

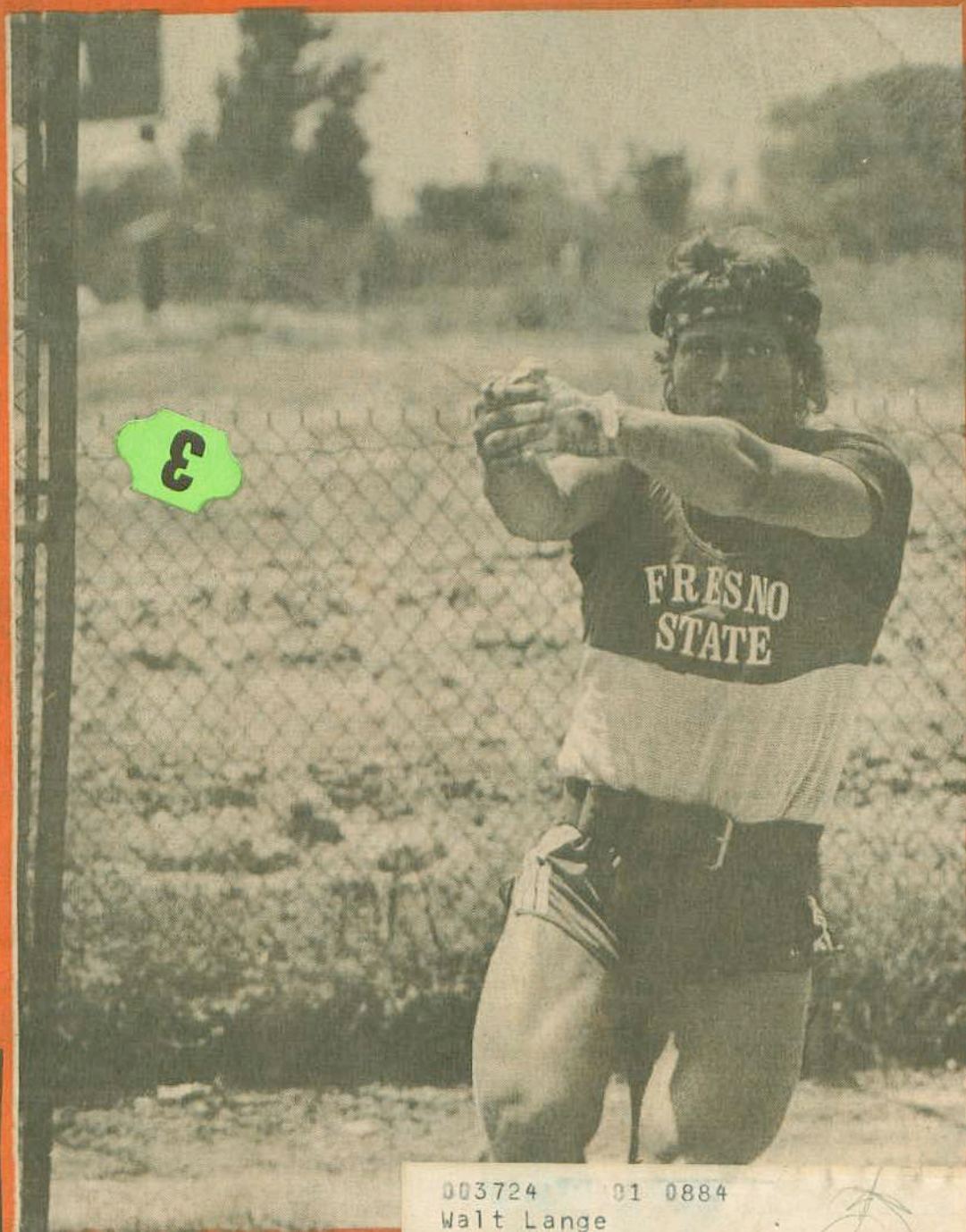
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CALIFORNIA

TRACK & RUNNING NEWS

JUNE 1984

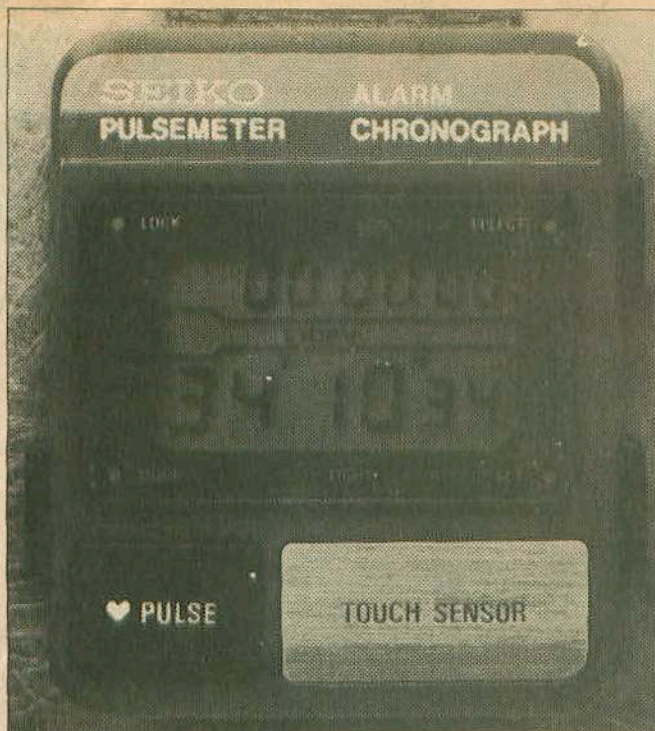
ISSUE NO. 92



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California's Only Track & Running Publication



The difference between other training shoes and the 700 is staring you in the face.

The New Balance 700 is a competitive training shoe.

Some of you will wonder what "competitive training" means exactly. If you have to ask, this ain't your shoe.

On the other hand, if you're a serious, purposeful runner who trains specifically to run faster, the 700 is going to do something quite remarkable:

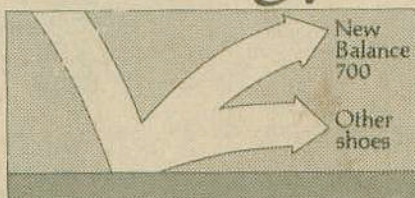
Make you a faster runner.

EVERYTHING ABOUT THIS SHOE IS DESIGNED FOR SPEED.

There have been precursors of the 700. Not the least of which was the New Balance 620.

Like that shoe, the 700 is extremely light. More to the point, it's *light years* ahead in performance.

Consider its Cellogram™ midsole/wedge. An exclusive New Balance compound, Cellogram



represents a breakthrough in energy efficiency.

Running in a lot of training shoes is like running on wet turf. Running in the 700 is like running on a tuned track. The difference is the microcellular construction of the Cellogram. Its extremely "tight" cell structure dramatically resists compression set and returns to the runner more of the energy he expends during training.

The net result, according to every member of the New Balance Track Team who tested the 700, is *improved training time.*

IT EVEN MAKES TRAINING SAFER.

The core temperature of the bones in a runner's feet are dramatically

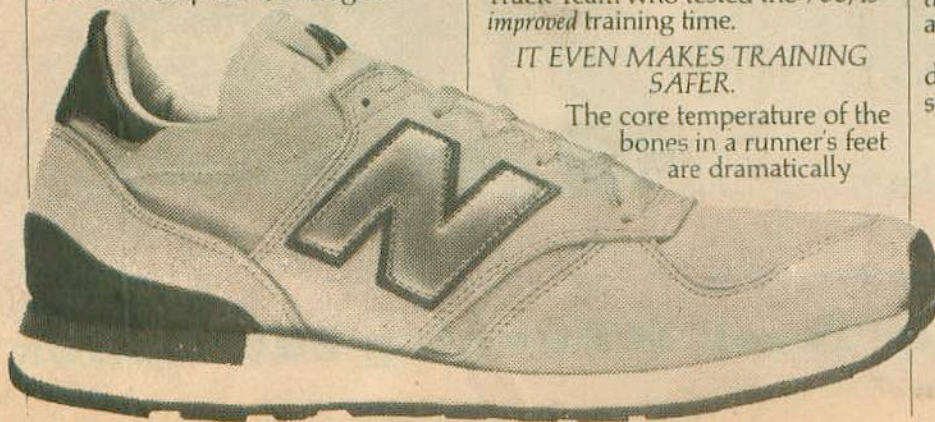
affected by the nature of a shoe's upper material—a fact confirmed by research we did at the gait lab of one of Boston's leading hospitals.

With this in mind, we made the 700's upper of a special polyweave mesh. Permeable and breathable, it helps to significantly reduce heat buildup—a major contributor to stress fractures.

Other key components in the 700 include a double density counter and a firm mid-sole heel pad for exceptional stability. A cutaway arch and Flexextended Saddle™ for a unique sock-like feel. And flexible combination last construction for men and women in a variety of widths—because a serious shoe *must* fit.

Finally, the 700 features a high carbon rubber outersole in a "locular dynamic" design. Translation: exceptional durability, superb traction on any running surface.

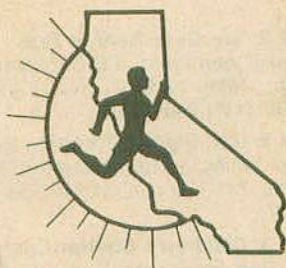
The New Balance 700. A shoe designed to improve the one thing serious trainers care about most: Their time.



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700

New Balance Inc., Boston, MA 02134

California Track & Running News



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ON THE COVER:

Fresno State University senior Matt Mileham tossed the hammer to an NCAA record of 252-8 in the PCAA Championships. That mark also notched the British record for FSU's English transplant.

photo by Gary Kazanjian

Schedule

By JACK LEYDIG
Scheduling Editor

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

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

JUNE

JUN 2: Windsor Festival 10K. Windsor (Kelser Park), time TBA. Windsor Festival 10K, P.O. Box 755, Windsor 95492. (707) 838-2904.

JUN 2: Mirassou/Mizuno Grape Run. 3.5 mile, San Jose (Mirassou Winery, Aborn Rd.), 9 am. Ron Wayne, c/o The Grape Run, 25930 Kay Ave., #206, Hayward 94545. (408) 274-4000, Jan Reeder.

JUN 2: Camp Coombs Cross-Country Run. 10K, 1.5 mile & 1/2 mile. Napa (State Hospital), 9 am (first race). Camp Coombs Run, P.O. Box 7173, Napa 94558. (707) 253-5924.

JUN 2: Maria Triathlon. 1K swim, 20K bike, 5K run. San Anselmo, time TBA. Fleet Feet, 1608 Sir Francis Drake Blvd., San Anselmo 94960. (415) 456-8220.

JUN 2: Body Run 10K. Moraga (Campolindo High School), 9 am. Jay Piercy, 300 Moraga Rd., Moraga 94556. (415) 376-5986.

JUN 2: 7K Benefit Beach Run. Pacifica Pier, 9 am. David Martin, City of Pacifica, Parks & Rec. Dept., 170 Santa Maria Ave., Pacifica 94044. (415) 875-7304.

JUN 2: Young Life Fun Run #1. 10K, Pt. Pinole Regional Shoreline, 9 am. Young Life, 2655 Appian Way, Pinole 94564. (415) 223-4664.

JUN 2: Nun Run. 10K, San Mateo, 5:30 pm, St. Matthews School, Ninth Ave. & El Camino Real, San Mateo 94402. (415) 347-6064.

JUN 2: St. Margaret's 5 & 10K Runs. Chino (12686 Central Ave.), time TBA. Michael & Cathy Guzik, 12686 Central Ave., Chino 91710. (714) 597-4483.

JUN 2: Sunshine Special 5/10K. Anaheim (Yorba Regional Park), 7:30 am/5K, 8:15 am/10K. Sunshine Special, #6800-A-241, 1686 Tustin, Costa Mesa 92627. (714) 556-9611.

JUN 2: Rosarito Beach Triathlon. 1/2-mile swim, 12 mile bike, 3 mile run. Baja, California (City Park Rosarito Beach), 9 am. Dave Dickson, Bicycling West, Inc., P.O. Box 15128, San Diego 92115-9128. (619) 583-3001.

JUN 2: Palos Verdes 10K Run. Rancho Palos Verdes (Marineand), 8 am. Sgt. Reggie Cook, Lomita Sheriff's Sta., 26123 Narbonne Ave., Lomita 90717. (213) 539-1661.

JUN 2: San Dimas 3K, 5K & 10K. San Dimas (Civic Center), 8 am. Roland Siegl, San Dimas High School, 800 W. Covina Blvd., San Dimas 91773. (714) 599-6741.

JUN 2: Apple Run. Watsonville, 9 am. Jack Smith, P.O. Box 430, Watsonville 95076. (408) 728-6082.

JUN 2: Run & Walk for United Cerebral Palsy. 5 & 10K, Sacramento (William Land Park), 8 am. Frenchy Snyder, UCPA, 3102 "O" St., Sacramento 95816. (916) 454-4409.

JUN 2: Super Run. 10K & 2 mile, San Diego (Balboa Park), 8 am. Lynn Flanagan (619) 276-2738.

JUN 2: LDS Multi-Rigion 5/10K. Fountain Valley (Mile Square Park), 7:30 am/5K, 8 am/10K. NBRA, 1162 Dorset Ln., Costa Mesa 92626.

JUN 2: Run with Jim 10K. Playa del Rey (Dockwiler Beach), 8 am. Second Sole, 3200 Sepulveda Blvd., Manhattan Beach 90266. (213) 546-5559.

JUN 2: Commander Wildeman's 5K Championship. Las Vegas (UNLV track), 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101.

JUN 2: Menlo Micro Marathon. 4.3 mile, Menlo Park (Nealon Pk.), 9 am. D. Peloso, 801 Laurent St., Menlo Park 94025.

JUN 2: Apricot Run. 5, 10 & 15K, Patterson, 7 am. Apricot Run, P.O. Box 442, Patterson 95363. (209) 892-3118.

JUN 3: Russian River Run. Marathon, Half-Marathon & 4.9 mile, near Ukiah, 6 am. Gail Gartner, 505 S. State St., Ukiah 95482. (707) 462-8879.

JUN 3: Gold Country Marathon, Half Marathon & 10K. Nevada City (Pioneer Park), 7 am/marathon, 7:30 am/1/2-marathon, 8 am/10K. George Hagel, P.O. Box 531, Grass Valley 95945. (916) 273-4682, evenings.

JUN 3: Sri Chinmoy Marathon. Foster City (Recreation Center), 7 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-2722.

JUN 3: Triathlon Fed. USA Ultra Championships. 2 mile swim, 100 mile bike, 20 mile run. Santa Monica Pier, 8 am. Conrad Will, 853 Camino Del Mar, Del Mar 92014.

JUN 3: Nat'l TAC Women's 25K Championships. Sudbury, Mass., time TBA. Cindy Hasting, 90 Hampshire St., Cambridge, MA 92139. (617) 876-0727.

JUN 3: We Care Benefit Run. 10K, Walnut Creek (Countrywood S.C.), 9 am. Marv Remmich, 1626 Newell Ave., Walnut Creek 94596. (415) 945-0403.

JUN 3: DSE Dipsea Practrice Run. 7.1 mile, Mille Valley (Lytton Square), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JUN 3: Children's Shelter Center Fun Run. 10K, San Jose (Kelly Park, 7th & Alma), 8:30 am. Children's Center Run, 1440 Roberts Ave., San Jose 95113. (408) 448-9079.

JUN 3: San Leandro Shoreline Run. 10K, San Leandro (Neptune & Fairway), 9 am. Ted Swenson, 835 E. 14th St., San Leandro 94577. (415) 577-3469.

JUN 3: Berkeley Shakespeare Festival 5K. Location TBA, time TBA. Lorna Kollmeyer, 3732 Sacramento St., San Francisco 94118. (415) 387-0866.

JUN 3: Lamorinda Lions Run. 5 & 10K, Moraga (Joaquin Moraga School, Camino Pablo), 9 am. Tom Sepe, Box 217, Rheem Valley 94570. (415) 631-0192.

JUN 3: US Triathlon Series/Los Angeles (at Long Beach). 1500m swim, 40K bike, 10K run. Time TBA. Jim Curl, c/o USTS, P.O. Box 1438, Davis 95616. (916) 758-9868.

JUN 3: Hansen Dam 10 Mile Run. Pacoima, 7:30 am. Basin Blues, 10831 Brookfield Rd., Chatsworth 91311. (818) 998-4135.

JUN 3: St. John's Festival Old Town Run. 5 mile, Napa (960 Caymus St.), 9 am. Lou Moore, 2274 Monticello Rd., Napa 94558. (707) 255-1615.

JUN 3: Great Political Runaround 10K. Brentwood (Jackie Robinson Stadium), 8:30 am. Ralph Ranalli, UCLA Expo Center, A-213A Ackerman Union, Los Angeles 90024. (213) 825-0831.

JUN 3: Norwalk Alive 5 & 10K. Norwalk (High School), 8 am. Kathy Hintz, Norwalk High School, 11356 Leffingwell Rd., Norwalk 90650. (213) 868-0431.

JUN 3: Deacon Jones Run for Learning Disabilities. 5 & 10K and 1 mile run for children, Woodland Hills (Pierce College), 8 am. Centers for Educational Therapy, 7041 Owensmouth Ave., #103, Canoga Park 91303. (818) 883-3500.

JUN 3: Morro Bay to Cayucos 6 Mile Run. Morro Bay (Morro Rock to Cayucos Pier), 8 am. Brian Waterbury, 234 Catalina, San Luis Obispo 93401.

JUN 3: Totem Pole V Run. 5 miles, McKinleyville (Shopping Ctr.), 1 pm. Race, c/o McKinleyville High School, 1300 Murray Rd., McKinleyville 95521. (707) 822-9435.

JUN 3: Capistrano Beach Chamber 10K & 2 Mile Fun Run. Capistrano Beach Park, 8 am. Capistrano Beach Chamber of Commerce, P.O. Box 2335, Capistrano Beach 92624. (714) 496-1286.

JUN 9: The Human Race. 5 & 10K. Susanville (Lassen High School), 8 am. Judy Ernaga, P.O. Box 1701, Susanville 96130. (916) 257-4139.

JUN 3: Festival at the Lake 5 & 10K Runs. Oakland (Lake Merritt, Sailboat House, Bellevue Ave.), 8 am. Alameda County Festival Ass'n., 1515 Webster St., Oakland 94612. (415) 893-0677.

JUN 3: Kaiser 5/10K. Fontana (Valley (Sierra), 7:45 am/5K, 8:30 am/10K. Dave Reynolds (714) 829-5189.

JUN 3: Heart & Soul 5/10K. Salinas (Salinas Valley Memorial Hospital), 9:30 am. Clark Grant, 238 John St., Salinas 93901. (408) 422-6422.

JUN 3: YMCA Breakers 10 Mile & 5K. San Diego (Mission Beach), 7 am. Roger Martin (619) 232-7451.

JUN 3: U.N. 10K & 1 Mile. San Diego (Balboa Park), 7 am. G. Deward Garner (619) 233-3978.

JUN 7: One Hour Run. El Cajon (Grossmont College), 6 pm & 7:05 pm (fast section). Craig Snapp (619) 463-6894.

JUN 9: Robert DeCelle Jr. Memorial Tahoe Relays. (7-person teams, 72 miles, approx. 10 miles each leg), South Shore, Lake Tahoe, 7 am. Bob DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

JUN 9: Palos Verdes Marathon. Palos Verdes Peninsula, time TBA. George Owens, P.O. Box 153, Palos Verdes Estates 90274. (213) 437-6774.

JUN 9: Frazier Mountain 10K Run. Frazier Park (Lockwood Valley Rd.), 11:30 am (9:30 am for Police, Fire & Paramedics Div.). Info: (805) 248-6448.

JUN 9: Around the Bay in May 5 Mile. Newport Dunes Park, 7:30 am. NBRA, 1162 Dorsett Ln., Costa Mesa 92626. (714) 966-0556.

JUN 9: Run with Steve 2/8K. Claremont (Claremont Tennis Club), 7:45 am/2K, 8:30 am/8K. YWCA-WINGS, c/o Sue Reed, 406 W. Palm, Covina 91723.

JUN 9: Foster/Freedman Age-Handicap 5 & 2 Mile Runs. Las Vegas, Nev. (Racquet Club), 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101.

JUN 10: Up a Creek 10K. San Jose (Hellyer Park), 8 am. Rick Paul, 706 Choctaw Dr., San Jose 95123. (408) 365-0337.

JUN 10: Bar to Breakers 10 Mile Run. La Honda (Applejack's Inn), 10 am. Info: (415) 747-0331.

JUN 10: Ocean Beach Pier 3 & 5K. San Diego, 7:30 am. Connie Frichtel (619) 224-8843.

JUN 10: Dipsea. Mill Valley to Stinson Beach (tough hilly course over trails), 10 am. *Limited Registration.* Mill Valley Jaycees, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

JUN 10: Union Unity Run. 5 mile, Burlingame (1511 Rollins Rd.), 9 am. Bob Masters, 1511 Rollins Rd., Burlingame 94010. (415) 697-8716.

JUN 10: Fleeta Sun Run. 5 mile, Fair Oaks (Calif. & Temescal), 8 am. Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-TEAM.

JUN 10: Midsummer Mozart Orchestra Run. 10K & 2 mile, Sonoma (Buena Vista Winery), 9 am. Martha McGettigan, 624 Freemont St., Menlo Park 94025. (415) 497-2554.

JUN 10: Moscow Road Run. 5 & 10K, Mente Rio (Post Office), 8:30 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

JUN 10: United States Triathlon Series - San Francisco. 1.5K swim, 40K bike, 10K run. San Francisco, time TBA. Jim Curl, P.O. Box 1438, Davis 95617. (916) 758-9868.

JUN 10: San Francisco Ballet School 10K Fun Run. San Francisco (Ft. Mason, Marina Green), 8 am. Kathleen Craig, 455 Franklin St., San Francisco 94102. (415) 861-5600.

JUN 10: Bay Bridge Run. 1801 Adeline St., #203, Oakland 94607. (415) 835-5010.

JUN 10: Kiwanis Share Good Health Run. 10K, Atherton (Menlo School & College), 8:30 am. Phil Wang, Kiwanis Run, P.O. Box 2745, Redwood City 94064. (415) 365-0796, eves.

JUN 10: Jack Moore Race. 5.7 & 2 miles, Arcata, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUN 10: Crime Alert Run. 5 mile & 1/2-mile kids (under 12) run, 8:30 am. Chris Hadley, 625 "H" St., Sacramento 95814. (916) 449-5237.

NATIONAL DOCTORS-LAWYERS CHAMPIONSHIP 10K

Sunday, August 26, 1984 • Eugene, Or

This race is for lawyers and physicians (including dentists) only. If you would enjoy friendly competition between and among the professions, or a crack at the title of "champion" among your peers, or a relaxed visit to the Track Capitol of the World, this race is for you. The course is certified and scenic running along the banks of the beautiful Willamette River. Championship prizes will be awarded to the first male and female finishers, as well as prizes to the first place finishers in each age category. All entrants receive tee shirts. There will be a tax planning seminar the day prior to the race for those interested.

Complete and mail along with a check for the \$12 entry fee to: Eugene Race Productions, Inc., 310 East 11th Ave., Eugene, Oregon 97401. Telephone: (503) 345-2199. Registration packets, with accommodations and seminar listings, will be sent to all entrants.

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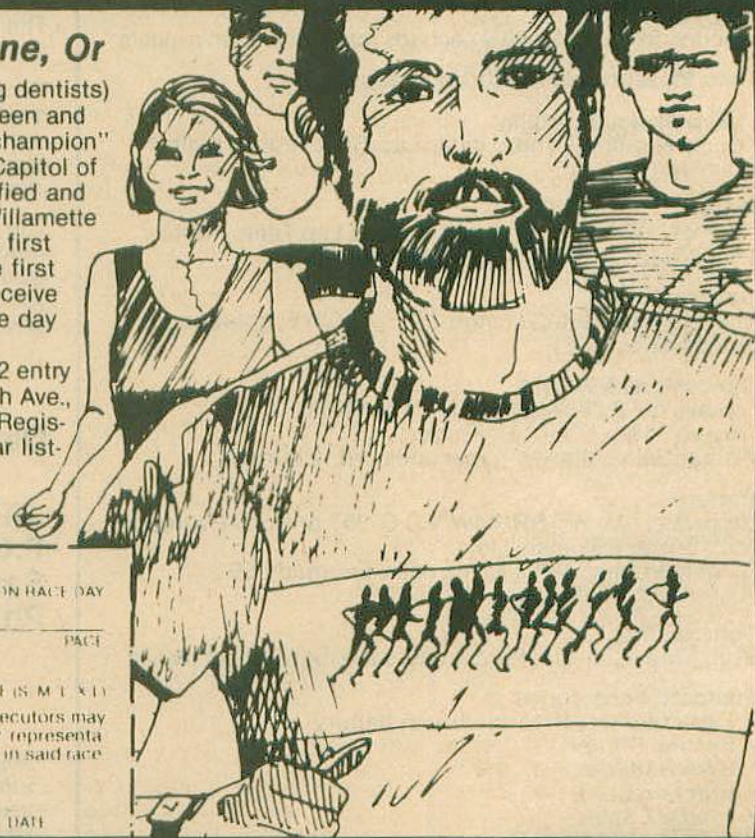


FULL NAME _____ BIRTH DATE _____ AGE ON RACE DAY _____
ADDRESS _____ OCCUPATION _____ RACE _____
CITY _____ STATE _____ ZIP _____ TEE SHIRT SIZE (S M L XL) _____

I hereby waive and release any and all claims I, my heirs or executors may have against the organizers and sponsors of this race and their representatives, successors and assigns for any and all injuries I may suffer in said race I am sufficiently fit to run in this race

SIGNATURE _____

DATE _____



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S-111 Eight Memory Stopwatch

Specifications

Time Base & Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

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9 hours, 59 minutes, 59.9 seconds maximum, then repeats

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

7 digits Running Time, 6 digits Lap/Split Time, 1 digit Split Number

Modes:

Time of Day and Date; Split Time and Lap Time; Printer prints Split Time and Cross Country

Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F

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Stopwatch: 2.25"W x 2.85"L x 0.7" Thick

Printer: 3"W x 5"L x 1.0" Thick

Weight: with batteries, paper and cord 12 ounces

Batteries:

Stopwatch: Maxell SR-44W, V.C.C. 357 or Sony Eveready 357 (3-year maximum life)

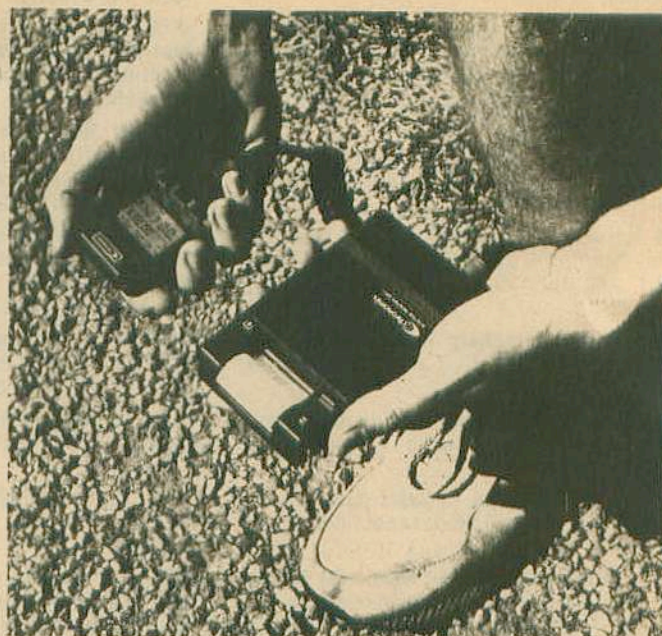
System Printer: 3AA alkaline cells, Eveready E91, Ray-o-Vac 815, Duracell MN1500

Construction:

Both Stopwatch and Printer cases are high impact plastic

Standard Accessories

- Eight Memory Stopwatch with battery
- System Printer
- 3 AA Batteries
- Carrying Cord
- Printer Cable
- 5 Rolls of Thermal Paper
- Instruction Manual



Compact Chronomix Stopwatch and Printer can be easily carried anywhere.

Applications

The Chronomix Stopwatch and Printer uses quartz timing for extreme accuracy, plus a microcomputer to quickly and precisely process data to 1/100 of a second. The data is printed out so you have a permanent and error-free record of the event time.

Times may be printed for Cross Country races or accumulated Split Time or Lap Time (Taylor). Each time a start is printed, the complete date and start time of the event appears at the beginning of the tape. This allows easy identification of data after the event is over.

The complete Chronomix Stopwatch and Printer weighs only 12 ounces so it can be easily carried to all types of races. It comes with a Printer neck strap. It gives you a permanent record of all finishers in any kind of race... from marathons to sprints.

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Schedule

JUN 10: Triathlon Federation US Ultra-Distance Championship. 2 mile swim, 100 mile bike, 20 mile run. Santa Monica Pier, 8 am. Conrad Will, 993 Lomas Sante Fe Dr., Suite D, Solana Beach 92075. (619) 755-1663.

JUN 10: Conejo 20K Run. Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

JUN 10: Chihuahua Road Run. 2 & 6 miles. Fresno (Fresno & E Streets). Chihuahua Road Run, P.O. Box 11312, Fresno 93772. (209) 266-9964.

JUN 10: Celebration Run 5/10K. Long Beach (El Dorado Park), 7:45 am/5K, 8:15 am/10K. South Coast Runners 3857 Birch #442, Newport Beach 92660. (714) 646-3452.

JUN 10: Run so That Others May See 5 & 10K. Sacramento (Rio Americano High School), 9 am. Dave Edmiston, c/o Rio Americano High School, 4540 American River Dr., Sacramento 95825. (916) 929-4883.

JUN 10: Van Nuys Kiwanis/Valley Federal 5 & 10K. Woodland Hills (Pierce College), 8 am. Sandy Hosford, Valley Federal Marketing Dept., 6842 Van Nuys Blvd., 6th Floor, Van Nuys 91045. (818) 989-2265.

JUN 10: Otay Lakes Biathlon. 6 mile run, 35 mile bike, San Diego (Lower Otay County Park), time TBA. *June 4 Deadline.* Bruce Norvell, P.O. Box 12172, San Diego 92112. (619) 296-7649.

JUN 10: Round the Runway Footrace. 9 am/5K, 9:45 am/10K. NAS Moffett Field, Mt. View. Athletic Dept., Round the Runway Recreational Serv., Bldg. 25, NAS Moffett Field 94035. (415) 966-5206.

JUN 14: Tulare Sundowner 3K Series. Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Tulare Parks & Recreation, 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 16: Sweat Don't Fret 5K, 10K & 20K Runs. Fountain Valley (Mile Square Park), 7 am. Mental Health Ass'n, 2110 E. First St., #101, Santa Ana 92705. (714) 547-7559.

JUN 16: Martin Luther Hospital 5 & 10K Runs. Yorba Linda (Yorba Linda Regional Park), 8 am. Maureen Zehntner, Martin Luther Hospital, 1830 W. Romneya Dr., Anaheim 92714. (714) 520-5571.

JUN 16: Tri/SCAR '84: 4 mile run, 1/2-mile swim, 15 mile bike. Orange (SCAR Clinic), 8 am. John Thorsell or Ed Collins, 871 S. Tustin, Orange 92666. (714) 633-7227.

JUN 16: Las Vegas Triathlon. 1 mile swim, 36 mile bike, 8 mile run. Lake Mead, 6:30 am. J.B. Bonelli or Larry Miller, c/o U.S. Olympians Las Vegas Triathlon, 101 Convention Center Dr., Ste. 1200, Las Vegas, NV 89109. (702) 732-0814.

JUN 16: Fathers Day 15K. Los Angeles (Griffith Park), 8 am. California Road Runners, P.O. Box 891, Tarzana 91356. (818) 888-5526.

JUN 16: Child Abuse 10K & 2 Mile. San Diego, time TBA. Russ Nightingale (619) 449-4562.

JUN 16: Special Olympics 10K & 2 Mile. San Diego (Balboa Park), 8 am. Lynn Flanagan (619) 276-2738.

JUN 16: Run Against Cancer. Distance TBA, place TBA (Angels Stadium?), time TBA. Cecelia Hinkle (714) 752-8600.

JUN 16: Tule Springs 2 & 5 Mile. Tule Springs (Floyd R. Lamb State Park), Nev., 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101.

JUN 16: High Desert 5 & 10K. Quartz Hill (Lane Park), 8 am. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. Charlie Horn (805) 942-3820.

JUN 17: Valley of the Flowers Marathon & Half-Marathon. Lompoc, time TBA. Norm Yiskis, LVDC, P.O. Box 694, Lompoc 93438. (805) 733-3044.

JUN 17: Bacardi Rum Run. 5 & 10K, Oakland (Lake Merritt), 9 am. SCARE Foundation, 330 - 41st St., Oakland 94609. (415) 547-6965.

JUN 17: The Great Rice-a-Roni Cable Car Chase. 4.9 mile, San Francisco (Hyde St. Cable Car turnaround), 8 am. David Horning, c/o Epilepsy Society, 3221 Pierce St., Room 6, San Francisco 94123. (415) 346-9075.

JUN 17: DSE Daly City Scenic Run. 6.2 mile, Daly City (Colma School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JUN 17: Father's Day Runs. 5 & 10K, St. Helena (Crane Park), 8:30 am. Silverado Track Club, 1267 Walnut, #C-66, Napa 94559.

JUN 17: San Jose Triathlon. 1K swim, 20K bike, 5K run. San Jose, time TBA. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223.

JUN 17: Duck to Duck Run. 10K, Palo Alto (Baylands Nature & Interpretive Ctr.), 9 am. Bob Cunningham, P.O. Box 51161, Palo Alto 94303. (415) 328-7035.

JUN 17: Woodminster Run. 15K(?), Oakland (Joaquin Miller Park)(Handicap Race), 9 am. Gail Wetzork, 881 Cedar St., Alameda 94501. (415) 522-3724.

JUN 17: Run for the Health of It. 5 mile, Hollister (Hazel Hawkins Memorial Hospital), 9 am. Roy Cramblit, Dir. of Personnel, San Benito Hospital Dist., 911 Sunset Dr., Hollister 95023. (408) 637-5711, x258.

JUN 17: The Slide Triathlon. 2 mile swim, 13 mile bike, 5 mile run. Rio Dell (Eel River), time TBA. Deanna Tool, 2024 Shamrock Dr., Fortuna 95540. (707) 725-4605.

JUN 17: Sacramento Triathlon. 1.2 mile swim, 28 mile bike, 6.2 mile run or 2.4 swim, 58 bike, 12.4 run. Sacramento (Rancho Seco Park), 8 am. Ginny McConnell, 2410 "J" St., Sacramento 95816. (916) 442-8326. *June 9 Registration Deadline.*

JUN 17: Father's Day Run. 2 & 6 mile, Fresno, 6:30 am. Bob Fries, 1501 E. Brown- ing, Fresno 93710.

JUN 17: Dad's Day Dash to Benefit Big Brothers of L.A. 10K, Hermosa Beach, time TBA. Big Brothers of Greater Los Angeles, 1408 Colorado Blvd., Los Angeles 90041. (213) 258-3333.

JUN 17: Conejo Track Club Father's Day 10K. Thousand Oaks, 8 am. Robert Radnoti, 577 Artisan Rd., Thousand Oaks 91360. (805) 499-4220.

JUN 17: Humboldt Hide & Hide. 30 miles plus (2 persons, one horse), Eureka (Redwood Acres), time TBA. Carol Clowes (707) 822-1334.

JUN 17: Rancho Bernardo 10K. Rancho Bernardo, 7 am. Ed Coverley (619) 485-7763, or San Diego TC, Box 7853, San Diego 92107. (619) 277-RUN2.

JUN 22: Aztlan Sunset Cross Country 5K Indian Run. Los Angeles (Elysian Park), 6 pm. (1st run). Carlos Alfaro, 1000 N. Dos Robles, Alhambra 91801. (213) 282-3977.

Jun 23: DSE Double Dipsea. 14.2 mile, Stinson Beach to Mill Valley & Return, 9 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JUN 23: Blood Run V. 5 & 10K, Sacramento (Miller Park), 8 am. Will Curtis, 801 West Acres Rd., West Sacramento 95691. (916) 371-8795.

JUN 23: Parade Route Road Race. 3 mile, Lompoc, time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

JUN 23: LaMirada Two-Person 14-Mile Relay. (runners alternate 1.4 mile laps), La Mirada (La Mirada Park), 8 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602. *Raceday Entry Only.*

JUN 23: Jim Thorpe Memorial 5 & 10K Runs. Lomita (City Hall), 7 am. Lomita Chamber of Commerce, Box 425, Lomita 90717. (213) 326-6378.

JUN 23: Shape-Up 5/10K. Irvine (Mason Regional Park), 7:30 am/5K, 8:15 am/10K. Shape-Up 5/10K, #101, P.O. Box 5370, Santa Ana 92704. (714) 645-8710.

JUN 23: Prado Park Olympic Preview 5/10K. Chino (Prado Park), 7:45 am/5K, 8 am/10K. Prado Park Run, P.O. Box 828, Rialto 92376. (714) 383-1912.

JUN 23: Sunset Park 5 Mile. Las Vegas, Nev., 7:30 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101.

JUN 24: Bridge to Dam Run. 12K (7.46 miles), Golf Course Rd. at 280 Freeway (near Hillsborough & San Mateo), 8 am. Bridge to Dam Run, c/o Private Industry Council, 602 Middlefield Rd., Redwood City 94063. Angie Raub (415) 363-4473.

JUN 24: Tri for the YMCA. 600 yd. swim, 10K run, 30K bike. Pinole (YMCA, 2454 Simas Ave.), 7 am. Steve Justice, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

JUN 24: Century City 10K & Chariots of Fire 5K. Century City, 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

JUN 24: Tin Man Triath-A-Lung. 1 mile swim, 18 mile bike, 6 mile run. Santa Rosa (Spring Lake Park), time TBA. Lynn Woznicki, P.O. Box 1482, Santa Rosa 95402. (707) 527-5864.

JUN 24: Dumbarton Bridge Run. 7.5 mile, Menlo Park (Willow Rd.) to Newark (Toll Plaza), 9 am. Dumbarton Bridge Run, P.O. Box 2501, Oakland 94614. (415) 568-8884.

JUN 24: Lake Merritt Joggers & Striders 4th Sunday Runs. 5/10/15K, Oakland (Old Boathouse, Lake Merritt), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

JUN 24: Race Ipsa Loquitur. 5 mile, Monterey (El Estero Park), 9 am. Sally Jo Workman, Monterey College of Law, 498 Pearl St., Monterey 93940. (408) 373-3301.

Schedule

JUN 24: Lake Tahoe Marathon. Incline Village, Nevada, time TBA. *June 1 Entry Deadline.* Lake Tahoe Marathon, P.O. Box 7887, Incline Village, NV 89450. (800) 227-8522.

JUN 24: Jacoby Streak. 1.8 & 4.8 mile. Arcata/Eureka area, 1 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. Bill Morris (707) 822-8565.

JUN 24: Jewish Community Center Triathlon. 1 mile swim, 10K run, 26 mile bike, Coronado, 8 am. Jerry O'Mara, c/o JCC, 4079 - 54th St., San Diego 92105. (619) 583-3300.

JUN 24: Trudger's Prize Money Women's 8K. San Pedro (Point Fermin Park), 8 am. Trudger's 8K, 4009 Pacific Coast Hwy, Torrance 90505. (213) 517-6974, days - Dick Price.

JUN 24: Cascade Run Off. 15K, Portland, Oregon, 9 am. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. (503) 226-0717. *April 27 Entry Deadline - 7500 Limit by Random Lottery.*

Jun 24: Sage and Sand Runs. Marathon, Half Marathon & 10K, Fallon, 6:30 am. Fallon Rotary Club, P.O. Box 93, Fallon, NV 89406. (702) 423-7708.

JUN 27: Manufacturers Hanover Corporate Challenge. 3.5 mile, San Francisco (Market St.), 6:30 pm. MHCC, P.O. Box 16131, San Francisco 94116. (415) 681-2322. *Open only to full-time employees of businesses.*

JUN 28: Sepulveda Dam Evening 10K. Encino, 6:30 pm. Connie Rodewald, 852 Sharon Park Dr., Camarillo 93010. (805) 482-5380.

JUN 28: Tulare Sundowner 3K Series. Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, c/o Tulare Parks & Rec., 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 29: Ultimate Endurance Triathlon. swim 3.6 mile, bike 155 mile, run 31 mile (3 days, one event each day), Folsom Lake to San Francisco, 8 am. *June 15 Deadline.* Ginny McConnell, 2410 "J" St., Sacramento 95816. (916) 442-8326.

JUN 29: East Bay Triathlon. 1K, swim, 20K bike, 5K run, Pinole(?), time TBA. Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

JUN 29: 5K Run, Picnic & Pool Party. Las Vegas (Racquet Club), 7 pm. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101.

JUN 30: Benicia Historical Run. 10K, Benicia, 9 am. Doug Long, 250 E. "L" St., Benicia 94510. (707) 745-0510.

JUN 30: Baby Triathlon. 30m swim, 3000m bike, 2000m run. McKittrick (Hwy 58 & 33), 7 am. Joe Cox, Westside Roadrunners, P.O. Box 262, McKittrick 93251.

JUN 30: Lake Gregory Summerfest 5/10K. Lake Gregory (San Moritz Lodge), 8 am/5K, 8:15 am/10K. Summerfest Run, P.O. Box 828, Rialto 92376. (714) 383-1912.

JUN 30: Run for Fun. 5K & 10K, Wrightwood (Cedar St. & Evergreen Rd.), 7:30 am. Mountaineer Progress, P.O. Box 248, Wrightwood 92397. (619) 249-3245.

JUN 30: American Bi-Athon. 10K run, 40K bike, Genoa, Nevada (Between Carson City & Minden), 9 am. Tahoe Sports Ltd. (916) 544-2284.

JUN 30: Run in Wrightwood 5/10K. Wrightwood (6000' altitude), 7:30 am. Loretta Hofland, P.O. Box 248, Wrightwood 92397. (714) 249-3245.

JUN 30: Meet of Miles. (1 mile races), Santa Rosa (Jr. College track), 8:30 am. Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

JUN 30: City of Rosemead 25th Anniversary 5/10K Runs. Rosemead (Mission Park), 8 am. City of Rosemead 5/10K Runs, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6671.

CHIHUAHUA ROAD RUN

TWO & SIX MILE

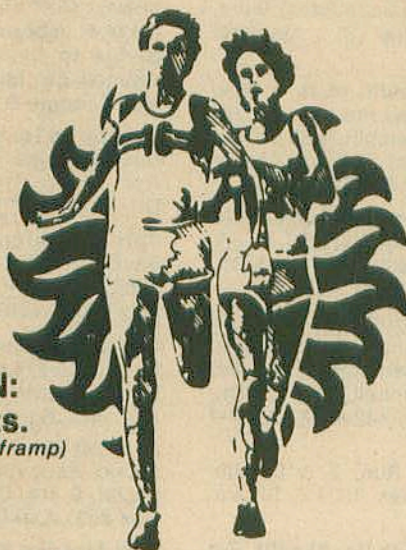
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JULY

JUL 1: Great Calistoga Footrace. 8K, Calistoga (Napa County Fairgrounds), 8:30 am. Reg Harris, 1267 Walnut, #C-66, Napa 94559. (707) 255-8705.

JUL 1: Women's Run in the Park. 5 mile (tent. distance), San Francisco (Golden Gate Park), time TBA. Janice Toohey, 3543 -18th St., San Francisco 94110. (415) 863-5255.

JUL 1: Manhattan Beach 5K and 20K 4-Person Relay. Manhattan Beach (Manhattan Village S.C.), 7:30 am. Manhattan Village Relay, Box 3431, Manhattan Beach 90266. (213) 376-4114.

JUL 1: Independence Day Fun Run & PATAC 8K Championships. (2 mile fun run), San Francisco (The Cannery), 8 am/2 mile, 8:30 am/8K. Aggies, P.O. Box 1448, Alameda 94501.

JUL 4: Coronado/Second Sole Half-Marathon. Coronado Island, time TBA. EOL, 1013 Park Pl., Coronado 92118. (619) 437-4556.

JUL 4: Semana Nautica 15K. Goleta (San Marcos High School), 8 am. John Brennand, Box 6616, Santa Barbara 93160.

JUL 4: Kenwood Footrace. 10K, Kenwood (Warm Springs Rd.), 8 am. Valley of the Moon R.C., P.O. Box 879, Forestville 95436.

JUL 4: Embarcadero 5 Mile Optimist Run for Youth. Oakland (Estuary Park, 1/2 mile south of Jack London Sq.), 9 am. Run for Youth, 5715 Florence Terr., Oakland 94611. (415) 834-3110.

JUL 4: Firecracker 10K & 3K Fun Runs. Half Moon Bay (Smith Baseball Field), 8:30 am/3K, 9 am/10K. Steve Cook, 700-A Arnold Way, Half Moon Bay 94019. (415) 726-3233.

JUL 4: Milpitas Firecracker 10K. Milpitas (Civic Center), 8:30 am. Karen McNamara, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

JUL 4: Santa Clara Central Park Run. 3.4 mile, 8:30 am. Community Recr. Center, 969 Kiely Blvd., Santa Clara 95051. (408) 984-3260.

JUL 4: Delta Festival Fun Run. 5 mile & 1.4 mile fun run, 9 am. Santo Enea, 224 E. 10th., Pittsburg 94565. (415) 427-0306.

JUL 4: Run for Independence. 2 & 5 mile, Atwater (Ralston Park), 7:30 am. The Signal, 927 Atwater Blvd., Atwater 95301.

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

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

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

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

JUL 4: Fountain Valley Fiesta Independence Day 15K. Fountain Valley (Mile Square Park), 7:30 am. Loeschhorn's, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

JUL 4: Independence Day 10K. Newhall, 8 am. Santa Clarita Runners, Box 481, Newhall 91321. (805) 252-4755.

JUL 7: Western States 100-Mile. Squaw Valley to Auburn, time TBA. Curt Sproul, 1000 "G" St., Sacramento 95814. (916) 443-8161. *Entries usually close early.*

JUL 7: King of the Hill Triathlon. 2.4 mile swim, 112 mile bike, 26.2 mile run or 1.2 mile swim, 56 mile bike, 13.1 mile run. San Bernardino Mountains (Big Bear Lake), time TBA. Don Frantz, P.O. Box M6-32, Big Bear Lake 92315. (714) 585-5650. *Previously listed as June 30.*

JUL 7: San Francisco Triathlon. 1K swim, 20K bike, 5K run. San Francisco, time TBA. Fleet Feet, 2086 Chestnut St., San Francisco 94133. (415) 921-7188.

JUL 7: Burney Basin Days Half-Marathon. Burney, 8 am. Intermountain R.C., P.O. Box 1564, Burney 96013. (916) 335-3236.

JUL 7: Redding Rendezvous Triathlon. 8 mile run, 24 mile bike, 4 mile paddle. Lake Redding Park, time TBA (no raceday reg.). Mike Jones, P.O. Box 3066, Redding 96049. (916) 275-4141.

JUL 7: Double Nickel Lions Club 10K. Nipomo, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

JUL 7: Benbow Triathlon. Arcata area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521.

JUL 7: Cable Stars 5/10K Run. Oxnard (Channel Islands Harbor), 8 am. Jones Inter-cable (805) 485-7865, Donnie Clark.

JUL 8: After the Fourth 5K Fun Run. Moraga (St. Mary's College), 9 am. Norman Crane (415) 376-4926.

JUL 8: Gay Run '84. 5 & 10K, San Francisco (Golden Gate Park Polo Fields), 9 am. Front Runners, 1550 California St., Box 61200, San Francisco 94109. (415) 821-7300.

JUL 8: Dump to Dump. 5 miles, location and time TBA. Scott Goldman, 299 California Ave., #208, Palo Alto 94306. (415) 878-8272.

JUL 8: Benbow Race. 2 & 6.2 miles, Arcata area, 9:30 am. Six Rivers RC, Box 214, Arcata 95521.

JUL 8: Duane Shaffer Birthday Marathon. Anaheim (Anaheim Lake), 7 am. Duane Shaffer, 4042 Bycroft, Yorba Linda 92686. (714) 632-4896.

JUL 8: South Coast Summer Classic 5 & 10K. Irvine (Mason Regional Park), 7:30 am/5K, 8:15 am/10K, South Coast Runners Ass'n., 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

JUL 8: Nat'l Masters TAC 15K Championships. Utica, New York, time TBA. Earl Reed, c/o Utica Bollers, Dwyers Ave., Utica, NY 13501. (315) 797-1310.

JUL 8: SPA/TAC Half Marathon Championships. Los Angeles (Griffith Park), 8 am. C.R.C. Box 891, Tarzana 91356. (818) 888-5526.

JUL 14: Epple's Great Race. 6.1 mile run, 12.5 mile bike, 6.3 mile paddle (individual and relay), Sacramento (Goethe Park), time TBA. *July 6 Entry Deadline.* Shirley Willd, 3711 Branch Center Rd., Sacramento 95827. (916) 366-2066.

JUL 14: Good Sport Couples Relay. 2-Person run 2 mile each, Larkspur, time TBA. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

JUL 14: Woodland Classic 5-Miler. Woodland (Vince's Restaurant), 8 am. Daniel Silva, 140 W. Main St., Woodland 95695. (916) 666-6049.

JUL 14: World's Easiest Triathlon. 50m swim, 5000m bike, 3000m run. Taft (Taft Natatorium), time TBA. Westside Roadrunners, P.O. Box 262, McKittrick 93251. Joe Cox (805) 762-7557.

JUL 14: Oxnard/Sunkist Triathlon. 1 mile swim, 11 mile bike, 4 mile run. Oxnard (Hollywood Beach), 8 am. Gil Ramirez or Rob Fukutomi, 800 Hobson Way, Oxnard 93030. (805) 984-4643.

JUL 14: Anniversary 5/10K Runs. Fountain Valley (Mile Square Park), 7:30 am/5K, 8 am/10K. NBRA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

JUL 14: CENTS Fun Runs. 2 & 5 miles, Clovis. Paul Morrisson, 1033 5th St., Clovis 93612. (209) 298-8061.

JUL 15: Sri Chinmoy 5K. Cupertino (Vallco Parkway, nr. Shopping Ctr.), 8 am. Rick DeAngelo (415) 255-6941.

JUL 15: Quick Silver Challenge Half Marathon. San Jose (Castillero Middle School), time TBA. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223.

JUL 15: Plum Run. 10K, Santa Rosa (Willowside School-tentative location), 9 am. Chuck Rust, 1212 Baird Rd., Santa Rosa 95405. (707) 538-0175.

JUL 15: Mark West Challenge. 10K, San Miguel School (Santa Rosa?), 8 am. Dan Evans, 510 Larkfield Ctr., Santa Rosa 95401. (707) 545-8380.

JUL 15: Lake Merritt Summer Relays. **CANCELLED.**

JUL 15: Converse Aptos Women's 5-Miler. Aptos (Aptos Village Park), 9 am. Gail Goet-telmann, 866 Burns Ave., Aptos 95003. (408) 688-1624. *Women Only.*

JUL 15: Turnaround Race for Peace. 5 mile & 1 mile fun run, San Francisco (Polo Fields, Golden Gate Park), 8:30 am/1 mile, 9 am/5 mile. Nowhere to Run, P.O. Box 20249, Oakland 94620. (415) 658-7805.

JUL 15: Domaine Chandon's Run in the Vineyard 10K. Yountville (Veterans Home entrance), Napa Valley, 8 am. Domaine Chandon, P.O. Box 2470, Yountville 94599. (707) 944-8844.

JUL 15: Olympic Torch Run. 5 miles, San Luis Obispo (Strother Park), time TBA. Chuck Fellows, 202 Canyon Way, Arroyo Grande 93420.

JUL 15: Tall Trees Fun Run. 0-17 miles, Arcata Area, 10 am. Six Rivers RC, Box 214, Arcata 95521.

Schedule

JUL 15: Run thru Eldorado 5K. Lng Beach (El Dorado Park), 8 am. Run Thru Eldorado, 3941-B, So. Bristol, Santa Ana 92704. (714) 645-8710.

JUL 15: Israel Runners Ass'n Salutes the U.S. & Israel Teams 5/10K Run. Los Angeles (Rancho Park), 9 am. Israel Runners Ass'n., 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

JUL 15: Run for Cancer. 5 miles, Merced, 7 am. For info. (209) 383-3710 or 384-6290.

JUL 15: Cerritos Parks & Recreation 5K Run. Los Cerritos Mall, 7:30 am men's race, 8:05 am women's race. Runners High, 5519 El Amo Blvd, Lakewood 90713. (213) 920-3580.

JUL 16: Fortuna Rodeo Run. Distance TBA, Fortuna, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521.

JUL 21: Bodega Bay to Breakers 8K. Westside Road at the foot of Bodega Head, 9 am. Dave Sjostedt, Box 562, Bodega Bay 94923. (707) 875-2188.

JUL 21: Code Three Fun Run. 5 miles, Yuba City (River Front Park), 9 am. Jog-In, 444 Gray Ave., Yuba City 95991. (916) 674-0574.

JUL 21: Tulare Road Race. 2 mile prediction & 6 mile race, Tulare (Live Oak Park), 6:50 am/2 mile, 7 am/6 mile. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUL 21: Great Pioneer Day 5 & 10K Runs. Sonoma (Sonoma Square), 9 am. Ron Tomlinson, 151 W. Agua Caliente Rd., Sonoma 95476. (707) 938-2809.

JUL 21: RRCA Women's Distance Festival 5K. San Luis Obispo (Laguna Lake Park), time TBA. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

JUL 21: Cypress Community 5/10K Runs. Cypress, 7:30 am. Sheryl Puryear, 5700 Orange Ave., Cypress 90630. (714) 821-9500.

JUL 21: Runner's Sole Sprint-Tri. 1K swim, 20K bike, 8K run. Castaic (Castaic Lake), time TBA. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (818) 368-7889.

JUL 22: Wharf to Wharf Race. 5.813 miles, Santa Cruz to Capitola, 8:30 am. Wharf to Wharf, P.O. Box 307, Capitola 95010. (408) 475-2196.

JUL 22: The River City Triathlon. ¼ mile swim, 13 mile bike, 5 mile run. Sacramento, time TBA. Tri-Triathlon, 2410 "J" St., Sacramento 95816. (916) 442-8326.

JUL 22: Lake Chabot Trail Challenge. 13.1 mile, Castro Valley (Lake Chabot Regional Park), 9 am. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255.

JUL 22: PA/TAC 25K Championships. San Francisco (Golden Gate Park, So. side of Polo Fields), 8 am. Kees Tuinzing, 627 Galerita Way, San Rafael 94903. (415) 472-RACE.

JUL 22: Mad River Race. 2 mile & 15K, Arcata Area, 10:45 am. Six Rivers RC, P.O. Box 214, Arcata 95521.

JUL 22: Tin-Man Triath-a-Lung. 1 mile swim, 25 mile bike, 6 mile run. Healdsburg (Healdsburg Memorial Beach), 9 am. American Lung Ass'n, Lizz Woznicki, 1059 Second St., Santa Rosa 95404. (707) 527-LUNG.

JUL 22: Lake Merritt Joggers & Striders 4th Sunday Runs. 5, 10 & 15K, Lake Merritt (Oakland), 9 am.

JUL 22: Conejo 8K Run. Westlake Village, 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

JUL 28: Garlic Festival 10K Run. Gilroy (Gavilan College), 7:30 am. Garlic Festival Committee, P.O. Box 2311, Gilroy 95020.

JUL 28: The Golden Run 5/10K. Fountain Valley (Mile Square Park), 7:30 am/5K, 8:15/10K. Golden Run, 1822½ Newport Blvd., #210, Costa Mesa 92627. (714) 645-7194.

JUL 28: SPA/AAU 10K Run Honoring the 1984 Olympics Opening Day Ceremonies. Los Angeles, 9 am. Maccabi Union, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

JUL 29: Sertoma Classic. 4 & 8 miles, Hayward (Air Terminal), 9 am. Larry Olivera, 22594 Mission Blvd., #210, Hayward 94541. (415) 582-5982.

JUL 29: SLO Recreation Dept. Triathlon. ½ mile swim, 14½ mile bike, 3½ mile run. San Luis Obispo (Sinsheimer Park), time TBA. Joan Ponza, Parks & Rec. Dept., City of San Luis Obispo, P.O. Box 321, San Luis Obispo 93406. (415) 541-1000.

JUL 29: Optimist Sports Fiesta Triathlon. 4 mile bike, 400 yards swim, 1 mile run. Coronado (Sunset Park), time TBA. Optimist Triathlon, P.O. Box 251, Coronado 92118.

JUL 29: Windmill Run. 5K, San Francisco (Golden Gate Park, North Dutch Windmill), 9 am. Danielle Hochman, 4110 Geary Blvd., San Francisco 94118. (415) 751-0300.

LOOKING AHEAD

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

AUG 5: Skyline 50K. (PA/TAC Championships - Prize Money). El Sobrante (Wildcat Canyon Regional Park), 7 am. Skyline 50, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.

AUG 5: SPA/TAC 10K Championships. Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5526.

AUG 18: Bass Lake Half Marathon. Bass Lake (Pines Village), 8 am. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

AUG 19: San Francisco Marathon. Golden Gate Park, 8 am. 10,000 Limit. San Francisco Marathon, P.O. Box 27385, San Francisco 94127. (415) 681-2322. *Prize Money.*

AUG 19: America's Finest City Half-Marathon. Pt. Loma (San Diego), 7 am. Jack Damson, 3861 Front St., San Diego 92103. (619) 297-3901.

AUG 26: Santa Monica Marathon. Santa Monica, time TBA. Santa Monica Parks & Rec. Dept., 1685 Main St., Rm. 210, Santa Monica 90401. (213) 393-0463.

AUG 26: Nat'l TAC 10K Senior Men's Championships. Buffalo, New York, time TBA. Diane Lupp, 190 Warren Ave., Buffalo, NY 14217. (716) 873-5319.

SEP 2: Alcatraz Challenge Triathlon. 1.5 mile swim, 1 mile run, 14 mile bike, 14½ mile swim. Alcatraz-Aquatic Park-Mill Valley-Double Dipsea, time TBA. *Limit 150 by Aug. 1.* Joe Oakes/Sally Bailey, 10 Camford Ct., Moraga 94556. (415) 376-3468.

SEP 9: Nike-OTC Marathon. Eugene, Ore., time TBA. Jerry Settelmeier, P.O. Box 10412, Eugene, OR 97440. (503) 687-2477. *Entries close early...lottery!?*

OCT 28: New York City Marathon. New York City, time TBA. NYRR, P.O. Box 1388, New York, NY 10116. (212) 860-4453 for 860-4455. *Entries close early...by lottery.*

COLLEGE/OPEN TRACK & FIELD

JUN 2: TAC Nationals Qualifying Meet. Mt. San Antonio College. Ernie Gregoire, 1100 N. Grand, Walnut 91789. (714) 594-5611, ext. 500.

JUN 7-9: TAC Sr. National Championships. San Jose City College. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 94128. (408) 288-3730.

JUN 14: Tulare All Corners. Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 16-24: U.S. Olympic Trials. L.A. Coliseum. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771.

JUN 16-17: TAC Jr. Women's Heptathlon Chmps. L.A. Coliseum. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

JUN 18-19: TAC Jr. Men's Decathlon Chmps. L.A. Coliseum. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

JUN 22-24: TAC Jr. Men/Women Championships. L.A. Coliseum, 9 am. Berny Wagner, U.S.A. TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

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Schedule

JUN 28: Tulare All Comers. Bob Mathias Stadium, Tulare, 6 pm. Norm Takeuchi, Tulare Parks & Rec., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 30: Los Gatos All Comers Meet. Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

JUL 7: Reebok-Los Gatos Twilight Pre-Olympic International Open Meet. Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

JUL 7: Long Beach Invitational II. CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

JUL 12-14: TAC Youth Athletics National Championships. Brigham Young University, Provo, Utah. Ben Stowell, 425 Sherman Ave., Salt Lake City, UT 84115. (801) 487-2847.

JUL 13-15: Taco Bell Summer Games. Fresno State University. Red Estes, CSUF Athletic Dept., Fresno 93740. (209) 294-4097.

JUL 14: Kinney Invitational. UC Berkeley. Dave Maggard, Athletic Director, UC Berkeley 94720. (415) 642-5316.

JUL 14: Los Gatos All Comers. (408) 395-5825.

JUL 15: International Pre Olympic Meet. Mt. San Antonio College, Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

JUL 19-21: TAC National Junior Olympics Championships. Baton Rouge, Louisiana. Sams Seemes, Track Coach, Louisiana State, P.O. Box AS, LSU Station, Baton Rouge, LA 70893. (504) 388-8627.

JUL 21: Reebok-Los Gatos Twilight Pre-Olympic International Open Meet. Los Gatos High School. Willie Harmatz, Los Gatos High School, 70 High School Ct., Los Gatos 95030. (408) 395-5825.

JUL 21: International Pre Olympic Meet. Hughes Stadium, Sacramento. Al Baeta, American River College, 4700 College Oak Dr., Sacramento 95841. (916) 484-8143.

JUL 21: Long Beach Invitational III. CSULB. John Tansley, CSULB Track, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

JUL 21: Prefontaine Classic. Hayward Field, Eugene, Oregon. Tom Jordan, 850 East 43rd Ave., Eugene, OR 97405. (503) 683-5635.

JUL 25: Mt. SAC International Pre-Olympic Tune-up. Open to International Olympic Team members only. Don Ruh, Track Coach, Mt. SAC, Walnut 91789. (714) 594-5611.

JUL 30: International Pre-Olympic Invitational. Pt. Loma College, San Diego, 2 pm. Dr. James Crakes, Track Coach, Point Loma Nazarene College, 3900 Lomaland Dr., San Diego 92106. (619) 222-6474(w), (619) 224-3835(h), or Robin Williams (619) 455-9422(h).

AUG 3-12: Olympic Track & Field Games. L.A. Memorial Coliseum. H.D. Thoreau/Bill Bedford, LAOOC, Los Angeles 90084. (213) 305-1984 or 305-8414.

AUG 11: Arco Jesse Owens Youth Games. San Diego State Univ. Mary DeGeorge, Director, Arco Jesse Owens Youth Games, 515 S. Flower St., Los Angeles 90071. (213) 486-1243.

AUG 15: Post Olympic Meet. University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3395.

MASTERS TRACK & FIELD

JUN 9: USC Masters Meet. Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina 91790.

JUN 30: Southern California Striders Relays. Santa Ana College, 10:30 am. *Submasters, Masters, Corporate, Police & Fire Dept.* Lloyd Higgins, 629 Marie Ave., Los Angeles 90042. (213) 257-7865.

JUL 1: SPA/TAC Masters Championships. Occidental College, 3 pm. Woody Studenmund, 823 Millmada Dr., La Canada 91011. (213) 259-2775.

JUL 7: Northern California Seniors Classic. Berkeley. Mark Grubi, P.O. Box 4512, San Francisco 94101.

JUL 7-8: TAC National Masters Decathlon & Heptathlon Championships. Indiana University, Indiana. Henry Hopkins, 833 N. Center Rd., Indianapolis, IN 29651.

JUL 13-15: Taco Bell Open & Masters. Fresno State University. Red Estes, CSUF Athletic Dept., Fresno 93740. (209) 294-4097

JUL 13-15: TAC Western Regional Masters Championships. Occidental College. Gar Miller, 1740 Grandview Ave., Glendale 91201. (818) 843-2139, until 9 pm.

AUG 17-19: TAC National Masters Championships. Eugene, Oregon. Oregon Track Club Masters, P.O. Box 10085, Eugene, OR 97440. (503) 687-0122.

OCT 6: Club West Masters. Goleta. George Adams, P.O. Box K, Goleta 93116.

Masters please check College/Open Track & Field Schedule for All Comers Meets, as many have special masters divisions and/o encourage masters participation.

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SoCal Diary

By BILL MINARIK

□ April 8.

There were a number of Prep Invitationals Saturday, however most of the top schools were apparently waiting for Arcadia the following week. First the Bishop Amat Invitational at Mt. SAC saw West Covina and L. B. Poly battle it out for top honors, while at the Tustin Relays, Loyola lead by Burt Fuller outdistanced runner-up Mission Viejo 61-36. At the Orange County Girls Relays, Esperanza outran runner-up Edison 62-49, while at the Burbank Invitational, Kennedy High of Granada Hills was a winner over Beverly Hills 167-132. At the Valencia Invitational, Eric Schermerhorn of Woodbridge pulled a tough 400-800 winning double and then came back to take 2nd in the long jump for good measure. At the Hawthorne Invitational, Kirsten O'Hara of Palos Verdes pulled a 1500-3000 double on a day in which host powerhouse Hawthorne High did not compete in its own Invitational. The word out of Hawthorne was that they had already competed in 2 out of the 4 allowable invitationals; and with both Arcadia and Mt SAC yet to be run, they were out of meets. I'd buy this story if it weren't for the fact that Hawthorne athletes competed in the Tustin Relays this same day.

Community Colleges were winding up their dual meet season and the featured dual here would have to be Glendale's 92-49 victory over previously undefeated San Bernardino for the Inland Valley Championship. This was Glendale's 93rd straight dual meet win over a period of 11 years. In 4-year College action, UCLA's men's team lost to Oregon 86-77 as Joaquim Cruz outdualed the Bruins' Steve Kerho in the stretch of the final mile relay leg to pull it out for the Ducks. The OU women's team also came out on top of the Bruins 93-41. At Occidental, Oxy took a double dual from the UCSB and CSLA men by scores of 93-63 and 140-15, while the UCSB women got by Oxy 73-63 and CSLA 83-32. Elsewhere in men's action USC got by Stanford 90-62 and Cal beat San Jose State 86-77.

The Sun Devil Invitational in Arizona, which is known for its hot relay times, was business as usual over the week-end as Arizona, anchored by Rod Barksdale, clocked a 1:21.1 800 relay which breaks down to less than 20.3 per runner. Not to be outdone, Arizona State, anchored by Pete Richardson, clocked a 7:08.9 2 mile relay which works out to about 1:47 per runner and broke Villanova's NCAA record of 7:12.2. In addition, Leslie Deniz broke her American Discus Record with a toss of 213-11.

At the Fresno Bee Games, FSU's Matt Mileham tossed the hammer 244-8, while women's world record holder Tina Lilak of Finland threw the javelin 243-7, which is the 2nd longest throw ever in the world.

In other news of note, John Tansley has left Cal State Long Beach to become the

head track coach at Cal State L.A. Tansley, who is one of the premier technicians in the sport, cited five main reasons for the switch: 1) an \$11,000 per year salary increase, 2) more pay for his assistants, 3) an Olympic quality facility at CSLA, 4) a 15-minute drive from his house, and 5) **NO FOOTBALL AT CSLA**. Based on the CSLA dual meet record this year, it will take a coach of Tansley's calibre to resurrect the program there.

Other local coaches making the final four for consideration of the CSLA job included SBCC Coach Tom Lionvale and Belmont High Coach Robin Paulson.

Another coaching rumor has Banning High Coach Don Mulligan in line for the USC job.

There is a story out that the track program at UTEP is being investigated on the report that top foreign athletes at the institution were paid upwards of \$5,000 out of a secret slush fund kept by the coaching department. Based on who has been there the past 10 years, it wouldn't surprise me if that story turns out to be true.

□ April 15.

The main attraction this weekend was definitely the Arcadia Invitational where most of the State's finest prep athletes got together for the season's first major confrontation. In the boy's 100, Ray Brown of Muir upset Hawthorne's Henry Thomas 10.54 to 10.58 and then came back to anchor Muir's 400 relay team past Thomas' quartet 41.18 to 41.28. However, Henry came back to take the 200 over a field without Brown and then anchored the Hawthorne 1600 relay team to victory. Another ironman performance was turned in by Woodbridge's Eric Schermerhorn who came from behind to win the 800 in a PR 1:51.7 and then came back 10 minutes later to win the 400 in 48.1. In the girl's section, Choo Choo Knighten of Locke won the 400 in a nation-leading 53.8 and came back to take the 100 hurdles in 13.9.

In other prep action at the Boys Orange County Championships, Saddleback High was a narrow 58-57 winner over Santa Ana Valley, while at the Russell Cup in Carpinteria, the Bishop High boys ran away from runner-up Nordhoff 117-58, and the Valley Christian girls were narrow 67-64 winners over Santa Ynez.

In Olympic Development meets at CSLA and Santa Monica CC, Evelyn Ashford made her 1984 debut with an 11.1-22.7 sprint double and Chandra Cheeseborough just edged Denean Howard 51.45-51.66 in the 400. Lorna Griffen also had a nifty 58-8/208 weight double.

At UCLA, the San Diego State Aztecs won all three sprints and both relays, but that was about it as the Bruins used their

distance and weight strength to outrun SDS 99-63. The big dual at this one was between Bruin John Brenner and former Bruin Dave Laut in the shot, with Brenner coming out on top 69-10 to 68-2.

In a follow-up to their highly acclaimed series on the effect of steroids, *L.A. Times* staffers Julie Cart and Randy Harvey had an article April 15 which identifies steroids as a carcinogen. A book on the subject entitled *Death in the Locker Room* is to be published this spring by researcher Bob Goldman.

□ April 23.

While most of the schools were out on Easter vacation, there were a few invitationals, beginning with the Mt. Carmel Invitational at Mt. Carmel High School in San Diego where Hawthorne's Henry Thomas made his presence known by running away with both sprints in 10.49 and 21.22 and anchoring both relay teams to victory in 42.3 and 3:18.4. Not to be outdone, the Hawthorne girl's team swept all 3 relays in times of 49.4, 3:59.7 and 12:33.4.

At the Deepest Valley Relays in Bishop, host Bishop High School dominated its own meet while Azusa High School dominated the Upland Relays.

The Community Colleges were all participating in the SoCal Relays, however no results were called in, thus we remain in the dark as to what happened there.

In 4-year College duals, it was powerful San Diego State running away from Colorado and Cal Poly Pomona 104-47-43, while at Palo Alto, it was the UCI men with a surprisingly easy 75-48-43 win over LSU and Stanford, while the San Diego State women were easy 82-47-27-23 winners over Stanford, LSU, and UCI respectively.

At the Bruce Jenner Meet at San Jose, Sam Turner was an easy winner in both the high hurdles and 200 in 13.38 and 20.52, while USC's Darwin Cook ran an excellent 10.19 100.

At an All-Comers Meet at CSLA, Christian Okoye of Azusa Pacific set a Nigerian national record in the discus throw with a heave of 197-4. In the women's events, Valerie Brisco-Hooks helped two star-studded relay teams, running for the World Class Track Club, to times of 43.8 and 3:37.8.

Elsewhere, at the Lady Bronco Invitational, a number of USC and UCLA athletes were sharpening their spikes for the big meets ahead.

□ April 30

As is the case in one week out of every year, virtually every level of competition finds its way over to Mt. SAC for four days of Track and Field activity. Beginning with

the Preps, it was a big day for Muir High School as it's sprint star Ray Brown equaled the fastest 100 meters ever recorded by a California Prep with a 10.37 clocking. Ray then proceeded to anchor all 3 Muir relay teams to victory in times of 41.2, 1:25.7 and 3:14.9. In the girl's division, as expected, Hawthorne ran away with 400 and 800 relays in 46.9 and 1:40.5, but it was Millikan High taking the 1600 in a time of 3:45.9.

In the Community College Section, Pasadena CC with a 400 relay time of 40.1 posted the top time of the day.

In the College-Open Division, UCLA's Steve Kerho indicated he was ready for national competition with a winning effort of 13.68 in the highs while Willie Banks had a strong 56-4 effort in the triple jump. In the Invitational Section, Carl Lewis had a strong 10.06 100 while Tony Campbell had an outstanding 13.38 high hurdles run into the wind. In the shot, Brian Oldfield and Augie Wolf were both over 70 feet; while in the women's 100, Evelyn Ashford had a wind-aided 10.88.

In other meets, Fresno State surprised Oregon State 78-62 at Eugene, while at the Claremont High School Invitational at Pomona College the Hawthorne High School girl's JV team (the Varsity was at Mt. SAC) defeated Simi Valley and Redlands 75-64-64. At the California Invitational at Cal Poly Pomona, Johnson of Azusa Pacific had an outstanding decathlon of 8,044.

In other items of interest, L.A. Times staffers Julie Cart and Randy Harvey had another excellent expose on money paid to tracksters; which goes from \$7000 a meet for stars like Carl Lewis down to \$500-\$1000 for the likes of Alberto Salazar. That article ran in the April 22 issue. It seems the selection for a successor to USC Head Track Coach, Vern Wolfe goes on and on. The process has apparently narrowed down to 6 candidates who are USC assistant Ken Matsuda, LBCC's Ron Allice, San Jose State's Ernie Bullard, Houston's Tom Tellez, Kansas State's Steve Miller and Tennessee's Stan Huntsman. Those 6 will be narrowed down to 3 by a committee of ex-USC jocks and then a coach will be selected by the A/D and school president. Since the USC A/D has just quit under pressure, its no telling just how long before the Trojans will have a coach.

□ May 7

Track season was beginning to wind down in SoCal as both the preps and community college athletes were having league finals and qualifying. In both L.A. City and Southern Section qualifying, all big name athletes advanced.

In community college conference meets, Long Beach City continued its dominance of the Metro with a 187-139-122 win over Pasadena and El Camino, while the El Camino women ran away from 2nd place Pasadena 180-83. In the Pacific Coast Conference, there was an incredibly close finish in the men's division where Saddleback got by Mira Costa, Grossmont and San Diego Mesa by a 133-131½-120-116 count. In the women's division, it was no contest as Mira Costa ran away from runner-up San Diego CC 181-83. In the Inland Valley Conference, the Glendale College men ran away with their 10th consecutive conference championship by a 206-110 margin over runner-up Citrus, while the East L.A. women were 126-66 winners over runner-up Glendale.

