

CALIFORNIA TRACK NEWS

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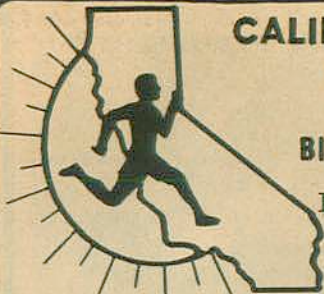
VOLUME 1
NUMBER 1

50¢



SUPER SOPH ERIC HULST

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CALIFORNIA TRACK NEWS
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EDITOR
Bill Cockerham

H.S. STATS: Jack Shepard - Ron Blackwood
J.C. STATS: Ken Dose-Don Mulligan-Calvin Brown
CIRC: Judy Cockerham. PHOTO: Steve Ward
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Tom Curran

TOM CURRAN: Crespi High School. Age 17; 5 feet, 10 inches; 160 pounds. Born February 7, 1957 in Carson City, Nevada. **Best Marks:** pole vault—14 feet, 6 inches. Coached by Bill Leeds.

Tom only placed fifth in the C.I.F. Section Meet but really came through when it counted producing a life time best to place third in the California State

also help me get an education in college." He plans to continue competing at least through college and is already considering San Diego State because, "I have a few close friends there and I also love to surf."

Typical Week's Workouts: Monday—one mile warm up with lots of good stretching exercises, and wind sprints and running drills,

WHY CALIFORNIA TRACK NEWS ?

Why California Track News? That's a good question. There are already a fair number of good track magazines on the market: **Track & Field News, Runners World, Long Distance Log, Starting Line, and Women's Track & Field World** to name a few. In addition there are several California track club newsletters coming out periodically: "San Diego Track Club Newsletter," "Northern Cal Running Review" (West Valley TC), "Golden West Reporter," "Senior's Track Club News," "Culver City Athletic Club Newsletter," etc., etc. Why start another. The answer is quite simple—none of the others cover exclusively and totally California track and field. **California Track News** won't duplicate or even be similar in content to the other current track publications. It will be unique in that it covers completely and only the California track scene. The other publications are either too broad and general—covering the entire U.S. (and even international); or else they are too narrow and specific—covering only one locality or a club. **California Track News** will cover only California, but all of California.

O.K., so CTN will be different, but is there a need for a different track publication such as this? We feel there is. How often have you been disappointed in the track coverage in the newspapers compared to what football, baseball and other sports get? How often have you

sprinters, hurdlers and middle distance runners on the U.S. lists living within its boundaries, and 20% of the sub three-hour marathons. By comparison Texas and Oregon ranked next in the two track categories with just 6% each, and New York had the same percentage of marathoners." This year 32% of the scoring places in the National AAU Track Championships were filled by Californians. Even though California may be the garden spot where track is concerned, do you know California is also one of the few states that doesn't have a state high school cross country championship. Through better communications and more working together CTN will be striving to make California an even better place for track and field.

Realizing there is a real need for a California track publication the next question is "how does it become a reality?" Right now you are looking at the first issue and might be naively thinking someone or a few people just knew everything and wrote it down to form volume 1, number 1. Nothing could be further from the truth! You the readers and California track world are the ones who make and determine the success of **California Track News**. Several of us here in Fresno (state's center) have taken the initiative in getting the ball rolling but it is you who will get it off the ground. There is no reason why CTN can't come out every month and have twice as

already. In June we conducted a random sample survey of coaches in California and throughout the U.S. to determine just what was wanted, if anything. One hundred questionnaires were randomly sent to California high school, junior college, and college coaches. In addition, one hundred questionnaires were also sent to college coaches outside of California. Considering the survey was conducted during the summer vacation period we were quite pleased to have 76 of them returned. The first interesting observation was that only five of the one hundred out of state questionnaires came back compared to 71 for the in state. Even if a non-returned questionnaire indicates a lack of interest the survey predicts the greater majority of California coaches favor and are willing to support a state wide track publication. Only one returned form expressed the opinion that CTN wasn't needed—and that was from an out of state coach. Here are the results of the survey: **AREAS**—65 wanted high school, 55 college, 35 girls and women, 31 open and club, 21 seniors, and 20 age group. **COVERAGE**—65 wanted track, 58 state wide rankings, 54 cross country, 52 results, 45 pictures, 43 profiles, 40 statistics, 15 road racing, and 10 race walking. Several people also mentioned pro coverage and having a place for records each issue. Admittedly the survey sample was biased and a completely different set of

next year's championship, predicting he will vault at least 15-6.

When competing Tom says, "it's important to just relax and concentrate on pole vaulting only." For him pole vaulting is, "mostly just for fun, but it could

weight training. **Tuesday**—one mile warm up with good stretching, easy vaulting and intervals. **Wednesday**—repeat Monday's workout. **Thursday**—warm up only. **Friday**—track meet.

SPOTLIGHT ON: Eric Hulst

ERIC HULST: Laguna Beach High School. Age 16; 5 feet, 10 inches; 145 pounds. Born November 28, 1957 in Newport Beach, California.

Best Marks: 880—1:58.3 (74); one mile—4:09.1 (74); two mile—8:50.5 (74); three mile—14:05.4 (73); six mile—29:19.4 (73); steeplechase—9:24.5 (74). Coached by Jim Toomey.

After playing second fiddle in two big meets (California State Meet and AAU Juniors) Eric Hulst decided the older guys had had enough. In a very determined race he put together a last lap sprint to bring home victory in the 10000 meter run at the USA-USSR Junior Meet. With two years of high school still ahead of him (he was only a sophomore this season) he has already achieved some remarkable times over a variety of



Fort Worth Star Teleg.
cover photo: Santa Ana Register (Ted Brazil)

state? Did you ever wonder how a state wide ranking would look? **California Track News** will be a step in the right direction toward giving track the coverage it deserves. It will be a medium of state wide communications, reporting, ranking and much more. We re sure that after looking through this first issue you will agree that the need and potential definitely is there for just such a publication.

From both a participation (numbers of people) and performance (quality of marks) standpoint California is the number one track state in the Nation. Quoting *Runner's World* (May 1974), "Last year, California alone had 22% of the

distances. When asked which distance was his favorite to race he had to say, "I like them all." In addition he just enjoys competition, saying, "I like to compete a lot. In dual meets I always run both the mile and the two mile. This summer I competed a lot just for fun—it's good to break up training with a rest day before a meet."

Eric senses a number of people are concerned that since he is racing so much so fast he might burn himself out. "This won't happen to me, unless I get tired of running," he is quick to say, adding, "I'm not worried about this because I really like to run and I always have something to look forward to." In fact, right now he has his sights set on becoming the fourth high schooler to break the four minute mile and the first to run a sub 8:40 two mile.

depends on you. There are two ways we are counting on your help: (1) promotion of subscriptions—quite simply, the more subscriptions the more pages we can afford to print; (2) sending in of all track information and results you have access to. We can't print information we don't have. Someone has interesting information you would like to have and you have information they would enjoy. Don't assume someone else will send in all the information. Tell us about yourself, others, send pictures, results, articles, anything pertaining to track in California.

Just what does CTN hope to accomplish? Several important areas (results, rankings, news, etc.) have been mentioned

In the State Meet two mile Eric took the lead at the mile and a half only to be outkicked by Rich Kimball in the last 300 yards, while in the USSR match he did the outkicking over those last 300 yards. "Usually I like to take the lead, but the main thing I try to do is to keep an even pace. If someone gets ahead of me and is going too fast, I don't worry about it. At the end of a race I usually have a pretty good kick."

The bulk of his training is spent in long overdistance runs. At the end of the season and just before indoors, however, he adds more speed work for sharpening and peaking. He also stresses, "I need sleep and try to get to bed by 9:00 every night. I also take a daily packet of pills as a dietary supplement." Competing in track has "provided lots of opportuni-

walkers. However, this will give us something to go on. As you will observe from this issue we've catered to the areas and coverage most wanted by the sample (coaches). As we grow and expand we will move more fully into all areas of the California track scene. It all depends on what you, our readers and supporters, want (let us know) and, once again, the help you give us with subscriptions and information. The first major goal we're shooting for is to increase publication to at least once a month. With your help it could soon happen. We are looking forward to hearing from each of you soon.

ties for fun, travel and to be on T.V."

One can be sure there are already a good number of college coaches with their recruiting eye on Eric Hulst. Some inside information has it that the coach at UC Irvine is a personal friend as well as having been his freshman coach at Laguna Beach. **Typical Week's Workouts:** **Monday AM**—get up at 4:30 and do push ups (2X30) then go for a 10-12 mile run with more push ups following. **Noon**—Weight training, **PM**—five miles of track intervals. **Tuesday AM**—same as Monday, **PM**—light intervals on golf course. **Wednesday AM**—same as Monday, **Noon**—weight training, **PM**—overdistance run. **Thursday**—race. **Friday AM**—same as Monday, **Noon**—weight training, **PM**—overdistance run. **Saturday**—overdistance run. **Sunday**—overdistance run.

top prep marks — 1974

COMPILED BY:
RON BLACKWOOD & JACK SHEPARD

100 YARD DASH

9.4	*Elijah Jefferson (Crawford, SD) 1
9.4w	Mike Farmer (Wilson, SF) (9.5)
9.5	Mike Simmons (Carson, LA) 2
9.5	*Joel Andrews (West, Bakersfield) 3
9.5n	Millard Hampton (Silver Creek, SJ) 4
9.5w	Maurice Glass (Castlemont, Oak.)
9.6	Dwight Ford (Bell, LA)
9.6	Jerry Jordan (Oakland)
9.6	*Kevin Williams (San Fernando)
9.6wn	John Ware (Sacramento)
9.6w	Ken Hansen (Merced)
9.6w	*Glenn Cannon (Mt. Pleasant, SJ)
9.6w	*Jason Law (Chino)
9.6w	Steve Lebovitz (Wilson, Hacienda Hts.)

220 YARD DASH (Turn)

20.8	Farmer
20.8mw	Hampton (20.9) 1
21.1	Simmons 2
21.3n	Ivory Lewis (Wilson, SF)
21.3w	*Darryl Brown (Monroe, Sepulveda) 3
21.4	Mike Harris (Indio) 5
21.4w	Andrews
21.5	Jim Rohrig (Santa Ana Valley) 4
21.5	Doug Hill (Los Altos)
21.5	Cannon
21.5n	Jefferson
21.6	Law
21.6	Pat Cranor (Monrovia)
21.7	Clyde Burgen (Washington, LA)
21.7	David Duffy (University, LA)
21.7	Lebovitz
21.7	Steve Simmons (Bassett)

440 YARD DASH

47.6	Alan Sheats (Muir, Pasadena)
47.7	*Brian Theriot (Newport Harbor)
47.7	Rod Connors (Cordova, Rich Cordova) 1
47.9n	Dedy Cooper (Ellis, Richmond) 2
47.9n	Calvin Cazenave (Norte Del Rio, Sac.) 3
48.0n	Roy Hagarty (Poly, Long Beach)
48.0n	Andrews 5
48.2	Donald Moore (Morse, SD)
48.3	Mike Bartlett (Piedmont) 4
48.5	*Tom Lloy (Edison, Huntington Bch)
48.5	William Hunt (North Hollywood)
48.5n	Richard Graybehl (Las Lomas, Wal. Crk)
48.6	Bill Haddad (Chatsworth, LA)
48.6n	Roth Hyght (San Geronio, San Berdo)
48.6n	Everette Adams (Lynwood)
48.7	Edward Ruppenstein (Galileo, SF)

880 YARD RUN

9:04.1n	Nahireny
9:04.3n	Juan Garcia (Redwood, Visalia)
9:06.3n	Bob Thomas (Glendale)
9:07.0n	Tom Edwards (Mira Costa, Man. B.)
9:07.2n	*Breggar Moore (Rancho Alamitos, Garden Gr.)
9:07.2n	*Guy McRoskey (Loyola, LA)
9:07.8n	Mike Durham (Troy, Fullerton)
9:08.0n	Roy Kissin (San Ramon, Danville)
9:08.1n	John Avila (Avenal)
9:08.4n	*Brien Hunsaker (Corona Del Mar, Newport Bch)

THREE MILE RUN

13:43.6	Kimball
13:45.4	Serna
13:56.4n	Kingery
14:05.4	Hulst
14:11.8	*Ajim Baksh (Hollywood)
14:13.2n	Schankel
14:14.0n	Roger Fabing (Lompoc)
14:21.0n	Washburn
14:21.4n	*Bob Barnett (Hillsdale, San Mateo)
14:27.4	Garcia
14:33.8n	Tom Read (Mission SJ, Fremont)
14:34.0n	Hart
14:35.0n	Alex Aguilar (Silver Creek, SJ)
14:36.6n	Blume
14:41.6n	Ron Fritzke (Leigh, SJ)
14:47.6n	Thomas
14:48.2n	Hunsaker
14:48.8	Dave Stock (Leigh, SJ)
14:50.0n	Harold Stephens (Hawthorne)
14:53.3n	Jerry Emory (Gunn, Palo Alto)

5000 METER RUN

14:16.2	Serna
14:22.0n	Kimball
14:32.8	Hulst
14:33.4	Shankel
14:35.0n	Hart
14:45.0n	Arbogast

SIX MILE RUN

28:58.0	Schankel
29:19.4	Hulst
29:40.0n	Arbogast
30:57.6n	Thomas
31:02.6	*Dirk Feenstra (Jesuit, Sac)

10,000 METER RUN

30:12.8n	Hulst
30:42.8n	Arbogast
31:45.6n	Kissin

19.1	Walters
19.1	Foye
19.1w	Solomon

330 YARD LOW HURDLES (30")

37.2	Graybehl
38.2	Mike Bartlett (Piedmont)
38.5	Herb Smilin (Skyline, Oakland)
39.0	Cooper
39.1	Ron Thomas (Pinole Valley)
39.2	Steve Jackson (St. Mary's)
39.3	*Robert Gaines (Kennedy, Rich.)

330 YARD INTERMEDIATE HURDLES (36")

38.6	Bill Newton (Lemoore)
39.4	Dave Murphy (Western, Tulare)

400 METER INTERMEDIATE HURDLES (36")

51.6n	Graybehl
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HIGH JUMP

7-1 3/4	Mark Wilson (Monte Vista, Dan.) 2
7-0	Mark Ridge (Merced) 3
7-0	Clarke Beedle (La Sierra, Charm.)
7-0	Charles Hatch (Wilson, SF) 1
6-10 1/4	Doug Case (Laguna Beach)
6-10 1/4	Vic Churchill (Alemany, M. Hills)
6-10 1/4	Steve Peterie (Warren, Downey)
6-10	Dave Haber (Alameda)
6-10	*Bill Scarborough (Clovis) 4
6-10	Rick Parks (Crescenta Valley) 5
6-10	Phillips (Valley, Santa Ana)
6-9	Randy Powell (Downey)
6-8 3/4	Bruce Smith (Ventura)
6-8 3/4	Steve LaRusch (Glendale)
6-8 3/4	*John Washington (Fremont, LA)
6-8 3/4	*Ken Connor (Estancia, Costa Mesa)
6-8 3/4	Phil Muhl (Hart, Newhall)
6-8 1/2	Terry Morrow (McLane, Fresno)



23-8 1/2	*Robert Gaines (Kennedy, Rich.)
23-8	Mike Harris (Indio)
23-8w	Mike Tryon (Jordan, LA)
23-7 1/4w	Ron Bisciglia (Crespi, Encino)
23-6 1/4	*Joel Andrews (West, Bakersfield)
23-6w	*Webster (Chino)

TRIPLE JUMP

53-3 1/4w	Banks 1 (51-3)
50-2 1/4	Bryson
48-10	Williams 3
48-8	Charles Wheeler (Merced)
48-2	Nathan Johnson (Seaside)
48-1 1/2	*Don Jackson (Oakland) 2
48-1	John Haynes (El Cerrito) 5
47-11 3/4w	Bill Napier (Lynbrook, SJ) (47-9)
47-11	Larry Johnson (Fresno)
47-10 1/4w	Mike Mario (Burbank, Sac)
47-8 1/2w	Mike Dobbins (Merced)
47-7	Marvin Blackwell (East, Bakers)
47-6	Alton Page (St. Francis, Mt. Vw.)
47-6	Bruce Smith (Ventura) 4
47-4	Dave Haber (Alameda)
47-3	Keith Taylor (Gardena)
47-3w	Andy Gustavson (San Mateo) (47-1)
47-2	Bob Willis (Leigh, San Jose)
47-1 1/2	Finley (Cupertino)

SHOT PUT (12 pound)

65-11 1/4	Curt Hampton (El Cajon, SD) 2
64-8 1/2	*Dave Kurrasch (Santa Ana) 1
62-6	Russ Brown (Hoover, Fresno)
61-8 1/4	Rich Torbert (Lowell, Whittier)
61-2	*Gary Bersano (Los Gatos) 3
60-3	Bruce Rothchild (North Hollywood)
59-11	Darrell Elder (Redwood, Larkspur)
59-10	Brad Vasser (Sonoma)
59-10	Pat Zech (Antioch) 4
59-9 1/2	Bill Ackerman (Sunset, Hayward)
59-8 1/2	Mark Brouhard (El Camino Real, LA)
59-8 1/4	*Dave Laut (Santa Clara) 5
59-2 1/2	Mark McNaughton (Hoover, Fresno)
59-2 1/2	Rich Paxton (University, SD)
59-2 1/2	Dan Lindquester (Simi Valley)
59-2	Otis Page (Saratoga)

SHOT PUT (16 pound)

52-6 1/2	Kurrasch
50-0	Rothschild

DISCUS THROW (3 pounds, 9 ounces)

201-6	Ray Burton (Vacaville) 1
194-2	Elder
190-2	McNaughton 2
184-2	Glenn Moore (Mt. Pleasant, SJ)

1:52.3	George Cagle (Novato)
1:52.3	Francis Wolman (Fairfax, LA)
1:52.5	Brian Donohue (Taft, LA) 4
1:52.5	Dave Hamilton (Leigh, SJ) 3
1:52.6	Mark Hadley (Vintage, Napa)
1:52.7n	Mike Edwards (E. Bakersfield)
1:52.9	*Jon Cook (Mission Viejo)
1:53.3	Lynn Ryan (Irvington, Fremont)
1:53.4n	Jim Huebner (Bullard, Fresno)
1:53.4	Andy Clifford (Sunny Hills, Fullerton)
1:53.5n	Mike Kasser (St. Francis, Mt. View)
1:53.7n	Mats Klavmark (Henry, SD)
1:53.7n	Roderick Lewis (Tech, Oakland)
1:53.9	*Tom Hacche (Birmingham, LA)
1:54.0	*Dan Aldridge (Petaluma)
1:54.1n	Ron Tolliver (Banning, LA)
1:54.3	Mike DeGrace (Norte Del Rio, Sac)
1:54.3	Glen Harter (Ganesha, Pomona)

ONE MILE RUN

4:02.4	Rich Kimball (De La Salle, Conc.) 1
4:06.7n	Clifford 2
4:07.6n	*Ralph Serna (Loara, Anaheim) 4
4:08.2n	Ray Wicksell (W. Covina) 3
4:08.8n	*Jim Arriola (Gahr, Cerritos)
4:08.9n	Musich
4:09.1n	Jim Schankel (Lompoc)
4:09.1n	*Eric Hulst (Laguna Beach)
4:09.5n	Tom Colley (San Geronimo) (San Berdo) 5
4:09.6n	Rusty Nahirney (Wash. Fremont)
4:10.6n	Tom Smith (Granite Hills, El Cajon)
4:11.0n	*Jay Woods (Vista, SD)
4:11.4n	Conrad Shur (Leigh, SJ)
4:11.5n	Ryan
4:11.9n	*John Johnson (Skyline, Oakland)
4:12.2n	Rich Nance (Monroe, LA)
4:12.4n	Eric Taborek (Arcadia)
4:12.5n	Matt Bell (Foothill, Tustin)
4:13.1	*Dave Diekmeyer (Stagg, Stockton)
4:13.6n	Loren Ringo (Cordova, Rch Cord.)

