CCAC)	55:58
4. Bob Arce	57:59
5. Skip Shaffer (36, CCAC)	58:01
6. Stefe Broten (22, STC)	58:02
7. Richard West	59:26
8. John Pagliano (35, GWAA)	59:50
9. Les Caldera (22, Un)	60:21
10. Ric Walker	60:50
11. Tom Cory (28, GPAC)	60:51
12. Vernon Matsukawa	61:08
13. Dennis Stansauk	61:37
14. Aurelio Camacho (43, STC) 1-40+	61:48
15. Frank Freyne (34, CCAC)	62:21
61 finishers	

/John Brennand/

Belmont, Hallmark Course, October 26 -- PAAAUBoys Cross Country Championships.9 & under 1 mile:

1. John Latting (PH)	6:22
2. Bob Cambron (RCF)	6:37
3. Gannon Myall (SC)	6:38
4. David McFadden (Jr)	6:38

Belmont, Hallmark Course, October 26 -- PAAAUGirl's Cross Country Championships.9 & under 1 mile:

1. Jeani Fuller (SJS)	6:39
2. Michele Miller (APP)	7:03
3. Laura Carney (CUP)	7:04
4. Janice Bain (WS)	7:11
5. Stacey Treadgill (APP)	7:15
6. Gina Miller (SAL)	7:17
7. Meredith Smith (SAL)	7:19
8. Kim Salinas (APP)	7:24
9. Cindy Drieg (RCF)	7:25
10. Pauline Vasquez (APP)	7:30

Team scores: Appaloua 41, Salinas 74, Cupertino 88, Roseville A 108, Roseville B 242.

10 & 11 1.5 miles:

1. Mary Etta Boitano (Un)	9:03
2. Sandy Beauchamp (WS)	9:13
3. Sherry Grijolva (SAL)	9:20
4. Tammee Grye (SJS)	9:22
5. Carol Gleason (CUP)	9:28
6. Georgette Harris (APP)	9:32
7. Tiffany Choy (SAL)	9:34
8. Suzette McKeen (SJS)	9:35
9. Heather Johnson (CUP)	9:43
10. Danelle Hopkins (OTC)	9:49

Team scores:

Cupertino 79, Roseville A 107, S. Lake Tahoe

123, Salinas 125, Appaloosa 196.

12 & 13 2 miles:

1. Karen Bain (WS)	11:21
2. Marquita Belk (SJS)	11:25
3. Jeanette Allred (SJS)	11:25
4. Roxanne Bier (APP)	11:43
5. Vickie Bray (APP)	11:51
6. Michelle McKeen (SJS)	11:52
7. Tracy Miller (SJS)	11:58
8. Sandra Warner (SJS)	11:59
9. Holly Himenes (Un)	12:01
10. Kelly Hintz (CUP)	12:02

Team scores: San Juan Striders 43, Wills Spikes 72, San Jose A 96, Salinas 139, Cupertino 140, Redwood City Flyers 150.

14-17 2.5 miles:

1. Kathy Adams (WS)	15:04
2. Dominique Carron (MILL)	15:24
3. Estella Guina (SJC)	15:34
4. Lisa Greenberg (SJC)	15:48
5. Arleen Mears (SJC)	15:55
6. Pam Bowers (SJC)	15:56
7. Ann Trason (SAL)	15:58
8. Loretta Simmons (RCF)	16:03
9. Holly Morr (WS)	16:08
10. Ronell Powell (SJC)	16:10

Team scores: San Jose A 47, Redwood City

Flyers 80, San Jose B 94, San Juan Striders

117, San Jose C 152. /N. Sakelarios/

Long Beach, October 27 -- Marathon Prep 16.2 miles.

1. Ron Pryor	1:20:46
2. Bill Scobey (29, Un)	1:21:46
3. Ray Hughes (35, SCS)	1:24:58
4. Ron Kurrle (26, PCC)	1:25:25
5. Pat Miller (23, CCAC)	1:25:55
6. Carlson	1:26:29
7. Marvin Rowley (34, CCAC)	1:26:47
8. Skip Shaffer (36, CCAC)	1:27:53
9. Bob Arce	1:29:33
10. Graham Parnell 1-40+	1:29:40
11. Jim Arquilla (23, Un)	1:29:52
12. Jeff Rawlings	1:29:54
13. Steve Broten (22, STC)	1:31:09
14. Howard	1:31:23
15. John Pagliano (35, GWAA)	1:31:37
45. Jacki Hansen (25, SFVTC) 1-W	1:38:58
141 finishers	

/John Brennand/

## RESULTS--



Ralph Serna(left) leads Southern Section CIF AAAA

Pebble Beach, November 2 -- Seventh Annual Peninsula Invitational Cross Country --Varsity

1. Ken McBride (Half Moon Bay)	13:15
2. Rick Hill (Half Moon Bay)	13:20
3. Mark Quinn (Aptos)	13:21
4. Steve Watkins (Pacific Grove)	13:23
5. Jay Marlowe (Gilroy)	13:24
6. DeWayne Little (Seaside)	13:28
7. Greg Wardwell (Salinas High)	13:29
8. Richard Green (N. Salinas High)	13:30
9. Phil Adams (Pacific Grove)	13:34
10. Allen Sandretti (Santa Cruz)	13:35
11. Chuck Arnold (Half Moon Bay)	13:36
12. Paul Anda (Salinas High)	13:37
13. Danny Magno (Seaside)	13:39
14. Ruben Gonzalez (Aptos)	13:39
15. Robert Bourret (Harbor)	13:40
H.M.B. 58, P.G. 72, Salinas 79, Aptos 106, Seaside 124, Live Oak 225, Monterey 235, Alisal 254	

Ridgecrest, November 2 -- 10 Kilometer Road Race

Open Division:	
1. Marvin Rowley	32:16
2. Skip Shaffer	32:50
3. Paul Tjagas	33:54
4. R. S. Hughes	34:13
5. Frank Freyne	34:35
6. Bill Peck	34:40
7. Bill Hammer	35:01
8. Ed Field	35:43
9. Donald Boulanger	36:14
10. Eric Kajiwaru	37:52
30-39 Division:	
1. Norman Rodewald	39:46
40-49 Division:	





4. Bob Arce	58:58
5. Skip Shaffer (36, CCAC)	58:01
6. Stefe Broten (22, STC)	58:02
7. Richard West	59:28
8. John Pagliano (35, GWAA)	59:50
9. Les Caldera (22, Un)	60:21
10. Ric Walker	60:50
11. Tom Cory (28, GPAC)	60:51
12. Vernon Matsukawa	61:08
13. Dennis Stansauk	61:37
14. Aurelio Camacho (43, STC) 1-40+	61:48
15. Frank Freyne (34, CCAC)	62:21
61 finishers	/John Brennand/

Belmont, Hallmark Course, October 26 - PAAAA  
Boys Cross Country Championships.

9 & under 1 mile:	
1. John Latting (PH)	6:22
2. Bob Cambron (RCF)	6:37
3. Gannon Myall (SC)	6:38
4. David McFadden (Un)	6:40
5. David Lekander (SAL)	6:46

10 & 11 1.5 miles:	
1. Wendell Sells (SAL)	8:32
2. Nick Sakelarios (RCF)	8:34
3. Tom Owen (Un)	8:40
4. Jim Scantlin (SAL)	8:44
5. Don Aviles (RCF)	8:47

12 & 13 2 miles:	
1. Ray Eddy (SJS)	10:47
2. Bob Kadie (SJS)	10:57
3. Mike Boitano (Un)	11:08
4. Steve Burke (SAL)	11:09
5. Tim Sutherland (SJS)	11:15

14 & 15 2.5 miles:	
1. Chris Otis (SJS)	13:56
2. Chuck Himenes (Un)	14:40
3. Tom Gracyar (Un)	14:44
4. Tom Lucas (Un)	15:07
5. Jon Valerga (PH)	15:51

/Nick Sakelarios/

117, San Jose C 152. /N. Sakelarios/

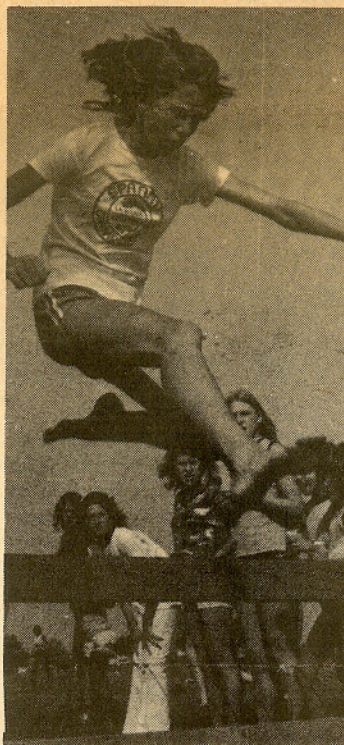
Long Beach, October 27 - Marathon Prep 16.2 miles.

1. Ron Pryor	1:20:46
2. Bill Scobey (29, Un)	1:21:46
3. Ray Hughes (35, SCS)	1:24:58
4. Ron Kurrle (26, PCC)	1:25:25
5. Pat Miller (23, CCAC)	1:25:55
6. Carlson	1:26:29
7. Marvin Rowley (34, CCAC)	1:26:47
8. Skip Shaffer (36, CCAC)	1:27:53
9. Bob Arce	1:29:33
10. Graham Parnell 1-40+	1:29:40
11. Jim Arquilla (23, Un)	1:29:52
12. Jeff Rawlings	1:29:54
13. Steve Broten (22, STC)	1:31:09
14. Howard	1:31:23
15. John Pagliano (35, GWAA)	1:31:37
45. Jacki Hansen (25, SFVTC) 1-W	1:38:58
141 finishers	/John Brennand/

La Mirada, November 2 - Biola Invitational

5.0 miles.	
1. Domingo Tibaduiza (Nevada)	24:15
2. Peter Fredriksson (USIU)	24:44
3. Anders Gardeborn (USIU)	24:48
4. Kent Norton (Fullerton)	24:50
5. Lou Patterson (Southern Cal Col)	24:51
6. Bruce Johnson (Southern Cal Col)	24:52
7. Hans Menet (Nevada)	24:56
8. Ed Chadez (Northridge)	24:57
9. Ben DeLaGarza (Nevada)	24:59
10. Tom Wysocki (Nevada)	25:04
Team Scores: United States International Univ.	
47, University of Nevada (Reno) 48, Cal State Northridge 85, Southern California College 90, Cal State Fullerton 120, UC Irvine 120, Azusa 246, Cal Lutheran 259, San Diego State 293, Cal State Los Angeles 297, Cal Poly (Pom) 308, Westmont 310, UC Riverside 318, University of Nevada (Las Vegas) 334, Biola 370, Chapman 465.	
	/Noel Montrucchio/

Ralph Serna (left) leads Southern Section CIF AAAA



Ridgecrest, November 2 -- 10 Kilometer Road Race

Open Division:	
1. Marvin Rowley	32:16
2. Skip Shaffer	32:50
3. Paul Tjagas	33:54
4. R. S. Hughes	34:13
5. Frank Freyne	34:35
6. Bill Peck	34:40
7. Bill Hammer	35:01
8. Ed Field	35:43
9. Donald Boulanger	36:14
10. Eric Kajiwara	37:52
30-39 Division:	
1. Norman Rodewald	39:46
40-49 Division:	
1. John Anderson	38:19
Over 50:	
1. Eddie Halpin	39:31
Women's Division:	
1. Joyce Rowley	42:34

/Dick Hughes/

Leigh High School, October 26 - Blossom Hill Challenge, 3.0 tough miles.

