

ISSUE NO. 115

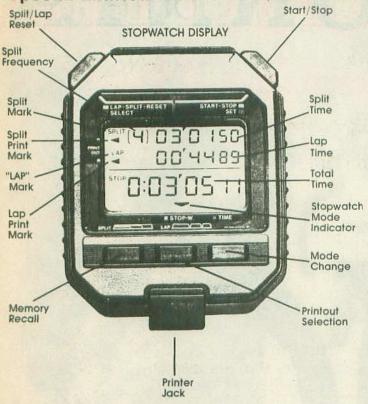
# CALIFORNIA

Frack & Running News

California's Only Track & Running Publication

## Digital Quartz Stopwatch With Printer, SP11

Special Limited Time Offer: \$150 while supply lasts

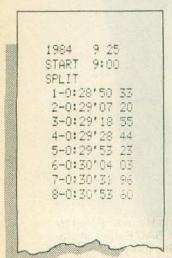


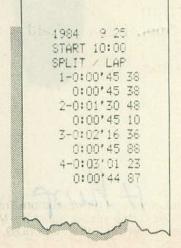
### System Printer

The following data is printed permanently on tape:

- 1. Year, Month, Date and Time are automatically printed
- Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
- 3. Places: printed to "99," then start again at "0"
- Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

#### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP





### **Applications**

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

### Specifications

#### Time Base & Accuracy:

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

#### Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

#### LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

#### Modes:

Split Time and Split/Lap Time; time of day and calendar.

#### Temperature:

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

#### **Dimensions:**

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

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

Weight: 12 ounces with batteries, paper and cord

#### **Batteries:**

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

#### Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

#### Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- · Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- · One year warranty

#### **Optional Accessories:**

S-950 Seiko thermal paper in 5-roll boxes

# \$150

### **Available From:**

P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

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MEMBER OF RUNNING USA

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ON THE COVER: Hawthorne High sophomore Travis Hannah slides by Muir's Tyrone Jeffries on the anchor leg of the Mt. SAC Relays Invitational 1600 Relay with times of 3:15.81 to 3:15.89. See story and results beginning on page 26.

photo by Burt Davis

By JACK LEYDIG

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

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

### June 1 (Sunday)

San Francisco: Bay Bridge Run. 8 mile. (Top deck of Bay Bridge). 8 a.m. Mental Health Association of Alameda County, 1801 Adeline St., Room 203, Oakland 94607 (415) 835-5010. RESCHEDULED for July 27.

Mill Valley: DSE Practice Dipsea, 7.1 miles. Lytton Square to Stinson Beach, 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

San Leandro. Shoreline Run. 10K & 3K Fun Run. San Leandro Marina (Neptune Drive). 8:50 am/3K, 9:05 am/10K. Rob Caughell, San Leandro Recreation Dept., 835 East 14th St., San Leandro 94577 (415) 577-3466.

Napa: St. John's Festival Old Town Run. 5 miles., 960 Caymus St. 9 a.m. Dave Alvarado, 481 Seminary St., Napa 94558 (707) 253-7609.

Novato: Olompali Dipsea Prep Run. 4 miles. Olompali Park (Main Gate). 9 a.m. June Gardner, PO Box 1400, Novato 94948 (415) 479-4654. Deer Park: Valley View Run & Health Fair. 5 & 10K. St. Helena Hospital (4 miles NE of St. Helena). 9 a.m. St. Helena Hospital, Public Relations Dept., 650 Sanitarium Rd., Deer Park 94576 (707) 963-6467.

Nevada City: Gold Country Road Races. 5, 10, 20 & 30K. Pioneer Park. 8 a.m. Gold Country Lions, PO Box 236, Grass Valley 95945 (Bob: 916/272-2749, eves).

San Luis Obispo: Corbett Canyon 10K Grape Run. (990 Industrial Way). 8:30 a.m. Jeff Herten, MD, 1428 Philips Lane, Suite 103, San Luis Obispo 93401 (805) 543-2833, Vicki.

Redondo Beach: Love Your Heart 10K. (South end of Esplanade) 7 a.m. Barry Pearce, Heart 10K, 1142 Manhattan Ave., Suite CP-6, Manhattan Beach 90266 (213) 375-2626, Village Runner.

Encino: Monty Montgomery 10 Mile & 2 x 5 Mile Partner Run. Woodley Park. 7:30 a.m. Basin Blues, 15840 Ventura Blvd., Suite 147, Encino 91436 (818) 347-1933, eves.

San Marcos: Run for the Fun 5 & 10K. Woodland Park. 7:30 a.m. San Marcos Education Foundation, Attn: Barbara Marchetta, PO Box 4095, San Marcos 92069.

Foster City: Sri Chinmoy Marathon. 7 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116 (408) 996-8036.

Ukiah: Russian River Run & Marathon, Half Marathon & 8K. (PA-TAC marathon championships). 6 a.m., 7:45 a.m. and 8:00 a.m. Tim Morrison, Box 204, Ukiah 95482. Aptos: Aptos Creek Marathon & 10K. (Nisene Marks State Park). Time TBA. Aptos Creek Marathon, Box 870, Trabuco Canyon 92678.

San Francisco: Statuto Race (66th Annual), 4 & 8.1 Mi., SFIAC, 9 a.m. SFIAC, 1630 Stockton St., San Francisco, CA 94133 (Attention: George Caselli) (415) 781-0165.

Norco: Fleet Analysis Center/Sherman Indian High School 5K, Lake Norconian, 7:30 a.m. Fleet Analysis Center, Attn: R. Varcoe (Code 3522), Corona 91720 (714) 736-4446.

Carlsbad: Carlsbad 5000, Elm & State Sts., 7:45 a.m. (9 a.m./Invit.). In Motion, Inc., 3456 Ingraham St., San Diego, CA 92109 (619) 483-9501.

Lake Mission Viejo: Performing Arts Center Triathlon, 1.5K Swim, 35K Bike, 10K Run, Time TBA. Cal. Athletic Products, P.O. Box 30306, Long Beach, CA 90853.

Long Beach: SCCTA Relay Track Meet & 5K. Cal State Long Beach. Kevin Browning (818) 847-8076, Katie Cunningham (213) 648-6333.

Cupertino: DeAnza Day 5K Fun Run, DeAnza College, 8 a.m. DeAnza College, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 996-4377.

Nevada City: Gold Country Road Races, 5K, 10K, 20K and 30K, Pioneer Park, 8 a.m. Gold Country Lions, Attn: Race Director, P.O. Box 236, Grass Valley 95945. Bob: (916) 272-2749, eves; Bud: (916) 272-8885, days.

### June 5 (Thursday)

Tulare: Tulare Sundowner 3K Series. Bob Mathias Stadium. 6 p.m. Kevin Baker, 830 S. Blackstone, Tulare 93274 (209) 688-2001, x575.

### June 7 (Saturday)

San Jose: Mirassou Vineyards' Grape Run, 5K. Aborn Rd., 9 a.m. (1000 Limit). Ron Wayne, Mirassou Grape Run, 25930 Kay Ave., #206, Hayward, CA 94545 (Jan Reeder) (408) 274-4000.

Fairfield: Gold Medal Triathlon, ¾ Mi. Swim, 9 Mi. Run, 32 Mi. Bike, Lagoon Valley Park, 8:30 a.m. Rick Gebers, Gebers Motor Corp., 2525 Martin Rd., Fairfield, CA 94533 (707) 425-9564.

Susanville: The Human Race, 5 & 10K, Lassen High School, 8:30 a.m. Judy Ernaga, Salvation Army, P.O. Bpx 1701, Susanville, CA 96130 (916) 257-4139.

Avila Beach: Ride & Stride Relay, 10-person teams (5 bicyclists & 5 runners, with legs varying from 2.1 Mi. Run to 12.6 Mi. Ride), 62 Mi. total distance, 7:30 a.m. Chuck Estabrook, Campus Life, P.O. Bpx 1667, San Lusi Obispo, CA 93406 (805) 544-3000.

### 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	The second second	ocation of Event			
Name of Event_	1000			MINE THE SE	D. Property Services
Type of Event:	long distance run	track meet	cross country	other	3 1100
Starting Time	Distan	ce if a running e	vent		
Other Important	Info	No.			
Contact Person	to the second			Phone	
Address	Street	City	Stat		Zip

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

### □ Schedule

Los Angeles: SCA/TAC Masters 10K Championships and Alive and Well in L.A., c/o Race Central, Box 828, Rialto, CA 92376 (Tom Sturak) (213) 450-5714.

Palmdale: Palmdale 5 & 10K, Courson Park, 8:30 a.m. Dan Hammett, 38260-10th St. E., Palmdale, CA 93550 (805) 273-0513.

Lancaster: High Desert Hospital 5 & 10K, 60th Ave. West & Avenue I, 8 a.m. Running Promotions Unitd., Box 128, Lancaster, CA 93534 (805) 942-3820.

Pasadena: Red Rose Run, 5 & 10K. Brookside Park, 8 a.m./5K, 8:45 a.m./10K. Mark Graham, 95 S. Lake Ave., Pasadena, CA 91101 (213) 684-3330.

Riverside: Jurupa Rodeo Runs, 2 & 5 Mi., Jurupa Jr. High School, 8 a.m. Mike Goltry (714) 685-5549.

Covina: Megan Clinic Health In-Sight, 5K & 1 Mi., Time TBA. Randy Gordon, Megan Clinic, 420 W. Rowland, Covina, CA 91723 (818) 967-4191.

Corona Del Mar: Corona Del Mar Scenic 5K, Ocean Blvd. at Beach, 8 a.m. Nancy Beard, Dept. of Parks & Recr., 3300 Newport Blvd., Newport Beach 92658. (714) 644-3151.

Boulder City/Lake Mead, NV: Road Runner Triathlon, 1 Mi. Swim, 25 Mi. Bike, 10K Run, 6 a.m. Bill Callanan, 6252 Clarice Ave., Las Vegas, NV 89107 (702) 870-8269, 878-2987.

Las Vegas, NV: Commander's 5K Championship, Univ. of Nevada, 7:30 p.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

White Water: Spines to Pines Cross-Country Mountain 50K (runs along the Pacific Crest Trail, starts just east of Banning), 8 a.m. Paul Jacobs, 9578 Pauline Dr., Cypress, CA 90630 (Dean Jacobs) (714) 897-5475, evenings.

McKinleyville: Totem Pole V Race, 5 mile and 2 mile, McKinleyville Shopping Center, 10 a.m. McKinleyville High School (Boosters Club), McKinleyville 95521.

Alta Loma: Saint Peter and Saint Paul 5K and 10K, Banyan & Beryl Ave., 7:30 a.m. Run, c/o P.O. Box 248, Alta Loma 91701. (714) 987-9312.

San Luis Obispo: (Pending) Hospice/YMCA Team Relay Marathon (5-person teams), El Chorro Regional Park, across from Cuesta College, time TBA. Budd Dressler (805) 544-8084.

Alta Loma: Chaffey College Sprint Triathlon, run 5K, bike 15K, swim 200 yards, Chaffey College, 8 am. Mick Dickson, 5885 Haven Ave., Alta Loma 91701. (714) 986-7696.

### June 8 (Sunday)

Hayward: Hayward Soccer Classic, 5 & 10K, Hesperian & Tennyson, 8:30 a.m. John Murillo, 2481 Bradford Ave., Hayward, CA 94545 (415) 887-4008.

## Marathon Runner's Tour of New Zealand

Tour Highlights: Winstone International Marathon, Auckland, New Zealand. Sightseeing at NZ's most interesting and exciting places including Rotorua Thermal Geyser Wonderland, Maori concert and hangi (feast), sheep show/shearing demonstration, Waimangu Thermal Valley. Northland bus tour, Wellington, Auckland sightseeing, one week sightseeing in South Island, Queenstown, Christchurch, Franz Josef Glacier, Mount Cook, three days on Mana Island Resort in Fili.

Tour Dates: November 9-30, 1986.

Tour Cost: Two and three week packages available. Prices \$1500 and \$2100 (subject to confirmation).

First week's accommodation in NZ is free. Tour group stays with New Zealand runners in their own homes. Normal price for a tour of this length would be \$3100!!! Exchange rate now U.S. \$100 = N.Z. \$175!!

Runner's spouses, friends and supporters welcome. A good time was had by all on last year's trip!! Tour led by Roy Stevenson, Seattle's resident New Zealand running coach.

Call Sharon Oliger for free detailed itinerary of trip at: ABC's of Travel, Inc., 18521 Des Moines Way South, Seattle, WA 98148. (206) 244-4477 or 1-800-633-0616, ext. 444.

Palo Alto: Duck to Ducks, 10K, Baylands, 8 a.m. Bob Cunningham, P.O. Box 51561, Palo Alto, CA 94303 (415) 960-0909.

Aptos: Converse Aptos Women's 5-Miler, Aptos Village Park, 9 a.m. (Women Only). Gail Goettelmann, 866 Burns Ave., Aptos, CA 95003 (408) 688-1624.

Berkeley: Wildcat Triathlon, ½ Mi. Swim, 5K Run, 15 Mi. Bike, Tilden Regional Park (Lake Anza), 8 a.m. First Tri, 2598 Telegraph Ave., Berkeley, CA 94704 (415) 841-1190.

Napa: Camp Coombs Cross Country Run, ½ Mi., 1.5 Mi. & 10K, Napa State Hospital, 9 a.m. Bill Hoy, Napa State Hospital, 2100 Napa-Vallejo Hwy., Napa, CA 94558 (707) 253-5415.

Novato: Tri-For-Fun, 1K Swim, 12K Bike, 5K Run, Indian Valley College, 9 a.m. Mary Sheehan, 2086 Chestnut St., San Francisco, CA 94123 (415) 921-7188.

Los Banos: San Luis Dam Jam, 10K & 1 Mile Fun Run. 12 Miles west of Los Banos (Take Basalt Area turnoff from Hwy 152), 8:30 a.m. Mark Bodley, 419 Madison Ave., Los Banos, CA 93635 (209) 826-0325.

Friant: Tri for Fun Series #1, 0.5K Swim, 20K Bike, 5K Run, 7:30 a.m. Patrick Moss, Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno, CA 93726 (209) 221-8181.

Baywood: South Bay Advocates Run for Youth, 4 Mi., Time TBA. Ron Roundy, 2160-B Pine St., Los Osos, CA 93402 (805) 528-0775.

City of Industry: Run for the Hill, Distance TBA, Azusa Ave. & Industry Hills Pkwy., 7:30 a.m. Olivia Krok, Boy Scouts of America, 540 N. Rosemead Blvd., Pasadena, CA 91107 (818) 351-8815.

Westlake Village: Conejo 8K Run, 8 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village, CA 91361 (805) 496-0088.

Van Nuys: Run for Fun 5 & 10K, Sepulveda Basin, 8 a.m. Anne (818) 989-8616. Embarcadero: Pepsi Ford San Diego Invitational Triathlon, 1K Swim, 30K Bike, 10K Run, Time TBA. Rick Koziowski, 1550 Market St., San Diego, CA 92101 (619) 233-8797.

Mill Valley: Dipsea Race, 7.1 Mi. (trail run), Lytton Square to Stinson Beach, Time TBA. Mill Valley Jaycees, Dipsea Race, P.O. Box 30, Mill Valley, CA 94941 (415) 381-DIPC.

Canoga Park: Deacon Jones Run for Learning Disabilities, 5K, 10K, and 1 Mi. Fun Run. Pierce College in Woodland Hills, 1 Mi./9:30 a.m., 5/10K/8:00 a.m. Centers for Educational Therapy, 7120 Remmet Avenue, Canoga Park, CA 91303 (818) 883-3500.

San Francisco: The Great S.F. Bike Adventure, 20 Miles. Presidio of San Francisco, Parade Grounds, 8 a.m. The Great San Francisco Bike Adventure, P.O. Box 421989, S.F., CA 94142-1989.

El Segundo: Heart Club 5K, Hughes Aircraft Facility, 8 a.m. Dietmar Oberhoessel, 7916 Denrock Ave., Los Angeles, CA 90045 (days) (213)305-2251, (eves) 216-0122.

Fresno: Chihuahua Road Run, 2 and 6 mile, 6:45 a.m. (209) 224-7857 or 485-8310, or 266-9964.

San Diego: San Diego Invitational Triathion, Spanish Landing, 7 a.m. Rick Kozlowski, 1550 Market St., San Diego 92101. (619) 233-8797 or (619) 222-7595.

Napa: Sierra Cup 10K & 2 mile, Mt. St. George School, 8:30 a.m. Mimi Grammens, Napa Sierra Club, 500 Kent St., Napa 94558. (707) 255-0775.

McKinleyville: Jack Moore Race, 2 & 5.7 miles, 1713 Balboa Rd., 1 p.m./2 mile, 1:45 p.m. Barbara Ehlers (707) 822-4290.

Orange: TriSCAR '86, run 4 mile, swim V2-mile, bike 15 miles. SCAR Clinic, time TBA. John Thorsell or Ed Collins, SCAR Clinic, 871 So. Tustin Ave., Orange 92666. (714) 633-7227.

### June 14 (Saturday)

Richmond: Juneteenth 10K Run, Time TBA. Attn: Skip, P.O. Box 1051, Richmond, CA 94802 (415) 233-8336, 235-1874.

Mariposa: Butterfly Days Run, 1 & 4 Mi., Mariposa County High School, 8 a.m. Butterfly Days Run, c/o Bill Yaley, Yosemite Bank, P.O. Box 5000, Mariposa, CA 95338 (209) 966-3777.

Fountain Valley: Sweat Don't Fret 5K, 10K & 20K, Mile Square Park, 7:30 a.m. Mental Health Association, 2110 E. First St., #101, Santa Ana, CA 92705 (714) 547-7559.

Pasadena: Centennial 5 & 10K Runs for Education, Seco St. & West Dr., 8 a.m./5K, 8:45 a.m./10K. Steve Mack, 595 Lincoln Ave., Pasadena, CA 91103 (818) 793-1293.

Long Beach: MADD Pig Run, 10K, El Dorado Park, 8 a.m. Larry Chowen, LBPAA, 1850 Snowden, Long Beach 90815. (213) 594-6307.

Los Angeles Area: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. USTS, P.O. Box 1438, Davis, CA 95617.

Las Vegas Area: Camp Care 10K, 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

San Francisco: Potrero Hill Scenic Scamper, 8K, Portrero Hill Neighborhood House, 9 a.m. Portero Hill Neighborhood House, 953 DeHaro St., San Francisco, CA 94107 (415) 826-8080.

San Francisco: Golden Gate 100K Relay (up to 6-person teams), Presidio Officers Club to Five Brooks (near Olema), time TBA. Daved Horning, 21 Live Oak, Berkeley, CA 94705 (415) 540-7008.

Palos Verdes: Palos Verdes Marathon, (Indian Peak & Hawthorne), 7 a.m. George Owens, Box 153, Palos Verdes Estates, CA 90274 (213) 377-3419.

Idyllwild: Idyllwild 5 & 10K, town center, 7:45 a.m./5K, 8 a.m. Kreig Campbell, P.O. Box 502, Idyllwild 92349. (714) 659-4549.

Santee Lakes: Santee Lakes 10K & 2 mile fun run, 7:30 a.m. Ross Nightingale, c/o San Diego Fire Equipment Co., 266 - 11th. Ave., San Diego 92101. (619) 239-1279.

South Lake Tahoe: Robert DeCelle II Memorial Tahoe Relays, 7-person, 72-miles, Junction of Hiways 89 & 50, 7 am. Alameda Track Club, P.O. Box 1606, Alameda 94501. (415) 523-2264.

Goleta Beach: McConnell's Ice Cream Endurance Events, 5K, 10K or Biathlon (10K run, 1 mile swim), time TBA. Kevin Young (805) 965-5171.

Santa Barbara: State Street Mile, Pedregosa and State Sts., 8 a.m. Team Second Sole, 3969 State Street, Santa Barbara 93110.

### June 15 (Sunday)

San Francisco: The San Francisco 25K (& 2.5 Mi.), Golden Gate Park, Polo Fields (south side), 8 a.m./25K, 8:15 a.m. Total Race Systems, 627 Galerita Way, San Rafael, CA 94903 (415) 472-RACE.

Daly City: DSE Daly City Scenic Run, 6.8 Mi., Colma School, 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco, CA 94127 (415) 585-7772.

Moffett Field: Round the Runway Footrace, 5 & 10K, NAS Moffett Field (North end of large hanger), 9 a.m./5K, 9:45 a.m. "Round the Runway", c/o Recreational Services, Bldg. 25, NAS Moffett Field, CA 94035 (415) 966-5206.

San Jose: RNPA Heart & Sole 5 & 10K, Coyote Hellyer Park, 8:30 a.m. Registered Nurses Prof. Assoc., Anne Cocchi, 119 Cypress Ave., Santa Cruz, CA 95062 (408) 423-3101.

Oakland: Dick Houston Memorial Woodminster Run, 8.3 Mi., Woodminster Meadow-Joaquin Miller Park, 9 a.m. (Age Handicap, Cross Country). G. A. Wetzork, 3452 Capella Lane, Alameda, CA 94501 (415) 522-3724. Oakland: Bacardi Rum Run, 5 & 10K, Lake Merritt (Old Boathouse), 8:30 a.m. (5K is PA/TAC Championships). SCARE Foundation, 330 41st St., Oakland, CA 94609 (415) 547-6965.

Hollister: Run for the Health of It, 5 Mi., Hazel Hawkins: Hospital, 8:30 a.m. Roy Cramblit, 911 Sunset Dr., Hollister, CA 95023 (408) 637-5711.

Monte Rio: Moscow Road Run, 5 & 10K, Monte Rio Post Office (Moscow Rd), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental, CA 94565 (707) 874-2830.

San Luis Obispo: Laguna Lake Relays (2-person teams), 1.5 & 2.5 Mi. legs, Laguna Lake Park, 9 a.m. San Luis Distance Club, Box 1134, San Luis Obispo, CA 93406.

Fresno: Father's Day Run, 2 & 6 Mi., Tulare & Van Ness Ave., 6:30 a.m. Bob Fries, 1501 E. Browning, Fresno, CA 93710 (209) 439-6394.

Hermosa Beach: Dad's Day Dash 10K, Hermosa Beach Pier, 8 a.m. Big Brothers of Southern California, 1486 Colorado Blvd., Los Angeles, CA 90041 (213) 258-3333.

Thousand Oaks: Conejo Track Club Father's Day 5 & 10K, 8 a.m./10K, 9:30 a.m. Robert & Jan Radnoti, 6173 Fremont Cir., Camarillo, CA 93010 (805) 987-8052.

Oxnard: Centerpoint Father's Day Classic 10K & 2K Fun Run, Centerpoint Mall, 8 a.m. Pat Farrell, Centerpoint Mall, 2655 Saviers Rd., Oxnard, GA 93033 (805) 487-1142.

Valencia: Father's Day Downhill Mile, College of the Canyons, 8 a.m. Gene Blankenship, Box 481, Newhall, CA 91322 (805) 251-5562.

Los Angeles: Run For Gay Pride 5 & 10K, Griffith Park, 8 a.m. Frontrunners Track Club, P.O. Box 5038, Santa Monica 90405. (213) 669-2966.

San Diego: June Jubilation 10K & 2 mile fun run, Balboa Park, 7:30 a.m. Bob Palmatier, P.O. Box 171335, San Diego 92117-0976. (619) 236-0842.



# Factory "Seconds" Minor "Misprints" Production Overruns

Specify size(s) and preferred colors(s)...various running events, etc. If not satisfied, return for refund, less shipping charges.

2 for \$6, 4 for \$10, 10 for \$20 Shipping Included Add \$1/shirt for long sleeves

Make check payable and send to:
Jack Leydig P.O. Box 459 San Carlos, CA 94070
(415) 595-2249

### June 18 (Wednesday)

Los Angeles: Heart of the City 5K Run, Union Bank Plaza, 6:45 p.m. Union Bank Special Events, 445 So. Figueroa, Los Angeles 90071. (213) 236-5716.

### June 19 (Thursday)

Tulare: Tulare All Comers Track Meet, Plus Sundowner 3K Road Run Series, Bob Mathias Stadium, 6 p.m./Track Meet, 7:30 p.m./3K. Tulare Parks & Recr. Dept., (209) 688-2001, ext. 575.

### June 21 (Saturday)

Stinson Beach: DSE Double Dipsea, 14.2 Mi., 9 a.m. (Stinson Beach to Mill valley & return). Mike Taheny, 411 Teresita Blvd., San Francisco, CA 94127 (415) 585-7772.

Santa Barbara: Santa Barbara State Street Mile (downhill), Time TBA. Bob Huebel, Second Sole (805) 967-2614.

Anaheim: Anne Kiyasu Memorial Run, 5 & 10K, Yorba Regional Park, 8 a.m. Sherrie Morimoto, 1830 W. Romneya Dr., Anaheim, CA 92803 (714) 491-5761.

Long Beach: Summer Solstice 5-Miler, El Dorado Park, 6 p.m. C.A.P., P.O. Box 30306, Long Beach, CA 90853 (213) 493-6875.

Tule Springs, NV: Lydia's 5 Mile Shoe In and Picnic, Floyd R. Lamb State Park, 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

Pleasanton: 4-H Fair Fun Run, 5K, Alameda County Fairgrounds, 8:30 a.m. Alice Pitts, 1085 Murrieta, #124, Livermore 94550. (415) 422-3702 or 443-6247.

San Diego: Run for Vision 8K & 1 mile fun run, College Grove Shopping Center, 7:30 a.m. Warren Simon, Service Center for the Blind, 5922 El Cajon Blvd., San Diego 92115. (619) 583-1542.

Atascadero: Atascadero Fitness Center 5K. Paula Anton, AFC, Box 2062, Atascadero 93423, (805) 461-1500.

### June 22 (Sunday)

San Francisco: Great Cable Car Chase, 9K (Hyde & Jefferson), 8 a.m. Epilepsy Society of San Francisco (415) 474-9075.

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse), 9 a.m. LMJS, 745 Arimo Ave., Oakland, CA 94610 (415) 834-3110.

Castro Valley: Run to the Lake, 10K, Eden Hospital, 8 a.m. Eden Hospital, Attn: Ellen Kushner, 20102 Lake Chabot Rd. Castro Valley, CA 94546 (415) 889-5061.

Healdsburg: Fitch Mountain Footrace, 10K, Plaza Park, 8:30 a.m. Dayle Puckett, Healdsburg Park & Recr. Dept., Box 578, Healdsburg, CA 95448 (707) 433-3301.



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Santa Rosa: Redwood Coast Triathlon Series II--Spring Lake Tin Man, 1 Mi. Swim, 6.5 Mi. Run, 21 Mi. Bike, Spring Lake County Park, 8 a.m. Redwood Coast Lifesaving Assoc., Box 337, Healdsburg, CA 95448 (707) 528-7620.

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13 Mi. Run, Monterey State Beach, 7 a.m. Joe Ossmann, c/o Friends Outside, 116 E. San Luis St., Salinas, CA 93901 (408) 758-2733.

San Diego: San Diego Invitational Triathlon, 1K Swim, 30K Bike, 10K Run, Spanish Landing Park, Time TBA. Rick Kozlowski, 1550 Market St., San Diego, CA 92101 (619) 233-8797.

Lompoc: Valley of the Flowers Half and Full Marathon, 7:30 a.m./Full, 8 a.m./Half. Valley of the Flowers Marathon, P.O. Box 694, Lompoc, CA 93438 (805) 733-4495 (Lee Heinz - before 9 p.m.).

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

Stanford: Run for Life, 10K, Stanford Stadium, 9 am. Scott MacTavish, c/o 3003 Moorpark, San Jose 95128. (408) 247-8555.

Bayside: Jacoby Creek Streak, Bayside Grange, 1.8 & 4.8 mile, 1 p.m. Bill Morris (707) 822-8565.

Oceanside: Oceanside Firecracker 10K & 2 mile fun run, Oceanside Harbor, 5:30 p.m. Toni Deal, 3381 Yucca Ave., San Diego 92117. (619) 272-8316.

Rancho Bernardo: Rancho Bernardo 10K & 2 mile fun run, Towne Center, 7 a.m./2 mile, 7:30 a.m. Ed Coverly, 11827 Bernardo Terr., San Diego 92128. (619) 485-7763.

### June 24 (Tuesday)

San Diego: One-Hour Run, Grossmont College, 6 p.m. San Diego Track Club (619) 270-7382.

### ■ June 26 (Thursday)

South El Monte: Haroline Walters/Operation Anti-Drug 8K, Legg Lake, 6:30 p.m. Art Martinez, 9502 Reichling, Pico Rivera, CA 90660 (213) 942-8774.

### June 28 (Saturday)

San Francisco: Stroh's Run for Liberty III, 8K, Golden Gate Park (Polo Fields, south side), 9 a.m. Pamakid Runners, P.O. Box 27557, San Francisco, CA 94127 (415) 681-2323

Benicia: Benicia Historical Run, 5 & 10K, Time TBA. Liz McMahon, 1883 Lindo St., Benicia, Ca 94510 (707) 642-3555 or 745-4023.

Santa Barbara: Stroh's Run for Liberty 8K & 2K Fun Run, Stow Park, 8:30 a.m. John Brennand, Box 6616, Santa Barbara, CA 93160 (805) 964-2591.

Rosemead: City of Rosemead 5 & 10K, Rosemead Park (4343 Encinital), 8 a.m. Chris Best, City of Rosemead, 8838 E. Valley Blvd., Rosemead, CA 91770 (818) 288-6671.

Century City: Century City 5 & 10K, Century City Shopping Center (Santa Monica Blvd.), 7:30 a.m. Randy Lewis, Beverly Hills YMCA, 9930 Santa Monica Blvd., Beverly Hills, CA 90212 (213) 553-0731.

Los Angeles: Stroh's Run for Liberty III, 8K & 2K Fun Run, Griffith Park, 8 a.m. Sports Shoe, 3215 Los Feliz Blvd., Los Angeles 90039. (213) 668-0709.

Fountain Valley: Stroh's Run for Liberty III, 8K, Mile Square Park, 8 a.m. Debbie Lee (213) 597-2824.

Lake Castaic: Castaic Triathlon Series #3, 1K Swim, 40K Bike, 10K Run, Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall, CA 91321 (805) 254-1833.

Healdsburg: Redwood Coast Triathlon Series III, 1 mile swim, 10K run, 25 mile bike. Lake Sonoma (Warm Springs Dam), 8 a.m. 350 limit. Redwood Coast Life Saving Ass'n., Box 337, Healdsburg 95448. (707) 528-7620.

Donner Lake: Donner Lake Triathlon, ½ mile swim, 6.89 mile run, 13 mile bike. Time TBA. 500 limit. Sherry Griswald-Reed, P.O. Box 1772, Truckee 95734. (916) 587-2754.

Mammoth Lakes: Mammoth Chart House Road Races, 10K & 2 mile, 8 a.m. 7800 ft. elevation. George Fowler, P.O. Box 978, Mammoth Lakes 93546. (619) 934-2562.

Newhall: Castaic Triathlon Series, 1K swim, 40K bike, 10K run. Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

### July 27 (Sunday)

San Jose: Sri Chinmoy 7-Mile Run, location TBA, 8 a.m. Sri Chinmoy Marathon Team, 2438 - 16th. Ave., San Francisco 94116. (415) 731-RACE.

Mill Valley: Tamalpa 5K, bike path. 250 limit. 8:15 a.m. Süsan Furman, 528 Oakdale, Corte Madera 94925. (415) 924-5976.

Hayward: Sertoma Classic 10K, Hayward Air Terminal, 9 a.m. Doug Daniels, 3508 Depot Rd., Hayward 94545. (415) 489-3385 or 735-2960.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K, 10K, and 15K, Lake Merritt (Old Boathouse, 1520 Lakeside Dr.), 9 a.m. Elvyn Blair, LMJ&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Sacramento: River City Triathlon, ¼ mile swim, 15 mile bike, 5 mile run. Time TBA. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

San Luis Obispo: San Luis Obispo Triathlon, ½ mile swim, 15.3 mile blke, 3.6 mile run, Sinsheimer Park, 7:30 a.m. John Rogers, City Recreation Dept., P.O. Box 8100, San Luis Obispo 93403. (805) 549-7305.

Coronado: Coronado Optimist Sports Fiesta Triathlon, 6 mile bike, 400 yard swim, 1 mile run, Coronado Island, time TBA. John Freeman, 845-B Ave., Coronado 92118. (619) 435-6137.

Oceanside: The Nike Triathlon, 2K swim, 25 mile bike, 10K run, Oceanside Pier, time TBA. The Nike Triathlon, P.O. Box 3449, Rancho Santa Fe 92067.

Mt. Charleston, NV: LVTC Mt. Charleston 4 Mile Notch Run, Kyle Canyon Rd., 8 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Santa Cruz: Wharf to Wharf Run, Approx. 5.8 miles, Santa Cruz Boardwalk, 8:30 a.m.(?). Wharf to Wharf Race, P.O. Box 307, Capitola 95010. (408) 427-0242.

Olympia, WA: Capital City Marathon (TAC National Championships), 2300 Evergreen Park Dr., S.W., 7 a.m. Capital City Marathon, 4615 Ferndale Ct. S.E., Olympia, WA 98501. (206) 786-1786.

San Francisco: Bay Bridge Run. 8 mile (top deck of Bay Bridge), 8 a.m. Mental Health Association of Alameda County, 1801 Adeline St., Room 203, Oakland 94607. (415) 835-5010. Date changed from June 1.

### Looking Ahead

Marathons, Relays, Important Deadlines, Major Events, Etc.

August 2. Bass Lake: Run Thru the Pines Half Marathon, The Pines Village, 8 a.m. Run Thru the Pines, P.O. Box 6103, Fresno 93703. (209) 255-4904.

August 9. Crater Lake, Oregon: Crater Lake Marathon, time TBA. 6400 to 7800 feet. Bob Freirich, 5830 Mack Ave., Klamath Falls, OR 97603.

August 17. San Francisco: Gay Games Marathon, 7:30 a.m. Marathon Registration Committee, 526 Castro St., San Francisco 94114. (415) 861-8282.

August 20. San Francisco: Manufacturers Hanover 3.5 Mile, Foot of Market (at Spear), 7 p.m. Limited to company/corporate teams. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

August 24. Manitou Springs, CO: Pike's Peak Marathon, 7 a.m. Race Line Systems, P.O. Box 26230, Colorado Springs, CO 80936.

August 24. San Diego: America's Finest City Half-Marathon, Cabrillo National Monument, 7 a.m. No raceday registration. Neil Finn, AFC Half Marathon, c/o American Lung Ass'n., P.O. Box 3879, San Diego 92103. (619) 297-3901.

August 30. South Lake Tahoe: World's Toughest Triathlon, 2.4 mile swim, 115 mile bike, 20 mile run. Time TBA. *Limit 500.* \$100,00 prize money. Dr. Bill McKean, P.O. Box 9045, So. Lake Tahoe 95731.

August 31, Santa Monica: Santa Monica Sports & Arts Festival Marathon, Half Marathon & 5K. Santa Monica College, 7 a.m. Santa Monica Recreation & Parks Dept., 1685 Main St., Room 210, Santa Monica 90401. (213) 458-8311.

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### Coming Next Month...

The July California Track & Running News will be our annual track and field championship issue with coverage of the big end-of-the-season championship meets: High School State Meet, Community College State Meet, PCAA Championships, CCAA Championships, NAIA District III Championships, PAC-10 Championships and other big meets like Modesto S&W and the Jenner Grand Prix events. All of this, plus our regular load of schedule, results and features.

Cross Country Coaches: Please send cross country schedules NOW for inclusion in the upcoming Cross Country Season Schedule.

## Reinke on Running

By DEAN REINKE

## **Boston is Back**



es, without a doubt, Boston is back!
At least that's what the sign said greeting runners as they strode onto Boylston Street some 600 yards from the finish of the 90th edition of the Marathon. And the race, which the last few years had fallen from the ranks of the elite, bounced back with the help of \$1 million sponsor John Hancock, flexing its muscles and telling the running world that it hadn't gone anywhere.

You can always tell an event is hot when the taxi driver talks of nothing else on the way to the hotel from the airport. And when the newspaper writes about the field of runners instead of the "mayor running" (which he did). And the wheelchair competitors (which there were), you know its something special. From the treatment of the press (all of whom were given jackets, shoulder bags and treated to a Clambake) to the handling of the last finisher, many had to be reminded that yes indeed, this was Boston.

But amid all of the media, running personalities, and world class runners that gather from around the world, the one who laid the groundwork for one of running's all time high paydays was conspicuously absent. Will Cloney, synonymous throughout the world with this racing classic, declined invitations to the various functions. But ironically present at the press conference stood the controversial Marshall Medoff, the attorney who in 1982 attempted to pull together a similar sponsor package. "There has definitely been a smear campaign to discredit Will and myself. The Hancock contract has never been disclosed but it's not as good as we had in 1982", said the bitter Medoff. "I predicted the demise of the event by 1986 back then but it happened a year early", referring to last year's weak, no prize money field.

But nobody really cared about Medoff nor Cloney, and the real talk was of the TAC awarding of the Olympic Marathon Trials. The Hancock folks had reportedly struck a deal to obtain both the Olympic men's and women's trials in exchange for an affordable insurance package for road races. It smacked of the old "AAU days and smoke filled room decisions", said one insider, which did not sit well amongst the TAC selection committee.

Respected Boston Marathon authority and Boston Globe columnist Joe Concannon wrote an editorial criticizing the trials being held at Boston and numerous other running community leaders doubted that the TAC would be so bold as to circumvent the committee process. As I left Boston, the womens' trials appeared to have a slight chance to be held there but the men's committee was leaning toward Pittsburgh or New Jersey.

Although behind the scenes there were a few rumblings, they were more than drowned out by the enthusiastic "Marathon Fever" that swept the city from the subways to Eliot Lounge. ABC commentator Marty Liquori, in town to provide commentary for one of the 3 local affiliates, started things rolling at the Eliot Lounge on race eve with the challenge of betting any takers that "de Castella would win by less than a minute". Well, he was right on the first count but the tight race that every great event hopes for never materialized for the men nor the women. The personable "Deke" and the seemingly unbeatable Norwegian, Ingrid Kristiansen, had only to contend with the stopwatch. Although "mother" Ingrid predicted a sub 2:20 effort, de Castella's performance was amazing compared to the slow times among the other men, led by Canadian Art Boileau,

some 3 minutes back. The Aussie had served notice to two of the pre race favorites, Greg "new father" Meyer and Marathon unknown Arturo Barrios, during training runs the week before. Asked if he would have run without the prize money, the tactful exercise physiologist repiled, "Prize money itself does not make a marathon. John Hancock, the BAA volunteers and Boston along with the 7 communities on the route have made this a first class marathon".

And if you weren't among the estimated 2 million spectators celebrating Patriots Day along the course, then you could have caught the event live for 31/2 hours on ESPN's excellent coverage. As usual, the unflappable Larry Rawson, capably aided by George Hirsch, carried the broadcast, despite his ESPN co hosts. Meanwhile, flipping your channel to the local Boston affillates was informative as long as Frank Shorter, Marty Liquori, Kathrine Switzer or Tony Reavis appeared, but as is often the case, they were given insufficient air time as the local commentary marred otherwise excellent footage. The locals did however enlighten us with 15 different ways to pronounce "Domingo Tibadueza", references to running "Sneakers" instead of shoes and showing the obligatory "pre race mean-Ingless Interview with Suzy Six Pack from Michigan running her 1st marathon" piece. and the old standby "wired reporter in the pack" routine.

But overall, it was an impressive performance for Beantown which showed that although it was knocked down for an 8 count, it's back on its feet and fighting proudly with a renewed energy to reclaim its crown. Most importantly, John Hancock, among America's Corporate giants, has stepped forward while the world watched, laid its money on the table and motivated its colleagues in big business to seriously consider an investment in our sport. Yes, Boston is back!

See Boston Marathon results on page 47...

(Dean Reinke writes a monthly newsletter, "Dean Reinke on Running," covering the national running scene from his perspective as a TV Radio/Commentator/Announcer and consultant to major events throughout the country. He resides in Orlando, Florida, where he is the Vice President of the Wellness Center & Sports Medicine Division of Winter Park Memorial Hospital.)



Boston Marathon winner: Rob de Castella.

## The Athlete's Kitchen

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

## Sugar Quiz



isinformation about sugar frequently filters through the popular press. This Sugar Quiz will test your nutrition IQ and help you distinguish fact from fiction.

TRUE or FALSE: Sugar and starch are blochemically similar?

True. Sugar and starch are both carbohydrates and have a similar biochemical structure. Both "refined" table sugar and "natural" fruit sugars are simple carbohydrates comprised of one or two molecules. Starches such as rice, cereal and grain-products are complex carbohydrates made from a chain of simple sugars.

Plants store sugar in the form of starch. This explains why vegetables, such as peas and corn, are sugary-sweet when they're young and become starchier as they mature. In comparison, fruits, such as bananas and pears, convert starch into sugar as they ripen. Humans also store sugar as starch: muscle glycogen, that fuels the muscles for hard exercise, and liver glycogen, that supplies the blood stream with sugar to fuel the brain and muscles.

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**TRUE or FALSE:** The refined sugar in a soft drink converts in to muscle glycogen as effectively as the natural sugar in a glass of orange juice?

True. Sugar is sugar. Your muscles store both natural and refined sugars similarly. The major difference is that a soft drink is a "nutritional zero", as compared to nutrientrich orange juice that offers lots of vitamin C, potassium and folic acid for top performance.

TRUE or FALSE: You're more likely to experience a "sugar high" from refined white sugar than from the natural sugar in raisins?

False. Although many health-food-fanatics swear that refined sugar inevitably creates a "sugar high" that's followed by a "sugar low" (rebound hypoglycemia), research indicates that raisins elevate blood sugar higher than a calorically equivalent amount of table sugar. When measured on a scale comparing the rate that food digests and enters the blood stream (the "glycemic index"), pure glucose

ranks 100, honey 87, raisins 64 and refined sugar 59. Orange juice ranks 46, apples 39 and ice cream 36. This means that you're more likely to 'get a "sugar high" from raisins than ice cream ...

TRUE or FALSE: You'll feel most energetic if you routinely consume some sugar in your meals, in order to maintain a normal blood sugar level?

False. Although you function most energetically when your blood sugar is within normal limits and adequately feeds the brain (which burns only sugar, as compared to muscles that burn fat, as well), you don't have to eat sugar, per se, for this to happen. Rice, bread, potatoes and most other complex carbohydrates efficiently digest into sugar.

TRUE or FALSE: Candy bars inevitably contribute to a hypoglycemic "let down" soon after eaten.

False. According to a recent survey in the American Journal of Clinical Nutrition (March '86) candy bars are NOT a culprit when it comes to "sugar lows". Apparently, the fat content of the chocolate bar delays gastric emptying and curtails the rise and fall of blood sugar that's so vividly described in the popular press. Without a doubt, pure sugar, such as in jelly beans, cola and gum drops, more quickly enters the blood stream and stimulates the body to secrete large amounts of insulin to transport the sugar out of the blood and re-establish a more normal level. The insulin often "overshoots" and takes out too much glucose, which results in rebound hypoglycemia. The popular press has extrapolated this sugar-induced hypoglycemia onto ALL sugary foods - including candy bars. The Hershey Company, that funded this study, is pleased to report that the press is wrong, according to this one well-researched study. Never-the-less, we're metabolically individual, so heed your body's response. If you are "sugar sensitive", then chocolate may be a poor choice for you.

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Nancy Clark MS, RD, nutritionist at Bostonarea's Sports Medicine Brookline, is author of the popular book *The Athlete's Kitchen* (available at Dalton Bookstores; Bantam Paperback.)

## Technique & Training

By ROY STEVENSON

## On Your Mark

he running of this year's popular San Francisco Marathon is set for July 20. Thats only about five weeks from now.

If you have yet to run a marathon, but would like to someday, is five weeks too short a time to prepare for this one?

Not in the opinion of running specialist Roy Stevenson.

If you are a runner who now averages four to five miles daily, Stevenson says the San Francisco Marathon may well be an event to which you can aspire — if you don't dally.

Stevenson, a transplanted New Zealander, is a self-styled protege of the legendary Kiwi running coach Arthur Lydiard. A top-flight runner, Stevenson now has a master of science degree in coaching and exercise physiology from Ohio University

For the beginning marathoner, Stevenson's connection to Lydiard is important. Two decades ago, a heyday for New Zealand distance runners, Arthur Lydiard was the first to demonstrate how long, slow runs could result in not only fitness, but Olympic gold.

The trick is to gradually increase your daily runs, building an ability to go farther on less fuel.

But a marathon in just five weeks?

Stevenson admits that time is of the essence at this late date, and that there is a risk of injury.

But, he claims, if you make good use of what time is left, you should be able to finish all 26.2 miles on July 20.

"If you are doing at least four to five miles a day right now," Stevenson said, "the key will be to start today adding as much extra pure aerobic running as you can.

"If that means you have to walk a bit, fine," he said. His phrase "pure aerobic" is meant to define a running pace that does not leave you out of breath.

Stevenson said there are three variables to training: frequency, intensity and duration. Should you choose the San Francisco Marathon as your next assignment, a change in one of those three will have to take place between now and July 20.

If you already are running daily, a boost in frequency is unlikely. And since five

weeks aren't enough to maintain safety while increasing intensity, that leaves duration.

Simply begin staying out longer and use an old Lydiard trick: Think in terms of minutes, not miles. Stevenson's formula will vary with the person, he said, but consider these examples:

If you are someone who is doing 50 miles a week, or about seven miles a day, you should be able to go to 10 or 11 miles every second day, allowing for your usual sevenmile run on alternate days.

"If you are doing just 30 miles a week, you could go safely up to seven a day.

"The key is staying within your aerobic realm."

Figured in minutes instead of miles, a jogger who averages a nine-minute mile runs his daily five in roughly 45 minutes and should be able to double his road time in four weeks, Stevenson said.

"But remember, the key is slowly. Those variables are important. If you boost duration, you will have to cut back on intensity, because you'll still have to run as frequently if you intend to meet your goal."

For the over-40 runner, Stevenson has this advice: "Regardless of age, aerobic training is aerobic training. Whether you're 12 or 50, the body's ability to adapt is pretty much the same.

"What differs, though, is how the older body handles the work; the older you are, the more you may be prone to musculo-skeletal problems — a sore this, a sore that. So be certain you're running in the correct shoe — a shoe with a nice, thick heel that will help cushion all the pounding you'll be taking — and be sure to get enough rest."

Stevenson said there is "definitely" a correlation between performance and years of running.

"Some of these veteran runners you'll see may not have the latent talent you do; their conditioning may not even be as good. But chances are if they beat you, they will because they know how to run.

"There are a lot of things that go into a marathon," Stevenson said, "and I hope to fill some of the gaps.

"For example," he said, "I want people to know how to survive if, in the race itself, things start going wrong... For example, maybe at the halfway point, you begin to feel you have run out of gas and are at a

crossroads where you have to decide whether to stop or simply slow down.

San cisco Francisco Marathon Marathon JULY 20

"Should that happen, there's the possibility that by using a walk-for-two-minutes, jog-for-three tactic, you will conserve enough energy to finish.

"Just remember, whether in training or in the race, there's nothing shameful about slowing down. If this is to be your first marathon, you'll find that only about 10 percent really race; the rest are just out to finish."

#### Heavy Workouts Are On Alternate Days

Roy Stevenson's marathon-training formula allows Friday off, but your work is cut out for you during the remaining six days.

Saturday is set aside for the week's longest run. By July 12 this will have become 140-minute session.

To complete a marathon in 140 minutes, of course, is to produce a world-class effort requiring a five-minute-mile pace. Last July the San Francisco Marathon was won in 2:15:07 while the women's best was 2:38:02.

And most recreation marathon runners figure 31/2 hours to be a fulfilling day.

If a nine-minute-mile runner can maintain that pace for a full 26 miles, 385 yards, for example, the run will take just under four hours.

Drop that pace to 10 minutes a mile, and the time will zoom to 4:20.

That's a long time on the road, but you can make it if you prepare now, says Stevenson.

Stevenson's five-week formula calls for heavy workouts on Tuesdays, Thursdays and Saturdays.

Mondays, Wednesdays and Sundays will remain as they are now.

If your usual run lasts between 40 and 50 minutes, boost Tuesdays and Thursdays to 70 and Saturday's to 100; during the next three weeks, increase your running times to the levels listed on the chart.

On July 12, just nine days before the race, you will top out at 140 minutes and look forward to a week of declining work.

On Monday of the final week, begin with an hour run and shorten it by 10 minutes each day until July 19, the day before the race. On that date you will be down to just 15 minutes, time enough for a light jog to loosen up.

## SoCal Diary

By BILL MINARIK

April 19.

San Diego was the focal point for Prep action over the week-end as the Mt. Carmel Invitational brought together many of SoCal's finest. The wind kept the days marks down, however Carson's Calvin Holmes posted a 10.60-22.11 sprint double while Simi Valley's relay teams had a 42.84-3:21.8 double win and Hawthorne's frosh-soph mile relay team notched a 3:22.6 to highlight boys action. In the girl's competition, Lori Parker of Pomona High literally destroyed the field in the discus throw with a 162-0 effort. Thats about a 30 foot improvement over last year, and probably makes Lori the national leader in this event. The Hawthorne girls as expected dominated the meet, but were without star sprinter Tammy Stiles who was reported to be out of state on a recruiting visit.

Elsewhere on the prep scene, at the Valencia Invitational, the host team boys ended up in a 60-60 tie with Estancia, while the Walnut girls were 68-54 winners over Diamond Bar. At the Orange County girls championship at Irvine, it was Mission Viejo using its sprint power to overcome runnerup Newport Harbors distance strength 63-53.

In Community College action, Mt. SAC's men and women were dual meet winners over Cerritos and Orange Coast by scores of 108-32, 86-58 and 89-36, 89-36. At the Metro Conference prelims at Santa Monica CC, it was Long Beach CC as expected

leading the qualifying.

In 4-Year College action, first at Westwood, the UCLA men's team beat Houston and TCU 90-55-32 while the Houston women's team was victorious over the Bruins and TCU 85-65-18 as UCLA was without the services of superstar Gail Devers. In the men's meet, TCU displayed Its awesome sprint corps which achieved relay marks of 39.2 and 3:02.74, with 8 different runners, the latter being a national dual meet record. The Bruins, still without sprint star Henry Thomas, none-the-less broke their own school record with a 3:03.0 clocking thanks to a 44.1 anchor leg by Danny Everett. The old Bruin record of 3:03.4 was held by a team which included current UCLA sprint coach, John Smith. In the field events, Houston, coached by former Bruin field event coach, Tom Tellez, showed what It could do on the field as horizontal jumpers Larry Burrell and Frank Rutherford posted U.S. outdoor best marks this year of 26-9 and 55-3, while high jumper Mike Reed skyed to 7-41/2.

USC traveled up to the Bruce Jenner Invitational and had a number of PRs including a 1:46.8 800 by Joey Bunch in a 2nd place effort to Fresno State's Jeff Roberson

with a winning 1:46.1. In the pole vault, the Trojans' Steve Klassen defeated Switzerland's Felix Bohni on fewer misses at 18-01/2. Other top men's marks saw Greg Tafralis enter the 70 foot club with a shot put of 70-41/2, while Art Burns continued his hot discus throwing with a winning 224-2 effort. On the distaff side, Carol Cady clearly outclassed the discus field with a strong 204-5 effort while Judy Brown King cruised a 400 in 52.9.

The USC women hosted a Twilight Meet Friday night with Trojan Gervalse McGraw setting a new school record in the 400 with a 53.0 clocking, just ahead of teammate LaWanda Cabells 53.1.

Finally in a 4-way men's meet at Albuquerque, Cal State L.A. pulled a big upset by beating New Mexico, Texas Tech, and Abilene Christian in men's competition 57-54-48-33. This is the Abilene Christian that annihilated the Division II field by over 100 points at last year's NCAA Nationals. CSLA coach, John Tansley, who won just about everything there was to win while at Glendale CC, had indicated that his goal at CSLA is to win a national championship; thus it appears he may be nearing that goal.

April 28.

In what has become the U.S. version of the Eastern Bloc's Spartakaide, the Mt. SAC Relays brought together virtually every top SoCal trackster from junior high right through masters in 4 days of uninterrupted competition. Starting off in High School Invitational action, the sprints which usually dominate interest, once again were at the forefront of attention, as super-soph Quincy Watts of Taft made his debut in a big meet a successful one by running away from a boys sprint field in times of 10.61 and 21.03. In the 6400 run, the Mastalir brothers apparently decided to compete in NorCal, which allowed Saugus High star Darin Stonerock to take charge and come home a winner 8:25.5. In the boy's relays, it looked like it was going to be Muir all the way, as the Mustang's were easy winners in the 400 & 800 in 40.93 and 1:26.36 and appeared to have a healthy lead on the anchor leg of the 1600 only to see Hawthorne super-soph Travis Hannah come from behind to pull it out at the wire 3:15.81 to 3:15.89.

In the girl's division, it was a toss-up as to who was the star of the show between Pomona's Janeene Vickers and Hawthorne's Tami Stiles. Vickers was able to accomplish here what she couldn't at Arcadia and that was to pull a 100H-300H-400 triple. After winning the 100H & 300H easily in 13.56 and 42.82 she came back to reverse her 400 defeat by Princess Bennett as she outran the Compton flash 53.28 to 53.85 in the 400. Not to be outdone, Stiles overcame a week of controversy to post easy 11.7 and 23.89 sprint wins, and then helped power her Hawthorne teammates to train length wins in the 400 and 800 relays in 46.21 and 1:37.8.

In the Community College men's division, Taft demonstrated its power on the track with relay times of 39.80 in the 400 and 3:19.33 in the sprint medley. In the seldom run hurdle relays, Long Beach CC had a tremendous 57.54 shuttle hurdle time which equates to less than 14.4 per runner while Mt. SAC clocked a 3:33.3 in the intermediate hurdle relay which works out to about a 53.3 per runner. Most community colleges don't

photo by Jim Reynolds



UCLA's Danny Everett notched a 44.1 mile relay split.

even have a single athlete who could run an average leg on those teams. In the field events Long Beach City athletes Jim Mulligan with a 16-6 pole vault and Tambi Wenj with a 55-10-184-7 weight double showed they were definitely ready for the State Meet.

In the women's division, El Camino with 6 firsts generally dominated the days activity, however it remained for Mt. SAC's 800 medley relay team to set a national record of 1:41.23 breaking West L.A.s 1:42.6 set in

In 4-Year College/Open competition, most of the top local college athletes were sitting this one out in preparation for big meets next week, however many top U.S.

### ☐ SoCal Diary

club athletes were here and showed they were ready to take on all comers. Carl Lewis was probably the most notable of those present and he didn't disappoint his fans as he outclassed runner-up Harvey Glance 10.14 to 10.32 in the 100 and then won a surprisingly close long jump competition with a 27-4 effort ahead of UCLAs Mike Powell at 26-11¼ and Larry Myricks at 26-11. In the pole vault, Fresno State star Doug Fraley showed that he is just about ready to take on Sergel Bubka as he defeated a classy field with an 18-11 PR.

The big showdown of this meet was definitely in the men's shot put where Texas A & M super soph Randy Barnes who had just popped a 71-93/4 throw a few weeks earlier met collegiate record holder John Brenner who entered the meet when he heard Barnes was competing. It looked liked Barnes throw of 70-10 had the event won until Brenner unloaded a 71-51/2 heave on his final attempt to win their first confrontation. Just for good measure Greg Tafralis continued his 70 foot throwing with a 3rd place effort of 70-41/2. The weights continued to be the main attraction of the meet as Jud Logan destroyed his American record, as well as Olympic Gold Medalist Juha Tiainen, in the hammer throw with a throw of 265-4. Jud definitely appears ready to take on the Russians with whom he trained last year.

The American women also appeared ready for international competition as was evidenced by Evelyn Ashford 11.11, Pam Marshall 22.28, PattiSue Plumer 8:59.6 and 15:52.6, Ramona Pagel 60-53/4 and Carol Cady 202-9. The biggest disappointment of the meet had to be former javelin world record holder Tina Lillak. Tina, who at one time was the toast of Finland, managed only a 189-11 effort good for 3rd place behind the United States Cathy Sulinski. The most impressive performance of the meet was definitely that of Jackie Joyner-Kersee who bettered Jane Fredericks American heptathlon record of 6803 with a tremendous 6910 effort which included a 12.9 100 meter hurdles. However, because the hurdles was hand timed, the record can't be accepted.

In other items of note, it appears that the San Diego St. track team has received a clean bill of health in respect to allegations of steroid use and is back in full stride, however its been reported that weight coach Kent Pagel is no longer with the team, but is still teaching at SDS.

