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CALIFORNIA TRACK NEWS

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Athletic Department Gene "Red" Estes Fresno State University Fresno CA 93710



from the editor...



Upon receiving the results of the AAU Master's National Cross Country Championships I was somewhat surprised to see long time friend John Brennand of Santa Barbara as the name in the overall Champion slot. Not that I didn't think John had it in him — he has continually amazed me with his accomplishments in running, both as a competitor and an administrator.

John didn't really start running until he was nearly thirty. He's now 41 and still improving. When I was a student at Westmont College in Santa Barbara and later as a member of the Santa Barbara Athletic Association I had placed John in the jogger catagorie. But as it turns out he's the real runner and I am the jogger. He's winning national championships and running long distance times faster than I can even let my imagination play with. And my current condition? A jogger! I'm happy with 5 easy miles every morning, but I'll have to admit thinking about John and what he is able to do stirs up the old competitive juices. Maybe I will do seven miles tomorrow morning.

Not only is John impressive in his running but also the leadership he has provided in the sport of long distance running. He's the administrator and founder of the computerized results and handicap system in the Southern Pacific Association. He is race director for a number of major events, including the Santa Barbara Marathon and the National One Hour Run. He is an administrater in the Santa Barbara AA. He is presen Chairman of the sub-committee to se. long distance athletes to compete abroad.

John has always willingly offered his help whenever I needed it, as a young college long distance runner and track man and now as editor of CTN. John sees the we get most of the SPA results. He's a result in the sees that we get most of the spa results and stimulating fellow and I thought it might be good to share a chat with him among the readers of CTN:

Editor: John, how and when did you get started in long distance running?
Brennand: Except for one year of track in high school and one of cross

the benefits of this growth is that so many races are now available that one doesn't have to travel great distances to reach regular competition.

Nationally, on the LDR scene, the changes have been really profound. First, Americans are world class in the marathon now. I think Buddy Edelen was the turning point when he ran 6th in Tokyo, even with his sciatica problem. Mexico, because of the altitude, didn't let us show our strength, but Ken Moore was world class then as he proved four years later in Munich. One reason for the improvement is that our top runners have the increased exposure to international competition. Perhaps 15-20 top Americans compete abroad each year. This helps.

Another big change in the national scene has been the marathon phenomena. Americans are marathon crazy. It's a trend which I think has gone too far. I believe that we need fewer marathons and more quality runs in the 10-20 mile range. Charleston and the Springbank Invitational are good in this regard.

We didn't use to have any true national LDR championships, but only regional ones. Now the AAU 10 kilo cross country meet is a true championship as is the One Hour Run.

Perhaps the most far reaching change to occur since I've been running is the emergence of the master's progr. Within a few years, the master's thand field program will have their own Olympics and yearly world championships, as the open runners are just beginning to have (World Cup).

Editor: I lot has sure happened and LDR has come a long way in the last 15 years. What do you see in future?

Brennand: I forsee that more sponsors will help with athletes expenses to get large quality fields together. The NYC Marathon spent \$40,00 to \$50,000 on this year's race alone! That's a bit layish but they put on quite a page.

CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue Fresno, California 93702

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ordinator(I've been doing it for about 5 or 6 years - around 900 participants). I am also getting a Santa Barbara Road Run started this year with the City of Santa Barbara. It will be in the neighborhood of 5 to 8 miles on February 5. I also help with the Culver City Marathon right after the race,

Another involvement is being chairman of the subcommittee to select LDR athletes to compete abroad (if sponsor doesn't specify a particular runner, which they often do. This takes much time on the phone (other committee members: Joe Henderson, Ron Daws, and Fred Best).

And then, I'm a member of the SPA LDR Committee, President of the Gaucho Track and Field Club(booster club for UCSB track and cross country teams), and long time Secretary-Treasurer of the Santa Barbara AA.

Editor: What about your own training? When do you have time to stay in such great shape?

at a lesser distance. I run for the most part at noon, from 6½ to 10 miles at 6:30 to 7:30 pace. On weekends I try to get in one long one, say 15 to 17 miles at 7:00 pace; occasionally faster if someone wants to push.

I hate interval work, but need it to run track. I feel that my track potential is pretty good (in the masters senc not open). I'm currently starting on a build-up of strength ning to reach 80 miles per week in il. In June and early July I'll cut back for hill work, then start track in preparation for Sweden in mid-August. It's pure Lydiard scaled down to 70-80% of the distance.

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Editor: John, how and when did you get started in long distance running?

Brennand: Except for one year of track in high school and one of cross country in Colorado (which was only to get in shape for skiing), I didn't run until the age of 26 in Santa Barbara. I worked for a firm near the track at UCSB and began running at noon. Just a mile or so a day at first and then up to about 30-40 miles a week in about 8 months time. My first race was at Griffith Park in September. At the end of that year I ran 2:48:48 at Culver City, but the course was probably 1300 to 1600 yards short then.

Editor: What great benefits have you received, if any, from your years of participation in LDR, and has it created any problems?

Brennand: Best of all is the good feeling one gets from being in shape — knowing that you can run up a mountain if you wanted. I also get a great deal of satisfaction from competing, particularly when I do my best for whatever shape 1'm in at the time. I would say that the biggest problem related to running is the lack of time it leaves for other things. I'm always behind in whatever projects I have, whether they are work, home, family, or running related. Running really does require sacrifices.

Editor: What changes have you seen during your time in the sport, at the local and national level of long distance running?

Brennand: Naturally the biggest change is growth. Quality has improved, but not as much as the size of the fields. When I began running, I never saw another runner on the roads that I didn't know, and I saw few of those. This morning I saw two other runners during a 10 miler (besides the two with me) and I knew neither of them. One of

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Brennand: I forsee that more sponsors will help with athletes expenses to get large quality fields together. The NYC Marathon spent \$40,00 to \$50,000 on this year's race alone! That's a bit lavish, but they put on quite a race. I hope that this trend also occurs in the master's program. It is also already evident in the women's races.

Another trend, which may cause problems, is that the running movement is becoming fragmented. We now have seperate comittees for men's track and field, women's track and field, master's track and field, men's LDR, and women's LDR. I can foresee that age group(young) and masters LDR will want their autonomy(as Masters already does). This trend is both good and bad. The good is that they can do their own thing. The bad is that it further dilutes what administrative talent is available.

Editor: What is this computer work you do with the SPA?

Brennand: About seven years ago I started developing a computerized handicaping and results system for the SPA. It basically does two things. ONe, it prepares the results in a format suitable for photoreduction and printing using punched card input. Secondly, for about 500 of the most regular runners it keeps a handicap based on their past performances. The computer is used to maintain the records and compute the handicap times for each race. We give handicap awards in about 25% of the races. It gives the average runner a chance to win an award once in awhile.

Editor: Training and competing is enough for a busy schedule, but you have added the computer work and what else?

Brennand: I put on three events each year. The SPA 15 kilo Championship(240 starters in '76), the Santa Barbara Marathon(310 starters) and the ONe Hour Run, for which I'm the coright after the race.

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Editor: What about your own training? When do you have time to stay in such great shape?

brennand: I have never trained much compared to most other runners. My highest mileage year was 1970 when Mike Stam ran with me and I averaged 63 miles per week. I ran 2:28:44 at Culver City that year. I averaged 55 miles a week in 1971 and ran 2:28:33 which qualified for '72 Olympic Trials where I placed 31st. in 2:31:12. Since then I have averaged about 50 miles a week which isn't enough for good marathons, but will produce an occasional good race

to run track. I feel that my track potential is pretty good (in the masters sence not open). I'm currently starting on a build-up of strength ning to reach 80 miles per week in il. In June and early July I'll cut back for hill work, then start track in preparation for Sweden in mid-August. It's pure Lydiard scaled down to 70-80% of the distance.

Editor: What are your long range goals for yourself in terms of performance?

Brennand: I still be that I can run some good track times if I train sensibly. I'm fortunate to have the physiological make up for it(about 75 ml/min. kg. maximum oxygen consumption in many treadmill tests).

I don't know if I'll ever break 2:30 again in the marathon, because it may require more training than I'm prepared to do, but after my recent 2:35:42 at Culver City on 50 miles per week (I jogged in from 23 miles because of bad blisters), I know it's possible. The main thing I've noticed about getting older is that it seems to take more training to keep the same performance level, but I suppose experience can compensate for this to some extent.



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ON THE COVER: The Jamul Toads track club started the 1976 cross country season by winning this race — the Long Beach Invitational and finished it out two months later by winning the National AAU crown.

photo by Bill Leung, Jr.

meet the staff:



photo by Dave Stock

Dave Stock

Since his first photographic contribution over a year ago, Dave Stock has been one of ou bst published photographers. Dave is presently a 20-year old senior at Cal Poly/San Luis Obispo where he is majoring in photojournalism. His interest in photography started over six years ago when he started running track and cross untry at San Jose's Leigh High Sch where he eventually captained his team to a national postal title in 1973. Since then he has shot approximately 95,000 pictures, many of which were taken at cross country and

Dave doesn't spend all of his time at the shooting end of the camera, though. He is currently a member of Cal Poly's cross country and track teams. and will play a major role in Poly's bid for the Division II cross country title next year. Dave's goal for this track season is to run in the low 29:00s for six miles on the track.

Besides photography and running, Dave's hobbies include guitar, piano, basketball, and his girlfriend, Karen.

San Diego, Monday, November 29, 1976

Toads take their place with great track clubs

By RICK DAVIS

And now in the great running tradition of the New York Athletic Club and the Colorado Track Club, we bring you the Jamul Toads.

The Jamul Toads?

That's right, those San Diego upstarts with the funny-sounding nickname Saturday tarnished in one fell swoop the musty tradition of some of the nation's prestigious track clubs.

Over a narrow, hazardous Fairmount Park course in Philadelphia, the Toads snatched the 1976 national AAU cross country championship from the reaches of New York, Colorado and a few others.

"It must have been embarassing," claimed Toads' coach Bob Larsen today. "Those teams from Florida, New York and Colorado had to call in their results after the race Satur-

they felt saying they had been beaten for the national title by the Jamul Toads?"

has enough to cause Sports Illustrated to take what happened. The national magazine had a writer in Philly and some of the ed the San Diego finish. were interviewed follow g the upset.

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BOB LARSEN

Led by a second-place finish from Terry Cotton and a fourth place from Kirk Pfeffer, the Toads had 45 points to 63 for two-time defending champion Colorado. NYAC was third, fol-"How do you suppose lowed by Florida, then Chicago TC.

Jamul also had Eddie Mendoza in the top 10. He was ninth. Teammates David Harper, 15th; Tom notice, which is precisely Lux, 23rd; Thom Hunt. 77th; Glenn Best, 104th, and Dale Fleet, 116th, complet-

"A couple of my guys, Harper and Lux, absolutely Make no mistake, they ran the races of their lives," their coach said.

"Lux was sixth with a mile to go. He was running 10 feet over his head."

In the end, Lux dropped back but the count still favored the San Diego area club by a comfortable margin, as cross country races

Cotton even made a madman's rush to catch winner Rick Rojas of Colorado TC at the wire.

"Terry made up 30 yards on Rojas in the final 660 yards," recalled Larsen, who has built a long-distance dynasty among junior college ranks at Grossmont College.

Cotton lost by 15 yards. "Another 100 yards of race, he might have caught him," said Larsen of thr 10.000-meter event

	10,000 meter event.		
	Individual Leaders 1—Rick Rojas, Colorado Track Club 3 2—Terry Cotton, Jamul Toads 3—Jeff Bradley, Reading Berks	.30:	2
):	4-Kirk Pfeffer, Jamul Toads	30	3
	5-Barry Brown, Florida Track Club	20	3
	6-Mark Finucane, East Tennessee Stat	20.	27
	7—Ted Castaneda, Colorado Track Club	20.7	22
	8—Bobby Thomas, Maccabi	20.	20
	9—Ed Mendoza, Jamul Toads	30.	41
	10-Steve Foster, Florida Track Club	20.	41
	11—Tom Fleming, New York A.C.	30.	4.
	12 Coorgo Mallow New York A.C	.30:	43
	12-George Malley, Nittany Lions	.30:	4
	13-Bill Lundberg, Chicago Track Club	30:	44
	14-Ron Zarate, Reno Track Club	.30:	47
	15—Dave Hauper, Jamul Toads	.30:	4/
	16-John Gregorio, Colorado Track Club	30:	49
	17—Bob Hodge, Greater Bos	30:	50
	10 Posts Centrowitz, New Y	30:	50
	19—Pete Squires, New York A.C.	30:	50
	20-Ron Spiers, New York A.C.	30:	51
	21-Charley Vigil, Colorado T. C.	30:	53
	22-Herman Atkins, Club Northwest	.30:	53
	23-Tom Lux, Jamu! Toads	30:	55
	24-Randy Thomas, Greater Boston T.C.	30:	55
	25-Morgan Fennell, New York A.C.	30:	59

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Chicago T.C189	Sugar Loaf Min .	.556
Nittany Valy T.C. 204	Seacoast Striders	562
Club Northwest 207	Milrose A.A.	591
Alhletes In Action 212	Greatr Roch T.C.	594
Graff Boston T.C. 239	Dela Sports Cncil	621
Quantico Marines 283	Shore A.C. (B)	.649
Atlantic T.C 291 West Valley T.C. 312	Fairtld Cnty Strd	657
West Valley T.C. 312	Sports East	.669

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Team Point Scores Jamul Toads Colorado T.C. Sugar Loaf Min Seacpart Florida T.C. Chicago T.C Nittany Valy T.C. Club Northwest Searcast Striders Milrose A.A. Athletes in Action 212 Gratr Boston T.C. 239 Quantico Marines 283 Dela Sports Cncil Shore A.C. (B) Fairfld Cnty Strd Atlantic T.C. ... West Valley T.C. 291 ummit A.C. ... Club Midwest Sugar Lf Mtn (B) Santa Monca T.C. 416 Rasac

by: CREGG WEINMANN

FELIX ELIEFF: Highland High School in Bakersfield, Senior, 5 feet, 10 inches; 132 pounds. Born January 29, 1959, in Portland, Oregon.

Best Marks: 440-54.0, 880-1:59.0, mile- 4:26.0, 2 mile- 9:20.0, 3 mile cross country- 14:23.0. Coached by Paul Owens and Paul Vallegra,

Felix has achieved quite some notoriety during his high school career. To date he has been selected most valuable runner for the '74, '75, and '76 cross country seasons; Most Inspirational. Most OUtstanding, and Most Improved during three track seasons: Bakersfield Californian(newspaper) prep athlete of the week; and Bakersfield Jockey Club Athlete of the Month (October 1976).



Felix was 1975 South Yosemite League, and Southern Area cross country champion, and went on to place second in the Central Section CIF Championship that year. He continued during the track season by taking the SYL mile and two mile titles, the South Area two mile. and finally qualifying for the State Meet with a second place finish in the Central Section.

The 1976 cross country season saw Felix unbeaten, including wins at the Wasco Invitational, the Madera Invitational, the Kern County Invitational, the South Yosemite League meet, the South Area Championship, and the Central Section CIF Championship by 20 seconds.

Felix enjoys the two mile on the track the most, and isn't concerned with how frequently he races, due to the high school schedule. He always trys to stay loose and run relaxed, to "Have a fun time running while enjoying the crowd and the course."

He usually only peaks once per season but feels he could probably peak more often. He usually retires by 9:00 pm, but adds that "I enjoy life very much." Felix takes several vitamins each day, including doses of A, B, C, and E, in addition to Cod Liver Oil. and a daily protein drink. Felix says. I give a lot of credit to Momma" for her help in his training regimen.

He plans to "Just keep improving my times" as short range goals, and questioned as to long range goals he replied, "It's a secret, nobody knows except me, and only me." He credits track, and the competition with helping to develop his self discipline.

He plans to attend either the University of Oregon, or the University of Washington or San Jose State, because of the combination of good athletic program and English departments, as he would like to become a writter in some field. Felix doesn't know for sure how long he will compete, but "I'll know when the time comes."

CROSS COUNTRY TRAINING:

Sunday- 10-14 mile run.

Monday- 5X880.

Tuesday- 9 miles in hills plus 4X22. Wednesday- 3X1 mile.

Thursday- long run(saturday competition) or rest(friday competition).

Friday- competition or rest.

Saturday-competition or long run. TRACK TRAINING:

Sunday- 7-8 miles.

Monday- 10 miles plus morning run. Tuesday- 6X1320 plus morning run. Wednesday-8X880 plus morning run. Thursday- 20X110 plus morning run. Friday- competition.

Saturday- 10 miles.

the

JEWELL'S

"The family that plays together, stays together." The Jewell family is living proof of this well warn axiom. With four children actively involved in long distance running a family would either have to center their lives around track or else go goofy.

Pam is the oldest of the four and the first to get into the running scene. She started a decade ago in junior high and it wasn't long before sisters Kathy and Laurie followed and all three of them joined the Long Beach Comets AAU track team. Pam won her first AAU race after only a week of training (the SPA-AAU District Cross Country Championships).

With three sisters on the go with track it was just a mater of time before Greg felt left out and as he says, "I had to start running, too, or leave the family—everybody else was in it."

What effect does four running kids have on family unity? Mon(Mrs. Loretta Jewell) says, "We have always been family oriented, so wherever the kids went, we went, or wherever we went, the kids went. We have always played card games and other games all together as a family since the kids were very small, and we always enjoyed (and still do) going to parks and having picnics and playing baseball, etc. Glen started playing little league baseball when he was eight years old, and his father was always the coach of the he was on. We all went as a family we every one of his games and rooted for him for eight years, which was how long he was in the Carson Little League.

"Pam started in 1969. Kathy and Laurie llowed that same year and Glen je I the 'band wagon' a year later. Grandma, who is 67 years old, jogs nearly every morning and usually jogs with the kids when we visit.

"Track has changed our life immenselev because we all became so involved that we couldn't keep active with everything, so the kids decided to drop everything else and concentrate on track. We started going to track meets on weekends instead of other activities. We still play card and other games together but not nearly as much as we did before track. We, as parents, try to go to all of their track meets, except the ones out of state. We would go to those too, if we could afford it. Sometimes we go to two or three track meets in one day, since the kids are all running for different teams right now. I also go to Kathy's and Laurie's workouts nearly every day. It's a hectic life, but we all love it!

pam

PAM JEWELL: Cal State University at Long Beach. 5 feet, 5 inches; 100 pounds. Born July 21, 1953 in Los Angeles.

Best Marks: one mile- 4:57, 880-2:16. Currently coached by Preston Davis.

In 1969 Pam won the SPA-AAU Girl's Cross Country Championship and placed third in the state meet. As a student at Harbor College she pla 8th. in the Women's Cross Country Nationals. She is presently working out with Francie Larrieu Lutz and looking forward to an expecially good track season.

"Our family has been very action sports. Running seems to be speciality. Out of four children we an are distance runners. My Mon and Dad are just as involved as we are in track. They drive anywhere anytime for a meet. One thing I treasure most are the friends



(left to right): KATHY, GLENN, PAM, LAURIE

glenn

GLENN JEWELL: Cal State University at Long Beach - Unattached. 5 feet, 11 inches; 150 pounds. Born August 30, 1954 in Los Angeles.

Best Marks: one mile-4:13(74), marathon-2:50(72). Currently coached by Jerry MacDonald(former HS coach).

third years at Carson she won both the 880 and the mile in the City Meet and left City Records behind her.

She is attending g Beach City College but there isn't gris track team at LBCC so she is planning to transfer to Long Beach State very soon and run with Pam. She is studying to be a nurse.

"Laurie, Pam, and I have been running since 1969. Glenn, my brother, started a year later been seen felt left out. We get together quite often and run on the distance days. We really enjoy it because we run a good pace and still have fun talking, laughing and acting silly. Our family has always been close.

oto by Bill Leung

to parks and having picnics and playing baseball, etc. Glen started playing little league baseball when he was eight years old, and his father was always the coach he was on. We all went as a family to every one of his games and rooted for him for eight years, which was how long he was in the Carson Little League.

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"Track has changed our life immenseley, because we all became so involved with it. Glenn was playing baseball, all four were dancing, and kathy and Laurie were in Girl Scouts when they first started running, but we soon found Davis.

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photo by Bill Leung, Jr.

(left to right): PAM, LAURIE, KATHY, GLENN

GLENN JEWELL: Cal State University at Long Beach - Unattached. 5 feet, 11 inches; 150 pounds, Born August 30, 1954 in Los Angeles.

Best Marks: one mile- 4:13(74), marathon- 2:50(72). Currently coached by Jerry MacDonald(former HS coach).

Even though Glenn started running to follow in his sisters steps, he has earned his own place in the sport. As a high school senior he notched the Carson HS school record in the mile(4:25) and then earned "Most Improved" his first cross country sea at Long Beach State.

"We are a real close family - always doing things together. Even though I don't live at home anymore we still get together a lot to play penny-any poker. progressive rummy and other games. We've always played games. When we were younger we went to bed real early so we also got up real early. My sisters used to play a whole game of monopoly before they went to school. Everything we do is family oriented. Just within the last two years we all have gotten into square dancing. We all go together at least once a week.

KATHY JEWELL: Unattached. 5 feet, 51/2 inches; 118 pounds. Born June 28, 1957 in Los Angeles.

Best Marks: 880- 2:15.9(75), 1500 meters- 4:38.5(75), 3,000 meters- 9:59.7 (76). Currently coached by Ron Petkovic.

Kathy's first year of running at Carson High she was LA City champ in both the 440 and 880. Her second and

third years at Carson she won both the 880 and the mile in the City Meet and left City Records behind her.

She is attending g Beach City College but there isn't arls track team at LBCC so she is planning to transfer to Long Beach State very soon and run with Pam. She is studying to be a nurse.

"Laurie, Pam, and I have been running since 1969. Glenn, my brother, started a year later b se he felt left out. We get together quie often and run on the distance days. We really enjoy it because we run a good pace and still have fun talking, laughing and acting silly. Our family has always been close. We like to sing, while my brother plays his guitar; we like to travel; go square dancing; go on picnics; and just have a good ol' time together.

laurie

LAURIE JEWELL: Long Beach Comets. 5 feet, 61/2 inches; 107 pounds. Born January 4, 1960 in Los Angeles.

Best Marks: one mile- 5:14(76), two mile- 10:56(74). Coached by Terry

Laurie placed second behind sister Kathy in the high school LA City Meet 880 and mile, in 1974. However her favorite event is cross country, especially the two mile course. She wants to be a math teacher and is looking to Long Beach State to follow the family trad-

"Sometimes it seems as though track is all our life, but we all enjoy square dancing and we travel a lot. We also used to tap dance for convalescent homes. juvenile homes, hospitals, etc.

"Our. track traveling has taken us to such places as Hawaii, Mexico City, Missouri, New York, Ohio and many

other interesting places."

PROË

Gary Hernandez



GARY D HERNANDEZ: San Diego Mesa Junior College, sophomore. 5 feet, 9 inches; 145 pounds. Born December 26, 1956 at Moline, Illinois. Also competed for Mission Bay High School.

Best Ma High School- 880-1:57.6, one nate- 4:18.6, two mile-9:13.4. Freshman year at Mesa- 3 mile-14:10.7, 5,000 meters- 14:41.5. Coached by Dick Coxe.

Carr has inst urann

KEEPING TRACK

An AAU National Two Hour Run is in the process of being conducted. similar to the One Hour event - by postal competition. Races may be held at anytime from December 1, 1976 through November 30, 1977. Write to race coordinator for official entry blank and instructions (include a self-addressed, stamped envelope, please): Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010......Don Palmer, age 47, of Corona Del Mar Track Club succumbed to a heart attack on December 6, 1976, after a workout with friends. Our deepest condolences to Don's wife, Kathy..... Corona Del Mar is working with UC Irvine for a Don Palmer Memorial Masters Track Meet. The tentative date is May 28, 1977, at Irvine.....Several Californians recently placed well in the National AAU Junior Olympic Cross Country Championships held in Forest Park, St. Louis, Missouri, on December 11. Linda Goen of Bakersfield placed third in the girl's 14-15 two mile. Greg Williams of Chico placed sixth in the boy's 14-15 two mile. Mike Wall of Susanville placed eighth in the boys nine and under one mile and Doran McGee of Albany placed eighth in the boy's 10-11 mile and a half.

Harrier magazine picked the top 50 high school cross country runners in the US this past season and has designated them High School All Americans. Five of the 50 were from California: Carlos Carrasco of Mt. Pleasant HS in San Jose, Darrel Cessor of Hawthorne HS, Charles Christensen of Edison HS in Huntington Beach, Dave Daniels of San Gorgonio HS in San Bernardino, and Tim Holmes of Downey HS in Modesto......Two recent track marriages of note: 1500 meter runners Dennis Caldwell(Athletes in Action - 3:45) to Ruth Kleinsasser(Blue Angels - 4:16); and Marathoners Jack Leydig(West Valley TC - 2:25) to Judy Gumbs(West Valley TC - 2:57)......Pleasant Hill High School set some sort of "first" by capturing first palce in all five divisions of the Diablo Valley Athletic League Cross Country Championships: Boys Varsity, Girls Varsity, Boys Frosh-Soph, Girls Frosh-Soph, and Boys JV.

In a track race at Cal State Northridge, Julie Brown reset her American Record in the 5,000 meters by a full 24 seconds with a time of 16:14.0. The world record is 16:04.0, set by Finland's Nina Holman in 1975..... A number of California athletes placed well at the National AAU Age Group Cross Country Championships held November 20, at Raleigh, North Carolina: ig Hooker of Fontana won the 8-9 race, Daniel Bell of Fontana 2nd in the 10-11 division, Ralph Sacido of Santa Ana 10th in the 10-11, Robert Planta of Santa Ana won the 12-13 race. Steve Mead of Fontana 6th in the 12-13, Mike Assuma 8th in the 12-13, and the hge County Blue Angels were the winning team in the 12-13 age division.....Miki Gorman broke the women's veteran class world's record for the marathon with a time of 2:39:11 to win

her division of the New York City Mar-

The Jamul Toads track club brought the National AAU Cross Country title home to California. And, the San Diego area based club did it without the help of imported runners. Every member is a local product from the San Diego area and five were Grossmont Junior College alumni...........The Los Angeles Track Club won the Women's AAU Cross Country Nationals with Julie Brown pacing the way in second place and Sue Kinsey in fourth.

BOOK REVIEW: TRACK AND FIELD OMNIBOOK, 2nd. edition, revised and updated by Ken Doherty.

Ken Doherty has spent almost five decades of his life competing in, coaching, and writing about the sport he loves: track and field. As a competitor he was an Olympic decathlete; as a coach he coached championship taams at Michigan and Penn (and was long-time director of the Penn Relays), as a writer, he is probably the most influential track text author of our generation. When his magnum opus, Track and Field Omnibook, first came out five years ago, it gained almost instant adoption at schools around the country, finding its way into the track courses of more than 140 colleges and universities.

So it's news when a second, revised and updated edition of this classic is published. The new edition is still as comprehensive and authorita as the origional, while it expands the scions on technique and training and the coach's relationships with his athletes. Material from the Montreal Olympics is added, along with a number of new excellent sequence drawings.

Price: \$12.00. Order f NEWS Press, P.O. Box 296, Los Altos, CA 94022.

Another new book is out: DISCUS



GARY D HERNANDEZ: San Diego Mesa Junior College, sophomore. 5 feet, 9 inches; 145 pounds. Born December 26, 1956 at Moline, Illinois. Also competed for Mission Bay High School.

Best Ma High School- 880-1:57.6, one harfe 4:18.6, two mile-9:13.4. Freshman year at Mesa- 3 mile-14:10.7, 5,000 meters- 14:41.5. Coached by Dick Coxe.

Gary has just wrapped up his JC cross country career in fine style. He won the South Coast Conference title in 20:13 on the Fullerton course; won the Southern California meet with a 19:57 on the tough College of the Canyons course; and capped it all with a second place finish in the California State Championship, improving his time at COC to 19:50.

Gary's favorite event in track is the 5.000 meters and he is shooting for consistent efforts below 14:00 this coming outdoor season. He doesn't have any problem racing once a week but does like to save something for the big

Some comments on Gary by his coach. Dick Coxe: "Gary is sure to be a successful runner because he has everything going for him - he comes from a fine home with everyone most interested in his endeavours, he is a very healthy individual with few ailments and no bad health atitudes or habits, and he has the emotional temperment to organize things around him and get the job done when it need to get done.

"Gary has a fine training attitude. He is gradually realizing that success comes sooner in the fall season when he doesn't take too long a rest in the summer months. Once he starts training seriously he really comes on. He favors two a day workouts with the longer runs by himself. Once he has his background set he just eats up all types of off the track intervals. Most of which is in the form of varied hill inclines or repetitions boy's 10-11 mile and a half.

California indoor meets and dates: January 14- Sunkist at LA Sports Arena, January 21- San Francisco Examiner at the Cow Palace, January 21-22- Southern California Indoor Games at Long Beach Convention Center, February 4- Los Angeles Times at the Forum in Inglewood, February 19- San Diego Indoor......Track & Field News magazine has recently named it's 1976 High School All American team (three per event). Californians earning honors were: Dave Daniels of San Gorgonio in the steeplechase, Eric Hulst in the two mile, six mile and long distance, Thom Hunt in the two mile and long distance, Jim Sane of Cordova HS in long distance, Charles White of San Fernando HS in the 330 hurdles, John Lane of American HS in the high jump, Tom Hintnaus of Aviation HS in the pole vault, Larry Doubley of Manual Arts HS in the long jump, Greg Caldwell of Fremont HS in the triple jump, Steve Montgomery of Lassen HS in the shot put, John McKenzie of Hart HS in the shot put, Scott Endler of Hoover HS in the discus, and the Kennedy of Barstow 440 relay team. Hulst, Sane, White, Doubley, Caldwell and Montgomery were picked number one.

on grass at near race pace and with tempo variations. During warm-up we are now also putting a lot of time into static stretching.

"He is of quite high competitive nature and is an agressive racer and not afraid to take command of a lagging race. To him cross country is an important sport and an important event in itself."

Gary says he has, "10 to 15 or more good years of running ahead of me." He is a good student with a "B" average and currently looking at San Jose State, University of Arizona and Point Loma College for next year.

A number of California athletes placed well at the National AAU Age Group Cross Country Championships held November 20, at Raleigh, North Carolina: ig Hooker of Fontana won the 8-9 race, Daniel Bell of Fontana 2nd in the 10-11 division, Ralph Sacido of Santa Ana 10th in the 10-11, Robert Planta of Santa Ana won the 12-13 race, Steve Mead of Fontana 6th in the 12-13, Mike Assuma 8th in the 12-13, and the hge County Blue Angels were the wanning team in the 12-13 age division.....Miki Gorman broke the women's veteran class world's record for the marathon with a time of 2:39:11 to win her division of the New York City Marathon. Gorman, age 41, broke her own record by 8 minutes. Overall Miki finished 70th among the 2002 starters.

Are you interested in running in the famed Boston Marathon this coming April 18th.? If so, you can save \$84 to \$106 or more by joining the NorCal Running Review tour group - and have more fun traveling with fellow runners at the same time. If interested write for details: NCRR, P.O. Box 1551, San Mateo, CA 94401

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Price: \$12.00. Order f TAF-NEWS Press, P.O. Box 296, Los Altos, CA 94022.

sequence drawings.

Another new book is out: DISCUS -WILKINS vs POWELL - A COMPAR-ATIVE STUDY. By Ernie Bullard and Larry Knuth with Mac Wilkins and John Powell. Over 100 action photos. Covers everything from grip to release. Plus drills and weight training programs. Price \$3.95 plus 6% tax(Calif residents). Order from LK Publications, 11665 San Vicente Blvd., Los Angeles, CA 90049.

FIRST ANNUAL HIGH SIERRA 10 MILE ROAD RACE

SATURDAY, JANUARY 22, 1977

WOODWARD PARK

10:00 a.m. --- Check in 11:00 a.m. --- Race starts

DIVISIONS:

40 to 49 Open 50 and Over High School

Junior High & High School Girls Junior High & Below

Women 30 to 39

> Write for entry blank to: Len Thornton, 5768 North Millbrook, Fresno, CA 93710 (please enclose a stamped, self-addressed envelope).



CJ.N. INTERVIEW:



3 Mile postal meet, December 4th. Tim Holmes 13:59.9, Rod Berry (Redwood) 14:00.0 photo by Keith Conning

TIM HOLMES, in the final year of a spectacular career at Downey High School in Modesto, tops the list as California High School Cross Country Runner of the Year--1976. For the second year Holmes has also been named High School Cross Country All American by He r Magazine, and Northern Californ. Cross Country Runner of the Year by the Northern California Track and Field Association. Only Ron Larrieu of Palo Alto High in the mid-1950s and Mike Ryan of Wilcox High in Santa Clara a ade ago have ever been named NCTFA cross Country Athlete of the Year twice.

He has been Sac-Joaquin CIF Section Cross Country Champion for the last any other training rules or extras besides the running part of your training?

Holmes: I take daily doses of vitamens E, C and others. I feel I need at least seven hours of sleep a night and especially good sleep two nights before a competition.

CTN: Fast approaching is y senior year in track. Have you thou, about any goals?

Holmes: 4:12 in the mile, 8:50 in the two mile, 13:50 in the three mile and 28:50 in the six mile don't seem unreasonable.

CTN: Do you have any lor range goals, and how long do you plan to compete?

Holmes: I plan to be active in track indefinitely, and, of course, would

summer before the senior year; 690 in 12 weeks of junior cross country; and 655(tonsils out) in 12 weeks of the senior cross country season. Tim just had enough ability to have success despite the low mileage.

This year we felt ready to boost things somewhat, beginning with tonsils out in October to alleviate numerous winter infections. That interuped this year's cross country quite a bit and accounts for the slow start. This winter Tim is trying to get into the 80s per week (once a day running). He hasn't make it yet but has stayed healthier. Also we are

tonsilectomy the first week of October, causing him to lose 8 days of any training, working several weeks at a weakened conditioned, and forcing the scraping of any speed work the entire season. Each Each of the last several winters Tim has been sick 4 to 5 times with colds and throat infections and after he lost a week to two colds in early September we decided, in the long run, it would be best to have the tonsils out. With these selective plans we also decided that after the tonsilectomy Tim should concentrat first on improving his endurance, pointing for the AAU Juniors, and only secondly

Tim Holmes

just now trying to begin some weight training and increasing flexability work.

Cross country training involves distance runs of 10 to 14 miles and about a dozen speed workouts(varying from 660 to 1320). Intervals done at race pace early are increased in speed later on. All intervals are done in parks and some over varying hill circuits. The winter training has been long slow distance, but this winter we have added one aerobic interval workout per week. Track work is centered around distance and aerobic intervals till early March, then we have go into eighteen speed sessions spaced to end the end of May.

CTN: What happened to Tim at the Mt. SAC Invitational Cross Country Meet; and why did you choose to go at that time?

Mensing: This season had a serious ramification in that Tim underwent a

on sharpening up for the remainder of the cross country season, even though this might make his remaining cross country season a little less impressive. Concerning Mt. SAC, we had considered going to it last summer as a very important experience builder against the always tough Southern California runners, thinking the race experience would help a lot next spring in the State track meet. Even though Tim had only two weeks to get over his tonsils, and Mt. SAC is a short, speed-oriented course, we still thought the experience would be worthwhile, despite knowing his condition at that time was not good. Tim could have skipped Mt. SAC, saved a 400 mile trip, and had another undefeated season. This would have looked good on paper but gained little in valuable experience. All things considered, third at Mt. SAC isn't bad.

Garment Screening

Runner of the Year-1976. For the second year Holmes has also been named High School Cross Country All American by Hr Magazine, and Northern California Cross Country Runner of the Year by the Northern California Track and Field Association. Only Ron Larrieu of Palo Alto High in the mid-1950s and Mike Ryan of Wilcox High in Santa Clara a ade ago have ever been named NCTFA cross Country Athlete of the Year twice.

He has been Sac-Joaquin CIF Section Cross Country Champion for the last three years. Best track times include: 4:17.3(76), 9:02.3(76), 13:59.8(76). The 13:59, coming in the December Three Mile Postal Competition. Also in December Tim placed second behind UC Berkeley's Hal Schultz in the PA—AAU Junior Men's 10 Kilo Championship; thereby earning an expense paid trip to the Junior International Trials, February 12th.

Let's find out a little-bit more about Tim from himself and his coach, Bill Mensing:

CTN: What are your favorite events and how often do you like to race them?

Holmes: Right now I don't know if I have a favorite, at least I haven't found my best event yet. I'm still learning and growing. I like to compete about twice a week over a variety of distances.

CTN: What about your competition strategy? We know you are usually in the lead at the finish line. Do you have any one typical tactical approach to getting there first?

Holmes: Actually, I don't run all of my races in just the same way. It depends, but many times I will use the approach of depending on my kick.

CTN: What about peaking your performances for the "big" ones at the end of the season?

Holmes: Yes, at least that's what we try to do.

CTN: You are obviously dedicated in your running training, but is there

vitamens E, C and others. I feel I need at least seven hours of sleep a night and especially good sleep two nights before a competition.

CTN: Fast approaching is y senior year in track. Have you thou, about any goals?

Holmes: 4:12 in the mile, 8:50 in the two mile, 13:50 in the three mile and 28:50 in the six mile don't seem unreasonable.

CTN: Do you have any lot range goals, and how long do you plan to compete?

Holmes: I plan to be active in track indefinitely, and, of course, would like to be a part of the 1980 or 1984 Olympic Team.

CTN: What is it that you like about track?

Holmes: I like it because I have been successful and I like the competition; it's a test of my capabilities. I like running because it is an outlet for my nervous energy and it also gives me a certain sense of freedom.

CTN: Any thought, yet, about a choice of a school for next year?

Holmes: I really haven't decided on a major field of study which migh make a difference - I think I am interested in sociology. I like the looks of U.C. Irvine because of solid coaching and the good location for running.

CTN: Maybe Coach Mensing could share some of your training methods with us, and also fill us in on the early season let-up in the 1976 cross country campaign.

Mensing: Tim's training load has been relatively low before this year (that is, compared to other equal runners), by design, as we have always been wary of too much training too early with yiung runners. Before this year, he rarely got into the 70s for weekly mileage, and usually only two speed sessions per week in competitive season. Summers and winters have been similarly keyed, with 680 miles run in the 15 week period from the end of cross country till March 1, of his sophomore year; 385 during the same period of his junior year; 400 the summer before his junior year; 440 the

Meet; and why did you choose to go at that time?

Mensing: This season had a serious ramification in that Tim underwent a

feated season. This would have looked good on paper but gained little in valuable experience. All things considered, third at Mt. SAC isn't bad.

Garment

OUALITY SCREENING AT DISCOUNT PRICES: - Jack Levdig. Box 1551, San Mateo, CA 94401, --- If you have T-shirts or warmups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through John-John, Inc., who does the Bay-to-Breakers, Tahoe Relays, Dinsea, Christmas Relays, WVTC, San Diego TC, and many other local shirts. But, as a dealer, I can offer a substantial discount below his normal retail prices (about 20-25% off). Prices below are for "Texdye" paint screening, a colorfast, completely washable paint. We can also screen in "Vinyl" and "Vinylon" paints, designed exclusively for stretchable fabrics such as nylon. There are other incidentals such as art-charges and screen charges for small orders, so if you think you think you might be interested, write for complete details. Turnaround time is usually about 2 weeks if the shirts are in stock. T-shirt costs are currently \$1.65 for mediumweight (with trim) and \$1.95 for heavy-weight (solid colors)...plain white shirts are somewhat less. However, be advised that prices can change at any time. Screening prices (below) are also subject to change. Number of colors is noted in the left column:

6-11	12-35	36-71	72-143	144-287	288+
1 \$1.45 2 3+	\$0.95 \$1.45	\$0.75 \$0.95 \$1.45	\$0.60 \$0.75 \$0.95	\$0.48 \$0.60 \$0.75	\$0.40 \$0.48 \$0.60



JANUARY

- MISSION BAY MARATHON, San Diego. 8 am(also half marathon). Bill Gookin, 5946 Wenrich Dr., San Diego 92120.
- SAN MATEO ALL COMERS. San Mateo Junior College, 11 am.
- SUNKIST INDOOR. Los Angeles Sports Arena.
- HANFORD TO CORCORAN 16 MILE. 10 am. Must be pre-entered by 1-14. Parks & Recreation Dept., 800 Dairy Ave., Corcoran.
- 15-16 San Jose TRACK & FIELD WORKSHOP. Office of Continuing Education, San Jose State University, San Jose 95192.
- 15-16 AMERICAN RIVER TRACK SEMINAR. Al Baeta, 4700 College Oak Dr., Sacramento 95841.
- PAUL MASSON MARATHON, Saratoga, 9 am. Dan O'Keefe, 20032 Rodrigues Ave. Cupertino 95014. (408) 257-6670.
- ZOO RUN. 5 miles. San Francisco Zooolgical Gardens. Norman Gerschenz, 1476 Willard, SF 94117.
- LONG BEACH OCEAN RUN. 10 kilo, 3 pm. Geza Bottlik, 4119 Exultant Dr., P.V. Peninsula 90274.
- S.F. EXAMINER INDOOR GAMES. San Francisco Cow Palace.
- 21-22 SOUTHERN CALIFORNIA INDOOR GAMES. a Beach. Ken Karnes, 7911 Ring St., Long Beach 90808.
- SAN JOSE ALL COMERS. San Jose Junior College, 9 am.
- SAN DIEGUITO HALF MARATHON. Jim Waters 295-8460.
- POP MAF MEMORIAL RUN. 9.6 miles. Moncebello, 9 am. Richard Soria. Montebello Park & Rec. Dept., Montebello. Phone: 722-4100 days.

