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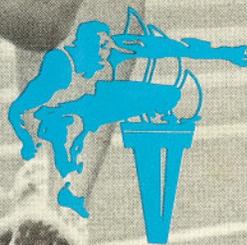
CALIFORNIA TRACK & RUNNING NEWS

JUNE 1983

ISSUE NO. 80



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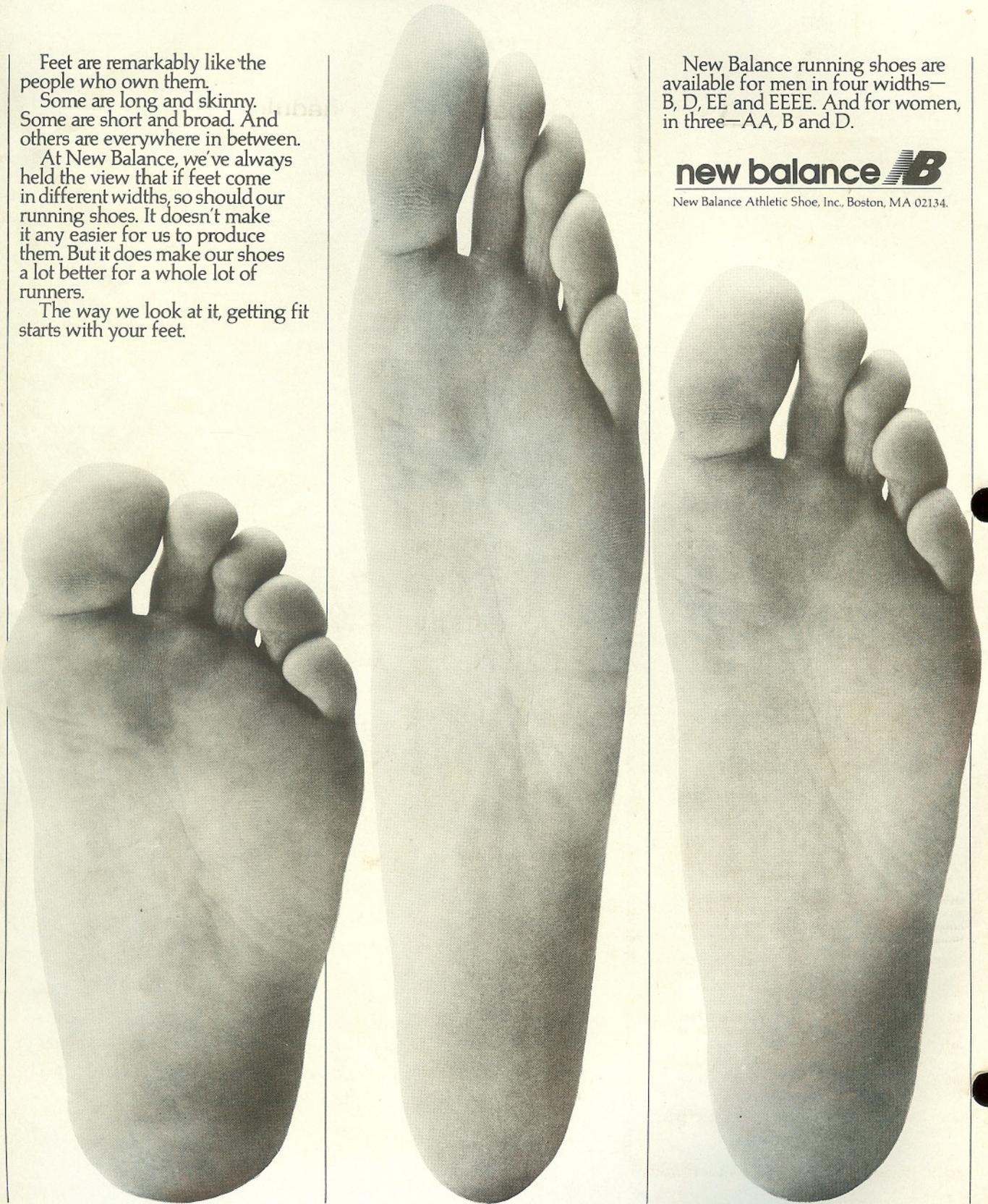
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ON THE COVER:

Mt. SAC Relays Women's 1500 Meters. Left to right: Amy Harper, Brenda Webb, Monica Joyce, Linda Goen, Louise Romo, Michelle Bush, Jan Merrill. Romo was the winner in 4:16.24.

photo by Bill Leung, Jr.



Mailbag

THE SOONER THE BETTER

Can you do anything to improve my receipt of your publication? I received the March issue on April 6th and the April issue on April 26th. I can get the latest issue of CTRN at races sooner than I receive it in the mail. I would appreciate any help you can give me in this regard.

I want to tell you that the new magazine format is much improved over the newspaper format. Also, the editorial style and reporting has improved significantly over a few years ago. I now depend almost exclusively upon the schedule printed in CTRN.

I did find one omission in the April issue, the Masters Track & Field Schedule.

Raymond Manion
Fullerton

From the Editor:

We are aware of the late arrival of the past few month's issues. We've been work-

ing hard on our end to get each month's issue to the printer sooner. We think you'll see an improvement in the more timely arrival of this June issue. I have also learned from the post office that any magazines sent south of Bakersfield are routed through Oakland first. About the masters track and field schedule: Since there were no changes from the March issue and we were short on space we omitted it in April. It was back in with a few minor updates in the May issue. Thanks for writing. I'd be pleased to know when this June issue arrives.

DISAGREES WITH RANKING

Bill Minarik's forecast of this year's Pacific-10 meet in the March issue of SoCal Diary is a joke, right? I take it Bill is trying to show how a jaded fan in the Southland wishes the meet would turn out, while realizing it is a fantasy of the days when Vern Wolfe and Jim Bush had all the best athletes as well as the votes to keep such obscure events as the hammer throw,

decathlon and 10,000 meters out of the meet.

Let's be honest, CTRN, and admit this forecast is at the very least an insult to the excellent programs in the northern two states in the conference, Oregon and Washington. Track fans in the Los Angeles area have for years looked down their noses at the teams at Washington, Washington State, Oregon and Oregon State, but I thought the past half-decade's results had brought Smog City down to earth.

I live 3,000 miles from Westwood, but I can do a better prediction. My forecast of the 1983 meet:

- 1 Washington State
- 2 UCLA
- 3 Oregon
- 4 California
- 5 Arizona
- 6 Arizona State
- 7 USC
- 8 Washington
- 9 Oregon State
- 10 Stanford



Editorial

Biggest & Best

This month's issue features the Mount San Antonio College Relays, more commonly called the Mt. SAC Relays. The cover photo of the women's invitational 800 meter race captures the quality of the competition and the page after page of results attest to the quantity.

1983 marks the Silver Anniversary of the now famous relay carnival. In it's 25 years of existence over 90,000 athletes have participated - this year alone saw 7,000 competitors. It could be said that in California (and perhaps the nation), as far as relay meets, Mt. SAC is the biggest and the best. Mt. SAC has something for everyone from junior high to masters and most of the state's track and field performers have tested their abilities at Mt. SAC.

The Mt. SAC Relays isn't just for the competitor. It's a track fan's dream - the true test of a legit "track nut." Only the heartiest of fans can endure the 350 events spread over the four days and not suffer track burn-out for the remainder of the season.



How to Survive the Mt. SAC Relays. Doug Speck grades papers and Cockerham catches up on some more serious intellectual stimulation.

continued on opposite page...

The Cougars will be a runaway winner of the meet, while also winning this year's national dual-meet title and challenging for the NCAA title in Houston in June. I say this as a Tex-Husky who has had more than his share of tiffs with the WSU coach, John Chaplin. The prediction that they will finish fifth in the meet — behind moldy USC, no less — surely is a hoax.

It is common knowledge the USC program has been on the skids for years. The reason the Trojans met Stanford earlier in the season in a dual instead of Cal is because Stanford was a good match. Cal would have humiliated them. Minarik instead says, "Look for USC to start moving back up, but a lack of depth will still deprive the Trojans of a title," as if this were 20 years ago. I count seven significant members of the current squad (Morales, Cook, Handelsman, Tave, Caire, Kenworthy, Krachir). In the Stanford meet, no one even broke 49 seconds in the 400.

The era of domination of college track by USC and UCLA has ended, and certainly this is not a bad development for the sport. Many universities now field solid squads capable of challenging for the NCAA championship.

Jack Pfeifer
Baltimore, Maryland
April 25, 1983

From the Editor:

Thanks for your insight and analysis of the PAC-10. In defense of Bill Minarik, though, we must consider that we require his predictions the first of February to make the March issue. That's before track season has even started and before most schools even have their media guides out. Predictions aren't easy under these cir-

Mt. SAC has a special place in my track and field memories. As a competitor it's where I won my first trophy (they were softer back in the early sixties). As a spectator, it was at Mt. SAC that I witnessed my first world record. After competing Friday as a prep, Dad brought me back on Saturday to watch the big boys. I'll never forget the excitement of the Arizona State mile relay team (Mike Barrick, Henry Carr, Ron Freeman and Uli Williams) as they raced to a world record 3:04.5. We also saw Al Oerter toss the discus 205-5 for another record. We even went back on Sunday to see C.K. Yang finish up the decathlon with another world mark. These are just a few of the nearly two dozen world records set over the years at Mt. SAC.

As a track athlete or fan if you haven't been to the Mt. SAC Relays, then you haven't yet experienced the biggest and the best. See ya' there next year - bring a pillow!

"Thank you," to Don Ruh and his hard working staff for consistently putting on a top notch meet which has served a very important function in the state's track and field community and in the lives of thousands of California's track and field athletes. Ruh has been the Meet Director for the past 19 years.

stances, but we all are entitled to our own guesses as to the outcome based on our perspective at the time. It's a bit easier to make these kinds of forecasts after a couple of months of meets. By the time this issue is mailed we'll all know who was closest to the actual outcome of the PAC-10. Hope to have seen you at the meet in Berkeley on May 20-21.

MASTERS MISTAKE

I thank you for including my name on the All-Time Masters Ranking list. But, I must say my best time in the 30" 400 meter hurdles was inadvertently left off. Time was 63.7 at the National Championships in Gresham, Oregon in 1977. At the time it was a new world record for age 57.

If you will check with Peter Mundle you will also find that at the Senior Olympics at USC in Los Angeles in 1981 at age 60 I ran 400 meter 30" hurdles in 69.1 to tie the American record.

Bob Hunt
Anaheim

CROSS COUNTRY NEWS AVAILABLE

When I was a youngster growing up in southern Minnesota, I used to listen to stories my father would tell me about running cross country at Grinnell College back in the 1920's. I could not really appreciate his love for the sport until I became a runner myself and then later as I watched my own daughter running cross country.

Throughout years of talking with high school and college cross country coaches, I realize how much they value good information about the sport. However, up to now, national publications about running and coaching have not focused on cross country itself. The *Cross Country Journal* will. As a publication devoted exclusively to the betterment of high school and college cross country, the *Cross Country Journal* will cover the topics you will need in becoming a better coach.

The *Cross Country Journal* will be published six times a year, starting this May. A one year's subscription is \$9. Contact: The *Cross Country Journal*, Sunrise Valley Press, Rt. 1, Box 98A, Wright City, MO 63390.

MORE AGE GROUP COVERAGE

I enjoy reading your magazine very much. I like how you list all of the road race results from all around California.

I am partly writing to ask if you can, in one of your issues, list rankings of the best junior high track runners or list the best runners in track by their age-groups (midget, junior, intermediate, etc.). I am 14 years old and wish the younger runners could be recognized more by your great magazine.

By the way, my cross country team won the 1982 TAC Junior Olympics Cross Country National Championships in the 13-14 boys age group. My coach, Dave Pasco, was the fine coach of our winning team.

Richard Harkless
Clovis

From the Editor:

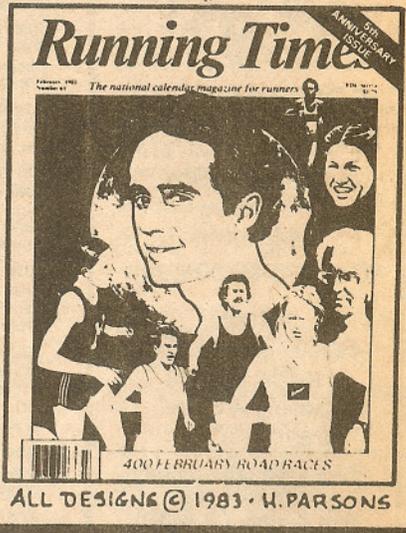
Thanks for the kind words about CTRN and congratulations to you, Dave Pasco and your team on their National Championship. Age group track is one area we haven't yet attempted. Thanks to High School Editor Keith Conning we are doing an excellent job of covering the preps. Jack Leydig and Dick Slotkin are doing a superb job with the schedule and long distance results respectively. But, we feel we would like to improve our other areas, like Community college, university open, and masters, before we try to take on another category. Maybe someday if we can get another volunteer like Keith who would take this on. In the meantime I would suggest Starting Line Magazine, which is the magazine for young track and field athletes. Contact them at Box 878, Reseda, CA 91335.

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Schedule

by Jack Leydig
Scheduling Director

Please send scheduling information directly to **Scheduling Director, 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.

JUNE

JUN TBA: National 25K Women's Champs. Sudbury, Mass. Cindy Hastings, c/o GBTC, 90 Hampshire St., Cambridge, MA 02139. (617) 876-0727.

JUN 1: National Time Trial Challenge. 1/2 mile & 5 mile, Foothill College (Los Altos), 5:30 pm. NTTC, c/o 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

JUN 1: NYC Marathon Entry Information. Requests must be postmarked no earlier than 12:01 am (June 1st) ... after midnight of May 31. ... \$3 non-refundable handling fee must accompany request. ... check or money-order only (payable to NYC Marathon) ... envelopes must be business size (#10) ... separate envelope for each form requested. No letters with requests, just the \$3 fee and S.A.S.E. Requests processed in order received & entry forms mailed in that order starting late June. Only 8,000 will be accepted on first-come basis, and the remainder will be drawn in a lottery to be held in late July (for additional 9,000 entrants) ... you can still be put on waiting list after this if you're not accepted in lottery. *Mail requests to:* Marathon Entries, P.O. Box 1388, GPO, New York, NY 10116.

JUN 4: Redding Rendezvous Triathlon. 8 mile run, 21 mile bike, 6 mile canoe. Redding, time TBA. Mike Jones, P.O. Box 1988, Redding 96099. 2 day event.

JUN 4: U.S. Triathlon Series. 2K swim, 40K bike, 15K run. San Diego, time TBA. USTS, P.O. Box 1438, Davis 95617. Entries close 2 weeks prior to event.

JUN 4: Mirassou Grape Run. 3.5 mile, San Jose (Mirassou Winery, 3000 Aborn Rd.), 9 am. Ron Wayne, 25930 Kay Ave., No. 206, Hayward 94545. Liz Maragliano (408) 274-4000. Runners must be 21 years or older.

JUN 4: The Human Race. 5 & 10K X-Country, Susanville, 8 am. Judy Ernaga, Friends Outside, P.O. Box 1701, Susanville 96130. (916) 257-3516.

JUN 4: Windsor Festival 10K Run. Windsor (Keiser Park, Windsor River Rd.), 8 am. Windsor Chamber of Commerce, Box 367, Windsor 95492. (707) 838-2858, eves.

JUN 4: Mt. Misery 10K. Placerville, time TBA. Ernest Merloni, 5101 Newtown Rd., Placerville 95667. (916) 644-2407.

JUN 4: Runner's World Road Club 5-Miler. Los Altos Hills (Foothill College), 8 am. Peanut Harms, Foothill College, 12345 El Monte Rd., Los Altos 94022.

JUN 4: Just for the Health of It 10K. Santa Clara County Fairgrounds (San Jose), 8:30 am. Ted Schmidt, Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223.

JUN 4: Nun Run. 4.5 mile, San Mateo (St. Matthews Church), 8:30 am. Anita Grebel, 149 Castilian Way, San Mateo 94402. (415) 347-8064, eves.

JUN 4: Hotline Health Center Annual 5/10K "Run for Help" Anaheim (Yorba Regional Park), 8 am. Mitch Garcia (714) 778-1000, x22.

JUN 4: Sanger Striders Memorial Run. 3 mile prediction & 6 mile race, Sanger, 8 am. Sanger Striders TC, 10518 E. California, Sanger 93657. (209) 875-4072.

JUN 4: Run to Provide. 5K, 10K & 20K (plus 1 mile walk), Santa Ana (Centennial Park), 7:30 am. NBRA, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

JUN 4: Charlie Chaplin 10K Fun Run. Niles (Alameda Creek, East Bay Regional Park Trail), 9:30 am. The Glass Works, 37597 Niles Blvd., Fremont 94536.

JUN 4: Run for Apricots. 5, 10 & 15K, Patterson (Community Stadium), 7 am/15K, 7:10 am/10K, 8:30 am/5K. Apricot Fiesta, P.O. Box 442, Patterson 95363. (209) 892-3118.

JUN 4: Goats Polo Run. 10K & 2 mile, Oakdale, 8 am. Richard Vaughan, 224 No. Western, Waterford 95386. (209) 874-9545.

JUN 4: Run With Jim 5 & 10K. Dockweiler Beach, 8 am. Mary Lou McCammack, P.O. Box 72, Hermosa Beach 90254. (213) 379-3652.

JUN 4: Hill & Dale Run. Formerly scheduled for April 30. 10K, Healdsburg (Field Stone Winery), 8:30 am. Suzie Buchignani, 10075 Hwy 128, Healdsburg 95448. (707) 433-7266.

JUN 4: Rotary River Run. Formerly scheduled for April 30. 3 & 6 mile (& children's 1 mile), Firebaugh, 8:30 am. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

JUN 5: Gold Country Marathon, Half-Marathon & 10K. Nevada City, 7 am. Gold Country Lions Club, P.O. Box 531, Grass Valley 95945. (916) 273-4682.

JUN 5: Avon Women's International Marathon. (Open & Masters Women's National TAC Championships), Los Angeles (on 1984 Olympic Marathon course), 7 am. Avon International Running Circuit, 9 West 77th St., New York, NY 10019. (212) 546-3786.

JUN 5: Sri Chinmoy Marathon. Foster City, 7 am. Michael Lindeman, 2438 - 16th Ave., San Francisco 94116. (415) 665-2994. *May 25 Deadline, must be 18 or older.*

JUN 5: Russian River Run. Marathon & Half-Marathon (also 4.9 mile). Ukiah, 6 am. Ukiah Community Center, 516 So. State St., Ukiah 95482. (707) 462-8879. **800 Limit.**

JUN 5: Dump to Dump Run. 5 mile, Burlingame, 9 am. Vicki Thomas, 299 California, Suite 208, Palo Alto 94306. (415) 326-4711.

JUN 5: San Leandro Shoreline 10K. (& 2 mile fun run), San Leandro (Marina Park), 8:45 am/2 mile, 9 am/10K. Ted Swenson, 835 E. 14th St., San Leandro 94577. (415) 577-3469.

JUN 5: DSE Dipsea Practice Run. 7.1 mile, Mill Valley (Lytton Sq.) to Stinson Beach, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

JUN 5: St. John's Old Town Run. 5 miles, Napa (960 Caymus), 9 am. Old Town Run, c/o St. John's Church, 960 Caymus, Napa 94559.

JUN 5: Heart and Sole 10K. Sallinas (Memorial Hospital), 9 am. Fleet Feet, 364 Main St., Sallinas 93901. (408) 424-4343.

JUN 5: Apple Run 10K. Watsonville (Pajaro River levee), 9 am. Jack Smith, c/o Parks & Recreation Dept., P.O. Box 430, Watsonville 95076. (408) 728-6082, days.

JUN 5: Run to Beat Cancer. 5 & 10K, Buena Park, time TBA. American Cancer Society, 4030 Birch St., Newport Beach 92660. (714) 752-8600.

JUN 5: Sunset Park 5-Miler. Las Vegas, Nev., 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas 89101. (702) 382-3496.

JUN 5: The Race. 8K, Eugene, Oregon (Autzen Stadium). The Race, 1587 Agate, Eugene, OR 97403.

JUN 5: Totum Pole V (Pony Express Days Run). 5 mile, McKinleyville Shopping Center, Eureka, 1 pm. Lenny Escanda (707) 442-7495.

JUN 5: Statuto Race. 8.1 mile, San Francisco (1630 Stockton St.), San Francisco 94133. (415) 986-9650.

JUN 5: Strawberry Fun Runs - Spring Series. 5 & 10K, San Rafael (China Camp Day Park), 9 am. Marin A.C., P.O. Box 371, Larkspur 94939. (415) 381-3786.

JUN 5: DeAnza Day 5 & 10K Runs. Cupertino (Stelling & McClelland Rds.), 8 am. Bruce Fremd, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 998-4985.

JUN 5: PAL Menlo Micro-Marathon 4.3 Mile. Menlo Park (Nealson Park), 10:30 am. Dominick Peloso, Menlo Park Police Dept., Civic Center, Menlo Park 94025. (415) 858-3306.

JUN 5: Jogathon for Autism. Distance (?), West Los Angeles College, time TBA. LA Chapter, Nat'l Society for Autistic Children, 3975 Landmark, Culver City 90230. (213) 559-5664.

JUN 5: Run for Learning Disabilities. 5 & 10K, Woodland Hills (Pierce College), 8 am. West Valley Center for Educ. Therapy, 7041 Owensmouth Ave., Suite 103, Canoga Park 91303. (213) 883-3500.

JUN 5: Spastic Children Charity 5K Run. El Segundo (2100 E. El Segundo), time TBA. Dietmar Oberhoessel, 901 Nash St., El Segundo 90245. (213) 647-4507.

JUN 11: 5K Run. Woodland Hills (El Camino High School), 8 am. Donald Dunn, 23461 Hamlin, Canoga Park 91307. (213) 346-8160.

JUN 11: Fountain Valley 5 & 10K. Mile Square Pk., 7:30 am. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

JUN 11: Palos Verdes Marathon. Palos Verdes Estates, 7 am. Kiwanis Club of Palos Verdes, Box 153, Palos Verdes Estates 90274. (213) 437-6774.

JUN 11: DeCelle Memorial Tahoe Relay. 7-Person teams (approx. 10 miles per leg), So. Lake Tahoe (Hiway 50 & 89, Safeway Pkg. lot), 7 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

JUN 11: Tin Man Triathlon. 1 mile swim, 7 mile run, 18 mile bike. Santa Rosa (Spring Lake), 9 am. 500 maximum, or Jun. 1. American Lung Ass'n, 1059 Second St., Santa Rosa 95404. (707) 527-LUNG.

JUN 11: San Francisco Police Dept. "Run for Youth" 4.464 miles, San Francisco (Lake Merced, Sunset Blvd. Pk.), 5 pm. Walt Scott/Tim Foley, S.F.P.D., 850 Bryant St., Room 553, San Francisco 94103. (415) 553-1348. *Limit of 2,500 runners.*

JUN 11: Commander Wildemann's 10,000 Meters. Univ. of Nevada, Las Vegas (track), 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUN 11: Celebrate Your Health 10K (& 1 Mile Cardiac Walk). Pasadena (Rose Bowl), 7:30 am. Peg Hawthorne (213) 797-1141, x310.

JUN 11: The Winner's Choice Sports/Bonanza Day Run for Run. 2 1/4 mile, Gilroy, 7:30 am. Winner's Choice Sports, 7461 Monterey St., Gilroy 95020. (408) 842-1400.

JUN 11: Western Days Fun Run. 10K race & 2 mile fun run, Yosemite Lakes Park (Coarsegold), 8 am. Bob Gaffney, P.O. Box 2169, Coarsegold 93614. (209) 658-7502.

JUN 12: Dipsea Race. 7.1 miles, Mill Valley to Stinson Beach, 9 am. Mill Valley Jaycees, P.O. Box 30, Mill Valley 94941. *Deadline about 1 month prior, previous year's competitors given preference. Handicap race, by age.*

JUN 12: St. Jude's Run for the Kids. 10K, San Francisco (The Anchorage), 8:30 am. St. Jude's Research Hospital, 205 E. Third Ave., No. 315, San Mateo 94401. (415) 347-1277. *Prize money & trips.*

JUN 12: Golden State Women's Runs. 5 & 10K, Redding, 9 am. Fleet Feet, 2410 "J" St., Sacramento 95816. (916) 442-3962.

JUN 12: Chihuahua Road Runs. 2 & 6 miles, Fresno (Mono & "F" Sts.), 7 am. Victor Salazar, 4387 No. Thornhill, Fresno 93704. (209) 229-5862.

JUN 12: Jack Moore Race. 5.7 & 2 miles, McKinleyville, 5:71:45 pm, 2/1 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

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THE SCHEDULE

THE ROAD RACER'S REFERENCE

This monthly magazine is the official PA-TAC LDR Schedule for 1983. It contains a complete race calendar for a full year as well as entry blanks for many up-coming races.

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JUN 12: Camp Coombs X-C Run. ½ mile, 1½ mile, & 10K, Napa State Hospital, 9 am. Camp Coombs Run, Bill Hoy, P.O. Box 7034, Napa 94558. (707) 253-5303.

JUN 12: Sunday Up a Creek. 10K, San Jose Valley Park, 8 am. Fleet Feet, 271 Bernal Rd., San Jose 95119. (408) 266-6411.

JUN 12: Sacramento Triathlon. Swim 2K, bike 45K, run 10K, or swim 4K, bike 90K, run 20K, Rancho Seco (25 miles SE of Sac'to), 8 am. Ginny McConnell, 2408 "J" St., Sacramento 95816. (916) 442-3962.

JUN 12: Rancho Bernardo 10K & 2 Mile Fun Run. Town Center, 7 am. Ed Coverly, 11827 Bernardo Terr., San Diego 92128. (619) 485-7763.

JUN 12: Lake Tahoe Series 10K. North Tahoe H.S. (Tahoe City), 9 am. Stephanie Atwood, P.O. Box 97, Carnelian Bay 95711. (916) 583-8475.

JUN 12: Dannon RRCA 10 Mile. Hansen Dam (LA area), time TBA. Dick Weeks, 7741 Wish Ave., Van Nuys 91406. (213) 343-5416.

JUN 12: Johnny's 10-Mile. Aptos (Valencia Elementary School), 9 am. Johnny's Sports Shops (408) 476-7675 or 423-5443.

JUN 12: Century City 10K. 8 am. Ed Glass, c/o Century City C of C, 2020 Ave. of the Stars, Plaza Level, Los Angeles 90067. (213) 553-4062.

JUN 12: Run for the Children. 5K Fun Run & 10K, San Ramon (Bishop Ranch Business Pk.), 9 am. Laurie McGinnins, 100 Laredo Ct., San Ramon 94583. (415) 829-5083.

JUN 12: Round the Runway Races. 5 & 10K, Moffett Field, 9 am. Special Services, Bldg. 25, NAS Moffett Field 94035. (415) 966-5206.

JUN 12: Clean Air Run. 8K, San Francisco (Pier 39), 9 am. American Lung Ass'n, 833 Market St., 9th Floor, San Francisco 94103. (415) 543-4410.

JUN 12: Woodminster Handicap X-Country Race. Approx 15K. Oakland (Joaquin Miller Park Pinewood Area), 10 am. Gail Wetzork, 881 Cedar St., Alameda 94501. (415) 522-3724.

JUN 12: Morro Bay to Cayucos Fun Run. 6 miles, Morro Rock, 7:30 am. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. Brian Waterbury (805) 543-6750.

JUN 15: National Time Trial Challenge. ¼-mile, 1 mile & 3 mile. Foothill College (Los Altos Hills), 5:30 pm. NITC, 1400 Sterlin Rd., Mtn. View 94043. (415) 965-8777.

JUN 16: Tulare Sundowner 3K. Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Parks & Rec. Dept., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUN 18: Tennant Station's 10K Express. Morgan Hill (Tennant & Monterey Rd.), 8:30 am. Kathi Nicklaus, c/o Jody's Junction, 326 Tennant Station, Morgan Hill 95037. (408) 778-2060.

JUN 18: The Potrero Run. 5.5 mile, San Francisco (Potrero Hills), 9 am. Ruth Cassen, 953 Deharo St., San Francisco 94107. (415) 626-8080.

JUN 18: Reseda Kiwanis 10K. Reseda Park, 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91366. (213) 888-5526.

JUN 18: "Race Ipsa Loquitur" 5 mile, Monterey, 9 am. Sally Jo Workman, c/o Monterey College of Law, 498 Pearl, Monterey 93940. (408) 373-3301.

JUN 18: LaMirada 2-Person 14-Mile Relay. LaMirada, 8 am. Steve Broten, 2240 S. Yates, Los Angeles 90040. (213) 693-4183. No pre-entry.

JUN 18: Greenpeace 5 & 10K To Save The Earth. LaHabra (Beach & Imperial), 8 am. P.O. Box 982, Anaheim 92805. (714) 991-7268.

JUN 18: Foster Freedman 5-Mile Age-Handicap. Las Vegas, Nev., 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUN 18: TAC National 100 Mile. Men, Women, Masters. Shea Stadium, Queens, NY. Vince Chiapetta, 3400 Corlear Ave., Bronx, NY 10463. (212) 796-5189.

JUN 19: The Converse-Father's Day 10K. Westwood Village, West Los Angeles, 8 am. CRRCA, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 19: Valley of the Flowers Marathon & Half-Marathon. Lompoc (River Park), 7:30 am/marathon, 8 am/half-marathon. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

JUN 19: Levi's Ride & Tie Race. 40 miles ride & run (2 people, 1 horse), Eureka, time TBA. Bud Johns/Joyce Bustinduy, Levi Strauss & Co., Levi's Plaza, 1155 Battery St., San Francisco 94106. (415) 544-8973.

JUN 19: PATAC 25K Championships. San Francisco (Golden Gate Park, 1st 15 miles of old S.F. Marathon), 8 am. Kees Tuinzing, 627 Galerita Way, San Rafael 94903. (415) 472-7917.

JUN 19: Holy City Race. 9.08 miles, Holy City (Old Santa Cruz Hwy., near Hiway 17 summit), 7:30 am. (Informal race this year...no fees or awards, but accurate timing). Ken Napier, 1612 Bearden Dr., Los Gatos 95030. (408) 379-1420.

JUN 19: Bacardi Rum Run. 5 & 10K, Oakland (Lake Merritt, New Boathouse), 9 am. SCARE Foundation, 330 - 41st St., Oakland 94609. (415) 547-6965.

JUN 19: DSE So. Embarcadero Run. 6 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

JUN 19: Moscow Road Run. 10K, Monte Rio (Post Office, Moscow Rd.), 8:30 am. Date change from June 12. Fred Kenyon, P.O. Box 879, Forestville 95436. (707) 829-2888. Also National Postal Event.

JUN 19: Father's Day Runs. 5 & 10K, St. Helena (Crane Park), 9 am. Art Martin, 1733 Hillview Pl., St. Helena 95474.

JUN 19: Foster City Triathlon. 4 mile run, 10 mile bike, 1 mile swim, Foster City, time TBA. Challenge Sports, P.O. Box 390246, Mtn. View 94039. (415) 697-1300, days.

JUN 19: The Slide. 2 mile swim, 13 mile bike & 5 mile run, Rio Dell, time TBA. Deana Toole, 2024 Shamrock, Fortuna 95540. (707) 725-4605.

JUN 19: Father's Day 6 Mile & 2 Mile. Fresno (Courthouse Park), 6:30 am. June 15 Deadline. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

JUN 19: Five Miles in Style. Fountain Valley (Mile Square Park), 8 am. South Coast Runners Ass'n, 3857 Birch, No. 442, Newport Beach 92660. (714) 646-3452.

JUN 19: Father's Day 10K. Thousand Oaks, time TBA. Robert Radnot, 577 Artisan Rd., Thousand Oaks 91320. (805) 499-2220, eves.

JUN 19: Dad's Day Dash to Benefit Fatherless Boys 5 Mile. Hermosa Beach, time TBA. Big Brothers of Greater Los Angeles, 1486 Colorado Blvd., Los Angeles 90041. (213) 258-3333.

JUN 19: Run for Gay Pride 5 & 10K. Los Angeles, 8 am. Joan Coogan, P.O. Box 42923, Los Angeles 90042. (213) 221-4651.

JUN 19: O.B. Pier 5 & 3K Runs. San Diego Area, 8 am. Connie Fritchel, c/o E.O.L., Box 1049, Coronado 92118. (619) 224-8843.

JUN 19: Lamorinda Lions Run. 10K, Moraga (Joaquin Moraga School), 9 am. Tom Sepe, Box 217, Rheem Valley 94570. (415) 631-0192.

JUN 19: San Francisco Ballet School Fund Run 10K. 10 am. Contact: Mrs. David L. Pratt, SF Ballet School Fund Run, 378 18th Ave., San Francisco 94121. (415) 751-4632.

JUN 22: Fiesta Island Triathlon. San Diego (Mission Bay), time TBA. Dick Russell, P.O. Box 9351, San Diego 92109.

JUN 23: Burlingame 2.85 Mile Fun Run. Burlingame (Coyote Point Park), 6 pm. Brock Riddle, Parks & Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

JUN 23: Sepulveda Dam Evening 10K. Sepulveda, 6:30 pm. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5380.

JUN 25: Western States 100-Mile Endurance Run. Squaw Valley to Auburn, 5 am. Entries closed but a waiting list is being compiled. Curt Sproul, 1000 "G" St., Suite 300, Sacramento 95814. (916) 443-8161.

JUN 25: Double Dipses. 14.2 miles, Stinson Beach to Mill Valley and return, 9 am. Marsha Manitt, 771 Fifth Ave., No. 3, San Francisco 94118. (415) 668-1696.

JUN 25: US Triathlon Series. 2K swim, 40K bike, 15K run. Los Angeles, time TBA. USTS, P.O. Box 1438, Davis 95617. Entries close 2 weeks prior.

JUN 25: Fresno Bunion Derby 3K. Roeding Park, 8 am. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUN 25: "Sweat Don't Fret" 20K, 10K & 5K. Irvine (William Mason Park), 8 am. R.A.C.E., Box BC, Westminster 92683. (714) 897-2227.

JUN 25: Outstanding Athletes 10K. Los Angeles (Griffith Park), 8 am. California RRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 26: Michelob Lite Weight a Minute for MDA. 4 mile, Larkspur Landing, 9 am. (Handicapped by weight for men and women). Barry Spitz, c/o The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

JUN 26: International 25K for Veterans. Brugge, Belgium, 10:15 am. Entries close June 1. FIT VETERAAN, Jacques Serruys, Postbus 7, B-8000 Brugge 1, Belgium. Open to women 35 & over, men 40 & over.

JUN 26: RRCA Meet of Miles - Postal Championship. 1 mile, Santa Rosa (Jr. College track), 8 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

JUN 26: Cascade Run Off 15K. Portland, Oregon, time TBA. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. (503) 223-9016. Entry Forms to be mailed out April 1. First 3600 returned applications, postmarked Apr. 16 or later will be automatically accepted. The next 2400 spots will be selected by lottery from applications received on or before May 6. Confirmations (or non-acceptance) will be mailed by June 1.

JUN 26: Carrera de Locos Half-Marathon. Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088. No Pre-Entry.

JUN 26: Retina Pigmatosas 10K. Woodland Hills (Warner Center), 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 26: Trudgers Women's 8K. San Pedro (Pt. Fermin Park), 8 am. Bill Grant, 520 Avenue G, No. 1, Redondo Beach 90277.

JUN 26: Polaroid "800 Series" 10K. Irvine (Mason Regional Park), 8 am. South Coast Runners Ass'n, 3857 Birch, No. 442, Newport Beach 92660. (714) 646-3452.

JUN 26: Soledad Mission 10K. Soledad (Mission), 9 am. Mission Run, Almond Acres, Space No. 2, Soledad 93960. (408) 678-3093.

JUN 26: Jacoby Freak Streak. Eureka area, 1.8 and 4.8 mile, 1:00 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUN 30: Seabreeze 10K & 20K. Ventura Mission Park, 8 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

JUN 30: Burlingame 2.85 Mile Fun Run. Coyote Point Park (Burlingame), 6 pm. Brock Riddle, 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

JUN 30: Tulare Sundowner 3K. (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Parks & Recreation, 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

Schedule

JULY

Late JUN or early JUL: Tug's Run-Swim-Run. 1/2 mile swim, 5 1/2 mile run, 1/2 mile swim, San Diego (Tug's Tavern), time TBA. Tom Warren, 2393 LaMarque, San Diego 92109. (714) 483-2498.

JUL 2-4: 4th of July Triathlon. One event each day. 1K swim (Donner Lake), 30 mile bike (near Truckee), 10K run (Squaw Valley), time TBA. City Sports, P.O. Box 3693, San Francisco 94119. (415) 788-2611. *Entries close June 20.*

JUL 2: Runner's World 5 Miller. Los Altos Hills (Foothill College), 10 am. Peanut Harms, Track Coach, 12345 El Monte Rd., Los Altos Hills 94022.

JUL 2: Downey 5 & 10K. Downey (Wilderness Park), 9 am, Mr. Myers, Downey High School, 11040 Brookshire, Downey 90241. (213) 869-7301, x554.

JUL 2: 5-Mile Biathlon. 4 mile run, 1 mile swim, Santa Barbara (East Beach), time TBA. Paul Hodgert, Recreation Dept., Aquatic Div., Drawer P-P, Santa Barbara 93102. (805) 965-0500.

JUL 3: Great Callstoga Footrace. 8K, Callstoga (Napa County Fair), 8:30 am. Reg Harris, 1267 Walnut, No. C-66, Napa 94559. (707) 255-8705.

JUL 3: Dos Equis 8K (& 2 mile). San Francisco (The Cannery), 8 am/2 mile, 8:30 am/8K. Peanut Harms, 675-A Chiquita, Mtn. View 94040.

JUL 3: 5-Mile Run. Tule Springs (Floyd Lamb State Park), Nev., 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUL 4: Coronado/Second Sole Half-Marathon. Coronado, 7 am. EOL, 626 Fifth St., Coronado 92118. (619) 437-4556.

JUL 4: Kenwood Footrace XII. Kenwood (Warm Springs Rd. - Town Square), 8 am. Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

JUL 4: Firecracker 10K. Santa Cruz (Harvey West Park), 9 am. Santa Cruz Recreation Dept. (408) 429-3663.

JUL 4: Spreckels 4th of July Celebration Race. 10K, Spreckels (Near Salinas), 9 am. Louis Davidson, 72 Spreckels Blvd., Spreckels 93962. (408) 455-1139.

JUL 4: Embarcadero Five-Mile Optimist Run for Youth. Oakland, 9 am. Run For Youth, c/o YMCA, 2101 Telegraph Ave., Oakland 94612. (415) 451-8033.

JUL 4: Milpitas Firecracker 10,000 Meters. Milpitas (City Hall), 9 am. Karen McNamara, Milpitas Leisure Services Office, 160 N. Main St., Milpitas 95035. (408) 942-2470.

JUL 4: Santa Clara Central Park Independence Day Run. Distance TBA, Santa Clara, 8:30 am. Bea Lichtenstein, 726 Woodhams Rd., Santa Clara 95051. (408) 241-6596.

JUL 4: Independence Day 4-Mile. Visalia, time TBA. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

JUL 4: Fresno Joggers Independence Day Fun Run. Distance TBA, Fresno (Woodward Park), 7 am. James Pius, 1325 Adler Dr., Clovis 93612. (209) 299-8592.

JUL 4: La Palma ADP Running Celebration 5 & 10K. La Palma, 8 am. Kitty Dudometkin, 7821 Walker St., La Palma 90623. (714) 522-6740.

JUL 4: SPATAC District 15K Championships. Santa Barbara (San Marcus H.S.), time TBA. Santa Barbara AA, 4476 Meadowlark Ln., Santa Barbara 93105. (805) 984-2581.

JUL 4: Timber Ridge Run. 6 mile, Weaver-ville, 9 am. Jeff Huntley, 90 Weaver-ville Parks Dist., Weaver-ville 96093. (916) 623-5925.

JUL 4: Monarch Bank 5 & 10K Run in the Parks. Laguna Niguel (Crown Valley Comm. Park), 8 am & 7 am. Bill Pascual, 24372 Las Naranjas, Laguna Niguel 92677. (714) 831-8618.

JUL 4: San Francisco Triathlon. Approx. 4 mile run, 10 mile bike, 1 mile swim, time TBA. Challenge Sports, P.O. Box 390246, Mtn. View 94039.

JUL 4: NorCal 4th of July Jubilee Run. 3K & 10K, Eureka area, 9:30 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUL 4: 4th of July Mount Shasta Race. 5 mile & 2 mile fun run, Mt. Shasta (N. Mt. Shasta Blvd. & W. Castle St.), 8:30 am. Mountain Runners, 828 Pine St., Mt. Shasta 96067. *Enter by June 28.*

JUL 4-20: Great California Footrace. 500 miles, Los Angeles to San Francisco, 6 am. (run 15 miles each day at 6 am and 15 miles each day at 6 pm). California Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUL 9: Couples Relay. 2x2 mile, Larkspur Landing, 9 am. Barry Spitz, The Good Sport, Larkspur Landing, Larkspur 94939. (415) 481-1930.

JUL 9: Fresno Bunion Derby 5K. Fresno, time TBA. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUL 9: Sunset Park 5-Miler. Las Vegas, Nev., 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 9: National TAC Sr. Women's & Jr. Men's 5K Championships. Denver, Colorado, time TBA. Creigh Kelley, c/o BKB, 8101 E. Bellevue, Denver, CO 80237. (303) 741-3587.

JUL 9: USTS Triathlon Series. Livermore (Del Valle Regional Park), 2K swim, 40K bike, 15K run. Tough course. USTS, P.O. Box 1438, Davis 95617.

JUL 10: Pony Express Days 5 & 10K Runs. Agoura (Twin Oaks Shopping Ctr.), 8 am/5K, 8:45am/10K. David Hershman, Calabasas High School, 22855 Mulholland Hwy, Calabasas 91302.

JUL 10: Mark West Challenge 10K. Santa Rosa (Middle Rincon Valley Jr. High), 8 am. Jerry Montgomery (707) 527-0150 or Dan Evans (707) 545-8380 - 510 Larkfield Center, Santa Rosa 95401.

JUL 10: Marin Headlands 7-Miler. Ft. Cronkhite (Bunker Rd.), 10 am. Tamalpa Runners, Betsy McGee, 41 Prospect Ave., San Anselmo 94960. (415) 457-6544.

JUL 10: Felton Race to the Redwoods. 6.9 mile, Felton (Vista Market, Hwy 9), 9 am. Marty Kruger (408) 355-5906. *Cash Prizes to be given.*

JUL 10: Padres-Lions 10K & 2 Mile. San Diego Stadium, 7 am. Bob Goggin, c/o EOL, Box 1049, Coronado 92118. (619) 291-3253.

JUL 14: Tulare Sundowner 3K. Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Tulare Parks & Rec., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUL 16: Watsonville Community Hospital Health Run. 10K, Pinto Lake County Park, 9:30 am. (children's 1 mile walk at 9 am). Info: (408) 724-4741, x210.

JUL 16: Bodega Bay to Breakers 8K. (Sonoma County 8K Championships), Bodega Bay, 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-2188.

JUL 16: Tom Hawkins' Freedom From Cancer 10K Run. Playa del Rey, 8 am. Cancer Victims Ass'n., Ann Cinquana, 7740 W. Manchester, Playa del Rey 90291. Fatina Habash (213) 306-0748 or 376-7626.

JUL 16: Las Vegas 5K & Pool Party. Las Vegas (L.V. Racquet Club), 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 16: Epple's Great Race. 6.5 mile run, 6.5 mile paddle, 13.5 mile bike. Sacramento (Goethe Park), time TBA. Shirley Will, 3701 Branch Center Rd., Room 106, Sacramento 95827. (916) 266-2063, days.

JUL 16: US Triathlon Series. 2K swim, 40K bike, 15K run, San Francisco, time TBA. USTS, P.O. Box 1438, Davis 95617. *Entries close 2 weeks prior.*

JUL 17: Lake Merritt Summer Relays. 4x5K, Oakland (Lake Merritt Boathouse), 9 am. Summer Relays, 5715 Florence Terr., Oakland 94611. (415) 654-9292.

JUL 17: Otay Lakes Biathlon. 6 mile run, 2 mile bike. Lower Otay County Pk., San Diego, time TBA. Bruce Norvell, P.O. Box 12172, San Diego 92112. (619) 296-9187.

JUL 17: Aptos Women's Five-Miler. Aptos (Nisene Marks State Park), 9 am. *Women Only.* Gail Goetteilmann, 866 Burns Ave., Aptos 95003. (408) 688-1624. *500 Limit.*

JUL 17: Domaine Chandon Run in the Vineyard 10K. Yountville (near Napa), time TBA. Ms. Rodino, Domaine Chandon Winery, California Dr., Yountville 94599. (707) 944-8844. *July 4 Deadline. 500 Limit.*

JUL 17: Golden State Women's 5 & 10K. Roseville, 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

JUL 17: Plum Run. 10K & 2 mile fun run (14 & under), Santa Rosa (Willowside School, Hall Rd.), 9 am. Jeri Mason, 1485 So. Wright Rd., Santa Rosa 95401. (707) 544-1455.

JUL 17: Gay Run '83. 5 & 10K, San Francisco (Golden Gate Park, Polo Fields), 10 am. Gordon Curtis, 125 Alpine Terr., San Francisco 94117. (415) 864-0187.

JUL 17: Mid-Summer Run. 3.6 mile, Los Osos (South Bay Comm. Park), 9 am. Eddy Cadena, P.O. Box 3801, San Luis Obispo 93403. (805) 528-6474.

JUL 17: Orange County Music Fair 5/10K Runs. Tentative. Newport Beach (Costa Mesa Fairgrounds), time TBA. SPA/AAU, P.O. Box 6015, No. Hollywood 91603. (213) 877-0256.

JUL 17: "Lion's Legg Run" Distance TBA. Whittier (Whittier Narrows Regional Park), 8 am. R.A.C.E., Box BC, Westminster 92683. (714) 897-2227.

JUL 17: Conejo Track Club 20K. Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

JUL 17: Roseville Women's 5/10K Runs. Roseville. Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

JUL 20-25: John Muir Trail 220-Mile Run. Lone Pine, time TBA. Don Douglass, 3891 No. Ventura Ave., Ventura 93001.

JUL 23: Tulare Road Run. 6 mile & 2 mile prediction. Tulare (Live Oak Park), 7 am. Norm Takeuchi, Tulare Parks & Rec., 411 E. Kern, Tulare 93274. (209) 688-2001, x575.

JUL 23: Great Pioneer Day Races. 5 & 10K, Sonoma (Sonoma Plaza), 9 am. Ron Tomlinson, 151 W. Agua Caliente, Sonoma 95476. (707) 938-2809.

JUL 23: Donner Lake Mini-Triathlon. Half-mile swim, 6.89 mile run, 15 mile bike, time TBA. Sherry Griswold, P.O. Box 1772, Truckee 95734. (916) 587-2754. *500 Limit.*

JUL 23: Cypress Community 5 & 10K Runs. Cypress, 7:30 am. Sheryl Puryear, 5700 Orange Ave., Cypress 90630. (714) 821-9500.

JUL 23: Sunkist Triathlon. (was Oxnard Sports Festival Triathlon), 1 mile ocean swim, 10 mile bike, 4 mile run, time TBA. *200 Limit.* Gil Ramirez or Cheryl Collart, 800 Hobson Way, Oxnard 93030. (805) 486-4311, x2536 or 2614.

JUL 23: Mt. Charleston Notch Run. 4 miles, near Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 24: Wharf-to-Wharf Race. 5.816 miles, Santa Cruz Wharf to Capitola Wharf, 8:30 am. Wharf-to-Wharf, c/o P.O. Box 307, Capitola 95010. (408) 475-2196.

JUL 24: San Francisco Marathon (and National TAC Sr. Men's Championships). Golden Gate Park, time TBA. Scott Thomason, P.O. Box 27385, San Francisco 94127. (415) 681-2322. *10,000 Limit.*

JUL 24: San Luis Obispo Recreation Dept. Triathlon. 1/2 mile swim, 14.3 mile bike, 3.6 mile run. San Luis Obispo (Sinsheimer Pool), 7:30 am. San Luis Obispo Recreation Dept., 1530 Lizzie St., San Luis Obispo 93401. Joan Ponza (805) 761-1000, x62.

JUL 24: South Coast Summer Classic. 5 & 10K, Irvine (Mason Park), 7:30 am/5K, 8:15 am/10K. So. Coast Runners Ass'n, 3857 Birch, No. 442, Newport Beach 92660. (714) 646-3452.

JUL 25-31: New Astley Belt Six-Day Race. San Diego, time TBA. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077.

JUL 29-31: The Ultimate Endurance Triathlon. 6K swim, 300K bike, 50K run...one event each day, Sacramento to San Francisco. Time TBA. Tri-Triathlon, 2410 "J" St., Sacramento 95816. (916) 442-8326. *Limited Entries.* \$100 fee or \$225 per 3-person team.

JUL 30: Watermelon Run. Approx. 8 miles(?), Oakland (Chabot Regional Park, Skyline & Grass Valley Rd.), 9 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

JUL 30: Gilroy Garlic Festival. 10K, Gavilan College, 7:30 am. Garlic Festival Race Committee, P.O. Box 2311, Gilroy 95020. (408) 842-1625.

JUL 30: Fresno Bunion Derby 10K. Fresno, time TBA. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUL 30: Coronado Optimists 10K & 2 Mile Fun Run. Coronado, time TBA. Alex Quartly, c/o EOL, Box 1049, Coronado 92118.

JUL 30: Sunset Park Circular 10K. Las Vegas, Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 30: June Lake Marathon. June Lake, 6 am. Bill Aaron, c/o General Delivery, June Lake 93529.

JUL 31: Haleakala Run to the Sun 37 1/2 Miler. Haleakala, Maui (Hawaii), time TBA. Eileen Halfee, Valley Isle Runners, P.O. Box 888, Kihei, HI 90000.

JUL 31: Soquel Aerobics Runs. 3 & 10 miles, Soquel (7th Day Adventist Camp, Old San Jose Rd.), 8 am/10 mile, 5 pm/3 mile. Wayne Griffith, c/o Executive Health, 1691 The Alameda, San Jose 95126. (408) 292-2015.

JUL 31: Scotts Valley Days Race. 10K, Scotts Valley (Kings Village Center), 9 am. Bob Marshall (408) 335-3736.

JUL 31: Sri Chinnmoy 10K. Menlo College, Menlo Park (Alejandra Rd. near El Camino), 8 am. Michael Lindemann, 2438 - 16th Ave., San Francisco 94116. (415) 665-2994.

JUL 31: Occidental 10K. Occidental Community Center, 9 am. Rod Mattern, P.O. Box 682, Occidental 95465. (707) 874-3315. *Race Day Registration Only.*

JUL 31: Burlingame Biathlon. 1 mile swim, 4 mile run, time TBA. Challenge Sports, P.O. Box 390246, Mtn. View 94039.

LOOKING AHEAD

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

AUG 6: Sierra Pines Marathon Relay. 4-person, 26 mile total, Bass Lake, time TBA. Jim Hartig, 1457 Keats, Clovis 93612.

AUG 6: California 50-Mile Endurance Run. (hilly) Santa Rosa (Spring Lake & Annadel State Park), 6 am. *Must pre-enter by July 1.* Nancy Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 528-0400.

AUG 6: Chico Triathlon. Chico. 6 mile run, 1/2 mile swim, 16 mile bike. Larry Matthews, 222 W. Third St., Chico 95926. (916) 345-1000.

AUG 7: Horny Toad Invitational Triathlon. San Diego. 1.5 mile swim, 50 mile bike, 13.1 mile run. Race Director, 3517 Curlew St., San Diego 92103.

AUG 7: Summer Relays. 5-person teams, 5 miles each, Lake Merced, San Francisco (Sunset Circle Pkg. Lot), 9 am. Karen Lanterman, P.O. Box 652, Burlingame 94010. (415) 342-3107.

AUG 7: Skyline 50K. El Sobrante (Clark Gate, Wilcat Canyon Regional Pk. to Lake Chabot Marina), 7 am. Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188. **350 limit.**

AUG 7: Jerry's Sports Endurance Triathlon. ¼ mile swim, 21 mile bike, 10K run. 10 am. Jerry Malmn (408) 425-7445.

AUG 13: Alcatraz Challenge. 1.5 mile swim, 1 mile run, 20 mile bike, 15 mile run. Alcatraz Island, S.F. Bay, time TBA. Joe Oakes, c/o QCON, P.O. Drawer K, Los Altos 94022. (415) 941-5530.

AUG 14: Monterey Bay Triathlon. 1.5 mile swim, 50 mile hilly bike, 13 mile run. Monterey(?) to Toro Regional Park, time TBA. *Pre-Entries Required.* Joe Ossman, c/o Friends Outside, 404 Lincoln Ave., Salinas 93901. (408) 758-2733.

AUG 20: 7-Up Run Through The Pines Half Marathon. Bass Lake (The Pines Village), 8 am. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

AUG 21: Pikes Peak Marathon. 25.8 miles, Manitou Springs, Colorado. *Limited Field.* Time TBA. Marge Carter, Pikes Peak YMCA, Box 1694, Colorado Springs, CO 80901. (303) 471-9790.

AUG 21: South Hell 50-Miler. Camarillo, time TBA. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

AUG 21: America's Finest City Half Marathon. Pt. Loma (Cabrillo National Monument), 7 am. American Lung Ass'n, 3861 Front St., P.O. Box 3879, San Diego 92103. (714) 297-3901, Jack Damson.

AUG 21: World Wildlife Centaurian Marathon & Marathon. Palos Verdes. 2.4 mile swim, 112 mile bike, 26.2 mile run. World Wildlife Fund, 3500 Sepulveda Blvd., Suite W, Manhattan Beach 90266. (213) 546-4875.

AUG 28: Presidio 10. 10 miles, Presidio of San Francisco. *RRCA National 10 Mile Championships for Men and Women Masters.* 9 am. Henry Bunsow, c/o The Guardsmen, 12 Geary St., San Francisco 94108. (415) 543-9600.

AUG 28: Santa Monica Marathon & Half Marathon. Time TBA. Santa Monica Recreation Dept., 1685 Main St., Santa Monica 90401. (213) 393-0462.

JUN 12: Kinney Invitational. U.C. Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

JUN 12: SPA Olympic Development Meet. Women & Girls. U.C. Irvine. 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JUN 16: Tulare All Comers Track Meet. Bob Mathias Stadium, 6 pm. Norm Takeuchi, Tulare Pks. & Rec., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUN 17-20: TAC Sr. Men & Women Championships. Indianapolis, Indiana. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

JUN 23-24: TAC National Decathlon & Heptathlon. UCLA. Dave Hostetter, Track Office, Mt. San Antonio College, 1100 N. Grant, Walnut 91789. (714) 594-5611, x287.

JUN 23-28: Coliseum International T&F Competitions. Los Angeles Coliseum. Special Invitation to all IAAF member nations.

JUN 24-25: TAC Region XIII Junior Olympics Multi-Events Championships. Pacific Association Multi-Events Championships. Decathlon, helpathlon, pentathlon & triathlon. John Gash, 971 Estes Drive, Santa Rosa 95405. (707) 539-9303.

JUN 25: Los Gatos Open Twilight Meet. Willie Harmatz (408) 395-5825.