I had mentioned earlier about a controversial week for Hawthorne High sprint star Tami Stiles. It seems that the defending state 200 champ almost lost the opportunity to defend her title when Hawthrone coach Kye Courtney kicked her off the team last Thursday; however the AD overruled Kye and reinstated Tami on Friday. According to Kye, the reasons for his action were 1) Tami skipped the Mt, Carmel Invitational to take a recruiting trip to UNLV, 2) she

missed practice the following Monday and a dual meet Tuesday because of alleged illness and then refused to run on the mile relay team Thursday and finally left that meet without the coach's permission. Speculation is that Tami's Mom, who is outspoken about her daughter's running career, put the heat on Hawthorne AD Otto Plum, and was able to get her daughter back on track. Apparently UNLV is anxious to get the entire Stiles family to Las Vegas as its been rumored they put together a package deal which would get Tami a full ride and her Mom, who is a single parent, a job in a local Casino.

As a final note, the big USC-UCLA dual meet has taken a turn against the USC men. In a turnaround, UCLA thrower John Frazier was cleared of charges he competed illegally during his red shirt year while USC strongman Bernd Kneissler was listed as out with an arm injury. This should give the Bruins a sweep in the shot and discus and with it the meet. My last minute dope sheet has the Bruin men winning 97-66 and the Trojan gals ahead 75-61.

☐ May 5.

Most high schools were engaged in final dual meets this past week, many of which were between arch rivals. However some of the girls teams participated in the Claremont girls invitational. At that one, L.A. Crenshaw High was the winner with 78 points ahead of La Mesa with 63, Cajon 61 and Muir with 55. Muir, which was last years state champion, has had a number of problems this year including ineligibilities which have caused the Mustangs to forfeit some dual meets.

The Community Colleges had their Conference Championships and there were a few surprises. In the Metro Conference, it certainly wasn't a surprise to see Long Beach CCs men romp to a whopping 310-141 victory over runner-up Pasadena as the Vikings qualified 50 entires for the SoCal prelims. In the women's meet, El Camino as expected won 206-163 over Santa Monica. I noticed that Harbor CC was shut out in both meets. It was only a few years ago Harbor scored 325 points in a SoCal Conference final. That just goes to show how important recruiting is in Community College track.

In the Mountain Valley Conference, high flying Trade-Tech outran L.A. Valley 214-167 in the men's division, while L.A. Valley overwhelmed Antelope Valley 269-94 in the women's division.

In the Inland Valley Championship, Glendale CC men won their 12th consecutive conference title with a conference record 320 points to 85 for runner-up Citrus, while the Sylvia Mosqueda lead East L.A. CC team were comfortable 154-119 winners over runner-up Glendale.

In the South Coast Conference mens championships over the years, Mt. SAC has had a horror story where on more than one occasion a title has come down to the 1600 relay with the Mounties favored to win, only to have some bad luck knock them out of the picture. Well, lightning struck again this year. In the men's meet, SAC lead by 4 go-

ing into the 1600 relay which they were favored to win. As expected, they cruised wire to wire to lock it up with no red flags in site. In celebration, the anchor man flipped the baton up in the air, and was notified shortly thereafter by the starter that the team was disqualified for his act, with the result that Orange Coast, which had finished 3rd in the race for 6 points had won the Conference by 2, 143-141. In addition since the Mounties didn't have a SoCal qualifying time, it appeared they would not go on to the SoCal meet; however the SoCal rules committee had mercy on Coach Don Ruh's quartet and allowed them into the SoCal prelims. In the women's meet it wasn't that close as Mt. SAC prevailed over runner-up Saddleback 160-126.

In 4-Year College competition, in the big dual meet at the Collseum. UCLA's men's team and the Trojan women's team apparently wrapped up National Dual Meet Championships with 105-59 and 69-67 vicroies respectively. I say apparently because the final rankings are done by Track & Field News. However, the only other undefeated men's dual meet team of note is Oregon which only beat Cal by one point while the Bruins had a much bigger margin of victory over the Bears, while holding out 3 top performers. The Women of Troy on the other hand could probably win every event against most Div. I teams.

In Division III, Occidental made shambles of the SCIAC Meet, almost doubling the score of the runner-up Claremont-Mudd men 240-121½ and easily outdistancing the 2nd place Pomona-Pitzer women 203-121. The Tiger men led by seniors Vance Mueller and Mal Hardy appear to have their best chance for National prominence since the Steve Haas-Kevin McNair coaching era, while Bill Harvey's women's team will rely on senior heptathlete Shawn Lawson and freshman distance star Michele Trimble for its big meet success.

In another running mark of note, at the New Balance women's invitational at UC Irvine, Alice Brown showed that she was ready for international competition as she posted an 11:02 100 meters.

I noticed on television the other day, where L.A. Marathon champ Nancy Ditz was staring in a G.E. commercial. Nancy, in addition to being highly competitive is both personable and attractive; and people like her are a big asset to the sport of running.

I noticed in a recent CT&RN issue where some readers apparently got some incorrect signals from a comment I made about financial aid to private high school athletes. High schools covered in this column extend only to the Northern boundaries of the Southern C.I.F. section. The fact of a private high school giving financial aid to athletes and C.I.F. action thereon was well documented in a prior issue. In summary, the private high schools giving financial aid to athletes are a small but growing minority, and the impact of this policy is significant enough to tilt the competitive balance

Continued on page 28...

### Plumer, continued . . .

races which I don't really want to do or going overseas and trying to run on the European circuit. And in the fall I'm going to law school at Stanford.

CTRN: Is Puma helping you out enough to make it comfortable?

Plumer: No (chuckle). Not to make it comfortable.

CTRN: Some national and world class men are making \$50,000 to \$100,000 a year

"I love my life in a lot of ways. The only thing I don't like is that I can't take off time. You can't do that. You're...controlled by your training."

in contracts.

Plumer: I'm not even close to that. They pay for most of my trips. Maybe if I lived in "Podunk, lowa," I might be able to be comfortable with what they give me but that's about it. And I don't even think you can do it there.

CTRN: What do you have to do to make it comfortable?

Plumer: I think you have to have some kind of record and more recognition as an athlete. You have to be a face that everyone knows or at least everyone in track and field knows

CTRN: And how does that happen?

Plumer: You know I'm not sure because it seems to me there are a lot of people who don't really do that well over a long period of time. They've run a few good races and seem to attract the attention. And then there are those of us that don't even get ranked in the top 15. It's very hard for a woman in distance running to make a living unless they run a lot of road races. As a track athlete it's very difficult for a woman distance runner. There aren't that many races in the United States. They don't pay you that much. Especially living in a place like California where the cost of living is so high. My rent is more than I get from Puma. And I don't live extravagantly. You have to be someone like Joan (Benoit), like Mary (Decker-Slaney). Those are the two Americans that come to mind off the top of my head. They are the distance runners that do well. Some people do well because they've been around for a long time like Francie Larrieu. People do well partly by luck. I was talking with one woman who just got signed by Puma. She's run 15:19 (for 5000) this year and 4:08 (for 1500). She's doing great, and she almost couldn't get a contract of any sort, trips or anything. The only way you can make a living is to combine it with road running.

CTRN: What were you doing last season at this time?

Plumer: I was walking. I just started walking again. You want to know what I think a lot of it is (the reason for my comeback)? Weightlifting and aerobics. I think I also took a much more holistic approach to training this year. I did a lot of weightlifting and a lot of aerobics and not a lot of miles. I've averaged maybe 50 miles a week. That's pretty low for someone that just ran a 10,000 yesterday in 32:30.

CTRN: You placed fourth yesterday (May 17) in the TAC national championships 10K road race in Albany, New York in 32:30. Betty Springs won. You were victorious in a triple (1,500, 3,000, 5,000) in the one-day Eastern Airlines meet on April 19 in Tallahassee, Fla. The next weekend at Mt. SAC you raced 3,000 on Saturday night and 5,000 Sunday. What is the reason for this massive dose of racing in such a short period of time? Were you sort of holding back in the races because the fields were not that competitive?

Plumer: At the first meet I felt I had gone (traveled) so far and just to run one or two races I wouldn't get anything out of it. I wasn't pleased with my times. I thought I could at least get a real solid workout out of it. But more importantly, I was having a lot of trouble with my technique. I just wasn't running comfortably. I hadn't run outdoors since 1984. I thought if I could really get into it maybe I could wear myself down and not fight it so much. Everything was such an effort. I think it worked. The following week (at Mt. SAC) I came out and just flowed. It wasn't that fast, but I flowed. I'was comfortable and I was very much in control.

CTRN: It seemed like in the 3,000 at Mt. SAC you just pulled away and looked relaxed and easy bringing it in.

Plumer: It was hard but compared to the week before, it was such an effort the week before. Also, it was very hot (in Florida).

CTRN: What are some of the races you plan on running this season?

Plumer: After Jenner and the Carlsbad 5K I won't race again until TACs.

CTRN: What do you think is your best event?

Plumer: That's hard to say. Actually, eventually I think it will be the 10,000. My biggest problem and the reason I was fourth yesterday instead of second or third Betty Jo ran a beautiful race and she deserved to win and she had no difficulity winning - second, third and fourth, the three of us were very much together the whole race. Half of my foot is a blister and I am not exaggerating. In fact it is very painful right now. This really cost me. I think for sure it cost me third, not to take anything away from Marty Cooksey (second) and Mary Kinsley (third). There was just so much pain the last three miles. This happened the last two times I raced. I can't explain to you how it feels to run with a blood blister on the bottom of your foot for threeand-one-half miles at five-minute pace. It kills. You have to focus so hard and try not to think about the pain, but it's there. The straightaway to the finish was downhill and that made it worse. As they started to accelerate I just couldn't go with them.

The 10,000 is really a mental race. A lot of it's physical, but a lot is mental. I think the more you run it the experience you get makes a difference.

CTRN: So you think you'll learn the

Plumer: I think that's where I'm heading. I just don't like to admit it because I don't want to run that far. My mom will die if she has to watch the 10,000 on the track. My best in the 3,000 is in the top five ever in the United States. My 3,000 time this year 8:48 is No. 1. My indoor (3,000) time is No. 2 by three-tenths of a second to Mary. It's very frustrating because I don't know if I have the raw speed it takes to run a great 3,000 on the international level.

CTRN: What about the TAC and Europe this season?

Plumer: I'd love to do well at TAC and go overseas and run the European circuit.

CTRN: The Olympics in 1988?

Plumer: Oh, that's up in the air between the 3,000 and the 10,000. We'll have to see. I wish they had a 5,000. That's probably my best event at least right now.

CTRN: What was your experience in the 1984 Olympic trials? You placed sixth in the

3,000. Were you in shape?

Plumer: Yeah. I ran really well the first two days. I thought I had a really good chance of making the team. The first day I was knocked down flat on my face and went from third place to dead last in my heat and came all the way back to make the semifinals. I think that might have taken a lot more out of me than I thought because I was real stiff after that. Despite the fact that I did well, I had never been overseas. I had very limited experience in that. If you look at the people who had made it they were true veterans. All had been in the Olympic trials before. Most of them more than once. All had been overseas. It made a difference. There was a lot of pressure. Everyone I talked to said there was more pressure at the Olympic trials than at the Olympic Games. I don't know what happened. I'm not sure. Maybe I just wasn't ready mentally to make the team.

CTRN: Who are the women you fear the most?

Plumer: I don't really fear anyone. I have a lot of respect for a lot of people.

CTRN: Who do you think is doing it the best? Who do you think is doing the right things?

Plumer: Joan (Benoit) is the one who impresses me just by her shear gut determination and ability to come back from injuries.

CTRN: What is the difference between

the women's and men's circuit?

Plumer: Money. Respect too. Especially overseas, well anywhere actually when you come down to it. There are a lot of empty words that say there are no differences, but there are differences. They will say the women aren't as competitive now, which is so baloney because there are more women in track and field than men. There are more women that take up the sport at a younge age now. There are more women doing it when they get to college.

CTRN: Your past indoor season was suc-

Plumer: I ran two races here. At the Meadowlands I won the 3,000 (8:51) and at Millrose I was sick so I didn't run great in

the mile (4:33.36), but it was the second American time of the year at the time. Then I went to Japan for a month and ran a women's relay race on the roads and I ran two more indoor meets, 8:55 and 8:48 in Tokyo. In early January I went back to Japan and ran Osaka.

CTRN: That's quite an experience in traveling.

Plumer: It was the best trip of my life by far.

CTRN: You are now living near UCLA. Why did you move there from Stanford?

Plumer: I moved to Los Angeles because I needed a change of environment. My boyfriend was down here. We're not going out anymore, but he was one of the reasons I came down here. Plus my family is in Irvine. I wanted to be in an environment where it was easy for me to train. I like this area of Westwood. This was a natural place for me to come. I wasn't going to go to Oregon where it rains all the time and I didn't know anyone. I live by myself. My sister is near here, too.

CTRN: About your sister Polly. She is two years younger than you. She is a senior at UCLA with another year of eligibility there after this season. She was a high school sensation at University High in Irvine. As you were growing up did you run together much?

Plumer: No. She lived with my Mom and I lived with my Dad. We grew up in completely different environments 1,000 miles apart from each other.

CTRN: Did you have an influence on her starting to run?

Plumer: I don't think so. We both started running when we were real young. She had more of an influence on me. The only influence I had on her was that I was running distances when I was young. Always. Because I was running in the mile in high school and I was doing pretty well for Col-

CTRN: Do you have any strange eating habits? Are you a vegetarian?

Plumer: I'm pretty much a vegetarian. I'm not real strict. I probably should be a little better with my diet. I don't think it's balanced enough. I think I tend to have too much carbohydrates and not enough proteins.

CTRN: Do you ever feel like you are in a man's sport or do you get that from other people? How do you handle that whole thing?

Plumer: In the past a lot of people asked, "When are you going to grow up?" Now that I'm going to law school that seems to have diminished. It is just incredible how that changed the tune of many people. There are quite a few males that are intimidated by what I do. I love my life in a lot of ways. The only thing I don't like is that I can't take off time. You can't do that. You're pretty much controlled by your training. But as far as how I feel about what I do, I feel great about it. I'm very happy about being a female athlete.

I don't have problems with that personally. I'm proud of the fact that I do this. I'm proud of my body and proud of the health I'm in. I'm happy with the fact that I inspire a lot of people. That's one reason why I love my job. I work with a lot of women that don't have a lot of role models.

I've found that a lot of men either consciously or subconsciously are intimidated by what I do and the fact that I'm basically a professional athlete. How can I do it if they couldn't do it? There is that kind of aspect.

It is hard for a man to be a spectator. It is hard for a man to be a cheerleader, to play the support system. They haven't been tailored for that. Society hasn't prepared them for that role.

CTRN: When Chris Evert-Lloyd was Chris Evert she said that she would only marry a man who was better than her in tennis.

Plumer: That sure does limit the range of

have success come easy to them and they don't know how to deal with it. Do you see this, and what about your own situation?

Plumer: It's not been easy for me. I've worked very hard and I know that. I work 30 hours a week besides my running job, plus I run and train and travel and everything else. It doesn't come easy. There are people who it comes easy to, but by the time you get to the international level everyone has basically a similar level of talent and there is a lot of just hard work. Hard work on both sides. Hard work on learning to push yourself but also learning how to rest and taper too.

The worst people you see are people that love to run. You don't have much of a future in competitive running if you do it because you love to run. You have to love to compete. If you love to run you'll overtrain. You see it all the time, especially at the collegiate level. People are good in high school because they love to run. They are in better shape than most of their peers. They get to college and they don't realize that it's a different story and they can't train the same way.

CTRN: So you're telling me that you don't love to run?

Plumer: I love to compete. I tolerate training. I love to train because I love to compete. I love to compete. I love to compete. I love to compete because I love to win. Also, I love to be successful. Winning is not always the first priority for me. I've won a lot of races that I've been unsatisfied with and yesterday I was fairly satisfied despite the fact that I didn't win. Winning is not as important as being successful. And there are a lot of different ways to be successful in athletics.

I think that's why, perhaps right now I'm not entirely satisfied with where I am because I don't think I've been nearly as successful as I can be, for a number of reasons. Partly due to injuries, luck, timing and lack of character at times. Things like that outside my life that have influenced my running career.

Hopefully in the long run it will all even out. The idea with this whole sport is it is a game. It's a sport. It is going in circles no matter if you're going on a loop course on the roads or if you do it on the track. If you run 400 or if you run 10,000 it's basically doing the same thing. You're just going in a big circle. And the idea is you learn things from it and you apply it to your outside life. So when you are ready to make a transfer on to bigger and better things you'll be able to do it effectively.

But it's not always the case. Us runners tend to be neurotic and compulsive and do a lot of stupid things despite the fact that we are great or supposedly great athletes.

"I love to compete. I tolerate training. I love to train because I love to compete. I love to compete because I love to win."

orado, she decided that maybe she should run distances too. She was sprinting, doing the 200 and the 400. My influence was pretty minimal. I think she probably had more influence on my running. She had a great coach, had real good training and good competition at a young age which makes such a difference. One of the reasons the coaches at Stanford felt that I had potential before I went there besides my times, was they saw how well my sister was doing and thought it was probably in the blood. If she could do it then I could do it too. She gives me a lot of incentive to do better. Especially when I know I'm going to have to compete against her. It's hard for your little sister to beat you.

people you could marry. I don't agree with that necessarily, especially with what I do. I can beat most men and I wouldn't judge my mate by how fast he could run. I think what you're saying is you have to marry an equal. You can't expect to have a lasting relationship with your inferior. I think if a man is in an inferior position either intellectually, emotionally or athletically, it doesn't mean you have to be the same caliber. I mean this is my job. It would be like me expecting to go in and take my husband's job over and say, "Yeah, just because you work at this 40 hours a week I should be able to do it." That's ridiculous.

CTRN: There are a lot of runners who

PattiSue Plumer was born on April 27, 1962. She has been running since the fourth grade. Her personal bests from 10,000 meters to 800 meters are: 10K 32:28; 8K 26:50; 5,000 15:29.0; 3,000 8:48.0; 2,000 5:44.48; mile 4:33.36; 1,500 4:11; 800 2:09.

### **TROJANS**

### BRUINS

## USC vs. UCLA

by Bill Minarik

Last Saturdays USC-UCLA Track Meet marked my first return to the L.A. Coliseum since the Olympics, however I left the meet with much more satisfaction and for a lot less money than at any of the Olympic sessions. In fact you would have to go back to the days of the Coliseum Relays when you could sit back in the huge oval and see 6 hours of nonstop action at a national class level.

This years meet had a slightly different twist than in prior years in that it was the women, whose meet was being contested concurrent with the men, who stole the show, and let me tell you it was some kind of a show. It appeared that UCLA was ready to run away from the Women of Troy as Bruin weight gals Toni Lutjens and Kris Larson went 1-2 in both the Javelin and Discus

down to the final leg and then to the final straightaway with both teams shoulder to shoulder, until Troy's Leslie Maxie pulled away from a leg weary Gail Devers to give USC a 69-67 win and with it a probable national dual meet championship.

For the Bruins, who have been improving ever since an early dual meet loss to San Diego State, there were a number of encouraging performances. As expected, Gall Devers was a tower of strength winning 4 events, placing 3rd in the triple jump and running a pair of gutsy relay legs.

Choo-Choo Knighten showed that she was ready for the NCAA Meet with a 52.26 400 victory over Lawanda Cabel and Gervaise McGraw as well as a 1600 relay leg in about the same time. Polly Plummer, who can't run every week because of a problem

Heidi Adams took a critical 2nd in the shot with a PR against a Bruin pair who had better PRs coming into the meet. Then with 3 events to go before the 1600 relay and the Trojans with their backs to the wall, Lesley Noll who ran 4th in the state high school 800 last year behind winner Kristen Dowell turned the tables on the Bruin star as she kept a slight lead the entire race and finally pulled away with 50 yards to go in a PR 2:06.88. Then in the 400 hurdles, it looked as if the Bruins were going to put the meet away going 1-3 over the final hurdle only to see Leslie Maxie and Sharon Hatfield grab the 1-3 spots right at the wire. Finally in the 200, with the Bruins Gail Devers conceded a first, it was up to the Trojan's Gervaise McGraw to reverse her 400 finish behind the Bruin's Choo-Choo Knighten or the meet

photo by Jim Reynolds



Men's 100: (left to right) Luis Morales, Mike Marsh, and Antonio Manning. One-two-three in that order

photo by Richard Lee Slotkin



Women's 4x100 Relay: LaWanda Cabell hands to anchor Myra Mayberry who hangs on for the victory over UCLA's anchor Choo Choo Knighten.

to get things going, however Diane Clements and Heidi Adams came back in the shot put going 1-2 over the Bruin pair and the war was on. Things went back and forth from there-right down to the 1600 relay with the meet on the line. In that event, in typical USC-UCLA fashion, the race went

with anemia, was definitely able to run this day as she posted 1500 and 3000 victories over British distance star Elise Iyon.

For USC, more heroes came out of this meet than at the ancient siege at Troy. Wendy Brown came through with another strong jump triple taking 2 firsts and a second.

was history. Gervaise did just that, taking a 5 yard lead over Choo-Choo coming off the curve and holding it down the straightaway for the crucial second. In the 1600 relay, the Trojan gals ran 4 incredibly even legs all around 53.0 including Myra Mayberry who was supposed to be the weak link in the quartet.

In addition to the performances of the athletes, there was some incredibly tactical coaching on the part of both UCLA coach Bob Kersee and USC's Fred LaPlante. Kersee was able to maximize the Bruin's point potential with his thin but potent team while LaPlante countered in every event with his greater depth to break the Bruins up. This can be shown by the fact that neither team went 1-2 on the other on the track. In the end, however I feel the Trojan's greater depth was the difference as 6 UCLA athletes accounted for 60 of the Bruins 67 points. In the triple jump, for example, Gail Devers was leading when she had to take part in the 400 relay. In the meantime, Wendy Brown and Yvette Bates moved ahead of her. When Gall returned, she was unable to regain her step on the rest of her jumps and had to settle for 3rd.

Its not often when a women's meet would upstage a men's meet which has the national dual meet championship at stake, but I think all those in attendance would agree it happened this day.

As the men's meet approached this last week, it became apparent that a few key injuries had ruined any chance the Trojans had for a win. Thus the final margin of 104-59 was not a great surprise to most of those attending. With Bernd Kneissler out of the shot put with an injury, UCLA had a concession sweep, and when Ernie Bullard held Joey Bunch out of the 1500, the Bruins had another sweep and the rout was on.

Trojans will definitely be heard from at the PAC-10 and NCAA Meets.

The Bruins exhibited depth becoming of a dual meet champion as evidenced by the fact 28 different team members scored. There were also some strong individual efforts. With Henry Thomas running only a 1600 relay leg, it was left to Michael Marsh as the only Bruin entry against the potent USC sprint corps. However, Michael finished a fast closing 2nd in the 100 and then came back in the 200 and passed Antonio Manning with 50 yards to go to win going away. Danny Everett just cruised the 400 in 45.57 and Mark Junkerman looked in the best shape of his life as he notched an easy 1500-5000 double. Kevin Young also continued his streak of strong performances with a 14.11-50.21-25-41/2 triple good for a first and 2 seconds.

The performances of both teams were effected to a great extent by the swirling winds which seemed to vary between a crosswind and a headwind, so the marks in this meet don't tell the whole story

While this was not the Olympic Games, you couldn't tell that by the way this meet was put on: everything about it was world class. The huge Olympic scoreboard was in use giving the spectators virtually every meaningful statistic of the competition. The competition was spread over 6 hours so that all of the field events got the same attention as those on the track. The announcer gave the result of every field event

photo by Jim Reynolds

cable TV system, a delayed tape of the meet was available. However, if you have never been to a USC-UCLA meet, its something that must be seen in person. The various cheers that both teams involve themselves in is worth the price of admission alone. Based on the way both teams have been recruiting, I feel that next years meet will definitely be for the men's and women's national dual meet championship. So if you didn't make it this year, I strongly urge you not to miss out next year.

Men's Results

100m: 1. Morales, USC, 10.31, 2. Marsh, UCLA, 10.34, 3. Manning, USC, 10.41, 4. Dexter, USC, 10.61.

200m: 1. Marsh, UCLA, 20.94, 2. Manning, USC, 21.13, 3. Dexter, USC, 21.14, 4. McCree, USC, 22.96.

400m: 1. Everett, UCLA, 45.57, 2. A. Washington, UCLA, 46.53, 3. Hedgepath, USC, 47.17, 4. Batucal, UCLA, 49.89, 800m: 1. Bunch, USC, 1:47.93, 2. Schermerhorn, USC, 1:48.23, 3. Phillips, UCLA, 1:49.07, 4. Sims, UCLA, 1:50.47.

1500m: 1. Junkermann, UCLA, 3:49.55, 2. Butler, UCLA, 3:51.04, 3. Gaffield, UCLA, 3:53.75, 4. Gomez, USC, 3:56.77, 5000m: 1. Junkermann, UCLA, 14:27.94, 2. Nittl, UCLA, 14:28.94, 3. Hauser, UCLA, 14:51.64.

110m HH: 1. Reading, USC, 13.96, 2. K. Young, UCLA, 14.11, 3. Knight, UCLA, 14.33m.

400m H: 1, K. Young, UCLA, 50.21, 2, M. Graham, USC, 51.48, 3, Knight, UCLA, 53.44.

3000m Steeplechase: 1. Grewe, UCLA, 9:03.74, 2. Mawhorter, USC, 9:08.79, 3. Ortiz, UCLA, 9:18.21.

400m Relay: 1. USC (McCree, Manning, Dexter, Morales), 39.48, 2. UCLA, dropped baton.

1600m Relay: 1. UCLA (Washington, Thomas, Stanich, Everett), 3:08.36, 2. USC, disqualified.
High Jump: 1. Haines, UCLA, 7-21/4, 2. Powell, UCLA, 7-1,

Patchett, USC, 6-1114, 4. Mergenthal, UCLA, 6-1014. Pole Vault: 1. Klassen, USC, 16-4¾, 2. Johnson, UCLA, 16-4¾, 3. Richards, UCLA, 16-4¾, 4. Wicks, USC, 16-4¾, Long Jump: 1. Powell, UCLA, 25-10, 2. K. Young, UCLA, 25-41/2, 3. Harris, USC, 24-21/2.

Triple Jump: 1. D. Washington, UCLA, 50-5½, 2. Harper, USC, 49-1, 3. Gregory, UCLA, 46-1¼. Shot Put: 1. Banich, UCLA, 63-7, 2. Frazier, UCLA, 61-7½,

3. Sweeney, UCLA, 60-6 3/4.

Discus: 1. Kneissler, USC, 196-4, 2. Banich, UCLA, 186-3, 3. Thompson, UCLA, 176-7, 4. Gallo, UCLA, 175-9.

Hammer, 1. Wolltarsky, USC, 216-2, 2. Frazier, UCLA, 205-0, 3. Ansberry, UCLA, 184-6.

Javelin: 1. Connolly, UCLA, 210-3, 2. Gonzales, USC, 208-9, 3. Healey, USC, 190-10. Score: 1. UCLA, 104, 2. USC, 59.

Women's Results 100m: 1. Devers, UCLA, 11.41, 2. Mayberry, USC, 11.95, 3. Thompson, UCLA, 12.39.

200m: 1. Devers, UCLA, 23.38, 2. McCraw, USC, 23.66, 3. Knighten, UCLA, 24.14.

400m: 1. Knighten, UCLA, 52.26, 2. McCraw, USC, 52.40, 3. Cabell, USC, 53.15.

800m: 1. Noll, USC, 2:06:88, 2. Dowell, UCLA, 2:07:63, 3. Koellnar, USC, 2:11.34.

1500m: 1. Plumer, UCLA, 4:24.62, 2. Lyon, USC, 4:25.84, 3. Ball, UCLA, 4:40.87. 3000m: 1. Plumer, UCLA, 9:29.68, 2. Lyon, USC, 9:54.19,

Kendrick, UCLA, 10:04.68.
 100m H: 1. Devers, UCLA, 13:30, 2. Brown, USC, 14:20, 3.

Kellon, UCLA, 14.23. 400m H: 1. Maxie, UCLA, 56.72, 2. Kellon, UCLA, 57.04, 3.

Hatfield, USC, 61.58, 4. Thompson, UCLA, 61.78.
400m Relay: 1. USC (Maxie, McCraw, Cabell, Mayberry), 44.15, 2. UCLA (Kellon, Devers, Phillips, Knighten), 44.73.

1600m Relay: 1. USC (Cabell, McCraw, Mayberry, Maxie), 52.9, 2. UCLA (Phillips, Knighten, Kelion, Devers), 3:33.48. High Jump: 1. Brown, USC, 5-7<sup>1</sup>/<sub>4</sub>, 2. Kelion, UCLA, 5-5, 3. Hatfield, USC, 5-31/4

Long Jump: 1. Devers, UCLA, 21-6½, 2. Brown, USC, 20-10¾, 3. Bates, USC, 19-11¾, 4. Fletcher, USC, 19-5½. Triple Jump: 1. Brown, USC, 43-4¼, 2. Bates, USC,

43-2½, 3. Devers, UCLA, 42-6¾. Shot Put: 1. Clements, USC, 51-6½, 2. Adams, USC, 46-11½, 3. Lutjens, UCLA, 46-5¼, 4. Fletcher, USC, 44-4. Discus: 1. Lutjens, UCLA, 178-2, 2. Larson, UCLA, 169-2, 3. Clements, USC, 167-10, 4, Paris, USC, 164-11.

Javelin: 1. Larson, UCLA, 163-10, 2. Lutjens, UCLA, 153-0, 3. Clements, USC, 148-10.

Score: 1. USC, 69, 2. UCLA, 67.

photo by Richard Lee Slotkin

Gail Devers: four fist places for UCLA



Lesley Noll

Joey Bunch

There were some brights notes for the Trojans as Kneissler was able to get off a 196-4 discus throw and Robert Reading ran a strong 13.96 high hurdles into the wind. In addition the 400 relay team had a very smooth 39.48, while Joey Bunch and Eric Shermerhorn ran a strong 1-2 in the 800. The

attempt so that spectators knew exactly how the event stood at any point in time; and last but not least, former USC great Walt Smith, whom I consider one of the best starters in the world, got every race off on time with NO false starts. For those people who have prime ticket service on their

California Interscholastic Federation

By KEITH CONNING



Darcy Arreola of Grossmont, San Diego and Tracy Williams of Mountain View, El Monte, in the Girls' 3200 at the Pasadena Games, Occidental College, March 29. Arreola won with a 10:36.05.

These lists contain the best California high school marks (Indoors and out). The current California record is listed at the head of each event. The best United States high school mark outside California is listed at the end of each event list.

Times in hundredths are automatic and placed in a position of correspondingly higher value in relation to hand times, which are in tenths.

Symbols: c — converted mark, i — indoor mark, w — wind-aided.

Sections: CS — Central, CCS — Central Coast, LAS — Los Angeles, NCS — North Coast, NS — Northern, OS — Oakland, SDS — San Diego, SFS — San Francisco, SJS — Sac-Joaquin, SS — Southern.

# **High School Best Marks**

by Keith Conning

### GIRLS (Through 5/11/86)

#### 100 Meters (11,34)

11.92w	Smith (Quartz Hill, SS)11.8
11.7	Stiles (Hawthorne, SS)
11.7	Burnham (Rio Mesa, SS)
11.8	Tinkshell (Locke, LAS)
11.8w	Vickers (Pomona, SS)
11.8w	Mitchell (Diamond Bar, SS)
12.08	Rogers (Johnson, SJS)
12.12w	Thomas (Hawthorne, SS)11.9
12.13	Simmons (El Monte, SS)
12.13	Cain (Hueneme, SS)
110	TO DESCRIPTION OF THE PARTY OF

#### 200 Meters (23.08)

moo 1	110 101 0 (20.00)
23.89w	Stiles (Hawthorne, SS)23.8
24.44W	Caldwell(RedwdChris, CCS)25
24.61	Burnham (Rio Mesa, SS)
24.74W	Johnson (Aptos, CCS)25.31
24.74w	Vann (Palo Alto, CCS)25.64
24.76	Rogers (Johnson, SJS)
24.6	Amy (Hawthorne, SS)
24.7	Smith (Quartz Hill, SS)
24.99w	Thomas (Hawthorne, SS)25.4
24.8wc	Bennett (Compton)
The state of the s	

Carlette Guldry(Sterling, Houstn)

Caryl Smith (Washington, Denvr)

#### 400 Meters (50.87)

53.28	Vickers (Pomona, SS)
53.85	Bennett (Compton, SS)
54.82	Turner (Beverly Hills, SS)
55.6	McAllister (Locke, LAS)
55.76	Amy (Hawthorne, SS)
56.35	Alverenga (Mitty, CCS)
56.40	R. Mack (Mountain View, CCS)
56.58	Smith (Quartz Hills, SS)
U.S	

52.54c Maicel Malone(N.Centrl,Indnpls)

#### 800 Meters (2:02 29)

000	10 (010 (2.02.29)
2:10.0	Arreola (Grossmont, SDS)
2:11.91	Chapel (University City, SDS)
2:12.4	Smith (Woodbridge, SS)
2:12.6	Henson (Newport Harbor, SS)
2:12.62	McAllister (Locke, LAS)
2:12.8	Clark (Mountain View, CCS)
2:13.5	Grayson (Mission Viejo, SS)
2:13.51	D. Joubert (Westlake, SS)
2:13.7	Chapman (Gunderson, CCS)
2:13.7	Kochel (Ventura, SS)
U.S	
2:08.731	Shola Lynch (Hunter, NY)

#### Mile (4:35.24)

200000000000000000000000000000000000000	CONTROL OF CANADA CONTROL OF CONT
4:51.84c	Chapel (University City, SDS)
4:53.39c	Arreola (Grossmont, SDS)
4:53.62c	Dabul (Temple City, SS)
4:54.31	T. Williams (Mountain View, SS
4:55.53c	Clark (Mountain View, CCS)
4:59.1	Mendoza (Presentation, CCS)
4:59.20c	Chapman (Gunderson, CCS)
U.S	The state of the s
4:45.181	Suzy Favor (Stevens Pt., WI)

#### Two Mile (10:07.8+)

10:32.4	Chapman (Gunderson, CCS
10:33.64c	Sutton (Newbury Park, SS)
10:34.27c	T. Williams (Mtn. View, SS)
10:37.81c	Scoble (Saugus, SS)
10:39.77c	Arreola (Grossmont, SDS)
10:44.89c	Farrell (Thousand Oaks, SS
10:49.12c	Chamberlain (Leigh, CCS)
10:53.72c	Rizzo (Hart, SS)
U.S	
10:21:07	Frin Keogh (Langley,

#### 100m Hurdles (13.41) 13.56 Vickers (Pomona, SS)

McLean, VA)

14.00	Daetz (Leigh, CCS)
14.04W	Albanese (Brahman, CCS)15.03
14.08	McBride (Poly, SS)
14.19	Peacock (Van Nuys, LAS)
14.26	Johnson (Aptos, CCS)
14.27	Outlaw (Lincoln, SDS)
14.34	Simmons (El Monte, SS)
14.43	Kuehnis (Los Gatos, CCS)
115-	

Yolanda Johnson (Washington, Denver)

#### 300m Hurdles (40.18)

42.82	Vickers (Pomona, SS)
43.4	Brooks (Oakland, OS)
43.8c	Manship (Thousand Oaks, St
44.11c	Albanese (Branham, CCS)
43.9	Edmonds (Hawthorne, SS)
44.1	White (Hawthorne, SS)
44.41c	Daetz (Leigh, CCS)
44.49c	Kuehnis (Los Gatos, CCS)
44.3	Smith (Valley, SJS)
U.S	THE TOTAL PROPERTY.
43.72	Maureen Bookstrom

#### 400m Relay (45.11)

46.21	Hawthorne, SS
47.76	Hueneme, SS
47.85c	Mountain View, CCS
48.14	Compton, SS

(Lakewood, CO)

Roosevelt, CS 48.0 48.2 Oakland, OS Edison, CS 48 2 Hogan, SJS 48.2 U.S.

Sterling, Houston 45.47

#### 1600m Relay (3:37.69)

Compton, SS Hawthorne, SS St. Francis, CCS 3-53.19 3:54.21 Hueneme, SS 3:54.3 Los Gatos, CCS 3:54.86 Grant, SJS 3:58.3 Oakland, OS 3:56.8c Edison, SS 3:57.60 Mission Viejo, SS 3:57.83 U.S.-3:44.68 Sterling, Houston

### High Jump (6-2%)

5-10 Carrasco (Anaheim, SS) McBride (Poly, SS) Orr (Ocean View, SS) 5-10 5-9 Anderson (Mt. Miguel, SDS) 5-8 Willis (Clovis West, CS) Schimek (Nevada Union, SJS) 5-7 5-7 Miller (Crenshaw, LAS) 5-7 5-7 Pollock (Westlake, SS) Runyan (Camarillo, SS) Flynn (Bell-Jeff, SS) 5-7 U.S.

Holly Kelly (Palmetto, Miami,FL)

#### Long Jump (20-934)

6-0

Smith (Quartz Hill, SS)20-6 21-3w Brooks (Oakland, OS) 19-7 Strachan (Mt. Miguel, SDS) 19-4 Mitchell (DiamondBar,SS)18-71/4 Jensen (Los Gatos, CCS) Pile (Highlands, SJS)18-8 19-01/4 W 18-91/2 18-9w Henlon (Lynwood, SS) 18-81/4 Anderson (Mt. Miguel, SDS)18-0 18-8w U.S.-Yolanda Taylor (Lewisville, TX) 20-11/4

#### Triple Jump (42-101/2)

41-01/21 Anderson (Mt. Miguel, SDS)40-3 Orr (Ocean View, SS) 38-81/4 38-61/2w West (Logan, NCS)37-4 38-51/2w Haro (Gilroy, CCS)37-21/2 38-11/2w Henion (Lynwood, SS)37-91/4 Bartholomew (Independ, CCS) 37-7w Pile (Highlands, SJS) 37-6 Moses (Morningside, SS) 37-8 U.S.-Carlett Guidry (Sterling, Houstn)

### Shot Put (53-7%)

Gail (Rowland, SS) 44-8 Wannamaker (PleasantVly, NS) 43-3 Crawford (Lincoln, SDS) 42-111/2 Tables (Vacaville, SJS) 42-11/2 Sexton (Mills, CCS) McKinney (Reedley, CS) 42-0 41-9% U.S.-48-91 Melody Johnson (N.Attleboro,

#### **Discus** (183-11)

Parker (Ramona, SDS) 162-0 Crawford (Southwest, SDS) 153-9 III (Nogales, SS) 150-7 Georgen (Antioch, NCS) Gail (Rowland, SS) 141-8 141-7 McMurtry (Roosevelt, CS) Sexton (Mills, CCS) 136-6 134-7 U.S. Mary Rieghard (Liberty Center, 155-10

### BOYS (Through 5/18/86)

#### 100 Meters (10.25)

10.29

McCree (Madera, CCS) 10.49 Holmes (Carson, LAS)10.6 10.60w Hendrix (Roosevelt, CS) Watts (Taft, LAS) 10.61 10.61 Stewart (Galileo, SFS)10.6 10.4w Wellman (Westlake)10.5 10.4W Miller (Riordan, CCS)10.99 10.68w Rogers (Johnson, SJS) 10.70 U.S.-

Derrick Florance (Ball, Galveston, TX)

#### Mile (3:59.4)

4:08.06i E. Mastalir (Jesuit, SJS) Dani (Valhalla, SDS) 4:10.311 4:11.41i M. Mastalir (Jesuit, SJS) Perez (Manteca, SJS) Thomas (Jesult, SJS) 4:14.4c IIS -

John Trautman (Monroe-Wood-4:07.611 bury, Central Valley, NY)

#### Two Mile (8:36.3)

8:49.1i Dani (Valhalla, SDS) 8:51.64c E. Mastalir (Jesuit, SJS) 8:55.10c M. Mastalir (Jesuit, SJS)



National Distance Medley record holders, Jesuit High School: (from left) Mark Mastalir (3:00.8), Paul Thomas (1:57.0), Eric Mastalir (4:07.3), Dan Cahill (51.2), set a Dewey Halden Relays, U.C. Davis, April 25, 1986. photo by Walt Lange

13.90

14.01

37.71

U.S.-

#### 200 Meters (20.4)

21.03 Watts (Taft, LAS) McCree (Madera, CS) Rogers (Johnson, SJS) Ray (Bullard, CS) 21.38 21.2 21.2 Cannady (Duarte, SS) Ealy (Muir, SS) Newsome (Montclair, SS)22.29 21.46 21.3W Ford (San Pedro, LAS)22.31 21.4W Minor (Berkeley, NCS)21.66 21.4W Smith (Gardena, LAS)21.6c U.S. Derrick Florance (Ball, Galves-20.63 ton, TX)

#### 400 Meters (45.09)

47.32

47.6

48 05

1:49.2

Carter (American, NCS) 48.0 Johnson (Westchester, LAS) 48.21 48.27c Watts (Tatt, LAS) Fritz (Anaheim, SS) 48 30 Douglas (Fremont, LAS) 48.34 Coleman (Duarte, SS) 48.43 Hannah (Hawthorne, SS) 48 48 U.S.-Derrick Cunningham (Carter, 46.5 Dallas, TX)

Lewis (American, NCS)

Bixler (Dos Pueblos, SS)

Thompson (Locke, LAS)

#### 800 Meters (1:47.31)

Thompson (Locke, LAS) 1:51.51 Fitzgerald (St. Ignatius, CCS) 1:52.57 McCracken (Loyola, SS) 1:52.9 Serratos (Moreno Valley, SS) 1:53.38 Sorensen (Villa Park, SS) 1:53.8 Gabor (Amador Vly, NCS) 1:53.88 Large (Desert, SS) Ewell (Palisades, LAS) 1:54.1 1:54.49 E. Mastalir (Jesuit, SJS) 1:54.6 Salas (Clovis, CS) 1:54.76 U.S

George Kersh (Pearl, MI)

9:05.20c D. Stonerock (Saugus, SS) 9:05.6c McAboy (Miramonte, NCS) 9:09.9c Hoepker (Encinal, NCS)

8:56.72c Tim Gargiulo (East Plano, TX)

#### 110m Hurdles (13.41) Pride (Grant, SJS)

14.14 Bradshaw (Saugus, SS) 14.21 Davis (Fairfax, LAS) Floyd (Eisenhower, SS) Englehart (DeLaSalle, NCS) 14.23 140 Hall (Ganesha, SS)14.39 14.0w Montgomery (Indep,CCS)14.93 14.29v Munoz (Quincy, NS) White (Montclair, SS)14.68 14.1 14.1w U.S.

Johnson (Katella, SS)

Pierre Goode (Hazlewood, Town 13.73 Creek, AL)

Bradshaw (Saugus, SS)

#### 300m Hurdles (35.32)

Harris (Banning, LAS) 37.79 Leslie (Washington, LAS) McEiroy (Loyola, SS) Burnett (Lynwood, SS) 37.7c 37.99 37.8 Ellison (Vallejo, SJS) 38.06 Bryant (Eisenhower, SS) 38.15 Fisher (Notre Dame, SS) 38.19

James Armstrong (Pinkston, Dallas, TX)

400m Relay (40.64) Muir, SS 40 93 Johnson, SJS 41.66 Taft, LAS 41.68 Lemoore, CS Hawthorne, SS 41.82 Gallleo, SFS 41.91 Morningside, SS Duarte, SS 41.95

Simi Valley, SS 42.01 Vallejo, SJS 42.01 U.S.-Ball (Galveston, TX) 40.53

#### 1600m Relay (3:07.40)

Hawthorne, SS 3:15.1 3:15.89 Muir, SS 3:17.59 Fremont, LAS 3:17.64 Locke, LAS Dorsey, LAS 3:17.82 3:17.95 Santa Ana Valley, SS Centennial, SS 3:18.14 Berkeley, NCS 3:18.7c 3:18.97 Millikan, SS Morse, SDS 3:19.17 3:12.4 Central (Philadelphia, PA)

#### High Jump (741/4)

Novitzky (Mills, CCS) 7-0 Swanson (Alemany, SS) 7-0 6-10 Smith (Clovis West, CS) Young (Fremont, OS) Tilson (Loyola, SS) 6-10 6-10 Prince (Logan, NCS) 6-93/4 Juico (Piedmont Hills, CS) 6-91/2 Clifford Dillard (Christianburg, 7-2

#### Pole Vault (18-2)

16-6 Burns (Acalanes, NCS) Covarubius (Jordan, SS) 16-0 Williams (Servite, SS) Toney (Del Mar, CCS) 16-0 15-934 Summerville (San Ramon, NCS) 15-634 15-2 Miller (Estancia, SS) Arnett (Los Altos, CCS) 15-0 Rankin (Los Gatos, CCS) 15-0 Brown (San Pasqual, SDS) 15-0 U.S. Pat Manson (Central, Aurora, 17-8

#### Long Jump (26-21/4)

Rogers (Johnson, SJS)24-01/2 Knox (Antelope Valley, SS) 24-11w 24-31/2 Rucker (Silver Crk, CCS)23-6 23-113/w 23-9 Pride (Grant, SJS) Spires (Galileo, SFS) 23-9w Hooks (Lakewood, SS) 23-6 Wright (Edison, CS)22-61/2 23-6w Edward Manderson (Farragut, 25.2 St. Petersburg, FL)

#### Triple Jump (53-61/2)

Hooks (Lakewood, SS) Woods (Hawthorne, SS) 50-01/2 49-10% Burnett (Lynwood, SS) 49-10 Williams (Muir, SS) McCullough (Edgewood, SS)49-1 49-10w 51-31/4 Warren Milton (Murphy, Mobile, AL)

#### Shot Put (69-61/2)

Boggess (El Capitan, SDS) 60-11/2 Bunnell (Gunderson, CCS) 59-101/4 Anderson (Menlo-Atherton, CCS) 59-10 59-81/4 Barnes (Clovis West, CS) 59-5 Carter (Edison, SS) Harris (Clovis, CS) 58-3 U.S Dail Harper (Caldwell, OH) 64-9

#### **Discus** (210-8)

Hooper (Del Campo, SJS) 192-3 Boggess (El Capitan, SDS) 183-11 Waddell (Casa Roble, SJS) 180-8 Bain (Corona del Mar, SS) Van Zandt (Hogan, SJS) 178-6 175-3 Morales (Garden Grove, SS) 174-1 173-1 Ane (Saugus, SS) Stubblefield (South, CS) 172-6 US. Kamy Keshmiri (Reno, NV) 203-5

### **Prep Results**

### Pasadena Games

by Mark Evans

March 29. Occidental College.

For the second year in a row the track at Occidental College proved very popular with athletes in the 1986 Pasadena Games. Spectators at this years meet were treated to 12 meet records, one was tied and two national

The national bests came in performances by Locke's Vincent Thompson who ran 1:52,35 in the 800 also breaking Sean Kelly's meet record of 1:52.41 Jeanene Vickers provided the other na-tional best running 43.91 in the 300 meter low hurdles. Jeanene also won the 100 meter low hurdles in a meet record 14.02.

Athlete of the meet honors went to Vin-cent Thompson who came back in the 400 to hold off Anaheim's Mike Fritz and win 48.05 to 48.30. For the girls Darcy Arreola of Grossmont took Athlete of the Meet honors for 1600-3200 double and meet records in each. In the 3200 Darcy survived an early race bump and passed Mountain View's Tracy Williams with two laps to go for a 10:36.05 meet record. In the 1600 Arreola led the first finishers under the meet record of 5:07.10 to win in

In other outstanding races Muir High School of Pasadena climbed to 3rd in the nation with a 400 meter relay time of 41.14. Two members of that team took individual honors later in the meet. Corey Ealy won the 100 in 10.82 and Tyrone Jeffries ran a lifetime best 14.47 to win the 110 Hurdles. The 1600 was won by out of stater Chip Smith a sophomore from Sandia High School in Albuquerque in 4:14.53 over Simi Valley's Jim Zimmer who ran 4:15.35.

On the girls side Hawthorne was a dominant factor winning the 100, 200, 400, and the 1600 relays. Tami Stiles and Deandra Wheeler went 1-2 in the 100 with Stiles also coming back to win the 200. Deanna Amy held off Beverly Hills' Kim

Turner to win the 400. No one was close in the relays with Hawthorne running 46.48 and 3:54.82. In a race that was extremely close Westlake's Desiree Joubert ran a 2:13.51 800 to just nip Locke's Kim McAllister in 2:13.55.

On the field Mike Stubblefield of South Bakersfield threw the disc 163-8 and Dan Tunnicliff threw the shot 53-9. Lori Parker of Ramona also had a meet record throw of 132-9 in the disc. Westlake's Staci Pollack tied the meet record in the high jump of 5-6. In the men's triple jump Anthony Burnett of Lynwood jumped 49-33/4 to win.

Meet Results - Men

Inv. 100: 1. C. Ealy (Muir) 10.82, 2. M. Cannady (Duarte) 10.86, 3. M. Carnes (Simi VIy) 10.93.

Open 100: 1. M. Conway (Patrick Henry, S.D.) 11.00, 2. W. C. Morrison (Pasadena) 11.08, 3. S. Morgan (Blair) 11.12.

200: 1. M. Cannady (Duarte) 21.97, 2. C. Coleman (Duarte) 22.20, 3. W. Morrison

400: 1. V. Thompson (Locke) 48.05MR, 2. M. Fritz (Anaheim) 48.30, 3. M. Holcomb (Westlake) 49.00.

800: 1. V. Thompson (Locke) 1:52.35MR, 2. R. Serratos (Moreno VIy) 1:53.38, 3. R. Shaw (Muir) 1:54.77.

1600: 1. C. Smith (Sandia, Albuq.NM) 4:14.53MR, 2. J. Zimmer (Simi VIy) 4:15.35, 3. D. Stonerock (Saugus) 4:17.32

3200: 1. D. Stonerock (Saugus) 9:05.41MR, 2. K. Stonerock (Saugus) 9:24.82, 3. C. Brown (Newport Harbor) 9:25.35.

110m HH: 1. T.Jeffries (Muir) 14.47, 2. T James (San Dimas) 14.55, 3. A. Burnett (Lynwood) 14.60.

Open 110m HH: 1. R. Barfield (Lynwood) 14.82, 2. L. Parker (Hamilton, LA)

J. Bryant (Eisenhower) 15.13.
 Inv. 300m IH: 1. A. Burnett (Lynwood) 39.14, 2. D. Maiden (So.Bakersfield) 39.72,

3. L. Parker (Hamilton) 39.79. Open 300m IH: 1. B. Jamison (Redlands) 39.40, 2. C. Ingram (Hart) 40.15, 3. J. Godinez (Lincoln, LA) 40.44.

Inv. 400 Relay: 1. Muir 41.14, 2. Simi Valley 42.15, 3. Duarte 42.24. Open 400 Relay: 1. Pomona 42.93MR, 2.

Eisenhower 43.09, 3. Dorsey 43.18.

Inv. 1600 Relay: 1. Muir 3:17.60, 2. Hawthorne 3:19.98, 3. Duarte 3:20.46. Open 1600 Relay: 1. Santa Ana Valley

3:20.75MR, 2. Crenshaw 3:20.86, 3. Poway 3-23 48

Distance Medley: 1. Rosemead 10:27.78MR, 2. Belmont 10:31.14, 3. Santa

Ana Valley 10:34.47. Long Jump: 1. M. Carnes (Simi Viy) 23-4, 2. E. Dorn (Estancia) 22-6, 3. T. Wood

(Hawthorne) 21-81/4.
Triple Jump: 1. A. Burnett (Lynwood) 49-31/4, 2. T. Williams (Muir) 47-10, 3. T. Woods (Hawthorne) 47-31/2.

High Jump: 1. R. Martin (Arcadia) 6-6, 2. B. Risner (Vista) 6-6, 3. E. Dorn (Estancia)

Pole Vault: 1. P. Alduenda (Ramona) 14-6, 2. D. Covarubias (LB Jordan) 14-6, 3. A. Zaldua (Marshall, LA) 14-0. Shot Put: 1. D. Tunnicliff (Arcadia) 53-9,

2. J. Goodrich (Saugus) 52-5, 3. P. Bodenshot (Blair) 49-11.

Discus: 1. M. Stubblefield (So.Bakers) 163-614 MR, 2. P. Bodenshot (Blair) 159-9, 3. L. Ane (Saugus) 155-61/2.

Meet Results - Women Inv. 100: 1, T. Stiles (Hawthorne) 12.09, D. Wheeler (Hawthorne) 12.46, 3. C. Williams (Marshall, Pas) 12.66.

Open 100: 1. S. Mitchell (Bakersfield)

12.59, 2. L. West (Grossmont) 12.68, 3. Chris Kaufman (San Pasqual) 13.00.

200: 1. T. Stiles (Hawthorne) 24.53, 2. C. Williams (Marshall, Pas) 25.85, 3. D. Wheeler (Hawthorne) 25.86.

400: 1. D. Amy (Hawthorne) 55.76, 2. K. Turner (Beverly Hills) 55.80, 3. K. McAllister (Locke) 56.20.

D. Joubert (Westlake)
2. K. McAllister (Locke) 800: 1. D 2:13.51MR, 2. 2:13.55, 3. D. Upsher (Torrey Pines)

1600m: 1. Arreola (Grossmont)

con region ATE L.A.

photo by Burt Davis

Janine Vickers (Pomona HS)

4:55.33MR, 2. C. Farrell (Thous.Oaks) 5:02.70, 3. T. Williams (Mt. View) 5:03.01.

3200: 1. D. Arreola (Grossmont) 10:36.05MR, 2. T. Williams (Mt.View) 10:40.58, 3. C. Farrell (Thous.Oaks) 10:41.14.

Inv. 100m LH; 1. J. Vickers (Pomona) 14.02MR, 2. S. Edmonds (Hawthorne)

14.02MH, 2. S. Edmonos (Hawtinorne) 14.53, 3. S. Leach (Thous,Oaks) 14.82. Open 100m LH: 1. S. Mosby (E. Bakers) 14.74, 2. Sharon Attesley (Newport Har-bor) 15.88, 3. L. Rogers (Muir) 16.04. Inv. 300m LH: 1. J. Vickers (Pomona)

43.91, 2. L. Larson (Filmore) 46.02, 3. S. Leach (Thous,Oaks) 46.07.

Open 300m LH: 1. A. Spear (Manual Arts) 47.70, 2. J. Dooley (San Pasqual) 48.29, 3. S. Hartwick (Glendora) 48.73.

Inv. 400 Relay: 1. Hawthorne 46.48, 2. Dorsey 49.13, 3. L. B. Poly 49.37.

Open 400 Relay: 1. Lynwood 49.76, 2. San Pasqual 50.04, 3. Glendora 50.55. Inv. 1600m Relay: 1. Hawthorne 3:54.82, 2. Thousand Oaks 4:02.43, 3. L. B. Poly 4:10.28

Open 1600m Relay: 1. Muir 4:02.76, 2 Westlake 4:03:52, 3. San Pasqual 4:04.35. Distance Medley: 1. Thousand Oaks 12:35.93, 2. Hawthorne 12:44.06, 3. Newport Harbor 12:48.26.

Long Jump: 1. C. Williams (Lynwood)

Triple Jump: 1. S. Williams (Lynwood) 17-2½, 2. G. Brown (Saugus) 17-2, 3. A. Ralph (Redondo Beach) 16-9½.

Triple Jump: 1. S. Manship (Thous.Oaks) 37-0½MR, 2. A. Hill (Lincoln, LA) 36-2½, 3. A. Ralph (Redondo) 36-2½

High Jump: 1. S. Pollack (Westlake) 5-6MR, 2. E. Miller (Crenshaw), 3. K. Damon (Redlands) 5-6.

Shot Put: 1. L. Wilkes (Leuzinger) 40-0, 2. S. Ahu (Vista) 38-51/2, 3. M. Jones (LB Poly) 37-101/2.

Discus: 1. L. Parker (Ramona) 132-9MR, 2. R. Longwell (Grossmont) 114-11/2, 3. M. Sheaffer (Carpinteria) 105-2.

Frosh-Soph Results 100: 1. A. Jefferson (Leuzinger) 11.15, 2. M. Orwat (Paraclete) 11.33, 3. C. Conway (Hawthorne) 11.34.

Sprint Medley: 1. Hawthorne 3:44.45, 2. Esperanza 3:46.18, 3. Fontana 3:47.95. Distance Medley: 1. Belmont 10:57.01, 2. Hawthorne 10:57.56, 3. Arcadia

400 Relay: 1. Simi Valley 44.70, 2. Fontana 44.78, 3. Hawthorne 44.90. 1600 Relay: 1. Dorsey 3:29.83MR, 2. Hawthorne 3:32.22, 3. Fontana 3:32.30.

UNITED STATES NATIONAL JUNIOR HAMPIONSHIPS

> June 28-29 Towson State University Towson, Maryland

Qualifying U.S. Team for the inaugural IAAF World Junior Championships to be held in Athens, Greece, July 16-20. For copy of entry standards and official entry, send a self-addressed, stamped envelope to:

> Juniors Championships P.O. Box 22683 Baltimore, Maryland 21203

Queries: Jack Pfeifer, chairman (301) 522-0811 Open to young men under age 20 and young women under age 19.

\$100 travel stipends available from U.S. Olympic Foundation grant.

#### IN

Friday, June 27, 6-10 p.m.

