

SAMPLE COPY

\$1.50

# CALIFORNIA

## TRACK & RUNNING NEWS

JULY 1985

ISSUE NO. 105

Track Coach  
Jesuit High School  
1200 Jacob Lane  
Carmichael CA 95608

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



**California's Only Track & Running Publication**



# California Track & Running News



**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production Manager

**Keith Conning**  
High School Editor

**Richard Slotkin**  
Long Distance Editor

**Jack Leydig**  
Scheduling Editor

**Steve Subotnick**  
Medical Editor

**Dean Harper**  
Triathlon Editor

**Ken & Jen Young/NRDC**  
LDR Statistics

**Eino**  
Special Features

**Elaine Fraley**  
Production Assistant

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

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

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

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

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

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

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

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

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

MEMBER OF RUNNING USA

## Table of Contents

July 1985

Issue No. 105

### Schedule of Events

Road Racing .....	3
Masters Track & Field .....	8
College/Open Track & Field .....	8

SoCal Diary .....	10
-------------------	----

1985 California H.S. State Meet .....	12
---------------------------------------	----

Medical Notes for Runners .....	23
---------------------------------	----

Around the State .....	24
------------------------	----

The Athlete's Kitchen .....	26
-----------------------------	----

Prep Notes .....	27
------------------	----

C.I.F. Section Results .....	28
------------------------------	----

### Results

Community College Track & Field ...	32
Masters Track & Field .....	34
College/Open Track & Field .....	36
NCAA Championships .....	42
Road Racing .....	45

P.R.'s .....	47
--------------	----



### ON THE COVER:

Big names in 1985 California high school track and field. (Left) Latrese Johnson (Clovis High School) State Meet Champion and Record Holder. (Top Right) Roman Gomez (Belmont High School, Los Angeles) two-time double State Champion. (Bottom Right) Brian Blutreich (Capistrano Valley High School, Mission Viejo) a double State Champion.

Photos: Fine Flicks by Don Gosney



# Schedule

By JACK LEYDIG

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

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

## JULY

**JUL 4: SPA/TAC - Semana Nautica 15K Championships.** Goleta, 8 am. John Brennan, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

**JUL 4: Coronado Half Marathon.** Coronado (7th & G Sts.), 6:30 am. Contact: End of the Line, P.O. Box 1049, Coronado 92118. Ernie: (619) 437-4556.

**JUL 4: Embarcadero 5-Mile Optimist Run For Youth.** Oakland (Estuary Park, ½ mile south of Jack London Square), 9 am. Run for Youth, 2704 Tulare Ave., El Cerrito 94530. (415) 834-3110.

**JUL 4: Kenwood Footrace.** 10K, Kenwood (White Church/Warm Springs Rd.), 7:30 am. Valley of the Moon RC, P.O. Box 879, Forestville 95436.

**JUL 4: DSE Double Lake Merced Run.** 9.6 mile, San Francisco (Lake Merced/Boathouse), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**JUL 4: Milpitas Firecracker 10K.** Milpitas (Civic Center), 8:30 am. Milpitas Parks & Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

**JUL 4: Redwood City 4th of July Parade Run.** 5K, Redwood City (downtown), time TBA. parks & Recreation Dept., Attn: Bill Wooten, 1400 Roosevelt Ave., Redwood City 94061. (415) 364-6060.

**JUL 4: Run for Independence.** 2 & 5 mile, Atwater (Ralston Park), 7:30 am. The Signal, 927 Atwater Blvd., Atwater 95301. (209) 357-2739, Bruce Wong.

**JUL 4: Northern California 4th of July Jubilee Run.** 3 & 10K, Arcata (Arcata Plaza), 9:30 am/3K, 10 am/10K. Ken Yanosko (707) 826-1765.

**JUL 4: Spirit of America 5K & Kiddy Kilometer.** Torrance (Wilson Park, east side), 8 am/5K, 9 am/kilo. Exchange Club of Torrance, P.O. Box 5102, Torrance 90510. (213) 437-2935.

**JUL 4: La Palma ADP Running Celebration 5/10K.** La Palma (Central Park), 7:30 am. Kitty Rudometkin, City of La Palma, 7821 Walker St., La Palma 90623. (714) 522-6740.

**JUL 4: Palisades Will Rogers 10K.** Pacific Palisades (Will Rogers Park), 8:30 am. Brian W. Shea, P.O. Box 487, Pacific Palisades 90272. (213) 394-9611.

**JUL 4: Independence Run 5/15K.** Fountain Valley (Mile Square Park, Brookhurst & Heil), 8 am. Fountain Valley Chamber of Commerce, 10101 Slater Ave., #106, Fountain Valley 92708. (714) 962-4441.

**JUL 4: Monarch Bank 5/10K.** Laguna Niguel (Crown Valley Community Park), 7 am/10K, 8 am/5K. Bill Pascual, 24372 Las Naranjas, Laguna Niguel 92677. (714) 831-6618.

**JUL 4: City of Rosemead 5/10K.** Rosemead (Rosemead Park, 4343 Encinita), 8 am. Chris Best, 8838 E. Valley Blvd., Rosemead 91106. (818) 288-6671, x30.

**JUL 4: Oak Park 5/10K.** Agoura (Oak Park), 8 am. Carolyn Knight, 272 No. Kanan Rd., Agoura 91301. (818) 889-0457.

**JUL 4: Freedom 10K Run.** Walnut (Mt. SAC College), 8 am. Freedom Run, Covina Rotary Club, Covina 91723. (818) 967-4191.

**JUL 4: Independence Day 10K.** Newhall (Hart High School), time TBA. Sue Simms, P.O. Box 298, Saugus 91350. (805) 251-5562.

**JUL 4: Scripps Ranch 10K.** Lake Miramar (north of San Diego County), 7 am. Walt Albright, P.O. Box 261154, San Diego 92126. (619) 695-1297.

**JUL 4: Mt. Shasta July Fourth Race.** 2 & 5 mile, Mt. Shasta, 8:30 am. Jim Parker, MD, 828 Pine St., Mt. Shasta 96067. (916) 926-5261.

**JUL 4: Bud Light Independence Day 4-Mile Run.** Visalia (Mooney Grove Park), 7:30 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

**JUL 4: Firecracker Run.** 5 mile & 1 mile fun run, Brentwood (Liberty H.S.), 8:30 am. Info: (415) 634-1044.

**JUL 4: 7-Eleven/Lions Club Freedom Run.** 7.11 or 12K, Foster City (1080 Shell Blvd.), 8 am. 7-11/Lions Club Freedom Run, 2929 Campus Dr., Ste. 230, San Mateo 94403.

**JUL 6: Western States Endurance Run.** 100 miles, Squaw Valley to Auburn, 5 am. *Field Closed. . . 300 Limit.* Bob Suter, 1721 Placer Hills Rd., Meadow Vista 95722. (916) 878-RUNR.

**JUL 6: San Francisco Summer Cross Country Challenge Series.** 1 mile thru 3.5 mile (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

**JUL 6: Ponderosa Ridge Run.** 9.5 mile, Spooner Summit (Lake Tahoe, Nevada side-highway 28 & 50), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

**JUL 6: Benbow Triathlon.** Arcata/Eureka Area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**JUL 6: Westlake Hospital 5/10K.** Westlake Village, 7 am/5K, 8 am/10K. Kim Shehorn, Westlake Village Community Hospital, 4415 S. Lakeview Canyon Rd., Westlake Village 91361. (818) 706-6163.

**JUL 6: Semana Nautica/Santa Barbara Sports Fest Blathlon.** 4 mile run, 1 mile swim, Santa Barbara (East Beach), time TBA. Semana Nautica, City of Santa Barbara, 620 Laguna St., Santa Barbara 93101. (805) 965-0509.

**JUL 6: Carlsbad Triathlon.** 1 mile swim, 14 mile bike, 6.2 mile run. Carlsbad (Tamarack Beach), time TBA. City of Carlsbad, 1200 Elm Ave., Carlsbad 92008. (619) 438-5575.

**JUL 6: Las Vegas TC 8K.** Sunset Park, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JUL 6: Basin Days Marathon & Half-Marathon.** Near Burney (50 mile N.E. of Redding on Hwy 299), 8 am. John Diezsi, P.O. Box 1564, Burney 96013. (916) 335-3236.

**JUL 6: Democracy Fun Run.** 5K, San Mateo (Coyote Point Park at beach), 9 am. Lou Janakos, 1249 Paloma Ave., Burlingame 94010. (415) 342-5888.

**JUL 6: Mountain Run.** 9.2 mile & 5K, Brownsville (18650 Willow Glen Rd.), 8:30 am. Karen Wodhams, c/o Box 9, Brownsville 95919. (916) 692-2132.

**JUL 6: Lake Gregory Summerfest 5/10K Run.** Lake Gregory (San Moritz Lodge), 8 am. Lake Gregory Run, c/o Race Central, P.O. Box 828, Rialto 92376. (714) 383-1912.

**JUL 7: Sri Chinmoy 5K.** Cupertino (Wolfe Rd. & Stevens Creek Blvd.), 8 am. Giribar DeAngelo, 22334 Santa Paula, Cupertino 95014. (408) 996-8036.

**JUL 7: Great Callistoga Footrace.** 8K, Callistoga (Napa County Fairgrounds), 8:30 am. *500 limit.* Silverado Striders, 609 Cabot Way, Napa 94559. (707) 255-8705.

**JUL 7: Billy Mills 10K.** Sacramento (William Land Park), 9 am. Tim Williams, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

**JUL 7: DSE Single Muni Pier Run.** 1.27 mile (& 1.0 mile kids run), San Francisco (Dolphin Club), 9:30 am/1 mile, 10 am/1.27 mile. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**JUL 7: Westlake Hospital 5/10K.** Westlake Village (Lake), 7 am. Kim Shehorn, Westlake Community Hospital, 4415 S. Lakeview Canyon Rd., Westlake Village 91361. (818) 706-6163.



# CANCUN THE ULTIMATE RUNNING VACATION

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

For more information call: Marathon Tours at 617-492-3088  
For race information call: B.K.B. Ltd. at 303-741-3597  
or fill out the form below, clip it and send to:  
Marathon Tours  
1430 Massachusetts Avenue  
Cambridge, Mass. 02138

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

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY & STATE: \_\_\_\_\_

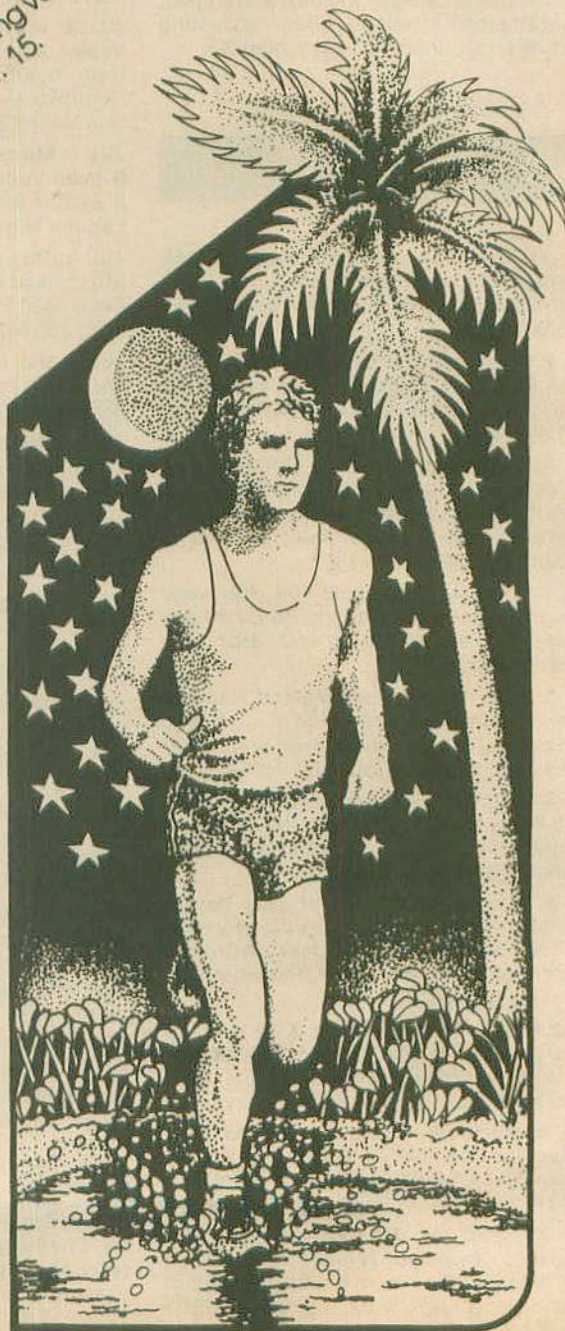
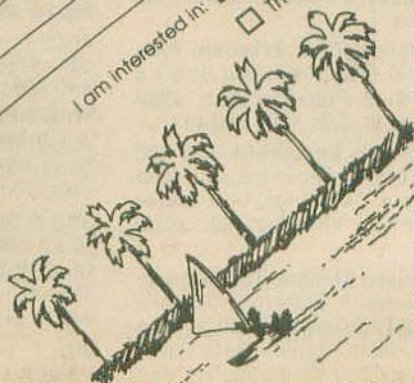
TELEPHONE (Home): \_\_\_\_\_

(Business) \_\_\_\_\_

ZIP: \_\_\_\_\_

I am interested in: ☐ The race

☐ The vacation





**JUL 7: Couples Relay.** 2x2 mile (male/female), Larkspur (Larkspur Landing), 9 am. The Good Sport, 2011 Larkspur Landing Circle, Larkspur 94939. (415) 461-1930.

**JUL 7: HELP Century City 10K For Youth.** Rancho Park (Cheviot Hills), 8 am. Sam Theus, P.O. Box 1576, Inglewood 90308. (213) 292-5533. *Listed incorrectly as April 28 in last month's issue.*

**Jul 7: Lake Chabot Trail Challenge.** 13.1 mile, Castro Valley, 8 am. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255.

**JUL 7: Women's & Girl's Run in the Park.** 5 miles, San Francisco (Golden Gate Park, Polo Fields), 9 am. The Women's Bldg., c/o Rawna Romero or Diane Jones, 3543 -18th St., San Francisco 94110. (415) 431-1180.

**JUL 7: Benbow Race.** 2 & 6.2 mile, Benbow Lake (Arcata/Eureka area), time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. John Slavin (707) 926-2286.

**JUL 8: Twilight Cross Country Series.** 1, 2 & 4 mile. Long Beach (El Dorado Park), time TBA (evening). Pat Patterson, A Running Experience, 5304 E. 2nd St., Long Beach 90803. (213) 439-6875.

**JUL 8: Duane Shaffer Birthday Marathon.** Anaheim (Anaheim Lake), 7 am. Duane Shaffer, 4042 Bycroft, Yorba Linda 92686. (714) 524-5398.

**JUL 10: 29th Anniversary Evening 5/10K & Kids Cup One-Mile.** Santa Ana (Centennial Park), 6:30 pm. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**JUL 10-13: AMAA Trans-Sierra Ultra-Run.** 100 mile, Squaw Valley to Auburn (over Western States Trail). *Registration Closed.* Barry A. Turner, DMD, 605 So. Auburn St., Grass Valley 95945. (916) 273-6168.

**JUL 11: College of the Canyons 5K Series.** Valencia (College of the Canyons), 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

**JUL 12: L.A. Beer Corporate Classic Series.** 2.5 mile, San Francisco (Golden Gate Park, Polo Fields), 6:30 pm. *Corporate Teams Only.* L.A. Beer Corporate Classic, 3204 Buchanan, San Francisco 94123. (415) 982-8503. *No Raceday Registration.*

**JUL 13: Eppie's Great Race.** 6 mile run, 12½ mile bike, 6.35 mile paddle. Sacramento (American River Pkwy.), time TBA. Shirley Wagner, 3711 Branch Center Rd., Sacramento 95827. (916) 366-2066.

**JUL 13: Solidarity Run.** 4.7 mile, San Francisco (Lake Merced, Sunset Circle Parking Lot), 9 am. Sheila Conn, 1430-A Berkeley Way, Berkeley 94702. (415) 843-7545.

**JUL 13: San Francisco Summer Cross-Country Challenge Series.** 1 mile thru 3.5 mile (varying distance for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

**JUL 13: Clovis Chamber July Road Race.** 2 & 5 mile, Clovis, 6:45 am. Clovis Chamber of Commerce, 608 Fourth St., Clovis 93612. (209) 299-7273.

**JUL 13: Tri For Fun Series #1.** 0.5K swim, 20K bike, 5K run. Friant (Millerton Lake), time TBA. Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

**JUL 13: The Spirit 5K.** San Diego (Balboa Park), 7:30 am. Kathy Lopez, 4535 - 30th St., San Diego 92116. (619) 283-6131.

**JUL 13: Woodland Classic 5-Miler.** Woodland (140 W. Main St.), 8 am. Daniel Silva, 140 W. Main St., Woodland 95695. (916) 666-6049.

**JUL 13: Stride for Life 3 & 10K.** Petaluma (Lucchesi Park, Maria Dr. entrance), 8 am. Petaluma Valley Hospital, Foundation Office, 400 N. McDowell Blvd., Petaluma 94952. (707) 778-1111.

**JUL 14: Felton Race Thru the Redwoods.** 6.9 miles, Felton (Henry Cowell State Park off Highway 9), 9 am. Mark Christensen, P.O. Box 6, Felton 95018. (408) 335-4332.

**JUL 14: Gay Run '85.** 5 & 10K, San Francisco (Golden Gate Park, Polo Fields South Parking Lot), 10 am. Mark Indihar, 1040 Dolores, #302, San Francisco 94110. (415) 282-6085.

**JUL 14: Tiburon 8-Miler.** Tiburon (Blacky's Pasture at Trestle Glen Blvd. & Tiburon Blvd.), 8 am. Tiburon Recreation Dept., 1155 Tiburon Blvd., Tiburon 94942. (415) 435-4355 or 479-3839.

**JUL 14: Tall Trees Sun Run.** 0-17 mile, Redwood National Park (trailhead to Tall Trees Grove), north or Orick, 9:30 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. Karen Angel and El Moss (707) 677-3324.

**JUL 14: Run for Cancer.** 5 mile, Merced, 7 am. Pat Castellucci, 2829 Montana Ave., Merced 95340. (209) 383-3710.

**JUL 14: San Diego Track Club 3-Mile.** San Diego (Mission Bay Park), 5:30 pm. Contact: (619) 748-2459.

**JUL 14: DSE Women's Distance Festival.** *Men welcome.* 4.30 mile, San Francisco (Palace of the Legion of Honor), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**JUL 14: Domaine Chandon's Run-in-the-Vineyard 10K.** Yountville (Napa Valley), 8 am. Polly Jajovsky, c/o Domaine Chandon, P.O. Box 2470, Yountville 94599. (707) 944-8844.

**JUL 14: Share the Road Blathlon.** 8 mile run, 33 mile bike. Salinas (Fleet Feet), 9 am. Dave Lewis, Fleet Feet Triathlete, 364 Main St., Salinas 93901. (408) 424-3533.

**JUL 15: Fortuna Rodeo Run.** 2 mile & 10K, downtown Fortuna (evening). Contact: Fortuna Sport & Cycle (707) 725-9405.

**JUL 15: Twilight Cross-Country Series.** 1, 2 & 4 mile, Long Beach (El Dorado Park), time TBA. Pat Patterson, A Running Experience, 5304 E. Second St., Long Beach 90803. (213) 439-6875.

**JUL 18: Sepulveda Dam Evening 10K.** Encino (Woodley Park), 6:30 pm. Connie Rodewald, 852 Sharon Rd., Camarillo 93010. (805) 482-5360.

**JUL 18: College of the Canyons 5K Series.** Valencia (College of the Canyons), 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

**JUL 19: Las Vegas TC 2 & 5 Mile.** Las Vegas (Blue Diamond & Industrial Rds.), 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JUL 20: Strawberry Point 4-Miler.** Mill Valley (Strawberry Village), 8 am. Debra Vinson, 618 Strawberry Village, Mill Valley 94941. (415) 388-4523.

**JUL 20: San Francisco Summer Cross-Country Challenge Series.** 1 mile thru 3.5 mile (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

**JUL 20: Wine Valley Women's Run.** 5K, Sebastopol (Rangle Ranch Park), 8 am. Patsy Young, 9550 Occidental Rd., Sebastopol 95472. *Note: A run for men will be held either before or after the women's run.*

**JUL 20: Women's Distance Festival.** 5K, Ukiah, 8 am. North Coast Striders, P.O. Box 1556, Ukiah 95487. (707) 463-1534, Bruce Dawson.

**JUL 20: Beals Point Tri for Fun.** 1K swim, 20K bike, 5K run. Folsom (Folsom Lake), time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**JUL 20: Tulare Krazy Daze Four Mile Run.** Tulare (Zumwalt Park), 7 am. Norm Takeuchi, Tulare Parks & Recreation Dept., 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

**JUL 20: Runner's Sole Sprint Triathlon.** 1K swim, 20K bike, 8K run. Los Angeles (Castaic Lake), 7 am. Dave Babiracki, Runner's Sole, 17820-A Chatsworth, Granada Hills 91344. (818) 368-7889.

**JUL 20: Oxnard Sports Festival & Team Athlete's Feet ½-Marathon & 5K Fun Run.** Oxnard, 7:30 am. Ed Doucette, Athlete's Feet Unltd., 455 W. Channel Islands Blvd., Port Hueneme 93041. (805) 985-5888.

**JUL 20: Tug's Tavern Swim-Run-Swim.** ½-mile/5 mile/½-mile, San Diego, 8:30 am. Tom Warren, 2393 La Marque St., San Diego 92109. (619) 483-2498.

**JUL 20: RRCA Women's Distance Festival.** 5K. *Women Only.* San Luis Obispo (Laguna Lake Park), 8:30 am. San Luis D.C., Box 1134, San Luis Obispo 93406.

**JUL 21: River City Triathlon.** ½ mile swim, 12 mile bike, 5 mile run. Sacramento (Miller Park), time TBA. Ginny McConnell, c/o 2410 J St., Sacramento 95816.



## Schedule

**JUL 21: Foothill Swim-Run Biathlon.** ¼ mile swim, 2 mile run. Los Altos Hills (Foothill College - swimming pool), 7:30 am. Victoria, 518 Outlook Dr., Los Altos 94022. (415) 941-6287.

**JUL 21: Mad River Race.** 2 mile & 15K, Arcata (District Park #4, Warren Creek Rd. off West End Rd.), time TBA. Ron Ross (707) 822-8221 or 822-2209.

**JUL 21: Mad River Race.** 2 mile & 15K, Arcata/Eureka area, 10:45 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-7435.

**JUL 21: King of the Hill Triathlon.** Swim 1 mile, bike 25 mile, run 5 mile. Big Bear Lake, time TBA. Don Frantz, P.O. Box M6-32, Big Bear Lake 92315. (714) 585-5650.

**JUL 21: Cerritos Men's & Women's 5K.** Cerritos (Los Cerritos Mall), time TBA. Runners' High, 5519 Del Amo Blvd., Lakewood 90713. (213) 960-3580.

**JUL 21: Conejo 8K Run.** Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

**JUL 21: Las Vegas TC 10K & 2 Mile.** Las Vegas (Ed Fountain Park, Decatur & Vegas Dr.), 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JUL 21: San Francisco Marathon.** San Francisco, 8 am. Pamakid Runners, 1233 Taraval St., San Francisco 94116. (415) 681-2323. 10,000 Entry Limit.

**JUL 22: Twilight Cross-Country Series.** 1, 2 & 4 mile, Long Beach (El Dorado Park), time TBA. Pat Patterson, A Running Experience, 5304 E. Second St., Long Beach 90803. (213) 439-6875.

**JUL 25: College of the Canyons 5K Series.** Valencia (College of the Canyons), 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

**JUL 27: San Francisco Summer Cross-Country Challenge Series.** 1 mile thru 3.5 miles (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick St., San Francisco 94117. (415) 753-1215.

**JUL 27: Bodega Bay to Breakers 8K.** Bodega Bay (Westside Rd. at foot of Bodega Head), 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-2188.

**JUL 27: Trout Creek Run.** 5 mile, South Lake Tahoe (Inter School Track, Al Tahoe Blvd.), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

**JUL 27: Coronado Optimists 10K.** Coronado (Sunset Park), 7 am. End of the Line, P.O. Box 1049, Coronado 92118. Dave (619) 437-4556.

**JUL 27: Donner Lake Triathlon & 10K Run.** ½ mile swim, 6.89 mile run, 15 mile bike. Donner Lake (Truckee), 9:05 am/triathlon, 9 am/relay, 10 am/10K. Sherry Griswold-Reed, Box 1772, Truckee 95734. (916) 587-2754.

**JUL 27: Cypress 5/10K.** Cypress, 7:30 am. Susan markel, 5700 Orange Ave., Cypress 90630. (714) 821-9500.

**JUL 27: The Grizzly Runs 5 & 10K.** Big Bear Lake, 8 am. Jim Bollingmo, Alpine Sport Center, P.O. Box 1788, Big Bear Lake 92315. (714) 866-7541.

**JUL 27: Mt. Charleston 4 Mile Notch Run.** Mt. Charleston, Nevada (near Las Vegas), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JUL 27: Garlic Festival Run.** 10K, Gilroy, time TBA. Gil Cortez, Garlic Festival Run, P.O. Box 1241, Gilroy 95024.

**JUL 28: Wharf to Wharf Run.** Approx. 5.8 mile, Santa Cruz to Capitola, 8:30 am. Wharf to Wharf Run, c/o City of Capitola, PO Box 307, Capitola 95010. (408) 975-2196/P.O. Box 307, Capitola 95010.

**JUL 28: Lake Merritt Joggers & Striders Fourth Sunday Runs.** 5/10/15K, Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt J&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**JUL 28: Sertoma Classic 10K.** Hayward (Air Terminal, Skywest Dr., & A St.), 9 am. Sertoma Classic, 3508 Depot Rd., Hayward 94545. (408) 735-2960.

**JUL 28: Pear Fair 10 Miler.** Courtland (Bates Elementary School), 8 am. City Sports Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.

**JUL 28: San Luis Obispo Triathlon.** ½-mile swim, 15.3 mile bike, 3.6 mile run. San Luis Obispo, 7:30 am. Joan Ponza, P.O. Box 321, San Luis Obispo 93406-0321. (805) 549-7282.

**JUL 28: Coronado Optimist Sports Fiesta Triathlon.** Bike 6 mile, swim 540 yards, run 1 mile. Coronado, time TBA. Optimist Club of Coronado, P.O. Box 251, Coronado 92118. Rob Weaver (619) 435-6389.

**JUL 28: Padres-Lions 10K & 2-Mile Fun Run.** San Diego (Jack Murphy Stadium), 7 am. End of the Line, P.O. Box 1049, Coronado 92118. (619) 232-7451, Roger.

**JUL 28: DSE Golden Gate Promenade.** 7.13 mile, San Francisco (Dolphin Club to Ft. Point & back), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**JUL 28: ARC Golden Gate Bridge Fun Run.** 3 mile, San Francisco (bridge vista parking lot), 9 am. John Ng (415) 387-2533 or Donna Chan (415) 564-5342.

**JUL 28: Exertec Fitness Games 5K.** Napa (920 Yount St.), 8 am. Steve Zanetell, 920 Yount St., Napa 94559. (707) 226-1842.

**JUL 28: 7-Up 7K.** San Mateo (County Fair Grounds), time TBA. San Mateo County Fair 7-Up Run, Box 1027, San Mateo 94403. (415) 574-FAIR.

**JUL 29: Twilight Cross-Country Series.** 1, 2 & 4 mile, Long Beach (El Dorado Park), time TBA. Pat Patterson, A Running Experience, 5304 E. Second St., Long Beach 90803. (213) 439-6875.

**JUL 29: Sports Runner OCTC Fun Run.** 4 to 10 mile, Newport Beach (Sports Runner), 6 pm Sports Runner, 1000 No. Bristol, Newport Beach 92660. (714) 955-0165.

## AUGUST

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

**AUG 3: Fleet Feet Tri-For-Fun.** ½-mile swim, 12 mile bike, 3 mile run. Antioch (Contra Loma Regional Park), 8 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

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

**AUG 3: Cazadero Footraces.** 5K & 7 mile, Cazadero (Cazadero Hwy & Austin Creek Rd.), 6 pm. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

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

**AUG 3: Snow Creek Triathlon.** ½ mile swim, 25 mile bike, 10K run. Mammoth Lakes (June Lake), time TBA. Snow Creek A.C., P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

**AUG 3: Mammoth Lakes Triathlon.** ¾ mile swim, 25 mile bike, 10K run. Mammoth Lakes (Crowley Lake), time TBA. John Blair, NBRA, 1162 Dorset Ln., Costa Mesa 92026. (714) 966-0556.

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

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

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

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

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

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

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



## Schedule

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

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

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

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

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

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

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

**AUG 6: College of the Canyons X-Country Series.** 5K, Valencia, 7 p.m. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

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

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

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

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

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

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

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

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

**AUG 11: Pinole Chamber Country Run.** 10K, Pinole (Ellerhorst School, Pinole Valley Rd.),

9 a.m. Dave Koger, Doctors Hospital (Radiology), 2151 Appian Way, Pinole 94564 (415/724-5000, x571).

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

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

**AUG 11: Freshwater Race & Potluck.** 2 & 6.2 mile, Arcata area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707/822-9435).

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**AUG 18: North Orange County YMCA 10K.** Fullerton (Fullerton H.S.), 7:30 a.m. 10K Run, North County YMCA, 2000 Youth Way, Fullerton 92635 (714/879-9622).

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

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

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

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

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

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



## Schedule

**AUG 25: DSE Biathlon.** 2.5 Mile Run, ½ Mile Swim, San Francisco (Aquatic Park Cove), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415/855-1563).

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

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

**AUG 25: Wildwood Days Races.** 2 Mile & 10K, Arcata/Eureka area, 9:30 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (707/822-9435).

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

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

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

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

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

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

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

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

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

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

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

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

## SEPTEMBER

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

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

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

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

## MASTERS TRACK & FIELD

**JUL 5-6: TAC Nat'l Masters Decathlon/Hep-tathlon Championships.** Point Loma College, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla 92037. (619) 453-4570(w).

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

**JUL 20: NorCal Seniors Classic.** Berkeley (UC Edwards Stadium). 30 & Up. Mark Grubi, P.O. Box 4512, San Francisco 94101. (415) 285-3352 (8-10 pm).

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

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

**AUG 18-23: Masters Games.** Toronto, Canada. Suzie McKeegan, Box 1985 Postal Station P, Toronto, Canada M5S 2Y7. (416) 927-1985.

**AUG 23-25: TAC National Championships.** Indianapolis, Indiana. Marshall Goss, Track Office, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

**AUG 31: TAC National Pentathlon.** Aurora, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. (303) 341-2980.

**SEP 14: Northern California Senior Olympics.** Laney College, Oakland. NSCO Headquarters, 1520 Lakeside Dr., Oakland 94612. (415) 273-3191.

## LOOKING AHEAD

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

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

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

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

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

**SEP 29: Bud Light U.S. Triathlon Series Nat'l Championships.** 1.5K Swim, 40K Bike, 10K Run, Hilton Head Island, So. Carolina, Time TBA. USTS, P.O. Box 1438, David 95617.

**SEP 29: Bridge to Bridge.** 8 Mile & 5K, San Francisco (Ferry Bldg./Embarcadero), 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., San Francisco 94111 (415/951-7070, Isabelle Lemon).

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

## COLLEGE/OPEN TRACK & FIELD

**JUL 4: Los Gatos All Comers.** Los Gatos High School, 6 pm. Willie Harnatz (408) 395-4311.

**JUL 11: Los Gatos All Comers.** Los Gatos High School, 6 pm. Willie Harnatz (408) 395-4311.

**JUL 18: Los Gatos All Comers.** Los Gatos High School, 6 pm. Willie Harnatz (408) 395-4311.

**JUL 25: Los Gatos All Comers.** Los Gatos High School, 6 pm. Willie Harnatz (408) 395-4311.

**JUL 26-28: TAC Junior Olympic Championships.** Seattle, Washington. Dr. Kent Sullivan, 19219 51st Ave., N.E., Seattle, WA 98155. (206) 367-0660.

**JUL 27: Optimist Youth Track Meet.** Oxnard High School, 8 am. For all youth age 5 to 17. Oxnard Parks & Recreation, 800 Hobson Way, Oxnard 93030. (805) 486-4311, x2536/2614.

**JUL 27-28: U.S. Corporate Track Assoc. National Invitational.** UCLA (Drake Stadium). USCTA, 6173 Fremont Circle, Camarillo 93010. (805) 987-8052.

**AUG 1: Los Gatos All Comers.** Los Gatos High School, 6 pm. Willie Harnatz (408) 395-4311.



## Designed for Sports

So many "black watches" have been on the market. None of them have been designed for sports. Few have stood up to the demands of running, swimming, coaching, officiating or sailing.

Accusplit took on the challenge: develop a sports watch that was worthy of the Accusplit name.

The result: the Accusplit 920XP Sportswatch. It isn't the first black watch. It's the first Sportswatch.

## A Professional Stopwatch on the Wrist

Chronographs have stopwatch functions. The Accusplit Sportswatch takes it one step beyond. In addition to the standard addition and cumulative split stopwatch functions, the Sportswatch features easy-to-use *Single Action Split Update* on its upper display while the time continues to run on the large easy-to-read lower display. The 12 hour timing format is especially useful for road running.

When you time two finishers, your 2 times will be accurately displayed for you to compare, thanks to the Sports-

watch's unique *Dual Display*.



## Even a Programmable Countdown Stopwatch

Think of the Accusplit Sportswatch as a game timer, a sailing countdown-to-zero timer, a minutes-to-go timer. Anyone in football, soccer, hockey, basketball, wrestling, and other time-remaining sports now can



The Sportswatch.

- Start/Stop**  
For stopwatch and countdown timers.
- Split (Stopwatch)/Reset**  
Splits stopwatch times. Resets stopwatch and countdown timers.
- Set Mode**
- Function Select**
- Alarm**
- Light**

have "official" time on their wrists.

The programmable countdown timer can be set in minute increments to any time from one minute to 15 hours. This is shown in the Sportswatch's

upper and lower displays. When the countdown

begins, the lower display gives you time remaining and the alarm sounds at 00:00.

To time the next period, just stop the timer, reset, and the display automatically returns to the programmed time. If you time sailing starts or repeat intervals, the countdown automatically rolls over at 00:00 and begins counting down again from the programmed time.



DUAL DISPLAY  
ONLY

**\$29.95**

+ \$3.00 Shipping/Handling  
Calif. Res. add 6-6 1/2 % tax

ORDER YOURS TODAY

Jack's Athletic Supply  
P.O. Box 459  
San Carlos, CA 94070

## No Extra Charge for the Time of Day... or Wake-Up Call!!

Every chronograph tells the time and Accusplit's Sports-

Month, Day, Date



Time to the Second

watch is no different. With its large 12 digit LCD display, you see the time to the second, plus the month, date and day of the week at one glance. You'll never find it necessary to press buttons to know what day it is. It's all right there!

Wake-up alarm? Not only will it remind you to get up, the Sports-watch will let you select the day or days you want to get up. You could skip a day altogether if you want.

Plus, at your command, the Sportswatch will quietly remind you as each hour passes with its hourly chime.

Alarm

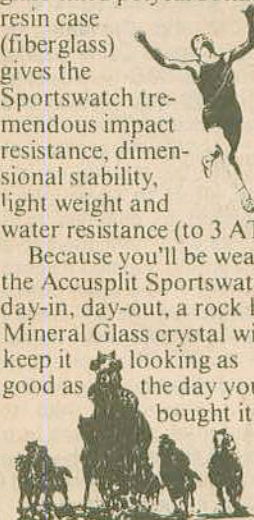


Time to the Second

## What Else Can There Be?

Well, there are no space games on this Accusplit Sportswatch. It's for the serious sportsman. The glass-filled polycarbonate resin case (fiberglass) gives the Sportswatch tremendous impact resistance, dimensional stability, light weight and water resistance (to 3 ATM).

Because you'll be wearing the Accusplit Sportswatch day-in, day-out, a rock hard Mineral Glass crystal will keep it looking as good as the day you bought it.





# SoCal Diary

By BILL MINARIK

## □ May 20.

There were championship meets at every institutional level this past weekend, beginning with the preps. The LA City CIF Section was holding their semi-finals as all top athletes advanced safely. The CIF Southern Section held their divisional championship and, for awhile, it looked like 4-A boy's favorite Hawthorne was in trouble when superstar Henry Thomas had an emergency appendectomy two days before the meet and was ruled out for the season. However, Sean Kelly, who was involved in scoring 28 points and the rest of Thomas' teammates picked up the slack and Hawthorne rolled to a 69-44 win over Simi Valley. In the rest of the boy's competition, Ganesha took the 3-A Division 36-29 over Duarte, while Centennial just nipped Temple City 45-44 in 2-A. In the 1-A meet, Marshall Fundamental got by Cabrillo 53-48 despite an ironman performance by Cabrillo's George Porter, which included a national record-setting time of 35.57 in the 300 intermediates. In the girls' meets, first in the 4-A division, Muir got by Hawthorne 90-80 in a battle of two super-powers. In that competition, Hawthorne set a Southern Section record in the 400 relay of 45.36. Not to be outdone, Muir came back in the 1600 relay to break the national record with a time of 3:37.69. In the 3-A, it was Pomona over Newport Harbor 45-37, and in 2-A it was Arroyo Grande over Valencia 60-53, while the 1-A championship went to Santa Ynez 57-38 over St. Josephs.

In the Community College State Championships Taft, as expected, ran away from the men's field with a 144-86-44 win over Long Beach CC and Glendale. In the women's meet, it was El Camino defeating last year's champ Mt. SAC 101-70, as SoCal, as usual, dominated their NorCal counterparts. In the men's competition, SoCal outscored NorCal 452-168. As a side note on this meet, all of the results were computerized in an effort to speed them up. However, according to coaches in attendance, this only slowed them down to about half speed. In addition, the men's score was computed incorrectly. The meet concluded with Mt. SAC shown as the 3rd place team and, accordingly, Mt. SAC went home with the 3rd place trophy. The correct score, however, showed Glendale to be the 3rd place team and the trophy had to be switched. So much for computers in track. Another side note to this meet—it seems that State Champ Taft will be switched from SoCal to NorCal in the fall of 1986. That move suits Taft coach Doug Wells just fine. Doug says that, while all of the SoCal schools will be breaking each other up in the SoCal Championships, he will be able to take his Taft team intact through the

relatively weak NorCal Championships and come up with a big team score in the State Meet.

In the Pac-10 Meet, there was no surprise as Washington State was an easy 149-94-77 winner over Cal and UCLA. Big marks here included a 10.10 100 meters by USC's Darwin Cook and a 283.8 javelin throw by Oregon's Dean Crouser.

The other big meet of the day was at the Pepsi Invitational at UCLA. The big news there was Carl Lewis' attempt at a WR in the long jump. Carl could manage "only" a 28-9 effort. However, that jump actually was 29-9 from the point where he took off. Kevin Atkins shot put of 70-6 and a javelin duel between Bob Roggy 300-10 and Tom Petranoff 297-11 highlighted the rest of the men's competition. On the distaff side, Jarmila Kratochvilova's 400-800 double in 49.89 and 2:00.72 were the highlights of the day as far as the fans were concerned.

## □ May 28.

The prep tracksters entered into the next-to-last meet of the year over the weekend which translated into the City Championships for the LA City CIF Section and a qualifying meet for the Southern Section. In the City meet, Belmont's Roman Gomez scored an unprecedented 800-1600-3200 triple and the Sentinels needed every point as they just got by Gardena and Kennedy 44-43-42. In the girl's division, it was Choo Choo Knighten and her Locke teammates all the way with an easy 76-35 win over Fremont. In the Southern Section meet, it looked like Hawthorne's boys, even without Henry Thomas, are the team to beat for State honors. In the girl's division, Muir seems to have the edge over Hawthorne in what will probably be a 2-team battle for State. If both blow up, look for Locke and Choo Choo Knighten to pick up all the marbles.

In 4-year college action, first at the division III Nationals—Oxy's men were a surprise 4th place finisher thanks to Malcolm Hardy's win in the 100 in 10.68 and a first place finish in the 400 relay in 41.09. The Bengals had 46 points to winner Lincoln's (PA) 61. In the women's division, the Oxy gals were 6th with 36½ points to winner Cortland State's 62.

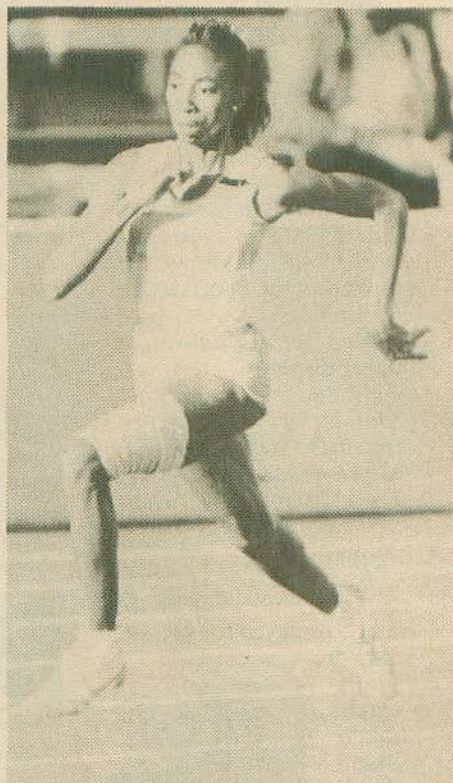
At the NAIA Championships, Azusa Pacific, behind superstars Christian Okoye and Innocent Egbunike, successfully defended their men's title with a 94-76 win over Wayland Baptist, while the A-P women were 6th with 31 points behind first place Prairie View's 109.

At the Division II nationals held at CS Los Angeles, Abilene Christian, looking more like a Division I school than Division II,

literally destroyed the men's field with a 171-68 win over East Texas State. This, despite the fact they dropped the stick in the 400 relay. In fact, on paper, A-C would beat any Division I school in a dual meet with the exception of Washington State. In the women's meet, again it was Abilene over defending champ CPSLO 106-103, as A-C needed only a 3rd in the 1600 relay to clinch the meet and got a 2nd.

Up at the Bruce Jenner meet, the big race there was in the women's 100 where Valerie

Fine Flicks by Don Gosney



CHEWUAKII (CHOO CHOO) KNIGHTEN led her L.A. Locke High School teammates to the L.A. City championship.

Brisco-Hooks upset Merlene Ottey-Page 11.01 to 11.02 in a photo finish. That PR for Valerie indicates that she may be on her way to dominating the entire U.S. sprint scene.

In another note on the H.S. Southern Section qualifying meet, Capistrano Valley's Brian Blutreich set an all-time California prep record of 69-6½ in the shot, breaking the mark of 69-3½ set by Newport Harbor's Jim Neidhart. The L.A. Times indicated that Neidhart is now a professional wrestler known as The Anvil. Neidhart being a professional wrestler is not surprising, con-



sidering how he ended his shot put career at UCLA. According to Bruin team members, while at a meet up North, Neidhart was staying in an apartment complex. It seems a couple of hecklers on the floor below Neidhart's kept yelling up remarks about Neidhart's size through a window. Finally, Neidhart tied some sheets together, lowered himself down to the hecklers apartment with shot in hand and proceeded to destroy the apartment by putting the shot at everything in sight. I don't now who had to pick up the tab for the damage, but that incident reportedly ended Jim Neidhart's collegiate throwing career and possibly began one in wrestling.

### June 3.

The preps brought their season to an end Saturday at Sacramento with their California State Championship. At that one, Hawthorne's boys overcame yet another setback to win the title with a 29-26½-25 win over Bakersfield and Simi Valley. Sean Kelly, who looked like he had a lock on the 800, finished out of the money. However, with Michael Marsh taking the 200, and Michael Graham 2nd in the intermediates, a final win in the 1600 relay was enough to push Coach Kye Courtney's thinclads to their 3rd consecutive State title.

In the girl's division, it was a rerun of the

Southern Section 4-A Championships as Muir used a 1-2 finish in the 100 hurdles to help propel them by Hawthorne, which had an unprecedented 1-3-4 finish in the 200, by a 55-46 count, despite the fact that the Mustangs dropped the stick in the 400 relay.

Big mark-of-the-day definitely had to be a 45.7 400 by Marina's Chip Rish, who beat favored Danny Everett of Fairfax.

At the NCAA Division I Championships, no real surprise in the men's competition as Arkansas, lead by Mike Conley's jump double, beat runner-up Washington State 61-46. Oregon used its distance strength to pull out a 52-46-45 win over Florida State, LSU, Arizona and UCLA. The Bruins lost their chance to win it in the long jump when superstar Jackie Joyner, who was doped for no worse than 2nd, DNQ by ¼ of an inch. Another decision which had a lot of Bruin fans second-guessing Coach Bob Kersee, was to pull Jackie Joyner out of the heptathlon where she was an almost automatic winner good for 10 points in favor of the individual events and the two Bruin relay teams. There will always be the feeling by Bruin fans that Jackie could have taken the heptathlon without compromising her chances in the individual events, similar to her effort two years ago when she lead UCLA to the national title.

A few weeks ago I commented on the fact

that UC Irvine was a non-scoring team in their PCAA Championships. It seems that UCI had used some ineligible athletes the prior season, so being a non-scoring team this year was part of their probation. I guess that was the reason head coach Kevin McNair left UCI for private business.

There is a rumor floating around SoCal track circles that a college team whose motto is "We Are Family" has had some serious domestic relation problems this season and is planning some action based on alienation of affections against some rival institutions.

Another rumor that has just surfaced is that a number of top U.S. athletes will purposely miss the TAC Championships. The reason being given is money. However, it's not money from the TAC Meet which is the issue. It seems that the place winners from the TAC Meet would form the U.S. National Team which would compete in a multitude of meets during the summer. However, many of the U.S. dual meets would conflict with the big money meets in Europe. Thus, in order to avoid the negative PR associated with dropping from the U.S. team to compete in other meets, the athletes will allege injuries so that they can avoid competing in the TAC Meet, and thus cannot possibly be put on the U.S. team.

# Quinn's Cooler QUICK 5K RUN

Saturday, July 27

8:00 a.m. — Sharp

Sponsored by **CRIBARI** Winery &



- Benefit for the John Quick Rehabilitation Trust Fund
- Starts and finishes at the Cribari Winery, 3223 Church Avenue (on Church Ave. one block east of Golden State Blvd.)
- Check-in and raceday registration — 6:45 am to 7:45 am.

**110 PRIZES!**

**TASTING ROOM OPEN FOLLOWING RUN!**

- T-shirts to pre-registered runners only — \$7.00
- Hats to race day entrants — \$8.00 entry fee

**WE ENCOURAGE EARLY REGISTRATION!**

Make checks payable to "Quinn's Cooler 5K" and send care of:

FLEET FEET TRIATHLETE  
3870 N. Cedar #101  
Fresno, CA 93726

For more information call 221-8181.

ENTRY BLANK

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

T-SHIRT SIZE: S M L DIVISIONS: Male ☐ Female ☐  
(circle one)

AGE GROUP:  
☐ 20 & under ☐ 30-39 ☐ 50 & over  
☐ 21-29 ☐ 40-49

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in the event. In filling out this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or legal guardian's signature necessary if under 18 years of age.





# 1985 California HIGH SCHOOL STATE MEET

## Girls

By DOUG SPECK

The women's portion of the 1985 State Track Meet, spread over two days once again, was easily the highlight of the season. The Golden States' lasses once again showed why they are easily the country's best with a string of performances and competitive events that left observers gasping. The "Big 3"—Muir-Pasadena (under Coach Jim Brownfield and staff), Hawthorne (under Coach Kye Courtney and staff), and Locke (under Coach Jimmie Lee and staff) need a special congratulations. These first three teams in the team race dominated this meet like no other school groups ever have. Their team members were the main players in races up through the 400 on the flat, over the hurdles, and on the relays. They were 1st through 6th in the 100, 1-5 in the 200, 1-2 in the 400, 1-2-3 in the short hurdles, and headlined both relays.

The weather became quite cold in the evening portions of both Friday's prelims and Saturday's finals, with a stiff breeze blowing from south to north or southwest to northeast during the entire competition. The running event qualifying formula used this year for all events but the 1600 (where 5 from each of the two heats went on) was that the heat winners and next fastest times, regardless of the heat, would fill out the nine finalist spots. This "security is only in winning" formula forced athletes where there were two supers in a heat to work a bit harder than they might have under some other system.

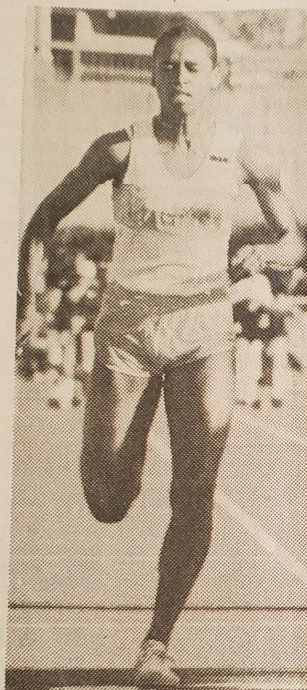
The meet was complete with some controversy. Choo-Choo Knighten (Locke) was entered in four or five events on the entry cards (depending upon whose story you believed), and scratched from the 200 and ran on the 1600m relay team in the heats (besides the 100LH, 100m, and 400m). You are limited to entry in four events in high school, and anyway, her competition in the Saturday finals after Friday's heats was in doubt until a jury of appeals met on Saturday and voted to allow her to compete.

## 100 Meters

**RECORDS:** National—11.13, Chandra Cheeseborough, (Eugene, OR, 1976). Nat.Fed.—11.29, Barbara Bell (Ft.Worth, TX, 1982). State—11.34, Sharon Ware (1980). Meet—11.42, Sharon Ware (Berkeley, CA, 1980).

The "Big 3", (Hawthorne, Muir, and Locke) allowed the rest of the state three others of the 10 advanced to the finals. Big changes in the team scoring were very possible, and those individuals ended up with all six scoring positions,

photo by Burt Davis



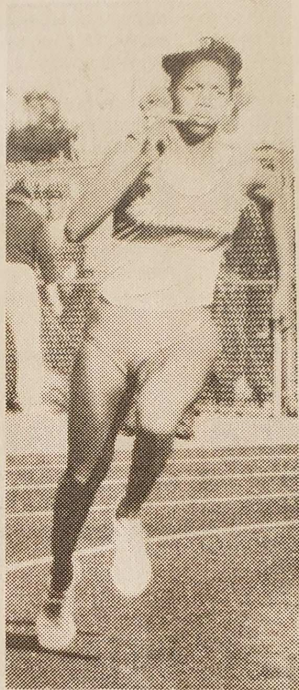
TESHA GIDDENS  
100m

Locke's Tessa Giddens had the best start and held a slight lead over the pack, surprisingly led by Hawthorne's Dede Wheeler. At 70 meters Choo Choo Knighten, running in the lane next to Tesh, started a move. Knighten was gaining so fast at the finish that it was difficult to tell who crossed the finish stripe first (the delicacy of the Accutrack photo equipment has gotten rid of finish line tapes in big meets). Giddens was given the win in 11.58w (+4.12 meters per second wind) -11.59w, with Muir's Carrie Franklin moving up to third at 11.70w, and Wheeler edging teammate Tami Stiles for perhaps the first time ever, 11.72w-11.74w for 4th and 5th.

### FINALS

1	Tessa Giddens (Locke, L.A.) Sr	11.58w
2	Chewuakli Knighten (Locke) Sr	11.59w
3	Carrie Franklin (Muir, Pas) Sr	11.70w
4	Deandra Wheeler (Hawt) Fr	11.72w
5	Tami Stiles (Hawt) Jr	11.74w
6	Michelle Miller (Muir, Pas) Sr	11.96w
7	April Freow (Morse, S.D.) Sr	12.04w
8	Kim Grant (Hawt) Sr	12.19w
9	Denise Ervin (El Cerr) Sr	12.20w
10	Mina Hutchins (Indep, S.J.)	12.24w

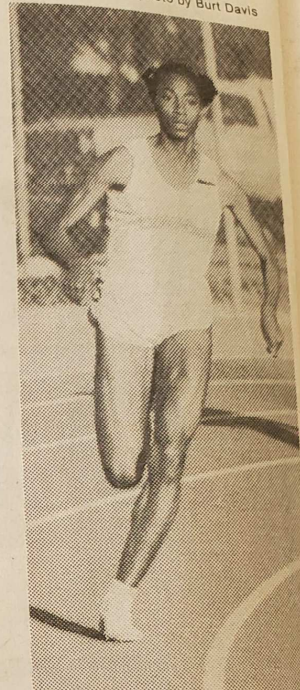
photo by Burt Davis



TAMI STILES  
200m

**Heat 1:** 1. Carrie Franklin (Muir-Pasadena) 11.56w, 2. Chewuakli Knighten (Locke) 11.91, 3. Denise Ervin (El Cerrito) 11.92, 4. Kim Grant (Hawthorne) 12.00, 5. Jennifer Clayton (Lynbrook, SJ) 12.16, 6. Soncia Davenport (Vacaville) 12.20, 7. Lanae Barber (Bishop O'Dowd, Oakland) 12.35. **Heat 2:** 1. Tami Stiles (Hawthorne) 11.68w, 2. Tessa Giddens (Locke) 11.81, 3. Michelle Miller (Muir, Pasadena) 11.92, 4. Madeline Drew (Roseville) 12.07, 5. Latrice Watson (Edison, Fresno) 12.13, 6. Kiersten Church (Gran Hills, LA) 12.21, 7. Phoebe Smith (Novato) 12.33, 8. Debra Jones (Encinal, Alameda) 12.64. **Heat 3:** 1. Deandra Wheeler (Hawthorne) 11.77w, 2. Mina Hutchins (Independence, SJ) 11.98, 3. April Freow (Morse, SD) 12.00, 4. Stacy Rogers (Johnson, Sacto) 12.09, 5. Lashun Peters (Woodside) 12.17, 6. Tonja Flanigan (Roosevelt, Fresno) 12.47, 7. Martina Roland (Galileo, SF) 12.51, 8. Jennifer Girdner (Yreka) 12.78, 9. Victoria Williams (Southwest, SD) 12.88.

photo by Burt Davis



CHOO CHOO KNIGHTEN  
400m

## 200 Meters

**RECORDS:** National—22.77, Chandra Cheeseborough (Mexico City, 1975). Nat.Fed.—23.19, Sherri Howard (Berkeley, CA, 1980). State—23.19, Sherri Howard (Berkeley, CA, 1980). Meet—23.19, Sherri Howard (Berkeley, CA, 1980).

The "Big 3" went 1-5 here. Giddens charged the turn and passed the 100m start at 11.7. Tami Stiles showed her amazing ability as a long sprinter, as she began a move at that point that had her rocket away from the field at 23.45w (+3.55) over Giddens (23.79w) and Hawthorne teammates Dede Wheeler (24.29w) and Kim Grant (24.30w).

### FINALS

1	Tami Stiles (Hawt) Jr	23.45w
2	Tessa Giddens (Locke, LA) Sr	23.79w
3	Deandra Wheeler (Hawt) Fr	24.29w
4	Kim Grant (Hawt) Sr	24.30w
5	Michelle Miller (Muir, Pas) Sr	24.32w
6	Jennifer Clayton (Lynbrook, S.J.)	24.50w
7	Latrice Watson (Edison, Fr) Jr	24.80w

8 Dionne Garner (Vallejo)  
9 Stacy Rogers (Johnson, Sacto)  
10 Denise Ervin (El Cerrito)

**Heat 1:** 1. Tami Stiles (Hawt) Jr 23.45w, 2. Tessa Giddens (Locke, LA) Sr 23.79w, 3. Michelle Miller (Muir, Pas) Sr 24.32w, 4. Denise Ervin (El Cerrito) 24.50w, 5. Kim Grant (Hawt) Sr 24.91, 6. Soncia Davenport (Vacaville) 12.20, 7. Lanae Barber (Bishop O'Dowd, Oakland) 12.35, 8. Debra Jones (Encinal, Alameda) 12.64, 9. Phoebe Smith (Novato) 12.33, 10. Victoria Williams (Southwest, SD) 12.88.

**Heat 2:** 1. Latrice Watson (Edison, Fresno) 12.13, 2. Kiersten Church (Gran Hills, LA) 12.21, 3. April Freow (Morse, SD) 12.00, 4. Stacy Rogers (Johnson, Sacto) 12.09, 5. Lashun Peters (Woodside) 12.17, 6. Tonja Flanigan (Roosevelt, Fresno) 12.47, 7. Martina Roland (Galileo, SF) 12.51, 8. Jennifer Girdner (Yreka) 12.78, 9. Victoria Williams (Southwest, SD) 12.88, 10. Mina Hutchins (Independence, SJ) 11.98.

## 400

**RECORDS:** National—53.85, Choo Choo Knighten (Locke) 53.85-55.89, 1. between the determined Knighten, w Meet a cou between th meters in th lane 3 and c in lane 5). 12.7 over worked th and led 25. dug in dur in the ho ahead 38.5 Linetta). K straight 5 determine ever seen

Muir's Line (but with a k Choo Choo K 53.85-55.89, 1 between the determined Knighten, w Meet a cou between th meters in th lane 3 and c in lane 5). 12.7 over worked th and led 25. dug in dur in the ho ahead 38.5 Linetta). K straight 5 determine ever seen

### FINALS

1	Chewuakli Knighten (Locke) Sr	11.59w
2	Linette (Locke) Sr	11.70w
3	Princ (Locke) Sr	11.72w
4	Jane (Locke) Sr	11.74w
5	Dear (Locke) Sr	11.96w
6	Tere (Locke) Sr	12.04w
7	Trist (Locke) Sr	12.19w
8	Dea (Locke) Sr	12.20w
9	And (Locke) Sr	12.24w

### Heat 1

1	Chewuakli Knighten (Locke) Sr	11.59w
2	Linette (Locke) Sr	11.70w
3	Princ (Locke) Sr	11.72w
4	Jane (Locke) Sr	11.74w
5	Dear (Locke) Sr	11.96w
6	Tere (Locke) Sr	12.04w
7	Trist (Locke) Sr	12.19w
8	Dea (Locke) Sr	12.20w
9	And (Locke) Sr	12.24w

### Heat 2

1	Chewuakli Knighten (Locke) Sr	11.59w
2	Linette (Locke) Sr	11.70w
3	Princ (Locke) Sr	11.72w
4	Jane (Locke) Sr	11.74w
5	Dear (Locke) Sr	11.96w
6	Tere (Locke) Sr	12.04w
7	Trist (Locke) Sr	12.19w
8	Dea (Locke) Sr	12.20w
9	And (Locke) Sr	12.24w

### Heat 3

1	Chewuakli Knighten (Locke) Sr	11.59w
2	Linette (Locke) Sr	11.70w
3	Princ (Locke) Sr	11.72w
4	Jane (Locke) Sr	11.74w
5	Dear (Locke) Sr	11.96w
6	Tere (Locke) Sr	12.04w
7	Trist (Locke) Sr	12.19w
8	Dea (Locke) Sr	12.20w
9	And (Locke) Sr	12.24w

### Heat 4

1	Chewuakli Knighten (Locke) Sr	11.59w
2	Linette (Locke) Sr	11.70w
3	Princ (Locke) Sr	11.72w
4	Jane (Locke) Sr	11.74w
5	Dear (Locke) Sr	11.96w
6	Tere (Locke) Sr	12.04w
7	Trist (Locke) Sr	12.19w
8	Dea (Locke) Sr	12.20w
9	And (Locke) Sr	12.24w



- 8 Dionne Garner (Valencia) Sr 25.03w  
9 Stacy Rogers (Johnson, Sacto) So 25.11w  
10 Denise Ervin (El Cerril) Jr 25.11w

**Heat 1:** 1. Tami Stiles (Hawthorne) 23.68w, 2. Tesha Giddens (Locke) LA 24.11, 3. Dionne Garner (Valencia, Placentia) 24.76, 4. Stacy Rogers (Johnson, Sacto) 24.91, 5. Kim Seals (Armijo) 25.15, 6. Melanie Walker (West High, Bkfld) 25.55, Darlene Williams (University, LA) DQ.

**Heat 2:** 1. Latrice Watson (Edison, Fresno) 24.55, 2. Kim Grant (Hawthorne) 24.57, 3. Michelle Miller (Muir, Pasadena) 24.65, 4. Denise Ervin (El Cerrito) 24.91, 5. Martina Roland (Galileo, SF) 25.43, 6. Victoria Williams (Southwest, SD) 25.90, 7. Lim Mathews (Morse, SD) 26.12, 8. Melinda Marshall (Coll Park) 26.25, Leslie Maxie did not start. **Heat 3:** 1. Deandra Wheeler (Hawthorne) 24.50w, 2. Jennifer Clayton (Lynbrook, SJ) 24.61, 3. Phoebe Smith (Novato) 25.21, 4. Lashun Peters (Woodside) 25.31, 5. Temeca Richardson (Tulare Western) 25.55, 6. Phyllis Manigault (Kennedy, LA) 25.66, 7. Carol Collier (Hamilton, LA) 25.80, 8. Rosie Williams (East Nicholas) 26.51, April Freow (Morse, SD) did not start.

## 400 Meters

**RECORDS: National**—50.87, Denean Howard (Knoxville, TN, 1982). **Nat.Fed.**—52.39, Denean Howard (Sacramento, CA, 1982). **State**—52.31, Chewuakii Knighten, Los Angeles, CA, 1984. **Meet**—52.39, Denean Howard (Sacramento, 1982).

Muir's Linetta Wilson edged a relaxed (but with a knee with an elastic bandage) Choo Choo Knighten in Heat 1 on Friday 53.85-55.89. The finals was a two-girl race between that duo. In a classic, the very determined Wilson went out after Knighten, who raced a 52.17 in the Pepsi Meet a couple of weeks back. Positions between the two changed every 100 meters in the race here (Knighten was in lane 3 and could key off Wilson, who was in lane 5). Wilson raced the first 100 in 12.7 over Knighten's 12.9. Choo Choo worked the backstretch into the wind, and led 25.2-25.6 at the 200. Wilson really dug in during the third 100m and emerged in the homestretch at the 300m mark ahead 38.5-38.8 (a quick 12.8 third 100 for Linetta). Knighten edged up and by on the straight 52.72-53.10. Wilson is the most determined female athlete this writer has ever seen.

### FINALS

- 1 Chewuakii Knighten (Locke) Sr 52.72
- 2 Linetta Wilson (Muir, Pas) Sr 53.10
- 3 Princess Bennett (Compton) Jr 54.66
- 4 Janeene Vickers (Pomona) So 55.09
- 5 Deanna Amy (Hawt) Fr 55.51
- 6 Teresa Curry (Pittsburg) Sr 56.04
- 7 Trisha Aubuchon (Esper, Anah) Sr 56.44
- 8 Deangela Smith (Valy, ElkGr) So 57.54
- 9 Andreen Awarenga (Mitty, S.J.) Fr 57.64

**Heat 1:** 1. Linetta Wilson (Muir-Pasad) 53.85, 2. Chewuakii Knighten (Locke, LA) 55.89, 3. Dee Dee Banks (Oakland) 57.83, 4. Laurie Smith (Valley, Elk Grove) 58.05, 5. Wendi Simmons (Santa Rosa) 58.25, 6. Rhonda Fenderson (Banning, LA) 59.64, 7. Paula Pierson (Edison, Fresno) 1:00.92, 8. Stephanie Jones (Kennedy, LA) 1:01.63.

**Heat 2:** 1. Janeene Vickers (Pomona) 55.85, 2. Trisha Aubuchon (Esperanza, Anaheim) 56.37, 3. Deangela Smith (Valley, Elk Grove) 56.88, 4. Miriam White (Southwest, SD) 57.94, 5. Mary Sprowl (Pioneer, SJ) 59.26, 6. Romy Guysie (Ygnacio Valley) 59.67, 7. Julie Ramirez (Corning) 1:00.57, 8. Nichelle Adams (Reseda, LA) 1:01.15. **Heat 3:** 1. Princess Bennett (Compton) 54.48, 2. Teresa Curry (Pittsburg) 55.45, 3. Deanna Amy (Hawthorne) 56.25, 4. Andreen Awarenga (Mitty, SJ) 57.80, 5. Michelle Barrier (Clayton Valley) 58.36, 6. Caroline Windell

(Aragon, San Mateo) 58.52, 7. Mona Simmons (Modesto) 58.73, 8. Monique Anthony (South Bakersfield) 58.81, 9. Lisa Garrett (Roosevelt, Fresno) 1:06.97.

## 800 Meters

**RECORDS: National**—2:00.07, Kim Gallagher (Indianapolis, IN, 1982). **Nat.Fed.**—2:04.5, Joetta Clark (New Brunswick, NJ, 1982). **State**—2:02.29, Mary Decker (Orange, CA, 1974). **Meet**—2:04.91, Trena Hull (Los Angeles, CA, 1984).

Kristen Dowell (Santa Teresa, San Jose) had handled the State's best in an 800-1600 double at Arcadia and made the decision to carry through the State Meet in both events. The San Diego section featured a very talented trio in Lesley Noll (Mt. Carmel) 2:08.00, Darcy Arreola (Grossmont) 2:09.06, and Laura Chapel (University City) 2:09.17, with Noll also the Section 400m champ at 55.72. Dowell and Chapel worked hardest in the heats, as Kristen ran the San Diego down in the final 100m 2:12.00-2:12.29. Arreola and Dowell had the best position and controlled the finals. The duo passed through 200m segments in 31.0-65.0 and 1:38.5, with Noll and Chapel a way back in traffic. Arreola and Dowell began to lift away in the final 150 meters with the San Jose area star blasting a 15.0 final 100m to win by a second (2:10.07-2:11.07) over Darcy.

