

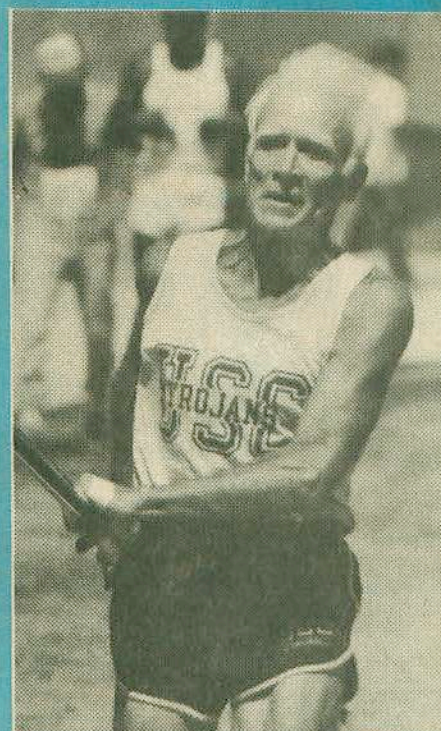
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CALIFORNIA

TRACK & RUNNING NEWS

OCTOBER 1984

ISSUE NO. 96

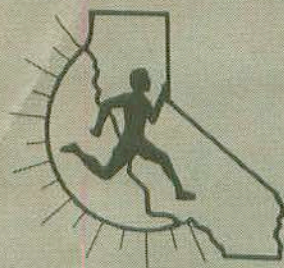


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California Track & Running News



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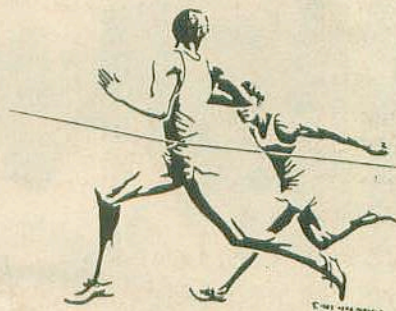
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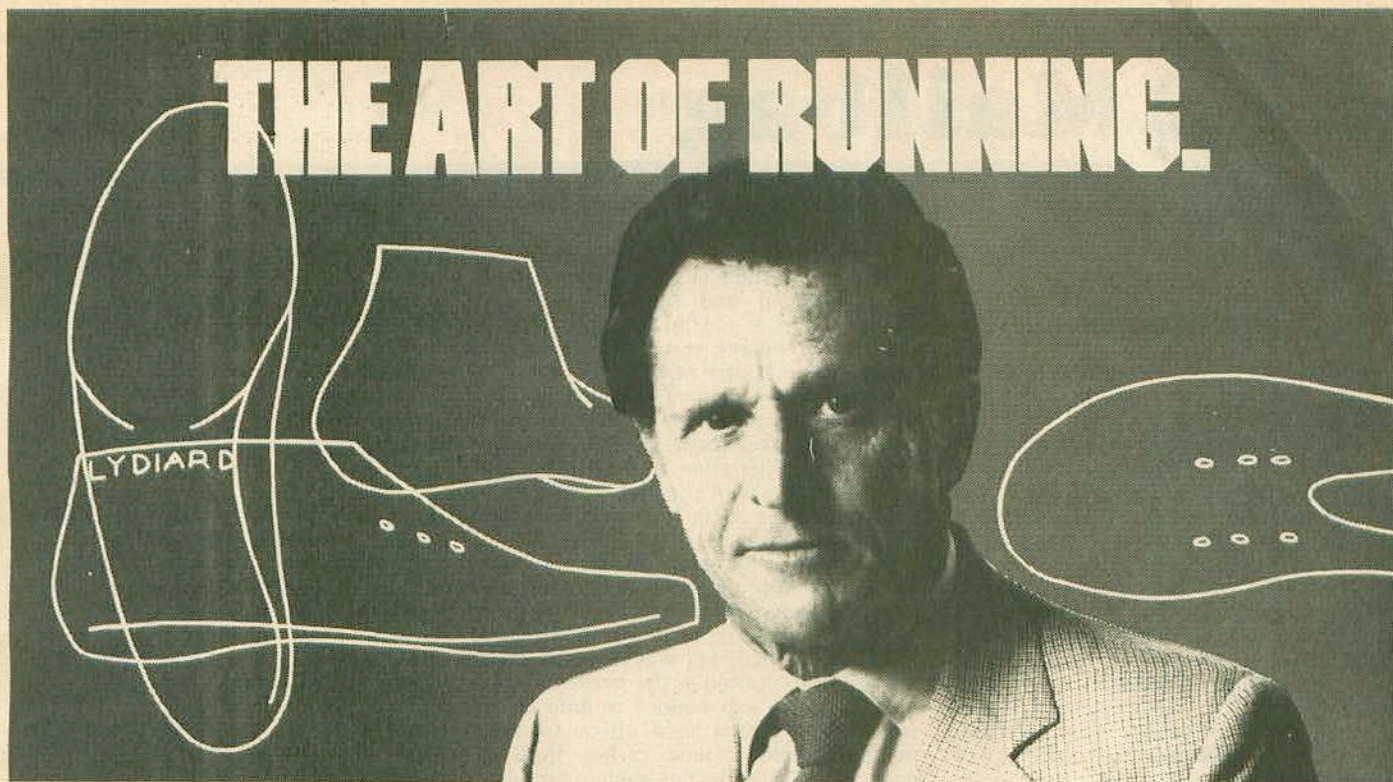
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ON THE COVER:

This month's issue features Masters Track & Field in California with the 1984 Best Marks Ranking beginning on page 22 and the TAC National Championships Results beginning on page 32. Masters pictured in action are (clockwise from the top left): Sing Lum (left) and Josiah Packard; Jim Vernon; George Cohen; and Payton Jordan. All photos by Robert & Carol Sports Photography except Jim Vernon by Bill Cockerham.

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research. And together we've developed innovative design features that provide major benefits to the serious runner.

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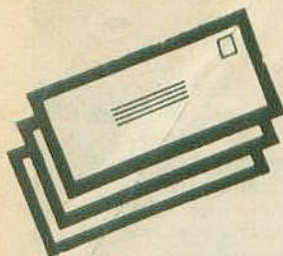
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Mailbag

RIPOFF REACTION

Marian Mallory invites responses to her article, "Racing and Ripoffs," in your September issue. Here is mine:

First of all the value of something is determined by what people are willing to pay for it. If people are willing to pay \$10.00 or more to enter a race then that is what it is worth. However, most of the 5 & 10k's in our area have a "no-shirt" fee of five or six dollars with a late entry penalty of \$2.00 which can be avoided by pre-entering. As one who has directed or assisted with many races, I can assure Marian that many of them lose money. When a race does generate a profit it usually goes to a charity or other worthwhile cause - not into the coffers of a corporation or into the pockets of the organizers.

Concerning Marian's belief that runners who train hard deserve more than "fun runners," we are back to the laws of economics again. If a race director believes that Marian's participation in his race will attract wealthy sponsors and large numbers of other runners, then he will have an incentive to treat her generously. Until she reaches that status, she will have to accept whatever race organizers choose to give her.

I am very familiar with the race, to which Marian refers, in which the runners were directed off course and agree with her that this was inexcusable. I know about it because, as an unpaid volunteer, I was managing the finish line. Although not responsible for the blunder, I was the first official that runners saw as they finished and provided a convenient target for their wrath.

This leads into my next point: does Marian not realize that, were it not for large numbers of unpaid volunteers and "jolly joggers" who pay entry fees but seldom if ever win anything, there would be no road races! She is putting the cart before the horse - it is SHE who should be beholden to race organizers and fun runners; not the other way around.

I suggest that Marian get together with some of her running friends and put on a race of her own. After being subjected to the abuse, criticism and frustration that goes with such a task, she will be much less inclined to use such terms as "organized crime" and "armed robbery" when talking about races.

In conclusion, I would like to add that Marian is a friend of mine and an outstanding and dedicated runner. I wish her continued success.

*Brian Pritchard
Chairman, SPA/TAC-LDRC
Westlake Village, CA*

I read the article in the September issue titled "Racing and Ripoffs" and even though I am a middle of the pack competitor, I generally agree with the points presented by Marian Mallory.

All runners including those that finish ahead of the pack and those that finish behind the pack have a right to a well organized registration and start, a well marked course with adequate road guards, protection from traffic and an efficient and prompt awards ceremony.

I also agree that some system needs to be developed to place runners at the start of a race according to their ability. I'm sure all of us, including middle-of-the-packers, have had to fight our way around slower runners who started in the front. The best system I have experienced to date is one which has runners lined up by their expected finishing time rather than by pace/mile. Evidently, this system produces better self appraisal of one's ability. A course with a wide, straight start is also a big plus.

The one area I object to in the article concerns providing big prizes to the winners. I'll agree that awards should ideally be awarded on the basis of performance. However, until some kind of handicapping system is invented that will let the 95% of us with no chance of finishing in front participate in the awards, the lottery system seems to be the best bet. Let's face it, races are financed by the fees and participation of the pack runner, not the front runners. We'll go where our participation is rewarded by a well organized race and where we have a chance to bring home the goodies (trips, dinners, etc. seem to have universal appeal). I doubt if there are many organizers of local races willing to put on an event for the 15-20 runners with a reasonable chance of winning. Consequently, until a handicap system is invented that gives everyone a chance of winning (albeit a small one), the top runners will have to be satisfied with the recognition and possible endorsements their string of victories produce or restrict their racing to the big regional events.

Let's concentrate on getting race directors to provide those things that benefit all of us. Safe, well-marked courses, efficient pre and post-race activities and an enjoyable experience. Then, we can work on a system that will give everyone a chance to be rewarded for an outstanding accomplishment based upon their talent and capability.

*Douglas L. Smith
Danville, CA*

In response to Marian H. Mallory's article "Racing and Ripoffs," Sept. 1984 issue:

I was appalled and shocked at Ms. Mallory's article and her sharp criticism of

races. But then again, I give her credit for speaking her mind and putting her feelings into print. If that's the way she feels, tell it like it is, baby. But be prepared to get some harsh backlash.

I'm sorry for your misfortunes in the L.A. area. However, let's not have that one area be a statistic that governs all races in all areas of the country or California.

I, too, don't like being ripped off, in any area of life. I speak for many races in Northern California, including the one I direct, that I feel do a commendable job. It's true, however, that there are those that are misleading as to type of awards and accuracy of course. Simply avoid those next time around. Or, scrutinize the registration form more carefully and/or call the race director for more information.

I do give credit to those that pay their dues, such as you, and feel you deserve your just reward at the races. But so do the other 90% of us runners. If it wasn't for the other 90% that participate, there would be no races in the first place, and the shoe companies and other sponsors that support these events, recognize this economic fact. They gear their support to the masses, those that will purchase from them. The top runners, such as yourself, are generally tied to a running company or a sponsor in the first place, and many top runners must patronize their own sponsors and not wear the competitors product. That is why many races give the shoes to the part that is generally directed to the merchandise drawing segment of the race.

I think it would be great for me to run a sub-30 10K, or even at this point, a sub-38 10K. I look up and admire those faster than me. But I also admire those that run slower than me, because I feel their efforts are just as great as mine, if not more.

Although I haven't gone through all of the training/racing problems that have occurred to you, I have had shin splints, patella tendonitis, shoulder problems, foot problems, would like to train more, but unfortunately I have to work for a living 5-6 days a week, 45 hours per week, have 3 young children at home ages 5, 4 and 22 months, have a wife that needs a little attention, participate in other school and sporting endeavors, and work 12 months a year trying to make the race I direct (Modesto 10K Footrace & 2 Mile Fun Run and this year's RRCA Cal State and Western Region 10K Championships, on Sunday, Oct. 28) a very rewarding and positive experience for all runners, the elite and the social or fun runners. I also help with other races in the area. There are some other things I do, too, but I don't want to give you the impression that, in relative terms, I (and I'm sure I speak for thousands of others) might go through a lot of the same things as you do (if not more?).

I agree that courses should be accurate and well-marked, not just for you hot shots,

but for us aspiring runners that look up to your fast times and accomplishments, because we don't want to be hindered or misdirected or get hit by traffic either. It behooves the race director to take proper precautions in this manner so he won't get sued.

I offer you this challenge: take in some Northern California races, such as ours on Oct. 28. And because you are such a good runner, I will COMP your entry and hotel stay on Oct. 27 at the Holiday Inn in Modesto. Sorry, but my personal fortune I have not yet made doesn't give me the budget to extend my graciousness to paying for your travel expense as well. Yes, it is true that we have some sponsors, but I seem to have gotten lost in the overall money aspect of the race, and have financed several hundreds out of my own personal pocketbook. I've done this out of my desire to make this event as attractive as possible for the elite as well as the fun runner, making them all feel like winners, which they are. The course is nationally certified (which cost money), the cost of the entry barely covers the cost of the t-shirts (after considering screen charges, phone calls, letters, other minor charges that shouldn't concern you), paying for police and the use of the campus facilities where we have our race, bulk rate mailings, rental of race clocks, purchase of race equipment, cash awards to you lucky top runners, special commemorative plaques, purchase of some random drawings (all are not donated), fees to join TAC and RRCA and insurance, too, and other cost that you probably don't feel are pertinent enough to consider, like fees for timing and donating \$1.00 per entry to a very worthwhile cause, Cystic Fibrosis.

Believe me when I tell you this, the top runners that participate in our event don't draw a bigger overall field of runners. It's just unique and nice to have them come here to run in a competitive and well-managed and well-planned race.

I hope you will accept my offer. Then, after the race is over, and if all I said is correct regarding our event and that all races are not ripoffs and that we have treated everyone fairly, you can reimburse our association, the Modesto Footracing Assn., for the COMP entry and hotel or you can donate it to Cystic Fibrosis. Better yet, donate it to the cause, because you probably feel I'm making big bucks off this event. If you want to discuss this further, call me at (209) 527-7597. Make it collect. I don't want you to suffer anymore than you already have.

Jeff Highiet
Modesto, CA

Re: Racing and Ripoffs, Sept. 1984 Issue:

My husband, Jeff Highiet, has already responded to the issue above as a race director. I am responding as a non-runner, non-jogger, and I am responding against my husband's wishes.

My only interest in races are those which are directed by Jeff. Ms. Mallory is like a host of runners I see and hear at the many races I attend. Are most runners concerned only with SELF? I have watched my husband put on the most amazingly well

organized races I've attended and have seen him agonize over every detail and aspect of his race for months and I know of other race directors who do the same each year. I get extremely upset at the rudeness and poor manners of the runners. Hardly ever do you hear "Thank you," or "You've done a great job!" My husband feels I don't support his endeavors to put on a great roadrace and each year there are struggles over this matter. My reasons are valid, I believe. There are only a handful of runners who appreciate a well organized race... and as for the money spent by Jeff each and every year to ensure a proper run, I don't have to tell you how a non-running wife feels over the loss of spending money for a race.

I invite anyone to find fault with the Modesto 10K Footrace and 2 Mile Fun Run and RRCA Western Regional 10K Championships. I also invite any and all runners of any well organized race to speak out in the positive for a change!

Thank you for the time given to a non-runner.

Leslie Highiet
Modesto, CA

BIG BROTHER SPEAKS

I want to congratulate all of the people involved with the publication of your magazine. You have all done an excellent job for the past five years I have used California Track & Running News as a source of information both as a competitor and a fan. Thanks to CTRN I am able to keep up with the race results of my friends and fellow competitors.

At this time I would like to say a few things about my younger brother Jim Ortiz. Jim has enjoyed one of the most successful distance running careers of any California high school runner. Even in cross country he finished 3rd in CIF 1A as a freshman training himself. The success continued with wins in CIF 2A cross country his sophomore and junior years.

Jim had tremendous success on the

track as well recording bests of 8:59 as a sophomore, 9:00 as a junior, and 4:13 as a junior. The junior marks become even more impressive when the fact that Jim had mono is brought to point. Jim was diagnosed with mono the week of the state championships in his junior year. He would not miss the meet. He ran ill and finished 5th. He proceeded to take the summer off to give his body a much needed rest. The doctors told him he was healthy so he was back to work on his running.

His senior cross country season started off exceptionally well. Jim trained through Mt. SAC Invitational and still ran 14:53. He must have trained too hard because he broke down again and the mono flared back again. Jim still managed to finish second in the CIF cross country championships despite the illness.

With the conclusion of cross country Jim took 2 months off of running during those two months he spent most of the time in bed, and as a result his grades in school fell well below acceptable standards. We had to fight to keep Jim from failing his senior year in school.

I am happy to say that Jim didn't give up. He fought his way back into a respectable GPA, good enough for him to be admitted into UCLA. Jim's work didn't stop in the classroom. He had to prove to himself and everybody else that he was not going to be another one of those kids who have great success at a young age only to fall apart the last year.

The road ahead for Jim was a long and rough one. His first race Jim ran a pedestrian 4:45 for 1600. He was ready to hang up the spikes. I had a long talk with him and made him believe he had time to come back. That belief carried Jim to a 4:10 mile and a super 2nd place finish at the state championships.

I am very proud and impressed with Jim's courage and determination. We can all look at him and say he is a true champion! It goes to show that if we believe in ourselves that half the battle is won. Bravo, Jim!

Steve Ortiz
Barstow

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Schedule

By JACK LEYDIG

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

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

OCTOBER

OCT 6: See the Sea 8K. Half Moon Bay, 8 am. Donna Hinshaw, Box 304, Route 1, Half Moon Bay 94019. (415) 726-3787.

OCT 6: Ironhorse Triathlon. 2K swim, 40K bike, 10K run. Berkeley (Lake Anza, Tilden Park), 8 am. Women's Intercollegiate Athletics, Univ. of California, Berkeley 94720. (415) 642-2098.

OCT 6: Learn Not to Burn 10K, Half-Marathon, 4 Mile & 1 Mile Fun Run. Taft (Civic Center Park), 8 am. "Learn Not to Burn" Run, P.O. Box 1406, Taft 93268. (805) 763-4246, Lisa.

OCT 6: The Hospital Run 5 & 10K. Lancaster (Avenue J & 15th St. W.), 7:30 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

OCT 6: "Learn Not to Burn" 5 & 10K. Playa del Rey, 8 am. Davis Parsons, L.A. City Fire Dept., 3937 Fairman St., Lakewood 90112. (213) 485-6290.

OCT 6: Manhattan Beach Old Hometown 10K. Manhattan Beach (4th St. between Valley & Admore), 7:30 am. *Note: Registration is in person only at Joselyn Recr. Center and only on 2 days, TBA... residents get 'first shot.'* Phidipides (213) 546-2481.

OCT 6: Moving Comfort Women's 8K. San Diego (Mission Bay Park), 7:30 am. Joni Pendelton, 7245 Decanture Cove, San Diego 92120. (619) 287-8694.

OCT 6: Villa View Hospital Run for Health. 10K & 2 mile, San Diego (Balboa Park), 8 am. Lynn Flanagan, In Motion, 2765 Tokalon St., San Diego 92110. (619) 276-2738.

OCT 6: Apple Ridge Run. 3 & 5 mile, Paradise (Paradise Lake), 9 am. Judd Hurley, 220 Pearson Rd., Paradise 95969. (916) 872-4111.

OCT 6: Octoberrun. 5 mile, McKinleyville (Shopping Center), 5 pm(?). Dennis & Marilyn Lewis (707) 822-5464. *Listed as Oct. 7 (Summer Clam Beach Run) in last issue.*

OCT 6: Running & Fitness Day 2 Mile & 10K. Lompoc (Miguelito School), 8 am. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Jerry Wright - (805) 736-1450.

OCT 6: Care Unit Hospital of Nevada 10K/2M. Las Vegas, Nevada (5100 W. Sahara Ave.), 8 am. Care Unit Hospital Runs, c/o Care Unit Hospital, 5100 W. Sahara Ave., Las Vegas, NV 89102.

OCT 6: Selma Cancer Runs. 2 & 6 miles, Selma, 8 am. Tony Dominguez, 3746 Gaynor St., Selma 93662. (209) 896-1028.

OCT 7: Fresno Fair Cross City Race. 2 mile & 10K, Fresno, 7:45 am. Cross City Race, 1121 Chance Ave., Fresno 93702.

OCT 7: Sacramento Marathon. (& Half Marathon), Sacramento (William Land Park), 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

OCT 7: Great Race. 10K, Stanford. PA-TAC Open Women's Championships. Stanford University, 8:30 am. Sharon Allen, 695 Oak Grove #3D, Menlo Park 94025. (415) 326-0100.

OCT 7: Sulphur Springs Ribbon Runs. 10K & 2 mile. St. Helena (Crane Park), 8:30 am. Kathleen Carrick, c/o St. Helena Recr. Commission, 1360 Oak St., St. Helena 94574.

OCT 7: Boxer China Camp Run. 10K, San Rafael (251 No. San Pedro Rd.), 8 am. Ted Cain, 251 N. San Pedro Rd., San Rafael 94903. (415) 492-1020.

OCT 7: The Grape Race IV. 10K, Lodi (Lodi Academy, 1230 S. Central Ave.), 8 am. Bev Haffner, 212 Acacia, Lodi 95240. (209) 334-1355.

OCT 7: Marriott's Great America Carousel to Coaster 10K. Santa Clara, 9 am. Larry Wolfe, 1500 Warburton Ave., Santa Clara 95050. (408) 984-3223.

OCT 7: Mt. Burdell Challenge 5 & 10K. Novato (Rolling Hills Club), 9 am. Carol Gabriel, 351 San Andreas Dr., Novato 94947. (415) 897-2185.

OCT 7: Sonoma County Harvest Fair 10K. Santa Rosa (Herbert Slater Jr. H.S.), 9 am. Pete Peterson, YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-YMCA.

OCT 7: Mrs. Fields Cookies 'n Milk Run. 10K, San Francisco (Pier 39 to Marina Green), 9 am. Pamakid Runners, P.O. Box 16131, San Francisco 94116. (415) 681-2322. *Listed as Fields to Fields Cookie Run in last issue.*

OCT 7: Sri Chinmoy Foster City 7-Miler. Foster City, 8 am. Sundari Michaelian, 2438 - 16th Ave., San Francisco 94116. (415) 751-9057.

OCT 7: Kay Atkinson Memorial Run. 4.62 mile, San Francisco (Golden Gate Park, Polo Fields - So. Parking Lot), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

OCT 7: Summer Clam Beach Run. Changed to the Octoberrun on Oct. 6... see above.

OCT 7: Bicycle Warehouse Biathlon. 10K run, 40K bike, Bakersfield (Hart Park), 8 am. Bicycle Warehouse, 4400 Ming Ave., Bakersfield 93309. (805) 834-1512.

OCT 7: Barstow to Calico 30K. Barstow, 7 am. Don Braden, 601 Kelly, Barstow 92311. (619) 256-1593.

OCT 7: Harbor Lite Half-Marathon. San Pedro, 8 am. Bill Friend, San Pedro & Peninsula YMCA, 301 S. Bandini St., San Pedro 90731. (213) 832-4211.

OCT 7: Pony Express Days 5 & 10K. Agoura Hills (Kanan (Thousand Oaks)), 8 am. Dave Armstrong, 29318 Gamebird Ct., Agoura Hills 91301. (818) 880-5021 work, 889-1887 home.

OCT 7: Salute to the Navy 5-Mile. National City (Kimball Park), 8 am (tentative). Tom Morrow, National City Chamber of Commerce, 711 "A" Ave., P.O. Box 1055, National City 92050. (619) 477-4447 or 477-9339.

OCT 7: National TAC Sr. Men's 25K Championships. New York, NY, time TBA. Allan Steinfeld, NYRR, 9 E. 89th St., New York. NY 10022. (212) 860-4455.

OCT 7: BirZeit Scholarship Run. 5 & 10K, Oakland (Lake Merritt on El Embarcadero), 9 am. NAJDA, P.O. Box 7152, Berkeley 94707. (415) 654-9227.

OCT 7: Santa Cruz Half-Marathon. Santa Cruz (Long Marine Lab, UCSC), 8 am. Mike Moser, Marine Studies Center, UC Santa Cruz 95064. (408) 429-2883 or 429-4675.

OCT 7: Early California Days Fun Run. 5 & 10K, Wofford Heights Park (No. Shore, Lake Isabella, 40 miles NE of Bakersfield), 9 am. Tom Scott, 6104 De Parsia Ave., Bakersfield 93306. (805) 872-3001.

OCT 7: Evelyn Delaney Five Mile Fun Run/Walk. Shell Beach (Spyglass Park), 8:30 am/walk, 9 am/run. Jay Chapel, 164 Baker St., Pismo Beach 93449. (805) 773-2865.

OCT 7: SPA/TAC Half-Marathon & 10K. Hollywood (Hollywood Bowl), 7:30 am. Hollywood Runs, c/o Hollywood Presbyterian Medical Center, 1300 N. Vermont Ave., Los Angeles 90027. (213) 660-3530, x6166.

OCT 13: Tri For Fun Triathlon. 1K swim, 20K bike, 5K run. Novato (Indian Valley College), time TBA. Info: (415) 456-8220.

OCT 13: Petaluma Classic. 7.5 & 15K, Petaluma (Petaluma H.S.), 9 am. Clark Rosen, 16 Lone Oak Ct., Petaluma 94952. (707) 763-7096.

OCT 13: Malibu Community Center 10K. Malibu (Zuma Beach Parking Lot), 8 am. Malibu Community Center, 6955 Fernhill Dr., Malibu 90265. (213) 457-1558.

OCT 13: Columbia Reach for the Stars 5 & 10K. Burbank (Columbia Pictures Studios), 8 am. Sherri Butler, Columbia Pictures, Columbia Plaza Sough, Burbank 91505. (818) 954-3770.

OCT 13: Compton Mini-Marathon 5 & 10K. Compton (Alameda Auto Plaza), 8 am. Frank Sotelo, Compton Dept. of Parks & REcr., 600 No. Alameda St., Compton 90221. (213) 537-8000, x400.

OCT 13: Run for Hoag 5 & 10K & 1 Mile. Irvine (Mason Regional Park), 8 am/5K, 8:30 am/10K. Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

OCT 13: CRRC 20K/10K Tune-Up Fun Run. Los Angeles (Griffith Park, Merry-Go-Round), 8 am. CRRC, Box 891, Tazana 91356. (818) 888-5526.

OCT 13: Tustin Tiller Days 5K. Tustin (Columbus-Tustin School), 8 am. Tustin Tillers 5K, c/o City of Tustin, 300 Centennial Way, Tustin 92680. (714) 544-8890.

OCT 13: Stroh's Run for Liberty 8K. Los Angeles/Alhambra, 8 am. Hans Albrecht: (714) 859-8644.

OCT 13: Stroh's Run for Liberty 8K. Orange County/Mile Square Park, Fountain Valley, 8 am. The Winning Team: (714) 846-9224 (5-9 pm).

OCT 13: Stroh's Run for Liberty 8K. Santa Barbara (Stowe Park), 8 am. John Brennand (805) 964-2591.

OCT 13: Stroh's Run for Liberty 8K. San Diego (Mission Bay), 8 am. Neil Finn (619) 488-2310.

OCT 13: UCSD Daycare Center 10K. San Diego (UCSD), time TBA. Contact unknown.

OCT 13: Stroh's Run for Liberty 8K. Sacramento (Glen Hall Park), 8 am. John Mansoor, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

OCT 13: Nat'l TAC Sr. Women's & Jr. & Sr. Men's 15K Championships. El Paso, Texas, time TBA. John Hinshaw, P.O. Box 15000, El Paso, TX 79993. (915) 755-1381.

OCT 13: Mare Island Boy Scout Run. 10K, Mare Island Naval Shipyard, Vallejo, 9 am. Jay Lowden, P.O. Box 392, Vallejo 94590. (707) 644-0427. *Tentative.*

OCT 13: Dannon Yogurt 10K. San Francisco (Ft. Mason), 9 am. Dave Neck, Qtrs. 50-W, Ft. Mason 94123. (415) 928-1624.

OCT 13: Stroh's Run for Liberty. 8K, San Francisco (Golden Gate Park, So. Polo Fields), 9 am. Pamakid Runners, Box 16131, San Francisco 94116. (415) 681-2322.

OCT 13: Run for the Cheese of It. 10K & 2 mile, Riverbank, 9 am. Bruce Edwards, Box 306, Riverbank 95367. (209) 869-4541.

OCT 13: Stroh's Run for Liberty. 8K, Fresno (Van Ness & Tulare), 9 am. Bobby Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

OCT 13: The Great Grape Run. 5 & 10K, Delano (Civic Center), 8 am. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

OCT 13: Pioneer Days 5,000 Watermelon Run. Paso Robles (Sherwood Park), 9 am. Jon Root, Creston Star Route, Paso Robles 93446. (805) 239-2251.

OCT 13: Manhattan Beach Old Hometown 10K. Manhattan Beach (4th St. & Valley Dr.), 7:30 am. City Hall, 1400 Highland Ave., Manhattan Beach 90266. (213) 545-5621.

OCT 13: Love Your Heart 5/10K. San Bernardino (Cal-State Univ.), 7:45 am. St. Bernardine's Hospital (Cardio-Pulmonary Rehab: (714) 883-8711, x2644).

OCT 13: Stroh's Run for Liberty. Las Vegas (Sunset Park), 8 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

OCT 14: Humboldt Redwoods Marathon. (& Half Marathon), 9 am, near Weott. HRM, c/o Apollo Computers, 616 14th St., Arcata 95521. (707) 822-0318. *Oct. 6 Entry Deadline.*

OCT 14: Primo's to Primo's Runs. 5 & 10K and Half-Marathon, Danville (1/2-marathon) or San Ramon (5/10K), 7:30 am. Jan Kinney, 16 Ray Ct., Danville 94526. (415) 837-0681.

OCT 14: Friends of the Port/Fleet Week Challenge 10K. San Francisco (Crissy Field), 8 am. Janet Davis, Friends of the Port, Ferry Bldg. (Room 250K), San Francisco 94111. (415) 986-3507.

OCT 14: Sacramento Zoo Zoom. 5 & 10K & Children's Run, Sacramento (William Land Park), 8 am. Zoo Zoom, c/o Sacramento Zoo, 3930 West Land Park Dr., Sacramento 95822. (916) 447-8172.

OCT 14: Concord Classic 10K. Concord (Clayton Valley High School), 9 am. Jim Seren, 132 Mt. Everest Ct., Clayton 94517. (415) 672-7598.

OCT 14: Berkeley Waterfront Run. 5 miles, Berkeley (4th & Addison), 9 am. Chris Walsh, c/o Nike Berkeley, 2114 Addison St., Berkeley 94704. (415) 843-7767.

OCT 14: Las Vegas TC 5 & 10 Mile. Tule Springs (Floyd Lamb State Park), Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

OCT 14: DSE Mission Rock Run. 3.5 mile, San Francisco (3rd St. & Mission Rock), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

OCT 14: Pumpkin Festival Run. 8K & 1.5 mile, Half Moon Bay, Donna Hinshaw, Box 305, Route 1, Half Moon Bay 94019.

OCT 14: Rose Garden Fun Run. 5 & 1.5 mile, San Jose (1717 The Alameda), 8:30 am/5K, 8:45 am/1.5 mile. Cathi Bing, YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717.

OCT 14: Napa Rotary 10K Run. Yountville, 9 am. Napa Rotary Run. 3010 Beard Rd., Napa 94558. (707) 255-0555.

THE FRESNO MARATHON and HALF MARATHON

A Benefit for Valley Children's Hospital



Saturday November 10, 1984

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For Information:

Call (209) 222-6808 or send self-addressed, stamped envelope to: Fresno Marathon, 4424 E. Fairmont, Fresno, CA 93726

Schedule

OCT 14: Pumpkin Patch Run. 10K, Fremont (Swim Lagoon), 9 am. Sara Cole, P.O. Box 5006, Fremont 94537. (415) 791-4324.

OCT 14: Spartan Cup 10K. Concord (De La Salle H.S.), 9 am. Fun Run, 4002 Royal Arch Ct., Concord 94519. (415) 687-0592.

OCT 14: Stampede Road Race. 10K ? 2 mile, Turlock (Cal State Stanislaus Gym), 8 am/10K, 8:15 am/2 mile. Dean Lofgren, 550 Gettsbury St., Turlock 95380. (209) 668-4150.

OCT 14: Any Mountain 10 Miles/10K Run. Cupertino (Any Mtn. Ltd.), 9 am. Joana Flood, 10495 No. DeAnza Blvd., Cupertino 95014. (408) 252-8000.

OCT 14: Berkeley to Moraga Run. 13 miles, Berkeley (Claremont Resort), 8 am. Ernie Isaacs, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

OCT 14: Run for Your Life 10K. Aptos (Aptos Village Park)(trail run), 9 am. Joel Doss, 272 Sea Ridge, #C, Aptos 95003. (408) 662-3526.

OCT 14: Mini Boston Marathon. 5 & 10K and Half-Marathon, Auburn (Auburn Fairgrounds), 8 am. Cherie McKeon, P.O. Box 9216, Auburn 95603. (916) 885-0443.

OCT 14: MTC Bell Race. 15K, Merced, 8 am. Merced Track Club, P.O. Box 3105, Merced 95344. (209) 723-6579.

OCT 14: Santa Barbara Women's 10K. Santa Barbara, 8 am. John Brennand, SBW 10K, Box 6616, Santa Barbara 93111. (805) 964-2591.

OCT 14: Barstow Triathlon. 30K bike, 10K run, 300 yd. swim. Barstow, 8 am. Barstow Triathlon, 1354 E. Main, Barstow 92311. (619) 256-5954, Pat.

OCT 14: Mulholland Scenic 3 & 10K. Los Angeles (Septhen Wise Temple), 8 am. Dena Schulman, c/o Stephen Wise Dr., Los Angeles 90077. (213) 476-8561.

OCT 14: Natural Light 5/10K. Baldwin Hills (La Brea & Rodeo Rd.), 8 am. Steve Roberts,

Crenshaw YMCA, 3820 Santa Rosalia Dr., Los Angeles 90008. (213) 292-9195.

OCT 14: Orange Canyon 5/10K. Orange (Orange Canyon Campus), 8 am/5K, 9 am/10K. Dave Dobos, 17th at Bristol, Santa Ana 92706. (714) 667-3300.

OCT 14: Tiger Twosomes 10K Relay. Thousand Oaks (Borchard Park), Male/Female -5K each, 8 am. Michael Meteyer, 512 Hollyburne Ave., Thousand Oaks 91360. (805) 495-5459 or 494-2117.

OCT 20: Milpitas Fun Run. 3.8 mile, Milpitas (Higuera Adobe Park), 8 am. Karen McNamara, 457 Calaveras, Milpitas 95035. (415) 942-2470.

OCT 20: Farewell to Arms Race. 5 & 10K, Arcata (St. Mary's School), 10 am. CSR, Box 385, Arcata 95521. (707) 822-7005.

OCT 20: Running is for the Birds 10K & 5K. Huntington Beach (Bolsa Chica State Beach), 8:30 am. Bolsa Chica Ecological Reserve, P.O. Box 1563, Huntington Beach 92647. (714) 897-7003.

OCT 20: Halloween Fun Run. 3, 5 & 10K, Pomona (Cal-State Univ.), 8 am/3K, 8:30 am/5-10K. Halloween Fun Run, 8982 Hillside Rd., Alta Loma 91701.

OCT 20: Gator Distance Classic. All-comers distance track events, San Francisco State, 9 am. Matt Vuklavich (415) 469-1561.

OCT 20: St. Vincent's Run for the Kids. Distance TBA, Marinwood (St. Vincent's School for Boys), 8:30 am/16 & Under, 9:30 am/17 & Over. St. Vincent's P.O. Box M, San Rafael 94913. (415) 479-8831.

OCT 20: Pamakid 8.5 Mile Lake Merced Run. San Francisco (Sunset Pkg. Lot, Lake Merced), 10 am. Pamakids, P.O. Box 416131, San Francisco 94116. (415) 681-2322.

OCT 20: Lemucchi's Tam O'Shanter Pedal & Plod Team Marathon. 6 mile run, 20 mile bike (relay & individual), Bakersfield (Hart Park), 9 am. RACE, 2345 Alta Vista, Bakersfield 93305. (805) 323-0168.

OCT 20: Ed Jerome Memorial Half-Marathon & 5K. Quartz Hill, 8 am. High Desert Runners, P.O. Box 1464, Palmdale 93550. (805) 942-8530, eves.

OCT 20: Eaton Canyon to Henninger Flats Up & Down Hill Race. 9 miles, Pasadena (Mt. Wilson Toll Rd. - 1700 foot elevation gain), 8 am. Eaton Canyon Nature Center, 1750 N. Altadena Dr., Pasadena 91107. (818) 794-1866.

OCT 20: Baja Triathlon. 1 mile swim, 24 mile bike, 6 mile run. Ensenada (Baja Calif.)(La-Jolla Beach Trailer Park), 8 am. Bicycling West, P.O. Box 15128, San Diego 92115-0128. (619) 583-3001.

OCT 20: Tug's Tavern Swim-Run-Swim. 5 mile swim, 5.5 mile run, 1/2-mile swim. Pacific Beach (near San Diego). Tom Warren, 2392 La Marque St., San Diego 92109. (619) 483-2498.

OCT 20: Night Light 10K. Fullerton (Plummer Auditorium), 6:30 pm Bob Larson, c/o Racquetball World, 1535 Deerpark Dr., Fullerton 92631. (714) 961-0400.

OCT 20: The Belmont Shore 5-Miler. Belmont Shore (Ocean Blvd. & Bay Shore Ave.), 8 am. California Athletic Promotions, P.O. Box 3209, Long Beach 90803. (213) 439-6875.

OCT 20: Silverado Days 5/10K Runs. Buena Park (Boys Club), 8 am. Paul Marsh, 7758 Knott Ave., Buena Park 90620. (714) 522-7259.

OCT 20: Survival Run at UCI. 5/10K, Irvine (UCI Campus), 7:30 am. Tim Bursold (714) 553-0684.

OCT 20: Pro Comfort 10K. Dana Point, time TBA. Hans Albrecht & Assoc., 25108-B Marguerite Pkwy., #209, Mission Viejo 92692. (714) 859-8644.

OCT 20: Hoover Dam 50th Anniversary Runs. 2 & 6 miles, Boulder City, Nevada (Bi-Centennial Park), 4:30 pm. Thomas Sports Enterprises, 6528 Sugarpine Lane, Las Vegas, NV 89107. (702) 878-5188.

OCT 21: Angora Ridge Run. 10K, So. Lake Tahoe (Highway 89 & Fallen Leaf Lake Rd.), 10 am. Austin Angell, P.O. Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

OCT 21: Leatherby's Ice Cream Yum Run. Sacramento (distance TBA), 9 am. Leatherby's Ice Cream, 6021 San Juan Ave., Citrus Heights 95610. (916) 488-7181.

OCT 21: Shoes 'n Spokes Buddy Run & Relay. 2 mile & 8 mile & 2-man/8-mile relay. Fresno (Roeding Park), 8 am. CAPH Independent Living Center, 605 W. Home, Fresno 93728. (209) 237-2055.

OCT 21: New Novato Ridge Run 6K & 5 Mile. Novato (High School), 9 am/6K, 10 am/5 mile. John Weston, 625 Arthur St., Novato 94947. (415) 898-2125.

OCT 21: Let's Get Physical 5 & 10K. Gos Gatos (Community Hospital), 9 am. Ann Tabucchi, Physical Therapy Dept. (408) 378-6131, x2183.

OCT 21: Monterey County Marathon. Salinas (Alisal H.S.). **CANCELLED.**

OCT 21: DSE Colt Tower Run. 3.0 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

OCT 21: S.O.S. Educational Fund Run. 5/10K, Concord (Northgate High School), 9 am. Ed Montgomery, 1254 Redlands Way, Concord 94521. (415) 672-6252.

OCT 21: Redwood Mountain Run. 10K, Woodside (Belle Vista Restaurant, Skyline Blvd.), 8:30 am. R. Seaby KMFB, 1389 Skyline Blvd., Woodside 94062. (415) 851-4027.

OCT 21: XEBEC Run for the Rep 10K. San Jose (Market St. & Park Ave.), 8:30 am. Run for the Rep, P.O. Box 2399, San Jose 95109-2399. (408) 294-7572.

OCT 21: Young at Heart Run. 3.4 & 7 miles, Santa Rosa (Redwood Empire Arena), time TBA. Redwood Empire Arena, 1867 W. Steele Ln., Santa Rosa 95401. (707) 546-7147.

OCT 21: Modesto Bee/Omega Nu One-Mile Run. (6 races/road), Modesto, 9 am/first race. Dan Murray, P.O. Box 4152, Modesto 95352. (209) 529-3443.

OCT 21: Far Western 50 Mile. Redding (Lake Redding Park), 7 am. Tonkin Gulf Yacht & Running Club, Box 442, Belia Vista 96008. (916) 365-9544.

OCT 21: Festival of Freedom (Run for Soviet Jews). 10K, Santa Barbara, 8 am. Irwin J. Sorkin, P.O. Box 5780, Santa Barbara 93108. (805) 969-4432.

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OCT 21: Jon Douglas 10K. Santa Monica (Washington & Ocean Blvds.), 8:30 am. Jon Douglas Co., 11538 San Vicente Blvd., Los Angeles 90049. (213) 820-2548.

