

RESULTS

From **JIM ECHMAN (Yreka, CA)**

AAA BOYS TEAMS

1. Wilson (Portland) 86, 2. Aloha 130, 3. Lake Oswego 135.

AA BOYS INDIVIDUALS

1. Tracy Garrison (Klamath Union) 15:36.5, 2. Eric Peterson (N Eugene) 15:40, 3. Tom Sera (Beaverton) 15:42, 4. Lou Lauman (West Linn) 15:44, 5. Lew Barnes (Aloha) 15:45, 6. Jim Grelle (Wilson) 15:48, 7. Steve Hval (Jes) 15:52, 8. Wes Tilgner (Dal) 15:55, 9. Eric Martin (Mtn View) 15:59, 10. Ron Gilbert (Wilson) 16:00. Other Wilson: 18. Tom McKillop (Wilson) 16:17.

AA GIRLS INDIVIDUALS

1. Jerred Gildehaus (Rogue River) 15:39, 2. Mike Donaghu (Madras) 15:53, 3. Willy Hewson (Estancia) 16:02.

AAA GIRLS INDIVIDUALS

1. Marnie Mason (Klamath Union) 10:39, 2. Cathy Wall (Molalla) 10:40, 3. Pat Monnie (Lakeridge) 10:51, 4. Kristin Peterson (Corvallis) 10:55, 5. Kim Bovis (Aloha) 10:57, 6. Melynda Davis (Bar) 10:58, 7. Traci Reid (Aloha) 10:59, 8. Becky Wilson (Springfield) 11:02, 9. Liz Becker (Sunset) 11:05, 10. Stacy Hughes (Lakeridge) 11:05.

AA GIRLS INDIVIDUALS

1. Tassie Norton (Philomath) 11:04.0, 2. Julie Link (St. Mary of Valley) 11:14.

Sac-Joaquin Sec. X-C Champs.

from **Steve Fagundes**

Sierra College, Rocklin. November 11. Senior Joni Mooney (Vacaville) captured her third consecutive section crown racing to an impressive victory in the girls division. Davis senior Sally Pinkner finished a strong second despite falling in the early stages of the race and having to work her way up from the "back of the pack". Seniors Beth Wilson and Stacey McAfee led their Del Oro (Loomis) teammates to an overwhelming victory in the team competition. Champions in 1981 and runners-up in 1982, the Eagles left no doubt as to which team is the best in the Sac-Joaquin Section. In the boys division, another Del Oro standout Pete Vicencio captured his first section title and remained undefeated against section competition. Senior Rod Grieve (Jesuit, Carmichael) finished a close second in the individual race and led the Marauders to a convincing victory and their second consecutive team championship. Placing their top six runners in the top twenty individuals, the Jesuit harriers scored only 26 points in capturing one of the most impressive victories in recent memory.

Individual Results - Boys

- 1 Pete Vicencio, Del Oro 15:23
- 2 Rod Grieve, Jesuit 15:27
- 3 Rod Coker, Vacaville 15:34
- 4 Nick Sparks, Bella Vista 15:36
- 5 Mark Mastalir, Jesuit 15:42
- 6 Manuel Silveria, Calaveras 15:45
- 7 Ethan Palo, Sacramento 15:46
- 8 Dorin Slade, Valley 15:48
- 9 Chris Allen, Mira Loma 15:53
- 10 Danny Valdez, Merced 15:54
- 11 Ian MacArthur, Jesuit 15:56
- 12 Craig Sawyer, Grace Davis 15:58
- 13 James Price, Sacramento 16:01
- 14 Eric Smedburg, El Dorado 16:03
- 15 Vance Goss, Nevada Union 16:04
- 16 Eric Mastalir, Jesuit 16:05
- 17 Paul Thomas, Jesuit 16:05
- 18 Harold Navroth, Vanden 16:12
- 19 James Garrett, Vacaville 16:12
- 20 Jim Thomas, Jesuit 16:14

Team Scores

1. Jesuit (Carmichael) 26, 2. Nevada Union (Grass Valley) 100, 3. El Dorado (Placerville) 110, 4. Cordova (Rancho Cordova) 110, 5. Merced 129, 6. Vacaville 129, 7. Modesto 172, 8. Lincoln (Stockton) 189, 9. Placer (Auburn) 195, 10. Bret Harte (Altaville) 276.

Individual Results - Girls

- 1 Joni Mooney, Vacaville 17:40
- 2 Sally Pinkner, Davis 17:57
- 3 Colleen Donovan, Lodi 18:11
- 4 Beth Wilson, Del Oro 18:16
- 5 Stacey McAfee, Del Oro 18:18

- 6 Deonne Self, Del Campo 18:47
- 7 Robin Madell, Davis 19:02
- 8 Wendy Knox, Del Oro 19:06
- 9 Alix Tubman, Grace Davis 19:11
- 10 Kelly Donaldson, Merced 19:18
- 11 Laura Bushing, Yuba City 19:24
- 12 Kim Stark, Amador 19:28
- 13 Mary Robinson, St. Francis 19:32
- 14 Brenda Payton, El Dorado 19:33
- 15 Julie Verke, St. Francis 19:33
- 16 Londa Mobley, Tracy 19:38
- 17 Diane Shelgren, El Camino 19:48
- 18 Barb Crowley, Del Oro 19:49
- 19 Josette Lewis, Davis 19:50
- 20 Tammy Foster, El Dorado 19:50

Team Scores

1. Del Oro (Loomis) 53, 2. St. Francis (Sacramento) 105, 3. Vacaville 108, 4. Del Campo (Fair Oaks) 122, 5. Davis 127, 6. El Dorado (Placerville) 130, 7. Bella Vista (Fair Oaks) 135, 8. Merced 153, 9. Tracy 185, 10. Amador 213.

Southern Section X-C Champs.

by **Doug Speck**

November 12 & 19: Mt. San Antonio College, Walnut.

On the Saturdays of November 12th and 19th the Southern Section moved itself and its four school-size divisions for the Men and Women out to Mt. SAC for its Prelims and Finals competition. The day of the 12th was marred by quite a bit of rain in the previous 24 hours which necessitated a switchover to an all-cement rain course. On a route that turned out to be 347 yards short of three miles there were few upsets in the form charts, as everyone counted on being a big part of the action made it to the Finals. The weather on November 19th broke beautifully, with the moisture during the previous week serving to keep the dust down and nicely pack the challenging Mt. SAC trails.

photo by **Bob Berryman, Jr.**



PETE VICENCIO

There were a number of record performances in the Finals. Palos Verdes' Kirsten O'Hara charged to an amazing 4A Women's individual win that put her name at the top of the record lists, Coach Don Braden's Barstow Men peaked in their usual super style to set another area record, and Pasadena's Jesus Gutierrez and Santa Barbara's Danny Holmes raced to an exciting individual duel in the Men's 4A. For all the details read on—

Women's 4A Division: Tustin had been ranked number one here from early in the season and had an amazing string of team successes along the way. A trio of squads, Palos Verdes, Irvine, and Edison (Huntington Beach), appeared able to step in should Coach Tom Coffey's Tillers falter. The upset was not to be, however, as the Tustin crew, led by Jenni Scott (2nd-18:32) put their five scorers in the top eighteen places to score 54 points (95:28, just behind their 95:20 at the Mt. SAC invite marking them as the 6th fastest ever team at Mt. SAC.). Palos Verdes was 2nd (81-95:01 5th All Time), led by O'Hara's awesome Course Record. An all underclass (with three ninth grade scorers) Buena (Ventura) team was third (121-97:28 16th All Time), as team leaders Laura Chapel (Irvine) and Nicole Ritchof (Edison) were non-finishers for their squads.

Individually, Palos Verdes' Kirsten O'Hara was super! The defending individual champion here was undefeated with Course Records galore this Fall, but her performance here was truly amazing. The young ladies have been running three miles for only three years now, but there have been some solid individuals who have raced here. To win your race by over a minute and take the Course Record (17:25 Katie Dunsmulr 1982) down by nine seconds was obviously the individual performance of the Meet. Kirsten separated herself from the pack after a 5:20 relatively flat first mile, and raced away to a 17:16 effort that has to mark her as among the nation's best.

photo by **Burt Davis**



FRANK RAMIREZ

Results: Tustin 54 (95:28), Palos Verdes 81 (95:01), Buena (Ventura) 121 (97:28), Irvine 147 (98:54), Foothill (Santa Ana) 164 (99:32), Newport Harbor 178 (98:58), Edison (Huntington Beach) 178 (100:10), El Toro 188 (100:09), Westlake 188 (100:23), Thousand Oaks 191 (101:49), Hawthorne 212 (101:11), Dos Pueblos 276 (103:56). **Individual:** K. O'Hara (PV) 17:16 (course record), Scott (Tust) 18:32, McCarty (Buena) 18:38, Morris (NH) 18:47, Donahue (Torrance) 18:47, Cox (Fthill) 18:59, Feuss (Westl) 19:00, Snyders (Edis) 19:00, Besse (TO) 19:01, McCormick (Tust) 19:02, Schuster (Irv) 19:02.

Men's 4A Division: A very wide open division all season long, six teams were within 50 seconds (times of top five added up) in the Prelims. In the end it boiled down to the strength of Orange County's Seaview League. Annually providing a number of the top-ranked 4A teams in both the Men's and Women's divisions, five squads from this League graced the 1983 4A Finals. In a study of real patience, as pointed out by Richard Dunn of the Orange County Daily Pilot, Corona Del Mar and El Toro had been in the same meet five times so far this season. In three of those meets in "head-on" competition, Corona Del Mar, led by 4:14 miler Dave Anderson, had been victorious. In the other two, where they did not directly meet, Corona Del Mar had the faster team time. The sixth time was a charm, as El Toro used a 35 second 1-5 gap from 8th place Spencer Allen (15:47) to 27th place Bryan Moreno (16:22) to score 95 points (80:50) and edge Corona Del Mar 104 (80:40).

Jesus Gutierrez (Pasadena) seemed capable of cruising through the individual race to a comfortable win, as he appeared to do through two and three-quarter miles. With a quarter of a mile to go on the flat into the finish it was Jesus with about eight yards over Dan Holmes (Santa Barbara), who had been six seconds back of the Pasadenan the week before in the Prelims. Gradually picking away at the lead, Holmes was within five yards with a 110 to go, and from there he mounted a furious sprint that edged him past Gutierrez with thirty yards to go. This burst left the surprised Jesus with too little room to respond, and Holmes edged in just ahead at the chute 15:00-15:01. A star may have been born as Holmes' time ties him for No. 11 All-Time here, while Gutierrez (who has four clockings faster than 15:00 here) learned the kind of lesson his Coach Mark Evans stated you don't like to learn at this level of competition. Pat Watson (Palos Verdes) raced a fine 15:09 in third.

