

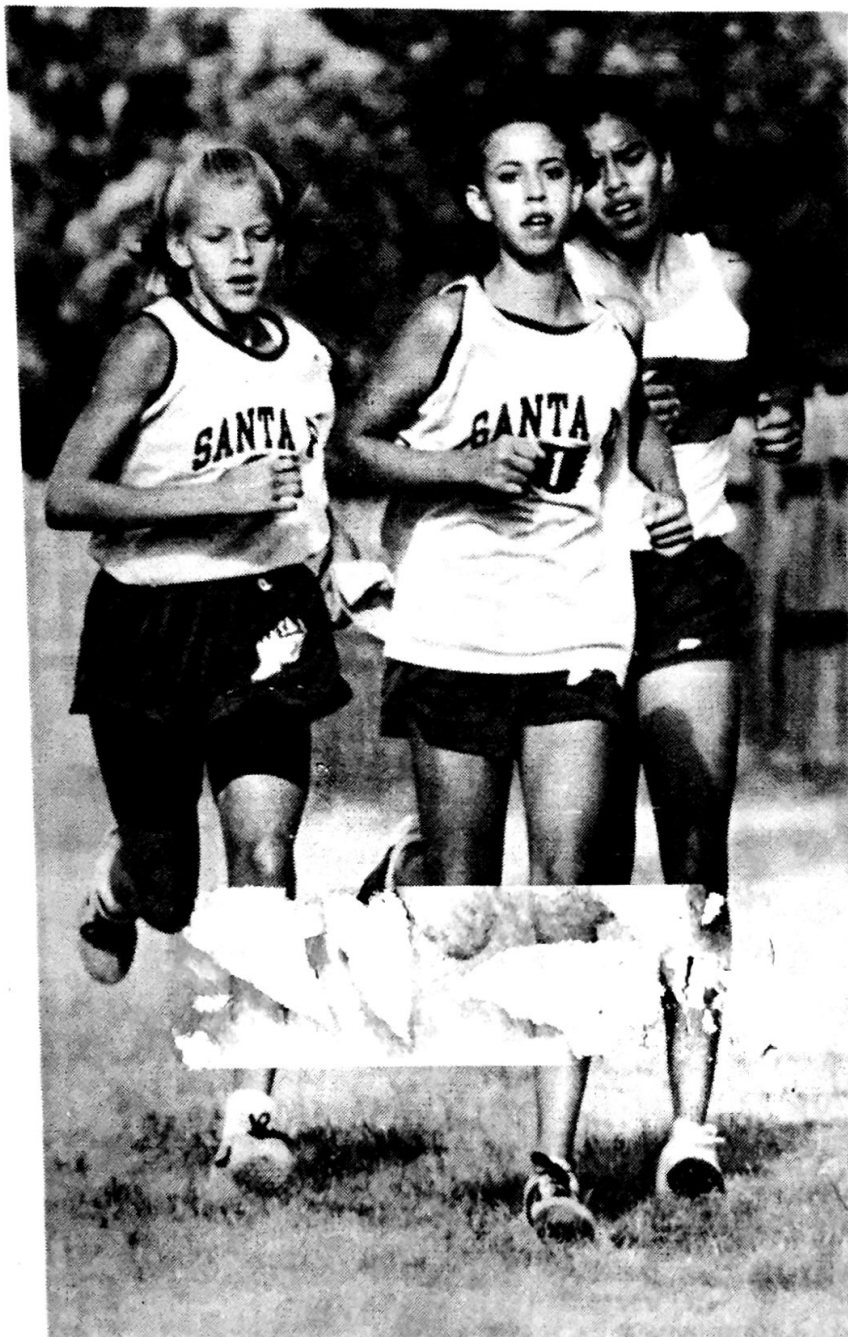
# Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

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September 15, 1995



## Four Champions Back To Defend CC Titles

By John Hoke, Editor

Four of the eight 1994 cross country champions—two girls and two boys—are back this season to defend their titles along with three former champions and some outstanding young newcomers. The season is well under way and the team and individual races in each of the four classes are beginning to heat up.

This review is based on the meets reported up to September 12th and the TEAMREPORTS filled out and returned by coaches. The team and individual rankings are based on this information and readers are, as always, encouraged to call or write for their input on future rankings.

### 5A Boys

Edmond Memorial's Mark Thompson is back as a junior to defend the title he won last year as a sophomore and is hoping to lead coach David Sammons Bulldogs to the state team championship as well. Standing in their way will be eight-time defending team titlist, Jenks, loaded for bear again and hurt the least of the top teams by graduation. The Trojans, under second-year coach Greg Rice, have been trading wins with the Bulldogs and are currently ranked number-one due to having the latest victory. A big difference may be that the state meet will be in Norman rather than on their home course at Oral Roberts.

Thompson has a host of challengers including Eisenhower's Welton Jefferson, Jenks' Jeff Reid, Shawnee's Anthony Wilson and Santa Fe's Jason Jones. Teamwise, Ike, Norman and Moore look to duke it out for the spoils left over from the fight between Edmond Memorial and Jenks for the top spot.

### 5A Girls

Ten of the top 15 state finishers return in this division but there has been a lack of head-to-head competition which has made it difficult to sort out the placing of the top individuals. Union's Megan Riddle gets the top spot mostly on the strength of her 1600/3200 double win in the state track meet last spring but will be seriously challenged by a strong group of contenders led by Norman's Hilary Reser and Andrea DeLozier along with Santa Fe's Kristen Jones and Randy McKinney. Shawnee's Jessica Gibson and Owasso's Christine Novara are in the hunt as well and you can be sure there will be many others contending for the top spots at state.

The defending champion Trojan girls hold down the top team spot again but are certainly less than a clear-cut favorite. They lost two of their top five runners to graduation and state meet fourth-finisher, Renee Ahlgren, is injured at this point. This hasn't stopped the Trojans from racking up some early season victories but they will face some serious challenges from coach Pat Lenington's Norman Tigers when the time comes.

### 4A Boys

Last year's two top teams, Guthrie and McGuinness, were both hurt by graduation but are still alone at the top of the heap here and until they meet, the Bluejays are slight favorites based on being the defending champs. Altus is probably the best of the rest but there are plenty of contenders to fight for the Bluejay-Irish leftovers.

Six of the top ten individual finishers are gone and coaches Clay Tarter's Bluejays and Dave Morton's Irish have yet to meet which leaves comparisons based on common opponents putting Irish freshman Kevin Connolly in the top spot, followed by teammate Taylor Styron. Altus' Brian Whitlock was second to Styron on the track at 3200 meters and will be looking to avenge

**POWER PACK**--Three of the top ten ranked 5A Girls lead the way in the Charles Sheid Invitational at Western Heights September 9th with Santa Fe freshman Kristen Jones (left), the eventual winner, followed by teammate Randi McKinney in second and Eisenhower's Rosie Solano in third. Jones holds down the number three spot in the individual rankings with McKinney seventh and Solano eighth. Full results and rankings inside. Photo by Roger Taylor

Next Issue:  
**September 29**

Continued on page 5

# On TRACK

By John Hoke, Editor

Cross Country season is fully under way now and the season's first individual ranking appears in this issue. 160 runners are listed, 40 per class, 20 boys and 20 girls. Needless to say, there will be some mistakes and some runners that were left out. Let me know where I goofed-up and please don't take them too seriously, remember that the kids get to decide the real rankings for themselves at the end of the season.

Speaking of the state meet--due to a scheduling conflict with the facility at Oral Roberts University in Tulsa the 1995 meet will be held on the University of Oklahoma Duck Pond course in Norman with the awards ceremony in the Mosier Indoor Track facility which is adjacent to the Duck Pond. When the ORU course became unavailable the O.S.S.A.A. surveyed the schools participating in cross country as to whether they would prefer a date change to keep the meet at ORU or a site change to keep the date the same. Not surprisingly, the vote was about 3-1 in favor of a site change, which reflects the desire for smaller schools to get their athletes out for basketball. Anyway.....

Now that the state meet course is official, the pre-state meet on the course is set for October 5th at the OU Duck Pond, sponsored by Norman High School with coach Pat Lenington the meet director. All classes will run separately and there will be no race for junior varsity or junior high runners.

Back to rankings for a moment. The regional assignment committee will be using results and rankings to make their assignments in a few weeks so it is very important that all meets get reported fully and promptly. We've had to go to a lot of trouble--that shouldn't be necessary--in order to get meet results this season. Coaches, please make sure that your place cards are filled out completely and legibly and then bug the meet director to make sure that the full results are going to be FAXed to us at the first opportunity. We're also running into the problem of meet directors saying that they didn't write the places down and it was just for fun and nobody really cares anyway...don't shortchange our athletes, any runner that competes deserves the recognition of having their name appear in print.

There are some great meets coming up and there will be three more issues--every two weeks--before the state meet. We welcome photos from anyone and promise to return them if you want us to and we also welcome input on team and individual rankings--give us a call. Rankings are again being provided to state newspapers prior to publication in the Oklahoma TRACK & FIELD NEWS and you only need to ask you local newspaper to contact us in order to see to it that they receive the rankings by FAX every week.

Another welcome to Oklahoma Track Coaches Association members and an invitation to all state coaches to join the OTCA if you have not done so already. Membership includes a full year of Oklahoma TRACK & FIELD NEWS as well as a host of other benefits.

