

# 1984

## CALIFORNIA COMMUNITY COLLEGE STATE CROSS COUNTRY CHAMPIONS



MIRA COSTA DEFENDS TITLE



EL CAMINO DEFENDS TITLE



LESLIE HAWKINS - MONTEREY  
WOMEN'S CHAMPION  
NEW COURSE RECORD



EUGENE CRUZ - L.A. VALLEY  
MEN'S CHAMPION

CALIFORNIA STATE MEET

COMMUNITY COLLEGE

WOMEN

CROSS COUNTRY 1984

November 17, 1984

Course: Woodward Park, Fresno. Course Record: Mara Lazdans 17:55 Mira Costa 1983  
5000 Meters. 1 & 3rd Miles easy rolling. 2nd mile hilly. Varied surface.

Weather: 58 degrees, light fog, course packed down by recent rain.

Scores: 1. MIRA COSTA ..... 27 pts. 6. San Diego Mesa..... 135 pts.  
2. Foothill college..... 69 pts. 7. Moorpark College.... 178 pts.  
3. East Los Angeles.....106 pts. 8. Santa Rosa..... 184 pts.  
4. Mt. San Antonio .....123 pts. 9. American River ..... 188 pts.  
5. West Valley .....134 pts. 10. College of Sequoias. 241 pts.

Splits: 1-mile 5:18, 2nd mile 11:09, 3 rd mile 17:34. 5:18, 5:33, 5:42, plus 43-sec.

PLACE	TIME	NAME	SCHOOL	PLACE	TIME	NAME	SCHOOL
1.	**17:34	LESLIE HAWKINS	MONTEREY	43.	19:15	Sue Bryan	Foothill
2.	*17:43	Anne Kendrick	Foothill	44.	19:15	Shari Virge	American R
3.	*17:49	Sandy Blakeslee	Mira Costa	45.	19:16	Natalie Fuesa	Moore Park
4.	*17:54	Jill Harrington	Orange Cst	46.	19:18	Becki Van Zant	Foothill
5.	17:56	Tina Cheny	Mira Costa	47.	19:19	Anne James	Orange Cst.
6.	17:57	Kelly Buzza	Cuesta	48.	19:20	Jackie Frost	S.D. Mesa
7.	18:02	Nancy Bowman	Taft	49.	19:21	Alice Vasquez	East L.A.
8.	18:03	Tony Delgado	Pasadena	50.	19:21	Kim Calvin	Sacramento
9.	18:09	Linda Mantynen	Foothill	51.	19:25	Alma Bernal	East L.A.
10.	18:14	Stacy McAfee	Sierra	52.	19:26	Heather Reqowalli	Foothill
11.	18:19	Carla Halford	West Vally	53.	19:27	Taria McElhaney	S.D. Mesa
12.	18:23	Carolyn Richards	Pasadena	54.	19:29	Heidi Gartner	Mira Costa
13.	18:23	Pauline Stehly	Mira Costa	55.	19:32	Cecilia Saleme	De Anza
14.	18:23	Diane Gobel	Santa Ana	56.	19:34	Erin Eicher	Mt. SAC
15.	18:30	Annie Seawright	El Camino	57.	19:37	Lynda Fairman	Moorpark
16.	18:32	Jill Schlumberger	De Anza	58.	19:38	Omega Lane	East L.A.
17.	18:32	Tracy Ross	Cuesta	59.	19:39	Trisa Sowers	Mt. SAC
18.	18:37	Gretchen Lohe	L.A Valley	60.	19:40	Christine LoFranco	W. Valley
19.	18:41	Michele McGinnis	Bakersfield	61.	19:41	Sheryl Fant	Foothill
20.	18:42	Mary Barnes	Ventura	62.	19:44	Liz Banner	Sant Rosa
21.	18:43	Sue Quaid	Chabot	63.	19:45	Kelly Bungo	Foothill
22.	18:45	Stephanie Fedorchak	Mira Costa	64.	19:46	Rose Abbondondola	Moorpark
23.	18:48	Diane Versteeg	El Camino	65.	19:45	Jerri Frost	S.D. Mesa
24.	18:48	Shelly Dunlap	Sacramento	66.	19:50	Anne St. Armor	S.D. Mesa
25.	18:49	Julie Van Horn	Sacramento	67.	19:52	Swee Lee Chee	Mt. SAC
26.	18:49	Celia Sewewgyawma	Taft	68.	19:53	Bonnie Way	sierra
27.	18:51	Julie Rasmussen	Delta	69.	19:55	Teri Brunet	Moorpark
28.	18:52	Susie Hansen	West Vally	70.	19:56	Maureen Williamson	W.Valley
29.	18:54	Kim Sterton	Mira Costa	71.	19:57	Donna Martin	Shasta
30.	18:55	Peggy Macke	American R	72.	20:03	Donna Summers	Sanra Rosa
31.	19:02	JoAnn Maldonado	Mt. SAC	73.	20:04	Jill Canales	C.O.S.
32.	19:02	Mary Akins	S.D. Mesa	74.	20:09	DeeDee Dewey	Santa Rosa
33.	19:03	Mona Lopez	Hartnell	75.	20:17	Pati Conway	American R.
34.	19:03	Sheri Opp	San Jose	76.	20:21	Clea Kennelley	C.O.S.
35.	19:05	Rosa Medina	FRESNO	77.	20:22	Heidi Rued	Santa Rosa
36.	19:06	Marie Rollins	East L.A.	78.	20:24	Heidi Karanfel	W. Valley
37.	19:07	Lih-Jiau Hendry	Desert	79.	20:26	Cindy Jungwith	C.O.S.
38.	19:10	April Acosta	Mt. SAC	80.	20:26	Rosa Acevs	East L.A.
39.	19:12	Sonji Nichols	Mira Costa	81.	20:29	Pam Beedie	American R.
40.	19:14	Lupe Rodriquez	East L.A.	82.	20:32	Mary Bogovich	Mt. SAC
41.	19:15	Allison	Williams	83.	20:33	Teri Ingram	Moorpark
42.	19:15	Carol Ferrari	Santa Rosa	84.	20:34	Victoria Elias	C.O.S.