In 4-year college action, the big meet was

the UCLA-USC dual meet predictably won by the Bruins 93-68. In that one, the Bruins' John Brenner put the shot a world leading 71'3½". Other marks of note came from USC's Darwin Cook with a 10.26 100 meters and the Trojans' Terry Ivey with a 46.1 400 meters. Terry subsequently pulled up in the opening leg of the 1600 relay allowing the Bruins a concession win.

In other meets of note, UTEP was a narrow winner in the WAC Conference with a 160-156-129 score over BYU and San Diego State.

At the Nick Carter Invitational at UCSB, some excellent marks posted by Steve Smith in the shot put 67-7 and Christian Okoye in the discus at 203-2. At the New Balance Women's Meet at U.C. Irvine, Valerie Briscoe-Hooks showed that she was a force to be reckoned with in the Olympic Trials by coasting to an 11:36 win in the 100 meters.

□ May 14

Qualifying continued at both prep and community college levels as the CIF Southern Section held its preliminaries and the L.A. City Section held its semi-finals. Most big names made it to the next round with the exception of the Marina 1600 boys relay team which DNQed despite a 45.7 anchor leg by superstar Chip Rish. Also City favorite Fremont dropped the stick in the 400 and Kennedy High was DQed for a lane violation in their 400R heat.

In the community college SoCal prelims, El Camino's chances took a turn for the worse when they dropped the stick in the 400 relay.

In 4-year college conference championships, Fresno State used its all-around strength to outdistance San Jose State and U.C. Irvine 197-140-128 in the PCAA Meet. In the CCAA Meet, CS Northridge won its first championship in quite some time with a surprisingly easy 232-157-118 win over Cal Poly Pomona and CPSLO's men, while the CPSLO women remained on top with a 202-134 win over Cal Poly Pomona.

In the women's WCAA Meet, it was host Stanford getting by Arizona State 170-135. In the NAIA District III Meet, Azusa Pacific destroyed the field with a 327-151 win over runner-up Cal Lutheran.

In a minor invitational at Oxy, Giancarlo Urlando of Italy indocrinated the new hammer ring with a throw of 246-11.

Major Invitationals: First up at Modesto—there were some good wind-aided times lead by Mel Lattany's 10.01 and Evelyn Ashford's 10.78 in the 100 meters, and Tony Campbell's 13.30 and Stephanie Hightower's 12.78 in the hurdles. In a major shot put dual, UCLA's John Brenner out-muscled Brian Oldfield 70-3 to 69-3. In addition, former CSLB star Bill Green had an excellent throw of 240-7, placing 3rd to two foreign entries.

At the UCLA-Pepsi Invitational, there were some excellent individual battles lead by Steve Scott's 3:52.99 win over Joachim Cruz 3:53.00 in the mile and Greg Foster's 13.21 hurdle win over Tony Campbell 13.23. In the field, Tom Petranoff just edged Bob Roggy in the javelin 293-8 to 292-7, while Dave Laut outthrew Brian Oldfield in the shot 70-5 to 70-0.

In case you're wondering why UCLA's

John Brenner passed up his own invitational to throw at Modesto, so is everyone else. According to John, he wasn't invited, however there was a lot of chatter in the stands regarding a possible dispute between John and meet director Al Franken over expense money.

There was also a dispute with meet director Al Franken that was more than just a rumor and this concerned the long jump competition which was won by Carl Lewis at 28-7 with Larry Myricks 2nd at 27-8¾. According to Myricks, the rules of the competition had all jumpers taking 3 jumps with only the top qualifiers receiving 3 additional jumps. After Lewis had fouled on his first two jumps, Al Franken, in accordance with the wishes of NBC (who was televising the meet) and wanted to see Lewis pop a big one, changed the rules so all competitors received 6 jumps. This change allowed Lewis, who fouled on his 3rd jump, to stay in the competition and win it on his 4th attempt. Myricks said Franken sold out to the big money interest.

In the distaff side of the meet, while Mary Decker was breezing through a mile run, Chandra Cheeseborough was setting an American record of 50.52 in the 400 and now looks like a good bet to go under 50.0 before the Olympics.

□ The Boycott

Since the '84 Olympics are a part of the SoCal track scene, I feel it necessary to discuss the tentative Eastern Bloc boycott of the L.A. Games. First of all, I am neither surprised nor disappointed that the Soviet Bloc will not attend. As precedent for the Soviet action, one need only remember back to the summer of 1970 when, because a young Russian decided he wanted a better way of life and defected to the U.S., the Soviets cancelled a dual T&F meet at the Coliseum leaving the meet sponsors with pre-engraved medals in hand. Fortunately, Great Britain and another one of our allies came through and substituted for the USSR at the last minute. The winners in that meet received medals with USA-USSR engraving on them. As for any disappointment in the Soviets not showing, I don't feel its warranted. Ever since the Soviet Bloc began competing in 1952, the Games have been under an aura of professionalism, drugs and anti-femininity, not to mention political overtones. I would dearly like to see the Soviets and their allies hold their own games and leave the Olympics to the free world. Anyone who attended the Olympics prior to 1952 was of the opinion they had witnessed a great spectacle. Would it be any less of a spectacle now than it was then? I think not. In 1932 thirty-nine countries participated in what was acclaimed as a great spectacle—the Los Angeles Olympics. Is it now any less of a spectacle that 150 countries less the Soviet Bloc will be competing? I think not. I sincerely hope the Soviets do not change their minds, so I can join with my parents and grandparents in saying that I saw a real Olympics.

Medical Notes for Runners

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

Achilles Tendinitis

If there is one tendon not to mess around with, it's the achilles. This was true in Greek mythology, and it is true today. Four-fifths of the bulk of the muscles in the leg pass through the achilles tendon as it inserts into the heel bone - the calcaneus. The achilles tendon and associated muscles - the calf muscles - are responsible for stabilizing the knee, stabilizing the foot and ankle, and propelling the body forward. When pain or injury is present, the athlete is side-lined.

The achilles tendon is different from all other tendons because it doesn't have a true sheath. It has a paratenon. The paratenon is loose fatty tissue that moves like an accordion with the tendon. The paratenon is endowed with a rich blood supply; whereas the tendon, itself, has a very poor blood supply. Thus, when one abuses or overuses the achilles tendon, there is inflammation of the sheath. This is called paratendinitis. If the athlete ignores the warning signs of overuse, stiffness and pain; then the soft fatty tissue around the tendon becomes inflamed and eventually becomes hard and entangled in a mass of scar tissue. The sheath doesn't move like an accordion. There is a grating sensation with attempts to stretch the achilles tendon, and pain is present. If the athlete still fails to heed the signs of paratendinitis, then the paratendinitis and its inflammatory changes can cause damage to the tendon itself. This is called tendinosis.

The tendon doesn't heal in adults.

The adult's achilles tendon has no cells capable of healing it. The cells that heal a tendon are called fibroblasts; and, although they are active in a child, they are inactive in an adult. Thus, an injured achilles tendon can heal only by having cells from the surrounding fat migrate to the tendon and change, by a process called metaplasia, into fibroblasts.

The achilles has a poor blood supply.

The achilles tendon has a poor blood supply, which gets worse as we get older. Evidence suggests that those of us predisposed to hardening of the arteries, atherosclerosis, are at greater risk for achilles tendon damage. Atherosclerosis is closely linked with hereditary factors, diet, and activity.

So what to do!

If there is stiffness or pain around the achilles tendon, immediately decrease your activity. I suggest that you run every other day instead of every day, or don't run at all if there is pain with running. Continued activity will cause irreparable and irreversible damage. Ice the tendon, and start gentle massage. Substitute your aerobic activity with biking and swimming. If biking hurts, swim only. Gently stretch the calf muscle, but don't overstretch; this will cause more injury. Strengthen the muscles in the front of the leg, the antigravity muscles, by moving the foot up and down with a paint can on top of the foot. Five or ten pound weights will suffice. Check your shoes, and see if there are abnormal wear patterns. Excessive pronation causes pain on the inside of the achilles where excessive supination, rolling to the outside of the foot, causes pain on the outside of the achilles. Make sure the midsoles of your shoes are absorbing shock. Evidence shows that the achilles tendon absorbs a considerable amount of shock and pressure at contact. Materials, such as Sorbothane, help decrease the shock going into the achilles and may help the healing and recovery of an injured achilles tendon.

Physical Therapy

Physical therapy is most helpful. I usually suggest that patients have ultrasound, three times a week, for two to three weeks. The ultrasound is utilized to decrease scar tissue formation and inflammation. A small amount of Cortisone cream is used with the ultrasound to likewise decrease inflammation. Cortisone injections are never given since they may cause tissue damage and necrosis of the achilles tendon and eventual partial or complete rupture. Along with the ultrasound and friction massage, I utilize electrogalvanic stimulation, electroacupuncture, or dynawave. These are forms of electrical therapy to decrease pain and improve healing on a cellular level.

What if there is pain with walking?

If there is pain with walking, a cast may be necessary. I prefer to use a cast at the back of the leg and bottom of the foot, which can be removed. This is made out of fiberglass. It is removed so that physical therapy can be utilized, and the patients can swim.



What if I have had the problem for one or two years?

If you have had the problem for one or two years, you are in trouble, but not terrible trouble. We utilize physical therapy for three weeks, two to three times a week, and control biomechanics. Sorbothane heels are used, and rehabilitative exercises prescribed. There is a relatively high success rate, even though there may be permanent damage. The scar tissue must be made soft and pliable, and the criss-cross collagen bundles made parallel. If this can be accomplished with physical therapy, the athlete will recover.

What if conservative therapy fails?

If conservative therapy fails and you have a paratendinitis - scar tissue in the sheath of the tendon - then surgery may be the answer. A simple surgical procedure, called a paratenon release or stripping of the sheath of the achilles, is carried out. This can be easily done under local anesthesia, and the tight sheath of the achilles tendon is incised and, then, thick scar tissue is excised. The tendon is covered with fat so that the cells of the fat can effect a healing of the tendon and, likewise, form a new sheath. This procedure is usually successful.

What if my problem is not the tendon sheath? What if the tendon is damaged?

If the tendon is damaged, you are in trouble. The problem. The problem is that the

continued on bottom of next page...

Eino's Notebook

By EINO

Boston

Here again I am attempting to influence absolutely no friends and win plenty of enemies...

I just came back from the Boston Marathon. No, I did not go to run it myself. I went there mainly because one of my runners, Martti Kiliholma, was competing and because I wanted to run the great Boston Milk Run the week before. I stayed the entire week in Boston. Everyday the local newspapers were writing about the pros and cons of whether Boston should become a money race. Boston had approximately 7,000 runners, and each runner paid \$10. They had a great equipment show in the downstairs hall and all the companies pumped a lot of money into the exhibit. Not only that, but to go see this fabulous show (so you could select the kind of shoe you might later want to run in) you had to pay \$4.50!

It wasn't only the shoe companies showing there, but all kind of merchants. It was like a flea market - commercialism in the highest degree! You could buy almost anything with the Boston Marathon name on it. And it looked like anything was selling! So I am talking about at least 2 million dollars, and probably a lot more. Also, Prudential Insurance was the major sponsor of the race. At New York Marathon the major sponsor puts at least a million dollars into the race. So you can reach your own conclusion on the finances involved with the Boston Marathon.

I know that they had some expenses, but who needed the finish line construction that they spent \$70,000 on? I definitely know where they didn't spend money, but should have. (Especially if they want to keep their position as one of the world's top races.) I believe that it is the responsibility of the race director to bring major athletes in, and to house and feed them. And he should assure them a good place on the starting line.

There are lots of pros and cons to giving money over the table. At Chicago, they give money both over and under the table; and at New York, under and under. At Houston they give it all over the table. More and more races are starting to realize that to be a competitive athlete, especially on the marathon circuit today, we need to help support runners economically. I'd rather do it openly, or maybe we could do it the way the Eastern-bloc companies do it. They employ them in major companies. But they have been arguing in Boston so no one gets money either over or under the table. (Perhaps from the side though - most of the shoe companies would like their runners to win in Boston, so they give special bonuses to the winner.) And naturally if you win Boston, you get invitations to polish some other city's marathon course. If you did not finish #1, but maybe #11 at Boston, then you actually made a very bad investment! Because the same 11th place finish in New York would earn you several thousand dollars in your back pocket.

So, my Bostonians, if you don't want to give money out, maybe you could hire the winner as a consultant for Prudential for

one year, with a salary of \$100,000. Second place would get a \$90,000 job consulting, and so on, all the way down to 30th place. If a world record is run, I could envision a ten million dollar life insurance policy! The only stipulation I would like to add right here is that anybody who claims one of those consulting jobs should take a drug test right after the marathon, because athletes are also humans. Maybe this would be a good test at all marathons where money is being given over, under, or on the side of the table. I would also like to see a system where collegiate runners would be able to claim their earnings through trust funds. Guys like Agapius Masongamo have run several money races, yet have never collected a cent.

Some of you may think that I am asking for too much money to be awarded. Basically, I think a person can run a maximum of four really competitive marathons a year. Really pushing it, some could do six or seven. Under close scrutiny, let's examine some other sports. If you chase a little ball on a golf course or tennis court (activities you can do every week) then I encourage you to look at the earnings in the Monday morning sports section. \$50,000 here. \$100,000 there. And so on. I can even think of some games, like bowling and playing pool, where the prize structure is better than running. We shouldn't just limit the awards to marathons, but all the track and field winners should also get consultant jobs. If they would accept this position, the IAAF couldn't do anything to them. What I'm trying to say is: if there's a will, there's a way.

Medical Notes, continued...

tendon, itself, is relatively void of nerve endings. Thus you can have pathology of the tendon without surrounding pathology of the sheath and never know it. If the sheath is inflamed, there will be pain. If the tendon and sheath are inflamed, there will be pain. If the tendon alone is damaged with a partial tear - rupture or with degeneration - central necrosis, you may not know it and continue to exercise until, suddenly, one day, the tendon snaps; and you have a rupture. So, if the tendon is damaged and there is pain present, the examining doctor can usually differentiate between damage to the sheath, damage to the tendon, or both. If there is damage to the tendon, physical therapy is utilized; but, at times, this won't suffice. If there has been a partial tear, there will be considerable scar tissue in the tendon, and surgical procedures to excise the scar tissue and allow for normal healing may be necessary.

What if there has been a complete tear or rupture?

If there is a complete tear or rupture, the most satisfactory treatment for the athlete is surgical repair. The tendon is sewn back together, and degenerative portions of the tendon are excised. In the nonathlete, the tendon may heal after being immobilized in a cast for ten to twelve weeks. In an athlete, however, studies show that there is greater strength and more rapid recovery following surgery.

So what's the bottom line?

The bottom line with an achilles problem is to herald any abnormal feelings about the achilles with a great degree of concern. Immediately, ice the achilles tendon, use massage, and decrease your activity. Find out what is causing the problem, and don't repeat this. If the problem persists, get expert advice. Don't take a chance with your achilles tendon.

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MAREE

a personal mosaic

by Alan Trevor Kolling

He is a consummate late season bloomer, a runner who manages to climax a generally indifferent season with a stunning performance that leaves both friend and foe gaping in disbelief. In 1981, he ended Steve Ovett's four-year long unbroken string of victories over the mile with a 3:48.83 performance that rated as the third-fastest time ever. He went on to conclude his first year in international competition by winning the Inaugural Fifth Avenue Mile in 3:47.52, beating a classy field in the process, and barely missing out on Coe's venerable world mark by a mere .19 second. Ending 1982 with the fastest 1500 (3:32.12) and second-fastest mile (3:48.85) of the season only served as a portent of things to come, and Sydney Maree went on the following year to establish himself as one of the all-time greats in miling history by breaking the world record in the 1500 in 3:31.24. A week later, Steve Ovett reclaimed the mark with a 3:30.77 stunner at Rieti, the same place Sydney had beaten him two years earlier. This sudden and unexpected change of circumstance typified the fluctuating fortunes that have beset Sydney Maree's entire running career.

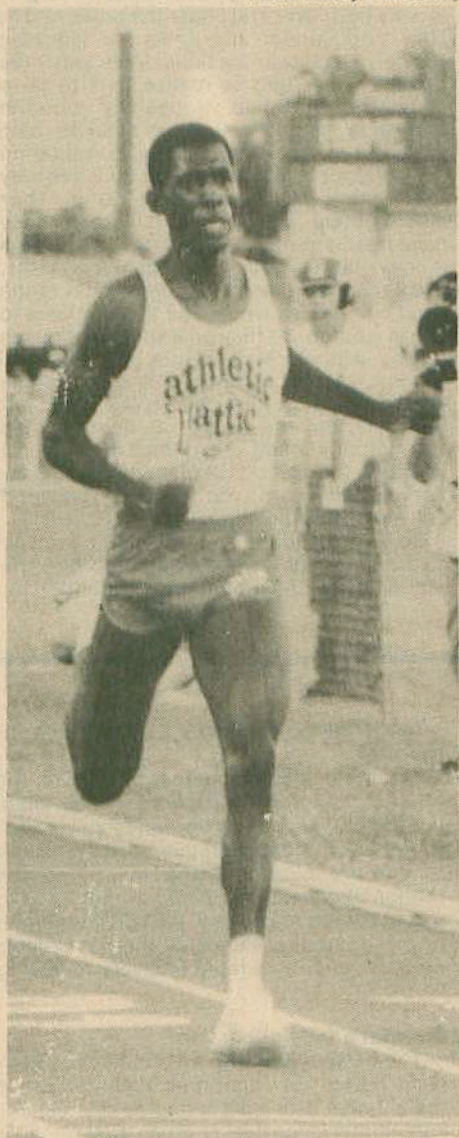
"I had no idea I had broken the world record until John Walker came up and congratulated me. I tried to verify it with the race officials, and even after they told me the time, I just couldn't believe it. The meet director kept shouting 'Announce the time!' to the public address announcer but nothing happened. When they finally announced that I had broken the world record, I just collapsed onto the track with joy.

"The night before, we had all gotten together and talked over the race because we wanted to make sure the pace was good. (David) Mack was the designated rabbit and agreed to run a hard 1,000m and go a little more if possible. The pace itself was good, but I didn't think I was capable of breaking the record until the 1400 meter point when Joe Douglas (Santa Monica Track Club coach) yelled out '3:15' and then I knew I could do it. It wasn't until later that I found out I had passed the 1400 meter point in only 3:17.

"The loss of the world record a week later was something of a family loss. It was something we had worked for and we felt as if something that belonged to us had been taken away. I was in my car, getting ready to go grocery shopping, and I turned on the car radio. The first thing I heard was that Ovett had reclaimed the world record. I was stunned. I sat there listening, but they didn't mention the time he'd run until the

end of the news broadcast. I jumped out of the car and ran in to tell Lisa. We sat there awhile and Lisa said I would just have to go and get the record back, that I was the only one who could do it. We knew about a meet in Hannover, Germany the following Thursday, but after thinking about it, decided that it wouldn't have worked out because I had

Fine Flicks by Don Gosney



to get a visa to travel overseas and there just wasn't enough time. I pretty much resigned myself to training hard the rest of the year and coming back strong for the Olympics."

The year had not gone all that well for the ex-South African runner. A third place finish at the TAC Nationals meant exclusion from the national team for the East German dual meet, even though he lost to Tom Byers by only 1/100th of a second, after getting boxed in before the final turn. Still, the mere fact of his participation was something of an achievement because TAC had chosen to exclude foreigners from its national championships and it had taken a special rule change to allow non-citizens in Sydney's position to compete.

After running the fastest mile in the world at Edinburgh (3:51.48) in late June, Sydney won a 3000m at Oslo in 7:41.18 two days later, pulling a hamstring as he crossed the line. It wasn't a particularly fast race, so the injury came as something of a surprise. What hurt most of all was the fact that the inaugural World Championships were only weeks away, and Sydney began to seriously doubt if he would compete.

He returned home and rested for two weeks, rejoining the team in Stockholm two weeks before the Helsinki meet. By then, he had resumed serious training but his focus was understandably beyond the World Championships. After he was eliminated in the semis (9th in 3:38.65), a dejected Sydney picked up his spikes and left the track.

"As I walked away from the track, the reality of what had just happened hit me and I was overwhelmed with feelings of disappointment. I knew I could have run better, and that I had just had a bad day. I guess I lacked the confidence to run well because I had lost much of my base as a result of being injured during the early part of the racing season.

"The next day I went out to the track and ran six 600s, starting at 1:23 and working my way down to 1:19. It was a tough workout but I had to work out the frustration of having misjudged my peak for the meet and being eliminated in the preliminaries. The only good thing that happened as a result of Helsinki was that I became very motivated afterwards by the disappointing showing for the remainder of the season."

It is late March, 1984, Atteridgeville, South Africa. Sydney rises at dawn on a crisp autumn morning and prepares himself for the long day's activities ahead. It has been a year since his stepfather died of cancer, and the time has come for Susan Maree to end her period of mourning. According to tribal custom, the family will gather, a lamb will be slaughtered and the black clothing she has worn for a year will be ceremonially burned. Sydney has returned

to South Africa with his two year old daughter, Natalya, especially for the occasion.

"When I first came to the United States, my mother begged me not to stay forever. At the time, I wondered where I could go and live, other than just for a short time, before having to return to South Africa. Now of course, things have changed tremendously, but it is important for my mother and my siblings to know that I am still me, and that they are still very important in my life. So I must be with my mother on the anniversary of my stepfather's death, to show her that I still care, that I haven't forgotten my roots."

Whoever said 'religion is the opiate of the masses' was obviously ignoring the impact soccer had on the world's youth, especially those in the Third World countries. When Sydney was growing up in South Africa, his sports hero was a soccer player from neighboring Malawi named Patson Kamuzu Banda and Sydney's fondest dream was to emulate his idol and play professional soccer as a goalie. But, as the oldest of five children, Sydney's domestic responsibilities in a fatherless household meant little time for recreational endeavor. In those rare moments when he wasn't babysitting his three brothers and sister, Sydney tried hard to cultivate 'dribbling' skills, only to find it was to no avail. As a result, he never made the playing squad but spent most of his time watching from the bench. Running in high school, where participation in intramural track was compulsory, was something he fared better at but it also gave Sydney a sense of control over his then-limited destiny. At least he could run to the township grocery store, to and from school each day. In a world where nothing could be taken for granted, having some control over simple things provided meaning to the sensitive young man who dared to dream big dreams. The sport of soccer would never know what it lost.

Sydney's rapid athletic development in high school was of the stuff dreams are made of -- almost literally. After he had run 3:57 for 1500m in intramural competition, Sydney was invited to run in a "Dream Mile" in Port Elizabeth, where local favorite and university student, Clive Dale would attempt to break the still magic four minute barrier. On the backstretch of the last lap, Sydney took the lead, and coming off the final bend, the evening floodlights shifted his shadow in front of him, and Sydney thought the other racers were in hot pursuit. A tremendous kick brought him home in 3:57.9, the fastest time ever recorded by a high school student in South African history, and the second fastest ever, behind Jim Ryan's legendary 3:55 effort.

In a land short of athletic heroes, particularly those with the misfortune to be born on the wrong side of the color line, Sydney became something of an overnight celebrity. Soon the offers of help came in, some from those who genuinely wanted to help, such as his teachers at high school,

and others from those who sought to capitalize on a connection with a developing black runner. By the following spring, Sydney had received an invitation to run in the United States for two months, but it wasn't until a year later that the sponsoring organization was revealed to be an organ of the South African government, and Sydney's trip a PR gesture.

The 'two months' turned into more than anyone could have anticipated. Before Sydney could visit USC, the planned highlight of his trip, he visited Philadelphia and met with the late Jumbo Elliot, learning about Villanova's running tradition over a long dinner. The trip never ended, because Sydney stayed on to attend summer session at Villanova, earning enough credits to graduate from high school, and enroll in the Class of 1981. It never occurred to Sydney that people would hold his citizenship against him, even though he was first black and only secondly a South African.

She stood there, watching intently as Sydney reeled off lap after lap at U.C. Berkeley's Edwards Stadium track. It was just days before the 1981 Brooks Meet of Champions, and the world was about to discover the long hidden talents of the established Villanova star. The omission was through no fault of his own, however.

In his freshman year, Sydney had established himself as one of the better 1500m runners on the Villanova squad, behind Don Paige and Dean Childs, with a PR 3:38.9. He also tried his hand at the 5,000 at Jumbo Elliot's suggestion and almost immediately took to the event, running 13:50.2 before the school year's end. The prospect of running in the big European circuit loomed large and Sydney was understandably excited. The day before he was due to leave for a meet in Lausanne, Switzerland, however, the IAAF announced that Sydney Maree would be barred from competing against international competition as part of its sanctions against South Africa and its apartheid policies. The irony was cruel indeed: Sydney was being deprived of running internationally because of what he had had to endure as a black man born in a white society.

And so it was left to him to run only in domestic or collegiate meets, such as the NCAAs and Brooks. Sydney made the best of the limited athletic opportunities available to him, just as he had done before in South Africa in every other sphere of life. As a sophomore, he won the NCAA 5000m in a still standing record of 13:20.7, and had yearly bests in the mile of 3:53.7 and 1500 of 3:38.21. A year later, he added the NCAA 1500 title to his collection, running 3:38.64 against a tough field, and by the time he graduated in 1981, Sydney had repeated his NCAA win with a PR 3:35.30.

"Excuse me" I said to her, "Can you tell me whether Sydney's last name really is 'Maree'?" At first, she seemed bemused by the personal nature of the question, until I told her that I too had been born and raised in South Africa and wondered why Sydney had a Afrikaans (or South African Dutch)

continued on next page...

"... I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."
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By Nancy Clark, M.S., R.D.,
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Maree, continued...

last name. Once the ice was broken, introductions quickly followed, as did a barbeque in Tilden Park in the Berkeley Hills. I had guessed right: she was Lisa Maree, formerly Rhoden, a former Florida State 800m runner who'd met Sydney at an indoor meet. A fairy-tale courtship followed and the couple were married in late 1980. Amidst all his hardships, Lisa made a difference because, as Sydney told *Track & Field News*, "she really cared." The mystery of Sydney's last name was soon cleared up. Like so many black Americans, his great grandfather had worked for a Dutch farmer and "adopted" his last name. Over the years, "Maree" had stuck. So too, unfortunately, has the system which spawned the practice.

By the spring of 1981, Sydney had acquired American residence, a legal status that permitted him under IAAF rules to represent the United States in international competition. With a spot on the World Cup team at stake, Sydney went on to beat Steve Scott at the TAC Outdoor championships in another PR 3:35.02, after narrowly losing to him at both the Jumbo Elliot

Memorial and Brooks meets. He was no longer "running for liberation" as James Mokoka, his South African coach, once said, but for long overdue recognition. The rest of that season is history: the victory over Ovett, the Fifth Avenue Mile triumph. For the first time, Sydney Maree was running free and the world's miling elite felt the unleashed fury.

Characteristic of his personal depth, Sydney's fondest memory of that season centers around a race he did not win. The World Cup was held in Rome that year, and Sydney managed only a fourth place finish behind Ovett, in 3:36.56. However, as far as he was concerned, the mere fact that he made it to the starting line in the biggest international race of the year as a representative of the United States was memorable enough. Lisa was there, shouting her encouragement, and people in the crowd chanted "USA, USA." Suddenly, he realized that he wasn't alone anymore, that he belonged finally, and could run for a flag, a nation and people. "It was so moving" Sydney recalls, "that I had to fight to hold back the tears."

Already the second fastest 1500, third fastest mile and 3000m, runner of all time, Sydney is aware of the fact that a gold medal at the LA Olympics will stamp him as one of track's great distance runners. So

great is his talent that there is serious doubt as to which event he will run.

"Everyone keeps asking me about the 5,000 and whether I will run it or not. I read newspaper stories all the time that I will run the longer race, and I get lots of calls from the press doing Olympic previews asking me the same question. All I can say is that I don't know how the rumors about the 5,000m began, that I plan to run the 1500m and that I wouldn't enter the race unless I intended to win it. After all, I am supposed to be the previous world record holder in the event! I will run a few 5000m at the beginning of the outdoor season, perhaps at the Penn Relays, and the rumors will fly again, but I will only be running to test my fitness. Just before the Trials, I may run an 800m in Oslo and that will tell me how prepared I am.

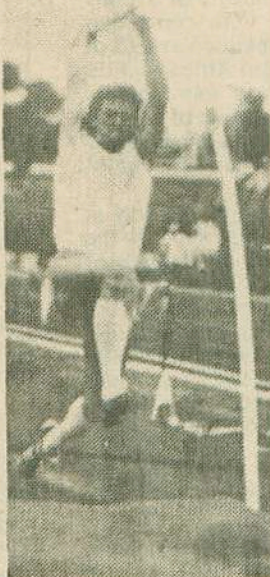
"My training program right now is on schedule. It's a little different from previous years in that I never seriously trained until April for the competitive season, but I have accelerated things this year because of the Games. I also went down to Florida and worked out outdoors in late winter with a lot of help from Marty Liquori. I am very confident at this stage of my training which is focusing on strength and distance running.

"I am also picking my races more carefully because as most people know I seem to run better towards the end of the season.

continued on next page...

Jan Johnson - HIND VAULTING CAMP Cal Poly San Luis Obispo June 25-29, 1984

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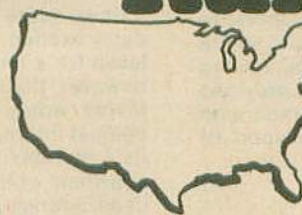


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Athlete's Kitchen

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

Iron-Poor Blood... and You!

Top competitors have a tough mind, strong muscles and nerves of steel. But unless you have blood with iron, you're doomed to second-class performances. Even world-class marathoner Alberto Salazar has succumbed to anemia -- iron-poor blood. Iron, a critical part of red blood cells, helps carry oxygen from your lungs to your muscles. If you have an iron-deficient diet -- or high iron losses -- you may become anemic. You'll tire easily and needlessly become fatigued even during light workouts. Your muscles will get insufficient iron to work efficiently.

Anemia has traditionally been a feminine problem. Women tend to become anemic more easily than men because --

1. Women may lose a significant amount of iron through menstrual bleeding. (Women who don't menstruate -- including many athletes -- have a lower risk of becoming anemic.)

2. Women often eat an iron-poor diet. Being weight-conscious, they tend to survive on diet-foods that may be low in calories, but are also low in iron: fruit, veggies, salads, yogurt, cottage cheese and eggs.

Anemia is limited to not just women, however. Male athletes are also at risk. Case in point -- Alberto Salazar. Research indicates that male athletes who perspire heavily may lose significant amounts of iron in their sweat. This includes marathoners, triathletes, and other endurance athletes who exercise for extended periods of time for years on end. Over the course of time, this loss may have a debilitating effect.

If you are now wondering if you suffer from iron-poor blood, you might want to have your blood tested. Keep in mind that the standard tests for anemia (hemoglobin and hematocrit) may overlook the problem. The best tests measure serum ferritin concentration and total iron-binding capacity. These better reflect the amount of iron you have stored in your body. Alberto, for example, seems to have had very low iron stores, as indicated by these tests. Tests, however, don't resolve the problem.

Your best course is to **prevent** anemia by routinely including iron-rich foods in your meals. The "Average American" rarely consumes the Recommended Daily Allowance (10 milligrams for men; 18 for women) -- to say nothing of the average eat-on-the-run athlete. Here are some tips to help you conveniently increase your iron intake --

1. Eat iron-enriched breakfast cereals, bread, pasta, rice noodles, etc. When you read the food label, you should see the words "enriched" or "fortified" -- this indicates they have iron added to them. Breakfast cereals are among the foods most highly fortified, such as MOST, Wheat Chex, Raisin Bran and other wholesome kinds. Be aware that the "all natural" granola-types have "no additives" -- ie no

iron added to them. You might want to eat these in combination with a fortified brand, such as sprinkling granola on top of Wheaties.

2. Drink orange juice with the breakfast cereal -- or at least have a source of vitamin C along with each meal. Vitamin C enhances iron absorption. For example, OJ with fortified cereals enhances the iron absorption by 250%. At other meals, include tomato, broccoli, green pepper, V-8, potato, fruits and other vitamin C foods.

3. Cook in a cast-iron skillet -- especially spaghetti sauce. The acid from the tomatoes attracts the iron from the skillet. You'll have power-packed pasta!

Nancy Clark, MS, RD, nutritionist at Sports Medicine Resource, Inc. in Brookline, MA 02167, is author of the practical nutrition guidebook *The Athlete's Kitchen* (Bantam Books, at Dalton Bookstores). For a list of iron-rich foods, send her a SASE to 830 Boylston St., Brookline, MA 02167.

Maree, continued...

No, I don't believe that my erratic running in Europe is a result of my running too many races too often though I know many share that opinion. Take the World Championships in Helsinki, for example. I didn't run for weeks before and still didn't do well."

If Sydney appreciates the mental edge he enjoys as a result of the guessing game about which event he will enter, he does not show it. Instead, he is careful to scrutinize all his potential rivals with a keen eye regardless of the distances they run.

"I think Scott is a certainty to make the team, and Tom Byers too if he can maintain his current form. There are so many other runners who could make the team, and I can see a real battle if Jim Spivey opts for the 1500 instead of the 5000. People seem to think the team spots for the 5000 are wide open and that I should make a run for it. But I'm not sure I agree.

"I think the favorites for the Olympic 1500 title must be Steve Ovett and Steve Cram, possibly Graham Williamson, outside of the Americans. I'm pretty sure Coe will only go for the 800 although if he doubles, it'll be because he's trying to prove all his recent critics wrong. Said Aoulita will be very tough. He's the "new kid on the block" but he gets very professional help from the Moroccan coaches. I noticed this at the World Championships when they showed that they were very dedicated and professional in their approach. Steve Ovett showed that he will still be around, after his world record. He's not ready to retire for at least two years, or more, and Andy Norman (British AAU) will have a lot to say about that decision when it's made.

"I don't personally think Coghlan is a certainty for the 5000m gold. My own favorite is Mamede from Portugal who ranked number one in the world last year and who has the best set of times. Dave Moorcraft will also be someone to watch for."

The Maree family home is nestled on a quiet street just around the corner from Sydney's alma mater, and his front doorstep is barely a hundred meters from the finish line at the Villanova track. The two BMWs, the video recorder and several television sets, all testify to the fact that the world is kinder now to Sydney Maree than before. His sister Patricia has joined him in the states, where she attends high school, and at the end of each day, Sydney sits down with her and helps her with her homework. Things are still difficult for her because she still thinks in Sotho, her native tongue, and the process of acculturation is slow. With the experience of having helped raise three younger brothers, Sydney deftly takes her through her paces.

After the Olympics, life will go on. Perhaps he will still run, perhaps he will continue promoting REEBOK shoes and running gear. By then, he will be an American citizen and free to try anything he wants. "Lisa and I went to see the movie 'Gandhi' and we enjoyed it very much. I was particularly moved by the scenes of Gandhi in South Africa, trying to change things for the better for his people. After the Games, I've decided, I will go to law school and become an attorney." Sydney Maree still cares, he hasn't forgotten his roots.



Prep Notes

CIF California
Interscholastic
Federation

By KEITH CONNING

LEIGH/WEST VALLEY RELAYS

West Valley College, Saratoga, April 28 — The Leigh 4xMile Relay team anchored by Chris Craig won the event in 18:03.8.

Fred Houston (Willow Glen, San Jose) pushed his PR to 60-6½ in the shot put, and set a meet record in the process. He now ranks fifth in the state.

Wendy Brown (Woodside) won another four events: 100 yards 10.9, long jump 19-6½ meet record, high jump 5-8 meet record, and triple jump 41-2¼ meet record. One must remember that she competed the night before in the Top 8 meet!

LaTonia Floyd (Oak Grove, San Jose) threw the shot 44-8½.

YVETTE BATES (BERKELEY)

Yvette Bates (Berkeley) has signed a letter of intent with the University of Southern California. Yvette set a national high school record in the triple jump at the Fresno Bee Games on April 6. She was coached at Berkeley by Willie White and Arno Brewer.

GILROY INVITATIONAL

April 14 — Wendy Brown (Woodside) set a new national high school triple jump record of 42-3½. The old record of 41-10¼ was set by Yvette Bates (Berkeley) at the Fresno Bee Games on April 6.

Brown set two other meet records in the high jump at 6-0 and the long jump at 20-3.

LaTonia Floyd (Oak Grove) set a meet record in the shot put at 44-1.

Lawson (St. Francis) won the 100 in 12.02.

Steve Dudley (Leland) threw the discus 176-0.

Jeff Rogers (Overfelt) set a meet record in the high jump at 6-11.

Mark Coulter (Gunderson) vaulted 15-3.

SANTA ROSA RELAYS

Bailey Field, Santa Rosa, April 7 — John Gash (Santa Rosa) set a new meet, school, and Redwood Empire pole vault record of 15-2. The old Redwood Empire record of 14-11¼ was set by Tim McDonald (St. Helena) in 1976. The old meet record of 14-7½ was set by James McClanahan (Galileo, San Francisco) in 1982.

BRUCE JENNER CLASSIC

San Jose City College, April 21 — Wendy Brown (Woodside) won three events and placed second in another. She triple jumped 43-2½ wind-aided, the longest jump by a high schooler in history. She qualified for the Olympic Trials in the high jump with a leap of 6-2¼, the highest mark by an American this year. This is a new California record surpassing the 6-1¼ mark of Sue McNeal (Carlsbad) in 1979. It is also equal to the number 2 all-time mark by a high schooler in the U.S. She won the long jump at 19-1¼, and placed second in the 100 low hurdles in 13.88.

Leslie Maxie (Mills, Millbrae) won the 100 low hurdles in 13.87, and the 400 low hurdles in 61.87. She has already qualified for the Olympic Trials in the 400 hurdles having run 57.52.

Denise Ervin (El Cerrito) won the 200 in 24.0. Last year she placed eighth in the State Meet.

Kristin Dowell (Santa Teresa, San Jose), third in the State Meet 800 last year, captured the 800 in 2:10.73, the second fastest time in the State behind Kerri Zaleski (Millikan, Long Beach).

photo by Barbara DeGroot



JOHN BENDER
Shafter High School

Joni Mooney (Vacaville) defeated Sally Pinkner (Davis) in the 3000 - 9:59.5 to 10:08.5.

Debbie Budwig (Clovis West), third in the 1983 State Meet 100 low hurdles, placed third here behind Maxie and Brown in 13.98.

Yvette Bates (Berkeley) still recovering from an ankle injury at Arcadia placed second in the triple jump at 39-10¼, and second in her heat of the low hurdles in 14.11w. She did not compete in the hurdles finals.

LaTonia Floyd (Oak Grove, San Jose), fifth in the 1983 State Meet shot put, tossed the 4 kilo ball 45-8.

In boys competition, sophomore Ron McCree (Madera) captured the 100 in 10.63w and the 200 in 21.44, with a very impressive stretch drive. In the trials of the 100 Ken Henderson (Berkeley) edged McCree 10.84w to 10.65.

Sophomore George Smith (Clovis West) beat junior Jeff Rogers (Overfelt, San Jose) at 6-11 in the high jump, by virtue of making it on his second attempt to Rogers' third attempt.

Three vaulters surpassed 15-0: Mark Coulter (Gunderson, San Jose) 15-6, Brian Fillipini (Reno) and Brian Nagy (Justin Sierra, Napa) placed second and third at 15-¼. Freshman Brent Burns (Acalanes, Lafayette) came within ¼ inch of the na-

photo by Barbara DeGroot



KEVIN RICHARDSON
Shafter High School

tional age 14 record of 14-6.

Oakland, which was shut out of the 1983 State Meet, has a possible point scorer this year. Willie Hannon (Castlemont, Oakland) triple jumped 48-3.

John Bender (Shafter), third in the 1983 State Meet shot put, threw the ball 60-8½. Fred Houston (Willow Glen, San Jose) was second at 59-9½.

Kevin Richardson (Shafter), second in the 1983 State Meet discus, won at 186-1.

TOP 8 CENTRAL COAST SECTION INVITATIONAL

Los Gatos, April 27 — Wendy Brown (Woodside) won four events - the triple jump 42-11w, long jump 19-11¼, low hurdles 14.33, and high jump 5-6. She had a legal 40-9¼ for a meet record surpassing her mark of 39-7½ set last year. She also broke the low hurdles meet record of 14.4 set by Roberta Eccles (Gunderson, San Jose) in 1982 and tied by Leslie Maxie (Mills, Millbrae) last year. Maxie did not compete in this meet, because she went to Mt. SAC instead.

LaTonia Floyd (Oak Grove, San Jose) threw the shot put 45-1¼.

Junior Kristen Dowell (Santa Teresa, San Jose) defeated Lanette Davis (Del Mar, San Jose) in the 800 - 2:09.60 to 2:12.16.

Shannon Clark (Mt. View) won the mile in 4:54.9.

Fred Houston (Del Mar, San Jose) set a new meet record of 60-3 in the shot put. The old meet record of 58-9½ was set by Jon Swedlund (San Lorenzo Valley) in 1981.

Ivan Moen (Los Gatos) set a meet record in the pole vault of 15-1. The old meet record of 15-0 was set by Ben Mahoney (St. Francis, Mt. View) in 1980 and tied by Mike Kibort (Saratoga) in 1982.

Keith Allen (Ballarmino, San Jose) ran a 1:52.1 800 meters.

FRESNO BEE GAMES

Many of the top athletes in Northern California gathered at wind swept Warmerdam Field (Fresno State) for the 2nd annual Fresno Bee Games (formerly the NYL Invitational). Despite gusty winds, one national and seven meet records were established.

Yvette Bates of Berkeley wrote her name in the record books with a new national mark of 41-10¼ in the triple jump. The wind calmed to 1.8 mps on this, the only wind legal jump of the day. According to the official, Yvette was "1-2 feet behind the board". Earlier Yvette had barely arrived (flat tire) in time to duel it out with Debbie Budwig of Clovis West in the 100 LH. Yvette timed a windy 13.85 to Debbie's 13.87. Debbie came back later to hand Yvette a 45.09 to 45.17 loss in the 300 LH. Establishing meet records in the field events were Clovis High's junior combo of Latresse Johnson, 5-8½ high jump, and Joey Clausen, 140-1 in the discus. Joni Mooney ran away with both the 1600 and 3200 in fine times of 5:10 and 11:15 despite the heavy winds. Yvette Roberts also got off a fine effort in the long jump with a wind aided 19-5¼.

Madera's sophomore Ronald McCree headlined the boy's action as he upset Fresno State bound Calvin Scruggs of McLane in a wind blown 10.54 to 10.67. McCree doubled back later to claim the 200m title in 21.80. 1983 state champion Johnny Cleveland of Sequoia sailed 24-9¼. The Warmerdam Field long jump and triple jump pit is thought by many to be one of the best in the state. Shafter's weight tandem of John Bender (shot) and Kevin Richardson (discus) continued their domination with 61-10 and 187-4 efforts.

CLOVIS HIGH SCHOOL/FSU INVITATIONAL

Steve Ward, Cross Country coach at Clovis High School, has announced the date for the annual Clovis High/Fresno State Invitational Cross Country Meet. The 1984 event will be held on Saturday, September 22 at Woodward Park in Fresno. As last year, the varsity boys and girls races will be sandwiched between the University/Open races to take advantage of the cooler morning temperature and to better spotlight the top runners. For more information contact Steve Ward, Clovis HS, 1055 Fowler Ave., Clovis, CA 93612.

KINNEY CROSS COUNTRY DATES

Dates have been set for the 1984 Kinney High School Cross Country Championships. The Western Regional will be held on Dec. 1 at Woodward Park in Fresno. The National Championships will be a week later at Balboa Park in San Diego. For more information contact Bill Cockerham at P.O. Box 6103, Fresno, CA 93703.

Prep Track Results:

Hancock-Righetti Games

from Kathleen Ballou
Righetti High School, April 6, 7.

Results - HS Boys

1500: 1. Woodward, Rig., 4:43.8. 300m IH: 1. Mitchell, Rig., 42.3. 4X100m: 1. Santa Maria 44.7. Discus: 1. Shiffman, W., 133-11. 800m: 1. Broadfoot, PR, 2:03.5. 100m: 1. Johnson, SM, 10.9. High Jump: 1. Burke, W, 6-6. 1500m: 1. Hoff, MB, 4:09.8. Pole Vault: 1. Glenke, DP, 12-0. 400m: 1. White, S Marcos, 51.3. Long Jump: 1. Poe, NB, 19-1½. 110m HH: 1. Coleman, Rig., 16.8. Shot Put: 1. McCurdy, SY, 46-0. 200m: 1. White, S Marcos, 23.1. Triple Jump: 1. Poe, NB, 40-1. 5000m: 1. Myers, W, 15:34.8. 4X440: 1. Westlake 3:33.5.

Results - HS Girls

300m LH: 1. Knott, Val, 49.4. 4X100m: 1. Valhalla 51.6. 800m: 1. Rudy, Rig., 2:22.4. Long Jump: 1. Jordan, Rig., 16-11. 100m: 1. Anthony, S Bakersfield, 12.5. Shot Put: 1. Rehder, SJ, 35-2½. 1500m: 1. Lewis, MB, 4:53.3. High Jump: 1. Bringard, SY, 5-2. 400m: 1. Nilson, Val, 59.3. 100m H: 1. Cocklin, DP, 17.3. Discus: 1. Loshonkohl, Val, 129-8. 200m: 1. Ostertag, SY, 27.2. 3000m: 1. Ogle, MB, 10:37.5. Triple Jump: 1. Jordan, Rig, 32-4. 4X440: 1. Valhalla 4:09.4.

Girls Orange Co. Championships

April 6, Saddleback College.

100 METERS—1. Aubuchon (Esperanza), 12.21; 2. Henderson (Fountain Valley), 12.46. 200—1. Rogers (University), 24.39; 2. Aubuchon (Esperanza), 24.71; 3. Henderson (Fountain Valley), 26.55; 4. Lambert (Foothill), 26.21; 5. Grant (Estancia), 26.39; 6. Lyons (Laguna Hills), 26.44. 400—1. Bullard (Esperanza), 58.10; 2. Ransom (El Toro), 58.59; 3. Biefeld (Edison), 59.84; 4. Holst (Irvine), 59.24. 800—1. Bullard (Esperanza), 2:14.7; 2. Chappell (Irvine), 2:14.9; 3. Cox (Foothill), 2:16.8; 4. Long (Mission Viejo), 2:17.6; 5. Schneider (Edison), 2:20.0; 6. Haslam (Canyon), 2:22.1; 7. Smith (Woodbridge), 2:22.2. 1,500—1. Schneider (Edison), 4:49.0; 2. Harkins (La Quinta), 4:49.4; 3. Ritchot (Edison), 4:49.7; 4. Chappell (Irvine), 4:51.8; 5. Scott (Tustin), 4:53.5; 6. Helm (Laguna Hills), 4:53.8; 7. Nadon (Edison), 4:59.6; 8. 3,000—1. Ritchot (Edison), 10:12.5; 2. Scott (Tustin), 10:20.9; 3. Lies (Losar), 10:29.6; 4. Daily (Mission Viejo), 10:38.5; 5. Greta (Corona del Mar), 10:43.1; 6. Van Der Molen (Edison), 10:45.3; 7. Nadon (Edison), 10:47.9; 8. Wright (Irvine), 10:50.2; 9. Silver (Foothill), 10:53.5; 10. Schuster (Irvine), 10:56.7; 11. Harberth (Esperanza), 10:57.2. 100LH—1. Kelly (Canyon), 15.00; 2. Ames (El Modena), 15.19.

300LH—1. Bullard (Esperanza), 44.40; 1. Ames (El Modena), 45.78; 3. Carrasco (Anaheim), 46.49; 4. Locker (Dana Hills), 46.55; 5. Haslam (Canyon), 46.92; 6. Roddy (Woodbridge), 46.97; 7. Collins (Tustin), 47.11; 400 RELAY—1. Edison, 50.92; 1,600 RELAY—1. Esperanza, 4:01.9; 2. Edison, 4:02.6; 3. Irvine, 4:06.3; 4. Canyon, 4:10.5; 5. Mission Viejo, 4:11.7; 6. Mater Dei, 4:13.2. HJ—1. Carrasco (Anaheim), 5-8; 2. Claussen (Sunny Hills), 5-6; 3. Orr (Ocean View), 5-6; 4. Burton (Corona del Mar), 5-2. LJ—1. Phillips (Cypress), 17-11½; 2. Henderson (Fountain Valley), 17-10½; 3. Ransom (El Toro), 17-2½; 4. Coleman (Irvine), 17-0½. TJ—1. Ames (El Modena), 37-8; 2. Kaven (Woodbridge), 36-7½; 3. Orr (Ocean View), 35-1½; 4. Gay (Foothill), 34-2; 5. Tannell (Ocean View), 34-0½. SP—1. Von Buxtel (Anaheim), 39-3; 2. Weenig (Laguna Beach), 37-4; 3. Lovati (El Modena), 36-9. DT—1. Weenig (Laguna Beach), 113-4; 2. Couthman (Capistrano Valley), 110-3.

TEAM SCORES—Esperanza, 62; Edison, 19; El Modena, 34.

Burbank Inv.

April 6, Burbank.

BOYS: 100 YARDS—Austin (Centennial), 10.0. 120 YH—Bradshaw (Saugus), 14.9; Shows (LA Banning), 15.2. 330 IH—Shows (LA Banning), 38.8; Smith (Centennial), 40.8; Shiroma (Alhambra), 40.9. 440 RELAY—GH Kennedy, 43.1; Centennial, 43.8; LA Banning, 44.0; Beverly Hills, 44.3. MILE RELAY—LA Banning, 3:29.1; Centennial, 3:29.14; GH Kennedy, 3:29.9. HJ—Marchant (Burbank), 6-7½; Wagner (Notre Dame SO), 6-7; Rose (Saugus), 6-6. LJ—Reynolds (GH Kennedy), 22-0. PV—Horvath (Chaminade), 14-0. SP—Willison (Burbank), 57-7; Dos Remedios (Burbank), 56-8½; Morrow (Crescenta Valley), 54-2; Roebuck (Chaminade), 52-7.

GIRLS: TWO-MILE—Mosqueda (San Gabriel), 11:22.9; Garnett (Marymount), 11:29.4; Silva (GH Kennedy), 11:33.0; Warden (Saugus), 11:57.2. 330 LH—McCauley (Hoover), 47.0; Viltz (Beverly Hills), 47.8. 440 RELAY—GH Kennedy, 49.6; Beverly Hills, 50.6; Dorsey, 50.9; LA Banning, 51.4. MILE RELAY—Beverly Hills, 4:06.2. SP—Day (Beverly Hills), 39-1; Jones (GH Kennedy), 37-11½.

COMBINED TEAM SCORES: GH Kennedy, 167.5; Beverly Hills, 132; Burbank, 109; LA Banning, 99; Centennial, 93; Saugus, 71.

Valencia Inv.

April 6, Valencia High School.

BOYS: 400—Schmerhorn (Woodbridge), 48.68; 800—Schmerhorn (Woodbridge), 1:58.23; 1,600—Green (Villa Park), 4:23.2; 3,200—Haynes (Costa Mesa), 9:44.0. 400 RELAY—Morningstar, 44.20. 1,600 RELAY—1. Servite, 3:27.98; 2. Villa Park, 3:29.87. DT—1. Winters (Valencia), 164-8; 2. Ross (Villa Park), 147-4½. TJ—1. Tryppucko (Maranatha), 47-2¼; 2. Russell (Los Amigos), 43-10½; 3. Young (Coachella Valley), 43-4¼; 4. Locklear (Norwalk), 43-0¼. HJ—Lewis (Morningstar), 6-4. PV—1. Howser (Newport Harbor), 14-6; 2. Young (Coachella Valley), 13-6; 3. tie between Stout (Valencia) and Williams (Servite), 13-0. LJ—1. Young (Coachella Valley), 22-3; 2. Schmerhorn (Woodbridge), 21-8¼.

GIRLS: 200—Garner (Valencia), 26.32; 400—Quezada (St. Lucy's), 58.75; 1,600—1. Quezada (St. Lucy's), 5:20.04; 2. Strauss (Valencia), 5:24.26; 3. Wilson (Valencia), 5:26.58; 3,200—1. Kenney (Valencia), 11:19.04; 2. Paul (Parrish), 11:55.94. 300 LH—1. Newland (Valencia), 46.99; 2. Smith (Villa Park), 47.86. 400 RELAY—1. Valencia, 49.99; 2. Morningstar, 50.29; 1,600—Valencia, 4:09.6. SP—Dumas (Paraclete), 36-11½. TJ—1. Taylor (Valencia), 36-9¼; 2. Gasten (Crescent), 36-6¼. LJ—1. Smith (Elsinore), 17-7½; 2. Taylor (Valencia), 17-6½. HJ—1. Dyringer (Paraclete), 5-2; 2. Blank (Valencia), 5-2.

Hawthorne Inv.

April 6, Hawthorne High School.

BOYS: 400—Atkinson (Lennox), 51.0; 1,500—1. Burroughs (Esperanza), 4:07.9; 2. Chapman (Downey), 4:07.9; 3,000—1. Watson (Palos Verdes), 10:56.2; Houlgate (Bishop Montgomery), 10:56.3; Fennelback (Hart), 8:55.1; 4. Diaz (Anoyol), 8:59.5.

GIRLS: 1,500—1. O'Hara (Palos Verdes), 4:43.1; 2. Costanza (Mira Costa), 4:48.0; 3. Ling (Mira Costa), 4:54.7; 4. Casias (El Rancho), 4:54.5; 5. Painter (ILB Wilson), 4:57.8; 3,000—1. K. O'Hara (Palos Verdes), 10:03.2; 2. Painter (ILB Wilson), 10:36.4; 3. Watson (Mountain View), 10:53.6; 4. S.O. (Palos Verdes), 10:53.7.



GARY WILLISON
Burbank High School

WOMEN'S PREP CLASSIC 2nd Annual INTERNATIONAL TRACK & FIELD CHAMPIONSHIP June 30, 1984



After only one effort the "WPC" has been acclaimed the best meet in the country for prep women.

Sponsors, OREGON CLASSIC CARS, NENDELS MOTOR INNS, GILL, and NIKE extend an invitation to the nation's finest graduating senior women. Those selected will compete along with featured foreign guests on Beaverton High School's superb all-weather facility in NIKE's corporate headquarters city, Beaverton, Oregon.

Accommodations, meals, and entertainment are provided at no cost to the more than 100 ladies selected to participate. Travel to and from Portland is the only expense to the athletes.

Any athlete who has met one of our "consideration standards" should contact us immediately for information concerning an invitation and other "WPC" details.

100 - 12.3	3000 - 10:25	HJ - 5'6"
200 - 25.0	3200 - 11:06	LJ - 17'0"
400 - 57.0	2 MILE - 11:10	SP - 42'0"
800 - 2:15	HH - 15.0	DISC - 130'0"
1500 - 4:50	300 LH - 46.0	JAV - 135'0"
1600 - 5:10	400 LH - 65.0	
MILE - 5:12		

CONTACT: Wes Cook, Invitations Chairman

Gladstone H.S.
PO Box 165
Gladstone, OR 97027
PH-503-656-4596 (after 7:00 PM (PST))



TICKET INFORMATION:

WPC
9800 SW 135th
Beaverton, OR 97005
Bill White, Meet Director, Beaverton H.S.

Prep Notes

San Joaquin Valley Relays

April 17, Lemoore.

BOYS

300 IH — 1. Langer, Bak, 39.7; 2. Jenkins, Cor, 39.7; 3. Laney, Roos, 40.1
440 relay — 1. Edison (Hannah, Woods, Love, Ireland), 42.7; 2. Roosevelt, 43.3; 3. West, 43.5

Two-mile relay — 1. Madera (Cummings, Bradburn, Aguilar, Tynan), 8:08.9; 2. Bakersfield, 8:21.7; 3. Clovis, 8:22.2

LJ — 1. Sanders, Bak, 22.2; 2. Bruce, Lem, 21.9; 3. Springs, Sen, 21.5

100 — 1. McCree, Mad, 10.7 (Record; old record, Scruggs, McLane, 10.7, 1983); 2. Scruggs, Mad, 10.7; 3. Smith, High, 11.0

110 HH — 1. Newsome, MCL, 14.5; 2. Coffey, Roos, 14.8; 3. Laney, Roos, 14.9

3:200 — 1. Nagel, MW, 9:31.9; 2. Medina, Was, 9:34.2; 3. Cabrera, GW, 9:38.0

Sprint medley — 1. Hoover (Given, Huro, Kelley, Sullivan), 3:34.3; 2. Corcoran, 3:35.5; 3. Edison, 3:36.3

HJ — 1. Norman, Red, 6.8; 2. Hill, BHS, 6.6; 3. Smith, CW, 6.6

Dis — 1. Richardson, Shaf, 178-11; 2. Putnam, FHS, 169-11; 3. Bender, Shaf, 165-3

SP — 1. Bender, Shaf, 61-1 (Record; old record, Shelton, Foothill, 60-10½, 1973); 2. Reynolds, Clo, 55-4½; 3. Richardson, Shaf, 52-7½

8 x 220 relay — 1. Madera (Murphy, Wardle, Lyons, Lamar, Jorgensen, Tynan, Aguilar, McCree), 3:04.2; 2. Roosevelt, 3:04.6; 3. Bakersfield, 3:05.0

Four-mile relay — 1. Sanger (Hurtado, Bernal, Harnanjo, Leal), 17:50.7; 2. Clovis, 18:06.5; 3. Mount Whitney, 18:43.2

TJ — 1. Williams, Coal, 46-9¾; 2. Laney, Roos, 46-6¾; 3. Strong, Bak, 46-2½

PV — 1. Allison, CW, 14-0; 2. Sprague, Clo, 13-6; 3. Gonzales, Mad, 13-6

Mile relay — 1. Edison (Woods, Walker, Stevens, Ireland), 3:24.1; 2. Madera, 3:27.1; 3. Tulare, 3:28.2

GIRLS

300 LH — 1. Budwig, CW, 45.3 (Record; old record, Savala, CW, 46.6, 1981); 2. Saravia, Mad, 46.0; 3. Briggs, Roos, 46.1

440 relay — 1. Edison (Croom, Watson, Dickson, Dawkins), 50.1; 2. Madera, 50.8; 3. Bakersfield, 51.3

2-Mile relay — 1. Clovis (Shelley, Guejardo, Stebles, Lewis), 9:59.1; 2. Lemoore, 10:11.5; 3. Golden West, 10:17.5

100 LH — 1. Budwig, CW, 14.3 (Record; old record, Budwig, CW, 14.4, 1983); 2. Mosby, EB, 15.1; 3. Salery, Roos, 15.5

100 — 1. Steens, Mad, 12.2; 2. Watson, Ed, 12.3; 3. Reed, Roos, 12.5

SP — 1. Classen, Clo, 39-½; 2. Reason, Roos, 38-10½; 3. McKinney, Reed, 36-1

Discus — 1. Classen, Clo, 128-6; 2. Williamson, Mad, 114-5; 3. McKinney, Reed, 111-11

Sprint medley — 1. Edison (Pearson, Croom, Dickson, Watson), 4:18.2; 2. West, 4:18.6; 3. Madera, 4:22.1

TJ — 1. Roberts, Wash, 38-3½ (Record; old record, Wright, Din, 34-11½, 1983); 2. Smith, Han, 35-1; 3. McAlister, Mad, 34-3

HJ — 1. Johnson, Clo, 5-8 (Record; old record, Jones, Riv, 5-6, 1976); 2. Brewer, Mad, 5-2; 3. Rempel, Reed, 5-0

Mile — 1. Shaw, CW, 5:14.5; 2. Baker, Mon, 5:17.2; 3. Cook, GW, 5:20.0

LJ — 1. Roberts, Wash, 18-5½; 2. Knott, FHS, 16-5½; 3. Smith, Han, 16-3½

Mile relay — 1. Madera (Saravia, Clark, McAlister, Steens), 4:01.1; 2. Edison, 4:10.4; 3. Clovis West, 4:12.8

22



Sundevil Coca-Cola Invit.

Saturday, April 21.

Mt. Carmel High School, San Diego.

Blessed with excellent weather and an outstanding group of athletes, the Sundevil Coca-Cola Invitational celebrated its seventh year with eight new Meet Records and six All-Time Stadium Bests. Led by State Champ Hawthorne and Sweetwater's Gail Devers over 1800 athletes from 86 schools and 3 states displayed their abilities.

Girls Events

Gail Devers of Sweetwater High is one of the nation's finest prep athletes and she showed why in an awesome display of individual talent. With good competition to challenge her, and feeling comfortable in a stadium she's competed often in over the last three years, Devers registered four wins with victories in the Long Jump (18-3w) over Manual Arts' Renita Robinson, both hurdles (14.38w and 44.01) over Hawthorne's Felicia Price (14.65w and 44.93), and an eye-popping 11.46w 100 Meters. Her efforts earned her Female Track Athlete Honors and showed that the UCLA-bound senior is getting ready for the tough Southern Regionals and State Meet.

The runways at Mt. Carmel annually produce excellent marks and Renita Robinson of Manual Arts added her name to the meet and stadium marks with ex-

cellent triple jumping. After fouling on her first attempt, Robinson popped off jumps of 38-1½, 39-4, 38-6, 40-2, and 39-0. Her 40-2 jump moved her to a #3 national ranking in that event.

The Relays were all Hawthorne as they scored a triple with wins in the 400 Relay 48.42, Mile Relay 3:59.72 and Distance Medley 12:33.41. Coupled with victories by Kim Grant in the 200 (25.11) and Carmelita Dulin in the 800 (2:15.99). The female Cougar's also demonstrated that they are one of the top teams in the State.

The rest of the day was also filled with good marks. Trish Aubuchon of Esperanza ran away with the 400 with a fine 56.79. Maureen Winner of Torrey Pines ran a quick 3,000 (10:11.45) to outprint Orange Glen's Pauline Stehly (10:13.88). The 1,500 went to Stephanie Fedorchak of Fallbrook in 4:51.51.

In the field Mt. Miguel's Jackie Anderson shocked everyone when she upped her PR from 5-0 to 5-6 to record the day's top HJ. La Jolla's junior Beth Ann Hull won the shot (39-4), and Rhonda Loshonkohl of Valhalla recorded a PR at 133-3 to score a discus win.

Boys Events

Six Meet Records fell on the men's side and the assault was led by sprinter Henry Thomas. In addition to anchoring both the 400 and Mile Relay Teams to victory in 42.30 and 3:18.41, the Hawthorne junior dominated the sprints with a 10.49w 100 victory and showed his state champion form with an excellent 21.22 win in the 200. El Camino junior Darron Norris felt a hamstring twinge in the 400 Relay and his withdrawal from the sprints ended anticipation of match-ups in the 100 and 200 with Thomas.

What Thomas is to the sprints, Belmont junior Roman Gomez is becoming to the distances. In a field which included 5 sub 4:15 milers, including Phoenix Greenway's Jeff Cannada, Gomez show-

photo by Burt Davis



ROMAN GOMEZ (Belmont High School)
Trailing Jeff Cannada at Sundevil 1500

ed good speed in the end to down Cannada 3:55.71 to 3:58.67.

Gomez isn't the only good runner on a young Belmont distance squad. When Arizona's Cannada came back to win the 3,000 in 8:39.55, Belmont's Alex Carmona was 2nd in 8:42.81. Hawthorne's Sean Kelly won easy in meet record 1:52.72, but in 2nd was another Belmont runner, sophomore Luis Valdez in 1:55.24.

Raymond Young of Hawthorne edged Arizona state champ John Byrne of Greenway 14.26w to 14.32w. Byrne came back in the Intermediates and gained a split decision with a fine 37.77 to Young's 38.59.

Not all the action was on the track. San Dieguito's Jeff Mulligan used his "hometown" advantage and no-miss jumping to outscore Jeff Lee of Santa Monica and Chuck Houde of Simi Valley. All three cleared 15-0 with good jumps at 15-7.

The other jump pits showed solid marks for the winners. Ken Spirin of Carson won the high jump at 6-6, Jeff Lee of Hawthorne the long jump at 23-8¾, and Lester Brown of San Diego had an 18 foot PR to win the triple jump in 48-1.

In the weight events Lance Jackson of Hawthorne dominated the shot with a meet record 56-5¼. Mike Gonzalez of Southwest won the discus at 161-6 while Preston Call of El Camino PR'd by 14 feet to take 2nd at 157-1.

Serra used an excellent anchor leg from 4:14 miler Robert Fithen to hold off La Jolla and Monte Vista and win the distance medley in 10:35.52.

BOYS

100 — Thomas (Hawthorne) 10.49w (3.9 mps) Carson (Morse) 10.82, Duncan (Lincoln) 10.93, Johns (San Diego) 11.03, Young (Monte Vista) 11.08.

200 — Thomas (Hawthorne) 21.22, Duncan (Lincoln) 21.96, Sumner (Morse) 22.22, Howard (Monte Vista) 22.23, Garcia (Esperanza) 22.41.

400 — Goree (LA Carson) 49.65, Parham (Hawthorne) 50.92, Wright (Carson) 51.20, Blas (Morse) 51.21, Cosh (Arizona Sal Pointe) 51.39.

800 — Kelly (Hawthorne) 1:52.72, Valdez (Belmont) 1:55.24, Harberson (San Dieguito) 1:56.50, Sager (Helix) 1:58.18, James (Morse) 1:58.99.

1,500 — R. Gomez (LA Belmont) 3:55.71, Cannada (Phoenix Greenway) 3:58.67, Rice (Newbury Park) 4:02.83, Harberson (San Dieguito) 4:02.87, M. Gomez (LA Belmont) 4:08.29, Fontaine (Serra) 4:08.31.

3,000 — Cannada (Greenway) 8:39.55, Carmona (Belmont) 8:42.81, Schauder (Monte Vista) 8:47.63, Watson (Palos Verdes) 9:00.33, Fithen (Serra) 9:05.42.

110HH — Young (Hawthorne) 14.26w, Byrne (Greenway) 14.32, Murray (El Capitan) 14.73, Knox (San Dieguito) 14.89, Joyce (Hawthorne) 14.92.

300IH — Byrne (Greenway) 37.77, Young (Hawthorne) 38.59, Graham (Hawthorne) 38.79, Knox (San Dieguito) 39.31, Nelson (Simi) 40.41.

400 Relay — Hawthorne 42.30, Morse 42.69, Carson 43.13, Simi Valley 43.46, San Diego 43.62, Esperanza 43.73.

Mile Relay — Hawthorne 3:18.41, Morse 3:25.01, Esperanza 3:25.27, Sal Pointe 3:25.7, Valhalla 3:30.25.

High Jump — Spirin (Carson) 6-6, Mills (Fallbrook) 6-4, Bennett (Hilltop) 6-4, Heintschel (Escondido) 6-4, Martin (Arcadia) 6-4, Risner (Vista) 6-4, Peterson (Monte Vista) 6-4.

Pole Vault — Mulligan (San Dieguito) 15-0, Lee (Santa Monica) 15-0, Houdac (Simi) 15-0, O'Connor (Crespi) 14-6, Johnston (Mt. Carmel) 14-6.

Long Jump — Lee (Hawthorne) 23-8¾w (22-10¼ legal), L. Nelson (Simi Valley) 22-9, Smith (Oceanside) 22-8¾w, Holmes (San Diego) 22-5w, Young (Hawthorne) 22-2½.

Triple Jump — Brown (San Diego) 48-1, McKenzie (Monte Vista) 45-9¾, Hopkins (University City) 45-6½, Young (Hawthorne) 44-1, DeMarst (Kearny) 44-0.

Shot Put — Jackson (Hawthorne) 56-5¼, Avil (Southwest) 53-1½, Brazas (Newport Harbor) 50-11½, Smith (Morse) 50-9½, Serrano (Belmont) 50-5½.

Discus — Gonzales (Southwest) 161-6, Call (El Camino) 157-1, Bass (Torrey Pines) 153-4, Smith (Morse) 149-5, Quiroz (Escondido) 149-0.

Compton Inv.

April 21, Compton College.

Boys

400—1. McDaniel (Locke), 48.96; 2. Lee (South Gate), 49.44; 3. Howard (Compton), 49.49. 800—Roy (Compton), 1:59.45. 300 IH—1. Young (LA Jordan), 38.86; 2. Roy (Compton), 39.93; 3. Gant (Lynwood), 40.62. 400 RELAY—1. Crenshaw, 42.67; 2. Westchester, 42.69; 3. Compton, 42.71. MILE RELAY—1. Manual Arts, 3:22.0; 2. Crenshaw, 3:22.0; 3. Compton, 3:26.0. HJ—Doctrow (Redondo), 6-6; 2. Thompson (South Gate), 6-6. PV—Cortez (Huntington Park), 13-0. LJ—McDowell (Westchester), 22-1½. TJ—Young (LA Jordan), 43-7¼. ATHLETE OF THE MEET—Roy (Compton).

Girls

100—1. Knighton (Locke), 12.10; 2. Giddens (Locke), 12.25; 3. Gaspar (Compton), 12.43; 2. Blalock (Compton), 24.47; 2. Knighton (Locke), 24.86; 3. Giddens (Locke), 24.98. 400—1. Blalock (Compton), 56.36; 2. Smith (Compton), 59.31; 3. Thomas (Gardena), 59.93. 800—1. Hull (Compton), 2:15.8; 2. McCall (Centennial), 2:16.1; 3. Sims (Locke), 2:17.1. MILE—Hull (Compton), 5:12.91. 100 LH—1. Knighton (Locke), 14.65. 400 RELAY—1. Compton, 48.31; 2. Manual Arts, 49.02; 3. Gardena, 49.75. MILE RELAY—Compton, 4:06.78. HJ—1. Blackwell (Gardena), 5-4; 2. Vance (Crenshaw), 5-2. LJ—1. Giddens (Locke), 18-5¼; 2. Reed (Lynwood), 17-1¼. TJ—Ralph (Redondo), 34-2. SP—Hall (St. Mary's, Inglewood), 38-4.

Deepest Valley Relays

April 21, Bishop High School.

BOYS: 120 HH—Hubbard (Bishop), 14.7. 440 RELAY—Bishop, 43.7. MILE RELAY—Bishop, 3:32.0. San Pasquel (San Diego), 3:32.0. PV—Tanksley (Bishop), 13-3. TJ—Castillo (El Rancho), 44-5; Roberts (Bishop), 43-2. DT—Highwood (Incline, Nev.), 151-0.

TEAM SCORES—Bishop, 92; El Rancho, 72; Royal, 61.

Bruce Jenner Classic II

from Keith Conning

San Jose, April 21.

High School Boy's Results

100m (Heat 1): 1. Ken Henderson, Berkeley, 10.64; 2. Ron McCree, Madera, 10.65; 3. Sam Crosby, Seaside, 10.87; 4. Henry Barba, J. Lick, SJ, 10.92; 5. Chris White, Lynbrook, SJ, 10.95; 6. Cary Nobles, Independence, SJ, 10.97; 7. Bob Pope, St. Mary's, Berk, 10.98; 8. Darrin Cole, Hogan, Vallejo, N.T.

100m (Heat 2): 1. Melvin Miller, Hogan, Vallejo, 10.72; 2. Steve Fisher, Saratoga, 10.83; 3. Don Davis, Berkeley, 10.91; 4. Andrea Alexander, Balboa, SF, 10.95; 5. Marcos Pica, Mt. Diablo, Concord, 11.07; 6. Shawn Deals, Pittsburg, 11.11; 7. Charles Smith, Menlo-Atherton, Atherton, 11.32; 8. Garnet Threalt, Pittsburg, 11.37.

110 High Hurdles (Heat 1): 1. Kevin McPherson, Mt. Pleasant, SJ, 14.40; 2. Rodney Jett, H. Johnson, Sacto, 14.52; 3. Derrick Amos, Fremont, LA, 14.59; 4. Brandon McCracken, Loyola, LA, 14.89; 5. George Smith, Clovis West, Fresno, 15.30; 6. Andre Riley, Independence, SJ, 15.50; 7. Jerome Collins, Balboa, SF, 15.54; 8. Kirk Thomas, Monta Vista, Cupertino, N.T.

110 High Hurdles (Heat 2): 1. Anthony Reynolds, Fremont, LA, 14.3ht; 2. Cary Nobles, Independence, SJ, 14.6; 3. Robert Reading, St. Mary's Berkeley, 14.9; 4. Robert Williams, Vacaville, 15.1; 5. Vince McMillan, Campolindo, Moraga, 15.3.

100m Finals (all times wind-aided): 1. Ron McCree, Madera, 10.63; 2. Don Davis, Berkeley, 10.76; 3. Melvin Miller, Hogan, 10.78; 4. Ken Henderson, Berkeley, 10.78.

5. Steve Fisher, Saratoga, 10.79; 6. Sam Crosby, Seaside, 10.98; 7. Henry Barba, Lick, 11.02.

200m (Heat 1): 1. Ron McCree, Madera, 21.90; 2. Jeff Jones, Woodland, 22.14; 3. Todd Vandyke, St. Patrick's, Vallejo, 22.22; 4. Markell Knox, Oakland, 22.39; 5. Jerry Zieff, St. Francis Drake, San Anselmo, 22.58.

200m (Heat 2): 1. Andrea Hunter, Berkeley, 21.76; 2. Henry Barba, Lick, 21.99; 3. Chris White, Lynbrook, SJ, 22.10; 4. Melvin Miller, Hogan, Vallejo, 22.21; 5. Sam Crosby, Seaside, 22.35; 6. Preston Brown, Oakland Tech, 22.45.

Long Jump Finals (all wind-aided): 1. Scott Gonsolin, Napa, 23-3; 2. Harold Rucker, Silver Creek, SJ, 22-6½; 3. Steve Fisher, Saratoga, 22-2¼; 4. Andy Parker, Monta Vista, Cupertino, 22-2; 5. Bill Schott, Foothill, Pleasanton, 21-3¼; 6. Todd Lichtl, Mt. Diablo, Concord, 21-3¼; 7. Dave Ceragoli, Terra Nova, Pacifica, 21-2¼; 8. Fred McLaurin, Clovis, 21-1¼.

800m Finals: 1. Bobby Rivera, Newark, 2:15.0; 2. Ken Green, Bishop O'Dowd, Oakland, 2:15.4; 3. Brian Shields, Loyola, LA, 2:15.0; 4. Bob Lyle, Live Oak, Morgan Hill, 2:15.2; 5. Keith Allen, Bellarmine, SJ, 2:15.0; 6. Willie Richmond, 1:57.1; 7. Noah Hinkston, Oakland Tech, 1:57.5; 8. Bill Dudley, Independence, SJ, 1:59.0.

