

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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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 Valencia (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. Sigatoo (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. Dobe (Nord)	22:45
5. N. Harkins (SLO)	23:02
6. K. Gliński (MB)	23:31
7. C. Rodeni (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 Randel (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 (SLD)	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.

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.

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.

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.

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.

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 Romersa (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 (Mission SJ)	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 (Bishop O)	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 (Mission SJ)	9:35
9 Quiche Rubalcava (Bellarmine)	9:37
10 Sandeep Randhawa (Mission SJ)	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 (Castro Vly)	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.

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.

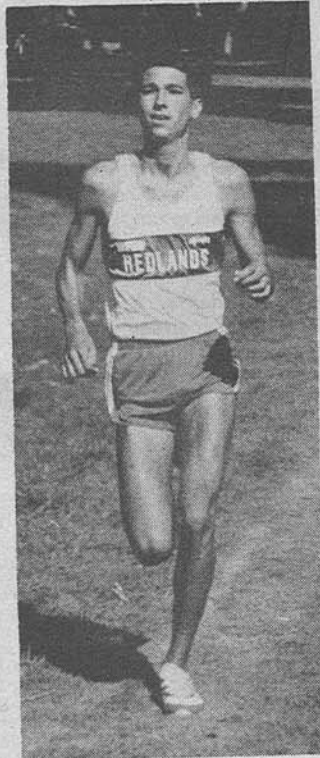
Women's Results: 1. Ashley Black (PV) 18:19, 2. Acosta (Walnut) 18:41, 3. Leichter (PV) 19:15, 4. Gunn (Walnut) 19:54, 5. Andrea Black (PV) 19:59, 6. Goodrich (PV) 20:09, 7. Molina (Los Altos, Hacienda Heights) 20:14.

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 Olinda) 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 Olinda 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. Vizueté (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