1. Harnett (Sorra)	17:48
2. Quinn (Aptos)	17:52
3. Smith (Newark)	18:00
4. Magon (Fremont)	18:01
5. Stonum (Home)	18:02
6. Alvarado (Lick)	18:03
7. Salazar (Lick)	18:07
8. Fernandez (Home)	18:09
9. Galaski (Leigh)	18:10
10. Wardwell (Sal)	18:17
Team scores: Lick 78, Serra 81, Leigh 105, Homestead 108, Newark 139, Wilcox 208, Sunnyvale 223, Aptos 244, S. San Francisco 256, Washington 291, Wetmore 291, Piedmont 298, Fremont 329.	
	/Homer Latimer/

San Jose, November 2 - 2 mile postal race

1. Kissin (SR)	9:02.0
2. Curran (LA)	9:03
3. Holmes (DO)	9:08
4. Fritzke (LE)	9:09
5. Kingery (SC)	9:12
6. Barnett (HSD)	9:18
7. Montenegro (LNC)	9:18
8. Feenstra (JE)	9:19
9. Salet (MPS)	9:26
10. Minoz (WAT)	9:27
11. Mangan (FR)	9:27
12. Cavazos (MER)	9:28
13. Gagen (EC)	9:29
14. Huldard (LYN)	9:32
15. Cochran (LYN)	9:32

/Homer Latimer/

San Jose, November 9 - 3 Mile Postal Race.

1. Kingery (San Carlos)	14:11
2. Fritzke (Leigh)	14:16
3. Barnett (Hillsdale)	14:23
4. Paulin (Camden)	14:42
5. Curran (Los Altos)	14:42
6. Baudendisk (Highland, Sac)	14:47
7. Aver (Branham)	14:59
8. Hull (Menlo-Atherton)	15:01
9. Munoz (Watsonville)	15:03
10. Skeeland (Camden)	15:05

/Homer Latimer/

Pebble Beach, November 2 -- Seventh Annual Peninsula Invitational Cross Country --Varsity

1. Ken McBride (Half Moon Bay)	13:15
2. Rick Hill (Half Moon Bay)	13:20
3. Mark Quinn (Aptos)	13:21
4. Steve Watkins (Pacific Grove)	13:23
5. Jay Marlowe (Gilroy)	13:24
6. DeWayne Little (Seaside)	13:28
7. Greg Wardwell (Salinas High)	13:29
8. Richard Green (N. Salinas High)	13:30
9. Phil Adams (Pacific Grove)	13:34
10. Allen Sandretti (Santa Cruz)	13:35
11. Chuck Arnold (Half Moon Bay)	13:36
12. Paul Anda (Salinas High)	13:37
13. Danny Magno (Seaside)	13:39
14. Ruben Gonzalez (Aptos)	13:39
15. Robert Bourret (Harbor)	13:40
H.M.B. 58, P.G. 72, Salinas 79, Aptos 106, Seaside 124, Live Oak 225, Monterey 235, Alisal 254	

SPA-AAU Boys Age Group Cross Country Championships. November 3.

9 and under 1 mile:	
1. Ralph Salcido (OCBA)	6:10
2. Bob Cambron (RCF)	6:23
3. Richard Vasquez (STC)	6:24
4. Gannon Myall (SC)	6:27
5. Pat Collins (STC)	6:27
Teams: Salinas TC 43, Orange County Blue Angels 74, Redwood City Striders 108.	
10-11 1.5 mile:	
1. Mike Assumma (RRR)	9:02
2. Wendell Sells (STC)	9:11
3. David Trusel (RRR)	9:15
4. Jim Scattini (STC)	9:19
5. Don Aviles (RCF)	9:22
Teams: Rialto Road Runners 30, Salinas Track Club 65, Redwood City Flyers 68, El Centro Suns 139.	

12-13 2.0 miles:	
1. Frank Assumma (RRR)	10:39
2. Chuck Assumma (RRR)	10:39
3. Ray Eddy (SJS)	11:00
4. Phil Shirley (RRR)	11:00
5. Ray Cook (RRR)	11:31
Teams: Rialto Road Runners 23, Blue Angels 58, San Juan Striders 70, Salinas TC 121.	

14-15 2.5 mile:	
1. Criss Otis (SJS)	14:15
2. Chuck Himenes (RCS)	14:19
3. Danny Martinez (RCS)	14:34
4. Burt Shirley (RRR)	14:37
5. Brian Davis (SDTC)	15:21

Teams: Rialto Road Runners 52	
Men's Open 10 kilo:	
1. Jim Murphy (SMTTC)	35:44
2. Randy Kilpatrick (SMTTC)	35:45
3. Steve Kent (SMTTC)	35:47
4. Michael Harrie (RRR)	36:22
5. Gill Eiler (Un)	36:44
Teams: Santa Monica TC 25	

Bakersfield, November 8 -- South Area Girl's Qualifying Meet, High School, 1.5 Mile

1. Meric, M. (G)	9:10
2. Alderete, C. (South)	9:13
3. Oldfield, L. (North)	9:30
4. Muller, M. (West)	9:34
5. Estrada, C. (South)	9:40
6. Lopez, H. (D)	9:43
7. Hagopian, L. (Highland)	9:53
8. Duran, Stephanie (BHS)	9:59
9. Zuniga, K. (South)	10:03
10. Duran, Sylvia (BHS)	10:05
South 10, BHS 20, Highland 25, North 29	



OFF AND RUNNING AT SPA-AAU 15 KILOMETER CHAMPIONSHIP

PAULA ROSE wins Blue Angel Run

Heller Park, San Jose, November 3 - PAAAA  
14 & 15 and Women's Cross Country Champs.

14 & 15:	
1. Ann Trayson (SVTC)	20:09
2. Pam Bowers (SJC)	20:27
3. Lisa Greenberg (SJC)	20:36
4. Chris Sakelarios (RCF)	20:51
5. Karen Nachbar (WS)	20:57
6. Ronell Powell (SJC)	21:04
7. Penny Reneau (BRR)	21:17
8. Renay Wolfe (RCF)	21:27
9. Karen VanTassel (SJS)	21:39
10. Shaun Seibel (SJS)	21:46
Team scores: SJC 47, SJS 71, RCF 78, SJC-B 124, MLTC 133.	
Women's Division:	
1. Judy Graham (SJC)	21:21
2. Dominique Carron (ML)	22:06
3. Phyllis Olrich (WVTC)	22:09
4. Teri Anderson (SJC)	22:13
5. Cyndy Poor (SJC)	22:26
6. Estella Guina (SJC)	22:39
7. Sue Neary (SC)	22:53
8. Val Eberly (SJC)	22:59
9. Arleen Mears (SJC)	23:01
10. Debbie Finn (Un)	23:09
Team scores: SJC A 24, WVTC 81, SJC B 88.	



Southern Pacific Association Girl's and Women'sCross Country Championships, November 3

Girl's 9 & under 1 Mile:	
1. Sandra Katzer (LBC)	6:10
2. Kathy Kiernan (BA)	6:10
3. Kim Tanabe (BA)	6:22
4. Kendall Anno (OCT)	6:41
5. Kerri Vanderschuit (BA)	6:45
6. Andrea Rolfe (LBC)	6:48
7. Cayina Quezada (SCC)	6:48
8. Theresa Maestas (RRR)	6:51
9. Paulette Willin (LBC)	6:53
10. Robbin Reece (LBC)	6:53

Girl's 10 & 11 1.5 Mile:	
1. Andrea Kirkorn (BA)	9:25
2. Kelly Cerda (Un)	9:32
3. Vicki Cook (RRR)	9:40
4. Danielle Mojica (SCC)	9:43
5. Kristi Wilson (BA)	9:47
6. Tracey Hughes (Un)	9:51
7. Sharon Hatfield (BA)	9:52
8. Kiki Lantry (Un)	9:52
9. Wendy Bigham (RRR)	9:56
10. Jane Wintermute (SCC)	9:58

Girl's 12 & 13 2 Mile:	
1. Paula Rose (BA)	11:15
2. Corrine Nunez (RRR)	11:30
3. Penny Bridges (RRR)	11:51
4. Shelly Waters (SCC)	11:53
5. Suzanne Keith (RRR)	11:56
6. Mari Gibbs (LI)	12:00
7. Diane Esslinger (Soc)	12:00
8. Donna Sanchez (RRR)	12:05
9. Barney Carral (SCC)	12:09
10. Alicia Kirkorn (BA)	12:10

Girl's 14 & 15 2.5 Mile:	
1. Marsha Pierce (LMM)	15:42
2. Virginia Lantry (Un)	16:32
3. Lou Mac Kaye (OVTC)	16:45
4. Jami Bowen (LI)	17:05
5. Jacki Duran (OVTC)	17:14
6. Teryl Shott (OVTC)	17:20
7. Roma Antoniewicz (LATC)	17:33
8. Lisa Davis (BA)	17:37
9. Anna Malloy (BA)	17:49
10. Lauri Mullins (LATC)	18:11

Girl's 14-17 2.5 Mile:	
1. Debra Johnson (RRR)	15:05
2. Linda McQuarrie (LBC)	15:18
3. Becky Wolfenbarger (SCC)	15:31
4. Doreen Assumma (RRR)	15:33
5. Laurie Jewell (LBC)	15:39
6. Janet Waterbury (OCT)	15:41
7. Christina Troffer (GGTC)	15:57
8. Kathy Jewell (LBC)	16:02
9. Marie Albert (RRR)	16:04
10. Linda Brodock (RRR)	16:07

Women's 14 & Over 3 Mile:	
1. Julie Brown (UCLA)	17:45
2. Clare Choate (UCLA)	18:09
3. Kate Keyes (UCLA)	18:36
4. Jacqueline Hansen (SFV)	18:52
5. Teri Johnson (UCLA)	19:09
6. Pam Jewell (LBC)	19:11
7. Maria Stearns (UCLA)	19:31
8. Linda Heinmiller (UCLA)	19:40
9. Dale Raymond (UCLA)	19:52
10. Judy Ikenberry (RRR)	20:02

Women's 30 & Over Masters 3.0 Mile:	
1. Carol Honeywell (RRR)	22:58
2. Marilyn Cobb (RRR)	24:03
3. Barbara Melvin (BA)	25:55

TEAM SCORES:  
9 & Under: Long Beach Comets 42, Blue Angels 45, Rialto Road Runners 68

10-11: Blue Angels 43, Rialto Road Runners 52, So. Calif. Cheetahs 131, So. Bay Striders 140, Ventura Girls T.C. 193, Long Beach Comets 204  
12-13: Rialto Road Runners 29, So. Calif. Cheetahs 52, Blue Angels 113, Rialto Road Runners "B" 156, So. Bay Striders 176, Long Beach Comets 193, So. Calif. Cheetahs 131, So. Bay Striders 140, Ventura Girls T.C. 193, Long Beach Comets 204

Fresno, November 9 -- Valley ConferenceCross Country Championship Meet, Woodward Park, 4.0 mile