Shot Put Finals: 1. John Bender, Shafter, 60-8½; 2. Fred Houston, Willow Glen, SJ, 59-9½; 3. Kurt Holden, Hart, Newhall, 57-7½; 4. Gerald Gamble, Antioch, 57-1½; 5. Kevin Richardson, Shafter, 54-5; 6. Mike

son, Berkeley, 48.27; 3. Victor Myles, Fremont, LA, 48.65; 4. Kevin Tolliver, Vallejo, 49.42; 5. Dave Campbell, Gunn, Palo Alto, 49.55; 6. Damon Island, McClymonds, Oakland, 49.57. (Sec. 2): 1. Dwayne Morgan, St. Mary's, Berkeley, 49.70; 2. Robert Bennett, Pittsburg, 49.80; 3. Roman Tisdale, Westmoor, Daly City, 49.94; 4. Paul Washington, St. Mary's, Berkeley, 50.04; 5. Anthony Springer, Clovis, 50.17; 6. Reed Smoller, Berkeley, 50.40; 7. Kevin Christensen, Clovis, 52.55.

400m IH Finals (Sec. 1): 1. Dan Castle, Bellarmine, SJ, 56.99; 2. Virgil Robinson, Yerba Buena, SJ, 57.24; 3. Mandell Cooks, Pittsburg, 57.27; 4. Jim Gray, Newark, 57.37; 5. Mike Doyle, Foothill, Pleasanton, 57.65; 6. Cornell Threalt, Pittsburg, 61.0ht; 7. Mickey H-Sieh, Menlo-Atherton, Atherton, 63.2ht.

400 IH Finals (Sec. 2): 1. Anthony Reynolds, Fremont, LA, 54.94; 2. Chris Preas, San Ramon Vly, Danville, 56.9ht; 3. Larry Kevin, Moreau, Hayward, 57.0ht; 4. Vince McMillan, Campolindo, Moraga, 57.1ht; 5. Darin Turner, St. Francis Drake, San Anselmo, 58.2ht; 6. Dan Hale, Terra Linda, San Rafael, 59.6ht.

Triple Jump Finals: 1. Willie Hannon, Castlemont, Oakland, 48-3; 2. Steve Shelley, Vallejo, 46-¼w (44-3 legal); 3. Joseph Zackery, Seaside, 45-5; 4. Mark Webster, Homestead, Sunnyvale, 45-3¼w (45-2 legal); 5. Greg Freeman, Novato, 44-11w; 6. R.J. Theodore, Fremont, 44-8¼w (41-7 legal); 7. Harold Rucker, Silver Creek, SJ, 44-5¼w (44-2¼ legal); 8. Lewis Hall, Westmoor, Daly City, 44-1¼w (43-3¼ legal).

200m Final: 1. Ron McCree, Madera, 21.44; 2. Andre Hunter, Berkeley, 21.74; 3. Henry Barba, Lick, SJ, 22.03; 4. Chris White, Lynbrook, 22.14; 5. Markell Knox, Oakland, 22.20; 6. Melvin Miller, Hogan, Vallejo, 22.21; 7. Todd Vandyke, St. Patrick's, Vallejo, N.T.

1500m Finals: 1. Victor Valen, El Modena, Orange, 3:56.59; 2. Calvin Gazzino, Castro Valley, 3:57.48; 3. Doug Gollmer, Saratoga, 3:57.49; 4. Bob Wickstrom, Serra, San Mateo, 3:58.83; 5. John Foley, Miramonte, Orinda, 4:00.67; 6. Sean Crowley, Overfelt, SJ, 4:01.75; 7. Shane O'Flaherty, Bellarmine, SJ, 4:01.8ht; 8. Dan Valdez, Merced, 4:02.7ht.

400m Relay (Sec. 1): 1. Berkeley, 41.82; 2. Loyola, LA, 42.48; 3. Pittsburg, 42.88; 4. Saratoga, 43.2ht; 5. Saint Mary's, Berkeley, 43.4ht. (Sec. 2): 1. Vallejo, 43.11; 2. Mt. Diablo, Concord, 43.58; 3. Balboa, SF, 43.75; 4. Madera, 44.20; 5. Bellarmine, SJ, 44.5ht.

Discus Finals: 1. Kevin Richardson, Shafter, 186-1; 2. Kurt Holden, Hart, Newhall, 172-7; 3. Steve Dudley, Leland, SJ, 170-10; 4. John Bender, Shafter, 168-8; 5. Gerald Gamble, Antioch, 160-2; 6. Art Hoffman, Santa Teresa, SJ, 150-9; 7. Pete Thompson, Cupertino, 150-8; 8. Jeff Franklin, Yerba Buena, SJ, 150-4.

5000m: 1. Chris Craig, Leigh, 15:24.1; 2. Rod Coker, Vacaville, 15:35.1; 3. Duke Rittenhouse, Reno, 15:42.0; 4. Darin Jaurequi, Clovis, 15:56.1; 5. Mike Matthews, Santa Clara, 16:03.0; 6. Brian Vaughan, Berkeley, 16:06.2; 7. Mike Kelly, Oakland, 16:07.3; 8. James Williams, Clovis, 16:13.6.

1 Mile Relay (Sec. 1): 1. Fremont, LA, 3:18.16; 2. Pittsburg, 3:22.17; 3. Berkeley, 3:22.45; 4. Loyola, LA, 3:24.47; 5. St. Mary's B, 3:28.3ht; 6. Madera, 3:29.5ht; 7. Richmond, 3:33.9ht; 8. McClymonds, Oakland, 3:35.9ht. (Sec. 2): 1. Oakland, 3:27.21; 2. O'Dowd, 3:27.44; 3. St. Francis, 3:27.71; 4. Bellarmine, 3:28.24; 5. Terra Linda, 3:28.5ht; 6. Hiram Johnson, 3:28.6ht; 7. Clovis, 3:30.1ht; 8. Moreau, Hayward, 3:34.2ht.

High Jump: 1. George Smith, Clovis West, Fresno, 6-11; 2. Jeff Rogers, Overfelt, 6-11; 3. Tony Parise, Menlo-Atherton, 6-6; 4. Brian Kellen, Leland, 6-6; 5. Jim Reis, Sonoma, 6-6; 6. Jeff Novitsky, Mills, Millbrae, 6-4; 7. Brian Ganey, Live

continued on next page...

Reynolds, Clovis, 52-7½; 7. Jack Mohr, Los Altos, 52-5; 8. Greg Thorton, Loyola, LA, 51-8¼.

110 High Hurdles Finals: 1. Anthony Reynolds, Fremont, LA, 14.27; 2. Rodney Jett, Hiram Johnson, Sacto, 14.44; 3. Derrick Amos, Fremont, LA, 14.50; 4. Cary Nobles, Independence, SJ, 14.51; 5. Robert Reading, St. Mary's, Berkeley, 14.71; 6. Brendan McCracken, Loyola, LA, 14.75; 7. Kevin McPherson, Mt. Pleasant, SJ, 14.97; 8. Robert Williams, Vacaville, 15.08.

400m Final (Sec. 1): 1. Mike Davison, St. Francis, Mt. View, 48.19; 2. Ken Hender-

JONI MOONEY Jenner 3000 winner

Reynolds, Clovis, 52-7½; 7. Jack Mohr, Los Altos, 52-5; 8. Greg Thorton, Loyola, LA, 51-8¼.

110 High Hurdles Finals: 1. Anthony Reynolds, Fremont, LA, 14.27; 2. Rodney Jett, Hiram Johnson, Sacto, 14.44; 3. Derrick Amos, Fremont, LA, 14.50; 4. Cary Nobles, Independence, SJ, 14.51; 5. Robert Reading, St. Mary's, Berkeley, 14.71; 6. Brendan McCracken, Loyola, LA, 14.75; 7. Kevin McPherson, Mt. Pleasant, SJ, 14.97; 8. Robert Williams, Vacaville, 15.08.

400m Final (Sec. 1): 1. Mike Davison, St. Francis, Mt. View, 48.19; 2. Ken Hender-



STEPHANIE FEDORCHAK
Sun Devil 1500 winner

GIRLS

100 — Devers (Sweetwater) 11.46w, Aubuchon (Esperanza) 12.16, Grant (Hawthorne) 12.28, Barrell (Hawthorne) 12.33, Weaver (University City) 12.36.

200 — Grant (Hawthorne) 25.11, Allen (Hawthorne) 25.20, Nilson (Valhalla) 25.59, Carter (Lincoln) 25.61, Cartwright (Madison) 25.66.

400 — Aubuchon (Esperanza) 56.79, Nilson (Valhalla) 58.11, Willis (Hawthorne) 58.49, Baker (Monte Vista) 1:00.21, Nichols (Vista) 1:00.62.

800 — Dulin (Hawthorne) 2:15.99, Baker (Monte Vista) 2:17.01, Upsher (Torrey Pines) 2:19.00, Bullard (Esperanza) 2:21.74, Eager (Vista) 2:21.81.

1,500 — Fedorchak (Fallbrook) 4:51.51, Scott (Tustin) 4:56.32, Eager (Vista) 4:56.32, Gorman (Bonita Vista) 4:59.11, Farrell (Thousand Oaks) 5:00.07.

3,000 — Winner (Torrey Pines) 10:11.45, Stehly (Orange Glen) 10:13.86, Bates (Mira Mesa) 10:20.98, Scott (Tustin) 10:32.49, Brown (Hawthorne) 10:35.31.

100LH — Devers (Sweetwater) 14.38w, Price (Hawthorne) 14.65, Malolepszy (Arizona Bisee) 14.92, Duffy (Mt. Carmel) 15.03, Collins (Tustin) 15.36.

300LH — Devers (Sweetwater) 44.01, Price (Hawthorne) 44.93, Duffy (Mt. Carmel) 46.08, Bullard (Esperanza) 46.51, Martin (Eisenhower) 46.67.

400 Relay — Hawthorne 48.42, Madison 49.83, Morse 50.30, El Camino 50.62, Mt. Miguel 50.71.

1 Mile Relay — Hawthorne 3:59.72, Esperanza 4:07.21, Mt. Carmel 4:08.91, Vista 4:08.97, Madison 4:11.86.

High Jump — Anderson (Mt. Miguel) 5-6, Reed (Valhalla) 5-4, Akers (Akers) 5-2.

Triple Jump — Robinson (Manual Arts) 40-2, Carter (Lincoln) 35-11w, Thomas (El Camino) 35-5w, Bremner (University City) 34-9½w, Irving (Crawford) 34-9.

Long Jump — Devers (Sweetwater) 18-3w, Parker (Madison) 18-2, Strachan (Mt. Miguel) 17-9, Robinson (Manual Arts) 17-5, Greaves (San Pasquel) 17-1½.

Shot Put — Hull (La Jolla) 39-4, Leppaluoto (Mission) 37-10, Ugaitora (Serra) 37-8½, Jeffreys (Arizona Sal-Pointe) 35-8½, Lind (Tustin) 34-11½.

Discus — Loshonkohl (Valhalla) 133-3, Smith (Mission Bay) 126-3, Hull (La Jolla) 122-0, Lind (Tustin) 120-9, Edwards (115-7).

Prep Notes

Oak, Morgan Hill, 6-4, 8. (tie) Kevin Lindsay, Foothill, Pleasanton, and Steve Rebottaro, Mills, Milbrae, 6-4.

Pole Vault: 1. Mark Coulter, Gunderson, 15-6, 2. Brian Fillipini, Reno, 15-0 1/4, 3. Brian Nagy, Justin Siena, 15-0 1/4, 4. (tie) Brent Burns, Acalanes, and George Bassett, Saratoga, 14-5 1/4, 5. Mitch Mikula, Antioch, 14-5 1/4, 7. Wally Summers, Beyer, Modesto, 14-5 1/4, 8. Pat Parker, Los Gatos, 14-0.

High School Girl's Results

100m (Heat 1): 1. Tomicka Johnson, Berkeley, 12.51, 2. Jennifer Clayton, Lynbrook, SJ, 12.56, 3. Stacey Roger, Hiram Johnson, Sacto, 12.71, 4. Tracey Cole, Silver Creek, SJ, 12.72, 5. Carla Lawson, Pittsburg, 12.79, 6. Jackie Schuh, Campolindo, Moraga, 12.84, 7. Diane Warrick, Richmond, 12.86, 8. Wonneta Olden, Richmond, NT.

100m (Heat 2): 1. Mina Hutchins, Independence, SJ, 12.22, 2. Lashon Peters, Woodside, 12.28, 3. Regina Brewer, Hogan, Vallejo, 12.46, 4. Andrea Rolfe, Dorsey, LA, 12.51, 5. Tracy Flemmings, Clayton Valley, Concord, 12.73, 6. Denise Messa, Foothill, Pleasanton, 12.76, 7. Effie Daetz, Leigh, SJ, 12.83.

100m Low Hurdles (Heat 1): 1. Wendy Brown, Woodside, 13.95, 2. Yvette Bates, Berkeley, 14.11, 3. Danielle Knox, Vacaville, 14.62, 4. Stacey Kuehnis, Los Gatos, 15.3 ht, 5. Ginna Albanese, Branham, SJ, 15.4 ht, 6. Michelle Dwyer, Leigh, SJ, 15.4.

100m Low Hurdles (Heat 2): 1. Leslie Maxie, Mills, Milbrae, 13.84, 2. Debbie Budwig, Clovis West, Fresno, 14.10, 3. Margaret Ruden, Homestead, Sunnyvale, 14.45, 4. Karen Brown, Sir Francis Drake,

San Anselmo, 14.46, 5. Michelle Kendrick, Fremont, LA, 14.65, 6. Kristine Babenco, Tamalpais, Mill Valley, 14.84.

Triple Jump Final: 1. Wendy Brown, Woodside, 43-2 1/4 w (42-3 1/4 legal), 2. Yvette Bates, Berkeley, 39-10 1/4 w, 3. Sherrie Olson, Gunderson, SJ, 38-2 1/4 w, 4. Cathy McCalister, Madera, 36-11 1/4 w, 5. Lezi Jensen, Los Gatos, 35-10, 6. Leslie Finney, Vallejo, 35-8 1/4 w, 7. Karlyn McNeill, Acalanes, Lafayette, 35-8 1/4, 8. Effie Daetz, Leigh, SJ, 35-3 1/4 w.

Discus Final: 1. Joey Classen, Clovis, 136-0, 2. Danette Vercher, Gunn, Palo Alto, 133-0, 3. LaTonia Floyd, Oak Grove, SJ, 132-5, 4. Gerri Baldwin, Branham, SJ, 123-3, 5. Tammy Williamson, Madera, 111-0, 6. Cheryl Bell, Leland, SJ, 110-6, 7. Nancy Rice, Leland, SJ, 110-0, 8. Rebecca Roesler, Mission San Jose, Fremont, 106-0.

200m (Heat 1): 1. Denise Ervin, El Cerrito, 24.53, 2. Andrea Rolfe, Dorsey, LA, 24.92, 3. Jennifer Clayton, Lynbrook, SJ, 25.27, 4. Regina Brewer, Hogan, Vallejo, 25.42, 5. Dion Andrew, Berkeley, 25.5 ht, 6. Charlesetta Brisco, Skyline, Oakland, 25.6 ht. **(Heat 2):** 1. Lachon Peters, Woodside, 25.25, 2. Mina Hutchins, Independence, SJ, 25.30, 3. Bridget Steens, Madera, 25.31, 4. Tomicka Johnson, Berkeley, 25.56, 5. Tracey Flemmings, Clayton Valley, Concord, 25.77, 6. Effie Daetz, Leigh, SJ, 26.71, 7. Carla Lawson, Pittsburg, 26.79, 8. Kim Brown, Skyline, Oakland, 26.95.

800m Final: 1. Kristen Dowell, Santa Teresa, SJ, 2:10.73, 2. Nanette Garcia, Silver Creek, SJ, 2:13.83, 3. Tresa Curry, Pittsburg, 2:14.96, 4. Tanya Bynoe, Gunn, Palo Alto, 2:17.78, 5. Jodie Wertz, Redwood, Larkspur, 2:17.86, 6. N. O'Flaherty, St. Francis, Mt. View, 2:18.97, 7. Angela Sterns, Silver Creek, SJ, 2:19.39, 8. Michelle Pentz, Homestead, Sunnyvale, 2:19.5 ht.

High Jump: 1. Wendy Brown, Woodside, 6-2 1/4, 2. Latrice Johnson, Clovis, 5-8, 3. Tyra Brewer, Madera, 5-6, 4. Beth Vidakovits, St. Francis, Mt. View, 5-4, 5. Tara Fairfield, Fremont, Sunnyvale, 5-2, 6. Stephanie Simmons, Redwood, Larkspur, 5-2, 7. Kelley Olmings, Los Gatos, 5-2, 8. Genevieve Sullivan, Berkeley, 5-0.

3000m Final: 1. Joni Mooney, Vacaville, 9:59.5, 2. Sally Pinker, Davis, 10:08.5, 3. Laurie Chapman, Gunderson, SJ, 10:17.0, 4. Rebecca Chamberlain, Leigh, SJ, 10:18.6, 5. Michelle Seck, Lynbrook, SJ, 10:24.5, 6. Deirdre Kelly, Mitty, SJ, 10:29.9, 7. Lisa Rizzo, Hart, Newhall, 10:34.1, 8. Kim Thordson, Mitty, SJ, 10:39.5.

Long Jump Final: 1. Wendy Brown, Woodside, 19-1 1/4, 2. Chrissy Cerkel, Redwood, Larkspur, 17-8, 3. Stacey Rogers, Hiram Johnson, Sacto, 17-5, 4. Sherrie Olsen, Gunderson, SJ, 17-1 1/4, 5. Danielle Sharkey, Vacaville, 16-8 1/4, 6. Jackie Riley, Independence, SJ, 16-6 1/2, 7. Karlyn McNeill, Acalanes, Lafayette, 16-5 1/2, 8. Jackie Schuh, Campolindo, Moraga, 16-5.

400m Low Hurdles (Sec. 1): 1. Leslie Maxie, Mills, Milbrae, 61.87, 2. Mara Konopisek, El Molina, Forestville, 65.38, 3. Magda Saravia, Madera, 65.67, 4. Angela Driller, Sir Francis Drake, San Anselmo, 68.79, 5. Chris Franko, San Mateo, 71.6 ht. **(Sec. 2):** 1. Kristine Babenco, Tamalpais, Mill Valley, 65.76, 2. Kathy Newberger, Acalanes, Lafayette, 66.63, 3. Laura Sullivan, Mills, Milbrae, 68.07, 4. Barbara Bullard, Independence, SJ, 68.64, 5. Melanie Quong, Fremont, Sunnyvale, 69.1 ht.

Shot Put: 1. LaTonia Floyd, Oak Grove, SJ, 45-8, 2. Tina Lei, Overfelt, SJ, 40-10, 3. Yvette Brown, Vacaville, 40-4 1/2, 4. Danette Vercher, Gunn, Palo Alto, 39-3 1/2, 5. Theresa Williams, Fremont, LA, 38-4 1/2, 6. Joey Classen, Clovis, 38-4, 7. Marquette Davis, Johnson, Sacto, 36-4, 8. Gerry Baldwin, Branham, SJ, 36-1 1/2.

200m Final: 1. Denise Ervin, El Cerrito, 24.0w, 2. Andrea Rolfe, Dorsey, LA, 24.6w, 3. Jennifer Clayton, Lynbrook, SJ, 24.8w, 4. La Chun Peters, Woodside, 25.0w, 5. Mina Hutchins, Independence, SJ, 25.1w.

1500m: 1. Nanette Garcia, Silver Creek, SJ, 4:38.85, 2. Joni Mooney, Vacaville, 4:40.78, 3. Lannette Davis, Del Mar, SJ, 4:41.67, 4. Amy Cathcart, Amador Valley, Pleasanton, 4:41.76, 5. Noreen de Betten-court, Carondelet, Concord, 4:45.25, 6. Kelley Donaldson, Merced, 4:46.38, 7. Tiffany Shaw, Clovis West, Fresno, 4:47.4 ht, 8. Macy Moring, Hart, Newhall, 4:50.3 ht.

400m Relay (Sec. 1): 1. Fremont, LA, 48.91, 2. El Cerrito, 49.31, 3. Pittsburg, 49.99, 4. Tamalpais, Mill Valley, 50.03, 5. Skyline, Oakland, 50.3 ht. **(Sec. 2):** 1. Dorsey, LA, 49.59, 2. Mt. Pleasant, SJ, 50.14, 3. Leigh, SJ, 50.36, 4. Madera, 50.7 ht.

100m Low Hurdles Finals: 1. Leslie Maxie, Mills, Milbrae, 13.87, 2. Wendy Brown, Woodside, 13.88, 3. Debbie Budwig, Clovis West, Fresno, 13.98, 4. Danielle Knox, Vacaville, 14.45, 5. Karen Brown, Sir Francis Drake, San Anselmo, 14.57, 6. Stacey Kuehnis, Los Gatos, 15.20.

100m Finals: 1. Mina Hutchins, Independence, SJ, 12.32, 2. Lashon Peters, Woodside, 12.35, 3. Tomicka Johnson, Berkeley, 12.45, 4. Andrea Rolfe, Dorsey, LA, 12.48, 5. Regina Brewer, Hogan, Vallejo, 12.60, 6. Jennifer Clayton, Lynbrook SJ, 12.61, 7. Stacey Cole, Silver Creek, SJ, 12.68.

400m Finals (Sec. 1): 1. Andrea Rolfe, Dorsey, LA, 56.08, 2. Karen Brown, Sir Francis Drake, San Anselmo, 56.82, 3. Jackie Baker, Berkeley, 57.23, 4. Jodie Wertz, Redwood, Larkspur, 58.57, 5. Karen Dowell, Santa Teresa, SJ, 58.9 ht, 6. Kim Kistler, Mitty, SJ, 59.5 ht, 7. Tracey Flemmings, Clayton Valley, Concord, 60.6 ht, 8. Precious Nichols, McClymonds, Oakland, 61.5 ht. **(Sec. 2):** 1. Tresa Curry, Pittsburg, 56.68, 2. JoAnn Zulaca, Carondelet, Concord, 60.15, 3. Renee Sherwood, Los Gatos, 60.46, 4. Pam Terrell, Richmond, 61.82, 5. Pam Mason, El Cerrito, 61.8 ht, 6. Marta Olivas, Carondelet, Concord, 64.3 ht.

Mile Relay (Sec. 1): 1. Madera, 3:57.32, 2. Fremont, LA, 4:01.14, 3. El Cerrito, 4:02.11, 4. Santa Teresa, SJ, 4:08.2 ht, 5. Mitty, SJ, 4:10.1 ht, 6. Homestead, Sunnyvale, 4:11.5 ht. **(Sec. 2):** 1. Berkeley, 4:00.17, 2. Skyline, Oakland, 4:06.49, 3. Drake, San Anselmo, 4:07.24, 4. Clovis West, Fresno, 4:11.22, 5. Saratoga, 4:22.9 ht.

Top Eight Meet

from Keith Conning

Top Eight Meet. Los Gatos HS. Apr. 27.

Boy's Team Scores	
1 Independence	39
2 Seaside	36
3 St. Francis	30
4 Lynbrook	29
5 St. Ignatius	26
5 Overfelt	26

100m: 1. White (Lynbrook) 11.02, 2. Crosby (Seaside) 11.06, 3. Fortman (Milpitas) 11.11.

200m: 1. Fortman (Milpitas) 21.90, 2. Barba (Lick) 22.90, 3. Davidson (St. Francis) 22.14.

400m: 1. Davidson (St. Francis) 47.9, 2. Flynn (Prospect) 49.7, 3. Taylor (Woodside) 49.7.

800m: 1. Allen (Bellarmine) 1:52.1MR, 2. Schall (DelMar) 1:54.2, 3. Lyle (Live Oak) 1:55.0.

Mile: 1. Guisto (San Mateo) 4:15.2MR, 2. Craig (Leigh) 4:16.9, 3. Kohne (Gunn) 4:20.1.

2 Mile: 1. Goliher (Saratoga) 9:18.0, 2. Ghidossi (Capuchino) 9:19.7, 3. Crowley (Overfelt) 9:23.4.

110 HH: 1. McPherson (Mt. Pleasant) 14.47, 2. Nobles (Independence) 14.54, 3. Devine (St. Ignatius) 14.96.

330 IH: 1. Nobles (Independence) 39.89MR, 2. Castle (Bellarmine) 40.34, 3. Robinson (Yerba Buena) 40.38.

4X100: 1. Independence 42.78, 2. Seaside 43.01, 3. Lynbrook 43.05.

4X440: 1. St. Francis 3:21.96, 2. Independence 3:22.01, 3. Lynbrook 3:23.96.

High Jump: 1. Rogers (Overfelt) 6-6, 2. Rebottaro (Mills) 6-6.

Pole Vault: 1. Moen (Los Gatos) 15-1MR, 2. Bassett (Saratoga) 14-6, 3. Sandrini (Mills) 14-0.

Long Jump: 1. Willis (Seaside) 23-1 1/4, 2. Overton (Carlmont) 22-5 1/2, 3. Abbott (Lincoln) 22-2 1/2.

Triple Jump: 1. Rogers (Overfelt) 45-2 1/4, 2. Zachary (Seaside) 44-3 1/4, 3. Theodore (Fremont) 44-3 1/4.

Shot Put: 1. Houston (Willow Glen) 60-1 1/2 MR, 2. Volta (Santa Clara) 55-0 1/2, 3. Mohr 54-8 1/2.

Discus: 1. Hoffman (Santa Teresa) 165-9, 2. Dudley (Leland) 161-8, 3. Thompson (Cupertino) 160-0.

Outstanding Athletes: Track - Michael Davidson (St. Francis); Field - Jeff Rogers (Overfelt).

Girl's Team Results

1 Woodside	66
2 Los Gatos	38
3 St. Francis	37
4 Santa Teresa	36
5 Independence	28

100m: 1. Peters (Woodside) 12.23, 2. Hutchins (Independence) 12.26, 3. Lawson (St. Francis) 12.52.

200m: 1. Hutchins (Independence) 25.46, 2. Lammie (Leland) 25.63, 3. Clayton (Lynbrook) 25.73.

400m: 1. Dowell (Santa Teresa) 57.34, 2. Ka Dowell (Santa Teresa) 58.17, 3. Blafeld (Harbor) 59.17.

800m: 1. Dowell (Santa Teresa) 2:09.6, 2. Davis (Del Mar) 2:12.6, 3. Bynoe (Gunn) 2:17.1.

Mile: 1. Clark (Mt. View) 4:54.9, 2. Chapman (Gunderson) 5:00.4, 3. Chamberlain (Leigh) 5:00.4.

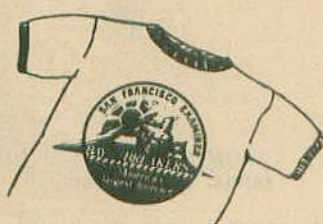
2 Mile: 1. Garcia (Silver Creek) 11:06.0, 2. Wilson (Terra Nova) 11:09.7, 3. Daley (Los Gatos) 11:17.2.

100 LH: 1. Brown (Woodside) 14.33, 2. Ruden (Homestead) 14.44, 3. Bray (Los Altos) 15.24.

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330 LH: 1. Ruden (Homestead) 45.67, 2. Kuehnis (Los Gatos) 46.95, 3. Bullard (Independence) 47.64.

4X100: 1. Los Gatos 49.5, 2. St. Francis 49.6, 3. Leland 49.9.

4X440: 1. St. Francis 4:02.17, 2. Santa Teresa 4:02.77, 3. Los Gatos 4:03.10.

High Jump: 1. Brown (Woodside) 5-6, 2. Bray (Los Altos) 5-4, 3. Fairfield (Fremont) 5-4.

Long Jump: 1. Brown (Woodside) 19-11 1/4 MR, 2. Lawson (St. Francis) 17-11, 3. Robinson (Woodside) 17-3 1/4.

Triple Jump: 1. Brown (Woodside) 42-11 1/2, 2. Robinson (Woodside) 38-4 3/4, 3. Olsen (Gunderson) 37-2 3/4.

Shot Put: 1. Floyd (Oak Grove) 45-1 1/2 MR, 2. Lei (Overfelt) 39-7 1/2, 3. Vercher (Gunn) 38-2 1/2.

Discus: 1. Vercher (Gunn) 131-10, 2. Baldwin (Branham) 131-2, 3. Floyd (Oak Grove) 128-4.

Mt. SAC Relays

from Doug Speck

High School Portion

Fourteen new meet records (three of which were nullified by too much following wind in the sprints), eight state leading marks (three of which were too gusty), and two national leaders (one of which was over the 2.00 meters per second limit) marked perhaps the greatest Mt. SAC High School Meet ever. With the best from Southern California and a smattering of stars from as far away as Montana and Australia, the fine all-weather facility responded to athletes' efforts in giving back the super marks it always has.

Leslie Maxie (Millis, Millbrae) in the Women's Hurdles and Ray Brown (Muir, Pasadena) were the multi-event headliners. Joining the above duo as field event athletes of the meet were Kevin Peterson (Shafter) and Cathy Sharpe (Bellina HS, Australia).

Miss Maxie, defending state 400m hurdle distance with her 57.52 from earlier in the season (breaking Gayle Kellon's American junior record of 57.60). It so happened that Kellon (who attended school down the street from Mt. SAC at Walnut HS) has the Meet Record here (42.2) and the National 300m Low Hurdle record (41.09). The Meet Record was history, and the question was how close Maxie would come to the 41.09—she had run 41.1 for 330 yards this year (which adjusts to just a touch slower than 41.09). With Michelle Taylor (Ganesha, Pomona), who had run 42.3 in one of her first attempts at the distance at Arcadia, in the race, a good one was assured. The competition, one of Saturday's first, got the invitational events off in fine style. Maxie made no race out of it, blasting away after a couple of hurdles (she stepped the whole way), and leaving Taylor and the field far behind on her way to a super 40.9. Unfortunately, running the Prep 300m hurdles on the 400m intermediate marks puts the finish just past the common line, and an Accutrack was not moved to that point, possibly costing Leslie a new national all-time best. Maxie returned later in the morning to destroy a top 100m low hurdle field at 13.79w (2.10 mps), the best time in the state this spring.

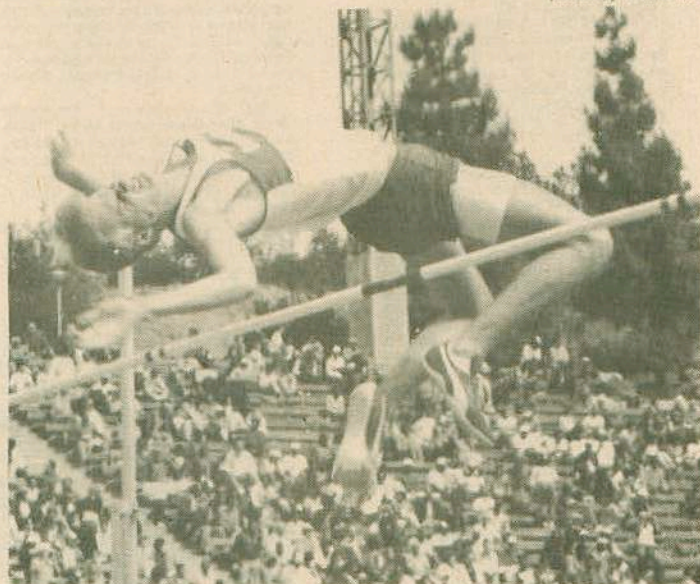
The sprint stock of Muir's Ray Brown continued to rise based upon his performances this day. The latest (and possibly best ever) in a line of speedsters from the West Pasadena High School showed amazing acceleration after a fine start in the invitational 100m on his way to a state record equalling 10.39. Brown left a super field, led by Australian junior sprint champ, Brett Leavy, at least a couple of meters to the rear, and certainly looks capable of going faster based on his margin of victory. The gusty morning had the currents drop to a legal 40 mps for the 100m. Leavy, who was the Australian Junior 200m champ (at 21.35) blasted a

meet record 20.9 for the distance later in the day here. Meanwhile, Mr. Brown moved to the relays. At the 400m distance Muir dominated a good field, with Mark Hatcher smoking the third leg, on the way to a 41.21 meet record. Over the 800m relay distance Muir and Hawthorne hooked up, with the Cougar stars foregoing the individual events for some key relay duty. For three legs the 4X200 was an instant replay of the Northridge Relays, where Muir went into Brown's anchor with 4.5 meters on Henry Thomas of Hawthorne. Here it was basically the same, but Thomas got turned all the way round in a circle before he got the stick. Brown's level of conditioning and determination have seemed to improve, because where Thomas ate Ray up earlier in the year over this distance, here it was an even duel, with Brown holding every inch of his seven meter lead on into the

23.95. Millikan's Janice Farwell took the open 400m in a fine 54.90 and anchored her squad's 1600m relay that won in a state-leading 3:45.95 in a competition that had three schools under 3:50.

Other top men's action was Belmont's amazing Roman Gomez in the 3000m, and great weight event action. Gomez continued to show his dominance of area prep runners, as the LA City star got bored with company and edged away the last couple of laps to an 8:24.7 meet record for 3000 meters. It appears Roman may have to go the open route to find competition and reach his potential (Pepsi Invitational 3000m?). Shafter's Kevin Richardson really caught one of the favoring "from the right quartering" gusts of wind and had his discus ride it out to 197-6 for a state leading effort and new meet record. Fountain Valley's Tambi Wenj had improved to 190-3 in a week-day

photo by Burt Davis



MIKE ANDERSON (Burbank High School)
Second place, Mt. SAC high jump

tape for a 1:25.70 meet record win. The anchor splits for the two stars—both 19.8. That is with a flying start and a good wind behind them the entire way. The day's final prep invitational event was the 1600m relay, and the undefeated Hawthorne team had something to prove. Unfortunately the Cougar's third runner got tangled up at the end of his leg and Henry Thomas was left on the starting line with the baton on the ground a few tantalizing meters away. Muir, with Alan Blades running 47.9 on the anchor, moved away to a 3:14.9 state leading winning time. Hawthorne had their act this day slowed by the absence of Sean Kelly, star half-miler, who has come down with chicken pox. The Cougars were aiming for a top sprint medley relay time, and with Kelly, who has anchored in 1:51.6 this season, an improvement on their number six all-time prep mark of 3:23.82 seemed possible. As it turned out, Compton won its second consecutive race here at this distance at 3:32.5, with Hawthorne third. Hawthorne did blast a meet record shuttle high hurdles mark of 58.6 (lowering Millikan's 59.17 from 1983), the number two clocking in California prep history.

The women's sprints were also hot: National 100m leader Paula Ready (Poly, Long Beach), at 11.78, lowered that mark here to 11.67 in an easy win that was nullified for record purposes by a 2.46 mps following wind. Cathy Roberts (Cerritos) blasted a 23.52 in winning the 200m (with a 3.0 mps aiding wind) over super soph, Tami Stiles (Millikan, Long Beach) 23.60, and Faye Robinson (La Puente)

dual meet, and he tossed a fine 184-2 for second. The shot put once again included the big trio, Brian Blutreich (pronounce it "Blue-trek") of Capistrano Valley, John Bender (Shafter), and Greg Aitkenhead (Mission Viejo). Brian had exploded to 68-4 1/4 earlier in the week for the number three all-time Southern Californian mark (and #3 All-Time Californian), and easily the best ever by a California junior. Brian should be California's first ever 70-footer before he is through next year. The other competitors were certainly not going to grant Blutreich any advantage based on previous marks. Aitkenhead lead through three rounds, with a 61-9 1/2 on his first toss and a 62-6 1/4 on his third. Bender was out to 62-6 by his fourth toss, with Aitkenhead improving to 63-1/2 on his second to last put. Blutreich improved out to 63-5 1/2 on his fifth toss, as none of the others could improve on their final attempt. With plenty of more opportunities for the trio to meet (Regionals, etc.) there will be more fireworks.

A number of other events featured super competition and marks. Joe Richardson (Pasadena) had his usual super long jump (24-5 1/4 w, 24-1 1/4 legal) and triple jump (50-8 1/4 w) double wins. Australian Des Braithwaite cleared 6-11 to take the high jump over Mike Anderson (Burroughs, Burbank) 6-9. George Bassett (Saratoga) won the pole vault at 15-0 over the 14-6 clearances of Mike Rodriguez (Arroyo, El Monte), Scott Foss (Santa Ynez), and Jeff Mulligan (San Diego, Encinitas). Harry Johnson (Blair, Pasadena) won the high hurdles over undefeated Anthony Reynolds (Fremont, LA) 14.07w (2.9

mps)-14.14. Gordon Bugg (West Covina) used his natural long stride to improve to 37.3 and established a meet record in the 300m intermediate hurdles. Victor Valen (El Modena, Orange) and Nick Sparks (Bella Vista, Fair Oaks) hooked up on the anchor leg of the distance medley relay, with Valen bringing his team in for a narrow win 10:19.4-10:19.5 with both athletes running in the 4:13 range for their 1600m legs.

Muir became the first California girls shuttle hurdles group to break one minute with their 59.6 meet record performance. Edison's Nicole Ritchot anchored her 4X1500m group to victory on Friday at 19:38.5, but was run down by Poway's Jennifer Shello in Saturday's distance medley, as the San Diego area school raced to the state's quickest time of 12:06.1 for the DMR in 1984. Kathy Jarvis, a national Kinney's Cross-Country finalist from Havre, Montana as a soph, visited here to run the 3000m on Friday and come back over 1500m on Saturday. The script was the same in both competitions, as the young Montanan appeared full of run over the last lap as she flew away from Pam Thompson (Saugus-second both times) and the pack during 9:54.8 and 4:38.5 victories. Hawthorne's girls raced to fine 46.97 (400m) and 1:40.5 (4X200m) relay wins.

Chip Rish (Marina, Huntington Beach) looked super in establishing a new Orange County Record in his 47.37 400m win. The young Marina star may have found his event here in the Mt. SAC meet. Australian Junior 800m champion, Matt Favier (1:48.85 in early March) comfortably handled his teammates and the American preps in setting a 1:52.01 800m meet record. Belmont, LA junior, Luis Valdez, continued his fine improvement with 1:53.04 for second. After a couple of easy weeks recovering totally from a stress fracture at the end of the indoor season, Jesus Gutierrez (Pasadena) marked this as his first truly all-out effort over 1500m. The results were very pleasing, as Gutierrez ran down Dave Anderson (Corona Del Mar) and held off the challenge of John Vargas (South Hills, Covina) at the tape in a 3:58.42 win.

Arroyo (El Monte) took the men's Invite 4X1500m relay, bolstered by the lead-off 4:03 from Mike Cortez and 4:04 anchor from Mike Perez. Montebello took the other men's relay, the 4X800m in 8:01.8.

Compton's Trena Hull won an exciting Invite 800m, nailing Carina Quezada (St. Lucy's, Glendora) at the tape 2:11.49-2:11.63. Torrance took the 4X800m for the women with a fine 9:38.0. Dos Pueblos (Goleta), anchored by Jill Whinnery, was the 800m sprint medley winners at 1:50.8. Cheryl Henderson (Fountain Valley) was the long jump winner at 18-2 1/2. Greta Larsen (Latrobe HS, Australia) took the shot put at 41-4 1/4 over Janet Day (Beverly Hills) 40-3 1/4, and Celeste Paquette (Rancho Alamitos, Garden Grove) improved out to 140-8 to win the discus.

Boys

3,000 METERS (Inv.)—1. R. Gomez (Belmont) 8:24.7, 2. Hall (La Salle) 8:30.9, 3. Feliciano (Cypress) 8:43.8, 4. Houlgate (Bishop Montgomery) 8:45.3, 5. Tristant (Chino) 8:45.4, 6. Serratos (Mountain View Freshman) 8:47.4, 7. Olson (LA Baptist) 8:47.6, 8. Badgett (Saugus) 8:49.4, 9. Mitchell (St. Francis) 8:49.8.

400 RELAY (combined)—1. Blair 43.2, 2. Corona del Mar 43.7, 3. Inglewood 43.7, 4. Mt. Carmel (San Diego) 43.8, 5. Arroyo 44.0.

800 RELAY (comb)—1. South Hills 1:30.4, 2. Blair 1:31.8, 3. Mt. Carmel (SD) 1:32.0.

1,600 RELAY (combined)—1. South Pasadena 3:24.0, 2. South Hills 3:24.3, 3. Mt. Carmel (SD) 3:27.7, 4. Arcadia 3:28.1, 5. Azusa 3:28.2, 6. Simu Valley 3:28.3, 7. West Torrance 3:28.4, 8. Valencia 3:28.6, 9. Ganesha 3:28.8, 10. Diamond Bar 3:29.4.

3,200 RELAY—1. Torrance 8:14.5, 2. Valencia 8:15.4, 3. Ganesha 8:19.3, 4. Tustin 8:20.1.

continued on next page...

Prep Notes

6,000 RELAY (Inv.)—1. Arroyo, 16:37.4; 2. Dos Pueblos, 16:52.4; 3. Santa Barbara, 16:53.3; 4. El Modena, 16:56.4; 5. San Marino, 17:02.3; 6. Ocean View, 17:04.3; 7. Simi Valley, 17:06.7.

SPRINT MEDLEY RELAY—1. Azusa, 3:39.7; 2. Simi Valley, 3:41.8; 3. Ganesha, 3:41.8.

TRIPLE JUMP—1. Cruz (Workman), 44-6½; 2. Byass (Fontana), 44-4; 3. Davis (Chino), 43-2½.

Girls
3,000 (Inv.)—1. Jarvis (Havre, Mont.), 9:54.8; 2. Thompson (Saugus), 10:02.2; 3. Scott (Tustin), 10:11.5; 4. Dyer (Patrick Henry, SD), 10:12.5; 5. Rizzo (Hart), 10:14.1; 6. Osliner (South Hills), 10:18.8; 7. Williams (Norco), 10:25.3; 8. Martin (South Pasadena), 10:28.2; 9. E. Ebner (Bishop Amat), 10:29.1; 10. Helm (Laguna Hills), 10:31.5; 11. Mazowiecki (Tustin), 10:33.7.

400 RELAY (comb.)—1. Morningside, 49.7; 2. Dos Pueblos, 50.2; 3. tie between Blair and CREA, 50.4; 5. West Torrance, 50.6.

800 RELAY—1. West Torrance, 1:45.6; 2. Blair, 1:46.3; 3. Morningside, 1:47.2; 4. Thousand Oaks, 1:48.7; 5. South Pasadena, 1:50.9; 6. Pasadena, 1:50.9.

1,600 RELAY (comb.)—1. Torrance, 4:03.6; 2. Pasadena, 4:07.5; 3. CREA, 4:07.6; 4. San Marcos, 4:08.1; 5. South Pasadena, 4:09.6.

6,000 RELAY (Inv.)—1. Edison (Nadon, Snyder, Biefeld, Ritchot), 19:38.5 (fourth performance all-time high school); 2. Hawthorne, 19:49.6 (sixth performance all-time high school); 3. Buena, 20:02.2; 4. Thousand Oaks, 20:07.5; 5. Tustin, 20:33.5; 6. Dos Pueblos, 20:42.0; 7. San Marino, 20:46.4; 8. Hart, 21:12.9; 9. South Hills, 21:14.3.

800 MEDLEY RELAY (Inv.)—1. Dos Pueblos, 1:50.8; 2. West Torrance, 1:53.1; 3. Thousand Oaks, 1:53.1 (Open)—1. Diamond Bar, 1:51.3; 2. Walnut, 1:53.9; 3. Upland, 1:55.7.

SATURDAY

Boys

100 (Inv.)—1. R. Brown (Muir), 10.39 (wind 40 m.p.s. aiding) (meet record, old mark, 10.59, Bernard Mathis, Muir, 1982) (equals best-ever for California prep); 2. Leavy (Australia), 10.58; 3. Pryor (Australia), 10.72; 4. Broussard (Manual Arts), 10.78; 5. Rish (Marina), 10.78; 6. Price (Morningside), 10.78; 7. Dixon (Eisenhower), 10.79; 8. Martinez (Compton), 10.98 (Open)—1. Hale (Monrovia), 10.5w (2.7 m.p.s.); 2. Davis (Inglewood), 10.6; 3. Patterson (LB Poly), 10.7; 4. Smith (Australia), 10.7; 5. Nelson (Simi Valley), 10.7.

200 (Inv.)—1. Leavy (Australia), 20.9 (wind 1.65 m.p.s. aiding); 2. Johnson (Eisenhower), 21.4; 3. Nava (Mexico), 21.7; 4. Bates (Pasadena), 21.8; 5. Price (Morningside), 21.8; 6. DeLeon (Nogales), 21.9; 7. Ford (Compton), 22.3.

400 (Inv.)—1. Rish (Marina), 47.34; 2. Myles (Fremont), 48.43; 3. tie between Roach (Laguna Hills) and G. Nesbitt (West Covina), 49.18; 5. Washington (Antelope Valley), 49.26; 6. Thomas (Pasadena), 50.49.

1,500—1. Gutierrez (Pasadena), 3:58.42; 2. Vargas (South Hills), 3:59.06; 3. Anderson (Corona del Mar), 3:59.29; 4. Palma (Glendale), 3:59.73; 5. Falciano (Cypress), 3:59.9; 6. Serratos (Mountain View, freshman), 4:00.7.

110 HIGH HURDLES (Inv.)—1. Johnson (Rial), 14.07w (2.9 m.p.s.); 2. Reynolds (Fremont), 14.14; 3. Godinez (West Covina), 14.40; 4. Sorenson (Mater Dei), 14.45; 5. Gregory (Mission Viejo), 14.55; 6. Amos (Fremont), 14.56; 7. Hatcher (Muir), 14.58 (Open)—1. Thomas (Pasadena), 14.4 (wind 1.83 m.p.s. aiding); 2. Goodson (Inglewood), 14.4; 3. Scott (Crespi), 14.7.

300 INTERMEDIATE HURDLES (Inv.)—1. Buggy (West Covina), 37.3; 2. Blades (Muir), 37.4; 3. Roach (Laguna Hills), 38.2; 4. Lumpkin (HH Wilson), 38.4; 5. Earl (Bonanza, Las Vegas), 38.5 (Open)—1. Hall (Ganesha), 38.4; 2. Gregory (Mission Viejo), 39.0; 3. Craver (Compton), 39.4; 4. Grant (St. Francis), 39.5; 5. House (Blair), 39.9.

400 RELAY (Inv.)—1. Muir (Bell, Blades, Hatcher, R. Brown), 41.21 (meet record, 41.45, Muir, 1981); 2. Manual Arts, 41.58; 3. Fremont, 41.58; 4. LB Poly, 41.19; 5. Pasadena, 43.2; 6. West Covina, 43.3 (Open, combined races)—1. Australia, 42.11; 2. Compton, 42.90; 3. Marina, 43.08; 4. South Hills, 43.34; 5. Simi Valley, 43.59; 4. Centennial, 43.82; 5. Lincoln (San Diego), 43.92; 6. Monrovia, 43.94.

800 RELAY (Inv.)—1. Muir (Bell, Blades, Hatcher, R. Brown), 1:25.70 (meet record, old mark, 1:26.65, Hawthorne, 1983); 2. Hawthorne, 1:26.51; 3. Australia, 1:28.09; 4. Manual Arts, 1:28.39; 5. Compton, 1:30.58; 6. Simi Valley, 1:31.0; 7. West Covina, 1:31.1 (Open)—1. Morningside, 1:30.57; 2. Lincoln (San Diego), 1:31.39; 3. HH Wilson, 1:31.71.

1,600 RELAY (Inv.)—1. Muir, 3:14.9; 2. LB Poly, 3:18.4; 3. Pasadena, 3:18.9; 4. Australia, 3:17.2; 5. West Covina, 3:17.4; 6. Eisenhower, 3:18.2; 7. Fremont, 3:20.2 (Open)—1. Compton, 3:22.4; 2. Bella Vista, 3:25.39; 3. Tustin, 3:26.49; 4. Corona del Mar, 3:28.85.

3,200 RELAY—1. Montebello, 8:01.8; 2. Rancho Alamitos, 8:02.8; 3. Mission Viejo, 8:03.5; 4. El Toro, 8:08.0; 5. Corona del Mar, 8:11.5; 6. Capistrano Valley, 8:11.5; 7. Dos Pueblos, 8:13.9.

6,000 RELAY—1. La Jolla, 17:01.9; 2. Arroyo, 17:04.4; 3. Valencia, 17:23.3; 4. South Pasadena, 17:24.5; 5. Rowland, 17:56.6.

SPRINT MEDLEY RELAY (Inv.)—1. Compton (Martinez, Ford, James, Carter), 3:32.5; 2. South Hills, 3:33.0; 3. Hawthorne, 3:33.0; 4. Dos Pueblos, 3:35.5; 5. West Torrance, 3:37.2.

DISTANCE MEDLEY RELAY (Inv.)—1. El Modena (Baker, Romero, Snider, Valen), 10:19.4; 2. Bella Vista (Fair Oaks), 10:19.5; 3. Arroyo, 10:30.9; 4. Santa Barbara, 10:31.6; 5. Ocean View, 10:35.3; 6. South Hills, 10:37.0; 7. San Marcos, 10:39.0; 8. Tustin, 10:39.5 (Open)—Montebello, 10:46.4.

SHUTTLE HURDLE RELAY (combined races)—1. Hawthorne (R. Young, Joyce, Graham, Tillman), 58.6 (meet record, old mark, 59.17, Millikan, 1983) (second best performance all-time California high school); 2. Fremont, 1:01.1; 3. Ganesha, 1:02.0; 4. Mission Viejo, 1:03.1; 5. West Torrance, 1:07.4.

HIGH JUMP (Inv.)—1. Braithwaite (Australia), 6-11; 2. Anderson (Burroughs, Burb.), 6-9; 3. Eckert (Keppel), 6-7; 4. Palmer (Corona del Mar), 6-7; 5. Godinez (Mexico), 6-5 (Open)—Dangleis (Azusa), 6-5.

POLE VAULT (Inv.)—1. Bassett (Saratoga), 15-0; 2. Rodriguez (Arroyo), 14-6; 3. J. Foss (Santa Ynez), 14-6; 4. Mulligan (San Diego), 14-6; 5. tie between Smith (Upland) and O'Connor (Crespi), 14-0 (Open)—1. Kufta (Upland), 13-6; 2. Porter (Arcadia), 13-0.

LONG JUMP (Inv.)—1. Richardson (Pasadena), 24-5¼w; 2. Hale (Monrovia), 23-5w; 3. Reynolds (Fremont), 23-2¼w; 4. Johnson (Blair), 22-1¼w; 5. Nava (Mexico), 22-10¼; 6. Green (Inglewood), 22-8¼w (Open)—Horvath (Torrance), 21-7¼.

TRIPLE JUMP (Inv.)—1. Richardson (Pasadena), 50-8¼w; 2. Green (Inglewood), 47-8¼w; 3. Dangleis (Azusa), 46-9¼w; 4. Fenton (Cypress), 45-5¼w; 5. Martinez (Claremont), 45-3¼w.

SHOTPUT (Inv.)—1. Blutreich (Capistrano Valley), 63-5¼; 2. Aitkenhead (Mission Viejo), 63-0¼; 3. Bender (Shafter), 62-6; 4. Wenj (Fountain Valley), 60-3; 5. Holden (Hart), 57-10¼; 6. Ricciardi (La Serna), 54-11; 7. Rudd (Walnut), 54-1; 8. Laut (Channel Islands), 53-10¼; 9. Richardson (Shafter), 53-7¼ (Open)—Knight (Oak Park), 53-6½.

DISCUS (Inv.)—1. Richardson (Shafter), 197-8 (meet record, old mark, Mark Malone, El Cajon, 1976); 2. Wenj (Fountain Valley), 184-2; 3. Holden (Hart), 175-4; 4. Winters (Valencia), 167-11; 5. Aitkenhead (Mission Viejo), 162-0; 6. Blutreich (Capistrano Valley), 161-8; 7. Reep (Arroyo), 154-11; 8. Khozari (El Modena), 151-3 (Open)—Garcia (Moreno Valley), 150-6.

Girls

100—1. Ready (LB Poly), 11.67w (2.48 m.p.s.); 2. Robinson (La Puente), 12.07; 3. Boulware (Millikan), 12.07; 4. Dillon (Australia), 12.12; 5. Stiles (Millikan), 12.16; 6. Henderson (Fountain Valley), 12.21.

200 (Inv.)—1. Roberts (Cerritos), 23.52w (3.0 m.p.s.); 2. Stiles (Millikan), 23.60; 3. Dillon (Australia), 23.65; 4. Robinson (La Puente), 23.95; 5. Boulware (Millikan), 24.14; 6. Fearnley (Edison), 25.1.

400 (Inv.)—1. Farwell (Millikan), 54.90; 2. Wilson (Muir), 55.52; 3. Turner (Beverly Hills), 56.95; 4. Garcia (Mexico), 58.11; 5. Ransom (El Toro), 58.5; 6. Bearlay (Torrance), 59.1.

800 (Inv.)—1. Hull (Compton), 2:11.49; 2. Quesada (St. Lucy's), 2:11.63; 3. Villegas (Bell), 2:19.21; 4. Garnett (Marymount), no time; 5. Jones (Fremont), 2:23.34; 6. Nichols (Walnut), 2:23.45.

1,500—1. Jarvis (Havre, Mont.), 4:38.5; 2. Thompson (Saugus), 4:40.9; 3. Nichols (Walnut), 4:41.8; 4. Donaldson (Merced), 4:42.7; 5. Gorman (Bonita Vista, Chula Vista), 4:45.3; 6. Mooring (Hart), 4:49.6.

100 LOW HURDLES (Inv.)—1. Maxie (Mills, Millbrae), 13.79w (2.10 m.p.s. aiding); 2. Franklin (Muir), 14.15; 3. Cantrell (Muir), 14.34; 4. Taylor (Ganesha), 14.40; 5. Kendrick (Fremont), 6. Pawlowski (Australia), 14.42.

300 HURDLES (Inv.)—1. Maxie (Mills, Millbrae), 40.9 (meet record, old mark, 42.2, Gayle Kellon, 42.2, 1983) (equal second performer and performance all-time high school); 2. Wooten (Bella Vista, Fair Oaks), 44.3; 3. Taylor (Ganesha), 44.3; 4. Edwards (South Pasadena, freshman); 5. Collins (Tustin), 46.2; 6. Campbell (Manual Arts), 46.3.

400 RELAY (Inv.)—1. Hawthorne (Price, Allen, Green, Grant), 46.97; 2. Muir, 47.18; 3. Fremont, 48.22; 4. Millikan, 48.22; 5. LB Poly, 48.53; 6. Australia, 49.05; 7. Ganesha, 49.4 (Open)—1. Compton, 48.54; 2. Diamond Bar, 50.02; 3. Lincoln (SD), 50.20.

800 RELAY (Inv.)—1. Hawthorne (Grant, Green, Allen, Price), 1:40.5; 2. LB Poly, 1:41.1; 3. Muir, 1:41.4; 4. Fremont, 1:43.6; 5. Compton, 1:45.2; 6. Ganesha, 1:45.5; 7. Edison, 1:46.3.

photo by Burt Davis



NICK SPARKS (Bella Vista)
Mt. SAC distance medley

1,600 (Inv.)—1. Millikan (Stiles, Zaleski, Hall, Farwell), 3:45.95; 2. Compton, 3:48.10; 3. Muir, 3:49.11; 4. Hawthorne, 3:51.28; 5. Edison, 3:58.12; 6. Crescenta Valley, 4:03.5 (Open)—1. Ganesha, 3:56.82; 2. Fremont, 3:58.8; 3. Dos Pueblos, 3:59.9; 4. Tustin, 4:03.4; 5. Lincoln, 4:07.2; 6. Manual Arts, 4:07.8.

3,200 RELAY (Inv.)—1. Torrance (Tande, Barclay, Donahue, Jarvis), 9:38.0; 2. Edison, 9:47.8; 3. Dos Pueblos, 9:49.0.

4. Upland, 9:58.0; 4. Montebello, no time; 6. South Hills, 10:13.5.

DISTANCE MEDLEY RELAY—1. Poway (Sheffo, J. Watkins, L. Watkins, Berton), 12:06.1; 2. Edison, 12:07.0; 3. Hawthorne, 12:27.6; 4. Thousand Oaks, 12:41.5; 5. Buena, 12:47.1; 6. Tustin, 12:48.5; 7. Torrance, 12:52.8; 8. Norco, 12:52.8; 9. San Marcos, 12:56.5.

SHUTTLE HURDLE RELAY (Combined races)—1. Muir (Kintrell, Bryant, Gilmore, Franklin), 59.6; 2. Bella Vista (Fair Oaks), 1:04.8; 3. Torrance, 1:06.9; 4. West Torrance, 1:09.5.

HIGH JUMP—1. Sharpe (Australia), 5-10 (meet record, old mark, 5-8, Laura Mills, Irvine University, 1980 and E. Cooks, HH Wilson, 1983); 2. Wooten (Bella Vista), 5-8; 3. Orr (Ocean View), 5-6; 4. tie between Claussen (Sunny Hills) and White, 5-4; 6. Wade (Eisenhower), 5-2; 7. Wooten (Bella Vista, Fair Oaks), 5-2.

LONG JUMP (Inv.)—1. Henderson (Fountain Valley), 18-2¼; 2. Robinson (Manual Arts), 18-0; 3. Roberts (Cerritos), 17-9½w; 4. Waluk (Edison), 16-11¼ (Open)—Edwards (South Pasadena, freshman), 17-1¼.

SHOT PUT (Inv.)—1. Larson (Australia), 41-4¼; 2. Day (Beverly Hills), 40-3¼; 3. Hammond (Australia), 40-2¼; 4. Paquette (Rancho Alamitos), 38-9¼; 5. Hall (St. Mary's), 38-7¼; 6. Baker (San Marcos), 37-9 (Open)—Gill (Western), 36-11.

DISCUS—1. Paquette (Rancho Alamitos), 140-8; 2. Standerwick (Gladstone), 137-8; 3. Callin (Hemet), 115-5; 4. Gill (Western), 113-11.

Leigh High W. Valley Relays

West Valley College, Saratoga, April 28.
Boy's Team Scores

1. Bellarmine	38
2. Seaside	24
3. Oakland	22
4. Leigh	21
5. Lynbrook & Gunderson	19

440 IH: 1. Roberts (Half Moon Bay) 56.6.
4 Mile Relay: 1. Leigh 18:03.8.

440 Relay: 1. Skyline and Seaside 43.7.
100 yards: 1. Fortman (Milpitas) 9.8.
110 HH: 1. McPherson (Mt. Pleasant) 14.3.

1 Mile Steeplechase: 1. O'Flaherty (Bellarmine) 5:10.3.

Sprint Medley: 1. Bellarmine 3:37.5.
880 Relay: 1. Seaside 1:31.3.

2-Mile Relay: 1. Gunderson 8:02.1.
5000: 1. Dye (Half Moon Bay) 16:00.0.
1 Mile Relay: 1. Oakland 3:24.0.

Pole Vault: 1. Coulter (Gunderson) 14-6.
2. Parker (Los Gatos) 14-8.

Long Jump: 1. Rucker (Silver Creek) 23-0¼; 2. Grimes (Hillsdale) 22-9¼; 3. Willis (Seaside) 22-7¼.

Shot Put: 1. Houston (Willow Glen) 60-6¼ MR; 2. Volta (Santa Clara) 53-10.

High Jump: 1. Smith (St. Ignatius) 6-8¼.
Triple Jump: 1. Bluford (St. Ignatius) 45-6¼.

Discus: 1. Hoffman (Santa Teresa) 166-11; 2. Dudley (Leland) 163-6; 3. Thompson (Cupertino) 155-0.

Girl's Team Results

1. Leigh and Woodside	30
3. Mitty and Skyline	22
5. Del Campo (Carmichael)	20
6. Palo Alto	19

440 LH: 1. Bray (Los Altos) 64.3.
440 Relay: 1. Leigh 50.6.

100 yards: 1. Brown (Woodside) 10.9; 2. Peters (Woodside) 11.1.

Distance Medley: 1. Gunderson 12:46.6.
1 Mile: 1. Ferreira (Half Moon Bay) 5:23.8.

2 Mile Relay: 1. Mitty 9:59.9.
3000: 1. Chamberlain (Leigh) 10:32.1 MR.

1 Mile Relay: 1. Skyline 4:07.1.
Discus: 1. Floyd (Oak Grove) 129-3; 2. Baldwin (Braham) 126-4; 3. Vercher (Gunn) 126-1.

Long Jump: 1. Brown (Woodside) 19-6½ MR.

High Jump: 1. Brown (Woodside) 5-8 MR.

Shot Put: 1. Floyd (Oak Grove) 44-8¼; 2. Vercher (Gann) 38-2¼.

Triple Jump: 1. Brown (Woodside) 41-2¼ MR; 2. Robinson (Woodside) 36-¼; 3. Haro (Gilroy) 36-3¼.

REEBOK/LOS GATOS TRACK SERIES

A TAC SANCTIONED TRACK SERIES

FROM LOS GATOS TO LOS ANGELES

An All-Comer Track Series featuring age group and open competition in addition to an Invitational Division to be held at the Los Gatos High School Tartan track.* Pre-registration for Invitational Division only. Electronic timing by Accutrak.

Admission fee \$2.00 for athletes and spectators alike. All proceeds to directly benefit the winning athletes of highlighted events through the PA-TAC Developmental Funds Program. Highlighted event winners guaranteed a minimum of \$100.00.

May 5 & 12 Two meets to provide an opportunity for U.S. athletes to qualify and prepare for the LA Trials.

July 7 & 21 Two additional meets for Americans and visiting Internationalists to "tune-up" for the Summer Games. All four meets allow California's track enthusiasts to witness and compete with Track & Field's elite.

* There will be no junior competition at the May meets due to conflicts with high school competition. Field events begin at noon. Running events at 1:00.

**For further information and pre-registration,
call (408) 395-5825 or (415) 865-1417**

Presented by the Reebok Racing Club



High School Season Leaders

By Keith Conning

•BOYS•

Through May 9, 1984.

100 Meters (10.39)

10.39	Ray Brown (Muir, Pasadena)
10.2w	Henry Thomas (Hawthorne)
10.2w	Steve Jones (Burbk, Sac)
10.54w	Ron McCree (Madera)
10.64w	Ken Henderson (Berk)
10.66	Gaston Green (Gardena)
10.66w	Elliott Dunning (Vly, Santa Ana)
10.67w	Calvin Scruggs (McLane)
10.72	Andrea Alexandor (Balboa, SF)
10.72w	Melvin Miller (Hogan, Vallejo)

200 Meters (20.68)

20.7	Henry Thomas (Hawthorne)
21.1	Ken Henderson (Berkeley)
21.44	Ron McCree (Madera)
21.2wc	Louis Fortman (Milpitas)
21.2w	Steve Jones (Burbank, Sacto)
21.4	William Johnson (Eisenhower)
21.68	Baker (Saddleback, Santa Ana)
21.74	Andre Hunter (Berkley)
21.5c	Gaston Green (Gardena)
21.5w	Ray Brown (Muir, Pasad)

400 Meters (45.51)

46.9	Henry Thomas (Hawthorne)
47.34	Chip Rish (Marina, Hunt. Bch)
47.83	Benjamin Green (Kennedy, Gr)
47.9	Mike Davidson (St. Fran, Mt. Vw)
48.14	Eric Schermerhorn (Woodbrid)
48.27	Ken Henderson (Berkeley)
48.43	Victor Myles (Fremont, LA)
48.3	Daymon Lee (South Gate)
48.3c	Al Blades (Muir, Pasadena)
48.48	Witherspoon (Fremont, LA)

800 Meters (1:47.31)

1:51.74	Eric Schermerhorn (Woodb)
1:52.1	Keith Allen (Bellarmine, SJ)
1:52.5	Nick Sparks (Bella Vista, FrOks)
1:52.72	Sean Kelly (Hawthorne)
1:52.99	Dave Anderson (Cor Del Mar)
1:53.04	Luis Valdez (Belmont, LA)
1:53.57	Andrew Sims (Dana Hills)
1:54.0	Bobby Rivera (Newark Mem)
1:54.1	Kenny Green (O'Dowd, Oak)
1:54.2	Dan Schall (Del Mar, SJ)

Mile (3:59.4)

4:11.23c	Roman Gomez (Belmont, LA)
4:12.56c	Dan Holmes (Santa Barb)
4:14.0c	Mark Mastalir (Jesuit)
4:14.1c	Freer (Hayfork)
4:14.5	Weldmer (El Dorado, Picvi)
4:14.54c	Dan Palma (Glendale)
4:14.74c	Vargas (South Hills, Cov)
4:14.85c	Robert Fithen (Serra, S.D.)
4:15.2	Matt Giusto (San Mateo)
4:15.94c	Chris Rice (Newbury Park)

Two Mile (8:36.3)

9:00.6i	Calvin Gaziano (Castro Vly)
9:04.5i	Roman Gomez (Belmont, LA)
9:08.2i	Matt Giusto (San Mateo)
9:08.4i	Martin Sandoval (Monte Vista)
9:12.63c	Frank Ramirez (Lompoc)
9:14.38c	Pat Watson (Palos Verdes, PVE)
9:14.5i	Chris Craig (Leigh, SJ)
9:15.19c	Joe Nitti (Loyola, LA)
9:15.76c	J.P. Hall (LaSalle, Pasad)
9:16.01c	Alex Carmona (Belmont, LA)
9:16.62c	Paul Burroughs (Agoura)

110 Hurdles (13.41)

14.07w	Harry Johnson (Blair, Pas)
13.9	Anthony Reynolds (Fremt, LA)
14.22w	Raymond Young (Hawtho)
14.0	Albert Nicholson (Millikan, LB)
14.40	Kevin McPherson (Mt. Plst, SJ)
14.40w	Pat Godinez (West Covina)
14.44	Rodney Jett (Johnson, Sacto)
14.45w	Sorenson (Mater Dei)
14.45w	Gregory (Mission Viejo)
14.50	Derrick Amos (Fremt, LA)

300 Hurdles (36.2)

36.6	George Porter (Cabrillo, Lom)
37.2	Raymond Young (Hawthorne)
37.3	Gordon Bugg (West Covina)
37.63	Shows (Banning, Wilmington)
37.4	Al Blades (Muir, Pasadena)
37.5	Anthony Reynolds (Fremt, LA)
37.5	Jeff Roach (Laguna Hills)
37.84	John Anderson (San Fernando)
37.7	Michael Graham (Hawthorne)
38.4	Lumpkin (Wilson, Hac. Hgts.)
38.4	Hall (Ganesha, Pomona)

4X100 (40.83)

41.18	Muir, Pasadena
41.28	Hawthorne
41.39	Berkeley
41.58	Manual Arts, Los Angeles
41.76	Fremont, Los Angeles
42.11	Eisenhower, Rialto
42.19	Poly, Long Beach
42.21	Compton
42.21	Kennedy, Granada Hills
42.1	Crenshaw, Los Angeles

4X400 (3:08.94)

3:14.9	Muir, Pasadena
3:15.7	Hawthorne
3:16.4	Poly, Long Beach
3:16.8	Pasadena
3:17.01c	Fremont, Los Angeles
3:17.4	West Covina
3:18.2	Eisenhower, Rialto
3:19.09	Berkeley
3:20.8c	Manual Arts, Los Angeles
3:20.94c	Pittsburg

High Jump (7-4 1/2)

6-11	Tom Norman (Redwood, Vis)
6-11	George Smith (Clovis West)
6-11	Jeff Rogers (Overfelt, SJ)
6-11i	Mike Clark (Valley, Sacto)
6-10 1/4	Joe Johnson (Banning, Wilmin)
6-10	Ken Burke (Westlake)
6-10	Mike Anderson (Burroughs, Bur)
6-9	Dan Wilson (Jefferson, Daly Cit)
6-9	Jim Cody (Servite, Anaheim)
6-8 1/2	Smith (St. Ignatius, S.F.)

Pole Vault (17-4 1/4)

15-8 1/4	Ivar Moen (Los Gatos)
15-6	Johnny Lee (Santa Monica)
15-6	Mark Coulter (Gunderson, SJ)
15-3 1/2	Dean Starkey (Logan, Union Cty)
15-3 1/2	George Bassett (Saratoga)
15-2 1/2	Chuck Houde (Simi Valley)
15-2 1/2	Jeff Mulligan (San Diego, Uto)
15-2	John Gash (Santa Rosa)
15-0	Chris O'Connor (Crespi, Encin)
15-0	Mitch Mikula (Antioch)

Long Jump (26-2 1/4)

24-9 1/4 w	Johnny Cleveland (Soquel)
24-7 1/4	Joe Richardson (Pasadena)
24-2w	Anthony Smith (Univ., LA)
23-11 1/2	Hicks (Davis)
23-10	Holmes (San Diego)
23-8 1/4 w	Jeff Lee (Hawthorne)
23-8 1/4	Terrence Strong (Bakersfield)
23-7	White (Valley, Sacto)
23-6	Elliott Dunning (Valley, Santa A)
23-6	Jaime Williams (Carson)

photo by Burt Davis

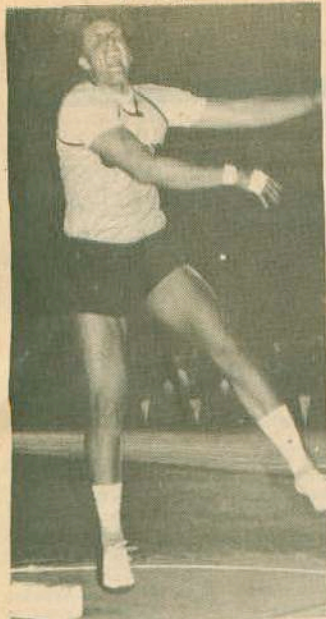


ERIC SCHERMERHORN
Winning Arcadia Inv. 800



HENRY THOMAS (left) loses to RAY BROWN
Arcadia Invitational 400m Relay

photo by Barbara DeGroot



BRIAN BLUTREICH
Number 1 in shot put

Shot Put (69-3 1/4)

68-4 1/4	Brian Blutreich(CapistranoVly)
65-9	John Bender (Shafter)
64-7 1/2	Greg Aitkenhead(MissionVie)
60-6 1/4	Gary Willison (Burbank)
60-6 1/2	Fred Houston(WillowGlen,SJ)
60-3	Tambi Wenj (FountainVly)
58-8 1/4	Kurt Holden (Hart,Newhall)
58-5 1/2	Joe Walshe(Foothill,SantaAn)
57-8 1/2	Troy Sheets(DelMar, SJ)
57-1 1/2	Gerald Gamble (Antioch)

Discus (209-6)

197-6	Kevin Richardson (Shafter)
190-3	Tambi Wenj(Fountain Valley)
182-3	Gerald Gamble (Antioch)
181-1	Kurt Holden (Hart,Newhall)
179-3	Dave Winters (Valencia)
177-10	Rick Mootz(Miramonte,Orinda)
176-8	Brian Blutreich(CapistranoVly)
176-0	Steve Dudley(Leland, SJ)
174-11	Tony Peiham (Lindsay)
174-10	Jeff Swenning (Kingsburg)

•GIRLS•



CELESTE PAQUETTE
Winning Arcadia Inv.

