

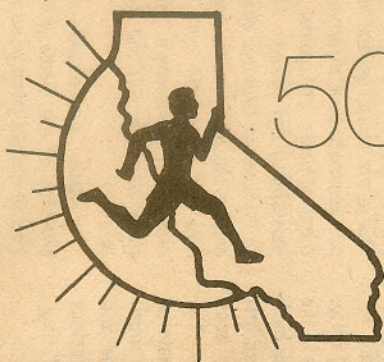
CALIFORNIA TRACK NEWS

**NOVEMBER
DECEMBER
1976**

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ISSUE NUMBER 14

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CALIFORNIA TRACK NEWS

1717 South Chestnut Avenue
Fresno, California 93702

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PUBLISHER: Fresno Pacific College Track Team
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GIRL'S AND WOMEN'S EDITOR: Calvin Brown
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meet the staff:

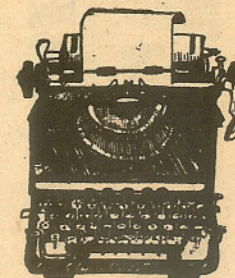
Cregg Weinmann

photo by Steve Ward

CREGG WEINMANN: As a sophomore student at Fresno Pacific College Cregg has been helping with California Track



from the editor...



During the past year or so California Track News has not been printing any of the "letters to the editor" which we have received — mainly because we are always just too cramped for space and felt other material had more priority. We used to print a few letters each issue in the column called "Mail Bag," but that was back when we were just getting started and had lots of room to spare. We now have more good material to print than there is room. The problem now isn't finding enough material but rather deciding what items and how much of each to print. Someday when time and money permit we will expand further to include more and hopefully return the "Mail Bag" column as a regular feature.

We would like to print, however, a letter we recently received which points out our big problem — deciding what and how much to include in each issue. It is by hearing from the readers that we become aware of needs for change and encourage your comments and suggestions for improvement. The following letter was received from CTN Junior College Statistician, Fred Baer, of the J.C. Athletic Bureau:

The list of 1976 College-Open marks in the September/October issue of California Track News was flagrantly incomplete!

Although John Wenos does an admirable job of covering FOUR YEAR college track, he has always ignored the two-year colleges.

I make an issue of this because the two-year college athletes are too often slighted in this regard by the general news media (although not generally by California Track News). What these athletes do against the clock (or tape measure) is not enough. Millard Hampton had to become an Olympic champion before many among the news media began to take note of him and many still can't understand how he came "out of nowhere." He didn't -- he's been there all along. But the media failed to recognize it.

Please understand that the foregoing criticism of the media is not directed at you. You've always given good coverage to the two-year colleges. And, as a four-year college coach and recruiter, you appreciate the excellence of the community college athletes."

Yes, Fred, we are very much aware of the problem you have mentioned. For us, just how to break down the ranking lists is a difficult question. Some, like yourself, would like to see fewer divisions and rank everybody together; however, others plead to have more divisions (a separate J.C., another for high school frosh-soph, one for junior high, one for ages 30-39, etc., etc., etc.). Believe me, we are very much aware of the J.C. athlete and want to do the best job possible publicizing and promoting the two-year track & field programs: just as

Cregg Weinmann

photo by Steve Ward

CREGG WEINMANN: As a sophomore student at Fresno Pacific College Cregg has been helping with California Track News for about a year. He's done just about everything associated with putting out the publication.

Cregg comes to us from East Bakersfield High School where he ran both cross country and track. He has competed in every running event from the 440 to the marathon, including the hurdles and steeplechase. In addition he is a 6-2 high jumper. He is currently captain of the cross country team at Fresno Pacific. When track rolls around he will be found doing a variety of events as the team "junk man" - that is one who picks up points wherever he can.

As a physical education major he plans to eventually go into coaching and, thereby, maintain close contact with his favorite sport, track and field. Cregg is a member of the Bakersfield Mennonite Bretheran Church and is a leader in the Fresno Pacific Fellowship of Christian Athletes.

The variety of help that Cregg gives each issue of CTN includes such things as photography and darkroom work, typing results, formulating rankings, writing articles and stories and gathering material.



the readers that we become aware of needs for change and encourage your comments and suggestions for improvement. The following letter was received from CTN Junior College Statistician, Fred Baer, of the J.C. Athletic Bureau:

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Although John Wenos does an admirable job of covering FOUR YEAR college track, he has always ignored the two-year colleges. But his lists and rankings, etc., do not state that they cover four-year colleges only and exclude all athletes while they are at two-year colleges (although not in their first two years at a four-year college). Hence the problem.

All of the California community college athletes except for Millard Hampton in the 200 (obviously a last minute addition), were left out of your purported "Top Marks 1976 College-Open." That should've read "Top Marks 1976 Four Year College-Open with the exception of one community college athlete who won two Olympic medals so had to be included but all other two-year college athletes, including national record holders are not eligible for listing."

The only way to rectify this, of course, is to run the list again with all of the proper additions and a story of explanation.

Because of the great number of omissions, it would be a disservice to the community colleges of the state (and their nearly 1½ million students) to run just an additions list. You've already run a JC list. Now give the JC athletes their proper overall ranking in the state.

Our JC's should not be just an after-thought or given the usual 'We're sorry we forgot about you but we'll try not to do it again and give you a brief mention now...'

Yes, Fred, we are very much aware of the problem you have mentioned. For us, just how to break down the ranking lists is a difficult question. Some, like yourself, would like to see fewer divisions and rank everybody together; however, others plead to have more divisions (a separate J.C., another for high school frosh-soph, one for junior high, one for ages 30-39, etc., etc., etc.). Believe me, we are very much aware of the J.C. athlete and want to do the best job possible publicizing and promoting the two-year track & field programs; just as we hope to do for all areas of track in California.

One reason why we have seperated off the junior colleges and given J.C. athletes their own ranking list was, we thought, to give better and more thorough coverage. If we did it your way and were to include their ranking along with the four-year/open ranking it would greatly reduce the number of J.C. athletes mentioned. In many events only a few J.C. athletes would be listed in the four-year/open ranking (in 1976 just two in the mile, three in the 800 meters, four in the high hurdles and pole vault). We don't want to list just the super marks (and there, certainly, are plenty of them) but at least 20 or so for each event in the two-year college program. Millard Hampton's Olympic Trials mark was included in the 1976 Four-Year College/Open ranking because at that time he had graduated from San Jose City College (just what to do with marks after graduation is another problem - it might be best to count both places).

We realize that the heading "College-Open" is misleading and will clarify it as "4-Year College-Open" in the future. With your continued help and support we hope to do a better job of coverage not only with the two-year colleges but all areas of track & field in California.

ON THE COVER: JULIE BROWN(left) and SUE KINSEY head up a super Cal State Northridge women's cross country team. Northridge promises to make a respectable showing for California at the Nationals.



San José State University

TRACK & FIELD CAMP

December 20 - 23

16 HOURS OF INSTRUCTION

COST.....

\$50.00 fee for the clinic
portion of the camp only.

\$52.00 additional for
room and board.

* Events *

SHOT PUT AL FEUERBACH

Ex World Record Holder

DISCUS..... JOHN POWELL

Ex World Record Holder and Olympic Medal Winner

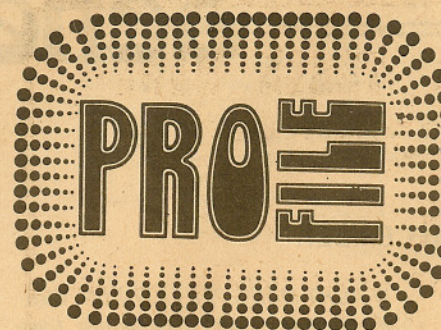
POLE VAULT..... BOB SLOVER

Top High School Pole Vault Coach ——— Life Time Best of 17-7

DISTANCE RUNNING..... DON RIGGS

SJSU Distance Coach ——— Coaches Mark Schilling

HURDLES LARRY LIVERS



Ed
Ramirez

ED RAMIREZ: Oxnard College sophomore. 5 feet, 9 inches; 160 pounds. Born January 7, 1950, in Ventura, California; 26 years old. BEST MARKS: 2 Mile—9:04.4(68), and 9:00.7 (70). Also competed for Morpark J.C.. Coached by Juan Hernandez.

Who is Ed Ramirez and what is Oxnard College. Well, if you have been a California track fan for more than just a few years you'll remember the name of Ed Ramirez as your memory is jogged back to the mid-60's. If you're a more recent Cal track fan you will find the Ed Ramirez story quite interesting, especially in light of the fact that he is still undefeated in the 1976 cross country season, and that's after nine races.

Now, what about Oxnard College. That's the college without a campus. The latest addition to the two year California Community College System. Oxnard College is now in it's second year and former Arroyo High School coach, Juan Hernandez has bravely stepped out to lead the cross country and track programs. Many of you have not heard of Oxnard College, but before Ed Ramirez is finished he will surely have put it "on the map."

Who is Ed? "For the first time, I now have an honest feeling that I have a chance to win the state," says Oxnard's undefeated cross country runner, Ed Ramirez, who seems to be making a habit of outdistancing the field and bringing



ED RAMIREZ prepares to pass MITCH KINGERY and go on to win the College of the Canyons Invitational.

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SJSU Distance Coach --- Coaches Mark Schilling

HURDLES LARRY LIVERS

SJSU Coach --- Coaches Dedy Cooper, NCAA Champion

TRIPLE JUMP LARRY KNUTH

*Larry is a track coach at Fullerton JC. Ernie is track coach at San Jose State.
Together they co-authored a new Triple Jump book highlighting Ron Livers.*

This should be a very positive experience for a young man. The price is very inexpensive and the income goes to the Track Scholarship Fund at San Jose State University.

Mail this form to: **Ernie Bullard**
Athletic Department
San Jose State University
San Jose, CA 95192

phone: (408) 277-3281

NAME _____

ADDRESS _____

PHONE _____ EVENTS _____

☐ Enclosed is \$50 for clinic fee

☐ Please send additional information pertaining to room and board.

The latest addition to the two year California Community College System. Oxnard College is now in it's second year and former Arroyo High School coach, Juan Hernandez has bravely stepped out to lead the cross country and track programs. Many of you have not heard of Oxnard College, but before Ed Ramirez is finished he will surely have put it "on the map."

Who is Ed? "For the first time, I now have an honest feeling that I have a chance to win the state," says Oxnard's undefeated cross country runner, Ed Ramirez, who seems to be making a habit of outdistancing the field and bringing home win after win.

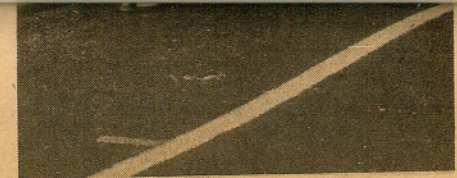
His win several weeks ago at the College of the Canyons Invitational was the big psychological boost. That was when he set a course record for the course as well as an Oxnard College record of 20:01. The win was and record was especially meaningful since it's the same course that will be used for the California State Meet later in November.

"When I started this season for Oxnard College, I didn't expect to be doing this well. I really didn't know what to expect of myself after a six and a half year lay-off said Ed. "And I don't know if coach Juan Hernandez knew what I could do either."

The long lay-off for Ed came after an army draft physical reported a heart problem and classified him 4-F. He had been running for Moorpark College after a highly successful track record at Channel Islands High School and Hueneme High School. "When I thought I could never run again, I tried some golf. Got down to a 3-5 handicap and thought maybe this was the game for me."

Ed also dropped out of school and tried a variety of jobs. One was working for the city as a water meter reader. That kept him outside with plenty of walking. "But that's not the same as training."

Ed remembers his high school coach, Ken Benefield, now principal of Channel Islands HS, as a great help in his training and career. He ran two years for Hueneme High School, setting two



ED RAMIREZ prepares to pass MITCH KINGERY and go on to win the College of the Canyons Invitational.

national records, under Benefield and then continued two years at Channel Islands HS when it first opened, graduating from C.I. HS in 1968. The two records were 9:36.0 for two miles as a freshman and 14:52.0 for three miles.

Some of the pioneering spirit he enjoyed when Channel Islands HS was first opening it's doors back then remains and makes him enjoy the same kind of opportunity and challenge at Oxnard College. "I like the feeling of growing up with a new school. It's a challenge to be one of the first ones there."

Coach Juan Hernandez admits that he had to work to get Ed back into school. "He didn't believe he could make a comeback after a 6½ year lay-off, but he sure has."

Hernandez also feels that what Ed is doing is just an indication of what's going to be happening at Oxnard College in the future. I predict we will be the first championship college without a campus. Infact, we could have had it this year if we had the runners at Ventura and Moorpark colleges who live in Oxnard running for Oxnard College. It's tough to convince athletes to attend a college with no campus or track."

Ed is looking forward to many more good years of running and plans to go on to a four year school next fall. But before you coaches out there get too excited remember that he started college back in 1968, which means he will be limited to an NAIA school. He is currently looking at several NAIA schools right now where he can combine a health and physical education major with a good track track program.

Schedule

NOVEMBER

- 13 SOUTHERN CAL J.C. CROSS COUNTRY CHAMPIONSHIPS. College of the Canyons.
- 13 CALIFORNIA STATE AAU WOMEN'S CROSS COUNTRY CHAMPIONSHIPS. Gibson Ranch Park, Sacramento. Jerry Coleman (916) 487-3175.
- 13 N.A.I.A. DISTRICT 3 CROSS COUNTRY CHAMPIONSHIPS. La Mirada.
- 14 HIGH SIERRA TC 6 MILE RUN. Lee Thomas, 532 W. Rialto, Fresno 93705.
- 14 SPA-AAU 10 KILO CROSS COUNTRY CHAMPIONSHIP. Laguna Niguel Park, 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602.
- 14 PA-AAU SENIOR AND NATIONAL AAU MASTERS CROSS COUNTRY CHAMPIONSHIPS. Crystal Springs, Belmont, 10 am. Len Wallach, 1060 Continentals Way, No. 107, Belmont 94002.
- 14 CALIFORNIA STATE J.C. CROSS COUNTRY CHAMPIONSHIPS. College of the Canyons.
- 20 SPA AREA JR. OLYMPICS CROSS COUNTRY. Nordhoff H.S., Ojai. Marty Young (805) 646-7116.
- 20 SAN DIEGO AREA JR. OLYMPIC CROSS COUNTRY.
- 20 CENTRAL CAL JR. OLYMPICS CROSS COUNTRY. Woodward Park, Fresno. Joe Herzog, 102 E. Clinton, Fresno 93705.
- 20 PACIFIC ASSOC. JR. OLYMPICS CROSS COUNTRY. Sequoia H.S., Redwood City. Nick Sakelarios, 11 Burbank Ave., Redwood City 94063.
- 20 U.S. TRACK & FIELD FEDERATION

DECEMBER

- 4 WEIGHT MAN'S PENTATHLON. Glendale College, 10 am. John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale 91208.
- 4 SAN MATEO ALL COMERS MEET. College of San Mateo, 11 am.
- 4 CHAMPION GOLD MINE RUN. 8 miles, Nevada City, CA, 11 am. Nick Vogt, Box 151, Grass Valley 95945.
- 4 FRESNO ROAD RACE. 6 miles. Fernie Montanez, 1106 Valencia, Fresno.
- 5 WESTERN HEMISPHERE & WOMEN'S NATIONAL AAU MARATHON. Culver City, 8 am. Carl Porter, 4117 Overland Ave., Culver City 90230.
- 11 MERCED ALL COMERS MEET. Merced College, 10 am.
- 11 HILL & DALE RUN. 6 miles, Bakersfield. Chuck Weinmann, East High School, Bakersfield.
- 11 LIVERMORE MARATHON. 10 am. Dan Moore, 663 Jefferson Ave., Livermore 94550.
- 11 DESERT HOT SPRINGS ROAD RUN for women only. Rosemary Woodward, 11-711 West Dr., Desert Hot Springs 92240.
- 11 SAN MATEO ALL COMERS MEET. College of San Mateo, 11 am.
- 11-12 GLENDALE USTFF WINTER DECATHLON. John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale 91208.
- 12 NATIONAL SENIOR & MASTER 3,000 METER TEAM RACE. And special 3,000 meter women's team race. La Crescenta Park. Pre-entries only. No individual entries. Sam Nicholson, 4946 Fredrick, La Crescenta 91211.
- 12 PA-AAU JR. CROSS COUNTRY CHAMPIONSHIP. 10 Kilo, Crystal

- 8 FRESNO PACIFIC SEVEN MILE UN-RUN. Bill Cockerham, Fresno Pacific College, 1717 S. Chestnut Ave., Fresno 93702.
- 8 COWPALACE INDOOR TRIALS. High School, women and age group. College of San Mateo.
- 8 CALIFORNIA 10 MILE RUN. Fitze-Grupe Park, Stockton. 9 am. Wayne Badgley, 2239 Janet Pl., Stockton 95207.
- 9 DAISY HILL RUNS. 6½ & 13½ miles. Cal State Sonoma, 10 am. Bob Lynde, Cal State Sonoma, Rohnert Park 94928.
- 9 SUNKIST INDOOR WOMEN'S TRIALS U.C.L.A.
- 14 GLENDALE ALL COMERS MEET. Glendale College.
- 15 SAN MATEO ALL COMERS MEET. College of San Mateo, 11 am.

- 15 SUNKIST INDOOR MEET.
- 15-16 AMERICAN RIVER TRACK CLINIC. Al Baeta, American River College, Sacramento.
- 16 CUPERTINO-SARATOGA PAUL MASSON MARATHON. Cupertino, 9 am. Dan O'Keefe, 20032 Rodriguez Ave., Cupertino 95014.
- 17 GLENDALE ALL COMERS MEET. Glendale College.
- 18 MERCED ALL COMERS MEET. Merced College, 10 am.
- 18 MADERA MARATHON & MINI. Dee DeWitt, Madera High School, Madera.
- 18 SAN MATEO ALL COMERS MEET. College of San Mateo, 11 am.
- 18 GLENDALE TRACK CLINIC. John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale 91208.

Garment Screening

QUALITY SCREENING AT DISCOUNT PRICES: - Jack Leydig, Box 1551, San Mateo, CA 94401. --- If you have T-shirts or warmups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through John-John, Inc., who does the Bay-to-Breakers, Tahoe Relays, Dipsea, Christmas Relays, WVTC, San Diego TC, and many other local shirts. But, as a dealer, I can offer a substantial discount below his normal retail prices (about 20-25% off). Prices below are for "Textdye" paint screening a color-

- 20 SPA AREA JR. OLYMPICS CROSS COUNTRY. Nordhoff H.S., Ojai. Marty Young (805) 646-7116.
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- 20 U.S. TRACK & FIELD FEDERATION WESTERN CROSS COUNTRY CHAMPIONSHIPS. Woodward Park, Fresno. Bill Cockerham, Fresno Pacific College, 1717 S. Chestnut Ave., Fresno 93702.
- 20 PHELAN 15 MILE HANDICAP. 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
- 21 PICO RIVERA TURKEY TROT. 5 mile & 10 mile. 9 am. Pat McArdle, Pico Rivera Rec. Dept., 6615 S. Parsons Blvd., Pico Rivera.
- 21 SANTA CLARA VALLEY AUTUM RIDGE RUN. 6.2 & 11 miles. Sierra & Piedmont Rds., Milpitas. 10 am. Ron Landrum, 1201 Huntington Dr., San Jose 95129.
- 21 BEAR CREEK TURKEY TROT. Alan Beymer, Merced Junior College, Merced.
- 27 REGION 13 JUNIOR OLYMPICS CROSS COUNTRY. Woodward Park, Fresno. Joe Herzog, 102 E. Clinton, Fresno 93705.
- 27 5 MAN 15 MILE RELAY. Roeding Park, Fresno. Bill Cockerham, Fresno Pacific College, 1717 S. Chestnut Ave., Fresno 93702.
- 27 SAN DIEGO CROSS COUNTRY INVITATIONAL.
- 28 APPLE VALLEY 6.3 MILE HANDICAP. 11 am. Jim Gorrell, 14576 Hope Rd., Apple Valley 92307.
- 28 PEPSI 20 MILE RUN. Delta High School Clarksburg(Sacramento area), 12 noon. Elaine Hocking, 800 Riverview Ct., Sacramento 95822.

- 11 SAN MATEO ALL COMERS MEET. College of San Mateo, 11 am.
- 11-12 GLENDALE USTFF WINTER DECATHLON. John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale 91208.
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- 18 SAN MATEO ALL COMERS MEET. College of San Mateo, 11 am. 18 Tansley, Glendale, 1500 N. Verdugo Rd. Glendale 91208.
- 18 WASCO ROAD RACE. Age groups. Brad Tomasini, Box 840, Wasco 93280.
- 19 SKUNK HOLLOW 15 KILO HANDICAP. Crestview Park, 10 am. Connie Rodewald, 852 Sharon, Camarillo 93010.
- 19 CHRISTMAS RELAYS. 50 miles. UC Santa Cruz to Half Moon Bay. Jack Leydig, Box 1551, San Mateo 94401.
- 20-23 SAN JOSE STATE TRACK & FIELD CAMP. See advertisement in this issue for the details.
- 26 ROSEBOWL 10 MILE HANDICAP. 10 am. Steve Broten, 13512 E. Ramona Dr., Whittier 90602.

JANUARY

- 1 FRESNO NEW YEAR'S RUN. Paul Buch, 1545 N. Arthur, Fresno.
- 7 GLENDALE ALL COMERS MEET. Glendale College.

Screening

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	6-11	12-35	36-71	72-143	144-287	288+
<u>1</u>	\$1.45	\$0.95	\$0.75	\$0.60	\$0.48	\$0.40
<u>2</u>	-----	\$1.45	\$0.95	\$0.75	\$0.60	\$0.48
<u>3+</u>	-----	-----	\$1.45	\$0.95	\$0.75	\$0.60

COMING IN THE NEXT ISSUE:

- ** 1976 Athletes of the Year by division
- ** 1976 All California "Honor Roll"
- ** 1976 Masters Ranking update
- ** Masters State Records by 5 year div.
- ** Championship Cross Country wrap-up.

spotlight on:

Millard Hampton



he'll concentrate on a degree with a business administration major. There has been some talk about football, but according to Millard, "My immediate goal is to break the world record in the 200 meters. Right now, getting an education is more important to me than running track. I can't run track all my life. Being a professional football player doesn't appeal to me either. Sure I could make \$50,000 to \$100,000 over a two year period, but it isn't lasting and I'd end up paying for it in the long run," he remarked. He went on to say that he wants a good healthy body so he can enjoy life the way it should be enjoyed.

Hampton doesn't have any regrets about attending San Jose Junior College instead of going right into a four year school. He speaks proudly that, "The Community College system made me what I am today. It is the best system in the USA. Great coaching. Good competition. I believe it is a mistake for a high school athlete to get excited over a full ride from the four year college. Often this is a ego trip on the part of the parents.

"At San Jose they have a great coaching staff — we communicated, and we planned things together. All sprinters understood that you will train six days a week rain or shine. The program at SJCC is one of balance — all events are important and this is why the program is so strong. I wish I could stay

Classified ADS

CLASSIFIED RATES: Meet information @ 10 cents per word; general advertisements @ 20 cents per word. Count name and address as five words. All ads must be paid in advance. Closing dates: February 20, April 20, June 20, August 20, October 20, and December 20.

CALIFORNIA STATE HIGH SCHOOL MEET:
Highlights of the California State High School Track Meet 1915 through 1975. KCC Press, 627A Springer Terrace, Los Altos, CA 94022.

TRACK & RUNNING SPORTS: *T.R.S. Sporting Goods, 9242 Slauson Ave., Pico Rivera, CA 90660. Phone: 949-1254. T-shirts, books, posters, shoes, watches, etc.*

STATE CENTER 5 MAN 15 MILE RELAY:
November 27, 1976. Roeding Park, Fresno. Divisions: Junior HS, High School, College/Club, Women's, Master's, Pick-up. Plaques to each member of first place team in each division. Watches to first team to cross finish line regardless of division. Write: 15 Mile Relay, 1936 S. Hazelwood, Fresno 93702.

NEW BALANCE FLATS: *Club and team prices 10 to 20 percent off! Len Thornton, 5768 N. Millbrook, Fresno, CA 93710.*

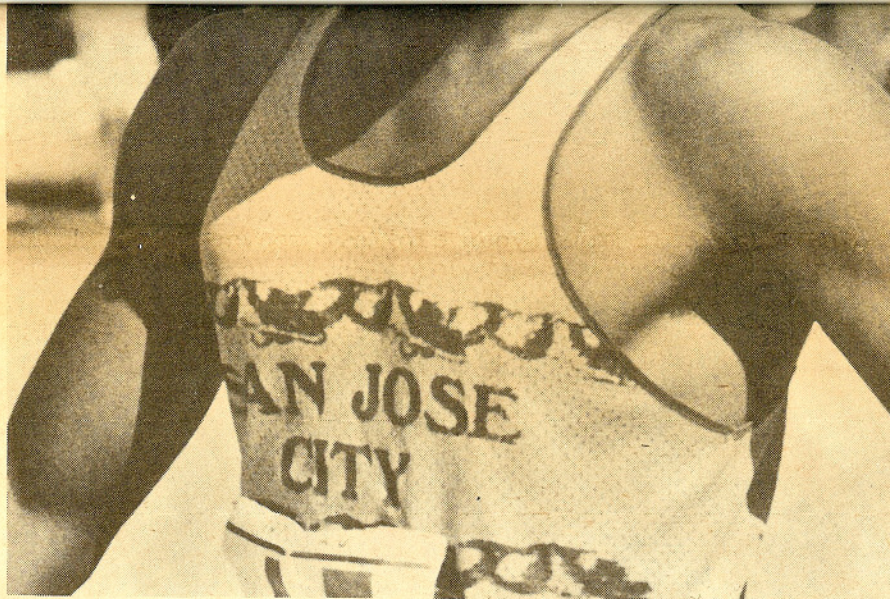


photo by Diane Johnson

MILLARD HAMPTON: San Jose City College and UCLA. 6 feet, 160 pounds. Born July 8, 1956 in Fresno, California; 20 years old. **BEST MARKS:** 100 meters 10.2, 200 meters— 20.1, 400 meters— 46.5. Coached by Bert Bonanno and Bob Poynter.

"Millard Hampton was a high priced Chevrolet when he came to us last year and now he's a Mercedes-Benz," stated San Jose City College track coach, Bert Bonanno last April. In the next couple of months Hampton was to more than prove his coach right as he went on to set the National J.C. record, the National Collegiate Record, win the AAU, Olympic Trials and bring home Olympic gold and silver. It wasn't much more than a year and a half ago that Bonanno and SJCC sprint coach Bobby Pointer inherited the delightful responsibility of developing Hampton when he suddenly departed San Jose State.

Millard first showed signs of what was to come back at Silver Creek High School in San Jose. He was California State 220 champ in 1974 as a senior and recorded a very promising 20.9. However, his first year of track at SJCC was some-

what of a disappointment as injuries prevented him from ever really getting into gear. He was lucky to place sixth in the Northern Cal finals with 21.9.

The San Jose coaches were determined not to let the same thing happen in 1976 so they brought Millard along a lot slower from the beginning — emphasizing strength. In fact, Millard actually concentrated more on the 400 in early season and recorded a not-too-shabby 46.5. It was about April when he started to pour on the speed and do his thing in the 200. A 10.2 and 20.4 by the Conference Meet showed he could go all the way — and we know the rest of the story — he did.

At Montreal many feel his leg on the 400 Relay had to be the best and really set up the victory. He negotiated two fine passes and clearly put the U.S. into the lead upon completion of his explosive sprint. In the 200 final Hampton lost by only 6/100 of a second to Jamaica's Don Quarrie. Millard matched Quarrie in the straight, however, Don pulled into the lead just a slight bit coming off the turn and that's how it was to stay (Quarrie ran in lane 2 and Hampton in lane 4).

What's ahead for the San Jose flash? Right now he's gone on to UCLA where

school. He speaks proudly that the Community College system made me what I am today. It is the best system in the USA. Great coaching. Good competition. I believe it is a mistake for a high school athlete to get excited over a full ride from the four year college. Often this is a ego trip on the part of the parents.

"At San Jose they have a great coaching staff — we communicated, and we planned things together. All sprinters understood that you will train six days a week rain or shine. The program at SJCC is one of balance — all events are important and this is why the program is so strong. I wish I could stay two more years but I don't believe the state would allow it.

"I have made it big because I have been happy. It has been a super two years. I have received so much attention since the Games it is very important that I keep my life in proper perspective. I hope that I am able to remain my humble, shy self. I can't run track all of my life. I know where I am and I know where I am going."

Jim Bush's gain will, of course, be Bert Bonanno's loss. At San Jose Hampton was even more than a super runner, as Coach Bernanno relates, "Millard Hamptons don't come along very often. He's one of those exceptional people who are not only great athletes but also a wonderful person. For example: At the State JC Meet in 1976 Shawn James just finished running the steeplechase and who is the first person to greet him as he crossed the finish line? It was Millard Hampton. Yet in just ten minutes Millard was to be running the 400 relay. Shawn said to me that night, 'Coach, I don't believe that the average athlete who was about to compete in an event would take the time to come over and do what Millard did. He sure is something special.' Yes, he sure is!"

TYPICAL MID-SEASON WORKOUT:
Monday—10X110 fast.
Tuesday—6X220 form work.
Wednesday—same as Monday plus starts.
Thursday—2X352 fast.
Friday—rest
Saturday—competition

STATE CENTER 5 MAN 15 MILE RELAY:
November 27, 1976. Roeding Park, Fresno.
Divisions: Junior HS, High School, College/Club, Women's, Master's, Pick-up. Plaques to each member of first place team in each division. Watches to first team to cross finish line regardless of division. Write: 15 Mile Relay, 1936 S. Hazelwood, Fresno 93702.

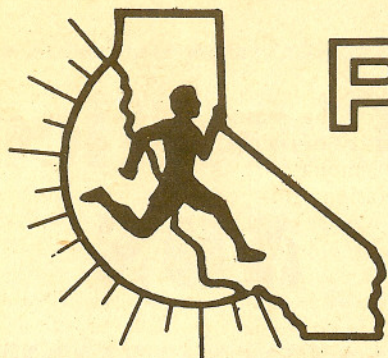
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PHOTOS

Pictures, pictures, pictures. Black & white, color, action, non-action. The California Track News photographers have been very busy the last year covering most of the major meets including the AAU, Olympic Trials and Olympics. They have many, many outstanding photographs of national and world track & field athletes which are available to CTN readers. For a complete list of photos available and an order blank please send a stamped, self-addressed envelope to California Track News.



photo by Dave Stock



MIKE SHINE
ALBERTO JUANTORENA
RICK WOHLHUTER
JOHN WALKER
MATT CENTROWITZ
IVO VAN DAMME
LASSE VIREN
MIKE DURKIN
ED MENDOZA
PAUL GEIS
DICK BUERKLE
DOUG BROWN
HENRY MARSH
EVELYN SCHLAACK
FAINA MYELNIK
NADYEZHDA CHIZOVA
WILLIE DAVENPORT

FRED NEWHOUSE
DAVE ROBERTS
ROSALYN BRYANT
LARRY WALKER
JOHN POWELL
JAY SYLVESTER
CRAIG VIRGIN
DANIEL BAUTISTA
HANS REIMANN
PETER FRENKEL
TOD SKULLY
MADELYN JACKSON
HASLEY CRAWFORD
GEORGE WOODS
MIKE TULLEY
STEVE WILLIAMS
ARNIE ROBINSON
GARY TUTTLE
JOHN RUDD
RON LIVERS
RANDY WILLIAMS
WILLIE BANKS
RAYFIELD DUPREE
ANTHONY TERRY
PAULA GIRVEN
TOMMY HAYNES
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XONIE LLOYD
RALPH SERNA
BRIAN HUNSAKER
BENNIE MYLES
JULIE BEOWN
SUE BRODOCK
GRANT NIEDERHAUS
MIKE BUNDICICH
DOMINGO TIBADUIZA
DUNCAN MacDONALD
GARY BJORKLUND
DEBRA SAPENTER
JAMES GILKES



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DWIGHT STONES
EARL BELL
JAMES BUTTS
VIKTOR SANEYEV
PETE SCHMOCK
AL FEUERBACH
WALTER SCHMIDT
MAC WILKINS
JANIS LUSIS
SAM COLSON
MIKLOS NEMETH
ANATOLIY BONDARCHUK
YURIY SYEDIKH
ALEXEY SPIRIDONOV
LENNART HEDMARK

FRED SAMARA
NIKELAY AVILOV
BRUCE JENNER
FRED DIXON
ANNEGRET RICHTER
CHANDRA CHEESEBOROUGH
KATHY MC MILLAN
MARILYN KING
JANE FREDERICK
DIANE JONES
MILLARD HAMPTON
DWAYNE EVANS
MAXIE PARKS
GUY DRUT
EDWIN MOSES

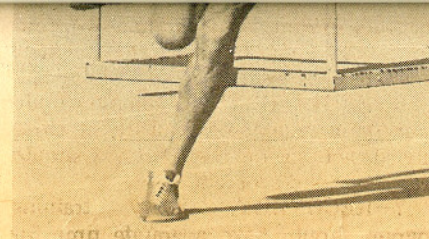


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JAMES GILKES



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HERMAN FRAZIER
SHIELA INGRAM
PAM JILES
TERRY ALBRITTON
RON MOOERS
HARVEY GLANCE
KATHY SCHMIDT
HOUSTON MC TEAR
JIM BOLDING

RALPH FRUGUGLIETTI
BOB THOMAS
JEFF HAYNES
KIKI LANTRY
KATHY JEWELL
NADIA GARCIA
CHUCK SMEAD
ED CHAIDEZ
PAUL CUMMINGS

TRAINING & TECHNIQUE

by VERN GAMBETTA

VERN GAMBETTA is track and cross country coach at Santa Barbara High School. He has also served as assistant track coach at Stanford University, and has written a book on the hurdles and steeplechase. Vern is still a very active competitor in the decathlon.

PRINCIPLES OF TRAINING

Training, according to Jess Jarver, Australian track expert, "brings a person to a desired state or standard of efficiency." The track and field athlete aims at developing the highest level of physiological, psychological and technical fitness. In order to achieve a trained state, there are certain basic physiological principles which must be followed. I have chosen the following eight principles as essential in building a sound training program.

1—SPECIFICITY: Stated in the simplest terms, you are what you train to be. This is based on the SAID principle or "Specific Adaptation to Imposed Demands." More directly, it means that following a period of general conditioning, training should be designed to imitate as closely as possible the action of the particular event for which the athlete is preparing.

Evaluate the stresses of the event and apply this in training. Do not overload or apply stresses that deviate a great deal from the movement pattern and

ressively easier, the intensity would decrease and there would be little training effect. Instead, each week or two weeks, the athlete should strive to bring the time down by .5 seconds on each repeat so that the intensity is constantly being adjusted to his new threshold of training.

For the distance runner, running three times racing distance at 7 minutes per mile pace will be sufficient overload at first. Gradually he will have to either increase the distance (overload) to four or five times racing distance or run at a faster pace (increased intensity). The current thought seems to be to increase the pace (intensity) so that the runner is working at a greater percentage of maximum.

4—PROGRESSION: Training should be progressive. It should go from the simple to the complex, from easy to hard, from quantity to quality. Also, as stated previously, the overload and intensity should be increased gradually. A simple axiom to express this principle would be: don't do too much too soon.

5—DURATION: This refers to the length of training time. This will vary with the event and the objective of the specific workout. A technique workout that is too long in duration can have little beneficial effect.

6—REGULARITY: Training should occur on a regular basis, daily or twice daily depending on the event. It should be a year-round program.

7—RECOVERY: Every training program should have adequate time for the organism to recover and replenish energy stores. This is the time the body adapts to the stress placed upon it by hard training. Recovery is necessary from day to day as well as from training

one who was prepared at that particular moment.

The Europeans, especially the Russians, have done much research into the planning of training. They have termed it "periodization" or the organization of the training year with specific objectives in mind. These objectives are: 1) preparing the athlete to reach an optimum level of improvement and 2) preparing the athlete for a definite climax or peak in the season. A system of strict "periodization" is difficult to apply to the American system with our heavy emphasis on dual meets. But, some of the principles are applicable and should be incorporated into a year round training plan.

The training year should be divided into four distinct periods: 1) transition, 2) foundation, 3) preparation, 4) competition. Each period can be further divided into phases with specific goals for each phase.

Before actually planning a training year, the coach and athlete should consider the following factors: 1) schedule of competitions, 2) an analysis of the previous season's performances, 3) the specific goal of the year's training. For example, consider a high school pole vaulter who, as a junior, had ten competitions. His best was 13-0. He failed to clear opening height in two of the ten meets. He had a hand hold of 12-6 and a run of 85 feet. He had failed to place in any large invitational or league competition. He will again take part in 10 competitions. His first goal is being able to clear a height in each competition. His second goal is to raise his hand hold to 13-6 and lengthen his run to 100 feet. In order to achieve the first goal, he will have to simulate meet conditions more often in practice. In order to achieve

period of time immediately following the end of the season. The workload and intensity of training is significantly lower. The emphasis is on rest, recovery and relaxation. This period can be as short as six weeks or as long as eight weeks. This is a time to play other games like soccer, basketball, swimming and cycling. During this time, the distance runner should do some long relaxed running. Field eventers should "play" at their events.

2—FOUNDATION PERIOD (September-December): As the name implies, this is the time of the year when the foundation for the year is laid down. This period is a time of hard physical conditioning. The training load is heaviest during this period. During early foundation (Sept-Oct) little skill work is done. Later on, more technique work is added and workload is created at greater intensity.

3—PREPARATION PERIOD (January-February): During this phase, workload reaches its peak. Intensity is increased. More technique work is done. The emphasis is on direct preparation for the upcoming competitions.

4—COMPETITIVE PERIOD (March-June): Training is altered during this period to increase intensity and allow longer recovery periods before competitions and after hard training sessions. Harder workouts should be done earlier in the week. It is important to note that during the competition period, basic fitness components must not be neglected. For example, if strength training is discontinued, then strength losses can be quite dramatic and result in a significant drop in performance.

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- Fall, H.B., Wallis, E.L., and Logan, G. A., *Foundations of Conditioning*, Academic Press, New York, 1970.

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Evaluate the stresses of the event and apply this in training. Do not overload or apply stresses that deviate a great deal from the movement pattern and neuro-muscular coordination demanded by the event.

To insure specificity, the following factors must be taken into account: a) the quantity and type of conditioning demanded by an event, b) the weaknesses and strong points of the individual athlete and c) the most effective technique or type of training to provide the desired result.

2—OVERLOAD: This principle refers to the amount of work or stress imposed above the normal level to which the athlete is accustomed. The amount of overload necessary to induce a training stimulus varies with each individual. In order for overload to be effective, the amount of work should be increased as the body adapts to the growing demands placed upon the system. Increase the weights in weight training, run faster repetitions on the track, place greater demands on the cardiovascular system in endurance training. But, remember, the amount of training cannot be continually increased. There is a point of diminishing returns. At this point, intensity, the next training principle, must be considered.

3—INTENSITY: Intensity refers to the energy expended in a unit of time. An example of intensity would be the quarter miler who began running a 550-440-330 workout in October at 75 seconds, 60 seconds, and 45 seconds. At that point in time, after a summer's inactivity, this would be sufficient intensity to overload his system. If he continued to run at the same speed all year, the workout would become prog-

specific workout. A technique workout that is too long in duration can have little beneficial effect.

6—REGULARITY: Training should occur on a regular basis, daily or twice daily depending on the event. It should be a year-round program.

7—RECOVERY: Every training program should have adequate time for the organism to recover and replenish energy stores. This is the time the body adapts to the stress placed upon it by hard training. Recovery is necessary from day to day as well as from training

task to training task. Inadequate recovery time will lead to a decrease in the quality of training and negligible improvement.

A definite rhythmic cycle of work-to-rest should be observed for each athlete. The most common expression of this cycle is the hard-easy pattern. It has been my personal experience that many athletes, especially young high school athletes, require two easy days to recover following a hard day.

It is also important to remember that more rest or recovery is required after high intensity training efforts. It has been found that a 30-90 second recovery period is necessary for a low level of effort and that 3-5 minutes is necessary for a higher level of effort.

8—OVERTRAINING: This principle was purposely left until last. Overtraining occurs when all the other principles are not followed. It is a state of chronic fatigue. Oftentimes it is as much psychological as it is physical. The cure is either stopping training entirely or drastically changing the training routine to shock the organism. Overtraining is a more dangerous condition than under training. To avoid overtraining follow Bill Bowerman's classic axiom, "Train, don't strain."

PLANNING TRAINING

An athlete cannot be in top condition at all times. He or she must plan training so that the peak of conditioning will occur at a specific time. It is important to remember that it is not always the best athlete who wins, but the

specific goal of the year's training. For example, consider a high school pole vaulter who, as a junior, had ten competitions. His best was 13-0. He failed to clear opening height in two of the ten meets. He had a hand hold of 12-6 and a run of 85 feet. He had failed to place in any large invitational or league competition. He will again take part in 10 competitions. His first goal is being able to clear a height in each competition. His second goal is to raise his hand hold to 13-6 and lengthen his run to 100 feet. In order to achieve the first goal, he will have to simulate meet conditions more often in practice. In order to achieve the second goal, he will have to increase his speed and strength which means more sprinting and strength work in training. All of these encompassed in a year-round training program should result in the vaulter achieving his third goal — placing in the top three in league competition.

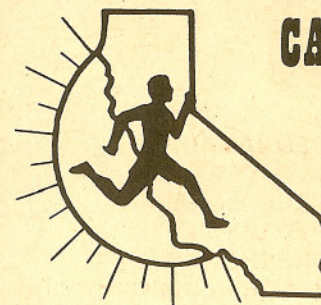
THE TRAINING YEAR

1—ACTIVE REST or TRANSITION PERIOD (July — August): This is the

is discontinued, then strength losses can be quite dramatic and result in a significant drop in performance.

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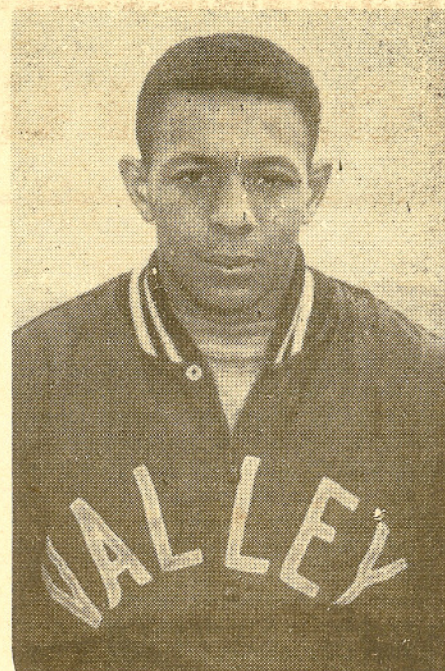
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PROFILE

Ken Dennis

by: CREGG WEINMANN



KEN DENNIS: 5 feet, 4 inches tall; 142 pounds. Born May 13, 1937, in Los Angeles, age 38.

Ken competes at the submasters level for the Corona Del Mar Track Club. He has been coached by Bill Gill, Mike Cirino, and Jim Mercer. He has, also, previously competed for the US Army, the Ole Striders, and the Ole Masters Striders.

Ken got started early in track and won the 1955 State High School 100 Yard Dash and then the 1956 State

Junior College- 100 and 220 Yard Dashes. He then continued in the army by winning the Base Championship 100 and 220 and placed fourth in the Army 100 while stationed at Fort Bliss, Texas, in 1961. More recently, Ken has won the Senior Olympics, and the Western Regional Championships at 100 and 200 meters in 1975.

His favorite event is the 100, and his best marks include: HIGH SCHOOL- 9.6, 21.2, 22-10(long jump). COLLEGE- 9.5, 20.9, 20.2r, 49.1r. SUBMASTER- 9.8(age 37), 9.9(age 38), 21.9(age 37), 52.5(age 37).

He is a health food addict, and gets eight hours of sleep nightly. His training routine is strict and geared to prepare him for the major competitions at the end of the season.

Ken feels track is habit forming, and can't see himself as a spectator. He plans to compete until he is too old to run anymore.

MONDAY- 6:00 am: 2X330 @ 7/8 speed, 2X120 yard hill full speed up, 2X120 yard hill full speed down. 4:00 pm: stretching for one hour, 3X240 @ full speed, starts, 2X40 full speed, weights. TUESDAY- 6:00 am: 4X180 @ 7/8 speed, 4X70 yard hill full speed up, 4X70 yard hill full speed down. 4:00 pm: stretching for one hour, 4X150 full speed, 4X120 full speed, 3X60 full speed, 3X40 full speed. WEDNESDAY & FRIDAY- repeat Monday. THURSDAY & SATURDAY- repeat Tuesday.

