

Prep Notes

Dana Hills 50 (101:49), 2. Santa Ana 81 (104:40). (R-2) 1. W. Petersen (LagBch) 19:52, 2. K. Petersen (LB) 19:55. **Team Scores:** 1. Laguna Beach 35 (101:44), 2. Tustin 61 (104:34). (R-3) 1. K. Karpel (OV) 19:01, 2. S. Karpel (OV) 19:01, 3. Cooper (ED) 19:11, 4. C. Peck (Wdbrdge) 19:13, 5. Rospajla (ED) 19:18, 6. Jones (LaHabra) 19:36, 7. Cashion (CDM) 19:38, 8. Royer (OV) 19:44. **Team Scores:** 1. Ocean View 36 (98:34), 2. Woodbridge (Irvine) 76 (103:14). (R-4) 1. Cannon (LQ) 19:19, 2. Harkins (LQ) 19:32, 3. Robinson (Newport Harb) 19:37, 4. Dudley (NH) 19:38, 5. Dahour (NH) 19:41, 6. Garcia (Kennedy, LaPalma) 19:44. **Team Scores:** 1. Newport Harbor 31 (99:49), 2. LaQuinta 59 (102:41). **Men's Results:** (R-1) 1. Hobson (Costa Mesa) 15:57, 2. Baratti (Buena Park) 16:06, 3. G. Sanchez (BP) 16:06. **Team Scores:** 1. Dana Hills 49 (81:38), 2. Buena Park 86 (83:17), 3. Costa Mesa 102 (83:24). (R-2) 1. LaVelle (CDM) 15:39, 2. Depuyffier (LagBch) 15:44, 3. Shryock (CDM) 15:52, 4. Loomer (Cypress) 16:05, 5. Pierce (Orange) 16:06. **Team Scores:** 1. Corona Del Mar 45 (81:36), 2. Laguna Beach 71 (83:03). (R-3) 1. Lugo (Valencia) 15:26, 2. Winkelman (Marina) 15:40, 3. Nava (Santa Ana) 15:46, 4. Longyear (Villa Park) 15:58, 5. Behour (Tustin) 16:09. **Team Scores:** 1. Valencia 43 (80:59), 2. Laguna Hills 80 (83:05), 3. Villa Park 91 (83:21). (R-4) 1. Sabra (Ocean View) 15:52, 2. Lamb (Mission Viejo) 15:55, 3. Garcia (La Habra) 15:58, 4. Mahon (LH) 15:59, 5. Jones (Brea) 16:11. **Team Scores:** 1. La Habra 68 (82:11), 2. Mission Viejo 80 (83:21).

Lutheran Invitational

October 18, Eisenhower Park—Orange Lutheran sponsored and was the winner in both the men's and women's division of this competition for schools of Lutheran or parochial affiliation. Mary McKiernan of the hosts led her squad to an easy 24 point victory in the women's race with a 21:40 win. Corey Baden (Orange Lutheran) took the men's run at 18:21 over David Scheurman (LaVerne Lutheran) 18:47.

Women's Results: 1. McKiernan (OL) 21:40, 2. Sonderman (OL) 22:24, 3. Daudel (St. Lucy's, Glendora) 22:43. **Team Scores:** 1. Orange Lutheran 24, 2. San Diego Lutheran 49.

Men's Results: 1. Baden (OL) 13:21, 2. Scheurman (LV L) 18:47, 3. Brown (LV L) 19:02. **Team Scores:** 1. Orange Lutheran 44, 2. LaVerne Lutheran 46, 3. Los Angeles Lutheran 49.

Mt. SAC Invitational

Oct. 24-25, Mt. SAC—On Friday and Saturday, October 24th and 25th, the Mt. San Antonio College facility became the focus of California prep Cross Country with its 38th Annual Invitational competition. Just about all of the important individual and team stars in the Golden State were present and it was another super show. The battle for State team supremacy continued in an interesting way in the men's competition, the Palos Verdes women's group continued its magical season, and a number of fine individuals in both the men's and women's division made the two days quite interesting. Friday afternoon, for Division I school (1099 or less students) the weather was perfect, with the conditions faced by Division II (1100-1299) a bit warmer Saturday after 11:30 (Saturday's high was in the low 90's in the area), while Saturday morning Division III (1300+ enrollment) weather was nice and cool. The Sweepstakes competitions, held on Saturday between 10:00 and 11:30 had weather that became quite warm and some of the athletes commented on it.