100 Meters (11.34)

11.46w	Gail Devers(Sweetwater)11.98
11.78	Paula Ready(Poly, LongBeach)
11.81	Tesha Giddens(Locke, LA)
11.83	Pam Qualls (Burbank,Sacto)
11.6	Choo Choo Knighten (Locke)
11.7w	Karen Lawson(St.Francis)12.02
11.7w	Sara Parros(SantaMoni)12.35
11.96	Lana Cantrell(Muir,Pasadena)
12.14	Monica Phillips(Kennedy,Gr.H)

200 Meters (23.05)

23.52w	Cathy Roberts (Cerritos)24.78
23.60w	Tami Stiles(Millikan, LB)24.2
23.95w	Faye Robinson(LaPuente)24.72
23.9	Leslie Maxie(Mills, Millbrae)
24.14w	Asia Boulware(Millikan)25.0
24.0	Kim Grant (Hawthorne)
24.0w	Pam Qualls(Burbank,Sac)24.53
24.0w	Denise Ervin(EiCerrito)24.3
24.59	Andrea Rolfe(Dorsey, LA)
24.5c	Tesha Giddens(Locke, LA)

400 Meters (50.87)

53.85	Choo Choo Knighten(Locke)
54.7c	Paulette Blalock(Compton)
54.90	Janice Farwell(Millikan, LB)
55.12	Michelle Taylor(Ganesh,Pom)
55.21	Leslie Maxie (Mills,Millbrae)
55.52	Linetta Wilson (Muir,Pasad)
55.6	Kerri Zaleski(Millikan, LB)
55.79	Andrea Rolfe (Dorsey, LA)
55.82	Faye Robinson (LaPuente)
56.68	Tresa Curry (Pittsburg)

800 Meters (2:02.29)

2:06.99	Kerri Zaleski(Millikan, LB)
2:09.6	Kristen Dowell(SntaTeresa,SJ)
2:11.49	Hull (Compton)
2:11.63	Carina Quezada(St.Lucy's)
2:11.83	Nanette Garcia(SilverCk,SJ)
2:11.9	Michelle Taylor(Ganesh,Pom)
2:12.6	Lanette Davis(DelMar, SJ)
2:13.98	Laura Chapel (Irvine)
2:14.96	Tresa Curry (Pittsburg)
2:14.97	Laura Henry (Los Gatos)

Mile (4:35.24)

4:54.9	Shannon Clark (Mt.View)
4:59.7c	Joni Mooney (Vacaville)
4:59.96c	Amy Cox (Foothill,Tustin)
5:00.4	Laurie Chapman(Gunderson)
5:00.4	Rebecca Chamberlain(Leigh)
5:02.9c	Sally Pinkner (Davis)
5:03.65c	Pam Thompson (Saugus)
5:03.77c	Noreen DeBettencourt(Caron)
5:04.78c	Laura Cattivera (MiraCosta)
5:05.11	Kirsten O'Hara(PalosVerdes)

Two Mile (10:07.8)

10:22.03	Kirsten O'Hara(PalosVerdes)
10:48.54c	Shannon Clark(Mt.View)
10:50.0c	Sally Pinkner (Davis)
10:54.32	Frances Silva(Kennedy,GranH)
10:54.83c	Ann Helm (LagunaHills)
10:57.41c	Sylvia Mosqueda(SanGabriel)
10:59.4	Becky Chamberlain(Leigh, SJ)
11:03.2c	Noreen DeBettencourt(Caron)
11:04.31	Nanette Garcia(SilverCk,SJ)
11:05.5c	Pam Thompson (Saugus)

photo by Burt Davis

100 Low Hurdles (13.4)

13.79w	Leslie Maxie(Mills)13.87
13.85w	Yvette Bates (Berkeley)14.33
13.87w	Debbie Budwig(ClovisW)13.98
13.88	Wendy Brown (Woodside)
13.93	Choo Choo Knighten (Locke)
14.06	Carrie Franklin (Muir,Pasad)
14.34	Lana Cantrell (Muir,Pasad)
14.35	Misako Hill (Cordova)
14.40w	Michelle Taylor(Ganesh,Pom)
14.41w	Michelle Kendricks(Fremt)14.4



DEBBIE BUDWIG
Number 3 in 100 hurdles

300 Low Hurdles (40.9)

40.9c	Leslie Maxie(Mills, Millbrae)
42.3	Michelle Taylor(Ganesh,Pom)
42.8	Lana Cantrell(Muir,Pasadena)
43.2c	Gail Devers(Sweetwater,NTCy)
43.3	Karen Brown(Blake,SanAnsel)
43.4	Felecia Price (Hawthorne)
43.8	Janice Farwell(Millikan, LB)
44.1	Mary Jane Bullard(Esperanza)
44.2	Franklin (Muir,Pasadena)
44.3	Wooten(Bella Vista, Fair Oaks)

4X100 (45.13)

46.8	Hawthorne
46.9	Muir, Pasadena
47.32	Compton
47.4	Millikan, Long Beach
47.6	Kennedy, Granada Hills
47.8	Burbank, Sacramento
48.14	Berkeley
48.22	Dorsey, Los Angeles
48.1c	Grant, Sacramento

4X400 (3:37.71)

3:45.95	Millikan, Long Beach
3:48.10	Compton
3:49.11	Muir, Pasadena
3:51.28	Hrwthorne
3:53.81	Locke, Los Angeles
3:54.7c	Davis, Modesto
3:55.96c	Madera
3:58.82	Ganesh,Pomona
3:58.12	Edison, Huntington Beach
3:58.44	Crenshaw, Los Angeles

High Jump (6-2 1/4)

6-2 1/4	Wendy Brown (Woodside)
5-10	Latrise Johnson (Clovis)
5-9	Yleana Carrasco (Anahelm)
5-9	Beth Vidakovits(St.Francis)
5-8	Wooten(BellaVista,FairOaks)
5-7	Traci Claussen (Sunny Hills)
5-6 1/2	Kim Reed (Valhalla,ElCajon)
5-6 1/2	Tina Ray (Corona)

Long Jump (20-8 1/4)

20-3	Wendy Brown (Woodside)
19-9 1/4	Yvette Bates (Berkeley)
19-6 1/4	Gail Devers(Sweetwater)
19-5 1/4w	Yvette Roberts(Wash)18-10 1/4
18-10 1/2	Renita Robinson(ManualArts)
18-10	Karen Lawson(St Francis)
18-8 1/2	West (Ripon)
18-7	Sydney Sims(Mt.Eden,Haywd)
18-7w	Brumfield(North,Rivers)18-5
18-6 1/4	Paula Ready(Poly,LongBch)

Triple Jump (42-3)

43-2 1/4w	Wendy Brown(Woodside)42-3
41-10 1/4	Yvette Bates (Berkeley)
40-3	Renita Robinson(ManualArts)
39-6	Gail Devers(Sweetwater)
38-10	Gaylen Ames (El Modena)
38-8	Chandra McQuann(Wilson, LB)
38-6 1/4	Camille Robertson(Redlands)
38-5 1/4	Janis Diggs (Salinas)
38-4 1/4	Tina Robinson (Woodside)
38-3 1/4	Yvette Roberts (Wash.Eastn)

Shot Put (53-7 1/4)

46-6	Pam Alexander(Arligtn,Rivsd)
45-8	LaTonia Floyd(Oak Grove, SJ)
42-5 1/4	Dana Simon(AntelopeVly)
42-4	Marilyn Elkins (Manteca)
41-11 1/2	Maureen McKinney(Reedley)
40-10	Tina Lai(Overfelt,SanJose)
40-8 1/2	Roy (South Torrance)
40-7	Toya Barnes (Narbonne)
40-6 1/2	Theresa Williams(Fremont,LA)
40-4 1/4	Jackie Garcia(SanLuisObispo)

Discus (183-4)

150-5	Stacy Hom(Cordova,RanchoC)
141-6	LaTonia Floyd(Oak Grove)
140-8	Celeste Paquette(RanchoAla)
140-1	Joey Classen (Clovis)
137-5	Gina Niko(Mt.Eden,Hayward)
135-1	Jackie Garcia(SanLuisObispo)
134-9	China Blockton(Burbnk,Sacto)
133-0	Danette Vercher(Gann,Paloa)
132-10	Shirlyn Weenig(LagunaBch)
131-8	Villaran (ArroyoGrande)

The current state record is listed at the head of each event. Times in 100ths are automatic and are placed in a position of correspondingly higher value in relation to hand times, which are in 10ths.

Please send all information to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702. Please be sure to include wind information on all affected events and specify if timing is hand or automatic.

Symbols: c = converted mark; l = (in-door mark; w = wind-aided.

Where an athlete has a wind-aided performance, there best legal performance is listed after their school and city.

photo by Burt Davis



AMY COX
Winning Arcadia Inv. 1800 29

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.

NorCal Seniors TC

2766 Summit Drive, Hillsborough 94010

A couple of names out of the past have resurfaced in the new member roll of the Northern California Seniors Track Club. Ex-Olympian (1972) Eddie Hart took part in the Olympic Legends Masters meet at UCLA on April 28 and 29, and ran the 100m in 10.7. The 35 year old Hart works as a P.E. instructor at Laney College in Oakland. Sam Goldberg who just turned 40 has been working hard to get back into shape and recently ran a 53 second 400. Sam was ranked among the top five decathletes nationally while in college.

At the NCS Sacramento Relays Joe Packard (M80), Harry Koppel (M70), and Sam Hoover (M65) were in a 3-way tie for first in the 100 meters, with Packard setting a wind-aided world record of 15.0.

At the Olympic Legends meet at UCLA, club Olympians Eddie Hart (M35) and Jim Hines (M35), were first and second in the 100m, in 10.7 and 10.9, respectively. Cherrie Sherrard, the club's third Olympic medalist (W45), came in first in the 100m in 13.4.

San Diego Track Club

P.O. Box 7853, San Diego 92107

The San Diego Track Club has recently appointed Gary Stathas to direct the SDTC Open Track and Field team. For the past year, SDTC has been developing a program to support open athletes who are likely to qualify for the national championships or, this year, the Olympic Trials.

Gary coaches at SDSU, specializing in the long jump and triple jump. He competed as a decathlete at Cal Poly San Luis Obispo in 1979-81 while the school won three Division II national championships. In directing the open team, he manages a budget provided by the Club, to be supplemented by sponsorships, for uniforms, memberships, travel expenses, and entry fees. The open team consists of three athletes now, and should gradually grow as funding develops. The three are:

Stan Vegar, decathlete, has the sixth-best mark in the US through April 1, has qualified for the Olympic Trials, and placed ninth in the Nationals last year.

Cameron Gary, triple jumper, has the third-best mark in the US this year, has qualified for the Olympic Trials, and had an excellent jump in the nationals last year, just missing the finals.

Debbie Dibb, javelin thrower, has come through the junior ranks as a national age-group record holder, twice placing in the Junior Nationals, then competed three times in the collegiate nationals and twice in TAC Nationals, as well as having international experience.

Empire Runners

P.O. Box 1827, Santa Rosa 95402

22 runners participated in the Redwood Empire 24 Hour Run held on March 17-18, in Santa Rosa. Nine runners surpassed 100 miles, with 4 of them establishing new American age group records. Runners solicited pledges for each mile run, resulting in over \$27,000 raised for the American Cancer Society.

Since entering a new age division, 45-49, Jim Bowers has been on a record rampage. Starting with the Bidwell Classic Half Marathon, he set a stunning national record of 1:08:46, breaking the old record of 1:11:23 set in 1981. He then proceeded to break the national record for 10K with a 31:14 in the San Jose Mercury News 10K. The old record was 31:26 set in 1981 by Ray Hatton. He also beat Sal Vasquez in this same race.

Pamakid Runners Club

P.O. Box 27835, San Francisco 94127

At the Humboldt Redwoods Marathon several Pamakids were among divisional place winners. Bob Farrington (2:57:23), Steve Cole (4:17:21), and Annabel Marsh (4:54:19) all won their age groups. So did an amazed Jerry Fishman (3:43:58), proclaiming that this was the first time he's ever won anything. Sasha Ennik (4:09:49) placed second in her age group, and Theo Jones (2:59:47) and Caroline Merrill (4:54:19) both took third place age honors. In the accompanying half-marathon, Tom Eng was the top club finisher (1:14:50), finishing in fifth in the ever-tough sub-masters group and tenth overall.

At the Sixteenth Annual Port Costa Brickyard Run, Sal Vasquez led all Pamakids to the tape as he placed fifth overall (42:57) and first master in the hilly 8.4 mile historical race. Other top club members were 25. John Medinger 50:24, 30. Skip Hutchison 52:49, 32. John Blankenship 53:03.

At the Los Angeles International Marathon the order was reversed for Medinger, Hutchison and Blankenship with John running 3:09:58, Hutchison 3:14:27 and Medinger 3:27:28. Tom Fong (3:40:29) and Tom Leahy (3:44:01) also made the trek to L.A.

Seniors Track Club

3372 Daihart Ave., Simi Valley 93063

Con Eeroen took first place, overall, at the SPATAC 100K Championships on April 29, in Camarillo. He ran a new American and World Best time for men 55 and Over with a great 8:44:53. Jennifer Young at the NRDC reported the day after the race that the course was not certified. Conrad finished over 35 min. ahead of second placer Andre Tocco. The previous known best of 8:49:48 was by American Reinhard Ackermann on an uncertified course. Conrad had a hernia operation in December. He started back with lots of walking, getting in some good mileage in March and April. He said he thought the record was a soft one and felt he could hold an 8:30 pace to beat it. He did under 8:27. He lost six minutes due to shoe problems in the first 10 miles. Salt added to his drinks eliminated most of the leg problems he had in other ultras. He was 11 minutes behind the leader at 40 miles but took the lead at 45 miles.

Lompoc Valley D.C.

P.O. Box 584, Lompoc 93438

Bill Graham was 9th overall, 2nd 40-49, in the Easter Seals 10K in Carpinteria (37:13). Two Lompoc Valley Distance Club members competed in the Cone Ranger 4 Mile. Brad Rhodes finished 4th overall with a time of 21:13 and Peter Puhek was 6th in 21:41. On April 28, five LVDC members ran the Marian Medical Center Health Fair Run. In the 5K, John Trump was the winner, 16:15 and Carolyn Trump was the first female (21:40). John Perkins was 31st overall (19:49, 1st 50-59). In the 10K, Patricia Graham-Lewis was the first female (8th overall) with a time of 40:44. John Perkins was 16th overall (41:58, 1st 50-59), Ron Levy (18th overall) 42:57. On May 5, LVDC and area runners John Perkins and Ron Levy competed in the Markee's Acorn Plaza 5 & 10K runs in Santa Maria. In the 5K, John was 6th overall, and the winner in the 40 plus category with a time of 21:02. John was 10th overall and winner in the 50 plus in the 10K with a time of 43:55. Ron was eleventh overall in the 10K at 44:44.

Inner-City Athletic Club

P.O. Box 5344, Oakland 94605

James Robinson opened his outdoor season with a shake out race at the Mt. San Antonio Relays in Walnut, California. His second place 1:48.02 was his first competition since a March 10th indoor race in Tokyo. Mark Kent, ICAC's only other team member, opened his season with times of 10.50 and 21.12 in the 100 and 200 meter dashes.

Like other Olympic hopefuls, Robinson is now faced with the tedious task of preparing for the Games. Between now and August, workouts and competitions must be carefully planned in order that Robinson will be in peak form for the Olympic Games. He has to be sharp enough to make it successfully through the Trials but not so sharp that he has nothing left for the actual Games. As one of the elite 800 meter runners in the world, Robinson, who finished 5th in the World Championships in Helsinki has to be considered as one of those people who will be in the Olympic 800 meter finals.

Robinson expects to run a limited number of outdoor races prior to the Olympic Trials. One of Robinson's intermediate goals is to recapture his TAC Championship title. He lost the 800 meter championship for the first time in six years. His close third place finish broke a string of five straight titles. The 1983 800 meter championship race was super fast. The first place time was 1:44.70, second place was 1:44.78, and third was 1:44.79. This was the first time in the history of the American Championships that three runners finished under 1:45 flat.

Former Inner-City Athletic Club runners Lloyd Johnson and Rich Nichols are now employed by Runner's World magazine and are competing on the Runner's World Racing Team.

West Valley Joggers and Striders

1124 Kensington, Sunnyvale 94087

The nation's largest 50-mile trail race, the American River 50, found three WVJSers in the top 16, the club's best showing at this annual ultramarathon.

Don Dugdale ran a PR 6:46:13 for 11th place in his fourth year at American River. Ken Drew stormed through in 6:56:06 for 15th in his first try at the distance, and 53-year-old Eugene Silver finished only seven seconds behind Ken to take second place in his division.

The 40-49 and 50-59 divisions of the April 28 San Jose Classic 5-mile were dominated by WVJS with a 1-2-3 sweep in each category. Tim Rostegge led the 40-year-olds with 26:43, followed by Bill Meinhardt, 26:51, and Charlie Jackson, 27:05. Bob Farrington turned in a 28:51 in the 50+ group, leading Eugene Silver's 29:03 and Glenn Unsicker's 30:48.

Master's standout Jerry Lynch garnered an outright win in the Holy Eucharist 20K in Corralitos in 67:21 on a hilly course. Lynch also copped the 40+ title at the Bay Pacific 15K with a 50:32 performance, topping Tim Rostegge's 52:45, which was second in the division.

Although they were no match for Sal Vasquez, Nick Winter and Rostegge took a 40+ second and third in the Devil Mountain 10K on May 6 with 33:08 and 33:41 respectively. Farrington and Silver were the class of the 50+ in 35:57 and 36:40.

The club meets at 7:30 a.m. every Saturday for a 3-mile warmup, followed by a scheduled road or track workout. Runs start above the track at West Valley College, Saratoga. June 9: 4.76-mile Triangle Run (points count for racer of the year); June 16: 0.86-mile relay; June 23: 5.74-mile road race; June 30: 16x440-relay.

Dolphin So. End Runners

741 Kansas St., #2, San Francisco 94107

Kay Atkinson, a long-time DSE member and friend, died April 24, after an 18-month battle with cancer. Kay was a DSEer for over a decade, held numerous age group records at a variety of distances, and had run the Pikes Peak Marathon for nine consecutive years. Her courage and determination as a great competitor will remain an inspiration to all Northern California runners. She will be remembered with love. A memorial run will be scheduled soon.

Southern Calif. Striders

8306 Wilshire Blvd., #316, Beverly Hills 90211

World champion and eight-time national champion, Red Doms, passed away at the age of 76 on March 19, 1984. Red Doms appeared in three National Championship meets and one World Games. As fate would have it, while preparing to leave for his second World Games last September, his wife passed away. Up to then, Red seemed to have been in very good health. However, shortly thereafter he was hospitalized and his health seemed to deteriorate from that point on.

Red first became involved in the Masters movement and the Southern California Striders Track Club in 1972. Red was very active in club affairs. He played a role on the Board of Directors and held many offices over the years. Red's accomplishments in track and field were outstanding. He specialized in field events — javelin, shot, discus, hammer. He set the standards for others to strive for. He was one of the most prolific record setters in masters history and was consistently the top throwing event competitor throughout his masters career. He presently holds 25 American age records. Red was a testimony to the masters movement. He demonstrated that regardless of age, you can accomplish anything you put your mind to. He truly epitomized the old adage that you are only as old as you feel. His spirit was that of a much younger person. Red will be missed not only because he was a Strider, but in a unique way he has quietly left mankind with a legacy.

A Running Experience

5540 E. 7th. St., Long Beach 90740

The "A Running Experience" running club of Long Beach was founded December 1, 1982 and has over 240 members. The emphasis is on fun and friendship and membership is open to men and women of all ages and abilities who are interested in running, jogging, walking or biking.

The spirit of the club is social with many parties, but it does have dedicated runners and its running team frequently wins local long distance events. The annual dues are \$5 but a good-size treasury is maintained by club involvement in putting on races, marathons and triathlon. Excess money is used for social events and charity.

Training runs and coaching are available free of charge. Seaside running is enjoyed by the two weekly free fun runs. Members contribute to the club spirit by helping in group training sessions, awards banquets, lectures, clinics, picnics and social events.

For more information contact the club at the above address, or call Norm Ide at (213) 430-8664.

Fleet Feet Running Club

1375 Blossom Hill Rd., Princeton Plaza, San Jose 95118

The club started in 1981 right after the opening of the San Jose Fleet Feet Running Store. As the running store grew, so did the club... to a membership of over 300. Members include everyone from the social jogger to the accomplished, serious athlete. The FFRC is responsible for bringing the "Up the Creek 10K" as well as the "Quick Silver Half Marathon" to the Bay Area.

Club members can usually be found at any of the major California races having a good time before, during and even after the race. Every Saturday morning FF runners join one another in running one of the many different courses in the Almaden Valley area. There are many scheduled, as well as impromptu, training runs throughout the week. All levels of runners are welcome to join. Membership dues are \$6 single/\$10 family. Club tee shirts are \$4 extra and the "good times" are completely free of charge. Each member receives a quarterly newsletter.

For more information contact the club at the above address or call Judy Devlon at (408) 723-RACE.

International Track & Field Coaches Association

EVENT: IX International Congress Clinic

PLACE: Miramar-Sheraton Hotel, Santa Monica, Calif.

PROGRAM: Monday, July 30, 1984: Sprints, Relays, Hurdles
Tuesday, July 31, 1984: Jumps and Decathlon
Wednesday, August 1, 1984: Middle/Long Distances
Thursday, August 2, 1984: Throws, Heptathlon

FEES: \$25 per day or \$100 for four days.

(\$10 discount for advanced registration by April 1)

Includes: Lectures and Demonstrations

Exhibits and Films

Daily Receptions

A Copy of the Congress Proceedings

Premium and Raffle Items

Closing Honors and Awards Ceremony

CREDIT: University Credit will be available.

LIMIT: Space is limited to 250 participants

INFORMATION: For more information and/or a registration form, contact: **George G. Dales, IX ITFCA Congress, 1705 Evanston, Kalamazoo, MI 49008.**

Club Hack

3101 Queensbury Dr., Los Angeles 90064

March was a slow month for the Hacks as most club members were training for April races. Only three runners traveled to the March China Cup Series race. They were Lee Berg, Bruce Thomson, and Richard Griefinger, with each running good efforts. On the 31st, Lee and Bruce along with Dave O'Brien ran the Glendora 1/2-Marathon. Jim Hogue won the concurrent 2K in 6:05 beating by over 2 minutes a field composed of little kids and first timers. Earlier in the month, Eric "High School Hack" Waian won the Santa Monica Relays 10,000 meters in a P.R. 31:24. The following week, however, due to a starters error, he was knocked down and run over by 58 runners at the start of the Santa Barbara Relays 2 mile.

For two team members, Lee J. Berg and Bruce Thomson, April was synonymous with the Boston Marathon. Both ran P.R.'s despite weather conditions Jock Semple called the worst he had seen for the race (cold, rain, and a head wind). Bruce ran a 34 second P.R. with his 2:39:42 (576th place overall). Lee J. however won the "Whoever runs the smallest P.R. buys dinner at the top of the Pro" bet. He ran a huge 7 minute 17 second P.R. with his 2:41:51. This time puts him in the "drivers seat" for performance of the month for April pending results from the 4x1500 meter team entered in the Mt. SAC Relays. Performance of the Month for March goes to Eric Waian with his previously mentioned 10,000 P.R. Lastly, at the Burbank Invitational, Rick "Return of the High School Hack" Tanner ran a P.R. 10 flat 2 mile. The day before he had run a seasonal best 4:37 mile in a dual meet.

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event	Location of Event
Name of Event	
Type of Event:	long distance run track meet cross country other
Starting Time	Distance if a running event
Other Important Info	
Contact Person	Phone
Address	City State Zip

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

News & Notes

No Olympic Finish Judges

The L.A. Games will be the first time in history that there will be no finish judges. Manual timing at the Games will be done by only four persons, all of whom will time first place only. Swiss timing, the consortium of Omega and others, will operate three independent autotiming systems, including independent energy sources, operators, and camera units. The system is considered virtually fail-safe. Failure, should it occur, would most likely be in the timing tract that is superimposed on the base of the finish-line photo. Should this occur, all of the manual timers will time first place and a grid will be placed on the photo so that times after first place can be determined by the alignment of the grid. At no other Games have officials felt secure enough to abandon the traditional deployment of finish judges for order of finish and manual timers for official times.

Trials 5 & 10K for Women

Thanks to a generous donation from the Etonic Shoe Company, women distance runners will have the chance to compete on center stage in a pair of exhibition races in the United States Olympic Trials. A 10,000 meter race will be held on the second day of the trials, June 17, in the Los Angeles Coliseum. A 5,000-meter race will be contested on the final day of the trials, June 24. The races will feature international fields, including a number of world class runners who are shut out of the Olympics because the 5 & 10K are not part of the Games.

Qualifying standards of 34:00.0 for the 10K and 18:15.0 for the 5K will ensure a fast pair of races.

Tentative entries for one or both of these races already include Canadians Nancy Rooks and Jacqueline Gareau, Norway's Sissel Grottenberg, Ireland's Regina Joyce and Monica Joyce, New Zealand's Lorraine Moller, Australia's Lisa Martin and Americans Betty Springs, Julie Brown, Judi St. Hilaire, Kim Schnurpfeil, Nancy Ditz, Cathie Twomey, Ellen Hart, Marty Cooksey, Eryn Forbes, Debbie Elde and Carol Urish.

Jacqueline Hansen, Executive Director of the International Runners' Committee, is helping Olympic Trials director Will Kern coordinate fields for the races. For more information, contact Hansen at (213) 458-1314 or write to 1133 Ninth St., #103, Santa Monica, CA 90403.

San Diego Pre-Olympic Meet

An International Pre-Olympic Invitational Track & Field Meet is scheduled for Point Loma Nazarene College in San Diego on Monday, July 30.

This meet is being organized jointly by Point Loma Nazarene College and the San Diego Athletic Association. It will be held four days before the start of the Olympic track and field competition and should be viewed as a warm-up meet for Olympic athletes. Point Loma College has an excellent artificially surfaced facility which was recently completed in April 1984. The college is situated in a very picturesque location on the Point Loma peninsula in San Diego and has good freeway communication with Los Angeles 80 miles (2 hours drive) to the North. The United Kingdom national track and field team has chosen Pt. Loma College as the site for its pre-Olympic holding camp. Many of the athletes in this team will be competing in the meet.

For additional information contact Jim Crakes, Track and Field Coach, Point Loma Nazarene College, 3900 Lomaland Dr., San Diego, CA 92106. (619) 222-8474.

Cable Car Chase

The day is approaching when the magical rhythm of the cable cars will return to replace the confusion and dust downtown in San Francisco. Even now runners and spectators are preparing to take their places in a magnificent celebration planned to commemorate that day we've awaited for nearly two years.

On Sunday, June 17, the Great Rice-A-Roni Cable Car Chase will usher in the return of cable car service to the

city. The 4.9-mile run will highlight the panoramic course of the new cable car tracks. Beginning at the Hyde Street turnaround near Ghirardelli Square, a motorized cable car will lead the pack of runners along Fishermans Wharf, past Pier 39, and along the Embarcadero. The course turns up California Street and crests on Nob Hill, turns onto Hyde, then goes over Russian Hill. To finish the loop where it started, the course winds back down Russian Hill to the grassy part of Aquatic Park to be greeted by balloons, banners, music, celebrities, speeches, food, and fun for all.

Cable car lovers of all ages are invited to run, to walk... or just to come and enjoy the spectacle. Group and company running "teams" are encouraged to participate together, with special T-shirts or caps. There will be a pre-registration fee of \$8, which includes a T-shirt, prizes, special awards, food and zesty activities after the run, plus a chance to be on TV! Runners are encouraged to register before the day of the race by calling the Epilepsy Society at (415) 346-9075.

Nenow & Waitz Lead Ranking

Verification of Mark Nenow's world record at the Crescent City Classic 10K has helped propel the American Runner into first place in the latest Levi's/TAC Runners Rankings.

Nenow's 27:23 time in the April 1 race had been pending TAC validation of the course length. That run, combined with a 27:58 second-place finish at the Azalea Trail Run in March, moved Nenow from fourth to first place in the rankings, replacing Tanzania's Zack Barle.

The women's rankings remained relatively unchanged during a period in which many athletes are racing infrequently in preparation for the Olympic qualifying events. Norway's Grete Waitz retained her commanding lead over Britain's Wendy Sly, while third-place American Joan Benoit lost some ground on the leaders.

Benoit's victory in the U.S. Women's Olympic Marathon Trials helped keep her in a strong position, but the somewhat slow winning time of 2:31:04, brought her down several points in the Levi's/TAC Runners Ranking Service.

The Runners Ranking Service is based on a statistically accurate computer program designed by the National Running Data Center that calculates the effect of variables such as environmental conditions, course difficulty and strength of field on final race performance. Elite rankings, based on average performance, are announced monthly.

The ranking service also ranks performances of serious and recreational road racers. Runners interested in how their performances compare with other runners of the same age and sex, can become members of the ranking service. Runners can call the Levi's/TAC Runners Ranking Service for membership information at (216) 861-RACE, or write to P.O. Box 93199, Cleveland, OH 44101.

Triathlon Championships

Once again the Bud Light USTS Championship series will culminate at Bass Lake in California. The year the event will serve double duty as the 1984 Triathlon Federation/USA National Short-Course Championship.

The U.S. Triathlon Series has ten events scheduled for 1984, with the top finishers from each being invited to the championships at Bass Lake on September 22.

Of the ten qualifying events, three are in California: Los Angeles on June 3, San Francisco on June 10, and San Diego on August 5.

For more information contact: CAT Sports, Inc., P.O. Box 1438, Davis, CA 95617. (916) 758-9888.

New Books of Interest

THE CALIFORNIA STATE TRACK MEET, by Donn Kirk and David Cooper. 96 pages, \$4.00 from KCC Press, 627 Springer Terrace, Los Altos, CA 94022.

Writings of meets, evolution of all records, etc. Detailed coverage of years 1946 to 1983. Previous book going back to 1915 also available for \$8.00.

AMERICAN ATHLETICS ANNUAL, 1984, edited by Scott S. Davis. 331 pages, \$12.00 from TAC/USA Book Order Dept., P.O. Box 120, Indianapolis, IN 46206.

Everything you want to now in the way of track and field statistics: records, all time lists, a review of the 1983 season championships, all time rankings, appendix of names, etc.

1984 TAC/USA COMPETITION RULES, \$8.00 from TAC/USA Book Order Dept., P.O. Box 120, Indianapolis, IN 46206.

This rule book contains both rules and records for track and field, race walking and long distance running.

Corporate Challenge Run

Thousands of Bay Area businesspeople and professionals will enjoy putting in "overtime" on Wednesday, June 27. They'll pull off their wing tips and high heels and lace up their Nikes and New Balances to compete in the 1984 Manufacturers Hanover Corporate Challenge race.

Manufacturers Hanover Trust, with offices in San Francisco and Northern California, is sponsoring this unusual 3.5 mile road race through the Financial District and out along the Embarcadero. Starting bell rings at 6:30 PM at the foot of Market Street. The race begins and ends at Justin Herman Plaza. All funds collected from the \$3 entry fee will be donated to Friends of Recreation and Parks. The money is designated to help the non-profit organization expand city running trails.

The San Francisco Corporate Challenge, in its second year, is part of a twelve-city race circuit. Top prize for each of the three categories of corporate teams is an expense-paid trip to the Big Apple; in November to run in the Nationals along Wall Street through New York's Financial District. Competitors in that race will be made up of winning teams from all the Corporate Challenge cities, including Atlanta, Chicago, Dallas, Houston, Los Angeles, Miami, Boston, and San Francisco as well as the top finishers from the New York runs.

Corporate runners can enter three categories in the San Francisco race: a men's team that consists of five men; a women's team consisting of three women; and a coed team of two men and two women. The same rules apply in all twelve cities. Each company may enter as many runners as they want and the best runners' times constitute the company's "entry" for awards purposes.

"In 1983, San Francisco was added to the 9-city race circuit, and teams came out in full force," remarked Scott Thomason, San Francisco MHCC race director, who also directs the San Francisco Marathon. "San Francisco's healthy competitive spirit shined bright here and in New York, where our teams came in 1st in the coed, 1st in the women, and 2nd in the men's division!"

For more information about registering for the Manufacturers Hanover Corporate Challenge run in San Francisco, call (415) 681-2322 or write the MHCC in care of P.O. Box 16131, San Francisco, CA 94116.

Levi's Ride & Tie

It's been called "the toughest game in town" among other names and this year it will also be a battle to determine the kings — and queens — of the mountain.

It's the 14th annual Levi's Ride & Tie — the conversion to sport of a historic means of transportation for two humans sharing a single horse — and it will be August 19 over a rugged 40-mile trail high in the Rockies above the Park City, Utah Ski Resort.

The race, held each year at a different site as the world championship of a sport which has grown to more than 350 events annually here and abroad, has the humans alternately running and riding their equine teammate.

The stampede of the event's shotgun start — which has been compared to a cavalry charge followed by the infantry — will be at 8700 feet above sea level and the trail will range between 6600 and 9400 feet elevation, the latter point reached twice. "And there's not a level stretch anywhere," say those who know the area. During the course of the race there will be a 14,00 foot elevation change — nearly three miles — in the rugged Wasatch Range.

Among the favorites, unless the team realigns after 12 years in a rumored effort to strengthen their bid, will be Chuck Stallley of Chico, CA, and Butch Alexander of Sonoma, CA. They are the only team to have won the race three times and last year they finished third. Just ahead of them last year were Jim Larimer of Auburn, CA and Jim Howard of Foresthill, CA. Larimer is the race's only four-time winner, feats he accomplished with three different partners, while the racing credentials of Howard, winner of the 1981 event with Dave Poston, include two victories in the Western States 100-mile footrace through the Sierra Nevada Mountains between Squaw Valley and Auburn.

Much attention will focus on the bid of Jon Root and Robyn Dubach to become the first team with a woman member to win the race. Root has been a member of the winning man-woman team the past five years, the last two with Dubach. Last year they were fourth overall. On the starting line for that race Root proposed to Dubach and the Paso Robles, CA couple will celebrate their first wedding anniversary here the day after the August 19 race.

The events' two-woman category also promises to be an exciting battle. Sally Edwards, who has been called "the first woman of triathlon" and a former winner of the women's division in the Western States 100, and Holly Beattie, top-ranked U.S. competitor last month in Europe for the first women's world biathlon championships, will be back to defend their title.

Contestants are expected from Switzerland, England, Germany and Canada for the race, as well as throughout the U.S. First place in the race will be worth nearly \$7,000 in cash plus substantial merchandise awards for the winning team.

For further information contact Bud Johns (415) 544-8973.

Runners Bed & Breakfast

The Runners Bed & Breakfast Club is the first nationwide network enabling runners to combine their sport with the now popular Bed & Breakfast mode of travel. Bed and Breakfast is a hospitality service providing a clean, comfortable room, along with a hearty breakfast, at reasonable cost.

For the first time runners will have an exclusive network through which they will be able to stay with other runners and explore new areas with their inside information on best running routes. Hosts will meet new runners without leaving home.

The entire into this network of reasonable and hospitable lodgings is the RBBC Directory which lists each member and his/her/their accommodations including the location and description. Since not all runners will be able to be hosts there is a Guest Only membership.

For more information and registration materials contact: RBBC, P.O. Box 1414, Brookline, MA 02146.

U.S. Ekiden Relay

The first Ekiden to take place in the United States has been announced by the U.S. Ekiden Relay Committee. Planned for Sunday, October 7, 1984 the event will run from the Los Angeles City Hall to the Santa Monica Beach, down Sunset Blvd., and return to finish in Drake Stadium at UCLA.

Plans are underway, permits applied for, sponsors secured. Invitations are being sent to coaches in every state to form a five man team to represent that state in the Ekiden. The course is composed of five different distances, the total being approximately forty miles.

Additional information may be obtained by contacting Chuck Lichter, c/o U.S. Ekiden Relay, 9250 Wilshire Blvd., Suite 300, Beverly Hills, CA 90212. (213) 276-1107.

Kinney Invitational Meet

University of California athletic director Dave Maggard announced this week that track and field's governing body, the Athletics Congress, has designated the July 14 Kinney Invitational in Berkeley as an official meet for the United States Olympic team.

The TAC and USOC have set three meets in their "Summer Games" series to tune the U.S. Olympic team for the 1984 Games which open on July 28 in the Los Angeles Memorial Coliseum. In addition to the Kinney Invitational, warm-up meets will be held in Sacramento on July 21 and at Mt. San Antonio College in Walnut on July 25. There will also be an abbreviated meet in Walnut on July 15.

While the TAC and USOC will not officially require that all members of the Olympic team participate in the July 14 competition, the American 400 and 1600 relay teams have already committed to be in Berkeley working on their handoffs during the Kinney meet and America's top threat

to win a gold in the 1500, Steve Scott, has also announced he'll run his specialty at the Kinney.

"Because of the timing of the meet, I expect we'll have virtually every member of the U.S. squad at the meet in Berkeley as well as many, many foreign teams who will be looking for a pre-Olympic competition," said meet chairman Al Franken. At this early date, New Zealand has already confirmed its entry and many others are expected to follow suit. Olympic teams from China, France, Finland and Australia will be training in California during July and are likely candidates to join the Kinney.

U.S. head coaches Larry Ellis (men) and Brooks Johnson (women) will preside over the American effort at the Kinney and if form prevails at the Trials, it is possible that standouts such as Mary Decker, Carl Lewis, Billy Olson, Edwin Moses, Calvin Smith, Ron Brown, Ben Plucknett, Tom Petranoff, Mac Wilkins, Evelyn Ashford, Louise Ritter, Tyke Peacock and James Robinson will be at the Kinney.

The meet is scheduled in Cal's Edwards Stadium which has a capacity of 22,000. Tickets are on sale at the Cal Athletic Ticket Office in Harmon Gymnasium. They are also available through all BASS ticket agencies. All tickets will be sold on a first-come, first-served basis. A similar meet at Cal in 1980, planned due to the American boycott of the Moscow Olympics, sold out within 36 hours (although it was later cancelled), so fans are advised to act promptly if they want to ensure admission. Tickets are priced at \$12.00, \$10.00 and \$8.00 for the meet which is scheduled to begin at 12:45 p.m.

Run and Tour China

Join a world class run and experience the ultimate travel adventure at the Tianjin International Marathon for People's Friendship.

On October 28, 1984, runners from all over the world will join in Tianjin to run the Fourth Tianjin International Marathon for People's Friendship... 26.2 miles through the city and scenic suburbs of Tianjin, China's third largest city, 85 miles south of Beijing.

In addition to a Basic Marathon Package, one may choose from two special value post-race tours, from 10 to 21 days.

For more information and a brochure contact: Inter Pacific Tours International, 485 Fifth Ave., New York, NY 10017. (800) 221-3594.

Keeping Track

Once again the San Francisco Marathon will host a Running and Fitness Expo. The Expo will be held at the St. Francis Hotel and will run from August 17-18. For more information contact Adele Lubart, American Meeting Planners, P.O. Box 2208, Hollywood, FL 33022... International Management Group (IMG), the world's largest sports marketing organization, has extended its arrangement with runner Steve Scott, America's fastest miler, to act as exclusive representative for Scott's business and merchandising activities... L'eggs has published a guide for women runners which they are offering to CTRN readers for only 50¢ (to cover postage). For a copy send your request to: L'eggs 10K Running Guide, P.O. Box 458, Winston-Salem, NC 27102... Edwin Moses' winning streak in the 400 meter hurdles events now stands at 88 consecutive races. The most consecutive victories in track and field is 140, by female high jumper Iolanda Balas of Romania. Balas' skein went from 1957-1967. The most consecutive victories by a male athlete is 116 by Parry O'Brien of the United States. O'Brien, a shot putter from USC, went undefeated from July, 1952, through June, 1958... Runners, joggers and walkers of all ages and abilities are welcome to the Joe Carlson Free Run Runs. These seaside runs start from the corner of Bayshore and E. Ocean in Long Beach at 8 am every Sunday and at 6:30 pm every Wednesday. Timed 1 to 7 miles. Contact Norm Ide (213) 430-8664... If you're going to the Olympic Trials, you won't want to miss the Legends Track Clinic. On June 19 & 20 for only \$25 you will be able to hear Jim Bush, Payton Jordan, Bill Bowerman, Vern Wolfe and Bob Watanabe on the USC campus, across the street from the L.A. Coliseum. In addition accommodations with two bedrooms, kitchen, for four per night is available for just \$16 per night. For clinic registration and/or room reservation and information send to: Legends Track Clinic, c/o John Ewing, Rt. 2 Box 212, Hudson, WI 54016... The Walnut Festival Run lives — this year (their 40th consecutive) will honor the runs founder Andy MacCono. Forty years is a long time to do anything, especially a run. The date: Sept. 16, 1984. For entry contact: Jim Changaris, c/o Walnut Festival, P.O. Box 3408, Walnut Creek, CA 94598... Three cheers for three more coaches who go the extra mile in promoting cross country and track: Al Berrin (Terra Nova High) and Steve Ward (Clovis High) publish excellent cross country year books for their boys and girls teams. Dick Ballou & Kathy Ballou (Righetti High) publish a cross country and track newsletter during the season that numbers 10 pages an issue or more.

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POINTS OF INTEREST

By RICHARD LEE SLOTKIN

It took four years but the other shoe finally dropped. The Russians aren't coming. And that means, of course, neither are the East Germans, Poles, Czechs and Bulgarians. For most of us who follow these things, it really wasn't a surprise. A great disappointment, probably, but no surprise. The recently increased intensity of the Russian's complaints about security was the giveaway that they were setting up the justification for their pullout.

It's possible, even yet, that there will be a "reconsideration" if they are offered some sufficiently juicy plum. Like, removal of the MX, or a return of Alaska for the same price we paid. After all, they have until June 2nd to make a final decision.

It's hard to know what, if anything, would cause them to reconsider, because no one really knows why they decided to "non-attend" in the first place. Everyone has their own theory, and most of them sound reasonable: They are repaying us for 1980; they have a weak team this year and don't want to be embarrassed, especially on U.S. soil; they want to embarrass President Reagan. Who knows? Or cares?

They only thing that really matters is that the Olympics is yet one more time being abominated by politics. The original Olympics, first held in 776 B.C., were used to promote peace, or, at the very least, offer a temporary respite to hostilities. Now, we use them to aggravate hostilities.

To take offense at the Russians is merely an exercise in hypocrisy. What they've done is no different than our boycott last time around. And, though most of us who are involved in the world of track and field and other Olympic sports were against the boycott, even outraged by it, the reaction of the American public was, for the most part, support for Carter's little tantrum. Whether the Russians' "non-attendance" (they are being careful about referring to it as a boycott) is in retaliation for ours, or whether it derives from some other, more complex motives, is irrelevant. By barring the South Africans, by penalizing the Africans for their boycott in 1976, for doing what amounted to nothing after the massacre of the Israelis in 1972 and the U.S. boycott in 1980, the Olympic movement has shown itself incapable of handling the political pressures and manipulations that beset it on what has become a permanent basis. Politics has all but destroyed the Olympics, and this year may prove to be the swan song.

Some feel that the Olympics have become superfluous. Who needs them now that we have the World Championships? The World Championships are more meaningful anyway. It's a track and field meet exclusively... well, counting the marathon, there's a bit of road running... and the competition isn't cluttered up with a bunch of nonentities from obscure little nations. No sir! You have to be world class to get into the WC's. You don't get in just because your five minute 1500 is the best that Lower Dingoland has.

Well, I don't buy that for a second. Anything that has a heritage of excitement and color as the modern Olympics, AND a tradition that goes back some 2700 years is worth having around. Unfortunately, a lot of great ideas have been axed because someone in power didn't want them around. The world lost a priceless legacy of information and knowledge when the great Library of Alexandria was burned by a beserk mob of Christians back in the 3rd Century. First hand accounts of the conquests of Alexander the Great, works by the

greatest scholars of the ancient world, many in their own handwriting... all went up in smoke, never to be recovered. So what? That's what those who did it thought.

And that's what has happened to the modern Olympic movement.

The problem goes much deeper than some ongoing doctrinal dispute between the U.S. and the U.S.S.R. It goes right to the very roots of amateurism, nationalism and the insane desire by the human animal to make all conform to its will, including other human animals.

It's really a shame. This was shaping up to be as great an Olympiad as we've ever had. Last year's World Championships at Helsinki were merely a taste of what was coming. What could have been. You could see the signs, you could feel it. The Mount SAC Relays were the best we've seen in several years. The UCLA/Pepsi meet, which will be history by the time this issue reaches you, looks like it's going to be a mini Olympic all by itself. What a shame.

Speaking of Mt. SAC, they really had a good one out there in Walnut. Carl Lewis and Ron Brown going at it again, a comeback's heaven in the men's 10,000 meters, not to mention the women's 100 and the men's shot put. As usual, there was a class international field to complement the class U.S. contingent. It was a very good meet.

Undoubtedly, the highlight, highlights I guess, were the two Lewis-Brown showdowns. In the first, the 100 meters, Lewis spotted Brown a step or so out of the blocks, but by 30 meters he was in command and got his bragging rights back after those three consecutive indoor losses to Brown. It didn't last too long, though, because 45 minutes later, as each anchored his 4x100 relay team, Brown was handed a yard or so lead and he made it stick as his Stars and Stripes Track Club edged the Santa Monica Track Club by that one step. It turned out to be quite a meet for both clubs. SSTC took, in addition to 1st in the 4x100 and 2nd in the Invitational 100, firsts in the 200 meters, 110 high hurdles and the 20-K walk. SMTC wasn't sitting on its hands either. Besides 1st in the 100 and 2nd in the 4x100, they got a PR-of-the-month performance out of Ellen Lyons in the women's 10,000 in which she took second; a great kick by Todd Harbour got them a 1st in the 5000; and, they looked pretty good in two other relays: the 4x800, which they practically own, and, for sure did own this time, taking an easy 1st, and a second in the distance medley.

Between these two L.A. area clubs, that was a lot of hardware to be taking home to the trophy room.

The men's 10,000 was truly a case of Nostalgia Revisited. Coming down to the nitty gritty last two laps, who do you think was in the pack? And, yes, it was a pack... a six pack! Pat Porter, Mike Musyoki and Paul Cummings... no surprise there. But look who else: Alberto! Well, that may not be a real surprise, but a lot of us were wondering if he really had solved his health problem. No doubt about it. Here it was, only 800 meters to go and Salazar was not only in it, but he was making a move to take the whole thing. And, with him? Well, would you believe Tony Sandoval? And Gary Bjorklund!!!! Oh! BJ was right there in the thick of it. This was no tactical affair, either. Last finisher in this pack checked in at 27:47.0! I mean, that's WR time on the road. And, it wasn't one of the oldies. Sixth place went to Pat Porter. Sandoval, who was clocked the same as Porter, got fifth. That Unreformed Miller Cummings used his miler's kick and got the win, which didn't hurt his stock at all. His time was 27:43.7. Salazar proved that he's alive and well,

especially well, by hanging on for second, just ahead of Musyoki. BJ was 4th. The spread from Cummings to Porter was 3.3 seconds. Wow! Just imagine how it could have been in August with the East Germans in there.

But, getting back to the comeback theme, the irrepressible Brian Oldfield was not to be repressed, suppressed or even depressed. He tossed the ball over 70 feet for an easy and convincing win in the shot. Now, the questions are: Will he make the team? Will they let him?

Yet another comeback was Evelyn Ashford. No real surprise here, though. A couple of weeks ago, she tested the waters in a little publicized all-comers meet at Santa Monica College and easily won the 100 and 200 meters. So, it wasn't any surprise to see her move out quickly and leave a pretty good field in her dust. Merlene Ottey and Alice Brown were part of the "battle for second."

Ashford didn't fare quite so well in the 400 meters, but it took a meet record performance by Chandra Cheeseborough to beat her. Cheeseborough's time was 51.05. Ashford's 52.11 wasn't all that bad. If Cheeseborough hadn't been there, Ashford would be the new MR holder because the old record was 52.19. In any case, she must have been satisfied. The 100 is her race and she only does the 400 to build up some endurance. If she ever gets serious about it, well... Marita

Koch, watch out!

He held back until the last 150 meters, and then, like Cummings in the 10,000, used his miler's kick... his 3:50 miler's kick... to burst past Peter Koech, Tom Smith and Filbert Bayi. That's the textbook part. The storybook part took place before the race, about a half hour before. Harbour couldn't find his spikes. Apparently, someone walked off with them. It looked pretty grim, for awhile because he didn't have an extra pair handy. At the last minute, he found that At West's Richie Harris wears the same size shoe, so he borrowed Harris's.

I wonder if he gave them back. The 1500 just didn't seem right without Steve Scott, but Scott wasn't there. So, Sammy Koskel won it in a slowish 3:40.86. But, it's early yet and except for those guys in the 10,000, no one seems to want to be peaking now. The steeplechase was really slow, even for this time of the year. Sam Sitonik of Kenya won the University/Open race in 8:51, while in the Invitational, the previous evening, Tom Martin of At West won in 8:35. Pam Spencer had no trouble in the high jump, indicating that she may finally be injury free, and that means that she can probably phone in her place on the Olympic Team.

So, it was a good show; a real Olympic preview. Unfortunately, even more so because with the Eastern Block countries probably turning up no-shows, what we saw was most of what we're going to get. What a shame.

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BASS LAKE RUN THRU THE PINES

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DISTANCE: 13.3 miles. **AID STATIONS:** Approximately 5, 7½, & 10 miles. **SPLIT TIMES:** 5 mile & 10 mile splits. **ENTRY FEE:** \$5.00 pre-registration, if received by August 11. \$10.00 after August 11 and on race day. No refunds. **REGISTRATION/CHECK-IN:** 7:00 a.m. at the Pines Village. **DESCRIPTION:** Once around the lake, starting and finishing at the Pines Village. Mostly paved, some dirt roads. Many rolling hills first eight miles, several longer hills last five miles. Some shade. **CAUTION:** Runners should be well conditioned because of the difficulty of this course. Run on left hand side of road, facing traffic. **AWARDS LUNCH:** 11:30 at the Pines Restaurant patio: hamburger, potato salad, relishes, soft drink - \$3.25. **MEET DIRECTOR:** Bill Cockerham (209) 264-5847.

DIVISIONS:

MEN: Junior(under 19), Open(19-29), 30-39, 40-49, 50-59, 60 & Over.
WOMEN: Junior(under 19), Open(19-29), 30-39, 40-49, 50 & Over.

AWARDS:

First place plaque to winner of each division. Additional plaques will be given if pre-entries warrant. One award for every 5 pre-entries per division (example: 30 pre-entries in Men's 40-49 means 6 awards will be given in Men's 40-49). Headbands to the first 200 to cross the finish line.

T-SHIRTS:

Race T-shirts to all **finishers**. Limited number for sale after race: \$6.00.

MERCHANDISE AWARDS:

First overall male & female: two nights for two at The Pines Chalets.
Random drawing for other merchandise awards at the Awards Lunch.

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7-Up for all runners after race.

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Mail with \$5.00 entry fee to: Fresno Track Club, P.O. Box 6103, Fresno, CA 93703

ENTRY BLANK

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CITY _____ STATE _____ ZIP _____

SCHOOL OR CLUB: _____ BIRTHDATE _____

CIRCLE DIVISION: Men- junior(under 19) open 30-39 40-49 50-59 60 & Over

Women- junior(under 19) open 30-39 40-49 50 & Over

☐ Check if planning to attend the Awards Lunch
Number in Parenthesis

WAIVER (must sign): I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the Bass Lake Chamber of Commerce, Fresno Track Club, 7-up Bottling Co. of Fresno, the U.S. Forest Service, the PG&E Company, and any and all sponsors, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Bass Lake Run Thru the Pines Half Marathon on August 18, 1984.

Signature(parent if under 18): _____

Results

Masters Track & Field

Central Calif. Masters Meet

Fresno, April 14.

5000 — 5B: Paul Spangler (85) 28:03.7WR. 3A: George Leavitt (62) 22:46.0. 2B: Ken Harvey (59) 22:28.3. 1A: Michael Lammons (42) 22:10.4.

4X100 Relay — 40-49: Joe Herzog, Gerald Tatham, Michael Lammons, Ken Washman 51.19.

1500 — W2A: Gretchen Snyder (50) 5:33.31. WSB: Mary Lou Nicoletti (35) 5:38.16. 5B: Paul Spangler (85) 7:50.25WR. 3A: George Leavitt (62) 6:14.00. 2B: Ken Harvey (59) 6:31.67. 2A: Lloyd Martin (50) 5:25.53. 1A: Harvey Franklin (41) 4:10.95.

400 — W3B: Josephine Kolda (66) 1:25.44. W2B: Shirley Dietrich (57) 1:27.85. 3A: Robert Giarretto (63) 1:09.37. 2A: Bruce Springbett (51) 56.68. 1B: Mel Elliott (45) 55.53. 1A: Dennis Duffy (41) 53.69. SB: Greg Marshall (36) 52.90. SA: Martin LeFeure (31) 53.81. O: Henrik Rasmussen (19) 52.34.

110 Hurdles — 2B: Al Brenda (56) 20.29. 1B: Jerry Stanners (49) 19.51. 1A: Cornelius McCormick (40) 16.04. SB: Fred Johnston (38) 16.57. SA: Don Roberts (34) 16.42.

800 — W2A: Gretchen Snyder (50) 2:39.84. WSB: Mary Lou Nicoletti (35) 2:50.71. 2B: Jock Jockey (58) 2:41.03. 1B: Wayne Douglass (35) 2:10.25. 1A: Harvey Franklin (41) 2:00.94. SA: Jim Bordon (31) 1:59.81. O: Russel Mitchell (16) 2:08.36.

400 Hurdles — 1B: Jerry Stanners (49) 1:14.01. 1A: Hugh Adams (44) 59.22. SA: Don Roberts (34) 1:00.92.

100 — W3B: Josephine Kolda (66) 16.98. W3A: Thelma Ruben (62) 18.81. W2B: Shirley Dietrich (57) 17.21. W2A: Shirley Kinsey (54) 16.20. WSA: Maria Magana (34) 16.25. 5A: Josiah Packard (80) 16.32. 4B: Sing Lum (79) 17.18. 3B: Payton Jordan (67) 13.28. 3A: Robert Giarretto (63) 14.35. 2B: Bernie Stevens (55) 13.22. 2A: Phil Presber (50) 12.68. 1B: Gilbert LaTorre (46) 12.15. 1A: Dan Fitz-

simmons (40) 11.61. SA: Raymond Moody (30) 11.98. O: Adrian Rodgers (32) 11.17.

200 — W3B: Josephine Kolda (66) 35.19. W3A: Thelma Ruben (62) 38.59. W2A: Gretchen Snyder (50) 29.43. WSB: Mary Lou Nicoletti (35) 34.44. WSA: Maria Magana (34) 33.31. 5A: Josiah Packard (80) 32.73. 4B: Sing Lum (79) 35.17. 3B: Payton Jordan (67) 27.05WR. 3A: Charles Mercurio (64) 29.79. 2B: Bernie Stevens (55) 26.14. 2A: Bruce Springbett (51) 24.28. 1B: Gilbert LaTorre (46) 24.30. 1A: Dan Fitzsimmons (40) 23.12. SB: Bill Weller (36) 24.36. SA: Raymond Moody (32) 23.71. O: Adrian Rodgers (32) 21.62.

Hammer Throw — WSB: Sondra Schumacher (36) 54.7. 4A: James York (70) 111-8. 3A: Bob Stone (63) 101-1. 1B: James Hart (47) 113-11. SA: Gary Keimenson (33) 139-8.

Long Jump — W2A: Shirley Kinsey (54) 11-7 1/4. WSB: Sondra Schumacher (36) 11-1/2. 3A: Charles Mercurio (64) 13-5 1/2. 2B: Jock Jockey (58) 14-6. 1B: Dee DeWitt (45) 19-4 1/4. 1A: Don Dvorak (42) 17-1. SA: Roger Trujillo (33) 21-9 1/4.

Discus — W2A: Shirley Kinsey (54) 82-6. WSB: Sondra Schumacher (36) 58-8. WSA: Janet Flewell (31) 14-1. 4A: Donald Pierotti (73) 98-0. 3B: Hal Cronkhite (65) 91-11. 3A: Quinto Merlo (64) 113-0. 2A: Ted Wassam (52) 100-5. 1B: James Hart (47) 132-3. 1A: Cornelius McCormick (40) 137-0. SB: Buck Banks (36) 136-7. SA: Jerry Haugen (31) 129-5.

Triple Jump — 3A: Charles Mercurio (64) 30-1 1/4. 2B: Al Brenda (56) 33-9 1/2. 1B: Jerry Stanners (49) 32-8 1/4. 1A: Don Dvorak (42) 35-2. SB: James Hollister (39) 38-1. SA: Roger Trujillo (33) 44-11 1/4.

Pole Vault — 3B: Jim Vernon (67) 9-7. 2B: Al Brenda (56) 10-0. 1B: Dee DeWitt (45) 10-6. 1A: Mardon Connelly (42) 13-6. SA: Jim Williams (31) 15-2 1/2. O: Mark Hepner (19) 17-1/4.

High Jump — 3A: George Leavitt (62) 4-0. 2B: Al Brenda (56) 4-6. 1B: Dee DeWitt (45) 5-7. 1A: Don Dvorak (42) 5-1. SB: Lelon Rich (35) 5-1. SA: Jerry Haugen (31) 5-9. WO: Tonya Mendonca 5-9. O: Billy Cannon 6-11.

Shot Put — W2A: Shirley Kinsey (54) 30-8. WSB: Sondra Schumacher (36) 22-4.

4A: James York (70) 35-6. 3B: Hal Cronkhite (65) 36-6. 3A: Quinto Merlo (64) 35-5. 2B: Jock Jockey (58) 30-6. 2A: Ted Wassam (52) 46-9. 1B: James Hart (47) 45-7. SB: Alan Stephens (36) 46-3. SA: Gary Keimenson (33) 37-4. O: Don Dwight (27) 36-5.

Javelin — W2B: Shirley Dietrich (57) 69-10. W2A: Shirley Kinsey (54) 80-9. WSB: Sondra Schumacher (36) 58-0. 4B: Jock Jockey (58) 94-2 1/4. 4A: Donald Pierotti (73) 71-6. 3A: Ed Chynoweth (60) 163-10. 1B: James Hart (47) 128-0. 1A: Mike Harriman (40) 188-5. SB: Buck Banks (36) 146-7. SA: Gary Keimenson (33) 122-6. O: Henrik Rasmussen (19) 117-8.



JIM VERNON

18-5 1/2. 2. Gallarado 15-11 1/4. 3. Martin 15-3 1/4. 60 & Over Long Jump: 1. Patsalis 16-11 1/4. 2. Burke 12-10. 40-49 1500: 1. Elliott 4:28.59. 2. Towers 4:30. 3. Carrington 4:54:11. 50-59 1500: 1. Fitzgerald 4:43.95. 2. Withers 4:45:42. 3. Beadle 5:30:28. 60 & Over 1500: 1. David Cohen 5:34:90. 40-49 Shot Put (12 lb.): 1. Higgins 48-6 1/2. 2. Smith 48-1/4. 3. Martin 46-11 1/4. 50-59 Shot Put: 1. O'Brien 53-4 1/4. 2. Wallace 40-2 1/4. 3. Douglass 38-3 1/4. 60 & Over Shot Put: 1. Aldrich 47-2 1/4. 2. Castaneda 44-6 1/4. 3. Zerega 29-6 1/4. Submasters 100: 1. Driver 10.49. 2. McCoy 10.59. 3. G. Johnson 10.89. 40-49 100: 1. Roberson 11.67. 2. Craddock 11.81. 3. Washington 11.83. 50-59 100: 1. Newton 11.80. 2. Nasaralia 12.39. 3. Robinson 12.53. 60 & Over: 1. Hunt 12.87. 2. Patsalis 12.90. 3. Fetter 13.14. 40-49 High Jump: 1. Sallinger 5-4. 2. Bane 5-2. 50-59 High Jump: 1. Newton 5-8. 2. Douglass 4-8. 3. Wallace 4-6. 60 & Over High Jump: 1. Gist 5-2. 2. Ogle 4-6. 3. McFate 4-6. Submasters 400: 1. Johnson 50:38. 2. Davis 51:37. 3. Taylor 52:66. 40-49 400: 1. Little 52:96. 2. Cohen 53:81. 3. Niedermeyer 54:84. 50-59 400: 1. Robinson 57:79. 2. Beadle 59:95. 3. Martin 1:03:99. 60 & Over 400: 1. Hunt 1:01:30. 2. Guidet N.T. 3. Burke N.T. 40-49 5000: 1. Burns 16:08:98. 2. Crader 17:55:72. Submaster Discus: 1. Deller 141-8. 2. Gadbois 92-9. 40-49 Discus: 1. Higgins 144-1. 2. Smith 116-11. 3. Sheinker 83-6. 50-59 Discus: 1. O'Brien 162-5. 2. Van Pelt 137-1. 3. Wallace 113-0. 60 & Over Discus: 1. Aldrich 156-9. 2. Castaneda 126-10. 3. Hunt 119-5. 40-49 200: 1. Little 23:05. 2. Roberson 23:65. 3. Niedermeyer 24:04. 50-59 200: 1. Newton 24:57. 2. Harte 26:02. 3. Robinson 26:42. 60 & Over: 1. Hunt 26:84. 2. Guidet 28:53. 3. Warren 28:87. Submasters 4X400: 1. Striders (Aguirre, Smith, Sumner, Stuart) 3:25.31. 50 & Over 4X200: 1. CDM (Clayton, Robinson, Harte, Pedevilla) 1:55.71.

Olympic Legends Track & Field Meet

UCLA Drake Stadium. April 28, 29.

110m Hurdles:
Men - 30-34: 1. Nate Robinson 14.7. 2. Kevin Speaks 17.3.
Men - 35-39: 1. Don Parish 14.5. 2. Marvin Thompson 14.7. 3. Richard Katus 15.0.
Men - 40-44: 1. Walt Butler 14.8. 2. Cornelius McCormick 15.7. 3. Bill Riley 18.3.
Men - 45-49: 1. Dee Dewitt 15.1. 2. Al Henry 15.9.
Men - 50-54: 1. Joe Murphy 17.0. 2. Bob Higginbotham 19.0. 3. Dave Douglas 20.5.
Men - 60-64: 1. Byrl Gist 18.0. 2. Chuck McFate 21.1. 3. Bob Hunt 24.1(fell).
Men - 65-69: 1. Herb Miller 18.6. 2. Al Guidet 19.2. 3. Chia-Tsung Pao 20.7.
Men - 70-74: 1. Bert Morrow 20.9.
80m Hurdles:
Women - 40-49: 1. Cherrie Sherrard 12.5.
Women - 50-59: 1. Shirley Kinsey 17.4.
1500m Run:
Men - 30-34: 1. Ken Mercurio 4:35. 2. Marcel La Croix 4:51.
Men - 35-39: 1. Fred Doubell 4:17. 2. Bruce Lee Wint 4:18. 3. Bill Perry 4:29.
Men - 40-44: 1. Harvey Franklin 4:13. 2. George Cohen 4:28. 3. Ronald Werner 4:29.
Men - 45-49: 1. Mel Elliott 4:27. 2. Cliff Bedell 4:30. 3. Christopher Bourke 4:47.
Men - 50-54: 1. John Weldy 4:30. 2. Charles Wimberly 4:33. 3. Fred Lehr 4:43.
Men - 55-59: 1. Bill Fitzgerald 4:45. 2. Patrick Devine 4:52. 3. Gunnar Linde 4:53.

ARE YOU OVER AGE 35?

The *National Masters News* is the only national monthly publication devoted exclusively to track & field and long distance running for men and women over age 35.

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Mt. SAC Masters

from Hal W. Smith

Wainut. April 15.

Results

Invitational Hammer Throw: 1. Deller 155-10. 2. Connelly 151-7. 3. Higgins 143-7.
Invitational Triple Jump: 1. Jackson 41-6. 2. Henry 40-6. 3. Moody 40-3. 40-49 Pole Vault: 1. Bane 11-0. 2. Woodring 11-0. 3. 9-0. 50-59 Pole Vault: 1. Wallace 10-6. 2. Gallarado 10-6. 3. Douglass 10-0. 60 & Over Pole Vault: 1. Biesemeyer 10-0. 2. Vernon 9-6. 3. Brown 9-6. Submaster Javelin: 1. Gadbois 135-6. 2. Rich Rook 131-7. 3. Ron Rook 122-10. 40-49 Javelin: 1. Stuart 207-0. 2. Higgins 160-5. 3. Bane 124-4. 50-59 Javelin: 1. Hudson 154-7. 2. Sweate 131-7. 3. Wallace 125-11. 60 & Over Javelin: 1. Morales 156-8. 2. Fetter 137-6. 3. Lombardi 117-9. Submaster 4X100: 1. Maccabi (Johnson, Davis, Wong, McCoy) 43.50. 2. Unattached (Tilley, Roberson, Williams, Driver) 43.52. 3. Striders (Thompson, Robinson, Missouri, Sumner) 45.2. 50 & Over 4X100: 1. CDM 49.94. 40-49 4X100: 1. L.A. Valley 46.83. 2. Striders 48.30. 40-49 Long Jump: 1. Sallinger 18-9. 2. Bane 17-5 1/2. 3. Tsuda 17-1/2. 50-59 Long Jump: 1. Jackson

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.

Men - 60-64: 1. Bob Page 5:14, 2. Sid Toabe 5:20, 3. Ralph Ratcliff 5:27.

1500m Run:

Women - 30-39: 1. Janie Duff 5:22, 2. Rieko Duba 5:44.

Women - 40-49: 1. Elvyn Blair 5:22, 2. Kathy Kusner 5:56.

Women - 50-59: 1. Gretchen Snyder 5:30, 2. Helen Dick 5:49.

400m Dash:

Men - 30-34: 1. Warren Edmonson 48.5, 2. James Harvey 49.8, 3. Russell Austin 52.3.

Men - 35-39: 1. Hilliard Sumner 51.8, 2. Willie Smith 53.6.

Men - 40-44: 1. Dennis Duffy 53.7, 2. Lynn Eves 55.5, 3. Stephan Frease 60.0.

Men - 45-49: 1. Stan King 56.8, 2. Fernando Palaz Suarez 60.7, 3. Charles Cordero 62.4.

Men - 50-54: 1. Bruce Springbett 55.2, 2. Don Cheek 55.9, 3. Will Robinson 59.7.

Men - 55-59: 1. Bernard Stevens 58.9, 2. Bob Watanabe 60.0, 3. Tom Clayton 69.5.

Men - 60-64: 1. Bob Hunt 65.9, 2. Bob Garretto 67.3.

Men - 65-69: 1. Henry Dorf 75.0, 2. Pete Ganahl 79.1, 3. Chia-Tsung Pao 1:21.0.

400m Dash:

Women - 40-49: 1. Jeanne Carter 1:04.2, 2. Mary Luker 1:06.01, 3. Almeta Parish 1:10.03.

Women - 60-69: 1. Josephine Koda 1:27.3, 2. Thelma Rubin 1:30.6, 3. Ginny Hunt 1:54.8.

Women - 70 & Over: 1. Bess James 1:36.1, 2. Dorothy Stotsenberger 1:58.4.

100m Dash:

Men - 30-34: 1. Tom Lester 10.8, 2. Willard Thompson 10.8, 3. Ralph Tilley 11.1.

Men - 35-39: 1. Eddie Hart 10.7, 2. Jim Hines 10.9, 3. Don Parish 11.1.

Men - 40-44: 1. Walt Butler 10.8, 2. Dan Fitzsimmons 11.3, 3. Willie Roberson 11.7.

Men - 45-49: 1. Gil DeLaTorre 11.6, 2. Lewis Smith 11.7, 3. Dee Dewitt 12.0.

Men - 50-54: 1. Broce Springbett 11.6, 2. Nick Newton 11.7, 3. Mike Larrabee 12.3.

Men - 55-59: 1. Bob Watanabe 12.4, 2. Gene Harte 12.6, 3. Bernard Stevens 12.7.

Men - 60-64: 1. Max Goldsmith 13.3, 2. Pete Fetter 13.4, 3. Timothy Murphy 13.5.

Men - 65-69: 1. Payton Jordan 13.0, 2. Herb Miller 14.0, 3. Andy Collins 14.1.

Men - 70-74: 1. Tony Castro 14.2, 2. John Sati 14.6, 3. Bert Morrow 15.0.

100m Dash:

Women - 30-39: 1. Barbara Ferrell Edmonson 12.8, 2. Martha Watson 13.1, 3. Marilyn White 15.3.

Women - 40-49: 1. Cherrie Sherrard 13.4, 2. Jeanne Carter 13.9, 3. Mary Luker 14.1.

Women - 50-59: 1. Magdalena Kuehne 16.2, 2. Shirley Dietrich 16.8.

Women - 60-69: 1. Josephine Kilda 16.6, 2. Thelma Rubin 18.2, 3. Diana Smith 19.1.

200m Dash:

Men - 30-34: 1. Duke Ferguson 21.8, 2. Warren Edmonson 21.9, 3. Adrian Rogers 21.9.

Men - 35-39: 1. Hilliard Sumner 23.6, 2. Marvin Thompson 24.3, 3. George Wong 26.1.

Men - 40-44: 1. Dan Fitzsimmons 23.1, 2. David Romain 23.1, 3. Walt Butler 23.4.

Men - 45-49: 1. Jackson Steffes 24.1, 2. Gil La Torre 24.1, 3. Lewis Smith 24.1.

Men - 50-54: 1. Bruce Springbett 24.1, 2. Nick Newton 24.1, 3. Bob Radford 26.5.

Men - 55-59: 1. Bob Watanabe 25.8, 2. Bernard Stevens 25.9, 3. Gene Harte 26.2.

Men - 60-64: 1. Max Goldsmith 27.6, 2. Bob Garretto 28.7, 3. Charles Mercurio 30.7.

Men - 65-69: 1. Payton Jordan 27.4, 2. Andy Collins 30.8, 3. Henry Dorf 31.3.

Men - 70-74: 1. Tony Castro 29.7, 2. John Sati 31.0.

Men - 75-79: 1. Sing Lum 35.7.

Men - 80 & Over: 1. Nat Pisciotta 46.7.

200m Dash:

Women - 30-39: 1. Gretchen Snyder 29.2, 2. De Mendez 32.8.

Women - 40-49: 1. Jeanne Carter 29.0, 2. Mary Luker 29.3, 3. Almeta Parish 31.0.

Women - 50-59: 1. Shirley Dietrich 36.3.

Women - 60-69: 1. Josephine Kolda 35.3, 2. Thelma Rubin 39.3.

800m Run:

Men - 30-34: 1. James Harvey 2:01.9, 2. Herston Hall 2:02.6, 3. Vincent Taylor 2:04.8.

Men - 35-39: 1. Bruce Lee Wint 2:01.3, 2. Samuel Graham N.T.

Men - 40-44: 1. David Romain 1:58.4, 2. Harvey Franklin 2:00.8, 3. George Cohen 2:01.0.

Men - 45-49: 1. Mel Elliott 2:03.1, 2. Cliff Bedell 2:04.8, 3. Gary Miller 2:09.2.

Men - 50-54: 1. Charles Wimberly 2:11.0, 2. John Weldy 2:17.9, 3. Jerry Withers 2:18.7.

Men - 55-59: 1. Bill Fitzgerald 2:17.3, 2. Leonard Walts 2:19.5, 3. Gunnar Linde 2:20.2.

Men - 60-64: 1. David Lewis 2:38.0.

Men - 65-69: 1. Joe Carey 2:59.5.

Men - 70-74: 1. Ed Stotsenberg 2:55.0.

Men - 80 & Over: 1. Nat Pisciotta 4:23.8.

Women - 30-39: 1. Janie Duff 2:31.2, 2. Ginny Sargent 2:32.2, 3. Diana Dann 2:52.4.

Women - 40-49: 1. Elvyn Blair 2:38.5.

Women - 50-59: 1. Gretchen Snyder 2:34.2 AR.

Women - 60-69: 1. Ginny Hunt 4:31.5.

Women - 70-79: 1. Bess James 4:10.0.

400m Hurdles:

Men - 30-34: 1. Michael Williams 60.5, 2. Marcel LaCroix 75.5.

Men - 35-39: 1. Ross Jensen 63.4.

Men - 40-44: 1. Cornelius McCormick 59.4, 2. Bill Knoke 1:04.1.

Men - 50-54: 1. Josh Culbreath 64.0, 2. Joe Murphy 66.5, 3. Will Robinson 68.1.

Men - 55-59: 1. Jock Jocoy 73.2.

Men - 60-64: 1. Al Guidet 1:23.0, 2. Pete Ganahl 1:25.6, 3. Chia-Tsung Pao 1:34.4.

5000m Run:

Men - 35-39: 1. Ronald Jensen 15:38.8, 2. Bill Perry 17:11.5, 3. Samuel Graham 20:52.35.

Men - 40-44: 1. Fernando Pelaez 18:41.4, 2. Bob Yahnke 19:24.7.

Men - 50-54: 1. John Weldy 16:25.0, 2. Fred Lehr 18:13.9, 3. Louis Simms 19:18.5.

Men - 55-59: 1. Patrick Devine 17:30.2.

Men - 60-64: 1. Bob Page 19:04.4, 2. Sid Toabe 19:07.4, 3. Ken Morrison 19:17.3.

Men - 65-69: 1. Joe Carey 21:20.9.



SHIRLEY KINSEY

Men - 70-74: 1. Ed Stotsenberg 21:03.8.

Men - 80 & Over: 1. Nat Pisciotta 29:14.2, 2. Jacob Bishin 34:38.5.

Women - 30-39: 1. Dianna Dann 20:59.2.

Women - 40-49: 1. Sharon Greiner 20:43.0, 2. Kathy Kusner 21:41.5, 3. Sheila Smith 22:21.70.

Women - 50-59: 1. Helen Dick 20:05.0.

5000m Walk:

Men - 40-49: 1. Ray Fitzhugh 31:36.

Men - 50-54: 1. John Kelly 26:27, 2. John MacLachlan 27:17, 3. R. Ted Greiner 28:53.

Men - 70 & Over: 1. Chesley Unruh 32:32.

Women - 40-49: 1. Julene Steigerwalt 27:29.

Women - 60-69: 1. Rose Kash 32:31.

400m Relay:

Men - 30-39: 1. No. Cal Senior 42.1, 2. Space City TC 43.1, 3. All American TC 45.4.

Men - 40-49: 1. West Valley TC 44.6, 2. LA Valley TC 45.5.

Men - 50-59: 1. Corona Del Mar TC 48.5, 2. LA Valley TC 48.9, 3. So. Cal Striders 49.8.

Women - 30-39: 1. So. Cal Striders 58.9.

Women - 40-49: 1. No. Cal Seniors 54.6.

1000m Relay:

Men - 30-39: 1. All American TC 2:01.9.

Men - 40-49: 1. West Valley TC 2:02.9.

Men - 50-59: 1. LA Valley AC 2:20.6, 2. So. Cal Striders 2:22.4.

Long Jump:

Men - 30-34: 1. Nate Robinson 21-9, 2. Roger Trujillo 20-10½, 3. Russell Austin 18-6 7/8.

Men - 35-39: 1. John Hartfield 22-7½, 2. Carl Flowers 21-1 5/8.

Men - 40-44: 1. Donald Dvorak 18-3 7/8, 2. John Lawson 17-6½.

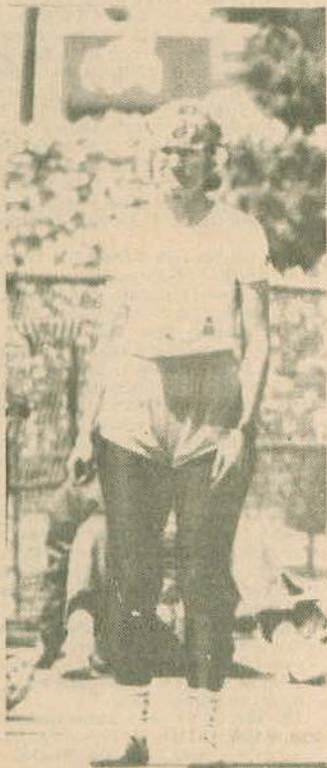
Men - 45-49: 1. Al Henry 20-4 7/8, 2. Charley Miller 18-3 1/8, 3. Roger Tsuda 17-9 7/8.

Men - 50-54: 1. Dave Jackson 18-6, 2. Richard Hein 16-4 3/8, 3. Donald McClelland 15-11¼.

Men - 55-59: 1. Novi Milicevic 17-6½, 2. Jock Jocoy 15-1¼.

Men - 60-64: 1. Chas Mercurio 13-3¼, 2. Timothy Murphy 12-9 3/8.

Men - 65-69: 1. Bill Morales 14-7¼, 2. Herb Miller 14-5 3/8, 3. Bill Burke 13-7.



