

CALIFORNIA TRACK NEWS

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Issue 29



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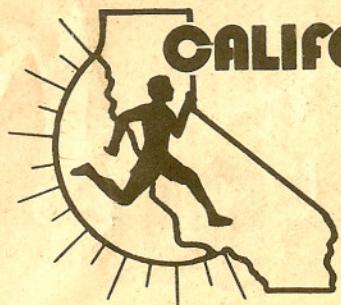
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CALIFORNIA TRACK NEWS
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*Cross Country
is
HERE!*

The Only Publication Devoted to California Track



CALIFORNIA TRACK NEWS

P.O. Box 6103
Fresno, CA 93703

EDITOR: Bill Cockerham
PRODUCTION MANAGER: Judy Cockerham

PUBLISHED BY: *The Fresno Pacific College Track Team and the Fresno Pacific Track Club.*

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MASTERS WOMEN: Irene Obera.

TECHNIQUE AND TRAINING: Vern Gambetta.

MARATHONS: Steve Wolters and Van Allen

SAN DIEGO: Noel Montruccio. BAKERSFIELD: Mike Miles.

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*Area Correspondents still needed for many parts of the state. If interested
in serving on our staff please write for details.*

MEET THE STAFF:



bill mensing

BILL MENSING is a mathematics instructor and coach at Thomas Downey High School in Modesto. The 32 year old Mensing was himself a graduate of Downey High. He attended Modesto Junior College, earned his BA at Whittier College in 1967, and MA at Chapman College in 1977.

At Downey, Bill is the head cross

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from the editor...

At the Fresno State Invitational cross country meet I was chatting with U.C. Berkeley women's harrier coach, Vern Gambetta. Vern is also your *California Track News* Technique and Training Editor. Vern's Cal gals had just won the team title over a dozen other teams and he was sharing a little bit about how UCB women's cross country has improved so much so fast since he was hired just a little over a year ago.

Some of what Vern had to say about the girl's training is included in his Technique and Training column this month - "Cross Country is a Technique Sport." But he was concerned about giving out all of his hard learned secrets to success in cross country. Vern brought up an interesting point. Most coaches don't want to share what works for them — they are more concerned with winning than sharing. Why give out your methods so that the opposition can use them against you?

Over the past several years, as Technique and Training Editor, Vern has written 90% of the articles appearing in that column by himself. He has shared with the readers his findings from study, research and experience. He had hoped initially to get other coaches involved in sharing ideas and methods in the



monthly column. He hadn't intended to have to write them all. However, he discovered that many coaches just don't want to share what they are doing. It's a little frightening to be the only one giving away your secrets.

I am reminded of my years spent training under the great Hungarian coach, Mihaly Igloi with the Santa Monica Track Club. We were all strictly forbidden to write down or divulge any of our workouts. I can remember Igloi being quite miffed at Tracy Smith (then a world record holder at 3 miles indoors) for keeping a training diary. I think we all secretly did keep records of our workouts — I still refer to mine. Wouldn't it be great to read a book about Igloi's training methods. I hope someday we get the chance. A biography of the man, himself, would be equally valuable.

Let's not push Vern out on a limb by himself. The attitude of secrecy really isn't healthy for the sport. Don't you think it would be better to share and by so doing together forge new frontiers? Let's see more articles by more coaches. Contact Vern at U.C. Berkeley (Women's Athletic Dept.) with your ideas.

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At Downey, Bill is the head cross country coach and an assistant in track. He is probably best known for two of his outstanding runners: Tim Holmes and Laurie Crisp. Both of these runners earned high school All American at Downey.

Bill is married. He and wife Glenda have two sons, aged 6 and 3. He got into coaching as an assistant volunteer seven years ago and has been hooked ever since. His involvement with *California Track News* is keeping us informed with the happenings in the Sac-Joaquin Section.

We asked him to tell us a little about his coaching:

"My basic goal in working with young people in athletics is to guide them through an athletic experience that they will look back upon as being enjoyable and rewarding, regardless of any continued involvement. What makes something enjoyable and rewarding may seem to be more work and sacrifice at times, and people have different needs and capa-

cities to realize that enjoyment or fulfillment, but ultimately it is having fun and the experience of working toward a goal and doing one's best that I try to offer young athletes."

"I believe with high school age distance runners, because they have such great capacity for improvement, it is how hard they work, regardless of the specific training system, that is most important. And getting them to work hard is strictly a matter of motivation — making the work seem less difficult, making the athlete want to do his best. There are lots of motivational methods, but the best is simply that the athlete knows the coach cares about him and works as hard as he expects the athlete to train."

"Coaching any sport at any level is a very precarious activity. There is hardly any way it can be called anything but a hobby, because of the ratio between the huge amount of time put in and the small professional and financial rewards taken out. Many of us do it because we enjoy the athletic challenge and the meaningful opportunity of working with and developing the character of young people, but the financial and time consuming price of this hobby, is very high. I enjoy it immensely, but staying in it is difficult."

ON THE COVER: Cross country season is off and running full speed ahead. Stay tuned to *California Track News* and keep up with the action. This photo by Diane Johnson was taken at last year's AAU National Championships.

C.T.N. INTERVIEW:

Cheri Williams

by BILL COCKERHAM

CHERI WILLIAMS: University of Oregon and San Jose Cindergals. Age 18; height 5-4, weight 96. Born January 21, 1960, in Albuquerque, New Mexico.

Best Marks: 440- 56.9, 880- 2:06.3, mile- 4:44.9, 1500- 4:20.9, 2 mile- 10:09.8. All marks made in 1978. Competed in 1977 & 78 for Livermore High School, also. Coached by Augie Argabright.

Cheri Williams has come a long way in a short time. In really only her second year of running she has been picked as the 1978 USA High School Woman Athlete of the Year (Track & Field News, October, 1978). The 5-4, 96 pound Livermore High grad was as surprised as anyone; especially since her 1977 junior year was plagued with injuries.

Highlighting 1978 was a national record of 10:09.0 in the two mile, a double win in the California State Meet, and touring Europe with the USA junior team.

Cheri credits a lot of her improvement to the fact she began working out daily with the San Jose Cindergals; a round trip drive of 100 miles. That commute, however, is no longer possible as she is a freshman at the University of Oregon.



photo by Keith Connings

Williams: In cross country I would like to place in the top ten at AIAW Nationals and in the top 15 at the AAU Nationals. In track I hope to drop about 10 seconds in my 1500 and 15-20 in my 3000 time.

CTN: Have you given any thought to long range goals?

Williams: It is hard for anyone to predict what my potential is, as a runner, because of the shortness of my career and the rate of my improvement. It has, however been my supreme desire to reach and determine my potential. In this past year alone I have attained such speed that I never dreamed possible. It only makes me all the more curious and all the more determined to work hard and continue to excel. If that hard work takes me to the Olympics then nobody could be happier. If I never reach that goal, for whatever reason, then I hope I can look back and be satisfied with what I have accomplished. I hope to someday be one of the many people caught up in the marathon craze. But I don't see that happening for many, many years.

CTN: It sounds like you'll be running a long time.

Williams: I hope that I will never lose a desire to run. Nothing makes me happier than to see people of all ages gathering for a friendly road race. It is a constant reminder that winning isn't everything.

CTN: To what do you credit your big improvements?

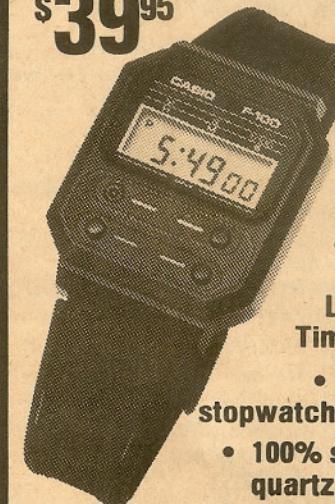
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- Water resistant and shock resistant. Includes battery.

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Cheri credits a lot of her improvement to the fact she began working out daily with the San Jose Cindergals; a round trip drive of 100 miles. That commute, however, is no longer possible as she is a freshman at the University of Oregon.

CTN: To what do you credit your big improvement this past track season?

Williams: First I joined the San Jose Cindergals. I worked hard during cross country which provided a base for track. Then, I just kept practicing with the Cindergals and getting better and working harder.

CTN: What effect has this sudden success had on your life?

Williams: I used to be extremely shy. But, with hard work, dedication and many sacrifices I have been able to excel in running and with that gain confidence so that my shyness is almost a thing of the past. Its amazing that running could make such a difference in my life; and I actually have people appreciating my accomplishments and accepting me for myself.

CTN: You've come a long way in just a short time. Don't you think this is characteristic of women's track in general in the US?

Williams: Women's track has come a long way in just the last few years, and its great to be a part of it's growth. In years to come I hope to see the gap between men and womens times decrease to the point of equality. With the continued support and encouragement from all sources and walks of life, I believe it can be done.

CTN: How did you get started in track?

Williams: I got started in track through my father, Jerry Williams, who was a multiple state champion sprinter in New Mexico. My older brother ran the 880 in high school, so it only seemed fitting that I try my hand at it. After a few injuries and a lot of rough spots, I finally learned to enjoy running. The



next thing I knew I was driving 100 miles a day, four times a week and training like I'd never trained before.

CTN: What do you like best about track?

Williams: The thing I enjoy most about running is meeting all the great people who equally enjoy and appreciate running, not only as a sporting event, but as a way of life. What fun!

CTN: Is your training geared to peak for one or two important meets?

Williams: I usually peak for the cross country nationals, track nationals and maybe an early meet in February.

CTN: Do you have any special competition strategy?

Williams: In the past, due to my inexperience, I would stay on the leaders shoulder and depend on my kick over the last 220 yards. I hope that in the future, as I gain more confidence, I can take the lead and learn pace.

CTN: Do you follow any special training rules?

Williams: At least eight hours of sleep is required for a good workout. As for meets, the night's sleep before is not as essential as two nights before. I refrain from eating any sweets during the season; but eat sunflower seeds, soybeans, carob chips and raisins as a substitute. I eat three bananas a day to prevent injuries. I also take vitamins (B-complex, E, and iron).

CTN: Now that you are out of high school what are your immediate goals?

takes me to the Olympics then nobody could be happier. If I never reach that goal, for whatever reason, then I hope I can look back and be satisfied with what I have accomplished. I hope to someday be one of the many people caught up in the marathon craze. But I don't see that happening for many, many years.

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Williams: I hope that I will never lose a desire to run. Nothing makes me happier than to see people of all ages gathering for a friendly road race. It is a constant reminder that winning isn't everything - its, rather, the people you are running with.

CTN: What are your educational goals at Oregon?

Williams: I plan to major in pre-law and hope to eventually enter a legislative branch of some sort.

CTN: Has there been anyone who has inspired you or been especially important to you in track?

Williams: It is hard for me to spotlight any one individual, because so many people have inspired me. My father has always been there to give me any points on strategy, my mother (Betty) was always there to listen and encourage even when I seriously thought about quitting. My older brother (Curt) would give me the encouragement and confidence that I often times lost before a big race. Those very special people, along with my little brother Bruce, have always been right by my side with their undying shouts of encouragement and their extreme patience and understanding. I cannot leave out all the many people that have come up with money for trips, those teammates that always had a good joke waiting for me on the sixth and seventh laps of the two mile. And my many coaches who always retained the faith in me that I sometimes questioned. Even though I've left a lot of them behind, I know I will meet many more with the same kind of support and love for running. Especially in Eugene: The "Running Capitol of the World."

CTN: Give us an idea of your work-out schedules.

Williams: An example of a week during the non-competitive season—Monday- 5 miles @6:30-7:00 pace. Tuesday- 1320 time trial, 3 mile run, 1320

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time trial, 3 mile run. Wednesday- 3 mile run, 20x220 @30-40 second pace. Thursday- 6 mile run @7:00-7:30 pace. Friday- 4x440 @65, 12x110 sprints. Saturday- 3 mile run. Sunday- 10 kilo road race.

During the competitive track season Monday- 3 mile run, 10x220 @all out, 3 mile run. Tuesday- 3 mile run, 4x1100 yard cross country time trial, 16x70 yard hill sprints, 1x660 time trial, 1x100 yard dash. Wednesday- 1½ mile run, 4x440 @1:45, 1100 time trial (3:01), 330 time trial (41), 2x50 yards, 3 mile run. Thursday- track meet / four events: 2 mile, mile 880 and 440. Friday- 4 miles slow. Saturday- track meet / two events. Sunday- 7 mile run.

Schedule

OCTOBER					
20	MT. SAC INVITATIONAL.	28	THE GREAT PUMPKIN CHASE. 10 kilo, Van Nuys, 8:30 am. Donny Richards, 6901 Lennox Ave Van Nuys 91405. (213) 989-3800.	4	VALLEY CONFERENCE. Fresno.
20	MADERA CROSS COUNTRY RUN. 3 miles, Madera HS. Dennis DeWitt, Madera High School, Madera 93637.	28	CSU SAN BERNARDINO RUN. 10 kilo, 11:30 am. Danny Con- treras, P.O. Box 942, 249 River- side Ave., Rialto 92376. (714) 874-5480.	4	VENTURA WOMEN'S CROSS COUNTRY.
21	KINGSTON/LAYTON RIVER RUN. 5 miles. Rich Petersen, Box 206, Laton 93242.	28	NCAA DIVISION II WESTERN DISTRICT XC CHAMPIONSHIPS. Crystal Springs, Belmont	4	AIAW REGIONAL X-C CHAMP- IONSHIPS. Cal State - Long Beach.
21	FAR WESTERN CONFERENCE XC CHAMPIONSHIPS. Turlock.	28	SAN DIEGUITO 10 MILE HAN- DICAP. Dave Baxter (714) 483- 0909.	5	LA NATURITE WOMEN'S X-C
21	HAYWARD WOMEN'S X-C INV- ITATIONAL.	29	PSA-AAU 50 KILO & 50 MILE TRACK CHAMPIONSHIPS. Gross- mont College. Mike Wade (714) 447-1164.	5	PHELON 15 MILE HANDICAP. noon. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
21	UCLA WOMEN'S X-C INVITAT- IONAL. 10 am.	29	OLDTOWN HALF MARATHON. Eureka, 10 am. Eureka Parks & Recreation Dept., P.O. Box 1018, Eureka 95501.	5	CITRUS GROVE $\frac{1}{2}$ MARATHON & $\frac{1}{4}$ MARATHON. Loma Linda, 8 am. Ellis Jones, Loma Linda lopers, P.O. Box 495, Loma Linda 92354.
21	NATIONAL SR. MEN'S MARA- THON. Buffalo, New York. Jesse Kregal, 681 Auburn St., Buffalo, New York 14222.	29	STC 4 PERSON 10 MILE RELAY. Gardena, 9 am. Ron Watson (213) 536-1107.	5	EXCELSIOR WEST END RUN. 6.25 miles, Golden Gate Park, 10 am. Al Berrin, 1215 21st. Ave., San Francisco 94122.
21	MORRO BAY X-C INVITAT- IONAL. 10 Kilo - men & 5 Kilo - women. Eddy Cadena (805) 546- 2235.	29	PSA-AAU 50 KILO/50 MILE TRACK CHAMPIONSHIPS. San Diego, 6 am. Bill Stock (714) 465-7099.	5	YMCA ZOO RUN. 5,000 meters. Oakland Zoo, 10 am. East Bay Zoological Society, P.O. Box 5238, Oakland 94605.
21	STANFORD RUN. 10 kilo, Stan- ford University, 12 noon. Don Spradlin, 3000 Sand Hill Rd., 4-100, Menlo Park 94025. 854- 1227.	29	PLEASANTON PUMPKIN RUN. 4.5 miles, Amador Comm- ity Park, 10 am. Bette B. F., 4920 Blackbird Way, Pleasanton 94566. 462-1238.	11	CENTRAL CALIFORNIA MARA- THON. Fresno. Gordon Keller, 8811 East Herndon, Clovis 93612.
21	PIEDMONT 5 & 10 KILO RUNS. am. Piedmont Music Foundation, Inverlieth Terrace, Piedmont 94611.	29	HALLOWEEN RUN. 5.2 miles, West Valley College, 10 am. Chris Baumgardner, 14195 S. Capri Dr., Los Gatos 95030. 379-7020.	11	ALMOND BOWL RUN. 3 & 6 miles, Chico, 10 am. Walt Schafer, 1413 Salem St., Chico 95926. (916) 343-6857.
21	CHAPMAN INVITATIONAL CROSS COUNTRY. 5 miles, Hart Park, Orange. Cross Country Coach, Chapman College, 333 N. Glassell, Orange 92666.	29	ANGWIN TO ANGWISH RACE. 7.6 miles, Pacific Union College, 10 am. Darren George, 692 Sunny- side Rd., St. Helena 94574. (707) 962-7121	11	NAIA DISTRICT III CROSS COUNTRY CHAMPIONSHIPS. La Mirada Park, 11 am. Collin Mc- Dougal, Biola College, 13800 Biola Ave., La Mirada 90639.
22	HAYWARD HALF MARATHON. 13.11 miles, 9 am. Pete Sha dera, 1501 168th. Ave., San Leandro 94578. 881-6743.	29	SPA-AAU 10 KILO CROSS COUNTRY CHAMPIONSHIPS. Nick Vogt, 1451 E. Irvine Blvd., No. 12, Tustin 92680. (714) 832-3174.	11	NCAA DIVISION II XC CAHMP- IONSHIPS. Indiana, PA.
22	NEW YORK CITY MARATHON.	29	SOUTHERN CALIFORNIA J.C.	11	

**TURNING
OUT
UNIQUE
EARTHEN
VESSELS**

- Spradin, 3000 Sand Hill Rd.,
4-100, Menlo Park 94025. 854-1227.
- 21 PIEDMONT 5 & 10 KILO RUNS.
1st m. Piedmont Music Foundation,
Inverleith Terrace, Piedmont
94611.
- 21 CHAPMAN INVITATIONAL
CROSS COUNTRY. 5 miles, Hart
Park, Orange. Cross Country Coach,
Chapman College, 333 N. Glassell,
Orange 92666.
- 22 PAYWARD HALF MARATHON.
13.11 miles, 9 am. Pete Shadera,
1501 168th. Ave., San Leandro
94578. 881-6743.
- 22 NEW YORK CITY MARATHON
and Women's Nationals. Marathon,
Box 1388 GPO, New York, NY
10001.
- 22 THUNDERBIRD INVITATIONAL
and SPA X-C Championships,
Walnut.
- 22 SANTA BARBARA MARATHON
& HALF MARATHON. La Playa
Stadium, 8 am. John Brennan,
4476 Meadowlark Ln., Santa Barbara
93105.
- 22 DIABLO VALLEY 10 KILO RUN.
Concord Community Park, 10 am.
Gary Santos, P.O. Box 23646
Pleasant Hill 94523. (415) 6855598
- 22 MERCED 15 & 3 KILOMETERS
Applegate Park, 9 am. Frank
Russell, P.O. Box 2462, Merced
95340.
- 28 RUN FOR YOUR COUNTRY 20
KILO. Los Alamitos, 8 am. Art
Dalzell, 900 Hume Lane, Bakersfield
93309.
- 28 HART PARK RELAYS. Bakersfield.
Larry Arnt, 5000 Belle Terrace No. 72, Bakersfield 93309.
- 28 FRESNO PACIFIC CROSS
COUNTRY CARNIVAL. 4 mile,
Fresno Pacific College. Track Coach
Fresno Pacific College, 1717 South
Chestnut Ave., Fresno 93702 (209)
251-7194.
- 28 BIOLA INVITATIONAL. La
Mirada, 10 am. Collin McDougal,
Biola College, 13800 Biola Ave.,
La Mirada 90639.
- 28 S. CAL ROAD RUNNERS INVITATIONAL.
San Bernardino, women.

- 29 CHAMPS CHAMPIONSHIPS. San
Diego, 6 am. Bill Stock (714)
465-7099.
- 29 PLEASANTON PUMPKIN RUN.
4.5 miles, Amador Community
Park, 10 am. Bette B. P.,
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94566. 462-1238.
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Baumgardner, 14195 S. Capri Dr.,
Los Gatos 95030. 379-7020.
- 29 ANGWIN TO ANGWISH RACE.
7.6 miles, Pacific Union College,
10 am. Darren George, 692 Sunnyside
Rd., St. Helena 94574. (707)
963-7134.
- 29 MAYOR'S CUP MARATHON.
Treasure Island, 9 am. Joe Mollo,
465 23rd. Ave., San Mateo 94403.
553-1530.
- 29 CITY TO PORT RACE. 11.5
miles. San Luis Obispo. R.J. Herren,
104 Santa Rosa St., San Luis
Obispo 93401.
- 31 SOUTH COAST CONFERENCE.
Mt. SAC.

NOVEMBER

- 4 ALL CLUBS CROSS COUNTRY
CHAMPIONSHIPS. 10 kilo, U.C.
Davis, 10 am. Tena Anex, P.O.
Box 312, Davis 95616. (916)
756-3808.
- 4 TURKEY RUN. 10 kilo, Lafayette
Reservoir, 10 am. Connie Whitman,
24 Adelle Ct., Alamo 94507.
837-1752.
- 4 SOUTHERN CALIFORNIA
TRACK FEDERATION CROSS
COUNTRY INVITATIONAL. 5
mile, U.C. Riverside. Chris Rinne,
Athletic Dept., University of California,
Riverside 92502.
- 4 CHINA LAKE 10 KILO RUN.
9:30 am. Scotty Broyles, 1243
Wayne St., Ridgecrest 93555. (714)
446-2941.
- 4 NEWPORT BEACH 10 PERSON
50 MILE RELAY. 8 am. John
Blair, 1162 Dorset Lane, Costa
Mesa 92626. (714) 546-3663.

- 11 COVE HILL 5 & 6
miles, Chico, 10 am. Walt Schafer,
1413 Salem St., Chico 95926.
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- 11 SOUTHERN CALIFORNIA J.C.
CHAMPIONSHIPS. Grossmont.
- 11 NORTHERN CALIFORNIA J.C.
CHAMPIONSHIPS. San Mateo.
- 12 CALIFORNIA WOMEN'S STATE
X-C CHAMPIONSHIPS. Belmont.
- 12 GOLDEN GATE MARATHON.
8 am. Ralph Love, Embarcadero
Branch YMCA, 166 The Embarcadero,
San Francisco 94105. 392-2191.
- 18 HEART OF THE EMPIRE. 15
kilo, Santa Rosa, 10 am. Glenn
McCarthy, 335 Algiers Ct., Santa
Rosa 95405. (707) 539-3519.
- 18 USTFF WESTERN CROSS COUNTRY
CHAMPIONSHIPS, 6 miles,
Woodward Park, Fresno. Fresno
Pacific Track Club, 1717 South
Chestnut Ave., Fresno 93702.
(209) 251-7194.
- 18 CALIFORNIA STATE JUNIOR
COLLEGE CHAMPIONSHIPS.
Grossmont.
- 18 PICO RIVERA TURKEY TROT.
10 miles, 9 am. Armie Briones,
Pico Rivera Rec. Dept., 6515 S.
Passons Blvd., Pico Rivera 90650.
(213) 692-0401, ext. 262.
- 18 AIAW NATIONALS. University of
Colorado.
- 19 SPA JUNIOR OLYMPIC CHAMPIONSHIPS. Huntington Beach.
- 19 SANTA CLARA VALLEY
AUTUMN RIDGE RUN. 6.07 miles
& 10.76 miles, San Jose, 10 am.
Ronald Landrum, 1201 Huntingdon
Dr., San Jose 95129. (408)
252-0100.

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19 ROSE BOWL MARATHON, $\frac{1}{2}$ & $\frac{1}{4}$ MARATHON. Pasadena, 7:30 am. Darrell Kelly, Pasadena YMCA, 235 E. Holly, Pasadena 91101. (213) 793-3131.

19 SUOMI 20 KILO RACE. Pt. Magu. Eino, 32926 Mulholland Hwy., Malibu 90267. (213) 889-0800.

19 EXECUTIVE SHARE HEALTH MARATHON, $\frac{3}{4}$ & $\frac{1}{2}$ MARATHON. Anaheim, 7 am. Mike Turin, 4000 Park Newport, No. 408, Newport Beach 92660. (714) 556-1350.

25 MEN'S NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS. Seattle, Washington.

25 WOMEN'S NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS. Memphis, Tennessee.

25 STATE CENTER 5 PERSON 15 MILE RELAY. Roeding Park, Fresno. Fresno Pacific Track Club, 1717 South Chestnut Ave., Fresno 93702. (209) 251-7194.

25 MASTER'S NATIONAL AAU CROSS COUNTRY CHAMPIONSHIPS. 5 kilo, Balboa Park, San Diego. Ed Barwick (714) 435-0210.

25 WOMEN'S THANKSGIVING RUN. 10 kilo, Los Angeles, 8:30 am. John Rupp, Box 2161 TA, Los Angeles 90051.

26 GARLAND RANCH RUN. 10 kilo. Carmel Valley, 11 am. Gary Geotteman, 223 Country Club Dr., Carmel Valley 93924. (408) 659-4114.

26 RUN & BIKE. 4 mile run - 6 mile bike, Redwood Shores Pavilion, 10:30 am. Peter Michon, 174 Crestview, San Carlos 94070. 592-4170.

26 COMMUNITY BANK RIVER RUN 10 kilo, Anaheim, 9 am. Community Bank, 1750 South State College Blvd., Anaheim 92806.

26 NATIONAL AAU MASTERS AND SPA-AAU MASTERS MARATHON CHAMPIONSHIPS. Anaheim. LDRC—George, 2632 Hollister Terrace, Glendale 91206.

DECEMBER

2 REGIONAL JUNIOR OLYMPIC XC CHAMPIONSHIPS. Balboa Park San Diego.

2 GLENDALE DECATHLON. 9 am. Two days. World's largest. John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale 91208. (213) 240-1000.

2 FRESNO ROAD RACE. Chandler Airport to Kearney Park, 6 miles. Jim Martin, 2530 N. Barton Ave., Fresno 93726.

2 SPRING LAKE WOMEN'S 10 KILOMETER. Santa Rosa, 10 am. Empire Runners, 335 Algiers Ct., Santa Rosa 95405.

3 PA-AAU JR. MEN'S X-C CHAMPIONSHIPS, 10 kilo, Crystal Springs Belmont Hills, 10:30 am. Jack Leydig, P.O. Box 1551, San Mateo 94401. (415) 341-3119.

3 UNITED AIRLINES FRIENDSHIP RUN. 30 kilo, San Bruno, 10 am. Al Bangert, 118 Dunman Way, So. San Francisco 94080.

3 BIKE AND RUN. 6 & 12 miles, Chico, 10 am. John Lanz Averchia, 1378 Arlington Rd., Chico 95926. (916) 343-8933.

3 CAMPBELL "DECEMBERFEST" 6 miles, Campbell High School, 9 am. Robert Culp, 13638 Riverdale Ct., Saratoga 95070. 867-9844.

3 WESTERN HEMISPHERE MARATHON. Culver City, 8 am. Carl Porter, 4117 Overland Ave., Culver City 90230. (213) 837-5211.

9 BAKERSFIELD HILL 'n DALE RUN. Larry Arnt, 5000 Belle Terrace, No. 72, Bakersfield 93309.

9 DESERT HOT SPRINGS 10 KILO. Women only, 9 am. Doug Huff, P.O. Box 338, Desert Hot Springs 92240. (714) 329-5275.

9 CLOVIS STAMPEDE. 5 miles, Clovis High School. Sandy McPherson, 1023 Oxford, Clovis 93612.

9 TRACK & FIELD MINI-CLINIC. Glendale Junior College, 8:30 am. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.

10 WEIGHTMAN'S PENTATHLON. Glendale JC. John Tansley - see address above.

10 SAN FRANCISCO 10 MILE CLASSIC. Golden Gate Park, 11 am. Don Capron, 4808 Fulton St., San Francisco 94121.

10 60 KILO RUN. Sacramento, 9 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831.

10 APPLE VALLEY RUNS. 6.3 and 3.1 miles, 11 am. Jim Gorrell, 14756 Hopi Rd., Apple Valley 92307.

10 COMPTON DISTANCE RUN. 6 miles, 9 am. Art Reade, 410 Buttonwood, Brea 92621. (714) 529-8653

15 ALL COMERS TRACK MEET. Glendale Junior College, 2:45 pm. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208 (213) 240-1000.

16 HOLIDAY X-C RUN. 1 and 4 mile, 9 am. Municipal Sports, 200 N. Main St., City Hall East, 13th Floor, Los Angeles 90012.

16 MADERA MINI-MARATHON. 13 miles, 11 am. Dennis DeWitt, Madera High School, Madera 93637

16 WASCO ROAD RACES. Wasco Parks & Recreation, P.O. Box 840, Wasco 93280.

17 CHRISTMAS RELAYS. Don Hintz, 1631 La Vereda Rd., No. 2, Berkeley 94709. (415) 549-3815.

17 MT. THOM HILL CLIMB. 4 mile, Glendale. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

17 SKUNK HOLLOW 15 KILO HANDICAP. Camarillo, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

23 COYOTE HILLS TO THE BAY 6.8 MILE RUN. Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406.

23 ROSEBOWL 10 MILE HANDICAP Pasadena, 10 am. Gayle Cory, 2632 Hollister Terr., Glendale 91206.

26 HOLIDAY INVITATIONAL 15 KILO RUN. Camarillo, 10 am. Jim Fagnant, 58 Calle Escalon, Camarillo 93010. (805) 482-1587.

30 ELYSIAN PARK 10 KILO X-C. Los Angeles, 8 am. Brutus, 2632 Hollister Terr., Glendale 91206.

26 RUN & BIKE. 4 mile run - 6 mile bike, Redwood Shores Pavilion, 10:30 am. Peter Michon, 174 Crestview, San Carlos 94070. 592-4170.

3 *en:* *At Dangler, 110 Dumbell Way, So. San Francisco 94080.*
BIKE AND RUN. 6 & 12 miles, Chico, 10 am. John Lanz Avecchia, 1378 Arlington Rd., Chico 95926. (916) 343-8933.

10 92307.
COMPTON DISTANCE RUN. 6 miles, 9 am. Art Reade, 410 Button wood, Brea 92621. (714) 529-8653

30 Jim Fagnant, 58 Calle Escalon, Camarillo 93010. (805) 482-1587.
ELYSIAN PARK 10 KILO X-C. Los Angeles, 8 am. Brutus, 2632 Hollister Terr., Glendale 91207.

20
21

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January 6, 1979



30 EVENTS

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- ♦ HIGH SCHOOL
- ♦ MASTERS

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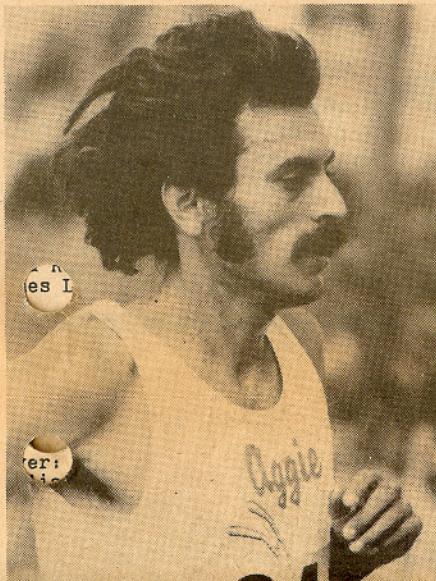
TEAM SPOTLIGHT:

Aggie running club

by JUDY COCKERHAM

"Work Hard -- Play Hard" aptly describes the philosophy of one of California's most successful running clubs — the Aggie Running Club.

Located in the Davis-Sacramento-Bay Area, this club's origins date back to 1973 when it was established as the Aggie Track Club by several UC Davis professors and athletes as a way to help generate funds for a couple of athletes travelling to the USTFF Western Champ-



TIM FARRELL— California J.C. steeplechase champion.

MIKE McGRATH— 5000 meter All American.

MIKE EMRY— 10,000 meter All American.

DAN ALDRIDGE— 1500 meter All American.

JIM SCHANKEL— 5000 & 10,000 All American.

MIKE CATLIN— 100 meter (19th Western State).

BILL BRITTEN— Canadian 20 Kilo Champ.

PETE SWEENEY— 5000 meter All American.

STU HOBBS— Steeplechase All American.

TENA ANEX— national class marathoner.

PEANUT HARMS— former Far West ern Conference 880 record holder 1:50.7.

GORDON INNES— steeplechase All American.

Also part of the competitive group are perennially road racing champions Pete Flores, Jim VanDine, Anthony Reynoso, Dennis O'Halloran and others.

As a team, ARC showed athletic prowess by winning the 1978 PAAU 25 Kilo Championships (2-3-4-), the 1977 USTFF Western Regional Championships and the 1977 All Club Championships. This year's Bay-to-Breakers was the setting for another noteworthy

contact me, Peanut Harms (450 E. O'Keefe, No. 21, Palo Alto, California 94303).

CTN: How do you raise money for the club?

PH: Most money is raised through club dues which are \$2.00 per year for students and \$5.00 per year for non-students. The money is spent in producing and mailing the newsletter, for liquid refreshments at our potlucks and for three buses to transport the club to Bay-to-Breakers.

CTN: Tell us more about the newsletter.

PH: A six to eight page newsletter called "The Holey Sole" is put out monthly informing members with advice, happenings and unique stories.

CTN: What else about the Aggies?

PH: It seems as if this may be a banner year for our team. There seems to be more cohesiveness than ever. We are finding that our no pressure, free attitude is contagious and people are actually enjoying our association. Too many people take their running too seriously and actually make it a hardship when in reality you perform your best when you are loose and relaxed and part of a group which exploits the words "brotherhood" and "sisterhood." We shall become a bit more regimented as far as scheduling is concerned — I believe "organized" is a better word — but our philosophy of "Work Hard — Play Hard" will still be very much adhered to.



left to right: Ed Schelegle, Anthony Reynoso, Mike Sweeney, Matt Yeo, Peanut Harms. Front: Pete Sweeney.

CTN: Are there specific occasions when you meet together as a club?

PH: Our monthly meetings usually draw 30-75 people and we always have a program — movie, podiatrist, chirop-

CTN: And the future?

PH: We think the club will see a lot of future growth because of this article and because of our friendly "everybody's welcome" attitude. We'll continue spread-

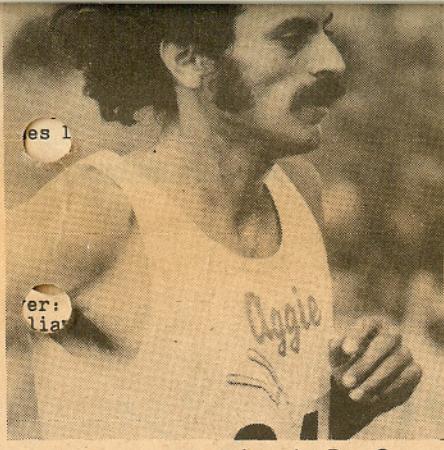


photo by Don Gosney

PETE FLORES winner of the Walnut Festival Race.

ionships. Heading up this venture was Dr. W.C. Adams, who is still active as the club chairman. In 1974, the club changed its name to the Aggie Running Club and its philosophy expanded to include runners of all ages and abilities; male and female.

From its inception in 1973 with 12 members to today's membership roll of 260, the Aggie Running Club has enjoyed an explosive growth. Approximately 80% of the members are "fitness runners" which include college and older members. The ARC membership is primarily involved in distance running, however there are a few middle distance people as well as javelin and discus throwers. Aggie Running Club is open to anyone who wants to pursue a fitness lifestyle and have a good time doing it.

The Aggies are divided (in name only) into two major groups -- the fitness group and the competitive/racing group. Some members of the competitive group drawing favorable attention to their club include:

ED SCHELEGLE— AAU National Marathon Champion.

ANGEL MARTINEZ— (the ARC's first president) 2nd place finisher in PA-AAU 25 Kilo.

MATT YEO— 3rd place finisher in PA-AAU 25 Kilo.

TENA ANEX— national class marathoner.

PEANUT HARMS— former Far West ern Conference 880 record holder 1:50.7.

GORDON INNES— steeplechase All American

Also part of the competitive group are perennially road racing champions Pete Flores, Jim VanDine, Anthony Reynoso, Dennis O'Halloran and others.

As a team, ARC showed athletic prowess by winning the 1978 PA-AAU 25 Kilo Championships (2-3-4), the 1977 USTFF Western Regional Championships and the 1977 All Club Championships. This year's Bay-to-Breakers was the setting for another noteworthy group effort by the ARC -- the only centipede to complete the race (at about 5:30 per mile pace). Remarkable teamwork!

The Aggies provide a full schedule of cross country, road racing and track events for their members. It is not at all unusual to see 20 to 30 black-and-white clad Aggies at a road race running while flaunting the "Flying Plow," the club insignia.

Workouts are done on a to-each-his-own basis, but coaching advice is readily available from various club members.

The Aggie Running Club sponsors several events throughout the year including the Buffalo Stampede in April, the Avenue of the Olives Marathon in February, and the AAU Club Cross Country Championships coming up in November.

California Track News asked ARC's competitive group leader and coaching advisor, Peanut Harms, to tell us more about the Aggies.

CTN: What do you see as the overall purpose of the Aggie Running Club?

PH: Keeping in shape and exploring enjoyment and camaraderie through running.

CTN: How would a person interested in this camaraderie go about joining the club?

PH: Since we have two groups, those more interested in the fitness aspects of the club should write to Gary Mack, the Aggie club president (P.O. Box 312, Davis, California). Those primarily seeking competition should



left to right: Ed Schelegle, Anthony Reynoso, Mike Sweeney, Matt Yeo, Peanut Harms. Front: Pete Sweeney.

CTN: Are there specific occasions when you meet together as a club?

PH: Our monthly meetings usually draw 30-75 people and we always have a program — movie, podiatrist, chiropractor, coach, or exercise physiologist. Every six months a potluck draws close to 100 people where we have door prizes, special awards, general B.S., and great food and beverage.

CTN: And the future?

PH: We think the club will see a lot of future growth because of this article and because of our friendly "everybody's welcome" attitude. We'll continue spreading the good word of "fun through fitness" and placing well at the Club Championships and National AAU meets.

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TUTTLE'S TRACK TOPICS

A DAY IN THE LIFE OF A RUNNING CAMP COUNSELOR

by GARY TUTTLE



"Everybody up! Let's go! 6:15! Time for our run!"

This is the wake up cry of counselors at running camps all over the country. In empty dorm halls, in states ranging from New York to Colorado to California this early morning chant wakes up runners for the day's first run.

I'm familiar with the 6:15 wake up routine, because I've been a counselor for four years at Humboldt State Cross Country and Steeplechase Workshop. Humboldt's camp is considered by many to be one of the Nation's best camps, and its daily schedule is similar to other camps.

Since most runners have never been to a running camp, and have no idea what they are missing, I thought I'd take this month's column to familiarize people with "a day in the life of a running camp

remains slow, because none of the guests know the day's course route and if they get too far ahead, we simply turn a corner and the speedsters are suddenly chasing us to catch up. About two miles of this on the first morning and even the most impatient stay with the group.

After the run, it's back to the dorms and into the showers. When the shower is finished everyone quickly (they all know the route) heads for the first of the day's three meals. Humboldt's camp is known for it's vast amounts of great food, with selections ranging from vegetarian dishes or yogurt and fruit to pancakes, eggs and bacon. It's easy to see why some of the fastest moving of the day is from the showers to the cafeteria.

Once the breakfast talking and eating are over the runners usually head back to their rooms for reading, more talking or sleeping.

At 9:30, everyone attends the day's seminar. The seminars are presented by the counselors, and the topics are varied from day to day. The seminars cover a wide range of issues such as: 1) race tactics, 2) nutrition and the endurance athlete, 3) proper warm-up for training and racing, 4) shoe selection, 5) training methods, 6) marathon training and racing 7) women's running, 8) master's running, and 9) physiology of exercise.

Around 11:00, when the seminar has ended, all the men report to the track for steeplechase technique. The women also report to the track for style evaluation and video taping of running form.

County's great running spots. Each day we go to a different spot, either the beaches, the redwood state parks, or the local dirt roads. The distances we run vary, depending on each individuals conditioning and ability. The bus lets the better runners off at 8-12 miles, then drives to 6 miles and lets more off, and then lets the last group out around 3-4 miles from the finish. This technique makes each person able to train at his or her own level, and helps us prevent injuries and fatigue among the runners.

After our run and shower, everyone eagerly devours our last and best meal of the day. Upon finishing eating we have two hours of free time before the evening's program which begins at 7:30. Our evening programs consist of movies, not all pertaining to running. This year's movies were: The Harriers; Olympic Trials Marathon; Young Frankenstein; Walking Tall - Final Chapter; and Billion Dollar Hobo.

When the curtain comes down on the evening movies, the youngsters head for bed, and some of the oldsters go out for a quick brew or two. The evening ends early because 6:15 comes early every morning.

Our camp is a six day camp, with the first five days being much the same routine. Our last full day, however, is a special day. The last day has no early morning run, but the afternoon is highlighted by a 5 mile time trial, with a river swim and a barbecue steak picnic at the end of the run. Everyone runs our rolling hills road run, and age group awards are given out at our small awards ceremony.

We feel our camp is good, because we have excellent leaders, including Bill Scobey, Vince Engel, Jackie Hansen, Chuck Smead, Coach Jim Hunt, and myself. We know we have a good camp, because we've had several people attend four years in a row.

Everyone has their own reasons for attending. Many are seeking a real good week of conditioning prior to cross country season. Several coaches bring their entire team to get an early start on training and team togetherness.

Many runners, especially masters, attend just to have a relaxing running vacation, and to learn from, and meet other experienced runners.

Many of those attending, especially the counselors, are simply trying to get away from Southern California and train in the world's most beautiful locale.

We even have a few attending camp simply because they heard the food was so good, heard they didn't have to make their bed, and found out that Humboldt's incoming freshman girls share our cafeteria facilities.