The men's team sweepstakes was to feature Bellarmine Prep (San Jose), Casa

Roble (Orangevale), Palos Verdes, Arroyo (El Monte), and Hart (Newhall). Casa Roble edged Bellarmine at Clovis on the 6th man rule, with PV close behind, with Arroyo a narrow Stanford winner over Casa Roble. Bellarmine never showed up, held back with car trouble in San Jose, but the others were on the course with a fine supporting cast of Southern Section squads. A classic team struggle it was, with the margin again very close. The relatively flat first mile at Mt. SAC usually lends itself to a rip-roaring pace, with the final athletes in the field of 100 usually coming by at about 4:50. This year it was quite different, as the leaders came by at 4:55 with everyone in very close tow. Arroyo and Casa Roble were in very good position from early on. Arroyo had some illness during the week, but Casa Roble had the most devastating break when 8:19.5 3200m star (and first man) Robbie Roberts had to drop out after about a 1320 due to injury. CR hung very tough without Roberts, placing 7-8-14-21-34-84 (80:13) to nlp Arroyo 5-9-15-28-36-93 (80:18), with Palos Verdes 3-20-22-23-31-99 (80:24) in at 3rd.

Mt. SAC is a very tough course, Arroyo went on the road to win at Stanford, but Casa Roble's effort here without Roberts was truly remarkable. Plugging Roberts in at about where he usually is timewise would have given CR a team time of about 79:20, ranking somewhere in the top ten team performances ever in the Invite. The individual race in this Team Sweeps was interesting, as Walnut soph Scott Hempel (this is his home course) finally tried to break out after the mile over the steep switchback loop, racing down off that steep climb with a 20 yard lead over Paul Thomas (Jesuit, Sacto) as the race started the steep climb up "Poop out" hill. After a rolling half-mile and steep climb up "Reservoir" hill Thomas had passed and pulled away from Hempel and the pack by 40 yards, maintaining that margin into the finish to win at 15:22. Jason Lienau (Clovis) 15:28 and David Scudamore (Palos Verdes) 15:36 also edged past Hempel (15:41).

photo by Doug Speck



Scott Hempel

In the men's individual Sweepstakes race the country's highest returning Kinney National Championship placer at 8th, Marc Davis (San Diego), really came to

run against a top field. Undefeated competitors included Aaron Mascorro (Rosemead), the Stanford winner, and Richard Erbes (Glendale), who had torn everyone apart in the LA area in runs so far. Davis led by 10 yards after a 440, by 20 yards after an 880, and had about a 7 second lead at the mile in 4:40. A large pack followed Davis-Erbes, Agoura frosh Bryan Dameworth, Ian Alsen (Granada Hills), Mason Myers (Vacaville), Robbie Lopes (Monte Vista, San Diego), and Chris Lugo (Valencia, Placentia) led Davis's pursuers. Through the switchback loop Davis continued a big lead, with Mascorro breaking away to come within 30 yards as the run started up "poop out" hill. Davis refused to come back, though, maintaining his margin over the top of Reservoir Hill, and actually lengthening it a bit during the quarter mile flat "run-in," winning at 15:08 over Mascorro's 15:17, with Mason Myers racing a very fast last mile to move up to 15:19 in 4th, and Lopes, just off a stress fracture, finishing a surprising 4th at 15:20. Dameworth recorded the #4 frosh time ever, back in 13th at 15:52 at the finish, with Glendale's Erbes the victim of a fall during the switchback loop. Top Friday races went to John Trefecanty (Cathedral, LA), with a 15:39 to handle rival Bret Kimpke (Carpenteria) 16:03, and Jorge Castro (Ramona, San Diego area) 15:50.

Saturday's Team Sweeps for women featured one of the finer team performances every by a Southern California group in the Palos Verdes Sea King effort. Having taken apart the Northern half of the state in a big Clovis Invitational victory, here they would face the best from down South. A contest it was not, as the flock of little flyers from the beach school destroyed the best that could be gathered, placing 5 in the top 10 and scoring a ridiculously low 33 points (93:42) team time. Not since the nationally top-ranked University of Irvine squad of 1981 which scored 44 (95:32) in this race has a team so dominated a big race in these parts. PV is among the top couple of teams in the nation and the group that could handle them would have to be very, very special. That 1981 Uni group set a still standing CR team time of 92:25 in the Sectional Finals, so PV still has things to aim at. 19:00 is a super time for a prep on this course. PV has five under that time. Individually in that race Kinney National Finalists Kira Jorgensen (Vista) and Christy Farrell (Thousand Oaks) were the favorites. Jorgensen pulled the same runaway tactic fellow San Diegan Marc Davis used on the guys in his race, with the Vista soph having a 10 yard lead after a 440, 30 yards after an 880, and 50 yards by the mile (at 5:30). Kira was able to maintain that margin until the run-in off the last hill, where she stretched the margin out to over 100 yards in her 17:59-18:21 win over Christy, with Tracy Leichter starting the PV parade at 18:30 in 3rd.

