

NOVEMBER / DECEMBER 1987

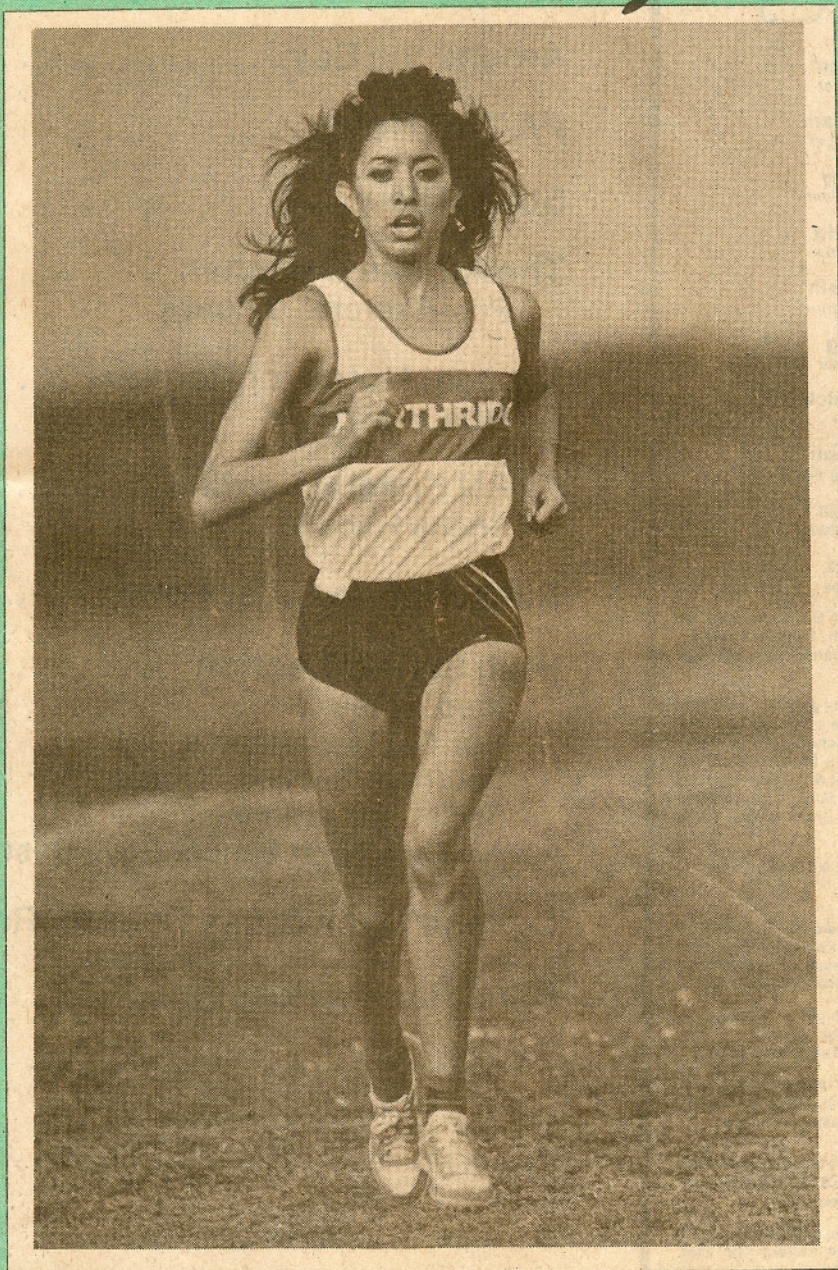
ISSUE NO. 131

CALIFORNIA

Track & Running News

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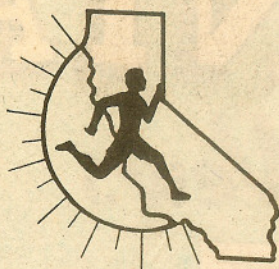
California's Only Track & Running Publication

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CALIFORNIA

Track & Running News



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MEMBER OF RUNNING USA

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ON THE COVER: Darcy Arreola has been making a big splash at Cal State Northridge where she recently won their own invitational. See results on page 38.
photo by Bill Leung, Jr.

■ From the Editor

By BILL COCKERHAM



Get Ready for Track

Cross country season is just entering the exciting championship phase and it's hard to think about track. But now is the time to make plans and lay some groundwork for the fast approaching T & F season.

We plan to print a full state-wide invitational and championship track and field schedule in our next issue (that will be the January issue - remember we come out eleven times a year, with the November and December issues combined). Coaches and meet directors please send us your schedules and meet information before December 15, 1987.

The short time between cross country and track is also the time to attend clinics and camps. These activities are critical for keeping up with changes in our sport.

Probably just as important as the clinic and camp learning sessions is the making and renewing of friendships. I'll bet as much is gained around the coffee breaks and lunch tables as in the formal presentations.

Listed below are just some of the clinics we know about. If you are serious about keeping up with the sport, you'll make sure to be at as many of these as you can. Even if you only learn one new thing or meet one new person, it will be well worth the time and money. See you there!

- December 27-31: Sky Jumpers Vaulting Camp in San Luis Obispo. Jan Johnson, 3000 Colima, Atascadero, CA 93422. (805) 466-8119.

- December 28-30: Long Beach Pole Vault and Throws Camp at Cal State Long Beach. Ralph Lindeman, Cal State Long Beach (213) 498-4666.

- January 8-9: Stanford Track & Field Clinic. Brooks Johnson, Track Coach, Stanford University, Stanford, CA 94305. (415) 723-4591.

- January 9: San Joaquin Valley Coach of the Year Clinic, Fresno State University. Bob Fraley, Fresno State Athletic Dept. (209) 294-4098.

- January 9: Southern California Track & Field Coaching Clinic at Cal State Long Beach. Ralph Lindeman, Cal State Long Beach (213) 498-4666.

- January 16-17: National Track & Field, Cross Country Coaches Clinic at Sheraton-Anaheim Hotel, Anaheim. Bob Gaughran, Clinic Director, Rancho Santiago College, 17th and Bristol, Santa Ana, CA 92706. (714) 667-3300.

3rd Annual

10th Avenue 10K

JANUARY 17, 1988

10th Avenue K Run

Start: 8:00 a.m.
Check-in: 6:45 a.m.
Entry Fee: \$8.00/\$10.00 race day
Course: Flat and Fast
Place: The Irwin Street Inn
522 N. Irwin Street
Hanford, California 93230

Contact:
Kari Fike
P.O. Box 1118
Hanford, CA 93232
(209) 584-2701 (8 am to 5 pm)

*Long-sleeve T-shirts and other goodies to all entrants.
Special Awards Ceremony following the race.*

Schedule

By JACK LEYDIG

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

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines.

It is a good idea to

always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

November 1 (Sunday)

Menlo Park: Vet-a-Run, 10K, VA Medical Center (795 Willow Rd.), 10 a.m. Alice Naqui, VAMC, 3801 Miranda, Palo Alto 94304. (415) 493-5000, x2262.

San Francisco: Golden Gate Pacific Marathon & Half Marathon. **Cancelled.**

Reno, NV: Peppermill 10K & Half-Marathon, Time TBA. Paul Reese, P.O. Box 585, Auburn 95603.

Fresno: Sky's The Limit Run, 2 Mi & 10K, Woodward Park (Sunset View Shelter), 8 a.m. Marc Barrie, Box 5017, Fresno 93756. (209) 222-7493.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

Culver City: Goblin Gallop 5 & 10K, Fox Hills Mall, 8 a.m. Goblin Gallop, Culver-Palms Family YMCA, 4500 Sepulveda Blvd., Culver City 90230.

San Francisco: DSE Low Tide Run, 6.0 mile, Great Highway and Balboa St., 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Santa Barbara: Santa Barbara Half-Marathon, Arroyo Burro Beach, 8 am. Santa Barbara Half-Marathon, P.O. Box 6616, Santa Barbara 93160. Irwin Sorkin (805) 687-7473.

Lancaster: Ed Jerome Memorial Cross-Country 5 & 10 Mile, Avenue P & 30th St. West, 8 am. Rich Cooper, 619 W. Lancaster Blvd., Lancaster 93534. (805) 949-2224.

Loma Linda: Orange Grove Marathon, Half-Marathon & 10K, 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 242-3209 or 793-9959.

Westlake Village: Great Pumpkin 5 & 10K and 1 Mile, Westlake Plaza Hotel, 8 am. Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361. (818) 991-3101.

Camarillo: Tri-Clubs Championships, 1.5K swim, 40K bike, 10K run, Ventura Beach, time TBA. Ron O'Keefe, P.O. Box 28, Camarillo 93011. (805) 388-3912.

San Diego: Quarter Note Classic 10K & 2 Mile, Organ Pavilion, 8 am. Info. (619) 483-9501. Listed as Oct. 31 in error in last issue.

Phoenix, AZ: New Times Phoenix 10K (& 5K Walk, 1 Mile Fun Run), Phoenix College, 11th & Thomas. 7:45 am/1 mile, 8 am/5K walk, 8:30. Call (602) 241-0995.

Stockton: Big Valley Classic, Half-Marathon, 10K & 3K Fun Run, Univ. of the Pacific (Spanos Center), 9 a.m. The Big Valley Classic, P.O. Box 4405, Stockton 95204.

Arcata: One Hour Run, Humboldt State Univ. (track), 1:30 p.m. Six Rivers RC, c/o Bill Daniel, P.O. Box 214, Arcata 95521 (707) 822-8050.

November 7 (Saturday)

San Jose: YMCA Coyote Creek Run, 10K, Hellyer Park, 9 a.m. Candi Green, South Valley YMCA, 5632 Santa Teresa Blvd., San Jose, 95123. (408) 226-9622.

Pescadero: "The Pescadero" Half-Marathon & 5 Mile. Pescadero Creek County Park (trails & fire roads), 9 am. Team Challenge, PO Box 963, El Sobrante 94803. (415) 841-1190.

Fremont: Friends of the Tri-City Animal Shelter Bay to Barkers 10K, Coyote Hills Regional Park, 8000 Patterson Ranch Rd. 9:30 am. Maryanne Robertson, Box 5118, Suite 108, Fremont 94537. (415) 796-8267.

Livermore: Turkey Trot, 5 & 10K, Almond Ave. School. 8:30 am/5K, 8:45 am. Karen Natrass, 4021 Findlay Way, Livermore 94550. (415) 443-9421.

Vandenberg AFB: Vandenberg Runway 5K. Time TBA. Norm Albert (805) 734-1634.

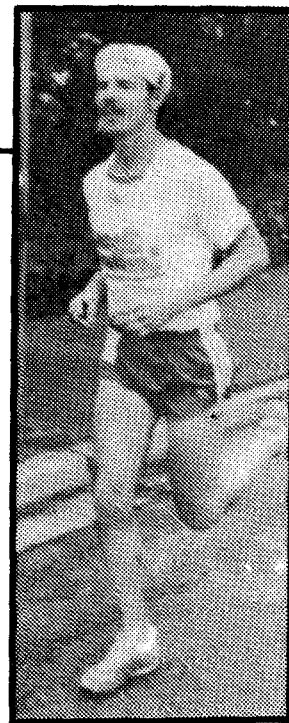
Bakersfield: Dean Witter Corporate Cup Relay, Distance & Location TBA, Time TBA. Greg Frazier (805) 322-3971.

Los Angeles: Stuntmen's Association 5 & 10K, Griffith Park (merry-go-round). 8 am. Tom Morga, 4810 Whitsett Ave., No. Hollywood 91607. (818) 984-0806.

Huntington Beach: Boy Scouts Ocean 10K, Huntington Beach Pier. 8 am. John Bushman, 8351 Alvarado Dr., Huntington Beach 92646. (714) 960-3171.

Orange: SCA/TAC 10K X-Country Championships, Santiago Oaks Regional Park. 8:30 am. A Running Experience Club, PO Box 3209, Long Beach 90803. Jerri Edwards: (213) 433-1656.

San Diego: The Heart of San Diego 10K & 2 Mile. 7 am. Kathy Loper, 7801 Mission Center Court, #200, San Diego 92108. (619) 298-7400.



Rosarito Beach, Baja, Calif.: Rosarito Beach Holiday 5 & 10K. 9 am. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

San Francisco: Pro Bowl Run, 5K Run/Walk, Lake Merritt (Boathouse), 1:30 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Arcata: Arcata Bottoms Race, 2.5 & 8 Mile, St. Mary's School (Janes Rd.), 10 a.m./2.5 Mi., 10:45 a.m. Six Rivers RC, P.O. Box 214, Arcata 95521.

Los Angeles: Trojan 5K, USC Campus (Gate 1), 8 a.m. John Tracey Clinic (213) 748-5481.

November 7-12

Queens, NY (5-day race): Sri Chinmoy Marathon Team Ultra Road Race. Flushing Meadow Corona Park Time TBA. Sri Chinmoy Marathon Team, 150-47 87th Ave., Jamaica, NY 11432. (718) RUNNERS or (718) 523-2600.

November 8 (Sunday)

San Diego: The Heart Marathon, San Diego Zoo (Balboa Park), 7 a.m. Kathy Loper, 7801 Mission Center Ct., #200, San Diego 92108. (619) 298-7400.

Los Gatos: Summit Marathon, 8 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

Seattle, WA: National Masters 10K Cross Country Championships. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. (206) 433-8868.

Windsor: Windsor Whale Run, 3 & 15K, Windsor Middle School, Starr Rd. 9 am. Wine Country Race Service, PO Box 237, Occidental 95465. (707) 874-2830.

□ Schedule

Oakland: Oakland P.A.L. 5 & 10K and 1 Mile, Lake Merritt (sailboat house), 7:30 am/Mile, 8:30 am/5 & 10K. Margaret Dixon, PO Box 24375, Oakland 94623 (415) 273-3828.

St. Helena: Valley View Run, 5 & 10K, St. Helena Hospital (off Hwy 29), 9 am. Mike Foxworth, Public Relations, St. Helena Hospital, Deer Park 94576. (707) 963-6467.

Auburn: Auburn 10K "Bear of a Run" & 2.1 Mile Stride, Gold Country Fairgrounds, 9 am. Children's Home Society of California, 2200 21st Street, Sacramento 95818. (916) 452-4672.

San Francisco: DSE Windmill Run, 6.5 Mile, JFK Drive & Great Hwy. 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Santa Ana: Santa Ana Turkey Trot 5K & Half Marathon, Centennial Regional Park, 7:30 am. Belern Padilla, Recreation Dept, PO Box 1988 M-23, Santa Ana 92702. (714) 647-6559.

Riverside: Riverside Mission Inn 5 & 10K, Fifth & Orange Sts. 8 am. Mission Inn 5/10K Runs, 3739 Sixth St., Riverside 92501. (714) 781-8241.

West Hills: West Hills 5 & 10K Runs for Crippled Children's Society, Chatsworth Reservoir, 8 am/5K, 8:30 am. West Hills Run for CCS, 8461 Sedan Ave., West Hills 91304. (Rita Seashore (818) 346-8595).

Los Angeles: Minnie Riperton 5 & 10K, Hoover & King (Sports Arena parking lot), 8 am. Beulah Anderson, American Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010. (213) 386-6102.

South El Monte: Legg Lake 5K Morning Run, 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Marina del Rey: The Marina Breakers 10K & 3K Sprint/Stride, Fisherman's Village (Fiji Way), 8 am/3K, 8:30 am. Pro-Motion Events, PO Box 7000-470, Redondo Beach 90277. (213) 374-8990.

Newport Beach: Nissan 5 & 10K, Newport Center (Fashion Island), 7:30 am. In Motion, 241 Broadway St., Costa Mesa 92627. (714) 548-4897 or (619) 483-9501.

Fresno: Fresno Marathon, and Half Marathon, 7 a.m. (Oct. 30 is registration deadline). Graham Partlett, 846 N. Harrison St., Fresno 93728. (209) 237-4718.

Rocklin: PA-TAC Cross Country Championships, Sierra College, 3000m/Bantam, Midget, 4000m/Youth, 5000m/Intermediate, Young, 10,000m/Open & Masters, 9 am-3pm. TAC, Box 1495, Fair Oaks 95628. (916) 966-6185. TAC REGISTRATION REQUIRED.

Palo Alto: Baylands Half-Marathon, Baylands (Embarcadero & Geng), 9 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301 (Tom Osborne: 415/329-2342).

Tiburon: First Nationwide Bank Tiburon 8-Miler & 2 Mi. Fun Walk, Blacky's Pasture (Tiburon Blvd.), 8:45 a.m./Walk, 9 a.m. (1000 limit). Rhodyco Productions, 805 Lake St., #3, San Francisco 94118. (415) 435-4355.

Paso Robles: Beat the Winemaker 10K, Estrella River Winery (7 miles East of Paso Robles on Hwy. 46), 10 am. Estrella River Winery, P.O. Box 96, Paso Robles 93447.

November 14 (Saturday)

Oklahoma City, OK: National Masters Half Marathon Championships. Jim Smith, 2408 NW 112th. Terr., Oklahoma City, OK 73120. (405) 521-3864.

Morro Bay: Morro Bay State Park Relay, 2-person teams, 2 miles each. Time TBA. Morro Bay Recreation Dept. (805) 772-1214, x229.

Sylmar: Olive View 5K Run and Biathlon (10K Run/25K Bike), 7:30 am/5K, 8:30 am. Gene Evans, Olive View Medical Center Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 364-3073.

San Diego: Great American Smokeout 10K & 2 Mile, Amphibious Base, 8 am. Toni Deal: (619) 272-8316.

San Francisco: GKHS Walk/Run for Charity, 4.5 & 9.0 Mi., Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. Shane Devenshire, 1221 Jones, #3F, San Francisco 94109. (415) 928-1541.

Saratoga: Skyline to the Sea Trail Marathon, 2/3 Marathon & 50 Mile, Castle Rock State Park (Skyline Blvd.), 7 a.m./50 Mi., 9 a.m./Others. (2200 Ft. downhill trail run). Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Santa Monica: By The Bay 5 & 10K, 8 a.m./5K, 8:30 a.m. By The Bay 5/10K, P.O. Box 828, Rialto 92376. (213) 399-8421.

Oceanside: Camp Pendleton 5-Mile Cross-Country, Time TBA. End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556.

November 15 (Sunday)

Clarksburg: Clarksburg Foundation PA/TAC 30K Championships & 5K Run (& Kids Mile), Delta High School, 11 a.m. Skip Sebeck, Clarksburg 20, P.O. Box 20, Clarksburg 26612. (916) 665-1712.

Cleveland National Forest: San Juan Trail 50 Mile Run, near San Juan Capistrano 6 a.m. Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (713) 492-8191.

Sunnyvale: Dash for Diabetes, 8K (BACAA Grand Prix Event), Sunnyvale Medical Clinic (Old San Francisco & Sunnyvale Rds.), 9 am. Rochelle McNamara, 201 Old San Francisco Rd., Sunnyvale 94086 (408) 2873785.

San Francisco: DSE Roller Coaster Run, 3.1 Mile (& 0.6 Mile Kids Run), Mountain Lake Park (12th Ave. & Lake St.), 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Donner Lake: Donner Lake Turkey Trot, Distance TBA. Time TBA. Contact: (916) 581-5119.

Fresno: Fresno Road Race 6 Mile, Chandler Airfield, 10 am. Fleet Aft, 6460 N. Blackstone, Fresno 93710. (209) 432-3400.

Merced: 10K Turkey Trot Applegate Park & Bear Creek Bike Path, 9 am. David Olsen, Merced TC, PO Box 375, Merced 95340. (209) 723-6579, eves.

Malibu: Lasse Viren Filandia Cheese Invitational 20K, Point Mug State Park, 8 am. 10 am/Invit (36:00 10K qualifying time). NO RACEDAY REGISTRATION. Eino, PO Box 24781, Los Angeles 90024.

Long Beach: CRI Long Beach Shoreline Half-Marathon & 1 Mile, Long Beach Convention Center (Ocean Bld.), 7:30 am. CRI, 1500 E. Anaheim St., Long Beach 90813 (Judy Combs (213) 591-0539).

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Jack Leydig: Box 459, San Carlos, CA 94070
Phone (415) 595-2249



□ Schedule

San Diego (?): Sagebrush Ramble 10K & 2 Miles, Miramar College. 7:30 am. Norris Charles: (619) 437-4556.

Berkeley: Run Your Axe Off, 5K, Hearst Gym (UC Campus), 9 a.m. Lisa Jang. (415) 549-1138.

Escondido: San Pasqual Vineyards 10K (& 2 Mi.), 8:30 a.m. Mark Belger. (619) 272-1029.

November 19 (Thursday)

Santa Barbara: UCSB Turkey Trot 5K & 10K, 8:30 a.m./5K, 9 a.m. Contact: 805/961-3253.

November 21 (Saturday)

Oakland: Sri Chinmoy 24-Hour Run, 8 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116. (415) 665-2244.

So. San Francisco: Thanksgiving Fun Run, 45 Mile, Orange Memorial Park. 9 am. Fun Run, Recreation & Community Services Dept., PO Box 711, So. San Francisco 94080. (415) 877-8560.

Far Oaks: Turkey Trot, 5 Mile, Marie Calender's (Sunrise Blvd). Time TBA. Fleet Fee, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Lompoc: LVDC Turkey Trot, 5 & 10K. 8:30 a.m./4K, 9:15 a.m. Lompoc Valley DC, PO Box 694, Lompoc 93438. (805) 733-1767.

Pasadena: Diabetes Treatment Center 5K & 1 Mile. Rise Bowl Grounds (Arroyo Blvd. south of Seco. 8 am. Diabetes Treatment Center, 1509 Wilson Terrace, Glendale 91206. (818) 500-0256.

Ladera Heights: Ladera Heights Civic Association 1 & 5K. 8:30 am/5K, 9:15 am. Frank Ramirez, co Ladera Church of the Brethren, 5505 W. Sauson Ave., Los Angeles 90056. (213) 645-278.

Pico Rivera: Turkey Trot, 5 & 10K, Smith Park (9110 Mines Ave.). 8:45 am. Ralph Aranda, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 42-2000, x263.

Yucaipa: Turkey Runs, 2 & 4 Miles (& 0.7 Mile Kids Run), Yucipa Regional Park (Oak Glen Rd.). 9 am. CSAPO Box 337, Yucaipa 92399. (714) 797-0284.

Valinda: Turkey Trot III, 5K & Mile (plus 1/2 mile, 1/4 mile & Laper Derby), Valinda Elementary School (030 N. Indian Summer). 7:30 am/5K, 8:15 am. Tim Seal, 2028 Linda Vista, West Covina 91791 (818) 919-5749, eves).

Playa Del Rey: Jet 1 Jetty 5 & 10K. 8 am. Myrna Kayton, 6228 W. Manchester Ave., Los Angeles 90045. (213) 70-1410.

Acton: Run for Sobriety: 5 & 10K (& 1 Mile Walk), Acton Rehab Center. 8 am/Walk, 8:30 am. Acton Rehab Center, PO Box 25, Acton 93510. (805) 947-4191, Lne Dahl).

Palm Springs: Desert Princess Run-Bike-Run World Champion Series, Long: 10K Run, 62K Bike, 10K Run. Short: 1.75 Mile Run, 8 Mile Bike, 1.75 Mile Run. Desert Princess Hotel. Time TBA. Greg Klein, PO Box 8476, Palm Springs 92263. (619) 320-1341.

San Marcos: Trash-to-Energy Dash, 10K & 2 Mile. 7:30 am. Kathy Loper (619) 437-4556.

San Diego: Thanks for Giving Fun Run, 5K & 1 Mile, Balboa Park. 7:30 am. Toni Deal (619) 272-8316.

Bakersfield: 24-Hour Run, Location & Time TBA. Bakersfield Track Club, P.O. Box 6154, Bakersfield 93386.

Rialto: Rialto Rotary Polio Plus 5K Run, Rialto City Park, 8 a.m. Race Central, P.O. Box 828, Rialto 92376.

Hanford: Footsteps for the Future 3K & 10K Cross Country Races, Jack Stone Ranch (near Hwy 41 and Lacey), 8 am. United Cerebral Palsy, 606 West Sixth St., Hanford 93230. (209) 584-1551.

November 22 (Sunday)

Bronx, NY: National Masters 15K Cross Country Championships. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. (713) 336-3025.

San Francisco: Nike-San Francisco Half-Marathon, Golden Gate Park (JFK Drive & Stow Lake Dr.). 8 a.m. Pamakid Runners, PO Box 27557, San Francisco 94127. (415) 681-2322.

Oakland: Blind Duck Relays, 3 x 5K (2 men/1 woman, drawn at random), Lake Merritt (Old Boathouse), 14th & Lakeside. 9 am. Lake Merritt J&S, Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Pleasant Hill: Turkey Trot, 8.1 Mile, Briones Regional Park (Bear Creek Rd. entrance). 9 am. Pleasant Hill Recreation & Parks, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Napa: Exertec Turkey Trot, 8K. 8:30 am. Exertec, c/o Steve Zanetell, 920-A Yount, Napa 94559. (707) 226-1842.

Ventura: SCA/TAC District 25K Championships, Mission Park. 8 am. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

Barstow: Toys for Tots 3.5 Mile (& 1 Mile), Straw Hat Pizza (1930 E. Main St.). 8:30 am/mile, 9 am. Jennifer Henderson, 31177 Soap Mine Rd., Barstow 92311. (619) 256-8317.

San Pedro: Conquer the Bridge 8K Run, Harbor Blvd & 6th St. 8 am. (No raceday registration.) Marina/Gardena JACL Bridge Run Committee, PO Box 9568, Marina del Rey 90295. (213) 568-1525.

So. El Monte: Legg Lake 5K Morning Run. 9:30 am. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Palm Springs: Tram Road Challenge, 8K (1970 feet elevation gain in 3.7 mile), No. Palm Canyon & Tram Rd. 8 am. Tram Road Challenge, Box 638, Morongo Valley 92256. (619) 363-7829.

San Diego: Seaport Village Run/Walk, 10K & 2 Mile, Seaport Village. 7:30 am. Tina Romine: (619) 448-3700.

San Diego: Tri-City Medical Center 10K (& 2K), Tri-City Medical Center. 8 am. In Motion: 3456 Ingraham St., San Diego 92109. (619) 483-9501.

Scottsdale, AZ: Spirit of the Southwest, 10K & 1 Mile Fun Run, Rawhide, 23023 N. Scottsdale Rd. 10 am. Valley Events, Inc., 7403 E. 6th Ave., Suite 4, Scottsdale, AZ 85251. (602) 949-1633.

Santa Cruz: Turkey Trot 10K & 1 Mi. Kids Run, Delaware & Natural Bridges Dr., 8:30 a.m./Mile, 9 a.m. (Pre-Reg. Only by Nov. 13). Turkey Trot 10K, c/o Parks & Recr. Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Westhaven: Luffenholtz/Larrupin' Loop, 2 Mi. & 10K, Larrupin' Cafe, 1 p.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (Ben Fairless: 707/677-3709).

Riverside: Great American Smokeout Half-Marathon, 5 & 10K, Riverside Poly High School, 8 a.m. American Cancer Society, 2060 Chicago Ave., Suite A17, Riverside 92507. (714) 683-6415.

San Diego: San Diego Harbor Run and Walk, 2 mile and 10K, Seaport Village, 7:30 am. Home of Guiding Hands, 10025 Los Ranchitos Rd., Lakeside 92040. (619) 236-0842 or 448-3700.

November 27 (Friday)

Richmond: Pt. Pinole Skunk Run, Pt. Pinole Regional Park. 10 am. Team Challenge, PO Box 963, El Sobrante 94803. (415) 841-1190.

November 28 (Saturday)

Mill Valley: Quadruple Dipsea, 28.4 Mile Old Mill Park. 7:30 am. John Medinger, PO Box 7147, San Francisco 94120. (415) 894-6674.

Westchester: God's Country 8K X-Country, Loyola Marymount University. 10 am. (500 limit) LMU X-Country, 7101 W. 80th St., Los Angeles 90045. (213) 642-2765.

So. El Monte: Legg Lake 5K Morning Run. 9:30 am. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Bronx, NY: National TAC X-Country Championships, 5K/Jr. Men, 10K/Sr. Men, 5K/Jr & Sr Women, 5K/Masters. Van Cortlandt Park. Time TBA. Tracy Sundlun, MAC, PO Box 1512, Ansonia Station, New York, NY 10023 (212) 595-9640.

November 29 (Sunday)

San Francisco: Run to the Far Side III, 5 & 10K, Golden Gate Park. Time TBA. Rhody Co. Productions, 805 Lake St., #3, San Francisco 94118. (415) 668-2243.

San Francisco: DSE Ferry Building Run, 3.83 Mile, Dolphin Club (Foot of Hyde Street). 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Villa Park: Villa Park Half-Marathon (also 1/2 mile, 2 & 5 mile), Villa Park High School. 7:45 am/ 1/2 mile, 8 am/2M, 8:30 am. Orange Flyers TC, 2733 Villa Vista Way, Orange 92667 (Bill Holt (714) 637-1588, eves.)

☐ Schedule

Los Angeles: Head for the Hills 10K Cross Country, Travel Town. 8 am. (Raceday entry only.) Steve Broten, Box 3684, 10016 Pioneer Blvd., Santa Fe Springs 90670.

Pasadena: Colombian Select Half-Marathon, Rose Bowl. 8 am. Race Central, PO Box 828, Rialto 92376 (Phidippides: 818-986-8686).

Pasadena: 5 Acres Doo Dah Run, 5K, Colorado Blvd. & Garfield. 8 am. Five Acres, 760 W. Mountain View St., Altadena 91001. (213) 975KRun.

Newhall: Santa Clarita Valley 5 & 10K Runs, Newhall Park, 8 a.m. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 944-2511.

December 5 (Saturday)

Palm Springs: Palm Springs 100 Mile & 24-Hour Run, 2-mile loop on bike path around Tahquitz Wash between Sunrise Way and So. Palm Canyon Drive. 4 pm. John & Kitty Emig, Box 8323, Palm Springs 92263. (619) 320-3548.

Sacramento: 5K Celebrity Run, Cal Expo. 9 a.m. California International Marathon, P.O. Box 16149, Sacramento 95816. (916) 447-2786.

Antioch: Holiday Run, 3 Mi. & 10K, Raleys Shopping Center (Davidson & Lone Tree Way), 9 a.m. Clark Gelhaus, Solar Swim & Gym, 111 W. 15th St., Antioch 94509. (415) 757-7412.

Modesto: YMCA of Stanislaus County Christmas Tree Run, 5K & 1 Mile, McHenry & Floyd, 8:15 a.m./1 Mi., 9 am. Maureen Robello, YMCA, 2700 McHenry, Modesto 95350. (209) 578-9622.

Bakersfield: Chill Chaser, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

San Diego: Balboa Park Boogie, 5K (separate races for men & women), 6th & Laurel, 7:30 a.m./Women, 8:30 a.m./Men. Sharon Greiner: (619) 440-1206.

December 6 (Sunday)

Folsom: California International Marathon (to Sacramento), PA/TAC Championships. 7:05 am. California International Marathon, PO Box 161149, Sacramento 95816. (916) 447-2786. ENTRY MUST BE POSTMARKED BY NOV. 23.

Palm Springs: Palm Springs 50 Mile Run, same course as Dec. 5 event. 6:15 am (12-hour limit). Same contact as Dec. 5.

San Francisco: DSE Golden Gate Toll Plaza Run, 7.35 Mi., Dolphin Club (502 Jefferson), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Leandro: Sleigh Bells Dash, 10K & 5K/ Walk, San Leandro Marina, 9 a.m. Contact: (415) 276-9013.

Walnut Creek: Jingle Bell Run for Arthritis 10K (& Sleigh Bell 2 Mi. Stride), Heather Farms Community Park (San Carlos Valley Rd. & Ygnacio), 9 a.m. Arthritis Foundation, 3732 Mt. Diablo Blvd., Suite 270, Lafayette 94549. (415) 283-6593.

Fresno: Cal Bowl Run, 10K & 2 Mi., Fresno State Univ., 8:30 a.m. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Holiday Bowl Marathon & 10K, Balboa Park. 7 am. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

December 12 (Saturday)

Arcata: Arcata to Willow Creek 40 Miler, 8 a.m. Bernie Kemp, 360 Herrick Rd., Eureka 95501. (707) 442-0991, eves.

Santa Rosa: I "CAN" Run 5K, 9 a.m. Sue Oaks, World Runners, 2050 W. Steele Ln., #E-2, Santa Rosa 95403. (707) 545-5548.



1988 NATIONAL TRACK & FIELD, CROSS COUNTRY COACHES CLINIC

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REGISTRATION: 8 a.m. to 5:30 p.m., Saturday, January 16. (Program will begin at 9:30 a.m.)

CLINIC FEES: \$50.00 Pre-registration fee (fee is required by January 11.) Persons registering at the door must pay \$60.00.

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INCLUDES: Admission to all clinic sessions and exhibits, Happy Hour, coffee break, **Bound Speakers' Notes**, free parking, reduced rates at the Sheraton-Anaheim Hotel, complimentary soft drinks, Certificate of Attendance.

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HOUSING: Special reduced rates are available to participants at clinic headquarters, the Sheraton-Anaheim Hotel, 1015 West Ball Road, Anaheim, California 92802 (adjacent to Disneyland). Call or write the hotel to reserve room; rooms not reserved will be released January 4th.



Boston Athletic Association

NINETY-SECOND ANNUAL B.A.A. BOSTON MARATHON®

MONDAY, APRIL 18, 1988
12:00 NOON

QUALIFYING TIMES ARE:

AGE GROUP	MALE	FEMALE
under 40 years	3 hrs. 00 min.	3 hrs. 30 min.
40-49 years	3 hrs. 10 min.	3 hrs. 40 min.
50-59 years	3 hrs. 20 min.	3 hrs. 50 min.
60 years and over	3 hrs. 30 min.	4 hrs. 00 min.

Special Note:

All qualifying times for the 1988 B.A.A. Marathon must have been run at any marathon sanctioned by The Athletics Congress (TAC/USA) over a certified course between January 1, 1987 and March 21, 1988.

ENTRY FORMS ARE AVAILABLE NOW!

Please Send A Self-Addressed Stamped
Envelope To:

B.A.A. Boston Marathon,
17 Main St.,
Hopkinton, MA 01748

Napa: Santa's Stampede 8K (& 100m Kid's Run), 9:30 a.m. American Red Cross, 575 Jefferson St., Napa 94559. (707) 257-2900.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Moreno Valley: Run for Youth, 5 & 10K (& 4 Mi. Walk), Butterfield Elem., School (13400 Kitching St.), 8 a.m./5K Walk, 8:30 a.m. Deborah Shiflett, 11930 Sugar Creek, Moreno Valley 92388. (714) 924-5372, eves.

December 19 (Saturday)

Sanger: Pre-Christmas Run, 3 Mi. (time-prediction) & 6 Mi., Madison School (Cherry & Bethel), 9:30 a.m. Sanger Striders T.C., 10518 E. California Ave., Sanger 93657. (209) 875-4072.

So. El Monte: George Guerrero 8K Run, Legg Lake, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 20 (Sunday)

San Francisco: Christmas Relays, 4-person teams (changed from 5-person format. 4.464 Mile/person, Lake Merced (Sunset Blvd. parking lot), 9 a.m. West Valley TC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. (Sue Lee: (415) 284-4247, eves.)

San Francisco: DSE Twin Peaks Run, 3.36 Mi., Portola & Twin Peaks Blvd., 9 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Westlake Village: SCA/TAC 5K District Championship, Westlake Elem. School, 9 a.m. (No Pre-Entry), Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Festival of Lights 10K (& 2 Mi.), Balboa Park, 7:30 a.m. End of the Line, P.O. Box 1049, Coronado 92118. (San Cohen: 619/583-3300).

December 25 (Friday)

San Francisco: DSE Christmas Day Blind Date Relays, 2.0 Mi., Golden Gate Park (Stow Lake Boathouse), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

December 26 (Saturday)

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

December 27 (Sunday)

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10, & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Av., Oakland 94610. (415) 834-3110.

San Diego: Mission Bay 25K, E. Fiesta Island, 7:30 a.m. Chuck Malmgren. (619) 271-0502.

☐ Schedule

So. Pasadena: Tiger Runs, 5 & 10K, So. Pasadena High School (Gym on Diamond), 8 a.m. Harry Gerst, 1401 Fremont Ave., So. Pasadena 91030. (213) 258-4008.

Coronado: Christmas in Coronado 10K (& 2 Mi.), 7th & Orange, 8 a.m. Kathy Loper, End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Ventura: Team Inside Track's European Style Cross Country Races, 2.2 and 6.6 miles, Olivas Park Golf Course, 9 am/2.2 mile, 9:30 am/6.6 mile. Inside Track 1410 E. Main St., Ventura 93001.

December 13 (Sunday)

Honolulu, HI: Honolulu Marathon. 6 a.m. Honolulu Marathon Association, 3435 Waiialae Ave., #208, Honolulu, HI 96826. (808) 734-7200.

San Francisco: Christmas Carol Charity Run, 10K & 5K Fun Run, Hyatt Regency #5, 8:30 a.m. Christmas Carol Charity Run, 33 Market St., San Francisco 94105. (415) 393-4987.

San Francisco: DSE Polo Field Run, 6.2 Mi., Golden Gate Park (So. Side Parking Lot), 9:30 a.m./0.6 Mi. Kid's Run, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

☐ Schedule

Agoura: SCA/TAC 5K Cross-Country District Championships, Paramount Ranch, 9 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

December 31 (Thursday)

Sacramento: New Year's Eve 1 Mi. (& 2 Mi. Run/Walk), Old Sacramento, Time TBA. Fleet Feet, 2408 J Street, Sacramento 95816. (916) 442-3338.

Lompoc: Midnight Family Fun Run, 1 & 4 Mi., Vandenberg Village Shopping Center, 11:15 p.m. 1 Mi. (18 & Under), 11:55 p.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 733-1767, John Perkins.

San Diego: New Year's Eve Fun Run, Mission Bay Boardwalk, 11:45 p.m. Movin' Shoes: (619) 488-2310.

January 1 (Friday)

San Francisco: DSE Hangover Run, 3.53 Mi., Golden Gate Bridge (Lower Parking Lot), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

So. El Monte: Legg Lake 5K Resolution Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

January 3 (Sunday)

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

January 8 (Friday)

Burlingame: Carbo-Loading Party, Location TBA - Generous amounts of pasta, beer, bread, salads, soft drinks, live music. Benefits Sawyer Camp Trail. 6 p.m. Contact: Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

January 9 (Saturday)

Ventura: Buena 4 Mile (& 1 Mi.), San Buenaventura State Beach, 9 a.m. Steve & Debbie Blum, 705 Utica, Ventura 93004. (805) 659-2699.

So. El Monte: San Gabriel River 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Phoenix, Arizona: Phoenix City Marathon, 18th Ave. & Washington, 7:45 a.m. Tom Smith, Phoenix City Marathon, P.O. Box 32987, Phoenix, AZ 85064. (602) 941-5239.

January 10 (Sunday)

Pleasant Hill: Pleasant Hill Community Challenge Run, 5 & 10K, College Park High School, 201 Viking Dr., 8:30 a.m. Pleasant Hill Rec. & Park District, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Burlingame: Fisherman's Free Sawyer Camp Trail Bayfront 12K Run, & 5K Run/Stride, 9 a.m. Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

So. El Monte: Legg Lake 8K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

January 16 (Saturday)

Pt. Reyes/Five Brooks: Pt. Reyes Trail Marathon, 9 a.m. (Note: You can choose either Jan. 16 or 17...wilderness area limited to 200 entrants/day.) Pre-Entry Only! Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

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

San Diego: Naval Hospital 10K & 2Mi., Naval Hospital, 7:30 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

January 17 (Sunday)

San Mateo: El Camino Derby Run, 10K & 1Mi., Bay Meadows Race Track (25th Ave., & Delaware), 8:30 a.m. American Heart Assoc., 1801 Murchison Dr., Burlingame 94010 (Linda: 415/692-0981).

Oakland: Dr. Martin Luther King, Jr., Birthday Run, 5 & 10K, Lake Merritt (Boathouse), 9 a.m. Anthony Charles, P.O. Box 5297, Oakland 94605. (415) 632-1537 or 636-1664.

Stockton: (Tentative) California 10, 10 Mile, Lincoln High School (Alexandria at Benjamin Holt), 10 a.m. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

So. El Monte: Legg Lake 8K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Goleta: Sri Chinmoy Marathon, Santa Barbara Research Park, 7 a.m. Sri Chinmoy Marathon, P.O. Box 2036, Goleta 93118. (805) 685-3325.

Woodland Hills: 1988 Boulevard Run, half-marathon, Warren Ranch Park, 7:30 a.m. The Boulevard Run, P.O. Box 828, Rialto 92376. (818) 347-1933.

Hanford: 10th Avenue 10K, The Irwin Street Inn, 8 a.m. Kari Fike, P.O. Box 1118, Hanford 93232. (209) 584-2701 (days).

January 23 (Saturday)

Los Altos: Willy's Road Race, 1 & 5 Mi., St. William School (401 Rosita Av.), 9:30 a.m./1 Mi., 10 a.m. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

San Francisco: Ruth Anderson 100K, Location TBA, 6:30 a.m. Note: No Raceday Reg., time will be recorded at 50 Mi. for Western States qualification. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, Kanan Rd. & Thousand Oaks Blvd., 7:30 a.m. Debbie Cooper, 5699 Kanan Rd., #155, Agoura Hills 91301. (818) 991-9411 or 889-0720.

Paramount: Paramount 10K with special World Masters division, Progress Park (Downey Blvd., just north of Alondra Blvd.), 8 a.m. Paramount 10K, 15734 Paramount Blvd., Paramount 90723. (714) 841-5417 or (213) 634-3027.

San Diego: McClassic 10K & 2 Mi. (& 1 Mi. Kids Race), Mission Park (South of Hilton), 7:30 a.m./10K & 2 Mi, 8:30 a.m./1 Mi. Una Marie

Pierce, 3018 Olive St., San Diego 92104. (619) 563-5677.

January 24 (Sunday)

San Francisco: San Francisco Zoo Run, 3 & 7 Mi., S.F. Zoo (Herbst Rd. & Skyline Blvd.), 8 a.m. & 9 a.m. San Francisco Zoological Society, Sloat Blvd. & Great Highway, San Francisco 94132. (415) 661-2023.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

So. El Monte: Legg Lake 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

January 30 (Saturday)

Paramount: Paramount 10K Run & Race Walk (Special World Masters Division with qualifying standards for Men & Women Masters only), Progress Park (Downey Blvd. just north of Alondra Blvd.), 8 a.m. (Note: World Masters entrants must enter by Jan. 25). Oscar J. Rosales, 15734 Paramount Blvd., Paramount 90723. (213) 634-3027 or (714) 841-5417.

January 31 (Sunday)

Santa Rosa: Santa Rosa Super Mile, Third & B Sts., 8:30 a.m. Downtown Development Assoc., 50 Santa Rosa Ave., #306, Santa Rosa 95404. (707) 545-3534.

So. El Monte: Legg Lake 5K Loop, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Super Run, 10K & 2 Mi., LJV Square, 8 a.m. End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556, John Thompson.

Redondo Beach: Super Bowl 10K Run. Deke Houlgate Enterprises, P.O. Box 7000-371, Redondo Beach 90277. (213) 540-5001.

Long Beach: Super Bowl Sunday 10K Run, 8 a.m. Super Bowl Sunday 10K Run Committee, P.O. Box 3884, Long Beach 90803. (213) 548-4288, Dennis McCarbery, or (213) 544-1817, Hans Albrecht.

Looking Ahead

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

Feb. 6 (Sat.) Las Vegas, Nev.: Las Vegas Marathon, 7:30 a.m. Las Vegas Marathon, Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.

Feb. 14 (Sun.): Oakland: Valentine Day Run, 5 & 10K, Lake Merritt (Bellevue Ave., Lakeside Park), 10 a.m. American Heart Assoc., P.O. Box 5157, Oakland 94605. (415) 632-9606.

Mar. 6 (Sun.): Los Angeles: City of Los Angeles Marathon III, L.A. Memorial Coliseum (Exposition Park), 9 a.m. Los Angeles Marathon, P.O. Box 67750, Los Angeles 90067. (213) 879-1988.

■ CTRN Around the Bay

By MARK WINITZ



Big Guys Don't Always Finish Last

Sometimes choosing the subject of a column such as this one is difficult. Here we are, already on the last issue of the year, and I haven't been able to cover a fraction of the subjects on Bay Area running that I would have liked. Even a weekly column couldn't possibly do justice to what is certainly one of the mainstream running communities in the nation. It seems that on every Bay Area street corner, track, and trail there's a story—all interesting ones.

What's more frustrating is that there are so many local runners that I'd like to say something about, yet I have precious little opportunity to do so. To all those standouts who I missed this year—regardless of place, pace, notoriety, or ability—I apologize. Give me another chance next year.

Big Noah

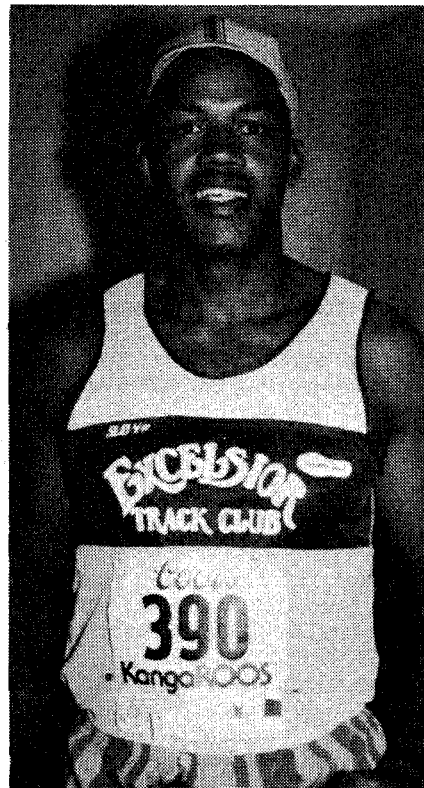
One Bay Area runner who stands out in a big way—yet who has received little press—is a 38-year old Oakland resident whom you've probably seen at the races. In fact, it's hard to miss him. His name is Noah Rollins. 6 feet 3 inches, 200 pounds (plus or minus 10, depending on what shape he's in). Mostly muscle, a substantial percentage of which is probably fast twitch.

I can't remember when I first ran into, or with, Noah. It might have been at the 1981 Oakland Marathon. Maybe earlier. And I don't try to calculate the number of races where I've seen him since. I remember futilely trying to catch him in 5- and 10-K's around Lake Merritt. And I definitely recall passing him in the latter miles of several marathons. Boston, Cal International. "Nice going," he'd say. "Take it in." He always goes out fast and then hangs on. But he never gets down.

Our ages are about the same, but I'm about 55 pounds lighter, and half a foot shorter, than this sprightly guy. Yet our PR's are within barking distance. Big Noah has run 2:46:32 in the marathon, and 34:12 for 10K. That's turned swift for a 200-pounder.

It's not unusual to see a big man or woman in a road race, especially at the shorter distances. But you don't see them race after race, and you don't often see them near the top. If you do, it's not for long. (Of course, there are exceptions. Guys like Derek Clayton and Jack Bacher come to mind.) It's common

knowledge that the bigger you are, the more stress and pounding you take on the run. Most muscular-skeletal systems just aren't built to handle a couple of hundred pounds rolling along at 6 minutes or so pace for miles and miles. Yet Rollins keeps churning 'em out, even after a dozen years on the roads and 27 marathons.



NOAH ROLLINS

I'm impressed by big runners. In respect to relative performance per pound of body weight, fellows like Noah come out way ahead of the average runner, and even ahead of elite light weights.

Take the middle-of-the-pack average male marathoner. Let's say he carries his 150 pounds to a 3 hour, 30 minute finish. Simple mathematics tells us that this runner's carrying capacity is 0.71 pounds of

body weight per racing minute for this particular race.

Marathon world record holder Carlos Lopes is 5-6 and weighs 126 pounds. At 38 years old—the same age Rollins is now—Lopes set his 2:07:12 record. That 2:07:12 translates to a carrying capacity of about 1.00 pound per racing minute in Lopes case—substantially higher than the average runner's.

Now, let's look at Noah, who at 200 pounds (give or take a few) can currently run a marathon in 2:50. That works out to about 1.18 pounds per racing minute for 26.2 miles. Much higher than the marathoner of average size and ability, and even higher than Lopes' world record performance. When applied to the 10K, Big Noah carries more than a full pound more per racing minute than most of the world's best runners at that distance.

Around the Bay Area, Rollins has become a fixture in the front ranks at starting lines. The fact that he's a large, black athlete makes him conspicuous in road races where one grows accustomed to seeing just the opposite.

"At first, runners who didn't know me didn't like my being up near the front," relates Rollins. "They'd say 'big man get in back,' not knowing that I could do five-minute miles. I'd get upset at that. But not anymore. I just say 'have a good run,' and go on my way."

Curiously, around local races, Rollins more-or-less quietly goes about his business. His accomplishments as a heavyweight aren't given as much...well...weight as, say, the various age group winners. One local race that does have a heavyweight division is the California Mile. A sheer grind straight up San Francisco's Nob Hill. Last month our man finished second there in the over-200 category—in 100 degree heat.

"I ran a 6:35," he recounts. "But I could have done better. You see, the mile was in the afternoon. That morning I ran the Perry's-to-Perry's Half Marathon in 1:28—slow because I knew I had the mile later on."

In an all-out flat mile, Rollins can easily crack 5 minutes flat. In the true sense of the word, this fellow is awesome. I talked with him at length last month, as he was preparing for the New York Marathon. He'd just done the Hayward Half Marathon "easy"—in 1:21. Here's a few bits of that conversation:

□ Around the Bay

CTRN: What made a big guy like you take up running as a sport?