JUN 25-26: USA-GDR Dual Meet. Los Angeles.

JUN 25-26: TAC Jr. Men & Women Championships. Penn State. Harry Groves, Penn State U., University Park, PA 16802. (814) 863-0237.

JUN 30: Tulare All Comers Track Meet. Bob Mathias Stadium, 6 pm. Norm Takeuchi, Tulare Pks. & Rec., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUL 1-3: TAC Youth Athletics Nationals. Dayton, Ohio. Harold Martin, 7521 Arundel Dr., Trotwood, OH 45426. (513) 854-3261.

JUL 8-10: PA-TAC Junior Olympic Championships. Cal State Univ. Hayward, 8 am. Mr. Richard Wheeler, 225 Alto Loma, Millbrae 94030.

JUL 10-15: Jan Johnson/Converse Vaulting Camp. Cal Poly San Luis Obispo. Contact: Tom Henderson, Track Office, Athletic Dept., Cal Poly, San Luis Obispo 93401.

JUL 14: Tulare All Comers Track Meet. Bob Mathias Stadium, 6 pm. Norm Takeuchi, Tulare Pks. & Rec., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUL 16-18: TAC Junior Olympics Region XIII Championships. Merritt College, Oakland, 8 am. *Must qualify in Association Championships.* Leonard Knowles, 8200 East 14th St., Oakland 94621.

JUL 29-31: TAC Junior Olympics. Duke University, North Carolina. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

AUG 6-7: Pacific Palisades Mini-Olympic Track Meet. Pacific Palisades High School. Chuck Lichter, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 25-26: Hayward Classic. Eugene, Oregon. Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

JUL 2-3: National TAC Decathlon Champs. Merced. A.J. Puglizovich, 720 E. 2nd St., Merced 95340.

JUL 9: Southern Pacific Association Champs. Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale 91201.

JUL 16: Striders Relays. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-6352 res., (213) 342-1174 bus.

JUL 23-24: West Valley Masters. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

JUL 30: Northwest Regional. Gresham, Oregon. Jim Puckett, 85 NE 19th, Gresham, OR 97030.

JUL 30: CDM Relays. CDMTC, c/o Al Henry, 19019 S. Endmark Ave., Carson 90746. (213) 774-1635.

JUL 29-30: National Masters Sports Festival. Philadelphia, PA. Fred Mannis, c/o National Masters Sports Festival, Philadelphia Civic Ctr., 34th & Civic Ctr. Blvd., Philadelphia, PA 19104.

AUG 6: CDM, Striders & San Diego Tri-Masters Meet. Southwestern College, Chula Vista. Joe Horn, 1147 Agate St., San Diego 92109.

AUG 20-21: Western TAC Regional. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

AUG 27: Southern Calif. Masters Championships. Southwestern College, Chula Vista. Joe Horn, 1147 Agate St., San Diego 92109.

SEP 3-4: Rocky Mountain Games. Denver, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010.

SEP 10-11: New Senior Olympics. Los Angeles. Bob Watanabe, 11645 Wilshire Blvd., Suite 701, Los Angeles 90025. (213) 478-0805.

SEP 16-18: National TAC Championships. Houston, TX. Jim McLatchie, P.O. Box 740728, Houston, TX 77274.

SEP 24-31: World W.A.V.A. Championships. V World Veterans Games. G.P.O. Box 336, San Juan, Puerto Rico 00936.

OCT 1 or 8: Club West Masters. Santa Barbara. George Adams. P.O. Drawer K, Goleta 93107.



MASTERS T&F SCHEDULE

MAY 28: Golden State Masters Meet. Porterville. Allen Nelson, 181 N. Carmelita, Porterville 93257.

JUN 4-5: Las Vegas Masters Classic.

JUN 11: Compton Invitational. Some masters events. Wally Williams, 5242 Pendleton, No. 26, South Gate. (213) 631-3416.

JUN 11-12: Southeast Regional & TAC National Team Champs. Atlanta, GA. Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.

JUN 18: Senior Sports Festival. Seattle, Washington. King County Rec. Dept., 425 S.W. 144th, Seattle, WA 98166.

JUN 18: Challenge of the Ages. Cerritos College, Los Angeles. Lewis Smith, 8306 Wilshire Blvd., No. 316, Beverly Hills 90211.

Track & Field Schedule

JUN 4: Compton Cup. Compton High School, 10 am. Harris Williams (213) 636-8525.

JUN 4-5: SPA Heptathlon & All Comers. Fullerton College. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 5: PA-TAC Association Field Event Championships & All Comers Meet. San Jose State. *Pre-entries required.* Willie Harmatz, Los Gatos HS, P.O. Box 248, Los Gatos 95030. (408) 395-5825

JUN 9-10: All American Decathlon. Cal Poly Pomona. Frank Reilly (213) 716-7280.

JUN 11: All American Invitational & All Comers. Cal Poly Pomona. Frank Reilly (213) 716-7280.

JUN 11: PA-TAC Running Events Championships & All Comers Meet. *Pre-entries required.* Los Gatos High School. Willie Harmatz, Los Gatos HS, P.O. Box 248, Los Gatos 95030. (408) 395-5825.

JUN 11-12: San Diego Decathlon Championships. Serra High School. Open and High School Divisions. Steve Kleinstuber, Serra High School, 5156 Santo Rd., San Diego 92124. (619) 283-5715.



The Athletics Congress Women's Development Committee Western Regional

Long Distance/Cross Country Camp & Clinic

DATE: August 14-20, 1983

LOCATION: Camp Green Meadow (near Yosemite Park)

**FOR
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Tuttle's Track Topics

By GARY TUTTLE

Questions & Answers

Everyday, I'm bombarded with questions about running from runners of all abilities. Today, I'll answer three important questions which were asked this week:

1. *Is it harmful to run barefoot on the beach?* Running barefoot on the beach is a young man's game. Young men seem to be able to get away with it better than old men and women of any age.

For those who can run barefoot, it's a beautiful, natural thing and saves money on shoes. It feels fantastic to run ankle deep in the cool, ocean water. When I was younger, I ran many miles barefoot along the pristine coast of Humboldt County.

Unfortunately, with increasing age, comes increased muscle tightness in the calfs. Running without the one-half inch heel lift built into running shoes usually

pronation, plus the usual sloping of most beaches causes severe pain which usually hits the runner at the start of the very next run.

My recommendation is not to run without shoes unless you've been doing it all your life.

2. *I want to run faster 10Ks, should I run twice a day?* Whew! Tough question? There are so many variables. Basically with in reason, the more you run, the faster you'll get. I don't know of any world-class distance runners who don't run twice a day for at least most of the year.

However, these runners have been running for years, and gradually built into two times daily running. They started with low mileage and gradually increased it.

I don't think anyone should consider two-times-daily runs unless they pass three re-

"I don't think anyone should consider two-a-day runs unless they pass three requirements."

quires soreness and even spasms in the muscles. An additional hazard of barefoot running is the possibility of cutting your feet on broken glass and the increased potential for developing tiny blisters on the bottom of every toe.

The single most important reason for not running barefoot, particularly for women, is the increased incidence of knee and shin pain. Running without shoes allows the unsupported foot to flatten upon impact. This flattening, or pronation, allows the lower leg to rotate, causing stress and pain. This

quirements. First of all, they should have been running six miles a day for at least three years. Secondly, they must love to run. Thirdly, they should be enough "into competition" that they are willing to increase their chances of injury and spend the additional time that an additional running session will cause them.

Once the runner passes all the prerequisites, he should begin by adding two runs of two easy miles a week. After many months of experimenting to see how he reacts, he should gradually add an addi-



tional 2-mile run, until he's got all six or seven days. After they are all two-times-a-day runs, then he can raise the runs from two miles to three miles in the same manner.

The runner can continually up his mileage until he reaches the level where he feels the disadvantages of fatigue are slowing down his racing times.

3. *I've heard so many conflicting views, do I try and land on my heels or on my toes?* Proper running form is a heel-to-toe action. Generally, the slower a person is moving, the more he'll land on the heel.

As runners reach around 6-minute miles, they begin to land more flat-footed. The flat-foot landing is used right on up to sprint pace, where the runner's landing is farther up on the ball of the foot. Even in sprinting, however, the heel makes some contact with the ground just before the push-off phase.

Although most runners should and do run heel-to-toe, a few runners (because of tight Achilles tendon cords), cannot stretch their heels to the ground. These runners should stay on their toes and just bounce on down the road.

For the average runner, except for steep up-hill running and sprinting, we should allow the heel to strike the road first.

I'm always ready to answer any questions you may have. If you have a question I might be able to help you with, please send it to: Gary Tuttle, California Track and Running News, P.O. Box 6103, Fresno, CA 93703.

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GOOD NEWS FOR BAD KNEES.

At Converse®, we've developed two new shoes to help reduce the risk of a problem that has become painfully evident to many runners: knee injuries.

The shoes are called Phaeton™ and Selena.™ And they're based upon an exclusive design philosophy which no other running shoe

Our Stabilizer Bar gently helps "brake" your foot as it pronates, with the result that it helps lessen the twisting motion. So less of it reaches your ankle, less

reaches your leg and obviously, less reaches your knee.

The Stabilizer Bar is not the only advantage the Phaeton and Selena enjoy over conventional running shoes.



The Converse Stabilizer Bar. It acts as a brake during pronation.

The shoes also have Scotch Lite® Reflective Fabric* for night running safety which, under normal circumstances, allows you to be seen in all directions from over 200 yards away.

And they weigh a mere 270 grams in Size 9.

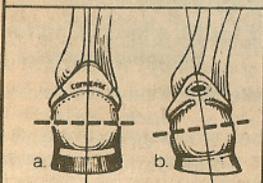
But superlatives aside, there really is only one way to determine what the

Phaeton and Selena can do for you: run, *very carefully*, down to your nearest Converse dealer and try a pair on.



Scotch Lite fabric can be seen from over 200 yds. at night.

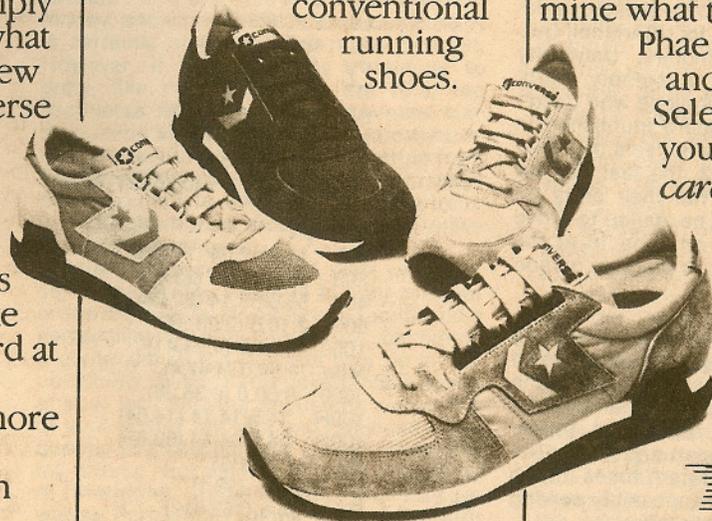
has adopted. We call it the Stabilizer Bar—a design concept we consider so innovative we've applied for a patent.



a. Normal pronation.
b. Excessive pronation.

Simply put, what this new Converse Stabilizer Bar does is help control pronation, the brutal side-to-side motion that occurs with every step you take as your foot rolls inward at heelstrike.

A twisting motion, more to the point, that your ankle and leg telegraph directly to your knee.



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TAC NOTES

By ALAN T. KOLLING

Championship site change . . . The venue for the Pacific Association Field Event Championships has been moved from West Valley College to **San Jose State University**. Apparently, the College Trustees were opposed to having a track meet at the facilities on a Sunday. The meet, which will include the PA-TAC championship steeplechase for men and 3,000m for women, will still be held on Sunday, June 5. The hammer gets underway at 11 a.m. and a full program of track events (100m-5,000m) as well as the championship field events will be held. Applications may be requested from Dan Cruz, c/o West Valley College Track Office, 14000 Fruitvale Avenue, Saratoga 95070.

The **PA-TAC Track Event Championships** (100m-10,000m) will still be held at Los Gatos, Saturday, June 11. Heats will begin at 1:30 p.m., finals for track events at 5:30 p.m.. Nonchampionship field events begin at 3:30 p.m. with the discus. Applications may be obtained from Willie Harmatz, Los Gatos High School, P.O. Box 248, Los Gatos 95031.

Entry fee for both championship meets is \$4.00. When requesting an entry blank, please enclose a self-addressed, stamped envelope. Prize money totalling \$1,500 will be awarded on a point basis. The two meets provide PA-TAC athletes a double opportunity to compete in excellent competition and possibly qualify for the **TAC Outdoor** nationals a week after the second meet.

Speaking about the Outdoor Nationals . . . All entries must be postmarked by midnight, June 6, addressed to: USA/Mobil Outdoor Championships, Indiana University Athletic Department, Assembly Hall, Bloomington, IN 47405. Anyone who hasn't met the qualifying standard (published in last month's CTRN) but who feels that they might do so by June 12, the last day for qualifying, should still file their entry on time. Declarations must be mailed to arrive no later than 4:00 p.m. on June 16 at the TAC Meet headquarters, or made in person on June 15 and 16.

The Nationals will serve as the qualifying meet for some of the biggest track meets all year, including: USA-East Germany, June 25-26, Los Angeles. Reportedly, an international meet, featuring the Soviet Union, Great Britain, Cuba, Japan and West Germany will be held at different times during the same two-day period, possibly serving as this year's Pre-Olympic meet.

USOC National Sports Festival, June 24-July 3, Colorado Springs. The track dates are July 1-3.

World University Games, July 1-11, Edmonton, Canada. The track dates are July 5-11.

USA-Scandinavia, July 26-27, Stockholm, Sweden.

IAAF World Championships, August 7-14, Helsinki, Finland. This inaugural world championship promises to be the biggest meet of the year, and possibly the greatest track gathering outside the Olympic Games themselves.

Pan American Games, August 14-29, Caracas, Venezuela. Track events will be held August 21-28.

Qualifying marks for the Outdoor Junior Nationals, with the PA-TAC travel standard in parenthesis where different, are as follows:

Men	
100	10.4/10.68 (10.58)
200	21.2/21.48 (21.43)
400	47.7/47.94 (46.89)
800	1:52.44 (1:51.08)
1500	3:52.60 (3:50.55)
Mile	4:11.94 (4:06.0)
3000SC	9:19.44 (9:16.57)
5000	14:45.24 (14:44.35)
10,000	32:02.24
110HH	14.84 (14.53)
400IH	54.04 (52.27)
HJ	6-11
LJ	23-3 (23-9)
TJ	48-6 1/4 (49-8)
PV	15-7 (15-8 1/2)
DT	159-2 (162-10)
SP	51-6 1/2 (53-6 1/2)
HT	140-0 (155-0)
JT	204-5 (205-7)
Multi Events	5300/5350 (6504)

Women	
100	11.8/12.04 (11.75)
200	24.3/24.53 (23.92)
400	55.0/55.14 (54.28)
800	2:10.5 (2:08.97)
1500	4:34.0 (4:29.41)
Mile	4:54.0 (4:47.4)
3000	9:50.0 (9:36.26)
100H	14.5/14.74 (14.54)
400H	64.0/64.14 (60.68)
HJ	5-7 (5-8 1/2)
LJ	19-0 1/2 (19-1)
DT	134-6 (153-6 1/2)
SP	42-6 (45-2 1/2)
JT	129-11 (131-3)
Multi Events	3950/4000 (4502)

Junior athletes are also eligible for travel grants of \$150 from the PA-TAC if they are the top qualifier in their event and have met the PA travel standard. Please note that all qualifying marks for both juniors and seniors must be set by PA-TAC athletes registered at the time. All qualifying marks should be sent to me, c/o 1237 Glen Avenue, Berkeley 94708, before June 10, and I will notify the top qualifiers after June 12 of their eligibility for travel funds. Note that I will be administering travel funds for both senior and junior athletes.

Still no word from our cousins down south in the Southern Pacific or San Diego and Central TAC associations. If we don't hear from you soon, we may just rename this column the PA-TAC NOTES column. Keep the news coming folks!

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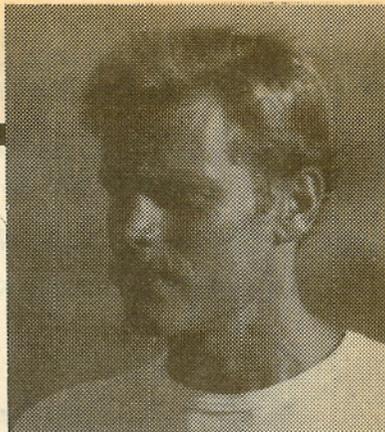
Address Change?

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Ironman Insights

By DEAN HARPER

Establishing and Attaining Goals as a Triathlete



We live in a goal oriented society. Whether we pursue athletic, career, or academic goals, we are driven by the desire to fulfill the standards that we set for ourselves. The pursuit of goals carries over into the sport of triathloning. Not everyone has the time, energy, or even the desire to pursue the goal of becoming a contender in the Ironman in Hawaii. Yet, as we enter the triathlon world, we generally set certain goals which we hope to achieve.

The key to attaining goals as a triathlete is to set them as realistically as possible. Set goals too high and it can lead to feelings of anxiety and frustration. Set your goals too low and you may never come close to reaching your full potential.

How does one attain goals as a triathlete? One way to accomplish this is to ask yourself the following questions: First, what are my aspirations as a triathlete? Second, are my aspirations realistic in light of my areas of my life? Third, how far away am I from realizing my goals? By examining these questions in greater detail, I hope to point out how important these considerations are in evaluating oneself as a triathlete.

To achieve a goal you must first set a goal. Thus, you must first determine what it is you want to accomplish. I've come up with the following seven categories, one or more of which may summarize your goal:

1) **To Survive:** Heading this category is the individual who hopes simply to "survive" a triathlon. Sally Edwards has dubbed this individual the "survivalist". This person has no desire to train properly. He or she desires to complete a triathlon only to tell friends and wear a triathlon finishers t-shirt.

2) **Multi-Sport Fitness:** Many people fit into this category. They seek to achieve a high level of fitness and obtain an adeptness at three different disciplines—swimming, cycling, and running. Although this individual may hope only to "finish" a triathlon, he or she differs from the "survivalist". This person may finish at the back of the pack, but has adequately prepared for the race.

3) **Personal Record:** Times in triathlons are not as comparable as the 10k or marathon. One obvious reason is the lack of standardized triathlon distances. But even in triathlons of equal distances, generally the terrain is so varied that times are not comparable. Thus, at this stage of the game, the only way to "PR" in a triathlon is by beating your time from the previous year over the same course.

4) **Top 10 or 25 of Participants:** In the past you always finished in the back half of the

pack. Now you wish to finish closer to the front. Your goal for the season may be to finish in the top 10 of the participants. This will most likely require more dedication, more effort and probably more training time.

5) **To Win a Local Event:** Perhaps you've done very well in some of the smaller triathlons. You've come very close to the taste of victory and you want to experience it this season. You train harder, learn the course and "peak" for the local race in hopes of victory. A word of caution: you can't control the level of competition. Even though there were no "big name" triathletes in the event last year, don't be disappointed if you're beaten by a top triathlete who just happens to show up. Just be satisfied that you've done your best and improved upon last year's performance.

6) **To Become a Contender:** This person hopes to finish in the top 5 or 10 places of the major competitions with the top triathletes. With the astonishing rise in the popularity of triathlons, becoming a contender is a most difficult task. There are hundreds, even thousands, of dedicated athletes training year around to get into this elite group. In fact, I've heard that the Soviets and East Germans are preparing triathletes for future competition. If becoming a contender is your goal, it may take years to attain it.

7) **"Professional" Triathlete:** A few people have already made the commitment to full-time triathlon training and it's beginning to pay off. These few individuals are "contenders" and are able to survive on prize money, sponsorships and endorsements. It is certainly not a lucrative profession yet. However, if the popularity continues to grow, like marathoning in the 70's, top triathletes, like a few top marathoners, may be making six-figure salaries. Unfortunately, many would view this as detracting from the "purity" of the sport. But there is really no reason why a world-class athlete training 40 hours a week should be forced to live at subsistence level.

After first setting a goal, next you must ask if the goal is realistic in light of other areas of your life. If you have a family and a demanding full-time profession, becoming a contender in the Ironman may be an impossibility. Even if you have flexible hours at your job, will your spouse be supportive of your goals? My wife and I discuss it frequently and intellectually she fully supports my efforts. But emotionally she often tires of triathlons, triathlon talk, and meager wages. Fortunately for me, she puts up with it all. She also knows I'll soon have a law degree to fall back on.

If you find you simply cannot find the training time necessary to accomplish your goals, revise your goals. Achieving multi-sport fitness is perhaps the most rewarding and stress reducing of the above categories; and can be attained on as little as one hour of training a day.

If your goal is to become a contender in Hawaii, and you do have the time to train, next you must learn what it takes to achieve your goal. Find out how the top triathletes train. Read everything you can on running, cycling, swimming and triathloning. Incorporate into your training program the type of training necessary to maximize your performance.

Finally, you must learn how far from attaining your goal you are presently. If your goal is to win the Ironman in Hawaii and you don't have a solid background in one or two of the sports, it's going to take time.

High mileage alone does not ensure success. My goal in the Ironman last October was to finish in the top five overall. I finished eighth. Although I was overjoyed to have finished in the top ten in my first attempt, I really had not achieved my goal I had set six months earlier. And two people who finished in front of me had never beaten me before in shorter distance triathlons. I attributed my inability to beat them in the Ironman to my relative inexperience as a cyclist. I was a decent distance swimmer in college—seventeen minutes for the 1650—and I had run a 2:39 marathon before I had ever started training for triathlons. But my cycling background consisted only of commuting to classes while I was a graduate student at UC Davis. I thought by beefing up my cycling mileage to over four hundred miles a week in the two months prior to Hawaii, I would become a John Howard. The lesson I learned was simple enough: Even with a background in two sports, it takes time to become accomplished in a third.

The secret of becoming a successful triathlete is constancy of purpose. To retain this constancy demands great reserves of perseverance and patience. I believe that with the proper mental attitude and proper training almost anyone has the potential to become a "contender". Don't limit yourself. However, demands of job and family, or injuries, may force a readjustment of goals. Thus, one should always strive to seek attainable goals in light of these other factors. If multi-sport fitness is your goal, don't be disappointed by finishing in the back of the pack. Take pride in knowing that you have attained your own personal goal.

Medical Notes for Runners

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

An Overuse Injury

Runner's Hip Bursitis

Trochanteric bursitis is commonly known as runner's bursitis or hip pain. It may be caused by a direct blow, an infection, or friction between adjacent bursal walls. A bursa is a blister deep in the body. The body has several bursas which act as shock absorbers and help decrease friction between moving parts. At times, there is too much stress or strain over a bursa and it becomes inflamed or filled with fluid; this causes bursitis and pain.

The greater trochanter of the hip is covered only by the trochanteric bursa, the iliotibial track, and the skin. Thus, the outside knob on the hip bone can be easily damaged and, then, the bursa inflamed. The iliotibial track becomes the iliotibial band which may cause problems in some runners when the muscle on the outside of the thigh becomes tight. This muscle is called the tensor fascia lata.

In the course of chronic repetitive stress, such as long distance running, flexion and extension of the hip, or rotation of the extended thigh, causes the tensor fascia femoris to slide backwards and forward over the trochanter (large knob), and, in the presence of an inflammatory reaction, this may cause pain.

Excessive tilt to the outside, due to bow-leggedness or running on a banked surface, may also aggravate or inflame the trochanteric bursa. An example of this is running on a slanted surface with the down hill foot being excessively supinated (high arch caused by the down hill); thus causing excessive outside strain over the hip bone. At times, circumduction (rolling of the hip) to avoid hitting the inside of one ankle with the follow through foot on the opposite side during running may aggravate the hip bursitis.

The iliotibial track is made up of the gluteus maximus (the buttocks muscle) as well as the tensor fascia lata (the long slender muscle running from the outside of the hip to just below the knee). This directly covers the trochanteric bursa. Tightness of the gluteus maximus or iliotibial track may contribute to pain over the greater trochanteric bursa, thus contributing to trochanteric bursitis. Trochanteric bursitis may also be an overuse injury due to repeated irritation.

On examination, there is local tenderness over the outside of the hip and, at times, there is more tenderness with motion. Pain is usually elicited by producing a stretch over the thigh, such as leaning toward the wall with the injured hip facing

the wall. This pain may be aggravated by, simply, moving the leg from flexion to extension or swinging the leg forward and backward while leaning toward the wall.

When this situation has been present for a long time, chronic bursitis is present, and there may be thickening of the bursal wall and/or spasm of the tensor. At times, there is a palpable or audible snap. This is called snapping hip. This condition appears to be more frequent in women since they have a light pelvis and prominent trochanters. The tensor bows over the trochanter at a more acute angle which may create inflammation. The condition is less frequent in males with a narrow pelvis. If, however, the males circumduct (roll the hips) during running with chronic repetitive stress, they may develop the bursitis over the hip.

Biomechanical Considerations

In order for inflammation to occur, the hip must go past neutral into extension. This occurs during long distance running but is far less common during slow walking or race walking; thus, this problem does not exist during race walking but does exist during long distance running.

Imbalances of the foot may, likewise, aggravate the problem. Examples are a high arch cavus foot, which causes a runner to roll to the outside of the foot; therefore, placing more strain on the outside of the hips. A second example is chronic pronation or flattening of the foot, which causes the thigh to internally rotate and may, likewise, cause inflammation of the trochanteric bursa. If there is asymmetry in the feet, high arch on one side and low arch on the other side, a functional limb length on one side and low arch on the other side, a functional limb length discrepancy may be the end result. Thus, it can be seen that imbalances of the foot with asymmetry of the feet between the feet, or one arch too high or one arch too low, can aggravate trochanteric bursitis about the hip. When this is the case, balancing the feet is part of the total treatment plan. My observation is that the limb length discrepancy exists more often on the short legged side. That being the case, simply using a heel lift may help the problem.

Treatment

Treatment for the trochanteric bursitis involves correcting biomechanical factors as well as rehabilitating weak and tight muscles and tendons. The tight gluteal muscles should be stretched in a tight ten-



sor fascia lata, or the iliotibial band should be stretched. Ice massage for five minutes is very helpful while doing windmill type of stretches. (Figure 1) At times, oral anti-inflammatory medication is helpful. Physical therapy, such as ultrasound, three times a week for three weeks, in association with electrogalvanic stimulation and deep friction massage may be most helpful. As a last resort, an intrabursal injection with long and slow acting Cortisone may give dramatic relief.

We have treated well over sixty cases of the above problems and almost all have responded to conservative treatment. One case involved surgery, at which time, the thick bursa was excised and the iliotibial band was lengthened by an orthopedic surgeon.

Recently, we have been able to better diagnose our patients with these problems utilizing a combination of treadmill analysis with video slow motion playback and, at times, utilizing a computer, which measures the forces and torques going through the foot.

In summary then, some of the pain you have about the hip may be caused by trochanteric bursitis. Other causes are stress fracture or muscle pulls at the attachment of the muscles and tendons to the bone about the pelvis or hip. If your problem does not respond to ice massage and simple stretching maneuvers, it may be prudent for you to consult a sports podiatrist or orthopedist. I've included some diagrams which show proper stretching for this problem and, hopefully, most of you will be able to handle your problems on your own. If, however, you don't get better, let me know.

NINTH ANNUAL

Long Distance Running • Steeplechase Summer Workshop

Humboldt State University • Arcata, California

WEEK ONE: July 3-8 — Adult & Family Camp

WEEK TWO: July 31-August 5

WEEK THREE: August 7-12

LOCATION—CLIMATE

Humboldt State University is located 275 miles north of San Francisco in Arcata, California, gateway to the magnificent Redwood National Parks. Arcata enjoys a mild coastal climate with an average high temperature of 65 degrees. The campus is readily accessible via surface transportation on U.S. highways 101 and 299 or commercial jet service to nearby Eureka/Arcata Airport.

LIVING ACCOMMODATIONS

Participants will reside in on-campus residence halls (double occupancy rooms with full linen service provided) under the supervision of adult live-in counselors. Participants will enjoy cafeteria style meals in the Jolly Giant Commons dining room. Each meal will offer a choice of entrees with unlimited seconds on most items.

DIRECTOR—STAFF

Founder and director is Coach Jim Hunt who is now in his 17th year as mentor of the HSU track and field and cross-country teams. Jim recently led his 1980 cross-country team to the NCAA Division II National Championship.

Gary Tuttle, while attending HSU, was named five-time NCAA All American. A former NCAA and AAU national record holder, Gary is an internationally acclaimed distance runner and is owner and operator of a running shoe store "Inside Track" in Ventura, California.

Bill Scobey, also an HSU Alumnus, will round out the fine staff. Bill was a four-time NCAA All American and has held both American and World records. He has a vast coaching experience in track and cross country for both men and women.

Additional counseling from other former HSU All Americans and nationally ranked men and women distance runners will be provided.



For Brochure & Application write: Jim Hunt, 2500 Gold Course Rd., Bayside, CA 95524

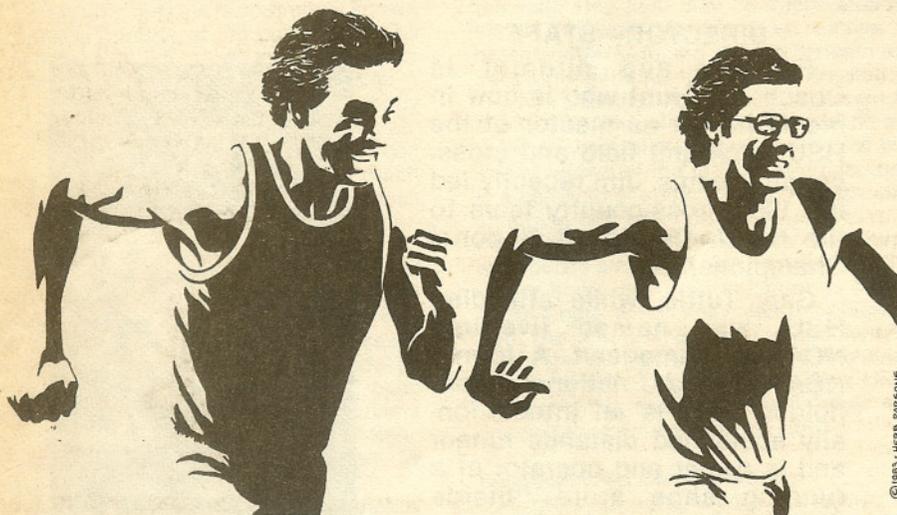
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Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.



Dolphin South End

741 Kansas, #2, San Francisco 94107

Joe Campi, 35 year old native son finished his 100th marathon in Los Angeles on March 27th. Lite beer presented Joe with a pair of running shorts. Running since the age of 26, Joe completed his first marathon January 1976 at Paul Masson in Saratoga. Consistently near the top of the DSE point standings, he has numerous races and 12 ultramarathons to his credit in addition to his 100 marathons.

Pete Jacobs, 43, of San Francisco, represented DSE at the 50 Mile Oregon Ultramarathon Championship at Grants Pass on March 13. The field of 35 starters and 25 finishers ran their entire race in a storm of rain, wind and cold. Pete finished the race, his first ultra, in 8:39.

Joe Campi and Steve Cole completed back-to-back marathons the weekend of March 19 and 20. At the Porterville Marathon on the 19th Joe finished in 3:50 and Steve finished in 4:06, good enough for second place in the over 50 category. At the San Luis Obispo Marathon the next day Joe finished in 4:24 and Steve in 4:59.

Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

This year's Rio Bravo Ten Miller was quite possibly the toughest one thus far. At least that seemed the popular consensus around the finish line, and the current times attest to the general sentiment. Under last year's prime conditions, three people broke one hour on the hilly course. This year's fastest time was by BTC member Paul Cross with 1:05:23. Teammate Brenda Villanueva won the women's race in 1:17:46.

The Bakersfield Track Club swept six divisions in the Arvin Wildflower 5K and 10K runs held April 16. A total of 28 trophies were awarded to BTC members. With sunny, clear, but cool weather, conditions were ideal for a fun, fast race. First place winners included: Jean Lloyd women's 30-39(5K) in 24:40; Susan McCreery women's 40-49(5K) in 25:21; Andrea MacDonald women's 20-29 in 43:56; Verla Phillips women's 40-49 in 48:02; James Finley 30-39 in 34:26; Bill Loughry 40-49 in 32:43; Bruce Pfitzenreuter 50-plus in 40:03.

Capitol City Flyers

P.O. Box 1495, Fair Oaks 95628

The Flyers are considering a unique change in structure which will be decided upon at the May 22nd club meeting. The proposed change centers around the hiring (for pay) of John Mansoor as Executive Director. Some of his responsibilities would include fund raising, office services, newsletter editor and coaching; all the things he does now as a volunteer. The Executive Director would be paid 10% of all club income. He would not be a voting member of the executive committee except to break ties. He would be hired on a one year basis beginning with the "new" year in July. The Flyers may pave the way for other clubs to hire a paid director.

Fleet Feet Running Club Of San Jose

1618 Montrose Way, San Jose 95124

16 members ran the Napa Marathon where Judi Shade turned in a PR of 3:05:05 as did Bob Farrington who placed 2nd in his division with a PR 2:46:23.

Six members toured to Santa Catalina Island for the Marathon and a fine time. This may be the toughest course we have encountered. Bob Dalton placed 24th overall in a time of 3:11:03.

It was a crowd that went to the American River 50 Miler on April 17. Half of them ran the race and the other half helped and took movies of the race. Ephram Romesberg blazed the trail and finished in 7:06. Steve Lorenz turned in an impressive 7:34 and Bob Dalton finished in 8:27. Cathy Casey finished (looking very strong and just as if she had completed a 10K) in 9:12. Other club members who completed the 50 mile course were: Dick Shanley, Fred Copeland, Peggy LeDeit, Ted Schmidt, Don Helms and Bob Patrick.

Bill Barclay, Judi Shade, Kathy Hughes, Loretta Gutierrez and Bob Farrington ran the Boston Marathon. Bob finished in the top 25th with a time of 2:51:22.

Fleet Feet member Sal Berumen took 1st place in the Baylands 10K with a time of 32:40. He also took 1st place overall on April 16 in a 5 mile race in Mountain View with 24:37.

The club conducts training runs at many levels, distances and times of the week. New runners and members are welcome. For more information, contact Ted at (408) 723-7223.

San Diego Track Club

P.O. Box 7853, San Diego 92107

San Diego Track Club members walked off with a large share of the many awards at the 7th annual NOSC Run-Around at the Naval Ocean Systems Center. Eighteen-year-old Danny Ouellette, one of the stand-outs of the SDTC juniors team, won the 10K event over the hilly Pt. Loma course in 32:45.

Robin Rea, a brand-new track club member, took the women's race in 41:16, a course record by more than a minute and a half. She finished 13th overall, just five seconds behind SDTC's Frank Morris, who won the 50-plus division.

Other good performances from SDTC members: Hal Goforth, third overall and second in the 35-39 division; Dr. Juergen Richter, Dr. Will Rasmussen and Alan Olson, fifth, sixth and eighth overall and one-two-three in the masters division; Yvonne Richter, first masters woman finisher, and Laura Potterf, first woman finisher in the 30-39 division in her first race after a long lay-off due to a stress fracture.

The 3K event was won by Willie Schenck in 10:20, with Bridget Bohan the fourth overall finisher and first woman across the line in 11:07.

Berkeley Runners' Club

5623 Oakgrove Ave., Oakland 94618

The highlight of the month was our very own 3rd Annual Berkeley Bayview Bull Run. Thanks to a very hardworking group of volunteers, the event went off swimmingly. A number of members won ribbons, including: Arild Jansen, Joe LeBlanc, Hilary Naylor (first woman), Kelly Connor, Ruth Grimes, Lourdes Gonzaga, Bernice Carter, and Loretta Madarang.

The ultra race of the month was the American River 50 Miler. Laury Fisher ran a PR by about 2 hours, finishing in just over 9 hours while Carol La Plant, also running a PR, finished in the top ten women with a time of 8:30. The first bkie to finish (and the only one) was Pierre La Plant who rode a stump jumper up the course 1 hour prior to the start of the foot race, finishing in 6½ hours.

New West Running Club

6004 Fostoria St., Bell Gardens 90201

New West Running Club members placed well in the Legg Lake Lark 5 and 10K on March 19th. Dennis Forthoffer - 1st overall in 10K at 31:40; John Carrasco - 2nd overall in 32:27; Belinda Holquin placed 2nd in the women's 30-39 age group in 47:00; and Phil Torres placed 1st in the 20-29 age group in the 5K in 16:35.

At the Tom Sullivan 6 Miler, John Carrasco turned in a PR of 30:59, placing 3rd in the 20-24 age group. Jay Jurado was next club finisher in 33:40 followed by Bob Holquin in 34:55.

The club is pointing toward the Leatherneck 8 Man 8 Mile Relay, which is run along with the Leatherneck Marathon. A couple of new members have joined the club: Mike and Bob Sandoval of La Puente.

Empire Runners

4700 Foulger Dr., Santa Rosa 95405

REFLECTIONS ON THE AMERICAN RIVER 50 by Nancy Crawford: Having just returned from the AR 50 Miler in Sacramento has made distance running in general, and our California 50 in particular, take on a whole new meaning for me. As my husband Tom's handler, I spent 9 hours and 9 minutes maneuvering freeways, city streets, state parks, fish hatcheries, horse trails, and innumerable traffic jams caused by others trying to get their gear to their loved ones by the scheduled time. Karen Donney and I decided there's surely a special reward in runner's heaven for spouses, lovers, friends, etc. who stand waiting breathlessly with hands full of vaseline, syrupy sugared tea, bananas, oranges, changes of clothes and shoes, only to be greeted by, "Didn't you bring the aspirin?"

At 40 miles I was reflecting on how smug I had felt the day before, having run my long run of 14 miles, and suddenly realizing that passing before my eyes were runners who had not only run the distance of my long run, plus a marathon, but had 10 more miles to go - straight up - and still they kept coming.

By the time I reached the finish line at Auburn Dam Overlook (just in time to help Jeannie and Kathy French pass out 500 Cal 50 flyers), I felt like the Pony Express. There were women finishing 50 harrowing miles who looked better than I did. But the best part of the whole experience was the at-

mosphere of encouragement and support. I've gone to hundreds of races both as a runner and a spectator, and this was not only an ultra in distance but an ultra in friendliness, camaraderie, caring and love among all the crews and runners. It's the only race I've ever been to where people, almost without exception, finished and then stayed on for hours to cheer on their fellow comrades.

Tulare Runners

P.O. Box 1995, Tulare 93274

Dennis Wong Represented the club at the 87th Boston Marathon on April 18 and sailed to a 2:46, re-qualifying himself for the 1984 event. Don Chorley ran the American River 50 Mile in 10:25 on April 17th. Don has received an entry confirmation for the Western States 100 Mile Endurance Run in June. This will be Don's second Squaw Valley to Auburn run.

The club recently elected new officers. They are: Esther Henson - President, Paul Storey - Vice President, and Galen Grant - Secretary/Treasurer.



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Prep Notes

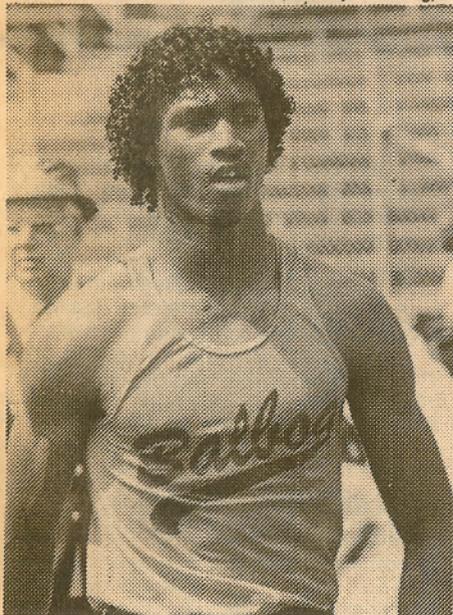
By KEITH CONNING

★ BRUCE JENNER MICHELOB LIGHT CLASSIC

San Jose City College, April 16—Junior Yvette Bates (Berkeley) won three individual events and ran on a winning relay team. She triple jumped 39-10½, the best mark in the nation, and long jumped 18-0. She revenged her earlier season loss to Debbie Budwig (Clovis West, Clovis) in the 100LH at the Fresno Bee Games. Budwig had won by .02 in Fresno, but Bates won here by .06. The Berkeley girls' 4 x 220 relay team of Jackie Baker, Lana Rice, Bates and Nedrea Rodgers was trying for the national record of 1:37.1 set by Berkeley in 1980. They ran 1:39.6, the fastest in the state and second best in the nation to Smiley (Houston) at 1:38.30m.

Cory Schubert (Del Mar, San Jose) won two distance events. She continued her remarkable distance running with a 9:30.2 3000, the best time in the nation and a new NorCal and CCS record. She becomes No.2 all-time in California and 15th all-time in the

photo by Bill Leung, Jr.



Maurice Crumby
National High Jump Record

U.S. One hour later Cory defeated Nanette Garcia, the 800 winner in 2:12.0, 4:30.2 to 4:38.8 in the 1500.

Kimmie James (Richmond), third in the State Meet, ran the fastest outdoor 800 time in the nation this year of 1:52.5. He also was timed in 47.9 on his mile relay leg, despite having to stop to pick up the baton which had dropped to the track during the exchange.

Mark Boyd (St. Mary's, Berkeley), fifth in the State Meet 110 high hurdles, defeated

Erick Montgomery (Independence, San Jose), fourth in the State Meet, 13.92 to 14.27. Boyd also won the long jump at 22-3¾.

Kim Kesler (Vintage, Napa), third in the Sac-Joaquin Section, threw the discus 150-1, third best in the state.

Mike Kibort (Saratoga), the CCS champion, defeated Doug Fraley (Clovis West, Clovis), second in the State Meet, 16-0 to 15-6.

Dave Livingston (Willow Glen, San Jose) outkicked Grant Foster (Monta Vista, Cupertino) and his twin brother Mike to win the 5000 in 15:05.1.

★ SCHUBERT GOES TO STANFORD

San Jose, April 2—Cory Schubert (Del Mar, San Jose), the national high school leader in the 3000, will attend Stanford. Schubert, who began her career as a sprinter and never even tried cross country until last winter (1st at Kinney Western and 3rd at Kinney National) is not only an outstanding runner, but a straight A student and president of the student body.

★ PREP RUNS 100 METERS IN 9.8

Shreveport, La., April 11—Michael Taylor, a senior at Green Oaks High School, ran 100 meters in a wind-aided 9.8 to become the first high school sprinter ever to be timed in less than 10.0 seconds. There was no wind gauge, but the wind was reported to be 13mph with gusts up to 20mph.

According to *High School Track 1983*, Michael Taylor ran 10.3 and 21.1 as a junior.

★ CRUMBY SIGNS WITH ARIZONA

San Francisco, April 13—Maurice Crumby (Balboa, San Francisco), whose 7-4½ high jump at the King Games broke the American junior and national high school records, signed a letter of intent to compete in track and field at the University of Arizona.

The 6-4, 180-pound Crumby is a two-time state champion and was the national Junior Olympic champion last year at 7-3. He was an outstanding wide receiver in football and plans to try that sport at Arizona after his freshman year.

★ BOYD PICKS ASU

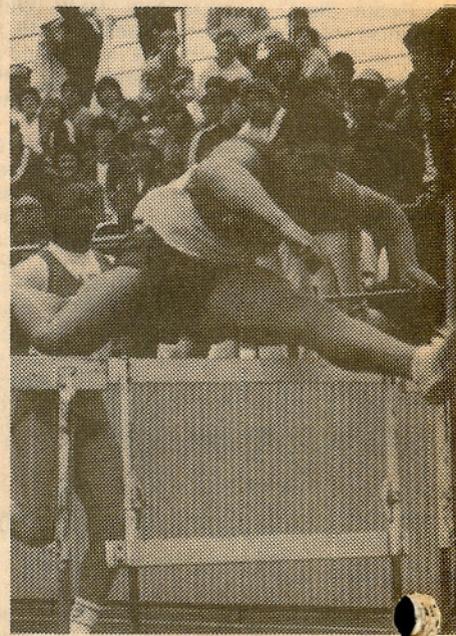
Berkeley, April 16—Mark Boyd (St. Mary's Berkeley), the winner of the Bruce Jenner high hurdles, has signed a letter of intent with Arizona State, Panther coach Mark Moyer announced. Boyd is the current state leader at 13.92.

★ HANCOCK METRIC MEET

Santa Maria, April 9—Senior Brian Casey, who won the 800 in 1:57.8, was the outstanding boy in the meet.

Senior Julie Deal, who set new meet records in the 800 (2:19.7) and 1500 (4:59.9),

photo by Terry Mattice



Mark Boyd
St. Mary's hurdle ace

was the outstanding girl in the meet. The old 800 record of 2:21.8 was set by Carol Karamitsos (Righetti) in 1978. The old 1500 record of 5:01.4 was also set by Karamitsos in 1980. Karamitsos is attending Occidental this year.

Senior Toni Lutjens (Righetti) set a new meet record of 47.59 meters in the discus. The old record of 39.37 was set by Moss (Paso Robles) in 1981.

Junior Shelyne Jordan (Righetti) set a new meet record in the triple jump of 9.99 meters. The old record of 9.55 was set by Kreger (Atascadero) in 1982.

★ ERNEST RIGHETTI HIGH SCHOOL NEWSLETTER

Santa Maria, March-April—Bill Lutjens has been in Santa Maria a long time. He has taught at Lakeview Junior High School and now at May Grisham. Bill is working with the throwers, he really works them out too. Best part is that Toni and Bill Jr. are his and he can wear them out so they aren't as mean at home.

Toni will be attending UCLA where she has been offered a full ride.

Brian Casey will be attending Northern Arizona University (NAU) where he has received a ¾ full ride.

I would like to thank coach Dick Lemoore for sending his newsletter.

★ LEMOORE KIWANIS

Debbie Budwig (Clovis West, Clovis) set a new meet record in the 100 meter low hurdles in 14.5. Second place was 16.3.

★ **DELANO KIWANIS RELAYS**

Junior Kevin Richardson (Shafter), second in the Central Section at 182-10, defeated his teammate Scott Peterson in the discus 169-3 to 163-4.

Junior John Bender (Shafter) put the shot 57-3¼.

Junior Dalphine Adams (Garces, Bakersfield) threw the discus 123-8½.

★ **GILROY INVITATIONAL**

April 16—Junior Wendy Brown (Woodside) set a new meet record in the triple jump of 39-2. The old meet record of 38-2 was set by Yvette Bates (Berkeley) in 1982. Donna Campbell (Overfelt, San Jose), was second at 37-3¼ and Diggs (Salinas) was third 36-6. Brown also won the long jump at 17-11.

Sophomore Kristen Dowell (Santa Teresa, San Jose), the daughter of Independence coach Stan Dowell, set a new meet record in the 800 of 2:12.24. The old record of 2:12.4 was set by Tracy Weber (Lynbrook, San Jose) in 1981. Lanette Davis (Del Mar, San Jose) placed second in 2:13.93, and Carla Halford (Leland, San Jose) was third in 2:15.51. Dowell also won the 400 in 57.56.

Halford set a new meet record of 5:03.42 in the mile. The old meet record of 5:10.2 was set by Kerry Brogan (Los Altos) in 1981.

Carol Manaea (Seaside, Monterey) won the shot put (41-1) and discus (135-5). Gerri Baldwin (Branham, San Jose) was second at 128-0.

Sophomore Leslie Maxie (Mills, Millbrae) won the 100 LH in 14.53. Wendy Brown was second at 14.75 and Roberta Eccles (Gunderson, San Jose) was third at 14.90. Eccles won the 330 LH in 45.91.

The El Cerrito girls won the mile relay in 4:03.99. Los Gatos was second in 4:05.57 and Gunderson was third in 4:06.60.

Roger Creedon (Cupertino) put the shot 54-3½.

Richard Jett (San Mateo) long jumped 22-8¼ and triple jumped 46-3½.

Kennedy (Sacramento) won the 440 relay in 43.02.

Dave Davis (Granada, Livermore) high jumped 6-8.

Darryl Usher (San Mateo) edged Mark Novak (Westmont, Campbell) in the 400—49.20 to 49.24.

Mike Anderson (Carlmont, Belmont) won the two mile in 9:24.91.

Andy Nagengast (Del Mar, San Jose) threw the discus 167-2.

Junior Tom Legan (Del Mar, San Jose) won the mile in 4:19.42.

The boys' mile relay produced a close three team finish—San Mateo 3:25.17, Westmont 3:25.57, and Aragon 3:25.84.

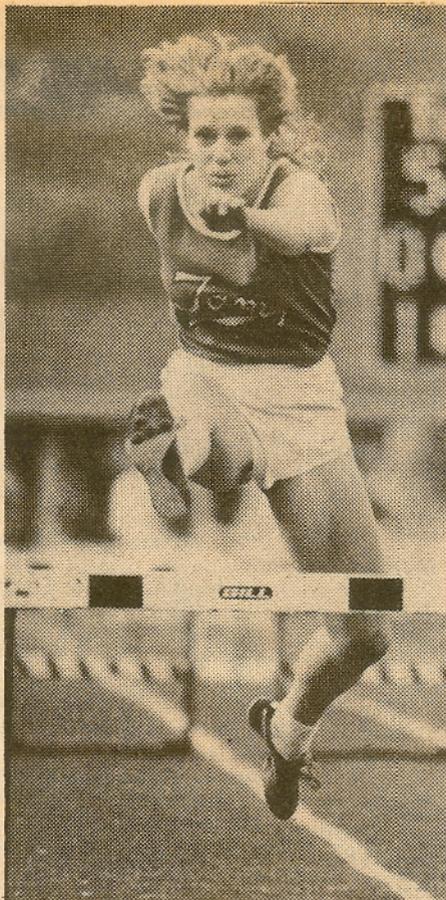
San Mateo won the boys' title with 73 points. Mills won the girls' title with 51 points.

★ **SANGER METRIC CLASSIC**

Sanger, April 22—Julian Recendez (Tulare Union), fifth in the 1982 Valley Championships and currently ranked second in the Central Section at 38.1, set a new meet record of 38.4 in the 300 LH.

Tom Norman (Redwood, Visalia), the Central Section high jump leader, set a new meet record of 6-9.

Miguel Hurtado (Sanger), ranked second in the Central Section 3200, set a new meet record of 9:26.9.



Kristine Babenco, Mt. Tamalpais HS running 300 hurdles in 46.8.

Torrey Barr (McLane, Fresno), the current state triple jump leader and second in the nation at 50-7½, won with a jump of 47-6. Eric Carr (Washington, Easton), fourth in the 1982 Valley Championships, placed second at 46-4.

Junior Rick Bernal (Sanger), ranked third in the Central Section, set a new meet record of 4:26.5 in the 1600. Sophomore Art Smalley (Redwood, Visalia), third in the



Carole Jones, senior at Chino HS has '83 marks of 39-2(TJ), 17-9(LJ), 14.8(100h), and 44.2(300h).

1982 Valley Championships, placed second in 4:26.6. Miguel Hurtado, the 3200 winner, doubled back in 4:26.7. Only 2/10ths of a second separated the first three runners.

Chris Karns (Sierra, Tollhouse), second in the 1982 Valley Championships, won the 300 LH in 47.1.

Janet Dawkins (Sierra Freshman, Fresno), the Central Section leader, set a new meet record of 58.9 in the 400.

Tonya Mendonca (Mt. Whitney, Visalia), second in the 1982 State Meet and current state leader at 5-10, set a new meet record of 5-6.

Washington Union won the boys' team championship with 87½ points, and Lemoore won the girls' team championship with 64 points.

I would like to thank Dave Dodson, the Sanger coach, for sending the results. I

continued on next page...

High School Schedule:

- | | |
|-------------|--|
| June 4: | CIF State Track Meet, Memorial Stadium, Bakersfield. |
| June 11: | Golden West Invitational, Hughes Stadium, Sacramento. |
| June 12: | Kinney Invitational, Edwards Stadium, Berkeley. |
| June 17-19: | USA/TAC Championships, University of Indiana, Indianapolis, Ind. |
| June 18: | International Prep Invitational, Naperville, Illinois. |
| June 18: | ARCO Jesse Owens Regional Championships, Edwards St. Berk. |
| June 25: | Women's Prep Classic, Beaverton, Oregon. |
| June 25-26: | TAC Junior Championships, Penn State, State College, PA. |
| June 28-29: | TAC Age-Group Multi-Event Championships, TBA, Ohio. |
| July 1-3: | Pacific Association TAC Junior Olympics, Cal State Univ. Haywd. |
| July 1-3: | USA/TAC Youth Athletics Championships, Welcome Stad., Ohio. |
| July 16: | TAC Region 13 Junior Olympics, Merritt College, Oakland. |
| July 26-27: | US v. Canada Juniors, Sherbrooke, Canada. |
| July 26-28: | TAC Junior Olympics Multi-Events, Durham, North Carolina. |
| July 26-27: | AAU Junior Olympics Multi-Events, South Bend, Indiana. |
| July 29-31: | AAU Junior Olympics, South Bend, Indiana. |
| July 29-31: | TAC Junior Olympics, Durham, North Carolina. |
| July 30-31: | US v. Canada v. Italy Juniors, New Britain, Connecticut. |

Note: I would like to thank Howard Willman for his assistance in preparing this schedule.

Prep Notes

would like to encourage all coaches to send in results of your meets, so that we can do a better job of covering prep track.

★ LEIGH—WEST VALLEY RELAYS

West Valley College, Saratoga, April 26—The meet was postponed from Saturday because of rain.

Rod Green (Palo Alto) defeated Erick Montgomery (Independence, San Jose) in the 120-yard high hurdles—13.8 to 14.3.

The Del Mar girls' 4 x mile team of Lanette Davis (5:06.1), Nora Baker (5:35.9), Christine Lo Franco (5:32.9) and Cory Schubert (4:53.7) set a new Central Coast Section record of 21:08.6. It is the 6th fastest high school time ever.

Wendy Brown (Woodside) won the long jump (18-6½), high jump, and triple jump (38-11½).

Mike Kibort (Saratoga) set a new meet record of 16-0 in the pole vault. The old meet record of 15-6 was set by Blake Fernside (Del Mar) in 1977, tied by Ben Mahoney (St. Francis) in 1980, and by Kibort in 1982.

Mike Livingston (Willow Glen, San Jose) won the 5,000 in 15:11.0. He completed two miles in 9:49.2 and three miles in 14:41.1. Grant Foster (Monta Vista, Cupertino) led the first mile in 4:49.5.

The Del Mar girls also set a new meet record in the two-mile relay of 9:30.9. The old meet record of 9:32.3 was set by Castro Valley in 1981. They also lowered their CCS record from 9:33.4.

Kimmie James (Richmond) anchored his team to the sprint medley win with a 1:55.6. Richmond took the two mile relay with James running 1:57.6. He capped off his day with a 48.0 anchor leg on the winning mile relay.

Berkeley junior Ken Henderson had quite a day. He won the 100 in 9.9, anchored the mile relay in 48.4, and ran on the winning 440 relay.



Craig Miller
Berkeley Shot Putter

Andy Nagengast (Del Mar, San Jose) threw the discus 170-0.

