

Shasta dominates GVC track meets

By Scott Hanson
Sports Writer

REDDING — Shasta College proved to be an ungracious host at the Golden Valley Conference Track and Field Championships Saturday afternoon as it dominated both the men and women's competitions.

The Shasta men totaled 135 points, second-place College of the Siskiyous had 95, Redwoods and Butte tied for third with 36 and Lassen had 8.

The Shasta women made a joke of the meet, scoring more points than the other four teams combined. The Knights finished with 120 points, Butte placed second with 34, Lassen and Siskiyous tied for third with 30 and Redwoods had 25.

The Butte men had two first-place finishers. Bob Herrfeldt won the 400-meter run and teammate Dave Dura finished second. The other Roadrunner winner was Kyle Clemens, who won the discus with a throw of 142-3.

Other notable Butte finishes were Troy Sisneros' second in the high jump and a second by the 1600 relay team.

The most valuable man at the meet was Shasta's Bernard Ellison. He won the 100, 110 high hurdles, 400 intermediate high hurdles and the long jump. He ran anchor on Shasta's victorious 400 and 1,600 relay teams and was third in the triple jump. Not a bad afternoon.

The Butte women were winless, but Cindy Gaona had seconds in both the 5,000 and 1,500. Jeanette Brown was second in the javelin.

The top two finishers in each event earned berths into the NorCal Trials Saturday at American River College. Athletes with marks in the top 20 in Northern California are also eligible to compete in that event.

Following are the results:

Men

Hammer — 1, Rush, Sha, 143-10; 2, Gardner, Sisk, 123-1; 3, Phillips, Sisk, 121-4; 4, Guptill, L, 110-9; 5, Young, Sha, 109-7.

10,000 — 1, Presson, Sisk, 31:52.6; 2, Binney, Sha, 35:23.2; 3, McGehee, Sha, 35:29.7; 4, Lucas, Sha, 35:40.0; 5, Taylor, Sha, 35:40.8.

Triple jump — 1, Griggs, R, 478-4/4; 2, Girard, Sisk, 47-1/4; 3, Ellison, Sha, 44-11 1/4;

4, Christ, Sisk, 44-5 1/2; 5, Lobis, Sisk, 44-2 1/4.

Javelin — 1, Downing, Sha, 184-3; 2, Voeller, Sisk, 175-5; 3, Josten, Sisk, 169-2; 4, Guptill, Las, 164-7; 5, Girard, Sisk, 160-6.

3,000 steeplechase — 1, Woods, Sha, 9:56.7; 2, Law, L, 9:57.1; 3, Benney, Sha, 10:04.7; 4, Hugusta, Sha, 10:24.2; 5, Freer, Sha, 10:34.1.

400 relay — 1, Shasta, 42.7; 2, Redwoods, 43.8; 3, Siskiyous, 44.2; 4, Butte 44.3.

1,500 — 1, Presson, Sisk, 4:00.2; 2, McNeilly, Sisk, 4:02.5; 3, Taylor, Sha, 4:09.1; 4, Loaces, Sha, 4:12.7; 5, McGehee, Sha, 4:35.9.

110 high hurdles — 1, Ellison, Sha, 14.6; 2, Heineck, Sisk, 14.8; 3, Judd, R, 15.5; 4, Thomas, Sisk, 15.7; 5, Collins, Sha, 15.9.

400 — 1, Herrfeldt, B, 50.1; 2, Dura, B, 50.8; 3, Pope, Sha, 51.6; 4, Heineck, Sisk, 51.9; 5, Reed, Sisk, 56.2.

Shot put — 1, Guest, 47-2; 2, Goodwin, Sisk, 42-8; 3, Harvey, 41-9; 4, Clemens, Sha, 41-3; 5, Young, Sha, 40-0.

Long jump — 1, Ellison, Sha, 22-4 1/4; 2, Griggs, R, 21-6; 3, Girard, Sisk, 21-4 1/4; 4, York, Sha, 21-4 1/2; 5, Sowder, Shasta, 21-4.

100 — 1, Ellison, Sha, 10.9; Walker, R, 11.1; 3, Gale, Sha, 11.4; 4, Terry, Sisk, 11.5; 5, Harker, Sha, 11.6.

800 — 1, McNeilly, Sisk, 1:55.6; 2, Parker, Sha, 1:57.5; 3, Presson, Sisk, 1:58.4; 4, Clark, B, 1:58.5; 5, Taylor, Sha, 2:05.5.

High jump — 1, York, Sha, 6-4; 2, Sisneros, B, 6-4; 3, Clemens, B, 6-2; 4, Hulbert, R, 6-2; 5, Downing, S, 6-0.

Pole vault — 1, Collins, Sha, 14-6; 2, Gobble, Sisk, 13-0; 3, Clemens, B, 13-0; 4, Lootens, Sha, 12-6; 5, Grey, B, 11-0.

400 intermediate hurdles — 1, Ellison, Sha, 53.2; 2, Heineck, Sisk, 55.4; 3, Thomas, Sisk, 56.0; 4, Sherve, Las, 56.1; 5, Jensen, B, 58.6.

200 — 1, Walker, R, 22.4; 2, Pope, Sha, 22.6; 3, Terry, Sisk, 22.9; 4, Harker, Sha, 23.2; 5, Girard, Sisk, 23.4.

