CALIFORNIA Track & Running News

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- O INTERVIEW WITH LANCE HARTER
- O ARCADIA INVITATIONA
- BOSTON MARATHON
- MAY JUNE JULY SCHEDULE

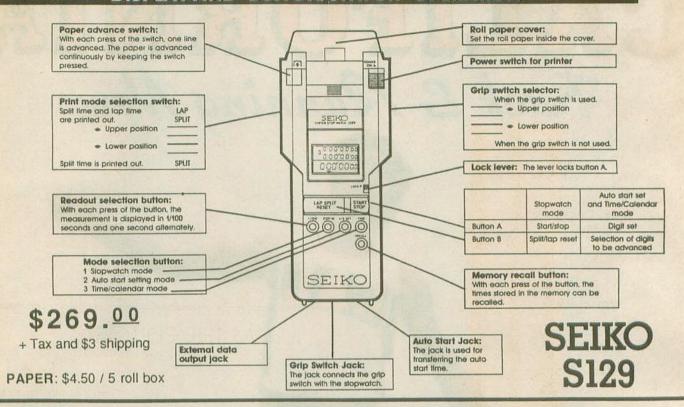
fornis Only Track & Running Publication

Sixteenth Year

\$2.25

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION

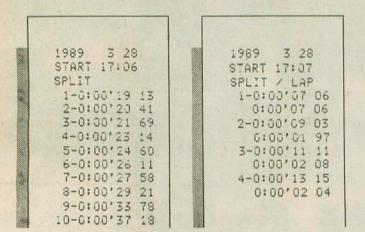


System Printer

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



JACK'S ATHLETIC SUPPLY

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

Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and filness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and 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, 2 digits show Place or Lap Number.

Modes:

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

Temperature:

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

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Botteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life). Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardiex stopwatch display crystal.

CALIFORNIA Track & Running News



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FROM THE EDITOR

Coaches are Challenged!

Most of the big invitationals have qualifying standards. These high level invitationals, such as Mt. SAC, Jenner and Modesto, want to provide top level competition for both the athletes and fans - -they are not open or all-comer meets.

Coaches who fudge on their team's or athlete's marks to get them into the big meets are doing a disservice to the meet, the fans and their own athletes.

Submitting phony marks increases the size of the field so that the next year the meet director will have to raise the qualifying standard to keep the field manageable. Dishonest coaches will have to tell a bigger fib, then, the next year to get their unqualified athletes in. Each year, this escalation of phony marks will get worse and worse, forcing those who don't fudge marks out of the meet.

The biggest tragedy here is the message the coaches are giving the athletes. A phony mark to get an athlete in the meet tells the athlete that it's OK to cheat to get ahead. It says "The end justifies the means."

Are other forms of cheating to get ahead also acceptable? What athlete will trust a coach who he has seen lie to get something?

It's coming to the point where we'll have to submit proof of performance with our entries. What a hassle that will be! Wouldn't it be better if we all just told the truth on meet entry forms? Think of the message a coach will send to athletes then -- honesty and integrity above all else.

That's my challenge to all coaches.

Typo--uncovered, revealed and corrected: Gregor Robin's interview of Art Boileau contained a typographical error on page 27, bottom of middle column. Boileau's comment should have said, "First place is \$26,385 and a \$35,000 Mercedes. Second is \$15,000." Not \$1500, as typed – that's more like it!

ON THE COVER: Cal's outstanding jumper SHEILA HUDSON outdistanced all others by long jumping 21 feet 1-1/4 inches. Photo by Terry Pierson, courtesy of Cal State Univ. Fresno Sports Information.

By JACK LEYDIG

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

The 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 information and/or entry blanks.

May 11 (Friday):

San Diego: Night Moves Fun Run, 5K, north of Campanile, 6:30 p.m. Info: Eric Huth (619) 594-6424.

May 12 (Saturday):

Redwood Shores: The Human Race 5 & 10K, Oracle Pkwy. Central Park, 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

San Rafael: The Human Race 10K, Terra Linda H.S. (320 Nova Albion Way), 8:30 a.m. Volunteer Center, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

Santa Cruz: (Cancelled) March of the Monarchs, 5 Mi. (new course), Natural Bridges State Beach & Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Grass Valley: Wolf Mountain Trail Challenge, 10K & 1.8 Mi. Fun Run, Wolf Mountain Christian Camp, 5 p.m. Nick Vogt, CRA, 1025 Grange Rd., Meadow Vista 95722, (916) 878-0697.

Bakersfield: Bud Light Triathlon, Distance & Time TBA. Info: Paul Press (805) 399-2720.

Bass Lake: Smokey Bear 10K and 2 Mile. Start at The Pines. 8 a.m. (209) 642-3676 or (209) 683-4665.

San Luis Obispo: County Alcohol Services 5 & 10K Runs, Meadow Park, Time TBA. Info: Alcohol Services (805) 549-4275.

Pomona: Human Race 5 & 10K, Cal-Poly Univ., 8 a.m. (Walks at 8:30 a.m.) Ronette Warren, Volunteer Center, 436 W. Fourth St., Suite 201, Pomona 91766. (714) 623-1184.

So. El Monte: Legg Lake 5K Pit Bull Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394. San Diego: Good Neighbor Run, 2 Mi. & 10K, Balboa Park, 7:30 a.m. Info: Linda Graves (619) 437-4556.

Rohnert Park: Crane Canyon Half-Marathon, 9 a.m. Victor Venuta, Sonoma State Univ., Intramurals, 1801 E. Cotati Ave., Rohnert Park 94928. (707) 664-2753.

San Francisco: Agnel Island Run/Stride, 4.8 Mi., Time TBA (ferries from S.F., & Tiburon). Angel Island Run, c/o The Guardsmen, 115 Sansome St., Suite 130, San Francisco 94104. (415) 781-6785.

San Jose: Quicksilver 50K/50 Mile Endurance Run, Quicksilver County Park, 6 a.m. Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

Pleasanton: Soccer City Run/The Human Race, 5 & 10K, Hacienda Business Park, 8 a.m. Valley Volunteer Center, 333 Division St., Pleasanton 94566. (415) 462-3570.

Colfax: Colfax Record Run/Walk, 3.5 Mi. & 10K (& 1/2 Mi. Kids' Fun Run), Downtown, 8:30 a.m./Kids' Run, 9 a.m. Colfax Record Run, P.O. Box 755, Colfax 95713.

San Francisco: Women's Sports Festival 5K Run/ Walk, Golden Gate Park (Marx Meadows), 8 a.m. Athlon, 650 Fifth St., Suite 514, San Francisco 94107. (415) 896-1542.

Van Nuys: The Human Race, 5 & 10K, Woodley Park, 8 a.m. Volunteer Center, 6851 Lennox Ave., 4th Floor, Van Nuys 91405. (818) 908-5066.

Hawthorne: Mother's Day 10K & 2 Mi. Run, Hawthorne Piaza Mall, 8 a.m. Hawthorne YMCA, 12500 S. Ramona, Hawthorne 90250. (213) 679-1146.

Culver City: Fiesta La Ballona 5 & 10K, Veterans Auditorium (9770 Culver Blvd.), 8 a.m. Dept. of Human Resources, 4117 Overland Ave., Culver City 90230, (213) 202-5689.

Newport Beach: Ford Aerospace Tune Up 5 & 10K, Ford & Jamboree Rd., 7:30 a.m. Spring Tune Up Run, Box A, Ford Rd., Newport Beach 92658. (714) 720-7787.

San Diego: YMCA/Breakers 10 Mi. & 5K, Mission Beach, 7 a.m. Info: Roger Martin (619) 232-7451.

Las Vegas: Elite Active America Day 5K & 2 Mi, Elite Health Foods, 2881 Green Valley Pkwy., Henderson, NV. 89014. Frank Plasso, Jr. (702) 435-4836.

Gilroy: South Valley Hospital Foundation 10K Run & 3 Mi. Walk, 8:30 a.m./Walk, 8:45 a.m. Martha Underwood, So. Valley Hospital Foundation, 9400 No Name Uno, Gilroy 95020. (408) 848-8646 or 848-2000 X2315.

Inverness: Tomales Bay 8 Mi., Tomales Bay State Park, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Paradise: Ridge Run & Walk, 5 & 10K Runs and 5K Walk, Sporthaven Health Club, 8 a.m. Paradise Running & Walking Club, P.O. Box 1465, Paradise 95967. (916) 877-2711.

Bakersfield: Cotton Runs, Distance & Time TBA. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93364. (805) 746-2341.

Santa Barbara: Smitty's Portsmouth Run, 8K, Stow Grove Park, Time TBA. Info: Mike Smith (805) 966-6757.

Chino: Chino Run & Roll, 5 & 10K, Chino High School, 7:40 a.m./5K, 8:30 a.m. City of Chino, 13219 Central Ave., Chino 91710. (714) 591-9834.

Murrietta: Murrietta Half-Marathon & 5K Run/Walk, Inland Valley Regional Medical Center, 7:30 a.m./H-M, 8 a.m. Elite Racing, 2431 Morena Blvd., Suite 2H, San Diego 92110. (619) 275-5440.

May 13 (Sunday):

Fremont: Run for Serra 10K & 2 Mi. Stride, Stevenson & Paseo Padre, 8 a.m. Jane Bell, c/o Serra Residential Center, P.O. Box 3296, 650 Washington Blvd., Fremont 94539. (415) 657-2002.

San Francisco: DSE Alamo Square Beach Vista Run, 8.5 Mi., Kennedy Dr. at Ocean Beach, 8 a.m. Info: (415) 668-2830.

Bakersfield: Tri-4-Kids, Distances, Location & Time TBA. Info: John Wilson (805) 323-6460.

So. El Monte: Legg Lake 5K Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Stinson Beach: Mt. Tam Biathlon, 4 Mi. Beach Run, 15 Mi. Bike (uphill to top of Mt. Tam), 6 Mi. Trail Run, 8 a.m. (No Raceday Registration). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sacramento: Grand National Biathlon Series, 2 Mi. Run, 10 Mi. Bike, 1 Mi. Run, Time TBA. Info: (619) 221-5555

Malibu: Bikesport Southern California Championship Biathlon, 5K Run, 25K Bike, 5K Run, Zuma Beach, Time TBA. Michael Epstein, Tri-Pro Race Specialties, P.O. Box 9122, Calabasas 91372. (818) 880-4915.

Santa Barbara: Stagecoach 4 Mile, Cold Springs Tavern (Stagecoach Rd.), Time TBA. No Contact Known

San Diego: Kingsbury Summer Biathlon Series. Distance TBA, Time TBA. Holly Farr, Box 2575. Olympic Valley 95730. (916) 426-9559.

May 15 (Tuesday):

Oxnard: 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Prks & Recr., 325 So. A St., Oxnard 93030. (805) 984-4643.

May 17 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394,

May 19 (Saturday):

Geyserville: Icebreaker Triathlon, 1/2 Mile Swim, 5K Run, 14 Mi. Bike, Lake Sonoma Park, 8 a.m. (May 7 Deadline, 400 limit). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-

Lompoc: La Purisima Mission Fiesta 5 & 10K, La Purisima Mission, 8:30 a.m./5K Walk, 8:45 a.m./5K Run, 9:00 a.m./10K. Ray Gil, 304 Amherst Pl., Lompoc 93436. (805) 736-4233.

San Dimas: Los Angeles Triathlon Championship Series, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

So. El Monte: Legg Lake Armed Forces Day 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Reno, NV: Silver State 50K & 50 Mi., 6 a.m. Ken McKim, 1460 Prospect Ave., Sparks, NV. 89431.

Fountain Valley: SPA/TAC 50 Mile Championships, Mile Square Regional Park (16801) Euclid). 6:30 a.m. (Enter By May 1, 12-Hour Limit), Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668. (213) 532-5043, eves.

El Sobrante: Lakeridge Triathlon, 300 Yd. Seim, 5K Run, 10 Mi. Bike, 6350 San Pablo Dam Rd., 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Stinson Beach: Muir Woods Marathon, Half-Marathon & 7 Mi., Parkside Cafe, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Auburn: Historic Fun Run/Walk, 1 & 5K, Old Town Auburn (Butterworth's Parking Lot), 8:30 a.m. C. Pepper-Kittredge, Auburn Main St., Program, P.O. Box 9171, Auburn 95604. (916) 888-0109.

Gridley: Gray Lodge Coot Scoot, 4 & 10K, Gray Lodge Wildlife Area (Pennington Road Entrance), 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd. Rancho Cordova 95670.

North San Juan: Nugget 50 Mile Endurance Run, Tyler-Foote Rd., 5 a.m. Info: Frank Plaven (916) 648-9435, 666-3979.

Oxnard: California Strawberry Festival 2 & 10K,

CBC Naval Base, 8 a.m. Strawberry Festival 10K, 3836 Pemm Pl., Santa Barbara 93110. (805) 563-

Fillmore: Youth Employment Services 5 & 10K, Central & Sespe, 8 a.m. Y.E.S., 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

Torrance: Armed Forces Day 5 & 10K Runs, Torrance Civic Center (3031 Torrance Blvd.), 8 a.m. John Jones, 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

Burbank: Burbank Run For The Hungry, Buena Vista Park (Cataline & Parkside), 8 a.m. Mickey De Palo, Burbank Park & Recr. Dept., Box 6459, Burbank 91510. (818) 953-9506.

Las Vegas: Battista's "Easy Day" 2 & 5 Mi., Silver Bowl (near Tropicana & Boulder Hwy), 7 a.m. Info: The Running Store (702) 878-8414.

Boulder City, NV: Southern Nevada Roadrunner Triathlon Classic, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake Mead, Time TBA. D.C. Jensen, 4583 W. Flamingo Rd., Las Vegas, NV 89103. (702) 367-

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Fresno: CHP's El Protector Fun Run. Fresno and E Streets. 10K & 2 mile. 7 am/2 mile --7:30 am/10K. (209) 488-4329.

Friant: Central Valley YMCA Friant Dam Fun Run. Lost Lake Park. 7:30 am. 2 miles. (209) 233-5737. Kingsburg: Dala Horse Trot. 7 am. 1445 Marion. 10K / 2 miles. (209) 897-4012 or (209) 897-4370. Hanford: Ken Knudson Scholarship Run, 3 & 10K, Lacey Park, 8:30 a.m. Info: Bill Hazen (805) 582-

Santa Barbara: State Street Mile, State & Pedregosa, many heats based on ability, Time TBA. Info: Second Sole (Bob) (805) 967-2614.

Bakersfield: Heart & Sole Runs, Distance & Time TBA. Info: (805) 327-1173.

Ontario: AMS Triathlon, 5K Run, 15K Bike, 200m Swim, Chaffey High School, 8 a.m. American Cancer Society, 2060 Chicago Society, 2060 Chicago Ave., Suite A-17, Riverside 92507. (714) 983-2784.

Encinitas: Flower Festival 10K, 8 a.m. Info: (619) 942-1730.

San Diego: Fiesta Bay Footrace, 2 Mi. & 10K, Fiesta Island, 7 a.m. Info: Steven Dunham (619) 534-7323.

San Diego: Valley Center Run for Youth, 2 Mi. & 10K, Bates Nut Farm, 7:30 a.m. Info: Garry Farmer (619) 749-3290.

May 20 (Sunday):

San Francisco: Examiner Bay to Breakers 12K, Howard & Spear St., 8 a.m. Note: Elite Field has qualifying times. Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7773.

Burlingame: PA/TAC 15K Race Walking Championships. Public Shore. 9 a.m. Info: Wally Brooks (415) 966-8788 or Tony Harvey (408) 262-8147.

Berkeley: Tilden Tough Ten, 10 Mi., Tilden Park (Inspiration Point), 8:30 a.m. Lake Merritt J & S, 3126 California St., Oakland 94602. (415) 530-9151.

Sacramento: Old Sacramento Triathion, 0.3 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Time TBA. Fleet Feet, 2408 J Street, Sacramento 95816. (916) 646-1122. So. El Monte: Legg Lake Great Western Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Trib 10K, Balboa Park, 8 a.m. In fo: In Motion (619) 483-9501.

Fremont: Ohlone Wilderness Trail Run, 50K, Stanford Ave. trailhead, 6:30 a.m. John Vonhof, 4438 Gibralter Dr., Fremont 94536. (415) 797-8169, eves. San Carlos: San Carlos Home Town Days 5 Mi. Foot Race, Burton Park (Arroyo & Cedar), 9 a.m. Terry Desmarais, c/o Davey Properties, 100 El Camino Real, San Carlos 94070. (415) 592-2211.

mino Real, San Carlos 94070. (415) 592-2211.

Los Gatos: Los Gatos Scholastic Classic, 2 Mi. & 10K, Los Gatos H.S. track, 8:30 a.m./10K, 10 a.m. Martin Robson, Los Gatos Elem. Education Fndn., 126 Alpine Ave., Los Gatos 95032. (408) 354-3277. Inverness: Out Where the Tule Elk Roam, 6.5 Mi., Tomales Point, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Arcadia: Santa Anita Spring Classic, 5 & 10K, Santa Anita Race Track (285 W. Huntington Dr.), 7:30 a.m./ 10K, 8:30 a.m. Mike Bassett, 540 N. Rosemead Blvd., Pasadena 91107. (818) 351-8815.

Bakersfield: Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384.

May 22 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A St., Oxnard 93030. (805) 984-4643.

May 23 (Wednesday):

San Diego: One-Hour Run, Balboa Stadium, 5:30 p.m./6:30 per mile+, 6:35 p.m./less than 6:30 per mile. San Diego T.C. News, P.O. Box 7853, San Diego 92107.

May 26 (Saturday):

San Bruno: San Bruno Memorial X-C Run, 4 Mi., San Bruno City Park, 8:30 a.m. Mike Sullivan, Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

Morgan Hill: Morgan Hill Mardi Gras 10K & 2 Mi., 8:30 a.m. Steve Tate, 2940 Holiday Ct., Morgan Hill 95037. (408) 779-6992.

Sanger: Memorial Run. 7:30 am. Madison School (Cherry & Bethel). 6 miles/3 mile prediction. (209) 875-4072.

So. El Monte: Legg Lake 5K Purple Tree Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Topanga: Topanga Canyon 10K Run, 8 a.m. Jacqueline Hansen, P.O. Box 1336, Topanga 90290. (213) 455-3671.

San Diego: Torrey Triple 10K, 1 Mi. (Kids), Torrey Pines Elem. School, 7:30 a.m. Info: Toni Deal (619) 272-8316.

Aptos: Santa Cruz Host Lions Aptos Marathon, Half Marathon & 10K, Forest of Nisene Marks State Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sierra Madre: Mount Wilson Trail Run, 816 Mi., 7:30 a.m. (250 Limit - Pre-Entry Only). Mt. Wilson Trail Run, c/o City of Sierra Madre, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135.

San Diego: Bonita Road Runners 5 & 10K, Rohr Park, 7:30 a.m./5K, 8 a.m. Info: Dave Brandland (619) 421-3424.

Palm Springs: Desert Princess Spring Biathlon, 5K Run, 30K Bike, 5K Run, 7 a.m. Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

Walnut Creek: Diablo Pine Canyon 7 Mi. & Half-Marathon, Macedo Ranch (Green Valley Rd. off Stone Valley on I-680), 8 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

May 27 (Sunday):

San Francisco: DSE Twin Peaks Run, 3.36 Mi., Portola & Twin Peaks Blvd., 9 a.m. Info: (415) 668-2630.

San Jose: Memorial Day Freedom 10K Run & 2 Mi. Walk, Hellyer Park, 9 a.m. Tammy Foley, 8936 Sepulveda Blvd., #201, Los Angeles 90045. (213) 388-

Oakland: Lake Merritt Joggers & Striders 4th Sunday Run, 5K, 10K & 15K, Old Boathouse (14th & Lakeside Dr.), Lake Merritt, 9 a.m. (No Pre-Registration). Info: (415) 530-9151.

So. El Monte: Legg Lake 5K Memorial Weekend, 8 a.m. Arthur Martienz, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

San Francisco: Ocean Beach 5K, Balboa & Great Hwy, 8:30 a.m. Bill Dake, 528 Larch Ave., So. San Francisco 94080, (415) 583-6268.

Pinole: Pinole Spring Festival 4 Mi. Run, Fernandez City Park, 10 a.m. Team Challenge, P.O. Box 963, E Sobrante 94803. (415) 841-1190.

Incline Village, NV: I-CAN Run For Drug Free Youth, 2 Mi. & 10K, Aspen Grove Community Center

(next to Hyatt Regency), 10 a.m./1/2 Mi., 10:30 a.m./ 2 Mi., 11 a.m. I-CAN, Call Box 14-207, Incline Village, NV. 89450. (702) 831-0668.

Redding: Redding Bud Light Triathlon, 2K Swim, 50K Bike, 10K Run, Lake Shasta, Time TBA (No Raceday Reg.). Info: Terry Rust (916) 223-1813, 8 am. to 1 p.m.

Brentwood: Brentwood 5 & 10K, San Vicente & Barrington, 8 a.m./5K, 8:45 a.m. Brentwood 10K, P.O. Box 49913, Los Angeles 90049. (213) 820-7585.

Orange County: Coors Light Biathlon, 5K Run, 30K Bike, 5K Run, Time TBA (16 & Over Only). Coors Light Biathlon, P.O. Box 236, Lake Oswego, OR 97034. (714) 680-5868.

Sausalito: Headlands Wolf Ridge Classic IV, 10K, Half-Marathon & Marathon, Rodeo Valley Trailhead on Bunker Rd., 8 a.m./Mara., 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

May 28 (Monday):

La Canada: Fiesta Days 1 Mi., 5K & 10K, Descanso Gardens, 7:30 a.m./Mi., 8 a.m. Mike Blackmore, c/o YMCA, 1930 Foothill Blvd., La Canada 91011. [818] 790-0123.

Kentfield: Pacific Sun 10K, College of Marin, 8 a.m. (Sub-45 Min.), 8:05 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-7223.

So. El Monte: Legg Lake 8K Memorial Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Pinole: Miniman Triathlon I, 250 Yd. Swim, 2 Mi. Run, 8 Mi. Bike, Pinole City Pool (Simas Ave. & Pinole Valley Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

La Canada; Fiesta Days 1 Mi., 5 & 10K, Descanso Gardens, 7:30 a.m./1 Mi., 8 a.m. Mike Blackmore, c/o YMCA, 1930 Foothill Blvd., La Canada 91001. (818) 790-0123.

Las Vegas: Run to the Sun 6 Mi., Eldorado H.S. (1139 Linn Ln.), 7 a.m. Info: Johnny Clark (702) 878-8414.

May 29 (Tuesday):

Oxnard: 5 Mile Evening Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A St., Oxnard 93030. (805) 984-4643.

May 31 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

June 1 (Thru June 30):

Pledge Run: AIDS Pledge Run, benefitting AIDS agency of your choice (collect pledges for every mile run during June). For registration pack, send \$5 to: San Francisco Frontrunners Pledge Run, 1550 California St., Suite 6L200, San Francisco 94109. (415) 621-2213.

June 2 (Saturday):

Vacaville: Gold Medal Triathlon, 0.5 Mi. Swim, 10 Mi. Bike, 3.6 Mi. Run, Lagoon Valley Park, 9 a.m. (No. California Sprint Championships). Tema Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sonoma: Hit The Road Jack 10K & 2.5 Mi., 8:30 a.m./2.5 Mi., 8:45 a.m. Hit the Road Jack, P.O. Box 1762, Sonoma 95476. (707) 938-4545, X397.

Fish Camp: Shadow of the Giants 50K, just south of Yosemite (5-7,000 Ft.), 7 a.m. (Pre-Entry by May 14). Info: Barry Hawley (209) 683-7426.

Sacramento: Tri For Fun, Swim 1K, Bike 20K, Run 5K, Folsom Lake (may be switched to Rancho Seco), 8 a.m. Will Roxburgh, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

So. El Monte: San Gabriel River 3 Mi. Centennial Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Rosarita Beach, BC (Mexico): Festival de Primavera, 5K, 10K & 10 Mi., 8 a.m./5K, 8:05 a.m./10 Mi., 8:10 a.m./10K. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Las Vegas, NV: Deer Creek 9 Mile, Deer Creek Rd. (between Lee Canyon & Kyle Canyon), 8 a.m. Info: Mike Naylor (702) 383-1276.

Bakersfield: Hart Park Fun Run, Distance & Time TBA. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384.

Fairfield: Solano Symphony 10K & 2 Mi., Rancho Solano Country Club, 8 a.m./2 Mi., 8:15 a.m. Steve Zanetell, 1325 Imola Ave. West, Napa 94559. (707) 428-4379.

June 3 (Sunday):

Mill Valley: DSE Practice Dipsea, 6.8 Mi., start in park (2 blocks from Lytton Sq.), 8 a.m. Info: (415) 668-2830.

Foster City: Community Career Education Center 8K Career Run & 2 Mi. Walk, Sea Cloud Park (off Pitcairn), 9 a.m. Ron Visconti, CCEC, 1660 Amphlett Blvd., #314, San Mateo 94402. (415) 345-0753.

San Leandro: Shoreline Run, 3 & 10K, Marine Park (foot of Marina Blvd.), 8:30 a.m. Ted Swenson, c/o 835 E. 14th St., San Leandro 94577. (415) 577-3469.

Cupertino: De Anza Day 5K Run/Walk, De Anza College, 8 a.m. Jeff Anderson, De Anza College, Recr./Sports, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 864-8886.

San Jose: Alum Rock 10K Run & Walk, Alum Rock Park (near visitors center), 9 a.m. PAL 10K, c/o 460 Park Ave., San Jose 95110. (408) 295-0320.

Napa: Sierra Cup 10K & 2 Mi. Runs, Mt. George School (1019 Second Ave.), 8:30 a.m. Sierra Cup, c/ o Mimi, P.O. Box 3784, Napa 94558. (707) 255-0775.

Folsom: Nor-Cal Bi Series #3, 5K Run, 30K Bike, 5K Run, Natoma Station, 8:30 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

Fresno: KNXT Channel 49 4 Mile/1 Mile Run. Guadalupe Park. Registration 5:30 am to 6:45 am. Fred

Pereira, 4048 N. Angus, Fresno 93725 (209) 224-7857, 485-3200, 488-7440.

Mission Viejo: Orange County Performing Arts Center Triathlon, 1.5K Swim, 40K Bike, 10K Run, Lake Mission Viejo, 7 a.m. OCPAC Triathlon, P.O. Box 2218, Costa Mesa 92626. (714) 846-0813.

So. El Monte: San Gabriel River 3 Mile Brendal Pup Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

El Segundo: HEART Club 5K Run/Walk, Hughes Aircraft (2000 El Segundo Blvd.), 8 a.m. Steve Morgan, 20841 Denker, Torrance 90501. (213) 320-3120, 615-7622.

Westlake Village: Westlake Florist 5/10K and 1 Mi. Flower Runs, Westlake Hyatt Hotel, 8 a.m. Harry Pantelas, 31800 Langspur Ct., Westlake Village 91361. (818) 889-6408, eves.

Saddleback Valley: Run the Ranch, Distance TBA, Time TBA, Info: (714) 661-6062.

Ukiah: Russian River Runs, Marathon, Half-Marathon & 8K, 6 a.m./Mara. & H-M, 8 a.m./8K, Dennis Huey, 413 No. State St., Ukiah 95482. (707) 468-5435.

Oakland: Oakland Double 10K & 5K Express, 9 a.m. RhodyCo Prods., 3929 California St., San Francisco 94116. (415) 387-2178.

Oakland: Sri Chinmoy Half-Marathon & Marathon, Edgewater Dr., 8 a.m. Venu Riggio, 1995 - 20th Ave., San Francisco 94116, (415) 753-5998.

Sacramento: Regional Transit Run & Ride for Fun, 5 & 10K, Fifth & "K" St., 8 a.m. Joanne Hollister, 2859 58th St., Sacramento 95817, (916) 454-6131.

Los Angeles: Danskin Women's Tri Series, 1/2 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Time TBA. CAT Sports, Inc., 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.

San Diego: Lifespan 10K & 3 Mi., Glorietta Blvd., 7 a.m. Info: Toni Deal (619) 272-8316.

June 5 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A Street, Oxnard 93030, (805) 984-4643.

Bakersfield: Bakersfield T.C. Handicap #1, Distance & Time TBA. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384.

June 6 (Wednesday):

Los Angeles: Heart of the City 5K Run, Union Bank Plaza (445 So. Figueroa), 7 p.m. Union Bank Special Events, 445 So. Figueroa St., Los Angeles 90071. (213) 236-5716.

June 7 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

June 9 (Saturday):

Antioch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet

Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Novato: Stafford Lake Biathlon, 5 Mi. Run, 24 Mi. Bike, Stafford Lake County Park (Novato Bivd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrantge 94803, (415) 841-1190.

Sacramento: "Not So Taxing" Fun Run/Walk, 5K, Glen Hall Park, 8:30 a.m. Brenda Young, 9137 Promontory Way, Fair Oaks 95628, (916) 989-2568.

Sloughouse: Sloughouse Country Run, 5 & 10K, Sloughouse Inn (12700 Meiss Rd.), 8:30 a.m. (Kids' 1/2 Mi. at 8 a.m.). Dian Muckey, P.O. Box 160488, Sacramento 95816. (916) 687-7354.

Placerville: Sly Park Trail Run, 5 & 10Mi. plus 1/2 Mi. Kids' Run, Sly Park Reservoir, 8:30 a.m./Kids' Run, 9 a.m. Charlie Konen, Fleet Feet, 1234 Broadway, Placerville 95667 (916) 622-9526.

Corona Del Mar: Corona Del Mar Scenic 5K, Ocean Blvd. & Jasmine, 8 a.m./Men, 8:30 a.m./ Women. City of Newport Beach, Parks & Recr., P.O. Box 1768, Newport Beach 92658. (714) 644-3151. Palos Verdes: Palos Verdes Marathon, Indian Peak & Hawthome, 7 a.m. George Owens, Box 153, Palos Verdes 90274. (213) 548-6865, 541-5033. So. El Monte: San Gabriel River 3 Mi. Bull Frog Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Rosarito Beach, BC (Mexico): Rosarito Beach Triathion, 1/4-Mi. Swim (ocean), 12 Mi. Bike, 3 Mi. Run, 9 a.m. Too Much Fun Promotions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

Las Vegas, NV: Hand's "Cross Country", 2 & 5 Mi., Tule Spriongs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

Corona: Run for the Crown 5K & 10K, 5K Walk. Corona H.S., 8 a.m. Corona Parks & Recr. Dept., 815 W. 6th St., Corona 91720. (714) 736-2241.

So. Lake Tahoe: Robert DeCelle, Jr. Memorial Tahoe Relays, 72-Miles (7-person teams), 7 a.m. Robert E. DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

Saratoga: Santa Cruz Mountains 50 Mi., Marathon, 30K & 10 Mi., Saratoga Gap (Hwy 9 & 35), 10 Mi. (Big Basin Park HQ) 6 a.m./50 Mi, 9 a.m./Mara. & 30K, 10 a.m. Tri -Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Big Brothers Run, Distance & Time TBA, Bakersfield T.C., P.O. Box 42123, Bakersfield 93384

San Diego: Point Loma Handicap, 10K, NOSC Bldg, 33, 7:30 a.m. Info: Chuck Pennell (619) 460-3110.

San Diego: Lions-Padres 10K & 2 Mi., JM Stadium, 7 a.m. Info: Vicki Wierig (619) 239-7264.

June 10 (Sunday):

Daly City: San Bruno Mountain Run, 5 & 10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy. at top), 10 a.m. Info: (415) 668-2830.

Redwood City: Sequoia Hospital's Run By The Bay, 5/10K & 1 Mi. Stride, Clark's By the Bay Restaurant, 8:30 a.m. Award Enterprises, 38536 Knute Ct., Fremont 94536. (415) 791-1146.

San Jose: Quicksilver Challenge Half-Marathon, Castillero School (Leyland Park Dr.), 8 a.m. Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

Palo Alto: Duck to Ducks Run, 10K Run & 5K Walk, Baylands Nature Interpretive Center (2775 Embarcadero Rd.), 8 a.m./10K, 8:15 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Guerneville: Stumptown Daze Run Through The Redwoods, 3 & 10K, downtown, 8 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9009.

San Jose: Bud Light USTS Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA, CAT Sports, 5966 La Place Ct., Suite 100, Carlsbad 92008, (619) 438-8080.

So. El Monte: San Gabriel River 3 Mi. Pheasant Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Long Beach: Runner's High 5K Runs, Cal-State Long Beach, 7:30 a.m./Women, 8 a.m./Open Men, 9 a.m./40+ Men. Runner's High, 5463 E. Carson, Long Beach 90808, (213) 496-4760.

Torrance: Paragon Cable Runs, Distance & Location TBA, 8 a.m. Promotion Events, P.O. Box 4362, Torrance 90510. (213) 326-5894.

Rosarito Beach, BC (Mexico): Rosarito Beach Biathlon, 3 Mi. Run, 20 Mi. Bike, 9 a.m. Too Much Fun Promotions, P.O. Box 120089, Chula Vista 92012, (706) 612-1323.

Mill Valley: Dipsea Race, Time TBA (all entry forms mailed on Apr. 1st only & accepted until limit is reached). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

San Francisco: Macy's AVH Great S.F. Bike Adventure 15 Mi. RhodyCo Prods., 3929 California St., S.F. 94118. (415) 387-2176.

Mountain View: Run for the Trees, 5 & 10K, Shoreline Park, 9 a.m. Villa Health, 759 Villa St., Mountain View 94041. James or Greg: (415) 969-0708 or 964-6220.

Half Moon Bay: Chili Cookoff 10K Fun Run, Pillar Point Harbor, 8:30 a.m. Chili Cookoff Run, 623 Maple St., San Mateo 94402. Rick Fambrini: (415) 344-

Fresno: Chihuahua Road Run. 7 a.m. Fresno and E Streets. 10K / 2 mile. (209) 266-9964 or (209) 225-

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Mariposa: Butterfly Days Run, 4 & 1 Mi., Mariposa County High School, Time TBA. Yosemite Bank, P.O. Box 1267, Mariposa 95338. (209) 966-5444.

Bakersfield: LAFR #1, 10 Mi., Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

June 12 (Tuesday):

Oxnard: 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A St., Oxnard 93030. (805) 984-4643.

Bakersfield: NBRPD Triathlon #1, Distances & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

June 13 (Wednesday):

Los Angeles: Union Bank Heart of the City 5K Run, Union Bank Plaza, 7 p.m. Union Bank, 445 So. Figueroa, Los Angeles 90071. (213) 236-5124.

June 14 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

June 16 (Saturday):

Oakland: Run Against Racism, 5 & 10K Run and 5K Stride, Lake Merritt (14th and Lakeside), 8:30 a.m./ Run, 8:40 a.m./Stride, JBAKC, 220 Ninth St., #443, San Francisco 94103, (415) 330-5363,

San Francisco: The Scenic Scamper 8K, 953 De Haro St., 9 a.m. Ruth Passen, Potrero Hill Neighborhood House, 953 De Haro St., San Francisco 94107. (415) 826-8080.

San Jose: Fujitsu Five Mile Classic (PA/TAC Championship 8K), 3545 No. first St., 8:30 a.m. Fujitsu, P.O. Box 610205, San Jose 95161 (Susan Gillespie: (408) 922-9118.

Hope Valley: Sorensen's Alpine Wilderness Runs, 11.5 & 23.5 Mi., Sorensen's Resort (near Kirkwood), 9 a.m. Tema Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

El Segundo: El Segundo Main Street 5 & 10K, El Segundo & Richmond, 8 a.m. Dave Nordquist, El Segundo Chamber of Commerce, P.O. Box 545, El Segundo 90245. (213) 322-1220.

Garden Grove: Main Street Anniversary 5K, Main St. & Garden Grove Blvd., 8:30 a.m. Daryl Halls, City of Garden Grove, 11391 Acacia Pkwy., Garden Grove 92640. (714) 741-528u0.

Pico Rivera: Running For Jesus 5 & 10K, Smith Park (Mines & Rosemead), 8 a.m. Jesus Ortiz, 932 E. Walnut, Pico Rivera 90660. (213) 695-3214.

Las Vegas: "Fraser's Fast" 10K & 2 Mi., Silver Bowl Near Tropicana & Boulder Hwy), 7 a.m. Info: The Running Store (702) 878-8414.

San Diego: Leukemia 12-Hour Relay (10 per eam), U.C. San Diego, 7 a.m. Info: In Motion (619) 183-9501.

Pleasanton: Triathlon for Fun, 400 Yd. Swim, 12 di. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 8 i.m. Fleet Feet, 4247 Rosewood, Pleasanton 94566. (415) 847-9255.

Mulr Beach: Summer Solstice 12K, 31K & Marathon, 8 a.m./31K & Mara., 9 a.m./12K. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Good Ole Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. Del Mar: Del Mar Health Faire 5K & 1 Mi., Race Track, 8 a.m. Info: Kathy Loper (619) 437-4667.

June 17 (Sunday):

San Francisco: DSE Presidio Gate Run (backwards), 3.3 Mi., Little Marina Green, 10 a.m. Info: (415) 668-2830.

Oakland: Houston Memorial Woodminster Run, 8.1K, Joaquin Miller Park (Meadow), cross-country hill trail course, 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501. (415) 522-3724.

Palo Alto: Robert Krohn Stride (walking event), 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rds.), 9 a.m./10K, 9:30 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Isleton: Isleton Crawdad Festival 5 Mile Classic, Jackson Blvd. & Delta Åve., 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

So. El Monte: San Gabriel River 3 Mile Father's Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Oxnard: Centerpoint Mall/Yolanda's Father's Day 10K & 1 Mi., Saviers Rd. & Channel Islands Blvd., 8 a.m. Centerpoint Mall Management Office, 2655 Saviers Rd., Oxnard 93033. Gary Farrell (805) 483-3849.

Venice: Father's Day Runs, Distance TBA, 8 a.m. Promotion Events, P.O. Box 4362, Torrance 90510. (213) 326-5894.

Los Angeles: Gay Pride 5 & 10K Runs, Griffith Park (merry-go-round near Riverside/Los Feliz entrance), 8 a.m. RFGP, Box 5038, Santa Monica 20405

Newport Beach: Newport 5K, Jamboree & Campus Dr., 8 a.m. Bill Sumner, Sea King Running Club, P.O. Box 7132, Newport Beach 92660 (714) 955-0165.

Lompoc: Valley of the Flowers Marathon & Half-Marathon, Time TBA. Jim Small, 4130 Oakwood Rd., Lompoc 93436. (805) 733-1428, eves.

Modesto: 'A La Carte Festival 5 & 1 Mi., Tenth & "I" Sts., 8 a.m. Coyote Run Sport Shoes, 941 Tenth St., Modesto 95354. (209) 579-SHOE.

Fresno: Father's Day Run. 6 mile (6:35 am), 2 mile (6:30 am), 2 mile walk (6:15 am.). Hilton Hotel downtown Fresno. (209) 439-6394.

Bakersfield: Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

June 19 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A St., Oxnard 93030. (805) 984-4643.



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June 20 (Wednesday):

San Francisco: "Longest Day Run", 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot), 7 p.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

June 21 (Thursday):

Long Beach: Summer Solstice Five Mile Run, El Dorado Park, 6 p.m. Joe Carlson, 239 Corona, Long Beach 90803. (213) 494-2664.

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

June 22 (Friday):

Los Angeles: Aztlan Indian Sunset 5K Cross-Country, Elysian Park Dr. * Stadium Way, 6 p.m. Carlos Alfaro, 529 El Centro, So. Pasadena 91030. (818) 799-3552.

June 23 (Saturday):

Stinson Beach: DSE Double Dipsea, 13.7 Mi., out and back Dipsea Trail, 9 a.m. Info: (415) 668-2830. Stockton: Stockton YMCA Twilight Runs, 5 & 10K, Micke Grove Park (Eight Mile Rd. exit off I-5 or 99), 6:30 p.m. Gary Vangen, YMCA, 640 No. Center St., Stockton 95202. (209) 466-9603.

& 2 Mi. Run/Stride, Carson City High School (Hwy 50 at Saliman), 8:30 a.m./2 Mi., 9 a.m./8K. Fleet Feet, 3771 So. Carson St., Carson City, NV 89701. (702) 883-3361.

Lompoc: Flower Festival Parade Route 5K, H & Pine Sts., 8 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Steve Cresswell: (805) 737-1510.

So. El Monte: Legg Lake 5K Harolene Walters Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

Rosemead: City of Rosemead 5 & 10K, 4343 Encinita Ave., (Rosemead Park), 8 a.m. Jean Sherwood Scott, City of Rosemead, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6671.

Las Vegas, NV: Rob's 2-Person 5 Mile Relay, Univ. of Nevada, 7 a.m. Info: The Running Store (702) 878-8414.

Benicla: Benicia Historic Run, 5 & 10K, First & "A"
Sts., 9 a.m. Benicia Blue Dolphins, Mike Biro, 498
Mills Dr., Benicia 94510. (707) 745-5094.

Bakersfield: Bakersfield T.C. 12-Hour Run, Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Ventura State Beach: Gold Coast Triathlon Series, 1/4 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

San Diego: Shriners Challenge 10K & 2 Mi. Walk, Balboa Park, 7:30 a.m. Info: Dean Baldrich (619) 744-2566.

June 24 (Sunday):

San Bruno: The Champagne Shuffle 5K Run & 2 Mi. Walk, San Bruno Ave. at Traeger, 9 a.m. The Runners Inn, 486 San Mateo Ave., San Bruno 94066, (415) 872-3805.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151. Cupertino: Tandem's Up & Running 10K & 2 Mi., Tandem HQ/Vallco Pkwy., 9 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Castro Valley: Run to the Lake, 5 & 10K, 8 a.m. Ellen Kushner, Eden Hospital (Cardiac Rehab), 20103 Lake Chabot Rd., Castro Valley 94546. (415) 889-5061

Aptos: Aptos Women's 5-Mile (women only), Aptos Village (By Nisene Marks State Park), 9 a.m. Gail Goettelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

Santa Rosa: Spring Lake Tin Man Triathlon. 1 Mi. Swim, 10K Run, 20 Mi. Bike, 8 a.m. (400 Limit). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707)829-9493.

Markleeville: Markleeville 10K Run, downtown, 9 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

So. El Monte: Legg Lake 5K Good Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Ventura: Sea Breeze 10K & 20K, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

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

June 26 (Tuesday):

Oxnard: 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 So. A St., Oxnard 93030, (805) 984-4643.

Bakersfield: NBRPD Triathlon #2, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

June 28 (Thursday):

Agoura: Paramount Ranch Cross-Country 2 & 3 Mile Grand Prix, 6:30 p.m. 2 Mi., 7 p.m./3 Mi. Info: Bill Duley (818) 992-6219.

So. El Monte: Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

June 30 (Saturday):

So. El Monte: Legg Lake 8K Independence Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. (Entries Closed). Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

Brownsville: Mountain Run, 5, 10 & 15K, 8 a.m. American Cancer Society, P.O. Box 106, Marysville 95901, (916) 437-4667.

Fairfield: Fairfield 4 Mile Run/Stride, (W. Texas & Jackson Sts.), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Coronado: Coronado Half-Marathon & 2 Mi., 7th & G Sts., 6:30 a.m. Info: Kathy Loper (619) 437-4667.

July 1 (Sunday):

San Francisco: DSE Peak Busters Benefit Run/ Walk, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. (kids & walkers start earlier). Info: (415) 668-2830

San Francisco: City of San Francisco Marathon '90, Golden Gate Bridge, 7 a.m. City of San Francisco Garathon, 650 Fifth St., Suite 514, San Francisco 94107. Info: Rich Nichols or Jerri Meacham (415) 896-1530.

Calistoga: Great Calistoga Footrace, 8K & 1.5 Mi. Fun Run, Napa County Fairground, 8:30 a.m. Eileen Smith, 2334 Las Flores, Napa 94558. (707) 255-1193.

Walnut Creek: Station to Station Wilderness Runs, 4.5 & 7.4 Mi., Sugarloaf Recreation Area (Walnut Creek Open Space), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Ventura: Ventura Triathlon, 1/2 Mi. Swim, 18 Mi. Bike, 4 Mi. Run, Time TBA. Michael Epstein, Tri-Pro Race Specialties, P.O. Box 9122, Calabasas 91372. (818) 880-4915.

So. El Monte: Legg Lake 5K Independence Run, 8

a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

Oceanside: Oceanside Firecracker 10K & 2 Mi. Oceanside Harbor, 5:30 p.m. Info: Jean Davidson (619) 722-1534.

July 3 (Tuesday):

Oxnard: Evening Fun Run, 3 Mi., Oxnard State Beach Park, 6 p.m. Lorraine Mercade, 4478 Market St., Suite 704, Ventura 93030. (805) 984-4643.

July 4 (Wednesday):

Milpitas: Milpitas Firecracker 10,000, Civic Center, 8:30 a.m. Milpitas Parks & Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

San Ramon: Run San Ramon Independence Day Classic, 5 & 10K Run and 3K Walk, 8:30 a.m./3 & 5K, 8:40 a.m./10K. Rick Reed, Parks & Community Services Dept, P.O. Box 5148, San Ramon 94583. (415) 275-2311.

Moraga: The Fourth in Moraga, 2 & 5 Mi. (+ Kids' 1K), Moraga Rd. & St. Mary's Rd., 8:30 a.m./1K, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Palo Alto: "The Great Chili Chase" Run/Stride, 5K, Mitchell Park (3800 Middlefield Rd.), 8:30 a.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301, (415) 329-2380.

Santa Cruz: Firecracker 10K, Harvey West Park, 8:30 a.m. Lisa McGinnis, c/o Santa Cruz Recr. Dept., 307 Church St., Santa Cruz 95060. (408) 427-3477

San Rafael: Marin County Fair Race, 10K & Kids' Mile, Marin County Fairgrounds, San Rafael 94903. (415) 499-6400.

Kenwood: Kenwood Footrace, 10K & 3K Fun Run/ Walk, 7:30 a.m. Kenwood Footrace, c/o Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Fairfield: Run for Independence, 5 & 10K, Laurel Creek Park, 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-8135.

Benicia: Race/Fun Walk, 1.5 Mi., City Park, 8:30 a.m. Pam Lambert, Napa Valley Bank, 940 Adams St., Benicia 94510. (707) 746-7820.

Atwater: Run for Independence, 2 & 5 Mi., Ralston Park, 8 a.m./2 Mi., 8:10 a.m. Dave Kelley, 1690 Sierra Madre Dr., Atwater 95301. (209) 357-3297, eve. Goleta: Semana Nautica 15K, San Marcos High School, 8 a.m. Semana Nautica 15K, Box 6616, San-

ta Barbara 93160. John Brennand: (805) 964-2591. Huntington Beach: 4th of July Parade Run, 8K. Yorktown & Main St. (Civic Center), 8 a.m. March of Dimes, P.O. Box 3980, Costa Mesa 92628. (714) 631-8700.

La Palma: La Palma ADP 5 & 10K Run/Walk Celebration, Central Park, 7:30 a.m. Don Fromknecht, La Palma Recr. & Community Services, 7821 Walker St., La Palma 90623, (714) 522-6740.

Laguna Niguel: Taylor Woodrow 5 & 10K Run and 3K Walk, Crown Valley Community Park, 7 a.m. Tom Ashen, South Coast YMCA, 29831 Crown Valley Pkwy., Laguna Niguel 92677. (714) 495-0453.

Torrance: Spirit of America 5K and Kiddy K Run,

Wilson Park (At Jefferson . . . North Parking Lot), 8 a.m. Nancy Fernas, Torrance YMCA, 2320 W. Carson St., Torrance 90504. (213) 320-2255.

Newhall: Santa Clarita Runners Independence Day 5K Classic, Newhall Park, 9 a.m. Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380. Gene Blankenship: (818) 367-7050, days, or Hotline: (805) 274-0400.

So. El Monte: San Gabriel River 3 Mile Independence Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Scripps Ranch 10K & 2 Mi., Red Cedar Dr., 7 a.m. Info: Harry Hunter. (619) 271-1282.

Coronado: Coronado Independence Day 5K, Navy Amphibious Base, 6:30 a.m. Info: Kathy Loper (619) 437-4667.