See you at a cross country race.

Oklahoma TRACK & FIELD NEWS (ISSN 1080-8566) is dedicated to covering the sport of track and cross country in the state of Oklahoma at all levels and encourages submission of all results of any Oklahoma events. Oklahoma TRACK & FIELD NEWS is published 12 times a year as follows: twice in September and October, once in November (cross country season); once in February (indoor track season), twice in March, April and May (outdoor track season); no issues June, July, August, December or January. Oklahoma TRACK & FIELD NEWS is the official publication of the Oklahoma Track Coaches Association. Second class postage paid in Oklahoma City, OK.

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# RETURNING STATE CHAMPIONS



FOUR OF EIGHT 1994 Cross Country state champions will return this year to defend their titles and all are currently ranked number one in their class. From left: 3A--Sarah Harvey, Plainview senior; 4A--Ashley Boothe, McGuinness junior; 3A--David Lampkin, Dickson sophomore; 5A--Mark Thompson, Edmond Memorial junior.

## Little Axe Invitational Norman 9/2/95

### 4A-5A Girls (1.75 miles)

**TEAM SCORING:** 1. Guthrie 68; 2. Edmond North 77; 3. Eisenhower 90; 4. Westmoore 99; 5. Noble 107; 6. Durant 134; 7. Shawnee 137; 8. Altus 162; 9. Duncan 189; 10. Western Heights 219; NS--Ardmore.

**INDIVIDUALS:** 1. Jessica Gibson, Shaw, 11:02; 2. Brandi Woodard, Gut, 11:07; 3. Courtney Moody, Dur, 11:24; 4. Rostle Solana, Ike, 11:26; 5. Kim Settle, Moore, 11:40; 6. Adrienne Alvarez, Ike, 11:41; 7. Heather Miles, Mo, 11:42; 8. Kelli Cowan, Gut, 11:44; 9. Danette Miller, EN, 11:48; 10. Natalie Krieger, Dur, 11:48; 11. Mindy Pendley, Wm, 11:57; 12. Lori Weaver, Nob, 11:57; 13. Beth Migliorino, Ard, 12:12; 14. Charity Carney, Al, 12:17; 15. Jenny Vervinck, EN, 12:18; 16. Jessica Morton, EN, 12:20; 17. Lindsay Shelters, Mo, 12:22; 18. Kenyatta Jones, Ike, 12:25; 19. Megan Robbins, EN, 12:26; 20. Debbie Lagans, Nob, 12:28; 21. Melissa Cobs, Nob, 12:48; 22. Samatha Privette, Gu, 12:46; 23. Allison Franklin, Wm, 12:47; 24. Sharon Young, Gu, 12:49; 25. Angie Cant, Wm, 12:52.

### 4A-5A Boys (2.25 miles)

**TEAM SCORING:** 1. Eisenhower 49; 2. Midwest City 94; 3. Shawnee 105; 4. Guthrie 117; 5. Duncan 135; 6. Edmond North 155; 7. Altus 156; 8. Noble 179; 9. Santa Fe 183; 10. Westmoore 192; 11. Western Heights 213; 12. Lawton 255; 13. Ardmore 313; Douglas 337.

**INDIVIDUALS:** 1. Jason Jones, SF, 12:20; 2. Welton Jefferson, Ike, 12:41; 3. Anthony Wilson, Sha, 12:48; 4. Brian Whitlock, Al, 13:04; 5. Kelvin Robinson, Ike, 13:07; 6. Jack Springli, Ike, 13:08; 7. Brac Spinner, Gu, 13:10; 8. Blake Collins, EN, 13:14; 9. Marguis Locklin, Ike, 13:16; 10. Brian Comstock, Gu, 13:18; 11. Ramon Gutierrez, Dun, 13:19; 12. J.P. Jankas, Sha, 13:21; 13. Paul Starkus, Dur, 13:22; 14. Chris Stokes, Nob, 13:28; 15. George Wright, Sah, 13:29; 16. Goudec, MWC, 13:35; 17. Aaron Collins, Wm, 13:40; 18. Allen, MWC, 13:44; 19. Smith, MWC, 13:46; 20. White, MWC, 13:47; 21. Josh Corley, Dur, 13:47; 22. Dennis Berklund, Sha, 13:48; 23. Matt Brown, WH, 13:52; 24. Manve Ramirez, Dun, 13:54; 25. Jason Korthanke, EN, 13:54.

### 2A-3A Girls (1.75 miles)

**TEAM SCORING:** 1. Velma-Alma 25; 2. Plainview 64; 3. Jones 67; 4. Little Axe 98; 5. Lexington 116; 6. Tishomingo 120; 7. Riverside 140; NS--Vanoss.

**INDIVIDUALS:** 1. Sarah Harvey, Pla, 10:56; 2. Rae Ann McCurry, VA, 11:28; 3. Cindy Fuller, VA, 11:33; 4. Crystal Fuller, VA, 11:43; 5. Emily McCulloh, Pla, 11:54; 6. Amber Thacker, VA, 11:58; 7. Amriel Walters, LA, 12:05; 8. Cathleen Baumeister, Jones,

12:08; 9. Karen Baumeister, Jones, 12:09; 10. Chris Linke, VA, 12:15; 11. Kim Herrera, Jones, 12:16; 12. Kristi Beckham, Lex, 12:17; 13. Jennifer Johnson, Jones, 12:17; 14. unknown, 12:18; 15. Hillary Cochran, LA, 12:18; 16. Dana Sutton, VA, 12:21; 17. Jennifer Dodson, Lin, 12:25; 18. Amy Norton, Pla, 12:28; 19. Krista Rowe, Vanoss, 12:31; 20. Kathy Utley, Tish, 12:36; 21. Lucresha DeLoanis, LA, 12:38; 22. Tonya Heffington, Tish, 12:43; 23. Sallina Alsanay, Riv, 12:46; 24. Lara Heisey, Lex, 12:49; 25. Halee Lackey, Pla, 12:51.

### 2A-3A Boys (2.25 miles)

**TEAM SCORING:** 1. Plainview 41; 2. Little Axe 66; 3. Lindsay 77; 4. Velma-Alma 78; 5. Tishomingo 88; 6. Riverside 115; 7. Star Spencer 155; NS--Holden-

ville, Riverside.

**INDIVIDUALS:** 1. Mylo Miller, VA, 12:38; 2. Cory Clark, Pla, 12:52; 3. Jeremy Johnson, LA, 13:10; 4. Scott Hutchings, Tish, 13:24; 5. Tea Anderson, Riv, 13:30; 6. Greg Merlyn, Pla, 13:35; 7. Danny Romo, Pla, 13:37; 8. Tyan Turner, Pla, 13:40; 9. Chris Hoyle, Lin, 13:42; 10. Raymond Swearingen, LA, 13:46; 11. Wes Womack, Pla, 13:47; 12. Charles Cameron, Lin, 13:49; 13. Kip Jennings, VA, 13:49; 14. Cory Green, LA, 13:50; 15. Michael Stallings, Tish, 14:17; 16. Casey Kirkpatrick, VA, 14:24; 17. Otho Thomas, Pla, 14:28; 18. Steven Branch, Lin, 14:38; 19. John Taylor, Lin, 14:39; 20. Unknown, 14:39; 21. Daniel Layton, Tish, 14:45; 22. Mike Smith, LA, 14:53; 23. Ron Bulcoming, LA, 14:56; 24. Brad Donaldson, LA, 15:01; 25. David Gomez, LA, 15:07.



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CHARLES SHEID INVITATIONAL--Eisenhower's Jack Springli (left) leads the 5A boys pack followed by eventual winner and number-one ranked Mark Thompson of Edmond Memorial, Ike's Welton Jefferson, Santa Fe's Jason Jones and Jenks' Mike Reid. Photo by Roger Taylor

## Nathan Hale Invitational Tulsa 9/8/95

### Girls

**TEAM SCORING:** 1. Grove 74; 2. Kelley 112; 3. Sapulpa 124; 4. Owasso 141; 5. Holland Hall 206; 6. Tahlequah 214; 7. Hale 220; 8. Catoosa 346; Other full teams with no score available: Union, Bartlesville, Pryor, Warner, Caney Valley, Cascia Hall, Ponca City, B.T. Washington, Duncan, Kansas, Mannford, Tulsa Memorial, Muskogee, Edison, Okmulgee, Tahlequah Sequoyah, Oaks, Charles Page; Incomplete teams: Beggs, Broken Arrow, McAlester, Claremore, Webster, Victory Christian.

**INDIVIDUALS:** 1. Tasha Lance, VCS, 12:04.16; 2. Megan Riddle, Un, 12:12.06; 3. Christine Novarra, Ow, 12:15.45; 4. Carly McCulley, Gr, 12:16.88; 5. Melissa Housley, Sap, 12:24.69; 6. Brandy Bratton, Hale, 12:28.53; 7. Stephanie Webb, Bar, 12:30.32; 8. Amy Bratton, Hale, 12:37.38; 9. Jovi Wanamaker, Tah, 12:37.38; 10. Amber Sreaves, Gr, 12:41.09; 11. Melissa Corlett, Pry, 12:44.57; 12. Abby Robertson, Gr, 12:49.47; 13. JoAnn Dosssett, Ow, 12:51.03; 14. Meley Turnbull, War, 12:54.52; 15. Katie Wagner, Kel, 12:55.50; 16. Ali Streeve, Gr, 12:56.34; 17. Tawni Wanamaker, Tah, 12:58.77; 18. Tracy Nemec, Kel, 13:06.95; 19. Amanda Narvaes, Kel, 13:09.83; 20. Cassie Neal, CV, 13:10.54; 21. Kate Rusley, HH, 13:13.18; 22. Ali Wilcox, HH, 13:13.58; 23. Jenny Nemec, Kel, 13:14.31; 24. Heather Anderson, Pry, 13:16.87; 25. Alicia Towers, Ow, 13:21.37.