JOSEPHINE KOLDA

continued on next page...

Results

Women - 30-39: 1. La Tanya Glass 29-1/4, 2. Sondra Schumacher 20-7.
Women - 40-49: 1. Cherrie Sherrard 33-4 1/2, 2. Christel Miller 24-4 1/2, 3. Almeta Parish 22-2 1/2.

Women - 50-59: 1. Kathy Jocoy 25-11 1/2. **Women 60 & Over:** 1. Edith Mendyka 28-5 1/2.

Javelin:

Men - 30-34: 1. Nate Robinson 171-1.
Men - 35-39: 1. Steve Jarvis 175-10, 2. Fred Johnson 164-0, 3. Ron Rook 139-2.

Men - 40-44: 1. Mike Woodward 140-5.
Men - 45-49: 1. Larry Stuart 208-9, 2. Gary Bane 137-7, 3. Hal Smith 138-5.

Men - Age 50-54: 1. Men - 50-54: 1. Ed Martin 136-5, 2. John Pakiz 133-0, 3. Juel Sweatte 120-11.

Men - 55-59: 1. Emson Grimm 52-11.
Men - 60-64: 1. Ed Chynoweth 169-1, 2. Pete Fetter 133-10, 3. Timothy Murphy 107-8.

Men - 65-69: 1. Bill Morales 158-11, 2. Bill Burke 113-4.
Men - 70-74: 1. Donald Pierotti 91-0, 2. Art Vesco 76-7.

Women - 30-39: Sondra Schumacher 70-1.

Women - 40-49: 1. Christel Miller 95-10, **Women - 50-59:** 1. Shirley Kinsey 82-2, 2. Shirley Dietderich 67-3, 3. Magdalena Kushne 62-4.

Women - 70 & Over: 1. Edith Mendyka 69-5.

Discus:

Men - 30-34: 1. Gary Kelmenson 116-2 1/2.

Men - 35-39: 1. Lloyd Higgins 164-7, 2. Cornelius McCormick 134-5, 3. Mike Woodward 115-9 1/2.

Men - 45-49: 1. James Hart 134-10, 2. Julian Nunez Arana 95-2 1/2, 3. Bob Frahm 95-0.

Men - 50-54: 1. Parry O'Brien 170-10, 2. Ed Van Pelt 144-6 1/2, 3. Chuck Renfro 137-3 1/2.

Men - 55-59: 1. Hal Wallace 114-11 1/2, 2. Jock Jocoy 77-8 1/2, 3. Bob Perry 55-8 1/2.

Men - 60-64: 1. Mike Castaneda 132-4 1/2, 2. Bill Bangert 119-6, 3. Joe Black 109-11 1/2.

Men - 65-69: 1. Don Aldrich 164-10 1/2 (Pending WR), 2. Ham Morningstar 107-2, 3. Charles McMahon 97-11.

Men - 75-79: 1. Burt DeGroot 92-2 1/2.

Women - 30-39: 1. Janet Fiewell 149-9 1/2, 2. Marilyn White 61-7 1/2.

Women - 50-59: 1. Kathy Jocoy 49-6 1/2.

Triple Jump:
Men - 30-34: 1. Roger Trujillo 45-10 1/8, 2. Gary Moody 40-0 1/4.

Men - 35-39: 1. John Hartfield 46-0 (AR), 2. Ron Rook 30-1.

Men - 40-44: 1. Donald Dyorak 34-9 1/2, 2. John Lawson 33-8 3/8.

Men - 45-49: 1. Al Henry 38-10 1/4.

Men - 50-54: 1. Dave Jackson 40-9 1/2, 2. Don McClelland 31-1 1/2, 3. Richard Hein 29-10 3/8.

Men - 55-59: 1. Novi Milicevic 35-3.

Men - 60-64: 1. Max Goldsmith 32-2, 2. Charles Mercurio 29-11 1/8.

Men - 65-69: 1. John Damski 29-3 1/2, 2. Elmer Siegel 25-10.

Men - 70-74: 1. Morris Gleimer 24-11 1/2.

Pole Vault:
Men - 30-34: 1. Bob Pulfard 16-0.

Men - 35-39: 1. James Ball 11-0.

Men - 40-44: 1. Marion Connelly 14-0, 2. John Pannel 13-0, 3. Harold Sansbury 10-0.

Men - 45-49: 1. Gerard Dumas 11-0.

Men - 50-54: 1. Dave Douglas 9-6.

Men - 55-59: 1. Bob Morcom 11-0, 2. Hal Wallace 9-6, 3. Jock Jocoy 8-0.

Men - 60-64: 1. Dave Brown 9-6, 2. Ralph Blesmeyer 9-0, 3. Tom DeVaughn 7-6.

Men - 65-69: 1. Jim Vernon 9-6, 2. Ham Morningstar 8-0, 3. Elmer Siegel 7-6.

Men - 75-79: 1. Bob MacConaghy 7-6.

West Coast Masters Classic

Visalia, May 5.

Open 2 Mile: 1. Juan Garcia 9:26.3, 2. Robert Taylor 9:41.0, 3. Bryan Patterson 9:43.3.

Mile Walk: (80 & Over) 1. Chas Unruh 11:01. (70-79) 1. Frank Saylor 10:31, 2. Robert Boothe 12:27. (40-49) 1. Ken Vaughn 10:04, 2. Don Jeung 10:22.

Two Mile Walk: (60-64) 1. Sid Toabe 11:50. (55-59) 1. Walter Atcheson 12:27, 2. Chuck Freuler 13:46, 3. Rex Dietderich 14:14. (45-49) 1. Frank Padilla 10:49. (40-44) 1. Michael Lammons 13:34. (30-39) 1. Rick Bishop 10:58.

440 Relay: Women: 1. Corona Del Mar 60:36. (Men 40-49): 1. Outlaws 50:4. (50-59): 1. L.A. Valley 50:6. (60-69): 1. Corona Del Mar 1:07.78.

100 HH: (60-64) 1. Jim Johnson 19:0. (55-59) 1. Bob Higginbotham 17:7, 2. Steve Peck 18:5. (50-54) 1. Tom Slaven 19:4. (45-49) 1. Dee DeWitt 15:1. (30-39) 1. Donald Roberts 15:8, 2. Kevin Speaks 16:7.

440 Yd.: (Women 60-69) 1. Josephine Kolda 1:24.5. (50-59) 1. Shirley Dietderich 1:28.4. (40-49) 1. Jeanne Carter 66:3. (30-39) 1. Mary Lou Nicoletti 1:24.0.

440 Yd.: (Men 65-69) 1. George Polynis 1:20.7. (55-59) 1. Bernie Stevens 61:7. (50-54) 1. Enver Mehmedbasich 1:05.5, 2. Tom Slaven 1:07.8. (45-49) 1. Ross Irving 1:00.8. (40-44) 1. Dennis Duffy 54:0, 2. Ken Washman 1:04.4. (30-39) 1. James Harvey 51:7, 2. Oscar Aguirre 52:8.

Mile Run: (65-69) 1. Ray Mahanah 6:30.9. (60-64) 1. Bob Musso 5:34.9, 2. Sid Toabe 5:35.4. (55-59) 1. Chuck Freuler 6:30.2, 2. Ray Dietderich 6:48.5. (45-49) 1. Frank Padilla 5:04.7. (40-44) 1. Mike Holbrook 4:37.5, 2. Carl McCullough 4:50.7, 3. Bob Perry 5:38.3. (30-39) 1. Dan Wernli 5:02.6.

100 Dash: Women: (60-69) 1. Josephine Kolda 15:2. (50-59) 1. Shirley Kinsey 14:6, 2. Shirley Dietderich 15:2. (30-39) 1. Maria Magana 14:60, 2. Sandra Schumacher 14:87.

100 Dash: Men: (70 & Over) 1. Josiah Packard 14:39, 2. Homer Vangelier 16:51. (65-69) 1. Clarence Killion 12:7, 2. George Polynis 15:3. (60-64) 1. Jim Johnson 13:2, 2. Chas Mercurio 13:39, 3. George Simon 14:0. (55-59) 1. Robert Watanabe 11:50, 2. Bernie Stevens 11:56, 3. Gene Harte 11:8. (50-54) 1. Nick Newton 11:3, 2. Dick Hansen 11:7, 3. Dick Marlin 11:99. (45-49) 1. Dee DeWitt 12:3, 2. Gerald Tatham 12:3. (40-44) 1. Dan Fitzsimmons 10:4, 2. Dennis Duffy 10:7, 3. Tony Craddock 11:0. (30-39) 1. Lelon Rich 11:6, 2. Greg Sano 12:11, 3. Thomas Williams 12:15.

Dr.'s 100 Yds.: (70 & Over) 1. J. Brady 21:4. (65-69) 1. George Polynis 17:8. (55-59) 1. Robert Watanabe 13:4. (40-44) 1. Bob Blakeley 13:8, 2. Louis Velasa 16:8.

Dr.'s Medical Mile Run: (65-69) 1. George Polynis 8:48.5. (50-54) 1. James Noulan 7:02.8. (45-49) 1. George Skaff 7:20.3. (40-44) 1. Bob Blakeley 5:26.1, 2. Louis Velasa 6:24.9. (30-39) 1. Gus Nevarel 4:57.2, 2. Paul Williams 5:49.4.

440 IH: (50-54) 1. Tom Slaven 1:21.83. (30-39) 1. Donald Roberts 61:4, 2. Kevin Speaks 67:08.

880: (55-59) 1. Bernie Stevens 2:37.2. (50-54) 1. Enver Mehmedbasich 2:39.4. (45-49) 1. Pete Richardson 2:08.1. (40-44) 1. Mike Holbrook 2:05.1, 2. Dennis Duffy 2:10.0, 3. Fernie Montanez 2:11.6. (30-39) 1. Oscar Aquile 1:59.7, 2. Thomas Williams 2:29.0.

220: Women: (60-69) 1. Josephine Kolda 35:6. (50-59) 1. Shirley Kinsey 33:7, 2. Shirley Dietderich 36:8. (40-49) 1. Jeanne Carter 29:6. (30-39) 1. Maria Magana 33:5, 2. Mary Lou Nicoletti 33:9.

220: Men: (70 & Over) 1. Josiah Packard 33:8. (65-60) 1. Clarence Killion 29:1, 2. George Polynis 42:3. (60-64) 1. Chas Mercurio 31:3, 2. George Simon 33:2. (55-59) 1.

Robert Watanabe 26:3, 2. Gene Harte 26:8, 3. Bernie Stevens 27:0. (50-54) 1. Nick Newton 25:2, 2. Dick Hansen 26:9, 3. Tom Slaven 28:9. (40-44) 1. Tony Craddock 26:2, 2. Ken Vaughn 27:2, 3. Jerry English 30:0. (30-39) 1. Lelon Rich 25:8.

Mile Relay: (30-39) 1. Lemoore NAS 3:59.2. (Open) 1. Has Beens 3:40.6, 2. Bud Lighters 3:49.7.

Javelin: Women: (50-59) 1. Shirley Kinsey 84-4 1/2, 2. Shirley Dietderich 70-11. (40-49) 1. Christel Miller 93-3 1/2. (30-39) 1. Sandra Schumacher 64-7.

Javelin: Men: (70 & Over) 1. Frank Saylor 82-6 1/2, 2. Shirley Dietderich 70-11. (60-64) 1. Ed Chynoweth 119-4, 2. Bob Stone 177-1. (30-39) 1. Steve Jarvis 181-9, 2. Buck Banks 149-3, 3. Gary Kelmenson 121-5.

Shot Put: Women: (40-49) 1. Christel Miller 23-7 1/2. (30-39) 1. Sandra Schumacher 22-11.

Shot Put: Men: (70 & Over) 1. Ross Carter 34-1 1/2. (60-64) 1. Ed Chynoweth 37-7 1/2, 2. Bob Stone 36-3, 3. Quinto Merio 35-10 1/2. (45-49) 1. Bob Frahm 36-10 1/2, 2. Carl Seglar 30-9 1/2. (40-44) 1. Michael Lammons 28-2 1/2. (30-39) 1. Alan Stephens 46-10, 2. Buck Banks 43-5 1/2, 3. Steve Jarvis 37-11 1/2.

High Jump: Women: (50-59) 1. Shirley Kinsey 3-6 1/4. (40-49) 1. Christel Miller 3-11.

High Jump: Men: (70 & Over) 1. Homer Vangelier 3-2. (60-64) 1. Jim Johnson 4-1. (50-54) 1. Nick Newton 5-7. (45-49) 1. Dee DeWitt 5-7, 2. Gerald Tatham 4-10. (40-44) 1. Ken Vaughn 5-0 1/2, 2. Jerry English 4-1, 3. Dick Findley 3-7 1/2.

Long Jump: Women: (30-39) 1. Sandra Schumacher 11-10.

Long Jump: Men: (70 & Over) 1. Homer Vangelier 10-0. (60-64) 1. Jim Johnson 12-10, 2. Chas Mercurio 14-8 1/2. (45-49) 1. Dee DeWitt 17-10 1/2, 2. Gerald Tatham 15-4. (40-44) 1. Jerry English 13-0, 2. Michael Lammons 12-9. (30-39) 1. Greg Sano 18-3 1/2.

Discus: Women: (40-49) 1. Christel Miller N.D. (30-39) 1. Janet Fiewell 145-8 1/2, 2. Marsha Cartwright 96-5 1/2, 3. Sandra Schumacher 57-6 1/2.

Discus: Men: (70 & Over) 1. Ross Carter 122-3 1/2, 2. Frank Saylor 73-1, 3. Robert Boothe 71-7. (45-49) 1. Bob Frahm 98-10 1/2, 2. Carl Seglar 94-2 1/2. (30-39) 1. Buck Banks 117-5 1/2, 2. Gary Kelmenson 137-1/2, 3. Steve Jarvis 94-4.

College-Open Track

Hancock Games

From Kathy Ballou

April 7, Santa Maria.

Division Results - JC Men

4X100m: 1. Ventura 42.7. **1500m:** 1. Christian Emmons, AHC, 4:02.0. **110m HH:** 1. Scott, Cues, 14.5. **400m:** 1. Jones, AHC, 49.1. **100m:** 1. Petty, Moor, 10.6. **Shot Put:** 1. Bently, Cues, 44-7. **800m:** 1. Emmons, AHC, 1:56.8. **Javelin:** 1. Hauser, Ven., 164-1. **400m IH:** 1. Mercado, Ven, 57.9.

Long Jump: 1. Logan, AV, 23-1. **200m:** 1. Petty, Moor, 21.9. **Pole Vault:** 1. Escobar, Cues, 13-8. **5000m:** 1. Peter Brett, AHC, N.T. **High Jump:** 1. Chambers, Cues, 6-6. **4X400m:** 1. Ventura 3:20.0. **Discus:** 1. Meringer, Cues, 150-5. **Triple Jump:** 1. Gerard, Hart, 46-9.

Division Results - JC Women

4X100m: 1. Ventura 52.7. **High Jump:** 1. Hale, Cab., 4-6. **1500m:** 1. Buzza, Cues, 4:57.4. **100m H:** 1. Cartwood, Moor., 16.1. **400m:** 1. Owen, SB, 59.3. **100m:** 1. Roux, Hart., 12.4. **Discus:** 1. Hale, Cab., 121-11. **800m:** 1. Owens, SBCC, 2:20.3. **400m LH:** 1. Salyer, Ven., 1:08.4. **200m:** 1. Grable, Hart., 26.4. **Long Jump:** 1. Gainey, Moor, 15-10. **3000m:** 1. Buzza, Cues, 10:59.7. **4X400m:** 1. Ventura 4:10.4. **Javelin:** 1. Gainey, Moor., 116-0. **Shot Put:** 1. Tulaana, Ox, 37-4.

Misc. Meets

April 7.

COLLEGE

Open

DUAL-TRIANGULAR MEETS

At Oregon

100—Costanzo (UCLA), 11.01 (wind 4.85 m.p.s. against). **200—**1. White (UCLA), 21.74 (wind 3.71 m.p.s. against). **400—**1. Cruz (UCLA), 47.70. **800—**1. Cruz (Oregon), 1:47.21; 2. Preijers (UCLA), 1:49.70, 3. Carrott (OI), 1:51.65; 4. Phillips (UCLA), 1:51.68. **5,000—**1. Hill (OI), 14:14.18, 2. Zishka (OI), 14:16.15; 3. Butler (UCLA), 14:17.14; 4. Blackmore (OI), 14:25.40; 5. Brownberger (UCLA), 14:38.04. **10,000 (Inv.)—**1. Williams (Canada), 27:55.92; 2. Eyestone (BYU), 27:56.06; 3. Salazar (Athletics West), 27:56.47. **110 HH—**1. Hurd (OI), 14.23 (wind 2.63 m.p.s. against); 2. Kerho (UCLA), 14.30. **400 IH—**1. Ward (OI), 50:56; 2. Kerho (UCLA), 51:30. **3,000**

High Jump: Women: (50-59) 1. Shirley Kinsey 3-6 1/4. (40-49) 1. Christel Miller 3-11.

High Jump: Men: (70 & Over) 1. Homer Vangelier 3-2. (60-64) 1. Jim Johnson 4-1. (50-54) 1. Nick Newton 5-7. (45-49) 1. Dee DeWitt 5-7, 2. Gerald Tatham 4-10. (40-44) 1. Ken Vaughn 5-0 1/2, 2. Jerry English 4-1, 3. Dick Findley 3-7 1/2.

Long Jump: Women: (30-39) 1. Sandra Schumacher 11-10.

Long Jump: Men: (70 & Over) 1. Homer Vangelier 10-0. (60-64) 1. Jim Johnson 12-10, 2. Chas Mercurio 14-8 1/2. (45-49) 1. Dee DeWitt 17-10 1/2, 2. Gerald Tatham 15-4. (40-44) 1. Jerry English 13-0, 2. Michael Lammons 12-9. (30-39) 1. Greg Sano 18-3 1/2.

Discus: Women: (40-49) 1. Christel Miller N.D. (30-39) 1. Janet Fiewell 145-8 1/2, 2. Marsha Cartwright 96-5 1/2, 3. Sandra Schumacher 57-6 1/2.

Discus: Men: (70 & Over) 1. Ross Carter 122-3 1/2, 2. Frank Saylor 73-1, 3. Robert Boothe 71-7. (45-49) 1. Bob Frahm 98-10 1/2, 2. Carl Seglar 94-2 1/2. (30-39) 1. Buck Banks 117-5 1/2, 2. Gary Kelmenson 137-1/2, 3. Steve Jarvis 94-4.

STEEPLECHASE—1. McGuirk (OI), 8:52.83; 2. Kuphaldt (OI), 8:59.59; 3. Kimball (OI), 8:59.98; 4. Junkerman (UCLA), 9:14.18. **400 RELAY—**1. UCLA (Coburn, White, Costanzo, Savage), 40.97; 2. Oregon, 41.31. **MILE RELAY—**1. Oregon (Hurd, Ward, Myers, Cruz), 3:12.72; 2. UCLA, 3:13.67.

HJ—1. Balkin (UCLA), 7-0 1/2; 2. Harper (OI), 7-0 1/2. **PV—**1. Tarpenning (OI), 17-8 1/2; 2. Strull (UCLA), 17-4; 3. Porter (OI), 16-4 1/2; 4. Kibort (UCLA), 15-11. **LJ—**1. Birden (OI), 25-3 1/2 (24-8 1/2 legal); 2. Hurd (25-2 1/2); 3. Bolden (OI), 25-1w (23-11 1/2); 4. Taylor (24-4 1/2 (23-2 1/2)). **TJ—**1. Taylor (UCLA), 50-9 1/2; 2. Hurd (OI), 50-8 1/2; 3. Agu (OI), 50-5w; 4. Washington (UCLA), 50-1 1/2 (49-4 1/2). **SP—**1. Brenner (UCLA), 67-7; 2. Banich (UCLA), 61-1. **DT—**1. Brenner (UCLA), 178-7; 2. Banich (UCLA), 174-10. **HT—**1. Flax (OI), 221-10; 2. Brenner (UCLA), 194-3; 3. Banich (UCLA), 180-11. **JT—**1. Crouser (OI), 249-2; 2. Stormyr (OI), 233-8; 3. Connolly (UCLA), 232-11.

FINAL TEAM SCORES—Oregon 86, UCLA 77.

Attendance—4,368

At UCLA

WOMEN: 100—Peterson (New Las Vegas), 11.81. **200—**Peterson (UNLV), 24.24. **800—**1. Clark (Oregon), 2:06.72; 2. Merrill (Age Group), 2:07.70; 3. Henzel (UNLV), 2:11.62; 4. Threadgill (UCLA), 2:11.62. **5,000—**1. Pratt (CS Northridge), 2:11.73; 6. Peterson (OI), 2:12.83; 7. Stachura (CSN), 2:13.44. **1,500—**1. Merrill (Age Group), 4:16.9; 2. Groenendaal (OI), 4:19.9; 3. Bushnell (OI), 4:27.0; 4. Nelson (OI), 4:27.2; 5. Bresnan (UCLA), 4:30.5; 6. Allard (CSN), 4:32.9; 7. Fischer (UCLA), 4:33.8. **3,000—**1. Keller (Jumil), 9:34.7; 2. Schieder (OI), 9:39.7; 3. Fischer (UCLA), 9:46.4; 4. Johnson (OI), 9:56.9; 5.000—Mannig (CSN), 17:07.5.

100 HURDLES—1. Garnett (OI), 13.89; 2. Fleming (UNLV), 14.05; 3. Alston (UCLA), 14.52; 4. Nicholson (OI), 14.52; 5. Thorland (OI), 14.74. **400 HURDLES—**1. Kellon (UCLA), 59.41; 2. Nicholson (OI), 62.11; 3. Hilsenteger (OI), 62.67. **400 RELAY—**1. New Las Vegas, 46.45; 2. Oregon, 47.91; 3. UCLA, 48.21. **1,600 RELAY—**1. Oregon, 3:47.63; 2. UCLA, 3:50.63. **LJ—**Nicks (UNLV), 19-11. **SP—**Griffin (Athletics West), 64-5. **DT—**1. Griffin (Athletics West), 193-11; 2. Toman (Converse), 162-7; 3. Lujanis (UCLA), 159-5; 2. Morrison (OI), 147-6. **JT—**1. Gatas (OI), 142-2.

FINAL TEAM SCORES—Oregon 93, UCLA 41.

At Stanford Men

MEN—1. Cook (USC), 10:51, 2. Gordon (Washington St.), 10:66; 3. Morales (USC), 10:71. 200—1. Cook (USC), 20:95; 2. Tiaoch (WS), 21:15; 3. Gordon (WS), 21:16. 400 (Race 1)—Tiaoch (WS), 46:20; 2. Durr (WS), 46:87; 3. Howard (California), 46:95. (Race 2)—1. Ivey (USC), 47:54; 2. Kelley (C), 47:95. 800—1. Mountanas (WS), 1:49:43; 2. Young (USC), 1:51:02; 3. Goodman (C), 1:51:40; 4. Fisher (USC), 1:51:98. 1,500—1. Korir (WS), 13:50; 2. Koeh (WS), 14:00; 3. Oleson (S), 14:26. 9. 400 IH—1. Scannella (C), 50:75; 2. Chudkes (SJS), 51:96; 3. Christman (USC), 52:30. (Inv.)—1. R. Casselman (Pacific Coast Club), 50:81; 2. Shumway (unat), 51:12. 3,000 STEEPLECHASE—1. J. Korir (WS), 8:24.7; 2. Tuwei (WS), 8:46.9. 400 RELAY—1. Washington St., 39:97; 2. USC, 40:24. 110 HH—1. Scannella (C), 14:58; 2. Tave (USC), 14:62; 3. Thorson (S), 14:68. HJ—1. Harkin (WS), 7-4½; 2. Caire (USC), 7-2. PV—1. Bohni (San Jose St.), 17-6; 2. Preiman (SJS), 17-0. 3. tie between Klassen (USC) and Lewis (WS), 16-6. LJ—Tave (USC), 25-1¼. TJ—1. Taiwo (WS), 52-11¼; 2. Dodo (WS), 52-7¼; 3. Williams (C), 51-10¼. 4. Tave (USC), 50-1. SP—1. Koutsoukis (WS), 67-3¼; 2. Kraychir (USC), 64-2¼; 3. Doebring (SJS), 62-10¼. DT—1. Kraychir (USC), 192-3; 2. Koutsoukis (WS), 182-1. HT—1. Bysted (SJS), 244-10; 2. Pickering (Stanford), 225-1; 3. Schumacher (SJS), 215-8; 4. Wolitarsky (USC), 209-5; 5. Jonsson (WS), 205-8; 6. Masterson (Stanford), 192-9; 7. Uebel (WS), 192-0. JT—1. Jahasson (WS), 254-7; 2. Elkinton (WS), 236-6. FINAL TEAM SCORES—USC 90, Stanford 62; California 86, San Jose St. 62.

Women

200—Borden (Tennessee), 24:08. 400—Bolton (Puma Energizer), 54:38; 2. Rattray (T), 55:43. 800—1. Romo (California), 2:06:0; 2. Clark (T), 2:06:2; 3. Walton (adidas), 2:06:4; 4. Martin (Stanford), 2:07:9; 5. Rivardi (WS), 2:08:0; 6. Davidson (Tenn), 2:08:7. 3,000—1. Webb (T), 9:04:2; 2. Plumer (S), 9:04:3; 3. Quelch (T), 9:18:5. 5,000—1. Plumer (S), 15:47:3; 2. Wiley (S), 16:01:5. SP—1. Cady (S), 56-6¼; 3. Walsh (T), 49-1½; 3. Dukes (S), 48-7¼; 4. Wallace (T), 47-9¼. DT—1. Cady (S), 194-8; 2. McDonald (T), 176-3; 3. Nickerson (S), 169-9; 4. Kester (C), 166-1; 5. Wallace (T), 161-9; 6. Walsh (T), 160-9; 7. Dukes (S), 169-4.

At Occidental College

MEN: 100—Williams (unattached), 10:74. 110 HH—White (UC Santa Barbara), 14:46. 400 IH—Chappell (unattached), 52:0. PV—Porter (Occidental), 16-4. LJ—Stewart (unattached), 24-5.

FINAL TEAM SCORES—Occidental 96, UC Santa Barbara 63; UCSB 133, CS Los Angeles 10; Occidental 140, CS Los Angeles 15.

WOMEN: 100 METERS—Brown (CS Los Angeles), 11:84; D. Howard (CS Los Angeles), 11:95. 200 D. Howard (CS Los Angeles), 23:97. 400—T. Howard (CS Los Angeles), 56:07. JT—Davis (UC Santa Barbara), 177-4½. HJ—Moore (Occidental), 5-8. FINAL TEAM SCORES—UCSB 73, Occidental 63; UCSB 83, CS Los Angeles 32; Occidental 97, CS Los Angeles 35.

OPEN WOMEN: 100—Marshall (Coast Athletics), 11:69. 800—1. Zaleski (unat), Milikan (HS), 2:06:99; 2. Scherzinger (CA), 2:07:16; 3. Russell (CA), 2:11:3; 4. Fromme (CA), 2:11:8. 1,500—Hester (Converse Aggies), 4:35:11. 100 HH—1. Beck (CA), 14:47; 2. Kern (Socal Cheetahs), 14:66. 400 HH—Jiau (Socal Roadrunners), 60:69. HJ—Montes (Villa Clemente), 5-10. LJ—Boyer (CA), 20-1¼. DT—Kaylor (unat), 170-11.

BC Relays

Bakersfield, April 13 (Fridays Results)

Univ. & Open Results - Men

3000m Steeplechase: 1. Jones, Brooks, 9:05.7, 2. Yost, AIA, 9:17.1, 3. Terriquez, CSLB, 9:30.9.

1600 Relay: 1. Fresno State, 3:10.59, 2. Northridge 3:15.26, 3. Santa Barbara 3:19.47.

400 Relay: 1. Fresno State, 40.64, 2. Northridge 40.72, 3. Irvine 41.01.

1500m: 1. Huff, Cal Aggies, 3:49.08, 2. Fabris, Converse Aggies, 3:49.18, 3. Ausernaught, CSLB, 3:51.61.

10,000m: 1. Martinez, UCI, 29:35.2, 2. Brett, Hancock, 29:35.6, 3. Cubillois, Unat., 30:10.8.

110m HH: 1. Smith, Marines, 13.97, 2. Williamson, FSU, 14.11, 3. White, UCSB, 14.26.

400m: 1. Walker, FSU, 46.96, 2. Johnson, FSU, 47.22, 3. Copeland, CSUN, 47.45.

100m: 1. Miller, S&S, 10.57, 2. Neely, FSU, 10.61, 3. Allen, CSUN, 10.63.

800m: 1. Ruelas, UCI, 1:49.07, 1. Armour, FSU, 1:49.76, 3. Langeston, CSUN, 1:51.53.

400m IH: 1. Lalicker, Unat., 52.34, 2. Parnzee, FSU, 52.70, 3. Redick, CSUN, 53.25.

5000m: 1. Carr, Second Sole, 14:22.73, 2. Jensen, SLO, 14:25.47, 3. Mason, AIA, 14:27.3.

200m: 1. Miller, S&S, 21.23, 2. Fisher, LBAC, 21.52, 3. Jackson, CSUN, 21.55.



GRANT NIEDERHAUS & MICHELLE HOPPER

HJ: 1. Stephens, CSUN, 7-0, 2. Cannon, Unat., 6-8, 3. Hutchinson, FSU, 6-8.

SP: 1. Thomas, CSB, 60-0, 2. Baxter, FSU, 59-6, 3. Far, CSLB, 57-1¼.

LJ: 1. Powell, UCI, 25-2¼, 2. Rust, UCI, 24-11, 3. Williams, FSU, 24-0.

Javelin: 1. Jadwin, Unat., 258-2, 2. Kulak, S&S, 252-3, 3. Barton, Unat., 247-3.

Decathlon: 1. Niederhaus, Puma Energizers, 8,023, 2. Porter, Oxy, 6,907, 3. Hollingshead, Oxy, 6,087.

Hammer: 1. Mileham, FSU, 234-10, 2. Baxter, FSU, 203-4, 3. Fritchman, CSB, 201-10.

Triple Jump: 1. Tyler, AIA, 50-9, 2. Kelly, Unat., 50-5, 3. Powell, UCI, 50-2.

Univ. & Open Results - Women

400 Relay: 1. CS Bakersfield, 47.26, 2. Fresno State, 47.82, 3. UC Santa Barbara, 49.60.

1600m Relay: 1. Fresno State A, 4:00.06, 2. Fresno State B, 4:13.81.

1500m: 1. Goen, Converse West, 4:26.02, 2. Hester, Converse West, 4:36.42, 3. Baisger, UCSB, 4:42.03.

100m Hurdles: 1. Kern, Cheetah, 14.63,

2. Miller, CSB, 14.92, 3. Healy, FSU, 15.32.

400m: 1. Johnson, FSU, 58.41, 2. Winder, FSU, 58.77, 3. Areias, CSLB, 1:01.35.

100m: 1. Gill, CSB, 11.78, 2. McCraw, Cheetah, 11.96, 3. Taylor, UCSB, 12.17.

800m: 1. Emerson, Unat., 2:09.65, 2. Nichols, FSU, 2:16.24, 3. King, OBB, 2:18.31.

400m: 1. Arthur, UCSB, 1:04.22, 2. Wilson, FSU, 1:04.49, 3. Rossi, FSU, 1:06.46.

200m: 1. McCraw, Cheetah, 23.84, 2. Mariano, CSB, 24.81, 3. Taylor, UCSB, 24.90.

Discus: 1. Edmontson, FSU, 134-4, 2. Mosley, FSU, 124-11, 3. Franz, UCSB, 124-9.

Shot Put: 1. Hamilton, CSB, 48-3¼, 2. Brooks, FSU, 41-1¼, 3. Strohmeier, OBB, 40-11.

continued on next page...



SHOT PUT & DISCUS CLINIC

at
Glendale
College
1500 N. Verdugo Rd.
Glendale, CA 91298

Instructor: Art Venegas, Weight Coach, UCLA

Coach Venegas has coached many shot putters over 60' and discus throwers over 190'. Currently Coach Venegas is coaching John Brenner, UCLA, 69-11, 203-4; Brian Muir, UCLA, 67-9, 192-0; John Frazier, UCLA, 62-0; Jim Banich, UCLA, 61-1, 187-11. This clinic is designed for men and women athletes and coaches at the high school and college level. The clinic will consist of training philosophies, demonstrations, participation drills, and film analysis.

SHOT PUT

(Cost: \$50)

Mon., June 25 / 11 am - 6 pm

Tue., June 26 / 11 am - 6 pm

DISCUS

(Cost: \$50)

Thur., June 28 / 11 am - 6 pm

Fri., June 29 / 11 am - 6 pm

Note: Athletes wanting to attend both clinics the cost is \$75 (4 days)

ENTRY DEADLINE

Friday, June 22

For a Registration Form, call or write:

Tom McMurray, Track Coach, Glendale College
1500 N. Verdugo Rd., Glendale, CA 91208
(213) 255-4249

Results

High Jump: 1. Mendonca, FSU, 5-10, 2. Rhodes, FSU, 5-2, 3. Woolf, FSU, 4-10.
Javelin: 1. Davis, UCSB, 160-6, 2. Oberg, CSB, 130-5, 3. Odink, Stanislaus, 123-9.

Junior College - Men
Hammer: 1. Missio, BC, 185-6, 2. Garza, FCC, 154-11, 3. Sweeney, Saddleback, 147-11.

Decathlon: 1. Halliger, Saddleback, 7,075, 2. Fernandez, Long Beach, 6,907, 3. Blockburger, Orange Coast, 6,470.

Junior College - Women
Heptathlon: 1. Jia Tsai, Mt.SAC, 5,458, 2. Young, Mt.SAC, 4,900, 3. Mills, Ventura, 4,767.

UCSB Decathlon-Heptathlon

Santa Barbara, April 14-15.

Top Five Decathletes-Group 1
1. Chris Warner, Unat. 6929
2. Arlen Olson, Pomona-Pitzer 6321PR
3. H.R. McAdams, UofNM 6189
4. Mark O'Conner, Outreach 6077
5. Dan Bonarath, Outreach 6068

Top Eight Decathletes-Group 2
1. Lane Maestretti, Outreach 7891PR
2. Mike Brown, Outreach 7785
3. Tom Harris, All American 7643PR
4. Ed Brown, Outreach 7486
5. John Serrano, Outreach 7375
6. Ed Dumas, Outreach 6860
7. Guillermo Sanchez, Mexico 6672
8. John Harrel, NMTC 6511

Top Two Heptathletes
1. Susan Brownell, Outreach 5372
2. Ann Widenfelt, USC 5372

Triple Dual Meet

Edwards Stadium, Berkeley, April 14.

Women's Track & Field.
Shot Put: 1. Natalie Kaaliawahia, ASU, 51-9½, 2. Cindi Durchslag, Cal, 44-7¼, 3. Allison Eades, Cal, 39-7¼.
5000m: 1. Lynn Nelson, ASU, 16:29, 2. Carol Gleason, CPSLO, 16:31, 3. Amy Avrit, CPSLO, 17:27, 4. Robyn Root, CPSLO, 17:41, 5. Katie Dunsmuir, CPSLO, 18:15.

Javelin: 1. Dodie Campbell, ASU, 158-8, 2. Tracy McCarthy, ASU, 141-0, 3. Sharon Hanson, CPSLO, 134-10.

4X100 Relay: 1. Arizona State 45:20, 2. Cal 46:89, 3. Cal Poly 48:17.

High Jump: 1. Sue McNeal, CPSLO, 6-1½, 2. (tie) Maggie Van Zealand, Cal and Tana Tate, ASU, 5-8.

Long Jump: 1. Anna Vann, ASU, 19-10½, 2. Cece Chandler, CPSLO, 19-3, 3. Rhonda Paine, ASU, 18-7¼.

1500m: 1. Louise Romo, Cal, 4:20:71, 2. Julie Selina, ASU, 4:23:60, 3. Gladees Prieur, CPSLO, 4:25:30, 4. Marilyn Davis, Cal, 4:29:58, 5. Katy Manning, CPSLO, 4:32:19.

100m Hurdles: 1. Cece Chandler, CPSLO, 14.3, 2. Kathy Miller, ASU, 14.5, 3. Allison Eades, Cal, 14.6.

Discus: 1. Natalie Kaaliawahia, ASU, 179-8, 2. Kim Kesler, Cal, 163-4, 3. Cindi Durchslag, Cal, 159-7.

400m: 1. Kim Whites, Cal, 53.73, 2. Jeannie Arnold, Cal, 55.32, 3. Tressie Gibbs, CPSLO, 56.16.

100m: 1. Sharon Ware, ASU, 11.73, 2. Terri Sheppard, ASU, 11.96, 3. Marbella Washington, ASU, 12.36.

300m: 1. Louise Romo, Cal, 2:05:92, 2. Matte Barger, ASU, 2:07:64, 3. Trescia Palmer, Cal, 2:08:73, 4. Jill Ellingson, CPSLO, 2:09:18.

400 Hurdles: 1. Kathy Miller, ASU, 60.96, 2. Allison Eades, Cal, 62.82, 3. Roberta Eccles, Cal, 63.38.

200m: 1. Sharon Ware, ASU, 23.77, 2. Kim White, Cal, 24.11, 3. Terri Sheppard, ASU, 24.12.

3000m: 1. Margaret Spotts, Cal, 9:39.9, 2. Carol Gleason, CPSLO, 9:43.6, 3. Lori Lopez, CPSLO, 9:48.5, 4. Vicki Bray, CPSLO, 9:51.0.

Triple Jump: 1. Cece Chandler, CPSLO, 38-3, 2. Lynette Farnum, CPSLO, 37-6¼, 3. Anna Vann, ASU, 37-1¼.

4X400 Relay: 1. California A 3:45.3, 2. Cal Poly 3:50.3, 3. California B 4:06.0.

TEAM SCORES:
Arizona State 80, Cal 65.
Arizona State 75, Cal Poly 69.
Cal 90, Cal Poly 55.

Sacramento Women's Invit.

from Jerry Colman

Cal State Sacto, April 14.

Results
10,000m: 1. Mary Dore, Arizona, 38:16, 2. Sharon Powers, Humboldt, 38:23, 3. Myra Schiphorst, Humboldt, 38:45.

100m Hurdles: 1. Rolanne Byrd, Hayward, 13.8, 2. Ruth Whitehead, S.F., 14.3, 3. Kelli Barbar, CSUS, 14.4.

100m: 1. Donna Caarley, Puma, 11.5, 2. Lisa Winston, Arizona, 11.9, 3. Rolanne Byrd, Hayward, 11.9.

5000m: 1. Kathy Prentice, CSUS, 18:02, 2. Nancy Reese, UCD, 18:53, 3. Mary Beth Duffy, Sonoma, 18:57.

4X100 Relay: 1. Hayward 46.9, 2. Chico 49.6, 3. UCD 51.0.

1500m: 1. Diana Figliomeni, CSUS, 4:24, 2. Chris Manning, Hayward, 4:27, 3. Heidi Gerum, Arizona, 4:30, 4. Ingrid Hemenway, GSFTC, 4:32.

Javelin: 1. Cathy Sulinski, MLTC, 180-8, 2. Martha Hart, Arizona, 158-1, 3. Sherri Schoenborn, Idaho, 154-3, 4. Jeanine Miller, CSUS, 147-4, 5. Kristin Engle, Nike, 147-0.

Long Jump: 1. Karen Elmore, MLTC, 18-8½, 2. Arnlia Bradley, Hayward, 17-8, 3. Robin Woods, Hayward, 16-9¼.

400m: 1. Delphina Banks, Hayward, 54.3, 2. Bobbie Gilmore, CCF, 54.8, 3. Frieda Cobbs, Unat, 54.8.

800m: 1. Ticksa Simon, Hayward, 2:15, 2. Paige Tully, UCD, 2:16, 3. Lisa Lantberger, UCD, 2:17.

400m Low Hurdles: 1. Kathy Lane, Blazer TC, 59.7, 2. Kathy Halpin, Hayward, 1:02.2, 3. Deann Malvino, Sonoma, 1:03.2.

High Jump: 1. Camille Harding, Arizona, 5-8, 2. Miloe McCall, Hayward, 5-8, 3. Michael Miller, Chico, 5-7¼.

200m: 1. Ruth Walthera, Arizona, 23.9, 2. Donna Carley, Puma, 24.0, 3. Nedra Rodger, Arizona, 24.3, 4. Frieda Cobbs, Unat, 24.3, 5. Lisa Winston, Arizona, 24.8.

Discus: 1. Gayle Zaphiropoulos, Wt.City, 174-3, 2. Diane Oswalt, Hayward, 168-2, 3. Wendy Robinson, Unat, 167-11, 4. Becky Levi, Arizona, 162-0, 5. Esther Hillman, Arizona, 144-4.

4X400 Relay: 1. Hayward 'A' 3:47.3, 2. Arizona 3:47.3, 3. Chico 4:01.1.

3000m: 1. Monika Zieschang, Hayward, 9:54.2, 2. Linda Broderick, GSFTC, 9:57.6, 3. Jill Perry, UCD, 9:58.7.

Triple Jump: 1. Carole Jones, Arizona, 37-9½, 2. Kathy Mummy, CSUS, 35-7¼, 3. Dana Wilson, UCD, 34-4¼.

Shot Put: 1. Lorraine Costanzo, Arizona, 46-7, 2. Esther Hillman, Arizona, 46-2, 3. Linda Mitchell, CSUS, 45-0, 4. Diane Oswalt, Hayward, 44-5.

Misc. Meets

April 14.

OPEN

At CS Los Angeles

Men

100 METERS: (RACE 1)—Evans (Stars & Stripes), 10.41 (wind 0.25 m.p.s. aiding). (RACE 2)—Wilson (Muzik), 10.50 (wind 4.6 m.p.s. aiding) 200. (RACE 1)—1. Evans (Stars & Stripes), 20.68; 2. Edwards (Muzik), 20.93; 3. Williams (Puma Energizer), 21.09. (RACE 2)—Tabron (Michigan St.), 21.04, 400. (RACE 1)—1. Egbunike (Azusa Pacific), 46.06; 2. Tabron (Michigan State), 46.39; 3. Robinson (Puma Energizer), 46.44, 110 HH—1. Russell (Stars &

Stripes), 3:53.76; 2. Lenstromm (Stars & Stripes), 13.92, 400 HH—1. Hargrove (DOTC), 51.22; 2. Lenstromm (Stars & Stripes), 51.49, 400 RELAY—Stars & Stripes Jones, B. Jackson, D. Jackson, Holmes, 39.90.

Women

100 METERS: 1. Jackson (Atoms), 11.29 (wind 8.5 m.p.s. aiding); 2. Hopkins (Puma Energizer), 11.37; 3. Dixon (Atoms), 11.50; 4. Gill (unattached), 11.59; 5. Brown (CS Los Angeles), 11.72, 6. Gabriel (Prairie View A&M), 11.74, 200—1. Vereen (Trenton (NJ), HS), 22.75 (wind 2.5 m.p.s. aiding); 2. Jackson (Atoms), 22.79; 3. Smith (unat), 23.21; 4. Hopkins (Puma Energizer), 23.58; 5. Booths (Puma Energizer), 23.88; 6. Griffith (Puma Energizer), 24.17, 400—1. Cheesborough (Athletics West), 51.45; 2. D. Howard (CSLA), 51.66; 3. She. Howard (CSLA), 53.17, 800—1. Merrill (AGAA), 2:07.37; 2. Monday (Puma Energizer), 2:08.56, 3,000—Schubert (Stanford), 9:36.0, 100 HURDLES: Booths (Puma Energizer), 13.52 (wind m.p.s., 10.0 aiding); 2. Smith (unat), 13.66; 3. Weekly (Atoms TC), 14.00, 400 HURDLES—1. Brown (Atoms), 56.99; 2. Farmer (CSLA), 57.52; 3. Maxie (unat), 58.35; 4. Edwinston (Miller Lite), 59.06; 5. Williams-Cozetto (Idaho), 59.06.

At Santa Monica College

Women

100 METERS: Ashord (Puma Energizer), 11.16 (wind 0.32 m.p.s. aiding). 200—Ashford (Puma Energizer), 22.75 (wind 1.93 m.p.s. aiding). 800—Hopper (Puma Energizer), 2:08.60, 1,500—Hopper (Puma Energizer), 4:17.4; Ralston (Puma Energizer), 4:26.7, 100 HH—Harmon (Puma Energizer), 14.40; Russell (Coast Athletics), 14.81, HJ—Bell (Coast Athletics), Montez (Villaclaymonte), 5-8, LJ—Crabtree (Coast Athletics), 19-6¼, SP—Griffin (Athletics West), 58-8; Dasse (Coast Athletics), 52-7, JT—Olivera (Coast Athletics), 147-9, DT—Griffin (Athletics West), 208-0, Kaylor (unat), 171-0, Toman (Converse), 165-7; Lutien (UCLA), 158-5.

At UCLA

Men

100—1. Milner (SDS), 10.44w (4.3 m.p.s.); 2. White (UCLA), 10.66; 3. Thigpen (SDS), 10.74; 4. Savage (UCLA), 10.81.



DAVE LAUT (left) and JOHN BRENNER

200—1. Milner (SDS), 21.18; 2. White (UCLA), 21.43; 3. Thigpen (SDS), 21.49, 4. Savage (UCLA), 21.70, 400—1. Atterberry (SDS), 46.9; 2. Carls (UCLA), 47.5, 800—1. Prejers (UCLA), 1:49.32; 2. Roberts (UCLA), 1:59.57; 3. Garrett (SDS), 1:49.59, 1,500—1. Butler (UCLA), 3:49.52; 2. Brownberger (UCLA), 3:49.96; 3. Greer (SDS), 3:50.41, 5,000—1. Butler (UCLA), 14:25.60; 2. Marsh (UCLA), 14:27.9; 3. Parkinson (UCLA), 14:27.9; 4. Woodland (SDS), 14:33.8; 5. Vega (SDS), 14:39.9; 6. Ayyad (UCLA), 14:39.2, 110 HH—1. Kerho

(UCLA), 13.85w (4.1 m.p.s.); 2. Cooper (SDS), 14.21; 3. Shanks (SDS), 14.75; 4. Gold (UCLA), 14.83, 400 HH—1. Cooper (SDS), 61.18; 2. Shanks (SDS), 62.98, 3,000 STEEPCHASE—1. Junkerman (UCLA), 9:14.25; 2. Lane (SDS), 9:14.99, 400 RELAY—1. San Diego St. (Miner, Atterberry, Shanks, Thigpen), 40.49; 2. UCLA (Coburn, White, Kerho, Savage), 40.89, 1,600 RELAY—1. San Diego St. (Stockdale, Garrett, Cooper, Atterberry), 3:12.69; 2. UCLA (Connolly, Phillips, Prejers, Roberts), 3:14.86.

HJ—1. Balkin (UCLA), 7-2; 2. Haines (UCLA), 7-2; 3. Del Davis (unat), 7-2, PV—1. Kenworthy (unat), 17-6½; 2. Curran (unat), 16-10; 3. Mulligan (unat), 16-10; 4. Kibort (UCLA), 16-5; 5. Cavanagh (unat), 16-5; 6. Black (unat), 16-5; 7. Stull (UCLA), 16-0; 8. Brown (unat), 16-0, Wenman (unat), 15-6; LJ—Taylor (UCLA), 24-1, TJ—Taylor (UCLA), 51-2, SP—1. Brenner (UCLA), 69-10¼; 2. Laut (Athletics West), 68-2; 3. Frazier (unat), 61-3¼; 4. Banich (UCLA), 59-7¼; 5. Spillers (SDS), 57-6; 6. Cremen (SDS), 55-10¼, DT—1. Gordien (unat), 203-9; 2. Binley (unat), 199-8; 3. Brenner (UCLA), 189-0; 4. Kovar (unat), 189-0; 5. Banich (UCLA), 183-8, HT—1. Thiss (SDS), 191-11, JT—1. Anderson (unat), 271-3; 2. Ellenbrink (unat), 268-0; 3. Ewaliko (unat), 261-7; 4. Bender (unat), 242-1; 5. Connolly (UCLA), 239-10.

FINAL TEAM SCORES—UCLA 99, San Diego St. 63.

FSU Decathlon & Heptathlon

April 17-18, Fresno State University.

FSU decathlon

100 meters — Terry, 10.9, 828 points; Budwig, 11.0, 804; Roberts, 11.1, 780; Mansur, 11.2, 756; Worden, 11.2, 756; Maher, 11.3, 733; Qualle, 11.3, 733; Stuck, 11.4, 710; Wotawa, 11.6, 655; Peterson, 11.7, 643; Cash, 11.8, 622.

Long jump — Budwig, 23-1¼, 828; Mansur, 22-5¼, 787; Worden, 22-3¼, 776; Terry, 22-1, 763; Wotawa, 21-11½, 755; Qualle, 21-4½, 717; Peterson, 20-2½, 640; Cash, 20-1¼, 635; Maher, 19-5½, 588; Roberts, no mark, withdrew.

Shot put — Mansur, 46-11½, 747; Terry, 43-2½, 676; Peterson, 41-5¼, 641; Maher, 40-11½, 631; Qualle, 40-0¼, 613; Stuck, 37-8½, 565; Budwig, 36-8½, 545; Wotawa, 35-2½, 513; Worden, 34-1½, 490; Cash, 28-1, 350.

High jump — Mansur, 6-7, 865; Budwig, 6-3½, 788; Qualle, 6-3½, 788; Worden, 6-3½, 788; Wotawa, 6-2¼, 760; Peterson, 6-1¼, 734; Terry, 6-1¼, 734; Maher, 6-0, 707; Cash, 5-9¼, 652; Stuck, 5-8½, 625.

400 meters — Budwig, 50.4, 788; Qualle, 50.5, 783; Mansur, 50.6, 779; Stuck, 51.3, 749; Gash, 51.9, 723; Maher, 52.5, 698; Wotawa, 52.7, 691; Peterson, 54.3, 629; Worden, 55.1, 599; Terry, withdrew.

First-day scores — Mansur, FSU; 3,934; Budwig, FSU, 3,753; Qualle, Nevada-Reno, 3,634; Worden, Long Beach State, 3,409; Wotawa, Northridge State, 3,384; Maher, unattached, 3,357; Peterson, unattached, 3,287; Stuck, Northridge State, 3,277; Gash, unattached, 2,982; Roberts, Northridge State, withdrew; Terry, All-American Track Club, withdrew.

FSU heptathlon

100LH — Hagger, 13.6, 918 points; Healy, 15.5, 695; Lawanson, 16.4, 608; Adams, 18.7, 425; Woolf, 19.1, 398.

High jump — Hagger, 6-0, 1,059; Woolf, 5-1¼, 791; Lawanson, 5-0¼, 759; Healy, 4-9¼, 693; Adams, 4-3¼, 488.

Shot put — Lawanson, 39-5, 720; Hagger, 37-5¼, 682; Woolf, 34-9, 624; Healy, 32-8½, 587; Adams, 22-8, 303.

200 meters — Hagger, 25.2, 829; Lawanson, 25.9, 770; Healy, 26.8, 699; Woolf, 29.4, 519; Adams, 32.7, 333.

First-day scores — Hagger, 3,488; Lawanson, 2,857; Healy, 2,674; Woolf, 2,337; Adams, 1,609.

FSU decathlon

110 high hurdles — Budwig, 14.8, 870 points; Mansur, 15.2, 827; Qualle, 15.6, 787; Wotawa, 15.7, 777; Worden, 16.1, 739; Gash, 16.6, 694; Peterson, 16.7, 685; Maher, 16.8, 676; Stuck, 18.4, 554.

Discus — Mansur, 147.2, 779; Peterson, 136.3, 716; Qualle, 115.1, 588; Budwig, 113.1, 573; Maher, 109.2, 547; Wotawa, 108.4, 541; Worden, 106.0, 526; Stuck, 105.11, 525; Gash, 99.9, 483.

Pole vault — Qualle, 15.5, 981; Worden, 15.5, 981; Gash, 14.14, 884; Mansur, 14.14, 884; Budwig, 12.94, 780; Wotawa, 12.54, 754; Maher, 12.14, 728; Peterson, 11.54, 672; Stuck, no height, withdrew.

Javelin — Qualle, 289.2, 807; Mansur, 280.2, 774; Peterson, 190.1, 736; Worden, 177.2, 686; Wotawa, 170.5, 659; Maher, 159.10, 616; Budwig, 153.2, 588; Gash, 130.6, 485.

1,500 meters — Maher, 4:21.9, 646; Qualle, 4:22.2, 644; Wotawa, 4:35.0, 556; Mansur, 4:37.7, 539; Peterson, 4:55.4, 423; Worden, 5:12.5, 343; Gash, withdrew.

Second-day scores — Qualle, 3,808; Mansur, 3,803; Wotawa, 3,287; Gash, 3,275; Maher, 3,213; Budwig, 3,206.

Final scores — Mansur, FSU, 7,732; Qualle, Nevada-Reno, 7,442; Budwig, FSU, 6,959; Worden, Long Beach State, 6,684; Wotawa, Northridge State, 6,671; Maher, unattached, 6,570; Peterson, Brigham Young, 6,529; Roberts, U.S. Marines, unattached; Terry, All-American TC, withdrew; Stuck, Northridge State, withdrew; Gash, unattached, withdrew.

FSU Heptathlon

Long jump — Hagger, 20-6/4, 960; Healy, 17-3/4, 738; Lawanson, 16-9/4, 703; Woolf, 15-3/4, 596; Adams, 12-5/4, 388.

Javelin — Hagger, 117-3, 698; Healy, 116-2, 692; Lawanson, 114-8, 685; Woolf, 87-10, 539; Adams, 60-7, 366.

800 meters — Hagger, 2:25.5, 723; Healy, 2:37.4, 595; Lawanson, 2:45.7, 510; Woolf, 2:56.8, 422; Adams, 3:22.4, 244.

Second-day scores — Hagger, 2,381; Healy, 2,025; Lawanson, 1,904; Woolf, 1,557; Adams, 998.

Final scores — Hagger, England, 5,869; Lawanson, FSU, 4,761; Healy, FSU, 4,699; Woolf, FSU, 3,844; Adams, Selma Bear TC, 2,607.

Men's 400m IH: 1. Andre Phillips, Unat., 50.88, 2. Andre Hargrove, Unat., 51.08, 3. Terry Chappelle, Cal St. LA, 51.81.

Women's 400m IH: 1. Michella Taylor, Unat.HS, 59.69, 2. Robin Marks, Calgary Spartans TC, 59.90.

Women's 1500m: 1. Sylvia Mosqueda, Unat.HS, 4:41.54.

Men's 1500m: 1. Ron Bahara, Santa Monica TC, 3:47.30, 2. Phil Amarmijo, U.New Mexico, 3:47.38, 3. G. Keith, U.New Mexico, 3:48.71, 4. Zeke Rodriguez, Unat., 3:51.78, 5. Bryan L. Kelcher, NTC, 3:52.43, 6. Cleves (no affiliation) 3:52.44.

Women's 4X100m Relay: 1. World Class



photo by Bill Leung, Jr.

VALERIE BRISCOE-HOOKS

TC (Alice Brown, Florence Griffith, Valerie Briscoe, Jeanette Bolden), 43.84.

Men's 4X100m Relay: 1. U. New Mexico (Nayabaye, Rudd, Trujillo, Ford), 41.37, 2. Holmes Int'l TC (Angelo Booker, Eric Williams, McKinney, Gregg Holmes), 41.61.

Women's 400m: 1. June Griffith, Puma & Energizer TC, 53.84, 2. Gervaise McCraw, SCC, 54.14, 3. Lisa Hopkins, Puma & Energizer TC, 55.09.

Men's 400m: 1. Andre Phillips, World Class TC, 45.95, 2. Brad McDonald, Unat., 46.85, 3. Bernie Hollis, Santa Monica TC, 46.73.

Men's Discus: 1. Christian Okoye, Azusa Pacific, 197.4, 2. Ed Kohler, All American TC, 173.3, 3. Jon Sterner, Pomona-Pitzer, 169.1, 4. Rick Luiten, USC, 162.1.

Women's 100m: 1. Valerie Briscoe-Hooks, World Class TC, 11.24w, 2. Sherri Howard, CSLA, 11.44w, 3. Jennifer Inniss, CSLA TC/Guyana, 11.47w.

Men's 100m (Race 1): 1. Scott Sanders, Maccabi TC, 10.60w, 2. Gregg Holmes, S&S TC, 10.65w, 3. Donnie Harris, Azusa Pacific, 10.82w, 4. Eugene Driver, All American TC, 10.83w.

Men's 100m (Race 2): 1. Tony Banks, World Class TC, 10.62w, 2. Joe Sial Sial, Maccabi TC, 10.62w, 3. Eric Daniels, Calgary Spartans TC, 10.85w.

Men's 100m (Race 3): 1. D. Rudd, U.New Mexico, 10.45w.

Men's 100m (Race 4): 1. (tie) Dwayne Taggart, Unat., and Kevin Brumfield, Unat. 10.58w, 3. Ithem Blackman, Azusa Pacific, 10.86w.

Women's 400m: 1. Sandra Farmer, CSLA, 54.86, 2. Yolanda Rich, Inglewood Panthers TC, 56.52.

Women's High Jump: 1. Amalia Montez, Mexico, 5-6.

Women's 800m: 1. Rose Monday, Puma & EnerTC, 2:08.64, 2. Jan Merrill, AGAA, 2:09.27.

Pole Vault: 1. Jon Switzer, Unat., 16-0. Men's 800m (Race 1): 1. Charles Taliaferro, SMTTC, 1:48.72, 2. George Shackleford, SMTTC, 1:50.84, 3. Richard Taylor, SMTTC, 1:52.08, 4. Phil Armijo, U.New Mexico, 1:52.34, 5. R. Martinez, U.New Mexico, 1:52.68, 6. L. Jackson, U.New Mexico, 1:52.79.

Men's 800m (Race 3): 1. Don Young, USC, 1:51.05, 2. Brent Hamblin, Unat., 1:52.43.

Women's 100m Hurdles: 1. Jackie Joyner, World Class TC, 13.77.

Men's 4X200m Relay: 1. Maccabi Union TC 1:28.93.

Men's 110m HH: (Race 1): 1. Angelo Booker, Puma & EnerTC, 14.00, 2. Richard Easter, All American TC, 14.70, 3. Phil Webb, Azusa Pacific, 14.79.

Men's 110m HH: (Race 2): 1. E. Ford, U.New Mexico, 14.7.

Women's 200m: (Race 1): 1. Sherri Howard, CSLA, 22.97, 2. Zaida Johnson, SCC, 23.29, 3. Yolanda Rich-Demus, Inglewood Panthers TC, 24.53, 4. Tammy Stikes, Unat.HS, 24.58.

Women's 200m (Race 2): 1. Diane Pullins, Unat., 24.33.

Men's 200m (Race 1): 1. Mike Turner, Puma & EnerTC, 21.04w, 2. Angelo Booker, Puma & EnerTC, 21.13w, 3. Scott Sanders, Maccabi TC, 21.33w, 4. Gregg Holmes, S&S TC, 21.46w, 5. Walter Murray, All American TC, 21.75w.

Men's 200m (Race 2): 1. Andre Phillips, World Class TC, 21.09, 2. Tony Banks, World Class TC, 21.45, 3. Carl McCullough, Unat., 21.45, 4. Fred Page, Unat., 21.95, 5. Sergei Thomas, U.Col. orado, 21.98.

Men's 200m (Race 3): 1. Eugene Driver, All American TC, 21.41.

Women's 300m: 1. Sylvia Mosqueda, Unat.HS, 10:18.0, 2. Jill Harrington, Unat., 10:45.8.

Men's Triple Jump: 1. Robert Cannon, Coast Athletics, 53-2 1/4, 2. Byron Gray, Unat., 51-0 1/4, 3. Lavell Davenport, Unat., 49-2 1/4, 4. Michael Pullins, Unat., 49-1 1/4.

Women's 4X400m Relay: 1. World Class TC (Valerie Briscoe, Tayna Brown, LaShon Nedd, Jackie Joyner), 3:37.8.

Men's 4X400m Relay: 1. Inland Area TC (Bobby Deary, Andre Hargrove, Gregg Holmes, Eric Williams), 3:12.5.

Men's High Jump: 1. Doug Nordquist, Tiger Int'l TC, 7-4 1/4, 2. Jerry Saunders, Maccabi TC, Reynaldo Brown, All American TC, John Valentine, All American TC, and Mel Baker, Unat., 7-2, 6. Deon Young, Unat., 7-0.

Jenner Classic

April 21, San Jose City College.

College and Open Women's Results

100m Hurdles: 1. Cece Chandler, CPSLO, 13.77, 2. Rojanne Byrd, CS Hayward, 13.96, 3. Helga Halldsmolstir, Iceland, 14.08, 4. Cindy Griemer, Athletics West, 14.10, 5. C. Hawthorne, Golden Bear Tech, 14.4.

Javelin: 1. Tuula Laaksako, Finland, 197-2, 2. Sheila Carpenter, AIA, 145-4, 3. Jenny Pace, Unat., 143-0, 4. Coralisa Howard, Army Unat., 134-6, 5. Tammy Hertenstein, Chico St., 121-1.

Shot Put: 1. Claudia Losch, W.Germany, 66-7 1/4, 2. Peggy Pollock, Coast Athletic, 54-1 1/4, 3. Vera Schmidt, W.Germany, 54-5 1/4, 4. Sharon Hamilton, Road Runner, 53-10.

400m Relay: 1. CS Hayward, 46.3, 2. CS Bakersfield, 47.1, 3. Cal, DNF.

J.C. Women's 100m: 1. Vivian Riley, San Jose CC, 12.10, 2. Eveline Johnson, Sacramento CC, 12.50, 3. Charrise Jeremiah, San Joaquin Delta, 12.57, 4. Julie Johnson, DeAnza, 12.69, 5. Mary Beth Henke, Foothill, 12.73.

100m: 1. Androllete Gill, CS Bakersfield, 11.68, 2. Marecia Mariano, CS Bakersfield, 12.10, 3. Oddny Armadotir, Iceland, 12.16, 4. Wanda Smith, Cal, 12.20, 5. Brinda Bertillon, Cal, 12.40.

Long Jump: 1. Pat Johnson, Unat., 21-4, 2. Kim Hagger, England, 20-8 1/2, 3. Janet Yarbrough, Team Hind, 20-3 1/2, 4. Jewel Lovelady, Road Runner, 19-8 1/4, 5. Cindy Griemer, Ath.West, 19-6 1/2.

800m: 1. Arliese Emerson, Nike, 2:06.97, 2. Trescia Palmer, Cal, 2:09.95, 3. Chris Manning, CS Hayward, 2:11.07, 4. Marilyn Davis, Cal, 2:13.58, 5. Nissy Moore, Cal, 2:14.00.

High Jump: 1. Phillis Blunston, Club Adidas, 6-0 1/4, 2. Sue McNeal, CPSLO, 6-0 1/4, 3. Cindy Greimer, Ath.West, 5-10, 4. Tonya Mendonca, FSU, 5-10, 5. Michal Miller, Chico St., 5-6.

Discus: 1. Ingra Manecke, W.Germany, 205-3, 2. Ulla Lundholm, Finland, 205-8, 3. Claudia Losch, W.Germany, 177-7, 4. Kim Kesler, UC Berkeley, 160-6, 5. Linda Toman, Covaggies, 157-6.

400m Hurdles: 1. Helga Halldsmolstir, Iceland, 60.74, 2. Stella Edmonson, Millbrae Lions, 61.65, 3. Allison Gades, Cal, 63.47, 4. Roberta Eccles, Cal, 63.70, 5. Deanne Malvino, Sonoma St., 64.3.

400m: 1. Delphina Banks, CS Hayward, 53.73, 2. Robin Campbell, Puma Energ., 54.46, 3. Aileen VanWarmerdam, Team Hind, 54.84, 4. Bobby Gilmore, Cap.City Flyers, 55.08, 5. Connie Colbert, Golden Bear TC, 55.6.

3000m: 1. Renee Wycoff, FSU, 9:36.7, 2. Amy Avritt, CPSLO, 9:42.3, 3. Kathy Kowdla, CS Hayward, 9:50.7, 4. Ingrid Hemenway, GSTC, 9:51.3, 5. Kerry Martinson, Cal, 10:04.8.

1 Mile Relay: 1. Cal State Hayward, 3:46.61, 2. Cal Poly SLO, 3:53.44.

Open Invitational Men's Results

Hammer: 1. Klaus Ploghaus, W.Germany, 259-4, 2. Juha Taininen, Finland, 258-10, 3. Jorge Schafer, W.Germany, 248-9, 4. Ed Burke, Accusplit, 240-10, 5. Christoph Sahner, W.Germany, 239-11.

J.C. 400m: 1. James Cooper, San Jose, 47.46, 2. Dave Chesarek, West Valley, 47.59, 3. Jeff Thorbs, San Jose, 47.62, 4. Ed Frazier, Taft, 47.63.

Long Jump: 1. Mike McRae, Bay Area Striders, 27-1 1/4, 2. Tim Pinnick, US Army, 25-2 1/4, 3. Kriston Hardson, Unat., 24-4, 4. Jeff McGraw, Unat., 23-11.

400m Relay (Race 1): 1. San Jose CC, 41.99 (Race 2): 1. USC Alums, 39.73, 2. USC, 39.88, 3. SMU, 40.26, 4. CS Northridge, 40.97.

110m High Hurdles (Race 1): 1. Mark Wilson, San Jose St., 14.28, 2. Connely, Maccabi, 14.37, 3. George Corty, Unat., 14.56 (Race 2): 1. Sam Turner, Adidas, 13.38, 2. Henry Andrade, SMU, 13.59, 3. Arto Bryggare, Finland, 13.63, 4. Larry Cowling, Accusplit, 13.76, 5. DeDe Cooper, New Balance TC, 13.85, 6. Frank Williamson, FSU, 14.34.

J.C. Mile: 1. Larry Gulnee, Foothill, 4:11.1, 2. Gary Lewis, San Jose, 4:11.6, 3. Pete Rosser, Foothill, 4:15.5, 4. Orlando Biggs, West Valley, 4:18.3.

5000m: 1. Gerardo Alcalá, Mexico, 13:49.8, 2. Francisco Pacheco, Mexico, 13:54.7, 3. Roberto Lopez, Mexico, 14:11.7, 4. Mark Conover, Puma, 14:12.9, 5. Armando Siqueiros, Unat., 14:15.1.

Hammer: 1. Mikko Valimaki, BYU, 220-2, 2. Greg Gassner, Unat., 218-8, 3. Fred Schumacher, SJ St., 213-3, 4. Jan DeSoto, Weight City, 211-3, 5. Steve Rohovit, Converse, 206-7.

400m Relay: 1. Cal Poly SLO, 41.4. 100m (Race 1): 1. Eric Decatur, San Jose St., 10.68 (Race 2): 1. Darwin Cook, USC, 10.19, 2. Luis Morales, USC, 10.30, 3. Steve Williams, Unat., 10.40, 4. Don Quar-

continued on next page...

Cal State Los Angeles Invit.

Los Angeles, April 21. Non-Scoring.

Women's Long Jump: 1. Jennifer Inniss, CSLA TC/Guyana, 22-1 1/2.

Women's Shot Put: 1. Jackie Joyner, World Class TC, 43-1 1/4, 2. Molly Koffman, CSLA TC, 41-9 1/4.

Men's Javelin: 1. Hank Langee, All-American TC, 213-5, 2. Fred Carpenter, AIA, 202-0.

Women's Javelin: 1. Jackie Joyner, World Class TC, 129-10.

Men's Shot Put: 1. Gary Willikey, Maccabi TC, 61-5 1/4, 2. Paul Deniston, U.Col. orado, 56-0 1/2.

Women's Discus: 1. Marnie Temple, Calgary Spartans TC, 114-0 1/2.

Men's Long Jump: 1. Sidney Mitchell, Pasadena Int'l TC, 25-2, 2. D. Rudd, U.New Mexico, 24-7 1/2, 3. Fidel Nydabagye, U.New Mexico, 24-3 1/2.

Men's 5000: 1. Mick Bannister, U.Col. orado, 14:12.75, 2. Fred Beardsley, Unat., 14:16.25, 3. M. Steward, U.New Mexico, 14:37.01, 4. Mark LaBonte, Unat., 14:38.47, 5. Carey Simons, Santa Monica TC, 14:40.99, 6. Jan Hagelbrand, Sweden, 14:42.04, 7. Bob Macias, Santa Monica TC, 14:42.2.

Results

rie, SC Striders, 10.41, 5. Brady Crain, N.T. Pioneers, 10.42, 6. Lamont King, Unat., 10.43.

400m: 1. Kaseef Hassen, Accusplit, 45.72, 2. Bill Green, Unat., 45.88, 3. Chris Whitlock, Accusplit, 46.37, 4. Rod Jones, SMU, 46.52, 5. Bart Williams, S&S TC, 46.55, 6. Howard Henly, Accusplit, 46.56.

Shot Put: 1. Gregg Taffralis, Weight City, 66-4, 2. Mike Smith, S&S TC, 66-3 1/4, 3. Rob Suefflohn, Weight City, 65-1/4, 4. Jim Doebring, San Jose St., 63-3 1/2, 5. Aulis Akonniemi, Finland, 62-10, 6. Cam Baxter, FSU, 59-11 1/4.

800m: 1. Lloyd Johnson, Intercity AC, 1:49.72, 2. Ken Washington, US Army, 1:50.90, 3. Dale Glem, Converse Aggie RC, 1:51.08, 4. Victor Ivanos, Mexico, 1:51.9, 5. Rod Lewis, CS Hayward, 1:52.1.

400m IH (Race 1): 1. Herold Spells, SMU, 52.1, 2. Chris Chrisman, USC, 52.6, 3. James Knowles, USC, 52.7, 4. Andrew Fields, Cap City Flyers, 52.8. (Race 2): 1. Vernie Holloway, Tiger, 50.22, 2. Ray Smith, Converse Aggie TC, 51.23, 3. Charles Campbell, SMU, 51.54, 4. Frank Williamson, FSU, 52.50, 5. Ron Sanez, 52.5.

1 Mile Run: 1. Alberto Guimaraes, Brazil, 4:01.8, 2. Ray Wickseil, Sub-4, 4:02.5, 3. Hector Perez, CPSLO, 4:03.7, 4. Bryan Russell, S&S TC, 4:03.9, 5. John Sup, Ryans Sports Shop, 4:04.0.

200m: 1. Sam Turner, Unat., 20.52, 2. Brady Crain, NY Pioneers, 20.77, 3. Darwin Cook, USC, 20.78, 4. Luis Morales, USC, 20.78, 5. Williams, Unat., 20.82, 6. Lamont King, Unat., 20.78.

Javelin: 1. Shawn Denton, CSU Northern, 261-10, 2. Jorma Markus, Finland, 259-3, 3. Mickey Cutler, Weight City, 248-0, 4. Tom Jadwin, Tiger Intl, 244-2, 5. Dave Stephens, CS Northern, 243-10, 6. Bruce Kennedy, Unat., 241-9.

Pole Vault: 1. Dave Volz, SC Striders, 17-8 1/4, 2. Greg Duplantis, LSU, 17-4 1/4, 3. Ralph Preiman, San Jose St., 16-10 1/4, 4. Doug Bockmiller, Nike, 16-10 1/4.

200m: 1. Mike Dexter, All American, 20.97, 2. Eric Josephson, CPSLO, 21.34, 3. Sherman Jones, San Jose St., 21.63, 4. Jon Ventress, Sonoma State, 21.5, 5. Chris Duncan, San Jose State, 21.6.

Triple Jump: 1. Doug Garner, South Bay TC, 53-5 1/2, 2. Greg Caldwell, Unat., 53-1 1/2, 3. Ray Kimble, Adidas, 52-10 1/4, 4. Larry Weldon, San Jose St., 50-11 1/2, 5. Allen Henry, CSU Bakersfield, 50-7 1/4, 6. Demetri Piterman, Golden Bear, 50-6 1/4.

High Jump: 1. Tim Moran, CSU Hayward, 7-1 1/4, 2. Mill Goode, New Balance, 7-1 1/4, 3. George Milton, US Army, 7-1 1/4, 4. Anthony Caire, USC, 6-11 1/4, 5. Joe Radan, S&S TC, 6-11 1/4.

J.C. Mile Relay: 1. San Jose, 3:12.59, 2. Taft, 3:15.16, 3. Foothill, 3:18.94, 4. West Valley, 3:19.6.

Mile Relay: 1. US Army, 3:14.24, 2. San Jose State, 3:14.70, 3. Cal State Northridge, 3:15.59, 4. South Bay TC, 3:16.74, 5. Cal State Hayward, 3:17.2.

Discus: 1. Paul Bender, Fresno State TC, 196-1, 2. Greg McSeveny, S&S TC, 189-5, 3. Rick Meyers, CSU North, 179-9, 4. Curt Thomas, CSU Bakers, 179-2, 5. Bruce Navarre, Unat., 175-11.

Ed Adams' Invit.

Salinas, April 21.
State Small College Championships.

Men's Results

10,000m: 1. Don Yerwin, SC, 32:20, 2. Jose Alsapuro, CAB, 32:33, 3. Fred Castillo, COS, 32:50.

3000m Steeplechase: 1. Peter Brett, HCC, 9:09, 2. Stephen Barlow, HCC, 9:26, 3. Tom Davies, BC, 9:28.

400m Relay: 1. Skyline, SKY, 41.48, 2. Merced, MC, 42.52, 3. Moorpark, MPCC, 42.60.

1500m Run: 1. Dave Vanatta, SIE, 3:55.9, 2. Christian Emmons, HCC, 3:56.2, 3. Chris Bowe, MPC, 3:59.1.

800m Run: 1. Tom Nann, COM, 1:53.2, 2. Paul Fuess, MPCC, 1:53.6, 3. Jay Hall, SC, 1:54.5.

110m High Hurdles: 1. J.T. Doupnik, SIE, 14.71, 2. Patrick Duffy, SC, 14.73, 3. Wendell Sells, HC, 14.79.