REEDLEY ALL COMERS. Reedley

FEBRUARY

- LOS ANGELES TIMES INDOOR. Forum, Inglewood.
- SANTA BARBARA WINTER ROAD RUNS. 6 & 10 miles. Robert Aronson. P.O. Drawer P-P, Santa Barbara 93101.
- SAN MATEO ALL COMERS. San Mateo Junior College, 11 am.
- BAKERSFIELD MARATHON. Also half marathon and 10 kilo, Larry Arnt, 5000 Belle Terrace No. 72, Bakersfield 93309.
- HERMOSA BEACH DISTANCE RUN. 5 mile. 9 am. Martin DeMott 376-6984. ext 48 - days only.
- WOMEN'S WOODSIDE 5 MILER, 10 am. Penny DeMoss, 765 Campbell Ave., Los Altos 94022.
- JUNIOR MEN'S 8 KILO INTERNAT-IONAL CROSS COUNTRY TRIALS. Balboa. Ken Bernard, P.O. Box 80512. San Diego 92138.
- SAN MATEO ALL COMERS San Mateo Junior College, 11 am.
- AZUSA RELAYS & 10 KILO. Marvin Mardock (213) 963-8377 home.
- REEDLEY ALL COMERS CHAMP-IONSHIPS. Reedley Junior College.
- 12 IVANHOE ROAD RACE. 6 mile. Dave Bronzan, 1173 Eymann, Reedley 93654.
- SANTA MARIA HALF MARATHON. Tentative. Stan Rosenfield, Box 1134. San Luis Obispo 93406.
- HIDDEN VALLEY MARATHON. Also half and quarter marathons. Larry Bellaw 180 Academy Dr., Newbury Park 91320.
- WEST VALLEYMARATHON. San Mateo 9 am. Jack Leydig, P.O. Box 1551, San Mateo 94401.
- SENIOR MEN'S 12-KILO INTERNAT-IONAL CROSS COUNTRY TRIALS. Alameda, Bob DeCelle, P.O. Box 1606. Alameda 94501

MARCH

- SAN FERNANDO HANDICAP, 6 mile. 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- BIDWELL CLASSIC MARATHON AND ROAD RUNS. (marathon plus 3 & 12 milers), Chico, 10 am, Walt Schafer, 1413 Salem, Chico 95926.
- LONG BEACH RELAYS. High School Varsity, College, University-Open.
- PISMO CLAM FESTIVAL. 5 mile beach run. Tentative. Stan Rosenfield, P.O. Box 1134, San Luis Obispo 93406.

- PA-AAU 30 KILO CHAMPIONSHIP. Watsonville, 10 am. Mike Jones, 109 Valencia Ave., Aptos 95003.
- GARLAND RANCH SPRING RUN. 8 to 10 miles. Gary Goettelmann, Story Rd., Carmel Valley 93924.
- SPA-AAU 25 KILO CHAMPIONSHIP. Lunada Bay, 9 am. Carl Paulson, 89 15th Street, Hermosa Beach 90254.
- CCA-AAU 15 KILO CHAMPIONSHIP. Big Creek. Rich Peterson, P.O. Box 206. Laton 93242.

Classified

CLASSIFIED RATES: Meet information @ 10 cents per word; general advertisements @ 20 cents per word. Count name and address as five words. All ads must be paid in advance. Closing dates: February 20, April 20, June 20, August 20, October 20, and December 20.

NEW BALANCE FLATS: Club and team prices 10 to 20 percent off! Len Thornton, 5768 N. Millbrook, Fresno, CA Phone: 439-5468.

TRACK & FIELD STRENGTH TRAINING: Sampson's Gym Strength & Fitness Center. Specializing in strength training for all sports. 1002 E. 17th. St. Santa Ana CA 92701

A HISTORY OF INDOOR TRACK & FIELD Now, for the first time, the history of indoor

track and field is available in a 262 page, hardcovererd book. By Wally Donovan. \$9.95. Order from Walley Donovan, 105 Pedwood Ave. - 7, El Cajon, CA 92020.

TRACK & FIELD FOR YOUNG ATHLETES Read about the stars of tomorrow in today's Starting Line magazine; the track & field

- San Francisco Cow Palace.
- 21-22 SOUTHERN CALIFORNIA INDOOR GAMES. g Beach. Ken Karnes, 7911 Ring St., Long Beach 90808.
- 22 SAN JOSE ALL COMERS. San Jose Junior College, 9 am.
- 22 SAN DIEGUITO HALF MARATHON. Jim Waters 295-8460.
- 22 POP MAF MEMORIAL RUN. 9.6 miles. Moncebello, 9 am. Richard Soria, Montebello Park & Rec. Dept., Montebello. Phone: 722-4100 days.
- 22 REEDLEY ALL COMERS. Reedley Junior College, 1 pm.
- 22 HIGH SIERRA 10 MILE ROAD RACE. Fresno, 11 am. Len Thornton, 5768 N. Millbrook, Fresno 93710.
- 23 CASITAS DAM HANDICAP. 10 kilo. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 23 PA-AAU 20 KILO CHAMPIONSHIP. Portola Valley, 10 am. Harold DeMoss, 765 Campbell Ave., Los Altos94022.
- 28-29 NATIONAL TRACK & FIELD

 COACHES CLINIC. Palo Alto.Jim

 Gaughran, Dept. of Athletics,

 Stanford University, Stanford 94305.
- 29 SAN JOSE ALL COMERS. San Jose Junior College, 9 am.
- 29 SAN MATEO ALL COMERS. San Mateo Junior College, 11 am.
- 29 BLACK MT. RUN TO THE TOP. 10 kilo, 8 am. Wayne Zook 223-8774.
- 29 MT. SAC ALL COMERS. Mt. San Antonio Junior College, 3 pm.
- 29-30 USTFF LOS ANGELES INVITAT—
 IONAL DECATHLON. Cal State Los
 Angeles, 10 am. Walt Williamson, Track
 Coach, CSULA, 5151 State University
 Dr., Los Angeles 90032.
- 30 PEACH BOWL PACERS 10 KILO RUN.
 Marysville, 11 am. Ed Williams, 835
 Spiva Ave., Yuba City 95991.
- 30 WORLD MASTERS MARATHON. Orange 7:30 am. Bill Selvin, 2025 N. Tustin No. 3, Orange 92665.
- 30 BIG DIPPER HANDICAP. Fresno, 2 pm. Larry Lung, 784 Jana Way, Hanford 93230.

- Bronzan, 1173 Eymann, Reedley 93654.

 12 SANTA MARIA HALF MARATHON.

 Tentative. Stan Rosenfield, Box 1134,
 San Luis Obispo 93406.
- 13 HIDDEN VALLEY MARATHON. Also half and quarter marathons. Larry Bellaw 180 Academy Dr., Newbury Park 91320.
- 13 WEST VALLEYMARATHON. San Mateo 9 am. Jack Leydig, P.O. Box 1551, San Mateo 94401.
- 19 SENIOR MEN'S 12—KILO INTERNAT— IONAL CROSS COUNTRY TRIALS. Alameda, Bob DeCelle, P.O. Box 1606, Alameda 94501.
- 19 WASHINGTON'S BIRTHDAY RUN. Ridgecrest, 10:30 am. Frank Freyne, 201-A Blue Ridge Rd., China Lake 93555
- 19 BAKERSFIELD ALL COMERS. Charlie Craig %Cal State Bakersfield.
- 19 SAN DIEGO INDOOR MEET.
- 19 PORTERVILLE MARATHON. Also half marathon. Don Kavadas, 283 N. South, Porterville.
- 20 EXCELSIOR EAST END RUN. 7.9 mile Golden Gate Park, 10 am. Frank Donahue, 1482 9th Ave., No. 4, SF 94122.
- 20 TULARE ROAD RACE. 6 mile. 2 pm. Youth Services, Box 212, Tulare 93274.
- 20 SPA—AAU 30 KILO CHAMPIONSHIP. Culver City, 8 am. Veterans Auditorium.
- 21 WASHINGTON'S BIRTHDAY RUN. Fresno. Paul Buch 1545 N. Authur, Fresno
- 23-24 CALIFORNIA INVITATIONAL DEC-ATHLON. Azusa. Marvin Mardock, (213) 963-8377 home.
- 26 MARTINEZ TO PORT COSTA BRICK YARD RUN. 8.4 mile. 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520.
- 26 LONG BEACH RELAYS. Junior College. 26-27 REEDLEY DECATHLON. Hugh Adams,
- Reedley College, Reedley 93654.

 27 PA—AAU 50 MILE CHAMPIONSHIP.
- 27 PA-AAU 50 MILE CHAMPIONSHIP. near Sacramento. Paul Reese, P.O. Box 2271, Sacramento 95810.
- 27 L.A.P.D. 6.1 MILE ROAD RUN. LAPD Academy, 9 am.

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CALIFORNIA TRACK NEWS



ATHLETES OF THE YEAR 1976

photo by Diane Johnson

It's time to wrap up 1976 and begin 1977 with the past year's outstanding athletes selections. Ballots were mailed out to our pannel of experts and their choices are tabulated here. The most outstanding California athlete for each division is listed with the votepoints received. The outher athletes receiving votes and the number follow each selection.

MASTERS DIV. I (40-49) CROSS COUNTRY/ROAD RACING

TRUMAN CLARK(46): Four marathons at 2:32 or better. Several masters age records during Two Hour Run.

Others: Jim Shettler(40), Bill Crum (18), Jerry Smartt(16), Darryl Beardall (13), John Brennand(13), Kent Guthrie (10), John Rudberg(4), Sam Nicholson (4), Ross Smith(4), Ralph Bowles(2), Richard Bartek(1), Ray Menzie(1), Frank Thomas(1).

Previous selections: Bill Gookin 1974; Jerry Smartt 1975.

MASTERS DIV. I (40-49) TRACK

SHIRLEY DAVISSON(20): National AAU Macters Champion in long jump and triple jump in his division.

Others: Dave Jackson(10), Nick Newton(8), Phil Conley(7), Don Cheek (6), Bob Humphry(6), Van Parish(2), Graham Parnell(2).

Previous selections: Bill Fitzgerald-1974; P Mundle 1975.

MASTERS DIV. II (50-59) CROSS COUNTRY/ROAD RACING

JIM O'NEIL (46): Many firsts, including National Masters AAU Cross Country and Pepsi 20 Mile Road Race.

Others: Ray Gil(20), Ed Almeida (18), Sid Toabe(15), Brian Freeman (7), Julius Karabel(6), Dick Davies Al Gorwin(2), Flory Rodd(2), Paur Reese(2), Clyde Alling(1), Art Waggoner (1)

Previous selections: Jim O'Neil



MASTERS DIV. II (50-59) TRACK

SHIRLEY DAVISSON(20): National AAU Macters Champion in long jump and triple it in his division.

Others: Dave Jackson(10), Nick Newton(8), Phil Conley(7), Don Cheek (6), Bob Humphry(6), Van Parish(2), Graham Parnell(2).

Previous selections: Bill Fitzgerald-1974; P Mundle 1975.

MASTERS DIV. II (50-59) TRACK

BILL FITZGERALD(26): 1976 world leading marks in 800 and 1500 meters in his division.

Others: Jim O'Neil(16), Payton Jordan(7), Tom Patsalis(4), Al Guidet (4), Bob Hunt(3), Bob Watanabe(2).
Previous selections: Bill Fitzgerald 1975.

MASTERS DIV. III (60-69) TRACK

JACK THATCHER(30): Winner of National AAU Masters shot put and discus with world age-group records.

Others: Ken Carnine(24), Tom Montgomery(6), Joe Caruso(6), John Damski(6), Ted Hatlen(4), Sid Madden (3), Vince Godfrey(2), Bob McConaghy (2).

MASTERS DIV. IV (70+) TRACK

PAUL SPANGLER(24): Winner of National AAU Masters 400, 800, 1500, 5000 and 10,000. Many age records. Others: Winfield McFadden(20), Stan Herman(12), Monty Montgomery (6), Sing Lum(4), Ted Mumby(1).

MASTERS DIV. II (50-59) CROSS COUNTRY/ROAD RACING

JIM O'NEIL (46): Many firsts, including National Masters AAU Cross Country and Pepsi 20 Mile Road Race.

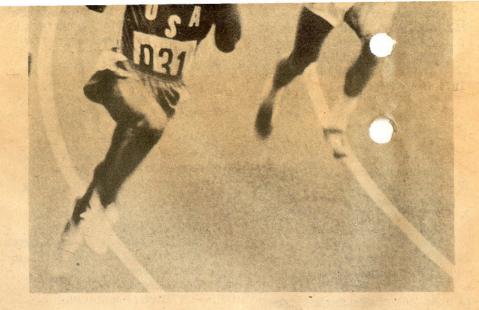
Others: Ray Gil(20), Ed Almeida (18), Sid Toabe(15), Brian Freeman (7), Julius Karabel(6), Dick Davies Al Gorwin(2), Flory Rodd(2), Pau Reese(2), Clyde Alling(1), Art Waggoner (1)

Previous selections: Jim O'Neil 1975.



PAUL SPANGLER at AAU Natl' Cross Country Championships.

photo by Dave Stock



MILLARD HAMPTON - 200 meter heat at Olympic Games

MASTERS DIV. III (60-69) CROSS COUNTRY/ROAD RACING

JOHN MONTO YA (50): Consistant winner.

Others: Chuck Seekins(18), James Bole(10), John Wahl(10), Walt Stack (7), Frank Cuzzillo(6), Chick Palsten (4), Al Clark(4), Sid Madden(1).

MASTERS DIV. IV (70+) CROSS COUNTRY/ROAD RACING

PAUL SPANGLER(42): Second at National AAU Masters Cross Country (first Californian).

Others: Monte Montgomery (32), Lou Gregory (6), Ben Hirsh (6).

BOYS HIGH SCHOOL TRACK

in long jump, including International Prep Invitational and West German Juniors. 25-11½ is third best all time prep jump.

Others: Eric Hulst(16), Steve Montgomery(12), Charles White(10), Greg Caldwell(3), Thom Hunt(1).

Previous selections: Rich Kimball 1974; Dedy Cooper 1975.

BOYS HIGH SCHOOL CROSS COUNTRY

TIM HOLMES(20): Undefeated in Northern Califoria "big" meets. Third at Mt. SAC(5th best time, only 4 seconds off

best) but just out of hospital with tonsilectomy.

Others: Rod Berry(12), Charlie Christensen(4), Felix Elief(4), Dave Daniels(2), Ebiner(1), Larry Prislac(1), Carlos Carrasco(1), Darrell Cesson(1), Steve Ortiz(1).

Previous selections: Ralph Serna 1974, Thom Hunt 1975.

JUNIOR COLLEGE TRACK

MILLARD HAMPTON(60): 10.2, 20.1, 46.5. State Junior College, AAU, and Olympic Trials championships. Collegiate 200 record and two Olympic medals.

Others: John Rudd(14), Chris Defrance(11), Steve Brown(9), Marcus Gordien(9), Kirk Pfeffer(8), San Jose 400 Relay(6), Steve LaRusch(6), Paul Jackson (1).

Previous selections: James Robinson 1974; Grant Niederhaus 1975.

JUNIOR COLLEGE CROSS COUNTRY

BOB PAULIN(30): Winner Northern Cal and State Championships. Course record at State Meet.

Others d Ramirez(26), Gary Hernandez(14), Kevin Burkin(4), Bob Mapstead(3), Jay Rubino(1),

Previous Selections: Bob Thomas 1974; Henry Perez 1975.

SENIOR WOMENS TRACK

KATHY SCHMIDT(46): Olympic Bronze medal and American record in javelin.

Others: Rosalyn Bryant(34), Cyndy Poor(30), Evelyn Ashford(6), Jane Frederick(5), Martha Watson(4), Francie L. Lutz(2), Jan Svendson(1).

Previous selections: Francie Larrieu 1974; Jane Frederick 1975.

JUNIOR WOMENS TRACK

FRIEDA COBBS(21): Third USSR. Juniors(23.9) and second West Germany Juniors(23.4). Injured during Spring and didn't come on till Summer.

Others: Cathy Sulinski(20), Kerry Zwart(12), Brenda Winston(10), Jodi Anderson(8), Kathy Weston(6), Kari Gosswiller(6), Linda Broderick(1).

Previous selections: Mary Decker 1974; Cathy Sulinski 1975.

SENIOR WOMENS CROSS COUNTRY

JULIE BROWN(86): Winner AIAW Nationals and second in AAU Nationals (first Californian).

Others: Sue Kinsey(30), Judy Graham(20), Cyndy Poor(4), Phyllis Olrich(4), Tina Anex(2), Ann Throop (2), Miki Gorman(2), Debbie Heald(1), Sharon Furtado(1), Ruth Kleinsasser (1), Heather Tolford(1).

Previous selections: Julie Brown 1974; Julie Brown 1975.



DWIGHT STONES - Olympic bronze medalist and World Record holder.

photo by Bill Leung, Jr.

photo by Bill Leung, Jr.

JUNIOR WOMENS CROSS COUNTRY

Cal and State Championships. Course record at State Meet.

Others d Ramirez(26), Gary Hernandez(14), Kevin Burkin(4), Bob Mapstead(3), Jay Rubino(1).

Previous Selections: Bob Thomas 1974; Henry Perez 1975.

Graham(20), Cyndy Poor(4), Phyllis Olrich(4), Tina Anex(2), Ann Throop (2), Miki Gorman(2), Debbie Heald(1), Sharon Furtado(1), Ruth Kleinsasser (1), Heather Tolford(1).

Previous selections: Julie Brown 1974; Julie Brown 1975.

photo by Bill Leung, Jr.



DWIGHT STONES - Olympic bronze medalist and World Record holder.

photo by Bill Leung, Jr.



JULIE BROWN



KATHY SCHMIDT

JUNIOR WOMENS CROSS COUNTRY

VICKY BRAY(20): Several course records and many victories at various distances.

Others: Kelly Wells(16), Linda Broderick(12), Doreen Assuma(12), Darcy Burleson(11), Linda Goen(10), Tami Darr(6), Roxanne Bier(6), Paula Rose(4), Linda Robinson(4), Susie Meek (4), Tara Hobbs(2).

Previous selections: Debra Johnson 1974; Suzanne Keith 1975.

FOUR YEAR COLLEGE CROSS COUNTRY

TERRY COTTON(20): Tough all season. Eighth WAC, 18th. NCAA, and second at AAU.

Others: Terry Williams(12), Thom Hunt(12), Kirk Pfeffer(12), Ralph Serna (2).

Previous selections: Dave Taylor 1974; Terry Williams 1975.

FOUR YEAR COLLEGE TRACK

DWIGHT STONES(50): NCAA and AAU Champion. Olympic bronze. Two world high jump records.

Others: Quentin Wheeler(18), James Owens(15), Terry Albritton(7), James Robinson(6), Ken Randle(4), Tom Andrews(2), James Gilkes(1). photo by Dave Stock



GARY TUTTLE — Two time winner National AAU Marathon. Shown here at the Olympic Trials in the 10,000 meters.

BOBBY THOMAS ---- Open Cross Country Athlete of the Year



hoto by Bill Le



BOB THOMAS(20): Eighth at National AAU Cross Country.

Others: Ed Mendoza(6), Dave Harper(4), Tom Lux(2), Chuck Smead (1).

BRUCE JENNER (42): Olympic champ and world record decathlon.

Others: James Butts(17), Mac Wilkins(16), Arnie Robinson(16), Don Quarrie(6), John Powell(2), Randy Williams(1), Maxie Parks(1).

Previous selections: Bruce Jenner 1974; John Powell 1975.

MALE LONG DISTANCE/ROADS

FEMALE LONG DISTANCE/ROADS

GARY TUTTLE (50): AAU Marathon and 15 Kilo champion. Unbeatable on roads in California.

Others: Jim Nuccio(28), Chuck Smead(24), Carl Swift(15), Tony Sandoval(4), Ron Kurrle(4), Frank Bozanich (4), Mike Chambliss(2), Phil Camp (2), Kirk Pfeffer(1), Tom Lux(1), Ron Wayne(1), Fred Carnahan(1).

Previous selections: Gary Tuttle 1974; Gary Tuttle 1975.

MIKI GORMAN(64): Year's best marathon(2:39). AAU Masters Cross Country champion in division.

Others: Jackie Hansen(24), Julie Brown(22), Penny DeMoss(20), Dianne Barrett(10), Nadia Garcia(10), Leal Reinhart(10), Cyndy Poor(9), Joan Ullyot (7), Ruth Anderson(4), Judy Gumbs-Leydig(3), Nicki Hobson(2), Phyllis Olrich(2), Kathy Martin(1).

Previous selections: Jacki Hansen 1974; Jacki Hansen 1975.



BRUCE JENNER - Olympic champion and World Record holder

hoto by Diane Johnson

TRAINING & TECHNIQUE

Plyometric Training

by VERN GAMBETTA

Plyometric training is still a relatively new method of training in the U.S. For the past eight years, the Russians have used it extensively with outstanding success. Only in the past three years has it's value in training track and field athletes been recognized in this country. As a training method, plyometric training bridges the gap between pure strength training and power training (power = speed X strength). This produces the explosive-reactive movements inherent in jumping, throwing, and sprinting.

Plyometric training has been used in various forms all over the world for many years. The fundamental research as to why it is beneficial and the quantification of it in terms of training was done by the Russians in the mid and late 1960's. Many of the jumping drills that are now called plyometric jumping drills have been practiced by triple jumpers and long jumpers for many years. It is just that recent research has defined it that we can apply it more effectively our specific training programs.

DEFINITION AND PHYSIOLOGICAL BASIS

A st definition of plyometric training is ufficult. Fred Wilt interprets plyometric as those exercises that produce "an overload of isometric type muscle action which invokes the stretch reflex in muscles."

than if there had been no pre-stretching. "A body movement, requiring an extremely high end velocity (jumping, throwing), can best be achieved by starting it with a movement to the opposite direction. The braking of the opposite movement, provided the change takes place smoothly, creates positive acceleration power for the original movement." Examples of this action would be the backswing in golf or baseball. This braking of the opposite movement activates what is known as the stretch or myotic reflex: The muscle will resist overstretching. The stretch-receptors in the muscle cause a powerful contraction in order to prevent overstretching.

An example in an inanimate body would be dropping a rubber ball from a height. The ball when it hits the ground is deformed to store the energy acquired in the drop. As the ball returns to its original shape the stored energy will be released to bring the ball back to the height from which it was dropped.

The flop style of high jump is successful because the faster takeoff action results in the stretch reflex action in the muscles of the takeoff leg, It is interesting to note that Dwight Stones' training program includes hopping and bounding in order to train this stretch reflex. Pat Matzdorf did a great amount of plyometric training the two years previous to his record jump. Plyometric training in the form of hopping and bounding is an integral part of Valery Borzov's training.

the drills because injury potential is high, especially for the young athlete.

Build a good strength base before embarking on an extensive plyometric program. The Russians recommend that unless leg strength is more than double body weight, the athlete should concentrate on pure strength before doing any plyometrics. I feel that this is too extreme, but a good strength base is very important.

Plyometric drills should be practiced every other day in order to give muscles and the nervous system time to recover.

PLYOMETRIC THROWING EXERCISES

Exercise No. 1: Begin the action of shot putting or discus throwing off an elevated platform 30-40cm high. The athlete lands on the ground in the putting position and immediately performs the remainder of the putting or throwing action. This exercise develops the supporting and driving leg in the throw.

Exercise No. 2: A 10-20kg weight is suspended from above. Push the weight out by the left hand and catch and push it with the right in a normal putting action.

Exercise No. 3: Same as exercise No. 2, but using a 8-15kg weight while imitating a discus throwing action.

Exercise No. 4: The same as No. 2 and 3, but use a 10-20kg weight in a javelin throwing action.

Note: In order to increase resistance

box and perform a straddle takeoff, or a flop takeoff with a rotation in the air. Note: You should increase resistance by increasing the height from which you jump. Do not add resistance by adding weight or wearing a weight vest. The young jumper should begin at very low heights, about 12", and progress gradually from there.

Exercise No. 4: Repeat hops and bounds for a 30-50m distance.

PLYOMETRIC DRILLS FOR SPRINTERS

These drills consist entirely of jumping drills. They are designed to improve the speed-strength preparation of the sprinter. The drills are divided into two types of jumps: 1) "Short Jumps" and "Long Jumps."

The "Short Jumps" develop explosive power at the start and the acceleration phase of the sprint. These "Short Jumps" are performed at distances from 30-100m in various combinations of hopping and bounding. The emphasis when executing these jumps should be on exploding upward off each leg with very little emphasis on forward speed.

The "Long Jumps" help develop an increase in maximum running speed and endurance. These jumps are also performed in various combinations of hopping and bounding for distances from 30-100m. The emphasis in performing these jumps should be on speed of movement while still naintaining powerful takeoffs.

Several factors must be considered in plyometric training for sprinters:

1) The greatest volume of iumps should take place in the Fall preparatory phase of training. During the season, training should consist primarily of short jumps up to 50m; 2) "Short Jumps" should be performed before sprinting and "Long Jumps" after sprinting.

years. It is just that recent research has defined it that we can apply it more effectively our specific training programs.

DEFINITION AND PHYSIOLOGICAL BASIS

A st definition of plyometric training is difficult. Fred Wilt interprets plyometric as those exercises that produce "an overload of isometric type muscle action which invokes the stretch reflex in muscles."

In isotonic(involving movement) muscle action, there are two types of muscle contractions: 1) concentric contraction - the action of the muscle shortening and 2) eccentric contraction the action of the muscle lengthening. An eccentric contraction occurs when a muscle is loaded sufficiently to lengthen it, even though at the same time it is trying to shorten. The faster the muscle is forced to lengthen, the greater tension it exerts. The rate of stretch is more important than the magnitude of the stretch. In order to achieve high level results from the eccentric contraction (pre-stretching), the concentric contraction which follows must take place iatly. To sum up the basis of plyometric training -- a concentric contraction(shortening action) is much stronger if it immediately follows an eccentric contraction (lengthening) of that same muscle.

Plyometric exercises train the eccentric aspect of muscle contraction in order to improve the relationship between maximum strength and explosive power. Many athletes have tremendous strength but they cannot apply this to the specifics of jumping or throwing. They lack the ability to convert this strength to the explosive-reactive action. The key is not in increasing strength or power but in relating the two.

As stated previously, a concentric contraction that immediately follows an eccentric contraction is much stronger

height from which it was dropped.

The flop style of high jump is successful because the faster takeoff action results in the stretch reflex action in the muscles of the takeoff leg. It is interesting to note that Dwight Stones' training program includes hopping and bounding in order to train this stretch reflex. Pat Matzdorf did a great amount of plyometric training the two years previous to his record jump. Plyometric training in the form of hopping and bounding is an integral part of Valery Borzov's training.

APPLYING PLYOMETRICS

In Applying plyometrics to your training program, use imagination. Develop your own exercises. Don't be afraid to experiment. In setting up a plyometric training program, keep in mind the following: 1) Maximum tension is produced when the muscle is stretched rapidly; 2) The faster the muscle is lengthened, the greater the tension; 3) The rate is more important than the magnitude of the stretch; 4) Use the overoverload principle -- strength can only be increased if the muscle works at a greater intensity than normal; 5) Do not change the basic pattern of the movement which you are trying to imitate.

East German research has determined that plyometric exercises should be performed in sets of eight to ten repetitions with six to ten sets of various exercises performed in a training session. The research also recommends that 10 to 15 minutes rest be taken between exercises. Remember: Each exercise should be performed at maximum effort in order to stimulate the neuro-muscular system.

A word of caution: Be patient and start out with a few exercises and gradually increase the load. Pay close attention to proper technique in performing action. This exercise develops the supporting and driving leg in the throw.

Exercise No. 2: A 10-20kg weight is suspended from above. Push the weight out by the left hand and catch and push it with the right in a normal putting action.

Exercise No. 3: Same as exercise No. 2, but using a 8-15kg weight while imitating a discus throwing action.

Exercise No. 4: The same as No. 2 and 3, but use a 10-20kg weight in a javelin throwing action. Note: In order to increase resistance when using pendulum movement, it is advisable to increase the pendulum swing rather than increase the weight of resistance.

Exercise No. 5: Using a normal weight javelin, the athlete stands with right leg forward (for right hand throwers), the javelin held in a bent right arm. Next the athlete moves both his right leg andthrowing arm back to delivery position with pre-stretched chest and shoulder muscles and immediately performs a throw.

Exercise No. 6: For discus throwing-Place a barbell of 50-60lbs on the shoulders. Twist shoulders to the right and then to the left. Start the motion to the left before the motion to the right is completed and vice versa.

PLYOMETRIC JUMPING EXERCISES

Exercise No. 1: a) A rebound jump off a box 30" high with a double leg takeoff. The athlete jumps as high as possible after the rebound. b) The same exercise from a higher height. c) The same exercise performed on one leg.

Exercise No. 2: A hop off a 12-24" box onto the ground, followed by a triple jump step and jump for distance.

Exercise No. 3: Perform a jump off a 12-24" box, landing 8 feet from the

from 30-100m. The emphasis in performing these jumps should be on speed of movement while still naintaining powerful takeoffs.

Several factors must be considered in plyometric training for sprinters:

1) The greatest volume of iumps should take place in the Fall preparatory phase of training. During the season, training should consist primarily of short jumps up to 50m; 2) "Short Jumps" should be performed before sprinting and "Long Jumps" after sprinting.

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ALL CALIFORNIA

HONOR ROLL

1976

Guy Abrahams 4CT Candy Acres JWT Kathy Adams SWT Steve Albright 4CT Terry Albritton 4CT Dal Aldrich MT Sam Alexander JCT Steve Alexander 4CT Ed Almeida MXCLD Reuben Amaya 4CT Barry Anderson 4CT Jodi Anderson JWT Ruth Anderson FLD Andren 4CT Alvis Andrews MT Joel Andrews 4CT Mal Andrews MT Mark Andrews JCT Tom Andrews 4CT Tina Anex SWXC Jim Arriola HST Evelyn Ashford SWT Fred Assef 4CT Doreen Assumma JWXC Ed Austir

Dave Babiracki OT Don Baird 4CT Gordon Banks HST Willie Banks 4CT Bob Barne JCXC Diane Barrett FLD Bob Barrows JCT Dick Bartek MXCLD Doug Basham MT Mark Baughman JCT James Baxter OT Darryl Beardall MXCLD

Susan Brodock SWT Bennie Brown OT Charles Brown JCT Dave Brown MT Julie Brown SWT, SWXC, FLD Ken Brown 4CT Rey Brown OT Rick Brown OT Ron Brown JCT Steve Brown JCT Keven Brownlee HST Tim Brownlow HST Hans Bruhner MT Avery Bryant MT Rosalyn Bryant SWT Tom Bryant OT Mike Budincich 4CT

Dennis Caldwell 4CT Greg Caldwell HST Ruth Kleinsasser Caldwell SWXC.SWT

Sherry Calvert SWT Phil Camp MLD Steve Campbell 4CT Gerardo Canchola JCT Glen Cannon HST Patty Cape SWT Mark Carley JCT Fred Carnahan MLD Barney Carral JWT Carlow Carrasco HSXC Dan Carter 4CT

photo by Dave Stock



Each year CALIFORNIA TRACK NEWS attempts to select the most outstanding California athletes in the various divisions of our sport and award them "All California" status. In determining "All California" standing performance at the national and state level was taken into account and then quality of performance and consistancy were also considered. The abbreviations used for the various catagories are: HST=boys high school track. HSXC = boys high school cross country, JCT = junior college track, JCXC = junior college cross country, 4CT = four year college track, 4CXC = four year college cross country, JWT = junior women track (under 18), JWXC = junior women cross country (under 18), SWT = senior women track (18 & over), SWXC = senior women cross country (18 & over), MT = masters track (40 and over), MXCLD = masters cross country and long distance (40 and over), MLD = male long distance, FLD = female long distance, OT = open track (out of school), OXC = open cross country (out of school).

Bill Clark MLD, OXC Truman Clark MT, MXCLD Gary Close 4CXC Freida Cobbs Tom Cochee 4CT Tom Colley 4CXC, JCT Collier HSXC Aldo Congi 4CT Phil Conley MT Rod Connors 4CT Kathy Cook SWT Paul Cook MLD Dedy Cooper 4CT Kevin Corbett HST Denise Cornell SWT Jon Cory JCXC Kathy Costello SWXC Kim Costello JWT Kris Costello JWT Carlos Cota MT Terry Cotton 4CT, 4CXC Frank Cozzillo MXCLD Buell Crane MT Mike Crittenden JCT Clydine Crowder SWT Bill Crum MXCLD Paul Cummings OT Anthony Curran HST Carol Czarnetski JWT

John Damski MT Becky Daniel JWT Dave Daniels HSXC Tammy Darr JWXC Bill Davies JCXC Dick Davies MXCLD Shirley Davisson MI

Raimo Eskola JCT Gil Esparza 4CXC Tony Esteban JCT Bill Evans MT Ron Evans OT Julian Evola JCT

Peter Farmer OT Duke Fergerson 4CT Blake Fernside HST Scott Fessenden JCXC Pete Fetter MT Al Feuerbach OT Andrew Fields HST Bill Fitzgerald MT Dollie Fleetwood JWT Carl Florant 4CT Julie Flynn JWT Greg Francis HST Clarence Frazier 4CT Jane Frederick SWT Bill Frederickson Brian Freeman MVCLD Kevin French 4 George Frenn 01 Dave Friday 4CT Ron Fritzke JCT Ralph Fruguglietti 4CT Sharon Furtado FLD, SWXC

Robert Gains 4 Peter Galle OT Juan Garcia JCT, 4CXC Nadia Garcia SWT, FLD Chris Garpenborg OT Mike Garrett JCT Roger George OT

Evelyn Ashford SWT Fred Assef 4CT Doreen Assumma JWXC Ed Austir

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RALPH SERNA, RICH McCANDLESS, TONY SANDOVAL at the Stanford Invitational Cross Country meet.

