

□ Prep Notes

proposal, there would be 36 qualifiers: Southern Section 6, North Coast Section 5, Los Angeles 5, Central Coast Section 4, Sac-Joaquin Section 4, San Diego Section 4, Central Section 4, Northern 2, San Francisco 1, Oakland 1.

With 36 entries there would be four heats of nine competitors each.

□ Keep Cool During the Summer

According to Dr. Stephen Henry of Louisville, KY., plain, cool water is the best replacement fluid. Solutions with added sugar can cause nausea or a sense of fullness that prevents the athlete from consuming an adequate amount of fluids. Sugar also slows the body's ability to empty the stomach.

Your diet should be rich in fresh fruits and vegetables. These help replace lost electrolytes. Salt tablets are not necessary.

□ Arete West European Journey

Coach William M. ("Bill") Taylor (Drake, San Anselmo) led another group of his track athletes to Europe this summer.

They were the first U.S. juniors to compete in Budapest and Belgrade, Yugoslavia.

Yugoslavia wants to send a ten member team to California next track season.

The athletes exchanged uniforms, discussed the world in teenage language, and went head to head in competitions.

They were treated as friends.

The highest priority on an Arete trip is the historical interpretation, therefore the athletes frequently run with tired legs due to walking and the rapid fire travel pace.

Taylor is recommending similar historical involvement when the East comes to the West.

Taylor is a walk-on coach (non-faculty) and an investment counselor. He also is a former USC half-miler who was a member of two national championship teams.

"I started the club in 1978 and decided to call it Arete since that is the ancient Greek word for excellence," said Taylor. "The youngsters have to average about 1,000 hours a year in track, studies, work and various community service projects to qualify for the Arete West trips to Europe."

□ No High School Division at CAL Reebok Cross Country Invitational

The high school division of the Cal Reebok Cross Country Invitational scheduled for Saturday, September 26, 1987, has been cancelled this year. City College of San Francisco is conducting a meet on the course in Golden Gate Park in San Francisco that day.

□ Clovis Cross Country Invitational

The Clovis Invitational will be held at Woodward Park in Fresno on Saturday, September 26. They will use the State Meet course and have three enrollment divisions. Write to Steve Ward, Clovis

High School, 1055 Fowler Avenue, Clovis, CA 93612.

This will be an excellent chance for teams around the state to practice on the State Meet course, as well as being able to compete against some of the best teams in the state.

□ Fountain Valley/Huntington Beach Central Park Invitational

Fountain Valley High School's invitational is scheduled for Saturday, October 10. There will be 3 divisions and the distance is 3 miles. For more information contact: Matt Simpson or Bill Thompson, Fountain Valley High School, 17816 Bushard, Fountain Valley, CA 92708 (714) 962-3301 ext. 512.

□ Mariner Invitational

The Mariner Invitational will be held at Garin Park in Hayward on Saturday, October 17. The course for the varsity is 3.1 miles and all other levels will run 2.0 miles. There will also be a coaches race.

There will be a spaghetti feed and cross country clinic on Friday, October 16 from 6:30-8:30 p.m. at Moreau High School in Hayward. Write to Phil Wilder, Moreau High School, 27170 Mission Blvd., Hayward, CA 94544 or call (415) 582-5851.

□ Two-Mile Postal Meet

The two-mile postal meet will be held at Los Gatos High School on Friday, October 30th.

The first heat will begin at 3:30 p.m. Contact coach William Hotchkiss at Leigh High School in San Jose.

1987 C.I.F. Southern Section CROSS COUNTRY PREVIEW

By Doug Speck

As the school year begins once again Cross Country squads take to the parks and hills, California preps finally having a State Meet to look forward to at the end of their interscholastic season in Fresno in late November. The State's most powerful area, the Southern Section again has its quota of fine teams and individuals.

The Women's situation individually and teamwise is quite impressive. An unprecedented four Kinney National Finalists in the sport (the top 32 in the nation) from last December's competition return in this section! Brigid Freyne (Riverside Poly), 6th at the Nationals, improved so much last year to run a super 17:42 at Mt. SAC (the site of Section championship competition) and then 10:34.37 for 3200m in track. Tracey Williams (Mt. View, El Monte) was 9th nationally, has a 17:37 lifetime best at Mt. SAC, and ran 10:35.7 for 2 miles this past track season. Nicole Houle (Hesperia) was 24th in the Kinney Finals, ran 17:45 at SAC, and 10:42.98 for 3200m last spring.

Reyna Cervantes (Montebello) was a participant in the National Finals, the Section 3A Champion at 18:07 at SAC, and ran 10:30.72 for 3200m in Track. Add to this crew Robbyn Bryant (Hesperia), 17:46 at SAC and the nation's #2 miler at 4:48.27c, Karen Hecox (South Hills, Covina) 10:31.95 3200m, Jamie Park (Santa Barbara) 17:55 at SAC and 10:45.7 3200m, Tanya Thayer (Serrano, Phelan) 10:43.54 3200m, Ashley Black (Palos Verdes) 10:44.17 3200m, and many more and you can see how loaded the area is! Teamwise at least the four top teams in the State will be Palos Verdes, Thousand Oaks, Westlake (Westlake Village), and Hesperia! The above foursome are probably among the top dozen teams in the nation! For those of you who doubt-wait until late November in Fresno.

On the Men's side there are some super squads and good individual cast. Arroyo (El Monte) could very possibly end the season being considered California's best ever prep harrier squad. Their attacks on Team Time records along the

photo by Doug Speck



TRACEY WILLIAMS

way will show. They raced 79:14 for the #11 team time ever at Mt. SAC last year and their main actors return. Upland, Walnut, Palos Verdes, and Corona del Mar are all very, very solid crews. Individually David Scudamore (Palos Verdes) was 15th in the Kinney Nationals last December, with Bryan Dameworth (Agoura), the first ever frosh to qualify for that affair 19th in the country (and 9:09.78 for 3200m in track). Scott Hempel (Walnut) raced 9:07.04 for 3200m in Track after setting a Mt. SAC soph Course Record of 15:23 in the Fall.

Representation from the Southern Section into the First California State Cross Country Meet will be as follows. The four Southern Section Divisional winners will be guaranteed a spot in the State affair in their State Size Division (III 0-800; II 801-1600; I 1601 & Over). The next spots in the State affair will be determined by team times (top 5 individuals added up) from the Section Finals, with a team scoring lower in the Section Division race earning the spot over a team in the same division with a lower team time but higher point score. Individual representation will be determined in the same manner. Those not on teams earning a spot in the State Meet will be awarded a place in the State affair based upon their Section Finals times. Should there be a tie in individual times in the Section Finals with athletes in different divisions, Section Prelim times would be gone back to to

continued on next page...

settle the tie. Tentative plans have five spots for teams and five spots for Southern Section individuals in each of the three State Meet divisions.

In the below divisional summaries Cross Country times quoted are from the Mt. SAC course where Sectional competition is held each November, with track times for 800 meters, 880 yards, 1600 meters, one mile, 3200 meters, or two miles noted with a "m" or "y" for the obvious distance. Other Track distance bests are noted with the distance after the time.

Women's 4A

The party regulars will go at it again here. After some pretty close analysis there were any one of four squads who could have rightfully laid claim to being the top prep female harrier squad in the nation last fall. North Hunterdon of Annandale, New Jersey and Langley High of McLean, Virginia pretty well cleaned out everyone in their area of the country last fall, with last year's 1-2 squads from this division in the Southern Section, Palos Verdes and Thousand Oaks at that same level. It looks like more of the same locally in 1987, as PV and TO are once again loaded. On paper PV has five of seven returning as underclass athletes, but frosh Julie Crooks moved to Oregon and some had a less than stellar track season, so we will see. The Sea Kings do have Ashley Black (10:44.17m-18:39), Tracy Leichter (11:17.68m-18:41), Traci Goodrich (18:47), and Dana Sublett (18:47) to build on. PV will hopefully pull off a planned October trip to Van Cortland Park in New York City to race the best in the Eastern U.S. (and show them who is really boss!). TO will be without Christy Farrell up front for the first time in a while, but Jena Hagenmiller

photo by Doug Speck



REYNA CERVANTES

(11:07.33m-18:11 6th 4A), Angie Lovell (5:17.85m-18:21 7th 4A), Ameer Edwards (5:10.9m-19:26), and Mandy Kossoris (19:33) are a formidable foursome. Off in the distance is University of Irvine's All-Time Course record of 92:25 at Mt. SAC where the Section Meets are held. We do not know what the team time records are at Woodward Park in Fresno where the State Meet will be held but they had better be ready for a wholesale revision when the top Southern Section Women's groups come peaked and ready to go in late November. Also gracing this division will be the Section's quickest individual returnee, Brigid Freyne (say it "frye-nee") of Riverside Poly, 6th in the Kinney National Championships last year in the sport, and a 17:42 (4:55.33m-10:34.37m track bests) runner on the Mt. SAC course to her 2nd place effort to Melissa Sutton last year in this division. Thousand Oaks will be looking over its shoulder in its own Maramonte League, as Westlake (Westlake Village) returns a very solid four from its 86 3rd place crew. Jennifer Butler (5:13.25m-18:50), Jaime Butler (18:54), Desiree Joubert (2:15.64m-19:00), and Joanne Chodd (19:36) were ranked 4th in state last go-round, and they will be every bit as solid this year. Newport Harbor was 6th last fall at this level, and they return everyone for 1987. Kim Robinson (19:09) and Lena Dambour (19:16) will lead what should become an excellent squad. Buena (Ventura), 8th last year, has four back, led by Jenny Frankot (19:51) and Barbara Kozlowski (19:55). Dana Hills, 7th in 86, has Kirsten Quigley (11:16.19m-19:02) leading five back from that group. Wilson (Long Beach) was a surprise 11th last season, with Martina Lauchengco (19:34) leading everyone back, and they should be better in 1987. Colton, another improved program of late, has six of its top seven back, led by Carrie Chavez (5:17.78m-19:41), and should improve on its 12th place from 86. Newbury Park, 4th in 86, has Amy Nesbitt (2:17.55-18:40) and three others returning.

Fine Flicks by Don Gosney



BRIGID FREYNE

Irvine has four, led by Jenny Frankot (19:51), back from its 10th place finishers.

A number of other squads could develop. Ocean View (Huntington Beach) has Debbie O'Brien (19:56) leading three good runners from their 86 5th place team. Leslie Cashion (11:10.27m-18:50) heads four returnees for Corona del Mar's Varsity, and fine soph Natalie Adams (20:33) leads a potentially good Huntington Beach group. Santa Ana returns a solid five headed by Maria Mendoza (11:38.9m), and will battle Santa Ana Valley, with Marcela Benavides (11:25.42m), and Canyon (Anaheim) in the Century League. Crescenta Valley (La Crescenta), Rio Mesa (Oxnard), Fontana, and Rolling Hills (Rolling Hills Estates) are other squads that could be a factor during the season.

There are some other fine individuals here. Jamie Park (Santa Barbara) was 4th individually 4A in 86 (17:55) and raced 10:45.7m in track. Debbie Brown (Millikan, Long Beach) showed real potential last fall with a 19:13 Mt. SAC best as a soph.

Women's 3A

Norco was the Cinderella Women's squad of the Section last Fall with a young squad that improved remarkably during the final month of the season to race away with this Division's title. Persephony Lowery (2:13.69 (4th state 800m)-18:44 and 5th 3A), Tish Bennett (19:22), and Jennie Higbee (5:15.40m-19:49) lead six returnees off that group. Coach Larry Nugent must take the Cougar group from the favorite's role this time around. Montebello, led by returning individual champion, Reyna Cervantes (10:30.72m-18:07) and improved Terri Sandoval (11:10.49m), will be very tough. Consistently tough Arroyo Grande returns six from its 86 runner-up squad, and a return to form by Sharon Plante and Barbara Barcelona could put them in the title hunt. Saugus was 7th last fall, with six back from that team led by Heather Scobie (18:16-2nd 3A). Hart (Newhall) was 10th last year with all ninth and tenth graders, with Amy Thurston (20:25) heading a tight group. La Habra has everyone back from their 8th place squad, headed by Sita Jones (11:14.38m-19:07 7th 3A). Lompoc, always strong, has Katie Graham (20:06) and Maureen Hammons (20:27) leading six back from their 86 4th placers. Corona, 6th last fall, has Jamie Bernes (20:01) the best of five who return from that team. Wilson (Hacienda Heights) was 11th in 86, with Vanessa Maldonado (5:23.4y-19:35) the team leader of six who are back for that team. Bishop Montgomery (Torrance) improved nicely to a 5th place spot last year here, with Julianne Miller (20:38) heading four who return.

A number of other teams could challenge the above ten teams. Schurr (Montebello) has five back from its 12th place team from last fall, with Lisa Roybal (11:40.3y-19:14) leading. El Rancho (Pico Rivera) was 9th last season, with five back for Coach Mike Goff. Esperanza (Anaheim), with Jennifer Cooke (19:56) on top, had only one senior on a squad that narrowly missed the 86 Section Finals. Upland has divisional 8th place finisher Heather Watson (5:09.6m-19:12) heading a capable group.

Canyon (Canyon Country), with a healthy Laurie Spears on top, will be tough. Los Alamitos returns five from its 86 Varsity, San Luis Obispo has fine soph Nona Harkins (20:05) leading four Varsity runners returning, with Alta Loma five back from its 1986 top seven.

Rosa Molina (Los Altos) Hacienda Heights) 10:41.94 (3K), Nicole Jimenez (Burbank) 5:15.23m, and Heidi Hanson (Righetti, Santa Maria) 11:33.05m, all had good spring track seasons.

Women's 2A

Here we have a division where you can fill out the award paperwork teamwise beforehand and get ready to mail it out. Hesperia, under Coach Joe Gomez, had one of the more amazing peaks ever seen at any level in the Championship finals last year to record easily the best ever 2A team time of 95:00 while winning. Guess what? Everyone is back, and with the level of improvement of the last two years the Scorpions need to back down from no one. They have some real quality on top. Defending division champion (17:45) Nicole Houle was a Kinney National Cross Country Finalist and raced 10:42.98m on the track. Robbyn Bryant (2nd-17:46) was the #2 prep miler in the nation at 4:46.59m. Soph Nicole Robbins was 14th in the Kinney Western Regional as a frosh last fall, and ran 2:19.02m during the spring. To show Hesperia's strength, if Bryant had not dropped a weight on her foot the week prior to the Kinney Western Regional their team would have put three in the top fifteen places! Other young, potentially very good people back up the first trio for the Scorpions.

Far back, a number of squads will battle for the second place trophy here. Mountain View (El Monte) has Kinney National 9th placer Tracey Williams (4:53.01m-10:35.7y-18:10 (86), 17:37 PR from 85) leading six back from their 86 runner-up squad. A race between a healthy Williams, the Hesperia duo of Houle and Bryant, and the eventually mentioned here Karen Hexco (South Hills, Covina) in the 2A Finals could be something to see. A number of squads can challenge Mt. View for 2nd. Walnut has the tough duo of Sandra Acosta (11:31.34m-18:27 4th 2A) and Jamie Gunn (5:06.22m-19:10) leading what could be a good team. Nordhoff (Ojai), with Tami Dobel (19:11 7th 2A) on top, returns everyone from an 8th place team. Morro Bay has five back from a 3rd place group, with junior Meg George (20:26) and Kim Glimpski (20:26) team leaders. South Hills (Covina) has great sophomore Karen Hexco (10:31.95m-18:10) and four others back off an 86 9th place team. Calexico has six back from a good 1986 crew, led by junior Kiki Pellegrin (11:40.90m-20:30). Atascadero was 5th last year, and returns four, with potentially very tough Carrie Barber (20:00) and Kim Toney (2:15.20m-20:01) on top. South Pasadena was 11th last year with a group of 9th and 10th graders, and with Jill Turner (20:31) leading, continued improvement could make the Tigers very strong. Chino annually does enough to get to the Section Finals here, finishing 10th in 86, with soph Kim Tiffen (20:20) leading five others from the program's top eight members from last season who return.