### Boys

**TEAM SCORING:** 1. Ponca City 70; 2. Union 86; 3. Holland Hall 126; 4. Bartlesville 145; 5. Tahlequah Sequoyah 172; 6. Duncan 173; 7. Broken Arrow 181; 8. Claremore 221; 9. Owasso 255; 10. Cascia Hall 336; 11. Tahlequah 374; 12. Tulsa Memorial 382; 13. Muskogee 397; 14. Sapulpa 405; 15. Hale 417; 16. Mannford 417; 17. McAlester 443; 18. Pawhuska 484; 19. Grove 525; 20. Edison 537; 21. Kelley 554; 22. B.T. Washington 576; 23. Catoosa 581; 24. Charles Page 588; 25. Victory Christian; 658; 26. Okmulgee 678; 27. Pryor 681; NS--Central, Webster, Bristow, Rogers, Oaks, Warner.

**INDIVIDUALS:** 1. Brian Hayes, Bar, 16:34.61; 2. J. Case, Un, 16:35.26; 3. John Baikie, HH, 16:55.26; 4. Paul Paschal, PC, 16:55.19; 5. Brandon Kissack, Bar, 17:05.49; 6. Kody Tsethlikat, TS, 7. Ben Lake, Sap, 17:08.57; 8. Ryan Starr, Bar, 17:14.70; 9. Chris Ford, Cla, 17:16.83; 10. C. Cummings, Un, 17:18.89; 11. Tim Fahler, VCS, 17:19.52; 12. Chad Niemann, PC, 17:20.33; 13. David Metzger, PC, 17:22.03; 14. Toby Filener, Dun, 17:15.73; 15. Jason McDonald, BA, 17:31.20; 16. Jeremy Sudduth, CH, 17:36.67; 17. David Pennington, Ed, 17:40.15; 18. Jarrod Mooney, TS, 17:40.97; 19. T. Helton, Un, 17:42.18; 20. Sam Stalcup, PC, 17:43.41; 21. Mark Oblad, PC, 17:44.12; 22. Jason Geranen, Cl, 17:45.11; 23. Greg Carlson, Cl, 17:50.62; 24. Luke Groom, HH, 17:44.50; 25. Ramon Gutierrez, Dun, 17:58.97.

**CONDITIONS:** temp mid-70's and cloudy.

## Sapulpa Invitational Sapulpa High School 9/2/95

### Girls (1 mile)

**TEAM SCORING:** 1. Grove 45; 2. Jenks 51; 3. Sapulpa 60; 4. Edmond Memorial 123; 5. Union 144; 6. Bartlesville 161; 7. Ponca City 161; 8. Mannford 203; 9. Glenpool 263; 10. Pitcher 267; 11. Okmulgee 278; NS--Beggs, Victory Christian, Broken Arrow, Pitcher.

**INDIVIDUALS:** 1. Carly McCulley, Gr, 5:43.68; 2. Megan Riddle, Un, 5:45.21; 3. Stephanie Webb, Bar, 5:48.04; 4. T. Lance, VC, 5:48.80; 5. Melissa Housley, Sap, 5:58.61; 6. Linda Sejcek, J, 6:07.18; 7. Lauren Royall, J, 6:07.55; 8. Cheyenne Lierly, Sap, 6:12.38; 9. Amber Sreaves, Gr, 6:13.72; 10. Kathryn Barker, J, 6:14.13; 11. Rashelle Phelps, Sap, 6:14.32; 12. All Sreaves, Gr, 6:16.55; 13. Abby Robertson, Gr, 6:18.17; 14. Cheryl VanLear, Gr, 6:19.14; 15. Pam Moudry, J, 6:20.60; 16. A. Clark, PC, 6:22.02; 17. S. Hansen, EM, 6:23.39; 18. Cort Creekmore, J, 6:24.72; 19. Katie Devault, Sap, 6:25.43; 20. T. Crawford, Beggs, 6:26.84; 21. F. Wyles, EM, 6:28.82; 22. A. Thompson, Bar, 6:29.64;

23. Bear Long, Sap, 6:30.75; 24. Cydney Adair, Sap, 6:31.31; 25. Kim Mourton, Sap, 6:32.17; 26. J. Fugua, Beggs, 6:36.42; 27. Kristen Schewarz, J, 6:38.51; 28. B. McElwain, Un, 6:38.94; 29. N. Garland, EM, 5:39.61; 30. B. Bednarski, PC, 6:42.69.

### Boys (2 miles)

**TEAM SCORING:** 1. Edmond Memorial 34; 2. Jenks 53; 3. Ponca City 84; 4. Bartlesville 100; 5. Union 127; 6. Moore 135; 7. Broken Arrow 166; 8. Sapulpa 232; 9. Mannford 261; 10. Grove 265; 11. Okmulgee 338; NS--Victory Christian, Pawhuska, Glenpool.

**INDIVIDUALS:** 1. Mark Thompson, EM, 9:55.22; 2. Jeremy Buhl, EM, 10:06.22; 3. Brian Hayes, Bar, 10:11.93; 4. P. Paschal, PC, 10:12.32; 5. Jeff Reid, J, 10:15.95; 6. J. Case, Un, 10:20.23; 7. Patrick Becker, J, 10:24.84; 8. Rob Seat, EM, 10:28.10; 9. Ben Lake, Sap, 10:28.40; 10. Eric Wyant, EM, 10:29.51; 11. R. Starr, Bar, 10:33.56; 12. Barrett Hall, J, 10:36.91; 13. Brian Johnson, EM, 10:37.46; 14. Jordan James, J, 10:38.63; 15. D. Horwitz, J, 10:39.38; 16. C. Nieman, PC, 10:39.66; 17. B. Kistick, Bar, 10:40.21; 18. S. Stalcup, PC, 10:41.5; 19. K. McCoy, Mo, 10:42.24; 20. D. Metzger, PC, 10:44.75; 21. J. McDonald, BA, 10:46.71; 22. Ty Marden, EM, 10:50; 23. Mathison Jordan, J, 10:52.20; 24. T. Helton, Un, 10:55.19; 25. T. Fehler, VCS, 10:66.52; 26. C. McWatters, Mo, 11:00.57; 27. M. Oblad, PC, 11:1.39; 28. Jon Leon, Mo, 11:04; 29. C. Cummings, Un, 22:07; 30. S. Walker, Mo, 11:08.

## Pryor Invitational Pryor High School 9/2/95

### Girls

**TEAM SCORING:** 1. Owasso 47; 2. Tahlequah 69; 3. Pryor 96; 4. Holland Hall 107; 5. Caney Valley 139; 6. Oaks Mission 155; 7. Tahlequah Sequoyah 159; 8. Warner 173; 9. Kansas 201; NS--Muskogee, Bentonville (Ark), Catoosa, Jay.

**INDIVIDUALS:** 1. Melissa Corlett, Pry, 5:32.4; 2. Jovi Wanamaker, Tah, 5:33.7; 3. Christine Novarra, Ow, 5:34.4; 4. Tawni Wanamaker, Tah, 5:38.1; 6. JoAna Dosssett, Ow, 5:48.2; 7. Alli Wilcox, HH, 5:51.9; 8. Heather Anderson, Pry, 5:54.1; 9. Cassie Neal, CV, 6:03.4; 10. Dana Schmidt, Bentonville, 6:04.7; 11. Alicia Towers, Ow, 6:06.4; 12. Heather Holland, Ow, 6:08.3; 13. Jennifer Roberts, HH, 6:11.7; 14. Loren McGee, Bentonville, 6:15.0; 15. Amy Kittrell, CV, 6:20.5; 16. Amy Hix, Tah, 6:21.2; 17. Ashley Canoe, Oaks, 6:23.3; 18. Becca Turnbull, War, 6:24.4; 19. Mary Ripper, Ow, 6:24.8; 20. Shawnda Reece, 6:25.2; 21. Kara Nutter, Pry, 6:25.9; 22. Rebecca Boyce, Bentonville, 6:26.1; 23. Elysa Jones, Cat, 6:27.2; 24. Regina Wesley, TS, 6:28.1; 25. Mandy Gower, Tah, 6:28.7; 26. Jennifer Stafford, Pry, 6:32.2; 27. Amber Davis, CV, 6:32.8; 28. Gertie Landrum, Jay, 6:33.5; 29. Darlene Dodd, 6:34.1; 30. Michelle Robertson, 6:35.9.

### Boys

**TEAM SCORING:** 1. Holland Hall 35; 2. Tahlequah Sequoyah 60; 3. Claremore 67; 4. Owasso 100; 5. Tahlequah 135; 6. McAlester 152; 7. Muskogee 173; 8. Pryor 237; NS--Bentonville (Ark), Oaks Mission.