1976 TOP 100 MARATHON MARKS

compiled by:

CREGG WEINMANN

1. Tony Sandoval (Stanford)	2:14:58	51. Reid Harter (SMTC) 23	2:28:10
2. Kirk Pfeffer (Jamul Toads) 20	2:17:58	52. 4) Swift	2:28:15
3. Phil Camp (SDTC/Navy) 28	2:18:06	53. Doug Schmenk (SC Harriers) 20	2:28:35
4. Chuck Smead (SRRC)	2:18:26	54. Eddie Cadena (CPSLOTC) 29	2:28:35
5. Steve Dean (GWTC)	2:19:13	55. Kaj Johansen (SDTC) 30	2:28:44
6. Ron Zarate (UNRTC)	2:19:38	56. Ed Steingraber 20	2:28:47
7. Carl Swift (AIA) 23	2:19:39	57. Tom O'Niell (Jesuit)	2:29:01
8. Perry Forrester (SMTC) 23	2:20:01	58. Doug Hewberlin	2:29:10
9. Ron Kurrle 27	2:20:18	59. Brock Hinzman	2:29:15
10. 2) Camp	2:20:27	60. Gary Goettlemann (WVTC) 34	2:29:28
11. Dale Harper (JT)	2:20:59	61. Chris Hughes 17	2:29:31
12. Tom Bryant (SMTC)	2:21:20	62. 3) White	2:29:33
13. John Jones (SC Harriers)	2:21:39	63. 4) Carlson	2:29:33
14. Joe Carlson (AATC) 24	2:22:02	64. 2) McDermott	2:29:41
15. Chris Berka (WVTC)	2:22:09	65. Mark Covert 28	2:29:44
16. 2) Kurrle	2:22:44	66. Pat Buzbee (Chico)	2:29:52
17. 2) Kurrle	2:22:47	67. Dennis Dillie (WVTC)	2:30:22

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18.	2) Berka (WVTC)	2:22:56	68.	John Freemuth 35	2:30:47
19.	Ernie Rivas (Pamakids)	2:23:17	69.	Skip Shaffer 37	2:30:47
20.	Paul Cook (AIA) 24	2:23:26	70.	Eric Gulve 17	2:31:18
21.	Dave White 24	2:23:31	71.	Ed Chaidez (CSUN)	2:31:23
22.	Bill Clark (WVTC)	2:23:34	72.	2) T. Clark	2:31:48
23.	Tom Lee 26	2:23:50	73.	John Kittleson 20	2:31:49
24.	Larry Reyes (SC Harriers) 23	2:23:54	74.	Jim Sane (Buffalo Chips)	2:31:50
25.	Doug McClean (WVTC)	2:23:59	75.	Vicken Simonian (LACC) 19	2:32:00
26.	Jan Sershen (ExTC)	2:24:10	76.	Frederico Builtron (USN) 19	2:32:19
27.	2) Cook	2:24:13	77.	Bob Bunnell (Marin AC)	2:32:30
28.	Jerry Alexander 21	2:24:24	78.	3) T. Clark	2:32:32
29.	2) Zarate	2:24:37	79.	Tom Edwards (SBAA) 19	2:32:59
30.	2) White	2:24:59	80.	Paul Thompson 28	2:33:00
31.	2) Carlson (AATC) 29	2:25:04	81.	Mark Lonergan 19	2:33:02
32.	Gene Fitzgerald (Pamakids)	2:25:06	82.	3) McDermott	2:33:15
33.	2) Swift	2:25:48	83.	Todd Ferguson (AIA) 32	2:33:16
34.	Ken Moffitt 23	2:26:15	84.	Kaj Johansen (SDTC) 30+	2:33:19
35.	3) Kurrle	2:26:21	85.	Tim Donovan (SBAA) 25	2:33:24
36.	James Barker (WVTC) 29	2:26:28	86.	John Weidinger	2:33:29
37.	3) Swift	2:26:31	87.	Brian Foley (FSU) 18	2:33:37
38.	3) Carlson	2:26:42	88.	Clayton Steinke (MOYV)	2:33:38
39.	Phil Ryun 31	2:26:47	89.	2) Weidinger	2:33:39
40.	2) Barker	2:26:52	90.	James Howard	2:33:41
41.	Frank Bozanich 31	2:26:54	91.	Larry Hidalgo 19	2:33:43
42.	Mitch Kingery (CSM) 19	2:26:56	92.	2) Dillie	2:33:58
43.	Bill McDermott 24	2:26:57	93.	John Butterfield (USN)	2:34:06
44.	Ed Schelegle (Aggie)	2:27:24	94.	Tom Castro	2:34:10
45.	Eric Hulst (LBHS) 18	2:27:25	95.	Carlos Alfaro	2:34:28
46.	Howard Labrie (SRRC)	2:27:48	96.	Jim Arguilla	2:34:34
47.	2) Rivas	2:27:50	97.	Richard Bartok 43	2:34:36
48.	Daryl Zapata (WVTC)	2:27:54	98.	Gary Hidalgo 19	2:34:45
49.	Truman Clark 40	2:28:00	99.	2) Goettlemann	2:34:45
50.	Gary Close (Jamul Toads) 20	2:28:02	100.	3) Rivas	2:34:49

in the long run. . .

by JON WEGENER

John Wegener is a student at Fresno Pacific College. He is a member of the cross country team and is currently running number four man. His prime interest in running, however, leans to the marathon, of which John is an astute student as well as participant. He has run several marathons and is presently training for Mission Bay in January.

Marathoning, this broad topic can scarcely be covered within one brief article. There are just so many ways in which we can view the sport to its entirety. So, the intent of this column is not to focus upon training methods for the topic of training is much like the topics of politics or religion. Training is an individual thing between your body and the method of conditioning. No true training method exists due to our physical and environmental differences, instead each individual must search for a method that allows them to come into contact with the feeling of being in shape. The concept of training will be left for another time, for another person to talk about. So the purpose of this column is not how to achieve good racing results by proper training methods, but rather, to focus upon the actual running itself.

In focusing upon running we shall look through the eyes of a runner and the eyes of a non-runner in hopes of getting a more complete picture of the sport of marathoning. Not only shall marathoning be viewed through the eyes of someone inside the sport and someone outside the sport, but also the many facets of marathoning shall be looked upon. A clear picture of the sport is what this column is in search of — this is the goal I have set

at the race as a test — a test of both our physical and mental capabilities.

A second series of articles might be entitled "Behind the Scenes" which will look at the misfortunes of a runner as well as the periods of great fortune a runner has. Then we shall look at how these behind the scene events shape what actually goes on during the race itself. After this physical description of what's behind the marathon we move to the mental aspects behind the action. An article on maturity will begin to focus upon the question of how maturity effects the mental state before the race. Finally, the idea of fasting is talked about and how it can influence both the physical and mental aspects of running as well as the spiritual. This brings us to the question of why one starts marathoning in the first place.

The "why's" and "how's" of marathoning are observed in the article entitled "Diversity." Also the differences of ages, cultures, wealth, sex, etc., are talked about. Then on to an article on the unity of the running world, taking a deeper look at how, out of the diversity, comes unity.

A last major division of articles might be called the "Thoughtful Runner." A series of articles on the aesthetic beauty of the marathon, philosophic views and religious ideas would fall into place here. These articles will try to develop a mental picture of the sport.

A very final wrap-up will serve as the conclusion of the total series and try to tie everything together and evaluate the series as to the realization of



photo by Bud Hanson

about. So the purpose of this column is not how to achieve good racing results by proper training methods, but rather, to focus upon the actual running itself.

In focusing upon running we shall look through the eyes of a runner and the eyes of a non-runner in hopes of getting a more complete picture of the sport of marathoning. Not only shall marathoning be viewed through the eyes of someone inside the sport and someone outside the sport, but also the many facets of marathoning shall be looked upon. A clear picture of the sport is what this column is in search of — this is the goal I have set upon. A preview of the upcoming articles may help one to have a better idea of how obtaining a clear view of the sport can be accomplished.

First of all, we shall look upon the race itself. The non-running spectator will give his views of the marathon and a running observer will then give his. Then a general spectators' view will be established. A second article about the race will zero in upon its uniqueness. The question of "What is unique about the marathon?" will be dealt with and hopefully it will be adequately answered. A third article about the race will look

talked about. Then on to an article on the unity of the running world, taking a deeper look at how, out of the diversity, comes unity.

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A very final wrap-up will serve as the conclusion of the total series and try to tie everything together and evaluate the series as to the realization of the goal of presenting a clear picture of marathoning. This synopsis of the series has, hopefully, allowed you to have an idea of what the series is all about. Rather than begin with the first article of the series I thought that it would be advantageous to let the reader know what is coming.

I would like to hear from the readers as to what you would like to see added or discussed in such a series on the marathon. Participate with me in trying to develop a clear picture of marathoning for this series is to be for all those interested in the sport of marathoning.



Marathoner, PAUL COOK, takes to the lead at the Santa Monica 10 kilo run, August 28, 1976.



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Steve Small(Kennedy HS)
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Ed Oravillo(Foothill JC)
Gary Gomes(Santa Rosa JC)
Ron Arnerich(Alameda HS)
Mark Frost(Skyline HS)
John Kirkpatrick(Northridge State)
Reggie Wyckliff(Salesian HS)
Chris Koko(Sunset HS)
Victor White(Fresno JC)
Steve Nelson(San Jose JC)
Darryl Davis(Dorsey HS)

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Long Beach CC
UC Santa Barbara
UC Santa Barbara
UC Santa Barbara
UC Santa Barbara
UC Santa Barbara
UC Santa Barbara
UC Santa Barbara
Chaffey JC
San Diego State
E. Los Angeles JC
E. Los Angeles JC
E. Los Angeles JC
Ohlone JC
Menlo JC
Menlo JC
Hayward State
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Hayward State
Long Beach State

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Larry Mondragon(Stagg HS)
Rick Monseth(Cosumnes JC)
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Steve Nelson(San Jose JC)
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Scott Campbell(Granada HS)
Drew Watson(Granada HS)
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Ralph Dangerfield(Laney HS)
Jim Hampton(Desert JC)
Paul Garlach(Oregon HS)

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Fresno State
Occidental
Fresno State
Sierra JC
Hayward State
UC Santa Barbara
Diablo Valley JC
Cal State LA
San Diego State
Fresno State
Modesto JC
San Francisco State
San Jose JC
Chaffey JC
San Jose State
San Diego State
UC Irvine
Canyons JC
Fresno State
UC Santa Barbara
UCLA
Fresno State
LA Valley JC
Northern Arizona U
Fresno State
Hayward State
UCLA
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Idaho State
Northridge State
Northridge State
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Glendale JC
Glendale JC
Glendale JC
Glendale JC
Glendale JC
Desert JC
Pt. Loma
Arizona State
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Cal Poly Pomona
Redwood JC
Redwood JC
East LA JC
UC Davis
Hayward State
MIU College, Idaho
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Northridge State
Northridge State

Apperson (Saddleback HS)	38.5	UC Santa Barbara	Glenn Ballard (Crescenta Vly HS)	49.8	Glendale JC
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Ed Oravillo (Foothill JC)	9.7, 49.3	Hayward State	Rod Soward (San Bernardino HS)	9.5w, 21.5	Cal Poly Pomona
Gary Gomes (Santa Rosa JC)	49.1	Hayward State	Chris Lamont (Eureka HS)	49.9	Redwood JC
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John Kirkpatrick (Northridge State)	48.2, 14.8, 52.8	Hayward State	Scott Campbell (Granada HS)	14.4, 38.5, 50.2	UC Davis
Reggie Wyckliff (Salesian HS)	49.3	Hayward State	Drew Watson (Granada HS)	50.4	Hayward State
Chris Koko (Sunset HS)	14.4, 37.2	Hayward State	Martin Flesner (Villa Park HS)	50.0	MIU College, Idaho
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Darryl Davis (Dorsey HS)	9.7, 21.6	Long Beach State	Paul Gerlach (Oregon HS)	14.9	Westmont
George White (Balboa HS)	9.7	Long Beach State	George Frazier (Vallejo HS)	10.0, 22.3, 50.8	Solano JC
Don Tavis (Compton JC)	9.4, 21.2	Long Beach State	Rodney Williams (Vallejo HS)	50.3	Solano JC
Brian Saunders (Canada)	45.8m	Long Beach State	Jimmy Hooker (Morse HS)	9.7, 21.5, 50.2	San Diego JC
Billy Turner (Harbor JC)	52.3	Long Beach State	Chris Yapp (Mission San Jose HS)	14.5, 39.0	Pacific Lutheran
Don Williams (Kearney HS)	10.0, 21.8	Mesa JC	Kevin Turner (Mission San Jose HS)	14.5, 39.8	Univ of the Pacific
Bruce Lisenbe (Kearney HS)	49.8	Mesa JC	Greg Flenner (Redwood HS)	9.6, 21.6	Sequoia JC
Mario Gajo (Kearney HS)	39.0	Mesa JC	Pat Harvey (Skyline HS)	9.9, 21.9	San Francisco State
Sean Jones (Piedmont Hills HS)	9.7, 22.0	San Jose JC	Ron Haynes (Riordan HS)	9.9, 22.4, 50.0	San Francisco State
Ron Anderson (Santa Teresa HS)	9.7	San Jose JC	Dan McGee (St. Ignacious)	9.9, 21.7, 48.9	San Francisco State
Fred Harvey (Silver Creek HS)	9.8, 21.9, 49.8	San Jose JC	Jerry Moret (Santa Rosa JC)	49.6	San Francisco State
Jim Fitzhenry (San Jose State)	54.2	San Jose JC	Joe Brown (USC)	9.8	Occidental
Millard Hampton (San Jose JC)	10.2m, 20.1m	UCLA	Steve Liss (Pierce JC)	9.8, 21.6	Occidental
Wayne Black (Crawford HS)	38.1	Mesa JC	Norman DeCarteret (Notre Dame HS)	48.9	Occidental
James Jones (Lemoore HS)	9.9	Cal Poly SLO	Tony Ward (Lodi HS)	14.0	Occidental
Mike Perryman (Lemoore HS)	14.4	Sequoia JC	Lewis Richardson (Wasco High)	10.0	Cal State Bkfld.
Jim Schaeffer (El Camino JC)	9.7, 21.3	UCLA	Scott Robbins (Notre Dame)	49.9	Cal Lutheran
Gregory Foster (Illinois HS)	13.2, 36.0	UCLA	Tim McDonough (Canyon HS)	21.8 (74)	Canyons JC
Mark Jenkins (Notre Dame HS)	9.5, 21.0w	UCLA	Mark Cockran (Alemay HS)	50.8	Canyons JC
Albert Sanford (Loyola HS)	14.1	UCLA	Gordon Banks (Loyola HS)	9.6, 21.2	Stanford
Henry Williams (Carson HS)	9.7, 21.5, 47.7	UCLA	Doug Barnes (Colorado HS)	9.9, 21.9	Stanford
Vance Stewart (Bakersfield JC)	9.7, 21.3	Cal State Bkfld.	Mike Monmouth (Texas HS)	14.4	Stanford
John Greasham (Bakersfield JC)	9.9, 21.8, 48.0	Cal State Bkfld.	Tom Shellworth (Foothill JC)	54.4	Stanford
Marvin James (Edison HS)	9.8, 21.8, 48.2r	Cal State Bkfld.	Earl Gerfen (Missouri HS)	10.0, 48.8	Stanford
Dana Gary (Edison HS)	9.8, 21.8, 47.5r	Cal State Bkfld.	Daryle Morgan (El Cerrito HS)	48.0	Stanford
Rick Nichols (East Bkfld HS)	9.9	Bakersfield JC	Greg Siebert (San Luis HS)	22.3	Cuesta JC
Ernie Dixon (East Bkfld HS)	9.9	Bakersfield JC	Wayne Miller (San Luis HS)	22.4, 50.1	Cuesta JC
Terry Flowers (East Bkfld HS)	9.9	Bakersfield JC	Dani Eitelberg (Hancock JC)	54.3	Univ of Washington
Dean Jones (East Bkfld HS)	9.9	Bakersfield JC	Jim Davis (Santa Monica HS)	9.6, 22.1, 49.9	Hancock JC
Mark Grogan (South Bkfld HS)	49.7	Bakersfield JC	Steve Betts (England)	48.9	Hancock JC
Joe Berry (St. Bernard HS)	50.9	Bakersfield JC	Luther Brown (Santa Maria HS)	9.9	Hancock JC
Mike Armstrong (Compton JC)	49.3, 53.0	UC Santa Barbara	Bruce Staggers (Righetti HS)	38.3	Univ of Idaho
Raymond Battle (Nogales HS)	39.4	Cal Poly Pomona	Larry Gaffney (Madera HS)	9.8, 27.2	Reedley JC
Greg Bourne (Mt. Pleasant HS)	50.0	Navy	Corey Miller (Madera HS)	14.1, 38.9	Cal Poly SLO
Joe Brown (Pasadena HS)	37.5	Cal State LA	Ian Smith (West Covina HS)	9.6, 21.6	Cal Poly Pomona
Elvin Buckhalter (Monroe HS)	9.8, 21.7, 48.9	Harbor JC			
Glenn Cannon (Mt. Pleasant HS)	9.5, 21.0	UCLA			
David Capaldi (Crespi HS)	50.3	San Diego State			
Mark Carley (Sacramento JC)	9.7, 21.2, 14.2	Fresno State			
Luke Chappell (Verbum Dei HS)	9.7	E. Los Angeles JC			
Browning Allen (Univ. of Hawaii)	9.6, 21.4 (74)	Cal Poly Pomona			
Carl Bailey (Ganesha HS)	49.6	Cal Poly Pomona			
Sid Menzies (Hamilton HS)	9.8w	Cal Poly Pomona			
Julius Cheese (Pacific Palisades)	9.7	E. Los Angeles JC			
Filbert Curry (Poly HS)	10.0, 22.5, 37.9	Long Beach JC			
Donald Focht (Lemoore HS)	14.8	Fresno State			
Mike Gilliam (Long Beach JC)	14.6	Working			
Bob Hernandez (Gahr HS)	10.0, 22.5, 48.7r	Cerritos JC			
Conway Hill (Stagg HS)	9.8, 22.5	Occidental			
Doug Hill (Foothill JC)	9.7, 21.0	UC Santa Barbara			
John Hogan (Edison HS)	39.0	Working			
Bill Hvidsten (Concordia JC)	50.4	Fresno State			
Gary Jenkins (Long Beach JC)	9.6	Cal State LA			
David Johnson (Skyline HS)	9.7, 21.6	Fresno State			
Sid Menzies (Hamilton HS)	39.0	Cal Poly Pomona			

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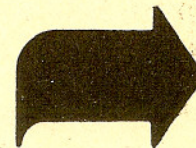
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Leonard Orona(Roosevelt HS)
Greg Fay(Crespi HS)
Tom Babiracki(Kennedy HS)
John Meza(Poly HS)
Ron Arnerich(Alameda HS)
Kent Wigton(DeAnza JC)
Johnnie Chapman(So.Dakota State)
Brian Moss(Skyline HS)
Ted Quintana(Colorado HS)
Dennis Wilson(Grossmont JC)
Miguel Aguirre(Kennedy HS)
Serero Perez(Kearny HS)
Clay Taylor(Piedmont Hills HS)
Greg Miller(Mt. Pleasant HS)
Joe Salazar(James Lick HS)
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Julian Evola(SD Mesa)
Robert Erb(SD Mesa)
Juan Lucero(Bakersfield JC)
Mike Miles(Bakersfield JC)
Dan Williams(Madera HS)
Steve Cotton(Lemoore HS)
Vicken Simonian(Los Angeles CC)
Greg Smith(Long Beach CC)
David Pascal(University HS)
Brian Russell(Notre Dame HS)
David Brown(Bakersfield JC)
Daley Brown(Bakersfield JC)
John Beck(Bakersfield JC)
Burt Ellison(Bkfld HS)
Mike McGuire(Edgewood HS)
Nick Claccio(Helix HS)
John Metcalf(Helix HS)
Ed Teague(Yuba HS)
Martin Lemos(Pontana HS)
Jan Cory(Glendale HS)
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Steve Rumvill(Pacific Grove HS)
Steve Watkins(Pacific Grove HS)
Tim Minor(Pacific Grove HS)
Rod Read(Jesuit HS)
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Terry Barton(Jesuit HS)
Dan Reynolds(Granite Hills HS)
Joe Baker(Cantwell HS)
Alfred Soto(Downey HS)
John Swift(Downey Modesto HS)
Roderick Lewis(Laney JC)
John Avila(Avenal HS)
Dean Andropolis(Concord HS)
Tom Smith(Mission Jan Jose HS)
Steve Bewaw(Rancho Alamitos HS)
Tom Becker(Rancho Alamitos HS)
Jeff Baladad(Merced JC)
Amador Garcia(San Francisco JC)
Bob Marr(St. Ignatius HS)
Jess Martinez(Riorden HS)
Ed Ruppenstein(San Francisco JC)
Ray Watts(Skyline JC)
Tom Colley(San Bernardino Valley JC)
Mike DiConti(LaCanada HS)
Rudiger Bracht(Blair HS)
Wendell Morris(Fremont HS)
Mario Hidalgo(Eagle Rock HS)
Dave Lusche(LaCanada HS)
Eric Gulve(Clairmont HS)
Tom Cusick(Canyons JC)
John Starinieri(Canyon HS)
Alvin Garcia(San Gabriel HS)

9:40	Chaffey JC
4:24.4	East L.A. JC
50.7, 1:57.0	USC
9:32.0	LA Valley JC
9:37.8	Cal Poly SLO
1:54.4	Hayward State
1:58.3	Hayward State
1:52.7, 4:08.0	Hayward State
1:55.0, 4:17.0	Hayward State
4:16.2, 14:16.2	Hayward State
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9:30.1	SD Mesa JC
1:55.8	San Jose CC
9:18	San Jose CC
9:32	San Jose CC
3:58.6m	UCLA
1:51.5m	San Diego State
1:51.5m	Cal State U Northr
1:55.5, 4:15.8	Fresno Pacific Coll
1:56.2	Fresno Pacific Coll
1:56.9	Fresno Pacific Coll
9:40	UC Davis
14:10.4m	UCLA
1:54.9	UCLA
4:13.8	UCLA
1:52.5	UCLA
1:55.4	Cal State Bkfld
1:56.3	Cal State Bkfld
4:23	Cal State Bkfld
9:36	Cal State Bkfld
1:57.1	USAF
1:54.9	Grossmont JC
1:58.0	UC San Diego
1:57.0	Yuba JC
1:57.5	Chaffey JC
9:30.3	Glendale JC
9:14	Pt. Loma
9:32	Monterey Penn JC
9:32	Monterey Penn JC
9:32	Monterey Penn JC
4:22, 4:07	U of Washington
9:20.2	Amer River JC
4:22.9, 9:30.5	Stanford
4:23.0, 9:22.6	USC
9:15	West Point
4:24.8, 14:59.6	Naval Academy
2:34:29	Modesto JC
1:50.0m	UC Berkeley
9:08(74)	West Hills JC
9:40.0	Westmont
1:57.1, 4:17.7, 9:36	Utah State
1:56.9	Fullerton JC
9:28.2	Fullerton JC
1:58.2	San Francisco State
1:58.0, 4:20.0	San Francisco State
9:38.0	San Francisco State
1:58.2	San Francisco State
1:55.5	San Francisco State
1:54.0	San Francisco State
1:52.8, 3:45.9m, 14:02.2	Occidental
1:55.7	Occidental
1:56.7, 4:21.6	Occidental
1:56.7	Occidental
9:17.0	Occidental
9:37.0	Occidental
9:37.5	Occidental
4:12.1	Northridge State
1:54.2, 4:17.0	Canyons JC
4:22.2	Canyons JC

Craig Wilson(Univ. of Idaho)
John Young(Millikan HS)
Tony Cahill(Lakewood HS)
Glenn Daugherty(Sequoias JC)
Bob Ridgeway(Monte Vista HS)
Ron Cohen(Ohio HS)
Steve Shelton(Culver City HS)
Garland Snuffer(Monrovia HS)
Bob Dalquest(Upland HS)
Mitchell McCall(Dominguez HS)
Tim Viole(Crespi HS)
Tim Richter(Crespi HS)
Jim Carrabino(Crespi HS)
Pat Coyne(Crespi HS)
John Green(Ogden HS)
Gary Gomes(Santa Rosa JC)
King Wiley(San Francisco JC)
Tony Munoz(Watsonville HS)
Kevin Wilson(Morningside HS)
Stan Fincher(San Jose JC)
Mike Franz(El Camino JC)
Steve LaRusch(Glendale JC)
Steve Lawry(Santa Rosa JC)
Miguel Ritzberg(Kearny HS)
Byron Brooks(Milpitas HS)
Thurlis Gibbs(Andrew Hill HS)
Jim Hambelton(Brea-Oldinda HS)
Del Garcia(Mesa JC)
Fred Long(Crawford HS)
Louie Zamora(Lemoore HS)
Steve Branham(Lemoore HS)
Charles Boyd(West LA JC)
John Felando(West Torrance HS)
Thomas Lomax(Workman HS)
David Hill(Poothill HS)
Rick Nichols(East Bakersfield HS)
Andy Grinstead(Edgewood HS)
Tim McDonald(St. Helena HS)
Kevin Dorrell(Helix HS)
Walt Harris(Helix HS)
Paul Wilson(Fontana HS)
Darin Kruse(Glendale JC)
Jan Bear(Burroughs HS)
Mike DeCaro(Burbank HS)
Mike Carter(Crescenta Valley HS)
Jerry Johnson(Hoover HS)
Dan Lencki(Glendale HS)
Vic Brown(Birmingham HS)
Rich Owen(Indio HS)
Steve Baker(Escondido HS)
Newman Osebar(Nigeria HS)
Mike Gilbert(Northwest Nazarene)
Kevin Matlock(Los Gatos HS)
Kevin Cuervo(Western HS)
John Walden(Granada HS)
Kevin Anthony(Tustin HS)
Ralph Dangerfield(Laney JC)
Mickey New(Granada Hills HS)
Charles Crew(Morse HS)
Ed Crawford(Redwood HS)
Robert Riley(Redwood HS)
Jim Bitterfield(San Mateo JC)
Terry Elliott(Solano JC)
Phillip Lebowell(Jefferson HS)

16-7 3/4 Long Beach State
 6-6, 15-4 Long Beach JC
 6-5 3/4 Long Beach JC
 22-5, 48-8 UC Santa Barbara
 6-7 UC Santa Barbara
 6-6 UC Santa Barbara
 6-3 UC Santa Barbara
 6-4 UC Santa Barbara
 14-0 Chaffey JC
 6-9 East LA JC
 14-9 USC
 13-6 Santa Clara
 6-6 Yale
 6-4 Pierce JC
 23-11 Menlo JC
 23-7 Hayward State
 7-0 Hayward State
 14-7 Hayward State
 24-2 Long Beach State
 23-11, 49-9 Long Beach State
 6-11 3/4 Long Beach State
 7-0 1/2 Long Beach State
 16-0 Long Beach State
 22-2 Mesa JC
 23-3 San Jose JC
 6-10 San Jose JC
 6-7 1/2 Fullerton State
 14-7 Northridge State
 6-7 Mesa JC
 14-0 1/2 Fresno Pacific
 22-9, 6-5 West Hills JC
 7-0 3/4 UCLA
 15-1 UCLA
 23-11 1/2, 49-11 3/4 UCLA
 23-1 Bakersfield JC
 48-9 Bakersfield JC
 14-6 Mt. SAC JC
 15-3 Santa Rosa JC
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 13-6 San Diego State
 24-11 1/4, 6-5 Idaho State
 15-0 Cal Poly SLO
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 6-7 Glendale JC
 14-0 Glendale JC
 14-0 Glendale JC
 14-0 Glendale JC
 14-2 1/2 Desert JC
 13-6 Pt. Loma
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 47-6 Pt. Loma
 6-4 West Valley JC
 6-8, 14-10 3/4 Occidental
 6-7 Chabot JC
 14-9 BYU
 23-8 1/2 UC Berkeley
 14-6 Westmont
 46-6 San Diego State
 47-11 working
 6-4 Sequoias JC
 22-1 San Francisco State
 23-0, 47-3 San Francisco State
 6-4 San Francisco State

John Avila(Avenal HS)	9:08.74	West Hills JC	Mike DeCaro(Burbank HS)	48-6	Glendale JC
Dean Andropolis(Concord HS)	9:40.0	Westmont	Mike Carter(Crescenta Valley HS)	6-7	Glendale JC
Tom Smith(Mission Jan Jose HS)	1:57.1, 4:17.7, 9:36	Utah State	Jerry Johnson(Hoover HS)	14-0	Glendale JC
Steve Bewaw(Rancho Alamitos HS)	1:56.9	Fullerton JC	Dan Lencki(Glendale HS)	14-0	Glendale JC
Tom Becker(Rancho Alamitos HS)	9:28.2	Fullerton JC	Vic Brown(Birmingham HS)	14-0	Glendale JC
Jeff Baladad(Merced JC)	1:58.2	San Francisco State	Rich Owen(Indio HS)	14-2 1/2	Desert JC
Amador Garcia(San Francisco JC)	1:58.0, 4:20.0	San Francisco State	Steve Baker(Escondido HS)	13-6	Pt. Loma
Bob Marr(St. Ignatius HS)	9:38.0	San Francisco State	Newman Osebar(Nigeria HS)	24-0	Pt. Loma
Jess Martinez(Riorden HS)	1:58.2	San Francisco State	Mike Gilbert(Northwest Nazarene HS)	47-6	Pt. Loma
Ed Ruppenstein(San Francisco JC)	1:55.5	San Francisco State	Kevin Matlock(Los Gatos HS)	6-4	West Valley JC
Ray Watts(Skyline JC)	1:54.0	San Francisco State	Kevin Cuervo(Western HS)	6-8, 14-10 3/4	Occidental
Tom Colley(San Bernardino Valley JC)	1:52.8, 3:45.9m, 14:02.2	Occidental	John Walden(Granada HS)	6-7	Chabot JC
Mike DiConti(LaCanada HS)	1:55.7	Occidental	Kevin Anthony(Tustin HS)	14-9	BYU
Rudiger Bracht(Blair HS)	1:56.7, 4:21.6	Occidental	Ralph Dangerfield(Laney JC)	23-8 1/2	UC Berkeley
Wendell Morris(Fremont HS)	1:56.7	Occidental	Mickey New(Granada Hills HS)	14-6	Westmont
Mario Hidalgo(Eagle Rock HS)	9:17.0	Occidental	Charles Crew(Morse HS)	46-6	San Diego State
Dave Lusche(LaCanada HS)	9:37.0	Occidental	Ed Crawford(Redwood HS)	47-11	working
Eric Gulve(Clairmont HS)	9:37.5	Occidental	Robert Riley(Redwood HS)	6-4	Sequoias JC
Tom Cusick(Canyons JC)	4:12.1	Northridge State	Jim Bitterfield(San Mateo JC)	22-1	San Francisco State
John Starinieri(Canyon HS)	1:54.2, 4:17.0	Canyons JC	Terry Elliott(Solano JC)	23-0, 47-3	San Francisco State
Clay Sigmen(Chatsworth HS)	4:12.0	Canyons JC	Phillip Johnwell(Jefferson HS)	6-4	San Francisco State
Joe Terrones(Poly HS)	9:36	Canyons JC	Steve Wood(Whittier College)	24-5, 46-11	San Francisco State
Dave Wells(Redwood JC)	1:51.2	Stanford	Todd Ward(Bakersfield HS)	6-11	Bakersfield JC
Craig Corey(San Mateo JC)	4:21.0, 9:14.4	Stanford	Dave Tierney(LaCanada HS)	22-11	Occidental
Bill Haldeman(Santa Monica HS)	9:18.2	Stanford	Kevin Hall(Norte Dame HS)	6-9	Occidental
Greg Eger(DeAnza JC)	14:50m	Stanford	Ron Hunt(Wasco HS)	14-6	Abeline Christian
Paul Nevau(Grossmont HS)	4:14.6	San Diego State	Jim Dillingham(Wasco HS)	13-7 1/2	Naval Academy
Bill St. John(Water Dei HS)	8:54.8	San Diego State	Victor Churchill(Canyons JC)	6-11	Cal Poly SLO
Ron Genschmer(Hancock JC)	3:55.0m	Cal Poly SLO	Tim Clay(Canyon HS)	22-6	Canyons JC
Mike Martin(Hancock JC)	1:53.6	Army	Jim O'Tousa(Granada Hills HS)	6-6	Canyons JC
Warren Woods(Rightt HS)	9:38	Grossmont JC	Fred Guillete(Chatsworth)	13-8	Canyons JC
Lawrance Carranza(Madera HS)	1:57, 4:19, 9:18	Fresno JC	Tori Lewis(Hancock JC)	16-0 3/4	UC Berkeley
Jose Renteria(Madera HS)	9:33, 14:39	Fresno JC	Kevin Niccoli(Santa Maria HS)	6-6	Hancock JC
Gilbert Acedo(Cerritos JC)	1:52.7, 4:14.9	Occidental	Corey Miller(Madera HS)	6-8	Cal Poly SLO
George Aguirre(Santa Barbara HS)	4:16.1, 9:00.2, 13:56.4	Fresno State	Allen Crump(Madera HS)	22-4	Cal Poly SLO
Mike Alfaro(Clovis HS)	4:24	Fresno State	Jeff Adams(Mt. Pleasant HS)	13-7	San Jose JC
Jim Arriola(Gahr HS)	1:57.6, 4:10.9, 9:31.8	West Point	Richard Adams(Pasadena JC)	23-7	Cal Poly Pomona
Juan Casas(Fresno JC)	4:19	Fresno State	Dan Beavers(West Bakersfield HS)	14-6	Bakersfield JC
Chris Castro(Los Gatos HS)	1:58.7	US Air Force Acad.	Cleveland Bellard(Pinole Valley HS)	13-9	Fresno State
Armando Cendejas(Fullerton JC)	4:05.6, 13:48.4	Long Beach State	Anthony Berry(El Camino JC)	50-0	Long Beach State
Casey Cox(Upland HS)	1:54.0, 9:40	UC Irvine	Jim Bogard(Edison HS)	15-1	Orange Coast JC
David Edds(Banning HS)	1:53.9	Cal Poly Pomona	Mike Brown(Citrus JC)	6-7 (75)	Cal Poly Pomona
Larry Fritz(American River JC)	1:56.5	UC Santa Barbara	Gary George(Mt. SAC JC)	6-8 1/2	Cal State LA
David Haake(Santa Barbara JC)	1:56, 3:55m, 9:07, 14:02	Fresno State	Art Gonzales(El Monte HS)	6-9, 45-4	Pasadena JC
Steve Haase(Marysville HS)	1:56.9	Yuba JC	Mike Green(New Mexico HS)	13-6	UC Santa Barbara
Roy Hoglund(San Jose JC)	9:28sc	UC Davis	Fred Hawthorne(San Jose JC)	48-1	Long Beach State
Rich Hornstra(Skyline JC)	1:55.8	San Francisco State	Rick Hoffman(Clovis HS)	14-6	Fresno State
Ron Hornstra(Skyline JC)	1:58.2	San Francisco State	Leo Howard(Mt. Pleasant HS)	22-4	Navy
Eric Hulst(Laguna Beach HS)	4:09.5, 8:44.3	UC Irvine	Chris Jones(Mt. Pleasant HS)	45-9	Cal Poly SLO
Thom Hunt(Patrick Henry HS)	4:06.6, 8:45.2	Arizona	Clif Juell(Upland HS)	15-0	Cal Poly SLO
Mark Isaacson(West Valley JC)	4:20, 9:28, 14:40	UC Santa Barbara	Rick Knopp(Gahr HS)	22-3 3/4	Hethel College(Min)
Shawn James(San Jose JC)	9:18sc	UCLA	Dan Kuhn(Wilson HS)	6-5 3/4	Long Beach JC
Keith Jacobsen(San Joaquin Delta JC)	1:55, 4:20, 9:15	Fresno State	Leo Linn(West Valley JC)	15-6	UC Santa Barbara
Mike Jarrell(Adador HS)	1:58	Fresno State	Steve Lowe(Santa Barbara JC)	14-6	Fresno State
Rod Jenkins(Bakersfield JC)	9:46sc	Fresno Pacific	Gary Mate(Upland HS)	14-0	Chaffey JC
Darryl Kentner(Fresno HS)	1:54.3	Hayward State	Larry Mondragon(Stagg HS)	22-2	Occidental
Andy Kirklighter(Helix HS)	4:22.9	UC Irvine	Peter Moreno(James Lick HS)	50-4	San Jose JC
Rich Langford(American River JC)	8:54, 14:04, 9:08sc	Fresno State	Darryl Morgan(El Cerrito HS)	48-0 3/4	Stanford
Leonard Ledet(Washington HS)	1:53.2	Long Beach State	Dennis Morley(Clovis HS)	6-6	Fresno State
Tom Light(Pacific Grove HS)	1:52.9	UC Santa Barbara	Dave Nugent(Chaffey JC)	15-3 (75)	Cal Poly Pomona
Colin McConnell(Edison HS)	4:15, 8:55	Long Beach State	Carlton Oler(San Jose State)	23-0, 48-1	San Francisco State
Ron Martin(Riverside JC)	1:55.3	Cal Poly Pomona	David Oliver(Long Beach JC)	6-10	1 season basketball
Cal Morrell(Norte Dame HS)	1:54.8m	UC Santa Barbara	Coart Owens(Castlemont HS)	6-11 3/4 (75)	Cal Poly Pomona
Mike Messer(Kennedy HS)	1:58.0	LA Valley JC	Rudy Pearson(Judson Baptist JC)	22-6, 47-5	Fresno Pacific
Don Moses(Crescenta Valley JC)	4:08.5, 8:52.6	UC Irvine	Robert Pfaffenberger(Los Medanos JC)	14-0	Fresno State
Peter Owens(Poly HS)	1:57.5	Long Beach JC	Doug Phillips(Diablo Valley JC)	15-7	Hayward State
Jose Saavedra(Fullerton JC)	4:07.4	Long Beach State	John Pochelle(Downey Modesto HS)	22-3 1/2	Modesto JC
Mark Sanchez(Kennedy HS)	9:24	San Jose State			
Donn Thompson(Gahr HS)	1:58.0	UCLA			
Charlie Walczak(Edison HS)	9:20	Orange Coast JC			
Phil Wingard(Fullerton JC)	1:51.9, 4:08.5	Long Beach State			
Donald Woods(Harbor JC)	1:52.2	Cal Poly Pomona			
Larry Woodworth(Everett JC)	1:53.7	Hayward State			



Andre Polidori(UC Santa Barbara)
 Bob Reeve(Palomar JC)
 Darryl Robinson(Long Beach State)
 Mike Rose(Mt. Pleasant HS)
 John Rosecrance(Santa Barbara HS)
 John Rossie(Loyola HS)
 Jeff Rupp(Edgewood HS)
 Dave Saltmarsh(Glendale HS)
 William Sanchez(Santa Barbara JC)
 Al Sandoval(USC)
 Ruben Scott(Stagg HS)
 Steve Smith(Harbor JC)
 Don Stanford(Edison HS)
 Dennis Stowe(Wasco HS)
 Mike Thornton(Hoover HS)
 Mark Wilkinson(Wilson HS)
 David Williams(Turlock HS)
 Glen Yates(Duarte HS)

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 Long Beach JC
 San Jose JC
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 Cal Poly Pomona
 Glendale JC
 Fresno State
 Cal Poly Pomona
 San Joaquin Delta JC
 Cal Poly Pomona
 Golden West JC
 Porterville JC
 Fresno JC
 Long Beach JC
 Fresno State
 Cal State LA

Mark Eickelman(Indio HS)
 Robert Ellis(Monroe HS)
 Scott Endler(Hoover HS)
 Ron Engle(Canyons JC)
 Jim Fyfe(Cosumnes JC)
 Marcus Gordien(Mt. SAC JC)
 West Hikenbotham(San Joaquin Delta JC)
 James Hunter(Santa Barbara HS)
 Paul Johnson(Brea HS)
 Coleman Kells(Fullerton JC)
 Jeff Klein(Fullerton JC)
 Guy Lyons(Mt. Pleasant HS)
 Matt McNaughton(Hoover HS)
 Rod Miller(Poly HS)
 Rick Miller(Poly HS)
 Dennis Morley(Clovis HS)
 Steve Noland(San Jose JC)
 Dave Nugent(Chaffey JC)
 Paul Palkovic(Crespi HS)
 Rick Paxton(Mesa JC)
 Paul Radish(Edison HS)
 Vic Rakhshani(Edison HS)
 Stanley Reese(Vallejo HS)
 Willie Robinson(Sequoias JC)
 Jeff Russell(Idaho State)
 Jon Sheppard(Katella HS)
 Steve Smith(Harbor JC)
 Frank Vasalle(Army)
 Vic Vasu(Kennedy HS)
 Shawn Ward(Long Beach JC)
 Mike Whites(Modesto Downey HS)
 Kris Gildesgaard(Eureka HS)
 Anthony Franks(St. Mary's HS)
 Armando Alonzo(St. Mary's HS)
 Tom Cecrle(Villa Park HS)
 Roger Kibbee(Desert JC)
 Dennis Toussaint(Desert JC)
 Frank Martinez(Redwood HS)
 Rick Buss(Wisconsin HS)
 Fred Burch(W. Torrance HS)
 Ricky Brown(Louisiana HS)
 Tori Lewis(Hancock JC)
 Mark Baughman(Fullerton JC)
 Steve Brown(Fullerton JC)
 Pat Bryant(Kearny HS)
 Kevin Corbett(El Dorado HS)
 Chuck DeGroot(San Luis HS)

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 Fresno State
 Long Beach JC
 Long Beach JC
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 Hayward State
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 Idaho State
 Long Beach State
 San Jose State
 San Jose State
 Chico State
 Fresno State
 Cal Poly Pomona
 UC Irvine
 Cal Poly Pomona
 Pt. Loma
 Northridge State
 Long Beach State
 Univ. of the Pacific
 Redwoods JC
 UC Davis
 San Joaquin Delta JC
 Long Beach State
 Northridge State
 Utah State
 Sequoias JC
 Stanford
 Stanford
 Stanford
 UC Berkeley
 Houston University
 Long Beach State
 Mesa JC
 Fullerton JC
 Cuesta JC

THROWS

Lonie Sisemore(San Jose JC)
 Kevin McCarthy(Orange Coast JC)
 Roger Moore(Poly HS)
 Chris See(Cal Poly SLO)
 Jay Gall(DeAnza JC)
 John Gorman(UC Riverside)
 Rich Johnson(Mayfair HS)
 Randy Hodges(Glendale JC)
 Marcell Keeling(El Camino JC)
 Dave Laut(Moorpark JC)
 Kris Lettow(Helix HS)
 Steve Lytle(Clear Lake HS)
 Greg Galli(Nevada HS)
 Lou Iacopetti(Glendale JC)
 Chet Pollock(Glendale HS)
 Bill Adrian(St. Francis HS)
 Steve Guzman(Eagle Rock HS)
 Bill Beckman(Eureka HS)

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UC Santa Barbara
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 Hayward State
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 Grossmont JC
 Yuba JC
 Yuba JC
 Northridge State
 Glendale JC
 Glendale JC
 Glendale JC
 Redwoods JC

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California Girls & Womens State Records

9 & UNDER

compiled by CALVIN BROWN

100 Yd Dash	12.4	Tracy Hanlon (LBC) 4/22/72
	12.4	LaTanya Dawkins (LAJ) 4/6/74
	12.4	Erica Peterson (LBC) 5/22/76
220 Yd Dash	28.3	LaTanya Dawkins (LAJ) 5/26/74
440 Yd Dash	63.5	Andrea Rolfe (LBC) 6/13/76
880 Yd Run	2:27.7	Michelle Miller (APP) 6/13/76
1 Mile	5:28.9	Kathy Kiernan (BA) 6/26/75
880 Walk	4:03.0	Kathy Kiernan (BA) 7/13/75
1 Mile Walk	8:43.0	Kathy Kiernan (BA) 6/21/75
440 Relay	57.7	Southern California Cheetahs 7/12/75
880 Relay	2:02.3	Long Beach Comets 6/13/76
1 Mile Relay	4:46.2	Southern California Cheetahs 4/13/75
2 Mile Relay	11:00.6	Blue Angels 4/13/75
High Jump	4-6 1/8	Jeanne Faust (SB) 3/29/75
Long Jump	15-1 3/4	Joyce Bowie (SB) 6/4/72
Baseball Throw	163-10 1/2	Nadine Bowers (SL) 5/21/67

10 — 11 DIVISION

100 Yd Dash	11.38	LaTanya Dawkins (LBC) 5/8
	11.3	Bridget Blackburn (RRR) 6/13
220 Yd Dash	26.0	Tina Scott (SCC) 6/7/75
440 Yd Dash	59.4	Tina Scott (SCC) 2/23/75
880 Yd Run	2:20.0	Sharon Hatfield (PAT) 6/13/76
1 Mile	5:02.1	Vickie Cook (RRR) 5/22/76
2 Mile	11:10.5	Vickie Cook (RRR) 5/25/75
50 Yd Hurdles	7.2	Laura Heizman (Arrow) 5/22/76
1 Mile Walk	7:53.5	Vickie Cook (RRR) 5/17/75
440 Relay	52.30	Rialto Roadrunners 6/13/76
880 Relay	1:56.7	Long Beach Comets 3/7/76
1 Mile Relay	4:20.6	Southern California Cheetahs 5/20/73
2 Mile Relay	10:05.6	Blue Angels 4/12/75
High Jump	5-1	Lisa Stary (LBC) 5/1
Long Jump	17-1/2	Alana Capozzi (LBC) 5/6/75
Shot Put 6#	38-9	Susan Springer (SL) 5/27/73
Baseball Throw	245-2	Yvonne Uhalde (DV) 6/20/67
Tri	1678	Chris Shawhan (CCS) 5/23/71

12 — 13 DIVISION

100 Yd Dash	10.9	Renaye Bowen (MM) 4/8/67
	11.15	Janice Smith (LBC) 5/31/76
220 Yd Dash	24.3	Renaye Bowen (MM) 4/8/67
440 Yd Dash	56.0	Marquita Belk (SJC) 4/3/75
880 Yd Run	2:12.7	Mary Decker (LBC) 4/29/72

14 & OVER DIVISION

100 meters	11.0	Chi Cheng (LATC) 7/18/70
	11.21	Evelyn Ashford (UCLA) 7/25/76
200 meters	22.4	Chi Cheng (LATC) 7/12/70
400 meters	50.62	Rosalyn Bryant (LAH) 7/28/76
800 meters	2:00.22	Francie Larrieu Lutz (FCC) 8/20/76
1500 meters	4:05.09	Francie Larrieu Lutz (FCC) 8/5/76
3000 meters	8:54.9	Francie Larrieu Lutz (FCC) 8/7/76
5000 meters	16:38.0	Julie Brown (LATC) 6/16/74
10,000 meters	35:00.4	Julie Brown (UCLA) 3/29/75
100 Yd Dash	10.0	Chi Cheng (LATC) 6/13/70
220 Yd Dash	22.6	Chi Cheng (LATC) 7/3/70
440 Yd Dash	52.5	Chi Cheng (LATC) 6/20/70
880 Yd Run	2:02.31	Mary Decker (BA) 2/17/74
1 Mile	4:28.51	Francie Larrieu (FCC) 3/3/75
2 Mile	9:39.31	Francie Larrieu (FCC) 2/17/74
3 Mile	15:43.4	Julie Brown (UCLA) 12/8/74
Marathon	2:38:19	Jacki Hansen (SFVTC) 10/12/75
100M 33"	12.8	Chi Cheng (LATC) 7/12/70
400M	58.62	Clydine Crowder (UCLA) 6/12/76
1 Mile Walk	7:10.9	Susan Brodock (RRR) 1/25/76
3000 Walk	14:34.8	Susan Brodock (RRR) 8/15/74
5000 Walk	24:16.2	Susan Brodock (RRR) 8/25/74
10,000 Walk	52:56	Kati McIntyre (SAAA) 6/21/71
440 Relay	45.66	Los Angeles Mercurettes 6/12/76
880M	1:38.69	Los Angeles Mercurettes 6/12/76
1 Mile Relay	3:44.5	West Coast Jets 4/30/72
2 Mile Relay	8:34.44	LATC 6/12/76
Distance Relay	11:29.0	UCLA 4/13/75
High Jump	5-11	Modupe Oshikoya (LATC) 4/24/76
Long Jump	21-7 1/2	Fartha Watson (LI) 7/18/74
Shot Put	56-11 1/2	Karen Seidler (GL) 2/16/74
Discus	193-3	Olga Connolly (LATC) 8/8/72
Javelin	218-3	Kathy Schmidt (LATC) 6/12/76
Pentathlon	4732	Jane Frederick (LATC) 3/30-31/76

Track & Field News

For over 25 years, we've served the track community: the leader in book and periodical publishing, track merchandise and accessories.