Results: El Toro 95 (80:50), Corona Del Mar 104 (80:40), Simi Valley 129 (81:42), Newbury Park 135 (81:24), Mater Dei (Santa Ana) 148 (81:54), Buena (Ventura) 163 (82:10), Lakewood 164 (82:15), Dos Pueblos (Goleta) 186 (82:45), Villa Park 191 (82:40), Colton 204 (83:16), Westlake 205 (82:56), Palos Verdes 210 (84:58). **Individual:** Holmes (Santa Barbara) 15:00, Gutierrez (Pasadena) 15:01, Watson (PV) 15:09, Anderson (CDM) 15:19, Rice (NP) 15:25, Palma (Glendale) 15:27, Esparza (Santa Barb) 15:30, Quintana (Lakew) 15:34, Green (VP) 15:34, Perez (Colton) 15:41, Myers (Westl) 15:46, Allen (ET) 15:47, Valen (El Modena, Orange) 15:49.

Women's 3A Division: Ever since the mid-season emergence of the super frosh duo of Julie Cooper and Beth Rospajila to go along with the fine senior trio of Marcia Escobosa, Holly Bean, and Meg O'Neil, Coach Don Chadez's El Dorado (Placencia) Golden Hawks had been judged far and away this Division's best. The El Dorado group survived Bean's final week illness to cruise to a 67 point total win (95:59 No. 7 All-Time team) over a young Mission Viejo group (81-96:20 No. 8 All-Time). Mission Viejo features a top six of ninth and tenth graders.

Individually, San Gabriel senior Sylvia Mosqueda continued her fine season

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Prep Notes

with a well-paced 17:53 victory (No. 10 All-Time) over sophs Lisa Rizzo (Hart, Newhall) 18:08 (No. 17 All-Time) and Maura Daly (Mission Viejo) 18:12 (No. 19 All-Time). Claire Feit (Mater Del, Santa Ana), famous for her "all-or-nothing" cross country strategies, once again this year went through all the agonies during a gradually fading final mile that had her fall from near the lead to fifth place.

Results: El Dorado (Placentia) 67 (95:59), Mission Viejo 81 (96:20), Rowland 116 (98:35), Mater Del 133 (99:11), Esperanza (Anaheim) 151 (100:02), Norco 162 (100:43), Bishop Amat (La Puente) 164 (101:30), Saugus 169 (100:04), Hart (Newhall) 191 (101:53), El Rancho (Pico Rivera) 205 (103:26), Rubidoux (Riverside) 215 (103:34), Alta Loma 216 (103:01). **Individual:** Mosqueda (San Gabriel) 17:53, Rizzo (Hart) 18:08, Daly (MV) 18:12, Good (Arlington) 18:27, Feit (Mater Del) 18:31, Escobosa (El Dor) 18:39, Cooper (El Dor) 18:39, Rosipajla (El Dor) 18:52, Hutchinson (MV) 18:55, Hays (Rowland) 19:00, Maldonado (BA) 19:00, Moring (Hart) 19:01.

Men's 3A Division: Barstow was after its fifth consecutive trophy for a first or second place performance and Jim Ortiz of that school was out to be the first Section athlete to win three consecutive individual championships. The first goal was accomplished, but the second Barstow objective for the day was not fulfilled surprisingly due to the efforts of one of Ortiz's teammates.

The usual super peak of Coach Don Braden's desert group took a tight team race (the first seven teams within 1:07 in the Prelims) and turned it into a blowout to win by one and a half minutes 78:39-81:14 (59-104 points) over Dave Holland's Mira Costa (Manhattan Beach) group. Barstow's 78:39 is the top ever

Southern Section time (only area team under 79:00 here), and third All-Time behind Helix of San Diego's great 78:08 from 1977. Henry Morton (Barstow), held back with dental problems for part of the year, went from 20th in the Prelims to 4th in the Finals (15:40) to help power Barstow way out in front.

Individually, the Barstow duo of Ed Toro (4:20.82 miler) and Jim Ortiz separated themselves from the pack after a mile and a half, and it appeared it was nice that they were working together, but that Ortiz would pull away, as usual, over the latter part of the race. But Mr. Toro was extra determined today and Ortiz looked to be definitely the more laboring of the two as they battled over Reservoir Hill a half mile from the finish. During the final quarter mile, and especially during the final 220 yards, Toro eased away from his teammate to win. Eddie's 15:02 is No. 15 All-Time here, with Ortiz finishing out a brilliant prep career with his second at 15:09. Toro had never before beaten Ortiz in a major meet. Ortiz started his prep career back as a 9th grader at Kennedy Junior High in Barstow with a third at the IA level, and followed it with 2A and 3A individual victories the last two years.

Results: Barstow 59 (78:39), Mira Costa (Manhattan Beach) 104 (81:14), Norco 114 (81:40), Mission Viejo 130 (81:46), Dana Hills 139 (82:10), Saugus 158 (82:43), Temple City 159 (82:33), South Hills 190 (83:24), Rowland 209 (83:30), Montebello 209 (83:39), Buena Park 213 (83:33), Hawthorne 230 (84:17). **Individual:** Toro (Barst) 15:02, Ortiz (Barst) 15:09, Wright (Sunny Hills, Fullerton) 15:26, Morton (Barst) 15:40, Nelson (La Sierra soph) 15:41, Christie (MV) 15:41, Fetters (Upland) 15:42, Crafton (Mira Costa) 15:42, Rubio (Hawthorne) 15:47, Scardino (Bu 15:52.

women's 2A Division: Defending champion Lompoc survived another tough Northern League season and Coach Sara Malmstrom's young group (One senior) cruised through good Prelims and Finals

efforts to a repeat championship effort. The Braves scored 85 (101:19) to take League rival Arroyo Grande (102:102:44), and with only one senior, fine leader Sally Rich, the Women's Lompoc group appears to be building a dynasty similar to that built up on the Men's side of the program in the late 1960's and early 1970's. Chantal Plante (Arroyo Grande) finished out a fine regular season with a comfortable 18:32 individual victory here.

Results: Lompoc 85 (101:19), Arroyo Grande 102 (102:49), La Quinta (Garden Grove) 104 (103:32), Chino 116 (105:04), Diamond Bar 135 (105:35), Louisville (Woodland Hills) 136 (105:23), South Hills (Covina) 161 (105:36), Cabrillo (Lompoc) 180 (107:30), Agoura 193 (107:59), Indio 198 (106:39), Yucaipa 202 (108:46), Rosemead 276 (211:33). **Individual:** Plante (AG) 18:32, DeSantiago (Ontario) 18:45, Oslinker (South Hills) 18:46, Loveall (Lompoc) 18:46, Harkins (La Quinta) 19:18, Williams (Mt. View, El Monte) 19:28, Rich (Lompoc) 19:35, Unruhe (Nordhoff, Ojai) 19:37.

photo by Burt Davis



CHANTAL PLANTE

Men's 2A Division: The team championship here was a foregone conclusion, as Coach Tim O'Rourke's Arroyo (El Monte) Knights had the fastest Prelim Team Time by three and a half minutes. Their Finals effort let no one down as the Knights put seven in the top seventeen for 30 points (79:16) to successfully defend their 2A title. Arroyo's super 1984 class led them to the No. 9 Team Time ever here. Perris peaked nicely for 2nd (93:82:14), led by Allen Carlton (8th-15:55) and super soph Sal Gonzaga (13th-16:05). Individually, Lompoc's Frank Ramirez controlled the race through the final mile to win over Agoura's Paul Burroughs 15:24-15:27. Brock Reagan (15:31) and Mike Perez (15:40) led the Arroyo charge in the next two spots.

Results: Arroyo (El Monte) 30 (79:16), Perris 93 (82:14), Rancho Alamitos (Garden Grove) 128 (83:20), Brawley 132 (83:21), Mountain View (El Monte) 153 (84:17), Lompoc 176 (84:33), Rightetti (Santa Maria) 180 (85:14), Arroyo Grande 183 (85:34), Loyola (LA) 185 (85:35), Nordhoff (Ojai) 190 (85:31), Garden Grove 201 (86:13). **Individual:** Ramirez (Lomp) 15:24, Burroughs (Agoura) 15:27, Reagan (Arr) 15:31, Perez (Arr) 15:41, Moscarro (Rosemead frosh) 15:53, Quinones (Rightetti) 15:50, Hoffman (St. Bernard, Playa Del Rey) 15:54, Carlton (Perris) 15:55, Fest (Arr) 15:58, Block (Lomp) 16:00, Trejo (Arr) 16:00.

Women's IA Division: Season long favorite Morro Bay was another defending champion that made good, as they sailed away from the pack to win by 55 points and an even more amazing six and a half minutes time-wise (62 points-100:43). Kathy Lewis (4th), Teresa Ogle (8th), and frosh Ashley Orton (11th) led Coach Cary Nerelli's snappy group that is probably the State's best female squad from a coed school with less than a thousand students. Los Padres League rival Atascadero was second (117-107:01).

Up front individually, Patty Almdariz (St. Monica, Santa Monica), who had made no Invitational appearances in 1983 after her 10:49.08 two mile last track season, was an easy winner in 9:02. Patty may be the first ever Sectional Cross Country divisional winner who walked up part of each hill.

Results: Morro Bay 62 (100:43), Atascadero 117 (107:01), Marantha (Sierra Madre) 123 (108:20), La Reina (1000 Oaks) 158 (110:39), Sherman Indian (Riverside) 159 (110:55), Paracleto (Lancaster) 165 (110:53), 29 Palms 173 (111:04), Bishop 178 (111:33), Carpinteria 184 (111:59), Westlake Academy (LA) 201 (111:48), St. Monica (Santa Monica) 215 (113:57), Azusa 273 (118:43). **Individual:** Almdariz (St. Mon.) 9:02, McKrell (Atasc) 19:21, Olson (Pasadena) Poly) 19:32, Lewis (MorBay) 19:45, Lagsdon (St. Mon) 19:52, Doody (Webb, Claremont) 19:56, Robbins (29 Palms) 20:02.

Men's 1A Division: Sherman Indian (Riverside) and LaSalle (Pasadena) battled again, just as they have for so many years. After a pretty close Prelims team time battle in different races LS 74:35-SI 74:36 (LaSalle without its second man), Sherman ran away, literally, with the Finals. Scoring a miniscule 27 points (81:49), Coach Ken Taylor's Sherman group picked up their seventh team title in the past ten years. LaSalle, led by the cruising individual win of J.P. Hall (15:16), raced an excellent 82:20 with 64 points in second.

This division should be tough next year, as Sherman returns five of its top seven, LaSalle six of seven, and third placer Atascadero all seven of its Varsity. **Results:** Sherman Indian (Riverside) 27 (81:49), LaSalle (Pasadena) 64 (82:20), Atascadero 114 (84:58), Marantha (Sierra Madre) 145 (85:51), Cathedral (LA) 170 (86:47), Morro Bay 173 (86:45), Brentwood 183 (87:09), Fillmore 187 (86:14), Whittier Christian 196 (87:22), Bell-Jeff (Burbank) 225 (88:57), 29 Palms 278 (90:40), Lutheran (Orange) 294 (90:40). **Individual:** Hall (LS) 15:16, Mawhorter (LaVerne Lutheran) 15:43, Trujillo (SI) 16:06, Francisco (SI) 16:14, Koinva (SI) 16:19, S. Grijalva (Atasc) 16:24, Mutschler (LV Lutheran) 16:26, Hoff (MorBay) 16:31.