The Berkeley boys' 440 relay team set a new meet record of 41.9. The old record of 42.3 was set by Cubberley (Bill Green & Co.) in 1979.

Nanette Garcia (Silver Creek, San Jose) won the mile in 5:02.2 with Carla Halford (Leland, San Jose) second.

Junior Latonia Floyd (Oak Grove, San Jose) put the shot 41-2.

Porter (Willow Glen, San Jose) triple jumped 47-4¼.

Richmond won the boys' mile relay in 3:22.7. Berkeley was second in 3:23.5.

Berkeley's boys and Woodside's girls won the team championships.

★ CHARLIE EATON RELAYS

Acalanes High School, Lafayette, April 29—The Alhambra (Martinez) girls' 4 mile relay won in 22:44.4. The meet record and national record of 20:49.8 was set in 1981 by Miramonte (Orinda).

Noreen de Bettencourt (Carondelet, Concord), the 1982 North Coast Section champion, won the "Devil Take the Hindmost" mile in 5:06.4. Suzy Lehmkuhl (Acalanes, Lafayette) placed second in 5:11.9.

Mike Ostrom (Las Lomas, Walnut Creek), third in the 1982 North Coast Section, threw the discus 167-5½. His best this season is 182-3, which he threw at the Santa Rosa Relays. He had to hurry off with his father to connect with a flight to Los Angeles. He is paying a visit to UCLA on one of six recruiting trips allowed senior track athletes.

★ CENTRAL COAST SECTION TOP EIGHT INVITATIONAL

Los Gatos High School, April 30—The athletes of the meet were: boys track-Erick Montgomery (Independence, San Jose); boys field-Johnny Cleveland (Soquel); girls track-Cory Schubert (Del Mar, San Jose); and girls field-junior Wendy Brown (Woodside).

Senior Erick Montgomery avenged his high hurdle loss to Rod Green (Palo Alto) earlier in the week and set a new meet record in the 110 HH (14.03) and the 300 LH (36.64). The old 110 HH record 13.9 was set by Green in 1982. Green finished second in 14.13. The old 300 LH record of 36.6 was set by Ron Seanez (Gilroy) in 1981. Montgomery anchored his mile relay team to victory in 3:21.5 with a 48.0. He also ran the third leg on their winning 400 relay (42.5).

Johnny Cleveland (Soquel) set a new meet record of 23-7½. The old record of 22-9½ was set by Andy Sythe (Los Gatos) in 1982.

Schubert set a new meet record in the mile of 4:51.1. The old record of 4:55.2 was set by Kerry Brogan (Los Altos) in 1981. Carla Halford (Leland, San Jose) was second in 4:57.8. Cory's splits were 72.1, 2:28.6, 3:43.6.

Brown broke her meet record of 38-2 in the triple jump with a jump of 39-7½. It was the second longest in the United States behind Yvette Bates (Berkeley) at 39-10½. Brown also won the long jump at 18-4 and high jump at 5-6.

Junior Mike Davidson (St. Francis, Mt. View), a transfer from Bellarmine in San Jose, set a new meet record in the 400 of 47.3. The old record of 48.3 was set by Kerry Threats (Westmoor, Daly City) in 1982.

Threats, the defending CCS and Top 8 Champion, finished second in 47.4.

Senior Grant Foster (Monta Vista, Cupertino) won the two mile in 9:13.6. Grant Owens (Leland, San Jose) led the first lap in 68.1. Then Mike Livingston (Del Mar, San Jose) took over with laps of 2:18.2, 3:27.0, 4:37.1, 5:48.1, and 7:01.7. Foster led at 1¾ miles in 8:11.2. He ran his last lap in 62.1.

Sophomore Kristen Dowell (Santa Teresa, San Jose) set a new meet record in the 800 of 2:09.4. The old record of 2:09.9 was set by Maria King (Milpitas) in 1981. Schubert was second in 2:09.8 and Lanette Davis (Del Mar, San Jose) was third in 2:11.0.

Ann Petree (St. Francis) won the discus at 141-6.



Martin Higginbotham (Berkeley) leads **Dave Bell** (Leigh).

Chris Bowe (Pacific Grove) set a new meet record of 1:54.2 in the 800. The old record of 1:54.6 was set by Scott Oliver (Los Gatos) in 1980.

Junior Tom Legan (Del Mar, San Jose) equaled the mile meet record of 4:15.4 set by Nelson Bernal (Westmont, Campbell) in 1981.

Sophomore Leslie Maxie (Mills, Millbrae) equaled the 110 hurdles record of 14.4 set by Roberta Eccles (Gunderson, San Jose) in 1982. Eccles was second in 14.5. Maxie also won the 400 in 55.7.

Eccles set a meet record of 44.39 in the 300 hurdles. The old meet record of 44.43

was set by Margaret Demorest (Buchser) in 1981. Independence won the boys' team title with 57 points. Woodside won the girls' team title with 46 points.

★ 200TH TRACK WIN

Berkeley, April 30—St. Mary's track coach Mark Moyer won his 200th varsity/junior varsity win over an 11-year period this week.

Moyer's overall record since 1973 now stands at 200-44-5.

★ JUSTICE GOES 48-4½ IN TJ

Union City, May 4—Adrian Justice of Logan High soared 48 feet 4½ inches in the triple jump to easily top qualifying honors in the Mission Valley Athletic League track and field trials held Tuesday at Logan High.

Justice's jump surpassed Byron Patterson of St. Mary's 47-8 mark as the Eastbay's best.

★ ABSHIRE AND HANSEN SUCCEED AT CLACKAMAS JC

Kelly Sullivan, the coach at Clackamas JC in Portland, Oregon, informs us that Brian Abshire (DeAnza, Richmond) has season bests of 3:48.8 in the 1500 and 14:12 in the 5000. These are the leading marks nationally in the NJACAA.

John Hansen (Placerville) has run the 1500 in 3:51.9, which ranks in the top three nationally.

Both Abshire and Hansen have qualified for Nationals in San Angelo, Texas on May 1. Brian in the 5000 and John in the 1500.

Jeff Franklin (Yreka) is red shirting due to injury.

★ QUICKSILVER CLASSIC

San Jose City College, May 7—Maurice Crumby (Balboa, San Francisco) and junior Wendy Brown (Woodside) were the outstanding performers.

Crumby improved his meet record in the high jump from 6-10 to 7-3. He missed three times at 7-5.

Brown won three events and finished second in another. She improved her meet record in the triple jump from 39-7½ to 40-8, the leading mark in the nation this season. She won the 100H in 14.49 and the long jump with a leap of 18-8. She finished second in the high jump at 5-6 to Tracy Brand of Australia.

Larry Farrister (Ceres) set a new meet record of 24-1 in the long jump. The old meet record of 23-8½ was set by Ken Frazier (Mission, San Francisco) in 1982. Farrister's mark is the best in the state this season.

Sandra Speers (Australia) set new meet records in the 400 (54.94) and 800 (2:07.50). The old 400 meet record of 54.98 was set by Nedrea Rodgers (Berkeley) in 1982. The old 800 meet record of 2:12.2 was set by Kerry Brogan (Los Altos) in 1980.

Michelle Lyons (Australia) set a new meet record of 4:35.80 in the 1500. The old meet record of 4:38.2 was set by Maria King (Napa) in 1982.

Roberta Eccles (Gunderson, San Jose) set a new meet record of 43.85 in the 330 LH. The old meet record of 44.16 was set by Margaret Demorest (Buchser, Santa Clara).

Kim Kesler (Vintage, Napa) threw the discus 154-0, one of the top marks in the state this year.

Skyline of Oakland won the boys' title with 57 points, and the girls' title with 44½ points. The Australian junior team scored more points, but they were not considered for the team title.



Jim LaFuente (Mt. Pleasant)

★ KINNEY INVITATIONAL

Berkeley—There will be four high school events for Northern California high school athletes at the Kinney Invitational on Sunday, June 12: boys and girls mile, boys and girls 4 X 200 relay.

★ KEEBLER INTERNATIONAL

The search is on for the top high school senior track and field prospects in the world. The 12th Annual Keebler International Prep Track and Field Invitational will take place Saturday, June 18 at York High School's East Field in Elmhurst, Illinois. In this, a building year for the 1984 Olympics, the meet takes on added significance. The Keebler International has been a big stepping stone for more than a dozen Olympic track and field medal winners. Former and future Olympians include Earl Bell, Michael Carter, Harvey Glance, Renaldo Nehemiah, Dwight Stones, Craig Virgin, Carl Lewis and Billy Olsen to name a few.

Invitations close on June 11, seven days prior to the Meet. All prospective entrants must be high school seniors in their last year of track eligibility.

The 1983 Keebler International will be held for the first time at the new eight-lane Chevron track at York High School, one of the best facilities in the U.S. Meet headquarters will be the Chicago Marriott O'Hare Hotel. Accommodations, meals and entertainment will be provided at no cost to the participating athletes. Their only cost is transportation to and from Chicago.

Standards for selection to the 1983 Keebler International Prep Track and Field Invitational are as follows: 100y 9.4; 100m 10.3; 220y 21.2; 200m 21.1; 440y 47.5; 400m 47.2; 880y 1:52.0; 800m 1:51.3; Mile 4:12.0; 1500m 3:55.0; Two mile 9:04.0; 3000 8:30.0; 120y or 110m HH 13.7; 330y IH 37.5; 300m IH 37.3; LJ 24-0; TJ 48-9; HJ 7-0; PV 15-6; JT 205-0; SP 63-0; DT 185-0; HT 180-0.

Performances qualifying for selection to the Keebler International Prep Track and Field Invitational and requests for addi-

tional information should be directed to: Neal Robinson, Invitations Chairman, 205 Ridge Road, Wilmette, Illinois, 60091, telephone (312) 256-2558 (after 1:00pm CDST).

★ NATIONAL AAU JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS COME TO FRESNO

Sanger, April 8—Dave Dodson, the coach at Sanger High School and the meet director for the National AAU-JO Championships, writes that the upcoming National AAU Junior Olympics cross country championships will be hosted by the Sanger Striders Track Club.

The meet will be held at Woodward Park, in Fresno, on Saturday December 10. This is the first time the National AAU Junior Olympic cross country championships have been held in California.

Races contested will be: 10 and under, 11-12, 13-14, 15-16, 17-18 for boys and girls. Age is determined by the athletes' age on December 31, 1983.

How to Qualify: The athlete must qualify in their Association meet. (Pacific Southwest, Southern Pacific, Southern Nevada, Pacific, and Central California.) The athlete must place in the top 25 in their age group in the Association or on one of the top three teams in their age group. This qualifies them to compete in the Region XIII meet which the Sanger Striders Track Club will host at Woodward Park on Sunday November 27. (Central California athletes will qualify directly to the Nationals from their Association meet as they are the host Association)

At the Region XIII meet the athletes who place in the top 15 or who place in the three teams will qualify to the National championships to be held on December 10.

For further information write to Dave Dodson, 10518 E. California, Sanger, CA 93657.

PREP MAILBAG

April 26, 1983

Dear Mr. Conning:

I have read with interest the March, 1983 issue of California Track & Running News. Your coverage of CIF Section boys' and girls' track athletes is indeed exceptional.

Please convey my thanks to Howard Willman, Dennis McClanahan and Doug Speck for all their contributions. The CIF track section would be even better if we could get all CIF sections to respond with an update each month!

Since your coverage of the high school prep scene is becoming more extensive, our office wonders if you would like permission, in future issues, to use the CIF logo as a heading for your high school section. I have enclosed several copies of our official CIF logo which you may reproduce in order to highlight the prep sports section in future issues. Permission to use our logo is restricted only to the CIF Track & Field/Cross Country section in California Track & Running News.

Once again, thank you very much for the good job in highlighting our prep athletes.

Cordially,

Margaret R. Davis

C.I.F. Associate Commissioner of Athletics
Fullerton

Prep Notes

Coaches' Kids Make Good

The Clovis West Connection

What do Doug Fraley and Barry Estes have in common? Since Doug is a 160 pound pole vaulter and Barry is a 230 pound discus thrower, it might seem as though they are world's apart. Take a closer look!

First of all they were both born on the same day, they are both seniors at Clovis West High School (just north of Fresno), then they are each great athletes, they've both led the state at one time during the year (Fraley currently leads the nation while Estes is ranked third in state), they both started competing in track and field in elementary school, and they are both going to Fresno State University next year. But what makes them even more uniquely similar is that their fathers are the men's track & field coaches at Fresno State. Red Estes is head track coach and is a weight event expert. Bob Fraley is assistant track coach and is in charge of the jumping events. There's not a much better indication of one's coaching ability than what one does with their own kids. I wonder what would have happened if Red Estes was a jump coach and Bob Fraley a weight coach?



Doug Fraley (left) chats with rival vaulter Mike Kibort.

DOUG FRALEY

Age 18, Height 6-2, Weight 160. Born March 7, 1965. Best Marks: 16-8½. Coached by Jim Farmer, Mike Sula and Jim Kaprillian.

Yearly Progression:

Kinder	5-7	7th	10-0
1st	6-1	8th	11-1
2nd	7-4	9th	13-6
3rd	7-9	10th	15-6
4th	9-0	11th	15-9
5th	baseball	12th	16-8½
6th	baseball		

Doug Fraley started vaulting when he was 5-years-old. His dad was track coach at Lemoore High School and they had a pit in their back yard. Back yard vaulting wasn't all that uncommon in the Lemoore-Hanford area. Ever since Dutch Warmerdam set records catapoling over peach trees the local pastime of many area youths has been vaulting.

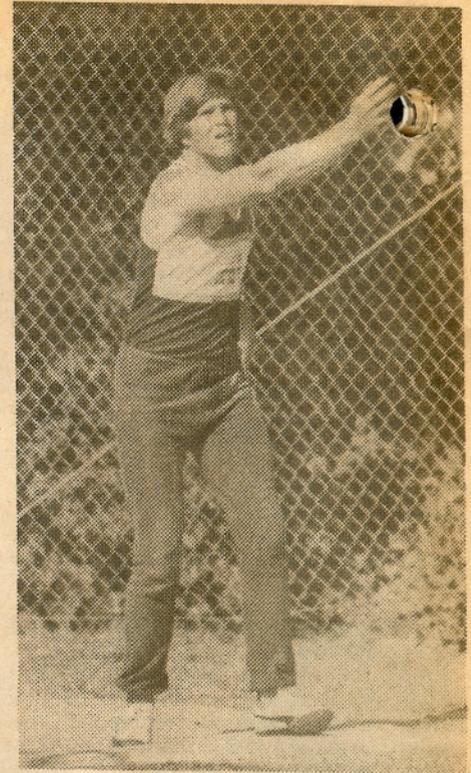
Attending meets with his dad, Doug naturally picked up an instinct for vaulting - he'd go home and try what he saw. But he's quick to say that Dad never put any pressure on him to compete. In fact, he

played baseball in the 5th and 6th grades. He began his high school career as a good cross country runner (number five man, varsity).

Fraley has continued to steadily improve his vault from year to year with his 16-8½ North Yosemite League championship his current pinnacle. He's not done yet and figures to continue to climb greater heights right on through college. Right now he's concentrating on the state meet (he was 2nd last year) and 17 feet (he knocked 17-1 one off on the way down at NYL).

Just because his dad is a coach doesn't mean vaulting has always been easy for the younger Fraley. He's had a rough go of it with injuries, especially the past two seasons. Last year it was his back, this year it's a leg. For the month before the NYL meet he was only able to vault once a week in practice and not much at that. But he keeps an optimistic attitude and feels the rest did him some good as he was doing two-a-day workouts since summer.

Bob Seagren has been Fraley's all-time hero, but he considers himself a lot like current star Billy Olsen in that he believes in "run fast and hold high."



Barry Estes

BARRY ESTES

Age 18, Height 6-4, Weight 230. Born March 7, 1965 in Fresno. Best Marks: 186 & 185-9. Coached by Jim Farmer and Ron Sakaguchi.

Yearly Progression:

9th grade	141-0
10th grade	165-0
11th grade	184-11
12th grade	185-9

Barry is a two sport star. This past winter he placed 3rd in the State Prep Wrestling Championships. His Clovis West team won the team title and five of the six seniors on that team will be attending Fresno State next year, including Estes.

The discus event isn't contested until junior high, so Barry put the shot in elementary school. He feels his Dad, Red, has played a key role in his development, especially during the younger years, by establishing a good foundation. He's now looking forward to having Dad as his official coach next year at FSU.

Although Barry concentrates on the discus event, the coaches entered him in the shot put at the North Yosemite League meet in hopes of picking up a point or two. He surprised everyone, including himself, by winning it with a lifetime best 51-6.

His biggest thrill so far in track has been winning the Age Group Nationals at Louisiana State University in his sophomore year. His 185-9 is currently third best in the state, just a few feet behind Vacaville's leader Kurt Sissle at 189. A state championship could replace that age group high point.

Estes doesn't emulate any past or present discus champions, but does give his wrestling coach, Lennis Cowell, a lot of credit for providing much inspiration in both wrestling and track.



Mt. San Antonio Relays

By Doug Speck

April 22-23, Walnut: Mt. SAC Relays - Prep Section.

For the days of Friday, April 22nd, and Saturday, April 23rd, the fine Mt. SAC facility was mostly turned over to the preps who arrived at the end of another week of wet weather to turn in some super performances. A number of meet records and seasonal bests were turned in by a top turn-out of area and state-wide stars.

The Southern Section's two national-record holding ladies, Gayle Kellon (Walnut) and Natalie Kaaliawahia (Fullerton), ended their high-school careers on this facility in fine style. Gayle got the action rolling on Saturday morning with a 42.2 meet record 300 lows race, then returned later in the day to run hard the entire way in a 53.4 MR 400 meters. Gayle continues in a world of her own in the 300 lows at this level, and should probably thrive on the college competition she will receive as a UCLA Bruin in the next four years. Natalie broke her own shot put meet record with a 51-5 toss, and completed a fine double with a 168-6 discus.

The Fullerton star is set at Arizona, and it is a bit sad to think the grace and class with which these two competed and easily outshone their competition in our area will soon end at the prep level.

Hawthorne, as usual, was all over the place. They particularly dominated the meet in the women's sprint relays. The Cougars established a meet record of 1:39.80 in the 800 relay, took the 400 easily in 47.42, and added an 800 medley title at 1:45.3. The Hawthorne men's group raced to the fastest 800 relay time in LA-area recent prep history with a 1:26.85 meet record. A young Compton team handled everyone in the 400 relay at 41.82 (Hawthorne 3rd at 42.15), while a beautiful set of baton passes had Morningside (Inglewood) charging the day's fastest in a second level race at 41.75. Hawthorne and Eisenhower (Rialto) got tangled up in the 1600 relay, and Muir (Pasadena) went on to win that one in 3:16.5.

Foothill High School of Santa Ana has a special women's distance group who here tackled the 4x800 relay in a big way. Anchored by Jennifer Abrahams' 2:12.8, the Knights established an All-California record of 9:10.70. University (Irvine) nabbed its obligatory two other distance relay wins, with a 12:21.1 distance medley win, and a 19:43.2 4x1500 relay title.

The men's invitational individual races featured some fine marks. Gary Brown (Bishop Amat, La Puente) is a sprinter who got in shape, and he showed it through a 47.20 400 meet record win over Mark Howard (Poly, Long Beach) 47.61. West Covina's three sport star (football, wrestling, and track) Gordon Bugg continued a fine improvement over the 300 lows, here winning in a 36.7 meet record. Huntington Beach's Gus Quinonez blasted a crew of visiting Australians to the 3000 in an 8:25.8 meet record. Doug Dreilbelbis (Foothill, Santa Ana) sailed over what turned out to be a measured 6-11 1/2 in the high jump in winning there.

Tania Fischer (Chaminade, Canoga Park) ran away to a 9:37.1 meet record 3000 on Friday, then fell victim to the wicked finish of Australian Lyon In Saturday's 1500 4:25.9-4:31.28. Kerri Zaleski

(Millikan, Long Beach) marked a pleasant return to form with a 2:08.76-2:11.13 800 win over Sharon Yaninek (Presentation, San Jose). Faye Robinson (La Puente), a junior, continued to move into the spotlight with her long smooth stride in the 100 and 200. Faye nipped Hawthorne's Kim Grant in the shorter dash, 12.16-12.19, then stretched it out to a 24.51 200 win. "Choo-Choo" Knighten (Locke, LA) continued a return to form after some hamstring problems with a 14.40 100 lows triumph. Jill Humphries (Beverly Hills) took the other women's individual event, the long jump, at 18-2 1/4, and Torrance took the shuttle hurdles at 1:06.5.

Pat Logan's middle distance crew at La Canada rolled again here, as John Trevithick anchored the 4x800 group at 1:53.7 in a 7:45.97 win. Ruben Esparza anchored El Modena (Orange) to a fine 10:16.2 distance medley triumph over a suprising Loyola (LA) group (10:18.93). Tyrone McCullough (Poly, Long Beach) handled a 1:50 Australian half-miler in the last 165 with a 1:53.13 win at 800 meters. Westminster's Kyle Morton marked his move up from the 800 to the 1500 with a fine win here at 3:54.8 over Pasadena's Jesus Gutierrez (3:55.1). Jesus had earlier raced 1:54.0 in chasing La Canada in the 3200 relay. Marlon Young (Hawthorne) cranked a 14.29 highs win, while Millikan (Long Beach) took the old meet record in the 4x110HH shuttles event by nearly two seconds with a fine 59.17 win.

Compton's Walter Tilque ran down Eisenhower's Ron Harris at the tape in an exciting sprint medley race for a tight 3:28.98-3:28.97 win. El Dorado (Placentia) chased an all-star Australian group 16:35.5-16:37.4 in a 4x1500 race. Pasadena's Joe Richardson took another invitational long jump title, here at 23-2. Mision Viejo's junior shot putter, Greg Aitkenhead, placed second to a 60-0 Australian, but put things out to a PR 59-3. Kurt Holden (Hart, Newhall) was a discus winner at 176-11. Outside area stars, Decker (Clovis), Filippini (Reno), and Croft (Tulare) all cleared 14-6 in the invitational pole vault. Claremont's Bill Martinez took the triple jump at 45-7. The invitational 100 was taken by first-year track athlete, Anthony Miller (Muir, Pasadena) at 10.83, while Walnut's Darren Moody took the 200 in a fluid 21.91.

April 22 — High School

Boys Divisions

3,000 (Inv): 1. Quinonez (Huntington Beach) 8:25, 2. Walsh (Australia) 8:27, 3. Kentwell (Australia) 8:32, 4. Yuster (Brentwood) 8:34, 5. Gilies (Australia) 8:36, 6. Nitti (Loyola) 8:36, 7. Hall (La Salle) 8:37, 8. O'Flaherty (Australia) 8:38, 9. Harris (Eisenhower) 8:39, 10. Weston (Canyon, Saugus) 8:39.

3,200 Relay: 1. Montebello (Brasley, Gonzales, Carrillo, Eslas) 8:03, 2. Rancho Alamitos 8:04, 3. Baldwin Park 8:11, 4. Upland 8:15, 5. Alta-Loma 8:16, 6. Los Altos 8:18, 7. Ganesha 8:18, 9. Simi Valley 8:18.

Long Jump: 1. Rosen (Australia) 23-2 1/4, 2. Bryan (Alta Loma) 21-9 1/4, 3. Riffell (Australia) 21-6.

400 Relay: 1. Pomona 42.93, 2. Lincoln (San Diego) 43.30, 3. Katella 43.51, 4. Ganesha 43.64, 5. Loyola 43.69.

Sprint Medley: 1. Australia 3:32, 2. Simi Valley 3:38, 3. Charter Oak 3:39.

400 Shuttle Hurdle Relay: 1. West Covina 1:01, 2. West Torrance 1:06, 3. Corona 1:07.

800 Relay: 1. Duarte 1:30, 2. Katella 1:30, 3. Australia 1:30, 4. Lincoln 1:30, 5. South Hills 1:31, 6. Alta Loma 1:31.

Pole Vault: 1. Smith (Upland) 13-3, 2. tie between Clapton (Australia) and Mulligan (San Dieguito) 13-0.

1,600 Relay: (race 1) — 1. Dominguez 3:22, 2. Morningside 3:24, 3. Orange 3:25, 4. Lincoln (San Diego) 3:26, 5. Moreno Valley 3:28. (race 2) — 1. Loyola 3:35, 2. West Torrance 3:26, 3. Torrance 3:27, 4. Pomona 3:30. (race 3) — 1. Alta Loma 3:20, 2. Duarte 3:21, 3. Australia 3:23, 4. Walnut 3:24, 5. Corona 3:28.

6,000 Relay: 1. Australia 16:35, 2. El Dorado 16:37, 3. Hawthorne 16:39, 4. University (Irvine) 16:41, 5. Montebello

17:04, 6. Los Altos 17:08, 7. Pomona 17:11, 8. Canyon (Saugus) 17:12, 9. Corona 17:24.

Girl's Divisions

3,000 (Inv): 1. Fischer (Chaminade) 9:37, 2. K. Ebner (Bishop Amat) 9:54, 3. McCracken (Westminster) 10:08, 4. Walton (Australia) 10:11, 5. Beman (San Marino) 10:17, 6. Maldonado (Bishop Amat) 10:19, 7. Rizzo (Hart) 10:28, 8. Valdez (Esperanza) 10:28, 9. Armentrout (Univ. Irvine).

400 Relay: 1. El Dorado 50:15, 2. Blair 50:41, 3. Valencia 51:03.

800 Relay: 1. Ganesha 1:45, 2. Thousand Oaks 1:48, 3. La Quinta 1:48, 4. Blair 1:50, 5. Simi Valley 1:51.

Shuttle Hurdle Relay: 1. Torrance 1:06, 2. Hawthorne 1:06, 3. Upland 1:12.

1,600 Relay: (race 1) — Irvine 4:04, 2. Lincoln (San Diego) 4:09, 3. Glendora 4:09, 4. South Hills 4:11. (race 2) — 1. Crescenta Valley 4:04, 2. Torrance 4:06, 3. El Dorado 4:09, 4. Thousand Oaks 4:11. (race 3) — 1. Corona 4:02, 2. Pasadena 4:02, 3. West Torrance 4:10.

800 Medley Relay: 1. Hawthorne 1:45, 2. Australia 1:47, 3. Corona 1:50, 4. Diamond Bar 1:54, 5. Baldwin Park 1:55, 6. Simi Valley 1:57.

6,000 Relay: 1. University (Irvine), 19:43.2, 2. Edison 19:51.4, 3. Clovis 20:01.3, 4. Louisville 20:03.2, 5. Reno 20:03.3, 6. San Marino 20:27.9, 7. Hawthorne 20:46.4, 8. Thousand Oaks 21:27.7, 9. Glendora 21:38.2, 10. Upland 21:47.3.

April 23 — High School

Boys Division

6,000 Relay: 1. Arroyo (Cortez, Fest, Santayo, Montez) 17:01.1, 2. Santa Barbara 17:09.5, 3. Chaminade 17:15.3, 4. Edison 17:26.5, 5. Upland 17:28.1, 6. Baldwin Park 17:29.2, 7. Crescenta Valley 17:30.0, 8. Sunny Hills 17:34.1, 9. Simi Valley 17:34.1, 10. Rowland 17:34.3.

300 Low Hurdles: (Race 1) — 1. R. Martinez (Claremont) 37.4, 2. Malone (Alta

Loma) 37.8, 3. Recendez (Tulare) 38.1, 4. Blades (Muir) 38.3, (Race 2) — 1. Bugg (West Covina) 36.7, 2. Coulson (Millikan) 37.0, 3. Torreente (Hawthorne) 37.4.

3,200: 1. La Canada (S. Trevethick, Smith, Larson, J. Trevethick) 7:45.97, 2. Pasadena 7:48.23, 3. Hawthorne 7:55.20, 4. Villa Park 7:55.77, 5. Compton 8:06.98, 6. South Pasadena 8:07.7, 7. University (Irvine) 8:07.8, 8. Katella 8:08.5, 9. Los Gatos 8:08.6.

Sprint Medley Relay: 1. Compton (Howard, Ford, Watts, Tilquel) 3:28.96, 2. Eisenhower 3:28.97, 3. Locke 3:32.63, 4. Australia 3:35.00, 5. Ganesha 3:36.01.

440 Shuttle High Hurdles: 1. Millikan 59.17 (meet record, old mark, 1:01.0 West Covina, 1980), 2. Fremont 1:01.56, 3. Australia 1:02.1, 4. Bishop Amat 1:03.63, 5. Moreno Valley 1:03.70, 6. Claremont 1:04.30, 7. Compton 1:04.44.

100m: (Race 1) — 1. Miller (Muir) 10.83, 2. Brown (Muir) 10.85, 3. Price (LA Banning) 11:08, 4. Henley (Damien) 11.16, 5. Price (Morningside) 11.17. (Race 2) — 1. Moody (Walnut) 10.95, 2. Patterson (LB Poly) 11.03, 3. Sibley (Morningside) 11.10, 4. Uribe (Glendora) 11.16, 5. Gilmore (Muir) 11.19.

Shot Put: 1. Gingell (Australia) 60-10 1/2, 2. Aitkenhead (Mission Viejo) 59-3, 3. Flores (Kennedy, La Palma) 55-4 1/2, 4. Holden (Hart) 54-2 1/2, 5. Thornton (Loyola) 54-2 1/2, 6. Walshe (Foothill) 53-1 1/2.

110 Hurdles: (Race 1) — 1. M. Young (Hawthorne) 14.29, 2. R. Martinez (Claremont) 14.43, 3. Reynolds (Fremont) 14.61, 4. Coghlan (Australia) 14.62, 5. Ferreira (North Torrance) 14.66, 6. Amos (Morningside) 14.67. (Race 2) — 1. Godinez (West Covina) 14.55, 2. Delfante (West Covina) 14.71, 3. B. Martinez (Claremont) 14.98, 4. Tarralis (Morningside) 15.29.

1500: 1. Morton (Westminster) 3:54.8, 2. Gutierrez (Pasadena) 3:55.1, 3. Gillard

continued on next page...

photo by Burt Davis



Henry Thomas
Hawthorne HS

photo by Burt Davis



Kim Grant
Hawthorne HS

Prep Notes

(Australia) 3:56.2, 4. Gillis (Australia) 3:56.9, 5. Walsh (Australia) 3:57.4, 6. Baugh (LA Baptist) 3:57.6, 7. Hall (La Salle) 3:58.7, 8. Pontous (Canyon, Saugus) 3:59.0, 9. Garcia (LA Lincoln) 3:59.3.

400: 1. G. Brown (Bishop Amat) 47.20 (meet record, old mark 47.88, Willis, Norco, 1981), 2. Howard (LB Poly) 47.61, 3. Schmidt (Torrance) 48.60, 4. Miller (Australia) 49.21, 5. Smith (LA Banning) 49.21.

800: 1. McCullough (LB Poly) 1:53.13, 2. Bannick (Australia) 1:54.01, 3. Boyd (Esperanza) 1:54.67, 4. Fregon (Australia) 1:54.98, 5. Kelly (Hawthorne) 1:55.5, 6. Saggio (Royal Oak) 1:56.6, 7. Smith (Garden Grove) 1:57.5.

High Jump: 1. Dreibelbis (Foothill) 6-11 1/4 (meet record, old mark 6-10, Scheifer, San Diego Madison, 1979), 2. Smith (Australia) 6-10, 3. Bareford (Millikan) 6-6, 4. Patchett (Arcadia) 6-6, 5. Mitchell (Tulare) 6-6.

200: 1. Moody (Walnut) 21.91, 2. Patterson (LB Poly) 22.19, 3. Uribe (Glendora) 22.30, 4. Jones (Alta Loma) 22.57.

Distance Medley Relay: (Race 1)—1. El Modena (Valen, Shuirnan, Carlberg, Esparza) 10:16.21, 2. Loyola 10:18.93, 3. Australia 10:30.90, 4. El Dorado 10:33.98, 5. Arroyo 10:36.71, 6. South Hills 10:39.89, 7. Montebello 10:39.89, 8. Edison 10:50.0, 9. Eagle Rock 10:50.2.

Triple Jump: 1. B. Martinez (Claremont) 45-7, 2. McGovney (El Modena) 45-4, 3. Pollard (Ganesha) 44-11 1/4, 4. Cook (Eisenhower) 44-10 1/4, 5. Kreider (Rowland) 44-0 1/4, 6. Henley (Damien) 43-6 1/4.

Long Jump: 1. Richardson (Pasadena) 23-2, 2. Van (Millikan) 22-0 1/4, 3. Cook (Eisenhower) 21-8 3/4.

800 Relay: (Race 1)—1. Hawthorne (McGee, R. Young, M. Young, Thomas) 1:26.65 (meet record, old mark 1:27.38, Muir, 1981), 2. Muir 1:27.78, 3. Millikan 1:28.39, 4. Morningside 1:28.75, 5. Bishop Amat 1:30.50. (Race 2)—1. Duarte 1:31.0, 2. Moreno Valley 1:31.6, 3. LA Banning 1:31.6. (Race 3)—1. Claremont 1:31.51.

1,600 Relay: (Race 1)—1. Muir (Brown, Blades, Cornier, Miller) 3:16.5, 2. LB Poly 3:18.7, 3. West Covina 3:19.6, Compton disqualified and Hawthorne did not finish. (Race 2)—1. Duarte 3:18.3, 2. LA Banning 3:18.5, 3. Fremont 3:24.5, 4. South Hills 3:27.0, 5. Rancho Alamitos 3:27.7. (Race 3)—1. Esperanza 3:20.27, 2. Locke 3:23.4. (Race 4)—1. Pasadena 3:22.31, 2. La Canada 3:23.21, 3. Katella 3:23.54.

Girl's Division

300 Low Hurdles: (Race 1)—1. Kellon (Walnut) 42.2, 2. Bullard (Esperanza) 44.7, 3. Ewing (Australia) 45.4, 4. Armstrong (Australia) 46.0, 5. Lee (Irvine) 46.1, 6. Pinkel (Arcadia) 47.1.

3200 Relay: 1. Foothill (Myers, 2:20.4, Cox 2:15.3, Lloyd 2:22.2, Abrahams 2:12.8) 9:10.70 (meet record, old mark 9:15.6, Manual Arts, 1981), 2. Compton 9:26.93, 3. Hawthorne 9:34.50, 4. Fountain Valley 9:42.5, 5. Los Gatos 9:48.24, 6. Upland 9:55.85, 7. Edison 9:57.1.

400 Shuttle Hurdles: 1. Fountain Valley 1:07.02, 2. Ganesha 1:07.67, 3. Millikan 1:09.22, 4. West Torrance 1:10.65, 5. Edison 1:10.7.

Long Jump: 1. Humphreys (Beverly Hills) 18-2 1/4, 2. Sellers (Ganesha) 17-7 3/4, 3. Ransom (El Toro) 17-7, 4. Bur-

photo by Burt Davis

Beach) 112-8, 10. Hernandez (Montebello) 112-2.

100: 1. Robinson (La Puente) 12.16, 2. Grant (Hawthorne) 12.19, 3. Young (Muir) 12.29.

100 Low Hurdles: (Race 1)—1. Knighton (Locke) 14.40, 2. Kellon (Walnut) 15.08, 3. Price (Hawthorne) 15.19, 4. King (Fremont) 15.33, 5. Law (LB Poly) 15.50. (Race 2)—1. Hernandez (Mexico) 15.23, 2. Lobb (Torrance) 15.65.

800: 1. Zaleski (Millikan) 2:08.75, 2. Yaninek (Presentation, San Jose) 2:11.13, 3. Lyons (Australia) 2:12.79, 4. Pratt (Edison) 2:13.67, 5. Quezada (St. Lucy's) 2:13.95, 6. Cook (Reno) 2:14.66, 7. Bogvich (Corona) 2:15.4, 8. Gillegas (Bell) 2:17.6.

1500: 1. Lyons (Australia) 4:25.9, 2. Fischer (Chaminade) 4:31.28, 3. McCracken (Westminster) 4:39.03, 4. Walton (Australia) 4:42.68, 5. Chavez (LA Lincoln) 4:44.23, 6. Walther (Chatsworth) 4:44.6, 7. Norman (Bonita Vista) 4:46.7, 8. Rizzo (Hart) 4:46.7, 9. Moring (Hart) 4:47.1.

200 — 1. Robinson (La Puente) 24.51, 2. Rogers (Univ. Irvine) 25:01, 3. Culliver (Locke) 25:12, 4. Allen (Hawthorne) 25:20, 5. Banks (El Dorado) 25:30, 6. Schell (Fountain Valley) 25:48.

400 — 1. Kellon (Walnut) 53.4 (meet record, old mark 55.22, Rolfe, Dorsey 1982), 2. Taylor (Ganesha) 55.0, 3. Speers (Australia) 55.1, 4. Knighton (Locke) 55.3, 5. Rainey (Edison) 56.3, 6. Hall (LB Poly) 56.9.

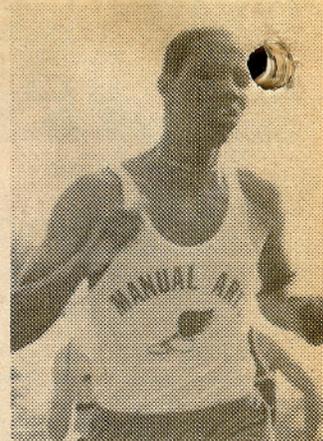
400 Relay: (race 1) — 1. Hawthorne (Burrell, Grant, Allen, Hall) 47.42, 2. Compton 48.05, 3. Ganesha 49.37, 4. Walnut 49.53, 5. Millikan 49.6, 6. Pasadena 49.7, 7. Arroyo Grande 50.0. (race 2) — 1. HH Wilson 50.18, 2. Australia 50.24, 3. Torrance 50.89.

Shot Put: 1. Kaalawahia (Fullerton) 51-5 (meet record, old mark 50-11 1/2, Kaaiawahia, Fullerton, 1982), 2. Bancroft (Australia) 43-3, 3. Alexander (Arlington) 40-3, 4. Weenig (Laguna Beach) 37-5 1/2, 5. Boldon (Rancho Alamitos) 36-4, 6. Jones (Tulare) 36-3.

1600 Relay: 1. Compton (Tilque, Watson, Hull Blalock) 3:50, 2. Edison 3:52, 3. Esperanza 3:56, 4. Arroyo Grande 3:57, 5. Ganesha 3:57. (race 2) — 1. Millikan 3:56, 2. Los Gatos 4:03, 3. Fountain Valley 4:08, 4. Muir 4:10.

800 Relay: 1. Hawthorne (Hall, Allen, Burrell, Grant) 1:39, 2. Muir 1:43, 3. Millikan 1:44, 4. Morningside 1:48, 5. Valencia 1:48.

photo by James Reynolds



Darryle Peoples
third in 1500

HIGHLIGHTS—MEN

The sprints were dominated by Morse Junior Darrel Rosette, but it was anything but a runaway. An excellent starter, Rosette used this to his advantage to nip Andrew Brass (Wester, Las Vegas) 10.81 to 10.83 in the 100m. Later on Rosette would again out-sprint a Nevada runner, State 200 runnerup Charles Smith of Las Vegas 21.96 to 22.14.

The 800 was supposed to be one of the day's featured races and it more than lived up to its expectations. St. Augustine's Paul Greer, the state leader at 1600m, showed his outstanding long kicking ability as he came from ten meters back in the last 200 to record an excellent 1:54.64 and nip Pt. Loma's Tom Ellsworth (1:54.76).

National 3200 leader, Eric Reynolds of Camarillo showed why he is perhaps America's premier distance runner with his 3000 win. Despite a lack of competition, Reynolds ran a very excellent 8:22.07. Knowledgeable San Diego track fans, knowing that an excellent run was in the making, stood applauding and offering encouragement during the final half mile.

Danny Harris of Perris High showed his outstanding hurdle talents with a double win in the hurdles. His 14.25w and 36.86 along with an outstanding anchor leg on a winning 3:21.82 mile relay helped him earn male track athlete honors.

The 400 relay was an upset of sorts. San Diego Morse with an excellent anchor by Darrell Rosette nipped Helix, 42.94 as State leader Perris dropped the baton.

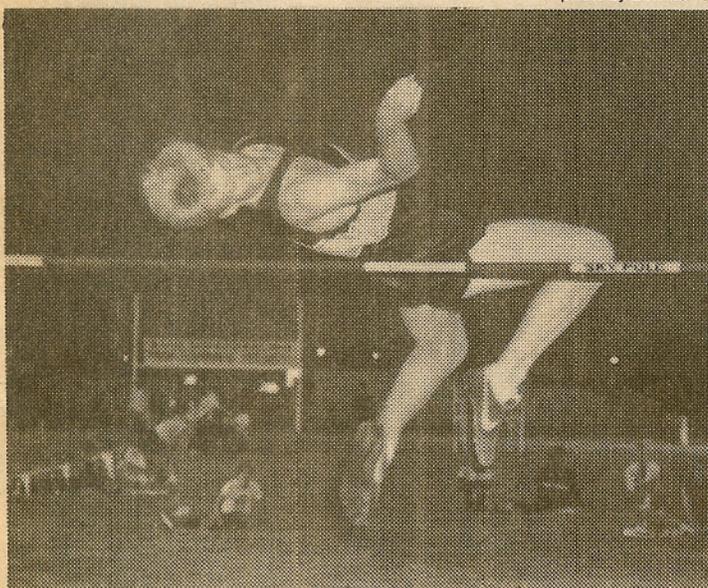
The long jump-triple jump and vaulting runways at Mt. Carmel are among the finest around and the athletes showed this with excellent marks. Nevada State champion Charles Smith of Las Vegas set a meet record with his jump of 23-10 1/2. His mark led an outstanding field that showed four jumpers over 23-2 and eight over 22-4.

Tyrone Pope of El Camino started quickly in the TJ with a 47-4 1/4 PR but had to settle for second as Alphonso Earl of Las Vegas went 48-1 1/4. Earl's excellent series showed four jumps over his previous PR of 46-3 and helped him to the male field athlete honors.

Defending San Diego section champion Rich Heskin of Orange Glen again pulled an upset in the pole vault. Heskin's PR at 14-0 won misses over four others at the same height.

HIGHLIGHTS—WOMEN

On the girl's side, the highlight of the meet promised to be the long-awaited race between Morse's sprint champion Velissa Harris and Sweetwater's outstanding Yolanda Deavers at 200 meters. Both athletes did everything possible to heighten the suspense with outstanding running before the race. Harris came from



Doug Dreibelbus Mt. SAC high jump winner

Discus: 1. Holden (Hart) 176-11, 2. Bly (Walnut) 159-0, 3. Mraz (Glendora) 157-0, 4. Ginnigil (Australia) 151-1, 5. Aitkenhead (Mission Viejo) 149-4, 6. Cozza (Loara) 147-9, 7. Sergeant (El Toro) 147-7, 8. Hogue (Arroyo Grande) 147-5.

Pole Vault: 1. Decker (Clovis) 14-6, 2. tie between Filppinni (Reno) and Croft (Tulare) 14-6, 4. Shepard (Clovis) 14-0, 5. Gargan (Arcadia) 14-0, 6. Rodriguez (Arroyo) 14-0.

400 Relay: (Race 1)—1. Compton (Adams, Howard, Coats, Ford) 41:82, 2. Eisenhower 41:85, 3. Hawthorne 42:15, 4. Muir 42:18, 5. Locke 43:04, 6. Millikan 43:11, 7. LB Poly 43:47. (Race 2)—1. Morningside (Price, Sibley, Blue, Bennett) 41:75, 2. Fremont 43:36, 3. Muir "B" 43:73, 4. West Covina 43:83, 5. Moreno Valley 43:46. (Race 3)—1. Bishop Amat 42:54, 2. Australia 43:25, 3. Pasadena 43:78. (Race 4)—1. LA Banning 42:86, 2. Nogales 43:66, 3. La Canada 44:08.

ditt (Paramount) 17-4.

Distance Medley Relay: 1. University (Irvine) (Armentrout, Rodgers, Seleine, Barrios) 12:21.1, 2. Louisville 12:23.0, 3. Esperanza 12:28.5, 4. Edison 12:41.4, 5. Newport Harbor 12:45.9, 6. Clovis 12:45.9, 7. Thousand Oaks 12:49.2, 8. Reno 12:56.2, 9. Morro Bay 13:01.2, 10. Hawthorne 13:07.3.

High Jump: 1. Cooks (HH Wilson) 5-8 (equals meet record, L. Mills, University Irvine, 1980), 2. Byrd (Reno) 5-8, 3. Brand (Australia) 5-8, 4. DeWitte (Indio) 5-6 1/2, 5. tie between McMillan (El Modena) and Moore (Loara) 5-4 1/2, 7. Maldonado (Hawthorne) 5-2.

Discus: 1. Kaalawahia (Fullerton) 168-8, 2. Vanoverbeek (Presentation, San Jose) 135-6, 3. Thobe (Edison) 119-7, 4. Wegbauer (Australia) 114-11, 5. Hernandez (Nogales) 114-7, 6. Bolton (Rancho Alamitos) 113-9, 7. Classen (Clovis) 113-6, 8. Valdivia (Schurr) 113-0, 9. Higgs (Laguna



Sundevil Coca-Cola Invitational

From DENNIS McCLANAHAN

April 23, San Diego.

Packed with the talent of 86 participating schools, and bolstered with the additions of national leaders Eric Reynolds of Camarillo and Perris High's Dan Harris, the 6th Sundevil/Coca-Cola Invitational overcame the threat of bad weather to enjoy perhaps its finest meet ever.

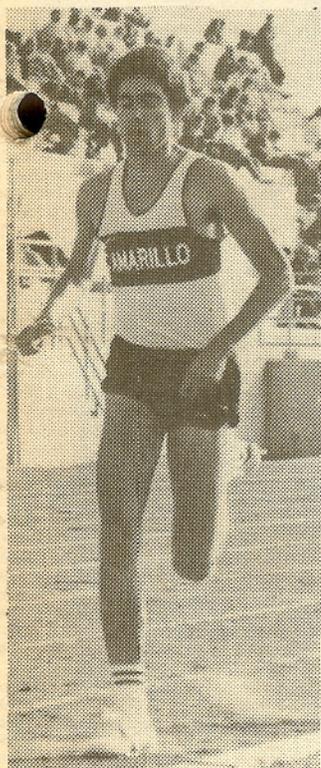
Despite early rains during the preceding week that dampened a traditionally fast Mt. Carmel track, approximately 1500 athletes gathered together and, by the time the meet ended, five meet records were broken.

behind to anchor her school's 400 relay win then blasted out of the blocks to win the 100m in a 12.27 (2.2 wind). In the 200m, Deavers ran away with the 100m in 14.53w, and then beat an extremely talented 800 field by outsprinting Julie Cartere of Southwest 2:18.03 to 2:18.56. In the 200, it was strictly a two girl race. Although starting slow Harris came back and with about 20 meters left assumed the lead to record a very excellent 24.97 with Deavers timed in 25.23.

Excellent competition was also the trademark of other races this day. Leslie Hardison (Western, Las Vegas) ran a quick 56.96 to capture the 400 over Camarillo's Melissa Jordan (58.17) and Mt. Carmel's Leslie Noll (58.62). In the 3000 Pauline Stehly (Orange Glen-Jr.) and Donna Fleagle (Tustin-Soph.) ran side by side for seven laps. Stehly kicked with approximately 160 meters left and sprinted home the winner in 10:24.49 with Fleagle close behind in 10:26.04. In the 3000 lows Janet Duffy (Mt. Carmel-Jr.) and Liz Pew (San Marcos) dueled side by side to the finish with Duffy winning 47.02 to 47.19.

The field events were not without their highlights. Gretchen Jiles of Western Las Vegas destroyed the field with her long jump of 18-4½. Additionally, the lower ring at Mt. Carmel, long a favorite of discus throwers, produced an excellent competition that resulted in PR's for the first three placers. The winner was Mickey Bryant of Henry (130-3) and Laura Standring of El Capitan (129-1) close behind.

photo by James Reynolds



Eric Reynolds
3000 winner

RESULTS—MEN

100—Rosette (Morse) 10.81, Brass (W. 10.83, Norris (El Camino) 10.97. —Rosette (Morse) 21.96, Smith (Las Vegas) 22.14, Young (San Diego) 22.23. 400—Henderson (Las Vegas) 49.43, Redding (San Diego) 50.41, Adams (Lincoln) 51.02. 800—Greer (St. Augustine) 1:54.64, Ellsworth (Pt. Loma) 1:54.78, Sager (Helix) 1:57.66. 1500—Schauer (Monte Vista) 4:02.03, Storms (Torrey Pines) 4:02.77, Peoples (Manual Arts) 4:03.59. 3000—Reynolds (Camarillo) 8:22.07, Green (La Jolla)

8:40.69, Goodlake (Fallbrook) 8:42.99. Distance Medley—Torrey Pines 10:14.23, St. Augustine 10:49.52, Serra 10:51.81.

110 Hurdles—Harris (Perris) 14.25 (7.6 wind), Ramsey (Montgomery) 14.62, Allen (Helix). 300 Lows—Harris (Perris) 36.86, Flanagan (Perris) 37.41, Gayden (Morse) 39.25. 400 Relay—Morse 42.94, Helix 42.97, Western (LV) 43.23. Mile Relay—Perris 3:21.82, Morse 3:24.11, Manual Arts 3:24.76.

Shot—Bisbee (Serra) 53-2¼, Gibson (Granite Hills) 52-0½, Ferrer (Bonita Vista) 51-1¼. Discus—Gibson (Granite Hills) 163-5, Dakovich (Fallbrook) 162-9, Alonso (San Pasqual) 148-8. Long Jump—Smith (Las Vegas) 23-10½, Holmes (San Diego) 23-4, Ramsey (Montgomery) 23-2½. High Jump—Dorough (Mt. Miguel) 6-6, Kries (Uni City) 6-4, Benham (Bonita Vista) 6-2.

Pole Vault—Heskin (Orange Glen) 14-0, Vavra (Valhalla) and Thorpe (Valhalla) 14-0. Triple Jump—Earl (Las Vegas) 48-1¼, Pope (El Camino) 47-4¼, Williams (Carson) 46-0.

RESULTS—GIRLS

100—Harris (Morse) 12.27 (2.2 wind), Roades (Serra) 12.49, Mitchell (San Diego) 12.57. 200—Harris (Morse) 24.97, Deavers (Sweetwater) 25.23, Mitchell (San Diego). 400—Hardison (W. Las Vegas) 56.96, Jordan (Camarillo) 58.17, Noll (Mt. Carmel) 58.62. 800—Deavers (Sweetwater) 2:18.03, Cartere (Southwest) 2:18.56, Baker (Monte Vista) 2:20.79.

1500—Blakeslee (Vista) 4:43.79, Cook (Santana) 4:51.57, Esquibel (Valhalla)

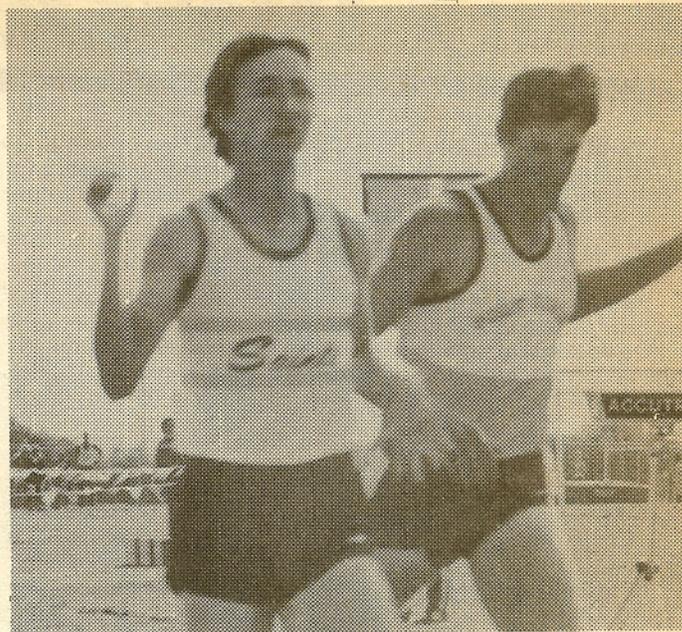
photo by James Reynolds



Pauline Stehly
3000 winner

4:51.98. 3000—Stehly (Orange Glen) 10:24.49, Fleagle (Tustin) 10:26.04, Scott (Tustin) 10:36.27. 100 Hurdles—Deavers (Sweetwater) 14.52 (3.4 wind), Pew (San Marcos) 15.59, Edler (Mt. Carmel) 15.66. 300 Lows—Duffy (Mt. Carmel) 47.02, Pew (San Marcos) 47.19, Campbell (Manual Arts) 48.19. 400 Relay—Morse 50.39, San Diego 50.62, Mt. Carmel 51.15. Mile Relay—Western Las Vegas 4:05.33, Sweetwater 4:07.21, Manual Arts 4:09.23.

photo by James Reynolds



Paul Greer nips Tom Ellsworth in 800

Distance Medley—Vista 12:39.55, Poway 13:01.73, Helix 13:11.46.

Long Jump—Jiles (W. Las Vegas) 18-4½w, Robinson (Manual Arts) 17-0½, Griffith (El Camino). Shot—Crittenden (Lincoln) 37-11¼, Standring (El Cap) 36-8½, Trily (La Jolla) 35-7½. High

Jump—Crocker (Granite Hills) 5-2, Meziere (San Pasqual) 5-0, Lowe (Manual Arts) 5-0. Discus—Bryant (El Cap) 132-5, Leaseau (Henry) 130-3, Standring (El Cap) 129-1. Triple Jump—Robinson (Manual Arts) 36-0, Crocker (Granite Hills) 35-6, Irving (Crawford) 35-0½.

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Long Distance Log

By RICHARD LEE SLOTKIN

Some thoughts on the Mt. SAC Relays...

This year had probably the best weather I've seen. It was either cool or pleasantly warm, but there was none of that real hot stuff that I've been through so many times out in Walnut. Moving the distance events to the evening was a great move, too. It was downright cold...for the spectators. The runners thought it was just right.

The only problem is that it makes it tough for photographers. The stadium lighting is not enough for the telephoto lenses that most of us have to use. And using strobe is fine if you're *Sports Illustrated* and have the joint pre-wired, or having the funding to buy some big powerhouse strobes. But, for the rest of us, it's a struggle to get a good picture.

The 10,000 meters was probably the highlight, you should pardon the expression in view of the previous paragraph, of the evening. It took the now familiar pattern of the Africans taking the lead and attempting to burn out the rest of the gang and then sort of breeze in for the win. So, sure enough, we saw the UTEPIan Tanzanians, Zak Barie and Gidamis Shahanga go into their brother act. They sort of took turns taking the lead burning off everyone who tried to challenge them. This wasn't quite so pliable a field, though. While a few rash souls tried their hands at breaking loose, a few cool heads were biding their time. Oh, there was some probing, but with Adrian Royle, Mark Nenow, and Nick Rose hanging around up front, this was shaping up to be a classic kicker's finish. And that's just what it turned out to be. Nenow had been threatening to make a big move, but somehow it never came off. Royle looked as though he were having trouble just staying in contact, and, as it happened, he waited right up until the last moment to get something started. In fact, it wasn't until the lead group reached the last straight, coming off the final turn, that Royle fired up the afterburners. People don't seem to realize it, but in the 10,000 meters, Royle can kick with just about anybody. And he did.