1500 METER RUN

3:48.9n	Kimball
3:51.5n	Arriola
3:52.5n	*Jon Cook (Mission Viejo)
3:52.5n	Musich
3:52.6n	Clifford
3:53.2n	Colley
3:56.8n	Scott

TWO MILE RUN

8:46.5	Kimball 1
8:50.5n	*Hulst 2
8:56.9n	Schankel 3
8:57.8n	Benton Hart (Modesto) 4
8:59.5n	Kirk Pfeffer (Crawford, SD) 5
9:00.6	Armando Cendejas (Buena Park)
9:00.6	Mitch Kingery (San Carlos)
9:00.6n	Guy Arbogast (Crespi, Encino)
9:00.8n	Gary Blume (Marina, Hunt. Bch.)
9:01.6n	Mark Washburn (Bloomington)
9:02.4n	Serna
9:03.1n	Steve Mowry (Madison, SD)

2:25.26n	Pfeffer
2:27:52n	Baksh
2:30:39n	Aguilar
2:34:31n	Sam Simakis, (Newport Hbr)
2:34:54n	**David Cortez (St. Francis, Mt. Vw.)
2:38:12n	*Luis Arreola (San Luis Obispo)

120 YARD HIGH HURDLES (39")

13.6	Mike Harris (Indio) 5
13.7	*Dedy Cooper (Ellis, Richmond) 2
13.7	Fred Shaw (Muir, Pasadena) 1
13.8	Mike Kirtman (Wilson, SF) 3
13.8	*Robert Gaines (Kennedy, Rich.) 4
13.8	Brian Fulton (Burbank)
13.8n	Rich Graybell (Las Lomas, Wal. Crk)
13.9	Jim Austin (Muir, Pasadena)
13.9	Jim Owens (Norte Del Rio, Sac)
14.0	Trennis Jackson (San Bernardino)
14.0w	Mark Charley (Burbank, Sac)
14.0	Rich Jones (Stagg, Stockton)
14.0w	Roland Solomon (Cabrillo, Lmpc)
14.1	Eddie Harper (Bakersfield)
14.1	Willie Banks (Oceanside)
14.1	Ernie Crow (San Pedro)
14.1	Gerald Bennett (Berkeley)
14.1	*John Peterson (Saddleback, Santa Ana)
14.1w	Charles Hatch (Wilson, SF)

180 YARD LOW HURDLES (30") turn

18.6	Graybehl 2
18.9	Shaw 1
18.9	Austin 3
19.0	Kirtman 4
19.0	John Foye (Locke, LA) 5
19.1	Jackson
19.2	Dave Jakel (Los Altos)
19.3	Solomon
19.3	Dale Walters (Lakewood)
19.3	Owens
19.4	Phil Branson (Monache, Porterville)
19.4n	Mike Crittenden (Kennedy, Rch)
19.5	Mark Uribe (Roseville)
19.5	Wayne Saxton (Kearney, SD)
19.7	Antonien Richardson (Gardena)
19.8	*Joel Andrews (West, Bakersfield)
19.8	Ronnie Lee (Westchester, LA)
19.8	Ken Smith (Gardena)
19.8	Bower (Hamilton, LA)

180 YARD LOW HURDLES (30") straight

18.5	Shaw (18.7)
18.6	Graybehl
18.8	Austin
18.9	Uribe
18.9	Jakel
18.9w	Steve Adams (Estancia, Costa Mesa) (19.3)
19.0	Kirtman
19.0	Owens
19.0n	*Tom Lewis (Muir, Pasadena)
19.0w	Jackson
19.1	Fulton



POLE VAULT

16-6	Mike Tully (Millikan, L. Bch) 2
15-8	Jim Knaub (Lakewood) 1
15-4	*Brian Goodman (Agoura)
15-1 1/2	Rich Fishman (Beverly Hills)
15-0	Craig Wilson (Millikan, L. Bch.)
14-10	*Tim Vahström (Villa Park)
14-10	Tim Werner (Notre Dame, Sh. Oaks)
14-9 1/2	Ken Cooper (Bellblower)
14-8 1/2	*Bob Folsom (Clovis)
14-8	*John Clemmons (Azusa)
14-7	John Bell (Lynbrook, San Jose) 4
14-6	James Killen (Valencia)
14-6	Brad Pole (Grossmount, San Diego)
14-6	*Tom Curran (Crespi, Encino) 3
14-5 1/2	Scott Bootman (North, Bakersfield)
14-4	Burt Sutherland (Kennedy, LA)
14-4	Ralph Baker (Del Mar)
14-4	*Jim Talley (Brawley)
14-4	*Powers (Claremont)
14-4	Andrews (Redondo Beach)

LONG JUMP

24-9 1/2w	James Lofton (Wash., LA) 1 (24-4 3/4)
24-6 3/4w	Kevin Cole (Gardena) 4 (24-3 1/4)
24-3 1/2w	Gordon Kurz (Santa Clara) 3 (24-1)
24-2 1/4w	Willie Banks (Oceanside) (24-1 1/4)
24-2 1/2	*Jon Sutton (Morningside, Ingle)
24-2 1/2	Dan Williams (Hoover, Fresno)
24-2 1/4w	*Larry Johnson (Wash., Easton) (23-11 1/4)
24-2	Bob Jones (Gardena) 2
23-11 1/4	Mike Jenkins (Victor Valley, Vic.) 5
23-10 1/2w	Ray Reeb (Bassett, La Puente) (23-6 1/2)
23-10w	Rich Graybehl (Las Lomas, Walnut Crk.) (23-6 1/2)
23-9 1/4w	Don Jones (Compton) (23-0)
23-9	Don Bryson (Oakland)
23-9w	*John Dunn (Armijo, Fairfield)

178-9	John Walker (Amador, Pleasanton)
175-5	Steve Hall (Clovis)
174-10	Randy Whited (Downey, Modesto) 3
174-0	**Mark Malone (Valley, El Cajon)
174-1	Scott Wells (Palo Alto)
172-11	Sam Alexander (Western, Tulare) 5
172-5	Vanogas (Los Altos)
171-11	Dean Singleton (Irvington) 4
171-9	Niels Mortensen (Vista, SD)
171-1	Jacobs (Alisal, SJ)

DISCUS THROW (4 pounds, 6 ounces)

174-8	Burton
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440 YARD RELAY

41.2	Wilson, San Francisco
41.4	Kennedy, Richmond 1
41.4	Gardena 2
41.5	Muir, Pasadena 4
41.7	Carson, Los Angeles 5
42.2	Skyline, Oakland
42.2	Morse, San Diego
42.2	Poly, Long Beach
42.2	Los Angeles
42.3	Crawford, San Diego
42.3	Edison, Fresno
42.3	Silver Creek, San Jose
42.3	Compton
42.4	Hoover, Fresno
42.4	Yerba Buena
42.5	Roosevelt, Fresno
42.5	Bell, Los Angeles
42.5	Bassett
42.5	Los Altos

MILE RELAY

3:13.8	Muir, Pasadena 1
3:15.8	Bakersfield 3
3:16.8	Poly, Long Beach 2
3:16.8	Morse, San Diego
3:16.9	Washington, Los Angeles
3:17.3	South, Bakersfield
3:17.3	Las Lomas, Walnut Creek
3:17.6	East, Bakersfield
3:17.7	Dominguez, Compton
3:18.3	Kennedy, Richmond 5
3:18.9	Compton
3:19.1	La Canada
3:19.3	Norte Del Rio, Sacramento
3:19.6	Vallejo
3:19.8	Westchester, Los Angeles
3:20.0	Gardena
3:20.2	Edison, Fresno
3:20.5	Newport Harbor, Newport Beach

ABBREVIATIONS:

n=non winning mark; w=wind aided mark;
m=converted from meter mark; *=junior;
=sophomore; *=freshman.
Place in State Meet follows school. Please
send additions and corrections to this list to:
Ron Blackwood 1220 Greenwood, Sanger,
California 93657.



Cross country report

In the Central Coast C.I.F. Section Leigh High School of San Jose has been building a distance running powerhouse. Coach Homer Latimer's Longhorns are again favored to win the West Valley League. Leading Leigh should be Ron Fritzke, but he will have some tough competition against league rival Camden High's Bob Pawlin. With a little luck either Camden or Saratoga could steal the league crown. In the newly formed Foothill Athletic League both Homestead (Sunnyvale) paced Don Fernandez and Cupertino with Doug Danielsen are the early season picks. The Santa Teresa Athletic League will be going with a strong Gilroy High and Lincoln High of San Jose. Top man for Gilroy should be returnee Jay Marlowe whose stiffest test will be Lincoln's Rumaldo Montenegro. Saint Francis High of Mountain View shouldn't be

miles, 1006 yards for what is reportedly a world age record. Don't forget Eric Hulst of Laguna Beach and Mark Cudahy of Sonoma. In the Camino Real League St. Bernard's looks to be strong again, but both Bishop Montgomery and Serra have good chances of upsetting the Vikings and ending their long string of dual meet victories. Jim Stanich of Serra shows signs of coming on this season. It's the first time in ten years Lompoc isn't an outright favorite in the Northern League. San Luis Obispo placed fourth in the C.I.F. Finals last year with an all junior and sophomore team—Luis Arreola is top man at San Luis Obispo. Bob Zorich with the help of a well Marshall Frasher could lead Cabrillo High School to that title as well. Paso Robles is again the team to beat in the Los Padres League. All of last year's team is returning. The main

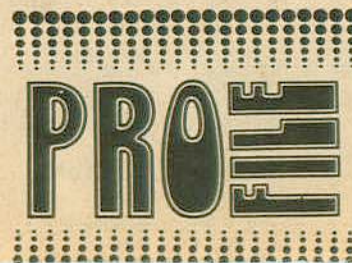
and Casa Robles were co-champs in the Sierra-foothill league, but they better watch third placer Oakmont who with Bryon Boyd and Greg Young could sneak in for the title. The Superior California Athletic League crown went to Vanden in '73 and they could repeat that performance. A surprise might be John Swett High who placed fourth last time but have an improved Dave Adams and Sal Loera. Another Sac-Joaquin hot spot will be Stagg High with Dave Diekmeyer, and then there's always strong Downey and Merced.

Although DeAnza is the defending Alameda County Athletic League champions they will have their hands full with Alameda High's Don Mills and David Acosta. Also look out for Encinal High School. The Humboldt-Del Norte League belongs again to Eureka. Steve Parker will be solid. Arcata has the best chance for an upset. Irvington should be a power in the Mission Valley

The junior college action is tough to predict as it's always a dog fight just to even get to the State Meet. In Northern California American River reportedly has 15 milers at 4:26 or better and are always early season threats. Jim VanDine will be back in service at College of San Mateo and looks to be the main threat to Chabot's Ted Quintana. Annual cross country powers Fresno and San Jose will be lacking the big star but promise to have a good grouping. Ten sub 9:45 high schoolers have enrolled at San Jose, so Gary Sanchez and George Manriquez

will have lots of company. Fresno's top men are Ned Baird and Tony Ramirez. Other Northern Cal hot spots will be West Valley, Delta, Marin, and Lassen with steeplechase standout Bruce Caputo.

The Southern California race will be even more of a scramble. Fullerton looks very strong as does El Camino, Grossmont, Moorpark and L.A. Valley. Cliff Morden of L.A. Valley should be a top contender as well as El Camino's Steve Walsh and Al Villanueva. Also watch Bob Larson's Grossmont squad that has been competing all summer as the Jamal Track Club. Long Beach might surprise with Jeff Haynes and frosh Gary Brodie. In the small schools race it could come down to Palomar, Glendale, Citrus, Hancock and Santa Ana. Glendale will be bolstered by three strong men: Bob Thomas, Greg Croad and Jay Rubino. If Richard Burns keeps working out on the College of the Canyons course he could surprise there. Gil Esparza could carry on the Moorpark tradition. Hancock will be aided by Steve Gabraith, Roger Fabing and David Judy. Citrus College runners have been showing well in summer action.



Catholic League last year and have marathoner David Cortez and a promising Andy Maloney ready to run... Westmoor (Daly City) and Carlmont (Belmont) will be other hot CCS teams to watch as will Bob Barnett of Hillsdale in San Mateo.

The other West Valley League is in the Los Angeles City C.I.F. Section. Last year Taft High of Woodland Hills was league champion and Coach Dale Lythgoe was counting on a repeat performance until his top two men moved out of the district. Taft will still have Kurt Swanson and John Simenz but their work will be cut out for them when they meet Chatsworth in the league meet... Kennedy and Fairfax will be doing battle for the East Valley League crown, but it will be Hollywood's Ajim Baksh who steals the show. Baksh recently ran more than eleven and three-quarters miles in the SPAAAU One Hour Run Championships (beating Jim Schankel, Terry Williams and Eric Hulst)... Birmingham could also prove a threat among L.A. City Schools.

The C.I.F. Southern Section is, once again, loaded. Here is a preview of some of the highlights. In the Desert Valley League El Centro could once again prove to be the toughest. They were 2A champions in '72 and 5th in '73. They will be led by Ernie Alarcon, but Indio High with David Fry could be a surprise... Valencia and El Dorado will give each other a real battle in the Orange League. Valencia won it last year and have a new ninth grader, Joey Gomez, who recently ran 10

improved Atascadero out... The new Empire League will be up for grabs, but last year's Crestview League winner, Mark Spilsbury and his Foothill High team would be good picks for the honors. Other league highlights should come from Huntington Beach and Foothill's Matt Bell... The Foothill League will be a real toss-up between Crescenta Valley, Canyon and Burbank. Crescenta Valley won in '73 but were badly hurt by graduation. Picking up the pieces for the defending champs will be Don Moses and Dan Richardson... Last season Royal High won the Marmonte League as well as 4A C.I.F. and both their top men are returning (Scott Blackburn and Randy Horney); however graduation gobbled up their depth. Simi Valley has Doug Higgs and Mark Hernandez back and are looking to improve upon their second place finish of last year. With new coach Jim McCulloch and a promising Larry Prislac they could be tough... Other Southern Section action to check out: Ralph Serna of Loara in the Sunset League, Jim Arriola and Gahr in the Suburban League, Guy McRoskey (Loyola) in the Del Rey spotlight, and Corona Del Mar with Brien Hunsaker heading up the Irvine race.

The Sac-Joaquin Section should have it's hottest season ever. Highlands won the North Metro League last year and with Art Baudenstal are in good position to repeat... Bella Vista has two men who could go one-two in the Capital Valley: Jim Mebust and Don Thomas. The Bronco team is also the defending champion... Placer

to improve Washington could be in there too... Other North Coast Section surprises could come from Castro Valley and San Rafael.