3 Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Jipcho, Dwight Stones, Steve Williams, Tony Waldrop, all in full color. Still avail-

COUNTDOWN TO MON-

2 Mile Relay	10:05.8	Brian Albers (LBC) 5/1
High Jump	5-1	Lisa Stary (LBC) 5/31/76
Long Jump	17-2	Alana Capozzi (LBC) 5/6/75
Shot Put 6#	38-9	Susan Springer (SL) 5/27/73
Baseball Throw	245-2	Yvonne Uhalde (DV) 6/20/67
Tri	1678	Chris Shawhan (CCS) 5/23/71

12-13 DIVISION

100 Yd Dash	10.9	Renaye Bowen (MM) 4/8/67
	11.15	Janice Smith (LBC) 5/31/76
220 Yd Dash	24.3	Renaye Bowen (MM) 4/8/67
440 Yd Dash	56.0	Marquita Belk (SJC) 4/3/75
880 Yd Run	2:12.7	Mary Decker (LBC) 4/29/72
1 Mile	4:54.4	Kiki Lantry (RRR) 5/22/76
2 Mile	10:39.9	Kiki Lantry (RRR) 5/15/76
3000 Walk	16:04.4	Jessica Waskow (RRR) 3/29/75
5 Mile Walk	7:47.5	Cindy Vaughn (RCF) 5/31
80m Hurdles	11.4	Tawny Singleton (OV) 6/7/75
200m Hurdles	27.6	Tawny Singleton (OV) 5/17/75
440 Relay	48.80	B E T C 6/13/76
880 Relay	1:48.9	Southern California Cheetahs 4/10/76
1 Mile Relay	3:56.2	Southern California Cheetahs 5/31/75
Distance		
Medley Relay	12:28.6	Rialto Roadrunners 4/13/75
High Jump	5-7 3/4	Lisa Peters 6/13/76
Long Jump	18-6 3/4	Dora Lee Roberts (SJVAC) 1968
	18-6 3/4	Erin Pike (LATC) 5/31/75
Shot Put 6#	52-14	Susie Ray (BA) 6/13/76
Discus	141-1	Debbie Rivera (LBTC) 3/28/71
Javelin	135-8	Diane Matkovich (CCG) 4/8/67
Pentathlon	3800	Erin Pike (LATC) 5/31/75

14-15 DIVISION

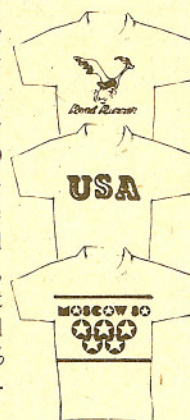
100 Yd Dash	10.5	Brenda Winston (RRR) 5/9/76
220 Yd Dash	24.0	Brenda Winston (RRR) 5/9/76
440 Yd Dash	54.4	Mary Decker (BA) 4/7/74
880 Yd Run	2:09.1	Mary Decker (BA) 4/29/73
1 Mile	4:48.6	Paula Rose (BA) 6/14/75
2 Mile	10:52.4	Ann Trason (LPTC) 5/31/76
5 Mile Walk	7:30.3	Lisa Betheny (RRR) 6/13/76
3000 Walk	16:33.0	Becky Villalvazo (RRR) 3/29/75
100MH	14.0	Kim Costello (LATC) 3/21/76
300MH	43.9	Cheryl Glazier (FAT) 3/21/76
	44.11	Alison Reed (LATC) 6/13/76
440 Relay	47.4	HL 5/3/75
880MR	1:46.2	LATC 6/13/76
1 Mile Relay	3:56.0	6/13/76
2 Mile Relay	9:18.8	BA 6/13/76
High Jump	5-7	Candice Zbieranek (LI) 6/14/75
Long Jump	19-1 1/2	Lisa Kinimaka (SJC) 3/16/74
Shot Put 8#	45-8 1/2	Emily Dole (LMM) 5/12/73
Discus	141-5	Christi Pyle (LATC) 6/13/76
Javelin	161-1	Lisa Van Benthem (un) 5/26/75
Pentathlon	3406	Erin Pike (LATC) 5/2/76

Track & Field News

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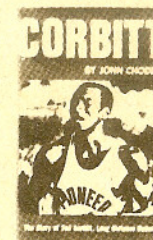
1 COUNTDOWN TO MONTEAL. The Olympic year is underway, and the best way to keep informed, of course, is by reading TRACK & FIELD NEWS, still America's only publication to deliver all the major news and excitement of the sport, from high school track through the Olympics—from all corners of the USA and the world. While our focus is still on men's top-caliber competition, each monthly issue covers all aspects of track (women, masters, road racing, training tips, etc.). At \$11.00 yr., it's money well spent. Write for sample.

2 Have you seen our fast-selling t-shirts? Colored t-shirts include KEEP ON TRACKIN' cartoon shirt, ROAD RUNNER cartoon, and the adidas shirt. White shirts with colored trim are USA, MOSCOW 80, the RUN RUN RUN cartoon shirt and our new TRACK & FIELD NEWS shirt. All t-shirts are available in sizes S,M,L, and XL at \$4.50 each, plus 50¢ per shirt for postage. All top quality 100% cotton shirts, machine washable.



3 Our new jumbo track posters have been extremely popular. Rick Wohlhuter, Ben Jipcho, Dwight Stones, Steve Williams, Tony Waldrop, all in full color. Still available are color posters of Shorter, Prefontaine, Wottle, and Ryun/Keino. All color posters are \$2.50 each. Add 50¢ per order for postage and handling.

4 T&FN is still the foremost publisher of books on track and field. Recent titles are *The Little Red Book* (with Metric Conversion Tables and a goldmine of information on the sport), \$2.95; *Corbitt* (story of Ted Corbitt, pioneer long distance runner), \$3.95; and *Age Records 1975*, \$2.00. Write for complete booklist.



5 Coaches: keep up with the latest in technique and training. Read *Track Technique*, the Quarterly Review of Track and Field Athletics. Emphasis is given to easy-to-follow, immediately applicable material for your day-to-day coaching needs. \$5 a year, \$12 for three years.

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California Women BEST MARKS

1976

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Send all additions and corrections to

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228 E. Artesia Blvd.
N. Long Beach, CA 90805

14-15

100 YARD DASH

-0.24

10.5 (1)	Brenda Winston(RRR)5/9
10.95 (1)	Danita Young(SDC)5/31
11.08 (2)	Dawn Peters(SCC)5/31
11.38 (3)	Jane Harding(BA)5/31
11.41 (4)	Alice Strong(SDC)5/31
11.2 (1)	Gwen Loud (LAM)2/15
11.2 (1)	Kalie Bolton(ML)5/22
11.2 (3)	Barbara Drake(un)5/23
11.44 (5)	Roxanne Banks(WWW)5/31
11.49 (6)	Pam Newton(SCC)5/31
11.52 (7)	LaDonna Moore(MM)5/31
11.3 (3)	Cori Meyer(EVT)5/23
11.4 (3)	Kim Costello(LATC)2/15
11.4 (2)	Marian Franklin(ML)5/22

11.71 (8)	Debbie Solga(OTC)5/31
11.6 (1)	Cathy Jones(OCT)1/4
11.6 (4)	Kim White(BETC)5/22
11.6 (5)	Shawn Vaughn(PAS)5/23
11.7 (3)	Kori Thomas(PAS)5/23
11.8 (4)	Denice Eddington(LATC)2/15
11.8w (1)	Janice Green(WVJ)3/28
12.05 (6)	Eranetta Ingram(PAT)5/30

220 YARD DASH

-0.24

24.0 (1)	Brenda Winston(RRR)5/9
24.5 (1)	Kelia Bolton(ML)5/22
25.18 (1)	Danita Young(SDC)5/31
25.31 (2)	Denice Eddington(LATC)5/31
25.7 (1)	Cynthia Tyler(MM)5/15
25.7 (2)	Michelle Hawthorne(BETC)
25.7 (2)	Dawn Peters(SCC)5/23
26.0 (3)	Cathy Hohmann(CY)5/31
26.10 (4)	LaDonna Moore(MM)5/31
26.22 (5)	Jane Harding(BA)5/31
26.0 (1)	Kim Costello(LATC)2/15
26.0 (1)	Kathy Jones(PAT)2/29
26.1 (2)	Ella Rich(LAM)2/15
26.1 (3)	Arnetta Robinson(un)5/23



MARILYN KING(left) and JANE FREDERICK at Olympic Trials

2:23.0 (3)	Kelly Wells(QH)2/29	8:05.9 (4)	Laura Spencer(CY)6/13
2:23.5 (4)	Rita Kysella(BA)2/29	8:17.0 (5)	Amy Spangler(Arrow)6/13
2:23.7 (2)	Beth Melton(PAT)1/25	8:22.6 (6)	Melissa Steinle(SCC)6/13
2:23.9 (4)	Diane Figliomeni(SJC)5/22	8:30.9 (3)	Karlene Waskow(RRR)2/15
2:24.0 (2)	Marsha Erickson(SCC)1/4	8:55.0	Lisa Davis(BA)3/14
2:24.0 (3)	Andrea Ward(LAM)1/4	9:03.5 (4)	Christa Sears(PAT)1/25
2:24.3	Tracy Billings(BA)2/1	9:09.7 (6)	Marti McCracken(WWW)5/31
2:24.9 (5)	Eileen Bryant(BA)2/29	9:30.8 (6)	Carol Lowe(PAT)2/15
		9:38.6 (4)	Tina Santiago(RRR)5/23

ONE MILE RUN

5:03.1	Carol Czarnetski(BA)7
5:03.2 (5)	Ann Trason(MPTC)6/13
5:04.1 (1)	Vicki Bray(un)5/31
5:07.2 (1)	Lynne Honeywell(un)5/23
5:10.4 (1)	Kelly Wells(QH)2/29
5:16.8 (9)	Donna Sanchez(DP)2/29

3000 METER WALK

17:36.8 (1)	Jill Steiner(RRR)4/4
17:37.6 (2)	Melissa Steinle(SCC)4/4
17:47.8 (3)	Lisa Davis(BA)4/4

10.5	(1)	Brenda Winston(RRR)5/9
10.95	(1)	Danita Young(SDC)5/31
11.08	(2)	Dawn Peters(SCC)5/31
11.38	(3)	Jane Harding(BA)5/31
11.41	(4)	Alice Strong(SDC)5/31
11.2	(1)	Gwen Loud(LAM)2/15
11.2	(1)	Kalie Bolton(ML)5/22
11.2	(3)	Barbara Drake(un)5/23
11.44	(5)	Roxanne Banks(WWW)5/31
11.49	(6)	Pam Newton(SCC)5/31
11.52	(7)	LaDonna Moore(MM)5/31
11.3	(3)	Cori Meyer(EVT)5/23
11.4	(3)	Kim Costello(LATC)2/15
11.4	(2)	Marian Franklin(ML)5/22

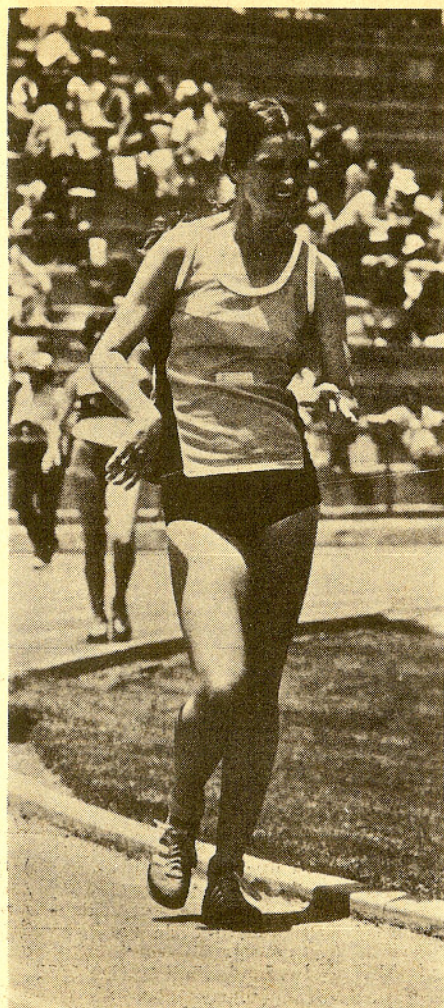


photo by Diane Johnson

SUE BRODOCK

220 YARD DASH

-0.24

24.0	(1)	Brenda Winston(RRR)5/9
24.5	(1)	Kelia Bolton(ML)5/22
25.18	(1)	Danita Young(SDC)5/31
25.31	(2)	Denice Eddington(LATC)5/31
25.7	(1)	Cynthia Tyler(MM)5/15
25.7	(2)	Michelle Hawthorne(BETC)
25.7	(2)	Dawn Peters(SCC)5/23
26.0	(3)	Cathy Hohmann(CY)5/31
26.10	(4)	LaDonna Moore(MM)5/31
26.22	(5)	Jane Harding(BA)5/31
26.0	(1)	Kim Costello(LATC)2/15
26.0	(1)	Kathy Jones(PAT)2/29
26.1	(2)	Ella Rich(LAM)2/15
26.1	(3)	Arnetta Robinson(un)5/23
26.2	(1)	Cheryl Glazier(PAT)1/25
26.4	(2)	Janice Green(WVJ)5/23
26.5	(4)	Debbie Solga(OTC)5/22
26.7	(3)	Joanne Erb(LATC)1/4
26.7	(5)	Valerie Elliott(LATC)1/25
26.7	(5)	Valerie Jocheim(CY)5/22

440 YARD DASH

-0.14

54.5	(2)	Marquita Belk(SJC)6/13
56.1	(4)	Barney Carral(SCC)6/13
57.3	(1)	Michelle Hawthorne(BETC)6/13
57.3	(6)	Cathy Jones(PAT)6/13
57.59	(2)	DellaEquipilag(SCC)5/31
57.8	(8)	Cynthia Warner(LATC)6/13
58.18	(3)	Laurie Mullins(LATC)5/31
58.7	(2)	Beth Melton(PAT)5/23
58.8	(4)	Karon Williams(SDC)5/31
59.0	(9)	Liz Douglas(SJC)6/13
59.1	(1)	Ella Rich(LAM)2/15
59.8	(5)	Rita Kysella(BA)5/31
59.9	(1)	Cynthia Tyler(MM)4/4
60.2	(1)	Joanne Erb(LATC)4/4
60.2	(6)	Dana Miller(LI)5/31
60.4	(7)	Debby Jensen(SCC)5/31
60.6	(1)	Debbie Andrews(CCF)5/23
60.7	(4)	Sharon Dill(LI)5/23
60.8	(1)	Jane Harding(BA)3/28
60.8	(1)	Michelle Rivera(SBS)3/28
60.8	(7)	Arlise Emerson(PAT)6/13

880 YARD RUN

2:12.4	(1)	Barney Sue Carral(SCC)5/23
2:12.4	(2)	Lauri Mullins(LATC)5/23
2:12.4	(1)	Ann Regan(CY)5/31
2:17.4	(3)	Corinne Nunez(RRR)6/13
2:18.6	(3)	Rhonda Washington(BA)5/23
2:18.8	(1)	Chris Stoiloff(RRR)3/28
2:18.9	(2)	Della Equipilag(SCC)6/13
2:18.9	(3)	Michelle Rivera(SBS)6/13
2:19.4		Carol Czarnetski(BA)3/14
2:19.4	(5)	Karen Linn(WS)5/31
2:19.8	(2)	Rachel Ervin(SJC)5/22
2:22.1	(4)	Lynne Honeywell(RRR)5/23

2:23.0	(3)	Kelly Wells(QH)2/29
2:23.5	(4)	Rita Kysella(BA)2/29
2:23.7	(2)	Beth Melton(PAT)1/25
2:23.9	(4)	Diane Figliomeni(SJC)5/22
2:24.0	(2)	Marsha Erickson(SCC)1/4
2:24.0	(3)	Andrea Ward(LAM)1/4
2:24.3		Tracy Billings(BA)2/1
2:24.9	(5)	Eileen Bryant(BA)2/29

ONE MILE RUN

5:03.1		Carol Czarnetski(BA)7
5:03.2	(5)	Ann Trason(MPTC)6/13
5:04.1	(1)	Vicki Bray(un)5/31
5:07.2	(1)	Lynne Honeywell(un)5/23
5:10.4	(1)	Kelly Wells(QH)2/29
5:16.8	(9)	Donna Sanchez(RRR)6/13
5:17.0	(1)	Kristi Kucera(LBC)3/27
5:18.2	(1)	Shelli Wooldridge(QCC)3/28
5:18.6	(2)	Diane Stern(QCC)3/28
5:25.8	(5)	Becky Villalvazo(RRR)2/29
5:26.8	(2)	Jane Spencer(un)3/27
5:27.0	(3)	Marti McCracken(un)3/27
5:27.3	(3)	Suzie Greenberg(SJC)5/22
5:28.2	(3)	Judy Schroeder(PAT)5/23
5:30.3	(4)	Lori Cradic(IVS)3/27
5:35.8	(6)	Diane Esslinger(QCC)2/29
5:37.2	(4)	Kit Fagan(SBS)5/23
5:37.3	(5)	Denise Montoya(AA)3/27
5:38.7	(6)	Tracey Anderson(un)3/27
5:38.9	(3)	Pam Hodges(BA)1/25

TWO MILE RUN

10:52.4	(1)	Ann Trason(MPTC)5/31
10:55.8	(1)	Roxanne Bier(SJC)6/13
11:00.0	(2)	Donna Sanchez(RRR)6/13
11:03.0		Carol Czarnetski(BA)7
11:03.3	(1)	Suzanne Keith(RRR)3/27
11:04.7	(2)	Diane Esslinger(QCC)5/31
11:13.9	(3)	Becky Villalvazo(RRR)3/27
11:14.6	(4)	Shelli Wooldridge(QCC)6/13
11:24.8	(8)	Laurie Jewell(LBC)6/13
11:37.2	(4)	Kelly Jones(OTC)5-31
11:37.4	(5)	Tracy Trisco(BA)5-31
11:44.5	(6)	Tracey Anderson(WWW)5-31
11:52.1	(7)	Marti McCracken(WWW)5-31
11:52.7	(4)	Jeanette Allred(NCTC)5-22
11:53.5	(5)	Dede Mavis(SJC)5-22
11:59.8	(4)	Lori Johnson(RRR)3-27
12:11.2	(8)	Judy Schroeder(PAT)5-31
12:15.2	(3)	Diane Stern(QCC)3-28
12:21.6	(1)	Alicia Gallup(AA)1-4
12:22.5	(6)	Peggy Lavelle(ML)5-22

ONE MILE WALK

7:30.3	(1)	Lisa Metheny(RRR)6/13
7:46.5	(1)	Tracy Trisco(BA)5/31
8:01.7	(3)	Becky Villalvazo(RRR)6/13
8:02.1	(2)	Georgia Sakelarios(RCF)5/31

8:05.9	(4)	Laura Spencer(CY)6/13
8:17.0	(5)	Amy Spangler(Arrow)6/13
8:22.6	(6)	Melissa Steinle(SCC)6/13
8:30.9	(3)	Karlene Waskow(RRR)2/15
8:55.0		Lisa Davis(BA)3/14
9:03.5	(4)	Christa Sears(PAT)1/25
9:09.7	(6)	Marti McCracken(WWW)5/31
9:30.8	(6)	Carol Lowe(PAT)2/15
9:38.6	(4)	Tina Santiago(RRR)5/23

3000 METER WALK

17:36.8	(1)	Jill Steiner(RRR)4/4
17:37.6	(2)	Melissa Steinle(SCC)4/4
17:47.8	(3)	Lisa Davis(BA)4/4

100 METER HURDLES (33")

		-0.24
14.0	(1)	Kim Costello(LATC)3/21
14.29	(1)	Kris Costello(SJC)6/13
14.37	(1)	Tawny Singleton(OV)5/31
14.52	(2)	Kathy Yuhaz(CY)5/31
14.3	(2)	Cheryl Glazier(PAT)5/23
14.79w	(2)	Alison Reed(LATC)6/13
14.86	(4)	Mary Winnewisser(un)6/13
14.7	(1)	Joanne Erb(LATC)4/4
15.15	(6)	Kathy Bower(SBS)5/31
14.20w	(4)	Kerry Zwart(LATC)6/13
15.3w	(4)	Tricia Lenning(AA)4/25
15.4	(P)	Erin Pike(LATC)5/2
15.79	(3)	Lori Smith(RRR)6/13
15.7	(3)	Traci Cook(OTC)5/22
15.7	(6)	Karen Ueda(LI)5/23
15.8	(7)	Christa Sears(PAT)5/23
16.0	(4)	Celia Duran(un)5/22
16.8	(2)	Andrea Posey(LBC)3/27
16.9	(5)	Julie Kobrinsky(SV)5/22
17.4	(6)	Tracy Feltham(Arrow)5/22

400 METER HURDLES (30")

43.9	(1)	Cheryl Glazier(PAT)3/21
44.11	(1)	Alison Reed(LATC)6/13
44.2	(2)	Joanne Erb(LATC)3/21
45.16	(2)	Carolyn Bing(SJC)6/13
45.18	(3)	Cathy Hohman(CY)6/13
45.6	(4)	Tawny Singleton(OV)5/23
46.02	(2)	Karen Veda(LI)5/23
46.3	(6)	Denise Montoya(AA)5/31
46.72	(2)	Kathy Bower(SBS)5/30
47.10	(4)	Rita Kysella(BA)5/30
48.05	(5)	Tracie McMurray(SCC)6/13
48.8	(3)	Beverly Hudson(OV)5/23
48.8	(5)	Linda Elkins(RCF)5/30
50.7	(5)	Dawn Potter(un)5/23
51.8	(4)	Christa Sears(PAT)2/29
51.8	(6)	Tracy Feltham(Arrow)5/30
57.4	(7)	Alicia Gallup(AA)5/23
61.9	(6)	Kim Lems(LBC)4/25

440 YARD RELAY

48.45 (2)	LATC 6/13
48.92 (1)	SCC 5/31
49.56 (2)	BETC 6/13
49.70 (5)	RRR 6/13
49.7 (1)	SDC 5/15
49.7 (1)	ML 5/22
50.23 (3)	CY 6/13
50.3 (1)	LI 5/23
50.5 (4)	WVJ 5/31
50.6 (6)	WWW 5/31
51.4 (3)	SV 5/22
51.5m (5)	EVT 4/25
52.9 (5)	OTC 5/22
53.4 (6)	ML-B 5/22
53.7 (2)	PAS 3/28

880 MEDLEY RELAY

1:46.2 (1)	LATC 6/13
1:47.3 (1)	SCC 5/31
1:48.3 (1)	RRR 6/13
1:48.7 (2)	CY 6/13
1:49.1 (1)	SJC 5/22
1:49.1 (4)	PAT 6/13
1:50.0 (3)	BETC 6/13
1:51.0 (5)	BA 6/13
1:52.4 (1)	LI 6/13
1:52.9 (1)	SDC 5/15
1:53.2 (3)	WWW 5/31
1:53.5 (3)	ML 5/22
1:54.5 (4)	WVJ 5/31
1:55.7 (5)	SV 5/22
1:58.3 (2)	SCC-B 4/10
2:03.5 (4)	PAS 4/10
2:06.2 (6)	ML-B 5/22

MILE RELAY

3:56.0 (1)	LATC 6/13
4:00.0 (2)	SCC 6/13
4:06.5 (1)	SJC 5/22
4:09.8	BA 3/20
4:17.0 (2)	ML 5/22
4:22.5 (3)	SV 5/22
4:41.0 (2)	QH 2/29

TWO MILE RELAY

9:18.8 (1)	BA 6/13
9:19.4 (2)	RRR 6/13
9:29.4 (3)	SJC 6/13
10:11.2 (6)	WWW 6/13
10:25.6 (8)	LATC 6/13
10:47.9 (2)	SV 5/22
11:22.0 (3)	ML 5/22

17-1 (1)	Barbara Kockendorfer(STS)
17-0½ (2)	Cassandra Griffin(WWW)5/31
16-10½ (2)	Arlene Sells(un)5/22
16-10½ (4)	Roxanne Banks(un)5/31
16-9 3/4 (3)	Cathy Yuhass(CY)5/22
16-9½ (2)	Sharon Foster(SDC)3/27
16-6½ (4)	Perrin Brew(Arrow)5/22
16-5 (2)	Vicki Almeida(SCC)1/25
16-4½ (1)	Karen Veda(LI)3/28
16-2½ (2)	Debbie Andrews(CCF)3/28
16-2 (1)	Kim Costello(LATC)3/7
15-11 (4)	Janice Green(WVJ)5/23
15-8 3/4 (5)	Jamie Harper(SJC)5/22
15-8½ (6)	Kelia Bolton(ML)5/22

SHOT PUT (4 kilo)

43-8½ (1)	Kerry Zwart(LATC)6/13
41-1½ (3)	Susan Springer(SV)6/13
40-10½ (4)	Jackie Nelson(BA)6/13
39-3½ (1)	Elaine Roque(LATC)5/23
38-4 3/4 (6)	Marta Kuehl(SV)6/13
38-0 (3)	Christi Pyle(LATC)3/20
37-3 (7)	Debra Pryor(BETC)6/13
36-2½ (8)	Debbie Peavee(RRR)6/13
35-10½ (10)	Carole Kent(SB)6/13
34-11½ (4)	Diana Bishop(Arrow)5/22
34-3½ (4)	Roseanne Gehres(OV)5/31
33-0 (2)	Ann Schultz(SBS)3/7
32-11½ (6)	Chrissy Wheeler(SB)5/31
31-3½ (3)	Lisa Nedrud(SCV)2/29
31-0 3/4 (2)	Lydia Woodard(un)3/28
30-10 3/4 (7)	Chris Phelps(un)5/31
30-9 3/4 (P)	Erin Pike(LATC)4/17
30-1½ (5)	Diana Wilson(SV)5/22
29-1½ (5)	Xena Kistler(VGTC)2/29
28-10 3/4 (8)	Kim Lindner(SCV)5/31

DISCUS THROW

141-5 (1)	Christi Pyle(LATC)6/13
135-3½ (1)	Susan Springer(SV)5/22
122-11 (2)	Marta Kuehl(SV)5/22
110-9 (6)	Roseanne Gehres(OV)6/13
110-0 (7)	Debra Pryor(BETC)6/13
108-3 (1)	Charm Bishop(SCC)3/27
105-1 (1)	Donna Mayhew(un)3/28
103-7½ (4)	Sheri Brahm(RCF)5/22
102-2½ (5)	Diana Bishop(Arrow)5/22
97-7 (6)	Gina Lombardi(RCF)5/22
88-7 (6)	Carole Kent(SB)5/31
87-9½ (3)	Xena Kistler(VGTC)5/23
87-1 (7)	Chris Phelps(un)5/31
86-5 (R)	Angie Emory(SCC)4/10
77-7 (R)	Pam Newton(SCC)4/10
63-9 (10)	Debbie Peavee(RRR)6/13
51-11 (4)	Debbie Jensen(SCC)5/23

14 & OVER

100 METER DASH

Accutrack -0.24

11.21 (2)	Evelyn Ashford(UCLA)7/25
11.38 (1)	Renaye Bowen(un)5/31
11.43 (2)	Rosalyn Bryant(LAM)6/12
11.60 (1)	Brenda Winston(RRR)5/31
11.62 (4)	Sandra Howard(CSN)5/15
11.65w(1)	Elaine Parker(ML)6/14
11.66 (4)	Pam Waters(PTC)6/12
11.68 (2)	Gwen Loud(LAM)6/14
11.70 (7)	Martha Watson(LI)6/12
11.77w (2)	Gail Douglas(LBC)6/14
11.81w (2)	Freida Cobbs(un)6/14
11.6	Marie Nickson(LAM)5/22
11.7 (1)	Yolanda Rich(LAM)4/25
11.7	Rosie Birt(LI)4
11.91 (5)	Dollie Fleetwood(SCC)6/10
11.7 (3)	Penny Slaughter(LI)5/23
11.7w	Karen Elmore(ML)5/1
11.7w (1)	Leeida Hunter(LAM)5/16
11.7w (2)	Una Morris(LATC)5/16
11.91w (3)	Kim Robinson(LAM)6/14

200 METER DASH

Accutrack -0.24

23.05	Rosalyn Bryant(LAM)4/8
23.0 (1)	Adrienne Lewis(LAC)5/2
23.80 (1)	Brenda Winston(RRR)5/31
23.94 (2)	Sandra Howard(CSN)6/7
24.05 (1)	Pam Waters(PTC)6/14
24.12 (2)	Elaine Parker(ML)5/31
24.13 (P)	Jane Frederick(LATC)6/22
24.16 (3)	Freida Cobbs(BETC)6/10
24.1 (1)	Una Morris(LATC)5/23
24.41 (2)	Yolanda Rich(LAM)5/31
24.46 (3)	Evelyn Ashford(UCLA)6/7
24.51 (3)	Denise Pemberton(ML)5/31
24.3 (2)	Debbie Byfield(BETC)4/24
24.54	Rosie Birt(LI)5/13
24.3 (P)	Modupe Oshikoya(LATC)5/16
24.68 (4)	Jarvis Scott(PTC)5/31
24.5 (4)	Kim Robinson(LAM)3/21
24.73 (5)	Cynthia Mills(PTC)5/31

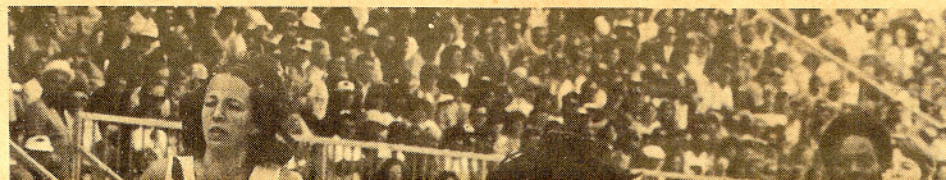
54.34 (4)	Jarvis Scott(PTC)6/10
54.85 (4)	Debbie Roberson(un)6/21
54.5 (2)	Debbie Byfield(BETC)4/24
54.93 (6)	Sherrie Golden(NCTC)6/15
55.06 (H)	Marquita Belk(SJC)6/14
55.6 (2)	Debbie Bottomly(PCP)4/4
55.81 (3)	Adrienne Lair(PTC)6/14
55.94 (5)	Robbie Mitchell(PTC)6/14
55.9 (2)	Kathy Keyes(PAT)3/21
56.0 (4)	Chee Swee Lee(UR)5/31
56.21 (1)	Cynthia Tyler(MM)5/31
56.21 (2)	Pam Green(SCC)5/31
56.6 (5)	Teresa Caudillo(LBC)5/31
56.8 (3)	Barney Sue Carral(SCC)7/9
57.1 (6)	Sandy Muse(LAM)4/24
57.7 (1)	Della Equipilag(SCC)4/25
57.8 (2)	Michelle Hopper(PTC)4/25
57.9 (4)	Laurie Mullins(LATC)3/21
57.9 (3)	Kalua Bell(SCC)5/31

800 METER RUN

2:00.22 (1)	Francie L.Lutz(PCC)8/20
2:00.3 (2)	Cyndy Poor(SJC)8/10
2:00.73 (3)	Kathy Weston(WS)6/22
2:03.8 (2)	Ruth Kleinsasser(BA)5/8
2:04.84 (2)	Julie Brown(LATC)5/31
2:05.93 (3)	Lynn Hollins(RRR)6/10
2:07.3 (8)	Judy Graham(SJC)5/8
2:07.40 (3)	Chee Swee Lee (UR) 5/31
2:07.45 (4)	Kate Keyes(LATC)5/31
2:07.5 (9)	Kathy Costello(LATC)5/8
2:08.5 (5)	Kathy Keyes(PAT)6/15
2:10.0 (7)	Ann Regan(CY)6/15
2:10.2 (3)	Roma Antoniewicz(LATC)5/23
2:10.2 (4)	Michele Hopper(PTC)5/23
2:11.3 (7)	Lynn Smith(LAM)5/23
2:12.2 (2)	Paula Rose(BA)4/25
2:13.6 (1)	Lauri Mullins(LATC)4/24
2:14.9 (2)	Chris Stoiloff(RRR)5/31
2:15.0 (5)	Barney Sue Carral(SCC)5/16
2:15.10 (3)	Lynne Honeywell(un)5/31

1500 METER RUN

4:05.09 (3)	Francie L.Lutz(PCC)8/6
4:06.83 (4)	Cyndy Poor(SJC)8/6
4:14.14 (3)	Julie Brown(LATC)6/12
4:16.03 (4)	Ruth Kleinsasser(BA)6/12
4:17.34 (6)	Kathy Keyes(LATC)6/27
4:20.2 (7)	Judy Graham(SJC)6/27
4:22.08 (5)	Sue Kinsey(SFVTC)6/11
4:24.6 (7)	Paula Rose(BA)6/11
4:29.5 (2)	Kathy Costello(LATC)3/21



4:00.0 (2) SCC 6/13
 4:06.5 (1) SJC 5/22
 4:09.8 BA 3/20
 4:17.0 (2) ML 5/22
 4:22.5 (3) SV 5/22
 4:41.0 (2) QH 2/29

TWO MILE RELAY

9:18.8 (1) BA 6/13
 9:19.4 (2) RRR 6/13
 9:29.4 (3) SJC 6/13
 10:11.2 (6) WWW 6/13
 10:25.6 (8) LATC 6/13
 10:47.9 (2) SV 5/22
 11:22.0 (3) ML 5/22

DISTANCE MEDLEY RELAY

12:16.8 (1) BA 4/10

HIGH JUMP

5-5 (x) Jill Shinkle(BA)3/21
 5-5 (2) Lucy Wardle(SBS)6/13
 5-5 (4) Candy Acres(SB)6/13
 5-4 (3) Karen Hinkleman(un)5/31
 5-3 (3) Cindy Cooper(SBS)3/21
 5-3 (7) Cathy Yuhas(CY)6/13
 5-2 (1) Kari Gosswiller(SAL)1/4
 5-2 Holly Peterson(BA)2/1
 5-2 (2) Judy Fargo(GG)2/15
 5-1 (4) Erin Pike(LATC)3/21
 5-1 (10) Wendy Craig(CY)6/13
 5-0 (2) Kerry Zwart(LATC)1/4
 5-0 (5) Kim Costello(LATC)3/6
 5-0 (5) Cathy Bolin(un)5/31
 4-10 (4) Mary Rowell(BA)2/15
 4-10 (1) Kathy Bower(SBS)3/28
 4-10 (4) Barbara Kochendorfer(STS)
 4-10 (5) Anne Thomas(CY)5/22
 4-10 (6) Helen Beukers(RCF)5/22
 4-8 (3) Mary Jo Boron(SCV)1/4
 4-8 (P) Tricia Lenning(AA)4/17
 4-8 (T6) Pam Newton(LAM)4/25
 4-8 (P) Tracie McMurray(SCC)5/2
 4-8 (4) Tracey Hightower(SAL)5/23

LONG JUMP

18-4 (3) Arnetta Robinson(LATC)6/13
 17-10½ (4) Kerry Zwart(LATC)6/13
 17-9½ (5) Dawn Peters(SCC)6/13
 17-8 (2) Tracie McMurray(SCC)5/23
 17-2½ (Q) Erin Pike(LATC)3/20

141-5 (1) Christi Pyle(LATC)6/13
 135-3½ (1) Susan Springer(SV)5/22
 122-11 (2) Marta Kuehl(SV)5/22
 110-9 (6) Roseanne Gehres(OV)6/13
 110-0 (7) Debra Pryor(BETC)6/13
 108-3 (1) Charm Bishop(SCC)3/27
 105-1 (1) Donna Mayhew(un)3/28
 103-7½ (4) Sheri Brahm(RCF)5/22
 102-2½ (5) Diana Bishop(Arrow)5/22
 97-7 (6) Gina Lombardi(RCF)5/22
 88-7 (6) Carole Kent(SB)5/31
 87-9½ (3) Xena Kistler(VGTC)5/23
 87-1 (7) Chris Phelps(un)5/31
 86-5 (R) Angie Emory(SCC)4/10
 77-7 (R) Pam Newton(SCC)4/10
 63-9 (10) Debbie Peavee(RRR)6/13
 51-11 (4) Debbie Jensen(SCC)5/23

JAVELIN THROW

143-2 (1) Jackie Nelson(BA)5/31
 141-4 (2) Charm Bishop(SCC)5/31
 136-9 (2) Debbie Dibb(un)6/13
 125-3 (1) Angie Emory(SCC)1/4
 117-9 (1) Diana Bishop(Arrow)5/22
 117-7 (4) Xena Kistler(VGTC)6/13
 117-6 (2) Ann Schultz(SBS)1/25
 117-5 (3) Donna Mayhew(un)2/29
 114-7 (5) Kim Cox(RCF)6/13
 112-0 (6) Lisa Nedrud(SCV)2/29
 107-10 (2) Michelle Holmes(RCF)5/22
 97-11 (6) Chrissy Wheeler(SB)5/31
 87-7 (3) Gina Lombardi(RCF)5/22
 84-11 (4) Maureen Desotel(WS)5/22
 84-7½ (5) Sheri Brahm(RCF)5/22
 84-2 (3) Becky Medina(BA)3/7
 79-3 (R) Tracie McMurray(SCC)4/10
 79-1 (3) Terri Putnam(SBS)1/25
 72-5 (5) Debbie Jensen(SCC)5/23
 69-3 (6) Patrie Johnson(BETC)5/22

PENTATHLON

100mh(33"), SP-4K, HJ, LJ, 200m

3406 (1) Erin Pike(LATC)5/2
 15.4, 30-5, 4-11 3/4,
 16-11½, 26.8
 3017 (2) Tracie McMurray(SCC)5/2
 18.5, 28-3½, 4-8, 17-0, 26.4
 2592 (2) Tricia Lenning(AA)4/17
 19.0, 20-7 3/4, 4-8



24.18 (3) Freida Gibbs(BETC)6/10
 24.1 (1) Una Morris(LATC)5/23
 24.41 (2) Yolanda Rich(LAM)5/31
 24.46 (3) Evelyn Ashford(UCLA)6/7
 24.51 (3) Denise Pemberton(ML)5/31
 24.3 (2) Debbie Byfield(BETC)4/24
 24.54 Rosie Birt(LI)5/13
 24.3 (P) Modupe Oshikoya(LATC)5/16
 24.68 (4) Jarvis Scott(PTC)5/31
 24.5 (4) Kim Robinson(LAM)3/21
 24.73 (5) Cynthia Mills(PTC)5/31

4:05.09 (3) Francie L.Lutz(PCC)8/6
 4:06.83 (4) Cyndy Poor(SJC)8/6
 4:14.14 (3) Julie Brown(LATC)6/12
 4:16.03 (4) Ruth Kleinsasser(BA)6/12
 4:17.34 (6) Kathy Keyes(LATC)6/27
 4:20.2 (7) Judy Graham(SJC)6/27
 4:22.08 (5) Sue Kinsey(SFVTC)6/11
 4:24.6 (7) Paula Rose(BA)6/11
 4:29.5 (2) Kathy Costello(LATC)3/21



photo by Bill Leung, Jr.

RUTH KLEINSASSER takes this 800 heat at the Olympic Trials.