\*\* New course record Holder \* Also broke the old Course record

Women State Meet Results Continued

Place	Time	Name	School	Place	Time	Name	School
85.	20:36	Nancy Maliace	S.D. Mesa	93.	21:01	Sandi Pickering	American R
86.	20:43	Livia Peras	W. Valley	94.	21:08	Robin Sanchez	American R
87.	20:45	Lisa Ash	Moorpark	95.	21:09	Karen Stanley	Yuba
88.	20:43	Viv Leos	Mt. SAC	96.	21:26	Leslie Musante	Santa Rosa
89.	20:45	Teresa Warren	C.O.S.	97.	21:29	Nancy Molitor	American R
90.	20:49	Julie Plutchak	W. Valley	98.	21:30	Jessie Moreno	Santa Rosa
91.	20:53	Betty Wood	S.D. Mesa	99.	22:25	Lisa Peters	Moorpark
92.	20:54	Anna Lamott	East L.A.	100.	22:32	Lupe Roles	C.O.S.

MIRA COSTA DEFENDED THEIR STATE MEET TITLE!! COACH AL GILBERT did a great job with two of his returning runners. Sophomore Sandy Blakeslee 3rd in the race improved 40 seconds over last year, Kim Sterton improved 65 seconds and his new runners Tina Cheny Pauline Stehly, and Stephanie Fedorchak finished 5th, 13th, and 22nd which puts them as favorites. They will be a threat again next year if Al can bring his three returning runners back with that kind of improvement in '85. Congratulations to you and your two time State Champions.

The race for the individual title was a race for two miles with Leslie Hawkins from Monterey setting a fast pace 5:18 first mile. Anne Kendrick closed the gap some on the hilly second mile and it looked like it might come to a close finish. Leslie reached down in the last mile and opened up a nine second lead to give her the individual crown that put a big smile on Coached Dave Sterns face.

The old course record of 17:55 set by Mara Lazdans of Mira Costa last year broken by the first four runners. Sandy Blakeslee and Jill Harrington broke the old record taking 3rd and 4th. It might be interesting to note that Mira Costa, Foothill and East L.A. finished in the same order in 1983. I'm sure Jim Ryan of East L.A. and Peanut Harms of Foothill must have some Freshman on their teams that could rise to the top in 1985.