Some other teams could come around. La Quinta (Garden Grove) was 7th in 86, with Kathy Cannon (19:19) leading three back from that crew. Woodbridge (Irvine) was 12th last fall, and Cathi Peck (11:22.12m-19:47) heads five back from that team. Arroyo (El Monte) just missed out on a Finals berth in 86, and with everyone back and Diana Perez (20:49) leading for 1987 the Knights will be good. Laguna Hills has Diane Brunstetter (20:28) leading five back from their 86 Varsity. Apple Valley has six Varsity members back, led by Lou Anne Duncan (20:34).

Another group of teams is a bit behind those previously mentioned. Etiwanda has six returning from its 1986 top seven, Agoura has Cheyenne Zontelli (20:47) and Tally Rowland (20:52) back, and if Agoura Hills resident Deena Drossin shows up to run for the Chargers their stock will jump mightily. Drossin beat Southern Section 1A Champion Tanya Thayer (Serrano,

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Phelan) by 80 yards in the TAC Junior Olympic National CC Championships last December. Monrovia has done a good job recently, with LaVesta Flucker (20:39) and Heidi Hanke (20:40) leading everyone back from a fine 86 Varsity. Yucaipa returns five Varsity team members, Northview (Covina) has Stacy Sanderson (19:55) and four other Varsity team members back, Rosemead a possibly good crew, and Savanna Erika Lovett (2:12.86m) on top of five from 86's Varsity who are back.

Individuals at this level not mentioned above are Suzanne Castruita (West Covina) (18:54), Andrea Dellamonica (Calabassas) (2:19.11m), and Teresa Chunovich (Brea-Olinda) (11:38.79m).

Women's 1A

The defending team and individual champions look ready to repeat here. Maranatha (Sierra Madre) has a good foursome back from its 1986 Division I title, with Coach Ken Cronquist's ability to bring the crew around gaining the preseason nod over some other good squads. Miriam Cordero (20:54) and Carolee Prescott (21:19) will lead the Minutemen crew. Individually, Tanya Thayer (Serrano, Phelan) raced a fine 18:08 to win the 1A title as a frosh last year. In track she recorded a 10:43.54 and continued form should have her easily take the title in 1987. St. Bernard (Playa del Rey) came around nicely at the end of last season to finish in the runner-up spot teamwise, and Breena Talamantes (20:57) leads that entire squad which returns for 1987. The Vikings will keep Maranatha honest in their efforts. Bishop was 7th in 1986, and Brandy Waters (19:56) leads everyone back from that team. Paraclete (Lancaster) was 5th last fall, and soph Jean Harvey (19:34 3rd 1A) leads everyone who returns for that squad this fall. Sherman Indian (Riverside) was 6th in 86, and Lois James (19:56) leads four back this season. Bell-Jeff (Burbank) has Mindy Smith (21:18) leading four off its 4th place squad from last year. Moorpark was 3rd last go-round, and fine trackster April Beaver (5:11.11m-20:22) will head five that are back from that crew. Alemany (Mission Hills) was 8th in 86, and the return of Siobhain O'Reilly would greatly assist the other five from that CIF Finals squad. Pasadena Poly was a 1A finalist group in 86, with Anna Marie Wood (20:44) leading five returning team members for 1987. Rounding out the preseason top ten for this division is Gladstone (Covina), with individual runner-up soph Liza Garcia (19:34) heading five off that team who return.

A foursome are close behind the above squads. 29 Palms, 11th last fall, has Kiela Snider (5:12.97m-19:36) and five others off that team's top eight back this year. 1986 10th place finisher Webb (Claremont) has five back, led by Tara Wright (20:58). Marymount (LA) has six of its top seven back, and Marlborough (LA) numbers two through seven from its 1986 Varsity back. Azusa, with a healthy Roberta Moronez (5:16.51m), could be good, and Notre Dame (Sherman Oaks) has the majority of a respectable 1A squad back.

Laura Pearson (Flintridge Prep, La Canada), 8th individually here last year at 20:18, Kim McElhinney (Linfield Christian, Temecula) 10th at 20:40, and Mary McKiernan (Orange Lutheran) 11th at 20:44, were high placers individually returning for this year. Karen Talamantes (Western Christian, Covina) (5:19.48m) had a good spring Track season.

Men's 4A

Two schools with the team name "Sea Kings" should battle for the title. Palos Verdes was the Divisional runner-up last Fall (and ranked 6th in State). The LA

County "Sea Kings" return five from that team and will be very, very tough in 1987. Kinney National Finalist David Scudamore (15:40-4th individually) had track wiped out with illness, but should lead a big charge along with Sky Piper (4:21.79m) this fall for PV Coach Joe Kelly's troops. Corona del Mar, the other "Sea King" entry is a frighteningly talented young squad that will challenge for the top. Coach Bill Sumner's crew headlined by junior Eddie Lavelle (9:14.90m-15:41), Jim Robbins (4:18.1m), and junior Greg Shryock (4:21.36m-16:06), and was 4th in the 4A division last year with their total underclass squad. They were winners in the Mt. SAC Invitational 4x1600m relay in Track with junior Paul Scott joining the above trio. Dana Hills and Camarillo are also very strong. DH was 5th last fall, and with five returning from that team, led by Javier Barrera (9:23.23m-16:00) and Mike Tansley (16:10), they will be very tough. Camarillo was the most improved Section squad in the sport from September to November last Fall, and they return everybody from their Cinderella 3rd place team at this level. Super soph Shawn Goetzinger (9:34.6m-15:54) and Erik Counseller (15:55) head what will be the latest monster squad out of the tough Maramonte League. Traditional powers Mission Viejo and Newbury Park will be good. MV was 12th here last fall, but four, led by Greg Lamb (4:22.95-16:07), return to be backed up by the always deep beach school's JV and soph-frosh program. Newbury is led by fine junior Mike Esparza (9:26.6m-15:34), with five others from their 6th place squad returning to keep Camarillo honest at the League level. A group of four should fill out the top ten at this level. Huntington Beach has a good five returning from its 86 11th place squad, led by junior Brad Brann (16:26) and Jamie Schumm (16:34). Antelope Valley has four back from its 86 8th place team, with Jason Cooke (16:08) leading the way. Capistrano Valley is solid through three with Ken Gibson (16:14) and improved trackster, junior Troy Collins (1:56.7), leading. Canyon of Canyon Country has had Coach Ed Chaldez nurturing a talented young group for the last year or two, and 87 should be their bursting forth at the Varsity level. Fine junior Mike Rattary (8:59.36 (3K)-16:06) leads the Cowboys.

A handful of other squads have real potential to develop into top-flight teams this season. Esperanza (Anaheim) returns seven of its top eight runners, with John Corrow (16:10) and Brian Hild (16:29) heading the team. Newport Harbor has Jim Geerlings (4:16.15-15:59) leading a capable group, and Fountain Valley has Dave Knos (16:17) heading four back off 86's Varsity team. Katella (Anaheim) has Alfredo Resendiz (16:15) leading six back from a good 1986 team.

Rio Mesa (Oxnard) can be dangerous with Travis Cooksey (1:52.05-16:37) and Gary Aanerud (1:56.1-16:46) back. Wilson (Long Beach) was a surprising 86 Finalist group, and if Coach Jim Arquilla can do the same job with his 87 returnees they will be a good team. Dos Pueblos (Goleta) had a couple of the Section's better young runners, led by soph Andrew Wignot (16:34), and they could develop. Burroughs (Ridgecrest) is led by much-improved Jack Osborne (4:21.99m-9:20.85m), with West Torrance a good group led by Mike Ward (16:27). Never count Thousand Oaks out. The Lancers return Paul McCarter (16:04) and Tim Farrell (16:26) from last year's Championship team, and always manage to come up with the rest to fill out a very good team. Santa Ana, led by fine junior Roger Nava (16:35), Los Alamitos, Tustin, and Hoover (Glendale) all have good possibilities for the 87 harrier campaign. Roland Reyes (Santa Monica) ran 9:32.04m during track.

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Men's 3A

Defending Divisional Champion (and the State's #1 ranked CC team at the end of the 1986 Harrier season) Arroyo (El Monte) is very possibly the top team in the State at any level once again. Coach Tim O'Rourke returns four supers-Darrik Powers (9:17.41m-15:34), Jeff Gilkey (8:48.2 (3K)-15:40), Jaime Ortega (9:17.00m-15:46), and Gerardo Puentes (4:19.85-15:53), who will find a fifth scorer, possibly Mike Deitch (16:36 and a 14-7 pole Vault best), and should romp over everyone in sight. A very tough Upland group will keep Arroyo honest. Coach Bob Loney's group was 3rd last year here, with fine junior Peter Burks (8:55.5 (3K)-15:38) and David Hesselstine (8:59.1 (3K)-15:41), leading a very solid five. Loyola (LA) was 5th last fall, with super soph Rene Rigal (9:31.06m-16:06) and Skardon Baker (4:20.0m-16:10) heading five back from that group. La Habra has four back off its 4th place 86 group, with Terrence Mahon (9:10.40m-15:59), who had a fine spring track season, and Moises Garcia (15:43) leading the team. Buena Park, always tough, slipped to 11th last year at this level, but Gabe Sanchez (15:51) and Marty Baratti (16:16) lead the four top scorers on that team who return for 1987. Rosemead finally had Aaron Mascorro graduate, but Ramon Perez (15:45) leads three other from the Panther 86 6th place squad who are back for

Coach Jose Marquez. Rubidoux (Riverside) was 7th last fall, and six from that squad are back this fall, headed by super junior Marco Ocegura (15:48) and Sergio Trujillo (16:16). Rowland (Rowland Heights) was a surprise finalist last year, and with everyone back from that 12th place team, they will be much stronger this year. Hart (Newhall), another traditional Section power, returns three from its 1986 2nd place team that was ranked 7th in State, but Mike Patti (15:55), soph Steve Lepkin (16:24), and David Rizzo (16:25) should lead the building of another strong squad for Coach Gene Blankenship. Alemany (Mission Hills) was 9th last season, with a good five returning from that group for 1987, led by Dave Carmona (16:19) and Peter Delacerda (16:28).

A number of other teams will battle for Section Top Ten rankings and Josh (16:21) and Jeff (16:25) lead the top five scorers who return from a good 86 squad. Barstow had among the Section's top soph-frosh groups last season, and with Aaron Atsey (16:09) continuing to improve, Coach Don Braden could lead his 87 team to some of the school's past glory. Mark Prestwich (16:20) will lead a solid foursome who return for Hemet.

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Prep Notes

photo by Doug Speck



Arroyo High (El Monte) runners, left to right: Gerardo Puentes, Derrick Powers, Jeff Gilkey

Fine junior Alereco Crisento (15:56) will lead five returning from El Rancho of Pico Rivera's 1986 finalist squad. Warren (Downey) had an outstanding 9th-10th grade group last year, with Dave Zavala (16:32) and Scott Edgeworth (16:50) heading what could be a fine 87 team. Yucaipa returns six of seven from what could be a very fine team, led by fine soph Jason Carney. Montebello returns four from a good team, with Paramount five, led by Geno Medina (16:16). Diamond Bar returns its entire Varsity, led by Ed Silva (16:26). Mountain View (El Monte) will lead with fine Randy Wilson (16:15) and Gerardo Aguilar (16:22), while Downey will return five from its 86 Varsity, led by Shawn Randles (16:41). St. John Bosco (Bellflower) returns a majority of its team, led by fine junior Steve Johnson (16:39). Traditional powers, Mira Costa (Manhattan Beach) and Perris both have the nucleus of what could be built into powerful squads. Burbank has outstanding junior milers Todd Lewis (4:21.5m) and Robert Lopez (4:23.90m) to build an 87 team from.

Mike Glaze (Notre Dame, Sherman Oaks) 4:17.06m, Edgar Montes (Nogales, La Puente) 4:19.33m, Sasha Vujic (Burrroughs, Burbank) 9:18.63m, and Gus Arce (Corona) 9:29.28m all had very good spring track seasons.

Men's 2A

It can be a little tough when the team that easily won last year has everyone back. That is the case here in the Men's 2A division, as Walnut was a relatively easy title in 86, and should have little trouble repeating if everyone can stay healthy. Team leader Scott Hempel established a new Mt. SAC course soph record of 15:23 in his 2nd individually last year and went on to run 9:07.04m on the track in the spring. Darren Walker

(4:24.4m-15:57). Coby Polite (15:57), and Eric Christopherson (16:10) head a squad that could turn out to be the best in any division this fall. There should be a good battle for second. Lompoc was 3rd in 86, and five from that group are back, led by Mike Warnock (16:05). Agoura could be very good, with soph Kinney National Finalist Bryan Dameworth (9:09.78-15:32 Mt. SAC frosh course record) leading the way. Cabrillo (Lompoc, 8th last season, returns six from the team, with Dan McGahey (16:27). Mark Bocock (16:31), and Guillermo Zubia (4:23.34m) up front. Covina and La Puente will battle Walnut in the tough Valle Vista League. Covina was 10th in 86, with Kevin Berko (16:44), Adam Shanks (4:22.34m-16:49), and Tim Kearns (16:47) back, with La Puente featuring Tim Morse (9:30.63m) and Tony Castellon (9:33.77m-16:18). Elsinore was 11th in 86, with fine junior David Haskell (16:21) leading five who return from that team, Nordhoff (Ojai) narrowly missed the Division Finals last fall, but five return from that team and they should be better this year. Costa Mesa lost its first three from its 4th place squad, but numbers three through eight should make for a good 87 varsity. Ontario has six of its top seven back, led by junior Armando Huizer (16:18), and should be in line for a top ten ranking here.

Arroyo Grande, with soph Greg Hines (16:53) leading four returnees from its 86 9th place squad, Magnolia (Anaheim) 12th in 86, with Vicente Moreida (16:51) leading four from that group, division runner-up Valencina (Placentia), with three led by Igor Daza (16:30), and the Tony Gibney (16:21) led Laguna Hills team (6th in 86), could all develop into good groups.

Coachella Valley, with Jose Reyna (16:33), Redondo Beach, with four of its varsity returning, Laguna Beach, with Ian

Ford (16:38) and David Crain (16:44), and Indio, are other teams with potential. Gary Stolz (Miraleste, Palos Verdes Estates) was 9th last year individually at 16:09 as a sophomore.

Men's 1A

Taking their seventh Section Divisional title in the last nine years, Sherman Indian (Riverside) continued its amazing string of successes in the sport. 1987 might be a real challenge, as only three from the championship squad return, but those in the past who have doubted the come-through abilities of Sherman have always been wrong, but Coach Ken Taylor will have a special task ahead this year. Azusa, was 7th last year, with Fili Arizmendi (4:15.91m-16:13) and Kyle Bailey (16:47) leading the team's top five that return and have the potential to challenge the Indians. Bishop has everyone back from its 11th place 86 squad, with Andrew Boyd (17:01) the team's top runner. Village Christian (Sun Valley) was 5th last fall, and Andrew Boudreau (16:37) leads six of that school's top eight who return. Sierra Vista (Baldwin Park), 6th last go-round, and has Mario Varela (16:51) leading the entire Varsity that returns. Fillmore, always a division threat, was 4th in 86, and Jerardo Vaca (1:56.55m-4:21.34m-16:37) was tough for the Flashes in Track. Webb (Claremont) shocked with its 2nd place finish here last November, and three return from that

Varsity, led by Ken Zenner (16:43). Cathedral (LA) finally had John Trafecanty graduate, but return a good trio to tackle 1987. Paraclete (Lancaster) has five returning from its 8th place team, with Ted Kerzie (17:24) the team leader, Hesperia Christian has everyone back from a good 86 team, with Will Laird (17:31) and Jeff Smith (17:34) on top.

