

Hayward Women Track Champs

By Dan Vierria
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DAVIS — Battling heat, blisters and a challenge by Sacramento State University, the Hayward State Pioneers won their fourth consecutive Golden State Conference women's track championship Saturday at UC Davis.

Trailing 20-0 after the mid-week heptathlon competition, the Hornets actually outscored rival Hayward in Saturday's 19-event meet, but the final score was 194½ to 190. Last year, Hayward edged SSU by one point.

"Losing the conference by a total of 5½ points the last two years is tough to take," said SSU Coach Jerry Colman. "With Bobbie (Gilmore) hurt, I quite frankly thought we didn't have much of a chance coming in."

The remaining six teams in the conference also didn't have much of a chance. San Francisco State's sprint corps enabled the Gators to finish third with 77½ points — 112½ points behind SSU. UC Davis was fourth with 67, followed by Chico State 56, Sonoma State 17, Humboldt State 12 and Stanislaus State 2.

UCD's antiquated dirt track produced only two meet records in running events and there were three set in the competition. SF State's sprint medley relay team timed 1:45.3 for the first mark.

Chico State's Kathy Lisle threw the shot 47-9¼ for another record and SSU finished the day with a record 3:51.6 time in the 1,600 relay.

Gilmore, the Hornets' best sprinter, ran in only two events — the 400 meters and 1,600-meter relay. After a knee injury, Colman decided to limit Gilmore's competition and keep her out of the 200 meters and 400-meter relay. Gilmore, a junior, won the 400 in 55.6 and anchored the Hornets' winning relay team. Colman said her anchor leg was timed in 51.7 and 52.0 by two coaches. But winning the final event didn't win the championship.

Earlier in the day, Hayward appeared en route to its largest winning margin in three years. After 11 events, Hayward led 122-87 over SSU but Gilmore led a one-two-three Hornets' sweep in the 400 and Hayward began sweating.

The sweating provided an epidemic of blisters for the Pioneers and some runners had to be scratched from later events, according to Hayward Coach Bob McGuire.

"We're not used to running on a dirt track and the heat really made the blisters bad," said McGuire. "They were all on the ball of the foot and this is really going to change our workout schedule next week." The AIAW Division III Nationals are at Hayward State May 22-23.

SSU's Diana Pappas, who ran in four events,

brought the Hornets within 4½ points with a third-place in the 3,000 meters. Pappas came from far back in fourth place to out-kick Hayward's Mary Reinboldt for the precious points. Pappas' teammate Mary Anne Scannell won the 3,000 to give SSU a 16 to 5 edge in event points.

But SSU and Hayward split one-two finishes in the final two events — the 2-mile relay and the 1,600 relay — and the Pioneers clinched the team championship.

"The two most important events for us were the 800 and 3,000 meters," said McGuire. "Sac had just took the top three positions in the 400 and we came back to take first and second in the 800 with Frannie Castro and Connie Hester." Castro's winning time was 2:09.9, but not good enough to break her record of 2:08.9.

"Then Michele Aubuchon had to drop out of the 3,000 after one lap because of blisters and we were in bad shape. I thought we might get shut out in the 3,000, but Reinboldt and (Teresa) Jackson managed to get us five points. And we won by 4½."

Aubuchon won the 10,000 and 5,000 meters for the Pioneers. Valerie Bell of SF State was also a double winner, sprinting to victories in the 100 and 200 meters.

Golden State Conference Women's Championships

At UCD:

Team Scoring—Hayward State 194½, Sacramento State 190, San Francisco State 77½, UC Davis 67, Chico State 56, Sonoma State 17, Humboldt State 12, Stanislaus State 2.

Discus—1, Ford, H, 142-10½; 2, Lisle, Chico, 131-10¼; 3, Kasparian, H, 129-0. LJ—1, Serrano, UCD, 18-9½; 2, Peters, H, 17-9¾; 3, Calhoun, SSU, 17-6¼. 10,000—1, Aubuchon, UCD, 36:14.2; 2, Pffler, SSU, 37:04.7; 3, Tracey, SSU.

39:08.9. 100—1, O'Rourke, SFS, 15.6; 2, Calhoun, SSU, 15.7; 3, Upshaw, H, 16.2. 100—1, Bell, SFS, 12.2; 2, Banks, H, 12.4; 3, Sizemore, C, 12.4. 400—1, Gilmore, SSU, 55.6; 2, Thompson, SSU, 58.1; 3, White, SSU, 58.7. 800—1, Castro, H, 2:09.9; 2, Hester, H, 2:14.5; 3, Pappas, SSU, 2:16.1. 400H—1, Wallace, SSU, 63.8; 2, Buckley, H, 64.0; 3, Upshaw, H, 64.8. 200—1, Bell, SFS, 24.9; 2, Webster, SFS, 25.3; 3, Woodson, SFS, 26.1. Sprint Medley Relay—1, SFS 1:45.3 (meet record); 2, SSU 1:49.0; 3, Hayward 1:49.8. 400R—1, SFS 47.9; 2, Hayward 48.3; 3, SSU 48.7. Javelin—1, Blankenship, C, 130-1; 2, Allen, SSU, 129-10; 3, Kendall, UCD, 115-3½. 1500—1, Hester, H, 4:32.2; 2, Scannell, SSU, 4:33.2; 3, Pappas, SSU, 4:40.6. SP—1, Lisle, C, 47-9½¼ (meet record); 2, Ford, H, 41-10¼; 3, Kennedy, SSU, 41-1. 5000—1, Aubuchon, H, 17:38.07; 2, Pfifer, SSU, 17:48.1; 3, Clairborne, Hum, 18:15. HJ—1, Homestead, SSU, 5-4; 2, Philyaw, SSU, 5-3; 3, Howard, H, 5-3. 3000—1, Scannell, SSU, 10:16.5; 2, Gray, UCD, 10:28.8; 3, Pappas, SSU, 10:29.2. 2-Mile Relay—1, Hayward 9:35.4; 2, SSU 9:51.5; 3, UCD 9:56.5. 1600R—1, SSU 3:51.6 (meet record); 2, Hayward 3:55.6; 3, SF State 4:00.2.