Whatever reason appeals to you, and what ever camp you do chose, I urge you to go to a camp next year. Try it once. I know you'll like it. I love it!

8:52

9:14
9:33

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up runners for the day's first run. I'm familiar with the 6:15 wake up routine, because I've been a counselor for four years at Humboldt State Cross Country and Steeplechase Workshop. Humboldt's camp is considered by many to be one of the Nation's best camps, and its daily schedule is similar to other camps.

Since most runners have never been to a running camp, and have no idea what they are missing, I thought I'd take this month's column to familiarize people with "a day in the life of a running camp counselor."

The day begins at 6:15 A.M. with the counselors (usually runners of vast experience) pounding on doors in an attempt to get all 50 runners up and dressed to run by 6:30 (no easy task). When everyone is up and counted, we're out for a slow 4-6 miles. The pace starts slow, and

from day to day. The seminars cover a wide range of issues such as: 1) race tactics, 2) nutrition and the endurance athlete, 3) proper warm-up for training and racing, 4) shoe selection, 5) training methods, 6) marathon training and racing 7) women's running, 8) master's running, and 9) physiology of exercise.

Around 11:00, when the seminar has ended, all the men report to the track for steeplechase technique. The women also report to the track for style evaluation and video taping of running form.

At Noon, I usually lead the charge back to the cafeteria for lunch, and everyone piles the calories back on. The lunch break lasts from 12:00 to 2:30, and the runners spend time shopping, swimming or sleeping (usually the later).

At 3:00 we get on school buses which take us to one of Humboldt

bed, and some of the oldsters go out for a quick brew or two. The evening ends early because 6:15 comes early every morning.

and whatever camp you do choose, I urge you to go to a camp next year. Try it once. I know you'll like it. I love it!

6:38
6:56

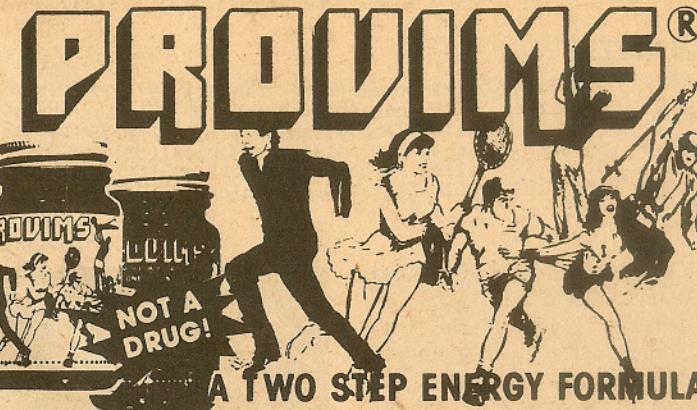


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H = heat

M = metric event

I = indoor mark

N = non-winning time

Dec = mark made in decathlon

Pen = mark made in pentathlon

Women

100 YARDS

I-A	11.4	Irene Obera(Oakland)(42)5/15/76
I-B	13.6	Ellen Rose(Irvine)(48)3/12/77
II-A	14.8	Ruth Christian(Corona)(53)6/26/77
II-B	15.8	Josephine Kolda(SanFrancisco)(59)2/11/78
III-A	15.5	Josephine Kolda(SanFrancisco)(60)4/30/78

100 METERS

I-A	12.6	Irene Obera(Oakland)(42)6/19/76
I-B	14.5	Ellen Rose(Irvine)(46)6/28/75
II-A	13.6	Ruth Christian(Corona)(51)6/28/75
II-B	17.0	Josephine Kolda(SanFrancisco)(59)6/25/77
III-A	16.5	Edith Mendyka(Tujunga)(62)6/23/73
III-B	18.5	Edith Mendyka(Tujunga)(65)6/26/76

200 METERS / 220 YARDS

I-A	27.3m	Irene Obera(Oakland)(41)7/6/75
I-B	31.7m	Shirley Kinsey(CoronaDelMar)(48)6/26/77
II-A	29.6	Shirley Dietderich(Berkeley)(50)4/2/77
II-B	38.9m	Josephine Kolda(SanFrancisco)(59)6/18/77
III-A	32.97	Josephine Kolda(SanFrancisco)(60)6/18/78

400 METERS / 440 YARDS

I-A	59.9m	Irene Obera(Oakland)(42)7/4/76
I-B	70.1m	Ellen Rose(Irvine)(48)8/10/77
II-A	80.2m	Shirley Dietderich(Berkeley)(50)6/18/77
II-B	88.0m	Cathy Hargus(SanDiego)(55)8/10/77
III-A	1:46.8m	Alice Werbel(SanLuisObispo)(60)6/27/76

800 METERS / 880 YARDS

I-A	2:36.3m	Fay Rita Hobbs(SantaBarbara)(40)6/27/76
I-B	2:46.1m	Ruth Anderson(Oakland)(48)6/18/78
III-A	3:41.3m	Alice Werbel(SanLuisObispo)(61)6/18/77
IV	7:03.0m	Eula Weaver(SantaMonica)(85)6/23/74

1500 METERS

ONE MILE

I-A	5:16.2	Miki Gorman(LosAngeles)(41)5/14/77
I-B	5:57	Ruth Anderson(Oakland)(48)6/4/78
II-A	5:52.08	Margaret Miller(ThousOaks)(51)4/3/77

5000 METERS

I-A	16:58	Miki Gorman(LosAngeles)(41)2/3/77
I-B	18:55	Nicki Hobson(SanDiego)(45)4/10/76
II-A	23:19.4	Cathy Hargus(SanDiego)(51)7/7/73
II-B	26:30	Edith Carlisle(SantaMonica)(55)6/26/77

10,000 METERS

I-A	35:45.6	Miki Gorman(LosAngeles)(42)9/3/77
I-B	40:19.8	Dorothy Stock(LaMesa)(45)6/24/78
II-B	53:24	Edith Carlisle(SantaMonica)(55)6/26/77
III-A	53:33	Alice Werbel(SanLuisObispo)(61)6/26/77

ONE HOUR RUN

I-A	9m83y	Dorothy Stock(LaMesa)(43)4/10/76
I-B	8m693y	Ruth Anderson(Oakland)(46)76
II-B	6m709y	Alice Werbel(SanLuisObispo)(59)7/12/75
III-A	6m507y	Alice Werbel(SanLuisObispo)(61)7/16/77

5000 METER WALK

I-A	27:53.2	Lori Maynard(RedwoodCity)(42)5/27/78
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HIGH JUMP

II-A	3-9	Ruth Christian(Corona)(53)6/26/77
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LONG JUMP

I-A	16-9	Irene Obera(Oakland)(41)5/17/75
I-B	11-3	Shirley Kinsey(CoronaDelMar)
II-A	13-4½w	Ruth Christian(Corona)(51)6/28/75

SHOT PUT

40-49 = 8 / 50+ = 6

I-A	29-10	Almeta Parish
I-B	23-1	Shirley Kinsey(CoronaDelMar)(46)6/28/75
III-A	29-2½	Edith Mendyka(Tujunga)(62)6/23/73
III-B	29-4	Edith Mendyka(Tujunga)(65)3/27/76

III-B 38.9m Josephine Kolda(SanFrancisco)(59)6/18/77
III-A 32.97 Josephine Kolda(SanFrancisco)(60)6/18/78

400 METERS / 440 YARDS

Miki.	I-A	59.9m	Irene Obera(Oakland)(42)7/4/76
Borj	I-B	70.1m	Ellen Rose(Irvine)(48)8/10/77
	II-A	80.2m	Shirley Dietderich(Berkeley)(50)6/18/77
	II-B	88.0m	Cathy Hargus(SanDiego)(55)8/10/77
	III-A	1:46.8m	Alice Werbel(SanLuisObispo)(60)6/27/76

800 METERS / 880 YARDS

Gabe	I-A	2:36.3m	Fay Rita Hobbs(SantaBarbara)(40)6/27/76
Sam	I-B	2:46.1m	Ruth Anderson(Oakland)(48)6/18/78
	III-A	3:41.3m	Alice Werbel(SanLuisObispo)(61)6/18/77
	IV	7:03.0m	Eula Weaver(SantaMonica)(85)6/23/74

1500 METERS

I-A	4:40.0	Miki Gorman(LosAngeles)(42)9/3/77
I-B	5:20.1	Ruth Anderson(Oakland)(47)8/16
II-A	6:27	Cathy Hargus(SanDiego)(51)7/7/73
II-B	6:05.2	Edith Carlisle(SantaMonica)(55)6/26/77
III-A	8:29	Alice Werbel(SanLuisObispo)(60)6/27/76
IV	13:56.8	Eula Weaver(SantaMonica)(85)6/22/74



EDITH CARLISLE

SHIRLEY DIETDERICK

HIGH JUMP

II-A	3-9	Ruth Christian(Corona)(53)6/26/77
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LONG JUMP

I-A	16-9	Irene Obera(Oakland)(41)5/17/75
I-B	11-3	Shirley Kinsey(CoronadelMar)
II-A	13-4 ₁ w	Ruth Christian(Corona)(51)6/28/75

SHOT PUT

40-49 = 8 / 50+ = 6

I-A	29-10	Almeta Parish
I-B	23-1	Shirley Kinsey(CoronaDelMar)(46)6/28/75
III-A	29-2 ₁	Edith Mendyka(Tujunga)(62)6/23/73
III-B	29-4	Edith Mendyka(Tujunga)(65)3/27/76
IV	8-9	Kiyoko Koyama(Honolulu)(80)4/16/70

JAVELIN

600 grams

I-A	111-2	Christel Miller(Glendale)(40)8/75
III-A	76-1	Edith Mendyka(Tujunga)(61)6/17/72
III-B	74-0	Edith Mendyka(Tujunga)(65)6/27/76

DISCUS

1 kg

II-A	68-2	Christel Miller(Glendale)(42)3/12/77
II-B	77-11 3/4	Shirley Kinsey(CoronaDelMar)(49)6/18/78
III-A	72-9	Edith Mendyka(Tujunga)(60)6/21/71

• • • • • Men • • • • •

100 YARDS

O-B	9.7	Walt Butler(Altadena)(37)6/11/78
I-A	9.8	Percy Knox(Edwards)(41)7/11/75
I-B	10.4	Robert Watanabe(SantaMonica)(45)5/29/71
II-A	10.5	Alphonse Juillard(Stanford)(50)8/18/73
II-B	10.7	Payton Jordan(LosAltos)(55)3/25/72
II-B	10.7	Alfred Guidet(Petaluma)(55)7/14/73
III-A	10.9	Payton Jordan(LosAltos)(61)5/6/78
III-B	12.3	Ken Carnine(Sacramento)(65)5/6/73
IV	13.6	Sing Lum(Bakersfield)(70)4/19/75

100 METERS

O-B	10.6	Walt Butler(Altadena)(37)6/24/78
I-A	11.0	Dean Smith(WoodlandHills)(41)6/23/73
I-B	11.1N	George Rhoden(Jamaica)(45)6/17/72
II-A	11.4N	Alphonse Juillard(Stanford)(50)8/18/73
II-B	11.6	Payton Jordan(LosAltos)(56)6/23/73
II-B	11.6N	Alfred Guidet(Calif. City)(56)6/22/74
II-B	11.6	Payton Jordan(LosAltos)(57)6/22/74
III-A	11.8	Payton Jordan(LosAltos)(61)5/27/78
III-B	13.4	Ken Carnine(Sacramento)(65)6/23/73
IV	13.9	Josiah Packard(SanFrancisco)(73)8/9/77

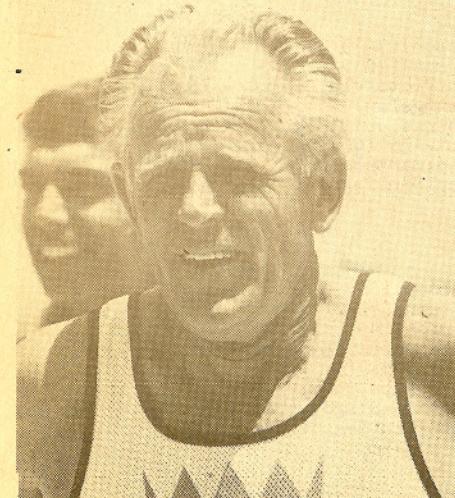
200 METERS / 220 YARDS

O-B	21.8m	Dave Segal(Tustin)(37)6/23/74
I-A	22.4	Dean Smith(Woodland Hills)(40)3/4/72
I-B	22.3mN	George Rhoden(Jamaica)(45)7/2/72
II-A	23.6m	Payton Jordan(LosAltos)(54)2/19/72
II-A	23.7N	Alphonse Juillard(Stanford)(50)8/18/73
II-B	23.6m	Alfred Guidet(Petaluma)(55)6/24/73
III-A	24.2m	Payton Jordan(LosAltos)(60)6/19/77
III-B	28.1mN	Ken Carnine(Sacramento)(68)6/27/76
IV	29.2m	Josiah Packard(SanFrancisco)(73)8/10/77

400 METER / 440 YARDS

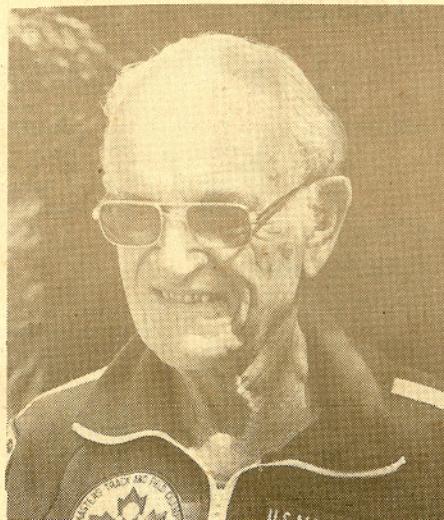
O-B	48.8m	David Romain(Albany)(35)6/26/77
I-A	51.1	Gary Miller(N.Hollywood)(40)6/11/78
I-B	52.2m	Bill Fitzgerald(PalosVerdes)(46)6/20/71
II-A	56.5	William Knuppel(Vista)(51)7/4/70
II-B	56.4	Alfred Guidet(CalifCity)(57)5/17/75
III-A	59.7m	Fritiof Sjostrand(LA)(62)8/8/75
III-B	64.5	Fritiof Sjostrand(LA)(65)5/13/78
IV	64.6m	Josiah Packard(SanFrancisco)(73)8/10/77

photo by Diane Johnson



PAYTON JORDAN

photo by Dave Stock



PAUL SPANGLER

800 METER / 880 YARDS

O-B	1:49.2	George Scott(LongBeach)(35)5/12/72
I-A	1:57.6m	David Pratt(Davis)(41)7/6/73
I-B	1:58.1mN	Bill Fitzgerald(PalosVerdes)(48)7/6/73
II-A	2:01.1m	Bill Fitzgerald(PalosVerdes)(50)6/29/75
II-B	:18.0m	Robert McDonald(ElCajon)(55)6/23/74
III-A	:24.0m	Ray Mahannah(Fremont)(61)9/4/77
III-B	:29.1	Monty Montgomery(ShermoOaks)(65)4/8/72
IV	:34.5m	Monty Montgomery(ShermoOaks)(71)9/4/77

The 5th Annual

Bakersfield Marathon

& Half-Marathon

13.1 and 26.2 miles

SATURDAY, FEBRUARY 3, 1978

6:30 A.M. CHECK-IN

8:00 A.M. START

WEST HIGH SCHOOL PARKING LOT

- T-SHIRTS TO HALF AND FULL MARATHON FINISHERS
- TROPHIES TO THIRD, MEDALS TO 10th — MARATHON
- TROPHIES TO THIRD, MEDALS TO 5th — HALF MARATHON
- FINISHING PHOTOS TO MARATHONERS
- AID STATIONS EVERY THREE MILES
- MILES MARKED
- SPLITS GIVEN EVERY 5 MILES
- FAST, FLAT AND COOL (45-55 degrees) CERTIFIED COURSE
- PRIZES RAFFLED OFF AFTER RACE
- POSITIONAL STARTING
- \$5.00 ENTRY FEE — \$7.00 LATE ENTRY FEE
- ENTRY DEADLINE DATE: JANUARY 27, 1979

Make check payable to Bakersfield Track Club. AAU registration required.

800 METER / 880 YARDS

O-B	1:49.2	George Scott (Long Beach) (35) 5/12/72
I-A	1:57.6m	David Pratt (Davis) (41) 7/6/73
I-B	1:58.1mN	Bill Fitzgerald (Palos Verdes) (48) 7/6/73
II-A	2:01.1m	Bill Fitzgerald (Palos Verdes) (50) 6/29/73
II-B	18.0m	Robert McDonald (El Cajon) (55) 6/23/74
III-A	24.0m	Ray Mahannah (Fremont) (61) 9/4/77
III-B	2:29.1	Monty Montgomery (Sherman Oaks) (65) 4/8/72
IV	2:34.5m	Monty Montgomery (Sherman Oaks) (71) 9/4/77

1500 METERS

O-B	4:05.5	Larry Wray (Los Angeles) (36) 6/17/72
I-A	4:05.9	Wilbur Williams (Los Angeles) (40) 6/23/73
I-B	4:10.4N	Bill Fitzgerald (Palos Verdes) (47) 9/14/72
II-A	4:18.5	Bill Fitzgerald (Palos Verdes) (50) 6/28/75
II-B	4:29.7	Mauro Hernandez (Santa Monica) (55) 8/11/77
III-A	4:55.4	Ray Mahannah (Fremont) (61) 9/3/77
III-B	5:09.6	Sydney Madden (Santa Monica) (65) 7/7/73
IV	6:28.3	Paul Spangler (San Luis Obispo) (77) 7/4/76

ONE MILE

O-B	4:03.7	George Scott (Long Beach) (35) 4/22/72
I-A	4:24.3	Wilbur Williams (Los Angeles) (40) 6/2/73
I-B	4:29.5N	Bill Fitzgerald (Palos Verdes) (46) 4/23/72
II-A	4:32.2N	Bill Fitzgerald (Palos Verdes) (50) 7/13/75
II-B	5:13	Alan Waterman (San Francisco) (56) 10/19/74
III-A	5:17.3	Ray Mahannah (Fremont) (61) 10/1/77
III-B	5:22N	Monty Montgomery (Sherman Oaks) (65) 4/8/72
IV	5:42.2	Monty Montgomery (Sherman Oaks) (70) 7/9/77

3000 METERS

O-B	8:58N	Peter Mundle (Santa Monica) (39) 4/20/68
I-A	8:55.8	Jerry Smartt (Westminster) (42) 8/17/74
I-B	9:14.2	Peter Mundle (Venice) (46) 1/18/75
II-A	9:30.8	Peter Mundle (Venice) (50) 5/20/78
II-B	10:50N	Ed Halpin (Riverside) (55) 12/29/73
III-A	No Marks	
III-B	11:47.0	Walter Frederick (Pico Rivera) (67) 8/13/75
IV	14:25	Paul Spangler (San Luis Obispo) (77) 6/12/76

2 MILES

O-B	9:24.0N	Peter Mundle (Culver City) (37) 7/14/65
I-A	9:28.0	Peter Mundle (Venice) (42) 7/8/70
I-B	9:44.6	Peter Mundle (Venice) (46) 8/2/74
II-A	10:26	Peter Mundle (Venice) (50) 6/1/78
II-B	11:07.4	James Oleson (Santa Monica) (55) 3/25/73
III-A	12:12	John Montoya (Colton) (60) 5/20/72
III-B	11:30.0N	Monty Montgomery (Sherman Oaks) (66) 3/25/73
IV	14:41	Paul Spangler (San Luis Obispo) (77) 6/12/76

3 MILES

O-B	14:38.4N	Peter Mundle (Culver City) (37) 3/19/66
I-A	14:48.6	Peter Mundle (Venice) (43) 7/14/71
I-B	15:07	Peter Mundle (Venice) (46) 7/7/74
II-A	15:37.8	James O'Neil (Sacramento) (50) 1/10/76
II-B	17:24	Paul Reese (Sacramento) (55) 4/23/72
III-A	18:25.2	Albert Clark (Orange) (60) 4/28/74
III-B	No Marks	
IV	22:25	Paul Spangler (San Luis Obispo) (77) 6/12/76

- SPLITS GIVEN EVERY 5 MILES
- FAST, FLAT AND COOL (45-55 degrees) CERTIFIED COURSE

● PRIZES RAFFLED OFF AFTER RACE

● POSITIONAL STARTING

● \$5.00 ENTRY FEE — \$7.00 LATE ENTRY FEE

● ENTRY DEADLINE DATE: JANUARY 27, 1979

Make check payable to Bakersfield Track Club. AAU registration required.

13/
row

ENTRY BLANK

I want to participate in the — Half Marathon — Full Marathon.
(please indicate)

Best Marathon Time: _____ Shirt Size: S M L XL
(circle one)

In consideration of your accepting this entry, I, Intending to be legally bound, hereby for myself and my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against the Bakersfield Track Club, West High School, their representatives, successors and assigns, for any and all injuries suffered by me at this Bakersfield Marathon.

PRINTED NAME: _____

SIGNATURE: _____
(If under 18 parents signature)

AGE: _____ BIRTHDATE: _____

ADDRESS: _____

DIVISION ENTERING (please check one):

Male 13 & under _____ Male 14-19 _____ Male 20-29 _____ Male 30-39

Male 40-49 _____ Male 50 & over _____

Female 29 & under _____ Female 30 & over _____

If in need of more information send SASE to Bakersfield Track Club, P.O. Box 9391, Bakersfield, CA 93309.

SHIRLEY DIBBLE

EDITH GARTLIE

5,000 METERS

0-B	15:04.0N	Peter Mundle(CulverCity)(35)9/5/63
I-A	15:12.6N	Peter Mundle(Venice)(44)8/25/72
I-B	15:36.8N	Peter Mundle(Venice)(46)7/7/74
II-A	16:14	James O'Neil(Sacramento)(51)7/4/76
II-B	17:03	Mauro Hernandez(SantaMonica)(55)9/4/77
III-A	19:05.0	John Montoya(Colton)(62)6/23/74
III-B	20:32.8	Walter Frederick(PicoRivera)(65)6/24/73
IV	22:16	Paul Spangler(SanLuisObispo)(77)10/2/76

6 MILES

0-B	30:42	Ray Hughes(Mt.Baldy)(37)3/6/76
I-A	31:01.0	Jerry Smartt(GardenGrove)(40)5/20/72
I-B	31:29	Peter Mundle(Venice)(46)7/5/74
II-A	32:49.6	Peter Mundle(Venice)(50)6/11/78
II-B	35:48	James Oleson(SantaMonica)(56)7/5/74
III-A	36:41.6	James Oleson(SantaMonica)(60)6/11/78
III-B	42:40	Ray Williams(SantaBarbara)(67)5/4/75
IV	42:38.0	Fred Grace(LosAngeles)(73)5/29/71

10,000 METERS

0-B	30:44.4N	Ray Hughes(Mt.Baldy)(35)4/27/74
I-A	32:08.4N	Peter Mundle(Venice)(44)9/16/72
I-B	32:30.8N	Peter Mundle(Venice)(46)7/5/74
II-A	33:30	James O'Neil(Sacramento)(51)7/2/76
II-B	36:19N	John Lafferty(SanDiego)(56)7/5/74.
III-A	38:51	Albert Clark(Orange)(61)6/28/75
III-B	43:56N	Walter Frederick(PicoRivera)(65)7/6/73
IV	47:30	Paul Spangler(SanLuisObispo)(77)7/2/76

ONE HOUR RUN

0-B	11M720Y	Dave Waco(GranadaHills)(37)7/25/70
I-A	11M626Y	Peter Mundle(SantaMonica)(41)7/26/69
I-B	10M1520Y	Peter Mundle(Venice)(46)7/27/74
II-A	10M1074Y	Peter Mundle(Venice)(50)7/29/78
II-B	9M1272Y	James Oleson(SantaMonica)(55)7/28/73
III-A	9M392Y	John Montoya(Colton)(63)7/19/75
III-B	8M1508Y	Ray Williams(SantaBarbara)(66)7/28/73
IV	7M962Y	Paul Spangler(SanLuisObispo)(74)11/8/73

MARATHON

0-B	2:21:45	Ray Hughes(Mt.Baldy)(35)4/15/74
I-A	2:31:01	Bill Gookin(SanDiego)(41)8/25/74
I-B	2:38:31	Brian Freeman(SanDiego)(49)4/21/75
II-A	2:35:48	James O'Neil(Sacramento)(51)2/13/77
II-B	2:41:27	Ed Almeida(SanDiego)(55)1/14/78
III-A	2:54:56N	Monty Montgomery(ShermoOaks)(63)12/7/69
III-B	2:53:03N	Monty Montgomery(ShermoOaks)(65)12/5/71
IV	3:07:03	Monty Montgomery(ShermoOaks)(71)10/16/77

3 Pet. METER STEEPELECHASE

0-B	12:42.0N	John Tansley(Norwalk)(36)6/18/72
I-A	9:45.6	James Shettler(PleasantHill)(42)8/9/75
I-B	10:40	Lewis Roberts(SanBernardino)(47)7/6/74
II-A	11:13	John Noble(S.Pasadena)(50)6/27/76
II-B	11:39.2	Alan Waterman(SanFrancisco)(59)8/11/77
III-A	13:15.2	Wayne Zook(SanDiego)(60)8/13/77
III-B	15:01.6	Wilfred Bigelow(Berkeley)(65)7/3/76
IV	No Marks	

400 / 440 HURDLES

35-49 = 36" / 50-59 = 33" / 60+ = 30"

0-B	53.6m	Ron Whitney(Calif)(35)6/25/78
I-A	56.6m	Ed Dewall(Woodland)(35)7/27/72

HIGH JUMP

0-B	6-7½	John Dobroth(Ventura)(35)7/7/76
I-A	6-0	J. Razzetto(SanDiego)(40)7/4/70
I-B	5-10	Ed Austin(RedondoBch)(45)6/7/75
II-A	5-10	Herm Wyatt(Calif)6/18/78
II-B	5-7	Orval Gillett(Porterville)(53)6/23/73
III-A	5-6	Burl Gist(SanMarcos)(55)6/7/75
III-B	5-0 dec	Dutch Warnerdam(Fresno)(60)12/6/75
IV	4-3	Winfield McFadden(SanDiego)(66)3/10/72
	4-2½	Homer Van Gelder(SantaRosa)(72)6/25/77

POLE VAULT

0-B	15-0	Ron Morris(LosAngeles)(36)6/20/71
I-A	15-3/4	Kenneth Hiob(Aptos)(42)7/14/73
I-B	12-0	Roger French(HaciendaHts)(45)6/29/75
II-A	11-6	Orval Gillett(Porterville)(53)7/1/72
II-B	11-7	Jim Vernon(W.Covina)(58)7/5/75
III-A	12-0	Jim Vernon(W.Covina)(60)7/14/77
III-B	9-7	Bob MacConnaghay(RedondoBch)(68)6/12/76
IV	9-2	Bob MacConnaghay(RedondoBch)(70)5/6/78

LONG JUMP

0-B	23-4	Dave Jackson(Carson)(36)3/30/68
I-A	22-9½	Dave Jackson(Carson)(40)9/11/71
I-B	21-11	Shirley Davisson(Victorville)(45)10/4/75
II-A	19-2½	Tom Patsalis(LosAngeles)(53)5/4/75
II-B	19-9½	Tom Patsalis(LosAngeles)(55)3/12/77
III-A	16-7½	Bill Morales(SantaAna)(60)10/1/77
III-B	15-4½	Russel Hargreaves(SantaBarbara)(66)12/6/75
IV	13-10½	Winfield McFadden(SanDiego)(70)4/5/75

TRIPLE JUMP

0-B	49-11½	Dave Jackson(Carson)(36)5/16/68
I-A	46-11	Dave Jackson(Carson)(41)7/7/73
I-B	45-2½	Dave Jackson(Carson)(45)8/11/77
II-A	40-9	Tom Patsalis(LosAngeles)(53)6/29/75
II-B	41-5	Gordon Farrell(VanNuys)(57)1/18/75
III-A	36-11	Gordon Farrell(VanNuys)(60)12/9/77
III-B	30-9	Winfield McFadden(SanDiego)(67)6/18/72
IV	29-5	Winfield McFadden(SanDiego)(70)6/29/75

SHOT PUT 35-49 = 16 / 50-59 = 12 / 60+ = 8

0-B	60-2	Parry O'Brien(Encino)(35)6/14/67
I-A	52-9 3/4	Parry O'Brien(Encino)(43)5/17/75
I-B	49-1½	George Ker(GranadaHills)(49)5/20/72
II-A	54-6½	George Ker(GranadaHills)(51)6/10/74
II-B	51-8	George Ker(GranadaHills)(55)5/13/78
III-A	50-0	Jack Thatcher(ManhattanBch)(60)5/31/77
III-B	44-3½	Vernon Cheedle(Calif)(65)10/4/75
IV	42-4	Ron Drummond(CapistranoBch)(70)9/2/77

DISCUS

35-49 = 2kg / 50-59 = 1.6kg / 60+ = 1kg

0-B	191-11	Parry O'Brien(Encino)(36)3/17/68
I-A	179-2	Bob Humphreys(VanNuys)(40)7/11/76
I-B	147-0	Fortune Gordien(SanBernardino)(41)2/27/71
II-A	177-9	Fortune Gordien(SanBernardino)(50)2/28/73
II-B	151-6	George Ker(GranadaHills)(55)6/25/78
III-A	149-4	Jack Thatcher(ManhattanBch)(61)6/26/77
III-B	141-10	Ken Carnine(Sacramento)(65)6/3/73
IV	121-7	A. Redmond Doms(CulverCity)(70)9/4/77

II-A	2:35:48	James O'Neil(Sacramento)(51)2/13/77
II-B	2:41:27	Ed Almeida(SanDiego)(55)1/14/78
III-A	2:54:56N	Monty Montgomery(ShermoOaks)(63)12/7/69
III-B	2:53:03N	Monty Montgomery(ShermoOaks)(65)12/5/71
IV	3:07:03	Monty Montgomery(ShermoOaks)(71)10/16/77

Pet METER STEEPLECHASE

O-B	12:42.ON	John Tansley(Norwalk)(36)6/18/72
I-A	9:45.6	James Shettler(PleasantHill)(42)8/9/75
I-B	10:40	Lewis Roberts(SanBernardino)(47)7/6/74
II-A	11:13	John Noble(S.Pasadena)(50)6/27/76
II-B	11:39.2	Alan Waterman(SanFrancisco)(59)8/11/77
III-A	13:15.2	Wayne Zook(SanDiego)(60)8/13/77
III-B	15:01.6	Wilfred Bigelow(Berkeley)(65)7/3/76
IV	No Marks	

400 / 440 HURDLES

O-B	53.6m	Ron Whitney(Calif)(35)6/25/78
I-A	60.6mN	Ed Dowell(Woodland)(44)7/1/72
I-B	60.5m	Ted Rademaker(Fresno)(48)7/6/73
II-A	65.4m	Bob Roemer(ElDoradoHills)(51)6/27/76
II-B	63.7m	Robert Hunt(Anaheim)(56)7/3/76
III-A	74.5mN	Vincent Godfrey(LaMesa)(60)6/23/74
III-B	86.7m	Wilfred Bigelow(Berkeley)(65)7/3/76
IV	No Marks	

110 / 120 HURDLES

35-39 = 42" / 40-49 = 39" / 50-59 = 36" / 60+ = 30"

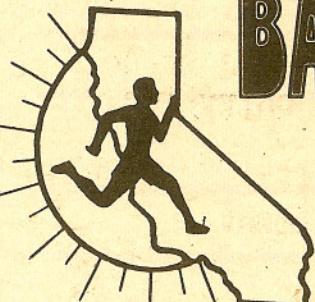
O-B	15.2	Hugh Adams(Reedley)(35)6/11/75
I-A	15.0m	Dave Jackson(Carson)(40)7/2/72
I-B	15.9m	Ted Rademaker(Fresno)(47)7/2/72
II-A	17.7m	Tom Patsalis(LosAngeles)(54)6/26/76
II-B	17.9	Burl Gist(SanMarcos)(55)6/7/75
III-A	17.5	Alfred Guidet(CalifCity)(60)5/6/78
III-B	19.6m	Ted Hatlen(NCSTC)(65)7/4/76
IV	22.7	Ralph Higgins(FtMacArthur)(71)6/23/73

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I-B	49-1	Parry O'Brien(Encino)(36)3/17/68
II-A	54-6	George Ker(GranadaHills)(49)5/20/72
II-B	51-8	George Ker(GranadaHills)(51)6/10/74
III-A	50-0	George Ker(GranadaHills)(55)5/13/78
III-B	44-3½	Jack Thatcher(ManhattanBch)(60)5/31/77
IV	42-4	Vernon Cheedle(Calif)(65)10/4/75
		Ron Drummond(CapistranoBch)(70)9/1/77

DISCUS

35-49 = 2kg / 50-59 = 1.6kg / 60+ = 1kg

O-B	191-11	Parry O'Brien(Encino)(36)3/17/68
I-A	179-2	Bob Humphreys(VanNuys)(40)7/11/76
I-B	147-0	Fortune Gordien(SanBernardino)(48)2/2/71
II-A	177-9	Fortune Gordien(SanBernardino)(50)2/28/73
II-B	151-6	George Ker(GranadaHills)(55)6/25/78
III-A	149-4	Jack Thatcher(ManhattanBch)(61)6/26/77
III-B	141-10	Ken Carnine(Sacramento)(65)6/3/73
IV	121-7	A. Redmond Doms(CulverCity)(70)9/4/77

HAMMER

35-59 = 16 / 60+ = 12

O-B	232-5	Harold Connolly(SantaMonica)(37)7/20/69
I-A	224-1	Harold Connolly(SantaMonica)(40)5/7/72
I-B	189-9	Harold Connolly(SantaMonica)(45)5/1/77
II-A	116-1	Gene Rochambeau(SanDiego)(54)7/6/73
II-B	133-0	Gene Rochambeau(SanDiego)(55)6/10/74
III-A	126-6	Tom Montgomery(Ontario)(61)8/16/75
III-B	112-5	Randolph Hubbell(Alhambra)(67)6/12/76
IV	104-1	Stanley Herrmann(SantaBarbara)(71)10/4/75

JAVELIN

35-59 = 800 grams / 60+ = 600 grams

O-B	267-4	Frank Covelli(Calif)(35)4/3/71
I-A	234-9	Larry Stuart(Calif)(40)3/25/78
I-B	201-6	Bud Held(SanDiego)(45)7/7/73
II-A	173-9	Bill Morales(SantaAna)(51)7/3/68
II-B	180-9	Bill Morales(SantaAna)(56)4/19/73
III-A	177-5	Bill Morales(SantaAna)(60)7/9/77
III-B	135-0	Bob MacConnaghy(RedondoBch)(68)1/8/77
IV	123-6	Emery Curtice(Calistoga)(70)9/4/77

DECATHLON

O-B	6004	Dennis Stempel(Bas)(35)4/19/78
I-A	5729	Harvey Schellenbach(Reedley)(41)8/2/74
I-B	5084	Harry Hawke(SanDiego)(46)7/4/75
II-A	4399	Orval Gillett(Porterville)(54)12/8/73
II-B	3607	Peter Fetter(RedondoBch)(55)6/4/76
III-A	4328	Dutch Warmerdam(Fresno)(60)12/6/75
III-B	2263	Russel Hargreaves(SantaBarbara)(66)12/6/75
IV	1306	Stanley Herrmann(SantaBarbara)(70)12/7/74

PENTATHLON

O-B	2936	Hugh Adams(Reedley)(38)6/17/78
I-A	2812	Brayton Norton(LagunaBch)(42)7/1/72
I-B	2454	Harry Hawke(SanDiego)(45)7/6/74
II-A	2007	Bob Roemer(ElDoradoHills)(50)8/12/75
II-B	1959	Peter Fetter(RedondoBch)(55)7/1/72
III-A	2016	Bill Morales(SantaAna)(60)8/12/77
III-B	1266	Ken Carnine(Sacramento)(67)8/10/75
IV	517	Winfield McFadden(SanDiego)(70)4/4/75

FEATHER RIVER HOSPITAL
PRESENTS

The Harvest Classic

November 19, 1978

RACE DAY INCLUDES:

- * A vegetarian meal designed for the runner.
- * A free subscription to a national health journal.
- * Family activities (nature film, playground).
- * Running events include: Junior 5000m (under 19 years)
Masters-women 5000m (40 years and over)
Masters-men 10km (40 years and over)
Womens Open 10km
Mens Open 20km
- * Race fee includes a one-hour seminar with Dr. Kenneth Cooper on November 16.

Start of race is BUTTE COLLEGE, Oroville, Calif.

** Trophies to be Awarded **

What they said about the East Coast event:

- This is a letter to thank you for what many runners said was the best-run most-enjoyable marathon they had ever attended. (Kay Deitz Bel Air Md.)

- I wish to thank you and Life & Health for your sponsorship. I thought that the race, the aid stations, the luncheon and all related matters were "Grade A"

on November 16.

Start race is BUTTE COLLEGE, Oroville, Calif.

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I wish to thank you and Life & Health for your sponsorship. I thought that the race, the aid stations, the luncheon and all related matters were "Grade A" quality. (P. Donald Moses, Staunton, Virginia)

E N T R Y F O R M

Name _____

Address _____

City _____ State _____ Zip _____

Sex _____ Age _____ Event _____

Make sure you include all the above information for any additional family members.

I do, hereby, release and discharge all promoters and sponsors for all claims of damage, demands, actions whatsoever in any manner arising or growing out of my participation in the Harvest Classic.

Signature _____

Entries MUST be in by November 5, 1978.

Enclosed is my check or money order for \$8.00 payable to Feather River Hospital. Additional costs include:

- () \$4.00 for additional family members
() \$3.50 for T-Shirt
my size () () () ()
S M L XL
() \$2.50 meal for guests only

Non-seminar attenders will receive a \$1.00 discount on the \$8.00 and \$4.00 entry fee.

Mail to: Feather River Hospital
Health Services Department
5974 Pentz Road
Paradise, Calif 95969

Sponsored by: Paradise Running Club
Co-sponsored by: The local Seventh-day Adventist Church's, Butte College, Life & Health (the national health journal)

TRAINING & TECHNIQUE

Cross Country... A Technique Sport

by VERN GAMBETTA

Basically there are three types of running available for the distance runner: 1) track running, 2) road running, and 3) cross country running. Track and road running are somewhat related in that the terrain is generally uniform and the footing consistent. Cross country is an entirely separate and unique sport. It offers a variety of courses with varied terrain and footing. It is a race against the course as well as the opposition.

PHILOSOPHY OF CROSS COUNTRY

There are several different philosophies of cross country. Most prevalent and one that detracts most from enjoyment of the sport by the participants is the conduct of cross country as an off-season conditioning program for track.

MENTAL APPROACH

It is relatively easy to run cross country. To race cross country is a different matter. You must be into the race mentally. Racing requires concentration and the ability to visualize and plan ahead. The runner must be agile mentally as well as physically.

BASIC RULES OF CROSS COUNTRY

1) Stress rhythm. To develop a relatively short, efficient stride is very important. Don't overstride-- this is the most serious error a cross country runner can make.

2) Balance is very important. It must be balanced and controlled to adapt to the changes in terrain and footing.

3) Know and master hill technique.

4) Have a race plan. Analyze the race's tactics and approach to the

ions you can significantly reduce the degree of difficulty of the course.

Proper downhill technique requires the runner to lengthen out the stride -- try to get up more on the balls of the feet and to lean forward. The key is to keep the hips over the feet at all times and to not sit back. This becomes tougher to do in the latter stages of the race when fatigue becomes more of a factor. If you feel a pounding in the lower back, you are most likely sitting back.

3) Cresting the hill. Don't give up and drop the effort at the top of the hill. Maintain and keep working to utilize the energy expended going up the hill.

Turn technique is another neglected area of cross country. I firmly believe that proper turn technique can enable a runner to gain at least .5 second per turn on a course. This can be a significant time gain at the end of a race. There are three aspects of turn technique: 1) wide, 2) narrow, and 3) blind.

1) Wide turns -- technique is not as crucial on wide turns unless there is a very large field of runners. In that case, the runner must decide before the race how the turn should be run or have an alternate plan if caught in a different

large pack, don't be afraid to use your hands to let an opponent know where you are.

Passing an opponent is something that should be worked on as an aspect of technique. Always pass strong. Often, where you pass can have a significantly demoralizing effect on your opponent. This is especially true uphill. Avoid getting yourself in a position where you have no opportunity to pass an opponent.

EVALUATING PERFORMANCE

This is a dilemma in cross country where there is no standardization of courses and distances. First of all, most courses are divided into mile segments which are usually clearly marked. Splits are given to the runners at these points. Many coaches ignore these splits feeling that they are meaningless due to variation in terrain and courses. I feel that splits are very valuable in determining how a particular runner ran the race. It can also give the coach and athlete a very good estimation of what parts of a race a runner should work on. Are the splits even? Was the first mile significantly faster than all the rest? What type of terrain made up each mile?

The coach should keep records of these splits and use them for comparison and race planning each year. There is no sense making the same mistake twice on the same course.

Another meaningful evaluation tool is the total team time for the top five and the top seven. This is a good motivating tool when the same course is run year after year. It is also important in keeping home course records.

A real key to evaluation of team performance is the differential in time of performers one to five. Generally the smaller the differential (for example: 18:15 for No. 1 to 18:30 for No. 5) indicates the better team if that team is

offers a variety of courses with varied terrain and footing. It is a race against the course as well as the opposition.

PHILOSOPHY OF CROSS COUNTRY

There are several different philosophies of cross country. Most prevalent and one that detracts most from enjoyment of the sport by the participants is the conduct of cross country as an off-season conditioning program for track. This should be a side benefit, not the primary goal. To be a successful cross country runner demands a greater commitment.