New Mexico State Meet

By KEITH CONNING

November 12. Albuquerque, New Mexico. Simon Gutierrez (Del Norte, Albuquerque), who placed third in the '83 Kinney National Championship in San Diego, set a new course record in winning the AAAA race in 15:04.1.

The 1983 season couldn't have ended up on a happier note for Gutierrez. The Knight completed the high school season undefeated, and helped Del Norte to a second place in the AAAA at state.

"It's over," Gutierrez said to Martin Frenzel of the *Albuquerque Journal*. "It's a big relief." Gutierrez trained with marathon runners this season in addition to his high school workouts, "...and put in a lot of work, a lot of miles. I was training every weekend."

Glenn Morgan (Del Norte), fifth in the Kinney Western Regional in Fresno, placed second in the AAAA behind Gutierrez.

Washington State Meet

By KEITH CONNING

November 12. Hangman Valley Golf Course, Spokane, 3 Miles.

Brent Felt (Blanchet) defeated Kurt Messersmith (Mead, Spokane), 60th at the Kinney Western Regional, by 1.1 seconds—15:25.4 to 15:26.5—to win the Class AAA.

Eric Hruschka (Lynwood, Bothell), 56th in the Kinney, won the Class AA title in 15:34.0.

Junior Chris Slentz (Lewis & Clark, Spokane), fourth in the Kinney Western, defeated Randy Taruscio (Walla Walla), the only runner to defeat her before the State Meet, by 4.9 seconds—18:13 to 18:17.9 to win the Class AAA.

"I felt like a shark—it was wet enough," said Slentz to Kevin Taylor of *The Spokesman Review*. "This is my first year of cross country. I was just going to run it to be a better track runner."

RESULTS

AAA BOYS

1. Brent Felt (Blanchet) 15:25.4, 2. Kurt Messersmith (Mead) 15:26, 3. Matt Donnelly (Renton) 15:38, 4. Bruce McDowell (Columbia River) 15:43, 5. Brad Jones (Kennewick) 15:49.

AA BOYS

1. Eric Hruschka (Lynwood) 15:34.0, 2. John Hogan (Gig Harbor) 15:36, 3. Buck Jones (Ellensburg) 15:37, 4. Chris Morton (Eastmont) 15:40, 5. Travis Perry (Shorecrest) 15:41, 6. Scott Smith (Kelso) 15:43, 7. Dan Hardebeck (Eastside Catholic) 15:48.

A BOYS

1. Robert Price (Carroll) 15:49.2.

AAA GIRLS

1. Chris Slentz (Lewis & Clark) 18:13.3, 2. Randi Taruscio (Walla Walla) 18:17, 3. Michelle Swanson (Auburn) 18:34, 4. Libby Tyson (Walla Walla) 18:36, 5. Terry Esser (Wilson) 18:40, 6. Monica Campbell (Bellevue) 18:45.

AA GIRLS

1. Genevieve Puffer (Sephme) 18:15.2, 2. Karen McMurray (Shorewood) 18:31, 3. Stacy Larsen (Edmonds) 18:44, 4. Amy Williams (Edmonds) 18:45, 5. Lia Shirek (Gig Harbor) 18:49.

A GIRLS

1. Heather Maple (Tonasket) 18:40.7.

Central Coast Section Region I

From KEITH CONNING

November 15. Crystal Springs, Belmont. 2.93 miles.

BOYS TEAMS

(Top 4 advance to CCS) 1. Bellarmine 47, 2. Carlmont 95, Menlo-Atherton 111, 4. St. Francis 140, 5. Serra 154, 6. Half Moon Bay 158, 7. South San Francisco 187, 8. San Mateo 201, 9. Aragon 230, 10. Capuchino 229, 11. St. Ignatius 244, 12. Jefferson 264, 13. Westmoor 279, 14. Woodside 349.

BOYS INDIVIDUALS

(Top 9 advance to CCS) 1. Matt Giusto (San Mateo) 14:56.1, 2. Chris Becerra 15:01, 3. Rob Wickstrom (Serra) 15:22, 4. Paul Ghidossi (Capuchino) 15:28, 5. Paul Leonard (St. Francis) 15:34, 6. Shawn Ayers (Bellarmine) 15:36, 7. Fernando Ramirez (So San Francisco) 15:40, 8. Shane O'Flaherty (Bellarmine) 15:42, 9. Jim Thompson (Half Moon Bay) 15:45, 10. John Dye (Half Moon Bay) 15:48, 11. Keith Allen (Bellarmine) 15:52.

GIRLS TEAMS

(Top 4 advance to CCS) 1. Half Moon Bay 55, 2. Menlo-Atherton 80, 3. Terra Nova 103, 4. San Mateo 114, 5. Mills 119, 6. Aragon 128, 7. Burlingame 144, 8. Westmoor 151, 9. Sacred Heart (Menlo Park) 181, 10. Carlmont 222.

GIRLS INDIVIDUALS

(Top 7 advance to CCS) 1. Sabrina Han (Westmoor) 17:51.6, 2. Lori Wilson (Terra

Nova) 18:40, 3. Silvia Aguirre (Burlingame) 18:48, 4. Lorena Ferreira (Half Moon Bay) 19:05, 5. Hartlaub (Burlingame) 19:17, 6. Kim Williams (Terra Nova) 19:25, 7. Faigle (Half Moon Bay) 19:55, 8. Yvonne Kendall (Mills) 19:57, 9. Holmes (Menlo-Atherton) 19:57, 10. Sandrine DeMarbel (Menlo-Atherton) 20:05.6.

Central Coast Section Region II

From KEITH CONNING

November 15. Crystal Springs, Belmont. 2.93 miles.

BOYS TEAMS

(Top 4 advance to CCS) 1. Willow Glen 44, 2. Mountain View 67, 3. Saratoga 83, 4. Leland 128, 5. Gunderson 142, 6. Monta Vista 165, 7. Gunn 172, 8. Lynbrook 184, 9. Milpitas 233, 10. Homestead 245, 11. Santa Clara 278, 12. Palo Alto 308, 13. Lincoln 325.

BOYS INDIVIDUALS

(Top 9 advance to CCS) 1. James Green (Gunderson) 15:07.7, 2. Victor Santa Maria (Willow Glen) 15:41, 3. Hector Barron (Willow Glen) 15:42, 4. Rich Clark (Mtn View) 15:43, 5. Craig Blockus (Mtn View) 15:53, 6. Roger Kohne (Gunn) 15:55, 7. Doug Gollher (Saratoga) 15:58, 8. Paul Hoover (Mtn View) 16:00, 9. Eugene Tong (Saratoga) 16:02, 10. Greg Rivera (Willow Glen) 16:07, 11. Aurelio Mendoza (Willow Glen) 16:19, 12. Mike Matthews (Santa Clara) 16:20, 13. Rich Salazar (Saratoga) 16:24, 14. Herb Pepper (Homestead) 16:24, 15. Armando Orozco (Milpitas) 16:39.

GIRLS TEAMS

(Top 4 advance to CCS) 1. St. Francis 89, 2. Gunderson 130, 3. Mountain View 133, 4. Palo Alto 135, 5. Gunn 144, 6. Homestead 147, 7. Willow Glen 156, 8. Leland 171, 9. Lynbrook 205, 10. Milpitas

photo by Keith Conning



SABRINA HAN

226, 11. Santa Clara 263, 12. Fremont 274, 13. Saratoga 279, 14. Lincoln 394.

GIRLS INDIVIDUALS

(Top 10 advance to CCS) 1. Shannon Clark (Mtn View) 17:44.3, 2. Laurie Chapman (Gunderson) 18:18, 3. Michelle Seck (Lynbrook) 18:34, 4. Deena Adams (Gunderson) 18:47, 5. Kim Himenes (St. Francis) 18:50, 6. Kelly Bungo (Milpitas) 18:56, 7.

Karen Himenes (St. Francis) 18:58, 8. Connie Buckler (Saratoga) 19:00, 9. Julie Castello (Willow Glen) 19:08, 10. Jeanette DeMoss (Leland) 19:13, 11. Laura Burt-ness (Gunn) 19:19, 12. Eve Sheehan (Gunderson) 19:26, 13. Peggy Naughten (Homestead) 19:50, 14. Dana Rositano (St. Francis) 19:53, 15. Dondi Hart (Homestead) 19:54.

San Francisco Section

From HERB BLANCHARD (McAteer)

November 15. Polo Fields, Golden Gate Park, San Francisco. 3.1 miles boys/2.7 miles girls.

BOYS TEAMS

1. Washington 26, 2. Lowell 49, 3. Balboa 101, 4. O'Connell 129, 5. McAteer 180, 6. Galileo 206, 7. Mission 289, Wilson and Lincoln N/C.

BOYS INDIVIDUALS

1. Michael Wright (Washington) 18:44.1, 2. Bill Lai (Washington) 18:59.4, 3. Jerome Grimes (Balboa) 19:05.6.

GIRLS TEAMS

1. Lowell 25, 2. McAteer 47, 3. Washington 99, 4. Balboa 167, 5. Lincoln 209, 6. O'Connell 250, Mission, Mission and Galileo N/S.

GIRLS INDIVIDUALS

1. Maura Digiesi (McAteer) 20:05, 2. Trish Brown (Lowell) 20:37, 3. Adrienne Digiesi (McAteer) 20:43.

Central Coast Section Region III

From KEITH CONNING

November 16. Crystal Springs, Belmont. 2.93 miles.

photo by Keith Conning



SEAN CROWLEY

BOYS TEAMS

(Top 4 advance to CCS) 1. Leigh 49, 2. Del Mar 62, 3. Los Gatos 99 (6th runner 36th), 4. Westmont 99 (6th runner 41st), 5. Independence 113, 6. Overfelt 119, 7. Oak Grove 167, 8. Santa Teresa 198, 9. Lick 232, 10. Hill 306.

BOYS INDIVIDUALS

(Top 8 advance to CCS) 1. Sean Crowley

(Overfelt) 15:40.5, 2. Chris Craig (Leigh) 15:55, 3. Scott LaForce (Los Gatos) 16:00, 4. Angel Ventura (Leigh) 16:07, 5. Dan Schall (Del Mar) 16:14, 6. Dave LaPlante (Del Mar) 16:16, 7. Paul Bragg (Independence) 16:17, 8. Joey Sanders (Branham) 16:17, 9. Tom Legan (Del Mar) 16:18, 10. Dave Hamm (Leigh) 16:19, 11. Andy Walsh (Westmont) 16:21, 12. Bob McLaughlin (Oak Grove) 16:23, 13. Pat More (Los Gatos) 16:23, 14. Marc Shiota (Westmont) 16:24, 15. Marc Beuchemin (Westmont) 16:31.