Featuring:

Tom Tellez (Houston/pv) □ Harry Groves (Penn State/middle distance) Lewis Gainey (Georgia/sprints) ☐ Ed Bowie (Central HS-Seat Pleasant MD/relays) Tom Ecker (biomechanics-keynote) ☐ Frank Costello (MD/pylometrics) Ted McLaughlin (SMU/throws)

Past champions include.

Michael Conley ☐ Earl Bell ☐ Carol Lewis ☐ Renaldo Nehemiah Denean Howard ☐ Joni Huntley ☐ Carl Lewis ☐ Jackie Joyner Alberto Salazar ☐ John Gregorek ☐ Betty Jo Springs ☐ Michael Carter

### Prep Notes Orange Co. Girls Champs

April 18, Irvine High School:

April 18, Irvine High School:
100 1. Pertet tMission Viejol, 12 59,
2 Grant (Estancia), 12 72
200 - 1 Bertell (Mission Viejo), 25 68,
2 Grant (Estancia), 25 75, 3 Boeke (Fountain Valley), 26 26, 4 Felix (Mater Dei), 26 30, 5 Reaves (Esperanza), 26 64.
FROSH-SOPH - 1 Moyer (El Moderia), 26 66, 3 Kerr (Corona del Mar), 26 68.
400 - 1 Coleman (Irvine), 58 2, 2 Grayson (Mission Viejo), 59 0, 3 Michale (Mission Viejo), 59 2, 4 McGrath (Corona del Mar), 26 68, 3 Michale (Mission Viejo), 59 3, 5 Andre (Edison), 59 4, 6

(Mission Viejo), 59.2.4 McGrath (Corona del Marl, 59.3:5 Andre (Edison), 59.4:6 Brower (Capo Valley), 59.6 FROSH-SOPH--Kerr (Corona del Marl, 59.88 B00.1. Henson (Newpor Harbor), 2.13.2:2 Grayson (Mission Viejo), 2.13.5; 3 Ritchot (Edison), 2.15.4.4 Karpel (Ocean View), 2.17.7.5 Nance (Capistrano Valley), 2.18.2; 6 McGrath (Corona del Marl, 2.18.7.1.500—1. Smith (Woodbridge),

Mari, 2.18.7. 1.500—1 Smith (Woodbridge), 4.38.7. 2 Rabbit (Newport Harbor), 4.47.4. 3 Ritchot (Edison), 4.51.3. 4 Karpel (Ocean View), nt, 5 Feser (Edison), 4.56.5. 6 Anderson (Newport Harbor), 4.57.8.

3.0(X) — 1 Rabbit (Newport Harbor), 10.26 1; 2 Resney (Newport Harbor), 10.47 2; 3 Rosipajla (El Dorado), 10:48.7; 4 Nadon (Edison), 10:54.9.

4. Nauon teosoni, 10,04.9. 100 LH-1 Ortega (Irvine), 14.89; 2. Carrasco (Anahiem), 15.28; 3. Felix (Mater Dei), 15.39; 4. Kerho (Mission Viejo freshman), 15.49; 5. Linhardt (Capistrona Valley), 15.53; 6. Holland (Saddleback), 15.55.

Valley), 15 b3; 6. Holland (Saddleback), 15 b5.

300 LH—1. Gamblin (Esperanza soph) 46 07, 2. Carrasco (Anaheim), 46 64, 3. Attlesey (Newport Harbor), 7, 4. Kerho (Mission Viejo), 47, 17, 5. Janan (Fountain Valley), 47, 57; 6. Phieban (Esperanza), 47, 95.

400 RELAY—1. Mission Viejo, 49, 46.

2. Edison, 50, 18, 3. Esperanza, 50, 32, 4. Capistrano Valley, 51, 00.

1,600 RELAY—1. Newport Harbor, 4,014, 2. Fountain Valley, 4,03, 1; 3. Edison, 4,03, 3; 4. Capistrano Valley, 4,04, 5, 5. Esperanza, 4,07, 8. HIGH JUMP—1. Orr. (Ocean View), 5-6; 2. Carrasco (Anaheim), 5-4; 3. Coleman (Marina), 5-2. FROSH-SOPH—Svoboda (El Dorado), 5-3.

LONG JUMP—Orr. (Ocean View), 17-04, FROSH-SOPH—Moreon (Materopei), 17-34; 3.

17-0¼. FROSH-SOPH—Moreon Mills.
Dei), 17-3¾.
TRIPLE JUMP—1. Orr (Ocean View), 35-9½; 3.

TRIPLE JUMP—1 Orr (Ocean View), 38-3½; 2. Wright (Esperanza), 35-9½; 3. Holland (Saddieback), 35-4½; 4. Kulo (Capistrano Valley), 34-9½; 5. Nelson (El Dorado), 34-6; 6. Chandler (Foothill), 34-2½; FROSH-SOPH—Toomey (Mater Dai) 34-2;

34-29. HOSH-SOPH—Toomey Islands Del), 349. SHOTPUT—1. Lovati (El Modena), 41-5½; 2. Bell (Foothill), 38-2¼; 3. Jakubka (Capistrano Valley) 36-0¾. FROSH-SOPH—Goodman (Estancia),

DISCUS—1. Lovati (El Modena), 130-2; 2. Wood (Saddletack), 118-6; 3. Ortega (Irrvine), 117-11 : Kocher (Ir-

vinel, 116-0
TEAM SCORES—1. Mission Viejo, 63;
Newport Harbor, 53; 3. Irvine, 43r.4.

### Mt. Carmel Invitational

April 19, San Diego:
100—1. Holmes (Carson), 10.60w
(4.1 m.p.s.); 2. Rowe (San Diego Lincoln),
10.72; 3. Cannady (Duarte), 10.75; 4.
Young (Spring Valley Mt. Miguel), 10.80;
5. Nelson (Simi Valley), 10.89; 6. Conway
(SD Patrick Henry), 10.91;
200—1. Holmes (Carson), 22.11; 2.
Cannady (Duarte), 22.17; 3. Harris (Simi Valley), 22.31; 4. Colemen (Duarte),
22.57.

400—1. Smith (SV Monta Vista), 49.27; 2. Hannah (Hawthorne), 49.50; 3. Coleman (Duarte), 49.62; 4. Kato (SD Morse), 49.65; 5. Harris (Simi Valley),



Marc Davis, Carmel Invitational 3000 winner.

800—1. Puryear (SD Patrick Henry), 1:56.26; 2. Fraser (SV Monte Vista), 1:56.36; 3. Barragan (SD Kearney), 1:57.47

1:57.47. 1:600—1. Davis (San Diego), 4:17.86; 2. Martin (Fallbrook), 4:20.20; 3: Gabre (Belmont), 4:20.67; 4. Gilson (SD Pt. Loma), 4:24.28 3:200—1. Zimmer (Simi Valley), 9:26:27; 2. Davis (San Diego), 9:28.38; 3. Castro (Ramona), 9:28.89 Others includ-ed 5. Figres (Hart), 9:35; 14.

9:26.27; 2. Davis (San Diego), 9:28.38; 3. Castro (Ramona), 9:28.93 Others included: 5. Flores (Hart), 9:35.14.

110 HH— 1 Johnson (Katella), 14.21w (5:18 m p.s. aiding); 2. McKinney (Las Vegas Western), 14.42; 3. Verret (Perris), 14.56; 4. Morris (Hawthorne, 14.61; 5. Floyd (Eisenhower), 14.72; 6. Bryant (Eisenhower), 14.87; 300 H (combined races)—1. Bryant (Eisenhower), 38.15; 2. Harris (LA Banning), 38.30; 3. Johnson (Katella), 38.70; 4. McKinney (LV. Western), 39.21; 5. Jackson (Dorsey), 39.34; 6. Vallery (Hawthorne), 39.44; 400 RELAY—1. Simi Valley, 42.84; 2. Duarte, 42.94; 3. SD Patrick Henry, 43.15; 4. Hawthorne, 43.17; 5. Eisenhower, 43.18; 6. Dorsey, 43.35; MILE RELAY—1. Simi Valley, 3:21.87; 2. LB Poly, 3:22.60; 3. Hawthorne Frosh-Soph, 3:22.62; 4. Dorsey, 3:23.41; DISTANCE MEDLEY RELAY—1. Fallbrook, 10:39.61; 2. SV Mtt. Miguel, 10:41.66; 3. Hawthorne, 10:45.66; 4. SV Monte Vista, 6-8; 2. tie among Carrier (LB Poly), Risner (Vista) and Greberd (Simi Valley), 6-4.

POLE VAULT-1. Warwick (Hespe-

POLE VAULT—1. Warwick (Hespharia), 14-0; 2 tib between Rafail (Vista) and Baker (La Jolla), 13-6; 4. Parr (Ferris), 13-6; 4. Matt Haines (Simi Valley), 13-0. LONG JUMP—1. Wright (Fresno Edison), 23-6w; 2. Young (SD Mt. Miguel), 23-13w; 3. Black (SD University City), 22-6/4w; 4. Vallery (Hawthorne), 22-6w; 5. Tatal La Maca Hairy), 22-5w.

22-6½w; 4. Vallery (Hawthorne), 22-6w; 5. Todd (La Mesa Helix), 22-5w.
TRIPLE JUMP—1. Woods (Hawthorne), 48-10¾; 2. Young (SD Patrick Henry), 46-1¼; 3. Verret (Perris), 45-4¾; SHOTPUT—1. Boggess (Lakeside El Capitan), 57-9¾; 2. Hooper (Fair Oaks Del Campo), 52-9½; 3. Blaze (Hesperia), 52-3½; 4. Smyllen (Hawthorne), 51-10; 5. Lawther (Simi Valley), 151-9½; DISCUS—1. Boggess (Lakewood El Capitan), 183-9; 2. Hooper (FO Del Campo), 172-3; 3. Morales (Garden Grove), 162-10; 4. Ashmore (Katella), 161-6.

100—1. Thomas (Hawthorne), 12.12w (2.12 m.p.s.); 2. Rhodes (SV Mt. Miguel), 12.18; 3. Williams (Marshall Fundamental), 12.36; 4. Amy (Haw-thorne), 12.38; 5. Tinshell (Locke), 12.47

200—1 Arry (Hawthorne), 25.5, 2. Matthews (SD Morse), 25.9, 3. Williams (Marshall Fundamental), 26.0, 4. Thomas (Hawthorne), 26.4

400—1. Fitch (SD Morse), 58.09; 2. Bluhm (Thousand (Oaks), 59.57; 3. Rothey

Bluhm (Thousand (Oaks), 59.57; 3. Rothey (San Pasqual), 60.19.

800—1. Chapel (SD University), 2.14.70; 2. Nesbitt (Newbury Park), 2.18.21; 3. Sullivan (Fallbrook), 2.18.72.

1,600—1. Chapel (SD University) (City), 5.01.99; 2. Toms (LV Valley), 5.06.13; 3. Bryant (Hesperia), 5.08.61; 4. Farrell (Thousand Oaks), 5.12.79; 5. Loveal (Thousand Oaks), 5.20.4.

3,200—1. Sutton (Newbury Park), 10.56.8; 2. Nugent (Del Mar Torrey Pines), 10.57.11; 3. Jorgensen (Vista), 11.19.32; 4. Houle (Hesperia), 11.21.89; 5. Karcher (Ramona, SD Section), 11.24.05.

100 LOW HURDLES—1. Outlaw (SD

thamnona, SU Section), 11:24-05.

100 LOW HURDLES—1, Outlaw (SD Lincoln), 14:27 (.87 m.p.s aiding), 2. McBride (LB Poly), 14:29; 3. Edmonds Hawthorne), 14:62; 4. Collum (SD Pt Lorna), 14:80; 5. Leach (Thousand Oaks), 14:82; 6. Mozingo (Hawthorne), 15:05; 7. Presented the orkal 15:10.

Davenport (Locke), 15.10.
300 LH—1. Manship (Thousand Oaks), 44.64; 2. White (Hawthorne), 44.82; 3. Edmonds (Hawthorne), 44.85;

44.82; 3. Edmonds (Hawthorne), 44.85; 4. Mozingo (Hawthorne), 46.45; 5. Leach (Thousand Oaks), 46.55.
400 RELAY—1 Hawthorne, 48.81; 2. Thousand Oaks, 49.40; 3. Fresno Edison, 49.53; 4. Dorsey, 49.81. MILE RELAY—1. Hawthorne, 3:58.97; 2. LB Poly, 400.15; 3. Thousand Oaks, 4.03.93; 4. Locke, 4:06.14.

DISTANCE MEDIEY, RELAY—1.

Locke, 4:06 14

Newbury Park, 12:31 66; 2. Vista, 12:48.28; 3. Del Mar Torrey Pines, 12:52.90; 4. Hawthorne, 12:58.19; 5. Simi Valley, 13:03.70.

HIGH JUMP—1. McBride (LB Poly), 5-8; 2. Patrick (SD Serra), 5-2; 3. Palmer

(La Jolla), 5-0.

5-8; 2- Patrick (SD Serra), 0-2; 3. Patrick (La Jolla), 5-0.

LONG JUMP—1 Anderson (SV Mt. Miguel), 18-8w; 2. Jiles (LV. Western), 18-8; 3. Stowe (DM Torrey Pines), 17-2w; 4. Oliver (Dorsey), 17-034w.

TRIPLE JUMP—1 Anderson (SV Mt. Miguel), 38-334; 2. Manship (Thousand Oaks), 35-74; 3. Hill (LA Lincoln), 35-5; 4. Niles (Chula Vista), 34-334;

SHOTPUT—1 Crawford (SD Southwest), 41-8u; 2. lii (Nogales), 40-11½; 3. Leppaluoto (SD Madison), 40-814; 4. Jones (LB Poly), 39-7½;

DISCUS—1. Parker (Ramona, SD Section), 162-0; 2. Crawford (SD Southwest), 143-5; 3. lii (Nogales), 143-8; 4. Mann (SD Pt. Loma), 129-7; 5. Leppaluoto (SD Madison), 128-10; 6. Stevens (Fallbrook), 123-7. brook), 123-7

50.3; 4 Bloodsaw (Foothill), 50.8; 800—1, Sorsenson (Villa Park), 1:53.8; 2. Large (Desert), 1:54.1; 3, Dennis (Covina), 1:56.3; 4. Doyle (Hemet), 1:57.8; 5. Knight (Estancia), 1:58.6; 1,600—1, Meyer (Villa Park), 4:22.5; 3. S. Hempel (Walnut freshman), 4:24.4; 4. Berko (Covina), 4:24.7; 5. Hormel (Hemet), 4:25.2; 6. Towle (Valencia), 4:26.2, 3,200—1, Lugo (Valencia), 9:29.8; 2. H. Hemple (Walnut), 9:36.8 (Walnut freshman), 9:36.8; 3. Hormel (Hemet), 9:38.2, 4. Longyear (Villa Park), 9:39.6; 5. Hobson

manl, 9:36.8; 3. Hormel (Hemet), 9:38.2; 4. Longyear (Villa Park), 9:39.6; 5. Hobson (Costa Mesa), 9:43.6; 10: HH—Dorn (Estencia), 15.2. 300 H—Howard (Los Amigos), 39:00; 2. Wright (Ana. Canyon), 39:96; 3. Dorn (Estencia), 40:05; 4. Larson (Los Amigos), 40:29. 400 RELAY—1. Diamond Bar, 43:35; 2. Valencia, 43:9. 1,600 RELAY—1. Villa Park, 3:27:9; 2. Valencia, 3:28.1; 3. Hemet, 3:30.8; 4. Estancia, 3:31.5. 3:31.5

HJ—1. Dorn (Estancia), 6-7; 2. Price (Valencia), 6-4; 3. Amneus (Foothill), 6-4; 4. Curtis (Elsinore), 6-4; 5. Hefferan (Western), 6-4. PV—1. Miller (Estancia), 14-6; 2. Slocum (Foothill), 13-6; 3. Staub (La Canada), 13-0; 4. McGuire (Villa Park), 13-0; 4

13-0.
LJ—1. Dorn (Estancia), 23-1½w; 2.
Robbins (Buena Park), 22-0½iw; 3. Estrada (Elsinore), 21-6½. TJ—1. Robinson (Covina), 48-6½. 2. McCullough (Edga-

wood), 47-7½. SP—1. Myers (La Canada), 52-9½; 2 Wiley (Hernet), 52-3¼, 3. Berry (Elsinore), 51-11¾, 4. Haskell (Western), 51-7½; 5.

D1-134, 4- Haskell (Westerin), 51-792, 5.
Paulsen (Walencia freshman), 51-094.
DT.—Berry (Elsinore), 149-3.
TEAM SCORES—1, tie between Estancia and Valencia, 60; 3. Villa Park, 46; 4. Elsinore, 32; 5. Hemet, 26.

100—1. Hargis (Magnolia), 12.82. 200—Clayton (Bishop Amat), 27.0. 400—Ellis (Diamond Bar), 61.3. 800—1. Harkins (La Quinta), 2:22.4; 2. Quacker (Norco), 2:23.9 1,600—1. Gunn (Walnut), 5:22.4; 2. Quacker (Norco), 5:25.6.

nut), 5-22.4; 2. Quacker (Norco), 5:25.6; 3.200—Acosta (Walnut), 11:50.4, 100 LH—Grand (Los Amigos), 15.9; 300 LH—Grand (Los Amigos), 46.09; 2. Vandenburg (Wahut), 47.0, 400 RE-LAY—Diamond Bar, 500, 1,600 RE-LAY—La Canada, 4:12.2, HJ—1, Williams (Western), 5-6; 2. Crapin (Miraleste), 5-4, LJ—Mitchell (Diamond Bar), 19-0/4w, TJ—1, Smith (Elsinore), 35-5; 2. Conner (Barstow), 34-7)4.



Eric Dorn (Estancia, Costa Mesa) one of the state's top all-around athletes.

### Valencia Inv.

100—Brooks (Woodbridge), 11 1. 200—Moreno (Calexico), 22.9. 400—1. Howard (Los Amigos), 49.3; 2. Large (Desert), 49.8; 3. Liddicoat (Valencia).

SP—1. Liszlo (Apple Valley), 39-2; 2. Brown (Bonita), 38-9; 3. Phillips (Walnut), 36-6½ DT—1. Phillips (Walnut), 120-3½; 2. Fancher (Valencia), 119-1; 3. Kubota

(Valencia), 110-6. TEAM SCORES—1. Walnut, 68; 2. Diamond Bar, 54¼; 3. Valencia, 32; 4. Los Amigos, 29; 5. Charter Oak, 27¼.

### Ventura Co. Championships

April 19, Rio Mesa HS Boys

100—Drougn (Camarillo). 11.29.
200—Drougn (Camarillo). 22.69. 400—Barboza (Rio Mesa). 49.3. 200—1. Fairman (Thousand Oaks). 1:56.6; 2. Aanerud (Rio Mesa). 1:57.8; 3. Yu (Ventura). 1:58.3. 1:600—1. Vett (Buena). 4:23.3; 2. Perez (Rio Mesa). 4:24.2; 3. Worsam (Nordhoff). 4:25.3; 4. Tortter (rio Mesa). 4:26.6; 5. Pena (Buena). 4:27.8. 3,200—1. tie batween Ziglar (Nordhoff) and Vett (Buena). 9:40.10; 3. Valdez (Oxnard). 9:42.6; 3. Williams (Hueneme).

110 HH—1 Cason (Buena), 15.10; 2. Vener (Thousand Oaks), 15.20, 300 HH—Caşon (Buena), 40.78, 400 RE-LAY—1; Rio Mesa, 44.45; 2. Channel Islands, 44.52; 3. Ventura, 44.53, 1,600 RELAY—1, Rio Mesa, 3:26.0; 2. Thousand Oaks, 3:27.7

HJ—1. Thomas (Ventura), 6-8; 2. furner (Ventura), 6-6; 3. Ross (Rio Mesa), 6-4; 4. Richards (Newbury Part), 6-4. PV—Kelly (Ventura), 13-6. LJ—1. Turner (Ventura), 21-8½; 2. Chambers (Oxnard), 21-8 TJ—Genrinell (Ventura), 42-5. SP—1. Haeflinger (Thousand Oaks), 52-8; 2. Kildee (Rio Mesa), 50-5. DT—1. Kildee (Rio Mesa), 150-8; 2. Swangler (Nordhoff), 145-2.

#### Giris

100—1. Can (Hueneme), 12.13; 2. Burnham (Rio t. saa freshman), 12.18; 3. Addison (Huera ne), 12.45; 4. Johnson (Hueneme), 12.72; 200—1. Burnham (Rio Mesa freshman), 25.53; 2. Wiebelhous (Rio Mesa freshman), 26.07; 400—1. Wiebelhous (Rio Mesa), 58.4; 2. Runyan (Camarillo), 59.4; 800—Delfamonica (Calabasas), 2:19.6; 1,600—1. Kochel (Ventura), 5:21.3; 2. Delfamonica (Calabasas), 2:19.6; 1,600—1. Lewis (Buena), 11:19.3; 2. Miller (Nordhoff), 1:40.3; 3. Dietz (Buena), 11:52.5.

100 LH—1. Rosemond (Ventura), 15.62 300 LH—1. Rosemond (Ventura), 47.92; 2. Turner (Buena), 47.98. 400 RELAY—1. Hueneme, 47.76. 2. Rio Mesa, 49.47. 1,600 RELAY—1. Hueneme, 3:56.5: 2. Aio Mesa, 4:00.1; 3. Buena, 4:11.9. HJ—Runyan (Comarillo), 5-2. LJ—Harris (Buena), 18-10. TJ—Harris (Buena), 33-11. SP—1. Wagonar (Ventura), 37-014; 2. Stahl (Rio Mesa), 36-5; 3. Cochran (Nordhoff), 36-3½ DT—Cochran (Nordhoff), 121-1.

### Mt. SAC Relays

by Doug Speck

Been Bluislan

Prep Division
On Friday, April 25th and Saturday,
April 26th, the prepa moved into the Mt.
SAC facility and put on their usual super
show of great individual and relay events.
With the West again blessed with many
of the best in the nation, stars abounded
during the two days of action. Janeene
Vickers (Pomona) was extremely impressive over the hurdles and on the flat
at 400m, Tami Stiles (Hawthorne) and
Quincy Watts (Tatk, Woodland Hillis) were
impressive in the sprints, Hawthorne and
Muir (Pasadena) again lead the relay action, and Karmy Keshmiri (Reno, Nevada)
led the fleid events with another top
discus performance.
Miss Vickers is proving to be heads

Miss Vickers is proving to be heads above everyone around here over the hurdles, and this weekend completed her hurdles-400m triple successfully by taking Princess Bennett of Compton in the flat event. On Friday afternoon Vickers and Bennett both anchored 800m medley teams with 400m splits under 54.0, with Compton emerging with the faster overall time, 1:44.3, which is the #4 All-Time California team), Saturday morning, early.

Vickers lined up against a top field in the 300m LH, and proceeded to blast that group by over a second and a half and lower her 43.41 National Best from Arcadia to 42.82 here. With some step problems down the long final straight Ja-neens looks capable of going close to 40.0 in a perfect race. Later in the morning the slim Pomona lass had no step problems during the 100m LH, riding a legal 1.5mps breeze and the Mt. SAC surface to a very impressive 13.56 which destroyed the old 14.13 meet record. Her 13.56 is the #2 time in the nation behind Yolanda Johnson (Denver, Colo), who put in a local appearance in the indoor season. With a bit more rest than at Arcadia when she tried an individual triple at the 300mLH, 100mLH, and 400m, Janeene lined up in the early afternoon to tackle the young lady who had bested her in a then-national best 64.26 at Arcadia, Princess is a very determined young lady, but Vickers was just too strong during the stretch run this week, recording a 53.28-53.85 win over the Compton star. This is the #2 time in the nation behind Andrea Thomas (Bronx, NYC), who has run in the high 52's. Compton came back late Saturday afternoon, and in a good race with D.F.-Mexico recorded a new state best for 1986 in the 4x400m relay. Tina Davis (59.4), Kim Milligan (59.0), and Bernithia Whitmyre (59.7) preceded Princess Bennett's 53.3 anchor in a fine 3:51.22.

Tami Stiles (Hawthorne) brought her sprint act to town. In the 100m Hawthorne teammate Dina Thomas had a sling-shot start, but once Stiles gets rolling it over for most prep female sprinters) With a legal 1.3mps breeze Stiles went from a meter behind at 60 to two ahead at the finish in her 11.7-11.9 win over Dina. Stiles exhibits a grace and strength that few Southern California preps have had at top speed. Gail Devers, Valerie Brisco, Gwen Loud, Chewuakii Knighten, Sherri, and Densan Howard are recent Southland greats who come to mind as having this ability to leave you breathless as they shifted into the gear that Tami has been blessed with. Ashley Rhodes (Mt. Miguel, SD) looked good in a Race 2 100m win in 12.08. The 200m was a replay of the 100, but Stiles rolls into high gear as the race comes off the turn, then steadily and decisively moves away from the pack over the final 100m. Here she bested an excellent group by .78 in 23.89w (+2.75mps). Angela Burnham (Rio Mesa, Oxnard) was 2nd at 24.67w, continuing her fine first year of high school sprinting. In the 4x100m relay, Hawthorne, with Dina Thomas, Dee Dee Wheeler, Deanna Amy, and Stiles (the last three off its 45.11 National Record setting 1985 group) has not been able to put it quite all together this spring. Here, Wheeler was in her first meet back after minor hamstring problems, the passes were so-so, but the group still ran easily the state's best of 46.21, winning by 25 meters. Last year the record setters raced 45.29 here. In the 4x200m, with Tamiko White replacing Wheeler, the Cougars rolled to one of their 50m wins, recording the equal #10 All-Time U.S. Prep mark in the event, at 1:37.8. In the 4x800m Hawthorne was also the winner, with an underclass group of Kendali Stovali (2;23.7), Illana Mozingo (2:26.8), Micki Poole (2:26.4), and Christina Ross (2:22.1) running 9:38.5. Mozingo has quite a range, having run 14.7 for the 100m LH this spring. Illana started off the Shuttle Low Hurdles team with a 15.3 today, with Tamiko White (15.1), Nicely Smith (16.5), and Sharon Edmunds (14.9) completing the squad's 61.8 Invitational Race win.

Kamy Keshmiri (Reno, Nevada), who rocketed a nation-leading 199-2 in winning at Arcadia, came south again looking for big things. With the five longest throws in the competition he continues to look for some good competition, but after a fine 193-5 on his second toss Kamy lotted his 5th throw way, way out there. His toss proved to be far beyond what



Newbury Park's Melissa Sutton anchoring winning Girls' Distance Medley 12:03.08 record at Mt. SAC.

anyone was prepared for in this prep competition, because right in the middle of the sector at about 205 feet was your basic school desk and chair set-up. Sailing like it had radar Kamy's implement landed right in the middle of the seat, rendering the entire set up a bit uncomfortable for future students. Anyway, after they figured out where it hit (the incident probably costfirms foot and a half) it measured out to 203-5, and another National Leader for the day.

In the Men's sprints there were top groups. In the 100m Karl Stewart (Galileo, SF) joined a top Southern California field. Quincy Watts (Taft, Woodland Hills) had run a number of good dual meet times, and pushed defending state sprint champ Ron McCree (Madera) to the limit at Ar-cadia in losing by .02 in a 21.37 200m. Development comes fast for youngsters, and Quincy looks better week by week. A tall, smooth, and strong looking runner who really seems to get lift from powerful arm action the last third of his race, Quincy simply destroyed this 100m group over the last 30 meters, racing from out of the pack to a two meter win at 10.61 (wind 0). The match-upgin dune with McCree will be interesting, sine aWatts will only get better. Late entrant Kevin Hendrix (Roosevelt, Fresno) looked good in a Race 2 win at 10.74. However, the 200m or 400m will be Watts' best race later in his career, as in the 200 here his vigorous arm action had him blast away from a good group in a windless race to record a 21.03, the #2 time in the nation. Henry Thomas (Hawthorne), who did some real damage before his prep career ended, recorded a 21.02 best by the end of his soph season, and a guy named Roy Martin, who went on to set the current prep National Record at 20.13, has the national soph record at 21.00. Mr. Watts is already running in some select company with the

meat of his season left. In the Men's relays Muir tried for another 4x100, 4x200, and 4x400 sweep.



Tami Stiles heads Hawthorne's sprint act.

In the 4x100m a team of Thomas Limbrick, Corey Ealy, Ricky Ervins, and Tyrone Jeffries recorded the nation's best clocking of 40.93 in winning the Invitational race by 10 meters. Hawthorne raced frosh Curtis Conway, sophs Travis Hanna and Leroy Thomas, and junior Robert Carroll in 2nd at 41.82. In the 4x200 Muir ran the same team and won by twice as much, 20 meters in a 1:26.36 run over Gallleo of San Francisco's 1:28.08. The afternoon's final prep event, the 4x400m was a classic. Soph Travis Hanna anchored Hawthorne to victory at Arcadia with a 48.6 leg. Here, Muir anchor runner Tyrone Jeffries had a full 8 meter lead over Travis as the two began the stretch run. Amazingly, the fluid Hawthorne soph did not make a real dent in the margin until 50m to go, where he shifted into a gear a talented athlete develops as a part of Coach Kye Courtney's rigorous sprint training program. Seeming to be going twice as fast a Jeffries at the finish Travis looked as if he had not even been on the track the first 350 meters-his 48.4 split took Hawthorne to a 3:15.81-3:15.89 victory. Frosh Curtis Conway led the Cougars off with 49.5 out of the blocks. Newbury Park's Women's group is

Newbury Park's Women's group is undefeated in distance relays this spring, and they put logether a very special effort in the Distance Medley here. With Lara Nesbitt leading off (1200) in 3:46.8, Leslie Weak covering one lap in 61.6, and tenacious frosh star Amy Nesbitt pushing through a basically solo 2:16.0 800m, anchor runner Melissa Sutton lacked opposition company through her anchor 1600, covered in a fine 4:58.9 with the team finishing in a super 12:03.80. This is the #12 All-Time U.S. Prep performance ever, and the third fastest California team ever behind Uni of Irvine's Meet and National Record 11:43.53 (1982) and Santa

Barbara's 11:56.9 from 1981. Bella Vista (Fair Oaks) recorded a fine 12:15.51 in 2nd (Fair Oaks) recorded a fine 12:15.51 in 2nd (#14 All-Time California team). In the Men's Distance Mediey, Villa Park's Jim Sorenson, a 1:53.8 800m runner, put his team out in front with a 3:05.8 1200. Hosemead's Chris Jimenez, a 4:18.7 1600m star, clocked a fine 3:06.3. Eric Sach's 2:00.7 800m gave VP anchor runner Bill Meyer a narrow lead over Aaron Moscarro (Rosemead) to start their 1600m leg. Moscarro tried to edge by with 200m to go in a torrid final lap, but Meyer rocketed away on the homestretch to win in a state-leading 10:18.73. Meyer clocked 4:19.6, with Moscarro 4:19.5.

Fine Flicks by Don Gosney



Laura Chapel (S.D. University HS) won the Mt. SAC 1500 in 4:28.96.

National Mile leader Laura Chapel (University City, San Diego) was the headliner in the Women's 1500m, and she let no one down, taking over the best time in the country at that distance also. Fac-Ing a very mature looking Maria Carmen Diaz of CREA-Mexico, Laura showed her kicking ability the final 100 meters in her 4:28.96 win. Darcy Arreola (Grossmont), the nation's #3 returnee in the 800m at 2:09.06 headlined and demolished the field in that event. In virtually a solo effort Darcy looked better than ever in running 2:10.0. At 3000m Tracey Williams (Mountain View, El Monte) started very fast, coming by 1600m at 5:01, then slowing a great deal in the next couple of laps. Mexican visitor Diaz creeped caught up and raced away over the final 400m to record a 9:41.6-9:53.1 win, with Saugus frosh Heather Scobie 3rd at 10:07.9. In the Men's 1500m, with the Mastalir's off setting National Distance Medley

Relay records elsewhere, this event was left to Southern California's best. Daren Stonerock (Saugus) found even he could not handle his 2:04.9 800m pace and he dropped back quickly. Over the final lap It boiled down to Jim Zimmer (Simi) a 4:13.48 1600m type, Raul Serratos (Moreno Valley) 4:14.68-1:53.35, and 1986 star Mike McCracken (Loyola, LA) 4:13.63. With 150 meters to go we found who had the best kick, as Serratos repeated the finish that took him to the Southern Sec tion State Qualifying Meet win at 1600m here last May, as he rocketed away to win by over a second from McCracken, with Zimmer in 3rd at 3:52.89-3:53.98-3:55.25.

On Friday afternoon, Daren Stonerock pushed the pace hard all the way in an excellent 8:25.5 3000m. Rosemead junior Aaron Moscarro pressed the Saugus star on the last lap and recorded by far his best track race ever in 8:25.9 for 2nd. Over 800m Cuetemoc Benitez (CREA-Mexico) continued to pressure Vincent Thompson (Locke, LA) after a quick 52.6 first 400m. The strong duo battled every inch of the final 200m, with the American prevailing by .05 at the finish 1:51.51-1:51.56 (Thompson's win is the #3 time in the nation in 1986). An interesting state match-up will come with Neil Fitzgerald (St. Ignatius, SF), who destroyed the South's best by three seconds at Arcadia at 1:52.57.

Eric Bixler (Dos Pueblos, Goleta) was a winner at Arcadia at 400m as a virtual novice in the event. After blazing a 47.3 relay leg Friday here, Bixler steadily lifted away from a top group in the Saturday In-vitational event over the final 150 meters to win in 47.79 (new state leader) over Kevin Hendrix (Roosevelt, Fresno) 48.69. Amazing Hawthorne soph, Travis Hanna took Race 2 in 48.65, exhibiting an amazing lift near the end and previewing his later 4x400m relay abilities

Terry Johnson (Katella, Anaheim) con-tinued his undefeated season in the 110m HH's with a fine 14.04 run that had him edge decisively away over the last couple of flights. Rodney Bradshaw (Saugus) 14.35 and Mark McKinney (Western, Las Vegas) 14.40 also ran very well in Terry's wake. Loyola's Eddie McElroy charged a steady race to win the 300m IH in a fine 37.99 over Bradshaw's 38.09.

The Women's Discus featured three of the country's top four throwers. Lori Parker (Ramona) took over the National lead the previous weekend at 162-0, with Tracy Crawford (Southwest, SD) the Arcadia winner at 153-8, and defending state champion Lii III (Nogales, LaPuente) at 150-7 (162-2 1985). Parker ended the suspence early here, blasting her first throw out to 151-0 while competing in an early flight. III had one good toss, at 147-01/2 (4th round) and Crawford was out to 143-11/2 for 3rd. A fine women's High Jump field featured five with bests between 5-9 and 6-0. Yleana Carrasco (Anaheim) decided it was time to get in gear after only a 5th at Arcadia (at 5-4 in a meet where she cleared 6-0 last year). Debble Orr (Ocean View, Huntington Beach), the state's best all-around jumper, had improved to 5-9 two days previous, and revived 5-11 (1985) jumper LaShawn McBride (LB Poly) was here. Orr and McBride joined Carrasco over 5-8 to-day, with Carrasco also over 5-10 on her first attempt. McBride negotiated that height on her second attempt, while Orr could not clear that barrier. Carrasco was the winner on the count-back. In the Women's Long Jump Diamond Bar's Rosalyn Mitchell continued her comeback from a mild hamstring problem, handling a top group here with an 18-71/4 leap. Gretchen Jiles (Western, LV), who jumped 19-4 two weeks previous, was 2nd at 18-23. In the Triple Jump Debble Orr (Ocean View) handed Jackie Anderson (Mt.Miguel) her first defeat of the year 38-81/4 to 38-71/2 w: In the Shot state leader Brandi Gail (Rowland) could not over-come a 3rd effort 42-11 by Tracy Crawford (Southwest), and suffered her first loss of the year with five puts over 41-5, but with a best of only 42-3.

In the Men's Shot Brian Boggess (El Capitan, Lakeside) exploded on his first toss to 59-7 in extending his seasonal best by over a foot and a half in winning easily over soph Kaleaph Carter (Edison HB) at 57-6. Dan Covarubias (Jordan, LB) became California's latest 16-footer with a clearance of that height two days previous in a dual. His match up with undefeated 16-footer Steve Williams (Servite, Anaheim) would be interesting. Dan cleared 14-0, 14-6, and 15-0 on his first attempts, but could not negotiate 15-6, a height Williams cleared on his first try to take the win. Doug Miller (Estancia) was over 15-0 for 3rd. In the Triple Jump Darlo Robinson (Covina) joined a large group with credentials in this event to go 48 feet consistently, winning at 48-234 w over Ter-rence Williams (Muir) 47-434 w.

Los Gatos had a fine weekend. In the 4x1600m relay Friday evening Coach Willie Harmatz' group rode Eric Wendling's 4:29.1 and Scott LaForce's 4:18.9 to race away from the field in the final two legs on the way to a 17:52.1 win over Rio Mesa (Oxnard) 18:02.9. Wainut High may have established a national record of sorts with their 18:11.3 win in the second level race, as the team's four frosh-soph members averaged under 4:33.0, anchored by Scott Hempel's 4:22.2 Saturday morning in the 4x800m Los Gatos was again victorious. LaForce (1:56.7) and Wendling (1:55.8) again handled the last two legs after Kevin Baiko (1:59.0) and David Hastings (2:00.8) kept the 7:52.23 team competitive through the opening four laps. In the Sprint Medley, Centennial (Compton), with Larry Brother, Mark Briggs, Marvin Briggs, and Demitrous Moore running a fine anchor 800m was the narrow winner over LB Poly 3:32.29-3:32.46. In the Shuttle High Hurdles, Estancia (Costa Mesa) had a fine foursome of Eric Dorn, Tom McCarthy, Doug Miller, and Brian Sherrard that averaged 15.1 per runner on the way to their 60.4 win. Some other fine unofficial splits during this event were Tim James (San Dimas) 14.2, Dana Hall (Ganesha, Pomona) 14.2, and Robert Morris (Hawthorne) 14.2. Dorn came back to win

photo by Burt Davis



Kamy Keshmiri of Reno, winner of the Boys' Discus at the Arcadia Inv., April 12, with a nationally leading mark of 199-2.

the Invitational Long Jump, putting four leaps out past those of anyone else in the field in a 22-91/2 win.

There are a ton of Southern California jumpers stuck between 6-6 and 6-8. Seven made the 6-6 standard here, with Derrick Moore (Millikan, LB) again proving to have just a touch more than everyone else with his second effort 6-8 clearance that was enough to win when no one else could clear that height.

Edison of Huntington Beach, off Nicky Ritchot's 5:00.3 anchor leg was the top California prep team at 21:20.4 behind a visiting team from Mexico's 20:49.6. Edison's time is the #19 All-Time U.S.

prep mark in the event.

#### BOYS

#### Invitational

800 RELAY—1. Marshall Fundamental (Roades, Dantzler, Delus, Whitmore), 1:32.6; 2. San Dimas, 1:32.6; 3. Thousand Oaks, 1:34.6; 4. North Torrance, 1:34.9; 5. Gladstone, 1:34.9; 6.400 RELAY—1. Los Gatos (Balko,

6,400 RELAY—1. Los Gatos (Baiko, Hastings, Wendling, LaForce), 17.52.1, 2. Rio Mesa, 18:02.9; 3. Torrance, 18:02.9, 4. Lompoc, 18:03.5; 5. Arroyo, 18:07.0, 6. Palos Verdes, 18:09.8; 7. Thousand Oaks, 18:10.0; 8. Simi Valley, 18:19.4, 3,000—1. D. Stonerock (Saugus), 8:25.5; 2. Moscarro (Rosemead), 8:25.9; 3. K. Stonerock (Saugus), 8:35.3; 4. Serratos (Moreno Valley), 8:38.0; 5. Honig (Fair Oaks Bella Vistal, 8:40.2; 6. Sand (LA University), 8:45.1; 7. Schumacher (St. Anthony), 8:45.2; 8. Rattery (CC Canyon), 8:47.9.

Ope# 400 RELAY (Race 1)—1. Crespi, 43.6, 2. Thousand Oaks, 44.1. (Race 2)—1. Marshall Fundamental, 44.1, 2. West Covina, 44.2; 3. Ganesha, 44.2; 4. Santa Barbara, 44.2; 5. Corona del Mar, 44.2 (Race 3)—1. Upland, 43.8; 2. Rowland, 44.3; 3. Valencia, 44.3; 4. Western, 44.5. (Race 4)—1. Blair, 43.1; 2. Lompoo, 43.4; 3. Simi Valley, 44.2; 4. Katella, 44.2; 5. Mt. Carmel, 44.5. 600 RELAY (Race 1)—1. Eisenhower, 129.3; 2. LB Poly, 131.1; 3. Covina, 132.6. (Race 2)—Simi Valley, 1:32.6; 2. Montclair, 1:32.9; 3. Rowland, 1:33.1, 1,600 RELAY (Race 1)—1. Blair, 3:30.5; 2. Carpinteria, 3:30.5; 3. Elsinore, 3:31.1; 4. Thousand Oaks, 3:31.1. (Race 3)—1. Race

3:31.1; 4. Thousand Oaks, 3:31.1. (Race 2)—1. La Canada, 3:25.1; 2. Simi Valley, 2)—1. La Canada, 3:25.1; 2. Simi Valley, 18", 3:26.3; 3. Dos Pueblos, 3:27.3; 4. West Torrance, 3:28.7; 5. Crescenta Valley, 3:29.6; 6. Redwood, 3:30.7 (Race 3)—1. Diamond Ber. 3:26.6; 2. Righetti, 3:27.1; 3. Foothill, 3:29.1 (Race 4)—1. Valencia, 3:26.4; 2. Pasadena, 3:27.5; 3. South Hills, 3:27.9; 4. Corona del Mar. 3:28.1; 5. South Pasadena, 3:30.4 (Race 5)—1. Senta Berbara, 3:27.9; 2. San Diego Mt. Carmell, 3:27.0; 3. Alta Loma, 3:29.5; 4. Bishop Amat, 3:32.0. 3. 200. RELAY—1. Duarte (Bowden, Horton, Oseguera, Schwable), 6:17.4; 2. Dos Pueblos, 6:18.0; 3. Edison, 8:19.0; 4. Elsinore, 8:23.4, 5. Crespi, 8:23.4. SPRINT MEDLEY RELAY—1. Morn-

Elsinore, 8:23 4, 5: Crespi, 8:23.4.

SPRINT MEDLEY RELAY—1. Morningside (Charles, Mancrief, Rubholz, Hernandez). 3:37.9; 2. West Torrance, 3:38.7; 3. Los Gatos, 3:42.2; 4. Upland, 3:45.6; 5. Redwapd, 3:46.2; 4. Upland, 3:45.6; 5. Redwapd, 3:46.2; Thousand Qaks, 1:05.6; 3. West Torrance, 1:06.2; Charles, 1:06.9; PDLE PARK, 1:06.2; 3. Alta Lorne, 1:06.9; PDLE VAULT—1: Patrick (Arroyo Grandel, 13:6½; 2. Roger (Don Lugo). 13:04; 3. hie between Ounlap (Baidwin Park) and Deitch (Arroyo), 12:6; LONG, JUMP—1: Weits (Nogales), 20-8½; 2. Zabel (Darmien), 20-8½; 3. Alo (San Dimas), 19-11.

(Sen Dimas), 19-11.
TRIPLE JUMP—1. McCullough (Edge

wood), 46-3 (wind 1.2 m.p.s. aiding), 2. Aabel (Damien), 44-8½; 3. Ford (Dos Pueblos), 44-0

#### invitational

100 (Race 1)—1. Watts (Taft soph), 10.61 (wind 0), 2. Nava (Mexico), 10.79, 3. Bixler (Dos Pueblos), 10.80; 4. Cannady Galileo), 10.94, 6. Holmes (Carson), 10.99, 7. Sammory (Carson), 10.99, 6. Holmes (Carson), 10.99, 7. Sammons (Compton), 11.07. (Race 2)—1. Hendrix (Fresno Roosevelt), 10.74 (wind 0); 2. Grant (San Francisco Galileo), 11.03; 3. Reynolds (LB Wilson), 11.12; 4. Thomas (Hawthorne soph), 11.18; 5. Morgan (Blair), 11.19; 6. Ayers (Western), 11.30. 200 (Race 1)—1. Watts (Tatl), 21.03

200 (Race 1)—1. Watts (Tatt), 21.03 (wmd 0): 2. Nava (Mexico), 21.62; 3. Johnson (Katella), 21.85; 4. Coleman (Duartel), 21.96; 5. Hart (Locke), 22.22 (Race 2)—1. Holmso (Carson), 21.86w (3.0 m.p.s.); 2. Lawyer (Santa Barbara), 22.47; 3. Wipph (Alta Loma), 22.48; 4. Goree (Carson), 22.56; 5. Newsome (Montclair), 22.57; 6. Carroll (Hawthorne), 22.50;

400 (Race 1)-1. Bixler (Dos Pueblos), 47.79; 2 Hendrix (Fresno Roosevelt), 48.69; 3. Hollis (Santa Ana Valley), 49.03; 48.65; 3. Polisi Isanta Ana Yalori, 149.06; 5. Robertson (Muir), 49.24; 6. Douglas (Fremont), 49.49; 7. White (Cresp: freshman), 50.6. (Race 2)—1. Hannah (Hawthorne soph), 48.65; 2. Petters (Santa Ana Valley), 49.16; 3. Stewart (West Covina), 49.31; 4. Marshall (Las Vegas Western), 49.74; 5 Morgan (Locke), 49.89.

Morgan (Locke), 1-51.51; 8:00—1. Thompson (Locke), 1-51.51; 2. Benitez (Mexico), 1-51.56; 3. Gabor (Plesenton Arnador Valley), 1-53.88; 4. MacLean (Saugus), 1-56.48; 5. Pierce (Orange), 1-56.62; 6. Gonzalez (Fontana), 1-57.04; 7. Halaszinski (Crescenta Valley),

1.500-1. Serratos (Moreno Valley) 3:52.89; 2. McCracken (Loyola), 3:53.93; 3. Zimmer (Simi Valley), 3:55.25; 4. Liensu (Clovis), 3:55.84; 5. Sabra (Ocean View), 3:56.69; 6. Castro (Ramona), 3:57.26; 7 Wye (St. Paul), 4-01.12; 8. Watson (Las Vegas El Dorado), 4:01.7; 9. Primera (Burbank Burroughs), 4:01.9. 110 HURDLES (Race 1)—1. Johnson

110 HURDLES (Race 1)—1. Johnson (Katelia), 14.04 (wind 1.6 m.p.s. aiding); 2. Bradshaw (Saugusi), 14.55; 3. McKarvey (Western), 14.40; 4. James (San Diarne), 14.56; 5. Kennedy (Servite), 14.61; 6. McEtroy (Loyola), 14.84; 7. Morris trlaw-thorne), 14.87; 8. Bartield (Lynwood), 15.14; (Race 2)—1. Hall (Genesha), 14.44 w (2.55 m.p.s.); 2. Pye (LB Wilson), 14.72; 3. Davis (Fairtax), 14.95; 4. O'Farroll (Arroyo Grande), 15.05; 5. Jackson (Dorsey), 15.13; 6. Dorsett (Fairtax), 15.27; 7. White (Montclair), 15.32.

300 INTERMEDIATE HURDLES (Race 1)-1. McElroy (Loyola), 37.99, 2. Brad-shaw (Saugus), 38.06, 3. Fisher (Sherman Oaks Notre Damel, 38.19, 4 Stewart (West Covina), 38.24, 5 Vallery (Haw-thornel), 38.79, 6 Ingram (Hart), 39.72, (Race 2)—1, McKinney (Las Vegas West-ern), 38.74; 2, Kardel (Righetti), 40.29; 3. Schram (Santa Barbara), 40.71

400 RELAY—1. Muir "A", (Limbrick, Ealy, Eryin, Jeffries), 40.93 (meet record, old mark, 41.21, Muir, 1984), 2. Haw-thorne "A", 41.82, 3. San Francisco Galileo, 41.91; 4. Simi Valley, 42.01; 5. Bishop Amat, 42.02; 6. Talt, 42.23; 7. Duarte, 42.42

800 RELAY-1 Muir (Limbrick, Ealy, Jeffries, Ervins), 1:26:36, 2. San Francisco Galileo, 1:28:08, 3. Duarte, 1:28:32, 4.

Dorsey. 1:28-45, 5. Bishop Amat, 1:30-47; 6. Compton, 1:31-18. 1:600 RELAY—1. Hawthorne (Conway, Carroll, Vallery, Hannsh), 3:15-81; 2. Muir. 3:15-89; 3. Duarte, 3:20-27; 4. Arcadia, 3:20-49; 5. Smir Valley, 3:21-08, 6. Santa Ana Valley, 3:22-9. 3:200 RELAY—1. Los Gatos (Baiko, 2) 23-23.

J. ZOU NELEXT — I LOS GATOS IBABIO, HASTINGS, LAFOrce, Wendling), 7, 52, 23, 2, Hawthorne, 7, 55, 88; 3, Bellmont, 7, 56, 01; 4, Rio Mess, 7, 56, 49; 5, Millikan, 7, 56, 74; 6, Arcadia, 8, 02, 39; 7, El Modena, 8, 02, 96; 8, San Diego Mt. Carmel, 8, 06, 0, 9, Sherman, Oaks, Notre Dame, 8:09.4, 10 Valencia, 8:10.2 6,400 RELAY—1 Walnut (M. Hem-

pel, Walker, Polite, S. Hempell, 18:11.3; 2 Fair Oaks Bela Vista, 18:12.9; 3 Paramount, 18:15.8 4 Newbury Park, 18:23.8; 5 Edison, 18:28.5; 6 Covina, 18.29.6, 7 Don Lugo, 18.32.4, 8 Alemany, 18.33.5, 9 Hoover, 18.38.8, 10 Milikan, 18.38.8, 11 Montebello, 18.44.9, 12 San Diego Mt Carmel, 18.47.3, 13 Poway, 18.49.9, 14 Duarte,

SPRINT MEDLEY RELAY—1. Centennial, 3:32:29 (Bother, Briggs, Briggs, Moorel, 3:32.29; 2. LB Poly, 3:32.46; 3. Model, 3:32.29, 2. LB roly, 3:32.40, 3: Smi Valley, 3:37.63, 4. Moreno Valley, 3:39.33, 5. Fontana, 3:46.01. DISTANCE MEDLEY RELAY (Race 1)—1. Villa Park (Soransen, Brase, Sach,

1)—1. Ville Park (Sorensen, Brase, Sach, Meyer), 10:18.73; 2. Rosemead, 10:19.70; 3. Los Galtos, 10:23.56; 4. LA University, 10:24.76; 5. Le Hebre, 10:26.49; 6. Hemet, 10:30.8. (Race 2)—1. San Diego Morse (Senior, Williams, Threat, Cato), 10:32.89; 2. Carpinteria, 10:34.77; 3. Paramount, 10:36.30; 4. Lagune Beach, 10:41.31; 5. Walunt, 10:41.31; 6. Spring Valley Mt. Miguel, 10:47.18. 10:47.18.

SHUTTLE HURDLE RELAY (Race SHUTTLE HURDLE RELAY (Race 1)—1. Loyola (Yusi, Orr. Seley, McElvoy), 61.9, 2. Servite, 64.5, 3. Covina, 65.2. (Race 2)—1. Eisenhower, 64.1, 2. Sharman Oeks Notre Dame, 64.9, 3. Hawthorne, 65.0. (Race 3)—1. LA University (Copeland, Housley, Hall, Bonen), 61.9, 2. Dorsey, 63.3, 3. Blar, 65.5. HIGH JUMP—1. Moore (Millikan), 6-8; 2. Martin (Arcadia), 6-6, 3. Thomas (Ventura), 6-6, 4. Curtis (Eisinore), 6-6; 5. tie among Moran (San Marcos). Dorn (Estancia) and Tilson (Loyola), 6-6.

tie among Moran (San Marcos). Dom. (Estancia) and Tison (Loyola), 6-6. POLE VAULT—1. Williams (Servite), 15-6; 2. Corarubius (LB Jordan), 15-0; 3. Milier (Estancia), 15-0; 4. Brown (San Pasqual), 14-6; 5. Slocum (Foothill), 14-0; 6. Alduenda (Ramona), 14-0; 7. Covington (Los Atamitos), 14-0; 8. Corodniz (Arroyo Grande), 14-0; 9. Pinto (Alemeny), 14-0; 0. Medicae (Efficien), 13-6; 11. Coriodniz 10. Hooten (Edison), 13-6; 11. Covington (Los Alamitos), 13-6 LONG JUMP—1 Dorn (Estancia), 22-94; 2 Posadas (Western), 21-7; 3

22-9½: 2. Posadas (Western), 21-7; 3. Valiety (Hawthorne), 21-7. TRIPLE JUMP—1. Robinson (Covina), 48-2½: 2. Williams (Muir), 47-4½; 3. Spires (San Francisco Galileo), 46-11½; 4. Woods (Hawthorne), 46-5½; 5. Barfield (Lynwood), 45-10½; 6. White (Crespi freshman), 45-9½. SHOTPUT—1. Boggess (Lakaside El Capitan), 59-7; 2. Carter (Edison soph), 57-6; 3. Tunnicht (Arcadai), 55-9; 4. Harris (Clovis), 53-5; 5. Goodrich (Saugus), 53-1, 6. Hooper (Fair Oaks Del Campo), 53-0.

Campol, 53-0. DISCUS—1 Keshmiri (Reno), 203-5 DISCUS—1. Resimin (rent). 203-5 (meet record, old mark, 197-6, K. Richardson, Shafter, 1984). 2. Ane (Sau-gus), 173-1; 3. Boggess (Lakeside El Capttan), 163-6; 4. hooper (Fair Casis Dei Campo), 167-4; 5. Morales (Garden Grove), 165-0; 6. Sheafter (Carpinteria),

400 RELAY (Race 1)-1. Morningside (Dickson, Carr, Glass, Celistring), 42, 24; 2. Diamond Bar, 43.34; 3. Manual Arts, 43.64; 4. Locke, 43.95; [Race 2)—1. Fremont, 42.93; 2. Muir B, 43.13; 3. Carson, 43.18; 4. LB Poly, 43.75; 5. Arcadia, 44.18; 6. Pasadena, 44.34 (Race

Grande (Sanders, O'Farroll, Alello, Santos), 3:23.99, 2 Covina, 3:24.68, 3. Servite, 3:24.69, 4 Arroyo, 3:25.30, 5. Carson, 3:26.13; 6 Fontana, 3:26.40, 7. Carson, 3:26.13; 6 Fontana, 3:26.40; 7. Lompoc, 3:30.03; (Race 2)—1 Locke (Houston, Hart, Morgan, Thompson), 3:19.92; 2 Morningside, 3:20.37; 3; Fremont, 3:22.20; 4. Loyola, 3:23.55; 5. Upland, 3:24.74; 6. Morticlair, 3:25.92; (Race 3)—1. Centennial (Briggs, Briggs, Butler, Alarol, 3:18.14; 2. San Dego Morse, 3:19.17; 2 Dorsey, 3:20.47; 4. Hawthorne, 3:22.98; 5. Eisenhower, 3:23.25; 6. Poway, 3:23.64; SHUTTLE HURDLE RELAY (Race 1)—1. Carson, 64.2; 2. San Diego Mt. Carmel, 64.5; 3 Montebello, 67.4; (Race 2)—1 Estancia (Dorn, McCarthy, Miller, Sherrard), 60.4; 2. Livermore Granade,

21—1 Estancia (Dorn., McCarffly, Miller, Sherrard), 60.4; 2. Livermore Granada, 65.2; 3. Ganesha, 65.3 (HGH JUMP—1 Bonner (Azusa), 6-6; 2. Williams (Orange), 6-4, 3. te between Knight (Upland) and Martinez (Mexico),

POLE VAULT—1 Zaldua (Marshal), 14-0, 2 tie between Rhinhart (SO Notre Dame) and Gibbs (Azusa), 13-6, 4. Bain (Foothill), 13-6, 5. tie between Bain (Foothill) and Haines (Simi Valley), 13-0, 7. Staub (La Canada), 13-0, 8. Gale (San Diego Mt Carmel), 13-0. Ring (Claremont), 21-614, 2. Carpenter (Simi Valley), 21-11/2, 3. Young (Hawrithorne), 20-1114. POLE VAULT-1 Zaldua (Marshall

SHOTPUT — 1. Berry (Elsinore), 53-9; 2. Hastall (Western), 52-71; 3. Kildee (Rio Mesa), 51-614; 4. Geib (Morningside),

DISCUS—1. Daniel (Victor Velley), 155-9; 2. Goodrich (Saugus), 148-7; 3. Kildee (Rio Mesa), 142-5.

#### GIRLS Invitational

3.000—1. Carman Diaz (Mexico), 9:41.6; 2. T. Williams (Mountain View), 9:53.1».3. Scobie (Suagus), 10:07.9; 4. Rizzo (Hart), 10:09.4; 4. Garcia (Mexico), Riczo (Hart), 10:09-4; 4. Garcia (Mexico), 10:10-4; 6. Basore (Pasadena), 10:15-1; 7. Moronez (Azusa), 10:21-7; 8. S. Acosta (Walnut), 10:26-5; 9. Plante (Arroyo Grande), 10:27-4; 10. Goodricht (Palos Verdes), 10:33-6.