**INDIVIDUALS:** 1. John Baikie, HH, 10:25.1; 2. Chris McDaniel, HH, 10:27.1; 3. Kody Tsethlikat, TS, 10:29; 4. Chris Ford, Cl, 10:41.5; 5. Dave Carment, Mus, 10:51.7; 6. Luke Groom, HH, 10:53.4; 7. Greg Carlson, Cl, 10:57.7; 8. Aaron Young, Tah, 10:58.1; 9. Lance Zunft, TS, 10:59.0; 10. Antonia Martinez, Ow, 10:59.4; 11. Lee Spencer, HH, 10:59.8; 12. Jason Geranen, Cl, 11:01.1; 13. Jarrod Mooney, TS, 11:02.9; 14. Scott Gladney, Cl, 11:09.2; 15. Cason Carter, HH, 11:11.0; 16. Colin Cash, HH, 11:16.3; 17. Lewis Wacoche, TS, 11:17.1; 18. David Walkingstick, TS, 11:18.2; 19. Nathan Lewis, Bentonville, 11:20.6; 20. Damon Lee, HH, 11:23.3; 21. Brandon Smith, Ow, 11:27.9; 22. Josh Moseley, Ow, 11:28.0; 23. Dave Yas, McA, 11:33.0; 24. Chase Maney, Ow, 11:35.0; 25. Carl Novarra, Ow, 11:38.9; 26. Jim Perkins, Ow, 11:40.8; 27. Vinnie Detels, McA, 11:41.6; 28. Aaron Lueders, Bentonville, 11:42.3; 29. Michael Schona, McA, 11:48.7; 30. Burton Pritchett, Tah, 11:50.6.

## Cross Country Preview

Continued from page 1

that loss when they meet in cross country. Guthrie's top contenders are Brad Spinner and Jeremy Cleek, the highest returning placer from last year.

### 4A Girls

With four All-Staters--led by defending champion Ashley Boothe and previous two-time champ Jessica Hoke--returning from last year's powerhouse team, McGuinness looks to have a lock on the top spot but with three runners in the top ten you can't count Guthrie out just yet. The Irish may be a bit thinner than in the past and the Bluejays are bringing on some strong new runners and are ready to step up if the Irish stumble. Tulsa area powers Hale and Kelley were expected to challenge but have yet to show their muscle in early season competition, leaving Elk City and Noble at the front of the chase pack.

Boothe and the Bluejays' Brandi Woodard dueled all last season with the Irish star winning them all until track season where Woodard had the edge at 3200 meters. Boothe's freshman sister, Brooke is looking strong and Durant's Courtney Moody looks good early this season. McGuinness and Guthrie both have two more in the top ten--Hoke and Kelly Long for the Irish and Nicole Monroe and Kelli Cowan for the Bluejays--and Hale has two of the Bratton triplets, Brandy and Amy.

### 3A Boys

Plainview has moved into the top spot here with Little Axe and Marlow both decimated by graduation and injuries. Dickson, led by sophomore defending champion, David Lampkin, can certainly be expected to be a contender with the Indians and Outlaws hoping to rebuild enough to challenge. Little Axe's '93 champ, Spud Blanchard, is out with a back injury from baseball and is doubtful for the remainder of the season.

Six of the top ten individuals graduated but Chandler newcomer, Bobby Holmes, a three-event winner in track as a sophomore, will be someone to watch along with Marlow's Jon Connolly, Plainview's Wes Womack and Cory Clark and Little Axe's Jeremy Johnson.

### 3A Girls

Grove has become the powerhouse of this class over the past couple of years and is looking to move to the top spot after finishing second by one point to Marlow last year. The Outlaws are hurt by graduation but Plainview will be looking to get back in the top spot after their disappointing third-place finish last year.

Individually, Sarah Harvey stands alone at the top of this class and you could make a case for her being the top runner in the state. Unfortunately we don't see enough head-to-head intra-class competition so it is largely speculation. However, she is the defending champ and has two silver medals as well and is the undisputed queen on the track. Arch-rival Kelleigh Sanders of Elgin and Grove's Carly McCulley will hope to be there if Harvey stumbles.

### 2A Boys

Velma-Alma freshman, Mylo Miller, has taken up where the Comet's Zac Johnson left off last year and has dominated racing in this class so far this season. There is still plenty of time for some serious competition to develop with contenders Kaleb Hennigh from Laverne, Daniel McKinney from Davenport and several others leading the way. Six of the top ten graduated so, as usual, it is real tough to get a feel for this class this early in the season since there is very little exclusive competition and the Western Panhandle powers are still competing out



FINAL INSTRUCTIONS are given to the Shawnee freshman girls by coach Mike Reed before their race in the Paul Parent Jamboree at Lake Overholser in Oklahoma City September 8th. Photo by Cheryl Good

of state.

In the team race, Tahlequah Sequoyah gets a tiny nod for the moment over Hydro and defending champion Lindsay. This is definitely a wide-open race and certainly too tight to call this early.

### 2A Girls

Coach Jerry Loveall's Comets have been blasting all opponents so far this season, including several 3A powers, and have four runners in the top ten at this point, hoping to ascend from runnerup last year to the top spot this year. Laverne looks to be the strongest contender but both defending champion Lexington and Tishomingo may have other ideas.

Wakita's Nicki Lanie holds down the top individual spot with '93 champion Ashlea Barby of Laverne back in top form and looking to add another gold medal to her collection. Cindy Fuller leads Velma-Alma's contingent of four top ten runners this week.

### Zero Mountain Run Ft. Smith, Arkansas 9/9/95

FT. SMITH, Ark.--Norman travelled to the Zero Mountain Run held here September 9th with the girls finishing second and the boys third. Andrea DeLozier was second for the girls and Blake Abshire was sixth for the boys.

#### Girls

TEAM SCORING: 1. Fayetteville 33; 2. Norman 51; 3. Ft. Smith Southside 74; 4. Clarksville 85; 5. Poteau 105; 6. Russellville 113; NS--Greenwood, Springdale, other.

NORMAN INDIVIDUALS: 2. Andrea DeLozier, 12:43; 4. Hilary Reser, 13:05; 7. Danielle Miner, 14:04; 11. Kathy Boyls, 14:24; 32. Rena Kemerling, 16:57; 37. Rachel Hall 17:26; 40. Aeschel South-erland, 18:04.

#### Boys

TEAM SCORING: 1. Fayetteville 33; 2. Russellville 33; 3. Norman 82; 4. Ft. Smith Southside 117; 5. Springdale 119; 6. Van Buren 190; 7. Subiaco 207; 8. Clarksville 218; 9. Hartford 199.

NORMAN INDIVIDUALS: 6. Blake Abshire, 18:02; 10. Kyle Bennett, 18:17; 17. Matthew Carey, 18:32; 20. Tim Boyls, 18:46; 30. Ryan Lippoldt, 19:59; 31. Josh Bibb, 20:02; 55. Keith Russ, 22:38.

## Junior High State Meet

The Second Annual Junior High State Cross Country Championships will be held again at Woodson Park, 3299 S. May, in Oklahoma City, Saturday, October 7th. All sixth, seventh and eight grade students are eligible to compete--no ninth graders can compete.

Girls will race 2400 meters with the boys going 3200 meters. There will be two races this year, one for the top seven runners from each school and an open race for all others. The top three teams and top 25 runners will receive awards in the main race and the top 25 individuals in the open race.

Pre-registration is required by Oct. 5th, no race day entries will be accepted. For further information contact Jimmy Brackeen, 405-658-2619 (school) or 658-9336 (home).

### Sand Plum Invitational Weatherford High School 9/2/95

#### Girls (1 mile)

TEAM SCORING: 1. Elk City 40; 2. Laverne 49; 3. Canton 92; 4. Weatherford 97; 5. Wakita 115; 6. Alva 141; 7. Watonga 211; 8. Carnegie NS.

INDIVIDUALS: 1. N. Lanie, Wak. 5:59; 2. A. Barby, Lav. 6:14; 3. M. Ahlatty, Car. 6:17; 4. V. Smith, EC. 6:21; 5. A. Killhoffer, EC. 6:22; 6. C. Gray, Can. 6:25; 7. K. Deal, Lav. 6:26; 8. C. Dirickson, EC. 6:27; 9. M. Seifried, Can. 6:28; 10. J. Shireman, EC. 6:33; 11. K. Barby, Lav. 6:36; 12. E. Rapp, Wak. 6:37; 13. H. Long, Alva. 6:39; 14. C. Hennigh, Lav. 6:42; 15. M. Jones, Hy. 6:43; 16. S. Beda, Wea. 6:44; 17. L. Bartlett, Wea. 6:48; 18. A. Cantell, EC. 6:49; 19. K. Null, Lav. 6:50; 20. A. Davis, Car. 6:50; 21. J. Thomas, Wea. 6:51; 22. B. Biby, Wak. 6:54; 23. L. Christensen, Wea. 6:55; 24. K. Moore, Can. 6:56; 25. K. Bond, Can. 6:57.

#### Boys (2 miles)

TEAM SCORING: 1. Hydro 35; 2. Elk City 43; 3. Weatherford 46; NS--Alva, Watonga, Carnegie, Laverne.