July 5 (Thursday):

So. El Monte: Legg Lake 5K Fishermen's Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394. July 7 (Saturday):

Santa Rosa: The Wildman Biathlon, 10K Run, 800 Yd. Swim, 5K Run, Annadel State Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sacramento: Tri for Fun, 1K Swim, 20K Bike, 5K Run, Time TBA. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Modesto: Can to Can, Distance TBA, 10 a.m. Carl Peterson, 3908 Trillium Ave., Modesto 95356. (209) 527-2646.

Mammoth Lakes: Mammoth Lakes Lions Club Road Race, 5 & 10K and 5K Walk, McDonald's 8 a.m. David Moss, P.O. Box 17, Mammoth Lakes 93546, (619) 934-4168.

So. El Monte: Legg Lake 5K Summer Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: "Jensen's Jog", 2 & 5 Ml., Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414. July 8 (Sunday):

Castro Valley: Lake Chabot Trail Challenge Half Marathon, Lake Chabot Marina (dirt trails, hilly), 8 a.m. Ron Grabowski, P.O. Box 2144, Castro Valley 94546, (415) 829-8503.

Benicia: Benicia Swamp Run, 5 Mi. Run/Stride, Benicia State Park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Francisco Bay Area: Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Location & Time TBA. Hamilton Events, P.O. Box 236, Lake Oswego, OR 97034. (503) 655-4721.

So El Monte: Legg Lake 5K Run for Life, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

Carlsbad: Carlsbad Triathlon, 1K Swim, 25K Bike, 5K Run, Carlsbad State Beach, Time TBA. Jill Prichard, 1200 Carlsbad Village Dr., Carlsbad 92008. (619) 434-2835.

July 12 (Thursday):

So. El Monte: Legg Lake 5K Summer Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

CALIFORNIA TRACK & RUNNING NEWS

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July 13 (Friday):

Ashford, WA: Rainier to The Pacific 176-Mile Relay (11-person teams), 3-10 p.m. (250 Team Limit). Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA 98107. (206) 782-6547.

July 14 (Saturday):

Los Altos Hills: Foothill College Run from Drugs 5K Run & 2 Mi. Walk, Foothill College, 8:30 a.m. Marshall Sperbeck, Foothill College (P.E. Dept), 12345 El Monte Rd., Los Altos Hills 94022. (415) 949-7248. Brisbane: Marine Run/Walk, 5K & 1 Mi., Sierra Point Marina (at Unysis Bidg.), 9 a.m. Jane Brown, Brisbane Recr. Dept., 44 Visatacion Ave., Brisbane 94005. (415) 467-6330.

Rio Vista: Brannan Island "Out & Back Triathlon", 900 Yd. Swim, 10 Mi. Bike, 3.8 Mi. Run, No Teams (No. California Short Course Championships), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sacramento: Tri For Fun, Distance TBA, Rancho Seco Park, 8 a.m. Fleet Feet Sports, Attn: Will Roxbsurgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Ventura State Beach: Gold Coast Triathlon Series, 0.25 Mi. Swim, 10 Mi. Bike, 3 Mi.

Run, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

So. El Monte: Legg Lake 5K Fishing Pole Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln, Pico Rivera 90660. (213) 949-0394.

July 15 (Sunday):

Ontario: National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, Time TBA. Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

Pleasanton: Triathlon For Fun, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 4247 Rosewood, Pleasanton 94566. (415) 847-9255.

Hayward: Sertoma Classic, 10K & 2 Mi. Fun Run, Location & Time TBA. Inv Ford, 583 Monarch Ridge Dr., Walnut Creek 94596. (415) 935-6122.

Newport Beach: Bastille Day 8K, Le Meridien Hotel, Time TBA. United Cerebral Palsy Assoc. 8K, 3020 West Harvard, Santa Ana 92704. (714) 557-5100.

So. El Monte: Legg Lake 5K Run for Fresh Air, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Diego: Great Earth 5K & 2 Mi., Balboa Park, 7:30 a.m. Info: Lyn Lacey (619) 236-0842.

Las Vegas, NV: Mt. Charleston Notch Run, 4 Mi. (& Kids Run), Kyle Canyon (North on U.S. 95 to Kyle Canyon Junction), 8 a.m. Info: Vito Locatelli (702) 456-8740.

July 17 (Tuesday):

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. San Diego T.C. News, P.O. Box 7853, San Diego 92107.

July 19 (Thursday):

So. El Monte: Legg Lake 5K Carrera de Noche, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

July 21 (Saturday):

Vacaville: Vaca Valley Fun Run, 5 & 10K and Munchkin Run, Vaca Valley Hospital (Nut Tree Rd. west of Elmira Blvd.), 7 a.m./Munchkin, 7:30 a.m. NorthBay Health-Care Fndn., 1800 Pennsylvania Ave., Fairfield 94533. (707) 429-7791.

Geyserville: Lake Sonoma Triathlon (Series Championships), 1 Mi. Swim, 10K Run, 25 Mi. Bike (No Teams), 7:30 a.m. Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Red Bluff: Run to the Sun 8K & 3K Run/Walk, Sun Country Fair Grounds (650 Antelope Blvd.), 7:30 a.m./3K, 8 a.m. Sun Country Fair, P.O. Box 70, Red Bluff 96080. (916) 527-5920.

So. El Monte: Legg Lake 5K Fish Bait Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: "Reago's Ralley", 10K & 2 Mi., Silver Bowl (near Tropicana & Boulder Hwy.), 7 a.m. Info: The Running Store (702) 878-8414.

July 22 (Sunday):

Santa Cruz: Wharf to Wharf Race, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 a.m. (pre-reg. only - 12,000 Limit). Wharf to Wharf Race, Box 307, Capitola 95010. (408) 475-2196.

Palo Alto: Bay to Breakfast Run, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 8 a.m./ 5K, 8:15 a.m. Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Mill Valley: Mill Valley 5K, Middle School (Camino Alto & Sycamore Ave.), 8:30 a.m./Men, 9:15 a.m./ Women (Free). Jim Myers, P.O. Box 1731, Corte Madera 94942. (415) 383-3961.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Old Boathouse (14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151 (raceday reg. only).

Truckee: Donner Lake Triathlon, 1.5K Swim, 40K Bike, 6.5 Mi. Run, West End Beach (Donner Lake), 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

San Clemente: Fiesta 5000, 5K Rurr/Stride, 8 a.m. San Clemente Chamber of Commerce, 1100 No. El Camino Real, San Clemente 92672. (714) 492-1131, Todd Miller. (Note: Elite Invitational Race follows at 9:15 a.m.).

Oxnard: Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Oxnard State Beach Park, Time TBA. Rob Fukutomi, 325 So. A Street, Oxnard 93030, (805) 984-4643.

So. El Monte: Legg Lake 5K Running Creek Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

July 26 (Thursday):

So. El Monte: Legg Lake 5K Evening Raccoon Run, 6 p.m. Arhtur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 28 (Saturday):

San Francisco: Giants/Gatorade Run to Homeplate 5K Fun Run, Candlestick Park, 10:30 a.m. S.F. Giants, Candlestick Park, San Francisco 94124. (415) 468-3700, x1715.

Antloch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Mendocino: Mendocino Classic IV, 8K, Van Damme State Park, Time TBA (Pre-reg. only). Mendocino Classic, P.O. Box 1564, Mendocino 95460. (707) 937-0639.

Johnsville: Gold Rush 50K, 25K & 12K (50K is PA/ TAC Championships), Plumas Eureka State Park (8 a.m.). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Quincy: Triathlon Fever, 0.5 Mi. Swim, 6 Mi. Run, 17.5 Mi. Bike, Bucks Lake (Lake Shore Lodge), 9 a.m. Roger Stewart, Central Plumas Recreation Dept., P.O. Box 1551, Quincy 95971. (916) 283-3278.

Mammoth Lakes: Mammoth/Snowcreek Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA: Tim Standifer, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

So. El Monte: San Gabriel River 12K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660, (213) 949-0394.

El Cajon: Heartland Harriers 10K & 2 Mi., 7:30 a.m. Info: Kathy Loper (619) 437-4556.

Las Vegas, NV: Summer Heat Run, 5 Mi. & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

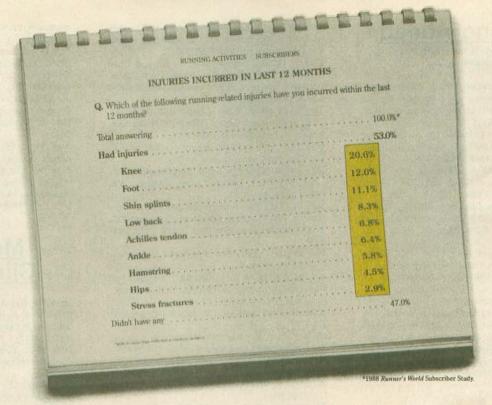
July 29 (Sunday):

San Francisco: Takara Cable Car Chase, 5 Mi., Fisherman's Wharf (Aquatic Park), 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2187.

Courtland: Pear Fair 5 & 10 Mi., Elementary School, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

Sparks, NV: Community Fun Relay 20K, 3-Person Teams, Cottonwood Park, 7:30 a.m. The Arthritis Foundation, 1280 Terminal Way, #41, Reno, NV 89502. (702) 348-0088.

So. El Monte: Legg Lake 5K Watermelon Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.



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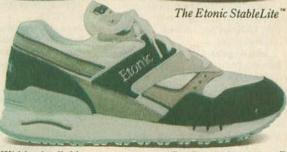


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Looking Ahead

Marathon, Relays & Important Deadlines, Major Events, Etc.

Aug. 5 (Sun.): Larkspur: Asher Clinic Couples Relay, 2x2 Mi., Asher Clinic, Larkspur Landing, 10 a.m. Asher Clinic, 1601 Larkspur Landing Cir., Larkspur 94939. (415) 461-8233.

Aug. 5 (Sun.): San Leandro: Skyline 50K, Lake Chabot Marina, 7 a.m. Sunny Plouvier, 461 Diehl Ave., San Leandro 94577. (415) 562-4629.

Aug. 26 (Sun.): Manitou Springs, CO: Pikes Peak Marathon, 7 a.m. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

Sept. 7 (Fri.): Tahoe City: Pepsi of Reno - Tahoe 72, Commons Park (No Raceday Reg.), 6 a.m. Toni Belaustegui, 75 Mt. Rose, Reno, NV 89509 (702) 329-6696.

Sept. 9 (Sun.): Alamo: Golden Hills 50K Trail Relay & 10K Trail Run, Monte Vista High School, 5-Person Teams, 8 a.m./Relay, 9 a.m. Brian Moyer, c/o Danny Foundation, 3160 Danville Blvd., Suite F, Alamo 94507, (800) 833-2669.

Aug. 11 (Sat.): Emigrant Gap: Eagle Mountain 50K & 10 Mi., 35 Min. East of Auburn, Trail Run, Time TBA. Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 783-4558.

NOTE: March 3, 1991 (Sun.): The City of Los Angeles Marathon. (incorrectly noted in the last issue).

Track Schedule

May 11, 12 (Fri. & Sat.): Las Vegas, NV: Big West Conference, Al McDaniels, Ath. Dept., 4505 Maryland Pkwy., Las Vegas, NV 89154. (702) 739-3483.

May 11, 12 (Fri. & Sat.): Riverside: CCAA Conference, Chris Rinne, Track Coach, Univ. of Calif., Riverside 92521. (714) 787-5207.

May 12 (Sat.): Sacramento: Last Chance Meet, CSU Sacramento, 11 a.m.

May 12 (Sat.): Eagle Rock: Oxy Invitational.

May 12 (Sat.): Eugene, OR: Oregon Twilight, Bill Dellinger, McArthur Ct., Univ. of Oregon, Eugene 97403. (503) 686-5465.

May 13 (Sun.): Fresno State University: 5th Annual Calif. State Team Championships. Submasters and masters only. L. A. Patriots Intl. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

May 19 (Sat.): Los Angeles: Los Angeles Invitational, John Tansley, Track Coach, CSLA, Los Angeles 90032, (213) 224-3692.

May 19, 20 (Sat. & Sun.): UCSB: Late Afternoon Decathlon. Sam Adams (805) 961-7133.

May 19, 20 (Sat. & Sun.): SCA-TAC Heptathlon Championship. Place TBA.

May 19, 20 (Sat. & Sun.): Seattle, WA.: PAC-10, Orin Richburg, Ath. Dept., Univ. of Washington, Seattle, WA. 98195. (206) 545-7429. May 20 (Sun.): Los Angeles: Jack-In-The-Box Invitational, Al Franken, 9171 Wilshire Blvd., #410, Beverly Hills 90210. (213) 278-2030.

May 23 (Wed.): Salinas: Hartnell College Open Division Throwers Meet, Gary Shaw, Track Coach, Hartnell College, 156 Homestead Ave., Salinas 93901. (408) 755-6845.

May 23-26 (Wed. & Sat.): Naperville, IL: NCAA III, Ath. Dept., North Central College, 30 N. Brainard, Naperville, IL. 60504. (312) 420-3470.

May 24-26 (Thurs.-Sat.): Hampton, VA: NCAA-Div II National Championships, All Day.

May 24-26 (Thurs. - Sat.): Stephenville, TX: NAIA, Ath. Dept., Hampton Univ., Hampton, VA. 23668. (816) 842-5050,

May 26 (Sat.) San Jose: Bruce Jenner Bud Light Classic, Bert Bonanno, Ath. Dept., San Jose CC, 2100 Moorpark Ave., San Jose 95128. (408) 288-3732.

May 26 (Sat.): San Jose: IAAF/Mobil International Grand Prix Meet.

May 26, 27 (Sat. & Sun.): Mt. SAC: Mt. SAC HS Hept/Dec (SCA-TAC Jr. Champs. Dan Shrumm (714) 594-5611.

May 30-Jun 2: Durham, NC: NCAA I Championships.

June 2 (Sat): Eugene, OR: Prefontaine Classic, Tom Jordan, 850 East 43rd, Eugene, OR 97405. (503) 683-5635.

June 3 (Sun.): Irvine: Irvine Elite Classic, Danny Williams, Ath. Dept., Crawford Hall, Irvine 92717. (714) 856-6342.

June 7 (Thurs.): Tucson, AZ: Tucson Elite Classic, Fred Harvey, 1848 S. Augusta Cir., Tucson, AZ. 85710. (602) 722-3929.

June 9 (Sat.): Sacramento: Golden West Invitational, Arnie Krogh, 8078 Camstock Ct., Citrus Heights 95610. (916) 726-1441.

June 9 (Sat.): Los Gatos: TAC/Pacific Track & Field Championships. Los Gatos High School. (For PA/TAC members). Info: (408) 354-5660.

June 9 (Sat.): Los Angeles: Jackie Joyner-Kersee Invitational, Pearl Hodge, 3261 Delta Ave., Long Beach 90810. (213) 424-0688.

June 12, 13 (Tues. & Wed.): Cerritos: TAC Senior Nationals (5350 qualifying).

Jun 12-13: Cerritos: USA/Mobil Outdoor National Decathlon and Heptathlon.

Jun 14-16: Cerritos College, Norwalk: USA/ Mobil Outdoor T&F (qualifier for US teams in international competition. Will Kerns, (800) LA TIMES, ext. 75772.

June 19, 20 (Wed. & Thurs.): Cerritos College: TAC/Mobil National Championships.

June 28, 29 (Thurs. & Fri.): Fresno: TAC Junior Nationals (4200 qualifying). Ken Dose, (209) 442-4600, ext. 8445.

Jul 12-15 (Thurs. - Sat.): Minneapolis, NM: U.S. Olympic Festival '90, Twin Cities Festival Organizing Committee, Inc., 1290 Minnesota World Trade Center, 30 East Seventh St., St. Paul, MN.

Jul 21-26 (Sat.-Thurs.): Seattle, WA.: Goodwill Games (Track & Field), TAC/USA, P.O. Box 120, In-

dianapolis, IN. 46206. (317) 261-0500.

July 22 (Sun.); Los Angeles; L.A. P.O.C. Grand Prix Finals. Site TBA. Sub-masters and masters grand prix finalists only. L.A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

Jul 27-29 (Fri. - Sun.): Lincoln, NB: U.S. Junior Olympic Championships, Mark Kostek, Ath. Dept. Univ. of Nebraska, Lincoln, Nebraska (402) 472 3644.

Aug. 11, 12 (Sat. & Sun.): Walluku, Maui: 2rd Annual Hawaiian T & F Festival. War Memorial Sadium, Wailuku, Maui. Youth, Open, Novice, submasters and masters. L.A. Patriots Int'l. T&F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

Meetings, Clinics, etc.

June 1-2: Bay Area: Bay Area Sport Psychology Conference, John F. Kennedy University, Graduate School of Professional Psychology, Orinda 94563. (415) 254-0110.

June 17-23: Eugene, OR.: Oregon Track & Field Camp for Masters, P.O. Box 10825, Eugene, Or. 97440.

July 23-27: San Luis Obispo: Sky Jumpers National Pole Vaulting Camp. (See Apr. 7-11).

Aug. 5-10: Yosemite: Yosemite Cross Country Camp. Yosemite Running Camp, 835 Modoc St., Merced 95340. (209) 722-2384.

Aug. 5-10: LakeTahoe: USC, UCLA Runner's Workshop, Summer Running Camps, Mark Celestin, P.O. Box 817, Huntington Beach 92648. (714) 969-8703.

Aug. 12-17: Yosemite: Yosemite Cross Country Camp. (See Aug. 5-10).

Aug. 19-24: No. San Diego: USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 5-10).

Aug. 28-Sept. 4: Catalina Island: USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 19-24).

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By BILL MINARIK

△ March 12

Dual Meets were the order of the day at all institutional levels as Track Season came into full stride here in SoCal. In some significant Community College Meets, the Riverside men, with their usual array of prolific individual performances, out-classed a good Saddleback team 101-44. At Ventura, for the second time this year, the Glendale CC men needed an exact order of finish in the 1600m Relay in their multi-team meet to pull out a victory, and for the second time it happened as the Vagueros squeezed out a 59-58-57-10 victory over Moorpark, Ventura, and Canyons. In the women's meet the always powerful Moorpark squad took a 76-61-38 decision over Glendale and Ventura despite individual triples by GCC's Margi Giles and Nicole Jimenez.

At UCLA, the Bruins had little more than a workout as they eased to a 113-39-36 men's win over C/S Northridge and Azusa Pacific while the Lady Bruins cruised to a 72-55-38-9 win over UC Berkeley, C/S Northridge, and Azusa Pacific. Highlights included a 61-9, 208-9, 188-0 weight triple by Azusa Pacific's Ade Olukoju, and a 200-400-400R-1600R by Bruin super-frosh Angela Burnham.

Up at UCSB, the home team men pulled off a surprise by just nipping CPSLO and UC Irvine 134 1/2-134-125 1/2; however the CPSLO women left nothing to chance as they used their awesome distance strength to run away from UCI and UCSB by a 107-46-28 count.

Elsewhere, host UC San Diego scored an 88-62-58-51-35 victory over the men's teams from C/S Fullerton, Pomona-Pitzer, Redlands and Claremont-Mudd; while the UCSD women were likewise victorious in a romp, 140-32-25-13-13 over Redlands, C/S Fullerton, Pomona-Pitzer and Claremont-Mudd.

At the NCAA Division I Indoor Nationals, UCLA's Tracy Millett took the gold in the shot put with a PR 51-11. USC's Michelle Taylor took the Bronze in the 800 with an outstanding 2:05.7.

₼ March 19

The Alemany Relays at C/S Northridge spotlighted many of the nations top prep athletes last week-end; not the least of which was Muir High's Inger Miller. Inger, whose

looks and charm won her selection as a Rose Parade Princess, showed why she may be the next Florence Griffith as she ran away from a classy 100 field in a time of 11.48 which puts her 10th on the all-time prep list. Another super performance was put on by Bakersfield High's dynamic duo of Dawn Dumble and Melisa Weis who rose to #10 and 14 respectively on the all-time list with efforts of 49-8 1/2 and 49-2 in the shot as well as going 1-2 in the discus. Among the most notable boys performances were the 400-800-1600 relay teams from Muir which swept those events over very strong fields.

At the Katella Relays at Rancho Santiago College, teams from Saddleback, El Modena and Rancho Alamitos captured the boys divisions, while Mission Viejo, University, and Katalla notched championships for the girls.

All other Prep Invitationals were reported as non-scoring.

At an Invitational Meet at Cal Poly Pomona, Taft College showed why they will be a force to be reckoned with at the men's Community College State Meet as they posted times of 10.3-20.3-1:49.7-14.2-52.3-40.4 and 3:12.0.

At UCLA, the Bruins were hard pressed to defeat the men from Texas 83-71 and The Fresno State Bulldogs 97-66. Brian Blutreich's discus throw of 198-4 was the top effort of the day for Coach Bob Larsen's thinclads. On the distaff side the Bruins had a comparatively easy time of it by a count 92-43 over a good Fresno State team. Tracy Millett was the Bruin star with a 49-7, 174-3, 157-1 weight triple.

In a women's scoring meet at USC, the Women of Troy just did get by San Diego State, C/S Long Beach, and C/S Los Angeles 62-61-31-19. Down at U.C. Irvine, the men and women Anteaters were both victorious by scores of 73-66-58-9 over Navy, Utah State and C/S Fullerton and 798-52-33-6 over Utah State, Texas Tech and C/S Fullerton.

March 26

The Pasadena Games at Occidental College was the focal point of Prep Track action last week; and again Inger Miller of Pasadena's Muir High stole the show with winning efforts of 11.65-23.67-46.36R.

At the Santa Barbara Relays, Agoura's

Bryan Dameworth was the star attraction and didn't disappoint the fans as he completed a difficult 3:55-9:01 distance double against a tough field. Elsewhere Esparanza High School was the team champion at the Orange County Championships.

On the Community College front, Riverside CC took both halves of a dual meet against tough Orange Coast winning the Men 80-63 and the women 86-50.

All Meets involving 4-year Institutions were reported as non-scoring multi-team affairs, with one exception where the C/S Northridge men scored a 72-51-50-31 victory over San Diego State, C/S Long Beach, and Weber State, while the Aztec women took the measure of CSN, Weber St., CSLB, and Mankato State by a 94-59-57-43-11 count.

△ April 2

The Bishop Amat Relays at Mt. SAC highlighted the week-ends Prep action in SoCal with two major surprises. The surprises were that two L.A. City Section schools ran off with the team titles as the boys from L.A. Banning were easy 76-57 winners over runner-up Nogales, while the ladies from Locke edged San Diego's Mt. Carmel 69-63.

At the Oakland Invitational, the boys and girls from Pasadena's Muir High took 2nd and 1st places respectively in the team competition which included teams from as far away as Texas.

The Tustin Relays saw the Marina boys edge El Toro High School 50-45 in the team championship while Los Alamitos edged the Marina girls 50-46.

In Community College action, the Grossmont men and Moorpark women will reign as champions of the John Ward Invitational at Rancho Santiago College.

On the 4-Year College level, the UCLA Men looked uninspired while cruising to a 93-69 dual meet win over the UC Berkeley Bears. Down at UC Irvine, the men and women from BYU were in town and went away as double winners with scores of 79-60-58-9 over UCI, San Diego St, and Cal Poly Pomona in the men and 57-49-47-32 over SDS, USC, and UCI in the women.

At Point Loma, the home team took both men and women's honors by scores of 95-61-41 and 86-48-36 over Claremont and Biola

An Interview with

Lance Harter

By Gregor Robin

Over the past 11 years, Lance Harter has been a key figure in women's cross country and track in California. Now, the 11-year coach at Cal Poly San Luis Obispo is moving on.

Harter, 40, has accepted a job as head women's cross country and track coach at the University of Arkansas, an NCAA Division 1 school with a strong tradition in its sports programs. After over a decade at Cal Poly, after eight NCAA Division 2 national titles in cross country, after at least five NCAA Division 2 track titles -- the Lady Mustangs are currently vying for another track title -- Harter is stepping up to the big time.

Arkansas, along with the whole nine-member Southwest Conference, is a hotbed for men's track and field and Harter expects the wave to carry over onto the women's side.

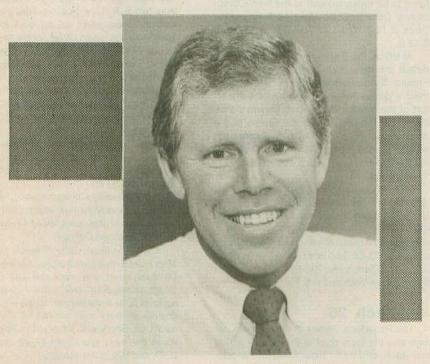


Photo by Jon Verhoeven

In the May issue of Track and Field News, an article entitled "Name that Conference" expands on the strength of the Southwest Conference's men's track programs. Since SMU won the NCAA men's title in 1983, each year a SWC squad has finished at least third in the national championships.

So Harter will be in the national limelight next season with a program that has big-time Division 1 funding and highly successful teams in other sports.

Although one might think he's leaving Cal Poly in disarray, Harter says it's to the contrary. The women's cross country and track teams are overflowing with young talent. "The cupboard is stocked," said Harter.

Also, a national search is on for a new head coach. The response to the search has been phenomenal, said Harter.

Under Harter, Cal Poly's cross country and track teams have produced 234 NCAA Division 1 and 2 All-Americans.

Harter will be an assistant women's coach on the 1992 U.S. Olympic team in charge of the distances and probably have one of the throws. He was the U.S. women's coach for the World Indoor Championships in 1985 and was the U.S. women's coach for the World Cross Country Championships in 1987.

Harter has a wife, Liz, and three children, Jeff, 12, Alison, 4, and Christie, 1.

He is currently recruiting for Arkansas while gearing up for Cal Poly's bid for its second straight NCAA Division 2 title after a three year lull. Needless to say, Lance Harter is a busy man. But that's the way he likes it.

He was reached at Cal Poly on Tuesday, April 24 for the interview.

CTRN: You're going to Arkansas. How did this come about?

Harter: In January I was contacted by Bev Rouse, the (women's) track coach at the University of Arkansas, and she, as of March of last year, assumed the duties of being women's athletic director, as well.

She has made the decision that she wanted to strictly become (involved in) the administrative aspect of her career and she was out to find a replacement for her position as a coach. So she contacted me and asked me if I'd be interested in looking at the University of Arkansas.

As a graduate of Texas Tech in the Southwest Conference, the University of Arkansas was always a very powerful university, very respected academically as well as athletically. So I think there was a thought. I had never been there before. I had never seen it.

I talked with my wife and she said, "Let's look at it." I solicited Bev to have us come out and give us a chance to see it. And when we got there we really enjoyed what we saw.

CTRN: When did you make the decision? Harter: The actual announcement was made a week ago yesterday (April 16).

CTRN: I saw an article in Track and Field News about the Arkansas men's team.

Harter: The men are fantastic. Coach John McDonnell has really done a superb job there. He's been there for 13 years and it is literally a dynasty.

CTRN: You must be real excited to be moving on to the big time.

Harter: I'm excited about the idea of working with a program of that stature on the men's side. I mean, John McDonnell is held in awe by almost all of his peers. It'll be fun to be able to coach with him side-by-side. Also, to learn from him. Obviously he's figured out a formula for winning national championships.

As I told them in the press conference, I don't have to re-invent the wheel by any means. All I have to do is copy it and roll alongside of it.

CTRN: Your athletic program at CPSLO, what were the pluses and minuses?

Harter: The big plus at Cal Poly is the environment, San Luis Obispo is a great place to live. It's a fantastic place to train as an athlete. The community is supportive in that it's a nice safe running environment. It's a great place to go to school academically. And I really enjoyed the academic mission of the university. I enjoyed selling that aspect to recruits and believed in it very strongly.

CTRN: Minuses?

Harter: Basically it's finances. It's a situation where the state system is bound into a formula. Everything is generated by formula. Our athletic director's and president's hands are tied to this formula. We're bound to formula. The formula is designed for classrooms settings, not for an athletic team setting.

So the frustrations that I have and (athletic director) Dr. Ken Walker has and (President) Dr. Warren Baker has is enjoyed by all the State of California. So I think the frustration is, there is not enough flexibility or adaptability to that formula to give extra funds when it's needed.

CTRN: How are you going to leave the program? What are they going to do about a new coach.

Harter: They're doing a national search. According to the way my phone's been ringing, there will be a tremendous pool of excellent coaches that are applying for this position which is one of the best.

CTRN: There's always the heartbreak whenever something like this happens, for freshmen and sophomores who've just come into the program. The coach leaves. This has happened all over the country. It's nothing new. How are the freshmen and sophomores dealing with it?

Harter: It's been very positive, surprisingly to me. One of the things that's real unique about the athletes on this team is they are very mature and very responsible to, not only themselves, but to their teammates.

The kids have always been kept on first-

round information. They knew exactly what was happening play-by-play. So they were never kept in the dark. I think they appreciated that. When I brought up the idea initially that I was going to look at the University of Arkansas job, the general consensus was, "Hey, you need to look at this. You deserve it and it's something you'd be regretful for if you didn't give it a chance."

As it got closer to the idea that I would actually accept the position, that same type of support was (given) by the athletes.

CTRN: Your impressive record at Cal Poly must have had you in the national eye for quite a while. Why are you moving on now?

Harter: I think it was such a unique offer. The University of Arkansas is one of the top athletic programs in the United States, probably top two or three. It has an excellent winning tradition across the board, football, basketball, track and field, baseball, etc. The women's programs are coming on rapidly. Their women's basketball team finished in the top eight this year in the United States. They have a very competitive swim program. Cross Country and Track have been ranked in the top 20 in the United States. So, the University of Arkansas has an excellent academic and athletic tradition and that's something that I gave a very hard look at.

CTRN: It's big time athletics. What will your goals be right off the bat?

Harter: I think our focus is going to be to try to be consistently competitive in the Southwest Conference. In that *Track and Field News*, there is an article about the tradition of excellent track and field success in the Southwest Conference. And John Hendershott (Features/Photo Editor at T&FN) said it's one of the great track and field conferences in the United States, if not the greatest. So our work will be cut out to just try and be competitive in the Southwest Conference. Then, of course, our attention is always focused on the national level.

CTRN: Did you ever think you would bring to, or be a part of so much success at Cal Poly?

Harter: One of the things that my parents raised all their sons by was the American work ethic. If you worked hard and per-

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Harter

severed and were tenacious, you could be successful. You could elevate your stature in society. I've always lived by that and I thank my parents for teaching me that. So I knew that if I persevered long enough that I had the potential to be successful. What I was surprised with was that we were successful as quickly as we were. I attribute that to the athletes.

CTRN: Any special memories at Cal Poly? Any highlights, if you could pick a couple?

Harter: There's just too many to name. They are just all the great athletes I was able to be in contact with and be a part of. To be able to win national titles and get up in the top rung of the trophy stand, those are memories that will be with me forever. Being an Olympic coach is also a great honor. But being able to see athletes develop -- young ladies that weren't the high school superstars -- then two years later are all of a sudden a national caliber competitor, an All-American, etc.

CTRN: When do you have to be in your Arkansas uniform? What day?

Harter: I already have it. I'm in the midst of recruiting right now and setting up the staff. Twenty-four hours are not long enough in the day. Things are helter skelter right now in the respect of trying to maintain this program and get it to where it's going to potentially win another national title and conference (CCAA) title. That's our first priority. Our second is to recruit for the University of Arkansas

CTRN: Do you think it's a gamble doing this. I don't want to get into your contract or anything, but is this a long-term plan?

Harter: I don't want a long-term contract.
All that does is propagate the potential to cruise and that's not my nature.

CTRN: Do you think there is a gamble in this.

Harter: No.

CTRN: Obviously there's a gamble in doing anything in life, but there's no big scare of going in?

Harter: No. I think we always have second thoughts when we're leaving such a great group of athletes because the cupboard is stocked. Whoever inherits this position is going to be in great shape.

CTRN: When you came in at Cal Poly in 1980, 1500 meter ace Maggie Keyes was a senior

Harter: She was the originator of success at Cal Poly. She is basically the foundation of what this program was built on.

CTRN: Your list of athletes is a who's-who. After Keyes there was Eileen Kramer (distances), Karin Smith (Olympian, javelin), Sue McNeil (high jump), Amy Harper Avrit (1,500), Inga Thompson, Robyn Root (Division 2 recordholder at 10K, 33:09), Jennifer Dunn (1,500), Lesley White (distances), Gladees Prieur (1,500), Teena Colebrook (middle distance) and many more. Currently, your freshman Jamie Park just ran 33:31 for 10K at the Mt. San Antonio College Relays. That was the No. 2 all-time clocking for a Cal Poly athlete and (as of April 23), the No. 2 college time in the country for both Division 1 and 2.

Harter: Right.

CTRN: Here's a big question. Is Jamie going to go with you to Arkansas?

Harter: Don't know.

CTRN: As far as any other athletes on your team wanting to go to Arkansas, what would your response be to them?

Harter: I think what we're going to do is sit down and handle each situation case by case and see if it would be a positive venue and see if it would be best for them.

CTRN: In an overview, with the response to the national search and the athletes you're leaving at Cal Poly, it sounds like there are no hard feelings. Is the athletic department in a little bit of shock?

Harter: They've been very encouraging. They basically said, you have to look at your future and if it's an opportunity you can't pass up, don't pass it up.

CTRN: If you could say anything to women's track and field in California, any goodbyes or whatever, what would you like to leave them with?

Harter: Well, 99.5 percent of our recruiting has been in the state of California, there's a lot of great talent that I think has a tendency to get overlooked. We have enjoyed a lot of people that didn't have great notoriety in the prep ranks. I think the perspective is a little bit warped because they don't realize that nationally they are some of the best in the United States. I think they proved that when they came to the college ranks and rose up to national stature. I'll miss not being close to the talent pool. But I'll be back recruiting.

Gregor Robin is a sports writer at the Santa Barb ara News-Press.

KEEPING PACE

By MARK WINITZ



Lots of Pluses for Runners Over Fifty

Do not go gentle into that good night, Rage, rage against the dying of the light.

-Dylan Thomas

Featured speaker Sue Stricklin couldn't have picked lines from a more appropriate poem to accentuate her inspiring talk at the Fifty-Plus Runners banquet at Stanford the evening before their annual 8K race last March 25th. Her topic: How to keep going as a runner. But any of the "senior" runners in attendance could have told you what the real message was: You're only as old (or young) as you feel. To be sure, none of the competitors here seemed to be slowing much.

Many of road racing's most notable longtime legends participate in this one-of-a-kind race, where, if you're in your fifties you're the youngest of the youngsters. And for every notable name that you recognize from the record books and the tales, there are dozens of individuals who you don't recognize. Yet, they're all heroes and heroines. For the majority of this ever-growing crowd of older athletes, the only trophy that they'll ever earn is the knowledge that through proper exercise and lifestyle they're living the happiest, healthiest lives possible. Unlike other trophies, as the years pass, these particular awards get more luminous.

In fact, an increasing pool of scientifically-measured and accumulated evidence is just now illustrating the many beneficial effects of regular exercise for older people. Until recently, physiologists and other researchers could only theorize about these benefits, Basically, there just weren't enough active seniors in one place, or the platform, to prove the hypotheses. Now there is.

The Fifty-Plus Runners Association is an offshoot of Stanford's Center for Research in Disease Prevention, one of the most respected and active centers in the country for research into the *prevention* (note italics) of disease. Many of the Fifty-Pluses' very dynamic

members participate in various studies conducted by the Center. For example, currently a study is underway that investigates the width of the coronary arteries of ultrarunners vs. non-runners. If the arteries of runners are larger, that could mean increased blood flow, and a reduction in strokes and heart attacks.

Another of the Center's current studies is looking at the possible cholesterol-lowering effects of an all-natural fruit and fiber drink. For the past nine weeks I've been gulping the drink with meals (or a placebo—I don't know which since it's a double-blind study) while I, periodically, go in to submit blood samples and get a mildly intensive physical examination as part of the study. I must admit that I'm a "natural" guinea pig for Stanford's laboratory. Not only am I a runner, I also love research labs. Since my dad was a biochemist, I've been around them since my toddler days.

Back to the Fifty-Plus race. It's an annual get together of all the local senior running dignitaries who are setting an example for all the rest of us. Steadily growing in size and renown (this year there were 289 finishers), pretty soon this 8K will leap beyond a local flair. After seven years, it is finally getting the recognition it deserves, besides beginning to attract runners from all over the country. Certainly, it is one of a kind.

Appropriately, the man who won this year's 8K is the one who is going to set many new standards for runners over fifty (as he did for those in their forties). The man is Sal Vasquez-a newly turned 50 year old in a 25 year old's racing body. His extraordinary 26:06 brought him in a country mile ahead of his nearest followers-who are no slouchers themselves. Of course, Sal could have gone faster. After all, he still places among the top men overall in most of the races that he runs. Here, there was no one to push him but himself, plus he had to glide past the rear packers on the course's second loop. If ever there was a specimen for scientific study, Vasquez is one.

As every year, a handful of over-50 road records were set. Ross Smith (M62, 29:58), Jackie Caselli (F68, 39:37), Judy Golding (F69, 43:03), and the admirable Dr. Paul Spangler (M91, 56:11) all set new single-age American records (pending TAC approval).

But for this runner-writer, who as he grows older finds increasing admiration for those who have kept at it (running), or have taken it up-the specific names and times aren't what really communicate the real value of this race. The true message here relates to that persistent question that Sue Stricklin asks rhetorically. How to keep going? For serious athletes and recreational fitness buffs alike, these words echo in our ears constantly. Welsh poet, Dylan Thomas, found a passionate answer in his muse's "rage." The runners in the Fifty Plus 8K demonstrate their own unique sort of rage. Evidently, it's proving very effective. More of us could a learn a little by conjuring up a little more of it.

If you want a running vision that will stay with you for many years, come on out and watch this event next year. Better yet, run it—if you meet its elite qualifications: All runners fifty and over welcome. Younger people also welcome as race volunteers and supporters who plan to be fifty and over runners someday. Contact Fifty-Plus Runners Association, P.O. Box D, Stanford, CA 94309 for info.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features Editor for California Track and Running News and he is chief cook and bottle washer of the popular RunCal Magazine on California running. He also announces, publicizes and helps promote running events. Subscriptions to RunCal are \$12 for 6 bimonthly issues. (Members of Pacific Association/TAC receive it as a service.) Mailing Address: RunCal, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

50+Runners 8K Race results are on page 47

BOSTON

By STAN ROSENFIELD

April 16. Boston, Massachusetts

Boston eased its qualifying standards this year and the result was a record 9,414 entries, 538 of them from California. The hosting Boston Athletic Association did its usual outstanding job of providing for both the elite athlete and the average entrant with activities that included a two day Expo, seminars featuring such athletes as Rob DeCastella & Grete Waitz, trips to the Nike store in Wellesley that returned to Boston over the last 11 miles of the course, a pre-race spaghetti dinner held on the waterfront, an awards ceremony in sponsor John Hancock's auditorium, and a post-race dinner and dance.

As for the race itself, there's a saying that "if you don't like the weather in New England, wait a day and it will change". That's what happened as Sunday was cold with a rain that was heavy enough to cause cancellation of the Red Sox game and when the rain stopped by early evening, it was still cool and overcast. By Monday morning, the traditional Patriot's Day holiday, the clouds were gone and so was the cool air, replaced by a bright sunshine and 65 degree temperatures. A noon start and a slight tailwind prevented any cooling effect and while that hampered many of the qualifiers, it didn't bother the elite athletes. NYC winner Juma Ikangaa of Tanzania went through the first mile in 4:26 and hit 15K in 43:29, accompanied by countryman Simon Robert Nali, Kenyans Kimkemboi Kimeli & Ibrahim Hussein, and Ethopians Zeleke Matafarla & Tesfaye Tafa with Ikangaa & Tafa the only ones to make it to the finish line. Athletes like Rob DeCastella, Rolando Vera, & Olympic champion Gelindo Bordin were left, temporarily at least, well behind. Ikangaa continued to push the pace, but leg cramps caused him to slow down through the Newton Hills. At the same time, Bordin was moving up and took the lead for the first time and for

#1 ranking in 1990.

Two women have won the gold and Boston and considering there are only two Olympic women's champions, that's a good record. Rosa Mota, a late entry after a continuing battle with the Portugese Federation over where she could and could not run, put on another one of her typical not all out 2:25, win by several minutes performances, to add this to her previous wins here in 1987 and 1988. A big crowd favorite, Mota was all smiles after the race and at the awards ceremony.

New Zealander John Campbell, 6th & 5th here in previous tries, finished 4th this time. That wouldn't be worth \$38,000 prize money except that Campbell is a master and his 2:11.04 broke not only his course record but Jack Foster's 1974 world masters mark of 2:11.19, long thought to be unbreakable. Campbell picked up \$13,000 in open prize money, \$7500 in masters money, \$7500 for a 40+ course record, and \$10,000 for his world record.

The top American was unheralded Darrell General (Temple Hills, MD) in 14th with a



Crowds of runners finishing cheered on by enthusiastic spectators packing Boylston Street near the finish. Almost 7,000 broke the 4-hour mark.

Photo by Elaine Rosenfield

good at the top of the climb near 21 miles. The win made Bordin the first male to win both the Olympic gold and Boston and his time of 2:08.19, a PR, gives him the early lead for the 2:15:28 in only his third try at the distance. Pre-race U.S. favorite Steve Spence, dominant at shorter distances, ran a good but unspectacular race to come across 19th in 2:16:40, second American. The top U.S. female was former San Francisco winner Maria Trujillo of Phoenix, third in a lifetime best of 2:28:53.

Among Californians, both the male and female top seeds lived up to their billing. Rich

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Boston: View From Afar

By Mark Winitz

April 16. Boston.

Although your Features Editor hasn't been able to get back to Beantown for Patriot's Day the last few years, his heart is always on Heartbreak Hill come mid-April. Personally, I never felt that I'd really become a distance runner until I qualified for and ran Boston for the first time in 1983. Now, every year that I'm not there, my running log seems very incomplete without an entry for the classic run from Hopkinton to Boston. Even in absence. I follow the race and the days leading up to it as if I were running. I note the long and short range weather forecasts for a hint of

the possible conditions on Patriot's Day, even though I know from firsthand experience that this is a fruitless endeavor in light of New England's ever-changeable April weather. The stacks of pre-race media materials produced by the Boston Athletic Association and John Hancock allow me to study the elite field with a microscope, which I do religiously whether running or not. I do this despite the fact that-even when I'm competing-all of the "name" runners have passed Fenway Park and the famous Citgo sign (indicating a mere mile left to the finish line) long before I have.

Come race weekend, I'm hyped with anticipation, even from afar. On race day, resigned to my office and desk of late, I'm good for no work at all until Boston's results come in. In my mind I'm following every step of the race. I feel the too-easy first downhill miles through Ashland, Framingham, and Natick. I hear the roar of the school girls in Wellesley, feel the anticipation of rounding the corner at the Newton Fire Station knowing the real race starts in the hills just ahead, the thrill of cresting Heartbreak Hill at Boston College, and the sense of the pressing, yelling, spectators from there on to the roar at the finish in Copley Square (or

in front of the Prudential until recently).

Knowing the difficulty of the Boston course, I know that it is a perfect one for a strong runner like Italy's Gelindo Bordin. Always patient, capitalizing on the second half of the race where he invariably passes the early swift ones, the Italian Olympic Champion once again showed us all the most efficient way to run a marathon in winning 1990 Boston. His 2:08:19, second fastest at Boston to Rob de Castella's 2:07:51 CR, was superb in warmish 60° conditions.

In winning for the third time, another Olympic champ, Rosa Mota of Portugal, made 2:25:24 seem like a stroll in a park as she ran a virtual identical time to her previous wins here.

A little over a year ago, I talked to master superstar John Campbell for the first time on the bus back to the hotel after he won his first major U.S, race, the 1989 L.A. Marathon in 2:17. He told me that his immediate goal was to break the masters record of 2:11:19 set by fellow New Zealander Jack Foster 15 years before. Considered an untouchable mark until Campbell came along, I thought that he was a little out of his tree. A little

continued next page...

McCandless of Hayward, seeded 30th based on his 2:12 set in winning the 1988 California International race in Sacramento, came in 22nd (third American) in 2:16:56 with Santa Barbara's Gregg Horner next (66th overall) in 2:30:16. The SF area's Janine Aiello was 16th among the women and 301st overall in 2:45:02, missing a share of the prize money and open division awards that went through 15th place by two seconds, followed by everpresent road racer and marathoner Chris Iwahasi of Sacramento in 2:58:41. New records were set in both the men and women's wheelchair divisions but Californians, traditionally strong here in the past, were not part of it. Jim Knaub of Long Beach went out of contention in a collision, eventually finishing 26th in 1:51:48 behind Mustapha Badid's 1:29:53. With six time winner Candace Cable absent, Illinois' Jean Driscoll took the women's title in 1:43:17.

With no other restrictions besides qualifying times and those eased up, the 1991 race may see the field hit the 10,000 mark for the first time. With the 94 years of tradition and crowds estimated at over a million lining the course, it's easy to see why this race has come back so strongly now that it has picked up sponsorship and capable race administrators. While Hancock is the major financial sponsor, there are plenty of others who provide goods and services to the race, including adidas, Cellular One, Washington State Potatoes, Mazda, Northwest Airlines, Ross Jewelers, Exceed, Ricoh, Very Fine Juices, Colombo Yogurt, and DiGiorno Pasta, the latter three making it possible to run a marathon and still gain weight.

Overall Results - Men

1. Gelindo Bordin (Italy) \$50,000, 2:08:19, 2. Juma Ikangaa (Tanzania) \$24,000 2:09:52, 3. Rolando Vera (Ecuador) \$16,000 2:10:46, 4. John Campbell (New Zealand) \$38,000 (includes Masters' bonus) 2:11:04, 5. Rob de Castella (Australia) \$11,000 2:11:28, 6. Isidrio Rico (Mexico) \$\$9,000 2:13:02, 7. Geoff Smith (Britain) \$7500 2:13:38, 8. Salah Ooqaiche (Morocco) \$6,000 2:13:53, 9. Furtoshi Shinohara (Japan) \$4,500 2:14:10, 10. Phillip O'Brien (Britain) \$3,000 2:14:21

11. Tesfaye Tafa (Ethiopia) \$2,000 2:14:29, 12. Gerry Curtis (Ireland) \$1,500 2:14:37, 13. Peter Maher (Canada) \$1,200 2:15:25, 14. Darrell General (Temple Hills, MD) \$1,100 2:15:28, 15. Thomas Elckmann (West Germany) \$1,000 2:15:51, 16. Osamu Monoe (Japan) 2:16:02, 17. Kjell Erik Stahl (Sweden) 2:16:19, 18. Arthur Boileau (Canada) 2:16:26, 19. Steve Spence (Hanover, PA) 2:16:40, 20. Delmir Dos-Santos (Brazil) 2:16:44.

21. Ryszard Marczak (Poland) 2:16:44, 22. Rich McCandless (Hayward) 2:16:56, 23. Joseph Leuchmann (St. Louis) 2:17:25, 24. Mario Cuevas (Mexico) 2:17:30, 25. Vincent Ruguga (Uganda) 2:17:46.

Overall Results - Women

1. Rosa Mota (Portugal) \$50,000 2:25:24, 2. Uta Pippig (West Germany) \$24,000 2:28:03, 3. Maria Truiillo (Phoenix) \$16,000 2:28:53, 4, Kamila Gradus (Poland) \$13,000 2:28:56, 5. Kim Jones (Spo-

continued next page...



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BOSTON MARATHON

kane) \$11,000 2:31:01, 6. Veronique Marot (Britain) \$9,000 2:31:09, 7. Zoya Ivanova (Soviet Union) \$7,500 2:31:15, 8. Ritva Lemetttinen (Finland) \$6,000 2:38:44, 9. Dimitra Papaspirous (Greece) \$4,500 2:38:45, 10. Anne Roden (Britain) \$3,000

11. Jane Weizel (Gainesville) \$2,000 2:42:04, 12. Chie Matsuda (Japan) \$1,50-0 2:42:14, 13.

Christa Vahlensieck (West Germany) \$1,200 2:42:18, 14. Cindy New (Canada) \$1,100 2:44:08, 15. Gillian Horovitz (New York) \$1000 2:45:00, 16. Janine Aiello (Point Reyes) 2:45:02, 17. Cesarino Taroni (Italy) 2:46:32, 18. Chiemi Salto (Japan) 2:47:28, 19. Jane Hutchinson (Webb City, MO.) 2:47:55, 20. Kristi Norling (Shoreview, MN) 2:49:13. Division Results - Men

Open: 1, Gelindo Bordin (Italy) 2:08:19, 2, Juma

Ikangaa (Tanzania) 2:09:52. 40-49: 1. John Campbell (New Zealand) 2:11:04, 2, Kjell Erik Stahl (AHUS) 2:16:19, 50-59: 1. Raymond Swan (Pembroke) 2:40:12, 2. Fay Bradley (Washington DC) 2:41:24.