There was a change in the order of finish when two runners left the chute before they turned in their name tags. I hope Coaches and spectators can stay away from the chute in the future, or walk their name tag through the chute for them.

Sorry for the mix up in the start of the race but it will not happen in the future. The Womens race next year will start at 11:00 A.M. PLAN ON IT!



SANDY BLAKESLEE MIRA COSTA  
3rd place broke course record  
Near the 2-mile mark



JILL HARRINGTON -ORANGE COAST & Coach  
4th place also broke the course record

CALIFORNIA STATE MEET

COMMUNITY COLLEGE

CROSS COUNTRY

1984

MEN

November 17, 1984

Course: Woodward Park, Fresno      Course Record: 19:17 - Rich Brownsberger, Grossmont  
4 miles varied terrain, 1-4 miles rolling, 2-3 miles hilly      1982.

Weather: 50 degrees, foggy, cool

Scores:

1. El Camino . . . . . 62 pts.	6. West Valley . . . . . 150 pts.
2. Grossmont . . . . . 65 pts.	7. Monterey . . . . . 167 pts.
3. Glendale . . . . . 73 pts.	8. Chabot . . . . . 202 pts.
4. Pasadena . . . . . 77 pts.	9. American River . . . . . 234 pts.
5. Taft . . . . . 101 pts.	10. Shasta . . . . . 259 pts.

Splits: 1 mile 4:35; 2nd mile 9:40; 3rd mile 14:30

PLACE	TIME	NAME	SCHOOL	PLACE	TIME	NAME	SCHOOL
1.	19:27	Eugene Cruz	L.A. Valley	39.	20:22	Greg Rivera	W:Valley
2.	19:34	Pat Watson	El Camino	40.	20:23	Kevin Bagley	Pasadena
3.	19:39	Jose Gutierrez	Pasadena	41.	20:23	Tim Davila	Chabot
4.	19:42	Aaron Rudd	Grossmont	42.	20:24	Paul Hoover	Foothill
5.	19:45	Jody Fischer	Taft	43.	20:25	Pat Mitchell	Glendale
6.	19:48	Adolfo Garcia	Pasadena	44.	20:26	Hugo Cibrian	COS
7.	19:51	Jim LaFuente	San Jose	45.	20:26	Dan Cote	El Camino
8.	19:51	Chris Emmons	Hancock	46.	20:29	Bill Lybeer	Monterey
9.	19:52	Ramon Acosta	Long Beach	47.	20:30	John Nelson	Monterey
10.	19:52	John King	Taft	48.	20:32	Joseph Carnegie	Taft
11.	19:54	Harry Staalberg	El Camino	49.	20:34	Darren Near	Citrus
12.	19:57	Dan Palmer	Glendale	50.	20:34	Stacy VanHorn	Santa Rosa
13.	19:58	Martin Sandoval	Grossmont	51.	20:36	Martin Leal	Fresno
14.	19:58	Nathan Williams	Mt. Sac.	52.	20:37	Tom Kidwell	Saddleback
15.	19:58	Mike Trees	Long Beach	53.	20:38	Scott Richardson	Grossmt.
16.	19:59	Garry Partridge	Hancock	54.	20:39	Wilbert James	Taft
17.	20:00	Eric Waian	Glendale	55.	20:39	Greg Hoffman	El Camino
18.	20:00	Todd Chambers	El Camino	56.	20:40	Bob Johnson	Lassen
19.	20:02	Tom Davies	Butte	57.	20:41	Jorge Ruiz	Delta
20.	20:02	Luis Pinon	LA Harbor	58.	20:44	Frank Velasquez	West Valley
21.	20:06	Fernando Vasquez	LA Harbor	59.	20:45	Marco Ochoa	Santa Ana
22.	20:07	Tony Moudakis	Glendale	60.	20:46	Mike McManus	Delta
23.	20:08	Pat Herbert	El Camino	61.	20:48	Eric Smedberg	A. River
24.	20:08	Randy Marrs	Glendale	62.	20:48	James Price	A. River
25.	20:10	Craig Ingram	Moorpark	63.	20:50	Sal Rodriguez	Mt. Sac
26.	20:11	Mitch Zinn	Grossmont	64.	20:50	Joey Bunch	Taft
27.	20:11	Roy Garcia	West Valley	65.	20:50	Mark Goulet	Cabrillo
28.	20:12	Troy Curran	Monterey	66.	20:51	Jose Gurrola	Skyline
29.	20:13	Rob Fithen	Grossmont	67.	20:52	Chris Bowe	Monterey
30.	20:13	James Green	San Jose	68.	20:53	David Larabee	Shasta
31.	20:14	Todd Strickland	West Valley	69.	20:57	Mike Matthews	Foothill
32.	20:14	Dan Ouelette	Grossmont	70.	20:58	Melfred Tewawina	Taft
33.	20:16	Enrique Aparicio	Pasadena	71.	20:59	David Miller	Fullerton
34.	20:17	Thomas Wilkenson	L.A. Valley	72.	20:59	Mike Grafton	El Camino
35.	20:18	Joe Jimenez	Pasadena	73.	21:00	Mike Anderson	San Mateo
36.	20:21	John Erickson	Taft	74.	21:02	Mike Lawrence	Chabot
37.	20:21	Rich Farmer	Grossmont	75.	21:03	Todd Acheson	Monterey
38.	20:21	John Lego	Chabot	76.	21:03	Dan McGreal	Monterey