INDIVIDUALS: 1. K. Hennigh, Lav. 11:23; 2. W. Ginn, Hy. 11:31; 3. C. Tahkofper, Car. 11:31; 4. S. Smith, Hy. 11:44; 5. D. Shoulders, Alva. 11:48; 6. C. Toakalo, Hy. 11:51; 7. T. Walling, EC. 11:54; 8. J. Williams, Wea. 11:56; 9. S. Woodrow, EC. 12:00; 10. M. Donley, Wea. 12:02; 11. M. Lettkeman, Wea. 12:05; 12. J. Shirley, EC. 12:11; 13. R. Pieper, Hy. 12:20; 14. D. Edsall, Wat. 12:24; 15. R. Schnebuenger, EC. 12:30; 16. B. Farris, Wea. 12:30; 17. J. Ahlatty, Car. 12:31; 18. K. Knop, EC. 12:34; 19. E. Ratterree, Wea. 12:34; 20. J. Pierce, EC. 12:40; 21. M. Crow, EC. 12:41; 22. N. Hawkins, Wea. 12:50; 23. U. Robinson, EC. 12:56; 24. J. Trout, Wea. 12:56; 25. J. Mosburg, Wea. 12:57.

# Cross Country Team Rankings

## 2A Boys

1. Tahlequah Sequoyah
2. Hydro
3. Lindsay
4. Velma-Alma
5. Prague
6. Chisholm
7. Tishomingo
8. Marietta
9. Laverne
10. Riverside

## 2A Girls

1. Velma-Alma
2. Laverne
3. Lexington
4. Tishomingo
5. Chisholm
6. Canton
7. Wakita
8. Hydro
9. Caney Valley
10. Oaks

## 3A Boys

1. Plainview
2. Dickson
3. Little Axe
4. Marlow
5. Elgin
6. Anadarko
7. Mannford
8. Grove
9. Deer Creek-Edmond
10. Sulphur

## 3A Girls

1. Grove
2. Plainview
3. Jones
4. Marlow
5. Elgin
6. Little Axe
7. Purcell
8. Mannford
9. Cascia Hall
10. Guymon

## 4A Boys

1. Guthrie
2. McGuinness
3. Altus
4. Western Heights
5. Noble
6. Elk City
7. Duncan
8. Claremore
9. Ardmore
10. Weatherford

## 4A Girls

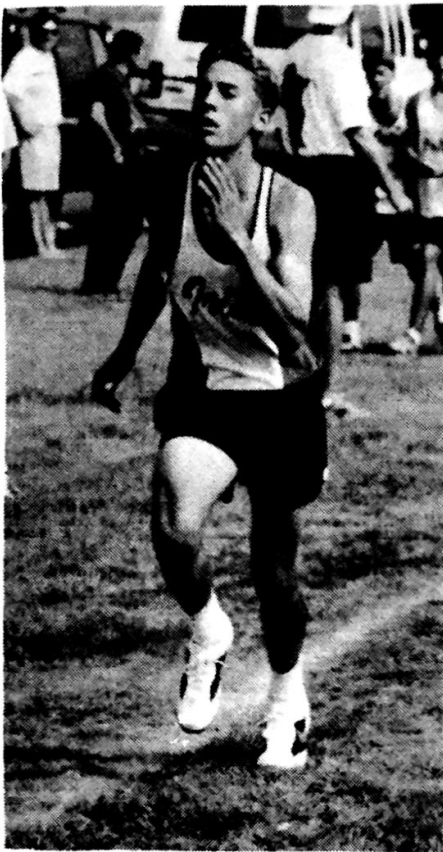
1. McGuinness
2. Guthrie
3. Elk City
4. Noble
5. Kelley
6. Durant
7. Altus
8. Ardmore
9. Western Heights
10. Weatherford

## 5A Boys

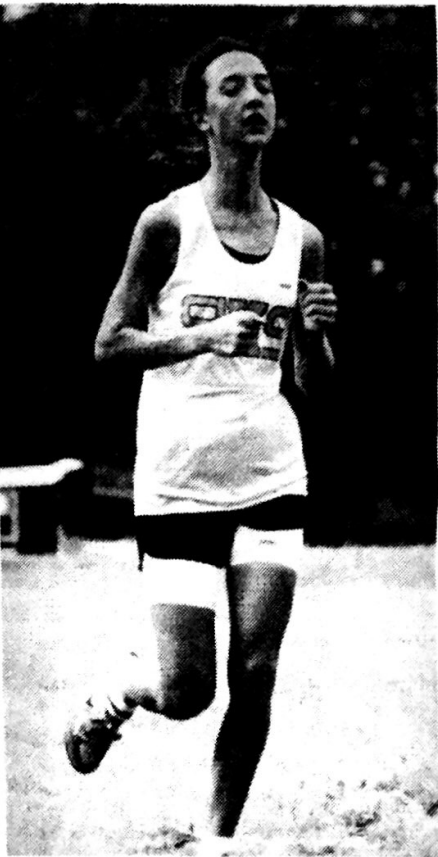
1. Jenks
2. Edmond Memorial
3. Eisenhower
4. Norman
5. Moore
6. Ponca City
7. Union
8. Midwest City
9. Bartlesville
10. Shawnee

## 5A Girls

1. Jenks
2. Norman
3. Moore
4. Santa Fe
5. Edmond North
6. Sapulpa
7. Eisenhower
8. Edmond Memorial
9. Union
10. Westmoore



*TOP-RANKED 4A boy is McGuinness freshman, Kevin Connolly, winner of the Shawnee Invitational August 26th at the Gordon Cooper Vo-Tech. Photo by John Hoke*



*SHAWNEE'S Jessica Gibson, fourth-ranked in 5A, heads for the finish line in the Paul Parent Jamboree held at Lake Overholser in Oklahoma City September 8th. Photo by Cheryl Good*

# GIRLS INDIVIDUAL RANKINGS

## 2A

1. Nicki Lanie  
*Wakita*
2. Ashlea Barby  
*Laverne*
3. Amber Thacker  
*Velma-Alma*
4. Cindy Fuller  
*Velma-Alma*
5. Melissa Ahhaity  
*Carnegie*
6. Rae Ann McCurry  
*Velma-Alma*
7. Crystal Fuller  
*Velma-Alma*
8. Dini Pineda  
*Heritage Hall*
9. Cassie Gray  
*Canton*
10. Kiley Deal  
*Laverne*

Others: Dana Sutton, Velma-Alma; Chris Linke, Velma-Alma; Melissa Seifried, Canton; Ebony Shirley, Davis; Karen Barby, Laverne; E. Rapp, Wakita; Halah Long, Alva; Kristi Beckham, Lexington; Jennifer Dodson, Lindsay; Krista Rowe, Vanoss; Carrie Hennigh, Laverne; Misty Jones, Hydro; Kathy Utley, Tishomingo.

## 3A

1. Sarah Harvey  
*Plainview*
2. Kelleigh Sanders  
*Elgin*
3. Carly McCulley  
*Grove*
4. Leah McCauley  
*Marlow*
5. Emily McCulloh  
*Plainview*
6. Karen Baumeister  
*Jones*
7. Jancy Gharkhania  
*Purcell*
8. Amber Sreaves  
*Grove*
9. Kim Herrera  
*Jones*
10. Melanie Lemons  
*Marlow*

Others: Abby Robertson, Grove; Amriel Walters, Little Axe; Dena Dial, Marlow; Cathleen Baumeister, Jones; Amy Norton, Plainview; Ali Sreaves, Grove; Natalie Treadwell, Holdenville; Jennifer Johnston, Jones; Mandy Orr, Plainview; Tiffany Hurst, Elgin.

## 4A

1. Ashley Boothe  
*McGuinness*
2. Brandi Woodard  
*Guthrie*
3. Brooke Boothe  
*McGuinness*
4. Courtney Moody  
*Durant*
5. Nicole Monroe  
*Guthrie*
6. Kelly Long  
*McGuinness*
7. Kelli Cowan  
*Guthrie*
8. Brandy Bratton  
*Hale*
9. Jessica Hoke  
*McGuinness*
10. Amy Bratton  
*Hale*

Others: Lori Weaver, Noble; Natalie Krieger, Durant; Melissa Corlett, Pryor; Beth Migliorino, Ardmore; Valerie Smith, Elk City; Charity Coney, Altus; Cori Dirickson, Elk City; Becky Puckett, Ardmore; Lauren Avery, McGuinness; Samantha Privette, Guthrie.

## 5A

1. Megan Riddle  
*Union*
2. Hilary Reser  
*Norman*
3. Kristen Jones  
*Santa Fe*
4. Jessica Gibson  
*Shawnee*
5. Andrea DeLozier  
*Norman*
6. Christine Novarra  
*Owasso*
7. Randi McKinney  
*Santa Fe*
8. Rosie Solano  
*Eisenhower*
9. Kelli O'Rourke  
*Jenks*
10. Melissa Housley  
*Sapulpa*

Others: Danette Miller, Edmond North; Stephanie Webb, Bartlesville; Kenyatta Jones, Eisenhower; Kim Settle, Moore; Adrienne Alvarez, Eisenhower; Jovi Wanamaker, Tahlequah; Lauren Royall, Jenks; Heather Miles, Moore; Mindy Pendley, Westmoore.