24.5w Kelia Bolton(ML)5/1
 25.00 (6) Ann Christoff(ML)5/31
 24.8 Kris Costello(SJC)3/28
 24.8 (3) Sandy Muse(LAM)5/23
 24.8 (1) Gail Butler(UCLA)5/23
 24.8 (P) Gail Douglas(CCC)5/29

400 METER DASH

Accutrack -0.14

50.62 (1) Rosalyn Bryant(LAM)7/28
 53.5 Yolanda Rich(LAM)5/14

4:31.68 (5) Carol Flournoy(LATC)6/14
 4:32.04 (1) Kathy Adams(WS)5/31
 4:32.19 (6) Linda Broderick(BETC)6/14
 4:32.5 (1) Jacki Hansen(SFVTC)2/29
 4:33.44 (7) Sarah Sweeney(BETC)6/14
 4:39.9 (2) Heather Tolford(SFVTC)5/23
 4:40.1 (1) Kathy Jewell(LBC)5/16
 4:41.7 (4) Sandy DeNoon(BA)5/23
 4:41.8 (2) Barney Sue Carral(SCC)2/15
 4:42.0 (2) Kathy Costello(LATC)5/16
 4:42.2 (4) Becky Wolfenbarger(SCC)5/31

3000 METER RUN

8:54.9 (3)	Francie L. Lutz (PCC) 8/7	57.0	Sandy Rapatz (HS)
9:26.54 (4)	Julie Brown (LATC) 6/12	57.2	Lezli Peterson (HS)
9:31.95 (5)	Kate Keyes (LATC) 6/12	57.2	Vanessa Thompson (HS)
9:48.4 (11)	Cheryl Bridges (LATC) 6/12	57.3 (2)	Debbie Bottomley (HS) 5/28
9:56.2 (5)	Kathy Adams (WS) 6/15	57.3 (1)	Adrienne Lair (HS) 6/4
9:58.0 (6)	Roxanne Bier (SJC) 6/15	57.4	Cynthia Warner (LATC) 3/21
9:58.8 (7)	Chris Troffer (LATC) 6/15	57.6	Lily Partida (HS)
9:59.0 (8)	Ann Trason (MPTC) 6/15	57.6 (2)	Robbie McCullough (HS)
9:59.7 (1)	Kathy Jewell (LBC) 5/31	57.7 (3)	Jodi Anderson (HS) 6/4
10:01.0 (13)	Linda Heinmiller (LATC) 6/12	57.7 (3)	Kathy Keyes (PAT) 3/27
10:01.6 (2)	Nadia Garcia (SDTC) 5/31	57.7 (3)	Kim Law (HS) 6/4
10:04.4 (11)	Sue Munday (SJC) 6/15	57.7 (3)	Phyllis Barnes (HS) 6/4
10:05.3 (4)	Phyllis Olrich (WVTC) 5/31	57.8 (1)	Marie Nickson (SLO) 3/26
10:10.8 (1)	Donna Sanchez (RRR) 5/23	57.8 (1)	Kalua Bell (SCC) 4/4
10:12.0 (13)	Ann Wotherspoon (SJC) 6/15		
10:13.2 (2)	Shelli Wooldridge (QCC) 5/23		
10:17.0 (2)	Sandy DeNoon (BA) 5/23		
10:17.4 (1)	Marie Albert (RRR) 5/31		
10:27.0 (1)	Carol Czarnetski (BA) 5/16		
10:27.2 (20)	Pam Adams (SJC) 6/15		

5000 METER RUN

17:14.0 (1)	Nadia Garcia (SD) 5/15
18:23.2 (1)	Corinne Nunez (RRR) 5/2
18:36.8 (2)	Sandy DeNoon (BA) 5/2
19:13.4 (3)	Doreen Assumma (RRR) 5/2
19:40.6 (4)	Donna Sanchez (RRR) 5/2
20:06.6 (5)	Laurie Johnson (RRR) 5/2
20:10.6 (1)	Michelle Gaiche (RRR) 5/2 (13u)
21:07.4 (2)	Angela Johnson (RRR) 5/2 (13u)

10,000 METER RUN

37:17.0 (1)	Linda Heinmiller (LATC) 4/17
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100 YARD DASH

10.6	Pam Waters (HS) 5/14
10.7 (1)	Evelyn Ashford (UCLA) 3/12
10.7	Freida Cobbs (HS)
10.7	Dollie Fleetwood (HS) 5/3
10.7w (1)	Gwen Loud (HS) 5/2
10.8 (1)	Leeida Hunter (CCC) 2/14
10.8w	Annette Robinson (HS)
10.9 (2)	Sandra Howard (CSUN) 3/12
10.9 (2)	Kim Robinson (HS) 6/4
10.9	Viola Johnson (HS)
10.9w	Constance Ward (HS) 6/4
10.9w	Tanya Bowie (HS)
11.0 (3)	Diane Kummer (UCLA) 3/12
11.0 (1)	Rosalyn Bryant (LAM) 3/27
11.0 (3)	Gail Butler (UCLA) 4/30
11.0	Kim White (BETC) 5/9

5:00.2	Sarah Sweeney (HS)
5:00.5 (2)	Kelly Wells (HS) 5/28
5:01.1 (5)	Suzanne Keith (RRR) 1/4
5:01.3 (2)	Kathy Chisam (UCLA) 4/30
5:01.3 (3)	Chris Troffer (HS) 6/5
5:03.0 (3)	Vicky Bray (HS) 6/4
5:03.3	Maggie Keyes (HS)
5:03.3 (4)	Karen Bain (HS) 6/4
5:03.7 (5)	Sue Munday (HS) 6/4
5:04.6 (1)	Heather Tolford (SFVTC) 4/4
5:06.5 (2)	Carol Flournoy (LATC) 4/4

MARATHON

2:52:39 (2)	Miki Gorman 4/19
3:05:18 (1)	Nicki Hobson (SDTC) 1/10
3:18:07 (1)	Sandy DeNoon (BA) 8/29
3:25:23 (2)	Kelly Cerda (BA) 8/29
3:58:46 (9)	Pam Hodges (BA) 8/29
4:11:00 (13)	Shelly Hooper (BA) 8/29
4:19:00 (14)	Jo Smith (BA) 8/29

100 MH 33"

Accutrack -0.24

13.29 (1)	Jane Frederick (LATC) 6/12
13.36w (3)	Pat Donnelly (LI) 6/27
13.70w (3)	Pat VanWolvelare (LATC) 6/26
13.5 (P)	Modupe Oshikoya (LATC) 5/16
13.7 (5)	Marilyn King (ML) 6/12
14.00 (2)	Janet Benford (SLO) 5/15
14.02w (5)	Mitzi McMillin (LI) 6/26
14.36 (5)	Yvonne Boone (BETC) 6/14
14.3w (1)	Janice Lester (UCLA) 4/9
14.64w (4)	Cheryl Glazier (PAT) 6/14
14.6	Sandi Tyler (LI) 3/20
14.7 (4)	Sheila Hamilton (SB) 5/23
15.01 (1)	Cherrie Sherrard (NCS) 5/31
14.9 (P)	Kim Costello (LATC) 5/2
14.9 (1)	Tawny Singleton (OV) 5/16
15.21 (1)	Dana Davidson (WS) 5/31
15.0 (1)	Lisa Gouridine (PAT) 5/8
15.1 (4)	Cris Costello (SJC) 7/9
15.2 (4)	Clydine Crowder (LATC) 2/15
15.3	Linda Wright (LJ) 3/20
15.3 (P)	Kerry Zwart (SAL) 5/16

400 MH 30"

58.62 (4)	Clydine Crowder (UCLA) 6/12
61.31 (2)	Alison Reed (LATC) 6/14
61.4 (1)	Michele Hopper (CSULA) 4/30
62.70 (4)	Carolyn Bing (SJC) 6/14
63.10 (1)	Patty Cape (LBC) 5/31
63.36 (1)	Amber Souza (WS) 5/31
63.5 (1)	Janice Lester (UCLA) 4/9
64.5 (1)	Alberta Martin (PTC) 5/15
64.6 (2)	Linda Hightower (CPP) 4/30
64.7 (3)	S. Niehues (SDSU) 4/30
65.1 (1)	Joanne Erb (LATC) 4/25
65.51 (8)	Johnna Hansen (SJC) 6/14
65.52 (4)	Stella Edwison (ML) 6/15
66.0 (2)	Linda Wright (AllAm) 5/15
66.3 (1)	Donna Fromme (UR) 5/23
69.8 (1)	Denise Montoya (AA) 5/16
69.9 (3)	S. Niehues (SDSU) Tw 3/12
70.5	Della Barkley (CSULB) 4/3
70.5 (4)	Kristi Kucera (LBC) 4/25
70.5 (1)	Kristin Sorrensen (HS) 5/8



photo by Dave Stock

100 YARD DASH

10.6	Pam Waters(HS)5/14
10.7 (1)	Evelyn Ashford(UCLA)3/12
10.7	Freida Cobbs(HS)
10.7	Dollie Fleetwood(HS)5/3
10.7w (1)	Gwen Loud(HS)5/2
10.8 (1)	Leeida Hunter(CCC)2/14
10.8w	Annette Robinson(HS)
10.9 (2)	Sandra Howard(CSUN)3/12
10.9 (2)	Kim Robinson(HS)6/4
10.9	Viola Johnson(HS)
10.9w	Constance Ward(HS)6/4
10.9w	Tanya Bowie(HS)
11.0 (3)	Diane Kummer(UCLA)3/12
11.0 (1)	Rosalyn Bryant(LAM)3/27
11.0 (3)	Gail Butler(UCLA)4/30
11.0	Kim White(BETC)5/9
11.0 (2)	Janette Boulden(HS)5/28
11.0	Valerie Brisco(HS)6/4
11.0	Sandy Rapatz(HS)4/17
11.0	Vicky Belser(HS)6/4
11.0	Anovia Taylor(HS)6/4
11.0	Debra Mitchell(HS)
11.0w (H)	Alice Brown(HS)5/20

KATHY WESTON(left) and CYNDY POOR at Olympic Trials.

photo by Dave Stock

61.4 (1)	Michele Hopper(CSULA)4/30
62.70 (4)	Carolyn Bing(SJC)6/14
63.10 (1)	Patty Cape(LBC)5/31
63.36 (1)	Amber Souza(WS)5/31
63.5 (1)	Janice Lester(UCLA)4/9
64.5 (1)	Alberta Martin(PTC)5/15
64.6 (2)	Linda Hightower(CPP)4/30
64.7 (3)	S. Niehues(SDSU)4/30
65.1 (1)	Joanne Erb(LATC)4/25
65.51 (8)	Johnna Hansen(SJC)6/14
65.52 (4)	Stella Edwinston(ML)6/15
66.0 (2)	Linda Wright(AllAm)5/15
66.3 (1)	Donna Fromme(UR)5/23
69.8 (1)	Denise Montoya(AA)5/16
69.9 (3)	S. Niehues(SDSU)Tw 3/12
70.5	Della Barkley(CSULB)4/3
70.5 (4)	Kristi Kucera(LBC)4/25
70.5 (1)	Kristin Sorrensen(HS)5/8

220 YARD DASH

23.7w	Freida Cobbs(HS)
23.9w (1)	Evelyn Ashford(UCLA)3/26
24.3 (1)	Rosalyn Bryant(LAM)3/27
24.3w	Pam Waters(HS)
24.4 (1)	Sandra Howard(CSUN)4/30
24.5 (2)	Gail Butler(UCLA)4/30
24.5 (2)	Kim Robinson(HS)5/29
24.6 (3)	Diane Kummer(UCLA)4/30
24.6w	Katie Gaston(HS)6/4
24.7 (1)	Yolanda Rich(LAM)2/15
24.7	Anovia Taylor(HS)
24.9w	Anna Kidd(HS)
24.9w	Vicky Belser(HS)
25.0	Annette Robinson(HS)
25.0	Viola Johnson(HS)
25.2 (1)	Gwen Loud(HS)5/20
25.2	Valerie Briscoe(HS)5/29
25.3 (1)	Elaine Parker(ML)12/27
25.3	Robbie Mitchell(HS)
25.3	Lena Dilworth(HS)
25.3	Constance Ward(HS)

880 YARD RUN

2:08.7	Chee Swee Lee(UR)4/17
2:09.0 (1)	Ruth Kleinsasser(BA)2/29
2:09.8	Lynn Smith(LAM)4/3
2:10.3 (1)	Marilyn Neufville(CAL)1/17
2:10.6 (1)	Julie Brown(LATC)1/4
2:13.0 (1)	Kathy Costello(LATC)2/15
2:13.3 (1)	Alice Trumbly(HS)6/5
2:13.7 (2)	Suzie Meek(HS)6/5
2:13.8 (2)	Kate Keyes(LATC)1/25
2:14.0 (1)	Barney Sue Carral(SCC)4/4
2:14.7 (3)	Diana Stohr(HS)6/5
2:15.0 (2)	Michele Hopper(PTC)2/15
2:15.0 (4)	Linda Goen(HS)6/5
2:15.3 (1)	Adrienne Lair(HS)4/17
2:15.4 (2)	Mary Decker(BA)1/4
2:15.6 (1)	Jani Rouda(SLO)4/30
2:15.8	Beth Howell(HS)
2:15.9 (5)	Dale Keough(HS)6/5
2:16.0 (3)	Linda Heinmiller(LATC)1/25
2:16.0 (4)	Chris Stoiloff(RRR)1/25
2:16.0 (6)	Lynne Honeywell(HS)6/5

TWO MILE RUN

10:19.4 (1)	Julie Brown(LATC)4/25
10:22.0 (2)	Judy Graham(SJC)4/25
10:35.8 (1)	Linda Heinmiller(LATC)2/15
10:47.6 (1)	Sue Kieffer(un)5/23
10:47.8 (3)	Kate Keyes(LATC)4/25
10:50.0 (1)	Diane Stern(QCC)2/29
10:53.8 (4)	Kathy Costello(LATC)4/25
10:55.2 (5)	Cyndy Poor(SJC)4/25
10:57.6 (2)	Chris Troffer(LATC)2/15
11:14.7 (4)	Sandy DeNoon(BA)3/21
11:18.4 (1)	Scatena(CSUN)4/9
11:27.4 (7)	Suzanne Keith(RRR)4/25
11:38.6 (9)	Donna Sanchez(RRR)4/25
11:48.6 (1)	Becky Wolfenbarger(QCC)1/25
11:52.4 (10)	Becky Villalvazo(RRR)4/25
11:57.2 (5)	Susan Brodock(RRR)3/21
12:00.0 (1)	Vaughna Coffman(CSUN)4/30
12:03.2 (2)	Anne Dandoy(BA)1/4
12:14.2 (11)	Diane Byington(USC)4/25
12:20.5 (1)	Kim Fine(PC)3/12

ONE MILE WALK

7:10.9 (1)	Susan Brodock(RRR)1/25
7:37.4 (1)	Lisa Metheny(RRR)3/7
7:46.8 (1)	Cindi Johnson(BA)1/25
7:51.0 (1)	Terri Teegarden(BA)2/15
7:57.5 (1)	Linda Brodock(RRR)3/21

3000 METER WALK

14:50.2 (1)	Lisa Metheny(RRR)6/15
15:30.7 (2)	Tracy Trisco(BA)6/15
15:43.4 (2)	Linda Brodock(RRR)5/23
15:49.3 (3)	Becky Villalvazo(RRR)6/15
16:04.2 (3)	Cindi Johnson(BA)5/23
16:08.0 (2)	Terri Teegarden(BA)5/16
16:14.8 (2)	Chris Sakelarios(RCF)5/31
16:28.4 (10)	Laura Spencer(CY)6/15
16:29.4 (1)	Melissa Steinle(SCC)6/15
16:30.8 (3)	Jill Steiner(RRR)5/31
16:34.4 (3)	Sharlene McGinley(SBS)5/16
16:37.2 (3)	Karlene Waskow(RRR)2/29
16:38.8 (13)	Laura Jandusek(SCC)6/15
16:56.2 (4)	Debbie Porter(RRR)5/16
16:56.8 (18)	Georgia Sakelarios(RCF)6/15
17:23.8 (6)	Kim Narwold(VGTC)2/29
17:24.8 (5)	Carolyn LaBonte(un)5/16
17:25.3 (7)	Carol Lowe(PAT)2/29
18:08.0 (6)	Leslie Young(SBS)5/16
18:09.2 (7)	Tina Santiago(RRR)5/31

ONE MILE RUN

4:47.4 (1)	Sue Kinsey(SFVTC)3/27
4:48.0 (1)	Kate Keyes(LATC)1/4
4:50.2 (2)	Jackie Hansen(SFVTC)3/27
4:55.1	Linda Broderick(HS)
4:55.5 (1)	Ruth Kleinsasser(un)1/25
4:56.4 (1)	Lynne Maltinski(HS)5/28
4:56.9 (3)	Linda Heinmiller(LATC)1/4
4:57.6 (4)	Paula Rose(BA)1/4
5:00.0 (1)	Stacy Kearns(HS)6/4

THREE MILE RUN

17:53.0 (1)	Corinne Nunez(RRR)5/2
18:00.8 (2)	Sandy DeNoon(BA)5/2
18:35.0 (3)	Doreen Assumma(RRR)5/2
18:59.6 (4)	Donna Sanchez(RRR)5/2
19:26.0 (5)	Laurie Johnson(RRR)5/2
19:30.6 (1)	Michelle Gaiche(RRR)5/2(13)
20:08.0 (1)	G. Bunnell(Stanford)4/25
20:24.8 (2)	Angela Johnson(RRR)5/2

440 YARD DASH

54.4 (1)	Yolanda Rich(LAM)2/15
55.2 (1)	Marquita Belk(HS)6/5
55.4	Chee Swee Lee(UR)4/17
55.9 (1)	Debbie Roberson(un)1/4
56.2 (1)	Robbie Mitchell(HS)6/4
56.7 (1)	Pam Green(SCC)4/4
56.8 (1)	Kathy Jones(HS)5/28

5000 METER WALK

24:27.4 (1)	Susan Brodock(RRR)2/15
26:32.0 (2)	Cindi Johnson(BA)4/24
26:58.6 (2)	Lisa Metheny(RRR)5/2
27:05.0 (3)	Joyce Brodock(RRR)4/24
27:19.8 (4)	Jessica Waskow(RRR)4/24
27:32.0 (3)	Linda Brodock(RRR)5/31
27:32.6 (7)	Terri Teegarden(BA)6/12
27:35.0 (5)	Becky Villalvazo(RRR)4/24

27:54.0 (9) Georgia Sakelarios(RCF)6/12
 28:21.8 (2) Sharlene McGinley(SBS)5/23
 28:23.22(12) Jill Steiner(RRR)6/12
 28:51.4 (3) Jane Jandusek(SCC)5/23
 28:57.0 (13) Melissa Steinle(SCC)6/12
 29:00.2 (14) Debbie Porter(RRR)6/12
 29:11.6 (1) Laura Janousek(SCC)4/4
 29:34.2 (2) Lynn Holmbeck(PAT)5/2
 29:35.2(17) Karlene Waskow(RRR)6/12
 30:05.4 (4) Carolyn LaBonte(SBS)5/23
 30:31.6 (1) Lisa Davis(BA)5/16
 30:41.0 (5) Chris Berzaman(Wood)5/31

10,000 METER WALK

56:31.8 (1) Lisa Metheny(RRR)4/17
 57:15.2 (2) Cindi Johnson(BA)4/17
 58:46.4 (3) Tracy Trisco(BA)4/17
 59:23.0 (4) Becky Villalvazo(RRR)4/17
 61:17.6 (5) Terri Teegarden(BA)4/17
 61:45.6 (6) Jill Steiner(RRR)4/17
 64:58.0 (7) Lisa Davis(BA)4/17

440 YARD RELAY

Accutrack -0.14

45.66 (4) LAM 6/12
 45.92 (1) ML 6/14
 47.08 (4) LATC 6/14
 47.09 (5) LAM-B 6/11
 47.2 (1) CSULA 4/30
 47.6 (1) Muir HS 6/5
 47.81 (3) SCC 6/14
 47.7 (2) LBC 5/23
 47.8 (1) Berkeley HS 6/4
 47.8 (2) Centennial HS 6/5
 47.9 (1) LI 3/7
 47.9 (1) UCLA 3/26
 48.2 (1) Fremont HS 5/29
 48.43 (5) BETC 6/14
 48.3 (2) Edison HS 6/4
 48.4 Pt. Loma HS
 48.5 (2) Locke HS 5/29
 48.5 Crawford HS
 48.5 S. Bakersfield HS
 48.7 (2) CPSLO 4/30

880 MEDLEY RELAY

1:38.69 (1) LAM 6/12
 1:43.5 (5) LATC 6/12
 1:45.7 (1) CSULA 3/12
 1:45.78 (5) LAM-B 6/12
 1:46.13 (6) SCC 6/15
 1:48.8 (1) LA HS 5/29
 1:49.10 (5) BETC 6/14
 1:49.4 (2) USC 3/12
 1:49.6 (1) SA Valley HS 5/8

9:31.2 (1) SCC 3/7
 9:38.4 (1) CSUN 4/9
 9:40.6 (2) LBC 3/6
 9:41.2 (1) Arcadia HS 5/1
 9:48.2 (2) Madison HS(SD)5/1
 9:51.2 (3) SA Valley HS 5/1
 10:02.6 (3) QCC 3/6
 10:04.8 (4) UR 3/6
 10:24.3 (2) UCSB 4/30
 10:29.7 (3) SDSU 4/30
 10:36.8 (5) SBS 3/6
 10:45.6 (3) SCV 5/31

DISTANCE MEDLEY RELAY

11:57.6(1) BA 4/10
 12:32.8 (2) SCC 4/10
 12:35.0 (1) SB HS 4/17
 12:54.0 (3) QCC 4/10
 12:57.6 (1) Madison HS(SD)4/24
 13:05.2 (2) Hueneme HS 4/17
 13:08.2 (1) Arcadia HS 5/8
 13:10.6 (3) Costa Mesa HS 4/17
 13:12.0 (3) Valencia HS 4/24
 13:12.2 (4) W. Torrance HS 4/24
 13:12.8 (5) Patrick Henry HS 4/24
 13:19.4 (2) Monrovia HS 5/8
 13:47.8 (3) SBS 3/7
 13:53.0 (3) Laguna Beach HS 5/8
 13:53.0 (4) Claremont HS 5/8
 13:53.0 (14) El Toro HS 5/8
 14:02.4 (4) UCSB 4/10
 14:07.2 (16) Chino HS 5/8
 14:13.0 (7) Temple City HS 5/8
 14:13.0 (8) SA Valley HS 5/8

HIGH JUMP

5-11 (3) Modupe Oshikoya(LATC)4/24
 5-10 (1) Karl Gossweiler(HS)6/5
 5-10 (F) Marilyn King(ML)6/21
 5-9 3/4 (F) Jane Frederick(LATC)3/30
 5-9 (2) Candy Ross(BETC)6/5
 5-9 (2) Kathy Cook(BA)7/10
 5-8 1/2 (3) Denise Cornell(SV)6/15
 5-8 1/2 (6) Brenda Little(LI)6/15
 5-8 1/4 (1) Chris Remmling(un)
 5-8 (2) Susan Long(LATC)3/6
 5-8 (3) Mitzi McMillin(LI)3/6
 5-8 Pam Blackburn(HS)
 5-7 3/4 (1) Lisa Peters(SCC)6/3(13yrs)
 5-7 (5) Cindy Gilbert(UCLA)4/24
 5-7 (2) Julie Lendl(HS)5/28
 5-6 1/2 Carol Griswold(HS)
 5-6 (1) Sandi Tyler(LI)4/4
 5-6 (6) Fern Simon(CSULB)5/15
 5-6 (4) Liz Kern(HS)5/28
 5-6 (5) Debbie Hollingsworth(HS)5
 5-6 Sonya Harrigfield(HS)
 5-6 Fatti Stafford(HS)
 5-6 Debra Jones(HS)

39-2 1/2 Susan Springer(SV)2/7
 38-9 1/2 Jackie Roache(CCC)
 38-9 (15) Jackie Nelson(BA)6/14
 38-8 (1) Vivian Turner(USC)4/30
 38-3 (F) Lisa Kinimaka(SJC)5/28
 38-2 1/2 (2) Julie Morgan(USC)4/25

DISCUS THROW

180-11 (1) Jan Svendsen(un)
 176-0 (1) Linda Langford(ML)
 171-0 (3) Monette Driscoll(LATC)5/22
 154-7 Lisa Vogelsang(UCLA)5/23
 150-1 (1) Vivian Turner(USC)3/12
 145-5 1/2 Judy Lane(un)3/28
 142-3 (1) Christi Fyle(LATC)5/16
 141-2 (1) Denise Holloway(SJC)7/9
 135-10 Susan Springer(SV)
 134-5 (1) Kathy Middleton(HS)6/5
 133-7 (2) Jennifer Wagstaff(CAL)4/25
 127-0 Kathy Hilton(HS)
 126-5 (3) Shanon Duthie(HS)6/5
 126-1 (4) Syd Brown(LI)5/31
 125-5 (1) Leslie Hoerner(HS)5/28
 125-4 Betty Smith(HS)
 124-2 (2) Jill Ridenour(HS)6/4
 124-1 Martha Kuehl(HS)
 123-3 (1) Sandy Johnson(HS)5/23
 123-0 (2) Kathy Kuchta(HS)6/4
 123-0 (2) Becky Blankenship(HS)6/4

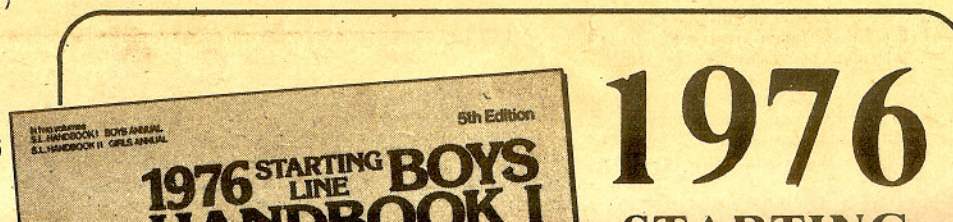
JAVELIN THROW

218-3 (1) Kathy Schmidt(LATC)6/12
 203-10 (2) Karin Smith(UCLA)6/12
 196-1 (1) Cathy Sulinski(ML)6/6
 191-7 (2) Sherry Calvert(LI)6/20
 174-6 Barbara Whitfield(un)5/22
 170-7 (4) Lynn Cannon(ML)6/20
 154-4 (2) Lisa Van Benthem(un)2/15
 152-3 (1) Connie Gassen(LATC)4/24
 147-6 (1) Donna Dietrich(SDSU)3/12
 145-0 (4) Jackie Nelson(BA)6/15
 142-10 (3) Raedean Rona(PAT)2/29
 141-1 (3) Cathy Corr(LI)5/23
 139-9 (7) Charm Bishop(SCC)6/15
 139-2 (8) Debbie Dibb(WWN)6/15
 137-1 (3) Lori Jepsen(USC)4/30
 132-4 (1) Lorelei Van Benthem(un)2/1
 126-5 (4) Hansen(PON)1/31
 126-1 (7) Lynne Van Benthem(un)3/21
 121-2 (1) S. Stepp(Humboldt)4/25
 119-7 (4) Roberta Bruder(UCLA)5/31

PENTATHLON

100mh(30"), SP-8, HJ, LJ, 200m

4732 (1) Jane Frederick(LATC)3/30-31
 13.1, 49-1 3/4, 5-9 3/4,
 19-11, 24.1
 4374 (3) Marilyn King(ML)6/21-22
 14.37, 41-11 1/2, 5-10, 20-4,
 25.25
 4348 (2) Modupe Oshikoya(LATC)5/16
 13.5, 36-0 1/2, 5-8, 19-7, 24.3
 3994 (6) Mitzi McMillin(LI)6/21-22
 14.29, 36-3 1/2, 5-4 1/2, 19-2, 26.05
 3943 (4) Kerry Zwart(LATC)5/16
 15.3, 42-8, 5-3, 18-2, 25.4w
 3796 (5) Lisa Kinimaka(SJC)5/28-29
 15.6, 38-3, 5-3 3/4, 19-2 3/4,
 27.0
 3767 (9) Sandi Tyler(LI)5/28-29
 14.6, 34-4 1/2, 5-3, 17-10 1/2, 26.3
 3725 (7) Denise Cornell(SV)5/28-29
 15.8, 37-1 1/2, 5-6 1/2, 17-2, 26.3
 3396 (2) Jenny Stary(SAL)5/2
 16.3, 36-9, 4-10, 16-10 1/2, 26.7
 3345 (11) Sharon Bromback(USC)5/28-29
 16.2, 32-3 1/2, 4-11, 16-3 3/4, 26
 3333 (12) Kathy Schmidt(AHC)5/28-29
 15.7, 29-6, 5-0 1/2, 16-5 3/4,
 26.8
 3327 (1) Carolyn Zeller(HS)5/8
 16.8, 26-3 3/4, 5-3 3/4,
 18-1 1/2, 27.4
 3325 (13) Dalal Ahmad(un)5/28-29
 15.5, 31-2, 4-11, 15-8 1/2, 26.5
 3283 (3) Kim Costello(LATC)5-2
 14.9, 22-10, 5-1 3/4, 14-6 3/4,
 25.3
 3268 (13) Gail Douglas(CCC)5/28-29
 17.8, 26-3 3/4, 4-9, 18-0 1/2,
 24.8
 3219 (3) Angela Wind(SAL)4/17
 16.1, 30-7 1/2, 4-11 3/4,
 15-5 3/4,
 3190 (3) Cindy Zimmermen(HS)5/8
 16.6, 27-9, 4-5 1/2, 17-11 1/2,
 25.9
 2988 (4) Beth Possum(HS)5/8
 17.2, 28-7, 5-0 1/2, 14-7 1/2,
 27.5
 2860 (5) Brenda Bruce(USC)5/2
 18.1, 30-9 1/2, 4-10, 15-11 1/2,
 28.6
 2835 (5) Lisa Martin(HS)5/8
 17.6, 26-1 1/2, 4-10, 15-9 1/2,
 28.7



48.5 (2) Locke HS 5/29
48.5 Crawford HS
48.5 S. Bakersfield HS
48.7 (2) CPSLO 4/30

880 MEDLEY RELAY

1:38.69 (1) LAM 6/12
1:43.5 (5) LATC 6/12
1:45.7 (1) CSULA 3/12
1:45.78 (5) LAM-B 6/12
1:46.13 (6) SCC 6/15
1:48.8 (1) LA HS 5/29
1:49.10 (5) BETC 6/14
1:49.4 (2) USC 3/12
1:49.6 (1) SA Valley HS 5/8
1:49.7 (3) UR 2/15
1:49.9 (1) UCLA 4/30
1:50.2 (3) SDSU 3/12
1:50.7 (2) Carson HS 5/29
1:50.8 (3) Fremont HS 5/29
1:50.86 (7) LBC 6/14
1:51.1 (4) Banning HS 5/29
1:51.44 RRR
1:51.5 (5) Washington HS 5/29
1:51.8 (1) FAT 2/15
1:51.89 (2) JFW 5/31

MILE RELAY

3:49.6 (3) SCC 6/14
3:50.6 (1) LAM 4/24
3:52.5 (1) CSULA 4/30
3:53.26 (1) LBC 5/31
3:54.12 (x) LATC 5/31
3:55.6 (1) Fremont HS 6/4
3:55.8 (1) UR 5/23
3:56.6 (1) Berkeley HS 6/4
3:57.0 (2) Arcadia HS 6/5
3:57.1 (3) Esperanza HS 6/4
3:58.0 (3) CAL 4/25
3:59.0 (2) Wood. 5/31
3:59.8 (2) SB HS 6/4
4:00.5 (4) SJC 4/24
4:00.6 (5) W. Torrance HS 6/5
4:01.1 (3) Terra Linda HS 6/4
4:01.5 Foothill HS(Bkfld)
4:02.0 (6) BETC 6/14
4:02.2 (4) Rolling Hills HS 5/28
4:02.5 SD HS

TWO MILE RELAY

8:34.44 (1) LATC 6/12
8:53.97 (5) SJC 6/12
8:59.8 (2) BETC 6/15
9:00.6 (6) BA 6/12
9:02.0 (7) LATC-B 6/12
9:16.4 (7) RRR 6/15

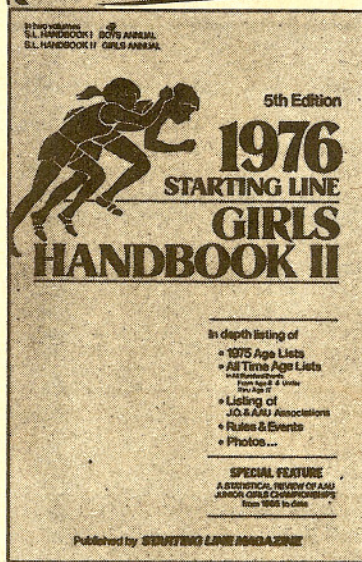
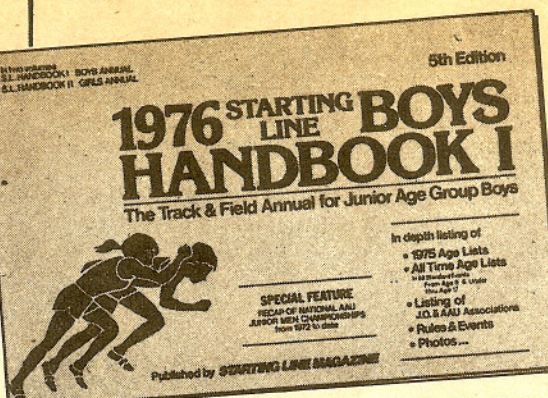
5-6 (2) Jane Frederick(LATC)5/30
5-9 (2) Candy Ross(BETC)6/5
5-8 (2) Kathy Cook(BA)7/10
5-8 1/2 (3) Denise Cornell(SV)6/15
5-8 1/2 (6) Brenda Little(LI)6/15
5-8 1/4 (1) Chris Remmling(un)
5-8 (2) Susan Long(LATC)3/6
5-8 (3) Mitzi McMillin(LI)3/6
5-8 Pam Blackburn(HS)
5-7 3/4 (1) Lisa Feters(SCC)6/3(13yrs)
5-7 (5) Cindy Gilbert(UCLA)4/24
5-7 (2) Julie Lendl(HS)5/28
5-6 1/2 Carol Griswoltz(HS)
5-6 (1) Sandi Tyler(LI)4/4
5-6 (6) Fern Simon(CSULB)5/15
5-6 (4) Liz Kern(HS)5/28
5-6 (5) Debbie Hollingsworth(HS)5
5-6 Sonya Harrigfeld(HS)
5-6 Patti Stafford(HS)
5-6 Debra Jones(HS)
5-6 (3) Candy Zbieranek(LI)5/31

LONG JUMP

21-6 (3) Martha Watson(LI)6/19
20-11 3/4 (1) Vicki Betts(CSULA)6/6
20-11 1/2 (4) Jodi Anderson(PTC)6/19
20-10 (F) Jane Frederick(LATC)6/22
20-9 1/2 (F) Marilyn King(WL)5/16
20-3 3/4 (3) Modupe Oshikoya(LATC)3/20
20-3w (1) Lisa Gourdine(FAT)7/31
19-7 (7) Diane Kummer(UCLA)6/12
19-6 3/4 (2) Karen Elmore(AL)6/15
19-5 3/4 (3) Lisa Kinimaka(JJC)6/15
19-3 1/2 w(3) Leslie Scott(HS)6/5
19-2 1/2 (1) Kim Moran(un)3/21
19-2 (F) Mitzi McMillin(LI)6/22
18-10w (4) Karen Taylor(HS)6/5
18-6 1/2 (2) Lovelady(HS)6/4
18-4 (3) Sandi Tyler(LI)3/21
18-3 1/2 (2) Arnetta Robinson(HS)5/22
18-3 1/4 (1) Carolyn Zeller(HS)4/25
18-3 1/2 (18) Gail Douglas(LBC)6/11
18-3 (4) Renaye Bowen(un)5/16
18-3 (4) Cynthia Mills(PTC)6/14

SHOT PUT (8 lb.)

49-8 (2) Jane Frederick(LATC)5/22
49-1 (1) Emily Dole(LI)1/4
48-3 1/2 (3) Jan Svendsen(SJStars)4/24
46-1 1/2 (1) Denise Holloway(JJC)4/25
44-6 (2) Kerry Zwart(LATC)5/23
42-9 3/4 (x) Susie Ray(BA)5/22(AgeB)
42-8 1/2 (1) Jennifer Hagstaff(CAL)4/2
41-11 1/2 (1) Marilyn King(LI)6/21
41-5 3/4 (1) Julie Flynn(HS)5/8
40-9 1/2 (4) Heidi Kauti(HS)6/14
40-4 3/4 (4) Michelle Peterson(LBC)6/1
40-3 1/2 (1) Chase(CSULA)4/9
40-3 1/2 (2) Becky Daniel(HS)5/8
40-0 (3) Telecia Norris(HS)5/8



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- AGE GROUP RULES & EVENTS . . .
- PHOTOS & HIGHLIGHTS OF 1975 . . .
- and MORE . . .

100 YARD DASH

- 9.4 James Jackson(Alameda)54
 Forrest Beaty(Hoover-Gdl)62
 James Hines(McClymonds-Oakld)64
 Mel Gray(Montgomery-S.Rosa)67
 George Reddick(Hamilton-LA)71
 Elijah Jefferson(Crawford-SD)74
 Kevin Williams(San Fernando)75
 Joel Andrews(West-Bakersfld)75
 Rickey Jackson(Pasadena)75
 Dupree Branch(Barstow)76
 9.5 Frank Wykoff(Glendale)28
 Bob Poynter(Pasadena)56
 Jerry White(Corcoran)56
 Willie White(Jefferson-LA)56
 Preston Friffin(Centennial-Cptn)5
 Hubie Watson(Jordan-LA)59
 Herm Harville(Jefferson-LA)62
 Larry Sapp(Bonita-LaVern)62
 Richard Stebbins(Fremont-LA)62
 Ed Smith(Fremont-LA)62
 Jerry Williams(Berkeley)63
 John House(Muir-Pasadena)63
 Tommie Smith(Lemoore)63
 Jerry Bradley(Hogan-Vallejo)63
 Harold Busby(Muir-Pasadena)65
 Ralph Wise(Pasadena)65
 Richard Jenkins(Lasuen-Spedro)65
 Ronnie R Smith(Manuel Arts-LA)66
 J.D. Hill(Edison-Stockton)66
 Phil Underwood(Dorsey-LA)66
 Dave Master(El Cerritos)67
 Howard Williams(Muir-Pasa)67
 Dan Moore(Fremont-LA)67
 Warren Edmondson(Oakland)68
 Ken Jones(S. Bakersfield)68
 Bob Ballard(Bellflower)68
 Al Hearvey(Los Angeles)69
 Seaborn Bowns(Kennedy-Scto)69
 Jackie White(Santa Ana)69
 Willie Robinson(El Centro)69
 Larry Kirk(Dominquez-Cptn)70
 Sammie Burns(El Cerrito)70
 Ned Fletcher(Muir-Pasadena)71
 Vince Brown(Pittsburg)71
 Devon Trahan(Saddleback-S.Ana)71
 Mel Jacobs(Chanel Is.-Oxnard)71
 Mike Shavers(Albany)71-72
 Carl McCullough(Sacramento)72
 Harold Tassin(Centennial-Cptn)72
 Greg Jones(Lemoore)72
 James Milton(Morse-San Diego)72
 Tony Watkins(McClymonds-Oak)72
 Phil Pipersburg(Santa Barbara)73
 Wesley Walker(Carson)73
 Ron Whitaker(Wilson-SF)73
 Mike Farmer(Wilson-SF)74
 Millard Hampton(Silver Ck-SJ)74
 Vernell Ferguson(Ganesh-Pom)74
 Mark Jenkins(N. Dame-Sher.Oaks)76
 Norris Jones(Kennedy-Barstow)76
 David Russell(P.Henry-S.Diego)76
 Glen Cannon(Mt. Pleasant-SJ)76
 Billy Mullins(Hamilton-LA)76

- Ivory Lewis(Wilson-SF)74
 Gerald Bryant(Montclair)74
 Kevin Williams(San Fernando)75
 Maurice Glass(Castlemont-Oak)75
 Ricky Jackson(Pasadena)75
 Glenn Cannon(Mt. Pleasant-SJ)75
 Darryl Brown(Monroe-LA)75
 Don Tillman(Huntington Pk-LA)75
 Mark Jenkins(N.Dame-Sher.Oaks)76

440 YARD DASH

- 46.1 Ullis Williams(Compton)61
 46.6 Larance Jones(Lemoore)69
 46.7 Jerry White(Corcoran)56
 Edesel Garrison(Centennial-Cptn)64
 Tony Krzyzosiak(Garden Grove)71
 46.8 Ray Johnson(Blair-Pasadena)71
 46.9 Lee Evans(Overfelt-San Jose)65
 Mike Newton(Whittier)67
 Wayne Collett(Gardena)67
 47.0 Dave Archibald(Leusinger-Lwdl)61
 Freddie Banks(Jefferson-LA)64
 Andy Young(Jordan-Long Beach)68
 Ron Whitaker(Wilson-SF)73
 Donn Thompson(Gahr-Cerritos)76
 47.1 Ollie Matson(Washington-LA)48
 Bill Simms(Whittier)69
 Rick Brown(Los Altos)70
 Frank Berry(Washington-LA)71
 47.2 Bruce Anderson(Muir-Pasadena)61
 Benny Brown(Sunnyvale)71
 Bob Harrell(Santa Ana)71
 John Ware(Sacramento)75
 Bill Mullins(Hamilton-LA)76
 47.3 Don Owens(Centennial-Cptn)61
 Forrest Beaty(Hoover-Gdl)62
 Tommie Smith(Lemoore)63
 Milton Mitchell(Lincoln-SD)70
 Greg Jones(Lemoore)71
 Joe DeDora(Santa Rosa)71
 Don Tyler(Lincoln-SD)71
 47.4 Randy Jullian(Bolsa Grande-GG)65
 Tony Lawson(Pittsburg)72
 Brian Theriot(Newport Harbor)75
 47.5 Henry Dorsey(Berkeley)56
 John Smith(Fremont-LA)68
 Frank Hughes(Cupertino)68
 Claude Brown(Gardena)71
 Derald Harris(Pittsburg)76
 47.6 Ray Saddler(Castlemont-Oak)60
 Mike Singletary(San Diego)65
 Alan Sheats(Muir-Pasadena)74
 47.7 LeRoy Hurte(Manuel Arts-LA)60
 Walt Jensen(Coalinga)65
 Leon Horn(Grant-DelPasoHts)62
 Larry Winrow(Castlemont-Oak)65
 Gus Briscoe(Washington-LA)69
 Billy Hicks(Morningside-Iglwd)70
 Rod Connors(Cordova-RchCda)74
 Bill Hunt(N. Hollywood)75
 Henry Williams(Carson)76

- Dave Boggard(SimiV.-S.Sus)65
 George Alfaro(Pittsburg)68
 Bob Frank(Whittier)70
 Mickey Senior(Montclair)70
 Nathan Burks(Castlemont-Oak)70
 Mike Tyrell(Saratoga)71
 Randy Carlson(Westmont-Cmpbl)71
 Frank Nelms(Crenshaw-LA)71
 Bob See(Del Valle-Walnut Ck)71
 Bill Heinzen(Glendora)72
 Tom Lloy(Edison-Hunt Bch)74
 Marty Bayless(Chatsworth)75

ONE MILE RUN

- 3:59.4 Tim Danielson(Chula Vista)66
 4:02.4 Richard Kimball(DeLaSalle-Con)74
 4:04.2 Curtis Beck(Santa Monica)72
 4:05.4 Mark Schilling(Garden Grove)72
 4:05.5 Terry Cotton(Valley-El Cajon)72

- 4:06.6 Thom Hunt(P.Henry-SD)76
 4:06.7 Barrie Williams(N. Torrance)72
 Andy Clifford(Sunnyhills-Ful)74
 4:07.0 Ralph Serna(Loara-Anaheim)75
 4:07.2 Armando Valencia(Valley-El Caj)75
 4:08.0 Peter Romero(Reedley)67
 4:08.2 Alvin Gilmore(Lompoc)73
 Ray Wicksell(West Covina)74
 4:08.4 Terry Williams(Lompoc)73
 4:08.5 Carl Trentadue(Westminister)65
 Don Moses(Valley-LaCresenta)76
 4:08.6 Eddie Arriola(Gahr-Cerritos)72
 4:08.7 Dennis Carr(Lowell-Whittier)62
 4:08.8 Bob O'Brien(Bellflower)73
 Jim Arriola(Gahr-Cerritos)74
 4:08.9 John Musich(Burbank)74
 4:09.0 Clifton West(Kennedy-Sacto)68
 4:09.1 Tom Davidson(Valley-El Cahan)68
 Eric Hulst(Laguna Beach)74
 Jim Schankel(Lompoc)74
 4:09.2 Mike Solomon(Westminister)67
 Brent Tubb(Cleveland-Reseda)70
 4:09.5 Mike Ryan(Wilcox-Santa Clara)65
 Tom Colley(S.Gorgonio-S.Berdo)74
 John Johnson(Skyline)75
 4:09.6 Rusty Nahierry(Washington-Frmt)74
 4:09.7 Robert Angel(Huntington Bch)75
 4:10.0 Morzan Groth(Alhambra)61

- 8:56.0 Richard Agguire(S.Barbara)75
 8:56.2 Roy Kisson(San Ramon)75
 8:56.8 Brian Hunsaker(Corona Del M)75
 8:56.9 Jim Schankel(Lompoc)74
 8:57.0 Ralph Gamez(Berkeley)66
 Ruben Chappins(Excelsior-N)69
 8:57.2 Tom Hale(Campolindo-Mrga)71
 8:57.3 Mitch Kingery(San Carlos)75
 8:57.8 Mike Ryan(Wilcox-S.Clara)64
 Benton Hart(Modesto)74
 8:58.2 Steve Martin(Davis)72
 8:58.4 Tom Koppes(St.JhnBosco-Bflr)72
 8:58.8 Jim Chaffin(Poly-Long Bch)70
 8:59.5 Kirk Pfeffer(Crawford-SD)74
 8:59.8 Dave White(El Modena-Orge)69
 9:00.2 Dave Tillary(West Covina)76
 George Aguirre(S.Barbara)76
 9:00.6 Armando Cendejas(Buena Pk)74
 Guy Arbogast(Crespi-Encino)74

CALIFORNIA

STATE HIGH SCHOOL

- 9:00.8 Ed Mendoza(Helix-LaMesa)71
 Gary Blume(Marina-HuntBch)74
 9:01.0 Otis Martin(Lincoln-SD)67
 9:01.6 Gordon MacMitchell(Gunn-PaloA)73
 Mark Washburn(Bloomington)74
 9:02.0 Tom Davidson(Valley-El Cah)68
 9:02.3 Tim Holmes(Downey-Modesto)76
 9:02.6 Armando Valencia(Valley-ElCaj)67
 Kevin Burkin(Burbank)76
 9:02.8 Eddie Granillo(E.Bakersfield)70

120 YARD HIGH HURDLES

- 13.2 Dedy Cooper(Elis-Rehmd)75
 13.3 Robert Gains(Kennedy-Rehmd)75
 John Peterson(Sdlbck-S.Ana)75
 13.6 Charles Jackson(Lompoc)71
 Dan Jones(PaloVerde-Blythe)72
 Tom Andrews(W.Bakersfield)73
 Carl Florant(Palo Alto)73
 Mike Hagan(L.A.)74

Mel Jacobs (Channel Is.-Hard) 71
 Mike Shavers (Albany) 71-72
 Carl McCullough (Sacramento) 72
 Harold Tassin (Centennial-Cptn) 72
 Greg Jones (Lemoore) 72
 James Milton (Morse-San Diego) 72
 Tony Watkins (McClymonds-Oak) 72
 Phil Pipersburg (Santa Barbara) 73
 Wesley Walker (Carson) 73
 Ron Whitaker (Wilson-SF) 73
 Mike Farmer (Wilson-SF) 74
 Millard Hampton (Silver Ck-SJ) 74
 Vernell Fergerson (Ganesha-Pom) 74
 Mark Jenkins (N. Dame-Shr.Oaks) 76
 Norris Jones (Kennedy-Barstow) 76
 David Russell (P.Henry-S.Diego) 76
 Glen Cannon (Mt. Pleasant-SJ) 76
 Billy Mullins (Hamilton-LA) 76