Division Results - Women

Open: 1. Rosa Mota (Porto) 2:25:23, 2. Uta Pippig (Degginen) 2:28:03. 40-49: 1. Anne Roden (Surrey) 2:39:36, 2. Chie Matsuda (Ibaragi-Ke) 2:42:14

Top 50 Californians - Men

22. Rich McCandless (39 & U) Hayward 2:16:56, 66. Gregg Horner (39 & U) Santa Barbara 2:30:16, 80. Ken Stumpf (39 & U) 2:31:31, 97. Gregory Miller (39 & U) Sacramento 2:33:25, 98. Thomas Neupauer (39 & U) San Francisco 2:33:32, 128. Charles Thompson (40-49) San Francisco 2:36:19, 138. James Press (40-49) Menio Park 2:37:04, 181. Jim Wisener (40-49) San Jose 2:39:29, 215. Mi-



Top Californian RICH McCANDLESS -- 22nd Overall Photo by Elaine Rosenfield

chael Dumas (50-59) San Francisco 2:41:30, 313. Jim O'Brien (39 & U) Monrovia 2:45:20.

358. Glenn Miller (39 & U) Hawaiian Garden 2:46:53, 360. John McAndrew (40-49) Irvine 2:46:55, 368, Craig Johnson (39 & U) Redondo Beach 2:47:11, 374. Kevin Codo (39 & U) Redondo B each 2:47:22, 421. Jeffrey Frome (39 & U) McKinleyville 2:48:35, 428. Brad Alexander (39 & U) Huntington Beach 2:48:46, 443. Rick Kushman (39 & U) Sacramento 2:49:07, 507. Sam Nork (39 & U) Mt. View 2:50:52, 509. Hal Goforth (40-49) El Cajon 2:50:57, 552. Jake LaSala (39 & U) San Francisco

559. Barrie J. Graham (40-49) San Rafael 2:52:01, 570. John Hale (39 & U) San Francisco

View From Afar continued

over a year later, Campbell (now a household word in master ranks at 41) has done the seemingly impossible. He surpassed Foster's mark by 15 seconds at Boston while finishing fourth overall among the world's fastest sub-masters men. Can he go even faster? I believe him now when he says he can.

Other items of interest: Well-known 25year streaker Ron Hill, 52, of England, returned to Boston to celebrate 20 years since winning there in 1970 in a CR 2:10:30. In 1990 he finished the race in 2:45

Johnny Kelley, 82, completed his 55th Boston in 5:05.

Second-place woman, 23-year old Uta Pippig (2:28:03) isn't a household name in the West. She relocated from her homeland in East Germany to West Germany when the Wall came down. This was her first marathon outside the Eastern Block. Both Pippig and third-placer Kamila Gadus (2:28:56) of Poland, also 23, are women to definitely watch in the future.

Maria Trujillo of Scottsdale, AZ has been making big leaps in improvement since winning the San Francisco Marathon in 1986. At Boston she took another leap, bettering her previous marathon best by over 3 minutes while placing third in 2:28:53 and taking honors as first American woman.

Among Californians, Rich McCandless (Hayward, 2:16:56) was third American and first California man while placing 22nd overall. "Really bad blisters did me in around 15 miles," said a disappointed McCandless. "Basically, I did a death march the last half." Rich had started conservatively, running in a pack that included Greg Meyer (DNF)and Geoff Smith (7th, 2:13:38) until halfway. Jim Press (Menlo Park, 2:37:04) was first CA master

Janine Aiello (Point Reyes, 2:45:02) had a tough marathon for the second time in a row as New York's Gillian Horovitz snuck by her a mere 30 yards from the finish to capture 15th place among women. Prize money went 15 deep, and the strongfinishing Aiello lost \$1,000. A month before Aiello finished just out of the prize money in L.A. Chris Iwahashi (2:58:41) and Theresa McCourt (2:58:57), both of Sacramento, also broke 3 hours. San Diego's Sandra Marshall (3:03:44) was first master woman from our state.

Boston, which relaxed its qualifying standards for the second time in recent years last summer, had its largest official starting field at 9,362.

As for the course and atmosphere, reporter Mike Fanelli got a good taste of both in his first Boston. "I ran well and was 1:18 at the half," he told me by phone. "But I wasn't feeling good and dropped out at the Nike store in Wellesley, went to the bathroom, had a drink, and talked to my buddies. But I continued just for the sake of finishing. After all this is Boston. Although disappointing, it was a great experience. It's the most incredible race I've ever been in. But that course really beats you up. Unbelievable."

Mr. Fanelli finished in 2:55 and spent most of the next day in bed. But it hurt so good. I can relate to that. Next year, with any luck, I'll be hurting superbly there rather than here.

continued next page...

2:52:12, 616. Skip Lees (40-49) Chico 2:53:03, 685. Rick Baca (39 & U) Monterey 2:54:32, 692. Mark Hahn (39 & U) Hanford 2:54:41, 710. Steven Atkins



JOHN CAMPBELL of New Zealand 4th Overall - 2:11:04 -- 1st Master Photo by Elaine Rosenfield

(39 & U0 Davis 2:54:56, 712. Mike Fanelli (39 & U) San Francisco 2:55:01, 742. David Morris (39 & U) Manhattan Beach 2:55:36, 754. Greg Pope (39 & U) Fresno 2:55:51, 775. Robert Brady (39 & U) Ocean-side 2:56:08, 777. Kenny Warde (40-49) Susanville 2:56:11.

789. Tony Chan (39 & U) Alameda 2:56:26, 809. Richard Roodberg (60 & O) Van Nuys 2:56:42, 823. Edward Creighton (39 & U) Alameda 2:57:01, 826. Guy Banta (40-49) San Diego 2:57:05, 850. Thomas Homeyer (40-49) La Jolla 2:57:32, 875. Eric Piper (50-59) Corona del Mar 2:57:53, 944. David Book (40-49) Santa Maria 2:58:51, 977. Michael Deatherage (39 & U) Fairfield 2:59:15, 1013. Marc Patterson

(39 & U) Los Angeles 2:59:48, 1067. Donald Caldwell (40-49) Pasadena 3:00:46.

1072. Ray Piva (60 & O) So. San Francisco 3:00:50, 1080. Barry Turner (39 & U) Sacramento 3:01:01, 1121. Anthony Yarnal (39 & U) San Francisco 3:02:09, 1138. Michael Palmer (39 & U) Berkeley 3:02:27, 1169. Tom Long (40-49) Aptos 3:03:01, 1189. Michael Murray (39 & U) Kings Canyon 3:03:27, 1206. Monte Mackey (39 & U) Bodfish 3:03:42, 1277. Bruce Maize (39 & U) Cathedral City 3:04:35, 1279. Lawrence Mackin (39 & U) Santa Cruz 3:04:37.

Top 20 Californians - Women

301. Janine Aiello (Pt. Reyes) 2:45:02, 933. Christine Wahashi (Sacramento) 2:58:41, 948. Theresa McCourt (Sacramento) 2:58:57, 1208. Sandra Mar-

shall (San Diego) 3:03:44, 1688. Pamela Martin (Half Moon Bay) 3:09:51, 2063. Laurie Riebeling (Mill Valley) 3:13:43, 2209. Karyn Kroljic (Cardiff by the Sea) 3:15:14, 2471. Charlene Bayles (Concord) 3:17:43, Brenda Villanueva (Bakersfield) 3:18:13, 2744. Kesa Tsuda (Burbank) 3:20:08.

2868. Lari Bright (Pac. Palisades) 3:21:20, 3406. Connie Kondo (Citrus Heights) 3:26:02, 3442. Kay Price (Carlsbad) 3:26:18, 3710. Darlene Wallach (San Jose) 3:28:48, 3813. Cheryl Carnall (El Toro) 3:29:40, 3915. Katherine Rohlen (Monterey) 3:30:48, 3973. Karin Kuffel (Oakland) 3:31:17, 4049. Denise Driscoll (Santa Monica) 3:32:04, 4185. Anna Renee Weidhofer (Chico) 3:33:24, 4235. Julia Perles (Irvine) 3:33:45.

MAILBAG

STILL MORE ON ATHLETES OF THE YEAR

Dear Editor

Just finished reading Al Hromjak's letter (March 1990) concerning my being named Athlete of the Year.

Al and I have had our differences in the past, but this time I have to agree with him about John Rudberg. John had a much better year than I, and should have been named Athlete of the Year.

I wish I could do something to change it, but I can't. I just want to say to John, good luck, and God's speed. I hope you have another great year of running in 1990.

Best wishes, Wally Ingram Hemet, CA

Sir

Someone told me last weekend that I was selected your 1989 Master (40-44) Road Runner of the Year, over Wilson Waigwa. What is the criteria? He was faster at every distance, and I missed half the year with injuries.

Please send me the Athletes of the Year issue so I can see for myself. I'm not from Missouri, but Detroit, but this still sounds fishy.

Yours truly, Bill Sevald San Francisco, CA

A CLARIFICATION...

Dear CT&RN:

First, I want to say how much I enjoy reading your magazine. A couple of months ago, however, I came across something in your magazine that made me kind of mad. I am a high school cross country and

track runner and ranked in the top 15 in the State. After continuously idolizing Bryan Dameworth I find out, and I quote, "Bryan Dameworth was born in 1970 and was, therefore, ineligible for the Junior National Championships." Then, in a bewildered state, I ask around and find out he is 20 1/2 years old. Agewise, he should be a sophomore in collegenot a senior in high school. He isn't as impressive as he once was and I think it is rather unfair to let him race against 16, 17, and 18-year olds. In fact, his times are rather slow for a sophomore in collegenot fast for a senior in high school. It doesn't bother me any longer to get beaten by him, now that I know the truth. My question is, do the CIF directors know his age? Isn't it time for fairness?

Sincerely, Unnamed (you understand why)

Dear Unnamed,

Thanks for your letter and concern regarding Bryan Dameworth. We don't oridinarly publish unsigned letters, but your presents, what has become, a common misconception.

We called the State CIF Office and spoke with Commission Tom Burns to confirm the age rule. The rule states that an athlete cannot have his/her 19th birthday before September 1 of his/her senior year and still be eligible to compete in high school competition in California.

Bryan was born on December 26, 1970 -- he is 19 (not 20 1/2) now -- and so did not have his 19th birthday before September 1 of his senior year (On September 1, 1989, Bryan was still 18.) He is perfectly eligible to compete at the high school level.

I hope this clears up any misunderstanding our readers may have regarding Bryan Dameworth and his high school participation.

Best wishes to you as you continue to compete against the best high school distance runners in the nation.

-- Editor

Every Tuesday, a group of marathon runners gather It's called the New Balance

The president of one major athletic shoe company was recently hailed as a "Michelangelo of marketing."

The president of another came to his job by way of Hollywood, California.

The people who run New Balance, on the other hand, run.

It is a distinction in which you can find the philosophy of a shoe company. A company where the science of building shoes takes precedence over the art of marketing them, and where international Olympic runners become management.

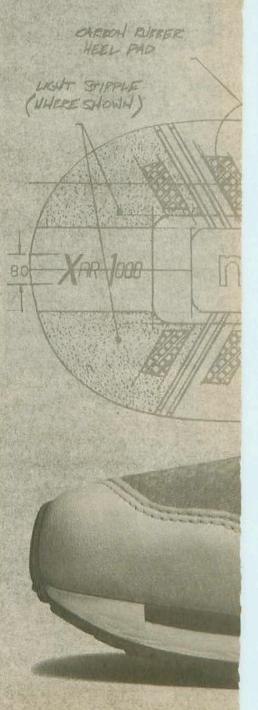
One result of such a philosophy is the M840, the perfect running shoe for serious runners. Though extremely lightweight, the 840 offers outstanding cushioning thanks to C-CAP® technology. And, because it's available in a variety of widths (B, D and 2E), it not only performs well—it fits.

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BY KEITH CONNING

Tanya Lazar-Lea (McAteer)

Who's the new girl on the track? Would you believe a heptathlete from Horsham, England has enrolled as a sophomore at J. Eugene McAteer High School in San Francisco?

Tanya Lazar-Lea was bom on 28-11-73 as they say in England. For some odd reason they put the day before the month. Or maybe we're the odd ones!

Tanya chose McAteer because it has a School of Arts. She is interested in the dance



TANYA LEZAR-LEA

Photo by Jay Mocklin

particularly jazz and African. In England she is used to competing against her own age group. So this is a new experience for her, as she must now compete against juniors and seniors in high school as well.

She comes from a family of athletes. In fact her grandfather was a member of the 1932 British Olympic crew team.

At the Kiwanis-Bellarmine Classic at Los Gatos High School on March 17 she was the 100 meter low hurdles in 14.5, placed second in the 300 meter low hurdles in 46.2, and placed third in the high jump at 5-4.

At the Stanford Festival on March 30 she placed second in the 100 meter low hurdles in 15.07

At the Oakland Invitational on March 31 she won the long jump at 17-2 1/4 and placed second in the 100 meter low hurdles in 15.15.

At the Arcadia Invitational on April 7 she placed second in the high jump at 5-4, and sixth in the 300 meter low hurdles in 45.2.

Her 1989 bests included a 45.78 300 meter low hurdles, a 5-8 high jump, and a 18-8 3/4 long jump.

Brent Noon (Fallbrook) Sets California Shot Put Record

March 16. San Diego--Fallbrook's Brent Noon surpassed his own state and alltime San Diego Section shot put records by more than 3 inches when he reached 69 feet, 11 1/2 inches in a dual meet at Orange Glen.

Noon also came within 13 inches of Billy Joe Winchester's San Diego Section discus record with an effort of 194-7. Winchester his 195-8 for Mount Miguel in 1970.

Noon, who set the state and section alltime bests for the 12-pound shot last year at 69-8 1/4, had an outstanding series. He started at 69-4, surpassed the records at 69-9 1/ 2, did it again with his 69-11 1/2, then finished with efforts of 69-7, 68-8 and 67-8.

Viking Opener Track Classic

March 17. Santa Rosa Junior College--Amey Mitchell (Rancho Cotate, Rohnert Park) set a new Redwood Empire long jump record of 19-4. The old record of 19-1 3/4 was set by Mitchell in 1989.

Sacramento Track Jamboree

March 17--Tanya Smith (Cordova, Rancho Cordova), a senior high jumped 5-8. She had a best of 5-7 last year.

Brent Noon (Fallbrook) Sets New Record

March 22. San Diego--Brent Noon (Fallbrook) set a new California shot put record of 73-3 in a Palomar League dual meet against Mt. Carmel. That bettered the mark of 69-11 1/2 he tossed last week against Orange Glen. His series: 70-1, 71-5, 72-11, 71-7 3/4, 72-2 1/4, 73-3.

He now ranks number three all-time behind Mike Carter (Jefferson, Dallas, TX) 79 at 81-3 1/2 and Arnold Campbell (Airline, Bossier City, La) 84 at 74-10 1/2.

Oakland Invitational

March 31. University of California, Edwards Stadium, Berkeley--The Oakland Invitational has become the best invitational in Northern California. This year it had to compete head-to-head with the Stanford Festival for the second straight year. There were 23 similar events and Oakland had 14 bests compared to 9 for Stanford. It is unfortunate that these two fine meets have to be scheduled on the same day. However, Oakland has to use the University of California track when the Bears are away.

Southwest Airlines, which is trying to secure a beachhead in Oakland for the competitive Bay Area to Los Angeles air corridor, flew Ball High School of Galveston, Texas to the



BRENT NOON

Photo by Bill Cockerham

meet. Holiday Inn provided rooms for the teams. P.G & E. and Levi Strauss also provided financial assistance.

Next year they are planning to bring a team continued next page...

in from New York, the home state of Administrative Law Judge Robert Mason, the Clerk of the Course.

This meet benefits the Oakland Public Schools. And believe me, they are in need of a lot of assistance.

Jerrald McCladdie (Centennial), sixth in the California State Meet, set a new meet record of 47.44 in the 400 meters. The old record of 48.66 was set by Robert Ellis (Highlands) in 1985. It was the fastest time in the nation this season.

The Ball (Galveston, Texas) 4x100 relay team of senior Leamont Washington, Shaddrick Holloway, senior D'Mentrie Lacy, and junior Tracy Bryant set a new meet record of 41.83. The old meet record of 42.03 was set by Oakland in 1988. Last year Ball ran 40.41, which is equal to the 10th best of all-time. They won the Texas Southern Relays the previous week in 41.33.

The Ball 4x200 relay team came into the meet with the fastest time in the nation of 1:25.85, which they ran at the Texas Southern Relays. The national record is 1:24.4+ by Lake Charles, Louisiana in 1978. The team of Washington 22.2, senior Roy Smith 22.2, Lacy 22.2, and Bryan 20.9 set a new meet record of 1:27.58. The old record of 1:28.3 was set by Berkeley in 1980.

The Ball 4x400 relay team came into the meet with the fastest time in the nation. They won the Texas Southern Relays against the top teams in Texas, including South Oak Cliff of Dallas, in 3:12:25. The team of Washington 50.6, junior Isaac Benefield 48.3, Lacy 49.8, and Bryant 47.5 set a new meet record of 3:16.2. The old meet record of 3:19.5 was set by Berkeley in 1980. Bryant ran 47.50 as a sophomore last year. Ball ran 3:11.59 in 1989, the second best in the nation last year.

Jason Duff (Etiwanda) set a new meet record of 24-0 1/4 in the long jump. The old record of 23-4 1/2 was set by Diatori Gildersleeve (Grant, Sacramento) in 1988. Duff jumped 24-1 1/2 in 1989.

John Frank (Bakersfield), ninth in the California State Meet discus, defeated Matt Karsevar (Clovis), third in the State Meet,--182-9 to 182-0.

Becky Spies (Livermore), who had just returned from the World Junior Cross Country Championships in France earlier in the week, set a new meet record of 10:57.8 in the 3200. The old record of 11:14.3 was set by Ann Ratto (Alameda) in 1983.

The Muir (Pasadena) girls' 4x100 relay team of Taminika Terry, freshman Deeanna

Knowles, Inger Miller, and Stacie Moore set a new meet record of 46.87. The old meet record of 47.4 was set by Berkeley in 1980. Muir won the State Meet in 46.46 last year.

Morningside won the 4x200 in 1:41.70.

Muir, second in the State Meet, set a new meet record in the 4x400 of 3:52.61. The old meet record of 3:57.66 was set by Oakland in 1985. The Muir splits were: Moore 58.8, Knowles 57.9, Harvey 60.5, and Miller 55.4.



COLEY CANDAELE (right) and E. J. SARRAILLE

Photo by Burt Davis

Hawthorne, the State Meet champion, was second in 3:53.43 and Morningside was third in 3:54.71.

Bakersfield set a new meet record of 1:44.95 in the sprint medley. Janice Nichols (Bakersfield) ran her 400 leg in 54.9. Muir placed second in 1:46.65. The Muir splits were: Terry and Knowles 24.3, Miller 23.9, and Moore 58.4.

North (Bakersfield) defeated Amador Val-

ley in the distance medley--12.:41.7 to 12:46.5. Lori Miller (North), a sophomore who placed seventh in the State Meet 1600, anchored her team in 5:11.8.

Dawn Dumble (Bakersfield) set a new meet record of 48-9 in the shot put. The old meet record of 43-7 was set by Melisa Weis (Bakersfield) in 1989. Weis, the State Meet champion, placed second at 47-1 1/2.

Weis, the State Meet champion, set a new meet record of 157-5 in the discus. The old meet record of 142-3 was set by Weis last year. Dumble placed second at 151-6.

Stanford Festival

March 30-31. Stanford Stadium-Coley Candaele (Carpenteria) anchored his 4x880 team to victory with a 1:52.6 leg on Friday. It should be pointed out that the teams did not run a full two-miles, as they started ahead of the finish line. I told the TAC officials about the error, but they said they were following the orders of Brooks Johnson, the Stanford coach. I then told Johnson about the discrepancy. He admitted that I was right, but he didn't correct it. Therefore, all the 4x880 relays were short. He did, however, change the starting line for the sprint medleys.

Candaele came back on Saturday to win the mile in 4:15.59.

Kevin McMahon (Bellarmine) defeated Dave Popejoy (Unat.) in the hammer throw-189-0 to 177-0.

Alva Dancel (Mills, Millbrae) won the 3,000 meters in 10:22.85.

Keri Sanchez (Santa Teresa, San Jose) won the 100 low hurdles in 14:31.

Brent Noon (Fallbrook) Adds to Shot Record

April 6. San Diego--Brent Noon added 2 3/4 inches to his state shot put record yesterday in a dual meet against visiting San Dieguito.

Noon reached 73-5 3/4 on his last effort to top the 73-3 he recorded earlier this year against Mt. Carmel.

His series: 70-8 1/2, 71-3 1/4, 70-7 1/4, foul, 72-4 1/4.

Fresno Relays

April 6. Ratcliffe Stadium, Fresno--Matt Karsevar (Clovis) defeated John Frank (Bakersfield) in the discus--188-8 to 183-1.

Santa Rosa Relays

April 14. Santa Rosa Junior College-The Santa Rosa 4x880 relay team ran 7:54.3, one of the fastest times in the nation this season. The team was composed of junior Joe Curran 1:58.2, senior Sean Fitzpatrick 2:02.1, junior Steve Guerrini 1:57.5, and senior Dan Held 1:56.5.

Becky Spies (Livermore)

April 14. Woody Wilson Invitational--Becky Spies (Unat.) placed third in the 1,500 meters Grand Prix in 4:29.0. It is the fastest prep time in the nation this season. Sabrina Han (California/Westmoor High School, Daly City) won in 4:23.2 and Pearson was second in 4:26.1.

Prep Track Results

North Yosemite League Relays

Boys Results:

3200: 1. Boxter (Fresno) 9:44.9. 300 IH: 1. Bingham (McLane) 39.6. 400R: 1. Edison (Haymon, Jones, Douglas, Offitt) 42.6 1600R: 1. Edison (Douglas, Offitt, Coppinger, Jones) 3:23.3, 2 Clovis West 3:23.8, 3. Bullard 3:25.5. HJ; 1. Robinson (Fresno) 6-4. PV: 1. Cox (Hoover) 15-0. TJ; 1. R. House (Hoover) 46-4. SP: 1. Karsevar (Clovis) 52-5 1/2. DT: 1. Karsevar (Clovis)

Girls Results:

400R: 1. Clovis (Jani. Richardson, Jann. Richardson, Yarbrough, Mitchell) 50.2. 1600R: 1. Cloivs (Jani. Richardson, Jann. Richardson, Mitchell, Yarbrough) 4:07.3. HJ: 1. Haughland (Sanger) 5-2. SP: 1. Stoval (Fresno) 35-4.

Golden West Invitational

March 17.

Boys Results:

1600: 1. Sanchez (Delano) 4:25.7 (meet record). 400R: 1. Tulare (Whitfield, Butler, Defro, James) 43.4. HJ: 1. Rodriguez (Reedley) 6-4. TJ: 1. Martin (Western) 45-0 1/2, 2. Strickland (Highland) 44-6. DT: 1. Powell (Redwood) 168-5. Girls Results:

1600: 1. Cuellar (Redwood) 5:22.6. 3200: 1. Petty (Golden West) 11:47.0. 1600R: 1. Redwood (Cuellar, Ferguson, Chaiblian, Breedlove) 4:09.5. HJ: 1. Olivera (Lemoore) 5-4 1/4. SP: 1. Barnes (Tulare) 35-5.

Tiger Relays

March 17. San Diego HS. Girts Results:

3200: 1. Kemp (San Dieguito) 11:47.7. 400R: 1. Poway 50.5.

1600R: 1. Poway 4:06.2. HJ: 1. Kurras (Poway) 5-2, 2. Wells (Madison) 5-2. TJ: 1. Sims (Oceanside) 37-5 1/2. SP: 1. Coons (Serra) 35-5 1/2, 2. Nelson (Pt. Loma) 35-4 1/2. DT: 1. Allen (El Capitan) 116-0.

record 142-8, Mike Kampten, DeLaSalle, 1988), 2. Alvin Cook (Riordan) 150-11, 3. Mark Piombo (Drake) 148-9. Girls Results:

100 (Sec. 1): (-4 mps) 1. Andrea Homes (Albany) 12.7, 2. Rene Williams (Kennedy,R) 12.7. (Sec. 2): (-3 mps) 1. Delphine Smith (Pinole) 12.9. 400: 1. Tiffany Johnson (Kennedy, R) 59.2.



Fresno High's KEVIN BAXTER (right) battles runner from DeLaSalle to win the Distance Medley

Photo by Bill Cockerham

Golden Bear Meet of Champions

March 24. Univ. of Cal, Edwards Stadium. Boys Results:

100: 1. Jerry Reese (Mt. Diablo) 11.2, 2. Gerald Rankin (Riordan) 11.2, 3. Anthony Howe (Novato) 11.4. 400: 1. Dingane Newson (Albany) 49.3, 2 Larry Evans (Vallejo) 49.6, 3. Ken Grace (De Anza) 50.5. 800: 1 Darrin Tara (Clayton Valley) 1:59.5 (Meet Record). Old Record 2:00.1 Alex DaSilva, El Cerrito, 1987), 2. Robert Price (El Cerrito) 2:01.1, 3. Patrick Comwell (Novato) 2:02.3. 1600: 1. Jason Atwood (Castro Valley) 4:20.6 (Meet Record, Old Record 4:31.3 Sean Lewis, Berkeley, 1989), 2. Richard Boulet (Drake) 4:24.3, 3. Jeff Arnold (York) 4:25.6. 3200: 1. Mark Douglas (Moreau) 9:47.9, 2. Andy Bupp (Woodside) 9:57.3, 3. Dante Salvatierra (Clayton Valley) 10:19.5, 110HH: 1. Steve Warren (Clayton Valley) 14.50 (Meet record. Old record 15.52 Tony Kinney, Vallejo, 1988), 2. Irwin Lincoln (DeAnza) 14.94, 3. Ken Jett (St. Mary's) 14.96. 4x100: 1. Skyline (Johnson, Ellis, Estes, Albert) 43.1, 2. Riordan 43.4, 3 DeAnza 44.1. 4x200; 1. Skyline (Albert, Ellis, Johnson, Estes) 1:30.0, 2. Riordan 1:31.7, 3. Berkeley 1:31.8. 4x400: 1 Vallejo (G. Barragan, Evans, E. Barragan, Radmond) 3:24.9 (meet record. Old record 3:26.1, Ygnacio Valley), 1988), 2. O'Dowd 3:27.1, 3. Riordan 3:29.4. HJ: 1. Josh Walker (Mt. Di-abilo) 6-0, 2. Darrell Miles (De Anza) 5-10, 3. Fulcher (Mira) 5-8. SP: 1. Matt Loggins (Moreau) 53-8 (Meet record Old record 47-10 James Evans, Berkeley, 1988), 2. Mark Piombo (Drake) 48-6 1/4, 3. Carey Strock (Mt. Diablo) 48-5 1/2. DT: 1. Jim Freeland (Amador Valley) 163-7 (Meet record. Old

2. Sarah-Tyah Wilson (Berkeley) 59.2, 3. Christy Boyd (Foothill) 60.0. 800: 1. Andrea Ibarra (O'Dowd) 2:20.6, 2. Michelle Muething (Amador Valley) 2:22.7, 3. Alisha Lopez (El Cerrito) 2:24.5. 1600: 1. Ramona Pena (Washington, SF) 5:10.5 (Meet record. Old record 5:36.7 Lisa Scott, El Cerrito, 1989), 2. Michelle Muething (Amador Valley) 5:28.1, 3. Elice Patterson (Castro Valley) 5:32.3. 3200: 1. Tami Stepp (Amador Valley) 11:51:5, 2. Angie Dalke (O'Dowd) 12:01:2, 3. Noel Fein (O'Dowd) 12:01:2, 3. Noel Fein (O'Dowd) 12:21:3. 100LH: 1. Christy Boyd (Foothill) 15:52, 2. Cori Evans (Holy Names) 18.31, 3. Nancy Norden (Alhambra) 18.37. 4x100: 1. Kennedy-R (Bradford, Talley, Johnson, Williams) 50.0 (Meet record. Old record 50.7 El Cerrito, 1986), 2. Bishop O'Dowd 50.9, 3. Vallejo 51.6. 4x200: 1. Kennedy (Bradford, Johnson, Talley, Williams) 1:45.1 (Meet record. Old record 1:46.5 Vallejo, 1988), 2. O'Dowd 1:46.8, 3. Vallejo 1:49.4. 4x400: 1. Kennedy (Bradford, Talley, Williams, Johnson) 4:01.9 (Meet record. Old record 4:13.52, Drake, 1986), 2. O'Dowd 4:03.2, 3. Amador Valley 4:11.9 HJ: 1. Aisha Sims (O'Dowd) 4-8, 2. Kendall Green (Red-wood) 4-6, 3. Erica Sanders (Holy Names) 4-6. SP: 1. Danyel Mitchell (Vallejo) 41-0 1/4 (Meet record. Old record 39-1 1/2 Nancy Wannamaker, Pleasant Valley, 1987), 2. Nicole Logan (Novato) 39-1 1/2, 3. Vicki Garcia (Amador Valley) 36-4 1/2. DT: 1. Stephanie Halcrow (Novato) 134-1 (Meet record. Old record 129-4 Sabrina Miles, Vallejo, 1988), 2. Vicki Garcia (Amador Valley) 127-1, 3. Danyel Mitchell (Vallejo) 126-11.

Stanford Festival

March 30-31, Stanford Stadium.

Boys Results:

100 (Sec. 1): 1. Herschel Thompson (Merced) 11.24. (Sec. 2): 1. John Rushing (Merced) 10.89, 2. Shawn Pittman (Logan) 11.41. Mile: 1. Coley Candaele (Carpinteria) 4:15.59, 2. Louis

continued next page...

Quintana (Arroyo Grande) 4:17.87, 3, Matt Ringer (Homestead) 4:24.81, 4. Jeremy Redding (Central Valley) 4:25.46. 5000: 1. Paul Eley (Mills) 15:10.3, 2. Derek Waxman (San Mateo) 15:22.9, 3. John Hannon (Woodside) 15:31.3. 110HH: 1. Steve Warren (Clayton Valley) 14.59, 2. Mike Clark (Arroyo Grande) 15.10, 3. Mike Kenney (Ygnacio Valley) 15.16. 400IH: (Sec. 1): 1. Tim Baxter (Bellarmine) 56.71, 2. Tim Dorrance (Washington) 59.03. (Sec. 2): 1. Tim Shields (Santa Cruz) 57.70. 4x100: 1. Bellarmine 43.23, 2. Merced 43.34, 3. Logan 43.45. 4x440: 1. Logan 3:23.59, 2. Bellarmine 3:28.70, 3. College Park 3:28.98. 4x880: (Short) 1. Carpenteria 8:05.50, 2. Bellarmine 8:06:20, 3. Santa Teresa 8:10.68. Sm: 1. Santa Teresa 3:36.11, 2. Skyline 3:39.64, 3. Bellarmine 3:41.04. DM: 1. Fresno 10:31.46, 2. DeLaSalle 10:31.54, 3. Santa Teresa 10:41.95. SH (Sec. 1): 1. Logan 62.59, 2. Bellarmine 65.90. (Sec. 3): 1. Ygnacio Valley 63.20. HJ: 1. Kevin Robinson (Fresno) 6-6, 2. Matt Rice (Bellarmine) 6-6, 3. Jon Fekete (Las Lomas) 6-4. PV: 1. Sean Buckley (St. Francis) 15-0, 2. Chris Daily (Ygnacio Valley) 14-6, 3. Scott Tetreault (Arroyo Grande) 14-6, 4. Chris Thorson (Los Altos) 14-0, 5. Paul Friedenbach (Santa Cruz) 14-0, 6. Greg Stahler (Mt. View) 13-6. LJ: 1. Steve Moore (Bran ham) 22-8, 2 Troy Dominici (Logan) 21-8, 3. Mike Jones (Santa Cruz) 21-5 1/2, TJ: 1. Jim McCann (Tokay) 45-3 1/2, 2. Jason Terrell (Logan) 44-3 1/4, 3. Tim Baxter (Bellarmine) 43-7 1/2. SP: 1. Jim Younger (Milpitas) 54-10 1/4, 2. Jason Sisneros (Logan) 53-10 1/4, 3. Kevin McMahon (Bellarmine) 53-6 1/4. DT: 1. Jason Sisneros (Logan) 169-1, 2. Kevin McMahon (Bellarmine) 159-8, 3. Brad Bowers (Bellarmine) 150-4. HT: 1. Kevin McMahon (Bellarmine) 189-0, 2. Dave Popejoy (Unat.) 177-0, 3. John Fowler (Unat.) 167-8. Girls Results:

100: 1. Lania Brice (Tokay) 12.41, 2. Angie Nurisso (St. Francis) 12.82, 3. Amey Mitchell (Rancho Cotate) 12.84. Mile: 1. Beth Bartholomew (Fremont) 5:10.66, 2. Melissa Freeberg (California) 5:17.02, 3. Martha Luna (Watsonville) 5:17.27, 4. Janet Roller (Mt. View) 5:20.59, 5. Jennifer Hamel (Merced) 5.23.58. 3000: 1. Alva Dancel (Mills) 10:22.85, 2. Lisa Lopez (Balboa) 10:38.48, 3. Angela Orifice (Arroyo Grande) 10:44.85. 100H (Sec 1): 1. Tonya Coleman (Branham) 15.70. (Sec. 2): 1. Keri Sanchez (Santa Teresa) 14.31, 2. Tonya Lazar-Lea (McAteer) 15.07, 3. Stephanie Hanf (Ygnacio Valley) 15.26, 4. Atim Udoffia (Leland) 15.79. 400H: (Sec. 1): 1. Trina Bindel (Eureka) 64.56, 2. Atim Udoffia (Leland) 65.22. (Sec. 2): 1. Tonia Coleman (Branham) 66.35. 4x100: 1. St. Francis 51.13, 2. Los Gatos 51.05, 3. Santa Cruz 51.13. 4x440: 1. Logan 4:11.2, 2. St. Francis 4:14.0, 3. Clayton Valley 4:21.9. 4x880: (Short) 1 Santa Teresa 9:47.14, 2. Amador Valley 10:01.60, 3. Campolindo 10:11.56. SM: 1. Santa Teresa 4:18.44, 2. St. Francis 4:19.49, 3. Los Gatos 4:21.17. DM: 1. Mission San Jose 12:59.1, 2. Burlingame 13:16.3, 3. Arroyo Grande 13:18.9. SH: (Sec. 1): 1. Washington 69.7. (Sec. 2): 1. Woodside 68.2. (Sec.4): 1. Leland 70.3. HJ: 1. Caroline (zoco (Douglas) 5-0, 2. Jodie Loeffler (Watsonville) 5-0, 3. Meisha Welch (Arroyo Grande) 5-0. LJ: 1. Amey Mitchell (Rancho Cotate) 18-8 3/4, 2. Stephanie Hanf (Ygnacio Valley) 17-4, 3. Lynette Parker (Logan) 16-10 1/2. TJ: 1. Stephanie Hanf (Ygnacio Valley) 37-0 1/4, 2. Lynette Parker (Logan) 36-7, 3. Suzie Green (Upper Lake) 34-7 3/4. SP: 1. Kiza Brunner (Sheldon, Eugene, OR) 42-5 3/4, 2. Teresa Sticklin (Arroyo Grande) 39-10 1/4, 3. Salva Vailale (Logan) 39-5 3/4, 4. Stephanie Halcrow (Novato) 37-4 1/2, 5. Mindy Wirtz (Leland) 36-11 3/4, 6. Marinda Shafer (Logan) 36-1 3/4, DT: 1. Kiza Brunner (Sheldon, Eugene, OR) 137-7, 2. Heidi Ahles (St. Mary's) 129-4, 3. Teresa Sticklin (Arroyo Grande) 128-9, 4. Mindy Wirtz (Leland) 128-7, 5. Stephanie Scheuter (Yreka) 125-8, 6. Jessica Alderman (Mission San Jose) 120-9.

Oakland Invitational

March 31. U.C. Berkeley. Boys Results:

Teams: 1. Fairfield 58, 2. Muir (Pasadena) 55, 3. Santa Rosa

100: 1. Terrence Hill (Oak Grove) 10.99 (+1.20 mps), 2. Estevan Goldsmiht (Lincoln, SF) 11.09, 3. Derrick Riley (Fairfield) 11.14. 400: (Sec. 1): 1. Ron Bryant (Leigh) 50.12. (Sec. 2): 1 Jerrald McCladdie (Centennial) 47.44, 2. Greg Turner (Valley) 49.16, 3. Dingane Newson (Albany) 49.77, 4. Jeff Speech (Riordan) 50.27. 800: 1. Dan Held (Santa Rosa) 1:56.41, 2. Kevin Berkowitz (Hayward) 1:57.29, 3. Egan Titus (Clovis) 1:57.89, 4. Shawn Wattles (San Ramon) 1:58.48, 5. S. Neidever (Bakersfield) 1:58.49, 1600: 1. Jason Atwood (Castro Valley) 4:18.99, 2. Steve Guerrini (Santa Rosa) 4:21.30, 3. Shumeye Mamo (Berkeley) 4:22.51, 4. Egan Titus (Clovis) 4:23.43, 5. Ryan Adams (Fairfield) 4:23.44, 3200: 1. Eric Taylor (Grant) 9:33.9, 2. Eddy Leon (Etiwanda) 9:41.5, 3. David Monk (Fairfield) 9:45.5, 4. Scott Downs (Leigh) 9:45.5, 110H: (Sec. 1): (-2.43 mps) 1. Irwin Lincoln (De Anza) 15.07, 2. Dave Townsend (Casa Grande) 15.22. (Sec. 3): 1. (-.16 mps) 1. Greg Greene (Garey) 14.59, 2. Mark Higgins (Fairfield) 14.75, 3. Andrew Devezin (Muir) 14.86, 4. Eric Bell (Castle Park) 14.94, 5. Demond Smith (Hawthorne) 15.15, 6. J. Weathers (Muir) 15.16. 4x100: (Sec. 3): 1. Grant 43.70. (Sec. 4): 1. Riordan 43.63, 2. Morningside 43.68. (Sec. 5): 1. Ball 41.83, 2. Hawthorne 42.43, 3. Muir 42.45, 4. Bakersfield 42.96, 5. Oakland 43.03, 6. Valley 43.09, 7. Leigh 43.33, 4x200: 1. Ball 1:27.58, 2. Muir 1:29.19, 3. Hawthrone 1:29.79. 4x400: (Sec. 4): 1. Leigh 3:24.25. (Sec. 5): 1. Ball 3:16.2, 2. Muir 3:19.6, 3. Vallejo 3:20.6, 4. Valley 3:22.69. SM: (Sec. 2): 1. Vallejo 3:38.32. (Sec. 3): 1. Muir 3:36.10, 2. Hawthorne 3:37.37, 4x800; 1. Santa Rosa 8:02.3, 2. Castro Valley 8:22.3, 3. Amador Valley 8:26.4, DM: 1. Santa Rosa 10:48.2, 2. Acaianes 10:52.2, 3. Fairfield 10:59.0. HJ: 1. Brown (Fairfield) 6-2, 2. Johnson (Mitty) 6-0, 3. English (Garey) 6-0. PV: 1. Ed Lasquette (Mt. Pleasant) 14-6, 2. Sean Haworth (Oak Grove) 14-0, 3. Brad Mayberry (Bakersfield) 13-6. LJ: 1. Jason Duff (Etiwanda) 24-0 1/4 (nwi), 2. Ted Kermoian (Campolindo) 22-11w (+2.59), 3. Dannie Phifer (Hawthorne) 22-1 (+.39), 4. Scott Hill (Riordan) 22-1 (nwi), 5. Diamond Green (Fairfield) 21-10 3/4 (nwi), TJ: 1, Joel Thornton (Encinal) 47-2 1/4, 2. Ted Kermoian (Campolindo) 46-2 3/4, 3. Scott Hill (Riordan) 46-2, 4. Dannie Pfifer (Hawthorne) 45-4 1/ 2, 5. Dan Marino (Fairfield) 44-9 1/2. SP: 1. John Frank (Bakersfield) 55-8, 2. Matt Karsevar (Clovis) 53-6, 3. Bruce Ventura (Yerba Buena) 50-2. DT: 1. John Frank (Bakersfield) 182-9, 2. Matt Karsevar (Clovis) 182-0, 3. Jeff Buckey (Bakersfield) 174-6, 4. Jim Freeland (Amador Valley) 165-0, 5. Mike Senior (De Anza) 152-1.

Girls Results:

100: (Sec. 1): 1. Andrea Holmes (Albany) 12.66 (-.36 mps). (Sec. 2): 1. Tami Terry (Muir) 12.49 (-1.32 mps), 2. Lesa Parker (O'Dowd) 12.49, 3. Deanna Knowles (Muir) 12.55. 400 (Sec. 1): 1. Melissa Mannion (San Leandro) 58.85. (Sec. 2): 1. Tanya Dooley (Bret Harte) 57.71, 2. Tiffany Johnson (Kennedy,R) 58.48. 800 (Sec. 1): 1. Karri Woolheater (Casa Grande) 2:22.71. (Sec. 2): 1. Celeste Buchanan (Mitty) 2:18.25, 2. Jeanie Crain (Carondelet) 2:18:69, 3. Sarah Riley (Campolindo) 2:19.33, 4. Mona Pena (Washington, SF) 2:19.42, 5. K. Ussey (Hawthrone) 2:20.36, 6. Michelle Muething (Amador Valley) 2:21.38, 7. Rhonda Robinson (Muir) 2:21.60. 1600: 1. Lisa Lopez (Balboa) 5:13.56, 2. Lori Miller (North, B) 5:13.59, 3. Kate Sweeney (Leigh) 5:13.61, 4. Amy Davidson (Bret Harte) 5:18.10, 5. Tami Stepp (Amador Valley 5:20.49, 3200; 1. Becky Spies (Livermore) 10:57.8, 2. Neve Zwagerman (Tamalpais) 11:04.6, 3. R. Mazza (Santa Rosa) 11:06.6, 4. Krissy Look (Shasta) 11:08.52. 100H (Sec. 2): 1. M. Johnson (Vacaville) 15.18 (-1.08 mps), 2. C. Llewellyn (Santa Rosa) 15.55. (Sec. 3): 1. Akua Sutherland (Muir) 15.10 (Nwi), 2. Tanya Lazar-Lea (McAteer) 15.15, 3. Sandra Nickerson (Morningside) 15.28, 4. Shireen Bookhart (Muir) 15.52, 4x100: 1. Muir 46.87 2. Bakersfield 48.39, 3. Hawthorne 48.56, 4. Kennedy, R 48.65, 5. O'Dowd 49.75, 6. Morningside 49.95. 4x200: 1. Morningside 1:41.70, 2. Bakersfield 1:42.04, 3. Hawthorne 1:43.44. 4x400: 1. Muir 3:52.61, 2. Hawthorne 3:53.43, 3. Morningside 3:54.71, 4. Mitty 3:59.72, 5. Kennedy, R 4:06.29. 4x800: 1. Hawthorne 10:01.6, 2. Santa Rosa 10:15.8, 3. Amador Valley

10:20.9. SM: 1. Bakersfield 1:44.95, 2. Muir 1:46.65, 3. Hawthorne 1:50.19. DM: 1. North, B 12:41.7, 2. Amador Valley 12:46.5, 3, O'Dowd 13:02.4, HJ: 1, Michelle Johnson (Vacaville 5-4, 2. Chi Johnson (Menlo-Atherton) 5-2, 3. Julie Jenkins (San Ramon) 5-2, 4. Diane Korbel (Mitty) 5-2. LJ: 1. Tanya Lazar-Lea (McAteer) 17-2 1/4 (nwi), 2. Shirela Harris (Morningside) 17-0 1/2w (+2.4), 3. Shena Ferguson (Washington, SF) 16-10 (nwi). TJ: (nwi) 1. Akua Sutherland (Muir) 37-0 1/2, 2. Bryn Gerich (Livermore) 35-8 3/4, 3. Dymettria Ruttlen (Hawthorne) 35-5 1/4. SP: 1. Dawn Dumble (Bakerstield) 48-9, 2. Melisa Weis (Bakersfield) 47-1 1/2, 3. Danyel Mitchell (Vallejo) 40-5, 4. Mika Hilaire (Pittsburg) 38-6, 5. Vicki Garcia (Amador Valley) 35-11. DT: 1. Melisa Weis (Bakersfield) 157-5, 2. Dawn Dumble (Bakersfield) 151-6, 3. Danyel Mitchell (Vallejo) 138-1, 4. Vickie Garcia (Amador Valley) 137-7, 5. Susie Jost (Immanuel) 126-9, 6. Shelly Biddinger (North, B) 119-8.

King City Invitational

April 7. Boys Results:

Teams: 1. King City and Arroyo Grande 32, 3. Hollister 28. 300lH: 1. Clark (Arroyo Grande) 39.9. HJ: 1. Lopez (Gonzales) 6-6. PV: 1. Garcia (King City) 14-0, 2. McNolte (King City) 13-6. SP: 1. Childress (Paso Robles) 53-0 1/2. DT: 1 Swanson (Hollister) 152-0.

Girts Results:

Teams: 1. Arroyo Grande 35 1/2, 2. Seaside 32, 3. King City

880: 1. Ekstrom (Newark Memorial) 2:24.6. SP: 1. Schoby (Overfelt) 37-2. DT: 1. Schoby (Overfelt) 122-0.

Foothill Invitational

April 7. Foothill College. Boys Results:

400: 1. Dawkins (Homestead) 49.5, 2. Goeton (Homestead) 50.2. 800: 1. West (College Park) 1:57.3. 1500: 1. Waxman (San Mateo) 4:04.1. 3000: 1. Waxman (San Mateo) 8:45.3. 2. Hannon (Woodside) 8:47.1, 3. Wright (Los Altos) 9:01.3. 400R: 1. Leigh 43.1. MR: 1. Leigh 3:23.5, 2. Homestead 3:27.4, 3. Gunderson 3:27.8. HJ: 1. Baxter (Prospect) 6-7. PV: 1 Stahler (Mt. View) 13-6. LJ; 1. Moore (Branham) 23-0, 2. Roberts (St. Ignatius) 22-3, 3. Maron (Mills) 21-10. SP; 1. Younger (Milpitas) 54-2 1/4, 2. Bowers (Bellarmine) 51-4 3/4 DT: 1. Duffey (Aragon) 173-10, 2. Bowers (Bellarmine) 161-7, 3. Hein (Del Mar) 155-0.

Girls Results:

200: 1. Ferguson (Independence) 25.3. 400: 1. Knight (Hill) 59.6. 800: 1. Buchaman (Mitty) 2:21.6. 1500: 1. Sweeney (Leigh) 4:55.1, 2. Lemes (Los Altos) 4:56.1, 3. Stepp (Amador Valley) 4:58.9. 3000; 1. Roller (Mt. View) 10:32.29, 2. Sweeney (Leigh) 10:37.3, 3. Harlick (Mills) 10:43.5. 100H; 1. Collett (Lynbrook) 15.0, 2. Coleman (Branham) 15.3. 400R: 1. Menlo-Atherton 50.5, MR: 1, Mrtty 4:11.3, HJ: 1, Johnson (Menlo-Atherton) 5-4, 2. Korbel (Mitty) 5-2. LJ: 1. Collett (Leigh) 17-0. SP: 1. McMahon (Gunn) 37-6, 2. Garcia (Amador Valley) 36-2 1/4. DT: 1. Garcia (Amador Valley) 128-1 1/2, 2. Alderman (Mission San Jose) 120-8.

Sonoma State Invitational

April 7. Rohnert Park.

Boys Results:

800: 1. Dan Held (Santa Rosa) 1:56.32, 2. Richie Boulet (Drake) 1:57 1 1600: 1 Dan Held (Santa Rosa) 4:23.5. 3200: Steve Guerrini (Santa Rosa) 9:38.0.