# BOYS INDIVIDUAL RANKINGS

## 2A

1. Mylo Miller  
*Velma-Alma*
2. Kaleb Hennigh  
*Laverne*
3. Scott Hutchings  
*Tishomingo*
4. Daniel McKinney  
*Davenport*
5. Walt Ginn  
*Hydro*
6. C. Tahkofper  
*Carnegie*
7. Kody Tsethlikai  
*Tahlequah Sequoyah*
8. Martin Salas  
*Marietta*
9. Renaldo Wiles  
*Prague*
10. Cody Graham  
*Prague*

Others: Ernest Sema, Marietta; Sam Smith, Hydro; Chris Hayes, Wynnewood; Dustin Shoulders, Alva; Casey Kirkpatrick, Velma-Alma; Charles Cameron, Lindsay; Tim Guess, Prague; Phillip Tiger, Holdenville; Kip Jennings, Velma-Alma; Chris Hoyle, Lindsay.

## 3A

1. David Lampkin  
*Dickson*
2. Jon Connolly  
*Marlow*
3. Bobby Holmes  
*Chandler*
4. Wes Womack  
*Plainview*
5. Cory Clark  
*Plainview*
6. Jeremy Johnson  
*Little Axe*
7. Blake Jackson  
*Dickson*
8. Marc Lampkin  
*Dickson*
9. Jeremiah Smith  
*Elgin*
10. Brad Donaldson  
*Little Axe*

Others: O.J. Rackler, Marlow; Dustin Lord, Elgin; Ryan Love, Dickson; Greg Merlyn, Plainview; Raymond Swearingen, Little Axe; Kevin Minson, Marlow; Danny Romo, Plainview; Ryan Turner, Holdenville; Michael Cherry, Dickson; Cory Green,

## 4A

1. Kevin Connolly  
*McGuinness*
2. Taylor Styron  
*McGuinness*
3. Brian Whitlock  
*Altus*
4. Brad Spinner  
*Guthrie*
5. Jeremy Cleek  
*Guthrie*
6. Matt Sexauer  
*McGuinness*
7. Ramon Gutierrez  
*Duncan*
8. Brian Comstock  
*Guthrie*
9. Chris Ford  
*Claremore*
10. Chris Stokesbury  
*Noble*

Others: Paul Starkus, Durant; Sean Coffman, Guthrie; Toby Filener, Duncan; Josh Corley, Durant; Jason Geranen, Claremore; Reed Maxson, Guthrie; Andy Dalrymple, Western Heights; Jeremy Fouch, Western Heights; Matt Brown, Western Heights; Vern Baker, Noble; Kurt Krop, Elk City.

## 5A

1. Mark Thompson  
*Edmond Memorial*
2. Welton Jefferson  
*Eisenhower*
3. Jeff Reid  
*Jenks*
4. Anthony Wilson  
*Shawnee*
5. Jason Jones  
*Santa Fe*
6. Jeremy Buhl  
*Edmond Memorial*
7. Brian Hayes  
*Bartlesville*
8. J. Case  
*Union*
9. P. Paschal  
*Ponca City*
10. Patrick Beeker  
*Jenks*

Others: Rob Seat, Edmond Memorial; Jordan James, Jenks; Jack Springli, Eisenhower; Ben Lake, Sapulpa; R. Starr, Bartlesville; Barrett Hall, Jenks; Danny Horwitz, Jenks; Kyle McCoy, Moore; Matthew Garey, Norman; Paul Lammert, Norman; Blake Collins, Edmond North.



FRESHMAN-SOHPOMORE girls get underway and the Paul Parent Jamboree held at Lake Overholser in Oklahoma City September 8th. Photo by Cheryl Good

## Grove Runner Killed In Summer Accident

GROVE--Grove cross country and track runner Marisa Fields was killed in an automobile accident July 7th near Grove. Funeral services were held in the First United Methodist Church and she was buried in the Olympus Cemetery.

Marisa was born January 25, 1979, in Joplin, Missouri, a daughter of Michael and DaMaris Bowers Fields. She was a member of the Grove High School cross country and track teams which placed second and first respectively in last year's state meets. She was a member of the Fellowship of Christian Athletes, a mat-maid for the wrestling team and a member of the National Honor Society.

Survivors include her parents; her maternal grandparents, Joe and Judy Bowers of Grove; her paternal grandparents, J.C. and Betty Fields of Southwest City, Mo.; a sister, Michelle of the home; and a brother, Marcus, of the home.

## Longhorn Stampede Jones High School 9/9/95

### Boys (2.7 miles)

TEAM SCORING: 1. Little Axe 38; 2. Marlow 58; 3. Velma-Alma 60; 4. Tishomingo 101; NS--Sulphur, Holdenville.

INDIVIDUALS: 1. Mylo Miller, VA. 13:33.81; 2. Jon Connolly, Mar. 13:55.20; 3. Jeremy Johnson, LA. 13:59.33; 4. Brad Donaldson, LA. 14:18.03; 5. O.J. Rackler, Mar. 14:21.93; 6. Scott Hutchings, Tish. 14:35.83; 7. Raymond Swearingen, LA. 14:36.79; 8. Kevin Minson, Mar. 14:42.67; 9. Casey Kirkpatrick, VA. 14:43.71; 10. Kip Jennings, VA. 14:48.17; 11. Mike Smith, LA. 15:28.12; Phillip Tiger, Holdenville. 15:40.37; 13. Chris McCure, LA. 15:41.69; 14. Ron Bullcoming, LA. 15:49.18; 15. Terry Oxley, Sul. 15:49.53; 16. Kenneth Remy, Sul. 15:54.52; 17. David Gomez, LA. 15:55.25; 18. Kenny Auld, VA. 15:55.64; 19. Williams Staats, Mar. 16:00.63; 20. David Johnson, Tish. 16:02.96.

### Girls (1.6 miles)

TEAM SCORING: 1. Velma-Alma 26; 2. Jones 55; 3. Marlow 59; 4. Little Axe 100; NS--Tishomingo.

INDIVIDUALS: 1. Leah McCauley, Mar. 9:05.06; 2. Amber Thacker, VA. 9:16.77; 3. Karen Baumelster, Jones. 9:17.38; 4. Cindy Fuller, VA. 9:18.33; 5. Rae Ann McCaury, VA. 9:31.29; 6. Crystal Fuller,

VA. 9:36.96; 7. Kim Herrera, Jones. 9:42.91; 8. Melanie Lemons, Mar. 9:44.54; 9. Dana Sutton, VA. 9:46.25; 10. Amrtez Walters, LA. 9:47.66; 11. Chris Linke, VA. 9:50.19; 12. Dena Dial, Mar. 9:51.89; 13. Cathleen Baumelster, Jones. 9:52.31; 14. Mandy Sims, VA. 9:57.04; 15. Jennifer Johnston, Jones. 10:00.53; 16. Rikki Hazen, Mar. 10:06.15; 17. Mandy Lanford, Jones. 10:17.88; 18. Lindsay Landreth, Tish. 10:18.27; 19. Hillary Cochran, LA. 10:19.51; 20. Richelle Pale, LA. 10:22.55.

## Chisholm Invitational Chisholm High School 9/9/95

### Girls (1 mile)

TEAM SCORING: 1. Laverne 29; 2. Chisholm 57; 3. Wakita 88; 4. Weatherford 104; 5. Hennessey 142; 6. Alva 152; 7. Hydro 161; NS--Deer Creek-Lamont, Deer Creek-Edmond, Timberlake, Watonga, Okeene, Pioneer-Pleasant Vale.

INDIVIDUALS: 1. Nicki Lantle, Wak. 6:05; 2. Gretchen Kohlbacher, DCE. 6:08; 3. Ashlea Barby, Lav. 6:08; 3. Kristen Barby, Lav. 6:22; 5. Kiley Deal, Lav. 6:23; 6. Andrea Overstreet, PPV. 6:24; 7. Erin Rapp, Wak. 6:25; 8. Carey Hennigh, Lav. 6:26; 9. Karl Sawyer, Chis. 6:32; 10. Misty Jones, Hy. 6:33; 11. Halah Long, Alva. 6:35; 12. Lindsay Voss, Chis. 6:41; 13. Anna Boyd, Ok. 6:42; 14. Jaci McGuar, Chis. 6:42; 15. Tisha Shipley, Alva. 6:45; 16. Melinda Adkins, Chis. 6:45; 17. Kelli Null, Lav. 6:45; 18. Lacy Christensen, Wea. 6:46; 19. Candace Oller, Chis. 6:46; 20. Amanda Nelson, Chis. 6:47; 21. Emily Lanie, Wak. 6:47; 22. Jont Alexander, DCE. 6:48; 23. Gillian Bland, Chis. 6:48; 24. Jimit Harbeson, Chis. 6:49; 25. Corrie Jones, DCE. 6:49.

### Boys (2 miles)

TEAM SCORING: 1. Hydro 31; 2. Weatherford 38; 3. Chisholm 53; 4. Deer Creek Edmond 119; 5. Arapaho 132; NS--Laverne, Alva, Fairview, Watonga, Timberlake, Wakita, Lexington, Hennessey.