800 RELAY—1 Morningside (Bryant, Bradley, Fremen, Moses), 1:44.8; 2. Edison, 1:47 1; 3. Compton, 1:49.9; 4. West Covins, 1:50.6; 5. Pasadens, 1:52.2; Baldwin Park, 1:52.4; 7. Ganesha

6.400 RELAY — 1 Mexico, 20.49.6, 2 Edison, 21.20.4, 3 Palos Verdes, 21.20.8, 4 Fair Oaks Belle Vista, 21.34.9, 5

Thousand Oaks, 21:35.0; 6. Los Gatos, 21:37.4; 7. Esperanza, 21:46.3; 8. Montebello, 22:05.1; 9. Rio Mesa, 22:15.9; 10. Simi Valley, 22:16.6, 10. Graph View), 27:16.6, 10. Graph View), 27:16.6, 10. Graph View), 27:16.6, 1

TRIPLE JUMP—1. Orr (Ocean View), 38-814 (wind 1.9 m.p.s. aiding); 2. Anderson (Spring Valley Mt. Miguel); 38-745w (37-10½ legal best); 3. Rogers (Yucaipa), 37-5w (35-6½); 4. Guest (Troy), 37-4½; 5. Jones (Spring Velley Mt. Carmel), 36-9½; 6. Brinkley (Muir), 36-2½; 7. Salgado (Yucaipa), 35-9½w; 8. Loyd (Spring Valley Mt. Miguel), 35-3w; 9. Ralph (Redondo), 35-3; 10. Turner (Muir), 34-9½; 11. Bradley (Muir), 34-3½w.

Open
400 RELAY (Race 1)—Thousand
0aks, 50.2 (Race 2)—1 Dramond Bar,
50.4; 2 Glendora, 50.6 (RACE 3)—1 LA
University, 50.4; 2 West Torrance, 50.9;
3 Pomona, 51.0 (Race 4)—1 Foothill,
50.0.2 Centennial, 50.0
800 RELAY (Race 1)—1 Manual Arts,
1.48.6; 2 San Marcos, 1.49.3; 3 Simi
Valley, 1.49.5; 4 Blair, 1.50.6 (Race
2)—1 Glendora, 1.48.1; 2 Torrance,
1.48.5; 3 Montclair, 1.48.6; 4 West
Torrance, 1.48.6; 1—1 Foothill,
4.07.1, 2 Millikan, 4.09.9; 3 Ganesha,
4.10.5; 4 La Canada, 4.11.4; 5 San
Marcos, 4.12.5; (Race 2)—1 Torrance,
4.06.6; 2 Morningside, 4.07.7; 3 Centernial, 4.11.5; 4 Fontana, 4.13.9 (Race 4 06.5.2 Morningside, 4 07 7, 3 Centen-nial, 4 11.5, 4 Fontana, 4 13.9 (Race 3)—1. LA University, 4:04.3, 2. El Modena, 4:09.7, 3. West Torrance, 4:10.4; 4 San Anselmo Drake, 4:10.7, 5.

Montebello, 4:12.5 (Race 4)-1. San Diego Mt. Carmel, 4:06.0, 2 Yucaipa, 4:08.6; 3. LB Poly, 4:13.0. SHUTTLE HURDLE RELAYS (Race 1)—1. West Torrance, 1:06.3, 2. SO Notre Dame, 1:10.5; 3. Mt. Carmel, 1:11.2. (Race 2)—1. Livermore Granada, 1:06.7; 2. Upland, 1:09.3; 3. Charter Oak,

#### Involtational

100 (Race 1)—1. Sitles (Hawthorne), 11.7 (1.3 m.p.s. eiding); 2. Thomas (Hawthorne), 11.9; 3. Tinkshelf (Locke), 12.1; 4. Garcia (Mexico), 12.2; 5. Franch (Fontane), 12.3; (Race 2)—1. Pinodes (Spring Valley Mt. Miguel), 12.08; 2. Jiles (Las Vegas Wessem), 12.39; 3. Bratcher (Northview), 12.66.
200 (Race 1)—1. Stilles (Hawthorne), 23.69w (2.75 m.p.s.); 2. Burnham (Rio Mesa freshman), 24.67; 3. Thomas (Hewthorne), 24.99; 4. Tinshelf (Locke), 25.26. (Race 2)—1. Simpson (Dos Pueblos), 25.19w (2.35 m.p.s.); 2. Mills (Regins Caeli), 25.22; 3. Vings (San Marcos), 26.45. 100 (Race 1)-1. Sitles (Hawthorne),

400 (Race 1)-1. Vickers (Pomona) 53.28;2. Bernett (Compton), 53.65;3.6.
Garcia (Mexico), 55.69; 4. R. Garcia (Mexico), 59.12. (Race 2)—1. Hector (Las Vegas Eldorado), 57.78; 2. Johnson (Aprios), 58.96; 3. Bluhm (Thousand Oats), 59.66.

800—1. Arraola (La Mesa Gross-mont), 2:10.0; 2. Kochel (Ventura), 2:15.0; 3. Hartins (La Ouinta), 2:17.3; 4. Smith (Upland), 2:18.6; 5. Vanderburg (Walnut), 2:20.0; 6. Barcelona (Arroyo Grande), 2:20.2; 7. T. Williams (Mountain

View soph), 2:20.4. 1,500—1. Chapel (San Diego University City), 4:28.96; 2. Carmen Diaz

continued on next page...

#### SoCal Diary, continued from page 15:

toward the affected schools. Most people who are on top of the prep scene in SoCal are aware of this situation, thus it is for the benefit of those readers outside the area that I make the comments.

The State Commission on Community Colleges has come up with a new rule on recruiting, or at least a new version of an old rule which requires prospective athletes who live outside the school's district boundaries to make first contact with the coach before being recruited. You'll have to excuse me while I laugh about this one. I just can't picture top recruiters like Ron Allice, Doug Wells, and Skip Robinson sitting around their desks waiting for the phone to ring. A coach would have about as much

chance of an athlete calling him first as a guy would have of a girl calling him up for a

Even though some CCs could recruit a full team from within their own school boundaries, most top coaches wouldn't be satisfied with the quality and would go outside for the prime beef. In conclusion, this rule is contrary to human nature and is destined to become one of the most abused statutes since prohibition.

(Marco), 4:30.74; 3. T. Williams Mountain View), 4:33.72; 4. Toms (Las Veges Valley), 4:35.68; 5. Goodwin (Tucson Palo Verde), 4:37.86; 6. Marie Munoz (Massicol, 4:39.97

col, 4:39.97
100 LDW HURDLES (Race 1)—1. Vickers (Pormona), 13.56 (wind 1.5 m.p.s. aiding), 2. McBride (LB Poly), 14.08; 3. Pascock (Van Nuya), 14.19; 4. Johnson (Aptos), 14.26; 5. Simmons (El Monta), 14.34; 6. Leach (Thousand Oeks), 14.51; 7. Kuehnis (Los Gatos), 14.83; 8. Edmonds (Hawrthorne), 14.83 (Race 2)—1. White Hawrthorne), 14.86 (wind Oi; 2. Vitz (Barverly Hills.), 14.81; 3. Edwards (South Pasadene), 14.82; 4. Devenport (Locke freshman), 14.83; 5. Simpson (Dos Pueblos), 14.88; 6. Mozingo (Hawrthorne) freshman), 15.69.
300 LOW HURDLES (Fisce 1)—1.

freshman), 15.69.
300 LOW HURDLES filace 1)—1.
Vickers (Pomonal, 42.82; 2. White (Hawthorne), 44.45; 3. Edwards (South Pasadena), 45.06; 4. John (LB Wilson), 45.06; 5. Edmonds (Hewthorne), 45.52; 6. Spear (Manual Arta), 45.95; (Race 2)—1. Braggs (Fresho Roosevett), 44.98; 2. Vanderburg (Manual Arta), 45.96; 3. Wanderburg (Manual Arta), 45.96; 3. Wanderburg (Walnut), 45.08, 3. Ainsworth (Fremont)

(Walnurt), 45.08; 3. Ainsworth (Fremont), 45.39
400 RELAY—1. Hawthorne (Thomas, Wheeler, Arny, Shies), 46.21; 2. LB Poly, 49.08; 3. Locke, 49.80; 4. Mesico, 50.25. 800 RELAY—1. Hawthorne (White, Stiles, Arny, Thomas), 1.37.8; 2. LB Poly, 1.44; 1; 3. Thousand Oaks, 1.45.3; 4. Upland, 1.45.9; 5. Muir, 1.46.4.
1.600 RELAY—1. Mesico (Rohen, Garcia), Coper, G. Garcia), 3.50.20, 2. Compton, 3.51.2273. Muir, 4.04.54; 4. LB Wilson, 4.10.87.
3.700—1. Hawthorne (Stovall, Poole, Mozingo, Ross), 9.36.5; 2. Edison, 9.38.9; 3. Simi, Valley, 9.43.7; 4. Glandora, 9.50.7; 5. Mater Dei, 9.54.1; 6. Montebello, 9.55.7; 7. El Modeina, 9.55.8; 8. Upland, 9.57.7; 9. Los Gattos, 9.58.8.
DISTANCE MEDLEY RELAY—1. Newbury Park (L. Nesbritt, Week, A. Nesbritt, Sutton), 12:03.80; 2. Fair Oaks Bella Vista, 12:15.51; 3. Oosen View, 12:26.51; 4. Howthorne, 12:27.07; 5. Bell-Jett, 12:37.77; 6. San Anselmo Drake, 12:44.12; 7. Montebello, 12:45.25.
SHUTTLE HURDLE RELAY (Race)

12 45.25.
SHUTTLE HURDLE RELAY (Race 1)—1. Hawthorne (Mozingo, Henry, White, Edmonds), 61.8, 2. Thousand Oaks, 63.5, 3. Livermore Granada, 66.5; 4. Edison, 67.8 (Race 2)—1. Wast Covins, 71.0, 2. Simi Valley, 71.8

HIGH JUMP—1. Carrasco (Anaheim), 5-10, 2. McBride (LB Poly), 5-10, 3. Orr (Ocean View), 5-8, 4. Lovely (Kennedy), 5-4, 5. Bringard (Santa Ynez), 5-4, 6. Mitchell (Cerritos), 5-2, 7. Flynn (Bell-Jeff), 5-2, 8. Mitchell (Arroyo Grande).

LONG JUMP-1 Mitchell (Diamond Bar), 18 7¼ (meet record, old mark, 18-3¼, Mariene Harmon, Thousand Oaks, 1979), 2 Jiles (Las Vegas Western), 18-24, 3 Jensen (Los Gatos), 17-104; 4 Edwards (South Pasadena), 17-6½

Invitational
SIGLEUT- 1 Crawford (San Diago
Southwest), 42-11, 2 Gait (Rowland),
42-3, 3 Ili (Nexpaire), 41-3, 4 Laveti (El
Modera), 417, 5 Jones (LB Poly), 39-2,
6 Flux (Les Gatos), 39-1
DISCUS - 1 Parter (Remona), 151-0,
16 (Nogales), 147-0, 3 Crawford (San
Diago Starthwest), 143-1, 4 Cail (Pow-land), 157-5, 5 McMuttry (Freson Rosso-vott, 136-6, 6 to call (El Modera), 126-0, 7
Miscan, (Arroy), Grande), 125-0, 8
Shootfur (Carpinteria), 112-2

#### Open

Open
1,600 RELAY (Race 1) 1 Los Gatte
Ulensin, Rúzz, Rextord, Kuehnius)
3 t4 66, 2 Edison, 3 57 6, 3 Arroyc
Gravide, 4 02 94 (Race 2) – 1 Locke,
4 04 02, 2 South Pasadene, 4 08 09, 3
Rowland, 4 08 46, 4 Simi Valley, 4 09 79
LONG JUMP – 1 Joseph (Eriwanda),
17 8W, 2 Salery (Fresion), 17-614, 3
Chandler (Foothill), 15-1114

### Irvine Inv.

April 26, Irvine HS BOYS

BOYS

200—1. Stevens (Mission Viejo),
21.99; 2. Jennings (Marina), 22.24; 3.
Williams (LB Jodan), 22.37; 4. Brooks (Woodbridge), 22.51; 400—1. Thurmond (Saddieback) 49.84; 2. Arey (fountain Valley), 50.25; 3. Williams (LB Jordan), 50.77; 4. Jennings (Irvine), 51.0.

600—Hauptmeyer (Esperanza), 1.56; 24; 1,500—1. Olson (Irvine), 4.01; 23; 2. Hirschman (Torrance), 4.03; 37; 3. Lawson (Dana Hills), 4:04; 48; 4. Omen (Capistrano Valley), 4:07; 82; 3.000—1. Capioraso (Torrance), 8:46; 31; 2. Brown (Newport Harbor), 8:48; 20; 3.

3,000—1, Caporaso (Torranca), 846 31;
2. Brown (Newport Harbor), 8,48.20, 3.
McFadden (El Toro), 8,49.60, 4. Linrud (Mission Viejo), 8,52.09.
110 HH—McGee (Dana Hills), 15.01.
300 IH—1, McGee (Dana Hills), 39.11; 2.
Jennings (Marina), 39,45; 3. Thieroff (El Toro), 39,75; 4. Jenkins (Capistrano Valley), 40,25,400 RELAY—1, Marina, 43,21; 2. LB Jordan, 43,74; 3. Irvine, 44,12; 4. Capistrano Valley, 44,22; 5. Esperanza, 44.39

1,600 RELAY —1 Irvine, 3.24.69, 2. Esperanza, 3.25.25, 3. Mission Viejo, 3.27.35, 4. Dana Hills, 3.28.82, 5. Totrance, 3.31.25.PV—1. Maguia (Marina), 14-0, 2. Clemons (Dana Hills), 13-6; 3. nal, 14-0. 2 Clemons (Dana Hills), 13-6; 3 Fisher (Newport Harbor), 13-0. 4 Huerta (Saddlehack), 13-0. 5 Casteneda (LB Jordan), 13-0, 6 Sherman (Irvine Universi-ty), 13-0 TJ—1 Crayon (LB Jordan), 44-8½; 2 Vonas (Dana Hills), 44-1 SP—1 Bard (Dana Hills), 53-8½; 2 Gerardi (Irvine), 51-314-2, 3 Spoleton (Dana Hills), 51-3-4

(Dana Hills), 53-59; 2 Gerardi (Irvine), 51-314, 3 Singleton (Dana Hills), 51-2; 4 Brown (Mission Viejo), 50-214 D7—1 Shank (Irvine), 161-8; 2 Brown (Mission Viejo), 157-1, 3 Rebeck (Capistrano Valley), 151-5, 4 Achmore (Katella), 151-2, 5 Webster (Founation Valley), 150-6, 6 Vogel (Costa Mesa), 148-5

200-Huschka (Torrance), 26.06 400-Smith (Woodbridge), 58.23 800-1 Smith (Woodbridge), 2.14.20, 2 Nance (Capistrano Valley), 2.17.85, 3 Lewis (Dana Hills), 2.21.75, 4 Ousker (Norco), 2.22.33; 5 Stroope (Wood-bridge), 2.23.35; 6 O'Brien (El Toro), 2.23.54

1,500—1 Lewis (Dana Hills), 4,55,02, 2 Castro (Ontario), 5,03,18,3 Anderson (Newport Harbor), 5,05,05,3,000—1, Hensori (Newport Harbor), 10,35,85,2 Pettii (San Marino), 10,44,45,3 Resriv (Newport Harbor), 10 48 15, 4 Schuster (Irvine), 10 55 15

100 LH—1 Ortega (Irvine), 14 99, 2 Holland (Saddleback), 15.0 300 LH—1 Buchanan (Fountain Valley), 46.59, 2 Attlosley (Newport Harbor), 46.84, 3 Rish (Maina) 47 10. 4 Walker (Dana Hills), 47 12. 5 Anhart (Capistrano Valley).

400 RELAY-1 Irvine, 50.72, 2 Mission Viejo, 50.98 1,600 RELAY-1 Dane Hills, 4.03.77; 2 Woodbridge, 4.09.90

TJ-1 Wright (Esperanza), 36 6, 2 TJ—1 Wright (Esperanza) 36.6; 2 Kullow (Capistrano Valley), 36.4; 3. Hutchinson (Mission Viejo), 34-11½; 4. Buchanan (Fountain Valley), 34.11, 5. Holland (Sadrieback), 34-7.5. P.-Feeske (Norco), 36.9 ET—1 Wood (Sadrileback), 130-6; 2. Melton (Katellal, 116-10, 3. Kocher (Irvnic), 116-0, 4. Ortoga (Irvnic), 116-0, 5. Feeske (Norco), 110-0.

### Claremont Girls Inv.

#### May 3, Pomona-Pitzer:

ay 3, Pomona-Pitzer.

100—1 Johnson (St. Anthony).
12 51: 2. Butler (Muir). 12 64: 3.
Campbell linglewood). 12 73: 200—1.
West (La Muss Grossmont). 25: 25: 2.
Thompsen (Cajon). 26: 22: 2. Campbell (Inglewood). 26: 38: 4. Parker (Glendora).
26: 41: 5. Topps (Crenshaw). 26: 45: 4. 00—1. Palmer. (Wastchaster).
57: 18: 2. Jones (Muir). 58: 89: 3. Escoffey.
Claimmont). 59: 04: 4. Smith (Crenshaw).
59: 29: 5. Sauthard. (Gahr). 59: 43: 6.
Thompsen (Cajon). 59: 65: 7. Savoy (LM.

Grossmont), 59.6 (hand time), 800-1. Ritchot (Edison), 2:15:16; 2. Palmer (Westchester), 2:15:50; 3. Sansom (Glendora soph), 2:19.68

(Westchester), 2:15-50; 3. Sansom (Glendora soph), 2:19-68
1,500—1. Arreola (LM Grossmont), 4:28-27; 2. Lewis (Buena), 4:47-50; 3. Dietz (Buena), 5:02-66; 4. Denaldson (Glendora), 5:04-66; 4. Denaldson (Glendora), 5:04-240; 2. Rigney (Cejon), 10:52-12; 100-HH—1. Johnson (Gahr), 15:10; 2. Copeland (LM Grossmont), 15:16; 3. Rogers (Muir), 15:27; 4. Campbell (Inglewood), 15:78-40-LH—1. Ice (Cejon), 64:27; 2. Johnson (Gahr), 66:95; 3. Tisserat (CC Canyon), 67:34; 4. Bell (Crenshaw), 67:83
400 RELAY—1. Muir, 49:34; 2. Crenshaw, 49:44; 3. Cajon, 49:82; 4. LM Grossmont, 50:03; 5. Gahr, 50:69:1,600 RELAY—1. Muir, 40:3-94; 2. Grossmont, 40:49:33; 3. Glendora, 4:06:52; 4. South Pasadena, 4:10:63; 7. Gahr, 4:11:76; 8. Claremont, 4:12:89; 3:200 RELAY—1. Simi Valley, 9:43:75; 2. La Quinta, 9:57-96; 3. Buena, 10:09:20. BOO MEDLEY RELAY—1. Westchester, 150:35; 2. Gahr, 15:2.63; 4. Muir, 15:2.80; 5. Crenshaw, 1:53:67; 6. LM Grossmont, 153:65. DISTANCE MEDLEY RELAY—1. Westchester, 150:35; 2. Gahr, 15:2.54; 3. Buena, 15:2.63; 4. Muir, 15:2.80; 5. Crenshaw, 15:3.17; 6. LM Grossmont, 153:85. DISTANCE MEDLEY RELAY—1. La Quinta, 13:14:32; 2. Buena, 13:17:76; 3. Escondido, 13:18:87; 4. Buena B. 13:23:38; SHUTTLE LOW HURDLE RE-LAY—1. Crenshaw, 64:79; 2. Gahr, 65:61; 3. Claremont, 66:14
HJ—1. Miller (Crenshaw), 5:34; 2. Damon (Redlands), 5:34; 3. Wojcie-

65 61; 3. Claremont, 68:14

HJ—1. Miller (Crenshaw), 5:3¾, 2

Damon (Redlands), 5:3¾, 3. Wojciechowski (CC Canyon), 5:3¾, LJ—Henlon
(Lynwood), 18:8¾, TJ—1 Henlon (Lywrod), 37:8, 2. Brinkley (Muir), 36:7, 3.

Jones (Claremont), 35:10½, 4. Damon
(Redlands), 35:1, 5. Spears (Cajon),
35:0½, 6. Bradley (Muir), 34:2½,

35-0W, 6. Bradley (Muir.) 34-2W.
SP-1. Longwell (LM Grossmont).
39-11½; 2. Ili (Nogales), 39-9W; 3. Brown (Bonita), 38-8W, 4. Sims (Brawley), 38-6W, 5. Miller (Crenshaw), 36-6W, DT-1. Ili (Nogales), 146-8; 2. Longwell (LM Grossmont), 120-2.
PENTATHLON-1. Ice (Cajon), 3, 183; 2. Miller (Crenshaw), 3,042; 3. Damon (Redlands), 2,766. EVENT LEADERS, 100.
HIH- Read (I) ynwyod), 16,78 SP- Miller.

Hill—Red (Lynwood), 16-78-SP—Miller, 34-4. HJ—Miller, 5-6½; Damon, 5-5½ LJ—Ice, 17-6½; 800—Ice, 2:24-5 TEAM SCORES—I, Crenshaw, 78: 2 La Mesa Grossmont, 63: 3 Cajon, 61: 4

Muir, 55; 5, Buena, 48

### Simi Valley Invitational

May 2, Simi Valley HS:

Boys

Boys

100—1 Carnes (Simi Valley), 11 06w, 2 Williams (Palmdale), 11 14; 3 Haedt (Simi Valley), 11 18 MILE—Zimmer (SV), 4:29 27; 120Hrl. (Ilr.) — Kieling, (Crespi), 15.45w; 2 Ring (Claremont), 15:69; 3 Bener (Thousand Class), 15:73; 4 Beher (Palmdale), 15:73; (Open)—Kennedy (Servite), 15:01% 880 RELAY—Simi Valley, 1:32:76 MILE RELAY—Thousand Oaks, 8:22:74 SPRINT MEDLEY RELAY—1 Simi Valley, 3:40:57; 2 Royal, 3:42:64

Girls

100—Smith (Quartz Hill), 1192w
1WO-MILE—Hossbach (Ventura),
12:21.18 100 LH. Rosemand (Ventura),
15-47w 400 RFLAY—Smit Valley, 52-41
690 RELAY—Smit Valley, 153-41 MILE
RELAY—Ventura, 1-56-61 DISTANCE
MEDIEY RELAY—Smit Valley, 13-22-06
SHUTTLE LOVY HURDLE RELAY—
Thousand Qaks, 102-62 HJ—Lapadaks
(Ventura), 5-0 LI—Smith (Quartz Hill)

20-10w (Smith's series—18-11½, 18-2, 17-7, 19-10¼, 20-5, 20-10), TJ—1 Spann (Palmdsle), 35-6¼, 2. Rosemond (Ventura), 35-1. SP—1. Whelchel (Agoura), 40-7½, 2. Roseborough (SV), 36-8, 3. Cooper (SV), 36-0.



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### **Outdoor Track & Field**

### Women's Meet

April 18, at USC:

100-1. Peterson (Nevada Las Vegas), 11.66 (wind 1.4 m.p.s. aiding), 2 Simmons (USC), 11.75; 3 Mayberry (USC), 11.78

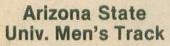
200—1 Maxie (USC), 24.09; 2 Belle (Puma), 24.19; 3. Green (Nevada Las

(Pumal, 24 19; 3. Green (Nevada Las Vegas), 24 39. 400—1. McCraw (USCI, 53.0 (school record, old mark, 53.1, McCraw, 1986); 2. Cabell (USC), 53.2; 3. Turner (unat. Beverly Hills HS), 54.9; 4. Stewart (UC Santa Barbara), 55.8; 800—1. Hull (Nevada Las Vegas), 2:05.1; 2. Colebrook (Puma), 2:05.5; 4. Mosqueda (East LA Collage), 2:05.5; 4. Mosqueda (East LA Collage), 2:05.5; 4. Mosqueda (East LC), 2:05.6; 5. Noll yove (Los Angeles TC), 2:05.6; 5. Noll

Mosquede (East LA College), 2:05.5; 4 M Joyce (Los Angeles TC), 2:05.6; 5 Noll (USC), 2:08.2; 6 Hopper (Puma), 2:09.9; 7. Hensel (Nevada Las Vegas), 2:10.2 3:000—1. Relston (unat), 9:44.4; 2. Stoney (Los Angeles TC), 9:52.0; 3. Torrez (UC Santa Barbara), 9:59.4 100 HURDLES (Race 1)—1. Devries

(BYU), 13 74 (wind 1.8 m.p.s. aiding), 2. Jackson (Nevada Las Vegas), 13.78, 3. Brown (USC), 13.94; 4. Hernilton (LA Mercurettes), 14.05. (Race 2)—1. Wilson

Mercurettes), 14.05. (Race 2)— 1. Wilson (USC), 14.04. (wind 1.8 m.p.s. aiding), 2. Bates (USC), 14.18. m.p.s. aiding), 2. Bates (USC), 14.18. m.p.s. aiding), 2. Brown (USC), 5-8. LJ—1 lnniss (unat), 20-334; 2. Brown (USC), 20-334; 3. Bates (USC), 20-334; TJ—Brown (USC), 39-14. SP—1. Pagel (Mazda), 58-10/4, 2. Clements (USC), 54-4. DT—1. Pagel (Mazda), 183-6, 2. Paris (USC), 161-3, 3. Hollinosswith (unat), 154-1. Hollingsworth (unat), 154-1



April 19. Sun Angel Stadium, AZ.

Hammer: 1. David Reyer, ASU, 203-10, 2. Terry Payne, ASU, 194-3, 3. Jeff Kramer,

Discus: 1. Terry Payne, ASU, 164-7, 2. Pete Corkery, NAU, 163-6, 3. Mark Walczak, UA, 161-61/2.

4 x 100m Relay: 1. ASU 39.57, 2. NAU 40.16, 3. UA 40.19. Pole Vault: 1. Matt Kandall, NAU, 15-6,

Bob Milsap, UA, 15-2, 3. Carl Porambo. AU. 14-6

Long Jump: 1. Greg Foster, NAU, 24-10. 2. Sam Bryant, ASU, 24-7, 3. Rick Burns, NAU, 23-4-4.

Shot Put: 1. Jim Camp, ASU, 64-2, 2 Dan Moran, NAU, 50-0, 3. Pete Corkery, NAU, 47-7.

3000m SC: 1. Mark Souza, NAU, 8:44.98,

 James Maxwell, UA, 8:54.75, 3. Aaron Ramirez, UA, 9:05.99.
 1500m: 1. Treg Scott, ASU, 3:45.46, 2. Matt Giusto, UA, 3:46.27, 3. Jeff Cannada,

UA, 3:51.06. 110m HH: 1. Andrew Parker, ASU, 13.81.

2. Frank Barnett, UA, 14.09, 3. Mark Boyd, ASU, 14.11. 400m: 1. Mark Senior, ASU, 45.59, 2

Chip Rish, ASU, 46.22, 3. Duane Hall, NAU, 47.00.

100m: 1. Kenny Robinson, ASU, 10.37, Tony Monroe, NAU, 10.48, 3. Rey Brown, UA, 10.64.



Matt Giusto, former California prep star, now running for Univ. of Arizona.

High Jump: 1. Maurice Crumby, UA, 7-4. Jim Show, NAU, 6-11, 3. Phil Adams,

200m: 1. Kenny Robinson, ASU, 21.07, Andrew Parker, ASU, 21.17, 3. Mark Senior, ASU, 21.18.

800m: 1. Doug Herron, UA, 1:48.82, 2 Rodrick Clarke, UA, 1:50.15, 3. Kris Norton, UA, 1:50.84.

400m Hurdles: 1. Mark Boyd, ASU, 50.91, 2. Peter Daniel, NAU, 52.61, 3. John Byrne, UA, 52.69.

Javelin: 1. Craig Gelfound, UA, 205-21/4, Sammy Bryant, ASU, 198-8, 3. Barry Smith, ASU, 182-3.

Triple Jump: 1. Dave Barlia, ASU, 51-114, 2. Mark Triplett, UA, 50-71/2, 3. Greg Foster, NAU, 49-13/4.

5000m: 1. Steve Preston, ASU, 14:14.07, 2. Dan Fisher, ASU, 14:16.44, 3. Matt Giusto, UA, 14:23.02.

4 x 400m Relay: 1. ASU, 3:09.99, 2. NAU, 3:15.00, 3. UA, 3:15.55.

Team Scores: ASU 99, UA 64 ASU 95, NAU 55 UA 77. NAU 76

### Lady Bronco Track Classic

10,000: 1. Linda Van Housen, ND 42:16.1, 2. Amy Anderson, AP, 44:18.2, 3. Lorena Ferreira, ND, 46:28.3, 400m Relay: 1. Cal Poly Pomona, 48.9.

2. University of Redlands, 52.0, 3. Whit-

5000m (Inv.): 1. Caitlin Sullivan, ND, 18:45.08. 2. Judy Mazowiecki, CSF, 19:35.26, 3. Joanie Eiller, CPP, 19:59.42. Shot Put (Open): 1. Jackle Hentges, Whittier, 37-8½, 2. Dorthy Bright, Clare-mont, 35-2, 3. Gina Becec, Unat., 34-1.

Long Jump (Open): 1. Gail Kato, CSLB, 16-41/2, 2. Gayle Deisinger, CPP, 16-1, 3. Lisa Mirales, ELAC, 16-01/2. 1500 (Open) (Heat 1): 1. Michelle McGin-

CSB, 4:56.32, 2. Rosa Medina, CSB, 5:00.62, 3. Liz Franz, Whittier, 5:05.88. (Heat 2) 1. Annette Weber, SMTC, 4:39.52, Lori Zackula, CL, 4:50.83, 3. Lori Ketchum, ND, 5:02.23.

1500 (Inv.): 1. Joann Howard, CPP. 4:25.45, 2. Andrea Ward, SMTC, 4:30.58, 3. Kathy Kanes, Unat., 4:33.31.

100m Hurdles (Open): 1. Shan Kern, CSB, 14.53, 2. Pam Fortner, CPP, 14.90, 3. Ladonna Moore, CSB, 14.9.

100m Hurdles (inv.): 1. Gayle Watkins, SC Chee. 13.71, 2. Susan DeVries, BYU, 13.79, 3. Shirley Walker, PumaTC, 14.11.

400m (Open): 1. Denise Gonzales, Unat., 1:00.46, 2. Sharon Myerly, CSF, 1:01.78, 3. Carrie Pittman, CSB, 1:02.85.

400m (Inv.): 1. Airat Bakare, AP, 52.84, 2. Sharon Dabney, Unat., 54.52, 3. Roberta Bell, Unat., 55.26.

Javelin (Open): 1. Lisa Stephens, CSF, 126-3, 2. Terry Watkins, Unat., 119-111/2, 3.

Jackie Hentges, Whit., 113-9. 100m (Open): 1. Veronica Bell, SC Chee., 12.15, 2. Gina Bradford, BYU, 12.29, 3. Judi Hare, BYU, 12.36.

100m (Inv.): 1. Evelyn Ashford, Mazda TC, 11.08, 2. Jennifer Inniss, Unat., 11.53, 3. Zelda Johnson, SC Chee., 11.75.

800m (Open): 1. Swee-Lee Chee, CPP, 2:18.94, 2. Kim Dipsinier, CSF, 2:20.22, 3. Tina Stough, CstAth, 2:20.26.

800 (Inv.): 1. Ruth Wysocki, Brooks TC, 2:07.06, 2. Karen Farley, CPP, 2:13.80, 3. Lupe Rodriguez, ELAC, 2:18.83.

Shot Put (Inv.): 1. Sara Ballenger, BYU, 47-834, 2. Linda Burt, BYU, 45-41/2, 3.

Cassandra Dumas, Redlands, 44-734, Long Jump: 1. Veronica /Bell, SC Cheet., 20-01/2, 2. Maureen Wiley, Cst Ath, 18-101/2, 3. Debbie Clark, SC Cheet., 17-9.

400m Hurdles (Open): 1. Normi Wheeler, BYU, 1:06.51, 2. Tracey Locke, CPP, 1:06.93, 3. Ladonna Moore, CSB, 1:08.23

400m Hurdles (inv.): 1. Laura Zaugg, Unat., 1:03.69, 2. Pam Fortner, CPP, 1:04.13, 3. Cheryl Mock, Redlands, 1:05.15.

200m (Open): 1. Stephanie Peery, BYU, 25.24, 2. Lori Richardson, BYU, 25.46, 3. Gina Bradford, BYU, 25.62.

200m (inv.): 1. Angela Bridgeman, BYU, 23.75, 2. Zelda Johnson, SC Cheet., 23.98, 3. Roberta Bell, Puma TC, 24.28.

3000m (Inv.): 1. Lisa Gonzalez, Unat., 10:02:08, 2. Kim Difilippo, CPP, 10:00:22, 3. Liane Kivela, Claremont, 10:10:26.

Mile Relay (Inv.): 1. Azusa Pacific, 4:02.63, 2. Cal Poly Pomona, 4:07.95, 3.

Cal State Bakersfield, 4:11.20.

Javelin (Inv.): 1. Karin Bergdahl, BYU, 60:68, 2. Jackie Nelson, CPP, 47:08, 3. Casey Payne, AP, 44.05.

Triple Jump (Inv.): 1. Rhondolyn Mc-Cloney, CSULB, 35-3, 2. Judy Hare, BYU, 35-114, 3. Cindy Johnson, CSF, 34-21/4

High Jump (Inv.): 1, Lori Clark, CstAth, 1.78, 2, Julie Duerden, BYU, 1.73, 3, Anne Hansen, BYU, 1.68.

High Jump (Open): 1. Julie Duerden, BYU, 1.73, 2. Anne Hansen, BYU, 1.68, 3. Kimber Reed, Unat., 1.58

Discus (Inv.): 1. Bonnie Dasse, CstAth. 53.14, 2. Francine Kaylor, Unat., 48.97, 3. Sara Ballenger, BYU, 46.93.
Discus (Open): 1. Cassandra Dumas,

Redlands, 118-814, 2. Gina Becec, Unat., 116-814, 3. Maria Leavens, CSB, 116-1.

Heptathion: 1. Janet Nicolis, CPP. 5766, 2. Debra Larsen, CPP, 5486, 3. Sharon Hatfield, USC, 5410.

### **CCAA Meet**

April 19. Northridge. Men's Results

100m: 1. Gary Jackson, N, 11.05, 2. Kevin Jones, CPP, 11.09, 3. Gardner, SLO, 11.39.

200m: 1. Keith Copeland, N, 21.82, 2. Gary Jackson, N, 22.19, 3. Charles Wilson, CPP, 22.1.

400m: 1. Keith Copeland, N, 48.20, 2. Vaughan Kasdor, N, 49.20, 3. Kurt Loeprich, SLO, 50.02. 800m: 1. Ken Joerger, N, 1:54.6, 2.

Richard Clark, SLO, 1:55.4, 3. Brad Clary, CPP, 1:56.7. 1500m: 1. Ed Toro, CPP, 3:57.00, 2.

Brock Vaughn, CPP, 3:57.61, 3. Jon Kelly, CPP, 3:58.40.

110m HH: 1. Jim Faley, N. 16.03, 2. Allen Glover, SLO, 16.30, 3. Dean Singer, N. 16.40.

400m Hurdles: 1. Robert Shiroma, N. 55.60, 2. Dean Singer, N. 55.97, 3. Jim Faley, N, 58.32.

400m Relay: 1. Northridge, 41.42, 2. CPP, 42.01, 3. SLO, 43.63. 1600m Relay: 1. Northridge, 3:17.99, 2. SLO, 3:24.84, 3. CPP, 3:34.65.

3000m Steeplechase: 1. Dane Costley, N, 9:57.51, 2. Lawrence, SLO, 10:08.78, 3. Higginbotham, 10:17.2.

5000m: 1. Craig Godwin, SLO, 15:34.00, 2. Brian Porter, SLO, 15:37.55, 3. Shawn Ayers, SLO, 15:50.00.

High Jump: 1. Anthony Mudy, SLO, 6-8, 2. Tim Koning, CPP, 6-6, 3. Bill Freeborn, SLO, 6-6.

Javelin: 1. Brant Warren, SLO, 191-10, 2. Chris Kostka, CPP, 168-6, 3. Kurt Loeprich, SLO, 161-2.

Triple Jump: 1. Bill Freeborn, SLO, 48-11, 2. Anthony Mufy, SLO, 43-2.

Discus: 1. Brant Warren, SLO, 139-4, 2. Bubba Bentley, SLO, 138-6, 3. Allen Aubachon, SLO, 133-8.

Long Jump: 1. Bill Freeborn, SLO, 23-214, 2. Craig Brown, CPP, 22-2, 3. Gary

Jackson, N. 21-01/2.

Shot Put: 1. B. Bentley, SLO, 47-31/4, 2.
A. Aubuchon, SLO, 48-2, 3. Needham, CPP, 45-01/4

Pole Vault: 1. Shane Tillotson, SLO, 15-0, 2. Hans Florine, SLO, 14-6, 3. Todd Cramer, SLO, 14-6.

Hammer: 1. Jell Needham, CPP, 158-5, 2. Allen Aubachon, SLO, 147-4, 3. Bubba Bentley, SLO, 148-1. Score:

1. SLO, 92, 2. CSUN, 64, 3 CPP, 45, 4. UCR, 1.

Women's Results

100m: 1. Julie Middleton, N, 12.89, 2 Lynette Farnum, SLO, 12.75, 3. Lon Costello, N. 12.79. 200m: 1. Monica Ostertag, N. 26.38, 2.

Karen Dowell, SLO, 26.40, 3. Anno Cano, N. 26.60 400m: 1. Shella Murray, N, 57.45, 2 An-

na Cano, N. 59.99, 3. Monica Osterleg, N.

800m: 1. Jill Ellingson, SLO, 2:10.85, 2. Jenny Strachura, N, 2:12.63, J. Karen Dowell, SLO, 2:15.20.

1500m: 1. Kim Sterton, N, 4:34.71, 2. Peg Millican, SLO, 4:34.80, 3. Leslie Pratt, N. 4:35.00.

100m H: 1. Lori Costello, N, 15.52, 2. Kim Turner, N. 15.7, 3 Karen Kraener, SLO. 16 64

400m H: 1. Kim Tirner, N, 1:04.05 2. Carolyn Giovanda, SLO, 1:06.46, 3. feth Sullivan, N. 1:07.60.

400m Relay: 1. Northridge "A", 47.65, 2. Northridge "B", 49.58, 3. SLO, 50.41. 1600m Relay: 1. Northridge "A", 3:57.10, 2. Northridge "B" 3:57.64, 3. SLO

"A" 4:03.28. 3000m: 1. Lesley White, SLO, 9:47.9, 2. Nena Manriqauez, N, 9:51.7, 3. Alez

Aguirre, N, 10:02.6. 5000m: 1. Tammy McCarty, N, 17:41.1, 2. Heather Brookes, N, 17:49.2, 3. Katle

Dunsmur, SLO, 17:51.7. High Jump: 1. Karen Kraemer, SLO, 5-834, 2. Rachael Bray, SLO, 5-6, 3. Beth Sullivan, N. 4-8.

Javelin: 1. Karen Kraemer, SLO, 108-2, 2. Beth Sullivan, N, 105-2, 3. Kathy Kahn, SLO. 104-3.

Triple Jump: 1. Lori Costello, N, 40-51/4, 2. Terri Davidson, N, 40-21/4, 3. Danielle

Sharkey, SLO, 38-2, Discus: 1. Kathy Kahn, SLO, 143-9, 2. Emily Ethington, SLO, 119-8, 3. Julie Hoots, SLO, 114-7.

Long Jump: 1. Lori Costello, N, 18-111/4, 2. Penny Franklin, N. 18-51/2, 3. Danielle Sharkey, SLO, 17-4.

Shot Put: 1. Not Available, UCR, 42-11/2, 2. Julie Hoots, SLO, 37-634, 3. Roberta Prater, N. 35-13/4.

### Multi-Team Meet

April 19, at Albuquerque:

Men

Men

200 (combinned races)—1. Okon
(New Mexico), 20.5.5 Freeman (CSLA),
21.09w. 400—Jones (Texas Tech),
46.05.2 Jackson (CSLA), 47.54. 800—
Williams (Abilerie Christian), 1.48.55.3
Briglia (CSLA), 1.51.3 (.000—Keith
(New Mexico), 3.46.70.2 Young (CSLA),
3.50.76.10.HH—1. Pugh (TT), 13.86.3
Sims (CSLA), 14.49. 400.HH—Pugh (TT),
52.55.3 Sims (CSLA), 53.22.400
RELAY—1. Texas Tech, 40.0, 2. CS. Los
Angeles, 41.10. 1,600 RELAY—CS. Los
Angeles, 31.5.51.HJ—1te between Jones
(CSLA), and Taylor (Abilene Christian),
6-11.PV—1. Thaxton (Abilene Christian),
6-11.PV—1. Thaxton (Abilene Christian),
6-11.PV—1. Thaxton (Abilene Christian),
6-11.PV—1. Toxon (CSLA), 23-5½, TJ—
Oporski (CSLA), 52-2. SP—1. Crawford
(NM), 58.0½, 2. Boldon (CSLA), 54-11½,
T. Tatum (CSLA), 202-3. TEAM
SCORES—1. CS. Los Angeles, 57: 2. New
Mexico 54, 3 Texas Tech, 48, 4. Abilene
Christiah, 33.

### **Bruce Jenner** Classic

April 19, at San Jose City College: MEN

100 - Kenny Henderson, BYU, 10.35. 2, lie, Harvie Milner, San Diego TC, and Marty Krulee, Adidas, 10.45. 200 — Marty Krulee, Adidas, 20.55

200 — Marty Krulee, Adidas, 20.55 (wind-aided). 2, Kenny Henderson, BV. 20.66. 3, Nike Dexter, Southern Cal, 20.67. 400 — Michael Franks, Alhietics West, 45.79. 2, Peter Howard, Cal, 46.67. 3, Tim Marris, Sacramento St., 46.91. 300 — Jeff Roberson, Fresno St., 1:46.1. 2, 3:29 Bunch, Southern Cal, 1:46.8. 3, Eric Schermerhorn, Southern Cal, 1:49.3. Mile — Andy DiConti, Stars & Stripes, 4:03.6. 2, Jay Marden, Cal, 4:04.3. 3, Chris Nonroe, Long Beach St., 4:05.1. 300 — Charles Alexander, Stanford, 14:27.4. 2, Hal Schulz, SF Olympic TC, 14:36.3. 3, Dyrus Deminter, 4:009 Beach St., 4:36.5.

14-36.5

1436.5 .

110 HH — (tie) Tonie Campbell, Stars & Stripes, and Malcolm Dixon, South Bay TC, 13.64.3. Rod Jett, California, 13.87.

400 HH — Andri Hargrove, Stars & Stripes, 50.74. 2, Bernie Holloway, Maccabi TC, 50.85. 3, Ron Sheffield, San Diego TC, 10.86.



Steve Kalssen, winning at Jenner with 18-01/2.

Hammer — Juha Tianen, Finiand, 248-3.

2. Harri Huhtala, Finiand, 241-6.

3. Mike Maynard, Azusa Pacific, 229-2.

Shot — Greg Tafralis, NYAC, 70-4½.

2. Rob Suelitohn, Stars & Stripes, 66-5.

3. Brian Oldfield, unat., 63-4½.

Oldheid, unat., 63-4/9.
Javelin — Mike Barnett, Azusa Pacific, 249-2. 2, Gary Kinder, Adidas, 239-3. 3, Dave Stevens, unat., 234-4.
Discus — Art Burns, Athletics West, 224-2. 2, John Powell, unat., 207-2. 3, Marcus Gordien, unat., 205-11.
LJ — Mike McCrae, Bay Area Striders, 24-13-2.

26-4's: 2. Ricky Dobbins, unel. 24-5's 2. Alke Harris, Southern Cal. 24-5 TJ — Ray Kimble, Alher TC, 54-0. 2, Daniel Kelly, Road Runner TC, 53-03s. 3, Alton Henry, Bakersfield St., 51-93s.

HJ — Ron Lee, Bakersfield St., 7-5. 2, Tyke Peacock, unat., 7-334. 3, Milton Goode,

100 - Randy Givens, Puma TC, 11.57, 2

Judy Brown King, Alhielics West, 11.67. 3, Asia Bouldware, Fresno St., 11.95. 400 — Judy Brown King, Athielics West, 52.97. 2, Patrice Carpenter, Cal Poly-SLO, 54.79. 3, Jackie Hardman, San Francisco St.,

54.95.

800 — Fran Castro, Puma TC, 2:07.3. 2, Deann Gutowski, LA Mercurettes, 2:08.2. 3, Kerri Zaleski, Long Beach St., 2:12.0. Mile — Ketly Buzza, Fresno St., 4:57.2. 2, Dianne Fairman, Fresno St., 4:58.3. 3, Mandy Whistler, Fullerton St., 4:58.6. 3000 — Lori Lopez, Cal Poty-SLO, 9:41.2. Sally Cartson, Cal-Davis, 9:53.5. 3, Nancy Riedeo, Cal-Davis, 9:53.8. 100 HH — Helga Halldorsdottir, Cal, 14:10. 2, Roanne Byrd, unal, 14:28. 3, Ruth

100 HH — Helga Halldorsdottir, Cal, 14.10.
2. Roanne Byrd, unat., 14.28. 3, Ruth Whitehead, San Francisco St., 14.31.
400 IH — Helga Halldorsdottir, Cal, S8.60.
2. Natalie Day, Sacramento St., 59.95. 3, Laurie Hagon, Cal Poly-SLO, 1003.
2. Shot — Peggy Pollack, Coast Athletics, 56-11½. 2, Carol Cady, unat., 55-8½. 3, Dot Jones, Frusno St., 53-3.
3 aveiin — Lir Mueller, San Diego TC, 172-5. 2, Deena Bernstein, Cal Poly-SLO, 169-3. 3, Sheiia Beuler, Long Beach St., 149-0.

Discus — Carol Cady, unal., 204-5. 2, Lacy Barnes, NYAC, 188-5. 3, Lorna Griffin, Nike TC, 180-1. HJ — Sue McNeal, Stars & Stripes, 6-0. 2, Tonya Mendonca, Fresno St., 6-0. 3, Carina Schmidt, Ather TC, 5-10. LJ — Brenda Bertillion, Golden Bear TC, 19-234. 2, Shelia Hudson, Cal, 19-2. 3, Jewel Lovelady, Bakersfield St., 18-10/2.

### Poly Royal Invitational IV

April 26. San Luis Obispo. Men's Results

10,000m: 1. Mark Castro, UCR, 31:57, 2. Dean Rinde, SacSt, 32:59, 3. Tom Peterson, CalLutheran, 33:11, 4. Martin Ruiz, SacSt, 33:44, 5. Craig Godwin, SLO, 34:05

4x100m Relay: 1. UCSB, 42.64, 2. Cal Lutheran, 42.73, 3. Army "A", 43.61, 3. FSU, 43.63, 4. Pioneer TC, 44.33, 5. Army

Hammer. 1. Fred Schumacher, SJS, 217-1, 2. Mike Frictchman, Unat., 207-3, 3. Dave Debus, PTC, 202-11, 4. Ron Wopat, Unat., 197-11, 5. Mike Wilmer, UCSB,

1500m: 1. Zibbiat, Oxy, 3:50.37, 2. McGovern, Reno, 3:51.48, 3. Porter, SLO, 3:51.57, 4. Rubio, SLO, 3:51.96, 5. Ri

Burns, SCVTC, 4:00.05. Javelin: 1. O'Connor, UNR, 204-5, 2. Lister, PTC, 196-10, 3. Warren, SLO, 181-0, 4. Bowen, UCSB, 173-2, 5. Sweeney, SJSU,

110m HH: 1. Benjamin, Army, 14.53, 2. White, UCSB, 14.54, 3. Funk, AIA, 14.80, 4. Harrison, SacSt, 14.90, 5. McGraw, SJSU,

400m: 1. Cooper, SJSU, 47.60, 2. Pratt, SLO, 48.34, 3. Ellis, SacSt, 48.35, 4. Mayler, SLO, 48.36, 5. Norville, UCSB,

100m: 1. Gadlson, PTC, 10.57, 2. Griffin, SLO, 10.59, 3. Hines, SacSt, 10.61, 4. Josephson, SLO, 10.74.

800m: 1. Padene, UNR, 1:52.05, 2. McFadden, C.ofND, 1:53.27, 3. McGovern, NCFaddell, Christ, 133.27, 3 McGotell, UNR, 1:54.01, 4 Nann, SacSt, 1:54.65, 5. Lalicker, AIA, 1:54.85. Shot Put: 1. DeSoto, SJSU, 60-51, 2. Halter, SLO, 57-114, 3. Schmidt, PTC,

Fatter, SLO, 57-74, 3. Schmid, Frc, 55-3½, 4. Fritchman, Unat. 53-3½, 5. Dubus, PTC, 52-7½. 400m H: 1. Johnson, SLO, 52-30, 2. Von Ratabor, UNR, 53,64, 3. DePetro, CSB, 55.30, 4. Moore, Army, 55.69, 5. DeBrungs, Sac), 56.78

ner, SacSt, 55.78. 200m: 1, Griffin, SLO, 21.38, 2, Hynes, SacSt, 21.39, 3. Josephson, SLO, 21.62, 4. Morris, SacSt, 21.75, 5. Monaco, Unat., 21.91.

High Jump: 1. Trijullo, UNR, 7-0, 2. Pat-terson, Army, 7-0, 3. McNamera, Unat., 6-10, 4. Reis, SJSU, 6-8, 5. Tucker, SLO Alum 6-8

5000m: 1. Rubio, SLO, 14:48.56, 2. Liv-Ingston, SLO, 15:05:28, 3. Denzine, Army, 15:05:62, 4. McGreal, UNR, 15:11.94, 5. Watson, UCR, 15:17:16.

Watson, UCR, 15:17.16.
4x400m Relay: 1. Sacramento State,
3:13.04, 2. Cal Poly "A", 3:14.20, 3. San
Jose State, 3:15.86, 4. UC Santa Barbara
"A", 3:17.94, 5. Army "A", 3:19.52.
Diacus: 1. Katches, SJSU, 169-8, 2.
Wilmer, UCSB, 166-8, 3. Schmidt, PTC,
163-8, 4. DeSoto, SJSU, 157-9, 5.
Sorensen, Wt.C, 155-1.
Pole Vault: 1. Horvath, Unat., 17-0, 2.

Pole Vault: 1. Horvath, Unat., 17-0, 2. Besmer, SJSU, 16-0, 3. Florine, SLO, Schindelar, Outreach, and Bishop, UCSB,

Triple Jump: 1. Brooks, Army, 51-2, 2. Morris, Army, 49-8½, 3. Miles, Army, 49-3½, 4. Wallace, Army, 48-9, 5. Freeborn, SLO, 48-7½.

Women's Results 4x100m Relay: 1. CPSLO 47.79, 2. Cuesta College, 50.10, 3. Sacramento State, 50.17, 3. UC Santa Barbara, 50.98, 4. Army 51.80.

1500m: 1. Dunn, SLO, 4:37.04, 2. Hildebrand, SLO, 4:40.75, 3. Donaldson, SLO, 4:47.20, 4. Ross, Cuesta, 4:50.76, 5.

Delf, SacSt, 4:52.00. Shot Put: 1. Senz, Army, 42-10½, 2. Kahn, SLO, 42-10½, 3. Sacker, Westmont, 36-91/2, 4. Render, Hancock, 36-2, 5. Biall, Army, 35-3.

100m H: 1. Day, SacSt, 13.57, 2. Han-son, SLO, 14.09, 3. Moore, CSUB, 15.26, 4. Liberatore, UCSB, 15.48, 5. Pearson, SacSt. 15.66.

36051: 15.00. 100m: 1. Parrish, Army, 12.33, 2. Anthony, CSB, 12.40, 3. Whipper, CSB, 12.61, 4. Farnum, SLO, 12.62, 5. Hagan, SLO, 12.77.

400m: 1. Carpenter, SLO, 54.89, 2. Saville, SLO, 56.60, 3. Winder, FSU, 57.81, 4. Owens, Cuesta, 57.92, 5. Britton, Army,

800m: 1. Tubman, UCSB, 2:15.73, 2. Saravia, FSU, 2:17.44, 3. Barrett, FSU, 2:17.47, 4. Hildebrand, SLO, 2:18.17, 5. Spurlock, FSU, 2:21.85.

400m LH: 1. Hanson, SLO, 60.05, 2. Day, SacSt, 60.99, 3. Hagan, SLO, 61.79, 4. Klein, UCSB, 63.00, 5. Binns, Cuesta,

200m: 1. Carpenter, SLO, 23.75, 2. Saville, SLO, 24.36, 3. Stewart, UCSB, 24.84, 4. Wallin, Westmont, 26.08, 5. Kouremetis, UCSB, 26.40.

Javelin: 1. Miller, SacSt, 164-1/2, 2. Senz, Army, 159-3, 3. Kevany, SLO, 151-7, 4. Sheppard, Army, 144-9, 5. Sacker, Westmont, 131-91/2.

3000m: 1. Bearson, Army, 9:58.60, 2. Nieto, Unat., 10:27.88, 3. Dunsmuir, SLO, 10:29.16, 4. Sullivan, CND, 10:34.16, 5.

10:29.16, 4. Sullivali, CHO, 10:34.16, 5. Wick, Army, 10:37.83. Discus: 1. Dentinger, SacSt., 169-7, 2. Kahn, SLO, 156-1, 3. Moseley, FSU, 150-4, 4. McMillan, SacSt., 138-5, 5. Scott, SacSt., 135-11.

Long Jump: 1. Sharkey, SLO, 19-3½, 2. Whipper, CSB, 18-3½, 3. Farnum, SLO, 17-10, 4. Woodward, SLO, 17-9¼, 5. Loya, Cuesta, 17-4.

High Jump: 1. Mariscal, FSU, 5-6, 2. Kraemer, SLO, 5-4, 3. Bray, SLO, 5-4, 4. McNamara, SLO, 5-4, 5. Byrne, UCSB, 5-2.

4x400m Relay: 1. Cal Poly, 3:47.65, 2. Cuesta, 3:55.70, 3. Fresno State 4:01.41, 4. Westmont, 4:19.20, 5. College of Notre Dame, 4:39.61.



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### Mt. SAC Relays

April 25, Junior College:

Man 1500—1 Smith (Phoenix), 3,49.5 (meet record, old mark, 3,50.73, Fernando Valasquez, Citrus, 1983), 2, Bryan (Central Arizona), 3,49.7.3, Crook (Tatt), 3,51.5.4 Wash (Ventura), 352.0.5 Manual (SD Mesa), 354.6.6 Carter (Glendale), 3,56.3, 7 Sullivan (Moorpark)d, 3,56.5, 8 Houlgute (El Camero), 3,56.5, 9,500—1 bowle (Central Arizona), 14,51.7.2 Reagan (Mt SAC), 14,52.3, 3,958.8 (Glendale), 472.1,15,00.3,4 Martimer (Folletton, 15,02.6,5 Winneborg (Scottsdale), 15,08.5,6 Morton (Oxigid), 15,09.0,10

IOxnard) 15 09 0, 1 U HURDLES (Race 1)—1. White (Long Beach), 14 12 (wind 1.45 m.p.s. aideg) 2 Hall (Mt. SAC), 14.24, 3 Brantley (Long Beach), 14 68, 4 Fields 17 att) 15 06 (Race 2)—1. Lumpkin (Mt. SAC), 14 72 (wind 0), 2. Cannon (Taft), 14 96, 3. Thompson (Central Arizona), 14 96.

14.96
400 HURDLES—1. Graham (Central Arizonal, 50.86; 2. Herion (MiraCosta), 52.98; 3. Baffou (Central Arizona), 53.62; 4. Velenzuela (Cerritos), 53.78; 5. Grant (Long Beach), 53.87; 6. Martinez (SD Mesa), 53.89; 7. Joyce (Long Beach),

3,000 STEEPLECHASE — 1 Ansreai (Glendale, Anz.), 9:22.1, 2 Ingram (Moorpark), 9:25.5, 3 Clark (Glendale, Ariz.), 9:31.2

Ariz J. 9.31.2 400 RELAY — 1. Taft, 39.80 (meet record, old mark, 39.9, Pasadena, 1981), 2. Central Arizona, 40.0, 3. Long Beach, 40.4, 4. Pasadena, 41.10, 5. Phoenix, 42.10, 6. Cerritos, 42.13, 7. Pima (Ariz.),

800 RELAY-1 Central Arizona,

800 RELAY—1 Central Arizona, 124.35, 2 Pasadena, 1.26.46, 3 Phoenx 1.29.16
1.60t0 RELAY—1 MiraCosta, 3.14.04, 2 Santa Aria, 3.15.44, 3 Taft, 3.15.64 Central Arizona, 3.16.06, 5. Central Arizona, 3.16.07, 8 Pasadena, 3.18.27

1,200 RELAY- 1, Santa Ana, 7:34.2 Insert record, rid mark, 7 36 2, Hancock, 1979) 2, Fulletten, 7 38 9, 3, Glendale (Arg.), 7 41 1, 4, MiraCosta, 7 46 7, 5, Glendale, 7 48 6.