In 1973 Madera High was the Central Section king in cross country and they will have everyone of their runners back—number one man, Lawrence Carranza should continue to pace the Coyote squad. Hoover of Fresno would like nothing better than to beat North Yosemite League rival Madera and their Brian Folley will be leading the way. In the NYL also watch George White and his Roosevelt team... Coalinga won the South Sequoia meet last year but will be hard pressed by Wasco and Shafter in '74. Sammy Garcia has yet another year and will be pacing Wasco with the help of newcomer Kevin Knox who already holds a number of age group records... Since Highland (Bakersfield) lost the bulk of its South Yosemite championship team the race will be up for grabs. Both East and Foothill have the best chances to dethrone the Highlanders. The individual race could be between Robbie Bray (North Bakersfield), Harlan Shanklin (Foothill), and Brian Thompson (East Bakersfield)... Other Central Section teams to watch are Redwood and Sanger.

In San Diego look for things to be coming from Crawford in the Eastern League, Granite Hills in the Grossmont League, Vista and Jay Woods in the Avocado League. Also keep an eye on Jon Cook from Mission Viego and the Madison High team.

Jeff Haynes



JEFF HAYNES: Long Beach City College. Age 19; 5 feet, 10 inches; 146 pounds. Born May 20, 1955, in Fresno, California.

Best Marks: 880—1:50.7 (74); one mile—4:17.0 (74); four mile cross country—20:37 (74). Coached by Don Mulligan.

At Long Beach Poly High School Jeff wanted to participate in interscholastic sports. He considered himself too light for football and too short for basketball so he tried track. He gave track full effort and before graduation from Poly in 1973 had achieved respectable marks of 1:56 and 4:19. This past season as a frosh at Long Beach City College he blossomed into an outstanding half miler with a 1:50.7 and a fourth place in the State JC Meet. This remarkable one year improvement is only a start and he is already making plans for better things next year. "My major goal right now is the 1:48.0 state record; then I'll be thinking about Montreal and the Olympics."

Racing such world class runners as Tom Byers, James Robinson and John Walker this past year has given him a boost of confidence and some valuable experience. Jeff runs cross country as conditioning for track and realizes he has to work hard for success. "I feel a big part of my success in track comes from

my mother who continually pushes me to work harder every year so I will reach my fullest potential. She's taught me that there is no short cut to success."

As for best memories in track so far he mentioned, "I had the honor of being chosen by the team as the Most Valuable Trackman. It is also good to have the freshman 880 school record. I also had the privilege of competing in the National Junior AAU Meet in Gainesville, Florida, last June (8th)." Jeff plans to continue is education up through a Masters Degree in Human Services.

Typical Week's Workouts (for cross country): **Monday**—easy 10 mile run or fast (5:30 pace) 6 mile. **Tuesday**—5 miles easy, 8 to 10 X 440 in 70-75. **Wednesday**—10 mile run, 12 hours of sleep if week of a meet. **Thursday**—7 mile run (5 easy, 2 hard). **Friday**—3X1 mile, 5 mile run. **Saturday**—10 miles. **Sunday**—8 miles.

Typical Week's Workouts (for track): **Monday**—15 X 220 at 25-27. **Tuesday**—1 X 660 in 1:25, 2 X 440 in 59 (or 4 X 220 in 27), 5 mile run. **Wednesday**—3 X 660 coming by in 63 and kicking the last 220 all out. **Thursday**—5 mile run. **Friday**—track meet or 4 X 330 in 40 and 5 X 220 in 26. **Saturday**—10 to 14 mile run easy. **Sunday**—several 330s in 39.

movin' on...

Each new school year it's always fun to see where the prep stars have gone on to school and also where the junior college athletes have moved on to. The list below is far from complete but it's a start. Send all additions to California Track News, and hopefully we can add to it next issue.

SPRINTS: Michael Farmer (Woodrow Wilson, S.F.) 9.4w, 9.5, 20.8--University of Washington. Millard Hampton (Silver Creek, San Jose) 9.5, 20.9--San Jose State. Vincent Walker (Dos Palos) 9.7, 21.9--San Jose City College. Russell Royston (Victor Valley) 9.7--UC Irvine. Tom Campbell (Kennedy) 9.7--College of the Canyons. Ridgeway Robinson (Long Beach Poly) 9.9, 22.2--Long Beach City College. Greg Moore (Long Beach Poly) 9.9, 22.2--Long Beach City College. Bill Mitchell (Eureka) 9.9, 20.0LHt, 44-10TJ--Occidental. Randy Benson (Fullerton JC) 9.6, 21.0w, 46.8--Kansas. Bruce Smiley (Long Beach City College) 9.4w, 9.6, 21.5--San Jose State. Calvin Cazenave (Norte Del Rio, Sacramento) 21.7, 47.9--San Jose State. Jesse Pena (East Bakersfield) 48.2--Bakersfield JC. Edward Ruppenstein (George Washington, SF) 48.7--San Francisco City College. Wendel Rhoades (Delano) 49.8--Porterville JC. Albert Shorts (Long Beach City College) 46.8--Long Beach State.

MIDDLE DISTANCES: John Musich (Burbank) 1:51.0, 4:08.9--San Jose State. Brian Donohue (Taft, LA) 1:52.5--San Diego State. Mike Edwards (East Bakersfield) 1:52.7--Bakersfield JC. Mike Kosser (St. Francis, Mt. View) 1:53.4, 4:16.9, 9:17.9--San Jose State. Michael DeGrace (Norte Del Rio, Sacramento) 1:54.2--Sacramento State. Richard Taylor (Serra, San Mateo) 1:54.7--U. Santa Clara. Keith Willsey (Waldron, Ark.) 1:55.7--Porterville JC. Jeff Edwards (Rizhetti,

9:38.0--Long Beach City College. David Wells (Eureka) 4:21.7--College of Redwoods. Steve Koenig (Mt. SAC) 4:15.9--Boise State.

DISTANCES: Rich Kimball (De La Salle, Concord) 4:02.4, 8:46.5, 13:43.6--Oregon State. Armando Cendejas (Buena Park) 9:00--Fullerton JC. Juan Garcia (Redwood, Visalia) 4:16.5, 9:04.3--Washington State. Benton Hart (Modesto) 8:57.8, 14:34.0--BYU. Roger Fabing (Lompoc) 4:16.0, 9:05.0--Hancock JC. Bobby Thomas (Glendale) 9:06.3--Glendale JC. Gerardo Canchola (Van Nuys) 9:12.2--USC. Vicken Simonian (Hollywood) 9:14.8--Los Angeles City College. Jose Saavedra (Loara) 9:11.8--Fullerton JC. Alex Hinz (West Bakersfield) 9:28.0--Bakersfield JC. Gary Brodie (Long Beach Poly) 9:29.2--Long Beach City College. Tom Cusick (Hart) 9:37.4--College of the Canyons. Ron Genschmer (Hayward) 14:03.2--Hancock JC. Jim Hartig (Fresno City College) 4:17.6, 9:16.0, 14:19.8, 30:00.2--Fresno Pacific. Ron Vogt (Hancock JC) 14:32.0--Pacific U. Oregon.

HURDLES: Roland Solomon (Cabrillo, Lompoc) 14.1, 19.1--U. Utah. Ernie Crow (San Pedro) 14.1--Harbor JC. Rudd Wingate (San Pedro) 14.3--Harbor JC. Mark Milderbradt (Cupertino) 14.4--San Jose State. Mike Malinoski (Alemany) 14.4--College of the Canyons. Phil Branson (Monache, Porterville) 14.5, 18.7--Porterville JC. John Herrick (Wasco) 14.5, 44.2 (330 IH)--Cal Poly SLO. Lyndon Crow (Taft, LA) 14.6--Cal Poly SLO. Mike Kirtman (Wilson, San Francisco) 13.8, 19.0--U. Washington. Jim Owens (Norte Del Rio, Sacramento) 13.8, 18.8 (73)--UCLA. Mike Gilliam (Long Beach Poly) 14.6, 19.4--Long Beach City College. Dale Walters (Lakewood) 19.1--Long Beach City College. Antowine Richardson (Gardena) 19.2--San Jose State. Mark VonIderstein (Fullerton JC) 52.8--Weber State.

VERTICLE JUMPS: Mark Wilson (Monte Vista, Danville) 7-1 1/4--Oregon

Oliver (Long Beach Jordan) 6-7--Long Beach City College. Bill Mentor (Hart) 6-6 1/2--College of the Canyons. David Crane (Eureka) 6-6--College of the Redwoods. Tony Madau (Fullerton JC) 7-0 1/2--Fullerton State. Rick Moore (Long Beach City College) 6-8--Long Beach State. Buddy Kring (Hancock JC) 6-6 3/4, 14-7--UCSB. Lewis Tori (Boise, Idaho) 15-2--Hancock JC. Bruce Gagon (Oakmont) 14-6--Sierra JC. Gary Jenkins (Delano) 14-0--Porterville JC. Bob Flint (Fresno City College) 16-6 1/4--Stanford. Larry Johnson (Glendale JC) 16-3 3/4--San Jose State. Mike Drouin (Hancock JC) 15-0--Cal Poly SLO.

HORIZONTAL JUMPS: Mike Jennings (Victor Valley) 23-11 1/4--UC Irvine. Roland Solomon (Cabrillo, Lompoc) 23-4 1/2--U. Utah. Danny Williams (Hoover, Fresno) 24-2 1/2, 48-10--Occidental. Ed Miller (Atascadero) 21-0, 45-9--Cuesta College. Marvin Blackwell (East Bakersfield) 47-7--Bakersfield State. Alton Page (St. Francis, Mt. View) 47-6--U. Santa Clara. Jeff Hulton (Fullerton JC) 49-5 1/2--U. Alaska.

THROWS: Otis Page (Saratoga) 59-3--USC. Dan Lindquister (Simi Valley) 59-2 1/4--Army. Sam Alexander (Tulare Western) 56-11--College of Sequoias. Roy Schaplaske (Cupertino) 56-10--De Anza JC. Marl Murray (Fullerton JC) 54-11, 172-11, 186-7 (Ham.)--Washington State. Steve Albright (Glendale JC) 53-8, 150-5--Northridge State. Ira Gorbet (Lassen JC) 53-8--U. Oklahoma. Glen Moore (Mt. Pleasant) 185-0--San Jose City College. John Walker (Amador Valley) 178-9--Chabot JC. Bill Nevels (Balboa, San Francisco) 165-8--San Francisco City College. Bob Mackay (College of the Canyons) 148-3--Stanislaus State.

DECATHLON: Sam Goldhammer (Glendale JC) 6750--UCSB. John Turner (Fullerton JC) 6611--Weber State. Rick Moore (Long Beach CC) 6158--Long Beach State.

mailbag

MIKE BUTCHER (track coach West Bakersfield HS)

I feel certain that Joel Andrews would have done much better in the State Meet, but while warming up for the 100 yard dash final he stepped in a hole and sprained his left ankle. This really hurt him in the 440 since that was his inside foot on the turns. His ankle was quite swollen. The meet trainer froze it and strapped it up very tight.

DONALD OCANA (track coach Valencia HS, winner of SPAAAU One-Hour Run)

We took a Valencia High team to the SPAAAU One Hour Run Championships and did quite well. Navarrete (Sr) ran over eleven miles, but the big surprise was upcoming ninth grader Joey Gomez who recorded ten miles, 1049 yards which is a world record for fourteen year olds. Valencia had six men run more than ten miles.

KAJ JOHANSEN (long distance runner, San Diego Track Club and MD)

I feel it is important to emphasize that long distance running is one area where (so far as I can tell) there is no benefit from genetically established characteristics (speed, height, reflex ability) that do make a great deal of difference in other activities--sprinting, high jumping, etc. Therefore, what does make a big difference is the amount of hard work that one does--hopefully with the wisdom and insight of experienced advisors and coaches.

weights, running sprints and stairs, and drilling--drilling--drilling is the shot put

JC. Jim Pierce (Alameda) 1:56.1-BYU. Rusty Nahirny (Washington, Fremont) 4:09.6, 9:04.1-San Jose State. Tom Elieff (Highland, Bakersfield) 1:56.2, 4:14.9, 9:34.0-Brown U. David Judy (Righetti, Santa Maria) 4:14.5-Hancock JC. Paul Frederickson (Homestead, Sunnyvale) 4:15.1, 9:22.0-DeAnza JC. Craig Sullivan (Saratoga) 4:17.2-West Valley JC. Barry Welsch (Long Beach Jordan) 4:19.9,

RESULTS

Holy City, June 23—13th Annual Holy City Summit Run: 1. A. Mejia (WVTC, Op) 47:48; 2. J. Bellah (WVTC, Op) 48:32; 3. M. Kingery (CW, HS) 48:55; 4. R. Verhe (WVTC, Op) 49:16; 5. J. Taxiera (ATC, Op) 49:34; 6. D. Beardall (MAC, Op) 49:43; 7. R. Montenegro (WSTC, HS) 49:47; 8. R. Fritzke (HS) 50:45; 9. Dan Anderson (WVTC, Op) 51:00; 10. L. Walker (HS) 51:25; 11. Mike Smith (DSE, HS) 51:26; 12. D. Stock (WVTC, HS) 51:40; 13. Bob Barnett (HS) 51:50; 14. Dennis Tracy (WVTC, Op) 51:51; 15. Ross Smith (WVJ&S, 40) 52:00; 16. G. Prowell (Op) 52:30; 17. Steve Brooks (Op) 52:34; 18. M. Krenn (WSTC, HS) 52:34; 19. A. Mezzapelle (HS) 52:44; 20. Shawn James (WSTC, HS) 52:51; 21. Gil Flores (WSTC, HS) 53:04; 22. Ruben Lee (WSTC, HS) 53:20; 23. W. Yaley (TRAC, Op) 53:27; 24. Rich Vasquez (PHTC, PHS) 53:31; 25. G. Montante (Op) 53:45; 26. Homer Latimer (Op) 53:54; 27. Claus Pedersen (Op) 54:03; 28. Haywood Norton (Op) 54:08; 29. Bob Cooper (RCS, Op) 54:10; 30. Jim Harris (HS) 54:22; 31. Tim Swezey (ATC, Op) 54:26; 32. D. Colburn (CW, HS) 54:27; 33. A. Aguilar (WVTC, HS) 54:31; 34. J. Stein (RCS, Op) 54:46; 35. H. Templeman (Op) 54:47; 36. Gil Brooks (WSTC, HS) 54:48; 37. Pete Dinno (WVTC, Op) 55:05; 38. J. Quinter (HS) 55:10; 39. Dick Croteau (WVJ&S, Op) 55:22; 40. Ken Napier (WVJ&S, 40) 55:24; 41. John Hellman (Op) 55:28; 42. R. Aver (LGP, HS) 55:34; 43. W. VanZant (WVJ&S, Op) 55:42; 44. Mike Plummer (HS) 55:44; 45. Ben Sawyer (OAC, Op) 55:54; 46. V. LaPierre (Op) 55:56; 47. J. Zamora (HS) 56:00; 48. D. Rowe (HS) 56:42; 49. R. Haugen (ATC, HS) 56:43; 50. D. Escamil (HS) 56:44.

• **Santa Barbara, July 4**—SPA 15KM Championships (9.300 miles, course record 46:50 by Wagenbach '73): 1. Terry Williams (BHS) 47:27; 2. Jim Shankel 47:43; 3. John Casso 48:59; 4. Pat Miller 49:23; 5. John Schmickrath (22, GWAA) 49:41; 6. Ed Surman (18, UNAT) 49:45; 7. Ajim Baksh (CCAC) 49:50; 8. Tom Howell (SBAA) 50:16; 9. Rober Fabing 50:24; 10. Rick Drake (SBAA) 50:30; 11. Steve Galbraith 50:31; 12. Richard Aguirre 50:42; 13. Clary Reinsma (SBAA) 50:47; 14. Robert Slick (18, UNAT) 50:49; 15. Jeff Spangler 50:58; 16. Skip Shaffer (36, CCAC) 51:01; 17. Larry Hanson (19, UNAT) 51:21; 18. Gary

(Crescenta Valley) 6:10--Glendale JC. Victor Churchill (Alemany) 6:10--College of the Canyons. Dave Haber (Alameda) 6:10--Hayward State. Steve LaRusch (Glendale) 6:8-1/4--Glendale JC. Mark Insley (Cupertino) 6:8--San Jose State. Ed Cloud (John Swett, Stockton) 6:8--Contra Costa JC. Tim Simcik (Kennedy) 6:8--College of the Canyons. Willard Epps (Tulare Union) 6:7--Porterville JC. David

Johanson (SBAA) 51:49; 19. Dick Woelk (BHS) 51:54; 20. Mike Maron (24, SBAA) 52:21; 21. Bob Branch (CCAC) 52:35; 22. Jim Warrick 52:45; 23. Michel Williams 52:53; 24. Dan Wojcik (18, UNAT) 52:56; 25. Tim Donovan (SBAA) 53:01; 26. Marvin Rowley (34, CCAC) 53:06; 27. Orville Atkins (38, STC) 53:11; 28. Vince Figueroa (SBAA) 53:13; 29. Richard Hughes (37, CCAC) 53:20; 30. Steve Hungerford 53:22; 31. Tom Colley (18, SURR) 53:27; 32. Gabriel Grosz 53:33; 33. Bob nanninga (WVTC) 53:45; 34. Gene Sharp 53:48; 35. Joe Burgasser (35, STC) 53:56; 36. Jon Brower (29, UNAT) 54:15; 37. Carl Gans (SBAA) 54:27; 38. Rick Fuller (CCAC) 54:30; 39. Thomas Cory (27, GPAC) 54:32; 40. John Brennand (38, SBAA) 54:35; 41. John Schumacher 54:36; 42. Frank Freyne (34, CCAC) 54:40; 43. Marty Conway 55:21; 44. Marty Conway 55:21; 45. Fred Springle 55:21; 46. Daniel Contreras (25, UNAT) 55:29; 47. Irwin Merrein (24, CCAC) 55:31; 48. Bob Monzingo (35, TRTR) 55:33; 49. Bill Thompson (STC) 55:34; 50. Bric Hammerstein (23, UNAT) 55:36.