GIRLS INDIVIDUALS

(Top 4 advance to CCS) 1. Los Gatos 39, 2. Mitty 82, 3. Leigh 100, 4. Santa Teresa 107 (6th runner 47th), 5. Del Mar 107 (6th runner 48th), 6. Independence 109, 7. Hill 171, 8. Branham 226, 9. Piedmont Hills 232.

GIRLS TEAMS

(Top 7 advance to CCS) 1. Nanette Garcia (Silver Creek) 18:15.0, 2. Rebecca Chamberlain (Leigh) 18:43, 3. Monica Daley (Los Gatos) 18:47, 4. Sheri Opp (Santa Teresa) 19:23, 5. Deirdre Kelly (Mitty) 19:31, 6. Lanette Davis (Del Mar) 19:35, 7. Therese Fisher (Los Gatos) 19:41, 8. Kim Thronson (Mitty) 19:42, 9. Ann Wimmer (Los Gatos) 19:43, 10. Rosemary Gomez (Independence) 19:48, 11. Barbara Kœhner (Hill) 19:54, 12. Melissa Foster (Los Gatos) 20:00, 13. Laura Henry (Los Gatos) 20:04, 14. Kristen Dowell (Santa Teresa) 20:05, 15. Harpreet Kuhr (Leigh) 20:18.

Central Coast Section Region IV

From KEITH CONNING

November 16. Crystal Springs, Belmont. 2.93 miles.

BOYS TEAMS

(Top 4 advance to CCS) 1. North Monterey County 78, 2. Palma 92, 3. Soquel 93, 4. Stevenson 126, 5. Live Oak 162, 6. San Lorenzo Valley 175, 7. Hollister 207, 8. Harbor 212, 9. Watsonville 218, 10. North Salinas 269, 11. Pacific Grove 272, 12. Gilroy 321, 13. Redwood Christian 343, 14. Seaside 344, 15. Monterey 354, 16. Aptos 404, 17. Valley Christian 512.

BOYS INDIVIDUALS

(Top 12 advance to CCS) 1. Troy Curran (York) 15:55.4, 2. Marc Goulet (Soquel) 16:30, 3. Andy McCutcheon (Soquel) 16:31, 4. Kevin White (Stevenson) 16:39, 5. Juan Serrano (N. Monterey County) 16:50, 6. Greg Kewish (Harbor) 16:56, 7. David Cattanaich (Pacific Grove) 16:58, 8. Dale Porter (Live Oak) 16:58, 9. Bob Lyle (Live Oak) 17:04, 10. Arnold Martinez (N. Monterey Co.) 17:06, 11. Marty Brenner (Harbor) 17:08, 12. Tim Blair (Soquel) 17:09.

GIRLS TEAMS

(Top 4 advance to CCS) 1. Aptos 51, 2. Soquel 76, 3. North Salinas 86, 4. Pacific Grove 118, 5. Live Oak 132, 6. Gilroy 135, 7. North Monterey County 149, 8. Notre Dame (Salinas) 194, 9. Seaside 223, 10. Santa Catalina 230, 11. Valley Christian 263.

GIRLS INDIVIDUALS

(Top 9 advance to CCS) 1. Kelly Ilnicki (Harbor) 18:52.1, 2. Laura Mier (Notre Dame) 20:03, 3. Chris Strandberg (Live Oak) 20:09, 4. Kris Kelly (Live Oak) 20:20, 5. Darcy Hatton (Monterey) 20:23, 6. Diane Kitayama (Aptos) 20:37, 7. Barb Hudson (N. Monterey County) 20:46, 8. Daniele Kamian (Aptos) 20:52, 9. Martha Gourley (North Salinas) 20:52, 10. Dagmar Legullin (Aptos) 21:04.

Oakland Section

By KEITH CONNING

November 16. Lake Merritt, Oakland. 2.6 miles.

Michael Kelly (Oakland) became the first ever runner from his school to win an individual cross country title. He completed the 2.6-mile course around Lake Merritt in 13:53.

Defending champion Skyline boys took the next four positions and eighth to win. Julie Calandra (Skyline) won the section title in 18:08. The Skyline girls, the

defending champions, won with a perfect score of 15.

RESULTS

BOYS TEAMS

1. Skyline 22, 2. Oakland 58, 3. Castlemont 72, 4. Fremont 84.

BOYS INDIVIDUALS

1. Michael Kelly (Oakland) 13:53, 2. Jeff DeWitt (Skyline) 13:56, 3. Scott Lichtenstein (Skyline) 13:58, 4. Bart Bombay (Skyline) 13:58, 5. Robert Baca (Skyline) 14:03, 6. Ken Fung (Fremont) 14:46, 7. Daniel Joiner (Castlemont) 14:51, 8. Victor Agran (Skyline) 14:53, 9. Steve Wenfel (Skyline) 14:53, 10. Quintin Garth (Oakland) 14:55.

GIRLS TEAMS

1. Skyline 15, 2. Fremont 44. Castlemont incomplete.

GIRLS INDIVIDUALS

1. Julie Calandra (Skyline) 18:08, 2. Julie Johnson (Skyline) 18:11, 3. Andrea Visser (Skyline) 18:30, 4. Faiza Ali (Skyline) 18:50, 5. Sonja Raub (Skyline) 19:11, 6. Medina Belton (Castlemont) 20:36, 7. Yoland Ward (Fremont) 20:41, 8. Majaj Gauger (Skyline) 21:26, 9. Molette Dartez (Castlemont) 22:10, 10. Ronya Hall (Fremont) 24:33.

Arizona State Meet

By KEITH CONNING

November 16. Pima College, Tucson.

Jeff Cannada (Greenway), who placed 12th in the Kinney Western Regional in Fresno, defeated Chris Morgan (Mesa), ninth at Kinney, by nine seconds—15:51 to 16:00—to win the Class AAA. Bo Reed (Deer Valley) finished third in 16:34.

"I thought I had a good chance," Morgan said to Gary Aungst of *The Arizona Republic*. "I thought I could do better on the hills, but I didn't."

"My guess (before the run) was to hang with him in the early going," Cannada said to Aungst, "and kick at the finish. I thought I could get over the hill (Killer) before him, I'd win."

In the 1983 high school list compiled by Jack Shepard of *Track & Field News*, Cannada is listed sixth in the mile at 4:07.88 (converted), third in the 3000 meters at 8:16.7, and second in the two mile at 8:53.9.

Last year's state meet, when Morgan finished second and Cannada fourth, was the only time Morgan has finished ahead of Cannada before the Kinney meet.

Trina Leopold (Horizon), 22nd at Kinney, defeated Laura Goodwin (Palo Verde) by nine seconds—11:54 to 12:03. Kim Prince (Westwood) was third in 12:04. Betsy Berg (Amphitheater), 71st at Kinney, was fifth in 12:24. Beth Bates (Horizon), 46th at Kinney, was sixth in 12:29.

North Coast Section Meet of Champions

By KEITH CONNING

November 19. Shadow Cliffs Park, Pleasanton. 3 Mile.

Junior Calvin Gaziano (Castro Valley), second last year, defeated his teammate junior John Bass, fourth in 1982, by ten seconds. Senior John Foley (Miramonte, Orinda), 17th in 1982, finished third.

"I don't need to get injured in this race," Gaziano said to Steve Herendeen of *The Daily Review* (Hayward). "I've been having ankle problems and I didn't want to get hurt again with NorCal coming up next week. I figured I'd win the race. I just went out hard to leave everyone. When I was sure I had it, I just went at a comfortable pace. I didn't feel the need to kill myself."

"We went out fast, but I rested a bit during the race," Bass said to Herendeen.

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Prep Notes

deen. "I got back on the pace and stayed close, but I couldn't catch him (Gaziano). He's in better shape and a better runner."

"It was the race of my life; I was way back in the pack at the beginning," Foley said to Mitch Rinehart of the *Contra Costa Times*. "I just played a waiting game, and then turned it on over the last stretch."

"I should be the favorite (at NorCal)," Gaziano said to Herendeen. "It really puts the pressure on me because I'm expected to win. Everyone's training to beat me. I've got nothing to gain in that race and everything to lose. Some people think I'm just bragging. But there's a difference [between] bragging when you can't do what you say, and bragging when you can."

The Redwood (Larkspur) boys team, tenth in 1982, defeated Miramonte, ninth in 1982, by 20 points. San Ramon (Danville), sixth in 1982, was third.

Senior Noreen de Bettencourt (Carondelet, Concord), third in the NorCal in 1980 in 4:55.78, defeated junior Julie Rivers (Livermore), ninth in the Sacramento Section in 1982 while representing El Dorado of Placerville, by 11 seconds. Junior Julie Ruiz (Ursuline, Santa Rosa), 20th in 1982, placed third.

"I kept slipping, and a few times I almost fell," said de Bettencourt to Rinehart. "[But] my poor start pushed me, and I ran back up to the front."

"I wanted to stay with the front group and then bring in my track strategy in the last mile," de Bettencourt said to Alan McAllister of the *Oakland Tribune*. "I knew a lot of the girls were tough runners, so I tried to take over on the downhill to build momentum. The mud made it hard to get traction."

The Piedmont girls team, the defending champion, edged San Ramon, sixth in 1982, by four points. However, two San Ramon girls fell during the race. Redwood, 12th in 1982, was third.

RESULTS

From BOB VINCENT (San Ramon)

BOYS TEAMS

(Top 3 advance to NorCal): 1. Redwood 97, 2. Miramonte 117, 3. San Ramon 130, 4. Livermore 143, 5. Montgomery 156, 6. Piner 172, 7. Berkeley 176, 8. Castro Valley 197, 9. Encinal 220, 10. Terra Linda 221, 11. Clayton Valley 223, 12. Moreau 270, 13. Fort Bragg 305, 14. Mission San Jose 330, 15. Antioch 351, 16. University 353.

BOYS INDIVIDUALS

(Top 6 not on an advancing team will advance to NorCal) (Timer didn't function) 1. Calvin Gaziano (Castro Valley) 14:43, 2. John Bass (Castro Valley) 14:53, 3. John Foley (Miramonte) 15:15, 4. Kevin Thayer (Terra Linda) NT, 5. Scott Hill (Miss San Jose) NT, 6. Jim Howard (Northgate) NT, 7. Martin Higginbotham (Berkeley) NT, 8. Ryan Gilliam (Cardinal Newman) NT, 9. Bobby Rivera (Newark Memorial) 15:35, 10. Alex Britton (Redwood) 15:35, 11. Pete Vincent (Montgomery) 15:36, 12. Scott Savage (Foothill) 15:38, 13. Mike Goralka (Livermore) 15:39, 14. Shawn Nisson (Lower Lake) 15:40, 15. Adam McAbey (Miramonte, soph) 15:40, 16. John Buck (Logan) 15:41, 17. Darrin Banks (Encinal) NT, 18. Kevin Temple (Piner) NT, 19. Alex Lopez (Encinal) NT, 20. John Mann (Redwood) NT, 21. Jim Hamera (Livermore) NT, 22. Chuck Lewis (San Ramon) 15:53, 23. Stuart Wiseman (El Cerrito, soph) 15:57, 24. Paul Oliver (Berkeley) 15:58, 25. Greg Stevens (Acalanes) 15:59, 26. Sal D'Acquisto (Fort Bragg) 15:59, 27. Bart Stephens (San Ramon) 16:02, 28. Eric Cutter (Redwood) 16:03, 29. T. J. Dearborn (Clayton Valley) 16:04, 30. Steve Miller (Piner) NT.