Fine Flicks by Don Gosney



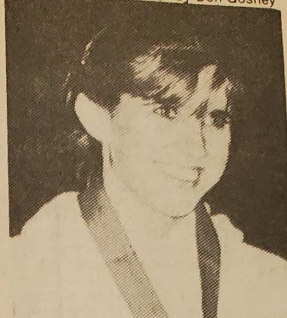
KRISTEN DOWELL  
800m

### FINALS

- 1 Kristen Dowell (S.Teresa, S.J.) Sr 2:10.07
- 2 Darcy Arreola (Grosmt, Mesa) Jr 2:11.07
- 3 Laura Chapel (UnivCity, S.D.) Jr 2:11.97
- 4 Lesley Noll (Mt.Carmel, S.D.) Sr 2:12.11
- 5 Sherrie Smith (Woodbridge) Jr 2:13.14
- 6 Kim Milligan (Compton) Jr 2:13.93
- 7 Sharon Manship (ThouOaks) So 2:14.59
- 8 Trish Brown (Lowell, S.F.) Sr 2:15.28
- 9 Elena Spight (Miramonte) Jr 2:15.45

**Heat 1:** 1. Lesley Noll (Mt. Carmel, SD) 2:16.28, 2. Elena Spight (Miramonte) 2:17.08, 3. Sherrie Smith (Woodbridge) 2:18.42, 4. Buffy Rabbitt (Newport Harbor)

Fine Flicks by Don Gosney



SHANNON CLARK  
1600m

2:18.67, 5. Teresa Curry (Pittsburg) 2:24.29, 6. Julie Green (Lincoln, Stockton) 2:27.65, 7. Joanne Kelley (St. Francis, Sacto) 2:29.80, 8. Tracy Hunter (Jefferson, LA) 2:32.44. **Heat 2:** 1. Darcy Arreola (Grossmont, La Mesa) 2:17.64, 2. Jodie Wertz (Redwood, Larkspur) 2:18.44, 3. Molly Burke (Marin Catholic) 2:19.47, 4. Lori Lammie (Leland, SJ) 2:20.27, 5. Karen McCrea (Esparto) 2:20.29, 6. Nancie Long (Mission Viejo) 2:20.46, 7. Karen Dowell (Santa Teresa, SJ) 2:21.72, 8. Shannon Battles (Tulare Union) 2:22.07. **Heat 3:** 1. Kristen Dowell (Santa Teresa, SJ) 2:12.00, 2. Laura Chapel (Univ. City, SD) 2:21.29, 3. Kim Milligan (Compton) 2:16.20, 4. Sharon Manship (Thous Oaks) 2:16.45, 5. Trish Brown (Lowell, SF) 2:17.27, 6. Angie Sims (Locke, LA) 2:19.06, 7. Marilyn Rasmussen (Elk Grove) 2:19.94, 8. Lisa Shields (Golden West, Visalia) 2:23.54, 9. Dawn Hecker (Palisades, LA) 2:31.84.

## 1600 Meters

**RECORDS: National**—4:35.24, Polly Plumer (Irvine, CA, 1982). **Nat.Fed.**—4:39.92, Polly Plumer (Sacramento, CA, 1982). **State**—4:35.24, Polly Plumer (Irvine, CA, 1982). **Meet**—4:39.92, Polly Plumer (Sacramento, CA, 1982).

Late Saturday Kristen Dowell was attempting to complete her tough 800-1600 double against the defending champion, Shannon Clark (Mountain View). Sidney Thatcher (Encinal, Alameda) helped Clark through 800m at 68:22. By the 1200 it was a two-girl race at 3:36.5. During the final go-round, one expected Dowell to explode on into the finish and take the victory, but Clark stayed ahead during the furious stretch to win 4:49.14-4:50.71.

### FINALS

- 1 Shannon Clark (Mt.View) Jr 4:49.14
- 2 Kristen Dowell (S.Teresa, SJ) Sr 4:50.71
- 3 Darcy Arreola (Grosmt, Mesa) Jr 4:56.35
- 4 Sidney Thatcher (Encinal, Ala) Jr 4:57.83
- 5 Nikki Richot (Edison, H.B.) Jr 4:58.01
- 6 Angela Stearns (SilverCk, SJ) 4:58.10
- 7 Angela Bonomini (RedBluff) Sr 5:05.31
- 8 Gina Jauregui (Newark) Sr 5:06.73
- 9 Brenda Payton (ElDorado, Pl) Sr 5:09.59
- 10 Robin Eager (Vista) Jr 5:21.34

**Heat 1:** 1. Angela Bonomini (Red Bluff) 5:03.06, 2. Kristen Dowell (Santa Teresa, SJ) 5:04.30, 3. Darcy Arreola (Grossmont, La Mesa) 5:04.49, 4. Angela Stearns (Silver Creek, SJ) 5:04.71, 5. Gina Jauregui (Newark/Memorial) 5:04.76, 6. Melanie Hiatt (Davis) 5:08.81, 7. Heather Watson (Upland) 5:10.94, 8. Jennifer Shello (Poway) 5:16.69. **Heat 2:** 1. Sidney Thatcher (Encinal, Alameda) 4:59.53, 2. Nikki Richot (Edison, Hunt Bch) 5:00.35, 3. Brenda Payton (El Dorado, Placerville) 5:00.40.

Fine Flicks by Don Gosney



REBECCA CHAMBERLAIN  
3200m

4. Shannon Clark (Mountain View) 5:00.47, 5. Robin Eager (Vista) 5:01.60, 6. Tammy McCarty (Buena, Ventura) 5:02.59, 7. Ann Kuphaldt (Bella Vista) 5:07.50, 8. Esther Martinez (Lincoln, LA) 5:11.05, 9. Sharon Plante (Arroyo Grande) 5:16.85.

## 3200 Meters

**RECORDS: National**—10:03.5, Mary Shea (Raleigh, NC, 1979). **Nat.Fed.**—10:04.2, Cory Schubert (Berkeley, CA, 1983). **State**—10:04.2, Cory Schubert (Berkeley, CA, 1983). **Meet**—10:08.14, Cory Schubert (Bakersfield, CA, 1983).

This was an event with a decided Northern flavor, as athletes like Laurie Chapman (Gunderson, San Jose) 10:26.3c, Colleen Donovan (Lodi) 10:27.9, and Rebecca Chamberlain (Leigh, San Jose) 10:29.8c, had all run much faster than their Southern counterparts. Chamberlain had proven easily the State's best during the fall cross country season, highlighted by a second at the Kinney National Championships. Chapman and Donovan had dominated the Northern races this spring, with Chamberlain even handed a defeat by the South's best, Temple City's Amy Dabul, in a trip south at Arcadia. The finals race was very interesting. A pack of seven emerged after 1200m (at 3:53) — Chapman, Sally Wood (Piedmont), Chamberlain, Donovan, Sherri Minkler (Analay, Sebastopol), Mary Mendoza (Presentation, San Jose), and Melissa Sutton (Newbury Park). Chamberlain moved to the front at 1600m (5:13) and took off. Covering the next two 200m segments in 36.1 and 37.3 (73.4 fifth quarter after 78-79-80 laps) was more than anyone wanted to go with. Rebecca had 50m at the end of 5 laps (6:26), and kept a 6 second lead through six (7:44) and 7 (9:03) lap posts. Donovan was the only one who decided the Leigh flash was not going to do the group the favor of dying, and the undefeated Lodi girl started a sprint with 500m left. Chamberlain's slowest lap of the race was her 80 second final go-round, with Donovan edging ever closer, but not catching the leader 10:23.85-10:25.27. Rebecca and Coach Bill Hotchkiss should be congratulated for the most courageous and successful tactic used in a state distance race in many years.

### FINALS

- 1 Rebecca Chamberlain (Leig) Jr 10:23.85
- 2 Colleen Donovan (Lodi) Sr 10:25.27
- 3 Laurie Chapman (Gunderson) 10:31.77
- 4 Sherri Minkler (Analay, Seb) Sr 10:37.78

continued on next page...



5	Mary Mendoza (Present, SJ) So	10:40.54
6	Sally Wood (Piedmont) Sr	10:42.45
7	Amy Dabul (Temple City) Jr	10:42.64
8	Christy Farrell (Thou Oaks) So	10:43.36
9	Melissa Sutton (Newbury Park) So	NM
10	Tracy Wright (Irvine) Jr	NM
11	Trish Unruhe (Nordhoff, Ojai) Sr	NM
12	Lori Cook (Gold West, Visalia) Sr	NM
13	Janine Ogas (Clovis) Sr	NM
14	Kerry Panno (San Pasqual, Escondido) Jr	NM
15	Lisa Lechner (Valhalla, El Cajon)	NM
16	Kim Ojeda (Eagle Rock, LA) Sr	NM
17	Laura Carter (San Ramon Valley) Jr	NM
18	Martha Flores (Lincoln, LA) Jr	NM

NM = no mark

Fine Flicks by Don Gosney



LANA CANTRELL  
100m LH

## 100m LH

**RECORDS:** National—12.95, Candy Young (Walnut, CA, 1979). **Nat.Fed.**—13.41, Gail Devers (Los Angeles, CA, 1984). **State**—13.4, Judy Young (Berkeley, CA, 1980). **Meet**—13.41, Gail Devers (Los Angeles, CA, 1984).

The team action started up early here in Saturday's first running event, as the Muir duo of Carrie Franklin and Lana Cantrell matched up with Locke's Choo Choo Knighten. The trio took Friday's three heats in 13.70w (+3.52), a 13.79 PR, and 13.88 (+4.59) respectively. Kelly Peacock (Van Nuys) shocked with her 13.87 behind Cantrell in Heat 3. Knighten showed up for the finals in a skin tight baby blue body suit that had the stands buzzing. Franklin had a slight lead over the first hurdle when the race got underway, with Knighten moving to the front by the race's mid-point. Surprisingly, from there on in the Muir duo powered on by and on in, with Cantrell marking a rare win over teammate Franklin 13.57w (+3.22)-13.58w

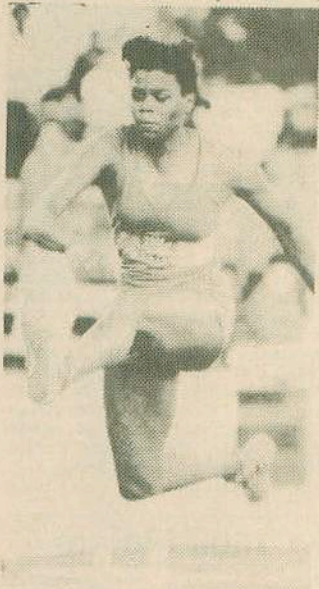
### FINALS

1	Lana Cantrell (Muir, Pas) Sr	13.57w
2	Carrie Franklin (Muir, Pas) Sr	13.58w
3	Chewuakii Knighten (Locke) Sr	13.76w
4	Kelly Peacock (Van Nuys, LA)	13.87w

5	Janeene Vickers (Pomona) So	13.91w
6	Lashawn McBride (Poly, LB) So	13.91w
7	Doris Williams (Poly, Rivers) So	14.03w
8	Kristine Babenco (Tampa) Sr	14.19w
9	Misako Hill (Cordova) Sr	14.51w

**Heat 1:** 1. Carrie Franklin (Muir, Pasadena) 13.70, 2. Janeene Vickers (Pomona) 13.90, 3. Kristine Babenco (Tampa) 14.07, 4. Michelle Wootton (Bella Vista) 14.30, 5. Daria Vaughn (Mira Mesa, SD) 14.47, 6. Shiana Mosby (East Bkld) 14.75, 7. Tammy Nobles (Palisades, LA) 14.80, 8. Julie Moshier (Immanuel, Reedley) 14.82, 9. Michelle Outlaw (Lincoln, SD) 15.16. **Heat 2:** 1. Chewuakii Knighten (Locke, LA) 13.88, 2. Doris Williams (Poly, Riverside) 14.01, 3. Misako Hill (Cordova) 14.28, 4. Gina Albanese (Branham, SJ) 14.45, 5. Kelly Dias (Clayton Vly) 14.60, 6. Robin Carson (El Cerrito) 14.71, 7. Marian

Fine Flicks by Don Gosney



LESLIE MAXIE  
300m LH

## 300m LH

Gruenewald (Liberty Union) 14.72, 8. Michelle Kendricks (Fremont, LA) 14.80, 9. Stacy Kuehnis (Los Gatos) 14.81. **Heat 3:** 1. Lana Cantrell (Muir, Pasadena) 13.76, 2. Kelly Peacock (Van Nuys, LA) 13.87, 3. Lashawn McBride (Poly, Long Bch) 14.01, 4. Yolander White (Grant, Sacto) 14.52, 5. Jessica Casimir (Mission, SF) 14.55, 6. Cynthia Salery (Roosevelt, Fresno) 14.58, 7. Dana Copeland (Grossmont, La Mesa) 14.89.

**RECORDS:** National—40.18, Leslie Maxie (Berkeley, CA, 1984). **Nat.Fed.**—40.18, Leslie Maxie (Berkeley, CA, 1984). **State**—40.18, Leslie Maxie (Berkeley, CA, 1984). **Meet**—40.90, Leslie Maxie (Los Angeles, CA, 1984).

National record holder Leslie Maxie (Mills, Millbrae), at 40.18, was returning from a stress fracture. Relative rookies at the event, Linetta Wilson (Muir) 41.45 (National leader in Friday's heat) and soph Rhonda Brooks (Oakland) 41.78 had better heat times than Maxie (42.00). Wilson could hardly be blamed for fatigue by the time this event came up late on Saturday. Leslie's experienced, steady step pattern eased her away from Brooks in the finals 41.80-42.25. Leslie's stepdown times were 6.5-4.3-4.7-4.4-4.8-4.9-5.2-5.3-1.3.

### FINALS

1	Leslie Maxie (Mills, Millbrae) Sr	41.80
2	Rhonda Brooks (Oakland) So	42.25
3	Lana Cantrell (Muir, Pas) Sr	42.36
4	Linetta Wilson (Muir, Pas) Sr	42.76
5	Michelle Wootton (Bella Vista) Jr	43.20
6	Kristine Babenco (Tampa) Sr	44.43
7	Chrishelle Johnson (Stagg, St) So	44.57
8	Michelle Hall (Millikan, LB) Sr	44.45
9	Sharon Edmonds (Hawthorne) Jr	44.56

**Heat 1:** 1. Linetta Wilson (Muir, Pasadena) 41.54, 2. Rhonda Brooks (Oakland) 41.78, 3. Gina Albanese (Branham, SJ) 45.54, 4. Michelle Kendricks (Fremont, LA) 45.30, 5. Kim McRae (Manual Arts, LA) 46.10, 6. Kelly Peacock (Van Nuys, LA) 46.56, Sheila Hudson (Rio Linda, Sacto) and Chrissy Cerkel (Redwood, Larkspur) did not start, Dana Copeland (Grossmont, La Mesa) did not finish. **Heat 2:** 1. Leslie Maxie (Mills, Millbrae) 42.00, 2. Michelle Wootton (Bella Vista) 43.92, 3. Kristine Babenco (Tampa) 44.82, 4. Sharon Edmonds (Hawthorne) 45.23, 5. Kim Hines (Presentation, Berkeley) 45.30, 6. Michelle Outlaw (Lincoln, SD) 46.94, 7. Renee Cunningham (Central Valley) 47.09, 8. Teresa Byram (Southwest, SD) 47.80, 9. Shiana Mosby (East Bkld) did not start. **Heat 3:** 1. Lana Cantrell (Muir, Pasadena) 43.53, 2. Michelle Hall (Millikan, Long Bch) 44.41, 3. Chrishelle Johnson (Stagg, Stockton) 44.65, 4. Joyce Cunningham (Silver Creek, SJ) 45.35, 5. Marcie Braggs (Roosevelt, Fresno) 45.50, 6. Ami Ice (Cajon) 45.90, 7. Christina Gangnuss (Foothill, Pleasanton) 46.36, 8. Jody Shanahan (Monroe, LA) 47.80, 9. Melissa Lyons (West HS, Bkld) 48.76.

## 400m Relay

**RECORDS:** National—45.13, Berkeley, CA (Norwalk, CA, 1981). **Nat.Fed.**—45.13, Berkeley, CA (Norwalk, CA, 1981). **State**—45.13, Berkeley, CA (Norwalk, CA, 1981). **Meet**—45.13, Berkeley, CA (Norwalk, CA, 1981).

Hawthorne was hot off a 45.11 national record in their State qualifying section meet, and Muir had chased them with the No. 3 all-time U.S. mark of 45.23. Muir anchor runner, Carrie Franklin, could handle Hawthorne's Tami Stiles out of the blocks at 100m, but could not run her down with a flying start for both in the relay. Muir came out charging in the heats, cranking a near 20 meter win at 46.15. The Hawthorne crew looked sluggish in their

46.45 win. In the finals, the suspense ended early and Muir's march to the team title skipped a heartbeat, as Lana Cantrell's first pass to Michelle Miller was dropped, and Hawthorne moved to an easy 45.95 12 meter win over Oakland's 47.00 in 2nd.

### FINALS

1	Hawthorne (Wheeler, Grant, Amy, Stiles)	45.95
2	Oakland	47.00
3	Morse (San Diego)	47.49
4	El Cerrito	48.04
5	Pomona	48.36
6	Valley (Elk Grove)	48.56
7	Compton	49.4ht

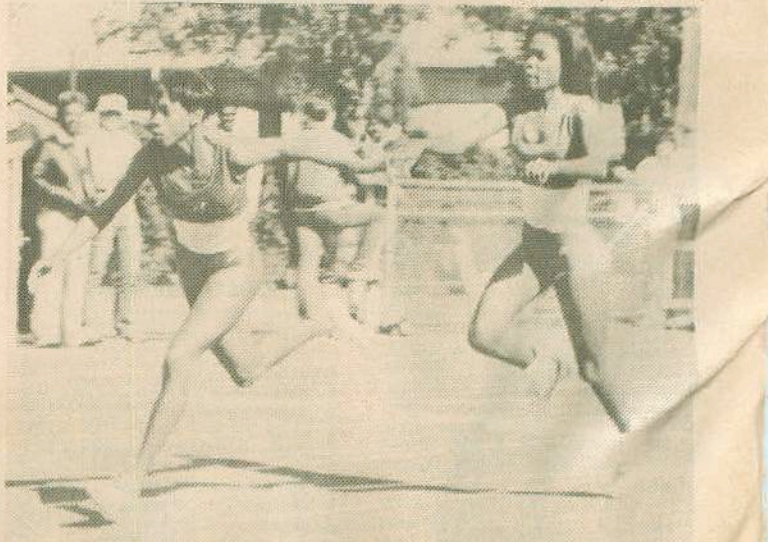
**Heat 1:** 1. Muir (Pasadena) 46.15, 2. El Cerrito 48.12, 3. Morse (San Diego) 48.17, 4. Valley (Elk Grove) 48.53, 5. Dorsey (LA) 49.48, 6. Kennedy (LA) 49.44, 7. Pittsburg 58.18. **Heat 2:** 1. Hawthorne 46.45, 2. Independence (San Jose) 48.29, 3. Pomona 48.82, 4. Vallejo 49.81, 5. Roosevelt (Fresno) 49.29, 6. Edison (Fresno) 49.48, 7. Fremont (LA) 50.80, 8. East Bakersfield 50.81. **Heat 3:** 1. Oakland 47.20, 2. Compton 47.82, 3. St. Francis (Mtn View) 49.01, 4. Morningside (Alhambra) 49.36, 5. Mira Mesa (San Diego) 49.46, 6. Crawford (San Diego) 49.79, 7. Washington Prep (LA) 50.14, 8. Enterprise (Redding) 50.24, 9. Leigh (San Jose) 50.74.

## 1600m Relay

**RECORDS:** National—3:37.71, Kennedy, Granada Hills, CA (Norwalk, CA, 1981). **Nat.Fed.**—3:37.71, Kennedy, Granada Hills, CA (Norwalk, CA, 1981). **State**—3:37.71, Kennedy, Granada Hills, CA (Norwalk, CA, 1981). **Meet**—3:37.71, Kennedy, Granada Hills, CA (Norwalk, CA, 1981).

At the end of a very long weekend, where a lot of people had done a heck of a lot of fast running, once again the big guns came together. Locke never made it to the starting line. Hawthorne and Muir picked another time to hammer each other. A fresh Tami Allen (56.7) put the Cougars far ahead of Lana Cantrell's 58.1 for the Mustangs. Muir's Nikky Caddell (55.4) caught a heavily taped Tami Stiles (56.8). Carrie Franklin (55.8) gave Linetta Wilson a slight lead, as Lisa Oates (55.8) handed off to Deanna Amy for Hawthorne. Wilson rocketed out, then

Fine Flicks by Don Gosney



HAWTHORNE'S champion 400m relay runners: Deanna Amy to Tami Stiles.





**MUIR'S champion 1600m relay runners: Hickey Caddell to Carrie Franklin.**

almost had Amy run her down near the end. Linetta clocked 53.9, and Amy 54.6. Amy had to be carried off the track at the end of both day's competition.

#### FINALS

1 Muir (Cantrell, Caddell, Franklin, Wilson)	3:43.30
2 Hawthorne	3:43.77
3 Oakland	3:48.94
4 Compton	3:49.92
5 Beverly Hills	3:54.89
6 Hueneme (Oxnard)	3:55.29
7 Edison (Fresno)	4:00.83
8 Mt. Carmel (San Diego)	4:03.21

**Heat 1:** 1. Muir 3:46.31, 2. Oakland 3:50.41, 3. Locke 3:55.69, 4. Mt. Carmel (San Diego) 3:58.16, 5. Edison (Fresno) 3:58.85, 6. Hogan (Vallejo) 4:00.23, 7. Modesto 4:01.99, 8. Roosevelt (Fresno) 4:03.25, 9. Bakersfield 4:23.54. **Heat 2:** 1. Hawthorne 3:52.93, 2. Hueneme (Oxnard) 3:57.72, 3. Valley (Elk Grove) 4:02.71, 4. St. Francis (Mt. View) 4:03.22, 5. Menlo Atherton 4:03.75, 6. University (LA) 4:05.79, 7. Foothill (Pleasanton) 4:06.29, 8. Corning 4:15.94, Grossmont (La Mesa) did not start. **Heat 3:** 1. Compton 3:50.39, 2. Beverly Hills 3:55.25, 3. Los Gatos 3:59.19, 4. Pittsburg 4:00.00, 5. El Cerrito 4:01.51, 6. Southwest (San Diego) 4:06.56, 7. Carondelet 4:06.80, Crenshaw (LA) and Kennedy (LA) scratched.

## High Jump

**RECORDS:** National—6-3, Lisa Bernhagen (Halley, ID, 1984). **Nat.Fed.**—6-2½, Kym Carter (Wichita, KS, 1982). **State**—6-2½, Wendy Brown (Woodside, CA, 1984). **Meet**—6-1¼, Wendy Brown (Los Angeles, CA, 1984).

Another fine event featured national record holder (6-2¼), Latrese Johnson (Clovis), and her conqueror at Arcadia, 6-0 junior Yleana Carrasco (Anaheim), plus a fine supporting cast. The jumpers did very good with a run-up into the south to north stiff breeze which had to interrupt normal mechanics. After Michelle Wootton (Bella Vista, Fair Oaks) missed out at 5-8 (and took 5th at 5-7), LaShawn McBride (Long Beach Poly), Beth Vidakovitz (St. Francis, Mountain View),

Carrasco, and Johnson looked at 5-9. Johnson, who had sailed over early heights by what looked like 6' passed that height. Vidakovitz was first over 5-9 on her second attempt, with Carrasco not looking quite as snappy as usual in struggling over on her final try. McBride quickened her third approach run and also got over. At 5-10 Vidakovitz and Johnson both cleared, Latrese again looking very good. McBride surprised by clearing the PR height on her third attempt, as did Carrasco. At 5-11 Johnson passed, while the rest all missed three times. McBride having two good attempts. Latrese next went to 6-0 where she cleared the bar on her second attempt. At 1.88m (6-2) she also sailed over on her second try. It was now record time and at 6-3½ Latrese failed but had a very, very close third attempt where she barely ticked off the bar with her heels.

#### FINALS

1 Latrese Johnson (Clovis) Sr	6-2
2 Beth Vidakovitz (St. Fran, MtV) Sr	5-10
3 Yleana Carrasco (Anaheim) Jr	5-10
4 LaShawn McBride (Poly, L.B.) So	5-10
5 Michelle Wootton (Bella Vista) Jr	5-7
6 Cassandra Vance (Crenshaw, LA) Sr	5-4
7 Ursula Lovely (Kennedy, LaPim) So	5-4

**Heat 1:** Brickell Quarles (University, LA) 5-4, Celia Willis (Clovis West, Clovis) 5-4, Lisa Jackson (Laton) 5-2, Cindy Johnson (Lincoln, SD) 5-2, Christy Anton (Santa Rosa) 5-2, Anne Campbell (Carondelet) 5-2, Michele Malcolm (Birmingham, LA) 5-0, Jeannele Hawley (Chatsworth) 5-0, Holly Cole (Campolindo, Moraga). **Heat 2:** Durelle Schimek (Nevada Union) 5-5, Tara Fairfield (Fremont, Sunnyvale) 5-4, Samantha Shaver (Los Altos) 5-4, Cindy Bradley (Eureka HS) 5-4, Annette Woo (Bella Vista) 5-2, Michele Wilkes (Bonita Vista, Chula Vista) 5-2, Marilyn McCurley (Portola) 5-0, Lucie VonSchellha (Skyline, Oakland) 5-0. **Heat 3:** Ursula Lovely (Kennedy, La Palma) 5-6, Yleana Carrasco (Anaheim) 5-5, Latrese Johnson (Clovis) 5-5, LaShawn McBride (Poly, Long Bch) 5-5, Cassandra Vance (Crenshaw, LA) 5-5, Beth Vidakovitz (St. Francis, Mt View) 5-5, Michelle Wootton (Bella Vista) 5-5, Christy Lee (Rolling Hills) 5-2, Stacy Lee (Los Alamitos) 5-2.



**LATRESE JOHNSON**  
High Jump



**YVETTE ROBERTS**  
Long Jump

## Long Jump

**RECORDS:** National—22-3, Kathy McMillan (Los Angeles, CA, 1976). **Nat.Fed.**—22-1¼, Kathy McMillan (Knoxville, TN, 1976). **State**—20-9¼, Wendy Brown (Los Angeles, CA, 1984). **Meet**—20-9¼, Wendy Brown (Los Angeles, CA, 1984).

This field had the pleasure of jumping with the monster winds in the prelims and against them in Saturday's finals. Diamond Bar's Rosalynn Mitchell was primed for this meet after a narrow defeat in the Southern Section finals at the hands of talented Quartz Hill soph Madette Smith. Mitchell popped wind-assisted 20-footers on each of her three prelim efforts, with a 20-1 best (backed by a solid 7.03 meter per second wind). Smith was second in qualifying at 19-8½w, with State leader, Yvette Roberts (Washington, Easton) (19-10 earlier this campaign) 4th at 19-2w.

Saturday's finals had the men triple jumpers go with the south to north winds, so the women long jumped into the wind which ranged from .91 to 5.61 meters per second into their faces, obviously holding back marks (probably averaging about a foot from Friday to Saturday).

St. Francis (Mountain View) soph, Karen Lawson, popped 18-5½ (-1.54) on her 2nd effort and Roberts immediately followed with a 19-1 (-1.54) leap to take a lead she never relinquished. Mitchell was 4th after the prelims at 17-11, while Smith did not make the cut to the finals at 17-2¼. Mitchell got out to 18-9 (-2.12) on her 5th leap to move into 2nd, and Chrissy Cerkel (Redwood, Larkspur) moved into 4th with a final effort 18-3½, while Roberts and Lawson did not improve. Mitchell had won when the four met earlier this season at Arcadia.

#### FINALS

1 Yvette Roberts (Washington, Easton) Sr	19-1
2 Rosalynn Mitchell (Diamond Bar) Sr	18-9
3 Karen Lawson (St. Fran, MtV) So	18-5½
4 Chrissy Cerkel (Redwood, Lrk) Sr	18-3½
5 Sheila Hudson (Rio Linda, Sct) Sr	18-0¼
6 Stacey Rogers (Johnson, Sct) So	17-9¼
7 Lauren Miller (Tory Pns, Del Mar) Sr	17-7¼
8 Madette Smith (Quartz Hill) So	17-2¼
9 Cynthia Salery (Roosev, Fres) Jr	17-2¼
10 Angie Evans (Fairfield) So	16-1¼

(All Prelims wind-aided) **Heat 1:** Phyllis Ruffin (Crawford, SD) 16-11½, Elvia Peterson (Mission, SF) 16-10, Marcie Bragg (Roosevelt, Fresno) 16-8¼, Connie Navarro (Belmont, LA) 16-6, Michelle White (Dorsey, LA) 16-5½, Anne Campbell (Carondelet) 16-5½, Heidi Galvez (Menlo Atherton) 16-2, Cindy Barros (Berkeley) 16-1¼, Danielle Griffin (Taft, LA) 15-5. **Heat 2:** Lauren Miller (Torrey Pines, Del Mar) 18-6, Cynthia Salery (Roosevelt, Fresno) 18-5½, Wendi Simmons (Santa Rosa) 18-4¼, Kelly Peacock (Van Nuys, LA) 18-3¼, Serina Strange (Indio) 17-10¼, Daniele Smith (Elsinore) 17-8, Debbie Knight (La Habra) 17-7½, Heidee Ruiz (Los Gatos) 17-3¼. **Heat 3:** Rosalynn Mitchell (Diamond Bar) 20-1, Madette Smith (Redwood, Larkspur) 19-2¼, Chrissy Cerkel (Redwood, Larkspur) 19-2¼, Yvette Roberts (Washington Union, Fresno) 19-2, Karen Lawson (St. Francis, Mt. View) 18-10¼, Sheila Hudson (Rio Linda, Sacto) 18-8¼, Stacey Rogers (Johnson, Sacto) 18-6, Angie Evans (Fairfield) 18-5½, Kim Huey (Santa Fe Christian) 18-3¼.

## Triple Jump

**RECORDS:** National—42-10½, Wendy Brown (Los Angeles, CA, 1984). **Nat.Fed.**—42-10½, Wendy Brown (Los Angeles, CA, 1984). **State**—42-10½, Wendy Brown (Los Angeles, CA, 1984). **Meet**—42-10½, Wendy Brown (Los Angeles, CA, 1984).

Sheila Hudson (Rio Linda), the nation's #2 returnee from 1984 in this event, had led the State all season long, as the pois-



**SHEILA HUDSON**  
Triple Jump

ed Sac Joaquin section beauty with a 4.0 GPA had bests of 40-9¼w (40-9). The event had been spiced lately with the emergence of Mt. Miguel (San Diego) soph Jackie Anderson, who in the three months since taking up the event had soared out to 39-11¼. Valencia's Kim Taylor had the state's other best effort, a 39-5½. The young ladies had the benefit of the wind at their backs all weekend in the south to north pit and wind set-up.

continued on next page...



Anderson showed the level of talent she has, as she sailed out to a wind-assisted 41-5½ to lead Friday's qualifying over the determined 41-4¼ of Hudson. On Saturday, Sheila came out and used her picture-perfect form to lay down the challenge with a 41-10w (+3.38) lead off effort. Anderson started at 38-8w and steadily improved out to 41-3½w (+3.84) on her 5th jump, and that was as close as she got to Hudson. Turlock's Wendy Martin edged Woodbridge's Jamie Kirven 38-7¼w to 38-7½w for third.

#### FINALS

- 1 Sheila Hudson(Rio Linda, Sct)Sr 41-10w
- 2 Jackie Anderson(Mt. Miguel)Sr 41-3½w
- 3 Wendy Martin(Turlock)Jr 38-7¼w
- 4 Jaime Kirven(Woodbridge)Sr 38-7½w
- 5 Kim Huey(Santa Fe Christ)Sr 38-1¼w
- 6 Kim Taylor(Valencia)Sr 38-1½w
- 7 Debbie Orr(Ocean View)Sr 37-8w
- 8 Yvette Roberts(Wash Un, Fr)Sr 36-9¼w
- 9 Christina Gangnuss(Fth, Pleas)So 36-5

**Heat 1:** Yvette Roberts (Wash Union, Fresno) 38-3¼, Christina Gangnuss (Foothill, Pleasanton) 37-10¼, Chrissy Cerkel (Redwood, Larkspur) 37-6, Anne Campbell (Carondelet) 37-2, Tonya Coleman (Morse, SD) 36-9, Tami Tarman (Chico) 35-10¼, Lisa Jackson (Laton) 34-11. **Heat 2:** Kim Huey (Santa Fe Christian) 38-7¼, Allison Walker (Monache, Porterville) 37-6, Dawn Bent (James Logan) 37-6, Debbie Knight (La Habra) 37-1¼, Lolita Pile (Highlands, No. Highland) 37-0¼, Heather Beach (Gunn, Palo Alto) 36-8. **Heat 3:** Jackie Anderson (Mt. Miguel) 41-5½, Sheila Hudson (Rio Linda, Sacto) 41-4¼, Jaime Kirven (Woodbridge) 39-3¼, Wendy Martin (Turlock) 39-1¼, Kim Taylor (Valencia, Placentia) 38-8¼, Debbie Orr (Ocean View) 38-1.

## Shot Put

**RECORDS:** National—53-7¼, Natalie Kaaiawahia (Norwalk, CA, 1983). **Nat.Fed.**—53-7¼, Natalie Kaaiawahia (Norwalk, CA 1983). **State**—53-7¼, Natalie Kaaiawahia (Norwalk, CA, 1983). **Meet**—52-7½, Natalie Kaaiawahia(Fullerton, CA, 1983).

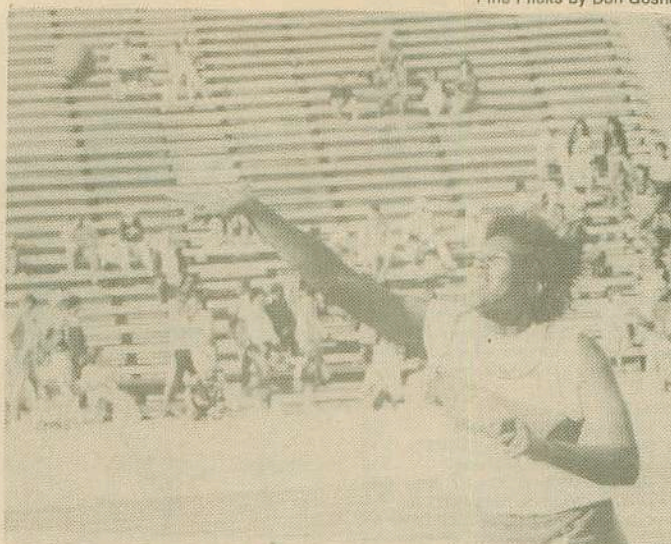
State leader (at 46-11¼) Elaine Oden (Irvine), among the nation's best volleyball players, showed the versatility of her athletic skills here. After easily leading qualifying at 45-7½ (Tracy Crawford of San Diego Southwest was 2nd at 43-10¼, Oden opened the finals with a PR-equalling 46-11¼ toss and the gold medal issue was settled. Heidi Adams (Mission Viejo), coached by Natalie Kaaiawahia's mentor, Hugo DeGroot, improved out to 45-9¼ on her 3rd put and equaled that on her final toss for 2nd. Rowland's Brandi Gail PR'd in 3rd at 44-11½.

#### FINALS

- 1 Elaine Oden(Irvine)Sr 46-11¼
- 2 Heidi Adams(Mission Viejo)Sr 45-9¼
- 3 Brandi Gail(Rowland)Sr 44-11½
- 4 Tracy Crawford(SoWest,S.D.)Jr 44-0½
- 5 Celeste Paquette(RanchoAla)Sr 42-6½
- 6 Melinda Beckenhauer(LosAl)Sr 42-1¼
- 7 Marquette Davis(Johnson,Saj)Jr 41-7½

**Heat 1:** Durrelle Schimek (Nevada Union) 39-7½, Starla Ahu (Vista) 39-2¼, Gina Niko (Mt. Eden HS) 38-3¼, Felycia King (Selma) 37-8¼, Lisa Jordan (Ukiah) 37-6, Joey Classen (Clovis) 36-11½, Lenise Collins (Grant, LA) 34-1½, Lauren Halliwell (Chatsworth) 33-10. **Heat 2:** Marquette Davis (Johnson, Sacto) 41-6, Buffy Sexton

Fine Flicks by Don Gosney



ELAINA ODEN  
Shot Put

(Mills, Millbrae) 40-0, Maureen McKinney (Reedley) 39-11¼, Shelly Lovati (El Modena, Orange) 39-9¼, Theresa Williams (Fremont, LA) 38-8¼, Latrice Hagan (Fremont, LA) 38-7, Heldee Ruiz (Los Gatos) 37-10, Jennifer Watson (Moreau) 37-4½, Maggie Ralph (Lindhurst, Olivehurst) 36-9. **Heat 3:** Elaine Oden (Irvine) 45-7½, Tracy Crawford (Southwest, SD) 43-10¼, Heidi Adams (Mission Viejo) 43-1¼, Brandi Gail (Rowland) 43-1¼, Celeste Paquette (Rancho Alamitos) 42-0¼, Stephanie Smith (Yreka) 41-6½, Melinda Beckenhauer (Los Altos) 41-3¼, Betty Lobsinger (Concord) 39-10¼, Karollina Leppaluoto (Madison, SD) 39-5¼.

## Discus

**RECORDS:** National—183-11, Leslie Deniz (Lancaster, CA, 1980). **Nat.Fed.**—176-4, Cindy Johnson (Chandler, AZ, 1982). **State**—183-11, Leslie Deniz (Lancaster, CA, 1980). **Meet**—172-11, Leslie Deniz (Gridley, CA, 1980).

A fine field was led by Lil Ili (Nogales, La Puente) who skipped the 140's back early in May in improving to 151-1 in her league prelims. The leading qualifier on

Fine Flicks by Don Gosney



LIL ILI  
Discus

Friday was Lil at 154-11, with Stacy Hom (Rancho Cordova) 153-9½ with eight over 140'. In Saturday's finals, Stephanie Smith (Yreka) opened at 146-3, with Hom improving the lead out to 147-7, and Ili upping the ante with a 153-11 toss. Lil's lead and mark stood until her final throw of the competition where she let it all hang out and the very quick southpaw rocketed it out to a 162-2 (#7 all-time Californian).

#### FINALS

- 1 Lil Ili (Nogales) Jr 162-2
- 2 Stacey Hom (Cordova) Sr 147-7
- 3 Stephanie Smith (Yreka) Sr 146-3
- 4 Gina Niko (Mt. Eden) Sr 144-2
- 5 Heidi Adams (Mission Viejo) Sr 142-4
- 6 Joey Classen (Clovis) Sr 142-0
- 7 Elaine Oden (Irvine) Sr 141-8
- 8 Celeste Paquette (Rancho Ala) Sr 141-8
- 9 Tracey Crawford (SoWest, S.D.) Jr 137-3

**Heat 1:** Britta Hempel (Lodi) 124-4, Margaret Wright (Albany) 121-9¼, Jennifer Ruff (Sequoia, Redwood City) 119-7½, Janie Williams (Arvin) 117-04, Chaney Casimir (Lowell, SF) 105-0, Lee Ezray (Rio Americano) 102-0, Kara Lyman (North Monterey Co.) no mark, Latrice Hagan (Fremont, LA) no mark. **Heat 2:** Tracy Crawford (Southwest, SD) 140-6¼, Karollina Leppaluoto (Madison, SD) 134-10, Emily Ethington (Terra Linda HS) 133-4¼, Shelly Lovati (El Modena, Orange) 129-6, Lori Parker (Ramona) 127-1¼, Buffy Sexton (Mills, Millbrae) 126-4, Margaret Georgen (Antioch) 125-9, Monie McMurry (Roosevelt, Fresno) 124-7½. **Heat 3:** Lil Ili (Nogales) 154-11, Stacey Hom (Cordova) 153-9½, Stephanie Smith (Yreka) 145-6, Heidi Adams (Mission Viejo) 144-4, Gina Niko (Mt. Eden HS) 143-7, Elaine Oden (Irvine) 143-04, Joey Classen (Clovis) 142-8¼, Celeste Paquette (Rancho Alamitos) 135-6.

## Team Scoring

Muir was the team victor, scoring 55 points to Hawthorne's 46 and Locke's 42. Muir's struggle was made a bit tougher after the 400m relay group bobbled the stick, but Coach Jim Brownfield has a determined group. The crew tackled a tough schedule. Linetta Wilson had the 400m final at 7:59 p.m. Saturday, 300 meter lows at 8:23, and 1600 meter relay at 8:53. Hawthorne is the best ever runner-up group for a State Championship in the history of U.S. prep track and field. Coach Kye Courtney gets most everyone back next year, while Muir loses almost everyone.

**TOP FIVE TEAMS:** Muir 56, Hawthorne 46, Locke 42, Oakland 22, San Jose Santa Teresa 18.



# Boys

By KEITH CONNING

## 100 Meters

**RECORDS:** National—10.16, Houston McTear (Eugene, OR, 1976). **Nat.Fed.**—10.2, Roderick Richardson (Baton Rouge, LA, 1980). **State**—Ken Robinson/Ray Brown (1981/1984). **Meet**—10.44, Henry Thomas (Los Angeles, CA, 1984).

Junior Ronald McCree (Madera), fifth last year in 10.81, won in 10.49 (+4.88mps). McCree had a slow start, but closed fast and finally took the lead for good at 95 meters.

The Central Section has won the 100-yard dash six times before in State Meet history—1939 Jack Trout (Bakersfield) 9.9; 1941 Al Jackson (Edison, Fresno) 9.8; 1953 Leamon King (Delano) 9.6; 1959 Bill Cowings (Fowler) 9.7; 1960 Cowings 9.7; and 1963 Alvin Mann (Edison, Fresno) 9.6.

Senior Steve Jones (Burbank, Sacramento), the 1983 champion and pre-meet favorite, won heat one in 10.46 (+3.21mps), but scratched from the final (see 200 story). "I don't want to race if I can't go with the heat," said Jones to Bob Burns, the *Sacramento Bee* correspondent. "I tested it and decided I wasn't able to go."

Fine Flicks by Don Gosney



**RONALD MCCREE**  
100m

McCree had beaten Jones at the Fresno Bee Games in April.

Senior Henry Thomas (Hawthorne), the defending champion and meet record holder at 10.44, did not qualify this year because of an emergency appendectomy operation before his section meet. Thomas set the all-time California record of 10.25 this season, and was number five all-time performer in the nation.

## FINALS

- 1 Ronald McCree (Madera) Jr 10.49w
- 2 Anthony Ford (Compton) Sr 10.53w
- 3 Steve Broussard (Manual Arts) Sr 10.55w
- 4 Mike Connors (NoGate, WCK) Sr 10.56w
- 5 Larry Burkeley (Oxnard) Sr 10.57w
- 6 Michael Ford (San Pedro, LA) Jr 10.62w
- 7 Gary Wellman (Westlake) Jr 10.71w

**Heat 1:** 1. Steve Jones (Burbank, Sacto) 10.46w, 2. Steve Broussard (Man Arts, LA) 10.64, 3. Sam Simmons (Compton) 10.65, 4. Henry Barba (James Lick, SJ) 10.74, 5. Andre Riley (Independence, SJ) 10.97, 6. Jeff Sundquist (Bellarmine, SJ) 11.03, 7. Pope Powell (Newark/Memorial) 11.04, 8. Chad Buggs (Balboa, SF) 11.06, 9. Tony Johns (San Diego HS) 11.27. **Heat 2:** 1. Larry Burkeley (Oxnard) 10.48w, 2. Mike Connors (Northgate, Walnut Creek) 10.52, 3. Dwight Moore (Westchester, LA) 10.61, 4. Michael Pringle (Kennedy, LA) 10.65, 5. Phillip Goins (Vallejo) 10.68, 6. Darran Greer (Bakersfield HS) 10.75, 7. Martin Cannady (Duarte) 10.76, 8. James Williams (Coalinga) 10.93, 9. Eric Williams (Berkeley) 11.00. **Heat 3:** 1. Ronald McCree (Madera) 10.49w, 1. Anthony Ford (Compton) 10.49, 2. Michael Ford (San Pedro, LA) 10.55, 3. Gary Wellman (Westlake) 10.56, 4. Seon Tillis (Valley, Elk Grove) 10.65, 5. Darron Norris (El Camino, So. San Fran) 10.68, 6. Ron Young (Mt. Miguel) 10.76, 7. Jon Earl (Casa Grande, Petaluma) 11.03, 8. Dan Rimmer (Etna) 11.08.

## 200 Meters

**RECORDS:** National—20.22, Dwayne Evans (Eugene, OR, 1976). **Nat.Fed.**—20.5, Dwayne Evans (Glendale, AZ, 1976). **State**—20.68, James Sanford (Pasadena, CA, 1977). **Meet**—20.77, Henry Thomas (Los Angeles, CA, 1984).

Fine Flicks by Don Gosney



**MICHAEL MARSH**  
Hawthorne

Senior Michael Marsh (Hawthorne), the pre-meet favorite and Southern Section champion in 20.96 (+2.00mps), won in 20.83 (+4.98mps).

Everett placed last in the final in 22.49, showing once again that trying the

400-200 double is very difficult. The 400 final was scheduled for 8:06 pm and the 200 final for 8:18 pm.

Senior Henry Thomas (Hawthorne), the 1983 and 1984 champion and meet record holder at 20.77, set the California record of 20.4 this season to rank him number six all-time performer in the nation. Thomas had to watch from the cold stands this time.

## FINALS

- 1 Michael Marsh (Hawthorne) Sr 20.83w
- 2 Anthony Ford (Compton) Sr 20.89w
- 3 Brian Brown (Gardena) Jr 21.12w
- 4 Ronald McCree (Madera) Jr 21.14w
- 5 Dwight Moore (Westchester) Sr 21.17w
- 6 Larry Burkeley (Oxnard) Sr 21.47w
- 7 Mike Connors (NoGate, W.C.) Sr 21.52w
- 8 Ron Young (Mt. Miguel) Jr 21.73w
- 9 Danny Everett (Fairfax, LA) Sr 22.49w

**Heat 1:** 1. Michael Marsh (Hawthorne) 20.99w, 2. Brian Brown (Gardena, LA) 21.27, 3. Mike Connors (Northgate, Walnut Creek) 21.45, 4. Ron Young (Mt. Miguel) 21.45, 5. Derrick Bowman (Fremont, Oakland) 22.00, 6. Andre Taylor (Woodside) 22.12, 7. Terry Rogers (Sweetwater, Natl City) 22.19, 8. Robert Ellis (Highlands, No. Highland) 22.54, 9. Richard Medina (Dinuba) 22.81. **Heat 2:** 1. Danny Everett (Fairfax, LA) 20.98w, 2. Dwight Moore (Westchester, LA) 21.21, 3. Larry Burkeley (Oxnard) 21.64, 4. Darron Norris (El Camino, So. San Fran) 21.96, 5. Henry Barba (James Lick, SJ) 22.05, 6. Rick Smith (Highland, Bkfld) 22.33, 7. Palente Henry (Merced) 22.53, 7. Eric Williams (Berkeley) 22.53, Michael Pringle (Kennedy, LA) did not start. **Heat 3:** 1. Anthony Ford (Compton) 21.03w, 2. Ronald McCree (Madera) 21.28, 3. Martin Cannady (Duarte) 21.80, 4. Todd Higgins (Anderson) 21.81, 5. Curtis Thomas

photo by Burt Davis



**CHIP RISH**  
400m

(Monterey) 22.08, 6. Pat Gordon (Marin Catholic) 22.48, Terry Johnson (Katella, Anaheim) did not start, Steve Jones (Burbank, Sacto) did not start, Marcos Pica (Mt. Diablo) DQ.

## 400 Meters

**RECORDS:** National—44.69, Darrell Robinson (Indianapolis, IN, 1982). **Nat.Fed.**—45.5, Anthony Ketchum (Austin, TX, 1981). **State**—45.51, Bill Green (Palo Alto, CA, 1979). **Meet**—46.6, James Sanford (Pasadena, CA, 1977).

Senior Chip Rish (Marina, Huntington Beach), the defending champion at 46.82, set a new meet record of 45.7 hand-timed. James Sanford (Pasadena) set the old meet record of 46.60 for 440 yards at Drake Stadium, Westwood on June 4, 1977.

Senior Danny Everett (Fairfax, LA), the pre-meet favorite with a 46.19 at Pepsi, placed second in 46.37.

Rish becomes the number three all-time California performer behind Bill Green (Cubberley, Palo Alto) 45.51 in 1979 and Henry Thomas (Hawthorne) 45.82 in 1984.

There have been four previous two-time State Meet winners in this event—1921-22 Ed Shaw (Monrovia) 52.2 and 54.4, 1947-48 Luther Butler (Jefferson, LA) 49.4 and 49.2, 1958-59 Dixon Farmer (Miramonte, Orinda) 48.6 twice, 1960-61 Uis Williams (Compton) 47.2 and 47.8.

This is the tenth time since 1915 that there has been a new meet record in this event.

"I wasn't going to let Danny pass me in the stretch," said Chip Rish to Pat Cannon, *Los Angeles Times* staff writer. "I didn't care if it killed me."

"That'll show them to pick me second," said Rich to David Osterman of *The Orange County Register*. "Coming off the turn, I kept thinking, 'Now he's making his move, now he's making his move. Dig deep, dig deep.' Then I got to the finish line and he was nowhere around. I've never talked about this, but the last two years have been emotional for me. My girlfriend died in a car crash when I was a sophomore and I've run these races for her."

## FINALS

- 1 Chip Rish (Marina, H.B.) Sr 45.1ht
- 2 Danny Everett (Fairfax, LA) Sr 46.37
- 3 Robert Ellis (Highlands) Sr 47.95
- 4 Terry Riley (Jordan, L.B.) Sr 48.02
- 5 Joseph Hart (Locke, LA) Jr 48.29
- 6 David Gayden (Morse, S.D.) Sr 48.42
- 7 Todd Licht (Mt. Diablo) Sr 48.76
- 8 Greg Parker (Kennedy, Scto) Sr 48.86
- 9 Darren Hutson (Salinas) Jr 49.34
- 10 Andre Taylor (Woodside) Sr 50.44

**Heat 1:** 1. Danny Everett (Fairfax, LA) 47.67, 2. John Denny (Morse, SD) 48.85, 2. Andre Taylor (Woodside) 48.65, 3. Robert Bennett (Pittsburg) 49.24, 4. Jerome Wallace (Palisades, LA) 49.59, 5. Mike Robinson (Fallbrook) 49.60, 6. Bryan Markum (Ceres) 50.39, 7. Paul Washington (St. Mary's, Berkeley) 50.54, 8. John Aguilar (Madera) 50.93. **Heat 2:** 1. Chip Rish (Marina, Hunt Bch) 46.82, 2. Greg Parker (Kennedy, Sacto) 48.14, 3. Todd Licht (Mt. Diablo) 48.20, 4. Joseph Hart (Locke, LA) 48.30, 5. David Gayden (Morse, SD) 48.34, 6. Darren Hutson (Salinas) 48.64, 7. Steven Lewis (Banning, LA) 49.14, 8. Demetrias Carter (American, Fremont) 49.20, Rayford Adams (Bakersfield HS) scratched. **Heat 3:** 1. Robert Ellis (Highlands, No. Highland) 48.08, 2. Terry Riley (Jordan, Long Bch) 48.65, 3. Markell Knox (Oakland) 48.99, 4. Floyd Barco (Monterey) 49.15, 5. Brian Estwick (Loyola) 49.36, 6. Andre Thomas (Pasadena) 49.38, 7. Willie Givens (Hoover, Fresno) 50.29, 8. Eric Reeter (Shasta, Redding) 52.74, Sean Kelly (Hawthorne) did not start.

continued on next page...



photo by Burt Davis



SEAN LANGER  
800m

## 800 Meters

**RECORDS:** National—1:47.31, Pete Richardson (Norwalk, CA, 1981). Nat.Fed.—1:47.31, Pete Richardson (Norwalk, CA, 1981). State—1:47.31, Pete Richardson (Norwalk, CA, 1981). Meet—1:47.31, Pete Richardson, Norwalk, CA, 1981.

Senior Sean Langer (Bakersfield), fifth last year in 1:52.23, won in 1:51.75. Langer is going to Ohio State.

Senior Sean Kelly (Hawthorne), the pre-meet favorite, placed eighth in 1:56.64.

The heat winners were Langer 1:53.70, junior Vincent Thompson (Ganesha, Pomona) 1:55.66, and senior John Cronin (Mission Viejo) 1:57.60. Coincidentally, that was also the final order of finish.

There have been six previous Central Section winners of this event—1915 Gerald Blankenship (Visalia) 1:59.8, 1916 Colin Kilby (Coalinga) 2:02.8, 1926 Doug Knowles (Bakersfield) 2:01.2, 1928 Herb Welch (Visalia) 2:01.2, 1955 Leonard Havens (Avenal) 1:57.0, and 1980 Pete Quinonez (Tulare) 1:50.11.

Senior Bobby Rivera (Newark/Memorial, Newark), seventh last year in 1:53.36, improved to a fifth place finish in 1:54.74.

Kelly led through 200 meters in 25.4 and 400 in 54.2. Langer passed a fading Kelly down the backstretch and led through 600 in 1:23.8. Langer ran his last 200 in 27.7.

### FINALS

- 1 Sean Langer(Bakersfield)Sr 1:51.75
- 2 Vincent Thompson(Ganesha)Jr 1:52.63
- 3 John Cronin(MissionViejo)Sr 1:53.91
- 4 Arien Anderson(MissionV)Sr 1:54.11
- 5 Bobby Rivera(Newark/Mem) 1:54.74

- 6 Carlos Moya(Narbonne,LA)Jr 1:55.43
- 7 Gary Nagel(Mt.Whitney,Vis)Sr 1:56.40
- 8 Sean Kelly(Hawthorne)Sr 1:56.64
- 9 Kevin Blazona(CasaRoble)So 1:57.34

**Heat 1:** 1. Sean Langer (Bakersfield HS) 1:53.70, 2. Bobby Rivera (Newark/Memorial) 1:54.60, 3. Sean Kelly (Hawthorne) 1:55.78, 4. Gary Nagel (Mt. Whitney, Visalia) 1:57.50, 5. Kevin Blazona (Casa Roble, Orangevale) 1:57.65, 6. Jim Reed (Gilroy) 1:58.09, 7. Oscar Pineda (Belmont, LA) 1:59.14, 8. Robert Williams (Pittsburg) 1:59.94, 9. George Puryear (Henry, SD) 2:03.26. **Heat 2:** 1. Vincent Thompson (Ganesha, Pomona) 1:55.66, 2. Arien Anderson (Mission Viejo) 1:55.89, 3. Carlos Moya (Narbonne, LA) 1:56.67, 4. Christopher Stiles (Marshall, LA) 1:57.86, 5. Dan Coon (Enterprise, Redding) 1:58.10, 6. David Cantu (Chula Vista) 1:58.53, 7. Aaron Cuthbertson (Piedmont) 1:58.90, 8. Joe Amendt (James Lick, SJ) 2:02.24, 9. Tony Perez (Manteca) did not start. **Heat 3:** 1. John Cronin (Mission Viejo) 1:57.60, 2. Neil Fitzgerald (St. Ignatius) 1:57.81, 3. Travis Akins (Wilson, Hacienda) 1:58.46, 4. Freddy Kober (Kennedy, LA) 1:58.94, 5. Jeff Haux (Serra, SD) 1:59.10, 6. Peter Crosse (McAteer, SF) 1:59.42, 7. Dan Cahill (Jesuit, Carmichael) 2:00.44, 8. Chano Salas (Clovis) 2:01.30, 9. Larry Silk (Campolindo, Moraga) 2:04.14.

## 1600 Meters

**RECORDS:** National—3:55.3, Jim Ryan (Wichita, KS, 1965). Nat.Fed.—3:58.3, Jim Ryan (Wichita, KS, 1965). State—3:59.4, Tim Danielson (Chula Vista, 1966). Meet—4:05.4, Mark Schilling (Garden Grove, 1972).

Senior Roman Gomez (Belmont, LA), the defending champion in 4:09.05, won in 4:15.93. This was the slowest winning time since 1961, when Bruce Bess (La Habra) won in 4:18.8. Gomez became only the second athlete in State Meet history to win both distance races. Rich Kimball (DeLaSalle, Concord) set a meet record of

Fine Flicks by Don Gosney



ROMAN GOMEZ  
1600m

8:46.5 in the two mile at Bakersfield on June 1, 1974, and then came back about an hour and fifteen minutes later to win the mile in 4:06.8. Gomez had only about fifty minutes between races. The 3200 was scheduled to start at 7:43 pm and the 1600 at 8:42 pm.

Senior Eric Aguirre (Wilson, LA) led a large pack through the 400. Junior Mark Mastalir (Jesuit, Carmichael), who placed second in 4:16.72, led at 800 in 2:14 and at 1200. Gomez ran his last lap in 55.7.

Senior William Feliciano (Cypress) and junior Adam McAboy (Miramonte, Orinda) were disqualified in heat one. Feliciano bumped McAboy, who responded with an obscene gesture. Unfortunately for McAboy, the penalty for unsportsmanlike conduct is disqualification from further participation in the meet. The penalty for Feliciano for interference is disqualification from that event.

I don't think that McAboy's penalty was just. Disqualification from the 1600 would have been enough of a penalty.

"I don't think it's fair," said McAboy to Don Peterson, *Contra Costa Times* staff writer. "What I did was wrong, but I think most people in that situation would have done a lot more. The bump was very deliberate. He took his forearm and pushed my upper body. I tripped and was flailing for a few seconds. The punishment was too harsh. Even the guy who disqualified me said it was too harsh. He didn't realize the consequences."

"I wasn't working hard at all, said Gomez to Mike Marino, *Hayward Daily Review* staff writer. "The guys in the lead didn't push me. They didn't push me in the mile (1600) either. They should have taken it out from the first lap."

"The times didn't bother me as long as I defended my titles," said Gomez to Mike Martis *Sacramento Bee* correspondent. "That's what matters. I feel relieved that it's finally over."

"Tactically, I did what I wanted—hanging on the leader's shoulder before I made my move," said Mark Mastalir to Martis. "Then I got into the lead and no one was coming up, so I just held it. At some point you've got to say, 'I've got to break away now.' You have to have the guts."

"When I woke up this morning I was nervous. I was trying to think of something else but I couldn't," said Gomez to Martis. "Now I feel real proud. Real satisfied."

### FINALS

- 1 Roman Gomez(Belmont,LA)Sr 4:15.93
- 2 Mark Mastalir(Jesuit,Carm)Jr 4:16.72
- 3 Jim Zimmer(SimiValley)Jr 4:18.71
- 4 Sean Langer(Bakersfield)Sr 4:19.11
- 5 Rob Fuhrman(Campolindo) 4:19.36
- 6 Jeff Rachal(GoldenW,Vis)So 4:19.49
- 7 Eric Mastalir(Jesuit,Carm)Jr 4:20.15
- 8 Eric Aguirre(Wilson,LA)Sr 4:20.33
- 9 Calvin Gaziano(CastroVly)Sr 4:20.61
- 10 Rick Tanner(Hamilton,LA)Sr 4:21.74

**Heat 1:** 1. Mark Mastalir (Jesuit, Carmichael) 4:17.43, 2. Calvin Gaziano (Castro Vly) 4:18.45, 3. Eric Aguirre (Wilson, LA) 4:18.76, 4. Sean Langer (Bakersfield HS) 4:19.64, 5. Rick Tanner (Hamilton, LA) 4:21.62, 6. Raul Serratos (Moreno Vly) 4:23.59, 7. Mark Dani (Valhalla, El Cajon) 4:24.84, Gus Lopez (Salinas) did not start, Manuel Gomez (Belmont, LA) did not start, Mario Coy (San Pasqual, Escondido) did not start, Scott LaForce (Los Gatos) did not start, William Feliciano (Cypress) DQ, Adam McAboy (Miramonte) DQ. **Heat 2:** 1. Roman Gomez (Belmont, LA) 4:17.33, 2. Jim Zimmer (Simi Vly) 4:17.97, 3. Eric Mastalir (Jesuit, Carmichael) 4:18.13, 4. Jeff Rachal (Golden West, Visalia) 4:18.55, 5. Rob Fuhrman (Campolindo, Moraga) 4:19.37, 6. Jason Lienau (Clovis) 4:19.88, 7. Tony Perez (Manteca) 4:20.28, 8. Russell Hill (Silver Crk, SJ) 4:22.99, 9. Paul Myers (Westlake) 4:26.04, Tom Macken (Santa Rosa HS) did not start, Jim Olson (Irvine) did not start, Jeff

JeWitt (Skyline, Oakland) did not start, Mark Yaconelli (Yreka) did not start, Dean Bole (Crawford, SD) did not start.

## 3200 Meters

**RECORDS:** National—8:36.3, Jeff Nelson (Burbank, CA, 1979). Nat.Fed.—8:41.5, Steve Prefontaine (Corvallis, OR, 1969). State—8:36.3, Jeff Nelson (Burbank, CA, 1979). Meet—8:44.9, Eric Hulst (Laguna Beach, 1975).

Fine Flicks by Don Gosney



ROMAN GOMEZ  
3200m

Senior Roman Gomez (Belmont, LA), the pre-meet favorite and defending champion in 8:58.91 outkicked senior Calvin Gaziano (Castro Valley), the Kinney Western Regional cross country champion 9:03.05 to 9:03.16.

Four other athletes have won the two-mile twice—1965-66 Ralph Gamez (Berkeley) 9:12.9 and 9:01.6, 1968-69 Ruben Chappins (Excelsior, Norwalk) 9:05.7 and 8:57.0, 1975-76 Eric Hulst (Laguna Beach) 8:44.9 and 8:57.3, 1978-79 Jeff Nelson (Burbank) 8:59.28 and 8:47.35.

Junior Jose Medina (Wasco) led the first two laps in 1:06.9 and 2:17.8. Junior Darren Stonerock (Saugus) led at 1200 in 3:27.8, at 1600 in 4:37.4, and at 2000 in 5:47.38. Junior David Naranjo (Sanger) led at 2400 in 6:57.5. Junior Eric Mastalir (Jesuit, Carmichael) sixth last year in 9:15.57, led at 2800 in 8:02.6 and 3000 in 8:32.2.

Junior Adam McAboy (Miramonte, Orinda), the North Coast Section champion in 9:07.78, was not permitted to run (see the 1600 story).

"I was nervous. I was crying in the bathroom before the 3200," Gomez said to Pat Cannon. "I guess it was the pressure of trying to defend. But coach (Robin Paulsen) said to relax and go out and win. Once I got there, I felt great."

"The guy's incredible," said Eric Mastalir to Cannon. "No, just say he's awesome. What a kick. He's a great runner."

"I remember Gaziano; he was like a horse. Real strong. I couldn't catch up to



him (in an indoor race 16 months ago)," said Gomez to Mike Marino. "But that was a long time ago. Tonight I felt good afterward."

"I felt really bad the whole race," said Gaziano to Marino. "I don't think I'm in very good shape right now. I really didn't have anything at the end. The thing that makes me mad is that I know I can beat him because I did at the Footlocker. I haven't felt good all year, and even though I finished second in the state, I'm disappointed. I should have won here."

"I'm pleased but disappointed, not with my time or place, but for what I should've done. I'll be kicking myself for two weeks," said Eric Mastalir to Mike Martis. "That 9:03 felt better than any 3200 I've ever run before. I couldn't believe I felt so good, so I could have and should have gone faster."

"It's just frustrating," said Jesuit coach Walt Lange to Martis. "Eric knows and I know that he's capable of a faster time. He's at least an 8:54 two-miler and Mark is at least a 4:08 miler. But talking about it doesn't do any good. It's easy for me to sit in the stands and tell him to go faster. But they both had to. As it turned out, they gave Gomez the races."

"I thought someone was going to take it out, but both times they were playing my race," said Gomez to Martis. "The race was in the last lap both times."

#### FINALS

1 Roman Gomez(Belmont, LA)Sr	9:03.05
2 Calvin Gaziano(CastroVly)Sr	9:03.16
3 Eric Mastalir(Jesuit, Carm)Jr	9:03.31
4 David Naranjo(Sanger)Jr	9:03.83
5 John Domingue(Laigh, S.J.)Jr	9:10.06
6 Darren Stonerock(Saugus)Jr	9:12.39
7 Robert Roberts(CasaRobie)So	9:17.05
8 John Bass(CastroVly)Sr	9:18.74
9 Marc Davis(San Diego)So	9:19.0ht
10 David Rees(Pt. Loma, S.D.)Sr	9:19.44
11 Steve Imlay(TempleCity)Jr	9:19.84
14 Gus Lopez(Salinas)Sr	9:22.74
15 Andy Walsh(West, Campbell)Sr	9:23.34
16 Ellis Del Sol(Hilltop, ChV)Sr	9:25.24
17 Tom Estes(Lassen, SusanV)Sr	9:25.74
18 Rod Coker(Vacaville)Sr	9:27.04
19 Jim Harvath(ThousOaks)Sr	9:33.74

Fine Flicks by Don Gosney



**ROBERT READING**  
110m High Hurdles

## 110m HH

**RECORDS:** National—13.41, Steve Kerho (Sacramento, CA, 1982). **Nat.Fed.**—12.9, Renaldo Nehemiah (Jamaica, NY, 1977). **State**—Steve Kerho (Sacramento, CA, 1982). **Meet**—13.41, Steve Kerho (Sacramento, CA, 1982).

Senior Robert Reading (St. Mary's, Berkeley), the North Coast Section champion, won in 13.88 (+0.60 mps). This was

the third year out of the last six years that St. Mary's of Berkeley has won this event. Don Ward ran 13.73 in 1980 and Mark Boyd 13.93 in 1983. Coach Mark Moyer is doing an impressive coaching job.

"It was without a doubt, his perfect race," said Moyer to Monte Poole of the *Oakland Tribune*. "When he hit the seventh hurdle ahead—we knew he'd take it. Nobody catches him there."

"It was probably one of my better races this year," Reading said to John Crum-packer, *San Francisco Examiner* staff writer. "It was pretty good. I only hit two hurdles. It may sound overconfident, but my coach tells me by the seventh hurdle, if I'm even, I should have it."

Senior Jimmy Wynne (Valley, Sacramento), seventh last year in 14.76, placed second in 14.09. "It was pretty close to a perfect race," said Wynne to Bob Burns, *Sacramento Bee* correspondent. "On a scale of 1 to 10, I'd give it an 8½."

"I wanted to win it, basically, for Sacramento," said Wynne to Frank Marqua of the *Sacramento Union*. "I feel bad for Steve (Jones). I guess that boosted me up."