INDIVIDUALS: 1. Shaun Sawyer, Chis. 11:05; 2. Caleb Hennigh, Lav. 11:15; 3. Matt Donley, Wea. 11:36; 4. Walt Ginn, Hy. 11:39; 5. Chris Tookalo, Hy. 11:48; 6. Sam Smith, Hy. 11:54; 7. Josh Williams, Wea. 11:55; 8. Mike Littleman, Wea. 11:57; 9. Herbie Peabody, Hy. 11:58; 10. Derek Lieser, Chis. 11:58; 11. Blake Farris, Wea. 12:11; 12. Dustin Shoulders, Alva. 12:12; 13. Ryan Pieper, Hy. 12:17; 14. Jamey Unruh, Chis. 12:20; 15. Kent Johnson, Fair. 12:25; 16. Eric Ratterree, Wea. 12:26; 17. Dusty Edsall, Wat. 12:27; 18. Brant Bishop, Chis. 12:30; 19. Nathan Hawkins, Wea. 12:32; 20. Joe Ray, DCE. 12:34; 21. Jeremy Clifton, Chis. 12:35; 22. Clint McEachern, Tm. 12:39; 23. Josh Mosburg, Wea. 12:41; 24. Jerame Dunkin, Chis. 12:42; 25. Josh Anderson, Alva. 13:03.

## Purcell Invitational at Purcell High School 9/12/95

### GIRLS (1.1 miles)

TEAM SCORING: 1. Lexington 26; 2. Purcell 48; 3. Tishamingo 56; 4. Little Axe 99; 5. Wynnewood 143; 6. Konawa; 7. OSD.

INDIVIDUALS: 1. Jancy Gharkhania, Pur. 6:10; 2. Kristi Beckham, Lex. 6:23; 3. Landrith, Tis. 6:26; 4. Lara Seassay, Lex. 6:31; 5. Chance Wheeler, Lex. 6:43; 6. Heffington, Tis. 6:47; 7. Becky Barker, Lex. 6:50; 8. Beth Lewis, Lex. 6:52; 9. Arie Dunaway, Pur. 6:52; 10. Clift, Tis. 6:53.

### BOYS (1.7 miles)

TEAM SCORING: 1. Tishomingo 23; 2. Little Axe B 69; 3. Southeast 86; 4. Lexington 105; 5. Purcell 128; 6. Wynnewood; 7. OSD.

INDIVIDUALS: 1. Hutchings, Tis. 9:16; 2. Brandon Kinard, Wyn. 9:42; 3. Chamar West, OSD. 9:57; 4. Stallings, Tis. 10:15; 5. Layton, Tis. 10:21; 6. Bardin, Tis. 10:30; 7. Johnson, Tis. 10:31; 8. Mike Madden, Lex. 10:42; 9. Greg Greer, SE. 10:47; 10. J.D. Bird, SE. 10:47.

## Purcell Trails Invitational Purcell High School 9/5/95

### Girls (1 mile)

TEAM SCORING: 1. Purcell 26; 2. Wynnewood 86; 3. Ardmore 96; 4. Marietta 110; NS--Prague, Sulphur, Oklahoma School for the Deaf.

INDIVIDUALS: 1. Jancy Gharkhania, Pur. 5:33; 2. Beth Migliorino, Ard. 5:54; 3. Becky Puckett, Ard. 5:56; 4. Holly Irwin, Pur. 6:12; 5. Arie Dunaway, Pur. 6:15; 6. Unknown, Sulphur. 6:18; 7. Lisa Clark, Pur. 6:19; 8. Amie Shankles, Mar. 6:20; 9. Becky Farris, Pur. 6:27; 10. Angie Shelby, OSD. 6:29; 11. Karen Price, Pur. 6:30; 12. Renae Yearby, Mar. 6:30; 13. Kristy Willis, OSD. 6:32; 14. Vanessa Williams, Wyn. 6:34; 15. Unknown, Prague. 6:34; 16. Karl Howard, Wyn. 6:41; 17. Jennifer Doss, Wyn. 6:43; 18. Heather Mead, Pur. 6:47; 19. Monika Lackey, Wyn. 6:49; 20. Dantelle Popejoy, Wyn. 6:55; 21. Tara Parsons, Wyn. 6:59; 22. Ebony Williams, Wyn. 7:02; 23. Johnie Liddell, Mar. 7:04; 24. Alexis Choate, Ard. 7:04; 25. Kristi Kinard, Wyn. 7:04.

### Boys (1.6 miles)

TEAM SCORING: 1. Prague 29; 2. Marietta 58; 3. Ardmore 82; 4. Sulphur 126; NS--Purcell, Oklahoma School for the Deaf, Wynnewood.

INDIVIDUALS: 1. Martin Salas, Mar. 9:00; 2. R. Wiles, Pra. 9:01; 3. C. Graham, Pra. 9:01; 4. Ernesto Serna, Mar. 9:02; 5. Chris Hayes, Wyn. 9:11; 6. T. Guess, Pra. 9:21; 7. D. Stone, Pra. 9:25; 8. Chamar West, OSD. 9:38; 9. Will Warren, Pur. 9:42; 10. Scott Quinby, Ard. 9:45; 11. C. Thompson, Pra. 9:49; 12. Santos Sanchez, Mar. 9:51; 13. Tom Hutton, Ard. 9:55; 14. J. Hill, Pra. 10:02; 15. R. Collins, Pra. 10:02; 16. Dillon Bell, Mar. 10:22; 17. Albert Shmms, OSD. 10:24; 18. Aaron Blackburn, Ard. 10:32; 19. Kenneth Remy, Sul. 10:38; 20. Brad Hutton, Ard. 10:39; 21. Keith Beard, Ard. 10:55; 22. Dennis Tadlock, Ard. 11:05; 23. Jeremy Strickler, Sul. 11:28; 24. Tony Ocler, Sul. 11:29; 25. Brock Vinson, Mar. 11:34.

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**CHARLES SHEID INVITATIONAL**--Guthrie's Brandi Woodard (left) leads a 4A girls pack that includes (L-R) Cori Dirickson, Elk City, Lori Weaver, Noble, Nicole Monroe, Guthrie, Kelli Cowan, Guthrie and Beth Migliorino, Ardmore. The Bluejays won the team title as Woodard, Monroe and Cowan went one-two-three. Photo by Roger Taylor

## OSU Harriers Win Openers

Stillwater--Oklahoma State's men's and women's cross country teams both started their season's with impressive victories on Saturday, September 9th. The men, finished first in the Wichita Gold Classic, taking the top four places, while the women, running in the Red Raider Invitational, placed seven runners in the top nine, including the top three runners.

The Cowboys, running with out their top two runners, seniors Jon Wild and Patrick Kiptum, easily outdistanced second place Wichita State by the score of 20-45.

OSU was led by senior Daniel Mutai, who ran a 19:49.95 for the four-mile course. A trio of sophomore-transfers, Iain Don-Wachope, Elphonso Curley and Paul De La Cerda, finished two-three-four for the Pokes.

Paul's younger sister, sophomore Jessica De La Cerda paced the Cowgirls to their win, by running the five kilometer course in 20:15.1, seven seconds faster than the second-place finisher, Cowgirl freshman Jessica Franzen. The Poke's rounded out a sweep of the top three places, with freshman Jessica Weppner running the course in 20:30.7.

Oklahoma State women's team had four other runners finish in the top ten: A fifth-place finish by Annie Forsberg, a sixth-place finish by Danielle Coleman, an eighth-place finish by Ann Golubski and a ninth-place finish by Valerie Spencer.

Oklahoma State's men's team will be at home next weekend to compete in the OSU Duals, while the women's team will travel to Lawrence, Kansas to compete in the pre-conference meet.

# twid's



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ASHLEY BOOTHE, McGuinness, the top-ranked 4A runner, leads Norman's Hilary Reser, number two in 5A, en route to a one-two finish in the Shawnee Invitational August 26th. Photo by John Hoke

## Charles Sheid Invitational Western Heights High School 9/9/95 5A Boys

**TEAM SCORING:** 1. Jenks 35; 2. Edmond Memorial 49; 3. Eisenhower 64; 4. Moore 111; 5. Midwest City 143; 6. Edmond North 183; 7. Santa Fe 185; 8. Westmoore 192; 9. Putnam City 205.

**INDIVIDUALS:** 1. Mark Thompson, EM, 15:41; 2. Welton Jefferson, Ike, 15:42; 3. Jeff Reid, J, 15:43; 4. Jason Jones, SF, 15:49; 5. Jeremy Buhl, EM, 15:52; 6. Pat Becker, J, 16:12; 7. Jordan James, J, 16:13; 8. Jack Springtli, Ike, 16:21; 9. Barrett Hall, J, 16:21; 10. Danny Horwitz, 16:21; 11. Blake Collins, EN, 16:23; 12. Blain Phipps, EM, 16:27; 13. Jesse Hyden, Ike, 16:28; 14. Matt Jordan, J, 16:31; 15. Eric Wyant, EM, 16:33; 16. Brian Johnson, EM, 16:37; 17. Chris McWatters, Mo, 16:37; 18. Shawn Boberg, Mo, 16:41; 19. Kevin Robinson, Ike, 16:45; 20. Kyle McCoy, Mo, 16:50; 21. Collin White, MWC, 16:52; 22. Marquis Locklin, Ike, 16:53; 23. Carey, MWC, 16:54; 24. Jacob Frias, Ike, 16:56; 25. Ty Marden, EM, 17:05; 26. Aaron Challis, Wm, 17:06; 27. Chip Smith, Mo, 17:06; 28. Anthony, MWC,

17:12; 29. Sean Walker, Mo, 17:18; 30. John Leon, Mo, 17:19.