GIRLS TEAMS

(Top 3 advance to NorCal): 1. Piedmont 80, 2. San Ramon 84, 3. Redwood 136, 4. Terra Linda 146, 5. Acalanes 155, 6. Eureka 165, 7. Amador Valley 196, 8. Fort Bragg 216, 9. Alhambra 228, 10.

Miramonte 234, 11. Ursuline 240, 12. College Park 251, 13. Livermore 270, 14. Clayton Valley 293, 15. University 422.

GIRLS INDIVIDUALS

(Top 6 not on an advancing team will advance to NorCal): 1. Noreen de Bettencourt (Carondelet) 17:47.1, 2. Julie Rivers (Livermore) 17:58.3, 3. Julie Ruiz (Ursuline) 18:03.6, 4. Tina Goodykoontz (San Ramon) 18:09, 5. Sally Wood (Piedmont) 18:20, 6. Amy Cathcart (Amador Valley) 18:26, 7. Laura Carter (San Ramon, soph) 18:27, 8. Heather Houston (Eureka, soph) 18:28, 9. Nancy Benson (Piedmont) 18:32, 10. Carrie Costamagna (Marin Catholic) 18:33, 11. Vonda Vondaveer (San Ramon) 18:33, 12. Dana Pyorre (Ft. Bragg) 18:34, 13. Sheelagh Murphy (Notre Dame) 18:35, 14. Sarah Hill (Piedmont) 18:48, 15. Suzanne Shaw (Eureka) 18:53, 16. Sally Carlson (Ferndale) 18:58, 17. Chris McGee (Marin

photo by Keith Conning



JULIE RIVERS

Catholic) 19:03, 18. Dawn Thomas (Alameda) 19:04, 19. Suzy Noe (Piedmont) 19:08, 20. Suzanne Lehmkuhl (Acalanes) 19:10, 21. Kathy Laughlin (Terra Linda) 19:15, 22. Gina Jauregul (Newark Memorial) 19:15, 23. Ellen Spight (Miramonte) 19:17, 24. Teresa Poy (El Cerrito) 19:18, 25. Kelly Sobey (San Ramon) 19:22, 26. Katie Leary (Alhambra) 19:23, 27. Janet Gallagher (Terra Linda) 19:24, 28. Heather Turner (Kelseyville) 19:29, 29. Michelle Barrier (Clayton Valley) 19:32, 30. Western Boline (Willits) 19:33.

Central Coast Section

By KEITH CONNING

November 22. Crystal Springs, Belmont. 2.93 miles.

Defending champion senior Matt Giusto (San Mateo), the Region I winner, defeated senior Chris Craig (Leigh, San Jose), eleventh in 1982 and second in Region III, by 24 seconds—15:04.1 to 15:28—on a wet and muddy course. Senior Troy Curran (York, Monterey), the Region IV champion, placed third in 15:34.

Giusto said to me, "I didn't surge. I just kept going hard. I'm a light runner not affected as much by the rain. I think I could have run 14:30 today on a dry course."

"I just wanted to keep the pace up," said Giusto to Rick Eyrer of the *San Mateo Times*. "I ran steady and didn't fall down. It was slippery and slick on the course, but I stuck with the grassy parts of the course, and it wasn't too much trouble."

"While others were sliding, Matt Giusto was striding," said Westmoor Coach Ron DiMaggion to Eyrer.

"I was slipping all over the place," said Craig to David Woods of the *San Jose Mercury*. "The harder I tried the more I slipped. I've run in the mud the last three years and this is the worst."

The CCS has the strongest cross country program in Northern California. In the boys' competition Willow Glen (San Jose), the defending champion and Region II champion, was tied with Bellarmine (San Jose), fourth in 1982 and the Region I champion, with 150 points after adding up the raw scores. Leigh, second in 1982 and the Region III champion, was third with 159. When the individuals were taken out of the scoring, there was still a tie between Willow Glen and Bellarmine at 105. Leigh remained in third with 115.

Willow Glen won the championship on the basis of their sixth runner. Ian Jensen was 56th in 16:58. Bellarmine's sixth runner was Alex Miroschenenko 84th in 17:36.

Sophomore Shannon Clark (Mtn View), the defending champion and Region II winner, defeated sophomore Monica Daley (Los Gatos), third in Region III, by 38.3 seconds—17:44.8 to 18:21.1. Sophomore Sabrina Han (Westmoor, Daly City), the Region I winner, was third in 18:24.5.

"It wasn't as bad as I thought it would be," Clark said of the conditions to Paul Salvoni of the *Peninsula Times Tribune*. "I had a little trouble at the start, but I tried to get clear (of the pack) early."

RESULTS

BOYS TEAMS

1. Willow Glen 105 (44) 82:01, 2. Bellarmine 105 (69) 82:03, 3. Leigh 115 81:57, 4. Carlmont 133 82:57, 5. Mountain View 159 83:52, 6. Del Mar 178 83:30, 7. Menlo Atherton 191 84:16, 8. Saratoga 220 84:55, 9. Los Gatos 228 85:58, 10. Westmoor 239 85:23, 11. St. Francis 244 85:36, 12. Soquel 263 85:53, 13. Leland 296 86:53, 14. Stevenson 304 87:10, 15. N. Monterey County 309 88:59, 16. Palma 325 87:24.

BOYS INDIVIDUALS

(125 finishers) 1. Matt Giusto (San Mateo) 12) 15:04.1, 2. Chris Craig (Leigh) 12) 15:28.6, 3. Troy Curran (York) 12) 15:34, 4. Tom Legan (Del Mar) 12) 15:38, 5. James Green (Gunderson) 12) 15:39, 6. Greg Rivera (Willow Glen) 12) 15:46, 7. Chris Becerra (Mills) 12) 15:50, 8. Shawn Ayers (Bellarmine) 12) 15:50, 9. Roger Kohne (Gunderson) 11) 15:53, 10. Ben Valpey (Menlo-Atherton) 12) 15:56, 11. Eugene Tung (Saratoga) 11) 15:57, 12. Sean Crowley (Overfelt) 12) 16:00, 13. Paul Ghidossi (Capuchino) 12) 16:01, 14. Scott LaForce (Los Gatos) 10) 16:02.5, 15. Rob Wickstrom (Serra) 11) 16:06, 16. Shane O'Flaherty (Bellarmine) 11) 16:07, 17. Rich Clark (Mtn View) 12) 16:10, 18. Marc Goulet (Soquel) 12) 16:13, 19. Craig Blockhus (Mtn View) 10) 16:15, 20. Jim Thompson (Half Moon Bay) 12) 16:17, 21. Marc Beuchemin (Westmoor) 12) 16:18, 22. Fernando Ramirez (South SF) 16:19, 23. Kevin White (Stevenson) 16:20, 24. Keith Allen (Bellarmine) 12) 16:21, 25. Raul Hoover (Mtn View) 16:21, 26. Chris True (St. Francis) 16:22, 27. Vic Santamaria (Willow Glen) 16:23, 28. Mike Montazer (Carlmont) 16:23, 29. Paul Leonard (St. Francis) 16:26, 30. Chris Barto (Menlo Atherton) 16:29.

GIRLS TEAMS

1. Los Gatos 68 97:19, 2. St. Francis 88 98:46, 3. Menlo Atherton 143 102:11, 4. Half Moon Bay 156 102:02, 5. Mitty 174 102:24, 6. Gunderson 184 102:06, 7. Mountain View 185 102:08, 8. Terra Nova 188 103:00, 9. Leigh 219 104:43, 10. Palo Alto 228 105:45, 11. Santa Teresa 270 108:23, 12. Soquel 304 107:04, 13. Aptos 325 110:51, 14. San Mateo 328 109:22, 15. N. Salinas 338 110:12.

GIRLS INDIVIDUALS

(121 finishers) 1. Shannon Clark (Mtn View) 10) 17:44.8, 2. Monica Daley (Los Gatos) 10) 18:21.1, 3. Sabrina Han (Westmoor) 10) 18:24.5, 4. Rebecca Chamberlain (Leigh) 10) 18:29, 5. Kelly Ilnicki (Harbor) 9) 18:34, 6. Laurie Chapman (Gunderson) 10) 18:35, 7. Lori Wilson (Terra Nova) 11) 18:38, 8. Kim Himenes (St. Francis) 11) 18:39, 9. Deena Adams (Gunderson) 10) 18:45, 10. Connie Buckler (Saratoga) 12) 18:56, 11. Michelle Seck (Lynbrook) 12) 19:02, 12. Lanette Davis (Del Mar) 11) 19:10, 13. Deirdre Kelly (Mitty) 12) 19:11, 14. Lorena Ferreira (Half Moon Bay) 11) 19:13, 15. Terese Fisher (Los Gatos) 11) 19:15, 16. Nanette Garcia (Silver Creek) 11) 19:18, 17. Karen Himenes (St. Francis) 11) 19:21, 18. Kim Thronson (Mitty) 11) 19:22, 19.

Sandrine DeMarvel (Menlo-Atherton) 12) 19:28, 20. Julie Castello (Willow Glen) 19:29, 21. Sylvia Aguirre (Burlingame) 12) 19:33, 22. Kim Williams (Terra Nova) 11) 19:37, 23. Sheri Opp (Santa Teresa) 12) 19:38, 24. Dana Rositano (St. Francis) 11) 19:39, 25. Ann Wimmer (Los Gatos) 10) 19:48, 26. Laura Henry (Los Gatos) 10) 19:49, 27. Harpreet Kuhr (Leigh) 19:54, 28. Toni Hartlaub (Burlingame) 11) 19:56, 29. Susie Faigle (Half Moon Bay) 10) 19:58, 30. Christa Prince (Pacific Grove) 20:03.

San Diego Section

By KEITH CONNING

November 23. Lindo Lake Park, Lakeside. Senior Ted Goodlake (Fallbrook Union), who went out too fast last year and was unable to finish, defeated Robert Fithen (Serra, San Diego), sixth in 1982, by four seconds—15:18 to 15:22—in the 3A Division. Martin Sandoval (Monte Vista, Spring Valley), second in 1982, placed third in 15:29.

Senior Adolfo Garcia (Escondido) won the 2A Division in 15:27. Defending champion Pat Green (La Jolla) won the 1A Division in 15:41.

Monte Vista won the boys' 3A title by three points over Serra—44 to 47.

Junior Lesley Noll (Mt. Carmel, San Diego), the San Diego Section 400-meter champion in her first year of cross country, defeated Laura Cook (Santana, Santee), tenth in 1982, by one second—12:00 to 12:01—in the 3A Division.