Other teams with potential to be among the dozen division finalists at this level are numerous. Capistrano Valley Christian has its entire varsity returning, with fine junior Stephen Niednager (16:49) the team's first runner, 29 Palms was young in 86, and if everyone improves they will be strong behind soph Josh Quackenbush (17:13). Serrano (Phelan) has five back from the 86 Varsity. Whittier Christian a respectable group. Thatcher (Ojai) three back off a Cinderella 9th place squad from 86, and Crossroads (Santa Monica) enough back to build a good team.

Individually the sporting decision of Casey Candaele (Carpinteria) is important to the Division. The precocious frosh, who ran 1:54.45 and 4:01.81 (1500m) this summer, played football last fall, but a good fall Cross Country campaign would assure frightening things come the spring. David Wester (Maranatha) was 10th individually here last fall (16:32), with Brian Ochs (Mission College Prep, San Luis Obispo) 1:56.70m a good performer during track season.

photo by Doug Speck



SCOTT HEMPEL

photo by Doug Speck



BRYAN DAMEWORTH

photo by Doug Speck



DAVID SCUDAMORE



Subscribe... TO CTRN TODAY!

Prep Notes

By KEITH CONNING

Southern California Invationals

By DOUG SPECK

□ **Arroyo Grande "Nipomo" Classic Sept. 2. Dos Pueblos HS (Goleta)**--Annually the biggest first weekend gathering of Southern Section prep harrier squads is this Santa Barbara area meet which moved this year from the UCSB Lagoon course to nearby Dos Pueblos High in Goleta due to construction at the University. The competition is always interesting with this year's nine schools in attendance having some real individual and team quality.

Arroyo Grande, under Coach Greg DeNike, looked by far the sharpest, with undoubtedly some very, very good things ahead this season for both their Men's and Women's squads. Jamie Park (Santa Barbara), a 10:45.7 3200m star on the Track, was a comfortable Women's Varsity individual winner over a controlled Heather Scobie (Saugus) 18:36. Teamwise, Arroyo Grande was very dominant, scoring 37 points with the top five within a minute of third place Barbara Barcelona's 19:33. On the Men's side Newbury Park junior Mike Esparza, a 9:29.9 two miler last spring, looked very strong in racing away to a 15:15 win. Canyon of Anaheim's Brett Schultz took the race out at 4:51 for the first mile over the rolling course, but Esparza looked very tough in running away over the last third of the race to his 150 yard win. Louie Quintana (Arroyo Grande) in second at 15:42 is worth keeping an eye on, as he is only a frosh and defeated some fine people here. Arcadia's Dan Kabala (15:52) was fourth, with teammate Rick Provenzano, a 1:55.15 800m runner last year as a soph, an excellent 16:10 for 6th in his first cross country race ever.

Women's Results

1. Park (SB) 18:12, 2. Scobie (Saugus) 18:36, 3. Barcelona (AG) 19:35, 4. Graham (Lompoc) 19:40, 5. Nesblitt (NP) 19:40. **Teams:** 1. Arroyo Grande 37 (100:45), 2. Canyon (Anaheim) 87 (108:08), 3. Lompoc 102 (109:47), 4. Newbury Park 108 (110:47), 5. Saugus 113 (110:37), 6. Clovis West (Fresno) 122 (112:38).

Men's Results

1. Esparza (NP) 15:15, 2. Quintana (AG) 15:42, 3. Schultz (Cany) 15:51, 4. Kabala (Arc) 15:52, 5. Devine (Saug) 15:58. **Teams:** 1. Arroyo Grande 66 (83:00), 2. Canyon (Anaheim) 91 (84:15), 3. Newbury Park 100 (83:59), 4. Lompoc 101 (85:00), 5. Clovis West 103 (85:08), 6. Arcadia 112 (84:40).

□ Morro Bay Invitational

Sept. 5. Morro Bay HS--Morro Bay hosted a small group in an opening weekend competition. What should be a very fine Antelope Valley (Lancaster) men's varsity group charged in and blew everybody out in a very impressive win. Scoring 17 points, the Antelopes (tick school name of the year) had J. Vida lead the squad to seven of the first nine spots. AV's 88:56 team time has to be really respected, as last year's 2A Section titled Walnut group ran 92:09 here last year in this affair. Evelyn Maretino (St.

Josephs, Santa Maria) was the women's victor (22:16.7) over Heidi Hanson (Rightli, Santa Maria) 22:28. Morro Bay took the women's team title with 40 points (119:10).

Girls Jr. Varsity Results

1	R. Olinick (Nord)	25:35
2	D. Ewing (MB)	25:47
3	L. Nunez (SJ)	25:50
4	C. Damacana (Nord)	26:36
5	B. Howey (MB)	27:01
6	Becky Hickok (Nord)	27:14
7	L. Dennis (KC)	29:46
8	T. Cambiana (Nord)	32:25
9	A. Gisook (Nord)	32:46
10	T. Hodkins (SJ)	34:57

Team Scores: 1. Nord 28.

Boys Jr. Varsity Results

1	S. Lopez (KC)	19:48
2	M. Kraft (Nord)	20:13
3	C. Palacios (KC)	20:31
4	J. Vedrin (MB)	20:53
5	J. Sigatooos (Nord)	20:59
6	P. Durgin (Ont)	21:27
7	Serafin Lopez (KC)	21:30
8	K. Tholl (Nord)	22:16
9	L. Meaney (KC)	23:31
10	J. McBride (Nord)	23:38

Team Scores: 1. King City 34, 2. Nordhoff 36, 3. Morro Bay NS, 4. Ontario NS.

Overall Results - Girls Varsity

1	E. Martino (SJ)	22:16
2	H. Hanson (Rig)	22:28
3	M. George (MB)	22:21
4	T. Dobel (Nord)	22:45
5	N. Harkins (SLO)	23:02
6	K. Gilmski (MB)	23:31
7	C. Rodenhi (MB)	23:38
8	S. Ambrozak (SJ)	23:50
9	B. Reynolds (MB)	24:01
10	L. Wilkinson (KC)	24:20

Team Scores: 1. Morro Bay 40, 2. Saint Joseph 70, 3. Nordhoff 80, 4. Rightetti 92, 5. Mission 133, King City N.S., San Luis Obispo NS.

Overall Results - Boys Varsity

1	J. Vida (AnVly)	17:20
2	M. Quinn (AnVly)	17:24
3	J. Cooke (AnVly)	17:34
4	E. Garduno (Ont)	17:57
5	E. Besch (AnVly)	18:16
6	D. Hein (AnVly)	18:22
7	B. Ochs (Mission)	18:29
8	J. Berg (AnVly)	18:45
9	David Cooke (AnVly)	18:46
10	S. Hudson (AnVly)	18:54

Team Scores: 1. Antelope Valley 17, 2. Nordhoff 85, 3. Morro Bay 101, 4. Saint Joseph 127, Mission Prep NS, Ontario NS.

□ Woodbridge Invitational

Sept. 12. Woodbridge HS--Annually the early season highlight of the prep harrier season around the Southern Section, the 1987 Woodbridge Invite featured 2300 athletes from 92 area schools. Arroyo (El Monte) on the men's side, the Palos Verdes, on the women's, set out the challenge to all locally (and statewide for that matter) with big team time victories (5 best times added up). Arroyo totaled 77:P36 (ahead of its 78:49 in winning last year) in besting Corona del Mar's 79:10, with PV besting the next women's squad by almost five minutes with its 94:08. The men run by grade here with Varsity, JV, and Frosh-Soph races on the women's side.

The most interesting individual race was a Medium School's Varsity Women's

race, where Tracey Williams (Mt. View, El Monte), finally a senior, showed she is ready for a big final prep year with a strong start that had her far ahead of Heather Scobie (Saugus) and Ashley Black (Palos Verdes) after a half mile. Scobie, racing with a new found patience in 87, led Black as the duo edged to within 30 yards to Williams at the finish 17:50-17:55-17:56. Questions about the fitness and potential of the Palos Verdes Women's group were answered here when they put five between 17:56 and 19:22 in an easy Varsity win, then went 1-2 in the JV race at 19:21 and 19:35. Kinney National Finalist Reyna Cervantes (Montebello) was an easy Large School's Women's winner at 18:01, with soph Karen Hecox (South Hills, Covina) winning by 50 seconds at 18:24 in the Small Schools run.

David Scudamore (Palos Verdes), 15th in last year's Kinney National's run, had the day's top men's time, 15:03, in winning the Medium Schools run over Jimmy Rodriguez (Santa Ana Valley) 15:09 (Jimmy earns our Improvement award, as he ran 16:54 on this course last September). Valencia's Igor Daza (15:14) held off the Arroyo flood that had Gerardo Puentes (15:20), Jaime Ortega (15:22), Derrick Powers (15:30), and Jeff Gilkey (15:33) all finish in the top nine individually in that 12th grade race. Mike Esparza (Newbury Park) ran 15:19 in an easy Large Schools 11th grade win, with Corona del Mar's Eddie LaVelle (15:18) and Greg Shyrock (15:38) going 1-2 in the Medium Schools version. Yucaipa's Brian Ownby won the Small Schools' senior race by 32 seconds at 15:25, with Shannon Winkelman (Marina, Huntington Beach) taking the Large School's 12th grade title at 15:24.

Women's Results

(1A) Fr/So: 1. Hoshimiya (So.Pasadena) 20:15. **Varsity:** 1. Hecox (South Hills) 18:24, 2. Peck (Woodbridge) 19:14. **(2A) Fr/So:** 1. Killeen (Valencia) 18:31, 2. Griffith (Claremont) 18:34. **JV:** 1. Cowan (Palos Verdes) 19:21. **Varsity:** 1. Williams (Mt. View, El Monte) 17:50, 2. Scobie (Saugus) 17:55, 3. Ashley Black (PV) 17:56, 4. Benavides (Santa Ana Valley) 18:27, 5. Leichter (PV) 18:36, 6. Robinson (Newport Harbor) 18:56, 7. Sublett (PV) 18:57. **(3A) Fr/So:** 1. Wright (Marina) 20:02. **Varsity:** 1. Cervantes (Montebello) 18:01, 2. Haggemiller (ThousOaks) 18:19, 3. Gomez (Wilson, LA) 18:45, 4. Sandoval (Montebello) 18:53.

Team Times:

1. Palos Verdes 94:08, 2. Santa Ana Valley 98:55, 3. Thousand Oaks 99:19, 4. Montebello 100:10, 5. El Toro 100:30, 6. Wilson (LB) 101:29, 7. Newport Harbor 101:37, 8. Irvine 102:46, 9. Claremont 102:56, 10. Corona del Mar 103:53.

Men's Results

(1A) 9th: 1. Dirk (South Pasadena) 17:34. **10th:** 1. Wignot (Dos Pueblos, Goleta) 16:16. **11th:** 1. Frisone (Laguna Hills) 15:50. **12th:** 1. Ownby (Yucaipa) 15:25, 2. Heideman (Escondido) 15:57. **(2A) 9th:** 1. Marumoto (Corona del Mar) 17:34. **10th:** 1. Farrell (San Clemente) 15:36. **11th:** 1. LaVelle (CdM) 15:18, 2. Shyrock (CdM) 15:38. **12th:** 1. Scudamore (PV) 15:03, 2. Rodriguez (Santa Ana Valley) 15:09, 3. Daza (Valencia) 15:14, 4. Puentes (Arroyo) 15:20, 5. Ortega (Arr) 15:22, 6. Devine (Saugus) 15:26. **(3A) 9th:** 1. Classen (MV)

17:12. **10th:** 1. Lepken (Hart, Newhall) 15:53. **11th:** 1. Esparza (Newbury Park) 15:19, 2. Williams (ThousOaks) 15:40. **12th:** 1. Windelman (Marina) 15:24, 2. Medina (Paramount) 15:29, 3. Cooke (AV) 15:33.

Team Times:

1. Arroyo (El Monte) 77:46, 2. Corona del Mar 79:14, 3. Antelope Valley 80:02, 4. Palos Verdes 80:31, 5. Thousand Oaks 80:39, 6. Hart (Newhall) 80:47, 7. Hemet 81:18, 8. Buena Park 81:20, 9. Newbury Park 81:45, 10. Mission Viejo 81:49.

Fine Flicks by Don Gosney



DAVE SCUDAMORE

□ Las Vegas Invitational

Sept. 12. UNLV--Laura Doering led an Orange County charge in this affair. The Age-group star back in the eligibility fold after sitting out a year after a move from Mater Dei (Santa Ana) to Villa Park has come out charging this fall. Her 15:57 Small Schools win was a Course Record and 2 seconds faster than Kira Jorgensen (Vista) recorded in a Large Schools win. Jorgensen is felt to be among the best runners in the nation this fall. VP took the team title also with 53 points, and area rivals Canyon (Anaheim) were 3rd at 78. El Modena showed some solid potential on the men's side with a Large School Men's team victory over Canyon 50-103.

Women's Results

Small Schools: 1. Doering (VP) 15:57CR, 2. Smith (Hopi, AZ) 17:02, 3. Prince (Canyon, A) 17:08.

Team Scores:

1. Villa Park 53, 2. Hopi, Ariz. 67, 3. Canyon (Anaheim) 78. **Large Schools:** 1. Jorgensen (Vista) 15:59, 2. Sepulveda (Unat.) 16:15, 3. Adams (Hunt.Bch) 16:30.

Team Scores:

1. Monument Valley (Nevada) 62, 2. Huntington Beach 91, 3. Tuba City (Ariz) 99.

Men's Results

Small Schools: **Team Scores:** 1. Chinly, Arizona 48, 2. Coachella Valley (Thermal) 90.

Large Schools: 1. Hubbard (Basic, NV) 15:04, 2. Ellis (Valhalla, El Cajon) 15:15, 3. Schulz (Canyon, Ana) 15:33, 4. Gutierrez (El Modena) 15:37.

Team Scores:

1. El Modena (Orange) 50, 2. Canyon (Anaheim) 103.

Prep Notes

By KEITH CONNING

★ Two Mile Postal Meet

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

★ Hawthorne High at Penn Relays

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

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

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

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

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

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

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

★ Results Wanted

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

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

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

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

★ Mariner Invitational

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

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

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

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

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

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

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

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

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

was third with 74.

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

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

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

NorCal Invationals

By KEITH CONNING

★ Lowell Invitational

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

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

Boys Individuals (74 Finishers)

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

Girls Teams

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

Girls Individuals (42 Finishers)

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

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

★ Husky Harrier Invitational

Ohlone College, Fremont, Sept. 19.

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

Boys Individuals

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

Prep Notes

Girls Teams

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

Girls Individuals

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

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

Girls Teams (1.85 Mile)

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

Girls Individuals (51 finishers)

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

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

Girls Teams

1	McFarland	27
2	Sanger	28

Girls Individuals (21 finishers)

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

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

Small School Boys Individuals

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

Large School Girls Teams

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

Large School Girls Individuals

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

Small School Girls Teams

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

Small School Girls Individuals

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

photo by Keith Conning



TORRE PENA
1st Lowell

photo by Keith Conning



SHEILA BURKE
1st Lowell

photo by Keith Conning



TIKI WILCOX
1st Artichoke

photo by Keith Conning



JOHN FUGLER
1st Artichoke

★ Chico Invitational

Chico, September 26.
(From Chuck Sheley)

Boys Teams (3 Miles)

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

Boys Individuals (95 finishers)

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

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

JV Girls Individuals

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

★ Sanger Invitational

Avocado Lake, Sept. 25.
(From Dave Dodson)

Boys Teams

1	McFarland	15
2	Sanger	40

Boys Individuals (34 finishers)
1 Enrique Diaz (Roosevelt, Fresno) 15:41

★ San Ramon Invitational

San Ramon HS, Danville, Sept. 26.