1. Tony Ramirez (FCC)	19:42
2. Henry Perez (Delta)	19:48
3. Mike Garrett (Cosums)	19:56
4. Roger Casillas (Delta)	19:59
5. Rich Van Slyke (Delta)	20:01
6. Ned Baird (FCC)	20:11
7. Jim Howard (Cosums)	20:18
8. Adam Ferreira (AR)	20:20
9. Gary Singer (Delta)	20:25
10. Gary Green (AR)	20:31
11. Mart Higgenbottom (COS)	20:35
12. Mark Payne (AR)	20:40
13. Bob Laux (Modesto)	20:42
14. Martin Qualle (Modesto)	20:43
15. Roger Star Dahl (Sac)	20:45

San Joaquin Delta 40, American River 67, Fresno City College 77, Cosumnes River 116, Sacramento City 121, College of the Sequoias 163, Modesto City 140, Reedley College 205  
/Bob Fries/

Arcata, November 9 -- Far Western CrossCountry @ Humboldt State, 5.3 Miles

1. Matt Yeo (Davis)	26:33
2. Suzanne Keith (RRR)	26:37
3. Vian Collier (Humb)	26:46
4. Conrad Lowry (Humb)	26:49
5. Jim Emme (Davis)	26:55
6. Barry Anderson (Humb)	26:56
7. Tom Brown (Chico)	26:58
8. Peter Sweeney (Davis)	26:59
9. Jon Sheehan (Davis)	27:00
10. Kevin Furey (Sac)	27:07
11. Pat Finn (Chico)	27:08
12. Greg Griffin (Chico)	27:16
13. Mark Dulaney (Humb)	27:17
14. Ed Schelegle (Davis)	27:23
15. Tony Ruggie (Chico)	27:25
16. Bob Bunnell (Humb)	27:27
17. Darrell Fitzgerald (Humb)	27:36
18. Tim Stone (Chico)	27:39
19. Angelo Martinez (Davis)	27:42
20. Joe Taxisera (Davis)	27:54

Humboldt State 28, UC Davis 37, CSU Chico 63, CSU Sacramento 110, SF State Univ 148, CSU Hayward 168  
/Jim Hunt/

La Mirada, November 9 - NAIA District IIIChampionships, 5.0 miles.

1. Peter Fredriksson (USIU)	25:09
2. Lou Patterson (S. Cal Coll)	25:20
3. Anders Gardeborn (USIU)	25:25
4. Bruce Johnson (S. Cal Coll)	25:27
5. Steve Brooks (Stanislaus St.)	25:30
6. Kris Larnmark (USIU)	25:39
7. Mark Odum (Azusa)	24:47
8. Walt Hitt (S. Cal Coll)	25:49
9. Russ Jones (USIU)	25:54
10. Randy Spotts (Redlands)	25:58
11. Greg Griffin (Cal Tech)	26:08
12. Carl Swift (Azusa)	26:12
13. Steve Balfour (Biola)	26:21
14. Roger Davis (S. Cal Coll)	26:23
15. Jeff Matthews (USIU)	26:29
16. Darrel Cox (Fresno Pacific)	26:33
17. Wilbur Webster (Cal Lutheran)	26:37
18. Roy Buchanan (Azusa)	26:39
19. Cliff Cole (Westmont)	26:48
20. Bill Bowie (Pomona)	26:48

Team Scores: United States International Univ. 34, Southern California College 66, Azusa Pacific 103, Pomona-Pitzer 125, Fresno Pacific 135, Cal Lutheran 150, Stanislaus State 170, Claremont-Mudd 222, Redlands 231, Cal Tech 244, Azusa Pacific 103, Pomona-Pitzer 125, Fresno Pacific 135, Cal Lutheran 150, Stanislaus State 170, Claremont-Mudd 222, Redlands 231, Cal Tech 244

## CALIFORNIA TRACK NEWS

San Diego, November 10 - California State Girl'sand Women's cross country championships

9 & under 1.19 miles:	
1. Kathy Kiernan (BA)	7:02
2. Jeani Fuller (SJSU)	7:15
3. Sandra Katzer (LBC)	7:18
4. Kim Tanabe (BA)	7:26
5. Lisa Jewitt (RRR)	7:29
6. Laura Carney (CY)	7:37
7. Anna Kendall (OC)	7:38
8. Meredith Smith (SVTC)	7:39
9. Kerry Vanderschuit (BA)	7:42
10. Michele Miller (ATC)	7:42
64 finishers	
10 & 11 1.61 miles:	
1. Mary Etta Boitano (Un)	9:22
2. Danielle Mojaka (SCC)	9:29
3. Vickie Cook (RRR)	9:32
4. Kiki Lantry (Un)	9:34
5. Sandy Beauchamp (WS)	9:37
6. Kristi Wilson (BA)	9:39
7. Lenell Waskow (RRR)	9:42
8. Angela Johnaon (RRR)	9:47
9. Cimi Ruderman (RRR)	9:49
10. Tracy Waterbury (OCTC)	9:49

82 finishers12 & 13 1.94 miles:

1. Paula Rose (BA)	10:36
2. Suzanne Keith (RRR)	10:42
3. Corrine Nunez (RRR)	10:51
4. Karen Bain (WS)	11:00
5. Shelly Waters (SCC)	11:04
6. Donna Sanchez (RRR)	11:08
7. Roxanne Bier (ATC)	11:08
8. Becky Villavazso (RRR)	11:10
9. Penny Bridges (RRR)	11:16
10. Diane Esslinger (SCC)	11:16
104 finishers	
14 & 15 2.57 miles:	
1. Kathy Adams (WS)	14:59
2. Ann Trayson (SVTC)	15:32
3. Karen Parish (BA)	15:37
4. Marcia Pierce (LMM)	15:43
5. Karen Nachbar (WS)	16:13
6. Lou Mackaye (OVTC)	16:16
7. Jami Bowen (LITC)	16:19
8. Shaun Seibel (SJTC)	16:20
9. Karen Van Tassel (SJSU)	16:28
10. Penny Rneau (RRR)	16:30

30 finishers14 - 17 2.57 miles:

1. Debra Johnson (RRR)	14:39
2. Linda McQuarrie (LBC)	15:01
3. Doreen Assumma (RRR)	15:14
4. Becky Wolfenbarger (SCC)	15:24
5. Lynne Miller (Un)	15:25
6. Janet Waterbury (OCTC)	15:27
7. Carol Flournoy (SCC)	15:28
8. Marie Albert (RRR)	15:36
9. Holly Morr (WS)	15:46
10. Teresa Caudillo (LBC)	15:52

22 finishersWomen 3.08 miles:

1. Julie Brown (UCLA)	16:39
2. Francie Larrieu (UCLA)	16:48
3. Clare Choate (UCLA)	17:07
4. Jackie Hansen (BHS)	17:28
5. Cheryl Bridges (LATC)	17:29
6. Kate Keyes (UCLA)	17:47
7. Nadia Garcia (San Diego TC)	17:51
8. Teri Anderson (SJC)	17:59
9. Eileen Clausus (WS)	18:00
10. Teri Johnson (UCLA)	18:17

46 finishersTeam Scores: 9 & Under: Rialto Roadrunners 87,

Long Beach Comets 95, Blue Angels 96, Appaloosa Track Club 106, Salinas Valley TC 119, Cupertino Yearlings 152, 10 & 11: Rialto Roadrunners A 44, Southern Cal Cheetahs A 125, Rialto Roadrunners B 167, Blue Angels A 129, Cupertino Yearlings 202, South Bay Striders 232, Roseville

Monterey, November 15 -- Northern CaliforniaCross Country Championship, Polo Grounds,17 mile drive, 4.0 Mile:

1. Henry Perez (Delta)	19:03
2. Matt Sommer (W. Val)	19:12
3. Tony Ramirez (FCC)	19:16
4. Ted Quintana (Chabot)	19:19
5. Gary Green (AR)	19:20
6. Rich Van Slyke (Delta)	19:22
7. Roger Casillas (Delta)	19:25
8. Ned Baird (FCC)	19:34
9. Craig Sullivan (W. Val)	19:38
10. Roger Padilla (Chabot)	19:39
11. Rich Candless (W. Val)	19:39
12. Mike Emry (Diab. Vly)	19:41
13. Artie Rios (W. Val)	19:45
14. Mark Payne (AR)	19:45
15. Alex Aguilar (San Jose)	19:46

San Joaquin Delta 53, West Valley 66, San Jose City 100, American River 111, Fresno City Rams 125, Chabot College 149, Sacto City 212, College of Marin 233, College of San Mateo 233, Diablo Valley 243, Santa Rosa College 288, San Francisco City 350  
/Bob Fries/

Fresno, November 15 - Fresno City Junior High Cionships, Woodward Park.Girl's Division 2.0 miles:

1. Becky Kamps (Hamilton)	13:15
2. Sherri Mc Bee (Hamilton)	13:34
3. Chris Grieco (Ahwahnee)	13:45
7th Grade Boys 2.0 miles:	
1. Jim Snoll (Tenaya)	11:19
2. Felipe Rodriguez (Wawona)	11:24
3. John Hutchins (Hamilton)	11:27
8th Grade Boys 2.0 miles	
1. Brad Nielsen (Ahwahnee)	10:09
2. Scott Thornton (Ahwahnee)	10:14
3. Russell Riddell (Ft. Miller)	10:46
9th Grade Boys:	
1. Mike Castillo (Tioga)	10:19
2. Steve McDannald (Ahwahnee)	10:20
3. Eric Little (Ahwahnee)	10:26

/Joe Herzog/

Colfax, November 16 -- Colfax 10 MileCollege:

1. Bruce Williams	55:31
2. Richard Ellis	56:44
3. Steve Williams	56:54

Open:

1. Terry Ybarra	55:13
2. G. Hernandez	55:29
3. Michael Buzbee	56:22
4. Mike Dagg	56:25
5. Patrick Buzbee	56:27
6. Kevin Christensen	56:56
7. Ronald Prouty	56:57
8. Jim Williams	58:38
9. Rick Bowen	58:59
10. Walt Schafer	59:13

/Pete Hanson/

Palo Alto, November 16 -- Pacific 8 Champion-ships Cross Country #7, Stanford UniversityGolf Course, 6 miles

1. John Ngeno (WSU)	27:37
2. Terry Williams (O)	27:58
3. Josh Kimeto (WSU)	28:01
4. Dave Taylor (O)	28:03
5. Guy Arbogast (WSU)	28:34
6. Randy Brown (OSU)	28:37
7. Jose Amaya (OSU)	28:39
8. Gary Barger (O)	28:44
9. Dan Murphy (WSU)	28:46
10. Gordon Innes (UCLA)	28:48
11. Jack Bellah (STAN)	28:53
12. Juan Garcia (WSU)	28:55
13. Tony Sandoval (STAN)	28:57

Belmont (Crystal Springs Course), November 16AAU Tuneup Meet, 10,000 meters.