OCT 21: Victory Runs. 5/10K and 1 mile kids run, Playa del Rey (Dockweiler Beach), 7 am/5K, 8 am/10K, and 9:45 am/1 mile. SCVMA Victory Run, 8338 Rosemead Blvd., Pico Rivera 90660. (213) 723-1746.

OCT 21: 10K Run for Academic Excellence. Huntington Beach (Pier), 8 am. Edison High School Booster Club, 21400 Magnolia St., Huntington Beach 92646. (714) 962-1356.

OCT 21: SPA/TAC 50K Championships & CRR 50 Mile Run. Pasadena (Rosebowl), 6 am. CRR, P.O. Box 891, Tarzana 91356. (818) 888-5526.

OCT 21: SPA/TAC 5K District X-Country Championships. Valencia (College of the Canyons), 7:45 am. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-6017.

OCT 21: World Runners 5 & 10K and 1 Mile. Ventura (Ventura Marina), 8 am. World Runners, c/o Charlotte Farrens, P.O. Box 300-818, Camarillo 93010. (805) 484-5129.

OCT 21: Bonita Optimists 5 & 10K. Bonita (Bonita Shopping Center), 8 am. Tom Coles, 510 Camino Elevado, Bonita 92002. (619) 421-6695.

OCT 21: Hayward Half Marathon. Hayward (Kennedy Park), 9 am. Hayward Half Marathon, c/o 1099 "E" St., Hayward 94541. (415) 881-6721.

OCT 26: The Monster Dash. 5K, San Francisco (Pier 45, Fisherman's Wharf), 11 pm. Total Race Systems, Attn: Dave Rhody, 627 Galerita Way, San Rafael 94903. (415) 668-2243.

OCT 27: Miles for Mike 5 & 10K. Cupertino (Cupertino High School), 8 am. Chris Crays, c/o Miles for Mike, 10181 Finch, Cupertino 95014. (408) 252-8500.

OCT 27: Young Life's Fall Back Run. 5 & 10K, Saratoga (West Valley College track), 8:30 am. Young Life, 1320 Lincoln Ave., San Jose 95125. (408) 286-6374.

OCT 27: Friends of Channel 18 & Harris Ranch Beef Co. 2, 5 & 10K Runs. Selma (Harris Ranch Beef Co.), 9 am. KMTF-TC, 733 "L" St., Fresno 93721. (209) 488-3018.

OCT 27: Harry Reid Family Fun Runs. 2 mile & 10K, Las Vegas, Nevada (Racquet Club, 9001 S. Industrial), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

OCT 27: Noble Care Services Run for Youth. 2 mile Fun Run & 10K, Arcata (Janes Rd. & Zandtner), 1 pm/2 mile, 1:45 pm/10K. Bran Collingwood (707) 839-0130.

OCT 27: Big Sur River Run IV 10K. Pfeiffer State Park in Big Sur, 10 am. Big Sur RR, c/o Fernwood, Big Sur 93920. Bill Burleigh (408) 624-2471 or 667-2182. Limited to first 1,000 entries close Oct. 15.

OCT 27: Mountain Goat Marathon. Mariposa, time TBA. Jeremiah Russell, P.O. Box 111, Midpines 95345. (209) 966-3147. Limit 50 - Oct. 14 Deadline.

OCT 27: Ventura 24-Hour Run. Ventura (Buena High School track). Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

OCT 27: Care Run. 8K & 2 mile, Walnut Creek (Shadelands Dr.), 9 am. Rhoda Lating, 4702 Tahoe Cir., Martinez 94553. (415) 229-1584.

OCT 27: The Dry Run. 5 & 10K, San Francisco (Golden Gate Park, S. Polo Fields Pkg. Lot), 10 am. William Cullen, 1050 Redwood Hwy., Mill Valley 94941. (415) 381-2443.

OCT 27: Race to End the Arms Race. 8K, Santa Rosa (Spring Lake Park, near NE entrance), 9 am. Peace Run, c/o Peace Network, P.O. Box 563, Santa Rosa 95402. (707) 575-8902.

OCT 27: Seagull Runs. 5 & 10K, Treasure Island, San Francisco, time TBA. Naval Support Activity, Bldg. 265, Treasure Island, San Francisco 94130. (415) 763-6361.

OCT 27: Freshwater to Bridgeville Relay. 41 miles for 2 or 4 person, 8 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

OCT 27: Liberty Week 10K. Bellflower (Thompson Park), 8 am. City of Bellflower Parks & Rec., 16600 Civic Center Dr., Bellflower 90706. (213) 804-1424, x211.

OCT 27: Quarter Note Classic 10K & 2 Mile. San Diego (Pan Am Plaza), 8 am. San Diego Symphony, c/o Don Mizock, P.O. Box 3175, San Diego 92103. (619) 296-8010.

OCT 27: Corona del Mar Fall 5-Miler. Corona del Mar State Beach, 8 am. City of Newport Parks & Rec. Dept., 3300 Newport Blvd., Newport Beach 92663. (714) 640-2271.

OCT 28: New York City Marathon. New York City, time TBA, NYRR, P.O. Box 1388, New York, NY 10116. (212) 860-4453 for 860-4455. Entries close early... by lottery.

OCT 28: Golden Gate YMCA Marathon & Half-Marathon. San Francisco (Ferry Bldg.), 7 a.m. Registration closes Sept. 28. YMCA GGM, Dept. 62196, P.O. Box 62000, San Francisco 94162. (415) 392-4218.

OCT 28: Modesto 10K Footrace & 2 Mile. (RRCA Cal-State & Western Regional Championships), Modesto, 8:15 a.m./2 mile, 9 a.m./10K. Jeff Highlet, 229 Charlemagne Way, Modesto 95350. (209) 527-7597.

OCT 28: Broomstick 10K Photo Finish Run. San Jose (Snell Rd. & Blossom Hill Rd.), 9 am. Photo Drive-Up, 1357 Kooser Rd., San Jose 95118. (408) 448-7550.

OCT 28: Fall Color 15K. Geyserville (Trenadue Winery), 9 am. Doug Courtemarche, 813 Brigham Ave., Santa Rosa 95404. (707) 528-0627.

OCT 28: Fall Fitness Footrace. 6.5 mile & 5K, Talmage (River School), Alan Bellon, P.O. Box 1556, Ukiah 95482. (707) 462-8404.

OCT 28: Lake Merritt 4th Sunday Runs. 5, 10 & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

OCT 28: Earthquake Run. 10K, Hollister (Spring Grove School), 8:30 am. Earthquake Run, 811 Carpenter Dr., Hollister 95023. (408) 637-3126.

OCT 28: DSE Roller Coaster Run. 3.1 & 0.6 mile kid's run, San Francisco (Mountain Lake Park, west end), 9:30 am/0.6 mile, 10 am/3.1 mile. Walt Stack, 741 Kansas, #2, San Francisco 94107.

OCT 28: Great Pumpkin 25K Run. San Luis Obispo, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

OCT 28: Bud Light Aztlan International Classic. 5 & 10K, Monterey Park (East Los Angeles College), 8 am/5K, 8:30 am/10K. Frank Gutierrez, 1301 Brooklin Ave. (East Los Angeles College), Monterey Park 91754. (213) 265-8751.

OCT 28: Uptown Village 5 & 10K. Shittler, 8 am. Whittier Area Jaycees, P.O. Box 4595, Whittier 90607. (213) 975-5431.

OCT 28: Great Pumpkin 1-Mile, 5 & 10K. Westlake Village (Reyes Park), 8:50 am/5K, 9 am/10K. Westlake Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361. (805) 991-3101.

OCT 28: Festival of Lights 3 & 10K. Encino (Woodley Park), 8 am. VBS Run, 15739 Ventura Blvd., Encino 91436. (818) 788-5119.

OCT 28: Goblin Gallop 5 & 10K. Culver City (Fox Hills Mall), 8 am/5K, 8:45 am/10K. Liz Weiner, Culver-Palms YMCA, 4500 Sepulveda, Culver City 90230. (213) 390-3604.

OCT 28: Lucy Killea's 7.8 for the 78th. 7.8K, Pacific Beach (Near San Diego), 7:30 am. Tom Truby, 445 Thorn, San Diego 92103. (619) 299-LUCY, mornings.

OCT 28: The Great Crazy-8 Pumpkin Race. 8K, Mountain View (downtown), time TBA. Great Crazy-8 Pumpkin Race, P.O. Box 366, Mtn. View 94043. (415) 965-8777.

OCT 28: Madera Half-Marathon. Madera (Town & Country Park), 8 am. Bob Owen, 121 Berry Dr., Madera 93637. (209) 673-3089.

OCT 28: Pumpkin Day Benefit 5K. Fairfield (Alan Witt parking lot on Woolner Ave.), 9 am. Lou Encalada, c/o Fairfield High School, 205 E. Atlantic Ave., Fairfield 94533. (707) 422-8672, x68.

OCT 28: Napa Valley "On the Run" 10K. Yountville (Veteran's Home), 8:30 am. "On the Run," P.O. Box 1057, Yountville 94599. (707) 224-1523.

OCT 28: Great Montalvo Griffin Chase. 10K, Saratoga (Villa Montalvo gates), 9:30 am. Great Montalvo Griffin Chase, P.O. Box 158, Saratoga 95071. (408) 867-3421.

OCT 28: Reno Ski Show 10K Race. Reno, Nevada (Univ. of Nevada), 10 am. J.P. Pascal, P.O. Box 6089, Tahoe City 95730. (916) 583-8003.

OCT 28: North Las Vegas Fair Show 2 Mile & 10K. Las Vegas, Nevada (Clark County Comm. College), 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.



Schedule

NOVEMBER

NOV 3: 25-Mile Relay. 5+ person/teams. Santa Ana (Centennial Park), 8 am. Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

NOV 3: U.S. Triathlon Relay Championships. 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), 8:30 am. Bill Fulton, 2658 E. Garvey, West Covina 91791. (818) 331-0169.

NOV 3: Palmdale Hospital Medical Center & Care Unit Run for Shelter 5 & 10K. *Date Change: listed in last issue as Sept. 15.* Starting time changed to 9 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

NOV 3: Sri Chinmoy 12-Hour Race. Only information available (Bay Area). Info: Sundari Michaelian, 2340 - 18th Ave., San Francisco 94116. (415) 751-9057.

NOV 3: Turkey Trot. 10K & 1 mile, Livermore (Almond Ave.), 9 am. Karen Nattrass, 4021 Findlay Ave., Livermore 94550. (415) 443-9421.

NOV 3: Tolyabe Fun Runs. 5 & 10K, Bishop (Millpond Park), 9 am. Irene Mason, c/o Tolyabe Indian Health Project, Inc., P.O. Box 1296, Bishop 93514. (619) 873-8461.

NOV 3: Seal Beach Autumn 10K. Seal Beach (1st St. & Marina Dr.), 8 am. Richard Boyle, American Cancer Society, 4030 Birch St., Suite 101, Newport Beach 92660. (714) 752-8600.

NOV 3: Success Run 8K. Irvine (Mariott Hotel), 8 am. Success Run, 2932 E. Nutwood, P.O. Box 4425, Fullerton 92634. Caroline (714) 380-8627.

NOV 3: Sally Sun Run 10K. Las Vegas, Nevada (Racquet Club, 9001 S. Industrial), 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 4: Stockton Marathon (The Big Valley Classic) & Half Marathon. Stockton, 8 a.m. Fritz Collier, P.O. Box 4405, Stockton 95204.

NOV 4: Santa Barbara Marathon & Half Marathon. SPATAC Marathon Championships. Santa Barbara, 7:30 a.m. John Brenand, SBM, P.O. Box 6616, Santa Barbara 93160.

NOV 4: Golden Empire Marathon. Bakersfield (Pioneer Village), 7:30 a.m. Michael Callagy, P.O. Box 9013, Bakersfield 93389. (805) 325-9474-days, 323-6880-eves.

NOV 4: Loma Linda Lopers Marathon & Half-Marathon. Gentry Gym (Loma Linda Univ.), 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 793-9959, Patricia.

NOV 4: Sports, Health & Fitness Expo 5K. San Mateo (Fairgrounds, Redwood Hall), 8:30 am. Norm Coleman, 509 E. Fourth Ave., San Mateo 94401. (415) 342-4268.

NOV 4: Race Judicata Run for Lawyers & Judges. 5 mile, Berkeley (Aquatic Park), 10 am. Joseph Schieffer, 180 Grand Ave., #1400, Oakland 94612. (415) 834-2200.

NOV 4: Orinda Foot Fest. 10K & 2 mile, Orinda (Miramonte High School), 9 am. Marge Nagle, 27 Silverwood Ct., Orinda 94563. (415) 254-1194, Jack McAboy.

NOV 4: WHEA Fun Run. 2.4 mile & 10K, Fremont (Central Park Lagoon), 8:30 am. Betty Casados, 2102 Godwit Ct., Union City 94587. (415) 489-8261.

NOV 4: Windsor Whale Runs. 3 & 15K, Windsor (Starr School), 9 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

NOV 4: CCPM 10-Mile Waterfront Run. San Francisco (Hyde & Jefferson), 8 am. Waterfront 10, c/o CCPM, 1210 Scott St., San Francisco 94115. (415) 563-3444, x244.

NOV 4: Burlingame 5K. Burlingame (Coyote Point), 8 am. Brock Riddle, 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

NOV 4: Heart of San Diego Marathon & 10K. *(Listed in last issue as Nov. 18 in error)* San Diego (San Diego Stadium), 7 am. Heart of San Diego Marathon, P.O. Box 365, San Diego 92103. (619) 291-7454.

NOV 4: Heart & Sole Classic 10K & 2 Mile. Sonora, 8 am. Sonora Community Hospital, 1 South Forest Rd., Sonora 95370. (209) 532-7181, x85.

NOV 4: ESL Runaway. 1 mile, 5 & 10K, Sunnyvale (Moffett Industrial Park), 8 am/1 mile, 8:30 am/5K, 9:30 am/10K. Patsy Harmon, c/o ESL, P.O. Box 3510, Sunnyvale 94088. (408) 738-2888.

NOV 4: Monterey County Half-Marathon. *No marathon this year.* Salinas (Alisal High School), 9 am. Gold Coast R.C., P.O. Box 3534, Salinas 93912. (408) 424-3533 days, (408) 443-1278 nights.

NOV 4: Circus Circus Marathon & Half-Marathon. Reno, Nevada, 9 am. Marathon, Circus Circus Hotel/Casino, P.O. Box 5880, Reno, NV 89513. Judy Bentley (702) 825-5400. Oct. 27 Deadline.

NOV 4: UCSC Redwood Run. 5 & 10K, Santa Cruz (Univ. of Calif., East Field House), 9 am. Mark McCarroll, UCSC P.E. Dept., Attn: Redwood Run, Santa Cruz 95064. (408) 429-2806.

NOV 4: DSE So. Embarcadero Run. 6.25 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

NOV 4: One Hour Run. Arcata (Humboldt State track?), time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

NOV 4: Estrella River Winery Harvest Run. 10K, Paso Robles (Estrella Vineyards), 10 am. Sarah Gravelle, Estrella River Winery Harvest Run, P.O. Box 96, Paso Robles 93447-0096. (805) 238-6300.

NOV 4: Trudgers 5 & 10K Runs. Playa Del Rey (Vista Del Mar near LAX), 8 am. Bill Grant, c/o Trudgers, 4009 Pacific Coast Hwy, Torrance 90505. (213) 487-5240, days.

NOV 4: Steve Garvey Sports Classic 5 & 10K for M.S. Woodland Hills (Pierce College), 8 am. Jim Ashford/Priscille Sellery, 23020 Ave. San Luis, Woodland Hills 91364. (818) 992-8322.

NOV 4: St. Joseph Medical Center 5/10/15K Runs. Los Angeles (Griffith Park), 8 am. William Clarke, St. Joseph Medical Ctr.,

Buena Vista & Alameda, Burbank 91505. (818) 843-5111, x7373. *Note: Also listed as Dec. 2 in some sources... check with meet director to verify.*

NOV 4: San Marcos 5 & 10K. San Marcos (Woodland Park), 8 am. Larry Thompson, 105 W. Richmar, San Marcos 92069. (619) 744-1875.

NOV 4: Rob's Turkey Run 5-Mile (Predicted Time). Las Vegas, Nevada (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 4: Blue Mountain Die-athlon. Run 12K, Mountain Bike 25K, Colton (Reche Canyon), 8 am. Tony Yaniro, 2211 Cahuilla, Colton 92324. (714) 824-5560.

NOV 10: Fresno Marathon & Half-Marathon. Marathon start at Fresno State University 7 am. Half Marathon start at Alluvial & Van Ness Ave. 8 am. Richard Rozier, 4424 E. Fairmont Ave., Fresno 93726. (209) 222-6808.

NOV 10: Bay to Barkers. 10K, Fremont (Coyote Hills Regional Park, 800 Patterson Ranch Rd.), 9:30 am. Maryanne Robertson, P.O. Box 351, Newark 94560. (415) 796-8267.

NOV 10: Turkey Trot. 2 mile, Pacifica (Terra Nova High School), 9 am. Dave Barry III, 1113 Grand Teton Dr., Pacifica 94044. (415) 875-7381.

NOV 10: Arcata Bottoms Run. 50 mile, Arcata, 8 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435. *Also listed as Nov. 11 in some sources.*

NOV 10: Health Run. 2 mile & 10K, Chula Vista (240 Landis Ave.), 8 am/10K, 8:15 am/2 mile. Dr. Kevin Malone, 240 Landis Ave., Chula Vista 92010. (619) 422-9215.

NOV 10: The Stuntmen's 5 & 10K. North Hollywood (Griffith Park), 8 am/5K, 8:30 am/10K. Tom Morga, Stuntmen's Ass'n, 4810 Whitsett Ave., No. Hollywood 91607. (818) 766-4334.

NOV 10: Celebrate Life 10K. Irvine (Mason Regional Park), 8 am. Melanie Callisto, 202 Fashion Ln., #215, Tustin 92680. (714) 838-2383.

NOV 10: San Felipe Triathlon. Swim 2 mile, Bike 60 mile, Run 13 mile. San Felipe (City Center Boardwalk), noon. Monday International, P.O. Box 99120, San Diego 92109. (619) 275-1384.

NOV 10: Mike Marshal Heart Assoc. 5 & 10K. Montrose, 8 am. Alan Amitin, 2260 Honolulu, Montrose 91020.

NOV 11: A Winters Breeze Marathon. Santa Ana (Centennial Park), 7 a.m. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

NOV 11: Summit Marathon. Los Gatos (high school) to Soquel, 7 a.m. Brad Armstrong, Runner's Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

NOV 11: PA/TAC Cross-Country Championships. 10K, Open Men & Women, Masters Men & Women. Richmond (Pt. Pinole Regional Park - New Course), 10 am. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188. \$2,400.00 in TAC Developmental Prize Money.

NOV 11: DSE Daly City Scenic Run. 10K, Daly City (Colma School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

NOV 11: The Terry Fox Run. 10K, San Francisco (Golden Gate Park, Polo Fields), 9 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 472-RACE.

NOV 11: Eat'n Run 2 & 10K. Santa Clara (Mission College, Great America Pkwy.), 9 am. Jack Steck, P.O. Box 18132, San Jose 95158. (408) 496-6273.

NOV 11: Cup & Saucer Runs. 2 mile & 10K, near Napa (Mt. George Elem. School, 2nd Ave. & Coombsville Rd.), 9 am. Silverado TC, 1267 Walnut, #C-66, Napa 94559.

NOV 11: Breakers & Butterflies 10K. Pacific Grove (High School), 9 am. (Children's 1 mile at 8:30 am), Richard Chamberlin, 712 Sunset, Pacific Grove 93950. (408) 372-2009, eves.

NOV 11: Veteran's Day Half-Marathon. Near Redding (Balls Ferry Park), 10 am. Tonkin Gulf Yacht & Running Club, P.O. Box 442, Bella Vista 96008. (916) 365-9544.

NOV 11: La Ley 10K "Run for Liberty." Los Angeles (Police Academy), 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91356. (818) 888-5526.

NOV 11: Minnie Riperton Cancer Action 5 & 10K Runs. Los Angeles (LA Coliseum), 8 am. Beulah Anderson, American Cancer Society, 601 S. Ardmore Ave., Los Angeles 90005. (213) 386-6102.

NOV 11: Mission Inn 5 & 10K. Riverside (Raincross Square), 8 am/5K, 8:30 am/10K. Katie Girsby, Mission Inn Foundation, 3649 Seventh St., Riverside 92501. (714) 781-8241.

NOV 11: San Pasqual Vineyards 2 Mile & 10K. Escondido (San Pasqual Vineyards), 8 am. Nicki Hobson, San Pasqual Vineyards, 12991 Caminito Bodega, Del Mar 92014. (619) 455-2967.

NOV 12: Veteran's Day Race. 5 & 10K, Porterville (Olive Ave. & Third St.), 8 am. Dr. Allen Nelson, 900 So. Main St., Porterville 93257. (209) 781-3130, x284.

NOV 17: Thanksgiving Fun Run. 4.5 mile, So. San Francisco (Orange Memorial Park), 9 am. Richard Janal, So. San Francisco Parks & Rec. Dept., P.O. Box 711, So. San Francisco 94080. (415) 877-8560.

NOV 17: Challenge Cup 50. PA/TAC Championships. 50 miles, San Francisco (Golden Gate Park, Polo Fields), 6:11 am (Men), 7:40 am (Women). Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

NOV 17: 25th Anniversary 5/10K. Sacramento (American River Parkway bike trail), time TBA. Dept. of Parks & Rec., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2066.

NOV 17: Turkey Trot. 2 mile & 10K, Turlock, 9 am. Darryl Crow, 2100 Geer Rd., Suite H, Turlock 95380. (209) 667-9224.

NOV 17: Clarksburg Mini-Classic (5 Mile) and the Clarksburg Classic (20 Mile). Clarksburg, 10:45 am/5 mile, 11 am/20 mile. George Parrott, c/o Second Sole, 3432 El Camino Ave., Sacramento 95821. (916) 972-7537.

NOV 17: Turkey Run for Heart. 10K, Santa Rosa (Spring Lake swimming lagoon), 9 am. American Heart Assoc., P.O. Box 844, Santa Rosa 95402. (707) 542-1992.

NOV 17: HSU Turkey Trot. Distance TBA, Arcata (Humboldt State Univ.), time TBA. Athletic Dept. (Track Coach), Humboldt State Univ., Arcata 95521.

NOV 17: Antelope Valley Symphony Orchestra Turkey Trot 5 & 10K. Lancaster. **CANCELLED.**

NOV 17: Lions Run 2 & 10K. San Jacinto, 8 am. San Jacinto Breakfast Lions Club, 401 Brinton, San Jacinto 92383. Attn: Ben Stuart - (714) 528-6601.

NOV 17: 15 & 30K Fun Runs. Los Angeles (Griffith Park), 8 am. CRRS, P.O. Box 891, Tarzana 91356. (818) 888-5526.

NOV 17: SPA/TAC 15K Championships & 10K Turkey Trot. Pico Rivera (Smith Park), 8:30 am/10K, 9:15 am/15K. Ralph Aranda, City of Pico Rivera, P.O. Box 1016, Pico Rivera 90660. (213) 942-2000, x263.

NOV 17: Ladera Heights Civic Assoc. Expo Faire 1 & 5K. Ladera Heights (Frank Parent Elementary School), 8 am/5K, 9 am/1K. Rev. Frank Ramirez, c/o Ladera Church of the Brethren, 5505 Slauson Ave., Los Angeles 90056. (213) 645-2878.

NOV 17: Peninsula Turkey Trot 1, 2 1/2 & 5 Mile. San Diego (Shelter Island Fishing Pier), 8:30 am. Sam Werstbacher, Peninsula YMCA, 4390 Valeta St., San Diego 92107. (619) 226-8888.

NOV 17: Turkey Trot 5 & 10K. Santa Ana, 8 am. CRRS, Box 891, Tarzana 91356. (818) 888-5526.

NOV 17: Foxtrot 8K. San Diego (So. of Hilton), time TBA. No contact known.

NOV 18: Heart of San Diego Marathon. Coronado, time TBA. Heart of San Diego Marathon, P.O. Box 365, San Diego 92103. (619) 291-7454.

NOV 18: TAC National Sr. Men's and Masters Men's & Women's 50 Mile Championships. Buffalo, New York, time TBA. David Broad, Dept. of Athletics, SUNY-Buffalo, 1300 Elmwood Ave., Buffalo, NY 14222. (716) 878-6533.

NOV 18: Lasse Viren Invitational 20K. Pt. Magu State Park, time TBA (42:00 qualifying time/10K). Eino, 32926 Mulholland Hwy., Malibu 90265. (818) 889-0800.

NOV 18: DSE Bay to Breakers Revisited. 7.46 mile, San Francisco (Howard & Spear Sts.), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

NOV 18: Brisbane Marina Run. 5K, Brisbane (Sierra Point Pkwy.), 9 am. Larry Mazzuca, 44 Visitacion Ave., Brisbane 94005. (415) 467-6330.

NOV 18: Turkey Trot. 8.1 mile, Orinda (Brines Regional Park, Bear Creek Entrance), 9:30 am. Dave Peters, Pleasant Hill Rec. & Park District, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

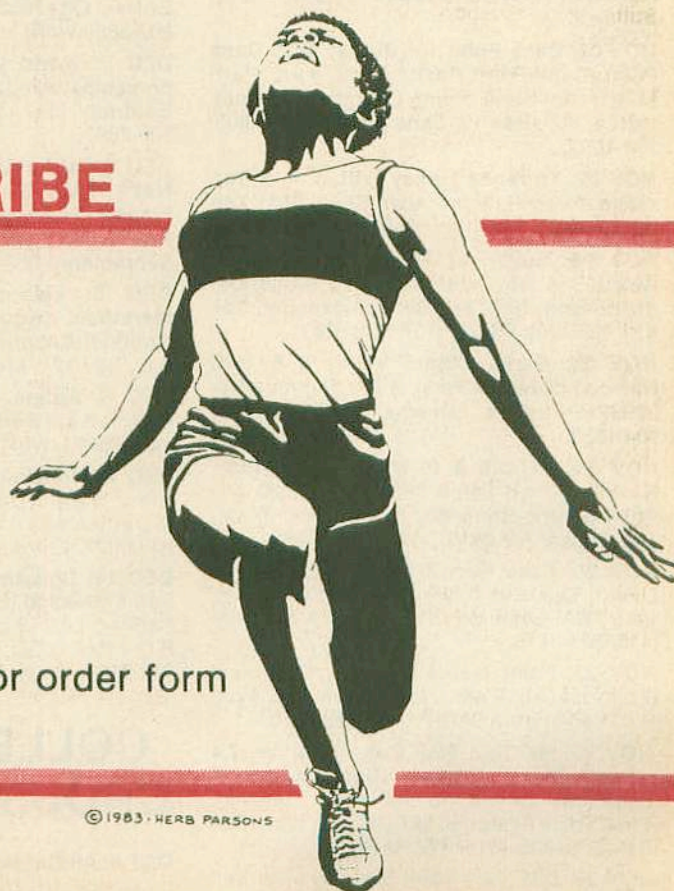
NOV 18: Palo Alto Area YMCA's Turkey Trot. Approx. 5 miles (estimated time race), Palo Alto (YMCA Fitness Center, 755 Page Mill Rd.), 8 am. Genita Kovacovich-Costello, YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

NOV 18: Merced T.C. Turkey Trot. 10K, Merced, Merced Track Club, P.O. Box 3105, Merced 95344. (209) 723-6579.

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Schedule

NOV 18: South Bay 10K. Hermosa Beach, 7:30 am. Association for Retarded Citizens, 16921 S. Western Ave., Gardena 90247. (213) 546-5559, Ken-Second Sole.

NOV 18: McDonald's 8K & 2 Mile. San Diego (Mission Bay), 7:30 am. Chuck Pennell, 2115 Craig St., Lemon Grove 92045. (619) 460-3110.

NOV 18: Bonelli Park 5 & 10K Classic. San Dimas (Bonelli Park, Raging Waters), 8:30 am. The Complete Runner, 3658 E. Garvey, West Covina 91791. (818) 331-0169.

NOV 18: CRI Long Beach Half-Marathon and 3 Mile Fun Run. Long Beach (Shoreline Village), 7 am. Dereke Clements, c/o CRI, 1500 E. Anaheim St., Long Beach 90813. (213) 591-0539.

NOV 18: Palo Verde Alpine 10K & 2 Mile. *Tentative Date.* Alpine, 8:30 am. Toni Deal, Breaking Forty, 3381 Yucca Ave., San Diego 92117. (619) 273-5156.

NOV 18: Tram Road Challenge. 6K (2000 Ft. Elevation gain!), Palm Springs, 8 am. The Tram Road Challenge, P.O. Box 638, Morongo Valley 92256. (619) 363-7829, Gene Rotstein.

NOV 18: National TAC Sr. Men's & Women's 30K Championships. Coral Springs, Florida, time TBA. TAC/USA, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

NOV 18: Special Olympics Turkey Trot 10K/2 Mile. Las Vegas, Nevada (Fashion Show Mall), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 22: Dana Point 10K Turkey Trot. Dana Point (Cana Point Health Club), 9 am. Patti Short, c/o Dana Point Chamber of Commerce, P.O. Box 12, Dana Point 92629. (805) 254-1833.

NOV 22: Torrance Turkey Trot. 3 mile, Torrance (Airport), 8 am. Allen Shall, 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

NOV 24: Sugarloaf Ridge Cross-Country Runs. 5 & 8K, near Kenwood (Sugarloaf State Park), 10:30 am. Butch Alexander, Box 632, Sonoma 95476. (707) 938-8263.

NOV 24: Santa Clarita Valley 5 & 10K. Newhall (Newhall Park), 9 am. Runners Up, 22932 1/2 Lyons, Newhall 91321. (805) 254-1833.

NOV 24: LVTC 5 & 10 Mile. Tule Springs, Nevada (Floyd Lamb State Park), 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 25: Lake Merritt Blind Duck Relays. (3x5K), Oakland (Lake Merritt Boathouse), time TBA. Lake Merritt Joggers & Striders: (415) 834-3110.

NOV 25: Point Isabel Run. 5K, Richmond (Point Isabel), 9 am. Jack Browne, 35 Avon Rd., Kensington 94707. (415) 526-8533.

NOV 25: Mt. Tam Trail Run. *Tentative.* 7.4 miles, Marin County (Bon Tempe & Lagunitas Lakes), 10 am. Kees Tuinzing, Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 472-RACE.

NOV 25: DSE Fort Point Run. 4.0 mile, San Francisco (Little Marina Green, Marina

Blvd.), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

NOV 25: Bell thru the Bunker 5-Mile Run. San Pedro, 8 am. Darlene Galindo, 1670 Palos Verdes Dr. North, Harbor City 90710. (213) 548-7676.

NOV 25: Orange Flyers 2 & 5 Mile and Half Marathon. Villa Park (Villa Park High School), 8 am. Bill Holt, 2733 Villa Vista Way, Orange 92667. (714) 774-3959 or 637-1588.

NOV 25: Westlake Village 20K. Westlake Village (Elementary School), 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.):

DEC 1: World Veterans 10K Championships. San Diego, 10 am. Bill Stock, 7160 Baldrich St., San Diego 92041. (619) 286-7867.

DEC 1: Fiesta Bowl Marathon. Scottsdale, Arizona, time TBA. Jerry Heetland, P.O. Box 1032, Scottsdale, AZ 85252. (602) 949-1476.

DEC 2: Beverly Hills Perrier 10K. Beverly Hills, 9 am. Beverly Hills Recreation & Parks Dept., 450 N. Crescent Dr., Beverly Hills 90210. (213) 550-4816.

DEC 2: Western Hemisphere Marathon. Culver City, time TBA. Jack Nakanishi, Recreation Dept., 4117 Overland Ave., Culver City 90230. (213) 836-0738 home, 202-5689 work.

DEC 2: World Veterans Marathon Championships. San Diego, 7 am. Bill Stock, 7160 Baldrich St., San Diego 92041. (619) 286-7867.

DEC 2: California International Marathon & Nat'l TAC Sr. Men's Championships. Folsom Dam to Sacramento (Capitol Bldg.), 7 am. 5000 limit. CIM, P.O. Box 161149, Sacramento 95816. (916) 966-6185.

DEC 8: Livermore Marathon & Half-Marathon. Livermore (Lawrence Livermore National Laboratory), 9 am. Tri-Valley RC, P.O. Box 121, Livermore 94550.

DEC 8: Arcata to Willow Creek Run. 40 miles?, 8 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

DEC 9: Honolulu Marathon. Honolulu, HI, time TBA. David Benson, Honolulu Marathon Ass'n., P.O. Box 27244, Honolulu, HI 96827. *Entries Close Early.*

DEC 16: Christmas Relays. 5x4.464 miles, San Francisco (Lake Merced, Sunset Circle Parking Lot), 9 am. Christmas Relays, c/o P.O. Box 652, Burlingame 94010. (415) 342-3107, Karen.

COLLEGE/OPEN CROSS COUNTRY

OCT 6: All Cal Meet. UC Davis. Cross Country Coach, UC Davis, Davis 95616.

OCT 6: Stanford Invitational. Palo Alto, 10 am. Cross Country Coach, Stanford University, Stanford 94305.

OCT 6: Roadrunner Invitational. Cal State Bakersfield. Bob Coons, Cross Country Coach, Cal State Bakersfield, 9001 Stockdale Highway, Bakersfield 93311. (805) 833-2200.

OCT 13: Aggie Invitational. UC Davis. Cross Country Coach, UC Davis, Davis 95616.

OCT 13: Biola Invitational. La Mirada. Cross Country Coach, Biola University, 13800 Biola Ave., La Mirada 90639.

OCT 13: Cal Nike Invitational. 5,000m women, 5 miles men. Albany, 11 am. Tony Sandoval, 177 Heast Gym, Univ. of California, Berkeley 94720. (415) 642-9447.

OCT 13: UCSB Collegiate/Club Open. UC Santa Barbara. Jim Triplett (805) 961-3746.

OCT 20: So. Calif. Roadrunner Invitational. Cal State San Bernardino. Ray Gomez (213) 338-2288.

OCT 20: Cal Poly-SLO Invitational. Lance Harter, Cal-Poly SLO, San Luis Obispo 93407. (805) 546-1130.

OCT 20: Univ. of Arizona Invitational. Tucson, Arizona. Cross Country Coach, University of Arizona, Tucson, AZ 85721.

OCT 20: Cal Poly-Pomona Invitational. Bonelli Park, Pomona, 9 am. Jim Sackett, Cross Country Coach, Cal Poly Pomona, 3801 W. Temple Ave., Pomona 91768.

OCT 20: Santa Clara Invitational. Cross Country Coach, University of Santa Clara, Santa Clara 95053.

OCT 20: Gator Distance Classic. San Francisco State (Cox Stadium), 9 am. On the track. Matt Vukicevich (415) 469-1561.

OCT 21: SPA/TAC 5K District Championships. Valencia (College of the Canyons). Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-6017.

OCT 25: NCAC Championships. CSU Sonoma, 11 am. Cross Country Coach, Sonoma State University, 1801 East Cotati Ave., Rohnert Park 94928.

OCT 27: Green & Gold Invitational. Cal Poly-Pomona. John Turek (714) 598-4611.

OCT 27: PCAA Championships. U.C. Santa Barbara, 11 am. Cross Country Coach, UCSB, Santa Barbara 93106.

OCT 27: NorPac Championships. Woodward Park, Fresno, 11 am. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740.

OCT 28: Orange County Blue Angels Invitational. Central Park, Huntington Beach. Daiva Jusionis (714) 892-2789.

NOV 3: St. Mary's Invitational. Moraga.

NOV 3: NCAA Div. 2 West Regional. U.C. Riverside. Cross Country Coach, U.C. Riverside, Riverside 92521.

NOV 3: N.A.I.A. District III Championships. La Mirada, 10 am. Cross Country Coach, Biola College, 13800 Biola Ave., La Mirada 90639.

NOV 4: Anaheim Harriers Invitational. Eisenhower Park, Orange. Judy Looney (714) 998-5119.

Continued on next page...

Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

So. California Striders

8306 Wilshire Blvd., Suite 316, Beverly Hills 90211

John D. Roehr has been selected to the All Army Track & Field Team for the 5th time. Some of his accomplishments this year are: On July 14, at the Southeastern Track Classic, Greenville, S.C., John set a new American record (age 36) for the Weight Pentathlon, accumulating 3,256 points. At the Sacramento Relays, on April 28, he won the hammer throw with a toss of 150-7. He won both the discus and shot put at the Kiwanis Masters Meet on May 12th, throwing the discus 142-10 and the shot put 52-9.

At the August 19th Masters National Championships in Eugene, Oregon Chestine Barnes got off on the right foot enough times to capture three gold medals, winning the 100, 200 and 400 meters. This was Chestine's first appearance at the Nationals.

Other gold medal performances by Striders at Nationals included: Maxine Waters in the 10,000, setting a PR along the way; Marilyn White shot put; Nolan Smith 800 and 1500; Lloyd Higgins javelin and discus; Denis DeWitt 110HH; Bill Fitzgerald 1500; Avery Bryant steeplechase; Tony Castro 200; Mike Castaneda shot put; the quartet of Tom Sturak, Walt Atcheson, Bill Fitzgerald and Jerry Withers ran the 50-59 two mile relay, and, for the third year in a row, are national champions.

Seniors Track Club

3372 Daihart Ave., Simi Valley 93063

The black and gold had a banner turnout at the SPATAC 10K with 27 members competing. The over 40 women and over 60 men were victorious. Helen Dick jogged through the race on her 60th birthday to set an American Record for the event.

Kudos to Judy Milkie and Hal Winton for their fine performances at the Western States 100 Mile Endurance Run. Judy beat three-time winner, and women's course record holder, Bjorg Austerheim-Smith by 20 minutes. Judy's performance is all the more impressive because Bjorg's paces (they're allowed for a long distance near the end of the race) have been reported to really be pushers. For the second year in a row very reliable witnesses have reported that two burly guys get on each side of Bjorg and practically carry her up the steep hills. Pacers should be eliminated from this race. Hal Winton was the second 50+ male to finish this year. Hal ran 20+ hours in his first try.

STC'er Brian Pritchard is the fifth consecutive club member to be men's SPATAC Long Distance Running Committee Chairman. He was preceded by current and former STCers Chuck Lichter, Tom Cory, John Duhig, and Steve Broten.

Club Hack

3101 Queensbury Dr., Los Angeles 90064

With the Olympics the center of attention, August was a slow month for the Hacks. "Head" Performance of the Month, however, goes to Richard Griefinger for his 9th place finish in the Santa Monica 1/2-Marathon on a humid Southern California day. The previous weekend was another Hack road trip to the Bay Area for the San Francisco Marathon. The first Hack across the finish line was Dave "Voodoo" O'Brian finishing in 2:36. Others making the trip up were Bruce Thomson, Wayne Matsumura (2:40 first ever marathon), Clyde Matsumura, and Lee Berg.

September marks the start of cross country season, most notably the UCLA and Aztec Invitational, once again giving the club a chance to get together as a team for races. The Hacks hope to make the latter race another great weekend road trip to San Diego. Leading performance of the month so far, pending results from cross country, was Dave O'Brian's Voodoo analysis of one Thursday track workout. Also, September marks the start of Rick "Return of the High School Hack" Tanner's senior season at Hamilton High School. Go for that track scholarship, Rick!

Modesto Footrace Association

3617 Rexford Dr., Modesto 95356

"Although New York will be the Marathon Capital of the world on Sunday, Oct. 28, Modesto is expected to be the 10K Capital of the Western United States on that same date with the running of the Modesto 10K Footrace and RRCA Cal State and Western Regional 10K Championships. A 2 mile fun run will also be held with bountiful and exceptional prizes for all types of runners. Although the elite runners will be competing for cash and publicity in being crowned the Western Region 10K Champion, all runners can take aim on this exceptional flat, fast, scenic, and nationally certified 10K course. There will be special prizes for the youngest and oldest pre-registered runners in each race, and every hundredth finisher will receive a Nike sportstravel running/equipment bag. Divisional prizes will include an Accusplit sportswatch for 1st place winner, Nike windrunner jackets for 2nd place finishers, and Nike Pro Travel Bags for third place finishers, as well as special commemorative RRCA plaques for all divisional place finishers. T-shirt and refreshments for all and each race will be separately videotaped. A running clinic and dinner is scheduled for Sat., Oct. 27, at the Holiday Inn with featured guest celebrity speaker Len Wallach.

This race was selected as one of the top 100 in California last year by Runner's World. Net proceeds will benefit Cystic Fibrosis, the No. 1 genetic killer of children.

California Road Runners

P.O. Box 891, Tarzana 91356

The California Road Runners Club is a Los Angeles based distance running club, whose members compete in every event from one mile on the track to the marathon on the roads. Membership is open to all ages and abilities.

Dues are \$4.00 per year and pay for themselves in a short time! Club members receive: 30% discount on items at the Converse Store in Westwood Village, Club racing singlets and shorts at cost, club t-shirts at cost, 15% off on any courses at the Michel Thomas Language Center, help with travel arrangements at Travel Creations, low cost group trips to select events worldwide, our bi-monthly newspaper, race schedule and results, a membership card, discount entry fees in our races of varied distances at Griffith Park, training sessions at various sites, and fun runs.