Giendale, 7,48.6.
6,400 RELAY—1 Santa Ana, 17,27-10, 2 Pasadena, 17,37-56, 3 Glendrile (Arr.2), 17,37-51 SFIRINT MEDLEY RELAY—1 Faft, 19-33 (meet record, old mark, 3,20-41, no. Beach, 1983), 2 Contral Arrzona, 3,4,3, Long Beach, 3,21-29 DISTANCE MEDLEY RELAY—1 Glendale (Arr.), 10-00-58, 2 Mt San Antonio, 10-07-19,3 Grossmont, 10-17-88, 44-0 SHUTTLE, HURDLES—1, Long, Beach, 57-54, 2 Mt San Antonio, 60-47

Beach, 57 54, 2, Mt. San Antonio, 60 44

no.third 1,600 SHUTTLE HURDLES- 1 Mt Sun Antonin, 33,33 (meet record old mark, 3,34.0, Long Beach, 1984), 2 Glendale (Auz.), 3,48,90, 3 Glendale,

3 to 33 High JUMP 1 Benham (Grossmort) 6-8, 2 Mills (MiraCosta), 6-6, 3 Wilgo (Bakersheld), 6-4 POLE VARLY 1 Mulligar (Long Born), 16-6, 2 Strephing (MiraCosta), 15-0, 3 Utzun (Mexico), 15-0, 4 Brewer (Grossmort), 14-6 (DNG JUMP -1 Tickale (Pasadena), 74-5, 2 Groman (Tatt), 24-3, 3 Estrada and August 14-4, 2 Groman (Tatt), 24-3, 3 Estrada and August 14-4, 2 Groman (Tatt), 24-3, 3 Estrada

TWEE FORTH 1 Extrada (Mt. SAC), 2 West F Carrierol 49 B 3 Butlet (mg Heach), 48 75; 4 Purley (Gross

ing Hoach), 48 7½ 4 Purley (Gross in all 43 0½ 5), and the property of the pro

3 McIver (Glendale), 152-8, 4 Karnis (Scottsdale), 151-9, 5 Cagle (Scottsdale), 146-4, 6 Wainscoat (Orangfe Coast),

HAMMER THROW---1 Leonard (Glendale), 160-11, 2 Kralovetz (Glendale, Ariz.), 158-1, 3 Wanj (Long Beach).

JAVELIN (1985)-1 Johnson (Grossmont), 211-0, 2 Msiveuax (Taft), 210-0, 3 Schrock (Long Beach), 190-3.

#### Women

Women

1,500—1 Ceney (MiraCosta), 4:37-6,
2 Porter (Phoenix), 4:38-0, 3 Kiernan
(Crange Coast), 4:39-3, 4 Fedorchak
(MiraCosta), 4:40-4, 5 Bernal (East Los
Angeles), 4:47-1, 6 Sauerwein (Orange
Coast), 4:52-0, 7 Nichols (Mt. SAC),
4:52-5; 8 Ochoa (Puma, Ariz.), 4:54-8,
3:000—1 Stehly (MiraCosta),
10:04-7, 2 Ortega (Senta Monica),
10:19-2, 3 Haden (Santa Barbara),
10:20-1, 4 Cherwyoit (Santa Monica),
10:23-4; 5 Curl (Orange Coast), 10:27-1
6 Bates (Phoenix), 10:28-3,
100 HURDLES—1 Morton (Saddleback), 14:46, 2 Fair (Santa Monica),
15:06: 3 Heard (El Camino), 15:46, 4
Gusman (Glendale), 15:67,
400 HURDLES—1 Heard (El Camino),
63:70: 2 Stanley (Mt. SAC), 64-69, 3
Hartman (Citrus), 67-4,
400 RELAY—1, Santa Monica, 48:24,
2 El Camino, "A", 48:57, 3: El Camino, "B", 3:58-20; 4 Tail 4: 00:35, 3: El Camino, "B", 3:59:20; 4 Tail 4: 00:35, 4 Tail 4: 00:35, 3: El Camino, "B", 3:59:20; 4 Tail 4: 00:35, 4 Tail 4: 00:35, 3: El Camino, "B", 3:59:20; 4 Tail 4: 00:35, 4 Tail 4: 00:35,

"B", 3-58 20, 4, Taft, 4 00, 47; 5, Mr. San Antonio, 4 02, 18, 6, Gerntos, 4 02, 19; 7 Glendale, 4 04, 99

3.200 RELAY - 1 Phoenix, 9:26 04, El Carnino, 9:32 96; 3 Pasadena,

800 MEDLEY RELAY-1 Mr San 800 MEDLEY RELAY—1 Mt San Antonio (Taylor, Harper, Price, DeVega), 141 23 Inational record, 142.6, West LA, 1982), 2 Santa Monica, 144.5, 3 Ef Camino, 146.22, 4 Taft, 149.37, 5 Saddleback, 149.95, 6 Glendale, 150 B DISTANCE MEDLEY RELAY—1 Moorpark, 12 14.5, 2 MiraCosta, 12:15 1, 3 Pasadena, 12:37 5, 4 Santa Monica, 12.40 8 HIGH LIMP—1 Beizner (Proenix),

HIGH JUMP—1. Beizner (Phoenix), 5-6, 2 Michelson (Glendale, Ariz ), 5-6, 3 Houlton (Citrus), 5-4 LONG JUMP—1. Robinson (El Cami-

LONG JUMP—1. Robinson (El Camino), IB-9½; 2 DeVega (Mt. SAC), 18-2½, 3 Loughridge (El Carrino), 18-1½, 4 TRIPLE JUMP—1. Repinson (El Camino), 40-8, 2 Blackweil (Santa Monica), 37-9½, 3 Taylor (Fullerton), 37-2½, SHOTFUT—1. Roy (Santa Monica), 47-7, 2 Barnes (El Camino), 42-6½, 3 Kauhi (SD Mesa), 41-1½, DISCUS—1. Barnes (El Camino), 151-11, 2 Bartora (Glendale), 148-8, 3 Semeider (Phiscond), 124-11, JAVELIN—1. Sannes (El Camino), 13/8, 2 Lindrea (Grossmont), 133-7, 3 Blackledge (Grossmont), 175-0

### Mt. SAC Relays

April 26, College/Open:

Men:

800 (Race 1)—1. Proctor (Texas El Paso). 1.48.61, 2. Dunn (Texas A&M).
1.49.24.3 B. Brown (Converse West).
1.60.13.4 Langer (Ohio St.). 150.82.5
Nock (Colorado). 1.51.28.6 Craze (Colorado). 1.51.28.6 Craze (Colorado). 1.51.89. (Race 2)—1 Maxwell (Colorado St.). 1.51.07, 2. Monaghan (Canada). 1.51.13.3 Mundo (Running Express). 1.52.19.4 Warren (Santo Monica TC). 1.52.55. Savage tNew Mexico). 1.57.50.

110. HURIULES (Race 1)—1 Jones (Stars & Stripps). 13.92.w (3.0 m.p.s.). 2. McCraney (Maccabl.). 13.93.3 Williams (Pont Lorin Nuzarene). 14.17.4 Krught (UCLA). 13.18.5 Birns (San Diego St.). 14.43. (Race 2)—1. Alexander (Texas A&M). 14.21 (Wind 16 m.p.s. addins). 2. Jones (Houston). 14.22.3 Benserman (Stars & Strapes). 14.34.4 Holland (Texas Tech). 14.36.5 Housse (Azusa Persir). 14.67.6 Annold (Azusa Facho). 4.72. (Race 3)—1 Clark (Houston). 14.22. Readon; (USC). 14.30.3 Sammaro (Texas Texas). 14.53. Reading (USC), 14-30, 3. Sammons (Texas Tech), 14-45

400 RELAY (Race 1) 1 San Doubt (Williams Miller Shortes, Kapper

40.07, 2. BYU 40.68, 3. CS Northridge, 41.74, 4. Simon Frazier, 41.88, 5. USIU, 41.99. (Race 2)—1. Azusa Pacific (Ak-41.99 (Hace 2)—1 Azusa Pacific (Akporn, Nyamiwa, Spotville, Arnold), 40.1, 2 Fresno St., 40.1, 3 Northern Arizona, 40.7, 4 Texas El Paso, 40.7

BOO RELAY—1 Azusa Pacific (Akporn, Spotville, Boyd, Neavizog), 1.26.04, 2. All-American TC, 1.27.24, 3 CS Los Appelse, 1.28.03

2. All-American 10, 12724, 3 CS Los Angeles, 128.03 1,600 RELAY--1 CS Long Beach, 3.08.6; 2 San Diego St., 3.09.5; 3 Fresho St., 3.09.7; 4 Winnipeg, 3.10.0; 5 BYU, 3.11.4

3.11.4
SHUTTLE HURDLE RELAY—1. Maccabi (McCraney, Sanders, Hill, Larry), 57.8.2 Texas Tech, 58.2
HIGH JUMP—1. Dribelbis (UC Santa Berbara), 6.10, 2. Adams (Northern Arizona), 6.10, 3. tie between Embree (Coast Athletics) and Merganthal (UCLA), 6-8.

C-B. LONG JUMP—1. T. Jefferson (unat), 26-14; 2. James (Texas A&M), 25-84; 3. Sands (Houston), 25-64; 4. McDuffie (Edmonton OC), 25-34w; 5. Maas (Texas El Pasol, 25-24; 6. Foster (Northein Arizona), 24-84; HAMMER—1. Thiss. (San Diego TC), 217-7; 2. Ryer (Arizona St.), 207-7; 3. Arcaro (All-American TC), 202-4; 4. Visson (Sante Monica TC), 199-7; 5. Chebbrough (unat), 197-7; 6. Ballway (All-American TC), 195-3.

Women

College/Open

103 (Race 1)—1. Qualls (Washington St.), 1162, 2. Harris (Rice), 11.77, 3. Neighbors (Texas San Antonio), 11.96; 4. Robinson (Arizona St.), 11.98, 5. Bell (Pume), 12.05 (Race 2)—1. Green funal, Las Vegas), 11.78, 2. Bulwara (Fresno St.), 11.86; 3. Williams (Arizona), 11.87, 4. Mars (Exp. Pages 2), 11.90, 5. Steward, 11.90, 5. Steward,

Las Vegas), 11.78, 2 Bulware (Fresho St), 11.86, 3 Williams (Arizona), 11.87, 4 Moon (San Diego St.), 11.90, 5. Stewart (unat, Las Vegas), 12.01 (flace 3) — Avent (Northern Arizona), 12.0.
3.000—1 Fernander (Mnxico), 9.43.96, 2 King (unat), 9.48.76, 3 Bradley (San Diego St.), 9.50.58 100 HURDLES (Race 1)—1, Jackson (unat, Las Vegas), 13.93 (wind 1.0 m.p.s. aiding), 2 Jarvis (Adams St.), 13.94, 3 Langston (Texas A&M), 14.03 (flace 2)—1 Waller (Colorado), 13.92 (wind 3 m.p.s. against), 2 Eckl (Washington St.), 14.56, 3 Smith (San Diego St.), 14.68 (Wind 1.0 m.p.s. against), 14.13, 2 Kern (CS Bakersteid), 14.27, 3 Miller (Arizona St.), 14.47, 4.0 Brien (Oregon), 14.63 (flace 4)—1 McGeethamilton (LA Mercustetes), 14.34, 2 tie between Fricke (CS Fullerton) and White (LA Murcurettes), 14.34, 2 tie between Fricke (CS Fullerton) and White (LA Murcurettes), 14.34, 2 tie between Fricke (CS Fullerton) and White (LA Murcurettes), 14.43, 4 Budwig (Fresno St.), 14.67, 400 HURDLES (Race 1)—1 Faswell (Washington St.), 58.74, 2 Weston (Oregon St.), 61.09, 3 Fricke (CS Fullerton), 62.32 (flace 2)—1 Cash (Houston), 60.16, 2 Hermon-Wilcox (Prima), 60.16, 2 Hermon-Wilcox (Prima), 60.61, 3 Pruter (San Diego TCO, 60.69, 4 Chrusch (Canada), 61.61, 6 Savoy

(Psimal, 60 61, 3. Pruter (San Diego TCO, 60 69, 4. Chrusch (Canada), 60 82, 5. McDonind (Canada), 61 61, 6. Savoy (15C), 61 61 (Race 3)—1. Rohen (Mexito), 60 83, 2. Herminans (San Diego St.), 61 63, 3. Koellner (USC), 61 62, 400 RELAY (Race 1)—1. USC (Simmons, McCraw, Cabell, Mayberry), 44 09, 2. Washington St., 45 98, 3. Pregon Mexico, 45 57, (Hace 2)—1. Northern Artsona, 46 91, 2. CS Porthridge, 47 06, 2. Call Poly Pornona, 48 24.

Antona, 46,91, 2 CS Northrings, 47 (b). C.B. Poly Pormona, 48, 24 b(J: HELAY—1 CS Northridge (Oster-tog, Cano, Costello, Middleton), 141,33, 7 Conadu, 141,87, 3 Saskatchewan, 143,19

1.43.19 SHOTPUT — 1. Ponath (Washington), 48.34, 2. Dunn (Texas A&M), 46.1074.3 Aduros (USC): 46.84, 4. Mertall (Vashing 101; 51), 46.64, 1. Brown (Unigen), 46.24, 6. Sala (Aryona), 46.034

### Mt. SAC Relays

April 27, Invitational:

oril 27, Invitational: 1000 1 Lewis (Santa Merica 10) 10 14 (word 0) 2 Gionice (Horizate) 10 14 (word 0) 2 Gionice (Horizate) 10 30 P. (wite 10: 30 4 4 France 10: 31 10 30 P. (wite 10: 31 10 50 P. (wite 10: 31 10 February 10: 31 10 February 10: 31 10 February 10: 31 10 February 10: 31

(Purnst, 20 63, 4 Okon (Nigerial, 20 73, 5 Krulee (unat), 20 76, 6 Shaith (Purnst), 20 78, 7 Manning (USC), 20 98 (Race 2) - 1 Deater (USC), 20 67 /v (2.6 mp s.) 2 Sharp (Britan), 20 69, 3 Johnson (South Bay), 20 76; 4 Brown (Canada), 20 97, 5 Hedgecock (USC), 21 23, 6 Edwards (Stars & Stripes), 21 28, 7 Rowe (Approximately 21 53)

ACO-1 Egbunie (Puma) 45 28 2
Daniei (Marda) 45 52, 3 McCoy (Puma) 45 64, 4 Cameron (Trinidad) 45 93 5 0

photo by Richard Lee Slotkin



Jud Logan, another hammer A.R. at Mt. SAC.

photo by Burt Davis



John Brenner's winning throw of 71-51/2 at Mt. SAC.

Biggers (Santa Munica (C), 46-03, 6-

Invited: 15.27 B. Horn (Colorado St. 15.12)
15.00 Blary (Loeschore st. 342.34 2 Harris (Ambiecs West)
14.35.03 3 Fruiter (A. eppel 3.44 3
4 Britz (moin) 3.44.03 incypolds (B.b. Schull RT) 3.45 b. Ketti (New Meyer) 3.44.73 b. b. Ketti (New Meyer) 3.44.73 b. b. Ketti (New Meyer) 3.44.73 b. b. tott (Negeria St.) 3.45.58 d. b. b. second state (Deco St.) 3.46.58 d. b. b. second state (Deco St.) 3.46.58

110 HURDLES—1. Turner (Mazda), 13.53w (3 m p s ), 2 Brygare (Finland) 13.71; 3 T Campbell (USC), 13.72; 4 Stewart (Cheetahs), 13.74; 5 C Campbell (Texas San Antonio), 13.82; 6, Andrade (unat), 14.01; 7. Clark (Houston TC). 14.03

400 HURDLES-1 Holloway (Macca bi), 49.63; 2. Cooper (San Diego St.), 49.68;3 Rambo (unat), 49.84;4 Hawkins (AccuSplit), 49.93, 5. Bugg (Mt. San Antonio), 49.99, 6. Graham (Canada), 50.26, 7. Hargrove (Stars & Stripes)

5135
400 RELAY—1 Texas A&M iFelton, Heard, Roberts, Kerri, 39 48; 2 Attieucs West, 39 53; 3 Texas Tech, 39 56; 4 Pollitabs, 39 65; 5 Stars & Stripes, 40 00 6 San Diego St., 40-41
800 RELAY—1 Puris (Butler, W Smith, L Brown, McCoy), 120 87; 2 Texas A&M, 121 44 3 Cheetahs, 122 78, 4 San Diego St., 123 42; 5 Stars & Stripes, 123 52
1,600 RELAY—1 Athlebics West (Stefiler, Baptiste Nik, Franks), 3 03 64
2 Texas Tech, 3 03 88; 3 Pollitabs, 3 04 09, 4 Texas A&M, 3 04 65; 5 South Bay TC, 3 12, 15

yTC, 3:12:15 HIGH JUMP—1. Peacock (unat), 7

HIGH JUMP—1. Peacock (unat), 7-4½, 3. Stoode (New Balance), 7-4½, 3. Norriquist (Tigel), 7-2½, 4. Lewis (New T-2½, 5. Badan (South Bay), 7-2½, 6. Jacoby (Houston TCL 7-0½, 7 tie between Broadway (Houston) and Lee (CS Bakersteld), 7-0½, 5. free! Thouston), 7-0½, 10. Balkin (Stars & Stripes), 7-0½, 11. Lean esc (Ather), 7-0½. 11 kantaka (Ather) 7-0% POLL VAULT - 1 Frais: (Fresio ):

11 km-aks (Ather) 7-CW, POLIS VAULT — 1 Frain, (Freshold): 18 11 Imaet record, old nank 18, 10%, Mile Tully, New York AC, 1986): 7 Use (Mile Tully, New York AC, 1986): 7 Use

27 4w, 26 5/4) SHOTPUT—1 1 (Finance: Mazina 71.5½, 2 Fathes (Texas A \$ M): 30 10, 3 Tatralis (New York AC): 70 4/4, 4 Nielson (SMU): 67,915, 5 Ordited (mail: file 2)

(SMU), 67.915, 5. Ordined unsat, 66.25

SMU, 67.915, 64.1, 8. Frazier (FCLA)

82.10W, Brenne Series - 68.1, 67.5, 58.8, 67.25

SMI, 67.25, 75.5, 71.50, Eurosanes - 70.50, 74.35, 54.6W, 55.6.69

8W foot Tahabs series - 66.04, 75.76

68.7W, 67.25, 73.65, 64.4W, 75.76

11. 2. Miner (Month of Control of Control

TRIPLE JUMP—1. Rutherford (Houston), 55-1 (wind 0), 2. Pastufiriski (Poland), 55-0% (wind 0), 3. Cannon (Cheetahs), 54-0%, 4. Oporski (CS Los Angeles), 53-9%, 5. Olivares (Texas A&M), 52-10%, 6. Kelly (Road Runner), 51-1%

10% 6 Kelly (Road Runner), 51-134 HAMMER— 1 Logan (New York AC), 265 4 (American and meet record, old U.S. mark, 256-3, Jud Logan, New York AC, 1986; old meet mark, 255-3, Declan Hegarty, Ireland, 1985); 2 Tianen (Fin-land), 254-7, 3 Flax (Oregon), 242-4, 4 Green (Mazda), 238-8, 5 Deal (unat), 238-0, 6 Mileham (New York AC), 233-2, 7 Mileterson (unat), 228-10, 8 Maynard Azus, Partic, 226-8, 9 McArtie (unat), Azus Tacrici 226 8, 9 McArdie (unat) 226 4, 10 Gassner (unat) 216 9, 11 Littleton (unat), 204 10, 12 Robovit (unat), 204 14, 13 Galle (New York AC) 200-6 (Logan's series - 247-8, fool. 254-5-263-4-257-5-265-4) JAVELIN 1 Vilhalmsson (Iceland). 257-10-2 Bradstock (Britain), 243-11, 3

257 to 2 Braisson (anath, 239 C, 4 DeLaGarza (Texas A&M), 227.5 5 Stephens (unat), 236.7, 6 Jadwin (Tiger), 235.7, 7 Kinder (Adidas), 233.7, 8 Collins (New York AC)

#### University-Open

University-Open

100 -1 Witherspoor (Sante Monica)
10 15w (2 0 m.p.s.) 2. Obeng (Britain)
10 22, 3. Burrell (Houston), 10 32, 4.
Minor (San Diego TC), 10 46, 5. Moore
(Folitobs), 10 53, 6. king (CBX), 10 55, 7.
Saristo (Fulland), 10 59, 8. Sanders
(unat), 10 00, 1. Smith (Adams St.),
3 41 12, 2. Sterring (Washington),
3 43 07, 7. Maretto (unat), 3 44 05, 4.
Gazgrann (Texas A&M), 3 45 80, 5. Lopez
(unat), 3 48 84, 6. Durin (Colorado),
3 40 44, 7. Perez (Agrie RC), 3 47 29, 8.
Danietti (Washington), 3 48 02, 9. Antinser (Wysmand), 3 48 02, 9. Antinser (Wysmand), 3 48 02, 9. Antin3 43 (12, 11. Hand, surat), 3 49 41, 12.
In each USRI), 3 49 64
In (2002), 1. Souze (Northern Aucona),
In (2002), 1. Souze (Northern Aucona),

h vera (USU) 3-49 64 5,000 - 1 Souze (Northern Asconal, 14-25-5; 2 Velasquez (Montana), 14-25-5; 3 Rendall (Canada), 14-29-5; 4 Fscobedo Niew Mexor St.) 14-27-5; Chambers (IUC (rivine): 14-23-6; 10,000 - 1 Maylek (USC), 30-15-2, 2 Durionez (UC (rivine): 30-23-8; 3 Reed (Northern 5-120na), 30-86-6; 5 Shaver Part (Central Accina), 30-86-6; 5 Shaver

to 1997, to Auxander (Tevas A&M) a U5-7 White U1 santa Barbaral, 14.25-8 Barbarath (Stars & Stripps) 14.41 SUXX STEPPELCHASE—1 Hayman (Hauter Aryana) 9.06.0, 2 D. Martiez (Bertak), 5.07.0, 3 Anderson (Caustal)

Berfall, 1911 3 Anderson de Stal, 999, 3 4 Barrett (Santa Monca TC) 999, 4, 5 Vicencia (USIU), 913.3 6 Ampolunat, 914.1 10 070 WALK- 1 Walker (California Wallers), 45.52, 2 Flores (Mexico) 46.11 3 Ward (LA Walkers), 45.52, 4 Barry Stride's), 49.29, 5 Cortez (Mexico), 51.29 6.400 RELAY- 1 Converse Agg- (Fabris, Scierando, Sweeney, Guinne)

6 400 RELAY - 1 Converse Aggre-fabris, Sperando, Sweeney, Ginneel 16 47 7, 2 Taft, 16 49 5, 3 Colorado, 16 54 6, 4 New Mexico, 16 55, 1, 5 San Jone St. 17 01 4, 6 USC, 17 15 9, 7 CS Long Seach, 1, 37 7.

#### Invitational

1.0 | Ashford (Marka 11.11) fector of 2 Echols (LSU 10) 11.46 a Galess (Pichal 11.47, 4 Peros Alicha) 11.5 (6 Pichal (Ali-StarInter), 13.53

### BACK ISSUES AVAILABLE

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200 - 1 Marshall (Mazda) 22 28 (wind 129 m.p.s. aiding) 2 Williams (Purna), 22 60, 3 Dixon (Atoms), 22 79, 4 A Brown (World Class), 22 88, 5

Payne (Puma), 23-21 400 – 1 Walton Floyd (Puma), 51-44,

400—1 Walton Floyd (Pumai, 5.1.44, 2 Cheeseborough (Athletics West), 52.43, 3 Jackson (Atoms), 52.70, 4 Bakare (Atuss Pacific), 52.71, 5 Ross (San Diego St.), 53.06, 5 Lawrence (Calgary), 53.72, 800—1 Groenendani (Athletics West), 2.02.38; 2 Colebrook (Britain), 2.03.61, 3 N'Drin (Washington St.), 2.03.76, 4 Harris (Canadai, 2.03.97, 5, Hull (Nevada Las Vegas), 2.04.02, 6. Rosp. (California), 2.04.84, 7 Dunn Romo (California), 2:04.84, 7 Dunn (Houston), 2:05.84, 8 Berger (Arizona

St 1, 2 (19 77 1,5(x) - 1 Addison (Athletics West). 4 14 37, 2 McRoberts (Canada), 4 15 39, 3 Odom (Houston Harriers), 4 16 14, 4 3 Odom (Houston Harriers), 4:16-14, 4 Arrold (Puma), 4-17-28-5 Dornharfet (Athletis West), 4-18-32-6 Davis (Cal-torna), 4-20-64, 7 Rivard (Washington St) 4-22-39-8 Harrington (UC Firmet), 4-23-33-9 Gerum (Arrzona), 4-24-59-10 Webb (Puma), 4-24-59-10 (Webb (Puma), 4-24-59-10

E,000 – 1 P.S. Flumer (Puma), 15-52 6 incett record old mark. 15-55 5. Eva Ernst on: San Diego St. 1982) 2. McMeramin (Houston), 16-21-8, 3. Drees, 11-843 6-84M, 17-09-7, 4. Porter (Physeus College), 17-30-2, 5. Weber (Santa Mohira TC), 17-35-4, 6. Zamora (New Mexicol), 17-40-2, 7. Rohman ICS Fullerton), 18-00-7.

MONTH TO THE CONTROL OF T

Actsoft, Nelson Innisst, 37.9.2 Furna, 4,184.3 LSU TC. 44.63.4 USIU, 45.68. 5 Nevada Las Vegas, 46.09 1,600. RELAY-- 1. Sari Diego. St (Smith. Russ. Hemmans. Sheffield), 3.36.50, 2 Furna, 3.37.34.3 USIU, 3.40.19, 4 Rice, 3.40.39, 5 San Diego.

TC 3.51.6 3.200 RELAY- 1 Puma (Harmon Wil-3.2 MRELAY - 1 Puma (Harmon Wil-cox, Hoppes, Arnold Walton Floyd) 8.38 62, 2. Cal. Poly SLC 8 42,36,3 UCLA, 8.56 02,4 East LATC 8 57.39,5 New Mexico 3 11.35, 6 CS Bukersheld 9.21.19

HIGH JUMP - 1 Bluntson (Puma) 6 2.2 Huntley (Pacific Coast Club! 6 2.3 Johnson (Arizonal, 6.2, 4, tie between Moore (unat) and Schmidt (Ather), 6.2, 6 Mendonca (Fresno St.), 6-0, 7 ties petween Chesbro (unat) and Carter (Houston), 6-0, 9 McNeal (Stars & Stripes), 5-10.

ampest, 5-10. LONG JUMP—1. Scott (Atoms), 20-10%, 2. Cynthia Herry (Texas El Peso), 20-8%, 3. Echnis II SUTC), 20-8½, 4. Bell (Checian), 20-3-5. Quiesemberry (Hous-ton), 12-10%.

cont. 13 1014

FRIPE JUMP 1 Lovelady (Read Jumps) 41 6-2 Hodish (Californa) 41 6-2 Hodish (Californa) 41 415-3 Junes: (Artista) 40 414-4 Justelle (CS Northidae) 38 694-5 Greisson (UC Irvine) 38 694-5 Greisson (UC Irvine) 38 694-5 Cany (unat) 58 1, 3 Cavanough (Real) 7 444-4 Dukes (Stantord) 56 595-6 Green (Kiesens ST) 54 287-7 Kenn

57.4% 4 Dukes (Stanford), 56-8%, 6 tone's (Fresno St.), 54.24% 7 Kfein (Houston), 51-0, 8 Putise (Stanford), 49.14% 9 Gariett (Auzona), 48.2%, idsCuS-1 Caby (unal), 202-9 2 Patiel (Mazda), 191-6, 3 Griffin (unal), 181/4 4 Barnes (unat), 183-1, 5 Levi (unit), 177-10 6 Jacoba (unat), 174-8, 7 Des. at (usas), 4165-9, 8 Gariett

for 4 177-10 G Tacova (unath 174-8, 7)

Be - # (Coast Athletics), 165-9, 8 Garrett
(Ar-year, 163-7, 9) Norron (CS Long
Be - h. 161-7, 10 Lunens (UCLA), 160-4,
11 Note soon Standard, 168-6,
- (AVVLN) - Subresci (Ponial), 187-6,
- Leusson (Franch 194-8, 3, 144a
(Franch 189-11, 4, Uustard (Washing
In 4), 160-2, 1, Munifier (San Diego TC),
1-95-6, Subret (Angola), 169-11, 7 K.
Wisson surial, 169-11, 155-7, 10
- I state (Washington), 153-2, 11, Olivera
I Signary, 194-6
- University Open.

#### University-Open

100 1 West morn Houston! the 2.9 cup to 2 king 180 TCL at 5 February (New Les Venas).

11.47, 4 Johnson (Cheetahs) 11.58, 5 Ourius (Washsington St.), 11.71; 6 Wehams (USUI), 17.75, 7 Frankin (Neva ria Lav Vegas) 11.67 200—1 J Washington (Houston), 23.03 (wind 0), 2 M King (LSU TC), 23.52; 3 Ubah (All-Star Inter), 23.64; 4 Johnson (Cheetahs), 23.70; 5 Peterson (Nevada Las Vegas), 23.84 400—1 Brown-King (Athletics West), 52.66; 2 Morris (LSU TC), 53.79, 3 Gallagher (Los Angeles TC), 54.36 1,500 (Race 1)—1 McMordie (Colo-ratio), 4.26.44, 2 Brax (Texas El Paso), 4.26.71, 4. Klasson (Rice), 4.27.77, 5 An arre (Mexico), 4.27.78, F Duran Texas El Faso), 4.28.58 (Race 2)—1 Dowell (UCLA), 4.27.11, 2 McGrann (UC Irvine), 4.30.43, 3 Trimble (Occidental), 4.30.50, 4. Frausto (Mexico), 4.32.19, 5 Winster (CS Fullerton), 4.34.81, 6, Pratt (CS Electronal), 4.36.70, 7 4 30 50, 4 Frausto (Mexico), 4:32 19, 5 Weston (Oregon St.), 4:34 81, 6 Pratt (CS Northridge), 4:35 70, 7 Hermosillo (Colorado), 4:36:38, 8 Batties (CS Bastrasfield, 4:36:88, 9 Owen (UC Irvine, 4:37:22; 10 Seawight (UCLA), 4:38:08, 100 HURDLES—1 Tolbert (unat), 13:94 (wind 0), 2 Brown King (Athletics West), 13:99, 3 te between Walker (Purna), and Weller (Colorado), 14:02, 5 Weston (Oregon St.), 14:27

### More Mt. SAC

#### April 26. Invitational:

5000--1 Koech (Nike), 13:34-2; 2. Nyambin (Crossing Lines), 13:34-7; 3. Barreto (Mexico), 13:35-6; 4. Donovan (Arkansas), 13:37-4; 5. Lopez (Mexico), 13:38-2; 6. Gonzales (Mexico), 13:40-4; 7. Longergan (Canada), 13:41-1; 8. Fox Athletics West), 13:43-2; 9. Huff (Aggie RC), 13:44-0; 0. Nelson (Canada), 13:44-9. Others inclueded 12: Farguson (Adams St.), 13:56-9; 14. Preston (Arizona St.), 13:58-8; 15. Bell (Houston), 13:59-2; 16. Cordova (Colorado St.), 14:00.0

Cordova (Colorado St.), 14:00.0 10,000—1. Alcala (Mexico), 27:54.8; 10,000—1 Alcala (Mexico), 27.54 8; 2 Musyok (Kenya), 27.55 6, 3 Pacheco (Mexico), 27.56 0, 4 Eyastone (Reebok), 27.56 4, 5 McCloy (Canada), 27.56 8, 6 Parker (Athletics West), 27.573, 7 Brandley (Kangaroos), 28.10, 3, 8 Barney New Balance), 28.13, 2, 9 J. Gomez (Mexico), 28.15.0, 10 Henderson (Athletics West), 28:18.6, 11 Conover (Puma), 28:30.3, 12 Bevier (Puma), 28:35.6, 13 Retiz (Mexico), 28:43.7, 14. A Shahanga (Texas El Paso), 28:44.7, 15 Donakowski

1Athletics West), 28:45-6 3 000 STEEPLECHASE--1. Vanetta (Nike), 8330 (meet record, old mark, 8347, Graham Fell, Canada, 1983), 2 8 34 7, Graham Fell, Canada, 1983), 2 Hyde (Bob Schull RC), 8 38 8, 2 Souza (Nothern Arzona), 143,8, 4, Reesa (unat), 8,44,5, Juruermann (UCLAO, 8 44,6,6 Grewe (UCLAO, 8 47,7,7 Farrish (Nevada Reno), 8,47,4,8, Almo-dova (Arizona), 8,50,4,9, Mathews (BYU), 8,52,7, Others mouded, 11, Sibley (BYU), 8,52,7, Others mouded, 11, Sibley (BYU), 8,52,7, Others mouded, 11, Sibley (I/C (ryne), 8.54.7, 12 Fadil (Pacilic Coast Cu.b), 9.02.9, 13 Ortiz (UCLA), 9:03.9, 14 Cubilas (Fullerton JC), 9.05.1, 15. Grass (New Maxico), 9.06.0, 16. Terriquez

Girss (Nov Mexico), 9.06 0, 16. Terriquez (CS Long Brach), 9.08.3 3, 200 RELAY—1. Santa Monica TC (Robinson, 1.49.8, Mack, 1.46.8, Jones, 1.45.1, Gray, 1.44.8), 7.06.5 (American and meet record, old U.S. mark, 7.08.96, Arzona St., 1984, old meet mark, 7.12.96. Sarta Monica TC., 1985, 2. Colorado, 7.27.6, 3. Fresno St., 7.30.4, 4. Aggie, RC., 7.30.9, 5. San. Diego. St., 7.31.7 DISTANCE MEDLEY RELAY—1. New Mexico, (Martinez, Okon, Savign, Keith).

Mexico (Martinez Okon, Savign, Keith), 940.6.2. Oteo St., 952.3.3. Santa Monica TC, 953.5.4. CS Los Angeles. 10 05 6, 5. Westmont, 10 09 9

#### University-Open

JAVEUN- 1 Erskine (Houston), 231-1, 2 Burler (unst), 218-11, 3 Oliverson (Azusa Pacific), 218-6, 4 Att.Gee (Shooting Star), 208-3, 5 Tweet tsan Diego St.1, 208-1, 6 Carpenter (Atheitaica Action), 203-3

photo by Richard Lee Slotkin



David Mack (leg #2) handing off to Earl Jones as Santa Monica TC heads for A.R. in 4x800 at Mt. SAC.

#### WOMEN

Invitational

3.000-1. PS Plumer (Purna), 8.59.6. 3.000--1. PS Plumer I Purmii. 8 59.6. 2 M. Joyce (Los Angeles TC). 9 09.3. 3 Jachis (Los Angeles TC). 9 12.5. 4 Leopold (Phoenix College). 9 13.0. 5 Micsqueda (East LA TC). 9 13.6. 6 Plumer (UCLA). 9:14.1. 7 Ljungbory (Texas El Paso). 9:14.6. 8 Keller (Jamui Toads). 9 14.9. 9 Twomey (Nike). 9 16.6. 10 Brax (Texas El Paso). 9 17.0. 11 Steely (Nike). 9:17.3. 12 Kiessen (Rice). 9:20.0. 13 Prieur (Cel Poly SLO). 9:24.5. 14 Chalmers (Northern Auzona). 9:31.3. 15 Lonez (Cal Poly SLO). 9:30.0 https://doi.org/10.1001/10.

J. Chalmers (Northern Auzona), 9.31.3.

16. Lopez (Cal Poly SLO), 9.33.6. Others included; 20. Relaton (Converse West), 9.39.1. 21. Howard (Cal Poly Poniona), 9.39.1. 24. Ball. (UCLA), 9.44.6. 2b. Kendrick (UCLA), 9.45.1. 26. Manning (Cal Poly SLO), 9.45.1. 26. Manning (Cal Poly SLO), 9.45.1. 27. McGrann (UC Irvine), 9.46.6.

10.000–1. Nelson (unal), 32.40.9. 2. Doak (Athletins West), 32.49.5. 3. Lee (Cross Lines), 32.53.6. 4. Cooksey (Kangaross), 33.03.5. 5. Evanoff (Canada), 33.12.1. 6. Dominguez (Mexico), 33.23.6. 7. Walther (Wisconsin), 33.31.9. 9. Perse (Reebok), 33.57.9. 10. Pese (Houston), 33.59.4. 11. Roach (Cal Poly Pomona), 33.59.4. 11. Roach (Cal Poly Pomona), 33.59.4. 12. Hering (Wisconsin), 34.01.2. 13. Sprabley (Rice), 34.40.2. 14. Bassett (Wisconsin), 34.44.3. University-Open

University-Open

LONG JUMP—1. Risenhoover (Adams St.), 19-5 1/2, 2 Thorsland (Oregon), 18-11; 3. Kern (CS Bakersfield), 18-10 3/4

### South Coast JC Conf. Champ.

May 2, at Cerritos College:

100—Simmons (OC), 10.97 200—
Simmons (OC), 21.66; Williams (Cerl, 21.89; Payne (Cerl, 22.11.400—Bugg (Mt. SAC), 47.61; Brown (Mt. SAC), 48.70. Huntington (RS), 48.82; 800—Akins (Mt. SAC), 1.51.79, Baker (Fl, 1-52.02; Esparza (RS), 1.53.57; Lopez (RS), 1.53.78, Galvin (RS), 154.78, Smith (GW), 1.56.05; Esparza (RS), 352.98; Hughes (RS), 3.50.22; Esparza (RS), 352.98; Hughes (RS), 3.55.18; Smith (GW), 3.56.97,

Loepez (RS), 3 57.45, Simon (Com), 357.68 5,000—Martinez (F), 14 55.7, Reagan (Mt. SAC), 14 57.5, Parcel (OC), 15.00.6, Ochoa (RS), 15 10.0 10,000—Ochoa (RS), 22.4 12
110 HH—Hall (Mt SAC), 14 85.400
H—Davis (OC), 53.33, Lumpkin (Mt. SAC), 53.36, Valenzuela (Cer), 53.62, Vickers (Mt. SAC), 54.36, Doud (OC), 54.45, 30,000 STEEPLECHASE—Legrande (F), 91.438, Ochoa (RS), 92.7 14.400 RELAY—Orange Coast, 41.42, Mt. San Antonio, 41.49, Cerntos, 41.65, Compton, 42.38, Rancho Santiago, 42.43, Saddleback, 42.99, 1,600 RELAY—the between Ceritos and Rancho Santiago, 3:14.40, Orange Coast, 3.18.23, Fullerton, 3:18.87, Saddleback, 32.006, HJ—Gillette (RS), 6.6 PV—Lui (OC), 14-0, U.—Estrada (Mt. SAC), 12.11, TJ—Parish (Mt. SAC), 49.5½, Satterfield (GW), 46.34, SP—Kylei (RS), 48.9 DT—Wainscoat (OC), 14-8, HT—Dickerson (Mt. SAC), 127.2 JT—Glanville (GW), 191-3, Peck (Mt. SAC), 189-5, Cummings (S), 189-1, Wetzel (OC), 186-11, TEAM SCORES—1 Orange Coast, 143, 2 Mt. San Antonio, 141, 3 Rancho Santiago, 131, 4, tie between Cerntos and Fullerton, 55, 6. Golden West, 47, 7 Saddleback, 32, 8 Compton, 15

Women

100—DeVega (Mt. SAC), 12-14, Morton (S), 12-23, Harper (Mt. SAC), 12-45, 200—Morton (S), 24-81, DeVega (Mt. SAC), 24-84, 400—Taylor (Mt. SAC), 24-84, 400—Taylor (Mt. SAC), 24-85, 27-22-800—Taylor (Mt. SAC), 21-6-52-1,500—Moldonado (Mt. SAC), 2-16-52-1,500—Moldonado (Mt. SAC), 2-16-52-1,500—Moldonado (Mt. SAC), 2-16-52-1,500—Moldonado (Mt. SAC), 2-16-52-1,500—Moldonado (Mt. SAC), 2-16-52-1,000—Kernan (OC), 17-29-92-1,000—Kernan (OC), 17-29-92-1,000—Kernan (OC), 17-29-92-1,000—Kernan (OC), 17-29-92-1,000—Kernan (OC), 17-400—Kernan (S), 14-33, Bullett (Comp), 15-06, Lieran (S), 15-77-400 HURDLES—Standley (Mt. SAC), 10-405, Lynk (Cel.), 10-4-63, 400 RELAY—Cerritos, 400-48, Saddleback, 4-06-80-HJ—Gilbert (Cer), 5-2-LJ—Harper (Mt. SAC), 19-11-14, Morton (S), 18-4-8 (Biett (Com), 18-04, Laylor (F), 18-0-Taylor (F), 36-14, SP—Carter (Com), 37-845-DT—Wilson (S), 152-3-3 JT—Learan (S), 130-0

TEAM SCORES—1, Mt. San Antonio, 160-2-5-3 Saddleback, 12-6-3 Orange Coast, 88, 4-erritos, 68, 5-Compt in 42-6 Fullerton, 30, 7-Rancho Santiago and Golden (Vest, 0)

### **Inland Valley** JC Conf. Champ.

May 3, at College of the Desert:

Men

100—Morris (Glendale), IU 6, 200—
McGee (G), 21, 7, 400—McGee (G), 48, 4
800—Valdez (G), 1, 54, 9, sonzales (G), 1, 55, 6, 1,500—Carter (G), 4, 0,10
1, 55, 6, 1,500—Carter (G), 4, 0,10
1, 0,000—Mitchell (G), 15, 15, 0, 10,000
Wayne (G), 33,34, 110 IHH—Galcia (G), 14, 9, 400 IH—Garcia (G), 54, 7, Carter (Citrus), 54, 8, 3,000 STEPEECHAST—Palma (G), 10,06, 0, 400 RELAY—Glendale, 42, 7, 1,600 RELAY—Glendale, 42, 7, 1

#### Women

Women

100 — Morales (East LA), 13.0

200 — Smith (Riverside), 26.7 400 —

Mosqueda (ELA), 88.5 800 — Rodriguez (ELA), 2.21.2, 1.500 — Bernar (ELA), 456.0, Pleasant (ELA), 4.58.1 Woodside (Chaffey), 4.58.9.3,000 — Pleasant (ELA), 10.46.0, 5,000 — Fyke (Glendale), 19.51.100 HURDLES — Gasman (G), 15.6 400 HURDLES — McCauley (G), 87.3 400 HURDLES — McCauley (G), 87.3 400 HELAY — Glendale, 50.5 1.600 RELAY — Glendale, 50.5 1.600 RELAY — East LA, 4.04.1 HJ — Hulfon (Citurs), 5-2 LJ — Gasman (G), 17.4½ TJ — Gasman (G), 17.4½ Glendale, 17.03 SC SP Barbosa (G), 139.1 JT — Griffin (Cit), 110.3 TEAM SCORES — 1.East LA, 154.2 Glendale, 119.3 Citurs, 70.4 Riverside 88,5 Chaffey, 52 S San Bernardino, 14

### Mt. Valley JC Conf. Champ.

May 3, at Valley College:

Men

100—Lloyd (V), 11.2 200—Green
(V), 22.0 400—Green (V), 47.9 800—
Dangcil (W), 159.6 1.500—Marquez
(TT), 4.01.1 5.000—Navarro (TT),
16.59.2 10.000—Marquez (TT),
32.25.9 110.HH—Brooks (V), 15.8 400
(H—Brooks (V), 55.6 3.000 STEEPLE—CHASE—Navarro (TT), 9.35.8 400 RE—LAY—Valley, 42.41 1.600 RELAY—Valley, 3.24.44 HJ—Craig (SW LA), 6.0
PV—Smrk (AV), 12.0 LJ—Wilson (V),
21-1 TJ—Coffee (AV), 44.0 SP—Beavious (SWLA), 162.010½ DT—Beavious (SWLA), 162.010½ DT—Beavious (SWLA), 163.010½ DT—Beavious (SWLA), 17.400 (TT), 64.11
TEAM SCORES—1 Trade Tech, 214.2 Valley, 167, 3. Artelope Valley, 104, 4 Southwest LA, 55

Women
100—Johnson (V), 12.73 200—
Scaggs (V), 26.29 400—Scaggs (V),
59.02 800—Stewart (V), 2.23.59
1,500—Lohr (V), 4.55.75 3,000—Wood
(AV), 11.24.49 5,000—Lohr (V),
17.47.0 100 HURDLES—Johnson (V),
15.41 400 HURDLES—McNatt (V),
120.21 400 RELAY—Valley, 50.89
1,600 RELAY—Valley, 4.15.20 HJ—Wooten (V), 4-2 LJ—Caston (AV),
16.7½ TJ—Caston (AV), 36.6½ SP—McBryant (AV), 33.5 DT—McBryant (AV), 103.8 JT—Bridges (V), 94.6
TEAM SCORES—1 Valley, 269, 2
Antelope Valley, 94, 3. Southwest LA, 10.

### **Johnny Mathis** Invitational

May 2 & 3. S.F. State Univ Men's Division (May 3) 10,000m Race Walk: 1. John Ratto 48:54.4, 2. Charles Marut 50:45.5, 3.

photo by Nancy K. Molitor



Sylvia Mosqueda

Robert Edwards, 55:22.

Hammer: 1. Mike Ostrom, Unat., 192-4½, 2. Dave Debus, PTC, 192-2½, 3. Deron Lord, Unat., 166-6½. Long Jump: 1. J. Morris, Army, 23-6, 2.

Miles, Army, 23-514, 3. Rickey Dobbins, Unat., 23-214.

10,000m: 1. Denzine, Army, 31:00.9, 2. Jay Mullins, Army, 31:01.8, 3. Alex Carmona, USIU, 31:45.4.

Javelin: 1. Steve Koel, SFSU, 230-111/2, 2. Jay Bass, Hayward, 202-11, 3. Dan Gilmarton, Sonoma, 165-6.

4x100 Relay: 1, UCD, 41.6, 2, SFSU, 42.1, 3, Pioneer TC, 43.0, Shot Put: 1, Greg Tafralis, NYAC, 68-31/4, 2, Dennis DeSoto, SJSU, 59-91/2, 3, John Swedlund, Hayward, 49-5.
Triple Jump: 1. F. Brooks, Army, 49-91/2.

2. G. Wallace, Army, 47-11 34, 3. Glen Rory, SFSU, 47-634.

High Jump: 1. Joe Redan, SBTC, 6-10, 2. E. Patterson, Army, 6-8, 3. LaMont Lewis,

3000m Steeplechase: 1. Pete Vicencio, USIU, 8:59.8, 2. Jim Herdman, USIU, 9:18.3, 3. Mike McMannus, SFSU, 9:33.6.

1500m: 1. John Sup, Adidas, 3:44.1, 2. Joe Naughton, UCD, 3:52.2, 3. Shawn Smallwood, Unat., 3:52.2. 110m HH: 1. John Johnson, SBTC, 13.7,

M. Benjamin, Army, 14.3, 3. Robert McDaniels, 14.5.

400m: 1. James Cooper, SJS, 47.4, 2. Jay Lawson, UCD, 47.7, 3. John Farrell, SFSU, 48.2.

Pole Vault: 1. Bob Babits, UCTC, 16-6, 2. Craig Boyak, Unat., 16-0, 3. Dan Bessmer, SJSU, 15-6.

100m: 1. Neil Gadison, PTC, 10.6, Reggie Grimes, SJTC, 10.6, 3. Roy Mosley, SBTC, 10.6.

Discus: 1. Greg Tafralis, NYAC, 194-11, 2. Dan Katches, SJSU, 176-0, 3. Dennis DeSoto, Unat., 157-11.

800m: 1. Larry Guinee, ConAggie, 1:50.6, 2. Peter Kirk, SFSU, 1:52.5, 3. Neil

Fitzgerald, Unat., 1:53.0.

400m Hurdles: 1. Bart Williams.

ST&STR, 51.3, 2. Bob Deary, SBTC, 53.4, 3. Brian McKittrick, SFSU, 52.7. 200m: 1. John Johnson, SBTC, 21.3, 2. Garrett Moore, SBTC, 21.4, 3. Mark

Kobort, Unat., 21.7.

5000m: 1. Dan Aldridge, Tiger TC, 14:22.7, 2. Dan Stefanisko, Unat., 14:42, 3. John Hancock, UCD, 14:43.6.

4x400m Relay: 1. UCD, 3:15.7, 2. South Bay TC, 3:17.0, 3. SFSU "A", 3:19.9. Women's Results (May 2) High Jump: 1. Stephanie Battler, Army,

Javelin: 1. Mary Hyder, Unat., 168-4, 2. Marilyn Senz, Army 153-0, 3. Coralisa Shepard, Army, 133-9. 10,000m: 1. Maribeth Duffy, Unat., 38:13.9, 2. Debbie Katekaur, Westmont, 38:54.8, 3. Mia Cadmus, Colo., 42:59.6. 440 yd. Relay: 1. Hayward, 47.0, 2. USIU,

Shot Put: 1. M. Senz, Army, 44-5½, 2. Betty Lobsinger, Hayward, 42-1½, 3. Rochelle Shelf, SFSU, 41-10½.

5000m: 1. L. Bearson, Army, 17:13.6, 2. Sarah Tabutt, Unat., 17:39.0, 3. Lauri Wilson, USIU, 17:56.2.

1500m: 1. Missy Lavine, USIU, 4:35.5, 2.

Gina Javregui, USIU, 4:36.1, 3. Maritta Persson, USIU, 4:41.2 100m HH: 1. Monique Perez, SFSU, 14.7, 2. Tammy Wessendorg, Sonoma, 14.8, 3. Karen Geaslin, USIU, 14.9

Long Jump: 1. Brenda Bertillian, GBTC, 19-3, 2. V. Britton, Army, 18-5, 3. Crystal Johnson, Sonoma, 18-5.

400m: 1. Sheila McClain, USIU, 55.4, 2. Ione Dixon, Hayward, 56.9, 3. Evone Cart-wright, USIU, 57.4.

100m: 1. Vickie Williams, USIU, 11.8, 2 Mina Hutchins, USIU, 11.8, 3. Tracy Cole, Hayward, 11.9

Discus: 1. Carol Cady, UNAT., 195-0, 2. Wendy Robinson, Wt.City, 160-4, 3. Gina Niko, Hayward, 151-1.

800m: 1. Theresa Currie, USIU, 2:12.2, 2. Denise Williams, Hayward, 2:13.0, 3. Jen-

ny Ray, Hayward, 2:13.5. 400m H: 1. Michelle Soto, Hayward, 64.2, 2. Alleen Heimes, SFSU, 68.1, 3. Megan Fuller, Westmont, 70.5. Triple Jump: 1. Milo McCall, Hayward,

39-4 4, 2. Tammy Wessendorf, Sonoma, 38-8 ½, 3. Diane Clark, Colo. 31-10 4, 200m: 1. Shella McClain, USIU, 23.9, 2.

Tracey Cole, Hayward, 24.4, 3. Vicki Williams, USIU, 24.7.

3000m: 1. Nora Doyle Cooney, Sonoma, 10:08.9, 2. Julie Thomas, Hayward, 10:16.4, 3. Pam Krueger, USIU, 10:28.0.

Mile Relay: 1. USIU, 3:45.7, 2. Hayward "A" 3:49.2, 3. SFSU "A", 3:53.4.

### **New Balance** Women's Meet

May 3, at UC Irvine:

100 (Race 1)—1. A Brown (World Class), 11.02w (no wind gage), 2 Johnson

Class, 11 (22w Ino Wind gager, 2 Johnson, 11 (19 1 | Race 2)—1. C. Jones (Arizona), 11.81 w, 2 Page (Los Angeles TC), 11.94 200 (Race 1)—1. N. Williams (Arizona), 23.85 w. 2. Andrea Rolle (unat), 24.38, 3. Walker (Puma), 24.52. (Race 2)—1 Andrea Rolfe (unat), 24.38w, Walker (Puma), 24.52 (Race 3)—1 Look (Weber St.), 24 76w, 2 Paige (CS Long Beach), 24 96, 3 Eisele (UC trvine), 24 97 400 (Race 1)—1 Gallagher (Los

400 (Race 1)—1 Gallagher (Los Angeles TC), 54 3 (hand time), 2 Belle (Puna), 55.21, 3 Loton (Britain), 55.42 (Race 2)—1 Brown (Britain), 55.65, 2 Andrea Rolfe (unat), 56.01

800 – I Wysocki (Erooks), 2 07 2, 2 Gutowski (2 09.06; 3 Russell (Coast

Athletics), 2-11-28 1,500 - 1 Colebrook (Britain), 4-20-2, 2. Gerum (Anzona), 4 23 7, 3 Ralston (Converse), 4 23 8, 4 Harrington (UC Irvine), 4 24 1, 5 Prieur (Cal Poly SLO), 4 26 1, 6 Hull (Nevada Las Vegas),

27.8 Green (Weber St.), 3 000 - 1 Green (Weber St.), 94752, 2 Riedel (UC Davis), 948.21; 3 Bowman (CS Northridge), 948.88, 4 King UC Irvine), 949.01, 5 Katterhagen (Cal Poly St.0), 954.97 5, 000 - 1 Berenda (Converse), 16×79.75, 2 Roof (Nike), 16.36.72; 3 McGiann (UC Irvine), 16.46.81 19.71 (IRDLES (Race 1) - 1 Page (Los Angeles EC), 13.44w, 2 Hagger (Britan), 13.54, 3 Tolbert (unat), 13.73, 4 McGee (LA Mercurettes), 14.15, 5 Walker (Pumal, 14.42, 6 Fricke ICS Fullerton), 14.43 (Race, 2) Johnson (Arizona), 14.70w

14 70w
400 HURDLES — 1 Bryant (Los Angeles TC), 58 79, 2 Wall (Canada), 60, 14, 3
Pruter (San Diego TC), 61, 23, 4 DAvis
(Los Angeles TC), 62, 05
400 RELAY (Race 1)— 1 CS Fullerton
47 75, 2 Cal Poly Pomona, 48, 3 (Race
21 CS Northridge, 47, 92
1, 600 RELAY—1 Los Angeles TC,
600 RELAY—1 Los Angeles TC,
846 4, 2 CS Northridge, 354, 8, 3 CS
846 ersfetch 3, 36, 60
HIGH JUMP—1 Larson (Cal Poly
Pomonal, 6 0, 2 tre between Clark (Coast
Athletics) and Patterson (CS Northridge),
5, 10, 4 Linderman (UC Irvine), 5, 10, 5
Maurfus (CS Los Angeles), 5, 8, 6 Nicholis Maufus (CS Los Angeles), 5-8, 6 Nicholis (Cal Poly Pomona), 5-8, Hagger (Britain),

LONG JUMP- 1 Larson (Cal Poly Pomonal, 20-2¼w, 2 Jones (Arizona), 19-9½w, 3 Wiley (Coast Athletics).

