

Nickson's Three Wins Bring Pioneers Title

By TOM CLARK
Bee Correspondent

Marie Nickson won three events and anchored Hayward's winning 400-meter relay team as the Pioneers came from behind during the final four events to edge Sacramento State University and win the Golden State Conference Track Championships Saturday night at SSU.

Hayward finished with 185 points and the Hornets totaled 173.

Nickson led each of her individual races from start to finish, taking the 100-meter dash in 12.0, the 200 in 24.0

and the 400 in 54.9. Nickson, a senior who attended Berkeley High School, was voted the GSC's most valuable track athlete for 1979.

Hayward led by two after Nickson's victory in the 200 and then built an 18-point lead when Michelle Aubuchon and Mary Reiboldt finished first and second in the 3,000.

Sacramento narrowed the gap in the last two races, taking the 2-mile relay in a conference record 9:33.2 and clocking 3:56.8 for the 1,600-meter relay. Bobbie Gilmore, who participated in five races, culminated a fine performance by anchoring the Hornets' mile relay unit with a 57.0 lap. Gilmore timed a lifetime best 55.5 in the 400 to place second and finished third in the 200 at 24.9.

SSU's Diana Stohr shattered the conference record by six seconds in the 1,500 as she started fast and sustained the pace, clocking 4:39.7. Stohr came back an hour later to take third in the 800 at 2:19.1. Teammate Shaun Seibel put on a strong kick and won at 2:16.4.

UC Davis, placing third with 96 points, was paced by Cyndee Snyder, who won the pentathlon and the 400IH. The Aggies received another win when Terri Serrano sailed 5.51 meters on her final long jump attempt to overtake SSU's Laura Lyons. Lyons, who had been sidelined several weeks with a pulled muscle, almost regained the lead on her last attempt but fell short by 8 millimeters.

The Hornets' 800-meter sprint medley relay team knocked 6.6 seconds off the meet record with its 1:46.8. Trailing after the first two 100-meter legs, Gilmore put the Hornets ahead

as she sped by two runners on her 200-meter leg and Joy Gipson widened the margin with a 400-meter anchor lap. Gipson also ran a quick leg on the 1,600 relay team.

The 10,000 was run during the morning to avoid late afternoon heat and SSU's Deb Rudolph was the victor at 40:13.6. After resting during the afternoon, Rudolph returned and placed third in the 5,000. Aubuchon won the event at 18:03.9, slicing 37 seconds off the meet record.

Team Scoring

Hayward 185; Sacramento 173; Davis 90; San Francisco 50; Chico 49; Humboldt 47; Stanislaus 27; Sonoma 5.

Events

Long Jump-Serrano, UCD, 5.51; Lyons, SSU, 5.43; Newman, Hayward, 5.11. High Jump-Homestead, SSU, 5-4; Newman, Hayward, 5-4; Hinkleman, UCD, 5-4. Shot Put-Beetham, Humboldt, 13.56; Kuchta, Chico, 13.48; Sulinski, Hayward, 13.26. Javelin-Sulinski, Hayward, 51.45; Blankenship, Chico, 41.06; Beetham, Humboldt, 37.89. 10,000-Rudolph, SSU, 40:13.6; Schultz, Hayward, 40:13.6; Bishop, UCD, 43:25.96. Discus-Kuchta, Chico, 42.92; Blankenship, Chico, 37.0; Beetham, Humboldt, 36.61. Sprint Medley-SSU 1:46.8; SF State 1:48.6; Hayward 1:55.9.

5,000-Aubuchon, Hayward, 18:03.9; Robinson, Hayward, 18:49.5; Rudolph, SSU, 19:27.2. Pentathlon-Snyder, UCD, 3,202; Homestead, SSU, 3,162; Faulkner, SF, 2,940.

400 Relay-Hayward 48.0; SSU 49.4; SF 49.5. 1500-Stohr, SSU, 4:39.7; Brandt, UCD, 4:44.8; Reiboldt, Hayward, 4:47.4. 100HH-Boone, Hay, 14.2; Foster, SSU, 14.9; Snyder, UCD, 15.1. 400-Nickson, Hay, 54.9; Gilmore, SSU, 55.5; Gipson, SSU, 58.4. 100-Nickson, Hay, 12.0; Bell, SFS, 12.1; Serrano, UCD, 12.5. 800-Seibel, SSU, 2:16.4; Stafford, Hum, 2:16.8; Stohr, SSU, 2:19.1. 400IH-Snyder, UCD, 62.3; Boone, Hay, 63.3; Blankenship, C, 66.1. 200-Nickson, Hayward, 24.0; Bell, San Francisco, 24.8; Gilmore, Sacramento, 24.9.

3000-Aubuchon, Hayward, 10:18.8; Reiboldt, Hayward, 10:22.2; Foy, Sacramento, 10:22.6.

2-Mile Relay-Sacramento 9:33.2; Davis 9:53.8; Hayward 9:56.8.

1600 Relay-Sacramento 3:56.8; Hayward 4:01.3; Stanislaus 4:01.6.