The club and the Converse Shoe Company sponsor a special "Elite Division" that includes top area runners Carlos Godoy (2:12 marathon PR), Cleveland Whalen (30 min 10K and 4:06 mile), Anton Gonzales (2:28 marathon), Jim Scott (3:46 1500m, 29:52 10K), Judy Orach (35 min 10K), Terry Goodreau (35 min 10K), Mike Mahler (Masters Div. 2:21 marathon), Jim Masterson (31:30 10K), and Mike Zimmerman (Ultramarathoner, winner of the LA to San Francisco 18 Day Race).

Elite runners receive many club benefits and support, awarded strictly on merit.

Empire Runners

P.O. Box 1627, Santa Rosa 95402

On a day where the weather varied as much as the different sights and smells of San Francisco, the 8th annual San Francisco Marathon took off. And seemingly without a hitch. (Which translates to mean that this year at least, the porta-potties were delivered to the starting area) The 10,000+ runners were treated to considerable crowd support along the course, along with entertainment ranging from Indian dancing to chamber music atop a flat bed truck.

All in all, a lovely way to spend a Sunday morning in The City. Empire Runners were well represented, and their reactions to the race ranged from "just great," to "it made camping look like fun!" Among the local faces were: Harold Nordvold, Dave Groves, Bob Buckendahl, Richard Frampton, John Anderson, Bill Krumbeln, Shirley Segar, Mike DeMartini, Emmet Band, The Marathon Moms, Bob French, John DeVries, Jeannie French and an on-the-mend Ken Silveria, Joan Ballard, Dennis Doris, Ernst Bohn, Tim McClish, Julie Springer, Don Madronich, and of course the awesome Jim Bowers.

Now we all are looking forward to next year's race—the up and coming West Coast version of Grand Prix marathons.

NOV 10: NCAA Div. I Region 8. Univ. of Arizona, Tucson, 11 am. Cross Country Coach, University of Arizona, Tucson, AZ 85721.

NOV 11: PATAC Cross Country Championships. 10K, Richmond (Pt. Pinole Regional Park), 10 am. Steve Justice (415) 222-0188.

NOV 11: California State TAC Championships. Cupertino. Jim Hume (415) 873-9519.

NOV 17: SPATAC Jr. & Sr. Championships. Saddleback College, Mission Viejo. Vernon Smith (714) 951-7669.

NOV 17: N.A.I.A. National Championships. Kenosha, Wisconsin.

NOV 17: NCAA Div. 2 National Championships. Mississippi College.

NOV 19: NCAA Div. I National Championships. Lehigh University, Bethlehem, Pennsylvania. Cross Country Coach, Lehigh University, Bethlehem, PA 18015.

NOV 24: TAC Jr./Sr. Men & Women Cross Country National Championships. Boston, MA. John McGrath, 12 Simpson Terrace, Newtonville, MA 02160. (617) 969-4482.

Eino's Notebook

This is the month to talk about more than one thing. The greatest track and field sports show has come and gone. There were some major disappointments and major triumphs. It made me feel proud to be a Californian. For me, it was very disappointing that only Joan Benoit came through in all the races from the 1500 on up. She had a great run! More than anything, I still believe that there should be a trials system, but maybe in a series of three to five races. Through total points you'd get named to the team. Naturally in the marathon you'd have just one race, at a minimum of six months in advance of the Olympics. I feel that one of the problems nowadays (and those individuals know who I'm talking about) is that once you've made the team you shouldn't be allowed to run in road races and try to regain the capital you probably expended to make the team! It made me feel like a fool when some of our long distance runners didn't even make the qualifying time in their first heat. They were burned out from road racing. How I would have loved to see an American in the 5,000 or 10,000 meter final -- and at least get a

medal! But maybe that one also must be left for our American women to win at Seoul, South Korea. Definitely part of the blame must be put on the service organizations and the coaching. It's time to start planning right now, especially since track and field has gathered more interest in the U.S. Thank you to all those athletes who tried so hard and didn't place in the top, but did their best.

Personally, the biggest disappointment in the Games was when silver medallist Martti Vainio's medal was torn off his chest. He's been a long-time friend of mine. I've travelled around the world with him. And I can't see one viable reason why he'd have knowingly taken any steroid, since it doesn't help long distance running, and since he knows well the consequences of such an action. Ironically, he even stopped drinking coffee before the Olympics. In Finland, the Athletic Union officials are trying to find out what really happened. I support testing in any major event, including the New York and Chicago Marathons, but at the same time I feel we need more worldwide research to provide guidance for the individual athletes. Later on I'll let you know

what the Finnish Athletic Union decided.

I recently observed the San Francisco Marathon. I'd like to congratulate the organizers. California is finally starting to get some competitive, quality marathons: San Francisco, Sacramento and Long Beach. Now if we could just get major sponsors, like New York and Chicago. I feel we have the kind of expertise that's needed to have one of the world's classics.

Now the good news: the SPA-TAC has talked me into hosting the Lasse Viren Finnish Invitational for the seventh time. The race honors Alberto Salazar. Lasse Viren has asked me to bring him to the race. The only thing I still need is to find some money somewhere to pay his airfare. This year I'll make a special exception. As long as you can prove a certified 10K time of under 50 minutes, you can enter this spectacular event. But remember, only the first 500 will be accepted. If you want more information, send me a SASE: (32926 Mulholland Hwy., Malibu, CA 90265) Please, no phone calls. In next month's issue you'll find an entrance form. Housing will be available for the top qualifiers. The race will take place on November 18.

Porterville Veteran's Day

5,000 METER & 10,000 METER ROAD RACES

NOVEMBER 12, 1984 (Monday) • 8:00 a.m.

Starts at the Corner of Olive & Second Streets (Downtown)

REGISTRATION: 7:00 a.m. — 7:45 a.m.

ENTRY FEE: \$5.00

DIVISIONS: Junior (12 & under), 13-18, 19-29
30-39, 40-49, 50 plus

AWARDS: First Three Places in All Divisions
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T-shirts will be available at \$3.00 each.

RETURN ENTRY TO: Dr. Allen E. Nelson
Porterville College
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Entry Form

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Signature in Full _____ Signature of Parent if under 18 years old _____

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

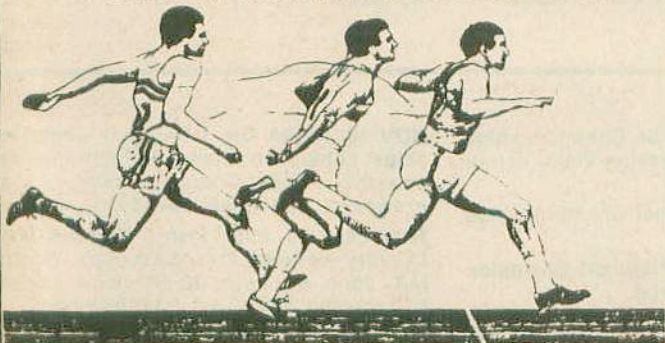
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Male	Female				
12 & under	13-18	19-29	30-39	40-49	50 +

Race: 5000 Meters 10,000 Meters

Shirt Size: small medium large extra large

Make checks payable to Porterville College Athletic Fund



Athlete's Kitchen

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

Breakfast of Champions

Dear ol' Mom was right again when she insisted that you eat breakfast - "the most important meal of the day." Nevertheless, the typical American breakfast is NO breakfast ... "I'm on a diet." "I don't have time." "I'm not hungry in the morning." If these are your excuses for skipping breakfast, they're poor excuses. Breakfast skippers lose out because this morning meal:

- ✓ Gives you "go power" to get you energized for the whole day.

- ✓ Puts a "tiger in your tank" and provides the fuel you'll burn off during your lunchtime workout or afternoon training session.

- ✓ Reduces the incidence of mid-morning donut raids and vending machine madness.

- ✓ Aids weight loss by eliminating your ability to rationalize eating the whole bag of oreos since "I didn't have breakfast so I deserve these ..."

OK ... so breakfast is important to start the day off with a snap, crackle and pop. But what really is the "Breakfast of Champions" for sports-active people? As a nutritionist, I rate cereal at the top of my breakfast "Good List." Cereal is:

- ✓ Quick and easy. You can easily pour a bowlful in a minute - with no cooking or messy clean-up.

- ✓ Convenient. You can stock your cupboard with two or three boxes ... and they'll be there ready and waiting for the morning rush.

- ✓ Portable. You can file away a box in your desk drawer. Simply buy a half-pint of milk on your way to work, and you can have breakfast at the office.

- ✓ Carbohydrate-rich, the best source of energy for your muscles.

- ✓ Fiber rich, when you select bran-type cereals.

- ✓ Iron-rich, when you select "fortified" and "enriched" brands.

- ✓ Calcium-rich, when you eat them with milk or yogurt.

- ✓ Low in calories, when compared to other breakfast foods, such as bacon'n eggs.

- ✓ Low in fat and cholesterol, especially when served with low-fat milk.

- ✓ Versatile. You can mix 'n match brands and concoct endless flavors and varieties.

To help you choose the best for your breakfast, here are some tips on cereal selection:

1. Choose iron-enriched cereals, to help reduce your risk of becoming anemic. Cereal is a heart-healthy alternative to iron-rich red meat. The majority of cereals have iron added to them. You can tell by

seeing "enriched" or "fortified" on the label. MOST, Total, Bran Flakes, Cheerios and Wheat Chex are just a few examples. Be aware that the "all natural" types with no additives (hence no iron added) such as granola, shredded wheat, nutri-grain, puffed rice and grape-nuts, provide insignificant amounts of iron.

2. Bran cereals are one of the best sources of fiber and will help to promote normal bowel movements. Bran has significantly more fiber than fruits and vegetables. Fiber-rich choices include All-Bran, Bran Flakes, MOST and Corn Bran. Low fiber choices include corn flakes, rice chex, and many of the granola cereals.

3. The minimally processed cereals (Wheat Chex, Fruit 'n Fiber, MOST) may have a little sugar added to them, but the amount is relatively insignificant when compared to the amount of sugar in orange juice, cookies or ice cream. The perhaps 20 sugar-calories in a serving of Bran Flakes becomes over-powered by the more important vitamins, iron and fiber.

For a list of the nutritional value of commonly eaten cereals, send a SASE to Nancy Clark, 830 Boylston St., Brookline, MA 02167, c/o Sports Medicine Resource, Inc.

SoCal Diary

By BILL MINARIK

PAC 10: Baring injuries, this should be a 3-way race between UCLA, Oregon and Arizona. I give the Ducks the edge here based on team depth.

- | | |
|------------------|------------------|
| 1 Oregon | 6 Cal |
| 2 UCLA | 7 Oregon State |
| 3 Arizona | 8 Washington |
| 4 Stanford | 9 USC |
| 5 Washington St. | 10 Arizona State |

PCAA: Both UC Irvine and Fresno State appear to have good front line strength, however, I'm going with FSU now that UCI is without superstar Mark Ruelas.

- | | |
|------------------|------------------|
| 1 Fresno State | 5 Utah State |
| 2 UC Irvine | 6 UCSB |
| 3 CS Long Beach | 7 New Mexico St. |
| 4 San Jose State | 8 CS Fullerton |

CCAA: With NCAA champ Cal Poly Pomona hard hit by graduation, it looks like a 3-way race between CPP, CPSLO and UC Riverside.

- | | |
|-------------------|------------------|
| 1 Cal Poly SLO | 5 CS Los Angeles |
| 2 UC Riverside | 6 CS Dominguez |
| 3 Cal Poly Pomona | 7 Chapman |
| 4 CS Northridge | |

SCIAC: As usual, it will come down to a battle between Pomona-Pitzer and Oxy here and I'll go with last year's champ Oxy in a close finish.

- | | |
|-----------------|------------|
| 1 Occidental | 5 Cal Tech |
| 2 Pomona-Pitzer | 6 Whittier |
| 3 Redlands | 7 La Verne |
| 4 Claremont | |

NAIA Dist. III: It appears Point Loma's depth will prevail over Azusa-Pacific's front line strength this year.

- | | |
|-----------------|------------|
| 1 Point Loma | 4 Westmont |
| 2 Azusa-Pacific | 5 Biola |
| 3 Cal Lutheran | |

Community College Men: It should come down to a battle between El Camino and Grossmont again with GCC appearing to have the edge this year. Traditional powers Long Beach, Glendale, and Hancock should round out the top five.

- | | |
|--------------|------------|
| 1 Grossmont | 4 Hancock |
| 2 El Camino | 5 Glendale |
| 3 Long Beach | |

Community College Women: East L.A. should add depth this year to go along with their front line strength and edge out Mira Costa as No. One.

- | | |
|--------------|---------------|
| 1 East L.A. | 4 Ventura |
| 2 Mira Costa | 5 Golden West |
| 3 Mt. SAC | |

Medical Notes for Runners

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



The Plica Syndrome A New Cause of Knee Pain in the Athlete

There are three basic anatomical plicas of the knee. These plicas are full of loose fatty tissue underneath the knee cap. Technically, they are called synovial folds in the lining of the knee. The synovium is the tissue that lines the joints. There is a suprapatellar plica, which is the pouch of tissue underneath the knee cap at the top of the knee cap. There is the medial peripatellar plica, which is also called the shelf, and this is the plica or fold at the inner aspect of the knee. There is also the infrapatellar plica, more commonly called the ligamentum mucosa, which is at the bottom of the knee cap.

The plica may be normal anatomical structures in a majority of the population. It is estimated that sixty percent of the population have medial plica synovialis.

A plica may become symptomatic when it is subjected to stress over and over again. Thus, this loose fatty tissue under the knee cap becomes hard and tough, like gristle. You can imagine taking some fat and pounding it with a hammer. Before long, it would become firm scar tissue or gristle. At times, these plica become so firm that they actually can erode some of the cartilage away from the under surface of the knee cap or from the joint surface of the femur bone.

The most common symptomatic plica is the medial peripatellar. This means that the most common area for pain with a plica is underneath the knee cap at the medial or inner aspect. The orthopedist with our group and myself have also seen symptomatic suprapatellar plicas and, in fact, infrapatellar and lateral plicas, lateral being the outside aspect of the knee cap.

Oftentimes the pain present with a plica is point specific, meaning that it hurts at one spot, and you can palpate this spot with your finger when you are examining an athlete. At other times, there is more diffuse peripatellar pain.

I've had several patients who have had plica syndrome, who note that the onset is when they are driving a car. They have stiffness and pain under the knee cap whenever the knee is bent and, of course, this is the position that you are in when you are driving. Sooner or later, the pain that one gets after running becomes pain at the beginning and even during running. With all overuse injuries, oftentimes, if one cuts running down in regard to mileage and time, the symptoms abate.

We have had patients who have had

acute pain at the medial or inner aspect of the knee cap and have been able to lift the knee cap up with our examining fingers and palpate a tough band of tissue that causes point tenderness. At the time of surgery, it was found that this tight medial plica was actually causing erosion with a groove at the medial or inner aspect of the patella or knee cap.

The symptoms associated with plica syndrome are often identical to those which are termed patellar compression syndrome. This is an early phase of pain underneath the knee cap where there is not true damage to the cartilage as would be seen in chondromalacia where, indeed, there is true damage.

The symptoms of plica are that of pain in the morning with stiffness underneath the knee cap and pain with bending of the knee. There is often pain at the start of any competition. There can be snapping and a "clunking" as a common complaint. The patients that I have seen have usually had pain under the knee cap for a considerable period of time and have tried different shoes, orthotics, different training methods, various forms of pills, and may have even had an injection. None of this has given lasting results.

Often the patients have had previous overuse injuries, which cause them to run differently and then cause the plica to become symptomatic. The injury or stress probably starts as a process of slow scar tissue formation - fibrosis. This causes the previously loose pliable soft band to become firmer, and the band snaps across the cartilage surfaces between the knee cap and the femur. This causes even more scar tissue. The band thus becomes thicker and causes degeneration of the cartilage surfaces, which can cause real pain with flexion of the knee or running.

Physical examination reveals point tenderness at the inner aspect of the knee cap above the joint line of the knee. This is called the O'Connor sign.

There may also be pain associated with the suprapatellar plica. This is pain at the top of the knee cap and is a relatively new entity. Just last week, however, we operated on a patient who had the suprapatellar plica syndrome and complained of pain for five months underneath the upper aspect of the knee cap that did not go away with conservative therapy, utilizing orthotics, physical therapy,

changes in the training regimen, and oral anti-inflammatory medications. At the time of arthroscopic surgery, a large plica was found, and it was resected. Of course, we have been doing these for several years, and the results have been quite good.

We have also had patients who have had plica syndrome with pain at the bottom of the knee cap and even pain at the outside, or lateral aspect, of the knee cap.

Conservative treatment for plica consists of strengthening the quadriceps, preventing malalignment or maltracking of the patella with orthotics if there is a foot imbalance that is causing a knee imbalance, and utilization of the various forms of physical therapy to decrease inflammation and increase strength of the muscles that support the knee cap - the quadriceps. Triple training, utilizing biking, swimming, and reduced running, help greatly. X-rays are taken to make sure there is nothing specifically wrong with the anatomy of the knee cap that would predispose to plica syndrome or malalignment of the knee itself. In the event that this conservative treatment fails, then an arthroscopic examination and surgical procedure is carried out by our orthopedist. When this procedure is done, a small scope is placed through a puncture hole underneath the knee cap, and this whole area is examined. A TV camera is attached to the scope, and a picture of the knee, which is magnified 30 times, is seen on a TV set in the operating room. With this manner, any folds or plica that are present and found to be pathological can be snipped and removed with arthroscopic instrumentation without making an incision or large approach to the knee itself. This allows for rapid rehabilitation and recovery and rapid return to activity.

In conclusion, although most knee problems and even plicas will respond to conservative therapy, persistent knee pain that doesn't respond will oftentimes indicate permanent and stationary damage that can be seen with the aid of an arthroscope, when used by a skillful orthopedist and, likewise, can oftentimes be corrected by arthroscopic surgery.

Best of luck, and keep on running.

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THE END OF AN ERA

The Olympic year of 1984 marks the end of an era for two of our nation's winningest track and field programs. As the 1984 track and field season came to an end so did the coaching careers of USC's Vern Wolfe and UCLA's Jim Bush. Each started their careers within a year of each other (over two decades ago), and each decided to end those same coaching careers following the 1984 outdoor season.

Their records, contributions to track and field, and never-ending support of the sport have left a long lasting mark on California track and field.

Vern Wolfe has served as the Trojan coach since 1983 after a very successful Arizona prep coaching career. While at USC his record shows 104-15-1, 8 conference



Vern Wolfe



Jim Bush

titles, and 7 NCAA championships, making him the third winningest coach in NCAA history, just behind Dean Cromwell (USC), Ted Banks (UTEP) and tied with Jeff Mortensen (USC) also with 7 national championships.

Jim Bush became the Bruin coach in 1964 after successes at Fullerton JC and Occidental College. Taking a good UCLA program and turning it into a great one, Bush accumulated an impressive 144-19 dual record, won 7 conference titles, and 4 national championships, which ranks him sixth on the all-time NCAA coaches list.

Both Bush and Wolfe have turned out numerous world record holders and Olympic champions throughout their careers.

USC

ERNIE BULLARD



Ernie Bullard, once a star USC pole vaulter and for the past 14 years the head coach at San Jose State, is the replacement picked to fill the coaching shoes at USC.

Bullard, 46, becomes the ninth head track coach at USC, which has won more NCAA team titles (26 outdoor and two indoor) than any other school. "This is the successful culmination of my career," said Bullard. "Ever since I was an athlete at USC, my primary professional goal was to return to my alma mater as its track coach. My experience at San Jose State certainly prepared me well for that."

Bullard posted a stellar 84-22 dual meet record at San Jose State (for a .792 winning percentage) and six of his teams finished in the Top 10 in *Track & Field News'* national dual meet rankings.

He turned the Spartan program into a national power soon after he took over in 1971. His 1973 team was 9-0 and ranked sixth by *Track & Field News*, and three of his later teams also went undefeated (11-0 in 1975, 10-0 in 1977 and 6-0 in 1979). The 1975 squad placed fourth in the NCAA Meet. He won the Pacific Coast Athletic Association (PCAA) Meet seven times and was runner-up five times (including 1984).

At San Jose State, Bullard coached seven NCAA champions — triple jumper Ron Livers (1975-77-78), high hurdler Dedy Cooper (1976), javelin thrower Curt Ransford (1980) and pole vaulter Felix Bohni (1983 indoor and outdoor)—plus former world record holders Dan Ripley (pole vault) and John Powell (discus).

He was an assistant at San Jose State for two years (1969-70) under Bud Winter. The Spartans won the NCAA title in 1969.

Internationally respected, he has been a member of the U.S. Olympic Development Committee since 1978, is the NCAA District

VIII track representative and coached the U.S. Junior team against the Russians in 1975.

Bullard was also a successful junior college head coach, serving two years (1967-68) at Mesa (Ariz.) Community College and three years (1964-66) at Orange Coast College in Costa Mesa. His 1968 Mesa team won the national JC meet (he was the national JC Coach of the Year then) after placing second in 1967. His Mesa pupils included several national JC individual champions, JC record holders and Olympic competitors.

He also coached in the high school ranks. He was head coach at Tolleson (Ariz.) High in 1961, then served as an assistant at Arcadia High in Phoenix in 1962 and 1963. In 1960, he was a student teacher under Vern Wolfe at North Phoenix High.

One of the top pole vault coaches in the world (six of his athletes have cleared 18 feet), Bullard himself was an outstanding vaulter at USC. He was a member of Jess Mortensen's undefeated 1957-58-59 Trojan track teams and he tied for fifth in the pole vault in the 1958 NCAA Meet which USC won. His best mark at USC was 14-4½.

Ernie was the national junior college pole vault champion in 1956 at Phoenix College and was the Arizona state champ in 1954 at North Phoenix High. Wolfe coached him during his senior year at North Phoenix.

Bullard received a bachelor's degree in education from USC in 1959 and a master's degree in physical education from Arizona State in 1961. He is the author of four books on track (a fifth is being written) and is in demand as a guest at track clinics and camps.

Born on July 30, 1937, he's married (his wife's name is Claude) and has a son, Denton, and daughter, Kari, 18.

UCLA

BOB LARSEN



If Bob Larsen's success with UCLA's cross country program is any indication of his coaching expertise, UCLA will experience no drop in prestige when Larsen takes over for Jim Bush this year. Like Bush, Larsen has proven himself a winner at every level, and his cross country teams have continued to surprise even the most skeptical of critics. In his five years as Bush's "Right Hand Man," Larsen has prepped himself well for the most important challenge of his career.

Four years ago, UCLA emerged from virtual obscurity to win the Pacific-10 Conference Championship and place fifth in the NCAA Cross Country meet. The following season, Larsen's harriers repeated their accomplishments and two years ago they placed ninth in the NCAA's after finishing a close second in the Pac-10 Championships.

"Without a doubt, Bob Larsen has established himself as one of the premier distance coaches in the United States," said Bush. "He's continued to surprise people with his outstanding success with our cross-country program and he's also an outstanding jumps coach." Four of Larsen's 1982 proteges established school records in their events. Steve Ortiz holds school records in the 2-mile, 5,000, 10,000

and marathon; Alex Gonzales holds the UCLA record in the 1500 and Dave Daniels owns UCLA's best steeplechase time. In 1982, Del Davis equalled the American record with a leap of 7-7 1/4 in the high jump.

Prior to coming to UCLA, Larsen had a great career at Grossmont College in El Cajon. He spent 12 seasons at the school, 11 as the head cross country coach. After placing second in the conference during his first season as head man, he won 10 straight league crowns and in his last eight seasons he won eight straight So. Cal. championships. In addition, Larsen's teams won the California State cross country title in each of his final seven years at Grossmont.

Larsen experienced the same type of success with the track program during his 12 years at Grossmont, the final six as the head man. In each of the last five years, Grossmont was often considered the top dual meet team in the state and always finished among the top four in the California State championships, losing by only six points in 1977. In addition, Grossmont won nine conference titles in Larsen's final 10 years.

In addition to his duties at Grossmont, Larsen also served as head coach of the Jamul Toads, a track club in the Grossmont area. The highlight occurred in 1976 when the Toads won the AAU National Cross Country title, placing all five men among the top 12 scorers in the meet.

Larsen was born on January 23, 1939, in Detroit Lakes, Minnesota. After growing up in what was literally a log cabin, he graduated from San Diego State (1961) with a degree in physical education. While at SDS he served as cross country captain twice and track captain once.

Following graduation, he became head track and cross country coach at Monte Vista High in Spring Valley. He turned around a losing program, leading MVHS to four straight San Diego County cross country titles and a second place County finish in track in his fourth year. At the same time, he was working on a Masters degree in Physical Education at San Diego State earning it in 1967.

Larsen is married to the former Susan Nebel-Thau and they live in Topanga Canyon with their two children, Michel 10, and Erik 6.



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MATT GIUSTO — NATIONAL CHAMPION



(left to right): SHANNON CLARK, SYLVIA MOSQUEDA, SALLY PINKNER



START OF 1983 BOYS SEEDS RACE



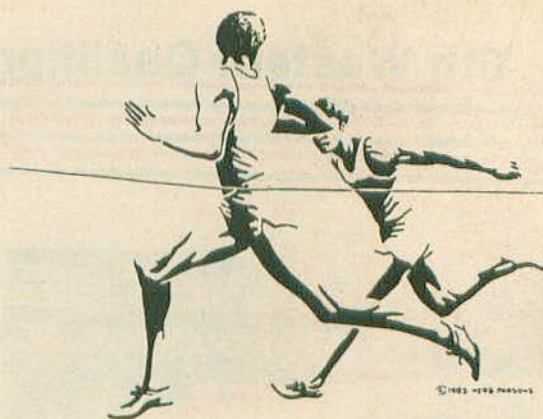
(left to right): SYLVIA MOSQUEDA, CHANTAL PLANTE, KIRSTEN O'HARA

FOR MORE INFORMATION & ENTRY BLANK:

Contact: Bill Cockerham, California Track & Running
News, Box 6103, Fresno, CA 93703 • (209) 264-5847

1984 California Masters Men Best Marks

Compiled by Percy Knox



50 Meters

(60-69)
P. Jordan (66)
J. Johnson (61)
(70 & O)
J. Satti (70)

7.1
7.5
8.0

D. Smith (45)
S. Robinson (40)
G. LaTorre (47)
Hand-Timed

11.48
11.67
11.79

S. Peck (60)
R. Garretto (63)

13.6
13.7

D. Smith (45)
C. Roberson (40)
D. Duffy (41)
T. Cain (42)

23.3
23.4
23.8
24.1

55 Meters

(60-69)
P. Jordan (66)
J. Johnson (61)
B. Garretto (63)

7.5
7.8
8.1

B. Wilson (41)
D. Fitzsimmons (40)
W. Butler (43)
D. Smith (45)
G. LaTorre (47)

11.0
11.1
11.1
11.3
11.4

P. Jordan (67)
B. Gist (64)
P. Fetter (63)
(70-79)

13.0
13.5
13.5

Automatic

N. Newton (50)
P. Presber (50)
B. Watanabe (58)
B. Stevens (55)
W. Groover (50)
H. Washington (55)

23.69
25.01
25.31
25.31
25.71
25.79

60 Yards

(30-39)
J. Carlos (38)
L. Evens (36)
(40-49)
D. Newman (41)

6.6
6.7
6.5

D. Smith (44)
L. Smith (45)
S. Robins (40)
B. McIntyre (40)
S. Robinson (40)
M. Adamson (45)
B. Alston (40)
D. Duffy (41)
B. Simpson (42)
W. Robinson (40)
B. Knocke (44)
F. Niedermeyer (44)

11.4
11.5
11.5
11.6
11.6
11.6
11.6
11.7
11.7
11.7
11.7

H. Koppel (70)
J. Satti (70)
T. Castro (74)
K. Carnine (76)

13.70
14.37
14.85
15.57

Hand-Timed

H. Koppel (70)
J. Satti (70)
T. Castro (74)
B. Morrow (70)

13.5
14.2
14.2
15.0

Wind-Aided

K. Carnine (76)
(80 & Over)

15.4

Automatic

S. Lum (80)
J. Packard (80)
S. Lum (80)

16.76
15.0
16.5

Hand-Timed

Hand-Timed

N. Newton (50)
B. Springbett (51)
P. Presber (50)
B. Watanabe (58)
B. Stevens (55)
W. Grover (50)
H. Washington (55)
W. Robinson (53)
B. Radford (51)

23.5
23.6
24.8
25.1
25.1
25.2
25.6
25.6
25.7

60 Meters

(30-39)
G. Johnson (34)
R. Beadle (35)
(40-49)
H. Adams (43)
B. Knocke (44)
(50-59)
N. Newton (50)
T. Vick (54)
G. Harle (58)

6.9
7.2
7.4
7.5
7.5
7.7
7.8

W. Butler (43)
B. Fitzsimmons (40)
(50-59)

10.8
11.3

S. Lum (80)
J. Packard (80)
S. Lum (80)

16.76
15.0
16.5

Automatic

S. Lum (80)

16.5

Hand-Timed

Automatic

A. Juilland (61)
P. Jordan (67)
B. Hunt (64)
A. Guidet (66)
C. Killion (66)
R. Garretto (63)
C. Mercurio (64)

26.46
27.05
28.24
28.38
28.61
28.65
29.28

100 Meters

(30-39)

Automatic

M. McCoy (34)
S. Whitley (38)
E. Hart (35)
E. Driver (34)
A. Lewis (30)
A. Rogers (32)
A. Shorts (30)
G. Marshall (36)
W. Spikes (33)

10.60
10.83
10.95
10.97
11.04
11.17
11.25
11.32
11.38

Hand-Timed

B. Springbett (51)
N. Newton (50)
P. Presber (50)
R. McPherson (51)
V. Regier (56)
H. Washington (55)
R. Hansen (57)
D. Benton (52)
T. Nasaralle (51)
D. Marlin (53)
W. Groover (50)

11.5
11.8
11.9
12.1
12.2
12.2
12.2
12.2
12.4
12.4
12.4

(30-39)

Automatic

M. McCoy (34)
E. Driver (34)
G. Johnson (34)
A. Lewis (30)
W. Spikes (33)

21.52
21.92
21.94
22.05
22.19

Hand-Timed

M. McCoy (34)
E. Driver (34)
G. Johnson (34)
A. Rogers (32)
A. Lewis (30)
D. Ferguson (30)
W. Edmonson (33)
W. Spikes (33)
M. Pruitt (39)
G. Marshall (36)
A. Taylor (37)
M. Black (31)

21.3
21.5
21.7
21.7
21.8
21.8
21.9
22.0
22.6
22.9
23.1
23.1

Wind-Aided

W. Spikes (33)
(40-49)

21.9

Automatic

D. Fitzsimmons (40)
M. Brooks (43)
B. Wilson (41)
W. Butler (43)
D. Smith (45)
S. Robbins (40)
G. LaTorre (47)
D. Duffy (41)

22.82
23.23
23.35
23.36
23.50
23.74
23.88
24.04

Hand-Timed

D. Fitzsimmons (40)
B. Wilson (41)
M. Brooks (43)
W. Butler (43)
F. Little (40)
D. Rornain (42)
B. Knocke (44)

22.6
22.7
23.0
23.1
23.1
23.1
23.2

300 Meters

E. Hart (35)
W. Spikes (33)
T. Lester (30)
W. Thompson (30)
J. Hines (37)
R. Tilley (30)
D. Parish (30)
(40-49)

10.7
10.7
10.8
10.8
10.9
11.1
11.1

Wind-Aided

B. Springbett (51)
N. Newton (50)

11.6
11.7

Automatic

D. Fitzsimmons (40)
M. Brooks (43)
B. Wilson (41)
W. Butler (43)
D. Smith (45)
S. Robbins (40)
G. LaTorre (47)
D. Duffy (41)

22.82
23.23
23.35
23.36
23.50
23.74
23.88
24.04

Hand-Timed

D. Fitzsimmons (40)
B. Wilson (41)
M. Brooks (43)
W. Butler (43)
F. Little (40)
D. Rornain (42)
B. Knocke (44)

22.6
22.7
23.0
23.1
23.1
23.1
23.2

Automatic

T. Castro (74)
J. Satti (70)

30.42
30.77

Hand-Timed

J. Castro (74)
H. Koppel (70)
J. Satti (70)
(80 & Over)
J. Packard (80)

29.2
30.2
30.4
32.4

Automatic

(30-39)
E. Mason (38)
G. Johnson (34)

35.7
36.9

Hand-Timed

W. Butler (42)
F. Little (40)
B. Knocke (43)
H. Adams (43)
S. King (46)
F. Neldermeier (43)
(50-59)
N. Newton (50)
T. Vick (54)

37.5
37.8
38.1
39.4
40.2
40.2
41.3
42.4

Automatic

B. Wilson (41)
D. Fitzsimmons (40)
W. Butler (43)

11.24
11.36
11.45

Automatic

A. Juilland (61)
B. Cooper (60)
P. Jordan (67)
A. Guidet (66)
B. Hunt (64)
J. Johnson (61)
C. Killion (66)
Hand-Timed
A. Juilland (61)
B. Cooper (60)
T. Patsalis (61)
B. Hunt (64)
P. Jordan (67)
P. Fetter (63)
A. Guidet (66)
J. Johnson (61)
C. Killion (66)

12.70
13.12
13.28
13.44
13.73
13.75
13.96
12.5
12.9
12.9
12.9
13.1
13.2
13.2
13.5
13.6

G. Harte (58)	42.4
J. Kiski (52)	43.1
(60-69)	
B. Hunt (64)	47.9
A. Guidet (65)	48.8

400 Meters

(30-39)	
E. Driver (34)	50.24
Automatic	
A. Rogers (32)	47.7
W. Edmonson (33)	48.5
A. Shorts (37)	49.3
E. Driver (34)	49.5
J. Harvey (33)	49.8
A. Lewis (31)	49.8
M. Pruitt (38)	50.0
G. Johnson (34)	50.4
M. Pruitt (39)	50.5
S. Kemp (30)	50.8
R. Davis (34)	51.4
H. Sumner (38)	51.8
K. Williams (30)	52.1
G. Marshall (36)	52.3
G. Laine (37)	52.3
R. Austin (37)	52.3
D. Pague (36)	52.6
M. LeFevre (31)	52.6
A. Taylor (37)	52.7
(40-49)	
Automatic	
T. Cain (42)	52.44
Hand-Timed	
D. Romain (42)	51.0
M. Brooks (43)	51.8
G. Cohen (44)	51.8
B. Knoke (44)	51.9
T. Cain (42)	52.3
D. Duffy (41)	52.8
S. Goldberg (40)	52.8
F. Little (40)	53.0
F. Neidermeyer (44)	53.6
D. Smith (44)	53.8
G. Miller (46)	53.9
M. Elliott (46)	54.5
S. King (47)	55.5
(50-59)	
Automatic	
W. Groover (50)	56.65
B. Gaedke (57)	58.14

G. Wall (57)	58.37
R. Watanabe (58)	58.91
G. Harte (58)	59.29
B. Stevens (55)	59.52
L. Beadle (57)	59.94
Hand-Timed	
B. Springbett (51)	55.2
D. Cheek (54)	55.9
W. Groover (50)	56.5
W. Robinson (53)	56.8
B. Gaedke (57)	58.0
G. Wall (57)	58.2
B. Stevens (55)	58.4
R. Watanabe (58)	58.7
H. Wasington (55)	59.1
J. Lingel (52)	59.2
G. Harte (58)	59.2
(60-69)	
Hand-Timed	
B. Hunt (64)	63.0
C. Killion (66)	67.0
B. Carretto (63)	67.3
(70-79)	
Automatic	
H. Koppel (70)	72.25
J. Satti (70)	73.26
M. Shine (75)	79.27
(80 & Over)	
P. Spangler (85)	1:48.09

800 Meters

(30-39)	
N. Smith (33)	1:55.7
S. Kotkosky (37)	1:55.9
J. Bordoni (33)	1:58.6
O. Aquine (37)	1:59.7y
R. Jensen (37)	1:59.5
D. Hoover (37)	1:59.7
C. Duff (37)	2:00.7
D. Knuckey (33)	2:01.0
B. Wint (37)	2:01.0
J. Harvey (33)	2:01.9
H. Hall (37)	2:02.6
C. Kruthers (35)	2:03.1
B. Browne (38)	2:03.4
V. Taylor (37)	2:04.8
R. Leslie (37)	2:04.9
(40-49)	
D. Romain (42)	1:55.5
G. Cohen (44)	1:56.3
H. Franklin (41)	2:00.8
E. Owens (43)	2:01.7
R. Walters (40)	2:02.4
M. Elliott (46)	2:03.1
M. Holbrook (47)	2:05.1y
C. Beddell (47)	2:04.8
P. Richardson (48)	2:05.4
J. Krepick (42)	2:05.7
G. Miller (46)	2:09.2
D. Duffy (41)	2:10.0y
J. Carrington (47)	2:09.6
(50-59)	
B. Fitzgerald (59)	2:13.0
B. Gaedke (57)	2:15.3
F. Lehr (57)	2:15.9
T. Sturak (53)	2:17.9
J. Withers (57)	2:17.9
J. Weldy (57)	2:17.9
L. Walts (56)	2:19.5
G. Linde (57)	2:19.5
(60-69)	
S. Toabe (60)	2:33.4
(70-79)	
E. Stotsberg (70)	2:52.0

1500 Meters

(30-39)	
N. Smith (33)	3:59.1
C. Kruthers (35)	4:10.7
D. Knucker (37)	4:14.2
(40-49)	
H. Franklin (41)	4:06.0
M. Holbrook (41)	4:06.5
G. Cohen (44)	4:12.2
E. Owens (43)	4:13.9
R. Woither (40)	4:15.7
M. Elliott (46)	4:16.0
N. Doherty (47)	4:18.9
(50-59)	
J. Weldy (50)	4:30.0
C. Wimberly (57)	4:33.0
B. Fitzgerald (59)	4:34.3
F. Lehr (57)	4:34.4
G. Linde (56)	4:41.0
T. Sturak (53)	4:44.8

J. Withers (54)	4:45.3
W. Every (57)	4:46.0
L. Gunnar (57)	4:46.0
(60-69)	
S. Toabe (60)	5:10.2
B. Page (67)	5:14.0
A. Bryant (60)	5:21.4
R. Ratcliff (57)	5:27.0
D. Cohen (57)	5:34.9
(70-79)	
E. Stotsberg (70)	5:49.2
M. Shine (75)	6:23.9
(80 & Over)	
P. Spangler (85)	7:20.25
N. Presciotta (87)	8:53.8

Mile

(40-49)	
M. Holbrook (40)	4:27.3i
H. Franklin (41)	4:30.2i
G. Mason (40)	4:35.5i
S. Vasquez (40)	4:38.8i
G. Goettelmann (47)	4:38.8i
(40-49-Outdoor)	
H. Franklin (41)	4:29.7
G. Mason (40)	4:33.2
S. Vasquez (40)	4:38.9
(60-69)	
S. Toabe (60)	5:34.4i

3000 Meters

(30-39)	
W. Douglas (36)	9:59.5
D. Leaton (37)	10:06.4
(40-49)	
M. Figueroa (47)	9:45.2
B. Perry (47)	9:49.5
(50-59)	
P. Devine (57)	10:11.9

Decathlon

(40-49)	
E. Oleata (47)	5369(IAAF)
	7831(WAVA)
G. Miller (46)	4924(IAAF)
	6740(WAVA)
(50-59)	
D. Douglass (57)	5914(WAVA)
	3525(IAAF)

Pentathlon

(30-39)	
J. Hollister (39)	2772(IAAF)
C. Flowers (37)	2639(IAAF)
(40-49)	
M. Woodward (41)	2191(IAAF)
(50-59)	
E. Martin (50)	1840(IAAF)
W. Groover (50)	1720(IAAF)
T. Oveatt (50)	1647(IAAF)
(60-69)	
P. Fetter (63)	1396(IAAF)
B. Burke (65)	1329(IAAF)

5000 Meters

(30-39)	
P. Freeman (31)	15:23.7
C. Duff (37)	15:29.0
R. Jensen (37)	15:38.0
P. Day (39)	15:43.0
D. Zapata (39)	15:57.5
(40-49)	
B. Clark (40)	15:37.8
Burns (47)	16:09.0
T. Kerchner (43)	16:16.7
N. Doherty (47)	16:17.3
T. Rostegge (43)	16:25.6
G. Gilligan (42)	16:26.9
B. Cantanese (45)	16:43.2
F. Krebs (47)	16:47.8
D. Fitzgerald (47)	16:51.09
(50-59)	
J. Weldy (50)	16:25.0
P. Devine (56)	17:30.2
J. O'Neil (59)	17:37.1
T. Sturak (53)	17:53.6
K. Allen (50)	17:57.4
T. Walsh (50)	18:01.1
G. Linde (58)	18:08.5
(60-69)	
S. Toabe (60)	19:03.8
J. Gilkey (62)	20:36.4
(70-79)	
E. Stotsberg (70)	21:03.8

(80 & Over)	
P. Spangler (85)	28:03.7

10,000 Meters

(30-39)	
C. Foote (36)	35:34.4
(40-49)	
B. Clark (40)	32:14.4
B. Meinhardt (43)	34:24.3
L. Worth (45)	34:43.6
G. Gilligan (42)	35:14.1
J. Murphy (43)	35:21.7
M. Gallo (41)	36:57.6
(50-59)	
N. O'Neil (59)	35:50.8
P. Devine (56)	36:23.5

3000 Meter SC

(30-39)	
H. Lange (35)	10:19.3
J. Rust (31)	10:28.4
W. Hitt (37)	10:54.9
D. Leaton (39)	11:03.0
(50-59)	
D. Stevenson (57)	11:29.1
E. Oviatt (50)	12:22.3
W. Atcherson (57)	12:45.1
Noble (57)	12:58.1
(60-69)	
A. Bryant (60)	12:28.5

110m HH (39")

(30-39)	
Automatic	
D. Parish (37)	15.26
R. Jenkins (37)	15.78
F. Johnston (38)	15.80
D. Roberts (34)	15.93
S. Johnson (37)	15.95
R. Tilley (37)	16.12
Hand-Timed	
D. Parish (37)	14.5
M. Johnson (37)	14.7
D. Robinson (37)	14.8
R. Katus (37)	15.0
R. Tilley (37)	15.1
R. Loughridge (37)	15.1
S. Johnson (37)	15.4
F. Johnston (38)	15.6
R. Jenkins (37)	15.6
Jones (37)	15.7
D. Roberts (37)	15.7
J. Hollister (37)	15.8
(40-49 - 36")	
Automatic	
W. Butler (43)	14.87
D. DeWitt (45)	15.98
Hand-Timed	
W. Butler (43)	14.7
T. Viltz (40)	14.9
D. DeWitt (45)	15.1
C. McCormick (40)	15.6
L. Sallinger (41)	15.7
T. Cain (42)	15.8
A. Henry (46)	15.9
(50-59)	
R. Higgenbotham (57)	18.9
(60-69 - 30")	
Automatic	
B. Hunt (64)	18.47
S. Peck (60)	19.10
H. Miller (68)	19.13
J. Johnson (61)	19.69
Wind-Aided	
A. Guidet (66)	17.23
B. Gist (64)	17.27
H. Miller (68)	17.95
Hand-Timed	
B. Gist (64)	17.1
A. Guidet (66)	18.2
B. Hunt (64)	18.3
H. Miller (68)	18.7
S. Peck (60)	18.9
(70 & Over)	
B. Morrow (?)	20.9



Nick Newton

Robert & Carol Sports Photography

Continued on next page...