Pauline Stehly (Orange Glen, Escondido), second in the 3A Division last year, dropped down to the 2A Division and turned in the fastest time of the day—11:50. Sharon Lewis (San Pasqual, Winterhaven), the defending 2A champion, placed second in 12:00.

Katherine Riddle (Coronado), second in 1982, defeated Tara McElhaney (Clairemont, San Diego), fifth in 1982, by two seconds in the 1A Division—12:21 to 12:23.

Vista won the girls' 3A Division by 43 points. They had two finishers in the top four.

photo by Doug Speck



TED GOODLAKE

RESULTS

From DENNIS McCLANAHAN

BOYS TEAMS 3A DIVISION

1. Monte Vista 44, 2. Serra 47, 3. Mira Mesa 74, 4. Point Loma 109, 5. Vista 114.

BOYS INDIVIDUALS 3A

1. Goodlake (Fallbrook) 15:18, 2. Robert Filthen (Serra) 15:22, 3. Martin Sandoval (Monte Vista) 15:29, 4. Greg Fontaine (Serra) 15:37, 5. Ari Schauder (Monte Vista) 15:52, 6. S. Sandoval (Southwest) 15:58, 7. Langley (Monte Vista) 15:58, 8. Wangler (Grossmont) 16:06, 9. Cekander (Serra) 16:06, 10. Estrada (Point Loma) 16:11.

BOYS TEAMS 2A DIVISION

1. El Camino 52, 2. El Capitan 61, 3. Bonita Vista 99, 4. Valhalla 114, 5. Chula Vista 117.

BOYS INDIVIDUALS 2A

1. Adolfo Garcia (Escondido) 15:27, 2. Groulx (El Camino) 15:44, 3. Cantu (Chula Vista) 16:03, 4. Batis (El Camino) 16:04, 5. Warburton (Valhalla) 16:05, 6. Wilson (Valhalla) 16:07, 7. Rice (El Camino) 16:09, 8. Baum (El Camino) 16:10, 9. Valdez (El Capitan) 16:10, 10. Contreras (El Capitan) 16:11.

BOYS TEAMS 1A DIVISION

1. University City 55, 2. Ramona 60, 3. Mission Bay 104, 4. St. Augustine 109, 5. La Jolla 110.

BOYS INDIVIDUALS 1A

1. Pat Green (La Jolla) 15:41, 2. Chris Vasquez (St. Augustine) 16:12.

GIRLS TEAMS 3A DIVISION

1. Vista 84, 2. Mira Mesa 107, 3. Mt. Carmel 114, 5. Point Loma 129, 5. Helix 143.

GIRLS INDIVIDUALS 3A

1. Lesley Noll (Mt. Carmel) 12:00, 2. Laura Cook (Santana) 12:01, 3. Eager (Vista) 12:03, 4. Nicholas (Vista) 12:10, 5. Johnson (Helix) 12:21, 6. Moerer (Helix) 12:22, 7. Fedorchak (Fallbrook) 12:23, 8. Sheffo (Poway) 12:26, 9. Bates (Mira Mesa) 12:27, 10. Arreola (Grossmont) 12:27.

GIRLS TEAMS 2A DIVISION

1. Valhalla 72, 2. Bonita Vista 74, 3. San Juan 78, 4. Torrey Pines 83, 5. Serra

GIRLS INDIVIDUALS 2A

1. Pauline Stehly (Orange Glen) 11:50, 2. Sharon Lewis (San Pasqual) 12:00, 3. Gor-

- man (Bonita Vista) 12:04, 4. Riker (Escondido) 12:09, 5. Brooks (Bonita Vista) 12:11, 6. Nugent (Torrey Pines) 12:14, 7. Guevarra (Chula Vista) 12:21, 8. Eckstein (Valhalla) 12:23, 9. Krumweide (Valhalla) 12:28, 10. Clemshaw (San Pasqual) 12:32.

GIRLS TEAMS 1A DIVISION

1. El Camino 66, 2. Coronado 77, 3. Ramona 77, 4. San Diego 112, 5. Christian 128.

GIRLS INDIVIDUALS 1A

1. Katherine Riddle (Coronado) 12:21, 2. Tara McElhaney (Clairemont) 12:23.

Northern Calif. X-C Champs.

from Cary Bertoncini & Steve Fagundes

Sierra College, Rocklin, CA. Nov. 26.

Surprising victories by senior Sally Pinkner (Davis) and the San Ramon (Danville) team highlighted the girls competition. One of the top rated runners in Northern California, Pinkner took command just before the mile, passing through in 5:19, and maintaining her lead the remainder of the race. Although tiring during the latter stages of the race, she held off the spirited challenge of Mountain View sophomore Shannon Clark, who captured the silver medal for the second year. Pre meet favorite Joni Mooney (Vacaville) was suffering from the flu and finished a credible tenth. Getting solid performances from all five of their top runners, the San Ramon Wolves captured the team title with 82 points, edging Los Gatos and Del Oro (Loomis) with 88 and 93 points, respectively. Overlooked going into the meet due to their second place finish in the North Coast Section Meet, the team of Tina Goodykoontz (5th), Laura Carter (20th), Vonda Vandaveer (22nd), Kelly Sobey (33rd), and Monica Lin (72nd) swept to an unexpected championship. The quality of the girls teams in this year's meet was outstanding as the top four teams eclipsed the cumulative time run by St. Francis (Mt. View) in winning last year's championship at Sierra College.

Junior Calvin Gaziano (Castro Valley) captured the boys championship from San Mateo, senior Matt Giusto despite making a wrong turn near the end of the race. Racing through powering splits of 4:23 (one mile) and 9:19 (two mile), Gaziano had built up a 60 yard lead with less than 500 yards remaining. At that point, he followed the chain link fence surrounding the stadium, rather than turning into the football field, and before realizing and correcting his mistake Giusto had built up a 30 yard lead. Gaziano quickly made up the distance and finished with a two second victory margin. Despite the correctional problem, the talented junior just missed Jim Frey's (Yreka) course record of 14:40.5. In the team competition, Jesuit (Carmichael) edged Clovis (79 points to 85 points) for the title becoming the first Sac-Joaquin Section school to win the championship. The Marauders captured the title using the strengths that had carried them to an undefeated season - quality and depth. With freshman Paul Thomas (normally one of the teams top three runners) falling during the race, the sixth and seventh runners became even more important. The team of Rod Grieve (13th), Mark Mastalir (20th), Eric Mastalir (25th), Ian MacArthur (33rd), and Dick Vicain (48th), their seventh runner going into the race, pulled out the victory.

From KEITH CONNING

November 26. Sierra College, Rocklin. 3 Miles.

BOYS TEAMS

1. Jesuit (Carmichael) 79, 2. Clovis 85, 3. Willow Glen (San Jose) 102 (99), 4. Sanger 102 (103), 5. Bellarmine (San Jose) 134, 6. Leigh (San Jose) 147, 7. Miramonte (Orinda) 188, 8. San Ramon (Danville) 212, 9. Redwood (Larkspur) 225, 10. El Dorado (Placerville) 237, 11. Lassen (Susanville) 242, 12. Nevada Union (Grass Valley) 247, 13. Yreka 297, 14. Skyline (Oakland) 408, 15. Washington (San Francisco) 438.

photo by Ray DeImore



JESUIT HIGH SCHOOL, Northern California Champs

BOYS INDIVIDUALS

- (142 finishers) 1. Calvin Gaziano (Castro Valley 11) 14:43.5, 2. Matt Giusto (San Mateo 12) 14:45.5, 3. Chris Craig (Leigh 12) 15:04.8, 4. Peter Vicencio (Del Oro 12) 15:13, 5. Nick Sparks (Bella Vista 12) 15:17, 6. Miguel Hurtado (Sanger 12) 15:18, 7. David Naranjo (Sanger 10) 15:19, 8. Mike Wall (Lassen 10) 15:24, 9. John Foley (Miramonte 12) 15:26, 10. Greg Rivera (Willow Glen 12) 15:28, 11. Chris Baccerra (Mills 12) 15:29, 12. James Green (Gunderson 12) 15:29, 13. Manuel Silveira (Calaveras 12) 15:30, 14. Rod Grieve (Jesuit 12) 15:31, 15. Martin Leal (Sanger 12) 15:34, 16. Chris Bahr (Mt. View 12) 15:35, 17. Martin Higginbotham (Berkeley 12) 15:36, 18. Darin Jauregul (Clovis 11) 15:38, 19. Victor Santamaria (Willow Glen 11) 15:38, 20. Mark Mastalir (Jesuit 10) 15:39, 21. Jason Lienau (Clovis 9) 15:40, 22. Tom Logan (Del Mar 12) 15:40, 23. David Escobar (Shafter 12) 15:42, 24. Shane O'Flaherty (Bellarmine 11) 15:42, 25. Eric Mastalir (Jesuit 10) 15:43, 26. Scott Hill (Mission San Jose 12) 15:43, 27. Mike Dean (Lassen 11) 15:49, 28. Troy Curran (York 12) 15:50, 29. Kevin Thayer (Terra Linda 12) 15:50, 30. Ritchie Bryant (Clovis 12) 15:51.

GIRLS TEAMS

1. San Ramon (Danville) 82, 2. Los Gatos 88, 3. Del Oro (Loomis) 93, 4. Piedmont 98, 5. Clovis 116, 6. St. Francis (Mtn View) 135, 7. Clovis West 200, 8. Terra Linda (San Rafael) 211, 9. St. Francis

- (Sacramento) 213, 10. Vacaville 234, 11. Menlo Atherton 284, 12. Shasta (Redding) 310, 13. Lowell (San Francisco) 312, 14. Enterprise (Redding) 344, 15. Skyline (Oakland) 423.