47.5 Brian Theriot (Newport Harbor) 75
 Henry Dorsey (Berkeley) 56
 John Smith (Fremont-LA) 68
 Frank Hughes (Cupertino) 68
 Claude Brown (Gardena) 71
 Derald Harris (Pittsburg) 76
 47.6 Ray Saddler (Castlemont-Oak) 60
 Mike Singletary (San Diego) 65
 Alan Sheats (Muir-Pasadena) 74
 47.7 LeRoy Hurte (Manuel Arts-LA) 60
 Walt Jensen (Coalinga) 65
 Leon Horn (Grant-DelPasoHts) 62
 Larry Winrow (Castlemont-Oak) 65
 Gus Briscoe (Washington-LA) 69
 Billy Hicks (Morningside-Inglwd) 70
 Rod Connors (Cordova-RchCdrva) 74
 Bill Hunt (N. Hollywood) 75
 Henry Williams (Carson) 76

4:08.5 Terry Williams (Lompoc) 73
 4:08.5 Carl Trentadue (Westminister) 65
 Don Moses (Valley-LaCrescenta) 76
 4:08.6 Eddie Arriola (Gahr-Cerritos) 72
 4:08.7 Dennis Carr (Lowell-Whittier) 62
 4:08.8 Bob O'Brien (Bellflower) 73
 Jim Arriola (Gahr-Cerritos) 74
 4:08.9 John Musich (Burbank) 74
 4:09.0 Clifton West (Kennedy-Sacto) 68
 4:09.1 Tom Davidson (Valley-El Cahn) 68
 Eric Hulst (Laguna Beach) 74
 Jim Schankel (Lompoc) 74
 4:09.2 Mike Solomon (Westminister) 67
 Brent Tubbs (Cleveland-Reseda) 70
 4:09.5 Mike Ryan (Wilcox-Santa Clara) 65
 Tom Colley (S.Gorgonio-S.Berdo) 74
 John Johnson (Skyline) 75
 4:09.6 Rusty Nahierny (Washington-Frmt) 74
 4:09.7 Robert Angel (Huntington Beh) 75
 4:10.0 Morgan Groth (Alhambra) 61
 4:10.2 Thornton Bigley (Clairemont-SD) 67
 4:10.4 Terry Lamb (Grande-Garden Gr) 69
 4:10.6 John McDonald (Hoover-Glendale) 67
 Tom Smith (Granite Hills-SD) 74
 4:10.7 Steve Miller (Carlmont-Belmont) 72
 Paul Cummings (Righetti (S.Maria) 7
 4:10.8 Lloyd Appgar (Lincoln-SD) 67
 Jay Wood (Vista-SD) 75
 4:10.9 Doug McLean (Costa Mesa) 72
 4:11.0 Dale Story (Orange) 59
 Duwane Ray (Modesto) 65
 4:11.1 Scott Blackburn (Royal-Simi) 75
 Matt Bell (Foothill-Tustin) 75
 Eugenio Amaya (Burlingame) 69
 Klaus Hoffman (St. Ignatius-SF) 68
 4:11.2 Decker Underwood (S. Torrance) 69
 Ajim Baksh (Hollywood) 75
 Mark Spillsbury (Foothill-Tstn) 76
 4:11.3 Steve Crowley (Gunn-Palo Alto) 73
 4:11.4 Conrad Suhr (Sunnyhills-Ful) 74
 4:11.5 Lynn Ryan (Irvington-Fremont) 74
 4:11.6 Harold Marshall (Redondo Beh) 71

120 YARD HIGH HURDLES

13.2 Dedy Cooper (Ellis-Rchmd) 75
 13.3 Robert Gains (Kennedy-Rchmd) 75
 John Peterson (Sdlbck-S.Ana) 75
 13.6 Charles Jackson (Lompoc) 71
 Dan Jones (PaloVerde-Blythe) 72
 Tom Andrews (W.Bakersfield) 73
 Carl Florant (Palo Alto) 73
 Mike Harris (Indio) 74
 Wilburn Gregory (MissionVjo) 75
 Steve Caminiti (Crespi-Encino) 64
 Earl McCullough (Poly-LB) 64
 Bruce Gridley (Northview-Cov) 66
 Jerry Proctor (Muir-Pasadena) 67
 Charles Rich (Washington-LA) 69
 Jerry Wilson (Roosevelt-Fresno) 69
 Milton Turner (Castlemont-Oak) 70
 Fred Shaw (Muir-Pasadena) 74
 Ron Kennedy (Serramonte-DalyCty) 75
 Roger Moody (Corona) 64
 Bill Persons (San Fernando) 65
 Richard Miller (Monrovia) 68
 John Cottier (Crespi-Encino) 68
 Mark Low (Pomona) 69
 Dan Redfern (SanJuan-CtrHts) 69
 Earl Adkins (Locke-LA) 69
 McKinley Mosley (Bakersfield) 70
 Al Hall (Morningside-Inglwd) 70
 James Royal (Poly-LB) 72
 Mike Nealy (Edison-Stockton) 72
 Mike Johnson (Pasadena) 73
 James Owens (NorteDelRio-Sacto) 73
 Rich Graybell (Las Lomas) 74
 Brian Fulton (Burbank) 74
 Mike Kirtman (Wilson-SF) 74
 13.9 Tom Bobertz (Serramonte-DalyCty) 76
 Carl Davis (Compton) 63
 Ed Orr (Jefferson-LA) 63
 Al Pesce (Crespi-Encino) 66
 George Farmer (LaPuente) 66
 Don Parish (Dorsey-LA) 66
 Mike Jeter (Gardena) 67
 Ron Hamley (Lowell-Whittier) 68
 Jose Rivas (Tulare) 72
 Ike Almond (Serramonte-DalyCity) 73
 Jim Austin (Muir-Pasadena) 74
 Dennis Claxton (Skyline-Oakland) 75
 Tony Hicks (Serramonte-DalyCity) 75
 S. Monroy (Overfelt-SJ) 75
 George Smith (LaSierra-Carmichael) 76
 Ron Glenn (Locke-LA) 76

220 YARD DASH

20.7 Phil Underwood (Dorsey-LA) 66
 Mel Gray (Montgomery-S.Rosa) 67
 20.8 Carl McCullough (Sacramento) 72
 Mike Farmer (Wilson-SF)
 Dupree Branch (Barstow) 76
 20.9 James Hines (McClymonds-Oak) 64
 David Masters (El Cerrito) 67
 Millard Hampton (Silver Ck-SJ) 74
 21.0 Mike Shavers (Albany) 72
 Joel Andrews (W. Bakersfield) 75
 21.1 Ralph Turner (Burroughs-Bbk) 61
 Forrest Beaty (Hoover-Gldle) 65
 Harold Busby (Muir-Pasadena) 65
 Dan Moore (Fremont-LA) 67
 Mike Simmons (Carson)
 Vernell Fergerson (Ganesha-Pom) 74
 William Mullins (Hamilton-LA) 75
 Lew MCGlothlin (Compton) 75
 Elijah Jefferson (Crawford-SD) 75
 Norris Jones (Kennedy-Barstow) 75
 David Russell (P.Henry-SD) 76
 Mike Patrick (Lincoln-SD) 76
 21.2 Johnny James (Perris) 64
 Willie Deckard (Dorsey-LA) 68
 Edesel Garrison (Centennial-Cptn)
 Al Hearvey (Los Angeles) 69
 Ronnie Welch (Los Angeles) 69
 Paul Wallace (Hamilton-LA) 72
 James Milton (Morse-SD) 72
 Clancy Edwards (Santa Ana) 73
 John Ware (Sacramento) 75
 Keith Taylor (Piedmont Hls-SJ) 76
 Gordon Banks (Loyola-LA) 76
 Soward (San Bernardino) 76
 21.3 Montgomery Turner (Washgtn-LA) 66
 Leo Warfield (Franklin-Stockton) 6
 Ron Pharris (Anaheim) 67
 Charles Rushing (Jefferson-LA) 67
 Ken Jones (S.Bakersfield) 68
 LeMan Childress (Hoover-Fresno) 69
 Don Lebow (N.Riverside) 70
 Larry Manuel (Hogan-Vallejo) 70
 Frank Berry (Washington-LA) 71
 Duran Harder (Burbank-Sacto) 73

880 YARD RUN

1:48.5 Dale Scott (El Cerrito) 72
 1:48.8 Richard Joyce (Sierra-Whit) 65
 1:49.0 Clark Mitchell (Bakersfield) 65
 1:49.2 Dennis Carr (Lowell-Whittier) 63
 Robert Hose (Madison-SD) 64
 1:49.7 Dan Aldredge (Petaluma) 75
 1:50.1 Brent Tubbs (Cleveland-Rsda) 71
 1:50.4 Terry Rogers (Hilltop-ChVsta) 66
 1:50.6 Greg Jones (Poly-Long Beach) 68
 Rick Brown (Los Altos) 70
 1:50.9 George Coon (Miramonte-Orinda) 65
 1:51.0 James Baxter (Los Angeles) 69
 John Musich (Burbank) 74
 Conrad Suhr (Leigh-San Jose) 75
 1:51.1 DeVone Smith (Compton) 64
 1:51.2 Larry Banks (Dorsey-LA) 67
 Paul Williams (HuntingtonBeh) 68
 1:51.3 Rico Sanchez (Canoga Park) 69
 1:51.4 Robert Harrell (Santa Ana) 72
 Tom Kovacich (Buena Park) 72
 1:51.5 Karl Henry (Eisenhower-Rialto) 66
 Don Burns (Redondo Beach) 67
 James Robinson (McClymonds-Oak) 72
 1:51.6 Curtis Beck (Santa Monica) 73
 Larry Arnett (Pasadena) 64
 Bob Langston (Millikan-LB) 68
 1:51.7 Steve Rine (Santa Monica) 67
 Albert Seeney (Manuel Arts-LA) 72
 1:51.8 Art Martinez (Wilson-LA) 67
 Percell Keeling (Morningside) 71
 Tom Hacche (Birmingham-LA) 75
 1:51.9 Pete Fairchild (Encina-Sacto) 67
 Ray VanAsten (Bonita-LaVern) 60
 Jan Underwood (Buena Park) 60
 1:52.0 Steve Scott (Upland) 74
 Randy Jones (N. Bakersfield) 75
 1:52.1 Ralph Lee (San Mateo) 60
 Ed Ricke (Millikan-Long Beh) 66
 Dave Gneere (Fontanna) 68
 Ron Hyatt (Placer-Auburn) 72
 1:52.2 Doug Parker (Chico) 62

TWO MILE RUN

8:44.6 Eric Hulst (Laguna Beach) 76
 8:45.2 Thom Hunt (P.Henry-SD) 76
 8:45.9 Ralph Serna (Loara-Anaheim) 75
 8:46.5 Richard Kimball (DeLaSalle-Con) 74
 8:48.8 Curtis Beck (Santa Monica) 72
 8:52.6 Don Moses (Valley-LaCrescenta) 76
 8:53.4 Marc Genet (Santa Ana) 72
 8:53.5 Dave Taylor (Merced) 72
 Mark Spillsbury (Foothill-Tstn) 76
 8:53.8 Dale Fleet (Clairmont-SD) 71
 8:54.2 Jim Salcido (Sunnyhills-Ful) 72
 8:54.4 Gordon Innes (Upland) 71
 Jose Amaya (Wilson-LA) 71
 Sal Godinez (Salesian-LA) 76
 8:54.6 Peter Romero (Reedley) 67
 Bob Grubbs (Washington-Fmt) 72
 8:54.8 Terry Cotton (Valley-El Caj) 72
 Terry Williams (Lompoc) 73
 Bill St. John (Mater Dei-S.Ana) 76
 8:55.0 Kevin McConnell (Edison-HuBch) 76
 8:55.2 Fred Richardson (Salesian-LA) 69
 8:55.4 Tim Danielson (Chula Vista) 66
 8:55.6 Ron Johnson (W.Torrance) 70

330 YARD LOW HURDLES

- 36.0 Dedy Cooper(Ells-Richmond)75
Charles White(San Fernando)76
36.4 Otis Hunter(Pasadena)75
Andre Phillips(Silver Ck-SJ)76
36.6 Andrew Field(Grant-Sacto)76
37.0 John Thompson(Morningside-Engwd)75
Tony Hicks(Serramonte-DalyCity)75
Dave Jackle(Los Altos)75
Tim Chambers(Santa Monica)76
37.1 Mike Miller(S.Bonaventure-Vent)75
Williams(Vallejo)
37.2 Tim Chambers(Muir-Pasadena)75
Don Finley(Cupertino)75
Chris Koko(Sunset-Hayward)76

- Carl Miles(Poly-LB)72
Bill Scarborough(Clovis)74
Dave Haber(Alameda)74
Rich Parks(Crescenta Valley)74
Phillips(Valley-Santa Ana)74
Coart Owens(Castlemont-Oak)75
Kirk Collins(Monterey)75
Ken Conner(Estancia-Costa Mesa)75
Louie Sbarbaro(Weed)75
Imre Santha(Arcadia)75
Gonzales(Montebello)75
Todd Ward(Bakersfield)76
Jerry Sanders(Muir-Pasadena)76
Mitch McCall(Centennial-Cptn)76
Thurlis Gibbs(A.Hills-San Jose)76
Gary Lawrence(Thousand Oaks)76
Jeff Good(Rio Hondo-Oxnard)76
Steve Garnett(Muir-Pasadena)76
Greg LaCoste(P.Henry-SD)76
Solomon(Duarte)76

- 25-2½ George Brown(Jordan-LA)49
25-2 Phil Quintet(Homestead-Cup)68
25-1 ¾ Jerry Herndon(Cajon-S.Bdo)73
25-1½ Tony Brown(Poly-LB)71
24-11 ¾ Willie Crawford(Frmt-LA)64
24-11½ Paul Wilson(Fontana)76
24-11 Lewis King(Lincoln-SD)67
Mel Gray(Montg-S.Rosa)67
24-10½ Mark Cleghorn(Berkeley)73
24-10 Rick Ferguson(Merced)68
Lynn Swann(Sierra-S.Mateo)70
Jim Spillane(PalosVerdes)73
24-9 ¾ Manuel Murrell(Poly-LB)65
24-9½ Louie Watkins(Jordan-LA)55
24-8½ Bill Jackson(Fremont-LA)57
24-8 Tony Loric(Fremont-LA)59
Steve Thompson(E.Bakersfld)70
24-7 ¾ Joel Andrews(W.Bakersfld)75
24-7½ Bob McKeever(Fremont-LA)62
24-7½ Mac Burton(Washington-SF)57
Henry Harris(Loyola-LA)66
24-7 Steve Rim(Clovis)72
Mike McRae(Skyline-Oak)73
24-6 ¾ Preston Griffen(Cent-Cptn)57
Norman Wood(Madera)61
Denny Smith(Compton)65
24-6½ Steve Turner(Glendale)50
Montell Wilson(Manual Arts-LA)63
24-6½ Bill Johnson(Jefferson-LA)50
Walt Roberts(Compton)60
Marv Motley(Poly-LB)62
24-6 Steve Rodgers(Brawley)58
Tommie Smith(Lemoore)63
Kurt Durham(Oakland)76

- 67-8½ Dave Doupe(Inglewood)73
67-6½ Randy Cross(Crespi-Encino)72
67-2½ Mark Stevens(Newport Hbr)71
67-2 Dave Murphy(Sunnyhill-Full)66
65-11½ Curt Hampton(El Cajon)67
65-10 Steve Wilhelm(Fremont-Sunvale)67
65-9 ¾ John Buehler(Whittier)70
65-9 Jeff Stover(Corning)76
65-8 ¾ Randy Withrow(Pasadena)70
65-7 ¾ Don Castle(Cubberly-P.Alto)61
65-7½ Dave Cerasimchuk(Narbonne-LA)72
65-6 Bruce Wilhelm(Fremont-Sunvale)63
65-2 ¾ Bill Face(El Rancho-Whit)61
65-2½ Lonnie Shelton(Foothill-Bakfld)73
65-1 Brad Vasser(Sonora)75
65-0 Dave Laut(Santa Clara)75
64-11 Pete Schmock(San Dieguito)68
Billy Winchester(Mt.Miguel-SV)70
64-10 Brad Slinkard(St.Paul-S.FeSp)75
64-9 Sam Cunningham(Santa Barbara)69
64-8 ¾ Kerry Eskeli(Serra-Gardena)69
64-4½ Mark Ostoich(San Bernardino)67
64-3 George Brown(Granada Hills-ElCj)66
64-1 Steve Marcus(Palisades)65
63-11½ Mike Bianco(El Segundo)61
Brett Mannon(Los Gatos)72
63-9½ Homer Robertson(Pacific-S.Udo)56
Conrad Jepson(Washington-Frmt)76
63-9 Bob Brannon(Los Gatos)64
63-7 Rod Horn(Hoover-Fresno)75
63-3½ Ed Howard(Muir-Pasadena)67
63-3 Roger Freberg(San Marino)70
63-2½ Mark Madison(Poly-LB)75
63-1 ¾ Mike Letoyer(Gardena)72
63-1 Ray Alger(Whittier)65
63-0 Robin Luke(Ygnacio Vly-Concord)68
62-10 Warren Shank(Rio-Americano-Adn)72
62-9 ¾ Mike Budinich(South Gate)72
62-9 Chris Adams(Los Altos)70
62-8½ Dave Schiller(Millikan-LB)70
Carlos McCall(Centennial-Cptn)71
Mark Zibell(Pomona)76
62-7 ¾ Brody Dunn(Mayfair-Lkwd)65
62-7½ Dave Davis(Canoga Park)56
62-6 ¾ Mike Garrett(Taft)66

TRACK NEWS

ALL-TIME LIST



compiled by RON BLACKWOOD

- Stan Webster(Garey-Pomona)76
Rod Palon(San Juan-Ct.Hts)76
Kevin Gibson(Millikan-LB)76
37.3 Tom Bobertz(Serramonte-DalyCity)76
37.4 Sam Turner(Locke-LA)75
Tim Hunt(El Dorado)76
George Smith(LaSierra-Carmich)
Willie Curran(Crespi-Encino)76
Lloyd Jones(Ganesha-Pomona)76
Al Sanford(Loyola-LA)76
37.5 Bill Smith(Muir-Pasadena)75
Don Robertson(Sacramento)75
Mark Germino(Los Banos)75
Larry Richardson(El Molino-Fstvl)
Jamie Starment(Chico)75
David Cooper(San Bernardino)75
Jackson(Pomona)75
Joseph Brown(Pasadena)76
Richard Hohmann(Taft-LA)76
Hons(West Torrance)76
37.6 Don Brown(Clairemont-SD)75
Stevens Nevells(Dominguez-Comp)75
Frank Unpingco(Pittsburg)75
Don Thompson(Gahr-Cerritos)76
Craig Watanabe(University-LA)76
Ron Glenn(Locke-LA)76
37.7 Antwaine Richardson(Gardena)75
Robert Gaines(Kennedy-Rehmd)75
Taylor(Oxnard)75

POLE VAULT

- 16-8 ¾ Steve Smith(S.Torrance)69
Mike Tully(Millikan-LB)74
16-7 Robert Pullard(Los Angeles)69
16-6 ¾ Paul Wilson(Warren-Downey)65
16-5 John Vaughn(Corona)66
16-4½ Tom Hintnaus(Aviation-RdndBeh)
16-4 Paul Hegler(Muir-Pasadena)66
16-3½ Keith Schimmel(Villa Park)75
16-2 ¾ Tim Curran(Crespi-Encino)73
16-1 Bob Steinhoff(Warren-Downey)65
Tim Vahlstrom(Villa Park)75
Bryan Goodman(Agoura)75
16-0½ Brian Worden(N.Dame-ShrmOaks)75
16-0 Anthony Curran(Crespi-Encino)76
15-9½ Roger Martin(Camden-San Jose)71
15-8½ Tim Quinn(Monroe-Sepulveda)72
15-8 Jim Knaub(Lakewood)74
Jim Sidler(Villa Park)76
15-7 ¾ Fritz Selzer(Glendale)71
15-7 Al Sandoval(West Covina)72
Tom Curran(Crespi-Encino)75
Jon Switzler(Burroughs-Bbnk)76
15-6½ Robert Sprung(Pomona)67
Larry Hintz(Buchser-S.Clara)73

TRIPLE JUMP

- 52-6½ David Tucker(Memorial-Fres)70
52-3½ Randy Williams(Edison-Fres)71
51-8 Mike Wood(Manual Arts-LA)63
51-3 Willie Banks(Oceanside)74
50-11 Dan Jackson(Oakland)75
50-10 Steve Rim(Clovis)72
50-2½ Don Bryson(Oakland)74
50-1½ Tom Cochee(Tech-Oakland)72
50-5 Greg Caldwell(Fremont-LA)76
50-0 ¾ Mark Slayton(Merced)76
49-9½ Craig Conway(Cupertino)70
49-9 Louis Tucker(Washgtn-Easton)73
49-8 Larry Freeman(Poly-LB)65
Myrt Easley(Woodside-SJ)75
49-7 Gerald Holcomb(Richmond)75
49-6½ Ernie Lopez(Central-Fresno)70
49-4 ¾ Tom Andrews(W.Bakersfield)73
49-4½ Dale Krebs(Gunn-Palo Alto)71
49-4 Kevin McCarthy(Cupertino)73
49-3½ Larry Freeman(Santa Clara)69
49-3 Mike Dobbins(Merced)75
49-1 Darrell Williams(Oceanside)76
49-0½ Jr. Rojas(Overfelt-SJ)75
Gerald Steward(Seaside-Mntry)75
49-0½ Steve Smith(Foothill-Bakerfld)71
48-10½ John Triplett(Branham-SJ)72
48-10 Ray Foreman(Roosevelt-Fres)68
Danny Williams(Hoover-Fres)74
48-8½ Chip Benson(LA Lutheran)76

DISCUS THROW

- 201-6 Ray Burton(Vacaville)74
201-3 Chris Adams(Los Altos)70
200-4 Scott Endler(Hoover-Fresno)76
200-1 Scott Overton(Los Altos)72
198-6 Dave Voorhees(Tulelake)73
195-8 Billy Winchester(Mt.Miguel-SV)70
195-5 Lonnie Shelton(Foothill-Bakfld)73
195-4 Bob Stoecker(Los Altos)62
Tom Birtwhistle(Gunn-PaloAlto)69
194-2 Dave Hickson(Leland-SJ)73
Darrel Elder(Redwood-Lkspr)74
194-0 Ralph Frugueti(Albany)73

37.5 Lloyd Jones (Ganesha-Pomona)76
 Al Sanford (Loyola-LA)76
 Bill Smith (Muir-Pasadena)75
 Don Robertson (Sacramento)75
 Mark Germino (Los Banos)75
 Larry Richardson (El Molino-Fstvl)
 Jamie Starment (Chico)75
 David Cooper (San Bernardino)75
 Jackson (Pomona)75
 Joseph Brown (Pasadena)76
 Richard Hohmann (Taft-LA)76
 Hons (West Torrance)76
 37.6 Don Brown (Clairemont-SD)75
 Stevens Nevells (Dominguez-Comp)75
 Frank Unpingco (Pittsburg)75
 Don Thompson (Gahr-Cerritos)76
 Craig Watanabe (University-LA)76
 Ron Glenn (Locke-LA)76
 37.7 Antwaine Richardson (Gardena)75
 Robert Gaines (Kennedy-Rchmd)75
 Taylor (Oxnard)75
 Joe Hicks (San Pedro)75
 Bill Dorvall (Paradise)76
 Anthony Young (Fremont-LA)75
 37.8 Craig Evans (Helix-La Mesa)75

HIGH JUMP

7-3 Reynaldo Brown (Compton)68
 7-1 3/4 Mark Wilson (Monte Vista-Dnvl)
 7-1 1/2 Dwight Stones (Glendale)71
 7-1 1/4 Otis Hailey (Wasco)68
 Jerry Culp (Oceanside)70
 Dwaine Joseph (Gardena)75
 7-0 Don Pierce (Pittsburg)66
 Mark Ridge (Merced)74
 Clark Beedle (LaSierra-Sacto)74
 Charles Hatch (Wilson-SF)74
 John Washington (Fremont-LA)75
 John Lane (American-Fremont)76
 6-11 3/4 Dave Bradford (Compton)68
 6-11 Dave Bush (Campbell)72
 6-10 3/4 Greg Fries (San Geronio-S.Bdo)
 6-10 1/2 Max Lowe (Awalt-Mt. View)64
 Fred Jackson (Castlemont-Oak)66
 Dennis Smith (Santa Monica)76
 Kelly Gordien (Claremont)76
 Keven Brownlee (Yreka)76
 6-10 1/2 Charley Dumas (Centennial-Cptn)55
 Bill Morris (Compton)66
 Kelly Donahue (Palo Verde-PV Est)
 Brian Shaw (Pittsburg)73
 Doug Case (Laguna Beach)74
 Vic Churchill (Alemay-MissHills)
 Steve Peterie (Warren-Downey)74
 Jerry Flowers (Eisenhower-Rialto)
 6-10 Tom Clayburn (Balboa-SF)66
 Doug Huff (Lincoln-LA)66
 Ron Wicks (Centennial-Cptn)67
 Steve Lang (Fremont-LA)67
 Randy Fukerson (Santa Fe-SF Sp)70
 Kerry Elders (Fresno)71

LONG JUMP

26-2 1/2 Ken Duncan (McClatchy-Sacto)72
 26-0 3/4 Jerry Proctor (Muir-Pasa)67
 25-10 3/4 Heulon Hewitt (Merced)68
 25-9 1/2 Gerald Hardeman (Edison-Fres)72
 25-7 James McAlister (Blair-Pasa)70
 25-6 1/2 Ted Hammond (Compton)73
 25-5 1/2 Doyle Steel (San Diego)66
 25-5 Carl McCullough (Sacramento)72
 25-4 3/4 Johnny Johnson (PacGrove)65
 25-4 1/2 Oscar Bean (Jefferson-LA)56
 Randy Williams (Edison-Fres)71
 25-4 1/2 Monte Upshaw (Piedmont)54
 25-4 Larry Doubly (Manual Arts-LA)76
 25-3 Willie Davis (Roosevelt-LA)58
 Bobby Bonds (Poly-LB)64

50-5 Greg Caldwell (Fremont-LA)76
 50-0 3/4 Mark Slayton (Merced)76
 49-9 1/2 Craig Conway (Cupertino)70
 49-9 Louis Tucker (Washgtn-Easton)73
 49-8 Larry Freeman (Poly-LB)65
 Myrt Easley (Woodside-SJ)75
 49-7 Gerald Holcomb (Richmond)75
 49-6 1/2 Ernie Lopez (Central-Fresno)70
 49-4 3/4 Tom Andrews (W.Bakersfield)73
 49-4 1/2 Dale Krebs (Gunn-Palo Alto)71
 49-4 Kevin McCarthy (Cupertino)73
 49-3 1/2 Larry Freeman (Santa Clara)69
 49-3 Mike Dobbins (Merced)75
 49-1 Darrell Williams (Oceanside)76
 49-0 1/2 Jr. Rojas (Overfelt-SJ)75
 Gerald Steward (Seaside-Mntry)75
 49-0 1/2 Steve Smith (Foothill-Bakerfld)71
 48-10 1/2 John Triplett (Branham-SJ)72
 48-10 Ray Foreman (Roosevelt-Fres)68
 48-8 1/2 Danny Williams (Hoover-Fres)74
 48-8 Chip Benson (LA Lutheran)76
 48-7 1/2 Charles Wheeler (Merced)74
 48-6 Denny Rogers (Los Altos)66
 48-5 1/2 Mike DeCaro (Burbank)76
 48-5 1/2 Greg Hay (Concord)72
 Cephus Johnson (Mt.Eden-Hay)76
 48-5 Jeff Clingman (Warren-Downey)75
 48-4 3/4 Peter Moreno (Lick-SJ)75
 48-4 1/2 Tom Cousey (Ells-Richmond)60
 48-3 3/4 Larry Jackson (American-Frmt)75
 48-3 1/2 John LeGrande (Westmont-C)73
 48-3 1/2 Ricky Nichols (E.Bakersfield)76
 48-3 Kurt Durham (Oakland)76
 48-2 1/2 Doug Smith (S.Bakersfield)69
 48-2 1/2 Jake Torrance (Western-Tulare)72
 48-2 Mark Thorp (Cupertino)73
 48-2 Sam Gibson (Banning-Wilmgtn)66
 48-1 1/2 Nathan Johnson (Seaside)74
 48-1 1/2 Don Jackson (Oakland)74
 48-1 John Haynes (El Cerrito)74
 Raymond Grubb (Blair-Pasadena)76
 48-1 John Meadows (Western-Tulare)72
 James Lofton (Washington-LA)73
 48-0 1/2 Don Finley (Cupertino)75
 48-0 1/2 Thermond Wells (Balboa-SF)73
 47-11 1/2 Rich Dunn (Leigh-SJ)67
 Chuck Steffes (Sunnyvale)68
 47-11 Hayes (Riordan-SF)75
 Flod Utley (Cupertino)74
 Larry Johnson (Fresno)74
 Eddie Crawford (Redwood-Visalia)
 John Rayford (Avenal)76
 47-10 3/4 Darrell Mellion (St.M-Berk)
 47-10 1/2 Fred Miller (Leigh-SJ)70
 Tony Rotella (Central-Fresno)71
 47-10 1/2 Loren Labbertz (Serramonte-DlyC)
 47-10 Phil Quintet (Homestead-Snyvl)68

SHOT PUT

69-6 3/4 Jim Neidhart (Newport Hbr)73
 68-5 Dave Kurasch (Newport Hbr)75
 68-0 Steve Montgomery (Lassen-Suyl)76
 67-9 3/4 John Hubbell (Poly-LB)66
 67-9 Terry Albritton (Newport Hbr)72
 John McKenzie (Hart-Newhall)76

DISCUS THROW

201-6 Ray Burton (Vacaville)74
 201-3 Chris Adams (Los Altos)70
 200-4 Scott Endler (Hoover-Fresno)76
 200-1 Scott Overton (Los Altos)72
 198-6 Dave Voorhees (Tulelake)73
 195-8 Billy Winchester (Mt.Miguel-SV)70
 195-5 Lonnie Shelton (Foothill-Bakfld)7
 195-4 Bob Stoecker (Los Altos)62
 Tom Birtwhistle (Gunn-Palo Alto)69
 194-2 Dave Hickson (Leland-SJ)73
 Darrel Elder (Redwood-Lkspr)74
 194-0 Ralph Fruglietti (Albany)73
 193-0 Jim Penrose (Carlmont-Belmont)68
 192-6 Mark Malone (Valley-El Cajon)76
 190-2 Mark McNaughton (Hoover-Fresno)74
 189-1 Jim Peters (Piedmont)66
 Jon Glenhill (Pacific-S.Leandro)6
 188-5 Steve Montgomery (Lassen-Suyl)7
 187-9 Jay Pluskin (Los Altos)72
 Doug Otterstetter (Marina-S.Lendr
 187-6 Rich Johnson (Mayfair-Lakewood)76
 186-6 Marcus Gordien (Claremont)73
 186-5 1/2 Mike Louisiana (Logan)66
 186-4 Rory Kenward (San Marcos-SB)68
 186-0 Dave Doupe (Inglewood)73
 185-10 Ron Allen (Lynbrook-SJ)73
 185-7 Mike Davis (Hillsdale-S.Mateo)69
 184-11 Fred DeBernardi (Hart-Newhall)67
 184-9 Bob Otto (Porterville)71
 184-7 Winston Landes (Palo Alto)67
 184-5 Fat Howell (Fresno)75
 184-3 Charles Anderson (Porterville)70
 184-2 Glenn Moore (Mt.Pleasant-SJ)74
 Kevin Corbett (El Dorado)76
 184-1 Scott Covey (Homestead-Cuptno)70
 183-11 Burt Marks (Salinas)64
 183-10 Jim Grover (Branham-SJ)72
 183-8 Tyler Wilkins (Mt. View)62
 183-8 John Keed (Monterey)63
 183-6 Chuck Smart (Los Altos)64
 182-11 Ken Cowl (Castro Valley)71
 182-9 Chris Letlow (Helix-SJ)76
 182-8 Bill Walker (Campbell)67
 Rich Gunther (Campolindo-Mrga)71
 182-7 Ralph Shaw (Homestead-Snyvl)68
 182-6 Stan McDonald (Edison-Fresno)63
 182-5 Richard Turner (Sunset-Hayward)71
 182-1 Steve Lehmer (Loara-Anaheim)66
 181-10 Gary Bersano (Los Altos)74
 181-9 Fritz Coffman (MonteVista-Whit)72
 Bill Harvey (Vista-SD)73

RESULTS



photo by Dave Stock

Start of the UC Davis Aggie Invitational Open Division

June 12, Palos Verdes. 10th Palos Verdes Marathon

1) Joseph Carlson(AATC)	24	2:26:42
2) Tom Edwards(SBAA)	19	2:32:59
3) Mark Stevenson(STC)	18	2:35:01
4) Jeffrey Rawlings(WYFC)	30	2:36:00
5) Jim Arquilla	25	2:39:43
6) Tomis Rodriguez(CSLB)	22	2:39:58
7) James French	24	2:40:29
8) Joseph Burgasser(STC)	37	2:40:42
9) John Pagliano(GWAA)	36	2:42:14
10) Alfonso Jimenez	18	2:44:13
11) Michael Somers (UCSB)	20	2:44:42
12) Robert Branch(CCAC)	30	2:44:58
13) John Merhaut(CCAC)	25	2:45:03
14) Douglas Pirkle(USN)	26	2:45:07
15) Robert Hollister(SBAA)	17	2:45:33
16) Mark Reeder(STC)	16	2:45:53
17) David Worthen(SDTC)	40	2:45:57
18) Greg Winters(STC)	17	2:46:17
19) John Rudberg (STC)	42	2:46:52
20) Keith Stripsky	27	2:47:21
21) Larry Jones(USN)	21	2:47:35
22) Rick Hagin	27	2:48:01
23) Gary Seeger	32	2:48:05
24) Tom Rothhaar (SDTC)	33	2:48:24

17 DUANE WALTIRE	20	AIA	49:03
18 GARY NITTI	22	SMT	49:09
19 PERRY FORRESTER	23	SMT	49:10
20 TOM LEE	27	CCAC	49:12
21 WAYNE AKIYAMA	24	SDTC	49:16
22 MIKE CHAMBLISS	27	UNAT	49:17
23 FRED MAIER	25	CCAC	49:22
24 STEVE MCCALLEY	22	SMT	49:37
25 TOM FINDLEY	29	SMT	49:42
26 JAMES PEREZ	29	AZTL	49:44
27 CARL SWIFT	22	AIA	49:47
28 BEN MARTINEZ	25	AIA	49:50
29 DARREN GEORGE	26	AIA	49:51
30 WILLY WIOS	28	SMT	50:20
31 ROBERT RIDLEY	28	CCAC	50:33
32 BILL JOHNSON	24	SDTC	50:39
33 TOM RISH	18		50:49
34 CARLOS ALFARO	35	AZTL	51:03
35 ED AVOL	24	B H	51:07
36 GORDON INNES	22	SMT	51:11
37 ERIC HUFF	19	SLOC	51:14
38 ROBERT HOLLISTER	17	SBAA	51:22
39 JOHN MADVIG	20	B H	51:23
40 BOB BRANCH	30	CCAC	51:27
41 MIKE COUR	26	SDTC	51:33
42 WALT WALTIRE	22	ATA	51:34
43 DON OCANA			51:46
44 SKIP SHAFFER	38	CCAC	51:48

Open (10k):

1) Larry Walker	47:01
2) Ed Bouldin	49:32
3) Dennis Reilly	50:38
4) David Hall	55:06
5) Carl Warrel	56:35
6) Ray Parker	56:56
7) Peter Alber	1:01:5

Masters (10k):

1) John Kelly	53:47
2) Chris Clegg	59:44
3) Harold McWilliams	1:00:47
4) Marty Lipstein	1:09:59

Women

11 & Under (5k):	
1) Samantha Rodella	30:27
2) Tricia Ramirez	30:28
3) Leslie Wilson	33:03
4) Toni Evert	34:56
12-13 (5k):	
1) Lynn Holmbeck	29:50
2) Chris Ramirez	30:26
3) Maria Gibbons	32:57
14+ over (5k):	
1) Cindy Johnson	27:43
2) Sherlene McGinley	28:53

August 29. Santa Monica. 1976 Marathon at Santa Monica Sports & Arts Festival

1) Carl Swift(AIA)	2:28:15
2) Ed Chaldez(un)	2:31:23
3) Bill McDermott(un)	2:34:53
4) Tom Lee(FlyButtresses)	2:35:42
5) Brian Hunsacker(un)	2:35:53
6) Ron Nabers(FlatC)	2:37:37
7) Bill Read(un)	2:39:49
8) Keith Stripsky(un)	2:40:01
9) Bob Branch(CCAC)	2:40:19
10) Kevin Baxter(RRR)	2:42:11
11) C. Heulings(BasinBl)	2:42:34
12) Bob Ridely(CCAC)	2:43:27
13) Richard Bartek(SBAA)V	2:43:53
14) Richard Meza(un)	2:45:16
15) Bob Deines(CVStrid)	2:46:24
16) John Swift(un)	2:46:46
17) Rene Ruiz(Chile)	2:50:33
18) Gary Cohen(CSLA)	2:50:53
19) Gary Seeger(un)	2:51:00
20) M. Spaulding(SDTC)	2:51:25
21) Steve Kovatch(CanyHS)	2:51:37
22) Paul Gervais(SMC)	2:51:44

37	Mark Stevenson(STC)	18	2:35:01
41	Jeffrey Rawlings(WYFC)	30	2:36:00
51	Jim Arquilla	25	2:39:43
61	Tomis Rodriguez(CSLB)	22	2:39:58
71	James French	24	2:40:29
81	Joseph Burgasser(STC)	37	2:40:42
91	John Fagliano(GWAA)	36	2:42:14
101	Alfonso Jimenez	18	2:44:13
111	Michael Somers (UCSB)	20	2:44:42
121	Robert Branch(CCAC)	30	2:44:58
131	John Merhaut(CCAC)	25	2:45:03
141	Douglas Pirkle(USN)	26	2:45:07
151	Robert Hollister(SBAA)	17	2:45:33
161	Mark Reeder(STC)	16	2:45:53
171	David Worthen(SDTC)	40	2:45:57
181	Greg Winters(STC)	17	2:46:17
191	John Rudberg (STC)	42	2:46:52
201	Keith Stripsky	27	2:47:21
211	Larry Jones(USN)	21	2:47:35
221	Rick Hagin	27	2:48:01
231	Gary Seeger	32	2:48:05
241	Tom Rothhaar (SDTC)	33	2:48:24
251	William Peck(BKTC)	36	2:48:46
261	John Rupp(STC)	30	2:49:47
271	Jim Triplet(AATC)	18	2:50:02
281	Jim Hurley(CPJL)	20	2:50:41
291	Dennis Huffman	27	2:51:04
301	Warren Smith (LVTC)	37	2:51:21
311	Gary Polhill(AATC)	24	2:51:32
321	Chris Howard(STC)	30	2:51:36
331	Will Fitzpatrick	23	2:51:38
341	Steve Kovatch	17	2:51:59
351	Jave Mitchell(SDTC)	22	2:52:39
361	Tom Duranti(STC)	24	2:52:43
371	Ken Moffitt(AZTL)	23	2:52:53
381	Chris Cortez(USMC)	26	2:52:53
391	Don Jones(STC)	50	2:53:06
401	Stewart Boden(RRR)	21	2:53:12
411	Andrew Levinson(STC)	28	2:53:39
421	Roger Murray(STC)	39	2:53:46
431	Barry Glennan(SBDC)	20	2:53:59
441	Brian Freeman(SDTC)	50	2:54:27
451	Paul French	18	2:54:53
461	Kenneth Ganzer(STC)	23	2:54:58
471	Jon Cory (GLHS)	18	2:55:16
481	Doug Sortino	17	2:55:16
491	Jon Burgasser(STC)	16	2:55:24
501	Greg Parks(BUHS)	17	2:55:31
741	Penny DeMoss (WVTC)	26	2:59:51
1461	Nicki Hobson(SDTC)	45	3:11:53
1601	Judy Milkie	26	3:13:45
3531	Susan Lane	16	3:38:19
3541	Natalie Lewis(SMC)	43	3:38:49
3611	Faulette Halel(CSLB)	21	3:39:33
3841	Lise Spielman	27	3:41:57
4101	Kathy Martin(STC)	26	3:44:27
946	Finishers	/John Brennan/	

NAHU/SPA 15KM CHAMP./SANTA BARBARA			
RACE NUMBER 744			
DATE--070476			
PLC			FAST TIME
1	GARY TUTTLE	28	BMS 45:42
2	CHUCK SMEAD	24	46:12
3	JIM NUCCIO	26	WVTC 46:28
4	TOM BRYANT	23	SMT 47:01
5	REID HARTER	25	SFVT 47:25
6	GEORGE AGUIRRE	18	SBAA 47:27
7	LOU PATTERSON	24	AIA 47:37
8	CAREY SIMONS	20	AZTL 48:05
9	DAVE WHITE	24	AATC 48:12
10	THOM HUNT	18	SOTC 48:23
11	BOB HAYES	21	SBAA 48:28
12	LARRY HANSON	21	CCAC 48:33
13	GEOFFREY SMITH	22	ENGL 48:34
14	JEFF SPANGLER	18	48:45
15	JERALD JONES	23	SMT 48:49
16	TOM COLLEY	20	SURR 48:56

20	TOM LEE	24	CCAC 49:12
21	WAYNE AKIYAMA	24	SDTC 49:16
22	MIKE CHAMBLISS	27	UNAT 49:17
23	FRED MAIER	25	CCAC 49:22
24	STEVE MCCALLEY	22	SMT 49:37
25	TOM FINLEY	29	SMT 49:42
26	JAMES PEREZ	29	AZTL 49:44
27	CARL SWIFT	22	AIA 49:47
28	BEN MARTINEZ	25	AIA 49:50
29	DARREN GEORGE	26	AIA 49:51
30	WILLY RIOS	28	SMT 50:20
31	ROBERT RIDLEY	28	CCAC 50:33
32	HILL JOHNSON	24	SDTC 50:39
33	TOM RISH	18	50:49
34	CARLOS ALFAHO	35	AZTL 51:03
35	ED AVOL	24	B H 51:07
36	GORDON INNES	22	SMT 51:11
37	ERIC HUFF	19	SLDC 51:14
38	ROBERT HOLLISTER	17	SBAA 51:22
39	JOHN MADVIG	20	B H 51:23
40	BOB BRANCH	30	CCAC 51:27
41	MIKE COUR	26	SOTC 51:33
42	WALT WALTHIRE	22	AIA 51:34
43	DON OLANA		51:46
44	SKIP SHAFFER	38	CCAC 51:48
45	MICHAEL HARRIE	20	RRR 52:07
46	RANDY KILPATRICK	24	B H 52:07
47	MARK KELLER	16	SDTC 52:30
48	JOHN KENNEDY	32	SBAA 52:32
49	JOE FALCON	22	AZTL 52:39
50	DICK BARTEK	43	SBAA 52:41

August 21. Tehachapi. Tehachapi

10,000 Meters		
1	E. Cadena	33:17
2	R. Hitchcock	34:53
3	R. Lozano	34:54
4	B. Nanninga	35:09
5	D. Villalobos	35:36
6	J. Laird (1st 15-22)	35:48
7	E. Lujan, Jr.	36:15
8	B. Beck (1st 31-39)	36:21
9	F. Durarte	36:25
10	J. Woods	37:26
11	R. Young	37:43
12	D. Lozano	37:51
13	P. Cross	37:53
14	R. Rodman	37:54
15	M. Boggess	38:41
16	T. McMahon	38:44
17	H. Rodriguez	39:10
18	E. Lujan, Sr.	39:11
19	J. Rodriguez	39:38
20	D. Rodriguez (1st 14u)	40:29
21	W. Walker (1st 15-25 W)	40:31
22	S. Bovee	40:34
23	D. Day	41:10
24	P. Cicone	41:25
25	J. Anderson (1st 40-49)	42:12
26	W. Broyles	42:52
27	M. Pohl	43:03
28	E. Dougherty	43:06
29	H. Harder (1st 50+)	43:11
30	F. Fish	43:28

/Larry Arnt/

August 28. Santa Monica. 10 Kilometer Walk (Men) & 5 Kilometer Walk (Women), Palisades Park.

