

PACIFICA — Whether they were running or watching from the sidelines due to an injury, distance runners stood out Friday night at the North Peninsula League track and field finals at Terra Nova High.

The most notable performance was by Half Moon Bay two-miler Jim Thompson, who set an NPL record with a 9:36 first-place finish. His effort broke the 1978 mark of 9:40.9 set by Dean of Jefferson.

"He had planned on trying to follow the leaders for a lap or two, then put the pressure on (Jefferson's Luke) Merriman," said HMB distance Coach Bob King. Thompson overtook Merriman early, and never looked back.

Merriman finished second at 9:57.0. Jefferson's Greg Beavers, who had the second best mark in NPL dual-meet action this season (behind Thompson), did not race because of an ankle injury incurred in last week's race with Jefferson.

King said that Thompson's next goal is to break the school record of 9:30.1, set in the rain at San Jose City College by Ken McBride in 1976.

The NPL's top female distance runners, Sabrina Han of Westmoor and Lori Wilson of Terra Nova, have met nearly 15 times in various races over two seasons.

The two met again Friday night in the two mile, with Han winning with an 11:25 mark, 15 seconds ahead of Wilson. Han had been nursing a stress fracture in her right foot, and had not competed in three weeks.

"This was a good race for me," Han said. "This was going to let me know where I stood. I have done some swimming and used an exercise bicycle and done some easy jogging, but this is my first race in a while."

Han said she concentrated on just qualifying for the CCS Region I meet, scheduled for next Friday at the College of San Mateo. Han, a sophomore, is again confident that she will then qualify for the Central Coast Section championships the following meet.

After the victory in the two-mile, Han felt a sharp tug in her left ankle. It was a slight tendon injury, which later prevented her from racing against Wilson in the mile.

"Once I crossed the finish line in the two mile, I felt something in my ankle," Han said. "I was probably thinking so much about not putting too much pressure on my right ankle, I put too much pressure on my left ankle."

Although she was unable to run the mile, Han confidently said that her best event is the two mile.

On the other hand, Wilson keys on the mile.

"I wanted to go all out in the mile," said the junior Wilson. "If I went against Han and beat her, then it would have made the win even better."

But with Han out, Wilson had an easy time in the mile, winning the event in 5:29, far off her season best of 5:10. HMB's Loraina Ferreira finished second at 5:34.52.

Terra Nova senior jumper David Ceragioli is constantly improving. He set two personal bests — in the long

NPL track finals



Sabrina Han

jump and triple jump — but only managed one first place.

Ceragioli set an NPL record in winning the long jump, leaping 23-6½. He had the previous NPL mark of 23-4¾, set last Tuesday in the trials.

"I have been looking through the board, rather than at it," Ceragioli said. "I can see the other side of the pit and concentrate on reaching it."

"I was going for 23-10, but this wasn't bad. Last year, I lost the championship by two inches (he jumped 22-2), and I was going against (Westmoor's Ramon) Tisdale, who beat me last year, so that psyched me up."

Tisdale had a fine season-high jump of 23½, yet still finished six inches behind Ceragioli.

The Terra Nova athlete set personal bests on each of his last two triple jumps, but could do no better than second place. Jefferson's Darrin Visarraga exploded for a 45-8 leap — among the best jumps in the CCS this year — to take first place.

Ceragioli recorded a 44-9 mark, followed up by a 44-10 effort to finish in second.

"It was a case of his getting his best jump of the season," Ceragioli said. "I was more consistent, but he had one good jump."

Terra Nova's Russ Steger tossed the discus 147-0 for first place, by far his best effort of the season.

Westmoor's Tisdale claimed the 220 with a time of 22.91, adding that to his second in the long jump and a first in the mile relay. In the latter event, he teamed with Joel Lipkins, Eric Quezada and Steve Anderson to win the event in 3:35.1.

Michelle Caine of Westmoor was a triple winner on the girls' competition. The freshman sprinter won the 100 (11.72), the 220 (27.02) and ran on the winning mile relay squad.

Caine combined with Sylvia Campbell, Melanie Bickerstaff and DeAna Ellis for the mile relay win in 4:20.15.

The only other double winner was Terra Nova's Margit Bode in the field events. Bode captured the long jump (16-2½) and the triple jump (35-6).

The top five finishers in each event qualified for the CCS Region I trials

and finals this Wednesday and Friday at CSM. From there, the victorious athletes will continue on to the CCS meet, then possibly to the NorCals and finally, the state championships at the LA Coliseum.

NORTH PENINSULA LEAGUE TRACK FINALS At Terra Nova VARSITY

440 Relay — Jefferson (W. Wilson, C. Wilson, Cooper, Visarraga) 44.0. Westmoor 44.6, Terra Nova 45.58, Half Moon Bay 45.8, South San Francisco 46.0.

120 MH — Reed (TN) 15.96, Stofan (TN) 16.02, Frye (HMB) 16.28, Kriesger (TN) 16.3, Wong (J) 16.4.

880 — Stuhr (TN) 2:02.5, Merriman (J) 2:03.7, Sevilla (SSF) 2:04.26, DosSantos (EC) 2:05.2, Frye (HMB) 2:06.25.

100 — Cooper (J) 10.32, Ryan (EC) 10.41, W. Wilson (J) 10.43, Stenhouse (SSF) 10.58, C. Wilson (J) 10.56.

440 — Svozil (O) 51.22, Anderson (W) 51.95, Fong (J) 52.8, Lipkins (W) 52.9, Skeete (O) 52.9.