100m HH (33")

(50-59)	
Automatic	
M. Andrews (50)	17.14
B. Adler (50)	18.39
Hand-Timed	
M. Andrews (50)	16.9
J. Murphy (57)	17.0
B. Higgenbotham (57)	17.7
A. Brenda (57)	18.1
B. Adler (50)	18.1
S. Peck (57)	18.5
F. Gallardo (57)	18.6
D. Nordquist (57)	19.0
R. Wiggenton (57)	19.6

400 Meter Relay

(30-39)	
Automatic	
Maccobi	42.04
Unattached	43.52
Hand-Timed	
Maccobi	41.9
No. Cal Srs	42.1
Space City	43.1
Unattached	43.4
LAV	44.3
SCS "A"	44.8
(40-49)	
Automatic	
West Valley TC	44.60
So Cal Std	45.70

High Jump

(30-39)	
M. Embu (37)	6-10
C. Rader (37)	6-6
D. DeLoach (31)	6-6
R. Fletcher (37)	6-6
J. Coleman (30)	6-4
P. Sullivan (31)	6-0
(40-49)	
J. Dobroth (47)	6-4
D. DeWitt (45)	5-8 1/2
J. Brown (44)	5-8
A. Collins (47)	5-8
C. Collins (47)	5-6
D. Dvorak (42)	5-5
L. Sallinger (47)	5-4
(50-59)	
H. Wyatt (52)	5-10
N. Newton (50)	5-9
E. Austin (54)	5-1
D. McClelland (57)	4-10 1/2
(60-69)	
B. Gist (64)	5-2 1/4
B. Ogle (65)	4-8
J. Johnson (61)	4-6
W. Dahlin (63)	4-6
C. McFate (67)	4-6
P. Ganahl (67)	4-4
B. Burke (65)	4-4
J. Vernon (67)	4-3
M. McCarthy (67)	4-3
A. Juilland (61)	4-2
(70-79)	
C. Johnston (72)	4-0
D. Mowrer (77)	4-0
H. VanGelder (79)	3-8
W. McFadden (79)	3-8
A. Vesco (72)	3-6
A. J. Puglizevich (76)	3-6

(40-49)	
D. Horn (45)	45-1 1/4
A. Henry (46)	40-6
Moody (47)	40-3
C. Collins (47)	38-5 1/2
(50-59)	
D. Jackson (57)	41-6
(60-69)	
R. Spencer (61)	34-10
G. Farrell (67)	33-3 1/2
J. Johnson (61)	30-11
C. Mercurio (64)	30-3
H. Miller (68)	29-11 1/2
C. Cheshire (67)	29-10 1/4
J. Damski (67)	29- 3/4
(70-79)	
J. Satti (70)	28-3 1/4
W. McFadden (79)	25-6
M. Gleimer (77)	24-6 1/2
J. Caruso (77)	24-2 1/4

Pole Vault

(30-39)	
S. Hardeson (33)	17-0
R. Pullard (37)	16-3
J. Williams (31)	15-2 1/2
W. Wilke (37)	14-6
J. Singley (37)	14-6
J. McCray (30)	14-1 1/2
Johnston (37)	14-1
D. Chapmand (31)	13-5 1/2
B. Chew (34)	13-5 1/2
(40-49)	
M. Connelly (42)	14-6
B. Hotaling (40)	13-6
J. Pennell (47)	13-0
D. Stempel (40)	12-6
D. DeWitt (45)	12-1
R. Fleming (46)	12-0
E. Oleata (47)	11-0
G. Bane (46)	11-0
W. Randle (40)	11-0
G. Lehman (40)	11-0
T. Woodring (47)	10-11 1/4
J. Stanners (47)	10-6
(50-59)	
V. Cook (57)	13-0
A. Brenda (56)	11-6
H. Wallace (56)	10-6
F. Gallardo (57)	10-6
D. Douglass (52)	10-0
D. Grosh (57)	10-0
(60-69)	
J. Vernon (67)	10-1 1/4
R. Biesemeyer (63)	10-0
D. Brown (60)	9-6
(70-79)	
C. Johnston (72)	9-6 1/4
R. MacConaghy (76)	7-6

Shot Put

30-39 - 16 lb.	
J. Roehr (37)	52-9
F. Reilly (36)	52-2
A. Stephens (37)	48-11
M. Diller (35)	46-7 1/2
B. Banks (37)	45-9 1/2
D. Chapman (31)	43-11
J. Klein (32)	43-8
(40-49 - 16 lb.)	
D. Wells (40)	50-9 1/4
E. Kohler (47)	49-9
J. Hart (47)	48-2 1/4
H. Smith (47)	48- 3/4
R. Martin (45)	46-11 1/4
(50-59 12 Lbs.)	
P. O'Brien (52)	58-1 1/2
S. Thomson (53)	47-1
T. Wassam (52)	46-9
H. Wallace (56)	40-2 1/2
16 Lbs.	
T. Wassam (52)	43-10 1/2
13 Lbs. 2 Oz.	
P. O'Brien (52)	53-3 1/4
(60-69 - 8 Lb.)	
B. Bangert (67)	49-6
D. Aldrich (65)	47-4 1/2
B. Bangert (67)	47-4 1/2
M. Castaneda (65)	46-11
B. Stone (64)	42-8
H. Hunter (67)	41-7 1/2
J. Badde (67)	41-2
Q. Merlo (64)	40-10 1/2

Triple Jump

(30-39)	
R. Trujillo (34)	45-10
S. Whitley (38)	45-3 1/4
R. Morris (39)	44-3
M. Valentine (37)	42-1



Ray Spencer (61) Long Jump



Bob Stone (64) Discus

400 Meter IH (36")

(30-39)	
Automatic	
D. Smith (30)	55.77
G. Laine (36)	57.36
D. Roberts (34)	59.88
Hand-Timed	
E. Loughridge (37)	52.6
D. Smith (30)	54.9
D. Hoover (30)	55.5
G. Laine (36)	56.7
D. Roberts (34)	59.8
(40-49 - 33")	
Automatic	
R. Whitney (41)	57.54
T. Cain (42)	57.72
B. Knocke (44)	58.34
H. Adams (43)	59.22
Hand-Timed	
R. Whitney (41)	56.6
B. Knocke (44)	57.1
T. Cain (42)	57.6
H. Adams (43)	59.1
C. McCormick (40)	59.4
(50-59 - 30")	
J. Murphy (57)	66.5
W. Robinson (53)	67.5
A. Sheahan (52)	68.6
(60-69 - 30")	
Automatic	
R. Spencer (61)	71.69
B. Hunt (64)	72.68
A. Guidet (66)	73.30

(30-39)	
Hand-Timed	
West Valley TC	44.4
LA Valley	45.5
So Cal Std	45.6
(50-59)	
West Valley TC	47.2
Corona Del Mar	48.5
LA Valley	48.9
So Cal Std	49.8
(60 & Over)	
LA Valley	54.83a
Corona Del Mar	54.96a

800 Meter Relay

(30-39)	
Maccobi	1:33.1
LA Valley	1:33.4
So Cal Std	1:33.5
(40-49)	
West Valley TC	1:34.2
So Cal Std	1:35.7
(50-59)	
West Valley TC	1:43.9

1600 Meter Relay

(30-39)	
So Cal Std	3:25.4
San Diego AA	3:31.5
(40-49) (Mile)	
West Valley	3:29.08a

3200 Meter Relay

(40-49)	
West Valley	8:00.1
(50-59)	
So Cal Std	9:25.7

(70-79)

R. Carter (77)
V. Cheadle (77)
J. York (71)

41-3
40-2
39-8 1/4

Discus

(30-39 - 2Kg)

F. Reilly (36)
L. Higgins (39)
D. Umshier (32)
M. Diller (35)
D. Chapman (31)
J. Roehr (37)
B. Banks (36)
C. McCormick (39)
J. Klien (32)
J. Hagen (31)

186-10
164-7
150-7
148-4
147-6
138-3
135-7
134-5
131-7
129-5

(40-49 - 2Kg)

L. Higgins (40)
E. Kohler (47)
D. Wells (40)
E. Hill (47)
J. Hart (47)
M. Woodward (47)
C. McCormick (40)

176-0
164-9
153-8 1/4
146-1
144-4
139-10
137-0

(50-59 - 1.6Kg)

P. O'Brien (52)
S. Thomson (53)
E. Van Pelt (57)
D. Maurer (57)
R. Straub (57)
H. Wallace (56)

185-11
161-7
145-1
138-4
127-11
123-1

(60-69 - 1 Kg)

D. Aldrich (65)
B. Bangert (67)
M. Casteneda (64)
B. Stone (64)
Q. Merlo (64)
H. Booth (65)
B. Hunt (64)
B. Burke (65)

164-10 1/4
143-0
141-7
136-3
126-6 1/4
120-6
119-5
117-6

(70-79 - 1 Kg)

R. Carter (77)
V. Cheadle (77)
K. Carnine (76)
D. Pierotti (72)
J. York (71)

123-3
114-2
113-9
103-5
103-1 1/4



Stewart Thompson

Javelin

(30-39 - 800g)

W. Wilke (35)
S. Jarvis (36)
F. Reilly (36)

192-6
190-2
181-6

J. Lister (37)

B. Buhl (34)
Robinson (37)
G. Schmidt (31)
F. Johnston (38)
M. Diller (37)
B. Banks (36)
F. Rock (37)
R. Hook (37)
D. Hook (37)
G. Kelmenson (34)

176-11
176-6 1/2
173-1
165-6
165-3
162-3
152-9
146-6
146-3
138-1
133-4

(40-49 - 800g)

L. Stuart (47)
M. Harreman (40)
L. Higgins (40)
B. Gale (44)
G. Miller (46)
M. Woodward (47)
C. McCormick (40)
D. Rose (47)
H. Smith (47)
G. Bane (47)
C. Collins (47)

238-10
188-5
181-6
176-8 1/4
163-9
150-1 1/2
149-10
146-7
137-8
137-7
129-10

(50-59 - 800g)

P. Conley (57)
R. Hudson (57)
R. Sutton (57)
E. Martin (57)
J. Parks (57)
J. Sweatte (57)
H. Wallace (56)

184-6
158-8
145-9 1/2
136-5
133-0
131-7
129-1

(60-69 - 800g)

E. Chynowith (67)
B. Morales (67)
H. Hunter (67)
B. Porch (63)
P. Fetter (63)
T. Lombardi (62)

181-10
158-11
149-10
142-1 1/2
137-6
131-5 1/4

(70-79)

E. Curtice (77)
M. MacConaghy (77)
K. Carnine (76)

102-11
100-7 1/4
97-11

Hammer

(30-39 - 16 lbs)

F. Reilly (36)
M. Diller (35)
J. Roehr (37)
G. Kelmenson (34)

173-5
157-4
150-7
147-3

(40-49 - 16 lbs)

L. Higgins (40)
M. Connelly (47)
B. Humphrey (47)
C. Klehm (47)
J. Hart (47)

158-10 1/4
151-7
128-8
127-3
124-6

(50-59 - 16 lbs)

H. Connolly (57)
S. Thomson (51)

160-8
159-6

12 lb

S. Thomson (57)
D. Douglass (52)

163-4 1/4
127-2

(60-69 - 12 lbs)

B. Bangert (60)
D. Aldrich (65)
B. Stone (67)
T. DeVaughn (61)
F. Zeraga (67)

128-9
125-6
112-1
107-4
104-8

(70-79)

J. York (77)
D. Pierotti (72)

119-3
103-10

Masters in Open Competition

100 Meter Dash

(30-39)

Automatic

S. William (30)
D. Quarrie (33)
D. Ferguson (30)
E. Driver (34)

10.33
10.40
10.67
10.82

Hand-Timed

J. Gilkes (31)
M. McCoy (34)
R. Williams (30)
E. Driver (34)

10.3
10.4
10.5
10.6

Wind-Aided

D. Quarrie (33)
M. McRae (30)
S. Williams (30)
M. McCoy (34)

10.31
10.34
10.40
10.54

Hand-Timed Wind-Aided

M. McCoy (34)

10.3

200 Meter Dash

(30-39)

Automatic

D. Quarrie (33)
S. Williams (30)
E. Drive (34)
A. Rogers (32)

20.70
20.82
21.45
21.62

Wind-Aided

D. Quarrie (33)

20.41

Hand-Timed

E. Drive (34)

21.2

400 Meter Dash

(30-39)

Automatic

J. King (34)
S. Williams (30)
J. Smith (33)
J. Gilkes (31)
W. Edmondson (32)
E. Driver (34)

46.38
46.85
46.89
47.65
47.85
48.87

Hand-Timed

A. Rogers (32)
E. Driver (34)
D. Robinson (30)
B. Brown (30)

47.2
48.4
48.5
48.6

800 Meter Run

(30-39)

Hand-Timed

B. Brown (30)

1:50.3

Decathlon

(30-39)

F. Dixon (34)

8041

110 Meter HH

(30-39)

Automatic

G. Carty (38)

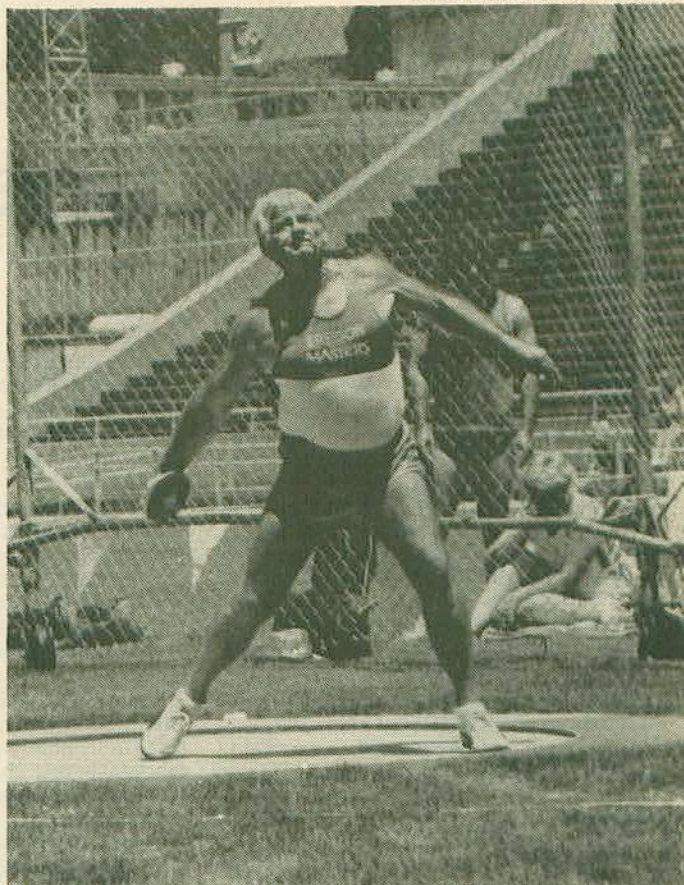
14.51

Hand-Timed

D. Robinson (30)

14.4

Robert & Carol Sports Photography



Ross Carter (69) Discus

400 Meter IH

(30-39)

Automatic

J. King (34)

49.72

Hand-Timed

E. Loughridge (37)

52.8

Long Jump

(30-39)

M. McRae (30)
R. Williams (30)
A. Robinson (36)
S. Whitley (38)

27-1 1/4
26-1
24-9 1/4
24-5

Wind-Aided

M. McRae (30)
A. Robinson (36)
S. Whitley (38)

27-4 1/4
25- 1/2
24-8

Triple Jump

(30-39)

R. Williams (30)

47-9

High Jump

(30-39)

D. Stones (30)
R. Brown (33)
R. Kotinek (31)

7-8
7-2
7-0

Shot Put

(30-39)

B. Oldfield (38)

72-9 1/4

Discus

(30-39)

J. Powell (36)
M. Wilkin (33)
F. Reilly (36)

233-9
231-1
186-10

Hammer

(40-49)

E. Burke (44)

243-11

ALL-TIME CALIFORNIA HIGH SCHOOL BOYS LIST

By Bob Womack

The below All-Time California High School Boys list is updated through August 26, 1984.

As usual, the list represents a compilation of the efforts of others too numerous to mention, except that the special contributions of Ron Blackwood, Keith Conning, and Howard Willman require acknowledgment. However, errors and omissions are the sole responsibility of the author; please send corrections to him at 4270 North Blackstone, Suite 211, Fresno, CA 93726.

We still have some holes in class records for lower classes, particularly in the automatically-timed events. Also, some of the other class records are merely the best marks of which we have record. Once again, corrections would be appreciated.

Last year, we commented that the top 10 in both the shot put and long jump had been unchanged since 1976. Brian Blutreich in the shot and Joe Richardson and Johnny Cleveland in the long jump took care of that. Now only the 1500, 1600, and high hurdles show no changes among the

leaders since 1982.

Blutreich's junior record also marked the first new class standard in the shot since 1973. That wasn't the record, however; the long jump class marks have remained intact since 1972.

California high school products were much more heavily represented on the men's Olympic team (14) than the women's (12). However, where over half the California women were in the all-time prep Top Ten, only one male—pole vaulter Mike Tully—ranks among the leaders in his event.

Danny Harris did hold the state record in the now-discontinued 300-meter low hurdles and—yes, you sharp-eyed readers—does show in the 4x400 list as a member of Perris's 1983 team. And, Ron Brown makes the 100 list as a (hand-timed) footnote. Two other long-time Top Tens, Dwight Stones and Willie Banks, were pushed off the leaders' list by newcomers in 1984.



Henry Thomas

100 Meters

State Meet Record: 10.44 Henry Thomas, Hawthorne 1984
Los Angeles Frosh: 10.94 Ronald McCree (Madera) 1983.
Soph: 10.46 Henry Thomas (Hawthorne) 1983. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.39 Kenny Robinson (Berkeley) 1981; 10.39 Ray Brown (Muir-Pasadena) 1984.

10.27	Henry Thomas (Hawthorne)-1	1984
	at Norwalk	
10.39	Kenny Robinson (Berkeley)	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.45	Darron Norris (El Camino/Oceanside)	1984
10.46	Kevin Willhite (Cordova/Rancho Cor)	1981
10.50	Phillip Johnson (Gardena)	1978
10.50	Fabian Cooper (Los Angeles)	1982
10.51	Michael Sanford (Pasadena)	1978
10.53	Lew Dunn (Riverside)-1	1982
10.54	Antonio Manning (Los Angeles)	1982

Hand Timing:

10.2	Michael Sanford (Pasadena)	1979
10.3	Joel Andrews (West/Bakersfield)	1975
10.3	Ron Brown (Baldwin Park)	1979

200 Meters

(* 220 yards minus 0.12)

State Meet Record: 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Frosh:** 21.90 Ronald McCree (Madera) 1983. **Soph:** 21.02 Henry Thomas (Hawthorne) 1983. **Junior:** 20.73 Henry Thomas (Hawthorne) 1984. **Senior:** 20.68* James Sanford (Pasadena) 1977.

20.68*	James Sanford (Pasadena)	1977
20.73	Henry Thomas (Hawthorne)-2	1984
20.81	Kevin Willhite (Cordova/Rancho C)-1	1981
20.91	Bill Green (Cubberley/Palo Alto)	1979
21.03	Ken Robinson (Berkeley)-1	1981
21.09	Darron Norris (El Camino/Oceanside)	1984
21.12*	Dave Russell (Henry/San Diego)-1	1977
21.12*	Ray Threatt (Pittsburg)	1979
21.16	Antonio Manning (Los Angeles)-1	1982
21.18	Chip Rish (Marina/Hunt, Beach)	1984

Hand Timing:

(* 220 yards minus 0.1)

20.6*	Phil Underwood (Dorsey/LA.)-1	1966
20.6*	Mel Gray (Montgomery/S. Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson/SF)	1975
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982

400 Meters

(* 440 Yards Minus 0.26)

State Meet Record: 46.38 Fabian Cooper, Washington (Los Angeles) at Sacramento 1982. **Frosh:** 48.56 Henry Thomas (Hawthorne) 1982. **Soph:** 47.79 Fabian Cooper (Washington/LA) 1980. **Junior:** 45.82 Henry Thomas (Hawthorne) 1984. **Senior:** 45.51 Bill Green (Cubberley/Palo Alto) 1979.

45.51	Bill Green (Cubberley/Palo Alto)-1	1979
	at Walnut	
45.82	Henry Thomas (Hawthorne)	1984
46.34*	James Sanford (Pasadena)-1	1977
46.37	Chip Rish (Marina/Hunt, Beach)-1	1984
46.38	Fabian Cooper (Los Angeles)-1	1982
46.57*	Dave Timmons (Oakland)-1	1981
46.67*	Rod Bethany (Fontana)	1978
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
46.82	Daymon Lee (South Gate)	1984

Hand Timing (* 440 Yards Minus 0.3):

45.8*	Ullis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Centennial/Compton)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981

800 Meters:

(* 880 Yards Minus 0.7)

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

Pete Richardson (Berkeley) 1980. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley)-1 at Norwalk	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra/Whittier)-1	1965
1:48.2	Jeff West (Crenshaw/LA)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.5*	Dennis Carr (Lowell/Whittier)-1	1963
1:48.5*	Robert Hose (Madison/San Diego)-1	1964
1:48.7*	Jim Walters (Estancia/Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.21	Eric Schermerhorn (Woodbridge/Irvine)-1	1984

1500 Meters

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

3:46.4	Paul Medvin (University/LA)	1979
3:48.8	Jim Arriola (Gahr/Cerritos)	1976
3:48.9	Rich Kimball (DeLaSalle/Concord)	1974
3:49.0	Harold Kuphaldt (Bella Vista/FO)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.2	Charlie Christensen (Edison/HB)	1977
3:50.2	Steve Whitcomb (Helix/La Mesa)	1979
3:50.4	Ralph Serna (Loara/Anahelm)	1975
3:50.8	Andy Di Conti (La Canada)	1980
3:51.1	Dave Cangelosi (Villa Park)	1979

1600 Meters

(* One Mile Minus 1.8)

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

3:57.6*	Tim Danielson (Chula Vista)-2 at S Diego	1966
4:00.6*	Rich Kimball (DeLaSalle/Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972

4:03.5*	Paul Medvin (University/LA)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley/El Cajon)	1972
4:04.21*	Pedro Reyes (Jesuit/Sacramento)	1980
4:04.21*	Steve Whitcomb (Helix/La Mesa)	1979
4:04.8*	Thom Hunt (Henry/San Diego)	1976
4:04.86*	Harold Kuphaldt (Bella Vista/FO)	1982
4:04.9*	Barrie Williams (North/Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills/Fullerton)	1974

3000 Meters

(+ En Route to Longer Distance)

Frosh: 8:44.5 David Naranjo (Sanger) 1983. **Soph:** 8:26.7 + Calvin Gaziano (Castro Valley) 1983. **Junior:** 8:19.9 + Harold Kuphaldt, Bella Vista (Fair Oaks) 1981. **Senior:** 8:09.0 + Eric Reynolds (Camarillo) 1983.

8:09.0 +	Eric Reynolds (Camarillo)-1 Westwood	1983
8:12.7	Thom Hunt (Henry/San Diego)	1976
8:16.2 +	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower/Rialto)	1979
8:16.3	Richard Perez (San Geronio/SBern.)	1980
8:17.5 +	Jon Butler (Edison/HB)	1981
8:17.7 +	Jay Marden (Mission SJ/Fremont)	1981
8:19.9 +	Harold Kuphaldt (Bella Vista/FO)	1981
8:20.6	Roman Gomez (Belmont/LA.)	1984
8:21.0 +	Mike Carlton (Northview/Covina)	1981

3200 Meters:

(* 2 Miles Minus 3.6)

State Meet Record: 8:45.0y Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank)-2 at Westwood	1979
8:40.4*	Eric Reynolds (Camarillo)-1	1983
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry/San Diego)	1976
8:42.3*	Ralph Serna (Loara/Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle/Concord)-1	1974
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison/Hunt. Bch)-1	1981
8:48.8*	Chuck Assumma (Eisenhower/Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower/Rialto)-1	1977

Fine Flicks by Don Gosney



Pete Richardson

photo by Herb Potter



Eric Reynolds

Fine Flicks by Don Gosney



Kevin Willhite

110 Meter Hurdles

(* 120 Yards Plus 0.03)

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

13.41	Steve Kerho (Mission Viejo)-1	1982
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.73	Don Ward (St. Mary's/Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson/Sacto)	1980
13.79	Troy Weaver (Edgewood/Covina)	1982
13.80	Ron Brown (Bishop Amat/La Puente)	1982
13.81*	Ken Margerum (Fountain Valley)	1977
13.85	Ronnie McCoy (Edison/Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978

Hand Timing:

13.2y	Dedy Cooper (Harry Ells/Richmond)	1975
13.3y	Robert Gaines (Kennedy/Richmond)-1	1975
13.3y	Jon Peterson (Saddleback/Santa Ana)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977

300 Meter Intermediate Hurdles:

(* 330 Yards Minus 0.19)

State Meet Record: 36.10 George Porter (Cabrillo/Lompoc) 1984 at Los Angeles. **Junior:** 36.10 George Porter (Cabrillo/Lompoc) 1984. **Senior:** 36.80 Raymond Young (Hawthorne) 1984.

36.10	George Porter (Cabrillo/Lompoc)-1	1984
	at Los Angeles	
36.80	Raymond Young (Hawthorne)	1984
36.83	Anthony Reynolds (Fremont/LA.)	1984
36.84	Gordon Bugg (West Covina)	1984
37.10	Al Blades (Muir/Pasadena)	1984
37.20	Craig Cooper (Fairfield)	1984
37.21	Rodney Jett (Johnson/Sacramento)	1984
37.33*	Erick Montgomery (Indep./San Jose)	1982
37.37	Michael Graham (Hawthorne)	1984
37.54	Kevin Young (Jordan/LA.)	1984
37.54	Don Thompson (Huntington Beach)	1984

Hand Timing: (*330 yards minus 0.2)

36.2*	Dedy Cooper (Harry Ells/Richmond)	1975
36.2*	Charles White (San Fernando)	1976
36.6	Ron Seanez (Giroy)	1981
36.9	Andre Phillips (Silver Creek/San Jose)	1977
36.9	Jim Scannella (San Ramon/Danville)	1979

High Jump:

State Meet Record: 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-7 Kenny Burke, (Westlake/Los Angeles) 1982. **Soph:** 7-1 Kenny Burke (Westlake, Los Angeles) 1983. **Junior:** 7-1 Maurice Crumby (Balboa/San Francisco) 1981. **Senior:** 7-4 1/4 Maurice Crumby (Balboa/San Francisco) 1983.

7-4 1/4	Maurice Crumby (Balboa/S.F.)-2 at Stan	1983
7-3 1/4	Lee Balkin (Glendale)-1 at Sacramento	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Polli (Alamany/Mission Hills)	1979
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison/San Diego)	1979
7-2	Kenny Burke (Westlake/LA.)-1	1984
7-1 3/4	Mark Wilson (Monte Vista/Danville)	1974

Pole Vault

State Meet Record: 17-0 1/4 Anthony Curran (Crespi/Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi/Encino) 1975. **Soph:** 15-9 1/4 Anthony Curran (Crespi/Encino) 1976. **Junior:** 17-0 Mike Kibort, Saratoga 1982. **Senior:** 17-4 1/4 Anthony Curran (Crespi/Encino) 1978.

17-4 1/4	Anthony Curran (Crespi/Encino)-2	1978
	at Ventura	
17-0 1/2	Doug Fraley (West/Clovis)	1983
17-0	Mike Kibort (Saratoga)-1	1982
16-8 3/4	Steve Smith (South/Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan/Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6 3/4	Paul Wilson (Warren/Downey)-2	1965
16-6	Brian Worden (Norte Dame/Sherman O)	1975
16-6	Greg Ernst (El Dorado/Placentia)	1978
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir/Pasadena)	1966

Long Jump

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

26-2 1/4	Ken Duncan (McClatchy/Sacramento)	1972
26-0 3/4	Jerry Proctor (Muir/Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubley (Manual Arts/LA)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison/Fresno)	1972
25-7	James McAlister (Blair/Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/4	Doyle Steel (San Diego)-1	1976
25-5	Carl McCullough (Sacramento)-1	1972

Triple Jump:

State Meet Record: 52-4 3/4 Ken Frazier (Mission/SF) at Norwalk 1981. **Frosh:** 48-4 David Tucker (San Joaquin Memorial/Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission/SF) 1980. **Junior:** 52-6 1/4 David Tucker (S.J. Memorial/Fresno) 1970. **Senior:** 53-6 1/4 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasadena)-1	1984
	at Sacramento	
52-10 1/2	Charles Mayfield (Muir/Pasadena)	1980
52-6 1/4	David Tucker (S.J. Memorial/Fresno)	1970
52-6	Henry Ellard (Hoover/Fresno)-1	1979
52-4 3/4	Ken Frazier (Mission/SF)-1	1981
52-3 1/2	Randy Williams (Edison/Fresno)	1971
51-8	Mike Woods (Manual Arts/LA)	1963
51-7 1/4	Vestee Jackson (McLane/Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont/LA)-1	1976
51-5 3/4	Freeman Miller (Fremont/LA)-1	1980

Shot Put:

State Meet Record: 68-0 Steve Montgomery (Lassen/Susanville) at Berkeley 1976. **Frosh:** 52-5 1/2 Curt Hampton (El Cajon) 1971. **Soph:** 61-1 Dave Kurrasch (Santa Ana) 1973. **Junior:** 68-4 1/2 Brian Blutreich (Capistrano Valley) 1984. **Senior:** 69-3 3/4 Jim Neidhart (Newport Harbor) 1973.

69-6 1/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lassen/Susvl)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
68-4 1/2	Brian Blutreich (Capistrano Valley)-1	1984
67-9 1/4	John Hubbell (Poly/Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart/Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Crespi/Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills/Fullerton)	1966

Continued on next page...

Discus:

State Meet Record: 201-3 Chris Adams (Los Altos) at Berkeley 1970. **Frosh:** 173-6 Antonio Dobbins (Burroughs/Ridgecrest) 1979. **Soph:** 180-7 Mark McNaughton (McLane/Fresno) 1972. **Junior:** 194-10 Ray Burton (Vacaville) 1973. **Senior:** 209-6 Dave Porath (Atwater) 1978.

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

400 Meter Relay:

(* 440 Yards Minus 0.23)

State Meet Record: 40.83 Edison/Fresno (Cowings, Woods, Walker, Wheeler), at Bakersfield 1983.

40.82	Hawthorne at Norwalk	1984
40.83	Edison/Fresno-1	1983
	(Cowings, Woods, Walker, Wheeler)	
40.86	Berkeley-1	1981
	(McCree, Robinson, Clewis, Murray)	
40.87	Hawthorne	1983
	(Young, Thomas, Young, McGee)	
40.92	Dorsey/Los Angeles	1981
	(Boles, Williams, Williams, Jackson)	
40.93	Berkeley-1	1984
	(Davis, Henderson, Hunter, Usher)	
40.98	Berkeley	1983
	(Davis, Henderson, Hunter, Paulding)	
41.09	Oakland-1	1982
	(Porter, Watson, Williams, Watson)	
41.11	Muir/Pasadena	1983
41.16	Crenshaw/Los Angeles	1984
	(Bowyer, Crittenden, Roberts, Wilson)	

Hand timing

(* 440 Yards Minus 0.2)

40.8*	Wilson (San Francisco)-1	1973
	(Farmer, Whitaker, Kirtman, Walker)	
40.9*	El Cerrito-1	1971
	(Gaines, Watson, Smith, Burns)	
40.9*	Harry Ellis (Richmond)-1	1975
	(Miller, Gentry, Davis, Cooper)	
40.9*	Hamilton (Los Angeles)	1976
	(Menzies, Goosby, Martin, Mullins)	

**Brian Blutrach****1600 Meter Relay**

(* Mile Minus 1.1)

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

3:08.94	Berkeley-1	1981
	(Walker, Richardson, Murray, Robinson)	
3:09.45	Hawthorne-1	1984
	(Graham, Young, Kelly, Thomas)	
3:10.11	Hawthorne-1	1983
	(McGee, Torrayel, Kelly, Thomas)	
3:10.33	Perris	1983
	(Flenagh, Stamps, Jackson, Harris)	

3:10.37	Centennial (Compton)-1	1980
	(Graham, Ware, Jackson, Turner)	
3:10.42	Berkeley	1980
	(Dotson, Richardson, Walker, Robinson)	
3:10.47*	Banning (Wilmington)-1	1978
	(Davis, Caesar, Blalock, Lewis)	
3:11.10	Poly (Long Beach)	1981
3:11.32	Compton	1980
	(Davis, Taylor, Smith, Barksdale)	
3:11.81	Centennial (Compton)	1981
	(Pinchback, Ware, Jones, Graham)	
3:12.1*	Castlemont (Oakland)-1	1971
	(Roberts, Morgan, Curry, Rodgers)	

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Prep Notes

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By KEITH CONNING

➤ CENTRAL COAST SECTION PREVIEW CORRECTION

Boys Team Preview

Bellarmine (2nd CCS, 5th NorCal in 1983). Bellarmine, coached by Terry Ward, lost last year's section meet on the tie breaker rule. Sean O'Flaherty (24th in NorCal) returns to lead his young team to what Coach Ward believes will be a high CCS finish.

Westmont (10th CCS in 1983). The Warriors, coached by Jerry Vargas, have 3 good runners returning from last year's solid team. Andy Walsh and Chris Canote are the leading Westmont runners. As an aside, Westmont, Leigh, and Los Gatos all compete within the same league (WVAL).

➤ BOYS 3200 METER LEADERS AMEND- ED

I would like to thank Eric Mastalir (Jesuit, Carmichael), Jack Shepard (Track & Field News), and Bill Hotchkiss (Leigh) for sending in corrections.

8:57.5c *Calvin Gaziano (Castro Valley)
8:58.67 *Roman Gomez (Belmont, L.A.)
8:59.51 Jesus Gutierrez (Pasadena)
9:02.16 Dan Palma (Glendale)
9:03.98 Paul Burroughs (Agoura)
9:04.0c Matt Gulisto (San Mateo)
9:05.96 Alex Carmona (Belmont, L.A.)
9:08.34 Pat Green (La Jolla)

Former California Preps in the 1984 Olympic Games

by Keith Conning

Source: *(The California State Track Meet by Donn B. Kirk and David M. Cooper)*

JODI ANDERSON, Los Angeles, finished 23rd in women's heptathlon. As a sophomore at Washington High in Los Angeles she set a national record in the long jump of 19-7 at the 1974 State Meet. In 1975 she scored thirteen points in the State Meet with a first in the 440 (55.3 national record), first in the long jump (19-6½), and third in the 80-yard hurdles. She also anchored her team to a new national record in the 880 medley relay (1:44.5). Her team won the team title with 22 points. Jodi outscored the second place teams of Fremont in Los Angeles and Pleasant Hill with 10 points each. In the 1976 State Meet she won the long jump at 20-¼w to win the event for the third straight year. She also finished fifth in the 400 at 57.8.

EVELYN ASHFORD, Roseville, won gold medal in 100 meter dash, member of gold medal 4X100 meter relay team. She was not allowed to compete in the State Meet, because she had competed for the boys' team during the season. Only one member of the boys' team was faster.

WILLIE BANKS, Los Angeles, sixth in Triple Jump. In the 1973 State Meet Banks of Oceanside established a meet record in the Triple jump by leaping 49-1 in the prelims. He also won the final with a wind-aided 49-7¼. In the 1974 State Meet he leaped 50-9 in the prelims to break his record. He repeated by leaping 50-7 in the final.

JEANETTE BOLDEN, Compton, fourth in 100 meter dash, member of gold medal

9:08.36 David Bacca (San Marino)
9:08.66 Chris Craig (Leigh, San Jose)
9:09.17 **Eric Mastalir (Jesuit, Car.)
9:09.42 Frank Ramirez (Lompoc)
9:10.99 ?Pat Mitchell (St. Francis)

➤ CLACKAMAS COMMUNITY COLLEGE UPDATE

Kelly Sullivan writes that he is the new cross country and distance coach at Auburn University. Brian Abshire, a junior from DeAnza High School in Richmond, and John Hansen, a junior from Placerville, will join Sullivan at Auburn. Abshire has bests of 3:45.2 (1500), 8:08.21 (3000), 14:12.9 (5000) in 1983. He was a 3 time NJCAA All-American. Unfortunately, he broke his fibula during the 1984 track season. Hansen has bests of 3:50.1 (1500) and 14:28 (5000). He placed 7th in the NJCAA 1500. He has a 3.44 GPA after two years.

Jeff Franklin, a junior from Yreka, transferred to Pace University, New York, one of the top finance colleges in the U.S. He has bests of 3:56 (1500) and 1:54 (800).

Rod Curry, a sophomore from Christian Brothers High School in Sacramento, has transferred to Brevard CC in Brevard, N.C. (1982-83 NJCAA X-C champions). He has bests of 1:54 (800) and 3:57 (1500).

4X100 meter relay team. In the 1977 State Meet she won the 100 at 10.48w, placed 4th in the 220 at 24.66, and anchored her 440 relay team to their 2nd place finish. She scored 8 points of Centennial's 12 points. In the 1978 State Meet she placed 7th in the 100 at 11.17.



Evelyn Ashford

VALERIE BRISCO-HOOKS, Los Angeles, won gold medal in 400 meters, won gold medal in 200, member of gold medal 4X400 meter relay team. In the 1977 State Meet she set a meet record of 55.14 in the 440. She also anchored the victorious Locke of Los Angeles 4X400 relay team with a 56.2 split. They set a new meet record of 3:52.1. She thereby led her team to the team title. In the 1978

State Meet she ran fifth in the 100 (11.05), fourth in the 440 (56.47), and withdrew from the 220.

ALICE BROWN, Altadena, won silver medal in 100 meter dash; member of gold medal 4X100 meter relay team. In the 1975 State Meet she was a member of the Muir, Pasadena 4X110 relay team, which won in 48.0. In the 1976 State Meet her team won again in 47.6. In the 1978 State Meet she finished second in the 100 at 10.96.

TONIE CAMPBELL, Carson, fifth in 110 meter hurdles. In the 1978 State Meet he placed third in the high hurdles in 14.27 representing Banning of Los Angeles.

LESLIE DENIZ, Gridley, won silver medal in discus. In the 1979 State Meet as a junior she broke the meet record in the Trials by throwing 159-3 and upped that mark in the finals to 167-1. The old national record was 161-11 set by Helene Connell of Memorial High School, Jackson, New Jersey in 1977. In the 1980 State Meet she broke her national record with a throw of 172-11.

LAURA DESNOO, Fremont, 10th in discus. In the 1980 State Meet she finished third in the discus at 149-7. In the 1981 State Meet she finished second at 158-1 (167-1 in Trials).