19-1W TRIPLE JUMP—1 Jones (Arizona), 41-3; 2 Lovelady (Road Runner), 41-1, 3 Costello (World Class), 39-10, 4 Greisson (UC Ivine), 38-8 SHOTPUT—1 Garrett (Arizona), 48

4½, 2 Sala (Arizona), 46-0½, 3 Larsen (Cal Poly Pomona), 45-9; 4 Weaver (Arizona), 45-2½

DISCUS - 1 Gotha (mat), 198.1, 2
Dasse (Coast Attliefics), 183.11, 3 Levi (mat), 179.7, 4 Kaylor (mat), 164.10, 5
Pagette (Cal. Poly StO), 160.2, 6 Hom. (CS Los Angeles), 158.5
JAVELIN - 1 Ullak (Finland), 206.5, 2
Sulfue (Arronal), 169.4, 3 Ray (World Class), 188.0, 4 Mieller (San Diego TC), 167.10, 5 Brown (Nevada Las Vegus), 162.9, 6 Nelson (mar), 161.11

### SCIAC Conf. Championships

May 3, at Claremont-Mudd College: Men

100 1 Hardy (O), 10 63, 2 Messana 100 1. Hardy (O), 10 63, 2. Messana (CM), 10, 68, 3. Mueller (O), 10, 73, 200 – Messana (CM), 21, 64, 400 – Brooks (R), 49, 39, 800 – Butterfield (O), 1, 55, 02, 1,500 – Ziblatt (O), 4,01,58, 5,000 – Tregillis (O), 15,33,60,110 HH — Walker (R), 15,13,400 HH — Schmücker (O), 64,01,400 RELAY — Rediands, 3,23,22 HJ — Branch (O), 6,444, PV — Poole (R), 13,94, 13 – Alston (PP), 124, S.P.—Giles (CM), 51,1114, JT — Olson (PP), 19,19, FINAL TEAM SCORES — 1. Occidental, 240, 2, Claremont Mudd, 12,14, 3

tal, 240, 2. Claremont Mudd, 121½, 3. Redlands, 98, 4. Pomona Pitzer, 84½, 5. tie between Caltech and La Verne, 15, 7 Whittier, 14

Women

Women
100 — Dee (PP), 12.23 - 200 — Brandrup (PP), 25.31 - 400 — Brandrup (PP), 57.75 - 800 — Allan (O), 2.16.22 - 1,500 — Trimble (O), 4.51.09 - 5,000 — Kivela (CM), 18.12.01 — 100 — HURDLES — Lotton (L.V), 15.19 — 400 — HURDLES — Bonner (PP), 65.66 — 400 — RELAY — Formona Pitzer, 4.9.91 — 1,600 — RELAY — Formona Pitzer, 4.00.73 — LJ — Lawson (O), 18.8½ — SP— Dumas (RI), 47.1½ — 17 — Ferguson (PP), 138.4 — FINAL TEAM SCORES — 1 — Deciriore

FINAL TEAM SCORES 1 Occidental, 203, 2 Pornora Pitzer, 121, 3 Redlands, 64, 4 Claremont Mudd, 56, 5 Whitter, 27, 6 La Verne, 18, 7 Caltech, 5

### Stanford vs Cal

May 3, at Berkeley: Men

Men

100 — Mahorn (C), 10.64 200

Threets (C), 21.08 400 Threets (C), 47.17 800 — Skoog (S), 1.51.13

1,500 — Atkinson (S), 4.01.15 5,000

Alexa ider (S), 14.16 4.10 HH \_ Lett (C), 13.82, Duffy (C), 14.03.400 IH \_ Jett (C), 15.57, 3,000 STEEPLECHASE — Stoll (S), 8.85.56 f. 600 RELAY — Stanford, 3.19.1 HJ — Harris (C), 6.10% PV Shepard (C), 16.6% LJ Gonsolin (C), 24.7% TJ — Harris (C), 5.13% SP — Rosati (C), 58.6% DT — 1 Nisulai (C), 192-10, 2 Schneider (S), 185.0, 3 Maggard (C), 184-10 HT — Naturoili (C), 222.5 JT — Poutainen (C), 211.3 FINAL SCGRE — California, 112, Stanford, 44

### Nick Carter Invitational

May 3, at UC Santa Barbara:

Men

200 Combs (UC Santa Barbara),
21.43: 110.HH — 1 White (UCSB), 14.09,
2. Lee (CS Bakersheld), 14.16, 3. Johnson
(Cal Poly SLO), 14.69. HJ— 1. Lee (CSB),
7.4, 2. Driebelbis (UCSB), 6-10. PV—
Sayre (unat), 16.6; TJ— 1. Taylor (South
Bay TC), 50.1, 2. Henry (CSB), 50.0%
SP— 1. Laut (Athletics West), 66.10,
2. Faul (Weight City, 16.14. 4. Haiter (CPSLO),
58.64; DT— 1. Hanley (Weight City),
185.3, 2. Wilmer (UCSB), 173.5; HT— 1. Hollitals (Finland), 246.11, 2. Wopat
(Outreach), 206.9, 3. Wilmer (UCSB),
203.5, 4. Arcaro (All American), 200.9, 5.
Missio (CSB), 195.0, 6. Lange
(All American), 192.10, JT— 1. Stephen
(unat), 222-11, 2. Goode (All American),
214.11

### Long Beach Twilight Invite.

May 3. Long Beach.

Men's Results

Shot Put: 1. Mike Smith, NYAC, 66-6, 2. Arne Pedersen, Norway, 68-5, 3. Jan Sagedal, Norway, 64-11½, 4. Jesse Stuart, Unat., 61-4¼, 5. Kare Sagedal, Norway, 60-2½, 6. Mike Boldon, CSLA,

Discus: 1. Art Burns, AthWest, 219-6, 2. Knut Hjeltnes, Norway, 213-6, 3. Greg McSeveney, Unat., 209-7, 4. Jay Kovar, All-Am TC, 205-0, 5. Marcus Gordien, Unat., 204-4, 6. Christian Okoye, AP, 197-8. Javelin: 1. Mike Barnett, AIA, 234-8, 2.

Gary Kinder, Team Ad, 224-8, 3. Douglas Fernandez, Venez., 211-3, 4. Fred Carpenter, AIA, 209-11, 5. Ernie Fradella, AIA, 199-1, 6. John Caruso, UCI, 191-3.

Hammer: 1. Mike Maynard, AP, 222-2, 2. Christian Okoye, AP, 208-4, 3. Ed Arcaro, AATC, 194-7, 4. Gary Ballwey, AATC, 191-5, 5. David Wilson, SMTC, 191-1, 6. Jay Hibert, Unat., 189-4.

Long Jump: 1. Craig Stewart, SC Cheet., 24-91/2, 2. Lester Brown, USMC, 23-034, 3. Ralph Mitton, PittsTC, 22-314.

Triple Jump: 1. Dan Lanovaz, Canada, 49-9¼, 2. Herbie Brown, AP, 48-0½, 3. Roy Salcedo, SDSU, 47-8¼.

High Jump: 1. Lee Balkin, SSTC, 7-21/2, 2. Dennis Lewis, NBTC, 7-01/2, 3. Anthony Caire, Unat., 6-11, 4. Frank Eatmon, CSLA

Pole Vault: 1. Jerry Mulligan, Beach A, 17-034, 2. Tom Hintnaus, LATC, 17-034, 3. Chuck Suey, LATC, 17-034.

3000m Steeplechase: 1. Steve Cabillas, Fullerton, 9:05.5, 2. Steve Chipman, Adidas, 9:09.3, 3. Mitch Eddy, SDSU, 9:12.2

4x100m Relay: 1. Cal State Long Beach, 40.96, 2. Canada West, 41.37, 3. Cal State Northridge, 42.06. 1500m: 1. David Taylor, Sub-4, 3:47.61,

2. Ralph Garibaldi, UCI, 3:49.29, 3. Angel Roman, Venezuela, 3:52.55, 4. David Fleming, Loeschhorn's, 3:53.39.

110m HH: (Heat 1) 1. James McCraney,

Maccabi, 14.0, 2. Herbie Akpom, AP, 14.0, 3. Anthony House, AP, 14.8. (Heat 2) 1. Aaron Burns, SDSU, 14.45, 2. Phil Williams, Pt.Loma, 14.63, 3. Todd Funk, AIA, 14.95. 400m: 1. Andre Smith, Canada, 47.84, 2.

Jack Davis, CSLB, 48.89, 3. Cal Lnagford, Canada, 49.11.

100m: 1. Innocent Egbunike, Nigeria, 10.62, 2. Harry King, GB, 10.73, 3. Donald Frost, CSLB, 10.73, 4. Gary Jackson, CSUN, and Cameron Riley, Unat., 10.80, 6. Anthony Ford, CSLB, 10.84.

800m: 1. Dave Boyd, AP, 1:52.64, 2. Brian Monaghan, Canada, 1:52.76, 3. Chris Monroe, CSLB, 1:52.87, 4, Ken Joerger, CSUN, 1:53.39, 5, Seth Serriano, SDSU, 1:53.75, 6, Mike Puetz, SDSU, 1:55.36.

400m IH: 1. Andri Hargrove, SSTC, 51.44, 2. Oswaldo Zea, CSLB, 51.67, 3. John Matt, Pt.Loma, 51.96, 4. James Ferreira, CSLB, 52.28, 5. Rahn Sheffield, SDTC, 53.40, 6. Jay Burden, CSLA, 53.43. 200m: 1. Pat Nwankwo, AP, 21.09, 2. In-

nocent Egbunike, Nig., 21.15, 3. Dino Romanelli, CSLB, 21.31, 4. Keith Copeland, CSUN, 21.41, 5. Courtney Brown, CSLB, and Greg Holmes, SSTC,

5000m: 1. Chuck Degarmo, adidas, 14:22.7, 2. Mark Dopnaghue, USN, 14:24.9, 3. Danny Martinez, Reebok TC, 14:27.0, 4. Steve Bishop, ARE, 14:31.1, 5. Mike Pope, Jamul Toads, 14:34.1, 6. Franklin Harrison, Reebok TC, 14:51.8.

4x400m Relay: 1. Azusa-Pacific, 3:16.09, 2. Canada West, 3:16.38, 3. Point Loma, 3:19:13.

### Metro. JC Championships

May 3, at Santa Monica College:

100--1. Miller (Pas), 10.43; 2. Trott (LB), 10.57, 3. Stodemire (LA), 10.69, 4. Taylor (LB), 10.71, 5. Faulkner (SM), 10.81, 200—1 Miller (Pas), 21.19, 2 M. Brown (LB), 21.48, 3. Trott (LB), 21.77, 4. 10.81 200—1 Miller (Pas), 21.19, 2 M Prown (LB), 21.48, 3 Trott (LB), 21.77, 4. Taylor (LB), 21.86. 400—1. Brown (LB), 47.40, 2. Cruckshank (Pas), 48.06, 13. Goods (SM), 48.56, 4. Van (LB), 49.04. 800—1. Weedon (LB), 1:51.75; 2. Gonzalez (LB), 1:52.80, 3. Goods (SM), 1:52.41, 4. Daily (EC), 1:54.26; 5. Hall (Bak), 1:54.62, 6. W. Brown (LB), 1:55.10, 1:500—1. Weedon (LB), 349.69, 2. Graves (LB), 3:53.06, 3. Hall (B), 4.01.36. 5.000—1. Houlgate (EC), 14:55.73, 2. Garcia (Pas), 15:14.88, 10,000—Garcia (Pas), 31:34.2; 2. Acosta (LB), 31:38.6. 110HURDLES—1. White (LB), 14.20, 2. Brantley (LB), 14.35, 3. Thomas (Pas), 14.60, 4. Wallace (LB), 15.3. Thomas (Pas), 14.68, 6. Green (LB), 15.11. 400 HURDLES—1. Wallace (LB), 52:20; 2. Green (LB), 53:16; 3. Blades (Pas), 53:20. 3.000 STEPTECHASE—1. Garcia (Pasadena), 9:30.7. 400 RELAY—1. Long Beach, 40:20, 2. Pasadena, 41:01, 3. Santa Monica, 41.87; 4. Bakersfield, 42:39, 1.600—1. Long Beach, 3:15.46; 2. Pasadenba, 3:17.20, 3. Santa Monica, 3. 19:29. 4. El Camino, 3:21.58. HJ—Clark (Pas), 6:10. PV—1. Multi-an (LB), 15.6. 11. Multi-an (LB), 15.

3.19.29.4 El Camino, 3:21.58
HJ—Clark (Pas), 6:10. PV—1. Mulligan (LB), 15:6. LJ—1. White (LB),
23-11½, 2. Tisdale (Pas), 23-7. TJ—1.
Butler (LB), 48-1½, 2. Kent (Pie), 47-8.3
Bailey (LB), 47-6½, 4. Willis (EC), 47-3¾.
SP—1. Wenj (LB), 53-11; 2. Nashanian (LB), 51-10, 3. Florence (P), 50-5½; 4.
Fine (Pierce), 50-0½, 0.7—1. Wenj (LB),
181-3, 2. Nashanian (LB), 152-1; 3. Reep (P), 148-2. HT—Wenj (LB), 155-0. JT—1.
Hall (SM), 203-4, 2. Capone (LB), 157-8.
3. Schreck (LB), 196-7.

Hall ISM/, 203-4, 2. Capone ILB), 197-8 3 Schreck ILB), 196-7 TEAM SCORE—1 Long Beach, 3 10, 2. Fasadena, 141½, 3. Santa Monica, 59½, 4. El Carrino, 44, 5. Bakersfield, 38, 6. Pjerce, 18, 7. LACC, 9; 8. Harbor, 0.

100—1 Callier (SM), 12 24; 2. Allen (EC), 12 36; 3. Robinson (EC), 12 43; 4. Frazier (EC), 12 43; 5. Roy (SM), 12 45; 200—Rolfe (SM), 24 82; 400—Rolfe (SM), 55.84; 800—Hite (Pie), 2:17.52; 1;500—Ortega (SM), 4:48.03; 2. Ojeda (Pas), 4:50.32; 3. Delgado (Pas), 4:51.46; 4. Cherviyot (ISM), 4:55.32; 3,000—Orgeta (SM), 10:22.07; 2. Ojeda (Pas), 10:22.67; 3. Cherviyot (SM), 10:24.45; 4. Curry (EC), 10:26; 93; 5.000—Cherviyot (SM), 18:12.0. 100-1 Callier (SM), 12 24; 2 Allen 18 12 0

18.12.0.

100 HURDLES—Fraziei (EC), 14.60, 100 HURDLES—Fraziei (EC), 15.10-4 Heard (EC), 15.37, b. Blackwell (SM), 15.38, 400 HURDLES—1. Heard (EC), 65.77, 400 RELAY—1. Sants Monica, 47.13, 2 f. Camino, 47.40, 1,600 RELAY—1. L. Camino, 47.40, 1,600 RELAY—1. L. Camino, 45.32, 2. Santa Monica, 3.56.23, HJ—Blackwell (SM), 5-4, 2. Heard (EC), 5-4, LJ—Robinson (EC), 18.104, TJ—1. Robinson (EC), 41-9 (National Junior College record), 2. Newman (EC), 37.3½; 3. Blackwell (SM), 36-104, SP—Roy (SM), 46-7, 2. Barnes (EC), 43-7, DT—Barnes (EC), 138-1 JT—Barnes (EC), 138-1 TEAM SCORES—1. El Camino, 206;

TEAM SCORES—1. El Camino. 206; 2. Santa Monica, 163; 3. Pasadana, 73; 4. Long Beach, 26½, 5. Bakersfield, 25½, 6. Pierce, 18, LACC and Harbor, O.



### Pepsi Invit.

May 17, at UCLA: MEN

MEN

400—1. Tracoh (Washington St.),
44.32 (meet record old mark, 44.81,
Innocent Egbunike, Nigeria, 1964) (sixth
sastest performer of all time); 2. Robinson
(Mazda), 44.45 (equal tenth fastest
performer of all time); 3. Phillips (World
Class), 44.71, 4. Egbunike (Nigeria),
44.82, 5. McKay (Mazda), 45.02, 6.
Thomas (UCLA), 45.42, 7. Witherspoon
(SDTC), 45.49, 8. Franks (Athletics West),
45.55, 9. Rish (Arizona St.), 46.37,
800—1 Gray (Santa Monica TC),
1:45.22, 2. Mack (Santa Monica TC),
1:45.22, 2. Mack (Santa Monica TC),
1:46.01, 3. Guymaraes (Brazil), 1:46.68,
4. Herron (Arizona), 1:47.00; 5. Roberson
(Fresno St.), 1:47.01, 6. Bunch (USC),
1:47.26, 7. Armour (Puma), 1:47.64,
MILE—1. Spivey (Athletics West),
3:56.72, 2. Scott (Tiger), 3:57.05, 3.
Byers (unat), 3:57.60, 4. Jones (Santa
Monica TC), 3:58.76, 5. Fricker (Accuspiti), 3:59.66. Others included 9. Junkermann (UCLA), 4:04.9,
3.000—1. Wicksell (unat), 7:51.55, 2.
Draddy (Athletics West), 7:51.90, 3.
Brantley (Kangaroo TC), 7:54.97, 4. Korir
(Washington St.), 7:55.97, 5. Padilla
(Athletics West), 7:56.93, 6. Lacy (New
Belance), 7:58.62, 7. Giusto (Arizona),
8:08.15, 8. Roberts (Santa Monica TC),
8:07.29, 8. Mastalir (Sacramento Jesuit
HS), 8:11.0 (sixth fastest high school
performer of all time), 10 Koningli (Puma),
8:11.4, 11, M. Mastalir (Sacramento Jesuit
HSI, 8:26.4, 110. HIGH HURDLES—1. Foster
(World Class), 13:27, 2. Kingdom (unat),
13:47, 4. Turner (Mazda), 13:54, 5. Clark
(Houston TC), 13:72, 6. Burnett (Arizona),



Pepsi 800: (left to right) Jeff Roberson, Joey Bunch, Johnny Gray.

52-8¼ SHOTPUT—1 Brenner (Mazda TC). Tatralis (Stars & Stripes).

13 73, 7 K Young (UCLA), 13 84, 8 Reading (USC), 13 85, 9 Kerho (Santa Monica TC), 13 93 POLE VAULT—1 Tully (Mazda), 18-11½ (meet record, old mark, 18-10½, Mike Tully, New York AC, 1985), 2. Bell (Pacilic Coast Club), 18-8½, 3 Fraley (Fresno St.), 18-4½, 4 Kerworthy (Stars & Stripes), 17-8½, 5 Hoppner (Fresno S1.), 17-8½, Klassen (USC) and Richards (UCLA), no height

photo by Jim Reynolds

69-04; 3 Akins (Neww York AC), 68-54; 4 Oldfield (Chicago TC), 67-84; 5 Laut (Athletics West), 65-94; 6 Banich (UCLA), 63-94; 7 Smith (New York AC), 63-74; 8 Frazier (UCLA), 61-9 DISCUS—1, Bugar (Czechoslovakia), 220-5; 2, Burns (Athletics West), 219-10, 3 Hjeftnes (Norway), 216-9, 4 Bungic (New York AC), 210-1, 5 Brenner (Mazda), 209-1, 6 Binley (Stars & Stripes), 203-8, 7 Okoye (Azusa Pacific), 194-4, 8 Biutreich (Santa Monica TC), 181-7. (UCLA), no height TRIPLE JUMP—1 Banks (Mazda), 56-4½; 2. Emordi (Nigeria), 54-10¼, 3. Cannon (Cheetahs), 54-6; 4. Elliott (Nike), 54-3½; 5. Oporski (CS Los Angeles), 52,8¼. 181-7

JAVELIN—1 Petranoff (Athletics West), 254-5, 2 Roggy (unat), 250-8, 3 Jadwin (Tiger), 243-1, 4 Johansson (Washington St.), 239-10, 5 Bradstock (Britain), 238-6, 6 Miller (Washington St.), 236-78, 7 Barnett (unat), 225-6.





Pam Marshall, 49.99

WOMEN
100—1 Brisco-Hooks (World Class),
10 99 (wind 13 m p.s aiding), 2. Brown
(World Class), 11 06, 3. Cooman (Nether-lands), 11 37, 4. Inniss (Atoms TC), 11 38,
5. Ogundo (Lriah St.), 11 72, 6. Franklin
(Nevada Las Vegas), 11.83,
200—1 Brisco-Hooks (World Class),
22.54 (wind 0.6 m.p.s. aiding), 2. S. Green
(Nevada Las Vegas), 24.38; no third
400—1 Marshell (Mardia), 49.99; 2.
Ctooks (Mazda), 50.84, 3. Bakare (Azusa
Pacific), 52.35; 4. Howard (CS. Los
Angeles), 52.67; 5. Knighten (UCLA),
53.13.

53 13 800—1. Groenendaal (Athletics West), 159.9; 2 Walton-Floyd (Puma), 2 00.1; 3 Clark (Athletics West), 2 00.2; 4, Ross (San Diego St.), 2 03.8; 5 Hull (Nevada Las Vegas), 2 04.6; 6 Gutowski (LA Merurettes), 2 06.7; 1,500—1. Addison (Reebok), 411.75; 2 McRoberts (Canada), 4 12.66; 3 Jacobs (Los Angeles TC), 4 15.00; 3 Wysocki (Brooks TC), 4 15.30; 5 M Joyce (Ireland), 4 15.92; 6 Malloy (BYU), 4.17.71; 7, Polly Plumer (UCLA), 4 18.80; 0 B Barringfon (UC Irvne), 4 18.93; Others included: 11 Dowell (UCLA), 4:27.7

4. In J. Polity Plumer (UCLA), 4, 18.93, 18.93, 20 thers included 11. Dowell (UCLA), 4, 127.7
100 HURDLES—1 Page (tos Angeles TC), 13.12, 2 Devers (UCLA), 13.38, 3 Watkins (Cheetahs), 13.60, 5 Tolbert (Politabs), 13.61, 6 Thompson (UCLA), 13.84, 7. Walker (Puma), 14.02, 400 HURDLES—1. Brown King (Athelics West), 55.23, 2 Sheffield (San Diego St.), 55.74, 3 Farmer (Puma), 56.23; 4 Kellon (UCLA), 56.55, 5 Bryant (Los Angeles TC), 56.57, 6 Hanson (Ca) Fully SLO), 59.37
LONG JUMP—1. Inniss (Atoms TC), 21.1134; 2 Henry (Texas El Paso), 21.844, 3 Williams (Coast Athletics), 21.444, 4. Devers (UCLA), 21.045, 5. Bell (SoCal Cheetahs), 20.104.

Devers (UCLA), 21-0½; 5 Bell (SoCal Cheatahs), 20-10½ DISCUS—1 Fagel (Mazda), 192-2; 2 Griffin (unat), 188-1; 3. Neer (Coast Athletics), 184-8, 4 Lutjens (UCLA), 182-3, 5 DeSnoo (San Diego St.), 179-8; 6 Dasse (Coast Athletics), 175-10, 7. Larson (UCLA), 172-7.



### BY RICHARD LEE SLOTKIN

Airat Bakare (AP/Nigeria) Mt.SAC Relays 400m	52.71
Lee Berg (Hack) L.A. Relays 1500m	4:20.9
Rose Diaz, Santa Monica 10K	44:14
Tom Grewe (UCLA) Mt.SAC Relays Stpl	8:47.1
Tom Grewe (UCLA) vs. TCU, Houston 2M	8:51.74
Mark Junkerman (UCLA) Mt.SAC Relays Stpl	8:44.1
Mark Junkerman (UCLA) vs. Cal 1500m	3:42.7
Judy Kewley (STC) Fontana 1/2 Mara.	81:00
Kiki Laborteaux (UCLA) Mt.SAC Relays 1500m	4:33.8
Joe Nitti (UCLA) Mt. SAC Relays 5000m	14:08.3
Leslie Noll (USC) vs. UCLA, 800m	2:06.88MR
Jim Ortiz (UCLA) vs. TCU, Houston 1500m	3:50.49
John Stanich (UCLA) vs Cal 800m	1:49.39
Rick Tanner (Stanford) Dual Meet Stpl	9:47
Vincent Thompson (Locke HS) Mt.SAC Relays 8	00m1:51.51

### CODINTO

SPHINIS	
Wendy Brown (USC) Stanford Inv. 100H	14.20
Roy Carls (UCLA) Mt.SAC Relays Decath	7,077 pts
Danny Everett (UCLA) 7-11 Inv. 200m	20.66
Danny Everett (UCLA) vs. Cal 400m	45.49
Danny Everett (UCLA) vs. TCU, Houston 200m	20.65
Derek Knight (UCLA) Mt.SAC Relays 100m HH	14.18w
Mike Marsh (UCLA) vs. TCU, Houston 100m	10.40
Mike Marsh (UCLA) vs. TCU, Houston 200m	20.69
John Stanich (UCLA) 7-11 Inv. 400m	47.58
Quincy Watts (Taft HS) Mt. SAC Relays 100m	10.81
Quincy Watts (Taft HS) Mt. SAC Relays 200m	21.03
Gall Wilson (USC) Stanford Inv. 100H	14.44
Kevin Young (UCLA) 7-11 Inv. 400m IH	50.23
Raymond Young (UCLA) vs. TCU, Houston 400m II	H 51.09

#### FIELD EVENTS

Yolanda Fletcher (USC) vs. SDSU, UNM JT	116-4
Troy Haines (UCLA) vs. TCU, Houston HJ	7-31/4
Mike Johnson (UCLA) 7-11 Inv. PV	17-03/4
Chris Sweeney (UCLA) 7-11 Inv. SP	60-83/4
Chris Sweeney (UCLA) vs. Cal SP	59-101/2
Gall Wilson (USC) vs. SDSU, UNM TJ	37-11/4

#### photo by Jim Reynolds



Raymond Young, 400 IH PR



Tom Grewe, 2 mile PR

#### photo by Jim Reynolds



Jim Ortiz, steeple PR

### Road Racing Results

### **Mercury News** 10K

March 23. San Jose. Carmelo Rios of San Luis Obispo beat out Daniel Gonzalez of Mountain View to take first place. Both men were timed at 29:23 for the closest finish in the events

The overall winning time for the women was 34:13 run by Terry Puckett of Reno, NV who won against defending champion Rebecca Chambertain of San Jose by 13

Marty Ball of Clovis took first place in the men's wheelchair division with a winning time of 27:13 from a field of 12, while Candice Cable-Brooks of San Luis Obispo took the women's wheelchair division with a 30:44 time.

Rios, Puckett, Ball, and Cable-Brooks each received first place medals and a trip to Hawaii. First through fifth place medals were also awarded in six other

Division Results - Men

15 & Under: 1. Ian Champeny 33:14, 2. Jor-dan Carroll 33:25, 3. Brian Rivers 34:21. 16-39: 1. Carmelo Rios 29:23, 2. Daniel Gonzalez 29:23, 3. Armando Siqueiros 29:34, 40-49: 1. Sal Vasquez 31:21, 2. David Rivera 33:06, 3. Gary Goettelmann 33:09. 50 & Over: 1. Bill Mossie 37:09, 2. Bob Farrington 37:48, 3. Ken Napler 37:58. Wheelchair: 1. Marty Ball 27:13, 2. Rory Cooper 31:56, 3. Peter Brooks 32:57.

**Division Results - Women** 

15 & Under: 1. Nika Horn 40:59, 2. Reina Felix 42:49, 3. Kimik Anderson 42:51. 16:39: 1. Terry Puckett 34:13, 2. Rebecca Chamberlain 34:27, 3. Sharlet Gilbert 35:24. 40-49: 1. Juana Stavolone 37:16, 2. Judi Shade 39:51, 3. Kristine Morrella 41:29. 50 & Over: 1. Elizabeth Ross 44:26, 2. Georgia Abrams 51:06, 3. Diane Gomes 54:41. Wheelchair: 1. Candice Cable-Brooks 30:44, 2. Colleen Sweet 41:44, 3. Lynne Carlton 43:50.

### Calvary Community Reach & Care

March 22. Westlake Village. 5K & 10K. Overall Results - 5K

	Other Unionity . 5U	
1	Bob Daniels (30-34)	15:24
2	Hector Nieves (20-24)	15:51
3	Jeff Olson (20-24)	15:57
4	Archie Santos (20-24)	16:54
5	Mike Smith (20-24)	16:54
6	Fred Doubeel (35-39)	17:07
7	Kent Crosier (15-19)	17:25
B	Keith Broccoli (25-29)	17:30
8	Richard Hallblom (35-39)	17:36
10	Mark Dawson (30-34)	17:51
11	Jerry Fox (30-34)	17:56
12	Charles McClung (45-49)	18:20
		18:36
14	Pauline Brown (30-34)	18:43
		18:44
1		32:59
2	Ed Kitchen (25-29)	34:20
	3 4 5 6 7 8 9 10 11 12 13 14 15	2 Hector Nieves (20-24) 3 Jeff Olson (20-24) 4 Archie Santos (20-24) 5 Mike Smith (20-24) 6 Fred Doubeel (35-39) 7 Kent Crosier (15-19) 8 Keith Broccoli (25-29) 9 Richard Hallblom (35-39) 10 Mark Dawson (30-34) 11 Jerry Fox (30-34) 12 Charles McClung (45-49) 13 Kevin Glovins (15-19) 14 Pauline Brown (30-34) 15 Robert Radnoti (25-29) Overall Results - 10K 1 Steve Glocke (35-39)

3	Steve Bitterly (30-34)	34:36
4	Jim Hughes (35-39)	34:56
5	Hamalainen Jussi (35-39)	35:06
6	Phil Hood (25-29)	35:31
7	George Morse (35-39)	35:44
8	Ted Eggleston (40-44)	35:44
9	Nick Trozzi (25-29)	35:45
10	Charles McClung (45-49)	35:45
	Jerry Fox (30-34)	35:55
	Ralph Casillas (30-34)	38:18
	Tim Martinez (15-19)	36:34
	Roger Patrick (40-44)	36:34
	Regis Royle (50-54)	26:20

### **Oxnard Spring Tri**

from Gil Ramirez

March 29, Oxnard.

Swim 0.26 Mile, Bike 11.2 Mile, Run 2.6 Mi.

The course record for the second annual Spring Tri, sponsored and con-ducted by the Oxnard Parks and Recrea-tion Department, was a 54:36 set in March of last year. But to Jim Davis, 31, of Oxnard, this was no insurmountable goal, as he smashed the old record by turning in a 52:40 performance. Troy Neilan, 25, of Coronado, who set the original course mark, bettered his own PR with a 52:56 and finished second. Neilan who led the whole race was passed by Davis with less 1/3 of a mile left in the race. Jim Davis now has won back to back super sprint events by winning both the Turkey Tri in November and this race.

The husband and wife duo of Butch, 34, and Kim, 29, Stinton of Simi Valley both finished third overall in times 56:38 and 1:10:38 respectively.

Melinda Wallace, 24, of Thousand Oaks won her second straight super sprint event in a time of 1:09:01. She was the first woman out of the water with a split of 5:21 but 15 year old Tiffany Vogel of Ox-nard roared past her on the bike portion and built almost a 5:00 minute lead over Wallace. However, Melinda, a stronger runner came back to nip Tiffany by 25 seconds in an exciting finish.

Melinda who won her first race last year during the Oxnard Turkey Tri, improved her time by 2 minutes. The women's record remained in tact at 1:05:05 which

1110	0 001 11 1004	
	Overall Results - Men	
1	Jim Davis (31) Oxnard	52:40
2	Troy Neilan (25) Coranado	52:56
3	Butch Stinton (34) SimiVly	56:38
4	Karl Thieme (35) Newbury Park	56:57
5	Mike Langley (18) SimiVly	57:05
6	Eric Bjorn (22) Oxnard	57:16
7	Greg Seale (19) Oxnard	57:36
8	Randy Wisegraver(27) Granada HI	58:05
9	Rick Kern (29) Camarillo	59:20
10	Mark Ellis (19) Ventura	59:48
	Overall Results - Women	
1	Melinda Wallace (24) ThousOak	69:01
2	Tiffany Vogel (15) Oxnard	69:26
3	Kim Stinton (29) Simi Viy	70:38
4	Mindy Morter (31) Ventura	72:52
5	Lori Lytle (24) Oxnard	74:14
	2 3 4 5 6 7 8 9 10 1 2 3 4	1 Jim Davis (31) Oxnard 2 Troy Neilan (25) Coranado 3 Butch Stinton (34) SimiVly 4 Karl Thieme (35) Newbury Park 5 Mike Langley (18) SimiVly 6 Eric Bjorn (22) Oxnard 7 Greg Seale (19) Oxnard 8 Randy Wisegraver(27) GranadaHl 9 Rick Kern (29) Camarillo 10 Mark Ellis (19) Ventura Overall Results • Women 1 Melinda Wallace (24) ThousOak 2 Tiffany Vogel (15) Oxnard 3 Kim Stinton (29) Simi Vly 4 Mindy Morter (31) Ventura

### Glendora Pride of the Foothill Run

March 29. Glendors.
Runners from throughout Southern California competed in Glendora's 8th Annual Pride of the Foothills 2K, 5K, 10K and half marathon.

John Moore of Los Angeles won the 2K race with Art Martinez of Pico Rivera and Mickey Forte of Whittier finishing second and third respectfully.

In the women's division, Glendora High School student Bonnie Heaton took top honors and placed 15th overall. Heaton, a sophomore at Glendors High, competes on the Tartan track team. Kathleen Jarnagin of Arcadia was second and Doris Chung of Alhambra finished third. In the 5K, Rob Slick placed first, Enri-

que Castro, second, and Billy Jones of Covina came home third. Leading the pack in the women's division was Mary Tracey of Santa Monica with a time of 17:22.02. Kelly Babcock of Irvine was second and Carmen Maldonado of La Puente third.

John Koningh of Irvine won the 10K race. Koningh, a graduate of La Canada High and University of Irvine, has been racing for 17 years. He qualified for the 1984 Olympics but did not make the final

U.S. team. In the demanding half marathon, Ron Cornell took top honors. Cornell was behind most of the race, but took the lead at the 8-mile mark. Cornell held off his old teammate from UCLA to win the race. He has been racing for 14 years. Earlier in his running career, Cornell won the Long Beach Marathon

Rory Cooper won the wheel chair division in the 2K and 10K. Cooper lives in San Luis Obispo and has been racing for three years. He won the Long Beach and Sacramento marathons. Cooper placed 10th in the Boston Marathon and participated in the Los Angeles Marathon but could not finish because of a flat tire.

### Rabbit Run

April 5. Thousand Oaks. 5K & 10K

	Ataigii upenite . Mail 9 5V	
1	Jim Zimmer	16:12
2	Neff Magee	16:31
3	Terry Howell	16:36
	Overall Results - Women's 5K	
1	Anne Hayden	18:26
2	Misty Allen	20:05
3	Terry Young	20:42
	Division Deputts Monte SV	PER COLUMN

12 & Under 1. Chip English 19:55, 2. Bill Canalez 20:18, 3. David Roberts 21:32. 13-15: 1. Tom Bibbs 17:25, 2. Shawn Goet zinger 17:42, 3. Chris Harris 18:20. 16-18: 1. Jim Zimmer 16:12, 2. Neff Mague 16:31, 3. Tim Martinez 17:16. 19-29: 1. Robert Radinoli 16:42, 2. Ed Kitchen 16:49, 3. Robert Corlew 16:54, 30-39: 1. Terry Howell 16:36, 2. Gary Lynn 18:38, 3. Michael Phillips 20:06, 40-49: 1. Roger Pattrick 17:52, 2. Joe Jacobsen 18:05, 50-59: 1. Tom Steele 20:25, 2. George Marret 20:48, 3. Dick Ruwe 24:47, 50 & Over: 1. Gunnar Brickner 20:09.
Division Results - Women's 5K

12 & Under: 1. Jennifer Jarret 25:20, 2. Tera Sturm 25:26, 3. Lynn Hoppes 34:52. 13-15: 1. Barbara Gormley 22:06, 2. Rebec-



	Overall Results - Men's 10	)K
1	Steve Glocke	33:48
2	Dan Davies	35:34
3	Art Anrand	36:02
	Overall Results - Women's	10K
1	Ann Watson	46:06
2	Samantha Brown	49:43
3	Jeanne Johnson	49:45
	Obstaton Denville Mante di	NA.

Division Results - Men's 10K 12 & Under: 1. James Brown 47:18, 2. Jerry Martinez 52:32, 3. Oscar Andrave 55:08, 13-15: 1. John Anderson 41:19, 2. Robert Vigil 51:13. 16-18: 1. Steve Garcia 37:49, 2. Mike Tully 39:30, 3. Bill Murray 41:05. 19-29: 1. Dan Davis 35:34, 2. David Adams 37:16, 3. Matt Hawblitzer 38:29. 30-39: 1. Jerry Fox 36:45, 2. Art Anrand 36:02, 3. Kemp Aaberg 37:03, 50-59: 1. Burt Elliot 41:08, 2. Jim Vanmenen 42:37, 3. George Marrett 46:05, 60 & Over: 1. Bill Wick 59:31, 2. Mack Harbin 59:54, 3. William Fleseman 1:07.0.

Division Results - Women's 10K 12 & Under: 1. Samantha Brown 49:43, 2. Carina Castrejon 1:05.48, 19-29; 1, Ann Watson 46:06, 2. Juliet Mazer 52:34, 30-39: 1. Judy Weis 51:14, 2. Linda D'Orio 53:04, 3. Pam Mongelli 54:41, 40-49: 1. Jeanne Johnson 49:45, 2. Mary Lou Wigley 55:12, Bev McGoffin 57:39. 60 & Over: 1 Margaret Miller 50:15.

### Indian Valley **Cross Country** Run

April 5. Novato. 5 Mile.

Division Results - Men 12 & Under: 1. Bradley Greenberg 40:32. 13-15: 1. Mathew Peterson 32:51, 2. Andy Kayser 34:27, 3. Kim Laur 35:28, 16:19: 1. Eric Walker 29:20, 2. Jesse White 30:40, 3. Brian Forsyth 33:08, 20:29: 1. Peter O'Reil-19 26:43, 2. Dan Buck 27:31, 3. Brian McGuire 27:45, 30-34: 1, Peter Jansson 26:51, 2. Andy Takaha 29:18, 3. Michael Anduz 29:27, 35-39: 1. Michael Graves 27:49, 2. Connaître Chateobriant 29:23, 3. Don Jacobs 29:41. 40:49: 1. Darryl Beardall 28:43, 2. Daryl Zapata 29:33, 3. Martin Hillyer 30:22. 50:59: 1. Bob Justice 35:50, 2. Morgan Peterson 36:05, 3. Walter Dods 38:19. 60 & Over: 1. Karl Bollinger 36:12, 2. Ernie Beyer 42:43, 3. Donavan Larson

Division Results - Women 12 & Under: 1. Karin McCall 36:31, 2. Kari Horn 36:48, 3. Jodie Horn 55:52, 13:15: 1. Monica Haas 58:35, 2. Joanne Kinane 59:49. 16-19: 1. Cynthia Fox 36:17, 2. Elise Hillyer 39:47, 3. Jennifer McDevitt 46:53. 20-29: 1. Maribeth Duffy 32:13, 2. Bonnie Zapata 33:53, 3. Jane Patocchi 34:40. 30-34: 1. Beckie S. Kesedar 31:37, 2. Marti Menz 34:13, 3. Linda Lee 37:33, 35-39: 1 Donna Chan 35:20, 2. Susan Pallesuti 35:26, 3. Kathy Easley 43:17, 40-49: 1. Eve Pell 33:14, 2. Joan Colman 33:22, 3. Nadine O'Connor 37:23, 50-59: 1. Joanne Kamlair 43:56, 2. Barbara Wein 52:44, 3. Mary Olson 53:05. 60 & Over: 1. Els Tulnz. ing 45:40, 2. Teresa Allen 49:10, 3. Juanita Orlando 1:11:27

### Human Performance Fun Run

April 5. San Jose. 3K & 10K. Overall Results - Men's 10K Dave Eagle, San Jose Gilbert Munoz, Watsonville 34-57 35:39 Overall Results - Women's 10K Susan Brown, San Jose 45.07 Carla Duniap, San Jose Overall Results - Men's 3K 45:16 Mike Flanagan Glen Unsicker 10:45 Overall Results - Women's 3K Lori Lopez 11:43

### Mother Lode Biathlon

Hronn Gudmundsdottir

April 6. El Dorado Hills.

Division Results - Men 16-19: 1. Michael Lambert 2:29:47, 2. Curtis Fowler 2:35:20, 3. Ted Groyette 2:40:07. 20-29: 1. Robert Hammond 2:08:33, 2. Bob Gobbel 2:10:42, 3. Jim Walker 2:11:10. 30-39: 1. Robert Veltzen 2:12:20, 2. Steve Crane 2:16:55, 3. John Ellis 2:18:31. 40-49: 1. Lin Fell 2:18:34, 2. Marco Martin 2:19:46, 3. Tom Davies 2:20:44. 50 & Over: 1. Alan Schmeiser 2:35:46, 2. Not Available 2:38:22, 3. John Giniel 2:48:14.

Division Results - Women 20-29: 1 Luanne Pauk 2:27:37, 2. Eva Overth-Veltzen 2:34:16, 3. Mildred McBroom 2:39:46, 30-39: 1. Holly Beatle Farr 2:31:20, 2 Mary Hayes 2:32:38, 3 Karen Coe 2:33:13, 40-49; 1, Joan Reiss 2:46:21, 2, Susan Munn 2:48:59, 3, Ann Byarz N.T.

Men's Teams

16-34: 1. Feenstra/Frailck 2:11:45, 2. Hansen/Seitz 2:12:14, 3. Ford/Lipske 2:12:41, 35 & Over: 1. Baker/Miller 2:21:40, Goodwin/Nelson 2:22:01, Grow/Kiskis 2:24:54. Women's Teams

16-34: 1. Bua-Moseley/Dalton 2:23:10, 2. Farley/Rush 2:48:36, 3. Baker/Quisenberry 2:54:02. 35 & Over: 1. Ewing/Oberth 2:54:31, 2. Allen/Stuart N.T.

**Mixed Teams** 

1. Coffey/Kaiser 2:17:05, 2. Not Available, 2:20:06, 3. O'Donnell/O'Donnell 2:29:07.

### Houlihan's to Houlihan's 8-Mile **Bay Race**

April 6. San Francisco.

The elite runners gave Roger Bourban, "The World's Fastest Waiter," elbow room at the starting line, a few yards ahead of them. Bourban, in waiter's tux and carrying a open bottle of Weinhard's Ale on his tray, covered the rugged 8.3 mile course from San Francisco's Fisherman's Wharf to Sausalito in 49 minutes. But, he quickly sacrificed his headstart to the 5 minutes/mile pace of the lead pack.

Going over the Fort Mason hill out of Fisherman's Whart the lead pack of men had formed up to include Tom Borschal of Salt Lake City, Larry Weber-the winner of "The Ultimate Runner" competition, Dave Parish of Reno and Jeffrey Shaver of Sunnyvale. Immediately behind them Bill Sevald, a San Francisco runner who became a Master just last month, was seriously challenging Sal Vasquez (4 time

photo by Gene Cohn



Bill Sevald, Houlihan's masters winner.

winner of The Dipsea). Sal won the Houlihan's to Houlihan's Master's Division in both previous years.

By the 4 mile mark on the Golden Gate Bridge, Dave Parish had clearly defined his lead by half a minute. Parish's winn-ing time of 42:04 put him at slightly over a 5 minute/mile pace; Shaver's second place finish was 29 seconds slower. This year's Houlihan's course was exactly a half-mile longer than the course previously used, so the records are new. But, Derrick May's '85 winning pace was 9 seconds per mile faster than Parish's. May, also from Reno, was too ill to defend his title this year.

All of the three top women's '85 finishers ran again at Houlihan's this year. But, this year the prize to the winners of Seattle's St. Patrick's Day Dash was a trip to San Francisco for Houlihan's to Houlihan's. Prize winners Kim Dryden of Anchorage Alaska and Regina Joyce, formerly of the Irish Olym-pic Team, dominated the San Francisco women by taking 1st and 2nd place. Sharlet Gilbert of Richmond took 3rd place for the third year in a row, Both Dryden and Joyce ran at a significantly faster pace than Laurie Binder winning pace for the first two years. Binder finished 6th place this year.

Overall Results - Women Kim Dryden (28) Alaska Regina Joyce (29) Ireland 47:53 48:20 Sharlet Gilbert (35) Richmond 48:37 Donna Chin (25) San Diego Peggy Smyth (34) San Anselmo 49:25 49:34 Laurie Binder (38) Onkland 49:47 51:50 51:57 Mary Moulton (27) Orinda Wink Luskin (34) San Anselmo Joann Dahlkoetter (32) S.F. 52:50

10 Sharon Swann (34) Menio Pk Men's Results David Parish (25) Reno 42:04 Jeffrey Shaver (25) Sunnyvale

photo by Gene Cohn



Dave Parish, Houlihan's overall winner

Larry Weber (28) Olympia, WA Tom Borschel (28) SaltLkCity 42:58 Terrance Zerzan (29) RedwoodC 43:01 Bill Sevald (40) S.F. 43:07 Casey Reinking (28) SantaClara 43:20

Randy Accetta (22) S.F. 43:21 Tony O'Halloran (25) SanJose

43-23 10 Sal Vasquez (46) Alameda

> **Nike Cherry** Blossom

April 6. Washington DC. 10 Mile.

Olympic bronze medalist Rosa Mota of Portugal set a new women's world record, and Thom Hunt of San Diego, nearly made it a matched set as he just missed the men's mark in the fourteenth edition of the Nike Cherry Blossom Ten-Mile In the nation's capital

Mota, who has been suffering from achilles tendinitis in recent weeks, seemed unhampered by the injury as she blasted through the first two miles in 5.06 and 10:12. That pace convinced Lorraine Moller and the rest of the field to let Mota go, which the 1984 Cherry Biossom winner did with conviction, as she raced to a 53:09 victory, nine seconds better than the former world best for ten miles, set in

1982 by Joan Benoit Samuelson.
"The important thing today was to finish the race," said Mota, referring to har tendon problem. "The achilles started to burt a bit the last two miles, and I had to slow down;

Mota was followed by Moller, who set a personal best of 53:48, while Joan Nesbit

### ☐ SoCal Diary

club athletes were here and showed they were ready to take on all comers. Carl Lewis was probably the most notable of those present and he didn't disappoint his fans as he outclassed runner-up Harvey Glance 10.14 to 10.32 in the 100 and then won a surprisingly close long jump competition with a 27-4 effort ahead of UCLAs Mike Powell at 26-113/4 and Larry Myricks at 26-11. In the pole vault, Fresno State star Doug Fraley showed that he is just about ready to take on Sergei Bubka as he defeated a classy field with an 18-11 PR.

The big showdown of this meet was definitely in the men's shot put where Texas A & M super soph Randy Barnes who had just popped a 71-93/4 throw a few weeks earlier met collegiate record holder John Brenner who entered the meet when he heard Barnes was competing. It looked liked Barnes throw of 70-10 had the event won until Brenner unloaded a 71-51/2 heave on his final attempt to win their first confrontation. Just for good measure Greg Tafralis continued his 70 foot throwing with a 3rd place effort of 70-41/2. The weights continued to be the main attraction of the meet as Jud Logan destroyed his American record, as well as Olympic Gold Medalist Juha Tiainen, in the hammer throw with a throw of 265-4. Jud definitely appears ready to take on the Russians with whom he train-

The American women also appeared ready for international competition as was evidenced by Evelyn Ashford 11.11, Pam Marshall 22.28, PattiSue Plumer 8:59.6 and 15:52.6, Ramona Pagel 60-53/4 and Carol Cady 202-9. The biggest disappointment of the meet had to be former javelin world record holder Tina Lillak. Tina, who at one time was the toast of Finland, managed only a 189-11 effort good for 3rd place behind the United States Cathy Sulinski. The most impressive performance of the meet was definitely that of Jackie Joyner-Kersee who bettered Jane Fredericks American heptathlon record of 6803 with a tremendous 6910 effort which included a 12.9 100 meter hurdles. However, because the hurdles was hand timed, the record can't be accepted.

ed last year.

In other items of note, it appears that the San Diego St. track team has received a clean bill of health in respect to allegations of steroid use and is back in full stride, however its been reported that weight coach Kent Pagel is no longer with the team, but is still teaching at SDS.

I had mentioned earlier about a controversial week for Hawthorne High sprint star Tami Stiles. It seems that the defending state 200 champ almost lost the opportunity to defend her title when Hawthrone coach Kye Courtney kicked her off the team last Thursday; however the AD overruled Kye and reinstated Tami on Friday. According to Kye, the reasons for his action were 1) Tami skipped the Mt. Carmel Invitational to take a recruiting trip to UNLV, 2) she

missed practice the following Monday and a dual meet Tuesday because of alleged illness and then refused to run on the mile relay team Thursday and finally left that meet without the coach's permission. Speculation is that Tami's Mom, who is outspoken about her daughter's running career, put the heat on Hawthorne AD Otto Plum, and was able to get her daughter back on track. Apparently UNLV is anxious to get the entire Stiles family to Las Vegas as its been rumored they put together a package deal which would get Tami a full ride and her Mom, who is a single parent, a job in a local Casino.

As a final note, the big USC-UCLA dual meet has taken a turn against the USC men. In a turnaround, UCLA thrower John Frazier was cleared of charges he competed illegally during his red shirt year while USC strongman Bernd Kneissler was listed as out with an arm injury. This should give the Bruins a sweep in the shot and discus and with it the meet. My last minute dope sheet has the Bruin men winning 97-66 and the Trojan gals ahead 75-61.

☐ May 5.

Most high schools were engaged in final dual meets this past week, many of which were between arch rivals. However some of the girls teams participated in the Claremont girls invitational. At that one, L.A. Crenshaw High was the winner with 78 points ahead of La Mesa with 63, Cajon 61 and Muir with 55. Muir, which was last years state champion, has had a number of problems this year including ineligibilities which have caused the Mustangs to forfeit some dual meets.

The Community Colleges had their Conference Championships and there were a few surprises. In the Metro Conference, it certainly wasn't a surprise to see Long Beach CCs men romp to a whopping 310-141 victory over runner-up Pasadena as the Vikings qualified 50 entires for the SoCal prelims. In the women's meet, El Camino as expected won 206-163 over Santa Monica. I noticed that Harbor CC was shut out in both meets. It was only a few years ago Harbor scored 325 points in a SoCal Conference final. That just goes to show how important recruiting is in Community College track.

In the Mountain Valley Conference, high flying Trade-Tech outran L.A. Valley 214-167 in the men's division, while L.A. Valley overwhelmed Antelope Valley 269-94 in the women's division.

In the Inland Valley Championship, Glendale CC men won their 12th consecutive conference title with a conference record 320 points to 85 for runner-up Citrus, while the Sylvia Mosqueda lead East L.A. CC team were comfortable 154-119 winners over runner-up Glendale.

In the South Coast Conference mens championships over the years, Mt. SAC has had a horror story where on more than one occasion a title has come down to the 1600 relay with the Mounties favored to win, only to have some bad luck knock them out of the picture. Well, lightning struck again this year. In the men's meet, SAC lead by 4 go-

ing into the 1600 relay which they were favored to win. As expected, they cruised wire to wire to lock it up with no red flags in site. In celebration, the anchor man flipped the baton up in the air, and was notified shortly thereafter by the starter that the team was disqualified for his act, with the result that Orange Coast, which had finished 3rd in the race for 6 points had won the Conference by 2, 143-141. In addition since the Mounties didn't have a SoCal qualifying time, it appeared they would not go on to the SoCal meet; however the SoCal rules committee had mercy on Coach Don Ruh's quartet and allowed them into the SoCal prelims. In the women's meet it wasn't that close as Mt. SAC prevailed over runner-up Saddleback 160-126.

In 4-Year College competition, in the big dual meet at the Collseum. UCLA's men's team and the Trojan women's team apparently wrapped up National Dual Meet Championships with 105-59 and 69-67 victories respectively. I say apparently because the final rankings are done by Track & Field News. However, the only other undefeated men's dual meet team of note is Oregon which only beat Cal by one point while the Bruins had a much bigger margin of victory over the Bears, while holding out 3 top performers. The Women of Troy on the other hand could probably win every event against most Div. I teams.

In Division III, Occidental made shambles of the SCIAC Meet, almost doubling the score of the runner-up Claremont-Mudd men 240-121½ and easily outdistancing the 2nd place Pomona-Pitzer women 203-121. The Tiger men led by seniors Vance Mueller and Mal Hardy appear to have their best chance for National prominence since the Steve Haas-Kevin McNair coaching era, while Bill Harvey's women's team will rely on senior heptathlete Shawn Lawson and freshman distance star Michele Trimble for its big meet success.

In another running mark of note, at the New Balance women's invitational at UC Irvine, Alice Brown showed that she was ready for international competition as she posted an 11:02 100 meters.

I noticed on television the other day, where L.A. Marathon champ Nancy Ditz was staring in a G.E. commercial. Nancy, in addition to being highly competitive is both personable and attractive; and people like her are a big asset to the sport of running.

I noticed in a recent CT&RN issue where some readers apparently got some incorrect signals from a comment I made about financial aid to private high school athletes. High schools covered in this column extend only to the Northern boundaries of the Southern C.I.F. section. The fact of a private high school giving financial aid to athletes and C.I.F. action thereon was well documented in a prior issue. In summary, the private high schools giving financial aid to athletes are a small but growing minority, and the impact of this policy is significant enough to tilt the competitive balance

Continued on page 28...



### An Interview With ...

# PATTISUE PLUMER

by Gregor Robin

ne year ago PattiSue Plumer was still troubled with a leg injury she sustained. She had been hit by a taxi cab while walking across a street in Japan during a racing tour there. She suffered a broken fibula that kept her out of consistent training for eight months.

Plumer admits that she tested the leg too soon on at least one occasion when she raced the Peachtree 10K road race. That left her with "constant pain" in the leg, she said. It wasn't until October that she could run without pain. It was a long dedicated comeback program of weightlifting and aerobics that she now credits for her full recovery from the injury.

The 1984 NCAA 5,000 meter champion is at full strength now and racing as well as any woman in the nation again.

During her four years of competition at Stanford University, Plumer helped to establish a very competitive distance tradition there. She placed second in the NCAA 3000 in 1982, 1983 and 1984. She won the indoor national title at 3000 in 1983.

The Stanford women placed second in the NCAA cross country championships Plumer's senior year. She was secondwoman on the powerhouse team as she finished eighth in the race.

Now, at 24-years-old, Plumer is one of America's hottest track runners and road runners. She has been dueling with the best runners in the nation on the roads this year.

Plumer ran 32:28 for third at the Buick 10,000 in San Diego on March 23. She also ran 32:30 for fourth place in the TAC national championships in Albany, New York on April 17.

She has a 5000 personal best of 15:29 and leads the nation this season with her 8:48.0 3000 meter PR which she ran in Japan this year. She is fourth on the national list this season with her 4:33.36 mile time.

On April 19th in Talahassee, Florida at the Eastern Airlines meet Plumer won the 1500 in 4:19.75, took the 3000 in 8:57.66 and won the 5000 in 16:00.68 for a demanding distance triple. The next weekend at the Mt. San Antonio Relays she won the 3000 on Saturday night in 8:59.6 to beat Monica Joyce and on Sunday she won the 5000 in 15:52.6.

Plumer is back and it seems like nothing is going to stop her now, except maybe Plumer herself. She admits that she is still trying to conquer many of the hazards world class runners face. But the way she was so open about her experiences, her outlooks and her worries, shows that she can see herself from an even broader perspective now that her college running is over.

She has moved away from the running scene at Stanford, at least for a while and is living in Westwood near UCLA. She will return in the fall to enter law school at Stanford. She lives by herself in a studio apart-

ment in Westwood now. Her apartment is small, but she calls it, "cozy." It has a little fireplace. She loves to bake and says, "I love to have people over... not big parties, but I do love to have people over. I have a hard time cooking just for myself."

If you look at the top 10 American women in the 5000 meters, which Plumer considers her specialty, you see that eight of the 10 times in front of her 15:29 best were run in 1985, a year in which Plumer was battling the injury. She ran 15:29 in 1984. So she has some catching up to do this season.

Plumer spent her whole college career at Stanford under the strict and often emotional guidance of Coach Brooks Johnson. Johnson said he saw her talent from the beginning when she first showed up from Colorado's Montrose High School where she took third in the state meet in the mile and two mile. Her best times in high school were 5:12 and 11:41.

"The first thing I noticed in her freshman year was she had excellent technique," said Johnson. "The next thing was the AIAW qualifying mark was 9:40 her freshman year and she ran 9:39.9. That led me to believe that perhaps she was a person that established goals and went out and set them. If there was a problem it might be because she set goals that were too modest for her talent.

"It was in her sophomore year at an indoor meet that I realized how competitive she was. Mary Decker was in the race. Mary streaked out to take the lead and everybody else in the pack just sat behind. All of a sudden PattiSue just broke out of the pack and went streaking after Mary. Well obviously and most definitely she never caught Mary, but the point is she wasn't afraid of her either.

"And the other thing that came out is PattiSue loves to compete. She likes to win obviously, but she loves to compete. Track and field running is just a way of her competing."

Johnson said that this isn't really a comeback for Plumer.

"I don't know if you can call it a comeback," he said. "She got hit by a car. She came back and was running incredible times within a few months of that. There are a lot of circumstances that dictate her progress and she and I don't have control of it all. For example her most natural event is probably the 5000 meters but that's not an Olympic event. Then there is a question of how do you sustain yourself in amateur track and field when (the money comes from) running the roads. Most of the good road races are 10K. Her next strongest even is the 3000 and it's hard to train for 3000 when you're trying to make a living at the 10K on the road. Those are the kind of things that we'll juggle to determine progress, not so much her basic talent, but the reality of paying the rent. Then next year she enters law school at Stanford. That's the No. 1 priority, becoming a lawyer."

The prospective lawyer sat in her apartment late Sunday night, the day after her race in New York, and looked at her career with a very keen eye. She began by talking about Montrose High.

CTRN: You said you never took running seriously in high school.

Plumer: It was another sport I did. It was important to me and my high school coaches were wonderful people, but they knew nothing about track and field. They really didn't know how to train me. They knew I had potential. They knew I had talent, but they didn't know what to do with it. They didn't know how to bring that out. My best finish was third in the mile and the two mile in the Colorado State Meet. I had a lot of injuries. I didn't know how to train at all. It wasn't possible. There were no agegroup runners. There was nothing but school track.

CTRN: How did you end up at Stanford? Plumer: Luck, really. Basically I had a very good financial aid offer from them. I had a good academic scholarship. I wanted to go to a good college. I planned to go to Georgetown, but the coaches at Stanford were very encouraging to me. They gave me a lot of support. They told me I would do a lot better at Stanford than I would at Georgetown. And I thought I would have an opportunity to run on the team my freshmen year if I went to Stanford. They wouldn't give me the time of day at Georgetown.