He jumped out into the lead coming out of that last turn and the scramble was on. When Royle made his move, the group kick had already started, but no one could hold Royle off, nor catch him once he got the lead. Shahanga held on to second, but Barie fell back to 5th as Rose and Nenow fought it out for 3rd. Rose got it by 3 tenths of a second, and just one second separated first from fourth. Barie was only 5½ seconds back of Nenow, but that was really the end of the race. The next finishers were 37 seconds behind. Mike Musyoki and Joseph Nzau came in at 28:37.5, compared to Barie's 28:02.2 and Royle's 27:55.8. With the first 4 finishers all under 28:00, it proved to be a fast race. Real fast. A good run.

Santa Monica Track Club showed its stuff in the middle distance relays. They won the distance medley in 9:29.3 and set a meet record in the 4x800 with a 7:16.55. That destroyed the old MR by over 6 seconds. Both races were close, though. In the distance medley. Athletes in Action hung right in with the Santa Monicans, and when David Mack handed the baton off to anchor Todd Harbour, there was just a step separating him from the AIA anchor. Harbour is the second fastest ever American in the mile and he can go. He did go, but AIA was right with him. However, Harbour kept a few steps ahead, and said later that he was only running to win. If he had had to, he could put a little more coal on the fire.

Probably so. Coming down the last 100 yards, he looked as though he were in command. Still, a good try by AIA. They were in it.

The 4x800 relay wasn't quite as close but there were moments. Leadoff Malcolm Cleary used to be one of SMTC's best 2 lappers. But, he hasn't been with the club for several years, having relocated to the San Jose area. So, not in quite the shape of the Cleary of old, he had to settle for hanging close to the leaders and let the regulars take it from there.

Cleary did his job well, passing off to Charlie Taliaferro in about third place and in contact with the front. Taliaferro has run in the 1:46's so it was no surprise when, 2 laps later, he came charging into the handoff zone tied with the Arizona State runner for the lead. And, here was where near disaster struck. The Arizona State 3rd leg was in the wrong position for the handoff and his teammate cut in front of Taliaferro. While Taliaferro hesitated, Mt. SAC got by him, Taliaferro finally handed the baton to Jerry Masterson, who turned around to take off, and promptly ran into the Mt. SAC runner who'd just handed off but hadn't gotten out of the way. By now, Santa Monica was about 25 yards out of first. However, Masterson, who has run a 1:45, wasn't to be taken out of it that easily. He went after the leaders. Anchor Johnny Gray said that "...I was worried there for a minute, but I knew my man Jerry would come through."

And he did. Gray got the baton and the lead from Masterson, and the 1:46 2-lapper was on his way. With the likes of Masterson, Taliaferro, Gray, Jeff West, and, yeah Malcolm Cleary, it's doubtful that anyone in the world can put together a 4x800 meter relay team like they do in Santa Monica. I'll get some argument on this, but I'm not talking about pickup teams or national teams. I'm talking about guys who are club regulars. This is what they do best and right now, they do it the best.

ERRATA: Last month I said that the Irish Ministry of Tourism was one of the backers of the St. Patrick's Day 10K in San Diego. Not so, although I don't know why they wouldn't be. As a matter of fact, they wouldn't even supply "Visit Ireland" posters. It's an industrial development bureau that was involved.

P.R.'s

By Richard Slotkin

Tim Barnett (SCR) Hal's Handicap 10K	37:03
Jeff Boyd (SCR) Carpenteria Half-Marathon	1:28:12
Dave Brown (SCR) American Heart CAAN 10K	40:15
Tom Bryant (SMTC) Mt. SAC Inv. 10,000m	29:07
Alan Burgess (Schumb's Bums) Open Space 10K	46:59
Alan Burgess (Schumb's Bums) Avenue of the Olives Half Marathon	1:46:11
Doris Burgess (Schumb's Bums) Avenue of the Olives Half Marathon	1:43:30
Dennis Cain (SCR) San Marino Rotary 10K	43:45
Linda Christ (Impalas) Bonne Bell 10K	37:32
Linda Christ (Impalas) Avon 15K	57:34
Jeff Dobra (PFF) El Dorado 5K	16:53
Bridget Goodwin (Impalas) Bonne Bell 10K	37:40
Ken Grace (SFCC) Boston Marathon	2:29:09
Brent Griffiths (Second Sole) Redondo Beach Super Bowl Sunday 10K	30:46
Ruben Haro (SMTC) Nick Carter Inv. 3000m Steeplechase - 2nd	9:09.64
Richard Hornish (SMTC) Nick Carter Inv. Mile	4:18.7
Eddie Lavelle (BA) Los Alamitos 660 yards	1:44.0
Eddie Lavelle (BA) Phoenix Invitational 3000m	9:43.0
Leslie McMullin (Impalas) Avenue of the Giants Marathon	2:46:11
Charlie Morse, S.D. St. Patrick's Day 10K - 2nd wheelchair	54:36
Hilary Naylor (Impalas) Devil Mountain 10K	37:45
Berly Obando (PFF) Tom Sullivan 10K (adjusted time)	*47:20
John O'Dwyer (SCR) American Heart CAAN Marathon	*4:10:36
John O'Dwyer (SCR) Hal's Handicap 10K	43:12
Lance Packer (SMTC) Mt. SAC Inv. 10,000m	29:48.1
Mike Parker (CSULB) Mt. SAC Inv. 4x1500	3:49.7
Lorrie Peterson (SCR) Springfest 10K	48:40
Christien Prieur (SMTC) Nick Carter Inv.	4:34.4
Bill Rogers (Schumb's Bums) MLK Games Half Marathon	1:40:41
Bill Rogers (Schumb's Bums) Santa Cruz Co. X-C Run 5.8 miles	29:31
Jerry Schumb (Schumb's Bums) Ave. of the Olives Half-Marathon	*1:43:03
Jerry Schumb (Schumb's Bums) Have A Heart Run For Hunger 10K	45:30
Lisa Stringfellow (Impalas) Christmas Run 10K	41:56
Doran Torrence (Schumb's Bums) North Coast Run 20K	*41:04
Chuck Turman (PFF) Catalina Marathon	1:01:10
Nelda Williams (Impalas) Bonne Bell 10K	44:41
Margaret Wisker (PFF) L'Eggs 10K	54:51

Sprints

Marcus Allen (UCLA) vs. USC & New Mexico 110HH	13.76
Eddie Lavelle (BA) Los Alamitos 440 yards	65.73

* = first time at distance

The Fun Run

By Richard Slotkin

Hey, have you ever been to a fun run? They are getting pretty popular in some places. Usually, it's a one or two mile affair just before or after the main event, which is normally a 10K. Anyone can, and does run in them, from the local college hotshot to the 3-year-old girl down the street and her

little brother... and maybe her mom, too. As often as not, there's no awards or times given. It's just supposed to be for fun. Of course, plenty of the folks are taking it pretty seriously, and what's so good about them is that because they are so short, just about everyone can finish with a big kick,

even 3-year-old sis. Even her little brother. In fact, even Mom can look like Mary Decker coming down that last 20 yards. Daddy may have to slow down a little for his favorite little girl, but they'll make it, in fine form, yet. And, what better way to finish than with a big hug?

photo by Richard Lee Slotkin



photo by Richard Lee Slotkin



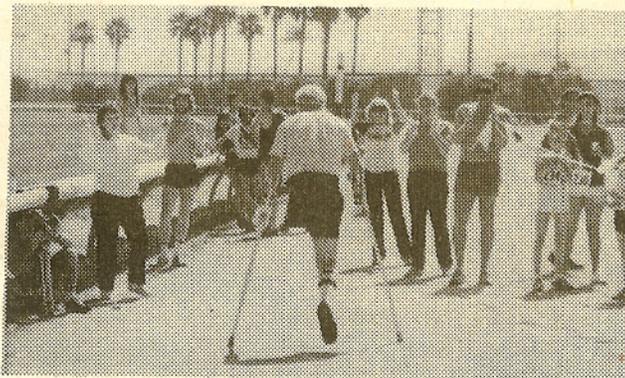
THIS IS HOW IT STARTS

HERE THEY COME!

photo by Richard Lee Slotkin

photo by Richard Lee Slotkin

photo by Richard Lee Slotkin



AND HERE'S THE LAST

photo by Richard Lee Slotkin

WE'RE ALMOST THERE

HERE'S THE 1st FINISHER



WE MADE IT!

National Running Data Center

From Jennifer Hesketh Young

National Running Data Center • P.O. Box 42888 • Tucson, AZ 85733

The Problem of Pacing

Just as there are rules governing the use of public roadways by motorized vehicles, there are rules governing the conduct of races and the acceptance of records. Their purpose is the same; to keep things running (p/i) smoothly. The basic precepts of record-keeping may be simply stated. They are three in number. First, the record attests that the runner ran at least the distance stated. Second, the record attests that the runner ran at least as fast as the time stated. Third, the mark was made in bona-fide competition. All existing rules guiding acceptance of records are derived from these precepts. All future rules should likewise be derived.

The first two precepts are simple and direct. They can be applied without too much question or doubt. The concept of bona-fide competition is much more nebulous and more open to interpretation. Hence, most of the existing rules pertain to the meaning and interpretation of bona-fide competition.

From the 1982 edition of the IAAF Handbook:

Section II

RULES FOR COMPETITION

Rule 142- The Competition

Giving Assistance, Advice or Information

11. Except as provided in Rules 165 and 191 (see below), during the progress of an event no competitor shall receive any assistance whatsoever from any person. "Assistance" includes conveying advice or information to an athlete by any means and pacemaking (see Rule 148.7b).

Any athlete receiving advice or information must be cautioned by the referee and warned that for any repetition, he will be debarred from further participation in the competition. Any performance accomplished up to that time will stand.

* * * * *

Rule 148- World Records

7(b). A race must be stated to be over one distance only and all competitors shall compete at that distance. If the Track Referee is convinced by clear evidence that any of the athletes obviously had no intention of completing the race, but were running with the intention of helping another athlete, then he may rule that it is not a bona-fide competition and any record established in that race may, as a result, be rendered invalid.

* * * * *

Rule 165- Marathon Race

4. Refreshments shall be provided by the Organisers of the Race at approximately 5 km and thereafter at approximately every 5 km.

In addition, the organisers shall provide sponging points where water only shall be supplied, midway between two refreshment stations. Refreshments which may either be provided by the organiser or by the athlete himself, shall be available at the stations nominated by the competitor. The refreshments shall be placed in such a manner that they are easily accessible for the competitors or so that they may be put into the hands of the competitors. A competitor taking refreshments at a place other than the refreshment points appointed by the organisers renders himself liable to disqualification.

* * * * *

The primary issue to be addressed here is the on-going problem of men pacing women in mixed races. The specific case is that of Joan Benoit in the 1983 Boston Marathon. The more important aspect is the affect such pacing may have on the manner in which women's road records are to be kept.

For those of you fanatics who stayed up to watch the one hour telecast of the Boston Marathon (11:30 PM here in Tucson), you may have noticed runner #14, wearing a New Balance shirt, to Joan's left throughout much of the race (as we could view it). Number 14, yclept Kevin Ryan, is a noted marathoner capable of a much faster pace than he was running (you don't get low numbers at Boston without credentials). You may have noticed a couple other New Balance runners that accompanied Joan and perhaps an Athletic West team-mate, Mike Kimball. If you were very observant, you may have noted a small microphone attached to the front of Kevin Ryan's shirt (check the photographs in Sports Illustrated). We observed Kevin on two occasions passing a plastic (water?) bottle to Joan and they appeared to be conversing on a couple occasions.

The information we have indicates that Kevin Ryan was there to report on the women's race for a local TV station. His assignment was to run with the lead woman runner, whoever that happened to be. An article in the New York Times the following day repeated some of the conversations between Kevin and Joan during the race, clearly showing that pace information was exchanged. One source maintains that the runners mentioned above all train under the same coach, Bob Sevens (with the possible exception of Kevin Ryan).

From the foregoing, it seems clear that (1) advice and information was conveyed, (2) pacemaking occurred in the sense that athletes were running with Joan and were not "competing", and (3) aid was received at other than an official aid station.

Point (3) is rarely enforced except at top-level international competitions such as the Olympic Marathon and Boston is famous for the "hospitality" of its crowds. Points (1) and (2) need to be examined in terms of what may be considered a bona-fide competition.

My interpretation of bona-fide competition is that of fairness or equality of competitive opportunity. If one runner receives advice, information or aid that is not available to all his or her competition, the competition is not bona-fide. When considering a record, the competition includes all other persons who have or will compete in that event, not merely the other runners in the race.

Consider an example. Suppose that official intermediate times are read to all the runners at 5 km intervals. Such a practice is common and accepted. It is equally available to all the competitors. However, if a runner's coach were to provide additional intermediate times to his/her athlete, this would be considered coaching which is prohibited under IAAF Rule 142.11. It would not be fair to the other competitors if one were to receive pace or time information not available to all.

Was it fair that Joan had Kevin Ryan et al to run with her while Allison Roe did not? If Allison had brought three or four top runners from New Zealand to run with her, how would this have been construed? More importantly, would such activities be permitted in an all-women's race?

This is the crux of the problem. Joan's mark is academic since Boston is a downhill, point-to-point course (the tail-wind helps too) and such performances can not be accepted as official road records. If one permits (overlooks) pacing in mixed races, then women competing in mixed races have an advantage over women competing in women's only races. Without the equality of competitive opportunity, you do not have bona-fide competition and without bona-fide competition, you cannot treat marks made in mixed races and all-women's races equally.

We at the NRDC have strongly supported the policy of keeping one set of women's road records which reflect the best (standard course) times without regard to the segregated or mixed character of the race. This departs from accepted track and field practices where men's and women's competitions must be segregated in order for marks to be considered for records. The reasoning is that the restriction of women's road records to all-women's races would greatly restrict the competitive opportunities for women.

Stated simply, would male runners, of superior or any other capability, have been permitted to run with Joan had the race been an all-women's race? Of course not.

You will probably hear arguments to the effect that (1) there was no pre-race plan to pace Joan, i.e., she had no fore-knowledge, (2) she was unaware that such pacing was not permitted, (3) she would have ran that fast anyway, and (4) everyone else does it. One could also point out that she should have been warned by the official of the course (who was following the men's race as it so happened) and since she was not disqualified, the mark should stand. None of these really address whether or not Joan received assistance prohibited under Rule 142.

What happens now. Bob Hersh (chairman of the TAC Records Committee) and myself are gathering information to help the Records Committee arrive at a conclusion in this regard. The Records Committee will meet at the annual TAC Convention in Indianapolis this coming December. Involved parties will be permitted to present their views to the committee before a decision is reached. This decision will be forwarded (in this case) to the Women's LDR Committee in the form of a recommendation. The Women's LDR Committee has the final decision under the present format. This recommendation will also be submitted to the RRCA in 1984 for their consideration as a RRCA record. It should be noted that this deliberation affects only the possible record status of this performance and in no way is intended to interfere with the judgement of the Boston Marathon committee in awarding the women's title to Joan Benoit.

What should Joan have done. Nina Kuscsik put it quite simply by citing an example from her career. During the race in which Nina set a 50 mile road "record," Nina requested of some of the men runners who wished to run with her, to not do so, to avoid any appearance of pacing and possible disallowance of her mark as a record. Joan should have told Kevin Ryan (and friends) not to run with her as it would jeopardize acceptance of her mark as a record. If they persisted, she either should have registered a complaint at an aid station (admittedly difficult) or immediately on conclusion of the race. She should have rejected any offered aid and should not have conversed with Kevin.

The key point here is to avoid the appearance of pacing or unfairly aiding a runner. Even if it can be shown later (from split times for example) that the runner did not benefit from the pacing or aid, the most prudent course is to avoid even the appearance of pacing or unfair aid. The importance of avoiding the appearance of pacing is directly related to the competitive level affected by the runner's performance. Clearly, a world or US record is more subject to scrutiny than a race-winning but non-record performance which in turn is scrutinized more than a runner finishing out of the awards.

One solution is to educate the runners regarding the inherent unfairness of pacing or coaching. Entry blanks for races should clearly state that pacing or coaching may render a runner subject to disqualification. If pacing or coaching is observed, a protest should be made to the race director for adjudication.

One case was brought to our attention which is worth repeating. Several years ago, the TAC Women's Marathon Championship was held in Culver City CA as an allwomen's race. The entry blank specifically prohibited pacing, including pacing by bicycle. Diane Barrett's father brought his bicycle with them from Arizona but, after checking with the race director, did not ride with Diane. Diane finished a close second to Julie Brown in that race. A protest was made since Julie's coach joined her on his bicycle and rode the last 11 miles with her, actively exhorting her to a better performance. Julie's coach made such a tumult that Diane asked that the protest be withdrawn.

The accompaniment of young children by their parents in road races has been construed as a form of aid, sometimes described as a physical pulling of the child by the parent to a faster time. The cases we've seen reported indicate the parents are more concerned about the safety of their children, often holding hands during the first part of the race so the child would not be knocked down. One solution would be to reserve the right or left side of the start for small runners. Often, the parents can't run as fast as their kids and the "pacing" serves to give a slower time. Race directors adjudicating such cases should consider these aspects in their decisions.

An Interview With:

Ellen Lyons

By G. David Brown, Innersports agency

5000 women failed to catch Ellen Lyons as she went on to win the 1983 Bonne Belle race in a fine time of 33:37 during nasty, rainy conditions. She led the race from virtually start to finish, never letting up on the field which included: Laurie Binder, one of America's best road racers; NCAA Division II Champion Patty Gray; and 55 minute 10 miler Suzanne Richter. Lyons did however look back once, at about 400 yds, to make sure second place finisher Laurie Binder, the lady who earned the most prize money on the roads last year, didn't come near her.

Lyons was one of the key reasons Stanford has rapidly risen to the elite world of distance running. Competing on the track she has bests of 16:23 for the 5000 and 33:16 for the 10,000. A former Kinney national cross-country champion as a prepster she is expected to regain her top form after being injured this past cross-country season, when her team took 2nd at nationals.

We interviewed Lyons following her big win, Bonne Belle, in San Francisco

Ellen Lyons . . . junior from Boise, Idaho.
feet 8 inches, 130 pounds.
20 years old, a communications major.
Best Times: 1500m - 4:34; 3000m - 9:33;
5000m - 16:23; 10,000m - 33:16.

Q: First of all, how does it feel winning such a large women's race and beating some of California's best road racers?

A: I feel fairly good about the win. I knew Laurie Binder was going to be pretty tough competition. I really didn't know who else was in the race. The course wasn't a real hard course, it was a nice course. Between miles four and five I started to lose my concentration, but once I got to five I started to relax.

Q: Did you have the lead from the beginning to the end?

A: Just about. There were some people who took off really fast at the beginning, but probably from the half mile mark I had it.

Q: Going in to the event, did you think you were going to win?

A: I was just doing it as a kind of fun road race and I was just really relaxed. I wanted to win but I just wasn't really sure.

Q: You're noted basically as a track runner. Do you see your victory as another example of a strong track runner hitting the roads and winning?

A: I probably like road racing better than the track. Coach Brooks doesn't let us road race that often but I'm more relaxed out on the roads than on the track.

Q: Do you enjoy running the 10,000 in track?

A: I like running it on the roads better than on the track, I feel more relaxed.

Q: Do you have any plans for the marathon?

A: I might be doing one this summer. Coach wants to get us into a marathon this summer.

Q: What kind of training have you been doing?

A: I'm probably doing around 60 miles a week. We're doing a lot of speedwork; Quarters, 110's and 220's.

Q: What are your goals for the track season?

photo by Richard Lee Slotkin



A: I just want to do really well in the 5000 and 10,000. I haven't really set any time barriers yet.

Q: Why do you think Stanford has such a strong contingent of long and middle distance runners. . . is it the coaching, the attraction of the school or both?

A: I think it's a combination of both. Because we have really good coaching it brings everybody up to their level. Because when you're in practice with them and you're keeping up with them then, and then you see them in a race and their running a fast pace you realize in practice you're with them so you can do that fast time also.

Q: Do you have any Olympic aspirations?

A: Not right now. I just want to see how this year goes.

THE ATHLETICS
CONGRESS



ENTRY STANDARDS FOR TIMES/TAC

SUMMER GAMES: Entry standards for American athletes competing in the international open portion of the Times/TAC Summer Games, June 23-26 at Los Angeles, are listed below. 123 nations have been invited to participate in the meet which will be held at the Los Angeles Coliseum. There are four requirements for entering the meet: They are:

- Entry standards must be achieved indoors or outdoors between January 1, 1982 and June 19, 1983.
- All times must be fully automatic times.
- Athletes must be eligible to represent the United States in international competition.
- Athletes may not have declined to compete for the US/GDR Dual on June 25-26.

MEN

100m	10.29	
200m	20.73	
400m	45.88	
800m	1:47.70	
1500m	3:41.80	
3,000 S.C.	8:42.20	
5,000m	13:43.40	
10,000m	28:38.2	
110m H	13.82	
400m H	50.95	
20 K Walk	1:40.14	
High Jump	2.23	7-3-3/4
Pole Vault	5.36	17-7
Long Jump	7.86	25-9-1/2
Triple Jump	16.22	53-2-3/4
Shot Put	19.60	64-3-3/4
Discus	59.92	196-7
Hammer	61.56	202-0
Javelin	76.26	250-2

WOMEN

100m	11.60	
200m	23.69	
400m	53.40	
800m	2:06.23	
1500m	4:18.97	
3,000m	9:14.19	
100m H	13.84	
400m H	59.40	
High Jump	1.81	5-11-1/4
Long Jump	6.24	20-5-3/4
Shot Put	15.03	49-3-3/4
Discus	50.30	165-0
Javelin	50.06	164-3

The above entry standards equal the mark of the 25th best American performance in 1982.

Results

Track & Field Results

Martin Luther King Games

April 2, Stanford University. Second day of Martin Luther King Games. For story and first day results, please see last month's issue.

HS Boys Long Jump: 1. Charles Smith (Las Vegas) 23-6; 2. Lavance Northington (Independence) 23-0½; 3. Chris Alarcon (Mt. Carmel) 22-1.

HS Girls Shot Put: 1. Carol Manaea (Seaside) 41-3½; 2. Mary Lawanson (Clovis West) 38-3½; 3. Latonya Floyd (Oak Grove) 38-2.

HS Boys Discus: 1. Barry Estes (Clovis West) 185-9; 2. Curt Siscal (Vacaville) 180-11; 3. Mike Ostrom (Las Lomas) 170-11.

HS Boys Shot Put: 1. Curt Siscal (Vacaville) 54-8; 2. Mike Ostrom (Las Lomas) 53-6¼; 3. Randy Van Bagen (Willows) 52-2.

HS Girls High Jump: 1. Sheri Morford (Foothill) 5-7½; 2. Lisa Byrd (Reno) 5-6½; 3. Wendy Brown (Woodside) 5-6½.

HS Girls Long Jump: 1. Wendy Brown (Woodside) 18-1¼; 2. Quincy Dedner (Palo Alto) 17-4; 3. Hilary Bray (Los Altos) 16-10¼.

HS Girls Discus: 1. Carol Manaea (Seaside) 138-5; 2. Ann Petree (St. Francis) 129-10; 3. Tammy Gibson (Clovis West) 128-9.

Masters 100 Meters: (40's & 50's) 1. Mel Brooks (42) 11.89; 2. Gil Latorie (45) 12.23; 3. Marion Sanchez (50) 12.53; 4. Bob Simpson (41) 12.56; 5. Jim Lingel (51) 12.78. (60's) 1. Payton Jordan (66) 13.48; 2. Harry Koppel (69) 14.22; 3. Robert Garretto (62) 14.76.

HS Girls Distance Medley: 1. Del Mar (Christine Loranco, Tina Bartos, Lanette Davis, Cory Schubert) 12:14.2; 2. Leland, 12:34.9; 3. Reno 12:45.0.

Women's Shot Put: 1. Marita Walton (Maryland) 55-9; 2. Peggy Pollock (Cal Poly SLO) 55-5; 3. Lorna Griffin (AW) 55-4½; 4. Carol Cady (Stanford) 53-2½; 5. Ramona Pagel (Unatt) 51-10¼.

HS Boys High Jump: 1. Maurice Crumby (Balboa) 7-4½ (National Record); 2. Bryan Barton (South Tahoe) 6-6.

Women's Javelin: 1. Tiina Lillak (Finland) 218-0; 2. Liz Mueller (San Diego State) 171-9; 3. Barb Moro (Wilts) 167-5; 4. Susie Ray (UCLA) 167-1; 5. Danella Barnes (Cal Poly SLO) 160-1.

Women's Distance Medley: 1. Stanford (Regina Jacobs, Marcia Martin, PattiSue Plumer, Alison Wiley) 11:18.9; 2. Cal Poly SLO 11:25.0; 3. UCLA 11:36.7; 4. BYU 11:44.1; 5. Cal State Hayward 12:03.6.

Hammer Throw: 1. Juha Tiainen (Finland) 243-6; 2. Giapaolo Orlando (Italy) 242-1; 3. Ed Burke (AccuSplit) 240-8; 4. Bill Green (CSULB) 219-10; 5. Kjell Bystadt (Unatt) 219-6.

HS Boys 5000: 1. John Morrse (Las Lomas) 14:42.3; 2. Jesus Guitierrez (Pasadena) 14:48.0; 3. Calvin Gaziano (Castro Valley) 14:48.5; 4. Rene Perez (Woodland) 14:57.2; 5. Chris Craig (Leigh) 15:05.7; 6. Grant Foster (Monte Vista) 15:10.6; 7. Jim Frey (Yreka) 15:13.3; 8. Tim Watson (Canyon) 15:15.0.

Women's 400 Hurdles: 1. Sharifa Barksdale (Tenn) 58.9; 2. Latanya Shefield (San Diego St.) 60.0; 3. Angela Williams (Hawaii) 62.0.

Men's 400 Hurdles: 1. Greg Morris (Villanova) 50.73; 2. James King (Macc.) 51.02; 3. Andrew Fields (Macc.) 51.89.

HS Boys Pole Vault: 1. Mike Kibort (Saratoga) 16-6; 2. Anthony Harns (Encinal) 14-6; 3. Blu Shepard (Clovis) 14-6.

photo by G. David Brown/Innersports Agency



John Marshall nips USC's Mark Handelsman in 800m

Women's High Jump: 1. Coleen Sommers (Adidas) 6-5¼; 2. Tanya Alston (UCLA) 5-10; 3. Sue McNeal (Cal Poly SLO) 5-10; 4. Kari Gosswiller (UCLA), Chandra Roberts (CSULB) 5-8¼; 6. Lori Clark (San Diego St.) 5-8¼.

Men's 100: 1. Louis Merales (USC) 10.66; 2. Darwin Cook (USC) 10.66; 3. Dwayne Evans (AW) 10.70; 4. Innocent Egbunike (Azusa) 10.71.

Women's 100: 1. Donna Corley (Sac State) 12.13; 2. LaShon Nedd (UCLA) 12.26; 3. Andrallette Gill (CS Bak) 12.31; 4. Jennifer Innis (CSLA) 12.39.

Men's Long Jump: 1. Warren Wilhoite (Kansas) 26-3½w; 2. Ed Tave (USC) 25-6w; 3. Veryl Switzer (Kansas St.) 25-3½.

Men's 800: 1. John Marshall (Villanova) 1:49.05; 2. Mark Handelsman (USC) 1:49.45; 3. Pete Quinonez (Fresno St. TC) 1:52.38.

Men's Javelin: 1. Mike Barnett (Azusa) 286-10; 2. Ray Hansen (Kansas St.) 257-8; 3. Mike Jones (WC) 250-10.

HS Boys 100: 1. Antonio Manning (Hamilton) 11.13; 2. Erick Montgomery (Independence) 11.20; 3. Charles Smith (Las Vegas) 11.22.

Women's 800: 1. Robin Campbell (Stanford TC) 2:02.7; 2. Louise Romo (Cal) 2:04.3; 3. Joetta Clark (Tenn) 2:04.4; 4. Donna Curtis (USC) 2:09.7.

Women's 400 Relay: 1. Tennessee 44.81; 2. UCLA 45.11; 3. Cal Poly SLO 46.06; 4. Bakersfield 46.21.

HS Girls 400 Relay: 1. Foothill 49.7; 2. Saratoga 50.0; 3. Seaside 51.0.

Women's Discus: 1. Meg Ritchie (Arizona) 207-3; 2. Carol Cady (Stanford) 197-8; 3. Lorna Griffin (AW) 191-6.

Women's Olympic Development 400 Relay: 1. Cal State Hayward 47.62; 2. Cal State Bakersfield 48.67; 3. UC Davis 49.05.

Men's Shot Put: 1. Greg Trafalis (WC) 66-3¼; 2. Mike Smith (Unatt) 65-3½; 3. Hank Kraychir (USC) 64-2½; 4. Brian Oldfield (Unatt) 63-11¼; 5. Clint Johnson (Kansas) 61-1.

Men's 200: 1. Innocent Egbunike (Azusa) 21.03; 2. Dwayne Evans (AW) 21.38; 3. Ray Benson (Macc.) 21.84.

HS Boys 400 Relay: 1. Independence 42.64; 2. Seaside 43.06; 3. Hamilton 43.09.

Men's Olympic Development 400 Relay: 1. Cornell 41.90; 2. Maccabiah 42.14; 3. Cal Poly Pomona 42.17.

Men's 400 Relay: 1. USC (Ed Tave, James Knowles, Darwin Cook, Luis Morales) 40.42; 2. Pasadena City 40.54; 3. San Jose State 40.91.

Men's 110 Hurdles: 1. Toni Campbell (Kappa) 13.60; 2. Arlo Bryggare (Finland) 13.64; 3. Larry Cowling (Unatt) 13.72.

Men's High Jump: 1. Mill Goode (Jaguar) 7-2¼; 2. Doug Nordquist (Tiger) 7-0¼, Greg Gonsalves (Sac City) 7-0¼, Joe Radan (Adidas) 7-0¼; 5. Mel Baker (CSULB) 7-0¼.

Women's 1500: 1. Amy Harper (Cal Poly SLO) 4:24.6; 2. Avriil McClung (BYU) 4:30.3; 3. Melissa Martel (UCSB) 4:32.3; 4. Marilyn Davis (Cal) 4:33.2; 5. Karen VanWangen (BYU) 4:34.2.

Women's Long Jump: 1. Gwen Loud (Hawaii) 21-2; 2. Jewel Lovelady (RR) 19-6¼; 3. Tracy Hopkins (Tenn) 19-6¼; 4. Pam Donald (Stanford) 19-6.

Women's 400: 1. Denean Howard (CSLA) 52.6; 2. Kathy Rattray (Tenn) 53.0; 3. Robin Campbell (Stanford TC) 53.3; 4. Kelia Bolton (Tenn) 54.2.

Men's 400: 1. Cliff Wiley (AccuSplit) 45.81; 2. Carlton Young (Villanova) 46.31; 3. Deon Hogan (Kansas) 46.53; 4. Kasheef Hassan (AccuSplit) 46.74; 5. Mike Turner (Unatt) 46.97.

Men's Discus: 1. John Powell 212-9; 2. Art Swarts 203-3; 3. Greg McSevery 190-5; 4. Randy Beisler 188-7; 5. Greg Trafalis 185-6.

Pole Vault: 1. Felix Bohnl (San Jose St.) 17-6; 2. Doug Lyttel 17-3; 3. Dave Kenworthy, Tapani Haapakoski, Timo Kuusisto 17-0; 6. Jerry Mulligan 17-0.

Men's Mile: 1. Marcus O'Sullivan (Villanova) 4:05.4; 2. Tim Gundy (Kansas) 4:06.4; 3. Joe Fabris (Aggie TC) 4:06.8; 4. Larry Mangan (AW) 4:07.5; 5. Steve Pradere 4:07.8.

Men's 5000: 1. Dan Buntman (Aggie TC) 13:51.5; 2. Larry Lawson (Moosehead) 13:51.8; 3. Dan Harvey (Aggie TC) 13:53.9; 4. John Keyworth (Villanova) 13:54.5; 5. Bill Graham (Stanford) 13:55.9; 6. Scott Mayfield (Fresno St.) 13:58.3; 7. Duncan Macdonald (Tiger) 14:01.2; 8. Derrick May (Nevada) 14:06.6; 9. Tom Wysocki (Tiger) 14:08.6.

HS Girls 400 Relay: 1. Los Altos (Rachel Bray, Hilary Bray, Shari Rodgers, Kate Brew) 4:01.0; 2. LaCanada 4:03.2; 3. Valhalla 4:08.2.

HS Boys 400 Relay: 1. Richmond (Roberts, Morgan, James, James) 3:22.9; 2. San Mateo 3:23.9; 3. LaCanada 3:27.0.

Triple Jump: 1. Jose Salazar (CSULB) 54-0; 2. Ray Kimble (BAS) 53-8½; 3. Robert Cannon (Coast Ath.) 53-0¼; 4. Norm Alston (SSTC) 51-3¼.

Women's Olympic Development 1600 Relay: 1. Cal State Bakersfield (Gurtha Pounds, Kathy Douglas, Ethel Weaver, Faith Burleson) 3:52.2; 2. Cal State Hayward 3:55.0; 3. Cornell 3:59.5.

Men's Olympic Development 1600 Relay: 1. Cal Poly SLO (Underwood, Lalicker, Johnson, Richard) 3:14.2; 2. Cal State San Francisco 3:16.9.

Women's 1600 Relay: 1. Tennessee (Kathy Rattray, Sharietta Barksdale, Kelia Bolton, Joetta Clark) 3:35.5; 2. Cal State Los Angeles 3:38.7; 3. Cal Berkeley 3:43.3; 4. San Diego State 3:47.0; 5. Stanford TC 3:47.3; 6. Cal Poly SLO 3:49.1.

Men's 1600 Relay: 1. Villanova (Booker, Jenkins, Morris, Young) 3:10.2; 2. San Jose State 3:11.9.

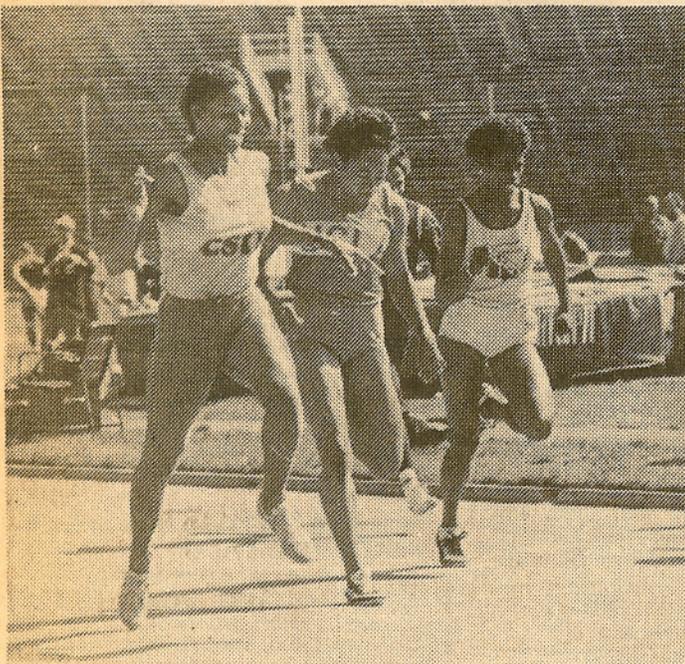


photo by Bill Leung, Jr.

Donna Corley wins 100 over LaShon Nedd (2nd) and Jennifer Innis (4th).



CSUS Decathlon

from BRUCE DRUMMOND

April 15-16, Sacramento.

1 Bob Fournier (Una)	7190
100	:11.4
LJ	6.47 (21-2½)
Shot	12.31 (40-4¾)
HJ	1.82 (5-11½)
400	49.8
110H	:16.5
Dis	40.42 (132-7)
PV	3.93 (12-10¾)
JV	54.24 (177-11)
1500	4:06.1 (3 watches)
2 Tim Geldhek (Una)	7142
3 Darren Hall (USC)	7031
4 Kevin Hall (Una)	6938
5 John Pauley (SFSU)	6657
6 Tim O'Neil (Heu)	6069
7 Steve Caudle (CSUS)	5980
8 Brad Kruse (Stanford)	5578
9 Dean Cherf (Una)	5488
10 Dave Gaskill (UCD)	5412

Javelin Stars Shine at Northridge

By John A. Ortega

April 16.

Two javelin throwers were the stars of the 4th Annual Northridge-Nike Invitational (April 16th) as Tom Petranoff scored a big early-season win with a 288-8 (87.99m) effort and Tilna Lillak of Finland produced the number 2 throw in history with her 238-9 (72.77m) heave.

Petranoff's victory came over an event field which included the number 1 ranked thrower of 1982, Bob Roggy (2nd at 271-0) and collegiate leader Mike Barnett (4th at 259-8) of Azusa Pacific. Canadian Phil Olsen finished 3rd at 266-11. Petranoff's winning throw came in the 1st round and he was never seriously challenged after that. Roggy opened up with the 271-0 effort; fouled his second throw and then passed his last four attempts, having suffered a slight groin injury on his second effort. Meanwhile Barnett, who had thrown his collegiate leading 294-2 (89.86m) at this same facility March 12th (Northridge Relays), was hampered by a sore right ankle which he injured earlier in the week. In addition to his opening round winner, Petranoff also had throws of 274-7 (4th round) and 268-4 (2nd round).

On the women's side of the event, Lillak, who briefly held the World Record last summer at 237-6 (72.40m), surprised everyone at the meet with her 3rd round 238-9 PR. Only World Record-Holder Sofia Sakorafas of Greece (243-5, 74.20m) has ever thrown farther than Lillak's mark. Unfortunately, due to IAAF rules, Lillak's mark will probably not be accepted as she was the only woman throwing in the meet and IAAF rules state specifically that there must be at least three women competing in an event to qualify as a competition. Currently training in the Santa Barbara area, Lillak had only entered the meet a few days before to test her level of fitness; which would appear to be excellent.

The javelin wasn't the only event which saw good quality efforts however as many world-class athletes competed in other events.

Robert Cannon of Coast Athletics, the '82 TAC and Sports Festival Champion in the triple jump, won his specialty with a 53'11½" (16.45m) jump after having won the long jump earlier with a wind-aided 25-1 (7.65m) effort. Cannon's win in the triple jump did not come easily however as Doug Gardner jumped 53-10½ in the 5th round to temporarily wrest the lead from Cannon; who then won the event with his 8th round effort.

photo by Dave Stock



Tom Petranoff

Dave Laut of Athletics West, the number 2 ranked shot-putter of 1982, won his specialty with a 67-9¼ (20.67m) effort. Laut's series also included puts of 67-8¾ (4th round), 67-½ (2nd round) and 68-4¼ (3rd round). Former UCLA Bruin Marcus Gordlen finished 2nd at 65-6 and Gary Willilky of the Stars and Stripes Track Club placed 3rd in the event with a throw of 64-2½.

In the sprints Innocent Egbunike of Nigeria and Azusa Pacific twice outdashed 1976 Olympic 200 meter bronze medalist Dwayne Evans of Athletics West. Egbunike's times of 10.57 and 20.98 were run into headwinds of 2.3 and 2.7 meters-per-second. Evans finished 2nd in both races with 10.73 and 21.63 clockings. Egbunike also anchored Azusa Pacific to a come-from-behind victory in the mile relay (3:10.47, 45.2 split) and a 4th place finish in the 400m relay.

Other top performances were turned in by Lee Balkin of UCLA in the high jump (7-3, 2.21m), Mike Turner of the Fleet City Track Club in the 400m (46.86), Rick Annicker of Athletics West in the pole vault (17-0, 5.18m), Andre Hargrove of the Maccabi Track Club in the 400m intermediate hurdles (51.34), David Pascal of the Santa Monica Track Club in the 1500m (3:46.94), the Maccabi Track Club in the 400m relay (40.47) and 1978 European 10,000m Champion Martti Vainio of Finland in the 5000m (14:15.38).

Egbunike and Cannon respectively, were named the outstanding track and field event athletes of the meet.

3000m Steeplechase: 1. John Lane (SDS) 9:25, 2. Jeff Ambos (CSLA) 9:26, 3. Rory Frampton (Pom-Pitz) 9:39.

400m Relay: 1. Maccabi 40.47, 2. USC Alumni 'B' 40.76, 3. Striders 40.94, 4. Azusa 40.96.

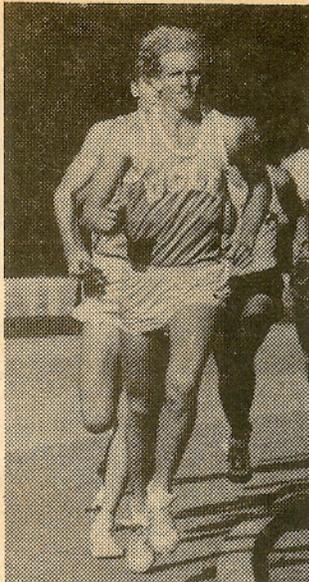
1500m (Inv): 1. Dave Pascal (SMT) 3:46, 2. Brian Russell (Stars & Stripes) 3:47, 3. Mike Pope (UCLA) 3:47, 4. Steve Jenness (UCR) 3:48, 5. Tony Reyes (Kang-W) 3:48, 6. Mike Trujillo (CSUN) 3:49.

Inv. Hammer Throw: 1. Joe Briski (Una) 200-3, 2. Mark Tinsley (FSTC) 195-3, 3. John Wolitarsky (Una) 193-9, 4. Steve Nickerson (UCLA) 192-4, 5. Ron Tonciano (Az-Pac) 184-8, 6. J. Hibert (Pom-Pitz) 184-5, 7. Jim Thiss (SDSU) 182-7.

110m Hurdles (Inv): 1. Angelo Booker (SSTC) 14.31, 2. James McCraney (Maccabi) 14.49, 3. Curtis Perry (Una) 14.79, (Open): 1. Joe Siasia (Maccabi) 14.56.

400m (Inv): 1. Mike Turner (Fleet City) 46.86, 2. James King (Maccabi) 47.11, 3. Brian Saunders (Fleet City) 47.33, (Open): 1. Roy Carls (UCLA) 47.22.

photo by Burt Davis



Mike Pope

100m (Inv): 1. Innocent Egbunike (Az-Pac) 10.57, 2. Dwayne Evans (Ath. West) 10.73, 3. Greg Holmes (CSLA) 10.82.

800m (Inv): 1. Clifford (AIA) 1:51, 2. Thomas Ash (USMC) 1:51, 3. Juan Neucke (UCI) 1:52, 4. Charlie Taliaferro (SMT) 1:52.

400m Inter. Hurdles (Inv): 1. Andre Hargrove (Maccabi) 51.34, 2. Mike Martinez (Az-Pac) 52.75, 3. Keith Youngblood

(Fleet City) 53.18.

Javelin: 1. Tom Petranoff (SC Striders) 288-5, 2. Bob Roggy (Una) 270-10, 3. Phil Olsen (Canada) 266-10.

Shot Put: 1. Dave Laut (Ath. West) 67-9½, 2. Marcus Gordlen (Una) 65-5¾, 3. Gary Willilky (Stars & Stripes) 64-2¼, 4. Bruce Heidi 61-3¾, 5. Tommy Lister (Converse) 59-10¼, 6. Brian Faul (CSUN) 59-9½.

200m Inv: 1. Innocent Egbunike (Az-Pac) 20.98, 2. Dwayne Evans (Ath. Express) 21.63, 3. Mike Turner (Fleet City) 21.73.

Long Jump: 1. Robert Cannon (Coast Ath) 25-1, 2. Terry Armitage (CPSLO) 23-8, 3. Tom Tatascore (UCLA) 23-6½, 4. Andre Cobbs (USMC) 23-5¼.

High Jump: 1. Lee Balkin (UCLA) 7-3, 2. Chris Bonner (Ath. Express) 7-0, 2. Jerry Sanders (Maccabi) 7-0 (tie), 3. Marty Cowan (SDSU) 7-0, 4. Dysten Hamner (SDSU) 6-10, 5. Bill Graber (SDSU) 6-10, 6. Jaysen Meister (All-American) 6-10.

5000m (Open/Inv): 1. Vainio Martti (Finland) 14.15, 2. Frank Assuma (UCR) 14:17, 3. Gary Borbon (CP-Pomona) 14:43.

Mile Relay (Inv): 1. Azusa Pacific 3:10, 2. Fleet City 3:10, 3. Maccabi 3:11, 4. Long Beach State 3:12.

Discus: 1. Gary Willilky (Stars & Stripes) 191-5½, 2. Greg McSeverney (Una) 188-2, 3. Christian Okoye (Az-Pac) 180-11, 4. John Brenner (UCLA) 180-9, 5. Mitch Gordlen (Una) 175-11½, 6. Bailey (Una) 175-2.

1000m (Open/Inv): 1. Chuck Smed (Calif. Condors) 30:30, 2. Chris Schallerit (Runners Sole) 30:48, 3. Gian Starinieri (Adidas) 31:02, 4. Curt Alan (USMC) 31:12, 5. Erin Martinez (Az-Pac) 31:28.

continued on next page...

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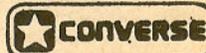
June 12-17 SIU, Carbondale, Il.
June 19-24 LSU, Baton Rouge, La.

FOR INFORMATION:

Tom Henderson
Track Coach Cal Poly
Dept. of Athletics
San Luis Obispo, Ca. 93401
805-546-2923
805-543-3274/Jan Johnson



PACER III
VAULTING POLES



Results

Triple Jump—1. Robert Cannon (Coast Ath.) 53-11¼, 2. Doug Gardner (Una) 53-10¼, 3. Timberlake (una) 48-9½, 4. Andre Cobbs (USMC) 48-8½.

Pole Vault (Inv): 1. Rick Anicker (Ath. West) 17-0, 2. Clark Elliot (SDSU) 17-0, 2. Dave Sanderson (AIA) 17-0 (Tie), 4. Ken Corney (Stars & Stripes) 16-6, 5. Bubba Cavanagh (Maccabi) 16-6.

Woody Wilson Relays

April 16. UC Davis.

MEN

10,000 Meters—1. Mansoor (Flyers) 31:20.7, 2. Shelge (Aggie Club) 31:47, 3. Barratt (UC Aggies) 32:03.
5,000 Meters—1. Ferguson (Flyers) 14:55, 2. Thyllin (Hayward) 15:01, 3. Fernandez (Flyers) 15:07.
800 Meters—1. Hill (UCD) 1:53.6, 2. Gullickson (Nevada-Reno) 1:53.7, 3. Palmer (Chico) 1:53.9.
Triple Jump—1. Indelicato (Chico) 14.70m, 2. Moseley (Chico) 14.48m, 3. Koplowitz (UCD) 14.33m.
400 Interm. Hurdles—1. Kellum (Nevada-Reno) 54.1, 2. Amuson (Hayward Club) 55.5, 3. Defty (UCD) 55.9.
100 Meters—1. Wyatt (Nevada-Reno) 10.6, 2. (tie) Ventress (Sonoma) 10.7, Idun (Nevada-Reno) 10.7, Attipoe, (Nevada-Reno) 10.7.
Shot Put—1. Milleman (Chico) 16.51m, 2. Morris (Chico) 15.18m, 3. Lawrence (Nevada-Reno) 15.10m.
110 High Hurdles—1. Miller (Sac St) 14.4, 2. Hill (UCD) 14.5, 3. Emerson (Unatt.) 14.9.
400 Meters—1. DeMelle (Nevada-Reno) 48.3, 2. Green (Chico) 49.2, 3. (tie) Monoco

(Nevada-Reno) 49.7, Wallenberg (Chico) 49.7, Conway (Sac St.) 49.7.
Long Jump—1. Moseley (Chico) 7.10m, 2. Christopher (UCD) 6.99m, 3. Allen (Chico) 6.89m.
Javelin—1. Luster (Hayward) 64.54m, 2. Hailley (Chico) 63.24m, 3. Sinclair (Sac St) 60.57m.
High Jump—1. Lucas (Humboldt) 2.08m, 2. Jamal (Chico) 2.03m, 3. Kahan (UCD) 2.03m.
Pole Vault—1. Lines (Chico) 15-0, 2. Huntington (Chico) 14-6, 3. Scruggs (Sac City) 14-0.
Hammer—1. Benvenuti (UCD) 54.48m, 2. Jones (Chico) 54.44, 3. Dalton (UCD) 53.34m.
400 Meter Relay—1. Nevada-Reno 41.7, 2. Hayward Track Club 43.1, 3. Sonoma 43.2.
3000 Steeplechase—1. Anex (CC Flyers) 9:24.4, 2. Smith (Unatt.) 9:50.8, 3. Matheson (Nevada-Reno) 10:00.1.
1500 Meters—1. Gerhart (Flyers) 3:51.2, 2. Denesik (Flyers) 3:53.2, 3. Haase (Sac St) 3:54.8.
Discus—1. Jones (Chico) 49.20m, 2. Lawrence (Nevada-Reno) 48.48m, 3. Milleman (Chico) 48.39m.
200 Meters—1. Attipoe (Nevada-Reno) 21.5, 2. Wyatt (Nevada-Reno) 21.6, 3. (tie) Kellum (Nevada-Reno) 21.8, Idun (Nevada-Reno) 21.8.
4 X 800 Meter Relay—1. UC Davis 7:57.0, 2. Univ. of Nevada-Reno 8:05.4, 3. Capital City Flyers 8:14.0.
4 X 400 Relay—1. Nevada-Reno "A" 3:14.7, 2. Chico 3:18.5, 3. Sac St 3:19.4.
Results—1. Chico St 151.5, 2. Nevada-Reno 145, 3. UC Davis 142, 4. Sacramento St. 98, 5. Hayward St. 30, 6. Humboldt St. 17, 7. Sonoma St. 16.5, 8. Southern Oregon 15.5, 9. Stanislaus St. 7.

WOMEN

5,000 Meters—1. Gray (UCD) 17:00.86, 2. Somers (UCD) 17:01.10, 3. Anderson (Sonoma) 17:33.8.

Discus—1. Hughes (Stanislaus) 39.12m, 2. Heibling (Idaho) 38.63 ½m, 3. Hartwig (UCD) 36.44m.
400 Meter Relay—1. UCD "A" 50.0, 2. Chico "A" 50.4, 3. S.F. State 50.7.
Javelin—1. Coleman (Idaho) 50.04m, 2. Schoenborn (Idaho) 48.54m, 3. Marsh (UCD) 44.45m.
400 Hurdles—1. Bradford (Idaho) 65.5, 2. Sizemore (Idaho) 65.9, 3. Sorrenson (UCD) 66.2.
3000 Meters—1. Craig (Idaho) 9.33, 2. Somers (UCD) 10.08, 3. Gray (UCD) 10.08.
High Jump—1. Brown (UCD) 1.62m, 2. (tie) Baumgartner (Chico) 1.62m, Westerwelle (Idaho) 1.62m.
800 Meters—1. Kristjanson (Idaho) 2:17.7, 2. Trott (Idaho) 2:21.7, 3. Ramirez (Humboldt) 2:22.9.
Shot Put—1. Heibling (Idaho) 12.08m, 2. Dukeshire (So. Oregon) 12.02m, 3. Hartwig (UCD) 11.19m.
Long Jump—1. Smith (UCD) 5.44m, 2. Malvino (Sonoma) 5.21m, 3. Green (Chico) 5.14m.
400 Meters—1. Ryan (Idaho) 57.8, 2. Schwartz (Chico) 58.0, 3. Bailey (SF St) 59.6.
100 Meters—1. Owens (SF St) 12.4, 2. (tie) Fortune (UCD) 12.5, 3. Sizemore (Chico) 12.5.
100 Hurdles—1. Heiling (Idaho) 15.1, 2. Deese (Chico) 15.2, 3. Sorrenson (UCD) 15.7.
1500 Meters—1. Hindelan (Idaho) 4:46.8, 2. Lantsberger (UCD) 5:25.4.
200 Meters—1. Schwartz (Chico) 26.2, 2. Smith (UCD) 26.6, 3. (tie) Waits (UCD) 26.9, Beckles (Idaho) 26.9.
4 X 800 Meter Relay—1. Idaho 9:41.3, 2. UC Davis 10:28.0.
4 X 400 Meter Relay—1. UC Davis "A" 4:01.5, 2. Chico St. "A" 4:08.9, 3. SF State 4:12.6.
Results—1. UC Davis 168, 2. Idaho 146, 3. Chico St. 85, 4. San Francisco St. 36, 5. Sonoma St. 16, 6. Stanislaus St. 15, 7. Humboldt St. 13, 8. Southern Oregon 8.

Converse-Hind Wells Invitation

April 17. Cal State Northridge.

5000m: 1. Carol Lowe (UCR) 18:13, 2. Sylvia Gubler (UCSB) 19:16, 3. Pattie Henry (UCSB) 19:18.
400m Relay: 1. UC Irvine 48.60, 2. Fresno State 48.62, 3. Naturite 46.09.
1500m: 1. Michelle Hopper (Medalist) 4:29, 2. Laura Buss (CSLB) 4:31, 3. Marilyn Davis (Cal) 4:33, 4. Lisa Gonzales (UCI) 4:36, 5. Carol Keller (CSUN) 4:36, 6. Laura Hollingsworth (Cal) 4:39.
100m Hurdles: 1. Tonya Alston (UCLA) 15.04, 2. Merika Reed (Fresno St.) 15.39, 3. Sally Meinbreck (Cal) 15.51.
Javelin: 1. Joanne Davis (UCSB) 153-4, 2. Beth Owens (Cal Luth) 152-2, 3. Connie Negus (Pom-Pitz) 136-1.
400m: 1. Jackie Joyner (UCLA) 55.04, 2. Cynthia Warner (LA Mercur.) 55.53, 3. Laura Hacche (LA Mercur.) 56.76.
100m: 1. Andvalette Gill (CS Bakers.) 11.80, 1. Stephanie Brown (CSLA) 11.80 (tie), 3. Denean Howard (CSLA) 11.87.
Long Jump: 1. Michelle Kelley (UCI) 20-6, 2. Bell (SC Cheetahs) 20-2, 3. Chandra Roberts (CSLB) 19-9.
800m: 1. Deann Gutowski (LA Mercur.) 2:08, 2. Andrea Ward (LA Mercur.) 2:12, 3. Tonye Nichols (Fresno St.) 2:12.
400m Hurdles: 1. Beth Griffin (UCI) 1:03, 2. Shari Veliz (Fresno St.) 1:05, 3. Jerri Baker (Oxy) 1:05.
Discus: 1. Denean Howard (CSLA) 24.06, 2. Stephanie Brown (CSLA) 24.53, 3. Elsa Antunez (CSUN) 24.80.
High Jump: 1. Chandra Roberts (CSLB) 5-6, 2. Janet Nicholls (CP Pomona) 5-4, 3. Nena Laverman (CSLB) 5-4.
3000m: 1. Melissa Martel (UCSB) 9:43, 2. Robin McSwain (Cal) 9:46, 3. Lisa Gonzales (UCI) 9:56, 4. Kelley Ringer (UCI) 9:57, 5. Mary Gaffield (Cal) 10:01.
1 Mile Relay: 1. CSUN "A" 3:50, 2. 3:55, 3. Fresno St. 4:00.
Shot Put: 1. Peggy Pollack (CSLB) 53-10¼, 2. Romona Pagel (Una) 50-9¾, 3. Monica Wren (CPP) 43-5½.

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NBC Sports World Championships Helsinki, Finland Telecast

NBC Sports has acquired exclusive United States television rights to the first World Championships of Track and Field, an international competition of elite track and field athletes representing 126 nations which will be held in Helsinki, Finland, from August 7-14, 1983. NBC Sports' planned coverage of 15 hours of live and same-day programming would represent the largest commitment on the part of a United States television network to non-Olympic coverage of an international track and field competition.