77.	21:06	Steve Whitehead	Shasta	89.	21:29	Mike Greer	W. Valley
78.	21:06	James Williams	Fresno	90.	21:33	David Cattanaach	Monterey
79.	21:10	Scott Savage	Chabot	91.	21:34	Ken Kuphaldt	Amer. River
80.	21:11	Chris Allen	Amer. Riv.	92.	21:38	Tom Winter	Shasta
81.	21:15	Armanda Gama	Shasta	93.	21:40	Jeff Failey	Amer. River
82.	21:17	Nelson Cottier	W. Valley	94.	22:17	Scott Merrall	West Valley
83.	21:18	Bob Schmalenberger	A.River	95.	22:23	Ron Felter	Shasta
84.	21:19	Mike Stafford	Amer. Riv.	96.	22:27	Santiago Lopez	Pasadena
85.	21:21	Keith Howard	Chabot	97.	22:29	Mike Elwell	Chabot
86.	21:22	Danny Lazneo	Pasadena	98.	22:55	Keith Piscotta	Chabot
87.	21:23	Dean Miller	Sierra	99.	23:10	Terry Albertson	Shasta
88.	21:28	Ernie Freer	Shasta				

It was a great team race among El Camino, Grossmont and Glendale even though Pasadena was favorite as the Southern Cal Champ. Grossmont and Pasadena had two men each in the front of a very closely bunched field at a fast 4:35 first mile. Eugene Cruz was setting the pace with Jose Gutierrez on his heels. The hills slowed the pace with a 5:05 second mile that spread the field out coming by the 2-mile in 9:40. Coming down an easy hill at the 3-mile mark saw Cruz of LA Valley with a 30 yd lead in 14:30 Gutierrez 2nd with Pat Watson of El Camino two yards back followed by Jody Fischer of Taft five more yards back. Pat Watson ran a strong last mile to over take Gutierrez for the runner up place but Eugene Cruz won the crown with a good time but no record. Pat Watson played a key role in the team victory for Dave Shannon's SECOND Straight State Meet Title. Grossmont traveled back to San Diego thinking of the many ways they might have won the title with just three points Tom McMurry's Glendale team made a great effort to finish in the top three places with their first four men running only 11 seconds apart. ( it takes 5!!) The South should be congratulated on their five place sweep in the team race. In the individual race only Jim LaFuente placed in the top ten from the North. The times were really solid for the first 50 runners in the meet this year. The first 55 runners were under 20:40 which is good time on the Woodward Park course. The conditions were almost ideal with a packed down course from Fridays rain and the 58 degree weather. The individual runners helped keep the pace swift up front. Ten out of the first 21 places were by individual qualifiers which helps the quality of the field.