1. Domingo Tibaduiza (Nevada TC)	31:54
2. Bill Clark (West Valley TC)	32:04
3. Ron Zarate (Nevada TC)	32:22
4. Jim Birnbaum (West Valley TC)	32:36
5. Skyler Jones (West Valley TC)	32:46
6. Ben DeLa Garza (Nevada TC)	32:48
7. Jim Dare (West Valley TC)	32:52
8. Jim Nuccio (West Valley TC)	32:53
9. Chris DeFazio (Six Rivers RC)	33:02
10. Alvaro Mejia (West Valley TC)	33:31
11. George Stewart (West Valley TC)	33:56
12. Charlie Harris (West Valley TC)	34:06
13. Bob Bunnell (Humboldt St)	34:14
14. Bill Seaver (West Valley TC)	34:22
15. Tony Munoz (Cabrillo TC)	34:26

/Jack Leydig/

Long Beach, November 17 -- California ClubCross Country Championships, El Dorado Park,10 Kilometers:

1. Dale Fleet (Jamul Toads)	31:07
2. Phil Ryan (Golden West)	31:08
3. Dave Harper (Jamul Toads)	31:11
4. Jerry Swartz (SMTTC)	31:35
5. Harvey (SMTTC)	31:37
6. Mark Malu (Jamul Toads)	31:53
7. Ed Haver (AIA)	32:03
8. Darren George (AIA)	32:03
9. Todd Ferguson (AIA)	32:23
10. Don Riggs (AIA)	32:25
11. Bob Price (AIA)	32:35
12. Randy Kilpatrick (SMTTC)	32:45
13. Terry Valentine (AIA)	32:50
46 Starters	

Athletes in Action 40, Jamul Toads 43, Santa Monica Track Club 55, U.S.M.C. 79, SDTC 112, SMTTC "B" 136.  
/Tom Cory/

Foothill College, November 17 -- First AnnualDog Food Run, 6.0 Miles:

1. Carl Martin (11 Handicap)	40:36
2. Sharon Furtado (15)	40:44
3. Vicky Bray (15)	42:18
4. John Elliott (14)	42:23
5. Ray Mahannah (15)	43:11
6. John Flather (8)	43:42
7. James Engle (6)	43:59
8. Vito D'Aloia (11)	44:32
9. Robert Wallace (12)	44:46
10. Dale Shute (14)	44:53
11. John Routh Jr. (0)	44:54
12. John Geer (5)	44:57
13. Joe Taxisera (0)	45:36
14. Jack Cook (5)	45:38
15. Wayne Hooper (5)	45:46
16. Ed Good (11)	46:14
17. Don Pickett (4)	46:17
18. John Dunn (5)	46:23
19. Kevin Daw (5)	46:43
20. Greg Dubin (5)	46:47

/J.R. Woodruff/

San Diego, November 23 -- CIF San Diego Sec-tion 1974 Cross Country Final Results, 2 Mile:"A" Division:

1.	Gary Hernandez (Miss Bay)	9:54
2.	Bob Currell (Castle Pk)	9:56
3.	Tim Earle (Gr Hills)	10:03
4.	Fernando Serrato (Fall.)	10:11
5.	Mike LeBold (Univ)	10:16
6.	Mike Ball (SDgo)	10:17
7.	Dan Davies (El Cajon)	10:22
8.	Larry Mott (Escon.)	10:23
9.	Dan Rodriguez (Mar Vista)	10:25
10.	Don Rodriguez (San Hill)	10:26



Women's 14 & Over 3 Mile:	
1. Julie Brown (UCLA)	17:45
2. Clare Choate (UCLA)	18:09
3. Kate Keyes (UCLA)	18:36
4. Jacqueline Hansen (SFV)	18:52
5. Teri Johnson (UCLA)	19:09
6. Pam Jewell (LBC)	19:11
7. Maria Stearns (UCLA)	19:31
8. Linda Heinmiller (UCLA)	19:40
9. Dale Raymond (UCLA)	19:52
10. Judy Ikenberry (RRR)	20:02

#### Women's 30 & Over Masters 3.0 Mile:

1. Carol Honeywell (RRR)	22:58
2. Marilyn Cobb (RRR)	24:03
3. Barbara Melvin (BA)	25:55

#### TEAM SCORES:

9 & Under: Long Beach Comets 42, Blue Angels 45, Rialto Road Runners 68	
10-11: Blue Angels 48, Rialto Road Runners 52, So. Calif. Cheetahs 131, So. Bay Striders 140, Ventura Girls T.C. 193, Long Beach Comets 204	
12-13: Rialto Road Runners 29, So. Calif. Cheetahs 52, Blue Angels 113, Rialto Road Runners "B" 156, So. Bay Striders 176, Long Beach Comets 183, Patriots 220, Ventura Girls T.C. 286	

#### 14-15: Ojai Valley T.C. 46, Blue Angels 60

#### 14-17: Rialto Road Runners 37, Long Beach Comets 57, So. Calif. Cheetahs 86

Women: Univ. of Calif. L.A. 18, Univ. of Calif. L.A. 81

#### San Francisco, November 9 -- P.A.A.U. 10 Kilometer Senior Cross Country Championships, Golden Gate Park

1. Tibaduiza, D. (UNTC)	29:00
2. Nuccio, J. (WVTC)	29:33
3. Menet, H. (UNTC)	29:35
4. Zarate, R. (UNTC)	29:42
5. Birnbaum, J. (WVTC)	30:23
6. De La Garza (UNTC)	30:24
7. Clark, B. (WVTC)	30:26
8. Routh, J. (MTC)	30:34
9. Dare (WVTC)	30:41
10. Wysocki, T. (UNTC)	30:51
11. ??	30:53
12. Jones, S. (WVTC)	30:57
13. Harris, C. (WVTC)	30:58
14. Zapata, D. (WVTC)	31:00
15. Stordahl, P. (WVTC)	31:10
16. Ramer, D. (GWTC)	31:20
17. Hayes, J. (WVTC)	31:35
18. Ybarra, T. (UNTC)	31:41
19. Schacterle, K. (CTC)	31:41
20. Dagg, M. (UNTC)	31:41
21. ??	31:47
22. Devoe, L. (UN)	31:49
23. Vargas, J. (UNTC)	31:52
24. Wong, P. (UN)	31:58
25. Young, D. (AGTC)	32:00
60. King, V. (UN) 1st 40+	33:08

205 Finishers /S.F. Olympic Club/

#### Pomona, November 9 -- CCAA Cross Country Championships, 5.0 Miles:

1. Ed Chadiez (CSUN)	24:50
2. Sam Young (CSLA)	25:06
3. Frank Bitton (CSLA)	25:13
4. Bob Large (CSUN)	25:19
5. Pat Curran (CSUN)	25:21
6. James Schankel (CPSLO)	25:23
7. Carcy Simons (CSLA)	25:24
8. Conrad Gonzales (CSUN)	25:29
9. Mark Washburn (UCR)	25:33
10. Rich Lozano (CSUN)	25:41

CSUN 23, CSULA 39, CPSLO 72, UC Riverside 117, Cal Poly Pomona 127 /Ric Walker/

3. Anders Gardeborn (USIU)	25:25
4. Bruce Johnson (S. Cal Coll)	25:27
5. Steve Brooks (Stanislaus St.)	25:30
6. Kris Larnmark (USIU)	25:39
7. Mark Odum (Azusa)	25:47
8. Walt Hitt (S. Cal Coll)	25:49
9. Russ Jones (USIU)	25:54
10. Randy Spotts (Redlands)	25:58
11. Greg Griffin (Cal Tech)	26:08
12. Carl Swift (Azusa)	26:12
13. Steve Balfour (Biola)	26:21
14. Roger Davis (S. Cal Coll)	26:23
15. Jeff Matthews (USIU)	26:29
16. Darrel Cox (Fresno Pacific)	26:33
17. Wilbur Webster (Cal Lutheran)	26:37
18. Roy Buchanan (Azusa)	26:39
19. Cliff Cole (Westmont)	26:48
20. Bill Bowie (Pomona)	26:48

Team Scores: United States International Univ. 34, Southern California College 66, Azusa Pacific 103, Pomona-Pitzer 125, Fresno Pacific 135, Cal Lutheran 150, Stanislaus State 170, Claremont-Mudd 222, Redlands 231, Cal Tech 245, Biola 259, Point Loma 348.

#### Firebaugh, November 10 - Westside Road Race

##### 3 mile women's race:

1. Dorothy Thomas (Fresno Joggers)	24:29
------------------------------------	-------

##### 3 mile high school race:

1. John Luna (Madera)	15:37
2. Alvin Rodriguez (Madera)	15:41
3. Danny Williams (Madera)	15:42

##### 6 mile college-open:

1. Greg Hall (Unatt)	33:20
2. Mark Hemphill (Phaethon TC)	36:21
3. Larry Lung (Phaethon TC)	36:26

##### 30-39 6 mile:

1. Wayne VanDellen (High Sierra TC)	34:40
2. Fernie Montanez (Phaethon TC)	36:27
3. Dave Donaldson (Unatt)	37:20

##### 40-49 6 miles:

1. Len Thornton (High Sierra TC)	35:14
2. Bob Fries (Unatt)	36:33
3. Bob Stout (Unatt)	37:56

##### 50 and over 6 miles:

1. Sid Toabe (High Sierra TC)	38:00
2. Paul Buck (High Sierra TC)	47:19
3. Harry Harder (High Sierra TC)	48:04

#### North Coast Division II Cross Country Meet, November 13

##### Varsity:

1. Roy Kissin (San Ramon)	13:57
2. Dan Patterson (Del Valle)	14:15
3. Kevin Searls (Coll Park)	14:16
4. Ron Criner (Mt. Diablo)	14:16
4A. Dan Harvey (Dublin) - Ind.	14:27
5. Devon Flynn (Acalanes)	14:38
6. Bob Turney (Ygnacio Val)	14:39
7. Boyd Tarin (Livermore)	14:42
8. Bill Bedecarre (Mt. Diablo)	14:46
9. Eric Lund (Miramonte)	14:46
10. Jon Barbera (Miramonte)	14:53
11. Jed Morrow (San Ramon)	15:57
12. Steve Haas (Miramonte)	14:58
13. Alan Bell (Ygnacio V.)	14:59
14. Matt Dowling (Coll Park)	15:00
15. Rich Vasquez (Ygnacio V.)	15:01

Ygnacio Valley 76, Miramonte 97, San Ramon 103, Livermore 153, Acalanes 156, Del Valle 163, Mt. Diablo 166, Amador 174, College Park 175, Pleasant Hill 179, Campolindo 235, Las Lomas 295

/Bob Vincent/

7. Carol Flournoy (SCC)	15:28
8. Marie Albert (RRR)	15:36
9. Holly Morr (WS)	15:46
10. Teresa Caudillo (LBC)	15:52
22 finishers	
Women 3.08 miles:	
1. Julie Brown (UCLA)	16:39
2. Francie Larrieu (UCLA)	16:48
3. Clare Choate (UCLA)	17:07
4. Jackie Hansen (BHS)	17:28
5. Cheryl Bridges (LATC)	17:29
6. Kate Keyes (UCLA)	17:47
7. Nadia Garcia (San Diego TC)	17:51
8. Teri Anderson (SJC)	17:59
9. Eileen Claugus (WS)	18:00
10. Teri Johnson (UCLA)	18:17