In addition to the World Championships, NBC will be televising the United States vs. East Germany dual meet on Sunday, June 26.

NBC SPORTS HELSINKI TELECAST SCHEDULE

Sat., Aug. 6 (2-3 pm)	World Championships Preview
Sun., Aug. 7 (11 am - noon)	Finals w-marathon & mSP
Tue., Aug. 9 (9:30-10:30 am)	Finals TJ, m&w100
Wed., Aug. 10 (9:30-10:30 am)	m&w800, wHJ, m10K
Thr., Aug. 11 (9:30-10:30 am)	m&w400, m&w400R, mLJ, w3K
Fri., Aug. 12 (9:30-10:30 am)	Review and Preview
Sat., Aug. 13 (9:30-10:30 am)	mSC, mJT
Sat., Aug. 13 (8-10 am)	mHJ, mHH, w100H
Sat., Aug. 13 (1-3 pm)	Decathlon Special
Sun., Aug. 14 (10 am-1 pm)	m&w1600R, m&w200, m&w1500, m5K, PV, m-Marathon, wLJ & Closing C.



25th ANNUAL MT. SAC RELAYS

April 21.

Community College Division

Men's Divisions

5,000m: 1. Spillman (Moorpark) 14:54, 2. Perez (Hancock) 14:55, 3. Floyd (Glendale) 14:59, 4. Vargas (Central AZ) 15:09, 5. Carmello (Mesa AZ) 15:12, 6. Tabares (Santa Monica) 15:14.

Triple Jump (Invit): 1. Henry (Bakersfield) 15.06 metric, 2. Carey (Central AZ) 14.98, 3. McDaniels (Bakersfield) 14.94, 4. Taylor (Fresno) 14.72, 5. Hall (COD) 14.57, 6. Howard (El Camino) 14.51. (unseeded) — 1. Johnson (San Bernardino) 47-7½, 2. Livingston (El Camino) 45-½, 3. Fenton (Cypress) 43-6, 4. Mosley (MSAC) 43.5, 5. Stevenson (Pasadena) 42-10¼, 6. Hayes (Moorpark) 42-6¼.

Shot Put (Invit): 1. Doebling (Saddleback) 57-1, 2. Weyers (Foothill) 55-2, 3. Neal (Taft) 54-9¼, 4. Martin (Bakersfield) 54-7½, 5. Boldon (Cerritos) 54-1¼, 6. Sweeney (Saddleback) 53-3. (unseeded) — 1. Hammond (Ventura) 48-0, 2. Keagy (Grossmont) 47-7, 3. Bell (Ventura) 46-4½, 4. Needham (Mesa AZ) 45-8½.

3,000 Steeplechase: 1. Kieser (Central AZ) 9:09, 2. Barlow (Hancock) 9:23, 3. Anstead (Glendale AZ) 9:27, 4. Glass (Glendale AZ) 9:29, 5. Rivera (Fresno City) 9:32. (unseeded) — 1. Torres (Citrus) 9:40, Villalobos (Pasadena) 9:45, 3. Sibley (Mesa AZ) 9:51, 4. Richardson (Grossmont) 9:59, 5. Noelte (MSAC) 10:04.

Javelin (Invit): 1. Shill (Mesa AZ) 197-2, 2. Schmidt (Foothill) 196-1, 3. O'Donnell (Saddleback) 192-1, 4. Peterson (Citrus) 192-1, 4. Horrisberger (Bakersfield) 182-10, 6. Gant (Taft) 181-4. (unseeded) — 1. Bradford (Phoenix) 202-7, 2. Folowell (Long Beach) 191-10, 3. Caruso (Citrus) 186-5, 4. Hector (MSAC) 182-10, 5. Baker (Phoenix) 182-5, 6. Weinrauch (Saddleback).

110 High Hurdles (Invit): 1. Rodriguez (Long Beach) 14.48, 2. Cooper (El Camino) 14.52, 3. Riley (Long Beach) 14.53, 4. Knight (Bakersfield) 14.56, 5. Venegas (Glendale) 14.69, 6. Jones (Pasadena)

photo by Maurice Wilson



Laurie Meighan

15.02. (unseeded race 1) — 1. Holder (Central AZ) 14.96, 2. Zayas (Grossmont) 15.57, 3. Stevens (Cerritos) 15.58, 4. Johansson (Fresno) 16.00, 5. Kline (Saddleback) 16.27. (race 2) — 1. Lohr (Golden West) 15.08, 2. Manzano (Grossmont) 15.30, 3. Stevenson (Pasadena) 15.58, 4. Mans (Mesa) 15.65, 5. Holiday (MSAC) 15.72. (race 3) — 1. Simmons (Bakersfield) 15.01, 2. Andrews (Orange Coast) 15.07, 3. Richards (Santa Monica) 15.48, 4. Harden (Glendale) 15.59, 5. Raymond (Santa Monica) 15.63. (race 4) — 1. Gaskill (Glendale) 14.48, 2. Roberts (Foothill) 14.79, 3. Howard (El Camino) 14.85, 4. Culbreath (Bakersfield) 15.07, 5. Daniels (LA Trade Tech) 15.16.

Pole Vault (Invit): 1. Hatfield (MSAC) 16-0, 2. Nelson (Golden West) 16.0, 3. Wicks (Bakersfield) 15-8, 4. Giuliano (Glendale) 15-4, 5. McQuaid (MSAC) 15-0, 6. Lynn (MSAC) 15-0. (unseeded) — 1. Lee (Phoenix) 15-6, 2. Forsyth (Orange Coast) 14-10, 3. Lomheim (Fullerton) 14-6, 4. Weatherlow (MSAC) 14-6, 5. Burton (San Bernardino) 14-0, 6. Reed (Long Beach) 14-0.

Long Jump: 1. Thomas (Pasadena) 24-1¼, 2. Torres (Long Beach) 23-6¼, 3. Covington (Pasadena) 23-2¼, 4. Taylor (Fresno) 23-2¼, 5. Brooks (LA) 23-1¼, 5. Hall (COD) 23-1¼. (unseeded) — 1. Gunn (Mira Costa) 21-10¼, 2. Brown (Hancock) 21-9, 3. Chapman (Grossmont) 21-3, 4. Demyers (Orange Coast) 20-11, 5. Chastang (Compton) 20-10.

High Jump (Invit): 1. Lee (Pasadena) 7-0, 2. DeMeyers (Orange Coast) 6-8, 3. Wicker (Long Beach) 6-8, 3. Jones (Pasadena) 6-8, 5. Eatmon (LA Trade Tech) 6-8, 6. Buckler (Taft) 6-6. (unseeded) — 1. Johnson (Oxnard) 6-7, 2. Stark (COD) 6-5, 3. Orta (Long Beach) 6-5, 4. Swenson (Fresno) 6-3, 5. Narlock (Glendale AZ) 6-3.

1,500 (Invit): 1. Velasquez (Citrus) 3:50 (new event, establishing meet record), 2. Mojarro (Pasadena) 3:52, 3. Monroe (Glendale) 3:54, 4. Sanchez (Glendale AZ) 3:54, 5. Rosser (Foothill) 3:55, 6. Marquez (Long Beach) 3:55.

400 Intermediate Hurdles (Invit): 1. Cooper (El Camino) 51.36 (meet record, old mark 51.9 by Johnson, MSAC), 2. Riley (Long Beach) 52.27, 3. Oswald (Long Beach) 54.06, 4. Redick (Foothill) 54.57, 5. Sweeney (Foothill) 54.59, 6. Herd (Fullerton) 56.11. (unseeded race 1) — 1. Stuffer (Fullerton) 53.54, 2. Mitchell (Pasadena) 54.39, 3. Carter (MSAC) 57.70, 4. Williams (San Diego) 57.99, 5. Rodarte (MSAC) 59.48. (race 2) — 1. Marshall (Santa Monica) 55.43, 2. Dougherty (Palomar) 57.43, 3. Hendricks (Palomar) 57.43, 4. Geer (MSAC) 57.74, 5. Fields (MSAC) 59.06. (race 3) — 1. Culbreath (Bakersfield) 54.70, 2. Jones (Pasadena) 54.72, 3. Zayas (Grossmont) 55.77, 4. Richards (Santa Monica) 55.97, 5. Williams (Central AZ) 56.34. (race 4) — 1. Henderson (El Camino) 53.37, 2. Curry (LACC) 53.96, 3. Andrews (Orange Coast) 54.60, 4. Burden (Glendale) 54.61, 5. Duams (Antelope Valley) 55.14. (race 5) — 1. McGhee (Glendale) 54.35, 2. Lee (Central AZ) 54.56, 3. Walker (El Camino) 54.77, 4. Tarr (Bakersfield) 55.12, 5. Emans (Mesa) 55.25.

4x100 Relay (Invit): 1. Long Beach (Turner, Washington, Brown, Johnson) 40.03, 2. Taft 40.49, 3. Central AZ 40.66, 4. Merritt 41.22, 5. Mesa 41.33, 6. El Camino 41.56. (race 1) — 1. Phoenix 42.24, 2. West LA 42.54, 3. LA Trade Tech 43.00, 4. Hancock 43.41, 5. Citrus 43.81, 6. Scottsdale 44.4. (race 2) — 1. Santa Ana 42.24, 2. LA Harbor 42.25, 3. Fullerton 42.75. (race 3) — Pasadena (Steen, Cooper, Dunn, Graham) 40.56, 2. LACC 41.28, 3. COD

42.30, 4. Antelope Valley 42.34. (race 4) — 1. MSAC (Floyd, Langerston, Hudson, Miller) 41.62, 2. Santa Monica 42.02, 3. San Diego 42.22, 4. Bakersfield 42.38, 5. Foothill 42.50.

Discus (Invit): 1. Dobbins (Glendale) 167-9, 2. Doebling (Saddleback) 167-9, 3. Jeffries (Glendale) 158-4, 4. Garza (Fresno) 157-3, 5. Sweeney (Saddleback) 156-5, 6. Schilling (Glendale AZ) 155-9. (unseeded) — 1. Corkery (Citrus) 145-3, 2. Coleman (Ventura) 137-7, 3. Carnes (LA Southwest) 135-7, 4. Martin (Glendale AZ) 132-11, 5. Hector (MSAC) 130-2.

4x800 Relay: 1. Moorpark 7:34, 2. Bakersfield 7:35, 3. Long Beach 7:35, 4. Saddleback 7:44, 5. San Bernardino 7:46.

4x200 Relay (Invit): 1. Pasadena (Steen, Graham, Dunn, Cooper) 1:23.66 (meet record, old mark 1:24.1 by Long Beach), 2. Mesa Arizona 1:24.56, 3. Long Beach 1:24.92, 4. Merritt 1:26.33, 5. Taft 1:26.42. (unseeded race 1) — 1. Phoenix 1:27, 2. Santa Ana 1:28, 3. Fullerton 1:29, 4. West LA 1:29, 5. San Bernardino 1:29.93. (race 2) — 1. LA Harbor 1:27, 2. Ventura 1:30, 3. Glendale AZ 1:30, 4. LA Trade Tech 1:30, 5. Antelope Valley 1:32. (race 3) — 1. Central AZ 1:25, 2. Fresno 1:26, 3. San Diego 1:27, 4. MSAC 1:28, 5. Golden West 1:28.

photo by Maurice Wilson



Cesario Marquez

Distance Medley Relay (Invit): 1. Fullerton (Behring, Michael, Ornelas, Clary) 10:10, 2. Citrus 10:14, 3. Bakersfield 10:14, 4. Orange Coast 10:18, 5. Mira Costa 10:18, 6. Glendale AZ 10:20.

4x110 HH Shuttles: (race 1) — 1. LA Trade Tech 1:03, 2. MSAC 1:04. (race 2) — 1. Bakersfield 59.37, 2. Glendale 1:00, 3. Pasadena 1:02. (race 3) — 1. Phoenix 1:09, 2. Palomar 1:09.

Sprint Medley (Invit): 1. Long Beach (Jackson, Turner, McMurray, Lizardi) 3:20.41 (meet record, old mark 3:21.7 by Santa Ana), 2. Pasadena 3:24, 3. Taft 3:26, 4. Glendale 3:27, 5. COD 3:38. (unseeded race 1) — 1. West LA 3:30, 2. LACC 3:32, 3. Harbor 3:36. (race 2) — 1. Santa Monica 3:31, 2. El Camino 3:31, 3. Bakersfield 3:33.

Hammer (Invit): 1. Jeffries (Glendale) 150-5, 2. Johnson (Glendale AZ) 148-8, 3. Guzman (Fresno) 144-2, 4. Dobbins (Glendale) 141-4, 5. Sweeney (Saddleback) 137-7, 6. Martin (Glendale AZ) 135-0.

4x400 Relay (Invit): 1. Long Beach

(McMurray, Brown, Zae, Washington) 3:09.6 (meet record, old mark 3:09.7 by MSAC), 2. MSAC 3:10, 3. El Camino 3:11, 4. Central 3:13, 5. Glendale 3:14. (unseeded race 1) — 1. Foothill 3:38, 2. Pasadena 3:39, 3. Golden West 3:50, 4. MSAC 3:57. (race 2) — 1. San Diego 3:18, 2. Antelope Valley 3:18, 3. Grossmont 3:18. (race 3) — 1. Pasadena (Dunn, Anderson, Ashley, Ward) 3:15.4, 2. Fullerton 3:15.6, 3. Santa Monica 3:15.9.

Women's Divisions

Javelin: 1. Carrington (Cerritos) 140-7, 2. Bernstein (Moorpark) 139-1, 3. Kevany (El Camino) 131-3.

100m Hurdles: 1. Hunter (West LA) 14.06, 2. Hughes (Saddleback) 14.67, 3. Regis (Santa Monica) 15.03, 4. Haynes (West LA) 15.10, 5. Carroll (COD) 15.13.

High Jump: 1. Smith (Pasadena) 5-2, 2. Lager (Scottsdale) 5-2, 3. Shepard (San Bernardino) 5-2, 4. Gardner (Saddleback) 5-2, 5. Mercer (Cerritos) 5-2.

3,000: 1. Lazdans (Mira Costa) 10:02, 2. Hartsford (Phoenix) 10:05, 3. Campo (Santa Barbara) 10:11, 4. Difillippo (Cypress) 10:19, 5. Elliott (Pasadena) 10:21, 6. Ratsford (Monterey Penin.) 10:26.

1,500: 1. Meighan (El Camino) 4:46, 2. Campo (Santa Barbara) no time, 3. Rethwisch (Fullerton) 4:50, 4. Nivin (COD) 4:55.

400 Hurdles (Invit): 1. Bell (Santa Monica) 1:04 (meet record, old mark 1:07.0 by Sears of Fresno), 2. Strong (El Camino) 1:04, 3. Regis (Santa Monica) 1:05, 4. Keegan (Mira Costa) 1:06, 5. Franz (Mira Costa) 1:06. (unseeded) — 1. Sears (Fresno) 1:07, 2. Robbins (MSAC) 1:08, 3. Nix (Glendale) 1:09, 4. McLean (MSAC) 1:09.

4x100 Relay (Invit): 1. Pasadena (Penny, Hallie, Newton, Brown) 48.13, 2. San Bernardino 48.61, 3. MSAC 49.05, 4. Cerritos 49.05, 5. Mira Costa 50.01. (unseeded race 1) — 1. Grossmont 50.8, 2. Citrus 51.9, 3. Long Beach 52.1. (race 2) — 1. Ventura 49.52, 2. LA Trade Tech 49.74, 3. Fresno 50.58.

4x800 Relay: 1. Orange Coast 9:20, 2. Grossmont 9:34, 3. Glendale 9:43.

Shot Put: 1. Clements (Saddleback) 49-1½ (National record, old mark 48-11 by J. Lempe of WA), 2. Baker (Cerritos) 13.10 metric, 3. Crisler (Foothill) 12.27, 4. Pierson (Fresno) 11.91.

800 Medley Relay: (race 1) — 1. Ventura 1:50, 2. Fresno 1:56, 3. Saddleback 1:56. (race 2) — 1. San Bernardino 1:47, 2. MSAC 1:49, 3. Fullerton 1:53. (race 3) — 1. Pasadena (Brown, Penny, Newton, Halley) 1:45, 2. El Camino 1:46, 3. Santa Monica 1:50.

Distance Medley (Invit): 1. Ventura 12:13 (meet record, old mark 12:15.6 by Glendale), 2. East LA 12:25, 3. Mira Costa 12:37, 4. MSAC 12:39, 5. El Camino 12:46.

Discus (Invit): 1. Clements (Saddleback) 157-11 (meet record, old mark 136-2½ by Coller of Mesa AZ), 2. Peiron (Fresno) 143-0, 3. Hiatt (Mira Costa) 141-2, 4. Woodbeck (De Anza) 137-1, 5. Carter (Grossmont) 125.11.

4x1500 Relay (Invit): 1. Orange Coast 19:29, 3. Grossmont 20:12, 3. Phoenix 20:38, 4. Golden West 21:18.

4x400 Relay (Invit): 1. MSAC (McCraw, Johnson, Newton, Robins) 3:46 (National record, old mark 3:49.2 by Cerritos), 2. El Camino 3:53, 3. Cerritos 3:54, 4. Mira Costa 3:54, 5. Ventura 4:01. (unseeded) — 1. Fullerton 4:01, 2. Grossmont 4:06, 3. LA Trade Tech 4:07.

College/University — Open Division University Open Men

Sprint Medley Relay: 1. Tiger International (Collins, Taylor, Perry, Solomon) 3:16, 2. San Diego St. 3:17, 3. Nevada, Reno 3:20, 4. Northern Arizona 3:21, 5. South Bay TC 3:34.

400 Relay: (race 1) — 1. Maccabi Blue (Perry, McDonald, SiaSia, Greenway) 40.89, 2. Maccabi White 41.70, 3. Patriots 41.89. (race 2) — 1. CS Long Beach 41.15, 2. Azusa Pacific 41.22, 3. CSLA 41.24, 4. CP Pomona 41.89. (race 3) — 1. Nevada Reno 41.62, 2. UC Santa Barb. 41.75.

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Results

Discus: 1. Axelsson (Pt. Loma) 193-9, 2. Weir (SMU) 189-11, 3. Loftquist (unat) 189-8, 4. Mills (UC Irvine) 188-3, 5. Bishop (Weight City TC) 186-7, 6. Binley (All-American TC) 186-7, 7. Carter (SMU) 185-5, 8. Simmons (Abilene Christian) 184-1.

110 Hurdles: (race 1) — 1. SiaSia (Maccabi TC) 13.7, 2. Longino (UC Irvine) 13.8, 3. Soderberg (AATC) 13.9. (race 2) — 1. Jones (Stanford) 14.09, 2. A. Boocker (Stars & Stripes) 14.10. (race 3) — 1. White (UC Santa Barbara) 13.9.

400 Hurdles: (race 1) — 1. Knowles (USC) 52.09, 2. Wheeler (Amer. River Coll.) 52.41, 3. Chukes (SJS) 52.47. (race 2) — 1. DuCree (CSLA) 53.21. (race 3) — 1. Hargrove (Maccabi TC) 51.71, 2. Thorenson (SJS) 51.77, 3. Kerho (USCLA) 52.44, 4. Guss (Accusplit TC) 52.91. (race 4) — 1. Cooper (El Camino College) 50.95, 2. Lothridge (All-Amer. TC) 52.42, 3. Youngblood (Fleet City TC) 52.78.

100: (race 1) — 1. Miller (Mt. San Ant.) 10.39 (wind .64 mps aiding), 2. Shields (SJS) 10.47, 3. Holmes (CSLA) 10.49, 4. Snoddy (SDAA) 10.49, 5. White (UCLA) 10.51. (race 2) — 1. Bradford (Music TC) 01.40w (wind 3.18 mps), 2. Attipoe (NV Reno) 20.47.

Long Jump: 1. Frazier (AZ St.) 25-2 1/4, 2. Konsense (Houston) 24-6 1/4, 3. Taylor (UCLA) 24-1, 4. Rudd (New Mexico) 23-11 1/4, 5. Atkins (UCLA) 23-8w.

High Jump: 1. Valentine (All-Amer. TC) 7-0, 2. Brown (All-Amer. TC) 7-0, 3. Schiefer (SDS) 7-0, 4. Denby (unat.) 7-0, 5. tie among McNamara (FSU), Embree (Coast Athl.), Arnwine (Kangaroo TC), and Sanders (Maccabi TC) 6-10.

photo by Richard Lee Slotkin



Johnny Gray

Shotput: 1. Schmidt (unat.) 61-2, 2. Thomas (CS Bakers.) 59-7, 3. Brady (Weight City TC) 58-3 1/4, 4. Banich (unat.) 58-4 1/4, 5. McKee (Weight City TC) 56-10 1/4, 6. Spillers (SDS) 56-10 1/4, 7. Crow (FSU) 56-5 1/4.

Triple Jump: 1. Ellard (FSU) 53-5, 2. Gray (unat) 52-10, 3. Gary (SDS) 50-11, 4. Cobb (US Marines) 50-6w, 5. Robinson (Pomona-Pitzer) 50-3 1/2, 6. Washington (UCLA) 50-3 1/4.

1,500: 1. Davis (AZ St.) 3:46.5, 2. Pradere (NV Reno) 3:46.7, 3. Peranza (Mexico) 3:46.8, 4. Weber (AIA) 3:47.2. Others included: 8. Trujillo (CSN) 3:49.0, 13. Johnson (UCR) 3:51.

Javelin: 1. Jones (Weight City TC) 259-10, 2. Barton (Coast Athl.) 233-7, 3. Erskine (Houston) 230-0, 4. Stephens (CSN) 229-0, 5. Izzi (UCLA) 226-1. Others included: Bender (UCLA) 212.9.

Hammer: 1. Fritchman (unat) 194-10, 2. Tinsley (FSU) 193-4, 3. Nickerson (UCLA) 192-5, 4. Wolitarsky (Canada) 187-1, 5. Thiss (SDS) 187-1, 6. Ponciano (Azusa Pac.) 4:37.3.

800 Relay: (race 1) — 1. CSLA (Holmes, Hollis, Smith, Rims) 1:24.66, 2. North. AZ 1:25.50, 3. NV Reno 1:26.26. (race 2) — 1. Maccabi Blue (Perry, McDonald, Williams, Benson) 1:23.96, 2. Maccabi White 1:26.31, 3. CP Pomona 1:27.24.

3,200 Relay: 1. Santa Monica TC (Clary, Taleafero, Masterson, Gray) 7:16.55 (meet record, old mark 7:22.62, Mt. San Ant., 1982) 2. AZ St. 17:17.45, 3. Athletics West 7:19.20, 4. New Mexico 7:20.05, 5. Kieffer TC 7:20.3 (hand time), 6. Aggie Running Club 7:28.22, 7. Northern AZ 7:29.1 (hand time).

Pole Vault: 1. Mulligan (Stars & Stripes TC) 10- 3/4, 2. Corney (Stars & Stripes TC) 17- 3/4, 3. Elliot (SDS) 17- 3/4, 4. Smith (unat) 17- 3/4, 5. tie among Thilken (unat), Wilkerson (una), and Kavanaugh (una) 16-6 3/4, 8. Sauk (unat) 16-6 3/4, 9. tie between Barber (UTEP) and Sanderson (AIA) 16-6 3/4.

200: (race 1) — 1. Snoddy (SDS UC) 20-74 (wind .41 mps), 2. Krueue (unat) 20.79, 3. Shields (SDS) 21.06, 4. Gopen (AZ St.) 21.20, 5. Colburn (UCLA) 21.54, 6. Hawkins (Long Beach CC) 21.67. (race 2) — 1. White (UCLA) 20.88 (wind 1.18 mps aiding), 2. Bradford (Music TC) 21.00, 3. Murray (Hawaii) 21.08, 4. Mathis (AZ St.) 21.43. (race 3) — 1. Johnson (AZ) 20.50, 2. R. Jackson (CS Bakers.) 21.31, 3. Whymms (UTEP) 21.37, 4. Washington (LB St.) 21.57.

1600 Relay: 1. CSLB (Beaman, Thompson, Wilson, Ceaser) 3:11.45, 2. NV Reno 3:11.59, 3. UCSB 3:13.31, 4. CSLA 3:15.35.

5000: 1. Fox (Athl. West) 13:32.2, 2. Jensen (OR TC) 13:36, 3. Alcalá (Maccabi) 13:36.1, 4. Spiney (Athl. West) 13:38.4, 5. McCormack (UCLA) 13:42.9, 6. Lohman (Phidippedes) 13:46.6, 7. Melancon (Four Corners) 13:50.5, 8. Lawson (unat) 13:54.8, 9. Barney (New Balance TC) 13:55.7, 10. Butler (UCLA) 13:56.8. Others included: 12. Leibovitch (unat) 13:58, 13. H. Reno (Kenya) 13:58.4, 14. Koningh (Sub 4 TC) 13:58.7, 16. Ruelas (UC Irvine) 14:02.

Distance Medley Relay: 1. Santa Monica (West, Lewis, Mack, Harbour) 9:29.3, 2. Athletes in Action 9:29.9, 3. Notre Dame 9:36.2, 4. New Mexico 9:45.3, 5. Long Beach CC (Roman, Richie, Lizardi, Huggins) 9:44.0 (National junior college record, old mark 9:50.4, Long Beach, 1982), 6. UCLA 9:49.1, 7. Texas Tech 9:49.9, 8. Moorpark 9:50.4.

3000 Steeplechase: 1. Fell (Nike TC) 8:34.7, 2. Einspahr (Converse TC) 8:35.3, 3. Tuwei (Nike TC) 8:35.6, 4. Daniels (Converse TC) 8:37.3, 5. D. Brown (Athletics West) 8:38.5, 6. Huff (Aggie TC) 8:39.2, 7. Gerber (Weber St.) 8:40.7, 8. Rios (CP SLO) 8:40.6, 9. Woods (BYU) 8:44.0, 10. Parish (NV Reno) 8:47.0, 11. Mgotia (UTEP) 8:50.8, 12. Silva (Mexico) 8:51.2.

10,000: 1. Royale (Four Corners TC) 27:55.8, 2. Shahanga (UTEP) 27:56.2, 3. Rose (Britain) 27:56.8, 4. Nenow (Todd Road TC) 27:56.8, 5. Barie (UTEP) 28:02.7, 6. Musyoki (Four Corners TC) 28:06.7, 7. Nzau (Four Corners TC) 28:06.5, 8. Koech (WA St.) 28:38.6.

Women's Divisions

400 Relay: 1. Los Angeles TC (Paige, Bryant, Bell, Pusey) 46:05, 2. CSN 47:51, 3. UC Irvine 47:96, 4. California 48:03.

3000: 1. PattiSue Plummer (Stanford) 9:09.4, 2. Merrill (Age Group AA) 9:13.2, 3. Elde (OR TC) 9:18.1, 4. May (BYU) 9:18.7, 5. Stern (AZ) 9:19.2, 6. Bergeron (Coast Athletics) 9:20.2, 7. Keller (CSN) 9:27.7, 8. Polly Plumer (UCLA) 9:32.6, 9. Gonzales (UC Irvine) 9:35.4.

Javelin: 1. Nelson (unat) 178-0, 2. Campbell (AZ St.) 162-5, 3. Owens-Rockliffe (Cal Luth.) 160-0, 4. Harvey (Australia) 159-3, 5. Dasse (Coast Athletics) 156-5, 6. Dibb (SDS) 156-1, 7. Zuniga (BYU) 150-1.

100 Hurdles: (race 1) — 1. Beck (OR) 13.68, 2. Lavallias (Houston) 13.95, 3. Miller (Rice) 14.42. (race 2) — 1. Miller (AZ St.) 14.37, 2. Beasley (AZ St.) 14.60, 3. Engle (Hawaii) 14.62.

Shotput: 1. Hamilton (CS Bakers) 51-11 1/4, 2. Dasse (SDS) 51-6 1/4, 4.

Clements (Saddleback Coll.) 50- 3/4 (National junior college record, old mark, 49-1 1/2, Clements, Saddleback, 1982), 5. Jones (BYU) 49-5, 6. Norton (BYU) 48-2 1/4, 7. Costanzo (AZ) 47-6, 8. Barry (AZ St.) 47-5 1/4.

400 Hurdles: (race 1) — 1. Liu Jiau (Socal. Roadrunners) 61.09, 2. Crisco (NV-LV) 61.37, 3. Leavy (AZ St.) 61.8. (race 2) — 1. Griffith (UC Irvine) 62.33, 2. Reed (CSF) 62.3 (hand time).

photo by Richard Lee Slotkin



Graeme Fell

400: (race 1) — 1. Waiters (AZ) 54.11, 2. Culbert (Calif.) 54.51, 3. Jessup (New Mexico) 55.69. (race 2) — 1. T. Howard (CSLA) 56.55, 2. Lark (CSN) 56.72.

100: (race 1) — 1. Ware (AZ St.) 11.60 (wind 1.08 mps aiding), 2. Gill (CS Bakers.) 11.78, 3. Nedd (UCLA) 11.87, 4. Flores (Mexico) 11.89. (race 2) — 1. Jackson (Atoms TC) 11.52w (2.33 mps), 2. Bell (New Mexico) 11.56, 3. Pounds (CS Bakers.) 11.74, 4. D. Howard (CSLA) 11.75, 5. Harris (Rive) 11.94, 6. Greene (UTEP) 11.97. (race 3) — 1. Hightower (CSLA) 11.67 (wind 1.05 mps).

1500: (race 1) — 1. Campbell (Stanford TC) 4:17.16, 2. Jacobs (Stanford) 4:17.96, 3. Moloy (BYU) 4:19.58, 4. Gronendaal (OR) 4:20.85, 5. Wiley (Stanford) 4:20.85, 6. Branta (Wisconsin) 4:22.75, 7. Lewis (Rice) 4:24.88. (race 2) — 1. Martel (UCSB) 4:26.10, 2. McClung (BYU) 4:26.13, 3. Anzalone (Houston) 4:26.74. Others included: 12. Allred (CSN) 4:36.61, 13. Garcia (SDS) 4:37.3.

200: (race 1) — 1. D. Howard (CSLA) 23.54 (wind .57 mps aiding) 2. Lim (AZ) 23.67, 3. Hodges (LA TC) 23.77, 4. Bell (New Mexico) 24.04. (race 2) — 1. Hopkins (LA TC) 23.91 (wind .48 mps aiding) 2. Chapple (AZ St.) 23.91, 3. Culbert (Calif.) 23.98, 4. Brown (CSLA) 24.24. (race 3) — 1. Belle (LA TC) 23.74 (wind .54 mps aiding), 2. Dabney (CSLA) 24.22.

High Jump: 1. Johnson (AZ) 5-8, 2. Dew (BYU) 5-8, 3. Roberts (CSLB) 5-8, 4. Bell (USC) 5-8.

1600 Relay: 1. CSLA (Arenn, Hansen, W. Ashford, Hallie) 3:47.87, 2. New Mexico 3:50.26, 3. SDS 3:52.64, 4. Northern AZ 3:53.09, 5. CP Pomona 3:55.00.

10,000: 1. Simonsic (unat) 32:58, 2. Martin (OR) 33:46.7, 3. Curtis (Hawaii) 35:10.8, 4. Tamis (CO St.) 35:30.6, 5. Larsen (BYU) 35:31, 6. Benzell (CO St.) 36:03.6, 7. Pflieger (New Mex.) 36:08.2, 8. Garman (Azusa Pac.) 36:57.7.

Discus: 1. Jones (BYU) 167-1, 2. Hoerner (AIA) 163-0, 3. Nickerson (Stanford) 162-6, 4. Toman (UCLA) 162-1, 5. Springer (Calif.) 152-6, 6. Kaylor (unat) 152-2.

800: (race 1) — 1. Lui Jian (SoCal Roadrunners) 2:08.10. Others included: 4. Hache (LA Mercuertes) 2:12.27. (race 2) — 1. Beach (AZ St.) 2:08.42. Others included: 4. Aren (CSLA) 2:12.45, 5. Ward (LA Mercuertes) 2:12.49.

Long Jump: 1. Henry (UTEP) 19-9, 2. Van (AZ St.) 19-4, 3. Fletcher (USC) 19-0 1/4.

6000 Relay: 1. Athletics West (Mancan, Aldridge, Ryan, Harris) 15:09.2, 2. AZ St. 15:13.5, 3. Athletics in Action 15:14.4, 4. UCLA 15:18.3, 5. CSLB 15:35.9, 6. UC Riverside 15:44.8, 7. New Mexico 15:45.9.

Friday's Results

Decathlon (final standings): 1. Mark Anderson (Will's TC) 8,251 points (meet and stadium record), 2. Greg Beach (SoCal Striders) 7,709, 3. Gudmund Olsen (Norway) 7,496, 4. Grant Neiderhaus (unat) 7,420, 5. John Irvine (unat) 7,186, 6. Stan Vegar (unat) 6,621.

100: 1. Anderson 11.11, 2. Neiderhaus 11.24, 3. Irvine 11.45.

Long Jump: 1. Veatch 23-5 1/2, 2. Anderson 23- 1/2, 3. Roger George (Athletics West) 22-11 1/4.

Shot Put: 1. Anderson 48-9, 2. Olsen 48-0 1/2, 3. George 43-9 1/4.

High Jump: 1. Anderson 6-10 1/4, 2. Irvine, Olsen, Vegar 6-6 3/4 1/2

400: 1. Veatch 48.01, 2. Neiderhaus 48.18, 3. Anderson 49p21.

110 High Hurdles: 1. Veatch 13.94, 2. Neiderhaus 15.17, 3. Irvine 15.28.

Discus: 1. Olsen 156-2 1/2, 2. Anderson 139-5, 3. Irvine 129-9 1/2.

Pole Vault: 1. Anderson 15-5, 2. Veatch 14-5 1/4, 3. Neiderhaus, Olsen, 14-4 1/4.

Javelin: 1. Anderson 250-8 1/2, 2. Olsen 188-4 1/4, 3. Vegar 173-4.

1500: 1. Anderson 4:21.8, 2. Irvine 4:33.0, 3. Neiderhaus 4:33.1.

Heptathlon (final standings): 1. Jackie Joyner (UCLA) 6,161 points (collegiate record), 2. Cindy Greiner (Athletics West) 5,857, 3. Mary Harrington (Four Corner TC) 5,622, 4. Debra Larsen (USC) 5,502, 5. Carrie McLaughlin (SDS) 5,489, 6. Joan Russell (Coast Athletics) 5,095.

100 Hurdles: 1. Joyner 13.94w, 2. Greiner 14.24w, 3. Harrington 14.26w.

High Jump: 1. Greiner 5-10 1/2, 2. Joyner, Larsen 5-9 1/4.

Shot Put: 1. Greiner 41-3 1/4, 2. Joyst Nicolls (CP Pomona) 40-8 1/2, 3. McLaughlin 40-0 1/2.

200: 1. Joyner 23.85, 2. Greiner 24-84, 3. Renee Nickles (Oklahoma) 25.06.

Long Jump: 1. Joyner 20-11 1/4, 2. Harrington 18-11 1/4, 3. Nicolls 13-6.

Javelin: 1. McLaughlin 139-7, 2. Larsen 132-7, 3. Nicolls 132-6.

800: 1. Joyner 2:11.82, 2. Greiner 2:13.77, 3. Russell 2:14.68.

Sunday

Men's Divisions

100: (race 1) — 1. Lewis (Santa Monica TC) 9.93w (2.30 mps), 2. R. Brown (S&S TC) 10:01, 3. Gault (Tennessee) 10.08, 4. Krueue (unat) 10.16, 5. Cook (USC) 10.31, 6. Phillips (Athletics West) 10.40, 7. Moore (Tiger Intern.) 10.43. (race 2) — 1. Jackson (Mesa CC AZ) 10.42w (2.33 mps aiding), 2. C. Edwards (Kappa TC) 10.45.

200: 1. Myricks (Athletic Attic) 20.36 (wind 1.46 mps aiding) 2. Phillips (Athletics West) 20.52, 3. Taylor (AA) 20.64, 4. Egbunike (Azusa Pac) 20.69, 5. Baptiste (Houston) 20.80, 6. Crumpleton (unat) 21.06, 7. Miller (Mt. SAC) 21.08.

400: (race 1) — 1. Phillips (Abilene Christian) 45.52, 2. Ketchum (Houston) 45.77, 3. Turner (Fleet City Express) 46.13, 4. McCoy (Athletic Attic) 46.20, 5. Brooks (SMU) 46.46, 6. Josjo (SMU) 46.97, 7. Carey (S&S TC) 46.56. (race 2) — 1. Wycoff (UCLA) 47.08, 2. Biggers (UCLA) 47.26, 3. Meyler (TX, El Paso) 47.70, 4. T. Banks (Will's AC) 47.93.

800: (race 1) — 1. Koskei (Nike) 1:46.08, 2. Robinson (Inner City AC) 1:46.33, 3. Mack (Santa Monica TC) 1:47.02, 4. May (AA) 1:47.05, 5. Ngetich (Corners TC) 1:47.09, 6. Gray (Santa Monica TC) 1:47.85, 7. Chapman (Maryland TC) 1:48.82, 8. Theriot (Adidas) 1:48.89, 9. Rider (Athletes in Action) 1:49.78, 10. Harbour (Santa Monica TC) 1:51.21, 11. West (SMTC) 1:51.31, 12. Belger (Pac. Coast Club) 1:52.31. (race 2) — 1. Patrick (AA) 1:47.85, 2. Handlesman (USC) 1:48.47, 3. Lemashon (UTEP) 1:48.74, 4. Whitaker (AIA) 1:48.75, 5. Rolle (AA) 1:48.79, 6. Masterson (Santa Monica TC) 1:48.87.

1500: 1. Fricker (OR St.) 3:39.94, 2. Rugut (SMU) 3:41.01, 3. Jones (Puma TC) 3:41.42, 4. Lacy (unat) 3:41.55, 5. F.

photo by Bill Leung, Jr.



Carl Lewis (right) wins 100m over Willie Gault in 3rd.

Assumma (UCR) 3:42.04, 6. Oldfield (Beaver TC) 3:42.01, 7. DiConti (BYU) 3:44.69, 8. Rowe (Aggie RC) 3:45.41, 9. Jeness (una) 3:45.4, 10. Reyes (Kangaroo TC) 3:45.4, 11. Peterson (unat) 3:46.8, 12. Herts (UCLA) 3:47.3, 13. Lawrence (LA) 3:47.9.

5000: 1. Lopez (Mexico) 14:09, 2. Pacheco (Mexico) 14:12.9, 3. Silva (Mexico) 14:14.1. Others included: 9. Hall (Aggie RC) 14:26.4, 10. Serna (CSLB) 14:33, 11. Cook (UCR) 14:34, 12. Vega (SDS) 14:34.9.

10,000: 1. Caprioglio (UCLA) 29:55.4, 2. Borbon (CP Pomona) 20:06.6, 3. Avrit (Aggie RC) 30:16.3. Others included: 4. Bishop (Maccabi TC) 30:30.4, 5. Mentzer (Aggie RC) 30:31.2, 9. Anderson (Pt. Loma) 30:51.0, 10. O'Halloran (Aggie RC) 31:23.3.

3000 Steeplechase: 1. Croft (Westmont) 8:59.1, 2. Wayment (Weber St.) 8:58.7, 3. Stuart (North. AZ) 9:01.2. Others included: 5. Carlton (UCI) 9:05.6, 7. Prather (Santa Monica TC) 9:11.1, 8. Martinez (UCI) 9:12.8.

110H: (race 1) — 1. Clark (Houston) 13.58 (wind 1.66 mps aiding), 2. Cowling (AccuSplit TC) 13.65, 3. Andrade (SMU) 13.80, 4. Allen (UCLA) 14.00. (race 2) — 1. Cooper (BA Striders) 13.90 (wind 1.99 mps aiding), 2. McCraney (Maccabi TC) 13.91, 3. Ashford (Athletic Express) 14.08, 4. SiaSia (Maccabi TC) 14.24.

400 Hurdles: 1. Lee (AA) 49.62, 2. G. Rolle (AIA) 50.75, 3. Nylander (SMU) 51.74, 4. Grier (TX Tech) 52.37, 5. Hanlon (NY AC) 52.47.

400 Relay: (race 1) — 1. Stars & Stripes TC (S&S TC) (Turner, King, Brown, Jones) 39.05, 2. Tiger International 39.48, 3. AZ St. 39.51, 4. Houston 39.64, 5. SoCal Striders 40.06. (race 2) — 1. SDS 40.06, 2. SJS 40.51.

800 Relay: 1. Tiger International (Floyd, Moore, Paul, Taylor) 1:21.91, 2. S&S TC 1:22.18, 3. Abilene Christ. 1:22.57, 4. SoCal Striders 1:23.09.

1600 Relay: (race 1) — 1. Abilene Christ. (D. Williams, A. Williams, Witherspoon, Phillips) 3:06.54, 2. SJS 3:07.54, 3. AZ St. 3:07.97, 4. SDS 3:09.30, 5. South Bay TC 3:10.93. (race 2) — 1. Tiger International (Solomon, Paul, Rowe, Darden) 3:04.57, 2. AccuSplit TC 3:06.49, 3. Santa Monica TC 3:07.54.

440 Shuttle Hurdle Relay: 1. Maccabi TC (Kennedy, Perr, SiaSia, McCrany) 57.08, 2. UCSB 58.19, 3. Stanford 58.46, 4. Athletic Express 58.54.

20K Walk: 1. O'Conner (S&S) 1:29:57.5, 2. Walker (Vans) 1:35.03, 3. Bouldin

(Bauchet Walkers) 1:40.01, 4. Coots (Bauchet Walkers) 1:55.47.

Javelin: 1. Barnett (Azusa Pac) 296-5 (fifth best performer all-time U.S.), 2. Petranoff (SoCal Striders) 283-6, 3. Olsen (Canada) 274-10, 4. Bradstock (SMU) 256-0, 5. Kreider (US Army) 253-7, 6. Kotinek (unat) 247.5, 7. Atwood (AA) 244-5, 8. Wolf (OR St.) 236-10.

Triple Jump: 1. Marlow (BA Striders) 54.8 (wind 1.74 mps aiding), 2. Cannon (unat) 54.4w (2.12 mps), 3. Kimble (BA Striders) 53.3w (2.76 mps), 4. Salazar (LBCC) 53-2 1/4 (wind 1.85 mps aiding), 5. Criddle (Houston) 52-6 1/4w (2.88 mps), 6. Frazier (AZ St.) 51-1 1/2, 7. Tyler (AIA) 50-11, 8. Garner (unat) 50-10.

Shotput: 1. Carter (SMU) 67-22 1/4, 2. Lehmann (Athletics West) 67-2 1/2, 3. Williky (S&S) 65-6, 4. Smith (Converse TC) 65-1 1/4, 5. Tafalis (Weight City TC) 65-0 1/4, 6. Lofquist (unat) 64-10, 7. Marcus Gordien (unat) 64-5 1/2, 8. M. Crouser (Moscow, USA) 63-6 1/4, 9. Kraychir (USC) 63-1 1/2, 10. Faul (CSN) 61-8 1/4, 11. Lister (Converse TC) 10-10, 12. Muir (UCLA) 58-5 1/2, 13. Frazier (UCLA) 56-6 1/4.

Discus: 1. Plucknett (SoCal Striders) 227-7 (meet record, old mark 226-1, Wilkins, Pac. Coast Club 1976), 2. Powell (unat) 219-10, 3. Burns (Athletics West) 217-3, 4. Wilkins (Athletics West) 217-1, 5. Swartz (Shore AC) 209-1, 6. Scott (El Paso, TX) 209-1, 7. M. Crouser (Moscow, USA) 202-0, 8. Slaney (unat) 194-9, 9. Williky (S&S) 188-5, 10. Meyer (Houston) 188-4.

High Jump: 1. Goode (Jaguar TC) 7-2, 2. Norquist (Tiger Intern.) 7-2, 3. Frazier (S&S) 7-2, 4. tie between Mayfield (AZ St.) and R. Brown (unat) 7-0 1/4, 6. Sanders (Maccabi TC) 7-0 1/4.

Long Jump: 1. Grimes (Athletics West) 27-0w (3.12 mps), 2. Myricks (Athletics West) 26-11 1/4 (wind 1.97 mps aiding), 3. Tave (USC) 25-9 1/4w (3.66 mps), 4. Taylor (S&S) 25-2 1/4, 5. Powell (UCI) 25-0w, 6. R. Williams (US Marines) 25-0w.

Pole Vault: 1. Bohni (SJS) 18-0 1/2, 2. Kenworthy (USC) 18-0 1/2, 3. Bell (Pac. Coast Club) 18-0 1/2, 4. Ripley (Pac. Coast Club) 18-0 1/2, 5. tie between Hintnaus (SoCal Striders) and Jenkins (Abilene Christ.) 17-7, 7. tie between Woese (S&S) and M. Tully (NY AC) 17-7, Olson (Pac. Coast Club) no height (18-6 1/2).

Hammer: 1. Orlando (NY SC) 247-1 (meet record, old mark 246-10, Orlando, 1982), 2. Weir (SMU) 240-5, 3. Hegarty (Boston U) 236-2, 4. Burke (AccuSplit TC) 235-10, 5. McKenzie (unat) 235-6, 6. Bystedt (unat) 230-10, 7. Farmer (Phila.

photo by Bill Leung, Jr.



Jeanette Boldon (427) wins 100m over Jackie Washington who finished 4th.

Pioneers) 227-7, 8. McArdle (OR TC) 226-7.

Women's Divisions
100: 1. Boldon (UCLA) 11.48 (wind 1.24 mps aiding), 2. Griffith (UCLA) 11.52, 3. Glover (Houston) 11.58, 4. Washington (Houston) 11.72, 5. Haglund (Sweden) 11.75, 6. Thompson (NV-LV) 11.81, 7. Carley (Sacto. St.) 11.84, 8. Johnson (Mt. SAC) 11.95.

800: 1. Gutowski (LA Mercurettes) 2:03.92, 2. Bremser (Wisconsin United) 2:04.20, 3. M. Joyce (SDS) 2:04.67, 4. Warner (LA Mercurettes) 2:04.89, 5. Curtis (USC) 2:05.39, 6. Campbell (unat) 2:06.03, 7. D. Vetter (AZ) 2:06.76, 8. Metcalf (unat) 2:07.53, 9. Hopper (Medalist TC) 2:07.8, 10. Martel (UCSB) 2:10.4.

100 Hurdles: 1. Hightower (Nutrionics) 13.00 (wind 1.74 mps aiding), 2. Turner (UTEP) 13.13, 3. Page (LA TC) 13.28, 4. Cannon (Coast Athletics) 13.43, 5. Yarbrough (CPSLO) 13.71, 6. Lim (AZ) 13.82, 7. Hunter (LA Mercurettes) 14.08.

400 Hurdles: (race 1) — 1. Barksdale (Tennessee) 56.75, 2. Farmer (LA TC) 57.59, 3. E. Brown (Atoms TC) 57.88, 4. T. Brown (unat) 58.58, 5. Miller-Bech (OR) 58.95, 6. Whitehead (Morgan St.) 1:00.32. (race 2) — 1. Sheffield (SDS) 1:00.32, 2. Clary (Houston) 1:00.47, 3. Williams (Hawaii) 1:01.76.

400 Relay: 1. Olympic Development Team (Boldon, Griffen, A. Brown, Cheeseborough) 43.67, 2. Houston 44.53, 3. SoCal Cheetahs 45.04, 4. AZ St. 45.76.

1600 Relay: 1. LA TC (Bryant, Pusey, Farmer, Bell) 3:33.99, 2. Houston 3:43.51, 3. SDS 3:45.69.

3200 Relay: 1. Athletics West (Addison, Arbogast, Decker, Miller) 8:17.09, 2. Stanford TC 8:40.04, 3. Oregon 8:56.54, 4. LA Mercurettes 9:04.10, 5. Occidental 9:19.01.

800 Medley Relay: 1. Los Angeles TC (Hodge, Bell, Hopkins, Bryant) 1:42.90, 2. UC Irvine 1:46.25, 3. Cal Lutheran 1:55.86.
10,000 Walk: 1. Brodock (SoCal Roadrunners) 52:16.5, 2. Jones (Medalist TC) 54:18.9, 3. Pugh (SoCal Roadrunners) 56:04.4.

Javelin: 1. Smith (Athletics West) 211-11 (meet record, old mark 211-6, Schmidt LATIC, 1976), 2. Hughes-Sutfin (OR) 188-1, 3. Ray (UCLA) 168-7, 4. Kearney (OR TC) 168-2, 5. Nelson (CP-Pomona) 168-2, 6. Mueller (SDS) 164-11, 7. Moro (Will's AC) 162-11, 8. Mayhew (AZ) 160-8, 9. Barnes (CPSLO) 158-4.

Shotput: 1. Pollack (CSLB) 55-5 1/4 (equals fourth best performance alltime U.S.), 2. Pagel (unat) 52-9, 3. Griffin (Athl.

photo by Bill Leung, Jr.



Deann Gutowski

West) 52.5 1/4, 4. Cananaugh (Rice) 51-8 1/2, 5. Lemke (AZ) 50-7, 6. Beasley (OR) 49-9 3/4, 7. Smith (UTEP) 49-1 1/4.

High Jump: 1. Sommer (Adidas) 6-2 1/4, 2. Brill (Pac. Coast Club) 6-2 1/4, 3. tie between Gossweiler (UCLA) and Larsen (USC) 5-8 1/4.

Long Jump: 1. Lewis (Houston) 21-8 1/4 (wind .89 mps aiding), 2. Loud (Hawaii) 21-8 1/4w (4.03 mps), 3. Bell (SoCal Cheetahs) 20-5 1/4, 4. Donald (Stanford) 19-9 1/2w, 5. Roberts (CSLB) 19-8 1/4, 6. Crabtree (Coast Athletics) 19-6 1/4.

Discus: 1. Stalman (LA TC) 220-6, 2. Ritchie (AZ) 214-4, 3. Cady (Stanford) 197-0, 4. Griffin (Athletics West) 194-7, 5. Picknell (OR St.) 178-0, 6. Levi (AZ) 173-7, 7. Oswalt (CS Hayward) 165-0, 8. Ford (CS Hayward) 163-6.

A COMPARISON OF MAJOR RELAYS MEETS ACROSS THE UNITED STATES

1982 MEN

EVENTS CONTESTED IN TRACK AND FIELD RELAY COMPETITION VARY FROM MEET TO MEET. LISTED BELOW ARE THOSE EVENTS THAT ARE GENERALLY ACCEPTED AS BEING STANDARD IN TODAY'S MAJOR U.S. RELAY COMPETITION. *INDICATES LEADING MARK, **SECOND, AND ***THIRD BEST. (SOME EVENTS ARE NOT TABULATED BECAUSE OF INABILITY TO CONVERT METERS AND YARDS AT DISTANCES CONTESTED.)

	FLORIDA	TEXAS	KANSAS	DRAKE	PENN	MT.SAC	CALIF. RELAYS
100 M	10.40	10.41	10.39	10.52	10:38***	10.09**	10.00*
200 M	20.70***	--	20.18*	20.85	--	20.31**	20.79
400 M	46.03**	--	46.25	46.85	--	44.72*	46.03**
800 M	1:50.34	--	1:49.86***	--	--	1:45.26*	1:48.2**
1500 M	3:49.4	3:50.45	3:49.04	3:44.50	--	3:38.94*	--
MILE	--	4:00.35**	4:02.0***	--	4:02.66	--	--
5,000 M	14:008	13:47.3***	14:14.55	13:52.15	13:55.0	13:26.4*	13:38.4**
10,000 M	28:44.2***	28:57.6	--	29:11.74	28:31.1**	27:36.2*	--
3,000 S.C.	--	8:30.8*	8:43.6	8:44.57	8:37.8**	8:40.0***	8:40.6
SHOT PUT	65'1½"	65'3/4"	67'2½"***	67'7"*	61'8½"	65'11½"	67.4**
DISCUS	217'1"	211'9"	190.5	194'5"	193'3"	214'6"***	228.3*
JAVELIN	244'7"	251'1"***	251'1"***	247'6"	247'11"	265.3*	253.7**
LONG JUMP	26'3"***	25'3½"	26'3½"***	26'3/4"	26'1 3/4"	27'6"*	25'6"
TRIPLE JUMP	50'7½"	52'9½"	55'4 3/4"*	53'6½"	53'7½"	54'9½"***	54'3"***
HIGH JUMP	7'2½"	7'4½"*	7'4½"	7'4½"*	7'4½"	7'4½"*	7'4"
POLE VAULT	--	18'2 3/4"***	17.0	18'2½"	17'6"	18'4 3/4"***	18'6½"*
HAMMER	212'2"	--	222'8"***	--	221'5"	246'10"*	232'2"***
4 x 100 M	40.83	38.9*	40.68 (YDS)	39.40	39.92	9.08**	39.34***
4 x 200 M	1:23.84	1:21.83***	1:22.5	1:21.58	1:22.03	1:22.03	1:21.13*
4 x 400 M	3:12.89	3:03.6*	3:08.1	3:04.57	3:05.15***	3:05.15***	--
4 x 800 M	7:34.7	7:17.39**	7:36.33	7:19.77	7:22.62	7:22.62	7:18.1***
4 x 1500 M	--	16:41.7 (YDS)	16:59.9 (YDS)	16:16.0 (YDS)**	15:18.2**	15:18.2**	--
SPRINT MEDLEY	3:22.0	3:16.74**	3:28.94	3:17.07	3:16.70*	3:16.70**	--
DIST. MEDLEY	--	9:34.53***	9:48.68	9:36.70	9:32.4**	9:32.4**	--
5000 M WALK	--	--	--	--	21:40.6	21:40.6	--
110 HIGH HURDLE	13.85***	13.85***	14.11	13.94	13:31*	13:31*	--
400 H	49.83***	49.79**	51.79	50.86	48.90*	48.90*	51.71
DECATHLON	--	7699*	7565***	6974	7455	7590**	--
HEPTATHLON	--	--	--	--	--	--	--
SHUTTLE HURDLES	--	--	--	57.57***	54.20*	54.20*	--

1982 WOMEN

	TEXAS	KANSAS	DRAKE	PENN	MT. SAC	
100 M	11.46	11.18*	11.40***	11.58	11.32**	
200 M	--	22.62*	--	--	23.52**	
400 M	--	54.26***	52.64**	--	52.30*	
800 M	--	2:09.8***	2:03.95*	--	2:05.43**	
1500 M	4:19.2***	4:33.51	4:18.38**	4:35.05M	4:17.95*	
MILE	15:51.5*	16:52.7	16:04.41***	--	15:55.5**	
5,000 M	--	--	--	--	32:22.5*	
10,000 M	--	--	--	--	--	
3,000 S.C.	--	--	--	--	--	
SHOT PUT	54'5½"***	49'10"	53'½"	54'4"***	54'6"*	
DISCUS	172'1"	155'1"	182'1"***	182'10"***	218'3"*	
JAVELIN	184'8"***	192'8"*	156'5"	163'9"	182'7"***	
LONG JUMP	--	21'10½"***	20'11½"	21'10"***	22'0 3/4"***	
TRIPLE JUMP	--	--	--	--	--	
HIGH JUMP	6'1"*	5'10"	5'11"	5'11"	6' 3/4"***	
POLE VAULT	--	--	--	--	--	
HAMMER	--	--	--	--	--	
4 x 100 M	44.93***	46.6	44.86	44.32**	43.84*	
4 x 200 M	--	--	1:40.51**	--	1:33.75*	
4 x 400 M	3:36.58	3:43.62	3:39.64	3:35.72**	3:32.82*	
4 x 800 M	8:39.44	9:16.0	8:47.2***	8:32.16*	8:51.7	
4 x 1500 M	--	--	--	--	--	
SPRINT MEDLEY	--	--	--	--	--	
DIST. MEDLEY	1:39.40*	1:43.3***	1:40.51**	--	1:43.4	
5000 M WALK	--	--	--	11:12.51	15:55.5	
110 HIGH HURDLE	13.20**	14.0	--	12.96*	13.24***	
400 H	58.15**	61.42	58.59***	57.60*	59.20	
DECATHLON	--	--	--	--	--	
HEPTATHLON	--	5149	5344***	5458	5933*	
SHUTTLE HURDLES	--	--	--	--	--	

WOMEN'S SCORING:	
1. MT. SAC RELAYS	67 PTS.
2. TEXAS RELAYS	33 PTS.
3. PENN RELAYS	29 PTS.
4. DRAKE RELAYS	23 PTS.
5. KANSAS RELAYS	21 PTS.