CONGRATULATIONS TO DAVE SHANNON'S TEAM, MARK COVERT'S INDIVIDUAL CHAMPION EUGENE CRUZ and to ALL THE GREAT PERFORMANCES THAT TOOK PLACE IN ONE CALIFORNIA'S TRUE STATE CHAMPIONSHIP EVENTS.

THANKS TO OUR SPONSOR CONVERSE RUNNING SHOES and Ted Banks (former Community College Coach) and Jim Howell who is so easy to work with and understands distance running.

As your meet director I hope we can continue to improve on staging this great distance running event each year. Many thanks to my officials that work hard at each championship event. Also a big thanks to the Parks Department and all the workers at Woodward Park that take pride in keeping up the course for the runners. Bob Fries



GOING UP THE TOUGH HILL



A CROWD AT THE 1st MILE in 4:35

ACTION AT THE CALIFORNIA STATE MEET



TINA CHENY 5TH KELLY BUZZA 6TH  
MIRA COSTA CUESTA



NANCY BOWMAN 7TH TONY DELGADO 8TH  
TAFT PASADENA



LINDA MANTYNE 9TH Foothill



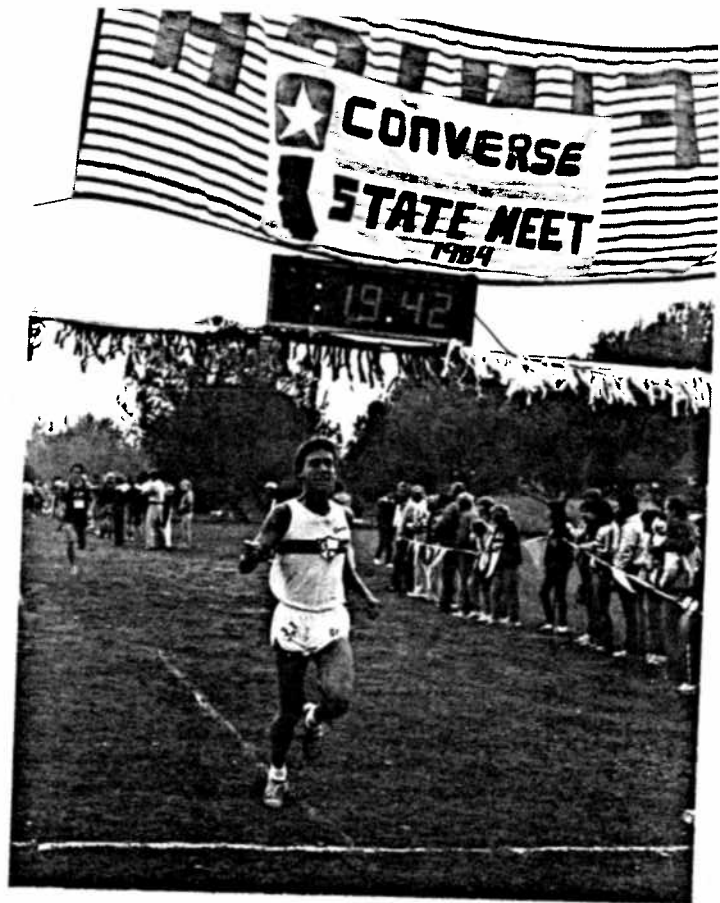
ROSA MEDINA LOCAL COURSE RECORD HOLDER



SOME OF THE LEADERS AT THE STATE MEET MEN



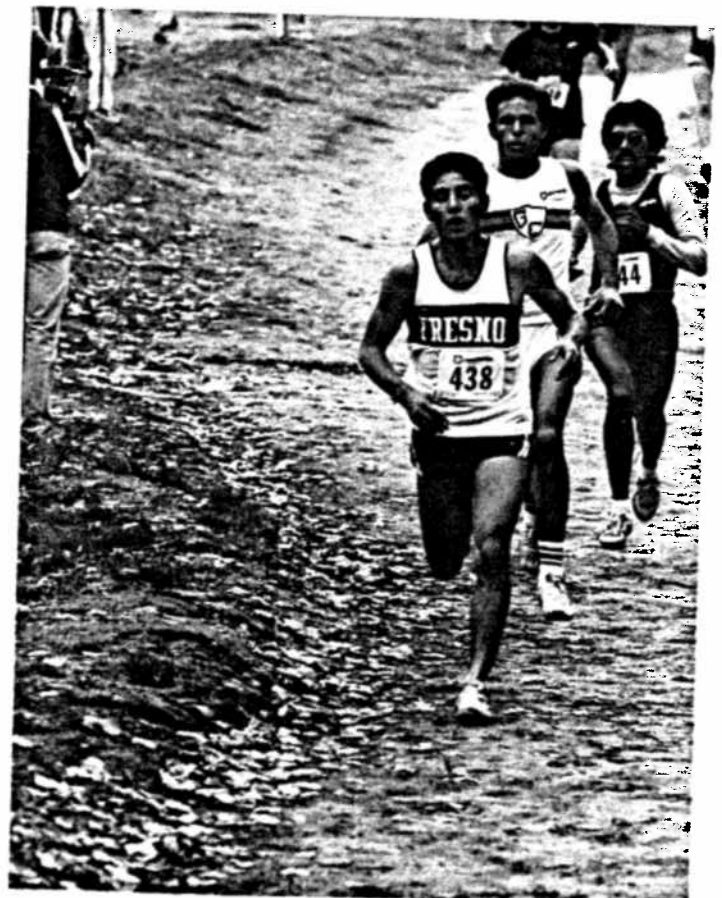
JOSE GUTIERREZ 3RD PASADENA



AARON RUDD 4TH GROSSMONT



JODY FISCHER 5TH TAFT



MARTIN LEAL LOCAL FAVORITE

SOME OF THE PEOPLE THAT MAKE THE STATE MEET TIC



DONNA & CHUCK SKOW TIMERS



HELEN FRIES, KEN DOSE & BETTY WEED



JIM LAFUENTE LEADS JODY FISCHER AT 2½ MILES  
SAN JOSE TAFT



TOM DAVIES & LUIS PINON  
BUTTE EL CAMINO

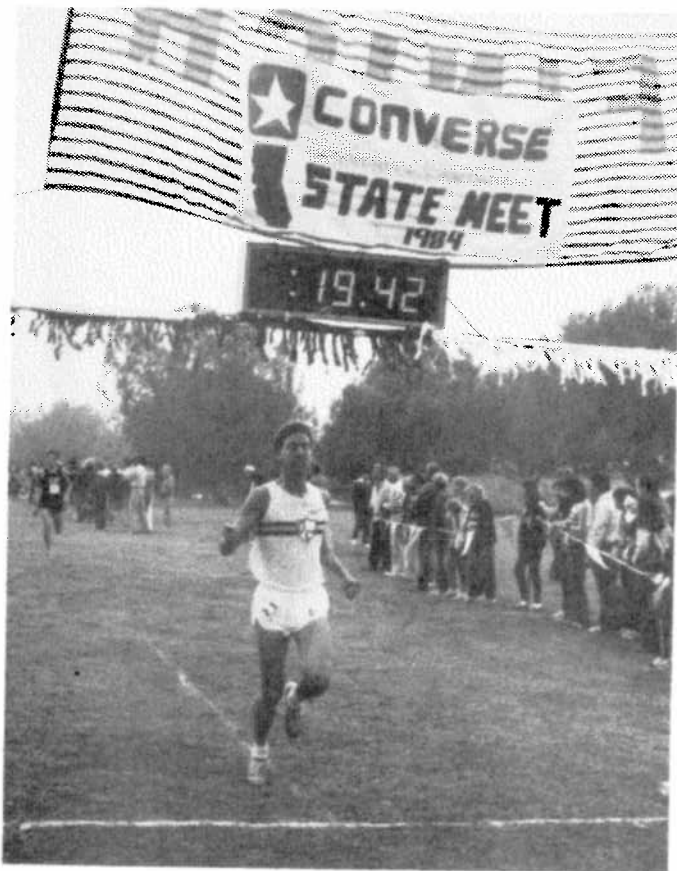






◀ GLENDALE COLLEGE  
3RD PLACE

EAST LOS ANGELES ▶  
3RD PLACE



▲ AARON RUDD GROSSMONT  
4TH PLACE FINISH



JOSE GUTIERREZ PASADENA ▶  
3RD PLACE FINISH