#### 46 finishers

Team Scores: 9 & Under: Rialto Roadrunners 87, Long Beach Comets 95, Blue Angels 96, Appaloosa Track Club 106, Salinas Valley TC 119, Cupertino Yearlings 152, 10 & 11: Rialto Roadrunners A 44, Southern Cal Cheetahs A 125, Rialto Roadrunners B 167, Blue Angels A 129, Cupertino Yearlings 202, South Bay Striders 232, Roseville Gazelles 240, S. Lake Tahoe Steppers 309, Ventura Girls TC 325, 12 & 13: Rialto Roadrunners 29, Southern Cal Cheetahs 62, Will's Spikettes 133, San Juan Striders 135, Blue Angels 197, Rialto Roadrunners B 203, Salinas Valley TC 275, South Bay Striders 297, Patriots 324, Ventura Girls 378, 14 & 15: San Juan Striders 69, Ojai Valley TC 75, Blue Angels 77, 14-17: Rialto Roadrunners 45, Long Beach Comets 56, Southern Cal Cheetahs 71, Women: UCLA 22, San Diego TC A 99, Redwood City Flyers 108, UCLA B, San Diego TC 182, Blue Angels 184. /Don Vynne/

#### Porterville, November 15 - Central Section CIF Cross Country Finals, 3 miles.

1. Sam Garcia (Wasco)	15:11
2. Lawrence Carranza (Madera)	15:13
3. Alfred Lara (Hoover, Fresno)	15:22
4. Martinez (Madera)	15:25
5. Ron Esquivel (McLane)	15:27
6. Thompson (East Bakersfield)	15:32
7. Ellison (Bakersfield)	15:33
8. Foley (Hoover, Fresno)	15:34
9. Weinmann (East Bakersfield)	15:35
10. White (Shafter)	15:36
11. Jolley (Mt. Whitney, Visalia)	15:38
12. Rubio (Madera)	15:39
13. Lopez (Reedley)	15:40
14. Frausto (Madera)	15:42
15. Elieff (Highland, Bakersfield)	15:42

Teams: Madera 41, Hoover(Fresno) 94, East Bakersfield 94, Wasco 145, West Bakersfield 187, Dos Palos 196, Selma 206, Roosevelt (Fresno) 226, Hanford 228, Reedley 242, Redwood(Visalia) 270, Bakersfield 287, North Bakersfield 287, Bullard 310, Mt. Whitney(Visalia) 340, Corcoran 364, Lemoore 388, Coalinga 436.

#### Belmont (Crystal Springs Course) November 16 PA-AAU Women's Cross Country Championships.

10,000 meters. Sponsored by West Valley TC	
1. Deborah Finn (Un)	40:56
2. Joan Uilyot (West Valley TC)	42:09
3. Peggy Lyman (West Valley TC)	42:17
4. Chris Sakelarios (Redwood City F)	42:32
5. Yvette Thierman (Orinda TC)	43:04
6. Caroline Cotte (Redwood City Flyers)	43:19
7. Merrill Cray (Un)	43:29
8. Renay Wolfe (Redwood City F.)	43:51
9. Loretta Simmons (Redwood City F)	44:14
10. Ruth Anderson (NCSTC)	44:48

30 finishers

Teams: West Valley TC 17, Redwood City 18.

/Jack Leydig/

6. Kevin Christensen	56:56
7. Ronald Prouty	56:57
8. Jim Williams	58:38
9. Rick Bowen	58:59
10. Walt Schafer	59:13

/Pete Hanson/

#### Palo Alto, November 16 -- Pacific 8 Championship Cross Country #7, Stanford University

##### Golf Course, 6 miles

1. John Ngeno (WSU)	27:37
2. Terry Williams (O)	27:58
3. Josh Kimet (WSU)	28:01
4. Dave Taylor (O)	28:03
5. Guy Arbogast (WSU)	28:34
6. Randy Brown (OSU)	28:37
7. Jose Amaya (OSU)	28:39
8. Gary Barger (O)	28:44
9. Dan Murphy (WSU)	28:46
10. Gordon Innes (UCLA)	28:48
11. Jack Bellah (STAN)	28:53
12. Juan Garcia (WSU)	28:55
13. Tony Sandoval (STAN)	28:57
14. Hailu Ebba (OSU)	29:00
15. Mark McConnell (STAN)	29:02
16. Lars Kaupang (O)	29:03
17. W. Schumlewick (CAL)	29:06
18. Steve Surface (WASH)	29:07
19. Leigh Reilly (USC) (non-scoring)	29:08
20. Mark Higginson (WSU)	29:09

Washington State 30, Oregon 51, Oregon State 80, Stanford 110, California 126, Washington 141, UCLA 149, USC Non-scoring

#### Fresno, November 16 -- PCAA Cross Country Championships, 6 Miles:

1. Genet (San Jose)	29:43
2. Rodriguez (Long Beach)	30:09
3. Avrea (San Diego)	30:10
4. Sweeney (Long Beach)	30:22
5. Wilson (Long Beach)	30:24
6. Norton (Fullerton)	30:26
7. Garcia (Fresno)	30:29
8. Lundblad (Long Beach)	30:36
9. Phelps (Long Beach)	30:40
10. Gruber (San Jose)	30:40
11. Phelan (Fresno)	30:41
12. Greer (Long Beach)	30:45
13. Dick (Long Beach)	30:48
14. Ball (Fullerton)	30:51
15. Jurkovich (Fresno)	30:52

Long Beach State 28, Fullerton State 71, Fresno State 74, San Jose State 84, San Diego State 128

/Red Estes/

#### Long Beach, November 17 -- 1974 National Masters Cross Country Championships, 10 Kilometers, El Dorado Park

1. Ray Hatton (42) High Desert AC	32:21
2. Hal Higdon (43) Indiana Striders	32:52
3. Jerry Smart (42) S. Pac. Assn.	33:14
4. Bill Gookin (42) San Diego TC	33:26
5. Dick Bartek (42) S. Pac. Assn.	33:40
6. Graham Parnell (45) Seniors TC	33:45
7. James Shettler (41) West Valley JS	33:48
8. Peter Mundle (46) S. Pac. Assn.	33:54
9. William Phillips (46) s. Pac. Assn.	34:26
10. Russ Smith (46) West Valley JS	34:32
29. Rudy Ceja (51) Seniors TC	36:58
30. Sid Toabe (50) Central Cal	36:59
31. Avery Bryant (50) Seniors TC	37:01
40. Ed Preston (Pacific Assn.) 57	37:45
46. John Wall (61) US Naval Res.	38:41
50. Monty Montgomery (68) Unatt.	39:12

102 finishers

/Tom Cory/

13. Joe Taxiera (O)	45:38
14. Jack Cook (5)	45:38
7. Ronald Prouty	56:57
15. Wayne Hooper (5)	45:46
16. Ed Good (11)	46:14
17. Don Pickett (4)	46:17
18. John Dunn (5)	46:23
19. Kevin Daw (5)	46:43
20. Greg Dubin (5)	46:47

/J.R. Woodruff/

#### San Diego, November 23 -- CIF San Diego Section 1974 Cross Country Final Results, 2 Miles:

##### "A" Division:

1. Gary Hernandez (Miss Bay)	9:54
2. Bob Currell (Castle Pk)	9:56
3. Tim Earle (Gr Hills)	10:03
4. Fernando Serrato (Fall.)	10:11
5. Mike LeBold (Univ)	10:16
6. Mike Ball (SDgto)	10:17
7. Dan Davies (El Cajon)	10:22
8. Larry Mott (Escon.)	10:23
9. Dan Rodriguez (Mar Vista)	10:25
10. Dan Reynolds (Gr Hills)	10:26
11. Bill Adamaitis (Fallb)	10:27
12. Efron Oja (Sweetwater)	10:29
13. Dave Adrian (Univ)	10:30
14. Joe Soriano (Sweetwater)	10:31
15. Gilbert Mares (Fall.)	10:33

Fallbrook 59, Granite Hills 77, Castle Park 101, Mar Vista 103, Sweetwater 109, El Cajon 110, Hilltop 123, Bonita Vista 170

##### "AA" Division:

1. Phil Hendrick (Crawford)	9:41
2. Glenn Best (Crawford)	9:48
3. Jay Woods (Vista)	9:53
4. Dave Helgeson (Mt. Mig)	9:57
5. Matt Thornberry (El Cap)	9:57
6. Chris Hughes (Monte Vista)	9:58
7. Jim Austin (Monte Vista)	9:59
8. Chuck Watersley (Grossmont)	10:02
9. Chris Ljung (Vista)	10:03
10. Thom Hunt (Henry)	10:04
11. Shannon Laird (San Marcos)	10:05
12. Manuel Sandoval (Monte Vista)	10:06
13. Rich Papworth (Henry)	10:08
14. Randy Prine (Clairemont)	10:09
15. Jeff Gibson (Clairemont)	10:10

Crawford 55, Monte Vista 60, Patrick Henry 94, Clairemont 106, Mt. Miguel 108, Vista 125, Morse 150, Grossmont 150

/Noel Montrucchio/

#### San Jose, November 26 -- Central Coast Section Finals, 2.88 Miles

##### Varsity:

1. Ron Fritzeke (Leigh)	14:08
2. Robert Barnett (Hillsdale)	14:17
3. Bob Paulin (Camden)	14:34
4. Joe Salazar (Lick)	14:41
5. Phil Adams (P. Grove)	14:42
6. Rudy Munoz (Watson)	14:42
7. Jeff Adams (Andrew Hill)	14:45
8. Jerry Emory (Gunn)	14:48
9. Craig Corey (San Mateo)	14:49
10. Chris Hulbert (Lynbrook)	14:49
11. Ken Salet (Milpitas)	14:54
12. Mark Quinn (Aptos)	14:55
13. Rinaldo Montenegro (Lincoln)	14:55
14. Fred Behrmann (Los Altos)	14:56
15. Mitch Kingery (S. Carlos)	14:59

Pacific Grove 124, Leigh 129, Lincoln 151, Lynbrook 165, Serra 192, Lick 209, Homestead 224, Wilcox 241, Watsonville 247, Carmel 255, Camden 263, Salinas 275, San Mateo 277, Andrew Hill 288, Mt. Pleasant 308, Half Moon Bay 329, Mills 347, Woodside 384, Aptos 385

/Verne Thornburg/



# JANUARY/FEBRUARY - 1975

Sacramento, November 20 - Pepsi 20 Miler.

1. Ron Wayne	1:45:59
2. Martin Qualle	1:47:42
3. Doug McLean	1:48:31
4. Howard Labrie	1:49:37
5. Marshall Jenkins	1:50:26
6. Alex Aguilar	1:50:32
7. Jim Sane 1-HS	1:50:42
8. Jim Barker	1:51:03
9. James Freeman 2-HS	1:51:36
10. Don Gregory	1:51:39
11. Robert Cooper	1:52:38
12. Eugene Fitzgerald	1:53:05
13. James Mebus 30HS	1:53:31
14. Bill Benz	1:53:49
15. Ross Smith 1-40+	1:53:57
16. Bruce Wolfe	1:54:28
17. Tim Swezey	1:54:43
18. Michael Buzbee	1:54:48
19. Andrew McBride	1:55:09
20. Roberto Marr 1-So	1:55:14
149. Joan Ulyot 1-W	2:12:53

## Walnut, November 23 - Junior College State Cross Country Championships. Mt. SAC 4 miles

Large School Division:

1. John Olswang (Orange Coast)	19:37
2. Cliff Morden (LA Valley)	19:45
3. Gil Esparza (Moorpark)	19:48
4. Matt Sommer (West Valley)	19:52
5. Ted Quintana (Chabot)	20:01
6. Vicken Simonian (LA City)	20:02
7. Tony Ramirez (Fresno)	20:11
8. Jose Castellanos (LA Trade)	20:15
9. Jose Saavorda (Fullerton)	20:16
10. Harold Ketting (El Camino)	20:19
Team scores: Grossmont 54, Fullerton 107, San Joaquin Delta 108, West Valley 119, Moorpark 120, San Jose 122, LA Valley 140, American River 190, LA Harbor 197, Fresno 201.	