200m Dash: 1. Kerry Threets, SKY, 21.66, 2. Eric Jones, SKY, 22.02, 3. Paul Jones, HCC, 22.08.

400m IH: 1. Richard Curtis, CRC, 53.19, 2. Patrick Duffy, SC, 54.08, 3. Darin Jernigan, SC, 54.41.

100m Dash: 1. Kerry Threets, SKY, 10.81, 2. Pete Jeter, SKY, 10.91, 3. Jonathan Stoval, HCC, 10.97.

400m Dash: 1. Tim Morris, YC, 48.25, 2. Paul Jones, HCC, 48.80, 3. Eric Jones, SKY, 48.74.

Discus: 1. Andy Nagengast, LC, 154-4, 2. Brian Ealy, YC, 150-9, 3. Joe Castro, YC, 147-2.

Pole Vault: 1. John Horseley, HC, 13-6, 2. Shawn Lewis, SKY, 13-8, 3. Pat Tonge, SKY, 13-0.

Long Jump: 1. Stan Oporski, MPCC, 24-10, 2. Keith Powell, OCC, 23-1 1/2, 3. Douglas Shorey, YC, 22-9 1/2.

Shot Put: 1. Brian Ealy, YC, 47-8, 2. Robert Henderson, HC, 46-3, 3. Fred Spencer, SC, 46-2 1/4.

High Jump: 1. Douglas Shorey, YC, 6-8, 2. Walter Evans, SOL, 6-8, 3. Mark Youngren, SIE, 6-8.

Javelin: 1. Craig Holbrook, Sisk, 206-7, 2. Jack Hall, YC, 201-9, 3. Tim McCarthy, SC, 199-7.

Triple Jump: 1. Stan Oporski, MPCC, 52-3, 2. Eddie Gerard, HC, 47-1, 3. Bryan Coushay, SBCC, 46-10.

5000m Run: 1. Peter Brett, HCC, 14:32.5, 2. Mandia Kunene, PC, 14:41.9, 3. Christian Emmons, HCC, 15:17.2.

1600m Relay: 1. Skyline, 3:13.5, 2. Hartnell, 3:17.8, 3. Cosumnes, 3:20.7.

Open Pole Vault: 1. Bob Babits, OA, 16-6, 2. Mark Sambrillo, OA, 15-0.

Open Discus: 1. Mac Wilkens, OA, 222-11, 2. Art Burns, OA, 217-6, 3. Marc Gordien, OA, 213-11.

Open Shot Put: 1. Brian Oldfield, OA, 67-9 1/2, 2. Mike Weeks, OA, 64-2 1/4, 3. Ian Pyka, OA, 62-9 1/4.

Men's Division Scores

1. Skyline - 84
2. Hancock - 64
3. Shasta - 62
4. Yuba - 61
5. Moorpark - 57

Women's Results

400m Relay: 1. Hartnell, 49.62, 2. Marin, 49.97, 3. Santa Barbara, 50.21.

1500m Run: 1. Ali Owen, SBCC, 4:41.9, 2. Angela Bushling, YC, 4:42.7, 3. Mary Roach, COM, 4:44.0.

400m Dash: 1. Veronica Storvick, COM, 54.88, 2. Darlene Love, SBCC, 57.77, 3. Shirley Grable, HC, 58.22.

800m Run: 1. Ali Owen, SBCC, 2:15.6, 2. Theresa Martin, COM, 2:18.1, 3. Kelly Blackwell, MPC, 2:19.3.

100m High Hurdles: 1. Madeline Wright, KRC, 15.14, 2. Sonya Smith, CRC, 15.44, 3. Karin Cartwood, MPCC, 16.02.

100m Dash: 1. Wendy Von Fries, COM, 12.24, 2. Julie Coy, HC, 12.48, 3. Sonya Smith, CRC, 12.68.

200m Dash: 1. Wendy Von Fries, COM, 24.65, 2. Julie Coy, HC, 25.41, 3. Marianne Williams, YC, 25.63.

High Jump: 1. Julie Huftle, SIS, 5-6, 2. Jill Silva, BC, 5-4, 3. Pam Larrance, SC, 5-4.

Javelin: 1. Colleen Baine, PCC, 157-3, 2. Rosa Pugh, SC, 142-8, 3. Jean Murphy, BC, 116-4.

Discus: 1. Jackie Hale, CAB, 129-11, 2. Heidi McCracken, BC, 123-10, 3. Cindy Tellez, HC, 120-2.

Long Jump: 1. Madeline Wright, KRC, 17-7 1/4, 2. Teri Davidson, MPCC, 17-1, 3. Pam Larrance, SC, 16-6.

Shot Put: 1. Angie Williams, CRC, 42-9 1/4, 2. Patty McMullen, SC, 40-2, 3. Heidi McCracken, BC, 39-2 1/4.

400m Low Hurdles: 1. Jill Silva, BC, 64.55, 2. Kris Agga, MPCC, 64.75, 3. Cathy Bills, BC, 67.48.

3000m Run: 1. Susan Hawthorne, YC, 10:33.10, 2. Jill Canales, COS, 10:46.80, 3. Gabriele Zieschang, MEN, 10:48.90.

1800m Relay: 1. Marin, COM, 3:58.4, 2. Hartnell, HC, 4:02.8, 3. Santa Barbara, SBCC, 4:03.3.

Triple Jump: 1. Shannon Hartnett, COM, 36-9 1/4, 2. Madeline Wright, KRC, 36-8, 3. Teri Davidson, MPCC, 34-9 1/4.

Women's Division Scores

1. Hartnell - 68
2. Marin - 64
3. Butte - 60
4. Shasta - 47
5. Moorpark - 44

Overall - Men & Women

1. Hartnell - 117
2. Shasta - 109
3. Moorpark - 101
4. Yuba - 95
5. Skyline - 85

Misc. Meets

April 21.

DUAL-TRIANGULAR MEETS

At Palo Alto

MEN: 200—Todd (UC Irvine), 20.8, 1,500—Oleson (Stanford), 3:41.7, 2. Beck (LSU), 3:41.8, 3. Pittingill (Stanford), 3:42.3, 3,000 STEEPLECHASE—Carlton (UCI), 8:54.9, 2. Frank (SI), 8:54.9, 3. Martinez (UCI), 8:56.5, HT—Pickering (SI), 222-0, 2. Walls (unattached), 198-4, 3. Masterson (SI), 194-2.
FINAL SCORE: UC Irvine, 75; LSU, 48; Stanford, 43.

WOMEN: 200—1. King (LSU), 23.97, 2. Ross (San Diego St.), 24.07, 1,500—Plummer (SI), 4:21.6, 3,000—Hopp (SI), 9:38.5, 400 RELAY—1. LSU, 46.14, 2. San Diego St., 46.39, SP—1. Pagel (SDS), 56-6 1/2, 2. Cady (SI), 53-7 1/2, 3. Dukes (SI), 51-6, 4. Desnoo (SDS), 50-6, 5. Willford (LSU), 48-4 1/4, JT—1. Osborne (Stanford), 168-10, 2. Rock (SDS), 160-1, DT—1. Cady (SI), 194-9 1/2, 2. Desnoo (SDS), 190-10, 3. Pagel (SDS), 184-11, Westbrook (UCI), 159-10.
FINAL SCORE: San Diego St. 82; Stanford, 47; LSU, 27; UC Irvine, 23.

At Berkeley

MEN: 110 HURDLES—Hurd (O), 13.96, 400 HURDLES—1. Scannella (C), 50.09, 2. Ward (O), 50.19, 1,500—Cruz (O), 3:37.72, 5000—1. Hill (O), 13:34.5, 2. Downs (C), 13:43.5, 3,000 STEEPLECHASE—McGuirk (O), 8:57.6, TJ—Williams (C), 52-10 1/4, PV—Tarpenning (O), 17-4, HT—Flax (Oregon), 218.5, JT—1. Crouser (O), 258-7, 2. George (O), 233-0, 3. Richardson (California), 220-11, 4. Peaslee (O), 219-6.
FINAL SCORE: Oregon 83, California 80.

Women

LADY BRONCO INVITATIONAL

100 (Inv.)—1. Simmons (USC), 11.77, 2. S. Williams (USC), 11.90, 200—1. Marshall (Coast Athletics), 23.30, 2. Simmons (USC), 24.00, 3. Cummiss (LA Mercures), 24.07 (Open)—1. Haccze (LA Mercures), 24.56, 2. R. Jackson (Cal Poly Pomona), 24.79, 400 (Inv.)—Cummiss (LA Mercures), 54.04, 800 (Inv.)—Warner (LA Mercures), 2:03.89, 1,500 (Inv.)—1. Wysocki (unattached), 4:13.77, 2. Goen (Converse), 4:19.15, (Open)—Ha-

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ward (Cal Poly Pomona), 4:37.72, 3,000 (Inv.)—Fischer (UCLA), 9:39.43, 10,000—Nagle (Claremont-Mudd), 35:52.70.

100 HURDLES (Inv.)—Walker (unattached), 13.86 (Open)—1. Russell (Coast Athletics), 14.63; 2. Carter (USC), 14.83; 400 (Inv.)—1. Sheffield (Coast Athletics), 58.60; 2. Beck (Coast Athletics), 59.55; 3. Hendry (unat), 59.84. MILE RELAY (Inv.)—LA Mercuries, 3:47.4.

LJ (Inv.)—1. S. Williams (USC), 20-2 1/2; 2. Crabtree (Coast Athletics), 20-1 1/2. SP (Inv.)—1. Griffin (Coast Athletics), 58-5 1/4; 2. Dasse (Coast Athletics), 52-10. JT (Inv.)—Nelson (Cal Poly Pomona), 166-9; 2. Davis (UC Santa Barbara), 161-0; 3. Bibb (San Diego TC), 159-5; 4. Engle (unattached), 158-11. DT (Inv.)—Griffin (Athletics West), 192-8.

HEPTATHLON—1. Larsen (unattached), 57.66; 2. Nicholls (Cal Poly Pomona), 56.13; 3. Alston (UCLA), 55.55; 4. Patterson (Coast Athletics), 51.93; 5. Glenn (CP Pomona), 50.61. EVENT LEADERS: LJ—Alston, 18-8 1/4; 800—Nicholls, 2:17.61; JT—Nicholls, 149-4.

Cal-Stanford Dual

BERKELEY—Results of Saturday's Cal-Stanford men's and women's dual meets at Edwards Stadium. All events in meters.

MEN

Hammer—1. Shaun Pickering (S) 216.0; 2. Brian Masterson (S) 189.0; 3. Troy Helms (S) 131.5.

3,000 steeplechase—1. David Frank (S) 8:54.92; 2. Jason Flamm (C) 9:11.03; 3. Sam Skinner (C) 9:26.32.

Long jump—1. Ken Williams (C) 24.2; 2. J.P. Holland (S) 22-6 1/4; 3. Phil Cannon (S) 20-9 1/2.

400 relay—1. Cal (Jimmie Williams, Jim Scanelia, Peter Howard, Carl Bonner) 40.8; 2. Stanford (Anne Williams, Kralp Sanders, Eric Mullins, Fred Williams), 42.13.

Shot put—1. Paul Rosati (C) 56-0 3/4; 2. Dave Maggard (C) 54-6; 3. Shaun Pickering (S) 53-9.

1,500—1. Tom Downs (C) 3:44.26; 2. Jay Marden (C) 3:44.3; 3. Ronen Maoz (C) 3:46.95. Javelin—1. Mark Richardson (C) 203-6; 2. Eric Johnson (S) 185-7; 3. Nick Erdl (S) 181-3.

110 high hurdles—1. Jim Scanelia (C) 14.44; 2. Kralp Sanders (S) 14.71; 3. Jay Thorson (S) 14.73.

400—1. Gary Kelly (C) 47.63; 2. Anne Williams (S) 47.72; 3. Carl Bonner (C) 47.90.

100—1. Jimmie Williams (C) 10.85; 2. Peter Howard (C) 10.96; 3. Fred Williams (S) 11.11.

800—1. Brian Pellingill (S) 1:51.75; 2. Kimble Goodman (C) 1:52.42; 3. Jeff Atkinson (S) 1:52.52.

400 hurdles—1. Jim Scanelia (C) 51.2; 2. Miguel Torrente (C) 53.2; no third—Stuart Hirschfeld (S) disqualified.

Triple jump—1. Ken Williams (C) 51-1 1/4; 2. Chris Mooring (C) 49-8; 3. Phil Cannon (S) 48-8 1/4.

200—1. Jimmie Williams (C) 21.12; 2. Fred Williams (S) 21.99; 3. Carl Bonner (C) 22.14.

Discus—1. Shaun Pickering (S) 167-6; 2. Dave Maggard (C) 164-10; 3. Paul Rosati (C) 158-6.

High jump—1. John Morris (C) 7-2; 2. Ted Glatke (C) 7-0; 3. Jay Thorson (S) 6-4.

Pole vault—1. Melvin Hemstead (C) 16-0; 2. Chris Rhoades (C) 15-4; 3. Jay Thorson (S) 15-0.

5,000—1. Jim Smith (S) 14:23.44; 2. Mike McCollum (C) 14:39.96; 3. Ed Callaway (S) 15:11.92.

1,600 relay—1. Cal (Miguel Torrente, Jim Scanelia, Carl Bonner, Kimble Goodman), 3:18.69; no second.

Final score—Cal 108, Stanford 54.

WOMEN

3,000—1. Allison Wiley (S) 9:13.78; 2. Cory Schubert (S) 9:24.45; 3. Ceci Hoop (S) 9:37.85.

High jump—1. Denise Gazlambe (S) 5-8; 2. Maggie Van Zealand (C) 5-6; no third.

400 relay—1. Cal (Dana Faulkner, Allison Eades, Brenda Bertillion, Jeannie Arnold), 48.0; 2. Stanford (Bonnie Lynn Boyd, Terri Givens, Margaret Demorest, Marcia Martin), 49.2.

1,500—1. Patti Sue Plumer (S) 4:24.19; 2. Marilyn Davis (C) 4:25.85; 3. Mary Hanlon (C) 4:35.89.

Shot put—1. Carol Cady (S) 53-11; 2. Pam Dukes (S) 49-11 3/4; 3. Cindi Durchslag (C) 46-2 1/4.

100 hurdles—1. Allison Eades (C) 15.04; 2. Pam Board (S) 15.24; 3. Roberta Eccles (C) 15.66.

Javelin—1. Mary Osborne (S) 155-10; 2. Elizabeth Archer (S) 136-4; 3. Denise Gazlambe (S) 127-11.

400—1. Jeannie Arnold (C) 55.96; 2. Regina Jacobs (S) 58.13; 3. Gina Cole (C) 58.53.

Long jump—1. Terri Givens (S) 18-10 1/4; 2. Sherri Ball (C) 18-3 1/4; 3. Brenda Bertillion (C) 17-10.

100—1. Brenda Bertillion (C) 12.61; 2. Dana Faulkner (C) 12.87; 3. Bonnie Lynn Boyd (S) 13.93.

800—1. Louise Romo (C) 2:04.10; 2. Marcia Martin (S) 2:05.77; 3. Missy Moore (C) 2:15.39.

400 hurdles—1. Pam Board (S) 60.43; 2. Margaret Demorest (S) 62.51; 3. Roberta Eccles (C) 62.75.

200—1. Brenda Bertillion (C) 25.35; 2. Gina Cole (C) 25.66; 3. Terri Givens (S) 25.67.

Discus—1. Carol Cady (S) 200-9; 2. Karen Nickerson (S) 171-7; 3. Kim Kesler (C) 161-3.

5,000—1. Allison Wiley (S) 16:36.55; 2. Patti Sue Plumer (S) 16:36.56; 3. Cory Schubert (S) 16:37.0.

Triple jump—1. Karla Schweickardt (C) 36-2 1/4; 2. Terri Givens (S) 34-5 1/2; 3. Kathy Barry (C) 34-4 1/4.

1,600 relay—event not held. Exhibition hammer throw—1. Carol Cady (S) 1:00-6; no second or third.

FINAL SCORE—Stanford 80, Cal 59.



MARILYN DAVIS

Misc. Meets

April 28:

SCIAC CHAMPIONSHIPS

At Occidental College

MEN: 100—Hardy (Occidental), 10.82. LJ—Mueller (O), 23-5. 3,000 STEEPLECHASE—Frampton (PP), 9:16.27. DT—

Sterner (Pomona Pitzer), 165-1. HT—Mitchell (PP), 178-0.

WOMEN: 100—Edwards (Redlands), 12.48. HJ—Moore (O), 5-5. TJ—Lawson (O), 36-5. DT—McIntyre (PP), 138-0.

CALIFORNIA INVITATIONAL

At Cal Poly Pomona

DECATHLON—1. Johnson (Azusa Pacific), 8,044 points; 2. Loisel (AP), 7,582; 3. Moore (Coast Guard), 7,376; 4. Davis (unat), 7,370; 5. Hall (unat), 7,328; 6. Paynter (AP), 7,319. (Event leaders: 100—Loisel, 10.5. LJ—Branham (unat), 24-2. SP—Prokop (unat), 50-1 1/2. HJ—Lammi (unat) and Moore (unat), 6-9 1/2. 400—Johnson, 48.5. 110H—Johnson, 14.3. DT—Sheehan (unat), 159-1. PV—Branham (unat), 15-1. JT—Johnson, 228-7. 1,500—Johnson, 4:35.6.

Mt. SAC Relays

April 26-29, Mt. San Antonio College.

from John A. Ortega

Carl Lewis and the distance runners were the stars at the 1984 running of the Mount San Antonio College Relays. In recent years Mt. SAC has gained the reputation as the number one relay meet in the country and the 26th edition of the meet was no exception. Overall, eight world-leading (five men, three women) and ten American-leading (five men, five women) marks were produced at the four day meet.

Lewis, the triple gold-medalist at last year's world championships, was billed as the top attraction before the meet and he didn't disappoint anyone; winning the 100 meters in a quick 10.06 while defeating a good field which included Ron Brown (10.12), resurging Harvey Glance (10.32) and super-vet Mel Lattany (10.33). Brown and Lewis came out of the blocks evenly however Lewis began to pull away from his rival at the thirty meter mark and he just simply ran away from the field in the last seventy meters to record a relatively easy victory. Glance and Lattany, who along with Lewis, Brown, Calvin Smith, Emmitt King and others should comprise an awesome olympic trials 100 final in June, got off to poor starts and were never really in the race for first.

Lewis stated afterwards that he had been lackadaisical about the indoor season when he lost twice to Brown at sixty yards but that he wasn't worried about this, his outdoor debut. "Some people were worried about me but I wasn't worried," Lewis said. "I knew what I had to do." Lewis also competed in the sprint medley relay Saturday night (19.6 200 leg for the winning Santa Monica TC) and then anchored the SMTC 400 relay to a second place finish behind the Ron Brown anchored Stars and Stripes team (both teams clocking 39.75) on Sunday, following his 100 victory.

While Lewis may have been the individual star of the meet, the two men's distance races held during the distance carnival portion of the meet on Saturday night produced both top quality and an incredible quantity of good performances.

Veteran Paul Cummings (the NCAA mile champion way back in 1974), won a great 10,000 with a 27:43.7 clocking. Six men (five of them Americans) ran 27:49.5 or faster and twenty-four men (17 of them Americans) bettered the Olympic Trials qualifying standard of 28:46.0.

Pat Porter and Kenyan veteran Mike Musyoki did most of the early pacing chores in the 10,000. The first five kilometers were very evenly paced (the splits ranged from 2:46.7 - 2:48.9 per kilo), as Musyoki lead at the halfway mark in 13:59.4; followed by Porter, Alberto Salazar, Cummings, Tony Sandoval and Garry Bjorklund. The pace remained the same until the eighth kilometer where it slowed drastically to 2:58.8. It was at this stage of the race that Salazar surged into the lead and tried to break the field. While

photo by Richard Lee Slotkin



EVELYN ASHFORD

his twenty first lap took only 62.3 seconds all of the other contenders appeared to be full of run. The ninth kilometer passed in a quick 2:35.3 but Salazar still hadn't shaken any of his pursuers.

Alberto lead gamely until the bell lap when Cummings' miler speed simply proved to be too much for any of his rival's to handle. Running his last lap in the fifty-eight second range, Cummings was never challenged by any of the other competitors. Salazar finished second in 27:45.5, just ahead of Musyoki (27:46.0), Bjorklund (27:46.9), Sandoval (27:47.0) and Porter (27:49.5).

Cummings, Sandoval and Porter all broke twenty-eight minutes for the first time while Bjorklund lowered his PR (27:49.77) from 1976. Cummings is now 5th on the all-time U.S. performer list while Bjorklund is 7th, Sandoval 8th and Porter 10th.

With the additional 1984 performances of Bruce Bickford (27:51.6) and Ed Eyestone (27:56.06), the United States has now had sixteen men (the most of any nation) break the once magical twenty-eight minute barrier. And of those sixteen, only the late Steve Prefontaine (27:43.6 in 1974) and Doug Brown (27:54.19 in 1978) are no longer competing.

While Todd Harbour's 13:30.57 win in the 5000m wasn't as impressive as Cummings' 10,000m mark, the race itself was every bit as exciting as another twenty-four runners (seventeen of them Americans) dipped under the trials qualifying standard of 13:49.0.

The early leader in the race was none other than former 1500 meter and mile world-record holder Filbert Bayi of Tanzania. He and fellow East African Peter Koeh of Kenya did all of the early

continued on next page...

Results

pacesetting duties. They towed the field through kilometers of 2:39.9, 2:41.1 (5:21.0), 2:48.5 (8:09.5), and 2:43.7 (10:53.2) while the field hung back behind them, content to wait for the last lap.

With six hundred meters remaining Bayl appeared to try and break open the race but he was unsuccessful. As he reached the bell Bayl was pursued closely by a group consisting of Koech, Americans Kelly Jensen, Tom Smith, Jearl Jones, Harbour, Steve Lacy, Ivan Huff, Jose Gomez of Mexico and Rob Veerbeck of Belgium.

Bayl held his narrow lead down the backstretch and through the last curve however Koech, Smith, Veerbeck and Harbour all passed him entering the straight. Koech appeared to have the victory until Harbour turned on his 3:50.34 mile's speed in the last fifty meters and ran down the Washington State junior.

In the women's 100, Evelyn Ashford ran a wind-aided 10.88 in overpowering a good field which included Jamaican Merlene Ottey (11.03) and Alice Brown (11.15). Competing in her first major meet since injuring her hamstring at the world championships in Helsinki last August, Ashford came out of the blocks quickly and simply ran away from the field. Afterwards, she said that her legs felt fine and that her rehabilitation from her injury was over months ago. "I've been over my rehabilitation for a long time. I feel great." Good enough to finish second in the 400 (52.11) later in the day to Chandra Cheeseborough (51.05).

Bryggare (13.53) of Finland.

The intermediate hurdles also produced a world leading performance as Andre Phillip's 49.24 clocking defeated a good field which included Tony Rambo (49.55), Bernie Holloway (49.78) and David Patrick (49.97).

The field events also produced some outstanding marks. In the mens shot put Brian Oldfield defeated early leader Augie Wolf 70-7 3/4 to 70-5 1/4.

In the womens long jump, Carol Lewis equaled her own collegiate record in the event with a second round 22-10 1/2 effort.

1976 Olympian and 1975 Pan-Am silver medalist Fred Dixon returned to the competitive wars and looked good in scoring a 8076 point total in the decathlon while on the womens side, Jackie Joyner produced her third highest total ever. Her 6329 point total was the seventh best performance in U.S. history.

Other top performances were turned in by Nigerian Innocent Egbunike of Azusa Pacific in the 400 (45.63), Cynthia Warner in the 800 (an American leading 2:03.28), Regina Joyce in the 10,000 (a Irish record and world leading 32:35.7) and Leslie Deniz of Arizona State in the discus (her third place effort of 211-6 was the fourth longest throw in American history).

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Men's Results

5,000 meters — 1. Brett (Hancock) 14:36.2; 2. Bohl (Glendale Ariz) 14:45.9; 3. Castro (Riverside) 14:55.9; 4. Kipkirwa (Central Arizona) 14:56.3; 5. Erickson (Glendale Ariz) 15:02.1; 6. Hoshford (Mesa Ariz) 14:58.2.
Triple jump — 1. Bolden (Phoenix) 46-1 1/4; 2. Coushay (Santa Barbara) 45-10 3/4; 4. King (Mira Costa) 45-3 3/4; 5.

(Australia Underdale) 249-10; 2. Fernandez (Long Beach CC) 216-0; 3. Freund (Australia Dalby) 208-3; 4. Shill (Mesa Arizona) 202-0; 5. Tatum (Riverside) 197-7; 6. Venger (Golden West) 196-10.

110 HH (invitational) — 1. White (Long Beach City) 14.11; 2. Herrera (Pasadena) 14.12; 3. Sears (Fresno) 14.29; 4. Rodriguez (Long Beach) 14.34; 5. Parker (Central Ariz) 14.37; 6. Green (Foothill) 14.42.

Pole Vault — 1. Elliott (Grossmont) 14-0; 2. Neff (Mesa Ariz) 14-0; 3. Faust (Mira Costa) 13-6; 4. Shableski (Mira Costa) 13-6; 4. Thomas (Central Ariz) 13-6; 6. Mason (Grossmont) 13-0; 6. Davis (San Diego City) 13-0.

High jump (invitational) — 1. Bonnor (Pasadena) 6-10; 2. Jones (Riverside) 6-10; 3. Curtis (Mesa Arizona) 6-10; 4. Burch (Glendale Ariz) 6-8.

1,500 meters — 1. Guinee (Foothill) 3:52.0; 2. Near (Citrus) 3:56.0; 3. Velenzuela (Phoenix Arizona) 3:59.9; 4. Cleary (Fullerton) 4:02.1; 5. McCall (Fresno) 4:03.3; Hardimon (MSAC) 4:06.1.

400 meter hurdles (Race 1) — 1. Grego (Cerritos) 55.56; 2. Carmona (Fullerton) 55.79; 3. Hurdle (San Diego) 57.79. (Race 2) — 1. Smith (Pasadena) 55.05; 2. Ruiz (Fresno) 55.34; 3. Trevino (Glendale) 57.74. (Race 3) — 1. Andrews (Orange Coast) 53.50; 2. Ratcliff (Australia) 54.89; 3. Carter (LA CC) 56.72; (Race 4) — 1. Wright (Australia) 55.19; 2. Ryan (Orange Coast) 56.11; 3. Young (West LA) 57.72. (Race 5) — 1. Slaab (MSAC) 56.0; 2. Whiteman (Grossmont) 57.2; 3. Washington (LA CC).

400 Hurdles (invitational) — 1. Ferreira (El Camino) 51.6; 2. Jahan (Bakersfield) 52.5; 3. Coulson (El Camino) 53.2; 4. Moulton (Contra Costa) 53.6.

400 Hurdles — 1. Cadwell (Fullerton) 1:05.5; 2. McCard (Orange Coast) 1:06.8; 3. Keegan (Mira Costa) 1:07.2; 4. Hayes (Fullerton) 1:07.6; 5. Takata (El Camino) 1:09.4; 6. Mills (Ventura) 1:10.6.

Triple jump (invitational) — 1. Oporaki (Moorpark) 52-7 1/2; 2. Pullins (Pasadena) 50-0; 3. Cobbs (Cerritos) 48-8; 4. Taylor (Fresno) 48-8; 5. Bolden (Phoenix) 48-7 1/4; 6. Tait 48-7 1/2.

4 X 200 relay (invitational) — 1. Pasadena 1:23.9; 2. El Camino 1:24.9; 3. Santa Monica 1:27.9; 4. Glendale Arizona 1:29.9.

Discus — 1. Stillwell (Phoenix) 137.2; 2. Crow (Citrus) 128-6; 3. Francine (Santa Ana) 127-9; 4. Chavez (Golden West) 127-3; 5. Hawkins (Santa Ana) 126-3; 6. Montoya (Fullerton) 126-0.

High jump — 1. Embick (Mira Costa) 6-8; 2. Carter (Pasadena) 6-6; 3. Hafflinger (Saddleback) 6-4; 4. Miller (Glendale Ariz).

Distance Medley Relay — Orange Coast 10:15.6; 2. Santa Ana 10:15.7; 3. Glendale 10:16.4; 4. Glendale Arizona 10:19.4; 5. Tait 10:30.3; 6. Central Arizona 10:34.3.

Sprint Medley (Race 1) — 1. Grossmont 3:29.0; 2. Phoenix Ariz 3:29.6; 3. Ventura 3:34.7. (Race 2) — 1. LACC 3:23.3; 2. Bakersfield 3:32.5; 3. LA Harbor 3:33.5.

Sprint Medley (invitational) — 1. Tait 3:22.8; 2. Mira Costa 3:24.0; 3. El Camino 3:29.0; 4. West LA 3:52.2.

Hammer — 1. Missio (Bakersfield) 189-11; 2. Ryer (Mesa Ariz) 183-11; 3. Payne (Glendale) 171-5; 4. Martin (Glendale Ariz) 158-6; 5. Garza (Fresno) 148-1; 6. Johnson (Glendale Ariz) 141-3.

4 X 400 IH Relay — 1. Long Beach CC

3:34.0 (new meet record); 2. Orange Coast 3:43.4; 3. MSAC 3:44.7; 4. Fresno NT; 5. Glendale Ariz 3:50.1; 6. Mira Costa 4:00.4.

4 X 400 Relay — 1. West LA 3:18.3; 2. LACC 3:19.7; 3. LA Harbor 3:21.1.

4 X 400 relay (invitational) — 1. Central Arizona 3:11.4; 2. El Camino 3:12.0; 3. Calgary Canada 3:15.6; 4. Long Beach City 3:16.3; 5. Bakersfield 3:16.4.

4 X 110 HH Shuffles — (Race 1) — 1. Central Ariz 1:00.2; 2. Phoenix (Ariz) 1:03.4; 3. San Bernardino NT. (Race 2) — 1. MSAC 1:00.7; 2. Grossmont 1:07.7; 3. Ventura 1:09.8. (Race 3) — 1. Pasadena 1:01.5; 2. Fresno 1:01.6; 3. Fullerton 1:05.2.

4 X 200 Relay (Race 1) — Cerritos 1:31.47. (Race 2) 1. West LA 1:27.98; 2. LA City 1:28.86; 3. San Diego City 1:30.31. (Race 3) — 1. MSAC 1:27.22; 2. Mesa Arizona 1:29.29; 3. Phoenix Ariz 1:30.92.

4 X 1,500 Relay — 1. Grossmont 16:30.5; 2. Glendale Ariz 16:36.01; 3. Moorpark 16:44; 4. Orange 16:46.6.

Distance Medley (invitational) — 1. Orange Coast 10:15.6; 2. Santa Ana 10:15.7; 3. Glendale 10:16.4; 4. Glendale Ariz 10:19.4; 5. Tait 10:30.3; 6. Central Ariz 10:34.3.

Long jump (invitational) — 1. Thomas (Pasadena) 25-6 1/2 w. 2. Willis (MSAC) 25-1 (new meet record); 3. Cadogan (Long Beach City) 24-8; 4. Jefferson (Long Beach City) 24-8; 5. Chastang (Compton) 24-5 1/4; 6. Sears (Fresno City) 24-4.

110 high hurdles (Race one) — 1. Burns (MSAC) 14.63; 2. Popoola (Fresno) 15.11; 3. Raymond (Santa Monica) 15.23. (Race two) — 1. Biglow (Santa Monica) 14.57; 2. Smith (Phoenix) 14.87; 3. Manzano (Grossmont) 14.89. (Race three) — 1. Holder (Central Arizona) 14.52; 2. Jones (Pasadena) 14.79; 3. Ross (Long Beach) 15.1. (Race four) — 1. Jackson (El Camino) 14.69; 2. Andrews (Orange Coast) 15.03; 3. Porter (MSAC) 15.23.

COMMUNITY COLLEGES

Women's Results

4 X 1600 relay — 1. Calgary Spartans (Renchko, Diminic, Ladouceur, Stokes) 21:46.5; 2. Bakersfield 22:55.0; 3. Grossmont 23:05.6.

4 X 400 relay (invitational) — 1. El Camino (Seville, Wallace, Johnson, Cabell) 3:52.0; 2. Calgary 3:54.3; 3. Fullerton 3:56.4; 4. MSAC 3:56.5; 5. Contra Costa 3:59.7.

4 X 400 relay — 1. Orange Coast (Barrall, Salyer, Lee, Wilson) 4:00.1; 2. Ventura 4:01.9; 3. Mira Costa 4:10.1.

800 medley relay — 1. Pasadena (Snow, Stinson, Pennie, Pullins) 1:44.39; 2. El Camino 1:44.68; 3. Santa Monica 1:48.15; 4. Contra Costa 1:49.0; 5. Cerritos 1:50.96; 6. East L.A. (no time).

Shot put — 1. Baker (Cerritos) 44.2; 2. Cristler (Foothill) 43.0; 3. Leavens (Citrus) 42.7 1/4; 4. Woodward (LA South-west) 40.7 1/4; 5. Whitehead (San Diego City) 39.7 1/4; 6. Tulana (Oxnard) 39-5.



Mt. SAC 10,000: (From left): Paul Cummings (winner), Tony Sandoval, Gary Bjorklund, Alberto Salazar, Michael Musyoki, Pat Porter. They all broke 28:00!

Tonie Campbell continued his fine early season hurdling with a 13.38 clocking into a slight headwind. His world-leading mark turned back a good field which included Cletus Clark (13.41), Sam Turner (13.49) and Helsinki silver-medalist Arto



McCullum (Bakersfield) 44-7 1/2; 6. Millan (Cerritos) 44-6 1/4.

Shot put — 1. Martin (Glendale Ariz) 49-5; 2. Gossman (San Bernardino) 47-0 1/4; 3. Garner (Grossmont) 44-11 1/2; 5. Torres (Glendale) 44-9 1/2; 6. Arvayo (Central Ariz) 44-3 1/2.

3,000 steeplechase (invitational) — 1. Grewe (Santa Barbara City) 9:14.5; 2. Glass (Glendale Ariz) 9:19.6; 3. Rivera (Fresno City) 9:24.0; 4. Kenwell (Australia) 9:36.6; 5. Dyal (Orange Coast) 9:37.2; 6. J. Hernandez (El Camino) 9:37.8.

3,000 steeplechase — 1. Teaza (Grossmont) 9:58.9; Gutierrez (MSAC) 9:59.8; 3. Webb (Bakersfield) 10:05.9; 4. Corlew (Antelope Valley) 10:11.5; 5. Barton (Grossmont) 10:11.7; 6. Church (Bakersfield) 10:14.9.

Javelin — 1. Stillwell (Phoenix Arizona) 193-6; 2. Brown (Central Arizona) 183-4; 3. VanLiew (Saddleback) 176-10; 4. Jones (Riverside) 176-6; 5. Dickerson (MSAC) 172-0; 6. Anderson (Orange Coast) 169-10.

Javelin (invitational) — 1. Dixon

Long jump — 1. Van (El Camino) 22-0; 2. Reiley (Ventura) 21-11 1/2; 3. Covington (Contra Costa) 21-11 1/4; 4. Wright (Pasadena) 21-6 1/2; 5. Powell (Oxnard) 21-4; 6. Fontenot (LASW) 21-3.

Shot put (invitational) — 1. Ryan (Scottsdale Arizona) 54-8; 2. Sweeney (Saddleback) 54-6 1/4; 3. Turco (Long Beach) 52-11 1/4; 4. Bell (Glendale Arizona) 52-3; 5. Swingerson (Saddleback) 50-9 1/4; 6. Fitzgerald (Glendale) 50-8 1/4.

Discus — 1. Garza (Fresno) 166-6; 2. Edwards (Central Ariz) 161-6; 3. Payne (Glendale Ariz) 161-6; 4. Martin (Glendale Ariz) 160-9; 5. Hoth (Saddleback) 159-11; 6. Sweeney (Saddleback) 153-10.

4 X 100 (invitational) — 1. Pasadena 40.14; 2. Fresno 41.19; 3. Central Arizona 41.20; 4. MSAC 41.23; 5. El Camino 41.38; 6. Santa Monica 41.47.

Pole Vault (invitational) — 1. Wicks (Bakersfield) 16-6; 2. Tomlinson (Long Beach) 16-0; 3. Shepard (Fresno) 15-6; 4. White (MSAC) 15-0; 5. Long (Chet ley) 15-0; 6. Hatch (Mesa Ariz) 15-0.

400 hurdles (Race one) — 1. Louise (Australia) 1:05.3; 2. Chomson (Mira Costa) 1:05.3; 3. Cumlin (Saddleback) 1:06.0 (Race two) — 1. McFermid (Calgary) 1:03.9; 2. Sulton (Santa Monica) 1:10.3; 3. King (SMCC) 1:14.6. 400 hurdles (Invitational) — 1. Hendry (COD) 1:02.4; 2. Springer (Orange Coast) 1:04.2; 3. Nix (Glendale) 1:04.6; 4. Robinson (West LA) 1:05.1; 5. Stinson (Pasadena) 1:05.9; 6. Cyprain (LACC) 1:07.8.

Javelin — 1. Galeny (Moorpark) 140.3; 2. Johnson (Bakersfield) 137.0; 3. Masterson (Mira Costa) 136.3; 4. Crisler (Foothill) 134.5; 5. Carter (Grossmont) 130.9; 6. Danchak (COD) 124.0. Discus (Invitational) — 1. Crisler (Foothill) 150.11; 2. Johnson (Bakersfield) 131.11; 3. Bolton (Golden West) 130.1; 4. Thomas (Mira Costa) 119.8; 5. Baker (Cerritos) 117.9; 6. Near (Saddleback) 117.2.

100 hurdles (Race one) — 1. Mills (Ventura) 15.45; 2. Stinson (Pasadena) 15.57; 3. Carlwood (Moorpark) 15.72; 4. Vickers (MSAC) 15.93. (Race two) — 1. Espinosa (East LA) 15.74; 2. Williams (MSAC) 15.79; 3. Sawyer (Ventura) 16.18.

100 hurdles (Invitational) — 1. White (El Camino) 14.41; 2. Hughes (Saddleback) 16.08; 3. McDermid (Calgary Canada City) 16.32.

3,000 meters — 1. Lazdars (Mira Costa) 10:01.9; 2. Kopecky (Phoenix) 10:21.4; 3. McGinnis (Bakersfield) 10:23.4; 4. Eniers (Phoenix) 10:27.4; 5. Voet (El Camino) 10:35.8; 6. Green (East LA) 10:37.6.

1,500 meters (Invitational) — 1. Owen (Santa Barbara) 4:43.9 (new meet record); 2. Torrez (MSAC) 4:44.0; 3. Agurre (East LA) 4:45.7; 4. Hooke (Fresno City) 4:46.6; 5. Carey (Golden West) 4:47.0; 6. Howe (Orange Coast) 4:50.2.

4 X 100 relay — 1. Contra Costa (Hancock, Carpenter, Lee, Samuels) 49.86; 2. Santa Monica 50.17; 3. East LA 50.76; 4. Bakersfield 51.57; 5. San Diego City 51.58; 6. Citrus 53.90.

4 X 100 relay (Invitational) — 1. MSAC (Robinson, Young, Newton, Johnson) 47.35; 2. Calgary 48.39; 3. Cerritos 49.22; 4. Fullerton 49.49; 5. Ventura 51.11.

Distance medley — 1. MSAC (Torrez, Johnson, Bogavich, Sote) 11:59.6 (new meet record); 2. Mira Costa 12:11.0; 3. El Camino 12:30.8; 4. Santa Monica 12:41.8; 5. Ventura 13:00.6; 6. Moorpark 13:03.4.

High jump — 1. Cooks (MSAC) 5-8 1/4 (new meet record); 2. Smith (Pasadena) 5-4; 3. Weddle (Scottsdale, Ariz.) 5-4; 4. Thomas (Mira Costa) 5-4; 5. Christopher (Mira Costa) 5-2; 6. Rhinesmith (Bakersfield) 5-2.

Long jump (Invitational) — 1. Frye (Cerritos) 18-4w; 2. Davis (Mira Costa) 18-5 1/4w; 3. Franklin (Golden West) 18-5w.

OPEN-INVITATIONAL

Men

100 (Inv.) — 1. Lewis (Santa Monica TC) 10.06 (wind 0) (meet record, old mark); 10.09, Carl Lewis (Santa Monica TC) 1982; 2. R. Brown (Stars & Stripes), 10.12; 3. Glance (Auburn TC), 10.32; 4. Lattany (Bud Light), 10.33; 5. McNeil (Santa Monica), 10.36; 6. Baptiste (Houston), 10.40; 7. Miller (Stars & Stripes), 10.43; 8. Cook (USC), 10.44 (Open); 1. Bradford (Muzik), 10.36 (wind 0); 2. Williams (Puma Energizer), 10.41; 3. Morris (USC), 10.41; 4. Miller (San Diego St.), 10.46; 5. Adebani (unat), 10.48; 6. M. Sanford (Muzik), 10.48. 200 (Inv.) — 1. Evans (Stars & Stripes), 20.21w; 2. Edwards (Muzik), 20.61; 3. Henley (AccuSplit), 20.80 (Inv., Race 2); 1. Butler (Bud Light), 20.37w; 2. Lattany (Bud Light), 20.47; 3. Foster (World Class), 20.47; 4. Glance (Auburn TC), 20.55; 5. Barksdale (Arizona), 20.55; 6. Bradford (Muzik), 20.71; 7. Turner (USC TC), 20.93.

400 (Inv.) — 1. Egbunike (Azusa Pacific), 45.63; 2. Babers (Bud Light), 45.96; 3. Carey (Stars & Stripes), 46.14; 4. Phillips (World Class), 46.13; 5. Robinson (Puma Energizer), 46.48; 6. Hassen (AccuSplit), 46.64 (Open); 1. B. Green (unat), 46.66; 2. Yearwood (New Balance), 46.93; 3. Hartson (Lay Witnesses), 47.22; 4. Banks (World Class), 47.87.

800 (Inv.) — 1. Gumaes (Brazil), 1:47.45; 2. Robinson (Inner City AC), 1:48.02; 3. Mays (Bud Light), 1:48.8; 4. Saunders (Bud Light), 1:48.99; 5. McIntosh (Bud Light), 1:49.27; 6. Webster (Nike), 1:49.67 (Open, Race 1); 1. Bui (South Korea), 1:47.72; 2. Murray (Oregon International),

1:48.56; 3. Sargent (San Diego AA), 1:48.56; 4. Smith (Colorado Flyers), 1:48.84; 5. Moore (Sub 4), 1:49.10; 6. Moore (Oregon International), 1:49.38; 7. L. Johnson (Santa Monica TC), 1:49.42 (Open, Race 2); 1. Prejters (UCLA), 1:48.86; 2. Gem (Converse), 1:49.41; 3. Young (USC), 1:49.73.

1,500 (Inv.) — 1. Kosker (Nike), 3:40.86; 2. Obwocha (Converse West), 3:42.86; 3. Fricker (AccuSplit), 3:42.47; 4. Clifford (AJA), 3:42.65; 5. Oldfield (Oregon St.), 3:43.06; 6. Assuma (Social Roadrunners), 3:43.78; 7. Rowe (Aggie RC), 3:44.66; 8. Luevano (Santa Monica TC), 3:44.85 (Open); 1. Borge (Wyoming), 3:41.68; 2. Long (Utah St.), 3:42.81; 3. Hendrickson (Converse West), 3:42.81; 4. M. Gonzales (Mexico), 3:43.55; 5. Parkinson (UCLA), 3:43.83; 6. Hussein (New Mexico), 3:43.85; 7. Maoz (California), 3:44.44; 8. Harris (Brooks), 3:44.86.

10,000 (Open) — 1. Hess (Nike), 33:55.63; 2. Dobler (Arizona), 33:58.63; 3. Woods (Arizona), 33:59.91.

110 HURDLES (Inv.) — 1. Campbell (Stars & Stripes), 13:38 (wind 7 m.p.s. against); 2. Clark (Houston), 13:41; 3. Turner (USC TC), 13:49; 4. Bryggare (Finland), 13:53; 5. Cowlings (AccuSplit), 13:56; 6. Baker (Houston), 13:58; 7. Kerho (UCLA), 13:58 (Open); 1. McCroney (Maccabi), 13:57w; 2. Johnson (Arizona), 13:59; 3. Page (AccuSplit), 13:57; 4. ker (Puma Energizer), 13:53; 5. Wh. Santa Barbara), 13:54.

400 HURDLES — 1. Phillips (World Class), 49:24; 2. Rambo (Bud Light), 49:55; 3. Holloway (Tiger), 49:78; 4. D. Patrick (adidas), 49:97; 5. G. Rolfe (Lay Witnesses), 50:24; 6. J. King (Maccabi), 50:27.

3,000 STEEPCHASE (Open) — 1. Sironik (Kangaroo), 8:51.1; 2. Skinner (California), 9:01.5; 3. Junkermann (UCLA), 9:07.9.

400 RELAY — 1. Stars & Stripes, 39.25; 2. Santa Monica, 39.25; 3. Arizona, 39.75; 4. USC Alumni, 39.81.

800 RELAY — 1. Auburn (Council, McDougald, Griffiths, Brooks), 1:23.02; 2. USC Alumni, 1:23.39; 3. Stars & Stripes, 1:23.84.

1,600 RELAY — 1. Auburn (Henderson, McDougald, Griffiths, Brooks), 3:05.58; 2. Four Varieties (D. Thompson, D. Jenkins, A. Phillips, E. Moses), 3:06.15; 3. Tiger International, 3:06.68; 4. between Stars & Stripes and Bud Light, 3:06.77; 5. Puma Energizer, 3:07.06.

3,200 RELAY — 1. Santa Monica TC (Taliaferro), 7:16.79; 2. Cal Poly Pomona, 7:28.90; 3. New Mexico, 7:30.29.

SHUTTLE HURDLE RELAY — 1. Maccabi (Conley, Perry, Carly, McCroney), 56:70; 2. Stanford, 58:15; 3. All American, 58:68.

20 KILOMETER WALK — 1. O'Connor (Stars & Stripes), 1:28.48; 2. Walker (Vans), 1:31.34; 3. Timmons (unat), 1:33.10.

HIGH JUMP — 1. Peacock (Puma Energizer), 7-5 1/2; 2. Nordquist (Tiger), 7-4 1/4; 3. Frazier (unat), 7-4 1/4; 4. Lewis (New Balance), 7-2 3/4; 5. tie among Morris (California), Caire (USC) and Broadway (Houston), 7-2 3/4; 8. tie between Stanton (unat) and Stones (Pacific Coast Club), 7-2 3/4.

POLE VAULT — 1. Tully (Nike), 18-5 1/4; 2. Pursley (Pacific Coast Club), 18-0 1/2; 3. Kenworthy (Stars & Stripes), 18-0 1/2; 4. Volk (Striders), 17-8 1/2; 5. Lohre (West Germany), 17-4 1/4.

LONG JUMP — 1. Myricks (Athletics West), 27-5 1/4w (30.0 m.p.s.); 2. Grimes (Athletics West), 27-0 1/2w (25.5 m.p.s.); 3. Wilson (Muzik), 26-3w; 4. McCrae (Bay Area Striders), 26-1w; 5. V. Johnson (Arizona), 25-10 1/4; 6. Taylor (unat), 25-10 1/4w; 7. Powell (UC Irvine), 25-7 1/4w; 8. Mitchell (Pasadena International), 25-3 1/2; 9. A. Robinson (unat), 25-0 1/4w.

TRIPLE JUMP — 1. Cannon (Coast Athletics), 55-2 (equals meet record, Milan Tiff, Striders, 1977); 2. Jordan (Bud Light), 54-9 1/4; 3. Hayes (Muzik), 54-8 1/4; 4. Criddle (Houston), 54-1 1/4; 5. Kimble (Bay Area Striders), 53-4 1/2; 6. Agbeba (El Paso TC), 52-10 (58.2 second best jump); 7. Oproski (Moorpark College/Poland), 52-10 (51-6 1/4); 8. Garner (South Bay), 52-8 1/4; 9. Dupree (Social Cheaters), 52-5 1/2; 3.

SHOTPUT — 1. Oldfield (adidas), 70-7 1/2; 2. Wolf (Bud Light), 70-5 1/4; 3. Laut (Athletics West), 68-3 1/4; 4. Tafaals (Weight City), 66-8 3/4; 5. Weeks (Stars & Stripes), 63-11 1/4; 6. Smith (Converse West), 63-9 3/4; 7. Doehering (San Jose St.), 63-8 1/2; 8. Hubbard (Weight City), 62-4 1/4.

DISCUS — 1. Burns (Athletics West), 221.7; 2. Wilkins (Athletics West), 221-1; 3. Buncic (Kentucky), 204-1; 4. Swartz

(Shore AC), 201-6; 5. Oerter (unat), 201-6; 6. Gordien (Outreach), 196-7; 7. Bishop (Weight City), 193-9.

5,000 (Inv.) — 1. Harbour (Santa Monica TC), 13:30.57; 2. Koach (Washington), 13:30.59; 3. Smith (Athletics West), 13:30.93; 4. Verbenack (Converse), 13:31.65; 5. Bayi (Tanzania), 13:32.11; 6. Jensen (Athletics West), 13:32.47; 7. Alcala (Mexico), 13:32.50; 8. Jones (Santa Monica TC), 13:32.50; 9. Lacy (New Balance), 13:32.90; 10. Gomez (Mexico), 13:34.1; 11. I. Huff (Converse Aggies), 13:34.8; 12. Williams (Canada), 13:35.0; 13. Wicks (unat), 13:36.8; 14. Lopez (Mexico), 13:37.22; 15. Kivina (New Mexico), 13:39.5; 16. Barney (Air Force), 13:41.6; 17. Boileau (Tiger), 13:41.9; 18. Billings (Nike), 13:46.6; 19. McCarey (Nike), 13:46.6; 20. R. Gomez (Mexico), 13:47.2; 21. Bishop (Maccabi), 13:47.8; 22. Virgin (Front Runner), 13:48.0; 23. Wysocki (Athletics West), 13:48.2; 24. Degarmo (Athletics West), 13:48.5. Note: The first 24 runners bettered the Olympic trials qualifying standard of 13:49.0.

10,000 (Inv.) — 1. Cummings (Converse), 27:43.7; 2. Salazar (Athletics), 27:45.5; 3. Musyoki (Kenya), 27:46.0; 4. Bjorklund (New Balance), 27:46.9; 5. T. Sandoval (unat), 27:47.0; 6. Porter (Athletics West), 27:47.0; 7. Patigio (Mexico), 28:11.4; 8. Ansberry (Arizona), 28:14.8; 9. Hunt (Athletics West), 28:18.0; 10. Kissin (Puma Energizer), 28:19.5; 11. B. Donakowski (Converse West), 28:20.1; 12. Pacheco (Mexico), 28:21.8; 13. Moreno (Aggie RC), 28:25.8; 14. Tuttle (New Balance), 28:26.4; 15. Rios (Aggie RC), 28:27.1; 16. Pfeiffer (unat), 28:27.8; 17. Butler (Canada), 28:28.7; 18. Istrom (Nike), 28:30.9; 19. Schlesinger (Athletics West), 28:33.7; 20. Raung (Athletics West), 28:34.6; 21. McCormick (adidas), 28:35.1; 22. Dillon (Athletics West), 28:36.7; 23. Retiz (Mexico), 28:38.5; 24. Name unavailable, 28:39.1. Note: The first 24 runners bettered the Olympic trials qualifying standard.

3,000 STEEPCHASE (Inv.) — 1. Martin (Athletics West), 8:35.2; 2. Hussein (New Mexico), 8:35.4; 3. Einspahr (Converse West), 8:37.8; 4. Duhaime (Canada), 8:37.9; 5. Jackson (All American), 8:38.8; 6. Ingram (Arizona), 8:42.0; 7. Diemar (Converse), 8:44.6; 8. Ngatia (Texas El Paso), 8:46.4; 9. Daniels (Converse), 8:48.7 (Open); 1. Serrano (Mexico), 8:42.0; 2. Silva (Mexico), 8:51.2; 3. Souza (Northern Arizona), 8:54.3.

3,200 RELAY (Inv.) — 1. Long Beach CC (Zee, 1:53.6, McCulloch, 1:48.2; Lizardi, 1:51.0; Roman, 1:50.0); 2. 22 Athletics West, 7:26.5; 3. UC Riverside, 7:38.6; 4. CS Long Beach, 7:40.5; 5. UC Santa Barbara, 7:42.5; 6. Azusa Pacific, 7:45.4; 7. CS Dominguez Hill, 7:49.2.

DISTANCE MEDLEY RELAY — 1. Arizona, 9:45.72; 2. Santa Monica TC, 9:49.12; 3. San Diego St., 9:52.53; 4. CS Northridge, 9:54.09.

HAMMER — 1. Murofushi (Japan), 244-0; 2. Hagerty (Ireland), 239-2; 3. B. Green (Stars & Stripes), 237-0; 4. Odenthal (West Germany), 236-4; 5. McArdle (Oregon International), 233-11; 6. McKenzie (Puma Energizer), 230-4; 7. A. Bessette (New York AC), 224-9; 8. Maynard (AJA), 221-9; 9. Pickering (Stanford), 219-2; 10. Rohovit (Converse West), 216-8; 11. Gassner (unat), 211-7.

JAVELIN — 1. Atwood (Athletics West), 279-9; 2. Anderson (adidas), 271-1; 3. Kreider (U.S. Army), 269-1; 4. M. Barnett (Athletic West), 268-9; 5. Jadwin (Tiger), 265-9; 6. Renaford (Puma Energizer), 265-9; 7. Kasey (Puma Energizer), 265-9.

WOMEN

100 (Inv.) — 1. Ashford (Puma Energizer), 10.89w (2.93 m.p.s.); 2. Ottey (Jamaica), 11.03; 3. A. Brown (World Class), 11.15; 4. San. Howard (Puma Energizer), 11.42 (Open); 1. B. Bell (New Mexico), 11.42; 2. Glover (Houston), 11.45; 3. Peterson (Nevada Las Vegas), 11.48; 4. Ware (Arizona St.), 11.50; 5. Dennis (Washington), 11.54; 6. Gill (CS Bakersfield), 11.63; 7. Washington (Houston), 11.65.

200 (Inv.) — 1. Hooks (unat), 22.13w; 2. McCraw (Social Cheaters), 22.98; 3. Marshall (Coast Athletics), 23.05; 4. Hopkins (Puma Energizer), 23.36; 5. Nedd (World Class), 23.43 (Open); 1. Peterson (Nevada Las Vegas), 23.2w; 2. Bell (New Mexico), 23.2; 3. Gill (CS Bakersfield), 23.7.

400 (Inv.) — 1. Chaseborough (Athletics West), 51.06 (meet record, old mark, 52.19, Yolanda Rich, Ali TC, 1980); 2.

Ashford (Puma Energizer), 52.11; 3. J. Brown (Nike), 52.63; 4. Bolton (Puma Energizer), 53.07; 5. Gardener (LA Mercures), 53.25; 6. Griffith (Puma Energizer), 53.28; 7. Emerson (Nike), 53.96 (Open); 1. Crooks (Texas El Paso), 52.06; 2. Witherall (Arizona), 53.61; 3. Chambers Ross (San Diego St.), 54.40; 4. White (California), 54.77; 5. Banks (CS Hayward), 54.90.

800 (Inv.) — 1. Warner (LA Mercures), 2:03.28; 2. Groenendaal (Oregon), 2:03.72; 3. Hopper (Puma Energizer), 2:04.24; 4. Clark (Oregon), 2:06.15; 5. Curtis (USC), 2:06.93; 6. Scherzinger (Coast Athletics), 2:08.82; 7. Monday (Puma Energizer), 2:07.47; 8. Chalmers (Northern Arizona), 2:08.31; 9. Ellingson (Cal Poly SLO), 2:08.72 (Open); 1. Berger (Arizona St.), 2:08.00; 2. J. Vetter (Arizona), 2:08.22.

1,500 (Inv.) — 1. Beckford (Liberty), 4:15.28; 2. Chalmers (Northern Arizona), 4:15.36; 3. Merrill (adidas), 4:16.56; 4. Goen (Converse West), 4:17.43; 5. Romo (California), 4:17.53; 6. Prieur (Cal Poly SLO), 4:17.99; 7. Hansen (Athletics West), 4:18.13; 8. Toomey (Athletics West), 4:20.97; 9. D. Vetter (Kangaroo), 4:22.03 (Open, Race 1); 1. Ringer (UC Irvine), 4:27.11; 2. Pratt (CS Northridge), 4:29.52 (Open, Race 2); 1. Malloy (Ireland), 4:19.81; 2. Sandra Gregg (Club Northwest), 4:21.29; 3. Susan Gregg (Club Northwest), 4:23.86; 4. Seleme (Arizona St.), 4:23.99; 5. Abraham (UC Irvine), 4:24.48; 6. Risan (Texas El Paso), 4:24.87; 7. Dunn (Houston), 4:25.0; 8. Davis (California), 4:26.19.

100 HURDLES (Inv.) — 1. Hightower (Bud Light), 13.10; 2. Page (Puma Energizer), 13.29; 3. Brady (Tiger), 13.32; 4. (Open) — 1. Walker (Washington), 13.62; 2. Geraki (World Class), 13.72; 3. Levallies (Houston), 13.73; 4. Flemming (Houston), 13.73; 5. Garnett (Oregon), 14.08.

400 HURDLES — 1. Farmer (CS Los Angeles), 57.53; 2. Kellon (UCLA), 57.94; 3. Sheffield (Maccabi), 58.21; 4. Marks (Canada), 59.17; 5. Beck 59.97; 6. Vasquez (Mexico), 60.18; 7. Hendry (Social Cheaters), 1:00.23; 8. Gamble (Tiger), 1:00.80.

400 RELAY — 1. World Class (A. Brown, Griffin, Briscoe, Bolden), 43.20 (meet record, old mark, 43.67, U.S. Olympic Development Team, 1983); 2. Houston, 44.26; 3. Arizona St., 45.13; 4. Washington, 45.48; 5. San Diego St., 45.83; 6. Puma Energizer, 46.13.

800 RELAY — 1. Arizona (Walsh, Winston, Rodgers, Witherall), 1:35.05; 2. San Diego St., 1:35.74; 3. Puma Energizer, 1:36.39; 4. Cal Poly Pomona, 1:40.93.

3,200 RELAY — 1. Athletics West (Washington, Arbogast, Addison, Lambiel), 8:28.48; 2. LA Mercures, 8:46.34; 3. Houston, 8:49.52; 4. California, 8:02.91; 5. UC Irvine, 9:08.93; 6. UC Santa Barbara, 9:12.31.

800 MEDLEY RELAY — 1. Rice, 1:42.47; 2. New Mexico, 1:44.45.

10,000 WALK — 1. Lopez (Social Roadrunners), 51.29; 2. Kemp (San Diego), 53.31; 3. Stegerwalt (Vans Walkers), 57.21.

HIGH JUMP — 1. Spencer (Puma Energizer), 6-2 3/4; 2. Larsen (unat), 6-1 1/4; 3. tie between Blunston (adidas) and Harding (Arizona), 5-10 3/4; 5. McNeil (Cal Poly SLO), 5-10 3/4; 6. Carter (Houston), 5-10 3/4.

LONG JUMP — 1. Lewis (Houston), 22-10 1/2; 2. Joyner (World Class), 22-0 3/4w (21.6 1/4 legal); 3. McMillan (Coast Athletics), 21-0 1/2w; 4. Thomas (unat), 20-10; 5. Loud (Hawaii), 20-8 1/2w (20-5 3/4); 6. Bell (Social Cheaters), 20-8 1/2w; 7. Hicks (Nevada Las Vegas), 20-6 1/4w; 8. Anna Van (Arizona St.), 20-4 1/2; 9. Williams (USC), 20-4 1/4.

SHOTPUT — 1. Losch (West Germany), 66-0 1/2 (meet record, old mark, 57-8 1/2; 2. Lizuan, Taiwan, 1980); 2. Griffin (Athletics West), 57-6; 3. Page (San Diego St.), 55-7; 4. Cady (Stanford), 55-1 1/4; 5. Hamilton (Road Runners), 54-0 1/2; 6. Pollock (Coast Athletics), 54-0; 7. Kaawana (Arizona St.), 53-11 3/4; 8. Dasse (Coast Athletics), 53-11; 9. Cavanaugh (Puma Energizer), 53-3.

DISCUS — 1. Stalman (adidas), 219-2; 2. Mancke (West Germany), 218-9; 3. Deniz (unat), 211-6; 4. Ritchie (adidas), 206-0; 5. Cady (Stanford), 204-9; 6. Griffin (Athletics West), 204-9; 7. Griffin (Athletics West), 204-9; 8. Griffin (Athletics West), 204-9; 9. Griffin (Athletics West), 204-9.

continued on next page...

Results

West), 202-9; 7. DeSnoo (San Diego St.), 196-4; 8. J. Hansen (Puma Energizer), 185-7; 9. Losch (West Germany), 184-1; 10. Beasley (Bud Light), 181-10; 11. Pagel (San Diego St.), 179-6; 12. Picknell (Oregon International), 179-1; 13. Zaphiropoulos (Weight City), 172-7.

JAVELIN—1. Smith (Athletics West), 193-0; 2. Suinski (Millbrae Lions), 183-6; 3. Kearny (Oregon International), 174-2; 4. Davis (UC Santa Barbara), 172-1; 5. Ray (Tiger), 172-2; 6. Rouse (Puma Energizer), 167-3; 7. Moro (Bud Light), 166-2; 8. Olivera (Coast Athletics/Bishop Diego HS), 162-1.

DECATHLON (first day)—1. Dixon (Striders), 4,160; 2. Zimmerman (Indiana), 4,012; 3. Crist (Athletics West), 3,743; 4. Connolly (UCLA), 3,708; 5. Ledsonne (Ablene Christian), 3,708; 6. Leverett (AIA), 3,654.

HEPTATHLON (first day)—1. Joyner (World Class), 3,641; 2. Greiner (Athletics West), 3,637; 3. Walker (unat), 3,598; 4. Tarr (Nevada Las Vegas), 3,392.

MEN DECATHLON—1. Dixon (AIA), 8,067; 2. Connolly (UCLA), 7,574; 3. Crist (Athletics West), 7,182 (9 events); 4. Zimmerman (Indiana), 7,121 (9 events); 5. Ledsonne (Ablene Christian), 6,854 (9 events).

HEPTATHLON—1. Joyner (World Class), 6,329; 2. Greiner (Athletics West), 6,177 (fourth performer all-time U.S.); 3. Walker (unat), 6,105 (fifth performer all-time U.S.); 4. Tarr (Nevada Las Vegas), 5,750 (seventh performer all-time U.S.); 5. Bell (Coast Athletics), 5,657; 6. Russell (Coast Athletics), 5,585; 7. Li Jau Tsai (Mt. Sac), 5,559; 8. Fades (California), 5,238.

Johnny Mathis Tune Up Track Meet

San Francisco, May 4.

Men's Results

Pole Vault: 1. Doug Porter, Oxy, 16-0; 2. Guy Richmond, UCD 15-9; 3. Bob Sanchez, Hay, 15-6.

5000m: 1. Greg Hanna, CSUS, 14:31; 2. John Barrett, UCD, 14:33; 3. Steve Blakemore, UNR, 14:50.6.

Discus: 1. Trent Eddings, UNR, 176-9; 2. Eric Van Shiek, OCTC, 171-1; 3. Steve Struble, SJSU, 169-2.

400m: 1. Tony Eddings, CSUH, 47.7; 2. Jay Lawson, UCD, 47.7; 3. March Monaco, UNR, 47.8.

100m: 1. Akin Lewis, GBTC, 10.5; 2. Brett Leavy, AJNT, 10.5; 3. Kevin Kellum, UNR, 10.5.

100m Relay: 1. Australia, AJNT, 3:14.0; 2. CSU-Hayward, 3:15.7; 3. CSU Sacto, CSUB, 3:20.2.

10K Race Walk: 1. Dwayne Glusker, Unat, 46:04; 2. Charles Yarus, Unat, 48:56; 3. Manny Adriano, Unat, 53:31.

Women's 10K Race Walk: 1. Karen Stoyanowski, Unat, 56:05; 2. Nancy Novak, Unat, 59:26; 3. Kathleen Curtis, Unat, 62:54.

Long Jump: 1. Jeff McBrann, Unat, 24-3 1/2; 2. Michael Brown, SBOR, 23-9 1/4; 3. Vance Keller, Oxy, 22-6 1/4.

10,000m: 1. Rick Baldocchi, EXTC, 31:46; 2. Scott Jamieson, CSUH, 32:20; 3. Mike Sullivan, Unat, 32:40.

400m Relay: 1. UC Davis, 41.7; 2. Australia, 41.8; 3. Sonoma State, 42.0.

Hammer: 1. Jan DeSoto, WCTC, 205-5; 2. David Debus, WCTC, 190-8; 3. Doug Silcoy, WTC, 178.

3000m Steeplechase: 1. Tim Bruber, ADAS, 8:56.3; 2. Bill Elliott, WTC, 9:07.5; 3. Bruce Kentwell, AJNT, 9:12.1.

110m High Hurdles: 1. Ron Kennedy, WTC, 13.9; 2. Kevin Ellison, Sono, 14.0; 3. Daryl Hill, UCD, 14.1.

Shot Put: 1. Greg Tataralis, WCTC, 86-5; 2. Rob Suelffon, WCTC, 65-7; 3. Ron Simkiw, WCTC, 62-1.



photo by Bill Leung, Jr.

LARRY MYRICKS

1500m: 1. Ramon Morales, HTC, 3:50.4; 2. Mark Hofer, CSUC, 3:50.5; 3. Marc Ziblat, Oxy, 3:51.0.

Triple Jump: 1. Dimtry Peterman, GBTC, 51-10 1/4; 2. Ron Livers, Unat, 50-4 1/4; 3. John Haynes, BAI, 45-1 1/4.

Javelin: 1. David Dixon, AJNT, 243-2; 2. Ralph Howe, WDTC, 222-4; 3. Steve Koel, CSFS, 221-4.

High Jump: 1. Des Braithwaite, AJNT, 6-10; 2. Bryon Barton, CSUC, 6-10; 3. Billy Cannon, Unat, 6-8.

800m: 1. Matt Favier, AJNT, 1:49.8; 2. Barry Acres, AJNT, 1:50.7; 3. Steve Gerhart, UCD, 1:50.8.

400m IH: 1. Kevin Kellum, UNR, 52.6; 2. Darren Wright, AJNT, 52.6; 3. Tom Bobertz, ATC, 53.0.

200m: 1. March Monado, Reno-Nev, 21.4; 2. Bruce Leavy, Australia, 21.5; 3. Tony Eddings, Humboldt, 21.5.

Women's Results

800m: 1. Jessica Spies, SJTC, 2:14.2; 2. Marcy Miller, Hay, 2:14.2; 3. Monika Zieschang, Hay, 2:16.7.

3000m: 1. Kraemer, Adidas, 9:39.4; 2. Powers, Humboldt, 10:00.1; 3. Negri, Davis, 10:01.3.

100m: 1. Gina Owens, SFSU, 12.0; 2. Delphina Banks, Hay, 12.1; 3. Qwen Ward, 12.1.

1500m: 1. Cris Manning, Hay, 4:27.1; 2. Monika Zieschang, Hay, 4:32.8; 3. Lori Ramirez, Six Rivers RC, 4:35.2.

10,000: 1. Linda Van Hausen, College of Notre Dame, 36:58.8; 2. Megan McGee, Army, 37:35.4; 3. Gigi Lutala, Woodside St, 39:35.8.

4X100m Relay: 1. Hayward State, 46.1; 2. San Francisco State, 46.8; 3. Fresno State, 47.6.

High Jump: 1. C. Sharpe, Australia, 5-8; 2. M. McCall, Hay, 5-6; 3. D. Malvino, Sonoma, 5-6.

Javelin: 1. B. Green, Chico, 132-6; 2. C. Kerazides, SFS, 132-5; 3. T. Hertenstein, Chico, 130-4.

Long Jump: 1. Ticksa Simon, Hay, 17-11 1/2; 2. C. Morrison-Roan, SFSU, 17-10 1/4; 3. R. Jackson, Fresno, 17-9 1/4.

Shot Put: 1. Oswalt, Hay, 42-10; 2. Fagerness, Army, 42-5; 3. McBryant, Humboldt, 42-0.

400m: 1. Freida Cobbs, Unat, 54.7; 2. Connie Culbert, Golden Bear TC, 55.7; 3. Ticksa Simon, Hay, 56.7.

Discus: 1. D. Oswalt, Hay, 178-4; 2. W. Robinson, Unat, 171-1; 3. J. Fiwell, Weight City TC, 150-0.

4X400: 1. Fresno State, 3:57.5; 2. Chico State, 3:58.4; 3. Sonoma State, 4:02.4.

100m Hurdles: 1. Roianne Byrd, Hay, 13.8; 2. Darlene Grant, Army, 14.4; 3. Ruth Whitehead, SFS, 14.4.

400m Hurdles: 1. Debra Carson, Golden Bear TC, 60.8; 2. Kathy Halpin, Hay, 61.5; 3. Angela Sullivan, Australia, 63.5.

200m: 1. Delphina Banks, Hay, 24.1; 2. Connie Culbert, GBTC, 24.4; 3. Freida Cobbs, Unat, 24.5.

5K: 1. Koudela, Hay, 16:42.2; 2. Hemenway, GSFTC, 16:51.1; 3. Kias USIU, 17:17.6.

Javelin: 1. Kristen Engle, Unat, 148-3; 2. Kim Marsh, UCDavis, 142-10; 3. Barbara Green, Chico, 132-6.

W.A.C. Champs.

San Diego State Univ. May 4-5.

Outstanding Athlete of Meet: Hurvie Milner, SDS.

400m Relay: 1. San Diego State 40.37; 2. Texas-El Paso 40.71; 3. Brigham Young 40.86.

1500m Run: 1. Espen Borge, W, 3:45.46; 2. Greg Keith, NM, 3:46.79; 3. Rob Langstaff, AF, 3:47.06; 4. Paul Greer, SDS, 3:48.43.

110m Hurdles: 1. Lorenzo Zackery, C, 14.0; 2. Ed Cooper, SDS, 14.2; 3. Wayne Vaden, UTEP, 14.5.

400m Dash: 1. Willie Atterberry, SDS, 46.42; 2. Joseph Boyd, UTEP, 46.88; 3. Mike Cooper, U, 47.09.

High Jump: 1. David Puvogel, UTEP, 7-3 3/8; 2. Dyson Hamner, SDS, 6-11; 3. Josh King, U, 6-11.

Shot Put: 1. Soren Tallhem, BYU, 61-8 1/4; 2. Stefan Fernholm, BYU, 57-1 1/4; 3. Jim Spillers, SDS, 56-2.

100m Dash: 1. Hurvie Milner, SDS, 10.54; 2. J.B. Jackson, BYU, 10.65; 3. Dwayne Rudd, NM, 10.67.

Javelin: 1. Rob Eamon, AF, 231-0; 2. Soren Tallhem, BYU, 226-6; 3. Mike Young, SDS, 224-8.

800m Run: 1. James Garrett, SDS, 1:48.38; 2. Dan Rojas, AF, 1:49.28; 3. Richie Martinez, NM, 1:49.59.

400m IH: 1. Ed Cooper, SDS, 50.48; 2. Lorenzo Zackery, C, 50.99; 3. Dale Laverly, UTEP, 52.25; 4. Austin Shanks, SDS, 53.09.

200m Dash: 1. Hurvie Milner, SDS, 21.27; 2. J.B. Jackson, BYU, 21.67; 3. Carl Meylor, UTEP, 21.79; 4. Aaron Thigpen, SDS, 21.88.

Pole Vault: 1. Paul Benavides, UTEP, 16-6; 2. George Barber, UTEP, 16-0; 3. Jay Novacek, W, 16-0; 4. Wendell Beck, BYU, 16-0.

1600m Relay: 1. Texas-El Paso 3:06.17; 2. San Diego State 3:06.50; 3. Brigham Young 3:11.40.

5000m Run: 1. Ed Eyestone, BYU, 13:52.54; 2. Ibrahim Kivina, NM, 13:53.08; 3. Sam Ngatia, UTEP, 13:56.1; 6. Jose Vega, SDS, 14:27.3.

Triple Jump: 1. Dwayne Rudd, NM, 52-10; 2. Norbert Elliott, UTEP, 50-10 1/2; 3. Todd Sanders, BYU, 50-7 1/4.

10,000m Run: 1. Gidamis Shahanga, UTEP, 28:31.26; 2. Ed Eyestone, BYU, 28:36.59; 3. Ibrahim Kivina, NM, 29:18.76.

Hammer: 1. Mikko Valimaki, BYU, 229-9; 2. Tore Johnsen, UTEP, 223-8; 3. Jim Thiss, SDS, 196-4.

Long Jump: 1. Dwayne Rudd, NM, 24-8 1/4; 2. Fidelis Ndyabagye, NM, 24-1; 3. Scott Countryman, SDS, 24-1.

3000m Steeplechase: 1. Sam Ngatia, UTEP, 8:38.40; 2. Espen Borge, W, 8:45.74; 3. Steve Chipman, BYU, 8:46.19.

Discus: 1. Stefan Fernholm, BYU, 215-6; 2. Lars Sundin, BYU, 193-8; 3. Olav Jenssen, UTEP, 178-8.

Team Scores:

1. University of Texas at El Paso, 161 1/2
2. Brigham Young University, 155 1/2
3. San Diego State University, 129
4. University of New Mexico, 81
5. University of Wyoming, 45
6. Air Force Academy, 33
7. Colorado State University, 29
8. University of Utah, 17

Misc. Meets

Cal vs. Oregon Dual at Berkeley:

Oregon (4-1), California (5-3) 80

Hammer — Ken Flax, Ore, 218-5; 2. Brian Crouser, Ore, 171-3; 3. Mark Macchling, Ore, 150-9; 4. Scott Sanders, Cal, 125-9.

400 relay — Cal (Walt Jones, Jimmie Williams, Peter Howard, Ken Smith) 40.8; 2. Ore, 41.6.

3,000 steeplechase — Matt McGuirk, Ore, 8:57.6; 2. Will Kimball, Ore, 9:01.5; 3. Sam Skinner, Cal, 9:05.4; 4. Don Nelson, Ore, 9:22.0.