Rollins: In high school and college I played football and wrestled—but the contact got to me after awhile. I bruised my ribs pretty bad. So in 1975, the doctors told me to take up a non-contact sport. I started running at 220 pounds and pretty quickly got it down to 200.

CTRN: Did you have any particular problems at first?

Rollins: Well, my ankles were pretty weak and I had problems with them. I laid off running for awhile, lifted weights to strengthen the ankles, and swam as therapy. But, overall, I haven't had too many problems. Now I cross train—swim and bike. That takes a lot of the pounding out of my program. Right now I'm running about 50-60 miles a week. I run five days a week.

CTRN: Your size gets you a lot of notice in races sometimes.

Rollins: Right, it's a great motivator. For example, I've been back to the Boston Marathon three times. Each time I wear 'Big Noah' on my t-shirt. And the crowd there is great. They remember me from

year to year, and yell encouragement. I hear kids say, "Wow, Dad, that guy's really big."

CTRN: You're a pretty outgoing guy. You make running friends easily.

Rollins: Well, that's the way my mom raised us. In elementary and high school...it was like an international class. It would be blacks, whites, Chicanos, Portuguese people. I didn't grow up looking at anybody like they're a white man, they're a black man, or he's from Hong Kong. I looked at it like we're a family. That just stayed with me all my life. I've never set myself off from nobody.

CTRN: Who do you train with?

Rollins: About two days a week I run with my buddies on the Excelsior Track Club. Otherwise, I train alone—in the mornings because I work afternoons and evenings (in food service at Alta-Bates Hospital—ed.)

Also, I keep in contact with James Robinson. He's been my inspiration for quite a while now. Sometimes I'll run with him at Lake Merritt. He's a lot faster than me, but he's a real help. I try to get on the track once a week.

CTRN: Are there other runners that you particularly admire?

Rollins: Mary Decker (Slaney), Joan Benoit, Evelyn Ashford, Edwin Moses. They really inspire me. And then this guy...I think he's British...He be dressed in green.

CTRN: Eamonn Coghlan.

Rollins: Right. Also, don't let me forget my mother. She gives me a lot of inspiration and support. When I go out of town for races, she'll help me get my things together when I'm real busy. And she's at the finish line a lot, cheering me on.

Also, my sister and her children. On my birthday, they gave me a trophy of a runner that says 'World's greatest brother and uncle.' That shows I really have my family behind me. So I know I'm doin' good.

CTRN: Have you ever thought that you're a role model yourself?

Rollins: Well, I know I inspire other big guys because they've told me. I train with

Continued next page



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MARK WINITZ'S

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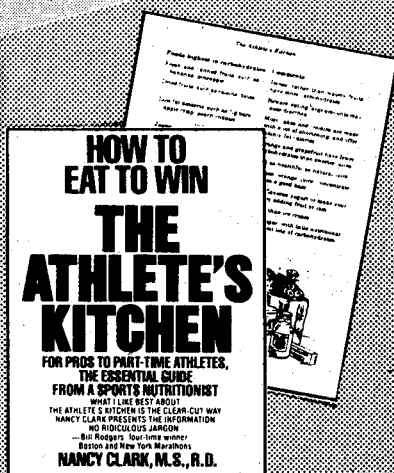
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□ Around the Bay

bigger people than me at the YMCA. Before, they'd only lift weights. Now, they're out running. And they tell me that's why they're hanging in there--because they see me doing it.

CTRN: Do you eat a lot, Noah?

Rollins: Mainly I eat chicken, fish, turkey, tofu, and a lot of vegetables. I gave up beef and pork seven years ago. I do eat a lot of salads. But I watch my weight. The lighter I am, the better I run.

CTRN: What advice would you give other big people who might just be starting out in running?

Rollins: First of all, get your diet together. Don't be afraid about eating a lot of pasta. Then, start working on your running. Start off easy. Not too much mileage. For a big person, it's really hard on the lower limbs. Build up very gradually. Don't get into racing too soon.

CTRN: What are your running goals now?

Rollins: Right now, I'd like to do a sub-2:40 at New York. That's been a goal of mine for a long time. As long as I hold back that first fifteen and don't go out with no sub-six minute miles, I'll be OK.

Also I'm looking forward to the master category in another couple of years. I'm holding myself together for that. Really I'll just keep on running, as long as I'm on this earth.

CTRN: What's the best thing that running has done for you?

Rollins: It's made me a better man. I'm more determined. I'm better on my job. I'm more confident. Both physically and mentally, it's helped me a bunch.

CTRN: Sometimes it takes a lot of tenacity to keep at it.

Rollins: It sure do. You got that right.

rehabilitation centers, educating both runners and individuals in the medical community about the importance of proper running shoes for each runner's particular needs--and what's available on the market.

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The Runner's Choice in Los Altos is located at 973 Fremont Avenue (near Miramonte and Foothill Expressway), (415) 949-5681. The Runner's Choice in Menlo Park is at 867 Santa Cruz Avenue, (415) 325-1142.

Next Time

I'll do a review of 1987 San Francisco Bay Area running. Also, I'll let you know my selections for Bay Area Runners of the Year, based on what you and other running principals in the Bay Area tell me. Categories include top open, masters, seniors, most improved, most inspirational, and any other designations that you can come up with. Direct your selections to me by phone or mail before December 20th. See contact numbers below. Also, look for CTRN's All-California Athletes of the Year selections in an upcoming issue.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, CA. He is Bay Area Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

Runner's Choice

If you happen to be in the Los Altos area, stop by the Runner's Choice, a new running shop which is actually a second store of the same outfit located in Menlo Park. I'm excited about the opening, especially since it's located a quarter of a mile down the hill from my house--right next to the Bicycle Outfitter.

With due respect to the several other excellent running stores on the Midpeninsula--I must admit that there's nothing like a nearby gathering place where excellent advice and equipment are a short jog away.

Eric Sakuma and Doug Nakashima are co-owners of the Runner's Choice. Both avid runners, they have worked out a unique concept for serving runners' needs. They give clinics at sports care and

PA-TAC Notes

By JOHN MANSOOR



TAC Card Renewal

Starting on November 1st of this year all TAC members need to renew their membership for the 1988 new year. This will insure that no benefits are lost during the renewal process, and that you will receive your monthly Cal Track & Running News without interruption. On that score the LDR committee is happy to have CT&RN back with us again for 1988 as they have done an excellent job this year!

To renew, look for the application with this issue and fill it out, return it with your \$10.00 registration fee to the Pacific Association office at: Box 1495, Fair Oaks, CA 95628. Please include a self-addressed stamped envelope.

Pacific Grand Prix

Listed below are the current standings for the Grand Prix through the month of September. This includes the two events recently conducted, the Monterey 10K which served as the Master Championship, and the Pacific Crest Trail 50K which was the open Championship at that distance. As you can see, things are heating up as we head for the final Fall events. Keep up with the action at the rest of the Grand Prix events listed below!

Remaining Championships

November 8 Examiner Cross-Country
November 15 Foundation 30K
November 22 Nike/S.F. Half Marathon
December 6 Calif. International Marathon

Open Men					
Place	Name Club	5K	8K	10K	50K Total
1	Robert Anex (Flyers)	21	22	20	46 109
2	Alan Dehlinger (Peppermill)	20	17	18	44 99
3	Alan Adkins (Sub 4)	23	23	22	68
4	Domingo Tibaduiza (Peprml)	24	24	19	67
5	Daniel Grimes (Peppermill)	30	30		60
5	Denis O'Halloran (Aggies)				60
7	Sean Crom (Peppermill)				48 48
8	David Minter (Peppermill)	13	16	16	45
9	Joaquin Leano (Peppermill)	14	15	15	44
10	Mark Hoefer (FleetFeet)	17	19	7	43
11	Tim Gruber (Unat.)	22	20		42
11	Craig Moore (Chips)				42 42
13	Chris Turney (Chips)				40 40
14	Bob Bunnell (Ultramarine)				38 38
15	Bruce VonBorstel (Ultram)				36 36
16	Ray Cook (Peppermill)	19	1	14	34
16	Jeff Wall (Excelsior)				34 34
18	Jon Root (Chips)				32 32
20	Danny Aldridge (Aggies)	18	12		30
20	Jay Marden (Unat.)			30	30
	Syl Pascale (Unat.)				30 30
24	Brian Purcell (Ultram)				28 28
25	Glyn Reynolds (Aggies)	10	11	6	27

Open Women					
Place	Name Club	5K	8K	10K	50K Total
1	Peggy Smyth (Flyers)	21	20	18	60 119
2	Rossy Cardenas (Flyers)	17	18	16	48 99
3	Terry Puckett (Flyers)	30	30	15	75
4	Chris Iwahashi (Chips)		19	9	46 74
5	Johanna Reneke (Impala)	23	24	23	70
6	Sharlet Gilbert (Unat)	19	23	17	59
7	Heike Skaden (Flyers)	22	22	13	57
8	April Powers (Tamalpa)	24	22		46
9	Julie Thomas (Aggies)	20	21	4	45
10	Theresa McCourt (Chips)				44 44
11	Chris Flaherty (Chips)				42 42
12	Joan Mork (Unat.)				40 40
13	Mary Dunphy (Aggies)		3		36 39
14	Janet Cassidy (Unat.)				38 38
15	Kathy Sanchez (Chips)				34 34
16	Laurie Binder (Unat.)	13		19	32
16	Sue Brusher (Reebok)	15	17		32
18	Robyn Root (CstAth)			30	30
18	Sandra Sup (Flyers)	18		12	30
20	Bev Marx (Flyers)	14	15		29
21	Patti Gray (Unat.)			24	24
22	Joan Colman (WVTC)	7	16		23
22	Susan Putney (Aggies)	10	13		23
24	Kathy Crocker (Aggies)	16		5	21
24	Melissa Martel (Aggies)			21	21

Master Men					Total
Place	Name Club	5K	8K	10K	Total
1	Bill Sevald (Excelsior)	20	20	20	60
2	Bob Lindsey (Flyers)	11	14	12	37
3	David Rivera (WVJ&S)	13		13	26
4	Gene Dangel (East Bay)	12	13		25
5	Jim Gibbons (Tamalpa)	9	12		21
6	Bill Clark (WVTC)	10		10	20
6	David Taylor (East Bay)	5	11	4	20
8	David Furst (WVJ&S)			14	14
8	Dan Murray (Unat.)	14			14
10	Gary Goettelmann (WVTC)	7		5	12
11	Ramsay Thomas (WVTC)			11	11
12	Alan Stanbridge (Excels)		9	1	10
12	Jon MacPherson (Tamalpa)		10		10
14	Mike Holbrook (Flyers)			9	9
15	Joe Cavanaugh (EastBay)		8		8

Master Women					Total
Place	Name Club	5K	8K	10K	Total
1	Joan Colman (WVTC)	20	20		40
1	Margie Timberlake (Flyers)	14	12	14	40
3	Karen Lanterman (WVTC)	12	11	12	35
4	Gail Rodd (WVTC)	8	9	10	27
5	Joan Uilyot (WVTC)	13	13		26
6	Heidi Skaden (Flyers)	11		11	22
7	Juana Stavolone (WVTC)			20	20
8	Laurie Fisher (WVTC)	9	10		19
9	Alice Rose (NorCal)	7		9	16
10	Ruth Anderson (NorCal)	5	8	1	14
10	Hilary Taylor (Impala)		14		14
12	Nelly Wright (Unat.)			13	13
13	Vicki Bigelow (Aggies)	10			10
14	Madelyn Vassigh (WVJ&S)		8		8
15	Gail Goettelmann (WVTC)		7		7

Senior Men					Total
Place	Name Club	5K	8K	10K	Total
1	John Finch (Unat.)	10	10	6	26
2	Fred Mattos (Flyers)	6	6	2	14
3	Glynn Wood (WVJ&S)			10	10
4	Peter Todd (NorCal)	2	4		8
5	Morton Gray (Tamalpa)			4	4
5	Ross Smith (SiSi)	4			4

Senior Women					Total
Place	Name Club	5K	8K	10K	Total
1	Ruth Anderson (NorCal)	4	10	2	16
2	Alice Rose (NorCal)	6		6	12
3	Vicki Bigelow (Aggies)	10			10
3	Heidi Skaden (Flyers)			10	10
5	Frances Sackerman (WVTC)			4	4

Super Senior Men					Total
Place	Name Club	5K	8K	10K	Total
1	Paul Reese (GrayHairs)		1		1
2	Bob Malain (NorCal)	1			1
3	Joe King (Reebok)			1	1

Super Senior Women					Total
Place	Name Club	5K	8K	10K	Total
1	Kit Pickles (NorCal)		1	1	2



PA-TAC Grand Prix Teams

Master Men:					
Place	Club	5K	8K	10K	50K Total
1	Pacific Flyers	1	3	1	5
1	West Valley TC	3		2	5
1	West Valley J&S	2		3	5

Master Women:					Total
Place	Club	5K	8K	10K	Total
1	West Valley TC	3	3	3	9
2	Impalas			2	2

Open Men:					Total
Place	Club	5K	8K	10K	Total
1	Peppermill	3	3	2	8
2	Reebok Aggies	2	2	3	7
3	Buffalo Chips				6 6
4	Ultramarine				4 4
5	Pacific Flyers	1	1	1	3

Open Women:					Total
Place	Club	5K	8K	10K	Total
1	Pacific Flyers	3	3	3	9
2	Buffalo Chips				6 6
3	Reebok Aggies	2	1	1	4
4	Impala RT		2		2
4	WVTC			2	2
6	Tamalpa	1			1

Senior Men:					Total
Place	Club	5K	8K	10K	Total
1	NorCal Seniors	1			1
1	Lake Merritt J&S			1	1
1	WVJ&S			1	1

Senior Women:					Total
Place	Club	5K	8K	10K	Total
1	Nor Cal Seniors	1		1	2

Renew to PA-TAC Today!

SoCal Diary

By BILL MINARIK

September 14

Cross-country season officially got underway last Friday at Moorpark where Moorpark College played host at its annual invitational. Traditional power Grossmont showed that its men's team was ready to take its place back on top, as it won the competition with a microscopic 30 points to 118 for runner-up San Diego Mesa and 119 for defending State Champ Hancock. To give you an idea of how deep the Griffins are, they took 11 out of the top 28 positions in a 14 team field. The women's competition saw state track champ Santa Monica show they were a force to be reckoned with in cross country as well as they outran a good Saddleback team 54-66.

Up at Woodward Park in Fresno, some community college teams were getting a preview of the State Meet course, including Rancho Santiago whose men's team apparently found things to their liking by virtue of their 87-95 win over runner-up West Valley. Likewise, the Orange Coast women looked tough with a 71-80 victory over second place Cuesta.

In high school action, first at the Arroyo Grande Invitational, the home teams sent the fans home happy with 66-91 and 37-87 victories over the boys and girls from runner-up Canyon High in Anaheim. Elsewhere, at the San Pasqual Invitational, the boys from Tustin were narrow 61-64 winners over San Diego Serra, while the Fallbrook girls were 52-52 tie-breaker winner over San Pasqual. At the Las Vegas Invitational the girls from Villa Park became part of the few who have ever returned from Las Vegas as winners as they outran the Hopi Indians 53-67.

September 21

The four-year colleges got their cross country seasons into full swing over the weekend with the feature attraction being an inter-sectional dual meet between the men from USC and Boston College. In that one, it was Coach Larry Knuth's thinclads, lead by Romney Mawhorter's first place finish, easing by B.C. 18-39.

At the Fresno Invitational, the men from Division I national power Arizona were winners with 45 points, however, the real shocker here was that Cal State LA was second with 55 points. I wouldn't have thought that CSLA would even want to run on the same course with Arizona, let alone push them for the championship. CSLA Coach John Tansley was apparently able to coax former CC state cross country champ Eugene Cruz out of retirement and

was rewarded for his efforts by Eugene's second place finish behind Arizona's Matt Giusto. Tansley has indicated he also expects to have another state CC champ, Jeff Nelson, out of retirement and into a CSLA uniform before the end of the school year. In the women's competition, there was a major upset as the gals from UC Davis outran the California Bears 40-57.

At the UC Riverside Invitational, it was the San Diego State Aztecs' men lead by state CC champ Matt Clayton upsetting runner-up UC Irvine 34-42 while the UCLA women scored a close, but decisive, 53-62 win over Arizona State.

At the Chapman Invitational, the Fresno-Pacific men were clear 54-83 winners over runner-up Cal Lutheran, while the UCSB women ran away from runner-up UCSD, 35-73.

In community college action, the Cuesta Invitational saw the men of Hancock 72-91 winners over Sequoias, while the Cuesta women just nipped Ventura 51-52.

On the prep scene at the San Clemente Invitational, the Mission Viejo, Dana Hills and Santa Ana captured boy's titles, while Dana Hills took the girl's overall championship. At the Perris Invitational, it was Fontana and 29 Palms the girl's winners and Hemet and Serrano boy's titlists.

The Laguna Hills Invitational saw boy's divisional winners from El Toro, Santa Ana, Corona del Mar, Woodbridge, Laguna Hills, and Fallbrook, while the girl's champions hailed from Thousand Oaks, Mission Viejo, San Pasqual and Woodbridge.

The Warren Invitational saw the boys from South Torrance top neighboring Torrance 56-70, while boy's teams from Buena Park and Antelope Valley were winners at the Sonora Invitational as were girl's teams from Foothill and Saugus.

The Arroyo Grande Invitational saw the host team along with Westlake High capture boys divisional crowns while Los Gatos was the overall girl's champion.

September 28

Prep cross country fans may have gotten a preview of this year's state cross country championship last Saturday at Fresno's Woodward Park as the Clovis Invitational brought together many of California's finest for a major confrontation. In the end, it was Palos Verdes which distinguished itself by first edging SoCal powers Upland and Walnut Highs 73-77-79 in boys competition and then destroying

the girls field 36-111 over runner-up Arroyo Grande.

At the Royal Invitational, it was Camarillo and Lompoc winning boys championships while Palmdale and Lompoc captured girls titles. The Agoura Invitational boys division saw Buena defeat Newbury Park 42-51 in large school competition while the host school outran runner-up La Canada 23-35 in Division II.

There was a large field at the Bell-Jeff Invitational where the boys teams from Granada Hills, Loyola and Bell-Jeff took home championships as did girl's teams from LA Wilson, Morro Bay and Paraclete.

In 4-year college meets, the All-Cal Invitational at UC Riverside, it was UC Berkeley over UC Davis 30-49 in the men's race.

The Aztec Invitational featured a number of cross country powerhouses with host San Diego State, one of two surprise teams this year, winning the men's competition 66-73-80 over powerful UC Irvine and Arizona, while UCI's women outran a tough Northern Arizona squad 76-86.

October 5

Beginning with community college action up at the Hancock Invitational, the defending state champions took the men's division with a close 49-53 victory over conference rival Santa Barbara, while the Cuesta women turned back runner-up Porterville 24-31.

Turning to the preps, the Kenny Staub Invitational in La Crescenta gave Agoura High School an opportunity to showcase another freshman superstar by the name of Deena Drossin. Deena lived up to expectations by destroying the individual field as her closest competitor was a full minute behind her near course record setting time of 17:47. Another Agoura star, Bryan Dameworth, now a sophomore, ran away from the boys field in a time of 15:29. Teamwise, it was Palos Verdes, Torrance and Claremont taking the boys championships and Palos Verdes, Alemany and Simi Valley doing likewise in the girls competition.

At the Righetti Invitational, Valhalla, South Pasadena and McFarland were boys winners while Bakersfield and Nor-doff took the girls divisions. At the Yucaipa Invitational, Hemet, Woodbridge and Trabuco Hills captured the boys crowns and El Modena, Woodbridge and Maranatha won the girls races.

continued on next page...

SoCal Diary

In a major inter-sectional showdown at the Stanford Invitational, Arroyo High destroyed the Division I boys field 48-114 over runner-up Bend, Oregon, as Coach Tim O'Rourke's thinclads grabbed the 1-2-4 individual spots with senior Darrik Powers leading the way. Another SoCal school, Lompoc grabbed the division II title with 122 points just edging out runner-up Livemore with 127.

In another community college invitational at Crystal Springs in San Jose, the Orange Coast women were easy 55-81 winners over American River, while the West Valley men just edged out Rancho Santiago 55-57.

In 4-year college competition, virtually all of California's top teams were in action at the Stanford Invitational. The men's competition was a real battle with UC Irvine finally outdueling CS Los Angeles and San Diego State 84-88-90. The results of this meet indicate a major shift in power from 5 years ago. PAC-10 schools Stanford, UCLA, USC, Arizona State and California finished 6-8-9-10-11 here, well behind the first 3 schools who they would normally dominate in track. It appears that after the success that Bob Larsen had last year at UCLA in track with an emphasis on sprints and field events, that the other PAC-10 schools are trying the same success formula. On the other hand, the non-PAC-10 Division I and II tams have apparently resolved themselves to the reality that they can't recruit in track with the PAC-10 schools. Thus, they are allocating a high percentage of their resources to their distance programs with excellent results. Even considering all of this, it still blows my mind that Cal State LA and San Diego State could turn their programs around in the space of a year. Last year, John Tansley's crew was only fifth in the CCAA, while Tom Lux's Aztec squad was the equivalent of a good Division II school. Now both teams can run right with Division I national powers. ●

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In articles in national publications like RUNNER'S WORLD, RUNNER, and also at clinics and conferences I have advocated the idea that most running injuries come from improper footwear. Having twice been a U.S. Olympic coach and many times U.S. national team coach, I've had the opportunity to discuss running injuries with athletes, coaches, and medical people from all over the world. They too, generally agree that most running injuries originate from problems that begin in the foot. If the foot lacks proper support and/or cushioning, then the impact of the foot strike coupled with the lack of support causes stress that ultimately results in injury. There have been many attempts to address this problem by various methods and shoe designs. However to date, none have proven successful on a comprehensive basis. In fact, in most instances, the "innovations" have caused as much damage as they have cured. Further, shoe companies disturbingly tend to discontinue the one shoe model that may provide some support.

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



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At the 1987 American College of Sports Medicine Annual Convention, Diane Elliot of the Human Performance Laboratory, Oregon Health Science University in Portland reported her research which measured post-exercise energy expenditure. She compared the difference in metabolic rates in six average (ie. non-athletic) people at rest and after 10 and 30 minutes of hard cycling (80% max. heart rate). Elliot reported that the metabolic rate remained elevated for only 30 minutes after either of the exercise tests. She estimated that the subjects expended post-exercise a whopping twenty calories over the cost of the exercise itself! That's barely a swig of orange juice or a spoonful of ice cream.

Other researchers agree with Elliot's findings. A review of the literature published in *The Pulse* (the newsletter of the American Dietetic Association's Sports Nutrition Practice Group) suggests that post-exercise caloric expenditure ranges from 3-240 calories over and above the cost of exercise itself, depending on the type of exercise that you do and the conditions under which you exercise. For example, if you're a triathlete who struggles through nine hours of competition, you will burn off more post-exercise calories than the gymnast who performs a three minute routine in air-conditioning.

The basis of the popularized myth that athletes burn off a significant amount of calories post-exercise originates from some poorly designed research studies in the 1930-40s. For example, with some of the research which reported that football players had a 25% higher metabolic rate for 15 hours post-exercise, the guys were allowed to eat during that time. The effect of an average meal increases the metabolic rate about 10%. Hence, when the hungry subjects/athletes ate big meals post-exercise, they significantly altered the metabolic measurements, providing a figure substantially higher than the effect of exercise alone. Other measurements may have also been inaccurate.

Never-the-less, you do burn off a piddly few calories post-exercise. If you want to maximize this benefit for weight reduction purposes, keep in mind that the greatest post-exercise energy expenditure seems

to occur after you huff and puff through at least 40-and preferably 60-minutes of activity that raises your heart rate to 70-85% of it's maximum. According to Barbara Frey-Hewitt of the Stanford Center for Disease Prevention, you'll burn off perhaps 5-8% of the cost of the exercise, due primarily to the resultant increase in body temperature. That's only 5 calories per mile, for a 150 pound runner!

The longer you exercise, the higher your body temperature gets and the more calories you'll burn off post-exercise, as your body gradually returns to it's normal layer of insulation/body-fat to hold in the heat) tend to burn off more calories post-exercise than a leaner athlete who can more readily dissipate the body heat.

If you're a true food-lover who exercises on the philosophy that "the more you exercise, the more you can eat", be forewarned that extremely active people often become energy efficient. For example, 40% of the nation's top female marathon runners reported that they "eat less than they deserve, given the extent of their training". It seems that well-trained athletes (who have little excess body fat) become more energy-efficient and tend to waste fewer calories than the average fitness buff. Hence, even though you may have a slightly higher metabolic rate, you'll efficiently store calories rather than wastefully burn them via optional metabolic functions, such as elevating metabolic rate post-meals.

Dr. Poehlman of Purdue University, Indiana, reported at the ACSM meeting that the resting metabolic rate of nine highly trained athletes was 9% higher than untrained subjects, when measured in the morning prior to eating. However, when measured after they'd devoured about 700 calories, the trained subjects experienced only a 9% increase in metabolic rate (the equivalent of about 60 calories), as compared to the untrained who had a 12% increase in metabolic rate (the equivalent of about 85 calories). Poehlman hypothesises that although highly trained subjects have a higher metabolic rate, they have enhanced energy utilization following meal consumption.

Nancy Clark, MS, RD is nutrition counsellor at Boston-area's Sports Medicine Brookline. Her popular book *The Athlete's Kitchen* is available by asking at Dalton Bookstores. ●

■ Medical Notes for Runners

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



Pain is a Friend

Few people consider pain as a friend. Yet pain is a friend. Pain may be a friendly warning. The body's message that, "Hey, something is wrong!" At first, there may be a whisper-hints of minor malfunction-something amiss-out-of-alignment-not aligned.

A worn out shoe. An overtight muscle. Inflammation of a tendon. Bursitis, a blister deep in the body, or sore-aching muscles or bone.

A whisper from the body. "Hey-hey you in there-remember me. I'm your body, and you're overdoing it. Beating me up a bit too much. Slow down, ease the pace. I need time to rebuild-recover-grow strong before we do this again."

"Okay, so pay attention to me, don't just listen to your ego. That part of you that would destroy me for just one more ribbon-or one more glowing entry in your diary of athletic performance. That part of you which thinks you are invincible and somehow feels that success is associated with misery and suffering. Hey you in there, cut it out!"

"So you use these whispers and warnings as friends. Oh yes, they are warnings-and reminders."

Great, I will make the appropriate adjustments. I just received a whisper, a warning. "That's right, that's the right attitude."

I will get new shoes, alter my training schedule, stretch and strengthen these muscles and tendons. See a sports doctor. Do something, anything before more goes wrong. I will rebuild and realign this body of mine.

Then there is pain, the shouts. These are much louder than the whispers and cannot be ignored. When we really overdo it or totally ignore the whispers, we have the pain. They are friends too. They - in no uncertain words - demand attention. "Get me help! Get me help this moment and don't delay. I'm hurting. And don't, don't, please - repeat this act again."

"Remember me-I'm your friend. I'm your body."

So we use pain as a friend. Once the problem has been corrected, however, if the pain persists, it is no longer a friend. It is an unnecessary memory which lingers on causing damage and harm. So we must use appropriate measures to eliminate the pain-to allow us to move-gently for the movements evokes the healing. The movements allow for gentle range of motion and activities of the muscles, tendons, and joints, which cause true healing.

Unchecked pain becomes cyclic. This causes reflex weakening of muscles and is destructive. An anterior thigh muscle-the quadriceps-can lose 20 to 40% of its

strength within just two weeks of a painful injury which prevents motion and/or activity. Unwanted post-injury pain must be stopped as one is placed on a well supervised physical therapy and training program for return to sensible activity within the limits of the body.

Warning pain is our friend. Pay attention to your body - and use pain as your friend - a biofeedback mechanism. ●

Bill Seavers

The date is September 22, 1987. Bill Seavers just stopped by the office to say hello. He is sweating and has just returned from a ten mile run. He states that he is up to 90 miles per week. He is not hurting in his right ankle but has a mild strain behind the right knee secondary to tendinitis. He is not ready to race yet and says that he has gained thirteen pounds since he had surgery on his right ankle.

A review of Bill's chart reveals that he came to see me on March 13, 1987 after having last been seen three years prior to that, complaining of considerable pain in the right foot at the outside of his ankle. He had had progressive restriction in his running style and speed secondary to limited motion in his right ankle. A treadmill analysis revealed that, when he ran, he toed out on his right foot. Further clinical exam showed that he had limited motion in his right foot. Further clinical exam showed that he had limited motion in his right ankle when compared to the left ankle. X-rays were taken and showed that he had a large spur at the front of his right ankle stopping him from totally dorsiflexing his ankle and causing him to run toed out on the right. This made it impossible for him to do speed work. He was told to try to alter his running style and return three weeks later. He did that and stated that it didn't help. He was still hav-

ing considerable problems running with any speed work at all and was unwilling to run just a slow, long distance. That being the case, he had surgery, outpatient general anesthesia, with removal of all of the spurring at the front of the ankle and a general cleaning out of the ankle. The surgery went well and, in fact, I was amazed when he returned to the office, two weeks later, stating that he had already been running. He was, of course, instructed not to run for four weeks from the date of the surgery. Despite his eagerness, he has healed uneventfully, has full range of motion, and treadmill analysis today shows that he has excellent running form. He can rotate his ankles and feet in and out and move his foot up and down symmetrical and equal to the opposite foot and ankle.

I remarked to Bill that he looks better now than he did prior to surgery. Prior to surgery, he was thirteen pounds lighter; and, although he states that he races better when he is this thin, I simply remarked that he looks better now that he is heavier. In any event, knowing Bill, he will lose his weight, get his mileage up, and be a top contender in the near future.

I thought you would all be interested in this report. If any of you have noticed stiffness in your ankle joints or progressive loss of motion with a change in running form, you may have a problem similar to Bill's. ●



Fine Flicks by Don Gosney



SHEILA HUDSON

Bounding For Glory

For most people, winning a national championship with a world record performance would represent the culmination of years of hard work and training, the fulfillment of a lifetime of dreams, the ultimate athletic accomplishment.

For Cal sophomore Sheila Hudson, who hopped, stepped and jumped her way to an outdoor triple jump world best of 45-5¼ in the TAC National championships in late June, it meant only more frustration and anticlimax.

But wait. What's that you say? Women triple jumping? Next thing you know they'll be pole vaulting as well! (Well, actually, Jane Frederick did clear almost thirteen feet a couple of years back in an allcomer meet.) Indeed, so esoteric is the event that the IAAF, the international governing body for track and field, refuses to recognize "world records" in the triple jump because of the small number of countries that have embraced it as a part of their athletic program preferring instead to note only "world bests."

And since its inception a few years ago the event has only been contested in American high school and collegiate circles, leading to virtual domination by North and South Americans. Previous holder of the world "record" before Hudson was Alabama sophomore and Virgin Islands native Flora Hyacinth, hardly a household name in American track circles.

For Hudson, the event's failure to gain widespread acceptance has meant exclusion from the big international meets, such as the World Championships and the Olympic Games. And recurring heart-break.

In 1986, Hudson leaped to second place

at the TAC nationals in Eugene and thought she'd qualified for a spot on the national team going to the Goodwill Games in Moscow. "Top two placers in all events qualified for the team" she recalled reading in the meet brochure. But exhilaration quickly turned to disappointment after learning that someone had forgotten to include the women's triple jump in the list of eligible events.

Things have not always been that bad for the steadily improving Cal star, who won the NCAAAs earlier in the year with a then-world best mark of 45-2½, and who has increased her PR by almost two feet each of the last three years.

Hudson remembers seeing a hurdler friend trying out the event during her sophomore year in high school. "It looked like hopscotch" she recalled, so she tried it, had fun, broke the school record, and stayed with it. For most, the triple jump is a technically difficult event to master, awkward at best. For Hudson, it came naturally. So did the marks.

As a junior in high school, she leaped to a lifetime PR 40-4 for third at the 1984 State Championships in the cauldron of the LA Coliseum, where the Olympians would battle it out a few months later. Her principal competition then remains among her strongest rivals now, Wendy Brown edging out Yvette Bates with a national HSR 42-10½. And it all whetted Hudson's appetite for success.

In her senior year, the State Meet was held at Sacramento's Hughes Stadium, almost in the Rio Linda star's backyard. After taking fifth in the long jump, Hudson, aided by a healthy boost from the swirling winds behind her back, bounded out to a 41-10 for a seven inch victory over Mt. Miguel's Jackie Anderson.

By
ALAN TREVOR KOLLING

A year later, as a Cal frosh, Hudson took fifth at the NCAAs with a PR 44-3½ and later earned a second behind Wendy Brown at the TAC nationals in Eugene. And the disappointment of not making the Goodwill Games squad. "It's discouraging" she says, "because you're reaching for a goal that isn't reality yet. You keep training each day and hope that someday they'll put it in the big meets, the World Championships, Pan-Am Games, the Olympics."

Hudson, whose mother is Korean, is resigned to having to wait beyond Seoul in '88 for the event's inclusion in the Olympics. And she is realistic about the development of the event once it gains acceptance into the mainstream of track and field events. Noting that Soviet jumper Galina Chistyakova holds the longest leap of all time, 45-10½ indoors, Hudson fully expects the athletes from the Eastern European bloc to try to dominate the triple jump as they have so many other events.

Despite the setbacks, Hudson is sanguine about her own prospects for improvement. "When you look at the records in the men's long and triple jumps, and their ratio of improvement, you would expect the women's triple best to be in the vicinity of 49 feet or beyond. If the event becomes an official Olympic event, I would have to aim to jump at least in the 50 foot range. For this year, a low forty-six feet goal seems realistic."

She certainly has the long jump ability to back her up. Taking fifth at TAC this year behind Jackie Joyner, Hudson also finished second at the NCAAs with a PR 21-4½ and a third at the Olympic festival later in the summer. And she finally got to savor the joy of international competition when she competed for the USA in the World University Games in Zagreb, Yugoslavia, taking seventh in the long jump.

Nor is her talent limited to the jumping arena. An outstanding basketball player in high school, Hudson has also run 43.8 in the 300m hurdles, serves as current leadoff leg for the varsity 400 relay team, and has even dabbled with the 800 (she ran a 2:24 as a high school frosh) and high jump. Someone told me I was really in the wrong event and that I could be a better halfmiler" she recalls with a laugh, "but I don't think so!"

Hudson is an honors student at Cal where she hopes to major in architecture, a discipline no less demanding of her determination and finesse than sports themselves. Though she is clearly artistically inclined, one senses that she could just as easily be talking about the triple jump when she says she was attracted to architecture "because of its demand for discipline and scientific precision."

All of which merely disguises her real ambition in life, influenced no doubt by a pilot father and a childhood spent on military bases near planes and helicopters, to become an astronaut.

Perhaps to go where no woman has gone before, citius, altius and all that stuff. Having already flown through the air at distances few others have travelled before her, Hudson's dreams are perhaps not all of the celestial kind. Fifty feet may not be so far away.

In the long run, and that's what it may take before the triple jump finds its rightful niche in the sport of track and field, Sheila Hudson's goals may only be accomplished because of that unquestionably Faustian characteristic about her quest for excellence on and off the track. "I can't imagine not trying to improve myself in something all of the time," she ponders, "to be the best I can be at everything that I do. Athletics has given me so much, I can't ever see myself not competing. If I gave it all up, I know something would be missing and I'm not sure what would take its place."

Sheila Ann Hudson was born on June 30, 1967 in the Federal Republic of Germany, and is 5-5, 110. Now a junior at U.C. Berkeley, she attended Rio Linda High School, Sac-Joaquin Section, graduating in 1985.

Her progression (with U.S. ranking in parenthesis) including placings in major meets:

Year	Age	LJ	TJ	Major Meets
84	16	19-0	40-4	3) State TJ
85	17	19-6	41-10	1) State TJ, 5) State LJ
86	18	20-0	44-3½	5) NCAA TJ, 2) TAC TJ
87	19	21-4½	45-5¼	1) NCAA TJ, 1) TAC LJ

CALIFORNIA

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★ Two Mile Postal Meet

Los Gatos High School, October 24. Senior Torre Pena (Bellarmine, San Jose) won the two-mile postal competition in 9:21.9. There have been 77 performances below 9:20.0 since the meet started in 1965.

Senior Ian Champeny (Bellarmine) placed second in 9:24.5 and senior Brett Mack (Carlmont, Belmont) was third in 9:30.2.

Last year, Dennis Hernandez (Mission San Jose, Fremont) won in 9:15.2, the 46th best performance. This year he placed eighth in 9:35.9.

Dave Taylor (Merced) set the meet record of 8:59 in 1972. Taylor went on to place second in the 1973 State Meet two-mile in 9:00.2.

Calvin Gaziano (Castro Valley), who turned in the fourth best all-time performance of 9:02.6 in 1984, was a spectator this time. Gaziano has transferred from Texas A&M to the University of California in Berkeley. He is currently competing for the Golden Bears cross country team.

Brett Mack, the Central Coast Section two-mile champion in track, led the first two laps in 1:06.3 and 2:19.1 (1:12.8).

Sandeep Randhawa (Mission San Jose, Fremont) led at the 1320 mark in 3:32.9 (1:13.8).

Brett Mack came through the mile in 4:46.8 (1:13.9). He also led at 1 1/4 miles in 5:58.1 (1:11.2).

Torre Pena took over the lead for good at 1 1/2 miles in 7:10.6 (1:12.5). His time at 1 3/4 miles was 8:19.0 (1:08.4). He ran his last lap in 1:02.9.

Senior Katy McCandless (Castilleja, Palo Alto) won the girls competition in 10:47.8, the seventh best performance since 1977.

Freshman Becky Spies (Livermore), the sister of Jessica Spies (second in the 1981 and 1982 State Meet 800 meters), placed second in 10:56.7, the eleventh best performance. This is also the best performance ever turned in by a freshman in this meet. Rebecca Chamberlain (Leigh, San Jose) placed second in 1982 as a freshman in 11:05.8.

Suzanne Jones (Carlmont, Belmont) was third in 11:21.2, the 37th best performance.

Katy McCandless won last year in 10:42.6, the fourth best performance. Cory Schubert (Del Mar, San Jose) set the meet record of 10:31 in 1982.

Becky Spies led the first lap in 1:16.1. Katy McCandless led the remainder of the distance with splits of 2:36.2 (1:20.1), 3:57.3 (1:21.1), 5:19.5 (1:22.2), 6:43.3 (1:23.8), 8:08.0 (1:24.8), 9:32.7 (1:24.7), and 10:47.8 (1:15.1).

Bellarmine (San Jose) won the boys team title with a total team time of 47:45 (9:33 average per boy), the ninth best performance. This is the fastest team time since Willow Glen's 47:32.8 in 1982.

Mission San Jose (Fremont) set the postal boys record of 47:05 (9:25.2 per boy) in 1978. That team was composed of Steve Strangio 9:04.8, Jack Marden 9:21.2, soph Jay Marden 9:23.4, Rich Read 9:23.8, and Carey 9:55.

Fremont (Sunnyvale) won the girls team title in 62:54, the 41st best performance.

★ Hawthorne High at Penn Relays

Hawthorne High School has been invited to participate in the 1988 Penn Relays.

This meet is the largest track meet in the country. Hawthorne will be the first school west of the Mississippi River to attend.

They will be pitted against the best high school teams from the East, Midwest and South as well as five teams from the Caribbean area including two from Jamaica. Herb McKinley, the great Jamaican Olympic Champion, is coaching the students at Ben Johnson's high school.

No American high school team has won the big races at Penn since the arrival of the Jamaicans five years ago. Hawthorne intends to change that!

Hawthorne plans to send 16 runners of the trip. This comes to a total of \$5,600.00.

The cost to send one student athlete to Philadelphia for 4 days is \$350.00, which includes air fare, lodging and meals.

Contributions can be sent to Coach Kye Courtney, Hawthorne High School, 4859 West El Segundo Boulevard, Hawthorne, CA 90250.

★ Results Wanted

Please send results of Northern and Central California cross country and track meets to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Since I'm coaching now, I don't have the time I used to have to go through out-of-town newspapers in the Oakland, Berkeley, San Mateo, San Francisco, Los Gatos, Hayward, Scaramento, Davis, Richmond, Lafayette, and University of California libraries.

If you want to see your results reported, please send me a copy.

I would like to thank Chuck Sholey (Chico), Ron DiMaggio (Westmoor, Daly City), Steve Ward (Clovis) and Dave Dodson (Sanger) for sending in results of their meets this fall.

★ Mariner Invitational

Garin Park, Hayward, October 17. John Fugler (Del Campo, Fair Oaks) set a new course record of 16:22.2 to win the large school division in the morning. The old record of 16:26 was set by Todd Trask (Healdsburg) last year. Todd Lewis (Burbank) placed second in 16:26.5. Mike Contos (Montgomery, Santa Rosa) was third in 16:30.0. There were 141 runners in the large school boys race.

Ben Ayers (Christian Brothers, Sacramento) won the small school division in 16:24.7. However, when he ran in the afternoon the thermometer had climbed to 90 degrees. Steve Zirkelbach (Concord) was second in 16:57.9. Brian Rivers (Moreau, Hayward) placed third in 17:06.4 for the host school. There were 82 runners in the small school boys race.

Del Campo (Fair Oaks) won the large school boys team title with 74 points. Montgomery (Santa Rosa) was second with 120, Jesuit (Carmichael) was third with 130, and Bellarmine (San Jose) "B" was fourth with 136.

"We ran our second seven runners. Our seniors wanted a weekend that they could just run straight through," said

Bellarmine Coach Terry Ward to Marvin Wamble (*Mercury-News* Staff Writer/El Cerrito High School triple jumper).

Half Moon Bay won the small school boys team title with 58 points. Encinal (Alameda) was second with 83. Moreau (Hayward) and Las Lomas (Walnut Creek) tied for third with 89.

Shelley Bessey (Reed, Sparks, NV) won the large school girls race in 20:02.9. Melissa Pardini (Northgate, Walnut Creek) was second in 20:19.7 and Jennifer Sells (Antioch) was third in 20:33.2.

Janelle Corbyn (Alhambra, Martinez) won the small school girls race in 21:54.2. Carrie O'Connor (Moreau, Hayward) was second in 22:07.2, and Thea Hillman (Piedmont) was third in 22:26.6.

Reed (Sparks, NV) won the large school team title with 21 points. Antioch was second with 70 and Granada (Livermore)

was third with 74.

Moreau (Hayward) won the small school girls team title with 45 points. Miramonte (Orinda) was second with 66 and Bishop O'Dowd (Oakland) was third with 79.

The coach's race was won by Ivan Huff (Palos Verdes), who ran the steeplechase this summer in 8:16. Huff had given the keynote speech at the Friday night spaghetti feed and clinic. Chris Manning, a former All-American at Cal State Hayward and Larry Guinee, the 1980 CIF mile champion from Castro Valley High School, also spoke.

As usual, Phil Wilder, the Moreau coach, organized a fantastic program and meet. The meet is growing in size and in stature as evidenced by the fine teams that participated this year.

NorCal Invationals

By KEITH CONNING

★ Lowell Invitational

Golden Gate Park, S.F. Sept. 19.

Boys Teams

1	Bellarmine (San Jose)	15
2	Half Moon Bay	71
3	St. Ignatius (S.F.)	119
4	Encinal (Alameda)	124
5	Berkeley	129
6	Fremont (Sunnyvale)	146
7	Lowell (San Francisco)	211
8	Westmoor (Daly City)	247
9	Sacred Heart (S.F.)	284
10	Terra Nova (Pacifica)	312

Boys Individuals (74 Finishers)

1	Torre Pena (Bellarmine)	16:00
2	Ian Champeny (Bellarmine)	16:18
3	Peter Fisher (Bellarmine)	16:21
4	Quicke Rubalcava (Bellarmine)	16:21
5	Andy Zoldak (Bellarmine)	16:21
6	Juan Placencia (Bellarmine)	16:22
7	Chuck Ross (Bellarmine)	16:24
8	Danny Rhodes (HalfMoonBay)	16:38
9	Ed Engler (Bellarmine)	16:40
10	Matt Boone (Encinal)	16:41
11	Seth Klein (St. Ignatius)	16:44
12	Sean Lewis (Berkeley)	16:44
13	Blair Venables (Encinal)	16:49
14	Mike Cooks (HalfMoonBay)	16:50
15	Chris Phipps (HalfMoonBay)	16:52
16	Jesse Whiting (HalfMoonBay)	16:55
17	Ed Randel (St. Ignatius)	16:56
18	Vlad Pixa (HalfMoonBay)	16:57
19	Matt Romera (HalfMoonBay)	16:59
20	Ben Turman (Berkeley)	17:00

Girls Teams

1	Half Moon Bay	49
2	Bishop O'Dowd (Oakland)	67
3	Fremont (Sunnyvale)	80
4	Lowell (San Francisco)	95
5	Berkeley	134
6	Rio Linda	142

Girls Individuals (42 Finishers)

1	Sheila Burke (Marin Catholic)	20:27
2	Beth Bartholomew (Fremont)	20:32
3	Kim Vandersyde (HalfMoonBay)	20:32
4	Phuong Sites (Fremont)	21:00

5	QiQi Rodriguez (Bishop O'Dowd)	21:01
6	Nancy Bell (Lowell)	21:18
7	Jennifer Devine (HalfMoonBay)	21:25
8	Jenny Phipps (HalfMoonBay)	21:28
9	Allison Torres (Westmoor)	21:29
10	Aniko Balas (Bishop O'Dowd)	21:29
11	Lisa Garriot (Terra Nova)	21:32
12	Raquel Kuronen (Lowell)	21:37
13	Angela Miller (Bishop O'Dowd)	21:45
14	Catherine Zinn (Berkeley)	21:49
15	Jenny Hampton (HalfMoonBay)	22:04
16	Hilaria Contreras (HalfMoonBay)	22:14
17	Christina Romero (Fremont)	22:15
18	Terri Anderson (Rio Linda)	22:16
19	Tasha Fein (Bishop O'Dowd)	22:34
20	Damara Fredette (Bishop O'Dowd)	22:36

★ Husky Harrier Invitational

Ohlone College, Fremont, Sept. 19.

Boys Teams (3 Miles)

1	Homestead (Cupertino)	45
2	Palo Alto	73
3	Amador Valley (Pleasanton)	74
4	Monte Vista (Danville)	83
5	Mission San Jose (Fremont)	97
6	Granada (Livermore)	136
7	American (Fremont)	203
8	Pinole Valley	205

Boys Individuals

1	Sandeep Randhawa (MissionSJ)	16:19
2	Jordan Carroll (MonteVista)	16:29
3	Dennis Hernandez (MissionSJ)	16:51
4	Matt Ringer (Homestead)	16:52
5	Steve Christie (Homestead)	17:09
6	Scott Fairbanks (Homestead)	17:10
7	Mohamed El-Sokary (M.Vista)	17:21
8	Brian Schilling (PaloAlto)	17:21
9	Steve Apseberg (PaloAlto)	17:22
10	Kevin Cochrane (AmadorVly)	17:23
11	Michael Garrison (AmadorVly)	17:35
12	Alex McClave (HeadRoyce)	17:46
13	Randy Lange (Homestead)	17:59
14	Ron Mandel (PaloAlto)	18:01
15	Aaron Gordon (AmadorVly)	18:06

□ Prep Notes

Girls Teams

1	Granada (Livermore)	16
2	American (Fremont)	47

Girls Individuals

1	Joanne Arnold (Palo Alto)	19:17
2	Suzanne Daley (Granada)	20:58
3	Lena Deaton (Granada)	21:02
4	Jennifer Johnson (Homestead)	21:51
5	Alyssa Martinez (Washington)	21:54
6	Jenny Cathcart (AmadorVly)	22:22
7	Erin Wahl (Homestead)	22:32
8	Kristin Clark (HeadRoyce)	22:49
9	Vicky Young (Palo Alto)	23:01
10	Stephanie Foley (MissionSJ)	23:10
11	Gretchen Hill (MissionSJ)	23:42
12	Amanda Way (Granada)	23:56
13	Jennifer Marchant (Monte Vista)	23:59
14	Britt Ellers (Granada)	24:09
15	Katie Laddish (HeadRoyce)	24:16

11	Herbert (Lassen)	17:19
12	Carter (Shasta)	17:34
13	Rusch (Shasta)	17:36
14	Carter (Shasta)	17:36
15	Schreder (Shasta)	17:40
16	Haggard (Paradise)	17:40
17	Fierce (Pleasant Valley)	17:41
18	Carrico (Woodland)	17:49
19	Gal (Arcata)	17:52
20	Ravenscroft (Yreka)	17:53

Girls Teams (1.85 Mile)

1	Lassen (Susanville)	49
2	Yreka	63
3	Chico	70
4	Shasta (Redding)	85
5	Petaluma	105
6	West Valley (Cottonwood)	110

Girls Individuals(51 finishers)

1	Tina Gorbet (Lassen)	11:12
2	Oliveira (West Valley)	11:23
3	Hanlon (Yreka)	11:32
4	Grundran (Fortuna)	11:35
5	Toler (Arcata)	11:36

2	Thomas Valles (McFarland)	15:51
3	Johnny Samaniego (McFarland)	15:54
4	V. Puentes (McFarland)	16:05
5	J. Cardenas (McFarland)	16:11
6	D. Diaz (McFarland)	16:16
7	J. Velasquez (Sanger)	16:17
8	L. Falcon (Sanger)	16:22
9	I. Naranjo (Sanger)	16:25
10	G. Zepeda (Sanger)	16:29

Girls Teams

1	McFarland	27
2	Sanger	28

Girls Individuals (21 finishers)

1	Shannon Leider (Sierra)	20:10
2	Maria Neri (Sanger)	20:40
3	Alicia Herrera (McFarland)	20:47
4	V. Lugo (Sanger)	20:54
5	D. Herrera (McFarland)	20:47
6	H. Wykoff (McFarland)	21:33
7	B. Breckenridge (Sierra)	21:40
8	J. McCondey (Sierra)	21:55
9	A. Morales (McFarland)	22:35
10	K. Core (Sierra)	22:45

2	Las Lomas (Walnut Ck)	90
3	Encinal (Alameda)	108
4	College Park (Pleasant Hill)	141
5	Northgate (Walnut Creek)	147
6	Piedmont	158
7	St. Mary's (Berkeley)	211
8	Bishop O'Dowd (Oakland)	219
9	Liberty (Brentwood)	224
10	Concord	237

Small School Boys Individuals

1	Steve Zirkelbach (Concord)	9:51
2	Gordon Johnson (Piedmont)	9:59
3	Donnie Nelson (Foothill)	10:08
4	Steve Goeller (Las Lomas)	10:11
5	Kevin Berkowitz (Hayward)	10:17
6	Mike Mahoney (Acalanes)	10:19
7	Matt Boone (Encinal)	10:21
8	Alexy Kochowicz (LasLomas)	10:31
9	Scott Sutch (Acalanes)	10:32
10	Blair Venables (Encinal)	10:33

Large School Girls Teams

1	Antioch	68
2	Montgomery (Santa Rosa)	76
3	San Ramon (Danville)	79
4	Carondelet (Concord)	96
5	Ygnacio Valley (Concord)	105

Large School Girls Individuals

1	Jennifer Sells (Antioch)	12:10
2	Missi Hurlow (California)	12:31
3	Robin Constantinides(ClaytonV)	12:40
4	Nicole Fischer (Montgomery)	13:22
5	Shana Seifert (Monte Vista)	13:31
6	Becky Kozak (San Ramon)	13:35
7	Sarah Freeman (Clayton Vly)	13:39
8	Michelle Mayers (Montgomery)	13:39
9	David Sanchez (Antioch)	13:41
10	Jerry Kelly (Carondelet)	13:46

Small School Girls Teams

1	College Park (Pleasant Hill)	40
2	Miramonte (Orinda)	62
3	Bishop O'Dowd (Oakland)	88
4	Northgate (Walnut Creek)	138
5	Las Lomas (Walnut Creek)	148
6	Encinal (Alameda)	161
7	American (Fremont)	181
8	Marin Catholic (Kentfield)	188

Small School Girls Individuals

1	Melissa Pardini (Northgate)	12:11
2	Courtney Clark (LasLomas)	12:33
3	Jill Moore (College Park)	12:39
4	Sheila Burke (Marin Catholic)	12:47
5	Quisqueyd Rodriguez(BishO'D)	12:47
6	Genau Mia (Miramonte)	13:06
7	Beth Houghton (College Park)	13:07
8	Melinda Marshall (CollegePk)	13:16
9	Heather Myer (College Park)	13:22
10	Kim Susie (Miramonte)	13:34

★ Clovis Invitational

Woodward Park, Fresno. Sept. 26.

