

California Community College X-C Championships

From **BOB FRIES** and
KEN DOSE

November 20. Woodward Park, Fresno.
Men and Women Division II.

Susan Radford of Monterey lead the first mile in 5:40 a fast pace that she held through the 2nd mile in 11:57 (a 6:17 mile on the hills). Kathy Dolan from Shasta was on her heels at the 2-mile came back and out sprinted Susan for the title. The women's course is 130 yards short of 3 miles and 30 yards long than last year. John Oroggen's Gals from Yuba claimed the title with a well grouped finish 2-4-6-9-12.

Karen Gray of Yuba was the first in for her team having won the Bay Valley Conference race.

Shasta College brought two athletes and both won State titles with Don Merwin duplicating Susan's effort for the individual crown. Don didn't take the lead until the fourth mile as Nick Greco set the pace at 4:55 with Nash Guaracha taking the 2nd mile lead at 10:06. A third leader, Dan Clark took the honors at mile three at 15:16. Don ran a 4:59 last mile to win the crown for Shasta's perfect day for individual champions. Congratulations on your two runners Gary Lewis from Shasta.

Kim Ellison's Butte team spread 5 runners in the first eleven places with Dan Clark winning the runner up spot for his team's championship.

Women

1	Kathy Dolan (Shasta)	17:41
2	Susan Radford (Monterey)	17:41.8
3	Teresa Berry (Butte)	18:23
4	Karen Bray (Yuba)	18:37
5	Gabriele Ziesch (Menlo)	18:52
6	Kathy Staoener (Cabrio)	18:55
7	Angela Bushling (Yuba)	18:56
8	Diane Holderbein (Butte)	19:13
9	Susan Hawthorne (Yuba)	19:30
10	Sheri Leorna (Sierra)	19:38

11	Kim Greenwell (Menlo)	19:38
12	Ruth Garland (Cabrio)	19:49
13	Lori Wright (Butte)	20:09
14	Jackie Lassaga (Yuba)	20:22
15	Kelly Morgan (Cabrio)	20:36

Women's Team Scores: 1. Yuba 33 pts., 2. Butte 39, Cabrillo 52.

Men

1	Don Merwin (Shasta)	20:14
2	Daniel Clark (Butte)	20:19
3	Nash Guaracha (Hartnell)	20:45
4	Mark Hofer (Sierra)	20:50
5	Chris Cummings (Cabrillo)	20:54
6	Herb Bladorn (Butte)	20:55
7	Kirk Dye (Marin)	20:55
8	Devin Casey (Sierra)	20:59
9	Don Williams (Butte)	21:06
10	Manuel Aldape (Hartnell)	21:14
11	Dave Dinnell (Sierra)	21:17
12	Chris Vicencio (Sierra)	21:20
13	Ken Holder (Butte)	21:23
14	George Tedford (Butte)	21:28
15	Al Miller (Hartnell)	21:30

Men's Team Scores: 1. Butte 32, 2. Sierra 39, 3. Hartnell 50.

Women's Division I

Nine teams and 15 individuals sprinted across the wide grass area at Woodward Park on a beautiful sunny day at 60 degrees. Mira Costa's Mara Lazdans lead the first mile in a quick 5:22, but Peggy Smythe of Santa Rosa battled back with a 5:56 over the hilly part as she built up a 30 yard lead and an 11:18 two mile. Kim Defatis caught Peggy in the last 400 yards to wear the State crown. Kim's first place was a big factor in leading Gordie Fitzel's and Larry Greer's women to defend their State title at Woodward Park.

Orange Coast had a strong up-front finish with Dawn Howe's 6th place, Kathy Dube's 9th, Suzie Zika 12th and hanging on to 25th was Dori Price.

American River made a strong bid, but Jeannie Snugg's runners needed more women in the single digit numbers to catch Orange Coast.

El Camino had a good group as Don Shannon's harriers finished between 10th and 21st for the 3rd place trophy.

The course at Woodward was packed from a hard rain on Thursday, leaving the course in excellent condition. The women

gave the course a good run with at least 20 running under a 6 minute pace, figuring the 25 seconds that would be added on their time for the 130 yards needed for the 3 mile distance. The course will be lengthened to 5,000 meters (3 miles 188 yards) in 1983 with a 200 yard loop added in the second mile under Spectator Hill and 130 yards staying on the dirt road going to the right of the tough grass hill.