• **Griffith Park, June 29**—(8.084 miles, course record 44:45 by Pat Miller '74): 1. Pat Miller 44:45; 2. Don Ocana 44:52; 3. Wayne Akiyama 45:00; 4. Ron Fister 45:04; 5. Phil Ryan (30, GWAA) 45:41; 6. Scott Chisam 45:52; 7. Tom Izuma 46:41; 8. Bob Branch (CCAC) 47:08; 9. Howard Miller (ELAT) 47:54; 10. Skip Shaffer (36, CCAC) 48:04; 11. Tomas Tadriguez (14, UNAT) 48:47; 12. David Vanderveen 48:52; 13. Keith Stripsky (25, UNAT) 48:53; 14. Ed Swan 49:07; 15. Marvin Rowley (34, CCAC) 49:23; 16. Steve Boaz 49:44; 17. Bill Jones 50:03; 18. Charles Bernick 50:07; 19. Don Moses 50:50; 20. Irwin Merrein (24, CCAC) 50:58; 21. Joe Gomez 51:11; 22. Steve Schuster 51:20; 23. Charles Barone (GPAC) 51:41; 24. Jim Flanigan (24, BHS) 51:42; 25. Maurice Degener 51:43; 26. Unidentified 51:51; 27. Jon Brower (29, UNAT) 51:59; 28. Bob Monzingo (35, TRTR) 52:06; 29. Rick Fuller 52:17; 30. Thomas Cory (27, GPAC) 52:18; 31. Rick Miccio (21, UNAT) 52:19; 32. Frank Guerrero (16, CCAC) 52:41; 33. Sam Nicholson (45, STC) 52:46; 34. Steve Parker 52:56; 35. Ken Blaydow 53:08; 36. Roger McGrath 53:11; 37. Jim Roberts 53:35; 38. Rick Aspey 53:44; 39. Rick Cisneros 53:46; 40. David Saylor (37, CCAC) 54:05; 41. William Read (17) 54:06; 42. Lloyd Giddings 54:10; 43. John Sargenti 54:25; 44. Gary Cohen 54:26; 45. Dan Fonseca 54:42; 46. Louie Rivera 54:43; 47. Tim French 54:49; 48. Joe Terrones 55:20; 49. Gary Bryan 55:42; 50. Toran Wright 55:48.



Kathy Devine

KATHY DEVINE: Mission Bay High School (San Diego Lanceretts). Age 17; 5 feet, 11 inches; 195 pounds. Born April 11, 1957 in San Diego.

Best Marks: 8 pound shot put: 47-9(73), 51-1 1/4(74); 4 kilogram shot put: 45-9(73), 49-6(74). Coached by RaNae Seaman.

Kathy has been shot putting for just two years and has already achieved such honors as California State Girl's Champion, Junior Olympic Champion, and second place in the USA-USSR dual. In addition to placing well in the "big meets" she has picked up the High School National Record (51-1 1/4) and the National Junior Olympic Record. Not bad for a seventeen year old with yet another year at Mission Bay High School. In her senior year she hopes to hit 50 feet with the 4 kilo (international women's weight) which would give her a shot at the Pan American Games. As a more long range goal she would like to someday participate in the Olympic Games.

Success wasn't automatically handed to Kathy. She has learned early the importance and rewards of hard work—training twice a day, lifting

and records aren't her only motivating factors: as she states, "I participate in track for fun. It keeps me busy and is a good way to keep healthy. Besides, I've had some wonderful experiences in track and am learning a lot about different people. But it is mainly for the enjoyment. I'll keep on shot putting until the fun of competing stops."

Miss Devine plans to make a career out of physical education and will be a track coach, herself, one day. She hopes to get a women's athletic scholarship to a college



with a good physical education major. As a budding young athlete with the traits of a champion (ability, hard work, and attitude) Kathy Devine has a bright track future ahead.

Typical Weeks Workouts: Mornings—Lifting weights. Afternoons—school sports (volleyball, basketball, etc.). Evenings—run to workout; warm up with the shot put; standing throws working on technique; glides working on technique; shot putting; running stairs and hopping. Workouts center around developing strength and speed.



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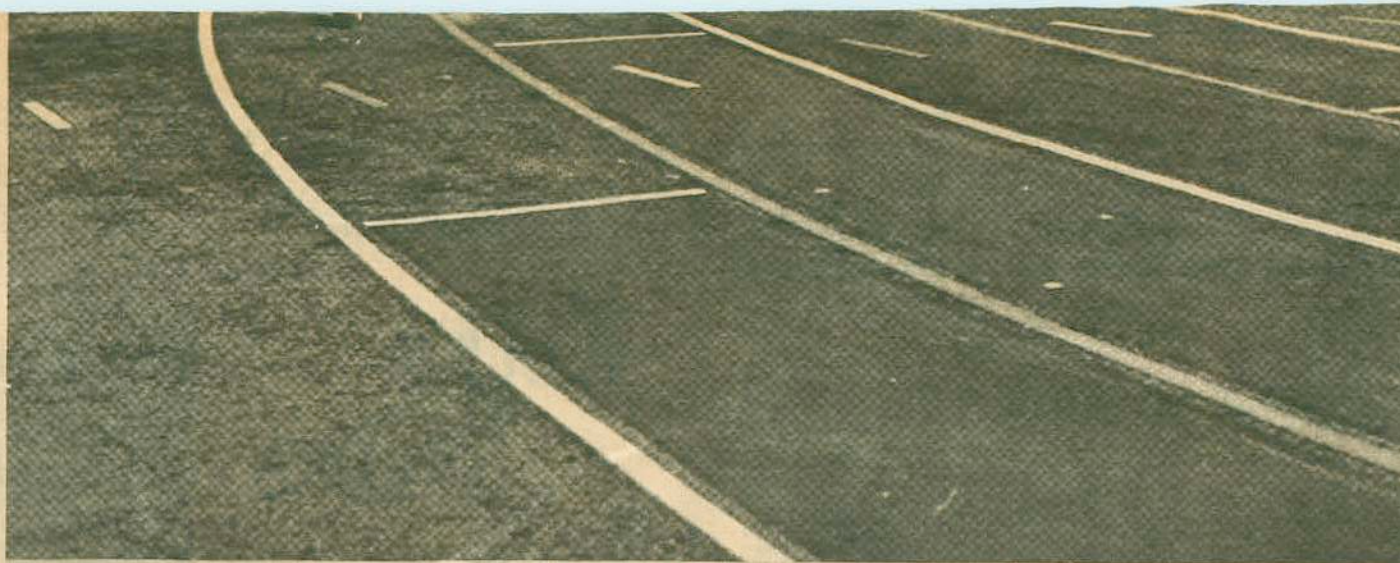
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TOP JUNIOR COLLEGE MARKS - 1974

100 YARD DASH

9.4	Johnson (WLA) 1
9.4	Wilmoth (Cit.) 6
9.6	Smiley (LBCC) 2
9.6	Livers (SJCC) 4
9.6	Bush (WLA) 5
9.6	Watson (CCC)
9.6	White (SWLA)
9.6	Chatman (CCC)
9.6	Reddick (LACC)
9.6	Jenkins (LBCC)
9.6	Allen (Cit.)
9.6	Benson (Full.)
9.6	Burgess (San Ber.)
17 at 9.7	

220 YARD DASH

21.0	Wilmoth (Cit.)
21.2	Benson (Full.) 3
21.3	Johnson (WLA) 1
21.3	Sagon (SRJC)
21.3	Farmer (SWLA)
21.3	Bush (WLA)
21.3	Ludiway (WLA)
21.4	Bailey (Har.)
21.4	White (SLWA)
21.4	Lay (WLA)
21.4	Allen (Cit.)
21.4	Thomas (Comp)
21.4	Anderson (Pal)
21.5	Smiley (LBCC) 2
21.5	Lee (LATT)
21.5	Turner (SWLA)
21.6	Livers (SJCC) 4
21.7	Jeffery (SJD) 5
21.7	Watson (CCC) 6

440 YARD DASH

46.3	Farmer (SWLA) 1
46.8	Shorts (LBCC) 2
46.9	Benson (Full) 3
47.7	McAel (SWLA) 5
47.7	Smith (SWLA)
47.9	Robinson (LAN)
48.0	Bell (Bak)
48.4	Harrell (ALA) 4
48.4	Jeffery (SJD)
48.4	Myles (Har)
48.4	Durham (Bak)
48.4	Muldoon (M.C.)
48.5	Hayes (Har)
48.5	Evans (LACC)
48.5	Miller (LACC)
48.6	Deckard (LAN) 6
48.6	Sagon (SRJC)
48.6	Larry (CRC)
48.7	Pugh (San Ber.)
48.7	Ross (FCC)

THREE MILE RUN

13:58.0	Brooks (SJCC)
14:01.0	Quintana (CHAB)
14:04.0	Hellebrand (Moor)
14:04.4	Cise (Grsm.) 1
14:05.2	VanSlyck (SJC) 5
14:05.4	Marshall (El Cam.) 2
14:06.6	Rodriguez (El Cam.) 3
14:07.4	Morden (LAV) 4
14:09.8	Green (ARC)
14:13.2	Hart (FOOT)
14:14.2	Walsh (El Cam.)
14:15.6	Avrea (El Cam.)
14:20.0	Hartig (FCC)
14:21.8	Fitzgerald (CAB)
14:22.6	DeLaGarza (CAB)
14:22.8	Lugan (Har.)
14:26.3	Breen (Grsm.)
14:30.2	Dick (Pal)
14:32.2	Scott (LAV)
14:32.6	Alexander (LAV)

120 YARD HIGH HURDLES

13.8	Ligons (CHAB) 2
14.1	Davie (AV) 1
14.1	Foster (FOOT) 3
14.3	Hallman (Grsm.) 5
14.3	Ardary (Full)
14.3	Pierce (SKY)
14.4	Allmond (SKY) 4
14.4	Rapides (DVC)
14.4	Carrington (SRJC)
14.5	McLaren (Cit)
14.5	Thomas (MPC)
14.5	Hall (LACC)
14.5	Dries (Grsm.)
14.6	Eastman (CCC)
14.6	Purcell (LACC)
14.6	Kellough (MAR)
14.6	White (SWLA)
14.6	Owens (Mt. Sac.)
14.6	Davis (Grsm.)



TRIPLE JUMP

50-2 1/2	Harrell (SJD) 5
50-2 1/2	Baldwin (Grsm.)
49-10 1/2	McClure (Pal)
49-10	Abrahams (FCC) 3
49-6 1/2	Triplett (WV)
49-5 1/2	Lewis (Ch.) 1
49-5 1/2	Hutton (Full) 4
49-2 1/2	Scott (Mt. Sac.)
49-0 3/4	Porter (FOOT)
49-0 1/2	Goodlow (LAN) 6
48-11	Jackson (Bak.) 2
48-11	Torrance (COS)
48-9	Bland (Mt. Sac.)
48-6 1/4	Blakeney (MPC)
48-5 3/4	Wells (CCSF)
48-4 3/4	McGee (LATT)
48-3	Quick (Bak.)
48-3	Johnson (Har.)
48-1	Smith (SWLA)
48-0	Thompson (HART)

SHOT PUT

59-11 3/4	Adams (SD Mesa) 1
57-3	Noamis (Pi) 2
54-11	Murray (Full) 4
54-5	Flox (Mt. Sac.)
54-4 3/4	Brooks (LACC) 3
54-3 3/4	Sisemore (SJD) 6
53-7	Gorbet (LAS) 5
53-4 1/2	Albright (Glen.)
53-1	Parisen (Pi)
52-9 1/2	Cotton (Pal)
52-9	Muxlow (Bak.)
52-2 1/2	Klein (Cerr)
52-1 1/2	Rule (SD Mesa)
52-0 1/2	Baer (Grsm.)
52-0 1/2	Baxter (Harbor)
50-1 1/4	Reifer (SCC)
49-6 1/2	Wigton (MC)
49-5	Gummerson (SRJC)
49-4	Lewis (CUE)

DISCUS THROW

174-0	Frankiewish (MC) 3
173-2	Pushkin (FOOT) 1
171-11	Murray (Full) 2
170-2	Grover (WV) 4
164-2	Brown (cyp)
163-5	Patterson (FOOT) 5
160-3	Baer (Grsm.)
160-2	Hall (BUTTE)
160-1	Harbottle (WV)
160-1	Sisemore (SJCC)
159-8	Dumphy (Cerr.) 6
157-10	Wilder (WH)
157-5	Allen (DA)
156-7	Costello (Cit.)
156-4	Covarrubias (Full.)
155-1	Smith (SRJC)
153-10	Sween (Santa Bar.)
153-8	Watkins (COS)
153-0	Palla (Bak.)
151-9	Ernst (WV)

JAVELIN THROW

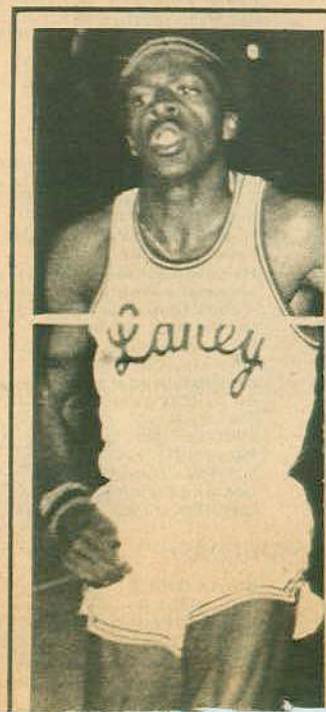
236-0	Krough (Mt. Sac.) 1
228-3	Shively (R.H.) 4
226-11	Jackson (Pal)
225-0	Ciarelli (O.C.) 2
221-1	Spoolstra (Cerr.) 3
219-7	Jarvis (Cit.)
210-8	Mitre (R.H.)
209-2	Russell (Cit.)
208-7	Ladd (MJC) 5
208-5	Nugent (Ch.)
205-0	Macrorie (Full)
204-1	Carian (COD)
201-0	Shemmer (SD Mesa)
200-11	Gardner (MC)
200-0	Schmidt (AV) 6
198-5	Alexander (COD)
197-11	Chandon (ARC)
197-7	Nielson (COS)
194-7	Brown (SJD)

440 YARD RELAY

40.8	Southwest Los Angeles 1
40.9	Contra Costa 2
41.0	West Los Angeles
41.0	Compton 3
41.2	Los Angeles City 4
41.3	Long Beach City
41.4	San Jose City 5
41.6	Laney
41.7	Mt. San Antonio
41.7	Grossmont
41.8	Pasadena
41.8	LA Trade Tech. 6
41.9	LA Harbor
42.0	Fresno City

TWO MILE RELAY

7:37.4	LA Pierce
7:38.2	Los Angeles City
7:42.2	LA Harbor
7:44.6	American River
7:45.2	Long Beach City
7:45.8	Mt. San Antonio
7:47.2	San Jose City
7:50.6	Bakersfield
7:52.6	Palomar
7:53.0	Santa Rosa
7:53.0	El Camino
7:53.8	De Anza
7:55.4	Diablo Valley
7:56.0	San Diego Mesa
7:56.2	Citrus
7:56.2	Pasadena
7:58.8	Modesto
7:59.0	LA Valley
7:59.6	Fullerton
8:00.8	Fresno City



1:48.9 Bryan (ARC) 2
 1:50.1 Ramsey (SRJC) 3
 1:50.7 Haynes (LBCC) 4
 1:51.2 McMamur (DVC) 5
 1:51.4 Wulf (Pi) 6
 1:51.7 Barry (Pi)
 1:52.2 Mason (LATT)
 1:52.6 Seeney (LACC)
 1:52.8 Marquez (SJCC)
 1:52.8 Fox (R.H.)
 1:52.8 Neil (Pas.)
 1:53.6 Sanchez (SJCC)
 1:53.7 Robinson (WLA)
 1:54.0 Spolarich (SCC)
 1:54.0 Boesen (Bak.)
 1:54.1 Schaecker (WVC)
 1:54.2 LaGorio (Pi)
 1:54.2 Clifton (LBCC)
 1:54.4 Pick (SJCC)

ONE MILE RUN

4:07.0 Hellebrand (Moor) 1
 4:09.0 Avrea (El Cam.) 3
 4:09.1 Marshall (El Cam.)
 4:10.0 Schaecker (WV) 2
 4:11.0 Mason (LATT)
 4:11.2 Wilson (Grsm.) 4
 4:11.7 Pullen (Grsm.)
 4:12.5 LaGorio (Pi)
 4:13.3 Dick (Pal)
 4:13.5 Robinson (WLA) 6
 4:13.6 Robinson (LAN)
 4:13.9 Sanchez (SJCC)
 4:14.8 Rock (Full)
 4:15.3 Fotinos (SKY) 5
 4:15.5 English (Cerr)
 4:15.7 Ayon (Cit)
 4:15.8 Vrismo (SJD)
 4:15.8 Cottin (Grsm.)
 4:15.9 Koenig (Mt. Sac)
 4:16.1 Flynn (CHAB)

TWO MILE RUN

9:03.8 Marshall (El Cam.)
 9:06.0 Quintana (CHAB)
 9:06.0 Avrea (El Cam.)
 9:07.8 Caputo (LAS)
 9:08.4 Close (Grsm.)
 9:10.0 Lee (Pal)
 9:13.2 Scott (LAV)
 9:13.4 Hellebrand (Moor.)
 9:16.8 Hartig (FCC)
 9:17.8 Alexander (LAV)
 9:18.0 Walsh (El Cam.)
 9:18.6 Barajas (Pal)
 9:19.0 Morden (LAV)
 9:20.4 Acuff (LAV)
 9:22.6 VanSlyck (SJD)
 9:23.1 Lugan (Har.)
 9:23.6 Collier (MAR)
 9:23.8 Hart (FOOT)
 9:24.6 Entz (Pi)
 9:25.0 Tello (WV)



DAN BARRY anchors Pierce's 2 mile relay

440 YARD INTERMEDIATES

52.1 Steele (Glen) 1
 52.5 Fisher (Har) 2
 52.8 Voniderstein (Full) 3
 52.9 Wyatt (SKY) 4
 53.2 Niederhaus (Pas)
 53.3 Hall (LACC)
 53.4 Roesky (DA)
 53.7 Smith (Pi)
 53.8 Foster (FOOT) 5
 53.8 Williamson (SJD) 6
 54.2 Allmond (SKY)
 54.3 Lowe (Santa Bar.)
 54.5 Davie (AV)
 54.6 Howard (Pas.)
 54.6 Gore (Pas.)
 54.7 Estrada (SJCC)
 54.7 Powell (G.W.)
 54.8 Goodlow (LAN)
 54.9 Nelson (Cit.)
 55.0 Biber (MAR)

HIGH JUMP

7-0 1/2 Madau (Full) 1
 6-10 Miller (Mt. Sc) 2
 6-9 Geske (SOL) 3
 6-9 Williams (FCC)
 6-9 Franz (El Cam.)
 6-8 1/2 Geddes (SD Mesa) 5
 6-8 Hill (LACC) 4
 6-8 Gardner (LBCC) 6
 6-8 Moore (LBCC)
 6-8 Parks (LBCC)
 6-7 1/2 Baldwin (Grsm.)
 6-7 1/2 Brown (Cit.)
 6-7 Proctor (Cit.)
 6-7 Mason (Mira Cos.)
 6-7 Hall (Cit.)