The philosophy which I emphasize in this article is that cross country is a unique sport that demands a different technique and mental set. Two aspects make cross country unique: 1) It is a team sport for distance runners. To be a good team, five runners must run closely together in as tight a group as possible; 2) Cross country is a technique sport -- All things being equal, the runner with the best technique will be the winner. In cross country there is more room to apply strategy and tactics than in any other type of running.

DIFFERENT REQUIREMENTS OF CROSS COUNTRY

Due to changes in terrain and footing, a varied stride is required to adapt to these changes. The runner must have complete stride control at all times. Cross country requires more running strength. I define running strength as the ability to go out at a hard pace and maintain that pace despite changes in terrain. There is little opportunity to sit and kick as in track.

Cross country also requires the ability to run in a large pack of runners and still maintain a sense of pace. It is difficult at times to run your own race in a large pack of runners.

BASIC RULES OF CROSS COUNTRY

1) Stress rhythm. To develop a relatively short, efficient stride is very important. Don't overstride-- this is the most serious error a cross country runner can make.

2) Balance is very important. It must be balanced and controlled to adapt to the changes in terrain and footing.

3) Know and master hill technique.

4) Have a race plan. Analyze the opponents' tactics and approach to the race and plan your race accordingly.

5) Training for cross country does not differ much from training for the longer distances in track, except that there should be a greater emphasis on technique.

TECHNIQUE

Good hill technique is very important in becoming a successful cross country runner. It is my contention that good hill running is not so much a matter of conditioning as it is a matter of technique.

There are three aspects of hill technique: 1) Uphill, 2) Downhill, and 3) Cresting the hill.

1) In hill technique, uphill running seems to receive the greatest emphasis to the detriment of the other two. The key to uphill running is strength. It is important to maintain an upright posture with more emphasis on knee lift and a more vigorous arm action. Don't lean forward at the waist. Keep the eyes up, look ahead. If possible, look to the top of the hill.

2) Downhill running is the most overlooked area in cross country technique. Most coaches and athletes look at the courses and dwell on the uphills, forgetting the downhills. The downhill is an area to gain advantage if you can apply proper technique. Proper technique here can also make a difficult course appear much easier. A good example is the Mt. SAC Invitational two mile course. By properly running the downhill port-

energy expended going up the hill.

Turn technique is another neglected area of cross country. I firmly believe that proper turn technique can enable a runner to gain at least .5 second per turn on a course. This can be a significant time gain at the end of a race. There are three aspects of turn technique: 1) wide, 2) narrow, and 3) blind.

1) Wide turns - technique is not as crucial on wide turns unless there is a very large field of runners. In that case, the runner must decide before the race how the turn should be run or have an alternate plan if caught in a different position.

2) Narrow turns - it is here technique is most important. The runner must first change the arm action. Drop the inside arm and swing the outside arm across the body. Also, don't forget to return to normal arm action out of the turn. Going into the turn tight will force you to swing wide coming out of the turn. Conversely, to go in wide will allow you to come out tight. Sometimes it is worth giving up the inside on a turn to gain a tactical advantage coming out of the turn. This will vary with the course and the opposition.

3) Blind turns -- these are good places to gain a tactical advantage on an opponent. By speeding up through and out of a blind turn, you can gain a lead and possibly confuse your opponent.

Another aspect of technique to consider in cross country is the footing. With the variations in footing, it is more difficult to state absolutes. In general, in poor footing, a shorter, more controlled stride is most important. In sandy, loose ground, it has been my experience that being up on the toes is most efficient. In mud and wet ground, the best method seems to be as flat footed as possible. Generally, try to find the firmest footing available even if it means running more distance on the course.

Group or pack running is an often neglected aspect of technique. This must be practiced. It is important to learn how to run in a large group and not be intimidated. You must learn how to go out under control, gain position, and not get caught in a pace significantly faster than you want to run during the race. In a

these splits and use them for comparison and race planning each year. There is no sense making the same mistake twice on the same course.

Another meaningful evaluation tool is the total team time for the top five and the top seven. This is a good motivating tool when the same course is run year after year. It is also important in keeping home course records.

A real key to evaluation of team performance is the differential in time of performers one to five. Generally the smaller the differential (for example: 18:15 for No. 1 to 18:30 for No. 5) indicates the better team if that team is in contention. This differential can be a key to a successful team. It is important to remember that this differential can be distorted by having an outstanding No. 1 runner who is far ahead of the group. In this case, a more meaningful differential would be between No. 2 and No. 6.

Another factor in evaluating performance is the size of the field. Were you in the top 10%, 25% or top 50%? Where were you in relation to your teammates?

The following "How Well Did I Run?" questionnaire is a good evaluation for the individual performer. (This is based on a 5,000 meter course.)

1) Did you defeat any opponents rated above you?

2) Did you defeat any teammates rated above you?

3) Were you in the top ten?

4) Did you score?

5) Did you displace?

6) Did you follow the pre-race plan?

7) Were you within 50 yards of the pack leader at the mile?

8) Did you go ahead of any or all opponents at the mile? At two miles?

9) Did you start your kick before your opponents?

10) Were you passed by opponents after the mile? After the two miles?

11) Did you pass anyone on a hill?

12) Did you defeat anyone in the final sprint?

13) How can I run a better race?

COURSE ANALYSIS

Examine a course closely. Don't be fooled by first appearances or be intimidated by rumors about how tough it is. Look at the course positively: the more hills and turns, the more opportunity to apply technique.

Before the meet, when going over the course, be very observant. Look for the uneven ground and the hills. Look closely at the downhills and where the blind turns are. Look for good places to pass. Pay particular attention to the start and finish of the race.

SUMMARY

Cross country is a unique sport. If approached this way, it will lead to more enjoyment and challenges for the athlete, coach and spectator.

It has been impossible to summarize all aspects of cross country in so short an article. I hope that this will stimulate coaches and athletes to evaluate their philosophy and approach to the sport and improve performance by some practical advice.

Track
?

by JACK PFEIFER

T
e

Fifteen readers sent in solutions to

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Track Teaser

by JACK PFEIFER

Fifteen readers sent in solutions to last issue's track teaser. The American decathletes hidden in the letter scramble who have scored over 8,000 points were: Jeff Bannister, Phil Mulkey, Steve Gough, Rafer Johnson, Russ Hodge, Bill Toomey, Fred Dixon, Mauricio Bardales, John Warkentin, Bruce Jenner, Jeff Bennett, Craig Brigham, Fred Samara, Mike Hill, Rick Sloan Roger George, and Steve Alexander.

Two of these were a little tricky: 1) Roger George scored his first 8,000 plus after the puzzle came out - he was included as a decoy originally, but then made it so some may have worked the puzzle before his scoring 8,000 and some

C L A S I T C L O U D
E P S H O B R H U S R
N E H E M I A H A N Y
T U F A R I L L E U B
R A O S H E A T O L S
O S R U I Z N E L W N
W S D R A W D E Z P O
I U A R S A B E T E D
T M H E R R M A N R N
Z M O M C T E A R B R
T A C R P I D Y R E E
A C H U L S T S B K H

after. 2) There has been considerable discussion concerning the legality of the mark by Mauricio Bardales.

Not subtracting for the above two questionable answers the following five readers had perfect puzzles: James Barnett (Campbell), Dennis Morley (Clovis), Barry Foose (Lake View Terrace), Ed Oleata (La Jolla), and Donn Kirk (Los Altos). The winner of the drawing to determine who receives the one year free subscription or renewal and track related gift was Barry Foose.

This issue's puzzle was submitted by Jack Pfeifer of Seattle, Washington. It has the names of 17 junior individual national champions hidden in the letter scramble. The reader submitting the most correctly circled names will win the one year free renewal and track related gift. In case of a tie a drawing will determine the winner. Not only is 1978 considered but all time champions as well.

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Central California MARATHON

November 11, 1978

FRESNO, CALIFORNIA

For more information and entry blanks write:

Gordon Keller
8811 East Herndon
Clovis, CA 93612

Jim Rocha of Arcata, California, broke from the field early and posted a new course record of 2:36:43 for first place honors in the annual Roseburg Marathon in Roseburg, Oregon, on June 25.....Southern California runner Thom Lacie has opened a running shop at 2134 Pacific Avenue in San Pedro. "Marathons" is open six days a week - closed Monday.....There are currently 11,000 AAU registered runners in the Southern Pacific Association.

Some proposed IAAF rule changes: suggested that sector in shot, discus and hammer be reduced to 40 degrees, that the hammer head be of solid iron only, with a minimum diameter of 110mm which would eliminate the use of the popular but expensive tungsten. It was recommended that the rotational shot put style should continue to be allowed by those athletes who practice it and it was suggested that the same circle as the hammer may be used for the shot put event, where several rotational style throwers are in the competition. Recommended that the time allowed for each field event attempt be reduced to 1½ minutes for all events except for the pole vault where 2 minutes is proposed.

Wayne Arison handily won the Benbow Six Mile Run in Garberville, California on July 16, with a course record of 31:54 over the rugged layout. First woman was Monica DeGottardi, Also the first time she has won a race, and she too sets a course record..... Two Californians are into the book business: Bob Bishop has put together *The Running Saga of Walt Stack* (Celestial Arts, Millbrae, 1978) which is scheduled for release this month. Also due out in October is Len Wallach's book, *The Human Race*, which is about the colorful and historic Bay-to Breakers Race.

Cheri Williams of Livermore High School and the San Jose Cindergals has been selected by *Track & Field News* as the U.S. Female Prep Track and Field

also ranked first in the nation: Banning, Wilmington in boys 4x440; Mission San Jose, Fremont in boys 4xMile; and L.A. Jordan in the girls 4x100. In

Cerritos College women's cross country coach for the 1978-79 season. Fitzgerald was a member of the 1972 United States Olympic Team to Munich, Germany, and a member of the U.S. delegation in the 1976 Olympics in Montreal. She is presently training with Dave Rhodda, coach of the Lakewood International Track Club.

A new race walking club has been formed in the San Francisco Bay Area to provide opportunities for athletes already into this heel-and-toe discipline and for interested beginners. Called The Golden Gate Walkers, the club scheduled its first meet for September 23. For further information contact Harry Siiton, 106 Sanchez, No. 17, San Francisco, CA 94114.....Chico High School opened its cross country season by recording their 28th consecutive dual meet win over three years. The Chico girls are not to be outdone as they notched their 17th in a row.

The Six Rivers Running Club has come up with an innovative idea: paying the Meet Director of their various races. They have proposed a payment of \$250 to the Trinidad Beach Run Meet Director and \$1000 to the Director of the Avenue of the Giants Marathon....."Can You Afford Not to Exercise?" by Dr. Kenneth Cooper on November 16, 8:30 am to 5:00 pm at Feather River Hospital, Paradise. Write Feather River Hospital, 5974 Pentz Rd., Paradise, CA 95969..... Late news has it that at the All Cal Cross Country Championships UC Irvine was the winner with 31 points while much improved UC Santa Barbara was second with 51. More complete results in next issue.

Bill Webb, assistant track and field coach at Southern Illinois University, has been appointed head track and field as well as head cross country coach at California State University, Northridge. Webb, 29, comes to CSUN with an impressive background in both sports. He succeeds Cliff Abel, who resigned August 8 to accept a similar position at Cal State Long Beach. A holder of two masters degrees from Indiana University in Physical Education and Parks and Recreation, Webb coached SIU javelin star

KEEPING track

Athlete of the Year. Cheri was rated number one in the nation in the 1500 and 3000 meters. Several other Californians were tabbed as number one in their events: Bill Green of Cubberly, Palo Alto in the 440; Chuck Assuma of Eisenhower, Rialto in the 5000 and 10,000; Anthony Curran of Crespi, Encino in the pole vault; Dave Porath of Atwater in the discus; Tohru Asami of Sunny Hills, Fullerton in the decathlon; Alice Brown of Muir, Pasadena in the 100; Freida Cobbs of Berkeley in the 200 and 400; Christi Pyle of Hoover, Glendale in the discus; Jacquie Nelson of Canyon, Anaheim; and Kerry Zwart of Crescenta Valley, La Crescenta in pentathlon. The following relays were

addition these athletes were awarded "All American" status by being in the top three in the U.S.: Philip Johnson of Gardena (120 hurdles); Tony Campbell of Banning, Wilmington (400 hurdles); Greg Ernst of El Dorado, Placentia (pole vault); Dokie Williams of El Camino Oceanside (long jump and triple jump); Donnie Butler of Fremont, LA (long jump); Kelia Bolton of Hill, San Jose (200); Valerie Brisco of Locke, LA (200); Arlise Emerson of Westminster (400); Roxanne Bier of Independence San Jose (long distance); Ann Trason of Pacific Grove (long distance); Gwen Loud of Westchester, LA (long jump); Leslie Deniz of Gridley (discus); and Susie Ray of Orange (pentathlon).

A unique run is developing. The event is called the World Peace Run. On August 27, 1979, a team of 32 runners will leave the United Nations in New York City. They will arrive back there on Christmas Day -- after circling the earth on foot. The non-stop relay will cover 32,000 miles in about 100 days. The main group will pass through three dozen countries, while "emmis-

**GOOD THINGS
FROM**

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(400); Roxanne Bier of Independence San Jose (long distance); Ann Trason of Pacific Grove (long distance); Gwen Loud of Westchester, LA (long jump); Leslie Deniz of Gridley (discus); and Susie Ray of Orange (pentathlon).

A unique run is developing. The event is called the World Peace Run. On August 27, 1979, a team of 32 runners will leave the United Nations in New York City. They will arrive back there on Christmas Day -- after circling the earth on foot. The non-stop relay will cover 32,000 miles in about 100 days. The main group will pass through three dozen countries, while "emissaries" will run in many more places. Other runners, from the world's best to the most casual, are being encouraged to join team members. This unprecedented run isn't simply an athletic feat. It's a symbolic crossing of national and cultural boundaries that separate the world's people.

Robert S. Campbell, Co-Chairman, National Long Distance Running Committee, has issued two plans for qualifying for the Pan American Games marathon trial: 1) the USOC would be requested to pay the expenses of twelve athletes to the qualifying race. These runners would be selected on the basis of time performances over AAU certified courses and AAU races, during the year preceding the qualifying race, namely, the Boston Marathon, April 17, 1978 through February 25, 1979. The Pan American Trial would be open to all; however, the twelve fastest athletes will be assigned to the front starting line. 2) As in 1975 the USOC would pay the expenses of twelve athletes to the final trial, six winners from Regional Trials, and six winners selected on the basis of time performances over AAU certified courses, during the year preceding April 17, 1978 through February 25, 1979.

A very interesting booklet on women's track is out. It is called *Pioneers of Women's Track in Washington*. It features articles on Ken Foreman, Doris Brown-Heritage, Patty Van Wolvekere and others. Also includes Washington State Prep All Time Girls List. Can be ordered for \$2.50 from Jack Pfeifer, 747 16th. East, Seattle, WA 98112.

Gale L. Fitzgerald, who is training to become a pentathlete for the 1980 Olympic Games, has been hired as the

much improved UC Santa Barbara was second with 51. More complete results in next issue. Bill Webb, assistant track and field coach at Southern Illinois University, has been appointed head track and field as well as head cross country coach at California State University, Northridge. Webb, 29, comes to CSUN with an impressive background in both sports. He succeeds Cliff Abel, who resigned August 8 to accept a similar position at Cal State Long Beach. A holder of two masters degrees from Indiana University in Physical Education and Parks and Recreation, Webb coached SIU javelin star Bob Roggy to an NCAA championship and meet record with a throw of 293 feet this past season. Webb's most recent athletic accomplishment himself came two years ago when he was a United States Track and Field Federation All American competing for the Florida Track Club in the decathlon.

Track coach turned businessman Jimmy Carnes has been elected head men's track and field coach for the 1980 Olympics. Carnes, a former track and basketball standout from Gainesville, Florida, was head coach of the University of Florida team up until 1976, when he left to open a chain of athletic shoe stores. Carnes has over 20 years experience as a track coach, including the head coach's job for the 1974 USA-USSR dual meet and an assistant's job on the 1976 Olympic staff. Carnes is currently the chairman of the AAU men's track and field committee. Named along with Carnes to key positions were Robert Newland (Eugene, Oregon), head manager; Willie Williams (Arizona State), Stan Huntsman (University of Tennessee) Tom Tellez (University of Houston) and Jim Santos (Cal State/Hayward), assistant coaches; Ernie Cunliffe (Air Force Academy), Roy Griak (Minnesota) and Steve Simmons (Oregon State), assistant managers. UCLA's Jim Bush was elected head coach for next year's U.S. team at the Pan American Games, which will take place during the summer months in San Juan, Puerto Rico. Ted Haydon, long-time mentor of the University of Chicago Track Club was elected head manager.

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High School TRACK

by KEITH CONNING

CALIFORNIA PREPS IN EUROPE

U.S. — U.S.S.R. Junior Meet I, Donyetsk, USSR, July 4-5:

FREIDA COBBS of Berkeley, CHERI WILLIAMS of Livermore, and ALICE BROWN of Pasadena helped the U.S. junior track team to a 194-186 victory over the Soviet squad in the Ukrainian city of Donyetsk.

COBBS, a graduate of Berkeley High, stopped the clock at 54.72 in the 400 meters, while WILLIAMS, a graduate of Livermore High, captured the 1500 meters in 4:21.9. BROWN, a graduate of Muir High, won the 100 meters in 11.80. American women raced to a total of four victories.

KELIA BOLTON, a graduate of Hill High, San Jose, finished fourth in the 100 meters in 12.31. COBBS also took second in the 200 meters in 24.06. ARLISE EMERSON, a junior at Westminster High, took second in the 400 meters with 55.43. ANN REGAN, a junior at Camden High of San Jose, finished third in the 800 meters in

her same performance (144.4) and place (4th) as four days earlier. CHUCK ASSUMMA was third in the 5,000 meters in 14:37.4.

U.S. — West Germany — Great Britain, Lubeck, W.G., July 11:

CHERI WILLIAMS was finally defeated despite running her 1500 in 4:22.9 for third place.

ALICE BROWN finished fifth in the 100 meters in 12.09. GWEN GARDNER took fourth in the 400 meters in 54.94 ahead of ARLISE EMERSON, who was sixth in 55.48. ANN REGAN was sixth in the 800 meters with 2:14.1. GWEN LOUD took fifth in the long jump at 19-10½.

CHRISTI PYLE placed third in the discus at 152-7 followed by the consistent throwing of LESLIE DENIZ — 144-3 for sixth. NELSON was third in the javelin at 158-1.

CHUCK ASSUMMA finished sixth in the 5,000 meters with 14:19.9.

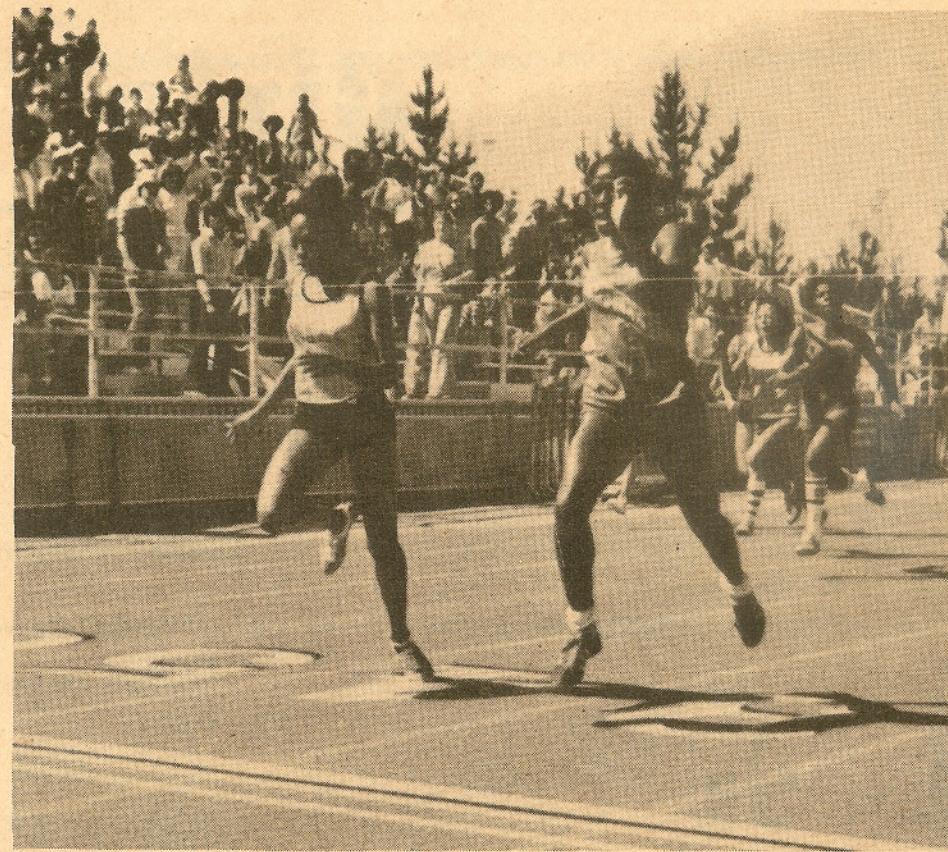


photo by Keith Conning

KELIA BOLTON (left) & FREIDA COBBS

MOSLEY won a second gold, winning the 220 yards in 21.81. GREEN won the 140 in 47.76 and was third in the 100 with 9.89. TONY BANKS (Morse, San Diego) finished second behind GREEN in 48.76.

RON ROBERTS (Morse, San Diego) won the mile in 4:13.4.

ALONZO JACKSON (Oakland) placed third in the long jump at 24-1¾.

TONYA ALSTON (Chico) won the girls' high jump tying her record of 5-10 that she set in 1977.

BISHOP (West Covina) took third

of El Cerrito, sprinter KIM WEBSTER of DeAnza, and hurdler SHERIFA SANDERS of Oakland Tech. All three girls are members of White's Berkeley East Bay Track Club.

In the first cross country invitational of the season, LANSDON of Edison set a new course record of 15:38 at the Mammoth Invitational on Saturday, September 16. The old mark of 16:32 was set by GOMEZ of Valencia last year. LANSDON won by over twenty three seconds. In the girls race, VOGT of Palos Verdes is taking over where teammate

400 meters, while WILLIAMS, a graduate of Livermore High, captured the 1500 meters in 4:21.9. BROWN, a graduate of Muir High, won the 100 meters in 11.80. American women raced to a total of four victories.

KELIA BOLTON, a graduate of Hill High, San Jose, finished fourth in the 100 meters in 12.31. COBBS also took second in the 200 meters in 24.06. ARLISE EMERSON, a junior at Westminster High, took second in the 400 meters with 55.43. ANN REGAN, a junior at Camden High of San Jose, finished third in the 800 meters in 2:07.3. GWEN LOUD, a junior at Westchester High of Los Angeles, took third in the long jump at 19-6½. CHRISTI PYLE, a graduate of Glendale's Hoover High, finished third in the discus with 151-3. Finishing fourth was LESLIE DENIZ, a sophomore from Fridley Union High, with 144-4. NELSON of Lakewood International took third in the javelin with 158-1.

The only male prep to make the team from California was CHUCK ASSUMMA, a junior at Eisenhower High in Rialto. ASSUMMA finished second in the 10,000 meters in 30:32.

U.S. — U.S.S.R. Junior Meet II, Donyetsk, USSR, July 8-9:

The American women's 4x100 team of ALICE BROWN, GWEN LOUD, FREIDA COBBS and KELIA BOLTON combined for a U.S. juniors record 44.91, cutting 0.23 off the 1977 national team's mark.

The U.S. 4x400 team of ARLISE EMERSON, GWEN GARDNER (Crenshaw, L.A.), MARION FRANKLIN (Balboa, San Francisco) and FREIDA COBBS was victorious in 3:43.2.

CHERI WILLIAMS won the 1500 in her season best - 4:20.9.

ALICE BROWN was second in the 100 meters in 11.64. KELIA BOLTON finished third in the 200 meters in 25.65. GWEN GARDNER also finished second in the 400 with 54.24 followed by MARION FRANKLIN in fourth with 55.08. ANN REGAN took fourth in the 800 meters with 2:12.5. GWEN LOUD again was third in the long jump with 19-6½. LESLIE DENIZ repeated

took fourth in the 400 meters in 54.94 ahead of ARLISE EMERSON, who was sixth in 55.48. ANN REGAN was sixth in the 800 meters with 2:14.1. GWEN LOUD took fifth in the long jump at 19-10½.

CHRISTI PYLE placed third in the discus at 152-7 followed by the consistent throwing of LESLIE DENIZ — 144-3 for sixth. NELSON was third in the javelin at 158-1.

CHUCK ASSUMMA finished sixth in the 5,000 meters with 14:19.9.

NATIONAL JUNIOR OLYMPICS

National Junior Olympics, Lincoln, Nebraska, August 12-13:

KERRY MYERS (Berkeley) cleared 7-2½ in the high jump to set a record in the 1978 National AAU Junior Olympics. MYERS eclipsed the old record of 7-0 by BILL HICE (Oakland - 1977) by two inches with his amazing leap. MYERS, who leaped a whopping 6-2 at the Richmond-Berkeley Athletic League Meet in May, soared 12½ inches over that mark.

MYERS thinks rest and running were the keys to his sudden improvement. He spent the majority of the prep season jumping almost every day in practice. His legs got tired and, though he had a 6-7¾ mark early, he never came close to that mark again during the high school season.

He leaped 6-4 at the North Coast Section 4A Meet and 6-2 at the Meet of Champions, where he failed to make the State Meet. "It left a bitter taste in my mouth," MYERS said.

This summer, though, the improvement began. He went 6-6, then 6-8½, then 6-10 in successive meets and then 7-2½, a mark which is 16¼ inches over his head.

The Region 13 team of ROY MOSLEY (Norte Del Rio, Sacramento), MIKE WASHINGTON (Burbank, Sacramento), KIPPER BELL (Henry, San Diego) and BILL GREEN (Cupertino, Palo Alto) set a 440 yard relay record of 41.17.

MOSLEY won a second gold, winning the 220 yards in 21.81. GREEN won the 140 in 47.76 and was third in the 100 with 9.89. TONY BANKS (Morse, San Diego) finished second behind GREEN in 48.76.

RON ROBERTS (Morse, San Diego) won the mile in 4:13.4.

ALONZO JACKSON (Oakland) placed third in the long jump at 24-1¾.

TONYA ALSTON (Chico) won the girls' high jump tying her record of 5-10 that she set in 1977.

BISHOP (West Covina) took third in the girl's javelin with 143-8.

Cal-bound MICHELLE HAWTHORNE (El Cerrito), the third-place finisher at the State Meet, was fourth in the hurdles in 14.14. SHERIFA SANDERS, who will be a sophomore at Berkeley in the fall after transferring from Oakland Technical, was seventh in the same event.

SHARON WARE (Berkeley) finished fourth in the 100 in 11.10, despite running 10.3 during a regional meet in Las Vegas.

JUDY YOUNG (El Cerrito) was eighth in the long jump at 18-8.

Tamalpais High product ALESIA SWEENEY was running third in the 400 hurdles, but came up on the eighth barrier with the wrong foot, panicked and ran around it. She should have been disqualified, but officials did not notice the illegality and SWEENEY finished fifth.

WARE, KIM WEBSTER (DeAnza, Richmond), and two Los Angeles Mercurettes — DENISE EDDINGTON (Los Angeles High) and MARBELLA WASHINGTON (Centennial, Compton) — formed a Region 13 440 relay team which finished third in 47.1.

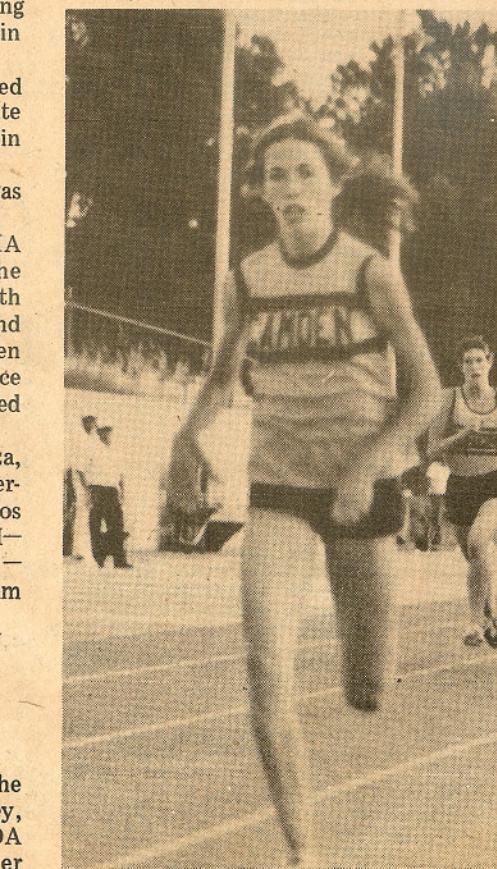
PREP REPORT

The early girls' team favorite for the 1979 State Meet in track is Berkeley, despite losing super sprinter FREIDA COBBS and promising distance runner BRIDGETT FLYNN. Three new transfers with State Meet experience are coming to compete for Coach Willie White — long jumper JUDY YOUNG

of El Cerrito, sprinter KIM WEBSTER of DeAnza, and hurdler SHERIFA SANDERS of Oakland Tech. All three girls are members of White's Berkeley East Bay Track Club.

In the first cross country invitational of the season, LANSDON of Edison set a new course record of 15:30 at the Mammoth Invitational on Saturday, September 16. The old mark of 16:32 was set by GOMEZ of Valencia last year. LANSDON won by over twenty three seconds. In the girls race, VOGT of Palos Verdes is taking over where teammate SUSIE MEEK left off. VOGT won comfortably — twenty three second margin — over SHARON HULSE of Edison in 13:10.

photo by Dave Bronzan



ANN REGAN

Girls

BEST MARKS

1978

BY CALVIN BROWN

This is an AAU ranking and does not include high school marks. For a complete high school 1978 ranking see the June, 1978, California Track News.

Send all additions and corrections to Calvin Brown, 228 E. Artesia Blvd., No. C, North Long Beach, CA 90805.

9u

100 METERS (HT = -.24)

13.5 (1)	Josephine Alexander (NO) 6/17
13.8 (2)	Kelley Peacock (EVT) 6/17
13.9 (3)	Traci Fearington (LBC) 6/17
14.0 (1)	Dimples Forte (QCC) 7/1
14.2 (1)	Angela Suseberry (SDC) 5/21
14.3 (2)	Georgette Rhodes (SDC) 3/19
14.3 (H2)	Mario Williams (ML) 4/22
14.3 (H2)	Shalva Nolen (SacS) 4/22
14.3 (2)	Tremeka Batiste (Pas) 4/23
14.59 (2)	Vontrice DeRuso (Pas) 6/4
14.4 (1)	Rocky Watkins (ML)
14.4 (3)	Twilanda Wilson (SDC) 4/23
14.83 (1)	Mindy Mashore (St.Bon) 7/1
14.83w	Tonya Wallace (Pas) 6/4
14.84w (2)	Jackie Whitfield (QCC) 6/4
14.85 (2)	Donna McHale (WVS) 5/13
14.7 (4)	Jana Johnson (LBC) 4/23
15.00 (2)	Michelle Gonzales (Blaz) 5/13
14.8 (H2)	Thersia Gamblin (MH) 4/22
14.8 (6)	Kim Papillon (St.Bon) 6/17

800 METERS

2:34.1 (1)	Karolyn Covione (St.Bon) 7/1
2:36.5 (1)	Kristin Harkins (BA) 4/29
2:36.6 (2)	Valerie Tapia (QCC) 4/29
2:40.2 (3)	Kelley Patterson (LV) 4/29
2:43.2 (1)	Kelley Sage (SCT) 6/4
2:44.2 (4)	Carol Doody (RRR) 5/13
2:44.3 (3)	Patricia Stone (St.Bon) 6/17
2:47.1 (4)	Dione Rodgers (LBC) 6/17
2:47.5 (2)	Janeene Vickers (QCC) 5/21
2:48.9 (5)	Janet Whalen (SB) 4/23
2:49.0 (6)	Julie Ryan (SV) 6/17
2:49.8 (7)	Laurel Lee (CY) 6/17
2:50.1 (8)	Stacey Clark (Arrow) 6/17
2:51.3 (3)	Stephanie Williams (Pas) 6/4
2:54.4 (6)	Colleen Gullage (VGTC) 4/23
2:55.9 (1)	Tracy Nila (CY) 4/22
2:56.1 (1)	Lisa Ressler (BA) 5/13
2:57.5 (9)	Jenell Gomez (SCT) 7/1
2:59.1 (3)	Cartha Worthman (SMTC)
2:59.5 (7)	Angela Fazzetta (SCT) 4/23

1500 METERS

5:14.0 (1)	Kristin Harkins (BA) 7/1
5:18.6 (1)	Shannon Clark (Arrow) 6/17
5:20.1 (1)	Carol Doody (SCRR) 4/29
5:31.8 (3)	Val Tapia (QCC) 6/17
5:34.9 (4)	Kerry Bratton (CY) 6/17
5:43.7 (5)	Karolyn Covione (St.Bon) 6/17
5:46.2 (6)	Jennifer Michel (MCRR) 6/17

108-3 (5)	Amy Becker (SVTC) 6/17
108-2 (3)	Kim Jones (QCC) 4/29
103-9 (6)	Jenell Gomez (SCT) 6/17
103-0 (T)	Julie Whitlow (TW) 5/7
97-8 (1)	Trina Witt (SCC) 3/12
96-5 (2)	Paula Lewis (Hilltop) 4/22
95-5 (6)	Lisa Ressler (BA) 4/23
86-6 (5)	Teri Dath (VGTC) 4/8
83-10 (3)	Andrea Hass (CY) 4/22
83-3 (4)	Kristen Peterson (OTC) 4/22
83-0 (1)	Ada Rodriguez (SCT) 2/19
83-0 (T)	Val Tapia (QCC) 4/2
82-10 (10)	Michelle Flores (SCT) 5/13

TRIATHLON (100m, BBT, HJ)

1281 (1)	Mindy Smith (SB) 5/7 (15.1, 117-0, 4-1½)
1065 (2)	Jill Whinnery (SB) 5/7 (15.2 116-0 3-5½)
994 (3)	Kieran O'Leary (SB) 5/7 (15.5 76-0 3-7½)
860 (1)	Jackie Whitfield (QCC) 4/2 (15.7 61-0 3-5½)
734 (2)	Angela Sims (QCC) 4/2 (16.2 61-0 3-3½)
714 (3)	Val Tapia (QCC) 4/2 (16.3 83-0 3-1½)
629 (5)	Linda Allred (RD) 5/7 (16.4 40-0 3-3½)
558 (6)	Julie Whitlow (TW) 5/7 (17.4 103-0 2-11½)
552 (7)	Hillary Sammis (RD) 5/7 (17.0 56-0 3-1½)
471 (2)	Memory McAdams (SB) 7/1 (17.68 78-0 2-11½)

10-11

880 RELAY (m + 0.6 = yards)

4 x 220

2:03.4 (1)	San Diego Cougars 5/21
2:05.0m (2)	Pasadena Rosebuds-A 7/1
2:07.0 (1)	Long Beach Comets 5/13
2:06.6m (3)	Quad Cities Cobras 7/1
2:08.5 (2)	Millbrae Lions 6/17
2:11.2 (5)	North Oakland 6/17
2:12.1 (6)	Cupertino Yearlings 6/17
2:12.2m (4)	St. Bonaventure TC 7/1
2:14.1m (1)	So Calif Cheetahs 7/1
2:15.7 (2)	Arrow TC 4/22
2:17.5 (3)	Salinas Valley 4/22
2:18.8m (2)	S A Jet Stream 7/1
2:19.9 (4)	H. Hoover 4/22
2:25.2 (5)	Roseville Gazelles-A 4/22
2:25.9 (5)	SC Thunderbirds 5/13
2:26.3 (6)	S B Sandpipers 5/13
2:27.5 (3)	Pasadena Rosebuds-B 5/21
2:27.0m (4)	So Calif Cheetahs-B 6/4
2:29.0 (6)	Orinda TC 4/22

50 YARD HURDLES (30") (HT = -.24)

8.17 (1)	Cheryl Lindberg (SB) 5/13
8.18 (1)	Eileen Conlon (Pas) 7/15
8.37 (2)	Jenny Sauer (LBC)
8.3 (1)	Kim Tanabe (BA) 12/3/77
8.3 (3)	Anna Mahoney (CY) 6/17
8.4 (4)	Rachel Bray (Arrow) 7/1
8.5 (1)	Laura Lee Sullivan (ML) 4/23
8.5 (5)	Sue Cabrillo (Hayw) 6/18
8.77 (3)	Melissa Huth (SB) 5/13
8.82 (2)	Kathy Wilson (Blaz) 5/13
8.7w (2)	Felicia Washington (LBC) 4/8
8.8 (1)	Kim Walulik (LI) 4/23
9.10 (5)	Karen Knight (Blaz) 5/13
8.9 (3)	Laurie Loveren (LBC) 4/23
9.0w (2)	Nena Hewette (RD) 4/8
9.32 (8)	Danielle Dupart (SB) 5/13
9.1 (1)	Gayle Wadsworth (CTC) 2/19
9.1 (P)	Sylvia Smith (SB) 5/7

HIGH JUMP

4-2 (1)	Mindy Smith (SB) 6/17
---------	-----------------------

13.5 (1)	Josephine Alexander (NO) 6/17	2:51.3 (3)	Stephanie Williams (Pas) 6/4	2:11.2 (5)	North Oakland 6/17	50 YARD HURDLES (30") (HT = -.24)
13.8 (2)	Kelley Peacock (EVT) 6/17	2:54.4 (6)	Colleen Gullage (VGTC) 4/23	2:12.1 (6)	Cupertino Yearlings 6/17	Cheryl Lindberg (SB) 5/13
13.9 (3)	Tracci Fearington (LBC) 6/17	2:55.9 (1)	Tracy Nila (CY) 4/22	2:12.2m (4)	St. Bonaventure TC 7/1	Eileen Ipson (Pas) 7/15
14.0 (1)	Dimples Forte (QCC) 7/1	2:56.1 (1)	Lisa Ressler (BA) 5/13	2:14.1m (1)	So Calif Cheetahs 7/1	Jenny Smith (LBC) 5/13
14.2 (1)	Angela Suseberry (SDC) 5/21	2:57.5 (9)	Jenell Gomez (SCT) 7/1	2:15.7 (2)	Arrow TC 4/22	Kim Tanabe (BA) 12/3/77
14.3 (3)	Georgette Rhodes (SDC) 3/19	2:59.1 (3)	Cartha Worthman (SMTC) 7/1	2:17.5 (3)	Salinas Valley 4/22	Anna Mahoney (CY) 6/17
14.3 (1)	Marlo Williams (ML) 4/22	2:59.5 (7)	Angela Fazzetta (SCT) 4/23	2:18.8m (2)	S A Jet Stream 7/1	Rachel Bray (Arrow) 7/1
14.3 (H2)	Shalva Nolen (SacS) 4/22			2:19.9 (4)	H. Hoover 4/22	Laura Lee Sullivan (ML) 4/23
14.3 (2)	Tremeka Batiste (Pas) 4/23			2:25.2 (5)	Roseville Gazelles-A 4/22	Sue Cabrillo (Hayw) 6/18
14.59 (2)	Vontrice DeRuso (Pas) 6/4			2:25.9 (5)	SC Thunderbirds 5/13	Melissa Huth (SB) 5/13
14.4 (1)	Rocky Watkins (ML)			2:26.3 (6)	S B Sandpipers 5/13	Kathy W. (Blaz) 5/13
14.4 (3)	Twilanda Wilson (SDC) 4/23			2:27.5 (3)	Pasadena Rosebuds-B 5/21	Feliciaington (LBC) 4/8
14.83 (1)	Mindy Mashore (St. Bon) 7/1			2:27.0m (4)	So Calif Cheetahs-B 6/4	Kim Walulik (LI) 4/23
14.83w (2)	Tonya Wallace (Pas) 6/4	5:14.0 (1)	Kristin Harkins (BA) 7/1	2:29.0 (6)	Orinda TC 4/22	Karen Knight (Blaz) 5/13
14.84w (2)	Jackie Whitfield (QCC) 6/4	5:18.6 (1)	Shannon Clark (Arrow) 6/17			Laurie Loveren (LBC) 4/23
14.85 (2)	Donna McHale (WVS) 5/13	5:20.1 (1)	Carol Doody (SCR) 4/29			Nena Hewette (RD) 4/8
14.7 (4)	Jana Johnson (LBC) 4/23	5:31.8 (3)	Val Tapia (QCC) 6/17			Danielle Dupart (SB) 5/13
15.00 (2)	Michelle Gonzales (Blaz) 5/13	5:34.9 (4)	Kerry Bratton (CY) 6/17			Gayle Wadsworth (CTC) 2/19
14.8 (H2)	Thersia Gamblin (RH) 4/22	5:43.7 (5)	Karolyn Covione (St. Bon) 6/17			Sylvia Smith (SB) 5/7
14.8 (6)	Kim Papillon (St. Bon) 6/17	5:46.2 (6)	Jennifer Michel (MCRR) 6/17			Ann Mendeke (CY) 7/1
		5:52.1 (3)	Colleen Gullage (VGTC) 5/21			Bea Romero (SB) 4/29
		5:53.5 (3)	Laurel Lee (CY) 4/22			Stephanie Crang (SB) 7/1
		5:53.9 (3)	Sandy Light (BA) 5/13			Kate McCurdy (SB) 7/1
		5:55.1 (4)	Liza Carrillo (IVS) 3/19			
		6:00.5 (4)	Janet Whalen (SB) 5/13			
		6:00.7 (3)	Cartha Worthman (SMTC) 7/15			
		6:04.5 (5)	Diane Castillo (Age 7) SCT 5/13			
		6:09.2 (4)	Jenell Gomez (SCT) 7/15			
		6:09.2 (5)	Marlene Reyes (SCT) 7/15			
		6:10.4 (6)	Dolores Kratz (MMIrs) 5/21			
		6:14.6 (6)	Amber Chavez (SCT) 5/13			
		6:17.1 (7)	Debbie Shapiro (BA) 4/23			
		6:25.1 (1)	Angela Fazzetta (SCT) 2/19			