Frosh/Soph Boys

1	Chamberlain (CasaRobles)	16:52
2	Magness (Santa Teresa)	17:02
3	Coulter (Bellarmine)	17:04
4	Zolean (Bellarmine)	17:26
5	Johnson (Del Campo)	17:41
6	Morris (SLO)	17:47
7	Dehn (Bellarmine)	17:51
8	Curtis (Sierra)	17:52
9	Powell (Byer)	17:56
10	Moschella (Bellarmine)	17:57
11	Weber (Reedley)	17:57
12	Bow (Lemoore)	18:06
13	Carpenter (Sierra)	18:09
14	Mahon (Del Campo)	18:15
15	Cortright (Casa Robles)	18:17
16	Digto (Jesuit)	18:19
17	Rubalcade (Bellarmine)	18:21
18	Cromwell (Del Campo)	18:27
19	Bennett (Casa Robles)	18:33
20	Fitzgerald (Bellarmine)	18:37
21	Escay (Jesuit)	18:37
22	Moleros (Del Campo)	18:38
23	Sainz (Vacaville)	18:42
24	Loucks (Byer)	18:46
25	Mejia (Reedley)	18:50

★ San Ramon Invitational

San Ramon HS, Danville. Sept. 26.

Large School Boys Teams

1	San Ramon (Danville)	36
2	Montgomery (Santa Rosa)	71
3	Antioch	96
4	Livermore	110
5	De La Salle (Concord)	133
6	Clayton Valley (Concord)	144
7	San Leandro	153
8	California (San Ramon)	179
9	Ygnacio Valley (Concord)	196
10	Pinole Valley	255

Large School Boys Individuals

1	Mike Contos (Montgomery)	9:56
2	Scott Kennedy (San Leandro)	10:05
3	Randall Watkins (Montgomery)	10:14
4	Jeff Buhl (San Ramon)	10:17
5	Chris Anthony (San Ramon)	10:20
6	Brian Dorward (Livermore)	10:21
7	Bruce Carter (San Ramon)	10:26
8	Ken Dempster (Antioch)	10:27
9	Todd Bell (San Ramon)	10:28
10	Dave Rodriguez (California)	10:30

Small School Boys Teams

1	Acalanes (Lafayette)	74
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6	Sheehy (Shasta)	11:57
7	Zediker (Yreka)	12:08
8	Evanhoe (Shasta)	12:09
9	Dubose (Chico)	12:10
10	Carlson (Chico)	12:17
11	Ramsey (Chico)	12:26
12	Ramos (Lassen)	12:28
13	Kibler (Petaluma)	12:37

JV Girls Individuals

1	Hopi Mueller (Chico Jr)	12:07
2	Yantis (Red Bluff)	12:12
3	Quinn (Pleasant Valley)	12:16
4	Genoud (Red Bluff)	12:23
5	Olson (Red Bluff)	12:31
6	Roberts (Pleasant Valley)	12:35
7	Horton (Anderson)	12:39

★ Sanger Invitational

Avocado Lake. Sept. 25.

(From Dave Dodson)

Boys Teams

1	McFarland	15
2	Sanger	40

Boys Individuals (34 finishers)

1	Enrique Diaz (Roosevelt, Fresno)	15:41
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photo by Keith Conning



TORRE PENA
1st Lowell

photo by Keith Conning



SHEILA BURKE
1st Lowell

photo by Keith Conning



TIKI WILCOX
1st Artichoke

photo by Keith Conning



JOHN FUGLER
1st Artichoke

★ Chico Invitational

Chico. September 26.

(From Chuck Sheley)

Boys Teams (3 Miles)

1	Shasta (Redding)	68
2	Lassen (Susanville)	95
3	Paradise	101
4	Arcata	112
5	Yreka	121
6	Red Bluff	123
7	Pleasant Valley (Chico)	150
8	Fortuna	190
9	Petaluma	197
10	Yuba City	199
11	Enterprise (Redding)	270

Boys Individuals (95 finishers)

1	Reggie Williams(RivCity,W.Sac)	15:45
2	Pastre (Lassen)	16:32
3	Ball (Arcata)	16:45
4	Anderson (Lassen)	16:48
5	Nones (Fortuna)	16:55
6	Ricca (Arcata)	17:01
7	Worden (LasPlumas,Oroville)	17:07
8	Hafer (Paradise)	17:14
9	Rose (Quincy)	17:15
10	Gage (Pleasant Valley)	17:17

Continued next page

Prep Notes

Team Scores:

1. Bellarmine 32, 2. Del Campo 76, 3. Reedley 116, 4. Jesuit 144, 5. San Luis Obispo 149, 6. Lemoore 152, 7. Byer 159, 8. Santa Teresa 185, 9. Moreau 192, 10. Tranquility 266, 11. Vacaville 274, 12. Clovis 285, 13. Yosemite 346.

J.V. Girls

1. DiLibero (Palos Verdes)	20:33
2. McArthur (Palos Verdes)	21:13
3. Snider (Palos Verdes)	21:25
4. Condit (Arroyo Grande)	21:30
5. Peterson (Palos Verdes)	22:03
6. O'Conner (Palos Verdes)	22:04
7. Toia (L.B. Wilson)	22:10
8. Dellagada (Palos Verdes)	22:11
9. Barnes (L.B. Wilson)	22:26
10. Cox (Palos Verdes)	22:43
11. Flaim (Byer)	22:44
12. Zareski (Palos Verdes)	22:53
13. Drummond (L.B. Wilson)	23:00
14. Elliott (Byer)	23:04
15. McNeal (L.B. Wilson)	23:08
16. Hess (L.B. Wilson)	23:18
17. Jones (Bella Vista)	23:35
18. Alisa (Moreau)	23:45
19. Heinlein (Moreau)	24:04
20. Mattingly (L.B. Wilson)	24:13
21. Pittenger (Arroyo Grande)	24:28
22. Nasech (Del Campo)	24:43
23. Strom (Clovis West)	24:52
24. Hawthorne (SLO)	25:00
25. Rush (Bella Vista)	25:01

Team Scores:

1. Palos Verdes 15, 2. L.B. Wilson 47, 3. Moreau 84, 4. Del Campo 112, 5. San Luis Obispo.

J.V. Boys

1. Welsh (Jesuit)	16:31
2. Hatch (Upland)	17:15
3. Emad (Palos Verdes)	17:18
4. Not Available (Bellarmine)	17:21
5. Not Available (Bellarmine)	17:27
6. Manfred (Palos Verdes)	17:33
7. Equi (Upland)	17:33
8. Brookhart (Upland)	17:34
9. Reeves (Palos Verdes)	17:38
10. Not Available (Bellarmine)	17:42
11. McCaffey (Upland)	17:50
12. Not Available (Bellarmine)	17:51
13. Yocker (Palos Verdes)	17:55
14. Paine (Bellarmine)	17:57
15. Lieberman (Bellarmine)	18:05
16. Schwegel (Jesuit)	18:05
17. Woodley (Bellarmine)	18:10
18. Robb (Upland)	18:10
19. Service (Bellarmine)	18:14
20. Cook (Clovis)	18:15
21. Oldfield (Jesuit)	18:21
22. Patay (Palos Verdes)	18:22
23. Marlowe-Rogers (Palos Verdes)	18:23
24. Avila (Jesuit)	18:23
25. Lemis (Lemoore)	18:27

Team Scores:

1. Bellarmine 45 (tie breaker rule), 2. Upland 45, 3. Palos Verdes 51, 4. Jesuit 86, 5. Clovis 193, 6. Arroyo Grande 197, 7. Bella Vista (tie breaker rule) 207, 8. Vacaville 207, 9. Del Campo 217, 10. Moreau 226, 11. Beyer 284, 12. Reedley 284.

Small/Medium Varsity Girls

1. Hanson (Reighetti)	20:17
2. Bellamy (Moreau)	20:44
3. Harkins (San Luis Obispo)	20:58
4. Bacon (Righetti)	21:18
5. Connor (Moreau)	21:30
6. Neumeier (SanJoaquinMem)	21:35
7. Rose (Righetti)	21:56
8. Poole (SanJoaquinMem)	22:04*
9. Ostdiek (SanJoaquinMem)	22:04*
10. Lybarger (SanLuisObispo)	22:19
11. Dougery (Moreau)	22:39
12. Douglas (Moreau)	22:45
13. Shinn (Lemoore)	22:51
14. Searles (Moreau)	22:55
15. Not Available (Lemoore)	23:02
16. Manoa (Righetti)	23:03
17. Stewart (Lemoore)	23:10
18. Fong (SanJoaquinMem)	23:10*
19. Fishburn (SanLuisObispo)	23:13

20. Lobo (Righetti)	23:29
21. Lopez (SanLuisObispo)	23:29
22. Gier (Moreau)	23:46
23. Kokkonen (SanLuisObispo)	23:48
24. Scales (Hoover)	23:50
25. Jones (Yosemite)	23:51*

* = Small School

Team Scores:

1. San Joaquin Memorial 15.

Small/Medium Varsity Boys

1. Rivers (Moreau)	16:13
2. Flores (Jesuit)	16:37
3. Gaul (Jesuit)	16:42
4. Vaden (Jesuit)	16:53
5. Lincoln (Jesuit)	16:57
6. Addreani (Jesuit)	17:03
7. Johnson (Jesuit)	17:04
8. Tafolla (Lemoore)	17:14
9. Demphy (Moreau)	17:28
10. Ernestrom (SanLuisObispo)	17:35
11. Rainey (Lemoore)	17:36
12. Delport (Reedley)	17:38
13. Morrill (SanLuisObispo)	17:39
14. Not Available (Lemoore)	17:40
15. Mayhew (Moreau)	17:44
16. Skaden (Jesuit)	17:51
17. Haley (Reedley)	17:55
18. Gerhard (SanLuisObispo)	18:00
19. Charley (Hoover)	18:08
20. Ellis (SanLuisObispo)	18:13
21. Robertson (Sierra)	18:13
22. Martin (Reedley)	18:17
23. Monticelli (Yosemite)	18:19*
24. Kealy (Moreau)	18:21
25. Stone (Hoover)	18:26

* = Small School

Team Scores:

Small School Varsity Boys:

1. Yosemite 15.

Medium School Varsity Boys:

1. Jesuit 20, 2. Moreau 73, 3. San Luis Obispo 90, 4. Reedley 101, 5. Lemoore 105, 6. Hoover 130, 7. E. Bakersfield 183.

Open Varsity Girls

1. Black (Palos Verdes)	17:59
2. Robbins (Hesperia)	17:59
3. Bryant (Hesperia)	18:25
4. Acosta (Walnut)	18:32
5. Hagginmiller (ThousOaks)	18:50
6. Leichter (Palos Verdes)	19:00
7. Gonn (Walnut)	19:12
8. Sublett (Palos Verdes)	19:21
9. Spies (Livermore)	19:27
10. Kephaldt (Bella Vista)	19:36
11. Rodda (Vacaville)	19:39
12. Fuller (ThousOaks)	19:41
13. Black (Palos Verdes)	19:41
14. Valey (Granada)	19:46
15. Lowery (Norco)	19:47
16. Barry (Santa Teresa)	19:48
17. Not Available (Palos Verdes)	19:50
18. Barcelona (ArroyoGrande)	19:51
19. Bowen (Arroyo Grande)	19:55
20. Cown (Palos Verdes)	19:56
21. Asher (L.B. Wilson)	20:02
22. Anderson (Mt.Pleasant)	20:06
23. Goodrich (Palos Verdes)	20:08
24. Deaton (Granada)	20:17
25. Sanchez (Norco)	20:22

Team Scores:

1. Palos Verdes 36, 2. Arroyo Grande 111, 3. Thousand Oaks 127, 4. Hesperia 138, 5. L.B. Wilson 149, 6. Vacaville 159, 7. Bella Vista 220, 8. Norco 143, 9. Santa Teresa 253, 10. Granada 270, 11. Clovis 277, 12. Carson 284, 13. Casa Roble 296, 14. Clovis West 321, 15. Del Campo 333, 16. E. Bakersfield 361.

Open Varsity Boys

1. Scudamore (Palos Verdes)	15:26
2. Cole (Yosemite)	15:31
3. Ayers (Christian Bros)	15:34
4. Burks (Upland)	15:36
5. Pena (Bellarmine)	15:41
6. Hesseltine (Upland)	15:43
7. Not Available (Vacaville)	15:43
8. Dodge (Carson)	15:52
9. Hempel (Walnut)	15:55
10. Quintana (Arroyo Grande)	15:56
11. Smooe (Vacaville)	16:03
12. Galindo (Upland)	16:04
13. Capozzola (Palos Verdes)	16:05
14. McCarter (ThousOaks)	16:06
15. Kashuda (Casa Roble)	16:08
16. Fugler (Del Campo)	16:11

17. Hempel (Walnut)	16:11
18. Polite (Walnut)	16:12
19. Hasegana (Palos Verdes)	16:15
20. Williamson (ThousOaks)	16:15
21. Farrell (Thous Oaks)	16:16
22. Zoldan (Bellarmine)	16:17
23. Cravatt (Palos Verdes)	16:19
24. Christopherson (Walnut)	16:20
25. Walker (Walnut)	16:20

Team Scores:

1. Palos Verdes 73, 2. Upland 77, 3. Walnut 79, 4. Bellarmine 103, 5. Thousand Oaks 130, 6. Del Campo 163, 7. Vacaville 174, 8. Arroyo Grande 213, 9. Serra 278, 10. Wilson 300, 11. McLane 321, 12. Clovis 324, 13. Bella Vista 344, 14. Carson 355, 15. Berkeley 382, 16. Clovis West 396, 17. Byer 413, 18. Hesperia 455.

Artichoke Invitational

Half Moon Bay HS. Oct. 3.

Small School Boys Teams (2.33 Mile)

1. Half Moon Bay	73
2. Carlmont (Belmont)	107
3. Manteca	117
4. Gunn (Palo Alto)	133
5. Leigh (San Jose)	137
6. Moreau (Hayward)	145
7. Redwood (Larkspur)	294
8. University (San Francisco)	295
9. Aptos	309
10. North Monterey Co (Castroville)	337
11. Lincoln (San Jose)	367
12. Bishop O'Dowd (Oakland)	376
13. Westmont (Campbell)	382
14. Cardinal Newman (Santa Rosa)	401

Small School Boys Individuals

1. Brett Mack (Carlmont)	11:35
2. Dan Chamberlain (Leigh)	11:40
3. Joey Rodriguez (SanLorenzoVly)	11:49
4. Jason Anderson (Lassen)	11:54
5. A. Burnett (Manteca)	11:57
6. Jason Potmesil (Leigh)	11:59
7. Mike Brown (Gunn)	12:04
8. Brian Rivers (Moreau)	12:06
9. Danny Rhodes (HalfMoonBay)	12:10
10. Matt Romersa (HalfMoonBay)	12:10

Large School Boys Teams

1. Del Campo (Fair Oaks)	33
2. Castro Valley	80
3. Los Gatos	97
4. St. Ignatius (S.F.)	141
5. Fremont (Sunnyvale)	154
6. Independence (San Jose)	157
7. Berkeley	179
8. Amador Valley (Pleasanton)	227
9. El Cerrito	263
10. Lowell (San Francisco)	281
11. Westmoor (Daly City)	283
12. Monta Vista (Cupertino)	315

Large School Boys Individuals

1. John Fugler (Del Campo)	11:45
2. Eric Woodland (Gunderson)	11:57
3. Jason Reese (Del Campo)	12:11
4. Keith Bunker (Del Campo)	12:16
5. Matt Johanson (Castro Valley)	12:17
6. Ricky Woods (Independence)	12:18
7. Keith Diesner (Los Gatos)	12:19
8. Brian John (El Cerrito)	12:19
9. Sean Lewis (Berkeley)	12:21
10. David Mastro (Del Campo)	12:21
11. David Kipek (Independence)	12:22
12. Seth Klein (St.Ignatius)	12:24
13. James Metcalf (Los Gatos)	12:29
14. Jose Solano (Westmoor)	12:32
15. Dean Riedel (Del Campo)	12:32
16. Todd Saunders (Castro Valley)	12:32
17. Ed Randolph (St.Ignatius)	12:33
18. Jason Atwood (CastroVly)	12:35
19. Jim Tatsukawa (Los Gatos)	12:36
20. Paul Denzler (CastroVly)	12:37

Small School Girls Teams

1. Willow Glen (San Jose)	129
2. Half Moon Bay	140
3. University (San Francisco)	144
4. Redwood (Larkspur)	156
5. Moreau (Hayward)	175
6. Drake (San Anselmo)	221
7. Aptos	255
8. Gunn (Palo Alto)	262
9. North Monterey Co.(Castroville)	267
10. Lincoln (San Jose)	331
11. Westmont (Campbell)	352

12. Presentation (San Jose)	514
13. Notre Dame (San Jose)	534

Small School Girls Individuals

1. Tina Gorbet (Lassen)	13:38
2. Suzanne Jones (Carlmont)	14:10
3. Amy McConnell (University)	14:24
4. Cindy Mahaffey (Carlmont)	14:26
5. Julia Meade (Carlmont)	14:38
6. Mugsie Kosek (Gunn)	14:41
7. Nell Smith (University)	14:52
8. Kristen Ash (No. Monterey Co.)	14:53
9. Kathy Hiatt (Redwood)	14:59
10. Carrie O'Connor (Moreau)	15:04

Large School Girls Teams

1. Los Gatos	50
2. Leland (San Jose)	95
3. El Cerrito	134
4. Fremont (Sunnyvale)	161
5. Granada (Livermore)	163
6. California (San Ramon)	169
7. Lowell (San Francisco)	185
8. Castro Valley	203
9. Berkeley	274

Large School Girls Individuals

1. Tiki Wilcox (Santa Clara)	13:58
2. Jennifer Ashe (Leland)	14:03
3. Genevieve Farnady (Los Gatos)	14:31
4. Missi Hurlow (California)	14:32
5. Lisa Scott (El Cerrito)	14:33
6. Suzanne Daley (Granada)	14:40
7. Beth Bartholomew (Fremont)	14:42
8. Marisa Gardella (El Cerrito)	14:50
9. Andrea Meinhardt (Los Gatos)	14:57
10. Lynn Roulo (Los Gatos)	15:00
11. Phuong Sites (Fremont)	15:05
12. Zara Celaya (Overfelt)	15:06
13. Amy Flynn (Los Gatos)	15:07
14. Noelle Crockett (Leland)	15:07
15. Darcy Parker (Los Gatos)	15:13
16. Sarah Smith (Del Campo)	15:14
17. Lena Deaton (Granada)	15:18
18. Dina Farage (Gunderson)	15:20
19. Kim Coyne (Independence)	15:22
20. Laurie Homer (Leland)	15:24

* Ed Sias Invitational

Hidden Valley Park, Martinez, Oct. 3.

Boys Teams

1. Vacaville	41
2. San Ramon (Danville)	53
3. Montgomery (Santa Rosa)	104
4. Las Lomas (Walnut Creek)	127
5. Antioch	153
6. Santa Rosa	169
7. Northgate (Walnut Creek)	196
8. De La Salle (Concord)	203
9. Clayton Valley (Concord)	213
10. Ygnacio Valley (Concord)	271
11. Fairfield	296
12. Concord	297
13. College Park (Pleasant Hill)	333
14. St. Mary's (Berkeley)	335
15. San Rafael	434
16. Berean Christian (Walnut Creek)	456
17. Pittsburg	480

Boys Individuals (2 Mile)

1. Steve Zirkelbach (Concord)	10:41
2. Scott Smott (Vacaville)	10:51
3. Kevin Holbrook (Vacaville)	11:04
4. Mike Contos (Montgomery)	11:06
5. Randall Watkins (Montgomery)	11:07
6. Rob Scott (San Ramon)	11:08
7. Steve Goeller (Las Lomas)	11:09
8. Jeff Buhl (San Ramon)	11:11
9. Cory Davis (Vacaville)	11:14
10. Luis Luna (Vacaville)	11:17

Girls Teams

1. Vacaville	44
2. Northgate (Walnut Creek)	86
3. College Park (Pleasant Hill)	112
4. Clayton Valley (Concord)	137
5. Antioch	152
6. Carondelet (Concord)	154
7. San Ramon (Danville)	157
8. Montgomery (Santa Rosa)	160
9. Las Lomas	188
10. Santa Rosa	192
11. Ygnacio Valley (Concord)	267

Girls Individuals (2 Mile)

1. Melissa Pardini (Northgate)	13:25
2. Jennifer Sells (Antioch)	13:32
3. Michelle Rodda (Vacaville)	13:48
4. Robin Constantinides (ClaytonV)	13:58

Prep Notes

5	Courtney Clark (Las Lomas)	14:07
6	Sharon Connaughton (Vacaville)	14:11
7	Rebecca Kopchik (Northgate)	14:15
8	Jennifer Danbly (Vacaville)	14:20
9	Cheryl Vann (Santa Rosa)	14:31
10	Jill Moore (College Park)	14:35

★ Nevada Union Invitational October 3.

Boys Teams		
1	Jesuit (Carmichael)	48
2	Bella Vista (Fair Oaks)	78
3	Reno (Nevada)	117
4	Cordova (Rancho Cordova)	122
5	El Dorado (Placerville)	147

Boys Individuals (No Times Available)

1	Williams (RiverCity, W.Sacto)
2	Whitney (El Dorado)
3	Lifur (McQueen)
4	Smith (Reno)
5	Gaul (Jesuit)

Girls Teams		
1	Reed (Sparks, Nv)	37
2	Shasta (Redding)	74
3	El Dorado (Placerville)	86
4	St. Francis (Sacramento)	88
5	Loretto (Sacramento)	96

Girls Individuals (No Times)

1	Sittman (Placer)
2	Bessey (Reed)
3	Kassis (St. Francis)
4	Belt (El Dorado)
5	Vanderpool (El Dorado)

★ Serra-Crystal Springs Invite.

Crystal Springs, Belmont. Oct. 10. Championship Varsity Boys Teams

1	Bellarmine (San Jose)	46
2	Live Oak (Morgan Hill)	99
3	Vacaville	118
4	Serra (San Mateo)	125
5	Los Gatos	125
6	Leigh (San Jose)	141
7	Watsonville	169
8	Albany	253

Championship Varsity Boys Individuals (3 Miles)

1	Williams (RiverCity, W.Sac)	14:51
2	Pena (Bellarmine)	14:54
3	Ayers (Christian Bros, Sac)	15:07
4	Kashuba (Casa Roble, Orangetown)	15:18
5	Smoot (Vacaville)	15:24
6	Holbrook (Vacaville)	15:28
7	Chamberlain (Leigh)	15:33
8	Woodland (Gunderson)	15:40
9	Zoldak (Bellarmine)	15:44
10	Fisher (Bellarmine)	15:45

Varsity Boys Teams		
1	Bella Vista (Fair Oaks)	90
2	Bellarmine B (San Jose)	97
3	Half Moon Bay	106
4	Independence (San Jose)	141
5	Homestead (Cupertino)	188
6	St. Francis (Mt. View)	199
7	Monta Vista (Cupertino)	218
8	Palo Alto	251
9	Westmont (Campbell)	282
10	Amador Valley (Pleasanton)	355

Varsity Boys Individuals		
1	Bupp (Woodside Soph)	15:34
2	Rodriguez (San Lorenzo Vly)	15:45
3	Name Unavailable	
4	Name Unavailable	
5	Carroll (Monta Vista)	15:53
6	Kopec (Independence)	15:54
7	Wynn (St. Francis)	15:55
8	Romera (Half Moon Bay)	15:59
9	Roger (Bella Vista)	16:01
10	Lady (Bella Vista)	16:03

Girls Teams		
1	Vacaville	74
2	Willow Glen (San Jose)	83
3	Leland (San Jose)	109
4	Los Gatos	146
5	Casa Roble (Orangetown)	148
6	Mountain View	166

7	Live Oak (Morgan Hill)	170
8	Granada (Livermore)	230
9	Tamalpais (Mill Valley)	243
9	Palo Alto	243

Girls Individuals

1	Dailey (Granada)	19:05
2	Barry (Santa Teresa)	19:06
3	Bailey (Fairfield)	19:16
4	Loyne (Independence)	19:18
5	Viall (Casa Roble)	19:23
6	Crockett (Leland)	19:26
7	Bebengec (Willow Glen)	19:42
8	Pritchard (Vacaville)	19:53
9	Meza (Bella Vista)	19:54
10	Farage (Gunderson)	20:00

★ Bob McGuire Relays

Newhall Park, Concord. Oct. 10.

Boys Relay		
1	San Ramon (Danville)	53:38
2	Antioch	55:43
3	Clayton Valley (Concord)	56:28
4	Northgate (Walnut Creek)	57:09
5	De La Salle (Concord)	57:29
6	El Cerrito	57:33
7	Concord	58:12
8	College Park (Pleasant Hill)	58:50
9	Alameda	59:59
10	Ygnacio Valley (Concord)	1:01:17

Girls Relay		
1	El Cerrito	1:09:47
2	Northgate (Walnut Ck)	1:10:00
3	Antioch	1:12:31
4	Carondelet (Concord)	1:12:51
5	San Ramon (Danville)	1:13:19
6	Clayton Valley (Concord)	1:13:29
7	Las Lomas (Walnut Creek)	1:15:57
8	Alameda	1:17:52
9	Ygnacio Valley (Concord)	1:29:09

★ Mariner Invitational

Garin Park, Hayward. Oct. 17.

Large School Boys Teams (5,000 meters)		
1	Del Campo (Fair Oaks)	74
2	Montgomery (Santa Rosa)	120
3	Jesuit (Carmichael)	130
4	Bellarmine (San Jose)	136
5	Bella Vista (Fair Oaks)	151

Large School Boys Individuals		
1	John Fugler (Del Campo)	16:22
2	Todd Lewis (Burbank)	16:26
3	Mike Contos (Montgomery)	16:30
4	Dennis Hernandez (Mission SJ)	16:43
5	Lewis Rivera (Tokay)	16:44

Small School Boys Teams		
1	Half Moon Bay	58
2	Encinal (Alameda)	83
3	Moreau (Hayward)	89
3	Las Lomas (Walnut Creek)	89
5	Paso Robles	95

Small School Boys Individuals		
1	Ben Ayers (Christian Bros)	16:24
2	Steve Zirlbach (Concord)	16:57
3	Brian Rivers (Moreau)	17:06
4	Alexy Kochowicz (Las Lomas)	17:16
5	Ronnie Hollstein (Paso Robles)	17:20

Large School Girls Teams		
1	Reed (Sparks, NV)	21
2	Antioch	70
3	Granada (Livermore)	74
4	Montgomery (Santa Rosa)	80
5	Ygnacio Valley (Concord)	122

Large School Girls Individuals		
1	Shelly Bessey (Reed)	20:02
2	Melissa Pardini (Northgate)	20:19
3	Jennifer Sells (Antioch)	20:33
4	Wanda Bailey (Fairfield)	20:38
5	Amber Young (Reed)	21:00

Small School Girls Teams		
1	Moreau (Hayward)	45
2	Miramonte (Orinda)	66
3	Bishop O'Dowd (Oakland)	79
4	College Park (Pleasant Hill)	87
5	Half Moon Bay	100

Small School Girls Individuals		
1	Janelle Corbin (Alhambra)	21:54
2	Carrie O'Connor (Moreau)	22:07
3	Thea Hillman (Piedmont)	22:26
4	Quisquelya Rodriguez (Bishop O)	22:28
5	Erin Bellamy (Moreau)	22:33

photo by Keith Conning



KATY McCANDLESS

18	Danny Rhodes (Half Moon Bay)	13:12
19	Ed Randolph (St. Ignatius)	13:13
20	Gonzalo Espinoza (Logan)	13:14

Boys Frosh Individuals

1	William Clark (St. Francis)	12:27
2	Mike Potter (Leigh)	N.T.
3	Chris Devine (Half Moon Bay)	12:38

Girls Teams

1	Los Gatos	34
2	Half Moon Bay	84
3	Lowell (San Francisco)	114
4	El Cerrito	132
5	Castro Valley	150
6	Alhambra (Martinez)	169
7	Independence (San Jose)	185
8	Notre Dame-Belmont	242
9	Presentation (San Jose)	274
Logan (Union City), Gunn (Palo Alto), Homestead (Cupertino), Terra Nova (Pacifica), Westmoor (Daly City), Tamalpais (Mill Valley), Leigh (San Jose), El Camino (South San Francisco) incomplete.		

Girls Individual

1	Mugsie Kosek (Gunn)	15:31
2	Genevieve Farnady (Los Gatos)	15:38
3	Janelle Corbyn (Alhambra)	15:44
4	Marisa Gardella (El Cerrito)	15:45
5	Andrea Meinhardt (Los Gatos)	15:48
6	Darcy Parker (Los Gatos)	16:11
7	Kim Vanderysde (Half Moon Bay)	16:17
8	Staci Brunton (Alhambra)	16:18
9	Nancy Bell (Lowell)	16:20
10	Amy Flynn (Los Gatos)	16:26
11	Jennifer Joslin (Los Gatos)	16:33
12	Jennifer Johnson (Homestead)	16:39
13	Lynn Roulo (Los Gatos)	16:45
14	Kim Coyne (Independence)	16:48
15	Jennifer Devine (Half Moon Bay)	16:50
16	Lisa Garriott (Terra Nova)	16:52
17	Jenny Hampton (Half Moon Bay)	16:53
18	Allison Torres (Westmoor)	16:54
19	Jenny Phipps (Half Moon Bay)	16:56
20	Jennifer Barnhart (Los Gatos)	16:59

Girls Frosh/Soph Individuals

1	Lisa Scott (El Cerrito)	16:13
2	Tanaya Soderman (Gunn)	16:53

★ Two-Mile Postal

Los Gatos H.S. Oct. 24.

Stud Results		
1	Torre Pena (Bellarmine)	9:21
2	Ian Champeny (Bellarmine)	9:24
3	Bret Mack (Carlmont)	9:30
4	Eric Woodland (Gunderson)	9:31
5	Dan Chamberlain (Leigh)	9:32
6	Andy Zoldak (Bellarmine)	9:32
7	Eric Bellamy (Moreau)	9:33
8	Dennis Hernandez (Mission SJ)	9:35
9	Quiche Rubalcava (Bellarmine)	9:37
10	Sandeep Randhawa (Mission SJ)	9:42
11	Jason Potmesil (Leigh)	9:43
12	Jordan Caroli (Monta Vista)	9:47
13	Brian Rivers (Moreau)	9:48
14	Andy Bupp (Woodside)	10:01
15	Todd Saunders (Castro Vly)	10:25

Boys Teams		
1.	Bellarmine (San Jose)	47:45.
2.	Leigh (San Jose)	50:33.
3.	Moreau (Hayward)	51:16.
4.	Livermore	51:40.
5.	Fremont (Sunnyvale)	52:37.
6.	Santa Teresa (San Jose)	54:55.

Studetee Results		
1	Katie McCandless (Castilleja)	10:47
2	Becky Spies (Livermore)	10:56
3	Suzanne Jones (Carlmont)	11:21
4	Phoung Sites (Fremont)	11:28
5	Beth Bartholomew (Fremont)	11:29
6	Janet Bowie (Woodside)	11:38
7	Cindy Mahaffey (Carlmont)	11:41
8	Kimik Anderson (Mt. Pleasant)	11:44
9	Ksai Anderson (Mt. Pleasant)	12:13
10	Erin Bellamy (Moreau)	12:17
11	Julia Meade (Carlmont)	12:19
12	Carrie O'Connor (Moreau)	12:54

Girls Teams:		
1.	Fremont (Sunnyvale)	62:54.
2.	Moreau (Hayward)	64:50.
3.	Leigh (San Jose)	68:23.

□ Prep Notes

Southern Section Notes

By Doug Speck

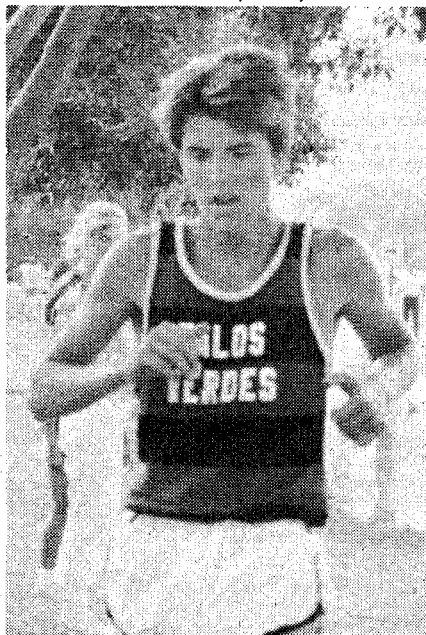
Who said that the Southern Section Women's groups would dominate the first ever California State Prep Cross Country Championship in late November? Well, it is apparent that more than one area power was decimated at or near the top end of its team to reduce the Section super powers quite a few in number. Palos Verdes is very legit, possibly the best in the country. Thousand Oaks had Angie Lovell (18:21 at Mt.Sac) and Aimee Edwards (19:26) move to Oregon, Westlake (Westlake Village) has Desiree Joubert (2:15.64 800m and 19:00) sitting out the season, Jaime Butler (18:54) running well after a move to San Dieguito High in Escondido, and Joanne Chodd (19:36) is not on the scene, and Hesperia's Nicole Houle (10:42.98 3200m and a Kinney National Finalist) has not put in much running for her team this fall, so all of those squads have taken an obvious drop in performance through the midpoint of the season.

Arroyo (El Monte) has proven itself easily the State's best Men's team through mid-October. An early season 36 second team time victory over Palos Verdes (the team winner at Clovis), and a big win at Stanford cemented that status. The win at Stanford, with 48 points, was a big one over a top group of California squads on a pretty brutal day, and the best in Oregon also. Bend HS in Oregon, coached by former Palos Verdes HS mentor, Bob Latham, was the State Champion of Oregon last fall with an underclass dominated squad. They were second at Stanford with 114 points. The Arroyo front four of Derrick Powers (9:17.41 3200m), Jaime Ortega (9:17.00 3200m), Gerardo Puentes (4:19.85 1600m), and Jeff Gilkey (8:48.2 3200m) went 1-2-4-8 respectively at Stanford.

Coach Bill Duley's Agoura High program keeps getting richer and richer. Last Fall Bryan Dameworth from the Charger program became the first ever frosh athlete to qualify for the Kinney National Cross Country Finals and went on to record a 9:09.78 3200m in the spring. This year frosh athletes Deena Drossin and Tiffany York have joined the Charger team. Dameworth is running very strong this Fall, undefeated with a 100 yard win over fellow Kinney Finalist David Scudamore of Palos Verdes at the Kenny Staub Invite. Drossin has also opened some eyes with her front running, something she is used to. There are not many athletes in any sport who can say they have never lost, and Drossin is one of the few. As a two-

time National Age-Group champion she has never lost a Cross Country competition, and up through mid-October she had continued that amazing string into the interscholastic ranks. As the topper she defeated 10:44 3200m star Ashley Black of Palos Verdes, hot off a 17:59 win at the

photo by Maurice Wilson



DAVE SCUDAMORE

Woodward Park course in the Clovis Invite, by over a minute in the Kenny Staub Meet. Drossin shows up on the Age-Group Track lists from the year before last at under 10:20 for 3000m on the track (that's about an 11:10 two mile as a seventh grader)! York is also running super, third at Staub. Hard-working Peter Oviatt was a surprising fourth in that affair for the Charger Men's Varsity.

Drossin's addition to the Southern Section 2A division makes the Section competition at that level rather competitive. Nicole Houle (Hesperia), defending division Champ at 17:45 at Mt. SAC, was a Kinney National Finalist and 10:42.98 3200m runner, Robbyn Bryant (Hesperia)

was the number two miler in the nation at 4:48.27c and 2nd in 86 at 17:46, Tracey Williams (Mt. View, El Monte), another Kinney National Finalist has run 10:24.70 for 3200m, and Karen Hecox (South Hills, Covina) has run 10:31 for 3200m. Nicole Robbins of Hesperia was just outleaned by Ashley Black (Palos Verdes) for the win at Clovis at 17:59, and the Agoura duo of Drossin and Tiffany York cannot hurt the action a bit. A half dozen here could be under 18:00 in the Section 2A run, a very, very good prep time at Mt. SAC.

Palos Verdes made its big trip to the Manhattan Invitational at Van Cortland Park (the back east version of Mt. SAC) in New York City on October 10th, and like Michael Jackson said--"Who's bad?" Well, the Sea Kings kind of showed them folks back east who is best with dominating victories in the Men's and Women's races. The men's team took their heat with 34 points, with David Scudamore the individual winner at 12:32, a good time on the 2.5 mile course. One other Men's team during the day had a quicker team time than PV, but it was done with two individuals way ahead of their teammates, so PV would have beaten all the Men's squads in a heads up race pointwise there. The Women were just as domineering, as it seems they gathered the good teams all together on that side of the Meet. Totalling 71 points, the PV Women won by 68 points, with Ashley Black third to Nnenna Lynch (of the famous Shola-Nnenna sister team from Hunter HS in New York City) and Jodi Bilotta (North Hunterdon HS, Annandale, NJ) 14:32-14:44-14:46. Lynch has run 4:27 for 1500 meters (a 4:47 miler), with Bilotta at 4:23.9 for 1500 (4:43 for a mile), so Ashley was running up with the burners. Many think that Bilotta is the one who can finally take down Polly Plumer's National Mile Record of 4:35.24. Coach Joe Kelly mentioned that the course was very pretty, with the experience obviously a very position one for the team.

Some State Meet predictions through early October. Men's Division I-Arroyo (El Monte), Division II-Walnut, Division III-McFarland. Women's Division I-Palos Verdes, Division II-Lassen (Susanville), Division III-Paraclete (Lancaster).

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NORTHEASTERN REGIONAL

Van Cortlandt Park, New York, NY—November 28, 10:30 a.m.

Coordinator:

Marty Lewis
South Shore High School
6565 Flatlands Ave., Brooklyn, NY 11236
(718) 531-4454 (daytime only)

SOUTHERN REGIONAL

McAlpine-Greenway Park, Charlotte, NC—November 28, 11:00 a.m.

Coordinator:

Max Mayo
National Coordinator
470 Ponderosa Drive, Athens, GA 30605
(404) 353-7732 (daytime only)

MIDWESTERN REGIONAL

University of Wisconsin-Parkside, Kenosha—November 28, 10:30 a.m.

Coordinator:

Peter Henkes
P.O. Box 4097, Racine, WI 53403
(414) 633-0033

WESTERN REGIONAL

Woodward Park, Fresno, CA—December 5, 9:30 a.m.

Coordinator:

Bill Cockerham
4957 East Heaton, Fresno, CA 93727
(209) 456-0535



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SoCal Invitationals

By DOUG SPECK

* Millikan Invitational

Long Beach, September 12. Good Long Beach Wilson and Katella (Anaheim) men's squads battled, with the women's team race dominated by Bishop Montgomery (Torrance) in this early season affair. Oliver Bohlman (El Dorado, Placentia) was a big men's individual winner at 15:07 over junior Marcelo Castro (St. John Bosco, Bellflower) 15:28, with talented junior, Debbie Brown (Millikan, Long Beach), the women's winner at 18:40 over Martina Lauchengco, of Miraleste (Palos Verdes) 18:48. Lauchengco was a top runner at Long Beach Wilson last year. Surprise 1986 Section 4A finalist Wilson, with 71 (81:50) nipped Katella 72 (81:35) in the men's division, with Bishop Montgomery indicating its intention to put together another fine women's season (they were 5th in '86 in the Section 3A race) with a 42 (103:28) to 89 (109:47) win over St. Lucy's (Glendora) and Lakewood.

Women's Results: 1. Brown (Millikan) 18:40, 2. Lauchengco (Miraleste) 18:48, 3. Pinto (Katella, Anaheim) 19:16, 4. Plier (Mira Costa, Manhattan Beach) 19:24. **Team Results:** 1. Bishop Montgomery 42 (103:28), 2. St. Lucy's (Glendora) 89 (109:47), 3. Lakewood 89 (113:01).

Men's Results: 1. Bohlman (El Dorado) 15:07, 2. Castro (St. John Bosco) 15:28, 3. Reyes (Santa Monica) 15:35, 4. King (Mira Costa) 15:43, 5. Johnson (St. John Bosco) 15:44, 6. Nichols (Katella) 15:50. **Team Scores:** 1. LB Wilson 71 (81:50), 2. Katella 72 (81:35), 3. St. John Bosco 89 (81:55), 4. Damien (LaVerne) 150 (84:27).

* Colton Invitational

Colton, September 12. Brigid Freyne (Riverside Poly) headlined this San Bernardino County affair. The Poly senior, the number two returnee in the entire nation (behind San Diego's Kira Jorgensen) from the 1986 Kinney National Finals, raced a bit slower than last year here at 18:00 (she won in 86 at 17:29). No one will argue with her margin of victory, though, as she handled 2nd place Jr-Sr race finisher Carrie Chavez (Colton) by a minute and ten seconds. A good Etiwanda women's group had the day's fastest team-time, 101:20, to nip Redlands 101:21 for the team honors. Improved Eric Polonski was the quickest male winner, at 15:06, in his 12th grade win over 9:29.28 3200m runner, Gus Arce (Corona) 15:26. Redlands was also the quickest guys' team, at 80:40 over Canyon of Canyon Country's 81:01.

Women's Results: (9th-10th) 1. Wulff (Chino) 19:23, 2. Visscher (Etiwanda) 19:27, 3. Cruz (Colton) 19:36, (11th-12th) 1. Freyne (Riv Poly) 18:00, 2. Chavez (Colton) 19:10, 3. Barnes (Corona) 19:19, 4. Cole (Redlands) 19:53. **Team Times:** 1. Etiwanda 101:20, 2. Redlands 101:21, 3. Corona 103:55, 4. Apple Valley 104:51.

Men's Results: (9th) 1. Hartman (Canyon, CC) 16:36, 2. Rizo (Chino) 17:24, (10th) 1. Coronado (Eisenhower, Rialto) 16:43, 2. Montoya (Chino) 16:45, 3. Cohen (Canyon, CC) 16:53, (11th) 1. Rattary (Canyon, CC) 15:26, 2. Kemp (Quartz Hill) 15:45, 3. Flores (Redlands) 15:44, 4. Smith (Redlands) 15:58, (12th) 1. Polonski

(Redlands) 15:06, 2. Arce (Corona) 15:26, 3. Osborne (Burroughs, Ridgecrest) 15:36, 4. Navidad (Indio) 15:41, 5. Zamora (Indio) 15:57.

Team Times: 1. Redlands 80:40, 2. Canyon (CC) 81:01, 3. Burroughs (Ridgecrest) 82:14, 4. Eisenhower (Rialto) 83:42, 5. Indio 85:07.

* Hesperia Christian Invite.

Hesperia, September 14. A group of Southern Section 1A schools came together for this Invitational held in the growing high desert area. The Section 1A individual and team favorites took titles in the Women's Varsity division, with a surprising Serrano (Phelan) group winning a close Men's competition.

Tanya Thayer (Serrano, Phelan) burst forth here last year upon the interscholastic scene during her frosh season on the way to the area 1A CC title and a 10:43.54 3200m in track. This year she solidly handled Jean Harvey (Paraclete, Lancaster) 19:19-19:50, with Harvey leading her squad to an impressive team win with 25 points. Ted Kerzie (Paraclete) was the Men's winner at 16:32 over Dave Wester (Maranatha, Sierra Madre) 16:38, with Serrano (Phelan) taking a close team race 57-63 (Maranatha)-64 (Paraclete).

Women's Results: 1. Thayer (Serrano) 19:19, 2. Harvey (Paraclete) 19:50, 3. Perkins (Paraclete) 20:41.

Team Results: 1. Paraclete 25 (104:43), 2. La Sierra Academy 66 (139:56), 3. Hemet Baptist 66 (147:06).

Men's Results: 1. Kerzie (Paraclete) 16:32, 2. Wester (Maranatha) 16:38, 3. Heiber (Serrano) 16:58, 4. Adams (Hesperia Christian) 17:17.

Team Results: 1. Serrano 57 (92:00), 2. Maranatha 63 (92:24), 3. Paraclete 64 (92:34), 4. Hesperia Christian 96 (95:20), 5. Arrowhead Christian 124 (100:37).

* Walnut Invitational

Mt. San Antonio College, September 17. A handful of top teams from the Southern Section gathered at this site of late-season Sectional competition for a little preseason test. There were some very fine results. The top prep male and female teams in the state stepped out in dominant style with team time wins. The Palos Verdes women's group is possibly the top team in the nation—here they took five of the top eight positions, led by Ashley Black's fine 18:19 in recording the best ever early season team time here—98:04. PV is about nine deep with potential supers, and the continued improvement that comes from work within this spirited program will have them right among the top ever squads in area history before this Fall is over. Arroyo (El Monte), the state's #1 ranked male prep squad in 1986 with most everybody returning (and ranked #1 in the Section 3A poll) was facing the Section 2A (Walnut) and Section 4A (Palos Verdes) top ranked teams. Kinney National Finalist David Scudamore (PV) edged away from Arroyo's Jaime Ortega over the final tough mile to win individually at an excellent 15:35, with Ortega (15:47), Derrick Powers (15:59), and

Gerardo Puentes (16:06) leading the Knights to an 81:04 team time win over PV's 81:40, Loyola of LA's 83:48, and Walnut (84:28). Jeff Gilkey and Mike Deitch fill out the Arroyo top five, and if they all stay healthy the squad should be unbeatable this Fall.

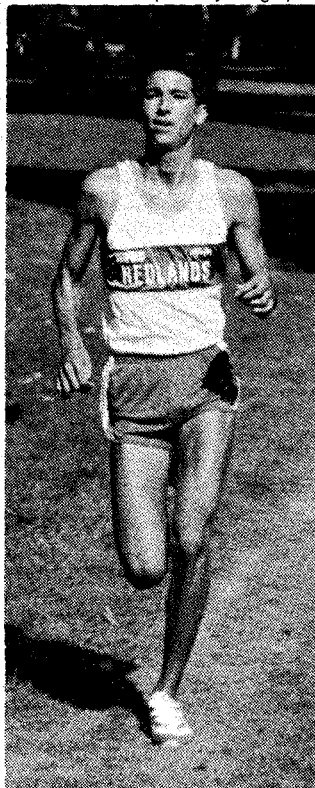
Women's Results: 1. Ashley Black (PV) 18:19, 2. Acosta (Walnut) 18:41, 3. Leichter (PV) 19:15, 4. Gunn (Walnut) 19:54, 5. Andree Black (PV) 19:59, 6. Goodrich (PV) 20:09, 7. Molina (Los Altos, Hacienda Heights) 20:14.