POLE VAULT

16-6 1/4 Flint (FCC) 1
 16-6 1/4 Martin (WV) 2
 16-3 3/4 Johnson (Glen.) 3
 15-6 Black (LACC) 4
 15-6 Garcia (Glen.) 5
 15-1 Jorgenson (Pal)
 15-1 Wagner (Chaf.)
 15-0 Drouin (Han.) 6
 15-0 DeBerg (Full)
 15-0 Scroggy (Mt. Sac.)
 14-10 Turner (WV)
 14-9 Bentz (Pas.)
 14-9 Lierley (Santa Bar.)
 14-9 Schnedar (Mira Cos.)
 14-8 Kurtz (SD Mesa)
 15 at 14-6

LONG JUMP

25-1 Wilkinson (SD Mesa) 2
 25-1 Overstreet (SJCC) 3
 24-9 1/2 Carter (El Cam.) 1
 24-6 1/2 Shaw (FOOT)
 24-4 1/2 Givens (FCC) 4
 24-3 Hollis (WLA) 5
 24-2 1/2 Gross (Comp)
 24-0 White (SWLA)
 23-11 Abrahams (FCC)
 23-9 3/4 Harris (SJCC)
 23-9 1/2 Smith (SWLA)
 23-9 1/4 Brown (Vic. Val.)
 23-8 3/4 Fisher (Har.)
 23-8 3/4 Baldwin (Grsm.)
 23-8 1/4 McDonald (Grsm.)
 23-6 1/4 Cleghorn (NP) 6
 23-6 Mathews (MPC)
 23-6 Lay (WLA)
 23-5 1/2 Jeffrey (SJD)
 23-5 1/4 Watkins (Bak.)

42.2 Fullerton
 42.2 Alameda
 42.2 Cypress

ONE MILE RELAY

3:09.0 Southwest Los Angeles 1
 3:10.1 LA Harbor 2
 3:10.2 Laney 3
 3:11.0 Fullerton 4
 3:11.3 Bakersfield 5
 3:13.0 San Jose City 6
 3:13.4 Los Angeles City
 3:15.4 Mt. San Antonio
 3:15.5 Diablo Valley
 3:16.3 LA Pierce
 3:16.5 Pasadena
 3:18.0 Foothill
 3:18.0 Santa Barbara
 3:18.2 West Valley
 3:18.3 West Los Angeles
 3:18.3 Compton
 3:18.4 Monterey Peninsula
 3:18.5 American River
 3:18.7 Cosumnes River
 3:18.8 Long Beach City

880 YARD RELAY

1:25.7 Southwest Los Angeles
 1:26.2 LA Harbor
 1:26.5 Los Angeles City
 1:26.8 Long Beach City
 1:26.8 West Los Angeles
 1:27.4 Contra Costa
 1:27.4 Laney
 1:27.8 Compton
 1:27.9 San Jose City
 1:28.2 San Joaquin Delta
 1:29.0 Diablo Valley
 1:29.0 Mt. San Antonio
 1:29.0 LA Valley
 1:29.0 LA Trade Tech
 1:29.0 Santa Barbara
 1:29.3 Cosumnes River
 1:29.4 Fresno City
 1:29.5 LA Pierce
 1:29.9 Pasadena
 1:30.3 Citrus

SPRINT MEDLEY RELAY

3:24.2 Laney
 3:24.9 LA Trade Tech
 3:27.0 Moorpark
 3:27.5 Long Beach City
 3:27.5 Los Angeles City
 3:28.2 Contra Costa
 3:28.3 Fullerton
 3:28.6 American River
 3:29.7 West Los Angeles
 3:30.1 San Jose City
 3:30.2 Diablo Valley
 3:30.3 Skyline
 3:30.4 Grossmont
 3:30.5 Bakersfield
 3:30.5 Southwest Los Angeles

JAMES ROBINSON

DISTANCE MEDLEY RELAY

10:00.8 Fullerton
 10:01.8 Moorpark
 10:04.8 LA Harbor
 10:08.4 El Camino
 10:08.8 Cerritos
 10:10.0 San Jose City
 10:11.8 Fresno City
 10:13.6 Sacramento City
 10:13.8 LA Pierce
 10:14.8 Monterey Peninsula
 10:15.8 Chabot
 10:19.3 Santa Ana
 10:19.4 Golden West
 10:20.0 Palomar
 10:20.2 San Joaquin Delta
 10:21.4 Laney
 10:21.6 American River
 10:22.2 West Valley
 10:22.3 Los Angeles City
 10:22.8 Bakersfield

FOUR MILE RELAY

17:08.4 Moorpark
 17:13.4 El Camino
 17:26.8 Palomar
 17:28.0 San Jose City
 17:29.2 Fullerton
 17:32.2 LA Harbor
 17:34.4 Cabrillo
 17:38.4 Fresno City
 17:40.0 LA Valley
 17:42.2 Citrus
 17:43.0 LA Pierce
 17:46.4 American River
 17:47.2 Marin
 17:48.0 Antelope Valley
 17:49.6 Chabot
 17:54.0 Golden West
 17:55.9 Santa Rosa
 17:59.0 Monterey Peninsula
 17:59.5 Cerritos
 18:02.8 Mt. San Antonio

SHUTTLE HH RELAY

61.2 Grossmont
 61.4 Skyline
 61.4 LA Harbor
 61.4 Los Angeles City
 61.5 Monterey Peninsula
 61.5 Santa Barbara
 61.6 East Los Angeles

From Ken Dose — Northern California and Calvin Brown — Southern California. Number following athlete and school indicates place in State Meet.

CALIFORNIA'S BEST 1974 MARKS

100 YARD DASH

9.2	Williams (San Diego State)
9.3	Quarrie (Beverly Hills Striders)
9.3	Edwards (Cal Poly SLO)
9.4	Whitaker (San Jose State)
9.4	Jefferson (Crawford HS)
9.4	Jackson (Beverly Hills Striders)
9.4	Johnson (W. L.A. Coll.)
9.4	Harold Williams (San Diego St)
9.4	Wilmoth (Citrus Coll.)
9.5	Gloud (Long Beach St)
9.5	Payton (Bay Area Striders)
9.5	Hampton (Silver Crk. HS)
9.5	Andrews (W. Bakersfield HS)
9.5	Pettus (San Fran. St.)
9.5	Clark (Cal State Hayward)
9.5	Simmons (Carson HS)
9.5	Peppers (UCLA)
9.5	Shavers (USC)
9.5	Brownstein (Cal State Northridge)
9.5	Brisco (Unattached)
9.5	Farmer (Wilson HS)
9.5	Breddell (San Jose St.)

220 YARD DASH

20.2	Quarrie (Beverly Hills Striders)
20.4	Edwards (Cal Poly SLO)
20.5	S. Williams (San Diego St.)
20.7	Breddell (San Jose St.)
20.8	H. Williams (San Diego St)
20.8	Farmer (Wilson HS)
20.9	Hampton (Silver Crk. HS)
20.9	Singletary (Southern Cal Coll.)
20.9	Rogers (Bay Area Striders)
21.0	Brown (UCLA)
21.0	Pettus (San Fran. St.)
21.0	Wilmoth (Citrus Coll.)
21.0	Brownstein (Cal State Northridge)
21.0	Burns (Cal Berkeley)
21.0	Shavers (USC)
21.1	Whitaker (San Jose St)
21.1	Peppers (UCLA)
21.1	Simmons (Carson HS)
21.2	Benson (Fullerton JC)
21.2	McGill (Cal Poly Pomona)

440 YARD DASH

45.8	Brown (UCLA)
45.8	Parks (UCLA)
46.0	Bolding (Pacific Coast Club)
46.2	Singletary (Southern Cal Coll.)
46.2	Schultz (Pacific Coast Club)
46.3	Farmer (Southwest L.A. JC)
46.4	Redd (San Diego St.)

880 YARD RUN

1:48.0	Robinson (Laney JC)
1:48.7	Brown (Cal Berkeley)
1:48.9	Bryan (American River JC)
1:49.4	Veney (UCLA)
1:49.5	Baxter (USC)
1:50.0	Schilling (San Jose State)
1:50.0	Davenport (Westmont Coll.)
1:50.0	Woodard (Cal State Fullerton)
1:50.1	Ramsey (Santa Rosa JC)
1:50.6	Kovacich (UCLA)
1:50.7	Haynes (Long Beach CC)
1:51.0	Musich (Burbank HS)
1:51.2	Giannolas (San Jose St)
1:51.2	McMamus (Diablo Valley Coll)
1:51.2	Kleinsasser (Cal Tech)
1:51.2	Kern (USC)
1:51.4	Wulf (LA Pierce JC)
1:51.4	Beck (UCLA)
1:51.5	Lowry (Beverly Hills Striders)
1:51.6	Lee (West Valley TC)

ONE MILE RUN

3:56.7	Hilton (Pacific Coast Club)
4:01.3	Halberstadt (Pacific Coast Club)
4:02.4	Kimball (De La Salle HS)
4:03.0	Beck (UCLA)
4:04.3	Schilling (San Jose St)
4:05.0	Innes (UCLA)
4:06.0	Veney (UCLA)
4:06.3	Dare (West Valley TC)
4:06.6	Richardson (USC)
4:06.7	Clifford (Sunny Hills HS)
4:06.7	Gilmore (UCLA)
4:06.8	Rouse (Southern Cal Coll)
4:07.0	Hellebrand (Moorpark JC)
4:07.2	Nitti (UCLA)
4:07.6	Camp (Navy)
4:07.6	Serna (Loara HS)
4:07.9	Lux (San Diego St)
4:08.2	Wicksell (West Covina HS)
4:08.8	Arriola (Gahr HS)
4:08.9	Musich (Burbank HS)

1500 METER RUN

3:36.8	Hilton (Pacific Coast Club)
3:43.0	Lawson (Unattached)
3:48.5	Beck (UCLA)
3:48.9	Kimball (De La Salle HS)
3:51.3	Arriola (East L.A. TC)

TWO MILE RUN

8:37.7	Tibaduza (East L.A. TC)
--------	-------------------------

29:05.6	Williams (Beverly Hills Striders)
29:10.6	Bellah (Stanford)
29:14.8	Smead (Humboldt St)
29:19.4	Hulst (Laguna Beach HS)
29:39.4	Reinsma (Westmont Coll)
29:40.0	Arbogast (Crespi HS)
30:00.6	Hartig (Fresno CC)
30:08.2	Loeschhorn (WVTC)
30:08.4	Razzeto (UC Santa Barbara)
30:09.0	Griffin (Cal Tech)
30:14.2	Huber (Long Beach St)
30:16.6	McMitchell (San Jose State)
30:20.0	Dunlevie (Southern Cal Coll)
30:22.0	Chavez (Fresno State)
30:24.0	Hamond (SRC)

10,000 METER RUN

28:35.2	Tuttle (Beverly Hills Striders)
29:31.2	Pryor (Beverly Hills Striders)
30:10.6	Williams (Beverly Hills Striders)
30:12.8	Hulst (Laguna Beach HS)
30:42.8	Arbogast (Crespi HS)

3000 METER STEEPLECHASE

8:36.4	Timm (Athletes in Action)
8:38.8	Innes (UCLA)
8:47.6	Price (Athletes in Action)
8:48.0	Lucas (WVTC)
8:53.6	Dare (WVTC)
8:59.4	Haver (A. in A.)
9:01.0	Brown (Chico St)
9:06.6	Krause (San Jose St)
9:11.4	Owen (Unattached)
9:12.0	Sweeney (Long Beach St)
9:14.2	Magallenes (Monterey Pen. JC)
9:14.2	Pearson (Diablo Valley JC)
9:14.6	Johansen (Westmont College)
9:14.6	Hurst (San Jose State)
9:15.6	Elijah (Humboldt State)
9:17.6	Davis (UC Davis)
9:17.6	Birnbaum (WVTC)
9:19.1	Schwitzer (UC Santa Barbara)
9:25.3	Phelan (Fresno State)



46.8m	Robinson (Laney JC)
46.9	Benson (Fullerton JC)
46.9	S. Williams (San Diego St)
46.9	Campbell (USC)
47.3	Campbell (Fresno State)
47.4	Preston (Cal State Northridge)
47.5	Driver (Beverly Hills Striders)
47.5	Kemp (Beverly Hills Striders)
47.6	Vanhofwegen (Beverly Hills Striders)
47.6	Sheats (Muir HS)



BRUCE HELLEBRAND

8:50.5	Hulst (Laguna Beach HS)
8:52.8	Tuttle (Beverly Hills Striders)
8:52.8	Duffy (Cal Berkeley)
8:55.0	Nitti (UCLA)
8:55.2	Jameson (Occidental)
8:55.4	Brown (USC)
8:55.8	Schmulewicz (Cal Berkeley)
8:56.0	McConnel (Stanford)
8:56.4	Maxwell (Cal Berkeley)
8:56.8	Genet (San Jose St)
8:57.0	Schankel (Lompoc HS)
8:57.5	Camp (Navy)
8:57.8	Hart (Modesto HS)
8:58.4	Lux (San Diego St)
8:58.6	Wheeler (San Diego St)
8:58.6	Richardson (USC)

THREE MILE RUN

13:22.8	Halberstadt (Pacific Coast Club)
13:25.4	Tuttle (Beverly Hills Striders)
13:30.6	Tibaduiza (West Valley TC)
13:38.8	Menet (West Valley TC)
13:41.8	Genet (San Jose St)
13:43.6	Kimball (De La Salle HS)
13:45.4	Sandoval (Stanford)
13:45.4	Serna (Loara HS)
13:46.0	Duffy (Cal Berkeley)
13:50.0	Schmulewicz (Cal Berkeley)
13:50.6	Jameson (Occidental)
13:51.0	Macias (East L.A. TC)
13:53.4	Nuccio (West Valley TC)
13:54.2	Sweeney (Long Beach St)
13:55.2	Fredrickson (US International U)
13:55.6	Wheeler (San Diego St)
13:56.4	Kingery (San Carlos HS)
13:56.8	Lux (San Diego St)
13:57.2	Klovers (Santa Monica AA)
13:58.0	Brooks (San Jose CC)

5000 METER RUN

13:58.0	Tibaduiza (WVTC)
14:04.4	Tuttle (Beverly Hills Striders)
14:16.2	Serna (Loara HS)
14:22.0	Kimball (De La Salle HS)
14:30.2	Brown (Beverly Hills Striders)
14:30.5	Lux (San Diego State)
14:32.8	Hulst (Laguna Beach HS)
14:33.4	Schankel (Lompoc HS)
14:35.0	Hart (Modesto HS)
14:44.6	Covert (San Fernando Valley TC)
14:45.0	Arbogast (Crespi HS)
14:47.0	Stordahl (Chico State)
14:47.0	Wheeler (San Diego St)
14:47.8	Lucas (WVTC)
14:48.6	Kingery (San Carlos HS)
14:49.0	Lozano (Cal State Northridge)
14:50.0	Nuccio (WVTC)

SIX MILE RUN

28:26.0	Fredrickson (US International U)
28:26.8	Pryor (Beverly Hills Striders)
28:58.0	Schankel (Lompoc HS)
28:59.6	Jameson (Occidental)
29:00.0	Richardson (USC)



MARK WILSON'S NATIONAL PREP RECORD
(Fresno Bee)