Women

1	Kim Devetis (Orange C.)	16:51
2	Mara Lazdans (Mira C.)	16:58
3	Peggy Smythe (S. Rosa)	17:10
4	Terri Elliott (Pasadena)	17:07
5	Sharon Powers (S. Rosa)	17:10
6	Lorrain Mercado (Ventura)	17:11
7	Ruth Truscott (Gross.)	17:14
8	Kathy Pedroza (E. L.A.)	17:15
9	J. Silingerland (A.R.)	17:16
10	Penny Miller (Cerr.)	17:20
11	Dawn Howe (Or. Coast)	17:21
12	Lynn Hill (Santa Mon.)	17:21
13	Darlene Davis (A.R.)	17:24
14	Cathy Demmelmaier (W. Valley)	17:25
15	Elaine Campo (Santa Barb.)	17:26
16	Alex Aquirre (East L.A.)	17:29
17	Kathy Dube (Or. Coast)	17:32
18	Yvette Rice (El Cam.)	17:33
19	Lolita Anderson (Glendale)	17:39
20	Laura McHale (A.R.)	17:40
21	Sue Zika (Or. Coast)	17:46
22	Cynthia Jeong (Chabot)	17:53
23	Mwinga Sote (Mt. Sac.)	17:54
24	Jeannet Griffiths (El. Cam.)	17:58
25	Rufus Schneider (Gross.)	18:00
26	Barbara Vasquez (Saddle.)	18:01
27	Tracy Waterman (El Cam.)	18:02
28	Diane Hernandez (Gross)	18:06
29	Thesa Perin (A.R.)	18:07
30	Doreen Lopez (Chabot)	18:08
31	All Owen (Santa Barb)	18:09
32	Lori Meighan (El Camino)	18:10
33	Ta-Ana Savo (El Camino)	18:10
34	Jill Moss (A.R.)	18:12
35	Carolyn Tiernan (Fresno)	18:18
36	Beth Taft (Gross)	18:21
37	Dori Price (Or. Coast)	18:23
38	Kerry Brogan (Foot.)	18:31
39	Sue Ramsadell (Ant. Valley)	18:23
40	Nancy Panico (Ventura)	18:33

Team Scores: 1. Orange Coast 53, 2. American River 63, 3. El Camino 81, 4. Grossmont 89, 5. East L.A. 131, 6. Chabot 136, 7. Ventura 157, 8. Antelope Valley 199, 9. Fresno 218.

Men

There were many favorite teams and a dozen favorite individuals as they lined up for the 19th running of the men's California State Cross Country meet. The dash across 150 yards of the soft grass, the jockeying for position over 400 meters of blacktop, onto the 1200 meters of rolling hills of dirt, recently packed by a hard rain, helped Rusty Knowles of American River, to a 25 yard lead in a hot 4:34 pace. The hills in the second mile slowed Rusty as Rich Brownsberger of Grossmont kept a good 4:50 pace on the hills and saw him take over the lead at a 9:30 two mile. Rich built up a 35 yard lead in the next 400

Huggins 5th. Trying to run up front had a negative effect on their next three, who finished 18th, 19th and 38th place.

American River might have been up too high as their leader Rusty Knowles over-ran the first mile and had to hang on for 9th place. Al Baeta's 4th place team

finish gives American River a fine record of finishing in the top five seven times in their 17 appearances in this meet.

1	Rich Brownsberger (Gross)	19:17
2	Jesse Torres (San Jose)	19:21
3	Mike Robbins (Gross.)	19:28
4	C. Marquez (Long Beach)	19:40
5	Steve Blakemore (Foothill)	19:40
6	Fern Velasquez (Citrus)	19:41
7	Gonzalo Huggins (Long Beach)	19:48
8	Rusty Knowles (Amer. River)	19:49
9	Nelson Bernal (W. Valley)	19:51
10	Joe Rubio (W. Valley)	19:53
11	Steve Fairman (Moorpark)	20:03
12	Ralph Garibaldi (Santa Barb.)	20:04
13	Bob Erickson (Orange Coast)	20:05
14	Gary Dalley (Orange Coast)	20:05
15	Jack Kairy (Gross)	20:06
16	Scott Lacrosse (Orange Coast)	20:11
17	Mandla Kunene (Porterville)	20:13
18	Gary Whaler (Amer. River)	20:14
19	Paul Merryman (Orange Coast)	20:15
20	Jeff Scott (Amer. River)	20:16
21	Dan Betker (Sacramento)	20:17
22	Bob Adams (Orange Coast)	20:18
23	Tyrus Deminter (Long Beach)	20:20
24	Angel Roman (Long Beach)	20:23
25	John Casten (Gross.)	20:23
26	Frank Jewett (Santa Barb)	20:23
27	Allen Dehlinger (Ant. Valley)	20:24
28	Ken Johnson (West Valley)	20:27
29	Lalo Terriquez (Orange Coast)	20:28
30	Wayne Bratten (Amer. River)	20:29
31	Ron Johnson (Citrus)	20:30
32	Leroy Rivera (Fresno)	20:33
33	John Singhado (West Valley)	20:35
34	Javier Sandoval (Gross)	20:36
35	John Galvan (Gross)	20:38
36	Mike Madrigal (Citrus)	20:40
37	Joe Brunet (Moorpark)	20:41
38	David Perez (Fresno)	20:45
39	M. Armbruster (Cuesta)	20:47
40	John Spillman (Moorpark)	20:48

Men's Team Scores: 1. Grossmont 62, 2. Orange Coast 66, 3. Long Beach 83, 4. American River 96, 5. West Valley 98, 6. Citrus 124, 7. Moorpark 152, 8. Fresno 204, 9. Ventura 257.