Men		
15 & Under (10k):		
1	Joe Hampton	1:00:26
2	Travis Veon	1:03:18
3	Mike Slates	1:05:04
4	Eric Jonke	1:15:18
Novice (10k):		
1	Jim Coots	59:35
2	Mark Schrode	1:01:12
3	Mickey Blakesley	1:07:20

31	Dennis Reilly	50:38
41	David Hall	55:06
51	Carl Warrel	56:35
61	Ray Parker	56:56
71	Peter Alber	1:01:5
Masters (10k):		
1	John Kelly	53:47
2	Chris Clegg	59:44
3	Harold McWilliams	1:00:47
4	Marty Lipstein	1:09:59
Women		
11 & Under (5k):		
1	Samantha Rodella	30:27
2	Tricia Ramirez	30:28
3	Leslie Wilson	33:03
4	Toni Evert	34:56
12-13 (5k):		
1	Lynn Holmbeck	29:50
2	Chris Ramirez	30:26
3	Maria Gibbons	32:57
14 & over (5k):		
1	Cindy Johnson	27:43
2	Sharlene McGinley	28:53
3	April Hickey	30:15

/Dodie Mosby/

August 28. Santa Monica. 10 Kilometer Bicentennial Run, Palisades Park (no times available):

Open:		
1	Gerry Nitti (AIA)	30:31
2	Reid Harter (SPVTC)	
3	John Sutherland (CINorth)	
4	Steve McCalley (SMT)	
5	Earl Robinson (SMT)	
6	Jim Perez (Atlan)	
7	Dennis Caldwell (AIA)	
8	Ron Kurrie (SPVTC)	
9	Tom Pindley (SMT)	
10	David Greifinger (SMT)	
High School:		
1	Mike Walterhouse	
2	Kurt Platt	
3	Mike Woodson	
4	Carmello Rios	
5	Bert Shirley	
6	Mark Labanti	
Jr. High:		
1	Phillip Shirley	
2	Mike Melandez	
3	Marlon Williams	
4	Ray Cook	
5	Don Leon	
Elementary:		
1	Vicki Cook	
2	Shawne Scully	
3	Bob Ferraro	
Women:		
1	Micki Gorman	
2	Heather Telford	
3	Leal Reinhart	
4	Kathy Himmelberger	
Veterans (40-49):		
1	Gerry Smart	32:51
2	Truman Clark	
3	Hal Winton	
4	Aurelio Camancho	
5	Mel Brewer	
6	Sam Nicholson	
Veterans (50-59):		
1	Primo Hernandez	
2	Ray Gil	
Veterans (60+):		
1	Sid Madden	
400+ participants		

/Dodie Mosby/

Fiesta at Santa Monica Sports & Arts Festival		
1	Carl Swift(AIA)	2:28:15
2	Ed Chaidex(un)	2:31:23
3	Bill McDermott(un)	2:34:53
4	Tom Lee(FlyButtresses)	2:35:42
5	Brian Hunsacker(un)	2:35:53
6	Ron Nabers(FlatC)	2:37:37
7	Bill Read(un)	2:39:49
8	Keith Stripsky(un)	2:40:01
9	Bob Branch(CCAC)	2:40:19
10	Kevin Baxter(RRR)	2:42:11
11	C. Heulings(BasinBl)	2:42:34
12	Bob Ridely(CCAC)	2:43:27
13	Richard Bartek(SBAA)V	2:43:53
14	Richard Meza(un)	2:45:16
15	Bob Deines(CVStrid)	2:46:24
16	John Swift(un)	2:46:46
17	Rene Ruiz(Chile)	2:50:33
18	Gary Cohen(CSLA)	2:50:53
19	Gary Seeger(un)	2:51:00
20	M. Spaulding(SDTC)	2:51:25
21	Steve Kovatch(CanyHS)	2:51:37
22	Bart Coventry(STC)	2:51:44
23	Darty Cronin(STC) V	2:51:49
24	Steve Blum(un)	2:52:19
25	John Rudberg(STC)	2:52:30
26	B. Smallen(SMTC)	2:52:58
27	W. Pittenger(LoneStBr)	2:53:05
28	John Moreno(RoseHS)	2:53:41
29	Kenneth Genezer(STC)	2:53:50
30	Alan Larson(SDTC)	2:54:02
31	Boyd Hartley(un)	2:54:13
32	Alex Hedges(Clinic)	2:54:26
33	Brad Keeling(un)	2:54:31
34	Orville Atkins(un)	2:55:01
35	Dan Goodwin(W YMCA)	2:55:23
36	Dennis Parrish(STC)	2:56:02
37	J. J. Brower(CCAC)	2:56:16
38	Mike Rucker(CanyHS)	2:56:28
39	Tom Gleason(un)	2:57:15
40	Lance Packer(un)	2:57:36
41	David Parker(STC) V	2:59:46
42	John Starr(CCAC) V	3:01:03
43	Tracey Brown(Un) V	3:01:11
130	Sandy DeNoon(BA) W	3:18:07
158	Kelly Corda(BA)	3:25:26
163	Sue Peterson(un) W	3:26:14
217	Carita Kane(STC) W	3:38:33
242	Cecilia Negaard(SDTC)W3	43:58
413	Finishers	/Dorothea Mosby/

September 11. Grover City. U.C.C.M. Fiesta Cross Country Races

Open Division (4 Mile):		
1	John Jones (SCH)	19:57
2	Larry Reyes (SCH)	20:18
3	Luis Arreola (SLDC)	20:37
4	Bob Nanninga (WVTC)	20:56
5	Jim Hiserman (CalPoly)	22:00
6	Mike Barnes (SLDC)	22:19
7	Walter Thompson(SLDC)	22:22
8	Allen Hire (SLDC)	22:25
9	Brian Waterbury (SLDC)	22:50
10	James Shearer (Atascad.)	22:55
11	Jim Casper (SLDC)	22:59
12	Stan Rosenfield(SLDC)	23:04
13	Rusty Rettler (AGHS)	23:09
14	Primo Ramos (SLDC)	23:37
15	Jose Flores (AGHS)	23:44
16	Tony Casano(AGHS)	24:03
17	David Saldivar(Stanf)	24:14
18	Chuck Bown (CalPoly)	24:15
19	Jim Webb (SLDC)	24:18
20	Jack Cline (SLDC)	24:24

- 15 & Under Division (2 Mile):
 1) Mark Breish (Atasc.HS) 10:36
 2) Greg Baxter (Atasc.HS) 10:40
 3) Robert Saldivar (ArroyoGr) 11:06
 4) Jaime Hernandez (ArroyoGr) 11:17
 5) David Smith (Arr Grnd) 11:28
 /Stan Rosenfield/

July 2-4

US National

Masters.

Gresham, Ore.

Masters results

- 400-METER RELAY** — 40-44: Northern California Senior Track Club, 44:34. 45-49: Northern California Senior Track Club, 47:34. 50-54: Long Beach Senior Track Club, 50:58.
- 110-METER HURDLES** — 40-44: Dave Jackson, Corona, Calif., 15.9. 45-49: Don Donnelly, Corona, Calif., 20:27. 50-54: Jack Greenwood, Medicine Lodge, Kan., 15.5 (world age-group record; old mark 15.9 by Andre Finkel, 1975). 55-59: Bob Morcom, Philadelphia, 17:14. 60-64: Vince Godfrey, San Diego, 19.6. 65-69: Ted Hatten, unal., 17:54. 70-74: Herbert Anderson, Denver, Colo., 30.9.
- 400 METERS** — 40-44: Hans Bruhner, N. Calif., 52.4. 45-49: Oswald Dawkins, Los Angeles, 55:71. 50-54: Jack Greenwood, Medicine Lodge, Kan., 55:58 (world age-group record; old mark 54.7 by Rudy Valentine, 1976). 55-59: Robert Hunt, San Diego, 58:37. 60-64: Russ Nilback, Vancouver, Wash., 1:01:44. 65-69: Ken Carline, N. Calif., 1:05:6. 70-74: Glen Ingram, Sioux Rapids, Iowa, 1:25:36.
- WOMEN'S 400 METERS** — 40-44: Burnis Hicks, Prescott, Ariz., 1:29:13.
- 800 METERS** — 40-44: Gordon Bonelli, Corona, Calif., 1:56:39. 45-49: Bob Backus, New York, 1:52:2. 50-54: John Pavlich, Vancouver, B. C., 1:53:24. 55-59: Sandy Patterson, Boston, Mass., 1:51:3. 60-64: Nolan Fowler, Cookeville, Tenn., 1:50:4. 65-69: Randolph Hubbell, Los Angeles, 1:50:3. 70-74: Albert Reiser, West Germany, 1:51:4.
- 1,600 METERS** — 40-44: Dennis Meyer, Seattle, 4:09.6. 45-49: Robert Fine, New York, 4:32:57. 50-54: Roland Anspach, Springfield, Ohio, 4:32:84. 55-59: Alan Waterman, Palo Alto, Calif., 4:57:98. 60-64: Clive Davies, Portland, 4:57:96. 65-69: Bill Andberg, unal., 4:59:14 (world age-group record; old mark 4:59:8 by Norman Bright, 1975). 70-74: Lou Gregory, unal., 6:05:73. 75-79: Paul Spangler, unal., 6:28:3 (world age-group record; old mark 6:32:7 by Spangler, 1976).
- WOMEN'S 1,600 METERS** — 40-44: Ruth Anderson, N. Calif., 5:32.4.
- LONG JUMP** — 50-54: Ray Spencer, San Diego, 17-1/2. 55-59: Bob Morcom, Philadelphia, 18-1/2 (world age-group record; old mark 18-4/8 by Gordon Farrell, 1972).
- WOMEN'S 500 METERS** — Irene Oberer, N. Calif., 2:07:07.
- 200 METERS** — 40-44: Jim Weaver, N. Calif., 24.5. 45-49: Bill Frederickson, N. Calif., 24.36. 50-54: Jack Greenwood, Medicine Lodge, Kan., 24:35. 55-59: Al Guidet, Corona, Calif., 24:36. 60-64: Charles Dillon, San Francisco, 24:36. 65-69: Virgil McIntyre, Prescott, Ariz., 24:36. 70-74: Winfield McFadden, San Diego, 24:36. 75-79: Collier Wheeler, Portland, 20:14.
- DISCUS** — 40-44: Bob Humphreys, Corona, Calif., 160-4. 45-49: Lee Schuler, unal., 118. 50-54: John Pavlich, Vancouver, B.C., 145-10. 55-59: Dan Aldrich, San Francisco, 133-19. 60-64: Jack Thatcher, Corona, Calif., 146-79. 65-69: American age-group record; old mark 146-79 by Ken Carline, N. Calif., 147-7.
- HIGH JUMP** — 40-44: John Dick, N. Calif., 4-4. 45-49: Virgil McIntyre, Prescott, Ariz., 4-5/8 (world age-group record; old mark 4-4/8 by Stan Thompson, 1975). 70-74: Albert Reiser, West Germany, 4-0. 75-79: Buell Crane, Twin Falls, Idaho, 3-8.
- LONG JUMP** — 40-44: Dave Jack, San Francisco, 20-10/8. 45-49: Shirley Davidson, Corona, Calif., 21-5/8.
- WOMEN'S 500 METERS** — Miriam Gerard, N. Calif., 2:40:09.
- 800 METERS** — 40-44: Pete Richardson, San Diego, 2:01:1. 45-49: Vic Stephens, Vancouver, B.C., 2:09:1. 50-54: George Putterbaugh, Lake Oswego, 2:10:24. 55-59: Henry Fairbank, Durham, N.C., 2:17:2. 60-64: John Wall, Baltimore, Md., 2:23:2. 65-69: Bill Anspach, unal., 2:27:7. 70-74: Harold Chapman, Honolulu, 2:31:51. 75-79: Paul Spangler, unal., 2:30:3 (world age-group record; old mark 2:30:4 by Spangler, 1976).
- 400-METER HURDLES** — 40-44: Vandolf Parish, N. Calif., 1:02:13. 50-54: Jack Greenwood, Medicine Lodge, Kan., 58:01 (world age-group record; old mark 1:02:4 by Wally Sheppard, 1972). 55-59: Robert Hunt, San Diego, 1:03:4. 60-64: Vince Godfrey, San Diego, 1:19:83. 65-69: Ted Hatten, unal., 1:26:76. 70-74: Herbert Anderson, Bellevue, Wash., 2:00.
- TRIPLE JUMP** — 40-44: Fred White, Dallas, Tex., 31-4. 45-49: Joe Caruso, N. Calif., 26-7. 70-74: Winfield McFadden, San Diego, 27-5.
- 5,000-METER WALK** — 40-44: Rudy Holzu, N. Calif., 22:13. 45-49: Robert Fine, New York, 25:47. 55-59: Don Jacobs, Portland, 33:57. 65-69: Larry O'Neill, Kaisel, Mont., 30:09. 70-74: Stan Thompson, 34:42.
- WOMEN'S 5,000-METER WALK** — Catherine Smith, N. Calif., 33:53.
- JAVELIN** — 40-44: Phil Conley, Woodside, Calif., 70-45. 45-49: Hal Wallace, Snohomish, Wash., 150-3. 60-64: Ke Corning, unal., 119-4. 70-74: Albert Reiser, unal., 104-5. 75-79: Buell Crane, Twin Falls, Idaho, 71-8/4.
- HIGH JUMP** — 50-54: Jack Greenwood, Medicine Lodge, Kan., 52-5/8. 55-59: Bob Morcom, Philadelphia, 54-4.
- LONG JUMP** — 40-44: Hans Bruhner, N. Calif., 16-1/2. 45-49: Joe Caruso, unal., 14-5/8. 70-74: Albert Reiser, unal., 13-9. 75-79: Buell Crane, Twin Falls, Idaho, 13-1/2.

September 12, Santa Monica. Fourth Annual "Striders 50" & SPAAAU 50

- Male Championships, Santa Monica College track:**
- | | |
|------------------------------|---------|
| 1) Frank Bozanich (32)SDTC | 5:30:31 |
| 2) Bob Branch (30)CCAC | 6:02:19 |
| 3) Andrew Levinson (28)STC | 6:18:46 |
| 4) Conrad Eroen (47)STC | 6:36:30 |
| 5) Greg Hill (10)STC | 6:49:29 |
| 6) Alex Kisfaludy (31)SDTC | 7:28:22 |
| 7) Walter Shiel (25)ArizTrck | 7:45:32 |
| 8) Joe Klass (54)STC | 7:58:55 |
| 9) Donna Gookin (39)SDTC | 8:29:42 |
| 10) John Montoya (64)STC | 8:33:11 |
- /Tom Sturak/

September 12, San Francisco. 1976 PA-AAU 25 Kilo Championships at Golden Gate Park:

- | | |
|-------------------------|---------|
| 1) Jim Nuccio | 1:18:59 |
| 2) Bill Seaver | 1:20:18 |
| 3) Ron Zarate | 1:20:20 |
| 4) Jan Serphen | 1:21:51 |
| 5) Bill Clark | 1:22:37 |
| 6) Denis O'Halloran | 1:23:26 |
| 7) John Routh | 1:23:37 |
| 8) Gene Fitzgerald | 1:23:40 |
| 9) Mark Proteau | 1:24:08 |
| 10) Daryl Zapata | 1:24:19 |
| 11) Russ Black | 1:24:33 |
| 12) Rich Vasquez | 1:24:40 |
| 13) Paul Thompson | 1:25:21 |
| 14) Tad Woliczko | 1:25:45 |
| 15) Dennis Tracy | 1:26:50 |
| 16) Dave Muela | 1:27:29 |
| 17) Gary Goettelmann | 1:27:46 |
| 18) Jake White | 1:28:13 |
| 19) John Clary | 1:28:14 |
| 20) Bob Woodliff | 1:28:20 |
| 21) Mike Conroy | 1:28:34 |
| 22) Tim Swezey | 1:29:05 |
| 23) Ralph Bowles | 1:29:09 |
| 24) Keith Kruse | 1:29:17 |
| 25) David Warren | 1:29:36 |
| 26) John Notch | 1:29:37 |
| 27) Jack Kleinbach | 1:29:39 |
| 28) Greg Mandanis | 1:30:04 |
| 29) Gilbert Dean | 1:30:06 |
| 30) Greg Jewett | 1:30:37 |
| 31) Doug Black | 1:30:50 |
| 32) Glenn Dean | 1:30:54 |
| 33) Bill Benz | 1:31:27 |
| 34) Dick Ratliff | 1:31:28 |
| 35) Bob Lange | 1:31:43 |
| 36) Cliff Stewart | 1:31:50 |
| 37) Bob Myers | 1:31:40 |
| 38) Edward Lee | 1:32:10 |
| 39) Roger Bryan * | 1:32:10 |
| 40) Mike Plummer | 1:32:24 |
| 41) Ray Orwig | 1:32:32 |
| 42) Bill Peck | 1:32:34 |
| 43) Byron Richardson | 1:32:44 |
| 44) Mike Huffman | 1:32:46 |
| 45) Robert Welick | 1:33:00 |
| 46) Sonny Reynaga | 1:33:04 |
| 47) Bill Long | 1:33:27 |
| 48) Jim Moore | 1:33:51 |
| 49) Mike Gulli | 1:33:59 |
| 50) Terry Casey | 1:34:06 |
| 52) Jack Jamieson * | 1:34:14 |
| 59) Jim Nicholson | 1:35:28 |
| 74) Bruce Carradine * | 1:37:12 |
| 107) Diane Williams (w) | 1:41:33 |
| 166) Ruth Anderson (*w) | 1:49:55 |
| 178) Jeanie Kayser (*w) | 1:51:30 |
| 203) Karen Scannel (w) | 1:56:53 |
| 211) Gail Gustafson (w) | 1:58:32 |

- | | |
|--------------------------------|-------|
| 42) Jamie Lynch (un) | 45:42 |
| 43) Karen Scannel (Pamaki) | 45:48 |
| 44) Jeanette Cotte (WVTC) | 45:55 |
| 45) Kathy Armbruster (un) | 46:49 |
| 46) Marilyn Brandt (AggieRC) | 47:00 |
| 47) Camille Lee (un) | 47:01 |
| 48) Hilary Bray (ArrowTC) | 47:11 |
| 49) Barbara Carlson (NCS)40+ | 47:12 |
| 50) Laureen Desotel (Woodside) | 47:19 |
- 102 finishers
- | | |
|------------------------|---------|
| Teams: Iowa State Univ | 1:47:32 |
| San Jose Cindergals | 1:49:56 |
| West Valley TC | 1:55:46 |
- /Jack Leydig/

September 18

MOORPARK INVITATIONAL AT MOORPARK COLLEGE Varsity Large Schools

1. Ramon Morales (Camarillo) 9:54. 2. Larry Prislac (Simi Valley) 10:02. 3. Harrington (Santa Monica) 10:03. 4. Jerry Wise (Hueneme) 10:04. 5. Bill Watkins (Rolling Hills) 10:05. 6. Lloyd Goss (Rolling Hills) 10:11. 7. Kurt Houk (Oxnard) 10:22. 8. Ray Knerr (Simi Valley) 10:13. 9. Steve Smith (Newbury Park) 10:14. 10. Scott Wilkins (Oxnard) 10:15.
- Team Scores: Newbury Park 83, Simi Valley 103, Santa Monica 105, Hueneme 106, Rolling Hills 138, Thousand Oaks 148, Oxnard 158, Dos Pueblos 159, Mira Costa 197, Royal 233, Camarillo 251, Buena no score.

Varsity Medium

1. Bob Nunez (Lompoc) 10:00. 2. David Mendoza (Walnut) 10:12. 3. Joe Martin (Quartz Hill) 10:15. 4. Underwood (Crespi) 10:20. 5. David Allen (Walnut) 10:23. 6. John Johnson (Palmdale) 10:25. 7. Scott Coe (Lompoc) 10:28. 8. Steve Southall (Lompoc) 10:29. 9. Carlo Galvan (Quartz Hill) 10:30. 10. Jeff Holovbek (Lompoc) 10:31.
- Team Scores: Lompoc 41, Walnut 47, Crespi 77, Quartz Hill 96, Torrance 146, Palmdale 149, Antelope Valley 158.

Varsity Small

1. John Fagnant (Santa Clara) 9:59. 2. Tod Fram (La Canada) 10:01. 3. Wielenga (Bellflower) 10:04. 4. Jeff Thompson (La Canada) 10:12. 5. Vince Santistevan (Santa Clara) 10:31. 6. Pete Magill (La Canada) 10:33. 7. Steve Cullister (La Canada) 10:33. 8. Zarley (Bellflower) 10:35. 9. Rob Branti (Carpinteria) 10:37. 10. Fred Terrazas (Santa Paula) 10:41.
- Team Scores: La Canada 36, Bellflower 79, Santa Paula 84, Santa Clara 89, Carpinteria 101, Rio Mesa 146, Lawndale 160, Miraleste 206, Atascadero no score.

Varsity Girls

1. Kelly Wells (Quartz Hill) 11:42. 2. Michele Bush (Rolling Hills) 12:14. 3. Susan Lane (Mira Costa) 12:44. 4. Marina Perez (Hueneme) 12:45. 5. Dede Tracy (Antelope Valley) 12:53. 6. Linda Bottic (Miraleste) 12:54. 7. Libby Corley (Quartz Hill) 12:55. 8. Antoniewicz (Santa Monica) 12:56. 9. Pam Reese (Quartz Hill) 12:57. 10. Cathy Fulkerson (Camarillo) 14:00.
- Team Scores: Hueneme 75, Quartz Hill 77, Antelope Valley 112, Rolling Hills 115, Camarillo 117, Santa Monica 138, No score teams: Mira Costa, Bellflower, Compton, Miraleste, San Dimas, La Canada, Royal, Palmdale.

Junior College Small Schools

1. Scott Blackburn (Moorepark) 20:27. 2. Jay Rubino (Glendale) 20:29. 3. Santizo (Santa Barbara) 20:39. 4. Brenneman (Canyons) 20:53. 5. McCann (Citrus) 21:08. 6. Dowling (Santa Ana) 21:13. 7. Kinsler (Ventura) 21:20. 8. Alvarez (Santa Ana) 21:22. 9. Starnieri (Glendale) 21:24. 10. Cory (Glendale) 21:24.
- Team Scores: Santa Ana 83, Canyons 91, Moorepark 102, Glendale 105, Ventura 158, Southwestern 167, Chaffey 170, Citrus 200, Saddleback 201, Santa Barbara 258.

Junior College Large Schools

1. Burkin (LA Valley) 20:15. 2. Prine (San Diego Mesa) 20:30. 3. Silva (LA Valley) 20:37. 4. Ebner (MI. Sac) 20:38. 5.

September 18, 8th Annual Double Dipsea -- Stinson Beach to Mill Valley. 13.6 Mile:

- | | | |
|----------------------------|---------|-----|
| 1) James Nicholson (45) | 1:53:40 | Hcp |
| 2) Homer Latimer (37) | 1:43:47 | 9 |
| 3) J. H. Langford (32) | 1:43:57 | 9 |
| 4) Bob Biancalana (51) | 2:03:10 | 25 |
| 5) Darryl Heardall (39) | 1:48:20 | 9 |
| 6) Don Chaffee (37) | 1:49:18 | 9 |
| 7) Ralph Faffenbarger (53) | 2:05:42 | 25 |
| 8) Robert Malain (49) | 2:01:37 | 20 |
| 9) Paul Thompson (29) | 1:42:49 | |
| 10) Bob Bunnell (26) | 1:42:56 | |
| 11) Rick Trujillo (28) | 1:44:15 | |
| 12) Art Wagoner (50) | 2:09:17 | 25 |
| 13) Denis O'Halloran (24) | 1:45:23 | |
| 14) David Warren (35) | 1:54:26 | 9 |
| 15) James Williams (30) | 1:54:50 | 9 |
| 16) Bob Hottel (44) | 2:02:20 | 15 |
| 17) Edwin Jerome (33) | 1:56:59 | 9 |
| 18) Paul Holmes (40) | 2:03:17 | 15 |
| 19) Orin Dahl (41) | 2:03:32 | 15 |
| 20) Ted Quintana (21) | 1:49:32 | |
| 21) Kevin Reynolds (15) | 1:58:59 | 9 |
| 22) Bob Wright (53) | 2:15:29 | 25 |
| 23) Bob Hoffman, Jr. (15) | 1:59:40 | 9 |
| 24) David Sharp (45) | 2:11:12 | 20 |
| 25) Rodney Cowbray (29) | 1:51:13 | |
| 26) Dennis Gustafson (33) | 2:00:20 | 9 |
| 27) Edward Lee (33) | 2:00:47 | 9 |
| 28) Dick Commons (44) | 2:07:13 | 15 |
| 29) Bill Kirchmier (45) | 2:12:31 | 20 |
| 30) Dennis Ugly (52) | 2:17:50 | 25 |
| 35) Mary Etta Boitano (13) | 2:23:50 | 30 |
| 47) Mary Tiscornia (31) | 2:28:21 | 30 |
| 51) Eileen McGowan (39) | 2:28:41 | 30 |
- 275 finishers /Walt Stack/

september 18

Prep Cross Country

LONG BEACH INVITATIONAL

DIVISION ONE: INDIVIDUAL

- 1. Lugo (San Fernando) 9:22. 2. Trauba (Kennedy, Granada Hills) 9:29. 3. Duarte (SF) 9:38. 4. Grant (LB) 9:39. 5. Crider (Arcadia) 9:44. TEAM—1. Lakewood, 9:52. 2. LB Wilson, 10:2. 3. Palos Verdes, 13:5. 4. tie between LB Jordan and Kennedy (Granada Hills), 14:3.
- DIVISION TWO: INDIVIDUAL
- 1. P. Shirley (ND soph) 9:24. 2. B. Shirley (ND soph) 9:34. 3. Morales (Camarillo) 9:34. 4. Harden (S) 9:50. 5. Grimm (Workman) 9:51. TEAM—1. Notre Dame (SO),

90-101: 45-49: Shirley Davidson, Corona, Calif., 19-35.
WOMEN'S 800 METERS — Miriam Gerard, N. Calif., 2:40.19.
800 METERS — 40-44: Pete Richardson, San Diego, 2:11.1; 45-49: Vic Stephens, Vancouver, B.C., 2:08.1; 50-54: George Pulerbaugh, Lake Oswego, 2:10.24; 55-59: Henry Fairbank, Durham, N.C., 2:17.2; 60-64: John Wall, Baltimore, Md., 2:35.2; 65-69: Bill Anderson, unat., 2:27.9; 70-74: Harold Chanson, Honolulu, 2:27.51; 75-79: Paul Spangler, unat., 2:20.3 (world age-group record, old mark 3:20.4 by Spangler, 1976).
100-METER HURDLES — 40-44: Vandell Parish, N. Calif., 1:28.13; 50-54: Jack Greenwood, Medicine Lodge, Kan., 58.01 (world age-group record, old mark 1:03.6 by Wally Sheppard, 1973); 55-59: Robert Hunt, Beverly Hills Striders, 1:03.6; 60-64: Vance Godfrey, San Diego, 1:19.83; 65-69: Wilfred Bielew, N. Calif., 1:26.76; 70-74: Herbert Anderson, Bellevue, Colo., 2:20.
TRIPLE JUMP — 60-64: Fred White, Dallas, Tex., 31-4; 65-69: Joe Caruso, N. Calif., 26-7; 70-74: Winfield McFadden, San Diego, 27-5.
5,000-METER WALK — 40-44: Rudy Holusz, N. Calif., 22:13; 45-49: Robert Fine, New York, 23:47; 55-59: Don Jacobs, Portland, 33:57; 65-69: Larry O'Neill, Kailispeil, Mont., 30:09; 70-74: Erkki Lahdenperä, San Diego, 34:42.
WOMEN'S 5,000-METER WALK — Catherine Smith, N. Calif., 33:53.
JAVELIN — 40-44: Phil Conley, Woodside, Calif., 20' 45-49: Hal Wallace, Snohomish, Wash., 150-5; 60-64: Ke Corrine, unat., 119-0; 70-74: Albert Reiser, unat., 104-5; 75-79: Buell Crane, Twin Falls, Idaho, 71-8 1/4.
HIGH JUMP — 50-54: Jack Greenwood, So. California, 5-2; 55-59: Boo Morcom, Philadelphia, 5-4.
LONG JUMP — 40-44: Hans Schneider, West Germeny, 16-1/2; 65-69: Joe Caruso, unat., 14-5/8; 70-74: Albert Reiser, unat., 13-9; 75-79: Buell Crane, Twin Falls, Idaho, 8-1/2.
WOMEN'S MARATHA FAIRBANK, No. California, 9:11.
10,000 METERS — 40-44: Ray Hutton, Bend, 32:0; 50-54: Jim O'Neill, San Francisco, 33:30 (American age-group record, old mark 34:10 by O'Neill, 1976).
100-METER PRELIM HEATS — 40-44: Heat 1: Milton Newton Jr., Beverly Hills, Calif., 11:46; Heat 2: Jir Weaver, Ft. Worth, Tex., 11:20; 45-49: Dick Martin, So. Diego, 11:78; 50-54: Jack Greenwood, So. California, 12:1

37) GILLI STEWART 1:31:50
 38) Bob Myers 1:31:40
 39) Edward Lee 1:32:10
 40) Roger Bryan * 1:32:10
 41) Mike Plummer 1:32:24
 42) Ray Orwig 1:32:32
 43) Bill Peck 1:32:34
 44) Byron Richardson 1:32:44
 45) Mike Huffman 1:32:46
 46) Robert Wellck 1:33:00
 47) Sonny Reynaga 1:33:04
 48) Bill Long 1:33:27
 49) Jim Moore 1:33:51
 50) Mike Gulli 1:33:59
 51) Terry Casey 1:34:06
 52) Jack Jamieson * 1:34:14
 53) Jim Nicholson 1:35:28
 54) Bruce Carradine * 1:37:12
 107) Diane Williams (w) 1:41:33
 166) Ruth Anderson (*w) 1:49:55
 178) Jeanie Kayser (*w) 1:51:30
 203) Karen Scannell (w) 1:56:53
 211) Gail Gustafson (w) 1:58:32
 * = master
Team Scores:
 Senior Men -- West Valley TC
 Excelsior TC
 Pamakids
 West Valley TC
 Senior Women -- Pamakids
 West Valley TC
 Masters Men -- NCSTC
 Masters Women -- NCSTC
 /Jack Leydig/

September 5. Nevada,
 Silver State Marathon

/Skip Houk/

Place	Name	Time	Division
1	Bob Cooper #193-Sacramento, CA	2:39.09	M-Open
2	Skip Houk #2-Reno, NV	2:43.15	M-Open
3	Clayton Steinko #55-Eugene, OR	2:48.37	M-Open
4	Lynn Mentzer #90-Reno, NV	2:52.22	M-HS
5	Greg Mandanis #181-Belmont, CA	2:53.22	M-HS
6	Dennis Stansauk #161-Rosedale, CA	2:55.30	M-Open
7	Roger Bryan #87-San Jose, CA	2:56.04	M-40-49
8	Dennis Rennie #273-Citrus Hgts., CA	2:57.07	M-Open
9	Kevin Collins #243-Reno, NV	2:57.46	M-Open
10	T.J. Lokke #53-Reno, NV	2:59.15	M-HS
11	Edwin Jerome #267-Sunnyvale, CA	2:59.38	M-Open
12	Frank Lemus #188-Sparks, NV	3:00.40	M-Open
13	Bill Peck #209-Wasco, CA	3:02.57	M-35-39
14	Kees Tuinzing #81-San Rafael, CA	3:04.41	M-Open
15	Tyson Hadley #175-Pacerville, CA	3:07.26	M-40-49
16	Byron Richardson #105-Mill Valley, CA	3:08.33	M-Open
17	Doug Rennie #235-Citrus Hgts., CA	3:10.53	M-35-39
18	Daniel Brown, MD #30-Bend, OR	3:13.00	M-35-39
19	Robert Ogg #263-Reno, NV	3:13.43	M-Open
20	Brian Stansauk #162-Rosedale, CA	3:15.04	M-Open
21	John Lavin #148-Reno, NV	3:15.59	M-Open
22	Art Waggoner #65-Sacramento, CA	3:16.06	M-50-59
23	Austin Angeli #37-So. Lk. Tahoe, CA	3:17.12	M-Open
24	Tom Purkiss #110-Mammoth Lks., CA	3:17.31	M-40-49
25	Greg Nelson #136-Reno, NV	3:17.37	M-Open
26	Aaron Goldman #124-Davis, CA	3:18.21	M-40-49
27	Mark Wynne #117-Elko, NV	3:18.38	M-Open
28	Jay Clark #36-Honolulu, HI	3:19.12	M-40-49
29	Tom Lucas #192-Redwood City, CA	3:19.27	M-HS
30	Walt Currier #140-So. Lk. Tahoe, CA	3:19.28	M-40-49
31	Richard Edson #248-Sacramento, CA	3:20.10	M-Open
32	Noel Lincicome #239-Reno, NV	3:20.53	M-Open
33	C. David Wilday #214-Reno, NV	3:21.07	M-Open
34	Gary Stansauk #160-Rosedale, CA	3:21.10	M-Open
35	Steve Parker #9-Reno, NV	3:21.35	M-35-39
36	Bob Lualhati #83-San Bruno, CA	3:22.11	M-40-49
37	Kevin Buchanan #116-Reno, NV	3:22.22	M-Open
38	Paul Holmes #61-Sacramento, CA	3:22.57	M-40-49
39	Robert Jensen, MD #23-Vancouver, WA	3:23.50	M-Open
40	Fred Pinkerton #76-Reno, NV	3:24.10	M-35-39
41	Stephen D. Dow, MD #7-Reno, NV	3:24.45	M-40-49
42	Calvin Lau, DDS #163-Los Angeles, CA	3:24.59	M-Open
43	Robert Johnson, DDS #12-Reno, NV	3:25.36	M-40-49
44	Donald Putter #154-Sonoma, CA	3:25.50	M-35-39
45	James R. Ray, MD #22-Hobbs, NM	3:26.31	M-35-39
46	James Kemp #207-Denver, CO	3:26.41	M-Open
47	Anthony Gomes #208-Denver, CO	3:26.41	M-Open
48	Paul Reese #718-Sacramento, CA	3:26.45	M-50-59
49	Robert Ortiz #197-Huntington Bch., CA	3:26.46	M-35-39
50	V.I. Wesner #240-Cottonwood, CA	3:27.01	M-Open
51	Pat Downey #220-Tahoe City, CA	3:27.42	M-Open
52	Bruce Brinkema #151-N. Hollywood, CA	3:27.42	M-40-49

September 12. San Francisco. 1976
 National AAU Sr. Women's 10-Kilo
 Championships at Golden Gate Park:

1)	Cyndy Poor (SJC)	34:32.4
2)	Judy Graham (un)	34:57
3)	Peg Neppel (Iowa St U)	35:36
4)	Katy Schilly (IowaStU)	35:50
5)	Carol Cook (Iowa St U)	36:04
6)	Vicky Bray (SJC)	36:11
7)	Carol Urish (Houston, Tx)	37:02
8)	Leal-Ann Reinhart (SPVTC)	37:08
9)	Judy Gumbs (WVTC)	37:38
10)	Stacey Kearns (PeachBowl)	37:59
11)	Nadia Garcia (SDTC)	38:25
12)	Joan Ulyot (WVTC)	38:40
13)	Karen Bain (un)	38:52
14)	Sharon Furtado (WVTC)	38:52
15)	Dede Mavis (SJC)	39:03
16)	Peggy Lyman (WVTC)	39:06
17)	Sally McPherson (SJC)	39:13
18)	Phyllis Olrich (WVTC)	39:16
19)	Diane Williams (PchBowl)	39:18
20)	Ann Wotherspoon (SJC)	39:27
21)	Kathy Himmelberger (WVTC)	39:38
22)	Tracy Weber (SJC)	40:12
23)	Skip Swannack (WoodStrid)	40:59
24)	Sandy Briscoe (WVTC)	41:52
25)	Nina Beattie (NapavlyRun)	41:54
26)	Jeanie Kayser-Jones (40+)	42:14
27)	Ruth Anderson (NCS)	42:32
28)	Peggy Stok (WoodsideStr)	42:57
29)	Pat Whittingslow (Pamak)	43:10
30)	Yvette Cotte (WVTC)	43:35
31)	Karin Stok (WoodsideStr)	43:45
32)	Joanne Shearer (SJC)	43:55
33)	Peggy Lavelle (Millblns)	44:25
34)	Ruth Waters (NCS)	44:40
35)	Connie Cunneen (Millblns)	44:54
36)	Moir Casey (Excelsior)	45:02
37)	Ellen Clark (WVTC)	45:11
38)	Carroll O'Conner (NCS)	45:12
39)	Elaine Miller (un)	45:15
40)	Gail Gustafson (un)	45:18
41)	Eva Casey (Excelsior)	45:32

september 18

Prep Cross Country

LONG BEACH INVITATIONAL

DIVISION ONE: INDIVIDUAL

—1. Lugo (San Fernando), 9:22; 2. Trauba (Kennedy, Granada Hills), 9:29; 3. Duarte (SF), 9:38; 4. Grant (LBJ), 9:39; 5. Crider (Arcadia), 9:44. TEAM—1. Lakewood, 9:55; 2. LB Wilson, 10:2; 3. Palos Verdes, 13:5; 4. tie between LB Jordan and Kennedy (Granada Hills), 14:3.

DIVISION TWO: INDIVIDUAL

—1. P. Shirley (ND soph), 9:24; 2. B. Shirley (ND soph), 9:34; 3. Morales (Camarillo), 9:34; 4. Harden (S), 9:50; 5. Grimm (Workman), 9:51. TEAM—1. Notre Dame (SO), 10:7; 2. Mira Costa, 8:8; 3. Sonoma, 10:4; 4. Pacifica, 11:0; 5. Nogales, 12:3.

DIVISION THREE: INDIVIDUAL—1. Alvarez (Coachella Valley), 9:23; 2. Avila (Can), 9:28; 3. Lundgren (St. Joseph), 9:38; 4. Congdon (SP), 9:41; 5. Zachery (SP), 9:43. TEAM—1. South Pasadena, 7:6; 2. Cantwell, 7:8; 3. El Dorado, 8:9; 4. Crespi, 11:2; 5. Cathedral, 12:1.

AZUSA INVITATIONAL

SENIOR: INDIVIDUAL—1. Hoffman (Charter Oak), 10:05; 2. Gonzalez (SG) 10:11; 3. Sullivan (Glendora), 10:36; 4. Acuna (Bassett), 10:45; 5. Taylor (CO), 10:55. TEAM—San Gabriel.

JUNIOR: INDIVIDUAL—1. Sena (B), 10:15; 2. Gruber (South Hills), 10:16; 3. Fox (Glendora), 10:35; 4. Vasquez (B), 10:40; 5. St. Pierre (Gladstone), 10:41; 6. Lofich (Bassett), 10:43; 7. Ardessi (Rosemead), 10:44. TEAM—Bassett.

SOPHOMORE: INDIVIDUAL—1. Benavidez (Bassett), 10:05; 2. Hogshead (Glendora), 10:40. TEAM—Glendora.
FRESHMAN: INDIVIDUAL—Longacre (San Gabriel), 12:11. TEAM—Rosemead.
 Note: Bassett had overall best time of 52:28. Last year they ran 54:03.

MAMMOTH INVITATIONAL

LARGE: INDIVIDUAL—1. Cessor (H), 11:06; 2. Christensen (E), 11:19; 3. Lansdon (E), 11:22; 4. Goldstein (E), 11:34; 5. Wiggins (PV), 11:38; 6. Arciniega (E), 11:48; 7. Scott (H), 11:52; 8. Slobom (E), 11:53; 9. Howard (H), 11:55; 10. McManus (PV), 11:57. TEAM—1. Edison, 23; 2. Hawthorne, 44; 3. Palos Verdes, 63; 4. Rowland, 124; 5. Burroughs (R), 132.

SMALL: INDIVIDUAL—1. Peters (B), 11:39; 2. Murphy (M), 11:40; 3. Kohrt (B), 11:43; 4. Martinez (B), 11:51; 5. Gray (B), 11:52; 6. Smith (B), 11:53. TEAM—1. Bishop, 19; 2. El Dorado, 50; 3. Mammoth, 78; 4. Bishop Montgomery, 102; 5. Servite, 117.

GIRLS: INDIVIDUAL—1. Presnell (Mammoth frosh), 13:12; 2. Sersum (Bishop), 13:28; 3. Shantele (Burroughs, Ridge), 13:35; 4. Hatter (Mammoth frosh), 13:40.

/Vern Gambetta/

Team Scores: Hueneme 75, Quartz Hill 77, Antelope Valley 112, Rolling Hills 115, Camarillo 117, Santa Monica 138. No score teams: Mira Costa, Bellflower, Compton, Miraleste, San Dimas, La Canada, Royal, Palmdale.

Junior College Small Schools

1. Scott Blackburn (Moorpark) 20:27, 2. Jay Rubino (Glendale) 20:29, 3. Santizo (Santa Barbara) 20:39, 4. Breneman (Canyons) 20:53, 5. McCann (Citrus) 21:08, 6. Dowling (Santa Ana) 21:13, 7. Kinsler (Ventura) 21:20, 8. Alvarez (Santa Ana) 21:22, 9. Starinieri (Glendale) 21:24, 10. Cory (Glendale) 21:24.

Team Scores: Santa Ana 83, Canyons 91, Moorpark 102, Glendale 105, Ventura 158, Southwestern 167, Chaffey 170, Citrus 200, Saddleback 201, Santa Barbara 258.

Junior College Large Schools

1. Burkin (LA Valley) 20:15, 2. Prime (San Diego Mesa) 20:30, 3. Silva (LA Valley) 20:37, 4. Ebner (Mt. Sac) 20:38, 5. Hernandez (San Diego Mesa) 21:01, 6. Mapstead (San Bernardino) 21:02, 7. Croad (LA Valley) 21:04, 8. Jones (Mt. Sac) 21:10, 9. Hauser (Palomar) 21:13, 10. Zaragoza (Long Beach) 21:14.

Team Scores: Mt. San Antonio 58, San Diego Meas 81, Los Angeles Valley 94, Fullerton 98, Palomar 149, Long Beach 168, Fullerton "B" 175, MSAC "B" 221, San Bernardino 244, Rio Hondo 289, Pierce 329.

/Rich Romine/

September 19. Atascadero. Atascadero
 Colony Days Four Mile Run

1)	Ed Cadena (SLDC)	19:32
2)	Eric Huff (SLDC)	19:56
3)	Jim Warrick (CalPoly)	20:03
4)	Luis Arreola (SLDC)	20:03
5)	Bob Nanninga (WVTC)	20:26
6)	Stan Hockerson (CalPoly)	20:30
7)	John Beaton (SLDC)	21:20
8)	Jeff Small (UCTC)	21:24
9)	Jim Hiserman (DHRC)	21:36
10)	Key Pena (CDMTC)	22:00
11)	Richard Welch (SLDC)	22:01
12)	Brian Waterbury (SLDC)	22:09
13)	Walter Thompson (SLDC)	22:18
14)	Jim Casper (SLDC)	22:19
15)	Steve Johnson	22:23
16)	James Shearer (SLDC)	22:57
17)	Stan Rosenfield (SLDC)	22:59
18)	Barry Lant (ANS)	23:03
19)	Mike Barnes (SLDC)	23:29
20)	Jim Bunnell (SLO)	23:54
21)	Randy Baldwin	24:04
22)	Dave Farmer (SLDC)	24:14
23)	Jim Webb (SLDC)	24:14
24)	Hick Baldwin	24:36
25)	Jani Rouda (CalPoly)	24:42

/Stan Rosenfield/

September 14. Morgan Hill. Live Oak
 Road Running Club Cross Country Race,
 Master's 2.45 mile:

1)	Len Wallach	19:37
Open 2.45 mile:		
1)	R. Terry	16:08
2)	E. Robert	16:16
3)	Ken Gifford	16:31
4)	C. Santiago	16:46
5)	W. Pace	16:56

/Bill Flodberg/

September 19. Walnut Creek. Jim
Shettler Memorial/32nd Walnut Festival
Race, 5.575 miles:

1) Angel Martinez (Aggies)	27:41
2) Bill Seaver (WVTC)	27:47
3) Pete Sweeney (Aggies)	28:03
4) Mike Eary (Pama)	28:18
5) Randy Terraberry (Chico)	28:32
6) John Sheehan (WV)	28:41
7) Albert Lenichi (Aggies)	28:54
8) Peanut Harms (Aggies)	28:58
9) Grover Prowell (MercedTC)	29:00
10) Dennis Tracy (WV)	29:09
11) John Leeper (Aggies)	29:41
12) Mark Paine (Aggies)	29:49
13) Bryan Tracy (Marin)	29:56
14) Harry Ellis (Aggies)	30:01
15) Clark Jeffrey (Aggies)	30:06
16) Richard Smith (Chico)	30:12
17) Mike Sweeney (Aggies)	30:16
18) Ken Scalmanini (Pama)	30:18
19) George Martin (Aggies)	40:22
20) Kevin Rudy (Aggies)	30:24
21) Rudy Dressendorfer (Nitt)	30:27
22) Czermony Kaprys (Aggies)	30:27
23) Ralph Bowles (WVJS)	30:28
24) Mike Larson (MtVaca)	30:34
25) Dave Mills (Chico)	30:45
26) Damon Wood (UCBerk)	30:54
27) Mike Daugherty (Aggies)	30:58
28) Rich Chitwood (Aggies)	31:04
29) Dan Anderson (WV)	31:12
30) Jim O'Neill (OlymClub)	50:18
99) Carolyn Tiernan (WV) 1stw	38:07

Aggies 30, West Valley 101, WVJS 220,
Pamakids 254.