GIRLS INDIVIDUALS

- (126 finishers) 1. Sally Pinkner (Davis 12) 17:23.1, 2. Shannon Clark (Mtn View 10) 17:28, 3. Sabrina Han (Westmoor 10) 17:47.1, 4. Monica Daley (Los Gatos 10) 17:49, 5. Tina Goodykoontz (San Ramon 11) 17:58.1, 6. Stacey McAfee (Del Oro 12) 18:01.9, 7. Julie Rivers (Livermore 11) 18:05, 8. Kelly Ilnicki (Harbor 9) 18:08, 9. Laurie Chapman (Gunderson 10) 18:08, 10. Joni Mooney (Vacaville 12) 18:11, 11. Sally Wood (Piedmont 11) 18:13, 12. Rebecca Chamberlin (Leigh 11) 18:19, 13. Lori Wilson (Terra Nova 11) 18:20, 14. Lori Cook (Golden West 11) 18:21, 15. Colleen Conovan (Lodi 11) 18:23, 16. Beth Wilson (Del Oro 12) 18:30, 17. Nancy Benson (Piedmont 12) 18:35, 18. Lisa Lewis (Clovis 12) 18:39, 19. Kelly Donaldson (Merced 12) 18:41, 20. Laura Carter (San Ramon 10) 18:41, 21. Angela Bonomini (Red Bluff 11) 18:48, 22. Vonda Vandaveer (San Ramon 11) 18:48, 23. Kim Himenes (St. Francis, MV 11) 18:49, 24. Carrie Costamagna (Marin Catholic 11) 18:50, 25. Deonne Self (Del Campo 11) 18:54, 26. Amy Cathcart (Amador Valley 12) 18:58, 27. Tiffany Shaw (Clovis West 11) 18:58, 28. Laura Henry (Los Gatos 12) 18:59, 29. Therese Fisher (Los Gatos 11) 19:01, 30. Noreen de Bettencourt (Carondelet 12) 19:01.

photo by Burt Davis



ADOLFO GARCIA



CALVIN GAZIANO & SALLY PINKNER, Northern California Champs

photo by Ray DeImore 27



Kinney Cross Country



FIRST TEAM ALL WESTERN USA: Front(left to right): Tracy Garrison, Calvin Gaziano, Matt Giusto, Simon Gutierrez. Back(left to right): Glenn Morgan, Patrick Watson, Jody Fischer, Pete Vicencio.
Fine Flicks by Don Gosney



FIRST TEAM ALL WESTERN USA: Front(left to right): Kirsten O'Hara, Sally Pinkner, Sylvia Mosqueda, Christine Slentz. Back(left to right): Chantal Plante, Shannon Clark, Marnie Mason, Kathy Jarvis.
Fine Flicks by Don Gosney

The "Kinney Western Cross Country Championship" is not just a meet with a fancy name. The 1983 version was like a "who's who" of 1983 cross country runners. There were state champions from as far away as Hawaii, Washington, Utah and Montana, as well as Oregon, Arizona and New Mexico. Idaho was the only state (out of 13 possible western states) to have representation at Kinney. Re-race introductions were limited to only state champions and California C.I.F. section champions. There must

have been 25 of these introductions before both the girls and boys seeded races (that's possible because some states have several divisions, each with a state champion).

Things didn't get started well with it raining as the first officials arrived at Woodward Park at 5:00 a.m. to start setting up. The intensity of both the rain and the wind increased with each hour to such an extent that by 9:30 it was decided to use the all asphalt alternate rain course. No sooner had the officials ac-

Fine Flicks by Don Gosney

complished the switch than the sun began peeking through. Miraculously, by 10:30 the sun was shining bright. Scrambling at the last minute with rakes, shovels and sawdust the Games Committee was able to doctor up the traditional course so that the first race could start on time and use the popular Woodward Park Kinney 5K layout. The combination of hard work, the bright sun and the steady wind saved the day for what otherwise would have been a spectator boring road race.

The first race was the girls unseeded event with 140 enthusiastic ladies forging over the soggy surface. Sheelagh Murphy of Alameda emerged the winner in 19:44 over the 5,000 meters. A half hour later 300 boys (probably the largest single cross country race ever at Woodward Park) were unleashed in the boys unseeded race. Scott LaForce of Los Gatos won the dog-fight to the finish in a good time of 18:03.

The seeded races not only had all of the "big guns" but also the big stakes up for grabs. The top eight boys and top eight girls would all be sent (expenses paid) to the Kinney Nationals as the Western U.S. Team.

There weren't really any big surprises other than a few disappointments. Disappointments like California's three potential national repeaters — Jesus Gutierrez, Jim Ortiz and Nanette Garcia — failing to earn a second trip to the nationals. With the absence of an injured Laura Cattivera, it meant only one of a possible five Western Team repeaters.

The big show-down between Northern California's champion, Sally Pinkner, and Southern California's best, Kirsten O'Hara, was decided by a half mile, as that's when O'Hara took over and continued to stretch her lead all the way home. The happiest finisher was in fourth place as this was the first year of running for Chris Slentz of Washington State.

Pre-race favorite and former national competitor, Tracy Garrison of Oregon was confident enough to hang back in the early stages of the race and then forge ahead in the last mile. Northern California champion Calvin Gaziano had other ideas, though, and went with him, keeping him honest all the way to a photo finish.

An unique outcome of the meet was that three sets of athletes from the same school qualified for the nationals. Kirsten O'Hara and Patrick Watson from Palos

Verdes, Tracy Garrison and Marni Mason from Klamath Falls, plus Simon Gutierrez and Glen Morgan from Albuquerque.

The following week saw the Western Team lining up with the best from the rest of the USA in San Diego's Balboa Park for the Kinney National Championships. The top eight high school runners from the West, the Northeast, the South and the Midwest made up the 32 runner field for each race.

Much of the national meet stood in direct contrast with the western meet. First of all the weather was perfect. Then, meet director Dennis McClanahan had the course groomed and lined to a tee. Then, where the western races didn't really have any surprise winners, the national boys race produced a totally unexpected winner. Maybe it was the inspirational comments made by Billy Mills at the western regional awards ceremony that inspired Foster City's Matt Giusto. Giusto, a senior, grabbed the lead at the mile and never looked back. It was a "Billy Mills" story as the unheralded Giusto proved that on this day he was number one. Possibly there is something in those rolls from Giusto's Vita Fresh Bakery, a family owned business in San Francisco.

Just as surprising as Giusto's victory was the 1-2-3 finish of the Western Boys Team, and that didn't include Calvin Gaziano who slipped to tenth.

The western girls ran hard but appeared to be a little outclassed by the girls from the other three regions, especially the northeast. Kirsten O'Hara didn't really disappoint, however, with a fifth place All American performance.

The Kinney National Championships provide for some very exciting competition, but even more exciting than the competition is what a corporation is doing for our sport and the high school participants in that sport. Not only were the athletes flown in from all over the country, but they were put up for 2-3 nights at the Hotel Del Coronado, treated to banquets and other feasts, Sea World, movies and running programs. As in the past a celebrity runner was brought in to spend the weekend hob-nobbing with the high school participants. Two years ago the guest was marathoner Tony Sandoval, last year it was Steve Scott, and this year produced Sebastian Coe and his father/coach Peter.

"Thank you" to Kinney Shoes for doing something positive for cross country and the cross country runners in America.



TRACY GARRISON (3957) holds off fast closing CALVIN GAZIANO (3693)

Western Regional

December 3, 1983. Woodward Park, Fresno. 5000 Meters.

GIRLS UNSEED RACE

1	Sheelagh Murphy (Alameda)	19:44
2	Catherine Noe Guevarra(SD)	19:47
3	Harpreet Kaur (San Jose)	19:49
4	Mary Kuphaldt (Fair Oaks)	19:54
5	Renee Krumweide (SV)	19:59
6	Mary Page (Tucumcari, NM)	20:03
7	Kim Williams (Pacifica)	20:08
8	Katy Farney (Tustin)	20:09
9	Yvette Gorman (Mesa, AZ)	20:10
10	Kim Littlefield (Scottsdale, AZ)	20:13

BOYS UNSEED RACE

1	Scott LaForce (Los Gatos)	18:03
2	Kevin Clegg (Spokane, WA)	18:05
3	Jim Howarth (Rogue River, OR)	18:12
4	Chris Tregillis (Burbank)	18:13
5	Kevin Kent (Spokane, WA)	18:13
6	Jeff Jacobs (Tarzan)	18:15
7	Brian Hook (Scottsdale)	18:23
8	Charlie Giffing (Spokane, WA)	18:24
9	Darin Slade (Sacramento)	18:29
10	Aaron Masoorro (Rosemead)	18:30

GIRLS SEED RACE

FIRST TEAM ALL-WESTERN		
1	Kirsten O'Hara (Paisos Verdes)	17:25
2	Sally Pinkner (Davis)	17:51
3	Sylvia Mosqueda (Rosemead)	17:56
4	Chris Slentz (Spokane, WA)	17:59
5	Chantal Plante (Grover City)	18:00
6	Shannon Clark (Mtn View)	18:01
7	Marnie Mason (Klam. Falls, OR)	18:02
8	Kathy Jarvis (Havre, MT)	18:07

SECOND TEAM ALL-WESTERN		
9	Noreen deBettencourt (Lafayette)	18:17
10	Janice Posey (Cameron, AZ)	18:23
11	Cathy Wall (Molalla, OR)	18:25
12	Cheryl Oslinker (Covina)	18:26
13	Joni Mooney (Vacaville)	18:26
14	Laurie Chapman (San Jose)	18:26
15	Sally Wood (Piedmont)	18:29
16	Jenni Scott (Tustin)	18:30

THIRD TEAM ALL-WESTERN

17	Julia Reisinger (Anchorage, AK)	18:31
18	Lisa Rizzo (Valencia)	18:33
19	Coleen Donovan (Merced)	18:34
20	Heather Brookes (Bonita)	18:34
21	Pauline Stehly (San Diego)	18:35
22	Trina Leopold (Phoenix, AZ)	18:39
23	Nanette Garcia (San Jose)	18:40
24	Rebecca Chamberlain (SanJose)	18:40

25	Monica Daley (Los Gatos)	18:42
26	Deonne Self (Carmichael)	18:43
27	Lesley Noll (San Diego)	18:47
28	Kelly McCormick (Tustin)	18:47
29	Sabrina Han (Daly City)	18:48
30	Jennifer Gillette (W.Valley, UT)	18:49
31	Tammy Snyders (Edison)	18:49
32	Lorraine Wilson (Pacifica)	18:50
33	Patty Alendariz (Santa Monica)	18:51
34	Donna Martin (Redding)	18:51
35	Kristin Peterson (Corvallis, OR)	18:55
36	Tammy McCarty (Ventura)	18:56
37	Michelle Montoya (Tucum, NM)	18:56
38	Celia Seweingawma(TbCity,AZ)	18:57
39	Kelly Ilnicki (Harbor)	18:58
40	Patricia Monnie (Lk Oswego, OR)	18:58
41	Macy Moring (Newhall)	18:59
42	Susan Taylor (Spokane, WA)	19:00
43	Nancy Benson (Piedmont)	19:01
44	Melynda Davis (Gresham, OR)	19:07
45	Jamie Bisplinghoff (NV)	19:08
46	Judy Mazowieki (Tustin)	19:09
47	Debbie Williams (Norco)	19:11
48	Lisa Lewis (Clovis)	19:12
49	Kelly Donaldson (Merced)	19:12
50	Celsa Bowman (SaltLk, UT)	19:14

BOYS SEED RACE

FIRST TEAM ALL-WESTERN		
1	Tracy Garrison(KlamFls, OR)	14:54.0
2	Calvin Gaziano (Castro Valley)	14:54.2
3	Matt Giusto (Foster City)	15:01
4	Simon Gutierrez (Albuq, NM)	15:02
5	Glenn Morgan (Albuq, NM)	15:10
6	Patrick Watson (Paisos Verdes)	15:12
7	Jody Fischer (Gillette, WY)	15:15
8	Pete Vicencio (Auburn)	15:16



(Left to Right): SHANNON CLARK, SYLVIA MOSQUEDA, SALLY PINKNER
Fine Flicks by Don Gosney