120 YARD HIGH HURDLES

13.3	Rich (Cal International)
13.4m	Hill (Army)
13.5	White (Beverly Hills Striders)
13.6	Jackson (Beverly Hills Striders)
13.6m	Wilson (Beverly Hills Striders)
13.7	Carty (Bay Area Striders)
13.8	Ligons (Chabot JC)
13.8	Tinnin (San Jose St)
13.8	Mosley (Cal Berkeley)
13.8	Washington (USC)
14.0	Cooper (Ellis HS)
14.0	Whitfield (Bay Area Striders)
14.1	Johnson (USC)
14.1	Davie (Antelope Valley JC)
14.1	Foster (Foothill JC)
14.1	Florant (Cal Berkeley)
14.1	Williams (USC)
14.1	Alexander (Cal Berkeley)
14.1	Ellis (Sacramento St)

440 YARD INTERMEDIATE HURDLES

48.1m	Bolding (Pacific Coast Club)
49.5m	King (San Diego TC)
49.5m	Mann (Beverly Hills Striders)
49.9m	Williams (San Diego TC)
51.0	Patton (Cal State Northridge)
51.3	Andrews (USC)
51.6	Greene (San Diego St)
51.7	Ewing (Beverly Hills Striders)
51.7	McCullough (Cal State L.A.)
51.8	Kaster (San Jose State)
51.8	Whitney (Beverly Hills Striders)
51.8	Odell (Occidental)
51.8	Guerrero (UCLA)
52.0	Hogsett (Stanford)
52.1	Steele (Glendale JC)
52.5	Fisher (Harbor JC)
52.5	Taylor (Occidental)
52.8	Mosley (Cal Berkeley)
52.8	Vonlderstein (Fullerton JC)
52.9	Penner (Athletes in Action)
52.9	Wyatt (Skyline JC)

HIGH JUMP

7-5 3/8	Stones (Pacific Coast Club)
7-2 3/4	Kotinek (UCLA)
7-2 1/4	Brown (Pacific Coast Club)
7-2	Owens (USC)
7-1 3/4	Wilson (Monte Vista HS)
7-1	Fletcher (Beverly Hills Striders)
7-0 1/2	Mackey (San Jose St)
7-0 1/2	Madau (Fullerton JC)
7-0	Culp (USC)
7-0	Winston (Cal State L.A.)
7-0	Ridge (Merced HS)
7-0	Beedie (La Sierra HS)
7-0	Joseph (All American TC)
7-0	Frazier (Cal State Northridge)
7-0	Hatch (Wilson HS)
6-11	Causey (Southern Cal Coll)
6-10 1/2	Livers (San Jose St)
6-10 1/4	Kraft (UC Santa Barbara)
6-10 1/4	Case (Laguna Beach HS)
6-10 1/4	Churchill (Alemany HS)
6-10 1/4	Peterie (Warren HS)

POLE VAULT

17-7 1/4	Carrigan (Pacific Coast Club)
17-7	Isaksson (Beverly Hills Striders)
17-7	Slover (Beverly Hills Striders)
17-6	Dias (Beverly Hills Striders)
17-0 1/4	Tracanelli (UCLA)
17-0	Simpson (Beverly Hills Striders)
17-0	Rock (Beverly Hills Striders)
17-0	Hamer (Cal Poly SLO)
17-0	Pullard (USC)
17-0	Richards (Pacific Coast Club)
16-9	Aldrich (Fresno State)
16-8 3/4	Tully (Milikan HS)
16-6 1/2	Jesse (Beverly Hills Striders)
16-6 1/2	Miguel (Beverly Hills Striders)
16-6 1/4	Flint (Fresno City College)
16-6 1/4	Martin (West Valley JC)
16-6	Anderson (Cal State Northridge)
16-4	Rogers (USC)
16-3 3/4	Johnson (Glendale JC)

send additions and corrections to CALIFORNIA TRACK NEWS

LONG JUMP

27-2 3/4	Robinson (San Diego TC)
26-10 1/4	Moore (Unattached)
26-7 1/2	Herndon (UCLA)
26-6 3/4	Proctor (Beverly Hills Striders)
26-4	Williams (USC)
26-1 1/2	Lanier (Army)
26-1 1/4	Jackson (Beverly Hills Striders)
25-8 3/4	Bapiste (Long Beach State)
25-7 1/2	Wright (San Jose St)
25-6 1/2	Shaw (Foothill JC)
25-5	Kotinek (UCLA)
25-2	Davis (San Jose State)
25-1	Overstreet (San Jose CC)
25-1	Wilkinson (San Diego Mesa)
25-1	Whitley (Cal International)
24-11	Uraman (Chico State)
24-9 1/2	Carter El Camino JC)
24-9	Steffers (Bay Area Striders)
24-8	Anderson (Unattached)
24-8	Silva (Bay Area Striders)



VIC DIAS clears 17-6

TRIPLE JUMP

55-2 1/4	Tiff (Beverly Hills Striders)
54-11 1/4	Taylor (UCLA)
54-8 3/4	Gill (Cal International)
54-1 3/4	Butts (Beverly Hills Striders)
53-9 1/2	Grimes (Unattached)
53-3 3/4	Dupree (Long Beach State)
53-3 3/4	Reader (Cal International)
53-0	Jackson (Beverly Hills Striders)
52-5 3/4	Terry (UC Davis)
52-5	Washington (USC)
52-2 1/2	Livers (San Jose St)
52-2	Montgomery (Cal Poly Pomona)
51-10 1/2	Tucker (Long Beach St)
51-3	Banks (Oceanside HS)
50-11	Cohee (USC)
50-6	Steffers (Bay Area Striders)
50-5 3/4	Fernandez (San Francisco St)
50-2 1/2	Harrell (San Joaquin Delta JC)
50-2 1/2	Baldwin (Grossmont JC)
50-2 1/4	Bryson (Oakland HS)

SHOT PUT

70-10 1/2	Feuerbach (Pacific Coast Club)
70-3 1/2	Woods (Pacific Coast Club)
70-0 1/2	Semkiw (Mesa, San Diego)
69-0 3/4	Albritton (Unattached)
65-9 3/4	Shmook (Beverly Hills Striders)
63-7 1/2	Neidhart (UCLA)
63-7	Marks (Unattached)
62-6	Schiller (UCLA)
61-2	Freberg (UCLA)
59-11 3/4	Adams (S.D. Mesa JC)
59-0 1/2	Turri (Southern Cal Coll)
58-10 1/4	Fogg (Pomona-Pitzer)
58-7 1/2	Keshmiri (Unattached)
58-2	Pagel (Unattached)
57-7	Bouvier (USC)

HAMMER THROW

226-6	DeAutremont (Beverly Hills Striders)
223-9	Farmer (Beverly Hills Striders)
217-8	Diehl (Army)
217-3	Shuff (Army)
211-5	Frenn (Unattached)
209-3	Casey (Beverly Hills Striders)
208-4	Galle (Beverly Hills Striders)
202-0	Giroux (Fresno State)
197-11	Connolly (Beverly Hills Striders)
196-7	Acaro (Beverly Hills Striders)
190-3	McCollum (Bay Area Striders)
183-11	Blankenship (Cal State Hayward)
176-0	Sorensen (Fresno State)
172-1	Murray (Fullerton JC)
170-2	Neims (Fresno State)
169-9	Venegas (Cal State Northridge)
167-10	Franson (Chico State)
163-0	Shank (Westmont)
161-0	Miller (Southern Cal Coll)
160-0	Jordan (Westmont)



JIM KING
(left)

WES WILLIAMS
(right)

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56-10 Gnerarui (San Jose St)
56-9 1/2 Giroux (Fresno State)

DISCUS THROW

223-4 Powell (Unattached)
200-8 Kennedy (Bay Area Striders)
198-3 Tollefson (Beverly Hills Striders)
189-6 Penrose (Bay Area Striders)
187-2 Weber (Pacific Coast Club)
187-0 Freberg (UCLA)
185-2 Ordway (Pacific Coast Club)
182-9 Lister (Beverly Hills Striders)
178-9 Gunther (UCLA)
178-9 Kohler (Beverly Hills Striders)
178-3 McCollum (Bay Area Striders)
175-5 Nave (Cal State Hayward)
174-0 Frankiewish (Marin JC)
173-6 Nelms (Fresno State)
173-2 Pushkin (Foothill JC)
171-11 Murray (Fullerton JC)
171-10 Fruglietti (USC)
170-3 Jenkins (Unattached)
170-2 Grover (WVJC)
169-2 Harvey (UCLA)

JAVELIN THROW

260-10 Schmidt (Pacific Coast Club)
250-4 Kennedy (Cal Berkeley)
246-5 Kotinek (UCLA)
243-7 Goldie (Long Beach St)
242-11 Parker (San Fran. St)

7969 Warkentin (Beverly Hills Striders)
7938 Evans (Beverly Hills Striders)
7839 George (Fresno State)
6936 Alexander (Southern Cal Coll)
6731 Foster (Fresno State)
6650 Garcia (Glendale JC)
6611 Turek (Fullerton JC)

440 RELAY

39.8 UCLA
39.8 Beverly Hills Striders
40.0 San Diego State
40.0 USC
40.0 Cal Berkeley
40.1 Bay Area Striders
40.3 San Jose State
40.3 Cal International
40.6 Cal State Northridge
40.8 Cal Poly SLO

ONE MILE RELAY

3:06.6 UCLA
3:07.2 USC
3:08.2 San Diego State
3:09.0 Southwest L.A. JC
3:10.1 L.A. Harbor JC
3:10.2 Laney JC
3:10.3 Bay Area Striders
3:10.6 Cal Poly SLO
3:10.8 Cal Berkeley
3:11.0 Fullerton JC

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ging Association.

RESULTS--ALL KINDS

Santa Maria, May 31 - 5th Annual California State Decathlon Championships, Hancock JC.

1. Carlos Garcia (Glendale)	6650
11.5, 20-10, 27-10, 6-2 7/8, 55.1, 15.9, 112-2 1/2, 15-6, 161-8, 4:59.9.	
2. John Turek (Fullerton)	6611
10.8, 23-6, 35-6, 5-8 7/8, 52.2, 15.0, 116-11 1/2, 12-6, 135-10, 5:16.0.	
3. James Thompson (Hartnell)	6450
11.4, 21-6, 36-5, 6-2 7/8, 52.9, 15.2, 109-0 1/2, 10-6, 155-8, 4:49.8.	
4. Hubert Black (L.A. City College)	6345
11.3, 22-2 1/2, 7, 6-0 7/8, 54.1, 16.7, 90-8 1/2, 15-0, 132-11, 5:18.7.	
5. Larry Johnson (Glendale)	6341
11.2, 20-2 1/4, 37-7 1/2, 5-8 7/8, 54.4, 16.2, 106-1, 15-9, 140-6, 5:14.8.	
6. Rick Moore (Long Beach)	6166
7. Bruce Kupersmith (L.A. Pierce)	6123
8. Rick Steele (Glendale)	6089
9. Cliff Schmedar (Mira Costa)	6064
10. Steve DeBorg (Fullerton)	5880
11. Bruce Dunn (Moorpark)	5871
12. Eric Lind (L.A. Pierce)	5864
13. Roger Johnson (L.A. Pierce)	5859
14. James Overton (L.A. City College)	5844
15. Mark Stephen (Porterville)	5821
16. Mark Von Iderstein (Fullerton)	5771
17. Steve Lierley (Santa Barbara)	5757
18. Marlon Murphy (San Mateo)	5744
19. Steve Frankiewicz (Morced)	5718
41 contestants /Ray Kring/	

Senior Olympics Marathon Championships

Irvine, Ca. June 2, 1974

Ages 25 - 29	
1. Bennet Lundkvist (Venice, CA)	2:50:15
2. Thomas Cory (Miraleste, CA)	2:54:41
3. Michael Sayward (Orange, CA)	3:13:28
4. Henry Osgood (Yorba Linda, CA)	3:26:28
Ages 30 - 34	
1. Frank Bozanich (USMC) 1st overall	2:28:54
2. Peter Peterson (Northridge, CA)	2:51:55
3. Russell Taylor (San Diego, CA)	2:59:15
4. Mickey Brodie (Rancho Cordova, CA)	2:59:27
5. Matt Bernstein (La Jolla, CA)	3:10:04
6. John Ouellet (Los Angeles, CA)	3:16:02
Ages 35 - 39	
1. Truman Clark (Los Angeles, CA)	2:33:11
2. David Sills (Irvine, CA)	2:47:44
3. Joe Burgasser (Torrance, CA)	2:53:13
4. Abe Underwood (Sacramento, CA)	2:53:50
5. Peter Bowley (Mission Viejo, CA)	2:56:35
6. Daniel Goodwin (Los Angeles, CA)	2:58:10
7. Dietmar Oberhossel (LA, CA)	3:07:44
8. Royce Fagan (West Covina, CA)	5:15:25
Ages 40 - 44	
1. David Parker (Sylmar, CA) 1-40	2:44:39
2. Gary DeWitt (Tustin, CA)	2:53:59
3. Richard Fleming (Spring Valley, CA)	3:12:33
4. Byron Potts (Pacific Palisades, CA)	3:15:33
5. Wayne Groesbeck (San Diego, CA)	3:44:05
6. Bruce Schmedar (L.A. Pierce, CA)	5:26:42

Men's and Women's Pacific Association One

Hour Run Championships. June 16, 1974

1. George Stewart (24, WVTC)	12mi106yds
2. Alvaro Mefia (WVTC)	11mi1320yds
3. Jim Birnbaum (22, WVTC)	11mi186yds
4. Jack Bellah (19, WVTC)	11mi428yds
5. Bob Darling (24, ETC)	11mi358yds
6. Dave Himmelberger (28, WVTC)	11mi160yds
7. Dan Anderson (22, WVTC)	11mi76yds
8. Daryl Zapata (29, WVTC)	10mi1626yds
9. Ron Fritake (17, Unat)	10mi1058yds
10. Frank Krebs (31, WVTC)	10mi1030yds
11. Ray Hensie (Unat)	10mi1648yds
12. Rich Vasquez (14, PHTC)	10mi453yds
13. Jim Eagle (WVTC)	10mi138yds
14. Dick Cordone (25, Unat)	10mi112yds
15. Jim Nicholson (44, NCSTC) 1-40	10mi48yds
16. Bill Jensen (40, PAMAKIDS)	10mi20yds
17. Leo Cullen (19, STC)	9mi1619yds
18. Keen Tuinzing (26, Dolphin)	9mi1255yds
19. C. Templeman (40, NCSTC)	9mi1985yds
20. David Eagle (26, HTC)	9mi1943yds
21. Peter Ekstein (29, Canada)	9mi711yds
22. Jeff Olson (22, Unat)	9mi1689yds
23. Mike Brooks (29, WVTC)	9mi1639yds
24. Dave Robble (29, NVRC)	9mi590yds
25. Gabriel Duguay (25, Canada)	9mi454yds

WOMEN

1. Diane Williams (14, GSTC)	9mi109yds
2. Kathy Himmelberger (27, WVTC)	8mi1219yds
3. Elizabeth White (36, WVTC)	7mi1637yds
4. Phyllis Jaffe (Unat)	7mi185yds
50 Starters-43 Finishers /Harold DeMoss/	

Santa Barbara, June 30 - Senior Olympics Decathlon, UCSB.

25-29 Division:

1. Jim Sobienecryk (unattached)	7335*
11.2, 20-11, 42-0, 6-4, 50.0, 15.3, 127-10, 13-0, 202-1, 4:32.8.	
2. Doug Shaw (Santa Barbara)	6141
3. Terry Mockling (Hacienda Heights)	6060

30-34 Division:

1. Darel Petty (Texas)	5198
11.9, 15-3, 38-6, 5-9 3/4, 59.9, 19.1, 115-0, 10-0, 172-7, 4:59.6.	

35-39 Division:

1. J.D. Martin (Oklahoma)	5629*
12.9, 18-6, 40-3 1/2, 5-11 5/8, 59.3, 16.9, 136-8, 12-0, 161-6, 5:43.2.	

40-44 Division:

1. Jake Cons (Santa Barbara)	5672*
11.6, 19-9 1/4, 32-3 1/2, 5-3 3/4, 52.7, 16.3, 106-1, 9-6, 127-9, 4:39.0.	

45-49 Division:

1. K.C. Kaffer (West Covina)	4573
2. Dave Douglas (Los Angeles)	3031
3. Doug Dittmar (Solvang)	2931

50-54 Division:

1. Deter Fetter (Redondo Beach)	3238
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Central California One Hour Run. . . June 25

Open Division

1. Jim Hartig	11mi 73yds
2. Dave Bronzan	10mi 1619yds
3. Robert Sosa	10mi 1286yds
4. Lee Ferrero	10mi 1203yds
5. Fernie Montanex	10mi 335yds
6. Steve Ward	10mi 230yds
7. Bill Cockerham	10mi 160yds
8. Joe Dunbar	10mi 110yds
9. Rich Peterson	10mi 96yds
10. Larry Lung	9mi 1394yds

Junior Division

1. Louis Grieco	10mi 1120yds
2. Richard Mead	10mi 589yds
3. Richard Reynaga	10mi 230yds
4. Tom Avery	9mi 1354yds
5. Mike Thornton	9mi 1354yds
6. Dean Espitalier	9mi 1183yds
7. Jim Grieco	9mi 970yds
8. Chris Gatterall	9mi 784yds
9. Scott Thornton	9mi 770yds
10. Bill Sauges	9mi 720yds

Senior Division

1. Len Thornton	10mi 370yds
2. Bob Stout	10mi 20yds
3. Sid Toabe	9mi 1570yds
4. Gene Lynch	9mi 1214yds
5. Burt Woodruff	9mi 179yds
6. Bob Reynaga	8mi 1250yds
7. Lee Spencer	8mi 38yds
8. Dewey Jan	7mi 1600yds
9. Ron Gates	7mi 1388yds
10. Paul Buch	7mi 1365yds

Woman's Open Division

1. Dawn Douglas	7mi 1557yds
2. Michelle Beveridge	7mi 474yds
3. Debra Moffitt	6mi 1700yds
50 Finishers /Sid Toabe/	

Kenwood, July 4 - 2nd Annual Kenwood 10 Kilo.