DANNY HARRIS, Perris, won silver medal in 400 meter hurdles. In the 1982 State Meet he finished third in the 300 low hurdles in 36.50. In the 1983 State Meet he set a meet and national record of 35.52 in the 300 low hurdles. His time broke the old record of 35.76 held by Tony Atkins of Walnut. Harris finished third in the high hurdles in 14.13. With an anchor of 45.5 he led Perris to second place in the 4X400 meter relay with a fine 3:10.33, the third fastest time in meet history.



Mike Tully

DENEAN HOWARD, Granada Hills, member of 4X400 meter relay team in a heat. In the 1979 State Meet she finished third in the 440 in 55.15. The four Howard sisters of San Geronimo broke their own national record of 3:44.9 by winning in 3:44.1. Senior Artra led off with a 59.2 leg followed by sophomore Tina (58.3), freshman Denean (53.7), and junior Sherri (52.9). In the 1980 State Meet Denean set

a new national 400 record of 53.04. She also ran on the 4X100 and 4X400 relay teams from Kennedy of Granada Hills, which set national records of 45.81 and 3:37.98. Denean's split was 52.3. Kennedy won the team championship. In the 1981 State Meet she anchored her 4X400 team to a new national record of 3:37.71 with a 50.8 leg. She won the 200 (23.73) and placed 2nd in the 100 (11.83). In the 1982 State Meet she set a new national record of 52.39 in the 400. She also won the 200 in 23.59w and placed second in the 100 in 11.70.

SHERRI HOWARD, Granada Hills, member of gold medal 4X400 meter relay team. In the 1979 State Meet she set a new national 400 record of 53.85. She anchored San Geronimo to a new national 4X400 record of 3:44.1 with a 52.9 leg. She also placed second in the 100 in 10.80. In the 1980 State Meet she set a new national 200 record of 23.19. She anchored the 4X100 and 4X400 relay teams from Kennedy of Granada Hills, which set national records. Her split was 52.3. She also placed second in the 100 in 11.61.

DAVE LAUT, Goleta, won bronze medal in shot put. In the 1975 State Meet Laut of Santa Clara, Oxnard finished second with a put of 65-9.

MIKE McRAE, Fremont, 11th in long jump. He competed for Skyline of Oakland.

JOHN POWELL, San Jose, won bronze medal in discus. He started his track career in the Sacramento area.

DWIGHT STONES, Irvine, fourth in high jump. In the 1971 State Meet Stones of Glendale, who tied the meet record of 7-¼ in the prelims, jumped 7-1½ in the finals to set new meet and national records in the high jump.

MIKE TULLY, Encino, won silver medal



Dwight Stones

in pole vault. In the 1974 State Meet Tully of Millikan, Long Beach placed second in the pole vault at 15-6.

RUTH WYSOCKI, El Toro, sixth in 800 meter run. Her father, Willis Kleinsasser, was a star runner in high school and was the track coach at Immanuel High School in Reedley in the mid 1950s. Willis placed fourth in the 800 meter run at the 1948 State Meet.

Southern Section Cross Country Preview

by Doug Speck

After a long summer of preparation Southern Section Cross-Country squads will look forward to another fall season with the start of school in September. This hugh and competitive area will once again feature some fine individuals and teams that will match up well with the best in the western U.S.

The young ladies return some real stars. Laura Cattivera (Mira Costa, Manhattan Beach) made a return from serious lower leg problems that put her out of action two of the last three athletic seasons to lower her 1600m best to 4:51.57 in placing 4th in the state meet during the spring track season. Laura is #3 on the All-Time Mt. SAC course list with her 17:26 from two years ago. Coach Dave Holland will bring the senior star along slowly and try to get her through her last prep Cross-Country season. When right Laura is among the best in the nation. Lisa Rizzo, the individual 3A favorite, has the #17 All-Time Mt. SAC time at 18:08, and has 4:44.27 (1500) and 11:03.00m track credentials. Maura Daly (Mission Viejo) should lead the Section's best squad (the entire 3A runner-up Diablo squad returns). Maura ran 18:12 in placing 3rd at the 3A level, and will join the rest of her South Coast League mates who were kicked up to the 4A level for 1984. The MV girls group recorded a 96:20 team time in 1983 (#8 AT).

The Men's group is a step down in individual quality from the past decade, where at least a couple of section stars each year could match up against anyone in the country. Andy Wright (Sunny Hills, Fullerton) returns as the highest divisional placer, with his 15:26 for 3rd last year at the 3A level. Troy Nelson (La Sierra, Riverside) was 8th 3A at 15:41. Colton's Ron Perez was 10th 4A at 15:41 (4:23.8m), with amazing frosh athletes Aaron Moscarro (Rosemead) 15:43 and Robbie Barrios (University, Irvine) 15:49 along with Westlake's Paul Myers (15:46) the other Section returnees under 15:50 on the tough Mt. SAC course. William Feliciano (Cypress) 4:14.22m, Raul Serratos (Mountain View, El Monte) 9:24.84m, and Steve Hirschman (Torrance) 4:18.84m were impressive in the spring track season and should develop quickly. Each of the four Men's divisions will be very competitive, with the 3A and 4A divisions featuring a number of top squads, the 2A division a wide-open battle, and the 1A a continuing battle for supremacy among a trio of squads always in the thick of the championship fight.

In the following preview Cross-Country times quoted are from the Mt. SAC facility, which is used for the Sectional Prelims and Finals. Track times quoted are from the 800m, 1600m, mile, 3200m, two mile distances, with "w" or "m" denoting a yard or metric mark. 1500m or 3000m times are noted with that indication.

Women's 4A Division--

This group of teams each year may constitute the country's most competitive division--1984 should be no exception. The addition of the tough Orange County beach area South Coast League to this division from the 3A level makes things even more interesting. The previously mentioned Mission Viejo squad merely returns its entire membership from a 3A runner-up group that recorded an excellent 96:20 team time. Maura Daly (3rd 3A 18:11 - 11:23.9y) and Heather Hutchinson (9th 3A 18:55 - 11:21.00m) provide leadership for the Diablo team that will try to hold off a half a dozen other Orange County teams with their eyes on the 4A crown. Buena (Ventura) was 3rd in 1983 at

this level, and the Bulldogs return all their top seven, led by Tammy McCarthy (3rd 4A 83 18:33-5:09.97m-11:14.36m). Coach Tom Coffey's Tustin squad will not be far behind, with five of his top seven back from the State's best 1983 team. Kelly McCormick (10th 19:02) will lead a deep, deep group. Edison (Huntington Beach) was 7th in 1983, four off that team, led by Nicole Ritchot (4:55.89m--state meet competitor in track), return to be a threat to take it all. Newport Harbor was 6th last year. Julie Morris (NH) was 4th 4A 18:47, while Maggie Henson (18:57) had a fine spring track season with 5:09.14m-11:10.4y distance bests. Newport has the other five back from their 1983 Finalists. Irvine finishes out the Orange County group of supers. Except for the move of Laura Chapel to San Diego, the Vaqueros might be the favorites to take it all. As it is four from the 1983 4th place Irvine team are back, led by Laura Schuster (19:02) and Michelle Naujokas (19:22).

A second group is a bit behind the top six squads. Hawthorne was 11th here last year, and Vancille Brown (11:10.44m) and Kateri Amy (19:31) head six of seven that return from that team. Thousand Oaks, from the tough Maramonte League has six back from its 1983 10th place squad. Heading the Lancers are supers Jenny Bessell (9th 4A 19:01) and soph Christy Farrell (14th 4A 18:58 best - 11:14.41m). Palos Verdes, the 1983 runner-up has the nucleus of a good team this year with four returning, led by Julie Napolitan and Denise Burnes. Foothill (Santa Ana) is always tough (5th in 83), and veterans Kristin Friend (19:26) and Kristin Carney (19:48) will head the Knights as they head towards their annual showdowns with Century League rivals Tustin. Westlake (Westlake Village) was 9th in 83 and, led by Chris Vandenberg (19:36), six off that group return. El Toro lost the Biggers sisters up north, but four others return from their 8th place team, led by Bridget Moynihan (19:44). Mira Costa (Manhattan Beach) will be a big threat with the return to health of Laura Cattivera.

A number of other teams could threaten for one of the twelve Section Finals spots or Top Ten rankings. Dcs Pueblos was 12th in 83, and if everyone from that squad returns the Chargers will be tough once again. Fountain Valley has a good five-some back from their 83 team, led by Dyana Crabtree. Westminster just missed a Finals spot in 83, and all seven from that team are back. Rolling Hills has a good tradition, and junior vet Laurie Collins will try to lead her squad through the tough Bay League in 84. Simi was much improved in 1983, and leads junior Almee Wellington (11:11.49m) finds five who return off that team. Karen Donahue, a fine 5th 4A in 83 at 18:47 will lead a Torrance team that returns five of seven. Dana Hills has four off what was a fine 3A level squad in 83.

Women's 3A Division--

The moving up of the Northern League to this level and booting up to the 4A level of the South Coast League has changed the face of this division a bit. Angeles League rivals Mater Dei and Bishop Amat appear ready to fight it out for the championship with Hart (Newhall). Mater Dei's 4th place 83 group lost only super Claire Feit out of its top seven, with a solid four-some, led by Mary Yost and Debbie Hughes back to lead the 1984 struggle. Hart is led by the fine duo of Lisa Rizzo (18:08 2nd 3A 83 11:03.00m) and Macy Moring (12th 3A 83 4:47.33 1500m). Bishop is led by another Ebner, Eileen, who recorded a 19:26 in CC, then improved to 11:17.03m in track. Hart returns its top seven, Amat six of its Varsity. A large group will challenge the front trio. Coach Steve Spraker has a way of getting the most out of his Saugus athletes, and with five of his top seven returning a good 1984 is possible. Esperanza (Anaheim) has a solid five returning, led by Juniors Kristi Young (19:35) and Peggy Emerson. Lompoc, the defending 2A champ, was

moved up a division, and junior Shelly Loveall heads six off the 83 winners with her fine 18:46 best (11:28.39m). Norco has five back from its 1983 6th place squad and will be a threat. El Rancho (Pico Rivera) improved rapidly in 1983 to gain a Finals spot, and Lupe Casillas (14th 83 19:14-4:56.2 1500m) leads four back from that team. Paramount has six back from a good 1983 group led by senior Ana Covarrubias. La Sierra (Riverside) has six back from their 1983 Varsity. Arroyo Grande, runnerup at the 2A level in 83, joins Northern leaguemate Lompoc at the 3A level. Coach Greg DeNike returns five from that squad, bolstered by Chantal Plante's younger sister. Cabrillo (Lompoc), another tough Northern Leaguer, has six back from a 1983 8th place 2A squad. Sunny Hills (Fullerton) has everyone back from a team that narrowly missed the Section Finals. Senior Jackie Fields heads that team. Rowland returns four from their 83 3rd place group, with Cindy Hays 10th 3A at 19:00. Alta Loma has four back from 1983, with Terri Woodside heading the Braves.

photo by Burt Davis



Laura Cattivera

Others with potential for 1984 are Laora, led by Debbie Lies (10:29.6 3000m), Riverside Poly, with six of its top seven returning, Walnut, with five of its varsity back and Coach Jim Polite re-establishing the program, Burroughs of Ridgecrest, Arlington (led by Kris Erhard 19:11), and Montebello.

El Dorado (Placentia) has outstanding sophs Julie Cooper (7th 83 18:39-4:51.8 1500) and Beth Rosipalja (8th 83 18:52-11:36.92m) back, but the Golden Hawks will need to overcome the loss of Coach Don Chadez to the JC level.

Women's 2A Division--

Bouncing the very successful Northern League up to the 3A level and bringing the tough Rio Hondo League down from that group will change the make-up of this division some. Last year's champs Lompoc and runner-up Arroyo Grande were bumped up with that Northern

group. The third placers from 1983, La Quinta (Garden Grove), with all of its top seven back will thus assume the favorite's role. Led by individual 5th placer soph Kristin Harkins (19:18-2:17.4m-4:58.97m), La Quinta will be tough to beat.

A flock of other squads could challenge. Chino, 4th in 83, returns all of its top seven also, led by Michelle Pinedo (20:23). Diamond Bar was 5th last time around, and six of the top seven Bramahas are back. Kristi McDonald (20:03) will lead DB. Lousville (Woodland Hills) has certainly established itself as a Sectional power, with six from a 1983 Varsity that was 6th in this division returning this year. Agoura, 9th a year ago, lost only one girl likewise from its Varsity--Coach Jim Smith should have the Chargers cranked up for another good season. South Pasadena, part of the Rio Hondo League move down from the 3A has a good squad back, led by super Devon Martin (19:42-10:28.2 3000m). Indio was 10th in 83, and all seven from that squad are back, with Casey Pedroza (20:23) leading the team in her senior year. Yucaipa, another 1983 Finalist, has everyone back this year, led by Bobbi-Jean Hayes (11th 2A 20:17). Mountain View (El Monte) is a building power, led by Lisa Williams (6th 2A 19:28). Brea has six back from a Varsity that was close to qualifying for last year's Section Finals.

A group of other teams have real potential. Alemany only lost one from a respectable 1983 team. Valencia has five back from a team that just missed out making the 1983 Sectional Finals. Brawley has a good seven back for 1984. Ontario is led by Michele Arnold, but the team needs to develop depth to be a threat this year.

Some good individuals return on other squads. Ann Beman (San Marino) came alive in Track (5th So Cal 3200m 11:01.92 after a 19:24 CC best). Trish Unruhe (Nordhoff, Ojai) is a veteran who placed 8th 1983 2A 19:36 and has 5:09.90m best from 1984 Track. Shelly Schack (Artesia) was 9th in 1983 (19:37).

Women's 1A Division--

One division where you can wrap the trophy up and send it out right now is this one. Morro Bay was the team winner last time around by six and a half minutes (that's over a minute per girl ahead of the second place squad), and with the loss of only one girl from the top five the same scenario seems possible in 1984. Teresa Ogle is gone, but Kathy Lewis (4th 83 19:45) and Ashley Orton (10th 83 20:30) head a fivesome back that is far ahead of the pack. Atascadero was the runnerups in 83, and with all seven back for 1984 the Greyhounds will try to narrow the gap to Morro. Fine soph Nancy McKrell (2nd 83 19:21) will lead Atasc. Maranatha (Sierra Madre) was 3rd in 83 and the top six scorers of that group are back, led by Roxanne Deubler (19:27). Sherman Indian (Riverside) was 5th last year, the Indian squad returns five of its seven to be a threat for 1984. Paraclete (Lancaster), 6th in 83, loses only one from that team, with junior Jenny Keever (10th 83 20:09) the team leader. Twentynine Palms has four of its top five back from a 7th place team. Barbara Robbins (7th 19:38) leads that group. La Reina (Thousand Oaks) was 4th last year, five from that team return, led by Christina Rogers. St. Monica (Santa Monica), led by the solid one-two punch of Patty Almedariz (1983 division winner 19:02) and Wendy Lagsdon (5th 19:52-5:12.74m), could be very tough if some back-up runners develop. Carpinteria was 9th last year, Coach John Larraide welcomes four back from that team. Bishop was 8th in 1983, with four from that team back for 1984.

Other teams who could develop are Azusa (12th in 1983), Brentwood, Whittier Christian, and Westlake Academy (LA).

Continued on next page...

Prep Notes

Carl Doody (Webb 6th 83 19:02), Allison Baker (8th 83 20:16), and Sarah Allaback (Cate, Carpinteria), should stay healthy, could be individual threats.

Men's 4A Division—

The Orange County area should dominate this division. 1983 Runner-up Corona Del Mar return five from their top seven. Dan Holland, Lance Ortiz, and Darren Wood were all in the top five in individual scoring in the 1983 Championship race and will return to lead Coach Jim Tomlin's CDM crew as they aim for the top rung. Mission Viejo has jumped up to the 4A with the rest of its South Coast League, and Coach Gene Gurule's squad has six back from a 4th place 3A group from '83. John Cronin and Mark Lindrud will head a MV fivesome that ran between 16:40 at Mt. SAC last year. Dana Hills, another South Coast League school, has five from a 5th place 3A group. John Kelly (16:20) and Rick Fador (16:39) head DH. Canyon (Anaheim) knocked off some top powers in Century League duals last year, and competitions this year with six of its top seven returning, led by super junior Greg Neitzel. Esperanza (Anaheim) has five solid runners off an Empire League Champion group from 1983. Simi Valley had a super soph group. In 1983, and Coach Jim McCullough returns two other juniors from his 1983 3rd place 4A group. Junior Jim Zimmer (16:30) will lead Simi. Mater Dei (Santa Ana) will make the transition to a new Coach with its usual frightening depth from the lower levels. Fifth in the 1983 4A division, David Younkin (15:58), a 9:45.07 3200m runner, will lead MD in 1984. El Toro took it all in 1983, and a good foursome from that championship group return for 1984. John Sarroa (16:15), Ken McFadden (16:19), and Bryan Moreno (16:22) can run with anyone for El Toro. Villa Park has super tradition and enough good young runners along to lift Bill Meyers (4:20.96m) and the team to Sectional honors once again. Westlake (WV) was 11th in 83, and with four off that

squad back, led by super Paul Myers (15:46-11th 4A 83) Coach Terry Manning's Warriors will be good.

A number of other teams could develop into fine ones during the season. Edison (Huntington Beach) had three frosh and one soph in their top seven on a respectable 1983 squad. Gene Patino should head an improved team. Katella (Anaheim) has enough back to keep Empire League rival Esperanza honest. El Modena (Orange) is another with super tradition. San Marcos (Santa Barbara) will try to break the hold of Dos Pueblos (Goleta) on the Channel League. Colton, led by 1983 10th placer Ron Perez (15:41-4:23.81m), was 10th last year. Newport Harbor returns a solid trio from a good 1983 team. Newbury park was 4th in 1983, a trio from that group, led by Dan Gonzales (16:23) return. Mira Costa (Manhattan Beach), with Coach Cave Holland developing runners as he has, is always a threat. Dos Pueblos (Goleta) and Pismo Verdes are two other traditional powers who develop a number of runners and become a team threat as the year goes on.

Bill Feliciano (Cyress) was 15th 83 4A 15:54 and improved to 4:14.22m in the spring track season.

Men's 3A Division—

This is a very tough, and very wide open division. A number of very fine teams return a majority of their Varsity and any of a number of squads could take the title.

Coach Steve Sparaker's Saugus High group was 6th in 83 and six of the top seven from that team return.

Mike Fretz (16:22), Jeff Yaross (16:32), everyone a couple of years back to nab a title, but their 1984 success will be no surprise. Jerry Tousanint (17th 16:06) and Blake Wettlauzer (18th 16:07) head a solid foursome from a 1983 3rd place group. Temple City merely has all its scorers back from a 7th place team. Glen Kangas (14th 16:01) and super junior Steve Imlay (16:19-8:52.9 300m) head another fine squad from out of the Rio Hondo League. Buena Park was 11th in 83, Coach Dan Hirsch returns five from that team, led by fine runner Steve Scardina (9th 15:52). Hart (Newhall) could be the sleeper of the bunch, with a young team bolstered by former Canyon star Dale Kroeger. Coach Gene Blankenship and Dave Klinger are fast building another super program. Sunny Hills, led by super Andy Wright (3rd 15:26) and three others from its 1983 Varsity, will be good this go-round. Hawthorne continues to turn out fine squads, with five back off its 1983 12th place group. Sean Kelly (1:52.72m) and David Whitworth (9:44.6y) will lead the Cougars of Coach Alex Bravo. Mountain View (El Monte), part of the Mission Valley League move up to 3A from 2A, has a fine group back, led by Raul Serrotos (8:47.4 300m-9:28.84m). Should the Vikings remain healthy Arroyo's stranglehold on that League should end in 1984. Burroughs (Burbank) returns a solid six from its 83 Varsity. San Marino is led by Stuart Thompson (4:24.64m) and Andy Allan (4:26.37m-16:08). If Coach Phil Ryan can back up this duo the Titans will be very tough.

A number of other squads could threaten the top ten. Quartz Hills is led by fine junior, Steve Holloway, and five of the 1983 Varsity are back. Whittier has a good fivesome back for 1984. Arlington has a good foursome led by Scott Gardner. Corona also has four back with Sectional experience with Ken Woodall the Panther leader.

There are a number of fine individuals in this division. Steve Hirschmann (Torance) developed nicely in the spring to record 4:18.84m as a soph. Tony Nelson (La Sierra, Riverside) was 8th '83 at 15:41. Aaron Moscarro, an amazing soph at Rosemead, was 5th 2A last year at 15:43. Gus Bento (Walnut) was 16th '83 at 16:06 (9:38.44m).

Men's 2A Division—

Talk about wide open—this division is unreal. With the moving up of two-time champion Arroyo (El Monte) and their Mission Valley League to 3A this level was thrown to the winds. Anyone of a dozen teams could win the division title.

A group of about six teams are a step above a large pack. Loyola (LA) was 9th in '83, and six from that squad are back. Super juniors Chris Nelson (19th 16:32) and Mitch Sloan (24th 16:38) lead Loyola. Lompoc has five back from its 6th place squad. Nordhoff was 10th in '83, with Barney Connaughton (16:39) and Sven Walsted (16:43) leading the group. Magnolia (Anaheim) has six back from its '83 finalist squad, led by Frank Gonzales (4:24.69m). Diamond Bar has six back from its '83 Varsity, led by Chris Shrum and Jeff Parker. Bishop Montgomery (Torance) has five back for 1984, led by super Greg Houglate (8:45.3 3000m-9:21.48m).

A group of traditionally tough teams finish out a preseason top ten. Brawley was 4th in '83, Coach Don Biagi has four back from that team, led by Carlos Padilla (16:35) and Gus Villalobos (16:49). Arroyo Grande was 8th in '83, a good foursome will return for AG in '84. Valencia (Placentia) has its entire Varsity return to aim for honors in '84. Ontario is led by supers Richard Banta and Cesar Garduno and will be a threat for Sectional honors this year.

Alemay (Mission Hills) returns a good foursome from a team that just missed out on making the Sectional '83 Finals. Covina, part of a Valle Vista League drop from 3A to 2A, will be good in '84. Garden Grove was 11th in '83 and four return from that squad, led by John Meisliham (16:39).

Rancho Alamitos (Garden Grove) will feature Dominic Adams (16th '83 16:07 best). Perris is led by Sal Gonzaga (13:16:05). Rightetti (Santa Maria) is a traditional Finalist, and three return from their 1983 7th place squad.

Chris Tregillis (Harvard, LA) raced 9:37.20m in the spring and should be another of the division's top individuals.

Men's 1A Division—

A trio of traditional powers return large successful squads from 1983 to do battle once again in 1984. Sherman Indian, LaSalle (Pasadena), and Atascadero all return at least five from their '83 squads that finished in that order in the Section Championships. Sherman has tradition on its side, having won three of the last four 1A Championship races, usually with a frighteningly successful peaking performance by its runners. Duane Koinva (5th '83 16:19), George Francisco (4th 16:14), and the junior duo of Ellis Parchorn and Larry Ramon will be solid for the Indians in '84. La Salle lost only super J.P. Hall from its runner-up group. The trio of Guillermo Sanchez (11th 16:36), Andy Chittum (15th 16:40) and Matt Stephenitch (16:49) will lead Coach Don Blair's squad. Atascadero returns everyone from its '83 Varsity. Super twins Sam (6th 16:24) and Tony (23rd 16:55) are joined by junior Todd Everett (10th 16:33) in providing some up front power for the Greyhounds.

Cathedral (LA), 5th in '83, returns everyone from that team, led by Martin Farlan (16:47). Morro Bay, 6th in '83, has five back for '84, led by Chris Jones (16:41). Brentwood was 7th last season. Ted Bush (12th 16:37) will head five Varsity runners who are back from that school. Maranatha (Sierra Madre) has a good foursome back from its 1983 4th place team. 29 Palms was 11th in '83 and the desert school has six off that group back for 1984, led by Derek Forsythe (16:57). Bishop narrowly missed the Section Finals in '83, and five who return should rectify that situation in '84. LA Baptist has everyone back from a good 1983 Varsity. Carpinteria lost only one from its 1983 5th place Sectional prelims team.

A group of other teams could threaten. Gladstone returns six from its 1983 Varsity. Bell-Jeff (Burbank) and Fillmore have great tradition and are rebuilding in 1984. Teams with potential are Bretheren (Paramount), Orange Lutheran, and Paraclete (Lancaster).

Race Clocks

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Results

Jr. Pan American Championships

from Keith Conning

August 23-25, Nassau, Bahamas.

Doug Fraley (Fresno State), the TAC Junior champion at 17- $\frac{3}{4}$, set a new meet record in the pole vault at 17-4 $\frac{3}{4}$. The old record of 15-6 $\frac{1}{4}$ was set by Kasey Lewis (US) last year.

Steve Klassen (USC), the TAC Junior decathlon champion with 7093 points, set a new meet record of 7323 surpassing the 6902 of Robert Muzzio (US) in 1983. He also set a new California record surpassing the 7298 of Rory Katine (UCLA) in 1972.

Sybil Perez (Mission HS, San Gabriel), second in the TAC Junior 3000 meter walk at 15:05.36, won in 15:05.4.

Leslie Maxie (Mills HS, Millbrae), the State Meet champion, won the 400 meter hurdles in 58.38.

The 4X100 meter relay team of Andrea Bush, Pamela Qualls (Burbank HS, Sacto), Yolanda Deves (UCLA), and Denise Liles won in 45.13.

The 4X400 meter relay team of Julie Johnson, Tanya McIntosh, Choo Choo Knighten (Locke HS, L.A.), and Leslie Maxie won in 3:36.69.

Wendy Brown (Woodside HS), the State Meet champion in the long jump at 20-9 $\frac{1}{4}$, won with a leap of 20 $\frac{1}{4}$.

Michelle Olivera (LA St), the TAC Junior champion at 167-7, set a new meet record of 177-7 in the javelin. The old record of 177-1 was set by Iris DeGrasse (Cuba) in 1982.

Men's Results

1500 Meters: 4. Mark Junkerman (UCLA) 3:56.55. **100 Meter Hurdles:** 2. Mark Boyd (Arizona State/Oakland) 14.14. **Pole Vault:** 1. Doug Fraley (Fresno State) 17-4 $\frac{3}{4}$. **Long Jump:** 3. Joe Richardson (Pasadena HS) 24-2 $\frac{1}{4}$. 5. Dionisio Cadogan (Long Beach CC) 24- $\frac{1}{4}$. **Shot Put:** 4. Brian Blutreich (Capistrano Valley HS, Mission Viejo) 53-7 $\frac{1}{2}$. **Discus:** 5. Deron Lord (Lewis & Clark/Pasadena) 146-10. **Decathlon:** 1. Steve Klassen (USC) 7323.

Women's Results

100 Meters: 3. Yolanda Devers (UCLA) 11.68. **200 Meters:** 2. Pamela Qualls (Burbank HS, Sacto) 23.94. **400 Meters:** 2. Choo Choo Knighten (Locke HS, LA) 52.03. **800 Meters:** 2. Kerri Zaleski (Millikan HS, Long Beach) 2:07.5. **3000m Walk:** 1. Sybil Perez (Mission HS, San Gabriel) 15:05.4. 4. Kerry Bratton (St. Francis HS/Santa Clara) 15:57.3. **100m Hurdles:** 4. Wendy Brown (Woodside HS) 14.25. **400m Hurdles:** 1. Leslie Maxie (Mills HS, Millbrae) 58.38. 4. Michelle Taylor (Ganesha HS, Pomona) 1:02.76. **4X100m Relay:** 1. USA (Andrea Bush, Pamela Qualls, Yolanda Devers, Denise Liles) 45.13. **4X400m Relay:** 1. USA (Julie Johnson, Tanya McIntosh, Choo Choo Knighten, Leslie Maxie) 3:36.69. **High Jump:** 2. Latrese Johnson (Clovis HS) 6-1 $\frac{1}{4}$. **Long Jump:** 1. Wendy Brown (Woodside HS) 20- $\frac{1}{4}$. **Javelin:** 1. Michelle Olivera (LA State) 177-7.

Results

Track & Field

TAC Age Group Nationals

from Keith Conning

July 10-13, Provo, Utah.

Intermediate Boys

Decathlon: 1. Tim Baker, Waterford, 5580. 6. Sean Collins, Redding, 4993. **Long Jump:** 1. Curtis Rogers, Sacto, 22-1/4. 3. Michael Carnes, Simi Valley, 21-4. **Triple Jump:** 1. Alan Rich, Corcoran, 41-1/4. 4. Darwin Wadsworth, L.A., 39-3/4. **2000m Steeplechase:** 2. Scott Machado, Fremont, 6:39.59. **Discus:** 3. Kirk Hendrickson, San Jose, 129-10/4.

Youth Boys

Pentathlon: 3. Jason Sharp, Mission Viejo, 2353. 5. Brent Crandall, San Jose, 2192. **Long Jump:** 1. Terence Strong, Bakersfield, 23-4/4. 3. Stephen Fisher, Saratoga, 22-5. 4. Gregory Packer, Sacto, 21-10. 5. Jon Rivera, Waterford, 21-8/4. **Discus:** 1. Mike Stubblefield, Bakersfield, 173-9. 5. John Roman, Ontario, 134-10. 6. Scott Paulson, Anaheim, 137-5. **Shot Put:** 2. Lelf Dodson, Napa, 53-9/4. **Discus:** 3. Lelf Dodson, Napa, 141-2. **High Jump:** 1. Russel White, San Francisco, 6-1/4. **Javelin:** 2. Mike Stubblefield, Bakersfield, 160-0. 5. John Roman, Ontario, 148-8. **2000 Steeplechase:** 5. Phillip Buckley, Oakdale, 6:46.66. **Triple Jump:** 1. Terence Strong, Bakersfield, 47-10. 2. Michael Clark, Sacto, 46-4. 3. Jon Rivera, Waterford, 45-10/4. **3000 Race Walk:** 2. Matt Dillon, Cupertino, 18:56.37. 4. Steven Werve, Oxnard, 18:03.39. **3000:** 1. Chuck Braebach, Agoura, 9:25.59. 4. Marxo Oceguera, Orange, 9:32.41. 5. Craig Lawson, Granada Hills, 9:47.18. 6. Randy Wilson, El Monte, 9:52.47. **Long Jump:** 1. Russell White, San Fernando, 20-7/4. 2. Steve Prince, Napa, 19-11/4. 4. Vincent Whitley, Pomona, 19-1/4. 5. Alfred Jenkins, Compton, 18-11/4. **Shot Put:** 2. Mike Stubblefield, Bakersfield, 52-2/4. 3. Troy Benson, San Jose, 52-2/4.

Midget Boys

Pentathlon: 2. Morgan Alstot, Ojai, 3018. 3. Michael Lindsay, Westlake Village, 3006. **Discus:** 1. Michael Martinez, Five Points, 112-8. 3. Patrick Van Scoy, Oxnard, 97-9/4. 6. Kory Body, Rialto, 78-5. **Long Jump:** 1. Steve Carnes, Simi Valley, 19-3/4. 3. Kenzi Smith, Bakersfield, 18-9/4. 5. Jeremy Burkett, Evergreen, 15-5/4. **Shot Put:** 1. Mike Martinez, Five Points, 48-9/4. 5. Patrick Van Scoy, Oxnard, 36-11/4. 6. Micha Hall, Ridgecrest, 36-8/4. **3000:** 2. Peter Griffith, Hollywood, 10:08.50. 4. Chad Mallsich, Camarillo, 10:19.49. 5. Scott Sarve, Oxnard, 10:37.75.

Bantam Boys

Triathlon: 3. Mark Aucutt, Oxnard, 1239. 6. Aaron Wolczko, Santa Cruz, 1207. **1500 Race Walk:** 1. Steve Frank, Napa, 9:04.87. 6. Hector Sandoval, Oxnard, 11:34.85. **High Jump:** 3. Shawn Werve, Oxnard, 4-2. **Shot Put:** 2. Hared Christensen, Ridgecrest, 29-1/4. 3. Jarrett Jackson, Aubrey, 28-6/4. 5. Steve Frank, Napa, 28-1/4.

Intermediate Girls

Heptathlon: 1. Durelle Schimek, Grass Valley, 4682. 6. Tori Gambini, Oakdale,

3955. **Long Jump:** 1. Stacy Rogers, Sacto, 17-10/4. 2. Janet Johnson, Long Beach, 16-8/4. 3. Kimberly Harvey, Santa Barbara, 15-11/4. **High Jump:** 5. Durelle Schimek, Grass Valley, 5-4. **Discus:** 2. Durnesia Body, Rialto, 119-1. 5. Jennifer Watson, Fremont, 112-5/4. **Javelin:** 1. Durelle Schimek, Grass Valley, 128-3. 2. Deane Champaign, Long Beach, 116-2. 6. Becky Brennick, Rialto, 112-2. **Triple Jump:** 6. Kimberly Harvey, Santa Barbara, 33-2/4. **3000 Race Walk:** 1. Kerry Bratton, Cupertino, 15:33.95. 2. Sybil Perez, Orange, 16:30.25. 3. Carolyn Holgulin, Orange, 17:06.85. **3000:** 3. Sheri Lawson, Northridge, 10:47.99.

Youth Girls

Heptathlon: 4. Heldee Ruiz, San Jose, 3107. 5. Ashley Selmon, Santa Ana, 3031. **Discus:** 1. Patricia Walker, Orange, 108-2/4. **High Jump:** 2. Charlotte Sneed, San Jose, 5-2. **Shot Put:** 1. Heldee Ruiz, San Jose, 44-1/4. 2. Patricia Walker, Orange, 42-3/4. 3. Jozette Ramirez, San Quentin, 40-1/4. 8. Judith Capper, Camarillo, 38-6/4. **Javelin:** 1. Ashley Selmon, Santa Ana, 112-7. 4. Brook Reyes, Santa Barbara, 99-2/4. 6. Kimya Phillips, Gardena, 91-10/4. **Long Jump:** 3. Chara Smith, San Francisco, 17-2/4. 4. Heldee Ruiz, San Jose, 16-11/4. 5. Mary Bitner, Camarillo, 16-6. 6. Wanda Wade, Cupertino, 16-5/4. **3000 Race Walk:** 1. Jessica Bagley, Calif., 16:44.05. 2. Susetta Garcia, Calif., 17:07.45. 5. Lynda Ocafrain, Calif., 19:07.54. 6. Onilda Torres, Calif., 19:25.68. **3000:** 3. Katy McCandless, Portola Valley, 10:34.76. 5. Laura Doering, Villa Park, 11:01.88. **Young Women's 3000:** 3. Kim Himenes, Menlo Park, 11:09.81. 5. Sandrine DeMarvel, Portola Valley, 12:15.96.

Midget Girls

Pentathlon: 5. Shellee Enad, Sunnyvale, 2176. 6. Leasia Schutter, Oxnard, 2169. **Discus:** 1. Dawn Dumble, Bakersfield, 89-1/4. 5. Jody Warr, San Bernardino, 81-8/4. **1500m Race Walk:** 1. Jessica Langan, San Jose, 8:11.15. 2. Eve Ipsen, Redwood City, 8:23.37. 3. Buradette Mindosa, Santa Clara, 8:32.45. 4. Tini Mike, San Jose, 8:37.74. **High Jump:** 1. Christin Mills, Tarzana, 5-2. 4. Lori Casper, Fremont, 4-10. **Long Jump:** 2. Lisa Collet, San Jose, 14-10/4. 3. Darcy Horn, Lafayette, 14-8/4. 4. Shellee Enad, Sunnyvale, 14-7/4. 6. Marti Harbin, Bakersfield, 14-5/4. **Shot Put:** 1. Kristin Knapp, Santa Barbara, 33-3/4. 6. Jodie Warr, San Bernardino, 30-7/4. **3000:** 1. Reina Felix, Sunnyvale, 10:53.18. 2. Erin Bellamy, Fremont, 11:04.65. 3. Tanya Thayer, San Bernardino, 11:06.02. 4. Trina Strang, San Bernardino, 11:15.76. 5. Rachel Muir, Newbury Park, 11:21.84.

Bantam Girls

Triathlon: 4. Jennifer Mair, San Jose, 1000. **Shot Put:** 2. Durnesia Body, Rialto, 119-1. 3. Susi Wong, Ventura, 24-7/4. 5. Tiann Rouse, Delhi, 24-7. 6. Misako Hampton, Bakersfield, 22-8.

International Track & Field

July 30, San Diego.

Men's Results

High Jump (Meters): 1. Dietmar Moegenburg, W.Ger., 2.30. 2. Gerd Nagel, W.Ger., 2.26. 3. Novica Canovic, Yug., 2.18.

Hammer (Meters): 1. Robert Weir, GB, 73.70. 2. Walter Ciofani, Fra., 72.26. 3. Joe Briski, USA, 54.74.

110m Hurdles: 1. Stephan Caristan, Fra., 13.43. 2. Mark McCoy, Can., 13.51. 3. Cletus Clark, USA, 13.79.

1000m: 1. John Walker, NZ, 2:19.37. 2. Stephano Mei, Ita, 2:20.04. 3. Alex Gonzales, Fra., 2:20.81.

Triple Jump: 1. Robert Cannon, USA, 53-1/4. 2. Gary Camerson, USA, 50-1/4. 3. Angel Gagliano, Arg., 44-1/4.

150m: 1. JonJac Boussemart, Fra., 15.45. 2. Peter Van Mittenberg, Aust., 15.83. 3. Patrick Barra, Fra., 15.84.

300m Hurdles: 1. James King, USA, 38.09. 2. Martin Gillingham, GB, 39.31. 3. Dennis Smith, USA, 40.71.

Discus (Meters): 1. Rolf Danneberg, W.Ger., 66.76. 2. Alwin Wagner, W.Ger., 65.80. 3. Werner Hartmann, W.Ger., 60.66.

100m (Heat 1): 1. Marc Gasparoni, Fra., 10.58. 2. Marty Krullee, USA, 10.57. 3. Ugrern Koffler, W.Ger., 10.60.

100m (Heat 2): 1. Bruno Marie-Rose, Fra., 10.45. 2. Antonio Ulio, Ita., 10.45. 3. Pierfrancesco Pavoni, Ita., 10.61.

Pole Vault (Meters): 1. Patrick Abada, Fra., 5.50. 2. Thierry Vigneron, Fra., 5.30. 3. Keith Stock, GB, 5.30.

300m (Heat 1): 1. Roberto Tozzi, Ita., 33.09. 2. Ernesto Nocco, Ita., 33.63. 3. Hector Laster, Fra., 33.77.

300m (Heat 2): 1. Elvis Ford, Barbados, 32.88. 2. Mike Sokolowski, Can., 33.17. 3. Martin Weppeler, W.Ger., 33.35.

600m: 1. Donato Sabia, Ita., 1:15.33. 2. Gary Cook, GB, 1:15.4. 3. DuPont, Fra., 1:15.7.

3000m: 1. Mike McLeod, GB, 8:09.73. 2. Liam O'Brien, Ire., 8:11.11. 3. Pedro Caceres, Arg., 8:11.71.

800m: 1. Peter Elliott, GB, 1:47.49. 2. Marcus O'Sullivan, Ire., 1:47.76. 3. Brian Theriot, USA, 1:48.49.

Shot Put (Meters): 1. Karsten Tolz, W.Ger., 18.99. 2. Werner Hartmann, W.Ger., 18.32. 3. Siggie Ventz, W.Ger., 15.55.

4X100m Relay: 1. West Germany 39.22. 2. France 39.33. 3. Nigeria 39.43.

4X400m Relay: 1. Trinidad & Tobago 3:07.33. 2. France 3:07.59. 3. Barbados 3:07.74.

Women's Results

100m (Heat 1): 1. Diane Williams, USA, 11.15. 2. Lova, Fra., 11.54. 3. Heidi Gangel, W.Ger., 11.59.

100m (Heat 2): 1. Esmie Lawrence, Can., 11.86. 2. Michael Schabinger, W.Ger., 11.91. 3. Angela Phipps, Can., 12.03.

100m Hurdles: 1. Judy Simpson, GB, 13.28. 2. Picaut, Fra., 13.49. 3. Kim Hager, GB, 13.55.

150m: 1. Bacoul, Fra., 16.73. 2. Nalgre, Fra., 17.14. 3. Diane Dixon, USA, 17.22.

200m: 1. Ute Thimm, W.Ger., 22.95. 2. Lillian Gaschet, Fra., 23.13. 3. Gaby Bussmann, W.Ger., 23.58.

300m: 1. June Griffiths, USA, 37.82. 2. Gillian Hackney, GB, 38.84. 3. Margaret DeJesus, Puerto Rico, 39.44.

300m Hurdles: 1. Anne-Louise Skoglund, Sweden, 40.47. 2. Angela Scott, USA, 42.01.

1000m: 1. Roswita Gerdas, W.Ger., 2:38.84. 2. Lynn Williams, Can., 2:39.23. 3. Debbie Scott, Can., 2:39.76.

Discus (Meters): 1. Vanessa Head, GB, 62.14. 2. Carol Cady, USA, 59.34. 3. Lorna Griffin, USA, 59.22.

Shot Put (Meters): 1. Carol Cady, USA, 17.10. 2. Ramona Pagel, USA, 17.09. 3. Judy Simpson, GB, 14.59.