Bob Burch JCXC
Steve Burch JCXC
Burgess JWT
Kevin Burkin JCXC
Darcy Burleson JWXC
Michelle Bush JWXC
James Butts OT
Debbie Byfield SWT
Curtis Byrd OT

Harold Carter JCT
Joe Caruso MT
Armando Cendejas JCT
Darrell Cesson HSXC
Tim Chain JCXC
Tim Chambers HST
Mike Chambliss MLD
Bill Cheadle 4CT
Charlie Christensen HSXC
Vic Churchill JCT
Al Clark MXCLD

Terry Cotton 4CT, 4CXC
Frank Cozzillo MXCLD
Buell Crane MT
Mike Crittenden JCT
Clydine Crowder SWT Bill Crum MXCLD
Paul Cummings OT
Anthony Curran HST
Carol Czarnetski JWT

John Damski MT Becky Daniel JWT Dave Daniels HSXC Tammy Darr JWXC Bill Davies JCXC Dick Davies MXCLD Shirley Davisson MT Oswald Dawkins MT Greg Dean JCXC Martin Dean 4CXC Chris DeFrance JCT Hugo DeGroot MT Bob Deis JCT Penny DeMoss FLD Kathy Devine SWT John Dick MT Debbie Dibb JWT Bill Diehl OT Charles Dillon MT Tom DiStanislao 4CT Fred Dixon OT Emily Dole SWT Brian Donahue JCT Jerry Donley MT Don Donnelly MT Pat Donnelly SWT Larry Doubley HST Monette Driscoll SWT Rayfield Dupree OT Kurt Durham HST Sharon Duthie JWT Don Dyer 4CT

Frank Ebiner HSXC
Joe Ebiner JCXC
Denice Eddington JWT
Dave Edds HST
Clancy Edwards OT
Darrell Elder 4CT
Felix Elieff HSXC
Scott Ellison HSXC
Karen Elmore SWT
Bob Emerling MT
Dave Emery HST
Jerome Emory 4CXC
Scott Endler HST
Joanne Erb JWT
Robert Erb JCT

Bill Frederickson
Brian Freeman MCLD
Kevin French 4
George Frenn 01
Dave Friday 4CT
Ron Fritzke JCT
Ralph Fruguglietti 4CT
Sharon Furtado FLD, SWXC

Robert Gains 4

Peter Galle OT Juan Garcia JCT. 4CXC Nadia Garcia SWT, FLD Chris Garpenborg OT Mike Garrett JCT Roger George OT Kevin Gibson HST Ray Gil MXCLD James Gilkes 4CT Orville Gillett MT Burl Gist MT Cheryl Glazier JWT Ron Glenn HST Wayne Glusker OT Vince Godfrey MT Sal Godinez HST Linda Goen JWXC Ed Gookin MXCLD Fortune Gordien MT Kelly Gordien HST Marcus Gordien JCT Miki Gorman FLD, SWXC Kari Gosswiller JWT Lisa Gourdine JWT Judy Graham SWT, SWXC Rich Grant 4CT Dan Gruber 4CT Al Guidet MT Kent Guthrie MXCLD

Dave Haake JCT Dave Haber 4CT Andre Hall JCT Ed Halpin MT Ken Hammer 4CXC Curt Hampton JCT Millard Hampton JCT Jacki Hansen FLD Gerald Hardeman 4CT Reid Harder MLD Peanut Harms OXC Dave Harper OXC Derald Harris HST Benton Hart 4CXC Jim Hartig OXC Ted Hatlen MT Chuck Hattersley JCT Jeff Haynes 4CT

Bill

þ

Tommy Haynes OT Debbie Heald SWXC Dave Helgeson JCXC Mike Helsby 4CT Stan Hermann MT Charles Hernandez JCXC Gary Hernandez JCXC Mauro Hernandez MT Len Hilton OT Tom Hintnaus HST Joe Hippensteel 4CT Ben Hirsch MXCLD Tara Hobbs JWXC Nicki Hobson FLD Denise Holloway SWT Tim Holmes HST, HSXC Michele Hopper SWT Jim Howard 4CT Sandra Howard SWT Randy Hubbell MT Eric Huff JCXC Chris Hughes JCXC Eric Hulst HST, 4CXC Bob Humphrey MT Bob Hunt MT Thom Hunt HST, 4CXC

Gordon Innes 4CXC,4CT Kjell Ksaksson OT

Dave Jackson MT Paul Jackson JCT Shawn James JCT Steve Jarvis 4CT Mark Jenkins HST Bruce Jenner OT Conrad Jepson HST Larry Jesse OT Cindi Johnson Ken Johnson OT Larry Johnson 4CT Mike Johnson 4CT Paul Johnson HST Rich Johnson HST Kimmo Jokivarto JCT Andy Jones JCXC Bob Jones JCT Lloyd Jone 4CT, HST HST Norris Jo. Randy Jones JCT Jerry Jordan JCT Payton Jordan MT

Ulrich Kaempf MXCLD
Gaylord K hschmid MT
Julius Ka. el MXCLD
K. C. Keffer MT
Keller HSXC
Coleman Kells JCT
Bruce Kennedy OT
Larry Kennedy OT
George Ker MT

Todd Lovejoy HST
Ed Lowell MT
Sing Lum MT
Francie L. Lutz SWT
Mark Lutz OT
Tom Lux OXC

Bob MacConaghy MT

Emil Magallones 4CXC

Sid Madden MT

Derek Mahaffey MT Bob Malain MXCLD Mark Malone HST Ralph Mann OT Bob Mapstead JCXC Rich Marks OT Mike Marlow JCT Carl Martin MXCLD Kathy Martin FLD Roger Martin 4CT Angelo Martinez 4CXC Mark Maxham JCT Vernoy Mayweather JCT Mitch McCall HST Rich McCandless 4CXC John McCollum OT Kevin McConnell HST Winfield McFadden MT Greg McGee 4CT Lew McGlothin JCT John McKenzie HST Bob McMeans HST Mitzi McMillin Matt McNaughton HST Jim Mebust JCXC Susie Meek JWT, JWXC Jay Meisler 4CT Ed Mendoza 4CT, OXC Lisa Metheny JWT Kathy Middleton JWT Ed Miller 4CT Steve Miller JCT Phillip Mills 4CT Mike Mince JCT Robbie Mitchell JWT Ron Moers OT Scott Monroy JCT Rick Monseth JCT Wally Montenegro JCXC Monte Montgomery MXCLD Steve Montgomery HST Tom Montgomery MT John Montoya MXCLD, MT Bouncy Moore OT Bill Morales MT Ramon Morales HSXC Pete Moreno HST Don Moses HST Billy Mullins HST Marl Murray 4CT Bennie Myles 4CT

CALIFORNIA TRACK NEWS

Kirk Pfeffer 4CXC, JCT, MLD Tom Philbert HST Andre Phillips HST Joe Phillips 4CT Billy Pierce HST Mike Pinocci OXC Robin Platero HST Cyndy Poor FLD, SWT Chris Powell HST John Powell OT Walt Pratt JCT Randy Prine JCXC, JCT Larry Prislac HSXC Bob Pullard OT George Pullen 4CXC Christi Pyle JWT

Mike Rae JCT C. A. Rahman OT Ed Ramirez JCXC Tony Ramirez 4CXC Ken Randle 4CT Alison Reed JWT Paul Reese MXCLD Leal-Ann Reinhart FLD Tom Rhoads HST Yolanda Rich SWT Pete Richardson MT Steve Riggins JCT Dan Ripley OT Debbie Roberson SWT Arnetta Robinson JWT Arnie Robinson OT James Robinson 4CT Linda Robinson JWXC Flory Rodd MXCLD Adrian Rodgers OT Russ Rodgers 4CT Bob Roimer MT Gary Romesser OXC Paula Rose JWXC Candy Ross JWT Bruce Rothschild 4CT Jay Rubino JCXC John Rudberg MXCLD John Rudd JCT Brian Russell HST David Russell HST Ron Russell

Mike Sabatino 4CT
Donna Sanchez JWT
Jerry Sanders HST
Tony Sandoval OXC, MLD, 4CT
Al Sanford H
Paul Santiag OT
Martin Sarkesian JCT
John Satti MT
Mark Sawyer 4CT
Mark Schilling OT
Bill Schmidt OT
Kathy Schmidt SWT



JEFF HAYNES

John Starr MXCLD Percy Stephens MT David Stern MXCLD Dave Stevenson MT Bill St. John 4CXC Bill Stock MT Dorothy Stock SWXC Dwight Stones 4CT Stohr JWT Jeff Stover HST Larry Stuart OT Conrad Suhr 4CT Mike Sula HST Cathy Sulinski SWT Gary Sutherland JCXC Jan Svendsen SWT Art Swarts OT Pete Sweeney OXC Sarah Sweeney JWXC, JWT Carl Swift MLD Jon Switzler HST

Lisa Vogelsang SWT Dave Voorhees 4CT

Larry Walker OT Tom Walker JCT John Wall MXCLD Duane Waltmire 4CXC Shawn Ward JCT Todd Ward HST Tony Ward HST Lucy Wardle JWT John Warkentin OT Bob Watanabe MT Alan Waterman MT George Watermar Pam Waters JWT Martha Watson SWT Ron Wayne MLD Stan Webster HST Bill Weed JCT Mike Weeks 4CT John Weldy MT

Andy Jones JCXC Bob Jones JCT Lloyd Jone 4CT, HST Norris Jo. HST Randy Jones JCT Jerry Jordan JCT Payton Jordan MT

Ulrich Kaempf MXCLD Gaylord K hschmid MT Julius Ka el MXCLD K. C. Keffer MT Keller HSXC Coleman Kells JCT Bruce Kennedy OT Larry Kennedy OT George Ker MT Kathy Keyes SWT Jim King OT Marilyn King SWT Mitch Kingery JCXC, JCT Lisa Kinimaka SWT Sue Kinsey SWXC Jim Knaub 4CT Percy Knox MT Chris Koko HST Konigh 4CXC Rory Kotinek OT David Krough 4CT Martha Kuehl JWT Diane Kummer SWT Bruce Kuppersmith 4CT Ron Kurrle MLD

Adrian Lair JWT John Lane HST Linda Langford SWT Rich Langford JCT, 4CXC Kiki Lantry JWXC Luc La Perriere JCT Steve LaRusch JCT Dave Laut JCT Jim Laut MT Larry Lawson OT Leonard Ledet HST Lee JWT S. Letcher MT Chris Letlow HST Lewis HST Adrienne Lewis SWT Tori Lewis JCT Judy Gumbs-Leydig FLD Tom Light HST Derek Ligons OT Miles Lister OT Brenda Little SWT James Lofton 4CT Tom Lomax HST

Ron Moers OT Scott Monroy JCT Rick Monseth JCT Wally Montenegro JCXC Monte Montgomery MXCLD Steve Montgomery HST Tom Montgomery MT John Montoya MXCLD, MT Bouncy Moore OT Bill Morales MT Ramon Morales HSXC Pete Moreno HST Don Moses HST Billy Mullins HST Marl Murray 4CT Bennie Myles 4CT

Jim Neidhart 4CT Jackie Nelson JWT Paul Nevau 4CXC, HST Lee Newell HST Nick Newton MT Orville Nichols MT Jim Nicholson MXCLD Sam Nicholson MXCLD Jack Noble MT Mike Nowacki JCT Jim Nuccio MLD, OXC

Phyllis Olrich SWXC, FLD Jim O'Neil MXCLD, MT Paul O'Neil JCXC Bob Orell 4CT Orr 4CT Steve Ortiz HSXC Modupe Oshikoya SWT D. Owens OT James Owens 4CT

Rod Palon HST Chick Palsten MXCLD Van Parish MT Jim Parks MT Maxie Parks OT Mike Parks 4CT Graham Parnell MT Doug Parrell JCT Mike Patrick HST Tom Patsalis MT Bob Paulin JCXC Joe Paur JCT Jim_Pearce OT Perez HSXC Henry Perez JCT Curtis Perry HST Jim Perry JCT Dawn Peters JWT Scott Peters 4CXC

John Rudd JCT Brian Russell HST David Russell HST Ron Russell

Mike Sabatino 4CT

Donna Sanchez JWT

Jerry Sanders HST

Al Sanford H' Paul Santiag CT Martin Sarkesian JCT John Satti MT Mark Sawyer 4CT Mark Schilling OT Bill Schmidt OT Kathy Schmidt SWT Pete Schmock OT Hal Schultz HST Jarvis Scott SWT Leslie Scott JWT Steve Scott 4CT, 4CXC Doug Searle JCT Bill Seaver OXC, MLD Danny Seav OT Chuck Seekins MXCLD Ron Semkiw 4CT Ralph Serna 4CXC, 4CT Jan Sershen MLD Al Sheahan MT Rhan Sheffield JCT Jim Shettler MXCLD Jill Shinkle JWT Albert Shorts 4CT Bill Shuff OT Jim Sidler HST Mike Simmons 4CT Vicken Simonian JCT Jon Sissler 4CT Mark Slayton HST Jerry Smartt MXCLD Chuck Smead MLD, OXC, 4CT Bruce Smith JCT Dennis Smith HST George Smith HST Hal Smith MT Karin Smith SWT Steve Smith HST Steve Smith 4CT Tom Smith JCT Soward HST Paul Spangler MT Alvin Spencer JCT Ray Spencer MT Mark Spillsbury HST, 4CXC Susan Springer JWT Walt Stack MCXLD Ken Stadel OT Jamie Starmer JCT

Bill Stock MT Dorothy Stock SWXC Dwight Stones 4CT Stohr JWT Jeff Stover HST Larry Stuart OT Conrad Suhr 4CT Mike Sula HST Tony Sandoval OXC, MLD, 4GT Cathy Sulinski SWT Gary Sutherland JCXC Jan Svendsen SWT Art Swarts OT Pete Sweeney OXC Sarah Sweeney JWXC, JWT Carl Swift MLD Jon Switzler HST

> Taylor JCT Taylor JWXC Dave Taylor 4CT, 4CXC Ed Taylor JCXC Gene Taylor 4CT Keith Taylor JCT. HST Anthony Terry OT Jack Thatcher MT Bob Thomas 4CT. OXC Donn Thompson HST Stew Thompson MT Len Thornton MXCLD Ann Thrupp SWXC Carolyn Tiernan FLD Don Timm OXC, OT Sid Toabe MXCLD Heather Tolford SWXC Robert Traba HSXC Ann Trason JWXC, JWT Bob Triplett 4CT Tracy Trisco JWT Chris Troffer JWT Alice Trumbly JWXC, JWT Mike Tulley 4CT Bill Turner JCT Tom Turner JCT Vivian Turner SWT Willie Turner OT Cary Tuttle MLD Steve Tyler HST Mike Tyrell JCT

Joan Ullyot FLD

Fred Vance JCT Jim VanDine 4CXC Pat Van Wolvelare SWT Lupe Vargas JCT Jim Vernon MT Becky Villalvazo JWT Ron Vinson HST

Duane Waltmire 4CXC Shawn Ward JCT Todd Ward HST Tony Ward HST Lucy Wardle JWT John Warkentin OT Bob Watanabe MT Alan Waterman MT George Watermar Pam Waters JWT Martha Watson SWT Ron Wayne MLD Stan Webster HST Bill Weed JCT Mike Weeks 4CT John Weldy MT Dave Wells JCT Kelly Wells JWXC Wessell JWT Kathy Weston SWT. SWXC Quentin Wheeler 4CT Ron Whitaker 4CT Charles White HST Randy White HSXC Tommy Lee White OT Barbara Whitfield SWT John Whittemore MT. Mac Wilkins OT Bart Williams 4CT Darrell Williams HST Harold Williams 4CT Henry Williams HST Jerry Williams HST Leo Williams JCT Phil Williams JCT Randy Williams OT Terry Williams 4CT, 4CXC Wes Williams OT Wilbur Williams MT Tugil Willis HST Craig Wilson JCT Dennis Wilson JCT Kevin Wilson HST Paul Wilson HST Ted Wilson MT Brenda Winston JWT Greg Woepse JCT George Woods OT Tom Woods OT Mike Wright HST

John Wall MXCLD

Glen Yates HST Danita Young JWT Joe Young HSXC Scott Young JCT

Hank Zibell HST Kerry Zwart JWT

- RLL-Traie -California Women

compiled by CALVIN BROWN

100

10.0 (1)	Chi Cheng Reel 6/13/70
10.4 (1)	Barbara Ferrell 6/8/69
10.4 (1)	Mable Pergerson 4/3/71
10.4 (1)	Kathie Lawson 6/22/73
10.4 (1)	Renaye Bowen 5/18/74
10.4w (1)	Doreen Porter 4/25/64
10.4w (1)	Marilyn White 5/17/64
10.5 (2H)	Willamae Fergerson 3/25/7
10.5 (1H)	Bobbette Krug 3/25/72
10.5 (1)	Martha Watson 3/25/73
10.5 (1H)	Sandra Howard 5/23/75
10.5 (1)	Brenda Winston 5/9/76
10.5w (.')	Diana Wilson 5/17/64
10.5w (1)	Pernetta Glenn 3/27/66
	Vilma Charlton 1966
	Dee DeBusk 5/13/67
	Willie Mae Nichols 7/4/69
10.6 (H)	Jackie Thompson 3/25/72
10.6 (H)	Toni Griffin 3/25/72
	Patty V. Johnson 5/13/73
10.6 (1.)	Debbie B. White 6/1/75
10.6 (1)	Evelyn Ashford 6/21/75
10.6 (1)	Pam Waters 5/14/76

220/200

	SERVICE AND AND AND ADDRESS OF
22.4w (1)	Chi Cheng Reel 7/4/70
22.87m / T)	Barbara Ferrell 10/17/68
23.05m	Rosalyn Bryant 4/8/76
23.08m (m)	Jackie Thompson 7/11/73
23.0w (1)	Una Morris 4/17/66
23.0m (1)	Adrienne Lewis 5/2/76
23.1m (1)	Kathie Lawson 7/9/71
23.3 (2)	Mable Fergerson 6/22/73
23.41mW	Freida Cobbs 7/7/76
23.3mW	Kathy Hammond 6/1/68
23.5w (2)	Vilma Charlton 3/12/66
23.5w	Diana Wilson 6/29/68 -
23.5w (1)	Renaye Bowen 6/9/74
23.72m (1)	Esther Rot 6/14/75
23.6 (2)	Willamae Fergerson 7/3/7
23.6w (2)	Charlette Cooke 4/17/66
23.80m (1)	Brenda Winston 5/31/76
23.94m (2)	Sandra Howard 6/7/76

2:07.5m (9) Kathy Costello 5/8/76 2:07.45m (4) Kate Keyes 5/31/76 2:08.5 2:08.5 (1) 2:08.0m 2:09.7 (3) Ann Larsson 5/26/75

Tecla Chembawai 1974 Kathy Keyes 8/2/75 Kim Miller 1971

MILE/1500

	White wax
4:06.20m (3)	Francie L. Lutz 8/6/76
4:06.83m (4)	Cyndy Poor 8/6/76
4:13.5m (1)	Julie Brown 6/28/75
4:15.1m (3)	Judy Graham 8/31/75
4:16.03m (4)	Ruth Kleinsasser 6/12/76
4:17.3m (1)	Kate Keyes 6/8/75
4:38.5 (1)i	Debbie Heald 3/16/72
4:40.1 (3)i	Mary Decker 3/16/72
4:40.7 (3)	Eileen Claugus 6/23/73
4:22.08m(5SF)	Sue Kinsey 6/11/76
4:22.8m (2)	Lee Chiu-Shia 4/26/75
4:46.1 (2)	Teri Anderson 6/1/74
4:24.6m(7SF)	Paula Rose 6/11/76
4:47.4 (4)	Sandy Langan 6/5/71
4:28.2m (3)	Gundilla Lindh 4/29/72
4:48.5 (4)i	Linda Heinmiller 2/15/75
4:29.0m (1)	Natalie Rocha 7/26/67
4:29.0m (11)	Carol Flournoy 6/28/75
	Kathy Costello 3/21/76
4:50.2 (2)	Jacki Hansen 3/27/76

10:36.1 (1) Lee Chiu-Shia 5/26/75 10:35.8 (1) Linda Heinmiller 2/15/76 10:36.2 (3) Nadia Garcia 6/9/74 10:36.6 (2) Cyndy Poor 4/12/75 10:39.6 (1) Lynn Morin 2/23/75 10:39.9 (1) Kiki Lantry 5/15/76 10:40.3 (4) Debbie Johnson 6/29/72 10:42.0 (1) Suzanne Keith 6/8/75 10:44.1 (1) Kathy Costello 11/26/74

3 MILE

15:43.4 (1)	Julie Brown 6/16/74
16:04.0 (1)	Judy Graham 12/24/74
16:12.2 (2)	Clare Choate 6/16/74
16:35.5 (2)	Teri Johnson 1/12/74
16:36.0 (1)	Cheryl Bridges 3/13/71
17:24.6 (1)	Peggy Lyman 1/18/75
17:28.5 (2)	Debbie Johnson 6/5/71
17:53.0 (1)	Corinne Nunez 5/2/76
17:56.0 (3)	Esther Marquez 6/5/71
17:58.3 (4)	Cathie Buhlert 6/5/71
18:00.8 (2)	Sandy DeNoon 5/2/76
18:12.8 (1)	Marie Albert 3/31/73
18:24.9 (1)	Sonia Gerth 6/13/71
18:31.2 (1)	Ruth Kleinsasser 4/18/7
18:31.2 (3)	Margit Sturhann 6/26/71
18:35.0 (3)	Domoon Aggumma 7 2/26
	Doreen Assumma 5/2/76
18:39.0	Patty Dillingham 1/20/7
18:45.2 (2)	Pam Allen 6/13/71
18:45.3 (3)	Mary Cortez 6/13/71
18:46.0 (4)	Donna Mueller 6/26/71

2:58:14 (6) Nicki Hobson 12/6/76 2:58:55 (3) Peggy Lyman 2/10/74 2:59:51 Penny DeMoss 1976 3:00:36 K. Himmelberger 1976 Eileen Waters 12/1/74 Mary Etta Boitano 2/10/74 3:01:00 3:01:15 (4) 3:04:30 Sue Neary 1975 Caron Schaumberg 1975 Lucy Bunz 2/10/74 3:04:42 3:05:07 (6) 3:05:49 (9) Ruth Anderson 5/2/76 Teresa Hom 12/6/76

MILE WALK

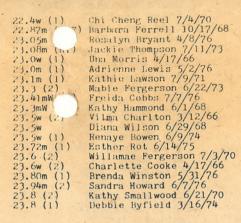
milk.		
7:10.9	(1)	Sue Brodock 1/25/76
7:46.5	(1)	Tracy Trisco 5/31/76
7:46.8	(1)	Cindi Johnson 1/25/76
7:47.5	(1)	Chris Sakelarios 4/27/75
7:47.5	(1)	Cindy Vaughan 5/31/76
7:53.5	(1)	Vickie Cook 5/17/75
7:53.7	(2)	Terri Teegarden 6/8/75
7:55.9	(2)	Linda Bottlik 6/13/76
7:56.0		Sheila Thomsen 5/27/74
7:58.1	(1)	Joyce Brodock 5/23/76
7:59.4	(1)	Kati McIntyre 6/3/72
8:01.7	(3)	Becky Villalvazo 6/13/76
8:02.0	(2)	Jessica Waskow 5/23/76
8:02.1	(2)	Georgia Sakelarios 5/31/76
8:02.1	(4)	Shelley Quintana 5/31/76





4:29.5m (2) Kathy Costello 3/21/76 4:50.2 (2) Jacki Hansen 3/27/76 18:45.3 (3) Mary Cortez 6/13/71 18:46.0 (4) Donna Mueller 6/26/71 8:02.1 (2) Geor 8:02.1 (4) Shel

Georgia Sakelarios 5/31/76 Shelley Quintana 5/31/76



440/400

50.62m (1)	Rosalyn Bryant 7/28/76
51.64m (3)	Kathy Hammond 9/7/72
51.91m (5)	Mable Fergerson 9/4/72
52.5 (1)	Chi Cheng Reel 6/20/70
52.4m (1)	
52.7m	Charlette Cooke 10/16/67
53.13m (2)	Jarvis Scott 10/16/68
	Kathy Weston 6/28/74
53.2m (3)	Debbie B. White 6/27/75
53.6 (1)	Karin Lundgren 4/30/72
53.7 (1)	Janice Wiser 5/27/74
53.84m (3)	Mary Decker 7/14/73
54.2 (3)	Una Morris 8/8/66
54.15m (1H)	Yolanda Rich 6/14/76
54.1m (1)	Willamae Fergerson 6/3/72
54.1m. (2)	Debbie Roberson 6/8/75
54.5 (1)	Ann Larsson 3/27/72
54.5 (2)	Marquita Belk 6/13/76
54.6 (2)	Elizabeth Randarz 3/26/72
54.7	Joan Pirie 7/3/70
54.93m (6)	Sherrie Golden 6/15/76
55.1 (2)	Jodi Anderson 6/8/75



SUE BRODOCK

KARIN SMITH

880/800

2:00.15m	Cyndy Poor 8/10/76
2:00.22m (1)	Francie L. Lutz 8/20/76
2:00.73m (3)	Kathy Weston 6/22/76
2:02.3 (1)i	Mary Decker 2/17/74
2:04.6 (1)	Charlette Cooke 7/23/66
2:03.87m (2)	Ruth Kleinsasser 5/8/76
2:04.5m (3)	Jarvis Scott 8/24/68
2:04.84m (2)	Julie Brown 5/31/76
2:06.0 (1)	Lee Chiu-Shia 5/26/75
2:05.93m (3)	Lynn Hollins 6/10/76
2:07.2 (1)	Judy Graham 8/11/72
2:07.0m	Cis Schafer 7/8/72
2:07.3m	Marie Mulder 7/31/65
2:07.5m (2)	Lynn Smith 8/19/75

2 MILE

9:39.3(1)i 10:07.0 (1)	Francie Larrieu 2/17/74 Judy Graham 12/24/74
10:10.2 (1)	Teri Anderson 6/9/74
10:11.20 (1)	Julie Brown 5/17/75
10:11.8 (2)	Clare Choate 6/9/74
10:12.4 (x)	Debbie Heald 3/16/73
10:12.45 (3)	Kate Keyes 5/17/75
10:19.4 (1)	Eileen Claugus 6/23/73
10:28.0 (1)	Jacki Hansen 6/8/75
10:31.2 (2)	Cheryl Bridges 4/19/75
10:34.0 (3)	Tena Anex 6/23/73

MARATHON

A STATE OF THE STA	
2:38:19 (11)	Jacki Hansen 10/12/75
2:39:11 (1)	Miki Gorman 10/24/76
2:45:32.2(1)	Julie Brown 12/6/76
2:46:23 (2)	Diane Barrett 12/6/76
2:49:40	Cheryl Bridges 12/5/71
2:50:36 (3)	Leal Ann Reinhart 12/6/76
2:51:15 (4)	Joan Ullyot 12/6/76
2:53:40	Teri Anderson 3/4/73
2:54:10 (1)	Marilyn Paul 11/27/75
2:54:28	Judy Ikenberry 1/12/74
2:57:13 (9)	Judy Gumbs 10/2/76

3000 METER WALK

14:40.0 (1) 14:50.2 (1) 15:30.7 (2) 15:43.4 (2) 15:49.3 (3) 16:04.2 (3)	Sue Brodock 5/9/76 Lisa Metheny 6/15/76 Tracy Trisco 6/15/76 Linda Brodock 5/23/76 Becky Villalvazo 6/15/76 Cindi Johnson 5/23/76
16:04.2 (3)	Cindi Johnson 5/23/76
16:08.0 (2)	Terri Teegarden 5/16/76

8:02.7 (2) Chris Ramirez 6/13/76 8:03.8 (3) Lynn Holmbeck 5/23/76 8:03.8 (3) Kathy Kiernan 6/13/76

168-5 167-8 (3)

16:11.4	(1)	Jessica Waskow 4/17/76
16:14.8	(2)	Chris Sakelarios 5/31/76
16:28.4	(10)	Laura Spencer 6/15/76
16:29.4	(11)	Melissa Steinle 6/15/76
16:30.8	(3)	Jill Steiner 5/31/76
16:32.6	(2)	Joyce Brodock 4/17/76
16:34.4	(3)	Sharlene McGinley 5/16/76
16:37.2		Karlane Waskow 2/29/76
16:38.8	(13)	Laura Jandusek 6/15/76
16:56.2	(4)	Debbie Porter 5/16/76
16:56.8	(18)	Georgia Sakelarios 6/15/76

(P)	Marilyn King 6/21/76
3/8 (1)	DeAnne Wilson 7/8/72
3/8 (2)	Sandy Goldsberry 7/8/72
(2)	Candy Ross 6/5/76
(2)	Cathy Cook 7/10/76
(3)	Denise Cornell 6/15/76
(6)	Brenda Little 6/15/76
(1)	Chris Remmling 1976
	Franzetta Parham 8/20/67
(2)	Brenda Simpson 7/4/70
(1)	Linda Hedmark 4/8/73

photo by Diane Johnson



JANE FREDERICK

17:03.8 (3) 17:23.8 (6)	Narwold 2/29/76
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5-8 (1) 5-8 (T5) 5-8 (1) 5-8 (3) Kim Maddox 6/7/75 Cindy Sandberg 6/28/75 Susan Long 7/26/75 Mitzi McMillin 3/6/76

100 METER HURDLES 33"

LONG JUMP

12.8 (1)	01 0 0 0 0 0 0
	Cheng Reel 7/12/70
12.9w (1)	Lty W. Johnson 6/23/73
	W- Johnson 6/23//3
13.29 (1)	Jane Frederick 6/12/76
13.41 (1)	Eathon Dat O (na Gar
	Esther Rot 8/31/75
13.52 (1)	Pat Donnelly 5/16/76
13.5 (5)	Tanna m:
17.7	Lorna Tinney 7/8/72
13.5 (1)	Deby Lansky 6/28/74
13.5 (P)	Medure Oliver
	Modupe Oshikoya 5/16/76
13.6 (1)	Bobbette Krug 7/71
13.7 (5SF)	Marilyn King 6/12/26
	marilyn king 6/12/76

21-9 3/4w(1)	Martha Watson 5/26/74
21-0 3/4(1)i	Chi Cheng 2/28/70
20-11 3/4(1)	Vicki Betts 6/6/76
20-11 (4)	Jodi Anderson 6/19/76
20-10 (P)	Jane Frederick 6/22/76
20-93 (P)	Marilyn King 5/16/76
20-94 (1)	Kim Attlesey 7/30/72

176-0 (1)	Linda Langford 6/6/76	166-9 (2)	Baha Basadia 4/02///
173-11	Joan Pavelich 1974		Babs Brandin 4/23/66
		165-9 (1)	Cathy Corr 5/18/75
171-0 (3)	Monette Driscoll 5/22/76	162-9 (2)	Margareta Carell 4/9/72
165-9 (1)	Terri Sabol 8/31/75	161-1 (1)	Lisa Van Benthem 5/26/75
159-2 (1)	Pamela Kurrell 5/28/60	160-2	Pamela Livington 4/24/70
158-9 (3)	Nancy Norberg 8/18/68	160-1 (1)	Linda Langford 6/13/70
157-9 (1)	Lynn Graham 7/3/65		Brida Bangrord 0/13/70
154-7	Lisa Vogelsang 5/23/76		
153-5 (2)	Iva Wright 3/25/72		
148-1 (4)	Debbie Rivera 4/29/73	PENTATHI	ION
146-10 (2)	Kathy Schmidt 4/14/71	FLIVIAIN	LOIV
146-9	Melody McCarthy 6/12/65		
145-52	Judy Lane 3/28/76		
144-11 (1)	Debbie Langevain 3/16/73		
142-3 (1)	Christi Pyle 5/16/76	4732 (1)	Jane Frederick 3/30/76
141-2 (1)	Denise Holloway 7/9/76	4374 (3)	Marilyn King 6/21/76
T-11-5 (1)	Denise norroway //9//0	4359	Pat W. Bank 10/16/67
		4348 (2)	Modupe Oshikoya 5/16/76
		4329	
		4024	Chi Cheng Reel 8/24/68
JAVELIN			Lorna Tinney 1972
JAVELIN		4012 (2)	Barbara Emerson 9/8/68
		3994 (6)	Mitzi McMillin 6/21/76
		3943 (4)	Kerry Zwart 5/16/76
210 2 /11		3884 (4)	Sandy G. Tyler 6/20/75
218-3 (1)	Kathy Schmidt 6/12/76	3883 (9)	Pat Donnelly 6/23/72
203-10 (2)	Karin Smith 6/12/76	3840 (2)	Lucia Vaamonde 5/29/71
196-3 (1)	RaNae Bair 7/2/67	3819 (2)	Lisa Kinimaka 6/28/74
196-1 (1)	Cathy Sulinski 6/6/76	3817 (3)	
192-1 (2)	Lynn Cannon 6/29/74		Dianne Spangler 6/28/69
192-0 (1)	Sherry Calvert 5/13/72	3759 (3)	Jan Svendsen 9/8/68
186-4 (1)	Roberta Brown 3/21/71	3725 (7)	Denise Cornell 5/28/76
180-3 (1)	Aca Wastman 5/2///	3693 (1)	DeAnne Wilson 5/23/71
174-6	Asa Westmon 5/3/75	3647 (14)	Rosemarie Gilbert 6/24/72
170-91 (1)	Barbara P. Whitfield 5/22/76	3641 (3)	Cam Conley 5/13/72
	Gloria Wilcox 5/9/64	3595 (9)	
170-0 (x)	Karen A. Oldham 10/26/56	2272 (7)	Alberta Martin 6/28/69
168-6 (4)	Debbie Langevain 6/23/73		
168 61	Para P		

Please send all additions and/or corrections to Calvin Brown. 228 E. Artesia Blvd., Apt. No. "C", N. Long Beach, Calif., 90805.

Track & Field News

Good things come from Track & Field News, serving the track community for almost thirty years.

Karen A. Oldham 10/26/56 Debbie Langevain 6/23/73 Fran Davenport 9/8/63 Nadine Bowers 5/3/75

The best way to keep informed about what's happening across the nation and worldwide in track and field is by reading TRACK & FIELD NEWS, universally recognized as the bible of the sport. All the major news and excitement, from high school track through the Olympics,

Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Ji Dwight Stones, Steve Williams, 1 ony Waldrop, all in full color. Still available are color posters of Shorter, Prefontaine, Wottle, and Ryun/Koino. All color posters are \$2.50 each 50¢ per order for postage and handling.

T&FN is still the foremost publisher of books on track and field Recent titles are The

17:03.8 (3) Calley Quintana 4/17/76 17:23.8 (6) Narwold 2/29/76

100 METER HURDLES 33"

12.8 (1)	Cheng Reel 7/12/70
.12.9w (1)	ty W. Johnson 6/23/73
13.29 (1)	Jane Frederick 6/12/76
13.41 (1)	Esther Rot 8/31/75
13.52 (1)	Pat Dannelly 5/16/196
13 5 (5)	Pat Donnelly 5/16/76
13.5 (5) 13.5 (1)	Lorna Tinney 7/8/72
13.5 (P)	Deby Lansky 6/28/74
	Modupe Oshikoya 5/16/76
13.6 (1)	Bobbette Krug 7/71
13.7 (5SF)	Marilyn King 6/12/76
14.00 (2)	Janet Benford 5/15/76
13.9 (3H)	Cherrie Sherrard 7/1/72
13.9 (2)	Janice Lester 5/31/75
13.9 (6)	Mitzi McMillin 6/12/76
13.9w	Deanne Carlsen 1973
14.1	Deanna Galian 6/13/70
14.36 (5SF)	Yvonne Boone 6/14/76
14.2	Alberta Martin 1970
14.3 (P)	
14.3 (2)	Dianne Spangler 6/24/70
14.3 (P)	DeAnne Wilson 5/8/71
11.0	Sandy G. Tyler 6/20/75

400 METER HURDLES 30"

58.62 (4)	Clydine Crowder 6/12/76
59.5 (1)	Janice Lester 6/9/74
59.6 (3)	Michele Hopper 6/27/75
60.8 (1)	
61.31 (2)	Patty Cap 5/10/75
	Alison Reed 6/14/76
62.70 (4)	Carolyn Bing 6/14/76
63.0 (1SF)	Ethis Hunter 6/22/73
63.36 (1)	Amber Souza 5/31/76
63.3	Leslie Clark 1974
63.5 (1)	Marilyn Neufville 5/13/73
63.6 (1)	Carol Burkland 6/9/74
63.7	Dalah Ahmad 1974
64.0 (2SF)	Mary Lee Erickson 6/25/74
64.0 (1SF)	Beth Howell 6/25/74
64.4 (2)	Diane Dellinger 6/10/73
64.4 (3)	Effie Jordan 6/20/73
64.5	Linda DeLaRue 1974
64.5	
64.6 (4)	Alberta Martin 1974
	Cathy Clarke 6/10/73
64.6 (2)	Linda Hightower 4/30/76

HIGH JUMP

5-11 (3)	Modupe Oshikoya 4/24/76
5-101 (1)	Cindy Gilbert 4/27/74
5-10 (T)i	Jane Frederick 3/3/75
5-10 (1)	Pam Blackburn 4/27/75
5-10 (1)	Kari Gosswiller 6/5/76

5-8 (1) Kim Maddox 6/7/75 5-8 (T5) Cindy Sandberg 6/28/75 5-8 (1) Susan Long 7/26/75 5-8 (3) Mitzi McMillin 3/6/76

LONG JUMP

21-9 3/4w(1)	Martha Watson 5/26/74
21-0 3/4(1)i	Chi Cheng 2/28/70
20-11 3/4(1)	Vicki Betts 6/6/76
20-11 (4)	Jodi Anderson 6/19/76
20-10 (P)	Jane Frederick 6/22/76
20-9½ (P)	Marilyn King 5/16/76
20-94 (1)	Kim Attlesey 7/30/72
20-84w (1)	Pat Winslow 7/2/67
20-7 (1)	Dora Lee Roberts 5/1/71
20-5 3/4 (2)	Anita Neil 5/27/72
20-44 (3)	Barbara Ferrell 5/27/72
20-3 3/4 (3)	Modupe Oshikoya 3/20/76
20-3w (1)	Lisa Gourdine 7/31/76
20-24 (4)	Denise Paschal 7/24/66
20-1-w (1)	Sonia Guss 9/68
20-0 3/4 (3)	Karen Elmore 5/1/76
19-11 3/4 (1)	Renaye Bowen 3/24/73
19-10 (P)	Barbara Emerson 9/20/68
19-9	Franzetta Parham 1969
19-9 (1)	Kathy McMillian 8/12/74

SHOT PUT 4 kg

56-11 (1)i	Maren Seidler 2/16/74
54-9 1/8(1)	Earlene Brown 9/22/60
53-54 (1)	Jan Svendsen 8/8/72
53-1 (1)	Lynn Graham 5/28/71
50-0= (1)	Emily Dole 6/8/75
49-8 (2)	Jane Frederick 5/22/76
49-6 (2)	Kathy Devine 6/29/74
48-11	Linda Langford 1975
48-9 (4)	Cel Rutledge 8/31/75
47-61 (1)	Joan Pavelich 5/28/73
46-2 (1)	Pat W. Bank 12/19/71
46-11 (1)	Denise Holloway 4/25/76
45-6 3/4(1)i	Vera Peco 1/25/75
44-7 3/4 (1)	Iva Wright 6/13/71
44-6 (2)	Kerry Zwart 5/23/76
44-3 (4)	Judy Lane 6/20/73
43-10-	Mary Jo Peppler 6/7/64
43-54	Janis Nay 1968
42-9 3/4 (x)	Susie Ray 5/22/76
$42-8\frac{1}{4}$ (1)	Jennifer Wagstaff 4/25/76

DISCUS

193-3 (x)	Olga Connolly 8/8/72
180-11 (1)	Jan Svendsen 1976
178-8 (x)	Vivian Turner 7/11/72
176-10 (1)	Earlene Brown 7/16/60

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FALSE STARTS: We inadvertently left the photo credit off of last issue's coverphoto. It was by Bill Leung, Jr. An earlier error, in issue No. 13, on page 9, the picture of Mac Wilkins actually belongs to Bill Leung, Jr., too. We still love you, Bill.

JANUARY/FEBRUARY - 1977

Masters Update 1976

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-		
	u	u

(40-49)

Percy Knox (CDM) 42	9.9y
Nick Newton (BHS) 42	10.1y
Van Parish (NCS) 42	11.1m
George Waterman (CDM) 41	10.2y
Ted Vick (CDM) 46	10.5y
Bob Radford (CDM) 44	10.5y
Jim Parks (STC) 42	10.7y
Tony Nasaralla (STC) 44	10.7y
Dick Marlin (NCS) 46	10.7y
Hans Bruhner (NCS) 42	10.7у
Bill Frederickson (NCS) 45	11.6m
Dick Glasgow (SDTC) 40	11.8m
Bruce Springbett(NCS)	11.8m

(50-59)

()") / /	
Bob Watanabe (STC) 50	11.6m
Payton Jordan (CDM) 59	11.7m
Tom Patsalis (CDM) 54	11.0y
Al Guidet (CDM) 58	11.1y
Bob Cooper (NCS)	11.3y
Bob Roemer	11.3y
Wayne Ambrose (CDM) 57	12.5m
Tom Clayton (CDM) 51	. 12.6m
Bob Hunt (BHS)	12.7m
Wilbur Buchanan (SFV) 53	12.7m
Pete Fetter (CDM) 55	12.7m

(60+)	
Bill Morales (CDM) 60	13.2m
Joe Caruso (STC) 66	13.4m
Ken Carnine (NCS) 68	13.5m
O. Nichols (BAC) 63	12.7y
Tony Castro (STC) 67	13.9m
Ted Hatlen (NCS) 65	13.2y
Winfield McFadden (SDTC) 71	14.5m
Sing Lum (STC) 71	14.5m
P. Thomasson (70+)	13.7y

220/26

(40-49)	
Nick New (BHS) 42	23.0y
Percy Kn (CDM) 42	23.2y
lans Bruhner (NCS) 41	23.3п
Van Parish (NCS) 42	23.4m
George Waterman (CDM) 41	23.73
Ped Vick (CDM) 46	23.9
Bill Frederickson (NCS) 45	23.8m
Jim Parks (STC) 46	24.2y
Bob Radford (CDM) 44	24.3y
Cony Nasaralla (SR) 44	24.49
Dick Marlin 46	Ole lin

compiled by PERCY KNOX PETER MUNDLE

880/800

(40-49)	
Bob Emerling (BHS) 40 Gaylord Kalchschmid (SPV) 43 Jim Parks (STC) 42 John Weldy (ARK) Robert Holmes (SDTC) 47 Don Palmer (CDM)	2:04.7m 2:05.5m 2:06.9m 2:08.0m 2:11.1m 2:13.0y
(50-59)	
Bill Fitzgerald (STC) 51 Avery Bryant (STC) 52 Robert Poet (STC) 51 Jack Noble (STC) 50 Ed Halpin (CDM)	2:03.2m 2:12.9m 2:17.5m 2:17.8m 2:25.0y
(60+)	
Sid Madden (SPV) 68 Ed Lowell (STC) 60 Mel Shine (NCS) 67 Ray Mahanna (STC) 60	2:36.0m 2:36.2m 2:38.5m 2:38.6m

MILE/1500

Sid Madden (SFV) 68

(40-49)

John Weldy (ARR) Wilbur Williams (STC) 43 Gaylord Kalchschmid (SFV) 43 Jan Pekkes (STC) Peter Wood (NCS) 46 Nob Emerling (BHS) Chuck Beeman 40 Frank Delgado	4:11.0r 4:21.7 4:21.4:43.4 4:44.4y 4:48.3y 4:38.2m 4:57.0y
(50-59)	
Bill Fitzgerald (STC) 51 Avery Bryant (STC) 52 Mauro Hernandez (SMTC) Jack Noble Ed Halpin (CDM) Alan Waterman (NCS) 57	4:18. 4:32.9m 4:40.0m 5:10.5y 5:08.2m 4:58.0m
(60+)	

5:24.0m

120/110 HIGH HURDLES

(40-49) 39"	
Dave Jackson (CDM) 44 Van Parish (NCS) 42 Mal Andrews (BAS) 42 Bill Adler (BHS) 43 John Tansley Don Donnelly (SDTC) 47	15.6 16.2 16.3 16.8 17.4 19.5
(50-59) 36""	
Tom Patsalis (CDM) 54 Burl Gist (CDM) 56 Robert Hunt (BHS) 56 Wayne Ambrose (CDM) Robert Roemer (NCS) 51 Roy Higgington (NCS) 50. Dave Brown (CDM) Tom Clayton (CDM) 57	17.7 18.4 18.6 18.6 18.6 19.2 20.6 20.9
(60+) 30/33"	
Vince Godfrey (SDTC) 62 Ted Hatlen (NCS) 65 Orville Nichols (BAC) 63	18.9 19.6 19.8

440 YARD INTERMEDIATES

62. 62. 62. 65.
63. 65. 67. 67.
77. 84. 86.