Discus — 1, Clemens, B, 142-3; 2, Harvey, R, 136-3; 3, Young, Sha, 131-7; 4, Collins, Sha, 130-0; 5, Worley, Sha, 123-8.

5,000 — 1, Presson, Sisk, 15:26; 2, Taylor, Sha, 16:33.9; 3, McNeilly, Sisk, 16:44.5; 4, McGehee, Sha, 16:51; 5, Binney, Sha, 16:57.4.

1,600 relay — 1, Shasta, 3:23.1; 2, Butte, 3:23.5; Siskiyous, 3:29.7.

Girls

5,000 — 1, Collens, B, 19:40.6; 2, Gaona, B, 20:06.1; 3, Huffer, B, 20:32.4; 4, Hobbs, 21:30.3; 5, Oliviera, Sha, 21:30.8.

Javelin — 1, Bell, Las, 117-7; 2, Brown, B, 110-6; 3, Skemp, Sha, 93-9; 4, Rothstein, B, 88-8; 5, Hanning, B, 81-9.

High jump — 1, Gilliam, Sha, 4-10; 2, Skemp, Sha, 4-10; 3, Pierce, Las, 4-10; 4, Holmstrom, Sha, 4-6; 5, Holgerson, R, 4-6.

Long jump — 1, Holgerson, Red, 17-1 1/2; 2, Holmstrom, Sha, 16-2; 3, Smith, Sha, 15-10 1/2; 4, Skemp, Sha, 15-4 1/2; 5, Bradley, Sha, 14-10 1/2.

Shot put — 1, Shepherd, Las, 37-7 1/2; 2, Scott, Sha, 31-10; 3, Holgerson, R, 31-7; 4, Butler, Sisk, 31-5; 5, Hanning, B, 29-0.

Discus — 1, Shepherd, L, 115-2; 2, Scott, Sha, 107-3; 3, Hanning, R, 105-10; 4, Bierman, Sisk, 75-6; 5, Cross, Sisk, 60-2.

400 relay — 1, Shasta, 50.8; 2, Siskiyous, 54.8.

1,500 — 1, Collens, Sha, 5:07.3; 2, Gaona, B, 5:14.3; 3, Bigham, Sisk, 5:27.3; 4, Larrance, Sha, 5:52.0.

100 hurdles — 1, Holgerson, R, 16.3; 2, Skemp, Sha, 16.5; 3, Gilliam, Sha, 19.1.

400 — 1, Holstrom, Sha, 1:05.3.

100 — 1, Holgerson, R, 12.8; 2, Bell, L, 12.9; 3, Gebhard, Sisk, 12.9; 4, Bradley, Sha, 13.3; 5, Smith, Sha, 13.5.

800 — 1, Bigham, Sisk, 2:23.6; 2, Collens, Sha, 2:28.5; 3, Lapierre, B, 2:37.1; 4, Holmes, L, 2:42.6.

Triple jump — 1, Skemp, Sha, 33-4; 2, Gilliam, Sha, 32-4; 3, Holstrom, Sha, 32-1 three quarter.

400 hurdles — 1, Gilliam, Sha, 1:15.9; 2, Skemp, Sha, 1:19.8.

3,000 — 1, Collens, Sha, 11:11.3; 2, Oliviera, Sha, 11:21.2; 3, Gaona, B, 11:46.5; 4, Huffer, B, 11:52.8; 5, Holmes, L, 12:46.6.

1,800 relay — 1, Shasta, 4:24.1; 2, Butte, 4:24.8; 3, Siskiyous, 4:40. ■

Men's results

Team scores

1. Siskiyou 28, 2. Shasta 26, 3. Redwoods 6, 4. Lassen 2, 5. Butte 0.

Individual results

10,000 — 1. Presson, COS, 31:52.6, 2. Binney, S, 35:23.2, 3. McGehee, S, 35:29.7.

Hammer — 1. Rush, S, 143-10, 2. Gardner, COS, 123-1, 3. Phillips, COS, 121-4.

TJ — 1. Griggs, R, 47-4¼, 2. Girard, COS, 47-¼, 3. Ellison, S, 44-11¼.

Javelin — 1. Dowling, S, 184-3, 2. Voeller, COS, 175-5, 3. Josten, COS, 169-2.

Women's results

Team scores

1. Shasta 42, 2. Lassen 22, 3. Butte 18, 4. Redwoods 9, 5. Siskiyou 5.

Individuals results

5,000 — 1. Collens, S, 19:40.6, 2. Gaona, B, 20:06.1, 3. Huffer, B, 20:32.4.

Javelin — 1. Bell, L, 117-7, 2. Brown, B, 110-6, 3. Skemp, S, 93-9.

HJ — 1. Gilliam, S, 4-10, 2. Skemp, S, 4-10, 3. Pierce, L, 4-10.

LJ — 1. Holgerson, R, 17-1½, 2. Holmstrom, S, 16-2, 3. Smith, S, 15-10½.

SP — 1. Shepherd, L, 37-7½, 2. Scott, S, 31-10, 3. Holgerson, R, 31-7.

Discus — 1. Shepherd, L, 115-2, 2. Scott, S, 107-3, 3. Hanning, B, 105-10.