High Jump (Meters): 1. Chris Stanton Aust., 1.90. 2. Pam Spencer, USA, 1.90. 3. Lidja Lapaja, Yug., 1.87.

Long Jump (Meters): 1. Angela Thacer, USA, 6.79. 2. Sabrina Williams, USA, 6.27. 3. Linda Garden, Aust., 6.20.

4X100m Relay: 1. France 43.49. 2. USA 43.57. 3. Great Britain 43.98.

4X400m Relay: 1. USA 3:29.62. 2. Oper Team 3:49.12.

TAC Masters Nat'l. Champs.

August 17-19, Eugene, OR.

100m Men: (30-34) 1. Marion McCoy 10.60. 2. Dwayne Taggart 10.81. 3. Eugene Driver, Ill 10.97. **(35-39)** 1. Stan Whitley 10.83. 2. Leon E. Lincoln 11.01. 3. Clifton Jackson 11.02. **(40-44)** 1. Brendon L. Wilson 11.24. 2. Dan Fitzsimmons 11.36. 3. Walt Butler 11.45. **(45-49)** 1. Doug Smith 11.48. 2. Robert Miller 11.73. 3. Gilbert LaTorre 11.79. **(50-54)** 1. Milton Newton, Jr. 12.05. 2. Harold Hitt 12.50. 3. Leon Trout 12.61. **(55-59)** 1. Clifford Murray 12.39. 2. Heul Washington 12.40. 3. Gordon Albury 12.53. **(60-64)** 1. Juilland Alphonse 12.70. 2. Bob Cooper 13.12. 3. Albert Johnson 13.39. **(65-69)** 1. David Lawyer 12.83. 2. Alfred Guidet 13.39. 3. Clarence Kilion 13.44. **(70-74)** 1. Harry Koppel 13.70. 2. John Satti 14.37. 3. Fred White N.T. **(75-79)** 1. Ken Carnine 15.57. 2. A.J. Pugilzevich N.T. **(80-84)** 1. Arling Pitcher 16.69. 2. Sing Lum 16.74. 3. Herbert Anderson 17.26.

100m Women: (30-34) 1. Susan Miller 13.22. 2. Maria Magana 15.76. **(35-39)** 1. Christine Barnes 13.06. 2. Marilyn White 14.16. 3. Karla Kalasz 14.76. **(40-44)** 1. Mary Luker 13.71. 2. Jeanne Carter 14.11. 3. Janet Sherman 15.32. **(45-49)** 1. Cherrie Sherrard 13.35. **(50-54)** 1. Irene Obera 13.13. 2. Sally Goodhue 15.95. 3. Alice Leicht 16.07. **(55-59)** 1. Florence Reardon 16.57. 2. Dorothy Anderson 17.80. **(60-64)** 1. Betty Smith 17.61. 2. Edith Leiby 17.82. 3. Thelma Rubin 18.67. **(65-69)** 1. Mary Bowermaster 16.48. 2. Josephine Kolda 16.76. 3. Marjorie Hunt 20.95. **(70-74)** 1. Polly Clarke 16.83. 2. Vivian Nelson 19.72. **(75-79)** 1. Marilla Salisbury 28.42.

200m Men: (30-34) 1. Marion McCoy 21.52. 2. Eugene Driver, Ill 21.92. 3. Glenn Johnson 21.94. **(35-39)** 1. Fred Booker 22.23. 2. J.B. Haggerty, Jr. 22.58. 3. Dan Thiel 22.67. **(40-44)** 1. Dan Fitzsimmons 22.82. 2. Jim Burnett 23.11. 3. Brendon Wilson 23.35. **(45-49)** 1. Doug Smith 23.50. 2. Robert Miller 23.97. 3. Sammy White 24.47. **(50-54)** 1. Milton Newton, Jr. 23.69. 2. J. C. Hoffman 24.34. 3. Phil Presber 25.10. **(55-59)** 1. Gordon Albury 25.78. 2. Heul Washington 25.82. 3. Gene Harte 26.30. **(60-64)** 1. Alphonse Juilland 26.46. 2. John Alexander 26.92. 3. Albert Johnson 27.01. **(65-69)** 1. David Lawyer 27.38. 2. Alfred Guidet 28.38. 3. Clarence Kilion 28.66. **(70-74)** 1. John Satti 30.83. 2. Fred White 31.81. 3. Henry Doff 34.58. **(75-79)** 1. Anthony Castro 31.03. 2. A.J. Pugilzevich 38.09. **(80-84)** 1. Sing Lum 35.79. 2. Herbert Anderson 36.53. 3. Arling Pitcher 38.61.

200m Women: (30-34) 1. Maria Magana 32.05. **(35-39)** 1. Christine Barnes 26.68. 2. Marilyn White 29.16. 3. Janie Duff 29.92. **(40-44)** 1. Mary Luker 28.21. 2. Lori Schutt 30.18. 3. Janet Sherman 31.42. **(45-49)** 1. Cherrie Sherrard 28.15. 2. Almeta Parish 30.72. **(50-54)** 1. Irene Obera 27.25. 2. Gretchen Snyder 29.01. 3. Alice Leicht 33.73. **(55-59)** 1. Shirley Kinsey 33.67. 2. Florence Reardon 33.82. 3. Shirley Dieterich 34.59. **(60-64)** 1. Betty Smith 37.90. 2. Gerry Davidson 38.43. 3. Thelma Rubin 38.80. **(65-69)** 1. Mary Bowermaster 34.84. 2. Josephine Kolda 35.08. **(70-74)** 1. Polly Clarke 37.11. 2. Vivian Nelson 44.15. **(75-79)** 1. Marilla Salisbury 61.14.

400m Men: (30-34) 1. Robert Burnett 50.22. 2. Eugene Driver, Ill 50.24. 3. Jay Lauer 51.58. **(35-39)** 1. J.B. Haggerty, Jr. 49.88. 2. Dan Thiel 50.29. 3. Fred Booker 51.36. **(40-44)** 1. Jim Burnett 51.37. 2. David Romain 51.86. 3. Ted Cain 52.44. **(45-49)** 1. Sammy White 54.14. 2. Robert Miller

54.39, 3. Doug Smith 55.00. (50-54) 1. J. C. Hoffman 55.24, 2. Lee Blount, Jr. 56.62, 3. Woody Grover 56.78. (55-59) 1. Heul Washington 60.02, 2. Gene Harte 60.18, 3. Tom Brinton 62.02. (60-64) 1. John Alexander 61.83, 2. Phil Annot, Jr. 62.45, 3. Robert Hunt 66.22. (65-69) 1. Bill Bowers 67.72, 2. Clarence Killion 69.15, 3. Michael Reid 76.09. (70-74) 1. Harry Koppel 72.25, 2. Henry Dorff 72.85, 3. John Satti 73.26. (75-79) 1. Ken Carline 81.94, 2. A.J. Pugilzevich 107.21. (80-84) 1. Herbert Anderson 94.34. (85-89) 1. Paul Spangler 108.09.

400m Women: (35-39) 1. Christine Barnes 61.76, 2. Janie Duff 68.25, 3. Judy Finch 81.83. (40-44) 1. Jeanne Carter 66.79, 2. Janet Sherman 69.13, 3. Laura Baggett 75.12. (45-49) 1. Almeta Parish 70.00. (50-54) 1. Irene Obara 64.58, 2. Gretchen Snyder 65.25, 3. Sally Goodhue 73.98. (55-59) 1. Nola Bruhn 80.20, 2. Florence Reardon 84.53, 3. Dorothy Anderson 86.26. (60-64) 1. Gerry Davidson 86.24, 2. Jaclyn Caselli 88.14, 3. Betty Smith 89.32. (65-69) 1. Josephine Kolda 85.62, 2. Edna Laflin 96.80. (70-74) 1. Polly Clarke 90.83. (75-79) 1. Marilla Salisbury 155.99.

800m Men: (30-34) 1. Mical Embler 1:58.05, 2. Lennie Harrison 1:58.42, 3. Mike McCracken 1:58.90. (35-39) 1. Nolan Smith, Jr. 1:57.70, 2. John Danforth 1:58.90, 3. John Jordeth 2:01.00. (40-44) 1. David Romani 1:57.7, 2. Gary Carr 1:58.3, 3. Barry Adams 1:58.9. (45-49) 1. Ernest Billups 2:03.2, 2. Mel Elliott 2:03.65, 3. Mack Stewart 2:04.07. (50-54) 1. William Baillie 2:04.92, 2. Lee Blount 2:07.95, 3. Ralph Miller 2:08.5. (55-59) 1. Kelsey Brown 2:16.86, 2. Bill Fitzgerald 2:20.27, 3. Gunnar Linde 2:20.5. (60-64) 1. Archie Messenger 2:31.6, 2. Glenn Bradd 2:33.72, 3. Don Wilgus 2:54.0. (65-69) 1. John Boos 2:40.6. (70-74) 1. J.C. Byers 2:57.98, 2. Omer Hix 3:34.7, 3. Charles Espy 4:02.9. (75-79) 1. Mel Shine 3:04.7, 2. Warren Ling 4:18.8. (80-84) 1. Harold Chapson 2:57.48, 2. Herbert Anderson 4:41.5.

800m Women: (35-39) 1. Susan Houlton 2:23.9, 2. Christine Barnes 2:24.36, 3. Janie Duff 2:36.0. (40-44) 1. Linda Upton 2:27.17, 2. Lori Schutt 2:34.35, 3. Connie Manley 2:36.87. (45-49) 1. Marilyn Harbin 2:27.35, 2. Elvyn Blair 2:43.92, 3. Lyn LaGrander 2:45.5. (50-54) 1. Gretchen Snyder 2:39.47, 2. Marcia McChesney 3:09.27, 3. Ardie Arnis 3:13.3. (55-59) 1. Ruth Anderson 3:05.3, 2. Harriet Wilson 3:24.6. (60-64) 1. Gerry Davidson 3:17.7, 2. Jaclyn Caselli 3:17.94, 3. Betty Smith 3:36.6. (65-69) 1. Edna Laflin 3:36.3, 2. Jean Stevens 5:04.2. (70-74) 1. Polly Clarke 3:45.1. (75-79) 1. Marilla Salisbury 6:00.1.

1500m Men: (30-34) 1. Chuck Rice 4:06.9, 2. Jim Hiebert 4:07.9, 3. Randall Kuykendall 4:30.9. (35-39) 1. Nolan Smith, Jr. 3:59.1, 2. Web Loudat 3:59.4, 3. John Jordeth 4:01.3. (40-44) 1. Herald Hadley 4:00.8, 2. Barry Adams 4:01.4, 3. Kirk Randall 4:02.6. (45-49) 1. Ernest Billups 4:10.6, 2. Paul Hall 4:15.7, 3. Mel Elliott 4:15.7. (50-54) 1. William Baillie 4:12.5, 2. Charles Wimberley 4:22.5, 3. Glynn Wood 4:24.3. (55-59) 1. Bill Fitzgerald 4:35.7, 2. Bill McChesney 4:36.9, 3. Gunnar Linde 4:41.0. (60-64) 1. Archie Messenger 5:11.7, 2. Avery Bryant 5:21.4, 3. James Harrang 5:23.3. (65-69) 1. John Boos 5:20.4, 2. Alan Waterman 5:54.1, 3. Bill Van Fleet 6:01.2. (70-74) 1. Al Funk 5:26.0, 2. J. C. Byers 6:16.7, 3. Ariel Edmiston 6:49.9. (75-79) 1. Mel Shine 6:23.9, 2. Warren Ling 8:34.0. (80-84) 1. Paul Spangler 7:57.24.

1500m Women: (30-34) 1. Jenna Knight 4:55.9. (35-39) 1. Susan Houlton 4:53.8, 2. Katharine Wall 5:30.7, 3. Maxine Waters 5:42.5. (40-44) 1. Linda Upton 4:56.8, 2. Carol Flexer 4:57.3, 3. Carol Stroud 4:58.0. (45-49) 1. Marilyn Harbin 4:57.15, 2. Elvyn Blair 5:31.4, 3. Lyn LaGrander 5:33.0. (50-54) 1. Marcia McChesney 6:10.5, 2. Susan Means 6:15.6. (55-59) 1. Ruth Anderson 5:57.8. (60-64) 1. Gerry Davidson 6:34.1, 2. Edith Leiby 8:00.4. (65-69) 1. Edna Laflin 6:57.6, 2. Jean Stevens 9:37.2. (70-74) 1. Mable O'Hare 9:10.5.

High Hurdles - Men: (30-34) 1. Eddie Loughridge 15.1, 2. Gary Schmidt 16.9, 3. Michael-Foots Williams 19.2. (35-39) 1.

Michael Kelly 14.88, 2. Thomas Malik 14.92, 3. Clayton Couch 15.21. (40-44) 1. Walt Butler 15.06, 2. Ted Cain 16.25, 3. Jack Karbens 23.36. (45-49) 1. Dee Dewitt 16.22, 2. Dale Lane 16.25, 3. Lew Thorne 16.73. (50-54) 1. Richard Hickman 16.68, 2. Leon Trout 16.88, 3. Joe Murphy 16.94. (55-59) 1. Jack Greenwood 16.2, 2. Clifford Murray 16.9, 3. Frank Anderson 18.4. (60-64) 1. Burl Gist 17.27, 2. Robert Hunt 18.24, 3. Harold Hunter 19.49. (65-69) 1. Alfred Guidet 17.73, 2. Herbert Miller 17.95. (70-74) 1. Omer Hix 18.83. (80-84) 1. Arling Pitcher 20.81, 2. Herbert Anderson 21.18.

High Hurdles - Women: (35-39) 1. Joyce Klein 15.75. (45-49) 1. Cherrie Sherrard 12.93, 2. Christel Miller 15.1. (50-54) 1. Alice Leicht 17.08. (55-59) 1. Shirley Kinsey 16.50.

Intermediate Hurdles-Men: (30-34) 1. Eddie Loughridge 52.6, 2. Eddie Eberhart 53.6, 3. Dennis Smith 55.1. (35-39) 1. Michael Kelly 54.55, 2. Victor Benjamin 55.9, 3. Gary Lane 57.36. (40-44) 1. Ted Cain 57.72, 2. Ron Whitney 58.20, 3. David Denison 60.0. (45-49) 1. Robert Morgan 1:04.3, 2. Lew Thorne 1:05.12, 3. John Forsyth 1:13.8. (50-54) 1. Richard Hickman 1:02.2, 2. Leon Trout 1:03.3, 3. Dr. William Clark 1:03.6. (55-59) 1. Ted Rademaker 1:11.41, 2. Richard Nordquist 1:12.6, 3. Dave Stevenson 1:18.1. (60-64) 1. Raymond Spencer 1:11.69, 2. Robert Hunt 1:12.68. (65-69) 1. Alfred Guidet 1:13.3, 2. Robert Littlejohn 1:24.47, 3. Alan Waterman 1:24.9. (70-74) 1. Omer Hix 1:34.65.

5000m Men: (30-34) 1. Dean Clark 15:29.0, 2. Ira Price 15:29.9, 3. Chuck Rice 15:33.73. (35-39) 1. Web Loudat 15:28.0, 2. Carl Nicholson 15:30.5, 3. Henry Lange, Jr. 16:07.77. (40-44) 1. Jerry Jobski 15:24.0, 2. Kirk Randall 15:33.1, 3. Bill Clark 15:50.4. (45-49) 1. Earl Ellis 16:12.5, 2. Paul Hall 16:19.1, 3. Floyd Romack 18:49.6. (50-54) 1. Glynn Wood 18:44.7, 2. John Weidy 18:51.46, 3. Derek Mahaffey 17:00.0. (55-59) 1. Tony Sapienta 17:09.8, 2. Bill McChesney 17:17.4, 3. Jim O'Neil 17:37.1. (60-64) 1. Larry Banuelos 18:45.4, 2. Roy Smith 20:15.5, 3. Joe Mallon 20:26.1. (65-69) 1. Bill Van Fleet 22:47.8. (70-74) 1. Charles Espy 29:03.9. (75-79) 1. Warren Ling 31:03.4, 2. Chet Crabb 31:53.6. (80-84) 1. Paul Spangler 28:49.8.

5000m Women: (30-34) 1. Jenna Knight 18:11.1. (35-39) 1. Melinda Carter 18:33.5, 2. Carol Jackson 19:55.9. (40-44) 1. Carol Flexer 18:32.58, 2. Carol Stroud 18:34.7, 3. Pat Thomas 18:55.8. (45-49) 1. Vicky Bigelow 18:41.4, 2. Sandra Knott 18:51.6, 3. Mary Marsolais 20:17.0. (50-54) 1. Sister Madonna Buder 21:56.5, 2. Susan Means 23:00.7, 3. Ardie Arnis 24:00.3. (55-59) 1. Ruth Anderson 21:05.59, 2. Harriet Wilson 24:05.0, 3. Elizabeth Nolen 34:10.3. (60-64) 1. Jaclyn Caselli 22:51.4, 2. Gerry Davidson 24:17.8. (65-69) 1. Jean Stevens 35:14.2.

10,000m Men: (30-34) 1. Ira Price 31:45.2, 2. Robert Brustad 33:38.5, 3. Andrew Howe 34:35.7. (35-39) 1. Michael Lamm 33:43.1, 2. Tom Hayes 33:54.6, 3. David Meyers 38:04.4. (40-44) 1. Jerry Jobski 31:43.13, 2. Bill Clark 32:14.4, 3. Jim Pearson 34:14.2. (45-49) 1. Michael DeLaCruz 36:33.7, 2. Larry Decker 40:23.4. (50-54) 1. Ray Hutton 33:03.8, 2. Derek Mahaffey 35:10.5, 3. Jim Conway 36:17.7. (55-59) 1. Tony Sapienta 35:35.5, 2. Jim O'Neil 35:50.8, 3. Patrick Davine 38:23.5. (60-64) 1. Larry Banuelos 39:08.5, 2. James Harrang 40:58.4, 3. Joe Mallon 43:06.0. (65-69) 1. Bill Van Fleet 47:21.2. (75-79) 1. Warren Ling 1:03:15.1.

10,000m Women: (35-39) 1. Maxine Waters 43:06.3. (40-44) 1. Carol Flexer 38:01.7, 2. Charlotte Swanson 41:45.0. (45-49) 1. Christine Curtis 40:53.8, 2. Mary Marsolais 42:20.1, 3. Cheryl Wallin 48:27.7. (50-54) 1. Sally Goodhue 44:47.4, 2. Sister Madonna Buder 46:06.4. (55-59) 1. Nola Bruhn 43:07.7, 2. Ruth Anderson 43:10.4. (60-64) 1. Jaclyn Caselli 47:12.1, 2. Louise Swanson 59:58.8.

Steeplechase Men: (30-34) 1. Dean Clark 9:28.9, 2. Robert Brustad 10:55.6. (35-39) 1. Barry Jahn 9:34.4, 2. Henry Lange, Jr. 10:19.3, 3. Victor Benjamin N.T. (40-44) 1. Jay Bowerman 10:17.4, 2. Jan

Andrew Prosseda 10:47.4, 3. Larry Quisenberry 11:13.1. (45-49) 1. Paul Hall 10:11.7, 2. Don Thretheway 11:03.6, 3. Robert Langenbach 11:05.7. (50-54) 1. Don Slocum 10:56.3, 2. Dan Halvorson 11:25.6, 3. Ted Oviatt 12:46.6. (55-59) 1. Ken Carman 11:09.3, 2. Dave Stevenson 11:29.1. (60-64) 1. Avery Bryant 12:28.5, 2. Raymond Spencer 13:00.1, 3. Roy Smith 13:44.9. (65-69) 1. Alan Waterman 14:16.4. (70-74) 1. Charles Espy 11:24.73.

5000m Walk-Men: (30-34) 1. Ray Funkhouser 22:20.0, 2. Ken Endris 39:53.6. (35-39) 1. Ron Salvio 30:33.7. (40-44) 1. Guy Ott 25:23.8, 2. Fritz Ingram 32:37.7, 3. John Shaw 35:14.4. (45-49) 1. Charles Merit 24:51.4, 2. Jim Cullen 40:33.0. (50-54) 1. Paul Kaald 28:43.8, 2. Karl Krueger 32:40.8. (60-64) 1. Bob Wilson 35:20.7, 2. Chuck Yogi 40:26.7. (65-69) 1. George Favorite 36:34.1, 2. Doug Phillips 36:47.4, 3. Don Jacobs 37:34.8. (70-74) 1. Giulio DePetra 31:04.1, 2. Gordon Wallace 33:11.5. (75-79) 1. Ches Unruh 37:00.3. (80-84) 1. Paul Spangler 37:49.3.

5000m Walk-Women: (40-44) 1. Sheila Mullen 37:23, 2. Marilyn Osgood-Knight 45:08. (45-49) 1. Lori Maynard 27:52, 2. Bev LaVeck 28:38, 3. Shirley Ingram 32:44. (50-54) 1. Ruth Eberle 30:58. (70-74) 1. Adeline Crocker 39:34. (75-79) 1. Marilla Salisbury 42:09.

20,000m Walk-Men: (30-34) 1. Ray Funkhouser 1:28:40. (35-39) 1. Ron Salvio 2:15:28. (40-44) 1. Guy Ott 1:48:09, 2. Fritz Ingram 2:13:22. (45-49) 1. Charles Merit 1:43:17. (50-54) 1. Paul Kaald 2:04:06, 2. Karl Krueger 2:11:17. (55-59) 1. Joseph Adams 3:17:23. (60-64) 1. Bob Wilson 2:28:49. (65-69) 1. Dave Strauss 3:34:00, (70-74) 1. Giulio DePetra 2:10:16, 2. Gordon Wallace 2:18:46.

20,000m Walk-Women: (45-49) 1. Bev LaVeck 1:56:29, 2. Lori Maynard 2:00:17. (50-54) 1. Ruth Eberle 2:11:17. (70-74) 1. Adeline Crocker 2:52:13.

Hammer Men: Meters: (30-34) 1. Gary Kelmenson 40.51, 2. Ray Beamer 33.54. (35-39) 1. Frank Reilly 47.44, 2. Ron Salvio 26.15, 3. Leon Dahl 21.85. (40-44) 1. Thomas Gage 59.35, 2. Lloyd Higgins 46.41, 3. Edward Hill 44.65. (45-49) 1. Julian Nunez 40.57, 2. James Hart 37.44. (50-54) 1. Stewart Thomson 48.43, 2. Dave Douglass 35.26, 3. Pay Carstensen 34.52. (55-59) 1. Harvey Williams 22.39. (60-64) 1. Walter Jenkins 40.47, 2. Bill Bangert 39.24, 3. R. K. Stone 34.18. (65-69) 1. Gordon Nordgren 32.70, 2. Charles Collins 24.28, 3. Pete Gulgin 23.97. (70-74) 1. Donald Pierotti 27.64. (75-79) 1. Bob Uish 23.02. (80-84) 1. Buell Crane 15.43, 2. Herbert Anderson 12.34.

Javelin Men: Meters: (30-34) 1. Steven Pelletier 56.20, 2. Gary Schmidt 49.83, 3. Gary Kelmenson 38.38. (35-39) 1. Rocco Pettito 63.80, 2. Warren Wilke 58.29, 3. Frank Reilly 54.07. (40-44) 1. Lloyd Higgins 55.32, 2. Allen Phillips 51.59, 3. Ladd Zastoupil 51.38. (45-49) 1. Larry Stuart 62.92, 2. Bob Darling 51.34, 3. George Miller 48.55. (50-54) 1. Phil Conley 56.25, 2. Robert Youngs 52.65, 3. Ralph Sutton 44.29. (55-59) 1. Phil Brusca 40.19, 2. Hal Wallace 38.74, 3. Richard Straub 38.63. (60-64) 1. Harold Hunter 45.69, 2. Frank Bowles 35.72, 3. R. K. Stone 34.36. (65-69) 1. Gordon Nordgren 43.15. (70-74) 1. Donald Pierotti 27.82, 2. Leon Joslin 26.90, 3. Don Erskine 20.77. (75-79) 1. Ken Carline 29.99, 2. A.J. Pugilzevich 25.61, 3. Win McFadden 19.66. (80-84) 1. Herbert Anderson 24.67, 2. Buell Crane 19.90, 3. Arling Pitcher 17.69.

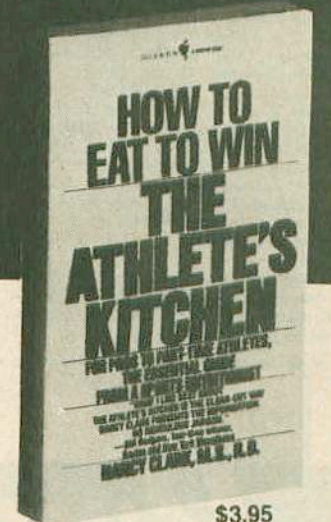
Javelin Women: (30-34) 1. Joan Stratton 32.34, 2. Joli Sandoz 21.54. (35-39) 1. Paday Reddaway 24.90, 2. Sondra Schumacher 21.68. (40-44) 1. Fran Conley 27.54, 2. Marilyn Osgood-Knight 14.88. (45-49) 1. Christel Miller 28.16. (50-54) 1. Magdalena Kuehne 18.18, 2. Ronda Lawry 10.98, 3. Marilyn Gray 10.84. (55-59) 1. Shirley Kinsey 25.04, 2. Shirley Diederich 21.50. (60-64) 1. Neli Nordgren 10.54. (75-79) 1. Marilla Salisbury 7.08.

Discus Men: Meters: (30-34) 1. Dennis Umshier 50.17, 2. Gary Schmidt 34.53, 3. Gary Kelmenson 33.77. (35-39) 1. Frank Reilly 52.49, 2. Chuck Chapin 43.72, 3. James Trujillo 35.90. (40-44) 1. Lloyd Hig-

gins 53.65, 2. Glenn Passey 52.98, 3. Richard Brown 46.63. (45-49) 1. Jay Silvester 51.50, 2. James Hart 44.01, 3. Robert Roy 40.20. (50-54) 1. Parry O'Brien 56.62, 2. Stewart Thomson 49.25, 3. Sherrell Sears 38.11. (55-59) 1. Harry Hawke 44.80, 2. Phil Brusca 39.82, 3. Richard Straub 38.99. (60-64) 1. Bill Bangert 43.60, 2. R. K. Stone 41.53, 3. Ralph Hassman 36.10. (65-69) 1. Pete Gulgin 39.80, 2. Elias Castaneda 39.74, 3. Quinto Merlo 36.62.

continued on next page...

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Results

(70-74) 1. Ross Carter 38.20, 2. Leon Joslin 34.26, 3. Donald Pierotti 29.09. (75-79) 1. Ken Carnine 28.99, 2. Win McFadden 24.46, 3. A. J. Pugilzevich 20.08. (80-84) 1. Buell Crane 21.48, 2. Herbert Anderson 21.37, 3. Arling Pitcher 16.88.

Discus Women: Meters: (30-34) 1. Jaon Stratton 36.00, 2. Sandra Stepp 31.80, 3. Joli Sandoz 25.58. (35-39) 1. Karla Kalasz 22.60, 2. Marilyn White 19.68. (40-44) 1. Marilyn Osgood-Knight 16.54. (45-49) 1. Cherrie Sherrard 25.82, 2. Connie Wilson 19.32, 3. Almeta Parish 15.22. (50-54) 1. Marilyn Gray 16.48, 2. Magdalena Kuehne 14.68, 3. Ronda Lawyer 12.64. (55-59) 1. Shirley Kinsey 26.62, 2. Shirley Dietderich 17.58. (60-64) 1. Neil Nordgren 13.58. (65-69) 1. Mary Bowermaster 14.46, 2. Betty Joslin 10.42. (75-79) 1. Marilla Salisbury 5.74.

Shot Put Men: Meters: (30-34) 1. Gary Schmidt 12.52, 2. Gary Kelmenson 11.23. (35-39) 1. Frank Reilly 15.85, 2. Chuck Chapin 14.21, 3. James Trujillo 11.28. (40-44) 1. Thomas Gage 14.29, 2. Edward Hill 14.20, 3. Virgil Johnson 12.44. (45-49) 1. James Hart 14.7, 2. Doug Smart 13.89, 3. Lee Clark 10.92. (50-54) 1. Parry O'Brien 16.25, 2. Stewart-Thomson 14.04, 3. Ted Wassam 13.02. (55-59) 1. Phil Brusca 12.76, 2. Harry Hawke 12.71, 3. Hal Wallace 11.13. (60-64) 1. Bill Bangert 13.70, 2. Jim Holland 11.66, 3. Harold Hunter 11.29. (65-69) 1. Elias Castaneda 12.29, 2. Merio Quinto 10.85, 3. Gordon Nordgren 10.41. (70-74) 1. Ross Carter 13.11, 2. Donald Pierotti 10.18, 3. Leon Joslin 9.32. (75-79) 1. A. J. Pugilzevich 9.44, 2. Ken Carnine 8.44. (80-84) 1. Buell Crane 8.30, 2. Herbert Anderson 7.82, 3. Homer Van Gelder 7.74.

Shot Put Women: Meters: (30-34) 1. Joan Stratton 11.29, 2. Joli Sandoz 8.21, 3. Barbara Winans 7.08. (35-39) 1. Marilyn White 7.96, 2. Sandra Schumacher 7.17.

(40-44) 1. Marilyn Osgood-Knight 6.46. (45-49) 1. Cherrie Sherrard 9.67, 2. Connie Wilson 8.23, 3. Christel Miller 7.84. (55-59) 1. Shirley Kinsey 9.15. (60-64) 1. Neil Nordgren 5.64. (65-69) 1. Mary Bowermaster 7.42. (75-79) 1. Marilla Salisbury 3.42.

Pole Vault Men: Meters: (30-34) 1. Ed Lipscomb 4.88, 2. Robert Meyers 4.88, 3. Steven Hardison 4.72. (35-39) 1. Stuart Jones 4.42, 2. Warren Wilke 4.42, 3. Rick Nelson 4.27. (40-44) 1. Mardon Connelly 4.42, 2. Charlie Polhamus 4.27, 3. Dennis Stempel 3.81. (45-49) 1. Dale Lance 3.96, 2. Ed Hoyle 3.81, 3. Dee Dewitt 3.66. (50-54) 1. Jerry Donley 3.96, 2. Allen Morris 2.90. (55-59) 1. Tom Hinkes 3.05, 2. Hal Wallace 2.90, 3. Don Grosh 2.90. (60-64) 1. Ralph Biesemeyer 2.74, 2. James Johnson 2.59. (65-69) 1. Jim Vernon 2.74, 2. Stan Pelland 2.44. (70-74) 1. Carol Johnston 2.74. (80-84) 1. Arling Pitcher 1.83.

High Jump Men: Meters: (30-34) 1. Walden Curry 1.88, 2. Glen Stone 1.88, 3. Jerry Coleman 1.88. (35-39) 1. Dennis Olafson 1.78, 2. Josef Pfister 1.68, 3. John Davies 1.52. (40-44) 1. Frank Costello 1.93, 2. Allen Phillips 1.73, 3. Michael Akerman 1.63. (45-49) 1. Joe Peyton 1.83, 2. Tom Langenfeld 1.78, 3. Jim Brown 1.73. (50-54) 1. Herm Wyatt 1.78, 2. Milton Newton, Jr. 1.73, 3. Jack Fischer 1.63. (55-59) 1. Sheldon Varney 1.47, 2. Harry Guth 1.47, 3. Hal Buck 1.37. (60-64) 1. Burl Gist 1.52, 2. Walter Dahlin 1.37, 3. Frank Bowles 1.37. (65-69) 1. Jim Vernon 1.27, 2. Doug Phillips 1.17, 3. Joe Broadbent 1.17. (70-74) 1. Don Erskine 1.17, 2. Omar Hix 1.14, 3. Leon Joslin 1.07. (75-79) 1. Win McFadden 1.12, 2. A. J. Pugilzevich 1.07. (80-84) 1. Herbert Anderson 1.14, 2. Arling Pitcher 1.14, 3. Buell Crane 1.07.

High Jump Women: Meters: (30-34) 1. Deborah Herweck 1.12. (45-49) 1. Christie Miller 1.27, 2. Connie Wilson 1.04. (50-54) 1. Alice Leicht 1.14. (55-59) 1. Joyce Varney 1.04, 2. Shirley Kinsey 1.04. (60-64) 1. Evelyn Lercher 0.91. (65-69) 1. Mary Bowermaster 1.12. (70-74) 1. Vivian Nelson 1.02.

Long Jump Men: Meters: (30-34) 1. Stan Urmann 6.59, 2. Roger Trujillo 6.48, 3. Stephen Heilman 6.30. (35-39) 1. Victor Benjamin 7.01, 2. Stan Whitley 7.00, 3. Carl Flowers 6.57. (40-44) 1. Robert McIntyre 6.24, 2. Darrell Hull 5.83, 3. Hans Gordon 5.74. (45-49) 1. Darrell Horn 6.39, 2. Dale Lance 5.96, 3. Dee Dewitt 5.55. (50-54) 1. Darrold Skartvedt 5.59, 2. Dr. William Clark 5.52, 3. Jack Fisher 5.23. (55-59) 1. Gordon Albury 5.10, 2. George Bradberry 4.99, 3. Clifford Murray 4.67. (60-64) 1. Raymond Spencer 4.90, 2. James Johnson 4.86, 3. Frank Bowles 4.55. (65-69) 1. Herbert Miller 4.15. (70-74) 1. John Satti 4.64, 2. Fred White 3.98, 3. Omar Hix 3.75. (75-79) 1. Win McFadden 3.61. (80-84) 1. Arling Pitcher 2.90, 2. Herbert Anderson 2.88, 3. Buell Crane 2.67.

Long Jump Women: Meters: (30-34) 1. Deborah Herweck 2.04. (35-39) 1. Sandra Schumacher 3.51. (40-44) 1. Marilyn Osgood-Knight 1.78. (50-54) 1. Alice Leicht 3.70, 2. Magdalena Kuehne 3.24, 3. Marilyn Gray 2.36. (55-59) 1. Shirley Kinsey 3.63, 2. Florence Reardon 3.04. (60-64) 1. Evelyn Lercher 2.81. (65-69) 1. Mary Bowermaster 3.22. (70-74) 1. Vivian Nelson 2.62.

Triple Jump Men: Meters: (30-34) 1. Roger Trujillo 13.62, 2. Stephen Heilman 12.86, 3. Dan Radloff 11.88. (35-39) 1. Larry Rodenbeck 14.35, 2. Stan Whitley 13.81, 3. Gerald Woolfolk 13.54. (40-44) 1. Darrell Hull 11.83, 2. Joe Corcoran 11.66, 3. Ron August 11.14. (45-49) 1. Darrell Horn 13.76, 2. Dale Lance 11.57, 3. Wayne Sandvold 11.02. (50-54) 1. Dr. William Clark 9.96, 2.

Roy Bennett 9.63, 3. Pay Carstensen 9.31. (55-59) 1. George Bradberry 10.18, 2. Hal Buck 8.92. (60-64) 1. Raymond Spencer 10.62, 2. James Johnson 9.35, 3. Chas. Mercurio 8.94. (65-69) 1. Herbert Miller 8.41, 2. Robert Littlejohn 8.31. (70-74) 1. John Satti 8.62, 2. Fred White 8.28, 3. Omar Hix 7.66. (75-79) 1. Win McFadden 7.64. (80-84) 1. Herbert Anderson 6.39, 2. Buell Crane 5.84, 3. Arling Pitcher 5.75.

4X100m Relay Men: (30-39) 1. Rose City Striders 41.92, 2. Maccabi Union 42.04, 3. Fitness Track Club 42.68. (40-49) 1. West Valley TC 44.60, 2. Dallas Masters 45.55, 3. Southern California Striders 45.70. (50-59) 1. Portland Track Club 55.20. (60-69) 1. L. A. Valley Athletes 54.82, 2. Corona Del Mar 54.96. (70-79) 1. Dallas Track Club 1:01.96. (80-89) 1. 50+ Running Association 1:23.67.

4X100m Relay Women: (30-39) 1. Corona Del Mar 1:00.96. (40-49) 1. Northern California Seniors 55.38.

5 Mile Relay Men: (30-39) 1. Dallas Masters 3:27.40, 2. Fitness Track Club 3:29.52, 3. Team Kangaroos 3:35.85. (40-49) 1. West Valley TC 3:29.08, 2. Dallas Masters 3:44.41, 3. Atlanta Track Club 3:48.85.

5 Mile Relay Women: (40-49) 1. Northern California Seniors 4:54.33. (50-59) 1. Oregon Track Club Masters 6:12.00.

Two Mile Relay Men: (30-39) 1. Team Kangaroos 8:10.4, 2. Houston Track Club 9:02.5. (40-49) 1. West Valley TC 8:10.4, 2. Atlanta Track Club 8:51.8. (50-59) 1. Southern California Striders 9:52.7, 2. San Diego Track Club 10:38.6.

Road Racing Results

PA/TAC 25K Championships

from Kees Tulnzin

July 22, San Francisco.

Overall Results

1	Derrick May (29) Reno	1:18:22
2	Rudy Munoz (26) Reno	1:19:58
3	Miguel Tibaduza (26) Reno	1:20:12
4	Alan Dehlinger (23) Reno	1:20:29
5	Denis O'Halloran (32) W.Trk	1:21:24
6	Jerold Drew (26) Ukiah	1:21:50
7	Robert Anex (25) Mt.View	1:22:19
8	Dave Renneisen (27) Marysv	1:22:54
9	Richard Govi (32) S.F.	1:22:59
10	Charles Thompson (34) S.F.	1:23:08
11	Mike Porter (30) MenloP	1:23:26
12	Hal Schultz (26) Oakland	1:23:51
13	Jerry Jobski (39) SoLkTh	1:24:14
14	John Mansoor (29) FairOaks	1:24:24
15	Peter Lewandowski (28) S.F.	1:24:44
16	Robert Clay (37) Kelseyvl	1:25:09
17	Fred Frauens (30) SanAnselm	1:25:16
18	Peter O'Reilly (26) SanAnsel	1:26:26
19	David Kadish (31) S.F.	1:26:51
20	Michael Graves (34) S.F.	1:27:03
21	Chris Berka (30) PaloAlto	1:27:13
22	Stephen Freitas (34) Martinez	1:27:29
23	Mathew Henderson (35) Boulder	1:28:09
24	Peter Day (39) Albany	1:28:39
25	Daniel Hollis (34) Pinole	1:29:01
26	David Whitney (24) S.F.	1:29:16
27	Glenn Bailey (36) Davis	1:29:23
28	Tim Rostage (44) SanJose	1:29:37
29	Mark Richtman (30) Petaluma	1:29:41
30	Harold Radin (20) S.F.	1:29:43
31	Douglas Ehrenberg (25) Belved	1:29:52
32	Steven Lewis (24) Livermore	1:30:00
33	Mason Myers (15) Vallejo	1:30:02
34	Daryl Zapata (39) S.F.	1:30:08
35	John Clary (38) Danville	1:30:39
36	Guillermo Barron (32) Oakland	1:30:51
37	William Jenney (43) Oakland	1:31:03
38	Michael Paul (29) SanJose	1:31:21
39	Bill Catanese (46) Milivly	1:31:28
40	Robert Darling Jr (34) S.F.	1:31:36
41	Michael Boltano (22) S.F.	1:32:12
42	David Handsher (35) S.F.	1:32:19
43	Donald Kientzy (33) SanJose	1:32:38
44	Mark Piccillo (27) UnionCy	1:32:41
45	George Manriquez (30) SanJose	1:32:44
46	Mark Cardin (33) Truckee	1:32:46
47	Gene Sovza (28) SanLean	1:32:53
48	Ronald Nelson (41) San Jose	1:32:55
49	Jim Myers (35) Milivly	1:32:59
50	Jake White (42) Freemont	1:33:10
51	Michele Aubuchon (24) Liverm	1:33:20
52	Janine Aiello (24) S.F.	1:34:13
53	Susan Henderson (37) Boulder	1:34:33
54	Shariet Gilbert (33) Richmond	1:34:43
55	Mike Paradis (46) SanJose	1:36:00
56	Bob Farrington (52) SanJose	1:36:29
57	Jeanne Lavin (27) S.F.	1:37:53
58	Jonathan Ulliyot (15) S.F.	1:38:27
59	Ronald Rahmer (47) Milivly	1:38:47
60	Karen Scannell (45) S.F.	1:38:49
61	Karen Lanterman (40) Hillsb	1:39:10
62	112Jane Sowersby (33) S.F.	1:41:08
63	117Chris Bokaman (18) Novato	1:41:36
64	118Alison Untereiner (28) SnBru	1:41:43
65	134James Nicholson (53) S.F.	1:43:53
66	139Heldi Schar (26) Switzerl	1:44:19
67	153Rocco Fazio (50) S.F.	1:45:00
68	170Gigi Luhtala (40) MenloPk	1:46:30
69	172Liz Grotz (31) Brisbane	1:46:35
70	175Kelly Geredes (23) FairOaks	1:46:52
71	177Joan Ulliyot (23) S.F.	1:47:05
72	179Birthe Kirsch (45) Kensington	1:47:16
73	221Frank Crabbe (55) S.F.	1:51:17
74	229Fred Dunn (55) S.F.	1:51:48
75	242Link Lindquist (56) Saus	1:52:16
76	243Carrie Costamagna (17) S.F.	1:52:16
77	245Loretta Gutierrez (37) SanJose	1:52:21
78	274Harriet Guberman (35) S.F.	1:54:24
79	314Gary Toji (61) Berk	1:57:58
80	326Ruth Waters (50) SanCarlos	1:58:48
81	346Marty Maricle (51) S.F.	2:00:06
82	357Jenny Breehus (17) SanAnsel	2:00:54
83	358Christine McGee (17) SanAnse	2:00:54
84	374Loyal Smith (40) Novato	2:02:04
85	376Margaret Cooke (45) Oakland	2:02:06
86	380Ruth Anderson (54) Oakland	2:02:29
87	395Mary Storey (60) Rivers	2:03:40
88	423George Cossette (61) S.F.	2:05:26
89	615Steve Cole (70) S.F.	2:30:04
90	635Liese Rapozo (56) Pacifica	2:36:58

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Sports Fiesta Triathlon

from W. D. McClure

July 29, Coronado.