1. Jim Nuccio (Army)	32:16
2. Jack Bellah (WVTC) HS	32:16
3. Ron Elijah (Marin AC)	32:41
4. Don Makela (Marin AC)	32:41
5. Jack Bellah (WVTC)	33:13
6. Bob Grubbs (WVTC)	33:31
7. Gary Singer (BVH) 1-Jr	34:22
8. Nick Vogt (Gold Spike TC)	34:23
9. Mike Fornaciari (VMTTC)	34:28
10. Darryl Beardall (Marin AC)	34:33
11. Bob Bunnell (Marin AC)	34:58
12. Terry Pintane (VMTTC)	34:58
13. Hans Templeman (unattached)	35:08
14. Ted Woliczko (VMTTC)	35:12
15. Mark Byers (Marin AC)	35:18
16. Bennie Jordan (unattached) 2-Jr	35:23
17. Jim Williams (Gold Spike TC) 3-Jr	35:55
18. Barry Milender (unattached) 4-Jr	36:05
19. Doug Butt (Marin AC)	36:12
20. Jeff Jahn (VMTTC) 5-Jr	36:17
21. Ray Menzie (unattached)	36:22
22. Mick Brodie (Pleasant Hill TF)	36:38
23. Gary Krauss (unattached)	36:40

3rd Annual LaFayette 10,000 Meter Run

LaFayette, CA. July 13, 1974

1. Jim Nuccio 24	31:13
2. Jack Bellah 19	31:42
3. Tom Laris 34	32:06
4. Joe Taciera 21	32:15
5. Bill Clark 30	32:46
6. Doug McLean 20	32:56
7. Dan Anderson 22	33:02
8. Matt Sommer 19	33:09
9. Bob Paulin 16	33:18
10. Dennis Tracy 28	33:34
11. Gilbert Brooks 19	33:47
12. David Himmelberger 28	33:47
13. Dave Stock 17	33:56
14. Unidentified	33:56
15. Dean Chestnut 20	34:27
16. Keith White 24	34:27
17. Unidentified	34:36
18. Kent Guthrie 37	34:40
19. Gary Sanchez 20	34:48
20. Homer Latimer 35	34:51
21. Hans Tempelman 20	34:51
22. Mike Emry 18	34:54
23. Bruce Robin 22	34:56
24. Bruce Wolfe 19	35:19
25. Jeff Johnston 22	35:21
38. Dennis Teegarden 42 1-40	36:26
61. Peter Mattel 50 1-50	38:23
121. Karen Salisbury 13 1-F	43:37
171. Bill Monheit 64 1-60	49:37
217. Finishers /Clark Smithson/	

Tiburon CA, July 20, 1974-Tiburon Road Race

1. George Stewart (WVTC/Army) SR	42:08
2. Jack Bellah (WVTC) HS	42:10
3. Jim Dare (WVTC/Navy)	42:27
4. Roy Kassin (WVTC) HS	42:53
5. Joe Taniera (ATC) HS	42:56
6. Joe Lucas (WVTC)	43:05
7. Jim Birnbaum (WVTC) SR	43:15
8. Mitch Kingery (WVTC) HS	43:21
9. Charles Harris (WVTC) HS	43:25
10. Daryl Zapata (WVTC)	43:33
11. Bill Clark (WVTC)	43:39
12. Doug McLean (WVTC)	44:06
13. Jack Leydig (WVTC) SR	44:22
14. Mike Tulley (WVTC)	44:33
15. Wm. Weaver (WVTC) HS	44:36
16. Dan Anderson (WVTC) HS	44:38
17. Hersh Jenkins (SRCC)	44:57
18. Scott Carvey (WVTC)	45:19
19. Grey Griffin (Un.) HS	45:30
20. Daryl Beardall (MAC)	45:34
21. Bob Wolff (WVTC) HS	45:44
22. Bruce R. Sayre (WVTC)	45:47
23. Damon Wood (WVTC) SR	45:59
24. David Himmelberger (WVTC) HS	46:19
25. Bill Kipp (SCC) HS	46:39
33. Jim Shettler (WVTC) SR 1-40	47:53
87. Vicki Monroe (LTC) 1-F	52:57
262 Finishers /Ron Elijah/	



Santa Maria, August 2 & 3 - National AAU

Masters Decathlon Championships, Hancock JC

40-49 Division: (39" hurdles)

1. Bruce Hescock (40, Bethany, Conn.)	5987*
12.5, 20-3 3/4, 38-10 1/2, 6-0 1/2, 57.0, 17.0, 125-6 1/2, 12-6 3/4, 156-1 1/2, 5:11.	
2. Jake Coss (40, Santa Barbara)	5975
3. Harvey Schellenberg (41, Reedley)	5729*
4. Harry Hawke (45, San Diego)	4829*
5. Lee Thomas (41, Hawaii)	4041
6. Dave Douglass (42, Los Angeles)	3068
7. Jack Wilkins (44, Santa Maria)	2305
50-59 Division: 36" hurdles, 12" shot, 1.06 disc.	
1. Pete Fetter (53, Redondo Beach)	3722
12.3, 17-4 1/4, 36-2 1/2, 4-4 3/4, 64.6, 21.2, 109-9 1/2, 7-4 1/2, 127-0, 6:37.6.	

60-69 Division: 30" hurdles, #shot, 1.0 discus.

1. Bud Deacon (Hawaii) (63)	3749
13.7, 15-6 1/4, 37-8 1/2, 4-2 3/4, 64.0, 18.7, 102-1, 10-0 1/2, 92-5 1/2, 5:35.3.	
2. John Dick (63, Milwaukee, Wisc.)	2597
3. Russell Hargreaves (65, Santa Bar.)	1860*
4. Winstead Weaver (62, Burbank)	908

* = new age world record. /Ray Kring/

SB County Fair Ten Mile Road Race - July 23

Guadalupe to County Fair Grounds. 10.1 Mi	
1. Terry Williams (BHS)	49:40
2. Jim Schunkel (Lompoc HS) 1-HS	51:00
3. Jim Warrick (Cal-Poly)	53:04
4. Steve Galbraith (ARC)	54:18
5. Bob Zerich (Cabrillo HS)	56:59
6. Bill Everding (VAFB)	58:12
7. Steve Harney (CCAC)	58:33
8. Ray Gil (Seniors TC) 1-40	58:34
9. Ron Genschmer (VAFB)	58:50
10. Ray Berguis (Arroyo Grande HS)	59:04
11. John Beston (Cal-Poly)	59:27

1. Richard Walsh (Las Vegas, Nev) 1-50 3:49:55
 2. Charles Swingrover (Ptn. Valley, CA) 5:21:51
 Ages 60 - 64
 1. Urban Miller (Seattle, Wash) 1-60 3:14:33
 2. Albert Clark (Orange, CA) 3:15:12
 3. John Montoya (Colton, CA) 3:16:38
 Ages 65 - 69
 1. James Bole (Long Beach, CA) 3:53:24
 31 Finishers

1. Faye Steele (Louisiana) 2001
 13.7, 14-8 3/4, 20-1 1/4, 4-3, 64.9, 22.0
 82-11 1/2, 6-6, 92-4, 5:57.0.
 65-69 Division:
 1. Russ Hargreaves (Santa Barbara) 1610*
 14.9, 13-0 1/2, 3-5 3/4, 3-9, 71.3, dnf,
 87-4 1/2, 5-6, 89-6 1/2, 6:13.3.
 * = meet record. /L.A. Sports Intl./



Southern California SENIORS stick together in this race

Excelsior Beach Run. 6.5 miles
 San Francisco, CA. June 29, 1974
 1. Jim Nuccio (24, WUTC) 32:49
 2. Daryl Zapata (29, WUTC) 33:49
 3. Jee Taxiera (21, ATC) 34:09
 4. Kevin Purrey (22, GWTC) 34:18
 5. Greg Griffin (19) 34:22
 6. Bob Paulin (16, CRK) 34:26
 7. Bill Clark (30, WUTC) 34:33
 8. Bob Barnett (17) 34:37
 9. Jack Leydig (30, WUTC) 34:41
 10. Gary Green (19, BTC) 34:41
 11. Dirk Feenstra (16, GWTC) 35:03
 12. Mike Tulley (19, GWTC) 35:03
 13. Dave Himmelburger (28, WUTC) 35:06
 14. Dennis Tracy (28, WUTC) 35:30
 15. Jeff Johnson (22) 35:35
 16. Dave Schmit (17) 36:00
 17. Tim Gaygen (16, GWTC) 36:04
 18. Mike Porter (20, BAS) 36:06
 19. Bob Powell (17, GWTC) 36:08
 20. Kent Guttridge (37, WUTC) 36:11
 21. Ben Jordan (17) 36:27
 22. Tim Swezey (23, ATC) 36:38
 23. Frank Krebs (31, GWTC) 36:44
 24. Bob Costa (16) 36:50
 25. H. Ferrill (36, BVH) 37:02
 32. Bill Jensen (40, PMK) 1-40 37:30
 88. Debbie Rudolph (13) 1-F 42:37
 133. John Cetan (51, DSE) 1-50 45:53
 185. Walt Stack (66, DSE) 1-60 51:25
 212 Finishers /Frank Donahue/

5th Annual Morro Bay to Cayucos Fun Run
 Morro Bay - June 30, 1974
 Course Record by Harney in 1972 of 32:03
 New Course Record by Bob Wallace 31:54
 1. Bob Wallace (23, Lakewood) 32:04
 2. Jim Schankel (18, Lompoc) 32:07
 3. Jim Arquilla (23, Long Beach) 32:13
 4. Terry Williams (19, Lompoc) 32:39
 5. Ben Martinez (23, Long Beach) 32:45
 6. Mike Butler (22, Long Beach) 33:12
 7. Jim Hartig (20, Clovis) 33:24
 8. Glenn Jewell (19, Carson) 33:31
 9. Bob Nanninga (27, SLO) 33:43
 10. Dave Bronzan (26, Fresno) 33:58
 11. John Beaton (20, Grover City) 34:03
 12. Jim Warrick (18, Lompoc) 34:22
 13. Skip Shaffer (36, Whittier) 34:25
 14. Steve Galbraith (18, Lompoc) 34:43
 15. Luis Arreola (17, SLO) 34:53
 16. Ralph Baeza (20, Porterville) 34:54
 17. Mike Brisbin (24, SLO) 35:15
 18. Bruce Todd (19, Newport Beach) 35:17
 19. Ed Weaver (15, SLO) 35:24
 20. Dwayne McCulloch (23, Long Beach) 35:27
 21. Frank Freyne (34, China Lake) 35:30
 22. Kevin O'Hara (17, Santa Barbara) 35:36
 23. Len Thornton (43, Fresno) 1-40 35:38
 24. Steve Smith (13, Newbury Park) 35:42
 25. Dave Marlow (19, Santa Barbara) 37:21
 41. Sid Toabe (50, Fresno) 1-50 46:10
 148. Danna Douglas (27, Visalia) 1-F 46:10
 269 Finishers /Stan Rosenfield/

105 finishers /F. Kenyon/

8th South El Monte Blind Handicap - July 6
 Distance - 7.9 Miles
 Course Record of 41:13 by Scobey in 1973
 1. Ajim Bakah 42:20
 2. Phil Ryan (30, GWAA) 42:27
 3. Ed Chandez (22, UNAT) 43:18
 4. Curtis Ellis (24) 43:22
 5. Doug Roswell (20) 43:23
 6. Ronald Kurrle (26, PCC) 43:37
 7. Scott Chisam 43:45
 8. John Schmickrath (22, GWAA) 43:56
 9. Skip Shaffer (36, CCAC) 44:00
 10. Glenn Jewell 44:22
 11. Steve Chase (19, UNAT) 44:22
 12. Craig Ellis (24) 45:15
 13. Jeff Clark (19) 45:30
 14. Manuel Reynosa (19) 45:58
 15. Gary Ardrey (16) 46:37
 16. Marvin Rowley (34, CCAC) 47:10
 17. Frank Freyne (34, CCAC) 47:25
 18. John Leeper 47:42
 19. Les Claders (22, UNAT) 48:28
 20. Don Boulanger (CCAC) 48:36
 21. Mike Dermiento 48:43
 22. Blake Wood (15) 48:50
 23. Robert Nyman (35, CCAC) 49:40
 24. Chris Carlson 49:48
 25. Bill Austin (17) 49:52
 38. Walt Windsor (42, UNAT) 1-40 52:05
 60. Charles Seekins (57, STC) 1-50 54:50
 92. Shar. O Halloran (CCAC) 1-F 59:17
 146 Starters-127 Finishers /Geza Bottlik/

Newport Beach, July 13, 1974 Newport Beach
 Exchange Club Run. 10.2 miles.
 Course record: 50:57 by Doug Schmenk (1973)
 1. Bob Wallace 51:22
 2. Ralph Serna 52:10
 3. Doug Schmenk 52:39
 4. Don Ocana 52:42
 5. Mark Covert 53:50
 6. Mike Chambliss (SBAA) 53:54
 7. Kent Norton 54:12
 8. Wayne Akiyama 54:25
 9. Jeff Spangler 54:35
 10. Bob Branch (CCAC) 55:01
 11. Robert Slick (18, unattached) 55:49
 12. Keith Strodl 56:29
 13. Ken Kendall (24, Oxy) 57:02
 14. Jim Arquilla (23, unattached) 57:08
 15. Bob Martinez 57:33
 16. Dave Bernstein 57:39
 17. Mike Ayon 57:43
 18. Jeff Clark 57:49
 19. Charles Benick 57:49
 20. Orville Atkins (38, STC) 58:38
 21. Paul Reynard 60:11
 22. John Storm 60:11
 23. John Ockerman 60:19
 24. Irwin Merwin (24, CCAC) 60:26
 25. John Heikes (39, STC) 60:28
 37. Sam Nicholson (45, STC) 1-40 62:53
 54. Rudy Ceja (51, STC) 1-50 65:26
 107. Kathy Keller 1-F 80:01
 115 finishers /John Brennand/



JODI ANDERSON leaps 19-7 for DGWS record

Huntington Beach, August 3 - Huntington Beach
 Distance Derby. 10.0 miles.
 1. Ron Kurrle (26, PCC) 50:27
 2. Mark Covert 51:12
 3. Wayne Akiyama 51:35
 4. Pat Miller 51:47
 5. Bob Macias 51:49
 6. James Perez (27, GWAA) 52:08
 7. Jon Casso 52:12
 8. Mike Chambliss (SBAA) 52:17
 9. P. Campbell 52:37
 10. L. Greer 53:19
 11. D. Meza 53:30
 12. John Schmickrath (22, GWAA) 53:46
 13. P. Wingard 53:57
 14. J. Ursulo 54:23
 15. Ken Kendall (24, Oxy) 54:30
 16. J. Clark 54:44
 17. Keith Stripsky (25, unattached) 55:32
 18. S. Broten 56:03
 19. Skip Shaffer (36, CCAC) 56:30
 20. G. Sharp 56:51
 21. W. Johnson 56:55
 22. V. Gomez 57:08
 23. S. Close 57:10
 24. Walt Windsor (42, unattached) 1-40 57:12
 25. R. Howard 57:13
 39. Rudy Ceja (51, STC) 1-50 60:18
 153. James Bole (66, STC) 1-60 73:41
 Junior Division. 3.0 miles.
 1. Ralph Serna 15:10
 2. Gary Blume 15:19
 3. Colin McConnell 15:21
 4. Billy Jones 15:21
 5. David Villarreal 15:25
 6. Robert Angel 15:32
 7. Joe Paine 16:24
 8. Jim King 16:25
 9. Chris Cordenas 16:26
 10. Frank Guerrero 16:32
 35. Linda Bottlik 1-G 20:45
 41 finishers /John Brennand/

Deseret News Marathon - Salt Lake City-7/24
 Open Division
 1. Scott Bringham (26, Utah) 2:20:24
 2. Laman Palma (21, Mexico) 2:25:01
 3. Skip Houk (32, Nevada) 2:30:47
 4. George Stewart (24, Calif) 2:32:58
 5. John Bayes (26, Wash) 2:34:01
 6. Cesar Silva (20, Mexico) 2:34:33
 7. Ronald Day (17, Utah) 2:41:12
 8. Bob Weaver (20, Utah) 2:43:14
 9. Matthew Noles (18, Arizona) 2:47:13
 10. Dr. James Gardiner (30, Utah) 2:48:47
 Junior Division
 1. David Cortez (16, Calif) 2:38:48
 2. Rick Halvorsen (16, Arizona) 2:48:43
 3. Rick Murray (16, Idaho) 3:04:02
 Senior Division
 1. DeWitt Paul (40, New Jersey) 2:49:56
 2. Darval Nelson (47, Arizona) 3:11:55
 3. Dr. Ward Merritt (41, Utah) 3:15:30
 Bantam Division
 1. Tommy Owen (11, Calif) 3:07:22
 2. Reggie Geywood (11, Arizona) 3:10:14
 3. Dutch Workman (12, Arizona) 3:30:26
 Veteran Division
 1. Dennis Egle (50, Calif) 3:10:59
 2. Talmage Morrison (52, Michigan) 3:31:21
 3. Lewis Dexter (57, Calif) 3:50:46
 Youngest
 1. Abnan Salazar (7, Nevada) 4:21:12
 Oldest
 1. Jim Bole (66, Calif) 4:07:12
 151 Starters /Desert News/