Long jump — Smith, Cal, 24-6 1/2; 2. LaMar Hurd, Ore, 23-11; 3. Ken Williams, Cal, 23-10 1/2; 4. Mike Anderson, Cal, 23-2 1/2.

1,500 — Joaquin Cruz, Ore, 3:37.72; 2. Harold Kuphaldi, Ore, 3:45.57; 3. Ronen Maoz, Cal, 3:45.83; 4. Jay Marden, Cal, 3:46.22.

Shot put — Paul Rosati, Cal, 56-7 1/2; 2. Dave Maggard, Cal, 55-4 1/2; 3. Flax, Ore, 52-8 1/2; 4. Daryl Dapron, Ore, 46-0 1/2.

Javelin — Crouser, Ore, 258-7; 2. Bob George, Ore, 233-0; 3. Mark Richardson, Cal, 220-11; 4. Jim Peaslee, Ore, 219-6.

110 HH — Hurd, Ore, 13.96; 2. Jim Scannella, Cal, 14.43; 3. J.J. Birden, Ore, 14.78; 4. Miguel Torrente, Cal, 15.23.

400 — Peter Howard, Cal, 47.0; 2. Carl Bonner, Cal, 48.4; 3. Bart MacGillivray, Ore, 50.0.

100 — Jimmie Williams, Cal, 10.66; 2. Ken Smith, Cal, 10.71; 3. Roy Mosley, Cal, 10.84; 4. Kevin Willhite, Ore, 10.94.

High jump — John Morris, Cal, 6-10; 2. Todd Post, Ore, 6-10; 3. Ted Glatke, Cal, 6-8; 4. Walt Reynolds, Ore, 6-8.

Pole vault — Kory Tarpenning, Ore, 17-4; 2. Kerry Porter, Ore, 16-5; 3. Chris Rhoades, Cal, 14-6.

Discus — Flax, Ore, 173-5; 2. Dapron, Ore, 169-3; 3. Crouser, Ore, 165-9; 4. Maggard, Cal, 164-2.

800 — Dub Myers, Ore, 1:49.44; 2. John Carliotti, Ore, 1:51.75; 3. Kimble Goodman, Cal, 1:52.09; 4. Matt Hembley, Ore, 1:54.19.

400 Hurdles — Scannella, Cal, 50.09; 2. Don Ward, Ore, 50.19; 3. Torrente, Cal, 53.36; 4. Rand Clement, Ore, 53.77.

Triple jump — Ken Williams, Cal, 52-10 1/2; 2. Chris Mooring, Cal, 47-8; 3. Hurd, Ore, 47-4 1/2; 4. Uchenna Agu, Ore, 47-0 1/4.

200 — Jimmie Williams, Cal, 21.0; 2. Roy Mosley, Cal, 21.8; 3. MacGillivray, Ore, 21.9; 4. Agu, Ore, 22.2.

5,000 — Jim Hill, Ore, 13:34.5; 2. Tom Downs, Cal, 13:43.5; 3. John Zishka, Ore, 14:07.3; 4. Mike Blackmore, Ore, 14:08.2.

1,400 relay — Cal (David Timmons, Goodman, Carl Bonner, Peter Howard) 3:11.6; 2. Oregon, 3:24.9.

TRIANGULAR MEET

At San Diego

MEN 100—Thigpen (San Diego St.), 10.82; 400—Cook (Cal Poly Pomona), 48.05; 800—Behring (COP), 1:52.84; 1,500—1. Barnstev (Colorado), 3:45.89; 2. Greer (SDS), 3:51.86; 5,000—1. Marie (C), 14:34.53; 2. Woodland (SDS), 14:37.2; 3. Reyes (COP), 14:41.10; 110—Cooper (SDS), 14.62; 3,000 STEEPLCHASE—1. Gogol (C), 8:57.25; 2. Reyes (COP), 9:03.04; 400 RELAY—San Diego St., 41.78; 110—1. Hammer (SDS), 6-10; 2. Arnyne (COP), 6-10; 3. Spillers (SDS), 56-9; 2. Cremen (SDS), 55-3 1/4; 100—1. Thiss (SDS), 10.74.

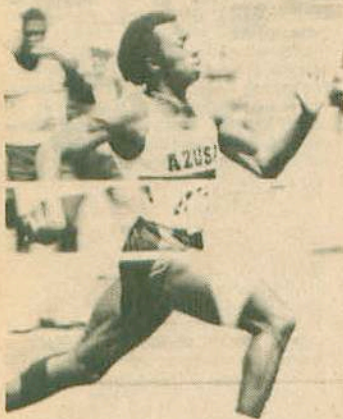
FINAL TEAM SCORES: San Diego St. 104; Colorado 47; Cal Poly Pomona 43; SDS 107; COP 51; SDS 105; Colorado 59; COP 90; Colorado 63.

New Balance Women's Meet

May 5, UC Irvine.

100—1. Brisco-Hooks (World Class), 11.36 (wind .56 m.p.s. aiding); 2. Griffin (WC), 11.41; 3. Marshall (Coast Athletics), 11.43; 4. Nedd (WC), 11.77; 5. Gill (CS Bakersfield), 11.91. 200—1. Marshall (CA), 22.84 (wind .41 m.p.s. aiding); 2. Brown (WC), 23.19; 3. Nedd (WC), 23.45; 4. Sheffield (unat), 23.88; 5. Bell (Puma Energizer), 24.03. 400—1. Ross (San Diego St.), 54.26; 2. Hacche (LA Mercu- rettes), 55.02; 3. Brown (WC), 55.20; 4. Warner (unat), 55.91; 5. tie between Kellon (UCLA) and Washington (unat), 55.99. 800—1. M. Joyce (Ireland), 2:08.66; 2. Gutowski (LAM), 2:08.66; 3. Federspiel (LAC), 2:09.63; 4. Scherzinger (CA), 2:10.09; 5. Taylor (California), 2:10.25. 1,500—1. Wysocki (unat), 4:13.24; 2. Fischer (UCLA), 4:23.43; 3. D. Vetter (unat), 4:23.83; 4. Avert (CP SLO), 4:25.28; 5. Abraham (UCI), 4:26.05; 6. Gonzales (UCI), 4:27.05. 3,000—1. Lyons (Santa Monica TC), 9:22.68; 2. Hansen (California), 9:27.53; 3. McCracken (NA), 9:41.06; 4. Ball (LAC), 9:43.04; 5. Bray (CP SLO), 9:46.10; 6. Ringer (UCI), 9:47.72. 5,000—Ratto (Northern Arizona), 17:26.0.

100 HURDLES—1. Page (PE), 13.60 (wind 1.14 m.p.s. aiding); 2. Bolden (WC), 13.95; 3. Joyner (WC), 13.98; 4. tie between Flemmings (Nev. Las Vegas) and Hunter (LAM), 14.05. 400 HURDLES—1. Maxie (unat), 1:11.55; 2. Milbray (HS), 1:12.20; 3. Edwinston (Milbray HS), 1:12.20; 4. Hendry (College of the Desert), 1:12.20; 5. Lane (unat), 1:12.20. 800 RELAY—1. World Class, 4:37.87; 2. CS Bakersfield, 4:37.87; 3. World Class, 4:37.87; 4. World Class, 4:37.87; 5. World Class, 4:37.87. 1,600 RELAY—1. World Class, 3:37.08; 2. Puma Energizer, 3:38.72; 3. Blunston (unat), 3:38.72; 4. tie between Joyner (WC) and McNeil (CP SLO), 5:10; 5. Bullard (unat), 5:10. 1,000—1. Yarrow (unat), 2:10.04; 2. Nicks (UNLV), 2:10.04; 3. Boya (CA), 2:10.04; 4. Crabtree (CA), 2:10.04; 5. 1,000—1. Roberts (CSLB), 4:02.24; 2. Love- lady (unat), 4:02.24; 3. Stalman (unat), 4:02.24; 4. Dasse (CA), 4:02.24; 5. Pollock (CA), 4:02.24; 6. Stalman (unat), 4:02.24; 7. Norton (unat), 4:02.24; 8. Zapropoulos (Wt. City), 4:02.24; 9. Westbrook (UCI), 4:02.24; 10. Anderson (PE), 4:02.24. HEP- TATHLON—1. Anderson (PE), 5:54.6.



INNOCENT EGBUNIKE

NAIA Dist. III Championships

From Russell Smalley

UC Santa Barbara, May 11, 12.

Men's Results

Hammer: 1. Phil Mann, APU, 197-11, 2. Eric LeMaster, APU, 197-7, 3. Christian

Okoye, APU, 196-3.

Long Jump: 1. Roosevelt Kent, APU, 23-5 1/4, 2. Donald Price, CLC, 23-4 1/4, 3. Doug Loisel, APU, 22-1/2.

Steeplechase: 1. Andrew Daniels, APU, 9:05.6, 2. Chris Erdman, APU, 9:27.5, 3. Robert Scott, Westmont, 9:37.0.

Discus: 1. Christian Okoye, APU, 189-6, 2. Rob Hastie, Biola, 148-10, 3. Phil Jackson, APU, 140-6.

Pole Vault: 1. Tim Loemheim, APU, 15-0, 2. Dave Johnson, APU, 14-6, 3. Clint Hunt, APU, 14-0.

100m Dash: 1. Innocent Egbunike, APU, 10.3 (ties Meet Record, Paul Brown, Westmont, 1977), 2. Tim Payne, APU, 10.7, 3. Ken Coakley, CLC, 11.0.

10,000m Run: 1. Tomas Andersson, PLC, 31:02.2, 2. Kurt Cook, Westmont, 31:02.4, 3. Chris Spitz, CLC, 31:33.0.

Triple Jump: 1. Roosevelt Kent, APU, 50-3 1/4, 2. George Greathouse, CLC, 45-11, 3. Anthony Cerrano, PLC, 45-1/4.

400m Relay: 1. Azusa Pacific Univ, 42.0, 2. Cal Lutheran College 42.2, 3. Biola Univ, 43.4.

1500m Run: 1. Fernando Velasquez, APU, 3:50.3, 2. Chris Bowlus, UCSD, 3:52.0, 3. Andrew Daniels, APU, 3:52.2.

400m Dash: 1. Doug Loisel, APU, 48.4, 2. Matt Carney, CLC, 49.2, 3. William Champion, CLC, 49.8.

Shot Put: 1. Christian Okoye, APU, 50-10, 2. Doug Loisel, APU, 49-9 1/4, 3. Phil Jackson, APU, 48-3 1/2.

110m Hurdles: 1. Dave Johnson, APU, 14.5, 2. Paul Webb, APU, 14.6, 3. Shane Paynter, APU, 14.9.

800m Run: 1. Scott Camp, WC, 1:53.8, 2. William Champion, CLC, 1:54.1, 3. Pat Huott, UCSD, 1:54.4.

400m Hurdles: 1. Paul Webb, APU, 52.6, 2. Shane Paynter, APU, 54.5, 3. Robert Butler, PLC, 56.3.

Javelin: 1. Shayne Paynter, APU, 211-4, 2. Ernie Fradella, APU, 203-4, 3. Vaughn Fredieu, CLC, 201-4.

High Jump: 1. Dave Johnson, APU, 6-4, 2. George Greathouse, CLC, 6-4, 3. Tim Magee, CT, 6-2.

200m Dash: 1. Tim Payne, APU, 21.9, 2. Ken Coakley, CLC, 22.2, 3. Roger Nelson, CLC, 22.3.

5000m Run: 1. Fernando Velasquez, APU, 14:54.1, 2. Tomas Andersson, PLC, 14:56.9, 3. Kurt Cook, Westmont, 14:57.9.

1 Mile Relay: 1. Azusa Pacific Univ, 3:16.1, 2. Cal Lutheran College 3:17.0, 3. Westmont College, 3:25.9.

Decathlon: 1. Mark Cote, CLC, 6708, 2. Brian Blomberg, APU, 6558, 3. George Greathouse, CLC, 6274.

Team Scores:
1. Azusa Pacific Univ. - 327
2. Cal Lutheran College - 151
3. Point Loma College - 48
4. Westmont College - 48
5. UC San Diego - 35
6. Biola Univ. - 33
7. Cal Inst. of Tech - 8

Women's Results

Shot Put: 1. Sandy Early, APU, 41-2 1/4 MR.

5000m Run: 1. Linda VanHousen, ND, 17:55.6 MR.

High Jump: 1. Jennifer Schwartz, APU, 5-5 MR.

Javelin: 1. Donna McDonough, APU, 140.

100m Dash: 1. Julie Ericske, APU, 12.5 MR.

Heptathlon: 1. Blair Bates, APU, 4571 MR.

3000m Run: 1. Linda VanHousen, ND, 10:25.8 MR.

Discus: 1. Sandy Early, APU, 139-11 MR.

400m Relay: 1. Azusa Pacific Univ, 50.1 MR.

1500m Run: 1. Sonja Cooper, APU, 4:53.0 MR.

400m Dash: 1. Jennifer Schwartz, APU, 59.1.

100m Hurdles: 1. Julie Fricke, APU, 15.5.

Long Jump: 1. Jennifer Schwartz, APU, 17-1 1/4.

800m Run: 1. Sonya Cooper, APU, 2:21.9.

400m Hurdles: 1. Karen Rodd, APU, 1:07.5.

200m Dash: 1. Jennifer Schwartz, APU, 26.3 MR.

1 Mile Relay: 1. Azusa Pacific Univ, 4:12.7 MR.

Team Scores

1. Azusa Pacific Univ. - 92
2. Point Loma College - 25
3. Notre Dame - 22
4. Cal Lutheran College - 20
5. Westmont College - 11
6. Cal Inst. of Tech - 0

Misc. Meets

May 12:

OCIDENTAL INVITATIONAL

100—1. Sandy Early (APU), 10.65; 2. Roosevelt Kent (APU), 10.77; 3. Phil Jackson (APU), 10.91; 4. Phil Jackson (APU), 10.91; 5. Phil Jackson (APU), 10.91; 6. Phil Jackson (APU), 10.91; 7. Phil Jackson (APU), 10.91; 8. Phil Jackson (APU), 10.91; 9. Phil Jackson (APU), 10.91; 10. Phil Jackson (APU), 10.91; 11. Phil Jackson (APU), 10.91; 12. Phil Jackson (APU), 10.91; 13. Phil Jackson (APU), 10.91; 14. Phil Jackson (APU), 10.91; 15. Phil Jackson (APU), 10.91; 16. Phil Jackson (APU), 10.91; 17. Phil Jackson (APU), 10.91; 18. Phil Jackson (APU), 10.91; 19. Phil Jackson (APU), 10.91; 20. Phil Jackson (APU), 10.91; 21. Phil Jackson (APU), 10.91; 22. Phil Jackson (APU), 10.91; 23. Phil Jackson (APU), 10.91; 24. Phil Jackson (APU), 10.91; 25. Phil Jackson (APU), 10.91; 26. Phil Jackson (APU), 10.91; 27. Phil Jackson (APU), 10.91; 28. Phil Jackson (APU), 10.91; 29. Phil Jackson (APU), 10.91; 30. Phil Jackson (APU), 10.91; 31. Phil Jackson (APU), 10.91; 32. Phil Jackson (APU), 10.91; 33. Phil Jackson (APU), 10.91; 34. Phil Jackson (APU), 10.91; 35. Phil Jackson (APU), 10.91; 36. Phil Jackson (APU), 10.91; 37. Phil Jackson (APU), 10.91; 38. Phil Jackson (APU), 10.91; 39. Phil Jackson (APU), 10.91; 40. Phil Jackson (APU), 10.91; 41. Phil Jackson (APU), 10.91; 42. Phil Jackson (APU), 10.91; 43. Phil Jackson (APU), 10.91; 44. Phil Jackson (APU), 10.91; 45. Phil Jackson (APU), 10.91; 46. Phil Jackson (APU), 10.91; 47. Phil Jackson (APU), 10.91; 48. Phil Jackson (APU), 10.91; 49. Phil Jackson (APU), 10.91; 50. Phil Jackson (APU), 10.91; 51. Phil Jackson (APU), 10.91; 52. Phil Jackson (APU), 10.91; 53. Phil Jackson (APU), 10.91; 54. Phil Jackson (APU), 10.91; 55. Phil Jackson (APU), 10.91; 56. Phil Jackson (APU), 10.91; 57. Phil Jackson (APU), 10.91; 58. Phil Jackson (APU), 10.91; 59. Phil Jackson (APU), 10.91; 60. Phil Jackson (APU), 10.91; 61. Phil Jackson (APU), 10.91; 62. Phil Jackson (APU), 10.91; 63. Phil Jackson (APU), 10.91; 64. Phil Jackson (APU), 10.91; 65. Phil Jackson (APU), 10.91; 66. Phil Jackson (APU), 10.91; 67. Phil Jackson (APU), 10.91; 68. Phil Jackson (APU), 10.91; 69. Phil Jackson (APU), 10.91; 70. Phil Jackson (APU), 10.91; 71. Phil Jackson (APU), 10.91; 72. Phil Jackson (APU), 10.91; 73. Phil Jackson (APU), 10.91; 74. Phil Jackson (APU), 10.91; 75. Phil Jackson (APU), 10.91; 76. Phil Jackson (APU), 10.91; 77. Phil Jackson (APU), 10.91; 78. Phil Jackson (APU), 10.91; 79. Phil Jackson (APU), 10.91; 80. Phil Jackson (APU), 10.91; 81. Phil Jackson (APU), 10.91; 82. Phil Jackson (APU), 10.91; 83. Phil Jackson (APU), 10.91; 84. Phil Jackson (APU), 10.91; 85. Phil Jackson (APU), 10.91; 86. Phil Jackson (APU), 10.91; 87. Phil Jackson (APU), 10.91; 88. Phil Jackson (APU), 10.91; 89. Phil Jackson (APU), 10.91; 90. Phil Jackson (APU), 10.91; 91. Phil Jackson (APU), 10.91; 92. Phil Jackson (APU), 10.91; 93. Phil Jackson (APU), 10.91; 94. Phil Jackson (APU), 10.91; 95. Phil Jackson (APU), 10.91; 96. Phil Jackson (APU), 10.91; 97. Phil Jackson (APU), 10.91; 98. Phil Jackson (APU), 10.91; 99. Phil Jackson (APU), 10.91; 100. Phil Jackson (APU), 10.91.

200—1. Sandy Early (APU), 21.9; 2. Phil Jackson (APU), 22.2; 3. Phil Jackson (APU), 22.3; 4. Phil Jackson (APU), 22.3; 5. Phil Jackson (APU), 22.3; 6. Phil Jackson (APU), 22.3; 7. Phil Jackson (APU), 22.3; 8. Phil Jackson (APU), 22.3; 9. Phil Jackson (APU), 22.3; 10. Phil Jackson (APU), 22.3; 11. Phil Jackson (APU), 22.3; 12. Phil Jackson (APU), 22.3; 13. Phil Jackson (APU), 22.3; 14. Phil Jackson (APU), 22.3; 15. Phil Jackson (APU), 22.3; 16. Phil Jackson (APU), 22.3; 17. Phil Jackson (APU), 22.3; 18. Phil Jackson (APU), 22.3; 19. Phil Jackson (APU), 22.3; 20. Phil Jackson (APU), 22.3; 21. Phil Jackson (APU), 22.3; 22. Phil Jackson (APU), 22.3; 23. Phil Jackson (APU), 22.3; 24. Phil Jackson (APU), 22.3; 25. Phil Jackson (APU), 22.3; 26. Phil Jackson (APU), 22.3; 27. Phil Jackson (APU), 22.3; 28. Phil Jackson (APU), 22.3; 29. Phil Jackson (APU), 22.3; 30. Phil Jackson (APU), 22.3; 31. Phil Jackson (APU), 22.3; 32. Phil Jackson (APU), 22.3; 33. Phil Jackson (APU), 22.3; 34. Phil Jackson (APU), 22.3; 35. Phil Jackson (APU), 22.3; 36. Phil Jackson (APU), 22.3; 37. Phil Jackson (APU), 22.3; 38. Phil Jackson (APU), 22.3; 39. Phil Jackson (APU), 22.3; 40. Phil Jackson (APU), 22.3; 41. Phil Jackson (APU), 22.3; 42. Phil Jackson (APU), 22.3; 43. Phil Jackson (APU), 22.3; 44. Phil Jackson (APU), 22.3; 45. Phil Jackson (APU), 22.3; 46. Phil Jackson (APU), 22.3; 47. Phil Jackson (APU), 22.3; 48. Phil Jackson (APU), 22.3; 49. Phil Jackson (APU), 22.3; 50. Phil Jackson (APU), 22.3; 51. Phil Jackson (APU), 22.3; 52. Phil Jackson (APU), 22.3; 53. Phil Jackson (APU), 22.3; 54. Phil Jackson (APU), 22.3; 55. Phil Jackson (APU), 22.3; 56. Phil Jackson (APU), 22.3; 57. Phil Jackson (APU), 22.3; 58. Phil Jackson (APU), 22.3; 59. Phil Jackson (APU), 22.3; 60. Phil Jackson (APU), 22.3; 61. Phil Jackson (APU), 22.3; 62. Phil Jackson (APU), 22.3; 63. Phil Jackson (APU), 22.3; 64. Phil Jackson (APU), 22.3; 65. Phil Jackson (APU), 22.3; 66. Phil Jackson (APU), 22.3; 67. Phil Jackson (APU), 22.3; 68. Phil Jackson (APU), 22.3; 69. Phil Jackson (APU), 22.3; 70. Phil Jackson (APU), 22.3; 71. Phil Jackson (APU), 22.3; 72. Phil Jackson (APU), 22.3; 73. Phil Jackson (APU), 22.3; 74. Phil Jackson (APU), 22.3; 75. Phil Jackson (APU), 22.3; 76. Phil Jackson (APU), 22.3; 77. Phil Jackson (APU), 22.3; 78. Phil Jackson (APU), 22.3; 79. Phil Jackson (APU), 22.3; 80. Phil Jackson (APU), 22.3; 81. Phil Jackson (APU), 22.3; 82. Phil Jackson (APU), 22.3; 83. Phil Jackson (APU), 22.3; 84. Phil Jackson (APU), 22.3; 85. Phil Jackson (APU), 22.3; 86. Phil Jackson (APU), 22.3; 87. Phil Jackson (APU), 22.3; 88. Phil Jackson (APU), 22.3; 89. Phil Jackson (APU), 22.3; 90. Phil Jackson (APU), 22.3; 91. Phil Jackson (APU), 22.3; 92. Phil Jackson (APU), 22.3; 93. Phil Jackson (APU), 22.3; 94. Phil Jackson (APU), 22.3; 95. Phil Jackson (APU), 22.3; 96. Phil Jackson (APU), 22.3; 97. Phil Jackson (APU), 22.3; 98. Phil Jackson (APU), 22.3; 99. Phil Jackson (APU), 22.3; 100. Phil Jackson (APU), 22.3.

OREGON TWILIGHT MEET

At Eugene

1 Mile—1. Myers (Oregon), 3:58.24; 2. Mangan (Athletics West), 3:58.36; 3. Wilson (AWI), 3:58.74; 4. 1,000—Lindsay (AWI), 13:45.30; 5. Kinn (Puma Energizer), 13:50.28; 6. 3,000—STEEPLECHASE—1. Jensen (AWI), 8:35.50; 2. Remick (Oregon Int'l), 8:38.85; 3. McCullough (Santa Monica TC), 8:39.84; 4. PV—Tayloring (Oregon), 17-8; 5. DT—Davis (Oregon Int'l), 18-1.

WOMEN 200—1. Brown (Nike), 23.53; 2. 800—Greenleaf (Oregon), 2:02.26; 3. Twomey (AWI), 4:18.87; 4. Roth (Oregon), 4:20.75; 5. 3,000—Hayes (Oregon), 9:10.46.

Pepsi Invit.

by Doug Speck

UCLA's Drake Stadium, May 13.

Complete with a "Mother's Day" dedication to the sell-out crowd at UCLA's Drake Stadium by Willie Banks, the Seventh annual Pepsi Invitational again featured the ability of Track and Field super-promoter Al Franken to gather more top athletes on one oval than any meet other than the Olympics. On a beautiful May afternoon that was disturbed only by some gentle breezes, a wealth of talent came through with the usual super marks and competitive events to keep a large crowd more than satisfied.

Carl Lewis sailed out to 28-7 in his first serious outdoor long jump competition. Steve Scott edged Joaquim Cruz (by .01) in an exciting Mile. Mary Decker returned home and was a big winner in the

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photo by Jim Reynolds



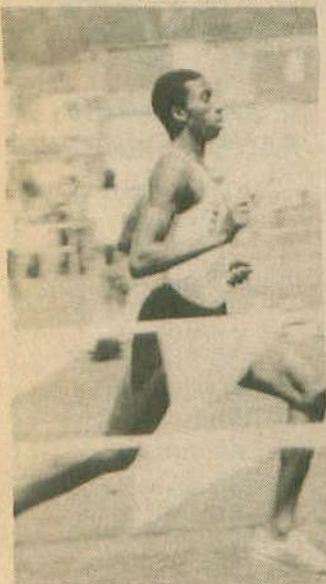
WILLIE BANKS

Women's Mile, Edwin Moses extended his undefeated intermediates string. Tom Petranoff won an exciting Javelin competition, David Laut got out over 70 feet in

continued on next page.

Results

photo by Jim Reynolds



JOHNNY GRAY

the shot, Chandra Cheeseborough and Innocent Egbunike raced fine 400's (Chandra's an American record), and Greg Foster took an exciting High Hurdles race. A number of events that would have been highlights in any other meet were pushed into the background in this excellent meet.

Carl Lewis talked about a long mark here in his first serious Long Jump competition this season. Larry Myricks spanned out to 27-8 1/2 early in the competition, while Carl's first three attempts were long fouls. The new Long Jump facility at UCLA, between the Track and the Stands, really puts the jumpers close to the crowd, which lends a more intimate quality to the competition. With the crowd hanging on the edge of their seats Carl popped his fifth attempt out to 28-7, the fourth best leap ever all-time. Carl was the first to admit that all was not perfect this day, and from all appearances it seems as if Mr. Beamon's 29-2 will fall sometime this outdoor season to Lewis.

Joaquim Cruz (Oregon via Brazil) has run very fast this year (3:37.72 solo 1500 in dual meet), and coupled with his 1:44.04 800m speed (number two ranking in the world 1983) it appeared Steve Scott would have a Mile race on his hands. No one was let down. Craig Masback and Cruz handled pace-setting duties through 880 yards at 1:59.0, with a large pack in tow. The comfortable first half seemed to play into the hands of Cruz, for a long build up on in seemed assured. Cruz pushed the third lap, with Scott in close tow, coming by the 1320 at 2:58.2. Cruz led down the backstretch, with Scott positioning himself off the Brazilian's shoulder. With one hundred meters to go the American put it in high gear. Cruz defies common procedures by going into a long, high lunge during the sprint in, while Scott relies on the normal quickening of the arm tempo and consistently short stride to sprint on in. Scott edged past to perhaps a meter lead with twenty meters to go, where Cruz began to edge back, almost pulling even at the tape. Both athletes leaned, and Scott only won due to this tactic. The times a super 3:52.99-3:53.00. Scott's final 200 meters was in 26.9.

Edwin Moses was going after his 88th consecutive Intermediate Hurdles win here, a feat he was able to pull off, though not looking quite as sharp as usual, in 48.79. The World Record Holder had been caught up in the boycott flak this week, and that fact combined with this being his first race of the year, he was a bit vulnerable. Moses almost cleared the fourth hurdle in the race at 12 strides, but changed his mind at the barrier and slowed there a bit. Andre Phillips was second for most of the race, having problems at hurdles seven and eight, and he was edged by Amadou Dia Ba (Senegal) 49.13-49.15 for second.

Mary Decker, a former Orange County, is always a Southern California favorite, and despite again having no one near for the entire race, is still a very special draw here. Over a mile, Mary took off through 65.6-2:12.9-3:18.5 quarter splits to build up a fifty meter lead. Decker finished in 4:22.92, while revived Francie Larrieu edged Jan Merrill for second 4:29.79-4:30.12.

Tom Petranoff was returning to the site of his unreal 327.2 of last year. While he did not come close, he still took an excellent Javelin competition. Bob Roggy (292-7) and Duncan Atwood (287-4) opened the event with excellent tosses. Petranoff opened at 291-1, then later tossed one out to 293-8 to take the super competition.

Dave Laut trailed the opening put of 69-11 1/4 by Brian Oldfield after the first round in the Shot Put, but the former UCLA star also came back, here with a 70-5 toss on his third of the afternoon to take that event.

The 400's were interesting. Chandra Cheeseborough gave the event another try after her 51.05 at Mt. SAC. Against a top field, including the renewed Sherri Howard, Chandra did not exhibit the exaggerated move during the third 100 as at Mt. SAC, but paced a consistent effort on her way to a 50.52 American Record (reducing the 50.62 of Rosalyn Bryant 1976). Howard ran 51.20, and continues to show her recovery from foot problems of the past couple of seasons. The Men's 400 featured Innocent Egbunike (Azusa Pacific/Nigeria), who has moved up from the sprints with a 45.63 at Mt. SAC, and something better here. The African, like Cheeseborough, picking up a world of experience each time he runs the event, blasted a top group with a world leading

44.81. The Nigerian is just one of the pack in the sprints, but a definite medal threat in the Olympics at 400. Preps, competing unattached, held their own nicely over 400m. Choo Choo Knighten (Locke, LA) zoomed past some veterans in the final 100 to place third in a super 52.31 (#14 Prep all-time, #5 California Prep). Henry Thomas (Hawthorne) was every bit as good, as the Cougar junior paced an excellent 45.82 for fourth (#7 All-Time Prep, #2 All-Time Californian). Henry cruised disciplined 10.9-11.0-11.3-12.6 100 meter segments in an event that qualified him for the Olympic Trials (as did the Choo's).

Greg Foster met Tonie Campbell in the High Hurdles. The former UCLA World Champion had a fine start, but the former Trojan, Campbell, almost caught Greg at the tape, 13.21-13.23.

Willie Banks addressed the entire crowd a couple of times during the afternoon, and people loved it. His wishes for a happy mothers' day to all and encouragement for the fans to get into the meet were heartily met with enthusiasm by those in attendance. Willie stretched out to 55-5 1/4 w (2.45 mps) to take Ray Kimble in the competition.

Earl Bell continued his big comeback, with an important win against a top international field. The Texan left Billy Olson, Thierry Vigneron, and Dan Ripley behind after all cleared 18-1 with a personal record clearance of 18-8 1/4 to win the Vault.

In the Women's 800m, Diana Richburg took a pack of Cynthia Warner, Essie Washington, and Robin Campbell out through a 58.2 400. During a torrid last lap struggle, which was not decided until the homestretch, Diana edged in ahead of Washington, Warner, and Campbell, with all four between 2:01.12 and 2:02.18.

Johnny Gray (Santa Monica TC) used the same (near the front) strategy in the Men's 800m. Right at the front of a large pack through 24.5-51.5-1:18.2 200 meter segments, the former Crenshaw HS star showed real power on the homestretch to fight off the challenge of Agberto Guymares (Brazil) 1:45.79-1:46.45.

Czechoslovakians Imrich Bugar (223-7) and Geza Valent (216-7) showed the value of the boycott loss, as they handled an American discus field by 15 feet.

In the Women's 400m Hurdles, Latanya Sheffield (Maccabi TC) charged a strong final 100 meters to race the fastest

American time of the 1984 season at 56.02. The former San Diego State star moved into Olympic contention with the win over the third ranked American, Lori McCauley (Team Adidas). Leslie Maxie (Unattached, Mills HS, Millbrae) raced a fine 57.52 for fourth. Stephanie Hightower (Bud Light) raced the fastest outdoor American time this year over the 100m hurdle distance with her 12.93 win. The American record holder utilized a rocket start over the first two hurdles to hold off the strong finishing run of Benita Fitzgerald (13.06).

In the Men's 100m, Ron Brown (Stars & Stripes TC) was a fairly easy winner at 10.13w (3.51 mps), as latest star Mel Latany (9.96 last week and previous day's Modesto win) was a no-show. The news was the return of James Sanford to form, as the former Pasadena HS and USC star cranked a fine 10.22 for second. The mild-mannered Sanford has undergone a long recovery period from foot problems, which included the insertion of a screw in a weakened area below his ankle. James said he got a little excited about his race at seventy meters and lost his concentration a bit, or he felt he could have run a bit faster.

Karin Smith (194-7) took a good Women's Javelin competition over Kate Schmidt (192-7) and Cathy Sulinski (187-1). Pam Spencer equalled the Meet Record with her 6-4 High Jump win over all-around star, Jane Frederick (6-2). Jeanette Bolden used her long, very little knee lift, stride to run down the good start of Alice Brown in the 100 meters to win 11.15-11.22. World Class clubmate, Valerie Brisco-Hooks was strongest at the end of the 200, as she edged Pam Marshall (Pacific Coast Club) 22.50w (4.8 mps) 22.64. Marshall seems to be improving each week and realizing the potential she showed against Brisco when both were LA-area preps. Kathy McMillan took the Women's Long Jump at 21-5 1/4. Lorna Griffin took the Shot in a Meet Record 58-8 1/4, while Meg Ritchie was a narrow Discus winner (206-1) over Ria Stalman (205-10).

Jake Jacoby (Boise St) continues to show he is for real in the High Jump, with a 7-5 1/4 Meet Record win over a good field that included Dwight Stones and Doug Nordquist (7-4 1/4). Steve Lacy took Gerald Jones in the sprint at the end of the 3000m flat race 7:45.92-7:55.34. Prep Roman Gomez (Unat, Belmont HS, LA) hung in there through a 4:14.2 1600m, then faded a bit to a still super 8:20.6 (the national prep 1984 leader, about 8:57 for two miles). Mark Witherspoon (Abeline Christian) finished well in the 200m to run down national leader Rod Barksdale (Arizona U-former Compton HS) and Elliott Quow at 20.55w (2.8 mps).

Men

100-1 R. Brown (Stars), 10.13w (3.51 mps); 2 J. Sanford (Stars), 10.22; 3 McNair (Santa Monica TC), 10.24; 4 Morales (USC), 10.33; 5 Witherspoon (Abeline Christian), 10.38; 6 Quow (Lodi), 10.38; 7 Robinson (Arizona St.), 10.41; 8 Moore (Tiger), 10.46.

200-1 Witherspoon (Abeline Christian), 20.55w (2.8 mps); 2 Quow (Lodi), 20.6w; 3 Barksdale (Arizona), 20.8; 4 Cruz (NY Power), 20.76; 5 Moore (Tiger), 20.76; 6 Morales (USC), 20.77; 7 Quow (Bud Light), 21.10; 8 Miner (San Diego St.), 21.16.

400-1 Egbunike (Azusa Pacific/Nigeria), 44.81 (meet record, old mark, 44.8); 2 Bill Majors (USC), 45.82; 3 Hassan (AccuSplit), 45.78; 4 Thomas (Hawthorne), 45.82; 5 Leventhal (former all-time high school), 46.01; 6 Conti (France), 46.75; 7 Darden (Uma Energy), 46.94; 8 Ketchum (Santa Monica TC), 46.95; 9 Banks (World Class), 47.25; 10 Morris (Lamar), 47.79.

800-1 Gray (Santa Monica TC), 1:45.79; 2 Guymares (Brazil), 1:46.45; 3 Hardman (Santa Monica TC), 1:47.54; 4 Richardson (Arizona St.), 1:48.95; 5 Theriot (Lodi), 1:47.32; 6 Payers (UCLA), 1:48.41; 7 Tufano (Adidas West), 1:48.54; 8 Riffe (Santa Monica TC), 1:49.51; 9 Enright (New Balance), 1:50.38; 10 Stahl (Arizona St.), no time.



photo by Jim Reynolds

PEPSI MILE FINISH - you pick 'em.



CARL LEWIS

11. Ewiger (Pacific Coast Club), 1:54.1, West (unat), did not finish.

MILE—1. Scott (Sub 4), 3:52.99; 2. Cruz (Oregon/Pacific), 3:53.00; 3. Stovey (Athletics West), 3:53.88; 4. Smith (Athletics West), 3:54.08; 5. Donoghue (Lakeland), 3:55.26; 6. Harbour (Santa Monica TC), 3:59.32; 7. Byers (Sub 4), 4:02.06; 8. F. Aspinwall (Social Roadrunners), 4:09.75; 9. Mastlock (Sub 4), did not finish.

3000—1. Lacy (New Balance), 7:54.92; 2. Jones (Santa Monica TC), 7:55.54; 3. Ortiz (Tiger), 8:00.99; 4. Einspahr (Converse West), 8:01.58; 5. Butler (UCLA), 8:03.14; 6. Fox (Athletics West), 8:12.81; 7. Fell (Bud Light/Brilliant), 8:15.95; 8. Koenig (Sub 4), 8:18.9 (th); 9. R. Gomez (unat, Belmont HS), 8:20.6.

110 HURDLES—1. Foster (World Class), 13.21 (wind 1.05 m.p.s. ading); 2. Campbell (Stars & Stripes), 13.23; 3. McCrory (Macab), 13.91; 4. Booker (Puma Energizer), 13.94.

400 HURDLES—1. Moses (adidas), 49.71; 2. Duns (Georgian), 49.13; 3. Phelps (World Class), 49.15; 4. J. King (Macab), 49.72; 5. G. Rolle (U.S. West), 50.00; 6. Barnada (Bahrain), 50.84; 7. Hargrove (Macab), 51.2 (th); 8. Sheffield (Macab), 53.3 (th).

HIGH JUMP—1. Jacoby (Boise St.), 7-5 1/2 (meet record, old mark, 7-5 1/4, Tyler Fracock, Fresno St. TC, 1983); 2. Tie between Nordmark (Tiger) and Stones (Pacific Coast Club), 7-4 1/4; 4. Balin (UCLA), 7-2 1/2; 5. County (Arizona), 7-2 1/2; 6. Stanton (unat), 7-2 1/2; 7. Carter (Pasadena CC), 7-2 1/2; 8. Carr (USC), 7-0 1/2; 9. Frazer (unat), 7-0 1/2.

POLE VAULT—1. Bell (Pacific Coast Club), 18-8 3/4 (meet record, old mark, 18-5 1/4, Earl Bell, Pacific Coast Club, 1983); 2. Tie between Olson (Pacific Coast Club) and Ripley (Pacific Coast Club), 18-1; 4. Veneron (France), 18-1; 5. Kenworthy (Stars & Stripes), 17-6 1/2; 6. Hirtzhaus (Brazil), 17-6 1/2.

LONG JUMP—1. Lewis (Santa Monica TC), 28-7 (wind 0.35 m.p.s. against) (meet record, old mark, 28-3, Carl Lewis, Santa Monica TC, 1982) (fourth best performance all time); 2. Myrakis (Bud Light), 27-8 1/4 (wind 0.20 m.p.s. ading); 3. Johnson (Arizona), 26-8 1/4 (wind 0.15 m.p.s. ading); 4. Tava (USC), 26-0 1/4; 5. Frazer (Arizona St.), 25-2; 6. Williams (U.S. Marine), 24-8 1/4; Lewis' series—foul, foul, 27-6 1/2, 28-7, foul.

TRIPLE JUMP—1. Banks (Athletics West), 55-5 3/4 (wind 1.45 m.p.s.) (55-3 3/4, legall); 2. Linder (unat), 54-8; 3. Joyner (Bud Light), 54-2 1/4; 4. Maxwell (unat), 53-8 1/2; 5. Grier (unat), 53-0 1/4; 6. Cannon (Coast Athletics), 52-0 1/4.

SHOTPUT—1. Lunt (Athletics West), 40-9; 2. Gaffney (Chico State), 69-11 1/4; 3. Kravich (USC), 63-11 1/4.

DISCUS—1. Bugar (Czechoslovakia), 221-7; 2. Valent (Czechoslovakia), 216-7; 3. Worden (Athletics West), 211-7; 4. Sorely (unat), 207-8; 5. Dwyer (Arizona International), 198-3.

JAVELIN—1. Pettanoff (Athletics West), 293-8; 2. Rogny (Athletics West), 292-7; 3. Atwood (Nike), 287-4; 4. Adamco (Czechoslovakia), 279-11; 5. Ewako (Athletics West), 266-1; Burnett (Arizona Pacific), 254-5.

Women

100—1. Bolden (World Class), 11.15 (wind 1.48 m.p.s. ading); 2. A. Brown (World Class), 11.21; 3. A. Jackson (Arizona/Jamaica), 11.35; 4. Peterson (Nevada Las Vegas), 11.41; 5. Vireen (Central HS, Trenton, N.J.), 11.55; 6. Hopkins (Puma Energizer), 11.65; 7. A. Jackson (Ms. International), 11.85.

200—1. Brisco Hooks (World Class), 22.94 (4.8 m.p.s.); 2. Mitchell (Coast Athletics), 22.64; 3. Griffith (World Class), 22-70; 4. G. Jackson (Arizona/Jamaica), 22-73; 5. Bolden (World Class), 23-12; 6. McGraw (Social Chetels), 23-23; 7. Vireen (Central HS, Trenton, N.J.), 23-0 (hand time); 8. Nedd (World Class), 23-4 (th).

400—1. Cheesborough (Athletics West), 50.52 (American and meet record, old American mark, 50.82, Ros Allen Bryant, Cal St. Los Angeles, 1976, and Athletics West, 1983); 2. Sh. Howard (Cal St. Los Angeles), 51-26; 3. Knighten (unat, Locke HS), 52-31 (fourth performer all-time high school); 4. Belle (Puma Energizer), 52-31; 5. D. von (Atrons), 53-23; 6. Combes (LA Mercantile), 54-23; 7. T. Howard (Cal St. Los Angeles), 54-08.

800—1. Richburg (Gazelle), 2:01.12; 2. Washington (Athletics West), 2:01.59; 3. Warner (LA Mercantile), 2:01.99; 4. R. Campbell (Stanford TC), 2:02-18; 5. Arbogast (Athletics West), 2:02-18; 6. Rome (California), 2:03-18; 7. Lambert (Athletics West/Switzerland), 2:06-06; 8. Walton (Indy), 2:06-11 (th); 9. Schwaninger (Coast Athletics), 2:06-3 (th); 10. Ziesels (unat, Lakeland HS), 2:08-0; 11. Ellingson (Cal Poly SLO), 2:09-0.

MILE—1. Decker (Athletics West), 4:22.92; 2. Lerner (New England), 4:34.71; 3. Morris (Age Group), 4:38.12; 4. Dummer (Wisconsin United), 4:38.78; 5. Kayes (Athletics West), 4:34.30; 6. Beckett (Raberty), 4:36.32; 7. Bush (Knaparood), 4:36-47; 8. M. Joyce (Converse), 4:37.74; 9. Ashton (Athletics West), 4:39.99; 10. Chalmers (Northern Arizona), 4:39-01.

100 HURDLES—1. Hightower (Bud Light), 12.95 (meet record, old mark, 12.98, Stephanie Hightower, Naurate 1992); 2. Fitzgerald (adidas), 13-06; 3. Young (Fairleigh Dickinson), 13-24; 4. Turner (Texas El Paso), 13-25; 5. Page (Puma Energizer), 13-27; 6. Frederick (Athletics West), 13-62; 7. Watkins (Social Chetels), 13-65; 8. Workley (Atrons), 13-69.

400 HURDLES—1. Sheffield (Macab), 56-02 (meet record, old mark, 56-05, Edna Brown, Atrons, 1984); 2. McCauley (adidas), 56-26; 3. L. Brown (Atrons), 57-22; 4. Maxie (unat, Mills HS, Millbrae), 57-57; 5. Rees (Coast Athletics), 57-54; 6. T. Brown (World Class), 58-4 (th); 7. Kellon (UCLA), 58-36; 8. Wall (Canada), 59-11 (th).

HIGH JUMP—1. Spencer (Puma Energizer), 6-4 (equal meet record, Louise Ritter, Pacific Coast Club, 1983); 2. Frederick (Athletics West), 6-2; 3. Tie between Fehrmann (Cal St. Long Beach) and McNair (Cal Poly SLO), 6-0; 5. Blunston (adidas), 6-0.

LONG JUMP—1. McMillan (Coast Athletics), 21-5 1/4 (wind 1.12 m.p.s. ading); 2. Lloyd (Hawaii), 21-2 1/2 (wind 1.47 m.p.s. ading); 3. Joyner (World Class), 21-1 1/2; 4. Yarbrough (unat), 20-5 1/4; 5. Wallin (Coast Athletics), 19-8 1/4.

SHOTPUT—1. Griffin (Athletics West), 51-8 3/4 (meet record, old mark, 50-2 1/2, L. Griffin, Athletics West, 1983); 2. Cavanagh (Puma Energizer), 50-2; 3. Pineda (San Diego St.), 49-3 1/4; 4. Dasso (Coast Athletics), 52-10 1/4; 5. Hamilton (Cal St. Bakersfield), 51-3 1/4.

DISCUS—1. Ritchie (adidas), 206-1; 2. Stalman (adidas/Northwest), 205-10; 3. Griffin (Athletics West), 194-11; 4. Dorez (Phoenix TC), 191-8; 5. Delano (San Diego St.), 189-0; 6. Hansen (Puma Energizer), 177-10; 7. Pineda (San Diego St.), 171-8.

JAVELIN—1. Smith (Athletics West), 194-7; 2. Schmidt (Puma Energizer), 192-7; 3. Sulinski (Milbrae Lions), 187-1; 4. Kearney (Oregon Inter.), 171-3; 5. Ray (World Class), 171-5; 6. Carr (Puma Energizer), 166-0.

PCAA Champs

May 11-12, Fresno State University.

FINALS

Hammer throw—1. Mileham, FSU, 252-8 (NCAA record; old record, Weir, SMU, 246-4, 1982; British Commonwealth record; old record, Martin Gervin, United Kingdom, 252-4, 1984; meet record, old record, Mileham, FSU, 229-11, 1981); 2. Bystedt, SJS, 241-2; 3. Schumacher, SJS, 213-9; 4. Baxter, FSU, 198-9; 5. Jeffries, LBS, 187-2; 6. Hatch, USU, 177-4.

Pole vault—1. Bohni, SJS, 17-4; 2. Fraley, FSU, 17-0; 3. Rodrigues, FSU, 16-8; 4. Thoms, UCI, 15-6; 5. Lowrey, LBS, 15-6; 6. Worden, LBS, 15-0.

Discus—1. Katches, SJS, 182-7; 2. Hatch, USU, 181-7; 3. Mickelson, USU, 181-6; 4. Struble, SJS, 179-6; 5. Doehring, SJS, 178-9; 6. Wilmer, UCSB, 177-11.

Triple jump—1. Weldon, SJS, 52-3; 2. C. Williams, FSU, 51-10 1/4; 3. W. Williams, LBS, 51-7 1/4; 4. Powell, UCI, 51-6 1/4; 5. Berry, UCSB, 41-5.

3,000 steeplechase—1. Martinez, UCI, 8:58.98; 2. Lee, SJS, 8:59.05; 3. Carlton, UCI, 9:08.97; 4. Rutherford, UCI, 9:14.75; 5. Terriguez, LBS, 9:22-0; 6. Kerr, USU, 9:26.65.

10,000—1. Vedeler, NMS, 31:17.40; 2. Evans, UCI, 31:25.05; 3. Deminter, LBS, 31:34.59; 4. Osintalan, LBS, 31:44.95; 5. Baffert, SJS, 32:02.96; 6. Just, LBS, 32:11.34.



MATT MILEHAM

100—1. Neely (Fresno St.), 16.17; 2. Clark (UC Irvine), 16.56; 3. Giffney (FSU), 16.56; 200—1. Chance (FSU), 21.07; 2. Decatur (San Jose St.), 21.11; 3. Windham



PETE MANSUR

(Utah St.), 21.13; 400—1. Walker (FSU), 46.72; 2. Johnson (FSU), 47.03; 3. Campbell (SJS), 47.50; 800—1. Armour (FSU), 1:50.09; 2. Cox (USU), 1:50.19; 3. Ruelas (UCI), 1:51.21; 1,500—1. Ruelas (UCI), 3:44.06; 2. Long (USU), 3:47.15; 3. Paiman (FSU), 3:49.45; 5,000—1. Lee (SJS), 14:30.44; 2. Jensen (CS Long Beach), 14:31.65; 3. Evans (UCI), 14:39.91; 110 HH—1. White (UC Santa Barbara), 13.85; 2. Williamson (FSU), 13.89; 3. Chukes (SJS), 14.25; 400 IH—1. Williamson (FSU), 51.04; 2. Chukes (SJS), 51.16; 3. Perenzee (SJS), 51.90; 400 RELAY—1. UC Irvine (Clark, Powell, Rust, Todd), 40.22; 2. Fresno St., 41.23; 3. CS Long Beach, 41.32; 1,600 RELAY—1. Fresno St. (Walker, Johnson, Polk, Williams), 3:10.51; 2. San Jose St., 3:10.70; 3. CS Long Beach, 3:15.55; HJ—1. Powell (UCI), 6-10 1/4; 2. McCullough (SJS), 6-9 1/2; 3. Thompson (FSU), 6-9 1/2; LJ—1. Gaffney (FSU), 26-3 1/4; 2. Hardson (FSU), 25-4 1/4; 3. Powell (UCI), 25-1 1/4; SP—1. Doehring (SJS), 64-3 1/2; 2. Baxter (FSU), 58-6 1/4; 3. Hudson (UCI), 52-9 1/4.

JT—1. O'Donnell (CSLB), 224-0; 2. Petersen (CSLB), 223-3; 3. Odgers (UCI), 220-2; DECATHLON—1. Mansur (FSU), 7,631; 2. Funk (UCI), 7,280; 3. Thorsson (SJS), 7,216.

FINAL TEAM STANDINGS—Fresno St., 197; San Jose St., 140; UC Irvine, 128; CS Long Beach, 1; Utah St., 59; UC Santa Barbara, 2; New Mexico St., 14.

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Results

Road Racing

The Trials of Making the Trials

by Matt Ebner

Been running for nine years now,
Gonna try out the marathon,
Shooting for a Trials mark
As soon as I'm through with the john.

I've heard a lot about "The Wall."
I wonder if it's true,
For me that far is a Twilight Zone,
You see, this is my big debut.

The fans are out in droves today,
The runners are, as well,
Nervous anxiety reigns supreme
'Cause only time will tell.

The race starts off as planned,
I settle in the lead pack,
Telling myself to relax
And never to fall back.

Twenty-five fifty for five,
We are on perfect pace.
My family cheers with delight,
"Hey, this is Matt's race!"

Suddenly the pack separates
And I'm in no-man's land.
With over twenty miles left to go,
This is not what I had planned.

I slow down a bit
To wait up for a friend.
We run together with a split
Of fifty-one fifty for ten.

I move up and now
Third place is mine,
Passing through the half marathon
In sixty-eight thirty-nine.

But I'm by myself again,
It's hard to run that way.
Still on pace at sixteen,
But this ain't child's play.

Through seventeen, eighteen,
I'm feeling pretty tired,
My pace is slowing but
At least the fans are still fired.

In sixth place at nineteen,
My pace is now over six.
How I wish I had reserves
But empty is my bag of tricks.

By the twenty-mile mark
Two-nineteen is out of reach.
Then I start to ask myself,
"Why'd I ever come to Long Beach?"

At twenty-two, I am
Truly knocking at death's door.
One long straightaway left to go.
Can I hack four miles more?

Feeling totally gone
I rationalize to walk.
Though I'm still in sixth place,
I feel like a stinky sock.

I have been defeated,
I do not finish the race.
Then I start to wonder,
"Had I built a strong enough base?"

For now the disappointment fades
As I hit the sack.
But like my dreams tonight foretell,
I will certainly be back.

A.C.E.S. 5/10K

Quartz Hill, March 10.

Overall Results - 5K

1	John Johnston (24)	18:10
2	Glenn Crabtree (40)	18:23
3	David Pioletto (28)	18:26
4	Dave Watson (32)	18:40
5	Mike Price (28)	18:41
9	Kathleen Thome-Britcliffe (F/28)	20:00
10	Sylvia Aceves (F/34)	20:14
13	Jeanette Wells (F/46)	21:08
20	Lewis Sydenstricker (51)	22:32
44	Ernest Estrada (61)	29:52
45	Fumiko Morris (F/52)	30:18

Overall Results - 10K

1	Garry Everson (39)	35:02
2	David Borjon (25)	35:43
3	Cordell Telford (25)	39:32
4	Jim Munson (44)	39:34
5	Zoltan Goncz (32)	39:52
10	Jim Talley (63)	43:48
12	Cindy Scott (F/29)	45:08

Anteater Run

U. C. Irvine, March 24.

Division Results - Men's 10K

16 & Under:	1. Adam DeVito 34:42.4, 2. Drew Wheeler 34:50.4, 3. Huber-Robert Meng 37:35.8, 17-29: 1. Ig Ratriz 30:03.4, 2. Rainer Schwartz 30:50.9, 3. Chris Horton 31:29.9, 30-34: 1. Ruben Chappins 31:03.3, 2. Keith Strodl 32:02.4, 3. Bib Dillman 33:27.1, 35-39: 1. Dan Thomas 32:33.3, 2. Jarrit Williams 36:09.3, 3. Jim Hartley 36:21.5, 40-49: 1. Pete Peterson 34:27.9, 2. Carlos McClunge 34:54.4, 3. Sterling Foreman 35:15.3, 50 & Over: 1. Tracy Brown 38:17.8, 2. Marvin Warren 40:17.8, 3. Norman Dickinson 42:20.9.
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Division Results - Women's 10K

16 & Under:	1. Emily Lindie 59:00.0, 17-29: 1. Kristin Friend 41:53.5, 2. Dana Gilcrest 42:14.1, 3. Karen Olson 43:41.1, 30-34: 1. Hin Aspel 48:26.2, 2. Jo Snyder 47:02.5, 3. Valorie Kennedy 48:32.6, 35-39: 1. Sue Peterson 37:46.7, 2. Carolyn Slade 44:39.5, 3. Ann Barria 49:19.9, 40-49: 1. Marcia Barnett 41:46.3, 2. JoAnn Myer 43:47.7, 3. Marcia Martin 44:40.6, 50 & Over: 1. Bettie Adrian 54:35.1.
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Whale Festival Runs

Ft. Bragg, March 25.

Division Results - Men's 10K

14 & Under:	1. Chris Lander 46:41, 2. Brian Lee 47:30, 3. Aaron Moore 47:41, 15-19: 1. Victor Dunlap 42:52, 2. Jonathan Reid 47:38, 20-29: 1. Greg Nacco 40:18, 2. Mike Martinez 42:24, 3. Skip Williams 42:59, 30-39: 1. Jeff Argentine 40:32, 2. Ralph Turrentine 40:49, 3. Robert Clark 41:43, 40-49: 1. Michael Jolliffe 43:03, 2. Bruce Strobbridge 44:57, 3. Rick Childs 45:30, 50 & Over: 1. John Bailey 44:24, 2. Donald Younger 63:41.
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Division Results - Women's 10K

14 & Under:	1. Christine Henry 55:49, 2. Lynn Tilley 65:14, 3. Lisa Franco 67:05, 15-19: 1. Dana Pyorre 51:18, 2. Sandy Pickering 51:18, 3. Kim Scranton 51:50, 20-29: 1. Ruth Van Pelt 47:20, 2. Kathy Streng 55:48, 3. Pat Woodruff-Stornetta 59:04, 30-39: 1. Lynn Sutherland 46:42, 2. Liz Henry 51:44, 3. Ramona Benner-Hill 52:03, 40-49: 1. Bernice Scranton 52:15, 2. Rose Collins 53:44, 3. Barbara Hurst 58:23, 50 & Over: 1. Betty Hamblin 57:16.
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Division Results - Men's Half Mara.

15-19:	1. Dan Timms 1:28:52, 20-29: 1. Bill Davis 1:25:46, 2. Rick Blackmon 1:26:42, 3. Mike Peters 1:30:32, 30-39: 1. Joe Burzynski 1:18:25, 2. John Kirn 1:20:28, 3. Michael McGuire 1:21:12, 40-49: 1. Lanny King 1:30:32, 2. Clark Bair 1:41:58, 3. Archie Blake 1:48:19, 50 & Over: 1. Alec Bengt 1:51:34, 2. Robert Gardner 2:04:21, 3. Don Timmerman 2:19:21.
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Division Results - Women's Half Mara.

20-29:	1. Joyce Collins 1:55:39, 2. Joan
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Battenger 1:58:12, 30-39: 1. Cecilia Peters 1:34:17, 2. Barbara Zoldan 1:44:24, 3. Sara Trayson 1:55:38, 40-49: 1. Teresa Estep 1:58:13, 50 & Over: 1. Nancy Gardner 2:04:22.

Minton 10K

from Dan Markowitz

Mt. View, March 31.

Division Results - Men

Under 18:	1. Chris Larson, 15, Los Altos, 38:48; 2. Mark Levenson, 14, Los Altos, 41:44; 3. Rich Armstrong, 16, Santa Clara, 44:02, Open: 1. Carmelo Rios, 24, SLO, 30:10; 2. Steve Flynn, 28, S.F., 31:39; 3. Paul Kinny, 27, S.F., 32:46, 30-39: 1. Steve Ottaway, 31, San Anselmo, 36:31; 2. Edward Baty, 32, Los Altos, 36:43; 3. Richard Larsen, 35, 37:58, 40-49: 1. Fritz Kohne, 46, 41:15; 2. Robert Deremiah, 40, 42:09; 3. David Yee, 42, Mt. View, 42:21, 50 & Over: 1. Bill Almon, 51, 41:26; 2. Jim Sichel, 53, S.F., 41:39; 3. Don Lucero, 56, Belmont, 41:48.
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Division Results - Women

Under 18:	1. Mauren Stauber, 12, Los Altos, 54:36; 2. Elizabeth Pendo, 16, San Jose, 1:05:52, Open: 1. Sue Munday, 25, 38:28; 2. Kim Rupert, 28, Hillsborough, 43:06; 3. Grey Johnson, 23, 43:54, 30-39: 1. Pat English, 31, San Anselmo, 35:45; 2. Sharlet Gilbert, 33, Richmond, 36:58; 3. Betsy Ross, 39, Mt. View, 49:15, 40-49: 1. Pauline McLaren, 43, Cupertino, 46:15; 2. Judy Milgram, 42, Stanford, 51:41; 3. Judith Fuiks, 40, Santa Clara, 1:00:09, 50 & Over: 1. Relma Slirila, 55, 54:38; 2. Mary Deabreu, 34, Hayward, 1:05:31.
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Sharp Memorial Hospital 10 Mile

from Lynn Flanagan

San Diego, March 31.

Division Results - Men

12 & Under:	1. Mike Farrell 66:55, 13-17: 1. Vince Brunkow 93:35, 2. Phil Lasiter 113:20, 18-29: 1. Steve McCormack 49:54, 2. Kevin McCarey 50:31, 3. Stuart Jenkins 51:48, 30-34: 1. Ben Boyd 55:01, 2. Don King 57:15, 3. Bruce Reynolds 57:22, 35-39: 1. Dick Jensen 56:18, 2. Richard Ruiz 56:45, 3. Hal Goforth 56:59, 40-49: 1. John Hale 56:50, 2. Ben Dodge 58:03, 3. Jim Duncan 59:48, 50-59: 1. Norm McAbee 60:47, 2. Frank Ferrone 61:30, 3. Warren Osborne 62:48, 60 & Over: 1. Jim McCown 65:29, 2. Wayne Zook 68:22, 3. George Boyle 68:50, Doctors: 1. Mac Larson 56:55, Wheelchair: 1. Al Alcocer 59:19.
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Division Results - Women

12 & Under:	1. Debra Savel 91:40, 13-17: 1. Linda Pitzer 76:28, 18-29: 1. Patricia Puntous 58:53, 2. Sylviane Puntous 58:54, 3. Donna Chin 59:47, 30-34: 1. Sherri Stowe 72:22, 2. Pamela Maher 72:40, 3. Robin Paine 75:22, 35-39: 1. Judy Dodge 62:30, 2. Cindy Cohagen 64:46, 3. Janie Shankles 70:02, 40-49: 1. Elsa Sandberg 76:34, 2. Toni Deal 76:47, 3. Lee Durand 77:27, 50-59: 1. Nicki Hobson 74:26, 2. Molly Barg 79:30, 3. Jo Fortune 82:41, Nurses: 1. Ann Young 70:21.
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Bud Robinson Memorial 15K

from Nancy L. Perry

Lompoc, March 31.

Overall Results

1	Brian Nelson (26)	50:02
2	Fred Valero (33)	54:58
3	Kiyotetsu Uema (41)	56:11
4	Alfred Helm (23)	56:28
5	Hector Paz (36)	57:54
6	Rich Boyle (36)	58:24
7	Rubert Woodliff (36)	59:41
8	Jack Long (40)	60:14
9	John Perkins (56)	61:25
10	John Holoubek (67)	61:39
41	Olga Quinones (45)	80:31
42	Phyllis Rodenberger (50)	80:54.

San Marin, March 31.

Robert Proctor of North Hollywood, set a new 10K record of 32:07 in the Run for Fun course last Saturday. Proctor, 25, bested by 20 seconds the previous best times held jointly by Jim Hincley and Jim Mosher, set in 1980 and 1982, respectively.

Sheila Hasham, 41 of Alhambra, was again the winner of the women's 10K with a time of 41:41, lowering her 1980 division record by 5 seconds.

Five kilometer winners were Steve McCalley of North Hollywood, 30 at 15:25, breaking the record by a full minute, and Christina Marie Traffer of La Crescenta, 25, at 19:50.

In all, 15 division records were set, owing to a record number of entrants and cool weather conditions.

The Sixth Annual edition attracted 682 entrants; 651 finished. Last year there were 400 runners.

Bill Payne, Rotary Race Director, expressed his gratitude to all the participants, and to high school staff and city workers that made the event run smoothly and efficiently.

Race proceeds will be donated to the San Marino Schools Athletic program, and for a Rotary-sponsored scholarship. Start-up costs were underwritten again by Lloyds Bank, Dean Whitter, Security Pacific National Bank, and Merrill Lynch along with first timers: Great American Federal, Trans National Bank, John Harris Company, Citizens Bank, and American Cablevision.

Division Results - Men's 5K

12 & Under:	1. Juan Valdes 20:43, 2. Tim Fulton 22:19, 3. Jeff Lesage 23:19, 13-15: 1. August Dougherty 18:49, 2. Chas. Edinger 19:23, 3. Scott Jung 19:34, 16-18: 1. Andy Allan 15:50, 2. Ted Halkias 17:20, 3. Thad Linderman 19:35, 19-29: 1. Eric Sawyer 16:13, 2. Phillip Torres 16:17, 3. Chris Crispo 16:55, 30-39: 1. Steve McCalley 15:25, 2. Bob Nafie 17:31, 3. Michael Raven 17:33, 40-49: 1. Tom Tomlinson 18:13, 2. Bill Lowry 18:21, 3. Vladimir Novy 19:37, 50-59: 1. Sam Nicholson 19:20, 2. Robert Perry 20:08, 3. Ray Swiertz 21:20, 60 & Over: 1. Leroy Wherley 22:14, 2. Ed Rumble 23:11, 3. Wm. Hyland 25:16.
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Division Results - Women's 5K

12 & Under:	1. Lisa Larrigan 21:15, 2. Mindy Smith 21:25, 3. Maya Muneno 21:47, 13-15: 1. Stella Chemem 21:08, 2. Kim Brown 24:06, 3. Kathy Brown 24:07, 16-18: 1. Shawna McGregor 27:18, 2. Kristen Anne Bianstrom 27:19, 19-29: 1. Christina Mare Troffer 19:50, 2. Kathy Hart 20:56, 3. Donna DiMaggio 21:30, 30-39: 1. Tina Stough 19:56, 2. Sally Kurtz 21:34, 3. Catherine Alexander 22:25, 40-49: 1. Ann Welton 22:53, 2. Uarky Molina 25:40, 3. Judy Crimmins 27:12, 50-59: 1. Lilly Viveros 25:52, 2. Caroline Jones 28:56, 3. Marian Manders 30:51.
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Division Results - Men's 10K

12 & Under:	1. Bryan Sax 39:23, 2. Scott Kelly 54:43, 3. Matt Shans 54:55, 13-15: 1. Stephen Brody 36:34, 2. James Nida 37:42, 3. Dean Palmer 39:29, 16-18: 1. David Bacc 33:17, 2. S. Tarpard 37:19, 3. Gustavo Lopez 37:48, 19-29: 1. Robert Proctor 32:07, 2. Jaime Mejia 33:08, 3. Tim Dougherty 35:01, 30-39: 1. Phil Ryan 32:39, 2. Bill Silverman 32:59, 3. Bob Fulton 35:11, 40-49: 1. Lee Baca 35:42, 2. Robert Kavanaugh 36:03, 3. Gary Schwacca 36:12, 50-59: 1. Sam Moreno 39:59, 2. Otto Hefner 40:22, 3. Art Soderblom 41:27, 60 & Over: 1. Stan Neufeld 43:45, 2. Robert Deines 52:45, 3. Clark Healy 56:48.
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Division Results - Women's 10K

12 & Under:	1. April Escamilla 52:49, 16-18: 1. Katherine Collin 52:55, 19-29: 1. Catherine Isham 42:17, 2. Gretchen Unawebber 43:46, 3. Lisa Voornis 44:20, 30-39: 1. Susan Hurst 46:02, 2. Kathy Miller 47:04, 3. Terie Monaghan 47:39, 40-49: 1. Sheila Hasham 41:41, 2. Sally Devore 52:45, 3. Gretchen Hass 54:31, 50-59: 1. Dorothy Ahrens N.T., 2. Kathleen Vento 54:20, 3. Letty Watkins 59:15.
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Livermore 8.55 Mile Run

Livermore, March 31.

Overall Results

1	Bill Seaver (30)	46:30
2	Mike Goralak (10)	46:38
3	Gilbert Urosti (20)	47:02
4	Brian Bonner (30)	48:00
5	Dwight Hendrix (30)	48:11
6	Bert Johnson (40)	48:13
7	Jim Kohn (30)	48:19
8	Nick Winter (40)	48:44
9	Kevin Sage (30)	48:58
10	Eddie Salazar (30)	49:07
26	Sue Vinella-Brusher(F/20)	56:03
30	Amanda Goldner(F/20)	56:38
36	Jean Shuler(F/40)	56:33
43	Art McAlise (50)	60:40
63	Ruth Anderson (F/50)	65:55

Modesto Mara. & Half Marathon

from David L. Dennis

Modesto, April 1.

Overall Results - Marathon

1	Bill Sevald	2:23:04
2	Joe Green	2:26:00
3	John Gallison	2:33:34
4	Chris Chambers	2:35:10
5	Dale LaFaille	2:36:41
6	Roger Vorse	2:36:42
7	Tim Rostegge	2:37:10
8	Raymond Wleand	2:39:47
9	Hank Lawson	2:44:18
10	Julius Ratti	2:49:28

Division Results - Men

19 & Under: Carlos Pineda 3:13:40. 20-29: Green 2:26:00. 30-39: Sevald 2:23:04. 40-49: Rostegge 2:37:10. 50-59: John Josse 3:25:12. 60-69: Don Lundberg 3:34:26. 70 & Over: Frank Saylor 5:42:06.

Overall Results - Women's Mara.

1	Carol Madison	2:50:09
2	Patty Houseworth	2:56:04
3	Joan Reiss	2:56:24
4	Pam Schmid	3:00:48
5	Karen Lanterman	3:01:18
6	Suzanne Bryan	3:04:24
7	Kathleen Kaiser	3:08:08
8	Kim David	3:24:18
9	Colleen Fox	3:41:22
10	Dorothy Bang	3:47:17

Division Results - Women

20-29: Houseworth 2:56:04. 30-39: Madison 2:50:09. 40-49: Reiss 2:56:24. 50-59: Palmer 4:43:12.

Overall Results - Men's Half Mara.

1	David Chairez	1:08:49
2	Dan Murray	1:09:05
3	Dean Lofgren	1:12:18
4	Bill Dunn	1:13:37
5	Mike Rowerdink	1:15:22
6	Jack Lawson	1:15:59
7	Joe Cavanaugh	1:16:04
8	Richard Mendelowitz	1:17:05
9	Bill Peck	1:17:32
10	Timothy Smith	1:18:21

Division Results - Men

19 & Under: Patrick Ketchum 1:25:14. 20-29: Chairez 1:08:49. 30-39: Murray 1:09:05. 40-49: Cavanaugh 1:16:04. 50-59: Hank Fragoza 1:24:07. 60 & Over: William V. Redmond 1:42:27. Wheelchair: Wendell McCall 1:19:20.

Overall Results - Women's Half Mara.

1	Linda Martinez	1:19:18
2	Shariet Gilbert	1:19:25
3	Jane Hill Falkenthal	1:25:35
4	Marie Earl	1:26:19
5	Barbara Zimmer	1:29:14
6	Katherine Anderson	1:29:28
7	Teri Gavino	1:36:27
8	Sherron Hoffman	1:37:25
9	Barbara Zolldan	1:37:32
10	Janice Beltran	1:38:02

Division Results - Women

19 & Under: Stephanie Kay Bowlin 2:01:10. 20-29: Martinez 1:19:18. 30-39: Gilbert 1:19:25. 40-49: Hoffman 1:37:25. 50-59: Barbara Neyens N.T.

Dog's Best Friend Run

Palo Alto, April 1. 5K.

The 2nd Annual Dog's Best Friend 5K Fun Run attracted a different kind of wildlife to the Palo Alto Baylands on Sunday, April 1.

152 dog-human teams were a part of this 2nd Annual event. Competitors were grouped according to the size of the dog with sizes varying from poodles to St. Bernards. Muffet, a German short-hair led human partner Brock Hinzman to overall victory with a time of 18:12.9.

Co-sponsored by IAMS Pet Foods, proceeds of over \$200,000 benefited The Special Needs Program for young adults with mental disabilities.

Number of entrants - 148 dogs and masters, 5 gophers, 3 pheasants and 1 snake. Weather conditions - sunny and warm not a cloud in the sky (well maybe one or two.) Number of dog fights - 0. Number of dogs needing assistance - 1. Number of masters who promise to be in better shape next year - 36.5. Wildlife complaints - none (as of yet).

Top 10:

1	Muffet & Brock Hinzman	18:12.9
2	Molly & Rick Duray	19:30.1
3	Mica & Jim McMahon	19:31.8
4	Cody & Michael Doyle	20:09.2
5	Larry & Randy Mahoney	20:14.4
6	Leo Grat & Takmiu Wang	20:15.9
7	Onix & Lee Dodge	22:18.2
8	Suzy & Bill Zigmant	22:20.5
9	Jake & Jill Johnson	22:26.9
10	Ashley & Steve Haas	22:40.8

Cotati Co-Op Runs

Cotati, April 1.

Overall Results - Men's 5K

1	Greg Lewis	16:19
2	Stan Hockerson	16:25
3	John King	16:27
4	Gary Wood	16:33
5	Rodney Edmonds	16:39
6	Keith Williams	16:42
7	Ken Gurley	16:43
8	Ed McCullough	17:18
9	Les Dumont	17:41
10	John Muro	17:42

Division Results

15 & Under: David Humphrey 18:07. 16-18: Gary Wood 16:33. 19-29: Greg Lewis 16:19. 30-34: Stan Hockerson 16:25. 35-39: Ken Gurley 16:43. 40-44: John Muro 17:92. 45-49: Ralph Harris 19:09. 50-59: Carl Jackson 19:43. 60-69: Arnold Scott 22:21. 70 & Over: Joe Wilson N.T.

Overall Results - Women's 5K

1	Tamara Gonzales	18:18
2	Marilyn Harbin	19:17
3	Kim Frayer	20:58
4	Cynthia Mik	21:30
5	Laurie Knight	21:54
6	Tami Quan	21:54
7	Kimberly Coleman	22:01
8	Cathy Hohmann	22:26
9	Cydney Chadwick	22:41
10	Shirley Battles	22:48

Division Results

15 & Under: Erika Gardner 22:58. 16-18: Michelle Johnson 26:26. 19-29: Tamara Gonzales 18:15. 30-34: Joyce Orecchia 23:15. 35-39: Catty Young 23:34. 40-44: Ruth Thompson 23:30. 45-49: Marilyn Harbin 19:17. 50-59: Angela Chadwick 23:24. 60-69: Marian Timmerman N.T. 70 & Over: Ruth Wilson N.T.

Overall Results - Men's 10K

1	Dave Stalters	33:05
2	Stacey Van Horn	33:24
3	Mark Lane	34:59
4	Mitchell Castleberry	36:28
5	Bryan MacKay	37:08
6	Wayne Hinrichs	37:12
7	John McSharry	37:20
8	Keith Runge	37:22
9	Matt Larson	37:29
10	Bruce Phinney	37:29

Division Results

15 & Under: Bryan MacKay 37:08. 16-18: Sean O'Leary 37:41. 19-29: Dave Stalters

33:05. 30-34: Mark Lane 34:59. 35-39: Wayne Hinrichs 37:12. 40-44: Rich Framp-ton 38:49. 45-49: Bob Buckendahl 39:34. 50-59: Bob Chadwick 43:30. 60-69: Lyman Glenn 44:16. 70 & Over: Mel Shine 47:28.

Overall Results - Women's 10K

1	Julie Moss	38:28
2	Janet Buckendahl	42:36
3	Carol Morley	43:40
4	Robin Stoval	43:55
5	Debra Davis	44:38
6	Heidi Messerschmitt	45:35
7	Kathy Hamon	45:52
8	Nancy Herring	47:24
9	Janet Barter	48:40
10	Linda Gettman	49:04

Division Results

15 & Under: Erin Preston 67:35. 16-18: Linda Gettman 49:04. 19-29: Julie Moss 38:28. 30-34: Carol Morley 43:40. 35-39: Rita Perry 53:19. 40-44: Susan McDonald 50:41. 45-49: Jan Shaw 58:50. 50-59: Jan Buckendahl 42:36. 60-69: Maria Carlson 57:42.

Easter Seals Runs

Carpenteria, April 1.