STEEPLECHASE

LONG JUMP

(40-49) Bill Stock (SDTC) 45 Graham Parnell (SDTC) 46 Doug Basham (NCS) 40 Dave Stevenson 47	10:43.0 10:43.0 10:44.2 10:55.0
(50-59)	373 700
Jack Noble (STC) 50 Avery Bryant (STC) 52 Alan Waterman (NCS) 57 Bob Long (BHS) 57	11:13 11:28 11:48 13:01.8
(60+) Wilfred Rigelow (NCS) 65	15.01.6

	Burl Gist (CDM) 55 Orv Gillett (CDM) 56	5-2
	Bob Ogle (CDM)	5-0
	Jim Vernon (STC) 59 Dave Brown (CDM)	4-10
1	Dave Brown (CDM)	4-1
	(60-69)	
	Ted Wilson 61	4-8
	John Dick 60+	4-4
	Ted Hatlen (NCS) 65	4-4
	Hugo DeGroot (STC) 60	4-3
	Wilfred Bigelow (NCS) 65	4-0
	Robert MacConaghy (CDM) 68 Delmar Mitchelson (STC) 67	3-10
	Delmar Micchelson (SIC) 67	5-0
	(70+)	
	Percy Stephens (SDTC) 32	4-1
	Win McFadden(SDTC) 71	4-0
	Buell Crane 76	4-0

TRIPLE JUMP

(50-59)

(40-49)	
Alvis Andrews (CDM)	45-11
Dave Jackson (CDM) 44	42-10 3
Shirley Davisson (CDM) 36	40-10
Phil Conley (WVTC) 41	39-7

DUTTITE'S DEAT 22011 (CDM)	10		40-10	
Phil Conley (WVTC) 41	-	4	39-7	
K.C. Keffer (CDM) 42	1		37-2	
Tony Nasaralla (SR) 44	1		36-4	
Phil Schlegel (CDM) 46			36-6	
John Tansley (STC) 40			36-41	
(50-59)				

(50-59)	
Tom Patsalis (CDM) 54	39-8
Ron Spencer (SDTC) 53	34-3
Dave Brown (CDM)	33-8±
Bob Ogle (CDM)	33-7
Jim Vernon (STC) 59	32-5
(60+)	

(604)	
John Damski 60+	31-43
Joe Caruso (STC) 66	29-5
Orville Nichols (BAC) 63 Winfield McFadden (SDTC) 71	29-4
Winifeld McFadden (SDTC) 71	28-9
John Dick 60+	28-01
Walt Westbrook 70+	25-21

POLE VAULT

The second secon		
Carlos Cota (SDTC) 40	12-6	
K.C. Keffer (CDM) 43	12-5	3/4
Jerry Donley 46	12-0	-/
Duane Tellianno	11-6	
Roger French	11-6	
John Tansley 40	11-1	
Hal Wallace (STC)	11-0	
Doug Ditmer	11-0	
Harry Hawke (SDTC) 46	10-6	
G, Davis	10-6	
Roy Fitzhugh	10-0	
Ted Ensslin	10-0	
of the second of the second of the		
(50-59)		
Jim Vernon (STC) 60	11-6	
Dave Brown (CDM)	11-0	

Sing Lum (STC) 71 P. Thomasson (70+)	14.5m 13.7y	(40-49)		STEEPLECHASE	"","",一	POLE VAULT	
220/26	1)./y	John Weldy (ARR) Wilbur Williams (STC) 43 Gaylord Kalchschmid (SFV) 4 Jan Pekkes (STC) Peter Wood (NCS) 46 Bob Emerling (BHS) Chuck Beeman 40	4:11.0m 4:21.6 4:21.6 4:43.6 4:44.4y 4:48.3y 4:38.2m	(40-49) Bill Stock (SDTC) 45 Graham Parnell (SDTC) 46 Doug Basham (NCS) 40 Dave Stevenson 47	10:43.0 10:43.0 10:44.2 10:55.0	Carlos Cota (SDTC) 40 K.C. Keffer (CDM) 43 Jerry Donley 46 Duane Tellianno	12-6 12-5 3/4 12-0 11-6
(40-49)		Frank Delgado	4:57.0y	(50-59)	Side of the Os	Roger French John Tansley 40	11-6 11-1
Nick New (BHS) 42 Percy Kn CDM) 42 Hans Bruhner (NCS) 41 Van Parish (NCS) 42 George Waterman (CDM) 41 Ted Vick (CDM) 46	23.0y 23.2y 23.3m 23.4m 23.7y 23.9m	(50-59) Bill Fitzgerald (STC) 51 Avery Bryant (STC) 52 Mauro Hernandez (SMTC) Jack Noble Ed Halpin (CDM)	4:18. 4:32.9m 4:40.0m 5:10.5y 5:08.2m	Jack Noble (STC) 50 Avery Bryant (STC) 52 Alan Waterman (NCS) 57 Bob Long (BHS) 57 (60+)	11:13 11:28 11:48 13:01.8	Hal Wallace (STC) Doug Ditmer Harry Hawke (SDTC) 46 G. Davis Roy Fitzhugh Ted Ensslin	11-0 11-0 10-6 10-6 10-0 10-0
Bill Frederickson (NCS) 45 Jim Parks (STC) 46 Bob Radford (CDM) 44	23.8m 24.2y 24.3y	Alan Waterman (NCS) 57	4:58.0m	Wilfred Bigelow (NCS) 65	15:01.6	(50-59) Jim Vernon (STC) 60	11-6
Tony Nasaralla (SR) 44 Dick Marlin 46 Huel Washington 47 Ozzie Dawkins (STC) 47	24.4y 24.4m 24.5m 24.6m	Sid Madden (SFV) 68 Ed Lowell (STC) 60	5:24.0m 5:31.6m	LONG JUMP	e de la composition della comp	Dave Brown (CDM) Don Grosh (CDM) 51 Ory Gillett (CDM) 56 Tom DeVaughn	11-0 10-9 10-6 10-0
(50-59)		3 MIL E/E 000		(40-49)		(60+)	
Bob Watanabe (STC) 50 Al Guidet (CDM) 58 Bob Roemer (NCS) Bob Cooper (NCS)	24.4m 24.9m 25.2y 25.3y	3 MILE/ 5,000		Shirley Davisson (CDM) 46 Alvis Andrews (CDM) . Dave Jackson (CDM) 44 Nick Newton (BHS) 42 Hugh Cobb (BHS) 43	21-8 3/4 21-4½ 21-1½ 20-1½ 19-9	Bob MacConaghy 68 Hugo DeGroot (STC) 60	9-7 8-0
Wayne Ambrose (CDM) 57 Tom Clayton (CDM) 50 Robert Hunt (BHS) 56 Ed Halpin (CDM)	25.9m 26.4m 26.9y	Truman Clark (BHS) 40 Graham Parnell (SDTC) 46 Bill Stock (SDTC) 46 Jerry Smartt(BHS) 44	16:19.6m 16:20.8m 16:38.0m 16:47.6m	Mal Andrews (BAS) 42 Phil Conley (WVTC) 41 Phil Schlegel (CDM) 46 Tony Nasaralla (STC) 44	19-10 19-5½ 19-2½ 19-2	SHOT PUT	
		Wilbur Williams (STC) 43 Dave Stevenson 47	16:51.0m 17:01.0m	(50-59)		(40-49) 16#	
(60+) John Satti (STC) 62 Ken Carnine (NCS) 68 Orville Nichols (BAC) 63 Tony Castro (STC) 66 Bill Morales (CDM) 60	28.1m 28.1m 28.9m 29.2m	(50-59) Jim O'Neil (SFOC) 51 Mauro Hernandez (SMTC) 53 Ed Halpin (STC) 58	16:14.0m 16:24.0y 18:37.0m	Tom Patsalis (CDM) 54 Ray Spencer Dave Brown (CDM) Jim Vernon (STC) Pete Fetter (CDM) 55	20-3½ 16-11 16-10½ 16-8½ 16-4½	Hal Smith (BHS) 41 Bob Humphrey (CDM) 40 Stew Thompson (BHS) 43 Fred Simona 40 George Waterman (CDM) 41	46-3 45-6 45-1 41-6½ 41-3
Joe Caruso (STC) 66 Winfield McFadden (SDTC) 71 Sing Lum (STC) 71	29.2m 29.6m 30.4m 31.1m	Alan Waterman(NCS) 57	18:24.8y	Tom Clayton (CDM) 57 Bill Morales (CDM) 59 Bob Watanabe (STC) 50	16-3 16-0 1 15-11	(50-59) 12# George Kerr (CDM) 53 Jack Thatcher (CDM) 59	48-7½ 41-5 3/4
440/400		Ed Lowell (STC) 60 John Montoya (STC) 64 Chick Dahlsten 60 Sid Madden (SFV) 68 Paul Spangler 77	20:36.0y 21:21.8m 21:01.0y 22:04.0m 23:06.0m	(60+) John Satti (STC) 62 Joe Caruso (STC) 66 John Damski 70+ Winfield McFadden 70+ Don Mowrer 60+	16-4½, 15-0 14-11 13-6 12-4½	J. Mesiak 56 W. Wiggington Dan Aldrich (CDM) Terry Siefert Pete Fetter (CDM) 55 (60+)*8#	39-9 39-81 39-01 36-91 36-91 35-4
(40-49)					La succession of the	Jack Thatcher (CDM) 60	49-61
Hans Bruhner (NCS) 43 Jim Parks (STC) 42 Nick Newton (BHS) 42 Tony Nasaralla (STC) 43 Van Parish (NCS) 42	53.2m 53.6m 54.0y 53.9m 53.9m	6 MILE/10,000	100 M	HIGH JUMP		Tom Montgomery (CDM) 61 Hugo DeGroot (STC) 60 Vernon Cheadle 66 Red Doms 60+ Gene Hanson 60+	48-1 3/4 48-1 3/4 43-9 1 43-1 42-11
Don Cheek (CDM) 46 Oswald Dawkins (STC) 47	54.2m 55.7m	Truman Clark (BHS) 40 Graham Parnell (SDTC) 46	32:10.6y 34:04.0m			Stan Hermann (CW) 71 Randy Hubbell (STC) 66 Art Vesco 60+	40-9 38-3 37-1
(50-59)		Dave Stevenson 47 Jerry Smartt (BHS) 44	34:09.0m 35:36.0m	(40-49)		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Bob Roemer (NCS) 51 Bill Fitzgerald (STC) 50 Bob Hunt (BHS) 56 Tom Clayton (CDM) 51	56.5m 57.0y 57.8m 58.5m	Frank Thomas (BHS) 46 (50-59) Jim O'Neil (SFOC) 51	35:41.4y 33:30.0m	Ed Austin (CDM) 46 Nick Newton (BHS) 42 Bill Evans (BHS) Don Rose 41	5-8 5-8 5-8 5-7	DISCUS	
Robert Poet (STC) 51 Bill Bowers (SDTC)	59.2m 60.3y	Harry Perry (SDTC) 52 Wayne Zook (SDTC) 59	38:44.8m 39:03.0y	Bob Billings (BHS) John Tansley Shirley Davisson (CDM) 46	5-6½ 5-4 5-2	(40,40) 3 kg	
(60+)	62.0	(60+)		Leon Frankamp Ray Fitzhugh	5-2 .5-2	(40-49) 2 kg Bob Humphrey (CDM) 40	182-8
John Satti (STC) 62 Ken Carnine (NCS) 68	63.8m 65.5m	John Montoya (STC) 64 Sid Madden (SFV) 68 Ed Lowell (STC) 60	43:24.0m 42:57.2y 43:44.6y	Phil Conley (WVTC) K.D. Fiffer (CDM) Hal Smith (BHS) 41	5-2 5-2 5-0	Stew Thompson (BHS) 43 Harry Hawke (SDTC) 47 Carlos Fernandez	150-10 138-3 134-7

Don Maurer (SDTC) 46 Hal Smith (BHS) 41 George Waterman (CDM) 41 Phil Conley (WVTC) 41 Richard Stroub (SDTC) Hal Wallace (STC) 48 John Tansley 40	124-5 120-1 120-1 114-7 113-9 111-4 109-2	Harry Hawke (SDTC) 47 Hal Wallace (STC) 48 K.C. Keffer 42 B. Norton (CDM) 46 Dick Straub (SDTC) 47 George Waterman (CDM)	156-10 153-7 152-9 148-9 147-3 145-7
(50-59) 1.6 kg Fortune Gordien (CDM) 53 Jack Thatcher (CDM) 59 George Ker (CDM) 53 Dan Aldrich (CDM) 57 Orville Gillett (CDM) 57 Erick Jordan	160-0 146-7 140-6 133-1 109-3 108-0	(50-59) Bill Morales Pete Fetter Dan Aldrich (60+) 600 g	161-5 160-1 159-4
(60+) 1 kg Jack Thatcher (CDM) 60 Ken Carnine (NCS) 68 Hugo DeGroot (STC) 60 Earl Archer (NCS) 63 Chuck McMahon 60	146-7 141-7 135-1 130-10 130-3	Orville Nichols (BAC) 63 Chuck McMahon 60+ Hugo DeGroot (STC) 60 Bob MacConaghy 67 Ken Carnine (NCS) 68 John Dick 60+ Bill Wolfe 60	132-6 132-3 132-2 131-10 126-10 112-8 100-11
Vernon Cheadle 66 Jim York (NCS) 62 John Dick 60 E. Botts 60+ Stan Hermann (CW) 77 Red Doms 60+ Bob McConaghy (CDM) 68 Art Vesco 60+	127-11 123-0 121-1 116-9 112-11 110-8 103-3 101-8	HAMMER	
Bill Wolfe 60 Frank Hicks 60+	100-1	(40-49) 16# Stew Thomson (BHS) 43 Dave Douglas (BHS) 44 (50-59) 16#	168-6 114-6
SAVELIN		Dan Aldrich (CDM) 57 (60+)	
(40-49) 800 g Phil Conley (WVTC) 41 S. Letcher (NCS) 44 Robert Darling 41 John Tansley 41 Don Rose 40	216-11 184-8 175-4 163-1 162-8	Tom Montgomery (CDM) 61 Randy Hubbell (STC) 67 Charles McMahon (SDTC) 60 Jim York (NCS) 62 Robert Ulsh (NCS) 69 Stan Hermann (CW) 76 John Whittemore (MYC) 76 Del Mitchelson (STC) 67	123-2 112-5 106-5 96-8 90-2 89-8 75-2 68-4



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CLUES:

- 1) He was the only man to win two 100 meter Olympic gold medals.
- 2) 1 man won two golds in the 800 meters, running the exact same time in both Olympics.
- 3) He is the only person to win the 1500 meter run twice. His name implies why he ran so fact
- 4) American won two gold medals in the high hurdles.
- 5) This man won the 400 meter hurdles in the same Olympics as another American won the high hurdles.

from MIKE LENNEMANN

R S O N I E T S N I R P A J E G

K N D S P M A H C N H D C O I

B E C O T W L O D V H R B L P D

S D R A H C I R I M A T H I A S

HITTKJAEVLHRNAVE



CLUES:

- 1) He was the only man to win two 100 meter Olympic gold medals.
- 2) nan won two golds in the 800 meters, running the exact same time in both Olympics.
- 3) He is the only person to win the 1500 meter run twice. His name implies why he ran so factor
- 4) American won two gold medals in the high hurdles.
- 5) This man won the 400 meter hurdles in the same Olympics as another American won the high hurdles.
- 6. This man never won a gold medal in an individual event, but was on two consecutive winning 400 meter relay teams.
- 7) He was on two winning 400 meter relay teams; London & Helsinki.
- 8) This American was on 3 Olympic gold medal 400 meter relay teams.
- 9) In the early part of the century when the standing broad jump, standing high jump, and standing triple jump were part of the Games, this man won 10 gold medals in 4 Olympics. 10) He is the only man to be on two winning 1600 meter relay teams.
- 11) This man now a minister won two gold medals in the pole vault in two Olympics.
- 12) This early Olympian was in 3 Olympics winning twice in the long jump as well as twice in the triple jump.
- 13) This shot put champion won two consecutive Olympic golds in the early part of the century.
- 14) This man won two Olympic shot put gold medals. His second win was over 60 feet.
- 15) This man won two Olympic discus championships.
- 16) This man won three Olympic discus championships.
- 17) This man won four Olympic discus championships.
- 18) This man won three consecutive hammer throw gold medals.
- 19) This former congressman from California was a two time winner in the decathlon.

from MIKE LENNEMANN

R S O N I E T S N I R P A J E G

R N D S P M A H C N H D C O I

B E C O T W L O D V H R B L P D

S D R A H C I R I M A T H I A S

H I T T K J A E V L H R N A V E

E B I R E P Q K L R E D K R U B

R M T T P Y S I N S E A G R I L

I F C E F C D O U A C T C P F N

D U H R N I N O S I H C R U M A

A S S I U P H O B R I E N M E G

N I Y L O M M R E T R E O H D A

T V I F H Y R O E B H T N F A N

O A G B L L I W D L O G G N L A

P D M R A O R K C A R T I E I L

J F F O C Y W H I T F I E L D F

Hidden in this maze of letters are the names of American men Olympic gold medalists who have won in the same event more than once (including 1906). How many can you find by consulting the brief clues? There are nineteen. You will probably have to resort to the almanac. The names read forward, backward, up, down or diagonally, are always in a straight line and never skip letters. If you think you have found them all sned it in and we will have a drawing of all those with the most with the winner receiving a free one year renewal to CTN.



CALIFORNIA TRACK NEWS



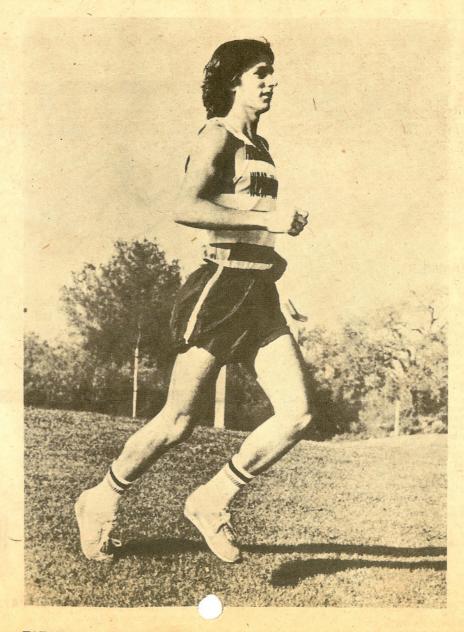
Bob Paulin

BOB PAULIN: Freshman, West Valley College in San Jose. Age 18; 5 feet, 8 inches; 130 pounds. Born March 30, 1958, in Bitburg Air Force Base, Germany.

Best Marks: One Mile- 4:20.7(76), Two Mile- 9:13(76), Three Mile- 14: 24(76). Coached by Bill Campbell.

Bob Paulin of West Valley College didn't win the Golden Gate Conference individual cross country title this fall - but you won't catch him complaining. Why should Paulin complain about a second place finish in the GGC? The Viking freshman came back to win the Northern California and State championships.

At State Meet Bob set a course record the College of the Canyons four mile championship course when he toured it in 19:45 to lead the junior college d.Bob had to beat his GGC nemesis, slitch Kingery, to finish first at Northern Cal and State. The former Camden High School star finished far ahead of San Mateo's Kingery who had to settle for seventh at State. In the Northern Cal contest Bob posted a low 20:15 time on the 4.19 mile Crystal



"Bob wanted very much to train with Ron Fritzke this year at West Valley(Fritzke ran 8:54 and 13:55 last track season at West Valley). Fritzke, after an impressive start(he beat Paulin the first three races) was injured. At that point Bob took command and became a real team leader and became much more aggressive in competition. As a very humble youngman, Bob, is the first to admit Fritzke probably would have won the State if healthy."

MID-SEASON CROSS COUNTRY WORKOUT:

Monday- 12 mile hill run @ 6:00 pace, weight training. Tuesday- mile repeats on cross country course - 5 @ 4:30-4:35, weight training. (Tuesday-

4:30-4:35, weight training. Wednesday-8 mile steep hill run @ 6:30 pace, weight training. Thursday- 3 miles @ 7:00, 3 sets of 5 400 yard hill repeats, 3 miles @ 7:00, weight training. Friday- rest. Saturday- competition. Sunday- 10 miles east. Each morning(Monday through Friday) consists of an hour run(about 8 miles).



The Viking freshman came back to win the Northern California and State championships.

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Bob showed signs of real promise last year as a high school senior. As a prep he was Central Coast CIF champion in cross country and the two mile in track. Since high school Bob is looking toward the longer events like the 5 and 10,000. He's still got another whole year after this one at West Valley after which he isn't sure, but would like to go into physical therapy.

Bob has been named California Junior College Cross Country Athlete of the Year for 1976 and Coach Bill Campbell is especially excited about Bob, "Bob has been a real pleasure to train because he is so coachable. He had run four years non-stop all through high school so we agreed to take the entire summer off. He started training the last week in August and then followed our basic two a day West Valley program.

"The first part of the season training consisted of more quantity with just the last four weeks spent on intensity and quality. Bob trained through all of his races right up till Northern Cal.

"Bob and I are, obviously, very pleased with his success. We established a goal of finishing in the top three in the State Meet at the first of the season. By winning he became only the second Northern California runner ever to win the State(the first being Henry Perez just last year).



HUMBOLDT STATE cross country team members proudly display the second place trophy they captured in the NCAA Division III national competition at Cleveland, Ohio. The meet was run in the snow. Lumberjack harriers in the front row, left to right, are Mike Killeen, Gordon Innes, Jerry Tucker, Ken Hammer and Scott Peters. In the back row, I to r, are Chris Speere, Coach Jim Hunt and Bruce Caputo.

Varsity:

L. Craig (Berkeley)

Lyons (Granada)

Bowers (American)

K. Ross (Acalanes)

8:10

8.26

LTS..RESULTS..RESU

August 28. 3rd Annual Dammit Run, Novitiate Vineyard	SENIOR HOMEN (14-OVER) 3	MILE
	Diane Byington RRR	19:18.
2) John Moreno (Caminowest) 30:25 2.	Clydine Crowder UCLA	19:34
3) Joe Salazar(SJCC)1st 14+30:54 3.4) Bill Clark (WVTC) 30:55 4.	Debbie Roberson UCLA	19:53
5) Rod Berry (WVTC) 31:02 -5.	Mary Ann Maric CSUB Jan Ling AIA	19:58
6) Paul Burke (un) 31:13 6.	Roberta Takahashi UN	20:23 21:21 21:28
// Kich vasquez (Diabloviy))::// /.	Diane Lester UCLA	21:28
8) Damon Wood (CaminoWest) 31:18 8. 9) Bruce Rider (WV Jog/Str)31:19 9.	Tina Stough LBC Jo Smith BA	22:07 23:03
10) Paul Thompson (un) 31:20 10.		25:12
11) Robert Lange (Camino W) 31-23	Outstand I Minude Place A	n=01=
12) Gary Goettelman (WVTC) 31:26	October 2. La Mirada. Blue A 1976 Sports Festival, Mile S	
13) Willie Diaz (un) 31:31 14) Bill Weed (HeinakenHarr)31:41	Park	
15) Armand Moreno (VMTC) 31:44	9 & under (1 Mile):	
16) Daniel Cruz (CaminoWest)31:50	1) Paulette Willis (LBC)	5:48
18) Keith Crowder (WVIS) 31:53	2) Andrea Rolfe (LBC)	5:50
19) Mike Macallair (un) 31:54	4) Corina Quezada (SCC)	5:53
20) Chris Kadoch (un) 31:55	5) Rose Marinez (SCC)	5:55
21) Gilbert Munoz(Watsonvi) 32:03	7) Bridgett Makson (SCC)	5:50
23) Kurt Lua (Morgan Hill) 32:08	8) Jan Hale (RRR)	5:58
24) John Higley (WVTC) 32:11	9) Barbara Wilson (SCC)	6:01
25) Jay Marlowe (Camino W) 32:12	10) Dannie Dearen (BA)	6:02
27) Wayne Glusker (WVTC) 32:14	500 40, KKN 59, BA 74.	
28) Greg Miller (un) 32:30	10 & 11 (lt Mile):	7.25
29) Ralph Bowles (WVJ&S)1-M 32:35	2) Jenny Cervantez (RRR)	7:28
(0) You Novion (WVI&S)2-M 33:17	3) Kathy Kiernan (BA)	7:38
47) Roger Bryan(TRAC) 3-M 33:37	4) Andrea Kirkorn (BA)	7:40
49) Ulrich Kaempf(TRAC) 4-M 33:48	6) Sandra Katzer (BA)	7:41
111) Judy Graham (un) 1st W 36:03	7) Regina Crawford (RRR)	7:45
146) Sue Munday (un) 2nd W 37:25	8) Sherylyn Schuman (SCC)	7:46
13) Willie Diaz (un) 31:31 14) Bill Weed (HeinakenHarr)31:41 15) Armand Moreno (VMTC) 31:44 16) Daniel Cruz (CaminoWest)31:50 17) Javier Barragan(LGP) 31:52 18) Keith Crowder (WVJS) 31:53 19) Mike Macallair (un) 31:54 20) Chris Kadoch (un) 31:55 21) Gilbert Munoz(Watsonvl) 32:03 22) Mike Duncan (WVTC) 32:04 23) Kurt Lua (Morgan Hill) 32:08 24) John Higley (WVTC) 32:11 25) Jay Marlowe (Camino W) 32:12 26) David Himmelberger (un) 32:13 27) Wayne Glusker (WVTC) 32:14 28) Greg Miller (un) 32:30 29) Ralph Bowles (WVJ&S)1-M 32:35 30) Bob Love (Camino West) 32:40 40) Ken Napier (WVJ&S)2-M 33:17 47) Roger Bryan(TRAC) 3-M 33:37 49) Ulrich Kaempf(TRAC) 4-M 33:48 11) Judy Graham (un) 1st W 36:03 118) Vicky Bray(SJC)1st G 14+36:23 146) Sue Munday (un) 2nd W 37:25 176) Diane Williams 2nd G 14+38:32 184) Sally McPherson 3rd W 39:02 190) Peggy Lyman (WYCO) 4-W 39:15 191) Ann Wotherspoon(SJC)5-W 39:21	10) Cindy Nunez (RRR)	7:48
184)Sally McPherson 3rd W 39:02	RRR 24, BA 40, SCC 92.	()
190) Peggy Lyman (WVTC) 4-W 39:15 191) Ann Wotherspoon(SJC)5-W 39:21	12 & 13 (2 Mile):	
/Maynard Orme/	1) Kiki Lantry (RRR)	11:45
	2) Tami Darr (BA)	12:10
September 24 Livermore Livermore	4) Sharon Hulse (Un)	12:13
Invitational	5) Jane Wintermute (SCC)	12:18
September 24. Livermore. Livermore Invitational Varsity: 1 T. Holmes (Downey) 13:38	6) Kristi Wilson (BA)	12:21
1) T. Holmes (Downey) 13:38	8) Terri Halling (RKR)	12;23
3) M. O'Reilly (SanRafael) 14:09	9) Michelle Mason (VTC)	12:28
4) T. O'Neil (Jesuit) 14:12	10) Shelly Quintana (RA)	12:29
5) D. Coulman (SanMarin) 14:16	BA 20, RRR 39, SCC 86.	
7) T. Hussey (\ington) 14:28	14 - 18 (2 Mile):	3 . 3 .
8) J. Slater (dit) 14:32	2) Donna Sanchez (RRR)	15:11
9) C. Wright (Moreau) 14:32	3) Paula Rose (BA)	15:32
Invitational Varsity: 1	4) Susie Meek (BA)	15:45
12) B. Miller (McAteer) 14:45	6) Lauri Jewell (LBC)	15:57
13) V. Capurro (Moreau) 14:46	7) Kathy Jewell (un)	16:09
14) M. Chastaine (Misssion) 14:47	El Lori Johnson (RRR)	16:16
Jesuit 47. Miss ISI 103: Moreau	9) Cheryl Bowman (BA)	16:33
112, McAteer 183, Kennedy 189	10) Fam Hodges (BA)	16:38
in Marinita.	DA 27, RRR 39.	

Heather Tolford (SFVTC)

Leal Reinhart (SFVTC)

Ruth Kleinsasser (RA)

Doreen Assumma (RRR)

16:50

16:59 17:10

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October 2. La Mirada. Blue Angels
Sports Festival 10,000 Meter Cross
Country Run
    Lou Patterson
2)
    Ron Kurrle
                                 30:16
    Mark Dulaney
                                 30:40
    Paul Cook
                                 31:08
    Carl Swift
5)
                                 31:13
    Richard Govi
                                 31:30
    Steven Chase
                                 31:36
    Steve Broten
                                 31:41
    Dennis Caldwell
                                 31:53
10) Terry Ziegler
                                31:57
40-49:
1)
   Jerry Smart
                                 33:03
2)
    Bill Crum
                                 33:47
3)
   Pete Downey
                                 36:51
50-59:
1)
    Eddie Halpin
                                40:18
    Julius Karabel
                                41:08
3)
    Ed Saicoe
                                 42:17
60-69:
1)
    Chick Dalsten
                                41:35
    Ed Stosenberg
                                42:27
3)
   Jim Bole
                                47:36
                /D. Gordon Follett/
October 30. La Mirada: Biola
Invitational. 5 miles.
Division I:
1. Ralph Serna(UCI)
                                24:21
    Eric Hulst(UCI)
                                24:21
                                24:21
    Steve Scott(UCI)
                                24:25
    Rich McCandless(LBS)
                                24: 34
    Rich Langford (FSU)
                                24:42
    Paul Fredrickson(UNR)
    Tony Ramirez(FSU)
                                24:42
                                24:43
    Duane Waltmire (APC)
    Don Moses (UCI)
                                24:47
                                24:57
10. Tom Colley(Oxy)
11. Steve Bitterly(Oxy)
                                25:01
                                25:03
12. George Aguirre (PSU)
13. Rich Kuhn (UNR)
                                25:12
14. Rom Wysocki (UNR)
                                25:13
15. Mark Koningh (UCI)
16. Tom Cusick (CSUN)
                                25:15 25:16
17. David Haake (FSU)
18. Mike Jurkovich (FSU)
                                25:25
19. Mark Odum (APC)
                                25:26
20. Mike Munox (CSUN)
                                25:29
Division I Team Scores:
     C Irvine
     resno State University
                                 59
    University Nevada-Reno
                                93
118
    Occidental
                                126
    Azusa Pacific
                                130
    Long Beach State
    Cal State Univ. - Northridge 140
     al State Los Angeles
                                211
     ion II Team Scores:
    Pt. Loma
    University Nevada-LasVepas113
    Cal Poly Pomona
                                112
    Biola College
                                 120
    UC Riverside
    Westmont
                                 187
    Lovola
```

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October 10. Carmel Valley. Garland
Ranch Regional Park 6.92 Mile Race
    John Routh Jr. (WS)
    Tadeusz Woliczko(Pama)
                             40:28
    Greg Haney
                             41:44
    Dave Stern (WVTC)
                             41:46
    Charles E. Schwarz
                             43:30
    John Lavigne
                             43:57
    Benjamen Sawyer (SRC)
                             44:06
    William Reinhart
                             44:17
    Michael Deis (Mtry HS)
                             44:36
    Robert Wellck (MtryHS)
                             44:55
11)
   Bruce Campbell
                             45:38
12)
   Steve Rice
                             45:52
13) Ricky Gaches
                             46:09
14) John Houlette (SophiaTC)46:22
15) Bob Lytle (TRAC)
                             46:31
       /Gary & Gail Goettelmann/
```

October 16. Valencia. Canyons Invitational Cross Country Meet, 4.0 Mile: 1) Ed Ramirez (Oxnard) 20:01 Mitch Kingery (SanMateo) 20:06 3) Hernandez (SDMesa) 20:11 Pisse (SDMesa) 20:21 Palland (W. Valley) 20:30 5) Montenero (SJose) 20:34 Ebiner (MtSac) 20:36 Baker (W. Valley) 20:46 9) Alfred Lara (Fresnott) 20:51 Burch (SDMesa) 20:53 Burch (SDMesa) 11) 21:00 Minor (Monterey) Jones (Monterey) 21:01 12) 13) 21:02 14) Jose Renteria (FresnoCC) 21:05 15) Bennaman (Canyons) 21:16 Large Schools: San Diego Mesa 65, Mt. San Antonio 68, Fresno City 84. Orange Coast 101, San Mateo 119. Small Schools: Monterey 60, Canyons 73, SD City 106, Saddleback 140, S. West 142. /Bob Fries/

October 23. Gardner, Massachusetts.

National AAU Senior 20 Kilometer

Road Race

1) Chuck Smead (AIA) 61:52
2) Randy Thomas (GBTC) 62:12
3) James Crawford (NYAC) 8
4) Tom Dowling (BostonAA) 8
5) Hamilton Amer (SummitAC) 65:41
Team Résults: 1) Greater Boston TC
//Pete Cava/

Cross-Country Finans
Channel Ledgue at Dos Pueblos
Varsity: 1. Jeff Coffman (DP) 9:42, 2.
Jerry Wise (H) 9:59, 3. Stan Heinrichs
(SB) 10:00, 4. Reid Parker (DP) 10:04, 5.
Mark Shields (DP) 10:10, 6. Brent Wilson
(V) 10:11, 7. Chris Rowley (B) 10:14, 8.
Chuck Herrera (H) 10:15, 9. David Scriess
(G) 10:16, 10. David Olson (SM) 10:17, 11.
Ron Shoemaker (H) 10:18, 12. Elias

Va	rsity:		6)		
1)	T. Holmes (Downey)	13:38	7)		3
2)	R. Castro (Logan)	13:52	8)) Terri Hollins (RKR) 12:24	
3)	M. O'Reilly (SanRafael)		9)) Michelle Mason (VTC) 12:28	
	T. O'Neil (Jesuit)			0) Shelly Quintana (RA) 12:29	
4)		14:12	DA	A 30 DDD to god 00	
5)	D. Coulman (SanMarin)	14:16	DA	A 28, RRR 59, SCC 86.	
6)	P. Gaul (Jest)	14:19	14	4 - 18 (2 Mile):	
7)	T. Hussey (\ington)	14:28			
8)	J. Slater (wit)	14:32	1)	1 20.21	
9)	C. Wright (Moreau)		2)		,
		14:32	3)) Paula Rose (BA) 15:32	
) K. Hurst (Downey)	14:34	4)) Susie Meek (BA) 15:45	
) J. Poster (Jesuit)	14:37	5)) Becky Villalvazo (RRR) 15:57	
12) B. Miller (McAteer)	14:45	6)		
13) V. Capurro (Moreau)	14:46	7)	13.39	
) M. Chastaine (Misssion)			10.09	
10) D Coulon (City	14. 50	8)	Lori Johnson (RRR) 16:16	,
) D. Saylor ()ion SJ)		9)) Cheryl Bowman (BA) 16:33	
	suit 47, Miss SJ 103,		10	0) p "	
11	2, McAteer 183, Kennedy 1	89			1
			BA	A 27, RRR 39.	
	rl: Varsity:			Vomen:	
1)	L. Craig (Berkeley)	7:59	1	Heather Tolford (SFVTC) 16:50	0
2)	K. Ross (Acalanes)	8:10			
3)	C. Lyons (Granada)	8:22	-3	10.5	
4)	P. Bowers (American)	8:26	7	Doreen Assumma (RRR) 17:10	
	M. Assess (Grand de)	8:36	**	Ruth Kleinsasser (BA) 17:29	9
5)	M. Anaya (Granada)			Sandy DeNoon (BA) 18:1:	2
6)	E. Strangio (Miss SJ)	8:38	Ma	lasters:	
7)	K. Daley (Granada)	8:39	1) Jo Smith (BA) 21:2:	5
8)	K. Honour (Granada)	8:42	21	Marilyn Cobb (RRR) 22:04	
9)	J. Perent (Clear Lake)	8:46			
) P. Geck	8:48	,),		+
				/D. Gordon Follett/	
	anada 48, Acalanes 87, Be				
12	9, Downey 137, Moreau 149				
	/Bill Men	sing/		SOUTHERN CALIFORNIA CHEETAHS	
				X-COUNTRY RESULTS	
				10/11	
	1976 VENTURA GIRLS TRACK				
	X-COUNTRY INVITATIONAL			1. Vicki Cook RRR-A 9:03.	9
				2. Kathy Keirnan BA-A 9:10	N
	MIDGET (10 11) - 11 M	11.5		3. Sandra Katzer BA-A 9:17	1
	MIDGET (10-11) - 11/2 M	ILL		4. andreu Hirkorn BA-A 9:21	(
				5. Sonja Cooper RRR-A 9:21	
				5. Sonja Cooper RRR-A 9:21 6. Vee McCarthy BA-A 9:22	10
1.	Vicki Cook RRR		8:37.2	7. Cindy Nunez RRR-A 9:29	N
2.	Sonja Cooper RRR		8:39	8. Jenny Cervantez RRR-A 9:32	(
3.	Valerie Cruz SCC		8:57	9. Regina Crawford RRR-A 9:33	1
4.	Marcy Anderson RRR		8:59	10. Valerie Cruz SCC-A 9:34	(
5.			9:00	그 사람들은 사람들이 되었다. 그는 사람들은 살아가는 사람들이 살아 있는 그를 들어 있었다. 그는 사람들이 살아 없는 것이다.	30
			THE RESERVE OF THE PARTY OF THE	12/13	H
6.	Cindy Nunez RRR		9:01	A WAYS T. A. DDD A 44 FO	(
7.	Regina Crawford RRR		9:03	1. Kiki Lantry RRR-A 11:58.6	19
8.	Terri Ann Topp RRR		9:04	2. Jane Wintermute SCC 12:17	(1
9.	Tammy Jackson SCC		9:06	3. Michelle Mason VTC 12:19 4. Michele Gaiche RRR-A 12:24	C
10	0 0 0 1 000			4. Michele Gaiche RRR-A 12:24	Mark Inc.

9:11

12:08

12:21

12:27

12:29

12:33

12:45

12:50

12:51

12:52

16:15

16:26

16:42

RRR

UN

SCC

P-USA

SCC

VGTC

VCTC

SCC

IVS

LICI A

LBC

HRTC

LBC

LBC

UCLA

UCLA

BA

JUNIOR WOMEN (14-18) - 21/2 MILE

YOUTH (12-13) - 2 MILE

10. Dana Crawford

Sharon Hulse

Danille Mojica

Jane Wintermute

Michelle Mason

Kim Gonzales

Susie Conroy

Andrea Stone

Laurie Teague

Linda Broderick

Carol Flournoy

Dianne Harrell

Maggie Keyes

Molly O'Neil

Laurie Jewell

Paula Jackson

Pam Firestone

10. Margie Webber

Diane Hargrave

Linda Bottlik

Kathi Denz

Michele Gaiche RRR-A 12:24 Sharon Hulse 12:30 Lenelle Waskow RRR-A 12:33 12:37 Danielle Mojica SCC RRR-A 12:37 Terri Hollins 9. Kathi Denz PIISA 12:39 11:52.4 BA-A Kelly Cerda 12:39 Jr. Women 14:28.8 Susie Lesk Becky Villalvazo RRR-+ 14:51 RRR- . Donna Sanchez Corrine Nunez Rin-a 14:59 33:1-a Janica Lelley 3. -A Paula dos? ARA-A Lisa Metheny Carol Czarnetski B4-A Molly O'Neil Pam Firestone UofR 15:27 15:46 Women 15:21.6 15:49 LAN-A Julie Brown 15:56 Doreen Assumma RRR-A 17:11 2345678 16:00 Sue Monday UNLV Kathy Costello LAN-A 16:04 Suzanne Keith RRR-A 16:09

Chris Troffer

Pam Jewell

Sue Brodock

Diane Esslinger

Linda Broderik

LAN-A

QCC

UCLA-A

RRR-A

17:29

17:43

17:50

18.	Mike Jurkovich(FSU)	25:25
19.	Mark Odum(APC)	25:26
20.	Mike Munox(CSUN)	25:29
Divi	sion I Team Scores:	
1	VC Irvine	30
1 2 3	resno State University	59
3.	University Nevada-Reno	93
4.	Occidental	118
5.	Azusa Pacific	126
6.	Long Beach State	130
7.	Cal State Univ Northridge	140
8	al State Los Angeles	211
D	ion II Team Scores:	
1.	Pt. Loma	48
2.	University Nevada-LasVebas	
3.	Cal Poly Pomona	112
4.	Biola College	120
5.	UC Riverside	120
6.	Westmont	127
7.	Loyola	187
	Claremont	199
	Cal State Bakersfield	203
	UC San Diego	313
	Redlands Whittier	313
	LA Baptist	
	Chapman	335 382
	LaVerne	401
470	Die 102110	TUL

16. Tom Cusick (CSUN 17. David Haake (FSU)

FILLMORE INVITATIONAL Two-Miles

Large School Varsity: 1. Rios (Lennox) 9:52, 2. Fitzgerald (Rio Mesa) 10:12, 3. Nelson (Buena) 10:18, 4, Barnes (Buena) 10:24, 5. Cathey (Saugus) 10:25, 6. Dunks (Rio Mesa) 10:25, 7, McElvogue (Buena) 10:27, 8. Delzer (Lennox) 10:30. 9. Navarro (Rio Mesa) 10:30, 10. Dacanay (Buena) 10:33, 11. Bradley (Rio Mesa) 11:35, 12. Pennala (Hart) 10:42, 13. Polk (Saugus) 10:42, 14. Phillips (Nordhoff) 10:44, 15. Meboles (Miraleste) 10:44, 16 Hansen (Miraleste) 10:44, 17. Crown (Buena) 10:46, 18, Meadows (Hart) 10:47, 19. Daralta (Saugus) 10:48, 20. Mickelson (Hart) 10:50, 21. Weil (Nordhoff) 10:52, 22. Capizelli (Hart) 10:53, 23. Torres (Rio Mesa) 11:03. Team Scores: 1. Buena 41, 2. Rio Mesa 51, 3. Saugus 95, 4. Hart 101, 5. Nordhoff 125, 6, Lennox 136.