#### FINALS

1 Robert Reading(St.Mary's,Bk)Sr	13.88
2 Jimmy Wynne(Valley,ElkG)Sr	14.09
3 Terry Johnson(Katella,Ana)Jr	14.22
4 Kenny Hall(Ganessa,Pom)Sr	14.22
5 Damon Thomas(Pasadena)Sr	14.27
6 John Coffee(Roosevelt,Fres)Sr	14.36
7 Ed Tillman(Hawthorne)Sr	14.40
8 Kevin McPherson(Mt.Pleasant)Sr	14.51
9 Rich Holmes(SanJuan,C.H.)	14.73

**Heat 1:** 1. Damon Thomas (Pasadena) 13.79w, 2. Robert Reading (St. Mary's, Berkeley) 14.01, 3. John Coffee (Roosevelt, Fresno) 14.14, 4. Ed Tillman (Hawthorne) 14.15, 5. Travis Knox (San Diegoito, Encinitas) 14.44, 6. Ivan Graves (Balboa, SF) 14.56, 7. Jason Munoz (Quincy) 14.64, 8. Phil Vinson (Hamilton, LA) 14.99, 9. Mike King (Menlo Atherton)-did not start. **Heat 2:** 1. Terry Johnson (Katella, Anaheim) 13.95w, 2. Ray Dumas (Dorsey, LA) 14.46, 3. Bernard Jones (Crenshaw, LA) 14.48, 4. Jay Taylor (St. Augustine) 14.59, 5. Tim James (Muir, Marina) 14.62, 6. Dave Villalobos (Granada, Livermore) 14.92, 7. Bernard Ellison (Vallejo) 15.47, 8. Earl Butler (Salesian, Richmond) 15.57, Bill Gomes (Madera)-DQ. **Heat 3:** 1. Kenny Hall (Ganessa, Pomona) 13.93w, 2. Jimmy Wayne (Valley, Elk Grove) 14.16, 3. Rich Holmes (San Juan, Citrus Hts) 14.34, 4. Kevin McPherson (Mt. Pleasant) 14.43, 5. Bryan Davis (Sweetwater, Natl City) 14.57, 6. Darryl Johnson (Washington, LA) 14.89, 7. Mike Englehart (DeLaSalle, Concord) 15.32, 8. Pete Kolotouros (Lynbrook, SJ) 16.87, George Smith (Clovis West, Clovis)-DQ.

## 300m Hurdles

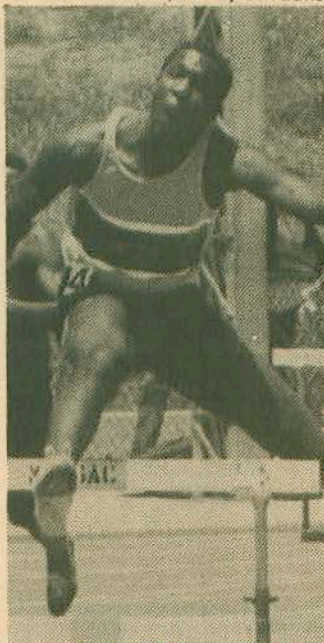
**RECORDS:** National—35.3, Arthur Blake (Elmhurst, IL, 1984). **Nat.Fed.**—35.9, William Blessing (Dallas, TX, 1974). **State**—36.4, Dedy Cooper/Charles White (1975/1976). **Meet**—36.10, George Porter (Los Angeles, CA, 1984).

Senior George Porter (Cabrillo, Lompoc), the pre-meet favorite and defending champion in 36.10, improved his meet record twice—first in winning heat one in 36.05 and again in the final in 35.50. It was the second fastest automatic clocking in high school history.

Four other athletes have been two-time winners in the lows or intermediates—1922-23 Mort Kaer (Red Bluff) 26.4 and 24.9, 1929-30 Norman Paul (Santa Ana) 24.0 and 24.2, 1933-34 Roy Kirkpatrick (Central, El Centro) 24.0 and 23.9, 1978-79 Gary Lee (Polytechnic, Long Beach) 36.58 and 36.22.

Senior Mike Graham (Hawthorne),

photo by Burt Davis



**GEORGE PORTER**  
300m Int. Hurdles

fourth last year in 37.47, placed second in 36.56.

Porter set a national record of 35.32 earlier this year.

"He (Porter) ran a great race," said Cabrillo track and field coach Jesse Davis to the *Santa Barbara News-Press*. "It was clean all the way through. He really showed a lot of maturity. He had a fantastic year."

#### FINALS

1 George Porter(Cabrillo,Lmp)Sr	35.50
2 Mike Graham(Hawthorne)Sr	36.56
3 Kenny Hall(Ganessa,Pom)Sr	36.71
4 Keith Pontiflet(Esperanza)Sr	37.05
5 Mike King(MenloAtherton)Sr	37.19
6 Jay Taylor(St.Augustine)Sr	37.70
7 Von Joyce(Hawthorne)Sr	37.79
8 Billy Gaines(Independence,SJ)	37.88
9 Robert Reading(St.Mary,Berk)Sr	38.18

**Heat 1:** 1. George Porter (Cabrillo, Lompoc) 36.05, 2. Kenny Hall (Ganessa, Pomona) 36.79, 3. Robert Reading (St. Mary's, Berkeley) 37.41, 4. Billy Gaines (Independence, SJ) 37.58, 5. Von Joyce (Hawthorne) 37.59, 6. Andy Shaben (Lincoln, Stockton) 38.41, 7. Al Pride (Grant,

Sacto) 38.50, 8. Tyler Burke (Los Altos) 38.75, 9. Mike Koelsted (Calistoga) 39.24. **Heat 2:** 1. Mike King (Menlo Atherton) 36.76, 2. Mike Graham (Hawthorne) 37.15, 3. Craig Cooper (Fairfield) 37.97, 4. Michael Smith (Skyline, Oakland) 38.19, 5. Arvis Greene (Granada Hills, LA) 38.72, 6. Terry Herron (Oceanside) 39.38, 7. Lyndon Early (Gardena, LA) 39.41, 8. Travis Knox (San Diegoito, Encinitas) 39.42, Myron Colby (Lemoore HS)-did not start. **Heat 3:** 1. Keith Pontiflet (Esperanza, Anaheim) 37.43, 2. Jay Taylor (St. Augustine) 37.49, 3. John Coffee (Roosevelt, Fresno) 38.80, 4. Walter Harris (Banning, LA) 39.08, 5. Mike Englehart (DeLaSalle, Concord) 39.18, 6. Sean Garcia (Marshall, LA) 39.33, 7. Dave Villalobos (Granada, Livermore) 39.55, 8. Hugh Kelly (Red Bluff) 39.65, Jeff DePetro (Bakersfield HS)-did not start.

## 400m Relay

**RECORDS:** National—40.40, Ellison, Killeen, TX (Killeen, TX, 1982). **Nat.Fed.**—40.2, Lincoln, Dallas, TX (Austin, TX, 1970). **State**—40.83, Edison, Fresno (Bakersfield, CA, 1983). **Meet**—40.83, Edison, Fresno (Bakersfield, CA, 1983).

The Muir (Pasadena) team of Rick Ervins, Ron Slack, Richard Bell and Jason Gray won in 41.39. This was the first Southern Section team to win since Pasadena in 1979.

Defending champion Berkeley did not start because their lead-off runner, sophomore Jeff Pete, competed in an age group meet the Sunday before the State Meet. He had entered as an unattached runner, but he was wearing the jersey of the Berkeley East Bay Track Club.

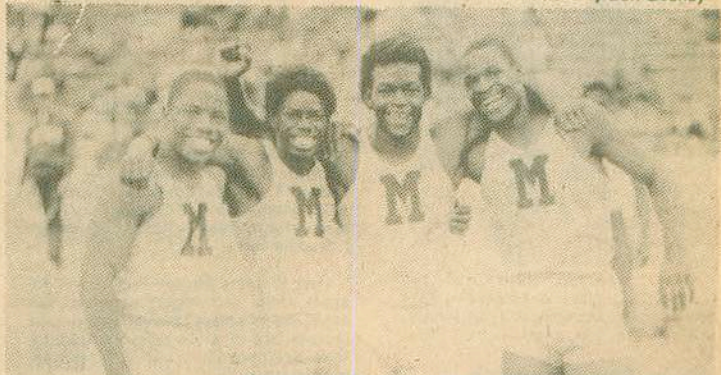
The heat winners were Compton, the pre-meet favorite of the *San Jose Mercury News*, in 42.04; Oxnard in 41.84; and Muir in 41.32.

Gardena (Los Angeles), the *Los Angeles Times'* pre-meet favorite, finished third in heat three in 42.34, but missed the final ten by .01.

Hawthorne ran 40.64 earlier this season, which is the eighth best all-time and the California record, but without Henry Thomas, they finished sixth in 41.93.

The Johnson (Sacramento) team of Ronnie Brown, Damon Smith, Curtis Rogers, and Kevin Holman placed second in 41.54. "They got a lot of respect out here tonight," said Johnson sprint coach Johnny Ware to Bob Burns. "We were all disappointed at first, because we wanted to win, but now the guys realize what they accomplished."

Fine Flicks by Don Gosney



**MUIR'S** championship 400m relay team composed of Rick Ervins, Ron Slack, Richard Bell, and Jason Gray.

continued on next page...



Johnny Ware of Sacramento won the State Meet 440 in 47.2 on June 7, 1975 at Balboa Stadium in San Diego.

## FINALS

1 Muir, Pasadena (Ervin, Slack, Bell, Gray)	41.32
2 Johnson (Sacramento)	41.54
3 Oxnard	41.57
4 Compton	41.63
5 Vallejo	41.86
6 Hawthorne	41.93
7 Jordan (Long Beach)	42.05
8 Fairfax (L.A.)	42.10
9 Madera	42.23
10 Highlands (No. Highland)	42.25

Heat 1: 1. Compton 42.04, 2. Vallejo 42.09, 3. Fairfax (LA) 42.10, 4. Kennedy (LA) 42.55, 5. Crenshaw (LA) 42.61, 6. Moreau 43.10, 7. Henry (San Diego) 43.94, Berkeley-scratched, Fallbrook-DQ. Heat 2: 1. Oxnard 41.84, 2. Muir (Pasadena) 42.09, 3. Hawthorne 42.18, 4. Highlands (North Highland) 42.33, 4. Madera 42.33, 5. Galileo (San Fran.) 42.48. Heat 3: 1. Johnson (Sacto) 41.73, 2. Jordan (Long Bch) 42.28, 3. Gardena (LA) 42.34, 4. Roosevelt (Fresno) 42.40, 5. Menlo Atherton 42.75, 6. Kennedy (Richmond) 43.23, 7. Independence (San Jose) 43.26, Bakersfield HS-DQ.

## 1600 Meter Relay

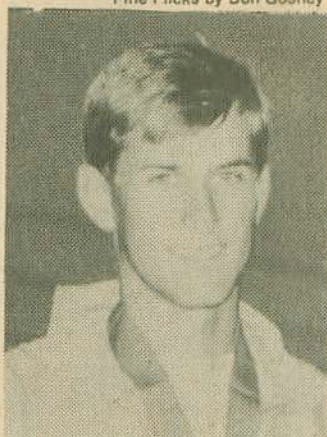
RECORDS: National—3:08.94 Berkeley (Norwalk, CA 1981). Nat. Fed.—3:08.94 Berkeley (Norwalk, CA 1981). State: 3:08.94 Berkeley (Norwalk, CA 1981). Meet: 3:08.94 Berkeley (Norwalk 1981).

Fine Flicks by Don Gosney



1600m Relay champion HAWTHORNE anchored by Sean Kelly.

Fine Flicks by Don Gosney



MARK WEBSTER High Jump

The Hawthorne team of Michael Marsh 48.8, Von Joyce 49.0, Michael Graham 48.6, and Sean Kelly 47.7 won in 3:14.13. They had set a national high school record of 3:07.40 at the Texas Relays with Henry Thomas anchoring in 44.5. The victory shows the depth of their program. Hawthorne has won the event three years in a row—1983 3:10.11 and 1984 3:09.45.

## FINALS

1 Hawthorne (Marsh, Graham, Kelly, Joyce)	3:14.13
2 Muir (Pasadena)	3:16.10
3 Centennial (Compton)	3:16.93
4 Westchester (LA)	3:16.97
5 Monterey	3:18.91
6 Poly (Long Beach)	3:19.95
7 Morse (San Diego)	3:19.99
8 Pasadena	3:21.19
9 Los Altos (Los Altos)	3:22.75

Heat 1: 1. Hawthorne 3:16.65, 2. Muir (Pasadena) 3:17.81, 3. Westchester (LA) 3:19.26, 4. Monterey 3:21.90, 5. South Bakersfield 3:23.44, 6. Washington (Fremont) 3:25.79, 7. Tulare Union 3:31.18, 8. Colfax 3:33.14, Berkeley HS-did not start. Heat 2: Centennial (Compton) 3:19.21, 2. Pasadena 3:22.05, 3. Newark/Memorial HS 3:23.75, 4. Crenshaw (LA) 3:24.33, 5. San Pasqual (Escondido) 3:25.31, 6. Highlands (No. Highland) 3:26.81, Enterprise (Redding)-did not start, Washington (LA)-DQ. Heat 3: 1. Morse (San Diego) 3:15.88, 2. Poly (Long Beach) 3:19.91, 3. Los Altos (Los Altos) 3:21.91, 4. Serra (San Diego) 3:22.28, 5. Pittsburg 3:22.29, 6. Independence (San Jose) 3:22.65, 7. Galileo (San Fran.) 3:23.04, 8. Palisades (LA) 3:26.99, Roosevelt (Fresno)-did not start.

## High Jump

RECORDS: National—7-6 Dothel Edwards (Athens, GA 1983). Nat. Fed.—7-5 1/4 Dothel Edwards (Athens, GA 1984). State—Maurice Crumby (San Francisco 1983). Meet—7-3 1/4 Lee Balkin (Glendale 1976).

Mark Webster (Homestead, Cupertino) upset senior Jeff Rogers (Overfelt, San Jose), the pre-meet favorite and second last year at 6-11, with a jump of 6-9. Senior Mark Robinson (Simi Valley) placed second at 6-9.

Rogers, the third best jumper in the nation this season at 7-3, finished third at 6-8.

Webster cleared 6-4 on his first attempt, 6-6 on his second jump, 6-8 on his

first, 6-9 on his second, and missed three times at 6-10.

Robinson cleared 6-9 on his third attempt.

Rogers cleared 6-4, 6-6, and 6-8 on his first attempt. He passed 6-9, and missed three times at 6-10.

"I didn't know Rogers passed at 6-9," said Mark Webster to Rick Eymmer of the Peninsula Times Tribune. "I knew I had more misses when he went out. I figured he had won on fewer misses. I had my adrenalin going after I missed the first attempt. My approach was good and I felt great."

"The wind really bothered Jeff and I in the triple jump trials Friday," Webster said to Fran Errota, San Jose Mercury News staff writer. "I just blocked it out of my mind today. I honestly don't know if the wind was blowing hard. It's only the second time I've beaten Jeff and the third time I've cleared 6-10."

"Mark just beat me," said Rogers to Errota. "But I can't feel too bad, because I saw the Muir girls drop the baton in the 440 relay, and I saw Damon Thomas of Pasadena have a bad night in the hurdles. I'm not the only one who faced disappointment."

Webster was the first Central Coast Section athlete to win the high jump since 1960.

## FINALS

1 Mark Webster (Homestead, Cuper)	6-9
2 Mark Robinson (Simi Valley) Sr	6-9
3 Jeff Rogers (Overfelt) Sr	6-8
4 George Smith (Clovis West) Jr	6-8
5 Paul Moebius (Rolling Hills) Sr	6-6
6 Sajrid Miller (Bkfld HS) Sr	6-6
7 Jim Reis (Sonoma Valley) Sr	6-6
8 Bill Hepworth (Amador, Sutter Creek) Sr	NH
John Medford (Hawthorne) Sr	NH

Flight 1: Sajrid Miller (Bkfld HS) 6-6, George Smith (Clovis West, Clovis) 6-6.

Flight 2: Mark Robinson (Simi Valley) 6-6, Jim Reis (Sonoma Valley) 6-6, Paul Moebius (Rolling Hills) 6-6. Flight 3: Bill Hepworth (Amador, Sutter Creek) 6-7, Mark Webster (Homestead, Cupertino) 6-6, Jeff Rogers (Overfelt) 6-6, John Medford (Hawthorne) 6-6.

North Coast Section champion, won at 16-2.

Senior Wally Summers (Beyer, Modesto) placed second at 15-10.

Senior Fritz Howser (Newport Harbor, Newport Beach) was third at 15-2.

Burns cleared 15-2 and 15-6 on his third attempts, 15-10 on his first, 16-2 on his second, and missed three times at 16-3 1/2.

Summers cleared 14-8 on his first vault, 15-2, 15-6, and 15-10 on his second attempts, and missed three times at 16-2.

Acalanes also won this event in 1982 with Scott Christensen at 15-6.

"The pole was too stiff," said Burns to Don Peterson. "I went to a softer pole at 15-6 and was able to get back going again."

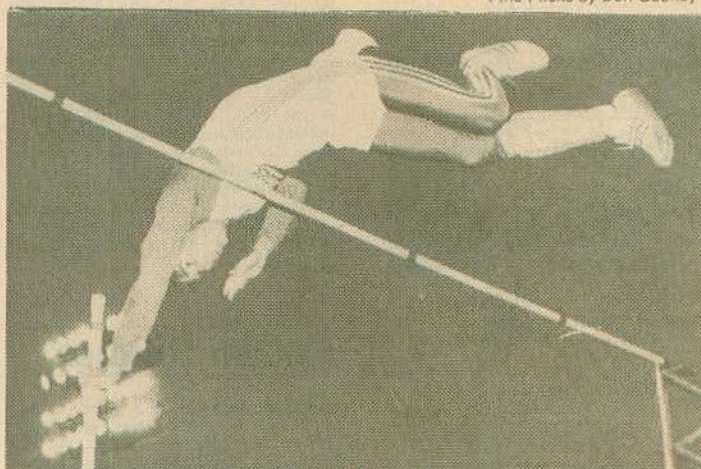
"It was a little scary," Burns said to Alan McAllister of the Oakland Tribune. "My pole was too stiff and I almost no-heighted. But I didn't come here to no-height. I switched to a softer pole and I was able to penetrate better. I needed time to rest and I wanted to take as few vaults as possible. I was out there for five hours yesterday. I didn't get much rest, though, because I took 13 vaults. I didn't realize the pole was the problem. I thought I was executing. When I got on the softer pole, it helped my confidence. I missed once at 16-2, and I remember going back down the runway thinking 'posture.'"

"I'd really like to acknowledge Wally Summers," said Burns to John Crum-packer. "He competed very well. It was cold, but I kept warm. The wind was nice, a good tailwind. The runway was good, which helped. I was surprised at how well everyone vaulted."

## FINALS

1 Brent Burns (Acalanes, Lafayette) So	16-2
2 Wally Summers (Beyer, Modesto) Sr	15-10
3 Fritz Howser (New Harb) Sr	15-2
4 Sean Hickey (Fallbrook) Sr	14-8
5 Dan Covarubias (Jordan, Long Bch)	14-8
6 Ed Gagnon (Simi Valley) Sr	14-8
7 Scott Johnson (Mt. Carm, SD) Sr	14-8
8 John Besmer (Del Mar, SJ) Sr	14-2
9 Gibbon (Del Mar, SJ)	14-2
9 Steve Williams (Servite, Ana) Jr	14-2
11 Reti Summerville (San Ram) V So	NH

Fine Flicks by Don Gosney



BRENT BURNS Pole Vault

## Pole Vault

RECORDS: National—18-1 1/4 Joe Dial (Norman, OK 1981). Nat. Fed.—17-9 1/2 Joe Dial (Marlow, OK 1981). State—17-4 1/4 Anthony Curran (Encino 1978). Meet—17-0 1/2 Anthony Curran (Encino 1978).

Sophomore Brent Burns (Acalanes, Lafayette), the pre-meet favorite and

Flight 1: Reti Summerville (San Ramon Valley HS) 13-9. Flight 2: Gibbon (Del Mar, SJ) 14-6, Fritz Howser (Newport Harbor) 14-4, Dan Covarubias (Jordan, Long Bch) 14-4, Steve Williams (Servite, Anaheim) 14-4, John Besmer (Del Mar, SJ) 14-0. Flight 3: Brent Burns (Acalanes, Lafayette) 15-8 1/2, Sean Hickey (Fallbrook) 15-3, Wally Summers (Beyer, Modesto) 15-2, Ed Gagnon (Simi Valley) 15-1, Scott Johnson (Mt. Carmel, SD) 15-0.

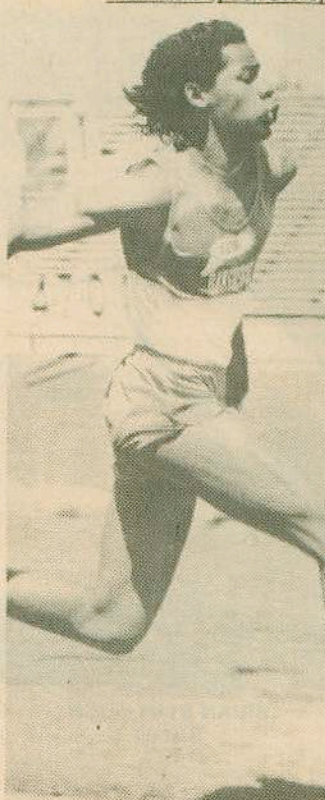


photo by Burt Davis



**LARRY NELSON**  
Long Jump

Fine Flicks by Don Gosney



**TERRENCE STRONG**  
Triple Jump

## Long Jump

**RECORDS:** National—26-8 Carl Lewis (San Juan, PR 1979). **Nat. Fed.**—25-9½ Gerald Hardeman (Fresno, CA 1972). **State**—26-2¼ Ken Duncan (Sacramento 1972). **Meet**—25-4¼ Jerry Proctor (Pasadena 1967).

Senior Larry Nelson (Simi Valley) defeated senior Cleo Bates (Pasadena) by one inch—24-3¼ (+2.22mps) to 24-2¼ (+3.61 mps).

Los Angeles Times pre-meet favorite senior Jim Chapon (Mt. Carmel, San Diego) finished tenth at 22-8 (+3.94 mps).

San Jose Mercury News pre-meet favorite senior Doug Smith (Dixon) failed to qualify for the final by 1¼ inches.

Nelson's series: 23-0½ (+3.76), scratch, 23-2 (?), 23-1¼ (+2.42), 24-3¼ (+2.22), and 24-1¼ (+2.67).

### FINALS

- 1 Larry Nelson (Simi Valley) Sr 24-3¼w
- 2 Cleo Bates (Pasadena) Sr 24-2¼w
- 3 Michael Pringle (Kenn, LA) Sr 24-1¼w
- 4 Roosevelt Davis (Lynwood) Sr 23-11w
- 5 Terrence Strong (Bkfld HS) Sr 23-9w
- 6 Robert Reading (St. M. Berk) Sr 22-6¼w
- 7 Alfred Jackson (Tul West) Sr 23-3¼w
- 8 Eric Dorn (Estancia) Jr 23-0w
- 9 Greg Parker (Ken, Sacto) Sr 22-11¼w
- 10 Jim Chapon (Mt. Carm, SD) Sr 22-8w

All Prelims wind-aided. **Flight 1:** Michael Pringle (Kennedy, LA) 23-4, Bill Freeborn (Campolindo, Moraga) 22-8½, Derrick Ford (Hunt Park, LA) 22-6, James Reese (Palisades, LA) 22-3¼, Ron Johnson (Galileo, SF) 21-11, Greg McDonald (Marin Catholic) 21-6¼, Dwayne Jeffers (Ocean-side) 21-5¼, Harley North (Gridley) 20-8½, Jerry Gilmore (LA Poly) 20-2¼. **Flight 2:** Alfred Jackson (Tulare Western) 23-1¼, Roosevelt Davis (Inglewood)

23-0¼, Robert Reading (St. Mary's, Berkeley) 22-11¼, Ben White (Carlmont, Belmont) 22-5¼, Todd Lichtl (Mt. Diablo) 22-4¼, Robert Chapman (Folsom) 22-0, Thomas Ireland (Edison, Fresno) 21-11, Guy Smith (Vista) 21-1¼, Mike Leonesio (Mitty, SJ) 21-0½. **Flight 3:** Jim Chapon (Mt. Carmel, SD) 23-8½, Eric Dorn (Bkfld HS) 23-3¼, Terrence Strong (Bkfld HS) 23-3¼, Cleo Bates (Pasadena) 23-2¼, Larry Nelson (Simi Valley) 23-2, Greg Parker (Kennedy, Sacto) 22-11¼, Doug Smith (Dixon) 22-9¼, Ramon Tisdale (Westmoor, Daly City) 22-6¼, Robert Clameliat (Victor Valley) 22-5¼.

## Triple Jump

**RECORDS:** National—53-6½ Joe Richardson (Sacramento, CA 1984). **Nat. Fed.**—52-10 Charles Mayfield (Pasadena 1981). **State**—52-10 Charles Mayfield (Pasadena 1981). **Meet**—52-4¼ Ken Frazier (San Francisco 1981).

Senior Terrence Strong (Bakersfield), the San Jose Mercury News pre-meet favorite and second last year at 50-8, defeated senior James Williams (Coalinga), bound for Fresno State, by five inches—51-9½ (+4.78) to 51-4½ (+3.71).

Senior Mike Harris (Fairfield), the Los Angeles Times pre-meet favorite, finished eighth at 48-7½ (+1.85).

Strong's series: 48-9½ (+4.13, pass, 51-9½ (+4.78), 49-5 (+5.23), pass, 49-6¼ (+2.82).

William's series: 49-1½ (+3.45), 49-5 (+3.90), 51-4½ (+3.71), 44-7 (+5.23), foul, foul.

Senior Stephen Shelley (Vallejo) placed seventh at 49-2w. "If six guys from Southern California are jumping over 49 feet, well, you've got to give them credit," said Shelley to Rich Estrada of the Vallejo

Times-Herald. "Those guys from Southern California are tough. I gave it everything I could, but they're just superior jumpers down there. When I jumped 49-1 on my first try, I thought that might be good enough for a medal. My first jump is usually my best one, and I got tired after the first two. I'm the best among the NorCal jumpers, and I've still got my 51-foot jump to talk about."

The Central Section has won the event in four of the last seven years—1979 Henry Ellard (Hoover, Fresno) 48-2¼, 1982 Cornell Archie (Fresno) 50-3¼, 1983 Torrey Barr (McLane, Fresno) 50-2¼.

"That's when I jump best, when the pressure is on," Strong said to Jeff Evan of the Bakersfield Californian. "I said to myself, 'Let's get him (Williams)', I knew I went over 50. I just didn't know by how far."

### FINALS

- 1 Terrence Strong (Bkfld HS) Sr 51-9¼w
- 2 James Williams (Coalinga) Sr 51-4¼w
- 3 Mark Triplett (Marshall, LA) Sr 50-2w
- 4 Marcus Hooks (Lakewood) Jr 49-10¼w
- 5 Alfred Jackson (Tulare W) Sr 49-8w
- 6 Tim Williams (Rubidoux, Riv) Sr 49-7¼w
- 7 Stephen Shelley (Vallejo) Sr 49-2w
- 8 Mike Harris (Fairfield) Sr 48-7½
- 9 Todd Lichtl (Mt. Diablo) Sr 47-1w

**Flight 1:** Trent Miller (Fremont, LA) 44-11½, Anthony Lewis (San Fernando, LA) 44-0¼, Fred Alexander (Dorsey, LA) 43-8½, Adrian Izanhour (Gardena, LA) 42-10½, Delano Doss (Salesian, Richmond) 42-8¼, Charles Cannon (Morse, SD) 42-7, Paul Franklin (Crawford, SD) 42-2¼, Jeff Osborne (Red Bluff) 42-0. **Flight 2:** Todd Lichtl (Mt. Diablo) 45-8, Greg Harper (Santa Fe) 45-7, Mark Webster (Homestead, Cupertino) 43-10½, Jeff Rogers (Overfelt) 43-9½, Jon Rivera (Oakdale) 43-7½, Steve Thomas (Antioch) 43-7¼, Ron Johnson (Galileo, SF) 43-0, Harold Rucker (Silver Crk, SJ) 42-10½, Bill Freeborn (Campolindo, Moraga) 42-9¼. **Flight 3:** Terrence Strong (Bkfld HS) 49-11¼, James Williams (Coalinga) 47-7¼, Tim Williams (Rubidoux, Riverside) 47-6, Mark Triplett (Marshall, LA) 47-1, Marcus Hooks (Lakewood) 46-11½, Mike Harris (Fairfield) 46-5¼, Stephen Shelley (Vallejo) 46-2, Alfred Jackson (Tulare Western) 45-11½, Terrence Williams (Muir, Pasadena) 44-10¼.

## Shot Put

**RECORDS:** National—81-3½ Mike Carter (Sacramento, CA 1979). **Nat. Fed.**—77-0 Mike Carter (Dallas, TX 1979). **State**—69-3¼ Jim Neidhart (Newport Beach 1973). **Meet**—68-0 Steve Montgomery (Lassen 1976).

Senior Brian Blutreich (Capistrano Valley, Mission Viejo), the pre-meet favorite and the defending champion at 64-7¼, set a new meet record of 68-4. The old meet record of 68-0 was set by Steve Montgomery (Lassen, Susanville) on June 5, 1976 at Edwards Stadium in Berkeley.

Seven other athletes have won the shot put two or more times—1915-16 Wayne Weeks (Santa Rosa) 46-2 3/8 and 47-4¼; 1920-21-22 Clarence "Bud" Houser (Oxnard) 49-9, 52-0, and 55-4¼; 1923-24 Cecil White (Modesto) 48-½ and 49-7¼; 1930-31 Don Carter (Franklin, LA) 52-8¼ and 52-10; 1947-48 Bob Cameron (Washington, LA) 53-10 7/8 and 59-7¼; 1951-52 Leon Patterson (Taft) 59-2½ and 60-9 7/8; 1974-75 Dave Kurrasch (Santa Ana and Newport Harbor, Newport Beach) 63-10½ and 65-9½.

Blutreich is also the number nine United States' all-time performer and Cal record holder at 69-6¼.

Blutreich's series: 61-10¼, 68-4, 64-10¼, 66-4¼, 65-10¼, 62-1.

Senior Ray Valladao (Atwater), seventh last year at 56-3½, placed fourth at 58-9½.

Senior Jack Mohr (Los Altos) placed second at 60-4½. "I didn't feel too bad about doing poorly in the discus (ninth at 155-11) because I still had another event," Mohr said to Rick Eymmer. "The shot put was shaky at first, too. But I got it together and hit on my second throw in the finals. I told myself this is my last put ever, I may as well make it a good one."

### FINALS

- 1 Brian Blutreich (Capo Vly, Capis) Sr 68-4
- 2 Jack Mohr (Los Altos) Sr 60-4½
- 3 John Knight (Oak Park) Sr 59-9
- 4 Ray Valladao (Atwater) Sr 58-9½
- 5 Dominic Fortino (Palma, Mnt) Sr 58-7¼
- 6 Joe Bowser (Serra, SD) Sr 50-2¼
- 7 Tim Moore (Atwater) Sr 58-1
- 8 Steve Adelman (Patterson) Sr 57-6¼
- 9 Scott Bunnell (Gunn, PA) Jr 56-5¼

**Flight 1:** John Murphy (Antioch) 53-10½, Ray Muldrew (Vista) 52-3½, Brian Bog-gess (El Capitan Lakeside) 52-0¼, Allen Smith (Madera) 51-10, Marc Neal (Washington, SF) 51-8¼, Ray East (Sanger) 51-8¼, Robert Adwene (St. Mary's, Berkeley) 50-9¼, Eric Kroeger (Ukiah) 50-2¼, Richard Falconer (Encinal, Alameda) 49-11. **Flight 2:** Ray Valladao (Atwater) 59-1¼, Joe Bowser (Serra, SD) 56-5, Brent Riederich (Edison, Hunt Bch) 56-2½, David Laut (Channel Islands, Ox-nard) 55-4½, Mario Serrano (Belmont, LA) 54-5, Paul Kim (Monroe, LA) 53-6½, Scott Schain (Gran Hills, LA) 53-3½, Keith Bryant (Birmingham, LA) 51-9½, Trent Barnes (Clovis West, Clovis) did not start. **Flight 3:** Brian Blutreich (Capo Vly, Capistrano) 67-3¼, Jack Mohr (Los Altos) 60-8¼, John Knight (Oak Park) 58-5¼, Steve Adelman (Patterson) 57-7¼, Scott Bunnell (Gunn, Palo Alto) 57-5¼, Dominic Fortino (Palma, Monterey) 57-2½, Tim Moore (Atwater) 57-1½, Ziad Khosam (El Modena, Orange) 56-1, Todd Cathers (Oroville) 52-7¼.

Fine Flicks by Don Gosney



**BRIAN BLUTREICH**  
Shot Put

## Discus

**RECORDS:** National—213-6 Clint Johnson (Overland Park, KS 1980). **Nat. Fed.**—207-8 Scott Crowell (Mason City, IA 1978). **State**—209-6 Dave Porath (Atwater 1978). **Meet**—201-3 Chris Adams (Los Altos 1970).

Senior Brian Blutreich (Capistrano Valley, Mission Viejo), the number two all-time performer and California record

continued on next page...



holder at 210-8, set a new meet record of 201-5 on his first attempt. The old meet record of 201-3 was set by Chris Adams of Los Altos on June 6, 1970 at Edwards Stadium in Berkeley. Blutreich extended his meet record to 203-4 on his final attempt.

Senior Pete Thompson (Cupertino), fourth last year at 181-6, threw 190-0—his lifetime best for second.

Thompson and Blutreich plan to attend UCLA in the fall.

Blutreich's series: 201-5, 199-7, foul, 196-7, 197-3, 203-4.

Only one other athlete has won both the shot put and discus in the same meet—1978 Dave Porath (Atwater) 65-10½ and 199-5.

"I was pretty consistent and I'm happy with my series, but I just wanted to get off a throw that felt right," Thompson said to Rick Eymmer.

Blutreich set meet records in both the shot put and discus.

#### FINALS

1	Brian Blutreich(CapoVly,Cap)Sr	203-4
2	Pete Thompson(Cupert)	190-0
3	Ron Elm(Vacaville)Sr	133-2
4	Jeff Swenning(Kingsburg)Sr	179-8
5	Ray Valladao(Atwater)Sr	179-5
6	Jeff Hooper(DelCamp,FO)Jr	179-1
7	Ziad Khozam(EI Modena,Or)Sr	179-1
8	Mike Coffino(Tamalpais)Jr	171-8
9	Jack Mohr(LosAltos)Sr	155-11

Flight 1: Dan Davis (Pt. Loma, SD) 167-8, Mike Rodarte (Dinuba) 161-7, Preston Call (El Camino, So.SanFran) 159-1, Paul Faris (Amador Vly, Pleasanton) 156-10, Richard Falconer (Encinal, Alameda) 153-0, Kelly Calabro (Las Lomas, Wal Crk) 142-3, Rickey Green (Galileo, SF) 139-10, Mark Lambert (Palisades, LA) 131-03.  
Flight 2: Pete Thompson (Cupertino) 184-8, Ray Valladao (Atwater) 177-3, Jack Mohr (Los Altos) 169-11, Steve Jenkins (Saugus) 168-8, Jason Soares (Gridley) 159-11, Brian Boggess (El Capitan Lakeside) 158-6, Richard Barilewski (Chowchilla) 153-11, Anthony Boone (Sequoia, Redwood City) did not start.  
Flight 3: Brian Blutreich (Capo Vly, Capistrano) 200-1, Jeff Hooper (Del Campo, Fair Oaks) 187-5, Ziad Khozam (El Modena, Orange) 179-6, Mike Coffino (Tamalpais) 172-8, Jeff Swenning (Kingsburg) 172-4, Ron Elm (Vacaville) 171-6, John Knight (Oak Park) 165-1, Ron Biggs (Apple Valley) 159-3.

### Team Scoring

Hawthorne became the first team in 33 years to win three straight team championships with 29 points. They won despite the loss of sprinter Henry Thomas, who would have been favored to win the 100 and 200. Their 4x100 relay team would also have been favored with Thomas on the anchor.

Hawthorne scored 10 in the 1600 relay and 200 (Marsh), 8 in the 300IH (Graham), and one in the 400 relay.

"I thought we were in trouble after I didn't run well in the 800," Sean Kelly said to Pat Cannon. "Coach (Kye Courtney) was mad. We knew we had to win the last race (1600 meter relay) to win the meet. I told the other guys we better win 'cause it's a long walk back to Hawthorne. Spending 45 minutes on the plane would be too much with Coach sitting right there. We were even joking about getting money for a Greyhound."

**TOP SIX TEAMS:** Hawthorne 29, Bakersfield 26½, Simi Valley 25, Capistrano Valley, Belmont and Compton 20



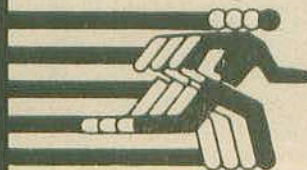
BRIAN BLUTREICH  
Discus

## 7th Western Qualifier

# KINNEY

## CROSS COUNTRY CHAMPIONSHIPS

Saturday, December 7, 1985  
Woodward Park  
Fresno, CA



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

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



# Medical Notes for Runners

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

## Plantar Warts

**M**any runners, especially in the summer, become the victims of plantar warts. Plantar means bottom, and a wart is a viral infection of the skin. Actually, a benign tumor like growth occurs on the bottom of the foot, and this is called a plantar wart. Warts hurt when there is side to side pressure. This pinching pressure presses the nerves and small capillaries in the wart. Normally, calluses hurt more with direct up and down pressure. Thus, you can distinguish between a wart and a callus by the type of pain with the type of pressure you apply.

Warts usually have a well circumscribed rim around them, and there is dark discoloration, pin point in size, within the wart. This is because of the small blood vessels in the wart. Calluses, on the other hand, have thick skin, which may have skin lines running through them. Thus, you can tell the difference. Warts usually hurt a lot more than calluses. One can have, however, a wart within a callus.

### Why do we get warts?

Warts are caused by a virus. The virus enters the skin, usually due to some minor trauma. Thus, you may scrape your foot going barefooted by the swimming pool or step on a sharp object.

### Can warts spread?

Yes, of course they can spread. A virus is a micro-organism that can spread. Thus, one person with warts can potentially give warts to other people. Usually there is a reason why you get warts, and it might be due to the Ph of your skin or your particular body chemistry.

### What are the treatments for warts?

I like to treat warts conservatively. I trim them down until there is bleeding of the capillary bed and then apply an acid solution. My patients then are given an acid solution to take home with them, and they can treat the warts at home until they go away. High doses of Vitamin A, 25,000 units per day, are helpful. Vitamin A decreases hyperkeratosis, which means excessive skin and also has a tendency to inhibit the warts. Soaking your feet in a half cup of vinegar in a pan of water is helpful for warts, as well as for athlete's feet or other

chronic foot problems. It tends to dry out the foot and change the Ph.

### What if conservative treatment fails?

Then you may need to have surgical debridement of the wart or a freezing of the wart. At times, we will numb up the area around the wart and then scoop the wart out with a curette and put a coagulating solution on the base of the wart. I also have utilized various forms of microelectrical surgery on the warts, and laser surgery, at times, is helpful.

### What about mosaic warts?

Mosaic warts occur when there are a lot of warts on the bottom of the foot and usually there is one central wart, which is the chief cause of the problem and then several smaller seed warts. The central wart is called the mother wart; and, usually, if you treat this wart, the other warts will just go away.

### Can you scare warts away?

Yes, as a matter of fact, there is a psychological component to warts. Everyone is familiar with the story of Tom Sawyer, who says that the way to get rid of warts is to go out on the evening of a full moon and kill a frog and put frog blood on the wart. The wart will then go away.

I once had a patient who had a wart on the bottom of his foot that no treatment was taking care of and he had much difficulty walking. I told him that we would remove the wart with x-ray. I unplugged the x-ray machine, but turned the machine on. The patient was so scared that the x-ray was going to cause real damage that he was sweating during the treatment. The timer on the x-ray machine went on for about a minute, but the machine was actually turned off. About two weeks later, the wart was gone.

### Are there really psychological reasons for most diseases and problems?

Yes there are. I find that almost every injury or disease entity has a psychological component to it. For that reason, we now have the services of a psychologist in our office, who works with people who have sports injuries, as well as chronic medical problems of the lower extremity. If you are interested, let me know and give me a call



at the office. Our phone number is Area Code 415/783-3255.

Best of running.

P.S. I did a television show interview on a show, called "Body and Soul" on KRON-TV, Channel 4, on total health and wellness, which should be of interest to the readers of *California Track and Running News*. It will be aired on September 1st at 9:00. Hope you can all see it.



### GENE COHN PRODUCTIONS

Official photographers for marathons, road races, cross country, track and field meets, schools, camps, and special events. Large stock of running photos available for advertising and publicity.

370 Molino  
Mill Valley, CA 94941  
(415) 388-4611





# Around the State

## Club News

*Only one club sent a report this month. Clubs wishing to be included in "Club News" should send typed, monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Clubs are also encouraged to send black and white photographs.*

**CLUB HACK**  
1720 Ardmore, #301  
Hermosa Beach 90254

Without a doubt, the top Hack performance for the past months has been "Return of the High School Hack" Rick Tanner. Rick was the only high school distance runner in the State of California with enough guts to force the pace against Roman Gomez (the only way to beat him). In leading the L.A. City 1600m final for 3½ laps, he forced Gomez to run his fastest 1600 up through and including the State Final. All told, Rick ran six races at 1600m at 4:22 or better, including his last five and finished 10th in the State.

Watch out for continued improvement from Rick at Stanford next year. Rick's coach, Hack President, Bruce Thomson, can be proud of a fine coaching job.

Another Thomson-coached runner, Lee J. Berg, has shown some nice improvement lately, bringing down his 800m PR four times (and five seconds) to 2:03.1, the last at the Long Beach Twilight Meet. Then in the Oxy Invitational, Lee ran a PR 600m in 1:28 (though he faded to 2:04). In completing the 800m race chasing the fast pack.

The Hacks also made the trip up to the Crazy Bay to Breakers race. Most notable performances were by Clyde Matsumura and Jed Morrow. Clyde put out a nice kick at the end to get Joan Benoit's "scalp." Jed, deciding to run only the morning of the race, qualified for next year, seeded division with his 42:20. Each of the Hacks to make the trip finished in the top 1/4 % of the mob scene.

## Books of Interest

**THE CALIFORNIA STATE TRACK MEET.** By Donn B. Kirk and David M. Cooper. \$4.00 from KCC Press, 627 Springer Terrace, Los Altos, CA 94022.

This book, which gives a state meet history for years 1947-1984, was given to each state meet participant, courtesy of the sponsor, Kinney Shoes.

A copy of an earlier version of the book, covering 1915-1975 may also be purchased from KCC Press for \$8.00.

**IAAF SCORING TABLES for Men's and Women's Combined Events Competitions.** 116 pages. Published by International Amateur Athletic Federation, 3 Hans Crescent, Knightsbridge, London SW1X 0LN, England. Price: 2 pounds.

**AMERICAN ATHLETICS ANNUAL 1985.** Edited by Hal Bateman, Dave Johnson and Howard Willman. 366 pages. TAC/USA Order Dept., P.O. Box 120, Indianapolis, IN 46206. Price \$12.00. The most complete compilation of Track and Field Statistics ever published.

**1985 U.S. DECATHLON/HEPTATHLON HANDBOOK.** Edited by Frank Zamowski and Calvin Brown. 90 pages. Price unknown. Press Information Department, TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155. Lots of multi-event facts and figures.

## Running Camps

**GARY TUTTLE'S DISTANCE RUNNING CAMP.** August 18-23 at Carpinteria, California. Whether participating as a jogger, competitive track, cross country, road racing, marathoning or coaching, all

will benefit greatly from the camp. The program will cover workouts, diet, motivation, race tactics, scheduling, injuries, stretching, altitude training and racing, pacing, and personal secrets of success from the experts. The basic objective of the camp is to instill the joy of running as a lifestyle for the athlete as well as improve upon his/her potential.

The staff features Gary Tuttle, Bill Scobey and Coach Jim Hunt.

For further information write or call: Gary Tuttle's Distance Running Camp, c/o Inside Track, 1410 E. Main St., Ventura, CA 93001. (805) 643-1104.

**YOSEMITE TRACK & CROSS COUNTRY CAMP.** Beginning August 5 & 12 at Camp Green Meadows, a beautiful valley on the edge of Yosemite National Park. It consists of five days of running in mountains along the finest trails set among tall trees and streams. The first session, beginning August 5, is predominantly for beginning runners, families, masters and pre-high school. The second session, August 12, is designed for the experienced runner, for teams and competition.

The instructors include coaches Dave Donaldson and Greg McKinstry plus competitor Connie Hester.

For more information call or write: Dave Donaldson, 835 Modoc, Merced, CA 95340. (209) 722-2384.

## Keeping Track

Looking for good prices in track and field equipment? Try **Nordic Sport USA**. Write for their full color catalogue: Nordic Sport USA, P.O. Box 96, El Cajon, CA 92022. (619) 579-6345. Pamakid Runners, the Bay Area's premier running race organizers, announces the first San Francisco Summer Cross Country Challenge





**Series**, to be held ten Saturday mornings at 10:00 am, June 29th to August 31st, at the Polo Fields in Golden Gate Park. Men's and women's races will be held at approximately one mile for grade school and junior high runners, 1.5 miles for high school freshmen and sophomores, 2.5 miles for high school junior and seniors, and 3.5 miles for college and open runners. Race distances are approximate and subject to minor changes. Divisions are determined by 1985 fall scholastic eligibility. Contact: Tim Wason, 350 Frederick 3, San Francisco 94117. (415) 753-1215.

Audi has announced that it will sponsor the **San Francisco Marathon** to be held on July 21, 1985. Prizes in the event will total some \$66,000.00 according to Race Director Scott Thomason. Among this year's prizes, the top male and female finishers will each receive a 1985 Audi 4000S Quattro valued at \$18,000. Last year's event was won in record time by Colorado resident Simeon Kigen, with a time of 2 hours, 10 minutes and 17 seconds. The top female finisher was Atlanta, Georgia's Kathy Schilly, at 2 hours, 35 minutes and 55 seconds. Both Kigen and Schilly plan to defend their titles at this year's marathon. . . . **The Kinney Western Cross Country Championships** is set for December 7, 1985 at Fresno's Woodward Park. The 5,000 meter event is open to high school boys and girls with the top eight of each being sent to the Kinney National Championships the following Saturday in San Diego (Contact Bill Cockerham 209-264-5847 for info.). **The Clovis High Invitational** on September 28 will serve as a preview for the Western Regional (Contact Steve Ward 209-298-6265 for info.). The day after the Western Regional, also in Fresno, on

December 8th will be the popular California Bowl 10K Run at Fresno State University (Contact 209-224-BOWL for info.). . . . **James Robinson** will compete in his eleventh United States Track and Field Outdoor Championships. In his ten previous 800 meter championships he has won seven times. Robinson has quietly attained another distinction of note. He has made the top ten world rankings in the 800 eight times, an accomplishment second only to Auden Boysen who has been ranked in the top ten nine times. . . . **UCLA men's squad** took eight athletes to the NCAA Championships, most of them injured or ill, and only scored three points (John Frazier placed sixth in the shot put). The good news for the Bruins, however, is in the large number of returnees, redshirts, and new recruits. Recruits include: Brian Blutreich, Danny Everett, Brandon Richards and Henry Thomas. UCLA should get the most improved award at next year's NCAA's.

Season awards were announced for the **Cal State Los Angeles** men's and women's squads. Men's: MVP Field - Mike Boldon (El Camino CC), the No. 2 shot putter in Cal State L.A. history and a two-time All America in 1985; MVP Track - Tony Young (Strugis, KY), the CCAA 1500 champ and CSULA record holder; Most Outstanding - Gordon Bugg (West Covina HS) the NCAA II 400 IH champion and the CSULA frosh record. Women's: Most Inspirational - Tina Howard (Kennedy HS) competed in every meet and anchored school record 1600 relay; Most Consistent - Sandra Farmer (Kingston, Jamaica) an Olympic finalist last year she set a CSULA 400 hurdle record this season and placed fourth in NCAA; MVP - Sherri Howard (Kennedy HS) CSULA 400 record

holder and NCAA champion. . . . For being a non-scholarship school, **Cal State Hayward** women's track team has been remarkably consistent in their high finishes at the NCAA II Championships. 6th in 82, 3rd in 83, 4th in 84, and now 5th in 85, and all this after winning the AIAW III title in 1981. . . . **Cal State Northridge**, short on numbers but long on heart, completed another successful track season as both men and women squads finished in the top ten at the NCAA II National Championships. The CSUN men earned their way into the top 10 in the nation for the 13th consecutive year, placing seventh with 41 points. The Lady Matadors, with just five national qualifiers, finished ninth national with 24 points.

For the first time in four years, the NCAA Division II women's team track and field trophy will not reside at **Cal Poly San Luis Obispo**. Abilene Christian totaled 106 points to the Mustangs 103 to earn the trophy for 1985. However, enroute to the 2nd-place finish the Poly team racked up 19 All-America certificates by 10 different athletes. The lady Mustangs also established 10 lifetime bests, three school records, three NCAA Div. II Meet record, and four Cal State Los Angeles stadium records. The CPSLO men, on a rebuilding year, finished in 16th place with 11 points, but nine All-America certificates by eight athletes. . . . We recently received a very informative press packet from the **Los Angeles Track Club** including a detailed description and history of the club's accomplishments since 1972. You can probably get a copy from coach Chuck DeBus, 1649 Applian Way #311, Santa Monica 90401. Fun reading. . . . We've just gotten wind of a couple of recruiting catches. **Mt. San An-**

**tonio College** has landed Michelle Taylor. The Ganesha High School honor student achieved fame as a member of the Junior All-National track team in '83 and '84, but has been injured this season. **United States International University** has landed Thousand Oaks' James Harvath (2nd Southern Section 4A Cross Country), Pittsburg High's Tresa Currie (6th State 400), and Foothill JC's Jacqui Lewis a JC Cross Country All America. . . . Techni-Sport International has developed a number of **speed building training aids**. For their latest catalog, write: Techni-Sport International, P.O. Box 1055, Millbrae, CA 94030. . . . **Cal State Bakersfield's Charles Craig** and **College of San Mateo's Bob Rush** have been named to the coaching staff for the World University Games to be held August 29th in Kobe, Japan.

**Rena Wright** was recently selected as the California State University, Dominguez Hills Female Athlete of the Year. Wright (Rolling Hills Estates, Miraleste HS) was the only female member of the CSUDH track team but that did not stop her from beating two teams in the California Collegiate Athletic Association meet and her seven points at the national meet was good for a 26th place finish. Her 5-8 1/2 high jump placed her in a tie for second at the national meet. . . . Longtime track fan **Emerson "Bud" Spencer** passed away last month. Emerson, who grew up in Modesto, was a Stanford grad and scored a world record in the 400m in 1928 as well as a 1600 Relay Gold Medal at the 1928 Amsterdam Olympics. During the 1930's and 40's he was a Bay Area newspaper writer. He also helped coach the Stanford 400 runners and hurdlers from 1968 to 1978 and co-authored the book "Champions in the Making" with former Stanford mentor Payton Jordan.



# Athlete's Kitchen

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



## Counting Carbohydrates

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

One question that runners frequently ask me, a sports nutritionist, is "How many carbohydrates are enough to saturate my muscles with glycogen?" They don't want to overeat and gain weight. Yet, on the other hand, they don't want to underfeed and have half-fueled muscles. I recommend "counting carbohydrates" as one way to tell if you're eating the right amount. According to Dr. David Costill, exercise physiologist, a trained athlete can store about four grams of carbohydrates per pound of muscle tissue. Thereby, a lean 150-pound man could need perhaps 300 grams of carbohydrates; a lean 125-pound woman about 230 grams. These numbers are based on the assumption that your muscles are totally glycogen-depleted to start. Hence, they allow a reasonable margin of safety.

To roughly estimate your carbohydrate needs and

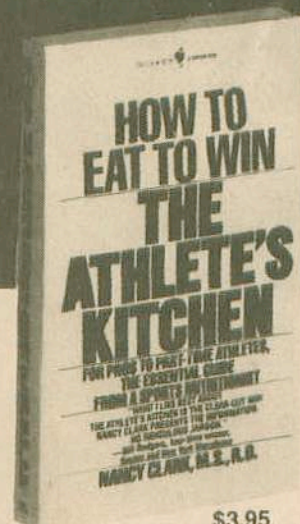
target intake, you can simply divide your weight in half—since about half of your weight is muscle tissue; the remainder being bone and fat—and multiply that number by four (ie. four grams of carbohydrate per pound of muscle tissue). This answer should correspond with the current dietary recommendations for an intake that's 50-60% carbohydrate...the high carbohydrate/low fat plan that's optimal for both active and health-conscious people.

Using this number, you'll now be ready to meet the carbo-loading challenge! Thanks to the nutritional labelling on bread, pasta, soup, cereal and other packaged foods, you can easily determine the number of grams of carbohydrates in many foods. For example, a ¼ cup serving of Grapenuts has 23 grams of carbohydrate. If your daily target is 300 grams, you could attempt to eat 4 ¼ cups of Grapenuts to meet your goal...or you could eat from a variety of other high carb foods. For unlabelled foods such as bananas, potatoes, muffins, etc., you can either find the equivalent in packaged form (ie. Duncan Hines muffin mix box gives an indication of the amount of carbs there might be in a bran muffin) or else buy a handy guidebook for carbohydrate-counters, such as Barbara Kraus' "Carbohydrates and Calories" or the small "diet guides" that are often available at grocery store check-out counters.

By keeping a daily tally of the carbohydrates you eat, you'll know when you've had enough to fuel your muscles. You'll also know that if you opt to "carbo-load" on the ever-popular-but-high-in-fat chocolate chip cookies, ice cream or M&M's, you'll simultaneously be eating glutinous amounts of fat calories. For example, a pint of Haagen Dazs has only 100 grams of carbohydrate...but "costs" 1200 total calories. You could meet your 300 gram carbohydrate-quota by eating three pints of ice cream, but somehow a pound of pasta with 330 grams at 1600 calories seems not only a more healthful but also a less fattening alternative.

If you "overload" by eating excessive calories when you're carbo-loading, you'll simply increase your body-fat stores...especially if you overeat fats. According to a report on the causes of obesity (*American Journal of Clinical Nutrition*, May 1985), people who overeat on fatty foods gain weight with relative ease compared to when they overeat carbohydrates. The metabolic conversion from dietary fats into body fat costs only 3% of the ingested calories, whereas the conversion from carbohydrates into body fat costs 23. Now that's incentive to choose those "carbs" wisely!

"...I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."  
—Bill Rodgers



\$3.95

By Nancy Clark, M.S., R.D.,  
Nutritionist, Sports Medicine  
Resource, Inc.  
Boston, MA

- Practical suggestions on how to improve your daily diet and eating patterns.
- Sports nutrition tips on quick energy foods, thirst quenchers, carbohydrate-loading meals, caffeine...plus more.
- Informative charts, graphs and tables that condense the text.
- Over 200 simple recipes for meals/snacks that not only taste good but also are good for you.

Prices and availability subject to change without notice

**Available at your bookstore or use this handy coupon.**

Bantam Books, Inc. Dept. HN7  
414 East Gulf Road, Des Plaines, IL 60016

Please send me the books I have checked above. I am enclosing \$\_\_\_\_\_ (please add \$1.75 for cover postage and handling).  
Send check or money order—no cash or C.O.D. please.

Mr./Mrs./Miss \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

HN7-10/84

Please allow four to six weeks for delivery.

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



# Prep Notes

By KEITH CONNING

## ✓ Enrique Ryan

**May. Honolulu, Hawaii**—Enrique Ryan (St. Louis, Honolulu), the Kinney Western Regional cross country freshman of the year, set an age 14 national record of 4:21.2 in winning the Hawaii state 1600. The old record of 4:21.6 was set last month by Nate Nielsen (Irving Junior, Lincoln, Nebraska).

The age 14 mile record before this season was 4:24.0 by David O'Connor (Valley Central, Montgomery, New York).

## ✓ York, Elmhurst, Illinois

**May 7. Elmhurst, Illinois**—The York 4x800 team of Neal McNally (1:57.9), Bob Berger (1:54.1), Paul Talra (1:53.1), and Jim White (1:49.7) set a new national high school record of 7:34.8.

Intrinsically, it is the third fastest ever. Jackson, Cambria Heights, New York and Boys, Brooklyn, New York ran 7:35.6 for yards in 1966, which converts to 7:33.0 for meters.

## ✓ Texas State Meet 5A

**May 10-11. Austin**—Roy Martin (Roosevelt, Dallas) set a national high school record of 20.13 in the 200 meters with an aiding wind of 1.7mps. The old record of 20.22 was set by Dwayne Evans (South Mountain, Phoenix, AZ) at Eugene, Oregon on June 22, 1976.

The Roosevelt, Dallas 4x100m team of Crenshaw, Foster, Rod Martin and Roy Martin equalled the 15-year-old national high school record of 40.2 in the 4x110y set by the Lincoln, Dallas team of John Delley, Joe Pouncy, Rufus Shaw, and Gene Pouncy at Austin on May 9, 1970. Lincoln's time is equal to 40.0 for meters.

## ✓ CAL/AAA

**May 23. Laney College, Oakland**—The Oakland 4x100 team won in 41.6, but was disqualified for throwing the baton.

"It (the baton) just slipped out," said anchor man Eric Broussard to Gerry Carroll, a San Francisco Examiner staff writer. "It was slick, and I was tired."

"You can't throw a baton, and that's that," Galileo track coach George White said. "I can't be blamed for filing the protest. The blame goes to the person who violated the rules."

"We appealed the decision, because the referee (CAL commission Lou Jones) declared Oakland the winner in the first place, despite the alleged baton-throwing," said Oakland coach Dave Ponas. "Only after Galileo protested was the final result changed."

"The kid (Broussard) just got excited over winning, that's all. I don't mean to be petty about this, but it wasn't even established that he purposely threw the baton."

University of California track coach Erv Hunt, James Robinson's coach Proverb Jacobs from Laney, and I disagreed with the call. We felt that the intent of the rule was to prevent unsportsmanlike conduct. Usually this rule is enforced against losing teams, who throw the baton down in disgust. But that was not the case here. Coincidentally, the disqualification of Oakland gives Galileo the coveted trip to the State Meet in Sacramento, as only the winner advances.

Sophomore Ronda Brooks (Oakland)

ran the 300m low hurdles in 41.6, the fastest time in the nation this year.

"I had never run anything below 42.3 before," said Brooks to Carroll. "And I even stuttered through a couple of hurdles out there. All I need to do is polish up a few things here and there and I can go under 40, even in the 39 or 38 range."

The Oakland girls' 4x100 team of Brooks, Dee Dee Banks, Josie Alexander, and Charzet Polk won in 47.1.

The Oakland girls' 4x440 team of Brooks, Banks, Alexander, and Patrice Crosby won in 3:54.1.

## ✓ Central Coast Section

**May 24. Los Gatos**—Senior Mike King (Menlo-Atherton, Atherton) won the 300IH in 37.1.

Senior Jeff Rogers (Overfelt, San Jose) set a new CCS record of 7-3 in the high jump. The old meet record of 6-10 was set in 1979 by Mesha Spivey (Woodside) and tied in 1982 by Dave Sampson (Homestead, Sunnyvale) and in 1983 by Rogers.

"I was kind of sloppy at the lower heights," Rogers said to Rick Eymmer of the Peninsula Times Tribune. "I didn't think I had it at 7-0, either. It has been a long day. But I put it all together at 7-3, and the acceleration was the difference."

Junior Steve Toney (Menlo-Atherton, Atherton) vaulted 15-4. "I felt like I could have cleared 16-0," Toney said to Eymmer.

Senior Dominic Fortino (Palma, Salinas) put the shot 59-11.

Junior Lashun Peters (Woodside) defeated Caldwell (Redwood Christian) in the 100—12.01 to 12.04.

Senior Kristen Dowell (Santa Teresa, San Jose) won the 800 in 2:10.0 and 1600 in 4:54.8. Junior Shannon Clark (Mountain View) finished second in 4:56, and Angela Stearns (Silver Creek, SJ) was third in 4:58.4.

Junior Laurie Chapman (Gunderson, SJ) won the 3200 in 10:29.9. Junior Rebecca Chamberlain (Leigh, SJ) was second in 10:33.9, sophomore Mary Mendoza (Presentation, SJ) was third in 10:42.8, and Sabrina Han (Westmoor, Daly City) was a non-qualifying fourth in 10:42.9. Only three other girls in the whole state ran faster than Han in their section meets—senior Colleen Donovan (Lodi) 10:28.14, senior Sally Wood (Piedmont) 10:37.16, and senior Sherri Minkler (Analay, Sebastopol) 10:38.99. That means that Han had a better section time than 21 State Meet participants, yet she was not able to go.

I think there should be a change made in qualifying for the State Meet. I favor the NCAA method of qualifying times. Each year some deserving athletes are prevented from going to the State Meet because the system of selecting athletes is unfair.

Senior Leslie Maxie (Mills, Millbrae) won the 300LH in 42.91. "That felt really good," said Maxie to Eymmer. "This was the first time all year I went 15 steps (between hurdles) all the way around. I am very satisfied."

The Independence (San Jose) girls' 4x100 team won in 47.84.

Senior Beth Vidakovits (St. Francis, Mountain View) high jumped 5-9.

Sophomore Karen Lawson (St. Francis, Mountain View) long jumped 19-6½.

## ✓ North Coast Section Meet of Champions

**May 24-25. Geroge Cunningham Edwards Stadium, University of California, Berkeley**—Junior Adam McAboy (Miramonte, Orinda) upset senior Calvin Gaziano (Castro Valley) in the 3200 meters—9:07.78 to 9:12.28. The splits were: 1:06.4 with Gaziano leading, 2:14.6, 3:24.4, 4:35.2, 5:46.3, 6:56.5, 8:04.1 McAboy leading.

"I was hoping to go sub-9:10 but I still expected Calvin to beat me," said McAboy to Don Peterson, a Contra Costa Times sports writer. "I'm really happy. If I'd gotten 9:07 and finished fourth I'd still be happy."

"He was pretty upset (about losing), but he's got to learn that nobody wins everything," McAboy said. "He's no worse a runner now. He's still capable of running sub-9 or 8:50."

"I hate North Coast," exclaimed Gaziano to Alan McAllister of the Oakland Tribune.

"His head got a little too inflated," said Tony Casillas, Gaziano's coach. "He had promoters calling him to run and he didn't do a lot of mid-season training. He got distracted as to his goals. Now when there are big meets to run, he's not prepared."

"I tried to go with three laps to go, but I was just dead," said Gaziano to Mike Marino, a staff writer for the Hayward Daily Review. "At the end, it turned out that I had to out-kick him, but I couldn't do it."

Senior Robert Reading (St. Mary's, Berkeley) won the 110-meter high hurdles in 14.53 into a -1.5mps wind. He had won heat one of the trials on Friday in 14.04 into a -2.15mps wind. He also finished fourth in the 300-meter intermediate hurdles in 39.0 after winning his heat in 37.6.

"The senior prom last night had a definite effect. He (Reading) had a great time at the prom, and the body has a tendency to react to stress," said St. Mary's coach Mark Moyer to McAllister.

"You could tell he was in trouble coming off the seventh hurdle, but that's where determination and guts come in. It's a matter of survival. Next week is meaningless if you don't get there."

Sophomore Brent Burns (Acalanes, Lafayette) vaulted 15-8¼ on his third attempt to better the Meet of Champions record of 15-0 set by John Gash (Santa Rosa) in 1984. He passed until 13-9, which he cleared on his first attempt. He also cleared 14-0, 14-6½, and 15-1¼ on his first attempts. He missed once at 16-½ before passing his remaining attempts.

Junior Mike Coffino (Tamalpais, Mill Valley) threw the discus 178-1. His series: foul, 169-9, foul, foul, 178-1, foul. He won by 22-1. "I've had some problems with a blister on my throwing hand," said Coffino to Duncan MacSwain a Marin County Independent Journal correspondent. "It just stopped hurting Thursday. That was a relief. I felt really quick today. This week I'll work on form and technique—and try to maintain my speed."

Senior Sally Wood (Piedmont) defeated 3200 champion senior Sherri Minkler (Analay, Sebastopol)—10:37.16 to 10:38.99. Junior Sidney Thatcher (Encinal, Alameda) placed third in 10:54.78. The splits were: 1:13.0 with Wood leading; 2:30.6 (1:17.6); 3:50.9 (1:20.3); 5:12.3 (1:21.4); 6:32.0 (1:19.7) with Thatcher leading; 7:54.5 (1:22.4) with Wood leading;

9:17.6 (1:23.2). Wood pulled away going in to the seventh lap.

Senior Kristine Babenco (Tamaulipas, Mill Valley) won the 300-meter low hurdles in 44.0 for the second time in three years. She had won the event in 46.3 in 1983 as a sophomore. Last year she finished third in 45.02. Babenco said to MacSwain that she was "happy with the win. The 44.0 means I'll have a good lane (at Sacramento). A good lane is important in the 300 hurdles."

Senior Crissy Cerkel (Redwood, Larkspur) long jumped 19-1¼ wind-aided (+2.6mps). Her series: 19-1¼w, 18-8¼w, scratch, 17-7¼ ok, 18-11w, pass. "My legs just didn't want to go," said Cerkel to MacSwain. "I should have dropped the hurdles and concentrated on the jumps. I'm going to do that this week. It will help me to focus on just two events in Sacramento. I need some rest. I'll take a few days off and work on technique during mid-week."

Senior Gina Niko (Mt. Eden, Hayward) became the first three-time winner of the discus at 144-2. Three other athletes—Kathy Hilton (Pleasant Hill) 1975-76, Linda Read (Alameda) 1978-79, and 1984 Olympian Laura DeSnood (Washington, Fremont) 1980-81—had won twice. Niko won in 1983 as a sophomore at 133-8. Last year Niko threw 134-2. Niko's series: 133-8, foul, foul, foul, 125-3, 144-2. Emily Ethington (Terra Linda, San Rafael) took the lead in the fourth round with a throw of 134-2, but Niko won on her last effort. "I scaled (threw from a standstill) on my first throw just so I could get in the finals," said Niko to Marino. "But then it seemed like I just couldn't do anything. I felt really bad."