In the women's individual Sweepstakes a new area star really came out. Bridget Freyne put together a number of fine Track races last spring, with 5:15.9 and 11:27.27 bests by June. Since then she has obviously done a great deal of work, because she has put together some super races already this Fall, and popped a very solid one here. Against a super group that included two-time Kinney National finalist Tracy Williams (Mt. View, El Monte), undefeated Nicole Nugent (Torrey Pines), Suzette Basore (Pasadena), and talented newcomer Jamie Park (Santa Barbara), Freyne simply raced away from the group by 20 yards through the mile at 5:22. Through the switchback loop the strong Riverside star stretched her lead to 70 yards over Park, with Nugent 10 yards back of the Santa Barbaran. Hitting the Water Tank mark at the top of the last Reservoir Hill at 15:20 (the same as Jorgensen in her race) Bridget cruised in to

comfortably win at 18:03 over Parks' 18:15, Nugent's 18:19, with Basore 4th at 18:39.

In Friday's women's competition amazing Serrano frosh, Tanya Thayer, showed she does not shy away from the hills. Racing against the best athletes area 1A schools could offer (and Megan Warner of Del Oro of Loomis, a 4:57 1600m type), the thin desert star simply rocketed away from the field to a 50 yard lead after a mile at 5:30, and continued to show real intensity all the way through to the finish in recording a super 18:10 (#3 All-Time on the course for 9th graders).

Fine Flicks by Don Gosney



Kira Jorgensen

Karen Hecox (South Hills, Covina) also proved herself on the hills, as the pert frosh local star bounced up and down over the course to a fine 18:24 2A school level Friday race win (by 40 seconds over some good folks).

Women's Results: (Race results combined) (I) 1. Thayer (Serrano) 18:10, 2. Hecox (South Hills) 18:24, 3. Dugger (Coronado) 19:00, 4. Karcher (Ramona, SD) 19:04, 5. Howden (South Hills) 19:13. **Team Scores: 1. South Hills 103:31, 2. El Camino (Oceanside) 105:33, 3. Nordhoff (Ojai) 106:59, 4. Coronado 108:15, 5. Maranatha (Sierra Madre) 108:31.**

Men's Results: 1. Trafecanty (Cathedral) 15:39, 2. Castro (Ramona) 15:50, 3. Kimpke 16:03, 4. Stolz (MiraLeste, PV) 16:08. **Team Scores:** 1. McFarland 85:09, 2. Trabuco Hills 85:34, 3. Sherman Indian 85:42, 4. Fillmore 86:07.

Saturday (II & III Combined)

Women's Results: 1. Jorgensen (Vista) 17:59, 2. Freyne (Riverside Poly) 18:03, 3. Park (Santa Barbara) 18:15, 4. Nugent (Torrey Pines, Del Mar) 18:19, 5. Farrell (ThouOaks) 18:21, 6. Leichter (PV) 18:30, 7. Acosta (Walnut) 18:32, 8. Crooks (PV) and Basore (Pasadena) 18:39, 10. Rossbach (Ventura), Black (PV) and Sublett (PV) 18:48, 13. T. Williams (Mt. View) 18:55. **Team Scores:** 1. Palos Verdes 93:42, 2. Thousand Oaks 96:05, 3. Vista 100:39, 4. Arroyo Grande 100:49, 5. Ocean View (Huntington Beach) 101:38, 6. Buena (Ventura) 101:41, 7. Dana Hills 102:03, 8. Norco 102:35, 9. Walnut 102:42, 10. Bella Vista (Fair Oaks) 102:46.

Men's Results: 1. Davis (San Diego) 15:08, 2. Mascorro (Rosemead) 15:17, 3. Myers (Vacaville) 15:19, 4. Lopes (Monte Vista, SD) 15:20, 5. Thomas (Jesuit, Sacto) 15:22, 6. Lienau (Clovis) 15:28, 7. Alsen (Granada Hills) 15:30, 8. Serratos (Moreno Valley) 15:35, 9. Scudamore (Palos Verdes) 15:36, 10. Lugo (Valencia, Placentia) 15:40, 11. S. Hempel (Walnut) and Lopez (Hill, San Jose) 15:41. **Team Scores:** 1. Casa Roble 80:13, 2. Arroyo 80:18, 3. Palos Verdes 80:24, 4. Hart (Newhall) 80:45, 5. Walnut 80:51, 6. Thousand Oaks and Vacaville 81:23, 8. Dana Hills 81:58, 9. Clovis 82:07, 10. Agoura 82:17, 11. Upland 82:20.