SECOND TEAM ALL-WESTERN

9	Chris Morgan (Mesa, AZ)	15:16
10	Patrick Green (San Diego)	15:19
11	Ted Goodlake (Fallbrook)	15:20
12	Jeff Cannada (Phoenix, AZ)	15:20
13	Edward Toro (Barstow)	15:23
14	Chris Rice (Newbury Park)	15:28
15	Adolfo Garcia (Escondido)	15:28
16	J. P. Hall (Pasadena)	15:31

THIRD TEAM ALL-WESTERN

17	Leo Biah (Ganado, AZ)	15:32
18	Daniel Holmes (S Barbara)	15:42
27	Eric Peterson (Eugene, OR)	15:44
28	John Pratt (Murray, UT)	15:44
29	Bill Pappas (Las Vegas, NV)	15:45
30	Chris Bahr (Visalia)	15:46
31	Jesus Sandoval (Spring Vly)	15:47
32	Tom Sera (Beaverton, OR)	15:47
33	Manuel Silveira (Burson)	15:48
34	James Green (San Jose)	15:49
35	Frank Ramirez (Lompoc)	15:50
36	Darren Hardy (Provo, UT)	15:50
37	Brock Reagan (El Monte)	15:51
38	Ryan Gilliam (Sebastopol)	15:51
39	David Anderson (Newport)	15:52
40	Romney Mawhorter (Laverne)	15:52
41	Lamberto Esparza (S Barbara)	15:53
42	Rod Grieve (Carmichael)	15:53
43	David Naranjo (Sanger)	15:54
44	Jim Howard (Walnut Creek)	15:55
45	Ron Hoff (Los Osos)	15:56
46	Scott Hill (Fremont)	15:56
47	Mike Wall (Susanville)	15:56
48	Paul Ghidossi (San Bruno)	15:57
49	Joe Nitti (Santa Monica)	15:57
50	Unknown	15:58

25	Robert Fithen (San Diego)	15:41
26	Daniel Holmes (S Barbara)	15:42
27	Eric Peterson (Eugene, OR)	15:44
28	John Pratt (Murray, UT)	15:44
29	Bill Pappas (Las Vegas, NV)	15:45
30	Chris Bahr (Visalia)	15:46
31	Jesus Sandoval (Spring Vly)	15:47
32	Tom Sera (Beaverton, OR)	15:47
33	Manuel Silveira (Burson)	15:48
34	James Green (San Jose)	15:49
35	Frank Ramirez (Lompoc)	15:50
36	Darren Hardy (Provo, UT)	15:50
37	Brock Reagan (El Monte)	15:51
38	Ryan Gilliam (Sebastopol)	15:51
39	David Anderson (Newport)	15:52
40	Romney Mawhorter (Laverne)	15:52
41	Lamberto Esparza (S Barbara)	15:53
42	Rod Grieve (Carmichael)	15:53
43	David Naranjo (Sanger)	15:54
44	Jim Howard (Walnut Creek)	15:55
45	Ron Hoff (Los Osos)	15:56
46	Scott Hill (Fremont)	15:56
47	Mike Wall (Susanville)	15:56
48	Paul Ghidossi (San Bruno)	15:57
49	Joe Nitti (Santa Monica)	15:57
50	Unknown	15:58

STATE TEAM SCORING

NOTE: The top 5 finishers from a state in the respective boys and girls seeded races constitutes a state's team. Their times were added up, and the top 2 states received awards. When a state did not have 5 runners finish the seeded race, then—and only then—were runners from the unseeded races used in this scoring. If a state had faster runners in an unseed-

ed race than they had in the seeded races, the faster runners were *not* figured into the scoring.

BOYS

1	California	75:44.1
	(Calvin Gaziano, Matt Giusto, Pat Watson, Pete Vicencio, Pat Green)	
2	Oregon	77:42.3
	(Tracy Garrison, Jerred Gildehaus, Ken McChesney, Eric Peterson, Tom Sera)	
3	Arizona	78:45.5
	(Chris Morgan, Jeff Cannada, Leo Biah, James Torres, Brad Coons)	
4	Nevada	81:36
	(Bill Pappas, Glen Hardin, Chris Tuma, Dean Miller, Joe Tambyln)	
5	Washington	82:21
	(Eric Hruschka, Kurt Messersmith, Dan Mueller, Dean Schauer, Kevin Clegg)	
6	Utah	83:34
	(John Pratt, Darren Hardy, David Howard, Brian Brooks, John Kimball)	

Incomplete—Hawaii (3 runners), New Mexico (2 runners), Wyoming (1 runner), Montana (1 runner), Alaska (1 runner).

GIRLS

1	California	89:14.8
	(Kirsten O'Hara, Sally Pinkner, Sylvia Mosqueda, Chantal Plante, Shannon Clark)	
2	Oregon	93:28.5
	(Marnie Mason, Cathy Wall, Kristin Peterson, Patricia Monnie, Melynda Davis)	
3	Arizona	95:09.2
	(Janice Posey, Trina Leopold, Celia Seweingawma, Betsy Berg, Beth Bates)	
4	Washington	96:16
	(Chris Slentz, Molly Trittle, Julie Clymens, Carrie Strand, Tiffany Pratt)	
5	Utah	97:16
	(Jennifer Gillette, Celsa Bowman, Carolyn Toranto, Lisa Burgoyne, Alyc'e Reinhold)	

Incomplete—Nevada (3 runners), Alaska (2 runners), New Mexico (2 runners), Montana (1 runner), Hawaii (0 runners).



KIRSTEN O'HARA receives award and congratulations from Billy Mills

Fine Flicks by Don Gosney

Nationals

Fine Flicks by Don Gosney



MATT GIUSTO — the thrill of victory

December 10, 1983. Balboa Park, San Diego.

Overall Results - Boys 5,000 meters.

1	Matt Giusto (Western)	14:54
2	Tracy Garrison (Western)	15:04
3	Simon Gutierrez (Western)	15:05
4	David Halle (Midwest)	15:08
5	Chris Zinn (Midwest)	15:09
6	Rusty Korhonen (Midwest)	15:10
7	Brad Hudson (Northeast)	15:12
8	Philip Schoenese (Midwest)	15:14
9	Barry Sirchis (Northeast)	15:18
10	Calvin Gaziano (Western)	15:18
11	Adam Berlew (Northeast)	15:18
12	Patrick Watson (Western)	15:21
13	Glenn Morgan (Western)	15:28
14	John Scherer (Northeast)	15:31
15	Merrick Jones (Northeast)	15:31
16	Joe Falcon (Midwest)	15:31
17	Tony Martinez (Southern)	15:37
18	Pete Dicencio (Western)	15:40
19	Jody Fischer (Western)	15:42
20	Charles Cole (Northeast)	15:42
21	Jeff Mundt (Midwest)	15:44
22	Greg Hoofnagle (Southern)	15:45
23	Bill Taylor (Midwest)	15:46

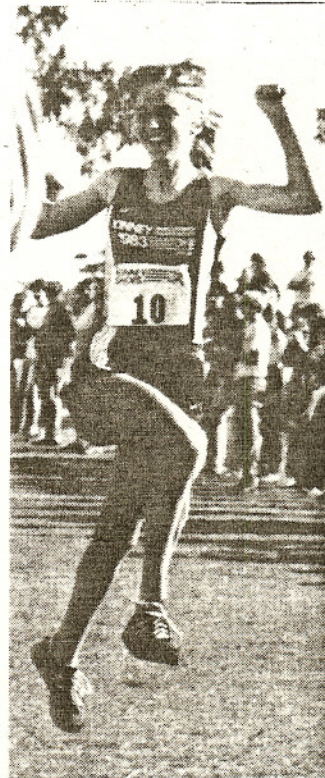
24	Jeff Slater (Southern)	15:47
25	Clifford Holtz (Southern)	15:48
26	John Stein (Southern)	15:52
27	James Herdman (Northeast)	16:02
28	Chuck Harmon (Southern)	16:06
29	John Erickson (Southern)	16:12
30	Mark Coogan (Northeast)	16:16
31	Greg Green (Southern)	16:18
32	Tyno Carter (Midwest)	17:11

Overall Results - Girls 5,000 meters

1	Janet Smith (Northeast, 17)	16:43
2	Melissa Straza (Midwest, 15)	17:17
3	Cathy Schiro (Northeast, 17)	17:25
4	Kathleen Smith (Southern, 17)	17:34
5	Kirsten O'Hara (Western, 17)	17:38
6	Vanessa Thompson (NorthEast, 18)	17:45
7	Demarch Robertson (South'n, 17)	17:46
8	Renee Harbaugh (Northeast, 17)	17:46
9	Brenda Moore (Southern, 17)	17:47
10	Mary Driscoll (Midwest, 14)	17:48
11	Suzie Favor (Midwest, 15)	17:50
12	Missy Duchini (Northeast, 14)	17:57
13	Sally Pinkner (Western, 18)	17:58
14	Jill Weber (Midwest, 17)	17:59
15	Elizabeth Brittin (Midwest, 18)	18:00
16	Christine Slantz (Western, 16)	18:06
17	Shannon Clark (Western, 15)	18:06
18	Michelle Kalikin (Midwest, 16)	18:13

Fine Flicks by Don Gosney

photo by Burt Davis



JANET SMITH



PAT WATSON

19	Tracy Bowers (Northeast, 15)	18:13
20	Alena Palmquist (Southern, 18)	18:17
21	Michelle Bews (Midwest, 17)	18:18
22	Victoria Verinder (Southern, 17)	18:20
23	Sylvia Mosqueda (Western, 17)	18:23
24	Stacy Bilotta (Northeast, 17)	18:32
25	Chantal Plante (Western, 17)	18:33

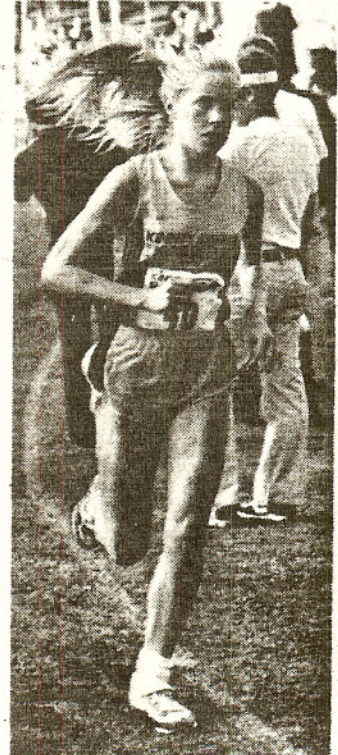
26	Marnie Mason (Western, 16)	18:39
27	Kathy Jarvis (Western, 15)	18:40
28	Kristanya Ryan (Northeast, 16)	18:45
29	Donna Combs (Southern, 15)	18:51
30	Juanita Wilson (Southern, 17)	19:21
31	Susan Keeney (Midwest, 17)	19:32

Fine Flicks by Don Gosney

Fine Flicks by Don Gosney



SHANNON CLARK



KIRSTEN O'HARA