Girls Results:

800: 1. Nika Horn (Santa Rosa0 2:19.70, 2. Woolheater (Casa Grande) N.T., 3. Melissa MacPherson (Montgomery) 2:22.28. 1600: 1. Mona Pena (Washington) 5:14.9. 3200: 1

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Neve Swagerman (Tamalpais) 11:08.0. SP: 1. Logan (Novato) 36-7.

Sonoma Valley Relays

April 7. Girls Results:

HJ: 1. Sheron Derr (St. Vincent) 5-6.

LaMont Invitational

April 7. College of the Redwoods. Girls Results:

100H: 1. Amey Mitchell (Rancho Cotate) 15.1, 2. Trina Bindel (Eureka) 15.2. DT: 1. Debbie Templeton (South Fork) 114-0. HJ: 1. Trina Bindel (Eureka) 5-4.

Gilroy Invitational

April 7. Gilroy High School Boys Results:

Teams: 1. Gilroy 101, 2. North Monterey County 91, 3. Watsonville 56

2M: 1. Rodriguez (San Lorenzo Valley) 9:35.1, 2. Carrillo (Salinas) 9:38.8, 3. Roman (Watsonville) 9:43.0. LJ: 1. Stephenson (Giltry) 22-0 1/4. SP: 1. Ventura (Yerba Buena) 53-0. SP: 1. Ventura (Yerba Buena) 53-0. DT: 1. Ventura (Yerba Buena) 151-2.

Girls Results:

Teams: 1. Carlmont 69, 2. Notre Dame-Salinas 52, 3. Kennedy-Richmond 48. 200: 1. Roden (Carlmont) 26.32. 400: 1. Johnson (Kennedy) 58. 45. 100H: 1. Jamieson (Fremont) 15.3. 330H: 1. Jamieson (Fremont) 47.4. 440R: 1. Kennedy 50.36. MR: 1. Kennedy 4:04.7, 2. Carlmont 4:07.5. SP: 1. Molnar (Carlmont) 36-6. DT: 1. Tilley (Gilroy) 121-5, 2. Chism (North Monterey County) 112-11.

Santa Rosa Relays

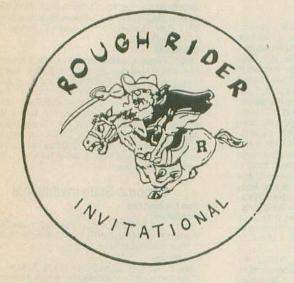
April 14. Santa Rosa Junior College. Boys Results:

Teams: 1. Logan 71, 2. Santa Rosa 32, 3. Berkeley 31, 4. Hogan 29, 5. De La Salie 24, 6. College Park 19, 7. Campolindo 14, 8. Montgomery 13, 9. Northgate and St. Mary's 12. 100m: 1. Steve Millar (Northgate) 10.7, 2. Travoy McKinney (Hogan) 10.8, 3. Shaune Pittman (Logan) 10.8. 400m: 1. Dingane Newson (Albany) 49.2, Dan Steams (Ukiah) 50.7, 3. Scott Sutch (Acalanes) 50.7. 3200: 1. Todd Coulston (De La Salle) 9:38.8, 2. Richie Boulet (Drake) 9:39.7, 3. Rio Anderson (South Fork) 9:42.3, 4. Ian Phillips (Acalanes) 9:42.7. 110mH: 1. Ken Jett (St. Mary's) 14.2, 2. Armando Campbell (Logan) 15.0, 3. Brett Hartley (Montgomery) 15.0. 300mlH: 1. Ken Jett (St. Mary's) 39.8, 2. Khalif Austin (Hogan) 41.0, 3. Brian Freeman (College Park) 41.1. 4x100m; 1. Logan 42.8, 2. Hogan 42.9, 3. Berkeley 43.0. 4x220y: 1. Berkeley 1:31.0, 2. Logan 1:31.0, 3. Hogan 1:32.9. 4x440y: 1. Logan 3:27.4, 2. Santa Rosa 3:28.0, 3. Acalanes 3:28.8. 4x880y: 1. Santa Rosa 7:45.3 (Steve Guernii 1:57.5, Dan Held 1:56.5), 2. Fortuna 8:19.6, 3. Northgate 8:21.6. SM: 1. Berkeley 3:33.6, 2. College Park 3:33.8, 3. Santa Rosa 3:34,9 (Dan Held 1:55.7y), DM: 1. Santa Rosa 10:39.7, 2. College Park 10:48.7, 3. De La Salle 11:02.1. HJ: 1. Scott Tucker (South Fork) 6-4, 2. Brendon Siegal (De La Salle) 6-2, 3. Andy Welch (San Marin), Chris Bane (Santa Rosa), and Tim Keele (Ukiah) 6-0. PV: 1. Josh Freeman (De La Salle) 13-6, 2. Emile Bruneau (Willits) 13-6, 3. Chad Griffith (Rancho Cotate) 13-0. LJ: 1. Ted Kermoian (Campolindo) 21-8 1/2, 2. Troy Dominici (Logan) 21-6, 3. Jon Bell (Campolindo) 20-7. SP: 1. Jason Sisneros (Logan) 54-0 3/4, 2. Angelo Munoz (Antioch) 53-8, 3. Brett Dorworth (San Marin) 48-4 1/2, DT: 1. Jason Sisneros (Logan) 167-10, 2. Andy Garcia (Logan) 153-5, 3. Angel Velasquez (Hogan) 147-1. Girls Results:

Teams: 1. Logan 35, 2. Burbank 33, 3. Santa Rosa 29, 4. Carondelet 28, 5. Northgate 24, 6. West Valley 23, 7. Campo-

lindo 18, 8. Rancho Cotate 17, 9. Hogan 16, 10. Holy Names and Eureka 14.

100: 1. Tanisha Johns (Burbank) 12.2, 2. Amey Mitchell (Rancho Cotate) 12.4, 3. Charlene Baldwin (Logan) 12.5. 400m: 1. Tanisha Johns (Burbank) 57.5 (Equals meet record by Wendi Simmons, Santa Rosa, 1986), 2. Sarah-Tyah Wilson (Berkeley) 57.6, 3. Stacey Johnson (Antioch) 58.1, 4. Nadine Garcia (San Marin) 59.7. 3200m: 1. Neve Zwagerman (Ta-malpais) 11:10.6, 2. Becky Kopchik (Northgate) 11:46.0, 3. Hanna Skandera (Covenant Community) 12:25.9. 100mH: 1. Christy Boyd (Foothill) 14.6, 2. Amey Mitchell (Rancho Cotate) 14.9, 3. Christine Llewelyn (Santa Rosa) 15.3. 300mH: 1. Trina Bindel (Eureka) 45.4 (Meet record. Old record 45.7, Wendi Simmons, Santa Rosa, 1986), 2. Christy Boyd (Foothill) 45.8, 3. Shawndra Crummie (Hogan) 45.8, 4. Tanya Lazar0Lea (McAteer) 46.1, 5. Marilyn Wait (Northgate) 46.9. 4x100m: 1. Burbank 50.5, 2. Holy Names 50.6, 3. Carondelet 50.6. 4x220y: 1. Montgomery 1:46.5, 2. Holy Names 1:46.6, 3. Bur-bank 1:47.9. 4x440y: 1. Carondelet 4:04.7, 2. Eureka 4:12.1, 3. Berkeley 4:12.1. 4x880y: 1. Logan 9:55.4, 2. Santa Rosa 9:57.2, (Nika Horn 2:17.0y), 3. Northgate 9:58.3. SM: 1. West Valley 4:12.6 (Nicole Teter 2:14.1y) (Meet record. Old record 4:17.9, West Valley, 1989), 2. Santa Rosa 4:13.2, 3. Carondelet 4:13.9, DM: 1. Campolindo 12:56.4 (Sarah Riley 5:13.1y), 2. Northgate 12:58.0, 3. Santa Rosa 13:03.2. HJ: 1. Trina Bindel (Eureka) 5-4, 2. Sharon Derr (St. Vincent) 5-4, 3. Jeni Oxford (West Valley) 5-2. LJ: 1. Amey Mitchell (Rancho Cotate) 18-5 1/2, 2. Lori Yost (Campolindo) 16-7, 3. Tanya Lazar-Lea (McAteer) 16-4. TJ: 1. Lynette Parker (Logan) 36-10 1/2, 2. Suzie Green (Upper Lake) 35-8 1/2, 3. Michelle Jules (McAteer) 34-0 1/2. SP: 1. Nicole Logan (Novato) 40-1, 2. Mirinda Shafer (Logan) 36-6, 3. Renee Hopkins (Burbank) 34-11 3/4. DT: 1. Debbie Templeton (South Fork) 116-7, 2. Leslie Woolery (West Valley) 112-9, 3. Alicia Yacoboski (Rancho Cotate) 111-9.



✓ STATE MEET COURSE

Rough Rider INVITATIONAL

Friday, October 19, 1990 Fresno, California • Woodward Park

CONTACT:

Jim Fletcher, Roosevelt High School 4250 E. Tulare Fresno, CA 93702 (209) 435-8780 (Home)

Fresno Relays High School Division

April 6. Ratcliffe Stadium, Fresno. Boys Results

Large Schools 400m Relay: 1. El Capitan 48.25, 2. Roosevelt (Kingsburg) 48.52, 3. Clark *A* 49.33. Small Schools 400m Relay: 1. Garces 45.48, 2. Fowler 45.34.

Caruthers 45.37.

Medium Schools 400m Relay: 1. Lemoore 42.79, 2. Central 44.45, 3. Washington Union 44.60.



NORMA CUELLAR (left) and JENNIFER HAMEL Photo by Bill Cockerham

Open HS 400m Relay: 1. Bakersfield 42.22, 2. Edison 42.70, 3. Merced 43.10.

3200m Relay: 1. Clovis West 8:06.48, 2. Lemoore 8:09.16, 3. Madera 8:17:96

110m HH:: 1. Erwin Wilburn (Los Banos) 14.36, 2. Ken Jett (St. Mary's) 14.91, 3. Marcus Carter (South) 15.01.

800m: 1. Aaron Wilson (Mt. Whitney) 1:57:49, 2. Keith Nidever (Bakersfield) 1:58.13, 3. Tom Sabatino (Fresno) 1:58.41.

3200m Rrun: 1. Kevin Baxter (Fresno) 9:30.12, 2. J. G. Ochoa (Corcoran) 9:31.00, 3. Darin Loucks (Beyer) 9:34.19. 300m Hurdles: 1. Dan Bigham (McLane) 38.61, 2. Marcus

Carter (South) 38.70, 3. Robert Scott (Logan) 38.79. 1600m Run: 1. Shumeye Mamo (Berkeley) 4:23.28, 2. Eric Taylor (Grant) 4:24.09, 3. Scott Curtiss (Sierra) 4:27.33.

Small Schools 1600m Relay: 1, Immanuel 3:32.25, 2, Sierra 3:34.14, 3. Garces 3:36.23.

Medium Schools 1600m Relay: 1. Lemoore 3:23.83, 2. Grant 325.55, 3. Central 3:28.26.

HS Open 1600m Relay: 1. Logan 3:23.12, 2. Edison 3:24.32, 3. South 3-25-11

Shot Put: 1. John Frank (Bakersfield) 57-6 1/2, 2. Matt Karse-

var (Clovis) 53-3, 3. Jason Sisneros (Logan) 52-1 1/2. Discus: 1. Matt Karsevar (Clovis) 188-8, 2. Jon Frank (Bakersfield) 183-1, 3. Jason Cisneros (Logan) 172-10 High Jump: 1. Ruben Hendrix (South) 6-8, 2. Niko King (Clovis West) 6-6, 3. David Bass (Chowchilla) 6-4. Triple Jump: 1. Jason Terrell (Logan) 46-0 3/4, 2. Jon Baker (Foothill) 46-0, 3. Robert House (Hoover) 44-11. Most Valuable Track Athlete: Dan Bingham (McLane). Most Valuable Field Athlete: Matt Karsevar (Clovis).

Girls Results Small Schools 400m Relay: 1. Piedmont 52.93, 2. Garces 53.09, 3. Sierra 52.32

Medium Schools 400m Relay: 1, Northgate 51.38, 2, Foothill (Pleasanton 51.73, 3, Lemoore 52.4(h)

HS Open 400m Relay: 1. Bakersfield 48.21, 2. Edison 49.63, 3. JFK 49.82

3200m Run: 1. Becky Kopchik (Northgate) 11.26.7, 2. Becky Petty (Golden West) 11:33:96, 3. Maurita DeLaTorre (Roosevelt) 11:35.47.

3200m Relay: 1. North 9:45.18, 2. Clovis West 9:53.61, 3. Logan 9:54.91

100m Hurdles: 1. Kam Warner (West) 14.7(h), 2. Christy Boyd (Foothill) 14.7(h), 3. Kayla Montgomery (Clovis West) 15.3(h). 100m Run: 1. Tike Jackson (Bakersheld) 12.27, 2. Kesha Criswell (Fresno) 12.46, 3. Nitra Young (Tulare Union) 12.58. 800m: 1. Norma Cuellar (Redwood) 2:18.65, 2. Jennifer Hamel (Merced) 2:18.69, 3. Shannon Capurso (Fowler) 2:18.86. 300m Hurdles: 1 Christy Boyd (Foothill) 44.83, 2. Jennifer Sperling (Clovis West) 46.48, 3. Marilyn Wait (Northgate)

1600m Run: 1. Norma Cuellar (Redwood) 5:13:39, 2. Martha Luna (Watsonville) 5:16.04, 3. Mary Martinez (Foothill)

HS Open 1600m Relay: 1. Edison 3:59:32, 2. JFK 4:00:38, 3. Redwood 4:04:54

Medium Schools 1600m Relay: 1. Foothill (Pl.) 4:13.92, 2

Northgate 4.21.01, 3. Tranquility 4:24.3(h). Small Schools 1600m Relay: 1. Garces 4:16.00, 2. Piedmont 4:19.28, 3. Immanuel 4:20.09.

Discus: 1. Huddleston (Merced) 131-3, 2. Parrish (Chowchilla) 126-1, 3. Biddinger (North) 120-4



CHRIS RAY (left) and JOSE TRUJILLO Photo by Bill Cockerham

Long Jump: 1. Kam Warner (West) 18-4 3/4, 2. Nitra Young (Tulare) 18-1, 3. Jessica Renton (Downey) 16-10 1/2. Shot Put: 1. Lisa Stephanie (Hoover) 38-8 1/2, 2. Tunisha Huddleston (Merced) 38-7, 3. R. Stoval (Clovis West) 37-8. High Jump: 1. Rana Haugland (Sanger) 5-4, 2. Jenniler McKeighen (Sierra) 5-4, 3. Janea Oliveria (Lemoore) 5-4. Triple Jump: 1. Kam Warner (West) 37-8, 2. Ranchel Hudson (Hoover) 36-7 1/4, 3. Katie Haller (Garces) 36-5 3/4. Most Valuable Track Athlete: Norma Cuellar (Redwood) Most Valuable Field Athlete: Kam Warner (West Bakersfield).

MORE PREP NOTES.

Great Southwest Track & Field Classic

The Great Southwest Track & Field Classic will be held Saturday, May 26, 1990, at Arizona State University in Tempe, Arizona. The meet includes athletes from the states of Arizona, Colorado, New Mexico, Nevada, Utah, Texas, and the southern half of California. It is an All-Star event where athletes do not represent their school and compete unattached after the close of their regular prep season.

Meet director Clyde Volz has welcomed participants from the Southern Section of California who have not moved on to the Section Master's competition over the past couple of years. This year the meet staff has indicated an interest in including athletes from the Central Section who have had their season end at the Section level (that part of the state has its Section finals a week earlier than most, thus allowing for families of athletes whose season is over the time to plan for such a trip). There is a selection process for athletes involved. Central Section athletes interested need to contact: Steve Ward at Clovis High; Southern Section athletes contact Doug Speck at (818) 963-7709.

The meet is a first-class affair with great Arizona evening weather for the competition on the fine ASU Track & Field facility. For better California athletes who may meet with the unfortunate circumstance of not moving on to the championship meets at the end of May and early June, it is a fine competitive opportunity

ARCADIA INVITATIONAL

By Doug Speck

April 7. Arcadia.

The Arcadia Invitational continued its ability to gather the best athletes from California and across the U.S. and mix them together in a formula that resulted in the usual number of truly outstanding and exciting events and a level of marks topped by no competition nationally during the regular season. Of the thirty-two events held during the invitational portion of the meet date fourteen winners recorded the best mark in the nation up to this point in the season, with a number of other national leaders within a tick or inches of their 1990 best. 21 California state leading marks were re-corded during the competition which adds an element of "outside the state" competition that many locals will not experience for the remainder of the regular prep season. Once again it's tough to figure out where to start in a discussion of the affair.

The Women's sprints and relay events included a gathering nationally that had never been achieved before at the prep level, with key actors from Texas, Florida, and New York joining the California stars on the track. The distance races are always Arcadia high-lights, with the events from the 800 on up (1600, 3200 and distance medleys on both sides) resulting in some truly memorable competitions and marks that were either national leaders or within tenths on the watch. Great field event action was led by recent heroes Brent Noon (Fallbrook) and Juliana Yendork (Walnut), with Jerome Price (University City, San Diego) shocking with his Long Jump performance here.

Women's dash and relay action consisted of a gathering of the top individuals and teams in the nation. Inger Miller (Muir, Pasadena) was the top returning prep sprinter from the 1989 season with 11.53 and 23.62 bests, with her 11.48 for 100 meters from earlier this season the #10 prep time ever recorded for the distance. Miller anchors a Muir 4x100 relay group that leads the nation in 1990 at 46.36, with the Mustang 3:47.04 1600m relay squad the #3 team nationally in 1989. Marion Jones (Rio Mesa, Oxnard) had burst onto the scene this winter after being the top eighth grade sprinter in the nation in 1989 with 11.8 and 23.8 bests. Jones had raced to a big win in the National Scholastic Indoor Meet over 200 meters at 24.40 with the old national indoor frosh record of 25.05 history after that run. Jones had raced against Miller once this season, with Inger pushed to her 11.48 with Jones in the field

(Marion raced 11.76 there). Another strong outsider in the sprints would be Zundra Feagin (Cocoa, Florida), who was 4th in the TAC Junior Nationals 100 meters and was a member of the U.S. Junior National team in the summer of 1989. Zundra has run 11.4 (#2 returnee nationally behind Miller) and 24.33, and was second to Jones in the National Indoor 200m. Hawthorne High School would have Kee-Sha Adams eligible for this weekend, with the Cougar squads recording 46.46 (=#3 in country) and 3:46.59 (#3 nationally) times with Adams a main factor in 89. Traveling in to challenge the locals were the very best in the rest of the country. Sterling HS of Houston, Texas, had the na-tion-leading 4x100 (46.10) and 4x400 (3:43.08) squads in 1989, with an amazing crew back off those teams. Christine Gray is the nation's leading 100 meter high (33") hurdler at 13.93 and placed 3rd in the TAC Junior Nationals over the 400 meter hurdle distance with a very impressive 58.96. Lytonia Edwards from Sterling is the #2 returning 400 meter runner in the nation at 54.61, with Nicole Hudson the #3 200 runner nationally at 24.26

From Tilden HS in Brooklyn, New York would come a group that had led the nation indoors at every relay distance and was the #2 4x400 group nationally out-doors last season at 3:44.68. Tilden had won a big showdown with Sterling at the National Scholastic In-door Meet over the 4x200 distance, with a new National Indoor Record of 1:40.48 the result. With a bit more time since the early March National Indoor Meet to get into the outdoor season for Sterling (Tilden has a very full indoor campaign) the results here would be inter-

The first clash of the titans would be in the 4x100 relay, with attention focusing on Muir and Sterling. The two squads pulled out ahead of a very good field, with the California group having a narrow lead off Taminika Terry's strong third leg. Taking off into the anchor with a narrow lead Inger Miller rocketed away with the gear that she has added for the 1990 campaign, racing away from Christine Gray to over a 10 meter margin at

the finish in a very, very impressive 46.07 clocking, one of the top twenty prep times ever run nationally.

Over 100 meters Miller would clash with Jones, Florida's Feagin, and a solid supporting cast of California's best. It appears that Marion Jones and Inger Miller will be putting together a series of clashes similar to those with Angela Burnham from Rio Mesa had with Miller the last two seasons. In the 100 there was not a starter in the field whose initial reaction to the gun was

ahead of anybody, but Jones has whippet acceleration that gave her a meter lead at the halfway point. Miller seemed to gather a bit at the 40 meter point and make a run at Jones, an effort that had her finally edge by in the final 10 meters to win 11.71-11.78. The race was run into a 2:03 meter per second wind, with both athletes probably in the 11.50 range on a windless evening. An exciting finish is extra special when two such obviously talented athletes battle right to the tape, with Miller's .07 margin of victory only a matter of about 6 inches in distance. Feagin was third in the race in a fine 12.07. Tilden has an exceptionally fine group of runners up through the mile, with an attempt here at a very fast Distance Medley Relay part of their meet plan. Star Mi-chelle Brown would lead the squad off over 1200 me-ters, with her 49.2 first 300 meters giving her a twelve meter lead over the field partway through the first lap. After 67.1-2:27.4 laps splits Brown finished comfortably ahead of Locke (3:46.4) with her 3:45.1 leg. A 56.4 by Tilden's second runner and 2:22.1 by the 800 leg gave the Brooklyn school a 3.3 second lead over a fine Locke (L.A.) group starting the anchor segment. Five minute milers Nora Ettienne of Tilden and Rosetta Hunter of Locke would battle on the anchor, Hunter edged close, but could never quite establish contact with the Tilden veteran, with Ettienne's 5:08.6 ultimately bringing the New York school in at a nation-leading 12:13.49 over Hunter's 5:07.7 and the team's excellent 12:15.90.

Sterling's Christine Gray would tangle with returning national leader Twila Sims (Lompoc-42.54) and #2 ranked in the country, Keri Sanchez (Santa Teresa, San Jose-42.60), in the 300 Lows. Felice Lipscomb (Santa Monica), earlier the winner of a fine 100 meter Lows event in the nation's best auto-timed effort, a 13.83 that had her race in ahead of Kwani Stewart (Yuba City) 14.04 against a 1.87 mps wind, has made a commitment to the 300's this season. Here, Felice and Gray took it out in the longer hurdle event, with that duo running even over the first four hurdles. Twila Sims runs very loose at top speed, with confidence in a very even step pattern. The Lompoc soph was unflustered through the turn, and edged ahead as the pack came into the straightaway past the 200 meter mark at 27.1. From there on in Twila maintained a margin of a meter or two all the way to the tape, winning in a nation-leading 42.56 over Gray's 42.76 pr and Lipscomb's

The next clash of the sprint stars would take place over 200 meters. After the excitement in the 100 great anticipation presided over the observation of this event. No one would be let down as Miller was in Lane 3, Jones in 4, and Feagin in 5. Jones took out like a rocket, racing past Feagin's lead by way of her stagger halfway through the turn. Screaming into the home-stretch, Jones had a meter lead over Miller as they passed the 100 meter starting line in an amazing 11.9 (that's 100 meters around a turn in that timel). In basically the same script as the 100 Miller mounted a charge halfway down the homestretch that had her edge up to and finally past the fourteen year old frosh athlete over the final 20 meters 23.57 (national leader) to 23.80. Jones received consolation, as her 23.80 took down the national age 14 record by fellow Rio Mesan Burnham. Feagin once again ran solid in third, a personal best

There was still more, as everyone would come together in an "end of evening" 4x400 relay. After all of the previous action one could now look forward to all of these people racing against each other for one-lap with stick in hand. Four teams would finish within a second and a half when it was all over. Tilden had run 3:48.85

continued next page.

indoors with Sterling 3:48.25 outdoors already. Susan Francis led off for Tilden with a fine 56.8 leg that had the New York crew comfortably in the lead. By the end of the second leg Ruth Gordon still held the lead for Tilden with a 58.8 leg, as five squads had averaged under 58.0 for the first two legs. All the main teams were still in contention, with Sterling back three seconds in sixth as leg three began. Leonie Codrington raced 57.0 for Tilden on leg three with Morningside surprisingly in second exactly one second back at the last exchange, Muir third, and Sterling up to fourth (off a fine 55.6 leg we assume from Lytonia Edwards). Michelle Brown of Tilden screamed the opening 200 meters of her anchor leg in 24.2 to have a 20 meter lead with a half a lap to go in the event. Inger Miller was anchoring for Muir, with (we assume) Santishia Amold for Morningside and Christine Gray for Sterling. After her furious start Brown came back to earth as she started the homestretch, struggling through a 31.3 final half lap to anchor her squad to the 3:48.62 win, as Arnold (54.9), Miller (55.4) and Gray (55.6) anchored Morningside (3:49.11 State Leader), Muir (3:49.59), and Sterling (3:50.13), who all finished within 10 yards of Tilden at the tape. Back a ways Marion Jones anchored Rio Mesa in 55.6, with Janice Nichols 55.4 for Bakersfield. The relay action in those Invitational events was rather intense, with Long Beach Poly running 48.05 (4x100) and Rio Mesa 3:53.20 (4x400) and not receiving medals for placing in the top five! In defense of Sterling their athletes had competed in a District competition Friday evening, arisen Saturday morning, and flown halfway across the country to compete here. To be a slight touch off one's game with those circumstances is to be understood, but Coach Edward Robinson's crew did not have a second thought at jumping at this challence.

Muir's Inger Miller was named the Female Athlete of the Meet for her 100 meter win and 200 meter performance which was a Meet Record and the National Leader for the year, and fine anchor legs on the Muir relay teams, with the 400 groups' 46.07 the yearly National Leader. Janice Nichols (Bakersfield) raced a Nation-Leading 400 meter effort, racing past early leader Shanequa Campbell (Alta Loma) (39.0 300) partway down the home straightaway, with Camara Jones (Mountain View, Vancouver, Washington) impressive in

her 2nd place 55,08 effort.

The distance events at Arcadia are always special, with the 1990 races up to quality historically. Particular interest was in a match-up here over 3200 meters between Bryan Dameworth (Agoura) and Andy Maris (White River, Buckley, WA), the first since their sizzling competition at the Kinney National Cross County Finals in December. A very talented group would back up that duo in what would be a classic eight lap run. Dameworth assured a fast early pace, racing the opening 200 meters in 29.3, with 63.1-2:10.6-3:18.8 and 4:27.0 lap splits not seeming to phase very many in the large field. Maris followed the whole way up to that point, making a point of being directly behind Bryan and not up on his shoulder as he was in the Kinney affair, where the Agoura star mustered a tremendous sprint over the final 400 meters to leave Maris behind. Abe Valdez (Camarillo), Dan Berkeland (Canyon, Canyon Country), Obed Aguirre (San Fernando), and Martin Morales (Wilson, L.A.) were closest in a pack of fourteen who came by the 1600 meter point under 4:30. Dameworth made an attempt to up the ante right at the 1600, racing the next 200 in 33.6 to spread the pack out a bit, with a 34.9 200 (5th lap 68.5) drawing Maris, Berkeland, and Valdez back close. Bryan and Andy had Valdez as company through six laps at 6:45.2

(6th lap in 69.7). Things changed little until 500 meters to go, where Mans moved out to Dameworth's shoulder and the pace upped as they headed past the gun to signal the start of the last lap (lap seven completed in 7:53.9, 68.7 for that circuit). Dameworth immediately accelerated at the gun, with Maris definitely following behind, held in contact by an invisible three foot rope as Dameworth charged the first 200 of the



INGER MILLER

Fine Flicks by Dan Gasney

final 400 in 30.6. With 100 meters to go (14.6 for that next 100 meters around the turn) Maris moved outside, but was still a meter behind the Californian. In one of the truly classic homestretch battles in prep history Maris simply held his sprint the longest, just edging by Dameworth in the last few yard or two to win by seven hundredths of a second (around 5 inches) 8:53.78-8:53.85. It was kind of like the race you knew it would be, with two very, very special athletes really duking it out right until the tape. Valdez 9:02.09 started the parade in third that had big pr's galore, as tenth place was 9:11.68

This was not the only very impressive distance event. Earlier in the evening Steve Adderley (Atlantic HS, Delray Beach, Florida), 1:50.00 in the 800 from last year (and 4:08.8 for 1600m on March 31st of this year at the Florida Relays) would mix it up with Coley Candale (Carpinteria), the nation's leading returning prep

1600m athlete (4:09.01, and #3 nationally at 800m (1:51.11). Coley had relayed 1:51.5 recently, with a fine supporting cast that had five other with personal bests of under 1:54.0. Talented Arnulfo Peat (Robeson, Brooklyn, New York) took the race out at 25.0 through 200m, with the tempo slowing (14.7 for 3rd 100-39.7 and 300m) and 54.4 at the one lap point (14.7 for the 4th 100m). Adderley had moved up to Arnulfo's shoulder at 400 meters, with the rest of the pack drawn close with the slow second 200. Candaele had moved up to good position by 500 meters, with Peat, Adderley, and Coley three abreast down the backstretch. The third 200 flew by in 28.5 (1:22.9 at 600m), with Candaele exploding just before that lap and a half point. Racing the 100 meters around the east turn of the track in 13.5 (700 in 1:36.4), Candaele had four meters over Adderley at that point. The All-State Small Schools quarterback from Carpinteria powered down the homestretch 100 in 14.7 to win at 1:51.12 (1990 National Best) which Craig Magness (Santa Teresa, San Jose) running Adderley down 1:51.93-1:52.01 for second. Personal bests were the order once again here, through fine El Modena junior Mike Terry, 7th at 1:53.52.

In the Men's 1600 there were fifteen entrants who had personal bests of under 4:20.0, with Louie Quintana (Arroyo Grande) showing fine maturity for only a junior by really gunning the pace in the middle of the contest to insure another quick finish by all. Brian Gastelum (Birmingham, Van Nuys), who had doubled in 1:54 and 4:14 a couple weeks previous helped Louie with the early pace, leading through the 200 at 27.9 (I) and 400 at 60.0 (last place was 62.0). At 600 meters in 1:32.7 Brian and Quintana were abreast with Danny Jordan (Venice) 4:13.14 this season, two meters back. Quintana refused to let things slow, pressing things just be-fore the 800 (2:05.7), then heading off for a very strong third lap, racing from the 800 to 1000 meter point in 30.6. Continuing to press through the 1200 at 3:07.6 (31.3 6th 200 and 61.9 3rd lap), Louie had seven meters on Gastelum who had 10 meters on the field Racing the next 200 in 30.2 Quintana led by four meters with half a lap to go. During a furious homestretch sprint Gastelum mounted a powerful charge in the last 50 to almost edge by the Arroyo Grande star, with Quintana taking the contest in a State Leading 4:09.82 clocking (Brian was 4:09.87 in second). Danny Jordan led the parade that followed in third at 4:10.80, with fourteen in the race under 4:19.0. A number of the top distance runners doubled back in the Distance Medley Danny Jordan anchored his Venice High team with a 4:20.3 after Ben Mesten opened up with a 3:07.4 1200 with the team recording a Nation Leading 10:16.50. Coley Candaele (Carpinteria) closed nicely with a 4:12.4 with his squad 10:18.51 in second and Madera a fine 10:19.48 in 3rd.

The Women's long events were of extremely high quality also. In the 800 defending California Champion and national leader Kim Toney (2:09.33) would face a solid field. Aggressive Nicole Teter (West Valley, Cottonwood), 2:11.15 last year as a soph, took the event out through a 30.4 200 with Toney leisurely moving up to fourth as the pack started down the homestretch. Miesha Marezell (Reed, Sparks, Nevada), the top eighth grade distance runner in the nation last year with a 2:14.49 (and 4:37.62 1500) bests, was on Teter's shoulder through a 65.7 400. Through the 600 mark at 1:40.3 frosh Christie Engesser (Ocean View, Huntington Beach) (2:14.79 last year in the 8th grade) had moved up to challenge, with Toney patiently running along in 4th. Engesser went by everyone at the 600 point, with Toney exhibiting total confidence in waiting

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until the final 100 to gun the young Engesser down on her way to a 2:12.06 win. Christie's 2:12.79 was very pleasing in second. Over 1600 Meters a meeting would take place among California's best, with kind of a rerun of the people behind Kira Jorgensen from last year's state meet which ended in a spectacular fall involving Shelley Taylor (Edison, Huntington Beach) and Karen Hecox (South Hills, West Covina), with Beth Bartholomew (Fremont, Sunnyvale) racing away to second in that meet. Beth was helped by fine soph Nikki Shaw (Fillmore), who was the state leader at just under 5:00, through a 68.6 first 400 here, with Hecox joining that duo through the two lap point in 2:25.3. At three and a half laps Taylor had joined the Bartholomew-Hecox-Shaw trio as the foursome pulled away from the pack. After the 1200 in 3:43.3 Bartholomew and Hecox raced down the backstretch. In an replay of her triumph here a year ago Hecox choose the final 200 to make a big move, racing the next 100 after a 4:19.2 1400 meter mark in 15.8 (61.6 400 meter pace) to rocket away to an eight meter lead before sailing into win by over two seconds in 4:52.05 (1990 National Leader) to



KAREN HECOX (left) and BETH BARTHOLOMEW Fine Flicks by Don Gosney

Bartholomew's good 4:54.15. Hecox's final 200 took 32.8 seconds, with the South Hills senior rounding into top track shape shockingly quick after stepping off the court for her school's successful basketball squad. After some frustration at the end of last spring and this fall in Cross Country it is great to see one of the sport's sweethearts back on top. She will be moving up a couple of the State's All-Time distance events before

the year is over

In the Women's 3200 an interesting field was led by Becky Spies (Livermore), always the designated pacesetter, and Deena Drossin (Agoura), both back from a week in Europe and competition in the World Junior Cross Country Championships. Most of the best in the Western U.S. were along for the ride. Spies was joined by Drossin and Martha Pinto (Katella, Anaheim) in the early laps, with 73.3-2.33.4-3:54.0 and 5:16.7 first four lap splits. Kimberly Orlando (Carson City, Nevada) and Jennifer Owens (So. Lake Tahoe, Lake Tahoe) had joined Spies and Drossin in a pack of four after the 1600. Becky pushed the pace a bit right at the four lap point, but the foursome was together at 6:38.1 (81.4 5th lap), with 81.8 (7:59.8) and 80.6 (9:20.5 at gun) circuits breaking Owens. Becky pushed the pace down the backstretch of the linal 400, with the surprising Orlando passing Drossin on that straightaway. Becky was 9:59.9 at the 3000 mark, and had a four meter lead with 100 meters to go. Orlando refused to give up, mounting a big effort over the final 50 meters that had her edge up alongside Spies, but the Livermore junior was able to muster one last spurt in the final 10 meters to just edge in ahead 10:36.56 (National Leader)-10:36.67. Spies did lead every step of the race and later said that she was pleased in that it was the first big race in which she used this tactic and was able to win.

Action on the field was every bit as hot as that on the track. The opening event of the Invitational portion of the Meet, the Men's Discus featured Brent Noon (Fallbrook), who had already thrown 194-7 this season, and Jason Baskett (Mead, Spokane, WA), who threw an Indoor National Record 189-0 earlier this winter. Some Indoor National Record 189-0 earner this writer. Some good early action highlighted the event, with Matt Karsevar (Clovis) tossing 182-5 in the first flight, amazing soph Jeff Buckey (Bakersfield) establishing a California class record with a 182-5, and Baskett closing out the three prelimary throws with a 191-10 personal best that had him leading Noon, who was out to 187-9. Karsevar improved to 183-10 in the final rounds, with Jon Frank moving into 5th at 179-2, but the competition came down to the final throw where Noon rocketed the platter out to 192-11 to remain undefeated in his

senior year against preps.

This crew was joined by Scott Peterson (Acadiana, Lafayette, Louisiana) in the Shot, a young man who had thrown 68-3 last summer with the prep implement, and won the National Scholastic Indoor Meet at 66-4 1/4. Noon, who had thrown an amazing 73-5 1/4 earlier in the week blew everyone away with a warmup toss here of over 75 feet. When they got around to the final flight in the event Peterson opened up at 64-7 1/4, with Noon powering the put out to 69-9 1/2, his second shortest effort of the evening. Baskett was out to a pr 63-10 on his second toss, with Peterson only having two fair throws in the competition (a 63-6 1/2 to follow his first toss). Noon, meanwhile blasted 70-5 1/2, 70-10 1/4, 71-4 1/4, 69-8, and 70-8 1/2 to show who is currently the best prep putter in the nation. The old Meet Record here was 66-10 1/4, with Noon given the Male Athlete of the Meet award for his efforts in the

In the Men's Long Jump, the first field event on the main field, a star was born and the meet was given some early momentum, as Jerome Price (University City, San Diego), a 24-7 1/2 leaper in 1989, charged down the runway for his first effort in the competition. The powerful San Diegan powered off of the board and seemed to hang in the air all day long before landing a long ways out in the pit. The gusting wind was 3:05 meters per second, making the jump a wind-aided effort,

but the mark was still a very, very impressive 25-8 1/2, making Price one of the top dozen jumpers in California history under any conditions. Price jumped 25-7 1/4 on his third effort with a 2.46 mps aiding breeze, with a 2.42 1/2 State Leading legal effort in the competition. Napoleon Kaufman (Lompoc) sailed out to 24-5w (+3.31 mps), with Jason Duff (Etiwanda) 24-1w (+2.20), and Tyron Edwards (Nogales, La Puente) 23-11w (+2.94) for other fine effort.

In the evening's other Men's horizontal jump, Phouphet Singbandith (Magnolia, Anaheim), a 50-3 jumper in 1989, had 50-3 3/4 (o wind), 50-10 3/4 (+1.00), and an amazing 51-0 3/4 (+2.00, the legal allowable limit on wind) to establish a new Meet Record. Billy Ivey (Nogales, La Puente) continued his fine jumping in second at 48-6 3/4 (+1.00), with Offord Rollins (Wasco), a soph, 47-4 1/2 (+1.50) in third. In the Pole Vault, 1989 Arcadia Athlete of the Meet Jayson Lavender (Wichita Falls, TX) came down with a bad knee, but Nick Hysong (Tolleson, AZ), a 17-footer, would lead a strong field. Seven athletes would get over 14-6 in a fine competition, with Hysong clearing 16-0 to win (with a narrow miss at 16-6), with Chris Daily (Ygnacio Valley, Concord) surprising in 2nd at 15-6 and Jeromy Williams (St. Joseph, Ogden, Utah) 3rd at the same height after undergoing some anxiety when the airlines misplaced his poles for a day on the way out here. Another Arizonan, David Rathjen, from the fine Westwood HS of Mesa, Arizona program, took the High Jump on

misses at 6-8 over Avery Anderson (North, Riverside). Women's Field event action centered around fine horizontal jump fields and the throws. Juliana Yendork (Walnut) twice broke the National Scholastic Indoor record in the Triple Jump this winter, with her 42-5 1/ 2 undercover very close to the outdoor best of 42-10 1/2 by Wendy Brown (Woodside) 1984. Juliana has been slightly injured of late, with an appearance here her in the Triple Jump her first in some time. Angela Sims (Oceanside) cranked up the action in the TJ early with a big 39-6w (+2.50) effort to finish the first flight. Yendork had a taped hamstring but leaped 40-0 3/4 (+.50), 40-3 (+1.00), 40-7w (+2.10), and 39-11 3/4 (+1.50) on the four jumps she took to win easily and establish a 1990 National Outdoor U.S. prep best.

Over in the Weights Melisa Weis (Bakersfield) recorded a fine nation-leading 169-9 in winning, with Amy Paulsen (Oakland-Craig, Oakland, Ne) a personal best 160-0 in 2nd, with Dawn Dumble slipping to an unusual third place at 153-5. Angle Arrington threw a fine 144-0 in 4th. Miss Dumble is not used to a place as low as third in any prep competition, so when the crew went over to the Shot Put ring she made amends. Her final effort there in her flight was 50-3 3/4, with a 49-9 5th and 50-4 1/4 final toss all better than her previous personal best of 49-8 1/2. Dawn thus became only the ninth prep to ever throw the 4K shot over 50 feet, with her move to #6 All-Time among High Schoolers also the #2 thrower ever by a Californian behind Meet Record holder Natalie Kaaiawahia (53-7 3/4). Weis was 2nd in the Shot at 46-2 1/2, with Paulsen once again keeping the Bakersfield duo honest with a 46-1 in

With Yendork taking it easy on her leg, she scratched out of the Long Jump, with fine Nova HS of Ft. Lauderdale, Florida junior Nichole Irving winning the event at 19-7 (wind legal), with Kam Warner (West Bakers-led) 244 field) 2nd in a fine 19-0 1/2 (wind 0). Rubye Jones of Fontana, last year out of Chino HS, a fine all-around jumper, took the High Jump after a jump-off at 5-5 over amazing English foreign exchange student, soph Tanya Lazar-Lea, a student at McAteer of San Francisco (Lazar-Lea also placed in the 300 Lows and has

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run 14.47 in the 100 Lows).

The Men's speed events were exciting. Washington (L.A.) raced away from Muir and the pack in an Invitational 4x100 meter relay race, with Donovan Burks powering the anchor on the way to a State Leading 41.16 time. Burks would later run down Andre Green (Poly, Long Beach) 10.85-10.87 in the Invitational Men's 100 (wind -2.06 mps), with Jason Goss (Washington) taking the Seeded race at 11.12 (wind -2.59 mps). If you wonder how these guys run so fast in the relay unsung Sylvester Green from Washington had the fastest 100 in the afternoon Open Session of the Meet with a 10.90. Over 200 meters Green exacted some measure of revenge, powering the entire event on the way to a lifetime best of 21.43, with Mark Noriega of Pasadena (via Trinidad) 2nd at 21.54. Tim Martin (San Clemente) junior showed great potential for later in the year, racing a 21.69 200 meter out of the tight lane 1 in the Seeded race. Over 400 meters Lamont Warren (Dorsey, L.A.) showed impressive strength in racing to a 47.51-47.78 win over fine Silver Creek (San Jose) star Curtis Shearer, Warren would later in the evening anchor a fine Dorsey 4x400 squad with a 46.9 to win the Invitational event at 3:17.30. Locke closed with fine 48.5 and a very smooth 47.6 lap by John Floyd in winning the Seeded Section at 3:20.68. Greg Greene (Garey, Pomona) raced steadily in the 110 meter Highs, moving up while others clobbered hurdles along the way, with the Garey star only nudging the 10th barrier on his way to a State Leading 14.29 (wind -1.3 mps). Muir's Vince Grant went out like a house afire in the 300 meter Intermediates, having a 5 meter lead through 200 meters at 24.2. Charles Johnson (Cajon, San Bernardino), probably upset after a 5th place Highs finish, raced the straightaway perfectly, racing past the field and Grant on his way to a .04 win at 38.25 over the Muir

Men's Results
100m: (Seeded): (wind -2.59 meters per second) 1, Goss (Washington, LA.) 11.12, 2. Sulow (Muir, Pasadena) 11.20, 3. Hicks (Crenshaw, LA.) 11.23, 4. Riley (Fairfield) 11.27, 5. Fuller (Locke, LA.) 11.28, (Invitational (wind -2.06 mps) 1. Burks (Washington, L.A.) 10.85, 2. Green (Poly, Long Bch) 10.87, 3. Martin (San Clemente) 10.99, 4. Lawyer (Santa Barbara) 11.05, 5. Mitchell (Los Alamitos) 11.19.

200m: (Seeded): 1. Martin (San Clemente) 21.69, 2. Gross (Washing ton, L.A.) 21.94, 3. Lawyer (Santa Barbara) 22.24, 4. Townsend (Do-sey, L.A.) 22.29, 5. Shearer (Säver Creek, San Jose) 22.40. (Invitational); (wind - 85 mps) 1. Green (Poly, Long Bch) 21.43 State Leader, 2. Noriega (Pasadena) 21.54, 3. Mitchell (Los Alamitos) 21.75, 4. Burks (Washing

ton, L.A.) 21.86, 5. Wilkins (Westwood, Mesa, AZ) 21.87. 400m: 1. Warren (Dorsey, L.A.) 47.51, 2. Shearer (Silver Creek, San Jose) 47.78, 3. Speech (Riordan, S.F.) 49.31, 4. Woodward (Poly, Long Bch) 49.51, 5. Edwards (Fontana) 49.61, 6. Enris (Muir, Pasadena) 49.67

7. Templeton (Crenshaw, L.A.) 49.98.

800m: 1. Candaele (Carpinteria) 1:51.19 National Leader), 2. Magss (Santa Teresa, San Jose) 1:51.93, 3. Adderley (Atlantic, Delray Bch. Fl.) 1:52.01, 4. Titus (Clovis) 1:52.43, 5. Jenkins (Eisenhower, Rialto) 1:52.78, 6. Peat (Robeson, Brooklyn, NY) 1:53.31, 7. Terry (El Modena, Orange) 1:53.52, 8. Wheaton (Evergreen, Seattle, WA) 1:54.56, 9. Au-

rich (Lutheran, Denver, CO) 1:55.3.

1600m: 1. Quintana (Arroyo Grande) 4:09.82 State Leader, #3 Time Nation, 2 Gastelum (Brimingham, Van Nuys) 4:09.87, 3. Jordan (Verico) 4:10.80, 4. Berkowitz (Hayward) 4:13.31, 5. Kite (Camarillo) 4:15.50, 6. Davis (Mead, Spokane, WA) 4:16.15, 7. Harris (Hoover, Glendale) 4:16.33, 8. Wost (Acadomy, Albuqueque, NM) 4:16.74, 9. Ringer (Homestead, Cuperano) 4:17.06, 10. Degenhart (Mead, Spokane, WA) 4:17.18 11. Scroggins (Mt. View, Vancouver, WA) 4:17.2, 12. Rigal (Loyola, LA) 4:17.6, 13. Jason Abvood (Castro Valley) 4:18.3, 14. Dahl (Sacto) 4:18.4, 15. McCallery (Marina, Huntington Boh) 4:18.8.

3200m: 1. Maris (White River, Buckley, WA) 8:53.78 National Leader Dameworth (Agoura) 8:53.85 State Leader, 3. Valdez (Camarillo) 9:02.09, 4. Price (Saddleback, Santa Ana) 9:06.66, 5. Gonzales (La Habra) 9:07.51, 6. Berkeland (Canyon, Canyon Country) 9:07.52, 7. Herrera (Hoover, Glendale) 9:08.45, 8. Seven (DeLaSalle, Concord) 9:09.38, 9. Aguere (San Fernando) 9:10.38, 10. Ryser (Carson City, NV) 9:11.68, 11. Morales (Wilson, L.A.) 9:18.83, 12. Draheim (Bend, OR) 9:19.5, 13. Bara-jas (Fillmore) 9:19.9, 14. Hartman (Canyon, CC) 9:25.0, 15. Farrell (San

Clemente) 9:26.4, 16. Gonzales (Carson) 9:26.7.

110m High Hurdles: (wind -1.3 mps) 1. Greene (Garey, Pomona) 14.29 state leader, 2. Hawkins (Carson) 14.60, 3. Devezin (Muir, Pasade na) 14.67, 4. Reynolds (Nogales, La Puente) 14.79, 5. Johnson (Cajon, San Bernardino) 14.88, 6. Higgins (Fairfield) 14.90, 7. Brown (Huntington

300m Intermediate Hurdlee: 1. Johnson (Cajon, San Bernardino) 38.25 state leader, 2. Grant (Muir, Pasadena) 38.29, 3. Williams (Escondido)

38.85, 4. Carter (So. Bakersfield) 39.13, 5. Higgins (Fairfield) 39.30, 6. Reynolds (Nogales, La Puente) 39.39, 7. Jackson (Duarte) 39.64, 400m Retay: (Seeded): 1. Carson 42.10, 2. Poly, Long Beach 42.26, 3. Pasadena 42.53, 4. Bakersfield 42.62, 5. Lompoc 42.72, 6. Riordan (San Francisco) 43.08, 7, Bellarmine, San Jose 43.26, 8. Wilson, Long Beach

Francisco 43.08, 7, Bellarmine, San Jose 43.26, 8, Wilson, Long Beach 43.37, (Invitational): 1. Washington, L.A. 41.16 State Leader, 2, Muir, Pa-sadena 41.68, 3. Crenshaw, L.A. 41.97, 4, Locke, L.A. 42.33, 5. Dorsey, L.A. 42.66, 6, Saddieback, Santa Ana 43.51. 1600m Relay: (Seeded): 1. Locke, L.A. 3.20.68, 2. Pasadena 3.21.40, 3. Banning (Wilmington) 3.22.38, 4, Washington, L.A. 3.22.67, 5. Bakers-field 3.23.11, 6, Morningside, Inglewood 3.24.59, 7, Carson 3.25.52, 8, Sad-distant Carlos Anal 3.66, the Mortingside, Santa Anal 3.25, Saddieback, Carlos Anal 3.66, the Mortingside, Santa Anal 3.66, Saddieback, Carlos Anal 3.66, Sa dleback (Santa Ana) 3:25.6 (htj. (Invitational): 1. Dorsey, L.A. 3:17.30 State Leader, 2. Muir, Pasadena 3:17.74, 3. Crenshaw, L.A. 3:20.19, 4. Fremont, L.A. 3:21.22, 5. Poly, Long Beach 3:22.15, 6. Eisenhower, Rialto 3:23.74, 7. Wilson, Long Beach 3:23.6, 8. Riordan, S.F. 3:27.5.