Girls Division

12/13 -- 1 Mile:	
1) Stacie Denison (un)	5:56
2) Deenna Pearson (BldrCrk)	6:02
3) Mary Gaffield (un)	6:16
4) Karen Morris (Roseville)	6:25
5) Kathy Ray (Oakland)	6:26

14/17 -- 2 Mile:	
1) Debbie Rudolph (Lassen)	12:40
2) Karen Nachbear (Orinda)	12:59
3) Karen Foster (Lassen)	15:01
4) Laddelle Treece (Lassen)	15:47
5) Sue Uptegrove (Lassen)	15:53

/Andrew MacCono/

September 19. Beverly Hills. 1st
Annual Beverly Hills 10 kilometer
Distance Run:

1) Gary Tuttle (28)	29:01
2) Jim Perez (30)	30:18
3) Terry Ziegler (25)	30:42
4) Tom Lee (27)	30:43
5) Ron Kurrele (28)	30:49
6) Dennis Caldwell (21)	30:59
7) Mary Luevana (20)	31:04
8) Rich Hart (23)	31:23
9) Vincent Engel (30)	31:25
10) Jerry Smart (45) 1st 40+	31:46
11) Leonard Cash (32)	31:51
12) Tom Edwards (19)	31:53
13) Robert Branch (30)	32:03
14) Robert Ridley (28)	32:08
15) Disqualified	
16) Bryan Long (17)	32:14
17) John Molson (19)	32:15
18) Enrique Serratos (20)	32:36
19) Bill Thompson (39)	32:37
20) William Crum (41)	32:37

September 25. Las Vegas. Las Vegas
Invitational, 4.25 Miles:

7th Man:	
1) Paul Fredrickson (UNR)	21:09.6
2) David Haake (CSUP)	21:22.6
3) Mike Ayon (NR)	21:32.7
6th Man:	
1) Mike Dagg (UNR)	21:06.3
2) Jim Trapp (NAV)	21:09.6
3) Mike Jurkovich (CSUP)	21:24.0
5th Man:	
1) Tony Ramirez (CSUP)	20:55.2
2) Bruce Williams (UNR)	21:02.5
3) Gary Close (UA)	21:10.1
4th Man:	
1) John Koning (UCI)	21:03.5
2) Bryan Foley (CSUP)	21:07.8
3) Rudy Munoz (UNR)	21:10.5
3rd Man:	
1) Steve Scott (UI)	20:26.6
2) Domingo Tibaduiza (UNR)	20:26.7
3) David Shoots (UA)	20:46.6
2nd Man:	
1) Eric Hulst (UCI)	20:09.2
2) Thom Hunt (UA)	20:29.5
3) Rob Waugh (UNA)	20:39.6
1st Man:	
1) Terry Cotton (UA)	20:04.7
2) Dave Murphy (UNR)	20:22.0
3) Ralph Serna (UI)	20:47.6
4) Ruben Reyes (NAV)	21:09.9
5) Brad Cruz (LV)	21:12.0
6) Gary Singer (CSUP)	21:17.5
7) Mike Munoz (NR)	21:26.4
8) Mark Cotich (CP)	22:52
U Nevada Reno 146:00.2, UC Irvine	
147:12.5, U of Arizona 147:59.5, Cal	
State Univ Fresno 148:20.7, N. Arizona	
U. 149:38.3, CSU Northridge 151:56.7,	
CalPoly Pomona 156:25.7, U of Nevada	
Las Vegas 158:38.0. /Red Bates/	

3) Sid Wolinsky (Turk St)	28:11
4) Frank Bean (VMTTC)	29:07
5) Joe Dana (un)	29:43
Open Women:	
1) Skip Swanick (WoodStrid)	29:01
2) Karin Stok (Wood Strid)	29:39
3) Peggy Stok (Wood Strid)	30:16
4) Regina Silva (ReddingTC)	30:47
5) Rebecca Simmie (un)	31:33

September 26. San Luis Obispo. 2nd
Annual City to Port 12 Mile Run--
San Luis Obispo to Port San Luis:

1) Eddy Cadena (SLO)	61:45
2) Bob Nanninga (SLO)	62:50
3) Anthony Reynoso (CalPoly)	65:00
4) Jim Warrick (CalPoly)	65:00
5) Randy Mysliwiec (CalPoly)	65:41
6) Luis Arreola (CalPoly)	66:02
7) Brian Waterbury (SLO)	66:10
8) John Beaton (GroverCity)	66:27
9) Jim Hiserman (SLO)	66:27
10) Jim Hurley (CalPoly)	67:58
11) Bryan Tracy (CalPoly)	68:29
12) Jim Casper (ArroyoGr)	68:47
13) Primo Ramos (SLO)	69:16
14) Walter Thompson (MorroBy)	70:17
15) Bob Lyons (CalPoly)	71:09
16) Stan Hockerson (CalPoly)	71:24
17) Jeff Small (CalPoly)	71:24
18) Stan Rosenfield (SLO)	72:33
19) Norm Pillsbury (BayPk)	72:52
20) Dave Farmer (SLO)	72:52
21) Jim Webb (SLO)	72:52
22) Phil Jones (SLO)	72:59
23) Dennis Hardsley (SLO)	72:59
24) K. C. Shaw (Atascadero)	73:04
25) Jani Rouda (CalPoly)	74:39

/Stan Rosenfield/

photo by Bud Hanson



September 26. Vacaville. Mt. Vaca
Hill Climb, 10.6 Miles:

1) Darryl Beardall	67:06
2) Bob Woodliff	68:56
3) Pete Hanson	72:12
4) Ross Rowley	75:02
5) Bob Malain (senior)	75:15
6) Larry Pugh	75:47
7) Jack Jamieson (senior)	75:47
8) Dave Cargill	77:04
9) Paul Holmes	77:14
10) Dana Bural	77:32

/Bill Flodberg/

September 29. Modesto. Center Meet
Girls:

1) Nascimento (Atwater)	13:01
2) Gavino (Dow)	13:06
3) Harrigfeld (Bey)	13:19
4) Crisp (Dow)	13:25
5) Dosey (At)	13:27

Boys:

1) Holmes (Downey)	15:29
2) Mkinstry (Merced)	15:58
3) Villegos (Merced)	15:58
4) Ochow (Merced)	16:13
5) Contreras (Merced)	16:14
6) Darby (Atwater)	16:15
7) Garcia (Merced)	16:19
8) Brunson (Atwater)	16:24
9) Flynn (Atwater)	16:29
10) Ortega (Davis)	16:30

September 30. Stanford Invitational
Boys Varsity Race #3-2.75 Miles:

1) Carlos Carrasco (MP)	12:59
2) Bob Love (Carl)	13:13
3) Reith (Fre)	13:15
4) Stan Ross (Serra)	13:22
5) Brewer (Leigh)	13:27
6) Mandanis (Carl)	13:29
7) Green (Ara)	13:46
8) Rohe (Sarat)	13:46
9) Ritt (Leigh)	13:50
10) Traedson (LosAlt)	13:51

Saratoga 72, Carlmont 84, Serra 98

Boys Varsity Race #4:

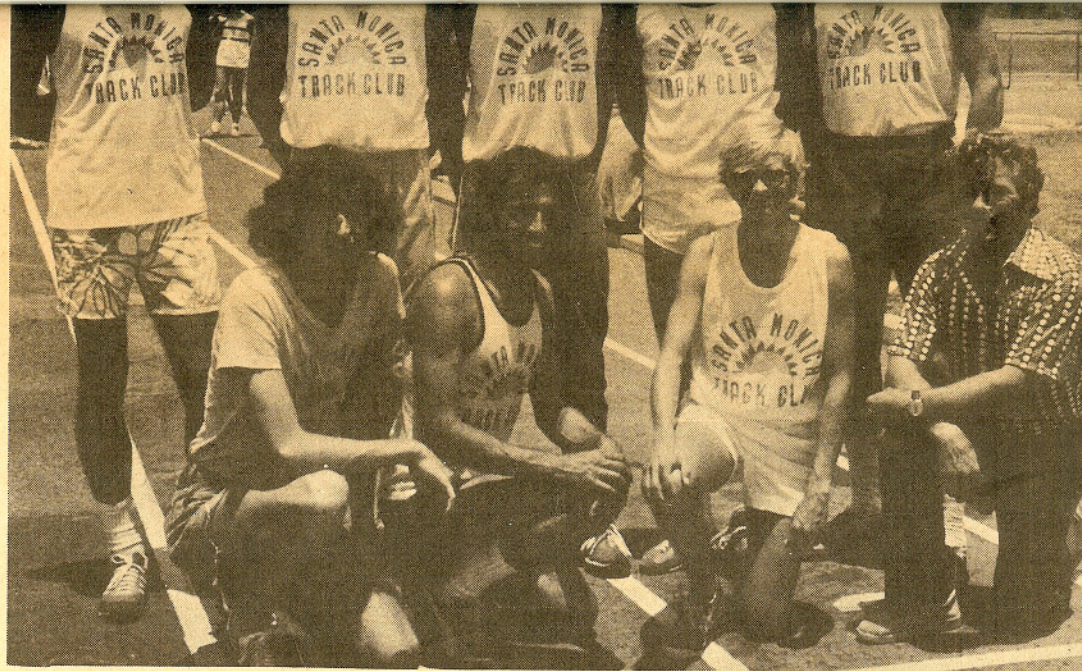
1) Sechrist (Pied)	13:28.8
2) Russell (Black)	13:57
3) Sanchez (Sun)	13:59
4) Godestein (Menlo)	14:06
5) Dolan (Bel)	14:07
6) Moore (Pied)	14:10
7) Thurston (MA)	14:11
8) Keenan (DM)	14:16
9) Walter (Black)	14:18
10) Tico (Cam)	14:21

Sunnyvale 114, Piedmont Hills 131,
Camden 166

Girls Race:

1) Taylor (Sun)	10:03
2) Fox (Home)	10:22
3) Vaughn (SC)	10:39
4) Kemp (Sarat)	10:44

September 19. Beverly Hills 1st Annual Beverly Hills 10 kilometer Distance Run:		
1) Gary Tuttle (28)	29:01	
2) Jim Perez (30)	30:18	
3) Terry Ziegler (25)	30:42	
4) Tom Lee (27)	30:43	
5) Ron Kurrle (28)	30:49	
6) Dennis Caldwell (21)	30:59	
7) Mary Luevana (20)	31:04	
8) Rich Hart (23)	31:23	
9) Vincent Engel (30)	31:25	
10) Jerry Smart (45) 1st 40+	31:46	
11) Leonard Cash (32)	31:51	
12) Tom Edwards (19)	31:53	
13) Robert Branch (30)	32:03	
14) Robert Ridley (28)	32:08	
15) Disqualified		
16) Bryan Long (17)	32:14	
17) John Molson (19)	32:15	
18) Enrique Serratos (20)	32:36	
19) Bill Thompson (39)	32:37	
20) William Crum (41)	32:37	
21) Michael Woodson (18)	32:37	
22) Rene Ruiz (33)	32:42	
23) Richard Crowell	33:02	
24) George Marshall (21)	33:04	
25) Taylor Alston (24)	33:08	
26) Gabriel Gross (25)	33:10	
27) Jim Flanigan (27)	33:25	
28) Mike Fero (17)	33:33	
29) Mike Tsoghal (26)	33:42	
30) Dennis Stansauk	34:03	
48) Miki Gorman (41) 1st W O	34:52	
67) Ray Gil (52) 1st 50+	35:44	
71) Vickie Cook (12) 1st W 15u	35:50	
82) Carole Csarnetski (2nd W 15u)	36:12	
97) Martha Solis (12) 3rd W 15u	36:36	
99) Patricia Garcia (32) 1st 30+	36:45	
106) Pamela Malel (21) 2nd W Op	37:08	
110) Rebecca Villalvazo (4-W 15u)	37:25	
261) Chick Dahlston (65) 1st 60+	42:59	
430 Finishers		
/K. N. Simpson/		



SPA 15 Kilo Championships, Santa Barbara, July 4: Winning Team, Santa Monica TC. Back row(l to r): Gary Nitti, Perry Forrester, Steve McCalley, Tom Bryant, Jerald Jones. Front row: Gordon Innes, Willie Rios, Tom Finley, and coach Joe Douglas.

September 25. Bakersfield. Bakersfield Bicentennial Six Miler

1) D. Villalobos	32:30
2) E. Granillo	33:45
3) C. Boatright	33:47
4) R. Rodriguez	34:02
5) J. Woods	34:05
6) R. Rodman (1st 31-39)	34:43
7) B. Peck	35:07
8) F. Reyes	35:15
9) F. Cross	35:22
10) F. Conteras	35:34
11) O. Rodriguez (1st 15u)	35:35
12) E. Lujan, Sr.	35:36
13) T. Oliver	36:14
14) J. Lopez	36:43
15) R. Nieberlein (1st 40-49)	36:56
16) J. Cowles	38:08
17) G. Hinz	38:26
18) W. Broyles	38:58
19) F. Fish	39:07
20) J. Ausborn	40:12
21) M. Aguirre	40:16
22) R. Aguirre	40:40
23) F. Cicone	40:46
24) H. Harder (1st 50+)	40:51
25) R. Solis	41:06
36) L. Wilson (1st 15u F)	45:24
44) D. Thomas (1st 31+ F)	47:59
45) N. Book (1st 16-30 F)	48:11

/Larry Arnt/

September 25. Sebastopol. Valley of the Moon Invitational Cross Country Spring Lake County Park, 4 Mile

1) Jiaro Vargas (U Nev)	21:12
2) Robert Kuhn (U Nev)	21:17
3) Jim Sane (U Nev)	21:24
4) Alan Sauer (U Nev)	21:30
5) Terry Sbarra (U Nev)	21:40
6) Hershell Jenkins (HerPack)	22:09
7) Willie Romero (U Nev)	22:20
8) Clark Rosen (Pama)	22:35
9) John Leemine (U Nev)	22:44
10) Darryl Beardall (un)	22:52
11) Mike Spino (Eslaen)	23:11
12) Ray Bonner (Turk St)	23:18
13) Don Swanson (un)	23:37
14) Dave Sjoestedt (VMTC)	23:48
15) Eric Peterson (un)	24:25
16) Kevin Christensen (Nev)	24:39
17) Ed Jerome (un)	24:40
18) Alan Watts (Pama)	24:46
19) David Cllingan (un)	24:51
20) Don Madronich (un)	25:14
21) Dan Goodwin (un)	25:15
22) Jack Hackmann (VMTC)	25:27
23) David Moon (Turk St)	25:34
24) Ron Kesecker (un)	25:39
25) Mack Merry (un)	25:57
Masters (40+):	
1) Roger Bryan (TRAC)	24:08
2) Bill Bugler (un)	26:00

October 2. Rohnert Park. 5th Annual Sonoma State 5 Mile Cross Country

Run at Sonoma State College	
1) Pete Sweeney (Davis)	25:32
2) Mark Proteau	26:08
3) Dave Hull	26:10
4) Jan Sershen	26:34
5) Pete Flores	26:35
6) Darryl Beardall	26:37
7) Paul Mells	26:41
8) David Boyet	26:46
9) Hersh Jenkins	26:52
10) R. Homer Latimer	27:00
11) Bob Barnett	27:23
12) Eric Benson	27:25
13) Cserwony Kaprys	27:26
14) Kevin Parex	27:29
15) Rick Pincombe	27:42
16) Jay Marlowe	27:45
17) Jim Bowles	28:14
18) Dan Smolich	28:15
19) Brian Hurdal	28:23
20) Robert Paredes	28:25
40) Bob Rush (Master)	31:36
46) Karen Bain (Woman)	33:05
52) Dick Pugett (Master)	34:20
62) Janice Bain (Woman)	35:54
64) Caron Schaumburg (Woman)	36:03
67) Kim Daniels (Woman)	37:07

/Bob Lynde/

8) Ritt (Leigh)	13:46
10) Traedson (LosAlt)	13:51
Saratoga 72, Carlmont 84, Serra 98	
Boys Varsity Race #4:	
1) Sechrist (Pied)	13:28.8
2) Russell (Black)	13:57
3) Sanchez (Sun)	13:59
4) Godestein (Menlo)	14:06
5) Dolan (Bel)	14:07
6) Moore (Pied)	14:10
7) Thurston (MA)	14:11
8) Keenan (DM)	14:16
9) Walter (Black)	14:18
10) Tico (Cam)	14:21
Sunnyvale 114, Piedmont Hills 131, Camden 166	
Girls Race:	
1) Taylor (Sun)	10:03
2) Fox (Home)	10:22
3) Vaughn (SC)	10:39
4) Kemp (Sarat)	10:44
5) Brown (MtView)	10:45
6) Himenes (SF)	10:54
7) Cotte (Cup)	10:55
8) Paulin (Cam)	10:59
9) Taylor (Sun)	11:01
10) Mallet (Bran)	11:02
St. Francis 102, Branham 142, Cupertino 147	

/Marshall Clark/

October 2

Cal State University, Northridge-Chaminade Invitational Varsity Large School

1. Phil Shirley (Notre Dame)	9:27.2
Traba (Kennedy)	9:34.3
Walterhouse (Mission Viejo)	9:35.4
La Bonte (Mission Viejo)	9:37.5
Avila (Cantwell)	9:37.6
Vic Goethals (Granada Hills)	9:42.7
Prislaac (Simi Valley)	9:43.8
Burt Shirley (Notre Dame)	9:48.9
Knerr (Simi Valley)	9:49.10
Edwards (Kennedy)	9:55.11
Goethals (Granada Hills)	9:57.12
Sanz (Cantwell)	10:01.13
Martin (Mission Viejo)	10:03.14
Matt Mann (Mission Viejo)	10:04.15
Lichten (Simi Valley)	10:05.16
Linton (Taft)	10:07.17
Macaulay (Notre Dame)	10:08.18
Bouillon (Simi Valley)	10:08.19
Radler (Granada Hills)	10:10.20
Moreno (Cantwell)	10:10.21

Team Scores: 1. Mission Viejo 69, 2. Simi Valley 75, 3. Granada Hills 88, 4. Notre Dame 94, 5. Kennedy 105, 6. Cantwell 106, 7. Chatsworth 212, 8. Taft 228, 9. Canoga Park 254, 10. Lawndale 293, 11. Hart 306, 12. Reseda 316, 13. Antelope Valley 330, Ventura no score.

High School Girls

1. Hobson (Canoga Park) 11:05.2. 2. Mills (Ventura) 12:23.3. Tracy (Antelope Valley) 12:34. 4. Valentine (Antelope Valley) 13:12. 5. Spadoni (Antelope Valley) 13:15. 6. McCormick (St. Monica) 13:20. 7. Duran (Nordhoff) 13:21. 8. Barrickman (Simi Valley) 13:21. 9. Baer (Nordhoff) 13:30. 10. Troutt (Simi Valley) 13:34. 11. Sinaleton (Nordhoff) 13:38. 12. Bruce (Hart) 13:40. 13. Howe (Hart) 13:50. 14. Rushing (Paraclete) 13:51. 15. Alvarado (Ventura) 13:52. 16. Barber (Antelope Valley) 13:54. 17. Berford (Chaminade) 13:56. 18. Hudson (Nordhoff) 13:60. 19. Taylor (Paraclete) 14:01. 20. Lechman (Ventura) 14:08.

Team Scores: 1. Antelope Valley 49. 2. Nordhoff 69. 3. Ventura 85. 4. Hart 152. 5. St. Monica 168. 6. Bell Jeff 190. Chaminade no score. Paraclete no score. Simi Valley no score. Canoga Park no score. Reseda no score. El Segundo no score.

Varsity Small School

1. Barrington (LA Baptist) 9:50.4. 2. John Fagnant (Santa Clara) 9:53. 3. Fitzgerald (Chaminade) 9:54. 4. Fisher (El Segundo) 9:55. 5. Santistevan (Santa Clara) 10:06. 6. Thommen (Alemany) 10:18. 7. Meissner (St. Genevieve) 10:21. 8. Terrazas (Santa Paula) 10:22. 9. Mark Ramirez (Santa Paula) 10:32. 10. Mario Ramirez (Santa Paula) 10:36. 11. Guerra (Santa Paula) 10:37. 12. Harter (El Segundo) 10:37. 13. Hoel (El Segundo) 10:38. 14. Baca (Santa Clara) 10:41. 15. Gross (Paraclete) 10:42. 16. Porter (Chaminade) 10:44. 17. Manuel Ramirez (Santa Paula) 10:45. 18. Coady (St. Genevieve) 10:46. 19. Blankenship (Pater Noster) 10:52. 20. Martinez (El Segundo) 10:54.

Team Scores: 1. Santa Pauls 55. 2. El Segundo 78. 3. Santa Clara 88. 4. Chaminade 114. 5. St. Genevieve 125. 6. Paraclete 170. 7. Nordhoff 201. 8. Alemany 218. 9. LA Baptist 227. 10. Bell Jeff 245. 11. Pater Noster 247. 12. Harvard 286. 13. Providence 367. 14. St. Monica 385.

/Rich Romine/

October 9

Kingsmen Invitational
Large School Varsity Race

1. Bradley (Newbury Park) 11:57.5. 2. Prislac (Simi) 12:03. 3. Knerr (Simi) 12:13. 4. Esparza (Newbury Park) 12:14. 5. Taylor (Newbury Park) 12:15. 6. Alley (Royal) 12:19. 7. Routh (Thousand Oaks) 12:21. 8. Smith (Newbury Park) 12:24. 9. Taylor (Thousand Oaks) 12:28. 10. Griffin (Sylmar) 12:30. 11. Nelson (Buena) 12:34. 12. Kelly (Newbury Park) 12:37. 13. Houk (Oxnard) 12:37. 14. Wilson (Royal) 12:40. 15. Frokier (Thousand Oaks) 12:42. 16. Carrillo (Sylmar) 12:42. 17. Rhoads (Oxnard) 12:48. 18. Metcalfe (Canoga Park) 12:49. 19. Marschik (Simi) 12:51. 20. Bouillon (Simi) 12:52. 21. McElvogue (Buena) 12:54. 22. Harman (Thousand Oaks) 12:58. 23. Renda (Buena) 12:59. 24. Fuoroli (Thousand Oaks) 13:03. 25. Wilkins (Oxnard) 13:05. 26. Spilman (Simi) 13:06. 17. Windham (Simi) 13:14. 28. Morales (Oxnard) 13:15. 29. Barnes (Buena) 13:15. 30. Lichten (Simi) 13:16.

Team Scores: 1. Newbury Park 30. 2. Simi 70. 3. Thousand Oaks 77. 4. Buena

October 2. Fresno. 12th Annual Fresno
Invitational Cross Country Meet

Junior High

Girls--7th & 8th (1.5 mile):

1) Brenda Wilcox (Clark) 9:35
2) Sandra Kearney (ClovisW) 9:48
3) Teri Espinoza (ClovisW) 9:51
4) Dawn Boyles (Clark) 10:16
5) Barber (Tenaya) 10:19

Girls--9th (1.5 mile):

1) Jennifer Heaton (ClovisW) 8:50
2) Tracy Satowski (Clark) 8:53
3) Erika Nielson (Clark) 9:14
4) Jennifer Martin (ClovisW) 9:28
5) Cathy Snyder (Ahwahnee) 9:43

Boys--7th Grade (2.0 mile):

1) LeRoy Rivera (Clark) 12:13
2) Moni Garcia (ClovisW) 12:15
3) Vallagas (Hoover) 12:15
4) Eli Martinez (Muir) 12:28
5) Brian Parfin (ClovisW) 12:32

Boys--8th (2.0 mile):

1) Sergio Perez (Muir) 11:03
2) Gary Gonzales (Clark) 11:08
3) Jerry Grieco (Ahwahnee) 11:16
4) Garcia (Tenaya) 11:20
5) Eddy Vervtia (Muir) 11:29

Boys--9th (2.0 mile):

1) John Hutchings (Hamilton) 10:56
2) Scott Chan (Sierra) 11:12
3) Solomon (Tenaya) 11:25
4) Blaine Anderson (Sierra) 11:27
5) Todd Obermano (ClovisW) 11:32

Girl's 7th/8th Team ----- Hamilton

Girl's 9th Team ----- Clovis West

Boy's 7th Team ----- Hoover, Merc

Boy's 8th Team ----- John Muir

Boy's 9th Team ----- Sierra

High School

Girls--1.5 mile:

1) Leann Stafford (Madera) 8:38
2) Isabell Jaramillo (Clovis) 8:50
3) Sandy McPherson (Clovis) 8:53
4) Becky Kamps (Fresno) 9:04
5) Ann Cox (Clovis) 9:08
6) Connie Hester (Chowchilla) 9:13
7) Jocelyn Sisson (Redwood) 9:18
8) Jaime Vener (Exeter) 9:19
9) Carol Contreras (Clovis) 9:23
10) Esther Villanueva (Mdra) 9:30

Team = Clovis

Varsity--Division I (Large Schools):

Team Scores

1) Hoover 51:53
2) Redwood 52:38
3) Bullard 53:27
4) Tulare 54:03
5) Clovis 54:10
6) Madera 54:49
7) Fresno 56:50
8) Roosevelt 57:31
9) McLane 65:06

#1 Man

1) Sal Lozano (Redwood) 10:01
2) Terry Taylor (Tulare) 10:04
3) Jess Garcia (Clovis) 10:13
4) G. Pope (Bullard) 10:14
5) Steve Hulce (Hoover) 10:25

#2 Man

1) Jim Grieco (Hoover) 10:17
2) Dan Jones (Redwood) 10:31
3) Scott Swensen (Clovis) 10:34
4) Robert Taylor (Tulare) 10:37

9) Richard Aguirre (FSU) 31:23
10) Mike Dagg (Reno) 31:26
11) Gary Singer (FSU) 31:27
12) Bryan Foley (FSU) 31:28
13) Robert Keihm (Reno) 31:31
14) Eddie Cadena (CalPoly) 31:31
15) Bill Maldeman (Stanford) 31:31
16) George Aguirre (FSU) 31:31
17) Luis Arreola (CalPoly) 31:35
18) Tony Ramirez (FSU) 31:38
19) Bradley Cruz (Las Vegas) 31:41
20) Darrel Cox (PnPacificTC) 31:44
21) Greg Eger (Stanford) 31:49
22) Anthony Reynoso (CalPoly) 31:55
23) Rudy Menez (Reno) 32:02
24) Frank Boutin (Stanford) 32:06
25) Jerry Emory (Stanford) 32:08
26) Gary Roemaster (PnPacificTC) 32:13
27) Fred Carnahan (SierraTC) 32:14
28) Jim Warrick (CalPoly) 32:15
29) Ray Temple (Las Vegas) 32:17
30) Grover Prowell (MercedTC) 32:20
31) Mike Jurkovich (FSU) 32:21
32) Tony Ybarra (Reno) 32:22
33) Tim Sane (Reno) 32:26
34) Mark Lotich (CalPoly) 32:28
35) Greg Morrison (CalPoly) 32:34
36) Alan Souer (Reno) 32:36
37) James Tilford (FSU) 32:40
38) Jario Vargas (Reno) 32:44
39) Stan Hockerson (CalPoly) 32:48
40) Willie Romero (Reno) 32:58

U. Nevada, Reno "A" = 24, Fresno

State = 43, Stanford = 88, U. Nevada

Reno "B" = 141, Cal Poly, SLO = 152, 15

Fresno Pacific TC = 153, U. Nevada

Las Vegas = 178, Cal Poly, Pom = 185, Atwater 108, Stagg 114, Merced 133.

Sierra TC = 257, Fresno TC = 275,

Fresno Pacific = 284, Claremont = 314

Cal State Bakersfield = 341.

College/Open Women (3.0 mile):

1) Ann Thrupp (Stanford) 17:40
2) Sue Munday (Las Vegas) 17:58
3) Molly O'Neil (Redlands) 19:30
4) Shelley Dunlop (un) 19:32
5) Sandy Briscoe (Stanford) 20:31
6) Pam Ashe (Redlands) 21:19
7) Mary Ann Maric (CSBkfld) 21:27
8) Margie Webber (CalPolyTC) 21:30
9) Audrey Picolli (Stanford) 21:37
10) Terese Lamb (Stanford) 21:50

Master's Men (6.0 mile):

1) Len Thornton (HSTC) 36:05
2) Gene Lynch (un) 38:19
3) Sid Toabe (HSTC) 38:45
4) Harry Harder (HSTC) 43:45
5) Joseph Carey (NCSTC) 45:45
6) James Martin (FJ) 49:25

October 2. Grass Valley. Nevada

Union Invitational

Boys:

1) Holmes (Downey) 15:17
2) Breuer (Mira Loma) 15:18
3) O'Neil (Jesuit) 15:24
4) avrit (Chico) 15:25
5) Navarro (Oakmont) 15:44
6) Gaul (Jesuit) 15:49
7) Otis (Mira Loma) 15:57
8) Foster (Jesuit) 16:01
9) Meyers (Oroville) 16:04
10) Radican (Mira Loma) 16:07

October 9. Merced. Merced Invita-
tional at Lake Yosemite

Girls (2.0 Mile):

1) Diane Miller (Turlock) 12:51
2) Karey Robinson (Frank) 13:04
3) LeaAnn Stafford (Madera) 13:13
4) Leona Nascimento (Atw) 13:24
5) Dora Nayaes (Downey) 13:31
6) H. Haggard (Lincoln) 13:33
7) Yvonne Darcy (Atwater) 13:37
8) Esther Villanueva (Mad) 13:43
9) K. Pasloc (Lincoln) 13:50
10) Georgia Crosson (Madera) 13:55
11) P. Maratore (Lincoln) 13:55
12) Ann Anderson (Lincoln) 14:01
13) Kelly Owen (Lodi) 14:23
14) Lillie Hughes (Merced) 14:36
15) Jody LeGate (Lodi) 14:38

Lincoln 39, Madera 40, Lodi 71,

Turlock 85, Merced 111, Tracy 162.

Boys (3.0 Mile):

1) George Teague (Cordova) 16:17
2) Steve Hulce (Hoover) 16:21
3) Jeff Baker (Stagg) 16:35
4) Dave Ragland (Cordova) 16:37
5) Munoz (Franklin) 16:47
6) Chris Schultz (Cordova) 16:50
7) Scott Thornton (Hoover) 16:52
8) Eric Little (Hoover) 16:53
9) Jim Grieco (Hoover) 16:55
10) Bob Darby (Atwater) 16:56
11) Greg McKinstry (Merced) 16:57
12) Ralph Walker (Hoover) 17:02
13) Rich Baker (Stagg) 17:09
14) Martin Szchereest (Cord) 17:11
15) Mike Vartanian (Hoover) 17:12

Hoover 41, Cordova 45, Franklin 84.

/Bill Mensing/

October 16. Stanford University. 3rd

Annual Stanford Invitational, Stanford

U. Golf Course

Women (3 Mile):

1) Graham (SJS) 18:51.2
2) Thrupp (SU) 18:56.5
3) Olrich (WVTC) 19:03.1
4) Anex (UCD) 19:29
5) Metteer (CAL) 19:56
6) Lyman (WVTC) 20:04
7) Himmelberger (WVTC) 20:08
8) Taylor, M. (Humboldt) 20:13
9) Bonacich (DA) 20:31
10) Gumbs (WVTC) 20:32
11) Mears (DA) 20:37
12) Grigsby (Humboldt) 20:41
13) McPherson (un) 20:46
14) Olavarri (CAL) 21:09
15) Van Horn (un) 21:21

UC Davis 40, Stanford U 55, UC Berke-

ley 64, DeAnza 71

40 Finishers

Men (10,000 meters):

1) Serna (UCI) 32:32.2
2) Sandoval (WVTC) 32:37.4
3) McCanless (LBS) 32:38.18
4) Hulst (UCI) 32:48
5) Scott (UCI) 32:52
6) Barton (un) 32:53
7) Pinocci (WVTC) 32:59
8) Dean (CAL) 33:04
9) Boit (un) 33:06
10) Fredrickson (un) 33:08
11) Innes (Humboldt) 33:10
12) Langford (FSU) 33:13

October 16

VILLA PARK INTERNATIONAL

RACE ONE--1. F. Assumma

(Eis), 10:17; 2. Christensen (Ed), 10:22; 3. Young (CM), 20:26; 4. Innes (UP), 10:38; 5. Cendejas (BP), 10:43; 6. Appell (FV), 10:46; 7. B. Kester (Art), 10:43. RACE TWO --1. C. Assumma (Eis), 10:28; 2. Greathouse (VP), 10:34; 3. C. Kester (A), 10:34; 4. Thompson (CM), 10:38; 5. Allison (BP), 10:45; 6. Mark Trilevsky (Up), 10:46. RACE FOUR--Overholt (CM), 10:45. RACE FIVE--Kolar (CM), 10:41.

TEAM--1. Costa Mesa, 21

(53:19); 2. Buena Park, 35 (54:56); 3. Villa Park, 48 (54:25); 4. tie between Upland (54:46) and Foothill (55:38); 49. 6. tie between Artesia (55:36) and Edison (54:49); 53; 8. Sunny Hills, 61 (56:26); 9. Eisenhower, 65 (55:43); 10. Kennedy (BP), 71 (56:04); 11. West Covina, 72 (56:14); Tustin (56:26), no points.

DOS PUEBLOS INVITATIONAL

INDIVIDUAL--SENIOR--1.

Wise (H), 10:16; 2. Heinrichs (SB), 10:26; 3. Tribble (R), 10:29; 4. Hendricks (R), 10:30; 5. Calvano (HB), 10:36. TEAM--Hueneme. JUNIOR --1. Morales (Cam), 10:14; 2. R. Parker (DP), 10:26; 3. Gifford (HB), 10:35. TEAM--Dos Pueblos. SOPHOMORE--Duff (HB), 10:44. TEAM--San Marino. FRESHMAN--Smith (Cam), 11:03. TEAM--Aguora.

OVERALL TEAM: 4A--1. Dos

Pueblos, 145; 2. Huntington Beach, 167; 3. Santa Barbara, 199. 3A--1. Righttelli, 144; 2. San Marino, 154; 3. Carpinteria, 214.

GIRLS: INDIVIDUAL--1.

Hobbs (SB), 12:49; 2. Serrano (DP), 12:59; 3. Spector (SM), 13:04. TEAM--1. Santa Barbara, 47. Hueneme, 79; 3. Dos Pueblos, 89.

HANCOCK INVITATIONAL

Large HS Varsity Boys

Team -- 1. Crescenta Valley, 62; 2. Lompoc, 72; 3. Santa Barbara, 82; 4. Righttelli, 97; 5. Quartz Hills, 123; 6. Dos Pueblos, 142; 7. San Marcos, 182; 8. Bakersfield, 188.

Individual -- 1. Bobby Nunes (L) 9:54; 2.

Doug Sortino (CV) 10:04; 3. Joe Martin (QH) 10:04; 4. (He) Coy Kendrick (R) and Raul Gil (SB) 10:05; 6. Richard Vusin (B) 10:05; 7. Carlos Galvan (QH) 10:06; 8. Jeff Holobek (L) 10:06; 9. Drew Trillite (CV) 10:07; 10. Stan Heinrichs (SB) 10:07.

Small HS Varsity Boys

Team -- 1. Carpinteria, 56; 2. Shafter,

160; 3. Rio Mesa, 81; 4. Wasco, 110; 5. St. Joseph, 112; 6. Nordhoff, 139; 7. Paso Robles, 180; 8. Bishop Diego, 187; 9. Santa Ynez, 243.

Individual -- 1. Kevin Lundgren (SJ)

9:53; 2. Ivan Huff (PR) 9:57; 3. Angel Carrillo (gsh) 10:01; 4. Mark Keeley (SH) 10:04; 5. Tom Fitzgerald (RA) 10:24; 6. Tom Frias (SJ) 10:29; 7. Robert Branti (Carp) 10:30; 8. Kevin Knox (W) 10:31; 9. David Nunes (Carp) 10:31; 10. Ed Burns (Sh) 10:32.

Junior College Division 1

Team -- 1. Glendale, 40; 2. Diablo Val-

ley, 55; 3. Chabot, 73; 4. Santa Barbara CC, 90; 5. Skyline, 93; 6. Hancock, 160.

Individual -- 1. Phil Horing (C) 20:22 (4

miles); 2. Jay Rubino (G) 20:46; 3. Kevin Searls (DV) 20:54; 4. Miguel Santizo (SBCC) 21:06; 5. Jon Cory (G) 21:14; 6. Steve McMahan (SBCC) 21:20; 7. Ron

1. Bradley (Newbury Park) 11:54, 2. Prislac (Simi) 12:03, 3. Kner (Simi) 12:13, 4. Esparza (Newbury Park) 12:14, 5. Taylor (Newbury Park) 12:15, 6. Alley (Royal) 12:19, 7. Routh (Thousand Oaks) 12:21, 8. Smith (Newbury Park) 12:24, 9. Taylor (Thousand Oaks) 12:28, 10. Griffin (Sylmar) 12:30, 11. Nelson (Buena) 12:34, 12. Kelly (Newbury Park) 12:37, 13. Houk (Oxnard) 12:37, 14. Wilson (Royal) 12:40, 15. Frokjer (Thousand Oaks) 12:42, 16. Carrillo (Sylmar) 12:42, 17. Rhoads (Oxnard) 12:48, 18. Metcalfe (Canoga Park) 12:49, 19. Marschik (Simi) 12:51, 20. Bouillon (Simi) 12:52, 21. McElvogue (Buena) 12:54, 22. Harman (Thousand Oaks) 12:58, 23. Renda (Buena) 12:59, 24. Fuoroli (Thousand Oaks) 13:03, 25. Wilkins (Oxnard) 13:05, 26. Spilman (Simi) 13:06, 17. Windham (Simi) 13:14, 28. Morales (Oxnard) 13:15, 29. Barnes (Buena) 13:15, 30. Lichten (Simi) 13:16.

Team Scores: 1. Newbury Park 30, 2. Simi 79, 3. Thousand Oaks 77, 4. Buena 119, 5. Royal 121, 6. Oxnard 122, 7. Canoga Park 180, Sylmar no score.

Small School Varsity Race

1. Ruiz (Mark Keppel) 11:54, 2. Lundgren (St. Joseph) 12:07, 3. Fitzgerald (RM) 12:20, 4. Santistevan (Santa Clara) 12:28, 5. J. Fagnant (Santa Clara) 12:36, 6. Fitzgerald (Chaminade) 12:39, 7. Impellizine (Mark Keppel) 12:43, 8. Frias (St. Joseph) 12:49, 9. Cathy (Saugus) 12:56, 10. York (Saugus) 13:03, 11. Bock (Saugus) 13:07, 12. Lara (Mark Keppel) 13:12, 13. Lane (St. Joseph) 13:14, 14. Nunn (Rio Mesa) 13:15, 15. Porter (Chaminade) 13:17, 16. Baca (Santa Clara) 13:20, 17. Williams (Chaminade) 13:24, 18. Krantz (Rio Mesa) 13:26, 19. Lopez (Mark Keppel) 13:26, 20. Navarro (Rio Mesa) 13:31, 21. Hammonds (Saugus) 13:31, 22. Knox (Mark Keppel) 13:37, 23. Espinosa (Santa Clara) 13:40.

Team Scores: 1. Mark Keppel 61, 2. Saugus 75, 3. Rio Mesa 80, 4. Santa Clara 81, 5. St. Joseph 101, 6. Chaminade 116, 7. Nordhoff 174, 8. Harvard 210.

/Rich Romine/

October 9

Dos Pueblos Invitational Senior Race

1. Jerry Wise (Hueneme) 10:16, 2. Stan Heinrichs (Santa Barbara) 10:26, 3. Tom Trimble (Righetti) 10:29, 4. Coy Kendrick (Righetti) 10:30, 5. Mike Calvamo (Huntington Beach) 10:36, 6. Raul Gil (Santa Barbara) 10:46, 7. Jess Mitchell (Arroyo Grande) 10:43, 8. Brent Wilson (Ventura) 10:45, 9. Bill Harrell (Huntington Beach) 10:47, 10. Jeff Coffman (Dos Pueblos) 10:48, 11. Ron Shoemaker (Hueneme) 10:49, 12. Chris Boyer (Arcadia) 10:50.

Team Scores: 1. Hueneme 26, 2. Santa Barbara 28, 3. Righetti 29, 4. Huntington Beach 32, 5. San Marino 52.

Girls Varsity

1. Tara Hobbs (Santa Barbara) 12:49, 2. Barb Serrano (Dos Pueblos) 12:59, 3. Laurel Spector (San Marino) 13:04, 4. Pam Cooper (Dos Pueblos) 13:28, 7. Gayle Proebstel (Hueneme) 13:31. Team Scores: 1. Santa Barbara 47, 2. Hueneme 79, 3. Dos Pueblos 89.

/Rich Romine/

Team Scores
1) Hoover 51:53
2) Redwood 52:38
3) Bullard 53:27
4) Tulare 54:03
5) Clovis 54:10
6) Madera 54:49
7) Fresno 56:50
8) Roosevelt 57:31
9) McLane 65:06

#1 Man
1) Sal Lozano (Redwood) 10:01
2) Terry Taylor (Tulare) 10:04
3) Jess Garcia (Clovis) 10:13
4) G. Pope (Bullard) 10:14
5) Steve Hulce (Hoover) 10:25

#2 Man
1) Jim Grieco (Hoover) 10:17
2) Dan Jones (Redwood) 10:31
3) Scott Swensen (Clovis) 10:34
4) Robert Taylor (Tulare) 10:37
5) Ray Garcia (Madera) 10:41

#3 Man
1) Eric Little (Hoover) 10:11
2) Jessie Gayton (Redwood) 10:28
3) Mike Pacotti (Bullard) 10:39

#4 Man
1) Ralph Walker (Hoover) 10:23
2) Alfred Gonzales (Redwood) 10:46
3) Joe McPhetridge (Tulare) 10:58

#5 Man
1) T. Djabayan (Bullard) 10:30
2) John Guarnera (Hoover) 10:37
3) Todd Kern (Redwood) 10:52

Varsity--Division II (Small Schools)

Team Scores
1) Corcoran 53:19
2) Tulare Western 54:21
3) Selma 56:02
4) Exeter 56:22
5) Tranquillity 56:23
6) Riverdale 58:54
7) Chowchilla 65:32

#1 Man
1) Alonzo Valdez (Corcoran) 10:34
2) Tony Lopez (Tranq) 10:41
3) Lupe Calistro (TulareW) 10:43
4) Mike Gonzales (Exeter) 10:46
5) Max Zapata (Selma) 10:47

#2 Man
1) Manuel Perez (Corcoran) 10:20
2) Joe Soeiro (TulareW) 10:39
3) Michael Taylor (Selma) 10:55
4) Ed Mascarenas (Riverdale) 10:59
5) Gordie Miller (Exeter) 11:08

#3 Man
1) Bennie Molina (Corcoran) 10:29
2) Canates (TulareW) 10:31
3) Dale Cartwright (Selma) 11:17

#4 Man
1) Freddy Catillo (TulareW) 10:42
2) Stephen Wolters (Corc) 10:45
3) Danny Garcia (Tranq) 11:27

#5 Man
1) Joe Molina (Corcoran) 11:11
2) Danny Grijalva (Selma) 11:33
3) Billy Salazar (TulareW) 11:46

College/Open Division (Men) 6.0 Mile
1) Domingo Tibadui (Reno) 30:33
2) Dave Murphy (Reno) 30:59
3) Rich Langford (FSU) 31:01
4) Jim Hartig (FnpacificTC) 31:02
5) Paul Frederikson (Reno) 31:11
6) Tom Wysocki (Reno) 31:16
7) Jeff Norton (Stanford) 31:20
8) David Haake (FSU) 31:23

1) Gene Lynch (un) 38:19
2) Sid Toabe (HSTC) 38:45
3) Harry Harder (HSTC) 43:45
4) Joseph Carey (NGSTC) 45:45
5) James Martin (PJ) 49:25

October 2. Grass Valley. Nevada Union Invitational

Boys:

1) Holmes (Downey) 15:17
2) Breuer (Mira Loma) 15:18
3) O'Neil (Jesuit) 15:24
4) avrit (Chico) 15:25
5) Navarro (Oakmont) 15:44
6) Gaul (Jesuit) 15:49
7) Otis (Mira Loma) 15:57
8) Foster (Jesuit) 16:01
9) Meyers (Oroville) 16:04
10) Radican (Mira Loma) 16:07
11) Cushenbery (Ponderosa) 16:10
12) McInturf (McClatchy) 16:11
13) Slater (Jesuit) 16:14
14) Foran (Mira Loma) 16:18
15) Graves (Chico) 16:18

Jesuit 41, Mira Loma 49, Chico 72, McClatchy 127, Ponderosa 148, Oakmont 160, Elk Grove 194, Del Campo 233, Nevada Union 249.