Team Results: 1. Palos Verdes 98:04, 2. Arroyo 113:49.

Men's Results: 1. Scudamore (PV) 15:35, 2. Ortega (Arroyo) 15:47, 3. Powers (Arroyo) 15:59, 4. Puentes (Arroyo) 16:06, 5. Cappozola (PV) 16:12, 6. Baker (Loyola) 16:17, 7. Kabala (Arcadia) 16:23, 8. LeFevre (Nogales, La Puente) 16:25.

Team Results: 1. Arroyo 81:04, 2. Palos Verdes 81:40, 3. Loyola (LA) 83:48, 4. Walnut 84:28.

photo by Doug Speck



ERIC POLONSKI
1st Colton

* Rosemead Invitational

Rosemead, September 19. A group of San Gabriel Valley squads gathered at the flat, very fast course at Rosemead High for this "by-grade" meet. A couple of the State's top Women shined. Rayna Cervantes (Montebello) won over teammate Terry Sandoval 17:13-17:32 in the Jr/Sr race, with Karen Hecox (South Hills, Covina) blasting a 16:56 (Course Record) in the Fr/So run in winning over area rival Suzanne Castruita (West Covina) 17:38. Ramon Perez (Rosemead) had the day's quickest Men's time and a Meet Record with his 15:06 Senior race run. When fastest five times for teams were added up Montebello edged Rosemead 80:36-80:49 in the Men's division, with a fine Montebello Women's squad recording a quick 93:37 (18:44 average).

Women's Results: (Frosh/Soph) 1. Hecox (So.Hills) 16:56CR, 2. Castruita (West Covina) 17:38, 3. Hanke (Monrovia) 19:23, 4. Gallardo (Montebello) 19:38. **(Junior/Senior)** 1. Cervantes (Montebello) 17:13, 2. Sandoval (Montebello) 17:32, 3. Gonzalez (Wilson, LA) 18:50, 4. Roybal (Schurr, Montebello) 18:56, 5. Figueroa (Wilson, LA) 19:25.

Team Results: 1. Montebello 93:37, 2. South Hills 98:23, 3. Wilson, LA 100:14, 4. Schurr, Montebello 101:22.

Men's Results: (9th) 1. Lopez (Montebello) 16:15, 2. Rysdon (La Salle, Pasadena) 16:49, (10th) 1. Sanchez (San Gabriel) 15:57, 2. Gomez (Alhambra) 16:06, (11th) 1. West (West Covina) 15:37, 2. Hernandez (Salesian, LA) 15:38, 3. Castaneda (Montebello) 15:41, 4. Sanchez (San Gabriel) 15:47, (12th) 1. Perez (Rosemead) 15:06MR, 2. Nielsen (Duarte) 15:35, 3. Godinez (Alhambra) 15:36, 4. Nunez (Bell Gardens) 15:40, 5. Banthrum (Duarte) 15:45.

Team Results: 1. Montebello 80:36, 2. Rosemead 80:48, 3. San Gabriel 83:02, 4. Schurr (Montebello) 83:40.

* Alta Loma Invitational

Ontario, September 19. A group of East San Gabriel Valley schools and a few outside area teams gathered at Red Hill Park for this affair. A very fine Upland Men's squad was a big Men's Division winner, with an improved Etiwanda group the Women's titlists. Coach Bob Loney's Upland male group is among the top handful of harrier groups in the State and they proved it here. Peter Burks (15:12) and David Hesseltine (15:18) went 1-2 over 9:20.85 3200m runner Jack Osborne (Burroughs, Ridgecrest) (15:29 here for 3rd), Upland totalled 24 points (78:04). Heather Watson (Upland) was the Women's individual winner at 18:53, with Etiwanda (44-101:53) edging area rival Alta Loma (56-103:26) for the team win.

Women's Results: 1. Watson (Upland) 18:53, 2. Wulff (Chino) 19:34, 3. Visscher (Etiwanda) 19:39, 4. Soto (Etiwanda) 19:54, 5. Gibbs (Glendora) 20:02.

Team Results: 1. Etiwanda 44 (101:53), 2. Alta Loma 56 (103:26), 3. Chino 102 (107:04), 4. Glendora 110 (107:54).

Men's Results: 1. Burks (Upland) 15:12, 2. Hesseltine (Upland) 15:18, 3. Osborne (Burroughs, Ridgecrest) 15:29, 4. Galindo (Upland) 15:32, 5. Huizar (Ontario) 15:42, 6. Garduno (Ontario) 15:55, 7. Camacho (Chino) 15:58.

Team Scores: 1. Upland 24 (78:04), 2. Burroughs (Ridgecrest) 66 (82:23), 3. Ontario 108 (84:42), 4. Alta Loma 109 (85:51), 5. Webb (Claremont) 141 (87:25).

* Sonora Invitational

Craig Park, Brea, Sept. 19. Teams from all over came to this popular Orange County Invite to Zoom around the quick course at Craig Park. On the Men's side Golden League rivals Antelope Valley (Lancaster) and Canyon (Canyon Country) battled in Division II, with Buena Park doing a good job in a Division I run. Foothill (Santa Ana) and Wilson (Hacienda Heights) tied in the Division I Women's run, with Saugus the Division II titlist.

Antelope Valley has progressed to among the State's best male groups, with a 3-4-5 individual finish fueling their 37 point (78:05 team time) in taking rival Canyon 53 (78:58). The Golden League took the first five individual places in that Division II run, with Joe Devine (Saugus) 14:55 winning over Dan Rattary (Canyon) 15:10, 9:10.40 3200m trackster Terrance Mahon (La Habra) was the Division I winner over junior Mike Esparza (Newbury Park) 14:45-14:49, with Buena Park at 63 points (79:22) the team victor. Heather Scobie

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Prep Notes

(Saugus) had the day's fastest Women's time, at 18:06, in leading her team to a win (41 points-102:23) in Division II. Amy Nesbitt (Newbury Park) 18:19 won in Division I, with Foothill (102:14) and Wilson (101:50) tied at 73 points for the teams.

Women's Results: (Div. I) 1. Nesbitt (NP) 18:19, 2. Jones (La Habra) 19:02, 3. McIntyre (Wilson) 19:04.

Team Scores: 1. Foothill (102:14) and Wilson (HH) (101:50) 73, 3. La Habra 78 (101:59), 4. Newbury Park 86 (102:25).

(Frosh/Soph) 1. Pinto (Katella, Anaheim) 19:07, **Team:** 1. Mater Dei 58, **(Div. II)** 1. Scobie (Saugus) 18:06, 2. Terry (Fullerton) 18:57, 3. Sanderson (Northview, Covina) 19:18.

Team Scores: 1. Saugus 41 (102:23), 2. El Rancho 61 (107:37).

(Frosh/Soph) 1. MacDonald (Norwalk) 20:26, **(Team)** 1. Antelope Valley 58.

Men's Results: 1. Mahon (LaHabra) 14:44, 2. Esparza (NP) 14:49, 3. Loomer (Cypress) 15:17, 4. Sanchez (BP) 15:21, 5. Baratti (BP) 15:23, 6. Jones (Brea Olinda) 15:24, 7. Medina (Paramount) 15:26.

Team Scores: 1. Buena Park 63 (79:22), 2. Katella (81:01) and Newbury Park (80:08) 92, 4. Rowland 113 (81:32), 5. Brea Olinda 128 (82:55), **(Frosh/Soph)** 1. Matsumoto (Mater Dei, Santa Ana) 16:53, **Team:** 1. Mater Dei 35, **(Div. II)** 1. Devine (Saugus) 14:55, 2. Rattary (Canyon) 15:10, 3. Cooke (AV) 15:17, 4. Quinn (AV) 15:24, 5. Vida (AV) 15:27, 6. Arisanto (El Rancho, Pico Rivera) 15:35.

Team Scores: 1. Antelope Valley 37 (78:05), 2. Canyon (CC) 53 (78:58), 3. Lakewood 135 (82:57).

Frosh/Soph: 1. Ruez (La Mirada) 17:08.

Team: 1. Lakewood 67.

* Warren Invitational

Downey, September 19. Some good Men's team races were featured in this Invite. Torrance schools (South and Torrance) battled with Long Beach Wilson in the Large School Men's run, with Fillmore and Whittier Christian squaring off in the Small School affair. Wilson's female group took the field apart in that Large School race.

South Torrance, fired by the 3-4 of Brent Conlin (15:27) and Brian Takuda (15:28) emerged victorious over cross-town rival Torrance (56-70) and Wilson (73) in a tight Large Schools race. Rolando Reyes (Santa Monica) was the individual winner at 15:18. 4:21 1600m runner Jerardo Vaca (Fillmore) led his team to a Small Schools win over Whittier Christian (38-46) with his 15:25 individual victory.

Long Beach Wilson, one of the Section's better all-around female Track and Cross Country programs, was a strong Large School's winner here with only 24 points. The team is very strong despite losing top runner Martina Lauchengco, who moved up the hill to Palos Verdes (Miraleste HS). Debbie Brown (Millikan, Long Beach) was the individual winner at 18:43, but Wilson put five in the next seven positions to total 24 and a fine 97:47 team time.

Women's Results: 1. Brown (Millikan) 18:43, 2. Asher (Wilson) 19:04, 3. Purucker (Wilson) 19:18, 4. Cantrell (Wilson) 19:29, 5. McDaniel (So. Torrance) 19:39.

Team Scores: 1. Wilson (LB) 24 (97:47), 2. Bishop Montgomery (Torrance) 72 (102:35), 3. South Torrance 120 (107:22).

Men's Results: (Small) 1. Vaca (Fillmore) 15:25, 2. Stolz (Miraleste, Palos Verdes) 15:38, **Team Scores:** 1. Fillmore 38 (82:48), 2. Whittier Christian 46 (83:55), 3. St. Anthony (Long Beach) 76 (86:23), **(Frosh/Soph)** 1. Loza (Bellflower) 17:20, **Team:** 1. Whittier Christian 79, **(Large)** 1. Reyes (Santa Monica) 15:18, 2. Fortin

(Downey) 15:25, 3. Conlin (So. Torrance) 15:27, 4. Takuda (So. Torrance) 15:28, 5. Olivas (Wilson, LB) 15:31, 6. Burton (Santa Monica) 15:31, **Team:** 1. South Torrance 56 (78:56), 2. Torrance 70 (79:36), 3. Wilson (LB) 73 (79:56), 4. Millikan 151 (84:04), **(Frosh/Soph)** 1. Guerra (Warren, Downey) 16:14, 2. Vizuete (Hawthorne) 16:20, **Team:** 1. Cerritos 90.

* Perris Invitational

Perris, September 19. This predominantly Riverside-San Bernardino County Meet features a pretty tough course (as judged by the times). Some good individual runs and team competitions graced the day. Tanya Thayer (Serrano, Phelan) showed up again this year, racing the day's quickest by almost a minute and a half in her 19:29 Division I win. 29 Palms took that team race with 73 points (132:21). An improved Fontana group took Division II on the distaff side 65-73 over Colton, with Karen Karcher (Ramona, San Diego Section) individually winning (20:54) over Maria Cruz (Colton) 20:59. Hemet and Rubidoux (Riverside), talented Section 3A Men's squads, had a good Division II race, with the two schools taking six of the first nine places. Mark Prestwich (Hemet) was the winner at 16:29 over Marco Ocegueda (Rubidoux) 16:39. Hemet's stock has gone up with the transfer of Troy Collins, a 1:56.7 800m soph last spring at Capistrano Valley (Mission Viejo). John Heiber (Serrano) took Division I at 17:20 in leading his school to the title there. Eisenhower (Rialto) could be a Section power in the next year or two, as they took six of the top eight in the Men's combined Frosh/Soph race here.

Women's Results: (Div. I) 1. Thayer (Serrano) 19:29, 2. Hillinger (Serrano) 22:15, 3. Lawler (Eisenhower, Rialto) 22:32, **Team Scores:** 1. 29 Palms 73 (132:21), 2. Rim of World (Lake Arrowhead) 75 (134:03), 3. Serrano (Phelan) 85 (133:25), **(Div. II)** 1. Karcher (Ramona, San Diego) 20:54, 2. Cruz (Colton) 20:59, 3. Lyken (Fontana) 21:29, 4. Chavez (Colton) 21:47, **Team Scores:** 1. Fontana 65 (117:32), 2. Colton 73 (117:44), 3. Elsinore (Lake Elsinore) 85 (121:12).

Men's Results: (Div. I) 1. Heiber (Serrano) 17:20, 2. Sharpe (Eisenhower) 17:35, 3. Brown (Ramona, Riverside) 17:36, 4. Seidel (Arlington, Riverside) 17:39, **Team Scores:** 1. Serrano 71 (93:11), 2. Temecula Valley 93 (95:50), 3. Canyon Springs (Moreno Valley) 108 (97:08), **(Div. II)** 1. Mark Prestwich (Hemet) 16:29, 2. Ocegueda (Rubidoux) 16:39, 3. Jensen (Hemet) 16:40, 4. Trujillo (Rubid) 16:50, 5. Pauley (Palm Springs) 16:56, 6. Navidad (Indio) 17:09, 7. Haskell (Elsinore) 17:13, **Team Scores:** 1. Hemet 42 (86:11), 2. Rubidoux 54 (87:08), 3. Perris 110 (91:14), 4. Fontana 125 (91:08), **(Frosh/Soph)** 1. Jara (Fontana) 18:01, 2. Escanuela (Eisenhower) 18:07, **Team:** 1. Eisenhower 20.

* Arroyo Grande Invitational

Arroyo Grande, Sept. 19. The "Big Ditch" Classic attracted a good group of squads from around the State. Arroyo Grande and Los Gatos, two of the better Women's groups from widely separated areas of California had an interesting meeting in the Women's Seeded race. A surprising young Arroyo Grande Men's squad dominated the Men's Seeded race. Coach Willie Harmatz's Los Gatos Women's group returns everyone from a good 86 Varsity, and they showed it here. Putting five in the first sixteen they nipped Arroyo Grande 48-57. In AG's defense, they were without Hope Ramey, a top runner who would have dropped AG's team time about a minute and thirty here. Still, these two groups are among the top handful of teams in the State this

fall. Jamie Park, the Santa Barbara junior, showed she is ready for another strong harrier season with a quick individual 17:17 win that took 2nd placer Genevieve Farnady of Los Gatos by 1:37.

Amazing ninth grader Louie Quintana (Arroyo Grande) took the Men's Seeded race at 15:21, and led his team to an easy win with 42 points to 88 for Clovis West. Coach Greg DeNike should be congratulated on the way he has brought around his Cross Country squad this fall, with their balance between the Men's and Women's teams equal to anyone in the State.

Women's Results: (Rated Varsity) 1. Martino (St. Josephs, Santa Maria) 18:55, 2. Feller (Westlake, Westlake Village) 19:22, 3. Harkins (San Luis Obispo) 19:41, **Team Scores:** 1. Yucaipa 44 (104:16), 2. Westlake 60 (103:22), 3. St. Josephs 69 (105:32), **(Seeded Varsity)** 1. Park (Santa Barbara) 17:17, 2. Farnady (Los Gatos) 18:54, 3. Graham (Lompoc) 18:59, 4. Hanson (Righetti, Santa Maria) 19:01, 5. Barcelona (Arroyo Grande) 19:12, 6. Bowen (AG) 19:15, 7. Meinhardt (LG) 19:23, **Team Scores:** 1. Los Gatos 48 (98:01), 2. Arroyo Grande 57 (98:40), 3. Lompoc 89 (100:59), 4. Santa Barbara 108 (102:30), 5. Righetti 110 (103:59).

Men's Results: (Rated Varsity) 1. Ochs (Mission Prep, SLO) 16:33, 2. Wynn (Atascadero) 16:39, **Team Scores:** 1. San Luis Obispo 82 (87:05), 2. Atascadero 88 (87:24), **(Seeded Varsity)** 1. Quintana (Arroyo Grande frosh) 15:21, 2. Rodriguez (McLane, Fresno) 15:29, 3. Rand (AG) 15:33, 4. Hines (AG) 15:37, 5. Ortiz (Lompoc) 15:38, 6. Alvarez (Clovis West) 15:43, 7. Bekmanis (CW) 15:44, **Team Scores:** 1. Arroyo Grande 42 (78:39), 2. Clovis West 88 (80:16), 3. Cabrillo (Lompoc) 109 (80:59), 4. McLane (Fresno) 110 (81:01) & Los Gatos 110 (80:54).

* San Clemente Invitational

San Clemente, September 19. This was a "By-Grade" Invitational for the guys and the regular Varsity-JV-Frosh/Soph for the ladies. A very powerful Dana Hills program rolled in and dominated the action overall. The DH Women's squad was the Varsity team winners over Santa Ana 40-63, with the Men's squad taking the frosh and junior team races, despite the absence of a couple of key team members, on the way to easily the day's quickest overall team time.

Maria Mendoza was the individual Women's winner at 18:58, while Dana Hills had a 101:37 team time to go along with its 40 points. Shannon Winkelman (Marina, Huntington Beach) blasted the Senior Men's field by just over a minute with an impressive 15:14. Mike Tansley and Capistrano Valley Christian transfer Stephen Niednagel led a Dana Hills 1-2 Junior sweep at 15:19 and 15:41. Niednagel is a gem who recorded a 16:47 best last year for Capistrano Valley Christian as a sophomore. He will not be eligible for Varsity level competition until Track due to the Section transfer rule. With Stephen Dana Hills could possibly give Arroyo (El Monte) a real run for their money. Sophomore Mike Farrell of San Clemente, a very impressive new face on the Section harrier circuit this fall, took the soph race in a quick 15:31. Without two of its top four Dana Hills still had the quickest overall team time by over two minutes.

Women's Results: (Frosh/Soph) 1. Ortiz (Santa Ana) 21:20, **Team:** 1. Santa Ana 22, **(Varsity)** 1. Mendoza (SA) 18:58, 2. King (San Clemente) 19:00, 3. Peters (San Dimas) 19:03, 4. Quigley (DH) 19:10, 5. Schudlich (DH) 19:44, **Team Scores:** 1. Dana Hills 40 (101:37), 2. Santa Ana 63 (102:56), 3. San Clemente 98 (106:57).

Men's Results: (Frosh) 1. Classen (Mission Viejo) 16:24, 2. Niednagel (DH) 16:55, **Team Scores:** 1. Dana Hills 66, 2. Vista

122, **(Soph)** 1. Farrell (SC) 15:31, 2. Quinonez (SA) 16:22, 3. McCaffery (Marina, Huntington Beach) 16:27, **Team Scores:** 1. Santa Ana 50, 2. San Clemente 61, **(Junior)** 1. Tansley (DH) 15:19, 2. Niednagel (DH) 15:41, 3. Cabral (Escondido) 16:31, **Team Scores:** 1. Dana Hills 25, 2. Marina 84, **(Senior)** 1. Winkelman (Marina) 15:14, 2. Strogin (Mission Viejo) 16:15, 3. Church (San Clem) 16:19, **Team Scores:** 1. Mission Viejo 42, 2. Dana Hills 64.

Men's Team Times: 1. Dana Hills 80:59, 2. Mission Viejo 83:07, 3. Marina (HB) 83:56, 4. San Clemente 84:26, 5. Magnolia (Anaheim) 84:40, 6. Vista 84:52.

* Bell-Jeff Invitational

Griffith Park, September 26. Coach Jim Couch's big Invitational at Griffith Park came off as usual in big, fine style with a large turnout. This affair annually attracts the best representation of the Section's smaller schools and enough of the rest to be at a very high quality level in the three "school-size" divisions.

Paraclete (Lancaster), in the Women's, and a resurging Salesian of Los Angeles program, in the Men's, won the Small Schools Varsity showdowns. Interestingly, Los Angeles City Schools had the day's quickest Varsity team times. Wilson (LA) took the Large Schools Varsity Women's race with easily the day's quickest overall team time, Granada Hills, led by the day's quickest winner, Ian Alsen (14:27), edged a good Hart (Newhall) team 59-60 in the day's fastest race. Both these LA groups have the potential to be judged higher than probably any squad in recent Los Angeles history against the rest of the state. Hopefully they will get to Mt. SAC and some other big meets along the way. Tracey Williams (Mt. View, El Monte), finally into her senior year, had the day's quickest Women's time at 17:24.

Paraclete (Lancaster) has everyone back from a Section 1A Women's fifth place group, and here they would meet the defending division champions, Maranatha (Sierra Madre) and the other main actors at that 1A level. Well, it looks like it will be another one of those interesting years, as Paraclete went 1-2 (Jean Harvey 18:34 and Chrystee Perkins 19:01) and had enough back-up to handle Maranatha 64-70. The teams will meet a couple of more times along the way, and the closeness of the members of the two teams will make those races exciting. Junior Arcelia Gomez led her LA Wilson team to 44 points and an easy Large School's Varsity Women's victory with a 17:53 for 2nd behind Tracey Williams. Morro Bay took the Medium Schools' run over Bishop Montgomery (Torrance) and Chino 82-88-94, with Suzanne Castruita (West Covina) 18:14 the winner by almost a minute individually.

Salesian (LA), back in the 1A Santa Fe League after having to compete against larger schools for the last few years, dealt very well with the challenge of the best area schools of their size in the Small Schools' Men's Varsity race. Scoring 88 points, they were a ways ahead of Maranatha (125) and six squads within 34 points of the Sierra Madre school as all the top 1A powers except for Sherman Indian (Riverside) were present. David Wester (Maranatha) edged Alfredo Deleon (Moorpark) 15:12-15:14 for the win here on a slightly short course as the entire field cut 100 yards off near the start of the race. Ian Alsen (Granada Hills), a 9:17.89 3200m LA City Champion in track, raised some eyebrows here with a fine 14:27 Large Schools win that had him 24 seconds ahead of Rosemead's Ramon Perez, and led his GH team to a narrow 59-60 win over Hart (Newhall). Hart is felt to be among the top handful of squads in the Southern Section. Loyola (LA) took the Medium-School's Men's race with 52 over Coachella Valley's 69, with Jose

Reyne (CV) 14:47 the winner over Burbank's Todd Lewis (14:55).

Women's Results: (Small Varsity) 1. Harvey (Paraclete) 18:34, 2. Perkins (Paraclete) 19:01, 3. Rivera (Whittier Christian) 19:25, 4. Beaver (Moorpark) 19:39, 5. Goedhart (Valley Christian, Bellflower) 19:49, 6. McKiernan (Orange Lutheran) 20:00. **Team Scores:** 1. Paraclete 64 (101:40), 2. Maranatha 70 (103:51), 3. Bell-Jeff 107 (106:52), 4. Moorpark 128 (106:09), 5. Webb (Claremont) 160 (111:28).

(Medium Varsity) 1. Castruita (West Covina) 18:14, 2. Dellamonica (Calabasas) 19:13, 3. Hosek (Notre Dame, Sherman Oaks) 19:23, 4. Cuevas (Burrroughs, Burbank) 19:35, 5. Jiminez (Burbank) 20:10. **Team Scores:** 1. Morro Bay 82 (104:58), 2. Bishop Montgomery 88 (106:09), 3. Chino 94 (106:58), 4. St. Bernard (Playa del Rey) 112 (107:53), 5. Notre Dame (Sherm Oaks) 156 (112:29). **(Large Varsity)** 1. Williams (Mt. View) 17:24, 2. Gomez (Wilson, LA) 17:53, 3. Feller (Westlake, Westlake Village) 18:31, 4. Figueroa (Wilson, LA) 18:35, 5. Lawson (Kennedy, Granada Hills) 18:47, 6. Schumacher (Simi Valley) 19:03, 7. Roberson (Simi) 19:08. **Team Scores:** 1. LA Wilson 44 (97:03), 2. Simi Valley 78 (102:21), 3. Mountain View (El Monte) 85 (102:37), 4. Hart (Newhall) 95 (105:22).

Men's Results: (Small Varsity) (Course cut by all 20-30 seconds) 1. Wester (Maranatha) 15:12, 2. DeLeon (Moorpark) 15:14, 3. Hernandez (Salesian) 15:22, 4. Boudreau (Village Christian, Sun Valley) 15:28, 5. Kerzie (Paraclete) 15:36, 6. Bergman (Whittier Christian) 15:44. **Team Scores:** 1. Salesian 88 (83:03), 2. Maranatha 125 (83:51), 3. Whittier Christian 133 (84:33), 4. Village Christian 135 (84:51), 5. Cathedral 147 (85:18), 6. Webb 149 (85:14). **Small Varsity II** 1. Ochs (Mission Prep, SLO) 15:33, 2. Doerling (Capistrano Valley Christian) 16:01, 3. Martinez (Pater Noster, LA) 16:06. **Team Scores:** 1. Bell-Jeff 55 (84:36), 2. Crossroads 78 (86:04), 3. Pater Noster 102 (87:06). **(Medium Varsity)** 1. Reyna (Coachella Valley) 14:47, 2. Lewis (Burbank) 14:55, 3. Zamora (CoachVly) 15:03, 4. Vujic (Burrroughs, Burbank) 15:15, 5. Rigal (Loyola, LA) 15:30, 6. Hogan (Loyola) 15:40, 7. Conkling (So. Torrance) 15:51. **Team Scores:** 1. Loyola 52 (80:06), 2. Coachella Valley 69 (79:54), 3. South Torrance 83 (82:02), 4. Burbank 89 (81:45). **(Large Varsity)** 1. Alsen (Granada Hills) 14:27, 2. Perez (Rosemead) 14:51, 3. Lawson (GH) 14:52, 4. Naranjo (Wilson, LA) 15:10, 5. Patti (Hart, Newhall) 15:10, 6. Delacera (Hart) 15:14, 7. Bibbs (Simi) 15:20. **Team Scores:** 1. Granada Hills 59 (78:27), 2. Hart 60 (79:13), 3. Rosemead 68 (80:03), 4. Mountain View 105 (82:18). **(Large Varsity II)** 1. Garduno (Ontario) 14:53, 2. Elilar (Hoover, Glendale) 14:56, 3. Huizar (Ontario) 15:20, 4. Zavala (Warren, Downey) 15:43. **Team Scores:** 1. Hoover (Glendale) 46 (81:36), 2. Norwalk 60 (84:25).

Dana Point, September 26. With over sixty schools and two thousand athletes in attendance, the always exciting Dana Hills Invite featured its usual super competition and top athletes. The interesting course here weaves around the Dana Point campus with some gradual ups and downs that yields some amazing times. The highlight of the meet was the Division II Women's Junior/Senior race featuring three area Kinney National Finalists-Kira Jorgensen (Rancho Buena Vista, Vista), Brigid Freyne (Riverside Poly), and Rayna Cervantes (Montebello), Dana Hills and Corona del Mar featured pistol-hot Men's teams, with some other very fine individual races during the day.

During the cool mid-morning the above mentioned Kinney finalist trio, all of whom are sub 5:00-milers and sub 10:40 2-milers, would hook up. Jorgensen and Freyne are the two highest returnees from last year's Kinney National Finals run, so watch out!!! Jorgensen is truly amazing, and seems to be surviving a switch to the Vista district's new high school, Rancho Buena Vista, quite well. Beginning with mid-April's Arcadia Invitational from last spring, where she squashed the State's best with a nation-leading 1600 (4:51) and 3200 (10:23) wins, the feather-light Kira has pitter-pattered along with a low, quick stride that puts her eventually far out in front of all pursuers. Here, she was dynamite once again, as she started to pull away from Freyne after about a mile and a half during a gradual hill section of the course, then flew away during a last half-mile down hill to record a frightening 16:37. Cervantes rocketed the final 440 of the race around the Dana Hills track to nail Freyne for second 16:53-16:57. Rayna's Montebello team ended up with the day's quickest overall team time at 93:28 ahead of newest Section power Santa Ana Valley 93:52.

The Dana Hills and Corona del Mar Men's groups blistered the course in different divisions. DH put four under 15:00 during the junior and senior runs. Mike Tansley (14:44), twin brother Andrew (14:56), and super transfer Stephen Niednagel (14:58) went 1-2-3 in the Division I 11th grade race for DH (think these guys will be tough in 88??). Javier Barrera (Dana) was 14:47 behind Shannon Winkelman (Marina, Huntington Beach) 14:38 in the 12th grade run to make up a pretty tough foursome for DH. Chris Roberts was DH's fifth runner at 15:23. Without Niednagel, who is ineligible for Varsity level races until Track due to a transfer from Capistrano Valley Christian, DH drops off a bit, to 16:06 for their fifth man, but their team times of 74:48 (with Stephen) and 75:56 (without) are both very good. Corona del Mar featured the super junior duo of Eddie Lavelle (14:35) and Greg Shryock (14:59), who went 1-2 in their Division II race, and along with winner Jim Robbins (14:46) from the senior race, powered the squad to a 75:40 team time. Richie Lockwood (Fountain Valley) 15:15, Mike Farrell (San Clemente) 15:25, and Jason Carney (Yucaipa) 15:30 all looked very good in divisional soph race wins. Brian Ownby (Yucaipa) 12th-15:07 and Alan Freeman (St. Francis) 11th-15:05, were Division III grade race winners.

Upland's Heather Watson took the Division I Women's Junior/Senior run at 17:58, with Dana Hills recording a 95:46 team time without their second runner, Kathy Cannon (LaQuinta, Garden Grove), at 18:24, handled Laura Peck (Woodbridge, Irvine) 18:43, in Division III's Junior/Senior race. Cathi (Laura's sister) was the Frosh/Soph winner there with their Woodbridge squad recording a fine 96:02 team time.

Women's Results: (Div. I, Frosh) 1. Lidzy (El Toro) 18:01. **Team:** 1. Bell Gardens 113. **(Soph)** 1. Wright (Marina, Hunt. Bch) 19:00. **Team:** 1. Marina 38. **(Junior/Senior)** 1. Watson (Upland) 17:58, 2. Quigley (Dana Hills) 18:01, 3. Mendoza (Santa Ana) 18:06. **Team:** 1. Dana Hills 74. **(Div. 2, Frosh)** 1. Graham (Mission Viejo) 19:32. **Team:** 1. Mission Viejo 40. **(Soph)** 1. Robinson (Newport Harbor) 18:04, 2. King (San Clemente) 18:16, 3. Cunningham (Tustin) 18:29. **Team:** 1. Bustin 53. **(Junior/Senior)** 1. Jorgensen (Rancho Buena Vista) 16:37, 2. Cervantes (Montebello) 16:53, 3. Freyne (Riverside Poly) 16:57, 4. Sandoval (Montebello) 17:28, 5. Benavides (SA Valley) 17:38, 6. Killeen (Valencia, Placentia) 17:45, 7. Prince (RivPoly) 18:04. **Team:** 1.

Montebello 82. **(Div. 3, Frosh/Soph)** 1. C. Peck (Woodbridge, Irvine) 18:20. **Team:** 1. **(Div. 3, Frosh/Soph)** 1. C. Peck (Woodbridge, Irvine) 18:20. **Team:** 1. Woodbridge 32. **(Junior/Senior)** 1. Cannon (LaQuinta, Garden Grove) 18:24, 2. L. Peck (Woodbr) 18:43. **Team:** 1. Yucaipa 78.

Overall Team Times: 1. Montebello 93:28, 2. Santa Ana Valley 93:52, 3. Newport Harbor 95:42, 4. Dana Hills 95:46, 5. Woodbridge (Irvine) 96:02, 6. El Toro 96:06, 7. Tustin 96:07, 8. Canyon (Anaheim) 96:10, 9. Poway 96:30, 10. Mission Viejo 97:21.

Men's Results: (Div. I, Frosh) 1. Chavez (Rubidoux, Riverside) 15:39, 2. Billet (Beverly Hills) 15:52. **Team:** 1. Bell Gardens 102. **(Soph)** 1. Lockwood (Fountain Valley) 15:15, 2. Price (Saddleback, Santa Ana) 15:48, 3. Dannon (Fountain Valley) 15:49. **Team:** Saddleback 75. **(Junior)** 1. M. Tansley (Dana Hills) 14:44, 2. A. Tansley (DH) 14:56, 3. Niednagel (DH) 14:58, 4. Flores (Redlands) 15:17. **Team:** Dana Hills 33. **(Senior)** 1. Winkelman (Marina) 14:38, 2. Barrera (DH) 14:47, 3. Polonski (Redlands) 14:55, 4. Salenbach (Poway) 15:07, 5. Salenbach (Poway) 15:09. **Team:** 1. Poway 67. **(Div. 2, Frosh)** 1. Classen (Mission Viejo) 16:06. **Team:** 1. Corona del Mar 62. **(Soph)** 1. Farrell (San Clemente) 15:25, 2. Arguelles (Norwalk) 15:52. **Team:** 1. Corona del Mar 63. **(Junior)** 1. Lavelle (CdM) 14:35, 2. Shryock (CdM) 14:59, 3. Jensen (Hemet) 15:07, 4. Guzman (Tustin) 15:10, 5. Brito (SA Valley) 15:16. **Team:** 1. Corona del Mar 34. **(Senior)** 1. Robbins (CdM) 14:46, 2. Daza (Valencia, Placentia) 14:46, 3. Rodriguez (SA Valley) 14:47, 4. Prestwich (Hemet) 14:52, 5. Geerlings (Newport Harbor) 15:12. **Team:** 1. Valencia 76. **(Div. 3, Frosh)** 1. Dirk (So. Pasadena) 17:04. **Team:** 1. South Pasadena 60. **(Soph)** 1. Carney (Yucaipa) 15:30, 2. Crain (Laguna Beach) 15:56, 3. Cowdry (Trabuco Hills) 15:58. **Team:** 1. Yucaipa 102. **(Junior)** 1. Freeman (St. Francis, LaCanada) 15:05, 2. Gibney (Laguna Hills) 15:10, 3. Frisone (Laguna Hills) 15:20. **Team:** 1. Yucaipa 97. **(Senior)** 1. Ownby (Yucaipa) 15:07, 2. Heppental (Woodbridge) 15:22, 3. Beaudet (St. Francis) 15:25. **Team:** 1. Woodbridge 60.

Overall Team Times: 1. Dana Hills 74:48, 2. Corona del Mar 75:40, 3. Poway 76:59, 4. Hemet 77:48, 5. Fountain Valley 77:49, 6. Rubidoux (Riverside) 77:54, 7. (tie) Valencia (Placentia) and Redlands 78:40, 9. Tustin 79:17, 10. Woodbridge (Irvine) 79:49.

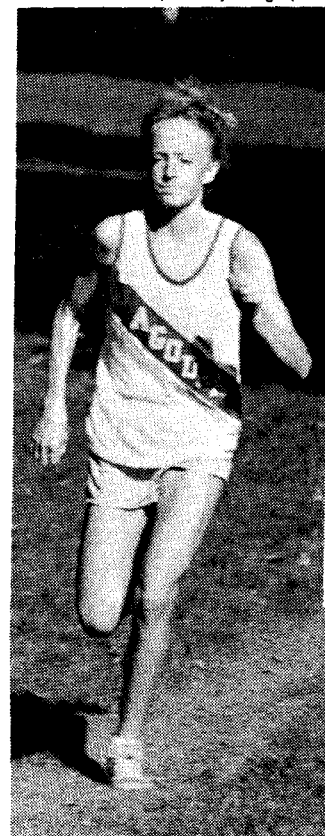
Agoura, September 26. The quality was good, especially from the host school, in this affair held at the old site for the "Renaissance Faire," a medieval historic festival held in the Agoura area. As a matter of fact the top end of the Agoura High program is getting downright outrageous. Bryan Dameworth, who last year as a ninth grader became the first at that grade level nationally to ever qualify for the Kinney Cross Country Championships and raced 9:09.78 for 3200m in the spring, has been this year at Agoura joined by ninth grader Deena Drossin. Miss Drossin has some rather amazing credentials. How about never losing a Cross Country race? As a two-time National Age Group champion Deena has that amazing statistic as part of her resume. She let no one down this weekend.

Drossin took the Small Schools Varsity race here at 18:02, winning by nearly a minute and a half over frosh teammate Tiffany York (19:28), with fellow Agouran Tally Rowland (20:43) back in third. By comparison, last Fall, Melissa Sutton (Newbury Park), at the time the best in the State, ran 17:31 in winning here in her senior year. York's time was also better

than the winning mark of Amy Nesbitt (Newbury Park) (19:43), in the Large School Race. Needless to say, Agoura was an easy team winner with 22 points in the Small Schools, while Newbury totalled 34 in the Large Schools run.

Dameworth raced 15:44 in winning over teammate Peter Oviatt (16:20) in the Men's Small School run, leading their team to one point more than the Agoura ladies in winning. Mike Esparza (Newbury Park) raced 16:30 in winning the Large Schools run, with Buena (Ventura) the winners over NP teammate 42-51.

photo by Doug Speck



DEENA DROSSIN
1st Agoura/Paramount
Kenny Staub & Fountain Valley

Women's Results: (Small) 1. Drossin (Agoura) 18:02, 2. York (Ag) 19:28, 3. Rowland (Ag) 20:43, 4. DeLima (LaCanada) 21:09, 5. Zontelli (Ag) 21:15. **Team Scores:** 1. Agoura 22 (102:27), 2. LaCanada 54 (113:58), 3. Alemany (Mission Hills) 61 (115:22). **(Large)** 1. Nesbitt (Newbury Park) 19:43, 2. Plier (Mira Costa, Manhattan Beach) 20:14, 3. Muir (NP) 20:47, 4. Dietz (Buena, Ventura) 21:02, 5. Ellis (Buena) 21:06. **Team Scores:** 1. Newbury Park 34 (107:52), 2. Buena (Ventura) 45 (109:18), 3. Crescenta Valley (LaCrescenta) 74 (119:02).

Men's Results: (Small) 1. Dameworth (Agoura) 15:44, 2. Oviatt (Ag) 16:20, 3. Ricci (Chaminade, Canoga Park) 17:07, 4. Kite (Ag) 17:10, 5. Galiano (LaCanada) 17:20. **Team Scores:** 1. Agoura 23 (84:47), 2. La Canada 35 (89:14), 3. Chaminade (Canoga Park) 96 (98:20). **(Large)** 1. Esparza (Newbury Park) 16:30, 2. Burns (Buena) 16:45, 3. Huckaby (Crespi, Encino) 17:01, 4. Thomas (Alemany) 17:08, 5. Guetschoff (NP) 17:08. **Team Scores:** 1. Buena (Ventura) 42 (87:07), 2. Newbury Park 51 (87:04), 3. Lakewood 101 (91:18).

□ Prep Notes

photo by Doug Speck



BRYAN DAMEWORTH
1st Agoura/Para & Staub

Women's Results: (Div. III) 1. Castruita (West Covina) 19:25. **Team Scores:** 1. Simi Valley 78 (115:59), 2. St. Bernard (Playa del Rey) 82 (121:47). **(Div. II)** 1. Craven (Camarillo) 19:32, 2. Watson (Upland) 19:50, 3. Feller (Westlake, Westlake Village) 19:52. **Team Scores:** 1. Alernany (Mission Hills) 92 (109:51), 2. La Canada 102 (116:01), 3. Upland 136 (113:03), 4. Rio Mesa (Oxnard) 137 (112:22). **(Div. I)** 1. Drossin (Agoura) 17:47, 2. Haggemiller (ThousOaks) 18:47, 3. York (Agoura) 19:07, 4. Ashley Black (PV) 19:09, 5. Leichter (PV) 19:20, 6. Sublett (PV) 19:42, 7. Fill (PV) 19:57, 8. Fuller (ThousOaks) 20:08, 9. Nesbitt (Newbury Park) 20:14. **Team Scores:** 1. Palos Verdes 32 (98:24), 2. Agoura 57 (103:49), 3. Thousand Oaks 78 (104:34), 4. Newbury Park 107 (111:18), 5. Alta Loma 123 (109:36), 6. Ventura 128 (110:36), 7. Claremont 150 (112:53).

Men's Results: (Div. 3) 1. Stolz (Miraleste, Palos Verdes Estates) 16:33, 2. Boudreau (Village Christian, Sun Valley) 16:53. **Team Scores:** 1. Claremont 50 (88:33), 2. Alta Loma 86 (91:02). **(Div. 2)** 1. Lewis (Burbank) 16:11, 2. Herrera (Hoover, Glendale) 16:13, 3. Freeman (St. Francis, LaCanada) 16:19. **Team Scores:** 1. Torrance 118 (87:34), 2. Newbury Park 122 (87:23), 3. Burbank 145 (86:36), 4. La Canada 147 (88:26). **(Div. 3)** 1. Dameworth (Agoura) 15:29, 2. Scudamore (PV) 15:49, 3. Polonski (Redlands) 16:04, 4. Oviatt (Agoura) 16:05, 5. Hesselstine (Upland) 16:05, 6. McCarter (ThousOaks) 16:12, 7. Valdez (Camarillo) 16:13, 8. Burks (Upland) 16:15, 9. Rattary (Canyon, Canyon Co.) 16:16, 10. Boggess (PV) 16:23. **Team Scores:** 1. Palos Verdes 51 (81:39), 2. Camarillo 86 (83:05), 3. Upland 91 (83:02), 4. Agoura 127 (84:59), 5. Thousand Oaks 129 (84:38), 6. Canyon (Canyon Country) 146 (85:15), 7. Redlands 154 (85:29), 8. Buena (Ventura) 180 (86:46).

★ Costa Mesa Invitational

Teewinkle Park, Sept. 3. Orange County Schools and individuals took home most of the awards from this Invite. The individual match-up in Division II of Shannon Winkelman (Marina, Huntington Beach), a 9:16.13 3200m runner, and Terrence Mahon (La Habra), a 9:10.40 type, ended with Winkelman a narrow winner 14:39-14:41, a new course record. Long Beach Wilson continued to improve with a team win in that race. Newport Harbor took the Division II Women's race, with Natalie Adams (Huntington Beach) the winner over a good field at 18:28. Tustin scored a very low 22 points in winning the Division I Women's race, with Katella (Anaheim) finishing 1-2-3 to fuel their Division I 33 point total that nipped Tustin (34).

Women's Results: (Div. I) 1. Pinto (Katella, Anaheim) 18:43, 2. E. Cunningham (Tustin) 19:19. **Team Scores:** 1. Tustin 22, 2. Laguna Beach 73, 3. Estancia (Costa Mesa) 106. **(Div. II)** 1. Adams (Huntington Beach) 18:28, 2. Cannon (La Quinta, Garden Grove) 18:38, 3. Sita Jones (La Habra) 18:39, 4. K. Robinson (Newport Harbor) 18:44, 5. Wulff (Chino) 19:01. **Team Scores:** 1. Newport Harbor 69, 2. Marina 87, 3. Huntington Beach 96.

Men's Results: (Div. I) 1. Nichols (Katella) 15:46, 2. Resendiz (Katella) 16:10. **Team Scores:** 1. Katella 33, 2. Tustin 34, 3. La Mirada 87. **(Div. II)** 1. Winkelman (Marina) 14:39CR, 2. Mahon (LaHabra) 14:41, 3. Geerlings (Newport Harbor) 15:25, 4. B. Jones (Brea) 15:33, 5. Medina (Paramount) 15:36. **Team Scores:** 1. LB Wilson 67, 2. Newport Harbor 118, 3. El Toro 121.

★ Fountain Valley/Huntington Beach Invitational

Central Park (Huntington Beach), Sept. 10. A big turnout on a pretty Saturday morning gathered to tackle a course that mixed a little bit of everything together for a good day of running. Upland, Camarillo, and Agoura athletes were the stars on the Men's side, with Agoura continuing to look very good on the Women's. The course here features some cement, grass, dirt trails, and a good hill and is set up for good spectator viewing. Upland, running without Peter Burks, was still an easy winner in the Division I Men's Varsity run with 54 points (80:44 team time) over Fountain Valley and Basic (Nevada), who each had 94. Basic's Pat Hubbard came in and outkicked Shannon Winkelman (Marina, HB) to win in the day's quickest time 15:20-15:25, with the Nevada certainly the equal to most anyone in the Western U.S. off his performance here. Bryan Dameworth (Agoura) took the Division II Varsity run at 15:25 over fellow soph Abè Valdez (Camarillo) (15:37), with Camarillo looking once again very impressive in winning with 54 points (80:41) to 83 for Agoura (81:13). Today was an SAT test date and it seems most teams were without one or two usual scorers. Sherman Indian (River-side) continues to get it in gear as a Men's team, scoring 79 (86:51) to win the Division III over Laguna Hills, 100 (86:15).

Ninth grader Deena Drossin (Agoura), again raced away from the field early, winning by almost 150 yards over teammate Tiffany York 18:17-18:43, with the duo having the day's quickest times. Agoura totaled 35 points (98:22) to win over San Pasqual (Escondido) 46 (101:05). Buena (Ventura) took the Division I run with 45 points (101:45), with Mary Dietz from that school the individual victor at 19:46. Nelson from Bishop Gorman of Las Vegas handled Kathy Cannon (La Quinta, Garden Grove) in the Division III race 19:19-19:29, with Laguna Hills the easy winner with 41 points (106:11).

Women's Results: (Div. I) 1. Dietz (Buena) 19:46, 2. Tolson (Fountain Vly)

19:52, 3. Ragon (Alta Loma) 19:59. **Team Scores:** 1. Buena (Ventura) 45 (101:45), 2. Alta Loma 65 (102:56), 3. Marina 81 (103:55). **(Div. 2)** 1. Drossin (Agoura) 18:17, 2. York (Agoura) 18:43, 3. Adams (Huntington Bch) 19:03, 4. Lowery (Norco) 19:27, 5. Keim (San Pasqual) 19:39, 6. Lyken (Fontana) 19:48, 7. Fay (San Pasqual) 19:50, 8. Scott (San Pasqual) 19:58.

Team Scores: 1. Agoura 35 (98:22), 2. San Pasqual 46 (101:05), 3. Huntington Beach 110 (106:07), 4. Norco 125 (107:18). **(Div. 3)** 1. Nelson (Bishop Gorman, Las Vegas) 19:19, 2. Cannon (La Quinta) 19:29, 3. Brunstetter (Laguna Hills) 20:24. **Team Scores:** 1. Laguna Hills 41 (106:11), 2. Los Alamitos 71 (110:57).

Men's Results: (Div. I) 1. Hubbard (Basic, Nevada) 15:20, 2. Winkelman (Marina) 15:25, 3. Hesselstine (Upland) 15:46, 4. Galindo (Upland) 15:48, 5. Kutch (Ocean View, Huntington Beach) 15:55, 6. Loomer (Cypress) 15:59. **Team Scores:** 1. Upland 54 (80:44), 2. Fountain Valley 94 (82:32)(better sixth man), 3. Basic 94 (82:04). **(Div. 2)** 1. Dameworth (Agoura) 15:25, 2. Valdez (Camarillo) 15:37, 3. Oviatt (Agoura) 15:41, 4. Jensen (Hemet) 15:43, 5. Devine (Saugus) 15:48, 6. Malesich (Camarillo) 15:56. **Team Scores:** 1. Camarillo 54 (80:41), 2. Agoura 83 (81:13), 3. Huntington Beach 105 (82:52), 4. Hemet 112 (83:05), 5. Norco 147 (84:41). **(Div. 3)** 1. Frisone (Laguna Hills) 15:49, 2. Stoltz (Miraleste, Palos Verdes Estates) 15:53. **Team Scores:** 1. Sherman Indian 79 (86:51), 2. Laguna Hills 100 (86:15), 3. Los Alamitos 103 (87:23).

★ San Gabriel Valley Invitational

Mt. SAC, September 10. Big Domination by Walnut on the Men's side and

Wilson (Hacienda Heights) on the Women's were the feature of this affair. The races here are #1 from one school against the #1's from all other schools, on down through the #5's. Walnut won four of the five Men's runs, totalling 81:18 ahead of La Puente's 84:34. Wilson took three of the five races, totalling 105:20 to easily win over the 109:40 of Los Altos (Hacienda Heights). Scott Hempel (Walnut) had the day's quickest Men's run at 15:47, with Sandra Acosta (Walnut) nipping big rival, Karen Hecox (South Hills, Covina), in a quick 18:16-18:20 in the Women's big race.

Women's Results: (Race #1) 1. Acosta (Walnut) 18:16, 2. Hecox (South Hills) 18:20, 3. Castruita (West Covina) 19:08, 4. Ramirez (Los Altos) 19:40, 5. Sanderson (Northview, Covina) 19:47, 6. Gibbs (Glendora) 19:47. **(Race #2)** 1. Flores (Wilson) 20:09. **(Race #3)** 1. Maldonado (Wilson) 19:48. **(Race #4)** 1. Chao (South Hills) 22:08. **(Race #5)** 1. Auerbach (Wilson) 21:21. **Team Times:** 1. Wilson 105:20, 2. Los Altos 109:40, 3. Glendora 111:41, 4. Northview 114:25.

Men's Results: (Race #1) 1. S. Hempel (Walnut) 15:47, 2. Montes (Nogales, La Puente) 16:15, 3. Dederich (Diamond Bar) 16:18, 4. Sharples (Rowland, Rowland Heights) 16:21, 5. Morse (La Puente) 16:28. **(Race #2)** 1. Castellano (La Puente) 15:56, 2. LeFebvre (Nogales) 16:16, 3. C. Polite (Walnut) 16:20, 4. Johnson (Rowland) 16:23, 5. Santana (Covina) 16:24. **(Race #3)** 1. Walker (Walnut) 16:41. **(Race #4)** 1. Christopherson (Walnut) 16:10. **(Race #5)** 1. M. Hempel (Walnut) 16:20. **Team Times:** 1. Walnut 81:18, 2. La Puente 84:34, 3. Rowland 85:09, 4. Nogales 86:27, 5. South Hills 87:47, 6. Covina 88:57.