Small School Division:

1. Bob Thomas (Glendale)	19:19.8
2. Paul Frederickson (De Anza)	20:18
3. Greg Croad (Glendale)	20:21
4. Rick Hart (Foothill)	20:35
5. Steve Galbraith (Hancock)	20:37
6. Jim Howard (Cosumnes River)	20:42
7. Chris Carlson (Citrus)	20:45
8. Roger Fabing (Hancock)	20:48
9. Mike Garrett (Cosumnes River)	20:50
10. Bruce Caputo (Lassen)	20:52
Team scores: Glendale 40, Citrus 86, De Anza 95, Hancock 107, Imperial Valley 140, Foothill 156, Cosumnes 176, Monterey 183, Skyline 191, Palomar 215.	

## Fresno, November 23 -- USTFF Western Cross Country Championships

Open 6 Mile:

1. Ron Zarate (U. of Nev. Reno)	29:41.5
2. Hans Manet (U. of Nev. Reno)	30:12
3. James Shankel (Cal Poly)	30:15
4. Ben De La Garza (U. of Nev. Reno)	30:39
5. Scott Schweitzer (UCSB)	31:02
6. Tom Wysocki (U. of Nev. Reno)	31:10
7. Pat Stordahl (WVTC)	31:11
8. John Beaton (Cal Poly)	31:12
9. James Warwick (Cal Poly)	31:13
10. Tony Reynoso (Cal Poly)	31:14
11. Gordon Rado (Cal Poly)	31:15
12. Curt Elia (Phaethon)	31:20
13. Ed Cadena (Cal Poly)	31:31
14. Tom Read (UCSB)	31:42



## REDWOOD CITY FLYERS prepare for Christmas 50 Mile Relay

### Fresno, November 30 -- Fresno Road Race, 6.0 Miles

Open Division:	
1. Alex Fierros (La Loma)	30:13
2. Ed Cadena (San Luis)	31:17
3. Jim Hartig (Fresno Pacific)	31:34
4. Bruce Caputo (Lassen)	32:28
5. Mark Hemphill (Phaethon)	32:37
6. Bruce Sharp (High Sierra)	32:41
7. Larry Lung (Phaethon)	33:49
8. Stan Rosenfield (San Luis)	34:30
9. Tom Avery (Fresno City)	35:01
10. Joe Duran	35:07

High School Division:

1. Jose Renteria (Madera Hi)	32:43
2. Frank Frausto (Madera Hi)	33:33
3. Vince Garza (Central Hi)	33:50
4. Mike Pena	33:55
5. Jon Wegener (Coalinga)	34:14
6. Gil Franquez (Corcoran)	34:20
7. Valentin Ramos (Rosevelt, Fresno)	34:34
8. Mike Thornton (Hoover)	34:35
9. Ron Esquivel (McLane, Fresno)	35:02
10. Mark Southwick (South S. F.)	35:08

Jr. High Division:

1. Nick Kalmata (Kings Canyon)	34:43
2. Scott Thornton (Ahwahnee)	34:58
3. Dan Meyer (Kings Canyon)	35:09

30-39 Division:

1. Rich Peterson (High Sierra)	35:54
--------------------------------	-------

40-49 Division:

1. Len Thornton (High Sierra)	32:47
2. Bob Fries (Fresno)	33:59
3. Bob Stout (Fresno)	34:27

50-59 Division:

1. Avery Bryant (L.A. Striders)	34:47
2. Sid Toabe (High Sierra)	34:53

/Ferne Montanez/

### Grass Valley, November 30 -- Nevada City Gold Run, 8.2 miles

1. Darryl Beardal (Marin AC)	43:16
2. Rod Read (Golden West)	43:22
3. Jim Freeman (Nor Cal)	43:53
4. Doug Butt (Marin AC)	44:27
5. John Leeper (Aggie Track Club)	45:05
6. Tom O'Neill (Golden West)	45:33
7. Nick Vogt	45:41
8. George Rogers (Chico SU)	46:11
9. Tim Jordan (CUTC)	46:30
10. Bob Mochan (Lodi JC)	46:40

### Culver City Marathon, December 1 - 26 miles, 385 yards.

Open Division:

1. Mario Cuevas (Mexico)	2:18:08
2. Reino Paukonen (Finland)	2:18:48
3. Peter Fredriksson (Sweeden/USIU)	2:19:19
4. Sergio Gonzales (Mexico)	2:22:00
5. Ed Chaldez (Cal State Northridge)	2:22:15
6. Ken Moffitt (Occidental)	2:22:33
7. John Loeschorn (West Valley TC)	2:25:00
8. Phil Ryan (Golden West AA)	2:25:50
9. Kaj Johansen (San Diego TC)	2:27:12
10. Darryl Zapata (West Valley TC)	2:27:53
11. Bob Branch (CCAC)	2:28:24
12. Ray Hughes (Beverly Hills St)	2:29:43
13. Pat Miller (CCAC)	2:31:10
14. Skip Schaffer (CCAC)	2:33:00
15. Russell Jones (SDTC)	2:33:18
16. Victor Lopez (Un)	2:34:07
17. Bob Watanabe (Mt Sac)	2:34:08
18. Joe Analla (Un)	2:34:49
19. Truman Clark (Beverly Hills St)	2:35:55
20. Jeff Rawlings (Un)	2:36:09
21. Roy Mencia (Un)	2:38:28
22. Richard Bartek (Santa Barbara AA)	2:38:43
23. John Rudberg (Seniors TC)	2:38:53
24. Bob Arce (Un)	2:39:03
25. Orville Atkins (Seniors TC)	2:39:43
26. Anthony Gerald (LVTC)	2:40:10
27. Luis Arreola (San Luis DC)	2:40:46
28. Bill Johnson (San Diego TC)	2:40:56
29. Robert Slick (Un)	2:40:56
30. Andrew Levinson (CCAC)	2:42:25

/Carl Porter/

Glendale, December 7 - USTFF Winter Decathlon

Open Division:

1. Rex Harvey (USAF, Norton)	6728
11.5, 645, 1279, 172, 50.4, 16.0, 3910, 400, 4558, 4:44.8	
2. Steve Alexander (Cal State Fullerton)	6647
3. Chet McGaugh (Un, Riverside)	6544
4. Steve Street (Un, Whittier)	6482
5. Paul Find (Un, Buena Park)	6461

Junior College Division:

1. David Crotz (Santa Rosa)	6036
2. Mark Stephens (Porterville)	5854
3. Bruce Bryan (Santa Ana)	5780
4. Russell Nelson (Canyons)	5660
5. Ray Gamble (Desert)	5471

### Bakersfield (Hart Park), December 7 - 3rd Annual Hill n' Dale Run. 6 miles.

1. Terry Valentine (AIA)	29:42
2. Don Riggs (AIA)	29:42
3. Darren George (AIA)	29:51
4. Eddie Cadena (AIA)	30:01
5. Todd Ferguson (AIA)	30:27
6. Bob Price (AIA)	30:33
7. Sergio Rodriguez (Fresno Pacific)	30:43
8. Curt Ankeny (Un)	30:45
9. Matt Woessner (Fresno Pacific)	31:05
10. Sammy Garcia (Wasco)	31:09
11. David Salcido (Fresno Pacific)	31:21
12. Glen Leckman (Un)	31:23
13. Brian Thompson (EBHS)	31:43
14. Jose Renteria (Madera)	31:51
15. Charlie Boatwright (AIA)	32:20
16. Frank Frausto (Madera)	32:18
17. Joey Frausto (Madera)	32:38
18. Len Thornton (High Sierra TC)	1 40:42.41
19. Terry Lewis (EBHS)	2 15:16
20. John Wagner (Coalinga)	3 15:16

/Len Thornton & Ed Ramirez/

### Long Beach, December 13 - All Comers Meet.

JT: Keith Goldie (Long Beach)	228-6
70HH: Turner (Long Beach)	8.1
SP: Marcus Gordien (San Bernardino)	50-7
440IH: Fisher	54.5
220: Zak (West Orange)	22.3
Mile: Walsh (El Camino)	4:16.5
440: Myles (Harbor)	49.3
880: Scott (Irvin)	1:54.0
Nash (Cal Poly, Pom)	1:54.8
2 mile: Lawson	9:05.5
PV: Jim Knaub, David Sanger, Paul Richards, Rod Cuervo	14-0
HJ: Moore	6-8
LJ: Batiste	23-8
TJ: T. Pittman	46-7
DT: Marcos Gordien	174-9
Mile Relay: Harbor	3:20.2

/Ron Allice/

### Santa Maria, December 21 - Hancock All Comers

Open Division:

1. West Valley TC - A (Daryl Zapata, Fred Emerling, Skyler Jones, Jim Nuccio, Geo. Stewart, Charlie Harris, Bill Clark)	4:18:12
2. Camino West TC	4:29:00
3. West Valley Junior College	4:31:25
4. Westside TC	4:33:27

## San Mateo, December 21 - All Comers Meet

Open Division:

2 mile walk: Wayne Glusker (WVTC)	14:54
PV: Ryan Paton (CSM)	14-0
60 HH: George Carty (San Jose)	7.4
Derek Ligons (Colo U.)	7.4
Javelin: John Macerrie (Stanford)	174-0
Mile: John Routh (Menlo TC)	4:19
SP: Dave Davis (Un)	52-11
Long Jump: Richard Butler (SFS)	21-10
60: Greg Marshall (WVTC)	6.6
Ashland Whitfield (All Am. TC)	6.6
Derek Ligons (Colo. U.)	6.6
Lane Horton (Laney)	6.6
George Carty (Un)	6.6
440: Jim Ward (WVTC)	49.4
TJ: Dirk Toliver (Stanford)	45-2
Discus: Brad Nave (WVTC)	165-9
3 mile: Ken Phelps (LBSU)	14:46

High School Division:

60: Ron Kennedy (Susanville)	6.5
880: M. Robertson (Norte Del Rio)	2:06.3
HJ: Ken Miller (Oceana)	5-10
60HH: Ron Kennedy (Serramonte)	7.5
SP: Gerald Nasca (Elk Grove)	47-10
LJ: Mauri Galvez (Menlo-Atherton)	20-10
Mile: Tom Schreck (Menlo)	4:31.0
440: A. Richardson (Norte Del Rio)	52.3
2 mile: L. Byrd (SF Chuckers)	10:18
PV: Brent Lovejoy (Del Mar)	13-3
Todd Lovejoy (Del Mar)	13-3
DT: John Don (SSF)	125-2
TJ: Jacob Lo (Lowell)	39-8

/Harry Young/

## Los Angeles, December 21 -- Devil Take the Hindmost, Griffith Park, 6.0 mile

1. Doug McLean	30:23
2. R. Young	31:12
3. Terry Gibson (1st 13-15)	31:36
4. Dave Perez	31:41
5. Iglesias Dimas (1st 16-19)	32:18
6. Dennis Stansauk	34:05
7. Sam Nicholson (1st 40+)	34:10
8. B. Stansauk	34:29
9. Craig Bigelow	35:45
10. Walt Windsor	36:54

/Paul Nitchman/

## Apple Valley, December 15 -- Apple Valley Blind Handicap, 6.3 miles

Open Division:

1. Ed Chaldez	32:49
2. Luis Silva	34:18
2. Don Moses	34:18
4. Jim Arquilla	34:34
5. Bob Doran	34:49
35-39 Division:	
1. Skip Shaffer	35:48
40-49 Division:	
1. Art Andrew	40:34
50-59 Division:	
1. Avery Bryant	39:43
60 & Over Division:	
1. John Montoya	43:47
Women's Division:	
1. Patricia Garcia	45:31
2. Carolyn Hudson	50:52

/Jim Gorrell /Connie Rodewald/

## Christmas Relays (Santa Cruz to Halfmoon Bay)

50 miles. December 15. 7 man teams.