## ✓ Northern Section

Senior Stephanie Smith (Yreka) threw the discus 146-2. Next fall she is going to room with Kinney National cross country champion Cathy Schiro (Dover, NH) at the University of Oregon.

## ✓ Oregon State Meet

**May 31. Hayward Field, University of Oregon, Eugene**—Marnie Mason (Klamath Union, Klamath Falls), the Kinney Western Regional cross country champion, defeated Cathy Wall (Molalla), third at Kinney, in the 3000—9:48.35 to 9:50.36. Stephanie Wessell (Marshfield, Coos Bay), 34th at Kinney, was third in 10:00.83. Mason had to run the fourth-fastest 3000 in Oregon prep history and outkick Wall in the last 100 meters.

Low Barnes (Aloha) defeated Brad Hudson (South Eugene), second at Kinney, in the 3000—8:35.40 to 8:36.87.

## ✓ C.I.F. Section Results

This issue contains most of the California C.I.F. Section Championship results. The Central Section was included in last month's, and the Sac-Joaquin will appear in next month's. If anyone has access to the Northern Section, please send them then we will be able to have printed them all.



# C.I.F. Section Results

## San Diego Section

By DENNIS McCLANAHAN

May 23. San Diego State University. While other sections in the state were probably brushing up on last minute techniques or practicing those last couple of handoffs, the San Diego Section joined the modern era of State Meet qualifying by holding their section finals on the all-weather facility of San Diego State. Held for the last 7 years on the brick track at Mt. Carmel, the SDCIF was finally able to reach an agreement with SDSU that would place both prelims and finals on the University's track. With a Thursday afternoon schedule arrived at (to work around school graduation and lack of lights on the facility) area coaches and university officials were rewarded for their persistence and patience by one of the finest finals in section history. Fast times on the track and good marks in the field were the pattern of the day as local prep shattered 8 all-time section records and set 8 meet records.

Shining the brightest on this day of achievement were Lesley Noll of Mt. Carmel for the girls and David Gayden of Morse for the boys. For Gayden, he was

counting his luck on being there and making it through each race. At the end of his leg on the 1600 relay on Saturday's prelims, Gayden took a fall which caused severe swelling to the knee which had been operated on last track season. Still showing signs of the swelling Thursday, David ran the 3rd legs on both of the winning Morse relays (42.34 and 3:15.77) in addition to coming from off the pace to win the 400 in 48.00.

For Mt. Carmel's Noll, the CIF Championships marked a total return to a form that had made her the section 400 champion as a sophomore. In a classic race with junior Darcy Arreola of Grossmont, Laura Chapel of University City, Robin Eager of Vista; Noll powered off the last turn to win in a State leading and section record of 2:08.00. Arreola was 2nd in 2:09.06, Chapel 3rd in 2:09.17, and Eager (who did not qualify for Sacramento) 4th in 2:12.03. Not finished yet, Noll came back 50 minutes later to win the 400 in another section record of 55.82, and then returned again to come from 10 meters off and anchor Mt. Carmel's 1600 relay to a meet record 3:54.31.

As is often the case in meets such as this, solid media favorites are joined by new young faces on the victory stand. One of the brightest new faces belonged to that of Lincoln sophomore Michelle Outlaw. Outlaw grabbed the spotlight ear-

ly with an easy victory in the 100LH (14.43 into a 2.2 mps wind), picked up points with a 4th in the long jump (17-3¼), anchored a 5th place 400 relay (49.66), and came back to capture the 300LH in 45.16.

Based off of last year's number two spot in the State Meet in the 200 (21.45), El Camino's Darron Norris seemed destined to be one of the best sprinters in California behind Henry Thomas of Hawthorne. But it hasn't quite turned out that way. Norris gained some weight for football (he's headed for Texas) and, coupled with a late season case of chicken pox, he is not quite the 200 sprinter he was last year. While he won his 3rd straight section 100 crown at 10.89, he lost his 200 title to Mt. Miguel junior Ron Young. Young, who was 3rd in the long jump (22-2¼), and 2nd in the 100 (10.93), proved that the 3rd time is a charm in the 200 as he bested Norris 21.72 to 22.05.

Another Miguel athlete who is picking up attention is sophomore Jackie Anderson in the jumps. Her 39-11¼ in the TJ was a meet and section record and put her in a prime spot for Sacramento honors. She shared the jumping spotlight with junior Kim Huey of Santa Fe Christian. Huey won the LJ in 18-10¼ and finished in the runner-up spot in the TJ with a 37-3¼.

San Dieguito's Travis Knox and St. Augustine's Jay Taylor have been trading off hurdle wins all of 1985 and the finals were no exception as Knox won the 110 HH in 14.40 to Taylor's 14.47. Taylor then came back to run a meet and section record of 37.20 as he bested Oceanside's Terry Herron (38.05) and Knox (38.20).

The girl's sprints were all Morse Tigers. Senior April Freow was the winner in the 100 (12.24), and was edged by fellow Tiger Kim Mathews in the 200 (25.57 for

Mathews, 25.87 for Freow). These two teamed up with Sharon Lacy and Yolanda Fitch, who both scored in either the 100 or 400, and dominated the field with a quick 47.87 in the 400 relay.

Fallbrook's Sean Hickey and Mt. Carmel's Scott Johnston again renewed their pole vault competition that in recent weeks had shown both of them top 15'. This time it was Hickey who came out on top with a new section and meet record of 15-3. Johnston was second at 15'. Only two weeks before in their league finals, they had broken the section record when both cleared 15-1.

Mt. Carmel also had another good athlete exhibiting his talent in senior long jumper Jim Chapon. Chapon went over 23-5 for the 13th time this season as his 23-6 was an easy winner. The boy's triple jump was tighter as Oceanside senior Dwayne Jeffers (45-5¼) bested Crawford junior Paul Franklin (44-5) and Hoover's Kevin Williams (45-¼).

Southwest's Tracy Crawford is one of the best in the State in the girl's discus and she continued to improve with a PR of 141-11 in her victory over fellow junior Katsi Leppaluoto of Madison (137-1). Leppaluoto however, came back to best Crawford in the shot (42-1¼ to 42-1) with a new section and meet record. With both these athletes being back next year, these young ladies should continue to push each other to better marks.

Another area that looks promising in the future for the section is the girls' distances. Grossmont's Darcy Arreola came back to set a meet record in the 1600 with a fine 4:59.82. She was followed again by fellow juniors Chapel (5:01.29) and Eager (5:01.85). In the 3200 San Pas-

continued on next page...

### Results:

#### May 23 at San Diego State

Top three advance to state meet May 31-June 1 at Sacramento; top six earn medals and team points; metric events; all times fully automatic.

#### Boys Division

100 — Darron Norris (El Camino), 10.89; Ron Young (Mount Miguel), 10.93; Tony Johns (San Diego), 11.07; Mike Robinson (Fallbrook), 11.10; Terry Rodgers (Sweetwater), 11.18; Charles Hampton (La Jolla), 11.27.

200 — Ron Young (Mount Miguel), 21.72; Darron Norris (El Camino), 22.05; Terry Rodgers (Sweetwater), 22.36; Mike Conway (Patrick Henry), 22.44; Rex Edwards (La Jolla), 22.56; David Herndon (Kearny), 22.94.

400 — David Gayden (Morse), 48.00; Mike Robinson (Fallbrook), 48.10; John Denny (Morse), 48.35; Ed Thomas (Serra), 50.33; Larry Williams (Morse), 50.34; Deron Winthrop (El Capitan), 50.66.

800 — Jeff Haux (Serra), 1:55.07; George Puryear (Patrick Henry), 1:55.71; David Cantu (Chula Vista), 1:56.02; Joe Besand (Point Loma), 1:56.39; Hollis Jones (El Camino), 1:56.68; David Ledwith (Ramona), 1:56.92.

1,600 — Mark Dani (Valhalla), 4:16.98; Dean Bole (Crawford), 4:18.46; Mario Coy (San Pasqual), 4:21.37; Ellis del Sol (Hilltop), 4:21.94; Richard Holder (Romona), 4:23.64; Paul Bouckexoux (Mt. Carmel), 4:24.38.

3,200 — Ellis del Sol (Hilltop), 9:13.50; David Rees (Point Loma), 9:17.74; Marc Davis (San Diego), 9:20.89; Dale Wilson (Valhalla), 9:22.79; Francis Grisez (Castle Park), 9:22.38; Shawn Sandoval (Southwest), 9:29.43.

110 HH — Travis Knox (San Dieguito), 14.40; Jay Taylor (St. Augustine), 14.47; Bryan Davis (Sweetwater), 14.67; Terry Herron (Oceanside), 14.73; Tom Noonan (San Pasqual), 14.77; Tim Cross (Serra), 14.98.

300 HH — Jay Taylor (St. Augustine), 37.20 (SDCIF section and meet record, old section record 38.0, Travis Knox, San Dieguito, 1985; old meet record 38.59, Knox, San Dieguito, 1984); Terry Herron (Oceanside), 38.05; Travis Knox (San Dieguito), 38.20; Andrew Jackson (San Diego), 39.54; Mike Anderson (Helix), 39.54; Tom Noonan (San Pasqual), 39.68.

400 relay — Morse (Williams, Cato, Denny, Gayden), 42.34; Patrick Henry, 42.41; Fallbrook, 42.52; Southwest, 42.59; La Jolla, 42.68; Vista, 42.89.

1,600 relay — Morse (Williams, Cato, Denny, Gayden), 2:15.77; San Pasqual, 3:19.27; Serra, 3:21.30; Fallbrook, 3:21.31; La Jolla, 3:22.35; San Dieguito, 3:23.92.

PV — Sean Hickey (Fallbrook), 15-3 (SDCIF section and meet record, old section record 15-1, shared by Hickey and Scott Johnston, Mt. Carmel, 1985; old meet record 14-9¼, Jay Vavra, Valhalla, 1983); Scott Johnston (Mt. Carmel), 15-0; Pat Alderenda (Romona), 14-3; Curt Brown (San Pasqual), 14-0; Phillip Wright (Kearny), 13-6; Eric Bean (Mt. Carmel), 13-0.

HJ — Erik Peterson (Monte Vista), 6-7; Phil College (San Pasqual), 6-6; Greg Goodman (Oceanside), 6-5; Russell Olson (Granite Hills), 6-5; (four-way tie for fifth at 6-2) Matt Farmer (Monte Vista), Marc Jones (Mt. Carmel), Guy Smith (Vista), Brad Milhoan (Kearny).

LJ — Jim Chapon (Mt. Carmel), 23-6¼; Guy Smith (Vista), 22-4¼; Ron Young (Mount Miguel), 22-2¼; Dwayne Jeffers (Oceanside), 21-11¼; Larry Todd (Helix), 21-10; Junior Young (Patrick Henry), 21-9¼.

TJ — Dwayne Jeffers (Oceanside), 45-5¼; Paul Franklin (Crawford), 45-5; Kevin Williams (Hoover), 45-0¼; Charles Cannon (Morse), 44-9¼; Sonny Sison (Serra), 43-7¼; Marc Jones (Mt. Carmel), 44-5.

SP — Joe Bowser (Serra), 56-6¼; Brian Boggess (El Capitan), 53-8½; Raymond Muldrew (Vista), 52-11; Mike George (Fallbrook), 51-9¼; (tie for fifth) Scott Conrad (Montgomery) and Ben Last (Escondido), 50-3½.

Discus — Brian Boggess (El Capitan), 167-3; Preston Call (El Camino), 157-0; Dan Davis (Point Loma), 156-10; Ben Last (Escondido), 155-0; Joe Bowser (Serra), 149-8; Bryan Fisher (Valhalla), 142-11.

TEAM POINTS — Morse 42, Fallbrook 36, Serra 34, Oceanside 32, El Camino 28.

#### Girls Division

100 — April Freow (Morse), 12.24; Victoria Williams (Southwest), 12.33; Yolanda Fitch (Morse), 12.36; Ashley Rhodes (Serra), 12.39; Adriane Slater (Mira Mesa), 12.57; Elaine Nelson (La Jolla), 12.84.

200 — Kim Mathews (Morse), 25.57; April Freow (Morse), 25.67; Victoria Williams (Southwest), 25.91; Adriane Slater (Mira Mesa), 26.42; Kim Washington (Santana), 26.45; Chrissy Ferguson (Crawford), 26.49.

400 — Lesley Noll (Mt. Carmel), 55.82 (SDCIF section and meet record, old records 56.27, Yolanda Gail Devers, Sweetwater, 1982); Miriam White (Southwest), 56.46; Traci Baker (Monte Vista), 56.67; Yolanda Fitch (Morse), 56.82; Sharon Lacy (Morse), 58.78; Charlotte Verdin (Crawford), 58.97.

800 — Lesley Noll (Mt. Carmel), 2:08.00 (state leader) (SDCIF section and meet record, old records 2:09.59, Darcy Arreola, Grossmont, 1985); Darcy Arreola (Grossmont), 2:09.06; Laura Chapel (University City), 2:09.17; Robin Eager (Vista), 2:12.03; Miriam White (Southwest), 2:16.05; Kristin Boche (University), 2:18.65.

1,600 — Darcy Arreola (Grossmont), 4:59.82 (SDCIF meet record, old 5:01.1 for a mile, Cheryl Flowers, Valhalla, 1977); Laura Chapel (University City), 5:01.29; Robin Eager (Vista), 5:01.85; Kerry Panno (San Pasqual), 5:07.68; Jennifer Sheffo (Poway), 5:08.58; Nicole Nugent (Torrey Pines), 5:09.05.

3,200 — Kerry Panno (San Pasqual), 11:07.7; Lisa Lechner (Valhalla), 11:08.7; Julie Price (Vista), 11:08.8; Geraldine Mann (Mt. Miguel), 11:18.9; Amy Halseh (El Camino), 11:19.0; Tammy Kniffing (El Capitan), 11:19.5.

100 LH — Michelle Outlaw (Lincoln), 14.43; Dana Copeland (Grossmont), 14.78; Darla Vaughn (Mira Mesa), 14.78; Amie Haas (Ramona), 15.20; Stephanie Williams (University City), 15.27; Michelle Collum (Point Loma), 15.27.

300 LH — Michelle Outlaw (Lincoln), 45.16; Teresa Byram (Southwest), 46.50; Dana Copeland (Grossmont), 46.81; Yvette Niles (Chula Vista), 47.22; Jenny Lawrence (Vista), 47.36; Joey Dooley (San Pasqual), 47.38.

400 relay — Morse (Fitch, Mathews, Lacy, Freow), 47.87; Mira Mesa, 48.59; Crawford, 49.12; Serra, 49.63; Lincoln, 49.66; El Capitan, 49.85.

400 relay — Mt. Carmel (Williams, Pano, Jones, Jones), 3:54.31 (SDCIF meet record, old 3:55.6, Bonita Vista, 1977); Southwest, 4:09.87; Grossmont, 4:01.82; Poway, 4:03.00; Valhalla, 4:05.38; San Pasqual, 4:11.22. NOTE: Morse ran 3:55.87 but was disqualified for exchange zone violation.

HJ — Michele Wilkes (Bonita Vista), 5-4; Jennifer Clinger (El Capitan), 5-4; Kim Reed (Valhalla), 5-3; Carrie Luffo (San Pasqual), 5-3; Cindy Johnson (Lincoln), 5-3; Lara Stowe (Torrey Pines), 5-2.

LJ — Kim Huey (Santa Fe Christian), 18-10¼; Lauren Miller (Torrey Pines), 18-1¼; Phyllis Ruffin (Crawford), 17-11¼; Michelle Outlaw (Lincoln), 17-3¼; Tracy O'Rourke (San Marcos), 16-10¼; Ashley Rhodes (Serra), 16-9¼.

TJ — Jackie Anderson (Mount Miguel), 39-11¼ (SDCIF section and meet record, old section record 39-6, Yolanda Gail Devers, Sweetwater, 1984; old meet record 38-5, Anderson, Mount Miguel, 1985); Kim Huey (Santa Fe Christian), 37-3¼; Tonya Coleman (Morse), 36-9; Lara Stowe (Torrey Pines), 36-1¼; Cindy Johnson (Lincoln), 35-9; Katsi Leppaluoto (Madison), 35-4.

SP — Katsi Leppaluoto (Madison), 42-1¼ (SDCIF section and meet record, old records 41-8¼, Liz Mueller (Vista), 1980); Tracy Crawford (Southwest), 42-1; Stacia Aho (Vista), 39-3¼; Eleanor Kauli (Kearny), 38-4¼; Tami Richardson (Vista), 37-10¼; Chrissy Gurode (Granite Hills), 35-1¼.

Discus — Tracy Crawford (Southwest), 141-11; Katsi Leppaluoto (Madison), 137-1; Lori Parker (Romona), 129-11; Angela Jones (Mount Miguel), 129-9; Linda Stranding (El Capitan), 114-4; Sandy Stevens (Fallbrook), 114-4.

TEAM POINTS — Southwest 58, Morse 56, Grossmont 35, Mt. Carmel 30, Lincoln 30.



# Prep Notes

## San Diego Section, continued:

qual junior Kerry Panno ran easy in her 11:07.7 win and then came back to finish 4th in the 1600 at 5:07.68. She was followed in the 3200 by sophomores Lisa Lechner of Valhalla (11:08.7) and Julie Price of Vista (11:08.8). 1988 should be interesting if all these young ladies stay healthy and involved in the sport.

In the boy's weight events, some familiar faces dominated the results. Serra's Joe Bowser has dominated the shot all year in San Diego and this meet was no exception. His 56-6 1/4 put easily defeated junior Brian Boggess of El Capitan at 53-8 1/2. For Boggess it marked his second medal of the day as he had earlier won the discus with a throw of 167.3. In that competition Preston Call of El Camino (157) and Dan Davis of Pt. Loma (156-10) were second and third respectively.

In the high jumps junior Erik Peterson of Monte Vista was the boys' winner in 6-7. On the girls' Michelle Wilkes of Bonita Vista was a winner on misses over Jennifer Klinger of El Capitan at 5-4.

The boys' distance races offered a mixture of new and old faces. In the 800, Serra's Jeff Haux had been the section leader for most of the year and continued that with a fine 1:55.07 win over fast-closing George Puryear of Patrick Henry (1:55.71). In the 1600, Valhalla's Mark Dani overtook Crawford's Dean Bole on the last lap to win 4:16.98 to 4:18.46. And in the 3200, Hilltop's Ellis Del Sol looked very strong on his way to a victory in 9:13.50. Pt. Loma's David Rees was 2nd in 9:17.74 and San Diego soph Marc Davis was 3rd in 9:20.89.

IN the boys' team race Morse used its dominance in the relays and sprints to record 42 points and win the boys title. It was almost a sweep until the Tiger girls 1600 relay was disqualified for passing out of the zone. As a result, Southwest's 2nd place in the 1600 relay provided them with enough points to sneak past Morse (58 to 56 points) and claim their first-ever section crown.

## Central Coast Section

### At Los Gatos High BOYS EVENTS

**Team scoring:** Independence 43, 2. Menlo-Atherton 38, 3. Los Altos 34, 4. Overfelt 28, 5. Tie between Milly and Lick 26, 7. Leigh 21, 8. Salinas 22, 9. Silver Creek 16, 10. Tie between Palma and Del Mar 14, 12. Los Gatos 9, 13. Tie between Cupertino and Gilroy 8, 15. Yerba Buena 1.

**100 meters** — 1. Barba (Lick) 10.75, 2. Riley (Independence) 10.86, 3. Sundquist (Bellarmine) 11.03, 4. Johnson (Mills) 11.06.

**200 meters** — 1. Barba (Lick) 21.6, 2. Taylor (Woodside) 21.9, 3. Thomas (Monterey) 22.0, 4. Barco (Monterey) 22.2.

**400 meters** — 1. Taylor (Woodside) 48.06, 2. Barco (Monterey) 48.28, 3. Hulston (Salinas) 48.56, 4. Lucero (Silver Creek) 49.77.

**800 meters** — 1. Fitzgerald (St. Ignace) 1:54.3, 2. Reed (Gilroy) 1:54.7, 3. Amendt (Lick) 1:54.8, 4. Wendling (Los Gatos) 1:55.7.

**1,600 meters** — 1. Domingue (Leigh) 4:19.7, 2. Lopez (Salinas) 4:20.7, 3. Hill (Silver Creek) 4:20.8, 4. LaForce (Los Gatos) 4:25.1.

**3,200 meters** — 1. Domingue (Leigh) 9:18.4, 2. Lopez (Salinas) 9:20.7, 3. Walsh (Westmont) 9:22.6, 4. O'Flaherty (Bellarmine) 9:24.8.

**400 meters relay** — 1. Independence 42.37, 2. Menlo-Atherton 42.62, 3. Jefferson 42.95, 4. Santa Teresa 43.05.

**1,600 meters relay** — 1. Independence 3:20.3, 2. Monterey 3:20.9, 3. Los Altos 3:21.6, 4. St. Ignace 3:22.0.

**110 meters high hurdles** — 1. McPherson (Mt. Pleasant) 14.51, 2. Kolobov (Lynbrook) 14.64, 3. King (Menlo-Atherton) 14.70, 4. Gaines (Independence) 14.82.

**300 meters intermediate hurdles** — 1. King (Menlo-Atherton) 37.1, 2. Burke (Los Altos)

37.9, 3. Gaines (Independence) 38.2, 4. Kolobov (Lynbrook) 38.9.

**High jump** — 1. Rogers (Overfelt) 7-3 (CCS record), 2. Juico (Piedmont Hills) 6-10, 3. Webster (Homestead) 6-8, 4. Tie among Proctor (Willow Glen), Novitzky (Mills) and Jain (Westmont) 6-6.

**Long jump** — 1. Tisdale (Westmont) 22.9, 2. Rogers (Overfelt) 22.6, 3. White (Carlton) 22.5, 4. Leoncio (Mills) 22-1/2.

**Triple jump** — 1. Rogers (Overfelt) 47-3/4, 2. Webster (Homestead) 47-2, 3. Rucker (Silver Creek) 46-8 1/4, 4. Snyder (Hollister) 46-5.

**Shot put** — 1. Fortina (Palma) 59-11, 2. Bunnell (Gunn) 59-0, 3. Mohr (Los Altos) 57-11, 4. Anderson (Menlo-Atherton) 55-1/2.

**Discus** — 1. Mohr (Los Altos) 167-1, 2. Thompson (Cupertino) 166-8, 3. Boone (Sequoia) 162-4, 4. Fortina (Palma) 160-11.

**Pole vault** — 1. Toney (Menlo-Atherton) 15-4, 2. Gibbon (Del Mar) 14-6, 3. Besmer (Del Mar) 14-0, 4. Pelayo (Independence) 14-0.

## GIRLS EVENTS

**Team scoring:** 1. Los Gatos 41, 2. St. Francis 40, 3. Mills 38, 4. Silver Creek 30, 5. Leigh 29, 6. Santa Teresa 24, 7. Independence 20, 8. Fremont (Sunnyside) 18, 9. Tie between Gunderson and Branham 16, 11. Milly 15, 12. Tie between Leland and Gunn 10, 14. Tie among Aptos, Homestead and King City 1.

**100 meters** — 1. Peters (Woodside) 12.01, 2. Caldwell (Redwood Christian) 12.04, 3. Hutchins (Independence) 12.07, 4. Cole (Silver Creek) 12.23.

**200 meters** — 1. Maxie (Mills) 24.83, 2. Clayton (Lynbrook) 24.99, 3. Peters (Woodside) 25.03, 4. Cole (Silver Creek) 25.15.

**400 meters** — 1. Awaranga (Mills) 56.66, 2. Windell (Aragon) 57.41, 3. Sprout (Pioneer) 57.56, 4. Guckenhelm (Westmont) 57.90.

**800 meters** — 1. Kr. Dowell (Santa Teresa) 2:10.0, 2. Stearns (Silver Creek) 2:14.4, 3. Lammie (Leland) 2:14.5, 4. Ka. Dowell (Santa Teresa) 2:15.5.

**1,600 meters** — 1. Kr. Dowell (Santa Teresa) 4:54.8, 2. Clark (Mountain View) 4:56.0, 3. Stearns (Silver Creek) 4:58.4, 4. Chapman (Gunderson) 5:00.

**3,200 meters** — 1. Chapman (Gunderson) 10:29.9, 2. Chamberlain (Leigh) 10:33.9, 3. Mendoza (Presentation) 10:42.8, 4. Han (Westmont) 10:42.9.

**100 meters low hurdles** — 1. Kuennis (Los Gatos) 14.43, 2. Aldanese (Branham) 14.61, 3. Dwyer (Leigh) 14.65, 4. Neal (Capuchino) 15.24.

**300 meters low hurdles** — 1. Maxie (Mills) 42.51, 2. Aldanese (Branham) 45.43, 3. Cunningham (Silver Creek) 46.05, 4. Giovanna (Presentation) 46.18.

**400 meters relay** — 1. Independence 47.84, 2. St. Francis 48.22, 3. Leigh 49.38, 4. Los Gatos 49.42.

**1,600 meters relay** — 1. St. Francis 3:57.0, 2. Los Gatos 3:58.4, 3. Menlo-Atherton 4:00.5, 4. Leland 4:02.4.

**High jump** — 1. Vidakovic (St. Francis) 5-9, 2. Fairfield (Fremont) 5-6, 3. Shaver (Los Altos) 5-6, 4. Tie between Rees (Westmont) and Sniffen (Westmont) 5-4.

**Long jump** — 1. Lawson (St. Francis) 19-6, 2. Ruiz (Los Gatos) 17-11, 3. Galvez (Menlo-Atherton) 17-9, 4. Riley (Independence) 17-8.

**Triple jump** — 1. Fairfield (Fremont) 37-8, 2. Beach (Gunn) 37-2, 3. Ditt (Leigh) 37-1/2, 4. Jensen (Los Gatos) 37-0.

**Shot put** — 1. Beckenhauer (Los Altos) 42-6, 2. Sexton (Mills) 41-5, 3. Ruiz (Los Gatos) 39-7, 4. Flemstead (Sequoia) 36-1.

**Discus** — 1. Sexton (Mills) 134-4, 2. Ruff (Sequoia) 126-10, 3. Lyman (North Monterey County) 120-11, 4. Rushke (San Mateo) 116-3.

## North Coast Section

**BERKELEY** — Top-four results from the North Coast Section Meet of Champions at Edwards Stadium at UC-Berkeley (all distances in meters). These finishers automatically advance to the CIF state high school track meet (May 31-June 1) at Hughes Stadium in Sacramento.

## BOYS

**Team scores** — (No team scores are kept for this meet, which is staged only to decide participants in the state meet).

**400 relay** — 1. Kennedy (Richmond) (White Brackens, Terry Obee, Marc Sorko-Ram, Arthur Butler) 42.92, 2. El Cerrito 43.36, 3. Berkeley 43.00, 4. Pittsburg 44.1.

**800** — 1. Robert Williams (Pittsburg) 1:53.4, 2. Larry Sick (Campolindo) 1:54.66, 3.

Aaron Culbertson (Piedmont), 1:54.73; 4. Bobby Rivera (Newark Memorial) 1:54.83.

**100** — 1. Mike Connors (Northgate) 10.87; 2. Pope Powell (Newark Memorial) 11.09; 3. Eric Williams (Berkeley) 11.13; 4. Jon Earl (Casa Grande) 11.17.

**110 hurdles** — 1. Robert Reading (St. Mary's) 14.53; 2. Dave Villalobos (Granada) 14.93; 3. Earl Butler (Salesian) 15.02; 4. Mike Englehart (De La Salle) 15.39.

**3,200** — 1. Adam McAbey (Miramonte) 9:07.78; 2. Calvin Gaziano (Castro Valley) 9:12.28; 3. Chris Hoepker (Encinal) 9:12.85; 4. John Bass (Castro Valley) 9:15.18.

**400** — 1. Todd Licht (Mt. Diablo) 48.82; 2. Robert Bennett (Pittsburg) 49.29; 3. Paul Washington (St. Mary's) 49.34; 4. Demetrius Carter (American) 49.70.

**200** — 1. Marcos Pica (Mt. Diablo) 22.07; 2. Mike Connors (Northgate) 22.14; 3. Robert Reading (St. Mary's) 22.17; 4. Pal Gordon (Marin Catholic) 22.72.

**300 hurdles** — 1. Dave Villalobos (Granada) 38.1; 2. Mike Englehart (De La Salle) 38.7; 3. Mike Koelsted (Calistoga) 38.9; 4. Robert Reading (St. Mary's) 39.0.

**1,600** — 1. Rob Fuhrman (Campolindo) 4:17.19; 2. Calvin Gaziano (Castro Valley) 4:18.1; 3. Tom Macken (Santa Rosa) 4:18.53; 4. Adam McAbey (Miramonte) 4:18.73.

**1,600 relay** — 1. Berkeley (Eric Williams, Derrick Minor, Todd Hunter, John Adams) 3:20.40; 2. Pittsburg 3:25.60; 3. Washington (Fremont) 3:21.28; 4. Newark Memorial 3:21.30.

**High jump** — 1. Jim Reis (Sonoma Valley) 6-6; 2. Paul MacFarland (Salesian) 6-4; 3. Mike Radacal (Clayton Valley) 6-4; 4. Kent Hulbert (McKinleyville) 6-4.

**Long jump** — 1. Robert Reading (St. Mary's) 22-8 1/4; 2. Todd Licht (Mt. Diablo) 22-4; 3. Bill Freeborn (Campolindo) 21-11; 4. Greg McDonald (Marin Catholic) 21-9.

**Triple jump** — 1. Bill Freeborn (Campolindo) 47-1 1/4; 2. Todd Licht (Mt. Diablo) 46-7 1/4; 3. Steve Thomas (Antioch) 46-0 1/4; 4. Delano Doss (Salesian) 45-4 1/4.

**Shot put** — 1. Robert Adwere (St. Mary's) 53-1 1/2; 2. John Murphy (Antioch) 51-8 1/2; 3. Richard Falconer (Encinal) 51-5 1/4; 4. Eric Kroeger (Ukiah) 51-4.

**Discus** — 1. Mike Coffino (Tamalpais) 178-1; 2. Richard Falconer (Encinal) 156-0; 3. Paul Faris (Amador Valley) 153-7; 4. Kelly Calabro (Las Lomas) 152-0.

**Pole vault** — 1. Bren Burns (Acalanes) 15-8 (new meet record, best in state this year); 2. Bob Bishop (Livermore) 14-0, 3. Jeff Jubia (Antioch) 13-9, 4. Matt Summerville (San Ramon) 13-9.

## GIRLS

**Team scores** — (No team scores are kept for this meet, which is staged only to decide participants in the state meet).

**100 hurdles** — 1. Kristine Babenco (Tamalpais) 14.52; 2. Marian Gruenewald (Liberly) 14.77; 3. Kelly Dias (Clayton Valley) 14.86; 4. Robin Carson (El Cerrito) 15.01.

**400 relay** — 1. El Cerrito (Tania Wood, Semvira Nelson, Laura Strickland, Denise Ervin) 48.90; 2. Santa Rosa 49.40; 3. Campolindo 49.60; 4. Pittsburg 49.62.

**3,200** — 1. Sally Wood (Piedmont) 10:37.16, 2. Sherri Minkler (Analay) 10:38.99; 3. Sidney Thatcher (Encinal) 10:54.78; 4. Christy McGee (Marin Catholic) 10:57.71.

**100** — 1. Jodie Wertz (Redwood) 2:13.43; 2. Elena Spight (Miramonte) 2:13.74; 3. Tresa Curry (Pittsburg) 2:15.10; 4. Molly Burke (Marin Catholic) 2:15.29.

**400** — 1. Denise Ervin (El Cerrito) 12.47; 2. Phoebe Smith (Novato) 12.47; 3. LaNae Barber (Bishop O'Dowd) 12.72; 4. Debra Jones (Encinal) 12.83.

**800** — 1. Tresa Curry (Pittsburg) 56.50; 2. Wendi Simmons (Santa Rosa) 56.83; 3. Michelle Barrier (Clayton Valley) 57.25; 4. Romy Guyse (Ygnacio Valley) 58.80.

**200** — 1. Denise Ervin (El Cerrito) 25.13; 2. Phoebe Smith (Novato) 25.32; 3. LaNae Barber (Bishop O'Dowd) 26.10; 4. Melinda Marshall (College Park) 26.23.

**300 hurdles** — 1. Kristine Babenco (Tamalpais) 44.0; 2. Christina Gangnuss (Foothill) 45.3; 3. Kim Hines (Presentation) 45.4; 4. Crissy Cerkel (Redwood) 45.8.

**1,600** — 1. Sidney Thatcher (Encinal) 5:00.21; 2. Sherri Minkler (Analay) 5:01.23; 3. Debra Binnall (El Cerrito) 5:05.45; 4. Gina Jaquez (Newark Memorial) 5:06.71.

**1,600 relay** — 1. Pittsburg (Yvonne Beals, Katrina Norwood, Regina Harrison, Tresa Curry) 3:57.06; 2. El Cerrito 3:59.27; 3. Carondelet 4:02.71; 4. Foothill 4:02.8.

**High jump** — 1. Cindy Bradley (Eureka) 5-4; 2. Christy Anton (Santa Rosa) 5-3; 3. Anne Campbell (Carondelet) 5-2; 4. Holly Cole (Campolindo) 5-1.

**Long jump** — 1. Crissy Cerkel (Redwood) 19-1 1/4; 2. Wendi Simmons (Santa Rosa) 18-4; 3. Anne Campbell (Carondelet) 17-6 1/2; 4. Cindy Barros (Arroyo) 17-3 1/4.

**Triple jump** — 1. Dawn Bent (Logan) 36-10 1/4; 2. Christina Gangnuss (Foothill) 36-7; 3. Crissy Cerkel (Redwood) 36-3; 4. Anne Campbell (Carondelet) 36-2 1/2.

**Shot put** — 1. Betty Lobsinger (Concord) 41-11 1/4; 2. Jennifer Watson (Moreau) 40-7 1/4; 3. Lisa Jordan (Ukiah) 39-2; 4. Gina Niko (Mt. Eden) 38-11 1/4.

**Discus** — 1. Gina Niko (Mt. Eden) 144-2; 2. Emily Ettington (Terra Linda) 134-2; 3. Margaret Georgan (Antioch) 130-7; 4. Margaret Wright (Albany) 125-2.

## Oakland-S.F. Section

### At Lacey College BOYS

**Team scores** — Galileo 131; Oakland 57; Skyline and Balboa 48; Fremont 44; McAtear 38; McChmonds 31; Lowell 20; O'Connell 16; Castlemont 15; Washington 14; Mission 6; Lincoln 2.

**100 meters** — Buggs (Bal) 10.6; Bowman (Fre) 10.7; Knox (Oak) 10.7.

**200** — Bowman (Fre) 21.8; E. Broussard (Oak) 22.3; Grant (Gal) 22.3.

**400** — Knox (Oak) 47.7; Buggs (Bal) 48.7; Dozier (McC) 49.7.

**800** — Crosse (McA) 1:58.7; Mark (McC) 1:59.7; Dozier (McC) 2:00.

**1600** — DelWitt (Sky) 4:34.5; Araujo (O'Conn) 4:36.4; Fuller (Low) 4:38.2.

**3200** — Araujo (O'Conn) 9:58; Fuller (Low) 10:19.2; Jones (Oak) 10:30.4.

**110 HH** — Graves (Bal) 14.7; Smith (Sky) 14.9; Smith (Gal) 15.0.

**300 HH** — Smith (Sky) 38.7; Graves (Bal) 38.8; Slade (Bal) 40.2.

**400 Relay** — Galileo 42.3; Skyline 42.8; (Oakland finished first in 41.6 but was disqualified for throwing baton).

**Mile Relay** — Galileo 3:19.2; Oakland 3:19.3; Skyline 3:19.8.

**HJ** — Young (Fre) 6-4; Brooks (Oak) 6-2; Bordeaux (Gal) 6-2.

**PV** — Johnson (Gal) 12-0; Clay (Gal) 12-0; McClanahan (McA) 11-6.

**LJ** — Johnson (Gal) 20-8; Spires (Gal) 20-7 1/4; Levingston (Sky) 20-5 1/4.

**TJ** — Johnson (Gal) 46-3; Spires (Gal) 44-4; Cooks (McC) 43-11 1/4.

**8P** — MacNeal (Wash) 51-9; Caldwell (Fre) 50-8; Taoia (Mis) 48-2 1/4.

**Discus** — Green (Gal) 147-11; Oliver (Gal) 145-9; Lualema (G) 138-1.

## GIRLS

**Team scores** — Oakland 102; Lowell 90; Skyline 81; Galileo 63; Mission 48 1/2; McAtear 36 1/2; McChmonds 23; Castlemont 4; Fremont 2 1/4; Lincoln 1.

**100 meters** — Roland (Gal) 12.3; Alexander (Oak) 12.5; Brisco (Sky) 12.6.

**200** — Roland (Gal) 25.5; Brisco (Sky) 26.2; Poik (Oak) 26.2.

**400** — Banks (Oak) 56.1; Alexander (Oak) 58.6; Krsinovich (Low) 1:00.1.

**800** — T. Brown (Low) 2:18; Crosby (Oak) 2:22; Coaster (Sky) 2:33.

**1600** — T. Brown (Low) 5:15.7; C. Brown (Low) 5:39.6; Madden (Low) 5:53.5.

**3200** — Hernandez (Low) 12:25; Madden (Low) 12:27; Woo (Sky) 12:52.8.

**100 LH** — Casimir (Mis) 14.7; Banks (Oak) 14.8; Baidwan (McA) 16.4.

**300 LH** — Brooks (Oak) 41.6; Casimir (Mis) 45.1; Jones (Oak) 49.3.

**400 Relay** — Oakland (Banks, Brooks, Poik, Alexander) 47.1; Mission 49.2; Galileo 50.2.

**Mile Relay** — Oakland (Banks, Crosby, Alexander, Brooks) 3:54.1; Lowell 4:12.7; Galileo 4:21.7.

**HJ** — Von Scheiliha (Sky) 5-4; Brooks (Oak) 5-2; Peterson (Mis) 4-10.

**LJ** — Peterson (Mis) 17-6 1/2; Nichols (McC) 17-2 1/4; Lewis (McA) 15-9 1/4.

**TJ** — Westfield (Gal) 34-10; Jefferson (McC) 34-8 1/2; Baidwan (McA) 33.

**SP** — Gibson (Sky) 35-6 1/4; Hyson (Sky) 32-4 1/4; Williams (Sky) 31-9.

## L.A. City Section

### At Birmingham High BOYS

**100** — 1. Broussard (Manual Arts) 10:58 (wind 3.4 m p.s. against); 2. Pringle (Kennedy) 11:03; 3. Ford (San Pedro)



11.06; 4. Moore (Westchester), 11.07; 5. Brown (Gardena), 11.10; 6. Hart (Locke), 11.12.

200—1. Everett (Fairfax), 21.49 (wind 2.4 m.p.s. against); 2. Brown (Gardena), 21.63; 3. Moore (Westchester), 21.74; 4. Pringle (Kennedy), 22.14; 5. Reese (Palisades), 22.59; 6. Nicholson (El Camino Real), 22.75.

400—1. Everett (Fairfax), 47.10; 2. Hart (Locke), 48.23; 3. Wallace (Palisades), 48.48; 4. Lewis (Banning), 48.61; 5. Sims (Narbonne), 49.43; 6. Wilson (Crenshaw), 50.51.

800—1. R. Gomez (Belmont), 1:54.91; 2. Moya (Narbonne), 1:55.44; 3. Kober (Kennedy), 1:56.07; 4. Stiles (Marshall), 1:56.81; 5. Pineda (Belmont), 1:57.49; 6. Ramirez (South Gate), 1:58.02.

1,600—1. R. Gomez (Belmont), 4:14.38; 2. Aguirre (Wilson), 4:14.96; 3. M. Gomez (Belmont), 4:17.33; 4. Tanner (Hamilton), 4:17.72; 5. Gostin (Fairfax), 4:24.32; 6. Lacara (Wilson), 4:26.02.

3,200—1. R. Gomez (Belmont), 9:13.92; 2. Aguirre (Wilson), 9:24.50; 3. Saravia (Kennedy), 9:26.03; 4. Sand (University), 9:28.30; 5. M. Gomez (Belmont), 9:28.32; 6. Celis (Roosevelt), 9:33.34.

110 HIGH HURDLES—1. Dumas (Dorsey), 14.56 (wind 2.5 m.p.s. against); 2. Jones (Crenshaw), 14.68; 3. Johnson (Washington), 14.86; 4. Vinson (Hamilton), 14.95; 5. Greene (Granada Hills), 15.16; 6. Earley (Gardena), 15.19.

300 INTERMEDIATE HURDLES—1. Harris (Banning), 37.75; 2. Earley (Gardena), 38.36; 3. Greene (Granada Hills), 38.47; 4. Garcia (Marshall), 38.88; 5. Leslie (Washington), 39.04; 6. Gilmore (Poly), 40.02.

400 RELAY—1. Gardena (Smith, Moore, Hill, Brown), 41.58; 2. Kennedy, 41.84; 3. Fairfax, 42.12; 4. Crenshaw, 42.13; 5. Washington, 42.17; 6. Dorsey, 42.79.

1,600 RELAY—1. Westchester (Singleton, Brewer, Moore, Johnson), 3:17.29; 2. Crenshaw, 3:18.44; 3. Washington, 3:20.60; 4. Palisades, 3:21.55; 5. Poly, 3:21.56; 6. Fairfax, 3:22.08 (Everett, 46.0).

HIGH JUMP—1. Earley (Gardena), 6-7; 2. Johnson (Huntington Park), 6-7; 3. tie between McKendall (Westchester) and Lewis (San Fernando), 6-4; 5. Dixon (Cleveland), 6-2; 6. tie between O'Neal (Grant) and Wilson (Cleveland), 6-0.

POLE VAULT—1. Johnson (Huntington Park), 13-9; 2. Zaldua (Marshall), 13-6; 3. Martin (Chatsworth), 13-4; 4. Grand (University), 13-0; 5. Nierlich (University), 12-6; 6. Arrias (Canoga Park), 12-6.

LONG JUMP—1. Pringle (Kennedy), 21-5 1/4; 2. Reese (Palisades), 21-5 1/4; 3. Ford (Huntington Park), 20-10 1/4; 4. Gilmore (Poly), 20-8 1/4; 5. Brewer (Los Angeles), 20-7 1/4; 6. Clark (Crenshaw), 20-6 1/4.

TRIPLE JUMP—1. Miller (Fremont), 45-10 1/4; 2. Lewis (San Fernando), 44-2; 3. Alexander (Dorsey), 43-11 1/4; 4. Iznahur (Gardena), 43-10 1/4; 5. McClinn (Garfield), 42-10 1/4; 6. Ashe (Birmingham), 42-7 1/4.

SHOTPUT—1. Bryant (Birmingham), 57-6 1/4; 2. Schain (Granada Hills), 56-2; 3. Kim (Monroe), 56-1 1/4; 4. Serrano (Belmont), 56-0 1/4; 5. Lear (Palisades), 54-3; 6. Barnes (El Camino Real), 53-11.

FINAL TEAM SCORES—Belmont, 44; Gardena, 43; Kennedy, 42; tie between Fairfax and Westchester, 22.

#### GIRLS

100—1. Giddens (Locke), 12.08 (wind 2.7 m.p.s. against); 2. Knight (Locke), 12.11; 3. Church (Granada Hills), 12.64; 4. Peacock (Van Nuys), 12.73; 5. Winfield (Crenshaw), 12.83; 6. Allen (Fremont), 12.85.

200—1. Knight (Locke), 24.29 (wind 1.2 m.p.s. against); 2. Giddens (Locke), 24.69; 3. Williams (University), 25.61; 4. Manigault (Kennedy), 25.81; 5. Collier (Hamilton), 26.02; 6. Church (Granada Hills), 26.09.

400—1. Knight (Locke), 56.18; 2. Fenderson (Banning), 57.74; 3. Jones (Kennedy), 57.97; 4. Adams (Reseda), 58.16; 5. McRae (Manual Arts), 58.17; 6. Manigault (Kennedy), 59.17.

800—1. Sims (Locke), 2:20.12; 2. Hunter (Jefferson), 2:21.06; 3. Cunningham (Washington), 2:22.26; 4. Sarana Smith (Crenshaw), 2:22.70; 5. Hacker (Palisades), 2:24.10; 6. Rodriguez (Wilson), 2:24.77.

1,600—1. Martinez (Lincoln), 5:09.04; 2. Ojeda (Eagle Rock), 5:18.19;

3. Vargas (Garfield), 5:20.82; 4. Reynoso (Roosevelt), 5:22.49; 5. Olsen (San Pedro), 5:29.53; 6. Taylor (Venice), 5:36.73.

3,200—1. Ojeda (Eagle Rock), 11:19.5; 2. Marks (University), 11:19.7; 3. Flores (Lincoln), 11:31.8; 4. McLean (Belmont), 11:38.4; 5. Vargas (Garfield), 11:49.7; 6. Reynoso (Roosevelt), 12:02.8.

100 LOW HURDLES—1. Knight (Locke), 13.78 (wind 3.2 m.p.s. against) (City record, old mark, 13.90, Knight, Locke, 1984); 2. Peacock (Van Nuys), 14.41; 3. Nobles (Palisades), 15.01; 4. Kendrick (Fremont), 15.53; 5. Williams (University), 15.63; 6. Dorsey (Dorsey), no time.

300 LOW HURDLES—1. Peacock (Van Nuys), 44.67; 2. Kendrick (Fremont), 45.08; 3. Shanahan (Monroe), 46.27; 4. McRae (Manual Arts), 46.64; 5. Hill (Lincoln), 46.97; 6. Petway (Canoga Park), 47.74.

400 RELAY—1. Kennedy (Tyronne, Watterson, Manigault, Jones), 48.00; 2. Dorsey, 48.40; 3. Washington, 48.63; 4. Fremont, 50.11; 5. University, 50.76; 6. Banning, no time.

1,600 RELAY—1. Locke (Bradford, Sims, Jackson, Giddens), 3:58.17; 2. University, 3:58.89; 3. Crenshaw, 3:59.17; 4. Kennedy, 4:02.49; 5. Carson, 4:04.19; 6. Dorsey, 4:05.01.

HIGH JUMP—1. Vance (Crenshaw), 5-7; 2. tie between Quarles (University) and Malcolm (Birmingham), 5-3; 4. Hawley (Chatsworth), 5-2; 5. McRae (Manual Arts), 5-1; 6. Hill (Lincoln), 4-10.

LONG JUMP—1. Kelly (Van Nuys), 18-5 1/4; 2. Navarro (Belmont), 17-0; 3. Griffin (Taft), 16-10; 4. White (Dorsey), 16-9 1/4; 5. Johnson (Grant), 16-9 1/4; 6. Watterson (Kennedy), 16-8.

SHOTPUT—1. Williams (Fremont), 40-8 1/4; 2. Hagan (Fremont), 40-5 1/4; 3. Halliwell (Chatsworth), 36-4 1/4; 4. Collins (Grant), 35-1 1/2; 5. Carrillo (South Gate), 34-6 1/4; 6. Acosta (Garfield), 34-3.

FINAL TEAM SCORES—Locke, 76; Fremont, 35; University, 33; Van Nuys, 32; Kennedy, 26; Crenshaw, 22.

## Southern Section Championships

by Doug Speck

On the weekends of May 18th and 25th the Southern Section gathered at Mt. SAC for its annual Divisional and Master's (State Qualifying) Meets. The Section is divided up into 4A, 3A, 2A, and 1A to determine team and individual championships for the school size divisions on the first weekend, and the top eight marks qualify on to the Master's competition. A super three national records came from the two weekends of action, with extraordinary relay groups of young ladies from Muir (Pasadena) and Hawthorne and long hurdler George Porter (Cabrillo, Lompoc) joining the elite group of Southern Cal preps who have broken a National Record (both Federation and All-Time bests). Brian Blutreich (Capistrano Valley) continued his fine weight year with an All-Time California best Shot Put (to go along with his Discus California record from earlier this campaign). Henry Thomas (Hawthorne) was not alone for the end of the season, as the Golden State's All-Time top sprinter was out with an appendectomy the Thursday before the divisional meet. The Divisional Meet and some problems, with the move from Ceritos this year and most of the Mt. SAC staff up at Modesto for their JC State Meet. Two Women's 100m races were run at 110 meters (and then rerun at the right distance), and all the Men's Highs races were run from a Shuttle hurdle take-off line, making them 109 meters. Those 32 athletes (which entailed some pretty good travel time for some from this spread out section) reran the event the following Wednesday.

Both Muir and Hawthorne have speed to burn on the Women's side (and their Men's squads have a dose too). All season long they have battled in the individual and relay events, and that action

continued here, with Records and seasonal bests galore. At the end of a long Divisional Meet, with the team title between the two still on the line in the 4A division, the two groups went to the line in the 4 x 400m relay. Muir has won each of the times the two teams have battled over this distance this year, and today was to be no exception. Lana Cantrell (55.6) put Muir into the lead, and fine middle legs by Nikky Caddell (55.9) and Carrie Franklin (55.0) kept them there. Anchor runner Linetta Wilson is as determined a young lady as any who has ever strapped on a pair of spikes and she rocketed the anchor leg in 52.2 to bring her team in at 3:37.69 to edge in ahead of Kennedy (Granada Hills) and their 3:37.71 from 1981 with the Howards. Hawthorne raced a fine 3:41.21 (the 2nd best in the nation this year). The next weekend over the 400m distance, where Hawthorne has won all the close duels, the Cougars planned to make amends in the record category. A super run by Dede Wheeler (12.1), Kim Grant (11.1), Deanna Amy (11.1), and Tami Stiles (10.7) brought Hawthorne in ahead of Muir at 45.11, lowering Berkeley's 45.13 National Record from 1981. Muir was close, with their 45.23 the #3 All-Time U.S. Prep performance ever.

George Porter (Cabrillo, Lompoc) raced a super 35.57 in the Divisional Meet, technically establishing an auto-timed national record. Esperanza's Keith Pontiff took another division in an Orange County 36.74 record. Porter's 35.57 would have undoubtedly taken down the 35.3 from Arthur Blake (Florida) had he not tipped the last hurdle. In the Master's Meet Porter again came out charging, and screaming through 200m over the sticks at 22.8 he sailed on in at 35.32, lowering anything ever run by a prep. Michael Graham (Hawthorne) recorded a find 36.87 in second.

Brian Blutreich used a fine lead-in by announcer Dave Hurlbert on his fourth throw in the Masters Meet in the Shot and plunked the iron ball out to 69-6 1/2, shattering any Golden State best mark in the event.

The Hawthorne-Muir rivalry spills over into individual events also, with the Women's sprints and hurdles basically dual meets between the two schools. Carrie Franklin (Muir) showed super acceleration in the Divisional 4A 100m during the middle of the race to edge Tami Stiles (Hawthorne) 11.48-11.53 (wind aiding 3.4 mps), with Dede Wheeler (11.58) and Kim Grant (11.62) trailing closely. In the Masters 100m the script was the same, as Franklin picked up a legal nation-leading 11.61 in winning over Stiles (11.70). Franklin took the 4A Hurdles in 13.65 (wind 1.65) over teammates Lana Cantrell (13.91) and Nikky Caddell (14.05) with LaShawn McBride (LB Poly) sandwiched in at third in 13.99. In the Masters it blew a bit more (2.8) and Franklin blasted a 13.49 over Cantrell's 13.81. Linetta Wilson switched to the 300m LH in one of the final dual meets, and here, in her 5th race ever cruised a 41.87 nation-leading mark. Again, teammates were close as Cantrell ran 42.58 and Caddell 43.64 as Muir moved to a 4A team title. Tami Stiles and Hawthorne owned the 200m, as the Millikan transfer raced a 23.37w (2.5) Divisional win and 23.56 (1.6) Masters win over teammates Kim Grant (24.08) and Dede Wheeler (24.43). Wilson took the 4A 400m at 54.35, and the Masters race was a classic. Linetta got out fast, 25.1 at 200m, 38.5 at 300m, then quick-finishing Janeen Vickers (Pomona) and Princess Bennett (Compton) began to close. Wilson struggled the final 100m in 15.2 to win at 54.81 over the 53.83 of Vickers and 53.86 of Bennett. A real fine in the sprints was Madette Smith (Quartz Hills), who raced 23.98w in the 3A 200m, 55.73 in the 400m, and proved to be quite a Long Jumper.

In the absence of Henry Thomas the Men's sprints were thrown kind of wide open. Hawthorne's Michael Marsh had exploded to a 21.2 in his League Meet

(behind Thomas's 20.4) and continued to improve at 20.0m. In the Divisional Michael edged a top group in the 4A race at 20.82 (1.5 wind). Chip Rish (Marina) was 2nd at 21.01, Compton's Anthony Ford 3rd at 21.18, and Oxnard's Lawrence Burkley 4th at 21.32. Terry Johnson (Katella, Anaheim) took the 3A race at 21.26w (2.6). In the Masters Marsh showed good acceleration around the turn and used the maximum allowable wind (2.0 mps) to edge in ahead at 20.96 of the 21.09 of Burkley and 21.26 of Ford. Burkley won the big 100's, taking the 4A at 10.45w (2.4) with a strong finish, and narrowly catching Ford at the finish in the Masters at 10.62-10.63. Rish looked good in dominating the locals at 400m, cruising a well-paced (11.6-11.6-11.7-12.1 100m splits) 47.05 4A win over Sean Kelly (Hawthorne) 47.85, then racing 47.12 (11.2-11.3-11.9-12.7) in the Masters.

After all the craziness that went with the 109 Meter High Hurdles in the Divisional (where it looked like only one athlete was affected by coming up to the first hurdle too quickly), Damon Thomas (Pasadena) raced a super 13.95 (wind 1.1) to edge Katella's Terry Johnson (14.00) in the Masters.

The lack of Thomas certainly opened up the Men's Relays. Muir had the fastest Divisional 400m race at 41.53 with Hawthorne holding on to a spot in the masters with a 42.29. In that race Compton's Anthony Ford blew by Muir's Richard Bell on the anchor to win at 41.39-41.51, with Mike Marsh bringing Hawthorne in 3rd at 41.69. Hawthorne has quarter-milers to burn, and Mike Graham's 47.6 third leg opened up the 1600m relay in the Masters for Sean Kelly's 47.3 and a 3:12.73 win. Centennial raced a fine 3:13.81 for 2nd and Long Beach Poly 3:14.35 for third. Kelly cruised through 800m wins, cranking a 1:50.94 4A Divisional win, then running slow enough through the quarter (54.0) for company and dragging a group to good times in the Masters behind his 1:51.08 yawner. Ganesha's Vince Thompson was closest at 1:52.84.

Mild surprises marked the Long Jumps. Victor Valley's Robert Clamalet opened at 24-1 1/4w in the Masters Meet to win that competition over Pasadena's Cleo Bates (23-6 1/4w). Madette Smith (Quartz Hill) put all her jumps in the Masters competition out over 18-5 with a 19-8 1/4w best to take Rosalyn Mitchell (Diamond Bar) 19-7w. Yleana Carrasco (Anaheim) sailed over 5-10 to have the top mark in both the Divisional and Masters High Jumps. Eric Wheelwright (Edison, Huntington Beach) had the top Divisional leap for the guys at 6-10, with Hawthorne's John Medford (yes they have people besides sprinters) taking the Masters at 6-10. Marcus Hooks (Lakewood) opened early with a 49-11 1/4 in the Masters Triple Jump to take Tim Williams (Rubidoux, Riverside) 49-5 1/4. Muir's Terrance Williams had the top Divisional mark at 49-10 1/4, with Tim 2nd there at 49-7 1/4. James Browne (California, Whittier) improved out to 49-4 1/4w in taking the 3A level jump over Greg Harper (Santa Fe, SF Springs) 49-1 1/4. Consistent Jamie Kirven (Woodbridge, Irvine) leaped 38-5 1/4w on her first Triple Jump in the Masters to take Kim Taylor (Valencia 38-3 1/4w) and Debbie Orr (Ocean View, Huntington Beach) 38-1 1/4. All-World Volleyballer Elaine Oden (Irvine) continued her Shot Put mastery over locals with a 44-7 1/4 Divisional and 43-3 1/4 final toss Masters victory. Brandi Gall (Rowland) improved to 43-3 in the Masters for 2nd, while Heidi Adams was 2nd in the 4A competition at 43-6 1/4. Simi's Ed Gagnon won the Masters Vault at 15-1 over the 14-8 of Manuel Ballard.

The Women's 800 in the Masters Meet was kind of wierd, as a fall near the finish resulted in a re-run after the meet was over. Two girls who ended up on the ground the first time qualified into the

continued on next page...



# Prep Notes

## Southern Section, continued:

State Meet on the second running. Sherri Smith (Woodbridge) won at 2:13.94, but Sharon Manship (Thousand Oaks) watched her footing better this time and was 2nd at 2:14.86, as did Nancie Long (Mission Viejo) (2:15.06 for 4th after being another falling victim the first time). Nicole Ritchot (Edison, Huntington Beach) took the Masters 1600 .01 slower than her 4A win at 4:56.58 and was the only area girl under 5:00 this year. Maramonte League rivals Melissa Sutton (Newbury Park) and Christy Farrell (Thousand Oaks) battled in the Masters 3200, with Sutton prevailing 10:44.74-10:45.49. Tracey Williams (Mountain View, El Monte) had the fastest Divisional time at 10:48.08, but was sick the next week and could not hang on to the top group during the final 1600m.

Greg Whiteley (University, Irvine) had doubled in 4:13.3-8:57.4 in his League Meet, but came down ill before the Divisional and did not run. Jon Zimmer (Simi) edged Irvine's Jim Olson 4:13.48-4:13.79 in the fastest Divisional race 1600m. A pedestrian 67.7 first 400 in the Masters precluded any fast time there. Surprising Moreno Valley (transfer from Mountain View, El Monte after cross-country) soph Raul Serratos was quickest over the final 100m after 62.8-62.2 2nd and 3rd 400's to win at 4:14.88 over Zimmer's 4:15.55 and Olson's 4:15.92. Darren Stonerock (Saugus) charged a 4:30.2 first 1600 in his 9:16.00 3A 3200m win, then slowed to a 4:34.3 first four laps in his 9:11.38 Masters win over the distance.

## At Mt. San Antonio College BOYS

100—1. Burkley (Oxnard), 10.62 (wind 0.8 m.p.s. aiding); 2. Ford (Compton), 10.63; 3. Simmons (Compton), 10.77; 4. Cannady (Duarte), 10.79; 5. Wellman (Westlake), 10.81; 6. Roberts (LB Poly), 10.87; 7. Davis (Inglewood), 10.91; 8. Cox (Marshall Fundamental), 11.03.

200—1. Marsh (Hawthorne), 20.96 (wind 2.0 m.p.s. aiding); 2. Burkley (Oxnard), 21.09; 3. Ford (Compton), 21.26; 4. Cannady (Duarte), 21.81; 5. Johnson (Katella), 21.82; 6. Silas (Centennial), 22.05.

400—1. Rish (Marina), 47.12; 2. Kelly (Hawthorne), 48.24; 3. Riley (LB Jordan), 48.56; 4. Estwick (Loyola), 48.60; 5. A. Thomas (Pasadena), 48.83; 6. White (San Marcos), 48.84; 7. Callier (LB Poly), 49.07; 8. Adams (West Covina), 49.41.

800—1. Kelly (Hawthorne), 1:51.08; 2. Thompson (Ganesh), 1:52.84; 3. Cronin (Mission Viejo), 1:53.13; 4. Akins (Hill Wilson), 1:53.19; 5. Anderson (Mission Viejo), 1:53.27; 6. Cox (Millikan), 1:53.35; 7. Trout (Irvine), 1:55.61; 8. Snyder (El Modeno), 1:55.66.

1,600—1. Serratos (Moreno Valley), 4:14.68 (4:00.3 for 1,500 meters); 2. Zimmer (Simi Valley), 4:15.55 (3:59.8); 3. Olson (Irvine), 4:15.55 (3:59.8); 4. Feliciano (Cypress), 4:16.03 (4:00.1); 5. Myers (Westlake), 4:20.99; 6. Van Wye (St. Paul), 4:22.04; 7. Toussaint (Norco), 4:24.23.

3,200—1. D. Stonerock (Saugus), 9:11.38 (8:37.4 for 3,000 meters); 2. Harvath (Thousand Oaks), 9:15.57 (8:40.1); 3. Imlay (Temple City), 9:15.62 (8:45.3); 4. K. Stonerock (Saugus), 9:16.40 (8:44.9); 5. Kelly (Dana Hills), 9:22.04; 6. Goodwin (Chaparral Islands), 9:34.92 (8:57.1); 7. Castaneda (Mountain View), 9:43.65.

100 HIGH HURDLES—1. D. Thomas (Pasadena), 13.95 (wind 1.1 m.p.s. aiding); 2. Johnson (Katella), 14.00; 3. Porter (Cabrillo), 14.26; 4. Hall (Ganesh), 14.26; 5. Jones (San Dimas), 14.27; 6. Telford (Hawthorne), 14.37; 7. Gilliam (Downing), 14.61 (Porter scratched from the State meet).

300 INTERMEDIATE HURDLES—1. Porter (Cabrillo), 35.32 (National interscholastic federation and Southern section record, old mark, 35.57; Porter, Cabrillo, 1985; better all-time high school best, 35.3 hand time, Arthur Blake, Haines City, Fla., 1984); 2. Graham (Hawthorne), 36.67; 3. Pontiflet (Esperanza), 37.25; 4. Joyce (Hawthorne), 37.38; 5. Hall (Ganesh), 37.39; 6. Grant (St. Francis), 37.46; 7. Nelson (Simi Valley), 38.61; 8. Knight (Serra), 39.05 (Hurdle stepdown times, 5.8, 3.7, 3.9, 4.0, 4.0, 4.1, 4.2, 4.5, 1.1; timed at 22.8 for first 200 meters).

400 RELAY—1. Compton (Gray, Simmons, Stewart, Ford), 41.39; 2. Muir, 41.51; 3. Hawthorne, 41.69; 4. Oxnard, 41.89; 5. LB Jordan, 41.93; 6. Santa Ana Valley, 42.60; 7. Centennial, 42.62.

1,600 RELAY—1. Hawthorne (Marsh, 48.2; Joyce, 49.7; Graham, 47.6; Kelly, 47.3); 3. 12.8; 2. Centennial, 3:13.81; 3. LB Poly, 3:14.35; 4. Muir, 3:15.83; 5. Pasadena, 3:16.16; 6. Temple City, 3:18.68; 7. Simi Valley, 3:21.28; 8. Serra, 3:26.15.

HIGH JUMP—1. Medford (Hawthorne), 6-10; 2. Wheelwright (Edison), 6-8; 3. Murrane (Whittier Christian), 6-8; 4. Robinson (Simi Valley), 6-6; 5. Moebius (Rolling Hills), 6-6; 6. Dorn (Estancia), 6-6; 7. Morrow (Upland), 6-4; 8. Postman (Upland), 6-4.

POLE VAULT—1. Gagnon (Simi Valley), 15-1; 2. Ballard (Cypress), 14-8; 3. Williams (Servite), 14-4; 4. Howser (Newport Harbor), 14-4; 5. Covarubas (LB Jordan), 14-4; 6. Le (West Torrance), 14-0; 7. Cammack (South Hills), 13-8; 8. Pinto (Alemany), 13-8.

LONG JUMP—1. Clamefat (Victor Valley), 24-1½w; 2. Bates (Pasadena), 23-6¼w; 3. Dorn (Estancia), 23-4w; 4. Nelson (Simi Valley), 23-2¾w; 5. Davis (Lynwood), 22-10; 6. Hooks (Lakewood), 22-7½; 7. Spirin (Dominguez), 22-7; 8. Haynie (Morro Bay), 22-6¾.

TRIPLE JUMP—1. Hooks (Lakewood), 49-11½; 2. Williams (Rubidoux), 49-5½; 3. Triplett (Marshall Fundamental), 48-7¼; 4. Williams (Muir), 48-2¾; 5. Harper (Santa Fe), 47-7¼w (46-9¼ legal best); 6. Young (Hawthorne), 47-1½; 7. Browne (California), 45-2¼w (45-1½); 8. Barfield (Lynwood), 44-7¼.

SHOTPUT—1. Bluteich (Capistrano Valley), 69-6½ (Southern Section record, 68-5; Dave Karrasch, Newport Harbor, 1975; All-time California best, old mark, 69-3¼; Jim Niedhart, Newport Harbor, 1973); 2. Khozam (El Modeno), 59-5½; 3. Knight (Oak Park), 58-9; 4. Laut (Channel Islands), 57-1½; 5. Riederich (Edison), 57-0; 6. Osbourne (Rancho Alamitos), 54-11; 7. Carter (Edison freshman), 54-9; 8. Harmon (St. Bernard), 53-7½.

## GIRLS

100—1. Franklin (Muir), 11.61 (wind 1.9 m.p.s. aiding) (national leader); 2. Stiles (Hawthorne), 11.70; 3. Wheeler (Hawthorne), 11.83; 4. Grant (Hawthorne), 11.87; 5. Miller (Muir), 12.04; 6. Craven (Centennial), 12.21; Garner (Valencia), 12.34; 8. Williams (Marshall Fundamental), 12.53.

200—1. Stiles (Hawthorne), 23.56 (wind 1.6 m.p.s. aiding); 2. Grant (Hawthorne), 24.08; 3. Wheeler (Hawthorne), 24.43; 4. Miller (Muir), 24.67; 5. Garner (Valencia), 24.79; 6. Smith (Quartz Hill), 25.20; 7. Bryant (Morningside), 25.25; 8. Williams (Marshall Fundamental), 25.65.

400—1. Wilson (Muir), 53.81; 2. Vickers (Pomona), 53.83; 3. Bennett (Compton), 53.80; 4. Anyi (Hawthorne), 54.37; 5. Aubuchon (Esperanza), 55.80; 6. Rush (Alta Loma), 57.36.

800—1. Smith (Woodbridge), 2:13.94; 2. Manship (Thousand Oaks), 2:14.86; 3. Milligan (Compton), 2:15.04; 4. Long (Mission Viejo), 2:15.00; 5. Rabbitt (Newport Harbor), 2:15.10; 6. McMahon (Redlands), 2:15.38; 7. Oates (Hawthorne), 2:16.39.