1988 San Joaquin Valley Coach of the Year Clinic

January 9, 1988
Fresno State University

Speakers:

KEN MATSUDA — Hurdles

Coach of the 1987 World Indoor Champion and Mobil Grand Prix Champion

ALEX GARDNER — Sprints

Canadian Sprint Coach

LANCE HARTER — Distance

Head Coach Cal Poly San Luis Obispo

DICK CONNERS

Organizing a Track Officials Program

JIM CLARK — Physical Therapist

FOR INFORMATION CONTACT: Bob Fraley, CSUF
(209) 294-4098

ALL-TIME HIGH SCHOOL BOYS BEST MARKS

By BOB WOMACK



The below All-Time California High School Boys list is updated through August 5, 1987. As with the girls lists, we have attempted to go 25 deep this year.

It is necessary to add, as usual, that I am deeply indebted to the help of numerous others, notably Ron Blackwood, Keith Conning, and Jack Shepard. Needless to say, any responsibility for errors or omissions is entirely that of the compiler and corrections, additions, etc., should be directed to Bob Womack, 4270 North Blackstone, Suite 211, Fresno, California 93710.

Some Random thoughts:

The "softest" charts are the automatically timed events. In the case of the 100 and the 300 hurdles, this reflects the relative newness of the events; they've been contested for only a few years.

However, in the case of the 200, 400, and high hurdles, most of the intrinsically best performances are hand times. Using the customary 0.24 difference between hand and auto timing (0.14 for the 400), we don't have room for all the hand times which are superior in value to the 25th mark on the list.

It's Nice to Know Somebody Cares Dept.: Early this season, we received a letter from the parents of freshman shot putter inquiring what the class record was. Before we could answer it, we got another letter from the parents with an updated mark and we were able to write back, "That's it." Before the season was over, Brent Noon had tacked another two feet onto the record for a total improvement of almost 10%--which has to be some kind of record in itself.

The moral, if any, is that coaches (and parents and athletes) should not rely on the "normal" information sources keeping CT&RN updated on class records, particularly those in the lower classes. We've said it before: Many of the freshman and sophomore class records we list are simply the best of which we have record. If you know of better, pass it along so the athlete can receive proper credit.

100 Meters

State Meet Record: 10.44 Henry Thomas, Hawthorne 1984 Los Angeles. **Frosh:** 10.94 Ronald McCree (Madera) 1983. **Soph:** 10.46 Henry Thomas (Hawthorne) 1983. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawthorne)-1	1985
	at Eagle Rock	
10.30	Quincy Watts (Taft, Woodland Hills)-1	1987
10.36	Corey Ealy (Muir, Pasadena)	1987
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Riordan, S.F.)	1987
10.44	Stanley Davis (Inglewood)	1984
10.45	Darron Norris (El Camino/Oceanside)	1984
10.46	Kevin Willhite (Cordova/Rancho Cor)	1981
10.49	Ronald McCree (Madera)-2	1986
10.50	Phillip Johnson (Gardena)	1978
10.50	Fabian Cooper (Washington/L.A.)	1982
10.50	Calvin Holmes (Carson)	1987
10.51	Michael Sanford (Pasadena)-1	1978
10.51	Robert Carr (Hawthorne)	1987
10.52	Curtis Rogers (Hiram Johnson, Sacto)	1986
10.53	Lew Dunn (North, Riverside)-1	1982
10.54	Antonio Manning (Hamilton, L.A.)	1982
10.54	Andre White (Vallejo)	1986
10.55	Howard Hawkins (Warren, Downey)-1	1980
10.55	Leon Read (Banning, Wilmington)	1980
10.55	W.C. Morrison (Pasadena)	1987
10.56	Ray Threath (Pittsburg)	1979
10.56	Raymond Ethridge (Crawford, San Diego)	1987
10.57	Mike Turner (Centennial, Compton)	1980
10.57	Ken Smith (Palo Alto)	1981
10.57	Elliott Dunning (Santa Ana Valley)	1984
Hand Timing:		
10.2	Michael Sanford (Pasadena)	1979
10.3	Joel Andrews (West, Bakersfield)	1975
10.3	Ron Brown (Baldwin Park)	1979
10.3	Brian Bridgewater (Washington, L.A.)	1987

200 Meters

(* 220 yards minus 0.12)

State Meet Record: 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Frosh:** 21.90 Ronald McCree (Madera) 1983. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.68* James Sanford (Pasadena) 1977.

20.50	Quincy Watts (Taft, Woodland Hills)-2	1987
	at Provo, Utah	
20.68*	James Sanford (Pasadena)	1977
20.69	Henry Thomas (Hawthorne)-2	1985
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite (Cordova/Rancho Cj)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.88*	Michael Sanford (Pasadena)	1979
20.91	Bill Green (Cubberley (Palo Alto)	1979
20.97	Danny Everett (Fairfax/L.A.)	1985
21.00	Raymond Ethridge (Crawford, San Diego)	1987

21.01	Chip Rish (Marina/Huntington Bch)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.09	Darron Norris (El Camino, Oceanside)	1984
21.09	Larry Burkeley (Oxnard)	1985
21.10	Tony Miller (Riordan, S.F.)	1987
21.12*	Dave Russell (Henry, San Diego)-1	1977
21.12*	Ray Threath (Pittsburg)	1979
21.13	Steve Jones (Burbank, Sacto)	1985
21.14	Mike Connors (Northgate, Walnut Creek)	1985
21.14	Ronald McCree (Madera)	1986
21.16	Antonio Manning (Hamilton, L.A.)-1	1982
21.18	Anthony Ford (Compton)	1985
21.18	Brian Bridgewater (Washington, L.A.)	1987
21.19	Dwayne Miller (Riordan, S.F.)	1987
21.22	Gerald White (McClymonds, Oakland)	1980
21.23	Harold Todd (Serra, Gardena)	1981
21.27	Fabian Cooper (Washington, L.A.)	1982

Hand Timing:

(* 220 yards minus 0.1)

20.4	Henry Thomas (Hawthorne)-2	1985
20.6*	Phil Underwood (Dorsey/L.A.)-1	1966
20.6*	Mel Gray (Montgomery/S. Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson/SF)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982
20.8	James Hines (McClymonds, Oakland)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Creek, San Jose)	1974
20.8	Brian Bridgewater (Washington, L.A.)	1987
20.9*	Mike Shavers (Albany)-1	1972
20.9*	Joel Andrews (West Bakersfield)	1975
20.9*	Glenn Cannon (Mt. Pleasant, San Jose)	1976
20.9*	Ron Williams (Chatsworth)	1977
20.9*	Kipper Bell (Henry, San Diego)	1978
20.9	Gerald White (McClymonds, Oakland)	1980
20.9	Curtis Rogers (Hiram Johnson, Sacto)	1986

400 Meters

(* 440 Yards Minus 0.26)

State Meet Record: 46.38 Fabian Cooper, Washington (Los Angeles) at Sacramento 1982. **Hand:** 45.7 Chip Rish, Marina (Huntington Beach) at Sacramento 1985. **Frosh:** 48.56 Henry Thomas (Hawthorne) 1982. **Soph:** 47.79 Fabian Cooper (Washington/LA) 1980. **Junior:** 45.82 Henry Thomas (Hawthorne) 1984. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

45.09	Henry Thomas (Hawthorne)	1985
	at Berlin	
45.51	Bill Green (Cubberley/Palo Alto)-1	1979
45.76	Danny Everett (Fairfax/L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina/Huntington Bch)-2	1985
46.34*	James Sanford (Pasadena)-1	1977
46.38	Fabian Cooper (Los Angeles)-1	1982
46.57*	Dave Timmons (Oakland)-1	1981
46.67*	Rod Bethany (Fontana)	1978
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982

Ranking

46.82	Daymon Lee (South Gate)	1984
46.86	Nate Williams (Edison, Stockton)	1979
46.89	Tony Banks (Morse, San Diego)-1	1979
46.92	Michael Turner (Centennial, Compton)-1	1980
46.98	Ron Brown (Muir, Pasadena)	1981
47.00	Marvin Douglas (Fremont, L.A.)	1986
47.03	Larry Walker (Edison, Fresno)-1	1983
47.08	Leonard Graham (Centennial, Compton)	1981
47.09	Eric Schermerhorn (Woodbridge, Irvine)	1984
47.13*	George Timmons (Edison, Fresno)	1979
Hand Timing (* 440 Yards Minus 0.3):		
45.7	Chip Rish (Marina/HuntingtonBch)-2	1985
45.8*	Ulis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Centennial, Compton)-1	1968
46.4*	Tony Krayzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981
46.5*	Ray Johnson (Blair, Pasadena)	1971
46.5*	Rod Bethany (Fontana)	1978
46.6*	Lee Evans (Overfelt, San Jose)	1965
46.6*	Mike Newton (Whittier)-1	1967
46.6*	Wayne Collett (Gardena)-1	1967
46.6*	Derald Harris (Pittsburg)-1	1976
46.7*	Dave Archibald (Leuzinger, Lawndale)	1961
46.7*	Freddie Banks (Jefferson, L.A.)-1	1964
46.7*	Andy Young (Jordan, Long Beach)	1968
46.7*	Ron Whitaker (Wilson, S.F.)-1	1973
46.7*	Donn Thompson (Gehr, Cerritos)	1976
46.8*	Ollie Matson (Washington, S.F.)	1948
46.8*	Henry Dorsey (Berkeley)	1956
46.8*	Bill Sims (Whittier)	1959
46.8*	Rick Brown (Los Altos)-1	1970
46.8*	Frank Berry (Washington, L.A.)	1971
46.8	Kenny Robinson (Berkeley)	1981

800 Meters:

(* 880 Yards Minus 0.7)

State Meet Record: 1:47.31 Pete Richardson (Berkeley) at Norwalk 1981. **Frosh:** 1:56.6 Harry Nicholas (Reedley) 1968. **Soph:** 1:51.9 Pete Quinonez (Tulare) 1978. **Junior:** 1:50.19 Pete Richardson (Berkeley) 1980. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley)-1 at Norwalk	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra/Whittier)-1	1965
1:48.2	Jeff West (Crenshaw/LA)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.5*	Dennis Carr (Lowell/Whittier)-1	1963
1:48.5*	Robert Hose (Madison/San Diego)-1	1964
1:48.7*	Jim Walters (Estancia/Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.21	Eric Schermerhorn (Woodbridge/Irvine)-1	1984
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.4*	Brent Tubb (Cleveland, Reseda)	1971
1:49.43	Eddie Davis (Compton)	1981
1:49.5*	David Mack (Locke, L.A.)-2	1979
1:49.7*	Terry Rogers (Hilltop, Chula Vista)-1	1966
1:49.84	Dayton Lee (South Gate)	1984
1:49.9*	Greg Jones (Poly, Long Beach)	1968
1:49.9*	Rick Brown (Los Altos)-1	1970
1:49.95	Kimmie James (Richmond)-1	1983
1:49.99	John Phillips (Los Altos, HaciendaHts)-1	1982
1:50.05	James Garrett (Narbonne, Lomita)	1982
1:50.15	Pete Quinonez (Tulare)-1	1980
1:50.2*	George Coon (Miramonte, Orinda)	1965

1500 Meters

(+ En Route to Longer Distance)

Frosh: 4:00.5 Robert Planta, Mater Dei (Santa Ana) 1979. **Soph:** 3:51.5 Jim Arriola, Gahr (Cerritos) 1974. **Junior:** 3:49.4 Mark Fricker, Hemet 1977. **Senior:** 3:46.4 Paul Medvin, University (Los Angeles) 1979.

3:46.4	Paul Medvin (University/L.A.)	1979
at Bloomington		
3:48.8	Jim Arriola (Gahr/Cerritos)	1976
3:48.9	Rich Kimball (DeLaSalle/Concord)	1974
3:49.0 +	Harold Kuphaldt (Bella Vista/FO)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.2	Charlie Christensen (Edison/HB)	1977
3:50.2	Steve Whitcomb (Helix/La Mesa)	1979
3:50.4	Ralph Serna (Loara/Anaheim)	1975
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy Di Conti (La Canada)	1980
3:51.0	Eric Mastalir (Jesuit, Carmichael)	1986

3:51.1	Dave Cangelosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979
3:51.2 +	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1978
3:51.57	Roman Gomez (Belmont, L.A.)	1984
3:51.9 +	Tom Grewe (Carpinteria)	1982
3:52.0	Jon Butler (Edison, Huntington Bch)	1981
3:52.4	Farron Fields (Granada Hills)	1979
3:52.5	Jon Cook (Mission Viejo)	1974
3:52.5	John Musich (Burbank)	1974
3:52.5	Eric Hulst (Laguna Beach)	1975
3:52.6	Andy Clifford (Sunny Hills, Fullerton)	1974
3:52.8 +	Paul Thomas (Jesuit, Carmichael)	1987
3:52.8 +	Scott Robinson (Bellarmine, San Jose)	1987
3:52.8	Pedro Reyes (Jesuit, Sacramento)	1980

1600 Meters

(* One Mile Minus 1.8)

State Meet Record: 4:05.4y Mark Schilling (Garden Grove) at Oroville 1972. **Frosh:** 4:15.4* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.3* Jim Arriola (Gahr/Cerritos) 1974. **Junior:** 4:02.4* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (Chula Vista)-2 at S Diego	1966
4:00.6*	Rich Kimball (DeLaSalle/Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University/LA)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley/El Cajon)	1972
4:04.15	Mark Mastalir (Jesuit, Carmichael)-1	1986
4:04.21*	Pedro Reyes (Jesuit/Sacramento)	1980
4:04.23	Eric Mastalir (Jesuit, Carmichael)	1986
4:04.66*	Steve Whitcomb (Helix/La Mesa)	1979
4:04.8*	Thom Hunt (Henry, San Deigo)	1976
4:04.86*	Harold Kuphaldt (Bella Vista, Fair Oaks)	1982
4:04.9*	Barrie Williams (North, Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills, Fullerton)	1974
4:05.1*	Mark Stillman (Willow Glen, San Jose)-1	1977
4:05.2*	Ralph Serna (Loara, Anaheim)	1975
4:05.29*	Roman Gomez (Belmont, L.A.)-2	1985
4:05.4*	Armando Valencia (Valley, El Cajon)	1967
4:06.1*	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2*	Pete Romero (Reedley)	1967
4:06.4*	Alvin Gilmore (Lompoc)-1	1973
4:06.4*	Ray Wicksell (West Covina)	1974
4:06.4*	Stan Ross (Serra, San Mateo)	1977
4:06.52	Shawn O'Neal (Oceanside)	1980

3000 Meters

(+ En Route to Longer Distance)

Frosh: 8:44.5 David Naranjo (Sanger) 1983. **Soph:** 8:26.7+ Calvin Gaziano (Castro Valley) 1983. **Junior:** 8:19.9+ Harold Kuphaldt, Bella Vista (Fair Oaks) 1981. **Senior:** 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.

8:07.60	Eric Mastalir (Jesuit, Carmichael)	1986
at Sacramento		
8:09.0 +	Eric Reynolds (Camarillo)-1 Westwood	1983
8:10.54	Mark Mastalir (Jesuit, Carmichael)	1986
8:12.7 +	Thom Hunt (Henry/San Diego)	1976
8:16.2 +	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower/Rialto)	1979
8:16.3	Richard Perez (San Geronio/SBern.)	1980
8:17.5 +	Jon Butler (Edison/HB)	1981
8:17.7 +	Jay Marden (Mission SJ/Fremont)	1981
8:18.2 +	Mark Dani (Valhalla, El Cajon)	1986
8:19.9 +	Harold Kuphaldt (Bella Vista, Fair Oaks)	1981
8:20.25	Paul Thomas (Jesuit, Carmichael)	1987
8:20.6	Roman Gomez (Belmont, L.A.)	1984
8:21.0 +	Mike Carlton (Northview, Covina)	1981
8:21.3 +	Jesse Torres (Independence, San Jose)	1981
8:21.6	Matt Blaty (Marina, Huntington Beach)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979
8:22.0	Terry Williams (Lompoc)	1973
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.2 +	Mark McAboy (Miramonte, Orinda)	1986
8:23.3	Nelson Bernal (Westmont, Campbell)	1981
8:23.4	Grant Foster (Monte Vista, Cupertino)	1983
8:23.5	Mike McCollum (Palo Alto)	1981
8:23.5	Rene Perez (Woodland)	1983

3200 Meters:

(* 2 Miles Minus 3.6)

State Meet Record: 8:44.9y Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank)-2 at Westwood	1979
8:40.4*	Eric Reynolds (Camarillo)-1	1983
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry/San Diego)	1976

Continued next page

photo by Burt Davis



HENRY THOMAS

photo by Burt Davis



ERIC MASTALIR

photo by Burt Davis



GEORGE PORTER

Ranking

8:42.3*	Ralph Serna (Loara/Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle/Concord)-1	1974
8:44.95	Eric Mastalir (Jesuit, Carmichael)-1	1986
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison/Hunt. Bch)-1	1981
8:48.8*	Chuck Assumma (Eisenhower/Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower, Rialto)-1	1977
8:49.4*	Pete Romero (Reedley)-1	1967
8:49.7*	Marc Genet (Santa Ana)	1972
8:49.8*	Rod Berry (Redwood, Larkspur)	1977
8:49.9*	Dave Taylor (Merced)	1972
8:50.2*	Dave Fleet (Clairemont, San Diego)-1	1971
8:50.2*	Mark Spillsbury (Foothill, Tustin)	1976
8:50.6*	Jim Salcido (Sunny Hills, Fullerton)	1972
8:50.8*	Jose Amaya (Wilson, L.A.)	1971
8:50.8*	Gordon Innes (Upland)	1971
8:50.8*	Sal Godinez (Salesian, L.A.)	1976
8:51.0*	Bob Grubbs (Washington, Fremont)	1972
8:51.15*	Marc Dani (Valhalla)	1986
8:51.15*	Jay Mardon (Mission San Jose, Fremont)	1981

110 Meter Hurdles

(* 120 Yards Plus 0.03)

State Meet Record: 13.41 Steve Kerho, Mission Viejo at Sacramento 1982. **Soph:** 14.98* Ronnie McCoy (Edison/Fresno) 1979. **Junior:** 13.69* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho, Mission Viejo 1982

13.41	Steve Kerho (Mission Viejo)-1	1982
	at Sacramento	
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.73	Don Ward (St. Mary's/Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson/Sacto)	1980
13.79	Troy Weaver (Edgewood/Covina)	1982
13.80	Ron Brown (Bishop Amat/La Puente)	1982
13.81*	Ken Margerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganesha, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978
13.88	Robert Reading (St. Mary's, Berkeley)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, L.A.)	1987
13.90*	Jim Scannella (San Ramon, Danville)-1	1979
13.90	Erick Montgomery (Independence, San Jose)	1983
13.91*	Tonie Campbell (Banning, Wilmington)	1978
13.91*	Gary Lee (Poly, Long Beach)	1979
13.91	Raymond Young (Hawthorne)-1	1984
13.92	Mark Boyd (St. Mary's, Berkeley)-1	1983
13.93	Rod Green (Palo Alto)	1983
13.93	Mo Hill (Stagg, Stockton)	1983
13.95	Damon Thomas (Pasadena)	1985
14.01	Chris Crisman (Poly, Riverside)	1981

Hand Timing:

13.2y	Dedy Cooper (Harry Ells/Richmond)	1975
13.3y	Robert Gaines (Kennedy/Richmond)-1	1975
13.3y	Jon Peterson (Saddleback/Santa Ana)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972
13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Florant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Tonie Campbell (Banning, Wilmington)	1978

300 Meter Intermediate Hurdles:

(* 330 Yards Minus 0.19)

State Meet Record: 35.50 George Porter (Cabrillo/Lompoc) 1985 at Sacramento. **Soph:** 38.06 John Montgomery (Independence, San Jose) 1986. **Junior:** 36.10 George Porter (Cabrillo/Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo/Lompoc) 1985.

35.32	George Porter (Cabrillo/Lompoc)-2	1985
	at Walnut	
36.56	Michael Graham (Hawthorne)	1985
36.71	Kenny Hall (Ganesha/Pomona)	1985
36.74	Keith Pontiflet (Esperanza/Anaheim)	1985
36.76	Mike King (Menlo/Atherton)	1985
36.80	Raymond Young (Hawthorne)	1984
36.83	Anthony Reynolds (Fremont/L.A.)	1984
36.84	Gordon Bugg (West Covina)	1984
36.88	Yri Vallery (Hawthorne)-1	1987

36.90	Bill Gaines (Independence, San Jose)	1986
31.10	Al Blades (Muir, Pasadena)	1984
37.13	Dana Hall (Ganesha, Pomona)	1987
37.20	Craig Cooper (Fairfield)	1984
37.20	Jay Taylor (St. Augustine, San Diego)	1985
37.21	Rodney Jett (Hiram Johnson, Sacto)	1984
37.26	Terry Johnson (Katella, Anaheim)	1986
37.30	Rodney Bradshaw (Saugus)-1	1986
37.33*	Erick Montgomery (Independence, San Jose)	1982
37.36	Mark Crear (Rowland, Hacienda Hgts)	1987
37.38	Von Joyce (Hawthorne)	1987
37.41	Robert Reading (St. Mary's, Berkeley)	1985
37.46	Allen Grant (St. Francis, La Canada)	1985
37.47	Shelton Boykin (San Fernando)	1987
37.54	Kevin Young (Jordan, L.A.)	1984
37.54	Dan Thompson (Huntington Beach)	1984
Hand Timing: (*330 yards minus 0.2)		
36.2*	Dedy Cooper (Harry Ells/Richmond)	1975
36.2*	Charles White (San Fernando)	1976
36.6	Ron Seanez (Gilroy)	1981
36.9	Andre Phillips (Silver Creek, San Jose)	1977
36.9	Jim Scannella (San Ramon, Danville)	1979
37.0	Gary Lee (Poly, Long Beach)	1979
37.0	James Knowles (Blair, Pasadena)	1981
37.3	Martin Cannady (Duarte)	1987
37.4	Albert Pride (Grant, Sacramento)	1987

High Jump:

State Meet Record: 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-8 3/4 Ruben Hendrix, (South Bakersfield) 1987. **Soph:** 7-1 Kenny Burke (Westlake, Los Angeles) 1983. **Junior:** 7-3 Maurice Crumby (Balboa/San Francisco) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Balboa/San Francisco) 1983.

7-4 1/2	Maurice Crumby (Balboa/S.F.)-2 at Stan	1983
7-3 1/4	Lee Balkin (Glendale)-1 at Sacramento	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Pottl (Alemay/Mission Hills)	1979
7-3	Jeff Rogers (Overfelt/San Jose)	1985
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison/San Diego)	1979
7-2	Kenny Burke (Westlake/L.A.)-1	1984
7-1 1/4	Mark Wilson (Monte Vista, Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Luico (Piedmont Hills, San Jose)-1	1987
7-1	Rob Olson (El Camino Real, Woodland HI)	1977
7-1	Greg Denby (Crenshaw, L.A.)-1	1980
7-1	Anthony Caire (Pius X, Downey)-1	1981
7-1	Maury Burnett (Washington, L.A.)	1982
7-0 3/4	Chris Bonner (Inglewood)	1981
7-0 1/2	Gary Lawrence (Thousand Oaks)	1977
7-0 1/2	Ron Harvey (Skyline, Oakland)	1979
7-0 1/4	Jerry Culp (Oceanside)-1	1970
7-0 1/4	Dwayne Joseph (Gardena)	1975
7-0 1/4	Ted Glatke (Beyer, Modesto)	1983

Pole Vault

State Meet Record: 17-0 1/2 Anthony Curran (Crespi/Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi/Encino) 1975. **Soph:** 16-2 Brent Burns (Acalanes/Lafayette) 1985. **Junior:** 17-6 Brent Burns, (Acalanes, Lafayette) 1986. **Senior:** 18-2 Brandon Richards (San Marcos/S.Barbara) 1985.

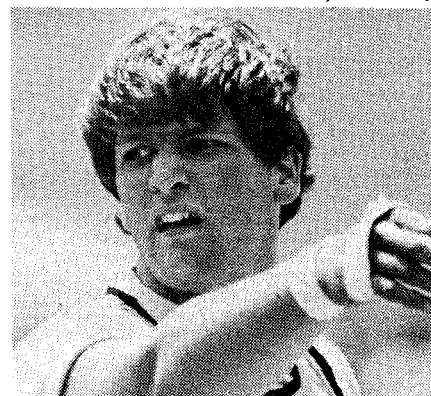
18-2	Brandon Richards (San Marcos/S.Barb.)	1985
	at Eugene	
17-6	Brent Burns (Acalanes, Lafayette)-1	1986
17-4 1/4	Anthony Curran (Crespi/Encino)-2	1978
17-0 1/2	Doug Fraley (West/Clovis)	1983
17-0	Mike Kibort (Saratoga)-1	1982
16-8 3/4	Steve Smith (South/Torrance)-2	1969
16-8 1/4	Mike Tully (Millikan/Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6 3/4	Paul Wilson (Warren/Downey)-2	1965
16-6	Brian Worden (Norte Dame/Sherman O)	1975
16-6	Greg Ernst (El Dorado/Placentia)	1978
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1966
16-3 1/4	Keith Schimmel (Villa Park)	1975
16-3 1/4	Jim Sidler (Villa Park)	1977
16-3	Clark Elliott (Bellflower)-1	1979
16-3	Melvin Hempstead (Valley, Sacramento)	1983
16-2 1/4	Tim Curran (Crespi, Encino)-1	1973
16-2	Ivar Moen (Los Gatos)-1	1984
16-2	Steve Toney (Menlo-Atherton)-1	1986
16-1 3/4	Bert Tardieu (Del Mar, San Jose)	1978
16-1 1/2	Billy Jack Pierce (Sanger)	1977
16-1	Bob Steinhoff (Warren, Downey)	1965
16-1	Tim Vahlstrom (Villa Park)	1975
16-1	Gregg Stull (Troy, Fullerton)-1	1980
16-1	Pat Alduenda (Ramona)	1987
16-1	Matt Warwick (Hesperia)	1987

Long Jump

State Meet Record: 25-4 1/2 Jerry Proctor (Muir/Pasadena) at San Diego 1967. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heulon Hewitt (Merced) 1968. **Senior:** 26-2 1/4 Ken Duncan (McClatchy/Sacramento) 1972.

26-2 1/4	Ken Duncan (McClatchy/Sacramento)	1972
26-0 3/4	Jerry Proctor (Muir/Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubly (Manual Arts/LA)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison/Fresno)	1972
25-7	James McAlister (Blair/Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/2	Percy Knox (Antelope Vly, Lancaster)-1	1987
25-5 1/4	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-3 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/2	Randy Williams (Edison, Fresno)-1	1971
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Robert Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949
25-2	Phil Quinet (Homestead, Cupertino)	1968
25-1 1/4	Jerry Herndon (Cajon, San Bernardino)-1	1973
25-1 1/2	Tony Brown (Poly, Long Beach)	1971
25-1 1/4	Dokie Williams (El Camino, Oceanside)-1	1978

Fine Flicks by Don Gosney



BRIAN BLUTREICH

Triple Jump:

State Meet Record: 52-5 1/4 Marcus Hooks (Lakewood) at Norwalk 1986. **Frosh:** 48-4 David Tucker (San Joaquin Memorial/Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission/SF) 1980. **Junior:** 52-6 1/4 David Tucker (S.J. Memorial/Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasadena)-1	1984
	at Sacramento	
52-10 1/2	Charles Mayfield (Muir/Pasadena)	1980
52-6 1/4	David Tucker (S.J. Memorial/Fresno)	1970
52-6	Henry Ellard (Hoover/Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission/SF)-1	1981
52-3 1/2	Randy Williams (Edison/Fresno)	1971
51-11	Joel Smith (Cordova, Rancho Cordova)	1971
51-8 3/4	MacArthur Anderson (Bakersfield)	1987
51-8	Mike Woods (Manual Arts/LA)	1963
51-7 1/4	Vestee Jackson (McLane/Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont/LA)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1984
51-3	Willie Banks (Oceanside)-2	1970
51-3	Ricky Holliday (Muir, Pasadena)	1987
51-2 1/2	Dokie Williams (El Camino, Oceanside)-1	1980
50-11 1/2	Harold Rucker (Silver Oak, San Jose)	1986
50-11 1/4	Terrence Strong (Bakersfield)-1	1984
50-11	Dan Jackson (Oakland)	1975
50-10	Steve Rim (Clovis)	1972
50-8 1/2	Anthony Burnett (Lynwood)	1986
50-7 1/2	Torrey Barr (McLane, Fresno)-1	1983
50-7	Mike Harris (Fairfield)	1985
50-6 1/2	Cary Tyler (Washington, L.A.)	1977
50-5 3/4	Terence Williams (Muir, Pasadena)	1986

Ranking

photo by Burt Davis



Hawthorne's 3:09.45 1600m relay team (left to right) Sean Kelly, Henry Thomas, Michael Graham, Ray Young.

Shot Put:

State Meet Record: 68-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985. **Frosh:** 58-1 1/4 Brent Noon (Fallbrook) 1987. **Soph:** 61-11 Kaleaph Carter (Edison, Huntington Beach) 1986. **Junior:** 68-4 1/2 Brian Blutreich (Capistrano Valley) 1984. **Senior:** 69-6 1/2 Brian Blutreich (Capistrano Valley) 1985.

69-6 1/2	Brian Blutreich (Capistrano Valley)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lassen/Susvi)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9 3/4	John Hubbell (Poly/Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart/Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Espino/Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Fullerton)	1966
67-0	David Bultman (Royal, Simi)-1	1987
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Fremont, Sunnyvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961
65-7 1/4	Dave Gerasimchuk (Narbonne, Lomita)	1972
65-6	Bruce Wilhelm (Fremont, Sunnyvale)-1	1963
65-2 3/4	Bill Pace (El Monte, Whittier)-1	1961

Discus:

State Meet Record: 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985. **Frosh:** 173-6 Antonio Dobbins (Burroughs/Ridgecrest) 1979. **Soph:** 180-7 Mark McNaughton (McLane/Fresno) 1972. **Junior:** 194-10 Ray Burton (Vacaville) 1973. **Senior:** 210-8 Brian Blutreich (Capistrano Valley) 1985.

210-8	Brian Blutreich (Capistrano Vly)-1	1985
209-6	Dave Portath (Atwater)-1 at Sacramento	1978
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
201-3	Chris Adams (Los Altos)-2	1970
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover/Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
198-6	Dave Voorhees (Tulelake)	1973
197-6	Kevin Richardson (Shafter)	1984
196-10	Dave Bultman (Royal, Simi)-1	1987
195-8	Bill Joe Winchester (Mt. Miguel/SV)	1970
195-5	Lonnie Shelton (Foothill, Bakersfield)-1	1973

195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977
194-7	Antonio Dobbins (Burroughs, Ridgecrest)-2	1981
194-2	Dave Hickson (Leland, San Jose)	1973
194-2	Darrell Elder (Redwood, Larkspur)	1974
194-0	Ralph Fruguglietti (Albany)	1973
193-8	Rick Luiten (Monrovia)	1982
193-0	Jim Penrose (Carlmont, Belmont)	1968
192-8	Mark Bryant (Antelope Vly, Lancaster)	1978
192-6	Mark Malone (Valley, El Cajon)	1976
192-3	Jeff Hooper (Fair Oaks, Del Campo)-1	1986
191-7	Del Dewiler (Roseville)	1982

400 Meter Relay:

(* 440 Yards Minus 0.23)

State Meet Record: 40.78 Muir (Pasadena) (Douglas, Ervie, Robertson, Ealy) at Sacramento 1987.

40.64	Hawthorne at Eagle Rock	1985
40.78	Muir (Pasadena)-1	1987
(Douglas, Ervie, Robertson, Ealy)		
40.82	Hawthorne at Norwalk	1984
40.83	Edison/Fresno-1	1983
	(Cowings, Woods, Walker, Wheeler)	
40.86	Berkeley-1	1981
	(McCree, Robinson, Clewis, Murray)	
40.87	Hawthorne	1983
	(Young, Thomas, Young, McGee)	
40.88	Taft (Woodland Hills)	1987
	(Feinstein, Roberts, Flores, Watts)	
40.91	Hawthorne	1987
	(Hanna, Vallery, Carroll, Conway)	
40.92	Dorsey/Los Angeles	1981
	(Boles, Williams, Williams, Jackson)	
40.93	Berkeley-1	1984
	(Davis, Henderson, Hunter, Usher)	
40.93	Muir/Pasadena	1986
	(Limbrick, Ealy, Eruins, Jeffries)	
40.98	Berkeley	1983
	(Davis, Henderson, Hunter, Paulding)	
41.01	Oakland-1	1982
	(Porter, Watson, Williams, Watson)	
41.06	Morningside (Inglewood)	1987
41.11	Muir (Pasadena)	1983
41.13	Taft (Woodland Hills)	1986
41.16	Crenshaw (L.A.)	1984
	(Bowyer, Crittenden, Roberts, Wilson)	
41.18	Muir (Pasadena?)	1984
	(Bell, Blades, Hatcher, Brown)	
41.19	Manual Arts (L.A.)	1984
	(Roberts, Witherspoon, Heinman, Broussard)	
41.21	Compton	1980
	(Johnson, Davis, Barksdale, Elleston)	

41.23*	Pasadena-1	1979
	(Ervin, Delamar, Cook, Sanford)	
41.23*	McLane (Fresno)	1983
	(Haynes, Scruggs, Barr, Scruggs)	
41.25	Serra (Gardena)	1978
41.26	Muir (Pasadena)	1981
41.28*	Gardena	1978
41.28	Hamilton (L.A.)	1983
	Hand timing	
	(* 440 Yards Minus 0.2)	
40.8*	Wilson (San Francisco)-1	1973
	(Farmer, Whitaker, Kirtman, Walker)	
40.9*	El Cerrito-1	1971
	(Gaines, Watson, Smith, Burns)	
40.9*	Harry Ellis (Richmond)-1	1975
	(Miller, Gentry, Davis, Cooper)	
40.9*	Hamilton (L.A.)	1976
	(Menzies, Goosby, Martin, Mulling)	
41.0*	Castlemont (Oakland)	1970
	(Pruitt, Turner, Irvin, Gibson)	
41.0*	El Cerrito	1970
	(Smith, Battle, Lewis, Burns)	
41.0*	Hamilton (L.A.)	1971
	(Avant, Wallace, Thomas, Reddick)	
41.0*	Crenshaw (L.A.)	1972
	(Coulter, Franklin, Tyler, Johnson)	
41.0*	Wilson (San Francisco)	1974
	(Lewis, Kirtman, Ward, Farmer)	
41.0*	Kennedy (Barstow)-1	1976
	(Jones, Hill, Kelly, Jones)	
41.0*	Pasadena-1	1977
	(Cleveland, Hill, Mulloy, Sanford)	
41.1*	Centennial (Compton)	1968
	(Hilbreth, Graham, Buford, White)	
41.1*	Centennial (Compton)-1	1968
	(Hilbreth, Graham, White, Garrison)	
41.1*	Fremont (L.A.)	1971
	(McBee, Sanders, Smith, Solomon)	
41.1*	Wilson (S.F.)-1	1972
	(Farmer, Whitaker, Lewis, Walker)	
41.1*	Centennial (Compton)	1972
	(McMillan, Rawls, Tassin, Orange)	

1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:08.94 Berkeley (Walker, Richardson, Murray, Robinson) at Norwalk 1981.

3:07.40	Hawthorne at Austin	1985
	(Graham, Marsh, Kelly, Thomas)	
3:08.94	Berkeley-1	1981
	(Walker, Richardson, Murray, Robinson)	
3:09.45	Hawthorne-1	1984
	(Graham, Young, Kelly, Thomas)	
3:10.11	Hawthorne-1	1983
	(McGee, Torrance, Kelly, Thomas)	
3:10.33	Perris	1983
	(Fienough, Stamps, Jackson, Harris)	
3:10.37	Centennial (Compton)-1	1980
	(Graham, Ware, Jackson, Turner)	
3:10.42	Berkeley	1980
	(Dotson, Richardson, Walker, Robinson)	
3:10.47*	Banning (Wilmington)-1	1978
	(Davis, Caesar, Bialock, Lewis)	
3:11.10	Poly (Long Beach)	1981
3:11.32	Compton	1980
	(Davis, Taylor, Smith, Barksdale)	
3:11.77	Hawthorne-1	1987
	(Thomas, Carroll, Thomas, Hannah)	
3:11.81	Centennial (Compton)	1981
	(Pinchback, Ware, Jones, Graham)	
3:12.1*	Castlemont (Oakland)-1	1971
	(Roberts, Morgan, Curry, Rodgers)	
3:12.3*	Westchester (L.A.)	1978
	(Brown, Lee, Jones, Pittman)	
3:12.45	Muir (Pasadena)	1981
	(Carroll, Anderson, Mathis, Brown)	
3:12.50	Morningside (Inglewood)	1987
3:12.5*	Fremont (L.A.)	1978
	(Butler, Derry, Shelton, Daniels)	
3:12.54	Oakland	1981
3:12.6*	Pasadena-1	1977
	(Cleveland, Dancer, Sanford, Sanford)	
3:12.6*	Fontana	1978
	(Cooper, Gary, Fowler, Bethany)	
3:12.64	Pasadena	1981
3:12.7*	Muir (Pasadena)-1	1974
	(Herron, Shaw, Austin, Sheats)	
3:12.74	Fremont (L.A.)	1984
	(Edwards, Reynolds, Collins, Myles)	
3:12.8	Hawthorne-1	1985
	(Marsh, Joyce, Graham, Kelly)	
3:12.92	Poly (Long Beach)	1980
	(Callier, Spruill, Callier, Townsend)	

Results

Cross Country

Fresno Pacific All Comers Cross Country

August 29, Fresno Pacific College.

Overall Results - Men's 5K

1. Jesse Llanez 14:59, 2. Emmanuel Mensah 15:42, 3. Danny Vega 16:00, 4. Rich Parris 16:00, 5. Darrel Cox 16:11, 6. Jim Krueger 16:16, 7. Randy Hale 16:24, 8. Ronald Jones 16:27, 9. Don Gregory 16:33, 10. Felipe Gonzales 16:42.

Overall Results - Women's 2 Mile

1. Lisa Bennett 12:16, 2. De Anna McDaniel 12:41, 3. Tiffany Shaw 12:45, 4. Laura Bonsness 12:51, 5. Carla Pracht 13:14, 6. Amy Mabon 13:37, 7. Laurie Racker 13:40, 8. Jenny Nowack 15:36, 9. Janet Aspetila 15:41, 10. Carol Harrison 16:09.

South Coast Conference JC Cross Country

Both the men's and women's squads of the El Camino College cross country team came up with key South Coast Conference victories over Mt. San Antonio and Compton colleges Friday in Palos Verdes Estates.

The wins lifted Coach Dave Shannon over the 100-victory mark in dual meets. Combined, the men and women have compiled a 101-8 record since 1978.

John Federoff finished first, running the four-mile course in 21 minutes, 31 seconds, and Darin Watkins, Richard Jacobs, and Rich Hirschman went 3-4-5 to lead the Warriors to a 20-37 win over Mt. SAC.

Men's Results

1 Federoff (EC)	21:31
2 Vance (MSAC)	21:45
3 Watkins (EC)	21:51
4 Jacobs (EC)	21:53
5 Hirschman (EC)	22:06
6 Gann (MSAC)	22:27
7 Deigado (EC)	22:35
8 Nava (MSAC)	22:55
9 Gutierrez (MSAC)	23:19
10 Licht (EC)	23:31

Team Scores:

El Camino 20, Mt. SAC 37;
El Camino 15, Compton no score;
Mt. SAC 15, Compton no score.

Women's Results

1 Maldonado (MSAC)	20:13
2 Hamilton (EC)	21:20
3 Hoffman (EC)	21:41
4 Nugent (MSAC)	23:09
5 Woodard (EC)	23:38
6 Hazell (EC)	23:45
7 Webb (MSAC)	24:04
8 Griebel (EC)	24:12
9 Castro (MSAC)	24:15
10 Jaime (MSAC)	24:28

Fresno Invitational

September 13, Woodard Park, Fresno.

MEN: TEAM—1. Rancho Santiago 87, West Valley, 95; 3. Santa Rosa, 129; 4. Orange Coast, 154; 5. Mt. San Antonio College, 206. **IND.**—1. Heskett (WV), 20:10; 2. Naranjo (Taft), 20:11; 3. Beltran (Fullerton), 20:15; 4. Trujillo (Cerritos), 20:18; 5. Blake (Trade Tech), 20:22.

WOMEN: TEAM—1. Orange Coast, 71; 2. Cuesta, 80; 3. American River, 148; 4. Mt. San Antonio, 152; 5. Cerritos, 154. **TEAM**—1. Maldonado (Mt. SAC), 17:54; 2. Adams (San Jose), 18:28; 3. Cruz (Sequoias), 18:37; 4. Wright (OC), 19:05; 5. Hennelly (Cuesta), 17:07.

UC Riverside Invitational Cross Country Meet

Sept. 19, UC Riverside.

Overall Results - Men's 5 Mile

1 Matt Clayton (SDS)	24:11.7
2 Jeff Smith (ASU)	24:15.0
3 Juan Naranjo (SDS)	24:21.8

photo by Bill Leung, Jr.



Carman Maldonado paces Mt. SAC women.



photo by Bill Leung, Jr.

Compton, Mt. SAC and El Camino go at it in cross country.

4 Paul Greer (SDS)	24:40.7	19 Chris Porter (UCLA)	18:11.81
5 Tim Watson (Unat.)	24:42.0	20 K. Nichols (UCLA)	18:14.28
6 Pete Vicenio (UCI)	24:49.0	21 Sherri Smith (AU)	18:15.44
7 Rick Wilhelm (UCI)	24:56.2	22 Liane Kivela (CMS)	18:16.06
8 Gus Quimonez (UCI)	24:58.4	23 Deb Bigbee (AU)	18:19.97
9 Ken Flint (SDS)	25:00.0	24 Jennifer Sheflo (SDS)	18:20.98
10 Steve Imlay (UCI)	25:02.6	25 Becki Van Zant (UCI)	18:22.98
11 Scott LaForce (UCI)	25:03.1		
12 Anthony Williams (UCR)	25:05.9	Team Scores:	
13 Todd Lewis (ASU)	25:06.3	1. UCLA 53, 2. Arizona State 62, 3. Arizona	
14 Greg Houlgate (UCI)	25:10.0	74, 4. UC Irvine 79, 5. USIU 184, 6.	
15 Chris Lugo (UCR)	25:14.7	Claremont-Mudd 185, 7. San Diego State	
16 Rick Martinez (UCI)	25:15.6	220, 8. Long Beach State 323, 9. CSU	
17 Tim Penwell (SDS)	25:19.6	Fullerton 379, 10. Cal Poly Pomona 406,	
18 Kendall Fink (ASU)	25:23.2	11. Azusa Pacific 479, 12. Point Loma 488,	
19 Anthony Smith (SDS)	25:28.3	13. UC Riverside 500.	
20 Steve Johnson (Unat.)	25:34.3		
21 Mike Wall (UCI)	25:35.9		
22 Aaron Mascoro (UCI)	25:38.3		
23 Mike Scott (CMS)	25:39.9		
24 Ari Schauder (SDS)	25:46.8		
25 Darren Near (APU)	25:48.6		

Team Scores:

1. San Diego State 34, 2. UC Irvine 42, 3. Arizona State 96, 4. UC Riverside 120, 5. Claremont-Mudd 267, 6. (tie) Pt. Loma and USIU 316, 8. Azusa Pacific 328, 9. CSU Fullerton 54, 10. Athletic Express 377.

Overall Results - Women's 5000m

1 Laura LaMena (ASU)	17:08.73
2 Buffy Rabbitt (UCI)	17:09.96
3 Laurie Chapman (UCLA)	17:17.31
4 Brigid Stirling (CMS)	17:20.80
5 Annie Seawright (UCLA)	17:25.05
6 Dawn Arrigoni (ASU)	17:34.90
7 Aimee Harms (AU)	17:36.93
8 Kim Matthews (ASU)	17:40.63
9 Jill Harrington (UCI)	17:41.59
10 Tricia Molina (PC)	17:42.66
11 Camilla Harron (AU)	17:46.38
12 Janet Cooper (AU)	17:47.42
13 Molly Jackson (USIU)	17:48.01
14 Laura Chapel (UCLA)	17:54.25
15 Debbie Williams (UCLA)	17:55.86
16 Melissa Sutton (UCLA)	17:58.15
17 Beth McGrann (UCI)	18:02.01
18 J. Pierantozzi (AU)	18:07.19

Cuesta Invitational

September 19, San Luis Obispo:

MEN: TEAM—1. Hancock, 72; 2. Sequoias, 91; 3. Taft, 95. **IND.**—1. Owen (H), 20:32; 2. Jerwil (S), 20:40; 3. Naranjo (T), 20:59.

WOMEN: TEAM—1. Cuesta, 51; 2. Ventura, 52; 3. Moorpark, 79. **IND.**—1. Cruz (Sequoias), 18:32; 2. Vomund (V), 18:48; 3. Rossback (V), 19:02.

Reebok-Golden Bear Cross Country Invitational

September 26, San Francisco.

Men's Results (5 Mile)

1 Marco Ochoa (ASC)	24:54
2 Kevin Jones (Reebok)	24:58
3 Don Fitzgerald (ASC)	25:25
4 Craig Dickson (ASC)	25:29
5 Pat Melgares (ASC)	25:32

Results

6 Dan Jacquez (ASC)	25:32
7 Rick Robirds (ASC)	25:34
8 Paul Ghidossi (SLO)	25:41
9 Tim Campbell (SLO)	25:56
10 Chris Craig (SLO)	26:13
11 Jim Chaney (SLO)	26:18
12 Mike Minor (SLO)	26:21
13 Gary Charbonneau (SLO)	26:37
14 Chris Becerra (SJSU)	26:43
15 Steve Scholz (SJSU)	26:24
16 Mike Parrott (SLO)	26:46
17 Bobby Bans (SLO)	27:01
18 Chuck Schwartz (ASC)	27:02
19 Tom Halaszynski (SLO)	27:04
20 Ross Newby (SLO)	27:05

Team Scores:

1. Adams State 19, 2. Cal Poly SLO 50, 3. San Jose State 108.

Women's Results (5000 meters)

1 Gladees Prieur (CPSLO)	16:59
2 Kirsten O'Hara (Cal)	17:08
3 Marilyn Davis (Reebok)	17:10
4 Cory Schubert (Stanford)	17:26
5 Sheri Minkler (SLO)	17:43
6 Melissa Martel (Reebok)	17:51
7 Pauline Stehly (SLO)	17:53
8 Kristen Hansen (Cal)	17:58
9 Teena Colebrook (SLO)	18:09
10 Nina Liahjell (Cal)	18:13
11 Connie Hestor (Reebok)	18:13
12 Noreen deBettencourt (SLO)	18:19
13 Wendy Neely (Stanford)	18:24
14 Becky Nieto (SLO)	18:28
15 Kara Olsen (Cal)	18:31
16 Wendy Logsdon (Cal)	18:39
17 Kris Kattenhagen (SLO)	18:41
18 Jamie Fallon (Stanford)	18:43
19 Amanda Marks (SLO)	18:48
20 Sydney Thatcher (SLO)	19:00

Team Scores:

1. Cal Poly SLO 34, 2. California 51, 3. Reebok Aggies 108, 4. Cal State Hayward 140, 5. Mills College 216.

Golden Gate Park Cross Country Series

September 26, San Francisco.

Men's Results

1 Dan Stefanisko (San Jose)	20:25
2 Rod Berry (S.F.)	21:06
3 Rod Coker (Vacaville)	21:08
4 Peter O'Reilly (SanAnselmo)	21:09
5 Richard Dale (San Jose)	21:16
6 Joseph Green (Novato)	21:48
7 Robert Herndon (Campbell)	21:52
8 Matt Greene (CitrusHts)	21:57
9 John Hoch (Menlo Park)	21:58
10 Stuart Wiseman (ElCerrito)	21:59

Women's Results

1 Laurie Binder (Oakland)	23:42
2 Nora Doyle-Looney (Santa Rosa)	24:59
3 Jackie Chen (S.F.)	25:19
4 Ingrid Smith (Menlo Park)	25:21
5 Marilyn Taylor (Berkeley)	25:22
6 Sue Vinella-Brushner (Oakland)	25:26
7 Beckie Simmie-Kesacker (S. Ros)	25:51
8 Eileen Brennan (S.F.)	25:53
9 Joanie Carew (S.F.)	25:09
10 Bonnie Zapata (Mill Valley)	26:22

Cal State Bakersfield X-C Invitational

October 3, Bakersfield.