1. West Valley TC - A (Daryl Zapata, Fred Emerling, Skyler Jones, Jim Nuccio, Geo. Stewart, Charlie Harris, Bill Clark)	4:18:12
2. Camino West TC	4:29:00
3. West Valley Junior College	4:31:25
4. Westside TC	4:33:27



95, Hancock 107, Imperial Valley 140, Pothol 156, Cosumnes 176, Monterey 183, Skyline 191, Palomar 215. /Don Ruh/

# Fresno, November 23 -- USTFF Western Cross Country Championships

## Open 6 Mile:

1. Ron Zarate (U. of Nev. Reno)	29:41.5
2. Hans Manet (U. of Nev. Reno)	30:12
3. James Shankel (Cal Poly)	30:15
4. Ben De La Garza (U. of Nev. Reno)	30:39
5. Scott Schweitzer (UCSB)	31:02
6. Tom Wysocki (U. of Nev. Reno)	31:10
7. Pat Stordahl (WVTC)	31:11
8. John Batten (Cal Poly)	31:12
9. James Warrick (Cal Poly)	31:13
10. Tony Reynoso (Cal Poly)	31:14
11. Gordon Rado (Cal Poly)	31:15
12. Curt Elia (Phaethon)	31:20
13. Ed Cadena (Cal Poly)	31:31
14. Tom Read (UCSB)	31:42
15. Giaro Vargas (U. of Nev. Reno)	31:45

## High School 3 Mile:

1. Sam Garcia (Wasco)	15:01.8
2. Lawrence Carranza (Madera)	15:09
3. Frank Frausto (Madera)	15:25
4. Burton Ellison (Bakersfield)	15:38
5. Jose Renteria (Madera)	15:43
6. Vince Garza (Phaethon T.C.)	15:46
7. Jessie Lopez (Reedley)	15:51
8. Greg Tanner (Roosevelt, Fresno)	15:52
9. Lupe Arguello (Wasco)	15:58
10. John Luna (Madera)	16:01

## Camarillo, November 23 -- Skunk Hollow II

### 15 Kilometers

#### Open Division:

1. Steve Broten (STC)	54:02
2. John Burns (SBAA)	56:04
3. Larry Pontinen (SBAA)	56:42

#### 35-39 Division:

1. John Duhig (CTC)	64:08
---------------------	-------

#### 40-49 Division:

1. Dick Durand (STC)	60:33
----------------------	-------

#### 50-59 Division:

1. Bill Wick (VCTC)	76:50
---------------------	-------

#### Women's Division:

1. Debbie Porter (RRR)	68:03
2. Patricia Garcia (Un)	71:02

#### Girl's Division:

1. Kim Gonzales (VGTC)	70:13
------------------------	-------

/Connie Rodewald/

## Mills High, Millbrae, November 24 - Women's Junior National Cross Country Championship

1. Dominique Carron (ML)	17:27
2. Pam Bowers (SJC)	18:10
3. Pam Allen (Lassen)	18:17
4. Cheryl Garmoe (Eastside)	18:25
5. Terrie Winnie (Rainbow)	18:34
6. Stella Guina (SJC)	18:41
7. Lisa Greenberg (SJC)	18:46
8. Kathy Estes (Flathead V.)	18:53
9. Pam Happy (Rainbow)	18:56
10. Penny Reneau (Bridgeport)	18:58
11. Kathy Kinnibugh (Eastside TC)	19:01
12. Vicky Monroe (Lassen)	19:02
13. Lou MacKaye (Ojai Valley)	19:08
14. Gayle Garmoe (Eastside)	19:09
15. Suzi Greenberg (SJC)	19:13

Team scores: San Jose Cindergals A 51, Eastside TC 77, Rainbow Runners 90, Flathead Valley 126, Redwood City Flyers 161, Millbrae Lions TC 187, Moscow Mercurians 216. /Jim Hume/

21. Scott Thornton (Alhambra)	34:58
3. Dan Meyer (Kings Canyon)	35:09

## 30-39 Division:

1. Rich Peterson (High Sierra)	35:54
--------------------------------	-------

## 40-49 Division:

1. Len Thornton (High Sierra)	32:47
2. Bob Fries (Fresno)	33:59
3. Bob Stout (Fresno)	34:27

## 50-59 Division:

1. Avery Bryant (L.A. Striders)	34:47
2. Sid Toabe (High Sierra)	34:53

/Fernie Montanez/

## Grass Valley, November 30 -- Nevada City

### Gold Run - 8.2 miles

1. Darryl Beardal (Marin AC)	43:16
2. Rod Read (Golden West)	43:22
3. Jim Freeman (Nor Cal)	43:53
4. Doug Butt (Marin AC)	44:27
5. John Leeper (Aggie Track Club)	45:05
6. Tom O'Neil (Golden West)	45:33
7. Nick Vogt	45:41
8. George Rogers (Chico SU)	46:11
9. Tim Jordan (CUTC)	46:30
10. Bob Mastro (Lodi HS)	46:43
11. James O'Neil (Olympic TC)	46:46
12. Rick Lowe (Ophir Prison Inmates)	46:50
13. Doug Rennie (Buffalo Chip TC)	47:12
14. Rick Read (Golden West)	47:19
15. Tom Hurst (Rio Linda AC)	47:25

/Nick Vogt/

## San Francisco, December 1 - Excelsior Golden Gate Park Run - 6 miles

1. Ben DeLa Garza	29:21
2. Tom Wysocke	29:52
3. Terry Ybarra	29:58
4. Frank Vargas	30:00
5. Mike Dagg	30:18
6. Hal Schultz	30:31
7. Bill Seaver	31:01
8. Bob Darling	31:10
9. Dan Anderson	31:29
10. Dennis Tracy	31:39
11. Kevin Williams	31:41
12. Joe Secerra	31:44
13. Kevin Series	31:56
14. Lyn Walker	31:58
15. Miguel Garcia	32:04

/Frank Donahue/



Thom Hunt, San Diego prep junior places 91st in AAA Cross Country

24. Bob Arce (Un)	23:03
25. Orrville Atkins (Seniors TC)	23:39:43
26. Anthony Gerald (LVTC)	24:01:10
27. Luis Arreola (San Luis DC)	24:40:46
28. Bill Johnson (San Diego TC)	24:40:56
29. Robert Slick (Un)	24:40:56
30. Andrew Levinson (CCAC)	24:42:25

/Carl Porter/

## Glendale, December 7 - USTFF Winter Decathlon

### Open Division:

1. Rex Harvey (USAF, Norton)	6728
11. 5, 645, 1279, 172, 50.4, 16.0, 3910, 400, 4558, 44.4, 8	
2. Steve Alexander (Cal State Fullerton)	6647
3. Chet McGaugh (Un, Riverside)	6544
4. Steve Street (Un, Whittier)	6482
5. Paul Find (Un, Buena Park)	6461

### Junior College Division:

1. David Crotz (Santa Rosa)	6036
2. Mark Stephens (Porterville)	5854
3. Bruce Bryan (Santa Ana)	5780
4. Russell Nelson (Canyons)	5660
5. Ray Gamble (Desert)	5471

### High School Division:

1. A. West (South Torrance)	5534
2. Jack Reed (Indio)	5312
3. Vern Ogle (Burbank)	5110
4. John Felando (South Torrance)	4960
5. Dave Nelson (Azusa)	4951

### 30-39 Division:

1. John Dobroth (NAT Ventura)	5754
2. Hugh Adams (La Loma Striders)	5505
3. Tom Richards (Indio)	4610

### 40-49 Division:

1. Harry Hawke (San Diego TC)	4658
2. H. Wallace (Seniors TC)	4214
3. John Blakesley (Seniors TC)	3063

### 50-59 Division:

1. Bob Ogle (Seniors TC)	2810
2. Richard Parkinson (Indio)	1454

### 60-69 Division:

1. Bud Deacon (Hawaii Masters)	3001
2. Virgil McIntyre (Seniors TC)	2346

### 70+ Division:

1. Stan Herrmann (Seniors TC)	1306
-------------------------------	------

/John Tansley/

## Los Angeles, December 7 -- U.S.T.F.F. 3 Mile Postal

### High School:

1. Golinez, Sal (Salesian)	14:49
2. Walterhouse, Mike (Mission Viejo)	14:55
3. Gomez, Cip (Wurkman)	14:59
4. Cusuga, Victor (Torrance)	15:13
5. Day, Jeff (Corona del Mar)	15:15
6. West, Dean (Corona del Mar)	15:36
7. Arnold, Bob (La Habra)	15:36
8. Resh, Tom (Villa Park)	15:37
9. Stephens, Harold (Hawthorne)	15:38
10. Rodriguez, Armando (Salesian)	15:38

### Junior College:

1. Cendejas, Armando (Fullerton)	14:01
2. Saavedra, Jose (Fullerton)	14:10
3. Walsh, Steve (El Camino)	14:17
4. Morden, Cliff (LA Valley)	14:26
5. Kensting, Harold (El Camino)	14:41
6. Hays, Bob (Moorpark)	14:55
7. Aguilar, George (Santa Ana)	14:56
8. Adams, Ron (LA Valley)	14:58
9. Clark, Jeff (Citrus)	15:14
10. Witthauer, Keith (Santa Ana)	15:24

### Open:

1. Serna, Ralph (Loara)	14:04
2. Norton, Kent (Cal State Fullerton)	14:14
3. Hunsaker, Brian (Corona del Mar)	14:20
4. Sisler, Jon (Oxy)	14:44
5. Whalen, Cleveland (Cal State Full.)	14:48
6. Lopez, Ed (Cal State Fullerton)	14:57
7. Slick, Robert (Cal State Fullerton)	15:03
8. Caldwell, Dennis (Azusa Pacific)	15:05
9. Swift, Carl (Azusa Pacific)	15:06
10. McNamara, Mike (Cal State Full.)	15:13