1,600—1. Ritchot (Edison), 4:56.58 (4:38.9 for 1,500 meters); 2. Watson (Upland), 5:01.84 (4:46.0); 3. Hanson (Newport Harbor), 5:02.72 (4:45.7); 4. McCarty (Buena), 5:07.06 (4:47.7); 5. Pinto (Arroyo Grande), 5:08.77 (4:48.3); 6. Unruhe (Nordhoff), 5:15.21.

3,200—1. Sutton (Newbury Park), 10:44.74 (10:01.7 for 3,000 meters); 2. Farrell (Thousand Oaks), 10:45.49 (10:10.9); 3. Wright (Irvine), 10:48.08.

(10:13.9); 4. Dabul (Temple City), 10:50.98 (10:51.66); 5. Unruhe (Nordhoff), 10:51.66 (10:14.80); 6. T. Williams (Mountain View), 10:56.55 (10:16.1); 7. Basore (Pasadena), 11:11.35 (10:30.1).

100 LOW HURDLES—1. Franklin (Muir), 13.49w (2.8 m.p.s.); 2. Cantrell (Muir), 13.81; 3. McBride (LB Poly), 13.95; 4. Williams (Riverside Poly), 13.98; 5. Vickers (Pomona), 14.16; 6. Frazier (Morningside), 14.21; 7. Simmons (El Monte), 14.28.

300 LOW HURDLES—1. Cantrell (Muir), 43.09; 2. Wilson (Muir), 43.48; 3. Hall (Millikan), 44.09; 4. Ice (Cajon), 44.12; 5. Edmonds (Hawthorne), 44.31; 6. Moses (Arroyo Grande), 45.43.

400 RELAY—1. Hawthorne (Wheeler, Grant, D. Amy, Stiles), 45.11 (National and Southern Section record, old national mark, 45.13; Berkeley, 1981; old Southern Section mark, 45.36; Hawthorne, 1985); 2. Muir (Cantrell, Miller, Wilson, Franklin), 45.23 (third fastest high school team of all-time); 3. Compton, 47.53; 4. Pomona, 48.01; 5. Morningside, 48.33; 6. Hueneme, 48.58; 7. Ganesh, 48.83; 8. LB Wilson, 49.04.

1,600 RELAY—1. Muir (Cantrell, 55.9; Caddell, 55.9; Franklin, 55.0; Wilson, 54.9), 3:41.65; 2. Hawthorne, 3:46.76; 3. Compton, 3:49.38; 4. Beverly

Hills, 3:53.46; 5. Hueneme, 3:53.47; 6. Esperanza, 3:53.96; 7. LB Poly, 3:55.54.

HIGH JUMP—1. Carrasco (Anaheim), 5-10; 2. McBride (LB Poly), 5-8; 3. Lovely (Kennedy), 5-7; 4. Lee (Los Alamitos), 5-7; 5. Lee (Rolling Hills), 5-6; 6. Maldonado (Hawthorne), 5-6; 7. Bringard (Santa Ynez), 5-4; 8. Gilbert (Norwalk), 5-2.

LONG JUMP—1. Smith (Quartz Hill), 19-8¼w; 2. Mitchell (Diamond Bar), 19-7; 3. Strange (Indio), 18-8w (17-8¼ legal best); 4. Smith (Elsinore), 18-1¼; 5. Knight (La Habra), 18-0¼; 6. Kirvin (Woodbridge), 17-3½; 7. Martinez (Santa Maria St. Joseph), 17-1.

TRIPLE JUMP—1. Kirven (Woodbridge), 38-5¼w (37-0¼ legal best); 2. Taylor (Valencia), 38-3¼w (37-3¼); 3. Orr (Ocean View), 38-1½; 4. Lamar (Indio), 37-10w (37-3¼); 5. Knight (La Habra), 37-9w (36-10); 6. Ames (El Modeno), 37-8½; 7. Rogers (Yucaipa), 37-1¼w (36-10½).

SHOTPUT—1. Oden (Irvine), 43-3¼; 2. Gail (Rowland), 42-1¼; 3. Adams (Mission Viejo), 42-1¼; 4. Paquette (Rancho Alamitos), 41-8¼; 5. Lovati (El Modeno), 40-9¼; 6. Gill (Western), 39-9¼; 7. Rehder (Santa Maria St. Joseph), 39-8; 8. Ili (Nogales), 38-3.

photo by Maurice Wilson



Nicole Ritchot/1600

photo by Maurice Wilson



Larry Burkley/100

Fine Flicks by Don Gosney



Chip Rish/400

photo by Maurice Wilson



Linetta Wilson/400



# Results

## Track & Field

### Community College

### NorCal Championships

#### May 10. Sacramento City College.

##### Men's Results

**100 Meters:** 1. Marvin Jones, San Joaquin Delta, 10.69, 2. Stoney McCree, Merritt College, 10.79, 3. Todd Cowings, Fresno City, 10.84, 4. Raymond Holland, Kings River, 10.85, 5. Paul Abbot, San Jose City, 10.86.

**200 Meters:** 1. Theodore Weber, Merced, 21.50, 2. James Cooper, San Jose, 21.62, 3. Stoney McCree, Merritt, 21.69, 4. Brian Brown, American River, 21.70, 5. Paul Abbot, San Jose, 21.75.

**400 Meters:** 1. James Cooper, San Jose City, 46.54, 2. Theodore Weber, Merced College, 47.55, 3. Kerry Threats, Skyline College, 48.00, 4. Sheldon Griffith, San Jose City, 48.05, 5. Gerald Boles, Santa Rosa, 48.10.

**800 Meters:** 1. Thevi Pather, Porterville, 1:54.11, 2. Campbell, Foothill, 1:54.78, 3. Rod Brower, Cabrillo, 1:55.48, 4. Curtis Aron, San Francisco, 1:55.78, 5. Tom Nann, College of Marin, 1:55.86.

**1500 Meters:** 1. Curtis Aron, San Francisco, 3:54.10, 2. Marc Goulet, Cabrillo, 3:54.56, 3. Scott Savage, Chabot, 3:55.99, 4. Ernie Freer, Shasta, 3:56.85, 5. Greg Rivera, West Valley, 3:57.55.

**3000m Steeplechase:** 1. James Bloomer, San Francisco, 9:15.0, 2. Armando Gama, Shasta, 9:22.8, 3. Chris Allen, American River, 9:27.1, 4. John Lego, Chabot, 9:30.3, 5. Roy Castro, Santa Rosa, 9:32.3.

**5000 Meters:** 1. Brian Hoyt, Santa Rosa JC, 14:49.25, 2. Mike Anderson, College of San Mateo, 14:54.80, 3. Mark Caryalho, Butte College, 14:59.0, 4. Hugo Clibrian, COS, 15:03.05, 5. Troy Curran, Monterey Peninsula College, 15:11.75.

**10,000 Meters:** 1. Robert Thwala, Porterville College, 31:35.88, 2. Roy Garcia, West Valley College, 31:37.13, 3. Tob Strickland, West Valley, 31:41.14, 4. Bob

Johnston, Lassen College, 31:45.60, 5. Steve Piles, Shasta College, 31:47.56.

**110m High Hurdles:** 1. Sam Archer, San Joaquin Delta, 14.75, 2. Cary McAlister, American River, 14.79, 3. Cary Noble, San Jose City, 14.86, 4. Dennis Lewis, Sacramento City, 15.01, 5. Bonnell Newsome, Kings River, 15.01.

**400m IH:** 1. Richard Curtis, Sacramento City, 51.10, 2. Dennis Lewis, Sacramento City, 53.12, 3. Cary Noble, San Jose City, 53.15, 4. Sam Archer, San Joaquin Delta, 53.25, 5. Steve Willemse, Modesto JC, 53.34.

**4 x 100m Relay:** 1. San Jose City, 41.28, 2. Fresno City, 41.42, 3. Contra Costa, 41.43, 4. Modesto JC, 41.80, 5. Butte College, 41.98.

**4 x 400m Relay:** 1. San Jose, 3:15.43, 2. Foothill, 3:15.61, 3. Modesto, 3:15.62, 4.



James Cooper - San Jose's super 400 runner.

Santa Rosa, 3:16.80, 5. Sierra College, 3:20.62.

**Long Jump:** 1. Johnny Cleveland, Chabot, 24.3, 2. Roger Grimes, San Mateo, 24.0, 3. Larry Farriester, Modesto, 23.10½, 4. Dave Ceragioli, Skyline, 23.7½, 5. Chris Marlow, CRC, 23.3¼.

**Triple Jump:** 1. Greg Freeman, San Jose City, 48-7¼, 2. Willie Hannon, Contra Costa, 48-2¼, 3. Glenn Rory, San Francisco, 47-2, 4. Jeffrey Suits, Diablo Valley, 47-1, 5. Craig Scott, Butte, 46-4½.

**High Jump:** 1. David Bader, COS, 6-10, 2. Bryan Kellen, San Jose City, 6-8, 3. Jeff Yajima, American River, 6-8, 4. (tie) Dante Estores, San Jose and Brent André, San Jose and Arnold Silva, Santa Rosa, 6-6.

**Pole Vault:** 1. Bill Shepard, Fresno City, 15-9, 2. Ronald Decker, Fresno City, 15-0, 3. Mark Coulter, San Jose City, 14-6, 4. Steve Snyder, Hartnell, 14-5, 5. John Ambrose, San Joaquin Delta, 14-6.

**Shot Put:** 1. Fred Houston, San Jose City, 56-6¼, 2. Darin Maggard, Diablo Valley, 52-7½, 3. Brian Ealy, Yuba College, 50-3¼, 4. Rene Scinto, Santa Rosa, 49-5, 5. Jerry Winter, Sierra College, 48-11¼.

**Discus:** 1. Mike Gravelle, Skyline College, 168-11, 2. Mike Neal, Kings River, 159-10, 3. Darin Maggard, Diablo Valley, 157-9, 4. Richard Brown, Sierra College, 152-6, 5. Art Hoffman, San Jose City, 152-3.

**Javelin:** 1. Mike Schmidt, Foothill, 207-1, 2. Bobby Crume, Cosumnes River, 204-9, 3. Tim McCarthy, Shasta College, 197-7, 4. Steve Willemse, Modesto, 189-1, 5. Rob McClean, West Valley, 188-6.

**Hammer:** 1. Daron Crass, Fresno City, 166-7, 2. Cary Large, Modesto, 155-8, 3. Dale Janzen, Butte, 151-0, 4. Scott Fuller, Shasta College, 150-2, 5. Fred Houston, San Jose City, 148-4.

##### Women's Results

**100 Meters:** 1. Monica Taylor, Sacramento City, 11.45, 2. Vivian Riley, San Jose City, 11.83, 3. Sonya Smith, Sacramento City, 11.93, 4. Michele Wright, Sacramento City, 12.24, 5. Dawn Matthias, Cosumnes River, 12.32.

**200 Meters:** 1. Monica Taylor, SCC, 24.12, 2. Sonya Smith, SCC, 24.13, 3. Vivian Riley, San Jose City, 24.47, 4. Veronica Samuels, Contra Costa, 24.83, 5. Mary Beth Henke, Foothill, 24.97.

**400 Meters:** 1. Veronica Samuels, Contra Costa, 55.24, 2. Gwen Kennedy, Skyline, 56.48, 3. Mary Beth Henke, Foothill, 56.98, 4. Pam Lee, Contra Costa, 57.16, 5. Pat Mobley, San Jose City, 59.00.

**800 Meters:** 1. Peggy Macke, American River, 2:14.66, 2. Denise Williams, CC of SF, 2:14.70, 3. Carla Halford, West Valley, 2:16.19, 4. Mona Lopez, Hartnell, 2:18.00, 5. Kelly Bungo, Foothill, 2:19.65.

**1500 Meters:** 1. Carla Halford, West Valley, 4:38.99, 2. Ann Kendrick, Foothill, 4:42.63, 3. Mona Lopez, Hartnell, 4:43.58, 4. Kelly Bungo, Foothill, 4:43.65, 5. Laurie Bushling, Yuba College, 4:46.24.

**3000 Meters:** 1. Leslie Hawkins, Monterey Peninsula, 9:55.44, 2. Ann Kendrick, Foothill, 10:04.60, 3. Linda Mantenen, Foothill, 10:21.14, 4. Becky Van Zant, Foothill, 10:25.99, 5. Shelly Dunlap, Sacramento City, 10:27.92.

**5000 Meters:** 1. Leslie Hawkins, Monterey Peninsula, 17:15.2, 2. Julie Rasmussen, San Joaquin Delta, 17:20.1, 3. Stacey McAfee, Sierra College, 17:25.5, 4. Ann Kendrick, Foothill, 18:01.7, 5. Linda Mantenen, Foothill, 18:07.

**100m Hurdles:** 1. Sonya Smith, Sacramento City, 14.08, 2. Tobi Palombi, Modesto JC, 15.10, 3. Sherry Olsen, West Valley, 15.35, 4. Janis Diggs, Hartnell, 15.37, 5. Moria Parramore, Chabot, 15.40.

**400m Hurdles:** 1. Yvonne Minkel, Sierra, 64.05, 2. Janis Diggs, Hartnell, 64.56, 3. Laura Sullivan, San Jose City, 65.34, 4. Marcy Jones, American River, 66.60, 5. Cyndy Rogers, Kings River, 67.12.

**4 x 100m Relay:** 1. Sacramento City, 47.25, 2. San Jose City, 48.40, 3. Contra

Costa, 48.98, 4. Chabot College, 49.99, 5. American River, 50.59.

**4 x 400m Relay:** 1. Sacramento City, 3:55.64, 2. Contra Costa, 3:58.39, 3. San Jose City, 4:00.70, 4. American River, 4:01.05, 5. Shasta College, 4:02.76.

**Triple Jump:** 1. Janis Diggs, Hartnell, 40-3, 2. Angela Lee, San Jose City, 37-3¼, 3. Kristi White, Butte College, 36-7½, 4. Angela Edwards, Contra Costa, 36-2¼, 5. Deborah Carr, Merced College, 36-2¼.

**Shot Put:** 1. Marilyn Elkins, Modesto JC, 43-2¼, 2. Angie Williams, Cosumnes River, 42-5½, 3. China Blockton, Sacramento City, 40-2½, 4. Gina Apelu, San Jose City, 40-1, 5. Mary Lou Merancio, Fresno City, 39-11¼.

**High Jump:** 1. Cindy Baker, Shasta College, 5-6, 2. Jennifer Bateman, Deanza College, 5-6, 3. Tara Grieser, Santa Rosa JC, 5-4, 4. Kristi White, Butte, 5-4, 5. Jane Wood, Deanza College, 5-4.

**Discus:** 1. Mary Lou Merancio, Fresno City, 139-4, 2. China Blockton, Sacramento City, 137-5, 3. Gerri Baldwin, West Valley, 136-8, 4. Angie Williams, Cosumnes River, 130-7, 5. Dana Williams, Shasta College, 125-10.

**Long Jump:** 1. Vivian Riley, San Jose City, 20-0, 2. Janis Diggs, Hartnell, 19-2¼, 3. Madeline Wright, Kings River, 18-0¼, 4. A. Edwards, Contra Costa, 17-11¼, 5. Karen Haugen, Chabot, 17-9¼.

**Javelin:** 1. Melinda Pelton, Hartnell, 147-11, 2. Susan Hibon, Fresno City,



Peggy Macke (American River) followed by Francie Barrett (Ventura) in an 800 meter race.

120-1, 3. J. Diggs, Hartnell, 118-1, 4. Pam Larrance, Shasta, 117-10, 5. Julie Hales, Chabot, 116-4.

##### Team Scores - Men

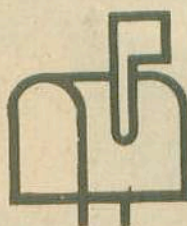
1. Fresno City, 44, 2. Modesto JC, 41, 3. San Jose City, 30, 4. (tie) Sacramento City and Foothill College, 28.

##### Team Scores - Women

1. Sacramento City 85, 2. Hartnell 66, 3. San Jose City, 50, 4. Foothill 47, 5. Cosumnes River 40.

## Address Change?

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





# SoCal Championships

## May 10. Bakersfield College. MEN

100—1. Trott (Long Beach), 10.49 (wind 0.8 m.p.s. against); 2. Guyton (Taft), 10.52; 3. Young (Taft), 10.53; 4. Dexter (Taft), 10.55; 5. Patrick (Taft), 10.59; 6. Brown (Long Beach), 10.63.

200—1. Dexter (Taft), 20.80 (wind 0.9 m.p.s. against); 2. Guyton (Taft), 21.02; 3. Patrick (Taft), 21.13; 4. Young (Taft), 21.14; 5. Trott (Long Beach), 21.25; 6. Brown (Long Beach), 21.46.

400—1. Hedgepeth (Ventura), 46.50; 2. Lee (El Camino), 46.53; 3. Brown (Mt. Sac), 46.70; 4. Henderson (Taft), 46.83; 5. Frazier (Taft), 47.20; 6. Hawkins (El Camino), 47.76.

800—1. Joey Bunch (Taft), 1:52.15; 2. Gonzales (Long Beach), 1:52.22; 3. Katz (Taft), 1:52.64; 4. Boyd (Fullerton), 1:53.19; 5. Gallivan (Santa Ana), 1:53.51; 6. Davis (Long Beach), 1:54.20.

1,500—1. Harberson (Grossmont), 3:53.29; 2. Hughes (Santa Ana), 3:53.33; 3. Katz (Taft), 3:54.2 (hand time); 4. Carnegie (Taft), 3:54.5 (ht); 5. Fithen (Grossmont), 3:54.5 (ht); 6. Bunch (Taft), 3:55.2 (ht).

5,000—1. Emmons (Hancock), 14:48.59; 2. Fisher (Taft), 14:50.81; 3. Rudd (Grossmont), 14:53.77; 4. Davis (El Camino), 14:55.31; 5. Mitchell (Glendale), 14:58.44; 6. Nohilly (Taft), 14:58.8.

110 HIGH HURDLES—1. Wallace (Long Beach), 14.15 (wind 0.8 m.p.s. against); 2. Burns (Mt. Sac), 14.22; 3. Green (Taft), 14.24; 4. Fields (Taft), 14.44; 5. Lee (Pasadena), 14.62; 6. Perry (El Camino), 14.79.

400 INTERMEDIATE HURDLES—1. Erin Wallace (Long Beach), 51.37; 2. Burns (Mt. Sac), 51.97; 3. McCullough (Long Beach), 52.14; 4. Blades (Pasadena), 52.52; 5. Randle (Pasadena), 53.03; 6. Christman (El Camino), 53.2 (ht).

3,000 STEEPLECHASE—1. Nohilly (Taft), 9:00.7; 2. King (Taft), 9:01.2; 3. Fisher (Taft), 9:20.4; 4. Rodriguez (Mt. Sac), 9:26.0; 5. Forsie (Riverside), 9:26.4; 6. Tewawina (Taft), 9:30.0.

400 RELAY—1. Taft (Young, Guyton, Patrick, Dexter), 39.47 (national Community College and meet record, old national mark 39.56, Pasadena, 1981, old meet mark, 39.77, Long Beach, 1980); 2. Long Beach (Trott, Brown, Jefferson, Paige), 39.9 (hand time); 3. Mt. SAC, 40.2 (ht); 4. El Camino, 40.4 (ht); 5. SD Mesa, 40.7 (ht); 6. Ventura, 41.1 (ht).

1,600 RELAY—1. Taft (Bunch, 46.5; Dickinson, 47.7; McPhie, 47.9; Fraizer, 46.0), 3:08.12; 2. El Camino, 3:10.62; 3. Mt. Sac, 3:11.79; 4. Long Beach, 3:12.20; Santa Ana, 3:13.70; 6. Ventura, 3:17.0 (ht).

HIGH JUMP—1. Lewis (Long Beach), 7-4 (equals meet record, Stanton, Long Beach, 1981); 2. Chambers (Cuesta), 7-0; 3. Burnett (Southwest LA), 6-10; 4. Patchett (Glendale), 6-10; 5. Lewis (El Camino), 6-10; 6. (tie) DeHart (Cuesta), Bamish (Mt. Sac), 6-8 (Note: DeHart won jump off to advance to state).

POLE VAULT—1. Wicks (Bakersfield), 15-6; 2. Mulligan (Long Beach), 15-0; 3. Betson (Long Beach), 15-0; 4. Hill (Fullerton), 15-0; 5. tie between Hughley (El Camino) and Stripling (MiraCosta), 15-0.

LONG JUMP—1. Cadogan (Long Beach), 25-4 1/4 (wind 1.0 m.p.s. against); 2. Blockburger (Orange Coast), 24-8 1/2 (wind 0.1 against); 3. Jefferson (Long Beach), 24-6 1/2; 4. Richardson (Glendale), 24-3 1/4; 5. Williams (Desert), 23-8 1/2; 6. Smith (El Camino), 23-3.

TRIPLE JUMP—1. Lewis (Bakersfield), 50-0 (wind 0.1 m.p.s. against); 2. Richardson (Glendale), 49-1 1/2; 3. Earl (Taft), 48-7 1/4; 4. Oporski (Moorpark), 48-7 1/4; 5. Osborne (Grossmont), 46-4 1/2; 6. Fenton (Fullerton), 47-1 1/4.

SHOTPUT—1. Dobbins (Glendale), 53-10 1/4; 2. Gallo (Long Beach), 52-8 3/4; 3. Fitzgerald (Glendale), 51-11 1/2; 4. Alo (Harbor), 51-10 1/2; 5. Robuck (Glendale), 51-10 1/4; 6. Prokop (Mt. Sac), 51-5 1/4.

DISCUS—1. Gallo (Long Beach), 170-8; 2. Caneta (Bakersfield), 160-6; 3. Dobbins (Glendale), 158-3; 4. Buckner (Long Beach), 157-0; 5. Prokop (Mt. Sac), 153-10; 6. Wainscoat (Orange Coast), 142-3.



Bakersfield's Erin Key in HJ

JAVELIN—1. Phillips (Orange Coast), 250-1 (meet record, old mark 243-9, Luc LaPierre, Palomar, 1977); 2. Bamish (Mt. Sac), 221-9; 3. Pilchman (Long Beach), 209-6; 4. Kobel (Orange Coast), 207-8; 5. MacMahon (Cuesta), 177-8; 6. Burr (Long Beach), 191-7.

FINAL TEAM SCORES—Taft, 159; Long Beach, 124; Mt. San Antonio, 51.

## WOMEN

100—1. Mayberry (El Camino), 11.84 (wind 0.5 m.p.s. against); 2. De Vega (Mt. Sac), 11.92; 3. Maeva (MiraCosta), 12.31; 4. White (El Camino), 12.49; 5. Roy (Santa Monica), 12.55; 6. Bolden (Santa Barbara), 12.62.

200—1. Mayberry (El Camino), 24.08 (wind 1.6 m.p.s. against); 2. De Vega (Mt. Sac), 24.48; 3. Rolfe (LA City), 24.76; 4. Austin (El Camino), 24.83; 5. Maeva (MiraCosta), 25.02; 6. Astbury (Fullerton), 25.23.

400—1. Rolfe (LACC), 54.96; 2. Astbury (Fullerton), 55.60; 3. Pugh (El Camino), 55.49; 4. Hemmans (El Camino), 55.85; 5. Willis (El Camino), 57.28; 6. Fortin (El Camino), 58.3 (hand time).

800—1. Li-Jiau Tsai (Desert), 2:10.67; 2. Harrington (Orange Coast), 2:12.17; 3. Jarvis (El Camino), 2:13.85; 4. Rodriguez (East LA), 2:14.99; 5. Lane (East LA), 2:16.2 (ht); 6. Jones (Cuesta), 2:17.8 (ht).

1,500—1. Harrington (Orange Coast), 4:31.28; 2. Seawright (El Camino), 4:33.85; 3. Buzza (Cuesta), 4:38.87; 4. Serion (MiraCosta), 4:39.52; 5. Stewart (LA Valley), 4:42.4 (hand); 6. Marshall (Bakersfield), 4:44.0 (hand).

3,000—1. Blakeslee (MiraCosta), 9:59.0; 2. Kiernan (Orange Coast), 10:11.8; 3. Ross (Cuesta), 10:25.2; 4. Cheroyot (Santa Monica), 10:38.5; 5. Delgado (Pasadena), 10:41.6; 6. Woods (Antelope Valley), 10:51.1.

100 HURDLES—1. Junea White (El Camino), 14.73 (wind 1.0 m.p.s. against); 2. Kern (Mt. Sac), time unavailable; 3. Bullett (Compton), 15:09; 4. Farr (Santa Monica), 15:14; 5. Johnson (Santa Monica), 15:35; 6. Green (Southwest LA), 15:48.

400 HURDLES—1. Margaret Hemmans (El Camino), 1:01.43; 2. Kern (Mt. Sac), 1:02.12; 3. Springer (Orange Coast), 1:02.26; 4. Cottingham (MiraCosta), 1:02.32; 5. Standley (Mt. Sac), 1:02.60; 6. Adams (Riverside), 1:03.32.

400 RELAY—1. El Camino (Austin, Hermans, Pugh, Mayberry), 46.14; 2. Mt. San Antonio, 46.89; 3. Santa Monica, 47.60; 4. MiraCosta, 48.03; 5. Saddleback, 48.6 (ht); 6. East LA, 48.7 (ht).

1,600 RELAY—1. El Camino (Porter, Willis, Mayberry, Pugh), 3:43.85; 2. Mt. San Antonio, 3:54.06; 3. Cuesta, 3:54.83; 4. MiraCosta, 3:56.06; 5. Santa Monica, 3:57.6 (hand); 6. East LA, 4:00.3 (ht).

HIGH JUMP—1. Li-Jiau Tsai (Mt. Sac), 5-8; 2. Abernathy (Glendale), 5-6; 3. Rhinesmith (Bakersfield), 5-6; 4. Key (Bakersfield), 5-6; 5. Davis (MiraCosta), 5-6; 6. Blackwell (Santa Monica), 5-4.

LONG JUMP—1. Angela McKnight (El Camino), 19-7 1/2; 2. Robinson (El Camino), 18-10 1/4; 3. Compton (Mt. Sac), 18-10 1/2; 4. Franklin (Golden West), 18-4 1/2; 5. Davis (MiraCosta), 18-1; 6. Blackwell (Santa Monica), 17-10 1/4.

TRIPLE JUMP—1. Robinson (El Camino), 40-0; 2. McKnight (El Camino), 36-1 1/4; 3. Walsh (El Camino), 36-5; 4. Compton (Mt. Sac), 36-3 1/2; 5. Davidson (Moorpark), 36-2 1/2; 6. Blackwell (Santa Monica), 35-7 1/2.

SHOTPUT—1. Roy (Santa Monica), 46-2 1/2; 2. Young (Mt. Sac), 41-1 1/2; 3. Barnes (El Camino), 40-5 1/2; 4. Tsai (Mt. Sac), 40-11 1/4; 5. Fletcher (West LA), 39-1; 6. Kern (Mt. Sac), 37-8 1/2.

DISCUS—1. Bolton (Golden West), 127-1; 2. Howard (Saddleback), 127-0; 3. Barboza (Glendale), 126-8; 4. Bevec (Fullerton), 124-6; 5. Bryant (San Diego Mesa), 124-2; 6. Rice (Santa Barbara), 119-10.

JAVELIN—1. Slater (Mt. Sac), 150-0; 2. Barnes (El Camino), 145-6; 3. Gilmer (Orange Coast), 142-2; 4. Espinoza (Southwest LA), 134-7; 5. Lundberg (Grossmont), 132-3; 6. Bolda (Moorpark), 127-7.

FINAL TEAM SCORES—El Camino, 151; Mt. San Antonio, 93; Orange Coast, 48.

## Ford-California Community College T & F Championships

May 17-18. Modesto.

### Men's Results

Decathlon: 1. Sheldon Blockburger, Orange Cst, 7361; 2. Jim Bamish, Mt. SAC, 7074; 3. Scott Krupulski, Taft, 6855; 4. Steve Willemse, Modesto, 6748; 5. George Wainscoat, Orange Cst, 6670; 6. Steve Nichols, El Camino, 6621.

100 Meters: 1. William Trott, Long Beach, 10.27; 2. Don Young, Taft, 10.29; 3. Mike Dexter, Taft, 10.35; 4. Marvin Jones, Delta, 10.60; 5. Stoney McCree, Merritt, 10.63; 6. Todd Cowings, Fresno, 10.80.

200 Meters: 1. Mike Dexter, Taft, 20.57; 2. Don Young, Taft, 21.00; 3. Selvin Guyton, Taft, 21.16; 4. James Cooper, San Jose, 21.90; 5. Theodore Weber, Merced, 21.60.

400 Meters: 1. Damon Lee, El Camino, 45.99; 2. James Cooper, San Jose, 46.60; 3. Greg Henderson, Taft, 46.85; 4. Mel Hedgepeth, Ventura, 47.08; 5. Gary Brown, Mt. SAC, 47.09.

800 Meters: 1. Joey Bunch, Taft, 1:47.47; 2. Thevi Pather, Porterville, 1:50.20; 3. Oz Katz, Taft, 1:50.73; 4. David Boyd, Fullerton, 1:51.22; 5. Rod Brower, Cabrillo, 1:51.50; 6. Curtis Aron, S.F., 1:53.1.

1500 Meters: 1. Oz Katz, Taft, 3:51.45; 2. Marc Goulet, Cabrillo, 3:53.11; 3. Curtis Aron, S.F., 3:54.86; 4. Carl Hughes, Santa Ana, 3:55.57; 5. Sergio Ocádiz, Santa Ana, 3:55.60; 6. Ernie Freer, Shasta, 3:55.70.

3000m Steeplechase: 1. John King, Taft, 9:00.1; 2. Jody Fisher, Taft, 9:09.0; 3. Tom Nohilly, Taft, 9:18.6; 4. Milfred Tewawina, Taft, 9:32.2; 5. Chris Allen, American River, 9:33.9; 6. Sal Rodriguez, Mt. SAC, 9:34.2.

5000 Meters: 1. Christian Emmons, Hancock, 14:53.0; 2. Aaron Rudd, Grossmont, 14:57.7; 3. Mike Anderson, San Mateo, 14:55.6; 4. Charlie Davis, El Camino, 14:57.6; 5. Jody Fisher, Taft,

14:59.6; 6. Hugo Cibrium, COS, 15:03.8.

10,000 Meters: 1. Eugene Cruz, LA Valley, 30:31.8; 2. Gary Partidge, Hancock, 31:10.20; 3. Nathan Williams, Mt. SAC, 32:31.8; 4. Ken Zapeda, MiraCosta, 31:24.9; 5. Steve Kovisto, San Joaquin Delta, 32:07.9; 6. Roy Garcia, West Valley, 32:31.8.

110m HH: 1. Roosevelt Green, Taft, 14.00; 2. Aaron Wallace, Long Beach, 14.11; 3. Aaron Burns, Mt. SAC, 14.15; 4. Dennis Lewis, Sacto, 14.86; 5. Cary Noble, San Jose, 15.07; 6. Sam Archer, San Joaquin Delta, 15.12.

400m IH: 1. Tyrone McCullough, L.B., 50.99; 2. Richard Curtis, Sacto, 51.55; 3. Aaron Wallace, L.B., 51.70; 4. Cary Noble, San Jose, 53.25; 5. Aaron Burns, Mt. SAC, 53.43; 6. Dennis Lewis, Sacto, 55.8.

400m Relay: 1. Taft 39.94; 2. Long Beach 40.22; 3. Mt. SAC 41.10; 4. Contra Costa 41.21; 5. San Jose City 41.22; 6. El Camino 41.7.

1600m Relay: 1. Taft 3:07; 2. El Camino 3:10.4; 3. San Jose 3:11.9; 4. Mt. SAC 3:14.7; 5. Modesto 3:16.2; 6. Foothill 3:20.9.

High Jump: 1. Dennis Lewis, L.B., 7-2; 2. Brian Patchett, Glendale 7-2; 3. Sean Chambers, Cuesta 6-10; 4. Steve DeHart, Cuesta 6-10; 5. David Bader, COS, 6-10; 6. (tie) Lamont Lewis, El Camino and Arnold Silva, Santa Rosa, 6-8.

Pole Vault: 1. Bill Shepard, Fresno 16-0; 2. Bryan Wicks, Bakersfield, 16-0; 3. Mark Coulter, San Jose 15-6; 4. Steve Snyder, Hartnell 15-0; 5. Kevin Hughley, El Camino 15-0; 6. Ronald Decker, Fresno 14-6.

Long Jump: 1. Johnny Cleveland, Chabot, 25-10 1/4; 2. Joe Richardson, Glendale 25-5; 3. Tyrus Jefferson, L.B., 25-4 1/4; 4. Dio Cardogan, L.B., 24-2 1/4; 5. Chris Marlow, Cosumnes River, 23-11 1/4; 6. Larry Farriester, Modesto, 23-10 1/4.

Triple Jump: 1. Joe Richardson, Glen-

photo by Maurice Wilson



Damon Lee - El Camino's super 400 runner.

dale 53-2 1/4; 2. Stan Oporski, Moorpark 52-8 1/4; 3. Barrington Lewis, Bakersfield, 51-10; 4. Alphonso Earl, Taft, 51-1 1/4; 5. Willie Hannon, Contra Costa, 50-7 1/4; 6. Rick Osborne, Grossmont, 50-4 1/4.

Shot Put: 1. Antonio Dobbins, Glendale, 54-10 1/4; 2. Matt Gallo, L.B., 54-4 1/4; 3. Fred Houston, San Jose, 53-5; 4. Mike Alo, L.A. Harbor, 53-4 1/2; 5. Jantz Fitzgerald, Glendale, 53-1; 6. Steve Prokop, Mt. SAC, 52-8 1/4.

Discus: 1. Matt Gallo, L.B., 175-7; 2. Mike Gravelle, Skyline, 171-2; 3. Antonio Dobbins, Glendale, 170-0; 4. Jeff Caneta, Bakersfield, 168-6; 5. Art Hoffman, San Jose, 163-7; 6. Steve Prokop, Mt. SAC, 162-4.

continued on next page...



# Results



**Willie Hannon**  
Contra Costa Triple Jumper



**Veronica Samuels**  
Contra Costa 400 Champ

**Javelin:** 1. Leon Phillips, Orange Cst, 243-3, 2. Mike Schmidt, Foothill, 223-10, 3. Aadam Pichman, L.B., 210-7, 4. Jeff Kobel, Orange Cst, 210-0, 5. Jim Bamish, Mt. SAC, 207-0, 6. Bobby Grume, Cosumnes River, 189-5.

**Hammer (non-scoring):** 1. Daron Grass, Fresno, 163-2, 2. Scott Fuller, Shasta, 161-0, 3. Dale Janzen, Butte, 153-10, 4. Fred Houston, San Jose, 148-2, 5. Kenneth Putnam, Fresno, 147-2, 6. Cary Large, Modesto, 145-3.

## Team Scores

1. Taft 144, 2. Long Beach 86, 3. Glenvale 44, 4. San Jose CC 40, 5. Mt. San Antonio 39, 6. El Camino 37½, 7. Orange Coast 26, 8. Sacramento 21, 9. Hancock, Bakersfield 18, 11. Fresno 12, 12. L.A. Valley, Cuesta, Cabrillo, Chabot 10, 16. Foothill, Grossmont, Skyline 9, 19. Moorpark, Porterville 8, 21. Modesto, San Francisco, Delta 7, 24. Mira Costa, Contra Costa, Santa Ana, San Mateo 6, 28. Hartnell, Fullerton, L.A. Harbor, Ventura 4, 32. Cosumnes River, Merritt, Sequoias 3, 35. American River, Merced 2, 37. West Valley, Shasta 1, Santa Rosa JC ½.

## Women's Results

**Heptathlon:** 1. Shann Kern, Mt. SAC, 2. Crystal Young, Mt. SAC, 3. Li-Jiau Tsai, Mt. SAC, 4. Rachel Davis, MiraCosta, 5. Pat Espinoza, East L.A., 6. Cindy Baker, Shasta.

**100 Meters:** 1. Myra Mayberry, El Camino, 11.45, 2. Monica Taylor, Sacto, 11.60, 3. Lydia Devega, Mt.SAC, 11.69, 4. Vivian Riley, San Jose, 11.97, 5. Ann Macua, MiraCosta, 12.15, 6. Junea White, El Camino, 12.25.

**200 Meters:** 1. Myra Mayberry (El Camino) 23.8, 2. Lydia Devega, Mt.SAC, 24.2, 3. Joyce Austin, El Camino, 24.7, 4. Andrea Rolfe, L.A. CC, 24.9, 5. Vivian Riley, San Jose, 25.0, 6. Veronica Samuels, Contra Costa, 25.3.

**400 Meters:** 1. Veronica Samuels, Contra Costa, 55.10, 2. Andrea Rolfe, L.A. CC, 55.51, 3. Tori Pugh, El Camino, 55.55, 4. Margaret Hemmans, El Camino, 55.66, 5. Pam Astbury, Fullerton, 56.54, 6. Mary Beth Henke, Foothill, 56.82.

**800 Meters:** 1. Li-Jiau Hendry, Desert, 2:11.83, 2. Jill Harrington, Orange Cst, 2:12.87, 3. Carla Halford, West Valley, 2:14.75, 4. Lupe Rodriguez, East LA, 2:15.07, 5. Denise Williams, S.F., 2:16.5, 6. Tandle Jarvis, El Camino, 2:17.1.

**1500 Meters:** 1. Jill Harrington, Orange Cst, 4:28.31, 2. Ann Seewright, El Camino, 4:33.08, 3. Carla Halford, West Valley, 4:33.81, 4. Kim Stewart, LA Valley, 4:38.5, 5. Kim Sterton, MiraCosta, 4:40.9, 6. Mona Lopez, Hartnell, 4:41.1.

**100m Hurdles:** 1. Junea White, El Camino, 13.97, 2. Sonya Smith, Sacto, 14.03, 3. Seeola Bullett, Compton, 14.56, 4. Shann Kern, Mt.SAC, 14.77, 5. Dwanna Farr, Santa Monica, 14.90, 6. Tobl Palombi, Modesto, 14.93.

**400m Hurdles:** 1. Margaret Hemmans, El Camino, 61.44, 2. Sandy Springer, Orange Cst, 63.57, 3. Jennifer Cottingham, MiraCosta, 64.26, 4. Yvonne Minkel, Sierra, 65.72, 5. Marcy Jones, American River, 65.80, 6. Janis Diggs, Hartnell, 67.5.

**3000 Meters:** 1. Ann Kendrick, Foothill, 10:01.7, 2. Linda Mantanen, Foothill, 10:15.6, 3. Becky Van Zant, Foothill, 10:16.1, 4. Toni DeGroot, Pasadena, 10:32.2, 5. Cecelia Saleme, DeAnza, 10:34.3, 6. Tracy Woods, Antelope Valley, 10:35.4.

**5000 Meters:** 1. Leslie Hawkins, Monterey Peninsula, 16:58.6, 2. Stacey McAfee, Sierra, 17:15.1, 3. Pauline Stehly, MiraCosta, 17:16.3, 4. Kathy Kiernan, Orange Cst, 17:29.1, 5. Nancy Bowman, Taft, 17:29.5, 6. Gretchen Lohr, LA Valley, 17:42.5.

**400m Relay:** 1. El Camino, 45.77, 2. Sacramento 46.85, 3. Mt. San Antonio, 46.94, 4. San Jose, 47.32, 5. Santa Monica 47.55, 6. Contra Costa, 48.85.

**1600m Relay:** 1. El Camino, 3:46.8, 2. Mt. San Antonio, 3:53.5, 3. Sacramento, 3:54.5, 4. San Jose, 3:54.7, 5. Cuesta, 3:56.2, 6. Contra Costa, 3:59.6.

**High Jump:** 1. Erin Key, Bakersfield, 5-6, 2. Li-Jiau Tsai, Mt.SAC, 5-6, 3. Jennifer Bateman, Diablo Valley, 5-6, 4. Nicole Abernathy, Glendale, 5-4, 5. Rachel Davis, MiraCosta, 5-4, 6. Patricia Blackwell, Santa Monica, 5-4.

**Long Jump:** 1. Vivian Riley, San Jose, 20-3w, 2. Renita Robinson, El Camino, 20-0½, 3. Angela McKnight, El Camino, 19-6¼, 4. Penny Franklin, Golden West, 19-3¼, 5. Janis Diggs, Hartnell, 19-2¼w, 6. Tamara Compton, Mt.SAC, 19-1.

**Triple Jump:** 1. Janis Diggs, Hartnell, 41-8, 2. Renita Robinson, El Camino, 40-10, 3. Terri Davidson, Moorpark, 38-4¼, 4. Tamara Compton, Mt.SAC, 37-10½, 5. Angela Edwards, Contra Costa, 37-8½, 6. Angela Lee, San Jose, 37-7¼.

**Shot Put:** 1. Marilyn Elkins, Modesto, 44-6½, 2. Karen Fletcher, West LA, 43-3½, 3. Shawn Roy, Santa Monica, 42-7¼, 4. Toyla Barnes, El Camino, 42-7½, 5. Angie Williams, Cosumnes River, 42-5¼, 6. Crystal Young, Mt.SAC, 42-4½.

**Discus:** 1. China Blockton, Sacto, 139-7, 2. Chris Barboza, Glendale, 136-2, 3. Mary Lou Murunco, Fresno, 135-10, 4. Sue Bolton, Golden West, 135-0, 5. Angie Williams, Cosumnes River, 133-3, 6. Gerri Baldwin, West Valley, 132-10.

**Javelin:** 1. Malinda Pelton, Hartnell, 150-6, 2. Trish Lundberg, Grossmont, 133-0, 3. Janet Gilmer, Orange Cst, 132-1, 4. Sally Bolda, Moorpark, 123-9, 5. Kim Ritchie, Siskiyous, 119-4, 6. Pam Larrance, Shasta, 119-0.

## Team Scores

1. El Camino 112, 2. Mt. San Antonio 62, 3. Sacramento 40, 4. Orange Coast 36, 5. Foothill 25, 6. Hartnell 24, 7. San Jose 21, 8. MiraCosta 18, 9. Contra Costa 15, 10. West Valley 13, 11. Los Angeles CC, Sierra 12, 13. Modesto 11, 14. Bakersfield, Desert, Monterey Peninsula, Moorpark, Santa Monica 10, 19. Glendale, Golden West, Grossmont, West Los Angeles 8, 23. Diablo Valley 7, 24. Fresno, Compton, East Los Angeles 6, 27. L.A. Valley 5, 28. Cosumnes River, Pasadena 4, 30. American River, San Francisco, Cuesta, DeAnza, Fullerton, Shasta, Siskiyous, Taft 2, 38. Antelope Valley 1.



**Monica Taylor**  
Sacramento Sprinter

## Masters Track & Field Results

### West Coast Masters Classic

from Marty Higginbotham

#### May 4. College of the Sequoias, Visalia.

The Visalia Medical Clinic Inc. once again sponsored a very successful West Coast Masters Classic. The meet was highlighted by some outstanding individual performances.

Burt Gist (65-69) timed a record 18.1 in the 120 yard high hurdles and a record jump of 5-0 in the high jump. Bruce Springbett (50-54) was a triple winner clocking times of 11.1-100 yards, 24.7-220 yards and 56.5-440 yards. Rufus Morris (40-44) was also a triple winner leaping 19-6 in the long jump and blazing times of 10.6-100 yards and 24.1-220 yards. Other top performances were turned in by Carol Stroud in the distances. Josephine Kolda, Thelma Ruben, Irene Obera, Al Guidet and Sing Tum in the sprints. In the field events some excellent performances were recorded by Shirley Kinsey, Shirley Dietrich, Ross Carter and Gary Kelmenson.

In one of the days most exciting races, the 880, Mel Elliott (45-49) ran 2:03.6 to edge out Danny Moon (30-39) 2:04.6 and Wayne Douglas (30-39) 2:07.0. In the mile run George Cohen (45-49) outkicked Bryan Patterson (30-39) by timing 4:32.56 to Patterson's 4:33.63.

Again thanks to the Visalia Medical Clinic for their support of masters track and field.

#### Men's Results

**440 Relay:** 60-69: 1. Corona Del Mar 1:09.43

**Mile Relay:** 1. West Valley 4:26.8.

**100 Yards: 80 & Over:** 1. Sing Lum 15.97, 65-69: 1. Al Guidet 12.8, 2. Chas. Mercurio 13.3, 3. George Poloyinis 15.59, 60-64: 1. James Johnson 12.6, 2. Steve Peck 12.8, 3. Payson Taylor 13.18, 55-59: 1. Bernard Stevens 11.8, 2. Bob Higginbotham 12.5, 50-54: 1. Bruce Springbett 11.1, 2. Phil Presbir 11.2, 3. William Sanford 11.9, 45-49: 1. Arnold Buchanan 12.0, 40-44: 1. Rufus Morris 10.6, 2. Ken Vaughn 11.7, 3. Don Jeung 12.2. **Doctors 100y:** 1. George Poloyinis 18.04, 2. James Nowlan 13.1, 3. Bob Blakeley 13.0.

**220 Yards: 80 & Over:** 1. Sing Lum 37.7, 65-69: 1. Al Guidet 29.5, 60-64: 1. Steve Peck 29.1, 55-59: 1. Bernard Stevens 26.6, 50-54: 1. Bruce Springbett 24.7, 2. Phil Presbir 25.6, 3. William Sanford 27.3, 45-49: 1. Arnold Buchanan 26.8, 40-44: 1. Rufus Morris 24.1, 2. Ken Vaughn 27.27, 3. Ken Washman 28.4.

**440 Yards: 80 & Over:** 1. Sing Lum 1:44.2, 65-69: 1. George Poloyinis 1:21.2, 55-59: 1. Bernard Stevens 59.6, 50-54: 1. Bruce Springbett 56.56, 2. Enver Mehmedbasich 1:04.04, 3. Tom Slaven 1:08.7, 45-49: 1. Arnold Buchanan 59.90, 2. Ross Irving 59.94, 40-44: 1. Ken Washman 1:05.7.

**880 Yards: 65-69:** 1. George Poloyinis 3:49.4, 50-54: 1. Ken Napier 2:18.3, 45-49: 1. Mel Elliott 2:03.6, 30-39: 1. Danny Moon 2:04.6, 2. Wayne Douglas 2:07.0, 3. Thomas Williams 2:28.1, 65-69: 1. Woody Cape 6:54, 60-64: 1. Bob Musso 6:18, 2. Payson Taylor 6:22, 3. Rex Dietrich



6:47. 55-59: 1. Joe King 5:26. 45-49: 1. George Cohen 4:32.56. 2. Frank Padilla 5:15. 40-44: 1. Bob Perry 5:31. 30-39: 1. Brian Patterson 4:33.63. 2. Nick Nardone 5:08.1. 3. Dan Wernli 5:10.3. **High School Mile:** 1. Andrew Herrell 4:41.23. 2. Berry Fisher 4:53.13. 3. Ralph Peralta 4:58.5. **Doctor's Mile:** 1. George Poloyinis 8:28. 50-54: 1. James Nowlan 7:15. 2. George Lavenson 7:28. 45-49: 1. Chuck Maas 5:46. 40-44: 1. Bob Blakeley 5:18.

**Two Miles:** 65-69: 1. Harry Harder 13:48.6. 2. Woody Cape 14:03.7. 55-59: 1. Joe King 11:30.2. 2. Allan Bangs 12:55.1. 45-49: 1. Frank Padilla 10:51.01. 40-44: 1. Al Branco 12:49.3. 30-39: 1. Rick Bishop 10:40.7. 2. Dan Wernli 11:25.25. 3. Kris Kummerfeld 14:29.

**Mile Walk:** 75-80: 1. Chesley Unruh 9:09.17. 40-44: 1. Ken Vaughn 9:20.0. 2. Don Jeung 9:48.2.

**120 Yard High Hurdles:** 65-69: 1. Burl Gist 18.1. 60-64: 1. Steve Peck 18.8. 2. James Johnson 24.5. 55-59: 1. Bob Higginbotham 18.04. 50-54: 1. Ray Fitzhugh 18.06. 2. Tom Slaven 19.9. 40-44: 1. Rufus Morris 17.0.

**High Jump:** 65-69: 1. Burl Gist 5-0. 60-64: 1. James Johnson 4-6. 55-59: 1. Joe King 4-6. 50-54: 1. Ray Fitzhugh 5-0. 45-49: 1. Richard Findley 4-8. 40-44: 1. Ken Vaughn 5-0.

**Long Jump:** 65-69: 1. Burl Gist 14-4½. 60-64: 1. James Johnson 15-3. 50-54: 1. Ray Fitzhugh 15-1½. 45-49: 1. Richard Findley 14-9. 40-44: 1. Rufus Morris 19-6.

**Shot Put:** 70-75: 1. Ross Carter 41-9½. 65-69: 1. Quinto Merlo 36-9½. 2. George Poloyinis 25-6½. 60-64: 1. Bob Stone 34-10½. 50-55: 1. Don Sharp 39-11. 45-49: 1. Bob Fraham 34-10½. 2. Carl Segler 33-0. 40-44: 1. Mickey Murray 38-2½. 30-39: 1. Gary Kelmenson 35-4.

**Javelin:** 65-70: 1. Richard Mack 85-5. 60-64: 1. Bob Stone 108-10. 55-59: 1. Del Pickarts 163-2½. 50-54: 1. Ray Fitzhugh 114-4. 40-44: 1. Mickey Murray 168-1. 30-39: 1. Gary Kelmenson 126-11.

**Discus:** 70-75: 1. Ross Carter 125-7. 65-69: 1. Quinto Merlo 121-11½. 2. Dick Mack 73-8½. 3. George Poloyinis 58-5½. 60-64: 1. Bob Stone 128-3½. 50-54: 1. Don Sharp 117-6½. 2. Ray Fitzhugh 99-3½. 45-49: 1. Richard Rodaril 124-11. 2. Carl Segler 100-11½.

#### Women's Results

**100 Meters:** 65-69: 1. Josephine Kolda 16.5. 60-64: 1. Thelma Rubin 18.9. 55-59: 1. Shirley Kinsey 16.3. 2. Shirley Dietderich

17.4. 50-54: (Yards) 1. Irene Obera 12.5. 30-39: 1. Jeannie Irwin 14.1.

**220 Yards:** 65-69: 1. Josephine Kolda 35.4. 60-64: 1. Thelma Rubin 39.36. 55-59: 1. Shirley Dietderich 37.9. 50-54: 1. Irene Obera 28.4. 2. Gretchen Snyder 31.27. 45-49: 1. Jeanne Carter 29.8. 30-39: 1. Jeannie Irwin 32.6.

**440 Yards:** 65-69: 1. Josephine Kolda 1:25.58. 60-64: 1. Thelma Rubin 1:31.7. 50-54: 1. Irene Obera 1:05.9. 2. Gretchen Snyder 1:08.4. 45-49: 1. Jeanne Carter 1:06.6.

**880 Yards:** 1. Gretchen Snyder 2:39.9. 40-44: 1. Carol Stroud 2:45.1. 30-39: 1. Linda Kleyn 3:48.5.

**Two Mile:** 30-39: 1. Charlie Stephenson 14.16.

**High Jump:** 55-59: 1. Shirley Kinsey 3-8. **Javelin:** 55-59: 1. Shirley Kinsey 85-3. 2. Shirley Dietderich 62-2½.

**Discus:** 55-59: 1. Shirley Kinsey 85-1½. 2. Shirley Dietderich 62-7½.

## TAC/Pacific T & F Champs

### May 18-19. Los Gatos.

#### Masters Division - Men

**100 Meters:** (80-84) 1. Sing Lum, CDMTC, 18.67w. 2. Homer Van Gelder, NCSTC, 19.29. (75-79) 1. Tony Castro, SoCalStr, 14.89w. (65-69) 1. Bob Hunt, SoCalStr, 13.39. (60-64) 1. Ted Rademaker, SFOlymCl, 13.1. 2. Jim Johnson, NCSTC, 13.89. 3. Steve Peck, NCSTC, 14.12. 4. Robert Garretto, NCSTC, 14.40. 5. Bill Toasperm, 16.3. (55-59) 1. Huel Washington, WVTC, 12.66. 2. Sheridan Holland, NCSTC, 13.08. 3. Alphonse Julliland, WVTC, 13.50. 4. Gene Harte, LAVlyTC, 13.3. 5. Alex Pappas, 13.4. 6. Bob Roberts, 14.0. (50-54) 1. Don Benton, LAPRAC, 12.25. 2. Phil Presber, WVTC, 12.38. 3. Richard Hansen, WVTC, 12.48. 4. Jim Parks, 12.90. 5. Bill Sanford, WVTC, 13.1. (45-49) 1. Gilbert LaTorre, WVTC, 11.85. 2. Ben Anixter, NCSTC, 11.89. 3. Fred Niedermeyer, SoCals, 11.94. 4. Darrell Horn, NCSTC, 12.14. 5. John Head, SnAntonio TC, 12.6. 6. Richard Cutler, 13.1. (40-44) 1. Dan Fitzsimmons, WVTC, 11.60. 2. Bill Alston, WVTC, 12.07. 3. Win Emert, WVTC, 12.10. 4. Gerry Varty,

WVTC, 13.10. (35-39) 1. Ray Yeck, Ford RC, 12.14. 2. Michael Holzgang, 12.58. (30-34) 1. Lee Larkins, StGeo, 11.72. 2. Earl Bryant, GSFTC, 12.27. 3. Frank Demby, SFTC, 12.61.

**200 Meters:** (80-84) 1. Sing Lum, CDMTC, 38.0. (75-79) 1. Tony Castro, SoCalStr, 29.9. (70-74) 1. Harry Koppel, NCSTC, 28.9. 2. John Satti, NCSTC, 30.3. (65-69) 1. Charles Mercurio, CDMTC, 30.26. 2. Bill Fairbank, NCSTC, 33.04. (60-64) 1. Ted Rademaker, 28.12. 2. Robert Garretto, NCSTC, 29.98. (55-59) 1. Huel Washington, WVTC, 26.33w. 2. Sheidan Holland, NCSTC, 26.87. 3. Gene Harte, LAVlyTC, 28.06. 4. Bob Roberts, 28.07. 5. Alex Pappas, 28.3. (50-54) 1. Don Benton, LAPRAC, 25.15w. 2. Phil Presber, WVTC, 25.32. 3. Richard Hickman, 25.72. 4. Richard Hansen, WVTC, 25.77. 5. Jim Parks, 26.9. 6. Bill Sanford, WVTC, 27.3. 7. Enver Mehmedbasich, NCSTC, N.T. (45-49) 1. Martin Adamson, 24.19. 2. Gilbert LaTorre, WVTC, 24.22. 3. Fred Niedermeyer, SoCalStr, 24.25. 4. Bert Frescura, 30.19. (40-44) 1. Dan Fitzsimmons, WVTC, 23.19. 2. Mel Brooks, WVTC, 23.45. 3. Dennis Duffy, WVTC, 23.76. 4. Dave Romain, WVTC, 23.99. 5. Ted Cain, WVTC, 24.14. 6. Gerry Varty, WVTC, N.T. 7. Dennis Selby, SDAA, 27.34. (35-39) 1. Matt Pruitt, WVTC, 23.15w. 2. Ray Yeck, FordRC, 24.38. 3. Larry Lettieri, WVTC, 24.45. 4. James Armstrong, 25.78. 5. Manuel Pan, NCSTC, 25.85. 6. Michael Holzgang, 26.3. (30-34) 1. Lee Larkins, StGeo, 23.35. 2. Steve Kemp, 23.76. 3. Rick Thoman, GSFTC, 24.57. 4. Earl Bryant, GSFTC, 24.94. 5. Charles Missouri, 24.95. 6. Ricardo Qullantang, StGeo, 25.2. 7. Frank Demby, SFTC, 25.2. 8. Ernest Fuller, Syntex, 25.4.

**400 Meters:** (70-74) 1. John Satti, NCSTC, 1:12.01. (65-69) 1. Bob Hunt, SoCalStr, 1:04.63. (60-64) 1. Robert Garretto, NCSTC, 1:10.13. (55-59) 1. Huel Washington, WVTC, 1:02.46. 2. Alex Pappas, 1:03.8. (50-54) 1. Will Robinson, CDMTC, 59.40. 2. Roland Smith, NCSTC, 1:01.09. 3. Enver Mehmedbasich, NCSTC, 1:03.4. (45-49) 1. Martyn Adamson, 54.12. 2. Ross Irving, 58.98. (40-44) 1. George Smith, 51.56. 2. George Mason, WVTC, 51.75. 3. Mel Brooks, WVTC, 51.91. 4. Dennis Duffy, WVTC, 52.49. 5. Jim Gibbons, Tamalpa, 57.4. 6. Bobby Simpson, 57.8. (35-39) 1. Matt Pruitt, WVTC, 52.13. 2. Robert Thoe, 52.72. 3. David Pogue, 52.84. 4. Bernard Turner, GSFTC, 55.41. 5. James Armstrong, 58.8. (30-34) 1. Martin LeFevre, 51.0. 2. Duane Isham, GSFTC, 54.08. 3. Ernest Fuller, Syntex, 55.46. 4. Charles Missouri, 55.49. 5. Efrén Cavazos, SFTC, 67.30.

**800 Meters:** (65-69) 1. Alan Waterman, NCSTC, 2:47.74. 2. Troy Grove, NCSTC, 2:48.49. (60-64) 1. Rex Dietderich, NCSTC, 2:51.05. 2. Don Wilgus, NCSTC, 2:56.6. (55-59) 1. Vance Koerner, 2:32.26. (50-54) 1. Pete Richardson, WVTC, 2:11.87. 2. Ken Napier, WVJ&S, 2:13.77. 3. Richard Hickman, 2:14.65. (45-49) 1. William Mayer, 2:02.79. (40-44) 1. Jim Gibbons, Tamalpa, 2:06.59. 2. Gary Mader, 2:13.96. 3. Ben Miller, 2:15.77. 4. Phil Agostini, NCSTC, 2:16.9. 5. Dennis Selby, SDAA, 2:24.0. (35-39) 1. Bob Browne, WVTC, 2:02.08. 2. Danny Moon, WVJ&S, 2:04.57. (30-34) 1. Jim Bordini, StCrkStr, 1:58.4.

**1500 Meters:** (65-69) 1. Troy Grove, NCSTC, 5:57.5. 2. Alan Waterman, NCSTC, 6:01.9. (60-64) 1. Don Wilgus, NCSTC, 6:12.3. (55-59) 1. Vance Koerner, 5:34.5. (50-54) 1. Pete Richardson, WVTC, 5:03.8. 2. John Gregson, Pamakid, 5:12.4. 3. Steve Geraghty, LGAA, 6:12.3. (45-49) 1. Sam VanDenBurg, 4:38.3. (40-44) 1. Harvey Franklin, WVTC, 4:06.8. 2. Chris Loosley, WVJ&S, 4:10.7. 3. John Bulash, 4:51.2. (35-39) 1. Bruce Wint, SMT, 4:18.2. 2. Danny Moon, WVJ&S, 4:21.4. 3. Karl Romano, 4:26.5. 4. Gary Vann, SlvrdoStr, 4:46.5. 5. Mal Scotcher, 4:48.5.

**5000 Meters:** (65-69) 1. Tom McGee, NCSTC, 22:51.0. (60-64) 1. Rex Dietderich, NCSTC, 22:19.5. 2. Byron Edwards, NCSTC, 22:20.1. (55-59) 1. Marcel Diraison, WVTC, 21:12.0. (50-54) 1. John Gregson, Pamakid, 18:56.3. 2. David

Creek, 21:59.6. 3. Gib Landell, 22:03.4. (45-49) 1. Sam VanDenBurg, 17:53.0. (40-44) 1. Bill Clark, WVTC, 15:38.2. 2. Joe Becerra, ExclsrTC, 15:39.5. 3. Tom Kirchner, GSFTC, 16:21.4. 4. Gene Gilligan, ExclsrTC, 16:30.9. 5. Joe Cote, Angel FidAncnts, 16:50.0. 6. Derrick Hamilton, 17:46.0. (35-39) 1. Ron Jensen, 15:36.9. 2. Thomas Bennett, GSFTC, 15:59.5. 3. Gary Vann, SlvrdoStr, 17:18.0. (30-34) 1. Rob Nielsen, 15:49.8. 2. Colrin Westmore, 17:22.0. 3. Andrew Hecker, 19:53.0.

**10,000 Meters:** (40-44) 1. Daryl Zapata, GSFTC, 33:44.1. (35-39) 1. John Rupp, 34:48.8. 2. Gary Vann, SlvrdoStr, 36:45.0. (30-34) 1. Mike Pinocci, CapCity, 30:04.2.

**100 Meter Hurdles:** (65-69) 1. Bob Hunt, SoCalStr, 17.43AR. (60-64) 1. Steve Peck,



Jim Vernon

NCSTC, 18.91. 2. Fritz Meyers, 21.9. 3. Jim Johnston, NCSTC, 21.3.

**110m Hurdles:** (50-54) 1. Don Smith, LAVlyAC, 18.02. 2. Mal Andrews, 18.75. (45-49) 1. John Head, SnAntonio TC, 20.63. 2. James Mayer, NCSTC, 22.5. (40-44) 1. John Dobroth, 15.72. 2. Cornelius McCormick, 15.73. 3. Ted Cain, WVTC, 16.79. (35-39) 1. Don Roberts, 16.76. (30-34) 1. Kevin Speaks, LAVlyAC, 16.66.

**400m IH:** (50-54) 1. Will Robinson, SMDTC, 66.5. (45-49) 1. Hugh Adams, CDMTC, 60.1. (40-44) 1. Ted Cain, WVTC, 58.1. 2. Phil Agostini, NCSTC, 58.7. (35-39) 1. Don Roberts, 61.75. (30-34) 1. Andrew Hecker, 61.98. 2. Kevin Speaks, 65.18. (65-69) 1. Bob Hunt, 1:11.4AR.

**4 x 110 Relay:** (30-39) 1. St. George's, 48.37.

**5000 Meter Racewalk:** (75-79) 1. Gordon Wallace, 31:18.0. 2. Phil Dutton, GGRW, 39:05.1. (70-74) 1. Giulio dePetra, MPWWW, 30:12.3. (55-59) 1. Walter Newman, MPWWW, 31:45.1. 2. Carl Fry, GGRW, 34:34.0. (50-54) 1. Jack Bray, GGRW, 26:11.0. 2. Karl Krueger, MPWWW, 26:32.0. 3. John MacLachlan, VansWkrs, 28:20.4. (45-49) 1. Joe Mendelson, MPWWW, 31:44.8. (35-39) 1. Jim Scilney, 36:04.3.

**2000m Steeplechase:** (60-64) 1. Rex Dietderich, NCSTC, 10:23.0.

**3000m Steeplechase:** (50-54) 1. Ken Carman, AnnArbTC, 11:50.0. (30-34) 1. Joe Rust, 11:10.7. 2. Andrew Hecker, 12:03.2.

**Pole Vault:** (70-74) 1. Carol Johnston, TrjnMstrs, 9-6. (65-69) 1. Jim Vernon, TrjnMstrs, 9-6. (60-64) 1. Don Grosh, CSMTC, 9-6. 2. Jim Johnson, NCSTC, 8-6. (55-59) 1. Al Brenda, FitnessCtr, 10-0. (40-44) 1. Bruce Hotaling, 14-0. 2. Roger Werne,

photo by Marty Higginbotham



Harry Harder

photo by Marty Higginbotham



Rick Bishop

continued on next page...



# Results

12-0, 3. Richard Stepp, 11-6, 4. Mike Morris, 11-0. (35-39) 1. James Vielteux, NCSTC, 11-0. (30-34) 1. Jim Williams, WVTC, 15-7, 2. Craig Boyak, 15-7.

**Long Jump: (80-84)** 1. Homer VanGelder, NCSTC, 2.98, 2. Frank Penno, NCSTC, 2.72. (55-59) 1. Al Brenda, FitnessCtr, 3.93. (50-54) 1. Mal Andrews, 5.07, 2. Gary Dawson, WtCity, 4.13. (45-49) 1. Darrell Horn, NCSTC, 6.10, 2. Rick Schmidt, 5.84, 3. Onomatapoeia Legend, 5.13, 4. John Head, SnAntonioTC, 5.10, 5. James Mayer, 4.35. (35-39) 1. Don Canright, 5.99, 2. Jim Scileny, Addidas, 3.32. (30-34) 1. Gary Schmidt, NCSTC, 5.51.

**High Jump: (80-84)** 1. Homer VanGelder, NCSTC, 3-5, 2. Frank Penno, NCSTC, 3-5. (70-74) 1. Carol Johnston, Trjnmrs, 4-2. (65-69) 1. Jim Vernon, Trjnmrs, 4-2. (60-64) 1. Walter Dahlin, 4-8, 2. Fritz Meyers, 4-6, 3. Jim Johnson, NCSTC, 4-4. (55-59) 1. Al Brenda, FitnessCtr, 4-4. (50-54) 1. Herm Wyatt, 6-0. (45-49) 1. Jim Brown, 5-6, 2. Don Rose, 4-10, 3. Jim Mayer, 4-8. (40-44) 1. John Dobroth, SoCalStr, 6-2, 2. Don Dvorak, WVTC, 4-8. (30-34) 1. Jerry Coleman, 6-2.

**Triple Jump: (80-84)** 1. Homer VanGelder, NCSTC, 21-3. (70-74) 1. John Satti, NCSTC, 28-0. (65-69) 1. Chas. Mercurio, CDMTC, 28-6. (60-64) 1. Jim Johnson, NCSTC, 29-8. (55-59) 1. Al Brenda, FitnessCtr, 31-6. (50-54) 1. Mal Andrews, 33-3. (45-49) 1. Onomatapoeia Legend, 31-8. (35-39) 1. Jim Scileny, 22-5. (30-34) 1. Gary Schmidt, NCSTC, 37-1. (25-29) 1. Frank Penno, NCSTC, 26-7. (20-24) 1. Homer VanGelder, NCSTC, 25-2. (15-19) 1. Ross Carter, TCMstrs, 42-4. (10-14) 1. Quinto Merlo, 36-1. (5-9) 2. Hy Booth, NCSTC, 30-9. (0-4) 1. Bob Stone, NCSTC, 35-2, 2. Bill Toasperi, NCSTC, 27-8. (55-59) 1. Hal Wallace, CDMTC, n.m. (50-54) 1. Stewart Thomson, 45-7, 2. Gary Dawson, WtCity, 33-1. (45-49) 1. Jim Hart, WVTC, 43-3. (40-44) 1. Jim Hart, WVTC, 43-3. (35-39) 1. Jim Hart, WVTC, 43-3. (30-34) 1. Jim Hart, WVTC, 43-3. (25-29) 1. Jim Hart, WVTC, 43-3. (20-24) 1. Jim Hart, WVTC, 43-3. (15-19) 1. Jim Hart, WVTC, 43-3. (10-14) 1. Jim Hart, WVTC, 43-3. (5-9) 1. Jim Hart, WVTC, 43-3. (0-4) 1. Jim Hart, WVTC, 43-3.