Large School Boys Teams

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

Large School Boys Individuals

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

Small School Boys Teams

1	Acalanes (Lafayette)	74
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★ Clovis Invitational

Woodward Park, Fresno, Sept. 26.

Frosh/Soph Boys

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

Continued next page

Prep Notes

Team Scores:

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

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

Team Scores:

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

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

Team Scores:

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

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

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

* = Small School

Team Scores:

1. San Joaquin Memorial 15.

Small/Medium Varsity Boys

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

* = Small School

Team Scores:

Small School Varsity Boys:

1. Yosemite 15.
Medium School Varsity Boys:
1. Jesuit 20, 2. Moreau 73, 3. San Luis Obispo 90, 4. Reedley 101, 5. Lemoore 105, 6. Hoover 130, 7. E. Bakersfield 183.

Open Varsity Girls

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

Team Scores:

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

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

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

Team Scores:

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

Half Moon Bay HS. Oct. 3.

Small School Boys Teams (2.33 Mile)

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

Small School Boys Individuals

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

Large School Boys Teams

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

Large School Boys Individuals

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

Small School Girls Teams

1 Willow Glen (San Jose) 129
2 Half Moon Bay 140
3 University (San Francisco) 144
4 Redwood (Larkspur) 158
5 Moreau (Hayward) 175
6 Drake (San Anselmo) 221
7 Aptos 255
8 Gunn (Palo Alto) 262
9 North Monterey Co (Castroville) 267
10 Lincoln (San Jose) 331
11 Westmont (Campbell) 352

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

Small School Girls Individuals

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

Large School Girls Teams

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

Large School Girls Individuals

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

★ Ed Sias Invitational

Hidden Valley Park, Martinez, Oct. 3.

Boys Teams

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

Boys Individuals (2 Mile)

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

Girls Teams

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

Girls Individuals (2 Mile)

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

Prep Notes

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

★ Nevada Union Invitational October 3.

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

Boys Individuals (No Times Available)

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

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

Girls Individuals (No Times)

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

★ Serra-Crystal Springs Invite.

Crystal Springs, Belmont, Oct. 10.

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

Championship Varsity Boys Individuals (3 Miles)

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

Varsity Boys Teams

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

Varsity Boys Individuals

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

Girls Teams

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

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

Girls Individuals

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

★ Bob McGuire Relays

Newhall Park, Concord, Oct. 10.

Boys Relay

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

Girls Relay

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

★ Mariner Invitational

Garin Park, Hayward, Oct. 17.

Large School Boys Teams (5,000 meters)

1 Del Campo (Fair Oaks)	74
2 Montgomery (Santa Rosa)	120
3 Jesuit (Carmichael)	130
4 Bellarmine (San Jose)	136
5 Bella Vista (Fair Oaks)	151

Large School Boys Individuals

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

Small School Boys Teams

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

Small School Boys Individuals

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

Large School Girls Teams

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

Large School Girls Individuals

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

Small School Girls Teams

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

Small School Girls Individuals

1 Janelle Corbin (Alhambra)	21:54
2 Carrie O'Connor (Moreau)	22:07
3 Thea Hillman (Piedmont)	22:26
4 Quisqueya Rodriguez (BishopO)	22:28
5 Erin Bellamy (Moreau)	22:33

photo by Keith Conning



KATY McCANDLESS

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

Boys Frosh Individuals

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

Girls Teams

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

Girls Individual

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

Girls Frosh/Soph Individuals

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

★ Two-Mile Postal

Los Gatos H.S. Oct. 24.

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

Boys Teams

1. Bellarmine (San Jose) 47:45, 2. Leigh (San Jose) 50:33, 3. Moreau (Hayward) 51:18, 4. Livermore 51:40, 5. Fremont (Sunnyvale) 52:37, 6. Santa Teresa (San Jose) 54:55.

Studette Results

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

Girls Teams:

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

□ Prep Notes

Southern Section Notes

By Doug Speck

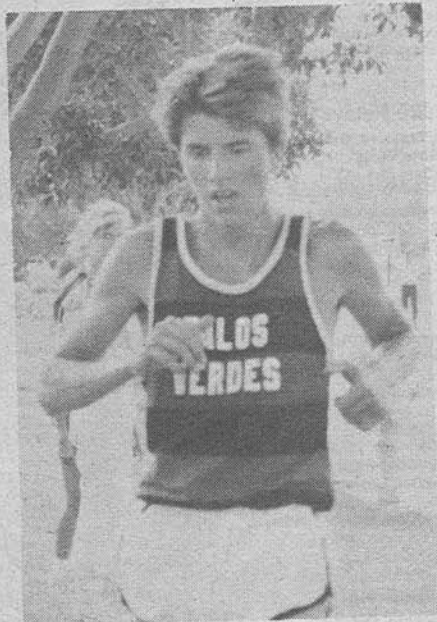
Who said that the Southern Section Women's groups would dominate the first ever California State Prep Cross Country Championship in late November? Well, it is apparent that more than one area power was decimated at or near the top end of its team to reduce the Section super powers quite a few in number.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

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

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

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

photo by Maurice Wilson



DAVE SCUDAMORE

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

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

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

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

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

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SoCal Invationals

By DOUG SPECK

★ Millikan Invitational

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

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

Men's Results: 1. Bohلمان (El Dorado) 15:07, 2. Castro (St. John Bosco) 15:28, 3. Reyes (Santa Monica) 15:35, 4. King (Mira Costa) 15:43, 5. Johnson (St. John Bosco) 15:44, 6. Nichols (Katella) 15:50.

Team Scores: 1. LB Wilson 71 (81:50), 2. Katella 72 (81:35), 3. St. John Bosco 89 (81:55), 4. Damien (LaVerne) 150 (84:27).

★ Colton Invitational

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

Women's Results: (9th-10th) 1. Wulff (Chino) 19:23, 2. Visscher (Etiwanda) 19:27, 3. Cruz (Colton) 19:36. **(11th-12th)** 1. Freyne (Riv Poly) 18:00, 2. Chavez (Colton) 19:10, 3. Barnes (Corona) 19:19, 4. Cole (Redlands) 19:53.

Team Times: 1. Etiwanda 101:20, 2. Redlands 101:21, 3. Corona 103:55, 4. Apple Valley 104:51.

Men's Results: (9th) 1. Hartman (Canyon, CC) 16:36, 2. Rizo (Chino) 17:24. **(10th)** 1. Coronado (Eisenhower, Rialto) 16:43, 2. Montoya (Chino) 16:45, 3. Cohen (Canyon, CC) 16:53. **(11th)** 1. Rattary (Canyon, CC) 15:26, 2. Kemp (Quartz Hill) 15:45, 3. Flores (Redlands) 15:50, 4. Smith (Redlands) 15:58. **(12th)** 1. Polonski

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

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

★ Hesperia Christian Invite.

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

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

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

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

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

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

★ Walnut Invitational

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

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

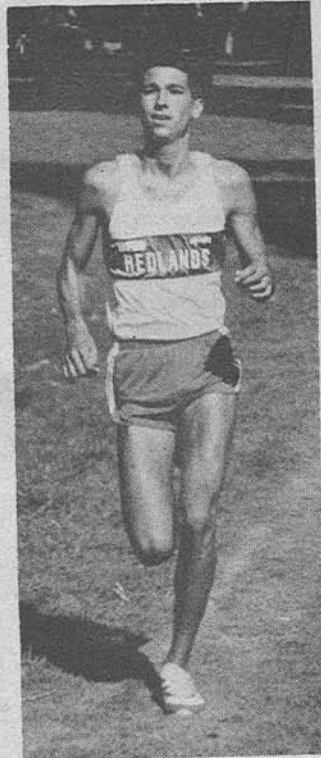
Women's Results: 1. Ashley Black (PV) 18:19, 2. Acosta (Walnut) 18:41, 3. Leichter (PV) 19:15, 4. Gunn (Walnut) 19:54, 5. Andrea Black (PV) 19:59, 6. Goodrich (PV) 20:09, 7. Molina (Los Altos, Hacienda Heights) 20:14.

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

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

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

photo by Doug Speck



ERIC POLONSKI
1st Colton

★ Rosemead Invitational

Rosemead, September 19. A group of San Gabriel Valley squads gathered at the flat, very fast course at Rosemead High for this "by-grade" meet. A couple of the State's top Women shined. Rayna Cervantes (Montebello) won over teammate Terry Sandoval 17:13-17:32 in the Jr/Sr race, with Karen Hecox (South Hills, Covina) blasting a 16:56 (Course Record) in the Fr/So run in winning over area rival Suzanne Castruita (West Covina) 17:38. Ramon Perez (Rosemead) had the day's quickest Men's time and a Meet Record with his 15:06 Senior race run. When fastest five times for teams were added up Montebello edged Rosemead 80:36-80:49 in the Men's division, with a fine Montebello Women's squad recording a quick 93:37 (18.44 average).

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

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

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

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

★ Alta Loma Invitational

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

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

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

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

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

★ Sonora Invitational

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

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

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Prep Notes

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

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

Team Scores: 1. Foothill (102:14) and Wilson (HH) (101:50) 73, 3. La Habra 78 (101:59), 4. Newbury Park 86 (102:25). **(Frosh/Soph)** 1. Pinto (Katella, Anaheim) 19:07. **Team:** 1. Mater Dei 58. **(Div. II)** 1. Scobie (Saugus) 18:06, 2. Terry (Fullerton) 18:57, 3. Sanderson (Northview, Covina) 19:18.

Team Scores: 1. Saugus 41 (102:23), 2. El Rancho 61 (107:37). **(Frosh/Soph)** 1. MacDonald (Norwalk) 20:26. **(Team)** 1. Antelope Valley 58.

Men's Results: 1. Mahon (La Habra) 14:44, 2. Esparza (NP) 14:49, 3. Loomer (Cypress) 15:17, 4. Sanchez (BP) 15:21, 5. Baratti (BP) 15:23, 6. Jones (Brea Olanda) 15:24, 7. Medina (Paramount) 15:26. **Team Scores:** 1. Buena Park 63 (79:22), 2. Katella (81:01) and Newbury Park (80:08) 92, 4. Rowland 113 (81:32), 5. Brea Olanda 128 (82:55). **(Frosh/Soph)** 1. Matsumoto (Mater Dei, Santa Ana) 16:53. **Team:** 1. Mater Dei 35. **(Div. II)** 1. Devine (Saugus) 14:55, 2. Rattary (Canyon) 15:10, 3. Cooke (AV) 15:17, 4. Quinn (AV) 15:24, 5. Vida (AV) 15:27, 6. Arisanto (El Rancho, Pico Rivera) 15:35.

Team Scores: 1. Antelope Valley 37 (78:05), 2. Canyon (CC) 53 (78:58), 3. Lakewood 135 (82:57). **Frosh/Soph:** 1. Ruez (La Mirada) 17:08. **Team:** 1. Lakewood 67.

★ Warren Invitational

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

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

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

Women's Results: 1. Brown (Millikan) 18:43, 2. Asher (Wilson) 19:04, 3. Purucker (Wilson) 19:18, 4. Cantrell (Wilson) 19:29, 5. McDaniel (So. Torrance) 19:39. **Team Scores:** 1. Wilson (LB) 24 (97:47), 2. Bishop Montgomery (Torrance) 72 (102:35), 3. South Torrance 120 (107:22).

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

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

★ Perris Invitational

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

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

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

★ Arroyo Grande Invitational

Arroyo Grande, Sept. 19. The "Big Ditch" Classic attracted a good group of squads from around the State. Arroyo Grande and Los Gatos, two of the better Women's groups from widely separated areas of California had an interesting meeting in the Women's Seeded race. A surprising young Arroyo Grande Men's squad dominated the Men's Seeded race.

Coach Willie Harmatz's Los Gatos Women's group returns everyone from a good 86 Varsity, and they showed it here. Putting five in the first sixteen they nipped Arroyo Grande 48-57. In AG's defense, they were without Hope Ramey, a top runner who would have dropped AG's team time about a minute and thirty here. Still, these two groups are among the top handful of teams in the State this

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

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

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

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

★ San Clemente Invitational

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

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

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

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

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

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

★ Bell-Jeff Invitational

Griffith Park, September 28. Coach Jim Couch's big invitational at Griffith Park came off as usual in big, fine style with a large turnout. This affair annually attracts the best representation of the Section's smaller schools and enough of the rest to be at a very high quality level in the three "school-size" divisions.

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

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

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

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

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

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

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

★ Dana Hills Invitational

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

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

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

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

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

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

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

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

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

★ Agoura/Paramount Ranch Classic

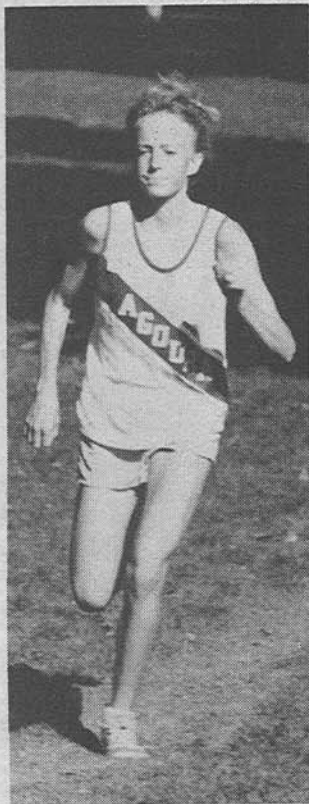
Agoura, September 26. The quality was good, especially from the host school, in this affair held at the old site for the "Renaissance Faire," a medieval historic festival held in the Agoura area. As a matter of fact the top end of the Agoura High program is getting downright outrageous. Bryan Dameworth,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

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

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

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

photo by Doug Speck



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

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

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

Prep Notes

★ Royal Invitational

Moorpark College, September 26. The Royal (Simi) Invite, held at Moorpark College, featured the coming out of an awesome Camarillo Men's group for the season. The surprise team of the 86 season in the Section, they returned everyone off a 4A third place squad, and now have been joined by Rio Mesa (Oxnard) soph transfer Abe Valdez, who leads the team. These guys are good! They had the day's quickest team time by almost three minutes. A good Palmdale Women's squad took honors in that half of the Meet.

R. Morales of Ventura was the Large Schools Men's individual winner at 16:10, with Valdez leading the Camarillo charge in 2nd at 16:12. The Scorpions put seven in the top fourteen of this division to win easily with 29 points (83:04). Robert Ortiz (Lompoc) won the Small Schools race in 16:34 to lead his squad to a win over cross town rival, Cabrillo (Lompoc) 35 (85:48)-47 (87:12).

Palmdale's Women's team has been developing over the last year or two in the Golden League and they have a good group that easily took the Large Women's race here, with 35 points (107:48) over Ventura 75 (112:51). Jessica Craven of Camarillo was the individual winner by almost a minute and a half at 19:26. Lompoc took the Small School's Women title with 31 (109:47) to Nordhoff's (Ojai) 42 (111:28). Tami Dobel (Nordhoff) continues to round into shape with a 20:01 win there.

Women's Results: (Small) 1. Dobel (Nordhoff) 20:01, 2. Graham (Lompoc) 20:42, 3. Atkinson (Nordhoff) 21:05, 4. Hammons (Lompoc) 21:32, 5. Toney (Atascadero) 21:35. **Team Scores:** 1. Lompoc 31 (109:47), 2. Nordhoff 42 (111:28), 3. Atascadero 93 (124:12). **(Large)** 1. Craven (Camarillo) 19:26, 2. Gullledge (Rio Mesa) 20:52, 3. Sirclum (Ventura) 20:57, 4. Mejia (Palmdale) 20:59, 5. Tonnum (Palmdale) 21:12. **Team Scores:** 1. Palmdale 35 (107:48), 2. Ventura 75 (112:51), 3. Rio Mesa 85 (114:06).