Small School Varsity: 1. Fitzgerald (Chaminade) 10:03, 2. Porter (Chaminade) 10:11, 3. Barrington (LA Baptist) 10:14, 4. Robles (Fillmore) 10:15, 5. Nunes (Carpinteria) 10:18, 6. Trevethan (Carpinteria) 10:20, 7. Blum (Car pinteria) 10:24, 8. Brantl (Carpinteria) 10:32, 9. Baxter (Atascadero) 10:33, 10. Wilkins (Atascadero) 10:37, 11. Yee (Bishop Diego) 10:37, 12, Kington (Rim of the World) 10:45, 13. Russell (Carpinteria) 10:46, 14. Stephenson (Car. pinteria) 10:47, 15. Stevens (Bishop Diego) 10:51, 16. Uhlmen (LA Baptist) 10:52, 17. Lineban (Paraclete) 10:53, 18. Hugo (Carpinteria) 10:55, 19. Gross (Paraclete) 10:55, 20. Guthrie (Chaminade) 10:59, 21. Breish (Atascadero) 11:00, 22. Zaharias (Bishop Diego) 11:02, 23. Poe (Atascadero) 11:04 24. McGinn (Chamindae) 11:13, 25. Lee (Paraclete) 11:25. Team Scores: 1. Carpinteria 39, 2. Chaminade 73, 3. Atascadero 101, 4. LA Baptist 113, 5. Bishop Diego 112, 6. Paraclete 132, 7.

/Rich Romine/

October 23. Gardner, Massachusetts. National AAU Senior 20 Kilometer Road Race Chuck Smead (A1A) 61:52 Randy Thomas (GBTC) 62.12 James Crawford (NYAC)

Tom Dowling (BostonAA) Hamilton Amer (SummitAC) 63:41 Team Results: 1) Greater Boston TC /Pete Gava/

Cross-Country Finance

Channel League at Dos Pueblos Varsity: 1. Jeff Coffman (DP) 9:42, 2 Jerry Wise (H) 9:59, 3. Stan Heinrichs (SB) 10:00, 4. Reid Parker (DP) 10:04, 5. Mark Shields (DP) 10:10, 6. Brent Wilson (V) 10:11, 7. Chris Rowley (B) 10:14, 8. Chuck Herrera (H) 10:15, 9. David Schless (G) 10:16, 10. David Olson (SM) 10:17, 11. Ron Shoemaker (H) 10:18, 12 Elias Medina (SB) 10:19, 13. Raul Gil (SB) 10:20, 14. Joel Remmenga (DP) 10:21, 15. Mike Barnes (B) 10:23, 16. Bob Conroy (DP) 10:24, 17. Mike Nelson (B) 10:26, 18 JohnGoubeaux (SB) 10:27, 19 Brent Burgess (SM) 10:28, 20. Larry Castruita (H) 10:33, 21. Mark Chamberlin (DP) 10:34, 22. Brian Hughart (H) 10:35, 23 Paul McElvogue (B) 10:36, 24. Rich Quigley (SB) 10:37, 25. Bob Brennand (SM) 10:40, 26. Jeff Kidd (SM) 10:47, 27 Steve Schumacher (SB) 10:48, 29, Jon Jackson (SC) 10:51, 30. Roger Purdum (DP) 10:54, 31. Chris Martin (SM) 10:56, '32. Boby McEntyre (H) 10:58, 33. Scott Omdalen (SB) 11:03, 34. Chris Berry (SM) 11:13, 35. Wade Crown (B) 11:33, 36. Scott Renda (B) 11:35, 37. Ken Moore (V) 12:39, 38. Jeff Barkely (V) 12:39. Team Score: 1. Dos Pueblos 40, 2. Hueneme 50, 3. Santa Barbara 70, 4. Buena 91, 5. San Marcos 108, Ventura no score. Dual Meet Finish: SB 5-0, DP 4-1, H 3-2, B 2-3; SM 1-4. V 0-5

Girls Varsity

1. Tara Hobbs (SB) 11:56, 2. Colleen Mills (V) 12:11, 3. Marina Perez (H) 12:15, 4. Molly Miller (SB) 12:21, 5. Connie Hogan (SB) 12:21, 6. Debbie Altus (SM) 12:29, 7. Pam Cox (SB) 12:33, 8. Darlene Love (DP) 12:40, 9. Wana Burke (DP) 12:41, 10. Cindy Schmandt (SB) 12:45, 11. Barb Serrano (DP) 12:47, 13. Wendy Branch (SB) 12:49, 14. Mary Tovar (SB) 12:52, 16. Tammy McElwee (DP) 13:11, 17. Gayle Proebstel (H) 13:19, 18. Judy Brookshire (H) 13:25, 19. Wynn Hogle (DP) 13:40, 20, Coleen Anderson (H) 13:48, 21. Donna Leachman (V) 13:48, 22. Jean Hernandez (H) 13:53, 23. Lori Ramirez (B) 14:00, 24. Jodi Mason (B) 14:02, 25. Kelly Szulzcewski (DP) 14:05, 26. Carol Sailer (B) 14: 10, 27. Judy Haynes (V) 14:15, 28. Shari Griswold (B) 14:16, 29 Brenda Feld (SM) 14:17, 30. Vickie Munger (V) 14:25, 31. Maurene Dunn (V) 14:31, 32. Angela Schock (V) 14:32, 33 Barbara Portillo (B) 14:36, 34. Nancy Escamilla (SM) 14:39, 35. Alice Ball (B) 14:47, 36. Lisa Mendleson (SM) 15:00, 37. Andera Baroni (SM) 15:09, 38. Vivian Harrell (SM) 15:43. Team Scores: 1. Santa Barbara 27, 2. Dos Pueblos 59, 3. Hueneme 70, 4. Ventura 111, 5. Buena 134, 6. San Marcos 142. Dual Meet Finish; SB 5-0, DP 4-1, H 3-2, V 1-4, B 1-4, SM 0-5.

/Rich Romine/

VENTURA COUNTY CROSS-COUNTRY CHAMPIONSHIP Boys Varsity Over-All 1. Bradley (Newbury Park) 9:59.7, 2.

25:16

Bouillon (Simi Valley) 10:04, 3. Pristac (Simi Valley) 10:11, 4. Morales (Camarillo) 10:14, 5. Smith (Newbury Park) 10:17, 6. Santistevan (Santa Clara) 10:19, 7. Houk (Oxnard) 10:21, 8. Knerr (Simi Valley) 10:23, 9. Marschik (Simi Valley) 10:24, 10. Esparza (Newbury Park) 10:27. Team Scores: 1. Simi Valley 40, 2. Newbury Park 60, 3. Oxnard 121, 4. Rio Mesa 159.

Large School Boys Varsity

1. Bradley (Newbury Park), 2. Bouillon (Simi Valley). 3. Prislac (Simi Valley), 4. Morales (Camarillo, 5. Smith (Newbury Park), 6. Houk (Oxnard), 7. Knerr (Simi Valley), 8. Marschik (Simi Valley), 9. Esparza (Newbury Park), 10. Alley (Royal) 10:35. Team Scores: 1. Simi Valley 33, 2. Newbury Park 46, 3. Oxnard 81.

Small School Boys Varsity

1. Santistevan (Santa Clara), 2. Terrazas (Santa Paula) 10:34, 3. Hooper (Villanova Prep) 10:41, 4. Dunks (Rio Mesa) 10:42, 5. Fitzgerald (Rio Mesa) 10:44, 6. Ramirez (Santa Paula) 10:52, 7. Guerra (Santa Paula) 10:53, 8. Ramirez (Santa Paula) 10:54, 9. Hook (Nordhoff) 11:18, 10. Ramirez (Santa Paula) 11:19. Team Scores: 1. Santa Paula 29, 2. Rio Mesa 55, 3. Nordhoff 71.

Girls Varsity

1. Fulkerson (Camarillo) 12:49.9, 2. Peters (Simi Valley) 13:05, 3. DeLaTorre (Royal) 13:20, 4. Staller (Royal) 13:20, 5. Troutt (Simi Valley) 13:31, 6. Cregut (Camarillo) 13:44, 7. Kilgore (Camarillo) 13:53, 8. Singleton (Nordhoff) 14:08, 9, Baer (Nordhoff) 14:09, 10. Hudson (Nordhoff) 14:21. Team Scores: 1. Camarillo 48, 2. Simi Valley 53, 3. Royal 53. 4. Nordhoff 59. /Rich Romine/

CALIFORNIA TRACK NEWS

October 23. Sacramento. Matador Relays at Rusch Park
Varsity:
1) Holmes (Downey) 13:31
2) Youkers (Armijo) 13:37
3) Rongzak (Rio A) 14:00
4) Swan (Lincoln) 14:02
5) Isball (Jesuit) 14:08
6) Lopez (St. Marys) 14:09
7) Rongzak (Rio A) 14:00 4) Swan (Lincoln) 14:02 5) Isball (Jesuit) 14:08 6) Lopez (St. Marys) 14:09 7) Martin (Foothill) 14:11 8) Vance (Sac) 14:19
8) Vance (Sac) 14:19
9) Maxwell (El Camino) 14:21
10) Smith (Sac) 14:22
Girls Team: Rio Americana 53:31,
In Ciampa 66.67 Courth make and her
La Sierra 56:57, South Tahoe 57:47,
Lodi 59:00, Davis 59:36.
Varsity Team: South Tahoe 71:03,
Jesuit 71:30, Mira Loma 73:04, Bella
Vista 74:30, McClatchy 75:25.

October	23. Los	Altos.	3rd A	nnual
Foothill	Colleg	e/St. F	rancis	High
School I	nvitati	onal		

Detober 23. Los Altos. Jid Al	High
Foothill College/St. Francis	nign
School Invitational	
Girls (8th grade & under)1.5	Mile:
1) Kerry Brogan (Arrow TC)	9:26
1) Kerry Brogan (Arrow TC) 2) Maria King (Arros)	9:44
2) Maria King (Arros)	
3) Michon Kelley (Brownell)	10:04
4) Jackie Marvin(Arrow TC)	10:11
5) Hillary Bray (Arrow TC)	10:34
Boys (7th grade) 2.0 Mile:	
1) Islehard Kent (Terman)	12:38
2) Bobby Broga (Arrow TC)	13:12
3) Wade (Wilbur) 4) Todd Parker (Terman)	13:31
4) Todd Parker (Terman)	13:50
5) Herrera (Wilbur)	13:50
Boys (9th grade) 3.0 Mile:	13.50
	16.61
1) Jack Kurr (Gunn)	15:51
2) Dan Gonzalez (Mtn View)	16:53
3) Matt Keehn (Gunn)	17:10
4) Jim Kaspari (St. Francis)	17:22
5) Steve Reiling(MtnView)	18:03
Girls (High School) 2.0 Mile:	
1) Toni Taylor (Sunnyvale) 2) Yvette Cotte(Cupertino) 3) Jeanett Cotte(Cupertino) 4) Holly Himenez(St.Francis	12:35
2) Yvette Cotte(Cupertino)	13:28
3) Jeanett Cotte(Cupertino)	13:39
4) Holly Himenez (St. Francis)	
Colin Drough (Mtm View)	
5) Celia Brown (Mtn View)	13:56
Boys (8th grade) 2.0 Mile:	-
1) Rob Fessenden (Terman)	11:57
2) Hutchins (Benner)	12:22
3) Jay Kilby (Terman)	12:59
4) George Jenkins (Terman)	13:13
5) Alex Colman (Torman)	13:16
Boys (10th grade) 1.0 miles:	
1) Mike Sapp (Fremont)	16:37
1) Mike Sapp (Fremont) . 2) Vavuris (Cubberly)	16:58
2) Naisan (Competty)	17:16
3) Nejera (Sunnyvale)	
4) Sid Yeh (Gunn)	17:23
5) Martinez (Cubberly)	17:26
Boys (11th grade) 3.0 Mile:	
1) Sanchez (Sunnyvale)	16:05
2) Marcus Jones (Mento)	16:12
3) Boyer (Cubberly)	16:,'0
4) Cobert Smith (Awalt)	16:37
5) Kas (Cubberly)	16:44
5) Kat (Cubberly) Boys (1. grade) 3.0 Mile:	
1) Mike Troedson(LosAltos)	16:01
1) Mike Troedson(hosAltos)	
2) Ed Tangney (Fremont)	16:22
2) Ed Tangney (Fremont) 3) Sterling (Sumyvale) 4) Ch Shols (Menlo)	16:30
4) Ch Shols (Menlo)	16:53
5) Scher (Sumyvale)	16:57
- Hunk Ke	otolo/

October 30.	Metro.	Conference	Cross
Country J.C.			
1) Kevin Bu	rkin (1	LAVLy)	19:39
2) Hal Godi 3) Ron Russ 4) Mike See	nez (Pa	asadena)	20:02
3) Ron Russ	ell (Pi	ierce)	20:04
4) Mike See	ker (Pa	asadena)	20:17

/Hank Ketels/

	THE PLUM
October 29. Merced. Central	California
Conference Meet at Applegate	Park
Girls:	
1) Diane Miller (Turlock)	11:54
2) Nayares (Dow)	12:05
3) Gavino (Dow) 4) Crisp (Downey) 5) Lillie Hughes (Merced)	12:19
4) Crisp (Downey)	12:20
5) Lillie Hughes (Merced)	12:23
Varsity:	
1) Holmes (Downey)	14:42
2) Hurst (Downey) 3 McKinstry (Merced) 4) Ochoa (Merced) 5) Ortega (Davis)	15:13
3' McKinstry (Merced)	15:17
4) Ochoa (Merced) 5) Ortega (Davis)	
ortega (Davis)	15:23

	ember 2. South Coast Confer	
Cha	mpionships at Fullerton Wel	lls,
4.0	miles:	
1)	Gary Hernandez (SDM)	20:13
2)	Dave Helgeson (Grossmont)	20:20
3)	Joe Ebiner (Mt.Sac)	20:41
3)	Randy Prine (SDM)	20:43
5)	Paul O'Neil (F)	20:44
5)	Joe Dowling (SAC)	20:50
7)	Scott Fessenden (F)	20:54
7)	Chris Hughes (Grossmont)	20:55
9)	Jim Austin (Grossmont)	20:57
10)	Billy Jones (MSac)	21:02
11)	Chuck Hattersley (Grossm)	21:04
12)	Greg Gerich (Occ)	21:06
13)	Barry Boettcher (MtSac)	21:12
14)		21:16
15)	Dan Davies (Grossmont)	21:19
	/Don Mull	igan/

JANUARY/FEBRUARY - 1977

Nove	ember 6. New York City. National
	Senior 50 Mile Championship in
Cen	tral Park
1)	Frank Bozanich (USMarine) 5:36:02
2)	John Garlepp(MillroseAA) 5:42:03
3)	Ed Ayres (un) 5:46:51
4)	Steve Molnar (Human Energy) 5:48:21
5)	Nick Marshall (Harrisburg) 5:51:38
6)	Joe Erskine(MillroseAA) 5:53:46
7)	Park Barner(Harrisburg) 5:54:22
8)	John Hess(HumanEnergyRC) 5:54:33
	Kerry Green (HumanEnergyRC) 5:55:55
	James Osche (E. Stroudsberg) 6:02:53
	Scores:
1)	Human Energy Running Club (Pa.)
2)	Millrose Athletic Assoc. (NewYork)
	/Pete Cava/
	AAU Cent 1) 2) 3) 4) 5) 6) 7) 8) 9) 10) Team



photo by Dave Stock

STANFORD INVITATIONAL runners passing the one mile mark

Nove	ember 6. Chico. Almond Bowl R	lun /		rember 6. Fresno. Val
6 Mi	le:	MANUAL PROPERTY.		e Cross Country Cham
		29:20		Woodward Park, 4.0 M
1,	Pete Sweeny (Davis)	29:20	1)	Jim Mebust(AmerRiv)
21	Robert Deis (Citrus Hts)	29:40	2)	Art Baudendistel (Am
			3)	Gary Sutherland (Ami
4)		29:57	4)	Tim Farrell (AmerRiv
	Dennis Swart (Chico)	30:15		Brad Brown (Delta)
6)	John Flores (Sacramento)	30:3	5)	Bill Weed (AmerRiv)
7)	Ray Darwin (Quincy) 30-39	30:3.	21	
	Russell Black (Mt. View)	30:35	81	Ed Taylor (COS)
		30:36		Jose Renteria (Fres
		30:43	9)	Earl Lagomansino (Am
10)	Bruce Caputo (numborut)		10)	Jon Higley (Cosumne
	Patrick Stordahl (Sacramento)		11)	Phil Wright (COS)
		30:51	12)	Mike Bregante (Delt
	Steve Barr (Davis)	30:57		
14)	Ross Smith (Reno) 40-49	31:12	14)	Ray Rubio (Fresno)

alley Confer-ampionship, Mile: v) 20:27 AmRiv) 20:31 mRiv) 20:34 20:35 20:40 20:48 AmRiv) 20:54 20:59 13) Alfred Lara (Fresno) 14) Ray Rubio (Fresno)

November 13. Youngstown

al AAU 25 Kilometer Cha

1) Frank Shorter (Bouldo., Co)1:17:56

2) John Vitale(RockyHill, Con)1:17:57

3) Tom Fleming(Bloomfield, NJ)1:18:08

4) Carl Hatfield(Philippi, WV)1:18:34

5) Dean Foster(Toronto, Can) 1:18:36 /Pete Cava/ November 6. Delano. Fiv Delano Turkey Trot 9 & under (12 miles): Boys

1) Kelly Cargill (Shafter)

2) Felix Valdez (Corcoran)

3) Loyd Cockrall (Buttonw)

Nejera (Sunnyvale) Sid Yeh (Gunn) 17:23 5) Martinez (Cubberly) Boys (11th grade) 3.0 Mile: 1) Sanchez (Sunnyvale) 17:26 16:05 1) Sanchez (Sumnyvale) 2) Marcus Jones (Menlo) 3) Boyer (Cubberly) 4) Cobert Smith (Awalt) 5) Kal (Cubberly) Boys (1. grade) .0 Mile: 1) Mike Troedson(iosAltos) 2) Ed Tangnay (Meyent) 16:12 16:10 16:37 16:44 16:01 Ed Tangney (Fremont) Sterling (Sunnyvale) Ch Chols (Menlo) 16:22 16:30

er (Sunnyvale)

16:53

/Hank Ketels/

October 30. Metro. Conference Cross Country J.C. Championships 1) Kevin Burkin (LAVLy) 19:39 Hal Godinez (Pasadena) Ron Russell (Pierce) Mike Seeker (Pasadena) Mike Vasquez (Bkfld) Louis Silva (LAVIy) 20:02 20:04 20:17 20:19 6) Louis Silva (LAVly) 20:22
7) Joel Zaragoza (LongBeach) 20:26
8) Art Grasso (El Camino) 20:33
9) Denis Hoshizaki (ElCamino) 20:33
10) Bobby Bray (Bakersfield) 20:40
11) Clark Cox (Long Beach) 20:41
12) Al Meyer (Bakersfield) 20:44
13) Mike Henry (El Camino) 20:48
14) Tony Guerra (El Camino) 20:53
15) John Curry (El Camino) 20:56
El Camino 59, L.A. Valley 74, Long
Beach City 75, Pasadena City 87,
Bakersfield College 98, Pierce
College 115, East L.A. 168.

/Don Mulligan/ 20:22 /Don Mulligan/

October 31. Kohnert Park. 2nd Annual Sonoma State Wrong Turn Marathon at

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Sonoma State College:
      Jan Sershen (29)
                                                   2:26:10
       Patrick Miller (25)
                                                  2:31:58
      Michael Tymn (39)
John Lodin (32)
                                                   2:34:21
                                                  2:34:59
       Frank Krebs (33)
                                                   2:36:31
       Darryl Beardall (40)
                                                   2:40:01
                                                  2:43:19
       Tom Lunne
     Fred Fravnens (23)
Dick Ratliff (27)
                                                   2:44:06
                                                   2:44:29
10) Roger Bryan (40)
11) Ronald Kunst (19)
                                                   2:45:43
                                                   2:46:48
12) Jesus Garza (24)
13) Terry Hughes (33)
                                                   2:47:29
                                                   2:47:58
14) Mike Larsen (25)
15) Fred Forsberg (28)
16) Guy Ealey (36)
17) Doug Garibaldi (28)
                                                   2:48:33
                                                   2:49:23
                                                   2:49:29
                                                   2:50:21
18) Don Chaffee (37)
19) Gene Schaumberg (36)
                                                  2:50:21 2:51:12
19) Gene Schaumberg (36)
20) Ted Wilson
21) Ted Castro (29)
22) Frank Hagerty (29)
23) Keith Whittingslow (37)
24) Kerry Kilgore* (30)
25) John Notch (28)
                                                   2:51:58
                                                   2:52:14
                                                   2:52:14
                                                  2:52:23
                                                   2:53:45
                                                   2:54:32
34) John Graham (43)
37) Lee Holley (44)
50) Penny DeMoss (26) W
112)Jeanie Kayser (40) MW
                                                   2:58:00 2:58:54
                                                   3:02:00
                                                   3:22:44
121)Ellen Sadofsky (25)
132)Caron Schaumberg (35)
                                                   3:24:43
                                                   3:29:28
                                   /Bob Lynde/
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STANFORD INVITATIONAL runners passing the one mile mark

Christian 81, Redwood Christian 102,

/Mark Barsaleau/

Paymonte Christian 115.

November 6. Chico. Almond Bowl F	Run	November 6. Fresno. Valley Confer-
		ence Cross Country Championship
6 Mile:		at Mandward Dank II O Mile
1) Peanut Harms (Davis)	29:20	ence Cross Country Championship, at Woodward Park, 4.0 Mile:
	29:20	1) Jim Mebust(AmerRiv) 20:27
Pete Sweeny (Davis)		2) Art Baudendistel (AmRiv) 20:31
3) Robert Deis (Citrus Hts)	29:40	
4) David Wood (Chico)	29:57	 Gary Sutherland (AmRiv) 20:34
6) Dannia Swant (Chica)		4) Tim Farrell(AmerRiv) 20:35 5) Brad Brown (Delta) 20:37
5) Dennis Swart (Chico)	30:15	5) Brad Brown (Delta) 20:37
5) Dennis Swart (Chico) 6) John Flores (Sacramento)	30:3	5) Brad Brown (Delta) 20:37 6) Bill Weed (AmerRiv) 20:38
7) Ray Darwin (Quincy) 30-39	30:3.	
8) Russell Black (Mt. View)		7) Ed Taylor (COS) 20:40
	30:35	8) Jose Renteria (Fresno) 20:48
9) Dave Boyet (Sacramento)	30:36	
10) Bruce Caputo (Humboldt)	30:43	9) Earl Lagomansino (AmRiv) 20:54
		10) Jon Higley (Cosumnes) 20:59
 Patrick Stordahl (Sacramento) 	30:45	11) Phil Wright (COC) 21 01
12) Jim Bowles (Sacramento)	30:51	11) Phil Wright (COS) 21:01
		12) Mike Bregante (Delta) 21:05
13) Steve Barr (Davis)	30:57	
14) Ross Smith (Reno) 40-49	31:12	13) Alfred Lara (Fresno) 21:07
		14) Ray Rubio (Fresno) 21:08
15) Pat Buzbee (Turlock)	31:18	15) Bal. Betancourt(Fresno) 21:19
16) Rodger Stordahl (Chico) 17) Michael Garrett (Sacramento)	31:25	Amonicon Binar 16 B
17) Michael Commett (Comments)	21 21	American River 16, Fresno City 67,
1/) Michael darrett (bacramento)	71:71	Delta 86, Modesto 121, College of
18) David Mineau (Chico)	31:32	the Sequeine 122 Common 122
19) DeWayne Little (Humboldt)	31:40	the Sequoias 122, Cosumnes 123,
		Sacramento 188.
20) Mike Buzbee (Yuba City)	31:45	
22) Bob Meyers (Oakley) 30-39	31:57	
227 hob meget b (banteg) jo j		
23) Robert Ricketts(Chico)30-39	31:59	November 8. Humboldt-Del Norte League
30) Paul Holmes(Sacto) 40-49	34:22	Cross Country Chamienship at D
		Cross Country Championships at Baywood
32) Robert Malain(Sacto)40-49	34:35	Golf Course
39) Tena Anex (Davis) 18-29	35:10	
52) Marilyn Taylor(6 Riv.)18+F	36:23	Varsity Boys (3.08 Mile):
67) Merill Cray(Chico)18-29F	38:15.	
71) Jane Wooton(Arcata)18-29F	38:54	2) Glen Borland (DelNorte) 16:05
		3) Rick Smith (Eureka) 16:14
75) Gus Hannickel (Loomis) M50+	39:22	
97) Richard Waldo (Castro)M50+	42:28	
98) Regina Silva(Redding)18-29F	42.46	5) Jaime Gonzalez (Eureka) 16:31
		5) Jaime Gonzalez (Eureka) 16:31 6) Mike Williams (Arcata) 16:35
109)Catherine Smith(Reno) F40+	44:20	
115)Priscilla Myers(Oak) F30-39	46.26	7) Karl Maxon (Eureka) 16:41
117)J.P. Wirick(Sacto) M50+	47:15	
		9) Jerry McCurtain (Arcata) 17:04
3 Mile:		10) Rafael Sanchez (Fortuna) 17:15
1) Lee Ferrero(Weed)	14:18	Funciso 20 Appets 40 F
	14:28	Eureka 20, Arcata 48, Fortuna 68,
		Del Norte 101, South Fork 136.
3) Denn:: Rinde (Sacto)	14:33	
4) John Clary (SanJose) 30-39	14:56	Varsity Girls (1.75 Miles):
		1) Muneca Alcorn (DelNorte) 10:35
5) Mike Sweeny (Davis)	15:03	C 12 P 2 P 2
6) David Leipold (PaynesCrk)	15:08	2) Alyse Borland (DelNorte) 10:55
7) Brian Farrell (Carmichael)	15:23	3) Candy Miller (Eureka) 11:03
		4) Debbie Wolcott (DelNorte) 11:07
8) Richard Stiller(Menlo)30-39	15:24	4) Debbie Wolcott (DelNorte) 11:07
9) Tom Burns (Sacto)	15:25	5) Kathy Latimer (DelNorte) 11:10 6) Debbie Clayton (DelNorte) 11:15
		6) Debbie Clayton (DelNorte) 11:15
10) Stan Edwards (Chico)	15:33	7) Tracy Rider (Arcata) 11:24
16) Brian Newell (Napa) 30-39	16:56	
19) Lisa Foy (Chico) F18-29	17:19	8) Wandy Kibby (DelNorte) 11:25
24) Kathy Spence (Chico)F18-29	17:57	76) Dori nagerty (Arcata) 11:35
26) Kathy Sullivan (Chico)18-29F	18:05	9) Lori Hagerty (Arcata) 11:35 10) Dena Lawrence (Eureka) 11:39
		Del Norte 18. Arcata 53 Funcka 67.
30) Thosas Jennie (Anderson) M40:		South Fork 108 Pontune 100
/Frank Bur	'k/	Del Norte 18, Arcata 53, Eureka 67, South Fork 108, Fortuna 129.
		/Chuck Ehlers/
		,
November 11 Con Propoises Con		N
November 11. San Francisco. San		November 13. Fremont. Bay Area
Francisco High Schools All-City		Christian High School League Meet.
Championships, Golden Gate Fark		
Antonia in de la		2.7 Miles:
Varsity:		1) Bob Trocha (VlyChris) 18:31
1) 0-1 1122 (** **)	. 24	2) Don Monez (Regular Bapt) 18:53
1) Brian Miller (McAteer) 15	5:34	3) Davis Danning (117 of 12)
1) Brian Miller (McAteer) 19 2) Bob Griepenberg (Lincoln) 19	: 39	3) Doug Brunner (VlyChris) 19:26
3) Kowin Silk (Lingian)		// D D / D
3) Kevin Silk (Mission) 15		4) Tygor Fropp (RegularBapt) 19:38
	5:57	
3) Kevin Silk (Mission) 194) Stanford Pletcher (Washin.) 10	5:57	5) Fred Mozenski (Fremont) 20:00
	: 57	5) Fred Mozenski (Fremont) 20:00
5) Brian Pentony (McAteer) 16	5:57 5:04 5:10	5) Fred Mozenski (Fremont) 20:00 Fremont Christian 54, Monte Vista
	5:57 5:04 5:10	5) Fred Mozenski (Fremont) 20:00

Lincoln 86, Washington 103, Lowell

/Keith Conning/

115, Galilee 151, Wilson 276.

November 13. Youngstown al AAU 25 Kilometer Cha nsh 1) Frank Shorter (Bould, Co) 2) John Vitale(RockyHill, Con) 3) Tom Fleming(Bloomfield, NJ) 4) Carl Hatfield(Philippi, WV) 5) Dean Foster(Toronto, Can) Pete	Nation-
al AAU 25 Kilometer Cha nsh 1) Frank Shorter (Bould Co)	1:17:56
2) John Vitale (RockyHi-11, Con)	1:17:57
3) Tom Fleming(Bloomfield,NJ) 4) Carl Hatfield(Philippi,WV) 5) Dean Foster(Toronto,Can)	1:18:08
5) Dean Foster(Toronto Can)	1:18:36
/Pete	Cava/
November 6. Delano. Fi Ann	ual
Delano Turkey Trot	
9 & under (1½ miles):	
Boys 1) Kelly Cargill (Shafter)	9.36
2) Felix Valdez (Corcoran).	9:40
3) Loyd Cockrall (Buttonw)	10:26
Girls 1) Sonya Mitchell(Wasco)	10.19
2) Nora Marin (Wasco)	10:36
3) Pam Towery (Shafter)	11:25
10 & 11 (1½ miles):	
Boys 1) Jesse Valdez (Corcoran)	8:04
2) Mario Valdez (Corcoran) 3) Jimmy Escobedo(Corcoran)	8:22
	8:26
1) Sandy Leal (Bakersfield)	9:16
1) Sandy Leal (Bakersfield) 2) Amanda Fisher (Wasco) 3) Julie Blain (Bakersfield)	9:42
)/ Julie Blain (Bakersfield):	10:00
12 & 13 (1½-Miles): Boys	
1) Sergio Perez(Corcoran)	7:08
2) Daniel Rodriguez (Arvin) 3) Shawn Smallwood(Corc.)	7:19 7:24
Cirls	
1) Saundra Kearry (Clovis) 2) Monique Guidry (Bkfld) 3) Colleen Nikkel (Bkfld)	8:50
3) Colleen Nikkel (Bkfld)	10:05
14 thru 18 (2 miles):	
Boys	
1) Todd thermant lovist	10:07
3) Chuck Barrett (Clovis)	11:02
Girls Wester (Clavia)	11.62
1) Jennifer Heaton(Clovis) 2) Kelly Nolen (Delano)	11:53
3) Gloria Lara (Richgrove)	25:36
19 thru 29 (3 Miles):	
Men 1) Gary Romesser (Clovis)	14:22
1) Gary Romesser (Clovis) 2) Craig Elia (Fresno) 3) Richard Rodriguez(Lamont)	15:12
3) Richard Rodriguez(Lamont)	15:18
Women 1) Deborah Quiring (Freena)	17:59
1) Deborah Quiring (Fresno) 2) Marcia Romesser (Glovis) 3) Marcia Romesser (Presno)	20:12
)) Marilyn Saller (Fresho)	20:51
30 thru 39 (3 Miles):	
Men 1) Ron Rodman (Wasco)	15:35
1) Ron Rodman (Wasco) 2) Art Freeze (Shafter) 3) Rey Pena (SanLuisObispo)	16:01
	16:03
40 & over (3 Miles): Men	
1) Len Thornton (Fresno)	15:33
1) Len Thornton (Fresno) 2) Jim Webb (SanLuisObispo) 3) Bob Lehman (Reedley)	16:57
3) Bob Lehman (Reedley) Women	18:37
1) Gladys Lehman (Reedley)	27:21

1. Bob Bouillon (SV) 9:54, 2. Ramon Morales (C) 10:04, 3. Mark Bradley (NP) 10:08, 4. Mike Marschik (SV) 10:10, 5. Scott Wilkins (O) 10:11, 6. Larry Prislac (SV) 10:14, 7. Tim Taylor (NP) 10:19, 8. Ron Routh (TO) 10:22, 9, Jamie Alley (R) 10:23, 10. Danny Esparza (NP) 10:26, 11. Kurt Houk (O) 10:26, 12. Leroy Wilson (R) 10:28, 13. Bill Spilman (SV) 10:29, 14. Ed Kitchen (TO) 10:33, 15. Adam Rhoads (O) 10:34, 16. Eddie Fuel (O) 10:34, 17. Mike Fuoroli (TO) 10:38, 18. Steve Smith (NP) 10:38, 19. Eric Frokjer (TO) 10:42, 20. Randy Taylor (TO) 10:43, 21. Don Lichten (SV) 10:44, 22. Jim Kelly (NP) 10:46, 23. Bill Windham (SV) 10:46, 24, Keith Hall (NP) 10:47, 25. John Benninghoff (O) 10:48, 26. Alfred Morales (O) 10:53, 27. Shawn Mason (NP) 10:56, 28. Jay Harman (TO) 11:01, 29. John Rocha (R) 11:07, 30. Doug Dewitt (TO) 11:10, 31. Mike Zaragoza (O) 11:21, 32. Doug Schmidt (R) 11:26, 33. Jim Robinson (C) 11:29, 34. Ray Kneer (SV) 11:32, 35. Rodney Greek (C) 11:33, 36. Neal Johnson (R) 11:48, 37. Tim Hawkins (R) 11:57, 38. William Surgett (C) 11:58, 39. Mark Michaels (C) 12:09, 40. Terry Oestreich (R) 12:18, 41. Kelly Frey (C) 12:21. Team Scores: 1. Simi Valley 45, 2. Newbury Park 60, 3. Oxnard 72, 4. Thousand Oaks 79, 5. Royal 118, 6. Camarillo 147.

Varsity Girls

1. de la Torre (R) 12:37, 2. Peters (SV) 12:42, 3. Broccoli (NP) 12:46, 4. Fulkerson (C) 12:52, 5. Staller (R) 12:54, 6. Parish (TO) 13:19, 7. Kilgore (C) 13:29, 8. Cregut (C) 13:37, 9. Troutt (SV) 13:42, 10. Castillo (TO) 13:46, 12. Duran (TO) 13:57, 14. Paul (R) 14:11, 15. Delgado (R) 14:18, 16. Ferro (TO) 14:21, 17. Staller (R) 14:40, 18. Colby (C) 14:44, 19. Samuels (R) 14:51, 20. Milford (R) 14:56, 21. Niles (TO) 14:56, 22. Haverty (C) 15:25, 23. Harders (SV) 16:01, 24. St. Amand (C) 16:24, 25. Hoffman (TO) 16:48, 26. Ruble (TO) 17:31, 27. Frohlich (SV) 17:47, 28. Chinock (SV) 18:55. Team Scores: 1. Royal 52, 2. Simi Valley 58, 3 Camarillo 59, 4. Thousand Oaks 65.

/Rich Romine/

SANTA BARBARA HIGH GIRLS INVITATIONAL Varsity

Team scores - Santa Barbara 34, Dos Pueblos 84, Arcadia 109, Beverly Hills 115, Royal 160.

Individual - 1. Tara Hobbs (SB) 11:38.6 (2.0 miles); 2. Leslie de la Torre (Roy) 12:20; 3. Darlene Love (DP) 12:22; 4. Connie Hogan (SB) 12:23; 5. Kelly Staller (Roy) 12:25; 6. Debbie Altus (San Marcos) 12:27; 7. Cathy Peters (Simi) 12:27; 8. Pam Cox (SB) 12:38; 9. Molly Miller (SB) 12:38; 10. Liz Moore (BH) 12:42; 11. Barbara Serrano (SB) 12-12. Cindy Schmandt (SB) 12:44; 13. ie Creaut (Camarillo) 12:51; 14. C. Gould (Arc) 12:52; 15. Stephanie Ambrose (Bishop Diego) 12:54.

Vern Gambetta,

UCSB WINTER PENTATHLON Scores - Jim Sobieszczyk 3,700; Dave Dixon 3,518; John Lawrence 3,344; Mitch Gordien 3,244; Todd Kaberline 2,851; Ed Brown 2,694; Ed Young 2,633; Don Dalis 2.527.

Event Leaders

Long jump - Sobieszczyk, 22-91/4; Kaberline, 22-41/2; Dixon, 22-31/4; Brown, 21-101/4; Jim Watters, 21-61/4.

Javelin - Dixon, 215-10; Sobieszczyk, 200-4; Lawrence, 185-0; Gordien, 162-3; Kaberline, 152-2.

200 meters - Sobieszczyk, 22.9; Lawrence, 23.0; Walters, 23.1; Dixon, 23.6; Kaberline, 23.7.

Discus - Sobieszczyk, 139-3; Gordien, 134-3; Dixon, 130-8; Lawrence, 125-9; Young, 108-2.

1,500 meters - Sobieszczyk, 4:23.2; Brown, 4:26.0; Dixon, 4:36.3; Lawrence, 4:37.7; Gordien, 4:40.6.

Highlights Sebieszczyk, a veteran decathlete from Goleta, notched his best score ever in the five-event pentathion. Dixon Lawrence are both UCSB student-athletes.

Vern Gambetta/

Varsity Results Frontier League Meet

1. Stormo (A) 10:31, 2. J. Fagnant (SC) 10:35, 3. Santistevan (SC) 10:43, 4. Fitzgerald (RM) 10:53, 5. Mark Ramirez (SP) 11:04, 6. Navarro (RM) 11:04, 7. Terrazas (SP) 11:04, 8. Mario Ramirez (SP) 11:05, 9. Bradley (RM) 11:05, 10. Guerra (SP) 11:05, 11. Enright (A) 11:10, 12. Dunks (RM) 11:17, 13. Manuel Ramirez (SP) 11:23, 14, Baca (SC) 11:27, 15. Dolan (A) 11:27, 16. Dulvea (A) 11:28. 17. Schauerman (A) 11:31, 18. Vanbuskirk (CI) 11:34, 19. Nunn (RM) 11:38, 20. Torres (RM) 11:38, 21, Clark (SP) 11:40, 22. Phillips (N) 11:44, 23. Weil (N) 11:49, 24. Grimmett (A) 11:53, 25. Tucker (N) 11:54, 26. Pettit (SP) 11:59, 27. Espinosa (SC) 12:05, 28, Mike Grimmett (A) 12:08, 29. Hook (N) 12:22, 30. B. Fagnant (SC) 12:28, 31. Sauers (SC) 12:33, 32. Miley (N) 12:54, 33. Champagne (CI) 13:03, 34. Beyer (N) 13:05, 35. Lopez (CI) 13:14, 36. Orosco (CI) 13:17, 37. Young (N) 13:24, 38. Gamboa (SC) 13:37, 39. Mischell (CI) 13:57. Team Scores: 1. Santa Paula 43, 2. Rio Mesa 50, 3. Agoura 60, 4. Santa Clara 76, 5. Nordhoff 131, 6. Channel Islands 161.

Rich Romine/

SUBURBAN LEAGUE FINALS

BOYS: INDIVIDUAL-1. Stillings (A), 9:33; 2. Wiellenga (B), 9:38; 3. B. Kester (A), 9:50. TEAM—1. Artesia, 36; 2. Bellflower, 60. GIRLS: INDIVIDUAL —1. Stave (A), 12:38; 2. Clark (A), 13:13; 3: Carpenter (N), 13:33. TEAM-1. Artesia, 29; 2. Neff, 40.

IVY LEAGUE FINALS

INDIVIDUAL—1. Arguelles (C), 9:53; 2. Nelson (PS), 10:03; 3. Bezenah (Ru-bldoux), 10:03. TEAM—1. Corona, 31; 2. Palm Springs, 83. (Colton will ad-vance to CIF as the second place

CALIFORNIA TRACK NEWS

OCEAN ERAGUE FINALS

BOYS: INDIVIDUAL-1. Cessor (H), 9:37; 2. Scott (H), 9:56; 3. Diaz (R), 10:03. TEAM-1. Hawthorne, 20; 2. Redondo, 43, GIRLS: INDIVIDUAL—1. Botlik (M), 11:55, 2. Ross (WT), 12:23, 3. Migee (M), 12:42. TEAM—1. Miraleste 46, 2. West Torrance, 47. (West Torrance advances to CIF as first place team and Miraleste qualifies as second place team).

MISSION VALLEY LEAGUE FINALS

INDIVIDUAL—1. Ruiz (Keppel), 10:20; 2. Cobos (Schurr), 10:50; 3. Mad-rigal (Arroyo), 10:53. TEAM—1. Ar-royo, 43; 2. Keppel, 45. (Mountain View advances to CIF as first place team and Arroyo qualifies as second

PACIFIC LEAGUE FINALS

INDIVIDUAL—1. Baca (AI), 9:42; 2. Gonzalez (SG), 9:46; 3. Crider (Arcadia), 10:05. TEAM—1. Alhambra, 29; 2. San Gabriel, 44.

SAN GABRIEL VALLEY LEAGUE INDIVIDUAL-1, Arriola (Gahr

soph), 9:38; 2. Hernandez (D), 9:45. TEAM-1, Downey, 36; 2. Warren, 51. (Gahr qualifies for CIF as the second place team).