6 Mile Bike, 400 Yard Ocean Swim, 1 Mile Beach Run.

Division Results - Men

12-15: 1. Barry Oliver 25:52, 2. Eric Kerley 27:27, 3. Bob Lawry, N.T. 16-19: 1. Brad Kearns 24:41, 2. Greg Kenney 24:43, 3. Robert Benun 26:12. 20-29: 1. Rob Bistodeau 24:25, 2. David Higdon 24:38, 3. Michael Lyle 25:01. 30-39: 1. John Dunbar 25:06, 2. Chris Scott 25:58, 3. Fred Lambers 26:12. 40-49: 1. Jerry Stowe 25:26, 2. Steve Knauer 26:36, 3. Richard Levy 27:41. 50 & Over: 1. Langdon Smith 31:33, 2. Herb Henderson 31:57, 3. Leonard Kuhlman 32:30.

Division Results - Women

12-15: 1. Amy Parsons 32:05, 2. Molly Sarber 32:57, 3. Tammy Forrest 33:24. 16-19: 1. Katherine Riddle 25:32, 2. Marlayna Madrug 26:52, 3. Rosanna Carillo 30:07. 20-29: 1. Molly Barnum 26:06, 2. Juliana Nolan 27:13, 3. Rene Wheeler 27:15. 30-39: 1. Audrey Burns 28:44, 2. Elvira Moore 29:45, 3. Sherri Stowe 31:00. 40-49: 1. Carol Jewell 30:01, 2. Erin Barnum 31:42, 3. Linda McCook 33:20. 50 & Over: 1. Alicia Coleman 35:36, 2. Gabrielle Shaul 37:31, 3. Mary Lou Adkins 46:00.

Olympiad 10K

August 4, Griffith Park, L.A.

Overall Results

1 Dick Hooper (27) Dub.Ir. 30:16
2 Shen-Tov Sarag (25) Isr. 30:39
3 Danny Bustos (22) CA 31:11
4 Ray Cook (24) CA 31:26
5 Brian Kirkwood (31) Sctind 31:33
6 Rick Cleek (30) OR 31:37
7 Mike Larson (30) CA 31:43
8 Ed Chaldez (32) CA 31:48
9 Henry Carvajal (28) ID 32:14
10 Chris Rowles (21) CA 32:24
11 Neil Malherbe (20) CA 32:41
12 Mike Champliss (35) CA 32:46
13 Phil Ryan (40) CA 32:53
14 Jonathan Lyau (20) HAI 33:04
15 Steve Durand (27) CA 33:16
16 Adam Steech (18) CA 33:19
17 Bradley Cordis (20) SD 33:22
18 Michael Mahler (41) CA 33:25
19 Robert Ralsreck (21) MD 33:30
20 Steve Gloxe (41) CA 33:31
21 Bobby Rans (14) CA 33:32
22 Edmund Jung (34) IL 33:40
23 Gary Puhek (17) CA 33:42
24 Tom Burns (41) CA 33:55
25 Charlie Hoover (35) CA 33:58
26 Jon Horowitz (28) CA 34:01
27 Eugene Blankenship (42) CA 34:02
28 Joe Hefferman (40) CT 34:13
29 Norton Compton (29) CA 34:22
30 Phillip Torres (28) CA 34:29
31 Allan Johnson (40) CA 34:32
32 Tim Hampton (26) CA 34:34
33 John Nagel (23) CA 34:37
34 Enrique Flores (34) CA 34:38
35 Peter Gregory (22) CA 34:38
36 Dick Jamborsky (42) CA 34:40
37 Gary Stelmel (31) NY 34:43
38 Salvador Paniagua (32) CA 34:49
39 Sal Peralta (25) CA 34:50
40 Jan Merrill (26) CA 34:51
41 Eric Gleason (18) CA 34:52
42 Carlos Nava (16) CA 34:56
43 Paul McCavity (29) CA 34:58
44 Jim Knerr (50) CA 35:01
45 Eric Falz (26) CA 35:04
46 Michael Byrne (30) CA 35:07
47 Glenn Johnson (16) CA 35:09
48 James Murphy (44) CA 35:15
49 Ignacio Fonseca (18) CA 35:17
50 David Asaki (29) MD 35:23

Division Results - Men

50-59: 1. Jim Knerr 35:01, 2. Jim Brownfield 38:35, 3. Patrick Devine 38:37, 4. Wally Everiz 38:37, 5. Eugene Black 37:23. 60 & Over: 1. Larry Banuelos 40:10, 2. Stanley Meufeld 42:25, 3. Eddie Lawin

42:52, 4. Delmar Gourley 43:06, 5. David Cohen 44:34.

Division Results - Women

12 & Under: 1. Mindy Smith 46:01, 2. Edna Candelaria 48:44, 3. Teffany Smith 51:49, 4. Yolanda Mendoza 56:59, 5. Yoghli Flores 59:30. 13-18: 1. Pam Thompson 38:40, 2. Imelda Nava 42:35, 3. Suzanne Worden 42:51, 4. Margaret Barlos 43:55, 5. Nidia Vargas 44:24. 19-29: 1. Jan Merrill 34:51, 2. Bobbie Schipper 36:30, 3. Kim Stempion 36:58, 4. Evelyn Silvey 37:32, 5. Mary Bullock 39:17. 30-39: 1. Sherry Snyder 37:20, 2. Mary Ryzner 38:34, 3. Barbara Zimmer 39:44, 4. Claudia Morales 39:59, 5. Carolynn Irtman 40:21. 40-49: 1. Gina Faust 40:53, 2. Mary Martin 43:58, 3. Kathy Kusner 44:07, 4. Atsuko Jukimoto 45:08, 5. Carmen Cabrera 51:15. 50-59: 1. Irene Olrez 47:09, 2. Patricia Devita 51:26, 3. Anne Noble 51:49, 4. Fern Martin 56:16, 5. Eliz McClellan 57:59. 60 & Over: 1. Helen Dick 43:12, 2. Esther Tapelband 58:41, 3. Virginia Martin 1:04:44.

John Steinbeck 10K

August 5, Salinas.

Division Results - Men

12 & Under: 1. Joshua Vining 49:06, 13-17: 1. Arthur Gabudan 36:32, 18-29: 1. Randy Wilnanen 31:55. 30-39: 1. Jim Poulos 33:37, 40-49: 1. Peter Malseguerra 37:05, 50-59: 1. Ed Dally 39:07. 60 & Over: 1. Robert Daugherty 45:59.

Division Results - Women

12 & Under: 1. Angela Hernandez 43:29, 13-17: 1. Julie Sourup 42:15. 18-29: 1. Diana Wasychn 51:38. 30-39: 1. Linda Votaw 45:21. 40-49: 1. Jean Hardy 53:02. 50-59: 1. Jeanne Feaster 1:00:00.

Annie and Mary Day Run

August 5, Blue Lake, 2 MI. & 10K.

Overall Results - 2 Mile

1 John Zinselmeler (1 30-39) 10:01
2 Jon Myers (1 16-19) 11:00
3 Todd Cooper (1 12-15) 11:19
4 Ron Russell (1 40-49) 12:38
5 Sean Beer (12-15) 12:52
11 Linda Rankin (1F 30-39) 13:57
13 Julie Conner (1F 20-29) 14:42
21 Wendy Gast (1F 40-49) 17:51

Overall Results - 10K

1 Greg Heistman (1 20-29) 34:11
2 Mike Williams (20-29) 34:18
3 Mike Holt (1 30-39) 35:33
4 Yoshi Uemura (30-39) 36:13
5 Richard Stewart (30-39) 36:51
9 George Herd (1 40-49) 39:21
21 Cathy Dickerson (1F 20-29) 44:42
26 Carlana Richcreek (1F 30-39) 49:31
35 Carol Wilson (1F 40-49) 57:59
37 Carl Hershberger (1 50-59) 58:43

Alameda Run For The Parks

from Barry E. Weiss

August 5, Alameda, 10K.

Overall Results

1 David Rennelsen (26) Marysv 29:59
2 Jeffrey Adkins (23) ElSobran 30:03
3 Rich Langford (31) Alameda 30:05
4 Alan Dehlinger (23) Reno 30:17
5 Tom Borschel (25) Richmond 30:21
6 Jeffrey Shaver (23) SanJose 30:54
7 Sal Vasquez (44) Alameda 30:58
8 Robert Herndon (23) SanJose 31:03
9 Joseph Green (25) Vallejo 31:06
10 Lynn Mentzer (25) Reno 31:23
11 Dan Murray (39) Modesto 31:30
12 Scott Steinmaus (22) 31:36
13 Jeffrey Drutman (27) S.F. 31:37
14 Glyn Reynolds (29) Cupertino 31:38
15 Chris Pierson (25) Vallejo 31:41
16 Jim Tracy (32) S.F. 31:44

17 Gregory Brock (36) Corralitos 31:48
18 Tim Ball (25) Oakland 31:49
19 Steve Blakemore (22) Reno 31:52
20 Ed Cadman (39) Novato 31:56
21 Mark Graves (34) CastroV 31:57
22 Jose Aispuro (22) Aptos 32:03
23 Mike Gama (25) Hayward 32:17
24 Ken Grace (17) SanLeandro 32:18
25 Philip Toop (18) NY 32:22
26 David Galdamez (19) Berkeley 32:24
27 Robert Clay (37) Kelseyville 32:26
28 Bruce Degen (41) SanAnselmo 32:27
29 James Cunningham (38) StaCruz 32:36
30 Steven Gregory (20) PleasantHl 32:43
31 Tad Beach (26) Emeryville 32:44
32 Julios Ratti (33) Oakland 32:48
33 Rudy Mondragon (40) Hayward 32:50
34 Jeff Porto (24) Hayward 32:52
35 Brian Vaughan (17) Berkeley 32:55
36 Bill Clark (40) Los Altos 32:58
37 Jeff Townsend (28) KingBch 33:00
38 Randall Crist (23) ElCerrito 33:08
39 Larry Guinee (22) Hayward 33:10
40 Jim West (24) Hayward 33:16
41 David Garcia (33) SanJose 33:17
42 Jay Witherspoon (26) S.F. 33:20
43 Ben Yates (20) Oakland 33:24
44 Dave Stalters (28) Alameda 33:27
45 Stephen Freitas (34) Martinez 33:28
46 Robert Schug (30) Alameda 33:35
47 Mike Warr (24) Napa 33:44
48 Larry Brown (33) Berkeley 33:46
49 Michael Anduz (29) Oakland 33:47
50 Ronald Kubokawa (31) ElCerr 33:47
51 Bud Napoli (32) DalyCity 33:48
52 Ed Klotz (24) PaloAlto 33:50
53 Steven Naiman (27) Fremont 33:50
54 Kenrick Williams (27) Reno 33:52
55 Phil Hornig (26) Oakland 33:54
56 Guillermo Barron (32) Oakland 34:02
57 Rick Riordan (24) SanJose 34:10
58 John Clary (33) Danville 34:14
59 Bernie Crinigan (29) Richmond 34:18
60 Bill Brusher (33) Oakland 34:19
61 Leslie McMullin (33) Oakland 34:39
62 Marilyn Taylor (31) S.F. 34:50
63 Michelle Aubuchon (24) Liverm 35:37
64 Ingrid Hemmenway (28) Oakland 35:53
65 Bob Farrington (53) SanJose 36:17
66 Katryn Way (24) Stockton 37:06
67 Sue Vinella-Brusher (30) Oakl 38:07
68 David Stevenson (55) LosAltos 38:10
69 Jo Barry (20) SanJose 38:17
70 Sheri McCarroll (20) SanJose 38:20
71 Vicki Bigelow (49) SanLorenzo 38:23
72 Janet Smith (23) Cupertino 38:28
73 Devera Griffith (27) Oakland 40:12
74 Lisa Stringfellow (29) Oakland 40:27
75 Susan Babcock (30) Fremont 40:39
76 John Gilkey (62) LosAltos 41:42
77 Keith Anderson (60) Angwin 42:09

Skyline 50

August 5, El Sombrante, 50K.

Overall Results

1 Joe Mangan (18-29) 3:34.01
2 John Howard (18-29) 3:34.19
3 Jim Mansoor (18-29) 3:38.40
4 Rob Anex (18-29) 3:40.19
5 John Sheehan (30-39) 3:41.41
6 Neil Berg (30-39) 3:43.37
7 Barney Klecker (30-39) 3:45.31
8 Michael Duncan (30-39) 3:48.00
9 Frank Bozanich (40-49) 3:49.10
10 Allan Smith (18-29) 3:56.02
11 Bob Bunnell (30-39) 3:57.42
12 Don Paul (30-39) 3:58.32
13 Bruce Von Borstel (30-39) 3:58.34
14 Norman Gould (30-39) 4:08.30
15 Nick Vogt (30-39) 4:09.34
16 Daniel Hollis (30-39) 4:11.05
17 Jim Moyles (30-39) 4:11.06
18 Rod Christensen (30-39) 4:11.52
19 Roberto Gomez (30-39) 4:11.52
20 Rene Casteran (30-39) 4:13.30
21 Roger Daniels (40-49) 4:13.58
22 Jim Howell (40-49) 4:19.21
23 Kathy O'Noiro (18-29F) 4:34.20
41 E. R. Silver (50&O) 4:41.31
52 Hilary Naylor (30-39F) 4:48.08
54 Melinda Creel (18-29F) 4:48.51
59 Al Kirkman (50&O) 4:50.34
61 Ephraim Romesberg (50&O) 4:51.11
65 Marilyn Petch (30-39F) 4:52.14
67 Joan Reiss (40-49F) 4:52.27
69 Jerry Bunnell (30-39F) 4:56.33

Oakland A's Lite Beer Run

August 5, Oakland, 8K.

Overall Results

1 Dan Grumber 24:18
2 Ramon Gomez 25:17
3 Jerry Jobski 25:25
4 Pete O'Reilly 25:48
5 David Anderson 25:57
6 Rene Perez 26:16
7 Mike McManus 26:24
8 Bobby Rivera 26:35
9 Roberto Medez 26:38
10 Brent Cushmanberry 26:40
11 Steve Lewis 26:50
12 Allan Stanbridge 27:10
13 Addison Hunt 27:26
14 Robert Gastrell 27:30
15 Gus Rojas(wheelchir) 27:50
16 May Rios 27:55
17 Eric Hartman 28:03
18 Michael Plummer 28:07
19 Mike Gruber 28:10
20 Sarah Price 28:11
21 Michael Niemiec 28:21
22 Mike Horton 28:22
23 Muazim Washington 28:23
24 Noah Rollins 28:24
25 Daniel Silva 29:04
69 Chris Manning (1F) 32:45

San Francisco Marathon

from Don Kardong

August 10, San Francisco.

Only one week after the Olympic Marathon in which Simeon Kigen had hoped to represent his country, the Kenyan raced to a startling victory among 10,000 participants in the San Francisco Marathon, while Karen Dunn of New Hampshire found her early lead among the women dissolve during the last few miles of the race as Atlanta's Katy Schilly overtook her for the women's victory. Kigen and Schilly each received \$10,000 first place prize money for their victories, part of a total of \$50,000 awarded in the event.

Running into fog and recurrent headwinds, a pack led by U.S. Olympic team alternate Dave Gordon of Eugene, Oregon, took the pace during the early stages of the marathon, gradually thinning to include only Gordon, Kigen, and Houston-Tenneco Marathon runner-up Massimo Magnani, the Italian marathon record holder. At sixteen miles Magnani dropped off the pace, and at seventeen Kigen opened a lead on Gordon. The Kenyan ran the final miles of the race unchallenged, clocking 2:10:30. Gordon and Magnani also finished under the previous record, as Gordon ran 2:12:22 and Magnani 2:13:44.

Kigen, who has now moved ahead of Olympic bronze medalist Charlie Spedding as the top money winner on the ARRA Circuit, was reportedly not allowed to represent his country this summer because he had chosen to train in the U.S. "I wanted to show them," said Kigen, referring to his country's athletic federation. "I would have done very well in the Olympics, maybe the top one or two places. I was very strong at the time."

Also strong was Katy Schilly, who overcame Karen Dunn's swift early pace and two-minute lead to finally catch her only two miles from the finish, running 2:35:55 and improving her own best by almost four minutes, while barely missing the course record of 2:35:43. Pre-race favorite Dunn held on for second in 2:37:35, while Laura Albers (formerly Laura Dewald) finished third in 2:38:08.

The San Francisco Marathon, sponsored by Paul Masson, was the tenth race

Continued on next page...

Results

of the 1984 ARRA Championship Circuit. The next event will be the Twin Cities Marathon in Minneapolis/St. Paul on September 30.

Men's Results

1. Simeon Kigen 2:10:17, 2. Dave Gordon 2:12:22, 3. Massimo Magnani 2:13:44, 4. Martyn Brewer 2:14:06, 5. Douglas Avrit 2:14:21, 6. Don Norman 2:14:35, 7. Kevin McCarey 2:16:24, 8. Juan Zetina 2:17:19, 9. Derrick May 2:17:45, 10. Tim Varley 2:19:10, 11. Gary Tuttle 2:20:20, 12. Demetrio Cabanillas 2:20:50, 13. Martti Kiihiohja 2:22:22, 14. Tom Howard 2:22:51, 15. Norberto Segura 2:23:11, 16. John Gailson 2:23:19, 17. John Graham 2:23:48, 18. Raydn P. Nolan 2:24:19, 19. James Sterling 2:24:30, 20. Antonio Villanueva 2:24:39.

Women's Results

1. Katy Schilly 2:35:55, 2. Karen Dunn 2:37:35, 3. Laura Albers 2:38:08, 4. Gail Volk-Kingma 2:39:03, 5. Michelle Aubuchon 2:41:33, 6. Sharlet Gilbert 2:45:09, 7. Kathlene Koudela 2:46:47, 8. Darsie Bowden 2:47:53, 9. Marilyn Taylor-Allen 2:48:51, 10. Jeanne Lavin 2:49:46, 11. Patricia Wassik 2:56:20, 12. Judy Dodge 2:57:17, 13. Elia Ferrufino 2:57:20, 14. Patti Catalano 2:58:15, 15. Pamela Burkes 2:58:34, 16. Rosalba Tibadulza 2:59:43, 17. Elaine Delsman 3:00:17, 18. Terry Schmidt-Puckett 3:01:31, 19. Gay McClenathan 3:01:48, 20. Twyla Willis 3:02:18.

Insides Out & Back 10K

August 11. Ventura.

Overall Results

1 Ron Ysals (1 19-29)	30:34
2 Mike Larsen (2 19-29)	32:33
3 Archie Santos (3 19-29)	33:54
4 Ed Ramirez (1 30-39)	34:20
5 Hans VanKoppen (4 19-29)	34:23
6 Ralph Casillas (2 30-39)	36:38
7 Ed Rambusk (5 19-29)	36:46
8 Mike Vanlandingham (3 30-39)	37:10
9 John Babroch (6 19-29)	37:13
10 Art Mortell (1 40-49)	37:19
11 Larry Pontinen (2 40-49)	37:21
12 Juan Perez (1 18&U)	37:34
13 Lorraine Mercado (1F 19-29)	37:43
17 Wendy Simmons (2F 19-29)	38:22
18 Sara Denning (1F 30-39)	38:26
26 Delbert Pearce (1 50&O)	40:16
34 Mimi Baronowski (2F 30-39)	42:11
45 Nancy Panico (3F 19-29)	43:37
63 Liz Cushman (1F 40-49)	48:39
95 Laurie Villanueva (1F 18&U)	56:12

Sacred Heart Fiesta Runs

August 12. Fresno. 1 Mile & 6 Mile.

The fourth annual Fiesta Fun Run was on Sunday, August 12. Over 250 participants were entered in the event, which included a 6 mile course and a 1 mile course for children ages 12 and under. Overall male finisher was Al Lomeli with a time of 31:35. Overall female finisher was Rosa Medina (also '83 winner) with a time of 37:09. First wheelchair finisher was Dan Hernandez 33:26.

Division Results - Men's 6 Mile

18 & Under: 1. Gregor Magwusson 31:44, 2. Jesus Llanez 31:46, 3. Rick Bernal 33:24, 19-29: 1. Hermilio Guerrero 34:28, 2. Ron Schafer 35:19, 3. Mark Hull 36:20, 30-39: 1. Kenneth Drew 32:43, 2. Larry Lung 33:49, 3. Robert Garcia 35:45, 40-49: 1. Ernest Padilla 35:26, 2. Ron Quitoriano 36:32, 3. Fred Kenon 36:57, 50-59: 1. Rick Zamarripa 34:33, 2. Joseph Rhoan 44:32, 3. Ray Lazalde 47:22, 60 & Over: 1. Leon Alonzo, Sr. 47:55.

Division Results - Women's 6 Mile

18 & Under: 1. Jennifer Horg 51:06, 2. Katie Abbott 53:36, 3. Kami Mohn 54:21, 19-29: 1. Linda Glaude 38:40, 2. Rachel Venegas 52:43, 3. Christine Vercoe 63:06, 30-39: 1. Sylvia Valdez 45:41, 2. Jeannie Aguirre 47:47, 3. Patricia Hull 49:58, 40-49: 1. Jackie Ryle 44:01, 2. Heidi Fialho 48:28, 3. Helene Miller 49:27, 60 & Over: 1. Virginia Martin 60:20.

Division Results - Boy's 1 Mile

6 & Under: 1. Enrique Morales 9:29, 2. Ricky Jacob 9:45, 7-8: 1. Eric Lindgren 7:21, 2. Robert Herzog 7:30, 9-10: 1. Sam Ramsey 7:20, 2. John Klein 7:39, 11-12: 1. Alex Cordova III 6:18, 2. Freddie Hernandez 6:27.

Division Results - Girl's 1 Mile

6 & Under: 1. Mekala Rector 10:39, 2. Ruth Reid 10:43, 7-8: 1. Sonia Medina 8:22, 2. Becky Magnia 10:02, 9-10: 1. Anita Campbell 8:44, 2. Meri Hull 9:04, 11-12: 1. Cathy Spalding 10:44, 2. Kathy Slaven 11:01.

Baea Feet Meet

from Donna Hinshaw

August 12. Foster City. 8K.

Division Results - Men

19 & Under: 1. Richard Johnson 27:09, 2. Bob McLaughlin 27:21, 3. Chris Piety 27:32, 20-29: 1. William Graham 24:44, 2. David Frank 25:11, 3. Andy Takaha 26:05, 30-39: 1. Richard Stillier 26:48, 2. Fred Tilestone 26:54, 3. Roberto Mendez 26:58, 40-49: 1. Michael Hicks 27:36, 2. Kent David Kelley 29:50, 3. Paul Munson 30:25, 50-59: 1. Dave Stevenson 29:39, 2. Ralph Boyd 30:51, 3. Dominic Garcia 32:16, 60 & Over: 1. John Gilkey 34:04, 2. Erle Parsons 37:35, 3. Clarence Flick 41:01.

Division Results - Women

19 & Under: 1. Erika Watson 41:31, 2. Tiffany Cesarin 41:33, 3. Carolyn Pelt 41:38, 20-29: 1. Jill Miller 31:15, 2. Carrie Spangler 33:31, 3. Leighann Foster 35:14, 30-39: 1. Elaine Hutsiniller 32:52, 2. Debbie Walker 34:23, 3. Sandi Devencenzi 34:25, 40-49: 1. Diane Bromstead 35:56, 2. Sandi Detata 36:47, 3. Gloria Low 44:07, 50-59: 1. Elaine Klatsky 38:08, 2. Georgetown Laub 48:17, 3. Vera Evancoff 1:00:51.

Hook & Ladder

from Jim Gallagher

August 12, San Francisco. 10K

Steve Ortiz (Tiger) captured the Hook & Ladder 10K for the second year in a row. In a pattern similar to last year, Steve gained control of the race at an early point. He set a blistering pace, determined to break his own course record of 29:56 set in 1983. Steve's winning time of 29:32.5 not only lowers the course record, but is the fastest time recorded within Golden Gate park.

Paul Mausling (Brooks) pursued Ortiz during the first half of the race followed by the ageless and amazing Sal Vasquez (Pamakids). Phil Hornig of Rebok maintained sight of the leaders and his pursuit paid off in the final stage as he picked off both Vasquez and Mausling to capture second place. Sal finished fourth behind Mausling. Sal's time of 31:04 was 17 seconds off his course record, but considerably ahead of the nearest master.

The Hook & Ladder continued to draw a very strong field of women. Indeed, there was great excitement produced by both individuals and teams in the women's division. First, Janine Aiello won the open women's division and with a blazing finish she clipped 1.2 seconds from Laurie Binder's course record. Janine's winning time of 34:32.7 establishes her as one of the top female runners in Northern California. At the young age of 24, Janine appears headed for a great future in road racing.

In the women's master division, Karen Scannell returned to top running form

and claimed first place over a formidable field which included: Karen Lanterman, Joan Ulyott, Pat Whittingslow and Gail Rodd. The average time of the top five master women was just below 39:19. Karen Scannell's winning time of 37:23.3 was within .8 seconds of her course record.

Paul Ghidossi claimed first place in the 18 and under division. Paul also provided a new course record—32:00.1. Paul shaved 34 seconds off Jaime Pimentals record of last year and 37 seconds his performance of last year. Other outstanding times in this division included Adam McAbey, age 16, recorded a 33:22.8 and Shane Woytko, age 15, ran a 35:10.8.

Ray Piva not only ran a PR, he won the 50 and over division and came within a few seconds of the course record. Ray attributes his recent improvement to the guidance of the Pamakids' new coach Mike Fanelli. Eleven of the twelve runners that Mike is coaching that entered the race attained a PR.

The Tamalpa racing club dominated the team scoring in winning the men's open and placing second in both the women's open and men's master divisions. The Imapa racing team won the open women's division for the sixth straight year. This years margin of victory was a mere four points over the Excelsior track club.

The high quality of runners in the Hook & Ladder is evidenced in the fact that 152 of the 528 runners completed the course under 40:00 minutes. It might be noted that this year's course has been remeasured and certified to conform to the TAC requirement of adding 1% to the measurement to offset any error due to measurement.

Overall Results

1 Steve Ortiz (25)	29:32
2 Philip Hornig (26)	30:53
3 Paul Mausling (25)	30:58
4 Sal Vasquez (44)	31:04
5 Fady Malik (20)	31:18
6 Rick Baldocchi (24)	31:30
7 Bob Herndon (23)	31:45
8 Rob Weierle (31)	31:57
9 Rich Govi	31:57
10 Peter O'Reilly (26)	31:59
11 Paul Ghidossi (18)	32:00
12 Fred Fravans (31)	32:17
13 Michael Graves (34)	32:26
14 Mike McManus (18)	32:26
15 Chris Thomas (36)	32:38
16 Lew Faxon (44)	32:53
17 Gene Dangel (37)	32:55
18 John Foley (18)	32:55
19 Raul Rodriguez (22)	33:01
20 Jeff Mello (25)	33:06
21 Fidel Serrano (22)	33:09
22 Steve Ferraz (37)	33:11
23 Tom Eng	33:13
24 Adam McAboy (16)	33:22
25 Sly Pascale (38)	33:24
26 David Kadish (31)	33:35
27 Lester Wyborny II (26)	33:45
28 Jim Lawson (31)	33:48
29 Mike Paul (29)	33:53
30 Addison Hunt (21)	33:54
31 Kevin Cruikshank (27)	33:57
32 Gary Yokota (19)	32:57
33 Kees Tulnzing (37)	34:05
34 Tom Bennett (34)	34:07
35 Harold Radin (20)	34:08
36 Peter Laskler (40)	34:19
37 Larry McKendell (23)	34:23
38 Janine Aiello (24 F)	34:32
39 Tony Stefani (33)	34:34
40 Jim Muela (30)	34:42
41 David Taylor (40)	34:43
42 Kevin Peak (31)	34:44
43 George Frazier (37)	34:50
44 Bill Brusher (32)	34:50
45 Steve Lyons (43)	34:56
46 David Handscher (36)	35:02
47 Tom Surprenant (32)	35:02
48 John Lawson (28)	35:06
49 Shane Woytko (15)	35:10
50 Eric Wendling (18)	35:16

Division Results - Men

18 & Under: 1. Paul Ghidossi 32:00, 2. Mike McManus 32:26, 3. John Foley 32:55, 19-29: 1. Steve Ortiz 29:32, 2. Philip Hornig 30:53, 3. Paul Mausling 30:58, 40-49: 1. Sal Vasquez 31:04, 2. Lou Faxon 32:53, 3. Pete Lasker 34:19, 50 & Over: 1. Ray Piva 36:54,

2. Tom Walsh N.T., 3. Jim Nicholson 39:14.

Division Results - Women

18 & Under: 1. Christine McGee 38:17, 2. Carrie Costamagna 38:58, 3. Laura Carter 39:14, 19-29: 1. Janine Aiello 34:32, 2. Ingrid Hemenway 35:20, 3. Sharlet Gilbert 35:39, 40-49: 1. Karen Scannell 37:23, 2. Karen Lanterman 37:38, 3. Joan Ulyott 39:14, 50 & Over: 1. Teresa Burger 52:13, 2. Barbara Robben 52:16.

High Sierra 10K

August 16. So. Lake Tahoe.

Overall Results

1 Mark Hoefer	33:19.5
2 John Gailson	35:08
3 Ken Alberg	35:28
4 Larry Pegls	37:42
5 Austin Angell (42)	38:43
6 Ralph Johnson	40:03
7 Kurt Pastory	41:16
8 Jon Hoefer (50)	46:54
9 Mandy Roberts (F)	50:14

Datsun Sun Run

August 18. Los Angeles. 5K & 10K.

Overall Results - 5K

1 Fred Vartanian (30)	17:07
2 Sal Garcia (18)	17:09
3 Johnny Ledesma (16)	17:22
4 Alex Espinoza (18)	17:29
5 Barry Foose (37)	17:33
6 Dave Arntson (46)	17:46
7 Sammy Gutierrez (17)	17:47
8 Ewan Wares (15)	17:54
9 Michele Siderberg (33 F)	17:56
10 Randal Shelley (41)	18:25
21 Laura Lopez (22 F)	19:03
35 Luisa Villanueva (14 F)	20:10
50 Yvonne Kirby (15 F)	21:17
63 Wendy Kirby (16 F)	22:39

Division Results - Men's 5K

12 & Under: 1. Ricky Johnson 20:08, 13-18: 1. Sal Garcia 17:09, 19-29: 1. Jeffery Michael 18:48, 30-39: 1. Fred Vartanian 17:07, 40-49: 1. Dave Arntson 17:46, 50-59: 1. Gunnar Brickner 19:05, 60 & Over: 1. David Cohen 21:25.

Division Results - Women's 5K

12 & Under: 1. Kamin McClelland 29:01, 13-18: 1. Luisa Villanueva 20:10, 19-29: 1. Laura Lopez 19:03, 30-39: 1. Michele Soderberg 17:56, 40-49: 1. Wanda Whitmire 25:56, 50-59: 1. Angelle Guyan 29:56.

Overall Results - 10K

1 John Mills (29)	34:30
2 Doug Currey (37)	38:58
3 Bill Marks (36)	39:36
4 Andy Casillas (15)	40:10
5 Bob Landry (55)	40:42
24 Sandi Gomez (31 F)	43:57
37 Kim Butler (19 F)	47:55
55 Sandra Hanley (43 F)	51:18

Division Results - Men's 10K

12 & Under: 1. Robert Grossman 46:06, 13-18: 1. Andy Casillas 40:10, 19-29: 1. John Mills 34:30, 30-39: 1. Doug Currey 38:58, 40-49: 1. Bruce Larsen 42:08, 50-59: 1. Bob Landry 40:42, 60 & Over: 1. Frank Monteleone 42:55.

Division Results - Women's 10K

19-29: 1. Kim Butler 47:55, 30-39: 1. Sandi Gomez 43:57, 40-49: 1. Sandra Hawley 51:18.

A Running Experience

August 18. Newport Beach. 8K & 4K.

Division Results - Men's 8K

14 & Under: 1. Neil Wechsler 32:57, 2. Rick Mello 34:01, 3. Mike Gonzales 36:42, 15-18: 1. Erik Gleason 25:44, 2. Sean Combs 26:53, 3. Jason Webster 26:58, 19-24: 1. Jim McCarthy 24:21, 2. Steve Corzan 24:25, 3. Jeff Williams 24:48, 25-29: 1. David Jackson 24:30, 2. Thom Vernon 24:41, 3. Holland Bunz 24:42, 30-34: 1. Rex Power 25:21, 2. Paul Marcel 25:47, 3. Jerry

Willis 26:16. 35-39: 1. Mikey Sayward 26:08, 2. Dale Fairchild 26:45, 3. Bob Fulton 27:15. 40-44: 1. Tom Rothmer 27:48, 2. Dan Thomas 29:40, 3. Raymond Smith 29:55. 45-49: 1. Mike Hook 28:58, 2. Douglas Shepard 29:46, 3. L. Esau 29:50. 50-59: 1. Robert Lyons 31:22, 2. Dennis Bracher 31:35, 3. Ron Poston 32:38. 60 & Over: 1. Edwin Bishop 33:15, 2. Casey Poole 34:45. 80+ : 1. Jacob Blislin N.T.

Division Results - Women's 8K
14 & Under: 1. Lisa Padilla 34:02, 2. Carrie Edgeworth 40:07, 3. Stacy Fode 45:08. 15-18: 1. Daren Donahue 32:31. 19-24: 1. Lydia Salinas 32:15, 2. Teresa Knapp 34:54, 3. Deanna Estrada 40:43. 25-29: 1. Patti Peschel 30:58, 2. Kyong Gaddis 32:02, 3. Lori Maro 34:17. 30-34: 1. Jayne Studenmund 30:04, 2. Lynn Totten 34:41, 3. Lin Aspel 38:51. 35-39: 1. Daiva Juslonis 31:36, 2. Cheryl Butchers 32:27, 3. Patti Hellerund 33:28. 40-49: 1. Linda King 32:37, 2. Roberta Lamping 34:46, 3. Teresa Ross 35:10. 50 & Over: 1. Irene Bracher 41:38.

Division Results - Men's 4K
14 & Under: 1. Alfonso Vargas 14:45, 2. Ray McConnachie 15:08, 3. Raul Gomez 15:43. 15-18: 1. Mike Hedgecock 12:16, 2. Criss Bube 13:10, 3. Matt McQueen 13:12. 19-24: 1. James Dyer 12:31, 2. Eric Sawyer 12:35, 3. Adam White 13:00. 25-29: 1. Forest Metcalf 12:12, 2. Bernie Brizuela 12:51, 3. Ted Snavely 13:07. 30-34: 1. Walt Hill 13:18, 2. Dave Israel 13:19, 3. Carl Allen 13:52. 35-39: 1. Bill Sumner 13:29, 2. Jarrett Williams 13:38, 3. Jim Kenworthy 13:24. 40-44: 1. David Duckman 14:56, 2. Larry Ballock 15:04, 3. Pete Banulin 15:15. 45-49: 1. Juvenal Herrera 13:56, 2. Tony Veito 14:51, 3. Doug Shepherd 15:09. 50-59: 1. Sam Mayo 14:05, 2. John Harper 14:47, 3. Tracy Brown 14:55. 60 & Over: 1. Delmar Gourley 16:03, 2. Bernie Hodowski 19:17, 3. Thomas Smith 22:04.

Division Results - Women's 4K
14 & Under: 1. Joanne Castellano 16:38, 2. Tonya Pili 18:23, 3. Jessica Reifer 18:25. 15-18: 1. Ana Cavarrubias 15:35, 2. Deanna Goodwin 16:56, 3. Kosy Manjarrez 17:07. 19-24: 1. Susie Green 17:31, 2. Sara Taylor 17:41, 3. Cindy Hall 18:09. 25-29: 1. Patty Noblitt 18:05, 2. Connie Campa 21:15, 3. Cookie Weyand 21:55. 30-34: 1. Maria Rodriguez 17:16, 2. Lin Aspel 17:27, 3. Wendy Bull 17:29. 35-39: 1. Julie Fink 19:14, 2. Donna Bybee 19:34, 3. Nancy Gonzales 21:14. 40-49: 1. Marilyn Patten 18:47, 2. Georgina Nuttall 19:08, 3. Donna Dilureto 20:51. 50-59: 1. Ruth Granado 18:28, 2. Frances Metcalf 19:22. 60 & Over: 1. Chris Hodowsky 21:55.

Tetrick Trail 8 Mile Run

August 18. Griffith Park, L.A.

Overall Results
1 Steve Flynn (28) 46:32
2 Victor Carrillo (21) 47:52
3 Tyrus Deminter (21) 49:22
4 David Caldwell (30) 50:08
5 Ron Smith (37) 50:40
6 Jim Kelley (23) 50:47
7 Eugene Blankenship (42) 50:54
8 Randy Hales (23) 51:32
9 Bill Flynn (30) 52:04
10 Ignacio Fonseca (18) 52:05
11 Ted Cotti (22) 52:18
12 Anton Gonzales (28) 52:52
13 Paul Garnett (36) 52:59
14 Dick Eichner (31) 53:19
15 David Bower (29) 53:25
16 Pedro Ponce (39) 53:29
17 David Lopez (32) 53:36
18 Tom Moriarty (28) 53:42
19 Ken Lemus (27) 54:17
20 Dan Stumpus (32) 54:24
21 Bruce Geddes (39) 54:32
22 King Wayman (35) 55:06
23 Not Available 55:08
24 Tom Aines (32) 55:10
25 Van Guilder (34) 55:14
26 Ken Moffitt (32) 55:29
27 Freddy Kohler (17) 55:32
28 Dick Pallies (47) 55:39

29 Frank Meza (36) 55:49
30 Tim Barden (25) 55:16
31 Alfred Solish (34) 56:08
32 Bob Ride (42) 56:14
33 Mark Guzman (21) 56:19
34 Steve Doll 56:28
35 Bruce Horiguchi (36) 56:37
36 Don Barrington (25) 56:45
37 Phillip Cohen (28) 57:09
38 Bruce Brinkema (49) 57:12
39 Eric Edmunds (31) 57:15
40 Bolivar Gonzales (31) 57:21
41 Fernando Robledo (20) 57:25
42 Eddie Lopez (24) 57:28
43 Timothy Dougherty (24) 57:31
44 Mike Mudrick (23) 57:38
45 Danny Richey (38) 57:52
46 Francisco Alduma (22) 57:52
47 Stephen Lebowitz (37) 57:58
48 Mark Dumurat (27) 58:11
49 Raul Orozco (37) 58:14
50 Becky Thomas (30F) 58:19

Division Results - Men
18 & Under: 1. Iquacio Fonseca 52:05, 2. Freddy Kober 55:32, 3. Steve Brody 58:25. 19-29: 1. Steve Flynn 46:32, 2. Victor Carrillo 47:52, 3. Tyrus Deminter 49:22. 30-34: 1. David Caldwell 50:08, 2. Bill Flynn 52:04, 3. Dick Eichner 53:19. 35-39: 1. Ron Smith 50:40, 2. Paul Garnett 52:59, 3. Pedro Ponce 53:29. 40-44: 1. Eugene Blankenship 50:54, 2. Bob Rude 56:14, 3. Carlos Balbena 59:25. 45-49: 1. Dick Pallies 55:39, 2. Bruce Brinkema 57:12, 3. Gonzalo Javier 65:26. 50-54: 1. Eugene Black 59:45, 2. Ed Swan 63:25, 3. Otto Hefner 63:44. 55-59: 1. Jerry Soto 60:09, 2. Richard Elizarraras 65:18, 3. Bill Winstanley 66:38. 60 & Over: 1. Keith Albright 62:57, 2. Tony Mago 74:29, 3. Bob Tetrick 77:30.

Division Results - Women
18 & Under: 1. Kathy Smith 71:22, 2. Mindy Smith 73:37. 19-29: 1. Maureen Corrigan 58:45, 2. Karen Garazo 64:19, 3. Gretchen Lohr 68:13. 30-39: 1. Becky Thomas 58:19, 2. Sue Simms 65:02, 3. Linda Papermaster 69:08. 40-49: 1. Sheila Hasham 76:19, 2. Barbara Basta 76:45, 3. L. Sremba 85:16. 50 & Over: 1. Celia Swan 79:04, 2. Bettie Horian 85:39.