Overall Results - Men

1 Robert Twala (U.Nevada-Reno)	30:28
2 Mandala Kunen (Unat.)	30:33
3 Chris Lugo (UCRiverside)	30:57
4 Anthony Williams (UCRiverside)	31:14

5 Mike Rogers (AIA)	31:24
6 Hebert Saravia (UCRiverside)	31:36
7 Juan Garcia (Unat.)	31:38
8 David Terris (U.Nevada-Reno)	31:44
9 Chuey Alcaras (UC.Riverside)	31:49
10 Eric Aguirre (UC Riverside)	31:53
11 Paul Serratos (UC Riverside)	31:56
12 Leonard Aceves (CSB)	31:57
13 Mike Smith (T. Inside T.)	32:03
14 Kyle Korch (UC Riverside)	32:10
15 Joe Vickers (UC Riverside)	32:17
16 Brian Carrol (AIA)	32:20
17 Jeff Pierce (U.Nevada-Reno)	32:21
18 Robert Sagastas (CSB)	32:23
19 Shad Warren (U.Nevada-Reno)	32:27
20 Tim Oakes (Westmont)	32:32
21 Steve Myers (UC Riverside)	32:51
22 Manuel Gonzales (CSB)	32:55
23 Stephen Weathers (CSB)	33:08
24 Glen Segreist (So.Utah)	33:12
25 Dave Swiderski (UC Riverside)	33:14

Overall Results - Women

1 Linda Zeman (Unat.)	17:00
2 Marie Carmen (Westmont)	17:57
3 Shannon Battles (CSB)	18:13
4 Michelle Lubinsky (Westmont)	18:14
5 Sharon Sander (Hayward)	18:19
6 Valerie Jensen (Hayward)	18:27
7 Julie Rasmussen (Hayward)	18:40
8 Shirley Rodriguez (Hayward)	18:41
9 Stephen Fedorchak (Hayward)	18:51
10 Lisa Ash (Unat.)	19:03
11 Diane Marshall (Renny's Run.)	19:06
12 Laura Brownlee (Hayward)	19:11
13 Jackie Gengler (So.Utah)	19:11
14 Corri Gentry (CSB)	19:12
15 Lupe Eberly (KCTA)	19:12
16 Leslie King (KCTA)	19:13
17 Donna Jackson (CSB)	19:13
18 Jill Hatfield (Westmont)	19:26
19 Judi Thompson (KCTA)	19:32
20 Lisa Cooper (CSB)	19:32
21 Jenny Walsch (Hayward)	19:37
22 Mimi Baranowski (Ventura Coll.)	19:38
23 Brenda Villanueva (Renny's R)	19:45
24 Nicole Schwinkendorf (Westmont)	19:54
25 Monica Johnson (Westmont)	20:08

Team Scores - Men

1. UC Riverside 22, 2. U. Nevada-Reno 47, 3. Cal State Bakersfield 65, 4. Westmont College 131, 5. Cal Lutheran 136, 6. Biola 141, 7. So. Utah 161.

Team Scores - Women

1. Cal State Hayward 30, 2. Westmont College 56, 3. Cal State Bakersfield 65, 4. So. Utah 107, 5. UC Riverside 117, 6. Bakersfield College 152.

Stanford-Holiday Inn Cross Country

October 3, Stanford Univ. Golf Course.

Invitational Men's 10,000 Meters

1 Matt Clayton (SDSU)	31:04
2 Benito Cruz (CSLA)	31:11
3 James Alborough (Stanford)	31:23
4 Richard Graves (UC Irvine)	31:29
5 Larry Smithee (Brigham Young)	31:36
6 Gus Quinonez (UCIrvine)	31:41
7 Jeff Smith (ArizSt)	31:45
8 Juan Naranjo (SDSU)	31:46
9 Eric Mastalir (Stanford)	31:48
10 Bryan Clark (Nebraska)	31:50
11 Ray Griffin (USC)	31:53
12 Jason Flamm (Cal)	31:53
13 Dave Chitman (Brigham Young)	31:56
14 Jean Verster (Nebraska)	32:00
15 Eric Reynolds (UCLA)	32:02
16 Paul Greer (SDSU)	32:07
17 Rob Arsenaault (CSLA)	32:14
18 Jody Fischer (Nebraska)	32:15
19 Martine Sandoval (CSLA)	32:16
20 Greg Houlgate (UCIrvine)	32:17
21 Tony Young (CSLA)	32:20
22 Mark Mastalir (Stanford)	32:21
23 Paul Rosser (Brigham Young)	32:25
24 Will James (CSNorthridge)	32:26
25 Ken Flint (SDSU)	32:30
26 Aaron Mascooru (UC Irvine)	32:30
27 Jason Lienau (FSU)	32:35
28 Steve Imloy (UCIrvine)	32:36
29 Ramon Acosta (CSLA)	32:38

30 Joe Kirby (Nebraska)	32:39
31 Neff McGhie (FSU)	32:41
32 Calvin Gaziano (Cal)	32:42
33 Scott LaForce (UCIrvine)	32:43
34 Todd Lewis (ArizSt)	32:44
35 Kraig Vanderbock (Nebraska)	32:46
36 Paul Jaspers (UCLA)	32:47
37 Angel Silva (USC)	32:50
38 Greg Rivera (CS Hayward)	32:50
40 Ari Schauder (SDSU)	32:53
41 Joe Nitti (UCLA)	32:54
42 Ernie Freer (FSU)	32:56
43 Harvey Franco (Brigham Young)	33:00
44 Frank Graham (Nebraska)	33:01
45 Sergio O'Cadiz (UCLA)	33:03
46 Phil Girsbager (Brigham Young)	33:04
47 Peter Vicencio (UCIrvine)	33:05
48 Davids Rees (Stanford)	33:06
49 Romney Mawhorter (USC)	33:11
50 Mitch Sloan (USC)	33:14

Team Scores:

1. University of California-Irvine A 84, 2. California State University-Los Angeles 88, 3. San Diego State University 90, 4. University of Nebraska 108, 5. Brigham Young University 130, 6. Stanford University 141, 7. Fresno State University 187, 8. University of California-Los Angeles 191, 9. University of Southern California 209, 10. Arizona State University 229, 11. University of California-Berkeley 235, 12. California State University-Northridge 303, 13. California State University-Hayward 345, 14. San Jose State University A 452.

Open Men's 10,000 Meters

1 Jeff Jacobs (UCSB)	32:27
2 John Foley (UC Davis)	32:39
3 Mike Scott (Claremont)	32:47
4 David Loud (CPP)	32:56
5 Randy Anderson (UC Davis)	32:58
6 Tom Davies (CS Chico)	32:59
7 Dominique Westlake (CSChico)	33:01
8 Jesus Gutierrez (Col NotreD)	33:02
9 Paul Cummings (UC Davis)	33:03
10 Rob Wickstrom (Unat.)	33:05
11 Dennis Shook (CSFullerton)	33:07
12 Sean Fain (UC Davis)	33:08
13 Studenicka (Sonoma St)	33:10
14 Glenn Johnson (CPP)	33:11
15 Roger Dix (CS Chico)	33:11
16 Ross Newby (CPSLO)	33:15
17 Freddy Artega (CPP)	33:17
18 Mike Parrott (CPSLO)	33:17
19 Rico Aparicio (Col NotreD)	33:18
20 Joe Nevarez (CS Fullerton)	33:19
21 Kent Lawrence (CPP)	33:19
22 Mike Wall (UC Irvine)	33:20
23 Dave Seborer (UCSB)	33:23
24 Cam Matson (Pt. Loma)	33:23
25 Bobby Bansd (CPSLO)	33:24
26 Dale Vinski (Cal)	33:24
27 Andy McCutcheon (CS Chico)	33:25
28 Brooks Boyd (UC Davis)	33:26
29 Jose Olivias (Oxy)	33:27
30 Emmet Hogan (Oxy)	33:27
31 Ellis del Sol (USIU)	33:29
32 Rick Martinez (UC Irvine)	33:30
33 Greg Imloy (UCIrvine)	33:35
34 Chris Tregillis (Oxy)	33:37
35 Lionel Shaw (Oxy)	33:38
36 J.P. Hall (UC Irvine)	33:39
37 Stacy Van Horn (CS Chico)	33:40
38 Jim Mattson (Westmont)	33:46
39 Tom Wright-Hay (CS Full)	33:47
40 Bert Esparza (UCSB)	33:49
41 Mike Stone (Sonoma St)	33:49
42 Jeff Alquist (CPSLO)	33:51
43 Carl Berg (Claremont)	33:51
44 Jan Freidank (USIU)	33:51
45 Paul Gianetto (CPP)	33:52
46 Scott Schneider (UC Davis)	33:54
47 Tim Corbin (UCSB)	33:57
48 Mike Richardson (CS Full)	33:57
49 Sean Nylon (UCSB)	33:57
50 John Lego (CS Hayward)	33:59

Team Scores:

1. Univ. of Calif. Davis 56, 2. Calif. State Univ. Chico 92, 3. Cal Poly Pomona 101, 4. Cal Poly San Luis Obispo 155, 5. University of California-Santa Barbara 160, 6. University of California-Irvine B 189, 7. California State University-Fullerton 193, 8. Occidental College 201, 9. College of Notre Dame 214, 10. Westmont College 313, 11. Point Loma College 331, 12. United States International University 342, 13. California State University-

Hayward B 363, 14. Sonoma State University 383, 15. Lewis & Clark College 412.

Invitational Women's 5,000 Meters

1 Trina Leopold (Texas)	16:47
2 Sylvia Mosqueda (CSLA)	16:52
3 Angela Cook (Brigham Young)	17:14
4 Laurie Chapman (UCLA)	17:24
5 Sheila Quigley (Texas)	17:30
6 Buffy Rabbitt (UC Irvine)	17:31
7 Laura Lamena (Arizona State)	17:32
8 Nancy Anderson (Brigham Yg)	17:33
9 Darcy Arreola (CS Northridge)	17:35
10 Eileen Ellig (Texas)	17:35
11 Laurie Hollingworth (Sonoma)	17:36
12 Cory Schubert (Stanford)	17:37
13 Jill Harrington (UC Irvine)	17:38
14 Kelly Champagne (Texas)	17:38
15 Tracy Laughlin (Texas)	17:39
16 Gretchen Lohr (CSLA)	17:40
17 Carol Gray (Stanford)	17:42
18 Annie Seawright (UCLA)	17:44
19 Gladees Prieur (CPSLO)	17:46
20 Michelle Kalikin (Clemson)	17:47
21 Melanie Bloch (Stanford)	17:50
22 Jen Thatcher (UC Davis)	17:52
23 Kris Salt (Clemson)	17:54
24 Debbie Williams (UCLA)	17:55
25 Melissa Sutton (UCLA)	17:55
26 Kim Stevens (Stanford)	17:56
27 Carolyn Moore (Ohio State)	17:56
28 Jennie Scott (CS Fullerton)	17:58
29 Melanie Child (Brigham Young)	17:58
30 Noeleen Mullen (Brigham Yg)	18:00
31 Teena Colebrook (CPSLO)	18:01
32 Pamela Kerth (Ohio St)	18:03
33 Pauline Stehly (CPSLO)	18:03
34 Kim Matthews (ArizonaSt)	18:04
35 Helen Rogers (Clemson)	18:05
36 Cindy Rockwood (FSU)	18:05
37 Amy Dubal (UC Irvine)	18:06
38 Janine Ogas (FSU)	18:07
39 Mary Mendoza (Stanford)	18:09
40 Marsha Grondziak (Clemson)	18:09
41 Lori Wilson (UC Irvine)	18:12
42 Brigid Stirling (Claremont)	18:16
43 Laura Chaple (UCLA)	18:17
44 Beth McGrann (UC Irvine)	18:19
45 Dawn Arrigoni (Arizona St)	18:20
46 Noreen DeBettencourt (CPSLO)	18:21
47 Christine Porter (UCLA)	18:22
48 Judy Mazowiecki (CS Full)	18:22
49 Katherine Nichols (UCLA)	18:22
50 Michelle Scholtz (Clemson)	18:23

Team Scores:

1. University of Texas 45, 2. University of California-Los Angeles A 114, 3. Stanford University 115, 4. Brigham Young University 123, 5. University of California-Irvine A 141, 6. Clemson University 168, 7. Cal Poly San Luis Obispo 181, 8. Arizona State University 209, 9. California State University-Northridge 264, 10. Ohio State University 265, 11. California State University-Los Angeles 283, 12. California State University-Fullerton 307, 13. University of California-Davis 310, 14. Fresno State University 317, 15. San Diego State University 396, 16. University of California-Los Angeles B incomplete.

Open Women's 5,000 Meters

1 Kristen O'Hara (Cal)	17:32
2 Michele Trimble (Oxy)	17:53
3 Molly Jackson (USIU)	17:59
4 Joyce Cherniyot (Nevada-Reno)	18:07
5 Kristen Hanson (Cal)	18:12
6 Renee Bereca (USIU)	18:23
7 Judy McLaughlin (UC Irvine)	18:23
8 Sue Hanson (CS Chico)	18:24
9 Tammy Snyders (UCLA)	18:31
10 Krista Wendt (CPP)	18:34
11 Ligne Kivole (Claremont)	18:34
12 Nina Liahjell (Cal)	18:40
13 Missy LaVine (USIU)	18:42
14 Patty Young (Nevada-Reno)	18:43
15 Wendy Logsdon (Cal)	18:45
16 Ashley Orton (Claremont)	18:46
17 Midge Areaga (UCLA)	18:47
18 Christine Meis (UCSB)	18:47
19 Nicole Ritchot (UC Irvine)	18:50
20 Jolly Early (Sonoma)	18:51
21 Tessie Hartmann (MiraCosta)	18:53
22 Kris Kochel (CPSLO)	18:54
23 Colleen Donovan (CPSLO)	18:55

Continued next page

Results

photo by Jim Reynolds



Kirsten O'Hara

24 Pam Thompson (UCLA)	18:55
25 Kara Olsen (Cal)	18:55
26 Sandrina DeManuel (Col Notre)	18:56
27 Laurie Schuster (Oxy)	18:56
28 Annie Holte (UCSB)	18:58
30 Elizabe Lehenbauer (USIU)	19:07
31 Trish Unruhe (UCSB)	19:17
32 Mary Bean (UCSB)	19:19
33 Susan Horstmeyer (Col NotreD)	19:20
34 Lisa Irvine (Cal)	19:22
35 Cathy Guavarrá (USIU)	19:24
36 Diane Pettit (Claremont)	19:26
37 Natalie Wood (Nevada-Reno)	19:28
38 Kelli Inicki (Cal)	19:29
39 Amy Cathcart (Oxy)	19:30
40 Cheryl Bonner (Claremont)	19:31
41 Elena Spight (Cal)	19:33
42 Wendy Peterson (UCSB)	19:33
43 Robin Egger (MiraCosta)	19:34
44 JoAnn Halsted (UCSB)	19:35
45 Eva Lindblad (Pt. Loma)	19:42
46 Amanda Marks (CPSLO)	19:41
47 Laurie Hagan (CPSLO)	19:46
48 Nicky Moussett-Jones (Reno)	19:50
49 Cecilia Saleme (UCSB)	19:51
50 Sarah Snyder (Claremont)	19:51

Team Scores:

1. University of California-Berkeley 58, 2. United State International University 87, 3. University of California-Santa Barbara A 152, 4. University of Nevada-Reno 156, 5. Cal Poly San Luis Obispo 166, 6. Occidental College 193, 7. College of Notre Dame 266, 8. Cal Poly Pomona 274, 9. University of California-Santa Barbara B 341, 10. Point Loma College 395.

Valley Conference Cross Country

October 3. Hanson Dam.

Gremlin Boys (Born '79 & later)	
1 Devin Barshay (VR)	6:53.4
2 Andy Conant (SC)	7:03
3 Travis Borden (VC)	7:20

4 John Panlener (SC)	7:41
5 Jordan Kohler (WV)	7:41
6 Jeffrey Largent (VC)	7:54

Gremlin Girls

1 Jennifer Peralta (SC)	7:07
2 Ann Koscki (SC)	7:09
3 Jennifer Colburn (SC)	7:19
4 Mary Ann Parker (VC)	7:39
5 Katie Theis (LV)	8:17
6 Nicole Craft (VC)	8:34

Bantam Girls (Born '77-'78)

1 Alicia Whelen (WV)	14:12.9
2 Lisa Logan (WV)	15:47
3 Kim Bleiberg (LV)	16:22
4 Maggie Holmes (LV)	N.T.
5 Stephanie Lottman (SC)	N.T.
6 Clanci Lehman (VC)	18:20

Bantam Boys

1 Renn Ortenberger (LV)	14:08
2 Adam Horst (WV)	14:39
3 Jacob Sealander (VC)	16:18
4 Daryl Nowak (VC)	16:21
5 Alex Trauman (SC)	17:00
6 Paul Grubb (VC)	17:03

Midjet Girls (Born '75 & '76)

1 Melissa Fox (LV)	13:10
2 Samantha Reed (WV)	13:34
3 Liz Poduska (SC)	13:59
4 Aubrey Tompkins (WV)	N.T.
5 Geanna Zeno (WV)	15:17
6 Ana Sobonja (WV)	N.T.

Midjet Boys

1 Mark Lawson (WV)	11:18
2 Gerron Zeno (WV)	12:30
3 Cordell Gatherum (SC)	12:33
4 Brian Lottman (SC)	13:14
5 Jaime DeLatorre (WV)	13:22
6 Alfredo Trujillo (WV)	13:29

Youth Girls (Born '73 & '74)

1 Hillary Salzman (NP)	14:35
2 Audrey Rumack (WV)	14:39
3 Sarah Weitzel (NP)	14:42
4 Noelle Loomis (LV)	N.T.
5 Karen Rogers (VC)	16:38
6 Leslie Merton (LV)	N.T.

Youth Boys

1 Shaun Gatherum (SC)	12:07
2 Michael Krentzin (WV)	12:11
3 Danny Bartlett (WV)	12:24
4 Scott Schiermann (LV)	12:33
5 Alex Striffler (NP)	13:15
6 Rubin Ochoa (WV)	13:19

Intermediate Boys (Born '71 & '72)

1 Dale Hayes (NP)	12:54
2 Adam Platts (NP)	13:37

Irvine Invitational Cross Country Meet

October 9. Irvine Regional Park, Orange.

Varsity Men's Results

1 U. Rivera (LongBch CC)	19:39
2 John Vance (Mt.Sac)	19:41
3 John Fedoroff (ElCamino)	19:47
4 Humberto Quintana (Glendale)	19:48
5 Marcial Beltran (Fullerton)	19:48
6 Jim Sorenson (Rancho Santiago)	19:54
7 Clive Owen (Allan Hancock)	19:58
8 Mark Dani (Grossmont)	20:01
9 Carter Yarbrough (S.D. Mesa)	20:07
10 Doug Vaughn (Mira Costa)	20:10
11 Rich Hirschman (El Camino)	20:10
12 Norman Hammond (S.D. City)	20:11
13 Raul Hernandez (LA Trade)	20:14
14 Jeff Gann (Mt.Sac)	20:15
15 John Moya (Grossmont)	20:16
16 Darin Watkins (ElCamino)	20:18
17 Andy Davis (Grossmont)	20:18
18 Aruelio Trujillo (Cerritos)	20:20
19 Rich Jacobs (ElCamino)	20:22
20 Charlie Yu (OrangeCst)	20:23
21 Ted Kepler (S.D. Mesa)	20:23
22 William Furneauz (AllanHan)	20:24
23 Raul Wince (S.D. City)	20:26
24 Cary Gregorio (Grossmont)	20:26
25 Gilbert Vasquez (RanchoSant)	20:27
26 James DeRosso (AllanHanc)	20:27
27 Ramon Perez (Moorpark)	20:28
28 John Cekander (Grossmont)	20:28
29 Bob Irvin (RanchoSantiago)	20:30
30 Steve Myhro (S.D. Mesa)	20:32

Team Scores:

1. Grossmont 92, 2. El Camino 95, 3. Rancho Santiago 134, 4. San Diego Mesa 149, 5. Allan Hancock 200, 6. Mt. SAC 211, 7. Glendale 218, 8. Long Beach City 259, 9. Orange Coast 264, 10. Cerritos 307, 11. San Diego City 312, 12. L.A. Trade Tech 318, 13. Ventura 341, 14. Moorpark 376, 15. Santa Monica 396, 16. Santa Barbara 397, 17. Oxnard 402, 18. Mira Costa 433, 19. Fullerton 438, 20. Pasadena 505, 21. Golden West 526, 22. L.A. Valley 530, 23. Saddleback 521, 24. Cypress 731, 25. Riverside 738. College of Canyons N.S.

Varsity Women's Results

1 Janice Sellon (Mt.Sac)	16:38CR
2 Debra Sharp (Oxnard)	17:22
3 Carmen Maldonado (Mt.Sac)	17:26
4 Jill Hoffman (El Camino)	17:41
5 Ruth Vomund (Ventura)	17:45
6 Tessie Hartmann (MiraCosta)	17:49
7 Teri Gerber (Ventura)	17:55
8 Rochelle Rosbach (Ventura)	17:58
9 Tracy Wright (OrangeCst)	18:00
10 Stephanie Haynes (SantaBarb)	18:06
11 Robin Eager (MiraCosta)	18:08
12 Debbie Ball (Moorpark)	18:22
13 Delinda Patino (OrangeCst)	18:39
14 Christine Hamilton (ElCamino)	18:49
15 Alchera Clemeshaw (MiraCosta)	18:53
16 Phyllis Delleney (S.D. Mesa)	18:56
17 MaryAnne Smith (SantaMonica)	18:56
18 Candice Hansen (OrangeCst)	19:00
19 Marsha Chaney (Cerritos)	19:07
20 Anna Howald (Moorpark)	19:11
21 Rosanna Carrillo (S.D. Mesa)	19:13
22 Denise Upsher (MiraCosta)	19:13
23 Mary Hazell (ElCamino)	19:16
24 Glenna Archer (LB CC)	19:17
25 Helia Ramirez (Mt.Sac)	19:17
26 Loi Curl (Orange Cst)	19:18
27 Tammy Nugent (Mt.Sac)	19:20
28 Shannon Egan (MiraCosta)	19:26
29 Kelly Griebel (ElCamino)	19:30
30 Maura Daly (Saddleback)	19:31

Team Scores:

1. Mira Costa 82, 2. Mt. SAC 89, 3. Orange Coast 98, 4. El Camino 106, 5. Ventura 130, 6. San Diego Mesa 172, 7. Cerritos 194, 8. Grossmont 247, 9. Moorpark 248, 10. Santa Monica 259, 11. Saddleback 268, 12. L.A. Valley 491, 13. Cypress 651.

photo by Bill Leung, Jr.



Robyn Root

Aggie Invitational

October 10. UC Davis.

Overall Results

1 Dan Stefanisko (Boho RC)	24:24
2 Randy Anderson (UC Davis)	24:30
3 Tim Ketron (Sac State)	24:36
4 James Green (CSU Hayward)	24:37
5 Greg Rivera (CSU Hayward)	24:37
6 Darin Slade (Sac State)	24:42
7 Jeff Scott (Sac State)	24:44
8 Glyn Reynolds (Reebok Aggies)	24:45
9 Mike Jacobsens (CSU Humboldt)	24:46
10 Mike Stone (Sonoma State)	24:47
11 John Foley (UC Davis)	24:50
12 Roger Dix (CSU Chico)	24:50
13 Scott Marcondá (Reebok Aggies)	24:51
14 Juan Ramirez (Reebok Aggies)	24:51
15 Steve Strangio (Reebok Aggies)	24:55
16 Paul Cummings (UC Davis)	24:57
17 Dominique Westlake (CSU Chico)	24:58
18 Bill Quirk (Univ. of Santa Clara)	24:59
19 Joe Green (Reebok Aggies)	25:01
20 Bob Johnston (Sac State)	25:01
21 Pete Sweeney (Reebok Aggies)	25:03
22 Gillian (Unat.)	25:04
23 Sean Fain (UC Davis)	25:05
24 Jesus Gutierrez (Col. of NotreD)	25:09
25 Tom Davies (CSU Chico)	25:10
26 Jake Furbor (CSU Humboldt)	25:11
27 E. Freer (Unat.)	25:12
28 Mike Schrag (Sac State)	25:13
29 Juan Garcia (Unat.)	25:15
30 Jim Scattini (Boho RC)	25:16

Team Scores:

1. Sacramento State 62, 2. Reebok Aggies 69, 3. UC Davis Varsity 79, 4. CSU Hayward "A" 114, 5. Boho Running Club 131, 6. CSU Chico 159, 7. CSU Humboldt 233, 8. College of Notre Dame 236, 9. CSU Hayward "B" 379, 10. Sonoma State 391, 11. San Francisco State 403, 12. University of Santa Clara 415, 13. UC Davis "JV" 425, 14. Stanislaus State 522, 15. Saint Mary's College 582.

Overall Results - Women

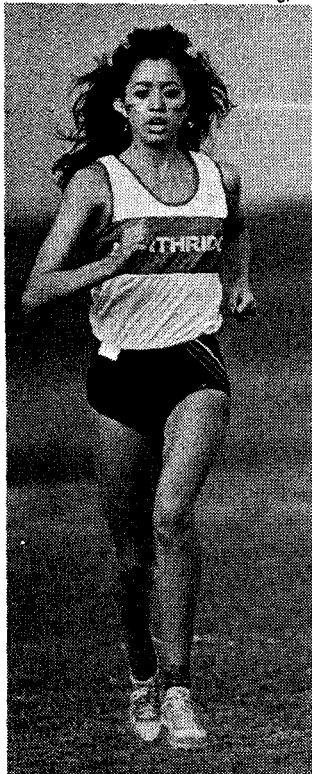
1 Robin Root (Unat.)	16:40
2 Janice Aiello (Reebok Aggies)	16:57
3 Laurie Hollingworth (SonomaSt)	16:58
4 Mullissa Martel (Reebok Aggies)	17:07
5 Jenn Thatcher (UC Davis)	17:10
6 Joyce Cherciyot (Univ. NV-Reno)	17:24
7 Julie Thomas (Reebok Aggies)	17:33
8 Jill Perry (Unat.)	17:35
9 Sally Carlson (UC Davis)	17:45
10 Sue Hansen (CSU Chico)	17:46
11 Paige Tully (UC Davis)	17:51
12 Patty Young (Univ. NV-Reno)	17:54
13 Connie Hester (Reebok Ag)	17:57
14 Pam Bragg (UC Davis)	17:58
15 Sheri Opp (St. Mary's Col)	18:09
16 Stacey Wainwright (UC Davis)	18:11
17 July Rasmussen (CSU Hayward)	18:14
18 Sandrine Demarral (Col NotreD)	18:15
19 Valerie Jensen (CSU Hayward)	18:19
20 Carolyn Crawford (UC Davis)	18:22
21 Wendy Becker (CSU Humboldt)	18:23
22 Jolly Earle (Sonoma State)	18:24
23 Cathy Way (Reebok Aggies)	18:25
24 Patty Pender (S.F. St)	18:25
25 Stephanie Fedorchak (CSU Hay)	18:25
26 Susan Horstmeyer (Col NotreD)	18:26
27 Monika Ziechay (Reebok Aggies)	18:27
28 Lorena Ferreira (Col NotreD)	18:30
29 Donna McKennon (Col NotreD)	18:31
30 Sharon Sander (CSU Hayward)	18:33

Team Scores:

1. Reebok Aggies 42, 2. UC Davis 46, 3. University Nevada-Reno 109, 4. Hayward State "A" 119, 5. College of Notre Dame 150, 6. Chico State 160, 7. San Francisco State 219, 8. Saint Mary's College 242, 9. Humboldt State 243, 10. Mills College 282, 11. UC Davis "JV" 287, 12. Sonoma State 306, 13. Santa Clara University 355, 14. Hayward State "B" 366, 15. University of San Francisco 433, 16. University of the Pacific 433.

Results

photo by Bill Leung, Jr.



Darcy Arreola

photo by Bill Leung, Jr.



Rich Brownsberger

Northridge Invite. Cross Country Meet

October 10. CSU Northridge Campus.

Overall Results - Men's 5 Mile

1. Rich Brownsberger (JamulToads)	24:57
2. Benito Cruz (CSLA)	25:04
3. Wilbert James (CSUN)	25:48
4. Rob Arsenault (CSLA)	25:48
5. Ramon Acosta (CSLA)	25:53
6. Martine Sandoval (CSLA)	25:59
7. George Castro (CSUN)	26:08
8. Derik Vett (CSUN)	26:11

9. Anthony Williams (UCRiverside)	26:13
10. Beat Ammann (UCLA)	26:17
11. Raul Serratos (UCRiverside)	26:19
12. Richard Erbes (Unattached)	26:19
13. Chris Lucas (UCRiverside)	26:25
14. Mark LaPlant (CSLA)	26:26
15. Chuey Alcaraz (UCRiverside)	26:27
16. Hebert Saravia (UCRiverside)	26:29
17. Craig Ingram (CSUN)	26:33
18. Eric Aguirre (UCRiverside)	26:38
19. Reggie Dechard (CSUN)	26:41
20. Dane Costley (CSUN)	26:43

Team Scores:

1. Cal State Los Angeles	33,	2. CSUN	54,
3. UC Riverside	64,	4. Southern Utah State	

192. 5. USC "B" 196.

Overall Results - Women's 5K

1. Darcy Arreola (CSUN)	17:42
2. Tricia Molina (Pacific Cst)	18:28
3. Sydney Thatcher (SLO)	18:47
4. Teresa Poy (CSUN)	18:51
5. Tammy McCarty (CSUN)	18:52
6. Carla Figueroa (Chapman)	18:55
7. Coleen Donovan (SLO)	18:58
8. Heather Brookes (CSUN)	19:15
9. C'za Azcultla (UCLA)	19:18
10. Sandra Rodriguez (CSLA)	19:19
11. Tina Cheney (CSUN)	19:21
12. Kiki Labortaux (UCLA)	19:26

13. Carolyn Richards (CSLA)	19:29
14. Kris Kochel (SLO)	19:36
15. Sherrie Roach (Running Exper.)	19:37
16. Jennifer Smith (UCLA)	19:43
17. Amanda Marks (SLO)	19:48
18. Jackie Gengler (Southern Utah)	19:50
19. Veli Lehman (UCLA)	19:55
20. Kathleen Hopkins (UCLA)	20:05

Team Scores:

1. CSUN 28,	2. UCLA 88,	3. Cal State LA
97,	4. Cal Poly Pomona 131,	5. Chapman
168,	6. Southern Utah 179,	SLO in-
complete.		

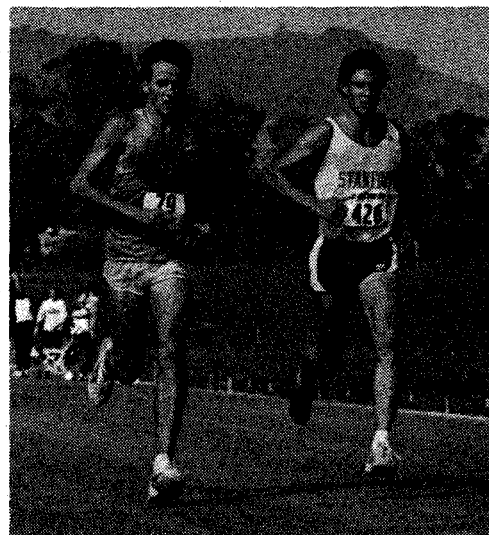


photo by Elaine Rosenfield

Marc Oleson (right) holds off Richard Graves at Cal Poly Meet.

Cal Poly Invitational Cross Country Meet

October 18. San Luis Obispo.

Men's Results

1. Olesen (Unat.)	23:59
2. Graves (Irvine)	24:02
3. Clayton (SDSU)	24:07
4. Jones (Reebok)	24:09
5. Quinonez (Irvine)	24:12
6. Gonzales (Reebok)	24:14
7. Conover (Reebok)	24:14
8. Mastalir (Stanford)	24:17
9. Gomez (Unat.)	24:27
10. James (Northridge)	24:27

Team Scores:

1. Aggie TC 44,	2. UC Irvine 123,	3. San
Diego State 145.		

Women's Results

1. Root (Unat.)	16:40
2. Rabbitt (Irvine)	16:45
3. Prieur (SLO)	16:50
4. Rimbel (Oxy)	16:50
5. Gray (Stanford)	16:53
6. O'Hara (Cal)	16:55
7. Arreola (Northridge)	16:59
8. Sutton (UCLA)	17:01
9. Harrington (Irvine)	17:03
10. Monaghan (Montana St)	17:07

Team Scores:

1. UCLA 74,	2. UC Irvine 84,	3. Cal Poly
SLO 92,	4. California 165,	5. Stanford 182.

photo by Jim Reynolds



Start at Cal Poly SLO Meet.

Results

Road Racing

Tetrack Trail 8 Mile

August 15. Griffith Park, L.A.

Farron Fields (25) smashed the course record at the 9th Annual Tetrack Trail 8 Mile Run in Griffith Park, Los Angeles, on August 15. His time of 43:19 beat the old record of 45:07 set by John Koulingh in 1982. Also under the old record was second place runner Alfredo Rosas (27) in 43:39. Jeff Olson (24) and Fernando Vasquez (23) tied for third with fast times of 46:16.

Linda Zeman (26) also set a new course record by several minutes as she ran 54:07 to finish 60th out of 670 official entrants. Other noteworthy efforts: Fred Ortega (40) ran 48:31 (8th overall) and Andre Tocco (52) ran 50:57 (29th overall).

The race is organized by the Griffith Park Athletic Club. It is on dirt trails and is one of the toughest races in Southern California. There are over 90 awards for the nine age divisions.

The race is drawing many ultradistance runners. Herb Tanzer (35) who won this years Western States 100 finished next to the women's division winner Zeman. Fred Shufflebarger (39) who won the 1986 Mule Run in record time was 21st in 50:32. Past national 50K record holder Ken Moffitt (35) on the comeback trail was 95th. Teri Gerber who was 1985 Western States 100

winner and Judy Milkie the 1984 Western States 100 winner were first and second in their age division with fast times of 57:43 and 58:46. Sheila Hashim (44) women's winner of the 1986 Angeles Crest 100 ran 61:45. Just to prove the course wasn't that tough - Jim Rellen, Ralph West, Milkie and Gerber ran it a second time. Maybe next year we should rename the race "Double" Tetrack Trail.

John Sporleder

Overall Results

1	Farron Field (25)	43:19
2	Alfredo Rosas (27)	43:39
3	Fernando Vasquez (23)	46:16
4	Jeff Olson (24)	46:16
5	Neff McGhie (18)	47:31
6	Steve Brumwell (29)	47:52
7	Ed Avol (35)	47:59
8	Fred Ortega (40)	48:31
9	Peter Oviatt (17)	48:49
10	Denis Baulte (29)	48:56
11	Art Molina (27)	48:57
12	Ramiro Valencia (18)	49:26
13	Not Available	49:30
14	Alan Reynolds (23)	49:33
15	Herminio Garcia (31)	49:53
16	Jose Hernandez (20)	49:58
17	Bob Essegier (38)	50:13
18	Phil Smith (27)	50:23
19	David Bower (32)	50:26
20	Gary Carlin (33)	50:28
21	Fred Shufflebarger (39)	50:32
22	Andy Clifford (31)	50:36
23	Eddie Mora (31)	50:37
24	Roger Dahl (24)	50:39
25	Mark Hemphill (38)	50:43
26	David Alvarado (23)	50:49
27	Dale Frank (31)	50:53
28	Barry Weaver (30)	50:56
29	Andre Tocco (52)	50:57
30	Tom Halaszynski (19)	51:17
31	Jose Luis Servin (28)	51:21
32	Efren Garcia (19)	51:36
33	Larry Heginbottom (28)	51:39
34	Phillip Cohen (30)	51:41
35	Dror Ben-Ami (17)	51:42
36	David Lucuts (24)	51:48
37	Jose Rodriguez (33)	51:50
38	Ed Streichman (35)	51:52
39	Rafael Moran (28)	51:54

40	John Fisanotti (31)	52:04
41	Ed Lopez (27)	52:14
42	David Rawlins (17)	52:15
43	Chris Melvin (34)	52:28
44	Don McCarthy (43)	52:53
45	Dan Takahashi (31)	53:05
46	Russell Dragon (40)	53:12
47	Juan Cabeza (44)	53:16
48	Mike Deneen (27)	53:21
49	Brian Nelson (30)	53:33
50	Dallas Jones (35)	53:38

Legg Lake 5K Morning Run

August 23. So. El Monte.

Division Results - Men

5 & Under: 1. Scott Bedoy N.T. 6-9: 1. Brin Corriveau 23:00, 2. William Cortes 23:05.
10-14: 1. Chip English 20:13, 2. Jacob Romero 22:49, 3. Fairley Simon 22:52.
15-18: 1. Abelardo DeLuna 16:25, 2. Jose Zavala 17:29, 3. Alfonso Canal 20:57.
19-24: 1. Cleofas Esquivel 16:47, 2. Steve Truvillo 18:23, 3. Timothy Stanley 19:57.
25-29: 1. Alvarado Antonio 16:19, 2. David Dennis 17:16, 3. Rene Castaneda 23:46.
30-34: 1. Andres Perez 22:27, 2. Dan Hanson 22:31, 3. Manny Alvarez 20:02, 2. Ron Chiya 20:45, 3. Ray Gonzales 21:03.
40-44: 1. Don Parker 18:36, 2. Mike Lalum 20:36, 3. Mike O'Havir 20:58.
45-49: 1. Jim Crawford 18:28, 2. Fred Glover 19:32, 3. David Nuttall 20:37.
50-54: 1. Booker Washington 19:28, 2. Cliff Stolba 20:00, 3. Dave Wake 21:22.
55-59: 1. Leo Prado 20:28, 2. Efrain Sanchez 20:49, 3. Bob Strobel 21:30.
60-64: 1. Wiley Nelson 26:01.
65-69: 1. John Guzman 25:47, 2. Fraser MacMinn 25:09.
80 & Over: 1. Jack Bishin 40:06.
Walkers: 1. Charles English 36:42, 2. Jose Bedoy N.T.

Division Results - Women

Walkers: 1. Marylyn English 39:45, 2. Mi Hanson N.T. 19-24: 1. Stacy Stern 20:26.
25-29: 1. Sonta Leavitt 23:46, 30-34: 1. Doris Chung 24:54, 2. Dianne Takao 25:15,

3. Kochitt Aguilera 26:36. **35-39:** 1. Donna Morin 21:55, 2. Kathleen White 26:48.
40-44: 1. Georgina Nuttall 22:53, 2. Anne Burke 23:24.
45-49: 1. Margaret Shields 22:35, 55-59: 1. Margaret Shields 22:35. **60 & Over:** 1. Irene Frank 37:51.

Mena Memorial

Bakersfield. 1 Mile & 5K.

Overall Results - Men's 5K

1	Juan Romero (13-19)	16:14
2	Thomas Valles (13-19)	16:45
3	Johnny Sameniago (13-19)	17:07
4	Victor Puentes (13-19)	17:16
5	Paul Contreras (13-19)	17:54
6	Enrique Saenz (13-19)	17:54
7	Richard Herrera (13-19)	18:13
8	Chris Coyle (13-19)	18:30
9	Burt Ellison (20-29)	18:46
10	Cesar Romano (20-29)	18:57

Overall Results - Women's 5K

1	MaryAnn Martinez (13-19)	20:12
2	Diane Marshall (20-29)	20:35
3	Leslie King (30-39)	20:50
4	Laura Lowe (20-29)	21:14
5	Heather Reid (13-19)	22:13
6	Lorraine Melendez (20-29)	22:21
7	Lisa Carbone (13-19)	22:27
8	Jeanne Gregory (30-39)	23:02
9	Andrea MacDonald (30-39)	23:07
10	Margie Stauffer (50 & Over)	23:33

Overall Results - Men's 1 Mile

1	Juan Romero (13-19)	4:55
2	Mario Lopez (20-29)	5:14
3	Carl Hartley (20-29)	5:23
4	Fernando Gomez (30-39)	5:31
5	Juan Flores (13-19)	5:33

Overall Results - Women's 1 Mile

1	Audrey Maynor (13-19)	6:03
2	Angelique Berens (13-19)	6:20
3	Miranda Rosales (13-19)	6:21
4	Bonita Lopez (12 & Under)	6:57
5	Jessica Leal (13-19)	6:59

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Results

Sunset 5K Run

August 22. Rivera Park. Pico Rivera.

Division Results - Men

14 & Under: 1. Richard Vasquez 26:31, 2. Mike Johnson 26:37, 3. Glen Rodriguez 34:11. **15-18:** 1. Haissam Sabra 16:45, 2. Marcial Bertran 16:46, 3. Alfredo Crisanto 17:50. **19-30:** 1. Charles Breasy 16:10, 2. Michael Valdez 17:34, 3. Arnie Holiday 18:03. **31-40:** 1. Bernie Brizuela 17:45, 2. Jose Rodriguez 18:07, 3. Gary Carlin 18:10. **41-50:** 1. Larry Fabela 18:39, 2. Dale Friachild 18:39, 3. Don Parker 19:52. **51-60:** 1. Richard Flores 19:27, 2. Cliff Stolba 20:35, 3. Aurelio Camacho 20:41. **61 & Over:** 1. Larry Banuelos 20:53, 2. Aucky Bryant 21:59, 3. Robert Dorren 29:02.

Division Results - Women

14 & Under: 1. MaryLou Johnson 23:36, 2. Marianne Chavez 26:00, 3. Kathryn Johnson 27:56. **15-18:** 1. Carol Doody 22:17, 2. Karen Talamantes 22:55, 3. Monica Sencion 23:13. **19-30:** 1. Joyce Morgie 21:07, 2. Esther Cuellar 22:00, 3. Donna Morin 22:42. **31-40:** 1. Esperanza Andrews 26:41, 2. Donna Henderson 33:51. **41-50:** 1. Theresa Riley 25:16, 2. Ranche Martinez 29:35, 3. Susa Archamb 26:31.

Mule Run Ultra

August 29. Bishop. 31 Mile Trail.

The weather was warm and the competition was hot. At 7:00 a.m., 223 runners left the starting line at Millpond Recreation Park for the 31 mile trail run up and around the Sierra Nevada foothills. With the wether predicted to be in the 90's, the runners knew it would be a survival, but with the help of the super aid stations and the fantastic scenery, most runners finished the race in great shape. Even the climb up Mule Mountain, 28 miles into the race, was worth the effort when finally reaching the spectacular view at the top.

Herb Tanzer, the 1987 Western States 100 winner, challenged the Mule Run for the first time. With the heat and fast pace of the front runners, many started dropping off the pace, but Tanzer proved tough and finished first overall in 4:06:30. (In 4 years only one runner has ever broken the 4 hour barrier). The overall womens winner with a great time of 4:55:48 was Judy Milkie, another Western States 100 champion and a former Mule Run women's champion.

The Mule Run Ultra is growing in tradition as a weekend of fun, bringing runners together from all over the United States, and also from England, as Martyn Greaves also challenged the course this year. The Mule Run has been growing every year, from 17 runners just 4 years ago, to 260 accepted runners in 1987, and many more having to be turned down. It's unfortunate, but in order to preserve the quality of the race for each runner, entries must be limited.

Overall Results

1 Herb Tanzer (Topanga) 4:06:30
2 Steven Harris (San Pedro) 4:16:49
3 Gill Cornell (Ridgecrest) 4:18:37
4 Bill Kissell (SanDimas) 4:20:16
5 Andre Tocco (San Pedro) 4:26:40
6 Ozzie Osgood 4:37:40
7 Maurie Bousquet (S.Clemente) 4:40:15
8 Martyn Greaves (England) 4:46:39
9 Scott Simpkin (CostaMesa) 4:48:08
10 Fred Kiddy (PalmSprings) 4:49:56

Division Results - Men

29 & Under: 1. M. Greaves 4:46:39, 2. J. Rowe 5:51:12. **30-34:** 1. S. Harris 4:16:49, 2.



Start of Mule Run Ultra

B. Kissel 4:20:16, 3. S. Simpkin 4:48:08. **35-39:** 1. H. Tanzer 4:06:30, 2. G. Cornell 4:18:37, 3. R. West 4:52:22. **40-44:** 1. O. Osgood 4:37:40, 2. R. Lowy 5:07:37, 3. R. Ramirez 5:27:58. **45-49:** 1. M. Bosquet 4:40:15, 2. R. Vander Strucken 5:04:15, 3. L. Brooks 5:12:10. **50-54:** 1. A. Tocco 4:26:40, 2. F. Kiddy 4:49:56, 3. J. Bond 5:30:35. **55-59:** 1. J. Soto 4:55:21, 2. J. Rohde-Moe 5:25:26, 3. J. Resh 5:58:47. **60 & Over:** 1. R. Frei 7:35:57.

Division Results - Women

29 & Under: 1. H. Anderson 5:48:07. **30-34:** 1. S. Burak 5:08:36, 2. S. Liner-Jigamian 5:53:59, 3. D. Caterina 6:41:15. **35-39:** 1. J. Milkie 4:55:48, 2. T. Gerber 5:13:08, 3. J. Levat 5:44:27. **40-44:** 1. M. Neville 5:40:16, 2. B. Spahr 6:00:06, 3. S. Reinhardt 6:06:26. **45-49:** 1. B. White 6:56:29, 2. C. Plowman 8:42:47, 3. B. Winters 8:54:43. **50-54:** 1. S. Kiddy 6:12:27, 2. M. Jennings 6:39:51, 3. M. Rehorn 7:33:28.

Serene Lake 5 Mile Handicap

Sept. 7. Soda Springs.

Seventy year old Paul Reese of Auburn left the starting line first and held off all challengers to win the 1987 Serene Lakes 5 Mile Handicap.

The thin and smokey air of Soda Springs saw 106 brave souls finish this 8th annual event. Last years winner, 50 year old Vicki Bigelow chose not to defend her title and course record holder Ray Cook was injured. Still the talent was there.

Four time Columbian Olympian Domingo Tibaduiza started with a 30 second headstart but could not catch Reese who left 13 minutes earlier, Reese winning in 23:24 and "Tib" finishing 2nd in 24:50. Waldemar Cierpinski, a.k.a. Mark Conover, finished 3rd in 24:59. Conover turned in the fastest time of the day as he left with the scratch group (5:00 min/mile at 6800 ft.).

The first woman across the line was Rosy Tibaduiza finishing 11th overall in 26:39. Eileen Burger was 2nd in 27:08 and the infamous Tekilla Queen was 3rd in 27:22.

Said Aouita, no doubt a bit fatigued from his 5,000m win in the world championships the previous day, could do no better than 20th.

Overall Results

1 Paul Reese (13 1/2 min) 23:24
2 Domingo Tibaduiza (30 sec) 24:50
3 Waldemar Lierpinski (0) 24:59
4 Denis O'Halloran (30 sec) 25:36
5 Glynn Reynolds (30 sec) 25:51
6 Robert Malain (6 1/2 min) 25:59

7 Bo Jackson (30 sec) 26:03
8 Paul Kipkoech (0) 26:04
9 Harry Spillman (30 sec) 26:04
10 Bill Knapp (30 sec) 26:11

Berryessa Biathlon

Sept. 12. Lake Berryessa.

(1 1/4 Mile Swim, 24 Mile Bike)

Overall Results

1 Rick Shand (16) 1:20:03
2 Bruner/Rosilani (Team) 1:24:26
3 Richard Valdez (16) 1:24:30
4 Winkler/Heydorn (Team) 1:25:25
5 Eric Seward (16) 1:25:30
6 Dietrich/Schimpf (Team) 1:25:43
7 Kyle Ditzler (16) 1:26:22
8 Steve Dunlop (16) 1:26:34
9 Sean Scott (16) 1:26:59
10 John Schmitz (16) 1:27:11
11 Bob Scott (16) 1:27:36
12 Witzel/Durelsag (Team) 1:28:12
13 Sean Robertson (16) 1:28:21
14 George Erving (30) 1:28:30
15 James Delacy (40) 1:28:38
16 Lauderback/White (Team) 1:28:40
17 Fitzgerald/Armstrong (Team) 1:28:53
18 Marcel Vifian (16) 1:29:00
19 Samson/Fieldier (Team) 1:29:30
20 John Jema (16) 1:29:57
21 Gray/Vol (Team) 1:30:25
22 Bruce Lin (16) 1:30:50
23 Al Lipske (30) 1:31:50
24 Gregory Follrath (16) 1:31:56
25 Linda Schmucker (30 F) 1:31:57

Atascadero Lake Park Biathlon

September 12. Atascadero.

Division Results - Men

19 & Under: 1. Aaron Wolff 1:59:37, 2. Jim Dengler 2:10:10. **20-29:** 1. Keith Schmidt 1:29:04, 2. Ken Sung 1:42:02, 3. Paul Rodriguez 1:42:39. **30-39:** 1. Ken Kinsell 1:37:17, 2. Bob Gugliamelli 1:37:38, 3. Phill Smith 1:40:16. **40-49:** 1. Mick Renorn 1:43:19, 2. Randell Gold 1:45:09, 3. Evan Dill 1:45:30. **50-59:** 1. Gordon Smith 1:48:59, 2. August Meinadksnis 1:51:40, 3. Ty Hadley 2:00:41. **60 & Over:** 1. Bill Denneen 2:14:50.

Division Results - Women

19 & Under: 1. Shari Roberts 2:28:55. **20-29:** 1. Christine McKinley 2:01:00, 2. Lis Doane 2:41:51. **30-39:** 1. Lori Logan 2:01:44, 2. Barbara Purchase 2:17:13, 3. Joyce Cocke 2:18:21. **40-49:** 1. Mary Hooper 1:58:15. **50-59:** 1. Marilyn Renorn

2:11:34. **60 & Over:** 1. Elizabeth Baker 3:16:25.

Team Results:

Men:

1. Keith Schmidt/Mike Arells 1:36:52, 2. Steve Trueblood/Dave Wheeler 1:39:16, 3. Hugo Schmidt/Buzz Hamblin 1:43:12.

Women:

1. Christy McKinley/Susan Vestcott 1:58:49, 2. Lucy Ahrens/Lynn Kosorel 2:00:12, 3. Annette Hunter/Cindy Washburn 2:14:19.

Mixed:

1. Jay Carroll/Kim Stanley 1:41:21, 2. John Cutter/Christie Cutter 1:54:05, 3. Jack Brown/Karolee Jorgensen 1:59:26.

1982. Mission San Jose (Fremont) set the postal boys record of 47:05 (9:25.2 per boy) in 1978. That team was composed of Steve Strangio 9:04.8, Jack Marden 9:21.2, soph Jay Marden 9:23.4, Rich Read 9:23.8, and Carey 9:55.