GARDEN GROVE LEAGUE FINALS

INDIVIDUAL—1. Aguero (LA), 9:55; 2. Pease (P), 10:00; 3. Ireland (LA), 10:01; TEAM—1. Los Amigos, 21; 2. Pacifica, 52.

MONTVIEW LEAGUE FINALS INDIVIDUAL—1. Benavidez (B), 10:32; 2. Grimm (Workman), 10:37; 3. Lotich (B), 10:48. TEAM-1. Bassett, 38; 2. Northview, 63.

RIO HONDO LEAGUE FINALS BOYS: INDIVIDUAL—1. Congden (South Pasadena), 9:38; 2. Jones (SM), 9:46; 3. Arnold (Duarte), 9:46. TEAM— 1. San Marino, 52; 2. La Canada, 56. (La Canada finished first and San Marino second in final standings). GIRLS: INDIVIDUAL—1. Ashmore (Temple City), 11:52; 2. Spector (SM), 11:58; 3. DiConti (La Canada), 12:39. TEAM-1. San Marino, 50; 2. Rose-

CAMINO REAL LEAGUE FINALS INDIVIDUAL-1. LaCour (S); 2. Sanz (C); 3. Malendez (C), TEAM-1. Salesian; 2. Cantwell. (Times and points unavailable).

mead, 53.

MARMONTE LEAGUE FINALS

1NDIVIDUAL-1. Bouillon (S), 9:54; 2. Morales (Camarillo), 10:04; 3. Bradley (NP), 10:08. TEAM-1. Simi, 45; 2. Newbury Park, 60.

SAN ANTONIO LEAGUE FINALS

INDIVIDUAL-1. Innes (U), 10:20; 2. Mark Trilevsky (U), 10:22; 3. Breaux (C), 10:40. TEAM-1. Upland, 31; 2. Claremont, 50.

FOOTHILL LEAGUE FINALS

BOYS: INDIVIDUAL-1 Hethmon (Canyon), 9:46; 2. Gil (Hoover), 9:51; 3. Jimenez (Blair TEAM— 1. Burbank, 39; 2. Crescemo Valley, 57. GIRLS: INDIVIDUALS—1. Moran

PIONEER LEAGUE FINALS

INDIVIDUAL-1. Rios (Lennox), 9:37; 2. Fisher (ES), 9:51; 3. Solocum (BH), 10:04. TEAM-1. Beverly Hills, 39; 2. El Segundo, 53.

DEL REY LEAGUE FINALS

INDIVIDUAL—1. P. Shirley (ND soph), 9:56; 2. Gonzalez (St. John Boscosoph), 9:57; 3. B. Shirley (ND soph), 10:02. TEAM—1. Notre Dame, 24; 2. Crespi, 55.

NORTHERN LEAGUE FINALS

INDIVIDUAL—1. Nunez (L soph), 10:44; 2. Mitchell (Arroyo Grande), 10:47; 3. Kendrick (R), 10:57. TEAM—1. Righetti, 32; 2. Lompoc, 44.

FREEWAY LEAGUE FINALS

INDIVIDUAL-1, Allison (BP), 9:51; 2. Cendejas (BP), 10:03; 3. Martens (Western), 10:09. TEAM-1. Buena Park, 37; 2. Lowell, 66.

CENTURY LEAGUE FINALS

iNDIVIDUAL—1. Westfall (VP), 9:33; 2. Southerland (F), 9:34; 3. Greathouse VP), 9:34, TEAM—i. Villa Park, 33; 2. enothill. 38.

CHANNEL LEAGUE FINALS

BOYS: INDIVIDUAL-1. Coffman (EF), 9-42; 2. Wise (H), 9:59; 3. Hein-richs 'SB), 10:00, TEAM—1. Dos Pueb-los, 40; 2. Hueneme, 50. (Santa Bar-bara advances to CIF as second place feam). GIRLS: INDIVIDUAL—1. Hobbs (SB), 11:56; 2. Mills (Ventura), 12:11; 3. Perez (Hueneme), 12:15. TEAM-1. Santa Barbara, 27; 2. Dos Pueblos, 59.

MOORE LEAGUE FINALS

INDIVIDUAL-1, Grant (LBJ), 9:39; 2. Lubsen (Millikan), 9:44; 3. Getscher (M), 9:45. TEAM-1. Lakewood, 38; 2. LB Jordan, 54. (Lakewood and LB Jordan finished as cochampions).

SUNSET LEAGUE FINALS

INDIVIDUAL - 1. Christensen (Edison), 9:50; 2. Gifford (Huntington Beach), 10:01; 3. Appell (FV), 10:08. TEAM-1. Fountain Valley, 42; 2. Marina, 54.

ORANGE LEAGUE FINALS

BOYS: INDIVIDUAL—1. Cisneros (V), 9:59; 2. Gomez (V), 10:03; 3. Sílva (V), 10:08. TEAM—1. Valencia, 33; 2. El Dorado, 51. GIRLS: INDIVIDUAL-1. Vollmer (C), 13:34; 2. Geary (V), 13:40; 3. Hales (E), 13:40. TEAM-1. Canyon, 32: 2 tie between Esperanza and Valencia, 60. (Esperanza advances to CIF as second place feam).

SIERRA LEAGUE FINALS

INDIVIDUAL -- 1. Gruber (South Hills), 10:27; 2. Baker (WC), 10:27; 3. Estrada (La Puente), 10:28. TEAM -- 1. West Covina, 57; 2. HH Wilson, 61. (HH Wilson advances to CIF as first place team and West Covina qualifies as second place team).

SOUTH COAST LEAGUE FINALS

BOYS: INDIVIDUAL—1, Glass (U). 9:49: 2. Kolar (CM), 9:58; 3. LaBonte (Mission Viejo). 9:59. TEAM—1. Costa Mesa, 35; 2. University, 55. GIRLS: IN-DIVIDUAL - 1. Darr (Mission Viejo frosh), 11:36: 2. Fisher (CM frosh), 11:59; 3. Harryman (Laguna soph),

12:12. TEAM-1. Costa Mesa, 34; 2. University, 83.

DE ANZA LEAGUE FINALS

INDIVIDUAL-1, Ross (TP), 12:18: 2. Kingston (R), 12:27; 3. Schultz (TP), 12:44. TEAM-1. Twentynine Palms, 22; 2. Rim of the World, 33.

DESERT VALLEYS LEAGUE FINAL

BOYS: INDIVIDUAL-1: Alvarez (CV), 10:16; 2. Alarcon (C), 10:48; Alva-rez (I), 10:50. TEAM-1. Coachella Valley, 36; 2. Central, 65. GIRLS: INDI-VIDUAL—1. Cradick (C), 13:20; 2. Cervantez (C), 13:31; 3. Ortiz (Brawley), 13:32. TEAM—1. Central, 22; 2. Calexico, 37.

GOLDEN LEAGUE FINALS

BOYS: INDIVIDUAL—1. Ortiz (Kennedy, Bars.), 11:20; 2. Morse (Apple Valley), 11:40; 3. D. Fonville (VV). 11:51. TEAM—1. Victor Valley, 45; 2. Quartz Hill, 57. GIRLS: INDIVIDUAL— 1. Wells (QH frosh), 13:51; 2. V. Shante-ler (B), 14:26; 3. Tracey (Antelope Valley), 15:02. TEAM-1. Quartz Hill, 32; 2. Burroughs 43.

HACIENDA LEAGUE FINALS

INDIVIDUAL - 1. Hope (AL.), 10:23, 2. Brown (AL soph), 10:28; 3. Lamont (San Dimas), 10:43. TEAM--1. Alta Loma, 45; 2. Walnut, 50. (Walnut acvances to CIF as first place team and Alta Loma qualifies as second place team)

SAN ANDREAS LEAGUE FINALS

INDIVIDUAL-1, Fricker (Hemet) 10:09; 2. Dean (MV), 10:21; 3. Barnett (B), 10:26. TEAM-1, Bloomington, 42. 2. Moreno Valley, 55.

DESERT INYO LEAGUE FINALS

NDIVIDUAL - 1. Peters (B), 11:42. 2. Gray (B), 11:57; 3. Cohrt (B), 12:09. TEAM-1. Bishop, 15; 2. Desert, 17.

LOS PADRES LEAGUE FINALS

INDIVIDUAL-1. Huff (Paso Robles), 9:13; 2. Lundgren (SJ), 9:29; 3. Baxter (A), 9:50, TEAM-1. St. Joseph, 39, 2. Atascadero, 47.

OLYMPIC LEAGUE FINALS

!NDIVIDUAL - 1. Barrington (LA Baptist), 9:18: 2 Parraid (B) 9:24: 3 Enciso (BJ), 9:26. TEAM - 1. Whittier nristian, 35: 2. Bell-Jett, 53

ANGELUS LEAGUE FINALS

INDIVIDUAL-1. F. Ebiner (BA), 9:40; 2. Eddy (MD), 9:47; 3. M. Ebiner (BA), 10:01. TEAM-1. Bishop Amat, 28; 2. Mater Dei, 49.

WHITMONT LEAGUE FINALS

BOYS: INDIVIDUAL-1. Peralta BOYS: INDIVIDIUAL—1. Peralta (Santa Fe), 9.31; 2. Schriever (M), 9.36; 3. Arroyo (P), 9:42. TEAM—1. Montebello, 37; 2. Pioneer, 51. (Montebello and Pioneer were declared cochamps). GIRLS: INDIVIDIUAL—1. Ream (Sierra), 12:10; 2. Bennett (Sierra), 12:26; 3. Hernandez (P), 12:32, TEAM—1. Santa Fe, 51:2. Pioneer, 61. TEAM-1. Santa Fe, 51; 2. Pioneer, 61.

Vern Gan etta/

November 6. Wor ke. Woodlake 20 Kilo

Open:

Fred Carnahan(HSTC) 1:06:34 1:07:02 Gary Romesser (FPTC) Wayne Van Dellen (HSTC) 1:08:47 Dave Bronzan (HSTC) 1:14:30

Robert Stephenson(un)

Delgado (um)

November 6. Stockton. Sac-Joaquin C.I.F. Cross Country Championships at Delta College

K. Robinson (Franklin) Kody Wanamaker (SumvleHi) 12:26

Girls:

Kari Briscoe (SummrvleHi) 12:27 Jody LaGote (Lodi) 12:27

aber 13. Trinidad. Redwood Empire Cross Country Championships at Patrick's Point State Park

Varsity Boys (3.0 Mile): Rod Berry (Redwood) Aran Collier (Tam)
Glen Borland (DelNorte)

Colin Chapman (Redwood)

14:30 14:42 15:01 15:03 November 16. Pleasant hall. AAU Junior Olympic Cross Country Trials at Pleasant Oaks Park

Boys 8-9 (1.0 Mile) Robert Latting (M.: Linez) 5:50 Tim Roush (Concord)

3) Damian Stocking (Livermore) 6:02 Girls 8-9 (1.0 Mile):
1) Laura Manning (General) 6:21

(2.0 miles); 2. Leslie-de la Torre (Roy) 12:20; 3. Darlene Love (DP) 12:22; 4. Connie Hogan '(SB) 12:23; 5. Kelly Staller (Roy) 12:25; 6. Debbie Altus (San Marcos) 12:27; 7. Cathy Peters (Simi) 12:27; 8. Pam Cox (SB) 12:38; 9. Molly Miller (SB) 12:36; 10. Liz Moore (BH) 12:42; 11. Barbara Serrano (SB) 12-12. Cindy Schmandt (SB) 12:44: 13 ie Cregut (Camarillo) 12:51; 14. C. Gould (Arc) 12:52; 15. Stephanie Ambrose (Bishop Diego) 12:54.

Vern Gambetta,

BOYS: INDIVIDUAL—1. Stillings (A), 9:33; 2. Wielienga (B), 9:38; 3. B. Kester (A), 9:50. TEAM—1. Artesia, 36; 2. Bellflower, 60, GIRLS: INDIVIDUAL—1. Stave (A), 12:38; 2. Clark (A), 13:13; 3. Carpenter (N), 13:33. TEAM—1. Aretesia, 29; 2. Neff, 40.

IVY LEAGUE FINALS

INDIVIDUAL—1. Arguelles (C), 9:53; 2. Nelson (PS), 10:03; 3. Bezenah (Ru-bidoux), 10:03. TEAM—1. Corona, 31; 2. Palm Springs, 83. (Colton will ad-vance to CIF as the second place

SAN ANTONIO LEAGUE FINALS

INDIVIDUAL — 1. Innes (U), 10:20; 2. Mark Trilevsky (U), 10:22; 3. Breaux (C), 10:40. TEAM—1. Upland, 31; 2. Claremont, 50.

FOOTHILL LEAGUE FINALS

BOYS: INDIVIDUAL-1 Hethmon (Canyon), 9:46; 2. Gil Hoover), 7:51; 3. Jimenez (Blair, 1:Burbank, 39; 2. Crescente Valley, 57. GRLS: INDIVIDUALS—1. Moran

Hills), 10:27; 2. Baker (WC), 10:27; 3. Estrada (La Puente), 10:28. TEAM-1. West Covina, 57; 2. HH Wilson, 61. (HH Wilson advances to CIF as first place team and West Covina qualifies as second place team).

SOUTH COAST LEAGUE FINALS

BOYS: INDIVIDUAL—1. Glass (U). 9:49: 2. Kolar (CM), 9:58; 3. LaBonte (Mission Viejo). 9:59. TEAM—1. Costa Mesa, 35; 2. University, 55. GIRLS: IN-DIVIDUAL - 1. Darr (Mission Viejo frosh), 11:36: 2. Fisher (CM frosh), 11:59; 3. Harryman (Laguna soph),

(Santa Fe), 9.31; 2. Schriever (M), 9:36; Salia Fel, 9.31; 2. Schriever (M.). 9.36; 3. Arroyo (P.). 9.42: TEAM—1. Monte-bello, 37; 2. Pioneer, 51. (Montebello and Pioneer were declared co-champs). GIRLS: INDIVIDUAL—1. Ream (Sierra), 12:10; 2. Bennett (Sier-ra), 12:26; 3. Hernandez (P.). 12:32. TEAM—1. Santa Fe, 5]; 2. Pioneer, 61.

/Vern Gan. stta/

November 6. Wor ke. Woodlake 20 Kilo Fred Carnahan (HSTC) 1:06:34 1:07:02 Gary Romesser (FPTC) Wayne Van Dellen (HSTC) 1:08:47 Dave Bronzan (HSTC) 1:14:30 Robert Stephenson(un) 1:15:14 1:15:36 Joe Delgado (un)

40+		
1)	Frank Delgado (un) Don Thomas Bert Woodruff (FJ)	1:20:49
2)	Don Thomas	1:21:43
3)	Bert Woodruff (FJ)	1:24:14
50+	: *	
1)	Harry Harder (HSTC)	1:26:05

James Martin Lee Thomas (HSTC) 1:49:32 Dorothy Thomas (HSTC) 1:50:53 Winning Team: High Sierra TC

/Wayne Van Dellen/

November 6. Riverside. 1976 SCCTF Cross Country Championships

oross country	Onampi Onbiti po	
1) Garcia (UC		25:17
2) Mueller (U	CR)	25:51
3) Williams (Biola)	26:11
4) Blum (CLC)		26:18
5) Weitz (Bio	la)	26:20
5) Weitz (Bio 6) Reilly (UC	R)	26:37
7) Collins (C		26:39
8) Jenkins (F	'nPacific)	27:13
7) Collins (C 8) Jenkins (F 9) Taylor (Bi		27:24
10) Stickney (Biola)	27:41
11) Hopkins (F		27:42
12) Bernath (U	ICSD)	27:48
13) Clennan (U	ICR)	27:56
14) Jacobson (UCSD)	28:10
15) Wegener (F		28:17
		Rinne/

November 6. Western State Conference Cross Country 1976

1	E.	Ramirez (Oxnard)	20:28
2	J.	Rubino (Glendale)	20:32
3	M.	Santiago (Santa Bart)21:10
4	J.	Cory (Glendale)	21:17
5	D.	Kinsler (Ventura)	21:43
5	- J.	Starinieri (Canyons)	23:45
7) J.	Landeros (Canyons)	21:46
7	M.	Fierroz (Canyons)	21:49
9		Heney (Glendale)	21:53
10		Smith (Ventura)	. 22:03
11		Terrones (Canyons)	22:07
12	2) Ra	mirez (Oxnard)	22:08
17	3) M.	Frank (Ventura)	22:09
14	+) Mi		22:16
1	5) R.		22:18
		/Monte Cart	wright/

November 6. Stockton. Sac-Joaquin C.I.F. Cross Country Championships

a o DCI	a correge	
Girls:		
1) K.	Robinson (Franklin)	12:13
	ly Wanamaker (SumvleHi)	12:26
3) Kar 4) Joo	ri Briscoe (SummrvleHi)	12:27
	ly LaGote (Lodi)	12:27
5) Dor 6) Pat	ra Nayares (Downy)	12:30
6) Pat	tti Minatra (Lincoln)	12:37
	ri Crisp (Downey)	12:38
8) Dia	ane Miller (Turlock)	12:43
9) Hei	idi Haggard (Lincoln)	12:47
10) Kar	ren (Lincoln)	12:48
Lincoln	1 44, Downey 53, Lodi 5	6
D 11		

Boys Varsity: Tim Holmes (Downey) Gonzalo Aquila (Manteca) 15:12 Stan Winkley (Hughson) 15:19 C. Munoz (Franklin) 15:31 Rick Baker (Slagg) 15:45 M. Perez (Franklin) Greg McKinstry (Merced) 15:51 Gilbert Garcia (Merced) Steve Thompson (Manteca) 15:51 15:53 10) M. Caballaro (Franklin) 15:53 Franklin 23, Manteca 44, Amador 65

November 13. Central Area NCS Cross Country Meet at Mt. Diablo High School

Boy's Varsity (3 Mile):
1) Rich Vasquez (ClaytonVly) 15:02
2) Greg Cross (Mt.Diablo) 15:08 3) Mark Conover (Miramonte) 15:09
3) Mark Conover (Miramonte) 15:09
4) Gael Williams (Miramonte) 15:25
5) Greg Balburz (Northgate) 15:28
6) John Mullin (Northgate) 15:31
7) Mark Baker (San Ramon) 15:35
8) Rod Van Buskirk (PleasHil)15:36
9) Craig Hochhaus (ClayVly) 15:46
10) David Fike (Berkeley) . 15:49
Pleasant Hill 64, Miramonte 114,
San Ramon 134, Mt. Diablo 146, North-
gate 164, Campolindo 180, Clayton
Valley 183.

Valley 183.
Cirl's Varsity (2 Mile):
1) Laura Craig (Berkeley) 11:38
2) Linda Robinson (PleasHill)11:50
3) Kristi Roos (Acalanes) 11:52
4) Cheri Williams (Livermore)11:56
5) Susan Blevins (Campolindo)12:02 6) Wendy Behrbaum (Amador) 12:13
6) Wendy Behrbaum (Amador) 12:13
7) Laura Gerdsen(Miramonte) 12:18
8) Juli Maxworthy(Miramonte) 12:21
9) Kathy Lyons (Granada) 12:28
10) Karen Daley (Granada) 12:30
Pleasant Hill 55, Miramonte 59, Gran-
ada 85. Northgate 110, Acalanes 123.
/Keith Conning/

mber 13. Trinidad. Redwood Empire 3-A Cross Country Championships at Patrick's Point State Park

Varsity Boys (3.0 Mile):

varsity boys ().0 mile);	
1) Rod Berry (Redwood)	14:30
2) Aran Collier (Tam)	14:42
3) Glen Borland (DelNorte)	15:01
4) Colin Chapman (Redwood)	15:03
5) Dan Smith (Eureka)	15:05
6) Armand Morena (Piner)	15:11
7) Mike Biando (Piner)	15:16
8) Richard Carlsen (Tam)	15:19
9) Phil Brock (Redwood)	15:29
7) Mike Biando (Piner) 8) Richard Carlsen (Tam) 9) Phil Brock (Redwood) 10) Rick Smith (Eureka)	15:30
11) Dave Bullano (Piner) 12) Burt Gardner (Redwood) 13) Marty Martin (Piner) 14) Jeff Baumsteiger (Marin)	15:31
12) Burt Gardner (Redwood)	15:32
13) Marty Martin (Piner)	15:33
14) Jeff Baumsteiger (Marin)	15:34
15) Bill Johnson (Montgomery)	15:42
Redwood 46, Piner 50, Tamalpa:	
Eureka 97, Montgomery 150.	
Varsity Girls (2.0 Mile):	11:52
1) Sarah Sweeny (Marin)	12:04
2) Bonnie Broderick (Tamal.) 3) Diane Kermy (Novato) 4) Heidi Messersohmidt(Mont) 5) Dominique Stewart (Redw) 6) Laurie Genitin (Novato)	12:04
3) Diane Kerny (Novato)	12:24
4) Heldi Wessersonmidt(World)	12:38
5) Dominique Stewart (Redw)	12:46
6) Laurie Genitin (Novato) 7) Sarah Hamilton (Tamal.). 8) Lisa Pugliese (Novato)	12:40
7) Sarah Hamilton (Tamai.).	17:30
8) Lisa Pugilese (Novato)	12:53
9) Cindy Boeck (Redwood)	12:55
10) Candy Miller (Eureka)	12:56
11) Dawn Gunter (Montgomery)	12:57
12) Deanne Neff (Montgomery)	12:59
13) Jeannie Lloyd (Tamal.)	13:00
14) Michelle Tani (Montgom.)	13:01
15) Jenny Spaan (Redwood)	13:03
Montgomery 57, Redwood 65, Tai	naipais
70, Novato 98, Marin Catholic	104.
/Chuck I	inters/

Northridge. CCAA Cross Country Cham-

pionships 1976	
1) Paul Wright (CSUN)	32:04
2) Felipe Brizuela (CSLA)	32:20
3) Mike Ayon (CSUN)	32:32
4) John Beck (CSUB)	32:42
5) Mike Munoz (CSUN)	32:48
6) Jim Warrick (CPSLO)	33:04
7) Luis Arreola (CFSLO)	33:08
8) Tom Cusick (CSUN)	-33:16
9) Anthony Reynoso (CPSLO)	33:24
10) Stan Hockerson (CPSLO)	33:34
11) Steve Durand (CSUN)	33:46
12) Greg Gonzales (CSUN)	33:54
13) Ken Kettenacker (CSUN)	33:54
14) Pete Mogg (CSLA)	34:02
15) John Fisanotti (CSLA)	34:10
CSUN 28, CPSLO 49, CSLA 79.	CPP 102
CSUB 108. /Dave	Stock/

November 16. Pleasan: hill. AAU Junior Olympic Cross Country Trials at Pleasant Oaks Park

Boys 8-9 (1.0 Mile):
1) Robert Latting (M. ethog) 6.60
2) Tim Roush (Concord) 5:57
3) Damian Stocking (Livermore) 6:02
Girls 8-9 (1.0 Mile).
(1) 1 M
1) Laura Manning (Concord) 6:21
2) Trisha Herzog (balayette) 6:26 3) Kelly Brons (Clayen) 6:46
3) Kelly Brens (Clay on) 6:46
Boys 10-11 (1.25 Mile):
1) Jim Chaney (PleasHill) 7:14
2) John Latting (Martinez) 7:18
3) Doran McGee (Albany) 7:31
Girls 10-11 (1.25 Mite):
1) Kim McGarraugh (Fredmont) 8:25
2) Becky Sanchez (FleasHill) 9:20
3) Vickie Knafelc(batayette) 9:26
Boys 12-13 (1.5 Mile):
1) Joe Ogden (Walnut Ork) 7.57
2) Richard Black (Pacheco) 3:02
2) Michard Black (Imaneco) 3:02
3) Hector Flores(Pittsburg) 8:12
Girls 12-13 (1.5 Mile):
1) Chris Manning (Concord) 8:34
21 Lien VanDuckink (Ma)
)) Ivonne Campbell (Pleachill)8.5h
boys 14-15 (c.0 Mile):
1) Kelly King (Oakland) 10:16
2) Dennis McDonald (Livermre)10:23
3) Bernie Erickson (Moraga) 10:30
Girls 14-15 (2.0 Mile):
2) 1
3) Carol Manning (Concord) 12:48 Boys 16-17 (3.0 Mile):
1) John Millio (Malaut Cart at the
1) John Mullin (Walnut Crk) 14:48
2) Mike Gulli (Martinez) 14:51
Ji David Fixe (Berkeley) - 15.00
Girls 16-17 (2.0 Mile):
1) Michelle Aubuchon(Liver) 11:51 2) Shirley Jirden (Antioch) 12:42
Shirley Virden (Antioch) 12:42
) birzaoeth King (Berkeley) 13.24
/Diablo Valley Track Club/

November 18. San Jose, Central Coast Section III at Coyote Park, 2.85 miles:

Boy	's Varsity:	
1)	Carios Carrasco (Mt. Pleas)	14:24
2)	Mark Stillman(WillowGlen)	14:39
3)	Paul Brewer (Leigh)	14:41
4)	Vance Eberly (LosCatos)	14:46
5)	Paul Secrest(Piedmont)	14:48
	Joe Lua (Live Oak)	14:54
7)	Jon Russell (Blackford)	15:01
8).	Willie Diaz (SilverCreek)	15:02
9)	Javier Barrigan(Campbell)	15:03
10)	Bili Ritt (Leigh)	15:08
	/Keith Conni	ng/

CALIFORNIA TRACK NEWS

PAGE 22	
November 13. Valencia. South	nern Cali-
fornia Cross Country Champie	onships ,
4.0 Miles.	
Large Schools:	
1) Gary Hernandez (SD Mesa 2) Bob Mapstead (SBUC) 3) Joe Ebiner (Mt.SAC) 4) Randy Prine (SD Mesa) 5) Laird Shannon (Palomar) 6) Paul O'heil (Pullerton) 7) Mike Seeker (Pasadena) 8) Bob Bray (Bakersfield) 9) Kevin Burkin (LA Valley 10) Glen Best (Grossmont) 11) Bill Davies (Grossmont) 12) Chrisbo Hughes (Grossmont) 13) Ron Russell (Pierce) 14) Greg Dean (Fullerton) 15) Dave Helmeson (Grossmon 16) Chuck Hattersly (Grossm 17) Scott Fessenden(Fullert 18) Jim Austin (Grossmont) 19) Dave Tillery (Mt.SAC 20) Dave Davies (Grossmont) Grossmont 67, Mt. SAC 88, Fessen Diego Mesa 185, El Camir LA Harbor 220, Bakersfield 2 Ana 228, Long Beach 258, LA Small Schooles:	19:51
2) Rob Manstead (SBUC)	20:06
3) Joe Ebiner (Mt.SAC)	20:19
4) Randy Prine (SD Mesa)	20:21
5) Laird Shannon (Palomar)	20:23
6) Paul O'licil (Fullerton)	20:27
7) Mike Seeker (Pasadena)	20:30
8) Bob Bray (Bakersfield)	20:32
9) Kevin Burkin (LA Valley	20:34
10) Glen Best (Grossmont)	20:35
11) Bill Davies (Grossmont)	20:35
12) Chrisbo Hughes (Grossmon	11)20:36
13) Ron Russell (Pierce)	20:37
14) Greg Dean (Fullerton)	20:43
15) Dave Helfeson (Grossmon	0) 20:44
10) Chuck Hattersty (Grossm	20:40
18) Tim Augt in (Changement)	20.40
10) Dave William (Mt SAC)	20:49
20) Dave Davies (Gragement)	20:51
Grossmont 67 Mt SAC 88 For	Herton 97.
San Diego Me'ra 185. El Camir	06 211.
LA Harbor 220, Bakersfield 2	274. Santa
Ana 228, Long Beach 258, LA	Valley 265.
Small Coheal	· ·
Small Schools:	20.02
2) Lay Pubing (Clandala)	20:0)
2) Dahant Burch (Carlling)	20:15
(Stephen Burch (Sanitiago	20:30
t) lon Come (Clandola)	23.02
6) Dhil Ctainbangin/Citma	21:02
7) Coatt Blockburn (Mooney	01:10
8) Caccaro (Caddleback)	21.16
Small School: 1) Ed Ramirez (Oxnard) 2) Jay Rubino (Glendale) 3) Robert Burch (SanDiego) 4) Stephen Burch (SanDiego) 5) Jon Cory (Glendale) 6) Phil Steinberger(Gitrus 7) Scott Blackburn (Moorpal 8) Cassaro (Saddleback) 9) John Starinieri (Canyon 10) Ernie Aleron (Imperial) 11) Doug Hoppe (Canyons) 12) Tom McCann (Citrus) 13) Gary Henry (Glendale) 14) Mark Hilton (Glendale) 15) R. Ramirez (Oxnard) Glendale 65, San Diego City	0) 21.16
10) Ernia Aleron (Imperial)	11/21.16
11) Doug Hoppe (Canyons)	21.17
12) Tom McCann (Citrus)	21:19
13) Gary Henry (Glendale)	21:20
14) Mark Hilton (Glendale)	21:21
15) R. Ramirez (Oxnard)	21:22
Glendale 65, San Diego City	74
Canyons 99, Chaffey 99, Cita Moorpark 111, Saddleback 18	rus 105.
Moorpark 111, Saddleback 181	l, West
Los Angeles 224, College of	the
Los Angeles 224, College of Desert 237. /Monte Carty	wright/
November 13. La Mirada. Nati	tonar
November 13. La Mirada. Nat. Association of Intercollegia Athletics District 111 Cross Championships, 5.0 Mile: 1) D. Waltmire (Azusa) 2) Earle (Westmont) 3. Odom (Azusa) 4) Sadler (Pt. Loma)	Country
Championahing 60 Miles	s country
1) D Waltmire (Agues)	24.52
2) Forla (Westmont)	25.10
3) Odom (Azusa)	25:46
3) Udom (Azusa) 4) Sadler (Pt. Loma) 5) Delach (Azusa) 6) W. Waltmire (Azusa)	25.56
5) Delach (Azusa)	26:01
6) W. Waltmire (Azusa)	26:02
7) Van Arsdale (Pt. Loma)	26:07
8) Coots (Pt. Loma)	26:09
Ol Williams (Diola)	26:19
10) Houseworth (Westmont) 11) Keth n (Pomona) 12) Blum l Lutheran) 13) Lucero (FresnoPacific) 14) Weitz (Biola) 15) Tarn (Pedlands) 16) Esqu (Pt. Loma)	26:22
11) Keth n (Pomona)	26:29
12) Blum A Lutheran)	26:34
13) Lucero (FresnoPacific)	26:37
14) Weitz (Biola)	26:38
15) Tarn ("edlands)	26:46
17) Esqu (Pt. Loma)	26:51
I/) burne (r. boma)	26:54
19) Rock (Pt. Loma)	
20) Thwing (Westmont)	27:01
20) Thwing (Westmont) 21) Hunter (Azusa)	