CTRN: What year did your career start flourishing at Stanford?

Plumer: The beginning of my sophomore year. After my freshman year my coach (Brooks Johnson) sat me down and told me that if I really put my mind to it I could win a national championship. If you know Brooks, he won't take time with you unless it's legitimate. He doesn't hand out compliments by any stretch of the imagination, especially to non-productive freshmen. After I hadn't run well, he didn't give me the time of day my freshman year. I barely made it to the nationals. I made it by onetenth of a second in the 3000. I didn't make it to the finals. I was very upset. They took 16 to finals and I was 17th. We finished and I was real upset. He came over and just started yelling at me. It went on forever. I don't have any idea what he said. All I do know is that if he thought I was as terrible as he sounded, then he wouldn't be yelling

That's the way Brooks is. If he doesn't care he'll keep his mouth shut. So while I was upset that he was yelling, I was happy that for the first time he was paying attention to me. Later we sat down and had a conversation and he told me that I could be a national champion. Again, knowing Brooks, I knew he wouldn't tell me that just to tell me it.

CTRN: So you came around in track your sophomore year.

Plumer: Yes. My first big race that I ran that hit me in the head was an indoor meet in Canada my sophomore year. I got in it by luck. I didn't do great there but I was close to the leaders, about four seconds out of first place. I was fourth place. It was a 3000. It was the first time I ran Indoors. That I was even in there shook me up. The following weekend I was able to get in the L.A. Times meet. I was awfully overwhelmed by that one, yet I was third. I was out-kicked by Joan Hansen. I was just a little off the 3000 collegiate record. Looking back, it was a real weak record. I shouldn't have given myself so much credit. But it was enough to make me realize I could run with most peomy friends. It was my first vacation in four years, I didn't lift. It was just fun running. In about November I started training again. I was just getting back Into shape. Then in early 1985, I had just come back from the world indoor championships where I was third in the 3000. I ran a nine minute 3000 indoors which was about the third fastest time in the world that year. I was just coming around. I was invited to Japan and I was going to stay there and run a few indoor meets. My second day there I was hit by a taxi cab when I was crossing the street. It broke my fibula and tore my ankle cord slightly. What at first appeared to be a month or two month injury ended up being about eight months. I wasn't able to train normally again until the middle of October, 1985.

CTRN: How long until you raced again? Plumer: The problem was, I raced too soon. About four months after the accident I raced at Peachtree. That was a mistake. It was a good race for me but I wasn't able to sustain the training. About a week after that I was in constant pain. Not overwhelming pain, but whenever I'd run it was quite overwhelming. For a while I couldn't even walk.

CTRN: So when were you fully back?

Plumer: I started racing in November, just easy road races. Just to get the idea of where I was at ... get my feet in the water again. Then I started running indoors.

CTRN: What do you credit for this comeback?

Plumer: I think a lot of things. I was out of school. I was in a new environment. I learned to really listen to my body, to know when to back off and to know when to go harder. I was working with my coach but not with him in person. I had to force myself to make a lot of decisions on my own about how I felt. If I was feeling good maybe I'd go a little bit harder than the workout called for

"You don't have much of a future in competitive running if you do it because you love to run. You have to love to compete."

ple. I beat two former NCAA champions in that event. All of a sudden it made me realize that, hey, if I put my mind to something I can do it with the right training and right attitude. It makes a world of difference. It's mostly attitude. My training hadn't changed that much. It's a belief in yourself.

CTRN: Your experience at Stanford ... Any regrets?

Plumer: No. It's the best place for a female athlete to attend school. If you are interested in an education and athletics it's the best place to go, absolutely.

CTRN: You've come back from an injury. Can you tell us about that?

Plumer: After the summer of 1984 I took about three months off. I just jogged with

and if I was feeling bad then I'd have to learn to back off. And when you can start reading your body that way, sometimes it's a bit scary but other times you really learn what you can do and what you can't do. Your body is going to respond a lot better. I took a lot of time off. I would take two days off a week without running. But the days I would go I would go very hard.

CTRN: You say you are working?

Plumer: I'm a personal trainer at the Beverly Hills Health and Fitness Club. Lalso teach aerobics there. This is my last week, though. I'm deciding right now about staying in the states and running a few road

### Plumer, continued . . .

races which I don't really want to do or going overseas and trying to run on the European circuit. And in the fall I'm going to law school at Stanford.

CTRN: Is Puma helping you out enough to make it comfortable?

Plumer: No (chuckle). Not to make it comfortable.

CTRN: Some national and world class men are making \$50,000 to \$100,000 a year

"I love my life in a lot of ways. The only thing I don't like is that I can't take off time. You can't do that. You're...controlled by your training."

in contracts.

Plumer: I'm not even close to that. They pay for most of my trips. Maybe if I lived in "Podunk, Iowa," I might be able to be comfortable with what they give me but that's about it. And I don't even think you can do it there.

CTRN: What do you have to do to make it comfortable?

Plumer: I think you have to have some kind of record and more recognition as an athlete. You have to be a face that everyone knows or at least everyone in track and field knows.

CTRN: And how does that happen?

Plumer: You know I'm not sure because it seems to me there are a lot of people who don't really do that well over a long period of time. They've run a few good races and seem to attract the attention. And then there are those of us that don't even get ranked in the top 15. It's very hard for a woman in distance running to make a living unless they run a lot of road races. As a track athlete it's very difficult for a woman distance runner. There aren't that many races in the United States. They don't pay you that much. Especially living in a place like California where the cost of living is so high. My rent is more than I get from Puma. And I don't live extravagantly. You have to be someone like Joan (Benoit), like Mary (Decker-Slaney). Those are the two Americans that come to mind off the top of my head. They are the distance runners that do well. Some people do well because they've been around for a long time like Francie Larrieu. People do well partly by luck. I was talking with one woman who just got signed by Puma. She's run 15:19 (for 5000) this year and 4:08 (for 1500). She's doing great, and she almost couldn't get a contract of any sort, trips or anything. The only way you can make a living is to combine it with road running.

CTRN: What were you doing last season at this time?

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Plumer: I was walking. I just started walking again. You want to know what I think a lot of it is (the reason for my comeback)? Weightlifting and aerobics. I think I also took a much more holistic approach to training this year. I did a lot of weightlifting and a lot of aerobics and not a lot of miles. I've averaged maybe 50 miles a week. That's pretty low for someone that just ran a 10,000 yesterday in 32:30.

CTRN: You placed fourth yesterday (May 17) in the TAC national championships 10K road race in Albany, New York in 32:30. Betty Springs won. You were victorious in a triple (1,500, 3,000, 5,000) in the one-day Eastern Airlines meet on April 19 in Tallahassee, Fla. The next weekend at Mt. SAC you raced 3,000 on Saturday night and 5,000 Sunday. What is the reason for this massive dose of racing in such a short period of time? Were you sort of holding back in the races because the fields were not that competitive?

Plumer: At the first meet I felt I had gone (traveled) so far and just to run one or two races I wouldn't get anything out of it. I wasn't pleased with my times. I thought I could at least get a real solid workout out of it. But more importantly, I was having a lot of trouble with my technique. I just wasn't running comfortably. I hadn't run outdoors since 1984. I thought if I could really get into it maybe I could wear myself down and not fight it so much. Everything was such an effort. I think it worked. The following week (at Mt. SAC) I came out and just flowed. It wasn't that fast, but I flowed. I was comfortable and I was very much in control.

CTRN: It seemed like in the 3,000 at Mt. SAC you just pulled away and looked relax-

ed and easy bringing it in.

Plumer: It was hard but compared to the week before, it was such an effort the week before. Also, it was very hot (in Florida).

CTRN: What are some of the races you plan on running this season?

Plumer: After Jenner and the Carlsbad 5K I won't race again until TACs.

CTRN: What do you think is your best event?

Plumer: That's hard to say. Actually, eventually I think it will be the 10,000. My biggest problem and the reason I was fourth yesterday instead of second or third -Betty Jo ran a beautiful race and she deserved to win and she had no difficulity winning - second, third and fourth, the three of us were very much together the whole race. Half of my foot is a blister and I am not exaggerating. In fact it is very painful right now. This really cost me. I think for sure it cost me third, not to take anything away from Marty Cooksey (second) and Mary Kinsley (third). There was just so much pain the last three miles. This happened the last two times I raced. I can't explain to you how it feels to run with a blood blister on the bottom of your foot for threeand-one-half miles at five-minute pace. It kills. You have to focus so hard and try not to think about the pain, but it's there. The straightaway to the finish was downhill and that made it worse. As they started to accelerate I just couldn't go with them.

The 10,000 is really a mental race. A lot of it's physical, but a lot is mental. I think the

more you run it the experience you get makes a difference.

CTRN: So you think you'll learn the 10,000?

Plumer: I think that's where I'm heading. I just don't like to admit it because I don't want to run that far. My mom will die if she has to watch the 10,000 on the track. My best in the 3,000 is in the top five ever in the United States. My 3,000 time this year 8:48 is No. 1. My indoor (3,000) time is No. 2 by three-tenths of a second to Mary. It's very frustrating because I don't know if I have the raw speed it takes to run a great 3,000 on the international level.

CTRN: What about the TAC and Europe

Plumer: I'd love to do well at TAC and go overseas and run the European circuit.

CTRN: The Olympics in 1988?

Plumer: Oh, that's up in the air between the 3,000 and the 10,000. We'll have to see, I wish they had a 5,000. That's probably my best event at least right now.

CTRN: What was your experience in the 1984 Olympic trials? You placed sixth in the

3,000. Were you in shape?

Plumer: Yeah. I ran really well the first two days. I thought I had a really good chance of making the team. The first day I was knocked down flat on my face and went from third place to dead last in my heat and came all the way back to make the semifinals. I think that might have taken a lot more out of me than I thought because I was real stiff after that. Despite the fact that I did well, I had never been overseas. I had very limited experience in that. If you look at the people who had made it they were true veterans. All had been in the Olympic trials before. Most of them more than once. All had been overseas. It made a difference. There was a lot of pressure. Everyone I talked to said there was more pressure at the Olympic trials than at the Olympic Games. I don't know what happened. I'm not sure. Maybe I just wasn't ready mentally to make the team.

CTRN: Who are the women you fear the

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Plumer: I don't really fear anyone. I have a lot of respect for a lot of people.

CTRN: Who do you think is doing it the best? Who do you think is doing the right things?

Plumer: Joan (Benoit) is the one who impresses me just by her shear gut determination and ability to come back from injuries.

CTRN: What is the difference between the women's and men's circuit?

Plumer: Money. Respect too. Especially overseas, well anywhere actually when you come down to it. There are a lot of empty words that say there are no differences, but there are differences. They will say the women aren't as competitive now, which is so baloney because there are more women in track and field than men. There are more women that take up the sport at a younger

when they get to college.

CTRN: Your past indoor season was successful.

age now. There are more women doing it

Plumer: I ran two races here. At the Meadowlands I won the 3,000 (8:51) and at Millrose I was sick so I didn't run great in

(55:10) of Charlotte, NC, Kim Rosenquist (55:10) of Spokane, WA, and Roxanne Polo (55:19) of Blacksburg, VA, took the next three spots.

While Mota's performance was im-pressive, Thom Hunt's victory among the men was no less so, as the 28 year old Californian broke from the pack at four miles with a strong surge and never gave up the lead.

"I moved to the front and upped the pace a notch," said Hunt later, "and I was surprised because no one went with me.'

That wasn't quite true, though, as Bristish steeplechase specialist Roger Hackney caught up to the leader shortly afterward, and ran beside Hunt for the next few miles. The two passed five miles in 23:08 and eight miles in 37:08 before Hunt was able to break away with repeated surges. By 15K, passed in 43:15, Hunt had a 20 meter lead. Hunt continued to build on that margin, as he sprinted to his 46:15 victory, just two seconds shy of Greg Meyer's 1983 world best, set in the 1983 Cherry Blossom, Hunt was followed to the line by Hackney (46:41), while the next four places were decided in a straightaway battle between Jim Cooper, Joseph Kipsang, Bill Reifsnyder and Jon Sinclair. Those four finished in that order, only four seconds apart.

Overall Results - Men Thom Hunt, San Diego, \$3000 48:15 Roger Hackney, England, \$1,500 46:41 Jim Cooper, NC, \$1,200 47:00 Joseph Kipsang, Kenya, \$1000 47:01 Bill Reifsnyder, PA, \$750 Jon Sinclair, CO, \$500 47:02 47:03 Greg Meyer, MI, \$400 47:12 Walter Collins, MA, \$300 Don Janicki, Phoenix, \$250 47:28 47:31 Steven Spence, VA, \$200 Guy Stearns, NH, \$150 47:37 12 Paul Rugat, Kenya, \$100 13 Steve Plasencia, Eugene, OR 14 John Doub, PA 47:48 47:55 Bobby Hodge, MA
Overall Results - Women
Rosa Mota, Portugal, \$3000 48:15 53:09 Lorraine Moller, NZ, \$1500 Joan Nesbit, NC, \$1200 54:41 Kim Rosenquist, WA, \$1000 55:10 Roxanne Polo, VA 55:19 Michele Bush, NY, \$500 55:30 Cyndie Weltle, OH, \$400 55:33 Nancy Ditz, Woodside, \$300 Jan Merrill, CT, \$250 58:04 56:11 10 Maureen Custy, CO, \$200 Jennifer Colgrove, PA, \$150 Natalle Updegrove, PA, \$100 56:49 57:11 Karin Wagner, MD 57:30 14 Beth Dillinger, VA 57:46 15 Laura Albers, MI

### Modesto Marathon

April 6. Modesto. Full/Half Marathon.

Juan Garcia, a 30 year old Spanish teacher at Visalia's Golden West High School took first place with a time of 2 hours, 34 minutes and 9 seconds at the annual Modesto Marathon-Half Marathon. It was a decisive victory, runner-up Roberto Mendez was far back at 2:36:03 but it wasn't an easy one. At the 19 mile mark Garcia had a big lead and was pretty much in control. At the 20 mile mark? He still had a big lead but ... "I hit the wall at 20 miles." There were 59 finishers in the marathon, 184 in the half marathon. There also was a 2 mile fun run. Berkeley's Ruth Grimes ran 3:27:37 to

top the women's field. Glenn Sullinger, a 28 year old fire pro-tection salesman, won the half marathon in 1:09:36. Bill Martin of Escalon finished

second in 1:13:06 in only his second half-marathon. Theresa McCourt of Sacramento ran a 1:26:19 to lead the

Overall Results - Half Marathon Glenn Sullinger (28) Fremont Bill Martin (23) Escalon 1:13:06 Chris Turney (28) RanchoCord 1:13:55 Rudy Mondragon (42) Hayward 1:14:47 Bill Peck (36) Modesto 1:16:25 Daniel Rosenthal (20) Berk 1:17:16 George Simons (31) Sacto 1:18:18 Daniel Garcia (30) Manteca 1:19:05 Tony Smyth (25) DalyCity 10 Roger Zolldan (39) Fremont 1:19:49 Division Results - Men's Haif Mara

19 & Under: 1. Jerry Nance 1:27:28, 2. Robert Burnett 1:35:39, 3. Richard Zuk 1:35:39. 20-29: 1. Glenn Sullinger 1:09:36, 2. Bill Martin 1:13:06, 3. Chris Turney 1:13:55. 30-39: 1. Bill Peck 1:16:25, 2. George Simons 1:18:18, 3. Daniel Garcia 1:19:05. 40-49: 1. Rudy Mondragon 1:14:47, 2. David Ragsdale 1:20:59, 3. Bob Blakeley 1:27:22. 50-59: 1. Hank Fragoza 1:24:00, 2 Ken Mills 1:25:05. 60 & Over: 1. Bill Lawson 2:00:31, 2. Macario Pamanian

	Overall Results - Men's Mara	thon
1	Juan Garcia (30) Visalia	2:34:09
2	Roberto Mendez (32)	2:36:03
3	Arturo Ramirez (33) SanLor	2:39:08
4	Les Waddel (37) Seaside	2:50:34
5	Jacques Pittet (39) Fremont	2:51:34
6	Harry Tellman (45) WestPnt	2:55:17
7	Roger Sebert (42) Visalia	2:58:31
8	Gerarua Magana (21) Empire	2:58:38
9	Stan Wegner (46) Auburn	3:00:05
10	David Taerea (36) Martinez	3:02:07
	Division Results - Men's Mary	thon

20-29: 1. Gerarua Magana 2:58:38, 2. Kelth Herring 3:21:55, 3. Carlos Pineda 3:31:01. 30-39: 1. Juan Garcia 2:34:09, 2. Roberto Mendez 2:36:03, 3. Arturo Ramirez 2:39:08. 40-49: 1. Harry Tellman 2:55:17, 2. Roger Sebert 2:58:31, 3. Stan Wegner 3:00:05. 50-59: 1. Mike Tselentis 4:37:49. 60 & Over: George Billingsley 3:43:01, 2. Pat Cangiano 4:09:00.

	Cigian Headite . Homon a man	SE PERSONE S
1	Ruth Grimes (37) Berkeley	3:27:37
2	Evelyn Martinez (38) S.F.	3:55:46
3	Mary Cantini-Norkin (42) S.F.	4:19:03
4	Linda Molina (38) VlySprings	4:24:36
5	Etta Palmer (54) Saratoga	4:25:24
8	Colleen Werner (25) Yosemite	4:27:09
7	Sue Street (38) Memphis	4:40:37
	Division Dannits - Woman's Ma	rathon

20-29: 1. Colleen Werner 4:27:09. 30-39: 1. Ruth Grimes 3:27:37, 2. Evelyn Martinez 3:55:46, 3. Linda Molina 4:24:36, 40-49; 1. Mary Cantini-Norkin 4:19:03. 50-59: 1. Etta Palmer 4:25:24.

### Community Challenge Run

from Dave Peters

April 8, Pleasant Hill, 5K & 10K

	Overall Results - Men's 5K	
1	Ed Ettel (14-18) Concord	16:03
2	Kent Thompson (19-29) ElSobra	16:16
3	Allan Smith (19-29) BoyesHS	16:29
4	Andy Takana (30-39) So.LkTahoe	16:38
5	Mike Hotton (30-39) Antioch	16:50
6	Stephen Freitas (30-39) Martinez	16:58
7	Jeff Parkhurst (19-29) Redgecrst	17:24
8	John Monteverdi (30-39) Oakland	17:44
9	Tom Lehmkuhl (50-59) Lafayette	18:09
10	Joe Hancock (40-49) Berkeley	18:12
11	Fernando Garcia (19-29) PleasHil	18:14
12	Brett Greene (14-18) Concord	18:24
13	John Victor (19-29) SanPablo	18:25
14	William Burkhart (30-39) SanJose	18:36
15	Pausto Melara (30-39) Martinez	18:57
	Querall Deputte Wemanie EV	

Elizabeth Chavez(14-18)Modesto 19:38 Staci Brunton (14-18) Martinez Barbarr Burke (19-29) WalnutCk 20:28 Chenger Mehmedbasich(30-39) Ingrid VanDerRijt(19-29)WalCk 21:46 22:13 Jeanne Krall (30-39) Hercules Cathy Normandin (19-29)TrAFB 22:21

Sarah Daniel (19-29) WalnutCk Sandra Perez (30-39) Pinole Lauri Lowers (19-29) WalnutCk 23:47

Division Results - Men's 5K 13 & Under: 1. Paul Ward 20:23, 2. Willis Staszkow 22:08, 3. Paul Ruiz 23:27. 14-18: 1. Ed Ettel 16:03, 2. Brett Greene 18:24, 3. Chris Crout 29:42, 19-29: 1. Kent Thompson 16:16, 2. Allan Smith 16:29, 3. Jeff Parkhurst 17:24, 30-39: 1, Andy Takana 16:38, 2, Mike Hotton 16:50, 3, Stephen Freitas 16:58, 40-49: 1, Joe Hancock 18:12, 2. Rudy Vallejo 19:15, 3. Harvey Sargent 20:06. 50-59: 1. Tom Lehmkuhl 18:09, 2 Sam Stevenson 20:18, 3. Warren Perry 21:11. 60 & Over: 1. Don Wilgus 25:03, 2. Luka Seculich 25:30, 3. Wyn Caton 29:20.

Division Results - Women's 5K 13 & Under: 1. Diana Clark 27:43, 2. Nicole Ruiz 30:14, 3. Janelle Clark 30:25, 14-18: 1. Elizabeth Chavez 19:36, 2. Staci Brunton 20:28, 3. Lisa Maddaus 35:41. 19-29: 1 Barbara Burke 21:33, 2. Ingrid Van Der Rijt 22:13, 3. Cathy Normandin 22:21, 30-39: 1. Cheng-er Mehmedbasich 21:46, 2. Jeanne Krall 22:14, 3. Sarah Daniel 22:56, 40-49: 1. Judith Swett 25:07, 2. Belle Bogart 27:17, 3. Helen Elder 28:22, 50-59: 1. Mary Ann Perry 24:42, 2. Olivia Luxemberg 27:17, 3.

Marge Talt 39:10. Overall Results - Men's 10K Thom Trimble (19-29) WalnutCk Dean Gilbert (19-29) DalyCity 33:28 Doug Berbena (19-29) Modesto Steven Lewis (19-29) Livermore 34:11 34:46 Randy Moser (19-29) Antioch 35:31 Richard Schwerin (14-18) Mart Mark Lane (30-39) Pittsburg 36:08 36:46 Ron Clark (40-49) PleasantHI Dennis Flannery (30-39) Pittsb Karl Romano (37:32) Concord 37:19 37:32 Mark Bischoff (37:39) PleasHI Dennis Good (38:15) Fairfield 38:15 Frank Esparza (30-39) Livermore 38:41 14 Roger Hardy (38:49) Albany 38:49 15 Robert Solorio (30-39) Oakland Overall Results - Women's 10K Cindy Seikkula (19-29) PlesHI

40:27 Joanna Schmelling(19-29)WC Stephanie Danzig (19-29) WC 41:24 Barbara Shubert (40-49) WC Linda Wimmer (30-39) Martinez Division Results - Men's 10K 42:38 44:28 13 & Under: 1. Daniel Stoll 45:57, 2. Jamie De Uriarte 1:06:01, 14-18: 1, Rich Schwerin

36:08, 2. Andy Rosebrook 40:47, 3. Greg Garrigues 43:53. 19-29: 1. Thom Trimble 32:22, 2. Dean Gilbert 33:28, 3. Doug Berbena 34:11. 30-39: 1. Mark Lane 36:46, 2. Dennis Flannery 37:19, 3. Mark Bischoff 37:35. 40-49: 1. Ron Clark 37:19, 2. Carl Romano 37:32, 3. Roger Hardy 38:49. 50-59: 1. Blair Stock 41:30, 2. Don Hilderbrand 41:53, 3. Eugene Ross 44:55. 60 & Over: 1. Steve Wolshnis 46:51, 2. Charles Hansen 48:50, 3. Ted Flagg 51:06. Division Results - Women's 10K

19-29: 1. Cindy Seikkula 40:27, 2. Joanna Schmelling 41:24, 3. Stephanie Danzig 42:31. 30-39: 1. Linda Wimmer 44:28, 2. Maureen Lance 46:53, 3. Karie Scardaci 54:09. 40-49: 1. Barbara Shubert 42:38, 2. Mary Hauch 49:31, 3. Holly Velando 55:46. 50-59: 1. Kathryn Haubersak 48:44

### Misty Redwood Run

from Duane Sewell

April 6. Oakland. Overall Results - Men PatSullivan 43:19:8 Jan Marc Baker 43:34:2 Michael Griffin 44:01:2 Overall Results - Women Hilary Naylor 50:17:4 Penny DeMoss 54:06:2

55:49:7

A. Capers

### **Fastest Masters** 10K

April 12. Flesta Island, S.D.

Division Results - Men 40-44: 1. Peter Stern 33:35, 2. Steve Myhro 33:46, 3. Graeme Shirley 34:05. 45-49: 1. Gary Hooker 34:56, 2. Howard Moody 35:45, 3. Mike Repp 36:08. 50-54: 1. Mitch Pickens 36:45, 2. Warren Osborn 38:33, 3. Sam Mayo 38:34. 55-59: 1. Dick Robinson 39:03, 2. Bill Stock 41:20, 3. Clyde Jenkins 42:13, 60-69; 1. Jim McCown 39:48, 2. Louie Ojeda 42:52, 3. Arthur Varley 44:46. 70 & Over: 1. Walt Kuetzing 52:22, 2. Peter

Mudry 61:41, 3. Willard Benton 62:25. Division Results - Women 40-44: 1. Sharon Greiner 39:31, 2. Lolitia Bache 43:30, 3. Carolyn Balkwell 44:17. 45-49: 1. Shirley Matson 37:01, 2. Faye Heldoorn 45:08, 3. Helen Baker 47:45. 50-54: 1. Caroline Murray 43:52, 2. Suzi Gillis 45:23, 3. Jane McMickle 53:11. 55-59: 1. Anne Johnson 45:35, 2. G. LaFontaine 63:51: 60-69: 1. Mary Storey 48:04, 2. Gerry Davidson 49:53, 3. Virginia Hastings 55:28. 70 & Over: 1. Judy Simon 55:46.

### Pear Blossom

April 12, Medford, OR, 20K.

Overall Results - Men				
1	Ken Hunter (33) Eugene	1:02:14		
2	Paul Raether (33) Lake Oswego	1:03:14		
3	Alex Kasich (31) Eugene	1:03:32		
4	Leonard Hill (33) KlamathFalls	1:03:42		
5	Don Stearns (25) Bend	1:04:30		
6	Thomas Cushman (32) Chico	1:04:35		
7	Bill Yeoman (28) Ashland	1:05:09		
8	Kenny White (24) Medford	1:05:46		
9	Tim Williams (32) ElkGrove	1:06:21		
10	Michael Heffernan(45)Portland	1:06:22		
12	John Zinselmeir (38) MadRiver	1:07:08		
19	William Langhout (27) RanCord	1:09:18		
21	Stuart Scholl (32) CrescentC	1:09:33		
26	Mike Ercolini (27) Chico	1:10:27		
29	Gregory Davy (31) Eureka	1:11:09		
31	Steve Guzman (26) Alturas	1:11:44		
	Overell Desulte Women			

Susan Long (20) Eugene Deeann Dougherty (27) LakeOs 1:15:42 Sidney Cataldo (29) Ashland 1:17:07 Jeanne Landrum (30) KlamathF1:18:26 Jane Wooton (27) Bend 1:18:40 Robbyn Runyon (34) Medford 1:20:16 Marilyn Nippold (35) Eugene Sandy Coffey (40) YubaCity 1:21:04 1:21:39 Elaine Nickerson(37)Coquille 1:21:56 Leslie Keiser (29) Medford Susan Miller (28) Capitola 1:22:31 1:23:24 Jennifer Daniell (28) Davis 1:23:44 Jody McWilliams(27)ElkGrove 1:24:18 Mary Stokka(28) Fairfield 1:25:05 Jessie Stratton(40)Anderson 1:28:54 23 Marge Dunlap(46)Anderson

Division Results - Men 18 & Under: 1. Lanny Binney 1:11:48. 19-29: 1. Don Stearns 1:04:30, 30-34: 1. Ken 1:02:14. 35-39: 1. John Zinselmeir 1:07:08. 40-44: 1. Earl Showerman 1:09:39. 45-49: 1. Michael Heffernan 1:06:22, 50-54: Ray Hatton 1:08:59. 55-59: 1. Robert Malain 1:18:53. 50-69: 1. Paul Reese 1:30:19, 2. Dwight Roberts 1:37:28. 70 & Over: 1. Don Bradley 1:37:11.

Division Results - Women

18 & Under: 1. Hilary Simmons, 1:24:53, 19-29: 1. Susan Long, 1:13:43, 30-39: 1. Jeanne Landrum 1:18:26. 40-44: 1. Sandy Coffey 1:21:39. 45-49: 1. Marge Dunlap 1:27:50. 50-59: 1. Sherry Bennion 1:38:24. 60-69: 1. Harriet Wilson 1:54:14. 70 & Over:

 Pat Dixon 1:44:35.
 Wheelchair Results John Kostick (20) GoldHill 1:32:08 Meg Graf (36) KlamathFalls 1:33:31 Mel Hunt, Selma 1:49:59 Bob Rose (31) Grants Pass 2:26:0

### Super Run II America's Race

from Jennifer Vennery

April 12. Colusa. 10K.

Colusa hosted both a "local" and "wild-card" division. Tom Forster won the local competition and Steve Weibel won the wildcard competition. Both men are now aligible to compete for the State Championship to be held at Universal Studios in Los Angeles on May 10. There were no women competitors.

	more the months companies				
	Overall Results	3			
1	Thomas Forster (29) Maxwell	37:34			
2	Steven Bordin (31) Colusa	39:07			
3	Charles Potoski (31) Maxwell	39:43			
4	Steve Weibel (24) Sacto	40:30			
5	Lowell King (30) Colusa	41:33			
6	Aaron Davis (17) Maxwell	46:40			
7	Arnold Gross (28) Colusa	51:01			
B	Gene Echeverria (47) FairOaks	60:43			
9	George Anderson (57) Hollister	63:26			

### Nimitz Runs

April 12. San Francisco. 10K & 5K. Division Results - Men's 10K

13 & Under: 1. Dino Daniels 42:58, 2. Jeff Bettlinson 50:12. 14-17: 1. Ben Turman 36:16, 2. Jonathan Kaplan 39:35, 3. Kase Smith 47:07: 18-39: 1. Damien Curry 32:04, 2. Nathan Smith 34:12, 3. Joseph Wahlig 34:15, 40-49: 1. Mike Claycomb 35:59, 2. Peter White 37:35, 3. Richard Mayers 37:53, 50-59: 1. Hank Fraboza 38:33, 2. Richard Laine 40:21, 3. Tom Toth 40:36. 60 & Over: 1. Don Wolfe 47:32, 2. Ulysses Ratti 48:05, 3. Charles Hansen 48:05. Division Results - Women's 10K

Division Results - Women's 10K 13 & Under: 1. Debbie Warner 1:01:35, 14-17: 1. Anne Nurse 52:23, 2. Jennifer Burman 58:00. 18-39: 1. Sharlet Gilbert 35:42, 2. Penny DeMoss 40:36, 3. Laura Silva 41:10. 40-49: 1. Ginger Burrloa 48:24, 2. Magda Mendoza 48:27, 3. Carol Norcutt 49:24. 50-59: 1. Elleen Klatsky 49:50, 2. Barbara Robben 51:33, 3. Kelma Shrilla N.T. 60 & Over: 1. Sally Kreps 54:24, Division Results - Men's 5K

Division Results - Men's 5K
3 & Under: 1, Jason Ysip 18:31, 2. Derek
Biomquist 18:48, 3. Andy Schoenstein
20:25, 14-17: 1. Chris Burger 14:59, 2.
Lance Nunes 15:04, 3. Patrick Wessman
18:15, 18-39: 1. Randy Azcetta 14:22, 2.
Rich Gori 14:28, 3. Dan Buck 14:42, 40-49:
1. Harvey Franklin 15:00, 2. George Mason
15:26, 3. Jacques Pilter 15:39, 50-59: 1. Bill
Bugler 16:23, 2. Bob Graham 19:30, 3. Dan
Biodgett 20:24, 60, & Over: 1. Robert
DeChene 19:51, 2. Allen Terosa 25:31, 3.
Arthur Welch 27:02.

Division Results - Women's 5K
13 & Under: 1. Susanne Jones 21:56, 2.
Nina Skyles 29:59, 3. Jennifer Sellars
30:56. 14-17: 1. Stacy Anselmi 19:31, 2.
Kristen Hager 20:04, 3. Rebecca Foote
21:13. 18-39: 1. Sue Srusher 16:59, 2. Jean
Gutsong 17:03, 3. Danelle Leon 17:26.
40-49: 1. Peggi Raley 19:18, 2. Estella
Stanton 20:46, 3. Patti Powers-Risivs
22:25:50-59: 1. Sally Wolfer 19:51, 2. Anita
Levitch 23:13, 3. Marlene Brown 25:55, 60
& Over: 1. Kit Pickles 19:54, 2. Laura Katz
31:33, 3. Doris Wheeler 33:39.

### Volunteer Tri.

April 13. Fresno.

	Overall Results	
1	John Devere	1:29:15
2	Tom Dubos	1:30:06
3	Jay Farrior	1:32:01
4	Harald Dannager	1:36:07

5	Rick Conway	1:38:43
6	Tom Davidson	1:38:46
7	Travis Rhoden	1:40:04
8	Allen Richburg	1:40:20
9	Robert Rainwater	1:40:41
10	Ed Condit	1:41:21
11	Peter Sasmore	1:41:23
12	Tom O'Hern	1:41:26
13	Thomas MeCew	1:41:39
14	Daniel Ferguson	1:41:55
15	James Schoenduve	1:42:01
16	Ron Lessley	1:42:35
17	Gregory Sullivan	1:42:41
18	Russell Johnston	1:42:55
19	Julie Matteson	1:43:11
20	Michael Lambert	1:43:35
21	Jeff Newman	1:43:38
22	Dave Smith	1:43:38
23	Scott Nutter	1:43:40
24	Bill Harris	1:43:58
26	Brian Lee	1:44:14
27	Daniel Dorosin	1:44:20
28	Jim Mitchell	1:44:05
29	Mike Rogge	1:45:05
30	Gordon Gould	1:45:06
31	Bill Berry	1:45:13
32	Ken Kinsell	1:45:20
33	Jason Stub	1:45:48
34	James Hatfield III	1:46:00
35	Shawn Sebert	1:46:15
36	Robert Fuller, Jr.	1:46:27
37	Rick Cormier	1:46:39
38	Clay Taft	1:46:51
39	Gerry Reynolds	1:46:58
40	Gerret Ebendick	1:47:02
	Division Results - Men	
17	& Under: 1. Jason Cleckler,	2. Ryan

17 & Under: 1. Jason Cleckler, 2. Ryan Huckabey, 3. Ken Wykoff, 18-29; 1. John DeVere, 2. Tom Dubos, 3. Jay Farrior, 30-39; 1. Rick Conway, 2. Robert Rainwater, 3. Ed Condit, 40-49; 1. Gordon Gould, 2. James Hatfield III, 3. Clay Taft.

water, 3. Ed Condit. 40-49: 1. Gordon Gould, 2. James Hatfield III, 3. Clay Taft. 50-59: 1. Jim Harris, 2. Chris Denny, 3. Gerals La Rue. 60-69: 1. Norton Davey, 2. Giovanni Bricca, 3. Fred Ellis.

Division Results - Women 17 & Under: 1, Kim Vogel, 2, Kristin Ament, 3, Shelley Abbot, 18-29: 1, Kari Fike, 2, Melissa Ortiz, 3, Suzy Reily, 30-39: 1, Julie Matteson, 2, Jean Roberts, 3, Leslie Corcoran, 40-49: 1, Susan Lucas, 2, Judy Miller, 3, Diane Reimer.

### **Apple Juice Run**

April 13, Sebastopol, 10K & 2 Mile. Division Results - Men's 10K

14 & Under: 1. Jeff Bautista 41:35, 2. Brett Poteet 45:40, 3. Todd Hudelson 45:43, 14-18: 1. Marcel Villan 35:31, 2. Eric Walken 37:42, 3. Joey Burtner 38:31, 19:24: 1. Eric Bohn 34:06, 2. Stacy Van Horn 34:48, 3. Gerardor Rosas 36:49, 25:29: 1. Dan Aldridge 30:11, 2. Tim Noonan 32:52, 3. Greg Fogg 33:26, 30:34: 1. Roberto Mendez 33:56, 2. King MoIntosh 35:29, 3. Jim Pauling 35:45, 35:39: 1. Mike Graves 33:27, 2. Jake Jerome 36:43, 3. Wayne Hindricks 37:21, 40:44: 1. Walter Bales 37:29, 2. Roger Scott 38:06, 3. Sal Citerella 38:16, 45:49: 1. Darryl Beardall 34:31, 2. Keith Wallace 36:13, 3. Robert Graft 38:32, 50:59: 1. Morton Gray 36:31, 2. Don Hildebrand 40:29, 3. Ralph Harmes 41:08, 60 & Over: 1. Jack Goertzen 43:10, 2. Earl Turner 49:41.

Division Results - Women's 10K
14 & Under: 1, Nika Horn 39:48, 2, Kari
Horn 45:32, 3, Kelly Gilliam 49:47, 14-18: 1.
Elise Callahan 45:50, 2, Nonie Ernst 49:54,
3, Cheri Calab 49:59, 19:24; 1, Claire Pirie
40:07, 2, Nancy Herring 42:53, 3, Bonita
Vanderbrock 44:54, 25:28: 1, Clinci VanNatta 40:26, 2, Connie Kondo 42:01, 3,
Vyette McGowan 44:50, 30:34: 1, Peggy
Smyth 35:56, 2, Gloria Canoles 42:32, 3,
Diana Wimberley 43:55, 35:39: 1, Jane Parrish 44:27, 2, Sue Wagers 45:51, 3, Reta
Bartow 46:07, 40-44: 1, Karen Eberhardt
44:22, 2, Nouria Harris 44:47, 3, Eldrith
Ganey 45:44, 45-49: 1, Elaine Frank 50:36,
2, Diane Pagio 51:45, 3, Mary Coffey 53:29,
50:59: 1, Lillian Woodward 47:26, 2,
Margaret Houston 48:50, 3, Jackle Leach
54:53, 60 & Over, 1, Helen Kuziara 58:30.

### Hornitos/Indian Gulch Runs

April 13. Hornitos, 5 & 10 Miles. Overall Results - 10 Mile

Overall Results - 10 Mile			
1	Fred Villegas (28) Merced	55:37	
2	Dan Rusk (26) Chico	56:51	
3	Dan Garcia (30) Manteca	60:55	
4	Curt Royer (34) Merced	63:44	
5	Dick Domant (37) Merced	63:51	
8	Clyde Dilg (33) Atwater	63:57	
7	Leon Casas, Jr. (32) Sonora	65:03	
8	John Volckman (35) Sanger	65:53	
9	Paul Rench (24) Merced	66:49	
10	Dan Escobar (23) Visalia	67:04	
11	Tom Diehl (30) Atwater	67:37	
12	John Pius (46) Sanger	67:57	
13	Chris Kennedy (24) Yosemite	68:10	
14	Dennis Steffensen (39) Livingst	68:18	
15	Paul Jaraillo (42) Visalia	68:30	
16	Peter Larson (29) Fresno	68:43	
17	Greg Seely (31) Oakland	68:46	
18	Mark Rowney (30) Mariposa	68:46	
19	Jaime Ortega (32) Merced	69:13	
20	Greg Wilson (31) Merced	69:42	
	Division Results - Men's 10 Mi	le	

29 & Under: 1. Fred Villegas 55:37, 2. Dan Rusk 56:51, 3. Paul Rench 66:49. 30-39: 1. Dan Garcia 60:55, 2. Dick Domant 63:51, 3. Clyde Dilg 63:57. 40-49: 1. John Plus 67:57, 2. Paul Jaraillo 68:30, 3. Ken Schwison 70:05. 50-59: 1. Frank Morris 73:01, 2. Fred Fitchhorn 83:03, 3. Ralph Seely 84:12: 60 & Over: 1. Don Lundberg 77:49, 2. Robert Evans 94:46, 3. Bob Manley 103:50.

Division Results - Women's 10 Mile 29 & Under: 1. Karen Steele 76:21, 2. Terri Betterldge 94:43, 30-39: 1. Delores Valdez 83:14, 2. Chris Blauvelt 87:34, 3. Charlene Enoch 90:18. 40-49: 1. Jean Schwison 83:37, 2. Ida Nankeville 84:23, 3. Linda Elam 87:41, 50 & Over; 1. Flo Seely 104:45.

Overall Results - 5 Mile Juan Molina (29) Fresno Zachary Taylor (24) Turlock Dennis Yaminisky (28) Yosemite 28:14 Patrick Valenzuela (28) Merced John Carter (37) Mariposa 29:06 Rick Gaffney (33) Madera 29:15 Bennie Cook (17) Lathrop 29:27 Gerry Holmes (43) Modesto Brian Norris (37) Hornitos 30:16 30:38 Clyde Fields (30) Atwater Michael Rench (32) Merced 31:36 Tom Parker (41) Merced 31:41 31:57 Rob Strickland (26) Merced Obid Gentry (33) Yosemite 32:05 Peter Werner (32) Yosemite 32:20

19 Thomas Clinch (32) Atwater 32:54 20 Frank Russell (50) Mid-Pines 32:54 Division Results • Men's 5 Mile 12 & Under: 1. Michael Davis 48;17: 13-17: 1. Bennie Cook 29:27, 2. Frank Foster 32:27, 3. Josh Beathy 36:10. 18-29: 1. Juan Molina 26:05, 2. Zack Taylor 27:59, 3. Dennis Yaminisky 28:14. 30-39: 1. John Carter 29:06, 2. Rick Gaffney 29:15, 3. Brian Norris 30:38. 40-49: 1. Gerry Holmes 30:16, 2. Tom Parker 31:41, 3. John Wallace 33:39.

32:23

32:27

16 Ricardo Rivers (26) Yosemite

Frank Foster (16) Merced

18 Dennis Briceno (32) Merced

Division Results - Women's 5 Mile 18-29: 1. Domi Aguirre 38:54, 2. Diane Puto 39:45, 3. Tracey MacLeman 40:10. 30-39: 1. Yolanda Gardini 46:03, 2. Sharon Stickies 50:34, 3. Kathy Hrebenak 51:16. 40-49: 1. Maryan Clark 36:53, 2. Muriel Olsen 38:25, 3. Connie Archer 43:45. 50 & Over: 1. Sylvia Ovellette 49:24, 2. Marvelle Taylor 54:05, 3. Mary Jo Fitchhorn 55:02.

50 & Over: 1. Frank Russell 32:54, 2. Charlie Rodgers 33:48, 3. Mel Elliott 35:19.

### Carrera De Cabras

April 13. Westlake Village, 7.2 Miles. Overall Results

1	Mike Smith (23) Thous Oaks	44:16
2	Steve Durand (29) Canyon Co.	45:46
3	Jim Hughes (38) Simi VIy	45:58
4	Tom Sneddon (39) PanoramaCtv	46:09

5	Joe Jacobsen (42) Westlk VI	47:40	
6	Mike Barton (18) Newbury Pk	48:09	
7	Jeffrey Dahlby (30) WoodlandH	48:13	
8	Martin Bleasdale (42) Topanga	48:27	
9	Bob Milam (40) Agoura	48:38	
10	Jesus Cintron (26) L.A.	50:48	
14	Gina Faust (49) Woodland Hs	53:53	
15	Peter Faust (50) Woodland Hs	54:20	
17	a depart in a contract in the second	55:01	
20	Bill Stowell (58) Torrance	56:29	
21	Tom Steele (53) WestlakeV	57:28	
23	Wall Bird (45) Westlake V	58:27	
24	Ted Oviatt (52) Agoura	58:55	
27	Joyce Parkel (41) Thous. Oaks	62:17	
30	Laurel Watson (29) Thous.Oaks	64:07	
31	Dick Wiggins (55) Westlake V	65:07	
32	Sharon Diemert (41) Chatsworth	65:46	
34	Orville Bingley(34)StudioCity	66:19	
37		67:07	
39	Pat Bates (37) Chatsworth	71:40	
42	Bob Albin (61) Chatsworth	N.T.	

### The Tortoise and The Hare 10K

April 13. San Jose.

April 13. San Jose.		
	Overall Results	
1	Rory Cooper (26) SLO	27:2
2	2 Troy Durham (52) Hayward	28:57
3	Tim Gruber (25) Sunnyvale	29:45
4	Gary Kerr (32) Clovis	30:43
5	Rod Williams (35) LosGatos	30:4
6	Robert Tapis (27) Sunnyvale	31:0
7	Dennis Kurtis (32) San Jose	31:2
8	Jeff Shaver (25) Sunnyvale	31:3
9	Gian Starinieri (28) S. Cruz	31:4
10	Nick Yray (37) Morgan Hill	31:4
11	Robert Herndon (25) Sunnyvale	32:2
12	Mark McCabe(29) Sacto	32:4
13	Fritz Watson (40) Soquel	32:4
14	Allen Neel (29) San Jose	33:4
15	Terrence Boynton (27) Sunnyvale	34:0
16	Tim Rostege (45) San Jose	34:11
17	Matthew Bogdanowicz(17)Frem	34:40
18	Andy Takaha (30) SclakeTahoe	34:40
19	Mike Clark (32) Saratiga	35:03
20	RobertWitherII (24) San Jose	35:0
21	Rob Lee (21) San Jose	35:0
22	Steve Tietz (30) San Jose	35:0
23	John Suggs (38) Los Gatos	36:0
24	John Schulte (34) Hillsborough	36:10
25	Michael Foreman (18) Fremont	36:11
26	Donnie Anderson(26)Los Gatos	36:18
27	David Fergus (28) San Jose	36:2

29 Bob Schoppert (30) San Jose 36:45 30 George Manriquez (32) San Jose 36:47 Brian Gulan (23) San Jose 32 Jose Gomex (35) Hayward 37:04 37:09 33 Mateo Salgado (32) San Jose 34 Steve Castillo (31) MenloPk 37:09 35 Rod MacKintay (46) Saratoga 36 David Caro (37) San Mateo 37:13 37:19 Manuel Ramirez (24) RedwoodCi 37:20 38 Giles Bates (22) San Jose 37:21 39 Scott Pinkerton (22) San Jose 37:24 40 Bob Farrington (54) SanJose 37:26 Division Results - Men

28 Marc Frodyma (33) Menlo Park

13 & Under: 1. Tyler Alper 43:49, 2. Michael Novak 45:58, 3. Stephen Cribari 47:24. 14:18: 1. Matthew Bogdanowicz 34:40, 2. Michael Foreman 36:16, 3. Ted Cribari III 37:58. 19-29: 1. Tim Gruber 29:45, 2. Robert Tapia 31:08, 3. Jeff Shaver 31:32. 30-39: 1. Dennia Kurtis 31:21, 2. Nick Yray 31:46, 3. Andy Takaha 34:40. 40-49: 1. Fritz Watson 32:49, 2. Tim Rostege 34:10, 3. Rod MacKinlay 37:13. 50-58: 1. Bob Farrington 37:26, 2. Glenn Unsicker 38:45, 3. Marcel Lassalle 38:55. 60 & Over: 1. George Carroll 43:46, 2. John Popper 47:01, 3. Glenn Sievert 47:35.

Division Results - Women

13 & Under: 1. Veronica Cruz 48:25, 2.
Erika Brown N.T., 3. Therese Fedeli N.T.

14-18: 1. Jennifer Fukuchi 48:57, 2. Jannn
Fratis 49:56, 19-29: 1. Alison Unterreiner

38:00, 2. Amanda Goldner 39:49, 3. Kay
Easker-Hanson 41:46, 30-39: 1. Diane
McKelvey 38:37, 2. Linda Strong 41:17, 3.
Katie Scott 41:34, 40-49: 1. Susan Brown

41:50, 2. Jo Fenney 46:52.

## Palo Alto Area YMCA 10-Miler

April 13. Stanford. Overall Winners: Michael Wheeler, 53:57 Sharlet Gilbert, 58:22

Division Results - Men 17 & Under: 1. Kevin Vergho 59:25. 18-24: 1. Oscar Mendez 56:42. 25-29: 1. Brian Moroney 54:00. 30-34: 1. Robert Nielson 54:47. 35-39: 1. Michael Wheeler 53:57. 40-44: 1. Bill Clark 55:13. 45-49: 1. Bob Barber 1:00:29. 50-54: 1. Peter Todd 1:01:02. 55-59: 1. Hank Fragoza 1:03:30. 60 & Over: 1. John Gilkey N.T.

Division Results - Women 17 & Under: 1. Celeste Buchanan 1:18:55.

17 & Under: 1. Celeste Buchanan 1:18:55.
18-24; 1. Anita Johnson 1:07:05, 25-29; 1.
Eilene Bickard 1:04:56, 30-34; 1. Joanne
Dahlkoetter 1:02:30, 35-39; 1. Sharlet
Gilbert 58:22, 40-44; 1. Lois Hamilton
1:16:08, 45-49; 1. Betsy Fraser-Smith
1:14:49, 50-54; 1. Doris Burgeis 1:22:06.
55-59; 1. Ruth Bortz 1:23:20, 60 & Over: 1.
Jaclyn Caselli 1:20:18.

### Santa Monica Pier 5K & 10K

by Richard Lee Slotkin

April 13. Santa Monica.

This is a race that used to be a 10K only and was lucky to draw 600 entrants. But with 2 major changes, the city of Santa Monica now has a mini-monster on its hands, one that draws closer to 3000 runners. First, they've moved the course from the Santa Monica College area out to the Palisades/San Vicente Boulevard neighborhood which is a far more eye appealing course. Second, they've joined the trend and added the 5K.

Results? Instant mob.

Both races started simultaneously and from the same place, so the 5 and 10kers were mixed into one big wave, which soon became a river flowing up Ocean Avenue. After about a mile of this, the two groups parted company, the sprinters continuing on up Ocean and the distance people turning inland to wind their way through the upper middle class neighborhood, finally pouring out on San Vicente and into the mad downhill dash all the way back to the finish on the Santa Monica Pier, or, what's left of it after the storm-inflicted disaster of a few years ago. On the way back down Ocean, the faster of them overtook the stragglers of the 5K, and once on the pier, all were joined into one big happy family at the finish line. Well, something like that.

It started out pretty cool, what with the ocean breeze, But, there wasn't much cloud cover, so it wasn't too long before it began to warm up some. Fortunately, even with the start being delayed 5 minutes because of a late surge of registrants, it didn't get warm enough fast enough to do any danage.

The 5K had a thriller of a finish, Joe

The 5K had a thriller of a finish, Joe Fabris, one of the world's tallest Aggles, found his miler background was worth something in the tonger distances, namely a kick. With about a mile and a half to go, he was about 60 yards behind leader Dave Ortiz. Fabris thought that he was in third because midway between him and Ortiz was Bob Maclas. However, Maclas wasn't registered. All Fabrish knew, though, was that he had to go for one place at a time, stairstepping he called it.

and he had been doing it ever since the 5Kers had split from the 10Kers and he could see just where he was. And that was 5th place. Meanwhile, brother Aggle, Carmer Blos, the pride of Puerto Bloo and, like Macies unregistered, was pacing his sprinter buddy and asking him helpful questions such as, "How come you're sweating?" and "Why are you tree?"

"All he was giving me was grief!"
Fabris said later. Of course, he was laughing when he said it.

photo by Richard Lee Slotkin



Santa Monica Pier 10K winner Steve Berry.

Anyway, a Carmelo Inspired surge got them by Macias, who has been struggling with a stubborn injury for months and didn't want to get into that kind of a kick in a race in which he wasn't even registered. That was when they realized that Ortiz was catchable and they went after him. The road onto the pier goes down quite sharply for about a hundred yards and then it levels on the pier itself. It was on the downhill that Fabris built up the head of steam that got him the lead about 25 yards from the tape. His time was 15:27, just one second ahead of Ortiz.

The women's winner was Marie Rollins in 17:15. She was gone before I could find her and none of the other top finishers, Michelle Tiff, second in 16:02 and Evelyn Silvey, 3rd in 18:34, knew much about her. With the lead that Rollins had, they didn't see much of her either, except at the turnaround. Both agreed that she looked pretty good there.

The 10K also turned on a kick. Steve Berry had never beaten Ron Ysais. Furthermore, Ysais, who's from Oxnard, won this thing last year, not to mention a lot of other races down here over the past few years. Today, though, Berry caught him at four miles. The only trouble was, that didn't give him the lead. Kevin Broady had it. He too had had to catch Ysais, who had taken the lead at the start. Broady took over just before the 2 mile point and held the lead until the five mile marker. Berry, who is getting ready for a marathon, felt it was his strength rather than his speed that got him the lead which he then held onto and even padded all the rest of the way in. Pointing out that his first mile was a 4:48, he said, "...(it) seems to indicate that I should have run a lot faster than 31:12, but I just won on strength today." He did allow as how he felt pretty good, though. So, his kick in the last mile, speedy or not, was worth 22 seconds on Broady and 32 seconds on

Carol Analco, another one we haven't seen before and who disappeared before we could talk to her, won the women's race with a very good time of 35:49. Any time you have a woman breaking 36:00, you want to keep an eye on her: she's good.

Second went to Molly Thayer. Thayer is 43 and she clocked 38:59, which is awfully good, too. Third, and the last F to go under 40:00 was Karon James and she just made it by 8 seconds. Hell, I'd be satisfied with doing it by ONE second, but then, I'm not 29 like she is. Ah, youth!

photo by Richard Lee Slotkin



Santa Monica Pier 5K winner Joe Fabris.

Division Results - Men's 10K 17 & Under: 1. Robert Lopez 35:10, 2. Albert Martinez 36:16, 3. Chris Furie 36:59. 18-29: 1. Steven Berry 31:12, 2. Kevin Broady 31:34, 3. Ron Ysais 31:44, 4. John Ortega 31:47, 5. Mike Mathewson 32:40, 6. Carey Wilson 33:06, 7. Steven Schuman 33:18, 8. Mark Eisenmenger 33:37, 9. Rich Medellin 33:55, 10. Chuck Bell 34:03: 30-34: 1. Tom Moriarty 32:47, 2. Harold Ketting 33:42, 3. Dick Palfrey 34:02, 4. Jesus Morales 34:32, 5. Dallas Jones 34:44, 35-39; 1. Gianni Carpani 33:21, 2 John Merhaut 33:21, 3. Barry Molony 33:41, 4. Jim Gensichen 35:11, 5. Mark Hemphill 35:18. 40-44: 1. Robert Davison 34:28, 2. Fred Millard 36:09, 3. Larry Powell 37:12, 4. Wayne Mitchell 37:26, 5. Ben Jackson 37:30. 45-49: 1. George Kingsley 35:36, 2. Joe Marino 38:39, 3. Jerry Van Meter 40:07, 4. Bill Shaffstall 40:09, 5. Jack Brown 42:58. 50-59: 1. Frank Greene 38:01, 2. Donald Hartley 40:14, 3. Aurelio Camacho 40:31, 4. Alberrto Padi La 40:58, 5. Pete Ratz 41:16. 60 & Over: 1, Larry Banuelos 41:00, 2. Bob Page 42:50,

3. Jose Ganchola 43:09.

Division Results - Women's 10K
17 & Under: 1. Angie Lambelet 40:25, 2.
Becky Golbert 47:26, 3. Jessica Reifer
48:48, 18-29: 1. Carol Analco 35:49, 2.
Karon James 39:52, 3. Ann Morell 40:30, 4.
Lisa White 41:46, 5. Karen Samsonoff
42:40, 6. Jennifer Heaton 43:09, 7. Julie
Harvill 43:23, 8. Shelley Burke 43:30, 9.
Lydia Salinas 43:38, 10. Christiane Cuse
43:41, 30-34: 1. Maleah Grover-McKay
40:54, 2. Arlene Uclinski 41:04, 3. Kris
Funter 43:10, 4. Joan Schlimgen 44:28, 5.
Jennie Cole 45:02, 35-39: 1. Julie Millard
41:21, 2. Marygall Brauner 42:52, 3. Ginger
Roberts 44:30, 40-44: 1. Molly Thayer
36:59, 2. Constantine Ruiz 43:21, 3.
Samantha Winslow 44:42, 45-49: 1. Kathy,
Kusner 45:38, 2. Elaine Murphy 48:41, 3.
Susan Conner 53:18, 50-59: 1. Atusko Fujimoto 44:55, 2. Myrna Kayton 44:59, 3.
Laurie Ward 45:32, 60, & Over: 1. Helen
Dick 44:23.