Overall Results - 10K

1	Peter Dolan (26)	31:42
2	Steve Blum (29)	32:47
3	Bob Howell (31)	33:18
4	Terry Howell (28)	33:26
5	Steve Close (40)	33:51
6	Dan Delany (19)	35:44
7	Rafael Espejel (23)	36:05
8	Tom King (28)	36:22
9	William Graham (43)	37:13
10	Dennis McGowan (37)	37:20
30	Ruth Vomund (F26)	41:21
42	Stephanie Welch (F36)	43:00
54	Sara Brito (F25)	45:11
64	Amy King (F12)	46:43
65	Jane Dods (F48)	46:48

Overall Results - Half Marathon

1	Gary Tuttle (36)	66:49
2	Tom Phillips (29)	72:23
3	Steve Gloke (34)	72:47
4	Char. Stock (30)	75:40
5	Hans VonKoppen (29)	76:09
6	Mike Reyes (20)	77:15
7	David Lopez (32)	78:14
8	Dale Nickel (28)	78:18
9	Ric Hatch (26)	78:19
10	Rich Holly (28)	78:20
11	Curtis Riddling (47)	78:30
12	Dallas Jones (31)	78:38
13	Gayle Olinkova (F31)	78:43
14	Beth Milewiski (F26)	79:07
15	Larry Pontinen (42)	79:39
16	Ed Kitchen (25)	80:07
17	Jack Farrale (38)	80:21
18	John Babcock (28)	80:31
19	Roger Patrick (40)	80:33
20	Greg McClester (31)	80:39
21	E. Campo-Triplett (F33)	80:40
27	Joyce Klausmeir (F27)	81:48
36	Julie McKinney (F26)	84:19
39	Cathy Grain (F21)	84:44
71	Lynn Cranmer (F36)	89:33
83	Kate Cunningham (F27)	92:06
84	Pat Robinson (F36)	92:21
85	Randi Caplan (F23)	92:24
95	Terri Goodreau (F34)	94:14

KEZR Fools Run

from Carole Kirts

Saratoga, April 1. 5 Mile?

Overall Results

1	Glenn Lee	23:59
2	Gian Starimieri	24:04
3	Rich McCandless	24:34
4	Ron Fritze	24:35
5	Mike Clusserath	24:59
6	Gerardo Vargas	25:07
7	Curtis Karbowski	25:39
8	Eddie Lanzarin	25:47
9	Allen Neal	26:01
10	Gary Riley	26:05
11	Jeff Porto	26:10
12	Michael Bergkamp	26:12
13	Terry Rusboldt	26:14
14	Nick Yray	26:25
15	David Garcia	26:25
16	Skip Brown	26:33
17	Michael Bazarnick	26:40

18	John Clary	26:45
19	Ray Russell	26:59
20	Bill Meinhardt	27:04
21	Jim West	27:11
22	Charles Jackson	27:15
23	Kenneth Drew	27:33
24	Neil Denatale	27:36
25	Larry Eder	27:41
26	Michael Paul	27:51
27	Michael West	27:52
28	Steve Selbreck	27:54
29	Ron Capulso	27:55
30	Richard Salazar	27:57
34	Cathy Demmelmaier	28:12
42	April Powers	28:31

Wheelchair Finishers

Gary Kerr	24:50
2 Troy Durham	25:53
3 Bob Welsh	29:33
4 Rod Williams	29:36
5 V. Escamilla	34:57
6 Katherine McMillan	39:34

Human Powered Machine 10K

from Joseph Stewart

San Diego, April 7.

Division Results - Women

17 & Under: 1. Karie Baum, El Cajon, 48:38. 18-29: 1. Donna Chin, San Diego, 36:35. 2. Linda Kerr, San Diego, 44:23. 3. Evelyn Portillo, La Jolla, 46:01. 30-39: 1. Linda Copp, Chula Vista, 38:56. 2. Susan Hunter, San Diego, 43:39. 3. Nancy Ott, San Diego, 44:06. 40-49: 1. Josie Gardner, Santa Ana, 47:32. 50-59: 1. Anne Johnson, Olivenhain, 43:43.

Division Results - Men

17 & Under: 1. Richard Morales, San Diego, 37:32. 2. Ron Viado, San Diego, 41:34. 3. Chris Shaffer, El Cajon, 42:42. 18-29: 1. Mark Stanforth, San Diego, 31:39. 2. D. J. Smalley, San Diego, 32:48. 3. Chril Bowlus, San Diego, 34:22. 4. Robert Beauchamp, Poway, 34:44. 30-39: 1. Ben Martinez, Lakewood, 32:24. 2. Marshall Varano, San Diego, 32:59. 3. Steve Myhro, San Diego, 34:47. 40-49: 1. Carl Perersen, Del Mar, 38:17. 2. Dale Sutton, San Diego, 39:55. 3. Conrad Willo, Rancho Santa Fe, 40:25. 50-59: 1. Jim O'Neil, La Jolla, 37:23. 2. Ron Johnson, San Diego, 41:14. 3. B. K. Smith, Chino Valley, AZ, 44:06. 60 & Over: 1. Egon Kafka, La Jolla, 47:13. 2. Donald Abbott, El Cajon, 52:55.

Crime Crusher Run

Visalia, April 7. 4 Miles.

Overall Results

1	Ed Taylor (1/19-29)	19:50
2	Robert Ricker (2/19-29)	20:26
3	Brett Lizotte (1/18&U)	21:03
4	Baldemar Betancourt (3/19-29)	21:08
5	Mike Lizotte (2/18&U)	21:55
6	Rob Stephenson (1/30-39)	22:11
7	Rick Bishop (2/30-39)	22:20
8	Larry Nava (3/30-39)	22:23
9	Jeff Todd (4/19-29)	22:27
10	Craig Wheaton (4/30-39)	22:39
11	Len Thornton (1/50&O)	22:44
17	Bob Perry (1/40-49)	24:42
40	Janice Alcock (1F/30-39)	28:11
46	Bill Maurer (1/200lb plus)	29:29

Conejo Valley Days Rabbit Run

Thousand Oaks, April 7.

Division Results - Men's 5K

12 & Under: 1. Bill Canalez 20:44. 2. Ross Saly 27:08. 3. Jimmy Marshall 27:24. 13-15: 1. Doug Fairman 17:32. 2. David Bauer 19:37. 3. Jon Terrazas 19:47. 16-18: 1. Bruce Storms 16:33. 2. Jon Carter 18:52. 3. Ken Krabel 19:44. 19-29: 1. Robert Radnoli

continued on next page...

Results

15:38, 2. Ed Kitchen 16:30, 3. Helmut Sorensen 18:49. 30-39: 1. Tom Lowry 15:42, 2. Steve McCallie 15:56, 3. Rick Eichner 16:21. 40-49: 1. Joe Jacobsen 18:08, 2. Roger Patrick 18:23, 3. Joe Wells 18:35. 50-59: 1. Jim Kenr 17:10, 2. Gunnar Bricker 19:06, 3. Mike Winter 20:20. 60 & Over: 1. Ed Stotsenberg 22:54, 2. Ralph Schneider 28:24.

Division Results - Women's 5K
12 & Under: 1. Gina Terrazas 22:49, 2. Amy Nesbitt 24:07, 3. Holly Hughes 28:51.
13-15: 1. Lori Shottliff 21:27, 2. Stacia Pollock 22:49, 3. Michelle Blais 24:09.
16-18: 1. Carin Shottliff 19:38, 2. Debbie Ball 20:03, 3. Christian Vandenberg 20:09.
19-29: 1. Ann Gladue 18:25, 2. Donna Malone 21:28, 3. Robin A. Jones 25:55.
30-39: 1. Mary Jo Del Campo 21:48, 2. Nancy Tracy 23:21, 3. Karen Marshall 24:08.
40-49: 1. Neva Howe 24:22, 2. Jean Bowers 24:47, 3. Louis Meslerling 25:10. 50-59: 1. Lilly Viveros 24:40.

Division Results - Men's 10K
12 & Under: 1. Ehren Berry 1:02:31. 13-15: 1. Ron Oliver 39:17, 2. Rob McKinnon 1:06:07, 3. Dominic Faruzzi 1:02:15. 16-18: 1. Mike Hacci 33:55, 2. Paul Veike 35:00, 3. Jack Waggenmiller 38:00. 19-29: 1. Robert Proctor 31:58, 2. Robert Radnoti 33:47, 3. Paul Benedict 35:37. 30-39: 1. Steve Glocke 33:17, 2. Rick Eichner 36:58, 3. Dan Del Campo 37:20. 40-49: 1. Roger Patrick 38:05, 2. John Duhig 38:11, 3. Joe Jacoben 38:46. 50-59: 1. James Van Manex 39:53, 2. Dennis Robson 47:22, 3. James Shrader 47:44. 60 & Over: 1. Leo Mahler 54:04, 2. William Wick 58:59, 3. Edwin Hagelberg 1:02:43.

Division Results - Women's 10K
13-15: 1. Kori Bauman 49:53. 16-18: 1. Beth Chance 47:09, 2. Elena Escoto 1:03:29. 19-29: 1. Denise Ball 38:52, 2. Ann Watson 43:34, 3. Susan Wulff 47:24. 30-39: 1. Marie Stevenson 43:53, 2. Joyce Darkel 46:15, 3. Sarah Huels 47:40. 40-49: 1. Cathy Lombardo 46:08, 2. JoAnne Martz 59:39, 3. Rita McKinnon 1:02:31. 50-59: 1. Shirley Schaffer 59:37, 2. Myra Banks 1:13:59.

Pigeon Pass Road Races

Loma Linda, April 8.

Results - Men's Marathon
1. Joel Hope (26) Montclair 2:31:10
2. George Guerrero (30) Hacienda 2:34:20
3. Marcos Gutierrez (26) San Juan 2:44:01
4. David Swiderski (19) Redlands 2:44:50
5. Arthur Pasillos (28) Colton 2:52:31

Results - Women's Marathon
1. Estolia Cruz (30) Corona 3:25:02
2. Rosalinda Phillips (43) Ontario 3:41:03
3. Larkette Lein (31) Idylwild 3:50:27
4. Barbara Jacober (38) San Bern 3:51:43
5. Sally Crawford (43) HuntBch 3:54:58

Results - Men's Half Marathon
1. Jim Masterson (30) Gardena 1:13:55
2. Rick Garrison (31) AppleVly 1:17:14
3. Richard Paliles (46) Hemet 1:18:46
4. Bill Elam (43) Yucca Valley 1:19:13
5. Tad Geb-Hawari (35) Riverside 1:20:06

Results - Women's Half Marathon
1. Mary Ann Mera (40) Loma Linda 1:36:18
2. Deanna Olson (23) Loma Linda 1:36:59
3. Viola Phillips (44) LagunaBch 1:37:26
4. Myra Lauder (41) AppleVly 1:39:20
5. Linda Stephens (30) Azusa 1:44:13

Results - Men's Quarter Marathon
1. Michael Jones (22) Barstow 35:46
2. Robert Gwizdala (20) NortonAFB 35:48
3. Antoni Martinez (23) Redlands 36:29
4. Tom Richards (43) AppleVly 37:39
5. Bill Crum (49) Crestline 37:53

Results - Women's Quarter Marathon
1. Lisa McCready (25) Crestline 44:29
2. Karen Pinkerton (33) Hesperia 46:03
3. Shannon Duncan (16) CherryVly 47:16
4. Smokey Johnson (30) GreenVly 50:54
5. Cindy Ford (29) Loma Linda 50:54

Cone Ranger 4 Mile Run

San Luis Obispo, April 8.

Carmelo Rios and Dan Aldridge were former teammates at Cal Poly, San Luis Obispo where both won NCAA track titles. Aldridge at 1500 meters and Rios at 5000 meters and steeplechase. Now living 800 miles apart, they're still separated by only one second. That was the margin by which Carmelo missed Dan's 1982 course record of 19:20 in winning this race sponsored by the Cone Ranger Ice Cream Store. Rios tore through the first mile in 4:30 before coming back reality and wound up setting for a sizeable victory if not the course record. The flat course looped around the Madonna Plaza Shopping Center and surrounding residential areas.

College students dominated the women's division with Cal Poly's Marilyn Nichols winning in 23:46, followed by teammates Gay McClenathan and Sheri McCarroll in second and third with Cuesta J.C. record holder Kelly Buzza placing fourth. Top area masters runner Granville White, who just recorded a 10K best of 33:31, took over a minute off his previous course record from last year to win the masters division in 21:53.

Other special entrants were: Rory Cooper, first wheelchair (this was Rory's first ever race two years ago and now he has qualified for the Boston Marathon) and Dr. Paul Spangler, who is now 85 years old and setting world age group records in all track events.

Overall Results
1. Carmelo Rios (24) SLO/Ag 19:21
2. Matt Armbruster (20) SLO 20:13
3. Ken Ellingboe (20) SLO 20:33
4. Brad Rhodes (19) VAFB/LVDC 21:13
5. Peter Roske (22) SLO/SLDC 21:38
6. Peter Puhek (24) VAFB 21:41
7. Paul Lee (23) SLO/SLDC 21:53
8. Granville White (42) SLO/SLDC 21:53
9. Rory Cooper (23-1stWC) SLO 22:03
10. Robert Wilson (25) SLO 22:46
11. Larry Jamison (41) SLO/SLDC 23:15
12. Marilyn Nichols (20-1stF) SLO 23:46
13. Gay McClenathan (21-2ndF) SLO 24:40
14. Jerry Hill (44) Nilom/SLD 24:54
15. Sheri McCarroll (20-3rdF) SLO 24:56
16. Frank Canaan (51) SLO 27:13
17. Walt Erickson (63) MB/SLDC 28:35
18. Susan Hood (42-4thF) Los Osos 33:06
19. Phyll Rodenberger (50-5F) S. Mar 34:04
20. Paul Spangler (85) SLO/SLDC 37:56

Freihofer's Run For Women

Albany, New York, April 8.

TAC 10K National Champs.
Overall Results
1. Betty Jo Springs, Raleigh, NC 32:50
2. Lisa Ann Larson, Battle Creek, MI 32:55
3. Nancy Rooks, Downsview, Ont. 32:58
4. Judi St. Hilaire, Brighton, MA 33:12
5. Martha White, Somerville, MA 33:31
6. Ann Marie Malone, Toronto, Ont. 33:36
7. Suzanne Girard, Washington, DC 33:38
8. Beth Farmer, Gainesville, FL 33:39
9. Susan French, Scarborough, Ont. 33:43
10. Lisa Welch, Boston, MA 33:43
11. Katie Schilly, Atlanta, GA 33:56
12. Kellie Ann Cathey, Ft. Collins, CO 33:58
13. Julie Shea, Raleigh, NC 34:07
14. Susan Schneider, Minneapolis, MN 34:11
15. Cathy Shiro, Dover, NH 34:12
16. Janice Ettle, St. Cloud, MN 34:20
17. Maureen Custy, Denver, CO 34:21
18. Debbie Mueller, Boston, MA 34:26
19. Marilyn Hulak, Astoria, NY 34:38
20. Patti Lalbert, Nashua, NH 34:40
21. Kim Trupp, Auburn, AL 34:43
22. Jane Welzel, Hopbinton, MA 34:44
23. Nancy Mieszczyk, Buffalo, NY 34:49
24. Doreen Schwarz, Bloomfield, NJ 34:51
25. Agnes Ruane, Prospect, CT 34:53
26. Ellen Weglarz, Mindel, NY 34:55

Livermore Fitness Day Runs

Livermore, April 8.

Division Results - Men's 10K
11 & Under: 1. John Dunzweiler 47:31, 2. Charles Whittemore 52:02, 3. Ronnie Loetz 56:19. 12-17: 1. Eddie Buehner 35:29, 2. Carl Buehner 37:55, 3. David Storms 41:45. 18-23: 1. Dale Ball 32:39, 2. Tim Davila 32:49, 3. John Lego 34:16. 24-29: 1. Ron Amundson 31:31, 2. Steven Naimann 33:47, 3. Neil Denatale 34:20. 30-39: 1. Mike Wheeler 33:13, 2. Glen Walder 33:48, 3. John Vegas 34:40. 40-49: 1. Nick Winter 32:39, 2. Bert Johnson 33:29, 3. Edward Lujan 35:35. 50 & Over: 1. Rod Jacobson 40:14, 2. Ray Dovik 41:04, 3. Arthur McAlice 41:15. Wheelchair: 1. Troy Durham 31:08.

Division Results - Women's 10K
11 & Under: 1. Jennifer Burruss 1:05:55. 12-17: 1. Denise Derby 52:11, 2. Marci Smith 53:30, 3. Melanie Bowman 1:01:21. 18-23: 1. Shenay Meyer 47:23, 2. Cyndy Oden 50:56, 3. Jerri Campbell 50:57. 24-29: 1. Amanda Goldner 37:56, 2. Monya Lane 40:36, 3. Teresa Jackson 45:27. 30-39: 1. Peggy Smith 39:35, 2. Sue Quaid 41:35, 3. Liz Friedman 42:59. 40-49: 1. Bonnie Hughes 44:39, 2. Marta Montano 48:32, 3. Wendy Ferguson 49:08. 50 & Over: 1. Claire Azevedo 52:15, 2. Elsie McNabb 52:59, 3. Joan Boer 1:03:54.

Division Results - Men's 5K
11 & Under: 1. Shawn Craig 22:42, 2. Eric Melvin 24:14, 3. Jeff Melvin 24:30. 12-17: 1. Steve Rios 17:30, 2. Derik Anderson 18:25, 3. Scott Van Epps 19:29. 18-23: 1. John Robles 16:36, 2. Douglas Kuhl 17:23, 3. Greg Valdez 18:11. 24-29: 1. Paul Skokowski 16:53, 2. Tim Souza 17:26, 3. John Roux 18:30. 30-39: 1. Brian Bonner 16:12, 2. William Dunn 16:15, 3. Michael Green 16:33. 40-49: 1. Dennis Reager 16:26, 2. Richard Whitewater 17:13, 3. James Erbes 17:46. 50 & Over: 1. Arnold De La Rosa 19:14, 2. Joe Tremi 21:49, 3. Paul Lundholm 22:45.

Division Results - Women's 5K
11 & Under: 1. Lynn Basacker 28:06, 2. Chris Fantess 28:55, 3. Tina Stadler 29:15. 12-17: 1. Marilyn Kuznicki 24:18, 2. Heather Wigh 24:48, 3. Kathy McGrath 25:56. 18-23: 1. Sue Ann Marquez 23:31, 2. Kristy Brown 25:46, 3. Pam Louis 26:57. 24-29: 1. Carol Caldwell 21:13, 2. Jeanne Bernacil 21:20, 3. Megan Eldson 24:06. 30-39: 1. Cheryl Hankins 22:22, 2. Barbara Beba 25:12, 3. Michelle Saunders 25:45. 40-49: 1. Sandra Detata 23:49, 2. Louise Morris 25:07, 3. Toni Tami 25:30. 50 & Over: 1. Myra Latkin 26:21, 2. Meredith Lee 29:34, 3. Viola Kull 31:32.

Avon 15K

San Francisco, April 8.

Overall Results
1. Carol Urish-McLatchie, Hstn. 51:29
2. Nancy Ditz, MenloPark 52:14
3. Elizabeth Baker, RanchoSntFe 52:58
4. Patricia Story, BeverlyHills 53:11
5. Laurie Binder, Oakland 53:58
6. Kathy Pfeifer, Albuquerque 54:11
7. Janine Niello, Berkeley 54:35
8. Patricia English, SanAnselmo 54:51
9. Donna Roark, Houston 54:56
10. Leslie McMullin, Oakland 55:18
11. Debbi Warner, Houston 55:19
12. Sharlet Gilbert, Richmond 55:48
13. Lesley Tomlinson, W. Vancouver 55:49
14. Judy Leydig, SanCarlos 56:12
15. Bernadette Duffy, N. Vancouver 56:16
16. Melonda Carter 56:24
17. Angela Tibaduiza 56:40
18. Eileen Kraemer 57:04
19. Christie Patterson 57:31
20. Sally Edwards 57:37
21. Bette Poppers 57:42
22. Sr. Marion Irvine 57:52
23. Bridget Goodwin 59:11
24. Jane Sowersby 59:47
25. Rossy Tibaduiza 59:52
26. Wink Luskin 59:56
27. Pearl Anit 59:59
28. Maryann Trullitt 60:06
29. Karen Scannell 60:22
30. Sue Vinella-Brusher 60:25

Apple Juice Run

from Harriet Kimes

Sebastopol, April 8, 10K.

Overall Results - Men
1. Jim Bowers 32:21
2. Stacy Van Horn 33:35
3. Greg Lewis 33:41
4. Rudy Mondragon 33:45
5. Tom Burke 34:05
6. Daryl Beardall 34:09
7. Richard Johnson 34:34
8. Todd Willis 35:07
9. Ken Gurley 35:20
10. Steven Wills 35:21

Division Results - Men
13 & Under: Kevin Holbrook 37:03. 14-18: Richard Johnson 34:34. 19-24: Stacy Van Horn 33:35. 25-29: Andy Cavagnetto 35:24. 30-34: Goetzl 36:18. 35-39: Ken Gurley 35:20. 40-44: Rudy Mondragon 33:45. 45-49: Jim Bowers 32:21. 50 & Over: Morton Gray 36:16.

Overall Results - Women
1. Becky Simmie 39:32
2. Claire Pirie 39:56
3. Shay Rogers 42:24
4. Janet Buckendahl 42:24
5. Vicki French 42:51
6. Josie Hopkins 42:57
7. Robin Stovall 43:04
8. Debra Davis 43:06
9. Marybeth Donnelly 44:55
10. Donna Castetter 45:01

Division Results - Women
13 & Under: Nika Horn 47:53. 14-18: Sherri Minkler 45:03. 19-24: Claire Pirie 39:56. 25-29: Josie Hopkins 42:57. 30-34: Beckie Simmie 39:32. 35-39: Linda Zimny 45:09. 40-44: Karen Eberhardt 45:13. 45-49: Lillian Woodward 45:37. 50 & Over: Janet Buckendahl 42:24.

Sun Run

Irvine, April 14.

Division Results - Men's 5K
14 & Under: 1. Alex Mate 17:52, 2. Rene Bentley 18:41, 3. Pablo Guzman 18:45. 15-18: 1. Greg Swanson 16:59, 2. Frank Barbosa 18:13, 3. Louis Pedroza 18:43. 19-24: 1. Pete Gregory 15:55, 2. Lance Hardy 16:05, 3. Robert Thiede 16:06, 4. Matt Hall 16:23, 5. Bob Franklin 16:42. 25-29: 1. Dave Cook 16:20, 2. Brian Baker 17:17, 3. Adam Maywhort 17:29. 30-34: 1. Bob Morrison 15:25, 2. Walt Hilt 16:10, 3. Jeff Kinzel 16:29, 4. Dave McCann 18:43. 35-39: 1. Mike Sayward 15:56, 2. Bill Sumner 16:27, 3. Bob Hill 16:39. 40-44: 1. Steve Waltnr 17:39, 2. Randall Shelly 18:07, 3. Don McWilliams 18:10. 45-49: 1. Herrera Juvenal 17:34, 2. Larry Esau 18:44, 3. Jim Gould 19:33. 50-59: 1. Robert Perry 20:01, 2. Frank Husak 20:48, 3. Tony Ramirez 21:15. 60 & Over: 1. DelMar Gourley 19:52, 2. Frank Torode 20:46, 3. Mike Reid 23:08.

Division Results - Women's 5K
14 & Under: 1. Anne Mary Ordway 21:16, 2. Melissa Abrahamson 23:24, 3. Laurel Schuler 23:24. 15-18: 1. Sylvia Desantiago 20:23, 2. Kirstina Sanchez 20:27, 3. Shannon Lavelle 21:15. 19-24: 1. Kris Hamoski/Kidwell 19:23, 2. Kathy Davis 23:00, 3. Lori MacKenzie 24:26. 25-29: 1. Karin Mack 22:30, 2. Michelle Reinglass 23:11, 3. Veronica Browne 23:22. 30-34: 1. Cecilia Klein 20:14, 2. Susanne Gilmore 22:55, 3. Irene Jacobson 25:32. 35-39: 1. Daiva Jusonis 19:33, 2. Cheryl Carnall 20:45, 3. Georgina Nuttall 23:53. 40-49: 1. Marcia Martyn 22:31, 2. Marilyn Patten 23:46, 3. Charlene Madvig 24:52. 50-59: 1. F. Bricker 28:50.

Division Results - Men's 10K
14 & Under: 1. David Klein 48:40. 15-18: 1. Jeff Pusey 39:28. 19-24: 1. Gilbert Cortez 31:29, 2. Dave Jackson 32:59, 3. Steve Shapero 35:15. 25-29: 1. Thom Vernon 32:02, 2. Holland Bunz 32:10, 3. David Parsel 32:26, 4. Steve Boaz 34:02, 5. Bob Arnold 34:20, 6. Robert Kessler 35:05, 7. David O'Brien 35:09. 30-34: 1. Ruben Chappins 31:36, 2. Rex Power 32:20, 3. Don Ocan 33:44, 4. Arnah Goldstein 34:09. 35-39: 1. Mike Sayward 33:59, 2. John Whitney 37:00, 3. Chris Lansen 37:15. 40-44: 1. Jim Chenoweth 34:55, 2.

Hulk-Woong 36:20, 3. Tommy Martin 36:57. 45-49: 1. John Bacon 36:17, 2. Hans Diere 36:23, 3. Mike Hook 37:00, 50-59: 1. Marvin Warren 40:52, 2. Rob Coburn 41:33, 3. Norman Dickinson 42:25, 4. Jim Hezman 42:33. 60 & Over: 1. Paul Sterner 46:55, 2. Marion Magnuson 57:25, 3. Bob Rohrer 57:42.

Division Results - Women's 10K
15-18: 1. Brenda Krueger 48:21, 19-24: 1. Donna Stocker 38:51, 2. Carol Carrigan 39:13, 3. Sue Corea 41:27, 4. Brianne Carrier 41:34, 25-29: 1. Brenda Bellanger 44:29, 2. Lei Naum 45:11, 30-34: 1. Lois Curl 40:29, 35-39: 1. Tish Whitney 36:50, 40-49: 1. Mickie Shapiro 46:43, 2. JoAnne Gill 50:26, 50-59: 1. Jeanne Carrier 57:35.

11 Bill Austin 17:11
12 Eric Smith 17:18
13 Tony Casas 17:21
14 Adolfo Serrato 17:26
15 Brian Hamilton 17:30

Division Results - Men's 5K
13 & Under: 1. Ruben Fiedler 18:15, 2. Michael Steiner 18:50, 3. Art Gonzalez 19:15, 14-17: 1. Gary Puher 16:20, 2. Dave McRissick 17:06, 3. Eric Smith 17:18, 18-24: 1. Matt Erner 15:31, 2. Tom Robbins 15:48, 3. Sergio Valenzuela 15:49, 25-29: 1. Bill Hustin 17:11, 2. John Laird 17:33, 3. Jose Lopez 17:49, 30-34: 1. Chris Melvin 16:26, 2. Adolfo Serrato 17:26, 3. Andy Avalos 17:32, 35-39: 1. Fred Doubell 16:55, 2. Robert Fulton 16:56, 3. Arthur Martinez 17:32, 40-44: 1. Florenzo Vargas 17:38, 2. Lee Baca 17:49, 3. James Akers 17:52, 45-49: 1. Richard Flores 18:43, 2. James Simola 19:41, 3. Joseph Umbro 20:42, 50-59: 1. Sam Mayo 17:42, 2. Aurelio Camacho 18:46, 3. Gunnard Bricker 19:00, 60 & Over: 1. Leonard Kulbacki 21:15, 2. Tuck Wherley 22:41, 3. Daniel Lujan 22:58.

Division Results - Women's 5K
13 & Under: 1. Amber Chavez 20:01, 2. Lucinda Reyes 20:41, 3. Jeannie Young 21:14, 14-17: 1. Cheryl Oslinker 19:08, 2. Eva Calderon 20:05, 3. Susana Reynosa 20:49, 18-24: 1. Guadalupe Rubio 21:20, 2. Marielena Rodriguez 22:59, 3. Maribeth Ferral 27:01, 25-29: 1. Nancy McClurkin 21:04, 2. Anna Luna 24:31, 3. Denise Boesch 24:35, 30-34: 1. Terri Goodreay 19:25, 2. Claudia Morales 29:38, 3. Judy Aleks 24:19, 35-39: 1. Gloria Santillan 22:17, 2. Beth Farajlan 24:22, 3. Pat George 25:42, 40-44: 1. Cecily Parke 21:53, 2. Barbara Basta 22:02, 3. Markey Molina 25:37, 45-49: 1. Jane Dods 22:27, 2. Jean Sutton 30:46, 50-59: 1. Lilly Viveros 24:31, 2. Elisabeth Ramanick 29:03, 3. Charmion Burns 29:41, 60 & Over: 1. Lucy Byers 33:05, 2. Leona Vinson 46:08.

The 24 hour event belonged to Don Choi as he won the open division handily. Larry Jackson of Vista, California easily won the masters division.

Of the potential record breakers in the 48 hour race, only Myra Linden of Des Plaines, Illinois, was able to set a new U.S. Record. Her total of 121 miles broke the old mark for Women 50-59 by 11 miles.

Attempts by Dick Collins and Jerry Dietrich to challenge Nagelschmidt's Men's 50-59 record, fizzled in the hot sun.

Pete Saccone of La Mesa, CA, did make a courageous attempt at the Men's 40-49 mark. Considering the heat, Pete's 187 1/4 miles would seem to indicate that a 200 mile performance is well within his reach.

The overall winner was Don Choi. Although he was pushed by Saccone, he always seemed to have everything under control maintaining a narrow but solid lead.

Considering the heat and smog, the performances of both Choi and Saccone must be considered great.

100 Mile Run (48 hr. time limit)
1 T.J. Key 20:25:04
2 Tommy Jackson 21:58:18
3 Jerry Dietrich 38:42:18(1st Master)
4 Myra Linden 39:52:14(1st Woman)
5 Chris Scott 45:33:20
6 Gordon Lutes 46:45:39

24 Hour Run (60 Mile Minimum)
1 Don Choi 117 1/4 Miles
2 T.J. Key 100 1/4 Miles
3 Larry Jackson 94 Miles(1st Master)
4 Jerry Dietrich 72 Miles
5 Leon Ransom 80 1/4 Miles
6 Andy Vano 60 Miles

48 Hour Run (100 Mile Minimum)
1 Don Choi 192 1/4 Miles

Run For Fitness 5K/10K

from Donna Georgino

Duarte, April 14.

Overall Results - 10K

1 Bud Harris	31:46
2 J. Hope	32:23
3 Frank Duarte	33:39
4 Steven Imlay	33:51
5 Sam Evans	33:57
6 Enrique Serratos	34:12
7 Nolan Smith	34:48
8 Jaimen Mejia	35:01
9 Jose Gonzales	35:08
10 Jose Martin Celis	35:20
11 Glen Kangas	35:22
12 Larry Fabela	35:26
13 Wade Watkins	35:51
14 Paul Klein	35:53
15 John Rubio	35:54
16 Jeff Rubak	35:55
17 Stan Stauble	36:20
18 Jay Uretsky	36:45
19 Mike Gomez	36:48
20 Miguel Marquez	37:53
21 Eugene Black	38:06
22 Jim Sperry	38:08
23 Fred Mascorro	38:44
24 Manouch Lankarani	38:47
25 Brian Costantino	38:52

Division Results - Men's 10K
13 & Under: 1. Terrell Reyes 41:56, 2. Dwayne Arnold 42:48, 3. Brian Sax 45:30, 14-17: 1. Steven Imlay 33:51, 2. Jose Martin Celis 35:20, 3. Glen Kangas 35:22, 18-24: 1. Jamie Mejia 35:01, 2. Wade Watkins 35:51, 3. Paul Klein 35:53, 25-29: 1. J. Hope 32:23, 2. Sam Evans 33:57, 3. Jose Gonzales 35:08, 30-34: 1. Enrique Serratos 34:12, 2. Nolan Smith 34:48, 3. Jay Uretsky 36:45, 35-39: 1. Larry Fabela 35:26, 2. Stan Stauble 36:20, 3. Ronald Crittendon 40:20, 40-44: 1. Frank Durate 33:39, 2. Fred Mascorro 38:44, 3. Manouch Lankarani 38:47, 45-49: 1. Richard Duda 48:24, 2. John Burroughs 49:19, 3. Rudy Gaona 50:27, 50-59: 1. Eugene Black 38:06, 2. Larry Banuelos 40:17, 3. Art Soderblom 44:14, 60 & Over: 1. Casey Poole 46:13, 2. Richard Diener 47:51, 3. Paul Margetan 49:52.

Division Results - Women's 10K
13 & Under: 1. Lorena Ramirez 46:03, 2. Sara-Lee Reyes 52:33, 3. Jessica Belveal 54:05, 14-17: 1. Toni Delgado 41:02, 2. Karl Rhum 45:50, 3. Christina Ahumada 53:12, 18-24: 1. Tracy Sells 44:06, 2. Tracy Snodgrass 46:30, 3. Liz Remley 46:40, 25-29: 1. Doreen Assumma 38:53, 2. Anne Swanson 46:59, 3. Pam Nagami 47:35, 30-34: 1. Cheryl Howard 53:07, 2. Mary Graves 55:57, 3. Jennifer Marple 57:29, 35-39: 1. Linda Stephens 48:39, 2. Patty Whiles 48:31, 3. Sally Gomez 53:16, 40-44: 1. Maryann Ur 55:53, 2. Polly Wajnarski 1:00:36, 45-49: 1. Missy Jennings 49:54, 2. Elaine Murphy 50:14, 3. Irene Berregard 52:52, 50-59: 1. Elaine Herfert 58:00, 2. Elizabeth McCallan 1:05:12, 3. Edith Durbin 1:15:17, 60 & Over: 1. Mildred Swalder 1:12:09.

Overall Results - 5K
1 Matt Eringer 15:31
2 Tom Robbins 15:48
3 Sergio Valenzuela 15:49
4 Eric Sawyer 15:58
5 Peter Puhek 16:16
6 Gary Puhek 16:20
7 Chris Melvin 16:26
8 Fred Doubell 16:55
9 Robert Fulton 16:56
10 Dave McKissick 17:06



Holiday Ultras: (Standing) Dietrich, Saccone, Lutes, Galvan, Sutton, Vano, L. Jackson, Key, Eddy, Scott. (Kneeling) T. Jackson, Honig, Collins, Linden.

Holiday Ultras

El Cajon, April 14-16.

The Holiday Ultras, sponsored by Phoenix Vitamins and Nike, were held at Granite Hills Stadium during the Easter holiday.

The event had two goals. First, it was hoped that newcomers to events over 50 miles would enter, and second, six of those in the 48 hour event could possibly set new U.S. records.

Unfortunately, a heat wave struck the day before the race and the temperatures soared to the high 80's for both days.

The 100 mile race was a spirited contest between T.J. Key and Tommy Jackson of San Diego. Key won by a comfortable margin.

2 Pete Saccone	187 1/4 Miles
3 Dale Sutton	150 Miles
4 Dick Collins	127 Miles
5 Jerry Dietrich	122 Miles
6 Myra Linden	121 Miles(1st woman)
(New U.S. Record Women 50-59)	
7 Chris Scott	101 Miles
8 T.J. Key	100 1/4 Miles

Poly Vue 10K

Cal Poly Pomona, April 14.

Overall Results - Men

1 Ron Wayne	33:06
2 Abel Mota	33:18
3 Tom Cupp	35:54
4 Alan Reynolds	36:08
5 Bram Krieger	36:44

6 Paul Lee	37:01
7 Albert Moreno	37:13
8 Pablo Saucedo	37:21
9 Phil Beachamp	37:32
10 Modesto McClean	38:41

Overall Results - Women

1 Alane Daugherty	46:29
2 Barbara Koga	50:39
3 Chris Wolff	50:52
4 Melinda Bowen	51:15
5 Beth Sinsler	51:37

Hornet-18 KM/ Phantom Phun- 4NM

from John Engstrom

El Toro, April 14.

Joe Jenkins, 27, of WES-37 captured the 2nd Annual MAG-11 Hornet-18 KM with a blistering time of 1:01:54.2 to establish a new course record. Jenkins knocked almost one minute off the previous record time of 1:02:51.2 established by Jay Olsen last year.

Sue Peterson, 39, of Laguna Beach was the first woman Hornet finisher and 38th overall with a time of 1:12:33.8.

The El Toro Distance Club comprised of Joe Jenkins, Allen Cocks, 31, of SOMS, Mike O'Donnell, 26, of MWC-38, Luis Lopez, 32, of SOMS, and Vince Cruz took first place in the team competition with an accumulative time of 3:09:32.7. Jenkins, Cocks and O'Donnell finished first, second, and fifth overall in the Hornet-18 KM.

Hornet-18 KM Results - Men

19 & Under: 1. David Bergman 1:18:23, 2. John Montez 1:23:46, 3. Albert Delzeit 1:24:41, 20-29: 1. Ricky Medina 1:04:04, 2. Scott Ring 1:07:12, 3. Oscar Longoria 1:08:17, 30-34: 1. Robert Lopez 1:04:40, 2. Chris Dolkas 1:08:24, 3. Steve Molino 1:08:55, 35-39: 1. Jeff Drazkowski 1:08:51, 2. Thomas Glenn 1:13:06, 3. Bill Salisbury 1:14:03, 40-49: 1. Bill Pascual 1:07:18, 2. Meri Glauser 1:07:26, 3. Kent Street 1:09:52, 50 & Over: 1. Dick Belliss 1:14:30, 2. Dennis Bracher 1:16:03, 3. Norm Luman 1:19:22.

Hornet-18 KM Results - Women

20-29: 1. Norma Diaz 1:33:49, 2. Anne Harvey 1:39:00, 3. Maryk Buranosky 1:39:57, 30-34: 1. Jo Snyder 1:31:15, 2. Valerie Kenny 1:31:24, 3. Patricia Joseph 1:36:06, 35-39: 1. Kathleen Galvin 1:28:17, 2. Kim Pasino 1:38:24, 3. Paula Nowakowski 1:56:24, 40-49: 1. Viola Phillips 1:21:54, 2. Dove Coltharp 1:34:19, 3. Sharon Niederhaus 1:40:14, 50 & Over: 1. Irene Bracher 1:48:48, 2. Patty Perkins 1:53:31.

Last year Roy White was the first Marine finisher and the 4th overall in the Hornet-18 KM race. This year, Roy White, 20, of HML-367, captured the Phantom Phun-4 NM with a time of 24:47.6.

Last year Gillian Fingal was the first woman finisher in the Hornet-18 KM. This year Gillian Fingal, 26, of Laguna Niguel was the first woman Phantom Phun finisher with a time of 29:04.9 to establish a new course record for women. Fingal knocked almost a minute and a half off the previous women's record time of 30:28.8 established by Karen Snyder last year.

Phantom Phun-4 NM Results - Men

14 & Under: 1. Leonel Sanhueza 29:46, 2. Chris Moxley 37:28, 3. Zack Moxley 42:17, 15-19: 1. John Randall 25:37, 2. Kurt Bersch 31:21, 3. James Spargo 31:29, 20-29: 1. Brad Shultis 26:09, 2. Brad Robinson 26:41, 3. Eric Williams 27:05, 30-39: 1. Ed Ramirez 25:38, 2. Jose Torres 26:14, 3. Michael O'Donnell 27:46, 40-49: 1. Ed Roberson 28:02, 2. Dennis Shoenfelt 29:59, 3. James Dixon 32:11, 50 & Over: 1. Mel Elliott 29:29, 2. John Holladay 30:54, 3. Jack Britton 32:11.

Phantom Phun-4 NM Results - Women

14 & Under: 1. Brittney Caudill 1:08:49, 20-29: 1. Karen Snyder 30:58, 2. Mary Starkweather 31:55, 3. Marie Placitelli 35:37, 30-39: 1. Sandi Polis 33:50, 2. Marian England 36:22, 3. Barbara Kraft 42:44, 40-49: 1. Donna Di Loreto 37:31, 2. Linda Ewart 37:35, 3. Pat Johnson 37:56, 50 & Over: 1. Evie Reiten 35:21, 2. Bettie Adrian 39:03.

Results

Santa Monica Pier Runs

Santa Monica, April 15.

Division Results - Men

17 & Under: 1. Rafael Sanguino 33:27, 2. Robert Menzhuber 37:10.

18-29: 1. Steve McCormack 30:20, 2. Jim Triplett 31:11, 3. Matt Ebner 31:22, 4. Dave Frickel 31:42, 5. Mike Fisher 31:53, 6. Victor Shelton 31:57, 7. David Griefinger 32:26, 8. Greg Hauser 32:47, 9. Victor Carillo 33:27, 10. Jose Jimenez 33:30, 11. Peter Pubek 33:37, 12. Eric Macris 33:54, 13. Joey Gostin 34:22, 14. Erick Gonzalez 34:24, 15. Brian Pelta 34:26, 16. John Araujo 34:35, 17. Ted Hackett 34:40, 18. Rudolph Linke 34:44, 19. Ramiro Saenz 34:48, 20. Robin Romans 34:53, 21. James Moore 34:58, 22. Steve Shapiro 35:01, 23. Brian Dolan 35:20, 24. Sonny Camacho 35:27, 25. John Aranas 35:40.

30-34: 1. Dave White 33:11, 2. Jim Masterson 33:18, 3. Rick Eichner 33:42, 4. Irwin Merzin 34:53, 5. Chuck McCann 35:16, 6. Fred Randall 35:16, 7. Jesus Morales 35:19, 8. John Merhaut 35:34, 9. William McCarthy 35:53, 10. John Sarli 38:31.

35-39: 1. Ron Kurre 33:47, 2. Harry Hartley 33:54, 3. Gianni Carpani 35:15, 4. Michael Zimmerman 35:20, 5. Rick Hallblom 35:21, 6. Humberto Colon 35:37, 7. John Mossbacher 35:40, 8. Ken Godard 35:43.

40-44: 1. Marshall Matye 33:04, 2. Gary Schwager 35:52, 3. Martin Bleasdale 35:17.

45-49: 1. Jerry Van Meter 38:28, 2. Dave Arntson 38:42, 3. Frank Greene 38:42.

50-59: 1. John Richards 35:44, 2. Aurelio Camacho 38:10, 3. Dane Macomber 38:21.

60 & Over: 1. Robert Page 40:53, 2. Eddie Lewin 41:16, 3. Dan Simon 45:22.

Division Results - Women

17 & Under: 1. Karen Neundorf 41:52, 2. Lisa Hales 46:10.

18-29: 1. Michele Hopper 37:35, 2. Mary Tracey 37:42, 3. Janice Frickel 37:46, 4. Marie Rollins 38:26, 5. Darleen Sams 38:49, 6. Katie Cunningham 39:23, 7. Kathy Brady 39:27, 8. Gabriela DeLatorre 40:03, 9. Cathy Bodie 40:34, 10. Andrea Edelman 40:58, 11. Kim McCracken 41:37, 12. Linda Salafin 41:57, 13. Jarilyn Joseph 42:22, 14. Jacqueline Frazier 43:08, 15. Lisa Garnott 43:16.

30-34: 1. Elaine Campo-Trippe 36:40, 2. Bev Long 39:30, 3. Joan McClay 40:28, 4. Maleah Grover 41:06, 5. Amy Graham 41:42.

35-39: 1. Joyce Carlson 46:50, 2. Lucy Suzar 48:00, 3. Carol Noonan 48:32.

40-44: 1. Shiela Hasham 42:39, 2. Kathy Kusner 43:41, 3. Susan Stevens 44:01.

45-49: 1. Carole Davis 47:32, 2. Diana Chronert 48:02, 3. Shiela Smith 48:26.

50-59: 1. Helen Dick 42:25, 2. Sally Richards 50:59, 3. Patricia Pruitt 58:13.

Division Results - Men's 5K

17 & Under: 1. Ted Bush 17:02, 2. Martin Earlan 17:30, 3. Tim Broussard 19:17. 18-29: 1. Terry Gibson 15:03, 2. Steve Cubillas 15:11, 3. Phil Peterson 15:43, 4. Clyde Matsumura 15:46, 5. Mark Silva 16:04, 6. Raul Gonzalez 16:12, 30-34: 1. Hal Hays 15:31, 2. Paul Marcel 16:15, 3. Geoff Grerero 16:56, 35-39: 1. Amir Azmar 17:45, 2. Darryl Downey 18:40, 3. Van Holland 18:47, 40-44: 1. Osepe Boto 17:26, 2. Sterling St. Clair 18:41, 3. Phillippe Green 19:18, 45-49: 1. Ray Hughes 17:09, 2. James Brown 19:58, 3. Frank Fowler 19:58, 50-59: 1. Tom Sturak 18:04, 2. Gunar Brickner 18:59, 3. Fred Boldman 20:26. 60 & Over: 1. Angelo Albanese 26:04, 2. Thomas Smith 28:36, 3. Merle Allison 28:52.

Division Results - Women's 5K

17 & Under: 1. Monica Jaimes 21:49, 2. Erika Bernheimer 22:46, 3. Corey Okada 23:37, 18-29: 1. Evelyn Silvey 18:38, 2. Evelyn Silvey 19:27, 3. Caroline Haro 19:38, 4. Doris Fullerton 19:45, 5. Mary

Tracey 19:54, 6. Jika Billette 19:56, 7. Danita Reese 20:14, 30-34: 1. Kathy Epring 20:48, 2. Cecilia Esquer 21:19, 3. Colleen Seal 21:55, 35-39: 1. Tisha Whitney 17:58, 2. Lisa Allen 18:42, 3. Corrine Schratz 21:27, 40-44: 1. Pamela Silber 26:18, 2. Vance Braves 27:39, 3. Jo Kaplan 28:19, 45-49: 1. Joann Bally 28:08, 2. Betty Anton 28:43, 3. Mary Seamans 27:07, 50-59: 1. Trudy Wadman 25:03, 2. Jean Windishar 28:58, 3. Edna Ann Katz 30:54.

Volunteer Triathlon

from Franz Weinschenk

Fresno, April 15.

6 Mile Run, 20 Mile Bike, 440 Yd. Swim.

Overall Results

1	David Tomerlin	1:32.09
2	Dean Harper	1:33.10
3	John Devere	1:33.46
4	Charles Griggs	1:36.44
5	Gordon Keller	1:36.52
6	Ken Lehman	1:37.17
7	Eric Little	1:38.42
8	Richard Conway	1:39.45
9	Steve Miller	1:40.38
10	Robert Rainwater	1:40.52
11	Lloyd Peters	1:40.53
12	Nathaniel James	1:41.52
13	Dave Smith	1:42.06
14	John Kraetsch	1:42.06
15	Tom Sanders	1:43.20
16	Rich Doman	1:43.41
17	Rick Daniels	1:44.04
18	Michael Lotter	1:44.45
19	Bryan Price	1:44.45
20	Bobby Peters	1:46.01

Division Results - Men

17 & Under: 1. Bobby Peters 1:46.01, 2. Mark Asta 1:54.54, 3. Bett LaFerrera 2:06.13. 18-29: 1. John Devere 1:33.46, 2. Charles Griggs 1:36.44, 3. Eric Little 1:38.42. 30-39: 1. David Tomerlin 1:32.09, 2. Dean Harper 1:33.10, 3. Gordon Keller 1:36.52. 40-49: 1. Gary McCain 1:46.08, 2. Tim Lemuchi 1:48.25, 3. Victor Reeve 1:50.52. 50 & Over: 1. Bob Fries 1:52.08, 2. Chris Denny 1:56.39, 3. Chuck Freuler 2:00.10.

Division Results - Women

17 & Under: 1. Mandy Parrott 2:33.23, 2. Lynette Turner 2:49.55, 18-29: 1. Melissa Ortiz 1:55.56, 2. Mary Check 2:00.00, 3. Kim Creighton 2:02.12. 30-39: 1. Mary Ariola 1:59.32, 2. Janice Harms 2:00.37, 3. Becky Dieter 2:01.40. 40-49: 1. Margie Timberlake 2:06.10, 2. Yvonne Reid 2:21.16, 3. Jane Fraser 2:29.29. 50 & Over: 1. Helen Wisemer 2:44.16, 2. Jean Avery 3:25.38.

Kwik Kopy Run

Fresno, April 15.

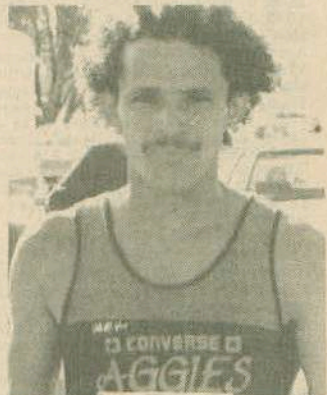
Overall Results - 2 Mile

1	Jose Caballero (16-29)	9:43.1
2	Richard Hinojos (16-29)	9:43.9
3	Gumaro Castellanos (16-29)	9:44.4
4	Spencer Carter (16-29)	10:32.1
5	Mark Clark (30-39)	10:33.5
6	Ric Zamarippa (50 & O)	10:34.5
7	Steve O'Clair (30-39)	10:41.1
8	Alan Richardson (16-29)	10:42.9
9	Pete Santellano (40-49)	10:44.4
10	Santana Perez (40-49)	10:45.1

Overall Results - 10K (short)

1	Gus Rojas (Whch)	29:45.1
2	Tony Ramirez (16-29)	30:08.5
3	Albert Reimer (16-29)	30:47.4
4	Jesse Llanez (16-29)	31:50.2
5	Efren Castellanos (16-29)	31:54.3
6	Adam Barron (16-29)	32:15.7
7	Patrick Dunning (30-39)	33:07.8
8	Frank Delgado (40-49)	33:09.4
9	Rich Purdy (30-39)	33:21.8
10	Jim Schoenduve (16-29)	33:41.4
11	Dan Trout (40-49)	34:??
12	Richard Cole (30-39)	N.T.
13	Jim Greenberg (16-29)	34:14.6
14	Bruce Caputo (30-39)	35:13.7
15	Eric Johnson (15 & U)	35:29.9

16	David Smith (16-29)	N.T.
17	Robert Garcia (30-39)	N.T.
18	Ron Quitoriano (40-49)	N.T.
19	John Taylor (16-29)	N.T.
20	Steve Hotaling (16-29)	36:49.2
21	Jack Gillis (16-29)	36:50.5
22	Bill Woody (40-49)	36:56.8
23	Gary Smoot (30-39)	37:07.0
24	Phil Farina (40-49)	37:16.1
25	Diane Vartanian (16-29)	37:35.6
26	Paula Ramirez (16-29)	37:37.8



CARMELO RIOS
Tropicana Winner

Tropicana/Las Vegas Easter Runs

from Dean Thomas

Las Vegas, April 19, 20, 21.

The Tropicana/Las Vegas Easter Run sponsored by the Tropicana Hotel, The Las Vegas Sun, Moosehead Beer, Travel Associates, Converse Shoes, Channel 8 KLAS TV, Pizza Hut and Las Vegas Events was held April 19, 20 & 21st. It featured a health fair and manufacturers exposition, a carbo loading dinner with live music and a 10K and Half Marathon Run. Despite a 30 mph wind that prevented the good times that were expected, the run was highly successful with a good turnout of participants. Half Marathon winner Frank Plasso told reporters that "because of the wind I knew my time would not be what I wanted, so in order to win, my race tactics had to be perfect." This is a very flat, fast course and has had three American records fall in the half marathon all in one day at one of the past events. Some of the top runners included: Duane Harms from Mt. View, CA., John Konings from Irvine, CA., Tom Wysocki from El Toro, CA., Ed Mendoza from Flagstaff, AZ., Shellia Ridge from Phoenix, AZ., Gian Starlinieri from Capitola, CA., Jenni Peters from Baton Rouge, LA., Doug Avrit from Cayucos, CA., Tina Ostroot from Pocatello, ID., Jim Walker from Tempe, AZ., Bob Houseman and Steve Holl from San Diego, CA., and Carmelo Rios, Ivan Huff and Terry Gibson from San Luis Obispo. And of course we had our own Frank Plasso from Las Vegas.

In the half marathon that included eight Olympic trials qualifiers in the field, Las Vegas Frank Plasso came up with an exciting win when he outsprinted Doug Avrit of San Francisco at the finish line. Plasso's winning time was 1:07:55 while Avrit was clocked in 1:07:56. Jim Walker from Tempe, AZ was third in 1:09:55. In the women's division, Jenni Peters of Baton Rouge, LA., was the women's overall winner in 1:20:57. Desere Hall of Las Vegas placed second in 1:31:57 and Judy McGlothlin of Las Vegas finished third in 1:34:40.

In the 10K, which was also decided in a thrilling finish, the first three finishers in the men's division all recorded a time of 31:36. Carmelo Rios of San Luis Obispo, CA., just nosed out second place Ivan Huff, also of San Luis Obispo, John Konings of Los Angeles was third. The women's winner in the 10K was Tina Ostroot of Pocatello, Idaho who finished in 38:18. Bobbie Hall of Wonder Lake, Ill. was second in 41:42 and Faye Valdo of Flagstaff, AZ., was third in 43:03.

Dick Walsh, a 61 year old Las Vegas who suffered a slight heart attack a year ago, ran both races and won the senior men's division in both. Also Las Vegas nine year old Jack Keller produced an outstanding 1st place win in his division.

The police team category was won by LAPD's Chuck Foote, David Leaton, Jim Murphy, and Frank King. The sponsor team category was won by the Tropicana Hotel and included Mark Hicks, Petina Williams, Steve Kurr and Denise Jennings as the winning team.

This event was to benefit the Big Brothers/Big Sisters of Southern Nevada who so willingly helped with arms and legs for the event. Many prizes were awarded which included 4 Hawaii trips donated by Western Airlines to the top 4 winners and 1 which was raffled.

The promoter of the event has promised to have over 100 awards for next years event.

Division Results - Men's 10K

12 & Under: 1. Jack Keller 43:34, 2. David Costa 49:21, 3. John Mulkey 52:17. 13-16: 1. Art Castle 34:05, 2. Robert Ranney 35:16, 3. Rod Christl 37:25. 19-29: 1. Carmelo Rios 31:36, 2. Ivan Huff 31:36, 3. John Konensh 31:38. 30-34: 1. Rich Lansford 31:47, 2. Steve Hall 32:11, 3. Dwayne Harms 33:31, 35-39: 1. Dan Murray 33:31, 2. Chuck Foote 35:57, 3. Tom Cosan 37:07. 40-44: 1. Frank Duarte 34:32, 2. James Murphy 36:46, 3. Bill Tribilcock 39:22. 45-49: 1. Richard Flores 38:57, 2. Stan Wissins 43:11, 3. Houston Langston 44:58. 50-59: 1. David Bernal 40:58, 2. Bill Kinnel 41:11, 3. William Pike 42:18. 60 & Over: 1. Dick Walsh 45:57, 2. Robert Cusack 49:21, 3. Julius Karabel 50:23.

Division Results - Women's 10K

13-18: 1. Fay Valdo 43:03, 2. Jackie Gensler 49:57, 3. Michelle Hales 51:22. 19-29: 1. Tina Ostroot 38:18, 2. Lydia Russell 44:54, 3. April MacNair 47:08. 30-34: 1. Bobbie Hall 41:42, 2. Linda Bruza 45:23, 3. Chrissy Gaston 45:25. 35-39: 1. Ann Hawboker 40:02, 2. Terri Otis 48:25, 3. Anita Busse 49:03. 40-44: 1. Sandra Mulkey 48:58, 2. Joan Tribilcock 50:39, 3. Cindy Valdo 50:45. 45-49: 1. Elizabeth Timonen 48:13, 2. Dreana Duham 49:26. 60 & Over: 1. Betty Haleen 54:19, 2. Lucile Adrey 69:56.

Division Results - Men's Half Marathon

13-18: 1. Dennis Gerdes 1:34:05, 2. John Lawler 1:46:30, 3. Joseph Gilmer 1:52:44. 19-29: 1. Jenni Peters 1:20:57, 2. Desere Hall 1:31:57, 3. Tina Constantina 1:39:22. 30-34: 1. Terri Goodreau 1:37:12, 2. Patricia Muloahy 1:47:20, 3. Jan Forray 1:55:30. 35-39: 1. Carol Corbett 1:49:13, 2. Patricia Herbulock 1:52:45, 3. Linda Bexler 1:54:04. 40-44: 1. Judy McGlothlin 1:34:40, 2. B.J. Empey 1:48:18, 3. June Huddleston 1:50:52. 45-49: 1. Joyce Mamita 1:38:57, 2. Nancy Wienberger 1:45:04, 3. Karen Wall 1:50:32. 50-59: 1. Helen Dick 1:35:47. 60 & Over: 1. Marybelle Russell 2:10:24.

Old Mill Run

Columbia State Park, Sonora, Apr. 21.

Overall Results - 10K

1	Don Moses	32:12
2	Bradley Brown	32:21
3	Fred Villegas	33:17
4	Ken Danz	33:21
5	Rudy MonDragon	33:24
6	Joe Sanders	35:45
7	Shane Parmer	36:02
8	Chuck Waldman	36:06
9	Curt Royer	36:12
10	Steve Jensen	36:14
11	Tom Macken	36:23
12	Sharlet Gilbert	36:40

13 Bill Sullivan	36:55
14 Joe Day	37:13
15 Christopher Zimny	37:16
16 Chace Anderson	37:18
17 Tom Wright	37:34
18 Tim Holmes	37:49
19 Bill Baxter	37:52
20 Steve Ridge	38:01
21 Rick Gaffney	38:10
22 Brian Rosenberger	38:22
23 Randy Maple	38:32
24 Nile Sousa	38:40
25 Tom Dunlap	38:44
26 Louis Davidson	38:58
27 Chris Batteate	39:03
28 Tim Hicks	39:05
29 Don Potter	39:07
30 Bill Harmon	39:18

Division Results - Men's 10K

13 & Under:	1. Travis Kinney 43:46, 2. Israel Davi 43:47, 3. Jeff Hartman 44:52, 14-18: 1. Joe Sanders 35:45, 2. Shane Parmer 38:02, 3. Tom Macken 36:23, 19-29: 1. Don Moses 32:12, 2. Bradley Brown 32:21, 3. Fred Villegas 33:17, 30-39: 1. Chuck Waldman 38:06, 2. Curt Royer 36:12, 3. Steve Jensen 36:14, 40-49: 1. Rudy MonDragon 33:24, 2. Louis Davidson 38:58, 3. Tim Hicks 39:05, 50-59: 1. Bill Van Horn 39:46, 2. Robert Stokes 40:45, 3. John Norberg 41:05, 60-69: 1. Don Lundberg 44:43, 2. A.D. Dambacker 48:51, 3. Frank Borrego 51:12, 70 & Over: 1. Bernard Dathe 55:36, 2. Frank Saylor 59:06, 3. Malcolm Stuart 59:52.
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Division Results - Women's 10K

13 & Under:	1. Dayna DeCristoferi 50:43, 2. Hillary Stendell 54:17, 3. Michelle Kinney 54:38, 14-18: 1. Lauri Felber 50:17, 2. Stacy Mosley 57:47, 3. Brenda Fraguero 57:58, 19-29: 1. Shelley Smyth 44:53, 2. Leslie Schmitz 47:25, 3. Rosemary Rhodes 47:44, 30-39: 1. Shariet Gilbert 36:40, 2. Kathy Smith 43:01, 3. Kathleen Davey 45:54, 40-49: 1. April Tweddell 43:58, 2. Dee Barrett 51:35, 3. Heron Freed 54:06, 50-59: 1. Lola Houston 53:02, 2. Lorraine Van Horn 1:00:33, 3. Stell McPherson 1:03:26, 60-69: 1. Anita Rodriguez 1:05:01, 2. Joy Scott 1:05:03.
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Overall Results - 2 Mile

1 Shane Parmer	10:47.9
2 Jeff Pinheiro	10:55.9
3 Eric Hartman	11:09.1
4 Tom Thompson	11:17.3
5 Lonnie Phillips	11:19.4
6 Steve Lamb	11:46.2
7 Jim Norquist	11:46.5
8 Charles Johnson	12:01
9 Mark Dominguez	12:34.7
10 Rick Penrose	12:41.7

Run For Sobriety

from Rob Jorgensen

Tustin, April 21.

Tustin Community Hospital's Fourth Annual 5 and 10K Run for Sobriety was a great success.

This year's run totaled 1269 runners and numerous spectators. We ran our usual loop course which is a flat, paved area in rural Orange County. The first place winners in the 5K category were: Mark Junkermann, 18, with a finished time of 15:18. Bob Morrison, 30, time of 15:21. Holland Bunz, 26, with a time of 15:32. Top finishers in the 10K run were: Frank Selvaggio, 21, with a finished time of 32:42. Lance Hardy, 21, with a time of 33:25. Ron Kurrie, 35, with a time of 33:45. First place team winners were the Pacific Coast Team consisting of Dale Fairchild, Frank Selvaggio, Bruce Fast, with a combined time of 1:43:14.

Division Results - Men's 5K

12 & Under:	1. David Mackey 24:22, 2. Scott Crosley 24:28, 3. Ian Alexander 25:49, 13-19: 1. Mark Junkermann 15:18, 2. Raul Serratos 15:51, 3. Robert Thiede 16:21, 20-29: 1. Holland Bunz 15:32, 2. Joe Olivas 16:35, 3. Filemon Rojas 17:52, 30-39: 1. Bob Morrison 15:21, 2. Kenny Saykett 16:06, 3. Jeff Kinzel 16:42, 40-49: 1. Juvenal Ferrera 17:31, 2. Harry Hunt 17:59, 3. Steve Waltner 18:11, 50-59: 1.
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Wally Evertz 17:33, 2. Jerry Withers 18:43, 3. Jim Scarborough 20:00, 60 & Over: 1. Delmar Gourley 20:51, 2. Leonard Kulbacki 20:59, 3. Bill Alice 22:16.

Division Results - Women's 5K

12 & Under:	1. Joanie Thomas 27:51, 2. VanderVeer 31:51, 3. Debbie Uri 33:55, 13-19: 1. Kat Prince 18:39, 2. Clare Feit 18:50, 3. Laura Doering 19:03, 20-29: 1. Denise Contreras 18:43, 2. Patricia Escamilla 19:31, 3. Melody Kalman 21:00, 30-39: 1. Tisha Whitney 17:55, 2. Kathy Story 19:32, 3. Mary Jane Ritchie 20:05, 40-49: 1. Dixie Barnard 22:29, 2. Ida Hendrick 22:49, 3. Dotti Mosier 25:34, 50-59: 1. Nancy McShane 28:38, 2. Phyllis Bricker 28:05, 3. Charmion Burns 28:10.
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Division Results - Men's 10K

12 & Under:	1. Adam Pitsenbarber 42:37, 2. Steven Burnner 48:07, 3. Theodore Conte 48:17, 13-19: 1. Ken Martinez 36:22, 2. Jon Shank 37:06, 3. Jeff Puggy 39:18, 20-29: 1. Frank Selvaggio 32:42, 2. Lance Hardy 33:25, 3. Jon Evers 36:41, 30-39: 1. Ron Rubble 33:45, 2. Dale Fairchild 35:15, 3. Irv May 35:17, 40-49: 1. Jim Chenoweth 34:54, 2. Ron Mavarette 35:57, 50-59: 1. Sam Mayo 38:17, 2. Tracy brown 38:26, 3. Larry Samuelos 39:22, 60 & Over: 1. Casey Poole 44:34, 2. Frank Toabe 45:22, 3. Paul Sterner 45:32.
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Division Results - Women's 10K

13-19:	1. Roberta Moronez 40:30, 2. Ann Helm 41:53, 3. Dana Gilchrist 43:16, 20-29: 1. Penny Burnstein 39:58, 2. Robin Brewer 42:40, 30-39: 1. Dalva Justons 40:59, 2. Candy Clark 41:24, 3. Josta Santos 42:19, 40-49: 1. Gaye Sprout 45:46, 2. Elaine Murphy 47:21, 3. Mickie Shapiro 47:38, 50-59: 1. Jane Tolley 1:05:24, 60 & Over: 1. Beverly McQuallis 48:04.
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Roadrunners "Bunny Hop"

from Joe Cox

Taft, April 21.

Final Results - 1K

1 Donnie Parker (8)	4:11CR
2 Rocky Marines (6)	4:20
3 Mike Rucks (7)	4:25
4 Megan Goddard (1stF 7)	4:32CR
5 Robin Olivars (6)	5:10

Final Results - 4K

1 Ruben Ozuna	12:16CR
2 Gary Barnett	12:31
3 Norman Knowles	12:54
4 Gil Hinz	13:45
5 David Alaniz	14:10
21 Susie Olivaréz (1stF)	17:41CR

Final Results - 8K

1 Isaac Salcido	25:12CR
2 Richard Ramirez	25:13
3 Javier Zepeda	25:58
4 Arnold Quintanilla	26:06
5 Paul Cross	26:10
23 Sabrina Larkin (1stF)	33:52CR

Laura Stegman Memorial Women's 5K

from Nancy L. Perry

Lompoc, April 21.

Overall Results

1 Mary Ryzner (30)	19:07
2 Patricia Grahn-Lewis (25)	20:03
3 Karlie Graham (12)	20:47
4 Trina Nagele (39)	21:08
5 Pamela Olson (24)	21:20
6 Tricia Sepko (34)	21:35
7 Maria Perkins (37)	22:03
8 Gudrun Fink (40)	22:04
9 Jodie Cornelius (30)	22:21
10 Cathy Harper (25)	23:02
14 Mary Kay Degehem (41)	23:42
16 Carrie Larson (1)	24:10
34 Margie Withrow (1)	27:24
42 Jody Marshall (50)	29:47
47 Donna Hempel (57)	31:33

Carrera De Cabras

from Brian Pritchard

Westlake Village, April 22, 7.2 Miles.

Overall Results

1 Steve LeBlanc(28)Simi Valley	44:09
2 Rick Eichner (30)Thousand Oaks	45:55
3 Steve Durand(27)Canyon Co.	47:51
4 David Couch (35)Santa Monica	51:22
5 Ralph Casillas (33)Oxnard	52:04
7 Ron Lowy (40)Corona	54:24
12 Dick Durand (55)Thous.Oaks	57:35
15 Jim Byrd (51)Venice	58:13
19 Marie Stevenson(39)ThousOaks	59:49
24 Dick Lopez (48)WestkVig	63:23
26 Jane Dods (48)No.Hollywd	66:09
27 Sharon Ryan (28)Burbank	66:18
34 Sharon Diemert (39) Sylmar	72:21
36 Bill Wick (63)ThousOaks	84:00

Baylands 10K

Sunnyvale, April 26.

Overall Results

1 Ian Gilmour, England (32)	31:14
2 Glyn Reynolds, Cupertino (29)	32:13
3 James Tracy, S.F. (33)	32:25
4 Tom Robinson, S.F. (36)	33:12
5 Jim Flannery, San Jose (23)	33:17
6 Jay Kirksey, Boulder (28)	33:17
7 Weston press, Los Altos (28)	33:21
8 Jeff Whitsett, Sunnyvale (24)	33:39
9 Bert Johnson, Sunnyvale (41)	34:17
10 Paul Gyorey, Saratoga (25)	34:22
11 Jim Owen, Palo Alto (37)	34:34
12 Tom Lutz, Palo Alto (35)	34:40
13 Dan Markowitz, Palo Alto (23)	34:47
14 David Foglesong, Palo Alto (25)	35:01
15 Jeff Naughton, Menlo Park (25)	35:05
16 Najera Graciano, Santa Clara (26)	35:11
17 Richard Lucas, Sunnyvale	35:23
18 David Fergus, Sunnyvale (26)	35:32
19 Jim McLennan, Mt.View (40)	35:49
20 Steven Rink, Moffett Field (19)	35:53
21 Scott Macomber, Palo Alto (27)	35:56
22 Brian Purcell, Tracy (27)	35:59
23 James Puhek, Fremont (28)	36:03
24 Daniel Garcia, Sunnyvale (28)	36:07
25 Jay Horton, Palo Alto (28)	36:08
26 Ron Cachopo Jr., Santa Clara (23)	36:11
27 Bernhard Hiller, Palo Alto (27)	36:15
28 William Wilson, Stanford (23)	36:16
29 Shariet Gilbert, Richmond (33)	36:21
30 Sam Rising, San Jose (28)	36:21
31 Jim Jorgenson, Santa Clara (23)	36:31
32 Jim Larrick, Palo Alto (34)	36:36
33 Lawrence Berg, Sunnyvale (26)	36:39
34 Robert Pescic, Sunnyvale (17)	36:47
35 Larry Dunham, San Jose (25)	36:47
36 Robert Downing, San Jose (28)	36:47
37 Bob Brummer, Palo Alto (28)	36:49
38 Ralph Velasquez, San Jose (31)	36:56
39 John Bulash, Campbell (39)	37:09
40 Randy Wonders, Fremont (27)	37:11
47 Gene Hoyle, Sunnyvale (40)	37:43
67 Phil Larson, Stanford (50)	39:02
90 Dennis Egle, Los Altos (60)	40:07
113 Barbara Bond, Cupertino (26)	41:12
118 Donna Troyna, Sunnyvale (30)	41:21
132 Anne Mott, Palo Alto (29)	41:44
156 John Gilkey, Los Altos (62)	42:16
176 Abigail Lee, Mt.View (27)	42:42
185 Roy Ise, San Jose (50)	42:51
198 Leela Gill, Berkeley (19)	42:57
193 Nathalie VanHemelryck, Ctn(22)	43:01
203 Ned Baxter, Sunnyvale (50)	43:05
205 June Vonrotz, Sunnyvale (26)	43:06
212 Christy Majchrowicz, Sunnyvale (25)	43:16
216 Jeanne Snyder, Sunnyvale (25)	43:21
226 Becky McGrath, Mt.View (20)	43:35

Foothill Footrace

Coarsegold, April 28.

Division Results - 10K - Men

17 & Under:	1. Jesus Llanez 33:14, 2. Tony Monroe 39:53, 3. Bill Moore 42:29, 18-29: 1. Jim Hartig 31:34, 2. Juan Molina 31:49, 3. Al Reimer 32:38, 30-39: 1. Steve Kelley 35:44, 2. Mike Brooks 35:53, 3. John Aldrich 36:22, 40-49: 1. Robin Swogger
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37:37, 2. Bill Woody 39:20, 3. Phil Farina 40:17, 50-59: 1. Len Thornton 36:52, 2. Ric Zamarripa 38:13, 3. Mel Elliot 42:02, 60 & Over: 1. George Leavitt 48:13.
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Division Results - 10K - Women

17 & Under:	1. Heather Lefkowitz 71:06, 18-29: 1. Janice Gordon 41:26, 2. Melissa Ortiz 42:39, 3. Kris Barch 45:21, 30-39: 1. Janie Roe 46:05, 2. Marie Connelly 46:48, 3. Cindy Hutchinson 47:28, 40-49: 1. Carolyn Campbell 43:08, 2. Faye Leonard 50:05, 3. Jane Fraser 51:08, 50-59: 1. Virginia Martin 67:35, 2. Elsie Crawford 70:33.
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Division Results - Men's 2 Mile

6-8:	1. Chris Cooper 14:43, 9-11: 1. Doug Drace 14:14, 12-14: 1. Bret LaFerrera 12:17, 15-17: 1. Erin Woody N.T. 18-29: 1. Bill Sterling N.T. 30-39: 1. Daniel Wernli N.T. 40-49: 1. Pete Santellano 12:14, 60 & Over: 1. Bob Musso 13:34.
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Division Results - Women's 2 Mile

6-8:	1. Rachael Davis 16:55, 9-11: 1. Christine Santellano 15:14, 12-14: 1. Christy Roe 23:51, 15-17: 1. Susie Ruhe 22:14, 18-29: 1. Jennifer Farrell 14:44, 30-39: 1. Cindy Jones 17:43, 40-49: 1. Olivia Santellano 18:26, 50-59: 1. Ester Milnes 22:10.
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Journey For Sight

from Merritt Cogswell

29 Palms, April 28.

Overall Results - 5K

1 Joe Alaniz	18:03
2 John Lanham	18:33
3 Mike Zimmerman	18:34
4 Jon Vermillion	18:53
5 Guadalupe Zamuru	19:16
6 Charles Soeacy	19:53
7 John Thomas	19:58
8 William Wyman	20:03
9 Dan Burton	20:39
10 Kirk Sorenson	20:50

Division Results - Men's 5K

12 & Under:	1. Jason Auclair 25:12, 13-15: 1. Kirk Sorenson 20:50, 16-19: 1. Joe Alaniz 18:03, 20-29: 1. Guadalupe Zamuru 19:16, 30-39: 1. Mike Zimmerman 18:34, 40-49: 1. Jon Emig 22:22.
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Division Results - Women's 5K

12 & Under:	1. Jennifer Pauley 26:08, 13-15: 1. Tonya Emerson 26:08, 16-19: 1. Christine McGorty 25:12, 20-29: 1. Cleopatra Jennings 27:20, 30-39: 1. Judy Wade 24:05, 40-49: 1. Sigrid McAllister 23:05.
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Overall Results - 10K

1 Greg DeLaCruz	33:10
2 Les Christian	34:18
3 Ronald Kronlage	35:08
4 Michael Zimmerman	36:32
5 Doug Boring	36:55
6 Rick Millard	37:21
7 Michael Knott	38:04
8 Adal Smith	38:05
9 Donald Powell	38:16
10 Edward McCabe	38:16

Division Results - Men's 10K

12 & Under:	1. Floyd Schultz 44:14, 13-15: 1. Josh Pauley 40:28, 16-19: 1. Jon Vermillion 38:04, 20-29: 1. Greg DeLaCruz 33:10, 30-39: 1. Les Christian 34:18, 40-49: 1. Gene Rotstein 42:38, 50-59: 1. Herb Hoggart 44:16, 60 & Over: 1. Ferdi Gonzales 46:25.
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Division Results - Women's 10K

12 & Under:	1. Patricia Kemp 1:07:57, 20-29: 1. Maureen Heneghan 45:33, 30-39: 1. Magai Montoya 42:55, 40-49: 1. Kathleen Emig 1:03:52.
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THE HARDER YOU PUSHED, THE MORE YOU WERE PULLED.

The Terra Trainer