200 METERS (HT = -.24)

28.4w (1)	Kelley Peacock (EVT) 6/17	6:09.2 (4)	Kerry Bratton (CY) 6/17	800 WALK
28.6w (2)	Josephine Alexander (NO) 7/9	6:09.2 (5)	Maureen Mahoney (CY) 6/17	
29.02 (1)	Angela Suseberry (SDC) 7/1	6:10.4 (6)	Elise Schlick (Arrow) 6/17	
29.67 (1)	Tracci Fearington (LBC) 5/13	6:14.6 (6)	Laurel Lee (CY) 6/17	
29.5w (2)	Jana Johnson (LBC) 6/17	6:17.1 (7)	Lisa Ryan (CY) 7/1	
29.84 (2)	Stephanie Williams (PAS) 7/1	6:25.1 (1)	Deborah Shapiro (BA) 7/1	
29.90 (2)	Dimples Forte (QCC) 7/15		Christina Mendez (SBS) 6/4	
29.95 (3)	Georgette Rhodes (SDC) 7/1		Alison Alstatt (Arrow) 4/22	
30.01 (1)	Tremeka Batiste (PAS) 6/4		Tina Lee (RG) 4/22	
29.8w (3)	D. Dudley (NO) 6/17		Renee Potter (CY) 4/22	
30.23 (4)	Donna Steinbacher (Arrow) 7/1		Julie Rodewald (VC) 5/13	
30.2w (4)	Julie Corsiglia (CY) 6/17		Leslie Castillo (SCT) 7/1	
30.8 (H1)	Shawnette Sapp (SDC) 3/18	3:58.4 (1)	Colleen Gullage (VGTC) 5/13	
31.01 (1)	Tonya Wallace (Pas) 5/13	4:18.5 (2)	5:00.5 (6)	
31.10 (3)	Michelle Gonzales (Blaz) 7/15	4:26.7 (3)	5:11.5 (4)	
31.0 (2)	Janeene Vickers (QCC) 4/8	4:29.5 (4)	5:11.0m (7)	
31.0 (H2)	Shalva Nolen (SacS) 6/17	4:30.4m (5)	5:17.4 (5)	
31.2 (1)	Rocky Watkins (ML) 4/22	4:40.2m (6)	6:06.6 (2)	
31.5 (H4)	Lisa Bunn (CTC) 6/17	4:50.1m (2)	6:08.8 (3)	
31.75 (2)	Dione Rodgers (LBC) 6/4	4:52.2 (7)	6:13.8m (2)	
		4:53.4 (3)	6:47.3 (7)	
		4:54.7 (4)	Kirtin Haglund (SBS) 5/13	

400 METERS (HT = -.14)

67.17 (1)	Tremeka Batiste (Pas) 7/1	57.9 (H4)	Quad Cities Cobras 7/8	440 RELAY (m + 0.3 = yards)
69.1 (2)	Donna Steinbacher (Arrow) 6/17	58.4 (1)	Pasadena Rosebuds 6/17	
69.9 (1)	Janeene Vickers (QCC) 5/21	58.2m (1)	San Diego Cougars 7/1	
70.3 (2)	Kristin Harkins (BA) 6/4	59.1 (3)	Millbrae Lions 6/17	
70.8 (4)	Tracci Fearington (LBC) 6/17	59.5 (4)	North Oakland 6/17	
71.1 (3)	Shawnette Sapp (SDC) 5/21	61.1m (4)	Santa Barbara Sandpipers	
71.5 (5)	A. Daniels (HH) 6/17	61.5 (5)	H. Hoover 6/17	
71.8 (6)	T. Gabriel (SJT) 6/17	61.2m (2)	St. Bonaventure TC 7/1	
72.32 (1)	Kelley Sage (SCT) 7/1	63.7m (5)	Long Beach Comets 5/13	
72.80 (4)	Monique Walker (SDC) 7/1	63.7m (1)	San Diego Cougars-B 5/21	
73.1 (2)	Kelley Patterson (LasV) 1/29	62.5 (3)	SC Thunderbirds 4/29	
73.3 (1)	Twilanda Wilson (SDC) 4/23	63.0 (4)	Santa Ana Jet Stream-A 7/1	
73.6 (1)	Georgette Rhodes (SDC) 1/29	63.2m (5)	Southern Cal Cheetahs 5/13	
74.0 (1)	Marlo Williams (ML) 4/22	63.7m (1)	SB Sandpipers-B 7/1	
74.0 (4)	Jill Whinnery (SB) 5/13	64.1 (4)	Mira Mesa Jets 7/1	
74.4 (H5)	Latricia Nailon (SDC) 3/18	63.9m (2)	So Calif Cheetahs-B 6/4	
74.4 (2)	Marlene Reyes (SCT) 5/21	67.0m (5)		
74.5 (2)	Angela Berg (RG) 4/22	68.87m (3)		
74.6 (2)	Ada Rodriguez (SCT) 4/23			
75.0 (4)	Janet Whalen (SB) 4/23			

1500 METERS

5:14.0 (1)	Kristin Harkins (BA) 7/1	
5:18.6 (1)	Shannon Clark (Arrow) 6/17	
5:20.1 (1)	Carol Doody (SCR) 4/29	
5:31.8 (3)	Val Tapia (QCC) 6/17	
5:34.9 (4)	Kerry Bratton (CY) 6/17	
5:43.7 (5)	Karolyn Covione (St. Bon) 6/17	
5:46.2 (6)	Jennifer Michel (MCRR) 6/17	
5:52.1 (3)	Colleen Gullage (VGTC) 5/21	
5:53.5 (3)	Laurel Lee (CY) 4/22	
5:53.9 (3)	Sandy Light (BA) 5/13	
5:55.1 (4)	Liza Carrillo (IVS) 3/19	
6:00.5 (4)	Janet Whalen (SB) 5/13	
6:00.7 (3)	Cartha Worthman (SMTC) 7/15	
6:04.5 (5)	Diane Castillo (Age 7) SCT 5/13	
6:09.2 (4)	Jenell Gomez (SCT) 7/15	
6:09.2 (5)	Marlene Reyes (SCT) 7/15	
6:10.4 (6)	Dolores Kratz (MMIrs) 5/21	
6:14.6 (6)	Amber Chavez (SCT) 5/13	
6:17.1 (7)	Debbie Shapiro (BA) 4/23	
6:25.1 (1)	Angela Fazzetta (SCT) 2/19	

HIGH JUMP

4-2 (1)	Mindy Smith (SB) 6/17
3-11 (2)	Jill Whinnery (SB) 6/17
3-8 (4)	Kieran O'Leary (SB) 4/29
3-7½ (T)	Tonya Wallace (Pas) 5/7
3-7½ (3)	Laurel Lee (CY) 7/1
3-7 (1)	Jackie Whitfield (QCC) 4/8
3-7 (3)	Amy Becker (SVTC) 6/17
3-5 (3)	Tina Roberts (SB) 5/13
3-4 (2)	Debbie Hampton (SVTC) 4/22
3-4 (9)	Karen Leveroni (ML) 4/22
3-4 (4)	Julie Ryan (SVTC) 6/17
3-3½ (T)	Angela Sims (QCC) 4/2
3-3½ (T)	Linda Allred (RD) 5/7
3-2 (4)	Kathy McLaughlin (CY) 4/22
3-2 (5)	Tonya Mendes (CY) 4/22
3-1½ (T)	Val Tapia (QCC) 4/2
3-1½ (T)	Hillary Sammis (RD) 5/7
3-1 (5)	Celia Carroll (SB) 4/23
3-1 (6)	Kimberly Harvey (SB) 4/23
3-1 (4)	Memory McAdams (SB) 5/13

100 METERS (HT = -.24)

12.71 (1)	Pat Green (QCC) 7/1
12.95 (2)	Kelly Webster (Hill) 7/1
12.8 (SF1)	Kenya Green (LBC) 3/18
13.19 (2)	Lesley Buchanan (CTC) 5/13
13.0 (3)	Loudisa Flanagan (Hill) 6/17
13.33 (2)	Madeline Tyrone (Pas) 6/4
13.40 (2)	Raynecia Watkins (LBC) 3/12
13.52 (1)	Monique Weaver (MMJ) 7/1
13.3 (SF1)	Leslie Maxie (ML) 4/23
13.3 (3)	Gayle Wadsworth (CTC) 6/18
13.58 (5)	Jeri Pournaras (St. Bon) 7/1
13.59 (3)	Dusty Johnson (SCC) 4/23
13.4 (2)	Nikki Thomas (un) 4/8
13.4 (SF2)	Doreen Thompson (ML) 4/23
13.64 (3)	Lise Lemay (SB) 5/13
13.69 (2)	Keisha Chapman (SCC) 3/12
13.5 (H1)	Pam Mason (Hilltop) 4/23
13.76 (1)	Charon Walker (LBC) 4/23
13.82 (7)	Roxanne Gross (Pas) 7/1
13.6 (6)	Kelly Austin (EH) 6/17
13.6 (2)	Denise Penderson (WV) 7/1

200 METERS (HT = -.24)

26.2 (3)	Kenya Green (LBC) 7/9
26.3 (1)	Victoria Johnson (NO) 6/18
26.61 (1)	Andrea Rolfe (LBC) 5/13
26.84 (2)	Pat Green (QCC) 5/13
26.88 (1)	Dusty Johnson (SCC) 7/1
26.9 (4)	Madeline Tyrone (Pas) 6/18
27.20 (3)	Lesley Buchanan (CTC) 5/13
27.38 (1)	Keisha Chapman (SCC) 6/4
27.4 (5)	Raynecia Watkins (LBC) 6/18
27.6 (6)	Eileen Ipson (SVTC) 6/18
27.95 (7)	Pamela Mason (Hilltop) 7/1
28.01 (1)	T C Watterson (Pas) 7/1
27.8 (8)	Gayle Wadsworth (CTC) 6/18
28.0 (1)	Roneha Brown (Hilltop) 4/23
28.37 (1)	Grace Tarin (VGTC) 5/13
28.53 (6)	Tonya Knowles (CCF) 5/13
28.60 (2)	Roxanne Gross (Pas) 6/4
28.67 (3)	Monique Burrell (WV) 7/15
28.70 (3)	Michelle Taylor (SCC) 7/1
28.5 (2)	Michelle Miller (SJC) 4/23

BASEBALL THROW

142-4 (1)	Tina Roberts (SB) 7/1
136-10 (1)	Buffy Sexton (ML) 4/22
135-0 (2)	Jill Whinnery (SB) 7/1
132-9 (1)	Kristen Harkins (BA) 5/13
121-2½ (4)	Kieran O'Leary (SB) 6/17
117-0 (5)	Mindy Smith (SB) 5/7
110-8 (4)	Celia Carroll (SB) 5/13

400 METERS (HT = -.14)

57.5 (1)	Kenya Green(LBC) 5/13
57.7 (2)	Andrea Rolfe(LBC) 5/13
60.7 (3)	D. Johnson(BETC) 6/18
60.8 (2)	Lesley Buchanan(GTC) 5/28
61.5 (3)	Kathy McGough(SCC) 3/19
61.5 (5)	C. Smith(NC) 6/18
62.2 (4)	Dusty Johnson(SCC) 3/19
62.3 (5)	Robyn Brady(BA) 3/19
63.5 (6)	D. Barrett(EH) 6/18
63.63 (3)	Michelle Taylor(SCC) 7/1
64.09 (5)	Tori Weisherg(SJC) 7/1
64.0 (1)	Anita Smith(BETC) 4/23
64.1 (4)	Keisha Chapman(SCC) 5/13
64.3 (3)	Barbara Gottlieb(un) 1/29
64.4 (1)	Christine Standley(BA) 5/21
64.8 (2)	Kelly McMahon(OTC) 4/23
65.01 (3)	Valerie McVicar(SCV) 6/4
64.9 (1)	Gayle Wadsworth(GTC) 6/4
65.1 (4)	Paulette Willis(LBC) 1/29
65.2 (2)	Tamela Virgle(AA) 5/21

800 METERS

2:20.0 (1)	Michelle Miller(SJC) 7/1
2:21.5 (1)	Kenya Green(LBC) 4/23
2:23.2 (2)	Robyn Brady(BA) 5/13
2:23.4 (3)	Tania Fischer(RRR) 5/13
2:24.3 (1)	Denise Johnson(BETC) 6/18
2:24.4 (1)	Paulette Willis(LBC) 4/29
2:24.8 (4)	Christine Standley(BA) 5/13
2:25.4 (3)	Valerie McVicar(SCV) 7/1
2:26.2 (4)	Kathy McGough(SDC) 7/1
2:26.8 (4)	Rosie Martinez(SCT) 4/29
2:27.9 (5)	Carina Quezada(SCC) 7/1
2:29.3 (5)	Dyana Crabtree(BA) 4/29
2:29.4 (7)	Diana Rossman(Arrow) 7/1
2:29.6 (5)	Andrea Vergnani(SCRR) 6/18
2:31.0 (3)	Kelly Burkhead(LV) 6/4
2:31.9 (4)	Sharon O'Brien(IVS) 4/23
2:33.1 (2)	Pauline Nasques(SJC) 4/23
2:33.5 (6)	Lori Charette(BA) 6/4
2:34.7 (7)	Tamela Virgle(AA) 6/4
2:36.7 (1)	Kristi Haglund(SBS) 4/23
2:36.7 (11)	Kim Christiansen(SCRR) 4/23

1500 METERS

4:48.3 (1)	Tania Fischer(SCRR) 7/1
4:50.5 (2)	Pauline Vasquez(SJC) 7/1
4:53.6 (1)	Michelle Miller(SJC) 4/23
4:57.7 (3)	Dyana Crabtree(BA) 6/18
5:02.1 (2)	Rosie Martinez(SCT) 4/29
5:02.3 (3)	Christine Standley(BA) 4/29
5:03.3 (4)	Rosie Carrillo(IVS) 7/1
5:06.5 (5)	Nanette Garcia(CY) 6/18
5:07.3 (2)	Lori Charette(BA) 6/4
5:09.6 (6)	Kim Carter(ReddingTC) 7/1
5:15.5 (2)	Kelly Burkhead(LV) 5/21
5:16.1 (6)	Sharon O'Brien(IVS) 3/19
5:18.1 (6)	JoAnn Harvey(SCRR) 3/12
5:19.9 (3)	Jennifer Crittenden(IVS) 5/21

880 MEDLEY RELAY (m + 0.6 = yards)
220-110-110-440

1:54.0 (1)	Long Beach Comets 7/9
1:57.6m (2)	So Calif Cheetahs 7/1
1:59.7m (1)	San Diego Cougars 7/1
2:00.8m (3)	St. Bonaventure TC 7/1
2:01.4 (5)	North Oakland 7/8
2:01.7m (2)	Compton TC 4/29
2:01.9m (4)	Pasadena Rosebuds 7/1
2:03.4 (3)	Hilltop TC 6/18
2:02.9m (2)	LBC-B 7/1
2:05.1 (1)	Hayward SS 4/23
2:07.6 (2)	Santa Barbara Sand 5/13
2:07.5m (1)	West Vernon Jets 7/15
2:08.1 (2)	Orinda TC-A 4/23
2:11.0 (5)	So Cal Thunderbirds 3/18
2:11.9 (3)	Herbert Hoover TC 4/23
2:12.5 (3)	Mickey's Missiles 4/8
2:11.9m (2)	Pasadena-B 6/4
2:14.4 (4)	Roseville 4/23
2:14.7 (4)	SCC-B 3/18
2:19.1m (4)	Pasadena-C 6/4

MILE RELAY (m = 1600 + 1.2 = mile)

4:15.4m (1)	Long Beach Comets 7/1
4:20.7 (1)	So Calif Cheetahs 5/13
4:22.2m (2)	San Jose Cindergals 7/1
4:25.9 (1)	Millbrae Lions 6/18
4:25.1m (3)	Cupertino Yearlings 7/1
4:28.3 (3)	Eastshore Hustlers 6/18
4:29.1 (2)	Blue Angels 5/13
4:32.2 (1)	Berkeley Eastbay TC 4/23
4:34.5m (4)	Pasadena Rosebuds 7/1
4:36.7 (6)	Salinas Valley 6/18
4:37.5 (3)	So Calif Road Runners 5/13
4:51.5 (2)	Compton TC 4/8
4:54.0 (4)	So Cal Thunderbirds 4/23
4:55.4 (5)	Orinda TC 4/23
5:01.1 (6)	SJC-B 4/23
5:03.4 (4)	San Diego Cougars 2/26

4-3 (5)	Christine Nelson(SB) 4/29
4-2 (1)	Isaline Mashburn(OV) 2/26
4-1 1/2 (P)	Nena Hewette(RD) 5/7
4-1 1/2 (P)	Lorraine Charman(RD) 5/7
4-1 (6)	Kati McCurdy(SB) 4/29
4-0 (2)	Robin Copeland(RD) 4/8
4-0 (5)	Anne Bray(HSS) 4/23
4-0 (2)	TC Watterson (Pas) 7/15
177-11 (2)	Sherry Oliver(LBC) 4/23
166-6 (3)	Karla Woods(SDC) 4/8
165-5 (2)	Karyn Bolger(SBS) 3/18
165-1 (3)	Roberta Marciel(QCC) 3/18
156-0 (2)	Tammy MacCauley(RG) 4/23
154-1 (1)	Kristi Haglund(SBS) 6/4
151-7 (3)	Karen Knight(Blaz) 5/13
148-10 (6)	Gayle Wadsworth(GTC) 5/13
145-6 (5)	Stacey Jordan(APP) 7/1
144-6 (2)	Margie Johnson(SBS) 4/23
139-0 (2)	Dusty Johnson(SCC) 1/29
138-5 (4)	Becky Valentine(SCRR) 6/4
137-1 (3)	Raquel Salcido(SCT) 1/29
136-7 (3)	Lani Martinez(HSS) 6/18
134-6 (5)	Tracy Flock(Blaz) 6/4
133-0 (6)	Dana Porter(Pas) 6/18
132-0 (6)	Dionne Teasley(EH) 6/18

LONG JUMP

16-7 (1)	Ellen Ipson(SVTC) 6/18
16-4 1/2 (1)	Cheryl Lindberg(SB) 7/1
16-3 3/4 (2)	Diana Rossman(Arrow) 7/1
16-2 1/2 (3)	Valerie McVicar(SCV) 7/1
16-0 1/2 (1)	Rayneca Watkins(LBC) 4/23
15-7 3/4 (4)	Kelly Brogan(SJC) 6/18
15-4 3/4 (1)	Paulette Willis(LBC) 3/18
14-9 3/4 (6)	Rosanne Gross(Pas) 7/1
14-9 (7)	Gayle Wadsworth(GTC) 7/1
14-7 1/2 (8)	Kim Walulik(LI) 7/1
14-6 1/2 (P)	Laura Barry(RD) 5/7
14-5 (4)	Marissa Jackson(SB) 5/13
14-3 3/4 (P)	Sylvia Smith(SB) 5/7
14-3 (3)	Michelle Portillo(Pas) 6/4
14-2 3/4 (9)	Rachel Bray(Arrow) 7/1
14-1 3/4 (3)	Nikki Thomas(un) 1/29
13-11 1/2 (P)	Lorraine Charman(RD) 5/7
13-11 (4)	Christy Berni(Pas) 6/4
13-10 (2)	Melissa Huth(SB) 2/19
13-9 1/2 (10)	Felicia Devers(Hill) 7/1

SHOT PUT (6 lbs.)

32-6 (1)	Karla Woods(SDC) 7/1
32-4 1/2 (2)	Michelle Olivera(SB) 7/1
31-4 1/2 (3)	Melissa Huth(SB) 7/1
29-7 1/2 (1)	Michelle Brunette(NPP) 5/21
28-5 1/2 (1)	Nina Connolly(un) 6/4
28-4 1/2 (3)	Mary Graham(BA) 4/29
28-2 1/2 (1)	Cherly Mobley(HSS) 4/23
1681 (7)	Roxanne Gross(Pas) 5/7
1642 (8)	Lorraine Charman(RD) 5/7
1302 (9)	Kim Urrea(RD) 5/7 (9.7, 15-4 1/2, 3-3 1/2, 12-6 3/4, 73.5)

photo by Dave Bronzan



1500 METERS

4:48.3 (1)	Tania Fischer(SCRR)7/1
4:50.5 (2)	Pauline Vasquez(SJC)7/1
4:53.6 (1)	Michelle Miller(SJC)4/23
4:57.7 (3)	Dyana Crabtree(BA) 6/18
5:02.1 (2)	Rosie Martinez(SCT)4/29
5:02.3 (3)	Christine Standley(BA)4/29
5:03.3 (4)	Rosa Carrillo(IVS)7/1
5:06.5 (5)	Nanette Garcia(CY) 6/18
5:07.3 (2)	Lori Charette(BA)6/4
5:09.6 (6)	Kim Carter(ReddingTC)7/1
5:15.5 (2)	Kelly Burkhead(LV) 5/21
5:16.1 (6)	Sharon O'Brien(IVS)3/19
5:18.1 (6)	JoAnn Harvey(SCRR)3/12
5:19.9 (3)	Jennifer Crittendon(IVS)5/21
5:20.5 (5)	Bobbi Rubio(SCRR)2/26
5:22.2 (5)	Andrea Veatch(MMilers)4/23
5:22.7 (6)	Sara Standley(BA)4/23
5:23.3 (3)	Patricia Brown(ML)4/23
5:24.4 (4)	Ann Duffy(Pas)5/13
5:25.5 (7)	Diane deDianous(SCRR)2/26

photo by Dave Bronzan



MILE WALK

(1500m + 40.0 = mile. 1600m + 2.4 = mile)

8:15.0m (1)	Lori Charette(BA)7/1 1600
8:32.5 (1)	Sara Standley(BA)4/23
8:41.9 (3)	Leslie Wilson(SCT)4/23
8:59.3 (3)	Toni Everts(SCRR)3/19
9:01.4 (1)	Kim Stone(un)2/26
9:05.6m (4)	Laura Porter(Arrow)7/1 1600
9:30.4 (2)	Liz Pike (Arrow) 6/17
9:07.3m (3)	Rosie Martinez(SCT)7/15 1500
10:04.4 (3)	Theresa Azevedo(St.Geo)6/17
10:05.6 (3)	Jessica Alstatt(Arrow)4/23
10:42.0 (5)	Kelly Janukities(StGeo)4/23
10:47.3 (6)	Pam Rousseau(Arrow)4/23
11:17.5 (5)	Linda Gibbons(SBS)4/23
12:30.0 (6)	Suzanne Miller(SCRR)3/19
12:32.0 (3)	Rhonda Elliott(SCT)3/12

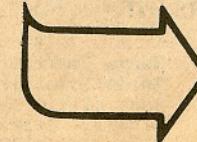
Left to right: MICHELE BUSH, STACI KNEESHAW, LOUISE ROMO, LESLIE DELATORIE, LINDA GOEN.

440 RELAY (m + 0.3 = 440)

51.7m (1)	Hilltop TC 7/1
52.6m (D-2)	Long Beach Comets 7/1
53.8 (2)	SB Sandpipers 6/18
54.0 (2)	Millbrae Lions 4/23
54.0 (H2)	North Oakland TC 7/8
54.2 (3)	Pasadena Rosebuds 6/18
54.44m (1)	So. Calif Cheetahs 6/4
54.49m (1)	West Vernon Jets 7/15
54.9 (D-3)	Compton TC 5/13
55.6m (1)	St. Bonaventure 7/1
56.1 (3)	Quad Cities Cobras 5/13
56.5 (6)	Hayward-A 6/18
56.6 (3)	Orinda TC 4/23
57.3 (8)	Santa Barbara-B 6/18
57.4m (4)	LBC-B 7/1
58.5 (5)	Hayward-B 4/23
58.6 (6)	Orinda TC-B 4/23
58.7 (3)	Mickey's Missiles 4/8
58.8 (4)	RD 4/8
58.9 (2)	SGV Blazers 3/12
58.9 (9)	Peach Bowl Pacers 6/18

HIGH JUMP

5:06.5 (7)	Roseville 4/23
5:13.6 (5)	Santa Barbara Sandpipers 4/21
5:22.8 (5)	South Bay Striders 5/13
5:23.0 (2)	Mickey's Missiles 3/12
27-9½ (2)	
27-8 (5)	
26-8 (4)	
26-5 (8)	
25-6½ (P)	
25-2 (3)	
25-0½ (P)	
24-7 (4)	
24-5 (1)	
23-7 (4)	
23-6½ (7)	
23-3 3/4(8)	
23-6½ (6)	
Darci Van Valkenburg(HSS)	1282 (11)
Pat Green(QCC) 7/1	15-8½, 3-5½, 14-6½, 87.5
Terry Taylor(St.Bon)7/1	1217 (12)
Janet Ratlatt(SVTC)6/18	7-7 20-0, 9-4, 10-0, 78.9
Stacy Jordan(APP)7/1	682 (13)
Cheryl Lindberg(SB)5/7	Sara Blann(RD)5/7 (12.4,
Martha Scalletti(RG)4/23	13-5½, 3-7½, 9-6½, 84.6)
Kate McCurdy(SB)7/1	
Lora Bennett(SB)4/23	
Chris Ebert(AA)3/12	
Kim Stone(un)3/18	
Sharon Smagala(SB)4/23	
Roberta Marciel(QCC)4/23	
Lani Martinez(HSS)4/23	



BASEBALL THROW

209-11 (1)	Marissa Jackson(SB)7/1
200-11 (2)	Michelle Olivera(SB)7/1
178-0 (1)	Dari Van Valkenburg(HSS)4/23

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12-13

80 METER HURDLES (HT = -.24) (30")

12.11 (1)	Geri Golden(LBC)5/13
12.12 (2)	Laura Heizman(MVS)5/13
12.0 (1)	Sharon Hatfield(PAT)3/19
12.35 (2)	Katrena Johnson(Pas)5/13
12.53 (3)	Dana Dahlke(SB)5/13
12.57 (2)	Robin Stinson(Pas)7/1
12.66 (1)	Yvette Wood(AAA)6/17

200 METERS (HT = -.24)

12.4 (3)	Kati Petersen(LANTC)4/8
12.75 (4)	Kim Snow(Pas)5/13
12.79 (4)	Kysa Paul(LBC)3/12
12.80 (5)	Tsenre Jackson(BA)5/13
12.6 (1)	Gina Arnold(LBC)4/8
12.6 (H1)	Lady Dillard(ML)4/22
12.98 (3)	Leslie Johnson(MM)5/2
13.00 (5)	Diane Pullens(Pas)7/1

2:22.1 (6)	Stacey Threadgill(CY)7/1
2:23.0 (3)	Andrea Kirkorn(SCRR)5/21
2:23.7 (8)	Esther Berndt(Arrow)7/1
2:24.3 (1)	Robbin Reese(BA)7/1
2:24.9 (5)	Denise Ball(NPP)6/4
2:25.3 (6)	Kathy Kiernan(BA)6/4
2:25.4 (2)	Tracy Harvey(SCRR)2/26
2:25.7 (3)	Jennifer Cottingham(SDC)
2:25.7 (3)	Cherlynn Shuman(SCC)7/1
2:25.7 (9)	Kathleen Bonnett(SJC)7/1

MILE RELAY (4 x 440) (m = + 1.2)

3: 56.0m (1)	Long Beach Comets 7/1
3: 57.5m (2)	San Diego Cougars 7/1
4:01.9m (3)	So Calif Cheetahs 7/1
4:02.3m (4)	Cupertino Yearlings 7/1
4:07.2 (2)	Pasadena Rosebuds 5/13
4:07.5 (H3)	Quad Cities Cobras 7/9
4:08.3 (5)	So Cal Road Runners 7/9
4:12.5 (2)	Mickey's Missiles 5/21
4:14.7 (4)	Orinda TC 6/17
4:15.0 (2)	Millbrae Lions 4/22
4:16.7 (3)	San Jose Cindergals SCRR-B 4/29
4:17.6m (5)	SCC-B 6/4
4:21.1m (2)	SDC-B 5/21
4:24.5m (3)	SJC-B 4/22
4:36.6 (5)	OTC-B 4/22
4:39.9 (6)	SCRR-C 4/23
4:40.9 (7)	Las Virgenes 3/19
4:46.2 (1)	MM-B 5/21
4:53.5 (4)	Compton TC 3/4

1500 METERS

4:42.7 (1)	Marcy Anderson(SCRR)4/29
4:45.0 (2)	Sonja Cooper(SCRR)6/17
4:45.6 (2)	Kathy Kiernan(BA)4/29
4:45.7 (3)	Andrea Kirkorn(SCRR)6/17
4:47.1 (4)	Jennie Cervantes(SCRR)6/17
4:48.3 (3)	Sandra Katzer(un)4/29
4:48.6 (1)	Maria King(SJC)4/22
4:48.7 (2)	Mary Ann Morse(OTC)4/22
4:51.3 (2)	Vee McCarthy(BA)5/13
4:53.2 (1)	Vickie Cook(SCRR)4/23
4:53.5 (5)	Laurie Hollingworth(VM)
4:53.5 (4)	Suzi Martinez(un)7/1
4:56.5 (1)	Leslie Pratt(SCRR)5/21
4:56.8 (3)	Angela Johnson(SCRR)5/21
4:58.5 (6)	Chris Ramirez(SCRR)4/29
5:02.4 (1)	Chris Bronaugh(QCC)1/29
5:04.2 (5)	Samantha Rodella(SCRR)6/4
5:10.3 (4)	Tracy Melvin(SCRR)5/21
5:12.3 (6)	Cindy Rouiller(SCRR)7/1
5:13.3 (4)	Becky Engleman(SCRR)4/8

HIGH JUMP

5-6 (1)	Katrena Johnson(Pas)7/9
5-6 (2)	Sharon Hatfield(PAT)7/9
5-5 (1)	Dana Dahlke(SB)3/18
5-1½ (P)	Laura Heizman(MVV)6/17
5-1 (3)	Beth Landy (LV) 4/23
5-1 (4)	Geri Golden(LBC)5/13
5-0¼ (P)	Heidi Ellis(OTC)6/17
5-0 (1)	Laura Carney(CY)4/22
5-0 (2)	Molly Myall(SV)4/22
5-0 (4)	Renay Schoenlien(CY)6/17
4-11 (4)	Jean Faust(SB)4/23
4-11 (7)	Kim Tanabe(BA)5/13
4-11 (P)	Suzi Slivkoff(SJC)7/1
4-10 (5)	Denise Leveroni(ML)6/17
4-9 (4)	Megan McAllister(un)4/8
4-5 (7)	Cindy Newton(PAS)4/8
4-4 (3)	Lynne Hitesman(DV)2/19
4-4 (P)	Nienke Ruinard(Arrow)4/22
4-2 (6)	Melissa Porter(SDC)2/26
4-1½ (1)	Carol Williams(SAJS)6/4

3000 METERS

9:55.7 (1)	Mary Ann Morse(OTC)7/1
10:02.7 (2)	Kathy Kiernan(BA)7/1
10:08.0 (1)	Vickie Cook(SCRR)3/19
10:23.1 (3)	Sonja Cooper(SCRR)7/1
10:26.5 (1)	Sandra Katzer(BA)5/13
10:27.4 (3)	Chris Ramirez(SCRR)6/17
10:28.4 (4)	Maria King(SJC)6/17
10:32.3 (4)	Andrea Heimbecker(SJC)7/1
10:39.1 (6)	Cindy Rouiller(SCRR)7/1
10:39.7 (7)	Tracy Melvin(SCRR)7/1
10:44.2 (3)	Teresa Maestos(SCRR)5/13
10:51.0 (5)	Sharon Yaninek(SJC)6/17
10:51.6 (3)	Cathy Duarte(BA)3/12
10:53.7 (2)	Jennie Cervantes(SCRR)5/21
10:56.8 (3)	Marcy Anderson(SCRR)5/21
10:58.3 (5)	Denise Langarcia(QCC)5/13
11:00.8 (8)	Elona Schreder(Redding)7/1
11:11.0 (9)	Melanie Malick(SJC)7/1
11:15.3 (3)	Cyndy Butler(SJC)4/22
11:22.7 (8)	Trisha Ramirez(SCRR)5/13

LONG JUMP

18-4 (1)	Katrena Johnson(Pas)6/17
18-4 (2)	Sharon Hatfield(PAT)7/9
18-1½ (2)	Geri Golden(LBC)5/13
17-10½w (2)	Dana Dahlke(SB)6/17
17-9 (1)	Laura Heizman(MVV)7/15
16-10 (4)	Tippi Hall(LBC)6/17
16-8 (3)	Dana Cox(OTC)7/1
16-4½ (4)	Alice Franklin(SAJS)7/1
16-4 (5)	Teresa Chavez(Mar)6/17
16-4 (6)	Michelle Simon(WAA)6/17
16-2½ (5)	Tracey Keverline(SCRR)
16-0 (2)	Sharon Venson(VT)7/15
15-11 (4)	Robin Johnson(Pas)4/8
15-9½ (P)	Heidi Ellis(OTC)7/1
15-6 3/4 (1)	Annette Brown(SAJS)6/4
15-6 (6)	Kim Terrell(GCF)5/13
15-5½ (6)	Renay Schoenlien(CY)7/1
15-4½ (4)	Kelly Churchman(un)5/21
15-4 (1)	Arnette Jones(St.Geo)4/22
15-3 3/4 (3)	Zelda Johnson(QCC)4/23
15-3 3/4 (7)	Meredith Eskin(SB)5/13

3000 METER WALK

15:37.0 (1)	Chris Ramirez(SCRR)7/1
16:14.9 (1)	Kathy Kiernan(BA)3/19
16:19.4 (2)	Ingrid Nussle(SB)7/1
16:35.5 (2)	Samantha Rodella(SCRR)4/25
16:52.1 (3)	Trisha Ramirez(SCRR)4/29
17:03.8 (4)	Andrea Lepley(CY)7/1
17:23.3 (4)	Angela Johnson(SCRR)4/29
17:23.3 (4)	Angela Johnson(SCRR)4/29

12-13

80 METER HURDLES (HT = -.24) (30")

12.11 (1)	Geri Golden(LBC)5/13
12.12 (2)	Laura Heizman(MVS)5/13
12.0 (1)	Sharon Hatfield(PAT)3/19
12.35 (2)	Katrena Johnson(Pas)5/13
12.53 (3)	Dana Dahlke(SB)5/13
12.57 (2)	Robin Stinson(Pas)7/1
12.5 (4)	Kathy Wood(AA)6/17
12.8 (P)	Heidi Ellis(OTC)7/1
13.22 (4)	Laura Carney(CY)7/1
13.27 (5)	Renay Schoenlien(CY)7/1
13.1 (3SF)	Karen Fisher(LBC)3/18
13.35 (7)	Kathy Lavering(AA)5/13
13.49 (8)	Jean Faust(SB)5/13
13.3 (6)	Lisa Stary(LBC)6/17
13.77 (7)	Susan McLaughlin(CY)7/1
14.1 (4)	Kim Tanabe (BA)3/18
14.4 (2)	Patti Payne(SacS)4/22
14.4 (P)	Bridget Cantwell(RD)5/7
14.89 (4)	Shannon Rodriguez(QCC)6/4
14.7 (P)	Suzi Slivkoff(SJC)7/1

200 METER HURDLES (30")

28.6 (2)	Geri Golden(LBC)3/19
29.2 (2)	Cindy Newton(Pas)5/13
29.3 (1)	Sharon Hatfield(PAT)4/8
29.3 (2)	Kathy Wood(AA)6/17
29.4 (3)	Dana Dahlke(SB)5/13
29.5 (1)	Laura Carney(CY)7/1
29.6 (4)	Robin Stinson(Pas)5/13
30.0 (3)	Susan McLaughlin(CY)6/17
30.1 (4)	Suzi Slivkoff(SJC)6/17
30.3 (2)	Karen Fisher(LBC)3/19
30.3 (5)	Laura Cutsforth(SJC)6/17
30.4 (1)	Kathy Lavering(AA)7/1
30.5 (2)	Kati Petersen(LANTC)7/1
30.7 (4)	Katrena Johnson(Pas)4/8
31.6 (1)	Kim Tanabe(BA)5/21
32.4 (T4)	Patti Payne(SacS)4/22
32.4 (T4)	Kate Brew(Arrow)4/22
32.6 (3)	Renay Schoenlien(CY)4/22
32.9 (4)	Kim Scott(SCRR)4/8
	Jean Faust(SB)5/13

100 METERS (HT = -.24)

12.14 (1)	Tanya Dawkins(LBC)3/12
12.29 (2)	Zelda Johnson(QCC)5/13
12.31 (1)	Zena Hill(Hilltop)7/1
12.33 (1)	Michelle Gilmore(LBC)6/4
12.40 (3)	Ellen Jones(SDC)7/1
12.46 (4)	Sherrill Miller(CY) 7/1
12.46w (1)	Samira Ware(QCC)3/12
12.50 (2)	Lawanda Cabell(LAM)6/4
12.55 (5)	Lisa Harris(SDC)7/1
12.56 (1)	Jeanette Brandon(Hill)7/1
12.62 (2)	Estelle White(SAJS)7/15
12.63 (2)	Ione Dickson(Hill)7/1

200 METERS (HT = -.24)

24.63 (1)	Tanya Dawkins(LBC)5/13
25.43 (1)	Camille Cadell(CCP)6/4
25.2 (2)	Kati Petersen(LANTC)4/8
25.44 (2)	Leslie Johnson(MM)6/4
25.49 (3)	Michelle Gilmore(LBC)6/4
25.53 (2)	Zelda Johnson(QCC)5/13
25.64 (1)	Sherrill Miller(CY)7/1
25.6 (1)	Lawanda Cabell(LAM)6/4
25.6 (2)	Karen Fisher(LBC)6/4
25.7 (1)	Ellen Jones(SDC)5/21
25.8 (1)	Kim Snow(Pas)7/1
25.8w (4)	Kysa Paul (LBC)6/17
26.11 (4)	Pat Garcia(UR)6/4
26.13 (4)	Cheryle Taylor(SDC)7/1
25.9 (2)	Lisa Harris(SDC)7/1
26.0 (3)	Diane Pullins(Pas)7/1
26.29 (5)	Patrice Carpenter(Hill)7/1
26.2 (1)	Karen Alexander(SAJS)6/4
26.2 (D-4)	Ione Dickson(Hill)7/1
26.3 (1)	Jeannie Arnold(LBC)4/8
26.3 (5)	Sharon Alston(SDC)4/8
26.3 (2)	Dawna Frenchie(Pas)6/4

400 METERS (HT = -.14)

56.3 (H2)	Tippi Hall(LBC)7/8
56.5 (1)	Neva McAdams(MC)6/17
56.5 (2)	Sherrill Miller(CY)6/17
57.3 (1)	Tanya Dawkins(LBC)3/19
58.0 (H2)	Rhonda Hampton(QCC)7/8
58.19 (1)	Leslie Johnson(MM)6/4
58.20 (2)	Sharon Alston(SDC)7/1
58.2 (1)	Sharon Hatfield(Pat)5/21
58.7 (2)	Florence Evans(SDC)4/29
58.95 (3)	Donna Savage(SCC)7/1
59.3 (3)	Narvela Satterfield(SCC)3/19
59.3 (5)	Denise Williams(BETC)6/17
59.7 (6)	Stacy Threadgill(CY)6/17
60.02 (5)	Michelle Simon(WAA)7/1
60.6 (3)	Antoinette Rolfe(LBC)5/13
60.8 (3)	Onyx Taylor(LAM)5/21
61.27 (1)	Becky Gargaro(SCC)7/1
61.2 (5)	Linda Bockert(QCC)4/29
61.35 (2)	Cheryl Buchanan(MM)6/4
61.48 (2)	Paula Atkisson(LANTC)7/15

800 METERS

2:15.4 (1)	Maria King(SJC)7/1
2:16.1 (1)	Sharon Hatfield(PAT)6/4
2:17.5 (1)	Vickie Cook(SCRR)4/29
2:17.9 (2)	Narvela Satterfield(SCC)7/1
2:18.0 (3)	Marcy Anderson(SCRR)7/1
2:19.0 (1)	Becky Engleman(SCR)6/4
2:19.0 (4)	Chris Bronaugh(QCC)7/1
2:19.5 (2)	Leslie Pratt(SCRR)6/4
2:19.9 (4)	Suzy Martinez(un)6/17
2:20.6 (6)	Laurie Hollingsworth(VM)
2:20.9 (4)	Sonja Cooper(SCRR)4/29

10:51.6 (3)	Cathy Duarte(BA)3/12
10:53.7 (2)	Jennie Cervantes(SCRR)5/21
10:56.8 (3)	Marcy Anderson(SCRR)5/21
10:58.3 (5)	Denise Langarcia(QCC)5/13
11:00.8 (8)	Eiona Schreder(Redding)7/1
11:11.0 (9)	Melanie Malick(SJC)7/1
11:15.3 (3)	Cyndy Butler(SJC)4/22
11:22.7 (8)	Trisha Ramirez(SCRR)5/13

3000 METER WALK

15:37.0 (1)	Chris Ramirez(SCRR)7/1
16:14.9 (1)	Kathy Kiernan(BA)3/19
16:19.4 (2)	Ingrid Nussle(SB)7/1
16:35.5 (2)	Samantha Rodella(SCRR)4/29
16:52.1 (3)	Trisha Ramirez(SCRR)4/29
17:03.8 (4)	Andrea Lepley(CY)7/1
17:23.3 (4)	Angela Johnson(SCRR)4/29
17:58.1 (6)	Michele Olson(SJC)7/1
18:07.0 (4)	Laura Gottlieb(CW)5/13
19:04.9 (7)	Claudia Vergnani(SCRR)7/1
19:21.6 (5)	Sue Mendes(CY)6/17

SHOT PUT (6 lbs.)