Distance Medley Relay: 1. Venice 10:16.50 National Leader, 2. Carpinteria 10:18.51, 3. Madera 10:19.48, 4. Jesuit (Carmichael) 10:23.77, 5 Camarillo 10:26,61, 6. Rødlands 10:28.13, 7. Bøllarmine, San Jose 10:31,51, 8. De La Salle (Concord) 10:30.83, 9. Agoura 10:31.05, 10. Palos Verdes 10:31.59, 11. Hart (Newhall) 10:31.5 (ht), 12. Robeson (Brooklyn, NY) 10:32.6, 13. Santa Barbara 10:33.7, 14. Saddleback, Santa Ana 10:35.0

High Jump: 1. Rathjen (Westwood, Mesa, AZ) 6-8, 2. Anderson (North, Riverside) 6-8, 3. (5e) Robrison (Cabrillo, Lompoc), Walker (Lakewood), and Hendrix (So. Bakersfield) 6-6, 6. Carlson (Katella, An-

Pole Vault: 1. Hysong (Tolleson, AZ) 16-0, 2. Daily (Ygnacio Valley, Concord) 15-6, 3. Williams (St. Joseph, Ogden, UT) 15-6, 4. Tetreault (Arroyo Grande) 15-0, 5. Miller (Hoover, Glendale) 14-6, 6. Wigglesworth (San Clemente) 14-6, 7. Lasquette (Mt. Pleasant, San Jose) 14-0, 8. Marston (Temple City) 14-0, 9. (tie) Cox (Hoover, Fresno) and Rameson (Dos Pueblos) 14-0, 10. Roth (Mt. Carmel, San Diego) 14-0.

Long Jump: 1. Price (University City, San Dego) 25-8 1/2w (wind +3.05 mps) (best legal 24-2 1/2 equal state leader), 2. Kaufman (Lompo) 24-5w (+3.31 mps) (no legal), 3. Duff (Etiwands) 24-1w (+2.20) (legal 23-6 1/2), 4. Edwards (Nogales, La Puonte) 23-11w (+2.94 mps), 5. Vaughn (Mayfair, Lakewood) 23-5 1/2 (wind 0), 6, Sims (Carson) 22-8

3/4 (wind 0), 7. Woods (Locke, L.A.) 22-6 1/4w (+3.94). Triple Jump: 1. Singbandith (Magnolia, Anaheim) 51-0 3/4 Meet Record and National Leader (wind 2.00), 2. Ivey (Nogales, La Puente) 48-6 3/4 (-1.50), 3. Rollins (Wasco) 47-4 1/2 (+1.50), 4. Hill (Riordan, S.F.) 47-3 (+0.50), 5. McCann (Tokay, Loß) 47-1 1/4 (+1.00), 6. McClure (Rowland, Rowland Heights) 46-9 1/2 (+2.00), 7. Baxter (Bellarmine, San Jose) 46-8 1/4 (+1.80).

Shot Put: 1. Noon (Falltrock) 71-41/4 Meet Record, 2. Pelerson (Ar cadana, Lafayette, LA) 64-71/4, 3. Baskett (Mead, Spokane, WA) 63 10, 4. Frank (Bakersfield) 57-2, 5. Partin (Mayfair, Lakewood) 57-1, 6 Bustamone (Schurr, Montebello) 55-5, 7. Van Scoy (Rio Mesa, Oxnard) 54-8 1/4, 8, McMahon (Bellarmine, San Jose) 54-7, 9, Loggins (Moreau, Hayward) 54-3.

Discus: 1. Noon (Falibrook) 192-11, 2. Baskett (Mead, Spokane, WA) 191-10, 3. Karsevar (Clovis) 183-10, 4. Buckey (Bakersfield) 182-5 (Cal State Soph Record), 5. Frank (Bakersfeld) 179-2, 6. McMahon (Bellarmine, San Jose) 174-8, 7. Marrone (Dana Hills) 173-3, 8. Partin (Mayfair Lakewood) 171-9, 9. Brown (Los Alamitos) 170-1, 10. Byrd (Westwood, Mesa, AZ) 171-9, 11. Willis (Cabrillo, Lompoc) 165-6, 12. Thomas (West Bakersfield) 161-3.

Women's Results

100m: (Seeded) (wind -2.83) 1. Small (Dorsey, L.A.) 12.45, 2. Ander son (Poly, Long Bch) 12.48, 3. Brice (Tokay, Lodi) 12.57, 4. Barfield son (rely, Long Beh) 12.48, 3. Brice (Tokay, Lodi) 12.57, 4. Barfield (Lynwood) 12.64, 5. Jones (St. Anthony, Long Beh) 12.65 (Invitational); (wind -2.03) 1. Miller (Muir, Pasadena) 11.71, 2. Jones (Rio Mesz, Oxnard) 11.78, 3. Feagin (Cocoa, FL) 12.07, 4. Jones (Mt. View, Vancouver, WA) 12.36, 5. Terry (Muir, Pasadena) 12.44, 6. Jackson (Bakersfield 12.51, 7. Bradfield (Dominguez, Comptent) 12.54, 8. Woods (Duarte) 12.51, 9. Knowles (Muir, Pasadena) 12.62.

200m: (wind 1.69) 1. Miler (Muir, Pasadena) 23.57 Meet Record and National Leader, 2. Jones (Rio Mesa, Cward) 23.80 (National 14 year old record), 3. Feagin (Cocca, FL) 24.11, 4. Jones (St. Anthony, Long Bch) 25.06, 5. Small (Dorsey, L.A. 25.22, 6. Bradfield (Dominguez, Comp. ton) 25.27, 7. Jones (Mt. View, Vancouver, WA) 25.37, 8. Campbell (Alta

Loma) 25.44, 9. Dooley (Bret Harte, Altaville) 25.57. 400m: 1. Nichols (Bakersfield) 54.50 National Leader, 2. Jones (Mt. View, Vancouver, WA) 55.08, 3. Campbell (Alta Loma) 56.01, 4. Travis

(Christian, Lincoln, NE) 56.29, 5. Keffer (Woodbridge, Irvine) 56.7. 800m: 1, Toney (Alascadero) 2:12.06, 2, Engesser (Ocean View, Huntington Bich) 2:12.79, 3, Teler (West Valley, Cottorwood) 2:15.02, 4 Marzell (Reed, Sparks, NV) 2:16.29, 5. Crain (Carondelet, Concord) 2:16.48, 6. Polk (Hamilton, L.A.) 2:17.85, 7. Robles (Woodbridge, Irvine) 2:19.0, 8. Chilton (Golden Sierra, Garden Valley) 2:19.5, 9. Jensen (So. Lake Tahoe, Lake Tahoe) 2:19.8.

1600m: 1. Hecox (South Hills, West Covina) 4:52.04 National Leader, 2. Bartholomew (Fremont, Surnyvale) 4:54.15, 3. Taylor (Edison, Hun-ington Boh) 4:54.44, 4. Shaw (Fillmore) 4:59.07, 5. Thrasher (Villa Park) 5:08.07, 6. Norell (Upland) 5:10.87, 7. Aparicio (Fillmore) 5:15.38, 8. Dahl-berg (El Modena, Orange) 5:16.44, 9. Griffith (Walnut) 5:16.98.

3200m: 1. Spies (Livermore) 10:36.56 National Outdoor leader, 2. Orlando (Carson City, NV) 10:36.67, 3. Drossin (Agoura) 10:42.39, 4. Ow ens (So. Lake Tahoe, Lake Tahoe) 10:44.29, 5. Glusac (Fallbrook) 10:51.52, 6. Sumi (Wilson, Long Bch) 10:56.05, 7. Look (Shasta, Redding) 11:00.39, 8. Pinto (Katella, Anaheim) 11:01.88, 9. York (Agoura) 11:02.69, 10. Riley (Campolindo, Moraga) 11:06.3, 11. Raybould (Leland, San Jose) 11:28.8, 12. Hanna (El Cajon Valley, El Cajon) 11:32.4, 13. Meyer (Cama-

100m Low Hurdiea: 1. Lipscomb (Santa Monica) 13.83 (wind -1.87) National Leader, 2. Stewart (Yuba City) 14.04, 3. Sanchez (Santa Teresa, San Jose) 14.66, 4. Robinson (Helgate, Missoula, Mt.) 14.77, 5. Sins (Lompoc) 14.82, 6. Warner (West Bakersfield) 14.86.

300m Low Hurdles: 1. Sims (Lompoc) 42.56 National Leader, 2. Gray (Sterling, Houston, TX) 42.76, 3, Lipscomb (Santa Monica) 42.89, 4, Sanchez (Santa Teresa, San Jose) 44.07, 5, Lewis (Maqranatha, Sierra Madre) 45.19, 6, Lazar-Lea (McAteer, S.F.) 45.62, 7, Solis (Thous Oaks)

400m Relay (Seeded): 1. Santa Monica 49.08; 2. Locke, L.A. 49.10, 3. Dorsey, L.A. 49.55, 4. Lompoc 49.71, 5. Woodbridge, Irvine 49.91. (Invita-tional): 1. Muir. Pasadena 46.07 National Leader, 2. Sterling, Houston, TX. 47.38, 3. Rio Mesa, Oxnard 47.51, 4. Morningside, Inglewood 47.97, 5 Bakersfield 48.01, 6. Poly (Long Beach) 48.05, 6. Hawthorne 48.48, 7. St. Bernard, Playa del Rey 49.61.

1600m Relay (Seeded): 1. Locke, L.A. 3:56.17, 2. Poly (Long Beach) 3:58.15, 3. Dorsey, L.A. 3:58.59, 4. Mt. Carmel, San Diego 3:59.78, 5. Lom poc 4:00.50, 6. Santa Monica 4:03.05, 7. St. Bernard, Playa del Rey 4:03.05. (Invitational): 1. Tilden (Brooklyn, NY) 3:48.62, 2. Morningside (In glewood) 3:49.11 State Leader, 3. Muir, Pasadena 3:49.59, 4. Sterling (Houston, TX) 3:50.13, 5. Hawthorne 3:52.82, 6. Rio Mesa, Oxnard 3:53.20, 7. Bakersleid 3:55.08, 8 Woodbridge (Irvine) 4:00.9 (fit). Distance Medley Relay: 1. Tilden (Brocklyn, NY) 12:13.49 National

Leader, 2. Locke, L.A. 12:15.90, 3. Pearl River, NY. 12:29.08, 4. Upland 12:30.54, 5. San Marino 12:32.92, 6. Mt. Carmel, San Diego 12:34.35, 7. South Hills, West Covina 12:36.38, 8. Paramount 12:40.78, 9. Buena (Ventura) 12:41.1, 10. Palos Verdes 12:42.6, 11. Corona del Mar 12:52.6.

High Jump: 1. Jones (Fontana) 5-4 (5-5 in jump-off), 2. Lazar-Lea (McAteer, S.F.) 5-4, 3. Mertes (Chatsworth) 5-2, 4. Oliviera (Lemoore)

52, 5. Oxford (West Valley, Cottonwood) 5-0, 6. Sims (Oxnard) 5-0. Long Jump: 1, Irving (Nova, Ft. Lauderdale, Ft.) 19-7 (wind 0), National Outdoor Leader, 2. Warner (West Bakersfield) 19-0 1/2 (wind 0), 3. Burton (Yuma, AZ) 18-9 1/2 (0), 4. Sanchioz (Santa Toresa, San Jose) 18-7 1/2 (0), 5. Robinson (Santa Ana Valley) 18-2 1/2 (0), 6. Burnham (Rio Mesa, Oxnard) 17-9 1/2 (0).

Triple Jump: 1. Yendork (Walnut) 40-7w (+2.10) (legal 40-3) National Outdoor Leader, 2. Sims (Oceanside) 39-6w (+2.50) (legal 37-10 1/4), 3. Hant (Ygnacio Valley, Concord) 38-6 1/4w (+2.10) (legal 38-1), 4. Sutherland (Muir, Pasadena) 38-1 3/4 (+1.90), 5. Peterson (Dos Pueblos, Goleta) 38-0 (+1.80), 6. Harris (Morningside, Inglewood) 38-0 (+1.50) (Pe terson better 2nd jump), 7. Jones (Fontana) 37-8 1/4 (+1.00), 8. Irving (Nova, Ft. Lauderdale, FL) 37-4 1/4w (+2.10) (legal 36-4 1/2), 9. Robin son (Santa Ana Valley) 37-3 3/4w (+2.20) (no legal). Shot Put: 1. Dumble (Bakersfield) 50-4 1/4 State Leader, 2. Weis

(Bakersfield) 46-2 1/2, 3. Paulsen (Oakland-Craig, Oakland, Ne) 46-1, 4 (Sakershee) 49-2 112, 3. Paulsen (Olakiano-Grag, Gavano, Ne) 40-1, 4. Mitchell (Valley) 42-6 114, 5. Arrington (Palmdale) 40-9 114, 6. Alo (Santa Ana Valley) 40-7 314, 7. Smith (Workman, Industry) 39-6 314, 8. Ebene (Narbonne, Harbor City) 38-9 1/2, 9. Wirtz (Leland, San Jose) 38-8 1/4, 10. Stricklin (Arroyo Grande) 38-2 3/4, 11. Pale (Paramount) 38-

Discus: 1. Weis (Bakersfield) 169-9 National Leader, 2. Paulsen (Oak-land-Craig, Oakland, Ne) 160-0, 3. Dumble (Bakersfield) 153-5, 4. Arring-ton (Palmdale) 144-0, 5. Mitchell (Vallejo) 139-5, 6. Warr (Rubidoux, Riverside) 133-3, 7. Stricklin (Arroyo Grande) 132-8, 8. McVey (Redlands)

RESULTS

CROSS COUNTRY

Team Inside Track Cross Country

January 14. Ventura. 6.6 M. & 2.2 Mi. Overall Results - 6.6 Miles

1. Ted Cotti (19-39) 36:42, 2. Paul Hough (19-39) 37:42, 3. David Kelly (18 & U) 38:09, 4. Steve Brown (19-39) 38:34, 5. Eric Kirkegaard (19-39) 39:25, 6. Peter Mogg (19-39) 40:25, 7. Bill Scobey (40-490 40:39, 8. Svan Walsted (19-39) 40:55, 9. Mike Smith (19-39) 42:09, 10. Jack Nosco (19-39)

15. Ted Ovist (50 & O) 46:28, 22. Cris McNama ra (19-34) 50:32, 40. Palsy Dorsey (35 & O) 59:20. Overall Results - 2.2 Miles

1. Steve Blum (19-39) 12:05, 2. Andy Orlega (19-39) 12:14, 3. Mike Smith (19-39) 12:17, 4. Todd Castor (19-39) 12:25, 5. Cris McNamara (19-34) 12:38, 6. Bill Scobey (40-49) 12:43, 7. Paul Cari (19:39) 13:03, 8. Eino Rompanen (40-49) 13:25, 9. Darin Lasky (19-39) 13:28, 10. John Marnell (40-49) 14:04.

18. Ron Nisbet (50 & O) 15:59, 21. Jessica Gibbs (18 & U) 16:14, 34. Patsy Dorsey (35 & O) 19:53, 38. John Gorenfeld (18 & U) 21:20.

TRACK & FIELD

Beach Relays

February 24. Cerritoe College. JC Mon's Regulte

4x100m Relay: 1. Taft *A: 40.53, 2. El Camino 41.09, 3. LBCC 41.50.

4x200m Relay: 1. Taft 1:26.1, 2. El Camino "A: 1:26.30, 3. LBCC 1:27.48.

4x400m Relay: 1. Taft "A" 3:11.29, 2. El Camino "A" 3:11.99, 3. Talt "B" 3:14.28.

4x800m Relay: 1. El Camino "A" 7:48.1, 2. LBCC 8:03:02, 3. El Camino "B" 8:09:00.

10,000m: 1. Roger Nava (Rancho Santiago) 33:08.52, 2. Armando Sanchez (East LA) 33:42.37,

3. Victor Thompson (Taft) 33:54.03. 110m HH: 1. Ed Jones (Taft) 14:43, 2. Sherman Morris (LBCC) 14:2 ht, 3. Robert Foster (Taft)

400m IH: 1. Michael Cheney (Taft) 53.1, 2. Kevin Dallas (Pasadena) 53.55, 3. Jeff Gibson (LBCC)

4x1600m Relay: 1. El Camino 17:43.70, 2. College of Sequoias 17:58.76, 3. Pasadena 18:19.27.

Sprint Mediey Relay: 1. Talt 3:27.64, 2. Compton 3:32.90, 3. Long Beach City 3:33,51. Distance Mediey Relay: 1. Grossmort 10:28.24, 2. Long Beach city 10:38.59, 3. College of Sequoias

10:42 83

3000m SC: 1, Rich Zap (LBCC) 10:19.36, 2, Juan Pommier (Saddleback) 10:35.59, 3, David Lyon (Saddleback) 10:43.50,

5000m; 1. Rafael Peralta (COS) 15:41.0, 2. Manuel Zeida (COS) 15:42.9, 3. David Zavala (Cerritos) 15:48.3

High Jump: 1. Sean Maye (Tatt) 8-10, 2. Ed Jones (Taft) 6-8, 3. Mike Herman (Mira Costa) 6-8.

Pole Vault: 1. John Bruce (LBCC) 15-11 3/4, 2. Jermy Moore (Talt) 14-6, 3. Eric Harper (Grossmont) 14-6.

Long Jump: 1. Ron Martin (El Camino) 23-11 1/2, 2. John Anthony (Cerritos) 23-0 3/4, 3. Tom

Triple Jump: 1. Howard Stanford (LBCC) 50-2 3/ 4, 2. Scott Patrick (LBCC) 49-10, 3. Curtis Mitchell (El Camino) 49-3.

Hammer: 1. Steve Kellogg (SD Mesa) 169-1, 2. Chris Mezich 149-4, 3. Wesley Dorsey (LBCC)

Shot Put: 1. Gary Kurchhoft (Saddleback) 50-8 3/ 4, 2. Terry Sherman (Mira Costa) 48-2 3/4, 3. Wright (SD Mesa) 45-10 3/4.

Javelin: 1. Woods (LBCC) 194-8, 2. Shelton (LBCC) 183-0, 3. Trigg (Fullerton) 180-4.

JC Women's Results

Sprint Medley Relay: 1. El Camino 1:46.9, 2. Fullerlon 1:52.96, 3. Grossmont 1:54.73.

Distance Medley Relay: 1. El Camino 12:57.77, 2. Mira Costa 12:59.34, 3. Grossmont 13:40.59.
4x400m Relay: 1. Long Beach City 3:57.9, 2. Talt
3:57.9, 3. Mira Costa *A* 4:29.8.

4x200m Relay: 1. Mira Costa 1:55.03.

4x100m Relay: 1. Taft 48.00, 2. Grossmont 49.96, 3. Fullerton 50.03

4x800m Relay: 1. Long Beach City 9:27.57, 2. El Camino 9:33.94, 3. East L.A. 9:42.03.

3000m: 1. Ortega (Pasadena) 11:20.2, 2. Diaz (El Camino) 11:36.6, 3. Funk (El Camino) 12:14.4.

100m H: 1. Lee (LBCC) 15.83, 2. Jakobitz (South-western) 16.59, 3. Chadwick (Grossmont) 17.45. 400m H: 1. Higgenbotham (Cerritos) 1:10.69, 2. Buettner (Southwestern) 1:12.86, 3. Chadwick (Grossmont) 1:13,68.

Javelin: 1. MacCollar (LBCC) 132-3, 2. Ardersm (LBCC) 128-8, 3. Knudson (LBCC) 120-7. Discus: 1. Crawford 134-5, 2. Franke (Fullerton)

126-7, 3. Greganic 117-1. Shot Put: 1. Crawford (Southwestern) 42-10, 2.

Jones (LBCC) 40-4, 3: Moore (COS) 36-8. High Jump: 1. Tumang (Grossmont) 4-8.

Triple Jump: 1. Holmes (El Camino) 38-6 1/2, 2. Jackson (Taft) 38-4, 3. McCoy (El Camino) 36-2. Long Jump: 1. Holmes (El Camino) 17-10 3/4, 2. Lee (LBCC) 17-0 1/2, 3. McKoy (El Camino) 16-6

Arizona State University All-Comers Meet

March 3. Sun Angel Track Stadium, Tempe, AZ Mon's Results

Hammer: 1. Kim Johansson (CAC) 203-7, 2. Claudio Garcia (Unat.) 184-5, 3. Don Kravoletz (ASU) 183-9. 400m Relay: 1. Arizona 39:92, 2. Mt. SAC "A" 40.05, 3. Glendale CC 42.25. Steeplechase: 1. Gay Richards (CAC) 9:18.69, 2. Celava (PCC) 9:27.78, 3. Chuck Schurz (CAC) 9:30.94. 1500m: 1. Tony Hernandez (CAC) 3:55.86, 2. Edgar Montes (MLSAC) 3:59:56, 3. Mike Frick (ASU) 3:59,71, 110 Hurdles: Heat 1: 1. Marcus Puriloy (Mt. SAC) 15.41, 2. Jim Leeper (MCC) 15.44, 3. Shawn Brown (ML SAC) 15.63, Heat 2: 1. Thomas Stevens (Ariz) 15.13, 2 Lamont Dailey (Unat.) 15.16, 3. Ali Massengale (CAC) 15.31, Heat 3; 1, Andrew Parker (Jamaica) 13.74, 2, John Montgomery (CAC) 14.65, 3. John Cooper (CAC) 14.92. Long Jump: 1. Matt Zuber (ASU) 24-7 1/4, 2. Johnny Cleveland (Unat.) 24-5, 3. John Burrell (CAC) 24-1 1/2, 400 Hurdies: Heat 1: 1. Collian Jennings (Unat.) 58.31, 2. Andrew Stone (MCC) 58.56, 3. Simmons (PCC) 1:00.61. Heat 2: 1. Keith Stuffle (Ariz) 54.82, 2. Dan Tillett (Mt.SAC) 55.04, 3. Jamal Mateen (GCC) 56.68. Heat 3: 1. Robert Rucker (ASU) 51.89, 2. Kevin Jones (Ariz) 52.95, 3. Vallery (Ariz) 53.26. High Jump: 1. Gabe Beechom (CAC) 7-2 1/2, 2. Kelly Young (Ariz) 6-8 3/4, 3. Brian Jameson (PCC) 6-8 3/4. 200m: Heat 1: 1. Williams Willis (CAC) 21.82, 2. Richard Sweeney (Mt. SAC) 22.26, 3. Christian Barton (GCC) 22.58. Heat 2: 1. Courtney Hill (Unat.) 22,23, 2, Kevin Holloway (GCC) 22,36, 3, Ray McGee (Unat.) 22.41. Heat 3: 1. Mark Olivier (Ariz) 21.10, 2. Mark Senior (Unat.) 21.13, 3. Delroy Francis (CAC) 21.44. Shot Put: 1. Shane Collins (ASU) 60-8, 2. Jack Trahan (Ariz) 59-7 1/2, 3. Curt Thomas (Unat.) 55-7 1/2, Triple Jump: 1. Al Woods (CAC) 49-1 3/4, 2. Dale Johnson (Mt. SAC 48-3 1/2. 5000m: 1. Tom Ansberry (Unat.) 14:25.74, 2. Todd Lewis (ASU) 14:26.94, 3. Jimmy Rodriguez (CAC) 14:28.36. Discus: 1. Doug Huff (Ariz) 168-4, 2. Curt Thomas (Unat.) 167-0, 3. Shane Collins (ASU) 162-2, 400m; Heat 1: 1. Mark Senior (Ariz) 47.97, 2. Sylvannis Hepburn (Mt. SAC) 48.62, 3. Mike Mendoza (Ariz) 48.89. Heat 2: 1. Lucius Miller (Unat.) 47.09, 2. Kerry Tate (Mt. SAC) 48.25, 3. Sean Greene (ASU) 48.36. 100m: Heat 1: 1. Eric Be thea (MCC) 11.24, 2. Christian Barton (GCC) 11.30, 3. Richard Sweeney (Mt. SAC) 11.33. Heat 2: 1. Kevin Holloway (GCC) 11.10, 2. Ted Beecroft (Ariz) 11.32, 3. Ray McGee (Mt. SAC) 11.39. Heat 3: 1. Davidson Ezinwa (Mt. Sac) 10.36, 2. Mark Senior (Unat.) 10.64, 3, Tony Monroe (Unat.) 10.74. Pole Vault: 1. Keith Stewart (Unat.) 15-5, 2. Derek Nations (Ariz) 15-1, 3. Brian Wenig (ASU) 15-1. 800m: Heat 1: 1. Aaron Ritterer (Ariz) 1:55.97, 2. Williams Carpenter (MCC) 1:56.75, 3. Shawn Simon (GCC) 1:59.69. Heat 2: 1. John McGrew (CAC) 1:51.94, 2. Eric Walbot (PC) 1:52.00, 3. Jelf Bovee (Ariz) 1:52.89. 4x400m Refay: 1. Arizona "A" 3:12.28, 2. Mt. SAC 'A' 3:13.09, 3. Arizona 'B' 3:14.53. Javetin: 1. Derek Huff (SSTC) 214-7, 2. Gerard Langlois (CAC) 206-3, 3. Derek Nations (Ariz) 181-7

Women's Results

5000m: 1. Laura LaMena (Unat.) 16:36.71, 2. Amy Komitzky (ASU) 17:43.13, 3. Deirdre Van Sickle (PC) 18:20.36. 400m Relay: 1. Mt. SAC 48.36, 2. Mesa CC 49:37, 3. Phoenix College 53:85, 1500m: 1. Louise Ronnerman (Mt. SAC) 4:47.51, 2. Lisa Cooper (Unat.) 4:48.72, 3, Jill Sienicki (ASU) 4:55.94. Shot Put: 1. Grace Apiali (Mt. SAC) 49-9 1/4, 2. Stacy Ainlay (GCC) 40-0 1/2, 3. Dyanne Jackson (MCC) 38-9, 100 H: 1, Gea Johnson (ASU) 13.83, 2. Aimee Anthony (GCC) 15.28, 3. Lena Stainen (GCC) 15.99. High Jump: 1. Gea Johnson (ASU) 5-9 1/4, 2. Shannon Kidder (GCC) 5-5 1/4, 3. Tricia Melfy (MCC) 5-3 1/4, 400m: 1. Jakki Henderson (Mt. SAC) 54.16, 2. Dana Jones (ASU) 56.07, 3. Marsha Guiacdo (Mt. SAC) 56.44, 100m; 1. Charmaine Williams (ASU) 12.36, 2. Tracie Bonner (MCC) 12.40, 3. Nadine Bratcher (Mt. SAC) 12.78. 800m: 1. Trish Huffmaster (ASU) 2:21.73, 2. Jill Sienicki (ASU) 2:21.78, 3. Christin Rapelje (MCC) 2:21.79, 400m H: 1. Aimee Anthony (GCC) 1:04.60, 2. Wilhelm (PCC) 1:06.25, 3. Suzie Patoni (ASU) 1:06.88. Discus: 1. Grace Apiafi (Mt. SAC) 168-4, 2 Stacy Ainlay (GCC) 143-1, 3. Susan Abramson (GCC) 131-1, 200m; 1. Charmaine Williams (ASU) 25.30, 2. Angela Gilbertson (GCC) 26.39, 3. Nadine Beatcher (Mt. SAC) 26.88. Long Jump: 1. Tricia

Melly (MCC) 18-2 1/2, 2. Berit Kverens (Unat.) 17-3, 3. Aimee Anthony (GCC) 16-8 3/4. 3000m; 1. Kelly Cordell (ASU) 10:11.94, 2. Shannon Whitson (Unat.) 10:45.82, 3. TGeresa Chunovich (Mt. SAC) 10:48.91. Triple Jump: 1. Tiffany Gessel (Unat.) 31-6 1/2, 2 (tie) Cathy Woodley (MCC) and Carmen Delaney (MCC) 30-5 1/2. Javelin: 1. Gea Johnson (ASU) 139-10, 2. Lennon Gardner (ASU) 120-3, 3. Tricia Melly (MCC) 108-1. 4x400m Relay: 1. Arizona State (Johnson, Patori, Williams, Jones) 3:48.28, 2. Mt. SAC 3:49.85, 3. Mosa CC "A" 4:17.53.

Cerritos Track & Field Invitational

March 3. Cerritos.

100m: 1. Moody (Southwestern) 10.65, 2. Scott

(Taft) 10.87, 3. Soboejo (East L.A.) 10.95. 400m: 1. Harris (Long Beach CC) 49.29, 2. Dale (Long Beach CC) 49:48, 3. Ayers (Cerritos)

800m: 1. Sanford (Long Beach CC) 1:54.49, 2 Sharpe (Riverside) 1:56.59, 3. Fitzpatrick (Long Beach CC) 1:56.82

1500m: 1. Graham (Southwestern) 4:05.57, 2. Molna (Citrus) 4:05.19, 3. Alcazar (Orange Coast)

3000m Steeplechase: 1. Tansley (LBCC) 9:32.88, 2. Herr (San Diego Mesa) 9:43.10, 3. Hunt (Orange Coast) 9:49.17.

5000m: 1. Woods (Hancock) 14:47.04, 2. Fox (Talt) 15:04.43, 3. Heidman (San Diego Mesa) 15:32.95

110m HH: 1. Harrington (Talt) 14.48, 2, Smith (Riverside) 14.52, 3, Wakefield (LBCC) 15.29. 400m IH: 1. Cheney (Taft) 52.84, 2. Gibson

(LBCC) 53.86, 3. Dallas (Pasadena) 54.37. 400m Retay: 1. Tall 41.54, 2. Long Beach City 41.78, 3. San Diego Mesa 42.75. 800m Retay: 1. Cerritos 1:28.98, 2. Compton

1:30.97, 3. L.A. Valley 1:33.13.

1600m Relay: 1. Taft 3:16.73, 2. Long Beach City 3:17,73, 3. Cerritos 3:19.06. Sprint Medley Relay: 1. Compton 3:36.30, 2. East LA. 3:37.07, 3. Southwestern 3:42.70.

Distance Medley Relay: 1. East L.A. 10:40.27, 2

San Diego Mesa 11:00:39, 3. Citrus 11:01:60. Long Jump: 1. Scott (LBCC) 23-3 1/2, 2. White (LA Valley) 23-2, 3. Anthony (Cerritos) 22-10 3/

Triple Jump: 1. McCoy (Riverside) 47-2 3/4, 2. Stanford (LBCC) 46-3 1/4, 3. Walton (LBCC) 45-

Hammer: 1. Kellogg (San Diego Mesa) 163-6, 2. Manning (San Diego Mesa) 141-9, 3. Mezich (San Diego Mesa) 134-0.

Shot Put: 1. Dickerson (Hancock) 47-3 1/2, 2 Frazer (Riverside) 45-7 1/4, 3. Khozam (Rancho

Santiago) 45-4. Javetin: 1. Kassebaum (Hancock) 193-7, 2. Ensarro (Riverside) 189-9, 3. Cummings (San Diego

Discus: 1. Moore (Tait) 156-7, 2. Frazer (Riverside) 155-9, 3. Khozam (Rancho Santago) 150-7. Pole Vault: 1. Sault (LBCC) 15-6, 2. Gans (LA City) 13-6, 3. Kensic (Saddleback) 13-0.

High Jump: 1. Woods (Riverside) 6-10, 2. Jones (Taft) 6-8, 3. Mower (East L.A.) 6-6. Women's Results

100m: 1. Opara (Citrus) 11.70, 2. Theagwam (Citrus) 12.43, 3. Green (Talt) 12.78.

400m: 1. Ellis (Taft) 58.17, 2. Woods (Riverside) 59.49, 3. Garner (Tally 59.54.

800m: 1. Preston (LA Valley) 2:26.08, 2. Rizo (East L.A.) 2:27.73, 3. Séles (Compton) 2:28.16. 1500m: 1. McNulty (Hancock) 5:07.59, 2. Garza (LA City) 5:08.40, 3. Nicolas (Citrus) 5:27.17.

3000m: 1. Preelo (San Diego Mesa) 11:01.45, 2.

Ceballos (East LA) 12:06.00. 5000m: 1. Mabe (LBCC) 19:23.31, 2. Sandoval (East LA) 19:47.87, 3. Hartiess (San Diego Mesa)

100m H: 1. Hale (Riverside) 14.58, 2. Johnson (San Diego Mesa) 16.07, 3, Stuart (LBCC) 16.09. 400m H: 1, Farlow (Riverside) 1:11.32, 2, Buettner (Southwestern) 1:12.67, 3. Marin (East LA)

400m Relay: 1. Taft 48.17, 2. Long Beach City 49.65, 3. L.A. Valley 50.10. 800m Relay: 1. Taft 1:41.52, 2. L.A. Valley

1600m Relay: 1, Long Beach City 3:54.47, 2, L.A. Valley 4:00.36, 3, San Diego Mesa 4:07.23, Sprint Medley Relay: 1, Citrus 1:56.90, 2, Hancock

211.78

Distance Medley Relay: 1. Long Beach City 12:48.16, 2. East L.A. 13:11.01, 3. San Diego Mesa 13:33.34

Discus: 1. Crawford (Southwestern) 143-0, 2. Anderson (SD Mesa) 122-2, 3. Jones (LBCC) 116-3. Shot Put: 1. Jones (LBCC) 41-11 1/2, 2. Crawford (Scuthwestern) 41-3, 3. Misa (SD Mesa) 38-7

Javelin: 1. MacCotter (LBCC) 133-10, 2. Anderson (LBCC) 130-10, 3. Knudsen (LBCC) 121-0. High Jump: 1. Clark (LA Valley) 5-4, 2. Fadness (SD Mesa) 4-8, 3. Osbey (LBCC) 4-8.

Triple Jump: 1. Lynch (Riverside) 35-8 1/2, 2. MacNider (LBCC) 34-11 3/4, 3. Jackson (Taft)

Long Jump: 1. Opara (Citrus) 19-11 1/2, 2. Hale (Riverside) 19-10, 3. Clarke (LA Valley) 17-6.

MultiTeam Meets at UCLA

March 12 UCLA Men's Results

100m: 1. Handrix (CS Northridge) 10.61, 200m: 1. Handrix (CSN) 21.46.400m: 1. Sandy (AP) 46.2, 2. Stevenson (UCLA) 45.6. 800m: 1. Vincent (UCLA) 1:55.14. 1500m: 1. Meyer (UCLA) 3:58.24. Two Mille: 1. Vujic (CSN) 9:05.4. 110m HH: 1. D., Knight (UCLA) 14.13, 2. Mbadugha (AP) 14.40. 400m Hurdles: 1. D. Knight (UCLA) 51.32. 400m Relay: 1. UCLA (Emmanuel, Bivins, Ingalis, Stevenson) 41.1. 1600m Relay: 1. Azusa Pacific (Dove-Edwin, Danglies, Henry, Sandy) 3:14.35, 2, UCLA 3:14.39, H.J. 1. Cogan (UCLA) 6-8. PV: 1. Bettinger (UCLA) 17-0, 2. Borick (UCLA) 16-6. L.J. 1. Anderson (UCLA) 24-2 1/2. TJ: 1. Prince (UCLA) 50-10 1/4. SP: 1. Olokoju (AP) 51-9 3/4, 2. Bergreen (UCLA) 59-2 3/4, DT: 1. Okukoju (AP) 208-9. HT: 1. J. Knight (UCLA) 206-11. JT: 1. Nellis (UCLA) 194-1. Final Yearn Scores: 1. UCLA 113, 2. CS Northridge 39, 3. Azusa Pacific 36. men's Results

100m: 1. Vines (CSN) 12.22. 200m: 1, Burnham (UCLA) 24.15. 400m: 1. Burnham (UCLA) 55.23. 800m: 1. Della Monica (UCLA) 2:15.30, 1500m: 1. Llahjell (C) 4:40.32. 3000m: 1. Han (C) 9:49.63. 100m Hurdles: 1. Vickers (UCLA) 13.8. 400m Hurdies: 1. Lee (UCLA) 64.43. 400m Relay: 1. UCLA ((Lee, Burnham, Sedwick, Smith) 45.23. 1600m Relay: 1. UCLA (Smith, Burnham, Lee, Vickers) 3:49.5, HJ: 1, Flynn (CSN) 5-4 1/2, LJ: 1, Simmons (C) 19-5 1/2, TJ: 1, Pile (CSN) 40-7, SP: 1, Whelchet (UCLA) 46-11 3/4, DT: 1, Cembellin (C) 143-8. JT: 1. Hendrickson (AP) 136-2. Team Scores: 1. UCLA 72, 2. California 55, 3. CS Northridge 38, 4. Azusa Pacific 9.

NCAA Indoor Championship

March 12 Indianapolis, IN Men's Results

55m: 1. Cason (Texas A&M) 5.07. 400m: 1. Luke (Rice) 45.79MR. 800m: 1. M. Everett (Florida) 1:47.45. Mile: 1. Whelan (Kentucky) 3:57.77. 3000m: 1, Reubon Reina (Ark) 7:56.62, 1600m Relay: 1. Baylor (Miller, Thompson, Green, Johnson) 3:06:49. 3200m Relay: 1. Villanova (Jackson, O'Regan, Summer, Seeger) 7:19.94. Pole Vault: 1. Bagyula (George Mason) 18-6 1/2. Triple Jump: 1. Floreal (CS Northridge) 12.22, 4, Jackson (Fresno St) 53-5 3/4., 5. Harris (Cal) 53-4 1/2. Shot Put: 1. Stulce (Texas A&M) 70-6 1/4MR., 5. Blutreich (UCLA)

Team Scores: 1. Arkansas 44, 2. Texas A&M 36, 3. Rorida 29, 4. George Mason 26, 5 (te) LSU and BYU 24, 7. Baylor 23, 8. Iowa St. 20, 9. Houston 18, 10. Texas, El Paso 15. Others included: 12. Washington St. 11, 23. Arizona St 6, 32. Fresno St. 5, 33. UCLA 4, 44. California 2.

Women's Results

55m: 1. Guidry (Texas) 6.66. 200m: 1. Guidry (Texas) 23:28. 400m: 1. Malone (Arizona St) 51.97. 800m: 1. Rainey (Harvard) 2:02.77, 3. Taylor (USC) 2:05.70. Mile: 1. Favor (Wisconsin) 4:38.19. 3000m: 1. Favor (Wisconsin) 9:02:30. 55m Hurdles: 1. Tolbert (Arizona St) 7.44MR, 5000m: 1. McGovern (Kentucky) 15:489.17MR. 1600m Relay: 1. Texas (Roberts, Guidry, Ates, Reichards) 3:32.01 (World Best). 3200m Relay; 1. Villanova (Torelli, Hunte, Certain, Bennett 8:31.95. High Jump: 1. Coster (AQuburn) 6-2. Triple Jump: 1. Hudson (Cal) 45-9AR. Shot Put: 1. Milott (UCLA) 51-11.

Team Scores: 1. Texas 50, 2. Wisconsin 26, 3. Florida 20 1/2, 4. (tie) Arizona St. and California 20, 6. Villanova 18, 7 (tie) Indiana and Texas Southern 16, 9. (tie) Nebraska and Tennessee 14. Others Induded: 12. UCLA 10, 20. Arizona 8, 25. USC 6.

Multi Team Meet at UC Santa Barbara

March 12. UC Senta Barbara.

Men's Results

5000m: 1. Mascorro (UCI) 14:21 99 HJ: 1. Copros (UCSB) 7-3 1/4. PV: 1. Toney (CPSLO) 16-6. HT: . Morales (UCI) 212-0.

Teem Scoree: 1, UC Santa Barbara 134 1/2, 2. Cal Poly SLO 134, 3, UC Irvine 125 1/2.

Women's Results 800m: 1. Colebrook (CPSLO) 2:04.15. 1500m: 1. Hiatt (CPSLO) 4:26.15. 3000m: 1. Park (CPSLO) 9:33.99. 5000m: 1. Marks (CPSLO) 17:02.01. 100m Hurdies: 1. Polley (CPSLO) 14.53. Mile Relay: 1. Cal Poly SLO 3:53.02. DT: 1. Sheaffer (UCSB) 153-3. JT: 1. White (CPSLO) 150-7.

Team Scores: 1. Cal Poly SLO 107, 2. UC Irvine 46, 3, UC Santa Barbara 28

GSAC

March 17. Mon's Results

Shot Put: 1. Ade Olukaju (APU) 58-3 1/2, 2. Doug Hume (APU) 40-0, 3. Brad Bauden (APU) 37-3 1/ 4. Steeplechase: 1, Sean O'Hara (PLNC) 9:29.4, 2. Tom Davis (WC) 9:42.0, 3. Rick Jones (WC) 9:51.3. 4x100 Relay: 1. Azusa Pacific 41.4, 2. Point Loma 42.0, 3. Westmont 43.6, 10,000m; 1. Goshu Tadese (PLNC) 31:38.6, 2. Rick Perman (PLNC) 31:59.3. 3. Gus Arce (PLNC) 32:00.6. Hammer: 1. Ade Olukeju (APU) 196-3, 2. Tommy Daniels (APU) 179-7, 3. Brad Bowden (APU) 168-10. 110 H: 1. Kwame Moore (PLNC) 14.81, 2. Tom Raper (CCI) 15.50, 3. Ronnie Skold (PLNC) 15.56. Javelin: 1. Clint Ger tonich (APU) 182-1, 2. Doug Hume (APU) 163-10, 3. Keith Doyel (CCf) 147-5. 100m; 1. Horace Edwin (APU) 10.83, 2. like Moadugha (APU) 10.86, 3. Mi-chael Stander (PLNC) 10.98. 400H; 1. Brian Chapman (APU) 57.21, 2. Navar Swift (FPC) 1:02:35. 2 Mille Relay: 1. Fresno Pacific (Holf, Miller, Lindholm Benton) 7:53.9, 2. Azusa Pacific 6:08.1, 3. West-mont 8:19.7, Long Jump: 1. Rornie Skold (PLNC) 22-11.1/2, 2. Eddie Corbin (APU) 21-7.1/2, 3. Joey Ellis (FPC) 21-6. Pole Vault: 1. Vince Bereslord (APU) 16-2, 2. Eric Whitcomb (APU) 15-5, 3. Matt Beard (PLNC) 15-5, Distance Medley: 1. Fresno Pacific (Ellis, Miller, Benton, Lindholm) 10:26-4, 2. Azusa Pacific 10:34.03, 3. Westmont 10:43.4. High Jump: 1. Dan Kattjes (PLNC) 7-2 1/2, 2 Brian Chapman (APU) 6-4, 3. Dave Dangleis (APU) 5-10. Sprint Medley: 1. Westmont (Holmes, Lind, Bixler, Caldwell) 3:31.2, 2. Azusa Pacific 3:31.2, 3. Point Loma 3:32.3. Triple Jump: 1. Michael Griffin (FPC) 42-11, Joey Ellis (FPC) 42-7 3/4, 3. Ezra Carbins (APU, 41-7 3/4, Discus: 1, Ade Olukqiu (APU) 202-1, 2, Brad Noon (PLNC) 133-7, 3, Dan Verdon (WC) 131-10, Mile Relay: 1, Azusa Pacific (Rodri-Gwc, Dangleis, Henry, Sandy) 3:20.7, 2. Point Lorna 3:21.8, 3. Westmont 3:23.2. Team Scores: 1. APU 169, 2. PLNC 79, 3. FPC 68, 4. WC 61, 5. CCI 16, 5. SCC 0.

Women's Results

10,000m: 1. Sherri Hall (SCC) 36:39.8, 2. Sonya Weir (APU) 38:36.7, 3. Julie Robles (FPC) 44:45.69. 4x100 Relay: 1. Point Lorna 50.4, 2. Azusa Pacific 51.1, 3. Westmont 54.9. 100 H: 1. Julie Rosemond (WC) 15.31, 2. Shawndel Reddic (PLNC) 15.43, 3. Sonia Munoz (APU) 16.60. Long Jump: 1. Kim Armb rust (APU) 16-5 1/2, 2. Alida Harasty (PLNC) 16-3, 3, Kim Mcreland (PLNC) 16-2 1/4, Shot Put: 1. Mary Guinan (PLNC) 37-8, 2. Tracy Meador (FPC) 36-8, 3. Monica Dekoster (PLNC) 36-1. Distance Mediey: 1. Westmont (Tozer, Rosemond, Green, Larsen) 12:34.3, 2. Point Loma 12:46.1, 3. Azusa Pacific 13:02.0. Discus: 1. Diane Van Leeuwen (APU) 137-5, 2. Tracy Meadors (FPC) 132-7, 3. Nanci Burns (FPC) 127-8. High Jump: 1. Latrese Johnson (APU) 5-10, 2. Shawndel Reddic (PLNC) 5-2, 3. Joanna Strader (PLNC) 4-10. Triple Jump: 1 Shawndel Reddic (PLNC) 34-11 3/4, 2. Soria Mu-noz (APU) 34-8, 3. Kim Moreland (PLNC) 34-0 3/ 4. 2 Mile Relay: 1. Point Lorna (Mabe, Cuevas, Couch, Ronnerman) 9:40.6, 2. Azusa Pacific 9:45.7, 3. Westmont 9:52.1, 400 H: 1. Melissa Mabe (PLNC) 1:07.07, 2. Kristin Lien (APU) 1:08.38, 3. Tracie Bradley (PLNC) 1:11.99. 100: 1. Aminda Sloan (PLNC) 13.13, 2. Teresa Hortelano (APU) 13.25, 3. Alicia Harasty (PLNC) 13.33. Javetin: 1, Karaloo Hendrickson (APU) 135-0, 2. Alicia Harasty (PLNC) 121-6, 3. Nanci Burns (FPC) 111-0. Sprint Medley: 1. Azusa Pacific 1:53.4, 2. Point Loma 1:55.3, 3. Fresno Pacific 2:03.0. Mile Relay: 1. Point Lorna (Mabe, Cuaves, Ronnerman, Sloan) 4:03.4, 2. Azusa Pacific 4:07.0, 3. Westmont 4:28.8, 3000m: 1. Jenee Elis (APU) 10:35.1, 2. Vanessa Couch (PLNC) 10:38.1, 3. Sonya Weir (APU) 10:55.6. Team Scores: 1. PLNC 128, 2. APU 120, 3. FPC 62, 4. WC 50, 5. SCC 6.

Invitational Track & Field Meet

March 19. Cal Poly Pomona.