Men's Results: (Small) 1. Ortiz (Lompoc) 16:34, 2. Vaca (Fillmore) 16:50, 3. Oviatt (Nordhoff) 16:57, 4. Warnock (Lompoc) 16:57, 5. Bacock (Cabrillo) 17:01. **Team Scores:** 1. Lompoc 35 (85:48), 2. Cabrillo 47 (87:12), 3. Fillmore 73 (89:21), 4. Nordhoff 86 (90:01). **(Large)** 1. Morales (Ventura) 16:10, 2. Valdez (Camarillo) 16:12, 3. Malesich (Cam) 16:14, 4. Gallindo (Oxnard) 16:23, 5. Kemp (Quartz Hill) 16:28, 6. Goetzinger (Cam) 16:47, 7. Jones (Torrance) 16:52. **Team Scores:** 1. Camarillo 29 (83:04), 2. Torrance 74 (85:52), 3. Ventura 105 (86:35), 4. Dos Pueblos (Goleta) 149 (88:43).

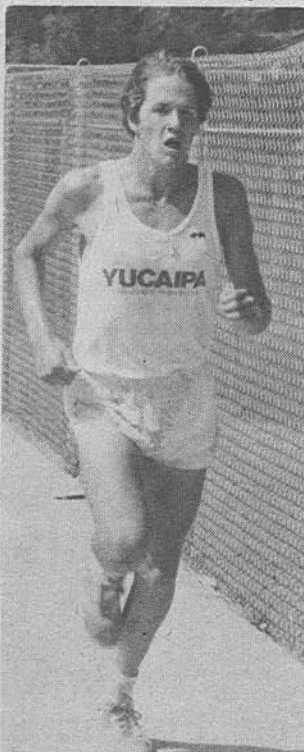
★ Yucaipa Invitational

Yucaipa HS, October 3. Right in the midst of the monster heat wave to hit Southern California 81 schools traveled to San Bernardino Country's Yucaipa High School to tackle the challenging course there. Yucaipa, Woodbridge, and El Modena (Orange) were the Sweepstakes Winners in their divisions respectively, as a number of Section individual and team powers competed.

Individual supers Brigid Freyne (Riverside Poly), number two returnee in the Kinney National Cross Country Finals at sixth, Tracey Williams (Mountain View, El Monte), 9th in that meet last December, and Tanya Thayer (Serrano, Phelan), the Section 1A Cross Country champion and a 10:43.54 3200m runner, were the Divisional Women's winners. Freyne took the

Large race by 1:15 at 18:47 over Terri Sandoval (Montebello) (Rayna Cervantes of Montebello was absent from the affair), Williams took the Medium race at 19:38 over Cathi Peck (Woodbridge, Irvine) 19:56, and Thayer ran 19:21 to take the Small Schools run. Woodbridge is quick developing into one of the Section's better Women's squads (and State's Division II teams), showing they can deal with the hills, heat, and adversity here with a big Medium Schools win at 35 points (107:33). Their team time was the day's quickest by five minutes. El Modena (Orange) was the Large Schools winner. Maranatha (Sierra Madre) took an interesting Small Schools race with 80 points over the host Yucaipa's 82. Yucaipa floods them in at the frosh/soph level and will be a Section threat when the 40 plus member program brings them together at the end of the season.

photo by Doug Speck



BRIAN OWNBY
1st Yucaipa

The continuing close rivalry between Hemet and Rubidoux (Riverside) highlighted the Men's Large School run here, with Hemet parlaying a 1-2-3 finish, Mark Prestwich's (16:26) winning, into a 56-68 win over a good Rubidoux team, with surprising El Modena (Orange) continuing to run well with 69 for third. Woodbridge (Irvine) (96) handled Barstow (122) and a close pack in the Medium Schools, with Jose Reyna (Coachella Valley) the winner at 16:27. Trabuco Hills, a developing 2A power, took the Small Schools run, with the struggle between Sherman Indian and Azusa for possible Section 1A supremacy settled with SI totalling 125 for second and Azusa 146 for fourth, with Yucaipa sandwiched in at third. Hometown Brian Ownby was the individual winner there at 16:21.

Women's Results: (Small) 1. Thayer (Serrano) 19:21, 2. Talamantes (Western Christian, Covina) 20:26, 3. Sanderson (Northview, Covina) 20:33, 4. Taylor (Palo

Verde, Blythe) 21:00, 5. Moronez (Azusa) 21:06, 7. Segura (Pomona) 21:12, 7. Rivera (Whittier) 21:16, 8. Sible (Yucaipa) 21:27. **Team Scores:** 1. Maranatha 80 (113:41), 2. Yucaipa 82 (113:41), 3. Bell-Jeff (Burbank) 133 (119:44), 4. Northview 174 (122:48). **(Medium)** 1. Williams (Mt.View) 19:38, 2. C. Peck (Woodbridge) 19:56, 3. Pellegrin (Calixico) 20:49, 4. Gibbs (Glendora) 21:11, 5. L. Peck (Woodbridge) 21:01, 6. Chavez (Colton) 21:24, 7. Enciso (Mt.View) 21:36, 8. Keffer (Woodbridge) 21:58. **Team Scores:** 1. Woodbridge 35 (107:33), 2. Calixico 77 (113:31), 3. Etiwanda 106 (116:49), 4. Mountain View 122 (117:12), 5. Rosemead 126 (119:03). **(Large)** 1. Freyre (Riverside Poly) 18:47, 2. Sandoval (Montebello) 20:02, 3. Barnes (Corona) 21:14, 4. Viramontes (El Modena) 21:24, 5. Lawler (Eisenhower, Rialto) 22:12, 6. Rigney (Cajon, San Bernardino) 22:18, 7. Noble (El Modena) 22:24, 8. Casillas (El Rancho) 22:25. **Team Scores:** 1. El Modena (Orange) 67 (112:43), 2. Corona 94 (118:04), 3. El Rancho (Pico Rivera) 122 (121:41), 4. Apple Valley 139 (123:24).

Men's Results: (Small) 1. Ownby (Yucaipa) 16:21, 2. Bailey (Azusa) 16:37, 3. Wester (Maranatha) 16:39, 4. Arizmendi (Azusa) 16:47, 5. Carney (Yucaipa) 16:57, 6. Heiber (Serrano) 17:05, 7. Aguilar (Bloomington) 17:09, 8. Cravotta (Trabuco Hills) 17:11. **Team Scores:** 1. Trabuco Hills 80 (88:37), 2. Sherman Indian (Riverside) 125 (90:52), 3. Yucaipa 127 (89:17), 4. Azusa 146 (89:49) 5. Maranatha 169 (91:01). **(Medium)** 1. Reyna (Coachella Valley) 16:27, 2. Osborne (Burrroughs, Ridgecrest) 16:29, 3. Zamora (CoachVly) 16:33, 4. Haskell (Elsinore, Lake Elsinore) 16:42, 5. Perez (Rosemead) 16:45, 6. Wilson (Mt.View) 17:06, 7. Dohman (Woodbridge) 17:10, 8. Atsye (Barstow) 17:26. **Team Scores:** 1. Woodbridge 96 (89:31), 2. Barstow 122 (90:47), 3. (tie) Perris (91:11) and Coachella Valley (89:42) 124, 5. Burrroughs (Ridgecrest) 131 (90:35), 6. Rosemead 144 (91:33). **(Large)** 1. Prestwich (Hemet) 16:26, 2. Jensen (Hemet) 16:31, 3. Collins (Hemet) 16:34, 4. Garduno (Ontario) 16:37, 5. Navidad (Indio) 16:42, 6. Trujillo (Rubidoux, Riverside) 16:46, 7. Ocegueva (Rubidoux) 16:51, 8. Huizar (Ontario) 16:55, 9. Gutierrez (El Modena) 17:05, 10. Chavez (Rubidoux) 17:05. **Team Scores:** 1. Hemet 56 (85:20), 2. Rubidoux 68 (86:16), 3. El Modena (Orange) 69 (86:29), 4. Ontario 148 (90:52), 5. El Rancho 161 (91:14).

★ Kenny Staub Invitational

Crescenta Valley Park, October 3. The usual number of area "super powers" came together at Crescenta Valley Park for the Kenny Staub Invite. The area's newest star, Deena Drossin (Agoura), would have her most severe test yet against a super field here in the Women's Level 1 race, with her sophomore teammate, Bryan Dameworth, turning out to be just as impressive in a Level 1 Men's run. The Palos Verdes Men's and Women's squads looked very impressive in strong wins.

The Southern Section has a fine group of young lady runners this fall. Eight Section female two milers return at under 10:50.0. And can you believe there is a newcomer who may be able to handle them all??? Deena Drossin, a frosh at Agoura High and two time National Age-Group Cross Country Champion who has never lost a race in the sport, would meet her first big interscholastic test here. Ashley Black (Palos Verdes) is a 10:44 3200m type who is hot this fall. She was the Clovis Invite winner at 17:59, and has looked very strong in her September efforts. Hopefully Miss Drossin considered the possibility of a defeat here. The weather was very warm, but the Agoura flash took it out like she had no intention of ever looking back. After a rolling first mile of just under 5:30 Deena had about

40 yards on Black and Jenna Haggemiller of Thousand Oaks. During a long gradual uphill second mile the race ended, as Drossin pulled away to over a 100 yard lead, and passed two miles just under 12:00, before rolling downhill towards the finish. Agoura frosh teammate Tiffany York joined the front group as the race wore on, and Haggemiller and York both edged ahead of Black during the final mile. Drossin was off to the All-Time races, finishing in 17:47, the #2 time here ever behind Melissa Sutton's (Newbury Park) 17:31 Course Record from last year. Some good people have run here (10:15 2 miler Kirsten O'Hara 18:04 on this course, etc.), so Drossin is very, very good. The Palos Verdes group continues to dust everyone in sight, scoring 32 points here with the best team time by over 5 minutes. October 10th the Sea Kings head to New York for the Manhattan Invitational at Van Cortland Park and we will see how they stand against the best of the East Coast.

Kinney National Finalists David Scudamore (Palos Verdes) and Bryan Dameworth (Agoura) met in the top guys' race. Scudamore has looked very strong in early season efforts, but this was a day for individual Agoura athletes to shine. Dameworth took the race out hard as the heat began to be a factor on this scorching weekend, with the PV star sitting back a bit through a 5:06 mile. During the second mile the Agoura soph continued to pull away, leading by nearly 100 yards through two miles in 10:21. The margin stayed about that to the finish, with Dameworth winning at 15:29, very good for the terrible heat, with Scudamore 15:48. Surprises in third and fourth were much improved Eric Polonski (Redlands) (16:04) and Peter Oviatt (Agoura) (16:05). PV was again just too tough as a team, scoring 51 points and an 81:39 team time. Camarillo came south and fared well, nipping Upland for 2nd 86 (83:05) to 91 (83:02). Upland was a close second at Clovis, so Camarillo is for real among the powers statewide.

photo by Doug Speck



JENA HAGGENMILLER
2nd Kenny Staub

Prep Notes

photo by Doug Speck



BRYAN DAMEWORTH
1st Agoura/Para & Staub

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

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

★ Costa Mesa Invitational

Teewinkle Park, Sept. 3. Orange County Schools and individuals took home most of the awards from this invite. The individual match-up in Division II of Shannon Winkelman (Marina, Huntington Beach), a 9:16.13 3200m runner, and Terrence Mahon (La Habra), a 9:10.40 type, ended with Winkelman a narrow winner 14:39:14.41, a new course record. Long Beach Wilson continued to improve with a team win in that race. Newport Harbor took the Division II Women's race, with Natalie Adams (Huntington Beach) the winner over a good field at 18:28. Tustin scored a very low 22 points in winning the Division I Women's race, with Katella (Anaheim) finishing 1-2-3 to fuel their Division I 33 point total that nipped Tustin (34).

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

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

★ Fountain Valley/Huntington Beach Invitational

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

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

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

19:52, 3. Ragon (Alta Loma) 19:59. **Team Scores:** 1. Buena (Ventura) 45 (101:45), 2. Alta Loma 65 (102:56), 3. Marina 81 (103:55). **(Div 2)** 1. Drossin (Agoura) 18:17, 2. York (Agoura) 18:43, 3. Adams (Huntington Bch) 19:03, 4. Lowery (Norco) 19:27, 5. Keim (San Pasqual) 19:39, 6. Lyken (Fontana) 19:48, 7. Fay (San Pasqual) 19:50, 8. Scott (San Pasqual) 19:58. **Team Scores:** 1. Agoura 35 (98:22), 2. San Pasqual 46 (101:05), 3. Huntington Beach 110 (106:07), 4. Norco 125 (107:18). **(Div 3)** 1. Nelson (Bishop Gorman, Las Vegas) 19:19, 2. Cannon (La Quinta) 19:29, 3. Brunstetter (Laguna Hills) 20:24. **Team Scores:** 1. Laguna Hills 41 (106:11), 2. Los Alamitos 71 (110:57).

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

★ San Gabriel Valley Invitational

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

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

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

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

1988 San Joaquin Valley Coach of the Year Clinic

January 9, 1988 Fresno State University

Speakers:

KEN MATSUDA — Hurdles

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

ALEX GARDNER — Sprints

Canadian Sprint Coach

LANCE HARTER — Distance

Head Coach Cal Poly San Luis Obispo

DICK CONNERS

Organizing a Track Officials Program

JIM CLARK — Physical Therapist

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Prep Notes

Foster finally was at the part of the run he loves the best, the last lap.

He turned on the speed and caught Mestler with 200 meters left, then ran down Shaw.

The team title was not as clear-cut. Bend lost two key runners from last year's team and has looked beatable all year. The Lava Bears even finished third in their own invitational three weeks ago.

On the trophy stand, however, they were up there with Sunset waiting for the announcement. As it turned out, the teams finished with 93 points each. The tie was broken because freshman Dean Dilday finished 46th among runners counting in the team scoring and Sunset's sixth man was 51st.

"The coach (Bob Latham, who coached in California before moving north) told me that it might come down to me just as we were going out for the trophy presentation," Dilday said. "When I found out it did come down to me, I was shocked. I know it can happen—I just tried to pass everybody I could on the track."

Bend's repeat title was the first since South Eugene's string of eight straight between 1972 and 1979.

Schneider has lost a lot of key races this year. Hillary Simmons of Roseburg beat her three times, and Nusrala was in the lead, a stride ahead of Schneider and Jeannie Heltzel of South Salem.

With 200 meters to go, Nusrala tried to pull away, but Schneider stayed with her and took the lead coming around the last corner.

Schneider kicked into the finish line, and Heltzel roared up to catch Nusrala, too. Schneider's time of 10:11.5 is the second best in the history of the meet. Only Eryn Forbes of Sunset with a time of 9:59.3 in 1976 did better.

"I knew if it came down to a sprint I'd want to run hard," Schneider said.

Andrea Gardner (Illinois Valley), who placed 20th at Kinney, placed second in the Class AA girls' race in 10:34.5.

New Mexico State Meet

Nov. 14. Albuquerque. (By Gilbert Brown of the Albuquerque Journal)—Virgil Thomas, who placed fifth in the Kinney Western Regional, won his second consecutive individual championship and led Gallup to its fifth straight boys AAAA title at Milne Stadium.

Gallup's Peterson Long, who placed 16th at Kinney, was second, and three other Bengals finished in the top 10.

"I'm very pleased with our upper half," said Gallup coach Curtis Williams. "They did a superb job. Our goal was for Virgil to come back and for Pete to take second or to beat him."

Thomas covered the 3.1 mile course in 15:50.5, six seconds ahead of Long and nine seconds ahead of Sandia's Chip Smith, who finished third at Kinney.

Richard Maestas (Española Valley), who placed 19th at Kinney, placed fifth in 16:16.9. Kenneth Cope (Los Alamos), who placed 25th at Kinney, placed sixth in 16:17.6.