**Shot Put: (80-84)** 1. Frank Penno, NCSTC, 26-7. (70-74) 1. Homer VanGelder, NCSTC, 25-2. (60-64) 1. Ross Carter, TCMstrs, 42-4. (50-54) 1. Quinto Merlo, 36-1. (40-44) 1. Lloyd Higgins, 142-8. (30-34) 1. Gary Kelmenson, Aggies, 146-8.

**Masters Division - Women**

**100 Meters: (65-69)** 1. Josephine Kolda, NCSTC, 16.5, 2. Marjorie Hunt, SoCalStr, 24.3. (60-64) 1. Thelma Rubin, NCSTC,

Richard Hotchkiss, 39-11. (35-39) 1. John White, SoCalStr, 34-9. (30-34) 1. Bob Miller, 33-10, 5. James Mayer, NCSTC, 31-4. (25-29) 1. Joe Beeson, WtCity, 22-3. (20-24) 1. Michael Holzgang, 34-7, 2. Jim Scileny, 24-9. (15-19) 1. Gary Schmidt, NCSTC, 40-02, 2. Gary Kelmenson, Aggies, 37-1. (10-14) 1. Sing Lum, CDMTC, 63-7. (5-9) 1. Ross Carter, Ore.MstrTC, 129-1. (0-4) 1. Quinto Merlo, 127-5, 2. Hy Booth, NCSTC, 122-4. (60-64) 1. Bob Stone, NCSTC, 135-7. (55-59) 1. Hal Wallace, CDMTC, 109-5, 2. Al Brenda, FitnessCtr, 97-2. (50-54) 1. Stewart Thomson, 151-3, 2. Gary Dawson, WtCity, 92-3. (45-49) 1. Jim Hart, WVTC, 131-3, 2. Richard Hotchkiss, 120-6, 3. Bob Miller, 94-8, 4. John White, SoCalStr, 91-4. (40-44) 1. Corn. McCormick, 128-9, 2. Mickey Murray, 118-8, 3. Eric Westin, NCSTC, 95-8. (35-39) 1. Michael Holzgang, 92-5, 2. Jim Scileny, 88-11. (30-34) 1. Victor Rodriguez, 140-4, 2. Gary Schmidt, NCSTC, 119-3, 3. Gary Kelmenson, Aggies, 114-3.

**Javelin: (80-84)** 1. Frank Penno, 18.12. (75-79) 1. Emery Curtice, NCSTC, 31.54. (70-74) 1. Bob Stone, NCSTC, 32.78. (65-69) 1. Harry Siltonen, GGRW, 11.94. (60-64) 1. Phil Conley, 53.78, 2. Ingo Hallsteinson, 26.24. (55-59) 1. Bart Gale, WVTC, 50.50, 2. Don Rose, NCSTC, 45.16, 3. Ed Burke, LGAC, 41.88, 4. James Hart, WVTC, 35.74, 5. Thom Jones, WVTC, 28.66. (50-54) 1. Eric Westin, NCSTC, 50.72, 2. Mickey Murray, 48.90, 3. Dennis Selby, SDA, (35-39) 1. Michael Holzgang, 45.04, 2. Jim Scileny, 35.08. (30-34) 1. Gary Schmidt, NCSTC, 55.12, 2. Gary Kelmenson, Aggie, 35.58.

**Hammer: (70-74)** 1. Jim York, NCSTC, 91-0. (60-64) 1. Bob Stone, NCSTC, 109-8. (50-54) 1. Stewart Thomson, 141-1, 2. Gary Dawson, WtCity, 104-6. (45-49) 1. Ed Burke, LGAC, 198-5, 2. James Hart, WVTC, 104-5, 3. John White, SoCalStr, 97-0, 4. Bob Miller, 90-10, 5. Thom Jones, WVTC, 67-5. (40-44) 1. Lloyd Higgins, 142-8. (30-34) 1. Gary Kelmenson, Aggies, 146-8.

**Masters Division - Women**

**100 Meters: (65-69)** 1. Josephine Kolda, NCSTC, 16.5, 2. Marjorie Hunt, SoCalStr, 24.3. (60-64) 1. Thelma Rubin, NCSTC,

boldt, 9:03.3, 3. Jim Hardman, USIU, N.T., 4. Jim Kaspari, UC Davis, 9:25.1, 5. Angel Tejeda, Stanislaus, 9:27.4.

**5000 Meters:** 1. Hal Schultz, Olympic Club, 14:31.4, 2. Martin Mate, Australia, 14:33.1, 3. Dan Stratanisko, UC Davis, 14:35.2, 4. Alex Carmona, USIU, 14:43.9, 5. Andy Sackman, USIU, 14:48.7.

**10,000 Meters:** 1. Tim Gruber, Unat., 29:49.4, 2. Robin Tays, Army, 30:17.6, 3. Coty Pickney, Unat., 30:34.7, 4. Joseph Carper, Army, 31:59.7, 5. Charlie Thompson, GSFTC, 32:00.3.

**110m Hurdles:** 1. Matt Simmons, UC Davis, 14.4, 2. Brian Conley, Macabbi TC, 14.4, 3. Robert McDaniels, SFSU, 14.6, 4. Kevin Ellison, Sonoma, 14.6, 5. Charles Hatch, SF Senators, 14.6.

**400m IH:** 1. Bernie Holloway, S&S TC, 49.7, 2. Ray Smith, GBTC, 50.7, 3. Lloyd Guss, GBTC, 51.8, 4. Jeff Roach, USIU, 53.8, 5. Eric Fredrickson, UC Davis, 53.7.

**4 x 100m Relay:** 1. San Jose State, 40.7, 2. Hayward State, 41.6, 3. Piiwa State, 43.6, 4. Pascal, 43.6.

**1 Mile Relay:** 1. USIU, 3:14.4, 2. UC Davis, 3:17.4, 3. Piiwa State, 3:20.0, 4. CSU Hayward, 3:20.5, 5. Army, 3:25.8.

**Long Jump:** 1. Ralph Spry, Army, 24-10. (20-24) 1. R. Dobbins, Unat., 24-4. (15-19) 1. Tim Pinnick, Unat., 23-11, 4. Al Lebertz, Unat. 23-2. (10-14) 5. Tom Fernandez, UC Davis, 23-11. (5-9) 1. Charles Swendell, Army, 50-6, 2. Fred Brooks, Army, 49-7. (0-4) 1. James Morris, Army, 46-11, 4. Henry Jor-

dan, Stanislaus, 46-5. (35-39) 1. Chris Mandeville, UC Davis, 45-7. (30-34) 1. Milton Goode, New Balance TC, 7-1, 2. Joe Radan, PumaTC, 7-1, 3. George Milton, Army, 6-10, 3. Billy Cannon, UA, 6-10, 5. Greg Norman, SJ State, 6-6.

**Pole Vault:** 1. Robert Olsen, Macabbi TC, 16-8, 2. Bob Babbitts, Chicago TC, 16-8, 3. James McLaughan, 16-4, 4. Lyle Sterkyn, UA, 15-6, 5. Joe Sandrin, UC Davis, 15-6.

**Shot Put:** 1. Greg Taffralis, Tiger TC, 67-9. (20-24) 1. Rob Suellohn, Weight City, 63-1, 3. Brian Faul, Weight City, 62-4. (15-19) 4. Denis DeSoto, San Jose State, 60-3. (10-14) 5. Ron McKee, Weight City, 55-5. (5-9) 1. Steve Struble, SJS, 172-11, 2. Eric DeBus, UA, 167-3, 3. Dave DeBus, UA, 164-11, 4. Kent Larsson, USIU, 164-2, 5. Mike Ostrom, Converse West, 154-5.

**Javelin:** 1. Steve Koel, SFSU, 236-6, 2. Martin Hesse, Australia, 227-6, 3. Ralph Howe, Weight City, 217-1, 4. Bill Wolfe, Army, 216-2, 5. Mike Ostrom, Converse West TC, 215-8.

**Hammer:** 1. Jan DeSoto, Unat., 205-5, 2. Dave DeBus, Unat., 190-5, 3. Tom Wethrow, Weight City, 161-9, 4. Don Ogdon, Stanislaus, 161-2, 5. Marc Youngberg, Hayward, 151-7.

**Women's Results**

**100 Meters:** 1. Stacey Green, SFSU, 11.9, 2. Sheila McClain, USIU, 11.9, 3. Gina Owens, SFSU, 12.0.

**200 Meters:** 1. Sheila McClain, USIU, 24.5, 2. Rolanne Byrd, Hayward, 24.5, 3. Gina Owens, SFSU, 24.5.

**400 Meters:** 1. Jackie Hardman, SFSU, 55.4, 2. Gwynne Jones, Wildcats, 55.7, 3. Yvonne Cartwright, USIU, 57.5.



Francis Conley

18.2. (45-49) 1. Cherrie Sherrard, NCSTC, 14.1, 2. Carmen Perry, St.Geo, 18.2. (40-44) 1. Ronnie Griese, 15.6. (35-39) 1. Mary Lehner, 14.53, 2. MaryLou Nicoletti, 15.63.

**200 Meters: (65-69)** 1. Josephine Kolda, NCSTC, 34.2. (60-64) 1. Thelma Rubin, NCSTC, 38.5. (50-54) 1. Gretchen Snyder, NCSTC, 30.2, 2. Velta Gill, NCSTC, 33.9. (Irene Obera, NCSTC ran 27.74w competing with 55-59 men.) (45-49) 1. Almeta Parish, NCSTC, 31.7. (40-44) 1. Ronnie

Griese, 32.5. (35-39) 1. Mary Lou Nicoletti, 32.11. (30-34) 1. Mary Lehner, 29.2.

**400 Meters: (55-59)** 1. Ruth Anderson, NCSTC, 1:20.6. (50-54) 1. Irene Obera, NCSTC, 1:03.8AR (ran with men 50-54), 2. Gretchen Snyder, NCSTC, 1:08.29, 3. Velta Gill, NCSTC, 1:18.80. (35-39) 1. Mary Lou Nicoletti, 1:15.01. (30-34) 1. Mary Lehner, 1:04.45.

**800 Meters: (55-59)** 1. Ruth Anderson, NCSTC, 2:56.2. (50-54) 1. Gretchen Snyder, NCSTC, 2:39.47. (45-49) 1. Marilyn Harbin, WVTC, 2:28.77, 2. Almeta Parish, NCSTC, 3:08.8. (40-44) 1. Ronnie Griese, 2:44.93.

**1500 Meters: (45-49)** 1. Agatha-Sue Lee, 5:36.3, 2. Diane Bromstead, NCSTC, 6:24.9. (40-44) 1. Ronnie Griese, 5:52.5. (35-39) 1. Remy Huseny, 6:52.8. (30-34) 1. Krishna Banerjee, Impala, 5:16.8.

**3000 Meters: (55-59)** 1. Ruth Anderson, NCSTC, 12:39.0. (45-49) 1. Marilyn Harbin, WVTC, 11:06.0, 2. Agatha-Sue Lee, WVTC, 12:35.5. (30-34) 1. Krishna Banerjee, Impala, 11:21.0.

**5000 Meters: (60-64)** 1. Jaclyn Caselli, NCSTC, 23:00.0. (45-49) 1. Diane Bromstead, NCSTC, 22:56.3. (40-44) 1. Carol Stroud, WVJ&S, 19:25.9, 2. Gail Goettelmann, Ryan's, 20:01.0.

**80m Hurdles: (45-49)** 1. Cherrie Sherrard, 13.2.

**5000 Meter Racewalk: (75-79)** 1. Elena Carola, GGRW, 48:00.2. (70-74) 1. Esther Dutton, GGRW, 46:44.0. (60-64) 1. Ruth Sorenson, 35:36.3, 2. Lorraine Actor, GGRW, 36:36.9. (45-49) 1. Sheila Mullen, GGRW, 35:05.4. (40-44) 1. Allison Kravetz, 29:50.2, 2. Earlene Moran, GGRW, 30:31.6. (35-39) 1. Jeanie Mendelson, MPWWW, 28:49.8. (30-34) 1. Cindy Paffumi, GGRW, 30:06.3.

**Shot Put: (45-49)** 1. Cherrie Sherrard, NCSTC, 32.9, 2. Almeta Parish, 22-0. (30-34) 1. Joan Stratton, 39-7.

**Discus: (55-59)** 1. Shirley Dietderich, NCSTC, 63-11. (45-49) 1. Cherrie Sherrard, NCSTC, 63-7. (30-34) 1. Joan Stratton, 119-7.

**Javelin: (55-59)** 1. Shirley Dietderich, NCSTC, 2.20. (40-44) 1. Fran Conley, 27.68. (30-34) 1. Joan Stratton, 45.58.

**Hammer: (30-34)** 1. Joan Stratton, 105-4.

## College/Open Track & Field Results

### Johnny Mathis Invitational

May 4. San Francisco.

#### Men's Results

**100 Meters:** 1. Neil Godson, Hayward, 10.4, 2. Eric Decatur, UA, 10.5, 3. Garrett Moor, Sacto, 10.6, 4. (tie) Mike Bush, UA, Emil Armstrong, San Jose, Kebort, John Warrick, Wildcat TC, and West Hamilton, Australia, 10.7.

**200 Meters:** 1. Craig Armstrong, SJSU, 21.0, 2. Eric Decatur, UA, 21.0, 3. Neal Gadison, Hayward, 21.1, 4. Regie Grimes, SJSU, 21.3, 5. Andre Hunter, Hayward, 21.5.

**400 Meters:** 1. Brian Jones, USIU, 47.3, 2. Franchesco Proveni, Stanford, 47.5, 3. Andre Hunter, Hayward, 47.8, 4. James Robinson, Inner City AC, 48.1, 5. Anthony Bond, Australia, 48.9.

**800 Meters:** 1. Keith Washington, Army, 1:53.3, 2. Anthony Westaway, Australia, 1:53.7, 3. Tom Legan, San Jose St., 1:53.8, 4. Ken Riggsby, Hayward, 1:54.2, 5. Peter Kirk, SFSU, 1:54.3.

**1500 Meters:** 1. Steve Gerhart, UC Davis, 3:42.9, 2. Jim Smith, UA, 3:44.9, 3. Mark Hoefler, Wildcat TC, 3:47.5, 4. John McGovern, Nevada Reno, 3:50.2, 5. Mike White, Army, 3:50.5.

**3000m Steeplechase:** 1. Scott Steinmaus, Unat., 9:04.9, 2. Ray Webb, Hum-

**800 Meters:** 1. Jenny Ray, Hayward, 2:10.8, 2. Janet Mendez, USIU, 2:16.0, 3. Amelia Barrill, Humboldt, 2:19.4.

**1500 Meters:** 1. Monika Zieschang, CSU Hayward, 4:27.2, 2. Marcy Miller, CSU Hayward, 4:32.9, 3. Nancy Riedel, UC Davis, 4:34.0.

**3000 Meters:** 1. Krishna Wood, Aust., 9:30.0, 2. Kathy Dolan, Humboldt, 9:51.2, 3. Sharon Powers, Humboldt, 9:52.9.

**5000 Meters:** 1. Mary Klas, USIU, 17:15.8, 2. Ingrid Hemenway, Greater SFTC, 17:18.0, 3. Ann Bertucci, UC Davis, 17:46.0.

**100m Hurdles:** 1. Roianne Byrd, Hayward, 13.9, 2. Ruth Whitehead, SFSU, 14.3, 3. Kathy Halpin, Hayward, 14.5.

**400m Hurdles:** 1. Mia Gabbedy, Australia, 59.9, 2. Kathy Halpin, Hayward, 60.9, 3. Michelle Szio, Hayward, 66.4.

**4 x 100m Relay:** 1. CSU San Francisco "A", 46.7, 2. CSU Hayward, 47.3, 3. USIU, 47.3.

**1 Mile Relay:** 1. CSU Hayward, 3:50.4, 2. USIU, 3:53.4, 3. UC Davis, 4:09.5.

**Long Jump:** 1. Sandra Priestley, Australia, 19-2. (20-24) 2. Vicki Foad, Australia, 17-1. (15-19) 3. Dorothy Smith, UC Davis, 17-9. (10-14) 4. Dorothy Smith, UC Davis, 17-9. (5-9) 5. Dorothy Smith, UC Davis, 17-9.

**Triple Jump:** 1. Dorothy Smith, UC Davis, 38-2. (20-24) 2. Tammy Wesendorf, Sonoma St., 37-8, 3. Miloe McCall, Hayward, 37-4. (15-19) 4. Dorothy Smith, UC Davis, 37-4. (10-14) 5. Dorothy Smith, UC Davis, 37-4. (5-9) 6. Dorothy Smith, UC Davis, 37-4.

**High Jump:** 1. Betsy Von Essen, CSU Hayward, 5-8, 2. Corinne Kerazides, SFSU, 5-4, 3. Stephanie Simmons, UC Davis, 5-4.

**Shot Put:** 1. Diane Oswalt, CSU Hayward, 45-11, 2. Carrie Mullins, SFSU, 39-5, 3. Danette Vercher, SFSU, 39-3.



**Discus:** 1. Wendy Robinson, Weight City, 172-4; 2. Diane Oswalt, Hayward, 170-7; 3. Danette Vercher, SFSU, 135-6.

**Javelin:** 1. Cherry Harvey, Australia, 147-9; 2. Chris Johnson, USIU, 145-1; 3. Zan Mendonca, Humboldt, 137-0.

photo by Maurice Wilson



**Renee Ross**  
800 Champion

## WCAA T&F Championships

May 10-11. UCLA.

### Women's Results

**100 Meters:** 1. Gail Devers, UCLA, 11.29; 2. Sharon Ware, ASU, 11.40; 3. Brigitte Moon, San Diego, 11.77; 4. Robin Simmons, USC, 11.90; 5. Gervaise McCraw, USC, 11.98.

**200 Meters:** 1. Gail Devers, UCLA, 23.12MR; 2. Gervaise McCraw, USC, 23.3; 3. Bridgitte Moon, San Diego, 24.3; 4. Faye Robinson, San Diego, 24.4; 5. LaWanda Cabell, USC, N.T.

**400 Meters:** 1. LaTanya Sheffield, San Diego, 53.58; 2. LaWanda Cabell, USC, 54.32; 3. Faye Robinson, San Diego, 54.97; 4. Monica Phillips, UCLA, 55.20; 5. Karen Nilson, San Diego, 55.56.

**800 Meters:** 1. Renee Ross, San Diego, 2:04.07MR; 2. Mette Berger, ASU, 2:07.32; 3. Donna Curtis, USC, 2:08.48; 4. Regina Jacobs, Stanford, 2:12.39; 5. Carina Quezada, UCLA, 2:14.37.

**1500 Meters:** 1. Regina Jacobs, Stanford, 4:18.64; 2. Nancy Brown, UCLA, 4:26.87; 3. Denise Ball, UCLA, 4:30.94; 4. Ellen Lyons, Stanford, 4:33.05; 5. Paula Bresnan, UCLA, 4:33.34.

**3000 Meters:** 1. Lynn Nelson, ASU, 9:22.84; 2. Allison Wiley, Stanford, 9:27.84; 3. Denise Ball, UCLA, 9:36.30; 4. Julie Seleine, ASU, 9:37.17; 5. Tania Fischer, UCLA, 9:56.46.

**5000 Meters:** 1. Lynn Nelson, ASU, 15:56.39; 2. Ellen Lyons, Stanford, 16:44.02; 3. Allison Wiley, Stanford, 16:57.05; 4. Michelle Mason, Stanford, 17:24.36; 5. Kathy Smith, Stanford, 17:29.9.

**10,000 Meters:** 1. Ellen Lyons, Stanford, 33:45.55MR; 2. Kathy Smith, Stanford, 35:23.87; 3. Shannon Stryker, UCLA, 35:35.40; 4. Rita Warren, Arizona, 35:38.98; 5. Michelle Mason, Stanford, 35:56.05.

**100m Hurdles:** 1. Jackie Joyner, UCLA, 13.31; 2. Gail Devers, UCLA, 13.32; 3. Maryse Ewanje-Epee, Arizona, 13.86; 4. LaTanya Sheffield, San Diego, 13.89; 5. Wendy Brown, USC, 14.22.

**400m Hurdles:** 1. Jackie Joyner, UCLA, 55.87MR; 2. Gayle Kellon, UCLA, 58.34; 3. Robin Marks, Arizona, 58.63; 4. Pam Board, Stanford, 58.74; 5. Margaret Demorest, Stanford, 1:03.19.

**400m Relay:** 1. UCLA, 44.75; 2. USC, 44.91; 3. San Diego State, 45.04; 4. Arizona State, 45.73; 5. Stanford, 47.91.

**1600m Relay:** 1. USC, 3:44.9; 2. Arizona, 3:45.0; 3. Stanford, 3:51.0.

**Shot Put:** 1. Carla Garrett, Arizona, 54-9; 2. Lorraine Costanzo, Arizona, 53-2; 3. Diana Clements, USC, 51-5½; 4. Laura DeSnoo, 50-8½; 5. Pam Dukes, Stanford, 49-8½.

**Discus:** 1. Laura DeSnoo, San Diego, 188-2; 2. Karen Nickerson, Stanford, 176-0; 3. Toni Lutjens, UCLA, 173-11; 4. Kris Larson, UCLA, 188-4; 5. Carla Garrett, Arizona, 166-11.

**Long Jump:** 1. Jackie Joyner, UCLA, 21-11; 2. Wendy Brown, USC, 20-3½; 3. Gail Devers, UCLA, 20-2w; 4. Sabrina Williams, USC, 20-1½; 5. Maryse Ewanje-Epee, Arizona, 20-0½.

**Triple Jump:** 1. Jackie Joyner, UCLA, 42-6¼; 2. Wendy Brown, USC, 42-0½; 3. Yvette Bates, USC, 40-9¼w; 4. Gail Devers, UCLA, 38-8¼; 5. Carolyn Norman, UCLA, 38-7.

**High Jump:** 1. Maryse Ewanje-Epee, Arizona, 6-3; 2. Katrina Johnson, Arizona, 6-1¼; 3. Jackie Joyner, UCLA, 6-0½; 4. Lisa Bernhagen, Stanford, 5-11; 5. Wendy Brown, USC, 5-9.

**Javelin:** 1. Liz Mueller, San Diego, 172-4; 2. Sheri Hilton, Arizona, 163-3; 3. Martha Hart, Arizona, 154-5; 4. Jackie Joyner, UCLA, 151-5; 5. Toni Lutjens, UCLA, 142-8.

**Heptathlon:** 1. Sharon Hatfield, USC, 5405; 2. Denise Gaztambide, Stanford, 5203; 3. Erin Dougherty, Arizona, 5196; 4. Deanne Johnson, San Diego, 4788; 5. Maxine Fry, Arizona, 4231.

### Final Scores

1. UCLA, 157; 2. Stanford, 106; 3. USC, 96; 4. Arizona, 89; 5. San Diego, 86; 6. ASU, 46; 7. Long Beach, 1; 8. Fullerton, NS.

## CCAA T & F Championships

May 10-11. Jesse Owens Track, CSLA.

### Men's Results

**100 Meters:** 1. Larry Moore, 10.63w; 2. Lew Dunn, CSB, 10.65w; 3. Erik Josephson, CPSLO, 10.88w; 4. Damon Shaws, CPSLO, 10.89w; 5. Charles Wilson, CPP, 10.97w.

**200 Meters:** 1. Leonard Graham, GSDH, 21.17; 2. Lew Dunn, CSB, 21.39; 3. Gordon Bugg, CSLA, 21.55; 4. Erik Josephson, CPSLO, 21.60; 5. Larry Poncho Moore, CSLA, 21.61.

**400 Meters:** 1. James Avery, CSB, 46.73; 2. Gordon Bugg, CSLA, 47.19; 3. Dion Giuliano, CSN, 47.88; 4. Tony Pelly, CPP, 47.98; 5. Arnold Maler, CPSLO, 48.20.

**800 Meters:** 1. Arnold Fisk, GSDH, 1:51.97; 2. Paul Hill, CPSLO, 1:52.08; 3. Ricardo Villaneda, CSLA, 1:52.09; 4. Jeff Williams, CPP, 1:53.20; 5. Darryl Martin, UCR, 1:53.25.

**1500 Meters:** 1. Tony Young, CSLA, 3:47.74; 2. Gus Mojarro, CSN, 3:50.13; 3. Chuck Fanter, CPSLO, 3:51.09; 4. Jim McCarthy, CPSLO, 3:51.40; 5. Brad Clary, CPP, 3:51.83.

**3000m Steeplechase:** 1. Kevin Jones, CPSLO, 9:08.17SR; 2. Jerry Hernandez, CPSLO, 9:22.17; 3. Mike Miner, CPSLO, 9:26.30; 4. Paul Gianetto, CPP, 9:32.51; 5. Octavio Morales, CPP, 9:38.00.

**5000 Meters:** 1. Brent Frilifths, CPSLO, 14:30.6; 2. Kevin Jones, CPSLO, 14:36.8; 3.

Jim McCarthy, CPSLO, 14:39.1; 4. Steve Perez, CPP, 14:41.9; 5. Jerry Hernandez, CPSLO, 14:44.4.

**10,000 Meters:** 1. Steve Perez, CPP, 30:28.8; 2. Eddie Toro, CPP, 31:01.3; 3. Ken Ellingboe, CPSLO, 31:23.6; 4. Abel Mota, CPP, 31:42.5; 5. Art VanVeen, CPP, 31:57.4.

**110m High Hurdles:** 1. James Avery, CSB, 14.10; 2. Albert Raymond, CSLA, 14.45; 3. Dave Johnson, CPSLO, 14.74; 4. Art Sims, CSLA, 14.80; 5. Anthony Stevens, CSLA, 14.81.

**400m IH:** 1. James Avery, CSB, 51.85; 2. Dave Johnson, CPSLO, 52.78; 3. Art Sims, CSLA, 53.02; 4. Terry Chappelle, CSLA, 53.05; 5. John Wotawa, CSN, 53.74.

**400m Relay:** 1. Cal State Bakersfield, 41.71; 2. Cal State L.A., 42.01; 3. Cal Poly Pomona, 42.37; 4. Cal State Dominguez Hills, 42.39; 5. Cal State Northridge, 44.16.

**1600m Relay:** 1. Cal State L.A., 3:11.27; 2. Cal Poly, SLO, 3:11.46; 3. Cal State Dominguez Hills, 3:16.42; 4. Cal State Northridge, 3:16.67; 5. Cal State Bakersfield, 3:17.60.

**Triple Jump:** 1. Cary Tyler, CSB, 52-9½MR; 2. Danyel Kelly, CSB, 51-5¼; 3. Andre Cobbs, CSLA, 49-3¼; 4. Craig Brown, CPP, 45-7¼; 5. John Wotawa, CSN, 43-8¼.

**Pole Vault:** 1. Dion Giuliano, CSN, 16-8; 2. Steve Horvath, CSN, 15-9; 3. Mitchell Mikula, CPSLO, 15-3; 4. Todd Cramer, CPSLO, 15-3; 5. Hans Florine, CPSLO, 15-3.

**Discus:** 1. Rick Weyers, CSN, 169-11; 2. Miles Maiden, CSB, 167-8; 3. Mike Boldon, CSLA, 167-8; 4. Pete Corkery, CSB, 164-2; 5. Al Farber, CSN, 160-2.

**Shot Put:** 1. Al Farber, CSN, 57-8¼; 2. Rick Weyers, CSN, 57-2¼; 3. Mike Boldon, CSLA, 55-11¼; 4. Jim Halter, CPSLO, 54-6½; 5. Aaron Buckholtz, CSN, 53-11¼.

**High Jump:** 1. James Wallace, CSB, 6-7; 2. Anthony Mudy, CPSLO, 6-7; 3. John Wotawa, CSN, 6-5; 4. Rob Campanella, CPSLO, 6-3; 5. Steve Roberts, CSN, 6-3.

**Hammer:** 1. Robert Missio, CSB, 202-9; 2. Aaron Buckholtz, CSN, 201-7; 3. Jim Halter, CPSLO, 187-4; 4. Al Farber, CSN, 187-1; 5. Allan Collatz, CSB, 181-2.

**Long Jump:** 1. Cary Tyler, CSB, 23-7¼; 2. Gary Jackson, CSN, 23-3; 3. Andre Cobbs, CSLA, 23-2¼; 4. Eric Wilson, CSB, 22-6¼; 5. John Wotawa, CSN, 22-6¼.

**Javelin:** 1. Alan Collatz, CSB, 252-2; 2. Shawn Denton, CSN, 252-2; 3. Gino Tatum, CSLA, 234-7; 4. Rick Kaufman, CSN, 212-1; 5. John Wotawa, CSN, 181-0.

### Final Score

1. Cal Poly-SLO, 158; 2. Cal State Northridge, 143; 3. Cal State Bakersfield, 136; 4. Cal State Los Angeles, 114; 5. Cal Poly Pomona, 63; 6. Cal State Dominguez Hills, 32; 7. UC Riverside & Chapman College, 2.

### Women's Results

**100 Meters:** 1. Andralette Gill, CSB, 11.55w; 2. Patrice Carpenter, CPSLO, 11.86w; 3. Felicia Saville, CPSLO, 12.09w; 4. Latrice Williams, CPP, 12.53w; 5. Michelle Whipper, CSB, 12.69w.

**200 Meters:** 1. Patrice Carpenter, CPSLO, 23.55MR; 2. Andralette Gill, CSB, 23.96; 3. Veronica Storvick, CPSLO, 24.22; 4. Felicia Saville, CPSLO, 24.39; 5. Julie Middleton, CSN, 24.75.

**400 Meters:** 1. Veronica Storvick, CPSLO, 54.07MR; 2. Loretta Jordan, CPSLO, 56.99; 3. Bridgette Steens, CSB, 57.54; 4. Julie Middleton, CSN, 57.55; 5. Caryl Jamriska, CPSLO, 58.89.

**800 Meters:** 1. Gladees Prieur, CPSLO, 2:08.60; 2. Karen Farley, CPP, 2:10.60; 3. Kathy Douglas, CSB, 2:12.19; 4. Missie Garcia, CPP, 2:12.69; 5. Lori Lopez, CPSLO, 2:13.23.

**1500 Meters:** 1. Lori Lopez, CPSLO, 4:23.74; 2. Allison Ehlen, CPSLO, 4:29.90; 3. Mistie Garcia, CPP, 4:30.24; 4. Noreen DeBettencourt, CPSLO, 4:31.59; 5. Katy Manning, CPSLO, 4:32.16.

**3000 Meters:** 1. Gladees Prieur, CPSLO, 9:25.2MR; 2. Joann Howard, CPP, 9:32.6; 3. Robyn Root, CPSLO, 9:39.8; 4. Nena Manriquez, CSN, 9:45.7; 5. Katy Manning, CPSLO, 9:48.9.

**5000 Meters:** 1. Robyn Root, CPSLO, 16:31.98MR; 2. Nena Manriquez, CSN, 16:44.99; 3. Marilyn Nichols, CPSLO, 17:01.97; 4. Alex Aguirre, CSN, 17:27.41; 5. Kris Katterhagen, CPSLO, 18:52.83.

**10,000 Meters:** 1. Jill Walker, CSN, 37:38.5; 2. Diane Hernandez, CSN, 38:15.5; 3. Susan Brodie, CPSLO, 38:23.9; 4. Michelle Seck, CPSLO, 38:40.4; 5. Tammy Jones, CSB, 42:14.5.

**100m Hurdles:** 1. Cece Chandler, CPSLO, 14.00MR; 2. Lori Costello, CSN, 14.68; 3. Christina Glenn, CPP, 14.71; 4. Sue Patterson, CSN, 15.37; 5. Denise Barker, CPP, 15.38.

**400m Hurdles:** 1. Sue Williams, CPP, 63.05; 2. Christina Glenn, CPP, 63.45; 3. Laurie Hagen, CPSLO, 63.76; 4. Kimberly Turner, CSN, 64.60; 5. Lori Costello, CSN, 66.01.

**400m Relay:** 1. Cal Poly-SLO, 46.18; 2. Cal State Bakersfield, 47.93; 3. Cal State Northridge, 48.60; 4. Cal Poly Pomona, 49.13; 5. UC Riverside, 52.90.

**1600m Relay:** 1. Cal Poly-SLO, 3:49.25; 2. Cal Poly Pomona, 3:52.45; 3. Cal State Bakersfield, 3:55.72; 4. Cal State Northridge, 4:03.80; 5. Chapman College, 4:32.60.

**Discus:** 1. Jill Crissler, CSN, 140-11; 2. Kathy Kahn, CPSLO, 137-7; 3. Colleen Kevany, CPSLO, 128-2; 4. Maria Leavens, CSB, 124-10; 5. Dana Simon, CSB, 123-1.

**Triple Jump:** 1. Lori Costello, CSN, 39-0¼MR; 2. Danielle Sharkey, CPSLO, 37-10¼; 3. Camille Robertson, CPP, 36-5¼; 4. Debbie Cole, CSN, 36-1; 5. Lynette Farnum, CPSLO, 35-10¼.

photo by Richard Lee Slotkin



**Cece Chandler**  
100 Hurdle Winner

**High Jump:** 1. Sue Patterson, CSN, 5-10; 2. Rena Wright, GSDH, 5-8; 3. Debra Larsen, CPP, 5-6; 4. (tie) Julie Weigman, CPSLO, and Rachel Bray, CPSLO, 5-4½.

**Shot Put:** 1. Debra Larsen, CPP, 44-7; 2. Jill Crisler, CSN, 43-9; 3. Maria Leavens, CSB, 43-0; 4. Dana Simon, CSB, 41-6; 5. Christina Glenn, CPP, 38-10.

**Long Jump:** 1. Cece Chandler, CPSLO, 19-2¼; 2. Lori Costello, CSN, 18-5¼; 3. Danielle, Sharkey, CPSLO, 18-3¼; 4. Michelle Whipper, CSB, 18-0¼; 5. Lynette Farnum, CPSLO, 17-0¼.

**Javelin:** 1. Deena Bernstein, CPSLO, 165-3MR; 2. Colleen Kevany, CPSLO, 145-3; 3. Sandra Milne, CPP, 140-8; 4. Sue Patterson, CSN, 133-8; 5. Debra Larsen, CPP, 127-9.

### Final Score

1. Cal Poly San Luis Obispo, 242 (4th straight CCAA Championship); 2. Cal State Northridge, 136; 3. Cal Poly Pomona, 117; 4. Cal State Bakersfield, 88; 5. Cal State Dominguez Hills, 14; 6. UC Riverside, 7; 7. Chapman College, 3.



# Results

photo by Burt Davis



Antonio Manning  
200/400 Winner

## Occidental Invitational Track

May 11. Occidental College.

### Men's Results

**100 Meters:** 1. Tony Monroe, NUA, 10.56; 2. Aldo Conti, Az, 10.79; 3. Lindi Hodge, Pl, 10.81; 4. Jeff Williams, S.B., 10.84; 5. Carl McCullough, I.P., 10.88.

**200 Meters:** 1. Antonio Manning, USC, 20.88; 2. Aldo Conti, Az, 21.06; 3. Gerald Otis, Pl, 21.69; 4. Greg Foster, NAU, 21.73; 5. Tony Monroe, NUA, 21.85.

**400 Meters:** 1. Antonio Manning, USC, 47.43; 2. Brian Jones, USIU, 47.62; 3. Tom Witherspoon, IP, 47.69; 4. Willie Atteberry, SMTC, 48.14; 5. Bill Shores, SB, 48.18.

**800 Meters:** 1. Rodrick Clarke, Az, 1:51.17; 2. Keith Youngblood, WCX, 1:51.32; 3. Larry Hand, SATC, 1:51.82; 4. Fred Studier, P.P., 1:51.85.

**1500 Meters:** 1. Bobby Beck, ASICS, 3:43.76; 2. Jeff Cannada, Az, 3:45.91; 3. Richard Taylor, SMTC, 3:48.24; 4. David Fleming, ASICA, 3:48.63; 5. Marc Ziblatt, Oxy, 3:51.83.

**Steeplechase:** 1. Chris Grenzer, P.P., 9:13.58; 2. Rory Frempton, P.P., 9:14.34; 3. Pete Vicencio, USIU, 9:18.21; 4. Gary Daily, CSF, 9:23.48; 5. Sean Dolan, USIU, 9:33.26.

**5000 Meters:** 1. Jerry Anderson, USIU, 14:33.63; 2. Tim Pilling, USC, 14:43.63; 3. Jim Lilly, Unat., 14:46.58; 4. Alexander Carmona, USIU, 14:46.69; 5. Joe Jenkins, M.C., 14:50.10.

**110m Hh:** 1. Micah Williams, NAU, 14.02; 2. Albert Kelly, NAU, 14.20; 3. Al Shine, P.P., 14.77; 4. Dave Lewis, Oxy, 14.86; 5. Rob Summers, U.R., 14.85.

**400m Hh:** 1. Andre Hargrove, SSTC, 51.61; 2. Micah Williams, NUA, 51.61; 3.

Peter Grimes, SMTC, 51.97; 4. Albert Kelly, NAU, 52.08; 5. Fred Schmucker, Oxy, 54.74.

**400m Relay:** 1. South Bay TC, 41.51; 2. Marine Corps, 41.55; 3. Occidental 41.96; 4. U of Redlands, 42.49; 5. Navy, 42.51.

**4 x 400m Relay:** 1. USIU, 3:11.14; 2. SBTC, 3:13.10; 3. U.R., 3:15.86; 4. Occidental 3:17.06; 5. Navy, 3:18.33.

**High Jump:** 1. Kimble, AATC, 7-0; 2. Mel Embree, C.A., 7-0; 3. David Kahan, Unat., 6-9½; 3. Meisler, HHTC, 6-9½; 4. Eldred Williams, Navy 6-7; 4. Dale Davis, M.C., 6-7; 4. Jeremy Pryce, Unat., 6-7; 4. Jim Shaw, NAU, 6-7.

**Long Jump:** 1. Greg Foster, NAU, 24-7; 2. Vance Mueller, Oxy, 23-11; 3. Branch, M.C., 23-1¼; 4. Anthony Mitchell, M.C., 22-11¼; 5. Chuck Neal, Navy, 22-8½.

**Pole Vault:** 1. Kelly Rodriguez, Unat., 17-0; 2. Matt Kendall, NAU, 15-6; 3. Jim Kleiger, Navy, 15-0; 4. Casey Carrigan, 15-0; 5. Tom Kim, UCSD, 15-0.

**Shot Put:** 1. Kent Larsen, USIU, 54-10; 2. Frank Reilly, AATC, 52-8; 3. Chris Sweeney, Wswd, 52-2; 4. Howard, M.C., 47-8; 5. Dan Moran, NAU, 45-10.

**Hammer:** 1. Jay Hibert, P.P., 206-8; 2. Ballway, AATC, 196-6; 3. Arcaro, AATC, 193-7; 4. Jim Beene, UCLA, 183-6; 5. Chris Hickie, CMS, 172-0.

**Triple Jump:** 1. Darryl Taylor, S.B., 50-4½; 2. Brent Kotlinek, Unat., 48-10½; 3. Rob Countryman, USC, 47-7¼; 4. Chuck Neal, Navy, 46-3¼; 5. Lester Brown, M.C., 44-9½.

**Discus:** 1. Paul Bishop, Unat., 184-9; 2. Frank Reilly, AATC, 168-10; 3. Rick Luiten, USC, 167-11; 4. Jim Stephens, Wswd, 180-9; 5. Kent Larssen, USIU, 155-9.

**Javelin:** 1. Mark Waldera, AATC, 220-5; 2. Fred Carpenter, AIA, 214-9; 3. Arlin Olsen, Unat., 189-8; 4. Peter Lund, UCSD, 185-10; 5. James Polk, M.C., 183-5.

### Women's Results

**100 Meters:** 1. Sheila McClain, USIU, 12.00; 2. Cheryl Henderson, USIU, 12.39; 3. Melvina Lay, CSLA, 12.48; 4. Hope Solano, U.R., 12.61; 5. Yvonne Cartwright, USIU, 12.63.

**200 Meters:** 1. Sheila McClain, USIU, 24.39; 2. Kim Turner, Unat., 24.98; 3. Catherine Dee, P.P., 25.36; 4. Yvonne Cartwright, USIU, 25.90; 5. Diana Thomas, CMS, 26.15.

**400 Meters:** 1. Kim Turner, Unat., 55.89; 2. Wendy Gage, USIU, 57.23; 3. Kendra Brandrup, P.P., 58.24; 4. Barbara Backman, CMS, 58.41; 5. Angelique Green Oxy, 58.78.

**800 Meters:** 1. Connie Culbert, C.A., 2:08.96; 2. Deann Gutowski, LAM, 2:09.56; 3. Sheila Ralston, Unat., 2:09.80; 4. Esther Scherzinger, C.A., 2:09.94; 5. Laurel Hache, N.B., 2:11.93.

**1500 Meters:** 1. Vicky Bray, 4:28.68; 2. Andrea Ward, SMTC, 4:30.16; 3. Kathy Kanes, Unat., 4:34.75; 4. Sylvia Mosqueda, Unat., 4:34.93; 5. Teresa Haro-Coe, SMTC, 4:35.75.

**3000 Meters:** 1. Maritta Persson, USIU, 10:10.55; 2. Cathi Isham, Oxy, 10:19.63; 3. Kim Stepien, UCSD, 10:25.99; 4. Connie Kemp, USIU, 11:01.38.

**5000 Meters:** 1. Mary Klan, USIU, 17:23.66; 2. Cindy Nagle, CMS, 17:25.00; 3. Jeanne Murphy, USIU, 17:52.90; 4. Sylvia Zamdrano, USIU, 17:53.00; 5. Cheryl Goodman, Navy, 18:48.00.

**100m Hurdles:** 1. Susan Brownell, Out, 14.72; 2. Regina Juniel, P.P., 14.97; 3. Nancy Nieuwland, USIU, 15.15; 4. Joan Russell, C.A., 15.28; 5. Kerry Bell, C.A., 15.48.

**400m Hh:** 1. Leslie Maxie, Lions, 1:01.70; 2. Karen Robinsin, CSLA, 1:02.17; 3. Debbie Symons, Oxy, 1:10.40.

**100m Relay:** 1. Pomona-Pitzer, 49.06; 2. U of Redlands, 49.17; 3. Claremont, 51.58.

**4 x 400m Relay:** 1. Occidental, 3:59.76.

**High Jump:** 1. Yvette Maufas, CSLA, 5-7; 2. Kerry Bell, C.A., 5-7; 3. Symons, Oxy, 5-1; 4. Bedell, Oxy, 5-1; 5. Jude, U.R., 5-1.

**Shot Put:** 1. Dumas, U.R., 40-8; 2. Caroline Howe, P.P., 39-3; 3. Susan Brownell, Out., 35-1½; 4. Mary Burke, L.V., 34-10½; 5. Molly Moore, Oxy, 33-6.

**Long Jump:** 1. Cheryl Burditt, Oxy, 17-6¼; 2. Joan Russell, C.A., 17-4¼; 3.

Melvina Lay, CSLA, 17-3½; 4. Hilary Bray, Oxy, 17-3; 5. Molly Moore, Oxy, 16-11½.

**Triple Jump:** 1. Cheryl Burditt, Oxy, 38-6; 2. Shawn Lawson, Oxy, 37-1¼; 3. Lisa Armstrong, P.P., 36-5; 4. Jude, U.R., 33-11; 5. Debbie Bedell, Oxy, 33-0.

**Discus:** 1. Caroline Howe, P.P., 143-1; 2. Pam Clappier, Oxy, 121-2; 3. Dumas, U.R., 119-5; 4. Mary Burke, L.V., 108-6; 5. Sonja Miller, Oxy, 99-10.

**Javelin:** 1. Johnson, USIU, 156-11; 2. Williams, C.A., 154-6; 3. Carpenter, AIA, 148-6; 4. Price, CMS, 122-9; 5. Dumas, U.R., 121-6.

## NorPac T&F Championships

May 17-18. Pullman, Washington.

### Final Results

**100 Meters:** 1. Donna Dennis, UW, 11.73; 2. Zeldia Johnson, UW, 11.84; 3. Roxie Davis, WSU, 11.98; 4. Asia Boulware, FSU, 12.06; 5. Meledy Smith, UW, 12.12.

**200 Meters:** 1. Donna Dennis, UW, 23.96; 2. Cam Talton, UW, 24.27; 3. Zeldia Johnson, UW, 24.40; 4. Sandy Heinrich, WSU, 24.61; 5. Brenda Bertillion, UC, 24.82.

**400 Meters:** 1. Helen Caffee, WSU, 55.46; 2. Juanita Nelson, UW, 55.69; 3. Stephanie Morris, UW, 55.75; 4. Julie Hilsenteger, UW, 55.77; 5. Michelle Hill, UW, 56.42.

**800 Meters:** 1. Linda Spaargaren, WSU, 2:09.19; 2. Kris Vickers, WSU, 2:09.85; 3. Sarah Bolender, UW, 2:11.00; 4. Magda Saravia, FSU, 2:12.14; 5. Lanette Davis, UC, 2:13.07.

**1500 Meters:** 1. Brenda Bushnell, UW, 4:25.86; 2. Camille Rivard, WSU, 4:28.26; 3. Linda Spaargaren, WSU, 4:30.12; 4. Jeanie Higinbotham, UW, 4:31.93; 5. Deanna Schiedler, UW, 4:36.75.

**3000 Meters:** 1. Brenda Bushnell, UW, 9:36.08; 2. Cheryl Livingstone, WSU, 9:41.74; 3. Birgit Petersen, UW, 9:44.61; 4. Kim Ryan, UW, 9:47.22; 5. Deanna Schiedler, UW, 9:51.91.

**5000 Meters:** 1. Kim Ryan, UW, 16:57.79MR; 2. Cheryl Livingstone, WSU, 17:06.42; 3. Rosa Gutierrez, UW, 17:12.35; 4. Lisa Braun, WSU, 17:16.13; 5. Kathy Knowlton, OSU, 17:23.15.

**10,000 Meters:** 1. Kirsten O'Hara, UC, 33:44.19MR; 2. Rosa Gutierrez, UW, 35:32.87; 3. Sara Lindgren, UW, 37:54.09; 4. Deon Saraceno, UW, 38:05.7; 5. Susan Long, UC, 38:45.4.

Fine Flicks by Don Gosney



Kirsten O'Hara  
10,000 Champion

**100m Hurdles:** 1. Helga Halldorsdottir, UC, 14.09; 2. Karl Weston, OSU, 14.14; 3. Roberta Eccles, UC, 14.29; 4. Janell Thorsland, UW, 14.40; 5. Kendra Keller, UW, 14.68.

**400m Hurdles:** 1. Roberta Eccles, UC, 59.12MR; 2. Helga Halldorsdottir, UC, 59.58; 3. Maria Benjamin, UW, 1:00.92; 4. Karl Weston, OSU, 1:01.15; 5. Teresa Chavez, FSU, 1:01.25.

**400m Relay:** 1. Washington State, 46.41; 2. California, 47.27; 3. Fresno State, 47.45.

**1600m Relay:** 1. Oregon, 3:44.23MR; 2. California, 3:44.27; 3. Fresno State, 3:51.25; 4. Washington, 3:51.47; 5. Washington State, 3:45.35.

**Long Jump:** 1. Meledy Smith, UW, 20-11¼MR; 2. Shirli Milton, UW, 19-11¼; 3. Sandy Heinrich, WSU, 19-11¼; 4. Kendra Keller, UW, 19-1; 5. Lynn Saalfeld, WSU, 19-1.

**Triple Jump:** 1. Meledy Smith, UW, 39-2¼MR; 2. Sharon Johnson, UW, 38-6¼; 3. Shirli Milton, UW, 38-1¼; 4. Julie Goodrich, UW, 37-2½; 5. Margaret Ruden, FSU, 36-10¼.

**High Jump:** 1. Mary Moore, WSU, 6-0½; 2. Tonya Mendonca, FSU, 5-10; 3. Vicki Borsheim, UW, 5-8; 4. Justine Rutt, WSU, 5-8; 5. Val Johnson, WSU, 5-8.

**Shot Put:** 1. Dot Jones, FSU, 52-3½MR; 2. Quenna Beasley, UW, 50-4¼; 3. Jennifer Ponath, UW, 49-1¼; 4. Meg Jones, UW, 48-3¼; 5. Denise Fetsch, WSU, 46-11¼.

**Javelin:** 1. Sally Harmon, UW, 186-5MR; 2. Connie Peterka, OSU, 167-0; 3. Liz Lasater, UW, 152-3; 4. Julie Waage, OSU, 151-1; 5. Denise Fetsch, WSU, 150-4.

**Discus:** 1. Lacy Barnes, FSU, 181-6MR; 2. Quenna Beasley, UW, 175-5; 3. Cindi Durchsiag, UC, 160-5; 4. Cora Aguilar, UW, 160-5; 5. Kim Kesler, UC, 156-8.

**Heptathlon:** 1. Conny Eckl, WSU, 5370MR; 2. Eleanor Ratliff, FSU, 4225; 3. Penny Senger, WSU, 4130; 4. Melissa Arsenault, WSU, 3889; 5. Diane Jolivet, UW, 3604.

### Final Team Scores

1. Oregon, 156; 2. Washington State, 133; 3. Washington, 127; 4. California, 75; 5. Fresno State, 61; 6. Oregon State, 27.

## UCLA/Pepsi Invitational T&F

May 17. Drake Stadium, UCLA.

### Men's Results

**400 Meters:** 1. Innocent Egbunike, Azusa Pacific, 45.14; 2. Darrell Robinson, LATC, 45.16; 3. Sunday Uti, Iowa St., 45.75; 4. Danny Everett, Unat., 46.19; 5. Gerson de Souza, Brazil, 46.24.

**800 Meters:** 1. Johnny Gray, SMTC, 1:44.72MR; 2. Billy Konchellah, LATC, 1:45.50; 3. Jose Barbosa, Brazil, 1:45.54; 4. Jeff West, SMTC, 1:45.82; 5. David Patrick, adidas, 1:45.87.

**Pepsi Mile:** 1. Joaquin Cruz, Brazil, 3:53.19; 2. Steve Scott, Tiger TC, 3:53.20; 3. Jack Buckner, Great Britain, 3:55.61; 4. Mike Bolt, Kenya, 3:56.46; 5. Todd Harbour, SMTC, 3:57.63.

**3000 Meters:** 1. Doug Padilla, Ath West, 7:50.4; 2. Ray Wicksell, Puma, 7:50.9; 3. Raf Wyns, Iowa St., 7:52.5; 4. Hans Koelman, Nike, 7:52.6; 5. Robert deBrouwer, Clemson, 7:52.8.

**110m Hurdles:** 1. Andre Phillips, World Class TC, 13.32; 2. Al Joyner, Ath West, 13.69; 3. James McCraney, S&S TC, 13.74; 4. Elliott White, UC Santa Barbara, 14.07.

**Long Jump:** 1. Carl Lewis, SMTC, 28-9¼w; 2. Mike Powell, Unat., 26-9¼; 3. Willie Banks, Unat., 26-5¼; 4. Jason Grimes, Ath West, 26-3.

**High Jump:** 1. Lee Balkin, S&S TC, 7-8½; 2. Jimmy Howard, PCC, 7-5; 3. Brian Stanton, S&S TC, 7-5; 4. Dwight Stones, PCC, 7-1; 5. Leo Williams, US Navy, 7-1.

**Pole Vault:** 1. Mike Tully, NYAC, 18-10¼; 2. Billy Olson, PCC, 18-8¼; 3. Doug Fraley, Fresno St., 18-2¼; 4. Patrick Abada, France, 18-2½; 5. Pierre Quinon, France, 18-0¼.



photo by Jim Reynolds



**Cruz pulls away from Scott in Pepsi Mile.**

photo by Richard Lee Slotkin



**Kratachvilova leads Gallagher in Pepsi 800.**

**Shot Put:** 1. Kevin Akins, Ath West, 70-6 1/4 (equals meet record), 2. Gregg Taffalls, S&S TC, 69-3 1/4, 3. Augie Wolf, adidas, 68-2 1/4, 4. Dave Laut, Ath West, 67-7 1/4, 5. Hank Kraychir, Unat., 63-3 1/4.

**Discus:** 1. Imrich Bugar, Czechoslovakia, 226-5, 2. Gejza, Czechoslovakia, 220-8, 3. Knut Ijeltnes, Norway, 215-2, 4. Greg McSeveney, S&S TC, 212-2, 5. Judd Binley, S&S TC, 206-9.

**Javelin:** 1. Bob Roggy, adidas, 300-10, 2. Tom Petranoff, Ath West, 297-11, 3. Duncan Atwood, Ath West, 275-5, 4. Tom Jadin, Unat., 268-1, 5. Mike Barnett, Unat., 258-6.

#### Women's Results

**100 Meters:** 1. Alice Brown, World Class TC, 11.1ht, 2. Jennifer Inniss, Atoms TC, 11.2ht, 3. Grace Jackson, Atoms TC, 11.3ht, 4. Sherri Howard, Cal State LA, 11.4ht, 5. Janet Burke, Puma, 11.5ht.

**200 Meters:** 1. Valerie Brisco-Hooks, World Class TC, 22.24w, 2. Merlene Ottey-Page, LATC, 22.25, 3. Florence Griffith, World Class TC, 22.57, 4. Grace Jackson, Atoms TC, 23.02, 5. Sherrie Howard, Cal State LA, 23.21.

**400 Meters:** 1. Jarmila Kratochvilova, Czech, 49.89 (meet/stadium record), 2. Diane Dixon, Atoms TC, 50.88, 3. Choo Choo Knighten, Unat., 52.17, 4. Denean Howard, Cal State LA, 52.19, 5. Renee Ross, SD State, 52.41.

**800 Meters:** 1. Jarmila Kratochvilova, Czech, 2:00.72, 2. Kim Gallagher, LATC, 2:01.43, 3. Renee Ross, SDSU, 2:02.88, 4. Joella Clark, Ath West, 2:03.7ht, 5. Dorianne Lambelet, Switzerland, 2:05.73.

**Mile:** 1. Ruth Wysocki, Brooks, 4:33.59, 2. Claudette Groenendaal, Oregon, 4:33.62, 3. Darlene Beckford, Liberty AC, 4:34.42, 4. Sue Addison, Ath West, 4:38.09, 5. Louise Romo, LATC, 4:38.87.

**100m Hurdles:** 1. Pam Page, LATC, 13.14, 2. Gail Devers, UCLA, 13.16, 3. Candy Young, Puma, 13.24, 4. Jeanette Bolden, World Class TC, 13.31, 5. Jane Frederick, Ath West, 13.69.

**400m Hurdles:** 1. Latanya Sheffield, SDSU, 55.23 (meet/stadium record), 2. Sandra Farmer, CSLA, 55.75, 3. Tonja Brown, World Class TC, 55.87, 4. Judi Brown-King, Ath West, 57.99, 5. Sharrietta Barksdale, Puma, 58.12.

**Long Jump:** 1. Cynthia Henry, UTEP, 21-3 1/2, 2. Wendy Brown, USC, 20-2 1/4, 3. Janet Harvey, S&S TC, 20-2 1/4, 4. Sabrina Williams, USC, 19-7 1/4w, 5. Yvette Bates, USC, 19-5 1/4w.

**Discus:** 1. Lorna Griffin, Nike, 194-0, 2. Laura DeSnoo, SDSU, 181-8, 3. Toni Lujens, UCLA, 170-0, 4. Rhonda Loshonkohl, SDSU, 164-8, 5. Kris Larsen, UCLA, 155-7.

**Shot Put:** 1. Romona Ebert Pagel, Unat., 62-5 1/4, 2. Peggy Pollock, Cst Ath, 56-5 1/4, 3. Lorraine Costanzo, Arizona, 51-11 1/4, 4. Carla Garrett, Arizona, 50-5 1/4, 5. Diana Clements, USC, 49-11 1/4.

**Legends 60:** 1. Ken Dennis, 7.0ht, 2. Mike Larabee, 7.8, 3. Alan Cranston, 8.2.

**Corporate Co-Ed Relay:** 1. Security Pacific National Bank, 5:59.2, 2. Hughes Tam "A", 6:06.5, 3. TRW Team "A", 6:09.0, 4. Lockheed, 6:13.5, 5. Rockwell, 6:15.7.

## Pac-10 T & F Championships

May 17-18. Univ. of Arizona, Tucson, AZ.  
Final Results

**100 Meters:** 1. Darwin Cook, USC, 10.10, 2. Kenny Robinson, Arizona St., 10.40, 3. (tie) Gerald White, UCLA and Byron Howell, Washington, 10.47, 5. Ray Brown, Arizona, 10.48.

**200 Meters:** 1. Darwin Cook, USC, 20.33, 2. Byron Howell, Washington, 20.83, 3. Kenny Robinson, Arizona St., 20.84, 4. Gabriel Tiacoh, Washington St., 21.05, 5. Aldo Cantl, Arizona, 21.13.

**400 Meters:** 1. Gabriel Tiacoh, Washington St., 45.00MR, 2. Peter Howard, California, 45.46, 3. Aldo Cantl, Arizona, 46.10, 4. David Timmons, California, 46.51, 5. Anthony Washington, UCLA, 46.60.

**800 Meters:** 1. Dub Myers, Oregon, 1:47.55, 2. Jack Prejers, UCLA, 1:48.32, 3. Calvin Harris, Washington St., 1:48.38, 4. Treg Scott, Arizona St., 1:49.44, 5. Brian Connolly, Stanford, 1:49.75.

**1500 Meters:** 1. Peter Koech, Washington St., 3:41.29SR, 2. Mike Blackmore, Oregon, 3:41.85, 3. Jeff Atkinson, Stanford, 3:42.56, 4. Andre Woods, Arizona, 3:43.03, 5. Jay Marden, California, 3:44.08.

**3000m Steeplechase:** 1. Richard Tuwei, Washington St., 8:32.61MR, 2. Karl Van Calcar, Oregon St., 8:32.94, 3. Gid Rysdam, Oregon St., 8:38.21, 4. James Maxwell, Arizona, 8:46.75, 5. Jason Flamm, California, 8:51.50.

**5000 Meters:** 1. Karl Van Calcar, Oregon St., 14:07.66, 2. Richard Tuwei, Washington St., 14:09.51, 3. Matt Giusto,

Arizona, 14:12.94, 4. Tommy Ansberry, Arizona, 14:16.44, 5. Gid Rysdam, Oregon State, 14:18.69.

**10,000 Meters:** 1. Peter Koech, Washington St., 29:37.72 SR, 2. Mark McMonigal, Oregon, 29:58.93, 3. Rich Brownsberger, UCLA, 30:30.72, 4. Keith Morrison, Arizona, 30:37.11, 5. Mike McCollum, California, 30:40.12.

**110m Hurdles:** 1. Steve Kerho, UCLA, 13.98, 2. Rod Jett, California, 14.07, 3. Raymond Young, UCLA, 14.14, 4. Steve Brown, Washington St., 14.15, 5. Kevin Young, UCLA, 14.27.

**400m Hurdles:** 1. Steve Kerho, UCLA, 50.78, 2. Dave Chesarek, California, 51.05, 3. Miguel Torrente, California, 51.08, 4. Kevin Young, UCLA, 51.09, 5. John Byrne, Arizona, 52.47.

**4 x 100m Relay:** 1. Washington State 39.61, 2. Arizona State 39.65, 3. USC,

photo by Burt Davis



**Steve Kerho  
Pac-10 Double Hurdle Champ**

40.06, 4. UCLA, 40.18, 5. Arizona, 40.96.

**4 x 400m Relay:** 1. Washington State, 3:05.58, 2. California, 3:06.11, 3. Arizona, 3:09.13, 4. UCLA, 3:09.58, 5. USC, 3:11.47.

**Long Jump:** 1. Tony Zackery, Washington, 25-11 1/4w, 2. Demetrios Araouzos, Washington St., 25-7w, 3. Ed Tave, USC, 25-1 1/4w, 4. Ken Smith, California, 24-7 1/4w, 5. J. J. Birden, Oregon, 24-4 1/4.

**Triple Jump:** 1. Ken Williams, Cal, 55-0, 2. Ken Taylor, Oregon St., 52-5 1/4, 3. Dmitry Piterman, Cal, 52-3 1/4, 4. Mike Pullins, USC, 51-4 1/4, 5. Phil Anderson, Arizona, 50-10 1/4.

**High Jump:** 1. Maurice Crumby, Arizona, 7-3 1/2MR, 2. Ron Kamaka, Arizona St., 7-2 1/2, 3. (tie) Brett Lowery, Washington St., and John Morris, Cal, and J.D. Taylor, Washington, 7-0 1/4.

**Pole Vault:** 1. Kory Tarpenning, Oregon, 17-4, 2. Greg Likens, Oregon St., 17-4, 3. Steve Klassen, USC, 16-10 1/4, 4. Mike Johnson, UCLA, 16-10 1/4, 5. Kasey Lewis, Washington St., 16-10 1/4.

**Javelin:** 1. Brian Crouser, Oregon, 283-8 MR, 2. Mark Babich, Washington St., 265-4, 3. Jan Johansson, Washington St., 260-0, 4. Randy Mendenhall, Washington St., 257-10, 5. Bob Rockett, Washington, 258-5.

**Hammer:** 1. Ken Flax, Oregon, 243-8MR, 2. Tore Gustafsson, Washington St., 243-0, 3. Brian Masterston, Stanford 229-10, 4. Shaun Pickering, Stanford, 222-10, 5. John Volitarsky, USC, 221-9.

**Shot Put:** 1. Dimitrios Koutsoukis, Washington St., 65-5 1/4, 2. John Frazier, UCLA, 63-4 1/4, 3. Dave Maggard, Cal, 62-0 1/4, 4. Todd Kaufman, Arizona, 61-2 1/4, 5. Greg Aitkenhead, Oregon, 61-0 1/4.

**Discus:** 1. Todd Kaufman, Arizona 196-6, 2. Dave Maggard, Cal, 190-0, 3. Dimitrios Koutsoukis, Washington St., 189-2, 4. Dan Tabish, Washington, 187-9, 5. Karl Nisula, Cal, 185-8.

**Decathlon:** 1. Steve Erickson, Washington, 8063, 2. Mike Gonzales, USC, 7479, 3. Carlos Gambetta, Washington St., 7403, 4. Steve Degner, Cal, 7260, 5. John Hurtin, Washington St., 7119.

#### Final Team Scores

1. Washington State, 149.5, 2. California 94, 3. UCLA, 77, 4. Arizona, 69, 5. Oregon 64, 6. USC, 55, 7. Oregon State 44, 8. Washington 43, 9. Arizona State 36, 10. Stanford 19 1/2.

## TAC/Pacific T & F Champs.

May 18-19. Los Gatos.

#### Open Division - Men

**100 Meters:** 1. Jeff Waldo, US Army, 10.97, 2. Albutos Horn, US Army, 11.11, 3. Martin Freeman, US Army, 11.17, 4. Terry Jones, US Army, 11.18, 5. Ken Patterson, 11.22, 6. Brett Hanes, 11.26, 7. Jonas Ellison, 11.2, 8. Cecil Williams, 11.38.

**200 Meters:** 1. Francesco Pavone, Puma TC, 21.15, 2. Reggie Grimes, SJSU, 21.25, 3. Garrett Moore, Maccabi, 22.05, 4. Jeff Gardner, 22.09, 5. Vesco Bradley, US Army, 22.38, 6. Tommy Ford, 23.0, 7. Tony Melody, 23.4, 8. Jerome Dawson, SJSU, 23.5.

**400 Meters:** 1. Francesco Pavone, Puma TC, 47.52, 2. Albutos Horn, US Army, 49.13, 3. Art Varnado, Conv. Ag, 49.14, 4. Dem Gavvli, Hayward St., 49.63, 5. Victor Miles, US Army, 50.11, 6. Todd Thomas, Aggies, 52.0, 7. Lawrence Hicks, Aggies, 52.0, 8. Dave Romain, WVTC, 51.0, 9. Steve Schram, WVTC, 51.65, 10. Tony Melody, RenoTC, 51.81, 11. Jeffrey Smith, US Army, 53.1.

**800 Meters:** 1. Gary Lewis, Fresno St., 1:51.4, 2. Christian Skoog, Puma TC, 1:53.9, 3. Art Varnado, ConvAg, 1:54.2, 4. Richard Clark, Cal Poly, 1:54.9, 5. David

continued on next page...



# Results

Neville, US Army, 1:55.61, 6. Todd Thomas, Aggies, 1:55.73, 7. Jeffrey Whitsett, 1:55.7, 8. Peter Kirk, SF St., 1:55.9, 9. Steve Schram, WVTC, 1:56.1, 10. Alan Jankunas, 1:57.21, 11. Brett Hanes, 1:57.24, 12. Lawrence Hicks, Aggies, 1:57.4, 13. George Mason, WVTC, 1:58.2, 14. Jim Bordon, StvnsCrkStr, 1:58.4, 15. Gary Yokota, 2:00.5, 16. Capersio, 2:01.8.

**1500 Meters:** 1. Michael White, US Army, 3:47.0, 2. Larry Guinee, Ag, 3:47.8, 3. Russell Beste, SBAA, 3:48.5, 4. David Frank, Puma TC, 3:52.0, 5. Roy Kissin, Puma TC, 3:52.6, 6. Alan Jankunas, 3:54.3, 7. Jim Mattson, Westmont, 3:58.1, 8. Peter O'Reilly, GSFTC, 4:00.6, 9. Steve Strangio, Ag, 4:01.0, 10. Joe Tamblin, 4:02.3, 11. Crispin Romero, Humboldt, 4:02.6, 12. Gunnar Birgisson, 4:03.7, 13. K. Constantine, Hayward St., 4:06.8, 14. Scott Hill, Hayward St., 4:08.3, 15. Roger Dix, Tahoe High, 4:10.6, 16. John Robles, 4:18.6, 17. Chuck Smillie, 4:21.6.