Men's Results

100m (Race 1); 1. Love (Taft) 10.34. (Race 2); 1. Daniels (Biola) 10.34. 200m (Race 1); 1. Gill (Taft) 20.3w. (Race 2): 1. Williams (S&S) 20.3w. 400m: 1. Roberts (CS Bakersfield) 46.84, 800m; 1. Maye (Taft) 1:49.79, 1500m: (Race 1): 1. Barboza (Brazil) 3:50.0. (Race 2): 1. Montes (Mt. SAC) 3:55.45. 5000m: 1. Morcell (Riverside CC) 13:44.8. 10,000m: 1. Ortiz (Gardena TC) 30:08.1. 110m HH: (Race 1): Dixon (South Bay) 13.74. (Race 2): 1. Ricky Williams (Unat.) 14.04. 400m Hurdles: 1. Page (Team Elits) 50.40.3000m Steeplechase: 1. Poque (Army) 9:05.18.400m Relay: 1. Mt. SAC 40.02. Mile Relay: 1 Taft 3:12.0. PV: 1. Burke (CPSLO) 16-8. HJ: 1 Jones (San Bernardino Valley) 6-10. JT: 1. Life (US Marines) 238-2

Women's Results

100m: 1. Opara (Citrus) 11.39, 200m: 1. Bakare

(SoCal Cheet) 23.1. 400m: 1. Shaw (CS Fullerton) 54.77. 800m: 1. Sutherland Cooper (CS Fullerton) 2:10.6.3000m; 1. McNamara (Unat.) 9:34.90, 5000m; 1. Tracey (El Camino) 17:35.2, 100m Hurdies; 1. Epps (SoCal Cheet) 13.76w, 400m Hurdles: 1, Marsha Guialdo (Mt. SAC) 60.96. 400m Relay: 1. Taft 47.28. Mile Relay: 1. Mt. SAC 3:51.84. HJ: 1. Larsen (Nike Cst) 5-8. SP: 1. Apiali (Mt. SAC) 52-1. DT: 1. Apiali (Mt. SAC) 157-8, JT: 1. Schimel (Nike Cst) 170-6.

Track & Field Meet at UCI

March 19. UC trvine. Mon's Results

1500m: 1. Dear (Utah St) 3:50.8. 3000m SC: 1. H9ill (US) 9:04.3. HJ: 1. Farmer (UC Irvine) 6-11. SP: 1. Morales (UCI) 56-1 1/4. HT: 1. Morales (UCI) 191-1.

Team Scores: 1. UC kvine 73, 2. Navy 66, 3. Utah State 58, 4. CS Fullerton 9.

Women's Results

100m: 1. Bracey (UCI) 11.8. 200m: 1, Akpan (Utah St) 24.3. 1500m; 1. Packham (Weber St) 4:32.1. 5000m; 1. Rabbitt (UCI) 17:10.8. 100m Hurdles: 1. Akpan (US) 13.6.

Team Scores; 1, UC Irvine 78, 2, Utah State 52, 3. Texas Tech 33, 4, CS Fullerton 6.

Multi-Team Track & Field Meets

March 18. UCLA. Men's Results

100m: 1. Hall (Texas) 10.47, 200m: 1. Hall (Texas) 21.19. 400m: 1. Lewis (UCLA) 46.21. 800m: 1. Wisnovsky (UCLA) 1:51.42. 1500m: 1. Lienau (FSU) 3:49.79. 5000m: 1. Dani (UCLA) 14:38.97. 110m HH: Knight (UCLA) 14.24. 400m IH: 1. Knight (UCLA) 51.43. 3000m SC: 1. Stang (FSU) 8:55.97.
 400m Relay: 1. Toxas (Hall, Ladejo, Ramirez, Johnson) 39.98. 1600m Relay: 1. UCLA (Ingalis. Wisnovsky, Stevenson, Lewis) 3:09.80. PV: 1. Sprague (FSU) 17-0. LJ: 1. Anderson (UCLA) 25-1. SP: 1. Blutreich (UCLA) 60-1. DT: 1. Blutreich (UCLA) 198-4. HT: 1. Knight (UCLA) 208-9. JT: 1. Boden (T) 271-9.

Team Scores: UCLA 97, Fresno State 66.

UCLA 83, Texas 71 Texas 101, Fresno State 62.

Women's Results 100m; 1. Burnham (UCLA) 11.91. 200m; 1. Smith (UCLA) 24.46. 400m; 1. Smith (UCLA) 55.77. 800m; 1. Lieder (FSU) 2:12:14. 1500m; 1. Jorgensen (UCLA) 4:39.2. 3000m: 1. Ogas (FSU) 9:57.42. 100m Hurdles: 1. Sedwick (UCLA) 14.39. 400m Hurdles: 1. Lee (UCLA) 63.58. 400m Relay: 1. UCLA (Turner, Burnham, Lee, C. Smith) 45.20. 1600m: 1. UCLA (Sedwick, Burnham, Moses, Smith) 3:43.87; HJ; 1. Coleman (UCLA) 5-7; LJ; 1. Hopper (UCLA) 18-2 1/4. TJ; 1. Moses (UCLA) 38-10 1/4. SP; 1. Millett (UCLA) 49-7 3/4. DT; 1. Millett (UCLA) 174-3. JT: 1. Millett (UCLA) 157-1. Team Scores: 1. UCLA 92, 2. Fresno State 43.

Track & Field Meet at USC

March 19. USC. Men's Results

100m: 1. Love (CSLA) 10.74, 200m: 1. Watts (USC) 21.41, 400m: 1. Langston (CSLB) 47.66. 800m: 1. Stozier (Iowa) 1:51.74. 1500m: 1. Chambers (lows) 3:52.8. Two-Mile: 1. Beaudet (USC) 9:12.85. 110m HH: 1. Reading (Unat.) 13.8. 400m Ht: 1. Joyce (CSLB) 53.57. 400m Relay: 1. Long Beach CC (Bennell, Morris, Terrell, Bridgewater) 40.96. 1600m Relay: 1. USC (Crear, Kissey, Cannady, Porter) 3:11.01. HJ: 1. Craft-Negrete (San Diego

Carlsbad 5000

By Richard Lee Slotkin

March 25. Carlsbad.

No WR this year for the 'Bad 5000; not even a course record. But they did get an AR, so the beat goes on. But then what would you expect with all that talent and a little prize money thrown in? After the race Doug Padilla was asked if that combination of talent and money wouldn't cause the race to degenerate into a tactical affair. His answer: With this kind of talent you're going to have to take it hard from the beginning. and I don't know that we can really call this that much of a tac

hard. Well, it wasn't "we" that was only a few seconds off the WR, set right here last year by Yobes Ondieki, it was "he", Doug Padilla that just missed it but lowered the AR by .2 seconds.

And it was hard. Not only was the company very fast, Padilla, still a track man at heart, was constantly worried about something else. He noted that, "... there's no really safe place to avoid getting boxed, where if you're in lane 2 or 3 on the track, you're never going to get boxed."

you're never going to get boxed."

So, he knew he had to go fast and stay at or close to the front, which he

At the finish: DOUG PADILLA (#9), a step ahead of IGNACIO FRAGOSO, BARNABA KORIR (#14) holding off IBRAHIM HUSSEIN.

Photo by Richard Lee Slotkin

tical race. I mean, we were only a couple of seconds off the world record. I thought it was pretty

did. Through the mile in 4:23, losing almost none of the 50 or so starters; then 2 miles in 8:51. At that point the pack had been severely shrunk and was down to just 7, but that's a lot of people with just a mile to go. Padilla, by swinging very wide through the two tight turnarounds had taken and held the lead since about a mile and a quarter, but by no more than a step. With

him were Ignacio Fragoso, Ibrahim Hussein, Barnaba Korir, Gerardo Alcala, Sidney Maree and Maurice Hernandez. Steve Scott, who used to own the race, was, for the 2nd year in a row, about 10 yards back, still close.

And already out of it.

en, the women were hampered by two spills. The first came with the starting gun when one of the men went down. The second came about 400 yards later at the first left turn when Leann Warren fell, ... really hard. I heard this thud



Left to right: ELLY VAN HULST, MARY KNISELEY, ANNETTE PETERS with TINA LJUNDBERG behind, PATTISUE PLUMER and MONICA JOYCE.

Photo by Richard Lee Slotkin

Less than half a mile to go and it was Padilla, with Fragoso on his heels like a dog chasing a mailman, followed by Hussein trying to hold off Korir, all of them with the afterburners blazing. Then, around a corner, Padilla again going very wide, and again losing very little speed and rhythm, and again gaining an extra yard lead, it was 200 yards downhill to the finish. With 50 to go, Padilla glanced back. Yeah, Fragoso was still there. If he looks back one more time Fragoso is going to pass him.

So, Padilla just went. Fragoso went. A few yards back, Korir went, and Hussein, now in 4th went. The huge crowd lining the last 200 yards were treated to a great final mad dash, eyes darting from the runners to the clock.

Positions were locked, though, and Padilla got 1st and the AR, crossing the finish line in 13:29.5, Fragoso a step behind.

Now for the ladies' race. They weren't very far behind.

Despite the small field in the elite race, about 90 starters, men and wombehind me," recalled Mary Knisely. That took Warren out of the race, but the others couldn't look back now. The women's race quickly settled to a pack of 6, led by Annette Peters, who was flanked by Elly van Hulst, Knisely, Patti Sue Plumer and Monica Joyce and followed by Tina Ljundberg.

Their business day began with a 4:56 mile. At the finish, the average had hardly dropped: 5:00 for Hulst the winner and 5:03 for Ljundberg who finished 6th. Nine seconds separated 1st from 6th. Coming to the last turn onto the final 200 yards to the tape, Knisely had a step or so lead, but Hulst surged by her just as they made the turn. Then, came the le deluge. Streaking down the hill to the finish, Knisely was passed by Plumer, then Peters, then Joycewould it ever end? And finally, mercifully, by her own admission, a now kickless Knisely crossed the line.

Hulst's time was 15:33, good but well off Lynn Williams's course and world record of 15:19.3. Williams, nursing an injury, was in attendance, working for ESPN, which was televising the race.

which was televising the race.

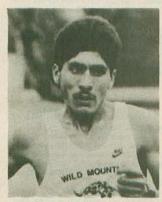
Although this was the main event, most of the 8400 regis-

continued next page...

tered entrants had already run in one of 3 previous "heats." They opened the store with a Masters race and followed that by first an open women's race and then an open men's race.

All three were blowouts to one extent or another. In the masters' race, Larry Almberg of Ellensberg Washington, led almost wire-towire and the 42-year old former Washington State Cougar finished in 14:46, almost half a minute ahead of the man who finished 4th in the marathon in Montreal, Don Kardong. And in 4th place was an Olympian with a gold and a silver in the marathon, Frank Shorter. Beating those guys, wow, isn't that the stuff dreams are made of? Next came the women's race. Paula Newby-Fraser, an Ironman Triathlon winner last year, bided her time for the first nine minutes, content to hang back a step or two. Up until then, she was one third of a lead trio, with Ellen Lyons and Anet Cooper setting the pace. But Lyons started falling back and it was Newby-Fraser and Cooper. Then, at about a mile and three quarters, N-B began to edge ahead and by the 2 mile mark she had moved the lead out to 15 yards. From there on in it was all Newby-Fraser, winning in 17:02. Nancy Reidel made a big move in the last quarter mile to grab second and in the dash to the tape Lyons repassed Reidel

In the men's open race, things got off to a fast start. So fast that they went through the first mile in 4:26. They must have thought they were in the elite race. Coming out of the first turnaround, Alfredo Vallejo took the lead and although it took him several minutes to make it substantial, he led all the rest of the way, eventually finishing in 14:14, a good 17 seconds ahead of second place Allen Russell.



ALFREDO VALLEJO Photo by Richard Lee Slotkin

Someone said that Vallejo had lead for awhile in a 10K the week before but faded badly at the end and still finished sub-30. He didn't fade any today. Russell and John Groulx pressed him most of the way, but by the 2 mile mark, in 8:43, Vallejo was 15 yards ahead, and by 3 miles, passed in 13:47, he was all alone and just cruised down the hill to the finish. Groulx was the one who faded, dropping back to 5th.

Overall Results - Men

Doug Padilla (USA) 13:30, 2. Ignacio Fragoso (Mexico) 13:31, 3. Barnaba Korir (Kenya) 13:37, 4. Ibrahim Hussein (Kenya) 13:40, 5. Gerardo Alcala (Mexico) 13:42, 6. Sidney Maree 13:45, 7. Mauricio Hernandez (Mexico) 13:45, 8. German Gilva 13:47, 9. Sam Obwocha 13:49, 10. Steve Scott (Leucadia) 13:51

11. Maurice Smith (USA) 13:55, 12. Sean Wade 13:58, 13. Matt Giusto (USA) 14:00, 14. Dan Reese 14:00, 15. Ricardo Coellar 14:01, 16. Alfredo Vigueras 14:03, 17. Danny Gonzales (USA) 14:03, 18. Benny Cruz 14:04, 19. Rob Shahanga (Tanzania) 14:05, 20. Gidamus Shahanga (Tanzania) 14:05.

21. Mark Plaatjes (USA) 14:05, 22. Marco Ochoa (Mexico) 14:09, 23. Chuck Trujillo 14:15, 24. Joe Falcon (USA) 14:19, 25. Carleton Jones (Ellensburg, WA) 14:21.

Overall Results - Women

1. Elly Van Hulst (Holland) 15:33, 2. Patti Sue Plumer (USA) 15:35, 3. Annette Peters (Springfield, OR) 15:36, 4. Monica Joyce (Ireland) 15:38, 5. Mary Knisely (Dallas, TX) 15:40, 6. Tina Ljundberg (Sweden) 15:42, 7. Chris McHamera 15:57, 8. Jody Dunston (USA) 16:02, 9. Michele Buchicchio (Pomona) 16:11, 10. Maria Trujillo (USA) 16:14.

11. Jeanne Lassee-Johnson (Portland, OR) 16:29, 12. Eryn Forbes (Portland, OR) 15:29, 13. Kathy Kanes (USA) 16:33, 14 Claudette Groenendaal (USA) 16:41, 15. Toby Jacober (Boulder, CO) 16:46.

Division Results - Men

13-17: 1. Mike Farrell 15:23, 2. Geoff Skarr 15:59, 3. Richard Hood 16:22, 18-24; 1. Antonio Co Treras 14:33, 2. Jimmy Rodriquez 14:35, 3. John Groulx 14:41, 25-29; 1. Alfredo Vallejo 14:14, 2. Allen Russell 14:31, 3. Salvador Rodriquez 14:45. 30-34: 1. Dave Parsel 14:54, 2. Henry Chio 15:02, 3. Jim Howard 15:07. 35-39: 1. David Stancliffe 15:02, 2. Rory Trup 15:08, 3. Greg Marino 15:18. 40-44: 1. Larry Almberg 14:45, 2. Don Kardong 15:14, 3. Tom Burnett 15:16. 45-49: 1. Mike Scott 15:54, 2. Tom Burns 16:04, 3. Don McCarthy 16:21. 50-54: 1. Sonny Monioz 17:20, 2.

Alan Wakeling 17:33, 3. Francisco Saiz 17:44, 55-59: 1. Jim Temples 17:47, 2. Jim Mcdade 18:27, 3. Paul Saucedo 18:50, 60-64: 1. Gaylon Jorgensen 17:36, 2. Jim Oneil 18:27, 3 Tracy Brown 19:58, 65-69: 1 Graham Murray 22:06, 2. Ross Speck 22:45, 3. Louis Harris 23:22. 70-79: 1. Donald Dilworth 21:26, 2. Oscar Borgen 25:14, 3. Hal Elrick 25:16. 80 & Over: 1. Paul Bernd 35:13, 2. Alfred Miller 44:07, 3. Jacob Bishin 44:59

Division Results - Women

12 & Under: 1. Michelle O'Connor 19:37, 2. Reyna Lara 19:38, 3. Andrea Mendez 20:16. 13-17: 1. Milena Glusac 17:59, 2. Janet Hanna 18:49, 3. Dresden Howell 19:20, 18-24: 1 Sally Ikin 17:30, 2. Claudia Beristain 17:46, 3. Denise Witting-Hertsch 17:52. 25-29: 1. Paul Newby-Fraser 17:02, 2. Nancy Riedel 17:09, 3. Ellen Lyons 17:13. 30-34: 1. Kimberlee Campo 17:23, 2. Suzi Morris 17:36. 3. Karla Ely 17:38. 35-39: 1. Mindy Ireland 17:18, 2. Honor Fetherston 18:30, 3. Loi Coker 18:46. 40-44: 1. Joni Shirley 18:26, 2. Marilee Ramsay 18:30, 3. Kerry Tabler 18:48, 45-49: 1. Kathleen Looney 17:55, 2. Kathryn Loper 19:19, 3. Saadi Carter 20:02. 50-54: 1. Jeanne Hoagland 19:44, 2. Eileen Pue 20:03, 3. Judy Hagerman 20:33. 55-59: 1. Wilma Maddock 20:41, 2. Caroline Murray 21:26, 3. Aurora Mach 27:46, 60-64: 1. Doris Gordon 26:23, 2. Lupe Escamilla 29:06, 3. Betty Roberts 30:11. 65-69: 1. Mary Story 23:33, 2. Gerry Davidson 24:52, 3. Anna Griffith 34:13. 70-79: 1. Marie Stalford 27:37, 2 Judy Simon 28:32, 3 Marjorie Easton 48.13

SQ 7-0 1/2. PV: 1. Fisher (CSLA) 16-5. LJ: 1. Tyler (SDS) 22-10. TJ: 1. Bush (CSLB) 48-8 3/4. SP: 1. Crain (Iowa) 51-4 1/2. DT: 1. Buckner (CSLA) 171-0. HT: 1. Thiss (SDS) 193-9. JT: 1. Hatfem (CSLB) 184-2.

Women's Results

100m: 1. Vaughn (SDS) 12.12. 200m: 1. Vaughn (SDS) 24.75, 400m; 1, Irvine (USC) 55.04, 800m; 1. Wilcox (Unat.) 2:09.63, 1500m; 1, Goodwin (USC) 4:36.39, 3000m; 1. Bessel (CSLB) 9:43.73, 100m Hurdies: 1. Vaughn (SDS) 14.38. 400m Hurdies: 1. DeCoux (USC) 61.97, 400m Relay: 1, USC (De-Coux, Folfe, Guialdo, Brooks) 45.66, 1600m Relay: 1, USC (Chapin, Maxie, Rolle, Brooks) 3:43.71, HJ: 1. Ames (SDS) 5-6 1/4. LJ: 1. Guialdo (USC) 20-7 1/4. T.J: 1. Carver (Unat.) 38-6 1/4. SP: 1. Peters (SDS) 42-4 1/4. DT: 1. Paquette (CSLB) 151-11. JT: 1. Selman (USC) 161-8.

Team Scores: 1. USC 62, 2. San Diego St. 61, 3. CS Long Beach 31, 4. CS Los Angeles 19.

Express Invitational Track & Field Meet

March 24. Contra Costa CC, San Pablo. Men's Regults

100m: 1. Darren Stringer (Sol) 10.53, 2. Glen Tipton (Mer) 10.63, 3. David Crayton (CCC) 10.63. 200m: 1. Darrin Stringer (Sol) 21.71, 2. Jerry Craft (CCC) 21.87, 3. James Williams (CCC)

400m: 1. James Williams (CCC) 49.00, 2. Paul Scott (Sky) 49.51, 3. Jerry Craft (CCC) 49.88. 800m: 1. Todd Trask (SRJC) 1:57.63, 2. Quinton Crosby (MPC) 1:59.03, 3. Kwesi Peterson (Sky) 15917

1500m: 1. Shane Healy (CCC) 4:10.31, 2. Scott Kennedy (Mar) 4:13.44, 3. Joseph Phillips (Mer) 4:18.29

3000m SC: 1. Eric Ungerecht (Mar) 10:24.7, 2. Cory Giles (Sol) 10:38.99, 3. Clyde Trent (SJD)

5000m; 1. Scott Kennedy (Mer) 16:14.93, 2. Tim

Coburn (SJD) 16:23.00, 3. Scott Fry (SJD) 16:4220

110m HH: 1. Doug Conners (CCC) 14.0, 2. Jammie Gaudem (SR) 15.0.

400m H: 1. Terrance Burnham (CCC) 57.84, 2. Doug Conners (CCC) 57.99, 3. James Gaudern (SRJC) 59.33.

4x100m Relay: 1. Morritt College 42.75, 2. Contra

Costa 43.3, 5. Delta College 44.87. 4x400m Relay; 1. Merritt 3:19.92, 2. Contra Costa 3:22.06, 3. Delta College 3:29.94. Discus: 1. Fua (SJD) 152-0, 2. Rollings (SRJC)

143-5, 3. Linder (MPC) 128-0. High Jump: 1. Thompson (CCC) 6-10, 2. Birkenes

(SR) 6-8, 3. Richardson (SJD) 6-4. Shot Put: 1. Fua (SJD) 46-1, 2. Linder (MPC) 38-

4, 3, Rollings (SRJC) 37-5 1/2.

Triple Jump: 1. Satcher (CCC) 49-2, 2. Brown (CCC) 48-3, 3. Angelo (SRJC) 43-0. Javelin: 1. Frenor (CCC) 149-9 1/2, 2. Rollings

(SRJC) 146-9, 3. Bishop (KRC) 143-6 1/2 Long Jump: 1. Brown (CCC) 22-5, 2. McCoy (MPC) 22-3 1/2, 3. Satcher (CCC) 21-9. Women's Results

100m: 1. Atkinson (Sol) 12.55, 2. Alexander (MPC) 12.76, 3. Ammonds (KRC) 12.76. 200m: 1. Brown (SRJC) 26.79, 2. Alexander

(MPC) 26.80, 3. Ammonds (KRC) 26.85. 400m: 1. Lockhart (CCC) 66.95, 2. Pinney (SRJC) 68.93, 3. Cryminska (MPC) 75.13.

800m; 1. Fisher (SRJC) 2:35.2, 2. Stovall (SRJC) 3:35.81, 3. Wraydon (Sky) 2:38.91

1500m: 1. Fisher (SR) 5:12.11, 2. Stovall (SR) 5:12.31, 3. Landers (MPC) 5:20.00. 3000m: 1. Kesecker (SRJC) 11:02.72, 2. Landers

(MPC) 11:58.02, 3. Price (MPC) 12:29.45. 100m H: 1. Redman (CCC) 14.70, 2. Ammonds

(KRC) 15.73, 3. Gwin (SRJC) 16.39. 400m H: 1. Redman (CCC) 66.56, 2. Dwin (SRJC) 72.30, 3. Enslin (SRJC) 76.97.

4x100m Relay: 1, Santa Rosa 53,45, 2, SJ Delta 55.46, 3. Monterey 58.41.

4x400m Relay: 1. Santa Rosa 4:32.93, 2. Delta College 4:56.5, 3. Monterey 5:04.23.

Shot Put: 1. Faatvai (MPC) 38-0, 2. Haack (CRC) 34-10, 3. Duckworth (SRJC) 33-6 1/2.

Triple Jump: 1. Ammonds (KRC) 37-1, 2. Enslin (SRJC) 34-2, 3. Alexander (MPC) 34-2. Javelin: 1. Haack (CRC) 98-11, 2. Faatuai (MPC) 93-11, 3. Weiesapape (SJD) 91-7. Long Jump; 1. Atkinson (Sci) 17-4 1/2, 2. Ammonds (KRC) 17-2, 3. Mosley (SJD) 16-11 1/2. Discus: 1. Haack (CRC) 119-2 1/2, 2. Faatual (MPC) 113-11, 3. Weisapape (SJD) 108-4 1/2. High Jump: 1. Ammonds (KRC) 5-0, 2. Alexander

College of the Siskiyous Meet

March 24. College of the Siskiyous. Men's Results

(MPC) 4-8, 3. Duckworth (SRJC) 4-6.

10,000m: 1. Ames (COS) 34:41, 2. Phillips (Shas-ta) 34:48, 3. Tooke (COS) 35:40. 3000m SC: 1. Dykstra (COS) 9:38.2, 2. Moore

(CL) 10:17.5, 3. Van Camp (COS) 10:52. 400m Relay: 1. Clackamus 41.5, 2. Shasta 41.9,

3 Lassen 43.2. 1500m: 1. Crum (CL) 4:01.5, 2. Haugen (R) 4:02.9,

3. Todd (COS) 4:03.8. 110m HH: 1. Montgomery (Y) 14.6, 2. Crane (CL) 14.7, 3. Hatt (Sh) 14.8.

400m; 1. Larson (CL) 48.7, 2. Sharp (Sh) 49.2, 3. Gibson (CL) 49.9.

100m: 1. Lee (Sh) 10.7, 2. Parker (CL) 10.8, 3. McGhee (L) 13.0.

800m: 1. Crum (CL) 1:57.9, 2. Bradmerkle (COS) 1:58.2, 3. Buse (CL) 2:00. 400m IH: 1. Crans (CL) 54.0, 2. Portevial (COS)

54.4, 3. Hatt (Sh) 55.9. 200m; 1. Larson (CL) 21.7, 2. Lee (Sh) 21.7, 3.

Sharp (Sh) 22.0. 5000m: 1. Beardall (CL) 15:40.9, 2. Dykstra (COS) 16:15.5, 3, Moore (CL) 16:45.5.

1600m Relay: 1. Shasta 3:23.5, 2. Clackamus 3:24.0, 3. College of Sequoias 3:50.7.

Triple Jump: 1. Montgomery (Y) 45-5 3/4, 2. Taylor (CL) 44-11 1/4, 3. Miller (CL) 44-7. Discus: 1. James (Sh) 144-3, 2. North (B) 132-6,

3, Almgren (Sh) 124-9.

Hammer: 1. James (Sh) 164-4, 2. Thornhill (Sh) 141-6, 3. Pearce (COS) 117-8.

Pole Vault: 1. Dooley (Sh) 14-0, 2. Fehimen (Sh) 14-0 3. Waldack (Y) 13-6.

Javelin: 1. Hisb (CL) 210-9, 2. Langston (Sh) 200-1, 3. Dooley (Sh) 185-2 1/4. Long Jump: 1. Montgomery (Y) 23-1 1/4, 2. Miller

(CL) 23-1, 3. Riggs (CL) 23-1. Shot Put: 1. James (Sh) 49-0 1/2, 2. Smiderle

(Y) 48-9, 3. Thornhill (Sh) 48-8. High Jump: 1. Kite (CL) 6-8, 2. Tumer (Sh) 6-6, 3. Landagin (Sworegon) 6-6.

Women's Flesuits 5000m: 1. Wright (CL) 18:48, 2. Hull (CL) 22:48, 3. Sherve (L) 23:28.

400m Relay: 1. Shasta 52.2, 2. Redwood 52.5, 3.

1500m: 1. Olivera (Sh) 5:05.3, 2. Sheehy (Sh) 5:14.8, 3. Hall (Sh) 5:30.2.

100m H: 1. Lorentson (CL) 15.0, 2. Anderson (Sh) 17.2, 3. Lattimer (Y) 17.5.

400m: 1. Putman (B) 61.0, 2. Laporte (COS) 62.4. 3. Mallard (Sh) 64.1. 100m: 1. Smith (Sh) 12.6, 2. Kerns (R) 12.9, 3.

Yeths (R) 13.3.

800m; 1. Sheldon (COS) 2:23.4, 2. Olivera (Sh) 2:28.3, 3. Zediker (COS) 2:30.1. 400m H: 1. Lawentson (CL) 1:09.5, 2. Best (R)

1:11.9, 3. German (Sh) 1:14.6. 200m: 1. Smith (Sh) 25.9, 2. Putnam (B) 26.0, 3.

3000m: 1. Wright (CL) 10:58.9, 2. Sheehy (Sh)

11:23, 3. Day (Y) 13:33.

1600m Relay: 1. Shasta, 2. Cos, 3. Butte. Triple Jump: 1. Mallard (Sh) 35-4, 2. Fortner (Y) 33-10, 3. Kicks (COS) 26-8.

Shot Put: 1. Lillard (CL) 41-6, 2. Nylen (CL) 38-4. 3, Wissmath (Sh) 32-11.

High Jump: 1. Kerns (R) 5-0, 2. Mello (Sh) 4-10, 3. Edwards (B) 4-10.

Discus: 1, Lillard (CL) 135-9, 2, Meão (Sh) 117-10, 3. Law (L) 115-3.

Javelin: 1. Nylen (CL) 141-3, 2. Catron (L) 125-0 3/4, 3. Kuehne (CL) 113-2 1/4.



DEREK KNIGHT

Photo by Ed Richards

Long Jump: 1. Kerns (R) 15-6 1/2, 2. Biss (R) 15-5 1/2, 3. Hines (B) 1407

Multi-Team Meet March 26. Azusa Pacific.

Men's Results

100m: 1. Williams (S&S) 10.26w. 200m: 1. Ezinwa (Mt. SAC) 20.87, 300m; 1. Williams (S&S) 32.47, 800m; 1. Ashbrook (SC) 1:54.35, 110m Hurdles: 1. Reading (Unat.) 13.76w. 300m Hurdles: 1, Young (Unat.) 35.32. 1600m Relay: 1. Talt 3:09.90. HJ: 1 Nordquist (ATTC) 7-4 1/2, DT; 1. Okukoju (AP) 205-8, HT; 1. Knight (UCLA) 209-7, JT; 1. Barnett (NYAC) 250-4. PV: 1. Lehman (USC) 16-6.

Women's Results
100m: 1, Opara (Unat.) 11.53w. 200m: 1, Opara (Unal.) 23.58. 300m: 1. Jackson (Jamaica) 36.46. 800m: 1. Sutherland (SBTC) 2:13.92. 1500m: 1. Taylor (SoCal Cheet) 4:38.57. 100m Hurdles: 1. Epps (Cheet) 13.76w. HJ: 1. Johnson (AP) 6-2. TJ: Williams (Nike) 40-11 1/4. JT: 1. Schmek (NCTC) 181-11.

Track & Field Meet at Cal

March 25. Cal Berkeley.

Women's Results

100m: 1. Williams (Oregon) 12.8. 200m: 1. liby (Bay City Striders) 23.9. 400m: 1. Maxie (USC) 54.9. 800: 1. Bayles (Unat.) 2:09.4. 1500m: 1. Stiger (Reebok Aggies) 4:32.3. 3000m: 1. Wilson (Oregon) 9:28.3. 5000m: 1. Han (Cal) 16:37.7. 100m Hurdles: 1. De-500um 1. Han (val.) 1637 Hurdfes: 1. DeCoux (USC) 1.02.3 400m Relay: 1. Cal (Hudson, Hutchins, Simmons, Alvaranga) 46.0. 1600m Relay: 1. Cal (Smith, R. Mack, J. Mack, Alvarenga) 3:50.9. Hd; 1. Van Pelt (Falcon TC) 5-10. LJ: 1. Hudson (Cal) 21.4. TJ: 1. Cerkel (Cal) 38-3 1/2. SP: 1. Dukes (Unat.) 51-8 1/4. DT: 1. Dentinger (Sacramento TC) 180-11. JT: 1. Hyalt (Oregon) 165-4.

San Francisco State University Decathlon

March 30, 31. Cox Stadium, S.F.

Overall Results - Decathlon Erik Stunes (SFSU) 6809, 2. Mike Leonesia (U of Oregon) 6804, 3. Wade Mills (Calgary Spartans) 6669, 4. Jeff Bastasini (SFSU) 6031, 5. Dave Wetzel (Gumby TC) 5998, 6. Cameron Chell (Calgary Spartans) 5877.

Overall Results - Heptathlon Christine Diehl (SFSU) 5217, 2 Lindsey Clap-perton (Calgary Spartans) 4971, 3. Tara Gemer (Southwind Atletika) 4804, 4. Sherry Umris (Calgary Spartans) 4617.

CSU Northridge Invitational

March 31. Northridge. Men's Results

100m: 1, Williams (W. LA) 10.37, 2, Nwalkwo (Unat.) 10.42, 3, Dove (AP) 10.76, 4, Loyd (Team Pat) 10.74, 5, Smith (S&S) 10.82

200m: 1. Sandy (AP) 21.47, 2. Williams (S&S) 21.50, 3. Martinez (W. LA) 21.73, 4. Messama (Unat) 21.93, 5. Hill (CSF) 22.01

400m: 1. Williams (AP) 47.31, 2. Hill (CSF) 48.41, 3. Williams (USMC) 48.92, 4. Billoups (LBS) 48.94, 5. Smith (STS) 49.03.

800m: 1. Johnson (SMTC) 1:49.11, 2. Prouentano (GCC) 1:52.01, 3. Biggers (SMTC) 1:52.85, 4. Kastor (LBTC) 1:53.14, 5. Lopez (LBS) 1:55.01.

1500m: 1. Young (LBTC) 3:48.27, 2. Kastor (LBTC) 3:51.55, 3. Vujic (CSUN) 3:51.75, 4. Frisone (CSF) 4:01.26, 5. Shelly (Wild Min) 4:01.57. 3000m Steeplechase: 1. Kloer (SLO) 9:41.5, 2. Mac-Millan (SBTC) 9:45.9, 3. Perez (SLO) 9:48.4, 4.

Davis (Westmont) 9:50.9, 5. Calatalo 9:52.5. 5000m: 1. Morceli (RCC) 13:41.30, 2. Cushing-Murray (Unat.) 14:37.73, 3. Galindo (VJC) 14:58.75, 4. Stonerock (Unat.) 15:16.02, 5. Garibaldi

(Second Sale) 15:16.55. 110m HH: 1. Ashford 14.18, 2. Mbadugha (AP) 14.41, 3. A. Smith (RCC) 14.41, 4. Woods (RCC)

14.66, 5, Wilson (USMC) 14.7. 400m IH: 1. Beck (GCC) 52.35, 2. Joyce (LBS) 53.38, 3. Smith (Unat.) 53.56, 4. Boyd (LBS) 54.27, 5. Harris (RCC) 54.45.

4x100m Relay: 1, USMC 41.1, 2, Westmont 43.8, 3. Glandale CC 45.6.

Mile Relay: 1. USMC 3:15.16, 2. Riverside CC 3:20.81, 3. Azusa Pacific "A" 3:27.55, 4. CSUN 328.81.

Pole Vault: 1. Oldham (Unat) 17-0, 2. Parker (Adv. Ath) 16-6, 3. Lamonica (Ad. Ath) 16-0, 4. Johnson (Nike Infl) 16-0, 5. (fie) Goodman (Unat.) and Burton (CSUN) 15-0.

Long Jump: 1. Gildersleeve (Unat) 24-6 1/4, 2. Lee (RCC) 23-11 1/2, 3. Boyd (LBS) 23-5 1/2, 4. Scott (LA Valley) 23-4 1/2, 5. Pendleton (CSF) 23-0. Javelin: 1. Lile (USMC) 226-5, 2. Greenberg (Unat.)

211-7, 3. Vasquez (Unat.) 196-5, 4. Ensello (RCC) 194-2, 5, Gertenrick (AP) 193-10.

Shot Put: 1. Olukojo (AP) 59-0 3/4, 2. Rusher (AIA) 55-4 3/4, 3. Rose (USMC) 54-4 3/4, 4. Bai-(No) 35840 od TC) 54-1, 5. Laut (LBS) 51-11. Hammer: 1. Beard (AIA) 185-8, 2. Olukojo (AP) 182-3, 3. McCann (AIA) 178-1 1/2, 4. Youngberg (CSUN) 175-4 1/2, 5. Albers (CSUN) 172-11.

High Jump: 1. Woods (RCC) 6-9 3/4, 2. Swanson (GCC) 6-9 3/4, 3. Stewart (Adv Ath) 6-8, 4. Tebbe (CSUN) 6-8, 5. Buchanon (LBS) 6-6. Triple Jump: 1. Tiff (Unat.) 50-1 3/4, 2. Davenport

49-0 3/4, 3. McCoy (RCC) 46-11. Discus: 1. Olukojo (AP) 196-9, 2. Frazier (RCC) 164-7, 3. Rose (USMC) 160-7, 4. McCann (AIA) 153-10, 5. Presser (Westwood) 151-10.

Women's Results 100m: 1. Marden (Unat.) 12.14, 2. Ramey (UCLA) 12.19, 3. Pile (CSUN) 12.42, 4. Morris (CSUN)

12.66, 5. Barga (CSUN) 12.68. 200m: 1. Bauare (SC) 24.21, 2. Rolfe (Unat.) 24.51, 3. Cain (VJC) 24.57, 4. Pachiano (SBTC) 24.95, 5. Marden (Unat.) 25.05.

400m: 1. Vickers (UCLA) 54.81, 2. Johnson (UCLA) 55.60, 3. Cain (VJC) 56.44, 4. Sutherland (SBTC) 56.96, 5. Grant (RCC) 57.94.

800m: 1. Arreola (Nike Cst) 2:07.24, 2. McNamara (Uant.) 2:13.55, 3. Cooper-Sutherland (SBTC) 2:16.40, 5. Brandvup (Track West) 2:16.7.

1500m: 1. Prieur (Trk Wsh 4:19.54, 2. Arreola (Nike Csh) 4:20.44, 3. McNamara (Unat.) 4:22.90, 4. Morgan (Unat.) 4:32.04, 5. Delamonica (UCLA)

3000m: 1. Duenas (Track West) 10:22.7, 2. Shipper (Unat.) 10:31.50, 3. Doering (CSUN) 10:35.18, 4. Warner (CSUN) 10:38.80, 5. Haggenmiller (UCLA) 104294

5000m: 1. Cardenas (Track West) 17:07.21, 2. Bow den (Track West) 17:17.35, 3. Ashe (UCLA) 17:18.64, 4. Larsen (Westmont) 17:25.25, 5. Hau (Unat) 17:40.29

100m H: 1. Williams (CPP) 13.86, 2. Hale (RCC) 13.92, 3. Sedwick (UCLA) 14.42, 4. Morris (CSUN) 14.50, 5. Fritz (UCSD) 15.54.

(ASOM H: 1. Rosemond (Westmont) 1:07.05, 2. Farlow (RCC) 1:08.20, 3. Jagielski (UCSD) 1:08.35, 4. Francis (GCC) 1:11.07, 5. Roche (UCSD) 1:11.41 4x100m Relay: 1, UCLA "A" 44.9, 2, Riverside CC 47.8, 3, Ventura JC 49.1, 4, Cal Lutheran 51.1, 5. UC San Diego 51.1.

Mile Relay: 1. UCLA "B" 4:00.01, 2. Azusa Pacific 4:01.96, 3. Ventura JC 4:08.30, 4. Westmont 422.75

Long Jump: 1. Hale (RCC) 18-8 3/4, 2. Reiph (CSULA) 18-4 1/2, 3. Nash (CSUN) 18-2 3/4, 4. Conner (CSUN) 18-1 3/4, 5. Strange (LBS) 18-1

Javelin: 1. Gill (LBS) 142-8, 2. Reslock (LBS) 142-5, 3. McDonough (AIA) 141-5, 4. Hendbickson (AP) 137-5, 5. Williams (RCC) 116-2. Shot Put: 1. Whelchel (UCLA) 46-5 1/4, 2. Ward

(UCLA) 44-6, 3. Tyree (Nike Coast) 43-6 1/2, 4. Greganic (LBS) 40-0 1/2, 5. Bruno (CSUN) 38-2

High Jump: 1. Pile (CSUN) 40-9 1/2, 2. Moses (UCLA) 39-9 34. 3. Conner (CSUN) 39-1, 4. Lynch (RCC) 38-4 34. 5. Allen (LBS) 10.79m. Discus: 1. Pacquette (LBS) 153-2, 2. Whelchel (UCLA) 138-1, 3. Ward (UCLA) 135-10, 4. Van Leauwen (AP) 132-0, 5. Gregaic (LBS) 114-9.

Dual Track & Field Meet April 2 UCLA.

100m: 1. Mahorn (C) 10.37, 200m: 1. Mahorn (C) 20.90, 400m: 1. Slevenson (UCLA) 47,70, 800m: 1. Tamblyn (C) 1:49.61, 1500m: 1. Williams (C) 3:53.39, 5000m: 1. Santamaria (UCLA) 14:43.74. 110m HH: 1. Knight (UCLA) 14.08. 400m HI: 1. Knight (UCLA) 51.79. 3000m SC: 1. Animana (UCLA) 9:10.73. 400m Relay: 1. California 40.82. 1600m Relay: 1. UCLA 3:26.06. HJ: 1. Rogers (C) 7.



0 3/4, PV: 1, Bittinger (UCLA) 16-8 3/4, LJ: 1, Smith (C) 25-2 3/4, TJ: 1, Harris (C) 50-10 1/2, SP: 1, Anderson (C) 59-9 1/2, DT: 1, Thompson (UCLA) 188-1, HT: 1, Bergreen (UCLA) 190-8. Team Scores: 1. UCLA 93, 2. California 69.

Stanford Invitational

April 2 Stanford.

Men's Resulta

100m: 1. Ogbeide (Washington St) 10.47. 400m: 1. Joubert (WS) 46.53. 800m: 1. Joubert (WS) 1:50.2. 1500m: 1. Stroschein (WS) 3:49.29. 5000m: 1. E. Mastalir (Stanford) 14:04.67. 10,000m: 1. Presson (Nev, Reno) 29:54.7, 110m HH; 1, Reading (USC) 14.07, 400m IH; 1, MacDonald (WS) 51-42, 3000m SC: 1. Price (WS) 8:46.99, 400m Relay: 1. Washington State 41.32. Mile Relay: 1. Ohio State 3:12.1. 3200m Relay: 1. Stanford 7:31.4. Distance Medley Relay: 1. Stanford 9:47.73. HJ: 1. Berry (CS Ba-kersfield) 7-0 1/2. PV: 1. Williams (CPSLO) 17-0 3/ 4. LJ: 1. Hickerson (Stanford) 24-8. TJ: 1. Miller (IV. Reno) 51-11 3/4. SP; 1. McKee (Unat.) 59-4
1/2. DT; 1. Biasi (Italy) 172-7. HT; 1. Addelman
(UC Davis) 199-9. JT; 1. Collatz (Unat.) 232-4.
Women's Results

100m: 1. Gaines (Stanford) 11.85, 1500m: 1. PS Plumer (Unat.) 4:12.89. 3000m: 1. Gray (Stanford) 9:28.73. 5000m: 1. PS Plumer (Unat.) 15:58.96. 10,000m: 1. Han (California) 34:30.9. 100m Hurdles:



SABRINA HAN

Photo by Burt Davis

(CS Hayward) 14.38, 400m Relay: 1, Stanford 46.40, 3200m Relay: 1, Cal Poly SLO 8:49.3, 1600m Relay: 1, Stanford 3:49.4, Distance Medley Relay: 1, Resbok Aggies 11:43.59. Shuttle Hurdle Relay: 1 Cal Poly SLO 60.7, TJ: 1. Hudson (Cal) 45-0 1/2. SP: 1. Dukes (Nike Cst) 49-1 1/4, TJ: 1. White (CPSLO) 15501.

UCI Meet

April 2. UC Irvine.

Mon'a Results

100m: 1. Fredericks (BYU) 10.31, 200m: 1. Kayode (BYU) 20.99. 400m: 1. Huston (San Diego St) 47.38. 3000m SC: 1. Mecham (BYU) 8:48.66. 400m Relay: 1. BYU 41.01. 1600m Relay: 1. San Diego State 3:15.95, HJ: 1. Farmer (UCI) 6-11, HT: 1. Morales (UCI) 204-1.

Team Scores: 1, BYU 79, 2, UCI 60 1/2; 3, San Diego State 58 1/2, 4. Cal Poly Pomona 9.

Women's Results

100m: 1. Brooks (USC) 11.97. 200m: 1. Brooks (USC) 24.07. 400m; 1. Maxie (USC) 54.89. 1500m; 1. Rabbitt (UCI) 4:27.69. 3000m; 1. Birk (BYU) 9:34.19. 100m Hurdles: 1. Vaughn (SDS) 13.91, 400m Hurdles: 1. Ames (SDS) 1:00.21. 400m Relay: 1 USC 46.46. 1600m Relay: 1, USC 3:44.16. HJ: 1, Wilson (BYU) 5-9. TJ: 1. Ames (SDS) 41-6. SP: 1. Lep-pauloto (BYU) 45-11 3/4, DT: 1. James (BYU) 156-8. T.J: 1. Selman (USC) 176-7.

Yeam Scores: 1. BYU 57, 2. San Diego State 49, 3. USC 47, 4, UC Irvine 32,

Sun Angel Track Classic

April 7. Tempe, Arizona.

Men's Results 100m: 1. Floyd Heard (SMTC) 10.40, 2. Luis Mo-rales (Cheel) 10.44, 3. Mark Senior (Sports TC)

110m Hurdies: 1, Tony Dees (FC) 13.47, 2. Patrick McGhee (FC) 13.56, 3. Courtney Hawkins (SMTC) 13.60.

400m Hurdles: 1. Patrick McGhee (FC) 49.02, 2. Kevin Henderson (Nike Atl) 49.54, 3. Nat Page (TE) 49.98.

1500m; 1. John Quade (Nike West) 3:45.65, 2. Jeff Smith (Unat.) 3:45.98, 3. Paul Greer (SDTC)

3000m Steeptechase: 1. Todd Lewis (ASU) 8:49.56, 2. Milford Twanina (Unat.) 8:53.90, 3. Mark Souza (SMTC) 8:53.96.

5000m: 1. Tom Ansberry (Unat.) 14:04.40, 2. Bo Reed (Unat.) 14:05.68, 3. Dave Barney (Ark TC) 1429.79.

4x100m Retay: 1. Florida Clippers (Goins, Dees, Daniel, Cooper) 38.85, 2. Santa Monica TC (Marsh, Everett, Thomas, Heard) 39.01, 3. Sports

Sprint Mediey Relay: 1. Mississippi 3:15.06, 2. lowa 3:15.64.

Shuttle Hurdle Relay: 1. Florida Clippers (Dees, George, Owens, McGhee0 55.24, 2. Taft 58.04.

4x200m Relay: 1. Horida Clippers (L.Daniel, Cooper, C.Daniel, Dees) 1:21.38, 2. So. Cal. Cheetahs 121.40, 3. East Cardina 1:22.62.

4x400m Relay: 1. Santa Monica Unattached 3:01.59, 2. Sports TC 3:03.26, 3. Mississippi 3:07.45. Distance Medley Relay: 1. Santa Monica B (Biggers, Hoo, Johnson, Cushing-Murray) 9:42.84, 2c Camel TC (Van Sickle, Woods, Geyer, Scott) 9:43.74, 3. Santa Monica "A" (K. Young, Okash, Luevano, Lewis) 9:45.13.

Hammer: 1. Gerry Ryan (MAN) 204-9, 2. Kim Jo-hansson (CAC) 202-1, 3. Dave Wilson (SMTC)

Pole Vault: 1. Larry Carr (FL St.) 17-6. (No other vaulter made a height).

Javelin:; 1. Jim Lathrop (Unat.) 223-10, 2. Gerald Langlois (CAC) 216-2, 3. Joe Greenberg (AA) 210-

Shot Put: 1. Shane Collins (ASU) 64-1 1/4, 2. Simon Williams (LSU) 60-5 1/4, 3. Dave Wilson

(SMTC) 59-2.

Long Jump: 1. John Burrell (CAC) 24-11, 2. Paul Jones (Iowa) 24-11, 3. Vernon George (FC) 24-11. Triple Jump: 1. Alvin Haynes (MISS) 52-2, 2. Michael Dwyer (Cent St) 51-6 1/2, 3. Anthony Williams (MISS) 51-5.

Discus: 1. Simon Williams (LSU) 185-8, 2. Curt Thomas (Unat.) 181-7, 3. Dave Wilson (SMTC)

High Jump: 1. Lee Balkin (SSTC) 7-0 1/2, 2. David Cunhningham (GCC) 7-0 1/2, 3. Jim Cody (SDTC)

Women's Results

100m: 1. Tina Inheagwan (Cheel) 11.69, 2. Wendy Vereen (Atoms) 11.73, 3. Ethlyn Tate (Morg St) 11.76



DARCY ARREOLA

Photo by Kirby Lee

100m Hurdies: 1. Lynda Tolbert (ASU) 13.15, 2. Cheryl Wilson (Unat.) 13.45, 3. Danna Walter (US West) 13.60.

400m Hurdles: 1. Donalda Buprey (LSU) 58.13, 2. Michelle DeLoux (USC) 1:01.11, 3. Gaylon Aimes (SDTC) 1:01.86.

1500m: 1. Nikki Toms (NAU) 4:27.24, 2. Bridget Smyth (UA) 4:29.23, 3. Shannon Clark (USC) 4:34.45

5000: 1. Laura LaMena (Uant.) 16:08, 2. Annetta Weber (Luevano (SMTC) 16:42.63, 3. Jackie Mota (Ark) 16:54.02

4x100m Relay: 1. Atoms TC (Finn, Cheesebo-rough, Vereen, Bartholomew)- 44.47, 2. Florida State (Johnson, Verdun, Horton, Batten) 44.67, 3. ASU (Tolbert, Johnson, Holmes, Malone) 45.50.