8.4 Mile Watermelon Run - Oakland...July 27
 1. Tom Hale (21, Unat) 43:16
 2. Mitch Kingley (18, CWTC) 43:40
 3. Jim Birnbaum (22, WUTC) 43:57
 4. Ted Quintana (19, ATC) 44:08
 5. Bob Barnett (17, Unat) 44:57
 6. Bill Clark (30, WUTC) 45:20
 7. Bill Seaver (24, WUTC) 45:27
 8. Richard Van Slyke (19, BVH) 45:35
 9. Roger Casillas (17, BVH) 45:35
 10. Daryl Zapata (29, WUTC) 45:46
 11. Dennis Tracy (28, WUTC) 45:49
 12. Gary Singer (19, BVH) 45:49
 13. David Himmelberger (28, WUTC) 45:59
 14. Steve Brooks (20, SS) 46:18
 15. Frank Donahue (22, ETC) 46:34
 16. Bob Paulin (16, CRK) 46:40
 17. Grover Prowell (21, SJS) 47:02
 18. Lyn Walker (17, WUTC) 47:08
 19. Gil Brooks (19, ATC) 47:20
 20. Michael Conroy (29, ETC) 47:25
 21. Steve Noga (19, ATC) 47:28
 22. Mark Greenough (19, STC) 47:30
 23. Bruce Wolfe (19, WUTC) 47:37
 24. Bruce Sayre (19, WUTC) 47:38
 25. Bennie Jordan (17, BVH) 48:01
 67. Gil Tarin (43, WJWS) 1-40 52:21
 114. James Allen (52, Unat) 1-50 57:38
 128. Sue Neary (16, SC) 1-F 58:57
 199. Walt Stack (66, Unat) 1-60 69:29
 277 Starters-240 Finishers /Joe Taxiera/

Sausalito, July 28 - Fort Baker Fifteen Miler

1. Kent Guthrie(38, WVJ&S)	1:25:42	1:21:42
2. Jim Shettler(41, WVJ&S)	1:29:22	1:22:22
3. Jim Nicholson(44, NCSTC)	1:32:56	1:22:56
4. D. Teegarden(43, NCSTC)	1:32:19	1:23:19
5. P. Mattel(50, NCSTC)	1:39:49	1:23:48
6. Ed Dally(43, Un)	1:34:02	1:25:02
7. Peggy Lyman(27, WVTC)	1:40:22	1:25:22
8. Rich Houston(53, NCSTC)	1:44:50	1:25:50
9. Doug McLean(20, WVTC)	1:25:54	1:25:54
10. Joe McDevitt(29, WVTC)	1:27:38	1:27:38
11. Frank Donahue(22, Exc.)	1:27:43	1:27:43
12. Ruth Anderson(45, NCSTC)	1:53:56	1:27:56
13. Homer Latimer(36, Un)	1:29:59	1:27:59
14. Lyn Walker(16, WVTC)	1:28:22	1:28:22
15. Keith Campbell(47, WVJS)	1:41:23	1:28:23
16. Tom O'Brien(43, Un)	1:37:59	1:28:59
17. Bob Lee(57, NCSTC)	1:52:22	1:29:22
18. Glen Berwick(29, Un)	1:29:51	1:29:51
19. Jack Hackmann(26, VM)	1:30:02	1:30:02
20. J. Cotta(12, RCF)	2:00:03	1:30:03
21. Robert Porter(46, NCSTC)	1:42:09	1:30:09
22. David Marsh(36, Un)	1:32:25	1:30:25
23. Frank Krebs(31, GWTC)	1:30:37	1:30:37
24. Lee Adams(45, NCSTC)	1:42:03	1:31:03
25. Mike Talley(20, GWTC)	1:31:10	1:31:10

130 finishers / J. Hutchinson/

Belmont, August 3 - Ocean to Bay Marathon

1. Jeff Arnold(West Valley TC)	2:41:39
2. Jim Howell(West Valley TC)	2:49:00
3. Jan Sershen(unattached)	2:52:55
4. Jim Sane(Dusters)	2:53:27
5. Pat Finn(L. M. M. A.)	2:54:37
6. Steve Fuller(Redwood City Striders)	2:54:58
7. Robert Cooper(Redwood City Str)	2:56:03
8. Bill Flint(unattached)	2:58:36
9. Steve Brooks(Stanislaus State)	2:58:37
10. Phil Banko(unattached)	2:59:30
11. Dennis O'Halloran(Maranon)	2:59:55
12. Kevin Kirby(unattached) 1-Jr	3:01:03
13. Richard Crotean(West Valley JS)	3:02:44
14. Santos Reynaga(West Valley TC)	3:04:43
15. Harold DeMoss(West Valley TC)	3:07:28
16. William DiVita(unattached)	3:09:03
17. Cle Webber(West Valley JS) 1-40	3:10:30
18. Don McIntosh(Stanford Running Cl)	3:13:55
19. David Cortez(Redwood City Striders)	3:14:46
20. Mark Quinn(West Valley TC)	3:16:57
21. Bob Barnett(unattached)	3:18:04
22. Bill Diaz(unattached)	3:18:43
23. Charles Frosolone(Maranon)	3:19:25
24. Claus Pederson(Reducers AC)	3:20:40
25. Keith Whittinglow(SF Olympic Club)	3:27:49
44. Sue Neary(Soquel Running Club) 1-F	3:58:46

86 starters. 67 finishers / Mike Daley/

Southern California(various locations), July 1974

SPAAAU One Hour Run Championships	
1. Don Ocana(BHS)	11-13:89
2. Ajim Baksh(17, CCAC)	11-13:86
3. Fred Maier(25)	11-12:56
4. Jim Schankel(19, BHS)	11-12:08
5. Ron Kurrle(26, BHS)	11-873
6. Robert Tillman(18)	11-835
7. Phil Ryan(30, GWAA)	11-825
8. Jeff Spangler(16, GWAA)	11-786
9. Ken Blakely(19)	11-768
10. Ajim Baksh(17, CCAC)	11-657
11. Richard Aguirre(18, SBAA)	11-501
12. Gary Fanelli(23, SMTC)	11-478
13. Rick Drake(23, SBAA)	11-471
14. Robert Slick(18, GWAA)	11-381
15. Paul O'Neal(16, PLTC)	11-326
16. Richard Week(32, BHS)	11-320
17. Joe Toledo(26, STC)	11-313
18. Carlos Alfaro(26, Aztlan)	11-293
19. Terry Williams(19, BHS)	11-263
20. Larry Hansen(19, CCAC)	11-221
21. Ka Johansen(29, SDTC)	11-149
22. Ralph Serna(17, BHS)	11-111
23. George Nazarete(17, unattached)	11-65
24. Richard Bartek(41-SBAA) 1-40	10-1719
25. Eric Hulst(16, BHS)	10-1740
106. Jackie Hansen(25) 1-F	9-1206
125. Ed Keysar(32, SFVTC) 1-50	9-736
150. John Montoya(62, STC) 1-60	8-1748

247 finishers / John Brennan/

Walnut, August 13 - 11th Walnut Sports Festival

1. John Gregorio(23, Mt. SAC)	30:59
2. Ed Chadez(22, unattached)	31:31
3. Ed Surman(18, Cal State Fullerton)	31:46
4. Ruben Guillen(19, Harbor)	31:51
5. Steve Chase(20, Long Beach State)	31:55
6. Dave Frickel(19, Bois.)	31:56
7. Robert Slick(18, Cal State Fullerton)	32:23
8. Curt Elia(24, Phaethon TC)	32:24
9. John Schmickrath(22, Cal St. Full.)	32:25
10. Tom Ashcraft(Citrus)	33:16
11. Pat Miller(23)	33:17
12. Gabriel Grosz(23, Culver City AC)	33:31
13. Marvin Rowley(34, Culver City AC)	33:46
14. Michael Ayon(19, Citrus)	33:53
15. Craig Elia(24, Phaethon TC)	33:56
16. Tim Fitzsimmons(19, OC)	34:13
17. Mark Lotich(Mt. SAC)	34:24
18. Kip Wyss(20, Glendora)	34:34
19. Vincent Gomez(26)	34:38
20. Guy Stivers(Mt. SAC)	34:57
21. Erwin Merain(24, Culver City AC)	35:07
22. Bob Matanabe(19, Mt. SAC)	35:09
23. Steve Brothen(22, STC)	35:11
24. Bert Dyer(19, Long Beach St.)	35:12
25. unidentified	35:28

76 finishers / John Brennan/

Manitou Springs, Colorado, August 11 - Pikes Peak Marathon

1. Rick Trujillo(26, Colo.)	3:36:40
2. Sam Benedict(27, Georgia)	4:02:25
3. Ken Young(32, Colo.)	4:08:48
4. Lee Courkamp(Colo.)	4:15:10
5. Mike Bair(22, Kansas)	4:16:49
20. O'Malley(17, Belmont, CA)	4:41:25
47. J. Well(30, Mill Valley, CA)	5:22:30



82. Dan Uliyo(38, San Francisco, Ca)	6:13:18
92. Skip Swannack(39, Los Altos, Ca)	6:43:14
96. Frank Zerega(53, Altadena, Ca)	7:06:42
97. Walt Stack(66, San Francisco, Ca)	7:07:07
106. Buck Swannack(38, Los Altos, Ca)	7:30:00

13 mile ascent only:

1. Chuck Smead(23, Santa Paula, Ca)	2:09:59
18. Fred Richardson(24, Los Angeles, Ca)	2:47:59
Ben Hirsch(72, San Francisco, Ca)	5:25:15
Ed Coverley(58, Greendale, Ca)	3:59:49
V.R. Williamson(23, Sunnymead, Ca)	4:00:05

Martinez, August 4 - 3rd Annual Funky Cross Country Run, 7 miles.

1. Tom Hale(West Valley TC)	35:53
2. Darren George(Athletes In Action)	36:13
3. Joe Taxiera(Alameda TC)	36:36
4. Rinaldo Montenegro(West Side)	36:44
5. Jack Leydig(West Valley TC)	36:47
6. Angel Martinez(Alameda TC)	37:22
7. Bill Clark(West Valley TC)	37:36
8. Berumen Salvador(West Side)	37:40
9. Dave Himmelberger(West Valley TC)	37:44
10. Doug McLean(West Valley TC)	37:49
11. Bruce Wolfe(West Valley TC)	37:56
12. Dennis Tracy(West Valley TC)	38:17
13. Homer Latimer(unattached)	38:22
14. Steve Noga(Alameda)	38:36
15. Jim Shettler(West Valley JS) 1-40	39:02
16. Mark Krenn(West Side)	39:05
17. Ron Criner(unattached) 1-Jr	39:10
18. Larry McGrael(unattached)	39:44
19. Dennis Reeder(unattached)	39:58
20. Jim Freeman(San Juan Striders)	40:00
21. Harold Yamauchi(Westmore HS)	40:08
22. Lee Byrd(P.A.L.)	40:23
23. Chris Svendsgard(unattached)	40:29
24. Stan Mora(unattached)	40:44

Santa Maria, August 23 & 24 - 6th Annual Central Coast Decathlon Championships, Hancock JC Open Division:

1. Don Bajema(Beverly Hills Striders)	6837
10.9, 23-0, 37-4, 6-1 3/4, 50.0, 15.2, 85-10, 11-0 3/4, 175-4 1/2, 4:35.0.	
2. Kenny Kring(Central Coast TFA)	6648
3. Bob Kester(Baltimore Olympic C.)	6556
4. Richard Watson(Princeton)	6156
5. Mario Bardales(Santa Monica TC)	5891

Junior College Division:

1. Danay Eitelberg(Hancock)	6049
11.7, 20-7 3/4, 32-5 3/4, 5-5 3/4, 53.3, 16.0, 106-3 1/2, 12-0 1/2, 141-6 1/2, 4:39	
2. Buddy Kring(Hancock)	5476
3. Mike Edwards(Hancock)	4850
4. Mike Stiles(Hancock)	4786
5. Sharon Young(Hancock)	dnf

HIGH School Division:

1. Jeff Edwards(Righetti)	5432
12.0, 17-11, 37-0 1/2, 5-3 3/4, 52.9, 17.3, 104-0, 8-7 1/2, 129-2 1/2, 4:31.6.	
2. Timmy Kring(Santa Maria HS)	4806
3. Gino Lambert(Righetti)	4452

Seniors Division:

1. Steve Tomlin(Central Coast TFA)	3530
12.8, 16-5 3/4, 31-10 3/4, 4-10, 64-9, 18.1, 91-6 3/4, 6-9, 115-0 1/2, 7:02.9.	
/Ray Kring/	

Avila Beach, August 17 - Plankton Festival Distance Run, 3 miles.

1. John Beston(20, Cal Poly SLO)	15:24
2. Martin Nolasco(25, Cal Poly SLO)	15:32
3. Luis Arreola(17, San Luis HS)	15:52
4. Jon Root(20, US Int'l. Univ.)	16:17
5. Len Thornton(43, High Sierra TC) 1-40	16:27
6. Ray Bergula(17, Arroyo Grande HS)	16:37



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FIVE MAN 15 MILE RELAY

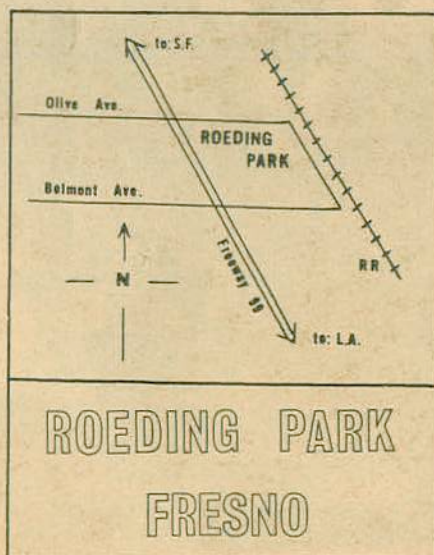
NOVEMBER 23

11:00 AM

CHECK IN TIME
10:00 am

UNATTACHED ATHLETES COME AND
JOIN A PICK UP TEAM

For more information and entry blanks
write: 15 Mile Relay, 1936 South Hazel-
wood, Fresno, California 93702.



DIVISIONS

- OPEN: Colleges and Clubs
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JUNIOR HIGH: From same school
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WOMENS: All members female
PICK-UP: Any combination

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ENGRAVED WATCHES to each member
of the first team to cross the finish
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PLAQUES to each member of the first
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RIBBONS to each member of 2nd, 3rd,
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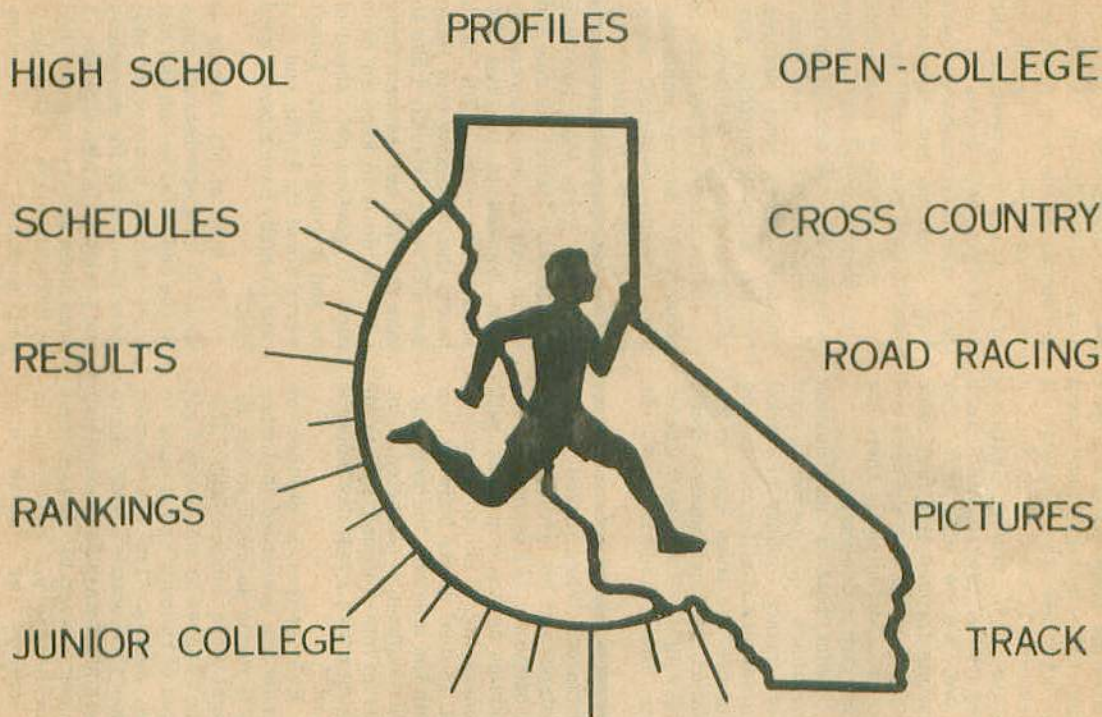
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