**5000 Meters:** 1. Steve Venable, CapCity, 14:20.2, 2. Mike Lansdon, Ag, 14:22.3, 3. Joe Green, 14:23.3, 4. Greg Szanto, WVJ&S, 14:33.5, 5. Chris Craig, Cal Poly, 14:34.4, 6. Steve Crowley, 14:36.0, 7. Hal Shultz, Olympic Club, 14:39.4, 8. Charles Potter, US Army, 14:41.2, 9. Michael Haywood, US Army, 14:43.2, 10. Kurt Cook, 14:46.5, 11. Mike Spencer, Hayward St., 14:48.6, 12. Mike Krieger, Ag, 15:00.3, 13. Jim Becker, Humboldt, 15:04.4.

**10,000 Meters:** 1. Tim Tays, US Army, 30:03.7, 2. Jerry Drew, CapCity, 30:39.1, 3. Coty Pinckney, 30:44.3, 4. John Mendoza, CapCity, 32:46.1.

**100m Hurdles:** 1. Brian Conley, Mac-cab, 14.56, 2. Jeff Upperman, 14.64, 3. Kevin Ellison, US Army, 14.83, 4. George Barth, US Army, 15.21, 5. George Milton, US Army, 15.25, 6. Thorsteinn Thorsson, 15.1, 7. Jeffrey Smith, US Army, 15.6.

**400m Hurdles:** 1. Napoleon Hooks, US Army, 53.12, 2. George Barth, US Army, 53.77, 3. John Devine, 54.29, 4. Brian McKittrick, 54.94, 5. Tony Melody, RenoTC, 55.9, 6. Brad Kruse, Puma TC, 56.6.

**4 x 110 Relay:** 1. U.S. Army, 43.64.

**4 x 440 Relay:** 1. Syntex, 3:54.3.

**5000m Racewalk:** 1. John Ratto, 24:16.4, 2. Michael Pinto, GGRW, 27:55.7.

**300m Steeplechase:** 1. Scott Steinmaus, CapCity, 9:24.2, 2. Charles Potter, US Army, 9:46.6, 3. Lawrence Bergmayer, US Army, 10:16.7.

**Pole Vault:** 1. Shannon Sullivan, Air Force, 17-0, 2. Bob Babits, Chicago TC, and Kelly Rodriguez, 16-6, 4. John Powell, 16-0, 5. Joe Andriani, Millbrae Lions, 15-6.

**Long Jump:** 1. Vesco Bradley, US Army, 7.60, 2. James Morris, US Army, 6.95, 3. Byron Young, 6.55.

**High Jump:** 1. Anthony Mudy, Cal Poly, 6-11, 2. George Milton, US Army, 6-11, 3. Jim Moran, Atherton TC, and Dan McNamera, 6-9, 5. Greg Norman, SJSu, 6-5, 6. Mike Morris, CstGrd, 6-3.

**Triple Jump:** 1. Charles Swindell, US Army, 50-7, 2. James Morris, US Army, 49-4, 3. Jim Singleton, 46-2, 4. Mauri Galvez, 44-2 1/4.

**Shot Put:** 1. Brian Oldfield, 66-1 1/4, 2. Bob Suellfloh, WtCity, 65-9 1/4, 3. Brian Faul, WtCity, 63-3 1/4, 4. Dennis DeSoto, 60-9 1/4, 5. Ron McKee, WtCity, 57-6 1/2, 6. John Bender, Fresno St., 52-5 1/2, 7. Nate Barnreiter, WtCity, 50-2, 8. James Headley, US Army, 47-1 1/4, 9. John Swedlund, Hayward St., 46-11, 10. Bart Goodell, Adidas, 46-3 1/4, 11. Mike Moore, 44-3 1/4, 12. Randy Welch, US Army, 42-7, 13. Mike Paulson, US Army, 37-5 1/4.

**Discus:** 1. Paul Bender, Fresno St., 189-6, 2. Ron Schmidt, Atherton TC, 175-1, 3. James Headley, US Army, 156-11, 4. Randy Welch, US Army, 155-10, 5. Bart Goodell, SF St., 155-10, 6. Mike Paulsen, US Army, 140-1, 7. Mike Moore, 131-9, 8. John Swedlund, Hayward St., 126-6.

**Javelin:** 1. Ralph Howe, WtCity, 65.68, 2. Bill Wolfe, US Army, 64.28, 3. Dan Lister, Atherton TC, 62.92, 4. Tomas Silva, BigCAA, 61.84, 5. Michael Ostrum, ConvWest, 58-20, 6. Ron Uhl, WtCity, 58-16, 7. David Jackson, WtCity, 51.02.

**Hammer:** 1. Dave McKenzie, 230-7, 2. Jan DeSoto, 228-6, 3. Fred Schumacher, 221-6, 4. Marchan Littleton, 219-7, 5. Dave DeBus, WtCity, 185-0, 6. Dana Fahey, Cal Poly, 159-5, 7. Chad Stearns, 152-11, 8. Chris Dumbadse, 140-4.

## Women's Results

**100 Meters:** 1. Jackie Baker, Hayward St., 12.30, 2. Vivinne Britton, US Army, 12.52, 3. Alicia Hall, US Army, 13.16.

**200 Meters:** 1. Rolanne Byrd, Hayward St., 24.56, 2. June Griffith, Puma TC, 24.99, 3. Jackie Baker, Hayward St., 25.13.

**400 Meters:** 1. June Griffith, Puma TC, 54.9, 2. Alicia Hall, US Army, 63.7.

**800 Meters:** 1. Gabriel Grenier, Hayward St., 2:23.9, 2. Amelia Barril, Humboldt, 2:25.7.

**1500 Meters:** 1. Frannie Castro, Hayward St., 4:28.8, 2. Debbie Norris, Hayward St., 4:35.4, 3. Carole Stothers, Hayward St., 4:43.4.

**3000 Meters:** 1. Vicky Bray, ConvWest, 9:49.0, 2. Heidi Perham, GSFTC, 10:09.9, 3. Sandy French, Ryan's, 10:10.6, 4. Roxanne Bier, Cindergals, 10:10.9.

**5000 Meters:** 1. Angela Jenkins, US Army, 19:48.8.

**10,000 Meters:** 1. Sally Hunt, Humboldt, 37:34.0, 2. Kim Pieratt, Humboldt, 37:53.0, 3. Myra Schiphorst, Humboldt, 37:55.0.

**100m Hurdles:** 1. Nanse'a Shelley, US Army, N.T.

**400m Hurdles:** 1. Michele Szto, Hayward St., 64.6.

**4 x 110 Relay:** 1. US Army, 51.37.

**5000 Meters:** 1. Carrie Bratton, 26:48.0.

**High Jump:** 1. Carina Westover, Ath TC, 6-2, 2. Betsy Vonessen, Hayward St., 5-4, 3. Rachel Bray, Cal Poly, 5-4, 4. Nanse'a Shelly, US Army, 4-10.

**Shot Put:** 1. Diane Oswalt, Hayward St., 47-8, 2. Coralisa Sheppard, US Army, 28-1 1/4.

**Discus:** 1. Leslie Deniz, LATC, 184-1, 2. Wendy Robinson, WtCity, 167-8, 3. Diane Oswalt, Hayward St., 166-8, 4. Kathy Kahn, Cal Poly, 133-7, 5. Cindy Hicks, 129-0, 6. Coralisa Sheppard, US Army, 115-0.

**Javelin:** 1. Elaine Sundby, 45.58, 2. Carrie Mullins, 37.58, 3. Coralisa Sheppard, US Army, 26.48.

## NAIA Championships

from John Cervini

May 23-25, Hillsdale College, Hillsdale, MI.

### Men's Results

**Decathlon:** 1. Patrick Gellens, Concordia, 7577, 2. Dave Johnson, Azusa Pacific, 7261, 3. Doug Loisel, Azusa Pacific, 7040, 4. Larry Conaway, Western Oregon, 6794, 5. Royal Brettrager, Graceland, 6771.

**200 Meters:** 1. Innocent Egbunike, AzPac, 10.33, 2. Aaron Lang, Pittsburg St., 10.54, 3. Kenneth Ross, So. Colorado, 10.57, 4. Scott Ferguson, Prairie View A&M, TX, 10.66, 5. Donnie Harris, AzPac, 10.67.

**400 Meters:** 1. Devon Morris, Wayland Baptist, 45.25NR, 2. Moses Ugbisie, Wayland Baptist, 45.74, 3. Sammy Epps, So. Arkansas, 45.98, 4. Russell Mitchell, Wayland Baptist, 46.52, 5. Albert Hatcher, McMurry, TX, 47.10.

**800 Meters:** 1. Gregg Larson, Doane, NE, 1:50.29, 2. Kenrick Williams, Lubbock Christian, TX, 1:50.90, 3. Russ Cole, Cal Lutheran, WA, 1:51.21, 4. Ernest Bell,

Prairie View A&M, TX, 1:51.74, 5. Brent Fowler, Oklahoma Christian, 1:52.21.

**1500 Meters:** 1. John Alin, Moorhead St., 3:49.21, 2. Eduardo Navas, Western State, CO, 3:49.25, 3. Rich Genson, Saginaw Vally St., 3:49.57, 4. Rob Moore, Cedarville, OH, 3:49.75, 5. David Matherne, Berry, GA, 3:49.76.

**5000 Meters:** 1. Robbie Hipwood, Adams St, CO, 14:34.61, 2. Robert Ferguson, Adams State, 14:36.28, 3. Timothy Renzelmann, Wisc-Parkside, 14:43.33, 4. Jeff Sanchez, Western State, 14:48.74, 5. Troy Quellet, Saginaw Vly St, MI, 14:55.08.

**Steeplechase:** 1. Dennis Lack, Western St, CO, 8:55.52, 2. Bill Dent, Dickinson St., MD, 9:11.17, 3. Ken Woodard, Adams St., 9:13.13, 4. Fritz Busch, Doane, NE, 9:14.03, 5. Mike Hamm, Kearney St, NE, 9:15.14.

**10,000 Meters:** 1. Tomas Andersson, Pt.Loma Nazarene, 30:00.26, 2. Timothy Renzelmann, Wisc-Parkside, 30:01.10, 3. Dave Cuadrado, Adams State, 30:09.32, 4. Jeff Sanchez, Western State, CO, 30:12.13, 5. Michael Friess, Linfield, OR, 30:30.28.

**10,000 Meter Walk:** 1. Andrew Kaestner, Wisc-Parkside, 45:29.64, 2. Allen James, Western Washington, 47:50.68, 3. Michael Rohi, Wisc-Parkside, 49:41.86, 4. Stephen Taylor, Berea, KY, 50:35.10, 5. John Hokanson, Wisc-Eau Claire, 52:18.90.

**110m Hurdles:** 1. Dale Washington, Northwood Inst., MI, 14.13, 2. Robbie Butler, Pt.Loma, 14.21, 3. Chris Branham, Pt.Loma, 14.51, 4. Cary Hall, Ouachita Baptist, 14.51, 5. Scott Taylor, Austin, TX, 14.57.

**400m Hurdles:** 1. Brian Arnold, AzPac, 51.15, 2. Dewitt Hale, West Virginia St., 51.17, 3. Dennis Moore, Wayland Baptist, TX, 51.41, 4. Anthony Leaks, Missouri Baptist, 51.42, 5. Paul Webb, AzPac, 52.65.

**4 x 100m Relay:** 1. Wayland Baptist, TX, 40.02, 2. Azusa Pacific, CA, 40.30, 3. Pittsburg State, KS, 40.92, 4. Southern Arkansas, 41.15, 5. Missouri Baptist, 41.16.

**4 x 400m Relay:** 1. Wayland Baptist, TX, 3:06.84, 2. Southern Arkansas, 3:09.47, 3. Azusa Pacific, 3:10.57, 4. Prairie View A&M, TX, 3:11.99, 5. Northwood, MI, 3:13.31.

**Marathon:** 1. Jim Bob Cairns, Puget Sound, WA, 2:21:08, 2. Chris Spitz, Cal Lutheran, 2:26:09, 3. Theodore Miller, Wisc-Parkside, 2:27:07, 4. David McCracken, Belmont, TN, 2:27:51, 5. Jeff Pope, Ark-Monticello, 2:28:29.

**High Jump:** 1. Dave Glassburn, Manchester, IN, 7-2 1/2, 2. Carl Garcia, Prairie View A&M, TX, 7-0 1/2, 3. Don Carter, Fort Hays St, KS, 7-0 1/2, 4. Adam Knoepfle, Jamestown, ND, 7-0 1/2, 5. Greg Pullie, Malone, OH, 7-0 1/2.

**Pole Vault:** 1. Patrick Gellens, Concordia, NE, 16-4 1/4, 2. Chris Branham, Pt.Loma, 16-4 1/4, 3. Monte Hamilton, Arkansas Tech, 16-0 1/4, 4. Ed Yander Kaaji, Harding, AR, 15-9, 5. Ron Milford, Pt.Loma, 15-5.

**Discus:** 1. Christian Okoye, AzPac, 208-4 1/4, 2. John Chandler, Hillsdale, MI, 171-3 1/2, 3. Craig Hayes, East Central, OK, 167-9 1/4, 4. Deron Lord, Lewis & Clark, OR, 160-0 1/4, 5. Dan Gushard, Kearney St, NE, 159-6 1/4.

**Triple Jump:** 1. Edward Williams, Prairie View A&M, TX, 51-9 1/2, 2. Don Carter, Ft.Hays St, KS, 50-1 1/4, 3. Myron Jefferson, So. Colorado, 50-0 1/4, 4. Charles Nance, Park, MO, 49-6 1/4, 5. Michael George, So.Arkansas, 48-6 1/4.

**Shot Put:** 1. Chris Rusher, Northwood Inst, MI, 56-8 3/4, 2. Mark Cornfield, Taylor, IN, 56-8, 3. Peter Michaels, Cal Lutheran, 53-1, 4. Bryan Thompson, Southwestern, KS, 53-0 1/4, 5. Dan Gushard, Kearney St, NE, 52-11 1/2.

**Hammer:** 1. Phil Mann, AzPac, 222-1 1/2, 2. Harold Willers, Simon Fraser, CAN, 213-1, 3. Mike Maynard, AzPac, 204-9, 4. Eric Lemasters, AzPac, 184-11 1/4, 5. John Robinson, Saginaw Vally St, MI, 169-10.

**Javelin:** 1. Dan Thomasson, Pittsburg St, KS, 276-3 1/4, 2. Zakayo Mwinyikely, Wayland Baptist, TX, 257-2, 3. Rick Simonick, Pittsburg St, KS, 248-3, 4. Paul

## Jack's Athletic Supply

Screened T-Shirts as Low as \$1.85  
(\$1.50 in Kid's Sizes)

Embroidered Patches - Ribbons  
CHRONOMIX Timers & Clocks  
Race Supply Warehouse (Buy-Rent)

Also-We offer free or discounted race-equipment rentals, advertising, prizes, etc., with large volume purchases...call & see what we can offer!

Jack Leydig: Box 459, San Carlos, CA 94070  
Phone (415) 595-2249





Lykken, Moorhead St, MN, 234-1½, 5. Chris Grantham, Austin, TX, 232-1½.

**Long Jump:** 1. Russell Mitchell, Wayland Baptist, TX, 24-6. 2. Chris Branham, Ft. Loma, 24-3½. 3. Claude Perkins, Tarkio, 24-2½. 4. Aaron Sampson, So. Utah St, 24-1. 5. Ivan Lowe, Northwood Inst., 24-0.

#### Final Scores

1. Azusa Pacific, CA, 94; 2. Wayland Baptist, TX, 76; 3. Point Loma Nazarene, CA, 42; 4. Wisc-Parkside, 37; 5. Pittsburg State, KS, 36; 6. Adams State, CO, 33-1/3; 7. Prairie View A&M, TX, 29; 8. Western State, CO, 26½; 9. Northwood Institute, MI, 23; 10. Southern Arkansas, 20; 10. Concordia, NE, 20; 12. Fort Hays State, KS, 16; 13. Moorhead State, MN, 14; 13. California Lutheran, 14; 13. Doane, NE, 14; 13. Southern Colorado, 14; 17. Manchester, IN, 10; 17. Puget Sound, WA, 10; 17. Saginaw Valley State, MI, 10; 20. Western Washington, 9; 21. West Virginia State, 8; 22. Simon Fraser, CAN, 8; 22. Dickinson State, ND, 8; 22. Lubbock Christian, TX, 8; 22. Hillsdale, MI, 8; 22. Taylor, IN, 8.

#### Women's Results

**Heptathlon:** 1. Jennifer Schwartz, AzPac, 4715. 2. Leann Plum, Campbell, NC, 4674. 3. Blaire Bates, AzPac, 4634. 4. Brenda Jones, Arkansas College, 4596. 5. Karen Rodd, AzPac, 4538.

**100 Meters:** 1. Deirdre Jackson, Prairie View A&M, TX, 11.82. 2. Kim Robertson, Wisc-Milwaukee, 11.99. 3. Evan Williams, Prairie View A&M, TX, 12.01. 4. Gloria Gregory, Wisc-Milwaukee, 12.19. 5. Buretha Graham, Mississippi Vly St, 12.24.

**200 Meters:** 1. Deirdre Jackson, Prairie View A&M, TX, 24.03. 2. Filipa Smith, Saginaw Vly St, MI, 24.25. 3. Jocelyn Tatum, Prairie View A&M, TX, 24.51. 4. Kim Robertson, Wisc-Milwaukee, 24.51. 5. Evan Williams, Prairie View A&M, TX, 24.53.

**400 Meters:** 1. Carol Williams, Mississippi Vly St, 53.65. 2. Norrie McAfee, Prairie View A&M, TX, 54.22. 3. Gwendolyn Williams, Mississippi Vly St, 54.37. 4. Althea Thomas, Wayland Baptist, TX, 54.49. 5. Jocelyn Tatum, Prairie View A&M, TX, 54.54.

**800 Meters:** 1. Teresa Lloyd, Jamestown, MD, 2:10.67. 2. Carrie McCarthy, Simon Fraser, CAN, 2:10.99. 3. Laurie Gillis, Minot State, MD, 2:11.38. 4. Anne Hills, Wisc-Milwaukee, 2:12.50. 5. Esther Mahr, Cedarville, OH, 2:12.50.

**1500 Meters:** 1. Julie Jenkins, Adams St, CO, 4:29.52. 2. Teresa Lloyd, Jamestown, ND, 4:29.88. 3. Katie Somers, Wisc Eau Claire, 4:33.99. 4. Chris Goepel, Wisc Eau Claire, 4:34.72. 5. Patti Cross, Simon Fraser, CAN, 4:36.45.

**3000 Meters:** 1. Ann Manning, Portland, OR, 9:43.64. 2. Katie Somers, Wisc Eau Claire, 9:52.48. 3. Genevieve Pueller, Western Washington, 9:56.33. 4. Denise Falzone, Adams State, CO, 9:58.57. 5. Melanie Venekamp, Pac Lutheran, WA, 10:05.20.

**5000 Meters:** 1. Denise Falzone, Adams State, CO, 16:49.36. 2. Teresa Greenwood, Moorhead State, MN, 17:11.08. 3. Kristy Johnston, Portland, OR, 17:14.60. 4. Genevieve Pueller, Western Washington, 17:17.53. 5. Julia Zimmer, Marquette, WS, 17:18.29.

**10,000 Meters:** 1. Katie Webb, Marquette, WS, 35:44. 2. Adrian Lilburn, No. Florida, 36:07. 3. Sharon Foster, Adams State, CO, 36:28.5. 4. Gina Van Laar, Hillsdale, MI, 36:49. 5. Kathy Spear, Adams State, CO, 37:05.

**Marathon:** 1. Jolene Fisher, So. Utah St, 2:51:05. 2. Nancy Staudt, Georgian Ct, NJ, 2:55:46. 3. Penny Rosdill, Manchester, IN, 3:02:57. 4. Sharon Foster, Adams State, CO, 3:03:32. 5. Lori Fischer, Belmont, TN, 3:04:11.

**100m Hurdles:** 1. Brenda Jarvis, Adams State, CO, 13.71. 2. Lynn Hilde, Wisc-Milwaukee, 13.77. 3. Lavonda Luckett, Prairie View A&M, TX, 13.94. 4. Kim Colon, Ft. Hays St, KS, 13.98. 5. Denise Williams, Wayland Baptist, TX, 14.31.

**400m Hurdles:** 1. Lavonda Luckett, Prairie View A&M, TX, 58.89. 2. Brenda Jarvis, Adams State, CO, 1:01:10. 3. Felicia Sutton, Wisc-Milwaukee, 1:01:47. 4. Karen Bell, Pacific Lutheran, WA, 1:01:84. 5. Petra Johnson, Linfield, OR, 1:02:36.

**Sprint Medley Relay:** 1. Prairie View A&M, TX, 1:41.02. 2. Mississippi Valley State, 1:41.21. 3. Wisc-Milwaukee, 1:41.40. 4. Saginaw Valley State, MI, 1:46.20. 5. Wayne State College, NE, 1:46.26.

**4 x 100m Relay:** 1. Prairie View A&M, TX, 45.80. 2. Wayland Baptist, TX, 46.23. 3. Wisc-Milwaukee, 46.65. 4. Central State, OH, 48.00. 5. Pine Bluff, AK, 48.43.

**4 x 400m Relay:** 1. Mississippi Valley State, 3:42.37. 2. Adams State, CO, 3:45.23. 3. Wisc-Milwaukee, 3:45.26. 4. Central State, OH, 3:51.59. 5. Wayland Baptist, TX, 3:51.66.

**4 x 800m Relay:** 1. Moorhead State, MN, 9:02.84. 2. Wisc-Parkside, 9:08.51. 3. Wisc Eau Claire, 9:09.91. 4. Pacific Lutheran, WA, 9:13.55. 5. Portland, OR, 9:17.82.

**High Jump:** 1. Michelle Tuggie, Berry, GA, 5-7. 2. Kristin Erickson, Jamestown, ND, 5-7. 3. Bev Musselwhite, Fort Hays State, KS, 5-7. 4. Jennifer Schwartz, AzPac, 5-7. 5. Erica Loutzenhiser, Malone, OH, 5-7.

**Javelin:** 1. Karen Murray, Simon Fraser, CAN, 167-6. 2. Maria Haley, Wayland Baptist, 165-0. 3. Shannon Terry, Ft. Loma, 153-2. 4. Donna McDonough, AzPac, 151-3. 5. Carol Wester, Pac Lutheran, WA, 149-5.

**Discus:** 1. Beth Stuart, Kearney State, NE, 151-2½. 2. Paula Wittenberg, George Fox, OR, 145-1½. 3. Connie Hugen, Doane, NE, 144-10. 4. Sharon Harrison, Prairie View A&M, TX, 143-6½. 5. Sandy Early, AzPac, 142-8½.

**Long Jump:** 1. Michelle Neal, Prairie View A&M, TX, 19-9¼. 2. Denise Williams, Wayland Baptist, TX, 19-7. 3. Lynn Hilde, Wisc-Milwaukee, 19-1. 4. Confort Igeh, Wayland Baptist, TX, 19-0¼. 5. Deirdre Jackson, Prairie View A&M, TX, 19-0¼.

**Shot Put:** 1. Sharon Harrison, Prairie View A&M, TX, 47-9. 2. Brenda Wolf, Ft. Hays St, KS, 46-9. 3. Connie Hugen, Doane, NE, 45-11¼. 4. Beth Stuart, Kearney State, NE, 45-7. 5. Sandy Early, AzPac, 44-9½.

#### Final Scores

1. Prairie View A&M, TX, 109; 2. Adams State, CO, 63½; 3. Wisc-Milwaukee, 59; 4. Wayland Baptist, TX, 37; 5. Mississippi Valley State, 36; 6. Azusa Pacific, CA, 31; 7. Jamestown, ND, 25; 8. Wisc Eau Claire, 24; 9. Simon Fraser, CAN, 20; 10. Portland, OR, 19; 10. Fort Hays State, KS, 19; 12. Moorhead State, MN, 18; 13. Marquette, WS, 14; 13. Kearney State, NE, 14; 13. Saginaw Valley State, MI, 14; 16. Pacific Lutheran, WA, 13; 17. Doane, NE, 12; 18. Western Washington, 10; 18. Berry, GA, 10; 18. Southern Utah State, 10.

## Long Beach State Last Chance Meet

May 24, Long Beach.

#### Men's Results

**100 Meters:** 1. Robinson, ASU, 10.48. 2. Rex Brown, Unat., 10.68. 3. K. Taylor, Muzik, 10.77.

**200 Meters:** 1. Wilson, Muzik, 21.51.

**400 Meters:** 1. Sylvester, Muzik, 49.48. 2. Beckham, US Marines, 49.71. 3. McCullough, LBCC, 49.83.

**800 Meters:** 1. Youngblood, Westcoast TC, 1:52.93. 2. Dickerson, US Marines, 1:53.56. 3. Campbell, US Marines, 1:54.32.

**1500 Meters:** 1. Roman, SMT, 3:49.66. 2. Lopez, US Marines, 3:50.48. 3. Monroe, CSULB, 3:50.74.

**5000 Meters:** 1. Jenkins, US Marines, 15:00.74.

**110m Hurdles:** 1. White, UCSB, 13.87.

**400m Hurdles:** 1. Williams, NAU, 51.51.

**Steeplechase:** 1. Linaam, CSULB, 9:11.96.



## Subscribe to CTRN

**Triple Jump:** 1. Piterman, Cal, 51-5¼. 2. Kotinek, Unat., 49-4. 3. Grissett, CSULB, 49-1.

**Pole Vault:** 1. Dobosy, AIA, 15-6. **Long Jump:** 1. Jefferson, LBCC, 24-6¼. 2. Van, South Bay TC, 23-10¼. 3. Cadosa, LBCC, 23-10¼. 4. Wilson, Muzik, 23-10.

**High Jump:** 1. B. Cannon, Unat., 7-0. **Hammer:** 1. Beene, UCLA, 182-10.

**Discus:** 1. Powell, Unat., 208-2. 2. Williky, Maccabi, 203-9. 3. Bishop, Unat., 195-0.

**Javelin:** 1. Fernandez, Running Exp., 234-3. 2. Lohrop, Wt. City, 233-0. 3. O'Donnell, Unat., 232-3.

**Shot Put:** 1. Suellflonn, Wt. City, 66-1¼. 2. Williky, Maccabi, 66-0¼. 3. Kraychir, Unat., 65-10. 4. Smith, SSTC, 65-0. 5. Faul, Wt. City, 19-22 metric.

#### Women's Results

**100 Meters:** 1. Belle, Puma, 11.97. **200 Meters:** 1. Bailey, UCLA, 24.05.

**800 Meters:** 1. Romo, LATC, 2:02.96. 2. Gutowski, LA Mur, 2:12.96.

**1500 Meters:** 1. Romo, LATC, 4:17.74. 2. Ball, UCLA, 4:31.95. 3. N. Brown, UCLA, 4:40.54.

**100m Hurdles:** 1. Page, LATC, 13.39. 2. Bolden, World Class, 13.44. 3. Jerals, WC, 13.77.

**4 x 100m Relay:** 1. CS Los Angeles, 46.3ht.

**Long Jump:** 1. Bullett, Compton, 19-0. 2. Davis, Mira Costa, 18-10¼. 3. Norman, UCLA, 18-7¼.

**Shot Put:** 1. Fletcher, Beyond Ath, 37-4¼.

**High Jump:** 1. Maufas, CSLA, 1.72m.

**Triple Jump:** 1. Norman, UCLA, 37-11.

## Twilight Meet

May 24, Eugene, Oregon.

#### Men

**200—**DaSilva (Brazil), 21.02. **800—**Myers (Oregon), 1:47.85. **1,500—**Clary (adidas), 3:46.41. **1,500—**Clary (adidas), 3:46.41. **MILE—**Blackmore (Oregon), 3:59.81. **3,000—**1. Gregorek (Athletics West), 7:47.85. 2. Harris (AW), 7:48.50. **5,000—**Clary (adidas), 14:05.44. **3,000SC—**Flamm (California), 8:53.60. **110HH—**Howard (unat), 14.46. **400H—**Knudsen (Oregon), 53.6. **400 RELAY—**Oregon (Hoskins, Harris, Green, Wright), 41.53.

**DT—**1. Slaney (Britain), 156-5; 2. Waltman (Oregon St.), 190-4; 3. Hultberg (Oregon), 188-8. **HT—**1. McArdle (Oregon International), 235-2; 2. Deal (unat), 221-0. **LJ—**Agu (Oregon), 24-11w. **PV—**1. Tarpenning (Oregon), 18-4½; 2. Bright (AW), 18-1; 3. Davis (Oregon Int.), 17-0. **HJ—**Reynolds (Oregon), 6-10. **JT—**Crouser (Oregon), 271-5. **TJ—**Agu (Oregon), 49-9¼w. **SP—**Hultberg (Oregon), 59-1¼.

#### Women

**200—**Brown-King (AW), 23.60. **800—**Greenendaal (Oregon), 2:01.28. **1,500—**1. Twomey (AW), 4:15.31; 2. Bushnell (Oregon), 4:20.30; 3. Leonard (New Mexico), 4:20.38. **5,000—**Gutierrez (Oregon), 16:29.46. **100 HURDLES—**1. Greiner (AW), 13.57; 2. Brown-King (AW), 13.60; 3. Garnett

(unat), 13.73. **MILE RELAY—**Oregon (Nelson, Otterstedt, Morris, Hilsenteger), 3:44.17.

**HJ—**1. King (unat), 5-10; 2. Collins (Oregon), 5-10. **DT—**1. Picknall (Bud Light), 189-7; 2. Aguilar (Oregon), 162-2. **LJ—**Greiner (AW), 19-10¼w. **TJ—**Goodrich (Oregon), 37-5w. **JT—**Sulinski (Millbrae Lions), 191-0. **SP—**Johnson (unat), 47-0¼.

## Bruce Jenner Inv.

May 25, San Jose City College.

#### Men

**100—**1. Baptiste (Houston), 10.23; 2. Gance (Polittabs), 10.24; 3. Lattany (Bud Light), 10.29. 4. Mitchell (Florida), 10.35; 5. Smith (Idaho), 10.36. **200—**1. Baptiste (Houston), 20.10. 2. Crain (Polittabs), 20.29; 3. Smith (Bud Light), 20.32. 4. Smith (Idaho), 20.36. 5. Lattany (Bud Light), 20.50.

**400—**1. Rowe (Accusplit), 45.16; 2. Franks (Southern Illinois), 45.50; 3. Robinson (Los Angeles TC), 45.54; 4. Armstead (Accusplit), 45.84; 5. Uti (Iowa St.), 46.22. **800—**1. Gray (Santa Monica TC), 1:45.76; 2. Cruz (Brazil), 1:45.89; 3. Konchellah (Kenya), 1:46.59; 4. Barbosa (Brazil), 1:46.70. 5. West (Santa Monica TC), 1:46.82.

continued on next page...



Johnny Gray  
Jenner 800 Champ



## Results

MILE—1. Scott (Tiger), 3:56.5; 2. Flynn (Ireland), 3:56.8; 3. Aragon (Athletics West), 3:57.6; 4. Boit (Kenya), 3:57.7; 5. Wyns (Belgium), 3:57.9; 3:00—1. Padilla (Athletics West), 7:48.07; 2. Gonzalez (Mexico), 7:48.10; 3. Buckner (Britain), 7:48.62; 4. Ekblom (Sweden), 7:51.44; 5. Doherty (Britain), 7:52.45.

110. HH—1. Kingdom (New Image TC), 13.31; 2. Phillips (World Class), 13.41; 3. McKoy (Canada), 13.55; 4. Clark (Houston TC), 13.61; 5. Andrade (SMU), 13.65. 400 IH—1. Patrick (adidas), 49.82; 2. Rambo (Bud Light), 50.00; 3. Page (Los Angeles TC), 50.40; 4. Holloway (Stars & Stripes), 50.59; 5. Williams (Stars & Stripes), 50.86. 440 RELAY—1. Idaho (Stokes, Kodush, Wanless, Smith), 40.11.

LJ—1.1. Powell (unat), 26.93w; 2. Myricks (Bud Light), 26.42; 3. Bradley (U.S. Army), 25.0. JT—1. Vilhjamsson (Iceland), 289.7; 2. Petranoff (Athletics West), 286.2; 3. Barnett (Athletics West), 273.1; 4. Christianson (Idaho), 268.8; 5. Jadwin (Tiger TC), 260.1.

### Women

100—1. Brisco-Hooks (World Class), 11.01w; 2. Ottey-Page (Los Angeles TC), 11.02w; 3. Brown (World Class), 11.15w; 4. Williams (Puma), 11.37w; 5. Jackson (Atoms TC), 11.46w. 200—1. Jackson (Atoms TC), 22.65; 2. Dixon (Atoms TC), 22.92; 3. Clette (Bud Light), 22.95; 4. Taylor (Sacramento CC), 24.21.

800—1. Kratochvilova (Czechoslovakia), 1:59.92; 2. Clark (Athletics West), 2:01.83; 3. Campbell (Puma), 2:02.20; 4. Gallagher (Los Angeles TC), 2:03.63; 5. Gregorek (Athletics West), 2:05.55.

3,000—1. Smith (New Balance), 8:50.54; 2. Waitz (Norway), 8:51.10; 3. Jennings (Nike), 9:05.65; 4. Keyes-Kraft (Athletics West), 9:15.97; 5. Joyce (Ireland), 9:19.23.

400 HURDLES—1. Brown-King (Athletics West), 55.41; 2. Brown (World Class), 55.89; 3. Barksdale (Puma), 58.03; 4. Bradley (unat), 58.09; 5. McCauley (unat), 60.14.

HJ—1. Kostadinova (Bulgaria), 6.43; 2. Ritter (Pacific Coast), 6.33; 3. Lorentz (Sweden), 6.33; 4. Cockcroft (Canada), 6.24; 5. Huntley (Pacific Coast), 6.24.

## TAC/So. Pacific Championships

May 25. UCLA.

### Men

100—Holmes (Stars & Stripes), 10.40w (2.3 m.p.s.); 5. Turner (S&S), 10.46; Branca (unat), 10.48. 200—Powell (unat), 20.95w (4.1 m.p.s.); 5. Turner (S&S), 20.99; Holmes (S&S), 21.07; W. Jones (Politec), 21.24. 400—Page (Los Angeles TC), 46.87; W. Jones (S&S), 47.06; McKinley (Idaho), 47.25; Hollis (Santa Monica TC), 47.26. 800—Cunningham (Nebraska), 1:49.76; Woods (Arizona), 1:50.24; Caesar (SMTC), 1:50.25; Robinson (SMTC), 1:51.44. 1,500—Taylor (Sub 4), 3:43.95; Woods (Arizona), 3:44.54; Roberts (SMTC), 3:45.61; Barnett (SMTC), 3:47.18.

5,000—Wysocki (Brooks), 13:45.3; DiConti (S&S), 14:12.2; McCollum (Aggie RC), 14:14.8; Dodson (UC Irvine), 14:17.5. 10,000—Blackstone (U.S. Marines), 32:16.6. 110. HH—Lentstroom (S&S), 14.13 (0.4 m.p.s. aiding); Bennerman (Idaho St.), 14.42. 400 IH—Dray Hargrove (S&S), 51.4; R. Young (unat), 51.56; Lentstroom (S&S), 52.75; Grimes (SMTC), 52.77. 3,000 STEEPLECHASE—Junkermann (UCLA), 8:44.8; Stoll (Club Northshore), 8:50.5; Skinner (California), 8:57.5; Haro (SMTC), 8:58.0. 5,000 RACE WALK—Walker (Vans), 21:34.8.

HJ—Nordquist (Tiger), 7.33; Stones (Tiger), 7.33; Morris (California), 7.04; Eaton (unat), 6.104; PV—Hintnaus (S&S), 18.04; Svillonn (France), 18.0. LJ—Jackson (S&S), 24.81; TJ—Banks (LATC), 55.24; Hays (unat), 52.11; Caldwell (unat), 52.24. SP—Sveflohn (Wt. City), 66.64; Smith (S&S), 64.84; Faul (Wt. City), 62.14. DT—McSeveney (S&S), 209.1; Binley (S&S), 205.3; Stanley (Britain), 199.2; HT—Galle (New York AC), 204.2; Rohovit (Converse), 202.7; Arcaro (AATC), 191.0. JT—J. Bender (S&S), 258.9; Stephens (Coast Athletics), 248.10; O'Donnell (unat), 243.2.

### Women

100—Burke (Puma/Jamaica), 11.85 (wind 0.4 m.p.s. against); Bell (Puma), 11.94; Bell (New Mexico), 12.04. 200—Bell (Puma), 23.3 (wind 1.2 m.p.s. aiding); Rodgers (Arizona), 23.4; Bell (New Mexico), 23.8; Dabney (CSLA), 24.3. 400—Walsh (Arizona), 55.74; Monday (Puma), 55.84; K. Zaleski (Coast Athletics), 56.14. 800—Romo (LATC), 2:01.12; Culbert (Coast Athletics), 2:07.90; Lambaet (Athletics West), 2:09.34; Hopper (unat), 2:09.60. 1,500—Hopper (Puma), 4:24.7; Ralston (Converse), 4:26.6; Ward (SMTC), 4:31.5. 3,000—Stewart (unat), 9:54.6; Mosqueda (unat), 10:14.3. 100 HURDLES—Hightower (Bud Light), 13.12w (3.5 m.p.s.); Page (LATC), 13.33; Watkins (Socal Cheetahs), 13.55; Cannon (Coast Athletics), 13.57; Bolden (World Class), 13.84.

400 HURDLES—Halldorsdottir (California), 61.79. 400 RELAY—CS Los Angeles, 46.52. 800 MEDLEY RELAY—Los Angeles TC, 1:39.92. HJ—Spencer (LATC), 6.04; Maufas (CSLA), 5.84; LJ—Loud (Coast Athletics), 20.34; TJ—Ames (Ocean View HS), 38.04. SP—Pagel (unat), 62.94 (American record, old mark, 62.74; Maren Siedler, 1979); Clements (USC), 52.104; Ford (Converse), 48.84; Hillman (Arizona), 48.14; Adams (Mission Viejo HS), 42.11. DT—Pagel (unat), 190.2; Norton (Converse), 179.1; Ford (Converse), 176.1; Larson (UCLA), 160.6; Durschlag (California), 156.10. JT—Suttin (LATC), 186.6; Nelson (unat), 160.6; Williams (Coast Athletics), 160.6; Hilton (Arizona), 150.1.

## Prefontaine Meet

June 1, Eugene, Oregon.

### Men

200—1. Smith (Bud Light), 20.68; 2. Da Silva (Brazil), 20.99; 3. Williams (Canada), 21.37.

800—1. Barbosa (Brazil), 1:46.52; 2. Hoogewerf (Canada), 1:46.65; 3. Redwine (Athletics West), 1:47.83; 4. Tufaniello (AW), 1:48.50.

1,500—1. Cruz (Brazil), 3:35.70; 2. Spivey (AW), 3:35.82; 3. Scott (Tiger), 3:35.83; 4. Aragon (AW), 3:38.07; 5. Dixon (unat), 3:37.80; 6. Harris (AW), 3:38.07.

5,000—1. Maree (AW), 13:20.48; 2. Padilla (AW), 13:20.67; 3. Buckner (Britain), 13:21.06; 4. Plasencia (AW), 13:23.34; 5. Doherty (Britain), 13:23.48; 6. Henderson (AW), 13:23.57.

3,000 STEEPLECHASE—1. Marsh (AW), 8:20.50; 2. Diemer (AW), 8:21.68; Gerber (unat), 8:24.69; 4. Huff (Converse Aggies), 8:24.88; 5. Fell (Canada), 8:26.62; 6. Cooper (Converse South), 8:28.60.

110HH—1. McKoy (Canada), 13.53; 2. Joyner (AW), 13.66; 3. Page (LATC), 14.16.

POLE VAULT—1. Tully (New York AC), 19.0; 2. Quinon (France), 18.4; 3. Hintnaus (Brazil), 18.2; 4. Pursley (Pacific Coast Club), 17.10; 5. Kenworthy (Stars & Stripes), 17.6.

JAVELIN—1. Vilhjamsson (Iceland), 291.9; 2. Atwood (AW), 274.10; 3. Eldebrink (Sweden), 267.5; 4. Petranoff (AW), 258.8; 5. Manninen (Finland), 254.9.

LONG JUMP—1. Powell (unat), 26.2; 2. Banks (unat), 25.3.

DISCUS—1. Bugar (Czechoslovakia), 218.1; 2. Hjeltens (Norway), 214.10; 3. Valent (Czechoslovakia), 213.2; 4. Burns (AW), 205.6; 5. Wilkins (unat), 137.0.

### Women

100—1. Ottey-Page (Los Angeles TC), 11.14; 2. Innes (Atoms), 11.61; 3. Jackson (Atoms), 11.81.

800—1. Kratochvilova (Czechoslovakia), 1:58.01; 2. Campbell (Puma), 2:00.62; 3. Clark (AW), 2:02.59; 3. Gregorek (AW), 2:03.81; 5. McRoberts (Canada), 2:02.95; 6. Addison (AW), 2:04.72.

5,000—1. Slaney (AW), 15:06.53 (American record, old mark, 15:08.26; Slaney, 1982); 2. Bremser (Wisconsin United), 15:19.50; 3. Williams (Canada), 15:20.03; 4. Twomey (AW), 15:22.37; 5. French-Lee (Canada), 15:22.96; 6. Jennings (Nike), 15:24.11.

400 HURDLES—1. Brown-King (AW), 56.54; 2. Bradley (adidas), 57.85. HIGH JUMP—1. Brill (Canada), 6.04; 2. Cockcroft (Canada), 6.04; 3. Spencer (LATC), 5.11; 4. Huntley (Pacific Coast Club), 5.11.

Attendance—12,532

NCAA

## Championships

### Division I

May 31-June 1, Austin, Texas.

AUSTIN, Texas (AP) — Friday's final results in the NCAA Outdoor Track and Field Championships at the University of Texas (all race distances in meters):

#### Men

Hammer throw—1. Tore Gustafsson, Washington State, 246 feet, 10 inches (meet record, old record, 244.2, Robert Weir, Southern Methodist, 1983). 2. Kjell Bystedt, San Jose State, 245.3. 3. Ken Flax, Oregon, 244.5. 4. Brian Masterson, Stanford, 229.6. 5. Patrick Egan, Rhode Island, 224.6. 6. Connor McCullough, Boston University, 223.1. 7. Tore Johnson, Texas-El Paso, 222.1. 8. Fred Schumacher, San Jose State, 220.9.

Pole vault—1. Joe Dial, Oklahoma State, 18 feet, 6 inches (meet record, old record, 18.2 by Dial in 1984). 2. Todd Cooper, Baylor, 18.3. 3. Doug Fraley, Fresno State, 18.3. 4. Mike Shafe, Baylor, 18.0. 5. David Hodge, Baylor, 18.12. 6. Lane Lohr, Illinois, 18.0. 7. Bob Dandino, Mississippi State, 18.0. 8. Eric Forney, Oklahoma State, 17.8.

Long jump—1. Mike Conley, Arkansas, 27 feet, 2 inches (ties meet record; set by Conley, 1983). 2. Raymond Humphrey, Georgetown, 26.4½. 3. Yussuf Alli, Missouri, 26.2½. 4. Greg Johnson, Abilene Christian, 26.2½. 5. Eugene Proffitt, Yale, 26.0. 6. John Register, Arkansas, 25.11½. 7. Moses Kiyai, Iowa State, 25.4. 8. Lester Benjamin, Georgia, 25.4.

Discus—1. Rick Meyer, Houston, 206 feet, 6 inches. 2. Marly Davenport, Texas, 205.5. 3. Mike Buncic, Kentucky, 202.11. 4. Olaf Jenssen, Texas-El Paso, 198.10. 5. Eggeri Bopason, Alabama, 192.7. 6. Todd Kauffman, Arizona, 192.4. 7. David Simmons, Abilene Christian, 192.2. 8. Chris Weiffman, Oregon State, 191.4.

400 hurdles—1. Danny Harris, Iowa State, 48.42 seconds (meet record old record, 48.44, David Patrick, Tennessee, 1982). 2. Henry Amike, Missouri, 48.88. 3. Kevin Henderson, Auburn, 49.16. 4. Leander McKenzie, Florida State, 49.33. 5. Jon Thomas, Indiana, 49.74. 6. Dale Laverly, Texas-El Paso, 49.86. 7. Bernard Williams, LSU, 50.68. 8. Belfred Clark, Tennessee, 51.04.

200—1. Kirk Baptiste, Houston, 20.63 (wind-aided) (meet record, old record 20.15, Mike Miller, Tennessee 1982). 2. Mike Conley, Arkansas, 20.12. 3. Lorenzo McDaniel, Mississippi State, 20.44. 4. Elliott Quow, Rutgers, 20.46. 5. Albi Robinson, Indiana, 20.46. 6. Byron Howell, Washington, 20.60 (only six finalists).

800—1. Earl Jones, Eastern Michigan, 1:45.12. 2. Freddie Williams, Abilene Christian, 1:45.08. 3. John Marshall, Villanova, 1:46.26. 4. Richard Moore, Penn State, 1:46.93. 5. Ibrahim Okesh, George Mason, 1:47.30. 6. Johnny Walker, TCU, 1:47.50. 7. Lamont Crichtow, Jackson State, 1:48.05 (only seven competitors).

3,000 steeplechase—1. Peter Koach, Washington State, 8:19.84. 2. Petrick Sang, Texas, 8:23.68. 3. Rickey Pittman, Tennessee, 8:23.97. 4. Karl Van Calcar, Oregon State, 8:28.25. 5. Kieran Stack, Iowa College, 8:29.60. 6. Joseph Chetelgo, Texas, 8:32.35. 7. Richard Towel, Washington State, 8:37.49. 8. Brian Abshire, Auburn, 8:37.65.

400 relay—1. North Carolina State (Auguston Young, Alston Glenn, Danny Peebles, Harvey McSwain), 39.12. 2. Rice, 39.15. 3. Baylor, 39.16. 4. Missouri, 39.32. 5. Mississippi State, 39.34. 6. Arkansas, 39.48. 7. Auburn, 39.62.

10,000—1. Ed Eyestone, Brigham Young, 28:46.87. 2. Arturo Barrios, Texas A&M, 28:53.29. 3. Yobes Ondieki, Iowa State, 29:07.44. 4. James Sapienza, Dartmouth, 29:09.22. 5. Bernard Dunne, East Tennessee State, 29:22.87. 6. Dave Morrison, Minnesota, 29:26.58. 7. Pat Gillooly, Boston, 29:29.33. 8. Mark Stickley, Virginia Tech, 29:36.10.

#### Women

Discus—1. Laura DeSnoo, San Diego State, 190 feet, 6 inches. 2. Lacy Barnes, Fresno State, 182.1. 3. Karen Nickerson, Stanford, 180.5. 4. Toni Luftens, UCLA, 176.8. 5. Kelly Laddry, Alabama, 176.9. 6.

photo by Bill Leung, Jr.



Danny Harris, former California prep, now at Iowa State, notched a 48.42 NCAA 400 hurdles win.

Quenna Beasley, Oregon, 175.7. 7. Carla Garrett, Arizona, 174.10. 8. Rebecca Feltig, Minnesota, 173.8.

Long jump—1. Carol Lewis, Houston, 22 feet, 1 inch (meet record, old record 21.11½, Lewis, 1983). 2. Kathrene Wallace, Texas Southern, 21.8½. 3. Esmeralda Garcia, Florida State, 21.7. 4. Wendy Brown, Southern Cal, 21.7½. 5. Carol Galloway, Connecticut, 21.2½. 6. Brenda Bailey, Howard, 20.11½. 7. Sabrina Williams, Southern Cal, 20.10½. 8. Donna Thomas, TCU, 20.54.

400 hurdles—1. Lantanya Sheffield, San Diego State, 54.64 seconds (American record, old record, 54.93, Judi Brown, 1984). 2. Jackie Joyner, UCLA, 55.19. 3. Schowanda Williams, LSU, 55.65. 4. Sandra Farmer, Cal State-Los Angeles, 55.91. 5. Leisa Davis, Oklahoma State, 55.93. 6. Almehna Roland, Florida A&M, 56.76. 7. Pipper Bressant, Florida, 57.05. 8. Arnita Egan, Texas Southern, 57.45.



200—1. Juliet Cuthbert, Texas, 22.55 (wind-aided). 2. Michelle Finn, Florida State, 22.77. 3. Sherri Howard, Cal State-Los Angeles, 22.88. 4. Angie Phipps, LSU, 23.12. 5. Ella Smith, TCU, 23.14. 6. Gail Devers, UCLA, 23.14. 7. LaVonna Martin, Tennessee, 23.16. 8. Irey Oliver, Tennessee, 23.66.

800—1. Claudette Groenendaal, Oregon, 2:01.29 (meet record, old record 2:02.08, Joella Clark, Tennessee in 1983). 2. Veronica McIntosh, Villanova, 2:02.07. 3. Evelyn Adiru, Alabama, 2:02.27. 4. Leann Warren, Oregon, 2:02.54. 5. Christine Slythe, LSU, 2:03.61. 6. Kathi Harris, Tennessee, 2:03.81. 7. Jacqueline Sedwick, Michigan, 2:03.85. 8. Gail Bryant, Virginia, 2:05.64.

3,000—1. Cathy Branta, Wisconsin, 9:08.32. 2. Angela Chalmers, Northern Arizona, 9:09.49. 3. Laura Wright, Nebraska, 9:10.15. 4. Jill Halliday, BYU, 9:17.67. 5. Penny O'Brien, Iowa, 9:20.50. 6. Carolyn Forde, Maryland, 9:21.62. 7. Brenda Bushnell, Oregon, 9:25.87. 8. Karen Dunn, Wake Forest, 9:28.29.

400 relay—1. LSU (Sheila Echols, Michelle King, Angie Phipps, Michele Morris), 43.82. 2. Texas, 43.85. 3. Florida State, 43.98. 4. UCLA, 43.99. 5. Texas Southern, 44.11. 6. Georgia, 44.17. 7. Rice, 44.64. 8. Nevada-Las Vegas, 44.82.

AUSTIN, Texas (AP) — Saturday's final results in the NCAA Outdoor Track and Field Championships at the University of Texas (all race distances in meters):

110 hurdles — 1. Henry Andrade, SMU, 13.43 (wind-aided). 2. Wayne Roby, Wisconsin, 13.46. 3. Tom Wilcher, Michigan, 13.67. 4. Dirk Morris, Georgia Tech, 13.68. 5. James Quinn, Baptist College, 13.70. 6. Alex Washington, Western Michigan, 13.74. 7. Ronnie McCoy, Iowa, 13.79. 8. Martin Booker, Villanova, 13.83.

400 — 1. Riddle Haley, Arkansas, 44.70. 2. Sunday Uhl, Iowa State, 44.91. 3. Gabriel Tlacoh, Washington State, 44.92. 4. Michael Franks, Southern Illinois, 45.16. 5. Willie Caldwell, Baylor, 45.26. 6. Michael Cannon, TCU, 45.63. 7. Andrew Valmon, Seton Hall, 45.63. 8. Edwin Modibedi, Villanova, 45.63.

5,000 — 1. Ed Eyestone, BYU, 13:56.72. 2. Peter Koeck, Washington State, 14:01.58. 3. Brian Carlton, Miami, 14:03.47. 4. Mike Blackmore, Oregon, 14:03.60. 5. John Esker, Wisconsin, 14:05.73. 6. Jean-Pierre Ndoyssenga, West Virginia, 14:08.35. 7. Jim Hays, Virginia, 14:09.28. 8. Grant Whitney, Cornell, 14:13.35.

1,500 — 1. Abdi Bile Abdi, George Mason, 3:41.62. 2. Timothy Hacker, Wisconsin, 3:42.66. 3. Paul Donovan, Arkansas, 3:42.85. 4. Dub Myers, Oregon, 3:42.93. 5. Terry Braun, Indiana, 3:43.88. 6. Earl Jones, Eastern Michigan, 3:43.25. 7. Jeff Atkinson, Stanford, 3:43.57. 8. Paul Rugul, SMU, 3:43.64.

100 — 1. Terry Scott, Tennessee, 10.02 (wind-aided). 2. Child Imoh, Missouri, 10.04. 3. Thomas Jefferson, Kent State, 10.08. 4. Lee McNeill, East Carolina, 10.11. 5. Michael Morris, Syracuse, 10.12. 6. Darwin Cook, Southern Cal, 10.14 (only six finishers).

Shot Put — 1. John Campbell, Louisiana Tech, 40-3/4. 2. Soren Tallheim, BYU, 40-7/14. 3. James Doehring, San Jose State, 40-7/14. 4. Marky Kobza, Arkansas, 40-7/14. 5. Dimitrios Koutoukias, Washington State, 40-7/14. 6. John Frazier, UCLA, 40-6/4. 7. Andrew Gilliam, Kansas State, 40-5/14. 8. Ron Backes, Minnesota, 40-5/14.

High Jump — 1. Thomas Erickson, Lamar, 7-7/14 (ties meet and collegiate record). 2. Thomas McCants, Alabama, 7-14. 3. Bill Jasinski, Arkansas, 7-4. 4. Victor Smalls, Clemson, 7-5. 5. Nick Saunders, Boston, 7-5. 6. Jake Jacoby, Boise State, 7-5. 7. Maurice Crumby, Arizona, 7-5. 8. Greg Goncalves, Boston, 7-3.

Triple jump — 1. Michael Conley, Arkansas, 58 feet, 1 1/4 inches (wind-

aided). 2. John Tillman, Tennessee, 55-7. 3. Byron Cridde, Houston, 54-1/4. 4. John Williams, Southern Methodist, 53-7/4. 5. Ken Williams, California, 53-1/4. 6. Vernon Samuels, Southern Methodist, 53-1/4. 7. Francisco Olivares, Texas A&M, 52-3/8. 8. Shawn Askridge, Florida, 51-7/4 (wind-aided).

Javelin — 1. Brian Crouser, Oregon, 281-0. 2. Bob Rockett, Washington, 276-2. 3. Dag Wennund, Texas, 269-1. 4. Sissy Elmarsson, Alabama, 263-10. 5. Jan Johansson, Washington State, 258-6. 6. Mike Brennan, Iowa State, 252-10. 7. Randy Mendenhall, Washington State, 251-0. 8. Shawn Danton, Northridge State, 242-10.

1,600 relay — 1. Baylor (Darnel Chase, Derwin Graham, Johnny Thomas, Willie Caldwell), 3:00.84 (meet record, old record 3:02.09 by Texas Christian in 1983). 2. Alabama, 3:01.16. 3. Iowa State, 3:01.17. 4. Auburn, 3:03.26. 5. Seton Hall, 3:03.28. 6. Abilene Christian, 3:03.28. 7. Villanova, 3:03.70. 8. Florida State, 3:04.37.

Men's final scoring — 1. Arkansas 61. 2. Washington State 45. 3. Baylor 37. 4. Iowa State 35. 5. Brigham Young 28. 6. Missouri 27. 7. Oregon and Houston 26. 9. Texas, SMU, Tennessee and Alabama 25. 13. George Mason 24. 14. Wisconsin 23. 15. Washington 16. 16. San Jose State 15. 17. Auburn 14. 18. Texas-El Paso and Eastern Michigan 13. 20. Indiana and Mississippi State 12. 22. Boston and Oklahoma State 11. 24. Lamar, Louisiana Tech, N.C. State, Texas A&M and Villanova 10. 29. Penn State 9. 30. Georgetown, New Mexico and Rice 8. 33. Stanford 7. 34. Fresno State, Florida State, Kent State, Kentucky, Miami, Fla., Michigan, Oregon State, Seton Hall and TCU 6.

photo by Richard Lee Slotkin



Laura DeSnoo  
First in Discus

Women  
100 — 1. Michelle Finn, Florida State, 11.04 (wind-aided). 2. Gwen Torrence, Georgia, 11.11. 3. Kathrene Wallace, Texas Southern, 11.24. 4. Michelle King, LSU, 11.31. 5. Esmeralda Garcia, Florida State, 11.38. 6. Gail Devers, UCLA, 11.83. 7. Juliet Cuthbert, Texas, 12.95.

Maichelle Maxey, Kansas State, 52.9. 8. Gail Emmanuel, Grambling, 54.8. 1,500 — 1. Cathy Branta, Wisconsin, 4:12.44 (meet record, old record 4:14.31 by Claudette Groenendaal of Oregon in 1984). 2. Claudette Groenendaal, Oregon, 4:14.34. 3. Leann Warren, Oregon, 4:15.28. 4. Tina Krabs, Clemson, 4:15.74. 5. Alissa Hervey, Tennessee, 4:17.94. 6. Regina Jacobs, Stanford, 4:18.39. 7. Nancy Rethia, Florida State, 4:18.56. 8. Tara Arnold, Texas, 4:19.03.

1,600 relay — 1. LSU (Wendy Truvillion, Schowanda William, Camille Cato, Michele Morris), 3:30.39. 2. Tennessee, 3:30.57. 3. Grambling, 3:30.86. 4. Texas, 3:31.46. 5. UCLA, 3:33.87. 6. Delaware State, 3:34.39 (only six finishers).

5,000 — 1. Sabrina Dornhoefer, Missouri, 15:42.22. 2. Sue Schroeder, Minnesota, 15:42.7. 3. Kathy Hayes, Oregon, 15:42.7. 4. Nora Collas, Houston, 15:44.7. 5. Christine McHiken, Oklahoma State, 15:45.7. 6. Kirsten O'Hara, California, 15:46.8. 7. Anne Schweitzer, Texas, 15:51.52. 8. Lynn Nelson, Arizona State, 15:57.36.

100 hurdles — 1. Rhonda Blanford, Nebraska, 12.70 (wind-aided). 2. Rosalind Pendergraff, Auburn, 13.00. 3. Jackie Joyner, UCLA, 13.06. 4. Sophie Hunter, Delaware State, 13.01. 5. LaVonna Martin, Tennessee, 13.02. 6. Gail Devers, UCLA, 13.34 (only six finishers).

High Jump — 1. Kathrene Johnson, Arizona, 6-4 1/4 (ties collegiate record set by Louise Ritter of TWU in 1982). 2. Mervyse Ewanje-Epee, Arizona, 6-3 1/4. 3. Camille Harding, Arizona, 6-3 1/4. 4. Lauri Young, Northeast Louisiana, 6-2. 5. Tonya Mendonca, Fresno State, 6-0. 6. Yolande Henry, Abilene Christian, 6-0. 7. Rita Graves, Kansas State and Yuffa Shelton, Alabama, 6-0 (tie).



Lacy Barnes  
Second in Discus

Triple Jump — 1. Esmeralda Garcia, Florida State, 43-7 1/2. 2. Jackie Joyner, UCLA, 43-2 1/4. 3. Terri Turner, Texas, 43-0. 4. Wendy Brown, Southern Cal, 42-11. 5. Robyne Johnson, Texas, 42-1 3/4. 6. Julie Lewis, Louisiana State, 41-10 1/4. 7. Donna Thomas, Texas Christian, 41-8 1/2. 8. Starline Williams, Texas-San Antonio, 41-5 1/4.

Shot Put — 1. Regina Cavanaugh, Rice, 56-7 1/2. 2. Carla Garrett, 55-7 3/4. 3. Lorraine Costanzo, Arizona, 53-5 1/4. 4. Del Jones, Fresno State, 52-7 1/4. 5. Diana Clements, Southern Cal, 51-6 1/2. 6.

Quenna Beasley, Oregon, 51-5 1/4. 7. Pam Dukas, Stanford, 51-0 1/4. 8. Vivian Fisher, Texas Southern, 50-5 1/4.

Javelin — 1. Iris Gronfeldt, Alabama, 187 feet, 8 inches. 2. Susie Ray, Florida, 185-1. 3. Lori Mercer, Florida, 180-2. 4. Sally Harmon, Oregon, 176-3. 5. Sonya Smith, Abilene Christian, 173-10. 6. Meg Warren, Appalachian State, 173-7. 7. Michelle Olivera, Los Angeles State, 171-5. 8. Connie Peterka, Oregon State, 171-5.

## Division II

photo by Richard Lee Slotkin

May 24-25, Cal State Los Angeles.

### Men

200 — 1. Williams (Abilene Christian), 20.56 (wind 1.4 m.p.s.). 2. Graham (CS Dominguez Hills), 20.80. 3. Jackson (SE Missouri St.), 20.89. 4. Parker (St. Augustine's), 21.03. 5. McGee (North Dakota), 21.05. 6. Harrell (St. Augustine's), 21.21.

800 — 1. Williams (AC), 1:48.64. 2. Ramotshabi (AC), 1:49.26. 3. Marshall (Hampton), 1:50.12. 4. Brown (District of Columbia), 1:50.22. 5. Gilbert (Lowell), 1:50.23. 6. Fisk (CSDH), 1:50.51.

10,000 — 1. Threinen (St. Cloud St.), 29:29.1 (hand, timed). 2. Zimmermann (North Dakota St.), 29:33.7. 3. Amo (East Texas St.), 29:45.3. 4. Leuchtmann (SE Missouri St.), 29:51.5. 5. Repke (Edinboro), 30:04.8. 6. Ortmann (NW Missouri St.), 30:08.4. Others included: 12. Perez (Cal Poly Pomona), 30:58.6.

3,000 STEEPCHASE — 1. Obwocha (East Texas St.), 8:38.86. 2. Amo (East Texas St.), 8:49.50. 3. Jones (AC), 8:52.59. 4. Flannery (South Dakota St.), 8:54.87. 5. Dunthorne (Edinboro), 9:02.2. 6. Chisholm (Southern Connecticut), 9:05.44.

400H — 1. Bugg (CS Los Angeles), 50.27. 2. Trusty (AC), 50.52. 3. Avery (CS Bakersfield), 50.55. 4. Stewart (Elizabeth City), 50.80. 5. Chappelle (CSLA), 51.25. 6. Goldowski (East Stroudsburg St.), 51.93.

400 RELAY — 1. St. Augustine's (Lightbourne, Paraker, Albany, Harrell), 40.11. 2. Hampton, 40.54. 3. New York Tech, 40.64. 4. Cal Poly SLO, 40.76. 5. Southern Connecticut, 40.79. 6. East Texas St., 40.98.

SHOTPUT — 1. Shatta (AC), 60-8 1/4. 2. Simmons (AC), 59-1 1/4. 3. Cacciopaglia (Angelo St.), 58-11 1/4. 4. Bolden (CSLA), 58-7 1/4. 5. Farber (CS Northridge), 56-2 1/4. 6. Weyers (CSN), 57-9 1/2. Others included: 9. Halter (Cal Poly SLO), 54-3 3/4. 10. Buckholtz (CSN), 53-7 1/4.

LONG JUMP — 1. Reid (Hampton), 26-1 1/2. 2. Johnson (AC), 25-11 1/4. 3. Bodine (North Dakota St.), 25-0. 4. Whiting (SE Missouri St.), 24-9 1/4. 5. Praser (New York Tech), 24-8 1/4. 6. Alexander (St. Augustine's), 24-2 1/4. Others included: Stewart (CSLA), scratched. HAMMER — 1. Missio (CS Bakersfield), 201-6. 2. Buckholtz (CSN), 200-10. 3. Chesbrough (Southern Connecticut), 200-1. 4. Simmons (AC), 196-3. 5. Blanchard (Southern Connecticut), 193-0. 6. Halter (Cal Poly SLO), 192-4. Others included: 8. Farber (CSN), 183-9. 10. Weyers (CSN), 175-4.

JAVELIN — 1. Ward (Central Connecticut), 247-11. 2. Denton (CSN), 241-10. 3. Collatz (CS Bak), 241-7. 4. Koel (San Francisco St.), 233-4. 5. Allen (Indiana, Pa.), 226-1. 6. Westry (Troy St.), 225-4. Others included: 8. Tatum (CSLA), 220-11. 9. Kaufman (CSN), 220-8.

### Women

200 — 1. Young (Alabama A&M), 22.92 (Division II and meet record, old mark, 23.38, Young, 1984). 2. Coates (AC), 23.70. 3. Carpenter (Cal Poly SLO), 23.81. 4. James (Stephen F. Austin), 23.84. 5. Bourne (Alabama A&M), 23.89. 6. Gill (CS Bak), 23.90.

800 — 1. Klausman (Seattle Pacific), 2:10.05. 2. Torrence (SE Missouri St.), 2:10.32. 3. Green (Navy), 2:10.38. 4. Gooding (District of Columbia), 2:19.81. 5. Fleming (AC), 2:11.19. 6. Mitchell (Alabama A&M), 2:11.33.

3,000 — 1. Dunn (Wake Forest), 9:22.54 (meet record, old mark, 9:28.41, Kristin Asp, South Dakota, 1984). 2. Lopez (Cal Poly SLO), 9:26.59. 3. Dietman (North

Women's Final Scoring — 1. Oregon 52. 2. Florida State and LSU 46. 4. Arizona and UCLA 45. 6. Texas 41. 7. Tennessee 30. 8. Los Angeles State 28. 9. San Diego State 24. 10. Alabama 22. 11. Houston 21. 12. Nebraska, Wisconsin and Texas Southern, 20. 15. Fresno State 17.



Carey Tyler  
Second in Triple Jump

Dakota St.), 9:27.53. 4. Curk (Central Missouri St.), 9:27.94. 5. Howard (Cal Poly Pomona), 9:30.54. Others included: 8. Manning (Cal Poly SLO), 9:44.75.

400 HURDLES — 1. Williams (Springfield), 59.02. 2. Craig (AC), 59.43. 3. Renny (AC), 59.88. 4. Green (Navy), 60.47. 5. Halpin (CS Hayward), 60.85. 6. Moore (George Mason), 61.21.

400 RELAY — 1. Alabama A&M (Bourne, Polk, Wright, Young), 44.83 (meet record, old mark, 44.93, Alabama A&M, in semifinals). 2. Cal Poly SLO, 45.48. 3. Abilene Christian, 45.63. 4. St. Augustine's, 45.85. 5. Lincoln, 46.33. 6. New York Tech, 46.36.