MEN'S SCORING:	
1. MT. SAC RELAYS	92 PTS.
2. CALIFORNIA RELAYS	41 PTS.
3. PENN RELAYS	32 PTS.
4. TEXAS RELAYS	28 PTS.
5. KANSAS RELAYS	18 PTS.
6. DRAKE RELAYS	13 PTS.
7. FLORIDA RELAYS	11 PTS.

COMBINED MEN AND WOMEN'S SCORING:	
1. MT. SAC RELAYS	159 PTS.
2. TEXAS RELAYS	61 PTS.
2. PENN RELAYS	61 PTS.
4. CALIFORNIA RELAYS	41 PTS.
5. KANSAS RELAYS	39 PTS.
6. DRAKE RELAYS	36 PTS.

SCORING INFORMATION: THE ANNUAL SCORING SYSTEM REFLECTS AN ADVANTAGE TO THOSE RELAY CARNIVALS CONDUCTING THE GREATEST NUMBER AND VARIETY OF EVENTS FOR BOTH MEN AND WOMEN. SCORING IS BASED ON 5 POINTS FOR THE BEST PERFORMANCE (*), 3 POINTS FOR SECOND BEST (**), AND 1 POINT FOR THE THIRD BEST PERFORMANCE (***)

San Diego Twilight Meet

29. Choc Sportsman Track.

Hammer Throw: 1. Joe Briski (Unat) 205-9, 2. Roger Axelsson (Pt. Loma) 192-11, 3. Mike Fritchman (Unat) 180-4.

3000m Steeplechase: 1. John Lane (SDSU) 9:05, 2. Carlos Ybarra (USMC) 9:10, 3. Jose Vega (SDSU) 9:14.

400 Int. Hurdles: 1. Eldridge Taylor (SDSU) 51.27, 2. Austin Shanks (SDSU) 51.74, 3. Dennis Smith (SDSU) 55.52.

4x100m Relay: 1. US Navy (Johnson, Williams, Church, Snoddy) 42.03, 2. USMC 'A' 42.71, 3. USMC 'B' 42.91.

1 Mile Run: 1. Dan Raby (Unat) 4:04, 2. Joe Manuel (Unat) 4:11, 3. David DeLong (Pt. Loma) 4:12.

1500m Run: 1. Gregg Ramsey (SDSU) 3:49.

110m High Hurdles (sec 1): (headwind -2.62) — 1. Andre Phillips (Will'ts AC) 14.34, 2. Andre Frazier (SDAA) 14.89, 3. Al Sanford (Will'ts AC) 15.09.

110m High Hurdles (sec 2): (headwind -2.15) — 1. Ed Gilpin (SDSU) 15.14, 2. Vince Fortune (SDSU) 15.37, 3. Robert McDaniels (USMC) 15.92.

110m High Hurdles (sec 3): (headwind -1.46 mps) — 1. Thomas Gaines (USMC) 15.07, 2. Jim Friesen (Pt. Loma) 15.36, 3. Matt O'Donnell (Unat) 16.30.

Long Jump: 1. Cameron Gary (SDSU) 23-5½, 2. Scott Countryman (SDSU) 23-5¼, 3. Anthony Mitchell (USMC) 23-3.

Javelin: 1. Mike Scarlett (SDSU) 217-2, 2. Kurt Broman (SDSU) 209-10, 3. Mike Fritchman (Unat) 205-5.

Shot Put: 1. Jack Cremen (SDSU) 53-2½, 2. Christian Erb (AATC) 50-1½, 3. Mike Fritchman (Unat) 46-10.

400m (sec 1): 1. Andre Phillips (Will'ts AC) 46.77, 2. Keith James (SDSU) 48.04, 3. Craig Nash (SDSU) 48.16.

400m (sec 2): 1. Pete Ryner (SDSU) 49.93, 2. Rick Gilbert (Unat) 51.32, 3. Rick man (Unat) 52.68.

Photo by G. David Brown/Innersports Agency



LaShon Nedd

100m Dash (sec 1): (headwind -.40) — 1. Kevin Shields (SDSU) 10.57, 2. Harvie Milner (SDSU) 10.73, 3. Tony Banks (Will'ts AC) 10.97.

100m Dash (sec 2): (headwind -.50) — 1. Aaron Thigpen (SDSU) 11.01, 2. Kenneth sson (Pt. Loma) 11.10, 3. Kevin Mondie (JMC) 11.21.

Pole Vault: 1. Clark Elliot (SDSU) 17-5½, 2. Joe Petrillo (SDAA) 16-6, 3. John Powell (Unat) 15-6.

800m (sec 1): 1. Paul Mihalek (SDSU) 1:52, 2. Paul Rodriguez (Pt. Loma) 1:54, 3. Jaime Gonzalez (USMC) 1:55.

800m (sec 2): 1. Curtis Barlows (SDCC) 2:03, 2. Dennis Smith (SDAA) 2:03, 3. Kevin Smith (Unat) 2:04.

Triple Jump: 1. Cameron Gray (SDSU) 50-1, 2. Ed Kinney (SDSU) 49-9, 3. Andre Cobbs (USMC) 40-5.

High Jump: 1. Bill Graber (SDSU) 7-¼, 2. Dyson Hammer (SDSU) 6-10, 3. Brian Coughay (SDSU) 6-8.

200m Dash (sec 1): (headwind -.4 mps) — 1. Kevin Shields (SDSU) 20.8 (hand), 2. Marty Krulce (Unat) 21.06, 3. William Snoddy (Navy) 21.07.

200m Dash (sec 2): (wind -2.2) — 1. Steve Daniel (SDAA) 23.13, 2. Al Sanford (Will'ts AC) 23.55, 3. Rick Holman (Unat) 24.15.

200m Dash (sec 3): (wind -2.2) — 1. Austin Shanks (SDSU) 21.76, 2. Kenneth Nilsson (Pt. Loma) 22.16, 3. Aaron Thigpen (SDSU) 22.19.

Discus: 1. Richard Slaney (Unat) 195-5, 2. Roger Axelsson (Pt. Loma) 182-3, 3. Christian Erb (AATC) 162-10.

2 Mile Run: 1. Dan Raby (Unat) 8:58, 2. Jose Vega (SDSU) 9:04, 3. Tom Lux (Jamul Toads) 9:10.

4x400m Relay: 1. USMC 3:15, 2. SDSU 3:24.

Women

400m Hurdles: 1. Brenda Peterson (UCLA) 1:00, 2. Anne King (Unat) 1:01, 3. Anne Lindemuth (SDSU) 1:01.

Javelin: 1. Barb Moro (Will'ts AC) 179-10, 2. Monique LaPres (Canada) 164-1, 3. Liz Mueller (SDSU) 157-9.

4x100 Relay: 1. UCLA (Bolden, Griffith, Nedd, Joyner) 45.21, 2. San Diego State 46.72, 3. MCRD 50.47.

1 Mile Run: 1. Kim Staton (SDTC) 5:20, 2. Tracey Ward (Unat) 6:29.

High Jump: 1. Jackie Joyner (UCLA) 5-9, 2. Lori Clark (SDSU) 5-9, 3. Kari Gossweiler (UCLA) 5-9.

100m Hurdles: (headwind 1.07mps) — 1. Mary Harrington (4 Corners) 14.42, 2. Missy Jerald (UCLA) 14.46, 3. Carrie McLaughlin (SDSU) 14.82.

Long Jump: 1. Mary Harrington (4 Corners) 19-6½, 2. Shari Bladimir (Pt. Loma) 17-9½, 3. Teresa Ahart (USMC) 15-9½.

400m Dash: 1. Florence Griffith (UCLA) 53.25, 2. LaShon Nedd (UCLA) 54.83, 3. Debbie Fell (Phoenix Vit.) 58.74.

Shot Put: 1. Lorna Griffin (Ath. West) 57-7, 2. Peggy Pollock (CSULB) 55-6½, 3. Ramona Pagel (Unat) 53-7½.

100m Dash: (headwind .80mps) — 1. Rene Chambers (SDSU) 12.22, 2. Donna Charles (SDSU) 12.74, 3. Pam Hatley (SDSU) 12.77.

800m Run: 1. Cindy Cumbess (Will'ts AC) 2:10, 2. Jackie Joyner (UCLA) 2:13, 3. Stacy Kneeshaw (SDSU) 2:16.

200m Dash (sec 1): (headwind -.50) — 1. Alice Brown (Will'ts AC) 23.77, 2. Jeanette Bolden (UCLA) 23.78, 3. Rene Chambers (SDSU) 24.68.

200m Dash (sec 2): (headwind -1.40mps) — 1. Pam Hatley (SDSU) 25.59, 2. Carrie McLaughlin (SDSU) 25.86, 3. Liz Chewning (SDSU) 26.34.

3000m Run: 1. Monica Joyce (Converse) 9:01, 2. Chris Bergeron (Coast AC) 9:19, 3. Eli Garcia (SDSU) 9:48.

Discus: 1. Lorna Griffin (Ath. West) 183-0, 2. Leslie Hoerner (AIA) 164-3, 3. Dianne Gingras (Canada) 136-7.

4x400 Relay: 1. UCLA 3:49, 2. SDSU 4:02.

Nick Carter Invitational

April 30. UC Santa Barbara.

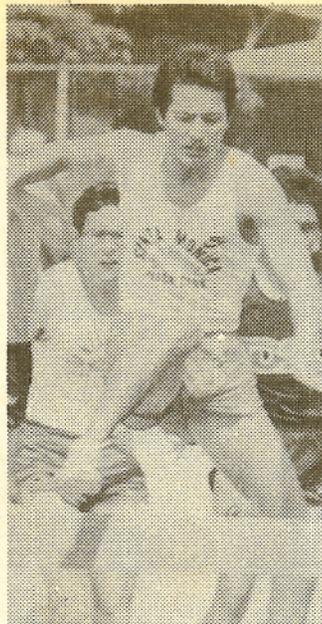
10,000m Run: 1. Paul Webb (USAF) 30:42, 2. Hal Schulz (Olympic Club) 30:58, 3. Robert Scott (Westmont) 31:51.

3,000m Steeplechase: 1. Rod Berry (Olympic Club) 9:03, 2. Rubin Haro (SMT) 9:09, 3. Brad Jensen (CSULB) 9:16.

400m Relay: 1. Maccabee 'A' 40.99, 2. CSU Long Beach 41.07, 3. Maccabee 'B' 41.80.

Hammer Throw: 1. Aaron Buckholtz (CSUN) 165-5, 2. Dan Goodman (CSUN) 165-3, 3. Eric Sense (Cal Luth.) 152-7.

photo by Maurice Wilson



Ruben Haro

1 Mile Run Race: 1. Brad Rowe (Aggies) 4:07, 2. Vernon Sallaz (Aggies) 4:07, 3. Mike Serna (CSULB) 4:09, 4. Larry Guinee (Aggies) 4:09, 5. Bill Cleaves (Unat) 4:10, 6. Ernie Reith (Aggies) 4:10, 7. Mike Triplett (Aggies) 4:11.

Javelin: 1. Steve Kreider (Mont. Spa) 227-3, 2. Rob Bauder (Army) 215-11, 3. Joe Schneider (Unat) 209-0.

Masters T&F Results

Sacramento Masters Relays

From Bob Roemer

April 23, Sacramento.

Yes, it rained throughout the Sacramento Masters Relays — for the second year in a row — but, no you can't keep good track men and women down.

The meet at California State University, Sacramento, supported materially and financially by Nike and Penn Mutual, drew about 100 gung-ho athletes and even produced at least one world record.

A West Valley Track Club 50-59 sprint quartet ripped off the 4x100 meters in 47.3, eclipsing the best previous mark (47.65 by Corona Del Mar in 1982) that meet directors could find. The West Valley team of Dick Marlin, Jim Lingel, Bruce Springbett and Marion Sanchez was chased to the record by a host Northern California Seniors foursome which clocked a 48-flat five years ago on a dirt track at the University of California at Davis.

Shot Put: 30-34: Jim Lister 38-6; Gary Kelmenson 30-8. 40-44: John Forsyth 28-4. 45-49: Jim Hart 40-2. 50-54: Sherrell Sears 31-3. 55-59: Roy Wigginton 30-2½; Dick Nordquist 29-9. 60-64: Bob Stone 41-0½; Jim Budge 37-5. 65-69: Jack Thatcher 41-0; Jim York 38-8.

Discus: 30-34: Jim Lister 109-3; Gary Kelmenson 96-6. 35-39: Mac McCormick 108-10. 40-44: Bob McIntyre 90-8; John Forsyth 87-11; Bud Tolleto 71-6. 45-49:

Long Jump: 1. Lujack Lawrence (Army) 23-8, 2. Dave Dunlap (UCSB) 23-5½, 3. Tim Pinnick (Army) 22-9.

Shot Put: 1. Mike Smith (Converse West) 64-11½, 2. Marc Gordien (Unat) 64-11½, 3. Dave Laut (Athletics West) 64-6.

Pole Vault: 1. Willie Thoms (UC Irvine) 15-1¼, 2. Joe Hadzicki (UCSB) 14-1¼.

110 High Hurdles: 1. Curtis Perry (Macc) 14.42, 2. James McCraney (Macc.) 14.44, 3. Joe SiaSia (Macc.) 14.49.

400m Race: 1. Brad McDonald (Macc.) 47.87, 2. Sam Ceasar (CSULB) 48.33, 3. Chris Prieto (UCI) 48.36.

100m Race: 1. Marion McCoy (Macc) 10.73, 2. Mark Kent (Macc) 10.77, 3. Curtis Perry (Macc) 10.88.

800m: 1. Chas Taliaferro (SMT) 1:49, 2. Doug Wournell (Calgary Thunderbolts) 1:51, 3. Craig Johnson (CSLB) 1:52.

400 Inter. Hurd: 1. Andre Hargrove (Macc.) 51.41, 2. Wendell Angel (Army) 53.12, 3. Napoleon Hooks (Army) 53.73.

High Jump: 1. Jerry Saunders (Macc) 7-1, 2. Tim Arnwine (Kangaroo) 7-1, 3. John Valentine (Unat) 6-10¼, 4. George Milton (Army) 6-10¼, 5. Mel Baker (CSULB) 6-10¼.

Discus: 1. Marc Gordien (Unat) 199-3, 2. Ken Mills (UCI) 184-2, 3. Dan Goodman (CSUN) 177-2.

Triple Jump: 1. Rick Holliday (UCI) 51-½, 2. Fred Brooks (Army) 48-3, 3. Payton Poynter (Army) 47-11.

200m: 1. Todd (UCI) 21.55, 2. Brad McDonald (Macc) 21.68, 3. Anthony Perry (Macc) 21.88.

5,000m Run: 1. Steve Bishop (Macc) 14:18, 2. Paul Croft (West) 14:20, 3. Gil Cortez (CSULA) 14:20.

1 Mile Relay: 1. South Bay 3:12, 2. UCSB/decalathletes 3:13, 3. Cal State Long Beach 3:13.

Jim Hart 117-4; Jerry Stanners 56-1. 50-54: Sherrell Sears 103-3; Al Brenda 92-9; Ralph Sutton 89-0. 60-64: Bob Stone 129-0. 65-69: Jack Thatcher 107-8; Jim McCarthy 95-7; Jim York 89-6.75-79: Ken Carmine. W30-34: Sandra Stepp 87-8.

Javelin: 30-34: Jim Lister 162-6; Jerry Hougren 141-10; Gary Kelmenson 101-8. 35-39: Mike Harriman 163-11; Dick Stepp 119-11. 40-44: John Forsyth 111-9; Robert Jones 92-9. 45-49: Jim Hart 108-4; Don Gray 104-1; Jerry Stanners 82-8. 50-54: Ralph Sutton 123-9; Al Brenda 113-5. 60-64: Bob Stone 111-0. 65-69: Jim McCarthy 89-10. 75-79: Ken Carmine 91-2.

Triple Jump: 35-39: Dick Stepp 31-9. 40-49: Don Dvorak 33-6; Jack Sanchez 30-3½. 45-49: Jerry Stanners 27-2. 50-54: Al Brenda 31-10.

Long Jump: 30-34: Del Eckels 18-5; Dave Schroeder 11-2. 40-44: Robert Jones 17-8½; Don Dvorak 16-8; Jack Sanchez 15-8½. 45-49: Jerry Stanners 14-7. 50-54: Al Brenda 16-4½. 60-64: Jim Johnson 14-4½.

High Jump: 30-34: Del Eckels 5-7. 40-44: Don Dvorak 4-8. 45-49: Jerry Stanners 4-8. 50-54: Herm Wyatt 5-7. 65-69: Jim McCarthy 4-0.

Hammer: 30-34: Gary Kelmenson 118-7. 35-39: Dick Stepp 100-6. 45-49: Jim Hart 109-1. 60-64: Bob Stone 118-4. 65-69: Jim York 111-5. W30-34: Sandra Stepp 110-8.

5000: 30-34: Chris Thompson 19-38. 35-39: Mark Gallo 17-36; Mike Ackley 18-54; Doug Higgins 20-30. 40-44: Frank

continued on next page...

Results

Krebs 16:15; Dennis Joyce 18:55.
1500-30-34: Curt Duff 4:11.89; Mudhen Phillips 4:43.7. **34-39:** George Mason 4:31.1. **40-44:** Mike Holbrook 4:13.5; Harvey Franklin 4:16.2. **50-54:** Enver Mehmedbasich 5:31.2. **W30-34:** Donna Eckels 5:42.2. **W40-44:** Agatha-Sue Lee 5:21.9.

800-35-39: George Mason 2:06.1; Dave Polue 2:07.45; Richard Harris 2:10.3. **40-44:** Mike Radov 2:06.9; Bill Knocke 2:21.0. **45-49:** Pete Richardson 2:10.4; Lou Mayers 2:22.0; Tom Rankin 2:22.0. **50-54:** Enver Mehmedbasich 2:34.0. **W30-34:** Mary Claire Lehner 2:29.8; Donna Eckels 2:40.1; Annette Borden 2:52.1. **W40-44:** Agatha-Sue Lee 2:36.8. **W45-49:** Gretchen Snyder 2:48.8; Alice Pfand 3:30.0. **W55-59:** Peggy Ewing 3:38.4.

100-30-34: Del Eckels 12.4; Dave Schroeder 13.0. **35-39:** Tom Allen 11.7. **40-44:** Mel Brooks 11.4; Bob McIntyre 12.0; John Forsyth 13.6. **45-49:** Gil LaTorre 12.0; Jerry Stanners 14.2. **50-54:** Bruce Springbett 12.1; Marloon Sanchez 12.3; Tony Nasralla 12.8. **55-59:** Bob Cooper 13.6; Rob Roemer 13.77; Dick Zumwalt 13.94. **60-64:** Jim Johnson 14.9. **W30-34:** Maria Magana 15.0. **W65-69:** Josephine Kolda 15.8.

110HH-35-39: Mac McCormick 16.2; Gary Laine 16.9. **40-44:** Dee DeWitt 15.9; Bob McIntyre 16.0; Bill Knocke 17.5. **45-49:** Jerry Stanners 19.1; Don Gray 19.9. **50-54:** Tony Nasralla 18.2; Al Brenda 18.6; Marion Sanchez 18.6. **55-59:** Dick Nordquist 18.6.

400IH-35-39: Gary Laine 1:04.7. **40-44:** Bud Tollette 1:33.9.

4x100 Relay-30-39: Far West (Bill Zollner, Ruben Melgosa, Tom Allen, Dave Schroeder) 48.5. **40-49:** West Valley (Bob Simpson, Mel Brooks, Gil LaTorre, Dave Romaine) 46.8; Southern Oregon 51.2. **50-59:** West Valley (Dick Marlin, Jim Lingle, Marion Sanchez, Bruce Springbett) 47.3; Northern California Seniors 54.2.

Sprint Medley Relay-40-49: West Valley (Bob Simpson, Mel Brooks, Pete Richardson, Dave Romaine) 4:07.7.

4x400 Relay-40-49: West Valley Track Club 4:02.2. **W30-Plus:** Northern California Seniors (Gretchen Snyder, Irene Obera, Annette Borden, Almata Parrish) 5:05.2.

24-Hour Relay

From Harry Harder

Tenolmen, a Nike-sponsored team of ten runners varying in age from 60 to 68, set a new world record of 209 miles, 1,583 yards for the age-60 division in the 24-hour relay April 23-24 in Hughes Stadium, Sacramento. The team averaged approximately a six minute, 52 second pace per mile for the event, despite running in stormy weather most of the 24 hours.

The former record of 200 miles, 974 yards was set by the Rochester 10 in 1981.

The relay was conducted from 9 am Saturday to 9 am Sunday with runners finishing 844 laps around the Hughes Stadium 400 meter track.

Runners on the Nike team were: George Billingsley of Loomis, John Gilkey of Los Altos, Frank Grey of Poulsbo, WA, Harry Harder of Reedley, Eddie Lewin of Brentwood, Don Lundberg of Waterford, Ray Mahannah of Modesto, Ralph Paffenbarger of Berkeley, Don Page of Lomita, and Paul Reese of Sacramento.

The rule for the relay provides that each team member runs a mile (or 1,600 meters on a 400 meter track), then passes the baton to another runner, with this rotation continuing through the 10 team members, then recycling. If for any reason a runner cannot continue, the team then has one less member in the rotation.



The Masters 24 Hour Relay Record Team (left to right):
 Front Row: Ray Mahannah, Eddie Lewin, Don Page, Don Lundberg, Frank Grey, Ralph Paffenbarger.
 Back Row: John Gilkey, Harry Harder, George Billingsley, Paul Reese.

LDR Results

Great Berkeley Race 15K & 5K

December 5.

The second running of the Great Berkeley Race took place on December 5, 1982. Race organizers counted on the traditionally good running weather for the first Sunday in December. Drenching rain early in the week and gale force winds the following Monday bracketed a quiet foggy Sunday morning.

More than 2300 registered for the race which started at Westgate of the University, through part of the campus and over a very scenic route using city streets and touching upon as many Berkeley neighborhoods as possible.

Mike Cassaday, 31, Oakland, won the 15K with a 46:49 and Laurie Binder, 35, Oakland, took the women's division for the second year in a row with 51:56. Sister Marion ran a smashing 58:41 trimming more than 3 seconds off the previous American age record. Sal Vasquez and Birthe Kirsch won the master's division.

Three elements combined to create a tragedy for 20 frontrunners in the 5K. Acute shortage of course monitors, late arrival of traffic control personnel and the fact that most of the frontrunners registered on race morning and had little opportunity to study the new course conspired to get them off course at Oxford and Center. A quick correction brought them under the bleachers and into the stadium. While division placement checks out, the overall times are off for the first 25-30. Actual winner of the race was Robert Gomez. All women and the great majority of men ran the correct course as did all of the 15K participants.

Overall 5K

1	Sam Skinner (18) Berkeley	17:42
2	Mark Piccillo (26) Berkeley	17:44
3	Robert Gomez (17) Oakland	17:52
4	Rey Corona (32) Pinole	18:00
5	Andy Takaha (26) S. Tahoe	18:07
6	Phillip Duncan (20) Cast. Valley	18:11
7	Scott Smith (20) Berkeley	18:12
8	Rich Dunn (17) Sonoma	18:13
9	Richard Cunningham (39) Oaki.	18:14
10	Peter Chang (25) Berkeley	18:15
11	Juerg Tschopp (32) Kensington	18:17
12	Walter Hahn (30) Oakland	18:17
13	Kenslo Gary (34) Colma	18:20
14	William Dunn (35) Campbell	18:21
15	Bill Zachary (34) Berkeley	18:22
16	Peter Witte (34) Albany	18:24
17	Henry Thompson (31) Oakland	18:25
18	Thomas Moody (33) Alameda	18:28
19	Doug Dasilva (27) S.F.	18:30
20	Bill Newberg (32) Hillsbor.	18:32
21	Mark Fong (16) Pinole	18:36
22	William Jenney (41) Oakland	18:37
23	Jeff Charleston (19) Oakland	18:37
24	Zachary Brown (19) Berkeley	18:39
25	Fassil Sasinos (25) Berkeley	18:42
26	Sheldon Clark (35) El Cerrito	18:42
27	Rich Mendelowitz (23) Sunnyvl	18:46
28	Greg Dunning (34) S.F.	18:48
29	David Coyne (26) Minnesota	18:48
30	Ron Klyono (34) Fremont	18:49
31	Jim Gavin (15) Lodi	18:53
32	George Poppas (15) Piedmont	18:53
33	Richard Jackman (17) San Leand.	18:55
34	Donald Ray (17) So. S.F.	18:56
35	John Campbell (35) Liverm.	18:58
36	Mark Timmerman (27) Oakland	19:00
37	Jaime Baldovinos (34) Berk.	19:01
38	George Brown (17) Burling.	19:01
39	Frank Walrath (28) Oakland	19:03
40	Matthew Medaxian (19) Union Cty	19:04
41	James Coleman (24) S.F.	19:07
42	Leigh Forsberg (45) Orinda	19:10
43	Michael Hicks (40) Moss Bch	19:12
44	Michael Cooper (34) Richmnd	19:14
45	Thomas Rehner (31) S.F.	19:16
46	Alfred Nunez (25) Concord	19:16
47	Ren Umeda (21) San Jose	19:20
48	Doug Riggie (26) San Jose	19:22
49	Ingrid Hemenway (26) S.F.	19:22
50	Don Attix (19) S.F.	19:25
51	David Cook (20) S.F.	19:27
52	Deborah Norton (27) San Mateo	19:28
53	Shin Umeda (23) San Jose	19:31
54	Allan Pierce (40) Alamo	19:33
55	Tom Brown (34) Oakland	19:35
56	Gary Newman (35) San Anselmo	19:37
57	Cliff Capdevielle (19) Berk.	19:39
58	John Yung (17) Walnut Crk	19:40

59	Steve Nevarez (22) Oakland	19:42
60	Amanda Goldner (26) Pleasantn	19:45
61	Chuck Kimball (44) Novato	19:48
62	Richard Bingham (30) Berk.	19:54
63	Elleen Flaherty (27) Berk.	19:57
64	Greg Wheatfill (26) Pittsb.	19:58
65	Darryl May (15) Piedmont	19:59
66	Keith Sobrien (28) S.F.	20:00
67	Walt Betschart (55) Sacto.	20:01
68	Daniel Lord (27) Sunnyvale	20:12
69	John Brown (39) Dutch Flat	20:15
70	Mark Barnby (29) Albany	20:16
71	Steve Seltzer (31) Oakland	20:19
72	Thomas Sheldon (23) Piedmont	20:21
73	Eric White (18) Berkeley	20:28
74	Jack Kelly (33) Castro Vly	20:35
75	Dede Dobbs (24) Berkeley	20:36

Divisions

17-Under		
1	Robert Gomez (17) Oakland	17:52
2	Rich Dunn (17) Sonoma	18:13
3	Mark Fong (16) Pinole	18:36
17-Under (Women)		
1	Pamela Bragg (15) San Jose	22:06
2	Jennifer Feutz (17) Napa	22:51
3	Dorothy Payne (17) Berk.	23:51
18-29		
1	Sam Skinner (18) Berk.	17:42
2	Mark Piccillo (26) Berk.	17:44
3	Andy Takaha (26) S. Lake Tahoe	18:07
18-29 (Women)		
1	Ingrid Hemenway (26) S.F.	19:22
2	Deborah Norton (27) San Mateo	19:28
3	Amanda Goldner (26) Pleasanton	19:45
30-39		
1	Rey Corona (32) Pinole	18:00
2	Richard Cunningham (39) Oaki.	18:14
3	Juerg Tschopp (32) Kensington	18:17
30-39 (Women)		
1	Vicki Brown (33) Berk.	21:57
2	Paula Spidel (33) S.F.	22:18
3	Kristin Hoyer-Brown (35) Moraga	22:39
40-49		
1	Bill Jenney (41) Oakland	18:37
2	Leigh Forsberg (45) Orinda	19:10
3	Michael Hicks (40) Moss Bch	19:12
40-49 (Women)		
1	Elvyn Blair (45) Oakland	20:53
2	Barbara Bottomley (42) Lafayette	21:05
3	Wynn Manley (41) Berkeley	21:33
50-Over		
1	Walt Betschart (55) Sacto.	20:01
2	Jack Dondi (52) Oakland	22:42
3	Garrett Fitzgibbons (53)	23:23
50-Over (Women)		
1	Anita Levitch (50) Berkeley	24:49
2	Viola Kull (51) Fremont	N/A
3	Peggy Moffat (53) Berkeley	N/A

Overall 15K

1	Michael Cassidy (31) Oakland	46:49
2	Tom Borschel (25) Albany	47:28
3	Mark Graves (32) Castro Villy	48:08
4	Nick Yray (33) San Jose	48:09
5	Sal Vasquez (42) Alameda	48:11
6	Mark Young (25) Berkeley	48:20
7	Phil Broaduss (21) Berkeley	48:25
8	Gary Goetelmann (39) Santa Clara	48:36
9	Helmer Aslaksen (22) Berkeley	48:43
10	Gerardo Canchola (26) S.F.	48:55
11	Liam Coughlin (23) Davis	49:02
12	Frank Hanley (30) Berkeley	49:04
13	Jerry Jobski (38) So. Lake Tahoe	49:11
14	John Barrett (19) Davis	49:12
15	Mike Fanelli (26) S.F.	49:25
16	Robert Darling (33) S.F.	49:44
17	Charles Thompson (32) S.F.	49:48
18	Ed Schelegle (29) Davis	49:53
19	Troy Durham (49) Hayward	50:01
20	John Clary (36) Danville	50:02
21	Mike Wheeler (34) Oakland	50:09
22	Neil Coville (37) Berkeley	50:14
23	Paul Jacobs (22) Berkeley	50:18
24	Dwight Hendrix (28) Oakland	50:24
25	Robert Colborn (28) Minnesota	50:30
26	Steve O'Brien (29) Burlingame	50:33
27	Peter Day (38) Berkeley	50:47
28	Steve Wight (29) Walnut Crk	50:50
29	Joseph Schieffer (31) Oakland	50:52
30	Jeff Wall (40) Daly City	50:54
31	Robert Sanchez (26) S.F.	51:07
32	Wolf Goubau (38) Berkeley	51:09
33	Jet Talco (35) Oakland	51:13
34	Bill Stolp (25) Concord	51:18
35	Devon Flynn (25) S.F.	51:18

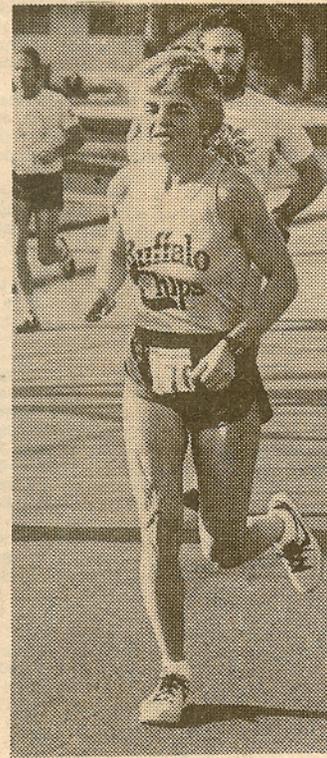
photo by Gene Cohn



Sister Marion Irvine

56	Jerry Glover (28) Berkeley	53:31
57	Charles Paul (25) Berkeley	53:32
58	Kevin Garry (27) Lafayette	53:38
59	Nancy Ditz (28) Menlo Park	53:39
60	Bruce Fujimoto (27) Sacto.	53:40
61	Michael Milewski (40) Mill Villy	53:46
62	John Monteverdi (36) Oakland	53:47
63	Sungcho Shin (32) S.F.	53:47
64	Peter Ramos (19) Berkeley	53:52
65	Derek Williams (16) Berkeley	54:00
66	Billy Fontaine (24) Oakland	54:02
67	Steve Ferrario (17) St. Helena	54:02
68	Steven Woods (31) San Mateo	54:10
69	Bill Frisbie (34) So. S.F.	54:24
70	Everett Riggle (50) Chico	54:26
71	Guillermo Barron (30) Oakland	54:27
72	Hugo Aguirre (27) Burlingame	54:28
73	Arturo Ramirez (30) San Lorenzo	54:32
74	Stephen Freitas (32) Martinez	54:35
75	Rex Merrill (31) Berkeley	54:36
76	James Pearl (23) Oakland	54:37
77	John Hanan (35) Alameda	54:37
78	Larry Littlefield (30) S.F.	54:38
79	Steven Rafstedy (30) Burlingame	54:39
80	George Miller (24) Oakland	54:46
81	Ron Clark (37) Pleasant Hill	54:47
82	Phillip Hager (45) Larkspur	54:55
83	Rick Cunha (25) S.F.	54:56
84	John Benloui (31) Walnut Crk	54:57
85	Graeme Bell (34) S.F.	55:03
86	Kevin Gilligan (47) S.F.	55:16
87	Rafe Parendes (16) El Cerrito	55:20
88	James McCormick (30) S.F.	55:21
89	A. Khachadourian (31) Mill Vly	55:21
90	Alphonzo Jackson (37) Oakland	55:23
91	David Smith (38) Oakland	55:24

photo by Gene Cohn



Joan Reiss

36	Greg Jewett (36) Berkeley	51:27
37	Ronald Kubokawa (30) El Cerrito	51:30
38	Doug Rodgers (20) Cast. Villy	51:36
39	Bernie Crinigan (26) Richmond	51:39
40	Tony Burns (42) Sydney, Austral.	51:47
41	Laurie Binder (35) Oakland	51:56
42	Tom Kirschner (42) S.F.	52:07
43	Scott Caruey (29) S.F.	52:10
44	Kim Reedy (25) S.F.	52:15
45	Mitchell Greenberg (30) Oakland	52:17
46	Jeff Grubbs (20) Sacto.	52:25
47	Eric Ivary (36) Oakland	52:27
48	Glenn MacDougall (27) Daly City	52:31
49	Gilbert Cosio (24) Berkeley	52:37
50	John Ackerman (20) San Lean	52:39
51	Ricardo Wright (21) Oakland	52:44
52	Michael Anduze (25) Oakland	52:53
53	Magnus Rehn (29) San Ramon	53:00
54	Jay Helgerson (27) Berkeley	53:10
55	Robin Kindersley (26) Avon, CO	53:13

92	Karl Sigman (25) Berkeley	55:25
93	Sue Munday (24) Saratoga	55:25
94	Arvid Olson (39) San Anselmo	55:31
95	Eric Belden (32) Sisters, OR	55:31
96	Mike Licalsi (15) San Jose	55:32
97	John Smallen (40) Nevada City	55:33
98	Joseph Burzynski (30) Richmond	55:35
99	Michael Green (37) Walnut Crk	55:40
100	Dick Malkin (42) Berkeley	55:43
101	Delma Jones (38) Oakland	55:47
102	Tom Mann (40) San Bruno	55:49
103	David Grant (37) San Bruno	55:54
104	Michael Rodriguez (23) S.F.	56:02
105	Rudy Breland (34) S.F.	56:03
106	Josh Strong (24) Chico	56:05
107	Don Sarver (36) Piedmont	56:09
108	Per Lundborg (32) Berkeley	56:10
109	Jeremy Pripstein (17) Berkeley	56:11
110	Pat Pattison (31) S.F.	56:12
111	Michael Coke (44) Berkeley	56:13

112	Ron Joost (26) Berkeley	56:15
113	Paul Sasse (27) Walnut Crk	56:15
114	Tom Janettes (27) Walnut Crk	56:17
115	Robert Wolf (28) Berkeley	56:17
116	Robert Miracky (27) Albany	56:18
117	Ted Anderson (39) Oakland	56:19
118	Dominic Tringale (35) Burling.	56:20
119	Noe Gonzalezalfaro (24) Berk.	56:23
120	Greg Beavers (16) Colma	56:26
121	Harold Millan (18) Alamo	56:27
122	Sarah Tabbutt (23) Berk.	56:27
123	Jeff Dole (24) Davis	56:31
124	Ron Paige (46) S.F.	56:32
125	Douglas Brooks (22) Berkeley	56:33
126	Robert Malain (55) Sacto.	56:35
127	John Danner (25) So. S.F.	56:40
128	John Volkert (35) S.F.	56:42
129	Wayne Schwartz (40) S.F.	56:44
130	Chris Knorr (29) Truckee	56:44

Divisions

17-Under

1	Derek Williams (16) Berkeley	54:00
2	Steve Ferrario (17) St. Helena	54:02
3	Rafe Parendes (16) El Cerrito	55:21

17-Under (Women)

1	Kristen Rasmussen (17) Moraga	1:06:27
2	Mary Reginato (17) Orinda	1:06:33
3	Kathy Laughlin (16) San Rafael	1:08:36

18-29

1	Tom Borschel (25) Albany	47:28
2	Mark Young (25) Berkeley	48:20
3	Phil Broaduss (21) Berkeley	48:25

18-29 (Women)

1	Nancy Ditz (28) Menlo Park	53:39
2	Sue Munday (24) Saratoga	55:25
3	Sarah Tabbutt (23) Berkeley	56:27

30-39

1	Mike Cassidy (21) Oakland	46:49
2	Mark Graves (32) Castro Villy	48:08
3	Nick Yray (33) San Jose	48:09

30-39 (Women)

1	Laurie Binder (35) Oakland	51:56
2	Sharlet Gilbert (31) Richmond	57:23
3	Dolores Bazua (31) Sacto.	59:14

40-49

1	Sal Vasquez (42) Alameda	48:11
2	Jeff Wall (40) Daly City	50:54
3	Tony Burns (42) Australia	51:47

40-49 (Women)

1	Birthe Kirsch (43) Kensington	1:04:56
2	Ruth Waters (49) San Carlos	1:06:25
3	Sandra Caldwell (47) Orinda	1:11:58

50-Over

1	Everett Riggle (50) Chico	54:26
2	Robert Melain (55) Sacto.	56:35
3	Don Pickett (54) Tiburon	59:01

50-Over (Women)

1	Marion Irvine (53) San Rafael	58:41
2	Sally Wolfer (50) Kensington	1:08:12
3	Eileen Klatsky (51) Orinda	1:10:15

Oakland Half & Full Marathon

From Innersport

February 6, Oakland, Rain.

Men's Marathon:

1	Fraser Clyne (Scotland)	2:18:18
2	Greg Hitchcock (Oregon)	2:21:06
3	Philip Hornig (Castro Valley)	2:21:20
4	Mike Cassidy (Oakland)	2:22:44
5	Mike Porter (Palo Alto)	2:23:19
6	Norman Gould (San Jose)	2:24:43
7	Greg Brock (Corralitas)	2:24:54
8	Paul Kinny (San Francisco)	2:25:50
9	John Mansoor (Fair Oaks)	2:26:25
10	Tom Cheese (Newport Beach)	2:26:50
11	David Chairez (Fair Oaks)	2:27:27
12	Tim Chain (Half Moon Bay)	2:27:42
13	Allen Just (Buena Park)	2:27:46
14	Tom Borschel (Albany)	2:29:08
15	Paul Jacobs (Berkeley)	2:29:18
16	Bob Slipp (Canada)	2:29:28
17	Graeme Struthers (New Z)	2:30:25
18	Ken Grace (San Lorenzo)	2:31:08
19	David Kadish (San Francisco)	2:31:17
20	Stan Zegotarski (Montana)	2:31:23
21	Dennis Early (Palo Alto)	2:31:30
22	John Foster (Stanford)	2:31:51
23	Liam Coughlin (Piedmont)	2:32:34
24	Jeff Wall (Daly City)	2:32:48
25	Dave Dempsey (San Carlos)	2:32:51
26	Dave Willis (Castro Valley)	2:34:07
27	Norman Gould (San Jose)	2:34:19
28	Dan Rueckert (Sallinas)	2:35:02
29	Craig Dunagan (San Fran)	2:35:16
30	John Skeels (Berkeley)	2:35:53
31	Arthur Beckert	2:35:56

32	Troy Durham-wheelchair	2:36:56
33	Steve Lorenz	2:37:00
34	Doug Butt	2:37:04
35	William Johnston	2:37:18

Women's Marathon:

1	Nancy Ditz (Menlo Park)	2:37:19
2	Rainey Stolp (Concord)	2:47:50
3	Sue Munday (Los Gatos)	2:49:28
4	Leslie McMullin (Oakland)	2:49:51
5	Leslie Watson (England)	2:52:42
6	Sue Vinella-Brusher (Oakland)	2:55:31
7	Joanne Ernst (Stanford)	2:57:44
8	Joan Reiss (Saratoga)	2:58:10
9	Lesley Tominson (Canada)	2:59:15
10	Sister Marion Irvine (San Raf)	3:00:11
11	Twyla Willis (Greenbrae)	3:02:57
12	Elaine Dekman	3:04:01

Men's Half Marathon:

1	Duncan Macdonald (Menlo Pk)	1:04:31
2	Joquin Leano (Reno)	1:05:06
3	Desmond O'Connor (Ireland)	1:05:34
4	Rudy Munoz (Reno)	1:05:52
5	Helmer Aslaksen (Berkeley)	1:06:38
6	Gary Fanelli (Penn.)	1:06:46
7	Pete Sweeney (Mt. View)	1:06:56
8	Brock Hinzmann (Palo Alto)	1:07:37
9	Paul Sechrist (Cupertino)	1:07:45
10	John Embody (Oakland)	1:07:47
11	Tim Gruber	1:07:58
12	Terrance Zerzan (San Mateo)	1:08:05
13	Jim Hartig (Clovis)	1:08:30
14	Mark Jensen (San Francisco)	1:08:44
15	Mark Graves (Castro Valley)	1:09:20
16	Jerry Alcorn (Anaheim)	1:08:44
17	Kevin Cormier (Canada)	1:09:49
18	Bill Seaver (Byron)	1:10:05
19	Stacy Geiken (Palo Alto)	1:10:10
20	Sal Vasquez (Alameda)	1:10:47
21	James Mulready (Mill Valley)	1:10:51
22	Mike Fanelli (San Francisco)	1:10:52
23	Lester Mina (Alameda)	1:10:59
24	Robert Lange (Pacifica)	1:11:02
25	Jerry Lynch (Santa Cruz)	1:11:04
26	Greg Jewett (Berkeley)	1:11:04
27	Bill Dunn (Campbell)	1:11:18
28	Odis Sanders (Eugene)	1:11:21
29	David Hambly (Washington)	1:11:28
30	Michael Wheeler (Oakland)	1:11:32
31	Rich Hornstra (San Bruno)	1:11:34
32	Robert Darling (San Fran)	1:11:43
33	Abby Ebrahimi (San Jose)	1:11:48
34	Joe Karnes (Anaheim)	1:11:51
35	Charles Thompson (San Fran)	1:11:57
36	Ernie Rivas (Oakland)	1:11:57
37	Allan Stanbridge (Burlingame)	1:12:34
38	William May (San Francisco)	1:12:39
39	Tim Rostege (San Jose)	1:12:49
40	Andrew Howe (Oregon)	1:12:59

Women's Half Marathon:

1	Eileen Kraemer (Los Osos)	1:19:00
2	Heike Skaden (Fair Oaks)	1:20:08
3	Vicki Randall (San Anselmo)	1:21:26
4	Mary Gaffield (Berkeley)	1:22:32
5	Kristan Martin (Oakland)	1:23:34
6	Joyce Gibbs (Cupertino)	1:26:12
7	Jane Sowersby	1:26:57
8	Jean Shuler (Livermore)	1:28:36
9	Ruth Anderson (Oakland)	1:36:00

Run For Nutrition

March 6, Riverside, 10 K.

19 & Under: John Mark Stauda 34:49 and Sharon Prince 43:48. **20-29:** Chris Mollaha 30:43 (overall male winner), and Denise Bedford 39:07 (overall female winner). **30-39:** Fred Danbell 34:04, and Linda Sabo 42:13. **40-49:** Bill Crum 35:34, and Audrey Singer 51:25. **50-59:** Wally Ingram 36:29. **60 Plus:** John Goodyear 43:39.

5K

12 & Under: Trent Taylor 19:51, and Darlene Flores 19:47 (overall female winner). **13-19:** Brent Waggoner 17:55, and Sylvia De Santiago 20:13. **20-29:** Bill Knauft 16:21 (overall male winner), and Kathleen Graves 21:45. **30-39:** A. Martinez 17:36, and Sue Harwell 21:13. **40-49:** Bill Crum 16:53, and Clarice Flower 25:12. **50-59:** Wally Ingram 17:25, and Phyllis Rose 34:14. **60 Plus:** Jack Britton 21:09.

5K-Walk

12 & Under: David Sigman and Shawna Cachan. **13-19:** Julie Johnson. **20-29:** Robert Rath and Dawn Murphy. **30-39:** Allen Nicola and Mary Gallup. **40-49:** D.L. Maxwell and June Jones. **50-59:** Gerald Forney, and Pat Levensky. **60 Plus:** C.B. Rogers.

Results

Nike/Catalina 10K

March 19.

1 Steve Holl (29) San Diego	32:42
2 Dave Babiracki (31) Granada Hills	33:11
3 Joseph Fabris (25) S. Luis Obispo	33:43
4 Denis O'Halloran (31) Mt. View	33:49
5 Brent Griffiths (20) Redondo Bch	33:55
6 Peter Sweeney (27) San Miguel	34:00
7 Stephen Adams (20) Yorba Linda	34:38
8 Frank Hutchinson (30) Shell Bch	35:03
9 Tom Cheese (23) Newport Bch	35:13
10 Paul O'Neil (25) Placentia	35:21
11 Brent Swanson (24) Hermosa	35:51
12 Bob Day (38) San Diego	35:54
13 Bill Langdon (36) San Dimas	36:05
14 Craig Dingman (25) Eugene, OR	36:11
15 Bob Arnold (26) Placentia	36:19
16 M. Whitcombe (18) Manhatt. Bch	36:30
17 Steve Schumacher (25) Irvine	36:50
18 Holland Bunz (24) Yorba Linda	37:01
19 Jim Cruickshank (39) San Diego	37:07
20 Dan Stumpus (31) Hermosa Bch	37:10
21 Mark Jude (28) Torrance	37:14
22 Jim Williams (41) El Cajon	37:15
23 Charles Davis (19) Torrance	37:26
24 Ed Calloway (20) Stanford	37:29
25 Bill Omelveny (32) City of Indsty	37:34
26 Tom Kirchner (44) San Francisco	38:23
27 Bob Brennan (21) Stanford	38:30
28 W. Johnson, Jr. (33) San Diego	38:51
29 Dave Furbee (24) El Toro	38:58
30 Michael Termine (42) Irvine	39:09
31 Sean Railing (16) Torrance	39:12
32 David Lesley (38) Solana Beach	39:12
33 Joseph George (28) Santee	39:14
34 Wally Ingram (50) Hemet	39:20
35 George Cohen (43) Los Angeles	39:38
36 George Luiken (39) San Diego	39:46
37 Ian Trowbridge (35) San Diego	39:48
38 Daniel Oroarty (36) Snta Barb.	39:58
39 Devin Corcoran (25) Los Angeles	39:59
40 Eric Hornig (26) Long Beach	40:05
41 Lorrie Dierdorff (25F) San Diego	40:09

42 Craig Snapp (32) El Cajon	40:09
43 John Douillard (26) La Habra	40:15
44 T. Cunningham (36) Mamm.Lks	40:19
45 Joel Murillo-Angeles (24) Avalon	40:21
46 Glenn Masuda (19) Torrance	40:25
47 Terrel Eddy (49) Poway	40:33
48 Dan Orr (34) Coronado	40:42
49 Joseph Maher (36) S.F.	40:48
50 Ed Gookin (49) San Diego	41:06

Men's Divisions
13-Under: 1. Todd Murray (12) Hunt. Bch 50:05, 2. Jeffrey Kisow (13) Orange 50:07, 3. Joe Rheim (11) Carmel Vily 50:53. 14-18: 1. Mike Whitcombe (18) Manhattan Bch 36:30, 2. Sean Railing (16) Torrance 39:12, 3. Greg Hill (15) Redondo Bch 43:22. 19-24: 1. Brent Griffiths (20) Redondo Bch 33:55, 2. Stephen Adams (20) Yorba Linda 34:38, 3. Tom Cheese (23) Newport Bch 35:13. 25-29: 1. Steve Holl (29) San Diego 32:42, 2. Joseph Fabris (25) S. Luis Obispo 33:43, 3. Peter Sweeney (27) San Miguel 34:00. 30-34: 1. Dave Babiracki (30) Granada Hills 33:11, 2. Denis O'Halloran (31) Mt. View 33:49, 3. Frank Hutchinson (30) Shell Bch 35:03. 35-39: 1. Bob Day (38) San Diego 35:54, 2. Bill Langdon (36) San Dimas 36:05, 3. Jim Cruickshank (39) San Diego 37:07. 40-44: 1. Jim Williams (41) El Cajon 37:15, 2. Tom Kirchner (44) S.F. 38:23, 3. Michael Termine (42) Irvine 39:09. 45-49: 1. Terrel Eddy (49) Poway 40:33, 2. Ed Gookin (49) San Diego 41:06, 3. Lee Vanleeuwen (45) Pac. Palisades 41:46. 50-59: 1. Wally Ingram (50) Hemet 39:20, 2. Ken Brown (50) Mamm. Lakes 46:03, 3. Dwight Moberg (50) Manhattan Bch 46:15. 60-Over: 1. Russell Stumpus (60) Los Angeles 57:52, 2. Walton Harris (69) Santa Monica 57:54, 3. Walter Buchmann (63) San Diego 1:02:11.

Women's Divisions
13-Under: 1. Ali McGowen (11) Hunting. Bch 50:06, 2. Anne Eddy (12) Poway 1:02:27, 3. Jackie Thomas (12) Baldwin Pk 1:04:21. 14-18: 1. Eileen Ebner (16) W. Covina 46:07, 2. Jeanine Griffiths (18) Redondo Bch 46:23, 3. Jennifer Bidulph (17) Mill Valley 46:34. 19-24: 1. Anne Dandoy (24) Manhatt. Bch 41:52, 2. Laurie Meighan (20) Redondo Bch 42:52, 3. Yvette Rice (20) Redondo Bch 44:06. 25-29: 1. Lorrie Dierdorff (25) San Diego 40:09, 2. Christie Spahr (25) Eugene, OR 41:21, 3. Ellen Turkel (28) San Diego 41:58. 30-34: 1. Leslie Mahr (30) San Diego 48:41, 2. Pamela Ridgway (30) Mahatt. Bch 49:30, 3. Christy Gaston (33) Long Beach 50:00. 35-39: 1. Barbara Magid (39) Mill Valley 44:49, 2. Patty Robinson (35) Oak View 46:01, 3. Gail Goettelmann (38) Santa Clara 46:20. 40-44: 1. Sylvia Crise (44) La mesa 52:02, 2. Marilyn Edington (42) Ann Arbor, MI 52:56, 3. Carole Pinkner (44) Apple Vily 54:39. 45-49: 1. Donna Gookin (46) San Diego 52:47, 2. Anita Miller (48) San Diego 54:37, 3. Pauline Dean (48) Grants Pass, OR 57:43. 50-59: 1. Anne Johnson (54) Olivenhain 47:03, 2. Iris Sellers (53) San Diego 1:02:34, 3. Dolores Barrios (51) La Mesa 1:06:50.

Men: 17 & Under: 1. Erick Studenicka 35:00, 2. Jesse Santana 36:49. **Women:** 1. Sheree Graham 49:59, 2. Mallin 53:40. **Open, 18-39:** 1. Jane Maringer 43:43, 2. Elisha Arnone 44:08, 3. Elizabeth Torrealba 45:36, 4. Erin McCenville 46:02, 5. Mary Cummings 47:08. **Masters: Men:** 1. Charles Jackson 32:44, 2. John Deitchman 35:43, 3. Dee Batzler 37:32. **Women:** 1. Diane Brinstead 44:49, 2. Monry 53:57, 3. Anita Smith 61:33.

Eclipse Sun Run

April 9. Irvine. 5K & 10K.

5K

Male: 14 & Under: 1. Chris Pohl 19:05, 2. Chuck Brenner 20:04, 3. Drake Williams 20:14. 15-18: 1. David Rosas 16:15, 2. Jim Brenner 18:14, 3. Andrew Taylor 18:53, 4. Isaac Taylor 19:00. 19-24: 1. Steve Avame 16:18, 2. John Elders 16:22, 3. Roy White 16:52, 4. Mark Kinaman 17:05, 5. John Clare 17:49, 6. Mariano Rodriguez 17:57, 7. Eric Solak 18:07, 8. Mario Cruz 18:18. 25-29: 1. Marc Alvarez 15:55, 2. Bob Conklin 16:13, 3. Mike Mulkey 16:21, 4. Nicasio Olivares 16:40, 5. Brad Hall 17:26, 6. Jeff Dobra 17:31, 7. Joseph Eleshuk 18:06, 8. Kai Bergher 18:16. 30-34: 1. Al Siddons 15:43, 2. Henry Lange 16:35, 3. Jim Kenworthy 17:09, 4. Eddie Sanchez 17:48, 5. Craig Gray 17:56, 6. Tom Phillips 18:12, 7. Ron Rook 18:43, 8. Jim Keller 18:50. 35-39: 1. Ron Jensen 16:08, 2. David Leaton 17:23, 3. Dale Fairchild 17:38, 4. Bob Hill 17:45, 5. Jarrett Williams 17:47, 6. Mike Manell 17:53, 7. Dave Dixon 17:55, 8. Don McWilliams 17:56. 40-44: 1. Pete Peterson 16:38, 2. John Branner 17:52, 3. Floyd Greene 18:06, 4. Steve Waltner 18:09, 5. Dave Hazen 18:23, 6. Steve Badoluto 18:44. 45-49: 1. Sam Mayo 17:39, 2. Lynn Sheffey 19:31, 3. John Corrales 19:48, 4. Jim Gould 19:49, 5. Rick Fordiani 19:59, 6. Robert Ploos 21:15. 50-59: 1. Jerry Withers 18:30, 2. Richard Hochschild 20:08, 3. Bob Kay 20:54, 4. Tom Keahn 21:10, 5. Larry Walker 21:24. 60 & Over: 1. Dave Lewis 21:54, 2. Sam Simon 22:39, 3. Mike Reid 22:56. 200 lbs. & Over: 1. Marv Lalum 19:56, 2. James Reno 20:25, 3. John Visel 20:47.