41-9 3/4(1)	Tami Frazer(un)6/17
40-6 1/2 (2)	Sonja Yanez (Pas)6/17
37-4 1/2 (1)	Stacey Moro(APP)4/22
37-3 1/2 (1)	Sharon Hatzman(MVS)6/17
35-3 1/2 (P)	Laura Heizman(MVS)6/17
35-2 1/2 (1)	Andrea Kriva (un)7/15
35-1 1/2 (3)	Adelle Chavez(MTC)7/1
34-3 1/2 (3)	Keenia Horne(SCT)4/23
34-0 1/2 (3)	Megan McAllister(un)5/13
33-0 1/2 (5)	Stephanie Townsel(MC)6/17
32-11 (6)	Elena Quilantang(RG)6/17
31-10 1/2 (P)	Heidi Ellis(OTC)6/17
31-5 1/2 (2)	Tracy Keverline(SCRR)5/21
31-1 (5)	Kristi Heimbach(BlaZ)5/13
30-2 (2)	June Nursemant(QCC)2/26
29-11 (6)	Donna Gajavada(Pas)5/13
29-5 1/2 (P)	Katrena Johnson(Pas)5/7
29-3 (4)	Donna George(SCT)7/1
29-1 1/2 (P)	Nienke Ruinard(Arrow)4/22
29-0 1/2 (7)	Earth Bradford(GTC)6/17

DISCUS

118-1 (1)	Andrea Kriva (un) 7/1
101-9 (1)	Stacey Moro(APP)4/22
99-1 3/4 (1)	Tami Frazer(un)6/17
95-10 1/2 (2)	Sonja Yanez(Pas)6/17
94-5 1/2 (3)	Adelle Chavez(MTC)7/1
91-10 (4)	June Nursemant(QCC)7/1
91-9 1/2 (4)	Laurie Brown(CN)6/17
89-3 (2)	Cindy Vasquez(QCC)5/13
82-6 (2)	Megan McAllister(un)4/8
79-10 (7)	Donna George (SCT)7/1
69-2 (2)	Stephanie Townsel(MC)4/22
64-9 (3)	CC Chennette(CY) 4/22
62-8 (7)	Charissa Webb(SB)5/13
61-0 (2)	Debbie Slemmons(MVS)1/29
60-8 (2)	Nina Connolly(un)6/4
53-4 (8)	Jodi Watkins(Pas)5/13
53-3 (3)	Debbie Lacher(QCC)1/29
52-6 (4)	Jamie Simpson(RG)4/22
51-6 (9)	Janet Duran(OV)5/13
51-5 (10)	Donna Gajavada(Pas)5/13

JAVELIN

118-10 (1)	Sonja Yanez(Pas)5/13
108-2 (2)	Penni Lewis(un)7/9
107-10 (?)	Andrea Kriva(un)5/13
106-8 (1)	June Nursemant(QCC)7/1
100-1 (1)	Cindy Vasquez(QCC)1/29
98-9 (1)	Stacey Moro(APF)4/22
93-11½ (3)	Tami Frazer(un)6/17
93-9 (2)	Tresa Glenn(TW)6/4
82-11½ (6)	Sheryl Frank(CY)6/17
80-11 (5)	Donna Gajavada(Pas)5/13
79-3 (2)	Elena Quilantang(StGeo)4/22
78-1 (1)	Dasiree Aguilar(OV)2/26
71-4 (4)	Jennifer Cottingham(SDC)5/21
70-10 (2)	Debbie Slemmons(MVS)1/29
70-5 (6)	Kathy Evans(SB)5/13
67-8 (3)	Marcy Parks(OV)2/26
62-6 (8)	Charisse Webb(SB)5/13
58-2 (3)	Kim Tanabe(BA)1/29
57-10 (4)	Debbie Lacher(QCC)1/29
52-10 (6)	Carol Riordan(Pas)4/23

100 METERS (HT = -.24)

11.6 (1)	Sharon Ware(BETC)6/18
12.12 (1)	Deborah James(LBC)6/4
11.9 (2)	Judy Young(BETC)6/18
12.15 (1)	Kim Turner(LANTC)7/1
12.24 (1)	Faye Paige(LBC)5/13
12.31 (2)	Sheryl Thompson(LANTC)7/1
12.35 (1)	Marbella Washington(LAM)
12.2 (4)	Karen Robinson(CY)6/18
12.45 (2)	Sherrie Howard(LAM)7/15
12.51 (2)	Wanda Evans(LBC)4/23
12.61 (3)	Charlotte Zepherin(SDC)
12.4 (1)	Tracy Scott(SDC)4/30
12.4 (5)	Barbara Ballard(CN)6/18
12.4 (6)	Andralette Gill(LBC)6/18
12.5 (7)	Natalie Day (CN)6/18
12.79 (5)	Susan Washan(SDC)4/23
12.79 (2)	Marlene Harmon(un)5/13
12.79 (1)	Felicia Jones(Pas)7/1
12.79w (3)	Regina Jacobs(LANTC)3/12
12.81 (6)	Rosario Ramos(AA)4/23

PENTATHLON

80m H, SP, HJ, LJ, 800

3646 (1)	Sharon Hatfield(Pat)6/18 (12.8, 34-3 3/4, 5-3 1/2, 17-5 1/2, 21-24.7)
3469 (2)	Laura Heizman(MVS) (12.7, 35-3 1/2, 5-1 1/2, 16-9 1/2, 21-34.5)
3357 (2)	Katrema Johnson(Pas)5/7 (12.6, 29-5 1/2, 5-1, 18-1 1/2, 21-42.5)
3226 (2)	Heidi Ellis(OTC) (12.8, 28-2 1/2, 4-11, 15-9 1/2, 21-29.2)
2887 (3)	Suzi Slivkoff(SJC)7/1 (14.7, 25-2, 4-11, 14-10, 2-29.2)
2720 (2)	Kim Tanabe(BA) (14.4, 26-10 1/2, 4-7 1/2, 13-9, 2-32.5)
2483 (3)	Nienke Ruinard(Arrow)4/23 (16.6, 29-1 1/2, 4-4, 15-0, 2-43.8)
2272 (4)	Bridget Cantwell(RD)5/7 (14.4, 27-4 3/4, 3-11 1/2, 13-4 3/4, 2-50.6)
1423 (5)	Carol Warren(RD)5/7 (17.2, 25-0 3/4, 3-5 1/2, 11-2 1/2, 3-11.3)

200 METERS (HT = -.24)

23.8yw(1)	Marbella Washington(LAM)
24.77 (2)	Kim Turner(LANTC)7/15
25.05 (3)	Sherrie Howard(LAM)7/15
25.06 (1)	Deborah James(LBC)6/4
24.9 (1)	Faye Paige(LBC)6/18
25.1 (3)	Cheryl Griffin(SacS)6/18
25.2 (4)	Del Banks(Hill)6/18
25.64 (4)	Kati Petersen(LANTC)7/15
25.83 (3)	Wanda Evans(LBC)5/13
25.86 (3)	Rita Hairston(SDC)7/1
25.8 (3)	Susan Washan(SDC)3/19
25.8 (1)	Regina Jacobs(LANTC)5/21
26.06 (5)	Dulce Reade(AA)7/15
26.10 (4)	Karen Robinson(CY)7/1
26.0 (4)	Charlotte Zepherin(SDC)3/19
26.0 (3)	Ossie Ford(MC)4/23
26.1 (6)	Pam Emerson(Hill)6/18
26.35 (2)	Pam Miller(LBC)6/4
26.2 (1)	Arlin Miller(RD)4/8
26.2 (1)	Tracy Scott(SDC)4/30

400 METERS (HT = -.14)

56.6 (1)	Arlise Emerson(PAT)3/12
56.9 (1)	Regina Jacobs(LANTC)4/30
57.0 (H1)	Lisa Peters(LANTC)7/8
57.91 (1)	Charlotte Zepherin(SDC)7/1
58.12 (2)	Lori White(WV)7/1
58.2 (2)	Cheryl Griffin(SacS)6/18
58.50 (3)	Angela Sapp(SDC)7/1
59.43 (1)	Rennie Durand(LI)7/15
59.3 (2)	Pam Birkel(un)4/23
59.3 (2)	Karen Haller(VGTC)4/30
59.7 (3)	Kerry Cerdar(SCRR)5/21
59.9 (1)	Rita Hairston(SDC)3/19
60.5 (2)	Veronica Bell(SCC)3/12
60.67 (1)	Kim Linberg(SB)5/13

100 METER HURDLES (30") (HT = -.24)

14.1 (1)	Angela Kellen(un)6/18
14.1 (2)	Sherilla Saunders(BETC)6/18
14.1 (3)	Dulce Reade(AA)6/18
14.3 (2)	Marlene Harmon(LANTC)7/9
14.62 (2)	Susie Ray(LANTC)7/15
14.4 (4)	Faye Paige(LBC)6/18
14.7 (P)	Gigi Hurley(MM)5/2

CALIFORNIA TRACK NEWS

3000 METER WALK

16:21.5 (1)	Joyce Brodock(SCRR)3/19
16:30.2 (2)	Jessica Waskow(SCRR)3/19
17:00.0 (1)	Sharlene McGinley(un)6/18
18:08.0 (2)	Valerie Bain(CN)6/18
18:11.5 (1)	Autumn Bateson(un)2/26
18:49.2 (3)	Colleen Sanford(CY)6/18
19:25.0 (4)	Maryann Quilantang(StGeo)

LONG JUMP

19-0 1/4 (4)	Tonie Scott(Pas)7/9
18-6 3/4 (1)	Gigi Hurley(ML)6/18
18-5 3/4 (2)	Judy Young(BETC)6/18
18-0 1/2 (P)	Wende Grey(Pas)5/7
17-11 1/2 (3)	Katrema Johnson(Pas)7/23
17-10 1/2 (4)	Sherifa Sanders(BETC)7/23
17-8 1/2 (1)	Rhonda Whitlow(TW)5/13
17-5 3/4 (3)	Karla Schweikardt(SJC)7/1
17-4 1/2 (5)	Patty O'Rourke(ML)6/18
17-2 3/4 (P)	Marlene Harmon(LANTC)4/2
16-10 3/4 (1)	Angela Phifer(un)4/23
16-5 3/4 (1)	Susie Ray(LANTC)5/21
16-5 3/4 (4)	Carol Standford(MMJ)7/1
16-4 3/4 (5)	Colleen Lindberg(SB)7/1
16-0 1/2 (2)	Jaime Anderson(SCC)4/30
15-2 1/2 (P)	Tawny Singleton(OV)4/2
15-0 1/2 (4)	Bronwen Ray(MM)4/23
15-0 1/2 (4)	Gina Garafano(LAW)7/15
14-9 (2)	Felicia Jones(Pas)7/15
14-9 (2)	Zina Golden(StGeo)4/23

SHOT PUT (8 lbs.)

11:22.2 (3)	Cynthia Pedroza(SBS)4/30
11:24.0 (4)	Lisa Resh(POP)6/4
11:29.0 (5)	Shelly West(CY)7/1
11:51.4 (4)	Sharlene McGinley(un)5/13
11:52.0 (5)	Michelle LeCasse(VGTC)5/13
11:59.6 (4)	Tina Anderson(un)4/23
12:19.1 (2)	Kit Fagan(un)3/12
12:20.9 (5)	Maria Gibbons(un)4/30
12:24.2 (1)	Sherri Law(AA)1/8
12:25.6 (3)	K. Francis(un)3/12
10:08.2 (7)	Francie Negri(CN)6/18
11:10.0 (3)	Shelley Neito(un)4/23
11:22.2 (3)	Cynthia Pedroza(SBS)4/30
11:24.0 (4)	Lisa Resh(POP)6/4
11:29.0 (5)	Shelly West(CY)7/1
11:51.4 (4)	Sharlene McGinley(un)5/13
11:52.0 (5)	Michelle LeCasse(VGTC)5/13
11:59.6 (4)	Tina Anderson(un)4/23
12:19.1 (2)	Kit Fagan(un)3/12
12:20.9 (5)	Maria Gibbons(un)4/30
12:24.2 (1)	Sherri Law(AA)1/8
12:25.6 (3)	K. Francis(un)3/12

440 RELAY (HT = -.14) (m = + 0.3)

48.0 (1)	Long Beach Comets 5/13
48.4 (1)	Berkeley Eastbay TC 6/18
48.4 (H1)	LA Naturite TC 7/8
49.3 (3)	Club North 6/18
49.4 (2)	San Diego Cougars 3/19
49.37m (3)	Hilltop TC 7/1
50.07m (5)	Pasadena Rosebuds 7/1
50.20m (6)	West Vernon Jets 7/1
52.6 (2)	Orinda TC 4/23
52.6 (3)	St. George 4/23
53.6 (6)	Marlinettes TC 6/18
53.6m (2)	South Bay Striders 6/4
55.1 (2)	SDC-B 5/21

DISCUS

135-7 (1)	Barrie Greer(LANTC)7/1
113-9 (3)	Donna Hollingworth(QCC)7/9
111-9 (1)	Lisa Cravits(LANTC)1/8
108-11 (2)	Tawny Singleton(un)3/19
105-9 (2)	Gillian DeLear(Arrow)6/18
105-5 (2)	Lynne Wingle(VGTC)7/1
99-6 (3)	Alissa Weakley(un)4/23
96-11 (3)	Rosario Ramos(AA)7/1
90-3 (4)	Ethel Nicolls(CN)6/18
88-2 (4)	Sarah Molesky(AA)7/15
86-10 1/2 (8)	Wendy Ashton(RCF)4/23
86-9 (4)	Jackie Sheffield(SJC)4/23
75-3 (5)	Karen Davis(un)7/1
74-10 (6)	Rhonda McIntyre(un)7/15
73-4 (4)	Deann Phillips(un)4/23
69-10 (4)	Linda Martinez(SCT)7/1
68-8 (5)	Sherriea Marzett(SJC)6/18
55-4 (5)	Dezi Benson(MC)4/23

14-15

1:54.4 (2)	Millbrae Lions 6/18
1:54.4 (2)	Hilltop TC 7/1
1:55.3m (6)	Pasadena Rosebuds 7/1
1:58.7 (5)	Cupertino Yearlings 6/18
2:02.7 (2)	Sac Spikettes 4/23
2:05.2 (3)	Mickey's Missiles 4/8
2:06.3 (3)	Roseville Gazelles 4/23

14-15

100 METER HURDLES (30") (HT = -.24)

14.1 (1)	Angela Kellen(un)6/18
14.1 (2)	Shelley Saunders(BETC)6/18
14.1 (3)	Dulce Reade(AA)6/18
14.3 (2)	Marlene Harmon(LANTC)7/9
14.62 (2)	Susie Ray(LANTC)7/15
14.4 (4)	Faye Paige(LBC)6/18
14.7 (P)	Gigi Hurley(ML)5/7
14.7 (H2)	Pam Miller(LBC)7/9
15.25 (3)	Katrena Johnson(Pas)7/15
15.1 (5)	Mila Amerine(Marl)6/18
15.39 (4)	Robin Stinson(Pas)7/15
15.2w (2)	Tawny Singleton(TW)3/19
15.62 (2)	Rhonda Whitlow(TW)7/1
15.4 (3)	Jamie Anderson(SCC)4/30
15.72 (2)	Gina Herber(Pas)6/4
15.72 (3)	Sarah Molesky(AA)6/4
15.73 (3)	Amy Lewis(Arrow)7/1
15.85 (4)	Cari Venable(CY)7/1
15.8 (6)	Mary Anne Miller(LI)7/15
16.0 (5)	Lynne Wingle(VGTC)4/30

400 METERS (HT = -.14)

56.6 (1)	Arlise Emerson(PAT)3/12
56.9 (1)	Regina Jacobs(LANTC)4/30
57.0 (H1)	Lisa Peters(LANTC)7/8
57.91 (1)	Charlotte Zepherin(SDC)7/1
58.12 (2)	Lori White(WVJ)7/1
58.2 (2)	Cheryl Griffin(SacS)6/18
58.50 (3)	Angela Sapp(SDC)7/1
59.43 (1)	Rennie Durand(LI)7/15
59.3 (2)	Pam Birkel(un)4/23
59.3 (2)	Karen Haller(VGTC)4/30
59.7 (3)	Kerry Cerdar(SCRR)5/21
59.9 (1)	Rita Hairston(SDC)3/19
60.5 (2)	Veronica Bell(SCC)3/12
60.67 (1)	Kim Linberg(SB)5/13
60.8 (5)	Karen Neblett(SCC)4/30
60.9 (4)	Nygett Henderson(WVJ)6/18
61.1 (1)	Kiki Lantry(LANTC)4/8
61.1 (3)	Kristin Hepler(OTC)4/23
61.3 (5)	Melanie Cummins(LBC)6/18
61.5 (3)	Barney Sue Carroll(un)3/12
61.5 (4)	Cathy Demmelmaier(SJC)4/23

800 METERS

2:10.0 (1)	Regina Jacobs(LANTC)7/9
2:12.5 (2)	Tracey Weber(SJC)7/1
2:13.4 (3)	Cathy Demmelmaier(SJC)7/1
2:13.9 (1)	Kathi Denz(PAT)7/15
2:14.0 (1)	Sharon Hulse (PAT) 4/23
2:14.9 (4)	Karen Haller(VGTC)7/1
2:15.6 (5)	Michelle Kaplan(un)7/1
2:16.6 (3)	Kiki Lantry(LANTC)4/29
2:16.9 (6)	Louise Romo(LANTC)7/1
2:17.0 (7)	Kerry Cerdar(SCRR)7/1
2:18.8 (2)	Andrea Stone(un)4/8
2:19.9 (4)	Pam Birkel(Arrow)6/18
2:20.1 (3)	Michelle Mason(VGTC)4/23
2:20.1 (4)	Kelly Cerdar(SCRR)4/29
2:21.0 (5)	Susan Follett(un)3/19
2:21.3 (8)	Sara Chamness(SacS)7/1
2:21.6 (5)	Angela Sapp(SCD)4/29
2:24.2 (9)	Lynn Haskell(un)7/1
2:26.1 (5)	Kim Lindberg(SB)5/13
2:26.9 (4)	Debbie Gonzales(un)6/4

1500 METERS

4:27.5 (1)	Kathi Denz(PAT)7/15
4:36.5 (1)	Sharon Hulse(PAT)5/13
4:37.5 (2)	Tracey Weber(SJC)6/18
4:42.0 (2)	Kiki Lantry(LANTC)5/13
4:42.1 (3)	Heike Skaden(un)6/18
4:46.5 (3)	Michelle Mason(VGTC)5/13
4:49.0 (2)	Kerry Brogan(SJC)7/1
4:51.4 (5)	Chris Manning(OTC)6/18
4:52.8 (1)	Kelly Cerdar(SCRR)5/21
4:53.9 (2)	Sara Chamness(SacS)4/23
4:54.0 (2)	Kim Gonzales(VGTC)5/21
4:55.9 (2)	Susan Follett(un)4/30
4:58.4 (3)	Andrea Stone(un)3/19
4:59.0 (1)	Karen Haller(VGTC)2/19
4:59.6 (3)	Cathy Demmelmaier(SJC)7/1
5:03.7 (4)	Lori Lopez(SHC)5/21
5:12.9 (4)	Cynthia Pedroza(SB)4/30
5:13.7 (7)	Denise Lopez(SHC)5/13
5:17.9 (5)	Alicia Kirkorn(SCRR)5/21
5:18.5 (3)	Patty Surmeier(SJC)4/23

400 METER HURDLES (30") (HT = -.14)

62.2 (2)	Angela Sapp(SDC)7/22
65.5 (1)	Susie Ray(LANTC)7/9
66.4 (1)	Karen Neblett(SCC)6/4
66.55 (1)	Dulce Reade(AA)5/13
68.2 (4)	Pam Miller(LBC)7/9
68.3 (3)	Cari Venable(CY)7/1
69.0 (4)	Amy Lewis(Arrow)7/1
69.8 (5)	Tracy Thorpe(SJC)7/1
70.7 (2)	Melanie Cummins(LBC)4/30
83.0 (2)	Sherrie Kidney(QCC)3/12

55.1 (2) SOUTHBAY SPRINTERS 5/21

DISCUS

135-7 (1)	Barrie Greer(LANTC)7/1
113-9 (3)	Donna Hollingworth(QCC)7/9
111-9 (1)	Lisa Cravits(LANTC)1/8
108-11 (2)	Tawny Singleton(un)3/19
105-9 (2)	Gillian DeLear(Arrow)6/18
105-5 (2)	Lynne Wingle(VGTC)7/1
99-6 (3)	Alissa Weakley(un)
96-11 (3)	Rosario Ramos(AA)7/1
90-3 (4)	Ethel Nicolls(CN)6/18
88-2 (4)	Sarah Molesky(AA)7/15
86-10 1/2 (8)	Wendy Ashton(RCF)4/23
86-9 (4)	Jackie Sheffield(un)4/23
75-3 (5)	Karen Davis(un)7/1
74-10 (6)	Rhonda McIntyre(un)7/15
73-4 (4)	Deann Phillips(un)4/23
69-10 (4)	Linda Martinez(SCT)7/1
68-8 (5)	Sherrie Marzett(SJTC)6/18
55-4 (5)	Dezi Benson(MC)4/23

880 MEDLEY RELAY (m = + 0.6)

1:45.1m (1)	LA Naturite TC 7/1
1:45.3m (2)	Long Beach Comets 7/1
1:51.0m (3)	West Vernon Jets 7/1
1:52.0 (1)	Ventura Girls TC 5/13
1:51.8m(D-4)	San Diego Cougars 7/1
1:54.4 (2)	Club North 6/18
1:55.1 (3)	Millbrae Lions 6/18
1:55.3m (6)	Hilltop TC 7/1
1:55.8 (5)	Pasadena Rosebuds 7/1
2:02.7 (2)	Cupertino Yearlings 6/18
2:05.2 (3)	Sac Spikettes 4/23
2:06.3 (3)	Mickey's Missiles 4/8
	Roseville Gazelles 4/23

MILE RELAY (m = + 1.2)

3:50.0 (1)	LA Naturite TC 7/9
3:56.3m (2)	Orinda TC 7/1
4:08.2 (1)	San Diego Cougars 4/30
4:18.1 (1)	Pasadena Rosebuds 3/19
4:22.8 (2)	San Jose Cindergals 6/18
4:24.3 (3)	San Jose TC 6/18
4:26.4 (2)	Sacred Heart Comets 4/8
4:40.5 (2)	Roseville Gazelles 4/23
4:40.7 (2)	Mickey's Missiles 4/23
4:43.0 (3)	Cupertino Yearlings 4/23
4:55.8 (4)	SHC - B 4/8

Javelin

143-0 (1)	Deena Bernstein(un)5/13
133-6 (2)	Donna Hollingworth(QCC)
130-2 (1)	Heidi Iratccabal(un)4/23
127-1 (1)	Lisa Filkowski(CY)7/1
126-4 (2)	Wendy Ashton(RCF)6/18
102-0 (5)	Gillian DeLear(Arrow)6/18
94-1 (3)	Tawny Singleton(un)3/19
93-7 (3)	Sonja Yanet (Pas) 7/15
90-5 (3)	Leslie Rhodes(SDC)4/23
88-8 (4)	Cynthia Harper(VGTC)4/23
88-5 (3)	Andrea Tapia (AA)4/8
76-0 (4)	Denise Walinski(un)7/15
73-9 (4)	Portia Hodge(SDS)5/13
64-0 (5)	Wynde Grey(Pas)5/13
56-8 (5)	Linda Martinez(SCT)7/15
53-9 (7)	Paula Wilson(SCT)4/23
53-4 (4)	Lisa Cirelli (CY)4/23

PENTATHLON

100m H, SP-8, HJ, LJ, 800

3450 (1)	Gigi Hurley(ML)5/7 (14.7, 31-0 1/2, 5-3, 17-8 1/2, 2:46.0)
3196 (1)	Marlene Harmon(LANTC)4/2 (15.2, 26-10 1/2, 4-9, 17-2 3/4, 2:36.6)
3176 (2)	Jamie Anderson(SCC)4/2 (16.4, 33-2 3/4, 5-1, 15-9, 2:40.8)
3093 (3)	Wynde Grey(Pas)5/7 (18.4, 29-3 1/2, 4-9, 18-0 1/2, 2:30.2)
2985 (4)	Rhonda Whitlow(TW)5/7 (15.9, 24-11 1/2, 4-5 1/2, 16-7 3/4, 2:30.1)
2555 (5)	Tonia Scott(Pas)5/7 (18.7, 25-6 1/2, 4-5 1/2, 16-4 1/2, 2:43.2)
2502 (4)	Debbie Negus(un)4/2 (18.3, 30-8 1/2, 4-5 1/2, 13-0 3/4, 2:43.6)
(5)	Tawny Singleton(LV)4/2 (15.7, 30-3, NH, 15-2 1/2, --)



LONG DISTANCE LOG

by RICHARD L. SLOTKIN

August 27, Santa Monica: SANTA MONICA MARATHON & HALF MARATHON:

The following day, as the Santa Monica Sports and Arts Festival continued, the marathon and half marathon were held. For these events, the Santa Monica Track Club converted from competitors to co-producers, along with the Santa Monica Department of Recreation. So, in keeping with their first place finishes in the 10 Kilo, these same runners, Vernon, Whalen, Bryant and Co., along with the rest of the club, were among the first to arrive at the campus of the Santa Monica College to help set up the registration tables, finish chutes, T-shirt distribution, timing equipment and P.A. system....and then spent the rest of the morning processing the runners and operating the course. No glory boys in Joe Douglas's crew. They are willing to do the grunt work, too.

The highlight of this morning was Sue Peterson winning the women's division of the full marathon in 2:51:46, which we understand was a new P.R. Sue is apparently trying to tell us something, because 3 weeks later she chopped 7 minutes off that at the Nike Marathon in Eugene. We can say that we were the first to see her jump into world class.

RESULTS:

Open Division: 1. Greg Winters 2:29:28; 2. Anthony Reynoso 2:30:11; 3. Rich Woyard 2:36:33



photo by Richard Lee Slotkin

Santa Monica Marathon winner Sue Peterson with husband Pete.



photo by Richard Lee Slotkin

John Brenneman winning the Santa Monica ½ Marathon in 69:47.

55-59 Division: 1. Mauro Hernandez 35:30, 2. Demetrio Miller, 3. Sam Bilich.
60+ Division: 1. Ed Lewin, 2. John Coles,



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BODY AND SOLES: *New Balance Shoes—Super Comp 320s, 305s and Trail. Athletic vitamins and Body Punch. New Balance running shorts (with brief). 20% off regular price. Len-Scott-Mike Thornton, 5768 N. Millbrook, Fresno, CA 93710. Phone: (209) 439-5468.*

GREENPLATE NEWS: *Houston's*

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RESULTS:

Open Division: 1. Greg Winters 2:29:28; 2. Anthony Reynoso 2:30:11; 3. Rich Weyand 2:36:33.

30-39 Division: 1. Mike Mawer 2:30:11; 2. Bart Coventry 2:34:05; 3. Larry Pontinen 2:34:56.

40-49 Division: 1. Dick Bartek 2:41:24; 2. Len Efron 2:42:57.

50-59 Division: 1. Fred Nagelschmidt 2:55:20.

Women 18-29 Division: 1. Christine Nino 3:34:01.

Women 30-39 Division: 1. Sue Peterson 2:51:46.

Women 40 and over Division: 1. Helen Dick 3:25:52.

½ MARATHON RESULTS:

Open Men Division: 1. John Brenneman 69:47; 2. John Wendler 71:36; 3. Don McCarthy 73:50.

Women Division: 1. Wendy Walker 85:55; 2. Bev Morse 85:56; 3. Linda Pena 86:03.

August 26, Santa Monica: SANTA MONICA 10 KILOMETER.

It was supposed to be an open race but it looked more like a Santa Monica Track Club workout. The first 5 finishers and 6 out of the first 8 all wore the sunburst emblem of the SMTCA. In addition, there were several more in the first 50, plus numerous place winners among the females and the age groups. In other words, as would befit a Santa Monica race, the Santa Monica Track Club really had its day.

The winner was Stan Vernon with a time of 29:40 and looking lean and mean at the start of this cross country season. He'll be heard from a lot this year. Following Vernon by less than half a



photo by Richard Lee Slotkin

Greg Winters winning the Santa Monica Marathon in 2:29:28.

minute was Cleveland Whalen, with one of his best showings. In third place was one of the club's two sub-four minute milers, Jerald Jones, who recently left with the National AAU team for a tour in Japan. Carey Simons and Tom Bryant closed out the first 5 places with UCLA's David Greifinger taking 8th.

Playing the part of interlopers, Joe Carlson of the Culver City Athletic Club and Marlin Klavers took 6th and 7th place respectively.

RESULTS:

18-29 Division: 1. Stan Vernon 29:40; 2. Cleveland Whalen 30:01; 3. Jerald Jones 30:11; 4. Carey Simons 30:22; 5. Tom Bryant 30:28; 6. Joe Carlson 30:52.

30-34 Division: 1. Byrle Smallen, Gary Tuttle (Gary apparently arrived late to the starting line), 3. Jim Minami.

35-39 Division: 1. Ray Hughes, 2. Ralph Lee, 3. Gil Schaller.

40-44 Division: 1. Rick Vasquez, 2. M. Amateau, 3. Keith Johnson.

45-49 Division: 1. Dennis Brachen, 2. Sam Nicholson, 3. Gavin Calliman.

50-54 Division: 1. Peter Mundie, 2. Vernon Milton, 3. John Flynn.



photo by Richard Lee Slotkin

John Brenneman winning the Santa Monica ½ Marathon in 69:47.

55-59 Division: 1. Mauro Hernandez 35:30, 2. Demetrio Miller, 3. Sam Bilich.
60+ Division: 1. Ed Lewin, 2. John Coles, 3. Lew Dexter.

Women 17 and under Division: 1. Sherrie Torrans, 2. Donna Chadwick, 3. Deb Simmons.

Women 18-29 Division: 1. Cathleen Fadder, 2. Suzanne Polzin, 3. Linda Morones.

Women 30-34 Division: 1. Roberta Takahashi, 2. Betty Partridge, 3. Val Lebel.

Women 35-39 Division: 1. Sharon Hettig 41:50, 2. Barbara Baigstro, 3. Sylvia Jones.

Women 40-44 Division: 1. Mary Jean Murphy, 2. Marion Seaman, 3. Alice Bensch.

Women 45-49 Division: 1. Sandra Kenworthy, 2. Shirley Schriver, 3. Joyce Boedecker.

TRIPLE JUMP ENCYCLOPEDIA: by Ernie Bullard and Larry Knuth. \$7.95 plus .30 postage. The Athletic Press, P.O. Box 2314-D, Pasadena, CA 91105.

BODY AND SOLES: New Balance Shoes—Super Comp 320s, 305s and Trail. Athletic vitamins and Body Punch. New Balance running shorts (with brief). 20% off regular price. Len—Scott—Mike Thornton, 5768 N. Millbrook, Fresno, CA 93710. Phone: (209) 439-5468.

GREENBLATT'S NEWS: Houston's finest running paper. 24 issues \$2.00. Laurence Greenblatt, 1418 Richmond, No. 1019, Houston, TX 77006.

WORLDWIDE RUNNING TOURS: Running vacation adventures to Europe and beyond. Parcourse, 3701 Buchanan Street San Francisco, CA 94123.

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FRESNO STATE UNIVERSITY JOG-A-THON

WHAT: A Jog-A-Thon to raise funds to complete the Fresno State Track and Field facility. Also, groups may participate and receive 50 percent of the money. **WHEN:** Saturday, October 21 and Sunday, October 22. Three separate one-hour Jog-A-Thons will be conducted. You can participate at 9:00, 10:00, or 11:00 am. **WHERE:** Fresno State Campus Track. **HOW:** Each entrant will walk, jog, or run as many laps around the track as possible in a one-hour time limit. Joggers will solicit friends, relatives, etc., to sponsor them at a specific amount per lap. **COLLECTION:** All collecting is done by computer, by mail. Once you have your sponsors and jog, your part is finished. **PRIZES:** A trip to the 1980 Moscow Olympic Games; one week in Hawaii; jogging shoes; many other prizes. **WHO:** Anyone may enter. **MORE INFORMATION:** Write Jog-A-Thon, Athletic Dept., Fresno State University, Fresno, CA 93740.

RESULTS

June 24-25. Lompoc. Lompoc Flower Festival Distance Carnival

USTPF Nat'l 10,00m Run for Junior Men (on the track):

- 1) Steve Webb (KennedyHS) 30:53.0
- 2) Frank Ebner (HumbStU) 30:59.3
- 3) Joey Gomez (Valencia) 31:05.1
- 4) Carmelo Rios(LennoxHS) 31:22.8
- 5) Bob Love (Carlmont HS) 31:37.2
- 6) Matt Ebner (BishAmtHS) 32:43.0
- 7) Bob Brennan (SanMarcs) 33:03.4

USTPF Nat'l 5000m Run for Junior Women (on the track):

- 1) Mary Carman(SanMarcs) 18:00.6
- 2) Dede Tracey (AntelVly) 18:09.9
- 3) Tammy Ragen (SaugusHS) 18:27.0
- 4) Diane Brink (SanMarino) 18:50.4

Parade Route Road Race (3.0 miles):

- 1) Jim Schankel (Lompoc) 14:25
- 2) Mike Bordell (Lompoc) 14:26
- 3) Richard McKeon (Ft.Col) 16:09
- 4) Rick Broman (Valencia) 16:30
- 5) Ken Takao (Lodi) 16:38
- 6) Walter Thompson(MorrBy) 16:40
- 7) Ross Rowley (Stockton) 16:46
- 8) Russ Sharper (StaMaria) 16:50
- 9) Mike Pierce (SLO) 16:59
- 10) Bill Grimes 17:02

4 Mile Relay-Open:

- 1) Orange County TC 18:25.0
(Keeley,Lansdon,McGaa, Ertz)
- 2) OTUSA 19:10.1
(Kurtze,Childress,St. Aubin, Mayfield)
- 3) Islay Hacks 19:15.9
(Casper,Hurley,Funk,Trimble)
/Joe Sciamé/

June 25. Lompoc. Second Valley of the Flowers Marathon

1. Tom Rotkis 30 Tucson,AZ. 2:32:22
2. Jim Arquilla 27 Long Beach 2:40:56
3. Julian Sanchez 36 Ojai 2:44:08
4. Sam Fancher 23 Vand. AFB 2:45:35
5. Tom Rothhaar 25 San Diego 2:46:13
6. Stu Sutherland 26 Santa Barb. 2:47:03
7. Bill Fitzpatrick 28 Long Beach 2:48:15
8. Gary Seeger 34 Fount. Valley 2:49:30
9. Skip Shaffer 40 Fullerton 2:49:30
10. Bob Nanninga 31 San Luis Ob. 2:50:27

26. Anthony Johnston 31 Santa Monica 1:24:04
27. Bob Gannon 34 Irvine 1:24:27
28. Jesus Ocana 33 Fullerton 1:24:28
29. Mike Lane 19 Santa Maria 1:24:36
30. Rich McKeon 24 Ft. Collins,CO 1:24:37
31. M. Cabantuan 20 Goleta 1:24:53
32. Tom C. Brown 40 San Diego 1:25:04
33. Steve Gutache 31 Santa Barbara 1:25:20
34. Stan Rosenfield 30 San Luis Obispo 1:25:27
35. Kenneth Millett 37 Santa Barbara 1:25:37

/W. Arnerich/

June 25. Davis, West Virginia. National AAU 15k Run

1. Alex Kasich (West Virginia TC), 46:42
2. Carl Hatfield (West Virginia TC), 47:03
3. David Kline (St. Athens TC), 47:05
4. Jeff Peterson (Georgetown AA), 48:21.5
5. Brent Hawkins (West Virginia TC), 48:30
6. Dwight Kier (West Virginia TC), 48:36
7. Joe Yorkovich (Summit AC), 48:46
8. Mike Creehan (Washington RC), 48:56
9. Garth Hayes (North Carolina TC), 49:03
10. Bruce Robinson (Washington RC), 49:04

/Pete Cava/

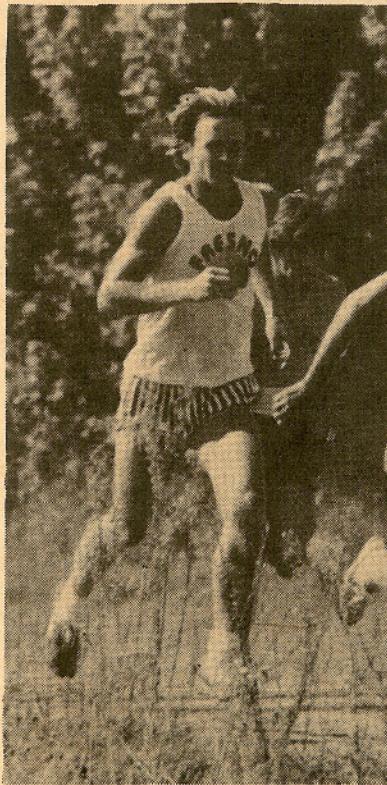
June 10. Santa Ana Fashion Square

10K (6.2 miles):

- 1 RALPH SERNA . 21 STC 31:18
- 2 FRANK DUARTE . 36 SCBA 31:22
- 3 RONALD KURLE . 30 WTC 31:28
- 4 DAVID SCHRIVER . 18 JCI 31:33
- 5 CARMELLO RIOS . 18 . 31:40
- 6 BILL VILLA . 21 . 32:22
- 7 AL SIDDONS . 26 WUTC 32:32
- 8 JACK GARCIA . 21 SCR 32:34
- 9 SAM HARRIS . 17 SCR 32:37
- 10 STEVE KOVATCH . . 32:49
- 11 ROB SLICK . 22 33:05
- 12 BART J COVENTRY . 37 STC 33:16
- 13 KEN KENDALL . 28 OXY 33:26
- 14 LARRY PONTINEN . 36 SBH 33:32
- 15 DON SCHLITTER . 38 SCR 33:39
- 16 ROY BRACAMONTE . 18 RR 33:44
- 17 TODD FERGUSON . 34 ATA 33:52

July 1. Fresno. 1978 Bunien Derby (3.0 mile):

- 1) Bryan Foley (FPTC) 14:54.3
- 2) Darrel Cox (FPTC) 14:57.7
- 3) Art Meyer (FPTC) 15:29
- 4) Scott Thornton(HSTC)hs 15:33
- 5) Tim Cornell 15:43
- 6) Louis Grieco (FPTC) 15:50
- 7) Phillip Wright 15:55
- 8) Bruce Greenway (Wings) 15:57
- 9) Gary Campbell(FPTC) 15:59
- 10) Tony Djabayan (HSTC) 16:11
- 15) Frank Delgado(FPTC)40+ 16:50
- 30) Diane Barrett(FPTC)1W 18:52
- 38) Sara Washman(FPTC)2W 21:09
- 40) Howard Buchenberger(FP)21:13 50+ /Larry Lung/



DARREL COX

July 4. Santa Barbara. 25th Semana Nautica/SPA 15k:

- | | | |
|---------------------|---------|-------|
| 1 DAVE BABIRACKI | 25 SFVT | 46:05 |
| 2 CHUCK SMEAD | 26 JNAT | 46:15 |
| 3 GARY TUTTLE | 30 TIST | 46:25 |
| 4 MICHAEL BORDELL | 21 CTC | 46:59 |
| 5 ALLEN RUDE | 28 AZLN | 47:41 |
| 6 JOE CARLSON | CCAC | 47:51 |
| 7 VINCENT ENGEL | 31 TIST | 49:20 |
| 8 JIM HISERMAN | 27 ARC | 49:21 |
| 9 BRUCE PALMER | 28 NZ | 49:23 |
| 10 TERRY GIBSON | 19 G C | 49:27 |
| 11 ROBERT HOLLISTER | 19 SBAA | 49:32 |
| 12 DON MOSES | 20 ITC | 49:38 |
| 13 JOHN STARINIERI | 20 | 49:45 |
| 14 WALT WALTSHIRE | 24 | 50:03 |
| 15 DAVE WHITE | 26 AZLN | 50:15 |
| 16 MEL MAGSON | 31 AZLN | 50:20 |
| 17 STEVE DURAND | 21 STC | 50:21 |
| 18 BILL ENTZ | 23 B R | 50:26 |
| 19 BILL SCOBAY | 33 TIST | 54:39 |
| 20 LUIS ARREOLA | 21 SLOC | 50:44 |
| 21 JOHN FISANOTTI | 22 | 50:53 |
| 22 BOB BRENNAND | 17 SBAA | 50:57 |
| 23 MARSHALL MATYE | 34 CCAC | 51:43 |
| 24 GILBERT ESPARZA | 16 SCRR | 51:67 |
| 25 STEVE BLUM | 23 | 51:68 |
| 26 ERIC SAPPENFIELD | 16 SBAA | 51:69 |
| 27 JOHN BRENNAN | 42 SBAA | 51:12 |
| 28 RICHARD WEEKS | 35 B R | 51:24 |
| 29 JACK GARCIA | 21 SCRR | 51:27 |
| 30 TOM TRIMBLE | 18 OTUS | 51:34 |
| 31 DAVID HAAKE | 21 FPTC | 51:42 |
| 32 SKIP SHAFFER | 40 CCAC | 51:49 |
| 33 JEFF LOUGH | 27 AZLN | 51:56 |
| 34 BART J COVENTRY | 37 STC | 51:57 |
| 35 DICK BARTEK | 45 SBAA | 52:03 |
| 100 SUE PETERSEN | 33 STC | 57:57 |