27:11

Wegener (FresnoPacific) 27:11 Cronin (Claremont) 27:11

Hopkins (FresnoPacific) 27:15

/Collin McDougal/

Peterson(Biola)

```
PHELAN 15 mile HAUDICAP NUMBER 19, 1776
                              86:10
                      CPP
 1 Steven Chase
                                    1 1 40
 2 Bob Branch
                      CCAG
                              37:74
                              97:2
   Bill Crue
                             170:50
 4 Bob Holtel
 5 Frank Freyne
                             104:10
                             104:50
 6 Dick Jackson
                      370
 7 Gilbert Saliba
                      SEVIC
                             109:20
   Bob Bin ham
                      GPAC.
                             112:24
9 Harold Danahters
                      MSTR
                             113:55
                             11/4:00
                                      1 60
10 Al Clark
                             114:35
11 Jim Eimen
12 John Mc Armin
                      STO
                             121:34
   Albert Comer
                             1.22:30
14 Rodney Hoover
                             124:00
15 Dan Brown
                             126:05
14 Hal Gerstein
                             127:10
17 Nick Matyas
                             127:10
                             141330
18 Frank Greene
19 Kit Kakadelas
                      DCAC
                             1 7:00 1 W
                / Connie Rodewald /
 San Diego C.I.F. Cross Country
 Championships ...
 Division IA:
 1. M. Guaderama (Ramona)

    C. Connolly(El Cajon)
    T. Penwell(Castle Pk)

                                  15:24
                                  15:29
    J. Stimpson(Carlsbad)
                                  15:35
     R. Garcia(El-Cajlon)
                                  15:35
 6. R. Satterlee(Cor)
                                  15:38
 7. Harlan(University)
8. R. Nassey(Ramona)
                                  15:42
                                  15:45
 9. J. Rodreguez (Sweetwater)
                                  15:50
 10. S. Reza(Sweetwater)
                                  15:51
 Team Scores: El Cajon 58, Ramona 72,
 Pallbrook 74, Hilltop 115, Carlsbad 121,
 Castle Park 131; Sweetwater 136,
 University 180.
Division 2A:
 1. Perez(Kearney)
    Keller Helix)
                                  15:15
     Carroll(G.H.)
                                  15:19
                                  15:27
     Fletcher(Pt. L)
     Varley (Crawford)
                                  15:29
     Young (Crawford)
                                  15:29
     Travis(Helix)
                                  15:32
     Sportsman(Mt. Miguel)
                                  15:34
     Pope (Henry)
                                  15:34
 10. Ingraham (Mt. Miguel)
 Team Scores: Helix 46, Crawford 57,
 Monte Vista 119, Mt. Miguel 141,
 Kearney 143, Claremont 149, Valahalla
 156, Bonita Vista 157, Patrick Henry
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November 20. Fresno. Central California Association Junior Olympic Cross Country Championships at Woodward Park Girls 9 & under (1 Mile): Andrea Veatch (Maturango) 6:13 Leslie Wilson (Maturango) 6:23 3) Jody Tone (Tarpey Elem) Boys 9 & under (1 Mile): Jan Barglowski (Maturang) 6:21 Ralph Vela (Houston) Felix Valdez (Corcoran) Girls 10-11 (1½ Mile):

1) Saundra Kearney (ClovisW) 7:36
2) Pam Clarkson (Tarpey) 7:41
3) Sara Washman (Pixley) 7:48
Boys 10-11 (1½ Mile):
1) Zack Totten (Hamilton). 7:20

/Noel Montrucchio/

179, Poway 182.

November 20. Valencia. California State Junior College Cross Country Championships, 4.0 Miles:

Large School: B. Paulin (W. Valley) 19:45 1) G. Hernandez (SD Mesa) 19:50 K. Burkin (LAV) 19:59 B. Mapstead (SBVC) R. Russell (LAP) 20:00 20:04 B. Davies (Gross.) 20:05 7) M. Kingery (S.Mateo) 20:11 D. Helgeson (Gross.) J. Ebiner (Mt.SAC) 20:14 20:15 10) G. Best (Gross.) 20:17 P. O'Neil (Fullerton)
G. Dean (Fullerton) 11) 20:19 12) 20:21 13) C. Hughes (Gross.) 20:25 14) R. Prine (SD Mesa) S. Fessenden (Fullerton) 20:26 15) 20:29 B. Barnett (S.Mateo) 20:31 T. Chain (DeAnza) 17) 20:32 18) C. Hernandez (SantaRosa) 20:33 19) G. Sutherland (AmRiver) 20:35 20) J. Mebust (AmRiver) 20:36 21) T. Becker (Fullerton) 20:42 22) B. Brown (Delta) 20:44 23) A. Baudentistel (AmRiver) 20:45 21) 24) J. Austin (Gross.) 20:46 25) T. Farrell (AmRiver) Grossmont 44, Fullerton 76, American River 88, San Mateo 109, Mt. SAC 132, San Diego Mesa 146, El Camino 186, West Valley 193, SJDelta 207, Fresno 213.

Small Schools: E. Ramirez (Oxnard) J. Rubino (Glendale) 20:23 20:25 E. Huff (Cuesta) S. Blackburn (Moorpark) 20:28 S. Burch (SD City)
R. Burch (SD City) 20:38 A. Jones (MPC) 20:40 J. Cory (Glendale) 20:50 J. Montenegro (SJCC) 20:53 10) E. Taylor (COS) 11) M. Flynn (Chaffey) 20:57 20:58 12) S. Henson (COS) 20:59 13) T. Minor (MPC) 21:08 N. Overand (Marin) 21:10 T. McCann (Citrus) 15) 21:11 16) D. Lonse (COS) 21:11 17) M. Wright (Solano) 18) K. Danz (Columbia) 21:19 21:21 19) B. LaForge (Skyline) 20) S. Cansaro (Saddleback) 21:24 21:27 Clendale 90, San Diego City 103, Monterey Penn 112, Canyons 115, Solano 122, San Jose 127, Skyline 147, Chaffey 158, Citrus 163, Sequoias 193. /Monte Cartwright/

November 20. Redwood City. Pacific Association Junior Olympics Cross Country Championships at Red Morton

9 under Girls (1 Mile): Nanette Garcia(SantaClara)8:31 Diana Rossman(Cupertino) 8:43 Andrea Cervantes (Rosevle) 8:51 Lisa Lee (Loomis) 8:56 Sylvia Greer (Roseville) 8:57 10-11 Girls (14 Mile):
1) Michele Miller (San Jose) 9:56 Kim Salinas (San Jose) 10:31 Jada Chretien (San Jose) 10:32 Diana Braswell (Roseville)10:49 5) Alaine Nila (San Jose) 10:57 12-13 Girls (1½ Mile): 1) Michelle McKeen(RanchCord)10:56

JANUARY/FEBRUARY - 1977

November 19. Fresno. CIF Central Section

VARSITY

F.Elieff (High) 14:32, R.White (Shaf) 14:51, A.Carrillo (Shaf) 14:53, B.Thompson (East) 14:59, R.Gutierrez (Foot) 15:00, MKeeley (Shaf) 15:01, R.Garcia (Mad) 15:04), S.Hulce (Hoov) 15:06, J.Covington (Lem) 15:07, S.McDonald (Hoo) 15:08, J.Grieco (Hoo) 15:09, T.VanMeter (Coal) 15:10. T. Taylor (Red) 15:11, S. Thornton (Hoo) 15:12, R.Lewis (East) 15:13, R.Ursin (Bak) 15:15, B.Molina (Cor) 15:17, K.Cooper (Nor) 15:18, F.Haro (Wood) 15: 19, S. Waters (Cor) 15:20.

Team scores: Shafter 50, Hoover 58, Corcoran 113, East 140, Redwood 140, Madera 140, Bullard 190, Bakersfield 204, Lemoore 212, Foothill 261, Clovis 270, North 283, Hanford 310, Kingsburg 372,

Mt. Whitney 387.

GIRLS

L.Goen (Nor) 7:55, A. Trumbly (Coa) 8:14, W.Walker (Bak) 8:35, J.Walker (Bak) 8:39, L.Hagopian (High) 8:40, L.Stafford (Mad) 8:41, B.Kamps (Fres) 8:48, G.Crosson (Mad) 8:49, T.Reynaga (Fres) 8:50, C.Hester (Chow) 8:51, L.McCarthy (Bak) 8:52, M.Muller (West) 8:53, G.Teska (Fres) 8:54, I.Jarnillo (Clo) 8:55, S.McPherson (Clo) 8:56), S.Turner (Sou) 9:02, J. Vener (Exet) 9:03, E. Villanueva (Mad) 9:05, M.Wong (Sou) 9:06, K. Templeton (West) 9:08.

Team scores: Bakersfield 11, Fresno 22, Madera 25, West 44, Clovis 45, South 49, Highland 66, Exeter 69, Mt. Whitney 104, Reedley 112.

November 20. Fresno. USTFF Western Regional Cross Country Championships,

at Woodward Park, 6.0 Miles	
1) Ron Zarate (UNRTC)	29:22
2) Peanut Harms (Aggie RC)	29:29
3) Tom Wysocki (HNRTC)	29:44
4) Athol Barton (UNRTC)	29:50
5) Cary Romesser (FPCTC) 6) Paul Fredericksen (UNR)	29:53
	29;54
7) George Aguirre (CSUF)	29:55
8) Jon Sutherland (AggieRC)	30:00
9) Pete Sweeney (Aggie RC)	30:01
10) Mike Van Horn (CSUS)	30:05
11) Mike Dagg (UNRTC)	30:17
12) Jim Hartig (FPCTC)	30:28
13) Brad Cruz (UNLV)	30:30
14) David Haake. (CSUF)	30:41
15) Grover Prowell (MercedTC)	
16) Dave Murahy (UNRTC) 17) Terry Ybarra (UNRTC)	30:53
18) Jon Beck (CSB)	30:59
19) Mike Jurkovich (CSUF)	31:05
20) John Flores (CSUS)	31:13
21) Richard Aguirre (CSUF)	31:16
22) Bryan Foley (CSUP)	31:18
23) Jim Howard (CSUS)	31:24
24) Darrel Cox (FPCTC)	31:28
25) Rich Hart (Aggie Po)	31:35
26) Dave Boyet (Aggi/	31:40
27) Greg Hall (FPCTC)	31:42
28) Mark Paune (Aggie RC)	31:43
29) John Leeming (UNRTC)	37 . 44
30) John Clary (TRAC) 1-30	31:45
30) John Clary (TRAC) 1-30 53) Len Thornton (HSTC)1-40 54) Roger Bryon (TRAC)2-40	34:33
54) Roger Bryon (TRAC)2-40	34:40
b2) Sid Toabe (HSTC)1-50	36:41
68) Harry Harder(HST/ 60	
University/Open: Uni of I	Nevada
Reno Track Club 25, Aggie R	
Club 66, Fresno State 77, Fr	resno
Cooperate State 121 Univ	9),
Pacific College Track Club Sacramento State 121, Univ. Nevada-Las Vegas 140, T.R.A	0 207
Junior Division:	
1) Ray Garcia(Madera)	15.48

3.)	Odom (Azusa)	25:46
4)	Sadler (Pt. Loma)	25:56
5)	Delach (Azusa)	26:01
	W. Waltmire (Azusa)	26:02
7)	Van Arsdale (Pt. Loma)	26:07
8)	Coots (Pt. Loma)	26:09
9)	Williams (Biola)	26:19
10)	Houseworth (Westmont)	26:22
11)	Kett n (Pomona)	26:29
12)	Blum 1 Lutheran)	26:34
13)	Lucero (FresnoPacific)	26:37
14)	Weitz (Biola)	26:38
15)	Tarn (pedlands)	26:46
16)		26:51
17)	Burne (Pt. Loma)	26:54
18)		26:56
19)	Rock (Pt. Loma)	27:01
20)	Thwing (Westmont)	27:03
21)	Hunter (Azusa)	27:08
22)	Wegener (FresnoPacific)	27:11
23)	Cronin (Claremont)	27:11
24)	Hopkins (FresnoPacific)	27:15
25)	Peterson(Biola)	27:18
	/Collin McDo	

November 15. Arcata. CIF North Coast Sect.

AT ARCATA North Coast Section AAA

Team Standings — Redwoods 46, Piner 50, Tamalpais 71 Eureka 97 Montgomery 150, Arcata 166, Petaluma 201, Sonoma 206, McKinleyville 212, Rancho Cotate 234, Healdsburg (incomplete team)

Individuals — Berry Redwood 14:30-2. Collier Tam 14:42: Borland Del Norte 15:01. Chapman Redwood 15:03, Smith Eureka 15:05. Moreno Piner 15:11. Biando Piner 15:16. Carlson Tam 15:19. Brock Redwood 15:29. Rick Smith Eureka 15:30, Martin Piner 15:34. Dave Bellano Piner (13th) 15:38.

Varsity Girls

Team Standings -- Montgomery 57, Redwood 65, Terra Linda 70, Novato 98, Marta Catholie 104, Del Norte 111, Arcata 182, Casa Grando 209, Eureka 227, Ukiah (incomplete team).

Individuals — Sweeney Marin Catholic 7: 52-3, Broderick Tamalpais 12:04, Kenny Novato 12:08, Heldi Messerschidt Montgomery 12:24, Stewart Redwood 12:38, Genitin Novato 12:46, Hamilton Tam 12:50, Pugilese Novato 12:53, Boeck Redwood 12:55, Miller Eureka 12:58.

/Keith Conning/

November 17. Oakland. Oakland Athletic League Cross Country Final, Joaquin Miller Park, 2.0 Mile: Varsity

Varsity	
1) Schneider(Skyline) 2) Johnson(Skyline) 3) Busby (Skyline) 4) Valdez (Skyline)	10:16.
2) Johnson(Skyline)	10:23
3) Busby (Skyline)	10:29
4) Valdez (Skyline)	10:31
5) P. Downs (Skyline) 6) T. Downs (Skyline) 7) Owyang (Oakland)	10:32
6) T. Downs (Skyline)	10:34
7) Owyang (Oakland)	10:46
8) Gonsales (Oakland) 9) Janet (Oakland)	10:55
9) Janet (Oakland)	11:23
10) Clark (Oakland)	11:24
Skyline 15, Oakland 50,	Castlemont 96,
Fremont 97.	

Kearney 143, Claremont 149, Valahalla 156, Bonita Vista 157, Patrick Henry 179, Poway 182. /Noel Montrucchio/

November 20. Fresno. Central California Association Junior Olympic Cross Country Championships at Woodward Park

Girls 9 & under (1 Mile):

1) Andrea Veatch (Maturango) 6:13
2) Leslie Wilson (Maturango) 6:23

Andrea Veatch (Maturango) 6:13 Leslie Wilson (Maturango) 6:23 3) Jody Tone (Tarpey Elem) Boys 9 & under (1 Mile): Jan Barglowski (Maturang) 6:21 Ralph Vela (Houston) 3) Felix Valdez (Corcoran) Girls 10-11 (14 Mile): 7:04 1) Saundra Kearney (ClovisW) 7:36 Pam Clarkson (Tarpey) Sara Washman (Pixley) 7:48 Boys 10-11 (11 Mile): Zack Totten (Hamilton). 7:20 Tom Morgan (un) 7:21 3) Sonny Lopez (Tarpey) Girls 12-13 (12 Mile): 7:34 Brenda Wilcox (Clark) 9:21 Kathy Snyder (Ahwahnee) 9:32 3) Laura Kemp (Tenaya) Boys 12-13 (12 Mile): 9:49 Sergio Perez (Muir, Corc.) 7:36 Jose Mascarro (Muir) 7:47 Shawn Smallwood (Muir) 7:48 Girls 14-15 (2.0 Mile): Linda Goen (un-Bkfld) 11:10 Diane Barrett (Hoover) 11:16 Jennifer Heaton (ClovisW) 12:24 Boys 14-15 (2.0 Mile): Scott Thornton (HSTC) 10:07 John Hutchins (Hamilton) 10:24 Tony Hernandez (Madera) 10:26 Girls 16-17 (2.0 Mile): Marci Muller (un) 12:19 Becky Kamps (HSTC) 12:42 3) Helen Lopez (un) 13:26 Boys 16-17 (3.0 Mile):
1) John Covington (un-Lem.) Steve Hulce (Hoover HS) 15:41 Ramon Garcia (Madera) 15:46

November 21. Merced. Central California Association AAU 10,000 Meter Cross Country Meet it Bear Creek Open: Grover Prowell (un) 31:10 Gary Romesser (FPTC) 32:09 Keith Jeffers (FPTC) 32:18 Brian Foley (FTC) 32:25 Jon Wegener (FPTC) 32:54 Craig Elia (FTC) 33:13 Jim Hopkins (FPTC) 33:16 Frank Ricker (FFTC) 33:18 9) Larry Lung (FTC) 10) Louis Grieco (FTC) 33:44 33:49 40-49 Men: Len Thornton (HSTC) 35:08 50+ Men: 1) Bob Lehman (un) 41:48 Women Open: 1) Diane Barrett (un) 36:56 Women 40+: 1) Gladys Lehman (un) 60:40 Team Scores Men Open: Fresno Pacific TC 20 Fresno Track Club 35 /Alan Beymer/

November 20. Redwood City. <u>Pacific Association Junior Olympics Cross Country Championships</u> at Red Morton Park

Chaffey 158, Citrus 163, Sequoias 193.

/Monte Cartwright/

9 under Girls (1 Mile): Nanette Garcia (SantaClara)8:31 Diana Rossman(Cupertino) 8:43 Andrea Cervantes (Rosevle) 8:51 Lisa Lee (Loomis) Sylvia Greer (Roseville) 8:57 10-11 Girls (14 Mile): Michele Miller (San Jose) 9:56 Kim Salinas (San Jose) 10:31 Jada Chretien (San Jose) 10:32 Diana Braswell (Roseville)10:49 5) Alaine Nila (San Jose) 10:57 12-13 Girls ($1\frac{1}{2}$ Mile): Michelle McKeen(RanchCord)10:56 Mary Boitano(San Franc) 11:07 Cindi Vaughn (SanCarlos) 11:16 Yvonne Campbell (PleasHill)11:17 Suzette McKeen(RanchCord) 11:20 14-15 Girls (2 Mile): Kerry Brogan (Mtn View) Deenna Pearson(Bldr Crk) 15:21 Jamie Lynch (San Bruno) 15:29 Lynne Bachand (Berkeley) 15:30 Rosemarie Lagunas(StaClar)15:32 16-17 Girls (2 Mile): Heidi Moen (Hillsborough) 14:45 Sherrill Webb (Marysville)15:37 Michele Aubuchon(Livermre)15:59 Debbie Kelichner(Fairfld) 16:11 Celia Duran (Roseville) 16:22 /Redwood City Flyers/

November 20. Redwood City. Pacific Association Junior Olympics Cross Country Championships, Red Morton Park

Country Championships, Red Mo	rton
Park	
9 under Boys (1 Mile);	
1) Robert Latting (Martinez)	7:22
2) Mike Wall (Susanville)	7:31
3) Andy Murray (Fallon, Nev) 4) Greg Sheley (Chico)	7:32
4) Greg Sheley (Chico)	7:36
5) Keith DeBrine (RedwoodCty)	7:50
10-11 Boys (14 Mile).	
1) John Latting (Martinez) 2) Michael McManus (Oakland) 3) Jeff Rossman (Cupertino) 4) Jim Chaney (Pleasant Hill)	10:02
2) Michael McManus(Oakland)	10:03
<pre>3) Jeff Rossman(Cupertino)</pre>	10:09
4) Jim Chaney (Pleasant Hill)	10:16
5) Richard Henneman(Chico)	10:18
12-13 Boys (1 Mile):	
1) Don Aviles (San Carlos)	9:44
2) Joe Ogden (Walnut Creek)	10:14
1) Don Aviles (San Carlos) 2) Joe Ogden (Walnut Creek) 3) Brett Hickman(SoLakeTahoe 4) Steve Larson (Stockton)	
4) Steve Larson (Stockton)	10:22
5) Richard Black (Pacheco)	10:23
14-15 Boys (2 Mile): 1) Greg Williams (Chico)	10 00
	12:37
2) David Swan (Stockton)	12:40
3) Kevin Stokes (Susanville) 4) Jon Reyes (San Bruno)	12:50
5) Tim Voight (San Jose)	12:58
5) Tim Voight (San Jose) 16-17 Boys (3 Mile):	12159
1) Doug Avrit (Chico)	17:06
1) Doug Avrit (Chico) 2) Harry Youkers (Suisun)	17:27
3) Kurt Graves (Chico)	17:43
3) Kurt Graves (Chico) 4) Greg Bachand (Berkeley)	17:52
5) Kevin Boone (Chico)	18:10
/Redwood City	
// Houwood Orey	113010

19) Mike Jurkovich (CSUF) 31:07
20) John Flores (CSUS) 31:13
21) Richard Aguirre (CSUF) 31:16
22) Bryan Foley (CSUF) 31:18
23) Jim Howard (CSUS) 31:24
24) Darrel Cox (FPCTC) 31.28
25) Rich Hart (Aggie Po) 31:35
26) Dave Boyet (Aggi/). 31:40
27) Greg Hall (FPCTC) 31:42
28) Mark Payne (Aggie RC) 31:43
29) John Leeming (UNRTC) 31:44
30) John Clary (TRAC) 1-30 31:45
53) Len Thornton (HSTC)1-40 34:33
54) Roger Bryon (TRAC)2-40 34:40
62) Sid Toabe (HSTC)1-50 36:41
68) Harry Harder(HSTF 60 42:36
University/Open: Uni of Nevada
Reno Track Club 25, Aggie Running
Club 66, Fresno State 77, Fresno
Pacific College Track Club 93,
Sacramento State 121, Univ. of
Nevada-Las Vegas 140, T.R.A.C. 207.
Junior Division:
1) Ray Garcia(Madera) 15:48
2) Gene Martinez (Madera) 16:02
3) Tony Hernandez (Madera) 16:03
3) Tony Hernandez(Madera) 16:03 4) Gus Medina (Madera) 16:25
3) Tony Hernandez (Madera) 16:03

November 21. 2nd Annual Santa Clara Valley Autumn Ridge Run

6.07 Mile

Open Men:

Jan Sershen

Bruce Wolfe

Hal Tompkins

Tim O'Halloran

Joe Salazar

Masters:	
1) Jerome Lewis	36:46
2) Myron Newraumont 3) Don Lucero	39:24
3) Don Lucero	40:18
4) Gary Gibson	43:28
5) Kenneth Filkowski	44:00
Open Men:	
1) Mike Pinocci	31:57
2) Bill Seaver	32:34
3) Boyd Tavin 4) Pat Miller	33:17
4) Pat Miller	33:17 34:16
5) Armando Lugunas 6) Ernie Rivas	34:44
6) Ernie Rivas	34:55
7) Donal Day	35:17
8) Bob Woodliff	35:22
9) Keith Crowder	35:28
10) John Natch	35:59
Women:	
1) Mary Mapelli	42:26
2) Karolynn Coleman	48:31
3) Carolyn Kovacevic	49:19
Boys 14-17:	
1) Prent Cushenbery	36:23
a) Sheldon Larson	36:29
)) Allen riemming	36:29
Girls 14-17:	
1) Vicky Bray	39:00
2) Rosemarie Lagunas	43:16
10.76 Mile	
Masters:	
1) Illrich Kaemuf	70:48
2) Roger Bryan 3) Robert Malain	71:38
3) Robert Malain	73:50
Onen Man	

62:48

64:54

66:08

66:48

70:18

/Cupertino Yearlings/

November 13.

PACIFIC 8 At Stanford

INDIVIDUAL-1. Rone (WS), 29:18.6; 2. Williams (O), 29:54; 3. Kimeto (WS), 30:02; 4. Kimombwa (WS), 30:18; 5. Chapa (O), 30:30; 6. Salazar (O), 30:37; 7. Blume (C), 30:54; 8. Centrowitz (O), 30:57; 9. Murray (W), 31:00; 10. Clary

TEAM-1, Oregon, 31; 2. Washington St., 45; 3. Washington, 92; 4. California, 99; 5. Stanford, 127; 6. UCLA, 140; 7. Oregon St. 149.

PCAA

At Stanford

AT Stanford

INDIVIDUAL—I., Pullen (SD), 30:52;

2. McCandless (LB), 31:04; 3. Langford (LB), 31:08; 4. Blue (SD), 31:19; 5. St, John (SD), 31:23; 6. Gruber (SJ), 31:47;

7. Ramirez (FS), 31:58; 8. Canchola (UCSB), 31:59; 9. Neveu (SD), 32:01; 10, Acuff (SD), 32:04.

TEAM—I. San Diego St, 29; 2. Fresmo St, 50; 3. Long Beach St, 64; 4. San Jose St, 91; 5. UC Santa Barbara, 114.

WOMEN'S COLLEGIATE NATIONAL CHAMPIONSHIPS At Madison, Wis.

1NDIVIDUAL-1. Brown (CSN), 76:29; 2. Cook (Iowa St.), 16:39; 3. Mills 16:29; 2. Cook (lowa St.), 16:39; 3. Mills (Penn St.), 16:42; 4. Merrit (Wisconsin Parkside), 16:43; 5. Mulrooney (Wisconsin), 16:46; 6. Twomey (Minnesota), 16:46; 7. Webb (Wright St.), 16:50; 8. Schilley (lowa St.), 16:53; 9. Seip (Kiowa St.), 16:54; 10. Kinsey (CSN), 16:56.

TEAM—1. lowa St., 62; 2. Cal St. Northridge, 110; 3. Wisconsin, 177; 4. Michigan St., 181; 5. Penn St., 188; 6. 11Cl A. 26:

UCLA, 269.

INDIVIDUAL—1. Serna (UCI), 29:42; 2. Hulst (UCI), 29:42; 3. Scott (UCI), 29:42; 4. Prasuhn (SWM), 29:57; 5. Heesen (E. Stroudsburg St.), 30:03; 6. Tabb (CM), 30:07; 7. Callion (SWM), 30:10; 8. Eaches (Bloomsburg St.), 30:10; 8. Eaches (Bloomsburg St.), 30:13; 9.Shuran (EI), 30:14; 10. Orndoff (SWM), 30:19

30:13, Y,5,01741 (E1M, 50/12, V, 6/114) (SWM), 30:19, TEAM—1, UC frvine, 50; Z Southe-western Missouri, 73; 3. Eastern Illin-ois, 102; 4. Chicago St., 141; 5. South Dakota St., 227; 6. Indiana St. (Pa.), 231; 7. Wright St., 280; 8. tie between Vladosta St. and Central Missouri St., 286; 10. Southern Illinois Edwardsville,

/Vern Gambetta/

November 20. Santa Rosa. North Coast C.I.F. Cross Country Championships at Spring Lake

Boys:
1) Rod Berry (Redwood) 12:15
2) Aran Collier (Tamalpais) 12:24
3) Glen Borland (DelNorte) 12:33 4) Greg Cross (Mt.Diablo) 12:34
5) Rich Vasqu ClaytonVly) 12:35
5) Rich Vasqu ClaytonVly) 12:35 6) Dan Smith eka) 12:40
7) Steve Strangio(MissionSJ) 12:41
8) Mike Biondo (Piner) 12:43
9) Ken Romiguiere (Canyon) 12:44
10) Armando Moreno (Piner) 12:46
11) Colin Chapman (Redwood) 12:52
12) Paul Burke (DeLaSalle) 12:55
13) Gael Willir (Miramonte) 12:56
14) Dave Bulla Piner) 12:57
15) Ray Kindle (Alameda) 12:58
Piner 60, Redwood 88, Mission San Jose
95, Tamalpais 99, Pleasant Hill 139,
Eureka 142, Canyon 148, Moreau 202,
San Ramon 231.
Ginle Vargity:

Linda Robinson (PleasHill)11:53

November 23. CIF North Coast Section.

CCS CHAMPIONSHIPS At Covote Park

Team Scores — Willow Glen 107, Carlmont 113, Leigh 120, Watson-ville 122, Serra 150, Silver Creek, 155, Gilroy 168, Saratoga 192, Westmoor 267, Cuperlino 275, Piedmont Hills 296, Aragon 299, St. Francis 313, Seaside 331, Sente Cruz f 349, Framont 353, Camden 371, Soquel 418, Monta Vista 435.

Individual Leaders — Carlos Carrasco (Mt. Pleaeam) 14:11; Mark Stillinian (WG) 14:25; Bob-Love (Carl) 14:27; Paul Brewer (Let) 14:35; Paul Secrest (PH) 14:43; Ken Holladay (Gil) 14:44; Matt Hartman (Milpitas) 14:48; Terry Boynton (Cup) 14:48; Dave Avile (Cup) 14:51; Gilbert Munoz (Wats) 14:53; Shan Ross (Serra) 14:56; Joe Green (Ara) 14:56; Javier Barragan (Campbell) 15:01; Willie Diaz (SCreek) 15:03.

Fresh-Soph
Team Scores — Overfelt 71, Haif
Moon Bay 98, Carimont 105, Leigh
132, Lick 174, Silver Creek 175, Peterson 246, Homestead 250, Lynbrook 263, Lincoln 270, Sunnyvale
272, Independence 295, Arason 310,
North Selinas 342, R. L. Stevenson
345, San Mateo 374, Hillsdale 382,
San Lorenzo Valley 421, Monteray
497.

Individual Leaders - Jack Kurr (Gunn) 15:11; Dan Hernandez (Ind) 15:25; Dave Boslev (Ara) 15:31; Diego Mojica (Ov) 15:39; Chris Marshall (Milpitas) 15:41; Jesse Colvin (Lyn) 15:41; Dan Gonzalez (Mtn. View) 15:42; John Alvergre (Crestmoor) 15:43; Sid Yen (Gunn) 15:44; Randall Gornez (Ov) 15:45.

/Keith Conning/

Boys 14-15 (2.0 Mile):
1) Greg Williams (Chico)
2) Scott Thornton (HSTC)

Girls 16-17 (2.0 Mile):

Boys 16-17 (3.0 Mile) Doug Avrit (Chico HS)

John Hutchins (HSTC)

Becky Kamps (HSTC) Marci Muller (Bkfld)

Manuel Guaderrama (PSA)

Steve Strangio (WVTC)

CALIFORNIA TRACK NEWS

November 27

CIF PRELIMINARIES At Mt. San Antonio 2 Miles, 70 Yards CLASS 4-A

CLASS 4-A

RACE ONE: INDIVIDUAL—1. Christensen (Edison), 10:00.2; 2. F. Ebiner (Bishop Amat), 10:00.2; 2. F. Ebiner (Bishop Amat), 10:01; 3. Coffman (DP), 10:20; 4. Lubsen (Millikan), 10:21; 5. Walkins (Rolling Hills), 10:24. TEAM—1. Foothill, 84 (53:23); 2. Huntington Beach, 107 (53:40); 3. Fountain Valley, 108 (53:44); 4. Burbank, 114 (53:51); 5. Dos Pueblos, 135 (54:02). RACE TWO: INDIVIDUAL—1. Danieles (San Gorgonio), 10:11.8; 2. F. Assumma (E), 10:19; 3. Gibson (Hoover), 10:22; 4. C. Assumma (E), 10:23; 5. Prislac (S), 10:25. TEAM—1. Simi Valley, 95 (53:37); 2. Marina, 110 (54:08); 3. Palos Verdes, 118 (54:03); 4. Crescenta Valley, 129 (54:24); 5. tie between Eisenhower (54:00) and Santa Barbara (54:19), 130. bara (54:19), 130.

CLASS 3-A

CLASS 3-A

RACE ONE: INDIVIDUAL—1. Arriola (Gahr), 10:20.2; 2. Allison (BP),
10:21; 3. Watterhouse (MV), 10:26; 4.
LaBonte (MV), 10:26; 5. Kolar (CM),
10:27. TEAM—1. Costa Mesa, 48
(53:00); 2. Valencia, 79 (53:42); 3. Mission Viejo, 96 (53:55); 4. Buena Park,
136 (54:35); 5. HH Wilson, 137 (54:40).

RACE TWO: INDIVIDUAL—1. Cessor (H), 10:07; 2. Peralta (Sante Fe),
10:35; 3. Innes (Up), 10:37; 4. Mark
Trilevsky (Up), 10:40; 5. Glass (Uni),
10:41. TEAM—1. Hawthorne, 55 (53:56);
2. fie between Upland (54:34) and
University (54:53), 75; 4. Righetti, 138
(55:42); 5. EL-Dorado, 139 (55:57).

CLASS 2-A

CLASS 2-A

RACE ONE: INDIVIDUAL—1. B.

Kester (A), 10:18-4; 2. C. Rednick (S1), 10:23; 3. Hope (AL.), 10:29; 4. Brown (AL.), 10:31; 5. Fagnant (Santa Clara), 10:32: TEAM—1. Sherman Indian, 64 (54:06); 2. Arjesia, 124 (55:10); 3. La Canada, 128 (55:47); 4. Bassett, 130 (55:25); 5. Atla Loma, 137 (55:22).

RACE TWO: INDIVIDUAL—1. Ortiz (Kennedy, Barstow), 10:22-4; 2. Ruiz (Keppel), 10:30; 3. Rios (Lennox), 10:32; 4. Fricker (Hemet), 10:34; 5. Fonville (Victor Valley), 10:36. Team—1. Salesian, 45 (54:13); 2. Walnut, 102 (55:54); 3. South Pasadena, 141 (55:58); 4. San

South Pasadena, 141 (55:58); 4. San Marino, 146 (56:19); 5. Bloomington, 160 (56:33).

10:08 10:12

10:13

12:29

/Joe Herzog/

12:37 15:05 November 28 15:12 15:19

November 22. Denton, Texas. National Collegiate Athletic Association

Heidi Moen (Hillsborough) 12:01

nan	npionsnips	
)	Henry Rono (Wash St)	28:06
)	Samson Kimombwa (WashSt)	28:16
)	Craig Virgin (Illinois)	28:26
) .	Herb Lindsay (Mich St)	28:30
)	John Treacy(Providence)	28:34
)	Wilson Waigwa (UTEP)	28:39
)	N. O'Shaughnessy (Ark)	28:43
)	Sam Maritim (UTEP)	28:46
)	Rudy Chapa (Oregon)	28:49
0)	James Munyala (UTEP)	28:52
1)	Jim Peterson (Georgetown)	28:54

9 10 11 13

CLASS 1-A

RACE ONE: INDIVIDUAL-1. Huff

RACE ONE: INDIVIDUAL—1. Huff (Paso Robles), 10:38.0; 2. Fitzgerald (Cham), 10:44; 3. Baxter (A), 11:07; 4. Nunes (Carp), 11:12; 5. Godinez (Cath), 11:17. TEAM—1. Cathedral, 34 (56:45); 2. Carpinteria, 55 (57:12); 3. Atascadero, 74 (57:53); 4. Chaminade, 78 (57:41); 5. Desert, 119 (59:46). RACE TWO: INDIVIDUAL—1. Lundgren (St. Joseph), 10:36; 2. Peters (B), 10:42; 3. Gray (B), 10:58; 4. Smith (B), 11:01; 5. Brennen (L.S), 11:01. TEAM—1. Bishop, 25 (55:13); 2. St. Joseph, 69 (57:08); 3. La Salle, 76 (57:08); 4. Whittier Christian, 109 (58:21); 5. Twentynine Palms, 115 (58:41).

GIRLS DIVISION

GRLS DIVISION

RACE ONE: INDIVIDUAL—1. Wells
(QH). 12:15.8; 2. Hobbs (SB), 12:40; 3.
Hatter (Mammoth), 13:05; 4. Dela
Torre (Royal), 13:09. TEAM—1. Santa
Barbara, 29, (66:01); 2. Quartz Hill, 70
(67:40); 3. Arcadia, 127 (71:15); 4.
Claremont, 151 (72:20).
RACE TWO: INDIVIDUAL—1. Darr
(Mission Viejo), 12:16.4; 2. Bush (Rolling Hills), 12:30. 3. V. Schanteler
(Burr), 12:40; 4. Jones (Edison), 13:01.
TEAM—1. Bishop, 46 (66:32); 2. Burroughs (Ridgecrest), 85 (67:05); 3.
Hueneme, 127 (71:08); 4. Edison, 142
(71:55).

Holenne, 12 (1.09), Lediship (17155).

RACE THREE: INDIVIDUAL—1.
Presnell (Mammoth), 12:35.2; 2. Fisher (CM), 12:44; 3. Minitie (Rosary), 12:57; 4. Moore (Beverly Hills), 13:05. TEAM —1. Costa Mesa, 52 (67:43); 2. Dos Pueblos, 78 (69:21); 3. Crescenta Val-ley, 95 (70:02); 4. Huntington Beach, 114 (71:09).

/Rich Romine Vern Gambetta Keith Conning/

December 4

SOUTHERN SECTION FINALS

At Mt. San Antonio College 2 Miles, 70 Yards

CLASS 4-A

CLASS 4-A
INDIVIDUAL -1. **Christensen
(Edison), 10:02.4; 2. **Daniels (San
Gorgoni9), 10:08; 3. *F. Ebiner (Bishop
Amat), 10:15; 4. F. Assumma (Eisenhower), 10:19; 5. **Watkins (Rolling
Hills), 10:21; 6. Larry Prislac (Simi
Valley), 10:22; 7. **Gisson (Hoover),
10:24; 8. Eagle (Crescenta Valley),
10:25; 9. McManus (PV), 10:26, 10. Appell (FV), 10:29. TEAM—1. Simi Valley
(2-7-8-25-33), 75 (53:18); 2. Palos
Verdes (4-10-20-34-48), 116 (53:53); 3.
Burbank (9-16-24-37-40), 126 (54:06); 4.
Fountain Valley (5-26-27-36-45), 139

(54:13); 5. Marina (12-14-32-41-42), 141

CLASS 3-A

CLASS 3-A
INDIVIDUAL—1. Cessor (Haw-thorne), 9:59; 2. Allison (Buena Park), 10:09; 3. Young (CM), 10:10; 4. Kolar (CM), 10:20; 5. Gerhardt (CM), 10:24; 6. Innes (Up), 10:25; 7. La Bonte (Mission Viejo), 10:26; 8. Glass (Uni), 10:27; 9. "Peralta (Santa Fe), 10:27; 10. Gomez (V), 10:28; 11. Kendrick (Righetti), 10:29; 12. Mark Trilevsky (Up), 10:30, TEAM—1. Costa Mesa (3-4-5-12-15), 39 (52:02); 2. Upland (6-11-18-29-50), 114 (53:37); 3. University (8-20-24-33-35), 120 (53:51); 4. Hawthorne (1-12-3-37-46), 124 (53:28); 5. Valencia (9-13-21-27-61), 131 (54:04).

CLASS 2-A

INDIVIDUAL - 1. *Ortiz (Kennedy, Barstow), 10:12; 2. B. Kester (Artesia), 10:18; 3. Benevidez (Bassett), 10:19; 4. C. Rednick (SI), 10:20; 5. Frame (LC), C. Rednick (SI), 10:20; 5. Frame (LC), 10:22; 6. Congdon (South Pasadena), 10:24; 7. "Fricker (Hemet), 10:27; 8. Madrigal (S), 10:28; 9. Hope (Alta Loma), 10:33. TEAM—1. Sherman Indian (3-9-12-14-21), 59 (53:18); 2. Salesian (6-15-17-20-37), 95 (54:23); 3. La Canada (4-13-16-24-46), 103 (54:18); 4. Alta Loma (7-8-27-32-50), 124 (54:33); 5. Walnut (22-23-26-28-29), 128 (55:10).

CLASS 1-A

INDIVIDUAL-1. Peters (B), 10:26; 2. INDIVIDUAL—1. Peters (B), 10:26: 2. "Huff (Paso Robles), 10:39; 3. Lundgren (St. Joseph), 10:40; 4. Gray (B), 10:42; 5. Fitzgerald (Chaminade), 10:47. TEAM—1. Bishop (1-3-7-8-9), 54:07; 2. Cathedral (5-12-14-25-26), 82 (56:06); 3. Carpinteria (13-16-19-22-44), 111 (56:56); 4. Twentynine Palms (11-18-20-28-45), 122 (57:03); 5. La Salle (6-10-30-38-42), 126 (57:57).

GIRLS DIVISION

INDIVIDUAL-1. Wells (QH), 11:58 (course record, old mark, 12:13, Darr, Mission Vielo, 1976); 2. *Darr (Mission Vielo), 12:18; 3. * Bush (Rolling Hills), 12:33; 4. Hobbs (SB), 12:35; 5. V. Shanteler (Burroughs, Ridgecrest), 12:41; 6. *Ream (Sierra), 12:45; 7. L. Sessums (B), 12:48; 8. Jones (Edison), 12:50; 9. McIntyre (B), 12:52; 10. *Presnell (Mammoth), 12:59; 11. Berube (B), 13:02; 12. *Pam Reese (QH), 13:03; 13. Fisher (CM), 13:04; 14. Miller (SB), 13:08; 15. Ferre (Edison), 13:09. TEAM —1. Bishop (4-6-7-14-21), 52 (65:20); 2. Santa Barbara (2-10-15-23-36), 86 (66:08); 3. Quartz Hill (1-8-13-24-65), 111 (67:57); 4. Dos Pueblos (18-19-20-13-49); 137 (65:54); 5. Costa Mesa (9-26-33-41-44), 133 (68:05). Mission Viejo, 1976); 2. *Darr (Mission 26-33-41-44), 153 (68:05).
*—Individual not counted in team

/Keith Conning Vern Gambetta Rich Romine/

PPLE VALLEY 6.3 mi	le HANDICAP		TITOII HOMETIE
Mike Mueller	RRR 3	33:40	November 27. Fresno. Stat
Dave White	OT 3	33:51	5 Man 15 Mile Relay at Ro. g Park
Mike Harrie	water to the	33:57	Open Division:
Joe Dowling		34:11	1) Fresno Pacific TC (A) 75:06
Mary Alvarez		34:17	Gary Romesser 14:
Rich Govi		34:28	Darrel Cox 15:1>
Robin Platero	NAU	35:04	Greg Hall 15:29
Kevin O'Hara	And Vision	35t35	Keith Jeffers 15:08
Enrique Serratos		36:17	Jim Hartig 14:32
Wilt Robinson	The second second	36:17	2) Athletes in Action 75:06
Larry Taff	RRR	36:30	3) High Sierra Track Club 77:30
Brice Hammerstein	Personal August 1	36:31	4) Merced Track Club 80:22
Tom Gleason	Charles Charles	37:17	5) Fresno Pacific TC (C) 80:47
Ramon Estrada		37:22	Pick-up Division:
Jim Troutman		37:50	1) Fresno Unattached 74:12 Brian Foley 14:51

Boys:	2) Becky Kamps (HSTC) 12:29
1) Rod Berry (Redwood) . 12:15	2) Becky Kamps (HSTC) 12:29 3) Marci Muller (Bkfld) 12:37 Boys 16-17 (3.0 Mile): 1) Doug Avrit (Chico HS) 15:05
2) Aran Collier (Tamalpais) 12:24	Boys 16-17 (3.0 Mile):
2) Aran Collier (Tamalpais) 12:24 3) Glen Borland (DelNorte) 12:33	1) Doug Avrit (Chico HS) 15:05
4) Greg Cross (Mt.Diablo) 12:34	2) Manuel Guaderrama (PSA) 15:12
3) Glen Borland (DelNorte) 12:33 4) Greg Cross (Mt.Diablo) 12:34 5) Rich Vasqu ClaytonVly) 12:35 6) Dan Smith eka) 12:40	3) Steve Strangio (WVTC) 15:19
6) Dan Smith eka) 12:40	/Joe Herzog/
7) Steve Strangio(MissionSJ) 12:41	
8) Mike Biondo (Piner) 12:43	
9) Ken Romiguiere (Canyon) 12:44	November 22. Denton, Texas. National
10) Armando Moreno (Piner) 12:46	Collegiate Athletic Association
11) Colin Chapman (Redwood) 12:52	Championships
12) Paul Burke (DeLaSalle) 12:55	1) Henry Rono (Wash St) 28:06 2) Samson Kimombwa (WashSt) 28:16
13) Gael Willia (Miramonte) 12:56 14) Dave Bulla Piner) 12:57	2) Samson Kimombwa (WashSt) 28:16
14) Dave Bulla Piner) 12:57	3) Craig Virgin (Illinois) 28:26 4) Herb Lindsay (Mich St) 28:30
15) Ray Kindle (Hlameda) 12:58	3) Craig Virgin (Illinois) 28:26 4) Herb Lindsay (Mich St) 28:30
Piner 60, Redwood 68, Mission San Jose 95, Tamalpais 99, Pleasant Hill 139,	5) John Treacy(Providence) 28:34
95, Tamalpais 99, Pleasant Hill 139,	. 6) Wilson Waigwa (UTEP) 28:39
Eureka 142, Canyon 148, Moreau 202, San Ramon 231.	7) N. O'Shaughnessy (Ark) 28:43 8) Sam Maritim (UTEP) 28:46
San Ramon 231.	
Girls Varsity:	9) Rudy Chapa (Oregon) 28:49
1) Linda Robinson (PleasHill)11:53	10) James Munyala (UTEP) 28:52
2) Michelle Stevenson(Castro)11:54	11) Jim Peterson (Georgetown) 28:54
3) Sarah Sweeny (MarinCath) 12:01	12) Josh Kimeto (Wash St) 28:55
4) Diane Kenny (Novato) 12:05	13) Thom Hunt (Arizona) 28:57
3) Sarah Sweeny (MarinCath) 12:01 4) Diane Kenny (Novato) 12:05 5) Laura Craig (Berkeley) 12:14 6) Heidi Messerschidtt(Mont) 12:19	14) Bruce Bickford (NoEastern)28:58
6) Heidi Messerschidtt(Mont) 12:19	15) Kip Sirma (UTEP) 29:00
7) Pam Bowers (American) 12:20	16) Terry Williams (Oregon) 29:01
8) Arlene Daley (Granada) 12:22	17) Art Redhair (BYU) 29:03
9) Kathy Way (Alameda) 12:23	18) Terry Cotton (Arizona) 29:04
10) Bonnie Broderick (Tamalp) 12:24	19) Greg Meyer (Michigan) 29:06
Granada 80, Pleasant Hill 96, Mira-	20) George Malley (Penn St) 29:07
97) Radily way (nameda) 12:24 10) Bonnie Broderick (Tamalp) 12:24 Granada 80, Pleasant Hill 96, Miramonte 99, Montgomery 131, Redwood 138, Tamalpais 140, Northgate 153, Novato 191, Bishop 0 Dowd 204, Alameda 208, Piedmont 301, Engined 206,	21) John Flora (NoEastern) 29:09
Tamai pais 140, Northgate 153, Novato	22) Robert Hodge (Lowell) 29:10 23) Tony Staynings (W.Ky) 29:11