Fremont (Sunnyvale) won the girls team title in 62:54, the 41st best performance.



Space Country Triathlon

September 12. Lompoc.

Overall Results - Men

1 Steve Schmidt (26) SantaMaria 1:09:54
2 Tony Sehgal (17) Lompoc 1:11:20
3 Toby Wroblecka (26) Lompoc 1:17:00
4 Brian Friedmann (22) SLO 1:17:19
5 David Edward (23) Goleta 1:18:12
6 Dan Troup (27) Lompoc 1:19:50
7 Alan Hoffman (39) Goleta 1:19:58
8 James Parker (30) Goleta 1:20:37
9 John Franklin (28) SantaMaria 1:22:14
10 Glenn Brooking (33) Atascadero 1:24:20
11 Chris Mangini (37) Lompoc 1:24:54
12 Michael Twiford (33) Atasca 1:26:29
13 John Cameron (38) SantaMaria 1:27:16
14 Todd Robinson (31) Lompoc 1:28:47
15 Mark Osterlag (34) SantaMaria 1:29:40
16 Tony Quicke (27) Ojai 1:29:51
17 Michael Peterson (29) ArroyoGr 1:31:04
18 Don Robinson (34) S.Barb 1:31:38
19 James Ader (30) SantaMaria 1:31:46
20 Ken Netzeband (35) S.Barb 1:31:54

Overall Results - Women

1 Karen Baillie (25) LosOsos 1:32:47
2 Anne Campbell (20) SLO 1:34:53
3 April Wagner (20) SLO 1:36:39
4 Miriam Klawiter (23) SLO 1:37:00
5 Paula Bouckaert (24) Goleta 1:37:36
6 Shauna Wallace (31) S.Barb 1:42:42
7 Denise Neil (25) SLO 1:42:51
8 Joanne Cameron (35) S.Maria 1:45:28
9 Heidi Schuetzle (31) Lompoc 1:46:34
10 Loretta Towne (36) LosOsos 1:47:15
11 Marcia Perry (33) S.Maria 1:47:23
12 Denise Forren (32) Lompoc 1:49:49
13 Nancy Smith (34) S.Maria 1:50:10
14 Jean Valencia (27) Lompoc 1:53:22
15 Melanie Mattina (23) SLO 1:57:00
16 Susanne Boyer (34) Lompoc 1:57:36
17 Diane Shedden (26) Lompoc 1:58:05
18 Patty Malone (27) Redondo Bch 1:59:38
19 Sharon Farage (38) SLO 2:03:38
20 Jane Philbrick (52) S.Barb 2:21:44

Team Results

1 Jones/Ryan/Valencia (Lompoc) 1:13:55
2 Betty/Langfeldt/Langfeldt 1:21:39
3 Espino/Espino/Espino (Lomp) 1:22:46
4 McSorley/Fink/Gil (S.Maria) 1:28:40
5 Hill/Ray/Brodhecker (Lompoc) 1:32:38

Results

Brickyard Landing Home Run

Sept. 13. Point Richmond. 10K.

Overall Results

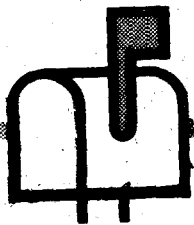
1	Brian Mayberry (23) ElCerrito	32:36
2	Doug Butt (42) Fairfield	33:31
3	Don Hickman (35) Richmond	33:33
4	Don Looby (28) Hayward	34:49
5	Dennis Kurovsky (37) Benicia	34:55
6	Greg Pattison (35) Berkeley	35:16
7	Topm Dubos (28) Pt. Richmond	35:24
8	Herbert Bowlas (34) S.F.	35:26
9	Michael Paddy (34) S.F.	35:45
10	Ron Kiyond (39) Union City	35:51

Division Results - Men

15 & Under: 1. Jason Ysyp 41:47, 2. Thomas O'Donoghue 51:00, 16-29: 1. Bryan Mayberry 32:36, 2. Don Looby 34:49, 3. Tom Dubos 35:24, 30-39: 1. Don Hickman 33:33, 2. Dennis Kurovsky 34:55, 3. Greg Pattison 35:16, 40-49: 1. Doug Butt 33:31, 2. Jim Minami 35:59, 3. Gerald Werner 36:15, 50-59: 1. Paul Ligda 38:31, 2. Rich Barke 38:33, 3. Don Hildebrand 39:20, 60 & Over: 1. Alan Hitchings 38:53, 2. John Rasmussen 49:32, 3. Bill Newcomb 67:07.

Division Results - Women

15 & Under: 1. Dana Wesendunk 57:20, 16-29: 1. Loree Lee 44:29, 2. Susan Sowers 47:21, 3. Lisa Hoffmann 56:52, 30-39: 1. Marilyn Acquistapace 39:44, 2. Harriet Guberman 42:18, 3. Sue Alo 43:56, 40-49: 1. Danyelle Cane 44:47, 2. Alexandria Vitomski 50:45, 3. Belle Bogart 53:45, 50-59: 1. Margaret Ghatge 45:19, 2. Jean Duncan 57:40, 3. Barbara Wein 62:00.



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All American Biathlon

September 13. Cal Poly Pomona.

Overall Results

1	Bruce Reid (M Relay)	1:11:08
2	Greg Stewart (M Pro)	1:14:35
3	Brian Clary (M 25-29)	1:19:00
4	Dave Stevens (M Pro)	1:20:15
5	Scott McAfee (M Relay)	1:20:25
6	Michael Lynch (M 25-29)	1:20:28
7	Marc DeLeon (M Pro)	1:20:35
8	Bobby Charlebois (M Relay)	1:20:37
9	Anthony Martinez (M 25-29)	1:21:12
10	Terry Martin (M 40-44)	1:21:20
11	Jeff Bender (M 25-29)	1:21:21
12	Marckx (M 18-24)	1:21:21
13	Rex Johnson (M 17&U)	1:21:23
14	Bob Macy (M 40-44)	1:22:36
15	Stan Bratt (M 18-24)	1:22:49
16	John Perez (M 25-29)	1:22:56
17	Bill Bowman (M 18-24)	1:23:04
18	Larry Quелlette (M 25-29)	1:23:27
19	Richard Foreman (M Relay)	1:23:29
20	Donald Wade (M Relay)	1:23:37
21	Richard Cooper (M 40-44)	1:23:41
22	Josh Elliswood (M Relay)	1:23:58
23	Frank Pefley (M 30-34)	1:24:07
24	Wade Watkins (M 18-24)	1:24:34
25	Michael Foley (M 25-29)	1:24:38

Woodland Triathlon

Sept. 13. Woodland.

(Long course: 1.6K Swim, 25 Mile Bike, 10K Run. Short course: 1/2 Mile Swim, 12 1/2 Mile Bike, 3K Run).

Division Results - Men's Long Course

20-29: 1. Peter Motekaitis 2:13:30, 2. John Walker 2:27:21, 3. David Midel 2:36:19, 30-39: 1. Kennedy 2:25:31, 2. Sharp 2:25:53, 3. Little 2:39:52, 40-49: 1. Gould 2:13:45, 2. Parmelee 2:39:53, 3. Miguel 2:41:48, 50 & Over: 1. Paul Brady 2:42:31, Division Results - Women's Long Course 20-29: 1. Lori Partlow 2:40:47, 2. Leiferman 3:00:15, 3. Willet 3:07:41, 30-39: 1. Kamigawachi 2:49:21, 2. Melli 2:57:04, 40-49: 1. Tilton 3:10:21.

Division Results - Men's Short Course

14 & Under: 1. Lucchesi 1:30:14, 2. Kyle Miller 1:31:32, 3. Kepec 1:31:50, 15-19: 1. Arne Hanson 1:08:42, 2. Ladwig 1:16:30, 3. David Kopec 1:16:50, 20-29: 1. Fred Boos 1:13:06, 2. Larson 1:16:56, 3. Tuiner 1:18:29, 30-39: 1. Low 1:09:42, 2. Ricker 1:17:37, 3. Lewis 1:25:53, 40-49: 1. Hartman 1:16:30, 2. Cartwright 1:16:50, 3. Lee 1:17:50, 50 & Over: 1. Riley 1:21:51, 2. Malone 1:47:00.

Division Results - Women's Short Course

14 & Under: 1. Thole 1:44:12, 15-19: 1. Silan 1:34:15, 2. Hортman 1:37:12, 3. Sorrells 2:07:38, 20-29: 1. Kraus 1:23:42, 2. Egan 1:29:18, 3. Kathy Slaven 1:30:45, 30-39: 1. Bunting 1:29:51, 2. Martinez 1:45:11, 3. Hamar 2:01:30, 40-49: 1. Brice 1:39:49, 2. Nemzek 2:08:40, 50 & Over: 1. Behan 1:58:09, 2. Stephan 2:09:16.

Long Course - Team Results

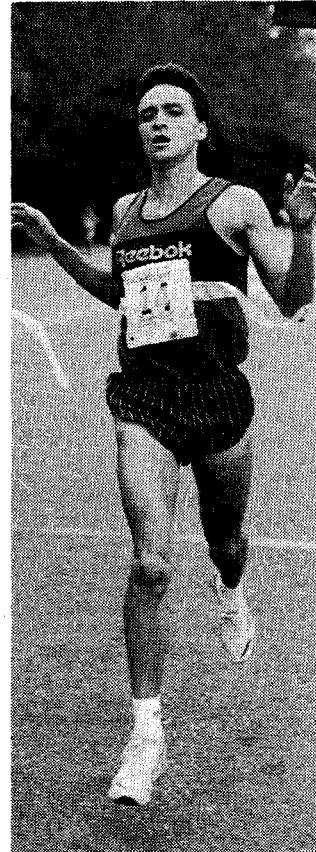
20-29: (Family) 1. Wallace Family 2:34:52, (Mixed) 1. Harmon, Heinson, Archie 2:49:45, 30-39: (Mixed) 1. Blais, Dunlap, Hinsworth, 2:07:17, 2. Noelz, Lang, Letterman, 2:27:28, 40-49: (Mixed) 1. Carpenter, McElroy, Crockett 2:09:59, 2. Campion, Bolinder, Woerner 2:13:65, 50 & Over: (Mixed) 1. Wegienka, Camacho, Morley 1:48:05.

Short Course - Team Results

14 & Under: (Family) 1. Kennedy Family N.T. (Mixed) 1. Hansen, Phillips, DeGregorio 1:14:31, 2. Kowes, Ford, Qualls 1:28:31, 3. Hansen, Besley, Besley 1:48:31, 15-19: (Mixed) 1. Gutierrez, Vidales, Zaragoza 1:11:52, 2. Rubio, Davies, Pruden 1:21:12, 3. Gould, Crowley, Reece 1:25:56, 20-29: (Family) 1. Judovina, Drummond, Drummond 1:22:03, 2. Brown

Family 1:26:53, 20-29: (Mixed) 1. MacFarland, Stefanides 1:07:49, 2. Blakewell, Espenscheid, Ro 1:09:51, 3. Polkinghorne, Cook, Kiewer 1:12:22, 30-39: (Family) 1. Burris, Burris, Bluette 1:34:11, (Mixed) 1. Busse, Lewis 1:23:53, 2. Guiliail, Pahmeyer, Lee 1:26:52, 40-49: (Mixed) 1. Hansen, Matthews, Besley 1:17:56, 2. Besley, Hansen, Wallace 1:27:42, 3. Grace, Lewis, Moore 1:38:15.

Photo by Ken Lee



DAN GONZALEZ

Hoy's Sports 10K

Sept. 13. San Francisco. 10,000m.

Over six hundred participants gathered in Golden Gate Park, San Francisco, under perfect racing conditions (windless, overcast, 60 degrees) for the Fifth Annual Hoy's Sports 10K. A very fine field was in attendance to compete for the excellent divisional awards as well as prize and bonus money. Dan Gonzalez and Mark Conover led ten more runners past miles one and two in 4:36 and 9:22. But the ambitions of all but the eventual winner were laid to rest as Gonzalez threw the field into disarray with a fierce effort on the rolling terrain of the third mile. At three miles in 14:02 and the field now strung in a line behind him, Gonzalez was clearly in a position to challenge Dan Grimes '86 course record of 29:18. But the charging Gonzalez had done his job too well and with no one to challenge him he narrowly missed with his superb 29:21. The remaining prize money spots were occupied by Mark Conover (29:46), Charles Alexander (29:50), and John Moreno (29:56). The bonus money, \$300, which would have gone to the fastest male or female record establisher vis-

vis the old records was given in a drawing to Charles Alexander who outlucked 5 others in the elite standards random drawing.

Joachim Bechtle surprised onlookers as he took the masters top money with his smooth as silk 31:41. Pat English ran sub 36:00 (35:55) to win the open women's division and in so doing became the only woman in the elite drawing. But it was a contest of luck, not beauty, and Pat had to settle for a time that no doubt bodes well for her future racing fortunes.

Jim Tracy

Hoy's Sports Staff Writer

Overall Results - Men

1	Dan Gonzalez (25) Mt. View	29:21
2	Mark Conover (27) SLO	29:46
3	Charles Alexander (23) Mt. View	29:50
4	John Moreno (32) Pacifica	29:56
5	Chris Schallert (27) Santa Rosa	30:15
6	Rod Berry (27) S.F.	30:20
7	Joe Rubio (24) SLO	30:33
8	Dennis Kurtis (33) San Jose	30:36
9	Tom Borschel (29) Oakland	30:48
10	Glyn Reynolds (32) Cupertino	30:53

Overall Results - Women

1	Patricia English (34) San Ansel	35:55
2	Sharon Maley (27) Foster City	37:05
3	Meighan McGee (28) S.F.	38:12
4	Tanya Savory (26) S.F.	39:41
5	Cynthia Bailey (22) Oakland	39:45
6	Margaret Lang (25) Berkeley	40:12
7	Darcy Plymire (30) S.F.	40:53
8	Deborah Erdy (27) S.F.	40:54
9	Trisha McAlmond (21) S.F.	41:16
10	Bea Churuchman (25) S.F.	41:56

Division Results - Men

16 & Under: 1. Andy Bupp 34:30, 2. Hector Oreolana 39:44, 3. Tim Hayman 41:28, 17-29: 1. Dan Gonzalez 29:21, 2. Mark Conover 29:46, 3. Charles Alexander 29:50, 30-39: 1. John Moreno 29:56, 2. Dennis Kurtis 30:36, 3. Ken Adams 30:53, 40-49: 1. Joachim Bechtle 31:41, 2. Bill Sevald 32:27, 3. Ken Adams 32:58, 50-59: 1. Siegfried Mattern 36:54, 2. Gary McCuen 36:56, 3. Alex Derieux 38:29, 60 & Over: 1. Joe King 38:24, 2. Bollinger Karl 42:26, 3. Warrenner Pait 45:01, Master: 1. Joachim Bechtle, 2. Bill Sevald, 3. Ken Adams.

Division Results - Women

16 & Under: 1. Thea Roberts 44:59, 2. Nancy Bell 45:35, 3. Raquel Kuroner 51:32, 17-29: 1. Sharon Maley 37:05, 2. Meighan McGee 38:12, 3. Tanya Savory 39:41, 30-39: 1. Patricia English 35:55, 2. Darcy Plymire 40:53, 3. Karen Ashe 44:29, 40-49: 1. Elaine Pierce 42:36, 2. Sandra Verhoogen 43:53, 3. Ann Reynolds 44:32, 50-59: 1. Marty Maricle 44:58, 2. Hisae Reichel 50:21, 3. Elaine Pedersen 53:03, 60 & Over: 1. Nina Gramowich 58:41, 2. Annabel Marsh 62:14, 3. Mary Friebe 62:48, Master: 1. Elaine Pierce, 2. Sandra Verhoogen, 3. Marty Maricle.

Don Pedro Triathlon

Sept. 20. Don Pedro Lake.

(IM denotes ironmen, IW ironwomen)

Overall Results

1. John Holbeck (Calimesa) IM (18-29) 1:54:34, 2. John England-Timothy Huber-Tom Ring (Turlock Men's Relay) 1:59:04, 3. Curtis Karowski (San Jose) Rick Ferrell (San Jose) Melanee Miles (Santa Cruz) mixed relay 2:00:06, 4. Anthony Milevsky (Sacto) IM (18-29) 2:00:20, 5. Bradley Hoff-Curt Royer-Larry Johnston (Merced men's relay) 2:00:26, 6. Billy Harmon (Sonora) IM (18-29) 2:04:10, 7. Chris Ward (San Leandro) IM (18-29) 2:05:27, 8. William Peck-David Bradford-David George (Modesto men's relay, masters) 2:05:33, 9. Greg Ward (San Leandro) IM (30-39) 2:07:21, 10. James Martin (Davis) IM (18-29) 2:07:53.

Results

Walnut Festival Run

Sept. 20. Walnut Creek. 10K & 5K.

Overall Results - Men's 10K

1 Lawrence McKendell (26)	31:44
2 Peter O'Reilly (29)	32:09
3 Julios Ratti (37)	33:03
4 Terry Tubb (40)	33:19
5 Michael Hagarty (28)	33:33
6 Paul Beisser (34)	34:00
7 Keith Vescial (17)	34:33
8 Jonathan Stiles (16)	34:33
9 Robert Parks (36)	34:34
10 Bill Allman (40)	34:48

Overall Results - Women's 10K

1 Catherine Porter (24)	36:09
2 Trisha Arbogast (27)	38:58
3 Penny DeMoss (37)	39:02
4 Karen Koslow (30)	39:23
5 Elizabeth Howie (24)	41:10
6 Hilary Lovell (27)	42:46
7 Barbara Ginos (35)	42:57
8 Cindy Joyce (26)	43:07
9 Elisa Kinder (36)	43:26
10 Merribeth Midtlyng (27)	43:30

Division Results - Men's 10K

12 & Under: 1. Gus Knapp 43:02, 2. Joseph Loftus 48:48, 3. Brian Whitford 51:08, 13-18: 1. Keith Vescial 34:33, 2. Jonathan Stiles 34:33, 3. Andrew Morrell 36:24, 19-29: 1. Lawrence McKendell 31:44, 2. Peter O'Reilly 32:09, 3. Michael Hagarty 33:33, 30-39: 1. Julios Ratti 33:03, 2. Paul Beisser 34:00, 3. Robert Parks 34:34, 40-49: 1. Terry Tubb 33:19, 2. Bill Allman 34:48, 3. Stephen Lyons 35:25, 50-59: 1. Bryan Holmes 36:58, 2. Bill Mossie 38:17, 3. Bill Mertens 41:05, 60 & Over: 1. Steve Woishnis 44:07, 2. John Nyser 45:30, 3. Ulysses Ratti 47:42.

Division Results - Women's 10K

12 & Under: 1. Melody Bradford 47:47, 2. Denise Bender 55:14, 3. Diana Wesendunk 1:05:07, 13-18: 1. Jennifer Scoville 53:46, 2. Angela Upshaw 55:23, 3. Jessie Verhoek 1:02:28, 19-29: 1. Catherine Porter 36:09, 2. Trisha Arbogast 38:58, 3. Elizabeth Howie 41:10, 30-39: 1. Penny DeMoss 39:02, 2. Karen Koslow 39:23, 3. Barbara Ginos 42:57, 40-49: 1. Patty Hung 44:45, 2. Nancy Lesage 45:02, 3. Marcys Hayden 45:04, 50-59: 1. Nancy Finster 1:01:45, 60 & Over: 1. June Thompson 1:01:13.

Overall Results - Men's 5K

1 Bryan Mayberry (23)	15:38
2 Mark Gregor (28)	15:40
3 Kevin Cowley (29)	16:20
4 Edward Downing (25)	16:22
5 Paul Skokowski (31)	16:26
6 Mike Mahoney (18)	16:30
7 Jim Reitz (43)	16:31
8 Michael Thomas (30)	16:45
9 Michael Zygaczenko (33)	17:03
10 George Gilbert (33)	17:07

Overall Results - Women's 5K

1 Becky Spies (14)	18:16
2 Melissa Pardini (16)	19:24
3 Libby Muller (28)	20:32
4 Susan Bates (17)	20:48
5 Lauri Lowers (26)	20:59
6 Cheng-er Mehmedbasich (31)	21:16
7 Amy Christensen (14)	21:45
8 Diane Handley (44)	21:49
9 Melanie Melara (9)	22:02
10 Nancy Pelayo (44)	22:03

Division Results - Men's 5K

12 & Under: 1. Jonathan Sargent 20:18, 2. Scott Pierce 22:15, 3. Steven Brands 22:46, 13-18: 1. Mike Mahoney 16:30, 2. Paul Niess 17:33, 3. Chris Seeger 17:48, 19-29: 1. Bryan Mayberry 15:38, 2. Mark Gregor 15:40, 3. Kevin Cowley 16:20, 30-39: 1. Paul Skokowski 16:26, 2. Michael Thomas 16:45, 3. Michael Zygaczenko 17:03, 40-49: 1. Jim Reitz 16:31, 2. Malcolm Scotchler 17:39, 3. Joe Hancock 17:58, 50-59: 1. Michael Callahan 21:32, 2. Gail

Wetzork 22:29, 3. Don Capaletti 23:49, 60 & Over: 1. Robert DeChene 21:33, 2. Don Wilgus 22:52, 3. George Turman 24:13.

Division Results - Women's 5K

12 & Under: 1. Melanie Melara 22:02, 2. Colleen Plimier 24:48, 3. Nichole Ruiz 25:11, 13-18: 1. Becky Spies 18:16, 2. Melissa Pardini 19:24, 3. Susan Bates 20:48, 19-29: 1. Libby Muller 20:32, 2. Lauri Lowers 20:59, 3. Theresa Drake 22:42, 30-39: 1. Cheng-er Mehmedbasich 21:16, 2. Shirley Freitas 22:06, 3. Rebecca Mullins 24:37, 40-49: 1. Diane Handley 21:49, 2. Nancy Pelayo 22:03, 3. Dexter Dobberpuhl 22:56, 50-59: 1. Mary Rhodes 23:45, 2. Lucy Wait 24:59, 3. Ruth Levitan 28:59, 60 & Over: 1. Marge Tait 34:13, 2. Hilda Powell 34:39.

Pacific Crest Trail Ultra Marathon Half-Ultra Marathon And Relays

Sept. 20. Squaw Valley.

Overall Results - Ultramarathon

1 Denis O'Halloran (35) TahoeC	4:15:23
2 Sean Crom (31) Reno	4:15:34
3 Rob Anex (28) Menlo Park	4:15:42
4 Alan Dehlinger (26) Reno	4:26:35
5 Craig Moore (34) Placerville	4:31:38
6 Chris Turney (29) RanchoCord	4:32:37
7 Bob Bunnell (37) Kentfield	4:43:50
8 Peggy Smyth (35 F) SanAns	4:52:16
9 Rossy Tibaduiza (25) Reno	4:52:24
10 Bruce Von Borstel (28) C.Hts.	4:53:41

Division Results - Men's UltraMara.

16-29: 1. Rob Anex 4:15:42, 2. Alan Dehlinger 4:26:35, 3. Chris Turney 4:32:37, 30-39: 1. Denis O'Halloran 4:15:23, 2. Sean Crom 4:15:34, 3. Craig Moore 4:31:38, 40-49: 1. Bruce Von Borstel 4:54:14, 2. Jeff Wall 4:58:35, 3. Martin Jones 5:27:23, 50-59: 1. Gard Leighton 5:35:09, 2. Tommy Upton 6:09:28, 3. Richard Carp 6:29:52.

Division Results - Women's UltraMara.

16-29: 1. Rossy Tibaduiza-Cardenas 4:52:24, 2. Theresa McCourt 5:52:00, 3. Janet Soule 7:14:53, 30-39: 1. Peggy Smyth 4:52:16, 2. Chris Iwahashi 5:37:49, 3. Chris Fiaherty 5:53:11, 40-49: 1. Jeannie Ennis 7:32:47, 2. Kathy Sanchez 7:32:48, 3. Jackie Beaupre 7:39:13.
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Overall Results - Half-UltraMara

1 Marty Higginbotham (31) SoLKT	1:59:16
2 Butch Alexander (34) Sonoma	2:02:25
3 Dow Mattingly (36) WalnutCk	2:17:37
4 John Powley (46) Makawao	2:22:54
5 Michael Johnson (36) Truckee	2:26:10
6 Steve Garza (28) Placerville	2:28:06
7 Jerry Lyerly (48) Sacto	2:29:35
8 Steve Smith (41) InclineVly	2:30:04
9 Tomas Pastalka (40) MillVly	2:31:04
10 Bruce McDowell (33) Truckee	2:31:07

Division Results - Men's Half Ultra

16-29: 1. Steve Garza 2:28:06, 2. Daniel Robin 2:37:21, 3. Mike Tarvid 3:17:17, 30-39: 1. Marty Higginbotham 1:59:16, 2. Butch Alexander 2:02:25, 3. Dow Mattingly 2:17:37, 40-49: 1. John Powley 2:22:54, 2. Jerry Lyerly 2:29:35, 3. Steve Smith 2:30:04, 50-59: 1. Earl Norgard 3:09:32, 2. John Ball 3:14:06, 3. David Hughes 3:37:34, 60 & Over: 1. Rod Carveth 4:33:22.

Division Results - Women's Half Ultra

16-29: 1. Lisa Homen 3:04:43, 2. Kathryn Burrola 3:11:20, 3. Lee D'Anna 4:29:10, 30-39: 1. Kathy Welsh 2:46:32, 2. Jody Jepson 3:22:55, 3. Vivian Terwilliger 3:35:08, 40-49: 1. Mary Doyle 3:02:24, 2. Connie Casebier 3:18:55, 3. Judith Hooper 3:20:58.
--

Overall Results - Teams

1 Waldear/Hoefer	4:11:10
2 Mellor/Burger	4:22:56
3 Lundy/Smith	4:39:04
4 Gyorey/Tietz	5:03:14
5 Bunnell/Moore	5:14:29
6 Johnson/Lane	5:17:59

7 Treadway/Schmidt	5:24:19
8 Dinapoli/Copeland	5:33:50
9 Crumpler/Schnepper	5:34:10
10 Lovoi/Wiloughby	5:54:21

Men's Open Relay

1. Treadway/Schmidt 5:24:19, 2. Dinapoli/Copeland 5:33:50, 3. Crumpler/Schnepper 5:34:10.

ZMen's Masters

1 Woods/Schlee 5:55:01, 2. Meskinen/Gregory 6:19:51, 3. Fambriini/Maida 6:21:01.
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Women's Open Relay

1. Bunnell/Moore 5:14:29, 2. Beadle/Deaton 6:36:44, 3. Doherty-Leijon/DePaul 7:29:20.

Women's Masters

1. Lovoi/Wiloughby 5:54:21.

Coed Open Relay

1. Waldear/Hoefer 4:11:10, 2. Mellor/Burger 4:22:56, 3. Lundy/Smith 4:39:04.
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Coed Masters

1. Johnson/Lane 5:17:59, 2. Ganzel/Ganzel 6:31:45.
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Shin Zen Garden Run In The Park

Sept. 20. Woodward Park, Fresno.

Team Adidas stalwart Jim Hartig and Tanis Leyendekker of Visalia scored big wins during the running of the Shin Zen Garden 10K race.

Hartig turned in his best race in over a year as he toured the hilly course in 30:10 to defeat current "Runner of the Year" leader Al Lara of the Bud Lite team who had a 30:50. Hartig was out front at the opening gun and expanded his lead every mile. Lara, who was on the record setting Bud Lit-MSO Triathlon team the day before at Bass Lake tried in vain to stay with the Clark Elementary School teacher. Leyendekker won her fifth straight race in an exceptional 35:31. She is the current female "Runner of the Year" leader.

In the 2 Mile Race, Fresno Pacific College star Tiffany Shaw won in 11:16. Former Fresno State standout and now running for the Reebok Aggies, Bob Tapia, won in 9:17. Former FSU teammate Bryan Foley was second at 9:20.

Division Results - Men's 10K

18 & Under: 1. Eric Johnson 39:47, 2. Todd Sassano 44:13, 19-24: 1. Danny Vega 34:20, 2. Mark Hahn 35:23, 3. Chris Jensen 37:18, 25-29: 1. Burt Pope 33:13, 2. Jerry Valverde 35:48, 3. Tim Cornell 36:31, 30-34: 1. Alfred Lara 30:50, 2. Robert Garcia 35:46, 3. Gonzalo Bretado 36:31, 35-39: 1. Al Lomeli 33:00, 2. Terry Nepheu 36:16, 3. Gary Campbell 36:58, 40-44: 1. Ray Haymond 37:33, 2. Jim Healy 40:11, 3. Robert Strickland 42:04, 45-49: 1. Bill Woody 36:43, 2. Richard Mattos 37:38, 3. John Pemberton 43:04, 50-59: 1. Frank Padilla 34:36, 2. David Nowlis 41:50, 3. Ed Thomason 42:06, 60-69: 1. Jim Nagatani 52:56, 70 & Over: 1. Harry Harder 46:07.
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Division Results - Women's 10K

18 & Under: 1. Heather Reid 44:35, 2. Kara Reid 1:02:00, 19-29: 1. Diane Vartanian 39:53, 2. Charlene Janzen 40:12, 3. Nellie Gonzales 41:57, 30-39: 1. Carol Arney 41:58, 2. Sandy Jacob 43:25, 3. Connie Bitter 46:02, 40-49: 1. Sharon Mayo 43:38, 2. Mary Ann Barroso 47:00, 3. Debbie Schwartz 48:24.
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Division Results - Men's 2 Mile

9 & Under: 1. Noah Dye 12:24, 2. Dan Lomeli 14:50, 10-12: 1. Jeremy Shultz 12:41, 2. Ben Novak 13:45, 13-15: 1. Tony Hernandez 10:59, 2. Dennis Fontes 11:06, 16-18: 1. Enrique Diaz 9:51, 2. Rodney Stone 11:02, 19-29: 1. Erin Woody 10:24, 2. Thomas Morgan 10:51, 3. Alan Harris 11:09, 30-39: 1. Bryan Foley 9:20, 2. Raul Sanchez 10:26, 3. Bill Dennis 11:26, 40-49: 1. Bill Woody 11:11, 2. Fernie Montanez

11:27, 3. Joe Delgado 11:28, 50-59: 1. Frank Delgado 11:12, 2. Ric Zamarripa 11:44, 60-69: 1. Bob Musso 12:51, 2. David Fung 14:45, 70 & Over: 1. Fusaji Inada N.T.

Division Results - Women's 2 Mile

9 & Under: 1. Dawn Sanchez 14:40, 2. Andrea Cordova 15:57, 10-12: 1. C. Santellano 13:47, 2. Britnet Andrews 13:48, 13-15: 1. Kelly Hashimoto 24:00, 19-29: 1. Mary Bell Norris 12:25, 2. Janet Aspettia 13:42, 3. Dorothy Diaz 14:41, 30-39: 1. Sharon Madsen 13:35, 2. Natalia Balanos 13:47, 3. Jenny Nowack 14:00, 40-49: 1. Sharon Shaw 13:19, 2. Edda Lucero 15:49, 50-59: 1. Sydney Loo 17:38, 60-69: 1. Anna Wong 25:28, 2. Kazu Mukai N.T, 70 & Over: 1. Akiko Sasashima 25:37.
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Cloverdale Grape Run

Sept. 20. Cloverdale. 3K & 10K.

Division Results - Men's 3K

12 & Under: 1. Greg Dukes 11:14, 13-15: 1. Todd Stevens 10:06, 16-19: 1. Paul Cummings 8:53, 20-24: 1. Richard Johnson 9:16, 25-29: 1. Ben Rosaleo 9:25, 30-34: 1. Larry Meredith 9:10, 35-39: 1. John Kerner 9:55, 40-44: 1. Steve Ahi 11:28, 45-49: 1. Walt Vernon 10:42, 50-54: 1. Carl Jackson 11:04, 55-59: 1. Arnold de la Rosa 13:08, 60-69: 1. Charles Cherry 13:40, 70 & Over: 1. Ray Mahannah 13:49.
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Division Results - Women's 3K

12 & Under: 1. Wanda Dukes 11:31, 13-15: 1. Nika Horn 11:16, 16-19: 1. Yvonne Fort 14:59, 20-24: 1. Lisa McLean 14:30, 25-29: 1. Valerie Weibe 13:12, 30-34: 1. Sally Stone 11:06, 35-39: 1. Sue Cline 12:35, 40-44: 1. Diane Beer 15:43, 45-49: 1. Jan Stevens 15:33, 50-54: 1. Doris Morabito 16:57, 55-59: 1. Sylvia de la Rosa 20:12, 60-69: 1. Juanita Orlando 21:30.
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Division Results - Men's 10K

13-15: 1. Todd Lambert 43:27, 16-19: 1. Eric Crawford 39:25, 20-24: 1. Tony Ramirez 49:00, 25-29: 1. Carlos Lopez 35:28, 30-34: 1. Tim Stewart 34:04, 35-39: 1. Eddie Freyer 37:42, 40-44: 1. Ken Scalamin 36:04, 45-49: 1. Robert Groff 38:50, 50-54: 1. Darryl Beardall 35:04, 55-59: 1. Hank Fuagoza 38:58, 60-69: 1. Alan Beillon 39:24, 70 & Over: 1. Mel Shine 35:04.

Division Results - Women's 10K

12 & Under: 1. Karl Horn 49:43, 25-29: 1. Robin Stoval 41:30, 30-34: 1. Terry Finali 45:54, 35-39: 1. Karen Brown 46:52, 40-44: 1. Sue Wagers 46:23, 45-49: 1. Jenny Downing 1:02:21, 50-54: 1. 1:04:15, 55-59: 1. Lois Cook 56:51.

City to Port Run

Sept. 20. San Luis Obispo. 11.2 Mile.

Overall Results

1 Doug Twilleager (18-29) CalPoly	57:56
2 Pete Bottomley (18-29) AG	1:00:30
3 Frank Hutchinson (30-39) SLDC	1:02:43
4 Steve Boaz (30-39) SLO	1:02:43
5 Bob Guglielmelli/T.G. McKlown (Men's Relay) SLO	1:02:52
6 Jory Hallanan (40-49) P Rob	1:04:55
7 John Blair (30-39) Atasc	1:05:41
8 Vernon Sallaz (18-29) LosOsos	1:05:53
9 Keith Kirkpatrick (40-49) SLDC	1:06:03
10 Mike White (30-39) SLO	1:06:37
11 Jani Johnson (30-39) F Atasc	1:06:38
12 Brent Hopkins (30-39) SLDC	1:07:00
13 Rod Preheim (30-39) SLO	1:07:08
14 Mark Anderson (40-49) Atasc	1:08:00
15 Brian Waterbury (30-39) SLO	1:08:03
16 Robert Wilson (18-29) SLO	1:08:09
17 Jay Carroll (30-39) LosOsos	1:08:17
18 Chris Connors (30-39) SLO	1:08:36
19 John Ennart (18-29) SLO	1:09:01
20 Stephen Wyer (30-39) SLO	1:09:03
21 Larry Jamison (40-49) SLDC	1:09:08
22 Charlie Boatright (30-39) SLDC	1:09:39
23 Jeff Herten (40-49) SLO	1:09:39
24 Jerry Burch (18-29) SLO	1:10:21
25 Bob Nanninga (40-49) SLO	1:10:23

Results

So. Coast Classic

Malibu Triathlon

Lassen Park Ultra

Sept. 20. Mineral. 28.7 Mile.

Overall Results	
1 Brian Maxwell (34)	3:15:54
2 Skip Lees (42)	3:36:31
3 Michael Schoelz (43)	3:40:31
4 Greg Montgomery (37)	3:43:20
5 Michael McGie (52)	3:43:21
6 Martin Balding (50)	3:46:30
7 Everett Riggle (55)	3:48:21
8 Bill Gardner (44)	3:58:34
9 Joel Kaplan (44)	4:00:45
10 John Markl (39)	4:08:00
11 Donald Ross (50)	4:09:51
12 Mark Samuelson (34)	4:11:54
13 David Samuelson (37)	4:13:52
14 Todd Owens (22)	4:14:14
15 Jennifer Biddulph (22 F)	4:15:25
16 Ray Nicholl (50)	4:17:20
17 Roy Veal (50)	4:19:03
18 Bill Roehr (42)	4:19:42
19 Ron Dunlap (48)	4:23:18
20 Jerry Blinn (40)	4:23:41
24 Marge Dunlap (48 F)	4:28:35
27 Marty Maricle (54 F)	4:43:30
30 Nancy Tinker (36 F)	4:55:47
34 Debra Melvin (33 F)	5:00:02
36 Linda Elam (41 F)	5:00:49

Sierra Mountaineer Days 10K

September 20. Oakhurst.

The Second Annual Sierra Mountaineer Days 10K and 2 Mile race was held in Oakhurst on Sept. 20. This year's race attracted 111 entries, almost twice the number as last year. Predictably, course records were set in both races. John Derere of Bass Lake whose relay team posted the fastest relay time in the Bass Lake Classic Triathlon less than 24 hours before won the 2 Mile event easily in 10:20.9. 1986 winner, Scott Curtis of North Fork finished 2nd in 11:19, despite an improvement of 42 seconds. The female division winner was Barbara Duenes of Fresno in 15:36.3, an improvement of 2:28 on the previous record.

Scott Cole, a senior at Yosemite High School, toured the 10K in 34:36.2 which was 3:02 faster than the 1986 standard set by his dad, Mike.

The director of the race, Bud Ferranti, stated that the race date will be moved, probably a week or two earlier, next year to avoid competition with the Bass Lake Classic Triathlon and the popular Fall Festival race in Fresno. This will also make it easier on the many volunteers who have been splitting their time between the race and Mountaineer Days duties.

Overall Results - 2 Mile

1 John Derere (19-29)	10:20
2 Scott Curtis (15-17)	11:19
3 Reynaldo Garza (19-29)	11:24
4 Mark Spencer (18-29)	12:07
5 John Minney (30-39)	12:18
6 Graham Partlett (50-59)	13:11
7 David Clarke (12-14)	13:17
8 Greg Lane (18-29)	13:19
9 Brian Curtis (40-49)	13:23
10 Pancho Capuchino (40-49)	13:23

Overall Results - 10K

1 Scott Cole (17&U)	34:36
2 Jay Sloane (18-29)	35:12
3 Steve Kelley (30-39)	37:54
4 Mike Cole (30-39)	38:07
5 Larry Duke (40-49)	39:54
6 Thomas Briskey (30-39)	40:02
7 William Metzler (18-29)	41:29
8 Blaine East (30-39)	42:12
9 Lane Johnson (30-39)	44:08
10 Don McQuown (40-49)	44:36

Sept. 20. Costa Mesa. 5K & 10K.

Division Results - Men's 10K

10 & Under: 1. Jarrod Garrisson 38:39.	11-14: 1. James Garrisson 34:39, 2. Eric Strand 39:22, 3. Ricky Delgado 39:49.
15-18: 1. Jose De Jesus 32:44, 2. Eric Winkler 33:12, 3. Tony Winkler 33:51.	19-24: 1. Rod Curry 31:10, 2. Alfredo Ugueras 31:19, 3. Arturo Rodallegas 32:02.
25-29: 1. Frank Ebner 31:48, 2. Rich Medellin 31:58, 3. John Parker 32:04.	30-34: 1. George Mason 31:55, 2. Dave Parsel 32:10, 3. Enrique Alvarez 32:31.
35-39: 1. Bruce Horiguchi 35:47, 2. Rick Delgado 35:47, 3. Jesse Leyva 35:56.	40-44: 1. Juan Cabeza 35:20, 2. Dan Ashimine 35:41, 3. Manny Burrola 36:02.
45-49: 1. Ji Oweth 35:15, 2. Gary Riley 37:56, 3. Gama Chavez 38:04.	50-59: 1. Andre Tocco 34:25, 2. J. Venal Herrera 38:01, 3. Bob Rice 39:24.
60 & Over: 1. Larry Banaelos 41:18, 2. Milo Sather 42:53, 3. Eddie Lewin 42:59.	

Division Results - Women's 10K

10 & Under: 1. Heather Garrisson 41:57, 2. Meg Mi T Kas Ki 43:16.	11-14: 1. Julia Herrmann 1:15:04.
15-18: 1. Julie Knudson 39:42, 2. Debbie Brown 40:47, 3. Adrienne Santina 49:02.	19-24: 1. Alexandra Aguirre 37:29, 2. Chris Minegar 40:21, 3. Kim Adamshunbcca 45:33.
25-29: 1. Lisa Kasperek 37:08, 2. Diane Haney 38:05, 3. Tammy Sargeant 38:19.	30-34: 1. Charmella Secrest 40:24, 2. Edys Rodriguez 41:28, 3. Jade Sackett 41:43.
35-39: 1. Cheryl Carnall 40:11, 2. Terry Goodreau 40:41, 3. Tina McKenzie 42:36.	40-44: 1. Dinny Shryock 41:44, 2. Margaret Neville 42:33, 3. Eva Gural 45:45.
45-49: 1. Barbara Camp 49:23, 2. Carol Doug Herty 49:55, 3. Sandy Pirkle 53:02.	50-59: 1. Wilma Maddock 43:56, 2. Joyce Momita 44:43, 3. Mary Dugan 48:19.
60 & Over: 1. Lucile Adney 1:16:35.	

Division Results - Men's 5K

10 & Under: 1. Shaun Michelson 21:10, 2. Nathan Hood 22:21, 3. Richard Bermudez 22:45.	11-14: 1. Michael Tomasulo 17:57, 2. Rolando Lopez 18:30, 3. Jason Hobbs 18:40.
15-18: 1. Aaron Atsye 16:14, 2. David Crain 16:31, 3. Peter Griffith 17:01.	19-24: 1. Ralph Garibaldi 14:52, 2. Jamie Oman 15:22, 3. Darren Wood 15:35.
25-29: 1. Mike Fisher 15:30, 2. Bob Wilder 16:30, 3. Walter O'Brien 16:34.	30-34: 1. Gary Nitti 16:05, 2. Phil Torres 16:27, 3. Jon Eifler 16:34.
35-39: 1. Ben Martinez 15:36, 2. Bill Sumner 16:17, 3. Greg Robertson 16:32.	40-44: 1. Ron Jensen 16:04, 2. Fred Ortega 16:06, 3. Mickey DePalo 16:41.
45-49: 1. Catarino Gonzales 16:24, 2. Tommy Martin 17:36, 3. Charles Burton 17:51.	50-59: 1. Juvenal Herrera 18:14, 2. Bill Chavez 18:44, 3. Jerry Brandewie 19:45.
60 & Over: 1. Larry Aanaelos 19:26, 2. Deon Carrico 23:40, 3. Bernie Hodowski 26:02.	

Division Results - Women's 5K

10 & Under: 1. Sheryl Hobbs 23:58, 2. Stephanie Hobbs 25:32, 3. Heather Hudson 39:18.	11-14: 1. Marion Sepulveda 18:07, 2. D Nielle Michelso 20:07, 3. Julie Schuster 21:32.
15-18: 1. Kathy Cannon 20:05, 2. Kellie Thompson 22:13, 3. Kim Rusher 23:14.	19-24: 1. Cindy Nagle 17:13, 2. Paula Paradis 18:48, 3. Roxann Kahler 19:47.
25-29: 1. Kathy Kanes 17:25, 2. Donna Pate 20:24, 3. Linda Dehner 20:51.	30-34: 1. Jeanne Kawashima 18:41, 2. Jani St. Enmund 19:04, 3. Georgina Ried 20:39.
35-39: 1. Jeanie Libutti 18:34, 2. Joan Elvin 21:17, 3. Carol Richardson 22:15.	40-44: 1. Harolene Walters 18:00, 2. Carolyn Slade 20:41, 3. Eva Gural 21:43.
45-49: 1. Ida Hendrick 21:59, 2. Hwaija Andrade 22:34, 3. Carol Dougherty 23:08.	50-59: 1. Amy Goldstein 23:50, 2. Hochschild Carroll 27:49, 3. Barbara Meade 28:18.
60 & Over: 1. Chris Hodowski 30:13, 2. Dorothy Clark 41:53, 3. Joann Gunn 43:36.	

September 20. Malibu.

Overall Results - Men

1 Emilio DeSoto (25-29) Encinitas	1:25:01
2 Jon Black (25-29) Oceanside	1:26:42
3 John Fletcher (30-34) Pac. Pal.	1:31:01
4 Gregory Griffin (25-29) Escond	1:31:22
5 Drew Renick (18-24) MissnBch	1:32:12
6 David Watanabe (30-34) Venice	1:32:36
7 Paul Pantelas (18-24) ThousOak	1:33:26
8 Jack Waddill (30-34) S. Barb	1:33:47
9 Matthew Kresser (18-24) Malibu	1:34:07
10 Curt Craft (25-29) Carson	1:34:26
11 Andy Rasdal (25-29) RedondoB	1:36:08
12 Tim Lintner (18-24) Tarzana	1:36:17
13 Chubb Gallie (30-34) L.A.	1:36:48
14 David Satterberg (18-24) Encin	1:36:54
15 Jeffrey Kolb (25-29) LagunaB	1:37:30
16 Rob Beck (25-29) Sepulveda	1:37:44
17 Tigger Detels (18-24) BevHills	1:37:55
18 Todd Chstor (25-29) Oxnard	1:38:29
19 Andrew O'Leary (40-44) Encin	1:38:34
20 Paul Barnes (25-29) Venice	1:39:13

Overall Results - Women

1 Janet Mamon (25-29) S. Monica	1:43:56
2 Penny Hall (25-29) Glendale	1:45:58
3 Terri Kolb (25-29) Laguna Bch	1:46:55
4 Heidi Fish (25-29) Seal Bch	1:47:47
5 Cathy Caballero (35-39) Malibu	1:48:43
6 Simone Messerschmidt (18-24)	1:50:59
7 Emily Freeman (25-29) SherOak	1:51:12
8 Linda McIndoe (35-39) Malibu	1:51:26
9 Jacqueline Estey (18-24) DelMar	1:55:12
10 April Wagner (18-24) SLO	1:56:31

Relay Results

1 Toberman/Rodriguez/Vernon	1:23:58
2 Enzy/Cuevas/Unknown	1:31:54
3 Frost/St. Henri/McLain	1:33:11
4 Stiles/Keene/Wardak	1:36:24
5 Contreras/McBride/Peterson	1:38:35

Lewis Homes Autumnfest Run

Sept. 20. Rancho Cucamonga. 5K & 10K.

Overall Results - Men's 5K

1 John Aranas	15:21
2 Michael Trilevsky	15:41
3 Dave Stevens	16:31

Overall Results - Women's 5K

1 Katie Johnson	19:38
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Overall Results - Men's 10K

1 David Riley (Wheelchair)	30:02
2 Joel Hope	32:03
3 Fou Guette	32:35
4 John Aranas	32:55

Overall Results - Women's 10K

1 Meg Graham	42:00
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Run For The Pumpkins

Sept. 20. Atwater. 1/4 & 5 Miles.

Overall Results - 1/4 Mile

1 Daniel Rusk	6:05
2 Tim Cully	6:06
3 Tim Anderson	6:11

Division Results - Men's 1/4 Mile

5 & Under: 1. Danny Allen. 6-8: 1. Dayon Tre Santos. 9-11: 1. Jeffrey Wilson. 12-14: 1. Alex French. 15-17: 1. Tim Anderson. 18-30: 1. Daniel Rusk. 31-49: 1. Frank Shields. 50 & Over: 1. Enrique Aguilar.	
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Overall Results - Women's 1/4 Mile

1 Benjaine Hill	7:31
2 Carolyn Frost	7:56
3 Heather Mings	8:00

Division Results - Women's 1/4 Mile

6-8: 1. Jannette Santos. 9-11: 1. Kelli Allan. 12-14: 1. Carolyn Frost. 15-17: 1. Benjaine Hill. 18-30: 1. Rhonda Ellis. 30-49: 1. Jane Johnson-Russell. 50 & Over: 1. Joyce Flowers.	
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Overall Results - Men's 5 Mile

1 Greg Stewart	25:09
2 Chuck Fanter	25:45
3 Alfred Cordova	26:23

Division Results - Men's 5 Mile

12 & Under: 1. Jacob Price 35:36, 2. Ryan Allan 42:54, 3. David Allan 45:28.	13-17: 1. Scott Graham 30:00, 2. Jeremy Rahn 30:57, 3. Jim Morrison 30:58.
18-29: 1. Chuck Fanter 25:45, 2. Greg McKinstry 27:14, 3. Kurt Williams 27:44.	30-39: 1. Greg Stewart 25:09, 2. Alfred Cordova 26:23, 3. Daniel Garcia 28:34.
40-49: 1. Gerry Holmes 29:33, 2. Kenneth Schwisow 29:35, 3. Greg Ambrosini 30:58.	50-59: 1. Frank Russell 31:39, 2. Dick Shorman 31:59, 3. Charlie Rodgers 32:31.
60 & Over: 1. Don Lundberg 36:11, 2. Payson Taylor 38:01.	

Overall Results - Women's 5 Mile

1 Nancy Harrison	29:42
2 Lisa Hunter	32:45
3 Karen Steele	33:44

Division Results - Women's 5 Mile

13-17: 1. Teri Craft 39:04, 2. Susie Hsieh 43:00.	18-29: 1. Nancy Harrison 29:42, 2. Karen Steele 33:44, 3. Mandy Malburg 35:27.
30-39: 1. Lisa Hunter 32:45, 2. Donna Aldrich 36:08, 3. Barbara Naughton 36:20.	40-49: 1. Jean Schwisow 36:12, 2. Muriel Olsen 36:37, 3. Marilyn Arguelles 37:01.
50-59: 1. Sylvia Ovellette 49:35.	