Girls:

1) Burleson (Chico) 12:00
2) Vardoll (Yuba City) 12:18
3) Ruddph (Lassen) 12:39
4) Selchun (Chico) 13:04
5) McKeen (Mills) 13:16
6) Park (Chico) 13:23
7) McKeen (Mills) 13:23
8) Young (Oakmont) 13:23
9) Gregg (Chico) 13:42
10) Thomas (Lassen) 13:51
11) Symons (Chico) 13:58
12) Hillman (Davis) 14:00
13) Shols (Chico) 14:01
14) Mayers (Downey) 14:11
15) Breidenback (Davis) 14:15

/Bill Mensing/

October 2. Arroyo Grande. 2nd Annual Harvest Festival Run. 10.4 Miles:

1) Bob Nanninga (WVTC) 58:20
2) John Beaton (SLDC) 58:20
3) Jim Hiserman (CalPoly) 58:20
4) Brian Waterbury (SLBC) 60:14
5) Rey Pena (CDM) 61:10
6) Jim Casper (SLDC) 61:42
7) Stan Rosenfield (SLDC) 62:01
8) David Saldivar (Stanf) 62:09
9) Jack Cline (SLDC) 62:34
10) K. C. Shaw (SLDC) 63:42
11) Richard Williw (GPAC) 63:43
12) Jim Webb (SLDC) 65:37
13) Mike Veron (SLDC) 66:44
14) Mike Barnes (SLDC) 67:06
15) John Schmidt (SLDC) 67:54

/Stan Rosenfield/

10) Gumba (WVTC) 20:32
11) Mears (DA) 20:37
12) Grigsby (Humboldt) 20:41
13) McPherson (un) 20:46
14) Olavarri (CAL) 21:09
15) Van Horn (un) 21:21

UC Davis 40, Stanford U 55, UC Berkeley 64, DeAnza 71
40 Finishers

Men (10,000 meters):

1) Serna (UCI) 32:32.2
2) Sandoval (WVTC) 32:37.4
3) McCannless (LBS) 32:38.18
4) Hulst (UCI) 32:48
5) Scott (UCI) 32:52
6) Barton (un) 32:53
7) Pinocci (WVTC) 32:59
8) Dean (CAL) 33:04
9) Boit (un) 33:06
10) Fredrickson (un) 33:08
11) Innes (Humboldt) 33:10
12) Langford (FSU) 33:13
13) Schule (CAL) 33:17
14) Seaver (WVTC) 33:21
15) Blume (CAL) 33:24
16) Sweeney (ARC) 33:25
17) Reynoso (CPSLO) 33:29
18) Koningh (UCI) 33:31
19) Boutin (SU) 33:33
20) Harms (ARC) 33:37
21) Moses (UCI) 33:38
22) Lugan, R. (LBS) 33:39
23) Ramirez, T. (Fresno) 33:44
24) Prowell 33:44
25) Emory (SU) 33:59
26) Rodrigues (un) 34:01
27) Munoz (Humboldt) 34:02
28) Clark (WVTC) 34:08
29) Ahlmeier (UCI) 34:12
30) Bellah (WVTC) 34:13
31) Aguirre, R. (FSU) 34:14
32) Van Horn, M. (Sac St) 34:14
33) McConnell (LB) 34:18
34) Eger (SU) 34:21
35) Haake (FSU) 34:22

UC Irvine 40, West Valley TC 63, Fresno State Univ 114, Long Beach St 122, Stanford Univ 126, Humboldt St 133, UC Berkeley 148, Cal Poly SLO 194, Sacramento St 194
89 Finishers

/Marshal Clark/

October 14

COYOTE PARK CENTER MEET 2.85 Miles

Team scores—Serra 63, Liegh 78, Lynbrook 145, Aragon 156, Monta Vista 159, Sunnyvale 162, Camden 193, Buchser 214, Homestead 258, Prospect 290.

Individual results—Stan Ross, Serra 14:43; Javier Barragan, Campbell 15:01; Joe Green, Aragon 15:23; Mike Daniels, Burlingame 15:28; Mike Rinaldi, Serra 15:34; Biran Picha, Homestead 15:41; G. McDonald, Camden 15:45; Rick Sanchez, Sunnyvale 15:47; Tom Jacobs, Serra 15:49; Kobert Smith, Await 15:49.

/Darrel Cox/

Small HS Varsity Boys
Team — 1. Carpinteria, 56; 2. Shafter, 60; 3. Rio Mesa, 81; 4. Wasco, 110; 5. St. Joseph, 112; 6. Nordhoff, 139; 7. Paso Robles, 180; 8. Bishop Diego, 187; 9. Santa Ynez, 243.

Individual — 1. Kevin Lundgren (SJ) 9:53; 2. Ivan Huff (PR) 9:57; 3. Angel Carrillo (SJ) 10:01; 4. Mark Keesley (SH) 10:04; 5. Tom Fitzgerald (RM) 10:24; 6. Tom Frias (SJ) 10:29; 7. Robert Brantl (Carp) 10:30; 8. Kevin Knox (W) 10:31; 9. David Nunes (Carp) 10:31; 10. Ed Burns (SH) 10:32.

Junior College Division 1

Team — 1. Glendale, 40; 2. Diablo Valley, 55; 3. Chabot, 73; 4. Santa Barbara CC, 90; 5. Skyline, 93; 6. Hancock, 160.

Individual — 1. Phil Horing (C) 20:22 (4 miles); 2. Jay Rubino (G) 20:46; 3. Kevin Searis (DV) 20:54; 4. Miguel Santizo (SBCC) 21:06; 5. Jon Cory (G) 21:14; 6. Steve McMahan (SBCC) 21:20; 7. Ron Criner (DV) 21:33; 8. Matt Dowling (DV) 21:44; 9. Gary Henry (C) 21:47; 10. Bob Lange (Sk) 21:50.

Junior College Division 2

Team — 1. Cosumnes River, 60; 2. Cuesta, 84; 3. Antelope Valley, 89; 4. Hartnell, 98; 5. Columbia, 123.

Individual — 1. John Avila (West Hills) 20:56; 2. Eric Huff (Cuesta) 20:57; 3. Ken Danz (Col) 22:00; 4. John Higley (CR) 21:39; 5. Jerry Lowmiller (Mar) 21:29.

JC — Open Women

Team — 1. UC Santa Barbara, 72; 2. SBCC, 86; 3. Hancock, 151.

Individual — 1. Maggie Keyes (CP) 11:52; 2. Margie Webber (CP) 12:31; 3. Joyce Dendo (H) 12:44; 4. Cynthia Sharp (SBCC) 12:55; 5. Beth Schultz (CP) 12:55; 6. Mary Jane Rense (unat) 13:00; 7. Kathy Kinane (UCSB) 13:03; 8. Jana Barber (SBCC) 13:10; 9. Terry Waltehn (Cuesta) 13:13; 10. Gail Freisen (Glendale) 13:14.

Open Men
Team — 1. Lompoc Valley, 62; 2. Cal Poly, 94; 3. Hometown Harriers, 98; 4. Glendale College, 110.

Individual — 1. Allen Rude (unat) 21:01; 2. Doug Schmenk (LV) 21:06; 3. David Boyet (unat) 21:19; 4. Larry Reyes (LV) 21:25; 5. Jim Schankel (LV) 21:26.

ANNUAL UCSB BEACH RUN

1. Tom Edwards (UCSB) 39:28; 2. John Kennedy (Unatch) 40:08; 3. Rodger Gates (UCSB) 41:12; 4. Art Rodriguez (SB Ath. An.) 41:32; 5. Blake Wood (UCSB) 41:46; 6. Steve Niedraer (UCSB) 42:26; 7. Richard Nance (Unatch) 43:02; 8. Don Wojcik (UCSB) 43:03; 9. Bob Doran (SBAA) 43:03; 10. Ron Day (UCSB) 43:30. The race 7.3 miles, starting at Campus Point and going north.

/Vern Gambetta/

October 8

SANTA TERESA

Willow Glen 19, Pioneer 48, St. Ignace, WG, 15:04; Leland 22, Gunderson 34 (Dean, G, 15:53), Lincoln 18, San Jose 40 (Escobedo, L, 16:01); Gilroy 23, Live Oak 35 (Holaday, G, 11:34).

Soph: Willow Glen 15, Pioneer 48, Gunderson 27, Leland 28, Lincoln 15, San Jose 42; Gilroy 27, Live Oak 30, JV: Leland 15, Gunderson 48, San Jose 26, Lincoln 37; Gilroy 20, Live Oak 35.

/Darrel Cox/

October 17. Santa Barbara. Santa Barbara Marathon

1) Carl Swift(AIA)	2:25:48
2) Eddie Cadena	2:28:35
3) Bill McDermott	2:29:41
4) Robert Branch	2:41:03
5) Tom Bronson-Swanson	2:42:01
6) Jim Hurley	2:42:06
7) Larry Pontinen	2:42:47
8) Jean Ellis	2:44:16
9) John Brennand	2:44:39
10) Bart Coventry	2:44:53
11) Doug Haake	2:45:35
12) John Pagliano	2:46:55
13) Dennis Stansauk	2:47:02
14) Gary Seeger	2:47:16
15) Skip Shaffer	2:48:10
16) Robert Opliger	2:50:02
17) James Williams	2:50:21
18) Dave Holland	2:50:28
19) Bob Deines	2:51:00
20) Norman Sandstrom	2:51:08

Ages 35-39:

- 1) Pontinen
- 2) Coventry
- 3) Pagliano

Ages 40-49:

- 1) Brennand
- 2) Scott Hamilton
- 3) John Starr
- 4) Guy McFarland
- 5) Dan Sherran

Ages 50-59:

- 1) Ray Gil
- 2) John Slack
- 3) Alonzo Monk

Over 60:

- 1) Monty Montgomery
- 2) Chuck Seekins

Women:

- 1) Judy Milkie
- 2) Martha Cooksey
- 3) Sue Krenn
- 4) Cecilia Neggard

Women Masters:

- 1) Luanne Kralick
- 2) Donna Gookin

/John Brennar

October 23. Pleasant Hill: Pleasant Hill Invitational

High School Girls Varsity (2 miles)

1. Michelle Stevenson(CV)
2. Linda Robinson(PH)
3. Sara Sweeny(MC)
4. Cheri Williams(Liv)
5. Diane Miller(Tur)
6. Lynn Bachand(Berk)
7. Kathy Way(Ala)
8. Laurie Craig(Berk)
9. Karie Robinson(PH)
10. Bonnie Broderick(Tam)

Team Scores:

1. Pleasant Hill
2. Tamalpais
3. Northgate
4. Santa Cruz
5. Bishop O'Dowd
6. Marin Catholic
7. Berkeley
8. Redwood
9. Livermore
10. Las Lomas

Small High School Varsity (2 miles)

Team Scores:

1. Univ. of Nevada-Reno
2. West Valley Track Club
3. Stanford
4. UC Berkeley
5. San Jose State
6. UC Davis
7. Aggie Track Club
8. Pt. Loma
9. Westmont
10. Stanford "B"

/Keith Conning/

October 7. Berkeley. Berkeley to Longridge Run, 13.9 miles:

- 1) Brian Maxwell
- 2) Jan Gershen
- 3) Dennis O'Halloran
- 4) Patrick Miller
- 5) Gene Fitzgerald
- 6) Bob Cooper
- 7) Mark Proteau
- 8) Paul Thompson
- 9) David Fuller
- 10) Keith Kruse
- 11) Robert Woodliff
- 12) Clark Rosen
- 13) Greg Jewett
- 14) Ralph Bowles (40+)
- 15) Fred Frauens
- 16) Dick Ratliff
- 17) Ronald Kunst
- 18) Tim O'Halloran
- 19) Ulrich Kaempf (40+)
- 20) Brian Bonner
- 21) John Notch
- 22) Roger Bryan
- 23) Tim Nikcevic
- 24) Dennis Kroll
- 25) Jim O'Neil (40+)
- 26) Gene Schaumburg
- 27) Ted Wilson
- 28) Dave Muela
- 29) Raymond Juncosa
- 30) Roland Watson
- 31) Peter Woods (40+)
- 32) Jim Nicholson (40+)
- 33) Sharon Furtado
- 34) Joan Ulliot
- 35) Jeanie Jones (1st W 40+)
- 36) Karen Diekmeyer

/Wachahon/

October 22. Santa Barbara. Santa Barbara City College Cross Country Invitational, Shoreline Park.

Women (2.0 miles):

- 1) Katie Cakebread(ElCam)
- 2) Sue Miller (Cabrillo)
- 3) Cynthia Sharp (SBCC)
- 4) Joyce Dendo (Hancock)
- 5) Kathy Langdoc (SoWest)
- 6) Suzanne O'Palka (SoWest)
- 7) Jane Barber(SBCC)
- 8) Carrie Walters(Cuesta)
- 9) Amber Pappé (Cuesta)
- 10) Teresa Jackson (SBCC)
- 11) Louise Friesen (Glendale)
- 12) Leticia Farfan(ElCam)
- 13) Molly Mosher(Cabrillo)
- 14) Melinda Revere (Cabrillo)
- 15) Jan Parker (Glendale)

Barbara 54, Allan Hancock 99, Glendale 102, Oxnard 139.

October 9

AGGIE INVITATIONAL

at UC Davis

team results

1. Fresno State 39; 2. Cal 85; 3. Stanford 86; 4. Humboldt State 109; 5. UC Davis 124; 6. Cal Poly (SLO) 134; 7. San Jose State 162; 8. Stanislaus State 198; 9. San Francisco State 255; 10. Fresno Pacific 291; 11. Hayward State 342

Individual results

1. Dean, Cal. 24:13 (5 miles); 2. Martinez, UCD, 24:13; 3. Ramirez, FS, 24:36; 4. Norton, St., 24:40; 5. Schultz, Cal. 24:41; 8. Gruber, SJS, 24:46; 14. Emory, St., 24:58

high school

APTOS INVITATIONAL

team results

- Class A: 1. Watsonville 88; 2. Lathrop 101; 3. Gilroy 117; 4. Monta Vista 134; 5. Soquel 134. Class B: 1. Lick 29; 2. Half Moon Bay 79; 3. Palms 87; 4. Santa Cruz 96; 5. Pacific Grove 119. JV: Soquel 49. Fresh-soph: Leigh 54. Fresh: Half Moon Bay 27. Girls: Santa Cruz 70

Individual results

- Class A: V. Eberly, Los Gatos, 12:32. Class B: C. Kadoch, Lick, 12:55. JV: M. Center, HMB, 14:05. Fresh-soph: B. Trullillo, Gilroy, and J. Rembo, Santa Cruz, 13:22. Fresh: C. Schell, HMB, 13:50. Girls: A. Trason, Pacific Grove, 13:46

/Darrel Cox/

October 16

AZTEC INVITATIONAL

1. Cotton (A), 29:02; 2. Hunt (A), 29:32; 3. Blakeley (AS), 29:37; 4. Shoots (A), 29:42; 5. Lux (Jamul Toads), 29:46. TEAM—1. Arizona, 51; 2. Jamul Toads 85; 3. Arizona St., 86.

PIERCE INVITATIONAL

- INDIVIDUAL (combined races) —1. Silva (Valley), 19:13; 2. Russell (Pierce), 19:22; 3. Godinez (Pasadena), 19:50; 4. Seeker (Pasadena), 19:51; 5. Dueto (Harbor), 20:01; 6. Cox (Long Beach), 20:04; 7. Vasquez (Bakersfield), 20:08; 8. Hoshizaki (El Camino), 20:09; 9. Hurtado (Harbor), 20:13; 10. Meyer (Bakersfield), 20:19. TEAM —1. Harbor, 1:42:24; 2. El Camino, 1:42:49; 3. Bakersfield, 1:43:37; 4. Long Beach, 1:43:44; 5. Chaffey, 1:45:24.

CANYONS INVITATIONAL

DIVISION ONE: INDIVIDUAL

- 1. Kingery (San Mateo), 20:06; 2. Hernandez (SD Mesa), 20:11; 3. Prine (SD Mesa), 20:21; 4. Pollen (West Valley), 20:30; 5. Ebner (Mt. Sac), 20:36. TEAM—1. SD Mesa, 65; 2. Mt. San Antonio, 68; 3. Fresno, 84; 4. Orange Coast, 101; 5. San Mateo, 119.

DIVISION TWO: INDIVIDUAL

- 1. Ramirez (Oxnard), 20:01; 2. Montenegro (San Jose), 20:34; 3. Burch (San Diego), 20:53. TEAM—1. Monterey Peninsula, 60; 2. Canyons, 73; 3. San Jose, 86.

ORANGE COUNTY CHAMPIONSHIP

At UC Irvine

- DIVISION ONE: INDIVIDUAL —1. Christensen (E), 9:43; 2. La-

4. Mayfield (Chaffey), 9:57; 5. Beall (R), 9:58. DIVISION TWO: INDIVIDUAL—1. Martinez (VV), 9:44; 2. Carasco (Apple Valley), 9:51; 3. Christensen (Yucapla), 9:57. SWEEPSTAKES—1. Norco, 2:42:19; 2. San Geronio, 2:42:46; 3. Burroughs (Ridgecrest), 2:44:00.

RIGHETTI INVITATIONAL

- DIVISION ONE: INDIVIDUAL —1. Nunez (L), 9:54; 2. Sortino (CV), 10:04; 3. Martin (Quartz Hill), 10:04; 4. tie between Kendrick (Righetti) and Gil (SB), 10:05. TEAM—1. Crescenta Valley, 62; 2. Lompoc, 72; 3. Santa Barbara, 82.

DIVISION TWO: INDIVIDUAL

- 1. Lundgren (St. Joseph), 9:53; 2. Huff (OR), 9:57; 3. Carrillo (Shafter), 10:01; 4. Keeley (Shafter), 10:04. TEAM—1. Carpinteria, 56; 2. Shafter, 60; 3. Rio Mesa, 81.

SAN GABRIEL VALLEY INVITATIONAL

- INDIVIDUAL—1. F. Ebner (BA), 10:25; 2. Lamont (San Dimas), 10:37; 3. Carroll (E), 10:38; 4. Hoffman (Charter Oak), 10:46; 5. Mendoza (W), 10:47; 6. Winters (LP Wilson), 10:48; 7. Benavidez (B), 10:49. TEAM—1. Edgewood, 55:43; 2. La Puente, 55:50; 3. Walnut, 55:56; 4. Bishop Amat, 56:06; 5. West Covina, 56:20; 6. Bassett, 56:20.

/Vern Gambetta/

October 23. Walnut

MT. ANTONIO INVITATIONAL

DIVISION ONE: INDIVIDUAL

- 1. Silva (V), 19:53; 2. J. Ebner (Mt. Sac), 20:02; 3. Russell (Pierce), 20:09; 4. Burkin (V), 20:20; 5. Lara (Fresno), 20:27; 6. Farrell (AR), 20:29; 7. Jones (Mt. Sac), 20:30; 8. Mebust (R), 20:31; 9. Weed (AR), 20:32; 10. Ward (Mt. Sac), 20:34. TEAM—1. American River, 60; 2. Mt. San Antonio, 66; 3. Fullerton, 80; 4. Fresno, 131; 5. Valley, 132.

DIVISION TWO: INDIVIDUAL

- 1. Hernandez (SD Mesa), 19:54; 2. Mapstead (San Bernardino), 20:12; 3. Helgeson (G), 20:14; 4. Best (G), 20:21; 5. Dueto (H), 20:29; 6. Hughes (G), 20:34. TEAMS—1. Grossmont, 33; 2. Harbor, 77; 3. Chaffey, 122; 4. De Anza, 124; 5. Santa Ana, 129.

DIVISION THREE: INDIVIDUAL

- 1. Ramirez (Oxnard), 19:54; 2. Mapstead (San Bernardino), 20:12; 3. Helgeson (G), 20:14; 4. Best (G), 20:21; 5. Dueto (H), 20:29; 6. Hughes (G), 20:34. TEAMS—1. Grossmont, 33; 2. Harbor, 77; 3. Chaffey, 122; 4. De Anza, 124; 5. Santa Ana, 129.

DIVISION THREE: INDIVIDUAL

- 1. Ramirez (Oxnard), 19:54; 2. Mapstead (San Bernardino), 20:12; 3. Helgeson (G), 20:14; 4. Best (G), 20:21; 5. Dueto (H), 20:29; 6. Hughes (G), 20:34. TEAMS—1. Grossmont, 33; 2. Harbor, 77; 3. Chaffey, 122; 4. De Anza, 124; 5. Santa Ana, 129.

DIVISION THREE: INDIVIDUAL

- 1. Ramirez (Oxnard), 19:54; 2. Mapstead (San Bernardino), 20:12; 3. Helgeson (G), 20:14; 4. Best (G), 20:21; 5. Dueto (H), 20:29; 6. Hughes (G), 20:34. TEAMS—1. Grossmont, 33; 2. Harbor, 77; 3. Chaffey, 122; 4. De Anza, 124; 5. Santa Ana, 129.

DIVISION THREE: INDIVIDUAL

- 1. Ramirez (Oxnard), 19:54; 2. Mapstead (San Bernardino), 20:12; 3. Helgeson (G), 20:14; 4. Best (G), 20:21; 5. Dueto (H), 20:29; 6. Hughes (G), 20:34. TEAMS—1. Grossmont, 33; 2. Harbor, 77; 3. Chaffey, 122; 4. De Anza, 124; 5. Santa Ana, 129.

DIVISION THREE: INDIVIDUAL

- 1. Ramirez (Oxnard), 19:54; 2. Mapstead (San Bernardino), 20:12; 3. Helgeson (G), 20:14; 4. Best (G), 20:21; 5. Dueto (H), 20:29; 6. Hughes (G), 20:34. TEAMS—1. Grossmont, 33; 2. Harbor, 77; 3. Chaffey, 122; 4. De Anza, 124; 5. Santa Ana, 129.

October 23. Tulare Western Invitation.

Varsity

1. Ramon Gutierrez, Foot, 15:21; 2. Sal Lozano, Redw, 15:36; 3. Dan Jones, Redw, 15:46; 4. Jesse Gordon, Redw, 15:56; 5. Terry Taylor, Redw, 15:57; 6. Ted Castillo, TW, 15:59; 7. Joe Solero, TW, 15:59; 8. Doug Hanson, Kings, 16:01; 9. Thomas Rico, Mon, 16:03; 10. Jim Leos, MW, 16:03; 11. Robert Taylor, Redw, 16:09; 12. Juan Rodarte, Sou, 16:11; 13. Guzman Heron, Mon, 16:12; 14. Mark Canales, TW, 16:16; 15. Travis Rhoden, Han, 16:18. Team Scores — Redwood 25, Tulare Western 88, Monache 103, Foothill 106, Mt. Whitney 130, Hanford 165, South 198, Exeter 269, Sanger 320, ARVIN 343, Tulare 213.

1976 AAU One Hour Run Championships

- | | 1976 AAU One Hour Run Championships | Mi. | Yds. |
|-------------------------------|-------------------------------------|------|------|
| 1) Jim Nuccio(26)WVTC | 12 | 372 | |
| 2) William Haviland(25)KTC12 | 12 | 148 | |
| 3) Howie Ryan(31)NYAC | 12 | 57 | |
| 4) Joe Skaja(25) | 11 | 1650 | |
| 5) Brian Maxwell(23)CNDA | 11 | 1601 | |
| 6) Cliff Clark(32)USAF | 11 | 1588 | |
| 7) Jim Birnbaum(24)USAF | 11 | 1511 | |
| 8) George Aguirre(18)SBAA | 11 | 1483 | |
| 9) Jan Serksen(28)Excel | 11 | 1437 | |
| 10) Reid Harter(25)SPVTC | 11 | 1290 | |
| 11) Don Ocania(26)CCAC | 11 | 1253 | |
| 12) Mike Bordell(19)USAF | 11 | 1159 | |
| 14) Richard Aguirre(20)SBAA11 | 11 | 1110 | |
| 15) Phil Ryan (32) CCAC | 11 | 1081 | |
| 16) Jim Schankel(20)USAF | 11 | 1074 | |
| 17) Jack Leydig(32)WVTC | 11 | 959 | |
| 20) Jim Perez(29)Aztln | 11 | 861 | |
| 22) Larry Reyes(24)USAF | 11 | 837 | |
| 25) Ron Kurrle(28)SPVTC | 11 | 594 | |
| 26) Mike Niemiec(26)WVTC | 11 | 559 | |
| 28) Hal Tompkins(22)WVTC | 11 | 508 | |
| 29) Kenneth Moffitt(23)Azt | 11 | 477 | |
| 30) Jeff Rigdon(23)SDTC | 11 | 470 | |
| 32) Bob Darling(26)Excel | 11 | 440 | |
| 33) Wayne Akiyama(24)SDTC | 11 | 422 | |
| 36) Gary Goettelmann(32)WV | 11 | 327 | |
| 38) Tom Colley(20)RRR | 11 | 208 | |
| 39) Todd Ferguson(33)AIA | 11 | 208 | |
| 41) Joey Gomez(16)PLTC | 11 | 133 | |
| 42) Thom Hunt(18)SDTC | 11 | 131 | |
| 43) Daryl Zapata(31)WVTC | 11 | 130 | |
| 44) Mike Garcia(20)RRR | 11 | 124 | |
| 45) John Madvig(20)SPVTC | 11 | 108 | |
| 46) Truman Clark(40)MSTR | 11 | 103 | |
| 48) Ed Avol (24) BB | 11 | 69 | |
| 51) Chick Assumma(15)RRR | 11 | 43 | |
| 58) Ken Kendall(26)TOSTR | 10 | 1686 | |
| 60) Frank Donahue(25)Excel | 10 | 1678 | |
| 63) Martin Nolasco(27)SDTC | 10 | 1614 | |
| 66) Luis Rivera(16)PLTC | 10 | 1550 | |
| 67) Mike Conroy(31)Excel | 10 | 1519 | |
| 68) Randy Kilpatrick(24) | 10 | 1517 | |
| 74) Leonard Sandoval(15)PL | 10 | 1455 | |
| 76) Darrel Cox(23)FPTC | 10 | 1451 | |
| 78) Michael Harrie(20)RRR | 10 | 1410 | |
| 79) Earle Carroll(27)SARR | 10 | 1410 | |
| 81) Carlos Alfaro(28)Aztln | 10 | 1395 | |
| 82) Dave Bronzan(28)HSTC | 10 | 1388 | |
| 86) Michael Cour(26)SDTC | 10 | 1320 | |
| 87) Preston Drake(32)CCAC | 10 | 1314 | |
| 88) Skip Shaffer(38)CCAC | 10 | 1311 | |
| 89) Graham Parnell(46) | 10 | 1306 | |
| 91) Richard Bartek(22)SAPS | 10 | 1260 | |
| 98) Joe Falcon(22)Aztln | 10 | 1153 | |
| 99) Stanley Heinrichs(16)SB10 | 10 | 1152 | |
| 101) Craig Elia(25)FTC | 10 | 1140 | |
| 102) Don Shanahan(31)SDTC | 10 | 1124 | |
| 105) Carlos Alfaro(28)Azt | 10 | 1079 | |
| 107) Jerry Smartt(44)MSTR | 10 | 1042 | |

2. Linda Robinson(PH)	11:31
3. Sara Sweeney(MC)	11:31
4. Cheri Williams(Liv)	11:44
5. Diane Miller(Tur)	11:45
6. Lynn Bachand(Berk)	11:52
7. Kathy Way(Ala)	11:56
8. Laurie Craig(Berk)	11:57
9. Marie Robinson(PH)	11:59
10. Bonnie Broderick(Tam)	12:09
Team Scores:	
1. Pleasant Hill	96
2. Tamalpais	124
3. Northgate	133
4. Santa Cruz	133
5. Bishop O'Dowd	162
6. Marin Catholic	172
7. Berkeley	196
8. Redwood	203
9. Livermore	268
10. Las Lomas	303

Small High School Varsity (2 miles)	
1. Aran Collier(Tamalpais)	9:08
2. Paul Burke(DeLaSalle)	9:34
3. Baker(San Ramon)	9:40
4. Behning(Castro Valley)	9:41
5. Rick Harbaugh(Piedmont)	9:43
Team Scores:	
1. Tamalpais	77
2. Pleasant Hill	80
3. San Ramon	128
4. Moreau	160
5. Alameda	169

Large High School Varsity (2 miles)	
1. Rod Berry(Redwood)	9:08
2. Gregg Cross(Mt. Diablo)	9:23
3. Rich Vasquez(Clayton Vly)	9:26
4. Colin Chapman(Redwood)	9:26
5. Armand Moreno(Piner)	9:28
6. Steve Strangio(Miss SJ)	9:30
7. Ray Castro(Logan)	9:30
8. Mike O'Reilly(San Rafael)	9:33
9. Mike Biando(Piner)	9:34
10. Greg Valdez(Skyline)	9:35
Team Scores:	
1. Piner	96
2. Redwood	101
3. Skyline	104
4. Rancho Cordova	119
5. Mission San Jose	144
6. Merced	173
7. Northgate	177
8. Franklin	186
9. Mt. Diablo	248
10. Clayton Valley	254

College - Club (5 miles)	
1. Paul Fredrickson(Reno)	23:56
2. Tom Wysocki(Reno)	23:57
3. Dan Gruber(San Jose)	23:58
4. Jeff Norton(Stanford)	24:04
5. Peanut Harmes(Aggie TC)	24:07
6. Martin Dean(Berkeley)	24:07
7. Pete Sweeney(Aggie TC)	24:09
8. Mike Pinocci(WVTC)	24:23
9. Hal Schultz(Berkeley)	24:25
10. Rich Kinball(Unat)	24:33
11. Bill Seaver(WVYC)	24:35
12. Jerry Emory(Stanford)	24:38
13. Bill Haldeman(Stanford)	24:47
14. Damon Wood(Berkeley)	24:48
15. Dennis Tracy(WVTC)	24:52
16. Jim Price (CHK)	24:53
17. Mike Jurkovich(Fresno)	24:54
18. Bill Clark(WVTC)	24:56
19. Grover Prowell(Merced)	24:58
20. Mike Dagg(Reno)	24:58

Barbara City College Cross Country Invitational, Shoreline Park	
Women (2.0 miles):	
1. Katie Cakebread(ElCam)	11:57
2. Sue Miller (Cabrillo)	12:06
3. Cynthia Sharp (SBCC)	12:21
4. Joyce Dendo (Hancock)	12:28
5. Kathy Langdoc (SoWest)	12:42
6. Suzanne O'Palka (SoWest)	12:49
7. Jane Barber (SBCC)	12:59
8. Carrie Walters (Cuesta)	13:07
9. Amber Pappe (Cuesta)	13:08
10. Teresa Jackson (SBCC)	13:12
11. Louise Friesen (Glendale)	13:15
12. Leticia Farfan(ElCam)	13:15
13. Molly Mosher(Cabrillo)	13:37
14. Melinda Revere (Cabrillo)	13:44
15. Jan Parker (Glendale)	13:52
Cabrillo 50, El Camino 52, Santa Barbara 54, Allan Hancock 99, Glendale 102, Oxnard 139.	

Men (4.0 miles):	
1. Miguel Santizo(SBCC)	20:29
2. Avila (WestHills)	20:36
3. Laird (Palomar)	20:46
4. Schwartzberg(SantaMonica)	20:46
5. Hauser (Palomar)	21:01
6. Kinsler (Ventura)	21:05
7. Fuller (Canyons)	21:06
8. Tipton (Palomar)	21:07
9. Wooliscroft (Palomar)	21:13
10. Serrato (Palomar)	21:20
11. Starinieri (Canyons)	21:20
12. Hoppe (Canyons)	21:22
13. Terrones (Canyons)	21:25
14. Landeros (Canyons)	21:37
15. Adams (Antelope V)	21:40
16. Woodson (Santa Monica)	21:41
17. Parker (Ventura)	21:42
18. Pierroz (Canyons)	21:46
19. T. Harrington (SBCC)	21:49
20. Frank (Ventura)	21:50
Palomar 35, Canyons 57, Ventura 93, Santa Monica & Canyons B 144, Santa Barbara & Antelope Valley 160, West Hills 175, Palomar B 206, Allan Hancock 239. /Les Stevens/	

October 30. Stanford: PAC-8 South Division. 10,000 meters.	
1. Blum(UCB)	31:06
2. Simonian(UCLA)	31:12
3. Dean(UCB)	31:23
4. Duffy(UCB)	31:33
5. Norton(Stan)	31:51
6. James(UCLA)	31:55
7. Emory(Stan)	32:00
8. Schultz(UCB)	32:14
9. Grefinger(UCLA)	32:23
10. Boutin(Stan)	32:25
11. Paretti(Stan)	32:38
12. Levano(UCLA)	33:00
13. Wood(UCB)	33:03
14. French(UCLA)	33:08
15. Berkhofer(Stan)	33:30
16. Vellequette(UCB)	33:32
17. Chun(UCB)	33:34
18. Eger(Stan)	34:01
19. Haldeman(Stan)	34:24
20. Russell(UCLA)	35:05
Team Scores:	
1. UC Berkeley	29
2. UCLA	43
3. Stanford	48

/Red Estes/

CANYONS INVITATIONAL	
DIVISION ONE: INDIVIDUAL	
—1. Kingery (San Mateo), 20:06; 2. Hernandez (SD Mesa), 20:11; 3. Prine (SD Mesa), 20:21; 4. Pollen (West Valley), 20:30; 5. Ebner (Mt. SAC), 20:36. TEAM—1. SD Mesa, 65; 2. Mt. San Antonio, 68; 3. Fresno, 84; 4. Orange Coast, 101; 5. San Mateo, 119.	
DIVISION TWO: INDIVIDUAL	
—1. Ramirez (Oxnard), 20:01; 2. Montenegro (San Jose), 20:34; 3. Burch (San Diego), 20:53. TEAM—1. Monterey Peninsula, 60; 2. Canyons, 73; 3. San Jose, 86.	

ORANGE COUNTY CHAMPIONSHIP At UC Irvine	
DIVISION ONE: INDIVIDUAL	
—1. Christensen (E), 9:43; 2. LaBonte (MV), 9:47; 3. Waltherhouse (MV), 9:48; 4. Westfall (VP), 9:56; 5. Appell (FV), 9:56; 6. Greathouse (VP), 9:57. TEAM—1. Villa Park, 48 (50:24); 2. Edison 60 (50:40); 3. Mission Viejo, 66 (50:46); 4. Fountain Valley, 74 (51:08).	
DIVISION TWO: INDIVIDUAL	
—1. Chase (CdM), 9:56; 2. Timmermans (Saddleback), 9:57; 3. Duran (F), 9:58. TEAM—1. Foothill, 42 (50:34); 2. Marina, 63 (50:56); 3. Westminster, 78 (51:13); 4. El Dorado, 116 (52:00).	
DIVISION THREE: INDIVIDUAL	
—1. Young (CM), 9:41; 2. Gerhardt (CM), 9:48; 3. Thompson (CM), 9:49; 4. Allison (BP), 9:53; 5. Kolar (CM), 9:54; 6. Overholt (CM), 9:56. TEAM—1. Costa Mesa, 17 (49:08); 2. Huntington Beach, 77 (51:04); 3. Buena Park, 78 (50:57); 4. Los Angeles, 97 (51:28); 5. Kennedy (BP), 107 (51:44).	
DIVISION FOUR: INDIVIDUAL	
—1. Cisneros (V), 9:56; 2. Gomez (V), 9:56; Glass (U), 9:57. TEAM—1. Valencia, 32 (50:31); 2. University, 69 (51:40); 3. Pacifica, 87 (52:07).	

PALOS VERDES INVITATIONAL	
RACE ONE—1. Sandoval (MV), 11:18; 2. Arriola (Gahr soph), 11:30; 3. Siqueiros (Watsonville), 11:34; 4. Goss (RH), 11:36; 5. Wiggins (PV), 11:37; 6. Routh (Thousand Oaks), 11:51; 7. Baca (A), 11:45. RACE TWO—1. McManus (PV), 11:27; 2. Watkins (RH), 11:30; 3. Munoz (W), 11:37. TEAM 1—Monte Vista (SD), 82:50; 2. Palos Verdes, 84:35; 3. Watsonville, 85:24; 4. Alhambra, 86:10; 5. Rolling Hills, 86:18.	

CANYONS INVITATIONAL	
DIVISION ONE: INDIVIDUAL	
—1. Peralta (SF), 12:05; 2. Ruiz (K), 12:21; 3. Thompson (La Canada), 12:22; 4. Frame (LC), 12:23; 5. Schelner (M), 12:24; 6. Hernandez (Downey), 12:25; 7. Prislac (Simi), 12:27. TEAM—1. Simi, 53; 2. Montebello, 59; 3. Keppel, 111; 4. La Canada, 114; 5. Buena, 133.	
DIVISION TWO: INDIVIDUAL	
—1. Fitzgerald (Chaminade), 12:38; 2. Arnold (Duarte), 12:48; 3. Anderson (Temple City), 12:49. TEAM—1. Santa Paula, 66; 2. Temple City, 69; 3. Duarte, 76; 4. Chaminade, 78.	

PACIFIC INVITATIONAL	
DIVISION ONE: INDIVIDUAL	
—1. Daniels (SG), 9:08; 2. Perez (Chino), 9:49; 3. Engel (Red), 9:50;	

DUAL—1. Ramirez (Oxnard), 20:01; 2. McCann (C), 20:30; 3. Burch (SD), 20:57. TEAM—1. Citrus, 63; 2. San Diego, 72; 3. Saddleback, 94; 4. Cosumnes River, 110; 5. Glendale, 142.	
Men Open	
1. Gary Romesser, Fresno Pacific TC, 14:19; 2. Jim Harfig, Fresno Pacific TC, 14:24; 3. Dave Cords, unattached, 14:30; 4. Darrell Cox, Fresno Pacific TC, 14:34; 5. Brian Foley, FSU, 14:38; 6. Jose Renteria, Madera TC, 14:51; 7. Lou Sanchez, Fresno Pacific TC, 15:38; 8. Ray Rubio, Madera TC, 14:59.	

HIGH SCHOOL Varsity	
1. Felix Elieff, High, 14:23; 2. Steve Hulce, Hoo, 14:48; 3. Mark Keeley, Shaf, 14:50; 4. Greg Pope, Bul, 14:55; 5. Angel Carrillo, Shaf, 14:57; 6. Jim Grieco, Hoo, 15:13; 7. Rod Lewis, East, 15:16; 8. Brian Thompson, East, 15:18; 9. Eric Little, Hoo, 15:21; 10. John Flynn, Atwat, 15:22; 11. Scott Thornton, Hoo, 15:23; 12. Bob Darby, Atwat, 15:23; 13. Erpen Valderas, Reed, 15:24; 14. Larkin Walker, 15:25; 15. Scott Swenson, Clo, 15:26. Hoover 42, Bullard 96, Atwat 98, East 111, Shaffer 122, Clovis 124, Highland 165, Salinas 189, Selma 213, Wasco 249.	

GIRLS High School	
1. Linda Goen, North; 2. Leann Stafford, Madera; 3. Georgia Crossen, Madera; 4. Esther Villanueva, Madera; 5. Ann Cox, Clovis; 6. Barbara Hagopian, Highland; 7. Mary Avandano, Reedley; 8. Yvonne Darcy, Atwat; 9. Leona Nascimento, Atwat; 10. Lisa Donaldson, Atwat.	
October 30. Seattle: PAC-8 Northern Division. 6.0 miles.	

1. Henry Rono(WSU)	28:07
2. Josh Kheeto(WSU)	28:19
3. Samson Kimombwa(WSU)	28:38
4. Alberto Salazar(Ore)	29:07
5. Rudy Chapa(Ore)	29:18
6. Dave Taylor(Ore)	29:32
7. Terry Williams(Ore)	29:34
8. Gordy Brqun(UW)	29:38
9. Don Clary(Ore)	29:40
10. Matt Centrowitz(Ore)	29:42
11. Peter Spir(Ore)	29:45
12. Bill Stolp(UW)	29:49
13. Steve Surface(UW)	29:51
14. Tim Murray(UW)	30:04
15. Steve McChesney(Ore)	30:19
16. Phil English(WSU)	30:25
17. Mark Hollenbeck(UW)	30:28
18. Phil Higganson(WSU)	30:32
19. Dale Bean(WSU)	30:36
20. Gary Gustafson(UW)	30:47

Team Scores:	
1. University of Oregon	31
2. Washington State	38
3. University of Washington	63
4. Oregon State	114

/Red Estes/

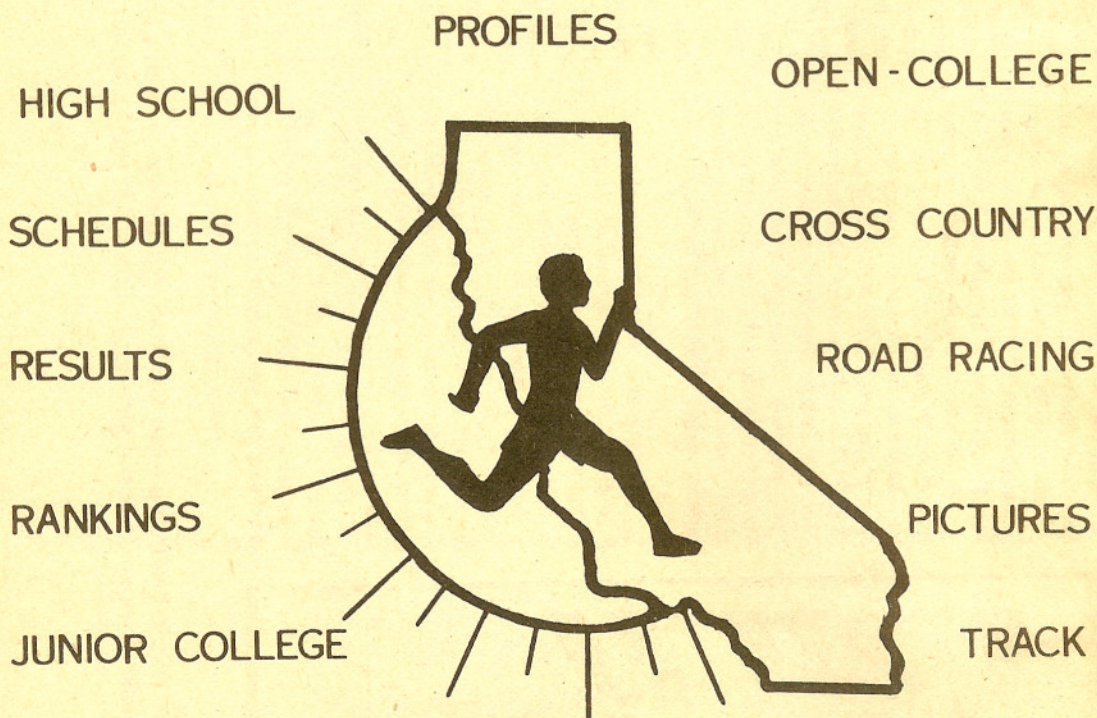
60. Frank Donahue(25)Excel	10 1678
63. Martin Nolasco(27)SDTC	10 1614
66. Luis Rivera(16)PLTC	10 1550
67. Mike Conroy(31)Excel	10 1519
68. Randy Kilpatrick(24)	10 1517
74. Leonard Sandoval(15)PL	10 1455
76. Darrel Cox(23)PFTC	10 1451
78. Michael Harrie(20)RRR	10 1410
79. Earle Carroll(27)SARR	10 1410
81. Carlos Alfaro(28)Aztln	10 1395
82. Dave Bronzan(28)HSTC	10 1388
86. Michael Cour(26)SDTC	10 1320
87. Preston Drake(32)CCAC	10 1314
88. Skip Shaffer(38)CCAC	10 1311
89. Graham Parnell(46)	10 1306
91. Richard Bartek(22)SAFS	10 1260
98. Joe Falcon(22)Aztlan	10 1153
99. Stanley Heinrichs(16)SB10	10 1152
101. Craig Elia(25)PTC	10 1140
102. Don Shanahan(31)SDTC	10 1124
105. Carlos Alfaro(28)AZT	10 1079
107. Jerry Smartt(44)MSTR	10 1042
108. John Beaton(22)SLDCA	10 1036
109. Eric Huff(19)SLDCA	10 1036
111. Kevin Baxter(16)RRR	10 973
112. Stewart Boden(21)RRR	10 971
114. Yale Strom(19)SDTC	10 960
115. Bob Nanninga(29)WVTC	10 951
116. Jim Silva (17)PLTC	10 942
118. Mike Mueller(19)RRR	10 913
119. Flores Francisco(17)PL10	10 907
121. Rick Hagin(27)	10 889
126. Dave Mitchell(22)SDTC	10 826
127. Bob Wiermaa(43)SDTC	10 807
131. Joe Dunbar(29)	10 770
134. Russell Black(22)TRAC	10 739
135. Garland Jackson(16)PL	10 732
137. Tom Duranti(24)STC	10 706
141. Ricky Cisneros(16)PLT	10 649
145. Bob Mapstead(18)RRR	10 619
146. Rick Sattplee(16)SDTC10	10 618
147. Daniel Reynolds(18)	10 612
Women:	
217. Mary Shea(15)	10 121
233. Carol Cook(22) IS	9 1653
283. Carol Uriah(24)GMTC	9 1256
334. Judy Gumbs(25)WVTC	9 743
374. Margo Beymer(18)	9 477
394. Marie Albert(17)RRR	9 315
404. Kathy Himmelberger(29)	9 189
426. Dorothy Stock(43)SDTC	9 83
436. Diane Williams(16)	9 0
442. Donna Sanchez(14)RRR	8 1721
447. Nicki Hobson(44)SDTC	8 1674

Team Scores	
1. U.S. Air Force	58 889
2. West Valley TC	57 965
3. Millrose Athletic	55 1603
4. San Diego Track Club	55 437
5. Culver City Ath.	55 152
6. Aztlan Track Club	54 476
7. Columbia Track Club A	54 100
8. San Fernando Vly TC	53 748
9. North Medford Club	52 1572
10. Knoxville Track Club	52 1527
11. Long Island Ath. Club	52 1067
12. East Coast Ath. Club	51 1418
13. Fresno Track Club	51 764
14. San Antonio RR	50 821
15. San Luis Distance A	50 670
16. Placencia Track Club	50 380
17. Seniors Track Club	50 49
18. St. Louis Track Club	49 1603
19. High Sierra Track Cl.	49 1202
20. Santa Barbara AA	49 800

/John Brenndand/

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