"We all push each other," said Thomas. "There's no such thing as a top runner on our team."

"Sometimes when you win state," said Williams, "you tend to back off. That's the nice thing about having Pete. He was a little more hungry. He kept Virgil honest this year."

With the best time of the day, 15:50.1, Marvin Hood, who placed 10th at Kinney, led Wingate to the AAA championship. Wingate scored 33 points.

Wingate is the only team to defeat Gallup since 1982. They beat the Bengals at the Manzano Invitational earlier this year.

Phillip Castillo was second, seven seconds behind Hood.

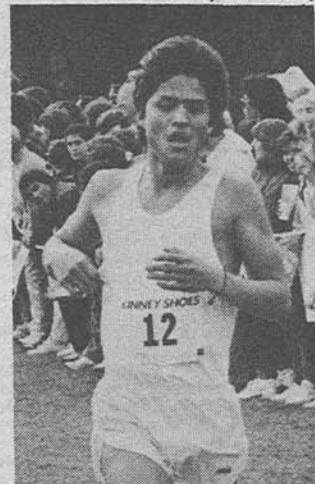
La Cueva's girls earned the second-year school its first state championship by breaking Santa Fe's four-year hold on the AAAA title.

Santa Fe sophomore Laura Romero won the individual title, finishing in 19 minutes and 23 seconds. Romero outran La Cueva's leading runner, Dee Bazan (Diane Bazan placed 48th at Kinney), by more than a minute. But La Cueva placed four of its five runners in the top 20, compared to three for Santa Fe, to finish its undefeated, dream season with the state championship.

"The team was perfect," said Bazan. "Everyone was pretty confident but it was so close."

La Cueva outscored Santa Fe 52-58.

Fine Flicks by Don Gosney



Virgil Thomas

Anabelle Ortiz of Espanola Valley, who placed 25th at Kinney, finished second individually and Rio Grande's Margret Montana was third.

Leanne Martin (Los Alamos), who placed 27th at Kinney placed fourth in 20:04.6. Amy Voita, who placed 26th at Kinney placed seventh in 20:19.2.

"What can you say that a state championship doesn't say for itself. They showed more confidence, pride and heart than any team I've ever coached," said La Cueva coach Carol Knauber after the emotional victory. "It was all of us. It was a great team effort."

After the race, Santa Fe coach John Alire said he would urge the Santa Fe athletic director, Hoyt Mutz, to ask the NMAA for a ruling of the eligibility of a runner who transferred from Eldorado to La Cueva last year.

Mickey Miller, Albuquerque Public School athletics specialist, said, "Dee Dee Bazan is eligible. La Cueva is the winner."

Arizona State Meet

Nov. 14. Thunderbird Park. (By Dick Obert of The Arizona Republic)—Mountain View won its first AAA-1 boys cross-country title Saturday, upsetting two-time defending state champion Trevor Browne by one point.

Westwood junior Chris Schurz (third in the Kinney Western) successfully defended his AAA-1 individual title in a course-record 14 minutes, 16 seconds over the 2.95 mile asphalt surface.

Trevor Browne, which scored a state record 32 points last season, has runners place in the next three spots after Schurz. However, the Bruin's No. 4 runner, Paul

Mooney (22nd at Kinney), tripped in the final 300 meters and dropped from fifth to 12th.

Mountain View had five runners in the top 15 to score 54 points. Trevor Browne had 55.

"That's where the importance of a fifth man comes in," said Trevor Browne coach David Cruickshank. "Had (Mooney) not tripped, he would have easily been anywhere in the top six. That would definitely turned things around. But it wasn't a deliberate trip. It was race tactics that happened."

"We take our hats off to them (Mountain View). They have an excellent program and they're well-coached."

Schurz pulled away from a pack of four Trevor Browne runners after the first mile. Tony Hernandez of Trevor Browne finished runner-up for the second consecutive year. Manuel Archebeque (Trevor Browne), 15th at Kinney, finished third in 14:55. Rick Jarman of Shadow Mountain, who won the Kinney Sophomore Boys race, placed eighth in 15:10.

Southern Section Cross Country Notes

By Doug Speck

Serrano Invitational

September 12. Serrano--Southern Section 1A Women individual stars and a fine Yucaipa Men's program headlined this affair. In a meet where the #1 athletes raced against #1 from other teams, and so on, defending Section 1A listest soph Tanya Thayer (Serrano, Phelan) had easily the day's quickest Women's time with her 18:59 #1 athletes' race win. Junior Karen Talamantes (Western Christian, Covina) was 2nd at 21:02, with 11th grader Zita Hillinger (Serrano) next quickest at 21:16. Yucaipa's Brian Ownby (16:19) and fine sophomore Jason Carney (16:49) had the day's quickest Men's times.

Women's Results: (Overall) 1. Thayer (Serrano) 18:59, 2. Talamantes (Western Christian) 21:02, 3. Hillinger (Serrano) 21:16.

Men's Results: (Overall) 1. Ownby (Yucaipa) 16:19, 2. Carney (Yucaipa soph) 16:49, 3. Heiber (Serrano) 17:14, 4. Chavez (Serrano) 17:26.

Dos Pueblos Invitational

October 10. Dos Pueblos HS (Goleta)--A well-balanced Buena (Ventura) Men's squad was the most impressive over-all team in this "by-grade" race and added together scoring system, with a big showdown between Bridget Freyne (Riverside Poly) and Jamie Park (Santa Barbara) the most interesting individual duel. Buena totalled at 42 points for the first three athlete's places added up in the 10th-11th and 12th grade runs. That is a fifth place average for all three of their scorers in the three grades, quite impressive. Rob Weinerth won the Men's 12th grade run for Buena at 15:45 over Fillmore's Jerardo Vaca (15:52). Dos Pueblos soph Andrew Wignot had the day's fourth fastest time in his 16:17 race win. The women's 12th grade race between Freyne and Park was a burner between two of the nation's fastest. Freyne has run 10:34.37 on the track for 3200m, with Park 10:45.7. Here, Bridget took the pace out tough through the two mile point, with Park reeling her in and finally getting by during the final half mile on the way to a 17:39-17:50 win.

Women's Results: (9th) 1. Rothman (Westlake, WV) 20:12, 2. Chong (Chandler

Schurz had never run the Thunderbird course before. He said it caused some pre-race jitters.

"I was nervous," he said. "I didn't feel ready. But when I got on the line, after doing a couple strides, I felt pretty good, ready to go. After the first mile, when they started dropping back, I started feeling really good."

"I felt like this was the best race I ever ran."

Shadow Mountain, led by individual champion Tracy Jarman (13th at Kinney) and runner-up Sara Herman (29th at Kinney), won its third straight AAA-1 girls state title with 97 points. Jennifer Dander of Shadow Mountain, 42nd at Kinney, placed eighth in 11:28.7.

Jarman, a senior, won her second straight title in a time of 10:55.3 on a 1.93 mile course.

Bernie Semler of Rincon (26th at Kinney) won the AAA-2 boys individual title in 14:54.4. Mike Shefrin (Arcadia), 29th at Kinney, placed second in 15:02.4.

Islands, Oxnard) 20:48. (10th) 1. Crawford (Camarillo) 20:44. (11th) 1. Gulleddge (Rio Mesa, Oxnard) 19:47, 2. Aanerud (RM) 20:57. (12th) 1. Park (SB) 17:39, 2. Freyne (Riv. Poly) 17:50, 3. Prince (RP) 19:36.

Men's Results: (9th) 1. Miller (Westlake) 17:04, 2. Walsted (Nordhoff, Ojai) 17:17. (10th) 1. Wignot (DP) 16:17, 2. Kelly (Buena) 16:34, 3. Leano (CI) 16:41. (11th) 1. Oviatt (Nordh) 16:26, 2. Finnerty (Buena) 16:39. (12th) 1. Weinerth (Buena) 15:45, 2. Vaca (Fillmore) 15:52, 3. Burns (Buena) 16:10, 4. Cooksey (RM) 16:41.

Bell Gardens Invitational

October 10. Legg Lake. So. El Monte--Southern Section 3A high ranking individuals Teresa Sandoval (Montebello) and Ramon Perez (Rosemead) led the way in this "by-grade" Invite on a relatively flat course in the Legg Lake Recreation area. Sandoval was the Junior/Senior Women's winner at 17:58 by almost a minute over Debbie Brown (Millikan, LB-18:51). Fine Monrovia 10th grader Heide Hanke had the day's third fastest time in her 18:55 win at that level. The Women's Track & Field crew from Hawthorne is putting in a good Fall as part of the Cross Country team, with Christina Ross the team's best at 19:25, with fine sprinter Kee-sha Adams a fine 20:09 in her 19th grade race. Ramon Perez (15:27) handled Rich Fortin (Downey) (15:39) and Tim Delkeskamp (Sonora, La Habra-15:40) in the Men's 12th grade run. Alfredo Crisanto (El Rancho, Pico Rivera-15:46) led his squad to 1-2-4 placings there, with Arroyo (El Monte) 1-3 in the soph race and five in the top eleven of the frosh division.

Women's Results: (9th) 1. Vizcarra (Bell Gardens) 20:19, 2. Delao (Monrovia) 20:31. (10th) 1. Hanke (Monrov) 18:55, 2. Barajas (El Monte) 19:49. (11th/12th) 1. Sandoval (Montebello) 17:58, 2. Brown (Millikan) 18:51, 3. Ross (Hawthorne) 19:25, 4. Casillas (El Rancho, Pico Rivera) 19:29, 5. Cross (Monrov) 19:42.

Men's Results: (9th) 1. Lopez (Monteb) 16:41, 2. Ocampo (BG) 16:51. (10th) 1. Griebel (Arroyo) 16:10, 2. Perez (La

continued on next page.

Prep Notes

Mirada 16:16, 3. Hodder (Arr) 16:22. (11th) 1. Crisanto (El Rancho) 15:46, 2. Martinez (ER) 16:08, 3. Dale (Millikan) 16:12, (12th) 1. Perez (Rosemead) 15:27, 2. Fortin (Downey) 15:39, 3. Delkeskamp (Sonora) 15:40, 4. Chavez (Hawthorne) 15:41.

Atascadero Invitational

October 10. Atascadero--Interesting inter-sectional clashes high-lighted this meet held in the northernmost coastal area of the Section. Central Section powers McFarland, Wasco, Madera, and Sanger came to town and had some real success. McFarland was especially impressive in their Small School Men's Varsity win with 30 points (84:18 team time) over some good teams. Madera took the Large School's Men's (27-87:16) and Women's (25-112:37) Varsity races, with Morro Bay the lone Southern Section team winner in the Small School Women's Varsity run (33 points-111:23).

Women's Results: (Small) 1. Glimski (Morro Bay) 20:54, 2. Ambrozak (St. Joseph, Santa Maria) 21:09, 3. George (MB) 21:56, 4. Wykoff (McFarland) 21:57. (Team Results) 1. Morro Bay 33(111:23), 2. McFarland 80 (117:51), 3. St. Joseph (Santa Maria) 84 (117:00), 4. San Joaquin Memorial (Fresno) 96 (120:15). (Large) 1. Harkins (SLO) 21:15, 2. Lopez (Madera) 21:36, 3. Barriente (Mad) 22:07, 4. Trujillo (Madera) 22:23. (Team Scores) 1. Madera 25 (112:37), 2. San Luis Obispo 78, 3. Sanger 86, 4. Atascadero 90, 5. Lemoore 91.

Men's Results: (Small) 1. Valles (McFarland) 16:17, 2. Duran (Wasco) 16:37, 3. Samaniego (McF) 16:37, 4. McGahey (Cabrillo, Lompoc) 16:42, 5. R. DeLeon (Moorpark) 16:45, 6. Puentes (McF) 16:55. (Team Scores): 1. McFarland 30 (84:18), 2. Cabrillo 78, 3. Paso Robles 90, 4. Moorpark 107. (Large) 1. Rodriguez (McLane, Fresno) 16:32, 2. Liu (Madera) 16:54, 3. Torres (Madera) 17:08. (Team Results): 1. Madera 27 (87:16), 2. Sanger 75, 3. Lemoore 85, 4. McLane 88.

Ventura County Championships

October 16. Moorpark College--The very potent Ventura County prep teams gathered at Moorpark College for their annual County Meet. Deena Drossin and Bryan Dameworth (Agoura) were individual winners, the young Agoura Women's group showed its fine continued improvement to win the team contest there, and Camarillo dominated the Men's Varsity run.

Drossin, only a ninth grader, continues to be awesome, here winning by over a minute in 17:36, within 6 seconds of Melissa Sutton's (Newbury Park) course record. Frosh teammate Tiffany York was 2nd at 18:39 to held lead the Chargers to an easy 36 (97:40)-78 (100:42) win over Thousand Oaks. Dameworth continues to

purr along undefeated on the Men's side, winning here at 15:45 over Paul McCarter (TO) 15:56. Camarillo, a Men's Varsity team that features four soph in its top six, had five in the top fifteen of this very, very competitive area to win with 47 points (81:14).

Women's Results: 1. Drossin (Ag) 17:36, 2. York (Ag) 18:39, 3. Haggemiller (TO) 18:55, 4. Craven (Camarillo) 19:09, 5. Fuller (TO) 19:14, 6. Dobel (Nordhoff, Ojai) 19:52, 7. Nesbitt (Newbury Park) 20:00. (Team) 1. Agoura 36 (97:40), 2. Thousand Oaks 78 (100:42), 3. Buena 87 (103:53), 4. Newbury Park 114 (106:59), 5. Nordhoff (Ojai) 119 (106:50), 6. Ventura 142 (108:42).

Men's Results: 1. Dameworth (Ag) 15:45, 2. McCarter (TO) 15:56, 3. Valdez (Camarillo) 15:57, 4. Esparza (NP) 16:01, 5. Galindo (Oxnard) 16:03, 6. Malesich (Cam) 16:06, 7. Farrell (TO) 16:09, 8. Morales (Ventura) 16:13, 9. Counseller (Cam) 16:15, 10. Bibbs (Simi Valley) 16:18. (Team) 1. Camarillo 47 (81:14), 2. Thousand Oaks 85 (82:21), 3. Agoura 116 (83:20), 4. Ventura 139 (84:18), 5. Buena (Ventura) 162 (83:52), 6. Newbury Park 172 (85:02), 7. Westlake (Westlake Village) 175 (85:33).

Orange County Championships

October 17. Irvine Park--The very strong Orange County area of the Southern Section gathered at Irvine Park for its annual championship competition. Very strong Corona del Mar and Dana Hills Men's groups and upstart Santa Ana Valley and Villa Park Women's teams had the day's quickest team times when races were compared, with Terrance Mahon (La Habra) and frosh Martha Pinto (Katella, Anaheim) the day's quickest individuals.

Eddie Lavelle (15:17), Jim Robbins (15:21) and Greg Shryock (15:38) are a very strong trio for Corona del Mar, and their 47 point race win had them total 78:28 to nip Dana Hills (who ran in another heat) at 78:29. DH went 1-2-3 in their race with Mike (15:17) and Andrew (15:22) Tansley and Javier Barrera (15:27). Dana picks up Stephen Niednagel after he sits out this season due to a school transfer, and he will team up with the returning Tansley's next fall to form a dynamite front end for that school. The Century League is very competitive in the Harrier sport, and this year it is Santa Ana Valley (98:01 here) and Villa Park (98:50) who have moved to the top of that League's Women's group to lead the action County-wide as well. Maricela Benavides of Valley had the day's second quickest clocking in her race win (18:26), with ever-improving Katella of Anaheim frosh Martha Pinto the day's quickest at 18:24. Terrance Mahon (La Habra) moved to a 100 yard win in his race in the day's quickest time, 14:55.