Manufacturers Hanover Corporate Challenge

September 21. Los Angeles.

Overall Results

1 Steve Bishop (28) Rockwell	16:25
2 Patrick Ewing (26) TRW	16:50
3 Mark Eisenmenger (24) Hughes	17:10
4 Art Menchaca (30) Hughes	17:15
5 Stephen Chipman (27) Rockwell	17:15
6 James Sterling (25) TRW	17:27
7 Steve Kovisto (23) TRW	17:29
8 Chris Spitz (23) Rockwell	17:42
9 Denis Baue (29) Hughes	17:45
10 Tim Hampton (31) Edmo Distr.	17:49

Team Results - Men

1 TRW	1:28:07
2 Hughes Aircraft Company	1:31:08
3 Rockwell International	1:35:00
4 Northrop Corporation	1:36:52
5 Lockheed California Company	1:40:18
6 Southern California Edison	1:43:30
7 Parker Hannifin Corporation	1:44:08
8 Cherry Division of Textron	1:45:01
9 Northrop Corporation	1:45:22
10 Dataproducts Corporation	1:46:42

Team Results - Women

1 TRW	1:07:26
2 Hughes Aircraft Company	1:09:22
3 Northrop Corporation	1:13:25
4 National Broadcasting	1:17:10
5 Transamerica Life Co.	1:17:35
6 Co of LA-Dept. of Public Works	1:18:01
7 AT & T	1:20:09
8 Southern California Edison	1:21:30
9 Walt Disney Company	1:23:16
10 TPF&C	1:25:05

Results

San Bruno Mountain Elfin Run

Sept. 26. San Bruno. 6.7 Miles.

Overall Results

1	Patrick Wiegand (32) SanMateo	46:54
2	Nikos Mourtos (29) Sunnyvale	47:36
3	Jim Berkelman (24) Sausalito	48:18
4	Greg Pattison (35) Berkeley	49:43
5	Kevin Thompson (33) RedCity	50:06
6	Jim Washburn (31) Sunnyvale	52:24
7	Terry Bauer (31) SanJose	52:33
8	Stephen Kimball (35) Pittsburg	53:16
9	James Hult (40) SanMateo	53:43
10	John McMullin (34) Pacifica	54:22
11	John Campbell (27) Fremont	56:07
12	Andre Borgman (27) Tiburon	56:18
13	Robert Maloney (25) Brisbane	56:33
14	Brian Moyer (40) Alameda	57:43
15	Tom Mann (45) SanBruno	57:55

The Human Race

Sept. 26. Rusty Pelican, Newport Bch.

Overall Results - Men

1	Mike Durkin	1:26:02
2	Emilio DeSoto	1:26:02
3	Joey Gomez	1:27:00
4	Nigel Barber	1:27:36
5	Greg Brown	1:28:07
6	Gary Flacke	1:28:24
7	Doug Roberts	1:28:51
8	Bryan Fahrenbach	1:29:19
9	Jon Black	1:29:44
10	Spot Anderson	1:30:00

Overall Results - Women

1	Julie Olson	1:38:56
2	Juli Brenning	1:39:18
3	Dean Mandy	1:40:32
4	Elaine Alrutz	1:40:59
5	Janet Greenleaf	1:45:25
6	Sue Osborn	1:52:07
7	Karrie Nelson	1:54:06
8	Cheryl Durstein-Decker	1:55:16
9	Carrie Newburn	1:58:55
10	Anne Fordiani	1:59:39

Division Results - Men

15-19:	1. Jon Nilsen 1:42:08, 2. Charles Ehm 1:46:48, 3. Alec Ramsdell 1:52:50.
20-24:	1. Keith Anderson 1:30:40, 2. Christain Waage 1:32:01, 3. Darren Wood 1:33:44.
25-29:	1. Charles Clarke 1:31:15, 2. Carlos Dolabella 1:32:11, 3. Craig Neher 1:35:02.
30-34:	1. Rick Daniels 1:38:34, 2. Marc Hapke 1:41:46, 3. Curtis Karbowski 1:43:23.
35-39:	1. Robert Cuyler 1:36:01, 2. William Hippe 1:38:34, 3. Teve Yavorsky 1:40:59.
40-44:	1. Bill Leach 1:31:39, 2. Randall Shelley 1:48:15, 3. Rofer Taylor 1:50:48.
45-49:	1. Tony Farrow 1:56:33, 2. Robert Theel 1:57:14, 3. James McDiarmid 1:59:42.
50-59:	1. William Osborne 1:57:16, 2. Bill Fordiani 2:09:29, 3. Van Bennett 2:20:49.
60 & Over:	1. Bill Perkins 1:52:42, 2. Kenneth Cooper 2:38:19.

Division Results - Women

15-19:	1. Stacy Berger 2:21:07, 2. Erica Prenzlouw 2:24:44.
20-24:	1. Carrie Newburn 1:58:55, 2. Gail Warrington 1:59:59, 3. Jill Sheehan 2:05:38.
25-29:	1. Sue Osborn 1:52:07, 2. Karrie Nelson 1:54:06, 3. Susan Troppman 2:01:17.
30-34:	1. Cheryl Durstein-Decker 1:55:16, 2. Norma Figueroa 2:06:51, 3. Rose Marie Morris 2:28:26.
35-39:	1. Ann Fordiani 1:59:39, 2. Wendy Thomas 2:05:46, 3. Jan Christie 2:14:22.
40-44:	1. Barbara Alvarez 2:06:07, 2. Angelica Castaneda 2:07:09, 3. Sandi Barr N.T. 45:49.
45-49:	1. Marcia Barnett 2:08:58, 2. Elizabeth Carr 3:07:00, 3. Ellen Shockey 2:26:29.
50-59:	1. Carol Hemus 2:23:55, 2. Patty Perkins 2:46:23.

Santa Cruz Sentinel Triathlon

September 27. Santa Cruz.

Overall Results - Men

1	Tim Sheeher (Leucapia)	1:51:43
2	Chris Hinshaw (Saratoga)	1:52:46
3	Nick Kurth (Davis)	1:53:04
4	Don Seymour (Pleasant Hill)	1:53:12
5	Sean Molina (Pittsburg)	1:54:11
6	Roger Wolfe (Aptos)	1:54:14
7	Scott Miller (Auburn)	1:56:40
8	Andy Kelsey (Danville)	1:57:00
9	Jeremy Gilbert (Soquel)	1:57:09
10	Chris Ward (San Leandro)	1:57:57

Overall Results - Women

1	Sue Latshaw (Berkeley)	2:01:35
2	Nancy Vallance (Isla Vista)	2:01:42
3	Terry Schneider (Morgan Hill)	2:02:45
4	Jennifer Hinshaw (Los Gatos)	2:04:47
5	Jane Grypma (Morgan Hill)	2:04:59
6	Judy Scovel (Scotts Valley)	2:05:59
7	M. Meyer-Christensen (Ala)	2:09:20
8	Joan Alley (Redwood City)	2:11:59
9	Judy Sambrailo (Menlo Park)	2:15:52
10	Myrna Helikson (Santa Cruz)	2:17:07

Division Results - Men

15-19:	1. Zachary Wormhoudt 2:08:36, 2. Davey Meyberg 2:20:11, 3. Scott Adams 2:23:50.
20-29:	1. Tim Sheeher 1:51:43, 2. Chris Hinshaw 1:52:46, 3. Nick Kurth 1:53:04.
30-39:	1. Roger Wolfe 1:54:14, 2. Greg Ward 1:59:14, 3. Dave Slothower 2:02:08.
40-49:	1. Rick Sproule 2:11:56, 2. Phillip Sienna 2:12:46, 3. Roger Taylor 2:15:08.
50 & Over:	1. Dave Stevenson 2:17:46, 2. Jim Blaha 2:21:56, 3. William O'Brien 2:23:24.

Division Results - Women

15-19:	1. Jill Durchslag 2:23:57, 2. Crista Jones 2:29:57, 3. Debra Smith 2:34:42.
20-29:	1. Susan Latshaw 2:01:35, 2. Nancy Vallance 2:01:47, 3. Terry Schneider 2:02:45.
30-39:	1. Myrna Helikson 2:17:07, 2. Debbie Ingram 2:17:35, 3. Cynthia Nesvig 2:25:37.
40-49:	1. Bvlerie Doyle 2:33:14, 2. Terry Locke-Paddon 2:39:26, 3. Jennifer Kelly 3:27:17.
50 & Over:	1. Barbara Hinshaw 2:41:26.

Sonoma Vintage Runs

September 27. Sebastiani Vineyards.

Overall Results - Men's 10K

1	Tom Carlton (26) S.F.	32:34
2	Dan McCullough (30) Sonoma	33:25
3	Butch Alexander (34) Sonoma	33:27
4	Tim Stewart (32) S.Rosa	34:17
5	Pat Kelley (29) L.A.	34:59
6	David Taylor (43) Concord	35:08
7	Kenneth Sack (45) Mill Valley	35:09
8	Martin Jones (44) Sonoma	36:16
9	Armen Khachadourian (35) S.Carli	36:41
10	Shawn Dudgeon (25) Boyes Sp	36:55

Division Results - Men's 10K

10 & Under:	1. Jeff Korytoski 54:25, 11-14: 1. Robert Stewart 1:29:11, 15-18: 1. Sean Simpson 41:42, 2. Robert Inskeep 44:23.
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19-24:	1. David Abbott 38:03, 2. Stanley Karboski 45:39.
25-29:	1. Tom Carlton 32:34, 2. Pat Kelley 34:59, 3. Shawn Dudgeon 36:55.
30-34:	1. Dan McCullough 33:25, 2. Butch Alexander 33:27, 3. Tim Stewart 34:17.
35-39:	1. Armen Khachadourian 36:41, 2. Bill Browne 39:20, 3. Tom Judkins 39:52.
40-44:	1. David Taylor 35:08, 2. Martin Jones 36:16, 3. Walter Bales 37:43.
45-49:	1. Kenneth Sack 35:09, 2. Bud Overshiner 38:32, 3. Placido Perez 40:12.
50-54:	1. Rich Bartke 39:58, 2. Joe Dana 42:32, 3. James Damon 45:06.
55-59:	1. Bob Chadwick 44:12, 2. Irwin Herlihy 45:21, 3. George Anderson 1:04:04.
60 & Over:	1. Tom Toland 47:41, 2. Hank Fuqua 56:28.

Overall Results - Women's 10K

1	Sally Mertes-Stone (34) Son	41:58
2	Terryanne Trumbull (26) RohnrPk	42:57
3	Marge Rose (43) Pinole	43:09
4	Liz Carlton (24) S.F.	44:35
5	Kristi Reimer (25) Santa Rosa	45:07
6	Kathy Schmidt (39) Novato	45:37
7	Debra Winters (30) S.Rosa	46:01
8	Cecelia Peters (36) Lakeport	46:10
9	Sandra Perez (41) Pinole	46:11
10	Lois Fleming (42) Oakland	46:15

Division Results - Women's 10K

15-18:	1. Janell Thomson 57:11, 19-24: 1. Liz Carlton 44:35, 2. Barbara Biondo 47:22, 3. Bernadette O'Callaghan 50:24.
25-29:	1. Terryanne Trumbull 42:57, 2. Kristi Reimer 45:07, 3. Sandra Falat 50:33.
30-34:	1. Sally Mertes-Stone 41:58, 2. Debra Winters 46:01, 3. Janis Hartman 47:52.
35-39:	1. Kathy Schmidt 45:37, 2. Cecelia Peters 46:10, 3. Virginia Marcolida-Hall 48:16.
40-44:	1. Marge Rose 43:09, 2. Sandra Perez 46:11, 3. Lois Fleming 46:15.
45-49:	1. Carol Kelly 49:03, 2. Mary Hengehold 54:02, 3. Cici Zerbe 56:06.
50-54:	1. Ellen Hielsen 1:03:46.

Overall Results - Men's 5K

1	Mark Gregor (28) Tahoe City	16:08
2	John Litzenberg (17) Sonoma	16:28
3	Matt Vukicevich (30) Kenwood	16:41
4	Allan Stanbridge (40) Burlingame	16:43
5	Bratt VanNatta (25) S.Rosa	16:56
6	Erik Knight (16) Concord	16:57
7	Charles Butzh (16) Vallejo	17:05
8	Stephen Wills (25) S.Rosa	17:09
9	Matt Marchand (27) Sonoma	17:27
10	Chuck Winters (47) So.S.F.	17:28

Division Results - Men's 5K

10 & Under:	1. Andy Rose 24:52, 2. Jason Augustine 25:05, 3. Tim O'Neal 25:06.
11-14:	1. Drendan Gurley 18:51, 2. Mark Cedarborg 19:09, 3. Tyler Raaka 27:14.
15-18:	1. John Litzenberg 16:28, 2. Erik Knight 16:57, 3. Charles Butzh 17:05.
19-24:	1. Chris Berger 18:58, 2. Lance Cvacara 21:47, 3. Don Reber 22:12.
25-29:	1. Mark Gregor 16:08, 2. Bratt VanNatta 16:56, 3. Stephen Wills 17:09.
30-34:	1. Matt Vukicevich 16:41, 2. Butch Alvarez 18:30, 3. Marc Richardson 18:52.
35-39:	1. John Zarembski 17:54, 2. Brent Collinson 18:23, 3. Duke Stephens 19:55.
40-44:	1. Allan Stanbridge 16:43, 2. Peter Hansen 19:31, 3. Jim Toney 19:32.
45-49:	1. Chuck Winters 17:28, 2. Howard Womack 20:04, 3. John Meyers 20:13.
50-54:	1. Ralph

Harms 18:53, 2. Carl Jackson 20:07, 3. Ken Niles 23:56. **55-59:** 1. Don Pickett 20:40, 2. Leo McMillan 21:00, 3. Gilman Jung 22:04. **60 & Over:** 1. Kenneth Smith 23:44, 2. Herb Lowe 30:32, 3. Gerry Manley 34:44.

Overall Results - Women's 5K

1	Cindi VanNatta (30) S.Rosa	18:38
2	Dorothy Foster (31) S.Rosa	19:01
3	Molly Burke (20) SanAnselmo	19:13
4	Mary Cilley (28) S.Rosa	19:52
5	Robin Stovall (28) Sonoma	19:55
6	Patti Pickett (33) Tiburon	20:26
7	Sunshine O'Neal (13) S.Rosa	21:31
8	Margie Tonelli (33) Sebastopol	21:40
9	Steph Sheets (15) Sonoma	21:44
10	Sherrilyn Roth (30) St. Helena	22:06

Division Results - Women's 5K

10 & Under:	1. Laura Hansen 36:01, 2. Nicole Rege 36:13, 3. Melissa Buckley 39:46.
11-14:	1. Sunshine O'Neal 21:31, 2. Nina Prosssegger 29:46, 3. Diane Augustine 29:47.
15-18:	1. Steph Sheets 21:44, 2. Jane Faulkner 26:03, 3. Carrie Lee 29:47.
19-24:	1. Molly Burke 19:13, 2. Karen Dimick 23:08, 3. Melissa Zaharias 23:09.
25-29:	1. Mary Cilley 19:52, 2. Robin Stovall 19:55, 3. Jeanne Scarborough 25:56.
30-34:	1. Cindi VanNatta 18:38, 2. Dorothy Foster 19:01, 3. Patti Pickett 20:26.
35-39:	1. Sue Clive 22:39, 2. Claire Burdett 23:58, 3. Susan Friedman 24:00.
40-44:	1. Judith Gottlieb 23:34, 2. Bev Raaka 23:51, 3. Chris Stanbridge 25:25.
45-49:	1. Millie Merle 23:30, 2. Nina Neff 30:20, 3. Susanne Jennings 31:48.
50-54:	1. Gladys Mossie 27:43, 2. Jan Dimick 27:51, 3. Toby Gidal 29:20.
55-59:	1. Joan Lamanana 30:53, 2. Doris Simpson 32:01, 3. Donna Ferrari 35:25.
60 & Over:	1. Betty Todd 35:38, 2. Fran Brocco 37:46.

Overall Results - Men's 5K Walk

1	Jim Scileny (42) Redwood C	30:49
2	Robert Owen (53) Sonoma	37:56
3	Mike Cox (42) Sonoma	44:23
4	Chuck Forbes (44) S.Rosa	45:22
5	Dave Krevanko (34) SanJose	45:34

Overall Results - Women's 5K Walk

1	Kate Carney (57) Sonoma	36:43
2	Karen Kelly (47) Sonoma	37:27
3	Marcy Hahn (41) Sonoma	37:42
4	Jamie Owen (52) Sonoma	38:00
5	Nancy Fougere (29) Berkeley	39:12

Women's Challenge Triathlon

September 27. Antioch.

Overall Results

1	K-2 She Rabs	1:48:36
2	Nancy Stover (34)	2:02:26
3	Roxy Jones Team	2:03:29
4	Cathy Morgan Team	2:04:30
5	Colleen Strout (22)	2:08:09
6	Pam Brown (22)	2:08:10
7	American She Rabs	2:08:22
8	Joy Dunn (16)	1:09:02
9	Delia Garcia Team	1:09:18
10	Electric She Rabs	2:09:55



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Results

SCATAC Half-Marathon Championships

Sept. 27. Ventura.

Overall Results

1	Rudy Hernandez (35) S. Maria	1:11:39
2	Ryan Lampa (28) Carpinteria	1:11:53
3	Tom Hall (37) Agoura	1:12:58
4	Roger Urbancsik (30) Mar Del Rey	1:13:43
5	Brian Nelson (30) Ventura	1:14:06
6	Clyde Matsumara (27) S. Monica	1:14:07
7	George Marquez (18) L.A.	1:17:29
8	Bill Scobey (42) Ventura	1:17:57
9	Hans VanKoppen (32) Ventura	1:18:49
10	Russell Dragon (40) CanCo	1:19:20
11	Arturo Frausto (43) S. Paula	1:19:53
12	Robert Isaacs (25) Ventura	1:20:39
13	Mark Rosen (34) Newhall	1:20:59
14	Debra Sharp (33 F) Pt. Hueneme	1:21:20
15	Gene Sharp (35) Pt. Hueneme	1:21:20
16	Tony Smith (41) Oxnard	1:21:42
17	Tarek Hamoui (19) Isla Vista	1:21:59
18	Wayne Stanfield (34) Camarillo	1:22:01
19	John Kennedy (43) Carpinteria	1:22:07
20	Gerry Clarkson (36) Thousand Oaks	1:22:58

Gateway to Yosemite Biathlon

September 27. Merced.
(Long Course: 6.2 Mi Run, 27 Mi Bike)

Overall Results

1	Greg Stewart (30-39)	1:35:35
2	Fred Villegas (18-29)	1:46:05
3	Daniel Vega (18-29)	1:48:14
4	Larry Johnston (30-39)	1:50:09
5	Matthew Johnson (18-29)	1:52:31
6	Richard Mead (30-39)	1:53:39
7	David Midel (18-29)	1:53:59
8	Rick Carlsgaard (40-49)	1:54:26
9	Dave Moss (30-39)	1:56:33
10	Mark Stephen (30-39)	1:57:05

Relay Teams (Long Course)

1	Carpenter/Bosking	1:40:11
2	Phelan/Tuttle	1:41:04
3	Diehl/Bradley	1:43:37
4	Cordova/Pennell	1:43:50
5	Schwisow/Gardner	1:45:46

Overall Results

(Short Course: 2 Mi Run, 11 Mi Bike)

1	Bill Goldfoos (30-39)	40:56
2	Mike Persak (18-29)	42:01
3	Randy Avellar (30-39)	42:32
4	Aaron Hayes (18-29)	43:11
5	John Aldrich (30-39)	43:17
6	Greg McKinstry (18-29)	44:14
7	Karen Steele (18-29)	44:52
8	Van Crawford (30-39)	45:38
9	Jim Belton (40-49)	46:43
10	Alan Zwick (18-29)	47:28

KNBR 68 City Sports Bridge To Bridge Run

September 27. San Francisco.

Overall Results - Men

1	Dirk Lakeman (28) Eugene, OR	39:04
2	Jay Marden, Fremont	39:25
3	John Moreno (32) Pacifica	39:40
4	Juan Ramirez (22) Oakland	40:59
5	Craig Steinmaus (25) Davis	41:20
6	Scott Steinmaus (26) Davis	41:30
7	Steve Haase (29) Sacto	41:40
8	Joaquin Leano (28) Reno, NV	41:56
9	Dale Richard (26) San Jose	42:01
10	James Tracy (37) S.F.	42:06
11	Brad Clary (23) Anaheim	42:10
12	Robert Darling (38) S.F.	42:14
13	Robert Herndon (26) Campbell	42:19
14	Greg Dibiasi (28) S.F.	42:34
15	Mark Graves (37) Castroville	42:35
16	Tim Ball (28) Oakland	42:42
17	Bill Langhout (28) Carmichael	43:02
18	Esteban Martinez (32) S.F.	43:04
19	Reynaldo Toro (30) S.F.	43:39
20	Chris Jaggars (26) Berkeley	43:57
21	Peanut Harms (36) Palo Alto	44:08
22	Rich Langford (33) Los Altos	44:23
23	Brian McGuire (29) Oakland	44:29
24	Lon Kincannon (36) S.F.	44:30
25	Dirk Rohloff (32) Los Altos	44:40

Overall Results - Women

1	Patti Gray (24) Pleasanton	45:23
2	Elizabeth Baker (7) Ran Santa Fe	45:41
3	Meg Cooke (31) Berkeley	45:57
4	April Powers (29) Kentfield	46:24
5	Shari Gilbert (36) Richmond	47:54
6	Christine Iwahashi (31) Sacto	49:05
7	Sharon Maley (27) Foster City	50:47
8	Lisa Gonzales (29) S.F.	51:55
9	Meighan McGee (28) S.F.	52:32
10	Marilou Hearnier	59:92

17:11, 2. Gordon Gilliam 21:23, 3. Frank Alagria 21:56. **60 & Over:** 1. Phil Jones 20:40, 2. Maury Kellner 22:20, 3. Phillip Smith 24:55.

Division Results - Women's 5K

12 & Under: 1. Roseanna Heagerty 21:31, 2. Jenny Doonan 28:22, 3. Anisha Patez 29:27. **13-18:** 1. Angie Screbant 21:39, 2. Carolyn Holguin 22:12, 3. Wendy Wibbels 22:21. **19-24:** 1. Alexandria Aguirre 17:29, 2. Stacy Kamiyama 19:41, 3. Adrianne Trader 21:02. **25-29:** 1. Kristin Kidwell 17:53, 2. Helen Lopez 18:16, 3. Millie Thomasnson 20:28. **30-39:** 1. Clare Dillon-Palma 17:27, 2. Jennie Cole 19:33, 3. Karen Callahan 19:36. **40-49:** 1. Leslie Stepan 21:10, 2. Ann Dargahi 25:19, 3. Sandra Ware 26:18. **50-59:** 1. Atsuko Fujimoto 22:12, 2. Mary Gutierrez 27:33, 3. Betty Crosby 27:34. **60 & Over:** 1. Evelyn Johnson 29:21, 2. Irene Frank 37:01, 3. Frances Labyrteaux 38:53.

Division Results - Boy's Kiddie K

5 & Under: 1. Jose Rosales 5:09, 2. Christopher Kuebler 5:14, 3. James Lee 5:21. **6-8:** 1. Tony Wellington 3:50, 2. Jason Morrow 3:52, 3. Carlos Rosales 4:00. **9 & Over:** 1. Daniel Lopez 3:25, 2. Eric Sanchez 3:27, 3. Phillip Torres 3:58.

Division Results - Girl's Kiddie K

5 & Under: 1. Christina Duarte 5:13, 2. Cynthia Aguirre 5:23, 3. Amy Sanchez 5:29. **6-8:** 1. Naomi Chihara 4:21, 2. Nanette Duarte 4:55, 3. Kirsty Current 5:03. **9 & Over:** 1. Loretta Vasquez 4:00, 2. Lucilynn Norris 4:32, 3. Serena Meyer 4:34.

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Event

Mark

McDonalds Run For Summer Fun

Sept. 27. Encino. 5K.

Overall Results - 5K

1	Alfredo Rosas (27)	14:32
2	Wilbert James (21)	14:36
3	Fernando Vasquez (23)	14:42
4	Bob Daniels (34)	15:01
5	George Castro (13)	15:05
6	Derik Vett (19)	15:07
7	Rick Dodson (23)	15:11
8	Craig Ingram (22)	15:13
9	Dane Costley (21)	15:14
10	Mike Smith (24)	15:22
11	Hector Ruiz (19)	15:32
12	Vaughan Kastor (22)	15:35
13	Stephen Keyes (38)	15:52
14	Chuck Pontius (23)	15:53
15	Richard Greifinger (28)	15:57
16	Herman Rodriguez (35)	16:05
17	Mike Wells (19)	16:10
18	Steve Moreno (26)	16:10
19	Dave Ortiz (26)	16:15
20	Reginald Dechard (21)	16:15
21	Phillip Torres (31)	16:17
22	Troy Forney (18)	16:18
23	Catarino Gonzales (45)	16:19
24	Craig Mead (34)	16:21
25	James Stepan (34)	16:22

Division Results - Men's 5K

12 & Under: 1. Doug Spencer 20:41, 2. Christopher Morrow 21:24, 3. William Cortez 21:24. **13-18:** 1. George Castro 15:05, 2. Troy Forney 16:18, 3. Brian Gastelum 16:30. **19-24:** 1. Wilbert James 14:36, 2. Fernando Vasquez 14:42, 3. Derik Vett 15:07. **25-29:** 1. Alfredo Rosas 14:32, 2. Richard Greifinger 15:57, 3. Steve Moreno 16:10. **30-39:** 1. Bob Daniels 15:01, 2. Stephen Keyes 15:52, 3. Herman Rodriguez 16:05. **40-49:** 1. Catarino Gonzales 16:19, 2. Juan Cabeza 16:40, 3. Dan Ashimine 16:41. **50-59:** 1. Andre Tocco



Wildcat Triathlon

October 3. Berkeley.

(1/2 Mile Swim, 5K Run, 15 Mile Bike)

Overall Results

1	Brook Claibourne (20) Walnut Ck	1:16:31
2	Greg Grunwald (23) Berkeley	1:17:39
3	Jesse White (20) Novato	1:18:20
4	Chris Ward (28) San Leandro	1:19:13
5	Greg Ward (30) San Leandro	1:19:35
6	Brad Williamson (29) Dixon	1:19:56
7	Jeff Jacobs (21) Berkeley	1:21:49
8	Mark Bechtel (21) Menlo Park	1:21:55
9	Dan Heaney (24) Martinez	1:22:08
10	Woody Scott (24) Davis	1:22:22
11	Carl Galewski (30) Berkeley	1:22:28
12	Jim Sugai (29) S.F.	1:22:55
13	Stephen Maris (23) Sunnyvale	1:25:25
14	Jon Grisell (22) Los Gatos	1:26:40
15	Dave Gamm (30) Travis AFB	1:27:17
16	Stephen Willrich (24) Palo Alto	1:27:28
17	Nyna Guglielmana (24) Lafayette	1:28:45
18	John Gotetti (18) Canyon	1:29:23
19	Steve Gaffer (27) Mc Clellan	1:29:37
20	Larry Frannaca (31) Hayward	1:29:53
21	Chuck Ishii (26) Redwood City	1:30:31
22	Ken Klein (34) S.F.	1:30:33
23	Brett Hall (22) Oakland	1:30:47
24	Charles Ineichen (25) Fremont	1:30:52
25	John Tomasello (40) Berkeley	1:30:53

Results

Avalon Lions Run for Sight

October 3, Avalon.

Top Three Men's 10.8 Mile

- 1 Todd Webber 1:11:51
- 2 Joel Murilla 1:16:10
- 3 Steven Thorpe 1:18:34

Top Three Women's 10.8 Mile

- 1 Kimberly Warthen 1:34:33
- 2 Vivian Hanson 1:39:15
- 3 Kate Nichols 1:41:02

Top Three Men's 10K

- 1 Donald Acana 36:24
- 2 Steve White 37:26
- 3 Chuck Shraake 37:48

Top Three Women's 10K

- 1 Cheryl Thorpe 47:33
- 2 Sally Linden 47:51
- 3 Joan Jeter 48:18

Top Three Men's 3.4 Mile

- 1 Mike Triplett 17:00
- 2 Randall Shelley 19:30
- 3 Mark Jamison 19:35

Top Three Women's 3.4 Mile

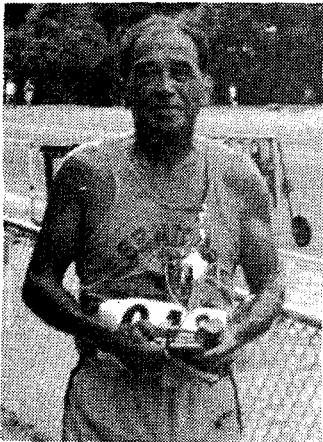
- 1 Sandi Carter 22:50
- 2 Linda Dacosta 23:40
- 3 Maureen MacDonald 24:50

Top Two Men's 3.4 Mi. Stride

- 1 Rick Walker 37:05
- 2 Bob Rasen 40:05

Top Three Women's 3.4 Mi. Stride

- 1 Lyla Walker 40:35
- 2 Roseann Niprud 44:30
- 3 Alexandria Lay 46:55



Ray Gil

Ray Williams Memorial

October 3, Lompoc. 5K.

The winner of the 3rd Annual Ray Williams Memorial 5000 meters race for 60 plus was won by veteran runner Ray Gil of Lompoc. The Gil win brings two out of three victories to Californians. The first went to Ed Stotsenberg of Mailbox, and the second to Dr. Boyce Jacques of Reno, NV. Phil Jones of Glendale came in second to Gil.

This TAC-sanctioned event, involving a perpetual trophy and take-home replica, is part of the annual Masters competition held the first Saturday in October on the UCSB track and sponsored by CLUB WEST of Goleta, whose president George

Adams stipulates that when a runner wins the Ray Williams Memorial race any three times, the perpetual becomes his to keep, along with the take-home replica. Then an identical perpetual will take its place in the Santa Barbara City College showcase until it, too, is retired in like fashion.

Ray Williams, in whose memory this race is held, was a life-long United States Government physicist and a writer, and winner of numerous 60 plus world titles in the mile, 1500m, 5000m, and longer runs. He died January 13, 1984 in Solvang, CA, where he lived in his latter years.

Mt. Burdell Challenge

October 4, Novato. 10K & 5K.

Division Results - Men's 10K

14 & Under: 1. Matthew Metzger 45:52. 2. Tom Kline 95:53. 15-19: 1. David Alles 47:29. 2. Brent Ray 54:51. 3. Ted Young 72:33. 20-29: 1. David Lieberman 42:32. 2. Michael Lopez 42:57. 3. Bruce Phinney 43:28. 30-39: 1. Don Scioili 43:47. 2. Doug Schrock 45:07. 3. John Castigan 49:27. 40-49: 1. Peter Franks 44:44. 2. Tomus Pastaika 48:21. 3. Jim Crumpler 49:09. 50 & Over: 1. John Ball 53:09. 2. Joe Sparrow Hawk 57:16. 3. Jay Sherman 57:57.

Division Results - Women's 10K

14 & Under: 1. Courtney Dominguez 55:58. 2. Moriah Underhill 69:18. 15-19: 1. Tara Hutchinson 86:30. 2. Lillian Moore 94:30. 20-29: 1. Nancy Camara 59:52. 2. Nancy Parish 62:23. 3. Catherine Ender 75:21. 30-39: 1. Karen Koslow 49:53. 2. Susan Simons 58:16. 3. Maggie Lehman 64:05. 40-49: 1. Christine Cohen 57:54. 2. Merideth Masakian 60:53. 3. Marge Smith 61:37. 50 & Over: 1. Joanne Kambur 67:12.

Division Results - Men's 5K

14 & Under: 1. Michael Dominguez 23:43. 2. Steven Kersten 33:32. 15-19: 1. Joel Hunt 17:22. 2. Willie Guerra 17:38. 3. Seth Davis 18:09. 20-29: 1. Carlos La Mus 18:23. 2. Scott Lieberman 18:43. 3. Edward Russell 19:06. 30-39: 1. Lee Jones 17:55. 2. Kevin Forrester 20:04. 3. Spencer Scheer 20:09. 40-49: 1. Walt Venum 19:52. 2. Ed Rudloff 20:14. 3. Paul Ferebauff 22:31. 50-59: 1. Irwin Herlihy 24:59. 2. Emil Peroni 25:07. 3. Howard Lieberman 27:21.

Division Results - Women's 5K

14 & Under: 1. Jennifer Sherman 27:40. 2. Abbey Haas 28:37. 3. Lisa Harms 29:23. 15-19: 1. Amanda Montgomery 22:50. 2. Lise Mifsud 26:15. 3. Kathy Kursinki 26:39. 20-29: 1. Tamara Anderson 25:05. 2. Rose Johnson 25:54. 3. Cindy Kirkland 27:17. 30-39: 1. Suzy Huhn 23:39. 2. Cathrine Moody 24:19. 3. Maureen La Montagne 26:50. 40-49: 1. Arlene Hoagland 25:58. 2. Karen Hobson 26:16. 3. Kathy Joyce 26:44. 50-59: 1. Marjorie Metzger 32:01. 2. Sheila Walsh 37:52.

Beach Games

October 4, Marina Hills. 8K.

Division Results - Men

14 & Under: 1. Alejandro Cano 33:12. 2. Shawn Restante 33:58. 3. Spencer Lee 37:12. 15-19: 1. Dan Rattery 26:39. 2. Joshua Brechtel 37:00. 3. Jon Laveroni 40:26. 20-24: 1. Rodney Curry 25:17. 2. Brad Clary 28:46. 3. Jose Hinososa 29:04. 25-29: 1. Joey Gomez 25:05. 2. Ricardo Medellin 25:36. 3. Stuart Calderwood 26:17. 30-34: 1. Enrique Alvarez 26:27. 2. David Smith 26:29. 3. Gary Nitti 27:11. 35-39: 1. Walt Hitt 29:14. 2. Dave Clapp 31:57. 3. Neil Anthony 32:36. 40-44: 1. Tom Burns 27:15. 2. Ben Jackson 29:05. 3. Richard Kenworthy 29:55. 45-49: 1. Gamma Chavez 30:39. 2. John Brechtel 31:47. 3. Rod Daley 32:04. 50-59: 1. Ron Poston

30:51. 2. Sam Mayo 31:09. 3. Terry Ives 32:14. 60 & Over: 1. Tad Fujioka 37:53. 2. Deon Carrico 42:15. 3. Guillermo Sias 48:54.

Division Results - Women

14 & Under: 1. Stacey Wronka 38:42. 15-19: 1. Marau Knight 39:04. 2. Holly Westergard 39:11. 3. Darcy Wronka 41:03. 20-24: 1. Laura Rinde 31:46. 2. Natalie Stewart 34:43. 3. Erin Campbell 37:27. 25-29: 1. Christine Fox 33:47. 2. Nancy Schreider 38:21. 3. Janice Lindeman 41:15. 30-34: 1. Marty Cooksey 27:56. 2. Georgina Ried 33:48. 3. Laura Hove 33:56. 35-39: 1. Terri Goodreau 32:57. 2. Sandra Farthing 36:18. 3. Debby Barton 37:53. 40-44: 1. Cheryl Allen 37:19. 2. Beth Chilcott 42:41. 3. Donna DiLoreto 45:45. 45-49: 1. Joja Applegate 38:39. 2. Marcia Martyn 39:59. 3. Sylvia Trowbridge 45:40. 50-59: 1. Elizabeth Hunt 47:24. 2. Judy Demenno 47:46. 3. Joanne Martini 50:08.

Pepsi/Longs/Fresno Fair Cross-City Race

Oct. 4, Fresno.

Fresno Pacific College Cross Country star, 19 year old Jess Llanez defeated a star studded field of 10K runners to become the fifth different winner in the five year running of this event.

Sharing top billing with the former McLane High School athlete was Visalia's Tanis Leyendekker who has now won the race four times. Tanis also ran her record to six straight in the coveted "Runner of the Year" competition.

Two mile race winners were former Fresno State standout Bryan Foley and Fresno Pacific College stalwart, Tiffany Shaw.

Llanez, despite running a four mile college race the day before to stay undefeated in college competition overtook early leader Al Lara of the Budweiser/MSO team at the four mile mark. The winner has an automatic course record of 30:47 to Lara's 31:27. Pat Moss, Team Fleet Feet RC was third at 31:42, followed by FSU runner Ken Kuphaldt, 31:52 and former winner, Jim Hartig, Team Adidas 32:51.

Leyendekker continued her winning ways with a record 36:23 clocking. Second was Fresno Track Club runner Diane Vartanian at 40:10. Nellie Gonzales with a 41:45 was followed by Charlene Janzen 42:26, and Carol Arney FTC fifth with a 42:29.

Nationally ranked Rafael Ibarra won the wheelchair division with a super quick 27:19. Also, at 27:19 was Marty Ball and Gary Kerr, a world class athlete third at 27:30.

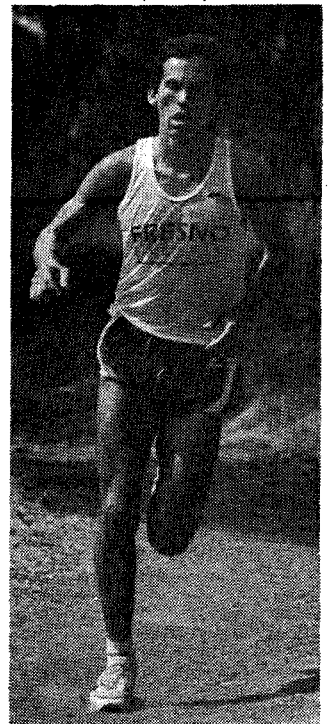
The female wheelchair winner was Emily Quinn turning in a 37:58.

Over 1,500 runners finished this well coordinated race that saw the entire race program and awards ceremony completed by 10:00 a.m.

Division Results - Men's 10K

13 & Under: 1. Noah Dye 43:18. 2. Juan Torres 49:20. 3. Elvis Lindsay 52:43. 14-19: 1. Danny Vega 33:21. 2. Bobby Rodriguez 34:24. 3. Mike Mott 35:14. 20-29: 1. Ken Kuphaldt 31:52. 2. Sal Rodriguez 33:00. 3. Burt Pope 33:34. 30-34: 1. Alfred Lara 31:27. 2. Pat Moss 31:42. 3. Jim Hartig 32:51. 35-39: 1. Al Lomeli 33:21. 2. Jim Lambe 36:14. 3. Richard Klatt 36:46. 40-44: 1. Mark Haymond 36:33. 2. Robert Stephenson 36:51. 3. David Saleno 37:35. 45-49: 1. Robin Swager 38:46. 2. Roger Drake 39:20. 3. Henry Ovatle 40:01. 50-54: 1. Frank Padilla 36:27. 2. Tommy Upton 38:09. 3. John Sanchez 38:32. 55-59: 1. Len Thornton 38:39. 2. Paul Abramson 41:36. 3. Ed Thomason 44:12. 60-69: 1. John Paredes 47:00. 2. John Bergey 47:53. 3. Klaus Penning 48:27. 70 & Over: 1. Harry Harder 47:26. 2. Bill Reed 55:10.

photo by Mike Lambert



Jesse Llanez

Wheelchair: 1. Rafael Ibarra 27:19. 2. Gary Kerr 27:19. 3. Marty Ball 27:30.

Division Results - Women's 10K

13 & Under: 1. Heather Reid 44:54. 2. Alisa Haughton 54:53. 3. Serena Johnson 54:54. 14-19: 1. Darene Young 43:47. 2. Karyn Bender 53:03. 3. Tame Hunt 1:03:24. 20-29: 1. Diane Vartanian 40:10. 2. Nellie Gonzales 41:45. 3. Charlene Janzen 42:26. 30-39: 1. Carol Arney 42:29. 2. Carlota Otero 43:23. 3. Ann Paetz 44:49. 40-49: 1. Jackie Kyles 48:33. 2. Charlene Enoch 50:02. 3. Deborah Schwartz 50:12. 50-59: 1. Sonja Erikson 51:14. 2. Heidi Fialho 51:50. 3. Sydney Loo 59:57. 60-69: 1. Dorothy Thomas 55:09. 2. Virginia Martin 1:09:16. Wheelchair: 1. Emily Quinn 37:58. 2. Nanci Cotton 40:22.

Division Results - Men's 2 Mile

13 & Under: 1. Eric Dunn 10:50. 2. Neil Rozas 11:25. 3. Tony Ramirez 11:47. 14-19: 1. Diaz 9:31. 2. Scott Curtis 10:30. 3. Martin Martin 10:49. 20-29: 1. Jack Armour 9:29. 2. John King 9:30. 3. Terri Pather 10:00. 30-34: 1. Baldemar Bettencourt 9:27. 2. Stephen Garza 11:25. 3. Dennis Bell 11:26. 35-39: 1. Mike Brooks 11:17. 2. Bill McCarthy 11:19. 3. Joseph Aliotto 11:59. 40-44: 1. Frank Ortega 10:54. 2. David Cortes 11:21. 3. Gustavo Armenta 11:34. 45-49: 1. Bill Woody 11:16. 2. Fred Aldrete 11:27. 3. Pete Santellano 11:30. 50-54: 1. Dick Cain 11:34. 2. Grant Shaun 12:12. 3. Graham Parthett 12:19. 55-59: 1. Chris Denny 12:27. 2. Fred Fitchhorn 14:14. 3. Robert Esquivil 15:19. 60-69: 1. Bob Musso 12:45. 2. Frank Rodriguez 13:42. 3. David Fung 14:20. 70 & Over: 1. Norman Liddell 18:29. 2. Bob Jones 38:07.

Division Results - Women's 2 Mile

13 & Under: 1. Sonja Medina 12:41. 2. Lisa Vargas 12:43. 3. Maurim DeLatone 13:44. 14-19: 1. Deann Jackson 13:41. 2. Tracy Torigan 13:46. 3. Jennifer Kyder 13:47. 20-29: 1. Mary Bell Norris 12:26. 2. Janet Aspieta 13:25. 3. Tracy Mohammed 14:28. 30-39: 1. Oldtarm 13:16. 2. Jenny Novack 14:03. 3. Mag Oxaca 14:34. 40-49: 1. Sharon Shaw 13:12. 2. Mary Ann Barrosa 14:12. 3. Carol Rohrer 14:47. 50-59: 1. Isabel Verdusco 13:44. 2. Louise Rhoan 19:56. 3. Mary Jo Fitchorn 20:41. 60-69: 1. Clark 20:56. 2. Rodriguez 26:52. 3. Jones 35:54. 70 & Over: 1. Mariscal 30:48. 2. Robinson 38:08.

Results

Heart of the City

October 7. San Jose. 5K.

Nearly 800 runners helped to raise \$43,125 for the American Heart Association's Santa Clara County Chapter in the first annual Union Bank Heart of the City 5K Run, held Oct. 7, at 6:15 p.m. The only 5K running event that takes place in the streets of downtown San Jose during the week, the race attracted nearly 30 five-member corporate teams representing Silicon Valley businesses.

Leading the pack of competitors through the downtown course covering 3.1 miles were top male finisher Charles Alexander, a resident of Santa Clara and employee of Hewlett Packard, with a time of 14:25 minutes, and top woman finisher Barb Myers-Acosta, a resident of Santa Cruz and employee of Lockheed Corp., who clocked in at 17:08 minutes.

Capitulating first place corporate team honors was the five-member employee team from Lockheed Corp. with a total team time of 1:21:04.

The Lockheed team is now eligible to compete in the Union Bank of Heart of the City 5K Run/Los Angeles next June, also a benefit for the American Heart Association. Additionally, winners also received trophies and watches donated by Gucci Timepieces.

At a post-race party held in the Union Bank Plaza, which was attended by about 800 persons, winners were acknowledged by Union Bank's regional vice president and race Executive Committee member James O. Brown and Channel 36 anchorman Jan Hutchins.

Corporate Teams

1 Lockheed	1:21:04
2 Hewlett Packard #1	1:22:36
3 Hewlett Packard #2	1:28:02

Top Three Men

1 Charles Alexander	14:25
2 David Ottaway	14:34
3 Casey Reinking	14:36

Top Three Women

1 Barbara Myers-Acosta	17:08
2 Leslie McMullin	18:18
3 Sheri McCarroll	18:33

Great Grape Run

October 10. Delano. 5K & 10K.

Division Results - Men's 5K

13 & Under: 1. Alvaro Ortiz 18:28, 2. Juan Robles 18:34, 3. Salvador Guzman 19:46. 14-20: 1. Jess Llanez 15:40, 2. Emanuel Mensai 15:41, 3. Tonto Parris 16:25. 21-29: 1. Sean Stehman 16:24, 2. Juan Falcon 16:41, 3. Reynaldo Garza 17:23. 30-39: 1. Ron Lessley 17:17, 2. Don Sanders 18:05, 3. Greg O'Donnell 18:24. 40-49: 1. John Forenti 17:39, 2. Leo Marquez 18:25, 3. Juan Sanchez 19:27. 50-59: 1. Jack Eberly 19:30, 2. Tom Almberg 22:10, 3. Bob Rogers 22:32. 60 & Over: 1. Don Fipps 35:21.

Division Results - Women's 5K

13 & Under: 1. Mary Mabon 21:39, 2. Cynthia Carter 23:21, 3. Juanita Robles 23:32. 14-20: 1. Diane Delgado 19:43, 2. Melissa Gonzales 24:55, 3. Michelle Chase 25:02. 21-29: 1. Lorraine Melendez 20:50, 2. Shellie Taylor 21:29, 3. Janet Aspetia 22:42. 30-39: 1. Lupe Eberly 19:31, 2. Joan Watson 23:55, 3. Jenny Nowack 24:10. 40-49: 1. Becky Whitehead 25:18, 2. Deborah Osburn 25:41, 3. Judy Fortenberry 26:28. 50-59: 1. Carol Lapham 31:33, 2. Imelda Kendylis 39:04.

Division Results - Men's 10K

13 & Under: 1. Jason Genel 40:52, 2. Jose Melendez 52:16. 14-20: 1. Zef Medina 36:58, 2. Daniel Guerrero 37:31. 21-29: 1. Robert Taylor 34:46, 2. Al Suarez 34:56, 3. Mark Hahn 35:39. 30-39: 1. Tom Whygle 37:15, 2. Jeff Lessley 37:46, 3. Gary Pierson 38:53. 40-49: 1. Arnold Buchanan 37:10, 2. Robert Barrera 41:26, 3. Edward Lujan 45:16. 50-59: 1. Frank Padilla 35:53, 2. Richard Ramirez 37:08, 3. James Lipford 39:54. 60-69: 1. Jim Nagatani 53:19. 70 & Over: 1. Harry Harder 49:31.

Division Results - Women's 10K

14-20: 1. Amy Mabon 48:25. 21-29: 1. Jane Vontz 51:05, 2. Lori Twiford 1:00:16. 30-39: 1. Leslie King 39:46, 2. Judi Thompson 41:18, 3. Alice Rodriguez 49:43. 40-49: 1. Sharon Mayo 46:34, 2. Mardi Briggs 48:34, 3. Carol Schmiel 52:12. 50-59: 1. Margie Stauffer 45:15, 2. Heidi Fialho 51:05.



Subscribe...
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photo by Mike Lambert



Fresno Pacific team cleans up at Delano (left to right): Juan Falcon, Rich Parris, Mark Berry, Jesse Llanez, Sean Stehman, Navar Swift.

Bell Race

October 11. Merced. 15K & 3K.

Overall Results - 15K

1 Fred Villegas (18-29)	50:25
2 Dennis Rinde (18-29)	51:21
3 Daniel Vega (18-29)	53:06
4 Freddie Palmey (18-29)	53:07
5 Curt Royer (30-39)	55:51
6 Erin Woody (18-29)	56:52
7 Ken Schwisow (40-49)	56:52
8 Bill Woody (40-49)	57:08
9 Scott Graham (17 & U)	59:11
10 Trey McNabb (17 & U)	59:34
11 Martin Bannon (30-39)	61:16
12 Peter Larson (30-39)	61:39
13 Ned Anderson (18-29)	62:03
14 Michael Rench (30-39)	62:24
15 Charlie Rodgers (50-59)	63:12
16 Brent Anderson (30-39)	63:29
17 Lisa Hunger (30-39F)	63:40
18 Thomas Diehl (30-39)	63:41
19 Karen Steele (18-29F)	63:49
20 Michael Hutchinson (30-39)	64:33

Overall Results - 3K

1 Chuck Fanter (18-29)	9:02
2 Greg McKinstry (18-29)	9:27
3 Dan Rusk (18-29)	9:51
4 John Byfield (18-29)	10:08
5 Frank Miranda (30-39)	10:11
6 Jason Cleckler (13-17)	10:14
7 Tim Norton (18-29)	10:16
8 Randy Karr (13-17)	10:20
9 Bill Goldfoos (30-39)	10:24
10 Bill Schwartz (30-39)	10:39

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94079



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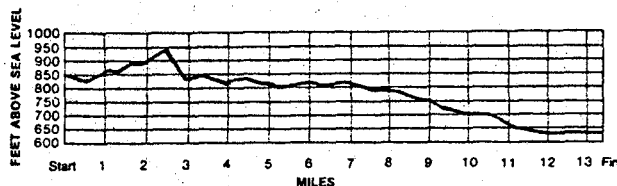
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JAN. 17th, 1988

7:30 a.m.



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Bus return to start add \$2

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Make Check Payable To: Boulevard Run

Mail To: The Boulevard Run

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For Information Call: (818) 347-1933

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T-Shirt Choice

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Male

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Female

AGE

On Race Day

Bus return to start add \$2

Check One Yes ☐ NO ☐