July 9. Big Bear Lake. Old Miners 19 Mile Run

- 1) Steve Chase 2:00:32
- 2) Ben Martinez 2:01:00
- 3) Steve Kellogg 2:05:33
- 4) Joe Carlson 2:07:31
- 5) Don Moses 2:09:18
- 6) Phil Ryan 1st 30-39 2:09:18
- 7) Joe Burgasser 2nd 30-39 2:15:25
- 8) Walt Hitt 2:16:13
- 9) Gary Cohen 2:16:51
- 10) Gary Polhill 2:17:17
- 13) Linda Sippelle 130+W 2:32:40
- 28) Lorraine Blanco 1 29uW 2:56:25
- 35) Judy Glynn 2W 30+ 3:14:44

/Ed Hurt/

July 9. Felton. 1978 Felton Race to the Redwoods

- 1) John Moreno (Cam West) 36:38.7
- 2) Mitch Kingery (CamW) 36:53.7
- 3) Steve Brooks(WVTC) 37:2.2
- 4) Paul Mello (CamWest) 37:4
- 5) Joe Salazar (SJCity) 37:5.1
- 6) Ted Quintana (WVTC) 38:06.3
- 7) Joe Fabis (CamWest) 38:24.5
- 8) Michael Duncan (WVTC) 38:5
- 9) Damon Wood (CamWest) 38:5.1
- 10) Tony Munoz (CamW) 38:54.4
- 11) Gilbert Munoz (CamW) 39:14.6
- 12) Jay Marden (un) 39:32.8
- 13) Bob Love (CamW) 39:45.9
- 14) Allen Ridge (CamW) 39:46.2

(Keeley, Lansdon, McCaa,
Ertz)

- 2) OTUSA 19:10.1
(Kurtze, Childress, St. Aubin,
Mayfield)
3) Islay Hacks 19:15.9
(Casper, Hurley, Funk, Trimble)
/Joe Sciamé/

June 25. Lompoc. Second Valley of the Flowers Marathon

1. Tom Rotkin	30 Tucson, AZ.	2:32:22
2. Jim Arquilla	27 Long Beach	2:40:56
3. Julian Sanchez	36 Ojai	2:44:08
4. Sam Fancher	23 Vand. AFB	2:45:35
5. Tom Rothhaar	14 San Diego	2:46:13
6. Stu Sutherland	Santa Barb.	2:47:03
7. Bill Fitzpatrick	Long Beach	2:48:15
8. Gary Seeger	14 Fount. Valley	2:49:30
9. Skip Shaffer	40 Fullerton	2:49:30
10. Bob Nanninga	31 San Luis Ob.	2:50:27
11. Bob Welles	40 Salinas	2:56:26
12. Walter Doucette	27 Ojai	2:57:27
13. Ken Smith	16 Santa Barb.	2:58:04
14. Bob Opliger	24 --Goleta	2:58:11
15. Don Dugdale	32 Salinas	2:58:11
16. Jaime Hernandez	16 Grover City	2:58:28
17. Anthony Jurado	22 Downey	2:58:45
18. Roger Murray	41 Man. Beach	2:58:58
19. Ross Rowley	29 Stockton	3:00:18
20. Bob Murtha	16 Santa Maria	3:00:27
21. Desmond O'Neill	38 Santa Barb.	3:00:32
22. F. Magelschmidt	54 Ventura	3:00:33
23. Tom Zavertink	39 San Francisco	3:01:47
24. Fred Kiddy	44 Palm Springs	3:02:28
25. Brian Hoyt	16 Santa Rosa	3:02:30
26. Joe Burgasser	39 Torrance	3:02:33
27. Sandra Kiddy	41 Palm Springs	3:02:36
28. Ben Sawyer	41 Santa Cruz	3:02:55
29. Gene Pickering	48 Woodland Hts.	3:03:18
30. Sue Peterson	33 Laguna Beach	3:03:20
31. Pete Peterson	37 Laguna Beach	3:03:20
32. Brad Drake	16 Santa Barb.	3:04:43
33. Roland Moore	16 Santa Barb.	3:05:45
34. John Comenias	25 Simi	3:05:52
35. John Foster	21 Hunt. Beach	3:06:58
36. Sue Krenn	28 San Diego	3:07:11
37. J. Ostergaard II	22 Fresno	3:07:42
38. Mary Carman	17 Santa Barb.	3:08:10
39. Bob Carman	47 Santa Barb.	3:08:10
40. Bernard Sheftel	32 Ojai	3:08:30
41. Franz Brazil	41 Salinas	3:08:58
42. Charles Whittle	33 Oxnard	3:09:43
43. Lawrence Suhr	34 Goleta	3:10:03
44. Gil Saliba	41 Tarzana	3:10:05
45. Dave Herri	24 Van Nuys	3:10:18
46. Mike Rowerdink	26 Stockton	3:10:30
47. Jim Clampett	45 San Dimas	3:10:46
48. Robert Lozano	34 Whittier	3:10:59
49. Gary Benedetti	25 Los Angeles	3:11:17
50. Dave Clark	39 Palm Desert	3:11:59
51. Jim DeMet	44 Salt Lake, UT	3:12:34
52. Paul Hunrichs	28 Santee	3:13:59
53. Mark Breish	16 Atascadero	3:14:43
54. Ron Levy	23 Santa Maria	3:15:03
55. Ken Kessler	22 Lompoc	3:15:16
56. Rich Dinges	38 Reseda	3:15:25
57. Steve Burral	23 Irvine	3:15:48
58. Calvin Lau	31 Los Angeles	3:15:54
59. Herb Killackey	37 Laguna Beach	3:16:23
60. Ed Martin	43 Madera	3:16:32

Half Marathon

1. Mike Bordell	21 Ft. Collins, CO	1:10.00
2. Don Opina	27 Anaheim	1:11.27
3. Bob Hollister	Santa Barbara	1:11.59
4. Joey Gomez	17 Placentia	1:13:24
5. John Botke	34 Santa Barbara	1:13:35
6. Tim Donovan	28 Santa Barbara	1:13:57
7. Larry Pontinen	36 Ventura	1:14:06
8. Tom Trimble	18 Santa Maria	1:14:10
9. Richard Bartek	45 Santa Barbara	1:15:10
10. Byrle Smaller	30 Santa Monica	1:16:04
11. Lee McGregor	30 Santa Ynez	1:16:33
12. Jeff Jones	21 Huntington Beach	1:17:03
13. Howard Moody	37 San Diego	1:17:13
14. Waid Woodruff	41 Studio City	1:20:11
15. Doug McLean	24 Goleta	1:20:30
16. Dale Noll	15 Lompoc	1:21:05
17. Raul Arbeau	50 San Diego	1:21:27
18. Charles Appell	31 Costa Mesa	1:21:40
19. Eddie Pugh	16 Oxnard	1:21:45
20. R.C. Wilkinson	30 Santa Barbara	1:22:12
21. George Mercurio	30 Santa Ynez	1:22:28
22. Andre Tocco	24 San Pedro	1:23:07
23. Larry Matthews	37 Los Gatos	1:23:12
24. Hank Norton	14 Van Nuys	1:23:15
25. James Shearer	29 Atascadero	1:23:27

Fashion Square
10K (6.2 miles):

1 RALPH SERNA	21 ITC	31:18
2 FRANK DUARTE	36 DCBA	31:22
3 RONALD KURRLE	30 MUTC	31:28
4 DAVID SCHRIVER	18 UCI	31:33
5 CARMELO RIOS	18	31:46
6 BILL VILLA	21	32:22
7 AL SIDDOONS	26 MUTC	32:32
8 JACK GARCIA	21 SCR	32:34
9 SAM HARRIS	17 SCR	32:37
10 STEVE KOVATCH		32:49
11 ROB SLICK	22	33:05
12 BART J COVENTRY	37 STC	33:15
13 KEN KENDALL	28 QXY	33:26
14 LARRY PONTINEN	36 S9H	33:32
15 DON SCHLICHTER	38 SCR	33:39
16 ROY BRACAMONTE	18 RR	33:44
17 TODD FERGUSON	34 AIA	33:52
18 ALAN DIRKIN	40	33:52
19 SKIP SHAFFER	40 CCAC	33:52
20 DENNIS KAVANAUGH	38 RMRR	34:01
21 BARRY FOOSE	31 SFUT	34:05
22 MIKE KRESNJA	17	34:21
23 SHAWN BARHAM	16	34:24
24 JEFF JONES	21 OCTC	34:32
25 JOHN KEARNS	38 RMRR	34:32
26 KEN RIDLER	36 STC	34:39
27 GREG RAMSEY		34:48
28 PHILIP PALACIOS	31	35:05
29 TONY BLACK	18 RR	35:07
30 RICK VASQUEZ	41 AZTL	35:07
78 TERESA HOM	25 SMTC	38:16
79 JIM BRENNER	30 SFVT	38:18
80 STEVEN PATTERSON	26 RRS	38:23
81 MIKE MASON	34 MTC	38:29
86 NORMAN LUMIAN	50 STC	38:35
87 MARILYN NIPPOLO	27 PTC	38:36

/John Brennand/
July 1. 10k at Elysian Park (6.2 mile):

DARREL COX

July 4. Santa Barbara. 25th Semana Nautica/Southern Pacific Assoc. 15km

0 (19-34):	
1) Dave Babiracki (SFVTC)	46:05
2) Chuck Smead	46:15
3) Gary Tuttle	46:25
4) Mike Bordell	46:59
5) Allen Rude	47:41
6) Joe Carlson	47:51
7) Vince Engel	49:20
8) Jim Hiserman	49:21
9) Bruce Palmer	49:23
10) Terry Gibson	49:27
11) Robert Hollister	49:32
12) Don Moses	49:38
13) John Starinieri	49:45
14) Walt Waltmire	50:03
15) Dave White	50:15
16) Mel Magson	50:20
17) Steve Durand	50:21
Submasters (35-39):	
1) Dick Weeks	51:24
2) Bart Coventry	51:57
3) Larry Pontinen	52:48
Masters IA (40-44):	
1) John Brennand	42
2) Skip Shaffer	40
3) Gary Anderson	40
Masters IB (45-49):	
1) Dick Bartek	45
2) David Parker	47
3) Sam Nicholson	49
Masters IIA (50-54):	
1) Darty Cronin	50
2) Dan Sheeran	51
3) John Perkins	50
Boys III (16-18):	
1) Bob Brennand	50:57
2) Gilbert Espanza	51:07
3) Eric Sappenfield	51:09
4) Tom Trimble	51:34
5) Dave Cangelosi	52:25
Masters IIB (55-59):	
1) John McManus	55
Masters III (60+):	
1) John Holoubek	61
Girls III (16-18):	
1) Tara Hobbs	61:37
Women (19-29):	
1) Pamela Cox	60:49
2) Elaine Campo	62:14
3) Jani Rouda	62:38
Women Veterans (30-39):	
1) Sue Petersen	33
2) Janet Ledder	35
3) Linda Sippelle	43
Women Masters (40-49):	
1) Linda Sippelle	43
2) Faye Hobbs	42
3) Margaret Miller	52

/John Brennand/

July 9. Felton. 1978 Felton Race to the Redwoods

1) John Moreno (Cam West)	36:38.7
2) Mitch Kingery (CamW)	36:53.7
3) Steve Brooks(WVTC)	37:17.2
4) Paul Mello (CamWest)	37:17.4
5) Joe Salazar (SJCITY)	37:15.1
6) Ted Quintana (WVTC)	38:06.3
7) Joe Fabis (CamWest)	38:24.5
8) Michael Duncan (WVTC)	38:5.5
9) Damon Wood (CamWest)	38:21.1
10) Tony Munoz (CamW)	38:54.4
11) Gilbert Munoz (CamW)	39:14.6
12) Jay Marden (un)	39:32.8
13) Bob Love (CamW)	39:45.9
14) Greg Mandanis (CamW)	39:46.2
15) Lane Mason (un)	39:57.4
16) David Figueiredo (un)	40:08.2
17) Lenny Sheehan (NE TC)	40:23.7
18) Ted Holly (un)	40:30.0
19) Gil Dean (CamW)	40:31.2
20) Michael Macallaire (un)	40:36.3
25) Benjamin Sawyer(Sq)1M	41:47.4
26) Robert Welck(SVJS)2M	41:55.4
54) Ann Wotherspoon(SJC)1W	44:42.8
72) Cathy Demmelmaier 2W	46:00.0
103) Sue Munday(CamW) 3W	47:54.4
127) Jean Williams(un) 4W	49:07.5
147) Karen Kressenberg(WVTC) 5W	50:10.4

/Bruce Jones/

July 15. Los Angeles. SPA-AAU One & Two Hour Runs

1 Hour:	
1) Roberta Takahashi	8 mi 770y
2 Hour:	
1) Linda Sippelle	15 mi 1399y

/John Rupp/

July 15. Fresno. 1978 Bunion Derby (6 mile):

1) Bryan Foley (FPTC)	32:01.5
2) Scott Thornton(HSTC)	32:48.8
3) Art Meyer (FPTC)	33:07.6
4) Tim Cornell	33:27.4
5) Dave Bronzan(HSTC)	34:03.7
6) Steve Wolters (FPTC)	34:05.9
7) Dave McGary (YMCA)	34:26.7
8) Gordon Keller(FPTC)	34:33.0
9) Bruce Greenway(Wings)	34:52.3
10) Mike Taylor	35:05
12) Len Thornton(HSTC)1-40+35:12	
26) Diane Barrett(FPTC)1-W 40:18.5	
39) Howard Buchenberger(FP)45:42 1-50+	
40) Sara Washman(FPTC) 2W 45:42	

/Larry Lung/

July 22. Riverside. SPA-AAU One Hour Run at UC Riverside: Laps/Yds

1) Chris Navolitano (un)	44-110
2) Alberto Ramirez (Az)	42-375
3) Truman Clark (un)	42-95
4) Ray Harris (SCRR)	42-42
5) Carlos Alfaro (Az)	41-150
6) Dennis Parrish (STC)	40-224
11) Marie Albert (SCRR)	38-188
17) Jennie Cervantes(SCRR)	36-386
22) Chris Ramirez (SCRR)	35-61

/Danny Contreras/

USA-USSR TRACK AND FIELD DUAL MEET
EDWARDS STADIUM - UNIVERSITY OF CALIFORNIA - BERKELEY, CALIFORNIA
JULY 7-8, 1978

Men

100 meter dash (0.0 mps)

1. Steve Riddick (USA), 10.37
2. Clancy Edwards (USA), 10.39
3. Vladimir Ignatenko (USSR), 10.49
4. Aleksandr Aksinin (USSR), 10.57

200 meter dash (1.0 mps)

1. Steve Williams (USA), 20.67
2. Tony Darden (USA), 20.68
3. Aleksandr Aksinin (USSR), 21.12
4. Nikolai Kolesnikov (USSR), 21.13

400 meter dash

1. Stan Vinson (USA), 45.94
2. Maxie Parks (USA), 46.36
3. Nikolai Chernitskiy (USSR), 46.67
4. Viktor Burakov (USSR), 46.69

800 meter run

1. James Robinson (USA), 1:46.9
2. Vladimir Ponomarev (USSR), 1:47.5
3. Viktor Anokhin (USSR), 1:48.1
4. Conrad Suhr (USA), 1:48.6

1500 meter run

1. Steve Scott (USA), 3:38.4
(better's meet record of 3:38.4 by Mike Durkin, USA, 1976)
2. Valeriy Abramov (USSR), 3:38.6
3. Anatoliy Mamantov (USSR), 3:38.9
4. Bruce Fischer (USA), 3:44.0

3,000 meter steeplechase

1. Henry Marsh (USA), 8:33.8
2. Jim Johnson (USA), 8:36.4
3. Aleksandr Skripkin (USSR), 8:38.8
4. Vladimir Isakov (USSR), 8:42.6

5,000 meter run

1. Marty Liquori (USA), 13:53.4
2. Matt Centrowitz (USA), 13:53.4
3. Mikhail Ulmov (USSR), 13:54.4
4. Boris Kuznetsov (USSR), 13:54.6

10,000 meter run

1. Leonid Moseyev (USSR), 28:46.6
2. Satymkul Dzhumanazarov (USSR), 9.0
3. Greg Fredericks (USA), 28:59.4
4. Randy Thomas (USA), 29:14.4

20 kilometer walk

1. Nikolai Polozov (USSR), 1:30.04

110 meter hurdles (1.7 mps)

1. Greg Foster (USA), 13.46
(better's meet record of 13.48 by Charles Foster, USA, 1976)
2. Viktor Myasnikov (USSR), 13.47
3. Kerry Bethel (USA), 13.64
4. Vyacheslav Kulebyakin (USSR), 13.67

400 meter hurdles

1. James Walker (USA), 48.91
2. Vasiliy Arkhipenko (USSR), 49.92
3. Tom Andrews (USA), 50.32
4. Dmitriy Stukalov (USSR), 50.52

4x100 meter relay

1. USA (Don Coleman, Eddie Hart, Clancy Edwards, Steve Riddick), 39.14 (equals meet record by USA, 1966)
2. USSR (Vladimir Ignatenko, Nikolai Kolesnikov, Aleksandr Aksinin, Valeriy Borzov), 39.29

4x400 meter relay

1. USA (James Walker, James Robinson, Stan Vinson, Maxie Parks), 3:03.8
2. USSR (Vasiliy Arkhipenko, Sergei Lovachev, Viktor Burakov, Nikolai Chernitskiy), 3:05.1

High jump

1. Vladimir Yashchenko (USSR), 7-5½
2. Franklin Jacobs (USA), 7-5½
3. Benn Fields (USA), 7-3½
4. Gennadiy Belkov (USSR), 7-1½

Pole vault

1. Yevgeniy Tananika (USSR), 17-11 3/4
2. Vladimir Trofimyenko (USSR), 17-11 3/4
3. Jeff Taylor (USA), 17-7 3/4
- Ralph Haynie (USA), no height

Long jump

1. Arnie Robinson (USA), 26-3½
2. Bob Calhoun (USA), 25-7
3. Valeriy Podluzhny (USSR), 25-
- Anatoliy Piskulin (USSR), 24-10

Triple jump

1. Nikolai Polozov (USSR), 1:30.04

Shot put

1. Yevgeniy Mironov (USSR), 68-2½
2. Anatoliy Yarosh (USSR), 65-4
3. Colin Anderson (USA), 64-2½
4. Doug Price (USA), 59-6½

Long jump

1. Jodi Anderson (USA), 21-9½
2. Kathy McMillan (USA), 21-3½
3. Vilma Bardauskene (USSR), 21-0 3/4
4. Lyudmila Maslakova (USSR), 20-8 3/4

Discus throw

1. Mac Wilkins (USA), 216-6
2. Nikolai Vikhor (USSR), 209-9
3. Igor Duginets (USSR), 205-1
4. Dave Vorhees (USA), 186-5

Shot put

1. Svetlana Melnikova (USSR), 61-0
2. Maren Seidler (USA), 59-9 3/4
3. Faina Myelnik-Veleva (USSR), 59-3
4. Ann Turbyne (USA), 51-10

Hammer throw

1. Yuriy Syedikh (USSR), 246-8
2. Aleksei Spiridonov (USSR), 239-2
3. Boris Djerassi (USA), 224-1
4. Emmitt Berry (USA), 202-7

Discus throw

1. Nikolai Grebnev (USSR), 285-9
2. Bob Roggy (USA), 272-0
3. Vasiliy Yershov (USSR), 269-9
4. Bill Schmidt (USA), 264-4

Women100 meter run (0.0 mps)

1. Evelyn Ashford (USA), 11.22
2. Lyudmila Maslakova (USSR), 11.48
3. Lyudmila Kondratyeva (USSR), 11.49
4. Karen Hawkins (USA), 11.83

Javelin throw

1. Sherry Calvert (USA), 207-11
2. Emilia Priyma (USSR), 186-10
3. Lynn Cannon (USA), 173-11
4. Nadyezhda Yakubovich (USSR), 109-4

200 meter dash (0.5 mps)

1. Evelyn Ashford (USA), 22.69
(better's meet record of 22.81 by Marina Sidorova, USSR, 1977)
2. Lyudmila Kondratyeva (USSR), 23.31
3. Elizabeth Young (USA), 23.69
4. Vera Anisimova (USSR), 23.86

Men's Team score: USA 119 - USSR 102Women's team score: USSR 75 - USA 71Combined: USA 190 - USSR 177July 9. Big Bear.Oldminers 19 Mile:400 meter dash

1. Patricia Jackson (USA), 51.2
hand-timed (better's meet record of 51.77 by Nadyezhda Ilyina, USSR, 1976)
2. Maria Kulchinova (USSR), 51.5
3. Sharon Dabney (USA), 52.3
4. Nina Zyuskova (USSR), 52.6

- 1 STEVE CHASE 2:00:32
- 2 BEN MARTINEZ 2:01:00
- 3 STEVE KELLOGG 2:05:33
- 4 JOE CARLSON 2:07:31

800 meter run

1. Tatyana Providokhina (USSR), 1:59.0
2. Essie Kelly (USA), 2:01.0
3. Nina Kovylina (USSR), 2:01.0
4. Ruth Caldwell (USA), 2:05.3

- 5 DON MOSES 2:09:18
- 6 PHIL RYAN 2:09:18
- 7 JOE BURGASSER 2:15:25
- 8 WALT HITT 2:16:13

1500 meter run

- 9 GARY COHEN 2:16:51
- 10 GARY POLHILL 2:17:17
- 11 STEVE CROUCH 2:24:53
- 12 LINDA SIPPRELLE 2:25:43

- 13 LINDA SIPPRELLE 2:32:40
- 14 HUGO FERLITO 2:35:40
- 15 JIM REGALADO 2:35:54

July 21. San Bernardino. 1978 San

Vladimir Isakov (USSR), 0:42.0

5,000 meter run

- Marty Liquori (USA), 13:53.4
- Matt Centrowitz (USA), 13:53.4
- Mikhail Ulmov (USSR), 13:54.4
- Boris Kuznetsov (USSR), 13:54.6

10,000 meter run

- Leonid Noseyev (USSR), 28:46.6
- Satymkul Dzhumanazarov (USSR), 9.0
- Greg Fredericks (USA), 28:59.4
- Randy Thomas (USA), 29:14.4

20 kilometer walk

- Nikolai Polozov (USSR), 1:30.04
- Todd Scully (USA), 1:32.13
- Larry Walker (USA), 1:34.15
- Nikolay Vinichenko (USSR), 1:31.16, disqualified

photo by Bill Leung, Jr.



MAXIE PARKS

Gennadiy Belkov (USSR), 7-1½

Pole vault

- Yevgoeniy Tananika (USSR), 17-11 3/4
- Vladimir Trofimyenko (USSR), 17-11 3/4
- Jeff Taylor (USA), 17-7 3/4
- Ralph Haynie (USA), no height

Long jump

- Arnie Robinson (USA), 26-3½
- Bob Calhoun (USA), 25-7
- Valeriy Podluzhny (USSR), 25-
- Anatoliy Piskulin (USSR), 24-10

Triple jump

- Anatoliy Piskulin (USSR), 55-3 3/4
- James Butts (USA), 54-8 3/4
- Gennadiy Valyukevich (USSR), 53-2½
- Rayfield Dupree (USA), 51-10 3/4

photo by Bill Leung, Jr.



STEVE SCOTT

hand-timed (bettors meet record of 51.77 by Nadyezhda Ilyina, USSR, 1976)

- Maria Kulchinova (USSR), 51.5
- Sharon Dabney (USA), 52.3
- Nina Zyuskova (USSR), 52.6

800 meter run

- Tatyana Providokhina (USSR), 1:59.0
- Essie Kelly (USA), 2:01.0
- Nina Kovylina (USSR), 2:01.0
- Ruth Caldwell (USA), 2:05.3

1500 meter run

- Zamira Zaitseva (USSR), 4:04.8
- Jan Merrill (USA), 4:05.4
- Olga Dvirna (USSR), 4:10.7
- Debbie Heald (USA), 4:18.6

3,000 meter run

- Svetlana Ulmasova (USSR), 8:42.6
- Jan Merrill (USA), 8:44.0
- Raisa Satretdinova (USSR), 8:55.2
- Cindy Bremser (USA), 9:04.8

100 meter hurdles (0.3 mps)

- Tatyana Anisimova (USSR), 12.96
(bettors meet record of 13.09 by Natalya Lebedeva, USSR, 1977)
- Natalya Lebedeva (USSR), 12.98
- Deby LaPlante (USA), 13.13
(bettors American record of 13.14 by Patty van Wolveleere, USC, 1978)
- Patty van Wolveleere (USA), 13.19

4x100 meter relay

- USSR (Vera Anisimova, Lyudmila Maslakova, Lyudmila Kondratyeva Lyudmila Storozhkova), 43.27
- USA (Gail Douglas, Stephanie Brown, Karen Hawkins, Evelyn Ashford), 43.97

4x400 meter relay

- USA (Sharon Dabney, Kim Thomas, Patricia Jackson, Essie Kelly), 3:28.2 (bettors meet record of 3:28.6 by USSR, 1977)
- USSR (Nina Zyuskova, Ingrida Barkane, Tatyana Prorochenko, Maria Kulchinova), 3:28.9

High jump

- Louise Ritter (USA), 6-1 3/4
- Tatyana Gerasimenko-Astachova (USSR), 6-0 ½
- Pam Spencer (USA), 5-11
- Nina Zyuskova (USSR), 5-3

2	BEN MARTINEZ	2:01:00
3	STEVE KELLOGG	2:05:33
4	JOE CARLSON	2:07:31
5	DON MOSES	2:09:18
6	PHIL RYAN	2:09:18
7	JOE BURGASSER	2:15:25
8	WALT HITT	2:16:13
9	GARY COHEN	2:16:51
10	GARY POLHILL	2:17:17
11	STEVE CROUCH	2:24:53
12	LINDA SIPPRELLE	2:25:43
13	HUGO FERLITO	2:35:40
14	JIM REGALADO	2:35:54

July 21. San Bernardino. 1978 San Bernardino Valley College Track Invitational Girls

Shot:

1) J. Sheffield (KolbJrHi) 39-5 3/4

100 Yds:

1) McClain (Pacific HS) 11.2

220:

1) Patty Garcia (Serrano) 26.7

440:

1) Patty Garcia (Serrano) 1:03.3

880:

1) Jennie Cervantes (Ariz) 2:28.10

2 Mile:

1) Sonja Cooper (SCRR) 11:45.01

Frosh/Soph Boys

Discus:

1) Mark Rudolph (Valencia) 129-11

Pole Vault:

1) Max Lynn (Claremont Hi) 10-6

High Jump:

1) Daniel Gallegos 6-4

Triple Jump:

1) John Stewart 42-2

Long Jump:

1) Maurice Levan (Loara) 19-9

100 Yds:

1) Kevin Newton (Cajon) 10.5

220:

1) Ray Newton (Delmann) 23.83

440:

1) David Gallardo (North) 55.9

880:

1) Louie Terrones (Coach.) 2:09.00

Mile:

1) Louie Terrones (Coach.) 4:49

2 Mile:

1) Frank Jewett (SCRR) 10:39.00

Junior/Senior Boys

Shot:

1) Hank Kraychir (SanJac) 56-9

Discus:

1) Hank Kraychir (SanJac) 166-9

Javelin:

1) Tony Black (RRTC) 145-10

Pole Vault:

1) Alan Geduld (Valencia) 12-6

High Jump:

1) George Steelman (Yucaipa) 6-10 ½

Triple Jump:

1) Jeff Norris 46-2

Long Jump:

1) Mike Wade 20-6 ½

100 Yds:

1) Mark Wyatt (Yucaipa) 10.4

220:

1) Jerome Washington (SGHS) 23.8

440:
 1) Steve Edwards(SoHills) 53.6
 880:
 1) Bob Palacios (SoHills) 2:12.2
 120HH:
 1) Jeff Norris(Cochella) 15.6
 330 IH:
 1) Jerome Washington(SGHS)40.2
 Mile:
 1) Cassy Perley(Indio) 4:30.5
 2 Mile:
 1) Ray Harris 9:56.9
College/Open Men
Javelin:
 1) Oscar Delaney(TradeTch)167-8
Pole Vault:
 1) Keith Adams (SoBayTC) 15-9
High Jump:
 1) Brian Williams(Kangroo)6-10
Triple Jump:
 1) Tom Gyulay(BYU) 42-7½
Long Jump:
 1) Brad Finney(Grossmont) 21-10½
 100 Yds:
 1) Donnie Wesley 10.2
 220:
 1) Tony Scott (un) 23.5
 440:
 1) Tony Scott 51.81
 880:
 1) Danny Contreras (UCR) 2:28.10
 120HH:
 1) Brad Finney(Grossmmt) 15.9
 2 Mile:
 1) Stewart Bopen(SCRR) 9:54.00
 /Fortune Gordien/

July 29. Alameda. Alameda Track Club
8.4 Mile Watermelon Run
 1) Pete Flores 43:38
 2) Bradley Brown 45:00
 3) Ray Kindle 45:43
 4) Jim Bowles 46:42
 5) Harvey Franklin 47:03
 6) Ted Pawlak 47:11
 7) Carl Matusfek 49:26
 8) Santos Reyngaga 49:37
 9) Tony Casillas 50:01
 10) David Gowen 50:49
Women:
 1) Diane Williams 53:48
 2) Molly Gravelle 65:51
 3) Andrea Goodrich 60:45
 4) Barbara Butcher 66:51
 5) Molly Wood 68:04
Master Men:
 1) Bryan Holmes 49:22
 2) Douglas Bell 49:30
 3) Norman Secord 50:41
2nd Section Open:
 1) Robert Mu 47:12
 2) Dennis Ur 47:35
 3) Dennis Gustafson 50:00
2nd Section Female:
 1) Jane Sowersby 59:47
 2) Ann Bower 61:36
 3) Lliesa Hirano 68:22
 /Robert DeCelle/

July 29. Santa Barbara. AAU Hour Run
Championships
Open:
 1) Joe Carlson (LongBch). 11ml679y

July 22. Marin Headlands (7 Mile):

Women:
 1) Dianne Williams (PBP) 48:27 79
 2) Elaine Miller (Pama) 50:04 103
 3) Cindy Schmandt (un) 51:27 124
 4) Diane Killeen (un) 51:31 126
 5) Ann Thrup (un) 51:38 127
Men:
 1) Steve Brooks (WVTC) 38:58
 2) Rod Berry (WVTC) 39:45
 3) Hal Schultz (WVTC) 39:45
 4) Pete Flores (Aggie) 39:49
 5) Bryan Tracy (Aggie) 40:30
 6) Phil Brock (un) 40:32
 7) Richard Carlson (un) 41:10
 8) Dave Dunbar (un) 41:27
 9) Mike Porter (WVTC) 41:33
 10) Dan Martinez (un) 41:44
 /Kees Tuinzing/

July 25. Northridge. Club Northridge

Meet of Miles
 1) Dan Brady (SMTC) 4:19.52
 2) Bill Entz (BasinBl) 4:23.51
 3) Pat Brady (un) 4:46.45
 4) Len Efron(CCAC) 4:48.2
 5) Pat Connelly (BB) 4:58.8
Open 5000m:
 1) Rich Hart (ClubNorth) 16:00.35
Open 10,000m:
 1) Dan Caprioglio(Chats) 33:39.3

July 29. Fresno. 1978 Bunion Derby
 (8 mile):

1) Scott Thornton(HSTC)hs 43:42
 2) Art Meyer(FPTC) 1st-op 43:47
 3) Wayne Van Dellen 40+ 44:06
 4) Phillip Wright 44:17
 5) Jeff Merrow(FPTC) 45:24
 6) Mike Taylor 45:30
 7) Gary Campbell(FPTC) 46:02
 8) Gordon Keller(FPTC) 46:26
 9) Al Lomeli (FPTC) 46:40
 10) Bob Lindsey(FPTC) 47:15
 19) Sid Toabe(FPTC) 50+ 51:36
 26) Carolyn Tiernan(WVTC)w 54:58
 27) Diane Barrett(FPTC)2w 55:43
 31) Sandy McPherson(WVTC)3w57:16
 /Larry Lung/

August 5. Los Angeles. First Annual
Brush Fire Safety Awareness 14k

18u Female:
 176)Sherri Marshall 1W 1:02:45
 501)Elaine Schultze 2W 1:12:13
 778)Karen Fisher 3W 1:16:52
19-29 Female:
 118)Pam Firestone 1W 59:50
 157)Barbara Paterson 2w 1:02:05
 221)Kathy Chisam 3W 1:04:09
 235)Jennifer Weiss 4W 1:04:32
 256)Barbara Honeck 5W 1:05:18
30-39 Female:
 104)Fran Solomon 1W 59:13
 334)Sharon Hettig 2W 1:07:40
 409)Ulli Sievers 3W 1:09:38
 420)Joyce Rowley 4W 1:09:57
 432)Sheila Pattensen 5W 1:10:25
40+ Female:
 271)Helen Dick 1W 1:05:13
 420)Jessie L Smith 2W 1:10:20

August 5. Ventura. Inside Out and
Back 10K

1) Gary Tuttle 30:48
 2) Bruce Palmer 31:43
 3) Robert Hollister 32:30
 4) Bob Hayes 32:30
 5) Marty Higgenbotham 32:48
 6) R. Torres 33:09
 7) L. Pontinen 33:17
 8) S. Durand 33:39
 9) L. Tracey 33:45
 10) C. Cathey 33:59
 11) M. Smith 34:05
 12) W. Pittenger 34:16
 13) Unknown
 14) R. Newmark 34:28
 15) J. Powell 34:36
 16) J. Fagnant 34:38
 17) C. McClung 34:43
 18) R. Cook 35:02
 19) R. Hernandez 35:06
 20) J. Minami 35:12
 57) Vickie Cook 1W 38:33
 /Danny Ruffin/

August 5-6. Merced. U.S. MastersNational AAU Decathlon at MercedCollege

75-79:
 1) DR. Herbert Anderson 1476
 70-74:
 1) A. J. Puglizevich 1620
 65-69:
 1) B.W. Bud Deacon 2179
 55-59:
 1) Dr. Richard Parkinson 2958
 50-54:
 1) Albert Brenda 4347
 45-49:
 1) Bill Arnold 4545
 40-44:
 1) Hal Smith 5226
 35-39:
 1) Dennis Stempel 5948
 30-34:
 1) Ken Roberts 6048

August 6. Chico. Chico Run & Swim--
6 Mile Run/280 Yard Swim:

1) Bruce Dewberry 36:22
 2) Walt Schafer 39:16
 3) Nelson Cobb 40:28
 4) Jill Symons 41:15
 5) Britt Brewer 41:44
 6) Dave Nyquist 42:08
 7) Paul Resignato 46:16
 8) Sam Simmons 43:00
 9) Merrill Cray F 43:21
 19) Nicole Brown F 55:40
 20) Devon Brewer 14u 56:00
 21) Jim Gard 50+ 57:05
 Hank Kogel 50+ 59:22
 /Britt Brewer/

August 12. Weed. Top-of-the State
Footraces at the College of the Siski-
 u's:

ile Run--
 1) Leonard Hill 38:03
 2) Lee Ferrero 39:41
 3) John Frank 42:25
 4) Walt Schafer 42:33
 5) Keith Forman 42:34
 6) Allen Masterson 43:24

1ST MCCONNELLS SUMMER RUN
 DISTANCE-- 5.000 MILES DATE--081978

PLC	NAME	AGE/S	TIME
1	BRUCE PALMER	27	24:58
2	TIM EARLE	21	25:28
3	SCOTT GILLIS	19	25:36
4	RICHARD AGUIRRE	22	25:41
5	GEORGE AGUIRRE	20	25:47
6	ROBERT HOLLISTER	19	26:03
7	BOB BRENNAND	17	26:04
8	KFVIN DEWAAY	17	26:10
9	LARRY PONTINEN	36	26:25
10	EPIC SAPPENFIELD	16	26:44
11	JOHN KENNEDY	34	26:57
12	MARK ISAACSON	22	27:02
13	RICK WOELK	36	27:09
14	MIKE BERGKAMP	24	27:31
15	JOHN LOPEZ	29	28:15
16	RUSSELL COHEN	31	29:08
17	GIENN HATTORI	20	29:21
18	RICHARD CURTIS	29	29:22
19	COLIN SINGLETON	20	29:39
20	MARC DIERKES	23	29:49
21	JIM GOURLEY	23	29:52
22	CHALCHI VILLA	42	29:54
23	KELLY MCMANUS	21	30:06
24	RICK REEVES	22	30:07
25	STEVE GUTSCHE	31	30:09
26	GREG BROWN	32	30:11
27	PAUL BACHMUTH	14	30:22
28	ED TAMSON	31	30:23
29	RAFAEL MALDONADO	32	30:44
30	BLAIR GOODROW	21	30:45
31	JAMES ROBERTSON	41	30:47
32	DOUG ALLEN	29	30:56
33	MARK LYNCH	17	30:57
34	ANDY SHAPRIO	22	30:59
35	PHILIP BEAVER	16	31:00
36	TARA HOBBS	17F	31:13
37	FRANK GOMEZ	19	31:14
38	RON JOHNSON	20	31:24
39	W. DEWEY	29	31:26
40	CARL BERGMAN	27	31:28
41	VERN CALOUES	28	31:32
42	S. SLOMSKI	32	31:34
43	TIM O'BRIEN	26	31:54
44	FRED NICHOLS	32	32:06
45	HORACE MOCHIZUKI	40	32:11
46	ALLAN HUNT	31	32:14
47	LAWRENCE REED	24	32:23
48	ROBBY CLINE	20	32:37
49	JOHN SGHEIZA	33	32:38
50	BARRY DEVINE	43	32:45
51	GRDN. MCCLENATHEN	44	32:47
52	PAUL WILLIAMS	40	32:49
53	MICHAEL SWIFT	29	32:51
54	GEORGE MORRISON	28	32:52
55	MIKE VANBLARICUM	21	33:03
56	PHILIP LESTER	19	33:13
57	ROB LANE	26	33:22
58	ARTHUR COOKSON	21	33:24
59	ALAN KASEHAGEN	29	33:26
60	A. THOMASHEFSKY	34	33:30
61	CHUCK PORTER	29	33:41
62	DENNIS HANSON	28	33:48
63	BRIAN THARP	27	34:00
64	FRED SOLTSYK	31	34:02
65	ED ANDERSON	27	34:05

4) Barbara Butcher 66:51
 5) Molly Wood 68:04
 Master Men:
 1) Bryan Holmes 49:22
 2) Douglas Bell 49:30
 3) Norman Secord 50:41
 2nd Section Open:
 1) Robert Mu... 47:12
 2) Dennis Ur... 47:35
 3) Dennis Gustafson 50:00
 2nd Section Female:
 1) Jane Sowersby 59:47
 2) Ann Bower 61:36
 3) Lliesa Hirano 68:22
 /Robert DeCelle/

July 29. Santa Barbara. AAU Hour Run Championships

Open:
 1) Joe Carlson (LongBch) 11m1679y
 2) Donald Oanca (Anaheim) 11m1506y
 3) Raul Aguero (SantaAna) 11m1475y
 4) Ken Moffitt (LA) 11m180y
 5) Allen Rude (LA) 11m1025y
 6) Darrell Cox (Fresno) 11m980y
 7) Ramon Estrada(Sana) 11m780y
 8) Al Siddons(Chino) 11m659y
 9) Keith Jeffers(Fresno) 11m540y
 10) Mel Magson(LA) 11m515y

Juniors:
 1) Joey Gomez(Placentia) 11m1072y
 2) Robert Hollister(SB) 11m709y
 3) Ruben Ruiz(Monterey) 11m447y
 4) Bob Brennan(SB) 11m359y
 5) Steve Kovatch 11m304y

Women 50+:
 1) Margaret Miller(TO) 8m922y
 Masters 40-49:
 1) John Brennan(SB) 11m340y
 2) D. Bartek (SB) 10m1554y
 3) T. Clark (Inglewood) 10m1226y
 4) Alan Durkin(NB) 10m868y

Masters 50+:
 1) Peter Mundle (Venice) 10m1074y
 2) Bruce Robinson (LA) 9m938y
 3) Avery Bryant(RPV) 9m789y

Masters 60+:
 1) Sid Madden(SM) 7m1478y
 2) Woody Chambliss (Ojai) 6m705y

Girls:
 1) Ann Bensch(PVE) 8m797y
 2) Melissa Brown (Ventura) 8m250y
 Women:
 1) Jacqueline Hansen 9m1645y
 Women 40+:
 1) Linda Sipprielle(Ven) 9m1197y
 2) Belva Norris(Ven) 6m1148y
 3) Barbara Durand 6m1089y
 /John Brennan/

August 5. Los Angeles. First Annual Brush Fire Safety Awareness 14k

18u Female:
 176) Sherri Marshall 1W 1:02:45
 501) Elaine Schultze 2W 1:12:13
 778) Karen Fisher 3W 1:16:52
 19-29 Female:
 118) Pam Firestone 1W 59:50
 157) Barbara Paterson 2W 1:02:05
 221) Kathy Chisam 3W 1:04:09
 235) Jennifer Weiss 4W 1:04:32
 256) Barbara Honeck 5W 1:05:18
 30-39 Female:
 104) Fran Solomon 1W 59:13
 334) Sharon Hettig 2W 1:07:40
 409) Ulli Sievers 3W 1:09:38
 420) Joyce Rowley 4W 1:09:57
 432) Sheila Pattensen 5W 1:10:25
 40+ Female:
 271) Helen Dick 1W 1:05:13
 429) Jessie J. Smith 2W 1:10:28
 449) Mary Ann Belitnap 3W 1:10:57
 534) Sandi Shapiro 4W 1:13:07
 535) Helen Palmer 5W 1:13:07
 18u Male:
 6) Dan Capprioglio 1M 48:57
 15) Todd Falk 2M 50:08
 32) Chris Bueker 3M 53:10
 19-34 Male:
 1) Dave Frickel 45:55
 2) Gerardo Canchola 46:02
 3) Steven Chase 47:43
 4) Jon Sutherland 47:55
 5) Rick Delanty 49:28
 35-39 Male:
 7) Dick Weeks 1M 49:01
 8) Marshall Matye 2M 49:15
 11) Gerald Berman 3M 49:36