Women's Results (combined races by grade): (9th) 1. Pinto (Katella) 18:24, 2. Killeen (Valencia, Placentia) 18:43, 3. Liddy (El Toro) 18:47, 4. Robles (Woodbridge, Irvine) 19:26. (10th) 1. Caminiti (Irvine) 18:50, 2. Adams (Huntington Beach) 18:59, 3. Cunningham

(Tustin) 19:08, 4. Robinson (Newport Harbor) 19:15. (11th) 1. Schudlich (ET) 18:42, 2. Doering (Villa Park) 18:55. (12th) 1. Benavides (SAV) 18:26, 2. Quigley (DH) 18:44, 3. Jones (La Habra) 18:54, 4. Cooke (Esperanza, Anaheim) 19:00, 5. Mendoza (Santa Ana) 19:01. (Team Results (combined results)) 1. Santa Ana Valley 98:01, 2. Villa Park 98:50, 3. Newport Harbor 99:08, 4. Woodbridge (Irvine) 99:26, 5. Dana Hills 99:42, 6. El Toro 99:43, 7. La Habra 100:54, 8. Tustin 101:02, 9. Irvine 100:50, 10. Mission Viejo 102:26.

Men's Results: (Combined races by grade): (9th) 1. Classen (MV) 16:18, 2. Matson (ET) 16:19, 3. Patapoff (HB) 16:59. (10th) 1. Farrell (San Clemente) 15:33, 2. Quinonez (Santa Ana) 15:59, 3. Lockwood (Fountain Valley) 16:10. (11th) 1. Nava (SA) 15:16, 2. M. Tansley (DH) 15:17 and Lavelle (CdM) 15:17, 4. Tansley (DH) 15:22, 5. Frisone (Laguna Hills) 15:35, 6. Gibney (LaHills) 15:35, 7. Shryock (CdM) 15:38. (12th) 1. Mahon (La Habra) 14:55, 2. Daza (Valencia) 15:14, 3. Bohlman (El Dorado, Placentia) 15:18, 4. Robbins (CdM) 15:21, 5. Barrera (DH) 15:27, 6. Loomer (Cypress) 15:32, 7. Schultz (Canyon, Anaheim) 15:33, 8. Geerlings (Newport Harbor) 15:33, 9. Rodriguez (Santa Ana Valley) 15:34.

Team Results: (combined races) 1. Corona del Mar 78:28, 2. Dana Hills 78:29, 3. Woodbridge 80:50, 4. Santa Ana and Mission Viejo 81:03, 6. Fountain Valley 81:11, 7. Huntington Beach 81:25, 8. Valencia 81:28, 9. Buena Park 81:29, 10. El Modena (Orange) 81:34, 11. San Clemente 81:35, 12. Irvine 81:42, 13. Esperanza 81:45.

Los Angeles County Championships

October 17. College of the Canyons--The attempt to build a County Meet for this huge area continues to grow, nurtured by the Saugus, Canyon (Canyon Country), and Hart (Newhall) programs of the greater Santa Clarita Valley. A natural on the invitational circuit, this affair should develop into the level of participation supported by other Southern Section County Meets. A very challenging course prepares participants for Section competition on the tough Mt. SAC course over the next month. A strong Men's Team Sweepstakes race featured the Southern Section's best, Arroyo (El Monte), against the LA City's best, Granada Hills. Ian Alsen and Craig Lawson of GH had performed very well in early meets, with Arroyo really the state's strongest team thus far. Alsen, a 9:17.89 3200m star, is a stylish runner to watch, and here proved his ability to pound over the hills, with a 100 yard victory over teammate Lawson, who surprised somewhat by edging away from Arroyo's Jaime Ortega (15:59) near the end. Arroyo totalled 43 (83:10) to win over Antelope Valley (52-84:05), with Granada Hills 3rd at 58 (84:08). The team race was closer than it was thought it would be, but in Arroyo's defense they are coming off a huge team win at Stanford and looking ahead to Mt. SAC the next weekend. Maranatha (Sierra Madre) was impressive looking in a perfect score Small School Women's Varsity win, with Village Christian (55) edging Maranatha (66) on the Men's side at that level.

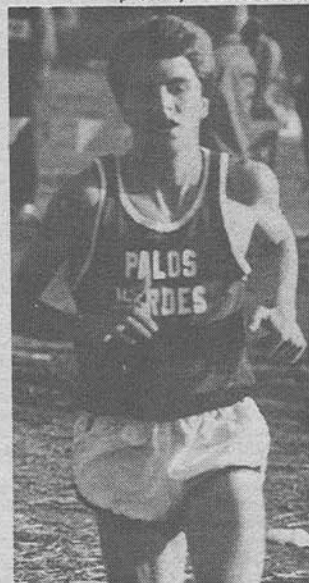
Women's Results: (Small) 1. Earle (Maranatha) 21:50, 2. Cordero (Maranatha) 21:50, 3. Prescott (Maranatha) 21:50. (Team) 1. Maranatha 15, 2. Bell-Jeff (Burbank) 58. (Medium) 1. Talamantes (St. Bernard, Playa del Rey) 22:07, 2. Rosen (St. Bernard) 22:37. (Team) 1. St. Bernard 16. (Large) 1. Ward (Quartz Hill) 21:16, 2. Spears (Canyon, CC) 21:49. (Team) 1. Quartz Hill 55 (Team Sweepstakes) 1. Rantanen (Palmdale) 21:04, 2. Reiter (Saugus) 21:22, 3. Jonnum (Palmdale) 21:27. (Team) 1. Palmdale 24 (108:28), 2. Wilson (Long Beach) 47 (111:54). (Men's Results: (Small)) 1. Wester (Maranatha) 16:51, 2. Boudreau (Village

Christian) 17:00, 3. Smith (LA Baptist) 17:10. (Team) 1. Village Christian (Sun Valley) 55, 2. Maranatha 66, 3. Cathedral 71, 4. Pater Noster (LA) 88. (Medium) 1. Glaze (Notre Dame, Sherman Oaks) 16:33, 2. Nielsen (Duarte) 17:06, 3. Banthrum (Duarte) 17:11. (Team) 1. Crespi 61, 2. Notre Dame 69. (Large) 1. Medina (Paramount) 16:57, 2. McCormach (LB Wilson) 17:13. (Team) 1. Paramount 51, 2. LB Wilson 60. (Team Sweepstakes) 1. Alsen (GH) 15:42, 2. Lawson (GH) 15:56, 3. Ortega (Arr) 15:59, 4. Rattay (Can, CC) 16:02, 5. Cooke (Antelope Valley) 16:24, 6. Powers (Arr) 16:25, 7. Puentes (Arr) 16:27. (Team) 1. Arroyo 43 (83:10), 2. Antelope Valley 52 (84:05), 3. Granada Hills 58 (84:08), 4. Canyon (Canyon Country) 69 (85:10).

Palos Verdes Invitational

October 17. Palos Verdes--The home school is especially tough on their "mountain-goat" course, and with the quality of their teams this year they easily dominated this competition. Teams score through seven with the races #1 against #1, #2 against #2, and so on. On the Women's side the hometowners had the only three athletes to get under 14:00 here with Ashley Black (13:32), Tracy Leichter (13:36), and Heidi DiLibero (13:52) leading PV to a ten minute team time victory over Los Gatos 98:33-108:12. David Scudamore (PV) was easily the day's quickest at 11:11 over 9:18 3200m runner, Sasha Vujic (Burroughs, Burbank) (11:33).

photo by Maurice Wilson



Dave Scudamore

with PV athletes winning all seven Men's Varsity races.

Women's Results: (combined races) 1. Ashley Black (PV) 13:32, 2. Leichter (PV) 13:36, 3. DiLibero (PV) 13:52, 4. Plier (Mira Costa, Manhattan Beach) 14:04, 5. Fill (PV) 14:07, 6. Lowery (Norco) 14:11, 7. Andrea Black (PV) 14:18, 8. Ulibarri (MC) 14:19. (Team) 1. Palos Verdes 88:33, 2. Los Gatos 108:12, 3. Thousand Oaks 110:49, 4. Mira Costa 110:54.

Men's Results: (combined races) 1. Scudamore (PV) 11:11, 2. Vujic (Burroughs) 11:33, 3. McCarter (TO) 11:39, 4. Cravatt (PV) 11:41, 5. Capozzola (PV) 11:44, 6. Hasegawa (PV) 11:51, 7. Boggess (PV) 11:53, 8. Farrell (TO) 11:56. (Team) 1. Palos Verdes 82:43, 2. Thousand Oaks 86:10, 3. Rollings Hills 88:17, 4. Watsonville 90:11.

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Prep Notes

Distance running fans in Southern California were shocked by the news that Heather Scobie and Shauna Bird from Saugus High School were involved in an auto accident during the Halloween weekend. Both athletes suffered very serious injuries when their vehicle was hit by a car that crossed over the road center divider. The duo was an important part of Coach Steve Spraker's highly ranked Saugus women's harrier group, with Scobie the Section 3A runner-up last year in the spot, a 4:56 miler and 10:48 2 miler. The seriousness of their injuries will preclude running for quite a while for both athletes. A note through Coach Steve Spraker-Saugus HS-21900 Centurion Way-Saugus, CA 91350 from the friends around the State that the squad has built up through the years would be a nice gesture.

Arroyo High School (El Monte), which set as one of its seasonal goals to be thought of as among the best ever U.S. Prep Cross Country squads, took another step towards cementing that status with a three mile race on the track Wednesday evening, December 2nd at Cal State Los Angeles.

Less than a week after destroying the rest of the state in winning the Large Schools title at the first California State Championships, Jeff Gilkey (14:34.3), Jaime Ortega (14:34.9), Derrick Powers (14:47.5), Gerardo Puentes (15:17.6), and Mike Dietch (15:30.6) totaled 74:44.9 in a very impressive performance. Coach Tim O'Rourke was the hit of the six o'clock news locally when he settled a bet with the team over the State title by having his head shaved bald at a school assembly the same day.

Who runs the toughest Cross Country in the Southern Section? Well, to sort out bragging rights for the nation's toughest area in the sport Covina resident Ray Scofield took the Southern Section Prelim results, where the top three teams from each of the over sixty leagues in that area come together on the same course on the same day, and added up the times. What follows are the results of that compilation.

Women's Leagues

- 4A**
1. Century 306:32
 2. South Coast 308:01
 3. Maramonte 313:00
 4. Sea View 314:39
 5. Bay 316:51
- 3A**
1. Northern 316:12
 2. Baseline 321:10
 3. Whitmont 323:48

4. Sierra 326:16
5. Golden 326:17

- 2A**
1. San Andreas 315:26
 2. Valle Vista 325:40
 3. Frontier 328:27
 4. Pacific Coast 329:54
 5. Rio Hondo 330:01

- 1A**
1. San Fernando Valley 340:24
 2. Sunshine 361:16
 3. Olympic 361:22
 4. Montview 361:25
 5. Prep 363:59

Overall Women's League Ratings

- | | |
|-----------------|-----------------|
| 1. Century | 9. Baseline |
| 2. South Coast | 10. Sunset (4A) |
| 3. Maramonte | 11. Whitmont |
| 4. Sea View | 12. Ocean (4A) |
| 5. San Andreas | 13. Valle Vista |
| 6. Northern | 14. Sierra |
| 7. Bay | 15. Golden |
| 8. Channel (4A) | |

Men's Leagues

- 4A**
1. South Coast (249:50)
 2. Golden (249:52)
 3. Maramonte (250:18)
 4. Bay (251:06)
 5. Sea View (251:25)
- 3A**
1. Mission Valley (254:01)
 2. Ivy (255:23)
 3. Citrus Belt (257:18)
 4. Baseline (258:35)
 5. Freeway (259:07)

2A

1. Valle Vista (253:39)
2. Pacific Coast (256:50)
3. Northern (258:22)
4. Los Padres (258:27)
5. Frontier (259:23)

1A

1. Alpha (266:27)
2. Santa Fe (266:58)
3. Montview (270:15)
4. De Anza (270:23)
5. Tri Valley (271:27)

Overall Men's League Ratings

- | | |
|-------------------|-------------------|
| 1. South Coast | 9. Ivy |
| 2. Golden | 10. Channel (4A) |
| 3. Maramonte | 11. Pacific Coast |
| 4. Bay | 12. Sunset (4A) |
| 5. Sea View | 13. Citrus Belt |
| 6. Century (4A) | 14. Northern |
| 7. Valle Vista | 15. Los Padres |
| 8. Mission Valley | |

Combined Men's & Women's League Ratings

- | | |
|-----------------|-------------------|
| 1. South Coast | 11. Baseline |
| 2. Century | 12. Sunset |
| 3. Maramonte | 13. Ivy |
| 4. Sea View | 14. Empire |
| 5. Bay | 15. Sierra |
| 6. Channel | 16. Pacific Coast |
| 7. Northern | 17. Whitmont |
| 8. Golden | 18. Frontier |
| 9. San Andreas | 19. Mission Vly |
| 10. Valle Vista | 20. Los Padres |

Stanford Invitational NCS

October 5, Stanford Gold Course.

Boys 5,000m Results

Boys A Teams:

1	Arroyo (El Monte)	48
2	Bend (Bend, OR)	114
3	Bellarmine (San Jose)	144
4	Corona Del Mar (Newport Beach)	157
5	Hart (Newhall)	159
6	San Ramon (Darville)	175
7	Loyola (L.A.)	228
8	Madera	244
9	Clovis West (Fresno)	247
10	Arroyo Grande	280
11	Homestead (Cupertino)	308
12	Castro Valley	327
13	Carson (Carson City, NV)	363
14	Serra (San Mateo)	375
15	Casa Roble (Orangevale)	449
16	Rancho Cotate (Rohnert Pk)	455
17	Monta Vista (Cupertino)	488
18	Bullard (Fresno)	500
19	De La Salle (Concord)	500
20	El Cerrito	527
21	Tokay (Lodi)	565
22	Mission San Jose (Fremont)	599
23	El Camino (So. San F.)	640
24	Turlock	741

Boys A Individuals:

1	Derrick Powers (Arroyo)	15:41
2	Jaime Ortega (Arroyo)	15:51
3	Torre Pena (Bellarmine)	15:57
4	Gerardo Puentes (Arroyo)	15:59
5	Eddie Lowell (Corona Del Mar)	16:00
6	Kelly Dodge (Carson)	16:13
7	Don Patti (Hart)	16:14
8	Jeff Gilkey (Arroyo)	16:15
9	Greg Shryock (Corona Del Mar)	16:18
10	Jim Robertson (Bend, OR)	16:23

Boys B Teams:

1	Lompoc	122
2	Livermore	127
3	St. Francis (Mt. View)	197
4	San Leandro	239
5	Gunn (Palo Alto)	241
6	Palo Alto	253
7	Nordhoff (Ojai)	255
8	San Luis Obispo	275
9	Encinal (Alameda)	284
10	Mitty (San Jose)	322



Derrick Powers

11	Central Valley	358
12	Alameda	387
13	San Lorenzo Valley (Felton)	404
14	Red Bluff	404
15	Del Oro (Loomis)	408
16	Campolindo (Moraga)	409
17	Santa Cruz	426
18	San Mateo	431
19	Sonoma Valley (Sonoma)	473
20	Foothill (Pleasanton)	495
21	Alhambra (Martinez)	547
22	Mountain View	623
23	Menlo-Atherton (Atherton)	656

photo by Keith Conning

Boys B Individuals:

1	Dino Oliveras (Sonoma)	16:23
2	Jeoy Rodriguez (San Lorenzo)	16:41
3	Kevin Berkowitz (Hayward)	16:42
4	Andy Bupp (Woodside)	16:43
5	Scott Kennedy (San Leandro)	17:04
6	Stefan Winn (St. Francis)	17:10
7	Andy Obiatt (Nordhoff)	17:12
8	Donnie Nelson (Foothill)	17:14
9	Brian Gaddy (Central Valley)	17:20
10	John Lizenberg (Sonoma Vly)	17:22