Division Results - Men's 5K 17 & Under: 1. Matthew Thomson 15:53, 2 Andy Guss 17:19, 3. John Anderson 19:22
18-29: 1. Joe Fabris 15:27, 2. David Ortiz
15:28, 3. Michael Smith 15:43, 4. Bryan
Portillo 15:57, 5. Alfredo Perez 16:07, 6,
Wayne Matsumura 16:15, 7. Jim Tyner
16:32, 8. John Adams 15:58, 9. Steve Corona 17:05, 10. Dave Jahan 17:19, 30-34: 1.
Steve Wulf 16:03, 2. Larry Monta 16:28, 3.
Morris Rehn 16:37, 4. Ric Hatchy 16:41, 5.
Mike Williams 17:45, 35-39: 1. German
Alonso 16:35, 2. Henry Lange 16:52, 3.
Salvador Gonzalez 17:15, 4. Richard Miller
17:16, 5. Steve Mangum 17:24, 40-44: 1.
Catarino Gonzalez 16:36, 2. Michael
Crombie 17:00, 3. John Gonzalez 17:41, 4.
Randall Shelley 18:12, 5. Victor Stella
18:47, 45-49: 1. Mel Elliott 18:29, 2. Jim Armantrout 17:59, 3. Rick Peace 19:28, 4.
Billy Frost 20:28, 5. Al Singhuson 20:58,
50-59: 1. Gunnar Linde 18:41, 2. Sonriy
Moniox 19:20, 3. Joe Macias 16:43, 4. Bob
Gerlach 21:09, 5. Jim Andres 21:30, 60, 8
Over: 1. Gunnar Brickner 19:52, 2. Russ
Stumpus 21:52, 3. David Cohen 21:57

Division Results - Women's 5K
17 & Under: 1. Julie Lippman 24:59, 2
Volanda Rodriguez 26:18, 3. Keri Lew
26:28, 18-29: 1. Rollins Marie 17:15, 2.
Evelyn Silvey 18:34, 3. Karen Bucaro
19:34, 4. Aceves Rosa 19:40, 5. Marie
Deary 20:34, 6. Vera Hamirez 20:37, 7. Gail
Leopold 20:44, 8. Cathy Invin 22:32, 9.
Katie Gruber 22:39, 10. Cheryl Davis 23:19,
30:34: 1. Cathy Fitzgerard 21:49, 2.
Genevieve Dean 22:55, 3. Pearl Tiongco
23:00, 4. Greta Lawrence 23:52, 5. Locke
Samuels 24:43, 35-39: 1. Minchels Tiff
18:02, 2. Mary Stephanou 22:35, 3. Annie
Chuck 25:16, 40:44: 1. Kari Nordeas 22:54,
2. Billee Baker 25:19, 3. Mirm Hanolan
26:46, 4. Jane Rosen 27:01, 5. Lenne
Grusky 28:11, 45:49: 1. Barbara Bramwell
24:23, 2. Mary Baker 24:55, 3. Carol Wright
24:58, 50:59: 1. June Ruggles 28:44, 2.
Patricia Wagner 29:40, 3. Irane Roggia
30:40, 80 & Over 1. Hallle Bundy 31:03, 2.
Lucile Adney 35:21.

### The American River 50

by Herb Tanimoto

April 13. Sacramento.

The 1986 AR-50 certainty was a different race from last year's! The statistics are revealing, 95% completion rate compared to 78% in 1985, 13 runners under 7 hours compared to just 8 last year, 59 under 8 hours compared to only 32 before. The winning time in 1985 was 6:26. This year's was Chuck Jones' 5:59. From last year, only Ann Trason's incredible 7:09 stands clearly out.

Many runners were able to excel to new pinnacles of superior performance in this year's 7th running of the American River 50. What was the reason for so many success stories? Was it because of better training, or some masterfully conceived and executed schedule worked out during the winter months? Perhaps conditioning was a factor, but to find the true answer as to why things went so well for so many people, one only needs to look at the thermometer. It was 24 degrees cooler in 1986 (70 degrees compared to a sizzling 94). Without the willing heat, runners were able to strut their stuff, do their thing, and have a hell of a good time at it. Even "crash and burn" experts found themselves confounded as they sped by their usual points of demise, to continue on happily down the trail.

As always, tactics played a key role for those in the thick of the competition. The AR-50 has a unique course, starting out in Sacramento with 24 flat miles on a bike path, followed by a long stretch of tough and hilly horse Iralls, and lastly the grand

finale; monstrous Cardiac Hill that makes up the final 3 mile climb to the finish in Auburn. To do AR well, a runner has to be versatile enough to run both blacktop and trails with equal skill. He/she has to be disciplined enough to pace on the bike trail to leave enough leg strength to power over the difficult trail sections to follow. As for Cardiac Hill, most runners don't even think about it until they get there. Then, if the legs aren't totally spent, parts of the hill can be run, though for most it's a long, slow, painful hike up to Auburn.

With Jim Howard out with an injury, the race quickly developed into a four man battle between Chuck Jones, Chris Turney, Bob Dalton, and Tom Possert. Turney, 28, from Rancho Cordova, had a 3rd place AR finish to his credit (6:05 in 1983), had placed second in last year's Lake Tahoe 72 miler, placed 3rd in the 1985 Levi's Ride and Tie, and had recently won the Jed Smith 50 (5:51 during a ferocious storm). The man was on a roll. Relative newcomer Chuck Jones, 27, from Nevada City, had placed 3rd in last year's AR (6:37), won the Sunkist 100K, and had a 2nd place finish in the 1984 Nugget 50. On this course last year, Chuck had finished strongly after a slow start, passing scores of runners in the last few

On the women's side, Jan Levet, 34, of Camino, CA, had to be rated as the favorite. A veteran and winner of a score of ultras (3rd place AR in 1985), she was hoping to use AR as a springboard going into Western States. Her best effort so far this year had been a 2nd place finish at the Catalina 50 Miler (8:37). Her biggest challenge was expected from Nancy Mc-Cord, who had won that same 50 mile run. In the back of both women's minds, however, was the thought of another unknown coming on strongly like Ann Trason did last year.

As the race progressed, the group of 4 men continued running together to about the 6.5 mile mark, where Chuck made his break. "I increased it (the pace) by about 15 seconds per mile," he later commented. "Things were going well." The others held back. "He was constantly surging," Chris Turney said after the race. "We though he was surging so he could make a bathroom stop." Chuck never did come back to them, and soon his intention to bury the group became painfully obvious. For awhile, Chris continued to run with the rest of the group, disciplining himself to run at his pre-planned 6:20 pace. By the Sunrise Aid Station (Mile 15), however, Chuck was still pulling away, leaving Chris with no other choice but to speed up. He slowly pulled ahead of the remainder of the pack.

Jan Levet and Nancy McCord were us-ed to flerce rivairies and it came as no surprise that the two women had been running stride for stride up to the marathon point. What came next was a shocker. Joan Mork, from Soquel, CA, (9:27 AR last year) running in only her se-cond ultramarathon, went by both women like a bolt of lightning. "Boom," Jan recalled. "She was gone." Fearing another Ann Trason, Jan followed for awhile but finally relented her the lead. Joan was going too fast for her, besides "she didn't look real relaxed, she looked like she was really pushing hard." smartly decided to cool it and save her energy for later.

Earlier at the same place (Beals Point, 27.6 miles), Chris Turney could see Chuck at the end of a mile long loop around the aid station. He was about 5 minutes ahead. It was then that Chris made his fateful decision to make an all-out effort for the lead. Within 4 miles on dirt levee roads and horse trails, Chris had cut the

leader's margin down to 1:40. Though the effort was costing him dearly, Chris was beaming. "I thought I could run him down, with It heating up, I thought he would dehydrate, and he would come back to me." Meanwhile, Chuck was oblivious to what was transpiring behind him. "I kept hearing varying reports, but essentially I didn't have much idea." His main thought was to get to the bottom of Cardiac Hill as fast as possible.

Chris continued to push, hoping that Chuck would be beyond that next steep grade, or around the next turn along the rugged and scenic American River horse trail. But each crest and each turn only brought him disappointment. "If I could only see him, I felt I could catch him. By the time I finally saw him (almost a mile away at the foot of Cardiac), it was too

Coming to a rugged and sandy portion of new trail (replacing a stretch wiped out by floods), Chuck was beginning to have some doubts. "I thought for sure someone would catch me in that soft stuff. I don't run well in that." However he continued on and set his sights on Cardiac Hill. "I wanted to get in under 6 hours. If I got under 6 hours, I felt I would win II." After passing the aptly named "Last Gasp" aid station, Chuck surged up the grade as observers at the finish line final-ly saw him far below in the huge chasm of the Auburn Canyon. Finally creating, he went on to cross the finish line in 5:59.54, the 4th fastest time ever in the uphill direction (Sacramento to Auburn). Not bad for someone who's been running for only 4 years! Though his effort to over take Chuck failed, Chris Turney had much to thankful for as he finished second in 6:06:38. "I think I went after him too early," he reflected. "I thrashed my legs trying to catch him on the toughest part of the course. I was really impressed by the way Chuck ran." 20 minutes behind Chris was David Scott in 6:26:59 while Tom Possert finished in 6:29:09. Interestingly, all of the top 4 runners are in the 18-29 year age group. Who says ultrarunning is an old man's game? Meanwhile, Jan's conservative strategy was paying off. On the trail bet-

ween Granite Bay and Horseshoe Bar, she caught Joan who was by then walk-ing some of the hills. Jan never looked behind once she was ahead. Feeling the pressure of being in the lead, she began to motor as fast as she could. Not until Cardiac Hill began to slow her did she fear the two women behind her catching up to her. She never looked back, but her pacer kept a wary eye out, just in case. At last she reached the top of the 1000 foot climb, and cruised through the finish line in 8:03:18. Though disappointed with her time (she was 7:47 last year on a much hotter day), she still considered this to be one of her most significant victories. "It's the nation's largest 50, and AR was also the first ultra I ever ran. There's a lot of nostalgia." Joan Mork rebounded strongly after Horseshoe Bar and finished se cond in 8:11:47, knocking more than an hour and a quarter off her previous time. A bicycle fanatic feeling the joys of ultra running, Joan is going to be someone to watch for in the years to come. Nancy Mc-

Cord was 3rd in 8:15:35.

Overall Meanith	
Charles Jones (18-29) NvCity	5:59:54
Chris Turney(18-29)RanchoC	6:06:38
Scott David (18-29) Chico	6:26:59
Tom Possert (18-29)Fremont	6:29:09
Charlie Hoover(30-39)Sepuive	6:29:50
Ed Wehan (40-49)S.Monica	6:35:46
Craig Moore (30-39) Placervi	6:36:13
Dana Gard (40-49) CitrusHts	6:40:10
Gary Seeger (40-49) Verdi, NV	6:52:06
David Park(18-29)CanyonCo	6:54:20
Nick Vogt (30-39) MeadowVis	6:57:39
Bob Dalton (30-39) SanJose	6:57:52
George Parrot(40-49)Sacto	6:58:13
Mark Samuelson(30-39)Stockt	7:02:27
Tom Wright(40-49)Placervi	7:03:01
Clayton Campbell(30-39)Rockl	7:04:38
	Charles Jones (18-29) NvCity Chris Turney (18-29) RanchoC Scott David (18-29) Chico Tom Possert (18-29) Fremont Charlie Hoover (30-39) Sepulve Ed Wehan (40-49) S. Monica Craig Moore (30-39) Placervi Dana Gard (40-49) Citrus His Gary Seeger (40-49) Verdi, NV David Park (18-29) Canyon Co Nick Vogt (30-39) Meadow Vis Bob Dalton (30-39) San Jose George Parrot (40-49) Sacto Mark Samuelson (30-39) Stockt Tom Wright (40-49) Placervi

17	Jeff Herten(30-39)SLO	7:09:38
		7:10:00
19	Gard Leighton(50-59)Napa	7:10:51
20	Frank Williams(40-49)HerBch	7:12:21
	Division Results - Men	

18-29: 1. Chuck Jones 5:59:54, 2. Chris Turney 6:06:38, 3. David Scott 6:26:59. 30-39: 1. Charlie Hoover 6:29:50, 2. Craig Moore 6:36:13, 3. Nick Vogt 6:57:39, 4. Bob Dalton 6:57:52, 5. Mark Samuelson 7:02:27. 40-49: 1. Ed Wehan 6:35:46, 2. Dana Gard 6:40:10, 3. Gary Seeger 6:52:06, 4. George Parrott 6:58:13, 5. Tom Wright 7:03:01. **50:59**: 1. Gard Leighton 7:10:51, 2. Everett Riggle 7:16:10, 3. Gordon Dugan 7:45:00. 60 & Over: 1. Fred Nagelschmidt 8:22:50, 2. Pat Cangiano 11:36:04, 3. Frank Rodriguez 12:08:21.

**Division Results - Women** 18-29: 1. Denise Fruitt 8:28:12, 2. Lynda Locke 8:41:26, 3. Beth Matteson 10:09:02. 30-39: 1. Jan Levet 8:03:18, 2. Joan Mork 8:11:47, 3. Nancy McCord 8:15:35, 4. P. J. McFaull 8:35:25, 5. Sharon Grant 8:41:29, 40-49: 1. Edith Bogenhuber 8:56:30, 2. Bar-bara Basta 9:16:03, 3. Judy Milgram 9:19:52, 4. Gloria Takagishi 9:37:27, 5. Carol Stroud 9:42:09.

### Red Cross Mara. & Mara. Relay

Ap	ril 13. San Luis Obispo.	
	Overall Individual Results	
1	Tom McKeown (31) SLO	2:49:40
2	Phil Hood (25) L.A.	2:53:32
3 4	Stephen Wyer (37) SLO	2:59:18
	Christopher Jones(19)LosOsos	3:06:13
5	Richard Quintero (32) S.Maria	3:17:10
6	Randy Bartell (32) SantaFe	3:17:13
7	Boyd Earl (41) LasVegas	3:18:04
8	Galen Kirn (46) Los Osos	3:18:23
8	Robert Aby (41) N.M.	3:21:51
10	Mike Garcia (35) Templeton	3:24:09
	Overall Relay Results	
1	Fearn Flyers (89) LosOsos	2:27:43
2	Lee, Harvey, Hohen, S. Maria	2:34:29
3	Fast Feet Racing (82) Bakersf	2:35:13
4	Grosini, Brown, Gra(126) Lompo	2:45:13
5	Tom Dixon Fan Club(106)SLO	2:49:44

### **Ventura County Medical Center** Medical Research Found.

April 19. Ventura. 10K Walk/Run. Division Results - Men's 10K Run 16 & Under: 1. Mike Meverakis 43:04, 2. Todd Larsen 43:11, 3. Derek Johnston 43:47. 19-29: 1. Ron Ysais 35:00, 2. Karl Rush 36:24, 3. Karl Johnson 37:21. 30-39: 1. George Morse 35:29, 2. Robert Soliz 38:12, 3. Larry Plunkett 39:37. 40-49: 1. Bill Frick 38:16, 2. Rick Oxley 41:39, 3. Buck Wales 41:56. 50-59: 1. Dr. Robert Skankey 39:44, 2. Jim Vanman 44:58, 3. Jack Aaron 44:58. 60 & Over: 1. Bruce Johnston 58:34.

Division Results - Women's 10K Run 18 & Under: 1. Loretta Karen 1:19, 19-29; 1 Anna Allen 43:20, 2. Collete Davis 44:00, 3. Kathy Bakshy 45:32. 30-39: 1. Sue Pyne 42:00, 2. Lynne Horton 43:24, 3. Holly Hoberg 44:00, 40-49: 1. Joanne Barker 47:35, 2. Ingrid Hainline 49:25, 3. Teresa Donegan 53:51, 50-59: 1, Pat Cobb 1:18:30, 60 & Over: 1, Rosalea Davis 1:26:47.

Division Results - Men's 10K Walk 19-29: 1. Richard Butler 1:30:50, 2. Hugh Smith 1:32:35, 30-39: 1. Jeff Rioppelle 1:11:00, 40-49: 1. Art Pineda 1:28:00, 2. Binom Galloway 1:38, 3. Henry Khoo 1:42 50-59: 1. Robert Caudry1:05:01, 2. Ed Lascher 1:27:50, 3. Marvin Wenzel 1:28:00. 60 & Over: 11. Harold Babington 1:14:01.

Division Results - Women's 10K Walk 18 & Under: 1. Annie Owens 1:05:00, 2. Courtney Johnston 1:10:00, 3. Tina Carl 1:26:32. 19-29: 1. Karen Finch 1:25:14. 30-39: 1. Martha Engle 1:17:00, 2. Mickey Reyes 1:17:12, 3. Nora Feavel 1:26:02 40-49: 1. Ruth Murray 1:19:35, 2. Marianne Carl 1:27:00, 3. Mary Wenzel 1:32:50. 50-59: 1. Jackie Greenstein 1:07:33, 2. Pauline Saunders 1:26:59, 3: Barbara Costello 1:27:59.

### **April Showers**

April 19. Burlingame.					
-	Overall Results - 5K				
1	William Wagstaff	18:00			
2	Andy Takaha	16:34			
3	Jim Hampton	16:39			
4	Cliff Clark	16:53			
5	Rodger Bryan	17:37			
6	Werner Kalkhofer	17:42			
7	Jim Walker	18:57			
8	Samual Pleasant	19:01			
9	Pete Jollymour	19:18			
10	Michael Simons	19:24			
11	Anthony Russo	19:43			
12	Mike Murphy	20:09			
13	Mario Soto	20:49			
14	Donald Nebiolini	21:04			
15	Andy Schuenstein	21:16			
	Division Results - Men's 5K				
AE.	& Under 1 Andy Schuenetein 2	Tony			

Folan, 3. Ray Farnon, 16-29: 1. William Wagstaff, 2. Samuel Pleasant, 3. Pete Jollymour. 30-39: 1. Andy Takaha, 2. Jim Hampton, 3. Werner Kallchofer. 40-49: 1. Cliff Clark, 2. Jim Walker, 3. Anthony Russo. 50-59: 1. Rodger Bryan, 2. Dominic Gara, 3. John Trevenen. 60 & Over: 1. Ed-

ward Souza, 2. Leonard Chew. Division Results - Women's 5K 15 & Under: 1. Suzanne Jones, 2. Amy Fonda, 3. Mari Schuenstein, 16-29: 1. Lisette Schwartz, 2. Candi Bowling, 3. Caroline Ditmeyer, 30-39: 1. Carol Provan, Caroline Constantz, 3. Donna Little. 40-49: 1. Gisela Han, 2. Pauline Brewster, 3. Michelene Giannoni. 50-59: 1. Roberta Carlson, 2. Elizabeth Maney, 3. Sally McLaughlin. 60 & Over: 1. Rehma Sirila, 2.

Myra Kelley.
Overall Results - Men's One Mile Briton Clark6 Ernest Vovakis

3	Stephen Mack	1141
4	Gino Batteate	8:04
5	Austin Lea	8:13
	Overall Results - Women	's One Mile
1	Michelle Jones	8:56
2	Natalie Jones	9:24
3	Peggy Jones	9:54
4	Kathy Batteate	10:01
5	Heather Hoss	10:47

### Stegman Memorial 5K

April 19. Lompoc. Overall Results Mary Eipert (33) 18:48 Agnes Lumsdaine (16) 19:51 Kerri Marshall (26) 21:33 Tracy Gaston (25) 21:43 Gudrun Fink (42) 22:19 Dora Martin (30) Trina Nagele (41) 23:18 Lynette Hayes (31) Joan Holloway (39) Takita Zavalia (9) 23:32 23:43 23:55 Overalt Results - Walkers Bobble Morrill (45) 42:28 Terri Mahan (32) 42:29 Mary Long (39) 43:09 Michelle Long (18) 43:10

Kathleen Brown (43)

### Super Run II

Ap	rll 19. Yuba City.	
	Overall Results - Men	
1	Timothy Powell (25) So.Lk.Tah	32:01
2	Jeff Townsend (30) Truckee	32:05
3	Michael Buzbee (34) Yuba City	35:03
4	Edward Kelley (28) Sacto	36:36
5	Kirk Draper (38) Marysville	37:25
6	Ken Gaal, Yuba City	37:42
7	Mark Agen (27) Yuba City	38:39
8	Stephen Freitas (36) Martinez	40:17
9	Robert Richmond (33) Sutter	40:41
10	Keith Branham (51) Yuba City	41:06
	Overall Results - Women	
1	Barbra Calhoun (29) Sutter	43:56
2	Patty Storey (33) Penn Valley	47:48
3	Cinda Low (46) Yuba City	48:16
4	Lauren Klein (33) Yuba City	49:01

### Super Run II

April 19. Alhambra, 10K

Earning tickets to the Super Run II 10K California State Championship race are LA Co. qualifiers Robert Macias and Lari Bright, and wild card qualifiers (a division for runners from outside LA Co.) Richard Hornish and Debra Sharp.

Macias, 35, of Santa Monica; Hornish, 29, of Los Alamitos; Sharp, 32, of Port Hueneme, and Bright, 25, of Pacific Palisades will advance to the Super Run II state race on May 11 at Universal Studios and will be one step closer to winning \$1

4	Joseph Young (26) Hunt. Bch	32:57
5	Harrison Hays (33) Granada HI	33:10
6	Lawrence Montag (33) Ventura	33:31
7	Clyde Matsumura (26) S.M.	33:49
8	Cleofas Esquivel (23) Lapuente	34:30
9	Bernie Blizuela (29) Norwalk	34:33
10	Juan Berrelleza (18) L.A.	34:56
11	Francisco Romero (23) Whittier	35:28
12	Randy Thwing (32) S.B.	35:34
13	Little Randall (16) L.A.	36:09
14	Nick Trozzi (25) Panorama	36:18
15	Donald Gillman (41) S. Pasadena	36:28
16	Jay Kinersly (27) Monrovia	36:31
17	Alex Meade (42) MontereyPk	36:45
18	Frank Meza (37) So. Pasadena	36:50
19	Debra Sharp (32)PtHueneme	36:57
20	Kris Ohlenkamp (35) N. Hollywd	37:04
21	John Blaauw (27) Pasadena	37:12
22	Mark Mehlert (23) MontereyPk	37:22
23	Ronald Pattinson (49) Pasad	37:25
24	Marcius DeLaCruz (29) L.A.	37:26
25	Lari Bright (25) Pacific Pal	37:33
	Division Donults Man	

12 & Under: 1. Little Randall 36:09, 2. Mar-tin Chumpitaz 40:53, 3. Mark Mendenhall 43:28. 18-24: 1. Cleofas Esquivel 34:30, 2. Juan Berrelleza 34:56, 3. Francisco Romero 35:28: 25-29: 1. Richard Horish 31:57, 2. Robert Hollister 32:30, 3. Joseph 31:57, 2: Robert Hollister 32:30, 3, Joseph Young 32:57 30-34: 1. Harrison Hays 33:10, 2. Lawrence Montag 33:31, 3. Randy Thwing 35:34, 35-39: 1. Bob Macias 31:34, 2. Frank Meza 36:50, 3. Kris Ohlenkamp 37:04, 40-44: 1. Donald Gillman 36:28, 2. Alex Meade 36:45, 3. Juan Cabeza 38:49, 45-49: 1. Ronald Patiesco 37:55, 34-49: 1. Ronald Ronal Juan Cabeza 38:49, 45-49: 1. Ronald Pattinson 37:25, 2. Art Nava 38:19, 3. Raul
Chavez 38:35, 50-59: 1. Sam Gee 41:26, 2.
Bob Yellen 47:05, 3. Antonio Aguilar
51:00, 60 & Over: 1. George Feinstein
54:38, 2. Mack Harbin 1:02:20.

Division Results - Women
13-17: 1. Marnie Howard 48:41, 18-24: 1.

Joan Yoshioka 47:54, 2. Olga Davila 1:04:11. 25-29: 1. Lari Bright 37:33, 2. Tammy Sargeant 39:14, 3. Kathy Hart 45:59.



photo by Ron Stanford



Super Run II winner Bob Macias, 35, of Santa Monica.

### Trojan 10K

April 20. Playa Del Rey. Division Results - Men

19 & Under 1. Reggie Greene 33:46. 20:24: 1. Carlos Navarro 31:50. 25:29: 1. Catalino Machan 33:45. 30:34: 1. Kirk Wessel 36:14. 35:39: 1. Michael Lynch 38:40. 40:44: 1. Rene Diaz 36:38. 45:49: 1. Edward Cypert 39:10. 50-59: 1. Regis Boyle 37:33. 60 & Over: 1. Eddle Lewin 44:25. Division Results - Women

Division Results - Women
19 & Under: 1. Cristina DeLeon 56:40.
20-24: 1. Julie Seleine 40:01. 25-29: 1.
Monica Joyce 35:19. 30-34: 1. Sherry
Reckas 41:06. 35-39: 1. Jane Lieberman
44:22. 40-44: 1. Lorell Trippel 46:06. 45-49:
1. Joyce McHattle 48:26. 50-59: 1. Atsuko

### Conestoga 10K

April 20. Pinole.

Overall Results			
1	Jim Moyles (30-39) RedwoodCt	32:48	
2	Howard Worrell (30-39) Oakland	34:21	
3	Leroy Kofehevar (30-39) Crockett	35:00	
4	Richard Whitewater(40-49)S.F.	35:54	
5	Thom Trimble (16-29)Oakland	36:04	
6	John Ingram (16-29) Richmond	37:20	
7	John Monteverdi(40-49)Oakland	38:09	
8	Rick Spencer (30-39) Rodeo	39:27	
9	Richard Mayers (40-49) Richmd	40:14	
10	Randy Laugel (30-39) Pinole	42:04	
17	Sandra Perez (40-49F) Pinole	47:50	
23	Frances Massey (40-49F) Newark	55:19	
24	Belle Bogart (40-49F) S.Pablo	58:40	

### Corporate Cross **Country Business** Challenge

April 20. Valencia. College of Canyons.

Overall Results				
1	Steve Chipman (25)	16:57		
23	Raul Diaz (26)	17:36		
3	Carl Maravilla (26)	17:41		
4	Francisco Robles (25)	18.10		
5	Michael Meteyen (26)	18:14		
6	Steve Bitterly (30)	18:16		
7	Steve Durand (29)	18:38		
8	Tom Hackley (29)	18:46		
9	Tom Burns (28)	18:54		

10	Fred Randall (36)	19:01
11	John Arajo (25)	19:10
12	George Morse (37)	19:16
13	Efrain Robles (22)	19:26
14	Mike Mench (40)	19:29
15	Robert Radnoti (27)	19:40
16	Richard Kuegler (39)	20:03
17	James Hafford (39)	20:10
18	Carl Fout (25)	20:22
19	Patrick Dellario (28)	20:23
20	Monte Eslick (40)	20:2€
21	Tom Jemison (38)	20:26
22	Rick Golding (39)	20:31
23	Karl Ryden (46)	20:38
24	Jesse Cook (48)	20:43
25	Donald Schick (34)	20:53
26	Mark Gibson (35)	20:54
27	Gregory Lash (33)	21:02
28	Earl Beverly (43)	21:07
29	John Contreras (33)	21:07
	Katie Cunningham (30)	21:09
	British British British British	

29 & Under: 1. Raul Diaz 17:36, 2. Francisco Robles 18:10, 3 Tom Hackley 18:46, 30-39: 1 Rick Golding 20:31, 2 Donald Schick 20:53, 3 Mike Mitchell 21:20. 40-49: 1. Mike Mench 19:29, 2. Earl Beverly 21:07, 3. Patrick Riley 21:50. 50-59; 1. Michael McSkane 21:37, 2. Edwin Travers 24:58, 3. Mike Sather 26:30. 60 & Over: 1 Charles Marr 27:03. Division Results - Women

29 & Under: 1. Sara Brookfield 26:45, 2. Virginia Rogers 28:35, 3. Sherrilynn Bevel 35:43. 30:39: 1. Carol Uphoff 21:43, 2. Rosie McKenny 26:57, 3. Pat Chisum 31:44, 50-59: 1. Luann Schmidt 34:37, 60 &

1 North Purewater

-	Iver: 1. Bea Beck 36:29.	
	Team Standings - Mer	1
1	TRW, 25 pts.	1:37:36
2		1:48:37
3	Rockwell, 39 pts.	1:38:51
4	Aerospace, 40 pts.	1:45:26
5	Lockheed, 40 pts.	1:58:27
6	UAW, 58 pts.	2:05:19
7	Lockheed, 71 pts.	2:02:06
8	Micom, 99 pts	2:07:47
9	HR Textron, 100 pts	1:59:19
1	0 Micom 2, 114 pts.	2:23:54
	Team Standings - Wom	en
1	Lockheed	5 pts
2	Aerospace	7 pts
	Team Standings - Coe	d



Super Run II leaders: #159 is winner Bob Macias, second is #49 Richard Hornish, third #47 Robert Hollister and fourth #98 Joseph Young. photo by Ron Stanford

Winners of the state competition will advance to the finals in Lake Tahoe, Nevada on May 24, 1986. A \$500,000 prize will be awarded to national winners in both male and female racing categories.

Overall Results

Bob Macias (35) Santa Monica Richard Hornish (27) Los Alamit 31:57 Robert Hollister (27) S.Bar.

30-34: 1. Debra Sharp 36:57, 2. Mary Ryzner 39:46, 3. Nadine Wooley 50:55 35-39: 1. Kathy Bates 52:35, 2. Diane Brown 58:38, 40-44: 1. Stella Petrie 50:12. 45-49: 1. Marilyn Smith 1:06:56

25 pts

### Coddingtown Lions Biathlon

April 20. Santa Rosa.

Division Results - Men

14 & Under: 1. Todd Stevens 2:15:17, 2.
Troy. Newton 2:15:31: 15-19: 1. William Smith 2:04:15, 2. Michael Persinger 2:10:38, 3. Kevin Drisko 2:27:07. 26-29: 1.
Brest Van Natta 1:38:42, 2. Guy Van Natta 1:39:25, 3. Peter Kalmar 1:39:26, 30-39: 1.
George Bryden 1:40:35, 2. Tom Decew 1:41:32, 3. Lee Rice 1:42:03, 40-49: 1.
Walter Radioff 1:45:10, 2. Peter Laskier 1:45:30, 3. Jim Hatfield 1:48:26, 50-59: 1.
Morgan Peterson 1:48:08, 2. Russell Dieter 2:00:31, 3. Joe Madrigal 2:07:22, 60
& Over: 1. Bill McGee 2:25:32.

Division Results - Women 15-19: 1. Patricia Lee 3:17:20. 20-29: 1. Cindi Van Natta 1:53:57, 2. Deanna Rossini 1:58:41, 3. Anne Shikuma 2:00:07. 30-39: 1. Maureen Wendle 2:00:55, 2. Susan Shattuck 2:06:54, 3. Gloria Canales 2:07:08 40-49: 1. Barbara Magid 1:55:13, 2. Kathryn Kettler 2:06:38, 3. Gretchen Covington 2:20:54. 50-59: 1. Harriet Anderson 2:18:19, 2. Lalla Svendsen 2:32:13.

Teams - Men

17 & Under: 1. Guzman-Sloat 1:44:56. 18-29: 1. Cuerrin-Haberski 1:39:11. 30-44: 1. Van Horn-Walters 1:34:39. 45 & Over: 1. Bellon-Roscoe 1:46:38.

Bellon-Roscoe 1:46:38.

Teams - Women
17 & Under: 1. Church-Klancke 2:57:40.
18-29: 1. Black-Reed 1:50:19.

Teams - Mixed 18-29: 1. Earle-Wright 1.48-48. 30-44: 1. Cherney-Kahdemh 1.59:48. 45 & Over: 1. Harms-Whitting 2:17:16.

### Morro Bay Relay

April 20. Morro Bay. 2 person teams x 2 mile cross country. Overall Results

	Overall Results	
1	Nike Racing Team	19:51.2
2	Tom Dixon Fan Club	23:50
3	Downhill Striders	24:33
4	San Luis Distance Club	25:59
5	All Valley Pet Hospital	26:04
6	Team Riffel	27:35
7	Team Dixon/Riffel	30:57

### **Run for Friends**

April 20. Lake Merritt, Oakland. 5/10K. Division Results - Men's 5K

13 & Under: 1. Christoph Goodroe 25:04, 2. Matt Holman 26:56, 3. Eric Lun 28:30. 14-18: 1. Lance Nunes 17:41, 2. Alex Man 18:38, 3, Noah Hill 18:52, 19-29: 1. Robert Blalock 16:58, 2. Nikos Moutos 17:18, 3. Vincent Haskell 17:23, 30-39: 1. Argello Tobar 18:31, 2. Kirk Schumacher 19:16, 3. Floyd Hicks 19:23, 40-49: 1. George Mason 16:52, 2. Ron Tanaka 17:43, 3. Richard Rodriguez 18:40, 50-59: 1. Gaiff Wetzork 21:12, 2. Tom Curtis 23:28, 3. Ron Stark 25:01, 60 & Over, 1. Dick Petch 24:32, 2. Jack Costello 25:32, 3. Arthur Haskell 27:35.

Division Results - Women

13 & Under: 1. Kate Howkinson 34:14, 2. Heather Goodroe 38:28. 14:18: 1. Mary Broom 25:43, 2. Beth Hewson 26:03, 3. Allison Ryder 28:28. 19:29: 1. Birgitta Emerson 23:36, 2. Heidi Bravet 24:29, 3. Kath Moffett 25:01. 30:39: 1. Marilyn Petch 19:22, 2. Linda Doyle 22:33, 3. Casey Young 24:24, 40:49: 1. Roleen Silva 23:56, 2. Bonnie Cox 24:20, 3. Sylvia Goodin 29:05. 50:59: 1. Hisae Reichel 24:46, 2. Carole Hirson 30:36, 3. Betty Todd 32:13.

### La Jolla Half Marathon

April 20. La Jolla.

Women's Results

12 & Under: 1. Sheri Savel 2:08:30, 2. Janaha Thompson 2:25:56. 13-17: 1. Lisa Lindstrom 1:45:54, 2. Lori Wolfe 1:52:56, 3. Carrie Ferguson 1:54:35. 18-29; 1. Nancy Hunsaker 1:25:05, 2. Betsy Shillito 1:28:34, 3. Debbie Chaddock 1:29:06, 4. Frances O'Neil 1:31:47, 5. Sara Schweigert 1:33:31, 6. Nancy Kehoe 1:34:51. 30-39: 1. Joni Pendleton 1:31:02, 2. Denise Lestrange 1:32:08, 3. Holliday Dines 1:32:46, 4. Terri Godreau 1:33:26, 5. Susan Chen 1:34:21, 6. Karen Yeager 1:35:15. 40-49: 1. Sharon Greiner 1:31:37 2. Kathy Loper 1:36:24, 3. Judith Richardson 1:36:49, 4. Ursula Rains 1:38:15. 50-59: Wilma Maddock 1:47:36, 2. Phyllis Kessler 1:49:30, 3. Sally Byram 1:53:45, 4. Nicki Hobson 1:59:00. 60 & Over: 1. Mary Storey 1:52:14, 2. Gerry Davidson 2:01:37. Racewalkers: 1. Annie Mance 2:29:04, 2. Veda Roubideaux 2:29:04, 3. Noel Castle 2:48:40.

Men's Results

12 & Under: 1. David Flores 1:37:08, 2. Jonathan Magnus 2:10:59, 3. Billy Pryor 2:11:04, 4. Gonzalo Olvera 2:18:25. 13-17: Jake Decker 1:24:56, 2. Arnie Chazen 1:25:31, 3. Stephen Walker 1:26:40, 4. Alex Rulz 1:29:31. 18-29: 1. Mark Donahue 1:07:51, 2. Robert Lusitana 1:11:18, 3. Noberto Avila 1:12:30, 4. Jon Black 1:14:26, 5. Marshall Varano 1:14:56, 6. Bradley Jensen 1:16:30, 7. David Reuter 1:16:36, 8. Gary Flynn 1:17:02, 9. Keith Hill 1:17:29, 10. Jeff Teeters 1:17:43. 30-39: 1. Kevin McCarey 1:09:09, 2. Wayne Buckingham 1:14:56, 3. Ed Nares 1:15:27, 4. Steve Glocke 1:16:48, 5. Dave Joseph 1:17:54, 6. Robert Baird 1:18:07, 7. Bob Hawker 1:18:34, 8. Raymond Kennedy 1:18:43, 9. David Bower 1:19:06, 10. Tony David 1:19:19. 40-49: 1, Bill Langdon 1:20:32, 2. Gregory Armstrong 1:21:39, 3. Russ Webster 1:22:58, 4. Francisco Saiz 1:23:10, 5. Jim Brumage 1:24:10, 6. Ronald Hall 1:24:34, 7. Dana Morris 1:24:40, 8. Carl Petersen 1:24:56, 50-59: 1, Marsh Haraden 1:26:32, 2. James Flynn 1:28:03, 3. Dick Robinson 1:28:56, 4. Mitch Pickens 1:29:36. 60 & Over: 1. Jim O'Neil 1:23:17, 2. Jim McCown 1:33:37, 3. Ray Penkert 1:34:05. Racewalkers: 1. Date Sutton 2:12:54, 2. Michael Woods 2:13:39, 3. Doug Greiner 2:16:12

### California Strawberry Festival

by GII Ramirez

April 20. Oxnard. 10K & 1.7 Mile Fun Run. Overall Results - 10K

1	Gary Tuttle	31:05
2	Jim Triplett (28)	31:59
3	Tim Minor (28)	32:08
4 5	Ron Ysais (24)	32:24
5	Michael Hunt (27)	33:31
6	Jesus Morales (29)	33:41
7	Leoward Aceves (21)	33:52
8	Michael Hamer (25)	34:00
9	Brian Nelson (28)	34:08
10	Cory Welles (22)	34:11
11	Ken Kiss (25)	34:23
12	Dan Howard (18)	34:32
13	Barry Sheehan (25)	34:35
14	Robert Thiede (21)	35:14
15	Anthony Williams (16)	35:26
16	Lars Johnson (18)	35:39
17	Joey Yu (19)	35:52
18	Paul Martinez (31)	36:03
19	Jim Davis (31)	36:16
	Eric Deam (26)	36:23
21	Arturo Frausto (41)	36:30
22	Tom Rindt (41)	36:32

23	Kemp Aaberg (46)	36:35
24	George Arellano (33)	36:36
25	Raiph Casillas (34)	36:41
26	Paul Myers (19)	37:03
27	Bradley Curry (24)	37:09
28	Peter Weiverth (19)	37:13
29	Rodger Patrick (42)	37:15
30	Shane Eggers (27)	37:26
31	Steven Moore (30)	37:38
32	Dave Wheeler (49)	37:48
33	Tony Romero (40)	37:58
34	Rickey Tabue (15)	37:58
35	Morris Scoggin (39)	38:04
36	Bernard Breslau (40)	38:23
37	Salvador Panlagua (34)	38:31
38	Larry Pontinen (44)	38:36
39	Gregory Alex (21)	38:42
40	Al Sanchez (34)	38:49
41	Silvester Vega (30)	39:02
42	Scott Roberts (16)	39:02
43	Angel Gallegos (19)	39:03
44	Steve Stedry (35)	39:11
45	Big Foot Wells (43)	39:17
46	Tony Smith (39)	39:18
47	Richard Phelps (16)	39:23
48	Fred Nagelschmidt (61)	39:34
49		39:34
50	Jose Navarrete (28)	39:40
	Overall Results - Women's 10	The same of the same of
1	Elaine Triplett (35)	37:53

Pauline Brown (30) 38:48 40:54 Dianne Lucas (41) 42:17 Kathleen Roos (35) Virginia Gallegos (33) 43:28 Jana Gulledge (14) 44:03 Lynn Horton (30) 44:29 Rita Schnepp (31) 44:42 Laurie Singer (26) 45:37 Marie Stevenson (41) 45:37 45:49 Anna Howard (16) Andrea Ricketts (29) 46:14 13 Susan Althoen (23) 14 Gall Mark (23) 48:51 46:57 15 Stephanie Welch (38) 47:06 Division Results - Men's 10K

12-19: 1. Anthony Williams 35:26, 2. Lars Johnson 35:39, 3. Scott Roberts 39:02, 4. Milchael Miller 40:00. Open: 1. Gary Tuttle 31:05, 2. Jim Triplett 31:59, 3. Tim Minor 32:08, 4. Ron Ysais 32:24, 5. Jesus Morales 33:41. 40-49: 1. Tom Rindt 36:30, 2. Kemp Aaberg 36:35, 3. Rodger Patrick 37:15, 4. Dave miller 37:48, 5. Tony Romero 37:58. 50-59: 1. John Martin 44:42, 2. Bill Smith 44:45, 3. Gene Welch 48:05, 4. Leo Lowe 47:08. 60 & Over: 1. Fred Nagelschmidt 39:34, 2. James Nacamura 113:26.

Division Results - Women's 10K

12-15: 1. Jana Gulledge 44:03, 2. Shannon Powers 48:43, 3. Lisa Askins 49:56. 20-24: 1. Gali Mark 48:59, 2. Monica Johansson 47:58, 3. Leslie Spauding 48:05, 4. Christina Chavira 49:18, 5. Karen Heillich 51:14. 25-29: 1. Laurie Singer 45:49, 2. Andrea Ricketts 48:57, 3. Meilinda Stewart 48:25, 4. Linda Ferris-Vonessen 49:10, 5. Lynn Ellis 51:04. 30-39: 1. Karen Roos 42:17, 2. Virginia Gallegos 43:28, 3. Lynn Horton 44:29, 4. Rita Schnepp 44:42, 5. Stephanie Welch 47:19, 6. Judy Bellamy 48:36. 40-49: 1. Dianne Lucas 40:54, 2. Marie Stevenson 45:37, 3. Alvera Sabin 49:17, 4. Camille DeJonge 53:08, 5. Rachel Zaragoza 53:09. Open: 1. Elaine Triplett 37:53, 2. Pauline Brown 38:48, 3. Susan Altheen 47:06, 4. Cindy Butler 44:48, 5.

Wendy Jurutica 51:15.

Overall Results - Men's 1.7 Mile

	Overen Meanite - Meu a	1.7 19110
1	Michael Daly (17)	10:30
2	Peter Macen (38)	10:46
2	Tony Lucente (32)	11:13
4	BIII Langford (17)	11:37
5	Bill Weinerth (46)	12:21
3	Fernando Mendoza (23)	12:46
7	Dan Goldstone (15)	12:58
3	Michael Harwood (29)	12:58
3	Edward Avila (12)	13:03
10	Richard Van Kirk (49)	13:12
11	Geoff Coz (10)	13:12
12	Rvan Sandefer (4)	13:42
13	Jason Watkins (8)	13:43
	John Escalante (28)	13:52
	Louis Moraga (36)	13:57

### Run For Excellence

April 27. Hayward. Overall Results - 5K Lance Nunes (17) Hayward 15:55 Jim Reitz (42) Livermore 16:17 Robert King (18) Concord 16:19 Nike Plumber (27) Neward Richard Johnson (14) Stockton 16:45 Art Heredia (17) Concord 16:50 Patrick Weseman (17) Hayward 16:58 Mark Holt (34) SanLeandro

19 Elizabeth Chavez (17F) Modesto 18:34 21 Danelle Leong (30F) S.F. 18:38 26 Teresa Hicks (28F) Hayward 19:10 Division Results - Men's 5K

17:04

Mark Ryan (25) FosterCity

Ron Tawaka (40) San Jose

12 & Under: 1. Daniel Norton 22:27, 2. Luis Mendoza 24:18, 3. Mike Harmon 24:53, 13-18: 1. Lance Nunes 15:55, 2. Robert King 16:19, 3. Richard Johnson 16:45, 19:29; 1. Mike Plumber 16:30, 2. Mark Ryan 17:04, 3. Rick Cavanagh 18:28, 30-39: 1. Mark Holt 17:03, 2. Jim Nuela 17:18, 3. Robert Joplin 18:35, 40-49: 1. Jim Reitz 16:17, 2. Ron Tawaka 17:07, 3. John Galletta 17:27, 50-59: 1. Ken Allen 18:05, 2. Dan Plovier 19:19, 3. Joe DeVane 20:16:60 & Over: 1. Ray Nalezny 21:58, 2. Frank Rodriguez 22:01, 3. Theodore Martin 23:03.

Division Results · Women's 5K

12 & Under: 1. Carol Lortz 25:25, 2. Maria Garcia 29:21, 3. Penny Hodges 31:00. 13-18: 1. Elizabeth Chavez 18:34, 2. Debbie Kirkham 25:56, 3. Vicki Medeiros 27:32. 19-29: 1. Teresa Hicks 19:10, 2. Wendy Littlepage 22:42, 3. Heldi Rose 23:36. 30-38: 1. Danelle Leong 18:38, 2. Karen Johnston 21:24, 3. Glenda Monetti 23:33. 40-49: 1. Dori Cochran 23:30, 2. Ann Farias 27:09, 3. Joan Blysal 30:22. 50-59: 1. Betty Bickhart 26:44, 2. Anita Wall 27:06, 3. Raquel Van-Leer 27:24. 60 & Over: 1. Betty Leach 39:12, 2. Char Woolcock 49:37, 3. Helen Wankes 51:48

Weekes 51:48 Overall Results - 10K Troy Durham (52) Hayward Scott Steinmaus (25) Davis 30:59 Craio Blockus (1B) Los Altos 31:29 Rudy Mondragon (42) Hayward 33:26 William Seaver (36) Byron 33:29 Doug Berbena (27) Modesto 33:31 Oscar Mendez (24) Hayward 33:34 Bobby Lange (28) Pacifica 33:51 Steve Lewis (21) Livermore 34:03 34:46 Michael Gama (27) Hayward 55 Susan Quaid (32F) Hayward Sharon Sander (23F) Hayward 42:50

Division Results - Men's 10K
12 & Under 1. Dino Daniels 41:01, 2.
Roger Penny 47:16, 3. Jeffrey Pollard
58:55, 13-18: 1. Craig Blockus 31:29, 2.
Jesse Malkin 36:57, 3. Saulv Nayyar 40:45.
19-29: 1. Scott Steinaus 30:59, 2. Doug
Berbena 33:31, 3. Oscar Mendez 33:34.
30-39: 1. William Seaver 33:29, 2. Thorn
Ford 35:02, 3. Arturo Raminez 36:26, 40-46:
1. Rudy Mondragon 33:26, 2. Dale Severy
35:28, 3. Joe Hancock 37:01, 50-59: 1. Blair
Stock 41:50, 2. Joe Trem 43:51, 3. Carl
Tuck 44:54, 60 & Over, 1. Charles Hansen
47:37, 2. Bob Gordon 49:55, 3. Jack Selvey

82 Lea Lloyd-Piantino (38F) S.Lean 44:17

49:56.
Division Results - Women's 10K
12 & Under: 1. Erin Moore 57:37. 13-18: 1.
Maria Llu 47:00, 2. Gina Paulding 1:07:39.
20-29: 1. Sharon Sander 42:50, 2. Joanne Flynn 45:05, 3. Alice Isaacson 48:56.
30-39: 1. Susan Quaid 41:27, 2. Lea Lloyd-Plantino 44:17, 3. Femesiena Luhn 48:50.
40-49: 1. Linda Moreno 44:49, 2. Nan McDonnell 53:11, 3. Maria Giezendanner 54:32. 50-59: 1. Doris Burgess 50:15, 2. Margaret Noite 50:52, 3. Irma Butzen 51:53. 80 & Over: 1. Trudy Durham 1:29:41.

### **Boston Marathon**

April 21. Boston, MA.

Overall Results - Men Rob de Castella, Aust, \$60,000 2:07:51 Art Bolleau, Canada, \$21,000 2:11:15 Orlando Pizzolato, Italy, \$16,000 2:11:43 Bill Rodgers, Dover, \$12,000 Bill Rodgers, Dover, \$12,000 2:13:36 Arturo Barrios, Mexico, \$10,000 2:14:09 Bob Hodge, Hopkinton, \$8,500 2:14:50 Domingo Tibaduiza, Col, \$7,000 2:15:22 Paul Cummings, UT, \$5,500 2:18:05 Dan Schlessinger, Camb, \$4,000 2:16:29 Kunimitsu Ito, Japan, \$2,500 2:17:02 2:17:02 Pertti Tiainen, Finland, \$1,400 2:17:04 Greg Meyer, G. Rapids, \$1,300 2:17:29 Hiroshi Nagashima,Jap,\$1,200 2:17:38 Gonzalo Huggins,Venez,\$1,1002:18:11 15 Bobby Dovie, Provid, \$1,000 Overall Results - Women Ingrid Kristiansen, Nor, \$35,000 2:24:55

Carla Beurskens, Neth, \$23,000 2:27:35 Lizanne Bussieres,Mt,\$15,000 2:32:16 Evy Palm, Sweden 2:32:47 Sinikka Keskitalo, Fin, \$10,000 2:33:18 Julie Isphording,OH,\$8,500 2:33:40 Christa Vahlensieck,WG\$7,000 2:34:50 2:33:40 Lorraine Moller, NZ,\$5,500 2:35:06 Elleen Claugus, Sacto, \$4,000 2:38:23 10 Ellen Rochefort, Cana, \$2,500 2:40:00 Hazel Stewart, NZ,\$1,400 Mary Johanson, Belmt,\$1,300 2:41:12 2:41:50 13 Sissel Grottenberg, Nor, \$1,200 2:43:00 14 Bobbi Rothman, Florida 2:43:36 15 Audrey Kemp, Cupertino, \$1,1002:46:52 Overall Results - Masters Men

Michael Hurd, Eng, \$2,500 2:19:04 John Sheridan, Ireland,\$1,500 Les Roberts, Eng. \$500 2:24:59 John Loschhorn, Irvine, 2:27:03 John Davies, Eng. Guy Ogden, England Allan Rushmer, England 2:29:32 2:29:41 2:30:31 Joseph McGuire, Canada Don Coffman, KY Keith Deathridge, England Colin Gouldson, Chelmsford 2:30:48 2:33:25 2:33:44 2:35:05 12 John Weston, Canada 13 William Harvey, Florida 14 Toby Skinner, Oregon 2:35:22 2:36:05 15 Dennis Scott, Toledo 2:36:53

Overall Results - Masters Women Evy Palm, Sweden 2:32:47 Bobbi Rothman, Florida 2:43:36 Betty Nelson, Indiana 2:58:06 Peggy Couper, Bermuda Jane Hutchison, Mo. 2:58:15 3:00:27 Connie Burroughs, Mo. 3:02:54 Kathleen Beebee, Medford, OF 3:06:19 Joan Reiss, Sacto Constance Kimball, Brattleboro3:10:18 10 Elizabeth Sonne, SaltLkCity 11 Donna McDonald, Middleboro 3:10:20 Anne Bing, Conn. 3:15:22 13 Sharon Martin, Colo 3:16:41 14 Sonija Buchanan, Mich.15 Georgia Allen, Indiana 3:17:31 California Finishers

24. Peter Kanfer, Pasadena, 2:22:42, 44. John Loschhorn, Irvine, 2:27:03, 74. Richie Brownsberger, El Cayon, 2:30:23, 75. Will Pittenger, Santa Barbara, 2:30:30, 80. David Chairez, Fair Oaks, 2:31:30, 132. Fred Villegas, Merced, 2:35:00. 172. Martin Rizzo, Portola, 2:37:17, 198. Edwin Kitchen, Thous.Oaks, 2:38:13. 9. Elleen Claugus, Sacto, 2:38:23. 221. Ted Pawlak, Rohnert Pk, 2:38:48. 232. Richard Kenndrithy, Dana Pt., 2:39:05. 249. George O'Connor, Piedmont, 2:39:43. 257. Richard Moore, Enclinitas, 2:39:54. 262. John Trettin, Lompoc, 2:39:59. 281. Bill Sullivan, San Jose, 2:40:47, 301. Guy Gary, Del Mar, 2:41:20. 310. Ronald Kubokawa, El Cerrito, 2:41:40. 344. Fernando Ramirez, Pico Rivera, 2:43:23. 349. Jim O'Brien, Sierra Madre, 2:43:23. 361. Kie Soohoo, Anaheim, 2:43:48. 383. Timothy

Johnson, Port Hueneme, 2:43:51, 400. Jon Eifler, Huntington Beach, 2:44:53, 418. James Beuselinck, Saratoga, 2:45:25, 463. Theodore Wong, Oakland, 2:46:33. 466. Michael Dumas, S.F., 2:46:38. 474. Bret White, Sunnyvale, 2:46:43. 15. Audrey Kemp, Cupertino, 2:46:52. 491. Harold Goforth, El Cajon, 2:46:57, 518. Mark Hines, S.F., 2:47:26, 528. Albert Lomell, Fresno, 2:47:41, 535. Steve Russell, Balboa, 2:47:46, 542. John Rosmus, Fullerton, 2:47:52, 554. Thomas Homeyer, LaJolla, 2:48:07, 570. Michael Schweska, San Leandro, 2:48:28. 580. Richard Apostolos, Roseville, 2:48:40. 593. Steven Burke, Carlsbad, 2:48:48. 600. Don Dugdale, San Jose, 2:48:55. 609. Michael Kohrs, Coronado, 2:49:10. 617. Raymond Deschenes, West L.A., 2:49:18. 618. George Riley, Oakland, 2:49:19. 17. Ooagh Bruni, Encinitas, 2:49:22. 624. Harry Maloney, Bakersfield, 2:49:34, 628. Jon Maloney, Bakerstield, 2:49:34, 628, Jon Root, Paso Robles, 2:49:37, 624, Harry Maloney, Bakersfield, 2:49:34, 628, Jon Root, Paso Robles, 2:49:37, 655, David Lucas, Edwards AFB, 2:50:03, 699, Randy Saletnik, San Diego, 2:50:58, 709, Scott Peterson, Pleasant Hill, 2:51:10, 733, Steven Shapiro, Newport Beach, 2:51:38, 734, Franklin, Bluona, San Jese, 2:51:38, 734. Franklin Ruona, San Jose, 2:51:39. 735. Edmund Pienkoowski, S.F., 2:51:40. 740. Willis Rasmussen, El Cajon, 2:51:46. 874. Barrie Graham, Santa Rosa, 2:54:23. 875. Robert Crooks, S.F., 2:54:25. 879. Steven Fairclough, San Lorenzo, 2:54:27. 887. Armen Khachadourian, San Carlos, 2:54:36. 896. Mark Williams, Sacto, 2:54:44. 843. Bruce Horiguchi, Gardena, 2:53:56. 850. Richard Leutzinger, Pacific Grove, 2:54:02. 908. Raiph Koenig, Covina. 2:54:56. 913. David Cook, Ontario, 2:55:03. 919. Art Terzakis, Sacto, 2:55:07. 927. Roger Zolldan, Fremont, 2:55:22. 953. Steven Kern, Medina, 2:55:45. 969. Ray-mond Maranda, Bakersfield, 2:58:08. 971. Mike Claycomb, S.F., 2:56:13. 984. Adrian Mike Claycomb, S.F., 2:56:13. 984. Adrian Ruiz, Simi Valley, 2:56:26. 993. Ron Kobrine, Woodland Hills, 2:56:35. 1013. Dennis Yamnitsky, Yosemite, 2:57:03. 1036. Reg Price, Colton, 2:57:23. 1055. Dana Gard, Citrus Hts., 2:57:37. 1056. Mark Winitz, Los Altos, 2:57:39. 32. Christine Iwahashi, Sacto, 2:58:00. 1104. Gary Goettelmann, Santa Clara, 2:58:23. 1106. Miguel Reyes, Roseville, 2:58:29. 1109. Donald McDougall, La Mirada, 2:58:33. 1116. Brett Ferguson, Chameron

Park, 2:58:36. 1122. Kenny Warde, Susanville, 2:58:39. 1124. Jim Howell, Los Altos, 2:58:40. 1129. Howard McNair, La Crescenta, 2:58:45. 39. Leslie Lewis, Torrance, 2:59:06.

1167. David Morris, Victorville, 2:59:28.
1174. Marshall Ricker, Oakland, 2:59:36.
1175. Phil Penna, Redwood City, 2:59:36.
1175. Kenneth Grebensteir, Mill Valley, 2:59:38. 1203. Henry Lange, Beverly Hills, 2:59:38. 1203. Henry Lange, Beverly Hills, 2:59:58. 1216. Wayne Stanfield, Idyliwild, 3:00:22. 1227. Douglas Stevens, Menlo Park, 3:00:38. 1228. Kevin O'Keefe, El Segundo, 3:00:45. 1248. David Klein, Alrany, 3:01:17. 1247. Don Determan, San Diego, 3:01:18. 1248. Hollis Lenderking, S.F. 3:01:18. 44. Peggy Lavelle, S.F., 3:01:18. 44. Peggy Lavelle, S.F., 3:01:30. 1279. Steven Levy, Fresno, 3:01:51. 1285. John Demorest, Colfax, 3:02:01. 1295. Scott Jones, Bossier City, 3:02:16. 1298. Jim Parker, Mt. Shasta, 3:02:17. 1330. Peter Todd, Berkeley, 3:03:05. 1337. Olof Carmel, Yosemite, 3:03:12. 1338. Edward Garrity, San Diego, 3:03:14. 59. Kathleen Barcia, Santa Clara, 3:04:00. 1392. Leslie Kim, San Diego, 3:03:41. 62. Julie McKinney, San Pedro, 3:04:44. 142. Timothy Twietmeter, Citrus Hts., 3:04:39. 1445. Charles Hanson, Claremont, 3:05:28. 1450. Jack Richard, Los Altos, 3:05:31. 1457. Barry Turner, Grass Valley, 3:05:34. 1515. George Parrott, Sacto, 3:06:46. 70. Tracy Christopherson, Davis, 3:07:07. 74. Barbara Red, Diablo, 3:07:17. 75. Joan Relss, Sacto, 3:07:31. 1568. Leo Withers, S.F., 3:07:35. 1583. Tony Monroe, Oakland, 3:09:27. 1699. Michael Wapner, Santa Barbara, 3:09:27. 1699. Michael Wapner, Santa Barbara, 3:09:27. 1768. Jerry Cole, San Marcos, 3:09:31. 1750. Patrick Keating, Woodland Hills, 3:10:19. 1753. Stephen Lebowitz, LA, 3:10:21. 1754. James Ochman, S.F., 3:10:22.



Boston female winner, Ingrid Kristiansen of Norway.



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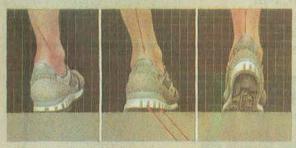
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