Sprint Medley Relay: 1. Arizona State (Tolbert,

Johnson, Holmes, Malone) 1:38:15, 2. SoCal Cheetahs 1:39:28, 3. Morgan State 1:39:49.
4x400m Relay: 1. ASU (Holmes, Jones, Williams, Malone) 3:34:96, 2. SoCal Cheetahs 3:35:39, 3. USC 3:39.82.

Shot Put: 1. Bonnie Dasse (Nike Cat) 53-11 1/4, 2. Patti Zieglar (Ark) 44-10 1/4, 3. Laurie Trapp (LSU) 44-2 1/5.

Long Jump: 1. Jacinta Bartholomew (Atoms) 21-4, 2. Mary Cobb (LSU) 20-6 1/4, 3. Cheryl Wilson (Unal.) 20-5 3/4.

Javelin: 1. Kari Keith (FI St.) 174-10, 2. Ashley Selman (USC) 159-2, 3. Camille Strid (LSU) 135-7 High Jump: 1. Vicki Borsheim (Westwood TC) 6-0 3/4, 2. Julienne Broughton (UA) and Holly Kelly (FI Sn 6-0 3/4.

Discus: 1. Lori Parker (NAU) 166-2, 2. Stacy Ainlay (GCC) 151-7, 3. Nancy Johnson (NAU) 149-3.

JC Jenner Classic

April 14. San Jose City College. Men's Results

3000 Steeplechase: 1. Mason Myers (ARC) 9:22.4, 2. Cameron Mitchell (ARC) 9:27.7, 3. Bob Rodriguez (Fresno) 9:35.9, 4. Damien Lopez (Bakersfield) 9:42.4, 5. Matt Tregoning (Sierra) 9:50.3. 10,000m: 1. Barnell Hampton (Hartnell) 33:21.2, 2. Ramon Lui (Fresno) 34:10.0, 3. Curtis Kanazawa (WV) 34:17.5, 4. Jeff Hartman (Modesto) 34:52.4. 5. Mike Maverakis (DeAnza) 34:52.8. 4x100m Relay: 1. San Francisco 40.7, 2. DVC 40.8, 3. Chabot 41.5, 4. Fresno 41.7, 5. CCC 42.2 1500m: 1. Todd Trask (Santa Rosa) 3:50.8, 2. Scott Smoot (ARC) 3:51.9, 3. Eric Rorer (ARC) 3:54.6, 4. Robert Hill (Modesto) 3:57.1, 5. Greg Archuleta (Santa Rosa) 3:57.4, 110m HH: 1. Doug Conner (CCC) 14:58, 2. Mitchell Ingram (Modesto) 14:87, 3. Don Vinson (Bakersfield) 15:00, 4. Robert Huggins (Bakersfield) 15.01, 5. Jason Ruckteschler (Chabot)

100m: 1. Jeff Laynes (Merritt) 10.58, 2. Darrin Stringer (Solano) 10.60, 3. Tim Green (DVC) 10.74, 4. Bowen Terry (Fresno) 10.76, 5. Sean Moore (WV) 10.63. 800m; 1. Scott Smoot (ARC) 1:53.1, 2. Jeff Sorkness (Santa Rosa) 1:54.3, 3. Paul Scott (Skyline) 1:57.6, 4. Mike Smith (San Francisco) 1:57.6, 5, Alvaro Luna (Butte) 1:57.9. 400m H: 1, Andy Sample (DVC) 53.68, 2. Rex Speer (Hartnell) 54.68, 3. John Sprague (SBCC) 55.14, 4. Greg Rojas (ARC) 56.12, 5. Raul Adame (ARC) 56.12. 200m: 1. Jeff Laynes (Merrit) 21.20, 2. Tim Green (DVC) 21.65, 3. Mike Lewis (Chabot) 21.70, 4. Bowen Terry (Fresno) 21.72, 5. Darrin Stringer (Solano) 21.84. 5000m: 1. Todd Trask (Santa Rosa) 14:41.8, 2. Greg Archideta (Santa Rosa) 15:15.1, 3. Juan Romero (Bakersfield) 15:25.8, 4. Andy Zoldak (WV) 15:27.7, 5. Tim Coburn (Delta) 15:30.8. 4x409m Relay: 1. Chabot 3:16.92, 2. San Francisco 3:20.44, 3. Bakersfield 3:21.11, 4. American River College 3:21.86, 5. Fres-

no City College 3:22.89. Hammer: 1. Sonny Neal (Modesto) 164-5, 2. Steve Abandohato (Sierra) 158-11, 3. David Lunde (Sac City) 156-9, 4. Jeff Ferrell (Sac City) 152-0, 5. Randy Neitzke (Sierra) 149-3. Pole Vault: 1. Carl Kalista (Sac City) 15-7 1/2, 2. Seb Cipponeri (Modesto) 15-0 1/2, 3. Jim Lawrence (SJCC) 15-0 1/2, 4, Christian McCuen (Cabrillo) 14-6, 5. Ryan Gregg (Hartnell) 14-6. Long Jump: 1. Joey Bush (SJCC) 23-1 3/4, 2. Romel McCoy (MPC) 22-9 1/ 2, 3, Denis Carmichael (WV) 22-2, 4, Keshon Johnson (Fresno) 22-0 3/4, 5, Luis Juico (SJCC) 22-0 1/4. Javelin: 1. Adam Weston (Sierra) 195-3, 2. Dave Moore (Butte) 181-9, 3. Harley North (Butte) 177-1, 4. Pat McAlister (ARC) 174-8, 5. Darr Dorh (ARC) 167-4 1/2. Shot Put: 1. Tony Smiderle (Yuba) 51-8, 2. Allen Babayan (Foothill) 50-0, 3 Marc Harisay (SJCC) 49-11, 4. Jelf Dunn (SJCC) 49-10 3/4, 5. Tim Fua (Delta) 48-7.

High Jump: 1. Gio Sprattling (Hartnell) 6-11, 2 Kwame Thompson (CCC) 6-9, 3, Julius Lewis (Ba-kersfield) 6-7, 4, Kevin Asch (DVC) 6-7, 5, Luis Juico (SJCC) 6-7. Triple Jump: 1. Harold Morrison (Hartnell) 48-5 1/2, 2. Mario Fisher (Bakersfield) National State of the State of ta Rosa) 145-10, 4. Jason Moeckel (SJCC) 141-8, 5. Tim Fua (Delta) 140-8.

Women's Results

5000m; 1. Becky Kesecker (Santa Rosa) 18:02.5, 2. Julie Dyson (ARC) 18:07.7, 3. Doreen Brown (Modesto) 18:37.9, 4. Terri Christiansen (WV) 18:45.7, 5, Eva Belt (ARC) 19:02.4. 4x100m Relay: 1. LA Valley 48.3, 2. Bakersfield 49.8, 3. DVC 50.2, 4. ARC 50.3, 5. Santa Rosa 50.4. 1500m; 1. Joanna Green (WV)_ 4:44.9, 2. Julie Verke (ARC) 4:45.0, 3. Pam Boyles (Bakersfield) 4:45.3, 4. Robin Stovall (Santa Rosa) 4:54.5, 5. Naomi Toren (WV)

5:06.1, 100m H: 1. Nicole Redmon (CCC) 14.77, 2. Ada Alger (CSM) 15.51, 3. Pam Martin (LA Valley) 15.99, 4. Sheryl Gwin (Santa Rosa) 16.55, 5. Nao Ishii (Hartnell) 16.76.

400m: 1. Melanie Clarke (LA Valley) 55.4, 2. Keria Lockhart (CCC) 58.7, 3. Debbie McGuigan (Sierra) 59.0, 4. Jill Killinger (Sierra) 1:00.5, 5. Michelle Daniels (SBCC) 1:01.4. 100m: 1. Nikywa Prevost (LA Valley) 12.43, 2. Angela Davidson (Bakersfield) 12.50, 3. Pam Johnson (SJCC) 12.52, 4. Ada Alger (CSM) 12.72, 5. Mindy Putnam (Butte) 12.79, 800m: Sue Colley (Sierra) 2:20.8, 2. Jocelyn Braden (Modesto) 2:20.9, 3. Karen Tiner (ARC) 2:22.2, 4. Robin Stovall (Santa Rosa) 2:24.0, 5. Michelle Fisher (DeAnza) 2:24.0, 400m H: 1, Nicole Redmon (CCC) 1:03.09, 2. Ada Alger (CSM) 1:03.29, 3. Amanda Dias (Modesto) 1:06.06, 4. Sheryl Gwin (Santa Rosa) 1:06.65, 5. Tanya Iwankovitsch (Hartnell) 1:06.69, 200m: 1. Nkywa Prevost (LA Valley) 25.2, 2. Pam Johnson (SJCC) 25.5, 3. Mindy Putnam (Butte) 25.8, 4. Angela Davidson (Bakersfield) 26.0, 5. Heidt Udoffia (Sierra) 26.23. 3000m; 1. Joanna Green (WV) 10:10.9, 2. Christa Hite (MPC) 10:16.4, 3. Naomi Toren (WV) 11:02.8, 4. Stella Romo (Sierra) 11:11.2, 5. Debbie Bedal (SJCC) 11:19.7.

44400m Relay: 1. LA Valley 3:58.10, 2. Sierra 3:58.52, 3: DVC 4:05.12, 4. Santa Rosa 4:05.97, 5. Modesto 4:06.74. Shot Putt: 1. Angel Mahan (CSM) 44.4, 2. Lorraine Seiler (Sierra) 41-3, 3. Vevesi Faatum (MPC) 39-10, 4. Lori Rodriguez (Harthell) 39-8, 5. Kitty Bittenbender (SJCC) 35-11. High Jump: 1. Melanie Clarke (LA Valley) 5-6, 2. Renee Sandberg (Chabot) 5-6, 3. Lainie Lakata (ARC) 5-2, 4. Valerie Duckworth (Santa Rosa) 5-0, 5. Angle McCain (Sierra) 4-10. Discus: 1. Lorraine Seiler (Sierra) 135-11, 2. LaSonia Cole (Fresno) 128-5, 3. Lori Rodriguez (Harmell) 122-6, 4. Billie Mells (Sier-ra) 114-10, 5. Vevesi Faatum (MPC) 114-0. Long Jump: 1. Melanie Clarke (LA Valley) 18-0, 2.

Melynee Bass (Solano) 17-8 1/2, 3. Kim Harvey (SBCC) 17-1 1/2, 4. Cheryl Figures (Bakersfield) 16-11 1/2, 5. Martha Atkinson (Sclano) 16-10 1/2. Triple Jump: 1. Melynee Bass (Sclano) 35-1 3/4, 2. Nao Ishii (Hartnell) 34-9, 3. Kim Harvey (SBCC) 34-3 1/4, 4. Tanuya Iwankovitsch (Hartnell) 33-8 1/2, 5 Lisa Van Unen (Modesto) 33-1 34. Javelin: 1. LaSonia Cole (Fresno) 141-2 1/2, 2. Karen Tiner (ARC) 124-0, 3. Dona King (Sac City) 108-5, 4. Tamara Haack (CRC) 103-8, 5. Laura Wellington (DeAnza) 102-6 1/2

Woodie Wilson Invitational

By Mark Winitz

April 14, UC-Davis

Highlights of this track and field meet included the PA/TAC Women's 1,500 Meter Grand Prix Championship which was won by UC-Berkeley's Sabrina Han (4:23.2). Greater San Francisco TC's Lori Bearson (4:26.1) was second, picking up a \$250 check as G.P. champion. Becki Spies (unattached, 4:29.0) was third, followed by Chris Harman (GSFTC, 4:30.1, \$100) and Rae Stiger (Reebok Aggies, 4:31.7, \$50).

Notable performances included: Discus: Mary Dentinger (Sacramento TC), 170'-9"; Triple Jump: Milo McCall (UA), 41'-4-1/4"; Hammer: Jan DeSoto (SacTC), 206'-2"; Javelin: Mike Schmidt, 222' 5*; 400m Hurdles: Lincoln Green (UC-Berkeley). 51.72; Triple Jump: Joel Smith (SacTC), 51'-9-1/4'; Pole Vault: Melvin Hempstead (UC-Davis), 17-

Stanford Track Classic

By Mark Winitz

April 14. Stanford.

This meet brought together five teams (Stanford men and women, Notre Dame men; Nevada-Reno men and women, Idaho women, and Long Beach City College men and women), plus a lew invited non-collegians. Largely, the meet was devoted to athletes attempting to qualify for the Pac-10



ERIC MASTALIR

Photo by Burt Davis

and NCAA Championships.

Stanford's Bill Crowley received pacing assistance from Jeff Atkinson on his way to a 1,500 meter PR of 3:41.2—an NCAA qualifier and the fastest in the Pac-10 to date this season.

Stanford's David Strang let Ray Brown set the tempo for 600 meters of the 800, then continued on to a Pac-10 feading 1:47.83

PattiSue Plumer won both the women's 800 in 2:06.2 and the 1,500 in 4:22.2. According to Plumer's training partners, she's looking better than ever, as indicated by a 62-second final lap in the metric mile.

LOOK FOR MORE ROAD RACING RESULTS IN THE NEXT ISSUE

ROAD RACING

Fresno Marathon

November 18. Fresno.

Overall Results - Marathon

1. Jerry Lawmiller (30-34) Fresno 2:48:08, 2. Joe Schlereth (35-39) Fresno 2:54:12, 3. Mark Hahn (18-29) Hanford 2:56:38, 4. Terry Nephew (35-39) Clovis, 5. David Janzen (18-29) Fresno 2:59:11, 6. Stephen McCoy (30-34) Las Vegas, 7. Dorsh Sanders (45-49) Bakersfield 3:19:54, 8. Larry Fambrough (40-44) Bakersfield 3:20:16, 9. Lou Wiebe (30-34) Madera 3:22:36, 10. John Bryan (40-44) Madera 3:24:53

Overall Results - Half Marathon

1. Gil Guzman (18-29) Brentwood 1:12:40, 2. Greg Pope (18-29) Fresno 1:13:53, 3. Lino Flores, Jr. (30-34) Tulare 1:19:08, 4. John Aldrich (35-39) Madera 1.19.32, 5. Steven Levy (40-44) Fresno 1:19:36, 6. Jeff Molfit (18-29) Fresno 1:19:59, 7. Ron Kiyono (40-44) Union City 1:20:09, 8. Rick Baca (30-34) Monterey 1:20:23, 9. Tony Rangel (18-29) Tulare 1:20:35, 10. Julie Matteson Guzman (30-34) Los Angeles 1:20:40.

Legg Lake Runs Blue Jay Run

March 31. So. El Monte, 5K.

Overall Results

1. Tiburdo Contreras (34) 18:36, 2. Aldo Arca (30) 18:37, 3. Juan Nunez (29) 19:49, 4. Arturo Ruiz (18) 20:25, 5. Booker Washington (52) 20:25, 6. Fredi Enviguez (24) 21:02, 7. Jaime Ruiz (36) 21:07, 8. Leonard Walts (61) 21:10, 9. Lou Ramirez (44) 21:26, 10. Martin Villanueva (39) 21:57.

Water Cup Run April 1. So. El Monte. 5K. Overall Results

1. Vicente Rivera (30) 17:22, 2. Jose Ródriguez (35) 17:55, 3. Carlos Marin (28) 18:24, 4. Jonathan Talmadge (40) 19:21, 5. Don Peterson (40) 19:50, 6 Juan Nunez (29) 19:50, 7. Lou Ramirez (44) 21:56. 8. Martin Valenzuela (39) 22:02, 9. Mike Lalum (45) 22:38, 10. Robert Valenzuela (36) 22:52.

Fishnet Run

April 7. So. El Monte. 5K.

Overall Results
1. Jim Perez (25) 17:19, 2. Joe Calhoun (42) 17:55, 1.35. 3. Juris Germanis (30) 18:41, 4. Victor Gomez (27) 18:47, 5. Ramon Arroyo (33) 18:49, 6. Torn Hall (27) 18:41, 7. Tory Del Casillo (17) 20:52, 8. Lou Ramirez (44) 21:28, 9. Bob Golibugh (47) 21:43, 10. Mike Lakum (45) 22:38.

Fishnet Run

April 8. So. El Monte. 5K.

Overall Results

1. Vicente Rivera (30) 17:09, 2. Fred Doubell (41) 18:35, 3. Robert Sierra (28) 19:28, 4. Larry Gatton (38) 19:46, 5. Nati Carrasco (30) 21:28.

Carrera De Pascua April 14. So. El Monte.

Overall Results

1. Efrain Vargas (22) 16:45, 2. Chris Campo (20) 16:51, 3. Rich Estrada (24) 16:55, 4. Jose Rodriguez (35) 16:58, 5. Albert Pedroza (16) 17:26, 6. Catarino Gonzalez (48) 17:31, 7, Leon Aguirre (17) 17:32, 8. Jesus Figueroa (38) 17:45, 9. Salvador Gonzalez (42) 17:48, 10. Ramon Gomez (15) 18:01.

11. Miguel Mendez (45) 18:13, 12. Mark Gotts (32)

18:24, 13. Arturo Ochoa (14) 18:45, 14. Mark New ton (40) 18:54, 15. Raymond Zavala (15) 19:01.

San Gabriel River Easter Run

April 15, So. El Monte, 5K

Overall Results

1. Takashi Yagiswa (36) 16:53, 2. Dan Burton (30) 17:07, 3. Fred Doubell (41) 18:23, 4. Jelf Mintz (40) 18:36, 5. Kent Wedin (36) 19:23, 6. Trent Martinez (24) 19:51, 7. David Dietor (49) 19:56, 8. Ray Bird (26) 20:46, 9. Martin Valenzuela (39) 21:06, 10 Benjamin Beasley (52) 21:22.

Mt. Hamilton Half Marathon

Overall Results - 10K

1. Jim Whitson (36) Long Beach 35:48, 2. Paul Hopkins (28) San Jose 36:07, 3. Michael Spedding (40) Edinburgh 36:20, 4. Jerome Woehl (45) San Jose 39:50, 5. Mark Bedrin (28) Concord 42:34, 6. Del Bromley (32) Union City 43:16, 7, Jeff Co-chran (29) Wichita 43:27, 8, Michael Miller (38) Santa Clara 44:35, 9. Nancy Lee Gambelli (28) Santa Clara 47:36, 10 Brett Lemire DC (29) Elk Grove 47:36.

Overall Results - Half Marathon

1. David Gross (26) San Jose 1:37:28, 2. Michael Cooke (26) Oakland 1:40:15, 3. Rob Byrne (32) Morgan Hill 1:40:45, 4. Mike Gormley (27) Santa Clara 1:41:45, 5. Steve Christian (39) San Jose 1:42:44, 6: Octavio Soria (25) San Jose 1:44;12, 7. Michael Rose (33) Union City 1:45:30, 8: Tom Nast (31) Fremont 1:47:15, 9: Eff Morrison (16) Saratoga 1:47:18, 10. Robert Sanchez (32) Livermore 1:48:08

11, John Schuck (38) Palo Alto 1:48:51, 12. Bruce Horn (30) Sunnyvale 1:49:43, 13. Michael Schuck (32) Los Altos Hills 1:50:20, 14. David Hobler (47) Oakland 1:50:58, 15, Dan Wilson (31) San Jose 1-51-42, 16. Debxie Holst (30) Morgan Hill 1:51-49, 17. Michael McGrath (30) Santa Clara 1:52-16, 18. Gary Hafley (36) Felton 1:52:58, 19. Tony Besman (36) Los Altos Hills 1:53:12, 20. Dominic Kovacevic (40) San Jose 1 53 32

Overall Results - Marathon
1. Kevin Thompson (36) Redwood City 3:47:36, 2
Chris Biagini (48) Pleasanton 4:15:26, 3. John
Clark (47) Citrus Heights 4:25:29, 4. Elliott Eisanbud (47) Garmichael 4:41:30, 5, Steve Paski (41) San Jose 4:48:35.

Overall Results - 50 Mile

1. Kyle Meintzer (41) Hillsborough 8:37:32, 2. Kar-sten Solheim (52) Glendale, AZ 11:36:57, 3. John Voorhes (44) San Jose 11:55:24.

Run for Hungry Children

March 3. Irvine. 5K & 10K Division Results - Men's 5K

Overall Winners: 1. John Koningh 15:03, 2. Robby Price 16:11, 3. Steve McMurdo 16:19, 10 & Under: 1 Jim Sparks 22:31, 11-12: 1, Jeffrey Green 21:46, 13-14; 1, James Garritson 17:48, 15-18; 1, Robby Price 16:11, 19-24; 1, Gary Dehlinger 17:01, 25-29; 1, Sleve McMurdo 16:19: 30-34; 1, John Koningh 15:03, 35-39; 1. Ed Bolka 16:57, 40:44; 1, Bill Summer 16:52, 45:49; 1. Tom Burns 16:30, 50:54; 1, Dick Vesburgh 19:21 55:59; 1, Paul Saucedo 19:38, 60:69; 1, Gunnar Brickner 21:24. 70 & Over: 1. Ed Gong 29:13.

Division Results - Women's 5K

Overall Winners: 1. Sue Davis 19:11, Z. Heidi Hammill 20:15, 3. Heather Garritson 20:36, 10 & Under: 1. Heather Garritson 20:36, 11-12: 1. Caryn Waechter 26:13, 13-14: 1. Heidi Hammill 20:15, 15-18: 1. Tilfany Bell 22:19. 19-24: 1. Shelly Head 23:50. 25-29: 1. Sue Davis 19:11. 30-34: 1. Jennifer Kolasinski 21:45. 35-39: 1. Nancy Baird 20:48. 40-44: 1. Judy Gottleb 23:49. 45-49: 1. Jean Perricelli 22:57. 50-54: 1. Mar-

Bonne Bell 10K/5K

By Mark Winitz

April 8. San Francisco.

This largest and most visible all-women's road event in the West is a favorite among many Northern California ladies. Rather than a showcase for top local talent, the race is more a testimonial to mass participation, and it has continued to emphasize that aspect even in the days of big prize money and sleek promotion. Notwithstanding, most of the area's local, national, and world class females over the years have competed here at one time or another. Yet the swift afoot fly by quickly. For most eyes, the lasting impression on Bonne Bell day in Golden Gate Park is the unusually large number of joggers, striders, and casual walkers who take part for neither time nor prestige

Also, for the good-but-notblindingly-fleet female runner, this is an event where some can take home more than a ribbon. Shiny bells are awarded to the top several performers in various age groups. And there are a handful or so of loyalists who have made Bonne Bell their tolling call every one of the race's 13 years.

San Franciscan Gail Rodd, 47, is one. She has won smaller bells here in the past, but in 1990 she took home one of the big bells (reserved for agegroup overall winners). The smile on Rodd's face stretched from here to Boston.

Gail Goettelmann, 45, has also logged every Bonne Bell race in her diaries. And more than a few times she has missed winning a bell—any bell—by just one place. This year she placed fourth in her age category (her highest placing ever) but missed winning the touted prize yet again, as for the first time only three clangors were awarded in her division. Will she be back next year? Can fish tread water?

Nancy Ditz ran here for the first time as a novice runner in 1980, finishing unnoticed, not breaking the top 50. In ensuing years, she moved up steadily to first in '85. This year, as a 35-year old new mom, she made the race no contest, running the hilly course through the park on a

cool, overcast morning in 34:38. She called it a hard, hill workout following an intensive training week. But the majority of ladies didn't care about that. As Ditz sped by the mid- and backpackers going out as she was coming home, many recognized her and cheered for themselves as much as for Nancy. Sharon Blevins-Cordes, a 30-year-old aerobics instructor who ran for San Luis Obispo in her college days, and who has competed little since then, finished second in 36:40

About 30 women finished under 40 minutes—in comparison to Bonne Bell's peak competitive year in 1983 when over 70 did likewise. More than 2,500 women participated in both races.

Robyn MacSwain-Berry (wife of local standout Rod Berry), won the accompanying 5K in 17:23, single clock ticks ahead of Susan Putney, Christine Hardman, and Pamela Bragg.

Overall Results

1. Nancy Ditz 34:38, 2. Suzanne Blevins-Cordes 36:40, 3. Christine Iwahashi 36:59, 4. Patricia English 37:25, 5. Lura Damiano 37:30, 6. Sandy Sup 37:34, 7. Sharon Swann 37:45, 8. Eileen Brennan 37:53, 9. Char Levitt 37:59, 10. Kathy Ward 38:11.

11. Annamarie Hagans 38:11, 12. Honor Fetherston 38:24, 13. Hilary Naylor 38:26, 14. Patty Shackleton 38:32, 15. Jacqueline Mount 38:43, 16. Kathi Berman 38:45, 17. Sue Vinella-Brusher 38:59, 18. Cindy Scott 39:09, 19. Karen Saxena 39:18, 20. Stephanie Robertson 39:20.

21. Terry Juri 39:26, 22. Robin Barnato 39:34, 23. Wink Lyons 39:41, 24. Natalie Simi 39:44, 25. Rebecca Elstrom 39:48, 26. Kristin Jacobs 39:49, 27. Kathy Kennedy 39:58, 28. Ingrid Smith 40:00, 29. Suzanne Bryan 40:09, 30. Lynn Macy 40:18. 31. Beth Hickman 40:30, 32. Amy Abraham 41:01, 33. Lorena Ferreira 41:04, 34. Ann Gerhardt 41:05, 35. Gail Rodd 41:07, 36. Maureen Doyle 41:09, 37. Kathleen Batty 41:11, 38. Janet Gallagher 41:20, 39. Tricia Wisner 41:45, 40. Charlene Bayles 41:46.

41. Donna Troyna 41:50, 42. Deneen McGovern 41:52, 43. Joan Ullyot 41:55, 44. Christine Heimann 41:57, 45. Kay Bolla 41:58, 46. Aimee Tolan 42:14, 47. Dee Paris 42:24, 48. Livia Peras 42:25, 49. Karen Middleton 42:29, 50. Margie Spano 42:33.

51. Stephany Hiller 42:35, 52. Mary Matteson 42:35, 53. Valerie Coppes 42:43, 54. Ellen Green 42:46, 55. Moana Appleyard 42:48, 56. Anne Smith 42:50, 57. Hazel Wood 42:56, 58. Nancy Hilton-Briney 43:04, 59. Colette Maiorano 43:12, 60. Marty Mattox 43:14.

61. Irene Herman 43:16, 62. Kate Sweetman 43:24, 63. Sally Lamb 43:27, 64. Julie Tominaga 43:29, 65. Peggy Smith 43:31, 66. Antonina Ettare 43:33, 67. Dale Phillips 43:35, 68. Liz Willard 43:36, 69. Naomi Appleton 43:43, 70. Joan Smith 43:45.

71. Laury Fisher 43:49, 72. Leah Todd 44:02, 73. Sandi Parker 44:09, 74. Juli Banle 44:11, 75. Miryam Kadkhodayan 44:12.

Divsilon Results

Toddlers: 1. Shauna Shepard 1:03:56, 2. Kori Thomas 1:14:38. 5-19: 1. Aimee Tolan 42:14, 2. Maricia Lunday 46:18, 3. Carolyn Wellman 49:02. 20-24: 1. Stephanie Robertson 39:20, 2. Natalie Simi 39:44, 3. Rebecca Elstrom 39:48. 25-29: 1. Eileen Brennan 37:53. 2. Annamarie Hagans 38:11. Jacqueline Mount 38:43, 30-34; 1 Suzanne Blevins-Cordes 36:40, 2. Christine Iwahasi 36:59, 3. Lura Damiano 37:30, 35-39: 1. Nancy Ditz 34:38, 2. Patricia English 37:25, 3. Sharon Swann 37:45, 40-44: 1, Hilary Naylor 38:26, 2. Kathy Kennedy 39:58, 3. Valerie Coppes 42:43. 45 49: 1. Gail Rodd 41:07, 2. Joan Ullyot 41:55, 3. Laury Fisher 43:49, 50-59; 1. Karen Cox 4428, 2. Sandy Gangwer 46:53, 3. Marty Maricle 47:29. 60-69: 1. Frances Sackerman 47:32, 2. Jaclyn Caselli 50:29, 3. Dorothy Griggs 53:42.

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nie O'Brien 22:17, 55-59: 1, Wilma Maddock 21:20, 60-60: 1, Katherin Bender 34:04.

Division Results - Men's 10K

Overall Winner: 1. David Persel 32:47, 2. Greg Lamb 33:41, 3. Jose Duarle 34:07, 10 & Under: 1 Kenny Schwarz 50:19, 11-12; 1, Jarrod Garritson 40:00. 13-14: 1. Tim Timmons 46:54. 15-18; 1. Rob Price 35:54, 19-24: 1, Greg Lamb 33:41, 25-29: 1, Cuauhtemoc Esparza 34:57, 30-34: 1, David Parsei 32:47, 35-39; 1. Bruce Minard 37:10, 40-44; 1. Jim Ketter 38:59, 45-49; 1. Shel Nankin 40:28, 50-54; 1. Frank Greene 45:02. 55-59; 1. Sam Mayo 40:46. 60-69: 1. Wally Evertz 41:00.

Division Results - Women's 10% Overall Winners: 1. Carrie Garrison 38:12, 2. Che-rie Boufford 40:59, 3. Diane Kime 44:43, 13-14: 1. Carrie Garritson 38:12. 15-18: 1. Nicole Ruddock 52:39, 19-24: 1. Elizabeth Mogster 48:51, 25-29: 1. Cherie Boufford 40:59. 30-34: 1. Teddi Parkhurst 44:47, 35-39; 1. Anna Knowles 46:30, 40-44; 1. Cathy Steinfeld 51:16, 45-49; 1. Teresa Ross 47:03. 50-54: 1. Dennise Mack 55:11, 60-69: 1. Connie

South Bay 20K

March 4. Los Osos. Overali Results Paul Lee (29) AG 69:52, 2. Steve Dornish (45) Encinitas 74:12, 3. Brian Waterbury (41) SLO 76:04, 4. Rick Kluve (34) AG 76:32, 5. Brad Palmer (33) SB 79:21, 6. Mike Uema (47) Lompoc 79:33, 7. John Fetcho (33) Los Osos 79:50, 8. Chris Connors (38) SLO 79:58, 9. John Rupp (43) Santa Maria 80:02, 10. Ron Roundy (46) Los Osos 81:56. 11. Randy Davis (31) SLO 82:09, 12. Gene Bath

(46) Carmel 84:27, 13. Chuck Fiorentino (33) AG 84:56, 14. Barry Rice (40) Los Osos 85:53, 15. Stan Rosenfield (42) SLO 86:18, 16: Robert Thomas (34) Atas. 86:29, 17. Bill Meece (42) Los Osos 86:32, 18. Sabrina Sharkey (22) SLO 89:22, 19. Scott Colangelo (43) Cambria 90:25, 20. Mary Loper (43) SLO 91:53.

St. Patricks Day Run

March 10. Porterville. Half Mars. & 5K. Overall Results - Mon's 5K

1. Ernie Freer (24) Fresno 16:36, 2. John Beckmanis (18) Fresno 16:38, 3. Gary Havner (25) Fresno 17:51, 4. Roger Drummond (26) Porterville 17:53, 5. Wayne Van Dellen (52) Woodlake 18:08, 6. Don Billiard (33) Bakersheld 18:49, 7. Thomas Williams (41) Farmersville 19:05, 8. Brett Alidredge (36) Visalia 19:24, 9. Gil Meachum (41) Springville 19:28, 10. Ken McArthur (33) Visalia 19:36.

Overall Results - Women's 5K

 Stacey McAfee (23) Clovis 17:57, 2. Gillian Evans (25) Posterville 18:58, 3. Deanna Voelker (35) Springville 19:40, 4. Dyann Graber (34) Three Rivers 21:04, 5. Lorraine Melendez (31) McFarland 21:49, 6. Lisa Freselt (32) Exeter 21:55, 7. Jane Vontz (30) Bakersfield 23:05, 8. Molly Maloney (17) Porterville 23:14, 9. Joan Handel (29) Shafter 23:25, 10. Ellen Rotsten (35) Three Rivers 24:08.

Overall Results - Men's Half Marathon 1. Alfred Lara (33) Freeno 1:09:25, 2. Amado Co-ronado (37) Woodake 1:09:27, 3. Joe Carnegie (24) Fresno 1:14:02, 4. Eric Pugh (38) Bakersfield 1:14:07, 5. Adrian Huerta (30) Lindsey 1:14:29, 6. Tony Rangel (27) Tulaze 1:19:43, 7. Wayne Miles (42) Diamond Springs 1:21:02, 8. Chris Lopez (32) Redlands 1:25:57, 9. Bill Peck (49) Wasco 1:26:30, 10. Tom Alford (52) Fresno 1:27:05.

Overall Results - Women's Half Marethon

1. Leslis King (37) Bakersfield 1:29:01, 2. Nancy Galarnfall (25) Fresno 1:37:47, 3. Francis Dodson (29) Culver City 1:44:30, 4. Denise Berger (36) Mission Viejo 1:51:49, 5. Carolyn Ward (48) Paso Robles 1:56:36, 6. Liz DeMonte (59) Fresno 1:58:51, 7. Joan Hulfaker (44) Portenville 2:00:37, 8. Joann Martin (41) Alpaugh 2:11:00, 9. Carolyn Seaman

(38) Alpaugh 2:13:48, 10. Sylvia Anderson (39) Delano 216:07

Division Results - Mon's 5K

10 & Under: 1. Lorenzo Alvarado 20:41, 2. Luke Newsom 29:25, 3. Jared Davis 36:17, 11-14: 1. Edgar Agrayani 21:07, 2. David Szakala 21:30, 3. Raul Marquez 23:09, 15-19: 1. John Beckmanis 16:38, 2. Adam Hendricks 20:34. 20-24: 1. Ernie Freer 16:36 2. Frank Barajas 19:45, 3. Glenn Riand 19:50. 25-29: 1. Gary Havner 17:51, 2. Roger Drummond 17:53, 3. Clay Appleton 20:49. 30-34: 1. Don Richard 18:49, 2. Ken McArthur 19:36, 3. Borky Conover 19:37, 35-39: 1. Brett Alldredge 19:24, 2. Michael Moser 20:55, Dennis Lynch 21:56, 40-44; 1, Thomas Williams 19:05, 2, Gil Meachum 19:28, 3, Bob Merzolan 19:47. 45-49: 1. Thomas Hendricks 20:52, 2. Juan Sanchez 22:47, 3. Raymond Callwet 23:55. 50-54: 1. Wayne Van Dellen 18:08, 2. Samuel Marquez 23:35, 3. Ron Fontaine 24:35. 55-59: 1, Mort Ward 20:09, 2. Piercy Turner 29:50, 60-64: 1. Bill May 26:20, 2. Jim Davison 27:31. 65 & Over: 1. Jim Sullivan 23:48.

Division Results - Women's 5K 10 & Under: 1. Mary Yearger 35:07. 11-14: 1. Cassandra Cervantes 27:39, 2. Sherry Ragby 29:57, 3. Cathy Yearger 50:32, 15-19: 1. Molly Maloney 23:14, 2. Kathy Van Dellen 25:25, 20-24: 1. Stacey McAlee 17:57, 2. Jennifer Alvarez 25:45, 3. Dana Hulfaker 26:25. 25-29: 1. Gilian Evans 18:58, 2. Joan Hanel 23:25, 3. Leslie Bridges 27:28. 30-34; 1. Dyann Graber 21:04. 2. Lorraine Melendez 21:49. 3. Lisa Fresellt 21:55. 35-30: 1. Deanna Voelker 19:40, 2. Ellen Rotstgen 24:08, 3. Reba Grissom 28:01, 35-39: 1 Deanna Voelker 19:40, 2. Ellen Rolsten 24:08, 3. Reba Grissom 28:01. 40-44: 1. Maryann Hackett 28:48, 2. Shirley Perez 35:09, 3. Bev Smith 41:07. 45-49: 1. Susan McCreery 24:28, 2. Sally Henry 28:40, 3. Carol Alkinson 31:45: 50-54: 1. Margie Turner 30:01, 2. Eileen Tanimoto 30:27, 3. Meg Hansen 31:48. 60-64: 1. Gerry Sullivan 31:00, 2, Carol Lapham 31:33, 3, Alice Taylor 51:34, 65 & Over: 1, Mary Meisei 30:38, 2, Dorothy Caribi 36:57, Wheel-

chair: 1. James Colins 20:49. Division Results - Men's Half Marathon

15-19: 1. Dennis Hunter 1:27:52, 2. Mike Shiflett 1:45:18, 3. David Garcia 2:09:13. 20-24: 1. Joe Carnegie 1:14:02, 2. Chris Evans 1:29:59, 3. Jeff Patrick 1:30:43, 25-29: 1. Tony Rangel 1:19:43, 2. Steve Oseio 1:27:38, 3. Troy Arsenfall 1:34:09, 30-34: 1. Alfred Lara 1:09:25, 2. Adrian Huerta 1:14:29, 3. Chris Lopez 1:25:57, 35-39; 1. Eric Pugh 1:14:07; 2. Rick Mitchell 1:28:40, 3. Tom Tilton 1:31:57, 40-44: 1. Wayne Miles 1:21:02, 2. Jose Palmong 1:38:13, 3 Randy Volheir 1:38:57, 45-49: 1. Bill Peck 1:26:30, 2. Jorge Garcia 1:42:32, 3. Nolan Anderson 1:55:54, 50-54: 1. Tom Alford 1:27:05, 2. Bolo Rogers 1:50:01, 55-59: 1. Mel Kindel 1:54:40, 2. George Lavenson 2:18:47, 60-64: 1. Brent DeMonte 2:00:16.

Division Results - Women's Hatf Marathon 25-29: 1, Nancy Galarníal 1:37:47, 2, Francis Dod-son 1:44:30, 35-39: 1, Leslie King 1:29:01, 2, Jacinto Garcia 1:40:18, 3. Denise Berger 1:51:49, 40-44: 1. Joan Huffaker 2:00:37, 2. Joann Martin 2:11:00. 45-49: 1. Carolyn Ward 1:56:36, 55-59: 1. Liz DeMonte 15851

Serra's Run

March 10. Junipero Serra School, Carmel., 10K & Kide 1 Mi.

Division Results - Mon's 10K

Overall Winners: 1. Brad Hawthorne 31:24, 2. Fernendo Balderas 31:42, 3. Gilbert Munoz 33:38. 19 & Under: 1. Rory Krause 41:09, 2. Josh Stratton 47:58, 3. Brian Bramkama 54:12. 20-29: 1. Fernendo Balderas 31:42, 2. Richard Elmore 36:20, 3. Mark Robertson 36:44, 30-39: 1. Brad Hawthorne 31:24, 2. Gilbert Munoz 33:38, 3. Scott Peters 35:28, 40-49: 1. Jose Garcia 35:43, 2. William Erickson 39:02, 3. Pete Breuleux 39:23, 50-59: 1. William Flooberg 40:49, 2. John Brazinsky 41:59, 3. Gordon Pitz 43:44. 60 & Over: 1. Dick Tourangeau 1:02:28, 2 Pierre Delfausse 1:02:34, 3. George Kuska 1:02:56.

Division Results - Women's 10K

Overall Winners: 1. Denice Murphy 40:54, 2. Kalie Scott 42:45, 3, Margret Chung 43:19, 19 & Under: 1 Windy Vining 47:26, 2. Latonja Fiddemon 49:31, 3. Joanna Goode 50:44, 20-29; 1. Denice Murphy 40:54. 2. Parfith 44:46, 3. Denise Kline 45:32. 30-39: 1. Katie Scott 42:45, 2. Margret Chung 43:19, 3. Debbie Brewster 43:29, 40-49: 1, Angelea Glangrande 46:35, 2. Susan Love 48:38, 3. Anne Goode 49:00. 50-59: 1. Annie Lembo 57:31. 60 & Over: 1. Peggy Pridmore 1:09:08.

Gold Trail Half Marathon

March 11. Merced.

Overall Results

 Louis Phillips (39) Murphy 1:20:21, 2. Matt Crabbe (29) Merced 1:20:35, 3. Brett Radanof (23) Buffalo Chips N.T., 4. Curt Royer (38) MTC 1:21:28, 5. Gerry Holmes (47) Modesto 1:23:20, 6. Ken Schwisow (50) MTC 1:23:20, 7. Clyde Dilg (37) MTC N.T., 8. Martin Bannon (35) MTC N.T., 9 Dan Verzier (37) Bandidos N.T., 10. Mark Rowney (34) Mariposa N.T

11. John Mason (42) MTC N.T., 12. Dick Domant (MTC) N.T., 13. Terry Rust (30) Merced N.T., 14 Barbara Miller (50) Modesto 1:30:05, 15, Carl Gala (43) Mariposa N.T., 16. Charles Johnson (46) Modesto N.T., 17. Noah Dye (12) Freeno 1:36:12, 18. Frank Russel (54) MTC N.T., 19. Wayne Baker (34) Newman N.T., 20. Andy Stark (31) Atwater

Poor Richard's Stampede

Merch 11. Sen Luis Obispo. Division Results - Men

12 & Under: 1. Chris Felix 20:28, 2. Ricky Felix 20:29, 3. Ryan Gallagher 21:04. 13-16: 1. Mark Ernstrom 21:18, 2. David Frederick 22:09, 3. Zach Hartley 22:32, 17-29; 1, Barry Manual 15:42, 2, Paul Lee 16:03, 3, John Luaces 16:09, 30-39: 1. Tom McKeawo 15:45, 2. Steve Boaz 16:08, 3. Rick Cluve 17:05. 40:49: 1. Ron Roundy 18:15, 2. Larry Jones 19:44, 3. Bob Huttle 20:42, 50-59: 1. Galen Kirn 20:14, 2. Ben Homer N.T., 3. Buzz Vale 22:16. 60 & Over: 1. Walt TeeGarden N.T., 2. John Holojbell N.T., 3. Mannie

Division Results - Women

12 & Under: 1. Stephanie Felix 23:40, 2. Michelle June 25:01, 3. Kara June 25:03. 13-16: 1. Deena Strohman 20:32, 2. Faye Roundy 23:37, 3. Melissa Roberts 26:09. 17-29: 1. Shelley Loveall 18:29, 2. Christine Hamilton 18:36, 3. Evelyn Martino 19:05. 30-39: 1. June Gessher 20:48, 2. Patrick Graham-Lewis 21:23, 3. Cathy Agiler 21:37. 40-49: 1. Carolyn Proctor, 2. Darrylin McCortney, 3. Janice Nanniga. 50-59: 1. Barb ara Spank, 2. Dorgne Wood, 3. Joan Stubblefield, 60 & Over: 1. Jean St

Run for Recreation

Merch 11. Fremont 10K.

Division Results - Man

Overall Winners: 1, Gary Lewis 31:33, 2, Peter Lagoy 33:57, 3. Rod Johnson 34:09. 13 & Under: 1. Ryan Snyder 44:25, 2. Ahmad Homidi 45:10, 3. Graig Falkowski 48:02. 14-18: 1. Alex Hansen 36:13, 2. Jason Berlin 41:11, 3. Anthony Rammarine 43:04. 19-29: 1. Gary Lewis 31:33, 2. Thomas Carlton 34:55, 3. Lance Wright 36:19. 30-39: 1. Peter Lagoy 33:57, 2. Rod Johnson 34:09, 3. Dan Anderson 34:25, 40-49; 1. Tim Rostege 34:34, 2. Kent Ogles-by 34:43, 3. Gabriel Sandoval 35:39, 50-59; 1. Rolf Nebelung 39:58, 2. Ray Mascia 41:43, 3. Ron Grabowski 42:44, 60 & Over; 1. Bruce Oliver 45:34, 2. Kenneth Morgan 50:23, 3. Howard Powers 52:17. Division Results - Women

Overall Winners: 1, Shari Rodgers 39:13, 2. Kathy

Ramirez 39:27, 3. Melinda Morse 40:14, 13 & Under: 1. Susan Kjaer 51:44, 2. Akemi Lagera 58:09, 3. Tammy Lance 1:01:19, 14-18: 1. Janet Ekstrom 44:55, 2. Tara McDonald 47:34, 3. Tanya Corman

48:14, 19-29; 1, Shari Rodgers 39:13, 2, Elizabeth Strangio-Nast 42:03, 3. Sherri Saudenslager 42:09 30-39: 1. Kathy Ramirez 39:27, 2. Melinda Morse 40:14, 3: Kathleen Mascia 40:46, 40-49: 1. Rhonda Dyer 49:39, 2. Helen Smith 52:15, 3. Marian Lyons 52:22, 50-59: 1. Diane Bromstead 49:57, 2. Hanna Szoke 54:53, 3. Shirley Costello 56:29.

Knights of Columbus Run

March 17. Newhall. 5 Mile.

Overall Results

1. Steve Brumwell 26:59, 2. John Naranio 28:09, 3. James Stepan 28:34, 4. Abel Ibarra 28:35, 5. Ruben LeDesma 29:04, 6. Steve Corona 29:30, 7. Robert Goodwin 29:51, 8. Don McLean 29:53, 9. Michael Mutek 30:11, 10. Darrell Becker 30:17.

Division Results - Mon

12 & Under: 1. Remy Meyerstein 38:28, 2. Aaron Johnson 43:02, 3. Bryan Wangen 43:27, 13-17; 1 Eric Schranz 32:04, 2. Chip English 33:41, 18-24: 1. Darrel Becker 30:17, 2. Mario Palomares 37:48, 3. Robert Tosli 40:47, 25-29: 1. John Naranjo 28:09, 2 Ruben LeDesma 29:04, 3. Steve Corona 29:30, 30 34: 1. Steve Brumwell 26:59, 2. Aldo Arca 31:27, 3. John Mazzacano 31:37, 35-39: 1, James Stepan 28:34, 2, Abel Ibarra 28:35, 3, Robert Goodwin 29:51, 40-44: 1. Don McLean 29:53, 2. Mike Mench 30:25, 3. Roger Weingaertner 30:45, 45-49: 1. Alan Brown 33:16, 2. Alvin Moore 35:01, 3. Don Hughes 36:00. 50-54: 1. Jerry Steams 32:25, 2. Nick Riesz 33:27, 3. Ken Hamrick 35:10. 55-59: 1. Preben Poulsen 36:30, 2. Jim Harvey 37:22, 3. 60-69: 1. Al Friedman 42:16.

Division Results - Women

12 & Under: 1. Stefanie Woodmansee 38:07, 2. Lisa Klinger 45:01, 3. Monica Pralle 45:02 13-17: 1 Krissy Schranz 38:36, 2, Robin Blinde 51:30, 3 Amy Faris 51:34, 18-24: 1, Jennifer Miller 46:43, 20-29: 1, Sioban McSkane 40:30, 2, Kim Kerr 49:09, 3, Barbara Scott 50:41, 30-34: 1, Kathy Britchiffe 31:42, 2. Sylvia Torres 43:30, 3. Patty Baker 43:43, 35-39: 1. Vicki Huffman 36:12, 2. Kathy Baxter 36:49, 3. Lynne Plambeck 37:07. 40-44: 1 Lynn Garcia 36:51, 2. Leslie Stepan 38:03, 3. Mari-lyn Nobile 39:55, 45-49: 1. Martha Gilleland 42:26, 2. Susan McCreery 45:16, 3. Carol Bird 1:00:04, 50-59: 1. Pat DeVita 46:37, 2. Laura Gibbs 1:14:30.

Malubu Trail 50 Mile Endurance Run

March 17. Agoura.

Overall Results

1. Jussi Hamalainen (43) 7:17:57, 2. Pete Kaplan (33) 7:34:23, 3. Bill Kissell (33) 7:47:12, 4. Tom Cheese (30) 8:17:49, 5. Joe Schlereth (39) 8:21:01, 6. Dow Mattingly (38) 8:25:20, 7. Jack Nosco (27) 8:55:48, 8: Tom Bunk (48) 8:58:02, 9: Eugene Trah-em (27) 9:12:59, 10: Bob Karwasky (34) 9:15:47, 11: Scott Willis (27) 9:16:41, 12: Dave Malcolm

(37) 9:32:00, 13. Tom O'Connel (39) 9:33:11, 14. Lynn O'Malley (39) 9:38:42, 15. Earl Towner (40) 9:40:55, 16. Kevin Ryan (34) 9:46:08, 17. Jeff Thompson (38) 9:50:22, 18. Don Redmond (22) 9:50:23, 19. Bob Ulica (40) 9:53:29, 20. Waiter Alfi-

St. Paddy's Day Dash

March 17. Freeno. 10K & 2 Mile.