Carrera De Locos Half-Marathon

from Brian Pritchard

August 19. Westlake Village.
Overall Results
1 Michael Mathewson (22) Dana Pt 1:27:55
2 Steve Fairman (22) Thousand Ok 1:28:49
3 Tim Tobin (30) Reseda 1:34:06
4 Rafael Espejal (23) Oxnard 1:34:24
5 Ralph Casillas (33) Oxnard 1:36:31
6 Ignacio Rodriguez (27) Oxnard 1:37:29
7 Gary Schwager (42) Santa Mon 1:42:34
8 Art Mortell (44) Malibu 1:44:37
9 Brian Stansauk (32) Reseda 1:45:31
10 Robert Bowilus (46) Palos Verdes 1:46:06
12 Gavin Callinan (51) Whittier 1:49:42
15 Fred Nagelschmidt (60) Ventura 1:51:54
20 Elizabeth Gauer (25) Northridge 1:57:44
26 Lena Ariston (20) Burbank 2:06:17
30 Bill McGray (57) Topanga 2:19:51
33 Shirley Blush (48) Carson 2:21:15

Pinecrest Run

August 19. Pinecrest. 5 Miles.
Results - Overall-Handicap
1 Don Lundberg (60 & O) 25:41
2 Sam Skinner (18 +) 29:07
3 Tom Beck (40 +) 29:29
4 Anne Kendrick (F 18 +) 29:35
5 Ken Danz (18 +) 29:39
6 Debbie Ingram (F 30 +) 29:43
7 Anthony Reynolds (30 +) 29:59
8 Tim Hicks (40 +) 30:18
9 Jim Reichk (18 +) 30:26
10 Chuck Waldman (30 +) 30:54
Division Results - Men
9 & Under: 1. Scott Ekstrom 58:44. 10-13: 1. John Cashman 43:11. 14-17: 1. Christian Newton 32:50. 18-29: 1. Sam Skinner 29:07. 30-39: 1. Anthony Reynolds 30:59. 40-49: 1. Tom Beck 33:29. 50-59: 1. Ron

Labiano 46:41. 60 & Over: 1. Don Lundberg 40:41.
Division Results - Women
9 & Under: 1. Annie Johnson 77:55. 10-13: 1. Janet Ekstrom 47:41. 14-17: 1. Sandra Hains N.T. 18-29: 1. Anne Kendrick 36:35. 30-39: 1. Debbie Ingram 38:43. 40-49: 1. Mary Kelly 44:14. 50 & Over: 1. Joyce Shatkin 60:48.

America's Finest City Half Mara.

August 19. San Diego.
Overall Results
1 Ibrahim Klivna, Alburq, NM 1:03:36
2 Don Janicki, Tucson, AZ 1:03:57
3 Randy Reina, Fayetteville, AR 1:04:19
4 Art Menchaca, Tucson, AZ 1:04:33
5 Ron Cornell, San Pedro, CA 1:05:07
6 Paul Gompers, Fairview, IL 1:05:09
7 Paul Pilkington, Roy, UT 1:05:10
8 Gary Siriano, Pittsburgh, PA 1:05:18
9 Jon Anderson, Eugene, OR 1:05:44
10 Steve McCormack, San Diego 1:06:13
11 Mark Anderson, Fayetteville, AR 1:06:45
12 Stann Vernon, Dallas, TX 1:06:50
13 John Bolger, Calgary, Can. 1:06:54
14 Ron Roberts, San Diego, CA 1:07:20
15 Robert Yara, San Antonio, TX 1:07:26
16 Danny Grimes, Sparks, NV 1:07:30
17 Mark Conover, Orinda, CA 1:07:36
18 Jeff Martin, San Diego, CA 1:07:47
19 Bill McClement, Woodinville, WA 1:08:01
20 Paul Hernandez, Culver City, CA 1:08:05

Division Results - Men
17 & Under: 1. Paul Boudreaux 1:13:17, 2. Robert Lopes 1:16:11, 3. Rich Morales 1:18:10. 18-29: 1. Mark Anderson 1:06:45, 2. Stan Vernon 1:06:50, 3. John Bolger 1:06:54. 30-34: 1. David Harper 1:10:34, 2. Ian Cumming 1:11:41, 3. David White 1:13:40. 35-39: 1. Matt Henderson 1:14:57, 2. Ben Wilson 1:15:46, 3. Leslie Christian 1:16:43. 40-49: 1. Mike Mahler 1:11:37, 2. Gary Novak 1:15:38, 3. John Metz 1:19:15. 50-59: 1. Jose Vigil 1:21:16, 2. Walt Evertz 1:22:41, 3. Frank Ferrone 1:25:44. 60-69: 1. Jim McCown 1:29:53, 2. Luis Ojeda 1:33:53, 3. Rudy Iglesias 1:34:26. 70 & Over: 1. Walt Kuetzing 2:01:12.

Overall Results - Women
1 Carol Urish-McLachlan, TX 1:15:06
2 Ngairie Drake, Auckland, NZ 1:17:07
3 Elizabeth Baker, Rancho Santa Fe 1:18:52
4 Brenda Gray, Laramie, WY 1:20:27
5 Susan Henderson, Boulder, CO 1:20:40
6 Beth Milewski, Northridge 1:20:49
7 Donna Chin, San Diego, CA 1:22:30
8 Lisa Gonzales, San Clemente 1:22:36
9 Patti Tuffley-Hurl, San Diego 1:23:49
10 Shirley Durtschi, Eugene, OR 1:25:11

Division Results - Women
17 & Under: 1. Cathy Guerarra 1:37:18, 2. Kelly Mackenzie 1:49:40, 3. Linda Pitzer 1:50:16. 18-29: 1. Lisa Gross 1:28:04, 2. Sylvia Molnar 1:28:17, 3. Luis Madueno 1:28:44. 30-34: 1. Ellen Turkel 1:25:23, 2. Linda Donkelaar 1:26:18, 3. Debbie Lewis 1:26:27. 35-39: 1. Audrey Burns 1:29:43, 2. Joni Pendleton 1:31:37, 3. Susan Gimbel 1:37:02. 40-49: 1. Ursula Rains 1:30:05, 2. M. Carpenter 1:30:17, 3. Carolyn Doty 1:31:24. 50-59: 1. Nicki Hobson 1:43:19, 2. Sheila Charlton 1:44:11, 3. Carol Cartwright 1:45:17. 60-69: 1. Mary Storey 1:42:42. 70 & Over: 1. Bess James 2:23:05.

Hind See To See Triathlon

August 19. Avila Beach.
1 Mile Swim, 24.5 Mile Bike, 6.5 Mile Run.
Overall Results - Men
1 Chris Henshaw 1:58:15
2 Peirre Deyo 2:02:33
3 Jim Scott 2:03:56
4 Jon Clarke 2:05:27
5 Mike Hamer 2:05:47
6 Kemp Aanberg 2:07:34
7 Dwight Sinclair 2:09:08
8 Jeff Thornton 2:10:04
9 John Kraetsch 2:10:18
10 Jeff Lendrum 2:11:28

Overall Results - Women

1 Catherine Hennelly 2:19:43
2 Roberta Troxell 2:21:19
3 Joan Levison 2:32:08
4 Ginny Evans 2:39:50
5 Mary Check 2:41:58
6 Ann Jordan 2:43:13
7 Stephanie Lockyer 2:47:34
8 Angle Young 2:48:38
9 Robin Myers 2:49:09
10 Kerry Forsyth 2:50:59

Bodega Big Event 10K Footrace

August 19. Bodega Bay.

Division Results - Men
13 & Under: 1. Todd Stevens 46:21, 2. Josh Dignan 59:00. 14-19: 1. Peter Vincent 35:47, 2. Daniel Nisbet 38:20, 3. Ben Machol 38:52. 20-29: 1. Agostino Tarantino N.T., 2. Bruce Phinney 36:51, 3. Marshall Potter 38:23. 30-39: 1. Walt Bales 38:58, 2. Nick Allen 40:11, 3. Bill Broume 40:42. 40-49: 1. Tracy Huyck 38:58, 2. Jim Hawthorne 44:00, 3. Steve Machol 44:39. 60 & Over: 1. Richard Kegley 48:40, 2. Richard Allen 53:43. **Race Walker:** Marge Windlus.

Division Results - Women
13 & Under: 1. Nika Horn 47:38, 2. Kari Horn 62:04. 14-19: 1. Kathy Dalton N.T. 20-29: 1. Meg Burbank 59:31, 2. Emily Allen 62:06. 30-39: 1. Marianne Foss 48:33, 2. Denise Parks 57:57, 3. Louise Lesley 59:40. 40-49: 1. Carolyn Ward 58:58, 2. Marilyn Milligan 60:26. 60 & Over: 1. Margaret Kegley 60:20.

Run By The Sea

August 26. Rancho Palos Verdes. 10K.

Division Results - Men
17 & Under: 1. David Delgado 32:18, 2. Carlos Moya 33:38, 3. Dale Bolen 34:15. 18-29: 1. Ron Cornell 29:07, 2. Brent Griffiths 29:22, 3. Louie Pinon 30:21. 30-39: 1. Jack Cochran 33:21, 2. Jesus Morales 34:18, 3. Fred Tsutsui 34:54. 40-49: 1. Alan Johnson 32:26, 2. Bill Wooden 33:55, 3. Robert Blumer 38:15. 50 & Over: 1. Jim Scarborough 38:22, 2. Robert Perry 40:16, 3. C. B. Campbell 40:32.

Division Results - Women
17 & Under: 1. Lucinda Reyes 41:40, 2. Denise Byrnes 44:06, 3. Patti Chang 46:26. 18-29: 1. Sherry Simmons 34:12, 2. Katie Cunningham 36:54, 3. Laura Lopez 37:15. 30-39: 1. Mary Mitchell 37:57, 2. Kathy Martin 38:30, 3. Jan McCall 42:04. 40-49: 1. K. Raffloer 46:28, 2. Sheila Closson 48:21, 3. Mary Brooks 48:37. 50 & Over: 1. Ruth Blodland 49:10, 2. Norma Bernardi 49:23, 3. Peggy Phelan 52:07.

Wildwood Days

August 26. Rio Dell. 2 Mi. & 8 Mi.

Overall Results - 2 Mile
1 Bill Saltell (24) 12:15
2 Charles Smith (22) 12:35
3 Byron Zinselmair (13) 12:41
4 Vincent Zinselmair (10) 12:44
5 Sarah Grundman (13) 14:01
Overall Results - 8 Mile
1 Mike Williams (23) 42:42
2 Greg Heistman (28) 43:41
3 John Zinselmair (36) 44:19
4 Brian Presson (16) 44:51
5 Ken Price (41) 47:00
6 Bill Estes (24) 47:28
7 George Herd (49) 49:21
8 Hal Jackson (51) 50:54
9 Alan Veal (15) 52:03
10 Gerniles Briggs (23) 52:47
11 Bob Berg (41) 52:48
12 Roy Veal (47) 52:51
13 Sherman Schapiro (36) 52:58
14 Gerald Hoopes (43) 52:24
15 Mac McClary (47) 54:32

Results

Fresno Biathlon

August 26, Fresno.

Overall Results

1	David Tomerlin (31)	81.04
2	Gordon Keller (37)	83.44
3	Eric Little (24)	84.42
4	Bryan Fahrenbach (27)	85.15
5	Tom Saunders (28)	86.33
6	Rudy Schuh (41)	86.35
7	Robert Rainwater (34)	86.38
8	Steve Miller (28)	86.38
9	Thomas Kuhl (22)	87.49
10	Jim Greenberg (22)	87.57
11	Reggie Bauer (35)	88.05
12	Darin Jaurequi (17)	88.38
13	Bill McCarthy (34)	89.14
14	Kevin Bell (15)	89.16
15	Dan Lyons (30)	90.08
16	Kelley McCaig (20)	90.11
17	Gary Haas (39)	90.51
18	Bob Fries (54)	91.09
19	Janice Gordon (28)	92.41
20	Steve Meunier (36)	92.52
21	Jim Harris (49)	92.56
22	John Aldrich (33)	93.04
23	Rod Andrus (37)	93.26
24	Tracy Walt (16)	93.32
25	Russ Conrad (36)	93.33

Division Results - Men

15-19: 1. Darin Jaurequi 1:28:38. 20-24: 1. Eric Little 1:24:42. 25-29: 1. B. Fahrenbach 1:25:15. 30-34: 1. D. Tomerlin 1:21:04. 35-39: 1. G. Keller 1:23:44. 40-44: 1. Don Trout 1:33:35. 45-49: 1. Jim Harris 1:32:56. 50-54: 1. Bob Fries 1:31:09. 60 & Over: 1. Vern McCullough 1:54:32.

Top 5 Women

1	Janice Gordon	1:32:41
2	Carol Arney	1:33:34
3	Melissa Ortiz	1:34:58
4	Janice Harms	1:38:42
5	Zona Stidham	1:42:12

Division Results - Women

15-24: 1. Diana Medrano 1:59:05. 25-34: 1. Janice Gordon 1:32:41. 35 & Over: 1. Connie Smith 1:44:10.

LMJ&S Runs

August 26, Oakland, 5/10/15K.

Overall Results - 5K

1	Dave Collins (33) S.F.	15:34
2	Omar Urbina (19) S.F.	16:15
3	Cliff Peters (28) S.F.	17:16
4	Scott Forbes (17) Millbrae	17:22
5	Gary Chan (25) Berkeley	17:36
6	John Nitch (36) Oakland	17:42
7	Keith Almirol (15) S.F.	18:01
8	Gene Griffith (39) Oakland	18:16
9	Dave Scott (16) S.F.	18:18
10	Steve McIntire (20) Piedmont	18:21
11	Ken Whistler (33) Richmond	18:32
12	Carole Stothers (20F) Berkeley	19:00
13	Joe LeBlanc (35) Oakland	19:08
14	Julian Bond (14) Berkeley	19:18
15	Also Forner (29) Pt. Richmond	19:23
16	Dimitri Katz (16) S.F.	19:34
17	Suzie Ames (19F) Hayward	19:47
18	Kurt Kelly (40) Castro Vly	20:14
19	Matthew Brilling (18) Berk.	20:14
20	Uno Ficial (37) Oakland	20:29
21	John Kohm (43) Berkeley	20:37
22	Angela Bushling (20F) YubaCity	20:47
23	James Howard (20) Piedmont	20:56
24	Laurie Bushling (18F) YubaCity	20:58
25	Chris Normyhe (25) Berkeley	21:06
26	Elvyn Blair (47F) Oakland	21:20
27	Linda Kozlowski (37F) Berkeley	21:49
28	Hisea Reichel (51F) Oakland	23:39
42	Pat Beal (54) S.F.	24:16
56	Cathy Tonsing (15F) Oakland	25:09

Overall Results - 10K

1	Mike Wallace (20) Davis	33:29
2	Glenn Dean (24) San Jose	33:46
3	Joe Schieffer (33) Oakland	33:54
4	Roberto Mendez (30) S.F.	34:03
5	Tom Kearchner (34) S.F.	34:40
6	Guillermo Barron (32) Oakland	35:05
7	Don Porteous (38) Oakland	35:16
8	Kent Ferre (29) Oakland	36:21

9	Rex Merrill (33) Berkeley	36:53
10	Gary Broad (25) Berkeley	36:57
11	Tom Rose (43) Oakland	38:10
12	Keith Hoffman (17) SanLeand	39:51
13	Roland Lochoff (29) Berkeley	39:59
14	Brian Puncell (28) Oakland	40:19
15	Mike Drange (18) Oakland	41:28
22	Curtis Tom (51) SanLeand	43:58
23	Chris Robinson (15) Oakland	44:28
25	Ruth Anderson (55F) Oakland	45:11
28	Haga Lou (51) Oakland	46:48
29	Margo Kitts (32F) Berkeley	46:56
35	Elizabeth Bishop (25F) Berkeley	48:57
40	Judy Bellanger (28F) S.F.	50:01
42	Val Bates (27F) UnionCity	52:15

Overall Results - 15K

1	Ernie Rivas (34) Oakland	50:57
2	Steve Lewis (19) Livermore	52:02
3	Alfonso Jackson (39) Oakland	55:36
4	Mitch Rudoff (33) Richmond	55:44
5	Robert Tyson (39) Oakland	59:06
6	Mark Richey (34) Oakland	59:07
7	John Hearney (37) Oakland	59:25
8	Vicente Ramirez (44) Oakland	1:00:14
9	John Sensenbaugh (34) Napa	1:01:14
10	Arturo Ramirez (32) SanLoren	1:02:07
12	Vince Alcantar (47) SanLoren	1:05:45
13	Janette Buchanan (36F) ElCerr.	1:05:59
16	Elaine Pedersen (47F) S.F.	1:09:45
24	Andrew Thomas (23) Oakland	1:15:26
26	Susan Putney (21F) Oakland	1:15:26
29	Rachel Bates (22F) UnionCity	1:18:31

Simi Winery Runs

August 26, Healdsburg, 4.3 MI & 10K.

Overall Results - 4.3 Mile

1	Butch Alexander	22:32
2	Stacy Vanhorn	22:57
3	Dennis Bollman	23:49
4	Steve Wills	24:22
5	Dennis Byrne	25:00
6	Steve Passalacqua	25:23
7	Mark Miller	25:49
8	Kathy Dalton	26:09
9	John Hunter	27:08
10	Jeffrey Bell	27:11
11	Rob Bovetta	27:11
12	Joe Dana	27:22
13	Greg Duhning	27:35
14	Kim Thompson	28:53
15	Bruce Macumber	29:15
16	Mark Jefferson	29:25
17	Judy Welch	29:38
18	Paul Eiserich	30:08
19	Margaret Moore	30:19
20	Eldrith Gosney	30:46

Division Results - Men

13 & Under: 1. Eric Nichols. 19-29: 1. Stacy Vanhorn. 30-39: 1. Butch Alexander. 40-49: 1. Joe Dana. 50 & Over: 1. Lee Torliatt.

Division Results - Women

13 & Under: 1. Kari Horn. 14-18: 1. Kathy Dalton. 19-29: 1. Margaret Moore. 30-39: 1. Judy Welch. 40-49: 1. Eldrith Gosney. 50 & Over: 1. Margery Neal.

Overall Results - 10K

1	Agostino Tarantino	33:29
2	Greg Lewis	33:48
3	Doug Rusted	34:04
4	Scott Kinzy	35:56
5	John Anderson	36:22
6	Brendon Hutchinson	36:26
7	John Gardner	36:59
8	Michael Repp	37:15
9	Tom Collins	37:31
10	Carl Peterson	37:50
11	Morton Gray	37:57
12	Mark Aronoff	38:00
13	Gwin Stumbaugh	38:09
14	Sean Jones	38:40
15	Richard Peterson	38:46
16	Greg Smith	38:47
17	Ron Eliggi	38:48
18	Dan Andrews	38:49
19	Jeff Westerberg	39:01
20	Sten Mawson	39:04
21	Don Ballantyne	39:08
22	Steve Dooley	39:38
23	David Posner	39:39
24	Esther Berndt	39:57
25	James Morrow	40:07
26	Tom Van Camp	40:13
27	David Wyllie	40:14
28	Daniel Brenner	40:24
29	Vicki French	41:40
30	Glen Huntsberger	41:40
31	Michael Rose	41:11

32	Jim Fitzpatrick	41:19
33	David Rosas	41:19
34	Mike Duggan	41:50
35	Ralph Frick	42:21

Division Results - Men

13 & Under: 1. Todd Stevens. 14-18: 1. Sean Jones. 19-29: 1. Agostino Tarantino. 30-39: 1. John Anderson. 40-49: 1. Doug Rusted. 50 & Over: 1. Morton Gray.

Division Results - Women

13 & Under: 1. Nika Horn. 14-18: 1. Grace Torres. 19-29: 1. Ester Berndt. 30-39: 1. Vicki French. 40-49: 1. Margaret Oakes. 50 & Over: 1. Marli Francis.

Santa Monica Marathon

August 26, Santa Monica.

Division Results - Men

18-29: 1. Carlos Navarro 2:35:00. 2. Steven Berry 2:38:02. 3. Kim Reedy 2:41:44. 4. John Dishman 2:45:26. 5. Cayetano Delacruz 2:46:26. 6. Bob Caro 2:46:56. 7. Larry Goodman 2:56:37. 8. Erik Bell 2:58:40. 9. Bob Karwasky 3:01:41. 10. John Omara 3:03:09. 30-34: 1. David Caldwell 2:47:20. 2. Paul Schmidt 2:57:10. 3. Ian Williams 2:57:45. 4. William McCarthy 2:58:34. 5. Tony Castro 3:00:52. 35-39: 1. Rudy Reyes 2:47:53. 2. Gianni Carpani 2:49:41. 3. Roman Espindola 2:51:15. 4. Joseph Marriott 3:01:56. 5. William Lovelace 3:05:49. 40-44: 1. Joe Gassmann 2:46:20. 2. Simon Rubin 2:47:19. 3. Bill Frick 3:07:52. 45-49: 1. David Condit 2:58:53. 2. Robert Bowles 3:07:17. 3. Larry Pantelas 3:11:31. 50-59: 1. Jim Knerr 2:41:06. 2. Don Graessle 3:19:32. 3. Raymond Penkert 3:21:58. 60 & Over: 1. Fred Nagelschmidt 3:17:03. 2. Walter Meyer 3:56:58.

Division Results - Women

18-29: 1. Kelly Bell 3:12:01. 2. Kyong Gaddis 3:18:09. 3. Donna Plummer 3:31:17. 30-34: 1. Arlene Ucinski 3:32:56. 2. Anneke Koot 3:47:47. 3. Lori Smith 3:58:19. 35-39: 1. Tonya Prescott 3:21:11. 2. Linda Bagley 3:44:39. 3. Pat Kocal 4:08:53. 40-44: 1. Diane Berres 4:05:12. 45-49: 1. Dorothy Kobayashi 4:16:25. 50-59: 1. Carol Cartwright 4:05:17.

Santa Monica Half Marathon

August 26, Santa Monica.

Division Results - Men

17 & Under: 1. Jack Haggenniller 1:17:49. 2. Mike Hasci 1:18:56. 3. Sal Garcia 1:29:20. 18-29: 1. Patrick Ewing 1:07:05. 2. Brian Russell 1:10:52. 3. Keith Feldon 1:11:31. 4. Barry Alexia 1:11:47. 5. Greg Hauser 1:12:11. 6. Richard Greifinger 1:12:57. 7. Mario Godinez 1:14:02. 8. Victor Fonseca 1:14:03. 9. Dan Babcock 1:14:33. 10. Eric Faiz 1:16:03. 11. Barry Kelly 1:16:08. 12. Rafael Sanguino 1:16:22. 13. Michael Lawrence 1:16:53. 14. Mike Dunlap 1:17:26. 15. Francisco Garcia 1:17:27. 16. Robin Romans 1:17:34. 17. David Brown 1:18:03. 18. Stephen Pradeaux 1:18:10. 19. Mike Brennan 1:18:46. 20. Stewart Gerns 1:18:57. 21. Ignacio Rodriguez 1:19:16. 22. Ignacio Fonseca 1:19:22. 23. Robert Kahn 1:19:30. 24. Nick Trozzi 1:19:31. 25. Gregg Ramsey 1:19:40. 30-34: 1. Jerry Alexander 1:08:19. 2. Harley Davis 1:15:31. 3. Herman Rodriguez 1:17:18. 4. John Merhaut 1:17:32. 5. Jay Uretsky 1:18:02. 6. David Lopez 1:18:08. 7. Henry Hernandez 1:18:29. 8. Edward Mantini 1:19:24. 9. John Kovacic 1:20:02. 10. Ferol Kimble 1:20:16. 35-39: 1. Michael Chambliss 1:10:20. 2. Charlie Hoover 1:15:24. 3. Richard Kenworthy 1:17:21. 4. Henry Lange, Jr. 1:18:41. 5. Paul Garnett 1:20:05. 40-44: 1. Mike Mahier 1:11:51. 2. Ed Wehan 1:17:59.

3. Neil Doherty 1:18:20. 4. Richard Kirschner 1:18:20. 5. George Kingsley 1:20:51. 45-49: 1. Jack Tuttle 1:16:50. 2. Anthony Pritchard 1:21:41. 3. Edward Lucan 1:25:07. 4. Frank Russo 1:25:49. 5. Pat Higgins 1:26:29. 50-59: 1. Patrick Devine 1:20:36. 2. Wally Ingram 1:21:22. 3. Dusty Snyder 1:27:35. 4. Eddie Swan 1:28:48. 5. Shel Rubin 1:29:28. 60 & Over: 1. Tom Leedham 1:31:54. 2. Eddie Lewin 1:33:40. 3. Joe Journette, Jr. 1:36:30.

Division Results - Women

17 & Under: 1. Tania Fischer 1:18:23. 2. Bobbie Shipper 1:19:31. 3. Mary Tracey 1:21:33. 4. Kathleen Manning 1:21:54. 5. Joyce Klausmeier 1:24:29. 6. Kim Difilippo 1:28:03. 7. Mary Horwatt 1:28:15. 8. Luann Brodie 1:32:42. 9. Andrea Edelman 1:32:48. 10. Sheryl Fisher 1:32:54. 30-34: 1. Sara Denning 1:24:48. 2. Susan Breidenbach 1:26:37. 3. Terri Goodreau 1:28:07. 4. Victoria Erwin 1:30:54. 5. Maleah Grover-McKay 1:31:42. 35-39: 1. Pauline Stevens 1:33:56. 2. Betsy Colburn 1:35:50. 3. Kathie Major 1:36:00. 4. Joan Vita 1:36:04. 5. Mimi Baranowski 1:37:11. 40-44: 1. Cecily Parke 1:33:58. 2. Sue Isenberg 1:38:05. 3. Corinne Schratz 1:41:52. 45-49: 1. Christa Rompanen 1:29:22. 2. Mariana McMullen 1:35:37. 3. Atsuko Fujimoto 1:40:39. 50-59: 1. Margaret Miller 1:28:42. 2. Irene Olberz 1:46:06. 3. Amy Goldstein 1:48:52. 60 & Over: 1. Helen Dick 1:39:01.

Red Cross Watermelon Run

August 28, Merced, 10K.

Fresno's Jim Hartig made his first appearance at the Red Cross Watermelon Run a memorable one by covering the 10 Kilometer course in a record 30 minutes and 32 seconds. Another Fresnoan, Albert Reimer placed second overall almost two full minutes later. Merced's own Fred Villegas finished a close third, five seconds behind Reimer.

In the women's division of the six year old race, which benefits Red Cross Disaster Relief, Joan Kelley was an easy winner.

Division Results - Men's 1.5 mile

12 & Under: 1. Jeff Murty. 2. Alex Cordova. 3. Jeremy Murty. 13-17: 1. Alex Bradley. 2. Derik Locke. 3. Jeremy Rahn. 18-29: 1. Tim Stevens. 2. Zachary Taylor. 3. Tony Rodriguez. 30-39: 1. Andres Patlan. 2. Ralph Mollet. 3. Don Emerick. 40-49: 1. Mark Bodley. 2. Rayson Taylor.

Division Results - Women's 1.5 mile

12 & Under: 1. Heather Mings. 2. Jenny Beltz. 3. Jenny Vaughn. 13-17: 1. Tawny Belton. 2. Karl Donaldson. 3. Kattie Duggins. 18-29: 1. Celia Felix. 2. Amy Buback. 3. Karen Musker. 30-39: 1. Carmen Patlan. 2. Nina Mings. 3. Eloise Ingle. 40-49: 1. Barbara Silveira. 50 & Over: 1. Pat Castellucci. 2. Marvella Taylor.

Division Results - Men's 10K

12 & Under: 1. Josh Beatty. 13-17: 1. Jamie Placencia. 2. John Abate. 3. Jim Nabholz. 18-29: 1. Albert Reimer. 2. Fred Villegas. 3. Greg McKinstry. 30-39: 1. Jim Hartig. 2. Tony Webb. 3. Louie Phillips. 40-49: 1. Gerry Holmes. 2. Frank Russell. 3. Ron Thomas. 50-59: 1. Charlie Rogers. 2. Russ Console. 60 & Over: 1. Don Lundbert.

Division Results - Women's 10K

12 & Under: 1. Loretta Phillips. 13-17: 1. Betty Chavez. 18-29: 1. Joan Kelley. 2. Kelly Donaldson. 3. Vicki Hefflin. 30-39: 1. Jane Johnson Russell. 2. Chris Blauvelt. 3. Gail Creighton. 40-49: 1. Pamela Ord. 2. Reva Collier. 50 & Over: 1. Sylvia Ovellette. 2. Alma Kollman.

Johnny Gray

PR's

Sorry about missing last issue. The Trials and the Olympics themselves, between them, wiped me out. Sixteen to twenty hour days, including weekends left no time or energy for the PR listings.

In fact, I'm still not quite caught up. If I've left any of you out this issue, I'll get you listed next month.

One item of bad news. Mike Leong, coach of the Orange County branch of the Southern California Road Runners will no longer be sending his kids' PRs. Almost since the start of this column, Mike has faithfully, and painstakingly, sent me the dozens and dozens of PRs that those youngsters registered every month. Mike is now in Virginia attending medical school. If his coaching experience is any kind of an indicator, he'll be one fine doctor. In the meantime, let's hope someone takes up the slack and keeps the SCRR PRs coming. Thanks, Mike, and best of luck in med school.

PR of the Month:

We have three. Julios Ratti, founder?, president?, and corresponding secretary?, of the Ratti Runners went to four consecutive 10Ks and PR'd in each of them, his last one being a fine 32:48. These better be for real, Julios!

Also, we have to bring back Johnny Gray. After he became co-American record holder in the 800m at the Trials, Gray was flying high, only to be shot down in the Olympic finals by a poor tactical effort. Instead of losing heart, he went over to Europe and promptly set two consecutive PR's, both of which, in turn, were ARs. Ironically, until the AR at Koblenz, all Gray's best times were coming with 2nd place or worse. At Koblenz, his AR setting 1:42.96 not only broke his week old previous AR/PR, but it won the race.

Finally, Evelyn Ashford. She PR'd, AR'd, WR'd and beat Marlies Gohr, all at the same time. So, congratulations to Mike Leong, Julios Ratti, Johnny Gray, and Evelyn Ashford.

Gary Aanerud (SCRR) SPATAC Jr. Olympics, 800m	2:04
Allison Baker (SPTC) SPATAC Meet, 3000m	11:06.0
Lee Berg (HACK) Corporate Cup 8K	27:45
Darsie Bowden (SMT) S.F. Marathon	2:47:53.3
Don Bradley (SDTC) SDTC 5K Time Trial	21:15
Diane Bromstead (Fleet Feet RC) Feet Meet 8K, 1st Masters F	*35:55
Diane Bromstead (Fleet Feet RC) Coffey Cup, 4.4M, 1st F	30:56
Diane Bromstead (Fleet Feet RC) Volkslauf 20K	1:35:24
David Cabana (CRRC) Amer. Cancer Society 5K	*19:48.0
David Cabana (CRRC) South Coast Summer Classic 5K	19:24.1
David Cabana (CRRC) Cypress Community Festival 5K	19:07.0
David Cabana (CRRC) Descente Startest 10K	*43:26
David Cabana (CRRC) Daily News Tribune/YMCA 10K	41:48.7
Ramona Caoette (SCRR) Villa Park X-C Run, 3 miles	*24:48
Ramona Caoette (SCRR) SPATAC Jr. Olympics, 800m	2:47.85
Peter Caro (SCRR) Blue Angel Inv., 3000m	12:03
Diane Castillo (SCRR) SPATAC Jr. Olympics, 800m	2:30.5
Diane Castillo (SCRR) Cheetah Inv., 1500m	5:04
Steve Christ (PFF) Boston Marathon	3:46:00
Don Clark (SCRR) SPATAC Jr. Olympics, 1500m	5:17.8
Adele Davis, Santa Monica Half Marathon	1:41:26
David Delgado (PFF) Celebration 10K	33:40
David Delgado (PFF) L.A. City Semi-Finals, 2 mile	9:48
Kathy Dobra (PFF) Kaiser 5K	*34:59
Laura Doering (SCRR) Villa Park X-C Run, 3 miles, 1st F	18:25CR
Laura Doering (SCRR) Cougar Inv., 3000m	10:21.85
Laura Doering (SCRR) S.C.M.A.F. T&F Champ., 880y	2:25.78
Laura Doering (SCRR) Blue Angel Inv., 1500m	4:55.10MR
Laura Doering (SCRR) SPATAC Jr. Olympics, 1500m	4:53.68
Carol Fuerth (Pamaros) S.F. Marathon	3:52
Paul Gaidosh (SCRR) Villa Park X-C Run, 3 miles	*19:19
Johnny Gray (SMT) Ivo Van Damme Memorial, Brussels, 800m	1:43.28AR
Johnny Gray (SMT) Int'l Meet at Koblenz, 800m, 1st	1:42.96AR
Lynda Gregg (SDTC) SWOS 10K	38:59
Fred Grewen (PFF) Palos Verdes Library 10K	39:28
Club Hack, UCLA Intramural Meet, Mile Relay	3:53.3
Club Hack, UCLA Intramural Meet, Mile Relay	3:35.34
Scott Hardy (SCRR) Cheetah Inv., 3000m	12:57.0
Caroline Haro (SMT) SPATAC Meet, 3000m	11:08.0
Jose Hoban (SCRR) Cheetah Inv., 5000m	16:45.0
Jim Hogue (HACK) UCLA Intramural Meet, 800m	2:00.44
Jim Hogue (HACK) UCLA Intramural Meet, Mile	4:29.63
Jim Hogue (HACK) UCLA Intramural Meet, Mile	4:26.63
Charlie Hyatt (SDTC) Bulck 10K	40:53
Charlie Hyatt (SDTC) Int'l Spring Festival Mar.	3:29.45
Jennifer Johnson, Spreckels 10K	42:24
Kathlene Koudela, San Francisco Marathon	2:46:47.7
Stephen C. Lewis, Sr. (GBR) Gilroy Garlic Festival 10K	*48:55
Stephen C. Lewis, Jr. (GBR) Gilroy Garlic Festival 10K	33:16
Stephen C. Lewis, Jr. (GBR) Livermore Family Fun Run, 3.9 mile, 1st	20:02
Stephen C. Lewis, Jr. (GBR) Union City 5K	15:19
Stephen C. Lewis, Jr. (GBR) Presidio 10 Mile	56:08
Stephen C. Lewis, Jr. (GBR) PATA 25K Championship	1:29:59
Stephen C. Lewis, Jr. (GBR) Chabot Coll. All Comers Meet, 1 mile	4:47
Stephen C. Lewis, Jr. (GBR) Chabot Coll. All Comers Meet, 2 mile	10:07
Chuck Logan (SDTC) Camrillo 50 miler	8:34:27
Wendy Logdan (SMT) CIF Divisional Meet, 1600m	5:12.74

Bill Mandeville (PFF) Lakewood Half Marathon	1:30:48
Amanda Marks (SMT) SPATAC Meet, 3000m	11:11.0
Alex Martinez (PFF) Armed Forces 10K	39:15
Rose Monday (P&E) Modesto Relays, 800m, OTQ!	2:05:00
Rose Monday (P&E) SPATAC T&F Champ., 1500m	4:28
Thanh Bing Nguyen, San Francisco Marathon	3:58:45
Marco Ocegüera (SCRR) SPATAC Jr. Olympics, 2 mi. Relay-880 leg	2:19.9
Dennis Ogren (PFF) Lakewood Half Marathon	1:21:36
Chuck Pennell (SDTC) Grossmont 1 hour run	8M, 1670y
Hector Perez (CPSLO/SMT) NCAA Div. II Champ., 1500m	3:43.92
Gary Peterson (SDTC) Grossmont 1 hour run	8M, 1357y
Gary Peterson (SDTC) Avenue of the Oaks 7 Mile	49:30
Robert Polk (PFF) Palos Verdes Sheriff's 10K	38:50
Robert Polk (PFF/San Pedro H.S.) L.A. City Semi-Finals, Mile	4:42
Kat Prince (SCRR) Cheetah Inv., 1500m	4:53.9
Richard Provost (PFF) American River 50 Mile	6:31:14
Julios Ratti (Ratti Runners) Rum Run 5K	16:01
Julios Ratti (Ratti Runners) Windmill 5K	15:55
Julios Ratti (Ratti Runners) Shoreline 10K	33:14
Julios Ratti (Ratti Runners) Firecracker 10K	33:09
Julios Ratti (Ratti Runners) Garlic Festival 10K	32:56
Julios Ratti (Ratti Runners) Run for the Parks 10K	32:48
Mike Reid (SDTC) Anteaters Masters T&F Classic, 400m	1:14.9
Michael Rench (MERC) All Comers Meet, Merced Coll., 800m	2:28
Michael Rench (MERC) All Comers Meet, Merced Coll., 1500m	4:56
Jennifer Rigney (SCRR) Villa Park X-C, 3 Miles	19:13
Morgan Roarty (PFF) Palos Verdes Library 10K	39:42
Morgan Roarty (PFF) Kaiser 10K	37:45
Jose Romero (SCRR) Cheetah Inv., 3000m	10:58.9
Joaquin Romero (SCRR) SPATAC Jr. Olympics, 1500m	4:40.3
Bernice Santoya (SCRR) SPATAC Jr. Olympics, 1500m	5:29.97
Rod Stamnes (PFF) Fontana Days Half Marathon	1:26:46
Jerry Stowe (SDTC) El Cajon 20K	80:07
Jerry Stowe (SDTC) Grossmont 1 hour run	9m, 1721y
Sherri Stowe (SDTC) El Cajon 20K	93:52
Sherri Stowe (SDTC) P.V. Marathon	3:34:13
Trina Strang (SCRR) Cheetah Inv., 1500m	5:03.3
Tanya Thayer (SCRR) Cheetah Inv., 3000m, 1st F-10-11	10:40.91
Tanya Thayer (SCRR) Cheetah Inv., 1500m	5:00.2
Mike Tomasulo (SCRR) Cheetah Inv., 1500m	5:40.1
Mike Tomasulo (SCRR) SPATAC Jr. Olympics, 1500m	5:34.4
Len Trentacosta (SDTC) Ave of the Giants Mara.	3:49:40
Len Trentacosta (SDTC) La Jolla Half Marathon	*1:54:23
Darrell Turner (SCRR) Cheetah Inv., 5000m, 1st 14-15	*15:19.7
Juan Valdez (SCRR) Cheetah Inv., 1500m	5:23.2
Juan Valdez (SCRR) SPATAC Jr. Olympics, 1500m	5:21.07
Charlie Van Eiten (MBTC) Tom Sullivan 10K	40:55
Charlie Van Eiten (MBTC) SPATAC 5K Championships	19:18
Velma Velarde (SCRR) Cheetah Inv., 1500m	5:22.8
Velma Velarde (SCRR) Cheetah Inv., 800m	2:48.2
Velma Velarde (SCRR) SPATAC Jr. Olympics, 800m	2:43.85
Velma Velarde (SCRR) SPATAC Jr. Olympics, 1500m	5:22.0
Jeff West (SMT) Bruce Jenner Classic, 800m	1:46.57
Chuck Woolsey (SDTC) Bluejacket 10K	38:35
Chuck Woolsey (SDTC) YMCA Breakers 10 Miler	65:16
Bob Zentmeyer (SDTC) S.W.O.S. 10K	39:44

SPRINTS

Evelyn Ashford (P&E) Weltklasse Inv., Zurich, 100m	10.76WR
Kirk Baptiste (SMT) Olympic Trials, 100m, 1/4 finals, 1st	10.23
Kirk Baptiste (SMT) Olympic Trials, 200m, 2nd	20.05
Mike Craigie (HACK) UCLA Intramural Meet, 400m/leg of 4X100Relay	54.6
Michael Rench (MERC) All Comers Meet, Merced Coll., 400m	65.0
Jodie Warr (SCRR) Cheetah Inv., 50m H, 1st 10-11	8.9
Jodie Warr (SCRR) SPATAC Jr. Olympics, 50m H, 1st 10-11	8.6

FIELD EVENTS

Durnesia Body (SCRR) Cheetah Inv., SP, 1st F 14-15	36-4
Kory Body (SCRR) SPATAC Jr. Olympics, Discus, 1st 10-11	75-3
Becky Brassnick (SCRR) Cheetah Inv., Javelin	107-2 1/4
Ramona Cadette (SCRR) SPATAC Jr. Olympics, SP	18-3
Don Clark (SCRR) SPATAC Jr. Olympics, SP	26-6
Bill Green (SSTC) Pre-Olympic Meet at Mt.SAC, HT	251-0AR
Juren Gullory (SCRR) SPATAC Jr. Olympics, SP	27-4 1/4
Juren Gullory (SCRR) SPATAC Jr. Olympics, Discus	75-3
Jason Newborn (SCRR) Cheetah Inv., Javelin	121-4
Scott Paulson (SCRR) Cheetah Inv., Javelin	132- 1/4
Scott Paulson (SCRR) Cheetah Inv., Discus, 1st 12-13	131-6
Scott Paulson (SCRR) SPATAC Jr. Olympics, Discus, 1st 12-13	150-8
Mark Reed (SMT/Houston) Southwest Conference Champ., HJ	7-3 1/4
Jodie Warr (SCRR) SPATAC Jr. Olympics, Discus	73-6

Send your P.R.'s (that's *Personal Record updates*) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name _____

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