40-44 Male:
 14) Joe Razo 1M 49:59
 21) Leonard Efron 2M 51:46
 30) Rick Vasquez 3M 53:00
 56) Ted Alarcori 4M 55:34
 82) Merl Glauser 5M 57:55
 45-49 Male:
 35) Bob Holte 1M 53:28
 73) Howard Albano 2M 57:28
 93) Kenneth Dille 3M 58:38
 114) John Kampmann 4M 59:40
 125) Joe Tyler 5M 1:00:19
 50-59 Male:
 105) Pete Sali 1M 59:22
 145) Julius Karabel 2M 1:01:29
 167) John McManus 3M 1:02:35
 60+ Male:
 142) Eddie Lewin 1M 1:01:26
 192) Ed Lowell 2M 1:03:11
 316) Monte Montgomery 3M 1:07:13

/James Kinninger/

5) Britt Brewer 41:44
 6) Dave Nyquist 42:08
 7) Paul Resignato 46:16
 8) Sam Simmons 43:00
 9) Merrill Cray F 43:21
 19) Nicole Brown F 55:40
 20) Devon Brewer 14u 56:00
 21) Jim Gard 50+ 57:05
 Hank Kogel 50+ 59:22
 /Britt Brewer/

August 12. Weed. Top-of-the State Footraces at the College of the Siski-
S:

5) Britt Brewer 41:44
 6) Dave Nyquist 42:08
 7) Paul Resignato 46:16
 8) Sam Simmons 43:00
 9) Merrill Cray F 43:21
 10) Nicole Brown F 55:40
 11) Hank Kogel 50+ 59:22
 Mile Run--
 1) Leonard Hill 38:03
 2) Lee Ferrero 39:41
 3) John Frank 42:25
 4) Walt Schafer 42:33
 5) Keith Forman 42:34
 6) Allen Masterson 43:24
 7) Jim Quick 44:10
 8) Steve Daniels 44:12
 9) Jack Frost 44:46
 10) Fernie Fernandez 44:49
 4 Mile Run--
 1) Paul Resignato 25:43
 2) Glenn Reed 26:39
 3) Andy Park 28:19
 4) Steve Von Tungeln 28:47
 5) Dan Weidlein 28:52
 6) Victor Padilla 28:54
 7) Tom Jennie 29:59
 8) Mike Silva 31:08
 9) Bob Gordon 31:29
 10) Elena Schreder 31:59
 /Lee Ferrero/

August 12. Belmont Steaks Footrace (8.93 Miles):

1. John Moreno/CamWest/23 46:42
 2. Bradley Brown/Sundance/20 48:11
 3. Steve Palladini/CamWest/22 48:13
 4. Jack Bellah/WVTC/24 48:48
 5. Bob Love/CamWest/27 48:53
 6. Mark Biondo/WVTC/25 49:04
 7. Dave Borkowski/WVTC/27 49:15
 8. Dan Martinez/WVTC/28 49:16
 9. Craig Corey/WVTC/20 50:00
 10. Mike Wheeler/LAMJA/3/29 50:16
 11. Greg Handanas/CamWest/19 50:22
 12. Hank Lawson/CamWest/23 50:33
 13. Kevin O'Connor/CamWest/16 50:44
 14. Terence Boynton/un/19 50:56
 15. Don Paul/un/28 51:05
 16. Harvey Franklin/un/35 51:08
 17. Peter Dolan/CamWest/18 51:23
 18. Robert Welick/WVJS/40 51:28
 19. Dan Anderson/WVTC/26 51:39
 20. Bruce Sofka/WVTC/23 52:02
 21. Kevin Sparapani/CamWest/14 52:02
 22. Fred Parikh/un/22 52:04
 23. Mike Wright/Solano Str./21 52:22
 24. Kevin Jones/un/18 52:44
 25. Mike Plummer/WVTC/20 52:51
 26. Lenny Sheehan/Northeastern/32 53:07
 27. Walter Height/un/19 53:23
 28. Thomas Kennedy/un/23 53:28
 29. David Kadish/un/25 54:02
 30. Jesus Gómez/HA/25 54:03
 31. Ed Merrick/SWC/37 54:08
 32. Steve Biondo/WVTC/18 54:10
 33. Ken Taft/Sundance/17 54:26
 34. Kenneth Alberg/Lod.H.S./17 54:32
 35. Gary Grellmann/un/30 54:32
 36. Bruce Kelly/un/19 54:33
 37. Michael Deetherage/Solano/23 54:36
 38. Chuck Stagliano/Dolphin/38 54:37
 39. Don Dugdale/MAPC/32 54:41
 40. Ricky Smith/un/16 54:47
 41. Marty Post/LMJS/26 54:49
 42. Jim Moles/Canada Col./27 54:53
 43. Todd Watkins/WVTC/15 54:58
 44. Dan Davis/un/43 55:20
 45. Orin Davis/un/43 55:20
 46. Rick Browning/Peach Bowl/16 55:25
 47. Tom Gleason/un/36 55:30
 48. John Ulate/TRAC/37 55:41
 49. Robert Canales/un/17 55:50
 50. Tom Lucas/Woodside Str./19 55:54
 51. Jim Doran/WVJS/30 55:54
 52. Bill Bugler/Pamakids/42 56:00
 53. Don Swanson/un/23 56:06
 54. Steve O'Donoghue 56:14
 55. Vikram Gosain/un/24 56:44
 56. Jim Nicholson/Pamakids/47 56:46
 57. Mark Scheuer/Pamakids/33 56:48
 58. Walter Radloff/un/33 56:51
 59. Dennis Gustafson/SPPDAC/35 56:56
 60. Alberto Garcia/un/32 57:07
 61. Michael Poll/un/24 57:08
 62. Richard Piper/un/24 57:15
 63. Tom Anderson/CamWest T.C./15 57:20
 64. Peter Fisher/TYNN/32 57:26
 65. James Singleton/un/18 57:27
 66. Wright Taylor/WVTC/40 57:29
 67. Jack Stovell/RHR/38 57:30
 68. Brian Williams/un/30 57:34
 69. Jerry Blynn/un/31 57:38
 70. Steve Parker/SSS/37 57:44
 71. Unknown 57:51
 72. Evan MacBride/Buffalo Chips/32 57:52
 73. William Jenkins/Sals/28 57:53
 74. Diane Williams/Peach Bowl/18/un/57:54
 75. Michael Cabrera/un/21 57:54

/Ken Israel/

July 29-30. Donyetsk, Soviet Union.
USA-USSR Decathlon:

July 29. Minneapolis. Bonné Bell 10k
 1) Elizabeth Berry (PennSt) 34:13
 2) Marybeth Spencer (UofWis) 35:10
 3) Gayle Barron(AtlantaTC) 35:13
 4) Lani Granowski (OwatHHS) 35:26
 5) Doone Riley (TulsaRC) 35:27
 6) Jean Melby (LaCrosse,Wis) 35:56
 7) Mary Bangs (RiverCityStr) 36:00
 8) Patty Melby (LaCross,Wi) 36:10
 9) Tina Gandy (AmeslowaStTC) 36:24
 10) Rocky Racette (ToomeyTC) 36:35
 /John Brennan/

1. Aleksandr Grebenyuk (USSR), 8161
 2. Yury Kutyrenko (USSR), 2041
 3. Fred Dixon (USA), 8034
 4. Vladimir Burikov (USSR), 8009
 5. Valeriy Kachanov (USSR), 7992
 6. Vladimir Anisimov (USSR), 7879
 7. Anatoly Kartashov (USSR), 7683
 8. John Whitson (USA), 7632
 9. Al Hamlin (USA), 7610
 10. Mike Hill (USA), 7533
 11. Jim Howell (USA), 7450
 12. John Crist (USA), 7337
 13. Mark Linesweaver (USA), 7060
 Great Niederhaus (USA), did not finish
 Nikolay Avilov (USSR), did not finish
 Aleksandr Blinskyev (USSR), did not finish

Team scores: USSR 47,765 - USA 45,596

	100m	11	80	h1	400m	110mh	dt	py	15	1500m	
Grebenyuk	11.07	23-2	48-4	6-8t	49.05	14.60	143-4	15-1t	241-6	4:43.3	
Kutrynenko	11.22	24-5	3/4	49-2 ₁ ₂	49.32	15.21	145-3	14-5t	193-7	4:23.5	
Dixon	11.15	23-6	3/4	47-3	6-4	48.47	15.19	153-8	14-5t	216-2	4:31.1
Burikov	11.38	24-2	2 ₁ ₂	46-6 _t	6-3 ₁ ₂	49.44	14.96	145-2	15-9	211-7	4:28.2
Kachanov	11.12	24-11	3/4	46-4 _t	6-9 _t	49.33	14.59	146-9	13-5t	175-11	4:27.8
Anisimov	11.23	24-7	47-10 _t	6-3 _t	50.41	15.32	136-8	15-9	205-8	4:37.6	
Kartashov	11.21	23-0	3/4	47-1	3/4	51.27	147-1	13-1t	189-11	4:22.3	
Whitson	11.43	23-11	48-3 _t	6-0	51.00	15.19	142-8	16-1	194-8	4:52.7	
Hamlin	11.18	24-1	3/4	45-2 _t	6-7 _t	49.95	15.11	131-0	13-9 _t	160-9	4:32.8
Hill	11.36	23-0 _t	3/4	46-3 _t	6-3 _t	49.08	15.09	132-2	12-9 _t	192-3	4:16.2
Howell	11.03	24-0	41-6 _t	6-1 _t	48.92	14.68	146-6	11-9	182-3	4:36.5	
Crist	11.23	22-2 _t	40-9 _t	3/4	48.51	15.36	141-9	11-9	172-11	4:32.2	
Linesweaver	11.14	22-5	45-0 _t	5-0	49.45	15.57	126-8	13-1 _t	176-6	3:03.2	
Niederhaus	11.18	23-8 _t	40-0	6-1 _t	48.21	15.07	121-9	nh	withdrew		
Avilov	11.47	24-1 _t	46-6 _t	6-4	3/4	46.36	134-0	14-5t	withdrew		
Blinskyev	11.68	23-0	49-3 _t	6-2 _t	withdrew						

CALIFORNIA TRACK NEWS

OCTOBER - 1978

August 13. Fullerton. North Orange County YMCA 10k

Men 13-18:

- 1) Joey Gomez 31:14 4
- 2) David Schriver 32:35 14
- 3) Matt Ebner 33:22 21
- Women 13-18:
- 1) Cathy Mintie 34:32 40
- 2) Therese Kozlowski 37:32 130
- 3) Therese Ebner 39:10 164

Open Men:

- 1) Tom Lee 29:56 1
- 2) Armando Cendejas 30:00 2
- 3) Tomas Rodriguez 31:18 3

Open Female:

- 1) Ruth Caldwell 34:30 38
- 2) Joan Wilson 39:10 164
- 3) Evelyn Grimm 39:14 168
- Men 30-39:
- 1) Frank Duarte 32:21 13
- 2) Ray Hughes 32:40 18
- 3) Byrle Smallen 33:25 25
- Women 30-39:
- 1) Fran Solomon 38:00 123
- 2) Roberta Takahashi 41:21 264
- 3) Lana Zuniga 43:06 382
- Men 40-49:
- 1) Joe Razo 32:35 16
- 2) Skip Shaffer 34:10 31
- 3) Rick Vasquez 36:02 64
- Women 40-49:
- 1) Jessie Smith 46:30 593
- 2) Shirley Schriver 48:32 787
- 3) Mecca Carpenter 51:01 950

Men 50-59:

- 1) Bob Brotherton 39:24 183
- 2) Richard Eliza 39:42 192
- 3) Lionel Roe 39:46 195
- Women 50-59:
- 1) Virginia Terry 51:20 977
- 2) Wink Hammond 57:00 1315
- 3) Celia Herera 64:20 1484
- Men 60+:
- 1) Eddie Lewin 40:25 220
- 2) Bob Long 44:10 554
- 3) Phil Castle 48:37 906

/Ken Henderson/

August 12. Mammoth Lakes. Mammoth Lakes 10k Road Run

15-18:

- 1) Joe Stimpson 33:21
- 2) Greg de Heras 34:36
- 3) Jim McManus 35:08

19-29:

- 1) Bill Tokar 32:05
- 2) Brad Roy 32:22
- 3) James Lorden 32:27

30-39:

- 1) Tracy Smith 32:17
- 2) Tom Miller 37:15
- 3) Jamie Parsons 37:38

40-49:

- 1) Paul Bakstad 38:44
- 2) Half Ely 40:24
- 3) Bowman 40:36

50 & over:

- 1) William Phillips 37:01
- 2) Richard Houston 42:01
- 3) Richard Elwell 46:34

Women 16+:

- 1) Su Mei Lee 39:48
- 2) Darcie McIntyre 43:45

Junior Division:		
1)	High Sierra TC	3:54:04
	Scott Thornton	42:55
	Bob Lohse	32:40
	Tony Djabayan	45:26
	Greg Pope	33:29
	Jeff Chandler	48:32
2)	Bakersfield TC	4:51:40

August 19. Fresno. 1978 Bunion Derby (10 mile):		
1)	Juan Garza	54:17
2)	Scott Thornton(HSTC)	55:38
3)	Mike Taylor	56:58
4)	Art Meyer (FPTC)	57:09
5)	Wayne Van Dellen(HSTC)	57:24
6)	Tim Cornell	59:08
7)	Al Lomeli (FPTC)	59:33
8)	Gordon Keller(FPTC)	59:40
9)	Steve Wolters (FPTC)	61:00
10)	Greg Lyon (FPTC)	61:20
20)	Sid Toabe(FPTC)	50+ 65:14
23)	Diane Barrett(FPTC)	1w 66:30
27)	Carolyn Tiernan(WVTC)	2w67:01
47)	Gloria Samarco	3w 78:16

/Larry Lung/

August 19-20. 2nd Annual Pan American Masters Track & Field Championships5000m Walk

30-34:		
1)	Ed Gouldin (30)	23:00
35-39:		
1)	Dale Sutton (38)	24:00
40-44:		
1)	Bill Ranney (43)	23:07
45-49:		
1)	Dick Schacknies	30:48
50-54:		
1)	John Allen (52)	24:41
55-59:		
1)	Art Smith (57)	29:04
60-64:		
1)	John Garcia (60)	30:05

5000m Walk		
30-34:		
1)	Ed Gouldin (30)	23:00
35-39:		
1)	Dale Sutton (38)	24:00

40-44:		
1)	Bill Ranney (43)	23:07
45-49:		
1)	Dick Schacknies	30:48
50-54:		

50-54:		
1)	John Allen (52)	24:41
55-59:		
1)	Art Smith (57)	29:04
60-64:		

60-64:		
1)	John Garcia (60)	30:05
65-69:		
1)	Gordon Wallace (68)	29:46
70-74:		

70-74:		
1)	Chesley Unruh (71)	
Women:		
1)	Lori Maynard (42)	
20-29:		

20-29:		
1)	Bill Tokar (32:05)	
2)	Brad Roy (32:22)	
3)	James Lorden (32:27)	
30-39:		

30-39:		
1)	Tracy Smith (32:17)	
2)	Tom Miller (37:15)	
3)	Jamie Parsons (37:38)	
40-49:		

40-49:		
1)	Paul Bakstad (38:44)	
2)	Half Ely (40:24)	
3)	Bowman (40:36)	
50 & over:		

50 & over:		
1)	William Phillips (37:01)	
2)	Richard Houston (42:01)	
3)	Richard Elwell (46:34)	
Women 16+:		

Women 16+:		
1)	Su Mei Lee (39:48)	
2)	Darcie McIntyre (43:45)	
3)	Zoe ... (43:45)	
40-44:		

400m

30-34:		
1)	Matthew Pruitt (33)	49.5
35-39:		
1)	Abelardo Lopez (37)	54.7
40-44:		

45-49:		
1)	Gary Miller (40)	52.7
50-54:		
1)	Bob Messersmith (45)	54.3
55-59:		

60-64:		
1)	Clarence Killion (60)	66.4
65-69:		
1)	Fritiof Sjostrand (65)	64.2
70+:		

70+:		
1)	Sidney Madden (70)	74.5
Women 30-39:		
1)	Miki Hervey (36)	65.9
Women 40-49:		

1)		
1)	Diana Smith (55)	1:49.4
100m		
30-34:		

30-34:		
1)	Ruben Whitney (33)	10.4
35-39:		
1)	Walt Butler (37)	10.9
40-44:		

45-49:		
1)	Alma Parish (41)	65.0
50-54:		
1)	Diana Smith (55)	1:49.4
55-59:		

60-64:		
1)	Clarence Killion (60)	66.4
65-69:		
1)	Fritiof Sjostrand (65)	64.2
70+:		

70+:		

1) Joe Stimpson	33:21	1) Gordon Wallace (66)	29:40	1) SCS	1:30.6	1) Ann Maria Morales (44) NT	
2) Greg de Heras	34:36	70-74:		40-49:	400m Inter. Hurdles	400m	
3) Jim McManus	35:08	1) Chesley Unruh (71)		1) Corona del Mar	1:34.6	30-34:	
19-29:		Women:		50-59:	1) Frank Reilly (30)	57.4	
1) Bill Tokar	32:05	1) Lori Maynard (42)	27:02	1) Seniors Track Club	1:42.9	35-39:	
2) Brad Roy	32:22	10,000m Run		Discus		1) Larry Sallinger (35)	58.6
3) James Lorden	32:27	30-34:		30-34:	1) Miles Lester (33)	169-4	
30-39:		35-39:		35-39:	1) Eaw Kohler (38)	166-4	
1) Tracy Smith	32:17	1) Antonio Villanueva (38)	30:53.3	40-44:	1) Bob Humphreys (42)	154-11	
2) Tom Miller	37:15	amp		45-49:	1) Edward Van Peh (45)	139-5	
3) Jamie Parsons	37:38	40-44:		50-54:	1) Don Kardok (52)	111-3	
40-49:		1) Miguel Ruiz (40)	35:13.2	55-59:	1) George Ker (55)	147-5	
1) Paul Bakstad	38:44	45-49:		60-64:	1) Daniel Aldrich (60)	168-6	
2) Hal Melby	40:24	1) Eugene Lynch (45)	36:50.0	65-69:	1) Earl Archer (66)	108-3	
3) Bowman	40:36	50-54:		70+:	1) Red Doms (71)	119-11	
50 & over:		1) Pete Mundie (50)	34:09.8	1) Warren Wilke (30)	14-6		
1) William Phillips	37:01	55-59:		30-39:	1) Josh Johnson (38)	8-0	
2) Richard Houston	42:01	1) Harold Daughters (57)	38:52.2	40-44:	1) Gary Bone (40)	10-6	
3) Richard Elwell	46:34	60-64:		45-49:	1) Max Wong (45)	11-0	
Women 16+:		1) Francisco Morales (63)	40:31.5	50-54:	1) Donald Grosh (53)	10-0	
1) Su Mei Lee	39:48	65-69:		55-59:	1) David Brown (55)	10-6	
2) Darcie McIntyre	43:45	1) John Montoya (66)	44:14.0	60-64:	1) Jim Vernon (61)	11-0	
3) Carol Doody	44:30	70+:		65-69:	1) Claude Hills (66)	7-0	
Women 17-35:		1) Luis Rivera (76)	45:10.0	70+:	1) Bob MacConaghy (70)	8-0	
1) Marie Albert	38:36	1) SCS	42.7	1) Frank Reilly (30)	49-9		
2) Ranny McIntyre	41:32	40-49:		35-39:	1) Eaw Kohler (38)	48-10½	
3) Shelly White	42:19	1) Corona del Mar	44.1	40-44:	1) Phil Brady (44)	44-7½	
Women 36+:		50-59:		45-49:	1) Ted Wassam (46)	40-5½	
1) Judy Stevens	50:13	1) Seniors Track Club	55.1	50-54:	1) Paul Evans (52)	35-11	
2) Lola Houston	52:28	800m		55-59:	1) George Ker (55)	58-8½	
3) Judy Delaney	57:08	30-34:		60-64:	1) Charles Slagle (61)	47-4½	
210 finishers		35-39:		65-69:	1) Earl Archer (66)	34-10½	
 August 12. Bass Lake. First Annual Sierra Pines 40 Mile Relay							
Open Division:		40-44:		70+:	1) Red Doms (71)	37-9	
1) Fresno Pacific TC	3:40:07	45-49:		1) Warren Wilke (30)	29-6		
Darrel Cox 40:31		50-54:		1) Dilia Espinoza (30)	29-6		
Jim Hartig 29:04		55-59:		1) Chris Miller (43)	26-9		
Richard Mead 45:05		60-64:		Long Jump			
Keith Jeffers 31:08		65-69:		30-34:	1) Lester Bond (34)	23-1	
Jeff Merrow 45:09		70+:		35-39:	1) Juan Fernandez (39)	17-5½	
Jose Renteria 29:10		1) Mauro Hernandez (56)	2:19.7	40-44:	1) Tom Chilton (41)	21-8 3/4	
2) High Sierra TC	3:49:01	55-59:		45-49:	1) Dave Jackson (46)	20-2	
3) High Sierra TC	4:48:00	1) George Polynis (61)	2:33.0	50-54:	1) Joe Carey (60)	13:49.3	
Women's Division:		65-69:		55-59:			
1) Fresno Pacific TC	5:11:03	1) Joseph Goodman (66)	3:19.6	60-64:			
Diane Barrett 51:03		70+:		65-69:			
Rene Ortiz 35:27		1) Sidney Madden (70)	2:50.8	70+:			
Tone O'Halloran 64:54		Women 30-39:		1) Claude Hills (66)			
Linda Datz 43:36		1) Miki Hervey (36)	2:37.8	1) Bob MacConaghy (70)			
JoEllen Howard 71:31		Women 40-49:		30-34:			
Margie Timberlake 44:32		1) Almeta Parish (41)	2:53.8	35-39:			
2) Wild Women TC	5:39:30	Women 50-59:		40-44:			
3) Body Ammo SC	5:42:01	1) Marjorie Parish (50)	NT	45-49:			
Pick-up Division:		110m Hurdles		50-54:			
1) Fresno Pac PU	3:48:10	30-34:		55-59:			
Dave Cords 45:27		1) Frank Reilly (30)	15.4	60-64:			
Gary Campbell 31:29		35-39:		65-69:			
Greg Hall 41:28		1) Walt Butler (37)	13.9	70+:			
Steve Wolters 32:48		40-44:		1) Red Doms (71)			
Scott Swenson 45:10		45-49:		1) Charles Slagle (61)			
Ted Oliver 32:48		50-54:		65-69:			
2) Fresno Pac PU	4:18:55	55-59:		1) Earl Archer (66)			
3) Tulare Western PU		60-64:		70+:			
Masters Division:		65-69:		1) Red Doms (71)			
1) Buffalo Chips	4:18:23	70+:		1) Dilia Espinoza (30)			
Walt Betschart 49:03		1) Al Henry (40)	15.0	1) Chris Miller (43)			
Dave Davis 35:29		1) Marion Sanchez (46)	17.1	Long Jump			
Frank Russell 50:37		50-54:		30-34:	1) Lester Bond (34)	23-1	
Abe Underwood 33:51		55-59:		35-39:	1) Juan Fernandez (39)	17-5½	
Bob Potter 54:39		60-64:		40-44:	1) Tom Chilton (41)	21-8 3/4	
Jim O'Neill 34:44		1) Clarence Killion (60)	21.0	45-49:	1) Dave Jackson (46)	20-2	
2) High Sierra TC	4:22:00	65-69:		50-54:	1) Joe Carey (60)	13:49.3	
3) Fresno Pacific TC	4:30:30	1) Chester Beach (66)	18.9	55-59:			
Women 30-39:		Women 30-39:		60-64:			
		1) Dilia Espinoza (30)	21.1	65-69:			

70+:
1) Lou Gregory (76) 19:04.8
1600m Relay

30-39:
1) SCS (Little, Sinclair, Lee, Sumner) 3:32.5
40-49:
1) Corona del Mar (Dennis, Knox, Henry, Miller) 3:38.6
Hammer
35-39:
1) Ed Kohler (38) 98-8

40-44:
1) Gordon Bobell (42) 143-3
45-49:
1) Dave Douglas (46) 104-5
50-54:
1) Paul Evans (52) 98-5

55-59:
1) Thomas DeVaughn (55) 114-11
60-64:
1) Daniel Aldrich (60) 110-7
65-69:
1) Arthur Vesco (66) 89-0

70+:
1) Stan Herrmann (74) 88-11
High Jump
30-34:
1) Charlie Rader (30) 5-10

35-39:
1) Jim Brown (39) 6-2
40-44:
1) Nick Newton (44) 5-10

45-49:
1) Herm Wyatt 5-8
50-54:
1) Don Kardof 5-4

55-59:
1) Orval Gillett (59) 4-10
60-64:
1) Jim Vernon 4-6

65-69:
1) Chester Beach 4-4
70+:
1) Winfield McFadden (73) 3-10

Women 30-39:
1) Cherrie Sherrard (39) 4-4
Women 40-49:
1) Chris Miller (43) 4-0

Javelin
30-34:
1) Warren Wilke (30) 198-7
40-44:
1) Larry Stuart (40) 238-0

45-49:
1) Ralph Sutton (47) 161-6
50-54:
1) Paul Evans (52) 75-9

55-59:
1) Peter Fetter (57) 147-2
60-64:
1) Bill Morales 162-10

65-69:
1) Claude Hills (60) 105-3
70+:
1) Bob MacConaghay (70) 117-7

Women 40-49:
1) Chris Miller 100-2
Triple Jump
30-34:
1) Frank Reilly (30) 41-7½
40-44:
1) Kermit Warler 40-5½
45-49:
1) Dave Jackson (46) 38-9½

Women's Open:
1) Marty Cooksey 1:15:04.2
2) Yvonne Yanke 1:23:10.8
3) Debbie Lewis 1:24:47.8
4) Laurie Blader 1:24:46.2
5) Ellen Turkel 1:25:13.4
6) Kay Harpold 1:26:46.5
7) Nadia Garcia 1:27:10.6
8) Norma Miller 1:28:21.1
9) Diane Reilly 1:28:44.5
10) Patti Hurl 1:29:08.8
Women 13-17:
1) Susan Gelley 1:27:14.7
2) Cheryl Flowers 1:31:50.5
3) Ruthie Truscott 1:34:50.2
4) Teri Fossbender 1:43:15
5) Sandi Minor 1:43:51
Women Submasters 35-39:
1) Eileen Thornton 1:40:21.0
2) Diane Stocklin 1:41:12.0
3) Catherine Fogarty 1:43:06
4) Gale Hanna 1:43:45
5) Joane Kahle 1:45:48
Women Masters 40+:
1) Betty Hock 1:36:12.5
2) Donna Gookin 1:39:32.1
3) Elsa Evans 1:41:15
4) Coral Guess 1:41:26
5) Eleanna Arbesu 1:46:04
Mens Veterans 50+:
1) Raul Arbesu 1:25:27.2
2) Jim McCown 1:25:46.2
3) Rudy Iglesias 1:30:18.9
4) Maurice Baxter 1:31:29.8
5) Joseph Curray 1:31:49.2

August 26. Bass Lake. 7th Annual Bass Lake Half Marathon (13.3 miles):
1) Gary Romesser (FPTC) 1:10:15
2) Bill Britten (BVRC) 1:10:59
3) Juan Garza (HSTC) 1:13:25
4) Jack Case (HSTC) 1:16:07
5) Wayne Van Dellen (HSTC) 1:16:25 40+
6) Patrick Buzbee (BVRC) 1:18:22
7) Scott Swenson (FPTC) 1:18:59
8) Al Lomeli (FPTC) 1:19:04
9) Tom Lohse (HSTC) 1:19:59
10) Robert Taylor (un) 1:21:02
11) Robert Lohse (HSTC) 1:21:04
12) Gary Campbell (FPTC) 1:21:28
13) Gordon Keller (FPTC) 1:21:55
14) Greg Lyon (FPTC) 1:22:22
15) Ben Dewell (un) 1:22:50
16) Rich Petersen (HSTC) 40+ 1:26:20
18) Sid Toabe (FPTC) 1-50+ 1:28:59
23) Carolyn Tiernan (WVTC) 1:31:49 1W
38) Gloria Samarcos (FJ) 2W 1:42:05
43) Margie Timberlake (FPTC) 1:45:38 3W
48) Michele Gauthier (Syn) 1:49:50 4W

August 30. Northridge Twilight 10k Run
1. Steve Brown 31:55.5
2. Robert Traba 33:01
3. Dan Capriglilo (1st JR) 33:10
4. Greg Fatamian 33:24
5. Eric Goethels 33:28
6. Paul Wright 33:35
7. Jeff Steinhart 35:12
8. Barry Fouse 35:22
9. Tom Hackley 35:56

CALIFORNIA TRACK NEWS

21- Keith Kruse..... 33:44
22- David Roebert..... 33:46
23- Scott Anderson..... 33:56
24- Dave Collins..... 33:58
25- Chris Steer..... 34:19
26- David Kadish..... 34:21
27- Sandy Lawrence..... 34:27
28- Mike Plummer..... 35:05
29- Brad Meegan..... 35:05
30- Santos Reynaga..... 35:19

WOMEN'S OPEN

1- Judy Gumbs-Leydig..... 37:12
2- Elaine Miller..... 38:10
3- Cindy Farmer..... 38:58
4- Sue Vinella-Brushen..... 39:30
5- Eileen Burger..... 39:54
6- Judy Irving..... 41:01
7- Consuelo Underwood..... 41:46
8- Valerie Heimark..... 42:00
9- Gail Gustafson..... 42:56
10- Kim Baer..... 42:57
11- Anne Neiley..... 42:58
12- Sara Ripp..... 43:29
13- Kim Painter..... 43:48
14- Sarah Sweeny..... 43:56
15- Sally Shritz..... 44:16
16- Eleanor Errante..... 44:48
17- Lorraine Xuereb..... 44:53
18- Colleen Fox..... 45:10
19- Nancy Lane..... 45:15
20- Joanna Dawson..... 46:48

Men 40-49:

1- Ralph Bowles..... 33:48
2- Kent Guthrie..... 33:58
3- Harvey Ferrill..... 34:06
4- Russ Kiernan..... 34:14
5- Doug Bell..... 34:22
6- Kevin Gilligan..... 35:40
7- Bill Catane..... 35:45
8- Doug Latimer..... 35:47
9- Bill Jensen..... 35:54
10- Siegfried Mattern..... 36:50
11- John Ball..... 37:14
12- Paul Hohe..... 37:37
13- John Warren..... 37:44
14- John McCrillis..... 37:52
15- ?????? Dawson..... 38:26
16- Gerald Zeilenga..... 39:14
17- Jess Chavez..... 40:40
18- John Dougherty..... 40:46
19- James Gallagher..... 40:50
20- Larry Kehoe..... 41:08

WOMEN OVER 40

1- Martha Maricle..... 42:50
2- Paula Ferrill..... 43:16
3- Marlys Hayden..... 45:03
in Claudia Shenefield.... 46:28
th Julia Wiley..... 48:34

MEN 50-59

W 1. Robert Gehl..... 37:37
Richard Houston..... 38:28
Karl Bollinger..... 38:30
4- John Getas..... 41:00
5- Neil Mahoney..... 42:56

MEN OVER 60

1- Paul Reese..... 39:58

AVILA BEACH * PLANKTON FESTIVAL * THREE MILE RUN
SATURDAY, AUGUST 26, 1978

1. Bob Manninga	31 S.L.O.-WVTC	14:59
2. Tony Arecola	19 S.L.O.-SLDC	15:08
3. John Beaton	24 GroverCity-SLDC	15:21
4. Jaime Hernandez	17 GroverCity-SLDC	15:27
5. Jesse Mitchell	19 GroverCity-SLDC	15:27
6. John Simens	20 Los Osos	15:56
7. Brian Waterbury	30 S.L.O.-SLDC	16:01
8. Mark Breish	17 Atascadero-AHS	16:12
9. Mike Pierce	23 S.L.O.-SLDC	16:16
10. John F. Coffey	43 SantaMaria-SLDC	16:17
11. Randy Baldwin	23 Pase Robles	16:23
12. Walter Thompson	30 Morro Bay-SLDC	16:23
13. Paul Lee	17 ArrGrande-AGHS	16:23
14. Robert Saldivar	17 Nipomo-	16:36
15. Marvin Tidwell	16 Atascadero-AHS	16:43
16. Stan Rosenfield	30 S.L.O.-SLDC	16:47
17. Kirk Young	16 ArrGrande-AGHS	16:51
18. Jack Cline	44 GroverCity-SLDC	17:07
19. Paul Thorp	15 S.L.O.-SLOSHS	17:09
20. Jerry Hill	39 Nipomo-SLDC	17:09
21. Joe Haydock	17 S.L.O.-SLOSHS	17:12
22. Rusty Bettler	18 ArrGrande-AGHS	17:12
23. John Hogerheiden	31 Camarillo-SLDC	17:20
24. Roger Packman	30 San Luis Obispo	17:35
25. Marv Gross	41 S.L.O.-SLDC	17:41
26. Herb Alloway	38 San Luis Obispo	17:42
27. Mel Hunter	31 Atascadero-SLDC	17:45
28. Mel Rich	40 S.L.O.-SLDC	17:46
29. Mario Bardales	27 S.L.O.-SMTC	17:53
30. Jim Tilsey	39 Santa Maria	18:47
31. Jim Gallup	17 S.L.O.-SLOSHS	18:58
32. Phil Cisneros	29 Atascadero-SLDC	19:03
33. Unidentified	--	19:04
34. Chris Rooney	15 Newhall-Walmart	19:05
35. Michael O'Sullivan	ArrGrande-SLDC	19:06
36. Barbara Arecola	15 S.L.O.-SLDC	19:09
37. Eric Cargay	18 Pismo Beach	19:13
38. Rich Brown	14 S.L.O.-SLOJHS	19:18
39. Mike Stehula	28 Arroyo Grande	19:27
40. Andy Meinhold	15 S.L.O.-SLOSHS	19:44
41. Mike Veron	33 Santa Margarita	19:48
42. Jim Wessner	42 SantaMaria-SLDC	19:56
43. Jim Haberstro	28 Orcutt	20:02
44. George Campbell	30 Arroyo Grande	20:02
45. Bill Densen	53 Nipomo-SLDC	20:16
46. Jill Webb	16 S.L.O.-SLDC	20:19
47. Ken Harvey	53 S.L.O.-SLDC	20:20
48. Tony Cossa	38 Santa Maria	20:26
49. Dick Pierce	44 San Luis Obispo	20:28
50. J. Myron Hood	37 Los Osos-SLDC	20:47

FIFTH ANNUAL CORONADO

FOURTH OF JULY HALF-MARATHON

1978

1. Thom Hunt	64:26.8
2. Edward Mendoza	66:17
3. David Harper	(S) Se
4. Gary Close	67:00
5. Wally Buckingham	1:39:6
6. Scott Peters	1:39:6
7. George Pullen	1:39:6
8. Thomas Kelly	1:39:6
9. James Mosher	68:08.7
10. Christopher Hughes	1:26.7
11. Jeff Rigdon	1:34.9
12. Eric Gulye	1:36.3
13. Brad Roy	69:07.2
14. Craig Hochhaus	1:29.0
15. Brian Parks	1:45.0
16. Gary Blume	1:48.9
17. Michael Podlenski	1:54.5

1) Ralph Sutton (47) 161-6
 50-54:
 1) Paul Evans (52) 75-9
 55-59:
 1) Peter Fetter (57) 147-2
 60-64:
 1) Bill Morales (60) 162-10
 65-69:
 1) Claude Hills (60) 105-3
 70+:
 1) Bob MacConaghay (70) 117-7
 Women 30-39:
 1) Doris Espinoza (30) 60-7
 Women 40-49:
 1) Chris Miller 100-2
Triple Jump
 30-34:
 1) Frank Reilly (30) 41-7½
 40-44:
 1) Kermit Warler 40-5½
 45-49:
 1) Dave Jackson (46) 38-9½
 50-54:
 1) Harry Sitonen (52) 14-8
 55-59:
 1) Raymond Spencer (55) 35-1½
 60-64:
 1) George Poloynis (61) 28-11
 65-69:
 1) Claude Hills (66) 27-11
 70+:
 1) Bill McFadden (73) 27-8 3/4
 Women 40-49:
 1) Shirley Davisson (48) 35-4½

August 26. San Diego. America's Finest City Half Marathon

Open Men:

1) Ben Wilson 1:06:36.6
 2) Tom Kelly 1:07:39.9
 3) Ed Mendoza 1:08:34.9
 4) Bill Davies 1:11:26.5
 5) Bob Day 1:11:39.1
 6) Dave Varley 1:12:10.4
 7) Bill Johnson 1:12:21.8
 8) Michael Wade 1:12:42.5
 9) Ladislau Shaw 1:12:48.5
 10) Tim Holden 1:13:13.0
 11) Herman Fountain 1:14:08.8
 12) Michael Podleski 1:14:23.0
 13) Hal Goforth 1:14:28.3
 14) Ralph Antevas 1:14:43.5
 15) Steven Emery 1:15:27.6

/Jon Sutherland/

August 27. Golden Gate Charity Race, (10 kilo)

Open

1- Peanut Harms.....	30:35
2- Pete Flores.....	30:38
3- Bill Seaver.....	30:39
4- Fritz Watson.....	30:58
5- Wolfgang Schmulewicz	31:00
6- Jan Sershen.....	31:12
7- David Muella.....	32:07
8- Kim Schaurer.....	32:19
9- Steve Palladino.....	32:22
10- Philip Kay.....	32:24
11- Robert Darling.....	32:35
12- Jim Tracy.....	32:38
13- Daniel Martinez.....	32:44
14- Mike Wheeler.....	32:49
15- Robert Woodliff.....	32:52
16- Don Paul.....	32:59
17- Kevin Kirby.....	33:00
18- Jeff Cowling.....	33:06
19- Mike Catlin.....	33:17
20- Doug Butt.....	33:42

August 30. Northridge Twilight 10k Run

1. Steve Brown 31:55.5
 2. Robert Traba 33:01
 3. Dan Caprioglio (1st JR) 33:10
 4. Greg Fatamianian 33:24
 5. Eric Goethals 33:28
 6. Paul Wright 33:35
 7. Jeff Steinhart 35:12
 8. Barry Fouse 35:22
 9. Tom Hackley 35:56
 10. Steve Broten 36:05
 11. Neville Conn 37:00
 12. Billy Harring 37:05
 13. Len Efron (1st SR) 37:09
 14. Bob Rosell 37:14
 15. Jim Rufer 37:22
 16. Gaylord Kalschmidt 37:30
 17. Fred Lauriente 37:42
 18. Bob Rude 37:44
 19. Jim Carter 38:19
 20. Mike Connely 38:20
 21. Tom Cory 38:20
 22. Durham Monsma 39:02
 23. Mark Faskey 39:24
 24. Dave Dubin 39:38
 25. John Duffy 39:25
 26. Richard Dinges 39:59
 27. Richard Brown 40:17
 28. Jeffery O'Connor 40:49
 29. Bruce Ward 41:04
 30. Don Cox 41:17
 31. Jeremy Dunkason 41:24
 32. Karl Freeman 41:27
 33. Bruce Rocheleau 41:39
 34. Mark Passtucha 41:44
 35. Dick Foreman 41:50
 36. Karen Klingborg (1st W) 42:17
 37. Ron Kunze 42:39
 38. Dick Allen 42:51
 39. Lyn Honeywell (1st JRN) 43:02
 40. Mike Connely 43:19

20- Larry Kehoe..... 41:08

WOMEN OVER 40

1- Martha Maricle..... 42:50
 2- Paula Ferrill..... 43:16
 3- Marlys Hayden..... 45:03
 in Claudia Shenefield..... 46:28
 Julia Wiley..... 48:34

MEN 50-59

W Robert Gehl..... 37:37
 Richard Houston..... 38:28
 Karl Bollinger..... 38:30
 4- John Getas..... 41:00
 5- Neil Mahoney..... 42:56

MEN OVER 60

1- Paul Reese..... 39:58
 2- Ed Burke..... 42:10
 3- Stephen Beniak..... 45:14

/Pax Beale/

August 27. Fountain Valley. The Executive Share Health Marathons

2 MILES

1 00:12:28.9 32M BILL LEACH
 2 00:12:37.1 19M STEVE JONES
 3 00:13:33.6 17M KENNY ELISALDEZ
 4 00:13:53.9 21F JULIE LEACH
 5 00:13:54.9 17F DIANE JONES
 6 00:13:55.6 15F CINDY STOUGHTON
 7 00:13:56.4 15F BARBIE LUDOVISE
 8 00:14:39.6 13F ANN SCOTT
 9 00:15:33.4 10F MAUREEN TOAL
 10 00:15:56.2 10M DARIN ELISALDEZ

6.5 MILES

1 00:34:15 30M RON KURRLE
 2 00:34:23 18M BRIAN APPELL
 3 00:35:45 23M RICHARD RODRIGUEZ
 4 00:35:57 15M DANIEL RODRIGUEZ
 5 00:36:20 34M GARY SEEGER
 6 00:36:28 41M RICK VASQUEZ
 7 00:36:47 20M JOHN T. MAGILL JR
 8 00:37:04 16M CORT ENSIGN
 9 00:37:23 16M TOM COOK
 10 00:37:24 39M ROD KEMP
 11 00:37:50 23M DAVE JOSEPH
 12 00:38:55 33M RON BUKOW
 13 00:39:52 33M RON OGLIVIE
 14 00:39:59 17M SCOTT WINGET
 15 00:40:22 22M MARIO G. ACOSTA

August 20. Redwood Shores Biathlon--

Run 4 miles/Swim 400m:

1) Scott Molina 27:50
 2) Don Roth 28:40
 3) Craig Tempey 28:53
 4) Pete Wisowaty 28:57
 5) John Scott 29:05
 6) Dean Harper 29:09
 7) Tom Lambie 29:21
 8) Hank Lawson 29:28
 9) Rob McDaniel 29:36
 10) Ian Waters 30:16
 11) Steve Nelson 30:19
 12) Steve Parker 30:21
 13) Pat Gilbert 30:41
 14) Mark Driscoll 30:50
 15) Alan Spano 30:50
 42) Roxanne Bier 33:32
 51) Kathy Blinn 33:55
 57) Terry Schneider 34:08

/Joyce Schaukowitch/

FIFTH ANNUAL CORONADO

FOURTH OF JULY HALF-MARATHON

1976

1. Thom Hunt 64:26.8
 2. Edward Mendoza 66:22.0
 3. David Harper 55.5
 4. Gary Close 57:05.0
 5. Wally Buckingham 55.6
 6. Scott Peters 54:50.0
 7. George Fullen 54:50.0
 8. Thomas Kelly 54:50.0
 9. James Mosher 68:08.7
 10. Christopher Hughes 62:6.7
 11. Jeff Rigdon 54:9
 12. Eric Gulve 55:3
 13. Brad Roy 69:07.2
 14. Craig Hochhaus 52:9.0
 15. Brian Parks 54:5.0
 16. Gary Blume 54:8.9
 17. Michael Podlenski 54:5
 18. Allen Hazard 55:5
 19. Michael Lebold 70:03.8
 20. Kim Downs 56.1
 21. Paul Becklund 56.8
 22. Richard Lord 50.0
 23. Phillip Hendrick 53:7
 24. Timothy Varley 54:2.03
 25. Lloyd Geggatt 55.1
 26. Bob Day 71:05
 27. John Copeland 50.8
 28. Mike Joyner 54.6
 29. Gordon Lutes 54.6
 30. Ron Johnson 72:10
 31. Gary Kohl 54.0
 32. Sparky Lebold 54.8
 33. J. M. Nolasco 54.8
 34. Alfonso Osorio, Jr. 52.3
 35. Richard Barnard 52.4
 36. Michael Wade 52.6
 37. Rodney Rivera 52.8
 38. Franklin Haralson 53.8
 39. Steve Frisk 53.9
 40. Dan Lawson 54.2
 41. Humberto Luna 54.1
 42. Dan McCaskill 55.5
 43. Rick Magin 55.5
 44. Michael Marsh 73:05
 45. Herman Fountain 50.9
 46. Norman Scord 51.4
 47. William Johnson 51.9
 48. Otha Carey 52.3
 49. Wayne Akyana 52.6
 50. John McCarten 52.9
 51. Richard Cota 52.8
 52. Alan Reynolds 53.3
 53. Vince C'Boyle 54.0
 54. Howard Moody 74:00
 55. Tim Petwell 54.5
 56. Steven Emery 54.20
 57. Daniel Daview 54.21
 58. Richard Cunningham 54.26
 59. George Luiken 54.31
 60. Mark Lansman 54.34
 61. Thomas Moore 54.35
 62. Thomas Davidson 54.47
 63. Howard Nordegn 54.52
 64. Fletcher Miller 54.56
 65. Neil Sybert 54.56
 66. David Putnam 54.56
 67. Wil Wester 75:05
 68. Brian Donahue 54.58
 69. Brian Williams 54.58
 70. Doug Sadler 54.58
 71. James Leahy 54.6
 72. David Worthen 54.7
 73. Michael Groves 54.20
 74. Francisco Saiz 54.25
 75. Steven Nulty 54.26
 76. Bob Mackel 54.29
 77. Ladislau Shaw 54.50
 78. Richard Vandertie 54.58
 79. Michael Wesley 76:06
 80. James Koubeck 54.08
 81. Anthony Tiernan 54.10
 82. Thomas Lurtz 54.10
 83. David Varley 54.20
 84. Jerry Berkouf 54.20
 85. Bill Blair 54.21
 86. Scott Rivera 54.21

CALIFORNIA TRACK NEWS

August 19. Tehachapi. Tehachapi 10k

1)	Robby Bray	32:25
2)	Angel Carillo	34:01
3)	Al Meyer	34:49
4)	Isaac Salcido	34:50
5)	Mark Bogges	34:50
6)	Barry Foose 1st 30-34	34:57
7)	Eddie Cadenas 2nd 30-34	35:37
8)	Rich Ursin	35:56
9)	Rich Rodriguez	36:05
10)	Frank Freyne 1st 35-39	36:11
11)	Tom Tyack	36:33
12)	Ted Oliver 3rd 30-34	36:42
13)	Ron Rodman 4th 30-34	36:47
14)	Danny Rodriguez 11-16	37:12
15)	Arthur Ramos 2nd 11-16	37:55
16)	Glen Sutor	38:02
17)	Bob Smith 2nd 35-39	38:11
18)	Eddie Lujan, Sr. 35-39	38:21
19)	Tom Holliday	38:29
20)	Mark Pohl 3rd 11-16	38:42
21)	Colby Churchman 1st 40+38:52	
30)	Scotty Broyles 1st 50+	40:41
70)	Jerry Mumford 1st F	46:31
71)	Martha Miller 2nd F	46:41

/Larry Arnt/

photo by Don Gosney



LINDA ROBINSON first Walnut finisher

August 20. Glendale. US Sports Academy West Coast Pentathlon at Glendale

College:

1)	Grant Niederhaus	3646
2)	Kenneth Roberts	3141
3)	Jan Bear	3049
4)	Todd Kaberline	2952
5)	Michael Fendley	2882
6)	Gary Mejia	2862
7)	Andy Grinstead	2772
8)	Floyd Pote	2709
9)	Dennis Dempsey	2694
10)	Hugh Adams	2649

Masters Division

40-45:		
1)	Ray Fitzhugh	1913
45-49:		
1)	Dick Marston	737
50-54:		
1)	Albert Brenda	2004
High School:		
1)	Mario Secrease	2951

/John Tansley/

Huntington Beach. 24th Distance Derby

10 Mile Open:

1.	Ben Wilson	49:02
2.	Frank Mencin	49:05
3.	Jay Ruberto	49:11
4.	Jim Foes	49:20
5.	Steve Ortiz	49:24
6.	Mike Chambliss	54:24
7.	Don Moses	54:26
8.	David Greifinger	54:47
9.	Bill McIntosh	55:03
10.	Paul Cook	55:14
11.	Gerardo Canchoco	55:20
12.	Jerry Maserjik	55:43
13.	Matt Blaty	56:00
14.	Perry Forrester	56:04
15.	Jeff Lough	56:12
16.	John Fisanotti	56:17

September 10. Walnut Creek. 34th Walnut Festival Race (5.575 Miles):

1)	Pete Flores (Aggies)	28:08
2)	Mike Pratt (Aggies)	29:18
3)	John Sheehan (Aggies)	29:34
4)	Dirk Feenstra (un)	29:42
5)	Steve Dillard (CSUS)	29:58
6)	Steve Mackay (CSUS)	29:59
7)	Bryan Giesar (Aggies)	30:10
8)	Ralph Bowles (WVJS) 42	30:18
9)	Dan Anderson (WVTC)	30:25
10)	Bill Gregg (Aggies)	30:27
11)	Bill Joseph (CSUS)	30:31
12)	Kent Guthrie (WVJS)	30:43
13)	Paul Alvarez (CSUS)	30:58
14)	Kevin Kirby (Aggies)	31:06
15)	Anthony Bettencourt (un)	31:08
16)	Tom Klousner (CSUS)	31:13
17)	Mario Espinosa (CSUS)	31:24
18)	Gary Alderman (Diablo)	31:33
19)	Tim Tostege (WVTC)	31:41
20)	Jim O'Neill (BuffCh)	32:02
21)	Sal Cittarella (un)	32:12
22)	Larry Arata (un)	33:00
23)	Santos Reynaga (WVTC)	33:01
24)	William Turrentine (DRR)	33:46
25)	Mike Dickenson (CSUS)	34:12

/Andrew MacCone/

September 16. East Los Angeles. Aztlan Track Club 11 Mile Run

OCTOBER — 1978

September 9. Long Beach. Long Beach Cross Country Invitational Meet at Cal State Long Beach

College/Open:

1)	Cendejas (un)	20:16
2)	Mendoza (Jamul)	20:16
3)	Close (Jamul)	20:22
4)	Maritim (Azusa Pac)	20:44
5)	Hughes (Jamul)	20:45
6)	Trup (Jamul)	20:46
7)	Lux (Jamul)	20:54
8)	Thornberry (Jamul)	20:59
9)	Traba (CSUN)	21:07
10)	Johnson (Maccabi)	21:09
11)	Packer (CSUN)	21:17
12)	Wilson (un)	21:20
13)	Brenneman (CSUN)	21:22
14)	Mann (CSUN)	21:24
15)	Drake (Azusa Pac)	21:28
16)	Cory (un)	21:30
17)	Earle (Westmont)	21:32
18)	Estrada (Maccabi)	21:35
19)	Davis (un)	21:36
20)	Burgeser (Maccabi)	21:38

Jamul Toads 19, Cal State Northridge 54, Maccabi Track Club 78, Azusa Pacific A 88, Azusa Pacific B 171, Whittier 174, Euxtra TC 192.

Junior College 4 Mile/Large Schools:

1)	Cornell (LongBch)	20:15
2)	Ortiz (Grossmont)	20:18
3)	Rose (Grossmont)	20:23
4)	Aquero (Santa Ana)	20:52
5)	Keller (Gross B)	20:57
6)	Lusitana (Grossmnt)	20:59
7)	Ruland (Southwestern)	21:01
8)	Parks (SoWestern)	21:03
9)	Rios (LongBch)	21:04
10)	Varley (Grossmont)	21:04

11) Alarcon (Grossmont) 21:09
12) Hernandez (SoWestern) 21:12
13) Lohr (Grossmont) 21:12
14) Kester (Long Bch) 21:19
15) Finkelstein (LongBch) 21:26
Grossmont College 32, Long Beach CC 62, Grossmont "B" 71, Southwestern College 75, Santa Ana College 126.

Junior College 4 Mile/Small Schools:

1)	Katepa (COS)	21:42
2)	Lozano (COS)	21:50
3)	Hendrick (SanDiego)	21:57
4)	Delacruz (COS)	21:58
5)	Felix (Desert)	22:04
6)	Nelson (Desert)	22:05
7)	Routh (Moorpark)	22:10
8)	Wise (Moorpark)	22:19
9)	Anderson (Harbor)	22:21
10)	Rhoden (COS)	22:21
11)	Fitzgerald (Moorpark)	22:27
12)	Lohse (COS)	22:34
13)	Rodriguez (Desert)	22:39
14)	Hill (COS)	22:44
15)	Bradley (Moorpark)	22:53

College of the Sequoias 27, College of the Desert 54, Moorpark JC 57, San Diego CC 90.

Women's 3 Mile:

1)	Whitney (Glendale)	19:24
2)	Muleski (Ventura)	19:38
3)	Crumly (SoWestern)	19:42
4)	Buchan (Moorpark)	20:37
5)	Noone (Ventura)	21:52
6)	Nunez (COS)	21:55
7)	Hernandez (COS)	21:59
8)	Stout (COS)	22:11
9)	Funston (Glendale)	22:20
10)	Liston (Glendale)	22:29

College of the Sequoias 35, Ventura College 59, Southwestern College 63, College of the Desert 75.



Start of the WALNUT FESTIVAL

photo by Don Gosney

Huntington Beach. 24th Distance Derby

10 Mile Open:

1. Ben Wilson	49:02
2. Frank Mencin	49:05
3. Jay Roberto	49:11
4. Jim Fae	49:20
5. Steve Ortiz	49:24
6. Mike Chambliss	54:24
7. Don Moses	54:26
8. David Greifinger	54:47
9. Bill McIntosh	55:03
10. Paul Cook	55:14
11. Gerardo Canchoco	55:20
12. Jerry Maserjiaak	55:43
13. Matt Blaty	56:00
14. Perry Forrester	56:04
15. Jeff Lough	56:12
16. John Fisanotti	56:17
17. Bart Coventry	56:52
18. Byrle Smallen	56:57
19. Fred Carter	57:15
20. Paul French	57:24
21. Don McCarthy	57:32
22. Randy Cole	57:48
23.	58:09
24. Derek Loeb	58:11
25. Brian Davis	58:16
26. Vince O'Boyle	58:21
27. Jim Powell	58:37
28. David Vhwderveen	58:41
29. Tom Resh	58:43
30. Wil Knapp	58:45

Women's Open 10 Mile:

1. Pam Canchola	66:43
2. Kathy Kiernan	68:16
3. Dyana Crabtree	69:56
4. Debbie Gonzales	73:27
5. Sara Standley	77:43

September 4. San Mateo. Times Nine

First Timers--9,999 feet:

1) David Romain	12:22.3
2) Bill Waldron	12:59.1
3) Ridge Naslam	13:20.0
4) Steve Elsner	13:38.5
5) Ed Wischmeyer	13:40.3
8) Wendy Massey 1F	14:07.0
9. 99k (6.2 Mile):	
1) Steve Watkins	33:57.6
2) Joe Salazar	34:04.1
3) David Dunbar	35:10.7
4) Dan Anderson	35:24.8
5) Mike Warr	35:35.0
6) Dave Robertson	35:54.5
7) Doug Butt	35:56.4
8) Walter Haight	36:35.4
9) Jeff Cowlang	36:45.2
10) Hashim Bashruddin	37:15.0
21) Malcolm Stewart 1-40+	39:29.5
22) Judy Fox 1F	39:29.9
3 Person Relay(9 miles):	
1) Mrs. Weedpatch	48:57.6
2) Disqualified TC	50:02.4
3) Cam West	50:50.3
4) Q.T.C.	51:37.8
5) DeAnza Striders	51:49.6
6) WVJS 1-30+	52:23.9
8) Mr. Weedpatch 1-40+	52:58.7
26) SJ Cindergals "C" 1F	59:27.0
/George Musante/	

September 16. East Los Angeles.
Aztlan Track Club 11 Mile Run



Start of the WALNUT FESTIVAL 10-MILE

photo by Don Gosney

Sept. 5, 1978

Mt. Baldy run

MT. BALDY RUN RESULTS
(Times in minutes, seconds)

Overall

September 15. San Marcos. Palomar College Cross Country Invitational

Large Conferences:

1) Steve Ortiz (Grossmont)	21:46.7
2) Matt Leddy (Grossmt)	22:01.1
3) Nick Rose (Grossmt)	22:02.8
4) Marc Keller (Grossmt)	22:28.5
5) Dennis Hamblin(Grossmt)	22:40.8
6) Julio Soto (El Cam)	22:52.9
7) Robert Lusitana(Gross)	22:55.5
8) Bill Saiki (El Cam)	22:59.8
9) Steve Atkinson (Mesa)	23:00.6
10) Richard Alarcon(Gross)	23:02.3
11) Rick Perez (Mesa)	23:04.6
12) Pat Carroll (Grossmt)	23:08.2
13) Nick Carr (El Cam)	23:16.6
14) Manuel Guaderrama(Gros)	23:21.0
15) Dave Varley (Grossmt)	23:26.2

Grossmont 15, El Camino 61, San Diego Mesa 92, Golden West 167.

Small Conferences:

1) Dean Avery (SoWestern)	22:37.8
2) Brian Parks (Sowest)	22:52.7
3) Steve Binns (Palomar)	22:54.9
4) Danny Hernandez (SoWes)	22:58.2
5) Mark Nelson (Desert)	22:59.8
6) Eero Kieranen (Hancock)	23:03.8
7) Coy Kendrick (Hancock)	23:06.9
8) Ivan Huff (Hancock)	23:10.3
9) Tim Penwell(Sowestern)	23:13.5
10) Joe Stimpson (MiraCos)	23:22.5
11) Phil Hendrick (SDCC)	23:25.6
12) Bill Vasquez (Saddleb)	23:32.1
13) Scott Mayfield (Han)	23:32.9
14) C. Manuewa (Saddlebck)	23:50.3
15) Russ Huckeba (MiraCost)	23:55.4

Southwestern 36, Allan Hancock 50, MiraCosta 97, Saddleback 111, Palomar 138, College of the Desert 141, Citrus 159, San Diego City 242, Riverside City 243, Chaffey 344. (Course 4.2 miles)

Women:

1) Ruth Caldwell(Citrus)	20:42.5
2) Marilyn Martin (Palom)	22:55.5
3) Lori Wilson (Palomar)	23:12.4
4) Debbie Keagy (Palomar)	23:16.7
5) Carol Crumly (Sowestrn)	23:32.4
6) Colleen Gould (Citrus)	24:08.6
7) Wendy Bogerd (Palomar)	24:13.5
8) Carmen Urbina (SDCC)	24:19.0
9) Teresa Silva (SDCC)	25:11.8
10) Laura Nagel (Sowestrn)	25:52.8

Palomar 33, Citrus 49, Southwestern 60, San Diego City 69. (Course 3.1 mi)

Men's Open

1. Steve Chase	65:13; 2. Larry Taff	70:25; 3. Gabe Grosz
70:34; 4. John Leffler	71:30; 5. Mike Trilevsky	71:42; 6. Joe Dowling
71:43; 8. Ruben Ruiz	71:54; 9. Steve Scott	72:31; 10. Ray Cook
72:41; 12. Vic Simonian	73:30; 13. Jay Kidwell	73:41; 14. Steve Kellogg
73:44; 15. Danny Contreras	74:21; 16. Jim Minami	75:15; 17. Ralph Whitehead
75:42; 20. Marty Cooksey	76:06; 19. Brian Oldham	76:28; 21. Gil Schaller
76:51; 22. Hal Winton	77:25; 23. Ken Kendall	77:49; 24. W. Knapp
77:53; 25. Robert Plank	77:59;	

Men 35-39

1. Steve Chase	65:13; 2. Larry Taff	70:25; 3. Gabe Grosz
70:34; 4. John Leffler	71:30; 5. Mike Trilevsky	71:42; 6. Joe Dowling
71:43; 8. Ruben Ruiz	71:54; 9. Steve Scott	72:31; 10. Ray Cook
72:41; 12. Vic Simonian	73:30; 13. Jay Kidwell	73:41; 14. Steve Kellogg
73:44; 15. Danny Contreras	74:21; 16. Jim Minami	75:15; 17. Ralph Whitehead
75:42; 20. Marty Cooksey	76:06; 19. Brian Oldham	76:28; 21. Gil Schaller
76:51; 22. Hal Winton	77:25; 23. Ken Kendall	77:49; 24. W. Knapp
77:53; 25. Robert Plank	77:59;	

Men 40-49

1. Hal Winton	77:35; 2. Len Etron	80:24; 3. Joe Burghasser
81:25; 4. Dick Redmond	81:50;	
Men 50-above		
1. R. Ullrich	95:09; 2. Lono Tyson	100:26; 3. Ray Gil
100:31.		

Men 16-18

1. Gary Borbon	68:30; 2. Jay Kidwell	73:34; 3. Mark Ruellas
80:24;		
Women's Open		
1. Marty Cooksey	76:26; 2. Marie Albert	87:52.
Women 18-under		
1. Kelly Walls	94:44; 2. Nancy Morefield	100:46.

1. Barbara Pickler	119:51; 2. Lana Zuniga	121:17.

September 16. Fresno. Central California Cross Country Meet

College/Open Men:

- 1) Jim White (CSUS) 25:32
- 2) Jim Hartig (FPTC) 25:51
- 3) Darrel Cox (FPTC) 25:55
- 4) Miguel Santizo (FSU) 25:57
- 5) Tony Ramirez (FPTC) 26:02
- 6) Steve Alvarez (UCR) 26:03
- 7) Tim Farrell (CSUS) 26:05
- 8) Mike Van Horn (CSUS) 26:19
- 9) Marty Higgenbotham (FPC) 26:21
- 10) Sutherland (FSU) 26:22
- 11) Dennis Rinde (CSUS) 26:25
- 12) Rich Torres (FSU) 26:26
- 13) Greg Hall (FPTC) 26:36
- 14) Bryan Foley (FPTC) 26:44
- 15) Bruce McInturf (CSUS) 26:48
- 16) Arthur Baudendistel (CS) 26:52
- 17) Jose Renteria (FPC) 26:55
- 18) Gary Sutherland (CSUS) 26:59
- 19) John Embody (Hayw) 27:03
- 20) Ed Nicholson (CSUS) 27:07
- 21) Mike Chastaine (Hayw) 27:15
- 22) Baldemar Betancourt (FS) 27:15
- 23) George Aguirre (FSU) 27:21
- 24) Mike Garcia (UCR) 27:25
- 25) Curt Elia (FPTC) 27:30

Fresno Pacific TC 37, Cal State Univ Sacramento 42, Fresno State Univ 69, UC Riverside 117, Hayward and Fresno Pacific College 132.

Women:

- 1) Diane Barrett (FPTC) 11:51.7
- 2) Connie Hester (FCC) 12:20.8
- 3) Sandy McPherson (WWTC) 12:31.3
- 4) Serena Dominguez (FCC) 12:46.4
- 5) Nancy Ramirez (CSB) 13:04.9
- 6) Nora Vargas (FCC) 13:14.7
- 7) Paula Bell (FPTC) 13:25
- 8) Bird Anderson (CSB) 13:31
- 9) Wanda Morgan (FPTC) 13:35
- 10) Robin Dunbar (CSB) 13:49

Fresno City College 24, Fresno Pacific TC 31.

Masters Men:

- 1) Len Thornton (HSTC) 30:19
- 2) Frank Delgado (FPTC) 31:28
- 3) Gene Lynch (FPTC) 31:39
- 4) Bob Fries (FPTC) 33:28
- 5) Don Thomas (FPTC) 33:36

Fresno Pacific TC 15.



DIANE BARRETT winner of Central Cal XC Meet.



JIM HARTIG paces Fresno Pacific to Central Cal team title.



8.8 Mile:

PLACE	TIME	AGE	NAME
1	46:38.1		Brian Appell
2	47:17.7		Paul Cook
3	47:37.5		Byrle Smallen
4	47:45.0	33	Steve Waggoner
5	49:02.2	23	Richard Rodriguez
6	49:15.1	21	Jeff Jones
7	49:27.5	23	Daniel McCann
8	50:40.7	42	Andre Toc
9	51:36.3	27	Robert Thomas
10	51:56.4	15	Daniel Rodriguez
11	51:58.2	34	Gary Seeger

Newport Beach, CA 1st University Athletic Club 8.8 Mile Health Run for your Life

September 23, Moorpark College. Royal Invitat.

Varsity Small: 1. Baxter (Atascadero) 16:30, 2. Francis (La Canada) 16:47, 3. Smallwood (Corcoran) 16:53, 4. Breish (Atascadero) 17:02, 5. Di Conti (La Canada) 17:09, 6. Navarro (Santa Paula) 17:16, 7. Garcia (Santa Paula) 17:18. Team Scores: 1. La Canada 38, 2. Santa Paula 62, 3. Atascadero 68, 4. Crespi 119, 5. San Luis Obispo 148.

Varsity Medium: 1. Nelson (Burbank) 15:26, 2. Whaitcott, (Burbank) 15:58, 3. Thomas (Santa Barbara) 16:08, 4. De Waay (Santa Barbara) 16:13, 5. Lowe (Burroughs) 16:22, 6. Beste (San Marcos) 16:29, 7. De Long (Burroughs) 16:31, 8. Brennan (San Marcos) 16:38, 9. Sapenfield (Santa Barbara) 16:41, 10. Navarro (Rio Mesa) 16:51. Team Scores: 1. Burroughs 59, 2. Santa Barbara, 3. San Marcos 98, 4. Burbank 102, 5. Rio Mesa 115.

Varsity Large: 1. Smith (DP) 16:34, 2. Callaway (DP) 16:35, 3. Hernandez (Royal) 16:38, 4. Delaney (Palos Verdes) 16:40, 5. Smith (Camarillo) 16:46, 6. Gerry (Palos Verdes) 16:52, 7. Morales (Camarillo) 16:56, 8. Hoff (Palos Verdes) 16:57, 9. Ferber (Royal) 16:59, 10. Davis (Palos Verdes) 17:04. Team Scores: 1. Palos Verdes 56, 2. Dos Pueblos 73, 3. Camarillo 101, 4. Newbury Park 120, 5. Royal 126, 6. Walnut 148, 7. Rolling Hills 154, 8. Oxnard 197.

Fresh-Soph Small: 1. Poppo (Corcoran) 17:48, 6. Robles (Fillmore) 18:30. Team Scores: 1. La Canada 34, 2. Atascadero 112, 3. Fillmore 128.

Fresh-Soph Medium: 1. Bachmuth (Santa Barbara) 18:06, 2. Abbe (Ventura) 18:23. Team Scores: 1. Santa Barbara 36, 2. Burroughs 78, 3. Westlake 85.

Fresh-Soph Large: 1. Bowlus (Rolling Hills) 17:07, 2. McGovern (Simi Valley) 17:47, 3. Wilson (Dos Pueblos) 17:48, 6. Laubscher (Thousand Oaks) 18:03, 10. Maxwell (Thousand Oaks) 18:11. Team Scores: 1. Rolling Hills 44, 2. Dos Pueblos 85, 3. Walnut 100, 4. Thousand Oaks 107.

JV Small: 1. Manzana (Santa Paula) 18:53, 5. Campos (Fillmore) 19:09, 7. Aquino (Santa Paula) 19:19, 8. Urias (Santa Paula) 19:45. Team Scores: 1. Atascadero 35, 2. San Luis Obispo 53, 3. Santa Paula 59.

JV Medium: 1. Widish (Burroughs) 17:05, 2. Wheeler (Torrance) 17:48, 9. Reveles (Rio Mesa) 19:40, 10. Brad Beverage (Rio Mesa) 20:01. Team Scores: 1. Rio Mesa 49, 2. San Marcos 69, 3. Santa Barbara 81.

JV Large: 1. Wallace (Rolling Hills) 17:07, 2. Frokjer (Thousand Oaks) 17:07. Team Scores: 1. Palos Verdes 35, 2. Rolling Hills 41, 3. Dos Pueblos 84.

GIRLS — Varsity Small: 1. Carmean (San Marcos) 12:18, 2. Arredola (San Luis Obispo) 12:39, 3. Walker (SLO) 12:

Metzger (Rio Mesa) 12:55, 5. A (Burbank) 13:07, 6. Elson (Burbank) 13:14, 7. Anderson (La Canada) 13:15, Tate (Burbank) 13:20, 9. Howe 13:21, 10. Webb (SLO) 13:38. Team Scores: 1. San Luis Obispo 59, 2. San Marcos 68, 3. Burbank 70, 4. La Canada 87, 5. Hart 113, 6. Rio Mesa 150, 6. Westlake 183.

GIRLS — Varsity Large: 1. Schamndt (Santa Barbara) 11:37, 2. Broccoli (Newbury Park) 12:00, 3. Mason (Buena) 12:06, 4. Vogat (Palos Verdes) 12:22, 5. Perez (Huerneme) 12:16, 6. Botch (Westlake) 12:30. Team Scores: 1. Buena 55, 2. Palos Verdes 57, 3. Westlake 58, 4. Newbury Park 60, 5. Santa Barbara 62, 6. Hart 65, 7. Rio Mesa 70, 8. San Marcos 72, 9. Burbank 74, 10. La Canada 76, 11. Hart 78, 12. Westlake 80, 13. Rio Mesa 82, 14. Buena 84, 15. Santa Barbara 86, 16. Hart 88, 17. Rio Mesa 90, 18. Burbank 92, 19. Westlake 94, 20. Hart 96, 21. Rio Mesa 98, 22. Santa Barbara 100.

Newport Beach. The 1st University
Athletic Club & Care Health Run for
your Life

8.8 Mile:

PLACE	TIME	AGE	NAME
1	46:38:1	21	Brian Appell
2	47:17:7	42	Paul Cook
3	47:37:5	31	Byrle Smallen
4	47:45:0	33	Steve Wagener
5	49:02:2	23	Richard Rodriguez
6	49:15:1	21	Jeff Jones
7	49:27:5	23	Daniel McCann
8	50:40:7	42	Andre Toco
9	51:36:3	27	Robert Thomas
10	51:56:4	15	Daniel Rodriguez
11	51:58:2	34	Gary Seeger
12	52:18:3	15	Ralph Cumberland
13	52:33:1	24	George Cheaswood
14	52:34:9	18	Kathy Mintle
15	52:50:6	14	Bill Frances
16	52:59:2	50	Darty Cronin
17	53:00	46	Bill Francis
18	53:13:4	49	Tracy Brown
19	53:20:0	17	Craig Martin
20	54:02:1	39	Rodney J. Kamp
21	54:10:3	42	Bob Lopez
22	54:13:0	30	Patrick Croner
23	54:55:7	39	Jim Muntree
24	55:04:8	23	Richard Johnson
25	55:14:6	26	Karl Bruns
26	55:16:2	29	Dan Orr
27	55:29:4	24	Tom Orchard
28	55:48:0	41	James Bond
29	55:48:2	26	Steve Bennett
30	55:55:8	45	Jim Clampett
31	56:01:3	30	Stan Mintz
32	56:06:7	38	Dave Ashton
33	56:14:1	27	Elaine Campo
34	56:30:4	48	Fred McAlid
35	56:44:7	29	Charles Ford
36	57:14:2	32	Dennis Schmitz
37	57:23:3	15	Donald Bremmer
38	57:31:9	46	Jack Rosh
39	58:05:7	32	Manuel Soares
40	58:06:8	33	Bob Hill
41	58:07:1	29	J.C. Owens
42	58:11:1	39	Tom Wallace
43	58:15:6	27	Gordon McCleary
44	58:20:9	37	Harold DeVore
45	58:44:4	45	Bob Ross
46	59:08:1	21	David Shaw
47	59:11:5	37	Wayne Rogers
48	59:15:0	32	J.V. Hogan
49	59:25:3	23	Bill Samarin
50	59:37:7	37	Art Melendres



BRIAN HUNSAKER won the Long Beach Invitational.

4.8 Mile:

1	23:02	19	Charlie Christensen
2	26:03	17	Andy Gonzales
3	26:29	23	Randy Smith
4	27:04	41	Rick Vasquez
5	27:10	22	Bill Miller
6	27:16	24	Terry Burke
7	27:47	18	Roger Magana
8	27:52	28	Auel Zanelli
9	27:56:1	17	Ken Rayoda
10	27:56:8	27	John Kulisch
11	28:09	38	Ken Litback
12	28:20	16	Kevin Zhan
13	28:23	18	Jie Xing
14	28:23:9	20	Craig Travis
15	28:46	18	Henry Rodriguez
16	29:17	15	Fernando Rodriguez
17	29:18	38	Alan Bentley
18	29:22	27	Bill Fitzpatrick
19	29:52	40	Dick Vosburgh
20	29:55	16	Alan Jerry Venable
21	29:59	14	Joe Borunda
22	29:59:8	30	Bob Dernin
23	30:01	28	Jerry Clute
24	30:01:7	15	Rick Kostek
25	30:03	33	R.N. Hill
26	30:12	22	Mario Acosta
27	30:37	24	Herbert Pasillas
28	30:47	35	Paul Broughton
29	31:10	18	Paul Heifrich
30	31:43	22	Randy Nesbit
31	31:59	16	Autumn Bateson
32	32:01	26	Tom Hart
33	32:08	31	Terry Anderson
34	32:22	38	Joe Kooklin
35	32:30	27	Joe Conner

September 16. Long Beach. Long Beach Cross Country Invitational

Men's 5 Mile:

1)	Hunsaker (SanDiegoSt)	25:11	22)	Fredrickson (SanDiego) 27:01
2)	Ruisino (CSULA)	25:34	23)	Hurtado (CSUN) 27:01
3)	Carlson (un)	25:44	24)	Roley (CSULB) 27:03
4)	St. John (SanDiegoSt)	25:59	25)	Wingard (CSULB) 27:06
5)	Traba (CSUN)	26:01	26)	San Diego State Univ 33, Cal State Northridge 60, CSULB 78, CSULA 85, Pt. Loma 131, Pt. Loma "B" 182, St. Mary's College 213.
6)	Wolfe (SanDiegoSt)	26:07	27)	
7)	Malec (un)	26:11	28)	
8)	Archibald (un)	26:15	29)	
9)	Magson (CSULA)	26:17	30)	
10)	Brenneman (un)	26:21	31)	
11)	Davis (CSULB)	26:23	32)	
12)	Sadler (Pt.Loma)	26:26	33)	
13)	Duarte (CSUN)	26:39	34)	
14)	Coulson (San Diego St)	26:42	35)	
15)	Angel (CSULB)	26:46	36)	
16)	Mann (CSUN)	26:46	37)	
17)	Wright (CSUN)	26:48	38)	
18)	McManus (CSULB)	26:48	39)	
19)	Olson (SanDiegoSt)	26:49	40)	
20)	Stron (un)	26:53	41)	
21)	Chavez (CSUN)	26:55	42)	

Women's 3 Mile:
 1) Jewell (49er TC) 18:55.5
 2) Bodds (49er TC) 19:20
 3) Yanke (49er TC) 19:28
 4) Hagopian (Cal Luth) 19:39
 5) Grimm (49er TC) 19:41
 6) McGrath (49er TC) 19:58
 7) Shanks (Cal Luth) 20:11
 8) Blanco (49er TC) 20:21
 9) Fulkerson (Cal Luth) 20:34
 10) Billings (49er TC) 20:39
 49er TC "A" 19, Calif. Lutheran College 43, 49er TC "B" 64, Long Beach CC 105. /Cliff Abel/

Reveles (Rio Mesa) 19:40, 10. Brad Beverage (Rio Mesa) 20:01. Team Scores: 1. Rio Mesa 49, 2. San Marcos 69, 3. Santa Barbara 81.

JV Large: 1. Wallace (Rolling Hills) 17:07, 2. Frokier (Thousand Oaks) 17:07. Team Scores: 1. Palos Verdes 35, 2. Rolling Hills 41, 3. Dos Pueblos 84.

GIRLS — Varsity Small: 1. Carmen (San Marcos 12:18, 2. Arreola (San Luis Obispo) 12:39, 3. Walker (SLO) 12:55. Metzger (Rio Mesa) 12:55, 5. A. (Burbank) 13:07, 6. Elson (Burbank) 13:14, 7. Anderson (La Canada) 13:18, Tate (Burbank) 13:20, 9. Howe 13:21, 10. Webb (SLO) 13:38. Team Scores: 1. San Luis Obispo 59, 2. San Marcos 68, 3. Burbank 70, 4. La Canada 87, 5. Hart 113, 6. Rio Mesa 150, 7. Westlake 183.

GIRLS — Varsity Large: 1. Schamdt (Santa Barbara) 11:37, 2. Broccoli (Newbury Park) 12:00, 3. Mason (Buena) 12:06, 4. Vogat (Palos Verdes) 12:22, 5. Perez (Hueneme) 12:16, 6. Botch (Newbury Park) 12:53, 7. Ball (Newbury Park) 12:57, 9. Hughes (Newbury Park) 12:58, 10. Haller (Buena) 13:04. Team Scores: 1. Newbury Park 32, 2. Buena 96, 3. Palos Verdes 97, 4. Santa Barbara 120, 5. Hueneme 141, 6. Rolling Hills 165.

GIRLS — Junior Varsity: 1. Lynberry (Santa Barbara) 13:38, 2. O'Neil (Newbury Park) 13:46, 3. Larson (Ventura) 13:47, 4. Carpenter (Santa Barbara) 13:53, 5. Sutton (Newbury Park) 13:58, 7. Trisco (Newbury Park) 14:05. No team scores.

COMING NEXT ISSUE:

**1978 California State High School Track Rankings.

**1978 Masters Season Review.

**Annual "Moving-On" Feature;
who's gone where to college.

**California Women's All Time Track & Field Ranking.

**and much more. DON'T MISS IT

September 23. Berkeley. Berkeley Invitational--5000m at Tilden Park:
 1) Jan Oehm (UCB) 17:54.9
 2) Suzanne Richter (UCB) 18:00.1
 3) Susie Meek (UCB) 18:31.8
 4) Jeanne Abare (SanDiego) 18:45.2
 5) Alice Trumbly (UCB) 18:58.0
 6) Jill Symons (Chico St) 19:09.7
 7) Leal Reinhart (un) 19:29.2
 8) Diana Bubanja (UCB) 19:35.4
 9) Carol Flournoy (CSUS) 19:43.8
 10) Laurie Jewell (CSULB) 19:47.7
 UC Berkeley 19, Long Beach State 74,
 San Diego State 105, Chico State 123,
 CSU Sacramento 143, CSU Hayward 182,
 UC Davis 211, USF 251./Vern Gambetta/

September 24. Lemoore. 1978 NAS
 Lemoore Cross Country Race

1)	Tom Lohse (HSTC)	34:58
2)	Craig Elia (FPTC)	35:41
3)	Curtis Elia (FPTC)	36:01
4)	David Sillivan	36:26
5)	Travis Rhoden	36:32
6)	Gary Campbell	37:07
7)	Al Lomeli	37:51
8)	Bruce Pendleton	38:57
9)	Dave Meeks	40:18
10)	Doug Nowak	40:43

Women:

1)	Tone O'Halloran(FPTC)	48:18
2)	Paula Bell (FPTC)	52:27
3)	Kirsten Thompson	61:18

/Carl Whitker/

Chestnut Branch Charity Run

1.	MIKE PETERSON	26	37:17
2.	VICTOR CARY	28	38:15
3.	BILL SEAVER	28	38:29
4.	JIM FAGES	27	38:38
5.	BILL HURST	20	38:45
6.	JOHN MARDEN	16	39:15
7.	JOHN SHEEHAN	24	39:25
8.	WEB LOUNDAT	31	39:55
9.	JAY MARDEN	15	40:10
10.	TOM JORDON	29	40:30
11.	DARREN GEORGE	28	40:40
12.	RAYMOND HOSLER	25	41:03
13.	RON KUNST	21	41:29
14.	BRUCE WOLFE	23	41:38
15.	STEVEN HURST	16	42:00
16.	KEN TAKAN	17	42:09
17.	KEN APPERSON	14	42:30
18.	ROSS ROWLEY	29	42:55
19.	DM DRESSER	34	43:06
20.	NICH LIGHTFOOT	38	43:08
21.	WALT HARGHT	19	43:39
22.	ES HARLBURT	38	44:01
23.	TED WILSON	40	44:18
24.	KEITH DAVIES	17	44:23
25.	MIKE ROWERDINK	16	44:44
26.	DAVID SAYLOR	41	44:45
27.	BOB CUMMINGS	28	44:52
28.	PETER JENSEN	22	44:54
29.	TONY MOORE	20	44:57
30.	STEVE THOMPSON	18	45:09

Dennis Tracy/



It is easy to see why U.C. Berkeley women ran away with their own invitational meet. This picture was taken of the leaders at the one mile mark in the Fresno Invitational, which UCB also easily won.

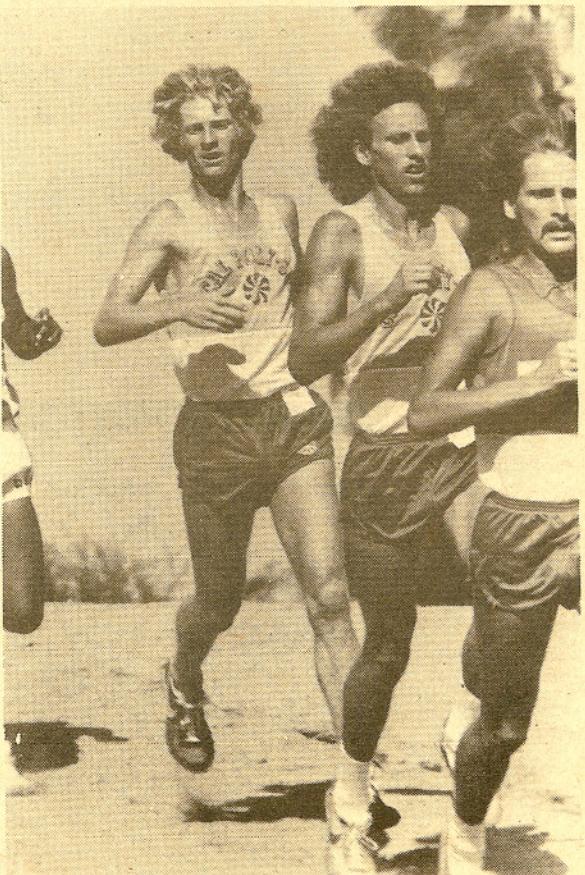


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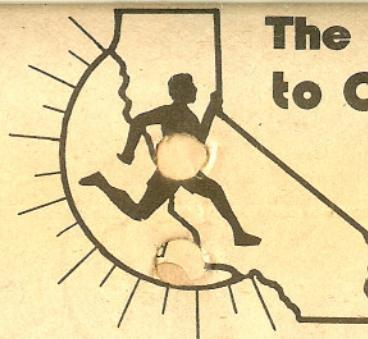
California News

10.	TOM JORDON	29	40:50
11.	DARREN GEORGE	28	40:40
12.	RAYMOND HOSLER	25	41:03
13.	RON KUNST	21	41:29
14.	BRUCE WOLFE	23	41:38
15.	STEVEN HURST	16	42:00
16.	KEN TAKAN	17	42:09
17.	KEN APPERSON	14	42:30
18.	ROSS ROWLEY	29	42:55
19.	DM DRESSER	34	43:06
20.	RICH LIGHTFOOT	38	43:08
21.	WALT HARGHT	19	43:39
22.	ES HARLBURT	38	44:01
23.	TED WILSON	40	44:18
24.	KEITH DAVIES	17	44:23
25.	MIKE ROWERDINK	16	44:44
26.	DAVID SAYLOR	41	44:45
27.	BOB CUMMINGS	28	44:52
28.	PETER JENSEN	22	44:54
29.	TONY MOORE	20	44:57
30.	STEVE THOMPSON	18	45:09

/Dennis Tracy/



Cal Poly's DAN ALDRIDGE and JIM SCHANKEL are running very well this season.



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