JAVELIN — 1. Smith (AC), 180-10. 2. Bernstein (Cal Poly SLO), 171-6. 3. Atkinson (AC), 159-0. 4. Miller (CS Sacramento), 155-5. 5. Brewster (Alabama A&M), 154-5. 6. Westernman (West Chester), 153-11. 7. Day (SE Missouri St.), 153-10.

LONG JUMP — 1. Miles (Alabama A&M), 20-0 1/4. 2. Gage (George Mason), 19-9. 3. Rucker (St. Augustine's), 19-8. 4. Costello (CSN), 19-6. 5. McVey (George Mason), 19-3 1/2. 6. Chandler (Cal Poly SLO), 19-3 1/2 (McVey fifth on second best jump, 19-1 1/2 to 18-8).

SHOTPUT — 1. Frahm (NE Missouri), 48-2. 2. Fitts (Tuskegee), 48-0 1/4. 3. Beatty (Slippery Rock), 47-10 1/4. 4. Brown (Alabama A&M), 47-2 1/4. 5. Murray (AC), 46-9 1/2. 6. Addison (George Mason), 45-8 1/4. Others included: 10. Crissler (CSN), 44-3 1/4.

### Men

100 — 1. Witherspoon (Abilene Christian), 10.36 (wind 0.01 m.p.s. aiding). 2. Williams (Abilene Christian), 10.48. 3. Bankston (E. Texas St.), 10.48. 4. McGee (North Dakota St.), 10.50. 5. Jackson (SE Missouri), 10.51. 6. Johnson (Hampton), 10.60.

contd on next page...



## Results

400—1. Lishepo (Mt. St. Mary's), 45.87; 2. Harrell (St. Augustine's), 46.37; 3. tie between Gross (Augustana) and Witherspoon (Abilene Christian), 46.68; 5. McDaniel (St. Augustine's), 47.04; 6. Brown (District of Columbia), 47.11.

110 HIGH HURDLES—1. Ekpete (Mt. St. Mary's), 14.00w (2.82 m.p.s.); 2. Avery (CS Bakersfield), 14.01w; 3. tie between Stewart (Elizabeth City) and Collins (Texas A&M), 14.09w; 5. Lee (CS Sacramento), 14.11w; 6. Maltis (Texas A&M), 14.45w.

1,600 RELAY—1. Abilene Christian (Trusty, F. Williams, Witherspoon, A. Williams), 3:04.73; 2. St. Augustine's, 3:08.34; 3. Hampton, 3:10.00; 4. CS Los Angeles, 3:11.00; 5. CS Sacramento, 3:11.87; 6. Cal Poly SLO, 3:12.47.

HIGH JUMP—1. Lohr (SE Missouri St.), 7-1; 2. Pullin (Abilene Christian), 7-1; 3. Broadus (E. Texas St.), 7-1; 4. Wilcox (Wayne St.), 7-1; 5. Sorenson (NE Missouri St.), 6-9; 6. Clark (Pembroke), 6-9.

POLE VAULT—1. Jenkins (Abilene Christian), 17-0; 2. tie between Hix (Abilene Christian) and Giuliano (CS Northridge), 16-6; 4. Kolb (Mantako St.), 16-6; 5. Thaxton (Abilene Christian), 16-6; 6. McClanahan (San Francisco St.), 16-3.

TRIPLE JUMP—1. Salazar (Abilene Christian), 54-0½; 2. Tyler (CS Bakersfield), 53-10¼; 3. Kelly (CS Bakersfield), 53-8; 4. Mitchell (CS Hayward), 52-8¼; 5. Whiting (SE Missouri St.), 52-8¼; 6. Cobb (Morehouse), 52-3¼; 7. Cobbs (CS Los Angeles), 51-6¾w.

DISCUS—1. Simmons (Abilene Christian), 194-1; 2. Brockhaus (South Dakota St.), 170-7; 3. Gacciapaglia (Angelo St.), 168-9; 4. Maiden (CS Bakersfield), 168-1; 5. Hintz (SE Missouri St.), 166-3; 6. Prince (Springfield), 163-1.

TEAM LEADERS (final)—Abilene Christian, 171; East-Texas St., 63; St. Augustine's, 53; CS Bakersfield, 49; SE Missouri St., 48; Mt. St. Mary's, 46; CS Northridge, 41; Hampton, 37; CS Los Angeles, 33; North Dakota St. and South Dakota St., 21. Others included—CS Dominguez Hills, 11 and Cal Poly SLO, 11; CS Sacramento, 10; CS Hayward, 2.

### Women

100—1. Young (Alabama A&M), 11.39w (2.33 m.p.s.); 2. Coates (Abilene Christian), 11.45w; 3. Carpenter (Cal Poly



Gordon Bugg  
Frosh 400H Winner

SLO), 11.61; 4. Gill (CS Bakersfield), 11.64; 5. James (Stephen F. Austin), 11.66w; 6. Davis (St. Augustine's), 11.72w; 7. Polk (Alabama A&M), 11.72w.

400—1. Vaughn (Angelo St.), 53.54; 2. Storvick (Cal Poly SLO), 53.66; 3. Wright (Alabama A&M), 54.35; 4. Williams (St. Augustine's), 54.50; 5. Rowe (Alabama A&M), 54.67; 6. Creekmore (Hampton), 54.83.

1,500—1. Prieru (Cal Poly SLO), 4:16.78 (Division II record, old mark, 4:17.99; Prieru, Cal Poly SLO, 1984); 2. Andrew (Liberty Baptist), 4:22.62; 3. Mitchell (Alabama A&M), 4:24.23; 4. Miller (CS Hayward), 4:27.39; 5. Manning (CS Hayward), 4:27.59; 6. Garcia (CP Pomona), 4:27.96.

5,000—1. Bowers (West Chester), 15:59.34; 2. Root (Cal Poly SLO), 16:04.74; 3. Gray (UC Davis), 16:34.87; 4. Dietnam (North Dakota St.), 16:36.77; 5. Corp (Central Missouri St.), 16:37.42; 6. Snyder (Edinboro), 16:40.36.

100 LOW HURDLES—1. Chandler (Cal Poly SLO), 13.53 (wind 0.1 m.p.s. against); 2. Davis (St. Augustine's), 13.69; 3. Day (CS Sacramento), 13.86; 4. Stewart (Angelo St.), 13.92; 5. Toliver (Air Force), 14.10; 6. Williams (Springfield), 14.22.

1,600 RELAY—1. Cal Poly SLO (Saville, Carpenter, Jordan, Storvick), 3:36.37; 2. Abilene Christian, 3:36.67; 3. Alabama A&M, 3:40.15; 4. Angelo St., 3:44.89; 5. CS Hayward, 3:44.89; New York Tech, 3:44.93.

HIGH JUMP—1. Henry (Abilene Christian), 6-0; 2. tie between Patterson (CS Northridge) and Wright (CS Dominguez Hills), 5-8½; 4. Lockhart (California, Pa.), 5-8¼; 5. Weigman (Cal Poly SLO), 5-8¼; 6. Beck (Shippensburg), 5-6¼.

TRIPLE JUMP—1. Foster (Abilene Christian), 41-9½ (wind 1.45 m.p.s. aiding) (Division II record, old mark, 40-10¼; Foster, Abilene Christian, 1984); 2. Gage (George Mason), 41-6; 3. Costello (CS Northridge), 40-1½; 4. Hawkins (St. Augustine's), 40-1; 5. Brown (Texas A&M), 39-7; 6. Roberts (Air Force), 38-9½.

DISCUS—1. Oswalt (CS Hayward), 174-11; 2. Lewis (Abilene Christian), 169-1; 3. Beatty (Slippery Rock), 164-8; 4. Jackson (Indiana Central), 161-3; 5. Dentinger (CS Sacramento), 159-4; 6. Trovie (Angelo St.), 153-6.

TEAM LEADERS (final)—Abilene Christian, 106; Cal Poly SLO, 103; Alabama A&M, 83; St. Augustine's, 41; CS Hayward, 40; George Mason, 28.

photo by Richard Lee Slotkin



Gladees Prieru  
1500m Champion

Angelo St. and CS Sacramento, 25; CS Northridge, 24; Springfield and West Chester, 21. Others included—UC Davis, 11; CS Bakersfield, 8; CS Dominguez Hills, 7.

## Division III

May 24-25, Granville, Ohio.

### Men

200—1. Spangler (Susquehanna), 21.76; 6. Hardy (Occidental), 21.95; 800—Harn (UW Oshkosh), 1:49.30 (meet record, old mark, 1:49.3; Barry King, Ashland, 1976); 10,000—Manciu (St. Thomas), 39:39.26; 3,000SC—1. Gathie (St. John's, Minn.), 8:48.71 (meet record, old mark, 8:48.4; Gordon Innes, CS Humboldt, 1977); 2. Grenzer (Pomona-Pitzer), 8:59.10; 400IH—Walden (Susquehanna), 52.16; 400RELAY—Occidental (Brown, Stoney, Mueller, Hardy),

41.09LJ—1. Dean (La Verne), 23-8¼; 3. Mueller (Occidental), 23-4¼ DT—dNewberry (UW LaCrosse), 170-11; HJ—Appell (Hope), 7-0; HT—1. Hibert (Pomona-Pitzer), 209-10 (meet record, old mark, 203-7; Hibert, in prelims); 2. Parris (MIT), 190-1.

### Women

100—1. Age (Southern New Orleans), 12.07; 4. Edwards (Redlands), 12.46; 1,500—1. Koelfgen (St. Thomas), 4:38.69; 4. Beal (Pomona-Pitzer), 4:40.69; 5. Karmitsos (Occidental), 4:40.72; 3,000—1. Hardesty (Claremont-Mudd), 9:42.46; 8. Karmitsos (Occidental), 10:11.91; 400 HURDLES—Spaulding (Cortland St.), 60.43 (meet record, old mark, 61.48; Natalie Jordan, William Paterson, 1983); 1,600 RELAY—U. Mass. Boston, 3:45.26 (meet record, old mark, 3:50.13; Fitchburg St., 1983).

SP—Oedsma (UW LaCrosse), 46-7¼; TJ—1. Evans (Juniata), 37-0¼; 3. Durditt (Occidental), 36-8; 7. Armstrong (Pomona-Pitzer), 35-10¼; 8. Lawson (Occidental), 35-6¼; JT—1. Painter (Glassboro St.), 150-4; 3. Edwards (Redlands), no mark listed.

### Men

100—Hardy (Occidental), 10.68; 400—Fearon (Lincoln), 47.08; 1,500—Schraeder (Wisconsin-Stevens Point), 3:47.90; 5,000—Moxley (Wheaton), 14:27.83; 110 HH—Hurd (Frostburg St.), 14.17; 1,600 RELAY—Glassboro St. (Adams, Moore, Thomas, Lawson), 3:11.57; PV—1. Poullain (Tufts), 15-8; 2. Porter (Occidental), 15-8; TJ—Alston (Pomona-Pitzer), 50-1¼; SP—Newberry (Wisconsin-LaCrosse), 62-9¼; JT—1. Trap (Rose-Hulman), 229-8; 3. Griffin (Claremont-Mudd-Scripps), 208-3; 8. Porter (Occidental), 196-11.

TEAM SCORES (final)—Lincoln (Pa.), 61; Wisconsin-LaCrosse, 58; St. Thomas (Minn.), 56; Occidental, 46; Frostburg St., 36. Others included—Pomona-Pitzer 31; La Verne 10.

### Women

400—Eddins (U. Mass.-Boston), 55.34; 800—Evans (Salve Regina College), 2:10.98; 6. Brooks (Redlands), 2:12.92; 5,000—Kirtland (Macalester), 16:57.11; 100 LH—Edwards (Redlands), 14.24; 400 RELAY—1. Southern-New Orleans (Darensbourg, Trask, Jackson, Age), 47.14; 3. Pomona-Pitzer, 48.29; 5. Redlands, 48.81; LJ—1. Armstead (Cortland St.), 19-2¼; 2. Lawson (Occidental), 18-9; 5. Burditt (Occidental), 18-1¼; HJ—1. Scott (Heidelberg), 5-8; 5. Moore (Occidental), 5-6; DT—1. Platzer (Grinnell), 142-5; 4. Howe (Pomona Pitzer), 138-6.

TEAM SCORES (final)—Cortland St., 62; Southern-New Orleans, 61; Wisconsin-LaCrosse, 50; St. Thomas, 48; Massachusetts-Boston, 39; Occidental, 36½. Others included—Redlands, 28; Pomona-Pitzer, 18; CS Stanislaus, 13; Claremont-Mudd-Scripps, 10.

**Safety Pins**

**FOR RUNNERS  
RACE NUMBERS**

**\$10.95 per Box**

**10 gross**

**1440 pins**

**10 boxes/\$9.00 each**

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

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

**SWIM ★ BIKE ★ RUN**



**FLEET FEET  
TRIATHLETE**

**We are in the FITNESS business!**

**3870 N. Cedar #101  
Fresno, CA  
(209) 221-8181**



# Road Race Results

## Run for Summer Fun

### Overall Results - 5K

1	Jerry Alexander (31)	14:53
2	Ramon Morales (25)	15:14
3	Robert Proctor (26)	15:18
4	Enrique Castro (28)	15:19
5	Tom Lowry (32)	15:19
6	Hal Hays (32)	15:40
7	Ron Kurala (36)	15:42
8	Robert Aube (22)	15:48
9	Randy Kilpatrick (33)	15:50
10	Dave Hayward (44)	16:01

### Overall Results - 10K

1	Thom Vernon (27)	30:22
2	Monte Brothwell (30)	30:37
3	Ron Gee (33)	30:42
4	Jim Triplett (27)	30:45
5	Alphonse Swai (21)	30:56
6	Mario Hidalgo (26)	31:49
7	Enrique Castro (28)	32:32
8	Rudi Krause (30)	32:47
9	Mike Chambliss (35)	32:55
10	Steve Schuman (22)	33:02

### Division Results - Men's 10

12 & Under:	1. Michael Tomasulo 40:17, 2. Chip English 43:25, 3. Ricky Onofre 44:38, 13-18: 1. Bryan Portillo 34:44, 2. Jose Olivas 36:06, 3. Henry Loo 38:35, 19-24: 1. Alphonse Swai 30:56, 2. Steve Schuman 33:02, 3. Luis Castaneda 34:36, 25-29: 1. Thom Vernon 30:22, 2. Jim Triplett 30:45, 3. Mario Hidalgo 31:49, 30-39: 1. Monte Brothwell 30:37, 2. Ron Gee 30:42, 3. Rudi Krause 32:47, 40-49: 1. Mitch Pickens 36:31, 2. Salvador Torres 37:31, 3. Ken Hamrick 38:28, 50-59: 1. Aurelio Camacho 38:42, 2. Armando Macias 40:25, 3. Stan Block 41:02, 60 & Over: 1. Mel Schewe 48:40, 2. Jack Mehlman 50:10, 3. John Melville 50:48.
-------------	--

### Division Results - Women's 10K

12 & Under:	1. Sandra Ndez 41:41, 2. Josephine Duarte 55:19, 3. Shalu Gupta 1:01:16, 13-18: 1. Michelle Streeter 47:50, 2. Not Available, 3. Sheri Ozeki 54:45, 19-24: 1. Donna Chin 35:43, 2. Lydia Salinas 41:10, 3. Jennie Stachura 42:15, 25-29: 1. Beth Milewski 35:34, 2. Gretchen Lohr 37:27, 3. Miriam Vendelbosch 40:48, 30-39: 1. Darsie Bowden 35:40, 2. Elaine Triplett 37:23, 3. Claudia Morales 38:42, 40-49: 1. Wendy Tockman 42:20, 2. Jeanette Wells 43:15, 3. Rita Gilmore 43:20, 50-59: 1. Nelly Williams 44:59, 2. Kathleen Vento 54:43, 3. Rosanna Bobsay 1:01:43, 60 & Over: 1. Dorothy Lineberry 59:41.
-------------	--

## MDA 10K

### April 14. Mission Bay Park, San Diego.

#### Overall Results - Men

1	Tim Varley, San Diego	30:01
2	Gilberto Alvarez, Tijuana	30:28
3	William Ayyad, San Diego	30:44
4	Tom Lux, San Diego	30:52
5	Shawn Delaney, San Diego	31:36
6	Dick Jensen, Escondido	31:56
7	Jonathan Haberkorn, San Diego	32:23
8	Jorge Beltran, Tijuana	32:36
9	James Sackett, Denver	32:36
10	David Reuter, Del Mar	32:42

#### Division Results - Men

12 & Under:	1. Tony Tan 41:38, 2. Vince Wallace 42:26, 3. Aaron Quessnell 43:03, 13-17: 1. Gary Gregorio 33:46, 2. Fernando Zamora 36:31, 3. Mark Sperling 37:05, 18-29: 1. Tim Varley 30:01, 2. Gilberto Alvarez 30:28, 3. William Ayyad 30:44, 30-34: 1. Tom Lux 30:52, 2. Jonathan Haberkorn 32:23, 3. Ed Nares 33:19, 35-39: 1. Dick Jensen 31:56, 2. Jim Sackett 32:36, 3. Steve Myhr 33:04, 40-44: 1. Gary Novak 32:55, 2. Richard Ruiz 33:34, 3. John Metz
-------------	---

33:47, 45-49: 1. Robert MaAndrews 34:53, 2. Bob Holland 35:55, 3. Carl Peterson 36:38, 50-59: 1. Jim O'Neill 34:55, 2. Bud Blackwood 41:21, 3. Lefty Miller 42:01, 60 & Over: 1. Jim McCown 39:04, 2. Gordon Broadhead 41:39, 3. Thomas Leedham 41:50.
--

### Overall Results - Women

1	Lita Lux, San Diego	37:47
2	Teresa Sherry, LaMesa	37:59
3	Diane Riley, San Diego	39:18
4	Lori Dowdy, San Diego	39:36
5	Ursula Rains, Chula Vista	40:31
6	Cecilia Klein, Costa Mesa	40:39
7	Jenny Lamott, San Diego	40:53
8	Cion Ruiz, San Diego	41:14
9	Darcy Danner, San Diego	41:28
10	LeeAnn Jordan, San Diego	41:35

### Division Results - Women

12 & Under:	1. Janine Miller 47:31, 2. Kelly Woods 49:34, 3. Tamara Miller 50:30, 13-17: 1. Valerie Kolk 46:36, 2. Betsey Ingram 48:46, 3. Becky Taylor 52:32, 18-29: 1. Lita Lux 37:47, 2. Diane Riley 39:18, 3. Lori Dowdy 39:36, 30-34: 1. Teresa Sherry 37:59, 2. Cecilia Klein 40:39, 3. Cion Ruiz 41:14, 35-39: 1. LeeAnn Jordan 41:35, 2. Marilee Ramsey 44:36, 3. Alice Felix 44:59, 40-44: 1. Ursula Rains 40:31, 2. Bonnie Baer 43:30, 3. Toni Deal 45:09, 45-49: 1. Betty Frankum 43:56, 2. Helen Baker 50:20, 3. Joyce Zillner 52:25, 50-59: 1. Marlys Creigh 47:23, 2. Sally Byram 48:30, 3. Lucille Ballback 54:32, 60 & Over: 1. Mary Story 47:26, 2. Virginia Hastings 53:51, 3. Mary Vigil 1:05:01.
-------------	--

## Open Space Race

### April 21. Santa Cruz. 10K.

#### Division Results - Men

12 & Under:	1. Patrick Garrahan 42:25, 2. David Levy 1:03:40, 13-19: 1. Adam Colon 36:49, 2. Michael Grade 40:10, 3. Steve Andrews 41:26, 20-29: 1. Gian Starineri 31:16, 2. Jose Aispuro 31:50, 3. Eric Rorer 32:34, 30-39: 1. Greg Brock 32:59, 2. Michael Lotter 34:05, 3. Terry Wilson 34:59, 40-49: 1. Gary Gottelman 33:27, 2. Michael Hicks N.T., 3. Sam Vandenburg 36:43, 50 & Over: 1. Thomas Reynolds 41:40, 2. Robert Christensen 48:20, 3. Ken Bailey 49:19.
-------------	--

#### Division Results - Women

20-29:	1. Sandy French 35:43, 2. Barbara Myers-Acosta 36:10, 3. Eileen Bickard 36:24, 30-39: 1. Juana Stavolone 36:19, 2. Katie Scott 43:15, 3. Sharon Lesar 43:55, 40-49: 1. Gail Gottelman 41:28, 50 & Over: 1. Sylvia Lianides 1:08:39.
--------	---

## Simi Valley Freedom Runs

### April 21. Simi Valley. 5K & 10K.

In an extremely close finish in the women's 5K race, Joyce Klausmeier beat nationally ranked masters runner Judy Kewely by a step. With her win, Klausmeier also lowered the course record.

#### Division Results - Men's 5K

12 & Under:	1. Armando Cota 21:32, 2. Michael Schumacher 21:33, 3. Keith Kim 23:32, 13-19: 1. Paul Meyers 15:57, 2. Steve Lunn 17:59, 3. Bryan McCanna 18:52, 20-29: 1. Santos 16:25, 2. Marouka 16:59, 3. Mark Westerline 17:05, 30-39: 1. Jim Hughes 17:16, 2. Jeff Ross 18:05, 3. John Elter 18:19, 40-49: 1. Peter 17:06, 2. Joe Jacobsen 18:41, 3. Jack Kewely 19:05, 50-59: 1. Jim Parra 19:09, 2. Gunnar Bricker 19:32, 3. Robert Ploos 21:49, 60 & Over: 1. John Thompson 22:54.
-------------	--

#### Division Results - Women's 5K

12 & Under:	1. S. Maben 24:19, 2. Michelle
-------------	--------------------------------

Stoltz 26:28, 3. Daniel McGelligot 28:58, 13-19: 1. M. Widen 23:25, 2. Cara Martin 25:18, 3. Melissa Villeneuve 25:22, 20-29: 1. Joyce Klausmeier 18:20, 2. Teri Ingram 21:00, 3. Linda Fisher 23:35, 30-39: 1. Wendy Jurutka 23:57, 2. Anita Faz 25:16, 3. Jeanne English 25:20, 40-49: 1. Judy Kewely 18:21, 2. Marilyn Kistner 23:26, 3. Carol Dougherty 25:19, 50-59: 1. Sally Johnson 34:53.
---

### Division Results - Men's 10K

12 & Under:	1. Joseph Krasno 57:37, 13-19: 1. Jim Zimmer 34:20, 2. Travis Briggs 36:35, 3. Chris Reinard 43:38, 20-29: 1. Pat Cooper 33:23, 2. C. Carroll 33:40, 3. Brian Thoemmes 38:15, 30-39: 1. Craig Mead 35:08, 2. Jim Hughes 35:33, 3. John Rupp 36:23, 40-49: 1. Peter 37:05, 2. Jerry Sterns 38:19, 3. Dave Reeves 39:23, 50-59: 1. Jim Knerr 34:41, 2. Larry Jay 39:38, 3. Hosek 40:52, 60 & Over: 1. Ted Meyer 52:40, 2. King 53:19, 3. Russ Halton 54:21.
-------------	---

### Division Results - Women's 10K

13-19:	1. Holly Briggs 42:42, 2. T. Young 47:02, 20-29: 1. Tami Papapetru 43:31, 2. Peggy Jacques 49:56, 3. T. Ross 51:10, 30-39: 1. Joyce Bruno 53:59, 2. Yael Johnson 56:14, 3. Judy Windle 57:36, 40-49: 1. Shieila Smith 48:30, 2. Yvonne Livett 51:43, 3. Vonnies Lounsberry 56:48, 50-59: 1. Joyce Zytoske 50:53.
--------	--

## Pena Adobe 10K

### April 27. Vacaville.

#### Overall Results

1	John Stokka (18-29)	32:17
2	Mason Myers (17&U)	34:09
3	Doug Butt (40-49)	34:20
4	Paul Belsser (30-39)	35:01
5	Stephen Freitas (30-39)	35:14
6	Kevin Holbrook (17&U)	36:43
7	Wayne Johnston (30-39)	36:50
8	Giovanni Licari (30-39)	37:30
9	Jeffrey Dorfman (18-29)	37:40
10	J. Silva (30-39)	38:13

#### Division Results - Men

17 & Under:	1. Mason Myers 34:09, 2. Kevin Holbrook 36:43, 18-29: 1. John Stokka 32:17, 2. Jeffrey Dorfman 37:40, 3. Roger Tiss 39:20, 30-39: 1. Paul Belsser 35:01, 2. Stephen Freitas 35:14, 3. Wayne Johnston 36:50, 40-49: 1. Doug Butt 34:20, 2. Terry Higgins 39:01, 3. Gary Crawford 42:20, 50 & Over: 1. Paul Ligda 41:27, 2. Walt Betschart 42:01, 3. Mort Ward 44:38.
-------------	---

#### Division Results - Women

18-29:	1. Mary Jo Stokka 40:37, 2. E. Smith 41:25, 3. Carol Parker 50:03, 30-39: 1. Karen Robinson 47:54, 2. Diane Cortner 48:20, 3. Sue Gray 48:59, 40-49: 1. Carolyn Ward 56:53.
--------	---

## Yreka Lions Invitational

### April 27. Yreka.

#### Varsity Boys Results

Shot Put:	1. Guest 52-2 1/4, 100m HH: 1. Hugh 14.7, 100m: 1. Bernhardt 10.9, 400m Relay: 1. Eagle Point 44.0, Long Jump: 1. Hyatt 21-1/2, 1600m: 1. Craig 4:25.8, 400m: 1. Coon 50.1, High Jump: 1. Cobb 6-6, 300m IH: 1. Hugh 39.9, 800m: 1. 1:56.2, 200m: 1. Bernhardt 22.4, Discus: 1. Nanson 153-8, Pole Vault: 1. Piercy 13-6, Triple Jump: 1. Nevens 44-8 1/4, 3200m: 1. Gilnes 10:13.2, 1600m Relay: 1. Enterprise 31:28.
-----------	--

#### Varsity Girls Results

Long Jump:	1. Machado 17-7 1/4, Discus: 1. Smith 138-3, 100m Hurdles: 1. Cunningham 15.6, 100m: 1. Machado 12.8, 1600m: 1. Banamini 5:15.4, 400m Relay: 1. Grants Pass 50.8, 400m: 1. Chapman 59.0, Triple Jump: 1. Faller 33-5, 300m LH: 1. Cunningham 47.6, Shot Put: 1. Smith 38-2 1/2, 800m: 1. Bonomini 2:22.4, 200m: 1. Ramirez 26.1, 3200m: 1. Alaveira 11:51.0, High Jump: 1. Machado 5-0, 1600m Relay: 1. Grants Pass 4:13.3.
------------	---

## Gilroy Road Run

### April 27. Gilroy. 3K & 10K.

#### Overall Results - 10K

1	Steve Billingsley	33:30
2	Javier Naranjo	33:44
3	John Battencourt	34:45
4	Not Available	35:02
5	Rich Stiller	32:28
6	Gilbert Munoz	35:43
7	Joel Morales	36:24
8	Martinez	36:28
9	Not Available	36:37
10	Robert Estorga	38:27
11	Sal Talamo	38:57
12	Leland Townsend	39:10
13	Alex Cavarrubias	39:15
14	Joe Grambow	39:27
15	Jeff Borges	39:45
16	Mark Steelman	39:59
17	Jim Haecel	40:07
18	Arelio Zuniga	40:09
19	Jon Shimon	40:17
20	Carlos Ortis	40:24

#### Overall Results - 3K

1	Steve Billingsley	9:24
2	Bob Eberle	9:43
3	John O'Neill	9:47
4	Robert Lyle	10:14
5	Mark Nozares	10:18
6	Richard Eberle	10:41
7	Brian Dunlap	10:51
8	Tari Dunlap	10:51
9	Jesse Sotelo	11:19
10	Abb Diza	11:50

## Steamroller Ultra 100K

### April 27. Angeles Nat'l Forest. Castaic.

#### Overall Results

1	Bill McDermott(34)LaHabraHt	9:57:48
2	Bill Davis (39) S.F.	10:34:56
3	Emile VanDerMerwe(29)DelM	10:39:28
4	Berd Leupold(42)SanRaf	10:56:40
5	Steve Harvey(40)LagNiguel	11:41:24
6	Phil Penna(36)Redwood City	11:43:12
7	Tate Miller(37)Capitola	11:50:08
8	Chris Delgado(50)CitrusHts	12:07:30
9	Bruce Madewell(39)Sacto	12:21:52
10	David Black(34)Afton,MN	12:22:21

## Monrovia Century Runs

### April 27. Monrovia. 10K & 5K.

#### Overall Results

1	Jon Horowitz (19-29)	33:50
2	Eugene Muslar (19-29)	34:15
3	Juan Oyaga (19-29)	35:25
4	Jay Klersky (19-29)	35:40
5	James Moore (19-29)	36:29
6	Eddie Hernandez (16-18)	38:49
7	Bruce Hartley (19-29)	37:16
8	Lee Baca (40-49)	37:39
9	Raul Orozco (30-39)	37:48
10	Toby Jimenez (16-18)	38:38
45	Pat Mullen (40-49F)	45:19
65	Michelle Wilkenson (16-18F)	48:09
75	Renee Wilkinson (16-18F)	49:06
76	Barbara Basta (40-49F)	49:11
85	Karyn Dobson (30-39F)	50:19

#### Overall Results - 5K

1	Irv Ray (30-39)	16:17
2	Refugio Estrada (19-29)	16:18
3	Henry Lange (30-39)	16:40
4	Mac Williamson (19-29)	17:04
5	Antonio Estrada (19-29)	17:26
6	Christian McCart (16-18)	17:38
7	David Hall (16-18)	17:41
8	Ralph West (30-39)	17:43
9	Ray Varcoe (30-39)	17:11
10	Doug Allen (13-15)	18:13
24	Tina Stough (30-39F)	20:03
36	Cecily Parker (40-49F)	21:17
51	Laura Oswald (19-29F)	22:35
60	Diana Henchey (19-29F)	23:22
66	Nancy Cross (30-39F)	23:48



## Results

### AVHMC Spring Fitness Classic

April 27. Lancaster. 5K & 10K.

#### Overall Results - 5K

1	Shawn Elmore (19)Rosamond	16:28
2	Anton Gonzalez (29)Pacoima	16:34
3	Mike Wagenbach (35)GranHills	16:38
4	Barry Foose (37)Pacoima	17:38
5	Art Aurand (40)QuartzHl	17:45
6	Phil Horn (31)Lancaster	17:55
7	Steve Chipman (15)Lancaster	17:57
8	Dan Bartlett (18)Lancaster	18:21
9	Greg Cortez (23)Tehachapi	18:26
10	Tom Komjathy (22)Edwards	18:56
11	Mike Welch (44)Lancaster	19:06
12	Kent Cox (33)	19:26
13	David Rooney (28)	19:28
14	Gunnar Brickner (59)M.delRay	19:31
15	Tracey Woods (20F)QuartzHl	19:33
16	Jerry Cox (30)	19:39
17	Craig Cieslik (12)Lancaster	19:45
18	Al Flores (26)	19:55
19	Lance Zemla (20)Palmdale	20:09
20	Del Barrett (31)	20:14

#### Overall Results - 10K

1	Gary Dehlinger (18)Palmdale	35:12
2	Mark LaPlant (19)QuartzHl	36:25
3	Jack Powell (25)Lancaster	36:45
4	Rene Ruiz (42)Bev.Hills	37:38
5	Jeff Parkhurst (24)Ridgecrest	38:03
6	Frank Ogawa (46)Riverside	38:38
7	Alan Warren (32)QuartzHl	38:43
8	Del Telford (25)QuartzHl	38:46
9	Dave Piolatto (30)Palmdale	38:59
10	Dennis Fletcher (38)Lancaster	40:25
11	Jim Munson (46)Lancaster	41:14
12	Bobby Sierra (29)	41:34
13	Paul Fobia (17)QuartzHl	42:40
14	John Hamilton (37)Lancaster	42:54
15	Carl Walz (29)	43:07
16	Greg St. George (31)	44:01
17	Jim Talley (64)Lancaster	44:02
18	Chad Cieslik (11)Lancaster	44:39
19	Paul Meister (38)	44:44
20	Donna Kammer (29F)Edwards	44:52

### Coddington Lions Biathlon

April 27. Santa Rosa.

#### Division Results - Men

14 & Under:	1. David Waldow 2:55:13.
15-19:	1. Kent Chilcott 2:01:48. 20-29: 1. Brett Vannatta 2:00:56. 30-39: 1. Hersh Jenkins 2:01:31. 40-49: 1. James Hatfield III 2:06:44. 50-59: 1. Scott Chilcott 2:22:15.
Division Results - Women	
15-19:	1. Michele Zediker 2:45:11. 20-29: 1. Carol Welch 2:12:16. 30-39: 1. Peggy Smyth 2:11:15. 40-49: 1. Kathryn Kettler 2:45:15.

### Indian Gulch To Hornitos

April 28. Hornitos. 5 & 10 Mile.

#### Division Results - Men's 5 Mile

13-17:	1. Phil Brown 31:04. 2. Jeff Hartmann 31:36. 3. James Dean 32:43. 18-29: 1. Dennis Yarnitsky 27:49. 2. John Holbeck 29:15. 3. Fernando Diaz 30:33. 30-39: 1. Louie Phillips 28:10. 2. John Carter 28:20. 3. Thomas Jones 29:16. 40-49: 1. Mike Mason 31:34. 2. Jim Brown 33:54. 3. Jim Clecker 34:24. 50 & Over: 1. John Kaufman 42:06.
--------	---

#### Division Results - Women's 5 Mile

13-17:	1. Tracy MacClennan 40:43. 18-29: 1. Marianna Ragsdale 38:25. 2. Nancy Hunt 39:56. 3. Diane Hughes 42:27. 30-39: 1. Judy Weisel 33:49. 2. Michelle Bottjer 34:14. 3. Jane Johnson-Russell 36:26.
--------	--

40-49: 1. Maryann Clark 37:30. 2. Rebecca Clecker 39:02. 3. Bonnie Pius 39:26. 50 & Over: 1. Mae Rogers 39:16 (age record). 2. Marvete Taylor 49:10. 3. Peggy Shainberg 1:01:39.

#### Division Results - Men's 10 Mile

29 & Under:	1. Mark Rowney 65:35. 2. John Esparza 69:52. 3. Thomas Diehl 1:11:29. 30-39: 1. Ron Barker 58:19. 2. Curt Royer 60:50. 3. Dick Domant 62:51. 40-49: 1. Tom Parker 68:21. 2. Ken Schwisow 68:36. 3. Mike Killingsworth 1:10:34. 50-59: 1. Frank Morris 1:15:11. 2. Fred Pereira 1:16:06. 3. Chuck Freular 1:21:34. 60 & Over: 1. Don Lundberg 1:18. 2. Bob Manly 1:30. 3. Robert Evans, Sr. 1:34.
-------------	--

#### Division Results - Women's 10 Mile

29 & Under:	1. Mary Ellen Riggs 1:24. 30-39: 1. Jan Jensen 1:17:56. 2. Randi Robinson 1:23. 3. Susan Holm 1:24. 40-49: 1. Jean Schwisow 1:24. 2. Gail Miller 1:29. 50 & Over: 1. Flo Seely 1:46.
-------------	--

### Schoolpower's Buick Gold-Coast Classic 10K

April 28. Laguna Beach.

#### Division Results - Men

10 & Under:	1. Eric Ricketts 42:50. 2. Chris Chapman 43:35. 3. Brandon Kaplan 44:52. 11-14: 1. Bryan Dameworth 35:03. 2. Wilson 35:53. 3. Ken Gibson 35:57. 15-18: 1. Frank Romero 33:11. 2. David Cossio 35:45. 3. Bill Heffernaw 36:03. 19-29: 1. Steve Scott 29:12. 2. Tom Wysocki 29:43. 3. John Koning 30:45. 30-34: 1. Dave White 32:46. 2. Bruce Johnson 33:57. 3. Jesus Morales 34:49. 35-39: 1. Steve Myhro 33:07. 2. Keith Strodi 33:19. 3. Ron Jensen 33:35. 40-44: 1. Mike Eck 33:46. 2. P. Carter 35:10. 3. Larry Fahoia 35:20. 45-49: 1. M. Andrews 34:56. 2. R. Muarrette 34:57. 3. Mike Woods 35:57. 50-59: 1. Jim O'Neil 35:21. 2. Wally Evertz 36:31. 3. Fred Lehr 38:29. 60-69: 1. Larry Banuelos 38:54. 2. Lovie Ojeda 41:32. 3. Bob Page 42:05. 70 & Over: 1. S. Scofield 47:26. 2. Bill Nice N.T.. 3. Jim Bole N.T.
-------------	---

#### Division Results - Women

10 & Under:	1. Jessica Beifer 48:58. 2. S. Savei 50:27. 3. Yolanda Mendoza 53:05. 11-14: 1. Roberta Moronez 38:01. 2. Stacey Wronka 48:09. 3. Genny Bocard 49:06. 15-18: 1. Sheri White 42:47. 2. Maura Daly 44:08. 3. Beth Cook 47:50. 19-29: 1. Lisa Gonzales 34:49. 2. Liz Baker 35:37. 3. Nancy Hunsakee 36:31. 30-34: 1. Lon Belsh 40:49. 2. Cullene Murphy 43:27. 3. Cynthia Tyler 43:53. 35-39: 1. Julie Millard 38:25. 2. Susanne Ferguson 38:35. 3. Jan Vickers 40:04. 40-44: 1. Sue Peterson 37:48. 2. Harolene Watters 38:58. 3. M. Deville 47:24. 45-49: 1. Viola Phillips 41:44. 2. Cherrie Bodaioto 43:25. 3. Ida Hendrick 46:11. 50-59: 1. Maria Lund 51:12. 2. Mary Ellen Castro 53:10. 3. Ethel Kleinsasser 53:24. 60-69: 1. Lois Edds N.T. 70 & Over: 1. Lucille Adney N.T.
-------------	---

### Cotati Co-op Runs

from Anu De Monterico, M.D.

April 28. Cotati. 5K & 10K.

The Cotati Co-op hosted its third annual benefit run at the Cotati Veterans Memorial Park. The combined five and ten kilometer road races drew approximately 300 entries. In the 5K race 18 year old Gary Wood, a resident of Petaluma and a member of the S.R.J.C. track and field team, bested the field in a time of 16:30. Kristie McCall, age 14, a miller for the Rincon Valley Jr. High track team, posted a time of 19:13 to finish first among the women.

Steve Scharman of Santa Rosa, aged 29, a rapidly rising star on the local running scene, won the slightly hilly 10K race

in a fast 33:14. In the women's division 25 year old Trisha Arbogast of Lafayette outdistanced second place finisher Susan Locke of Greenbrae in a time of 39:19.

Other noteworthy times were turned in by Santa Rosans Todd Stevens, aged 12, and Nika Horn, aged 11, who posted times of 18:23 and 20:18 respectively, for the 5K distance. Seventy year old Petaluman Arnold Scott turned in an excellent time of 24:56 in the same race. In the 10K Karin McCall of Santa Rosa, aged 10, gave hint of a promising future, winning the 13 and under women's division in a time of 46:07. And consistent master runner Jan Buckendahl of Petaluma put in another solid performance with a time of 42:41.

#### Overall Results - 10K

1	Steve Scharmann (29) S.Rosa	33:14
2	Rory Ingalls (35) Forestville	34:08
3	Roberto Mendez (31) S.F.	34:21
4	Ted Pawlak (28) Santa Rosa	35:19
5	Peter Vincent (18) Santa Rosa	35:37
6	John Anderson (31) Santa Rosa	35:39
7	Bruce Phinney (25-29) Novato	35:39
8	Mark Dahlquist (22) Santa Rosa	35:52
9	John MacIntosh-King (32) Fortville	36:00
10	Dave Stallers (28) Alameda	36:35

#### Division Results - Men's 10K

13 & Under:	1. Greg Rudy 42:45. 14-18: 1. Peter Vincent 35:37. 19-24: 1. Mark Dahlquist 35:52. 25-29: 1. Steve Scharmann 33:14. 30-34: 1. Roberto Mendez 34:21. 35-39: 1. Rory Ingalls 34:08. 40-44: 1. Bill Posedel 37:14. 45-49: 1. Paul Reiche 41:37. 50-54: 1. Bob Buckendahl 41:51. 55-59: 1. Al Bellon 42:41. 60-69: 1. Mel Judkins 55:30.
-------------	--

#### Division Results - Women's 10K

13 & Under:	1. Karin McCall 46:07. 19-24: 1. Holly McGoldrick 56:32. 25-29: 1. Trisha Arbogast 39:19. 30-34: 1. Margaret Moore 41:59. 35-39: 1. Linda Vincent 50:08. 40-44: 1. Carol Kelly 45:15. 45-49: 1. Sandra Menachof 51:15. 50-54: 1. Jan Buckendahl 42:41. 60-69: 1. Maria Carlson 63:58.
-------------	---

#### Overall Results - 5K

1	Gary Wood (18) Petaluma	16:30
2	Arvid Olson (41) San Anselmo	17:10
3	Marshall MacDonald (38) Sebast	17:18
4	Dave Phillips (33) Santa Rosa	17:19
5	Bill Davis (29) Ukiah	17:35
6	Mark Miller (33) Santa Rosa	18:05
7	Dan Smith (31) Rohnert Pk	18:12
8	Todd Stevens (12) Santa Rosa	18:22
9	Kevin White (25) Cotati	18:34
10	Eric Park (39) Alderpoint	18:38

### Int'l Spring Festival

May 4. Coronado. Marathon.

#### Overall Results - Men's Marathon

1	David Cook, San Diego	2:54:40
2	Jan Kafka, San Diego	2:59:02
3	Pablo Schanes, San Diego	3:04:32
4	Robert Ross, Encinitas	3:05:39
5	Bill Snyder, Coronado	3:07:38
6	Randy Edwards, Camp Pend	3:08:30
7	Ron Bone, San Diego	3:09:24
8	Bill Judson, San Diego	3:11:08
9	Dan Davenport, San Diego	3:12:52
10	Fred Johnson, Escondido	3:14:45

#### Division Results - Men's Marathon

18-29:	1. Dave Cook 2:54:40. 2. Ron Bone 3:09:24. 3. Bill Judson 3:11:08. 30-39: 1. Jan Kafka 2:59:02. 2. Pablo Schanes 3:04:32. 3. Robert Ross 3:05:39. 40-49: 1. Chuck Long 3:16:19. 2. Paul Hendricks 3:23:19. 3. Bill Mattson 3:28:24. 50-59: 1. Antonio Veroin 3:36:46. 2. G.O. Mallette 3:46:34. 3. Keith Berwick 3:57:12. 60 & Over: 1. Raymond Penkert 3:20:34. 2. Luis Ojeda 3:31:38. 3. Ron Tettit 4:26:01.
--------	--

#### Overall Results - Women's Marathon

1	Gloria Shepherd, San Diego	3:10:04
2	Roxanne Heister, Camp Pend	3:18:01
3	Wanda Gunderson, San Diego	3:22:27
4	Corra Copper, San Diego	3:34:21
5	Argoud Ninon, Del Mar	3:37:22
6	Betty Aguirre, Chula Vista	3:40:39
7	Dixie Madsen, San Diego	3:44:03
8	Siga Albrecht, Mission Viejo	3:59:51
9	Rhonda Hernandez, Orange	4:38:20
10	Sherry Newsham, Encinitas	4:44:47

#### Division Results - Women's Marathon

18-29:	1. Wanda Gunderson 3:22:27. 2. Corra Copper 3:34:21. 3. Argoud Ninon 3:37:22. 30-39: 1. Gloria Shepherd 3:10:04. 2. Roxanne Heister 3:18:01. 3. Siga Albrecht 3:59:51. 40-49: 1. Dixie Madsen 3:44:03. 50-59: 1. Annerose Hahn 5:14:18.
--------	---

#### Division Results - Men's 1/2 Marathon

17 & Under:	1. Jose Arciniega 2:11:24. 18-29: 1. Dennis Wilson 1:14:33. 2. Ernesto Gonzalez 1:20:27. 3. Demetrio Soltero 1:23:20. 30-39: 1. Florentino Sanchez 1:13:11. 2. Julio Quintero 1:13:27. 3. Valentin de la Cruz 1:18:15. 40-49: 1. Jeff Saley 1:26:05. 2. Tom Brown 1:30:17. 3. Oscar Rosales 1:30:35. 50-59: 1. Victor Alvarez 1:24:31. 2. Charles Fitzgerald 1:35:20. 3. Ray Gonzalez 1:36:05. 60 & Over: 1. Jack Douglas 1:44:50. 2. Fernando Carbellido 1:48:29.
-------------	--

#### Division Results - Women's 1/2 Marathon

17 & Under:	1. Loretta Harman 1:36:16. 18-29: 1. Mary Louber 1:38:26. 2. Valadez Secodro 1:46:15. 3. Nancy Archer 1:48:15. 30-39: 1. Liz Snyder 1:42:11. 2. Alice Ward 1:47:26. 3. Pat Saley 1:49:09. 40-49: 1. Elaine Peterson 1:50:55. 2. Judy Larkin 1:57:07. 3. Carolyn Medlin 2:05:22. 50-59: 1. Elsa Sandberg 1:54:44.
-------------	--

### Hub to Campus Run

May 5. Cotati. 5300 Meters.

#### Overall Results - Men

1	Jay Aliff (24) Rohnert Pk	18:08
2	Roger Scott (39) Sebastopol	18:30
3	Mike Tebo (15) Rohnert Pk	18:46
4	Brendon Hutchison (41) Santa Rosa	18:47
5	Kevin White (25) Cotati	19:41
6	Kevin Paulsen (26) Cotati	20:44
7	Aubrey Gray (37) Santa Rosa	21:06
8	Howard Davis (39) Sonoma	21:07
9	Bob Chadwick (53) Petaluma	21:47
10	Steve Machol (50) Rohnert Pk	22:06

#### Division Results - Men

14-18:	1. Mike Tebo 18:46. 19-24: 1. Jay Aliff 18:08. 2. Amin Zahari Abdmann 28:38. 25-29: 1. Kevin White 19:41. 2. Kevin Paulsen 20:44. 3. Scott Laube 25:45. 30-34: 1. Bob Keyser 24:00. 35-39: 1. Roger Scott 18:30. 2. Aubrey Gray 21:06. 3. Howard Davis 21:07. 40-44: 1. Brendan Hutchison 18:47. 2. Jim Harberson 24:07. 3. Jim Gray 27:12. 45-49: 1. Tony Piani 23:46. 50-54: 1. Bob Chadwick 21:47. 2. Steve Machol 22:06. 3. Robin Jackson 25:11. 55-59: 1. Peter Woodward 22:27. 2. Stashu Geurtsen 25:19. 3. James McKenna 27:02. 70 & Over: 1. Arnold Scott 26:36.
--------	--

#### Overall Results - Women

1	Tammy Gonzalez (24) Petaluma	19:43
2	Annette Shearer (24) Rohnert Pk	21:39
3	Laura Sim (29) Santa Rosa	22:30
4	Lillian Woodward (49) San Rafael	23:50
5	Carole Roesser (38) Santa Rosa	24:10
6	Sandra Webb (38) Penn Grove	24:35
7	Jill Peckain (19) Rohnert Pk	25:40
8	Marion Poland (50) Santa Rosa	27:27
9	Mary Jo Renzi (35) Santa Rosa	27:38
10	Debbie DeSoto (31) Rohnert Park	27:39

#### Division Results - Women

19-24:	1. Tammy Gonzales 19:43. 2. Annette Shearer 21:39. 3. Jill Peckain 25:40. 30-34: 1. Debbie DeSoto 27:39. 2. Dianne Frazer 34:11. 35-39: 1. Carole Roesser 24:10. 2. Sandra Webb 24:35. 3. Mary Jo Renzi 27:38. 45-49: 1. Lillian Woodward 23:50. 50-54: 1. Marion Poland 27:27.
--------	---

### Devil Mountain Run

May 5. Danville. 10K.

#### Overall Results - Men

1	Dan Harvey (17-29) San Ramon	29:41
2	Rich McCandless (17-29) Los Gat	29:44
3	Alan Dehlinger (17-29) Reno	29:55
4	Robert Anen (17-29) Mt. View	30:00
5	David Rennessen (17-29) Marysv	30:08
6	Jeff Adkins (17-29) El Sobrante	30:13
7	Mike Lansdon (17-29)	30:18
8	Carmello Rios (17-29) Reno	30:26



9 Matt Yeo (30-39) Roseville 30:29  
10 Jim Hartig (30-39) 30:36

#### Division Results - Men

**Wheelchair:** 1. Buddy Timp N.T., 2. Russell Nleman, N.T., 3. Mike McKeague, N.T. **12 & Under:** 1. Steven Glubetich 41:27, 2. Peter Faeth 41:51, 3. Doug Gibson 43:10, 13-16: 1. Mason Myers 33:34, 2. Erich Ackerman 35:02, 3. Gary Ellis 36:42, 17-29: 1. Dan Harvey 29:41, 2. Rich McCandless 29:44, 3. Allen Dehlinger 29:55, 30-39: 1. Matt Yeo 30:29, 2. James Hartig 30:36, 3. Dennis Kurtis 30:54, 40-49: 1. Bill Clark 33:13, 2. Jim Gibbons 33:50, 3. Dete Kraus 34:40, 50-59: 1. Bob Farrington 36:56, 2. Jerry Ohanion N.T., 3. Myron Nevraumont 37:49, 60 & Over: 1. Robert Dechene 42:43, 2. Keith Anderson 42:55, 3. Howard Powers 46:15.

#### Overall Results - Women

1 Kathleen Koudela (17-29)Cupert 35:12  
2 Sheila Ralson (17-29) CanyonCo 35:44  
3 Peggy Smith (30-39)SanAnsel 36:03  
4 Eileen Vukicevich (17-29)S.F. 36:13  
5 Terry Puckett, Reno 36:19  
6 Linda VanHusen 36:31  
7 Sharlet Gilbert (30-39)Richmd 36:51  
8 Sue Brushner (30-39)Oakland 37:03  
9 Sandy French 37:12  
10 Sarah Talbot 37:17

#### Division Results - Women

**12 & Under:** 1. Fatima Johnson 45:50, 2. Rosemary Broderick 49:10, 3. Kristin Hayes 50:27, 13-16: 1. Katy McCandless 44:04, 2. Elizabeth Leon 47:5, 3. Andrea Dossa 47:20, 17-29: 1. Kathleen Koudela 35:12, 2. Sheila Ralson 35:44, 3. Eileen Vukicevich 36:13, 30-39: 1. Peggy Smith 36:03, 2. Sharlet Gilbert 36:51, 3. Sue Vinella Brushner 37:03, 40-49: 1. Vicki Bigelow 39:00, 2. Barbara Shubert 40:47, 3. Heidi Shaden-Poyser 40:48, 50-59: 1. Ruth Anderson 43:54, 2. Mary Ann Perry 51:00, 3. Lynn Henze 51:05, 60 & Over: 1. Mavis Lindgren 1:04:22, 2. Helen Sowers, N.T.

## Lilac Bloomsday Run

May 5. Spokane, WA. 12K.

The weather couldn't have been better for racing, and the racing couldn't have been better either, as 1984 Olympians Paul Davies-Hale of England and Anne Audain of New Zealand sped to victory in a field of nearly 40,000 runners, joggers and walkers in the ninth annual Lilac Bloomsday Run.

With skies clear and temperatures in the low forties, 1983 Bloomsday champion Jon Sinclair led an impressive pack through the two miles in 8:42, followed closely by Marcos Barreto of Mexico and Kenyans Sammy Ngatia, Simeon Kigen, Sothenes Bitok and 1984 Bloomsday champion Ibrahim Husseln.

Meanwhile Davies-Hale, who has competed well on the roads in the U.S. but without a major victory, cruised farther back in the pack. Husseln moved into the lead shortly after, bringing the crowd through three miles in 13:35, but was soon overtaken by Garry Bjorklund of Boulder, CO. After passing four miles in 18:19 a dozen runners were still in contention, but as the group began to ascend "Doomsday Hill", Kigen and Musyoki broke away.

"We were shoulder to shoulder," said Kigen later, "But Musyoki was pushing the pace. When we were going up the hill, I was really sweating."

By the top of the half-mile grade it was down to a four man race, with Kigen and Musyoki followed closely by Davies-Hale and Kenyan Joseph Nzau. Those four continued to work the pace over the next two miles of the 12 kilometer course, when first Nzau and then Musyoki dropped off the pace, leaving Kigen and Davies-Hale to battle it out. As the two approached the finish, Davies-Hale surged around the Kenyan and sprinted to a 34:27 victory, one second ahead of Kigen and five seconds better than the course

record. Kigen was followed by Musyoki and Nzau, who recorded identical times of 34:32, and Rex Wilson and John Bowden of New Zealand.

The women's race was less dramatic but no less impressive, as three-time Bloomsday champion Anne Audain proved she has fully recovered from a leg injury that required a two-month lay-off last winter. Running in her first road race in the U.S. since returning from New Zealand, Audain was out quickly, ran aggressively, and was never challenged as she set a new course record of 39:20, over forty seconds ahead of runner-up Sue French-Lee of Canada.

"This was a Kiwi kind of course, really," said Audain, referring to the hilly Bloomsday route. Audain's time was nine seconds ahead of her 1983 Bloomsday mark, set on a slightly longer course.

Audain and Davies-Hale won \$7,000 each for their victories, part of a total open purse of \$50,000. In the Masters category, Paddy Murphy of Ireland and Gabriele Andersen of Switzerland won \$1,000 each, part of \$4,500 in Masters prize funds.

#### Overall Results - Men

1 Paul Davies-Hale, GB, \$7,000 34:27  
2 Simeon Kigen, Kenya, \$4,500 34:32  
3 Michael Musyoki, Kenya \$3,000 34:32  
4 Joseph Nzau, Kenya, \$2,500 34:32  
5 Rex Wilson, N.Z., \$1,800 34:52  
6 John Bowden, N.Z., \$1,350 34:58  
7 Mark Curp, Polo, MS, \$1,000 35:00  
8 Garry Bjorklund, Boulder, CO, \$900 35:03  
9 Ronnie Carroll, Ireland, \$700 35:05  
10 Kirk Pfeffer, Boulder, CO, \$600 35:12  
13 Tom Wysocki, Canyon, LK, \$300 35:21  
17 Terry Cotton, San Diego, 35:32  
20 Danny Grimes, San Jose, 35:42  
26 Paul Cummings, Orem, UT 36:12  
29 Duncan Macdonald, Kailua, HI 36:28  
30 Domingo Tibaduiza, Colombia 36:40

#### Overall Results - Women

1 Anne Audain, N.Z., \$7,000 34:20  
2 Sue French-Lee, Can, \$4,500 40:03  
3 Jane Shields, G.B., \$3,000 40:17  
4 Regina Joyce, Ire, \$2,500 40:32  
5 Monica Joyce, Ire, \$1,800 40:39  
6 Sue Schneider, Minn, MN, \$1,350 41:00  
7 Suzanne Girard, Wash, DC, \$1,000 41:09  
8 Jan Merrill, New Lon, CT, \$900 41:23  
9 Diane Bussa, E. Lans, MI, \$700 41:30  
10 Janis Klecker, Hopkins, MN, \$600 41:32  
11 Nancy Ditz, Menlo Park, CA, \$500 41:36  
13 Laurie Binder, Oakland, CA, \$300 42:00  
14 Janine Aiello, S.F., \$250 42:41

## Human Race 10K

May 11. Pomona.

#### Winners - Men

1 Rob Slick 32:55  
1 John Holton 32:55

#### Winners - Women

1 Lori Wilson 41:53  
2 Virginia Gonzales 45:59

## Human Race 10K

May 11. Redwood Shores.

#### Division Results

**Wheelchair** 50-54: 1. Troy Durham, Hayward, 33:11.1. **Open Male:** 1. Kim Winkle, Mt. View, 36:28.6. **Open Female:** 1. Michelle Aubuchon, Pleasanton, 36:29.2.

### Road Race Results

*Sorry for the lack of road race results in this issue. This was due to the heavy track and field championship coverage. We'll make up for the road race results in the next issue.*

## P.R.'s

from Richard Lee Slotkin



photo by Richard Slotkin

Natalie Day, won the NCAA Div. I Heptathlon with seven P.R.'s.

PR of the Month has to go to Natalie Day of Sacramento State who not only won the NCAA Div. I heptathlon, but she set a stadium record and PR'd in all 7 events. Honorable mentions go to Latanya Sheffield and Ramona Pagel, both from SDSU, who set AR's in their events. Another honorable mention goes to Robin Root, CPSLO. Root set a Div. II record in the 10,000 meters, then came back to take 2nd place in a PR in the 5000 meters. And Wendy Brown, with a WR in the Triple Jump! This is the month of the woman for this column.

Diane Amelotte (PFF) USS New Jersey 10K	51:03
Diane Amelotte (PFF) Tom Sullivan 10K	49:45
Diane Amelotte (PFF) Long Beach Grand Prix 10K	48:44
Larry Banuelos (STC) Brentwood 5K	*18:10.0
Larry Basile (PFF) USS New Jersey 10K	40:00
Noreen de Bettencourt (CPSLO) Div. II Champ. 1500m	4:28.80
Bruce Bryan (SCR) K of C 5-mile	34:00
Bruce Bryan (SCR) AVHMC Benefit 10K	43:03
Bruce Bryan (SCR) Long Beach Marathon	3:45.45
Karen Callahan (SCR) Pasadena YMCA 5K	22:42
Steve Callahan (SCR) Antelope Valley Med. Ctr. 5K	*22:40
Teresa Haro-Coe (SMT) Brentwood 5K, 1st F	*17:21
Kent Cox (SCR) Pasadena YMCA 5K	18:30
Donna Curtis (USC) NCAA Div. I Champ., 800m	2:04.58
Adele Davis (Basin Blues) Brentwood 10K	43:05
Genn Delnes (SCR) Run for the Health of It 10K	36:19
Chip English (Valley Striders) Crescenta LaFiesta 1 Mile	5:35.4
Chip English (Valley Striders) Brentwood 5K	18:59
Ann Foose (SCR) Pasadena YMCA 5K	22:49
Steve Harris (PFF) Los Alamitos Marathon, 2nd Overall	2:42
Sheridan Holland (Nor-Cal Seniors TC) 50 miler	*7:10
Heanther Johnson (SCR) Antelope Valley Med. Ctr. 5K	*35:26
Dan King (SCR) Great Rockwell Reservoir 10K	48:00
Wendy Logsdon (SMT) CIF 2A Champ., 1600m	5:09.39
Katy Manning (CPSLO) Div. II Champ., 3000m	9:42.20
Mike McKane (SCR) Run for the Health of It 10K	39:19
Mike McKane (SCR) Great Rockwell Reservoir 10K, 1st 50-54	39:02
Karen Newman (SMT) Brentwood 10K	41:22
Ron Olsen (PFF) 6 day race	250.75 miles
Roy Pellerin (SCR) Run for the Health of It 5K	17:47
Robert Polk (PFF) Tom Sullivan 10K	33:54
Giadees Prieur (CPSLO) Div. II Champ. 1500m 1st, MR	4:16.78
Ron Roberts (SMT) Pepsi Inv., 3000m	8:05.9
Robin Root (CPSLO) Div. II Champ., 10,000m, 1st, Div. II Rec., MR	33:22.24
Robin Root (CPSLO) Div. II Champ., 5000m	18:04.74
Cami Slotkin (Grenada Hills H.S.) Brentwood 10K	57:22
Jeff West (SMT) Pepsi Inv., 800m, 2nd	1:45.82
Randy Wilcox (GTE Road Runners) Harbor Dental Society 5 Miler	*28:36
Leon Zampirescu (PFF) USS New Jersey 10K	48:20
Ingrid Zampirescu (PFF) USS New Jersey 10K	51:06
Monica Zieschang (CSU Hayward) Div. II Champ., 3000m	9:30.09

\* 1st time at distance

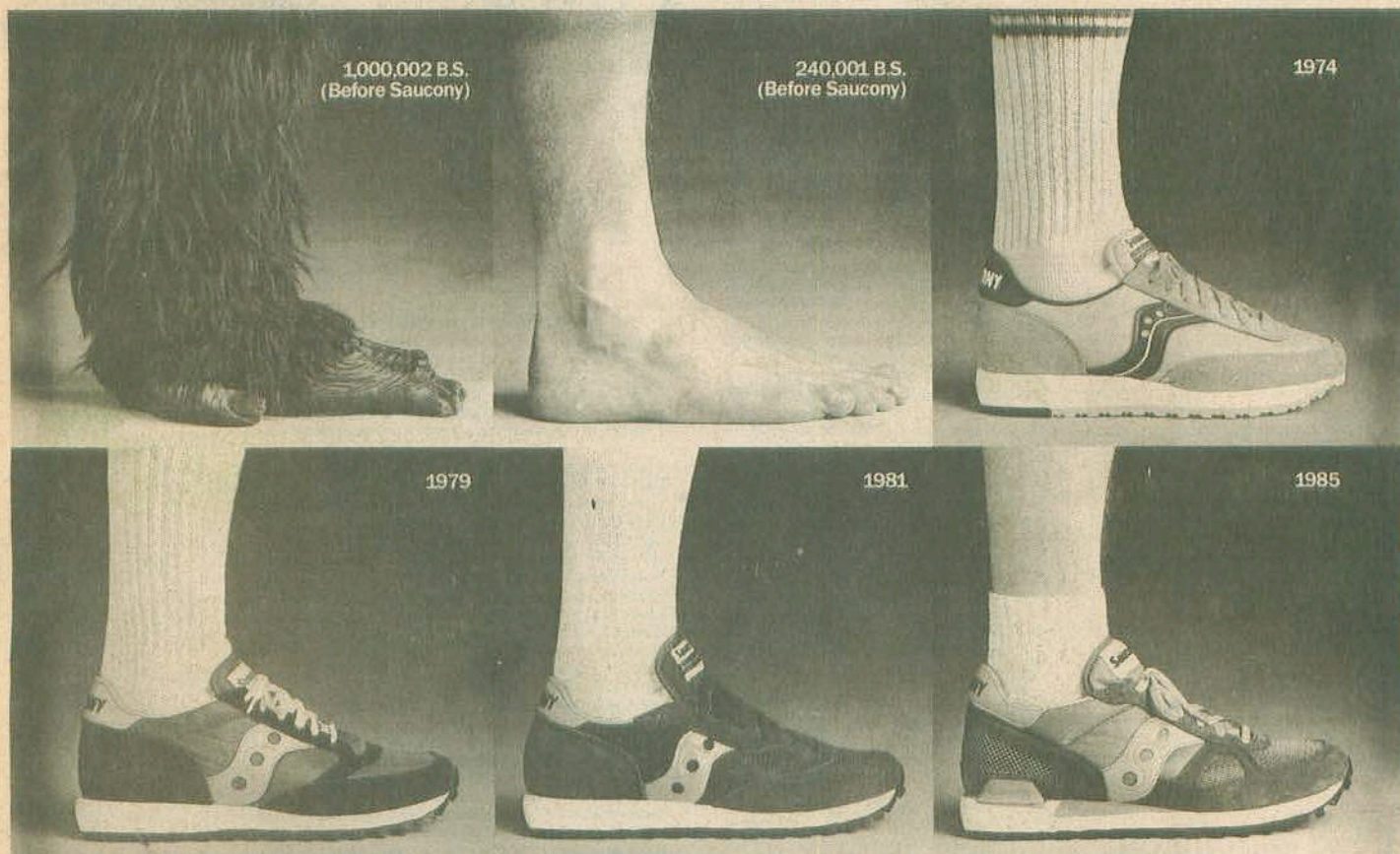
### SPRINTS

Kirk Baptiste (Houston/SMT) S.W.C. Champ., 100m 1st	10.14
CPSLO (Storvick, Saville, Carpenter, Jordan) Div. II Champ. 4x400m	3:36.37
Natalie Day (SCS Sac.) NCAA Div. II Champ., Hept. 100m H	13.72
Natalie Day (CSU Sac.) NCAA Div. II Champ., Hept. 200m	24.48
Natalie Day (CSU Sac.) NCAA Div. II Champ., Hept. 800m	2:14.18
Total Points: Stadium Rec. 5422	
Latanya Sheffield (SDSU) NCAA Div. I Champ., 400m IH, 1st AR	54.64
Veronica Storvick (CPSLO) Div. II Champ., 400m	53.66
USC (Williams, Simmons, Cabell, McGraw) NCAA Div. I Champ, 4x100m	44.84

### FIELD EVENTS

Jackie Anderson (Mt. Miguel H.S.) State H.S. Meet, TJ	41-5 1/4
Wendy Brown (USC) NCAA Div. I Champ., TJ, WR	44-8 1/4
Cece Chandler (CPSLO) NCAA Div. II Champ., LJ	19-10 1/4
Natalie Day (CSU Sac.) NCAA Div. II Champ. Hept HJ	5-3 1/4
Natalie Day (CSU Sac.) NCAA Div. II Champ. Hept SP	31-8 1/4
Natalie Day (CSU Sac.) NCAA Div. II Champ. Hept LJ	18-11 1/4
Natalie Day (CSU Sac.) NCAA Div. II Champ. Hept Jav	106-9
Sharon Hanson (CPSLO) Div. II Champ. Hept SP	39-10 1/4
Sharon Hanson (CPSLO) Div. II Champ. Hept LJ	17-10 1/4
Sharon Hanson (CPSLO) Div. II Champ. Hept HJ	5-3
Lil III (Nogales H.S.) State H.S. Meet, Discus, 1st	162-2
Ramona Pagel (SDSU) SPATAC District Champ, SP, AR	62-9 1/4





## Our Shadow proves the theory of evolution.

Running has come a long way in the last quarter of a million years.

First someone got the bright idea to run on two feet instead of four. About 240,000 years later came the first shoes. Then Saucony developed the Jazz and Freedom Trainer and something called the "Saucony feel" was born.

Now comes the Saucony Shadow.

Its outersole evolved from the Jazz. So it retained the same cushioning ability, while adding reinforced rubber around the edge for longer wear and better support. The midsole grew from the Freedom Trainer, with the addition of a motion controller and shank insert for torsional stability.

And, to insure its survival at night, we've covered the heel counter with 3M Scotchlite® reflective tape and a protective black double screen.

It's a shoe Charles Darwin would have loved. Because it's probably the most comfortable argument anyone's ever made for evolution.



**Saucony**

Div. of Hyde Athletic Industries, Inc.  
Centennial Industrial Park, Centennial Dr., Peabody, MA 01960

Styles for men and women.