Females: 14 & Under: 1. Roanna La Greide 21:06, 2. Kristen Swenson 24:08, 3. Jocelin Bradley 26:01. 15-18: 1. Kina Hallstrom 22:19, 2. Melissa Smith 22:24, 3. Dominique Greek 24:09, 4. Paula Spas 24:18. 19-24: 1. Lenore Stanley 21:53, 2. Cynde Tahse 23:57, 3. Melinda Peterson 24:10, 4. Ruth 25:16, 5. Terry Green 25:27. 25-29: 1. Janice Frickel 18:03, 2. Lori Hocker 19:46, 3. Janice Reinig 20:53, 4. Julie Hedell 23:57, 5. Patricia Caldwell 24:41. 30-34: 1. Lyndia Evans 22:51, 2. Judy Baird 23:32, 3. Wendy Weber 23:52, 4. Connie Crane 24:00, 5. Judy Pines 25:24. 35-39: 1. Sue Peterson 17:58, 2. Georgina Nuttall 24:28, 3. Lorraine Leavitt 25:50, 4. LaJuan Horton 27:09, 5. Barbara Gross 27:34. 40-49: 1. Treva Tilden 22:27, 2. Molly Bagnoli 25:42, 3. Barbara Smith 25:43, 4. Carroll Hochschild 25:48, 5. Frieda Lloyd 26:05. 50-59: 1. Evelyn Reiten 23:58, 2. Jane Burne 29:13.

10K

Males: 14 & Under: 1. Micky Arroyo 42:23, 2. Ed Langewalters 42:24, 3. Steve Hochschild 42:35. 15-18: 1. William Feliciano 33:56, 2. Mike Coe 35:00, 3. Jon Nowotny 38:01, 4. Barry Migliorini 38:22, 5. Chris Koutures 40:18. 19-24: 1. Lance Packer 31:07, 2. Bruce Thomson 33:30, 3. Richard Greifinger 33:44, 4. Jim Nagel 33:50, 5. Ron Maroko 34:27, 6. Adam White 34:50, 7. Jim Hogue 35:09, 8. Jerry Lowmiller 35:16. 25-29: 1. Dave Frickel 31:22, 2. Robert Traba 31:35, 3. Mark McKenzie 32:48, 4. Kim Uille 33:08, 5. Kevin Jacobs 33:11, 6. Dick Gentili 33:13. 30-34: 1. Ruben Chappins 31:22, 2. Ed Chaldez 32:33, 3. Harry Hartley 35:04, 4. Al Davis 36:11, 5. Richard Williams 36:20, 6. Dave Bransen 36:20, 7. Koz 37:04, 8. Carlos Holguin 37:18. 35-39: 1. Bill Sumner 34:04, 2. Jim Reilly 34:53, 3. Paul Maier 34:56, 4. Larry Fabela 35:31, 5. Bill Harns 38:01, 6. Cliff Gorby 38:36, 7. John Gonsalez 38:47, 8. Dennis Ham-

mersten 39:06. 40-44: 1. Jim Chenoweth 35:34, 2. George Cohen 35:58, 3. Neil Doherty 36:17, 4. Bill Elam 37:28, 5. Gary Tubbs 37:45, 6. Richard Just 39:01. 45-49: 1. Bill Heffernan 37:24, 2. Herry Bliss 37:33, 3. Mike Hook 38:12, 4. Ted 38:27, 5. Steve Dibble 38:35, 6. Ron 39:18. 50-59: 1. Bob Mangrum 40:06, 2. Thomas Wilson 41:20, 3. Marvin Warren 41:52, 4. Robert Coburn 41:52, 5. Newton Edwards 43:40. 60 & Over: 1. Steve Chiplis 42:49, 2. Casey Poole 44:27, 3. Sam Simons 48:11. 200 lbs. & Over: 1. James Liedtke 39:57, 2. Mike Bergamini 41:16, 3. Robert Christiansen 43:05. **Females: 15-18:** 1. Cheryl Oslinker 42:35, 2. Lisa Bohl 43:59, 3. Kelly MackKenzie 45:31, 4. Shawna Hensley 49:22. 19-24: 1. Roma Antoniewicz 39:09, 2. Natalie Fernandez 41:25, 3. Sue Corea 45:10, 4. Kathy Davis 47:01, 5. Michelle Bernhardt 50:06. 25-29: 1. Kim DiFilippo 40:35, 2. Tina Costantino 42:13, 3. Jeanne Kawashima 42:31, 4. Judy Orach 42:42, 5. Karla Katz 43:52. 30-34: 1. Jennifer Weiss 39:28, 2. Lois Curl 42:53, 3. Ann DeStrakosch 45:53, 4. Claudia Hartman 46:44, 5. Kathleen Stevens 49:18. 35-39: 1. Lonnie Horn 47:22, 2. Pam Fischer 48:14, 3. Diane Green 48:50, 4. Joan Wilson 49:26, 5. Shirley Grugel 50:43. 40-49: 1. Cherrie Lightburne 42:56, 2. Judy Martin 43:07, 3. Chris Trevarther 44:12, 4. D. Mork 49:04, 5. Lou Asmuth 50:48. 50-59: 1. Sylvia Dade 57:35, 2. Ardis Davis 1:02:58.

Hot Pursuit 5K Run

April 9. San Francisco International Air-port.

1 Ron Wayne(1st 30-39)	15:42
2 John Talco	16:09
3 Unregistered	
4 Rich Stiller	16:18
5 Rick Cairo	16:18
6 John Convery(1st 40-49)	16:19
7 Doug Bamford	16:30
8 Julios Ratti	16:55
9 Steve Dean	17:07
10 Joe Montoya	17:13.2
11 Mike Holton	17:13.8
12 Chris Reynolds	17:15
13 Frank Hunt(2nd 40-49)	17:22
14 Marc Spadaro	17:23
15 Jason Whiteman	17:26
16 Rudolph Breland	17:27
17 Ron Peck	17:31
18 John Galleta	17:37
19 Searcy Barnetti	17:39
20 Sav Harasymiv(3rd 40-49)	17:42
21 Dominic Tringale	17:42.6
22 Dennis Dillon	17:45
23 Ron Kiyono	17:55
24 Darrell Askey	18:02
25 Jerry Kokesh	18:03
27 Lee Groyon(4th 40-49)	18:14
31 Bill Barclay(1st 50&O)	18:51
34 Mike Paul(5th 40-49)	18:55
43 Linda Mantynen(1F)	19:37
44 David Peterson(2/50)	19:38
46 Don Lucero(3/50)	19:41
48 Arnold Loza(4/50)	19:45
72 Doerte Murray(40-49/F)	21:33
84 Pat Pavia(30-39/F)	21:59

LA Triathlon Championship Series

April 9. Bonelli Park, San Dimas. 1K Swim, 38K Bike, and 8K Run.

Mark Montgomery of Manhattan Beach, one of the pre-race favorites, won the first of the Los Angeles Triathlon Series in 1:51:27. Emilio De Soto of San Diego was only a minute back in 1:52:41 followed by Kim Bushong of La Jolla, another favorite, in 1:54:53.

But it is the girls who seem to catch the attention in triathlons. This time it was a pretty little wisp of a girl, Tania Bentler (18) of Sherman Oaks who provided the excitement. Tania was first among the ladies in an overall time of 2:13:38 but the

Race Clocks

SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS — We have several customers that are interested in selling their digital display clocks for \$895 (the original retail price was \$1295), so they can purchase the newer CC-601 (1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 595-2249. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.

Spartan Breakaway

April 9. San Jose. 10K.

1. Simon Kilili (26)	28:42.2
2. Sai Berumen (27)	31:03
3. Raynold Wieand (24)	32:23
4. Charles Jackson (40)	32:44
5. Dwight Cornwell (36)	32:46
6. Gary Goettelmann (39)	32:56
7. Kenneth Drew (33)	33:44
8. Brian Oldham (36)	34:04
9. Bruce Fujimoto (27)	34:18
10. Bob Feist (27)	34:36
11. Erick Studenicka (17)	35:00
12. Ross Rowley (34)	35:02
13. Rick Neely (28)	35:19
14. Joe Cimon (18)	35:23
15. Tony McDonnell (28)	35:25
16. Gary Wilson (26)	35:35
17. John Bruggeman (21)	35:41
18. Bob Browne (37)	35:42
19. John Deitchman (41)	35:43
20. Jesse Mayes (25)	35:59
21. Jesse Santana (11)	36:49
22. Sean Funston (15)	37:17
23. John Garloto (36)	37:18
24. Dave Brandland (38)	37:22
25. Dee Batzler (45)	37:32

surprise came in the swim portion when she was first overall in 14:08, leading a strong field of men swimmers. The timers dropped their stopwatches when Tania emerged first from the water wondering if she was another Rosie Ruiz (Boston). She definitely was not.

- Men**
 1. Mark Montgomery (Manhat.Bch) 1:51:27
 2. Emilio DeSoto (San Diego) 1:52:41
 3. Kim Bushong, (La Mirada) 1:54:53
 4. Mike Durkin (Manat.Bch) 1:58:02.9
 5. Kurt Madden (San Diego) 1:58:28.4

- Women**
 1. Tania Bentler (Sherman Oaks) 2:13:38
 2. Nancy Baird (Upland) 2:16:25
 3. Diane Shea (La Jolla) 2:19:32
 4. Audrey Abang (Los Alamitos) 2:20:10.0
 5. Katie Canine (Hermosa Bch) 2:23:33.8

Divisions
 17 & Under: Mark Lake, Anaheim. 18-24: Emilio De Soto and Tania Bentler. 25-29: Mark Montgomery and Diane Shea. 30-34: Eric Schmidt, Culver City and Nancy Baird. 35-39: Terry Martin, Alta Loma and Sally Crawford, Huntington Beach. 40-44: Gary Hooker, Leucadia and Anne Bayard, Mill Valley. 45-49: J.F. Bloomingdale, Palos Verdes and Jean Saunders, Redondo Beach. 50-54: Merlyn Midstokke, Los Angeles.

Pear Blossom 20K

April 9, Medford, OR.

Bill McChesney of the Santa Monica Track Club blazed to a 59:16 course record (beating his own course record of 1:01:13) at the seventh annual Pear Blossom 20K. McChesney's time is the fourth fastest 20K clocking in history behind Greg Meyers 58:26, Herb Lindsay 58:38, and Bill Rodgers 58:42.

McChesney went out hard from the start crossing the first mile in 4:32 and the second mile in 9:21. His first 10K was fastest 29:20. On the second 10K he developed cramps in his calves which slowed him up a little. His hot pace was too much for the rest of the field as two-time winner Leonard Hill finished a distant second in 1:01:41, Paul Raether of Eugene finished third in 1:01:56.

Marilyn Mathews of Bend, Oregon outran the womens field taking seven seconds off the course record with her 1:12:57. Terry Kern grabbed runnerup honors in 1:18:36, while Jan Ward timed 1:19:30 for third.

Top 25 Overall

- | | | |
|----|--------------------------------|---------|
| 1 | William McChesney (24)OR | 59:16 |
| 2 | Leonard Hill (30)OR | 1:01:41 |
| 3 | Paul Raether (30)OR | 1:01:56 |
| 4 | Derek Bridges (24)OR | 1:03:48 |
| 5 | M. Higginbotham(26)VisaliaCA | 1:03:51 |
| 6 | Lynn Mentzer (23)NV | 1:04:53 |
| 7 | Bill Yeoman (25)OR | 1:05:06 |
| 8 | Kenny White (21)OR | 1:05:07 |
| 9 | Mark Elias (31)OR | 1:05:23 |
| 10 | Rick Cleek (27)OR | 1:05:40 |
| 11 | David Thomas (35)OR | 1:05:56 |
| 12 | Ray Hatton (51)OR | 1:06:00 |
| 13 | Michael Heffernan (42)OR | 1:06:16 |
| 14 | Jerrold Gildehaus (17)OR | 1:07:11 |
| 15 | William Langout (24)OR | 1:07:11 |
| 16 | Andrew Howe (32)OR | 1:07:40 |
| 17 | Jeffrey Wall (40)Daly City, CA | 1:07:45 |
| 18 | Earl Showerman (38)OR | 1:08:00 |
| 19 | John Watts (27)OR | 1:08:13 |
| 20 | Peter Leach (29)OR | 1:08:33 |
| 21 | David Beck (18)OR | 1:09:13 |
| 22 | Steven Barrett (23)OR | 1:09:13 |
| 23 | Ryan Bongers (27)WA | 1:09:42 |
| 24 | Dan Thorpe (21)OR | 1:10:04 |
| 25 | Lyle Freeman (31)NV | 1:10:03 |

Men's Divisions

- 18-Under: 1. Jerrod Gildehaus (17/OR) 1:07:11, 2. David Beck (18/OR) 1:09:13, 3. Tom Mann (17/OR) 1:11:19. 19-29: 1. William McChesney (24/OR) 59:16, 2. Derek Bridges (24/OR) 1:03:48, 3. Marty Higginbotham (26/Visalia, CA) 1:03:51. 30-39: 1. Leonard Hill (30/OR) 1:01:41, 2. Paul Raether (30/OR) 1:01:56, 3. Mark Elias (31/OR) 1:05:23. 40-49: 1. Michael Heffernan (42/OR) 1:06:16, 2. Jeffrey Wall (40/Daly City, CA) 1:07:45, 3. Patrick

Becker (41/OR) 1:10:13. 50-59: 1. Ray Hatton (51/OR) 1:06:00, 2. Bill McChesney, Sr. (54/OR) 1:15:14, 3. Pierce Cornelius (52/OR) 1:18:33. 60-69: 1. Russel DeForest (62/OR) 1:35:34, 2. George Weinzell (64/OR) 1:37:24, 3. Bill Hutchinson (63/OR) 1:37:38. 70-Over: 1. Arne Johnson (71/WA) 1:45:18, 2. Edward McKean-Smith (73/OR) 1:53:33, 3. Bill Meier (72/OR) 2:09:10.

Women's Divisions

- 18-Under: 1. Marnie Mason (16/OR) 1:27:51, 2. Melanie Wickham (17/OR) 1:30:21, 3. Heidi Hatfield (16/OR) 1:32:51. 30-39: 1. Marilyn Mathews (29/OR) 1:12:57, 2. Terry Kern (26/OR) 1:18:36, 3. Jan Ward (29/OR) 1:19:30. 30-39: 1. Dawn Welch (35/OR) 1:20:34, 2. Elaine Delsman (37/OR) 1:22:14, 3. Kate Sharples (33/OR) 1:22:43. 40-49: 1. Mary Griese (40/OR) 1:34:43, 2. Beverly Majors (41/OR) 1:35:01, 3. Carol Davis (41/OR) 1:36:43. 50-59: 1. Susan Means (50/OR) 1:37:07, 2. Jean Irvine (51/OR) 1:38:43, 3. Marcia McChesney (53/OR) 1:43:53. 60-Over: 1. Patricia Welch (62/Ukiah, CA) 1:59:47, 2. Carol Klocke (63/OR) 2:04:48, 3. Patricia Dixon (64/OR) 9:99.99.

"Converse" Benefit 10K

April 9.

The Long Beach Police Athletic Association and Long Beach Special Olympics hosted their 1st Annual "Converse" Benefit 10K Run on Saturday, April 9, through El Dorado Park.

This premiere venture drew runners from as far away as Mammoth Lakes and San Diego. Jim Knaub, noted athlete and frequent 10K winner again led the pack, finishing first in the wheelchair division as well as first place overall with a time of 26:53.



Jim Knaub

Long Beach resident Jon Hammond, age 21, 2nd place overall, was the first runner on foot over the finish line with a time of 33:30. Third place overall was Paul Lawrence, also in the wheelchair division. Steve Fry of Mammoth Lakes was fourth place finisher, followed by Tom McWatters of Huntington Beach in fifth place.

Teenagers were ably represented by sixteen-year-old John Ryan of Carson who finished first in his division and tenth overall. The youngest entry was Jennifer Slavin of Long Beach, age 10, who came in third in the 12 and under division. Twelve-year-old Chrissy Asher finished an impressive 41st overall in the field of 200 competitors.

Avery Bryant, at 58 years of age, was the oldest entry. Bryant finished first in his division and 14th overall. The first lady over the line was Annie Quinonez, who finished first in her division and 39th overall. Noted runner Tracy Brown was also a winner in his division and finished ninth overall.

All winners were presented their awards by athletes from the Long Beach Special Olympics teams.

- Men's Divisions — 13-16:** 1. John Ryan, 2. David Greenberg, 17-21: 1. Jon Hammond, 2. Robert Ripperdan, 22-27: 1. Steve Fry, 2. Tom McWatters. 28-34: 1. Dave McCann. 35-44: 1. Bob Little, 2. Jim Seukle. 45-54: 1. Tracy Brown, 2. Dave Arntson. 55-Over: 1. Avery Bryant, 2. Richard Elizarraras. **Wheelchair:** 1. Jim Knaub, 2. Paul Lawrence.

- Women's Divisions — 1. Chrissy Asher, 2. Kristine Spak. 17-21:** 1. Coleen Reinerton, 2. Janet Nelson. 22-27: 1. Ann Cox, 2. Mary Leggewie. 28-34: 1. Mary Jo Frawley, 2. Norma Thornton. 35-44: 1. Annie Quinonez, 2. Jill Hunting. 45-54: 1. Nelly Williams, 2. Jean Magnuson.

Carmel Run-By-The-Sea

April 10, 4 miles.

- Men — 13-Under:** 1. Jesse Santana 22:29, 2. Alex Munoz 27:48, 3. Joey Bevalacqua 28:10. 14-18: 1. Gustavo Lopez 21:30, 2. James Meyers 22:23, 3. Tim Williams 22:36. 19-29: 1. Emil Magallanes 19:09, 2. Manuel Aldape 20:08, 3. Ernest Stanton 20:50. 30-39: 1. Scott Hennessy 20:14, 2. David Cords 20:20, 3. Des Knuckey 20:49. 40-49: 1. Jay Cook 21:04, 2. Glynn Wood 21:09, 3. Skip Marquard 22:42. 50-59: 1. Len Thornton 20:35, 2. Ed Dally 24:53, 3. Ed Singleton 25:10. 60+: 1. Lou Ottone 29:39, 2. George Burmp 32:41, 3. Hank Noon 34:64.

- Women — 13-Under:** 1. Anglea Hernandez 27:51, 2. Anneve Williams 30:32, 3. Mindy Banta 33:56. 14-18: 1. Amy Cruzan 32:13, 2. Sally Russell 33:07, 3. Chris Nichols 37:23. 19-29: 1. Kathleen Mutschler 25:34, 2. Margaret Chung 26:00, 3. Anita Nozares 27:30. 30-39: 1. Michele Welsh 27:44, 2. Susan Birnbaum 28:33, 3. Carmen Valencia 28:50. 40-49: 1. Marilyn Hicks 29:32, 2. Isabel Rivas 30:17, 3. Julie Kyle 30:18. 50-59: 1. Kay O'Neill 33:22, 2. Hope Ansbacker 37:28, 3. Diane Severin 39:23. 60+: 1. Silvia Sweet 34:09.

Puente Hills Mall 10K Run

April 10.

Overall

- | | | |
|----|-------------------------|-------|
| 1 | Mark Woods (30) | 31:49 |
| 2 | Julian Ford (31) | 32:15 |
| 3 | Michael Cahow (22) | 32:30 |
| 4 | Jimmy Henson (17) | 32:33 |
| 5 | Greg Houlgate (15) | 32:40 |
| 6 | William Carrasco (16) | 33:49 |
| 7 | Tirso De Anda (18) | 33:39 |
| 8 | Mike Munoz (15) | 34:08 |
| 9 | Dan Betts (27) | 34:10 |
| 10 | Bruce Horiguchi (35) | 34:21 |
| 11 | Gustavo Bento (15) | 34:27 |
| 12 | Edgar Garcia (17) | 34:30 |
| 13 | Brian Sanchez (18) | 34:54 |
| 14 | Rafael Moran (24) | 35:05 |
| 15 | Michael Munoz (18) | 36:20 |
| 16 | Joe Ortiz (36) | 36:32 |
| 17 | Ron Moser (23) | 36:34 |
| 18 | Dave Nemeth (20) | 36:41 |
| 19 | Daniel McMillan (25) | 37:04 |
| 20 | Chris Christensen (26) | 37:20 |
| 21 | Victor Placentia (37) | 37:20 |
| 22 | David Hernandez (32) | 37:29 |
| 23 | Robert Watanabe (28) | 37:35 |
| 24 | Waldo Jimenez (48) | 37:36 |
| 25 | Michael Colmenares (26) | 37:39 |

- Men's Divisions — 12-Under:** 1. Randy Wilson (12) 38:21. 40-49: 1. Waldo Jimenez (48) 37:36, 2. Pete Gomez (41) 38:07, 3. Manny Arroyo (44) 40:00, 4. Ray Johnson (40) 40:41, 5. David Lauritzen (41) 40:53.

50-59: 1. Ted Ortiz (50) 39:59, 2. Lorenzo Tovar (50) 40:43, 3. Carlos Ortiz (52) 44:40. **Wheelchair:** 1. Ed Ramirez (37) 38:59.

- Women's Divisions — 12-Under:** 1. Pat Monte De Oca (12) 42:23. 13-15: 1. Gina Aguilar (14) 47:07. 16-18: 1. Deanna Morrison (17) 47:03. 19-29: 1. Bertha Ybarra (27) 46:51, 2. Lorrie Onder (22) 47:47, 3. Ilma Romero (27) 49:36. 30-39: 1. Rosemarie Guzman (30) 46:33, 2. Chiye Horiguchi (35) 48:10, 3. Roxanne McIntosh (33) 50:13. 40-49: 1. Yvonne Livett (46) 47:53, 2. Karen King (43) 48:17. 50-59: 1. Jerry Morgan (52) 54:01.

Livermore Fitness Runs

from RICH LANGE

April 10, 10K.

- Men's Divisions — 11-Under:** 1. Erik Ryan 57:51, 2. Charles Whitmore 67:30. 12-17: 1. Steve Rios 36:01, 2. Scott Lawrie 38:09, 3. Gerry Mainer 43:48. 18-29: 1. Ken Grace 33:08, 2. James Rycek 35:42, 3. Andy Lillig 36:07. 30-39: 1. John Clary 33:26, 2. Mark Kushner 33:35, 3. Hoyt Walker 37:19. 40-49: 1. Jake White 33:59, 2. Rolf Nebelung 37:35, 3. Ralph Dorwood 38:45. 50-Over: 1. Ray Dovik 41:52, 2. Dick Giroux 44:17, 3. Maurice Manas 46:45, 3. Jessie Meadows 46:45.

- Women's Divisions — 11-Under:** 1. Kelly Ridgway 57:24. 12-17: 1. Melanie Bowman 63:17. 18-29: 1. Grace Pearson (1st Woman) 41:03, 2. Debra Loomis 41:26, 3. Mary Junas 45:32. 30-39: 1. Sue Goddard 45:09, 2. Leslie Russell 51:09, 3. Rose Dias 51:55. 40-49: 1. Jean Shaver 41:10, 2. Bonnie Hughes 50:39, 3. Mary Zagotta 54:46. 50-Over: 1. Arlene Giroux 53:47, 2. Clara Azevedo 59:31, 3. June Cramer 67:36, 4. Joan Boer 68:55.

Run for Daylight

April 10, Walnut Creek, 10K.

Men 12 & under:

1. Steve Allen (Concord) 45:02.64

Men 13-17:

1. David Anthony (Walnut Creek) 35:08.84

Women 13-17:

1. Wanda Bailey (Fairfield) 39:30.67

2. Tina Goody Koontz (Danville) 40:16.07

3. Suzy Noe (Piedmont) 41:52.58

Women 18-29:

1. Sue Munday (Saratoga) 38:55.52

2. Lorraine MacDonald (Vallejo) 42:19.08

3. Eileen Foy (San Ramon) 43:09.73

Men 18-29:

1. Thom Trimble (Lafayette) 31:53.35

2. Brad Hawthorne (Pleasant Hill) 32:24.40

3. Paul Gyorex (Saratoga) 33:02.31

Women 30-39:

1. Kristin Hoyer-Brown (Moraga) 42:07.76

2. Janet Kramer (Pleasanton) 43:06.68

3. Carolyn Lane (Walnut Crk) 43:24.78

Men 30-39:

1. Dan Anderson (Castro Vly) 32:22.25

2. Mike Wheeler (Oakland) 33:20.88

3. Erik Ivory (Oakland) 34:09.62

Women 40-49:

1. Barbara Shubert (Walnut Crk) 43:17.79

2. Carolyn Poteet (Walnut Crk) 46:04.23

3. Brenda Davis (Alamo) 46:18.11

Men 40-49:

1. David Weamer (Walnut Crk) 33:58.62

2. Tim Rostegge (San Jose) 34:10.89

3. Ron Paige (San Francisco) 37:05.04

Women 50-59:

1. Anita Levitch (Berkeley) 51:28.36

2. Marilyn Terry (Moraga) 53:18.70

3. Luisa Hansen (Walnut Crk) 53:33.25

Men 50-59:

1. Ephriam J. Romesberg (SJ) 38:24.07

2. Jack Hodges (Fremont) 39:28.85

3. Erik Stenstedt (Lafayette) 41:39.35

Men 60 plus:

1. Mac Osborn (Danville) 46:14.96

2. Mel Shine (Lafayette) 46:19.84

3. Ray Mahannah (Modesto) 47:30.88

Results

Volunteer Bureau Triathlon

By Ken Takeuchi

April 10, Clovis West High School.

Veteran Ironman competitor, Les Waddell, of Seaside, California successfully defended his Volunteer Bureau Triathlon title with a strong in the pool performance enroute to an overall win and course record. Waddell, who designs his own skin outfits and becoming very popular with more of the serious competitors, had to be at his best to fend off the super strong efforts of runner-up Alex Nedleman of Isla Vista and Gordon Keller of the Fresno Track Club.

The 6.2 mile run portion had Bill Fitzpatrick, David Calderon, Waddell Nedleman, and Keller among the front runners, but once on the bikes for the 22 mile to Lost Lake Recreation Area and back, it was Keller, Waddell, and Nedleman. Calderon, a tough competitor from the Visalia Runners, slipped to tenth in the biking portion, but came back strong in the swim. If this young lion gets his biking together he will definitely be a force to be reckoned with.

Keller, Nedleman, and Waddell swapped the lead back and forth fighting the brisk headwind going into the Lost Lake turnaround, as Keller pulled into the parking lot first to deposit his bike. The superbly trained Keller was first into the water, but conjecture has it that, possibly due to a serious back injury while training three weeks prior to the event, may have hampered his swim efforts as Waddell and Nedleman passed the leader in the early going of the swim. Waddell who swims with the strength and smoothness of a porpoise had his hands full with Nedleman an equally strong swimmer drawing the attention of a goodly number of spectators.

Waddell was the first out of the pool with a record smashing 1:36:46, well under his 1982 record of 1:38:23. Nedleman, a superb specimen of an athlete was also under the record with a resounding 1:37:52, Keller gutted it out for a very respectable 1:39:34. Tom Gallagher was fourth overall at 1:40:17 and Tim Morken fifth in at 1:43:04.

It was a "family affair" for the Waddell's as Noelle Waddell won the overall women's title with an excellent time of 1:57:31, also good for the w-30-39 class win. Noelle, who trains along with Les is a relative newcomer to the sport having started only 18 months ago. Her performance brought raves from many quarters as she is a well rounded athlete displaying equal strength in all three segments.

1 Les Waddell	1:36:46
2 Alex Nedleman	1:37:52
3 Gordon Keller	1:39:34
4 Thomas Gallagher	1:40:17
5 Tim Morken	1:43:04
6 Richard Conway	1:43:04
7 David Calderon	1:43:??
8 Darin Salk	1:43:37
9 Walt Krog	1:44:35
10 David Tomerlin	1:44:01
11 Michael Olson	1:45:01
12 Tim Sheeper	1:45:34
13 Michael Whitacre	1:46:16
14 Michael Evangelho	1:46:27
15 Bill Fitzpatrick	1:46:45
16 Tom Saunders	1:46:46
17 Tom O'Hern	1:46:54
18 Steve Miller	1:47:04
19 Bryan Price	1:47:36
20 Cliff Wolery	1:47:53
21 Richard Daniells	1:48:05
22 Leon Valley	1:48:05
23 Robert Rainwater	1:48:21
24 Ed Wolf	1:48:40
25 Charles Hunt	1:48:40

Divisions: Men: 17 & Under: 1. Marc Gomes, 2. Bobby Peters, 3. Matt Kinder, 4. Brian David Stone, 5. Jason Zajonc. 18-29:

1. Alex Nedleman, 2. Thomas Gallagher, 3. Tim Morken, 4. Richard Conway, 5. David Calderon. 30-39: 1. Les Waddell, 2. Gordon Keller, 3. Walt Krog, 4. Bill Fitzpatrick, 5. Cliff Wolery. 40-49: 1. Gerald Alexander, 2. Walter Brown, 3. Richard Mayers, 4. Frank Russell, 5. David Smith. 50 & Over: 1. Bob Fries, 2. Chris Denny, 3. Chuck Freuler, 4. Fred Ellis, 5. Gene Zierling.

Women: 18-29: 1. Joyce Tyler, 2. Shirley Randall, 3. Debbie Bolen, 4. Zona Stidham, 5. Sandy Martin. 30-49: 1. Noelle Waddell, 2. Mary Alroia, 3. Marsha Martin, 4. Colleen Dempsey, 5. Donna Wilkinson. 50 & Over: 1. Helen Wisemer.

Christian Brothers Classic 10K

April 10, Moraga.

1 Brian Maxwell(Berkeley)20-34	30:58.1
2 Mark Schrage(Stanford)15-19	32:57.6
3 Chris Thomas(Sausalito)35-49	33:42.1
4 Kevin Searls(Concord)20-34	33:57.5
5 Richard Cunningham(SF)35-49	34:10.7
6 William Lucas(SF)20-34	34:43.4
7 Tim Berry(Walnut Ck)15-19	34:54.3
8 Stefan Tibblin(Lafayette)20-34	35:30.4
9 Robert Cleaver(Berkeley)20-34	35:40.0
10 Dana Snider(Lafayette)35-49	35:44.1
11 Richard Lucas(Foster Cy)15-19	36:06.3
12 Adam McAboy(Orinda)15-19	36:14.2
13 G.Ochoa(St.Mary's)20-34	36:15.9
14 Mike Colopy(Burlingame)20-34	36:16.6
15 Gary Russello(Sn.Leand.)20-34	36:18.6
16 Mike Costello(Danville)15-19	36:19.4
17 Fred Merclar(Oakland)14&U	36:20.1
18 Antonio Ramirez(Oakid)14&U	36:21.0
19 Ralph Bowles(Plea.Hill)35-49	36:35.2
20 Ronald Long(Oakland)35-49	36:40.2
21 Frank Knafelc(Lafay.)35-49	36:42.9
22 Paul Larsen(Walnut Ck)20-34	36:48.3
23 Mike Doolittle(Novato)35-49	36:56.6
24 Jess Chavez(Berkeley)50&O	36:58.0
25 Wayne Anderson(Pittsburg)25-34	36:58.6

Divisions: Women: 14 & Under: 1. Francesca Fitzgerald 45:01.3, 2. Jill Jarosz 52:39.1. 15-19: 1. Jana Jarosz 42:28.0, 2. Maureen Cahill 46:43.7, 3. Sharon Davis 49:27.1. 20-34: 1. Jacquenette Pla-Sequeira 36:59.2, 2. Laura Amos 42:21.6. 50 Plus: 1. Eileen Klatsky 48:22.6.

Men: 35-49: 1. Chris Thomas 33:42.1, 2. Richard Cunningham 34:10.7, 3. Dana Snider 35:44.1. 50 Plus: 1. Jess Chavez 36:58.0, 2. Jack Daniel 37:40.5, 3. John Nyser 38:35.1.

Avon 15K

By G. David Brown/Innersports

April 10: San Francisco (Golden Gate Park).

Nancy Ditz, the current San Francisco and Oakland Marathon champion, continued her dominance of the roads by capturing the Avon 15K race for women in San Francisco's Golden Gate Park.

The race was part of the international circuit of road races for women sponsored by Avon. The course was not an easy one, featuring a long uphill climb plus other deceiving portions of upgrades.

Ditz seemed quite pleased with the course, however, "It's a great course. I love to run downhill and there were lots of downhills. Mentally, it feels so good to run downhill. I knew where the second and third place runners were so on the first downhill I built a big lead."

Ditz, who is 28, is the current Assistant to the Director of the Stanford Alumni Association, the home of many of America's best distance runners. With a current best of 2:37:19, in the marathon set this past February in the Oakland Marathon, she is presently logging 70 to 75 miles a week in preparation for the Avon International Marathon in Los Angeles - the qualifying race for the World Championships in Helsinki. "I'd love to make the U.S. Team. I'm knocking on the door, still. I'm not up there yet."

Equally impressive in the race were Jeanne Pare of New York and Jeanne Lasee Johnson of Las Vegas. They were second and third in 53:44 and 54:00 respectively.

Pare, a 22-year-old medical student who placed 7th at last year's Pepsi Nationals in 34:29 was quite pleased with her performance in San Francisco and against Ditz. "I wanted to catch her (Ditz) at the downhill at about seven miles. I said to myself, 'I'm gonna catch her.' I thought I was gaining on her on the downhills but at eight miles I got a bad cramp and I slowed down."

Pare will be running in a 10-women relay team that will travel from New York to Colorado Springs, Colorado starting May 24. Sponsored by Minute Maid, the relay is a promotion for the National Sports Festival. She will be running 60 miles a week during this adventure.

Third place winner, Johnson, described the course as "great and interesting." She was the winner of the Color Country Half Marathon and a second place

finisher in the prestigious Runners Den/KOY 10K.

Pre-race favorite Lorraine Moller who finished first last year in the San Francisco Avon International Marathon was sick and did not run. Eileen Claug was expected to give Ditz some stiff competition, was not a dominant figure in the race and finished fifth in 55:31.

Moller, the 2:29 marathoner, was left out of the racing scene since past October with a three month knee injury. She is back in training for the LA Avon Marathon in her new home of Boulder, Colorado. "The altitude training is beneficial and Boulder is a nice place to live," commented Moller. "I think New Zealand will have an excellent team for



photo by G. David Brown/Innersports Agency

Nancy Ditz

the marathon with Ann Audain, Allison Roe and myself," she stated when asked about the forthcoming Olympiad. She will, however, be concentrating on the track distances in Helsinki, namely the 3000. She is currently being coached by former Olympian Dick Quax, also the former coach to Mary Decker Tabb.

photo by Ken Lee



Start of Avon Race in San Francisco

Sister Marion Irvine, the famous masters runner also known as the "Flying Nun," finished 24th in 1:01:21. Irvine is 53 years old.

1 Nancy Ditz (28, Menlo Park)	52:58
Jeanne Pare (22, Brooklyn)	53:44
Jeanne Lasee Johnson (25, LV)	54:00
Pat English (30, San Anselmo)	54:15
5 Eileen Claugus (29, Sac'to)	55:31
6 Elizabeth Oberli Schuh (30, SF)	55:42
7 Peggy Smith (31, San Anselmo)	55:45
8 Marilyn Taylor Allen (30, SF)	56:22
9 Juana Stavolone (37, San Jose)	57:18
10 Jane Sowersby (32, SF)	57:20
11 Linda Christ (25, SF)	57:34
12 Rosalba Tibaduiza (20, Reno)	57:47
13 Elizabeth Levy (26, SF)	58:10
14 Loretta Poldsdorfer (35, Aptos)	59:16
15 Christie Patterson (34, Mill V.)	59:20
16 Sue Vinella Brusher (28, Oakland)	59:27
17 Judy Leydig (32, San Carlos)	59:52
18 Sue Johnston (41, Oakland)	60:04
19 Angela Tibaduiza (27, Reno)	60:10
20 Marilyn Harbin (45, Martinez)	60:34
21 Hilary Naylor (36, Oakland)	60:52
22 Kathy Cooke (18, Oakland)	60:57
23 Barbara Magid (39, Mill Valley)	61:05
24 Marion Irvine (53, San Rafael)	61:21
24 Deborah Hannaford (31, Tiburon)	61:31

Run For The Sun

April 10. Arcata. 7.1 miles and 2.8 miles.

1 Harry Cottrell (1/30-39)	35:08
2 Mike Holt	38:17
3 Sherman Schapiro	38:28
4 Clarence Nason	39:25
5 Bob Ornelas (1/19-29)	40:00
6 Fred Christensen	40:13
7 Unknown	40:35
8 Todd Miller	40:47
9 Dave Hillegeist	40:56
10 Dan Haggard	41:00
11 Ken Chambers	41:02
12 Mike Sarkisian	41:17
13 James Bauer	41:30
14 Raymond Weiss	41:33
15 Frank Jaques	41:44
Richard Stuart	41:53
Randy Carrio	41:57
16 Ernest Stromberg	42:06
17 Erik Ferry	42:08
20 Daniel Frost	42:13
21 Ben Duff	42:14
22 Paul Dilley	42:15
23 Ben Bennion (1/40-49)	42:27
24 Ed Ecdley	42:41
25 Robert Berg	42:42
26 Patrick Hyland	42:56
27 Brian Presson (1/13-18)	42:59
28 Bill Wagner	42:59
29 Gregory Nelson	43:00
30 Jay Bowes	43:05
56 Delores Adames (1F/19-29)	45:54
60 Mary Pincini (2F/19-29)	46:32
73 Becky Yates (3F/19-29)	47:33
108 Sherry Skillwoman (1F/30-39)	51:21
113 Marty Beidler (2F/30-39)	51:42
134 Karen Angel (3F/30-39)	53:29
135 Lori Goodman (1F/40-49)	53:46
137 Michelle Nance (2F/40-49)	53:50
161 Peter Burgess (1F/50-59)	56:47
190 Kaylynn Tubbs (3F/40-49)	59:18
197 Jim Householder (1M/60-69)	60:11
205 Betty Hamblin (1F/50-59)	61:56
217 Amy Wingfield (1F/13-18)	67:08
222 Jim Beugler (2M/60-69)	70:06
223 Brian Wingfield (1M/0-12)	70:15
2.8 Miles	
1 Jon Mayers (1/13-18)	14:00
2 Mike O'Rourke (1/19-29)	14:12
3 Andre Klenetz	14:33
4 Forrest Stuckey	14:39
5 Gail Smithson (1F/19-29)	14:56
6 Ted Albertson	15:03
7 Randy Walker	15:05
8 Scott Yerby	15:09
9 Scott Roberts	15:26
10 Nelson Evan	15:35
11 Ron Wikholm	15:36
12 Nathan Jimerson (1/0-12)	16:02
13 Bill Palm	16:10
14 Troy Thetford	16:31
15 Kurt Betancourt	16:35
16 Peter Nagel (1/30-39)	16:39
42 Norma Watson (1F/30-39)	18:18
45 Ken Hinman (1/40-49)	18:26
63 Karen Chandler (1F/13-18)	19:23
89 Patricia Pedrotti (1F/40-49)	20:00
120 AI Dutton (1/50-59)	20:55
140 Rachel McKenzie (1F/0-12)	21:30

Jimmy Stewart Marathon Relay

From Terri DeLange

April 10, Griffith Park, Los Angeles.

In a repeat of last year's event Team Adidas #1 won the 1983 Jimmy Stewart National Relay Marathon with a time of 2:11:56. Last year Team Adidas won the marathon with a time of 2:10:45.

Overall second and third place went to the Aggie Running Club who finished the race in 2:16:10 with the Santa Monica Track Club just three seconds behind them.

The overall women's winning team was also Team Adidas with their 2:42:25, twenty minutes ahead of the California Road Runners in second. Despite a light drizzle more than 3,000 runners turned out for the event to compete as 611 five-member teams, completing the 26 mile, 285 yard course.

Actor Jimmy Stewart was on hand to fire the starting gun and to hand out trophies to the winners.



Jimmy Stewart starts marathon relay

Union Unity Run

April 10, Burlingame. 5 Miles.

1 Bill Sevald	25:34
2 Jeff Porto	26:52
3 Allan Stanbridge	27:20
4 Mark Green	27:50
5 Bruce Coovveir	28:19
6 David Grand	29:12
7 Doug Rasmussen	29:56
8 Ron Yank	30:20
9 Ralph Boyd	30:42
10 Bob Rolston	30:50
11 W. Taylor	31:50
12 Harvey Schwartz	32:14
13 Sergio Maya	32:39
14 Bill Donovan	32:44
15 Don Lucero	32:49
44 Adrienne Yank (1F)	36:38
54 Catherine Casey (2F)	37:52
55 Linda Mauroni (3F)	38:07

Santa Clara Central Park Run

April 10. 3.4 miles.

Division Winners — 11-Under (boys): 1. Bryan Huggins (11) Sunnyvale 21:16, 11-Under (girls): 1. Michele Matthews (9) Santa Clara 27:34, 12-18 (man): 1. Grant Foster (18) Cupertino 17:13. 12-18

(woman): 1. Julie McVay (12) Campbell 23:54. 19-29: 1. Fred Huxham (20) San Jose 18:18. 19-20 (woman): 1. Zoe Davies (19) San Jose 21:39. 30-39 (man): 1. Keith Jeffers (35) Santa Clara 18:10. 30-39 (woman): 1. Ronnie Griese (39) Cupertino 23:56. 40-49 (man): 1. Juan Armendariz (43) Millipitas 19:24. 40-49 (woman): 1. Deanna Stevenson (43) San Jose 24:07. 50+ (man): 1. Bill Barclay (51) San Jose 21:02. 50+ (woman): 1. Diane Gomes, (51) San Jose 26:47.

Overall	
1 Grant Foster	17:13
2 Rory O'Flaherty	17:35
3 Greg Machado	17:57
4 Keith Jeffers	18:10
5 Fred Huxham	18:13
6 Frank Velasquez	18:18
7 Edward Tico	18:24
8 Mike Turner	19:20
9 Scott Snap	19:23
10 Juan Armendariz	19:24
11 George Gilbert	19:29
12 Efram Aguilar	19:59
13 Paul Armstrong	20:03
14 Greg Foster	20:20
15 John McGuire	20:27
16 Joe Trevino	20:32
17 Vic Andrews	20:38
18 Dave Glade	20:51
19 Larry Kuminer	20:51
20 Rich Haley	20:53

Tierrasanta Kiwanis Spring Run

April 16. San Diego. 10K.

1 Sean Evans	32:12
2 Peter Jansson	33:54
3 Barry Mangan	34:10
4 Shirley Graeme	34:21
5 Kevin Heaton	34:33
6 Andy MacKay	34:44
7 Kenneth Alberg	35:14
8 Dennis Kasischke	35:25
9 John Geary	35:34
10 Jim Williams	35:45
Men: 12 & Under: 1. Ben Benumof 41:46. 13-17: 1. Yolando Tapala 37:00. 18-29: 1. Sean Evans 32:12, 2. Peter Jansson 33:54, 3. Kevin Heaton 34:33. 30-39: 1. Barry Mangan 34:10, 2. Graeme Shirley 34:21, 3. Andy MacKay 34:44. 40-49: 1. Jim Williams 35:45, 2. Robert McAndrews 36:41, 3. John Meyer 37:59. 50-59: 1. Bob Mangrum 40:53, 2. Art Holzman 41:29, 3. Tom Zwiers 42:43. 60 Plus: 1. Wayne Zook 42:50, 2. Hal Elrick 47:55, 3. Alden Boor 50:36.	

10 Top Women	
1 Ellen Turkel	40:22
2 Cindy Cohagen	40:49
3 Natalie Fernandez	41:48
4 Rufus Scheider	41:49
5 Joni Pendleton	42:16
6 Robin Paine	42:32
7 Veronica Aguilar	45:28
8 Moe Jackson	45:38
9 Carol Franklin	45:39
10 Anna Strathman	45:51
Divisions: 12 & Under: 1. Kamille Winiecki 53:25. 13-17: 1. Mari Sequerra 49:06. 18-29: 1. Ellen Turkel 40:22, 2. Natalie Fernandez 41:48, 3. Rufus Scheider 41:49. 30-39: 1. Cindy Cohagen 40:49, 2. Joni Pendleton 42:16, 3. Robin Paine 42:32. 40-49: 1. Judy Splitgerber 44:49, 2. Betty Frankum 51:04, 3. Martha Walker 51:46. 50-59: 1. Sheila Charlton 49:22, 2. Nicki Hobson 49:46.	

Roseburg Track Club 50K

April 16. Roseburg, OR. 31.1 miles.

1 Max White (30-39)	3:09:28
2 Doug Robin (40-49)	3:50:17
3 Chris Hart (1F/30-39)	4:08:19
4 Rene Casteran (2/30-39)	4:08:23
5 Shelley Loosley (1F/20-29)	4:12:30
6 Rich Bland (2/40-49)	4:16:35
7 Fred Smith (1/50-59)	4:17:32
8 Vic Harris (1/18-29)	4:20:40
9 Geo Glasser (2/50-59)	4:26:55
10 Steve Hamilton (3/40-49)	4:37:31
11 Nan Bland (1F/40-49)	4:46:27

Run For Fun

From Norman Arco

April 16. San Marino. 5 & 10K.
Women: 12 & Under: Cindy Perez 20:19. 13-15: Joan Niemyer 22:25. 16-18: Bryn Devor 24:03. 19-29: Mary Kattianen 21:05. 30-39: Bonnie Norquist 22:04. 40-49: Alice Evarold 26:16. 50-59: Murle Hess 42:14.
Men: 12 & Under: Jeff Weston 22:56. 13-15: Rodney Aguirre 17:24. 16-18: Richard Clark 17:43. 19-29: Phillip Mitchell 19:07. 30-39: Frank Meza 17:18. 40-49: Wendall Mortimer 21:40. 50-59: Walt Windsor 18:28. 60 Plus: Harold Putnam 36:01.
10K
Women: 12 & Under: Patricia Montes De Oca 46:24. 13-15: Susette Garcia 46:32. 16-18: Jane Bell 50:29. 19-29: Magdalena Gonzalez 44:45. 30-39: Penny Moynihan 48:58. 40-49: Shieila Hasham 41:36. 50-59: Kathy Vento 54:48.
Men: 12 & Under: Brian Sax 42:10. 13-15: Aaron Mascoro 36:27. 16-18: Brad Thompson 37:00. 19-29: Jesus Martinez 35:49. 30-39: Robert Day 32:31. 40-49: Lee Baca 38:13. 50-59: Art Soderblom 43:18. 60 Plus: Ed Johnstone 47:38.

Let's Get Together 5 Miler

From Mark Reynolds

April 16. Mountain View.

Men: 18 & Under: 1. Timothy Hess 30:27. 2. Tim Donahue 33:29. 3. Jerome Daniels 34:15. 19-29: 1. Sal Berunen (1st overall) 24:37, 2. Glyn Reynolds 24:39. 3. Dave Dempsey 25:08. 30-39: 1. Eddie Lanzarin 25:56, 2. Bill Brusher NT, 3. Brian Oldham 26:56. 40 Plus: 1. Jerry Lewis 26:51, 2. Dennis Egle 29:43, 3. Sam Harwood 29:56.
Women: 18 & Under: 1. Emily Durie 38:28. 19-29: 1. Sue Brusher (1st overall) 30:11, 2. JoAnne Street 38:01, 3. W.U. Parlone 40:28. 30-39: 1. Linda Mantynen 31:11, 2. Marcia Wells Chapman 36:09, 3. Ellen Chandler 37:56. 40 Plus: 1. Fran Kristoffer 35:49, 2. Diana Thompson 39:42, 3. Judy Schmidt 41:50.

Springville Sierra 10K Run

From Robert Gillett

April 16. Springville.

Men: 18 & Under: 1. Blake Fleeman 44:42. 2. Sloan Reape 47:20, 3. Brad Helton 49:10. 19-29: 1. James Cummings (1st overall) 40:04, 2. Adrian Huerta 43:17, 3. Ben Maguna 44:09. 30-39: 1. Rob Boulton 40:48, 2. Steve Johnson 41:42, 3. Bob Merzoian 42:04. 40 Plus: 1. Fred Mendoza 40:20, 2. Jerry Gibbs 43:43, 3. Chuck Waller 43:51.
Women: 18 & Under: 1. Heather Molloy 52:08. 19-29: 1. Stacia Joy Standifer 54:37, 2. Laurie Morris 55:39. 30-39: 1. Juanita Gibbs (1st overall) 50:17, 40 Plus: 1. Carol Olen 58:21, 2. Fran Swift 59:46, 3. Carol Lapham 64:11.

Gold Bar Run

from SERGIO MERCADO

April 16. San Jose.

Top Men's Divisions
15-Under: 1. Mark Gallon 37:44, 2. John Campos 40:02, 3. Larry Dominguez 41:14. 16-29: 1. Michael Holst 32:42, 2. Gilbert Brooks 33:12, 3. Chris Kadoch 34:01. 30-39: 1. John Clary 34:12, 2. Lester Devoe 34:58, 3. Donald Rebal 37:39. 40-Over: 1. White Jake 33:18, 2. John Deitchman 37:17, 3. John Garioto 38:16.
Top Women's Divisions
15-Under: 1. Cindy Novak 59:48. 16-29: 1. Andrea Crespo 47:58, 2. Mary Cummings 49:20, 3. Stephanie Redd 50:27. 30-39: 1. Lailani Camara 49:10, 2. Antoinette White 51:36. 40-Over: 1. Diane Bromstead 45:36, 2. Peggy Geelhaar 1:04:51.

Results

City of Duarte's Run For Fitness 10K & 5K

From Jesse Duff

April 16. Duarte.

Approximately 650 runners participated in the races which took them through residential streets at the base of the scenic San Gabriel Mountains.

The fastest time in the 5K was 15:12 recorded by Dennis Forthoffer of Pico Rivera. His time bettered the course record by 1:03. The fastest time for a woman was 18:54 and was recorded by Heather Dibdin of Sierra Madre. Her time was a course record for the women.

Enrique Serratos of Baldwin Park recorded the fastest time for the 10K running it in 33:14. Patty Hager of Altadena ran the race in 42:06, recording the fastest 10K for a woman and breaking the previous record by 36 seconds.



Dennis Forthoffer

5K

Men: 13 & Under: 1. Michael Steiner 19:37, 2. Jesus Torres 22:48, 3. John Vasconcellos 23:12. **14-17:** 1. Raul Serayos 15:45, 2. Darrel Turner 17:02, 3. Salavadoe Orozco 17:55. **18-24:** 1. T. Carlton 15:44, 2. Tom Roach 16:08, 3. Richard Sanchez 16:55. **25-29:** 1. Dennis Forthoffer 15:12, 2. Peter Mogg 16:01, 3. Jovenal Navarjo 16:46. **30-34:** 1. Fred Doubell 16:33, 2. Chris Melvin 16:56, 3. Joel Abdus Shakoor 18:03. **35-39:** 1. Bill Sumner 16:26, 2. Bruce Geddes 16:53, 3. Steve Johnson 17:28. **40-44:** 1. Florenzo Vargas 18:01, 2. John Branner 18:11, 3. Jam Cleveland 19:03. **45-49:** 1. Richard Flores 17:43, 2. Eugene Black 18:40, 3. John Corrales 20:35. **50-59:** 1. Larry Banvelos 18:53, 2. Ricardo Elizarrar 19:14, 3. Ignacio Mariscal 20:17. **60 & Over:** 1. Bill Weiss 23:45, 2. Thomas Smith 28:27, 3. Larry Kelbley 32:17.

Women: 13 & Under: 1. Lorena Ramirez 20:11, 2. Lucinda Reyes 21:53, 3. Marcy Weiss 24:25. **14-17:** 1. Joanne Maldonado 19:02, 2. Cheryl Oslinker 19:20, 3. Lorraine Mandella 20:41. **18-24:** 1. Heather Dibdin 18:54, 2. Nannette Schneider 21:55, 3. Laura Colburn 25:22. **25-29:** 1. Jeanne Kawashima 20:11, 2. Virginia Juarez 20:39, 3. Leonora Long 22:16. **30-34:** 1. Cynthia Huff 24:13, 2. Katie Moulder 24:15, 3. Jaydene Welsh 27:42. **35-39:** 1. Lorraine Silver 24:30, 2. Virginia Bybee

25:03, 3. Rosemary Baldazo 26:00. **40-44:** 1. Cecily Parke 22:18, 2. Sally Wozaniak 24:34, 3. Pauline Rogers 26:37. **45-49:** 1. Jean Sutton 31:13, 2. Eileen Gabaldon 33:15, 3. Rose Ferris 36:13. **50-59:** 1. Frances Tilford 29:08, 2. Carol Pederson 31:46, 3. Frances Holguin 33:27. **60 & Over:** 1. Lucy Byers 36:41, 2. Leong Vinson 40:42.

10K

Men: 13 & Under: 1. Terel Reyes 42:42, 2. Mike Dupalx 51:50, 3. Darrel McConnel 1:00:50. **14-17:** 1. Jose Jimenez 35:20, 2. Joe Cardenas 35:54, 3. Barry Crawford 36:42. **18-24:** 1. Thomas Robbins 34:26, 2. Alex Miranda 34:35, 3. Steven Haas 35:01. **25-29:** 1. Sam Evans 34:28, 2. Don Wakefield 35:31, 3. Adolfo Serrato 36:08. **30-34:** 1. Enrique Serratos 33:14, 2. Mike Lozoya 34:12, 3. Ralph West 36:57. **35-39:** 1. Larry Fabela 35:44, 2. Octavio Canche 36:59, 3. Richard Tufts 39:21. **40-44:** 1. John Thalman 38:02, 2. Joe Cuevas 38:22, 3. D. Thouch 39:47. **45-49:** 1. Rich Vasquez 39:37, 2. Kurt Triesselman 40:45, 3. Bill Castro 41:33. **50-59:** 1. Aurelio Camacho 39:29, 2. Sam Waltmire 42:38, 3. Ted Ortiz 43:06. **60 & Over:** 1. Steve Chipilis 44:07, 2. LeRoy Wherley 47:08, 3. William Dieteric 47:51.

Women: 13 & Under: 1. Amber Chavez 42:38, 2. Sara Lee Reyes 55:12, 3. Avaceli Silva 1:10.12. **14-17:** 1. Anna Enright 50:11. **18-24:** 1. Frances Hart 50:06, 2. Michelle Bernhardt 50:26, 3. Laura Oswald 51:29. **25-29:** 1. Andrea Wayman 45:30, 2. Pam Nagami 50:57, 3. Rosalyn Keathley 54:26. **30-34:** 1. Patty Hager 42:06, 2. Nadine Fabio 48:25, 3. Jan Glavan 49:56. **35-39:** 1. Silvia Margarita 49:22, 2. Nancy Ishino 56:50, 3. Mary Ann Palmiotto 59:27. **40-44:** 1. Mary Ann Yr 51:30, 2. Marlotte Corteann 53:22, 3. Eloisa Alaniz 54:46. **50-59:** 1. Pauline Robinson 1:02:11, 2. Erika Fleischer 1:06:32, 3. Mildred Swiader 1:10:39.

Son of a Ditch Run

April 16. Weaverville. 4.85 miles.