Piedmont 201 Frainch 204, Alameda 208,	23) Tony Staynings (W.Ky) 29:11
Lake	24) Henry Marsh (BYU) 29:12
317. /Keith Conning/	29) Dave Taylor (Oregon) 29:18 34) Eric Hulst (Irvine) 29:23
	34) Eric Hulst (Irvine) 29:23
Nevember 27 Progra Dagion 12 Iunion	44) George Pullen (SanDiegoSt)29:33 47) Kirk Pfeffer (Colorado) 29:36 52) Juan Garcia (UTEP) 29:42 54) Benton Hart (BYU) 29:44
November 27. Fresno. Region 13 Junior Olympic Cross Country Championships	47) Kirk Pfeffer (Colorado) 29:36
at Woodward Park	52) Juan Garcia (UTEP) 29:42
at woodward rain	54) Benton Hart (BIU) 29:44
Girls 9 & under (1 Mile):	57) Gil Esparza (Boise) 29:45 66) Rich Langford (Fresnost) 29:48 74) Ralph Serna (Lyvine) 20:61
1) Diana Rossman (LosAltos) 5:50	66) Rich Langford (FresnoSt) 29:48
2) Nanette Garcia (SantaCl) 6:03	(4) halph bellia (livine) 29:51
3) Andrea Veatch (Maturango) 6:07	78) Brian Blue (SanDiegoSt) 29:52 81) B. St. John (SanDiegoSt) 29:54 107) James Van Dine (Boise St) 30:06
Boys 9 & under (1 Mile): 1) Mike Wall (Susanville) 5:44	107) James Van Dine (Boise St) 30:06
1) Mike Wall (Susanville) 5:44	108) Paul Neveau (SanDiegoSt) 30:06
2) Keith DeBrine (Redwood) 5:45	110)Gary Blume (California) 30:07
3) Mike Isenor (Foundatively) 5:56 Girls 10-11 (14 Mile): 1) Tricks Period (Schustyl) 7:16	113) Martin Dean (California) 30:08
1) Trisha Ramirez (SoBayStr) 7:15	143)Gary Close (Arizona) 30:21
1/ Ilisha hamilez (Sobaysti) /:1)	146)R. McCandless(LongRehSt) 30.33
	148)Mark Spilsbury (Colo) 30:24
	155) Jerome Emory (Stanford) 30:28
Boys 10-11 ($\frac{14}{4}$ Mile): 1) Jeff Rossman (LosAltos) 6:57	148)Mark Spilsbury (Colo) 30:24 155)Jerome Emory (Stanford) 30:28 158)Frank Boutin (Stanford) 30:30
2) Bobby Cambron (Redwood) 6:58	102/Emil Magalanes (BoiseSt) 30:31
3) Chuck Haggard (SantaRosa) 7:01	187) Steve Scott(Irvine) 30:46
Girls 12-13 (1½ Mile):	199) Tony Ramirez (FresnoSt) 30:53
1). Yvonne Campbell (PleasHill)8:39	221)Lawson (SanDiegoSt)
2) Teresa Ann Crown (Ojai) 8:44	(322 starters)
3) Brenda Wilcox (Clark) 8:50	Team Places:
), Bronda Wilson (Oldin) 0:50	1) Texas El Paso 62, 2) Oregon 117, 3) Washington State 179, 4) Brigham
boys 12-13 ogden	3) Washington State 179, 4) Brigham
	Young 182, 5) Illinois 227, 6) Tennessee 280, 7) Arizona 324, 8) San
Boys 12-13 (1 Mile):	Diago State Ol Providence State
1) Joe Ogden (Walnut Crk) 7:47	Diego State, 9) Providence 371, 10)
2) Don Aviles (Redwood City) 7:51	Arkansas 373.
3) Richard Black (Pacheco) 7:52	
Girls 14-15 (2.Mile):	
1) Linda Goen (N. Bkfld HS) 11:40	

Linda Goen (N.Bkfld HS) 11:40 Diane Barrett (HooverHS) 11:53

Jennifer Heaton (Clovis W)12:10

Verdes (4-10-20-34-48), 116 (53:53); 3. Burbank (9-16-24-37-40), 126 (54:06); 4. Fountain Valley (5-26-27-36-45), 139

/Keith Conning Vern Gambetta Rich Romine/

November 28

AF	PLE VALLEY 6.3 mile	HANDICAP			
	Mike Mueller	RRR	33:40		November 27. Fresno. Stat
2		OT	33:51		5 Man 15 Mile Relay at Ro.
	Mike Harrie		33:57		Open Division:
4			34:11		
	Mary Alvarez		34:17		
- 3	Rich Govi		34:28		Gary Romesser 14: Darrel Cox 15:1:
	THE RESERVE OF THE PARTY OF THE	NAU	35:04		
-	Robin Platero	MAG	35:35		Greg Hall 15:2
8	Kevin O'Hara		36:17		Keith Jeffers 15:0
9		To the same	36:17		Jim Hartig 14:32
10		RRR	36:30		2) Athletes in Action3) High Sierra Track Club
11	Larry Taff	nnn			4) Merced Track Club
12	Brice Hammerstein		36:31		5) Fresno Pacific TC (C)
13	Tom Gleason		37:17		Pick-up Division:
14	Ramon Estrada	nnn -	37:22		1) Fresno Unattached
15	Jim Troutman	RRR	37:50	77	
16		SFVTC	37:55		Brian Foley 14:53 Mike Jurkovich 14:50
17			38:22		Jose Reneteria 15:18
18	Doug Cromack	USAF	.38:27		Dave Cords 14:46
19	Bill Crum	STC	39:09	1 40	Tony Ramirez 14:27
20		STC	39:57	2 40	2) Fresno Pacific TC (B)
24	Fred Linch		42:03		3) Bad Bears
28		STC		1 50	3) Bad Bears 4) Wombats
29	THE RESERVE OF THE PARTY OF THE	CDM	42:58		5) Sprinters
, 36		AZTL	44:37	1 WV	Junior High Division:
59	Julie Rodewald	VCTC	60:03	1 G	1) John Muir (Corcoran)
		122 200			Shawn Smallwood 17:21
	/ Jim Gorr	ell, Conn	ie Roder	wald	Pete Escobedi 17:0
					Jose Mascarro 18:01
	ovember 28				Eddy Umitio 17:01 Sergio Perez 16:20
APP	LE VALLEY 3.1 mile 3	TUNIOR RU!			2) Kings Canyon
					3) John Muir (Corcoran)
1	Peta Morse	AV	16:33	1 115	4) Hamilton "A"
	Alex Hedges		17:00	2 HS	5) Hamilton "B"
3	Gary Strasmann	AATC	17:36	3 H.3	High School Division:
4	Chai · Colton —	Lift	1.1:01	4 HS	1) Fresno High School
	Churmlie Smith	LB	18:20	5 HS	Darrell Serrano 17:55
6	Howard Gomez	orc	13:28		Dean Goerzen 16:22
7	Russ Hammoni	MYVA	18:34	1 JII	Roy Long 18:52
8	Jeff Akins	AY	18:40		Johnny Rodriguez 16:21
9	Ralph Fournier	NHH	18:42		Brian Hall
10	Randy Wilson	N	18:45		Female Division:
11	Steve Todd	AATC	18:51		1) Bakersfield High School
12	Alvin Gomez	RIH	13:53	2 JH	Bird Anderson 19:07
13	Boyd Roberts	AV	18:57		Lolita Abarca 22,42
14	Rick Atherton	LB	18:54		Laura McCarthy 20:06
	Darren Munson	AVYM	19:11	3 JH	Jill Walker 19:04
16	Dan Dik	LH	19:11		Wendy Walker 17:39
17	Martin Rodriguez	BSS	19:12	4 Jil	
18	John Kerrigan	NH TC	19:42		The second secon
19	David Brown	Mi	19:45		
20	1	Dese	40.50	E 117	

YY / Jim Gorrell, Tom Gleason /

BSS

AZTL

AZTL

19:51

21:04

21:36

21:26

5. JII

1 HSQ

2 HS 7

13

22:03 1 .1116

December 10

20 Arturo Gonzalez 34 Bobbie Morales

41 Lupe Hermandez

40 Michael Martin

49 Karen Jerlum

ALL-COMERS MEET At Glendale College

OPEN: 100-Baldwin (Pasadena), 9.7. MILE-Berry (California), 4:16.0, HJ-Garnett (Pasadena), 6-8. PV-1. Lock (UCSB), 16-0. 2 Johnson (SJS),

2 m	an 15 mile kelay a	T HO.	g Park
One	n Division:	ALLO TALL	
1)	Fresno Pacific TC	111	77 06
1,			75:06
	Gary Romesser	14:	1
	Darrel Cox	15:17	
	Greg Hall	15:29	
	Keith Jeffers	15:08	
	Jim Hartig	14:32	
2)			
	Athletes in Actio		75:06
3)	High Sierra Track	Club	77:30
4)	Merced Track Club		80:22
5)	Fresno Pacific TC	(C)	80:47
Pic	k-up Division:	A LONG	
1)	Fresno Unattached		74:12
	Brian Foley	14.51	14.12
		14:51	
	Mike Jurkovich	14:50	
	Jose Reneteria	15:18	
	Dave Cords	14:46	
	Tony Ramirez	14:27	
2)	Fresno Pacific TC	(B)	79:52
3)	Bad Bears	A CALL	83:07
4)	Wombats		92:28
5)	Sprinters		100:06
Jun	ior High Division:		100.00
1)	John Muir (Corcors	lan	85:48
-,	Shawn Smallwood	17.21	05140
		17:21	
	Pete Escobedi	17:05	
	Jose Mascarro	18:01.	
	Eddy Umitio	17:01	
2)	Sergio Perez	16:20	
3)	Kings Canyon		89:53
21	John Muir (Corcor:	an)	92:55
4)	Hamilton "A"		96:13
5)	Hamilton "B"		102:03
High	h School Division:		102.00
1)	Fresno High School		85.10
A ST	Darrell Serrano		85:48
	Dean Goerzen	17:55	
	Pou Long	16:22	
	Roy Long	18:52	W. C.
	Johnny Rodriguez	16:21	
D.	Brian Hall		
rema	ale Division:		
1)	Bakersfield High S	chool	98:38
	Bird Anderson	19:07	,0.,0
		22:42	
		20:06	
	Wandy Walker	19:04	
	Wendy Walker	17:39	
	The second secon		

/Vern Gambetta/

44 (0) Brian Bonner

2:00:58

Linda Deleon

JANUARY/FEBRUARY - 1977

Nove	ember 28. Sacra	_	December 4. Glendale. USTFF Winter	December 12. Belmont. 1976 FA-AAU	December 18. Wasco. Wasco Mi Road Run
	to. Pepsi 20 Mi		Decathlon at Glendale College	Men's Jr. 10-kilo Cross Country Champ- lonships, Crystal Springs Course	
		TC.	1) Mauricio Bardales(UCIrvine)7193	1) Hal Schulz (WVTC) 32:05	Girls(1968) di Mile: 1) Rosemary Urrutin(Corcora:
Finish Di Place Pi		Time	2) Rex Harvey (USAF) 7176 3) Dennis Morley (FresnoState) 6621	2) Tim Holmes (NYTC) 32:19	2) Karen Wallace (Col. Nichol
				3) Thil Hornig (ATC) 32:21 4) Jerry Emory (CALWST) 32:53	3) Rennee Barglowski (Matur)
2	1 (0) Pete Flores 2 (0) Benton Hart	1:45:58		5) Michael Van Horn (BC) 33:05	Boys(1968) ½ Mile:
3 -	3 (0) Jan Sershen	1:47:14	6) Frank Rock (un) 6413	5) Michael Van Horn (BC) 33:05 6) Boyd Tarin (WVTC) 33:31	1) Sam Greenmun(Maturango)
4	4 (0) Adam Ferreira	1:48:42	7) Chet McGaugh (un) 6391 8) Brian Saunders (DeAnza)1JC 6377	7) Grec Mandanis (WDS) 33:53	 Clint Peterson(Palm Ave) Edward Hidalgo(Haven Dr)
5	5 (0) Robert Kuhn	1:49:01			Girls(1967) & Mile:
7	6 (0) Tad Woliczko 1 (Su) Gary Goettelmann	1:49:09	71,	9) Harry Youkers (WVTC) 34:11 10) Kurt Dicus (WVTC) 34:20	1) Sonja Mitchell (Palm Ave)
8	1 (JS) Tom O'Neil	*1:49:29	13) Arlen West (ElCamino)2JC 6222	11) Javier Barragan (un) 34:22	2) Leslie Wilson (Maturango
9	2 (Su) Daryl Zapata	1:50:16	15) Tom Turner(Fullerton)3JC 6077	12) lete Gaul (un) 34:23	3) Diana Salas (Corcoran)
10	7 (0) Tom Castro	1:50:38	17) Tom Giles(DeAnza) 4JC 6003	13) Tim Minor (un) 34:27	Boys(1967) ½ Mile:
11 12	8 (O) Jim Bowles 2 (JS) Rich Vasquez	1:51:01	20) Dennis Stempel (BAS)1MA30 5991	14) Tom O'Neil (un) 34:38	 Jan Barglowski (Maturango George Flores (Haven Dr)
13	1 (Se) Kent Guthrie (40's)	*1:51:07	21) George Rose(DiabloVly)5JC 5947 22) Gary Bruner(IndioHS) 1HS 5907	15) Gary Goodstein (WDS) 34:46	3) Derek Toler(Col. Nichols)
14	9 (0) Mark Proteau	1:51:43	24) Chris Doble(TroyHS) 2HS 5817	16) Ken Romiguiere (un) 35:10 17) Bob Coulson (un) 35:12	Girls(1966) 3/4 Mile:
	10 (0) Bradley Brown	1:51:56	26) David Tolson (Verdugo) 3HS 5731	17) Bob Coulson (un) 35:12 18) Danny Martinez (WDS) 35:20	1) Sandy Leal(Rio Bravo)
	3 (Su) Roland Watson 11 (O) Bob Paulin	1:52:04		19) Craig Corey (WVTC) 35:22	2) Patty McChesney (Maturan)
	12 (0) Clark Rosen	1:52:19)/) Ramoan Grubbs(Blair h))no 540/	20) Joe Green (WVTC) 35:30	3) Andrea Veatch (Maturango)
	3 (JS) Bruce McInturf	1:52:50	52) Harry Hawke(SDTC) 1MA40 4745 53) Raymond Fitzhugh(USNC)2M40 4695	21) Luis Hidalgo (un) 35:35	Boys(1966) 3/4 Mile: 1) Mario Valdez(Corcoran)
20	4 (JS) Harry Youkers	1:52:53	57) Peter Sinclaire(un)2MA30 4565	22) Federico Arroyo (un) 35:43 23) Dave Cortez (WDS) 35:48	2) Lawrence Barco(Corcoran)
21	5 (JS) Lynn Mentzer 13 (0) Fred Emerling	1:53:03	59) Ed Barre (USAF) 3MA30 4524	23) Dave Cortez (WDS) 35:48 24) Ken Hurst (WVTC) 35:49	3) Alfonso Valdez(Corcoran)
	2 (Se) Darryl Beardall (40's)	1:53:11	68) Hal Smith(TMS) 3MA40 3872	25) Bill Amable (CAMWST) 35:52	Girls(1965) 3/4 Mile:
24	14 (0) Patrick Buzbee	1:53:16		25) Bill Amable (CAMWST) 35.52 West Valley TC 2:44:27, Camino West TC 2:55:29, Woodside Striders 2:57:00	1) Amanda Fisher(Pond)
	6 (JS) Pete Gaul	1:53:32		To 2:55:29, Woodside Striders 2:57:00	2) Teresa Jones (Rosedale)
	15 (0) Bob Coulson	1:53:53		/Jack Leydig/	3) Melissa Smith(Rio Bravo) Boys(1965) 3/4 Mile:
	4 (Su) Frank Krebs 16 (O) Dennis Dillie	1:54:08		December 4, Saratoga. 1976 Varsity	1) Jessie Valdez(Corcoran)
	17 (0) James Howard	1:54:31	89) Stan Herrmann(CW) 1MA70 1160	Postal RankingsSan Jose, 3 Mile:	2) Jerry Keeley(Shafter)
30	18 (0) Mike Wright	1:54:32	/John Tansley/	1) Tim Holmes 13:59	3) Danny Hogg (Rio Bravo)
	19 (0) Robert Herrick	1:55:01	Autoriation - The Market State of the State	2) Rod Berry 14:00 3) Robert Love 14:21	Girls(1964) 3/4 Mile:
	20 (0) Tim Farrell 21 (0) Earl Lagomarsino	1:55:08		4) John Sup 14:30	1) Monique Guldry (Rio Bravo
34	5 (Su) Jake White	1:55:20	December 4. Fresno, Fresno Road Race,	5) Paul Brewer 14:39 6) Ray Castro 14:48	 Denise Duncan(Rosedale) Teresa Hentges(Greenfield)
35	6 (Su) Tim Jordan	1:55:20			Boys(1964) 1 Mile:
36	3 (Se) Robert Bourbeau (40's)	1:55:23	Open Division:	7) Mike Biando 14:48	1) Marc Condos(Maturango)
	22 (O) Jim Sane 23 (O) Ted Pawlak	1:55:39	1) Tony Ramirez (CSUF) 29:26	8) Gilbert Munoz 14:48 9) Dave Bullano 14:52	2) Richard Moscarro(Corc)
	24 (0) David Mineau	1:55:45	2) Jim Hartig (FresnoPacifTC)29:57	9) Dave Bullano 14:52 10) Armando Moreno 14:53	3) Eli Martinez(Shafter)
40	7 (JS) Tim Lee	1:55:48	4) Darrel Cox (EnPacificTC) 30.23	11) Martin Martin 14:55	Girls(1963) 3/4 Mile:
41	7 (Su) Mike Conroy	1:55:54	5) Greg Hall (FnPacificTC) -30:38	12) Colin Chapman 14:56	1) Lucy Vasquez(Haven Dr.) 2) Erika Teichert(RioBravo)
42	8 (Su) Kerry Kilgore	1:56:04	6) Jose Renteria (FCC) 31:16	13) Armando Siquerios 14:56	3) Terri Branquiho (Beardsly
43	9 (Su) Abe Underwood 25 (O) Arthur Baudendistel	1:56:21	7) Alfred Lara (FCC) 31:38	14) Terry Boynton 15:02	Boys(1963) 1 Mile:
	26 (0) Tom Lunne	1:56:35		15) Dave Cortez 15:03	1) Shawn Smallwood(Corcoran
	27 (0) Kurt Dicus	1:56:51	9) Ray Rubio (FCC) 32:07 10) Marty Higginbotham (HSTC) 32:24	16) Phil Brock 15:20 17) Jack Kurr 15:35	2) Sergio Perez(Corcoran)
	28 (0) Andrew McBride, Jr.	1:56:54	11) Art Meyer (HSTC) 32:30	17) Jack Kurr 15:35 Piner 74:52.5, Redwood 75:33.9, Carl-	3) Daniel Rodriguez(HavenDr
	29 (0) Steve Barr 30 (0) Frank Hagerty	1:57:07 1:57:08	12) Jim Hopkins (FnPacTC) 32:33	mont 75:37.7, Watsonville 75:46.0,	Girls (14-17) 1 Mile: 1) Wendy Walker(BHS)
The second second second	1 (Se) Jim O'Nell (50's)	*1:57:25	12) Jim Hopkins (FnPacTC) 32:33 13) Jon Wegener (FnPacTC) 33:19 14) Baldemar Betancourt(FCC) 34:18 15) Shawn Hasson (un) 34:35	Leigh 77:12.1	2) Helen Lopez (Delano)
	10 (Su) Bob Myers	1:57:25	13) Jon Wegener (FnPacTC) 33:19 14) Baldemar Betancourt(FCC) 34:18 15) Shawn Hasson (un) 34:35	/Keith Conning and Bill Mensing/	3) Jill Walker(BHS)
52	8 (JS) Frank Goss	1:57:29	High School Division:		Boys (14&15) 2 Miles:
	11 (Su) Terry C. Hughes	1:57:39	1) Sal Lozano 32:22	December 18. LaCrescenta. National	1) John Condos (Maturango)
55	31 (0) Kevin Kirby 12 (Su) Lee Ferrero	1:57:51	2) Ray Garcia 32:23	3,000 Meters Team Championship	2) Bennie Molina(Corcoran)
	32 (0) Kevin Searls	1:57:58	3) Terry Taylor 32:47		3) Ricky Rice(Rio Bravo) Open - 6 Mile:
57	33 (0) Robert Calvert	1:58:26	Alanzo values 12:51	Senior (Open) Division: 1) Athletes in Action 45:11	1) Larry Lung (Corcoran)
58	13 (Su) Frank Lemus	1:58:33	3) Robert Taylor 33:00	1) Athletes in Action 45:11 2) Santa Monica TC 45:16	2) Barry Foose(Bkfld)
	34 (0) Ed Nicholson	1:58:36	7) 1055 (1)11	3) San Fernando Valley TC 47:11	3) Richard Rodriguez (Lamont
60	9 (JS) Brent Cushenbery 14 (Su) Michael Coke	1:58:46	0)	4) San Diego TC 47:40	Boys (16-18) 3 Miles:
	10 (JS) Stan Winkley	1:58:58	9) Brian Hall 33:31	5) ATZLAN 48:04	Brian Thompson (P-tBkfl Freddie Castill are
03	MICK HOCKWELL	1:59:04	10) Tony Djabayan 33:56	6) Rialto Road Runners 49:02 7) Santa Monica TC "B" 49:09	2) Freddie Castill are 3
. 64	3 Paul Mallory	1:59:05		7) Santa Monica TC "B" 49:09 8) Seniors TC 51:25	/Brad Toma
65 66	1) Jim Cook 4 (Se) Roger Bryan (40's)	1:59:08		9) Corona Del Mar TC 54:07	
	4 (Se) Roger Bryan (40's) 37 Nees Tuinzing	1:59:23		10) Glendale TC 59:06	
68	1 Richard Stiller	1:59:28	Seniors 1 (40-49):	Senior Individuals:	December 18, Madera. 7th Annu
69	3b Chris Turney	1:59:30	1) Len Thornton (HGTC) 32.50	1) Dave Babiracki(SFVTC) 8:49	Madera Marathon
	12 (JS) Richard Raftery 1 (So) Chris Little	1:59:34	2) Frank Delgado (HSTC) 35:02	2) Mark DuLaney (AIA) 8:52	Open Division:
	39 (0) David Fuller	1:59:57	3) Gene Lynch (HSTC) 35:45	3) Jerald Jones (SMTC) 8:54 4) Tom Bryant (SMTC) 8:59	1) Jack Case (Porter (e)
73	13 (JS) Michael Chastaine	2:00:02	Seniors II (50+):	4) Tom Bryant (SMTC) 8:59 5) Don Timm (AIA) 9:00	2) Michael Coke (Berkeley)
	40 (0) Mike Buzbee	2:00:04	1) Sid Toabe (HSTC) 35:19	6) Corey Simons (Azt) 9:01	3) Jose Renteria (Madera)
75 76	41 (0) Bill Amable 5 (Se) Raymond Menzie (40's)	2:00:12 2:00:48		7) Chuck Smead (AIA) 9:03	4) Ray Rubio (Madera)
77	42 (0) Santos Reynaga	2:00:49	Junior High School Girls:	8) Gary Nitti (SMTC) 9:04	5) Jim Bowles (WVTC)6) Jon Wegener (FresnoPacif)
78	43 (0) Michael Souza	2:00:49 2:00:52 2:00:57	1) Toni Reynaga (Muir, Corc.) 40:18	9) Duane Waltmire (AIA) 9:06 10) Jerry Mounts (SMTC) 9:09	7) Lou Daugherty
19	16 (Su) Chuck Stagliano	2:00:5/	2) Erika Teska 43:14	11) Jerry Mouries (SMIO) 9:09	8) Tom Bowen(Fresno)

45:31

10) Jerry Mounts (SMTC) 11) Lou Patterson (AIA)

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December 18. Wasco. Wasco Midwinter
                Mile:
                Irrutin(Corcoran)3:02
                ace(Col.Nichols)3:06
                glowski (Matur) 3:13
                ile:
                nun(Maturango) 2:44
erson(Palm Ave) 2:54
halgo(Haven Dr) 2:59
                Mile:
                chell(Palm Ave) 2:47
son (Maturango) 2:50
                s (Corcoran) 2:52
                lile:
                owski (Maturango) 2:45
ores(Haven Dr) 2:47
                er(Col. Nichols) 2:49
                4 Mile:
                (Rio Bravo)
                esney(Maturan) 4:22
                tch (Maturango) 4:23
                 Mile:
                                   4:07
                lez(Corcoran)
                Barco(Corcoran) 4:11
                aldez(Corcoran) 4:13
                4 Mile:
                her(Pond)
                                   4:22
                ies(Rosedale)
                                   4:26
                ith(Rio Bravo) 4:28
                 Mile:
                dez(Corcoran)
                                   3:54
                ey(Shafter)
                                   4:02
                 (Rio Bravo)
                                   4:06
                4 Mile:
                ldry(Rio Bravo) 4:04
                can(Rosedale) 4:15
                tges(Greenfield)4:18
                ile:
                s(Maturango)
                                   5:08
5:10
                scarro(Corc)
                ez(Shafter)
                4 Mile:
                ez(Haven Dr.)
                                  4:14
                chert(RioBravo) 4:17
                quiho(Beardsly) 4:20
                 île:
                lwood(Corcoran) 4:42
                ez(Corcoran) 4:42
                driguez(HavenDr) 4:49
1 Mile:
                er(BHS)
                                   5:15
                z (Delano)
                r(BHS)
                                   5:36
                 Miles:
                s (Maturango)
                                  9:56
                ina(Corcoran)
                 (Rio Bravo)
                                 10:43
                  (Corcoran)
                                   32:19
32:38
                 e(Bkfld)
                driguez(Lamont) 32:51
                Miles:
pson (F-tBkfl) 14:45
                astill are W)15:10
(Tula W) 15:29
/Brad Tomasini/
                dera. 7th Annual
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2:38:23 2:39:14

2:42:05 2:44:35

2:49:55

(FresnoPacif) 2:46:56

Tom Bowen(Fresno)

57	33 (0)	Robert Calvert	1:58:26		Alanzo values		36:5)1	43	Advanta to Analysis	45 22
58		Frank Lemus	1:58:33	5			33:0	00	2)	Athletes in Action	45:11
59	34 (0)	Ed Nicholson	1:58:36	0	Eugene Martine	Z	33:2		35	Santa Monica TC San Fernando Valley TC	45:16
60		Brent Cushenbery	1:58:46	7			33:2		74576	San Diego TC	47:11
61		Michael Coke	1:58:55	8	and many year	ez	33:2		-	ATZLAN	47:40
62	10 (JS)	Stan Winkley Rick Rockwell	1:58:58	9			33:3	1	35	Rialto Road Runners	48:04
63	35		1:59:04	10) Tony Djabayan		33:5	6	75	Santa Monica TC "B"	49:02
- 64		Paul Mallory	1:59:05		% Over:				85		49:09
65	la s	Jim Cook	1:59:08	1	Wayne Van Dell	en (HST	c) 31:1	7		Seniors TC	51:25
66 -	4 (Se)	Roger Bryan (40's) Kees Tuinzing	1:59:17	2)	Thomas Bowen		35:0	8	9)	Corona Del Mar TC	54:07
67	3/	Kees luinzing	1:59:23	31	Lloyd Dennis		36:0		10) Glendale TC	59:06
68	1	Richard Stiller	1:59:28	Se	niors 1 (40-49):				Se	enior Individuals:	
69		Chris Turney	1:59:30	1)			32:5	9	1)		8:49
70		Richard Raftery	1:59:34	2)			35:0		2)		8:52
71		Chris Little	1:59:49	3)	Gene Lynch (HS	TC)	35:4		3)) Jerald Jones (SMTC)	8:54
72		David Fuller	1:59:57	Se	niors 11 (50+):	In the party has	PHIS MAN TO		4)) Tom Bryant (SMTC)	8:59
73		Michael Chastaine	2:00:02	1)		c)	35:1	0	5)	Don Timm (ATA)	9:00
74 75		Mike Buzbee	2:00:04	2)					5)	Corey Simons (Azt)	9:01
76		Bill Amable	2:00:12		Howard Buchenb				7)	Chuck Smead (AIA)	9:03
77	12 (0)	Raymond Menzie (40's) Santos Reynaga			nior High School			0	8)	Gary Nitti (SMTC)	9:04
78		Michael Souza	2:00:49 2:00:52	1)				Q	9)	Duane Waltmire (AIA)	9:06
79		Chuck Stagliano	2:00:57	2)		muli, con			10) Jerry Mounts (SMTC)	
80		Brian Bonner					43:1) Lou Patterson (AIA)	9:10
81	17 (511)		2:00:58 2:01:03	3)			45:3	1		2) Willie Rios (SM)	9:10
82	14 (15)		2:01:03		en Women:						
83		Larry Morton	2:01:04	1)				1	11	3) Tim Cornish (SM) 4) Dennis Caldwell (AIA) 5) Gerardo Canchola (SF)	9:16
84	16 (30)	Donald Suancon	2:01:04	2)		gne	46:1		16	Corondo Canobola (SE)	0.17
85	45 (0)	Donald Swanson	2.01.33	3)		(FPTC)	47:3	0	16	Mike Cour (SD)	9:17
86	16 (15)	Craig Hochhaus T. J. Lokke	2:01:51	4)	JoEllen Howard		47:3	3			9:23
87		Dan Smolich	2:01:59	5)	Marjorie Timbe	rlake	48:3	6	17		9:25
88		Norman Boyd	2:02:02	Ju	nior High School	Boys:				B) Rick Salazar (SD)	9:25
89		Chris Hamer		1)			on) 32:5	8		Walt Waltmire (AIA)	9:26
90		William Peck	2:02:08	2)					20)) Frank Assuma (RRR)	9:27
91	19 (30)	Fred Forsberg	2:02:11 2:02:13	3)					Ma	sters Division:	
92		Guy Ealey	2:02:15		Richie Hernande				1)		50:53
93		Tom Mann	2:02:16		Shawn Smallwood				2)		51:0
94		Mike La Pierre)1				0	3)	Santa Monica TC	55:01
95		Robert Ogg	2:02:17 2:02:39		/ [ernie mo	ontanez/		45	Culver City AC	
96		Bert Johnson	2:02:46			-150				ster Individuals:	55:18
97									1)		0.53
98		James Nicholson (40's) John Sullivan	2:02:56						23		9:51
			2:02:58	CV	INE HOLLOH 451 TAN	DIGIN F	DD0000000				10:00
99		John Leeper		. on	JNK HOLLOW 15km HAN	DIDKE I	DECEMBER 1	1, 1976	3)	Jan Fekkes (STC)	10:03
100		Ricky Buck	2:03:14								10:0
174	2 (Se)	Sid Toabe (50's)	2:09:50		Phil Ryan	CCAC	50:06		5)	Bill Thompson (STC)	10:08
182	2 (Wo)	Penny DeMoss	2:10:14		Carl Swift	AIA	50:45		0)		10:11
259	3 (Wo)	Joan Ullyot Ann Trason	2:16:29	3	Paul Buckhart	WPt	51:11		7)		10:13
260	4 (Wo)	Ann Trason	2:16:32	4	Paul Cook	AIA	51:15		8)		10:14
299 303	3 (Se)	Richard Houston Harrison Smith Art Waggoner (50's)	2:18:36	5	Doug Vermillion	W Pt			9)		10:22
303	4 (Se)	Harrison Smith	2:18:52	6	Chuck Chillingworth	h Colo	51:25		10) Truman Clark (Striders)	10:34
313			2:19:27	7	Mike Smith	OXDC	51:30		11) Darty Cronin (STC)	10:37
315	5 (Wo)	Eileen Barger	2:19:29		Joe Baker	W Pt		1 J		Ed Fields (SMTC)	10:42
347	1 (WS)	Jeanie Kayser-Jones	S	9	Mike Frank		52:45		13		10:43
			2:22:01		Larry Pontinen	SBAA		1 CM	14		10:45
LEGE		Open Open				John		1 SM	15) Tom Sturak (Striders)	10:50
	JS :	Juniors & Seniors (High	School)	11	John Faguant			2 J	Wor	men's Division:	
	So :	Sophomores (High School	1)		Vince Santistevan			3 J	1)		56:46
	Su =	Sub-masters (30-39 men))		Put Miller	CCAC	55:01		2)		
	Se *	Seniors (men)		14	Preston Drake	CCAC	55:07		3)		62:18
	12 -	Age 12 to 9th Grade		15	Steve Durand	STC	55:17			men Individuals:	72:49
	Wo =	Women open		16	Joe Burgusser	STC	55:31	2 SM	1)		20.00
		Women Seniors		17	Mike Baca		56:09		21	Debbie Heald (SFTC)	10:38
		Age 11 and under			Mark Hemohill	SRAA	56: 34		2)	Heather Tolford (SFTC)	10:53
	H ·	Heavyweights (200 lbs o	or over)		Irwin Merein	CCAC	56:53		3)	Leal Reinhart (SFTC)	11:28
		. /22 - 11-			Jay White		56:54		71		11:39
		Record /Elaine	Hocking/		Sum Nicholson	STC		1 /0	5)	Pam Firestone (SFTC)	11:40
						.,,,		1 40	7)	Susan Andrews (SFTC)	12:07
	7				Lance Winslow	0.70		1 12-u			12:09
Dag	ombo- 17	Son Tuic Obions			Frod Na rolechnist	STC		1 50	8)		12:14
neci	DP Dant	. San Luis Obispo.	hieno	52	Debbie Altus	SBAA		1 W	9)	Kelly Collin (BB)	12:52
Vari	Tr Posta	1 3 Mile/San Luis 0	DISPO		Elizabeth Milewski			2 W	10) Margaret Smith (SMTC)	13:02
100	th cross	Country Meet			Margaret Miller	STO		1 WV		/Senior	s TC/
1)	Luis Ar	reola (SLDC)	15:47	94	Ernie Klann	IMC	75:40	1 60			TOTAL BELLEVILLE
2)			16:37	110	Kit Fagan	SBS		1 G			
3)	Don Smi		17:13		Marleen Haverty			2 G			
4)	Stan Ro		17:18		The state of the s						
5)		oper (SLO Hi)	17:57		/ Connie	Rodewald	1				
	30	Stan Rosenfie	1d/			1 3 4 1 4	OK THE				

Athletes in Action	45:11	1) Larry Lung (Corcoran) 32:19
Sente Monica TC	115.76	1) Larry Lung (Corcoran) 32:19 2) Barry Foose(Bkfld) 32:38 3) Richard Rodriguez(Lamont) 32:51 Boys (16-18) 3 Miles: 1) Brian Thompson (Footbkfl) 14:45 2) Freddie Castill are W)15:10 3) Joe Soeiro (Tula W) 15:29 /Brad Tomasini/ December 18, Madera, 7th Annual
Con Bonnanda Walland	45:10	3) Pinhand Podniguag(Tomont) 32.51
San Fernando Valley TC	47:11)/ Kichard Rodriguez(Lamont,)2:51
San Diego TC	47:40	Boys (10-18) 3 Miles:
ATZT.AN	48.04	1) Brian Thompson (F-atBkfl) 14:45
Diales David Down	10:04	2) Braddia Castilly are Wil5:10
niaito noad nunners	49:02	2) Freudie Castilli
Santa Monica TC "B"	49:09	3) Joe Soeiro (Tula W) 15:29
Senione TC	F7 0F	/Brad Tomasini/
Delitora 10	27:52	
Corona Del Mar TC	54:07	
)) Glendale TC	10 06	
) dichale to	39:00	
enior Individuals:		December 18. Madera, 7th Annual
) Dave Bahiracki (SFVTC)	8.40	Madera Merathon
Marile Dutanam (ATA)	0.47	MEMOT & MICH & MICH
) mark bulaney (AIA)	0:52	Onen Division.
) Jerald Jones (SMTC)	8:54	1) 7-1-0-12
) Tom Bryant (SMTC)	8.50	1) Jack Case(Forter (e) 2:38:23
Dom Digano (ATA)	0.00	2) Michael Coke (Berkeley) 2:39:14
) Don Timm (AIA)	9:00	3) Inco Pontonia (Madama) 2.12.05
) Corey Simons (Azt)	9:01	J) Ouse Melitella (Madela) 2142105
) Chuck Smead (ATA)	9.03	4) Ray Rubio (Madera) 2:44:35
Come Ni ++i (CMMC)	0.04	5) Jim Bowles (WVTC) 2:45:20
dary Nitter (SMIC)	9:04	6) Jon Weggener (PresnaPost f) 2,46,56
) Duane Waltmire (AIA)	9:06	of con medener (Lieshorsorr) 7:40:30
O) Jerry Mounts (SMTC)	9.00	() Lou Daugherty 2:49:55
1) Tou Pottongon (ATA)	0.10	8) Tom Bowen(Fresno) 2:57:26
1) Lou Patterson (AIA)	9:10	0) Ine Dunhar (Freena) 2.57.57
2) Willie Rios (SM)	9:10	7/ OUE Duitbat (Flesho) 2:5/:5/
3) Tim Cornish (SM)	9.15	10) Tim Cornell (Fresno State)2:58:22
II) Donnia Coldwoll (ATA)	0.16	High School Division:
A) Deinits Caldwell (AIA)	9:10	December 18, Madera. 7th Annual Madera Marathon Open Division: 1) Jack Case(Porter e) 2:38:23 2) Michael Coke (Berkeley) 2:39:14 3) Jose Renteria (Madera) 2:42:05 4) Ray Rubio (Madera) 2:44:35 5) Jim Bowles (WYTC) 2:45:20 6) Jon Wegener (FresnoPacif) 2:46:56 7) Lou Daugherty 2:49:55 8) Tom Bowen(Fresno) 2:57:26 9) Joe Dunbar (Fresno) 2:57:57 10) Tim Cornell (Fresno State) 2:58:22 High School Division: 1) Juan Gonzales(Strathmore) 2:44:58 2) Jeff Chandler(Clovis) 2:48:42 3) Nick Nickols (Hollister) 2:48:58 Senior Division (40+): 1) Gene Lynch (Fresno) 2:58:21 2) Bob Nestor (Bkfld) 3:15:00 3) Edward Foley (King City) 3:20:53 Jr. High Division: 1) Tony Hernandez (Madera) 3:11:44
5) Gerardo Canchola (SF)	9:17	1) Juan Gonzales(Strathmore) 2:44:58
6) Mike Cour (SD)	0.23	2) Jeff Chandler(Clovis) 2:48:42
7) Marie Defferte (CM)	7.23	3) Nick Nickole (Hollister) 2.48.58
// Mark Railerty (SM)	9:25	Control Michola (Mollistel) 2:40:30
8) Rick Salazar (SD)	9:25	Senior Division (40+):
9) Walt Waltmire (ATA)	0.26	1) Gene Lynch (Fresno) 2:58:21
Ol Frank Assume (DDD)	7:20	2) Rob Negton (Dirfid) 2.15.00
O) Frank Assuma (KKK)	9:21	L) DOD NESCOI (DAIIG)):19:00
ambana District		3) Edward Foley (King City) 3:20:53
asters Division:		Jr. High Division:
) Seniors TC	50:53	1) Tony Hernandez (Madera) 3:11:44
) Tobias Striders	51:03	1) Tong nermandes (madera) J. 11.44
) Santa Monica MC	EE.01	
Cultura City AC	55:04	December 18. Madera. 7th Annual
Culver City AC	55:18	December 18. Madera. 7th Annual
Culver City AC aster Individuals:	55:18	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles):
) Culver City AC aster Individuals:) Jerry Smart (Striders)	55:18	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division:
) Culver City AC aster Individuals:) Jerry Smart (Striders)) Bill Crum (STC)	55:18 9:51	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1.06.34
) Culver City AC aster Individuals:) Jerry Smart (Striders)) Bill Crum (STC)	55:18 9:51 10:00	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC)	9:51 10:00 10:03	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40
) Culver City AC aster Individuals:) Jerry Smart (Striders)) Bill Crum (STC)) Jan Fekkes (STC)) Wilbur Williams (STC)	9:51 10:00 10:03 10:05	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53
asters Division:) Seniors TC) Tobias Striders) Santa Monica TC) Culver City AC aster Individuals:) Jerry Smart (Striders) Bill Crum (STC)) Jan Fekkes (STC) Wilbur Williams (STC)) Bill Thompson (STC)	9:51 10:00 10:03 10:05 10:08	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:13:53 4) Louis Grieco (FresnoTC) 1:13:00
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders)	9:51 10:00 10:03 10:05 10:08	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FresnoTC) 1:13:00 Marty Higginbothom (HSTC) 1:13:23
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders)	9:51 10:00 10:03 10:05 10:08 10:11	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FresnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders)	9:51 10:00 10:03 10:05 10:08 10:11 10:13	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FreśnoTC) 1:13:00 5) Marty Higginbotham (HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders)	55:18 9:51 10:00 10:03 10:05 10:08 10:11 10:13	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FresnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (GCAC)	9:51 10:00 10:03 10:05 10:08 10:11 10:13 10:14	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FresnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CCAC)	9:51 10:00 10:03 10:05 10:08 10:11 10:13 10:14	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FresnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FNPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CCAC) Truman Clark (Striders)	9:51 10:00 10:03 10:05 10:08 10:11 10:13 10:14 10:22 10:34	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FresnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23 9) Jeff Merrow (FTC) 1:17:10
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CCAC) Truman Clark (Striders) Darty Cronin (STC)	9:51 10:00 10:03 10:05 10:05 10:11 10:11 10:14 10:22 10:34 10:37	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FreśnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23 9) Jeff Merrow (FTC) 1:17:10 10) Joe Delgado (Visalia) 1:17:43
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CCAC) Truman Clark (Striders) Darty Cronin (STC) Ed Fields (SMTC)	9:51 10:00 10:03 10:05 10:08 10:11 10:13 10:14 10:22 10:34 10:37 10:42	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FreśnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23 9) Jeff Merrow (FTC) 1:17:10 10) Joe Delgado (Visalia) 1:17:43 Jr. High Division:
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CCAC) Truman Clark (Striders) Darty Cronin (STC) Ed Fields (SMTC) Mario Hermadez (SMTC)	9:51 10:00 10:03 10:05 10:08 10:11 10:14 10:22 10:34 10:37 10:42	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FresnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23 9) Jeff Merrow (FTC) 1:17:10 10) Joe Delgado (Visalia) 1:17:43 Jr. High Division:
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CCAC) Truman Clark (Striders) Daty Cronin (STC) Ed Fields (SMTC) Mario Hernandez (SMTC)	9:51 10:00 10:03 10:05 10:05 10:08 10:11 10:13 10:14 10:22 10:34 10:37 10:42 10:43	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FreśnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23 9) Jeff Merrow (FTC) 1:17:10 10) Joe Delgado (Visalia) 1:17:43 Jr. High Division: 1) Tony Hernandez (Madera) 1:17:57
Culver City AC aster Individuals: Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CCAC) Truman Clark (Striders) Darty Cronin (STC) Effelds (SMTC) Mario Hernandez (SMTC)	9:51 10:00 10:03 10:05 10:08 10:11 10:14 10:22 10:34 10:42 10:43 10:45	December 18. Madera. 7th Annual Madera Mini-Marathon (13 miles): Open Division: 1) Fred Carnahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacifi) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FreśnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23 9) Jeff Merrow (FTC) 1:17:10 10) Joe Delgado (Visalia) 1:17:43 Jr. High Division: 1) Tony Hernandez (Madera) 1:17:57 2) Ricky Hernandez (Fresno) 1:21:30
Jerry Smart (Striders) Bill Crum (STC) Jan Fekkes (STC) Wilbur Williams (STC) Bill Thompson (STC) Pat Logan (Striders) Emmerling (Striders) Jim Davis (Striders) Dave Waco (CAC) O) Truman Clark (Striders) 1) Darty Cronin (STC) 2) Ed Fields (SMTC) 3) Mario Hernandez (SMTC) 4) Aldo Mora (SMTC)	9:51 10:00 10:03 10:05 10:08 10:11 10:13 10:14 10:22 10:34 40:37 10:42 10:43 10:45	Open Division: 1) Fred Carmahan(HiSierra) 1:06:34 2) Juan Lucero (FresnoPacif) 1:10:40 3) Keith Jeffers (FnPacific) 1:12:53 4) Louis Grieco (FreśnoTC) 1:13:00 5) Marty Higginbotham(HSTC) 1:13:23 6) David Bronzan(HSTC) 1:15:13 7) Mike Lennemann(FnPacific) 1:16:10 8) J. Steve Kelley (FPTC) 1:16:23 9) Jeff Merrow (FTC) 1:17:10 10) Joe Delgado (Visalia) 1:17:43 Jr. High Division: 1) Tony Hernandez (Madera) 1:17:57 2) Ricky Hernandez (Fresno) 1:21:30
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