Jim Harag of Clovis and Stacey McAlee of Fres-no scored their second wins in as many races as the Bud Light Runner of the Year series continued with the St. Paddy's Day Dash in Clovis.

Hartig won the men's 10K run with a time of 31:42, beating runner-up Ray Garcia by a full min-

McAlee won the women's 10K in 36:54. Mary Ann Alvarez was second in 38:12.

In the two-mile run, Fresno State runner David

Naranjo was the men's winner in 9:53 while Pam Alie-Morril won the women's race in 11:12. The event, which started and finished at Clovis

The event, which started and finished at Clovis High School attracted 700 runners.

Division Results - Men's 10K
Overall: 1. Jim Harfig 31:42, 10-14: 1, Noah Dye
40:22, 15-10: 1. Ed Gann 34:20, 20-24: 1, Bobby Brosmer 35:35, 25-29: 1, Will Seymore 33:17, 30-34: 1,
Ray García 32:42, 35-39: 1, Baldemar Belancourt
33:32, 40-44: 1, David Seleno 33:57, 45-49: 1, Bob
Lindsey 34:32, 50-54: 1, Fran k Padilla 36:21, 55-59:
1, Ric Zamarnida 39:48, 60-69: 1, David Fung 47:34,
Wheel chair: 1, Jim Brooks 44:59.

Division Results - Women's 10K Overall: 1. Stacey McAfee 36:54. 15-19: 1. Tammy Hunt 55:55. 20-24: 1. Sue Durham 38:39. 25-29: 1. Mary Ann Alvarez 38:12. 30-34: 1. Clariss Roberson 39:39. 35-39: 1. Donna Aldrich 43:13. 40-44: 1. Carol Alsdorf 42-37. 45-49: 1. Mary Ann Barroso

Division Results - Men's 2 Mile Overall: 1. David Naranjo 9:53. 10-18: 1. Philip Gonzales 10:38. 20-29: 1. Ray Garza 10:08. 30-39: 1. John Aviia 10:17. 40-49: 1. Steve Meunier 11:19: 50-59: 1. Tom Alford 12:11. 60-69: 1. Bob Musso 13:57. Walker: 1. Doug Bromgen 22:31. Division Results - Women's 2 Mile

Overall: 1. Pam Allie-Momil 11:12, 10-19; 1, Maria Prado 13:28, 20-29; 1, Gabriela Villareal 12:54, 30-39; 1, Ann Phillips 12:13, 40-49; 1, Kathy Helm 13:48, 50-50; 1, Judy Miller 15:33, 60-69; 1, Elaine Clark 21:03, Walker: 1, Karen Swartz 21:59.

Tennessee Valley Waltz and 1/2 Waltz

March 17, Mill Valley, 9.5 Mi. & 5.5 Mi. Overall Results - 9.5 Miles

Damien Curry (25) Oakland 49:40, 2. Byron Choiriere (34) Walnut Creek 51:50, 3. Michael Duncan (40) San Mateo 52:10, 4. Bruce Linscott (31) Fairfax 52:28, 5. Bryon Bradford (32) Petaluma 52:57, 6. Eric Ellisen (28) Berkeley 53:32, 7. Ronald Brown (35) Mill Valley 53:48, 8. Christopher Morrow (27) Berkeley 53:56, 9. Nikos Mourtos (32) San Jose 54:40, 10. Eric Carlberg (25) Lathrop 56:44.

11. Donn DeAngelo (43) Forest Knolls 57:59, 12. Jim Hampton (44) Foster City 58:14, 13. Frederick Stout (39) San Francisco 58:28, 14. David Dagley (29) Tiburon 58:40, 15. Mark Richey (40) Oakland 59.04, 16. D. Sklavopoulos (40) Mill Valley 59:21, 17. Jim Cromple (42) Novato 59:22, 18. Ken Gregonich (31) Oakland 59:46, 19. Wayne Hinrichs (42) Novato 1:00:04, 20. Mike Hoy (48) Sausafito 1:00:32.

Overall Results - 5.5 Miles

Brett Van Natta (28) Santa Rosa 37:45, 2. David Leipsic (24) Sausalito 41:56, 3. William Logan (36) Mil Valley 42:45, 4. Penny DeMoss (40) Oakland 46:24, 5. Roger Gordon (52) Mil Valley 50:10, 6. Spencer Scheer (36) Novato 50:38, 7. John Bush (27) Palo Alto 51:38, 8. Ann Forsham (37) Mil Valley 51:41, 9. Kay Willoughby (54) Mil Valley 52:21, 10. Rox Kamphelner (37) San Francisco 53:03.

50+ Runners Association 8K Race

March 25. Stanford.

Overall Results-Mon

1. Sal Vasquez (S0-S4) 26:05, 2. TFM Jordan (50-54) 28:09, 3. Roger Bryan (50-54) 28:57, 4. John Finch (55-59) 29:41, 5. Ulrich Kaempf (55-59) 31:32, 6. Arnold Knepfer (55-59) 31:32, 7. Ross Smith (60-64) 29:57, 8. Richard Laine (60-64) 31:36, 9. Peter Wood (60-64) 33:39, 10. Thomas Guttierrez (65-69) 35:17. Overall Results-Women

1. Sylvia Jensen (50-54) 36:52, 2. Dioane Bromstead (50-54) 38:49, 3. Ceis Wildin (50-54) 38:48, 4. do Sullivan (55-59) 35:53, 5. Marry Marcie (55-59) 37:50, 6. Ruth Anne Bortz (55-59) 40:23, 7. Ruth Anderson (60-64) 37:18, 8. Eloise Danito (60-64) 46:00, 9. Relma Shrilla (60-64) 46:48, 10. James Casolii (65-69) 39:36.



SAL VASQUEZ
Photo by Gene Cohn Productions

PUT TAC'S RUNCAL



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FRESNO RELAYS

April 6 & 7. Ratcliffe Stadium, Fresno.

Men's Results - Intercollegiate Division 4x100m Relay: 1. Fresno State 40.50, 2. CS Northridge 40.71, 3. U of Illinois 40.79, 4. CS Los Angeles 41.19, 5. Cal Poly SLO 42.06.

110m Hurdles: 1. Eddie Carbin (A-P) 14.26, 2. Richard Holmes (FSU) 14.40, 3. Jason Munoz (UCSB) 14.50, 4. Russell Jenkins (14.50).

400m Hurdles: 1. Eugene Swift (Bay Area TC) 52.10, 2. Jenkins (NCITC) 52.58, 3. Eddie McElroy (Boise St) 52.62, 4. Pat Lanning (Oregon Intl.) 53.10, 5. Sean Johnson (FSU) 53.10.

Distance Medley Relay: 1. Adams State 9:42.75, 2 New Mexico 9:48.91, 3. U of Illinois 9:57.12, 4. UC Irvine "B" 10:04.49, 5. UC Irvine "A" 10:04.62

100m: 1. Kevin Hendrix (CS Northridge) 10.59, 2. Doug Edwin (A-P) 10.60, 3. Robert Love (CS Los Angeles) 10.67, 4. W.C. Morrison (FSU) 10.68, 5. Donovan Stephins (Chico St) 10.93

4x400m Relay: 1.U of Illinois 3:09.56, 2. CS Long Beach 3:10.76, 3. New Mexico 3:11.38, 4. CS Los Angeles 3:13.95, 5. Azusa Pacific 3:14.07

5000m: 1. Toni Niemczak (Unat.) 14:05.09, 2. Scott Maddux (Illinois) 14:06.26, 3. Neal Gasaman (Illinois) 14:08.12, 4. Rick Robards (Adams State) 14:11.62, 5. Danny Martinez (Long Bch TC) 14.1205.

4x800m Relay: 1. U of Illinois 7:22.27, 2. New Mexico 7:23.41, 3. UC Santa Barbara 7:35.24, 4. CS Northridge 7:42.90, 5. UC Irvine 7:49.37.

3000m Steeple Chase: 1. Dan Reece (Unat.) 8.45.39, 2. Christian Stang (FSU) 9:01.91, 3. Scott Peterson (CPSLO) 9:04.95, 4. Jason West (Illinois) 9.10.72, 5. Randy Acceta (Reebok Aggies) 9:11.61. Hammer (Inter. & Open): 1. Mike Morales (UC Irvine) 206-7, 2. Steve Prokol (Unat.) 205-11, 3. Andy Harris (FSU) 199-1, 4. Steve Adelman (UC Davis) 198-0

High Jump (Inter. & Open): 1. Coleman Conway (UCSB) 7-3, 2. John Morris (Unat.) 7-1 1/2, 3. Cliff Dillard (Boise St) 6-11 1/2, 4, Ivar Hella (New Mexico) 5-9 1/2, 5. Walter Barney (CS Bakers-

field) 6-9 1/2. Long Jump (Inter. & Open): 1, Kenny Harrison (Unat.) 25-9 1/2, 2. Gary McAister (Unat.) 24-11 1/4, 3. Eugene Green (Boise St) 24-7 1/4, 4. Chris Perry (CS Northridge) 24-5 3/4, 5. Bill Hepworth (FSU) 23-8 3/4.

Javelin (Inter. & Open): 1. Craig Johnson (CSLA) 215-10, 2. Jerry Vitelli (UCSB) 201-6, 3. Matt Mur-phy (Boise St) 200-5, 4. Todd Riech (FSU) 199-5, 5. Clint Gerterich (Azusa Pacific) 194-2.

Discus: (Inter. & Open): 1. Ade Okukoju (Azusa Pacific) 211-3, 2. Darren Buckner (CSLA) 171-9, 3. Jamie Presser (Unat.) 164-4, 4. Lance/Corp. Rose (Camp Pendleton Marines) 164-0, 5. John Gallager (USC) 161-10

Pole Vault (Inter, & Open): 1. Todd Sprague (FSU) 17-2 3/4, 2. Jason Oldham (Unat.) 16-10 3/ 4. 3. Steve Williams (CPSLO) 16-10 3/4, 4. Jim Drath (FSU) 16-10 3/4, 5. Todd Lehman (USC) 16-

Triple Jump: (Inter. & Open): 1. Reggie Jackson (FSU) 53-8 1/2, 2. Torrey Barr (Unat.) 52-6 3/4, 3. Eugene Green (Boise State) 50-11 1/2, 4. Burlington Moss (Boise St) 50-6, 5. Ben Holback (CPSLO) 49-4 1/4.

Shot Put (Inter. & Open): 1. John Bender (Unat.) 61-0 1/2, 2. Ade Okukoju (Azusa Pacific) 60-10, 3. Darren Crawford (New Mexico) 58-11, 4. Bill McDoneš (Unat.) 57-2 1/4, 5. Mike Morales (UC Ir-

Team Scores: 1. Fresno State 71, 2. Illinois 41, 3. New Mexico 41, 3. New Mexico 37 1/2, 4. Boise State 33, 5. Azusa Pacific 31, 6. CS Northridge, 7 Cal Poly SLO 25, 8, CS Los Angeles 23, 9, UC Santa Barbara 21, 10. UC Irvine 17.

Women's Results - Intercollegiate Division Distance Medley Relay: 1. Cal Poly SLO 11:23.15. 2. Reebok Aggies 11:44.07, 3. UC Irvine 11:46.73, 4 Washington 11:54.47, 5. Fresno State 12:45.02.

4x100m Relay: 1. UC Berkeley 46.02, 2. CS North-ridge 45.76, 3. UC Irvine 47.25, 4. Cal Poly SLO 47.27, 5. Fresno State 47.84.

400m Hurdies: 1. Joyce Schwein (Washington) 1:01.12; 2. Roslyn Mack (Cal) 1:03.41, 3. Shann Stevens (CPSLO) 1:03.89, 4. Reven Viltz (Cal) 1:05.07, 5. Rense Cunringham (FSU) 1:05.39. 100m Hurdles: 1. Pam Irby (Bay Area TC) 13:80.

2. Doris Williams (CPP) 13.85, 3. Kim Young (CS Northridge 14.19, 4. Erinn Morris (CS Northridge) 14.52, 5. LaShawn McBridge (Cal) 14.56.

100m: 1. Mina Hutchins (Cal) 11.95, 2. Charlotte Vines (CS Northridge) 11.96, 3. Desiree Bracey (UC Irvine) 12.04, 4. Laural Isles (CS Northridge)

12.24, 5. Tina Davis (FSU) 12.46, 4x400m Relay: 1. UC Irvine 3:46.67, 2. CS North-ridge 3:48.01, 3. Fresno State 3:48.86, 4. Chico State 4:00.48.

4x100m Relay: 1. Cal 46.02, 2. CS Northridge 46.76, 3. UC Irvine 47.25, 4. Cal Poly SLO 47.27, 5. Fresno State 47.84.

3000m: 1. Laura Cattavera (Nike Cst TC) 9:28.35, 2. Melanie Hyatt (CPSLO) 9:32.92, 3. Jamie Park (CPSLO) 9:33.05, 4. Lori Bearson (Unat.) 9:36.78, 5. Reanne Steiger (Reebok Aggies TC) 9:41.59

4x800m Relay: 1. Cal Poly SLO 8:57.83, 2. Washington 9:02.57, 3. Reebok Aggies RC 9:06.51, 4. Fresno State 9:34.35, 5. Cal Poly Pomona 9:59.93. Javelin (Inter. & Open): 1. Cathy Harris (Unat.) 160-4, 2. Melissa White (CPSLO) 151-10, 3. Nicole

Carroll (FSU) 147-4, 4. Danene Bitter (FSU) 146-2, 5. Chris Harris (FSU) 143-3.

Discus (Inter. & Open): 1. Lacy Barnes (Nike Cst TC) 192-5, 2. Mary Dentinger (Sacto TC) 184-1, 3. Sandy Whitlock (Washington) 168-7, 4. Chris Barbo za (Unat.) 155-10, 5. Rica Brown (CPSLO) 154-5.

Long Jump (Inter. & Open): 1, Sheila Hudson (Cal) 21-1 1/4, 2. Mona Simmons (Cal) 20-1 1/4, 3. Stacey Powers (Sacto TC) 19-3 1/4, 4. Simone Cesh (FSU) 18-10 3/4, 5. Angle Tasker (Washington) 18-

High Jump (Inter. & Open): 1. Simone Srubek (FSU) 5-9, 2. Christy Olson (FSU) 5-7, 3. LaShawn McBride (Cal) 5-5, 4. Ceita Willis (Washington) 5-5, 5. Norsen Flynn (CS Northridge) 5-5.

Shot Put (Inter. & Open): 1. Deborah Corley (Unat.) 50-1 1/5, 2. Apiafi Grace (Unat.) 50-0, 3. Latonya White (Washington) 44-8 1/5, 4. Susanne Dandernault (Washington) 44-7, 5. Rica Brown (CPSLO) 44-0.

Triple Jump (linter, & Open): 1, Tamara Neely (Unat) 39-11 1/5, 2. Althea Moses (UCLA) 39-8, 3. Tonya Connor (CS Northridge 38-11, 4. Stacey Lyles (FSU) 37-7 1/5, 5. Tara Didyk (FSU) 37-4

Team Scores: 1. Fresno State 63, 2. Cal Poly SLO 58, 3, Washington 51 1/2, 4, Cal 44, 5, CS Northridge 43 1/2, 6. UC Irvine 31, 7, Cal Poly Pomona 12, 8. Chico State 7, 9. UCLA 6, 10, UC Santa Barbara 4, 11, San Francisco 2, 12, Azusa Pacific

Men's Results - Open Division

200m: 1. Jeff Williams (S&S TC) 20.82, 2. Ron McCree (FSU) 21.40, 3. Champan (McNeal TC) 21,49, 4, Jeff Thorbs (Reebok Aggies RC) 21.81, 5. Ed Riley (S&S TC) 21.84.

110m Hurdles: 1. Peter Grimes (Unat) 14.21, 2. Mike Jordan (Bay Area TC) 14.23, 3. Tony House (S&S TC) 14.25, 4. Albert Pride (Sacto TC) 14.31, 5. Tim Baker (Unat) 14.83

100m: 1. Jeff Williams (S&S TC) 10.39, 2. Patrick Nawanko (Unat.) 10.45, 3. Torry Barr (Unat.) 10.65, 4. Tonie Campbell (FeFit) 10.74, 5. Aaron Thigpin (Ather TC) 10.76.

4x400m Relay: 1. CS Los Angeles 3:13.95, 2. Team Pepsi 3:14.64, 3. Fresno State 'B' 3:15.53, 4. CP Pomona 3:16.81, 5. CS Chico 3:23.02.

Invitational Mile: 1. Ignacio Frgoso (Unat.) 4:01.95, 2. Ernie Freer (Converse TC) 4:04.35, 3. David Ottoway (Unat.) 4:05.26, 4. Gary Lewis (Reebok Aggies RC) 4:06.44, 5. Mark Junkerman (Long Beach TC) 4:07.63.

110m Hurdles: 1. Tonie Campbell (BeFit) 13.56, 2. Rod Jett (Unat.) 13.57, 3. Eugene Swift (Bay Area TC) 13.81, 4. Otis Dixon (S&S TC) 13.88, 5. Pat Duffy (Unat) 14.08.

Invitational 800m: 1. Jack Armour (Puma TC) 1:49.11, 2: Vaughn Kaster (Long Bch TC) 1:49.55, 3: Mark Spida (CPP) 1:50.14, 4: Scott Baker (Long Beach TC) 1:51.38, 5. Curtis Aaron (San Francis co City TC) 1:51.39.

Invitational 400m: 1. Tony Eziuka (New Mexico) 46.19, 2. Felix Sandy (Azusa Pacific) 46.57, 3. David Lawyer (Boise St) 46.70, 4. Sundi Uti (Unat.)

48.10, 5. Dowen Raynor (Boise St 48.11. 4x100m Relay: 1. Sacramento TC 41.27, 2. Team Pepsi 41.44, 3. Stars & Stripes TC 42.32, 4. Ather

High Jump: 1. Bob Tebbe (CS Northridge) 6-5, 2. Brian Chapman (A-P) 6-3, 3. Rudy Huber (CPSLO) 6-3.

Javelin (Invitational): 1. Alan Collatz (Unat.) 225 4, 2. Steve Barnett (Santa Monica TC) 221-8, 3. Fred Carpenter (AIA) 206-11, 4. Larry Stuart

(South Bay TC) 202-8. Pole Vault (Invitational): 1. Doug Fraley (PCC) 17-10 1/5, 2. Eric White (S&S TC) 17-6 1/4, 3. Simon Arkell (New Mexico) 17-6 1/4, 4. Anthony Curran (Unat.) 16-10 1/5.

Women's Results - Open Division 5000m: 1. Amy Dabul (UC Irvine) 17:13.23, 2. Cindy Rockwood (FSU) 17:16.74, 3. Tracy Leichter 17:28.96, 5. Sharon Battes (Unat.) 17:36.45. Invitational 400m: 1. Pam liby (Bay Area TC) 54.21, 2. Arlise Emerson (SoCal Cheetahs) 55.61, 3. Andreen Alvarenga (Washington) 56.27, 4. Shelly Tochluk (UC Irvine) 56.54, 5. Rose Blake (AIA)

56.92 (CPSLO) 17:23.93, 4. Caroline Piler (UC Ir-



ADAMS STATE ON THE WAY TO A WIN IN THE DISTANCE MEDLEY Photo by Don Moffett

Invitational 1500m: 1. Leslie Noll (Nike Cst TC) 4.20.06, 2. Darcy Arreola (Nike Cst TC) 4:20.58, 3. Tracey Williams (Cal) 4:26.32, 4. Buffy Rabbitt (UC Irvine) 4:26.41, 5. Chris Morgan (Unat.)

427.29. High Jump (invitational): 1. Latrese Johnson (Azusa Pacific) 5-10 3/4, 2. Tonya Mendonca (S&S

Men's Results - Junior Callege Mon

Large Schools:

3K Steeple Chase: 1. David Baptiste (Mt. SAC) 8:58.52, 2. Matt Bogornowicz (WV) 9:26.42, 3. Mason Myers (Am.River) 9:27.7, 4. Bobby Rodriguez (FCC) 9:37.07, 5. Joe Neff (Moorpark) 9:40.80.

400m Hurdles: 1. Marty Beck (Glendale) 52.43, 2. Andy Sample (Diablo Valley) 52.61, 3. Kirk Ayers (Cerritos) 53.75, 4. Fred Dunn (Fullerton) 55.08, 5.

Marlon Singleton (Santa Monica CC) 55.67 5000m: 1. Jaime Galindo (Ventura) 14:43.34, 2. Edgar Montes (Mt. SAC) 14:48.66, 3. Chris Parm er (Orange Coast) 14:55.81, 4, Frank Fox (Talt) 15:01:80, 5. Kos Kindreich (Grossmont) 15:17:58.

110m Hurdies: 1. Douglas Conner (Contra Costa) 14.38, 2. Ron Cason (Ventura) 14.75, 3. Keith Pouncey (Santa Monica CC) 14.92, 4. Jerry Edwards (Moorpark) 14.94, 5. Dan Vinson (Bakers field) 15.36.

100m: 1. Davidson Ezinwa (Mt. SAC) 10.43, 2. Osmond Ezinwa (Mt. SAC) 10.46, 3. Victor Nwankwo (Mt. SAC) 10.56, 4. Jeff Laynes (Merritt) 10.58, 5. Tim Green (Diablo Valley) 10.78 1600m Relay: 1. Sacramento CC 3:11.63, 2 El

continued next page...

Camino 3:11.69, 3. Mt. SAC 3:14.18, 4. Contra Costa 4:14.58, 5. San Francisco CC3:16.32.

3200m Relay: 1. El Camino 7:35.86, 2. Mt. SAC 7:36.71, 3. Gelndale 7:46.20, 4. American River 7:49.99, 5. Moorpark 7:53.78.

400m Relay: 1. Mt. SAC 39.96, 2. Merritt 40.49, 3. Sacramento CC 40.70, 4. Diablo Valley 40.88, 5. Fresno City 41.21.

Sprint Medley Relay: 1. Sacramento CC 3:23.4, 2. San Jose CC 3:28.11, 3, Fullerton 3:29.61, 4, Fresno CC 3:31.02, 5. Chabot College 3:33.64. Discus: 1, Eric Johnson (Mt. SAC) 162-3, 2, Jim

Kirksey (Bakersfield) 161-11, 3. Tony Moore (Tall) 161-4, 4. Chris Tipton (Ventura) 157-2, 5. Ziad Khozam (Rancho Santiago) 154-6.

Triple Jump: 1. Curtis Mitchell (El Camino) 49-5, 2. Mario Fisher (Bakersfield) 47-9, 3. Robert Huggins (Bakersfield) 47-6 1/2, 4. Cedric Boyd (San Joaquin Delta) 47-5 1/4, 5. Julius Lewis (Bakersfeld) 47-3 1/2.

High Jump: 1, Dave Swanson (Glendale) 6-10, 2. Glenn Slayton (Moorpark) 6-10, 3. Ed Jones (Talt) 6-6, 4. Jim Masuga (Mt. SAC) 6-6, 5. Jim Hui (Mt. SAC) 6-8.

Javelin: 1. Gil Carrillo (Moorpark) 213-2, 2. Sam Porlow (Taft) 181-7, 3. Willie Trigg (Fullerton) 172-8, 4. Jay Benge (Orange Coast) 169-1, 5. Hector Sanchez (Mt. SAC) 166-8.

Shot Put: 1. Jim Kirksey (Bakersfield) 52-9, 2. Tony Smiderle (Yuba) 50-8, 3. Marc Harisay (San Jose CC) 50-5, 4. Won Lee (Ventura) 50-0, 5. Chuck Underwood (Fullerton) 49-9.

Hammer: 1. Larry Johnson (Moorpark) 158-4, 2. Eric Johnson (Mt. SAC) 157-0, 3, David Lunde (Sacramento CC) 155-0, 4, Cliff Hall (American River) 142-3, 5. Mike Crawford (American River)

Pole Vault: 1, Brian Chase (Grossmont) 15-6, 2. Jeremy Moore (Taft) 15-0, 3. Karl Kalista (Sacramento CC) 15-0, 4. Eric Harper (Grossmont) 14-6, 5. Jim Lawrence (San Jose CC) 14-6.

Long Jump: 1. Ron Martin (El Camino) 23-11 3/4, 2. John Anthony (Cerritos) 23-8 3/4, 3. Lamark Allen (LA Valley) 23-3 1/2, 4. Robert Scott (LA Valley) 23-1 3/4, 5. Joey Bush (San Jose CC) 23-

Team Scores: 1. Mt. San Antonio College 69, 2. El Camino 41, 3. Sacramento CC 34, 4. Bakersfield 25, 5. Moorpark 24, 6. American River 23, 7. Glendate 22, 8. Taft 21 1/2, 9. Diablo Valley 18, 9. San Jose CC 18, 11, Ventura 17, 11, Fullerion 17, 13. Contra Costa 11, 13. Grossmont 11, 13. Merritt 11, 16. Fresno CC 10 1/2, 17. Cerritos 10, 18. Orange Coast 8, 19. Los Angeles Valley 7, 20. Santa Monica CC 6, 21, San Joaquin Delta 5, 21, West Valley 5, 21. Yuba 5, 24. Rancho Santiago 2, 24. Saddleback 2, 24. San Francisco CC 2, 24. Chabot 2, 28. San Bernardino Valley 1. Small Schools:

5000m: 1. Rich Nunez (COS) 14:48.35, 2. Todd Sheller (COS) 15:17.69, 3. Manual Zepeda (COS) 15:35.1, 4. Rafael Peralta (COS) 15:48.7, 5. Barry Heppell (Allan Hancock) 15:53.5.

3K Steeple Chase: 1. Marvin Dyksta (C of Siskiyous) 9:26.90, 2. Barry Todd (Siskiyous) 9:29.74, 3. James Conn (Porterville) 18:14.6.

400m Hurdles: 1. Rex Speer (Hartnell) 53.32, 2. Greg Rojas (Hartnell) 54.61, 3. Mitch Politevint (Siskiyous) 54.80, 4. Darryl DeLaVega (College of the Canyons) 56.70.

Distance Medley Relay: 1. El Camino 10:16.73, 2. American River 10:24.93, 3. Diablo Valley 10:29.26, 4. Gendale 10:30:20, 5. Saddleback 10:35:20.

400m Relay: 1. Shasta 42.05, 2. Hartnell 42.85, 3. Antelope Valley 43.44, 4. Cuesta 43.58, 5. Allan Hancock 43.92

1600m Relay: 1, Shasta College 3:15.55, 2, Cues-ta 3:16.41, 3, Hartnell 3:21.57, 4, Mira Costa 324.66, 5. Lassen 3:29.91.

Distance Mediey Relay: 1. Siskiyous 10:20.40, 2. Alian Hancock 10:45.3, 3. College of the Canyons 10:49.5, 4. Shasta College 10:53.4, 5. Cuesta

110m Hurdles: 1. Greg Rujas (Harntell) 15.08, 2. Ron Murray (Siskiyous) 15.10, 3. Ron Hatt (Shasta) 15.11, 4. Rex Speer (Hartnell) 15.21, 5. Greg Feik (Mira Costa) 15.58.

100m: 1. Darrin Stringer (Solano) 10.72, 2. Brian Martinez (West LA) 10.92, 3. Rick Starling (Antelope Valley) 11.02, 4. Fred Lee (Shasta) 11.07, 5. Corey Harrold (College of the Canyons) 11.27. 3200m Relay: 1. Siskiyous 8:00.94, 2. Porterville

8:12.43, 3. Mira Costa 8:18.51, 4. Cuesta 8:50.43.

Javelin: 1. Adam Weston (Sierra College) 191-1, 2 Mark Jocona (Shasta) 184-10, 3. Jerry Kassebaum (Allan Hancock) 177-9, 4. Rodney Dickerson (Allan Hancock) 175-10, 5. Howie Dooley (Shasta) 170-1. Hammer: 1. Mike McCormick (Porterville) 164-1, 2. Scott Thornhill (Shasta) 152-1, 3. Roshawn Jan (Shasta) 136-10, 4. Randy Neitzke (Sierra) 136-4, 5. Brett Zimmerman (Sierra) 128-5.

High Jump: 1. Gio Spratting (Hartnell) 7-0, 2. Mise Horman (Mira Costa) 6-6, 3. Paul Berger (Sierra) 6-6, 4. Charles Langston (Shasta) 6-6, 5. Pat Ha-

ney (Harmell) 6-4.

Triple Jump: 1. Charles Johns (Mira Costa) 47-6 1/2, 2. Harold Morrison (Hartnell) 47-1 3/4, 3. Mike Fehliman (Shasta) 44-6 1/4, 4. Ken Hollins (Mira Costa) 44-1 1/2, 5, Robert Fisher (Mira Costa) 43-6.3/4.

Discus: 1, Roshawn James (Shasta) 152-0, 2. Mike McCormick (Porterville) 143-0, 3. Rooney Dickerson (Allan Hancock) 141-4, 4. Charles Langston (Shasta) 141-4, 5. Roger Johnson (Mercod) 131-11. Long Jump: 1. Ryan Beriamin (COS) 22-9 1/2, 2. Fred Lee (Shasta) 22-5, 3. Greg McCoy (Monterey Peninsula) 2203 1/4, 4. Greg Newman (Sierra) 21-11 3/4, 5. Ken Hollins (Mira Costa) 21-9 3/4.

Pole Vault: 1. Brian Adamick (Cuesta) 15-6, 2. Howie Dooley (Shasta) 15-6, 3. Sean Baggett (Hartnell) 14-6, 4. Jamie Nobis (COS) 14-0, 5. Milke Fehliman (Shasta) 13-0.

Shot Put: 1. Roshawn James (Shasta) 51-1 1/2, 2. Terry Sherman (Mira Costa) 49-2 1/2, 3. Scott Thornhill (Shasta) 47-7 3/4, 4. Jack Booker (Merced) 46-7, 5. Rodney Dickerson (Allan Hancock) 46-5 3/4.

Team Scores: 1. Shasta 87, 2. Hartnell 51, 3. College of the Siskiyous 41, 4. Mira Costa 38, 5. College of the Segucias 28, 6. Cuesta 26, 7. Allan Hancock 25, 8. Porterville 24, 9. Sierra 19, 10. College of the Canyons 11, 11, Antelope Valley 10, 12, Solano 6, 13, Merced 5, 13, Monterey Peninsula 5, 13. West LA 5, 16, Lassen 2.

Women's Results - Junior College

Large Schools:

100m Hurdles: 1. Patrice Hall (Cerritos) 15.06, 2. Jennifer Owens (Saddleback) 15.94, 3. Ann Kissing-er (Orange Coast) 16.18, 4. Susan Venzuela (Mt. SAC) 17.89, 5. Cindy Morarity (American River)

100m: 1. Marlene Garner (Taft) 12.27, 2. Kikywa Prevost (LA Valley) 12.35, 3. Floretta Green (Taft) 12.40, 4. Theresa Hill (San Francisco CC) 12.46, 5. Nadine Bratcher (Mt. SAC) 12.62.

100m Hurdies: 1. Latanya Davenport (Santa Mon ica CC) 14.50, 2. Nicole Redmond (Contra Costa) 14.76, J. Michelle Silva (Sacramento CC) 15.02, 4. Jessica Casimir (San Francisco CC) 15.29, 5. Mary Reicks (Fullerton) 15.38.

400m Hurdles: 1. Marsha Guialoy (Mt. SAC) 1:00.50, 2. Jesica Casimir (San Francisco CC) 1:02.99, 3. Nicole Redmond (Contra Costa) 1:04.48, 4. Emily Thiebaud (Fullerton) 1:04.80, 5. Susan Venzuela (Mt. SAC) 1:06.81.

3000m: 1. Karen Talamanies (Mt. SAC) 10:01.01 Pam Boyles (Bakersteld) 10:04.25, 3. Julie Verke (American River) 10:09.48, 4. Maricela Benavides (Orange Coast) 10:24.57, 5. Julie Dyson (American River) 10:30.93.

1500m: 1. Sharette Garda (El Camino) 4:31.77, 2. Joanna Green (West Valley) 4:40.80, 3. Karen Talamanies (Mt. SAC) 4:42.88, 4. Pam Boyles (Bakersfield) 4:47.18, 5. Julie Verke (American Riv-

1600m Relay: 1. Taft 3:50.03, 2. El Camino 3:52.10, 3. Mt. SAC 3:54.16, 4. L. A Valley 3:56.90, 5. Fullerion 3:59.44.

3200m Reley: 1. El Camino 9:37.44, 2. Saddleback

9:50.95, 3. West Valley 9:54.97, 4. Ventura 10:05.80, 5. American River 10:06.42.

400m Relay: 1. Taft 47.0, 2. Mt. SAC 48.3, 3. Fullerton 48.7, 4. LA Valley 48.7, 5. Grossmont 49.1. Long Jump: 1. Tiesha Holmes (El Camino) 19-1 1/

2, 2. Cyndi Noriega (Grossmont) 18-1 3/4, 3. Melanie Clarke (LA Valley) 17-11, 4. La Frania West (Grossmont) 17-9 3/4, 5. Gail Sthern (El Camino)

Shot Put: 1. Grace Apiali (Mt. SAC) 49-2, 2. Angel Mahan (College of San Mateo) 42-8 1/2, 3. Olive Langi (Orange Coast) 39-4, 4. Kerri Holton (Fullerton) 38-6, 5. Kitty Bittenbender (San Jose CC) 37-10 1/2

High Jump: 1. Ilana Mazino (Santa Monica CC) 5-4, 2. Renee Sandberg (Chabot) 5-2, 3. Lainie Laka-ta (American River) 5-0, 4. Tami Hansston (Fresno CC) 4-10, 5. Ingrid Holmes (Glendale) 4-10.

Triple Jump: 1. La Frania West (Grossmont) 37-10, 2. Tiesha Holmes (El Camino) 37-7 1/4, 3, Marji Gilles (Glendale) 36-7 1/2, 4. Carol Myzskowski (Moorpark) 36-6 1/2, 5. Charlotte McKoy (El Camino) 36-2 3/4.

Javelin: 1. LaSonia Cole (Fresno CC) 135-6, 2. Tami Hansston (Fresno CC) 133-3, 3. Maribel Busto (San Francisco CC) 130-9, 4. Karen Tiner (American River) 129-3, 5. Marji Gilles (Glendale)

Discus: 1. Grace Apiafi (Mt SAC) 178-8, 2. LaSonia Cole (Fresno CC) 134-0, 3. Megan Franke (Fullerton) 134-0, 4. Debra Wise (Saddleback) 116-9, 5. Hollie Cox (Saddleback) 115-7.

Teem Scores: 1. El Camino 50, 2. Mt. San Antonio 49, 3. Talt 38, 4. Saddleback 22, 5. Fresno CC 21, 6. Fullerton 20, 7. American River 18, 8. Grossmont 17, B. Los Angeles Valley 17, 10. San Francisco CC 15, 11. Santa Monica CC 12, 12. West Valley 11, 13. Moorpark 10, 14. Contra Costa 9, 14. Glendale 9, 16. Bakersheld 8, 17. College of San Mateo 7, 17. Orange Coast 7, 19. Ventura 6, 20. Rancho Santiago 5, 20. Chabot 5, 22. Sacramento CC 4, 23. San

Small Schools

1500m: 1. Patty McNulty (Allan Hancock) 4:54.64, 2. Christy Oliviera (Shasta) 4:55.21.

3000m: 1. Megan Sheehy (Shasta) 10:42.83, 2.

Lynn Carney (Mra Costa) 10:46.72. Distance Medley Relay: 1. El Camino 12:37.03, 2.Saddleback 12:55.28, 3. Moorpark 13:16.24, 4. Rancho Santiago 13:25:27, S. Fresno CC 13:47.78. 1600m Relay: 1. Mira Costa 4:07.13, 2. Sierra 4:07.33, 3. Shasta 4:11.48, 4. Cuesta 4:15.30, 5. Allan Hancock 4:16.43.

400m Relay: 1. Sierra 51.67, 2. Shasta 51.68, 3. Mira Costa 51.72, 4. Hartnell 51.87, 5. College of Sequoias 52.0.

100m Hurdlen: 1. Edwina Ammonds (Kings River) 15.33, 2. Sherry Whitley (Antelope Valley) 15.36, 3 Nao Ishii (Hartnell) 15.49, 4. Tanya Iwankovitsch (Hartnell) 16.65, 5. Nancy Taylor (Lassen) 17.43. 400m Hurdles: 1. Tanya Iwankovitsch (Hartnell) 105.89

Distance Medley Relay: 1. Sierra 12:40.64, 2. Mira Costa 12:46.29, 3. Shasta 12:52.85, 4. College of the Siskiyous 13:17.34, 5. Allan Hancock 13:26.71.

100m; 1. Christy Opara (Citrus JC) 11.64, 2. Kate Iheagwan (Citrus JC) 11.99, 3. Tracey Smith (Shasta) 12.62, 4. Heidi Udaffia (Sierra) 12.6, 5. Teacolia Alexander (Monterey Peninsula) 13.1. Javelin: 1. Cheri Catron (Lassen) 125-0, 2. Lori

Smith (Mira Costa) 105-6, 3. Tamara Haack (Cosumnes River) 100-5, 4. (tie) Essie Moore (COS) and Jennifer Adolphs (Porterville) 100-0.

High Jump: 1. Tonia King (Antelope Valley) 5-2, 2. Edwina Ammonds (Kings River) 5-0, 3. Debbie Mello (Shasta) 5-0, 4. Angie McCann (Sierra) 4-10, 5,

Tonya Taylor (COS) 4-10. Shot Put: 1. Vevesi Fratuai (Monterey Peninsula) 38-8, 2. Lori Rodriguez (Hartnell) 37-6 1/4, 3. Essie Moore (COS) 36-0 1/2, 4. Julie Reader (Sierra) 35-8 3/4, 5. Shannon Hodgenbosch (Allan Hancock) 34-1 1/2

Triple Jump: 1. Edwina Ammonds (Kings River) 37-11 3/4, 2. Kim Mallard (Shasta) 37-5, 3. Melynee Bass (Solano) 37-3 3/4, 4. Theresa Fourtner

(Yuba) 35-2 1/4, 5. Tanya Iwankovitsch (Hartnell) 34-10 1/2

Discus: 1. Julie Wood (Sierra) 132-1, 2. Shannon Hodgembosch (Allan Hancock) 126-1, 3. Debbie Mello (Shasta) 120-7, 4. Lori Rodriguez (Hartnell) 116-7, 5. Anne Kiszka (Sierra) 115-11.

Long Jump: 1. Christy Opara (Citrus) 21-6 3/4, 2. Melynee Bass (Solano) 18-1, 3. Martha Atkinson (Solano) 17-9, 4. Nao Ishii (Hartnell) 16-10 3/4, 5. Edwina Ammonds (Kings River) 16-9 1/4. Team Scores: 1, Shasta 51, 2, Sierra 44 1/2, 3.

Mira Costa 35, 4. Hartnell 31, 5. Kings River 19, 6. Allan Hancock 17, 6. Citrus JC 17, 8. College of Sequoias 13, 8. Solano 13, 10. Antelope Valley 11, 11. Lassen 8, 11. Monterey Peninsula 8, 13. College of the Siskiyous 5, 14. Cosumnes River 4, 14 Cuesta 4, 16. Yuba 3, 17. Porterville 2 1/2.

> Small College Division Men's Results

4x100m Relay: 1. Humboldt State 42.09, 2. Cal Lutheran 43.68, 3, CS Stanislaus 44.26. 4x400m Relay: 1. Fresno Pacific 3:20.01, 2. Humboldt State 3:20.91, 3, CS Stanislaus 3:22 53. Distance Medley Relay: 1. Humboldt State 10:06.75. 2. Fresno Pacific 10:16.7, 3. Biola College 10:23.26. 110m HH: 1. Kevin Mattias (Humboldt State) 15.39, 2. Carl Thomas (CS Stanislaus) 15.49, 3. Jeff Beaird (CS Stanislaus) 15.72.

100m: 1. Eric Williams (Humboldt St) 10.89, 2. Kevin Hatcher (Cal Lutheran) 11.05, 3. Deon Bell (Humboldt St) 11.09.

4x80tm Relay: 1. Humboldt State 7:52.02, 2. Fresno Pacific 8:00.13, 3. Biola College 8:04.24. Discus: 1. Rich Brown (Humboldt St) 161-7, 2.

Charles Novasocone (Humboldt St) 138-8, 3. Dana Zupke (Cal Lutheran) 133-6.

Long Jump: 1. Craig Ashley (Cal Lutheran) 21-0, 2. Joey Ellis (Fresno Pacific) 20-8, 3. Jason Sadler

Pole Vault 1. Todd Arnett (CPSLO) 16-6, 2. Tony Castiglioni (CPSLO) 16-0, 3. Rob Rynearson (UCLA) 16-0.

Shot Put 1, Rich Brown (Humboldt St) 48-8 1/2, 2. Charles Novasocone (Humboldt St) 47-4, 3. David

Graham (CS Stanislaus) 46-7. High Jump: 1. Mike Tapley (Cal Lutheran) 6-4. Triple Jump: 1. Andre Gizley (CS Stanislaus) 45-0 1/2, 2. Joey Ellis (Fresno Pacific) 44-4 1/4, 3. Jason Sadler (Bida) 42-3.

Team Scores: 1. Humboldt State 80, 2. CS Stanis-laus 54, 3. Cal Lutheran 53, 4. Fresno Pacific 44, 5. Biola 24, 6. Cal Poly Pomona 4.

Small College Division Women's Results

4x100m Relay: 1. Humboldt State 49.39, 2. Azusa Pacific 50.58, 3. Biola College 50.78.

4x400m Relay: 1. Humboldt State 3:52.63, 2. CS Stanislaus 4:04.17, 3. Azusa Pacific 4:04.25. 100m H; 1. Clara Trigg (Humboldt St) 14.82, 2. Jen ny Hively (Biola) 15.78, 3. Tobi Palombi (CS Sta-

nislaus) 15.81. Distance Medley Relay: 1. Azusa Pacific 12:18.85, 2. Humboldt State 12:23.84, 3. CS Stanislaus (CS

Stanislaus) 12:31.62. 100m: 1. Clara Trigg (Humboldt St) 12.3, 2. Sharon

Jones (Biola) 12.6, 3. Teresa Horteland (Azusa Pacific) 12 8.

Discus: 1. Dianne Van Veeuwen (Azusa Pacific) 137-9, 2. Marlena Becker (Humboldt St) 127-11, 3. Tracey Meadors (Fresno Pacific) 127-3. High Jump: 1. Tara Raquinio (Humboldt St) 5-4, 2.

Sheri Caplan (CS Stanislaus) 5-2, 3. Jenniler Schoulen (CS Stanislaus) 5-2.

High Jump: 1. Tara Raquinio (Humboldt St) 5-4, 2. Sheri Caplan (CS Stanislaus) 5-2, 3. Jennifer Schouten (CS Stanislaus) 5-2.

Shot Put: 1. Tracey Meadors (Fresno Pacific) 38-2, 2. Marlena Becker (Humboldt St) 37-9, 3. H. Herminezhaus (CSLA) 37-2 1/2

Team Scores: 1. Humboldt State 65, 2. Azusa Pacific 60, 3. CS Stanislaus 57, 4. Fresno Pacific 23,

Wharf to Wharf

IDELY ACCLAIMED "The best little roadrace in California," the annual six-mile run from Santa Cruz to Capitola-by-the-Sea on the fourth Sunday in July is the highlight of the ier running calendar. More than just a great race, WHARF TO WHARF is a happy blend of ideal weather conditions, keen competition and a fast, scenic course that makes it a favorite of casual joggers and world-class athletes alike

Crowds of enthusiastic spectators and a festive array of live entertainment traditionally line the gently rolling race route providing moral support and holiday spirit. Giant rainbows of colorful balloons mark each mile. The beachparty finish is legendary with gifts and refreshments for all finishers. That's the good news.

The bad news is that WHARF TO WHARF is not for everyone. Due to narrow streets and small town venue limitations, the race is restricted to just 12,000 runners. Last year's race sold out in June. Entries are accepted on a first-come-first-served basis with race alumni accorded a two-week priority entry form mailing. Upwards of 20,000 applications are anticipated again in 1990 making WHARF TO WHARF the most exclusive roadrace in the world. Catch it if you can!

RACE COURSE

The six-mile WHARF TO WHARF course along scenic Monterey Bay plays no small role in the popularity of the Race. Runners find new inspiration at every turn of the spectacular coastline. Cool ocean breezes provide natural air conditioning. PR's are routine.

Starting near the Santa Cruz Wharf, the Race meanders through quaint seaside neighborhoods overlooking the Boardwalk Amusement Park and crosses the Yacht Harbor Bridge. Skirting Twin Lakes. Beach, the route winds around Schwan Lake and through the Wildlife Sanctuary before breaking onto the ocean bluffs at Pleasure Point. On past Shark's Cove, the final mile dips down into the charming village of Capitola-by-the-Sea, finishing at its wharf

The first mile of this year's Race will either be deleted or detour around the earthquake-damaged Riverside Bridge, START details and a course map will be included in your Race Packet.

COURSE RECORDS

Brian Abshire 27:45 (1989)

Lynn Nelson 31:42 (1989)

RADIO

The Race is broadcast live on KSCO 1080AM beginning at 8:00AM Raceday. Bring your radio!

TELEVISION

Watch the special feature Race programming Raceday evening at 6:30PM on KSBW TV8. See yourself on TV1

ORGANIZATION

The Race is produced and administered by the Wharf to Wharf Race Inc., a non-profit corporation. Proceeds benefit the Santa Cruz County running community.

REGISTRATION

Complete the attached entry form, clip and mail with a check for \$15.00 to WHARF TO WHARF, Box 307, Capitola, CA 95010. Only one entry per form (Form may be photocopied). DO IT NOW! Remember, only the first 12,000 entry applications received will be accepted: all others will be returned. Once accepted, entry fees are non-refundable.

RACE PACKET

If you are among the lucky 12,000 runners accepted for this year's Race, your registration packet with bib number and special Raceday instructions will be mailed to you in July.

RACE DAY

Sunday 22 July. Pre-Race show begins at 7:45AM at the START in Santa Cruz. The Race starts at 8:30 SHARP!

Everyone's a winner at the WHARF TO WHARF RACE! First male and female finishers will be presented prestigious silver cups by the Mayors of Santa Cruz and Capitola, Runners-up are awarded Olympic-style medals. Top 100 men and top 100 women will receive commemorative sweatshirts. All Race finishers earn a speciallydesigned, nylon dufflebag loaded with snacks and refreshments. A variety of souvenir T-shirts will be available for purchase starting



RACE HOTLINE 408-475-2196

Pacific Western Bank





COLORS 99.1 fm Talkradio am 1080 KSCO

1990 W	HARF TO V	WHARF RACI	E NAME	ENIH	LAST NAME	P	LEASE PRINT CLEAR	LY
Name						Best	10K Time	
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AS ROADRACING IS DANGEROUS, ALL RUNNERS ARE REQUIRED TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE: In consideration of your accepting my entry application, I for myself, my personal representatives, heirs and next of kin hereby release and discharge WHARF TO WHARF RACE, INC., its organizers, sponsors, directors and agents, the County of Santa Cruz, the Cities of Santa Cruz and Capitola and their respective agents from all liability to me, my personal representatives and heirs for all loss, damage, or any claims or demands on account of personal injury, death or property damage arising out of my participation in the WHARF TO WHARF RACE. I am. fully aware of the risks inherent in participating in said RACE and hereby elect to voluntarily enter said event and event area and voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned for this event. I hereby grant full permission to WHARF TO WHARF RACE, INC., to use my name, voice or picture in any broadcast, telecast, advertising promotion or account of this event for any purpose. I have read and understand this release and waiver of all liability.

SIGNATURES

RUNNER

PARENT/GUARDIAN IF UNDER 18

DATE

ONLY ONE ENTRY PER BLANK (FORM MAY BE PHOTOCOPIED). FORM MUST BE SIGNED Clip and Mail with check for \$15.00 to: Wharf to Wharf Race, Box 307, Capitola, CA 95010 The right to reject any entry or to issue special invitations is reserved to the race Committee.