2 Mile — Thompson (HMB) 9:36, Merriman (J) 9:57, Dye (HMB) 10:11, Niebaum (HMB) 10:22, Ray (SSF) 10:30.

330 IH — Roberts (HB) 40.91, Lipkins (W) 41.81, Sevilla (SSF) 43.14, Reed (TN) 43.65, Burdette (O) 45.8.

220 — Tisdale (W) 22.91, Anderson (W) 22.95, Cooper (J) 23.33, Svozil (O) 23.41, Eisenberg (TN) 23.7.

Mile — Merriman (J) 4:36, Thompson (HMB) 4:38, Stuhr (TN) 4:42, Dunne (HMB) 4:45.3, Dye (HMB) 4:46.0.

Mile Relay — Westmoor (Lipkins, Quezada, Anderson, Tisdale) 3:35.1, Jefferson 3:39.7, Terra Nova 3:43, El Camino 3:46.

Pole Vault — Garrubba (TN) 13-7, Deluna (W) 11-6, Ubaldo (SSF) 11-6, Fisher (HMB) 11-0, Cochrane (TN) 11-0.

Shot Put — Smith (J) 56-11½, Ramirez (O) 49-8, Dossey (W) 44-8¼, Steger (TN) 44-8¼, Wurz (W) 42-4¼.

Discus — Steger (TN) 147-0, Smith (J) 141-10½, Ramirez (O) 140-10, West (HMB) 133-9, Dossey (W) 132-9.

High Jump — Falvey (EC) 6-4, Wilson (J) 6-2, Anderson (W) 5-10, Saras (W) 5-10.

Triple Jump — Visarraga (J) 45-8, Ceragioli (TN) 44-10, Hall (W) 43-6, Wong (J) 42-2, Tan (W) 40-4.

Long Jump — Ceragioli (TN) 23-6¾, Tisdale (W) 23½, Wong (J) 21-4, Hall (W) 21-1¼, Visarraga (J) 20-10.

GIRLS

440 Relay — Jefferson 51.56, South San Francisco 51.81, Westmoor 52.41, Half Moon Bay 53.9, Terra Nova 55.5.

110 LH — Carusso (HMB) 17.2, Campbell (W) 17.49, Stenzhorn (EC) 17.66, Pineda (TN) 17.72, Newmiller (SSF) 18.4.

880 — Swanegan (TN) 2:26.4, Marian Waters (J) 2:27.4, Kiely (W) 2:37.56, Marilyn Waters (J) 2:40.3, Stolk (W) 2:40.92.

100 — Caine (W) 11.72, Harven (J) 11.9, Bickerstaff (W) 11.9, Carusso (EC) 12.1, Taylor (J) 12.2.

440 — Williams (TN) 61.06, Ellis (W) 62.66, Walker (J) 64.8, Kennedy (J) 64.9, Prudenciado (EC) 65.68.

2 Mile — Han (W) 11:25, Wilson (TN) 11:40, Ferreira (HMB) 11:49, King (HMB) 12:05, Harrison (HMB) 13:17.

330 LH — Campbell (W) 51.99, Stenzhorn (EC) 52.16, Buckner (W) 53.47, Reed (TN) 53.8, Pineda (TN) 53.98.

220 — Caine (W) 27.02, Bickerstaff (W) 27.35, Kennedy (J) 27.91, Williams (TN) 28.0, Lucas (SSF) 28.02.

Mile — Wilson (TN) 5:29, Ferreira (HMB) 5:34.52, Marian Waters (J) 5:42.01, Harrison (HMB) 5:47.3, King (HMB) 5:50.37.

Mile Relay — Westmoor (Campbell, Caine, Bickerstaff, Ellis) 4:20.15, Jefferson 4:21.49, Terra Nova 4:28.29, South San Francisco 4:35.7.

Shot Put — Trask (SSF) 34-6, Langi (SSF) 33½, Smith (W) 31-1½, Jenkins (SSF) 30-4, Atarasi (J) 29.6.

Discus — Smith (W) 105-11, Langi (SSF) 97-10, Jenkins (SSF) 97-5¼, Von Stenzhorn (HMB) 97-5¼, Atwell (HMB) 91-3.

High Jump — Bricher (HMB) 5-2, Bode (TN) 5-0, Carusso (HMB) 4-10, (tie) Reed (TN) and Brown (SSF) 4-10.

Triple Jump — Bode (TN) 35-6, Buckner (W) 33-2, Harven (J) 32-0, Reibel (HMB) 32-2, Bricher (HMB) 30-6¼.

Long Jump — Bode (TN) 16-2½, Taylor (J) 15-9, Ellis (W) 15-5½, Swanegan (TN) 15-1¼, Williams (TN) 14-11½.

FROSH-SOPH

440 Relay — Westmoor 47.0; **70 MH** — Cox (W) 9.24; **880** — Harrell (J) 2:10.03; **100** — Montgomery (SSF) 10.44; **440** — Harrell (J) 53.37; **2 Mile** — Gomez (SSF) 10:17½; **330 IH** — Cox (W) 43.29; **220** — Montgomery (SSF) 24.08; **Mile** — Gomez (SSF) 4:49.35; **Mile Relay** — Jefferson 3:42.

PV — Griffith (J); **SP** — Fresia (J) 45-5; **Discus** — Bonifacio (SSF) 126-2½; **TJ** — Pasco (J) 46-9½; **LJ** — Burch (J) 21-3½; **HJ** — (tie) Burch (J), Benavente (J), and Dye (SSF) 41-6.