Boys C Teams:

1	Bishop Gorman (Las Vegas, NV)	49
2	North Tahoe (Tahoe City)	69
3	Sierra (Tollhouse)	141
4	Head-Royce (Oakland)	152
5	Calaveras (San Andreas)	161
6	Palma (Salinas)	165
7	Bishop Gorman B (L.V., Nv)	187
8	San Jose	208
9	Bret Harte (Altaville)	215
10	Fort Bragg	237
11	Bishop Manogue (Reno, NV)	254
12	Patterson	282

Boys C Individuals:

1	Henry Gutierrez (Bishop Gormn)	16:40
2	Eric Kinney (Pinewood)	17:13
3	Allen Moves (Calaveras)	17:25
4	Kurt Nelson (Bishop Manogue)	17:28
5	Alex McClave (Head-Royce)	17:42
6	Tom Wood (North Tahoe)	17:48
7	Daniel Tell (Fort Bragg)	18:02
8	David Stiver (Bishop Gorman)	18:05
9	Jeremy Mills (North Tahoe)	18:08
10	Anthony Marchese (Bishop Gorm)	18:11

Overall Results - Girls

Girls A Teams:

1	Reed (Sparks, NV)	66
2	Arroyo Grande	86
3	Hesperia	86
4	Bend (Bend, OR)	108
5	Madera	177
6	Carson (Carson City, NV)	213
7	Santa Barbara	249
8	Righetti (Santa Maria)	250
9	Hart (Newhall)	255
10	El Cerrito	264
11	Carondelet (Concord)	307
12	Tokay (Lodi)	340
13	Castro Valley	354
14	Bullard (Fresno)	355
15	Casa Roble (Orangevale)	357
16	Rancho Cotate (Rohnert Pk)	426
17	Turlock	436

Girls A Individuals:

1	Katy McCandless (Castilleja)	18:25
2	Robbyn Bryant (Hesperia)	18:41

Girls B Teams:

3	Jamie Park (Santa Barbara)	18:52
4	Nicole Robbins (Hesperia)	19:46
5	Shea Abby (Bend)	20:16
6	Amber Young (Reed)	20:18
7	Hope Ramey (Arroyo Grande)	20:22
8	Chris Lindstrom (Tokay)	20:24
9	Shelley Bessey (Reed)	20:25
10	Diona Lynch (Reed)	20:31

Girls B Individuals:

1	Mitty (San Jose)	103
2	Nordhoff (Ojai)	145
3	St. Francis (Mt. View)	165
4	Miramonte (Orinda)	165
5	Analy (Sebastopol)	212
6	San Luis Obispo	214
7	Del Oro (Loomis)	241
8	Lompoc	289
9	Alameda	282
10	Palo Alto	297
11	Bishop O'Dowd (Oakland)	298
12	Woodside	350
13	Livermore	359
14	Campolindo (Moraga)	364
15	Mountain View	366
16	Menlo-Atherton (Atherton)	391
17	Encinal (Alameda)	422
18	Sonoma Valley (Sonoma)	625

Girls B Individuals:

1	Janel Bowie (Woodside)	19:56
2	Becky Spies (Livermore)	20:11
3	JoAnn Arnold (Palo Alto)	20:13
4	Lori Andeen (Menlo-Atherton)	20:18
5	Jennie Dempsey (Analy)	20:28
6	Megan Warner (Del Oro)	20:41
7	Tami Dobe (Nordhoff)	20:44
8	Kerry Stivalletti (Mitty)	20:47
9	Janile Corbyn (Alhambra)	21:11
10	Kim Nemanic (Del Oro)	21:21

Girls C Teams:

1	Bret Harte (Altaville)	33
2	Sierra (Tollhouse)	81
3	Fort Bragg	87
4	North Tahoe (Tahoe City)	116
5	Crystal Springs (Hillsborough)	132
6	Head-Royce (Oakland)	152

Girls C Individuals:

1	Tanya Dooley (Bret Harte)	21:37
2	Michelle Brown (Bret Harte)	21:59
3	Neriah Davis (Bret Harte)	22:42
4	Shannon Lieder (Sierra)	23:13
5	Christine Henry (Del Oro)	23:46
6	Arrah Stump (Calaveras)	23:47
7	Lori Stratton (Calaveras)	23:48
8	Traci Stratton (Calaveras)	23:49
9	Yoel Garcia (San Jose)	24:16
10	Deanna Toney (Bret Harte)	24:21

□ Prep Notes

Mt. SAC/Walnut High School Invitational

October 23-24, Mt. SAC.

On Friday and Saturday, Mt. San Antonio College survived some unseasonably wet weather to get in the 39th Annual Mt. SAC Invitational. The nation's biggest (300 High Schools--7300 athletes) and best Prep Invite once again showcased the best in the Western United States. Co-Sponsorship of the best in the Western United States. Co-Sponsorship of the weekend with Reebok included a Friday evening dinner for athletes and clinic featuring some of the best prep coaches in the West. With the first ever State High School Cross Country meet to be held in late November, competitions such as this take on more significance, with some very interesting inter-sectional clashes sorting out some of the State rankings. Once again Friday was competition for the Division I smaller schools, with the larger schools split into two groups (II & III) on Saturday. Team and Individual Sweepstakes races on Saturday featured the best athletes from all divisions.

Interest in Friday's competition centered around a State Division III (800 and under enrollment) clash between the top-ranked Men's squad at any level in the Central Section, McFarland, and the best Southern

Section 1A teams. This year it was not really any contest, as McFarland shellacked the field, scoring 34 points (83:10 team time), led by Thomas Valles's 16:03 win. Southern Section 1A teams are down a bit this year, but McFarland's margin of victory of over 3 minutes in team time makes them the big favorite for the State Division III title in Fresno. The bad news for others is that four of McFarland's top five return next year. Alex Zamora (Coachella Valley) had Friday's quickest Men's time at 15:44 in his race win. Women's action Friday was headlined by Karen Hecox of South Hills (Covina), who was very impressive in cruising to an 18:06 win in leading her team to a 79 point (102:33) win in that day's top race. Coronado (San Diego Section) showed its strength as a Division III school statewide with its 3rd place 106:08 team performance.

Action Saturday centered around Team and Individual Sweepstakes races. The Women's Individual Sweeps would match up undefeated newcomer, frosh Deena Drossin (Agoura), and the young lady many feel is the best prep distance runner in the nation, Kira Jorgensen (Rancho Buena Vista, Vista). Others such as Bridget Freyne (Riverside Poly), 6th in last year's Kinney Championships for preps, Tracey Williams (Mt. View, El Monte), 9th there, and a flock of other flyers spiced up the field. Williams and strong newcomer, frosh Martha Pinto (Katella, Anaheim) took the race out quickly, with Jorgensen moving to the front after a half-mile on the two relatively flat first loops that make up the first mile. Drossin moved up to Jorgensen's shoulder

by the mile at 5:22, with Jorgensen pulling away to a very slight lead during the tough switch-back portion, having about 12 yards as the field came onto the flat off that hill portion that makes up most of the second mile. Freyne led the rest of the race some 40 yards back. The 10-12 yard margin was never quite enough for Jorgensen to break contact with Drossin, and the distance between the two stayed the same as the duo charged over the very steep "poop-out" grade just prior to two miles, and up "Reservoir" hill to the two and a half mile point. Even as the duo came down onto the airstrip that finishes the course with a quarter mile on the flat, once sensed that the final verdict had not been decided upon. It was during this final quarter mile that Jorgensen finally edged away, winning at 17:27 over Drossin's 17:42. Kira's time is a new junior course record (#4 All-Time), with Drossin setting a new frosh CR (and #11 All-Time). Drossin is very much for real and a threat nationally in the Kinney series after the season. Drossin's frosh teammate, Tiffany York, was 5th at 18:19 in assisting their squad to a big win here with a fine 97:42 team time, marking the young Charger squad as among the State's best Division I teams. The Women's Team Sweepstakes race was another big Palos Verdes performance, with the Sea-Kings scoring a minuscule 24 points (95:10), led by the 1-3 of Ashley Black (18:36) and Tracy Leichter (18:55).

The Men's Team Sweepstakes featured a dozen teams ranked in the Top Ten of the State in their relative divisions. Arroyo (El Monte) had traveled north to win at Stanford, with Palos Verdes leading a 1-2-3 Southern Section team sweep at Clovis, so state supremacy would be sorted out here. Palos Verdes' David Scudamore is proving the equal of anyone in the State, and he took the pace through the mile at 4:45, with Ian Alsen (Granada Hills) closest in a pack that included Derrick Powers, Jaime Ortega, and Gerardo Puentes of Arroyo, Scott Hempel (Walnut), Eddie Lavelle (Corona del Mar), Mike Rattary (Canyon, CC), and Abe Valdez (Camarillo). By the top of the switchbacks Scudamore, 15th in last year's Kinney National Championships, had pulled away to a 20 yard lead, and by the bottom of that hill section he had 50 yards over Alsen who was 30 yards ahead of the pack led by Ortega of Arroyo. By the top of the last hill Scudamore had 50 yards over the Arroyo duo of Ortega and Powers, as Alsen had fallen back a bit. The order stayed that way to the finish, Scudamore winning at 15:17, with Ortega (15:28) and Powers (15:38) leading the Arroyo charge (they had four in the top 11), as the El Monte school won with 69 points (79:05 team time--#8 All Time Team). Palos Verdes was surprisingly close with 76 points (79:28). The Sea Kings and Arroyo will not meet again until the State Finals at Fresno (being in different Southern Section divisions). Eddie Lavelle (6th-15:39) and Jim Robbins (7th-15:42) led Corona del Mar in 3rd (106:80:10). Alsen finished 5th at 15:38, with Canyon (CC) junior Mike Rattary raced a fine 15:39 for 5th. The individual men's Sweeps featured a great crew also. Agoura soph, Bryan Dameworth, 19th in the Kinney National Championships as the first ever frosh to qualify for that competition last year, assumed the pace-setting chores through the first mile at 4:48. La Habra's Terrance Mahon, a 9:10.40 3200m runner, obviously planned a strong Switchback effort, as he blasted the hill portion to have a 20 yard lead by the top. During this hilly up and down segment Goshu Tadese, and Ethiopian at Crawford of San Diego (4:18.76 for 1600m last year) moved up to the front, challenging Mahon for the lead as the race headed for the final "Poop-out" and "Reservoir" hills. Very surprisingly, frosh Luis Quintana (Arroyo Grande), was running right with the front group through the two mile mark, with Valencia's Igor

Daza also maintaining contact. By the top of the final hill Tadese had moved away to a 20 yard lead, with the amazing Quintana second at that point. The thin, prototype African distance runner body type Tadese eased away during the final quarter mile on the flat, winning in an impressive 15:15 over Quintana's new frosh course record of 15:27. Daza was 3rd at 15:29, with Dameworth suffering his first loss of the year, 4th at 15:40.

Results: (thanks to Ray Scofield for his assistance here) Division I (Friday) (Women races combined): 1. Hecox (South Hills, Covina) 18:06, 2. Duggar (Coronado) 18:55, 3. Dobel (Nordhoff, Ojai) 19:29, 4. Karcher (Ramona) 19:31, 5. Hosek (Notre Dame, Sherman Oaks) 19:37, 6. Talamantes (Western Christian, Covina) 19:38, 7. Moroney (Azusa) 19:41, 8. Sanderson (Northview, Covina) 19:42, 9. Martino (St. Joseph, Santa Maria) 19:44. **Team Results: (Combined Races)** 1. South Hills 102:33, 2. Nordhoff 105:26, 3. Coronado 106:08, 4. St. Joseph 106:47, 5. La Canada 108:15, 6. Paraclete (Lancaster) 109:17.

Men's Combined Races: 1. Zamora (Coachella Valley) 15:44, 2. Jones (Brea) 15:54, 3. Stoltz (Miraleste, Palos Verdes) 15:55, 4. Reyna (Coachella Valley) 16:01, 5. Valles (McFarland) 16:03, 6. Gutierrez (Vishop Gorman, Las Vegas) 16:08, 7. Arizmendi (Azusa) 16:10, 8. Beaudet (St. Francis, La Canada) 16:17, 9. Boudreau (Village Christian, Sun Valley) 16:17. **Team Results: (combined races)** 1. McFarland 83:10, 2. Coachella Valley 84:48, 3. Trabuco Hills 85:12, 4. South Hills 86:29, 5. Bishop & St. Francis 86:54.

Saturday: (Division II & III combined) Women: 1. Jorgensen (Rancho Buena Vista, Vista) 17:27, 2. Drossin (Agoura) 17:42, 3. Freyne (Riverside Poly) 18:13, 4. Acosta (Walnut) 18:15, 5. York (Agoura) 18:19, 6. Park (Santa Barbara) 18:22, 7. Bache (Univ., San Diego) 18:32, 8. Ashley Black (Palos Verdes) 18:35, 9. Thayer (Serrano, Phelan) 18:39, 10. Williams (Mt. View, El Monte) 18:48, 11. Hagenmiller (ThousOaks) 18:49, 12. Leichter (PV) 18:51, 13. Plier (Mira Costa, Manhattan Beach) 18:56, 14. Castruita (West Covina) 19:01, 15. Craven (Camarillo) 19:02, 16. Kozlowski (Irvine) 19:09, 17. DiLiberio (PV) and Bessey (Reed, Sparks, NV) 19:13, 19. Maxwell Univ., S.D.) 19:14. **Team Results: (Combined Races)** 1. Palos Verdes "A" 95:10, 2. Agoura 97:42, 3. Reed (Nv.) 100:30, 4. Arroyo Grande 100:31, 5. El Toro 101:18, 6. Irvine 102:18, 7. Wilson (L.A.) 102:49, 8. Poway 103:04, 9. Fallbrook 103:06, 10. La Jolla 103:40, 11. Palmdale 104:14, 12. Thousand Oaks 104:20, 13. Vacaville 104:22, 14. La Habra 104:30, 15. Marina (Huntington Beach) sophs 105:08, 16. Palos Verdes "B" 105:26, 17. Wilson (L.B.) 105:34.

Men's Combined Races: 1. Tadese (Crawford, SD) 15:15, 2. Scudamore (PV) 15:17, 3. Quintana (Arroyo Grande) 15:27, 4. Ortega (Arroyo) 15:28, 5. Daza (Valencia, Placentia) 15:29, 6. Powers (Arroyo) 15:38, 7. Alsen (Granada Hills) 15:38, 8. Rattary (Canyon, CC) and Lavelle (Corona del Mar) 15:39, 10. Dameworth (Agoura) 15:40, 11. Winkelman (Marina, Hunt.Bch) Robbins (CdM), and Valdez (Camarillo) 15:42, 14. O'Neill (San Pasqual, Escondido) 15:43, 15. Smoot (Vacaville) 15:44, 16. Kashuba (Casa Roble, Orangevale) and Gilkey (Arroyo) 15:45, 17. Puentes (Arroyo) 15:46, 18. Holbrook (Vacav) 15:47. **Teams Results (Combined Races)** 1. Arroyo (El Monte) 79:05, 2. Palos Verdes 79:28, 3. Corona del Mar 80:10, 4. Camarillo 80:42, 5. Vacaville 80:49, 6. Walnut 81:43, 7. Antelope Valley (Lancaster) 82:03, 8. Canyon (CC) 82:10, 9. Granada Hills and Rubidoux (Riverside) 82:14, 11. Agoura 82:22, 12. Serra (San Diego) 82:43, 13. Upland 82:50, 14. Thousand Oaks 83:04, 15. Arroyo Grande 83:14, 16. Hemet 83:17, 17. Katella (Anaheim) 83:35, 18. San Clemente 83:54,

photo by Burt Davis



Kira Jorgensen leads Deena Drossin