Long Beach, December 13 - <u>All Comers Meet</u>	
JT: Keith Goldie (Long Beach)	228-6
70HH: Turner (Long Beach)	8.1
SP: Marcus Gordien (San Bernardino)	50-7
440H: Fisher	54.5
220: Zak (West Orange)	22.3
1 mile: Walsh (El Camino)	4:16.5
440: Myles (Harbor)	49.3
880: Scott (Irvin)	1:54.0
Nash (Cal Poly, Pom)	1:54.8
2 mile: Lawson	9:05.5
PV: Jim Knaub, David Sanger, Paul Ric-	14-0
hards, Rod Cuervo	
HJ: Moore	6-8
LJ: Batista	23-8
TJ: T. Pittman	46-7
DT: Marcos Gordien	174-9
1 mile Relay: Harbor	3:20.2

/Ron Allice/

## Santa Maria, December 21 - Hancock All Comers

### Open Division:

1 mile: Ron Genschmer (VAFB)	4:48.2
440: Raymond Manning (DC Striders)	50.1
100: Jim Walker (Un)	10.2
220: Manning 22.7	
PV: David Hamer (Cal Poly)	16-1
HJ: Larry Hutchison (VAFB)	6-0
TJ: Bill Mc Clellon (VAFB)	50-3
SP: John Getchell (Un)	44-7
JT: Manning	147-7

### High School Division:

1 mile: Ken Tilzey (Rig)	5:00.4
70HH: Allan Knowles (MBHS)	9.7
440: Bruce Boatwright (MBHS)	61.4
100: Everett Forrest (SMHS)	10.5
880: Kurt Wahl (SMHS)	2:18.0
220: Forrest	22.7
2 mile: Warren Woods (Rig)	10:26
PV: T. Kring (SMHS)	11-6
HJ: Forrest	602 1/4
LJ: Forrest	22-0
TJ: Karl Myers (MBHS)	40-9
JT: Wahl	119-1

/Ray Kring/

## Madera, December 14 - Madera Marathon

### Open Division:

1. Edward Brady (Flying Squirrels)	2:35:18
2. Mark Hemphill (Phaethon T.C.)	2:45:18
3. Greg Lyon (Phaethon T.C.)	2:51:46
4. Genaro Salazar (Reedley College)	3:02:43
5. Alan Kawakawi (Reedley College)	3:04:29

### High School Division:

1. Jesse Lopez (Reedley)	2:45:18
2. Robert Estrada (Reedley)	2:52:56
3. Jack Harbaugh (Gettysburg, Pa.)	2:56:41
4. Dan Scott (Monache)	2:58:57
5. Jim Dougherty (Monache)	3:17:37

### Seniors Division:

1. Don Macintosh (Stanford)	2:57:34
2. Bob Nestor (HSTC)	3:19:06
3. Bert Woodruff (Fresno)	3:27:52

## Madera, December 14 -- Madera Mini Marathon

### Open Division:

1. Alex Fierros (La Loma Striders)	1:10:09
2. Keith Jeffers (Jamul Toads)	1:14:12
3. Dave Bronzan (HSTC)	1:14:56
4. Edward Braddy (Flying Squirrels)	1:15:17
5. Mark Hemphill (Phaethon T.C.)	1:16:48

### High School Division:

1. Joey Frausto (Madera)	1:19:59
2. Jesse Martinez (Madera)	1:20:23
3. David Rich (West, Bakersfield)	1:21:08
4. Jesse Lopez (Reedley)	1:21:16
5. Robert Estrada (Reedley)	1:21:49

### Seniors Division:

1. Bob Stout (Fresno Seniors)	1:22:48
2. Don Macintosh (Stanford)	1:25:50
3. Franz Weinschank (Fresno Joggers)	1:33:56

/Dee DeWitt/

4. Don Moses	34:34
5. Jim Arquilla	34:34
35-39 Division:	
1. Skip Shaffer	35:48
40-49 Division:	
1. Art Andrew	40:34
50-59 Division:	
1. Avery Bryant	39:43
60 & Over Division:	
1. John Montoya	43:47
Women's Division:	
1. Patricia Garcia	45:31
2. Carolyn Hudson	50:52

/Jim Gorrell /Connie Rodewald/

## Christmas Relays (Santa Cruz to Halfmoon Bay)

### 50 miles. December 15. 7 man teams.

1. West Valley TC - A (Daryl Zapata, Fred Emerling, Skyler Jones, Jim Nuccio, Geo. Stewart, Charlie Harris, Bill Clark)	4:18:12
2. Camino West TC	4:29:00
3. West Valley Junior College	4:31:25
4. Westside TC	4:33:27
5. West Valley TC - B	4:34:29
6. Dumpers	4:35:27
7. Boner Babies	4:37:51
8. Pamakid - A	4:38:03
9. Golden West TC	4:38:31
10. Excelsior TC	4:40:10

/Jack Leydig/

## Glendale College, December 13 - All Comers

### Open Division:

100: Jones (Cal State Northridge)	9.7
330: Prestad (Unat)	35.2
880: Smith (Pierce)	1:55.3
1 mile: Reilly (USC)	4:14.8
2 mile: Caldwell (Azusa)	9:19
60HH: Bags (BCHS)	7.4
HJ: Stones (PCC)	6-10
Frazier (Cal State, Northridge)	6-10
SP: Nomis (Pierce)	55-2
DT: Gebs (Un)	152-5

### High School Division:

880: Russell (Norte Dame)	1:57.6
1 mile: Moses (Crescenta Valley)	4:19.8
2 mile: Godinez (Salesian)	9:34.0
SP: Streng (Un)	52-6
Pollok (Glendale)	52-1

/Ric Walker/

## San Mateo, December 28 - All Comers Meet

### Open Division:

60 HH: George Carty (Un)	7.4
PV: Ryan Paton (CSM)	14-6
1 mile: Dale Scott (Wash. State)	4:23.1
SP: Dave Davis (Un)	52-10
60: Ronald Kennedy (Serramonte)	6.2w
John Pettus (Unattached)	6.2w
JT: George Carty (Un)	134-8
LJ: Steve Rule (BYU)	21-

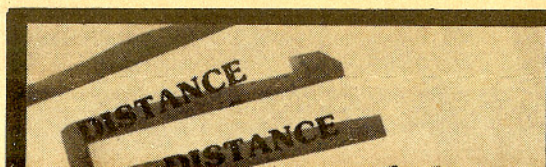




Junior College Cross Country Championships (large school race)



ED CHAIDEZ first American at Culver City Marathon Mario Caezas(158) was the winner

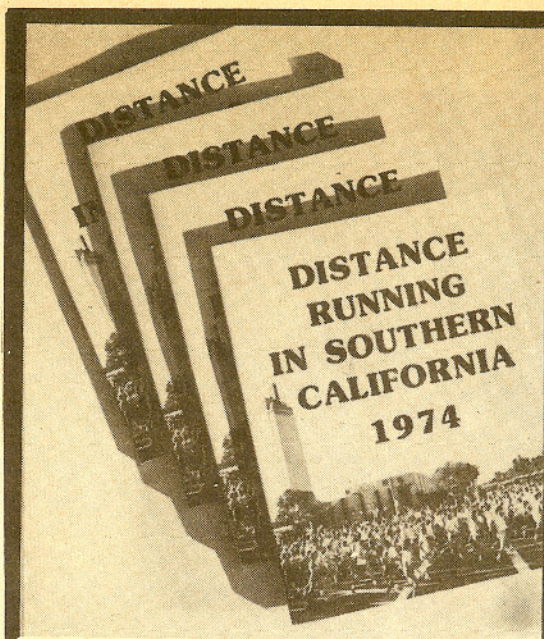


HAVE YOU RUN A MAJOR ROAD OR CROSS COUNTRY RACE IN SOUTHERN CALIFORNIA DURING 1973-1974? ARE YOU PLANNING TO ENTER SUCH RACES IN THE FUTURE?



Junior College Cross Country Championships (large school race)

ED CHAIDEZ first American at Culver City Marathon Mario Caezas(158) was the winner



IF SO, 'DISTANCE RUNNING IN SOUTHERN CALIFORNIA 1974, IS JUST THE BOOK FOR YOU. IT INCLUDES RACE RESULTS AND AGE-GROUP RECORDS FOR 18 OF THE MOST IMPORTANT RACES AND OVER 150 PHOTOGRAPHS TAKEN DURING 27 OF THE RACES THROUGH JULY 1974.

Books are available at most of the SPA long distance races. For immediate delivery send \$5.00 by check or money order to the author:

**BUD HANSON**  
4070 WILKINSON AVENUE  
STUDIO CITY, CALIFORNIA 91604

**\$5**

HAVE YOU RUN A MAJOR ROAD OR CROSS COUNTRY RACE IN SOUTHERN CALIFORNIA DURING 1973-1974? ARE YOU PLANNING TO ENTER SUCH RACES IN THE FUTURE?

# DISTANCE RUNNING IN SOUTHERN CALIFORNIA 1974

*Winners, also-rans, beginners, vets, big and small, are illustrated (at right) at the annual scenic run at Tapia Park in March, 1974. This is typical of photographic coverage of SPA races in the book. Those planning to run the 1975 Tapia Park race, scheduled for March 2, should find this coverage useful.*

## Malibu ~ Tapia Park



Runners on a trail.



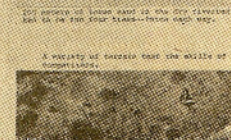
Runners on a trail.



Runners on a trail.



Runners on a trail.



Runners on a trail.



Runners on a trail.



# CALIFORNIA TRACK NEWS

A publication devoted to California track. Help make your sport number one.

HIGH SCHOOL

PROFILES

OPEN - COLLEGE

SCHEDULES

CROSS COUNTRY

RESULTS

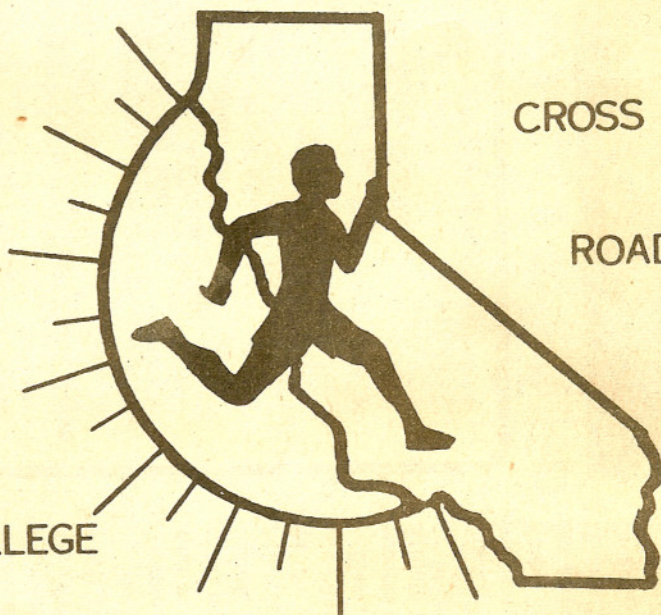
ROAD RACING

RANKINGS

PICTURES

JUNIOR COLLEGE

TRACK



Get in on All the Action ————— Subscribe Today!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

number and street

city

state

zip

For your 1 year sub-  
scription (bimonthly)  
Send with \$3.50 to:

**CALIFORNIA TRACK NEWS**  
**1717 South Chestnut**  
**Fresno, California 93702**