1 Greg Whalen	32:24
2 Phil Storms	34:24
3 Zippy Pinhead	34:43
4 Robert Berg	34:57
5 Chuck Conway	35:06
6 Bill Halcomb	35:48
7 Wayne Farrar	37:53
8 Hilario Salsedo	38:06
9 Franke Toste	39:36
10 Allan Alexander	40:48
11 Erick Newhatch	41:16
12 Ivan Gunna Runtheditch	41:16
13 Matthew Alexander	41:22
14 Billie Skidd (1/F)	42:45
15 Dave Laffranchini	42:38
20 Denise Reed (2/F)	44:07
29 Diane Toste (3/F)	53:59
32 Shannon Goff (4/F)	56:59
33 Karen Beckman (5/F)	57:11

Run For Playmates 10K

April 16. Golden Gate Park, San Francisco.

1 Ed Callaway (20)	31:07.8
2 Unofficial	34:42.3
3 Dave Handsher (34)	35:22.9
4 Pedram Aram (16)	35:46.7
5 Larry Bechtel (33)	36:12.1
6 Joe Montoya (31)	36:54.4
7 Unofficial	37:18.3
8 Chris Sullivan (32)	37:34.5
9 R. Siciliano (37)	37:41.7
10 R. Williams (23)	38:22.8
11 Frank Bohan (29)	38:46.6
12 John Pierce (35)	38:56.6
13 Jerry Welsh (43)	39:08.9
14 J. Hardaway (46)	39:31.1
15 M. Locati (31)	39:31.9
29 Nancy Justice (32)1/F	41:47.6
34 Elaine Ivaldi (36)2/F	42:38.7

47 Kate Thorton (38)3/F 45:56.7
54 J. Fishman (54)1/50&O 47:36.5
60 Richard Reynolds (52)2/50&O 48:38.1
66 Carl Webber (59)3/50&O 49:51.0

Milpitas Quarterly

April 16. 3.89 mile.

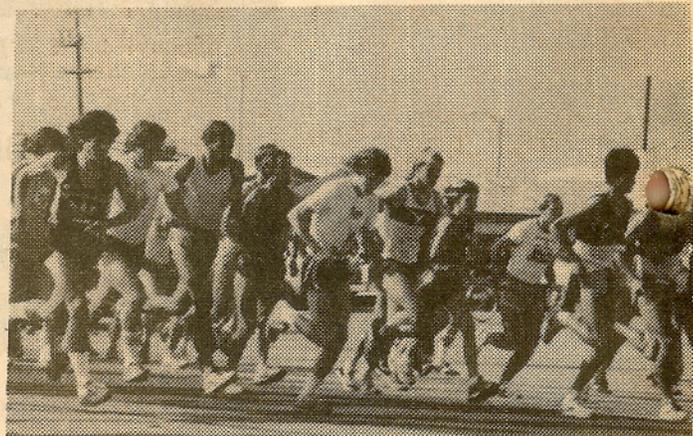
This race is just a little local run for the nearby residents to run and have fun. The top five males broke away from the field of 60 runners (7 females) with a 5:03 mile and 10:19 2 mile split. The Berkeley runner, Fred Huxham picked up the pace, and the rest, including early mile to two mile leader Mike Licalsi faded. Times are fast for a low key race held on a slightly hilly course and very humid temperatures. Mike Licalsi and Jack Licalsi are father and son; Mike holds the 15 and under course record 22:03 and Jack Licalsi is top masters runner in these series of races.

Men

1 Fred Huxham (Golden Bear TC)	21:37
2 Erick Studienka	21:39
3 Jose Vega (STC)	21:40
4 Allen Smith (Ryans)	21:45
5 Mike Licalsi (Conv.Pac.West)	22:13
6 Jack Licalsi (1st Master)	27:13

Women

1 Michelle Bush	25:06
2 Gretchen Hill	25:30
3 Dottie Novak	29:13



Start of Milpitas Quarterly

Open Space Race

From Rick Jahn

April 17. Santa Cruz. 10K.

The second annual Open Space Race, sponsored by the Land Trust of Santa Cruz County, drew 209 entrants for the 10K course along West Cliff Drive in Santa Cruz, April 17.

The first three male runners finishing the race were Wayne Hurst of Los Gatos (32:34.2), Greg Brock of Corralitos (32:36.8) and Terry Rusboldt of Santa Cruz (33:41.6). Among three wheelchair entrants, Jerry Deets finished first with a time of 36:28.2.

The first three women runners to finish were Tina Ebrahiman, Scotts Valley (39:06.0), Heather Rezowalli, Santa Clara (41:33.1), and Judy Dorosin of La Selva Beach (41:35.9).

Winners in each age division were: **12 & Under:** (M) Jesse Santana who broke a national record at 36:01.0; (F) Angela Hernandez (43:29.6). **13-19:** (M) Richard Hand (51:06.6); (F) Susan Stephens (42:59.1). **20-29:** (M) Wayne Hurst (32:34.2); (F) Tina Ebrahiman (39:06.0). **30-39:** (M) Greg Brock (32:36.0); (F) Heather Rezowalli (41:33.1). **40-49:** (M) A.J. Kopacz (35:58.0); (F) Judy Dorosin (41:35.9). **50 Plus:** (M) Jerry Schumb (45:51.6).

Mountain Race

April 17. 10K X-C Ski, 10K Run, 30K Run

Men

1 Lyle Nelson (Soda Springs)	1:51:58
2 John Gailson (So. Tahoe)	1:52:51
3 Mike Lannoy (Tahoe Paradise)	1:52:55
4 Tom Regan (So. Tahoe)	1:55:45
5 Jens Ivar Brox (Norway)	2:02:53

Women

1 Holly Beatie (Soda Springs)	2:08:27
2 Debbie Waldear (Tahoe Par.)	2:12:05
3 Wink Luskin (Genoa)	2:19:19
4 Colleen Connors (Homewood)	2:22:21
5 Marilyn McCormick (Truckee)	2:24:16

Divisions: Men: Under 20: 1. Rob Van Kirk 2:20:53, 2. Mike Smith 2:27:12, 3. Mike Hoog 2:51:10. **20-29:** 1. John Gailson NT. 2. Mike Lannoy 1:52:55, 3. Jens Ivar Brox 2:02:53. **30-39:** 1. Lyle Nelson 1:51:58, 2. Tom Regan 1:58:45, 3. Arild Jensen 2:08:02. **40-49:** 1. Kim Layton 2:06:29, 2. Philippe Mollard 2:08:37, 3. Art Branchini 2:13:33. **50 & Over:** 1. Irv Faria 2:30:15, 2. Bill Van Horn 2:36:54, 3. John Martinson 3:05:45.

Women: 20-29: 1. Beatie 2:08:27, 2. Colleen Connors 2:22:21, 3. Claire McCarty 2:41:15. **30-39:** 1. Debbie Waldear 2:12:05, 2. Wink Luskin 2:19:19, 3. Marilyn McCormick 2:24:16. **40-49:** 1. Joan Skrmetta 2:30:06, 2. Hedda Facchino 2:43:53.

Vineyard Run

April 17. Geyserville. 3K, 10K & 30K

3K

12-18 year olds: 1. Tim Schlander. **Men Over-18:** 1. George Mason 10:55. **Women Over-18:** 1. Carolyn Du Bay 12:54.

10K

Men's Divisions — Boys: 1. Dave Feniger 44:11. **High School:** 1. Mark Pfau 39:47. **18-29:** 1. Scott Leonard 37:10, 2. Mark Ryan 37:11, 3. Rick Blackmon 38:05. **30-39:** 1. Mike McClendon 36:50, 2. John Kirn 36:57, 3. Ken Gurley 37:05. **40-49:** 1. Richard Frampton 40:55, 2. David Webster 41:21, 3. Arnold Cleveland 41:23. **50-59:** 1. Alan Bellon 39:57, 2. Louis Menachof 43:54, 3. Bob Testorelli 44:16. **60-Over:** 1. Dick DeKay 47:15, 2. Dan Timmerman 58:32. **Open Men's:** 1. Chris Thomas 35:34 (placed first overall), 2. Glen McCarthy 36:35, 3. Mike McGuire 37:06. **Wheelchair:** 1. Don Lively 1:13:40.

Women's Divisions — Girls: 1. Tracy O'Neil 1:12:24. **High School:** 1. Samples 50:32. **18-29:** 1. Cindi Williams 43:12, 2. Hermine Terhorst 45:13, 3. Rebecca Nieto 45:49. **30-39:** 1. Vickie French 43:49, 2. Kimberly Bricker 46:19, 3. Kathy Ketter 47:51. **40-49:** 1. Margaret Oakes 45:17, 2. Phyllis Schmitt 50:10, 3. Cherry Young 53:19. **50-59:** 1. Lois Cook 1:02:23, 2. Marilyn Reynolds 1:02:31, 3.

Phyllis Ennis 1:03:32. **60-Over:** 1. Margaret McCabe 2:06:51. **Open Women:** 1. Peggy Izzett 41:32. **Master Women:** 1. Katherine Singer 45:43, 2. Caron Scholanberg 47:30. **30K**

Men Under-40: 1. Jim Gibbons 1:59:55, 2. Roger Scott 2:01:45, 3. Bill Davis 2:03:07. **Men 40-Over:** 1. Craig Roland 2:00:45, 2. Arnold Schultz 2:10:41, 3. Malcolm Singer 2:12:59. **Women Under-40:** 1. Janet Sammis 2:17:36, 2. Carolyn Conti 2:22:40, 3. Sandy Mike 2:26:45.

J.C. Penneys Fun Run

April 17. Fresno. 5 & 2 Miles.

1 Tony Ramirez	24:42
2 Jim Hartig	24:49
3 Robert Tapia	25:58
4 Darrel Cox	26:24
5 Eric Little	26:34
6 Juan Garza	26:36
7 Bryan Foley	26:42
8 Jason Lienau	26:56
9 Jeff Merrow	27:39
10 Richard Harkless	28:14
11 David Williams	28:29
12 Craig Ella	28:44
13 Andres Patlan	28:49
14 Oswald White	28:56
15 Frank Delgado	29:06
16 Bruce Anderson	29:09
17 Len Thornton	29:21
18 Dan Trout	29:23
19 John Blanchette	29:25
20 Patrick Dunning	29:29
21 Paul Petty	29:30
22 John Rodriguez	29:34
23 David Blalock	29:51
24 Sid Cram	29:59
25 John Aldrich	30:07

Men: 10-14: 1. Jason Lienau 25:56, 15-19: 1. John Blanchett 29:25, 20-29: 1. Tony Ramirez 24:42, 2. Jim Hartig 24:49, 3. Robert Topia 25:58. **30-39:** 1. Juan Garza 26:36, 2. David Williams 28:29, 3. Craig Ella 28:44. **40-49:** 1. Frank Delgado 29:06, 2. Don Trout 29:23, 3. Sid Cram 29:59. **50 Plus:** 1. Len Thornton 29:21, 2. Dick Cain 30:17, 3. Dan Seamount 33:38. **Wheelchair:** 1. Danny Hernandez 28:55. **Women:** 10-14: 1. Theresa Machado 44:46, 15-19: 1. Sylvia Santestevan 34:55, 20-29: 1. Shirley Randal 32:22, 2. Hermin Romero 35:22, 3. Evangelina Lopez 35:55. **30-39:** 1. Rosa Medina 33:51, 2. Janie Rodriguez 36:49, 3. Terry Nichols 39:05. **40-49:** 1. Jeane Arakalein 34:56, 2. Heidi Fialho 43:58, 3. Stella Hinds 44:58. **50 Plus:** 1. Dorothy Thomas 38:31, 2. Liz Demonte 40:09, 3. Norma DerMyrdchian 51:46.

2 Miles

1 Rod Marvin	9:58.7
2 Cary Hayward	10:10
3 Erasmo Quintanilla	10:27
4 Douglas Arnel	10:40
5 Jesse Aguilar	10:41
6 Clem Flores	10:41
7 George Garcia	10:42
8 Mike Figueroa	10:53
9 Thomas Williams	10:56
10 Mark Foraker	11:05
11 Todd Shaller	11:12
12 Ron Thomason	11:12
13 Eric Love	11:13
14 Spencer Carter	11:15
15 Brian Butler	11:23

Men: 10-14: 1. Thomas Williams 10:56, 15-19: 1. Cary Hayward 10:10, 20-29: 1. Rod Marvin 9:58.7, 2. Erasmo Quintanilla 10:27, 3. Clem Flores 10:41. **30-39:** 1. George Garcia 10:42, 2. David Solle 11:37, 3. Victor Salazar 11:49. **40-49:** 1. Henry Clark 11:56, 2. Fred Keenom 12:07, 3. Jim Raymond 12:07. **50 Plus:** 1. Tom McLaughlin 15:24, 2. Joe Gomez 19:46, 3. Clyde Fannon 20:52. **Wheelchair:** 1. Refugio Montova.

Women: 10-14: 1. Jenny Horg 13:41, 15-19: 1. Dayna Griffin 15:41, 20-29: 1. Celia Felix 16:13, 30-39: 1. Sylvia Valdez 14:37, 40-49: 1. Sandy MacBride 16:46. **50 Plus:** 1. Evelyn Krumbeln 21:05.



Sue Babcock & Sal Vasquez display their unique awards from the Livermore Nowhere to Run 10K.

Nowhere To Run 10K

April 17. Livermore.

Sal Vasquez, a 43-year-old pressman from Alameda, captured the first annual Nowhere to Run 10K in Livermore, Calif. The masters national record holder took the lead from Castro Valley's Dan Anderson at 4 1/2 miles to win by 20 seconds in 32:22. The event, which drew 319 finishers, was organized to draw attention to Lawrence Livermore Lab's role in the arms race.

Men: 1. Sal Vasquez 32:22, 2. Rich Langford 32:42, 3. Dan Anderson 32:47, 4. Jim Van Dine 33:38, 5. G. Gomez 35:50, 6. Joe Sander 35:56, 7. Jeff Fitzmeyers 36:08, 8. J.E. Rosenberger 36:15, 9. S. Rios 36:37, 10. Fred Merciar 36:53. **12 & Under:** 1. Mike Coleman 50:15, 13-15: 1. Joe Sander 35:56, 16-18: 1. Jeff Fitzmeyers 36:08, 19-29: 1. Van Dine, 30-39: 1. Langford, 40-49: 1. Vasquez. **50 & Over:** 1. Sanford Dorbin 40:17. **Wheelchair:** 1. Troy Durham 33:55.

Women: 1. Sue Babcock 43:27, 2. Shirley Church 44:03, 3. Sue Goddard 44:38, 4. Sally Savitz 45:18, 5. Joan Yater 45:31. **13-15:** 1. Debbie Kelsey 48:50, 16-18: 1. Hilda Martin 58:44, 19-29: 1. Babcock, 30-39: 1. Goddard, 40-49: 1. Church, 50 & Over: 1. Margaret Houston 48:57. **Wheelchair:** 1. Sue Shapiro 51:19.

Run For Life 10K

April 17. Stanford University.

Men: 12 & Under: Steve Markovich 45.3, 13-17: Bob McLaughlin 34:42, 18-29: 1. Gary Nitti 32:10, 30-39: Domingo Tbaduiza (1st overall) 31:51.1, 40-49: 1. John Deltchman 36:40. **50 Plus:** Ulrich Kaempf 34:30.

Women: 12 & Under: Serena De La Cruz 39:19, 13-17: Lori Hill 40:31, 18-29: April Powers (1st overall) 35:54, 30-39: Linda Mantynen 39:46, 40-49: Linda Sampsell 41:29, 50 Plus: Jaclyn Caselli 46:32.

Sunland Tujunga Rotary 5K & 10K

From Ted Mertz

April 17. Sunland.

Men 10K

13-19: 1. Eddie Quintana 36:12.8, 2. Karl Schulz 37:32.5, 3. Mark Steuer 39:30.9, 20-29: 1. Jose Castellanos 34:21.9, 2. Enrique Castro 34:40, 3. Glenn Rollins 36:49.8, 30-39: 1. Pedro Ponce 36:06.5, 2. Ronald Sykes Tujunga 37:09.2, 3. Arthur Martinez 38:40.2, 40-49: 1. James Murphy 38:40.4, 2. Jerry Van Meter 39:50.9, 3. Doug McKeon 42:43.9, 50-59: 1. Bob Gerlach 41:05.4, 2. James Simos 45:52.8, 3. Carl Barnes 48:17.7. **60 & Over:** 1. Steve Chiplis 46:11.5, 2. Sam Simon 48:36.7, 3. Louis Koster 51:38.1.

Women 10K

12 & Under: 1. Camille Flores 47:11, 2. Luisa Villanueva 55:49.9, 13-19: 1. Stacy Kamiyama 48:53.6, 2. Julie Lavine 49:15.6, 3. Maricruz Carrillo 49:28, 20-29: 1. Nina Darst 47:38.3, 2. Lucy Innuso 50:21.9, 3. Peggy Jordan 51:35.5, 30-39: 1. Terri Goodreau 45:21.9, 2. Mary Jane Mitchell 47:38.8, 3. Luvinia Triplett 48:25.7, 40-49: 1. Jane Dods 50:22.5, 2. Patricia Kennedy 55:41.4, 3. Marjorie Anderson 58:57.8, 50-59: 1. Daisy Wong 56:37.

Men 5K

12 & Under: 1. Darryl Dela 20:40.3, 2. Kipp Ortenburger 20:55.3, 3. Paul Lambarri 21:48.6, 13-19: 1. Gregg Allen 17:39.3, 2. Douglas Miller 17:52.1, 3. Eric Sawyer 18:06.3, 20-29: 1. Richard Crowder 15:58.5, 2. Derek Furukawa 17:46.2, 3. Val Hoag 18:36.7, 30-39: 1. Fred Doubell 16:45.6, 2. Octaviano Canche 17:53.4, 3. Paul Stella 20:15.9, 40-49: 1. Baldomero Pedraza 19:42, 2. Don Peskie 21:26, 3. Norman Johnson 22:02.5, 50-59: 1. Walt Windsor 18:33.8, 2. Leonard Walts 20:32.5, 3. Tad Fujioka 22:18.6. **60 & Over:** 1. David Cohen 21:51.5, 2. Loren Peterman 24:55.7, 3. Gordon Eckstrom 26:54.8.

Women 5K

12 & Under: 1. Diane Castillo 21:03, 2. Veronica Chavez 21:44.4, 3. Cindy Chavez 22:40.4, 13-19: 1. Marlene Reyes 26:21.1, 2.

Teresa Stable 23:24.8, 3. Stella Johnson 27:45.8, 20-29: 1. Jeanne Kawashima 21:14.1, 2. Sharol Olson 23:55.9, 3. Bertha Ybarra 24:04, 30-39: 1. Margarita Silva 23:19.2, 2. Marilee Sykes 24:30.1, 3. Marye Leslie 24:55.7, 40-49: 1. Virginia Taneja 22:42.3, 2. Elaine Hemenway 27:17.9, 3. Kathleen Steven 27:54.9, 50-59: 1. Arlene Simon 36:36.2, 2. Luz Gutierrez 42:14.1, 3. Phyllis Parker 50:03.9.

Lafayette Loop Run 10K

From ANNE BURK

April 17. Lafayette.

MEN

13 & under: 1. Scott Sutch 42:16, 14-17: 1. Sean Barrett 35:26, 18-39: 1. Bill Stolp 31:25, 40-49: 1. David Weamer 33:06, 50-59: 1. Jack Hodges 37:53, 60 plus: 1. Paul Reese 40:23.

WOMEN

13 & under: 1. Francesca Fitzgerald 43:??, 14-17: 1. Allison Keller 39:29, 18-39: 1. DeGraw 41:13, 40-49: 1. Agatha Sue Lee 39:52, 50-59: 1. Eileen Klatsky 47:14.

Simi Valley Freedom 5 & 10K

From Bob Stotz

April 17.

10K

Females: 12 & Under: Holly Briggs 48:16.5, 13-17: Kim Posey 57:42.9, 18-24: Kathy Ireland 49:01.2, 25-29: Joyce Klausmeier 37:46.4 (overall winner), 30-34: Kerry Spadaro 48:52.6, 35-39: Judy Kewley 39:11.2, 40-44: Marilyn Kistner 51:45.7, 45-49: Synde Leman 57:35.1, 50-54: Brenda Houghton 53:02.5. **Male:** 12 & Under: Chad Malesich 41:17.3, 13-17: Chad Nash 35:12.4, 18-24: John Spilman 32:38.3 (overall winner), 25-29: Shane Sarver 37:57.25, 30-34: Ed Birrer 37:18.3, 35-39: John Loeschhorn 33:45.3, 40-44: Aba Ramirez 38:11.0, 45-49: Jim Knerr 34:47.8, 50-54: Ernest Schultz 41:43.4, 55-59: Milo Sather 47:38.5, 60 & Over: Leo Mahler 56:36.3.

5K

Females: 12 & Under: Carmen Ibarra 25:34.2, 13-17: Debbie Bosman 23:57.5, 18-24: Jolelyn Letney 23:13.3, 25-29: Frankl Jacobs 23:05.9, 30-34: Bonnie Edwards 20:53.3 (overall winner), 35-39: Patti O'Bryne 24:06.0, 40-44: Connie Owens 26:05.6, 45-49: Sara Fonseca 27:32.4, 50-54: Wilma Van Daalen 45:44.6. **Male:** 12 & Under: Johannes Kim 24:17.9, 13-17: Jerry Gerritsen 19:08.9, 18-24: Scott Kistner 16:11.1 (overall winner), 25-29: Mark Gonzalez 20:21.4, 30-34: Steve Glock 16:21.7, 35-39: Joe Jacobsen 16:32.9, 40-44: Ray De La Cruz 19:22.7, 45-49: Robert Ploos 21:29.0, 50-54: Sherman Williams 40:06.0, 55-59: Donald Bernel 22:14.8, 60 & Over: Filip Rasmussen 24:00.3.

Boston Marathon

April 18.

Men

1 Gregory Meyer (Mass.)	2:09.00
2 Ron Tabb (Eugene, Ore)	2:09.31
3 Benji Durden (Stone Mt., Ga)	2:09.57
4 Ed Mendoza (Flagstaff, Az)	2:10.06
5 Christopher Bunyan (Ill.)	2:10.54
6 David Edge (Ontario)	2:11.03
7 Michael Layman (Washington)	2:11.24
8 Daniel Schlesinger (Mass.)	2:11.36
9 Jeff Wells (Eugene, Ore)	2:11.42
10 Bill Rodgers (Mass.)	2:11.58
13 Duncan MacDonald (Calif)	2:12.49
16 Harold Schulz (Calif)	2:13.37
17 Dennis Rinde (Calif)	2:13.48
18 Ric Sayre (Ore)	2:13.49
20 Kevin McCarey (Calif)	2:14.09

Results

31 Michael Pinocci (Calif)	2:15:50
32 Paul Cummings (Utah)	2:16:05
33 Joel Hope (Calif)	2:16:10
35 Ralph Serna (Calif)	2:16:26
45 Armando Cendejas (Calif)	2:17:15
50 Ron Fritze (Calif)	2:17:31
51 Greg Gawlik (Calif)	2:17:31
55 Gary Tuttle (Calif)	2:17:40
73 Ben Wilson (Calif)	2:18:51
77 Brian Maxwell (Calif)	2:19:13
91 Emil Magallanes (Calif)	2:20:44
162 Mike Porter (Calif)	2:24:49
168 Peter Kanfer (Calif)	2:25:10
176 David Jackson (Calif)	2:25:22
198 Kim Ulle (Calif)	2:26:16
199 Carey Simons (Calif)	2:26:18
262 Gary Goettelmann (Calif)	2:28:29
288 Ken Grace (Calif)	2:29:09
295 Charles Thompson (Calif)	2:29:20
300 Dennis Wilson (Calif)	2:29:33
307 Anton Gonzales (Calif)	2:29:52
312 Doug Towne (Calif)	3:30:01
337 Doug Berbera (Calif)	3:31:01
377 Joe Glassman (Calif)	2:32:13
411 Terry Mack (Calif)	2:33:09
467 Boyd Hartley (Calif)	2:34:31
474 Rudy Mondragon (Calif)	2:34:48
475 Harold Goforth (Calif)	2:34:51
476 Steve Peterson (Calif)	2:34:51
477 Joe Ancira (Calif)	2:34:54
478 Lester Mina (Calif)	2:34:54
486 Richard Weeks (Calif)	2:35:07
491 Ken Grebenstein (Calif)	2:35:13
509 David Brandon (Calif)	2:35:39
564 Mark Hines (Calif)	2:36:44
620 Jim O'Brien (Calif)	2:37:36
685 Keith Jeffers (Calif)	2:38:41
700 Richard Kenworthy (Calif)	2:38:51
704 Craig Weisnerman (Calif)	2:38:57
715 Ruben Chappins (Calif)	2:39:07
736 Ed Kitchen (Calif)	2:39:21
751 Doug Howe Stevens (Calif)	2:39:31

Women

1 Joan Benoit (Mass)	2:22:42
2 Jacqueline Gareau (Quebec)	2:29:27
3 Mary Shea (N. Carolina)	2:33:23
4 Karen Dunn (New Hampshire)	2:33:35
5 Sue King (Ala)	2:33:52
6 Jane Wipf (Utah)	2:37:18
7 Kare Cossaboon-Holm (NY)	2:37:40
8 Mindy Ireland (Calif)	2:39:07
9 Maria Trujillo (Ariz)	2:39:45
10 Kim Burns (Ariz)	2:42:10
13 Sharlet Gilbert (Calif)	2:45:33
16 Charlene Gilroy (Calif)	2:48:33

Fontana Days Half-Marathon & 5K

April 23.

Top Men

1 Mark Castro (13-19)	1:05:44
2 Bill Hemphill (25-29)	1:05:46
3 Norman Breen (20-24)	1:07:13
4 Del Valdez (25-29)	1:09:37
5 Steve Boaz (25-29)	1:09:48
6 James Dyer (20-24)	1:09:57
7 Daniel Contreras (30-34)	1:10:45
8 Steve Glocke (30-34)	1:11:02
9 David Hite (30-34)	1:12:44
10 Phil Weiny (40-49)	1:13:43

Top Women

1 Denise Bedford (25-29)	1:18:18
2 Elizabeth Noyola (13-19)	1:26:26
3 Neva Ingersoll (30-34)	1:26:57
4 Josta Santos (30-34)	1:29:41
5 Nadia Atie (13-19)	1:30:47
6 Faith Walker (13-19)	1:31:33
7 Magdalena Gonzales (20-24)	1:32:57
8 Diane Hubert (13-19)	1:33:28
9 Debra Moe (25-29)	1:34:35
10 Kathy Story (35-39)	1:35:13

Men's Divisions

12-Under: 1. David Green 2:00:28. **13-19:** 1. Mark Castro 1:05:44, 2. Lee Sang 1:18:37. **20-24:** 1. Norman Breen 1:07:13, 2. James Dyer 1:09:57, 3. Ron Bezenah 1:18:14. **25-29:** 1. Bill Hemphill 1:05:46, 2. Del Valdez 1:09:37, 3. Steve Boaz 1:09:48. **30-34:** 1. Danny Contreras 1:10:45, 2. Steve Glocke 1:11:02, 3. Dave Hite 1:12:44. **35-39:** 1. Canche Octaviano 1:14:41, 2.

John Scribner 1:16:04, 3. Richard Aguilar 1:16:52. **40-49:** 1. Phil Weiny 1:13:43, 2. John Thalman 1:16:05, 3. Charles Freitas 1:16:26. **50-59:** 1. Jason Harris 1:20:53, 2. Roger Tilford 1:25:20. **60-Over:** 1. John Goodyear 1:32:42. **Wheelchair:** 1. John Riley 54:55.

Women's Divisions

13-19: 1. Elizabeth Noyola 1:26:26. **20-24:** 1. Magdalena Gonzalez 1:32:57, 2. Martha Contreras 1:35:52. **25-29:** 1. Denise Beford 1:18:18, 2. Debra Mae 1:34:35. **30-34:** 1. Neva Ingersoll 1:26:57, 2. Josta Santos 1:29:41. **35-39:** 1. Kathy Story 1:35:13, 2. Kathy Heard 1:38:42. **40-49:** 1. Karen Spangler 1:41:29. **50-Over:** 1. Mable Pitteroff 1:54:22.

5K

Top Men

1 David Ortiz (20-24)	14:52
2 Stephen McGee (30-34)	15:06
3 Jeffery Moreno (20-24)	15:09
4 Fred Doubell (30-34)	15:12
5 Jim Boswell (13-19)	15:20
6 Yon Stoltzfus (25-29)	15:26
7 Bruce Geddes (35-39)	15:29
8 Richard R. Simeone (20-24)	15:37
9 Michael Figueroa (35-39)	15:42
10 Steve Smith (25-29)	16:25

Top Women

1 Sharon Prince (12-U)	17:55
2 Tami Lawler (13-19)	18:17
3 Carrie Chavez (12-U)	18:50
4 Tanya Thayer (12-U)	18:50
5 Darby Grant 12-U	19:03
6 Pat Escamilla (25-29)	19:08
7 Marianne Spear (20-24)	19:24
8 Lucinda Reyes (12-U)	19:36
9 Sue Harwell (13-19)	19:48
10 J. Tim Brook (30-34)	19:55

Men's Divisions

12-Under: 1. Terrel Reyes 17:39, 2. Jimmy Owens 17:44. **13-19:** 1. Jim Boswell 15:20, 2. Todd Norris 16:34. **20-24:** 1. David Ortiz 14:51, 2. Jeff Moreno 15:09, 3. Richard Simeone 15:37. **25-29:** 1. Xon Stoltzfus 15:26, 2. Steve Smith 16:25, 3. Steve Hackney 16:38. **30-34:** 1. Stephen McGee 15:06, 2. Fred Doubell 15:12, 3. Steve Pinkerton 17:20. **35-39:** 1. Bruce Geddes 15:29, 2. Michael Figueroa 15:42. **40-49:** 1. Howard Beck 17:42, 2. Richard Barlin 18:15, 3. Jose Duran 18:38. **50-59:** 1. Larry Banuelos 17:49, 2. Joseph Bruney 18:37. **60-Over:** 1. Leroy T. Wherley 21:00.

Women's Divisions

12-Under: 1. Sharon Prince 17:55, 2. Carrie Chavez 18:50. **13-19:** 1. Tami Lawler 18:17, 2. J. Tim Brook 19:55. **20-24:** 1. Marianne Spear 19:24, 2. Tina Zavala 20:10. **25-29:** 1. Pat Escamilla 19:08. **30-34:** 1. Sue Harwell 19:48, 2. Karen Pinkerton 21:00. **35-39:** 1. Carolyn Greywood 20:41. **40-49:** 1. Janyth Dison 24:21. **50-Over:** 1. Frances Tilford 25:33.

Synanon 25th Anniversary 10K Run

From Steve Diamant

April 23. Exeter.

9 & Under: Chris Chapman 45:47, Erika Netzban 59:30. **10-12:** Armando Rand 51:35, Andrea Litwin 58:29. **13-15:** Amador Ayan 41:04. **16-18:** Jordan Davidson 49:42. **19-29:** Robert Taylor 33:22, Holly Hewitt 46:56. **30-39:** Bruce Keller 39:20, Janice Harms 47:11. **40-49:** Frank Padilla 37:12, Ramona Diaz 47:30. **50-59:** Chris Denny 41:49, Lillian Fishman 1:15:00. **60 & Over:** Woody Cape 47:46.

High Desert Escapade Marathon

April 23. Ridgecrest.

Men: 18 & Under: 1. Ronny Ryan 4:00:54, 2. Eric Martin 5:52:10. **19-29:** 1. Billy Ray McNabb 3:32:21. **30-39:** 1. Larry Meyer 3:11:46, 2. Eric Kajiwara 3:27:05, 3. Thomas Sakai 3:28:25, 4. Gerald Killeen

3:49:50, 5. Tom Miller 3:51:41. **40-49:** 1. Bernie Hollander 3:00:17, 2. Frank Smith 3:19:02, 3. Robert Closson 3:19:26, 4. Richard Sasaki 3:31:59, 5. Ron Covert 3:34:50. **50-59:** 1. William Broyles 3:20:48. **Women: 30-39:** 1. Mary Kilpatrick 3:40:36, 2. Linda Bens 4:03:55, 3. Nancy Davenport 5:05:10, 4. Sumalee Meyer 5:05:31, 5. Kathy Martin 5:47:00. **40-49:** 1. Sheila Closson 4:33:42, 2. Jackie Bumgardner 5:23:33.

Berkeley Bay View Bull Run

April 24. Berkeley. 10K.

Many Berkeley Runners Club members turned out early to help with the Bull Run only to sit in their cars during a torrential rain and then hail! Fortunately it cleared up a bit in time to set up the course and register those runners who braved the storm and remembered to "spring forward" their clocks. Dead on 9:30 am it stopped raining and the race started, following the lead car whose function was not to mark the route but to scare the bulls off the fire trail! A slow start on the slight upgrade allowed Hilary Naylor to lead for the first ¼ mile, giving some incentive to the male runners! She was soon passed by Joe LeBlanc, and then Allen Smith took the lead and held it to win easily in 36:34. Brian O'Connor was 2nd, and 1st submaster, in 37:20. Hilary Naylor led the men in 41:01, and 14 year old Karen Sinclair was 2nd in 45:53. This was definitely a day for "mature" runners — only 22 of the 80 participants were under 30 years old!

There were plenty of rewards for these hardy runners — local businesses had been extremely generous with raffle prizes, so there was a prize for every runner!

Overall

1 Allan Smith (20-24)	36:34
2 Brian O'Connor (30-34)	37:20
3 Arild Jansen (35-39)	38:42
4 Alan Winkley (35-39)	38:49
5 Richard Mayers, Jr (40-44)	39:19
6 Richard Keene (45-49)	39:29
7 Joseph Hancock (45-49)	39:48
8 Charles Woods (30-34)	40:31
9 Joe LeBlanc (30-34)	40:36
10 Brady Wright (35-39)	40:37
11 Chuck Lewis (35-39)	40:40
12 Greg Grunwald (15-19)	41:01
13 Hilary Naylor (35-39)	41:01
14 Steven Kohn (40-44)	41:04
15 John Hardaway (45-49)	41:17
21 Bruce Olvien (50-59)	43:08
24 Stanley Sprague (50-59)	43:58
25 Arthur Klatsby (50-59)	44:14
30 Karen Sinclair (1F/U-14)	45:53
32 Laura Carter (2F/U-14)	46:08
37 Dick Dekay (60-Over)	47:32

March of Dimes 10K

from KEVIN SLOAT

April 24. Irvine.

Overall Men

1 Frank Duarte (40-49) Santa Ana	32:46
2 E. Hernandez (19-29) El Toro	35:08
3 Sterling Foreman (40-49) Orange	36:16
4 John Peters (16-18) Garden Grove	36:33
5 Steve Albanbo (13-15) Anaheim	36:47
6 Dan Palosaari (19-29) Hunt. Bch	37:06
7 Chris Fegley (13-15) La Crsc	37:10
8 Joseph Bugbee (19-29) Westmnstr	37:13

Overall Women

1 Susan Armenetrou (16-18) Irvine	38:36
2 Cheryl Carnall (30-39) Irvine	43:21
3 Sandra Armenetrou (13-15) Irvine	44:24
4 Buffy Fassett (16-18) Irvine	44:32
5 Maria Nicknig (19-29) Hunt. Bch	45:17
6 Lisa Bright (16-18) Irvine	45:18
7 Joan Triplatt (30-39) Burbank	46:06
8 Diana Gasen (30-39) Balboa	46:51

Santa Monica 5K & 10K Run

April 24. 10K

Men

17 & Under: 1. Richard Bernal 35:39. **18-29:** 1. Clyde Matsumura 32:19, 2. Enrique Castro 32:55, 3. David Greifinger 33:09, 4. Richard Greifinger 33:28, 5. Francois Wolman 33:37, 6. Michael Higgins 34:05, 7. Richard Wittbrodt 34:21, 8. Brian Dolan 34:23, 9. John Brown 34:46, 10. Evan Mason 36:02, 11. Gary Gross 36:36, 12. Brian Bloom 36:38, 13. Nick Trozzi 36:42, 14. Robert Earle 36:43, 15. Ray Meyers 36:47. **30-34:** 1. Chris Frawcolla 33:45, 2. Irwin Merin 34:29, 3. Bill Wong-McCarthy 35:56, 4. Herman Rodriguez 36:20, 5. Peter Rice 36:32. **35-39:** 1. William Stanley 37:30, 2. Richard Held 37:38, 3. John Medina 37:44. **40-44:** 1. Dan Olivier 34:36, 2. Ralf Latham 36:38, 3. Joe Gassmann 36:56, 4. Tom Morrow 37:05, 5. Terry Tillman 37:32. **45-49:** 1. Norman Cohen 35:46, 2. Frank Greene 37:42, 3. John Ghini 37:56. **50-59:** 1. David Hirschman 41:13, 2. George Ropella 41:14, 3. Harold Dunningan Jr. 41:58, 4. John Van Egmond 42:01, 5. Robert Smith 42:38. **60 & Over:** 1. Russell Stumpus 47:06, 2. Charles King 48:48, 3. Bill Horimoto 50:28.

Women

17 & Under: 1. Jeanell Hawley 41:03, 2. Dawn Hecker 45:05. **18-29:** 1. Roma Antoniewicz 36:50, 2. Mary Tracey 38:27, 3. Andrea Edelman 39:21, 4. Jane Dudek 40:20, 5. Carol Abato 42:44, 6. Dee O'Gara 42:54, 7. Diane Griffith 44:33, 8. Kim Kaney 44:35, 9. Dee Hornik 45:01, 10. Diane Shrock 45:06. **30-34:** 1. Judi Vivian 39:27, 2. Sylvia Aceves 42:59, 3. Laurel Hyde 45:30. **35-39:** 1. Dale Shumate 47:03, 2. Joyce Carlson 47:25, 3. Carol Noonan 48:56. **40-44:** 1. Maria Fribourg 47:21, 2. Grace Fritzing 52:58, 3. Shelley Gross 54:15. **45-49:** 1. Jane Dods 45:48. **50-59:** 1. Nicki Lewis 43:57. **60 & Over:** 1. Katharine Wetterku 56:30.

Men

17 & Under: 1. Paul McCarter 19:03, 2. Jason Ruble 19:42, 3. Sean Sturgeon 21:24. **18-29:** 1. Wayne Matsumura 16:26, 2. Bruce Yoshiwara 16:33, 3. Phillip Stinson 16:47, 4. Edwin Mora 17:04, 5. Carl Allen 17:12, 6. Alan Wolken 17:13, 7. Michael Doven 17:19, 8. Thomas Croyle 17:28, 9. Karl Joggers 17:33, 10. Rafael Horan 17:39. **30-34:** 1. Paul Marcel 16:49, 2. Richard Miller 18:00, 3. Phillip Shepard 19:03. **35-39:** 1. Richard Friedlander 16:59, 2. Daved Leaton 17:28, 3. Edward Monroy Jr. 17:54. **40-44:** 1. Bruce Mitchell 17:30, 2. David Okada 19:30, 3. Stephen Lore 21:34. **45-49:** 1. Pek Alexander 19:10. **50-59:** 1. William Power 19:31. **60 & Over:** 1. Donald Mullin 29:38.

Women

17 & Under: 1. Claudia Candelaria 20:55, 2. Wendy Tillman 22:04, 3. Patty Ferro 23:09. **18-29:** 1. Evelyn Silvey 18:36, 2. Donna Malone 21:20, 3. Linda Childs 21:28, 4. Michele Nichols 21:45, 5. Rorie Hirsch 22:41. **30-34:** 1. Lauren Bennett 21:49, 2. Gally Strauss 24:31, 3. Joy Mosse 24:52. **35-39:** 1. Mary Martin 21:42, 2. Pamela Donesley 21:49, 3. Cathy Bowen 26:46. **40-44:** 1. Sandy Schnare 22:51, 2. Patricia Kennedy 26:40. **45-49:** 1. Maxine Jung 29:33. **50-59:** 1. Trudy Wadman 26:17. **60 & Over:** 1. Nedda Guard 35:32.

The Human Race

May 7. Santa Rosa.

More than a thousand runners and walkers joined The Human Race In Santa Rosa today, Saturday, May 7th.

Runs of three kilometers (1.8 miles) and 10 kilometers (6.2 miles), and a 20K (12.4 miles) walk-a-thon started at Rincon Valley Junior High School and finished at

Rincon Valley Community Park on Montecito Avenue.

Winning out over 452 competitors in the 10K run was Stacy Van Horn of Santa Rosa, with a time of 32 minutes, 34 seconds. He was followed across the line by Darryl Beardall, 33:08; Dick Leonard, 34:45; John Kim, 35:18; and Scott Leonard, 35:38.

Peggy Izzett of Santa Rosa was the first woman to finish the 10K, at 40:21. Next came Kristie McCall, 42:11; Karen Eberhardt, 43:33; Krista Boehmer, 44:59; and Elaine Lewon, 45:09.

Out of 331 runners in the 3K, Gregory Lewis was the winner, at 15:02. He was followed by Greg Aubrey, 17:03; Ralph Harms, 17:08; Michael Hill, 17:12; and Carl Jackson, 17:13.

First woman across the 3K finish line was Cynthia Mik, at 19:27. Next came Tami Quan, 19:58; Casey Lot, 22:13; Susan Cahill, 22:22; and Robyn Corwin, 22:28.

In addition to the runners, more than 300 walkers turned out for the 20K walk-a-thon.

The Human Race was organized by the Volunteer Center of Sonoma County as a fund-raising effort. Participating were 37 schools, churches and charitable organizations, for which runners and walkers could seek donation pledges from sponsors based on distance completed. Seventy-five percent of the proceeds will go to the organizations to which the participants belong, and 25 percent to the Volunteer Center.

The Volunteer Center promotes volunteer services, last year matching nearly 2,000 volunteers with the needs of 300 community service agencies throughout Sonoma County.

Lilac Bloomsday Race

1. Spokane, WA. 7.5 miles.

Don Sinclair of Ft. Collins, Colorado, proved that third time really is a charm as he won the 1983 Lilac Bloomsday Run, holding off a late-race challenge by Canadian Peter Butler and capturing the \$6,000 first prize, part of the \$40,000 awarded to top finishers under guidelines of the ARRA Championship Circuit.

Sinclair, who finished second here in 1981 and 1982, was the first of 25,953 official finishers in the event, making the Lilac Bloomsday Run the largest road race in the nation, according to information supplied by the National Running Data Center. The previous largest event, Bay-to-Breakers in San Francisco, reported 25,000 finishers in 1982, although the Bay Area race is expected to surpass that figure on May 15, 1983.

Sinclair and Butler broke away from the rest of the world-class Bloomsday field at the top of "Doomsday Hill," roughly the five-mile point of the hilly seven-and-a-half mile course, and battled each other over the final stretches of the race, with Sinclair holding a slight edge. With less than half-mile left, Butler made a strong move and passed Sinclair to take over the lead. The Colorado runner, though, was not to be deprived of the chance to make good of his third attempt at victory in Spokane.

"When he made that move," said Sinclair, "I said to myself, 'Oh, no, here it goes again, second place, I'm going to get second again.' But I said, 'I'm just not going to let him go,' so I put my head down and went right with him, and I really hit the downhill hard. I turned that corner and just surged as hard as I could. I just prayed that he didn't have the strength to go with me."

When Sinclair was battling his way to his first Bloomsday victory in three tries, New Zealand's Anne Audain was surging for her third victory in a row, and a \$6,000 first prize in the women's field. Ironically, after moving decisively to the lead early on the course and maintaining a sizeable margin over second-place Lynn Williams of Vancouver, B.C., Audain finished the

race with last year's Bloomsday winner Henry Rono, who was hampered this year by a foot problem.

"It's not every day," Audain said, "when you can run stride-for-stride with Henry Rono at the end of a race."

Both Sinclair's time of 34:55 and Audain's 39:29 were new course records, substantially faster than Audain's 1982 time of 40:02 and the 34:34 record of Duncan Macdonald, set in 1981. Both previous records were set on a course that was slightly longer than this year's Bloomsday route.

Also setting a new course record was wheelchair participant and recent Boston Marathon champion Jim Knaub, who turned in a top chair time of 35:50, well under the old mark of 38:42.

Men's Open

1	Jon Sinclair (25) CO	34:55 (\$6,000)
2	Peter Butler (25) B.C.	35:02 (\$4,000)
3	Dom. Tibaadiza (32) NV	35:28 (\$2,500)
4	Geir Kvernmo (27) WY	35:35 (\$2,000)
5	Paul Williams (26) B.C.	35:41 (\$1,500)
6	Mark Curp (23) MO	35:44 (\$1,250)
7	Gabriel Kamau (25) TX	35:46 (\$1,100)
8	Paul Cummings (29) UT	35:46 (900)
9	Daniel Grimes (24) CA	35:53 (700)
10	Paul Gorman (25) MA	35:55 (600)
11	Larry Lawson (29) NV	35:56 (500)
12	Duncan Macdonald (34) CA	36:02 (400)
13	Phillip Peterson (23) UT	36:22 (300)
14	John Freeburg (24) WA	36:27 (250)
15	Garry Bjorklund (32) MN	36:29 (200)
16	Graeme Holden (23) Seattle, WA	36:35
17	Benji Durden (31) Stone Mt., GA	36:39
18	Adrian Royle (24) Reno, NV	36:42
19	Rob Greer (24) Spokane, WA	36:45
20	Simon Killili (27) San Jose, CA	36:47
21	John Esquibel (25) Alamosa, CO	36:52
22	Paul Raether (30) Eugene, OR	36:53
23	Pablo Vigil (31) Alamosa, CO	36:54
24	James Ingold (26) Monroe, WI	36:55
25	Mike Lohman (30) Ft. Col, CO	37:00

Men's Wheelchairs

1	Jim Knaub (27) L.B., CA	36:50 (1500)
2	Jim Martinson (36) Phipp, WA	37:16 (1000)
3	John Rudolph (19) Albq., NM	37:28 (500)
4	Gary Kerr (29) Campbell, CA	39:12 (300)
5	Dean Barrett (28) LV, NV	39:16

Women's Divisions

1	Anne Audain (27) CO	39:29 (\$6,000)
2	Lynn Williams (22) B.C.	41:06 (\$4,000)
3	Debbie Eide (27) OR	41:08 (2,200)
4	Eleanor Simonsick (25) MD	41:21 (1,500)
5	Janis Klecker (22) MN	41:54 (1,000)
6	Laurie Binder (35) CA	42:11 (800)
7	Nancy Ditz (28) CA	42:40 (650)
8	Gail Volk (22) WA	42:49 (500)
9	Patricia English (30) CA	43:02 (400)
10	Laura Dewald (24) VA	43:04 (300)
11	Cindy Dalrymple (41) NY	43:16 (250)
12	Tina Gandy (29) MN	43:17 (200)
13	Tina Edgar (31) Fed. Way, WA	43:35
14	Debbie Elsmore (25) Sumner, WA	43:39
15	Jody Jacobs (26) Richld, WA	44:22
16	Connie Benson (20) Seattle, WA	44:27
17	Kim Rosenquist (24) Spok, WA	44:37
18	Julie Thomas (20) Bell, WA	44:50
19	Ruth Wysocki (26) El Toro, CA	45:08
20	Bette Poppers (40) Littletn, CO	46:08
21	Vicki Foltz (39) Monroe, WA	46:17
22	Doris Heritage (40) Seatt., WA	46:20
23	Julie Horn (18) Spok., WA	46:43
24	Bridgette Baker (22) Miss., MT	46:52
25	Jan Bustad (35) Puyllp, WA	47:14

Women's Wheelchairs

1	Candace Cable (28) CA	47:01 (\$1,500)
2	Sherry Ramsey (24) CO	48:39 (900)
3	Kathy Stotts (31) WA	53:11 (400)
4	Karen Jacobs, FL	1:03:25
5	Jayne Schiff (27) CA	1:05:38

California's Top Marathoners Of All-Time

From Marty Post

Below is the current listing of California's all-time fastest marathoners.

The usual parameter of using the runner's best time as a California resident only, no matter what he/she may have done before or after while living elsewhere, has been employed. Best example is Sandoval's 2:14:58 while he was a senior at Sanford or McCarey's 2:14:09 now that he is living in San Diego. They have PRs of 2:10 and 2:13 respectively.

Things have gotten pretty tough. I bet no other state can claim 20 sub-2:16 men or ten sub-2:40 women. In fact probably not many countries can!

MEN:

1	2:10:29	Kirk Pfeffer	Fukuoka	12-7-80
2	2:11:09	Dave Smith	Eugene	9-7-80
3	2:12:01	Dennis Rinde	Boston	4-20-81
4	2:12:49	Duncan Macdonald	Boston	4-18-83
5	2:13:21	Steve Ortiz	Eugene	9-13-81
6	2:13:37	Hal Schulz	Boston	4-18-83
7	2:13:47	Chuck Smead	Eugene	9-13-81
8	2:14:09	Mike Pinocci	Boston	4-20-81
9	2:14:09	Kevin McCarey	Boston	4-18-83
10	2:14:16	Ralph Serna	Boston	4-20-81
11	2:14:32	John Moreno	Houston	1-16-83
12	2:14:43	Brian Maxwell'	Seaside	2-26-77
13	2:14:49	Bill Britten'	Montreal	9-6-80
14	2:14:58	Tony Sandoval	Eugene	5-22-76
15	2:15:00	Armando Cendejas	New York	10-24-82
16	2:15:04	Ron Wayne	Eugene	9-11-77
17	2:15:15	Gary Tuttle	Crowley	10-16-76
18	2:15:21	Bill Scobey	Culver City	12-5-71
19	2:15:45	Charlie McMullen	Orange	1-28-79
20	2:15:48	Doug Schmenk	San Mateo	6-17-73

WOMEN:

1	2:28:33	Julie Brown	New York	10-24-82
2	2:33:36	Laurie Binder	Houston	1-16-83
3	2:37:16	Eileen Claugus	Chicago	9-26-82
4	2:37:19	Nancy Ditz	Oakland	2-6-83
5	2:38:03	Lorrie Dierdorff	Boston	4-20-81
6	2:38:19	Jacqueline Hansen	Eugene	10-12-75
7	2:38:50	Sue Krenn	Boston	4-16-79
8	2:39:07	Mindy Ireland	Boston	4-18-83
9	2:39:08	Michele Bush	Ottawa	8-23-81
10	2:39:11	Miki Gorman	New York	10-24-76
11	2:41:49	Marty Cooksey	New York	10-22-78
12	2:42:08	Sue Kinsey	Bakersfield	2-3-79
13	2:43:00	Heike Skaden	Eugene	9-7-80
14	2:43:02	Sue Petersen	Boston	4-16-79
15	2:43:42	Sharlet Gilbert	San Francisco	6-6-82
16	2:44:15	Elaine Campo	Houston	1-16-83
17	2:45:07	Vicki Randall	Washington DC	11-7-82
18	2:45:09	Judi Vivian	Hamilton	1-30-82
19	2:45:20	Wendy Walker	Bakersfield	2-3-79
20	2:45:21	Pam Morris	San Diego	1-23-83

' = foreign citizen resident

Coming Next Month:

California's Championship Meets
High School State Meet
Community College State Meet
College/University Conference Meets

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.



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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 Sportswatch's unique *Dual Display*.

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Running Time

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

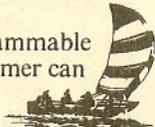


The Sportswatch.

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For stopwatch and countdown timers.
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Splits stopwatch times. Resets stopwatch and countdown timers.
- Set Mode**
- Function Select**
- Alarm**
- Light**

have "official" time on their wrists.

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

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Every chronograph tells the time and Accusplit's Sportswatch is no different. With its large 12 digit LCD display, you



Time to the Second

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 Sportswatch will let you select the day or days you want to get up. You could skip a day altogether if you want.

Alarm



Time to the Second

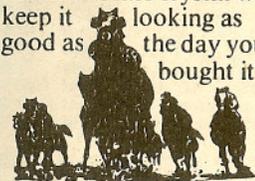
Plus, at your command, the Sportswatch will quietly remind you as each hour passes with its hourly chime.



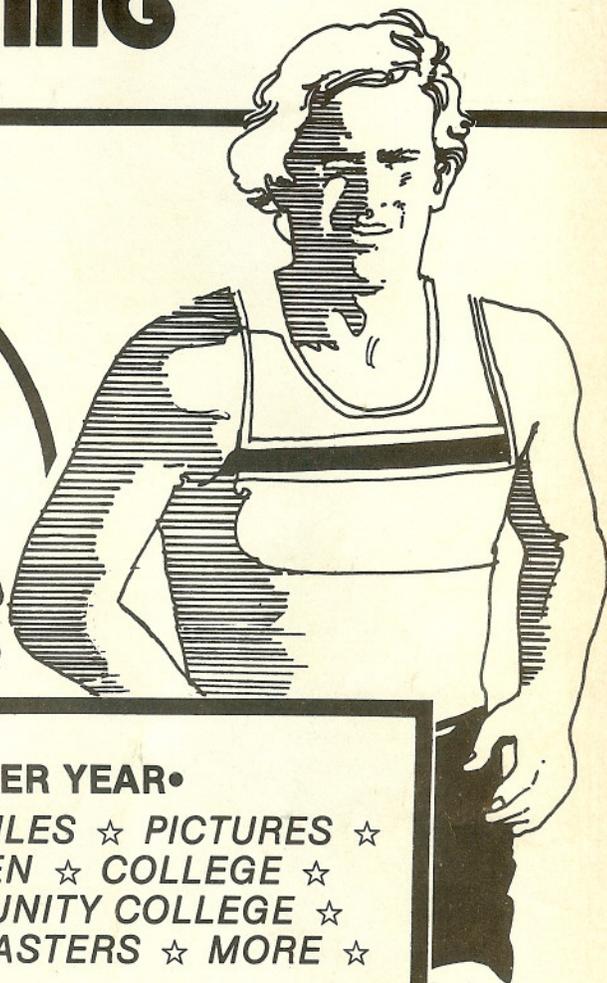
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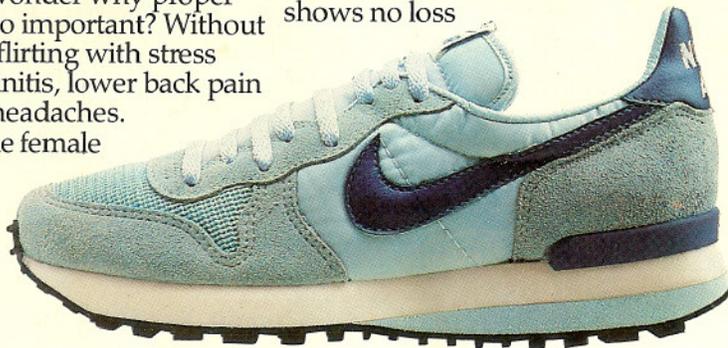
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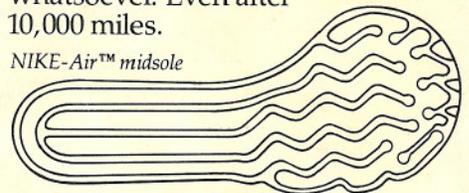
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And the Aurora will take all the abuse you can dish out. Whereas most EVA midsoles can lose a good fourth of their cushioning after just 500 miles, the NIKE-Air midsole shows no loss

whatsoever. Even after 10,000 miles.

NIKE-Air™ midsole



We should point out, however, that this shoe discriminates on the basis of sex. It is strictly for women. Made on our new woman's curved last. Compared to its male counterpart, the Columbia, the new Aurora is more narrow in the forefoot, more trim at the instep and more snug at the heel.

Of course, that doesn't mean the Aurora is functionally superior to the men's Columbia. We don't think women want those sort of special favors.

We just want to make sure they're on equal footing.