### 5A Girls

**TEAM SCORING:** 1. Jenks 58; 2. Moore 65; 3. Santa Fe 71; 4. Edmond North 84; 5. Eisenhower 122; 6. Westmoore 134; 7. Putnam City 176.

**INDIVIDUALS:** 1. Kristin Jones, SF, 11:26; 2. Randi McKinney, SF, 11:33; 3. Rosie Solano, Ike, 11:43; 4. Kelli O'Rourke, J, 11:55; 5. Danette Miller, EN, 12:01; 6. Lindsey Shelters, Mo, 12:05; 7. Kenyatta Jones, Ike, 12:10; 8. Kim Settle, Mo, 12:10; 9. Lauren Royall, J, 12:13; 10. Heather Miles, Mo, 12:15; 11. Mindy Pendley, Wm, 12:16; 12. Jessica Morton, EN, 12:17; 13. Jennifer Ward, SG, 12:18; 14. Katie Barker, J, 12:18; 15. Cori Creekmore, J, 12:27; 16. Lori Gibson, J, 12:34; 22. Tammy Adamson, Wm, 12:31; 18. Hana Jones, PC, 12:32; 19. Hillary Stigletts, EN, 12:33; 20. Linda Sececk, J, 12:33; 21. Pam Moudry, J, 12:34; 22. Tammy Adamson, Wm, 12:43; 23. Christina Yinger, EN, 12:47; 24. Kelly Parrish, Mo, 12:52; 25. Megan Robbins, EN, 12:56; 26. Jenni Vervinck, EN, 12:58; 27. Jenny Thompson, SF, 12:59; 28. Lauren Jones, SF, 13:01; 29. Alison Morris, EN, 13:03; 30. Shoney Robinson, Ike, 13:05.

### 4A Boys

**TEAM SCORING:** 1. Guthrie 25; 2. Altus 73; 3.

Western Heights 79; 4. Noble 92; 5. Elk City 101; 6. Duncan 157; 7. Ardmore 183; 8. Douglas 253; 9. Star Spencer 263.

**INDIVIDUALS:** 1. Brian Whitlock, AL, 16:17; 2. Brad Spinner, Gu, 12:29; 3. Jeremy Cleek, Gu, 16:39; 4. Ramon Gutierrez, Dun, 16:43; 5. Brian Comstock, Gu, 16:47; 6. Chris Stokesberry, No, 16:58; 7. Sean Coffman, Gu, 17:05; 8. Reed Baxson, Gu, 17:06; 9. Andy Dalrymple, WH, 17:10; 10. Jeremy Fouch, WH, 17:15; 11. Matt Brown, WH, 17:20; 12. Vern Baker, No, 17:30; 13. Kurt Krop, EC, 17:31; 14. Brian Pickett, AL, 17:37; 15. Marc Crow, EC, 17:38; 16. Jarrod Clark, Gu, 17:42; 17. Jack Tracy, No, 17:44; 18. Ryan Cooley, AL, 17:47; 19. Keith Morris, AL, 17:48; 20. Shane Pratt, WH, 17:48; 21. Matt Cook, AL, 17:49; 22. John Shirley, EC, 17:50; 23. Richard Schneburger, EC, 17:52; 24. Robert Borbe, Gu, 17:55; 25. Chris McRaven, AL, 18:06; 26. Justin Henry, No, 18:07; 27. Joe De La Cruz, AL, 18:09; 28. Jarrod Pierce, EC, 18:10; 29. Justin Hall, WH, 18:18; 30. Clifton Dumas, Dou, 18:21.

### 4A Girls

**TEAM SCORING:** 1. Guthrie 27; 2. Elk City 67; 3. Noble 92; 4. Altus 97; 5. Western Heights 109; NS--Ardmore.

**INDIVIDUALS:** 1. Brandi Woodard, Gu, 11:22; 2. Nicole Monroe, Gu, 11:54; 3. Kelli Cowan, Gu, 11:55; 4. Lori Weaver, No, 12:20; 5. Beth Migliorino, Ard, 12:22; 6. Valerie Smith, EC, 12:24; 7. Charity Carney, AL, 12:36; 8. Cori Dirckson, EC, 12:41; 9. Becky Puckett, Ard, 12:44; 10. Samantha Privette, Gu, 12:47; 11. Hollie Mays, Gu, 12:52; 12. Debbie Logan, No, 12:53; 13. Esther Shaw, WH, 13:03; 14. Jennie Shireman, EC, 13:12; 15. Sharon Young, Gu, 13:17; 16. Jennifer Heller, No, 13:19; 17. Tracy Arnold, AL, 13:30; 18. Amanda Cantrell, EC, 13:38; 19. Leslie Roof, Gu, 13:28; 20. Mary Shaw, WH, 14:12; 21. Heather Cloud, EC, 14:13; 22. Melanie Whitlock, AL, 14:29; 23. Jamie Stout, AL, 14:35; 24. Randi Hatchet, WH, 14:50; 25. Tabitha Kirkes, WH, 14:51; 26. Misty Johnson, No, 14:56; 27. Tonisha Bradley, WH, 14:57; 28. Christa Castle, AL, 15:18; 29. Candice Badillo, AL, 15:19; 30. Denise Duncan, AL, 16:13.

### 2A-3A Boys

**TEAM SCORING:** 1. Plainview 29; 2. Lindsay 62; 3. Elgin 75; 4. Riverside 100; 5. Casady 113; 6. Heritage Hall 156; NS--Oklahoma Christian School.

**INDIVIDUALS:** 1. Wes Womack, Pla, 16:04; 2. Cory Clark, Pla, 16:20; 3. Jeremiah Smith, Elg, 16:31; 4. Dustin Lord, Elg, 16:49; 5. Charles Cameron, Ltn, 16:56; 6. Greg Merlyn, Pla, 16:58; 7. Danny Romo, Pla, 17:05; 8. Chris Hoyle, Ltn, 17:06; 9. Sean Strickland, HH, 17:34; 10. Tea Anderson, Riv, 17:36; 11. Nick Saadah, Cas, 17:42; 12. Steven Branch, Ltn, 17:44; 13. Otho Thomas, Pla, 17:44; 14. Jacob Reeves, Cas, 17:52; 15. Chris Hare, Pla, 17:53; 16. Bruce Antone, Riv, 18:05; 17. John Taylor, Ltn, 18:05; 18. Daniel Davis, Riv, 18:12; 19. Justin Gulledd, Elg, 18:17; 20. Nick Barnett, Ltn, 18:17; 21. Jordan Slater, OCS, 18:31; 22. Roland Nez, Riv, 18:38; 23. Doug Vrooman, HH, 18:35; 24. Roland Nez, Riv, 18:38; 25. Brian Smith, Cas, 18:40; 26. Keith Ashley, Ltn, 19:00; 27. Zack Smith, Elg, 19:09; 28. Timmy Stakem, Cas, 19:09; 29. Sean Jackson, Ltn, 19:16; 30. Eric Dominguez, Elg, 19:17.

### 2A-3A Girls

**TEAM SCORING:** 1. Plainview 27; 2. Casady 71; 3. Elgin 91; 4. Oklahoma Christian School 128; NS--Tuttle, Lindsay, Heritage Hall, Davis.

**INDIVIDUALS:** 1. Sarah Harvey, Pla, 10:54; 2. Kelleigh Sanders, Elg, 11:15; 3. Emily McCulloh, Pla, 11:43; 4. Amanda London, Cas, 11:43; 5. Dini Pineda, HH, 12:13; 6. Amy Norton, Pla, 12:18; 7. Ebony Shirley, Dav, 12:19; 8. Mandy Orr, Pla, 12:25; 9. Amie Denison, Pla, 12:42; 10. Jennifer Dodson, Ltn, 12:43; 11. Lucy London, Cas, 12:45; 12. Tiffany Hurst, Elg, 12:49; 13. Dorothy Farris, Cas, 12:57; 14. Mindy Burkes, OCS, 13:02; 15. Halee Lackey, Pla, 13:03; 16. Kristie Chaney, Pla, 13:06; 17. Stefanie Burton, Tut, 13:10; 18. Tosha Henning, Tut, 13:13; 19. Sara Perdue, OCS, 13:17; 20. Heather Denman, Elg, 13:32; 21. Burke Duncan, Cas, 13:44; 22. Urvi Parekh, Cas, 13:46; 23. Leslie Baker, Cas, 13:52; 24. Justice Autry, Ltn, 13:58; 25. Charlotte Brennan, Elg, 13:58; 26. Allison Tomlinson, Tut, 14:00; 27. Adele London, Cas, 14:01; 28. Megan Merritt, Tut, 14:36; 29. Kira Richardson, Ltn, 14:37; 30. Rebecca McNeily, OCS, 14:39.

# The Athlete's Kitchen

## 40-30-30 OR 60-15-25?

"Nutrition facts have a shelf-life of about three years" once said the venerable Dr. George Sheehan. This seems to be the year for shaking the shelves and challenging traditional sports nutrition advice about carbohydrates in the sports diets. The result is that nutrition confusion abounds among many of today's athletes.

Today's messages that bombard you via ads in many sports magazines tell you to eat fewer carbs, more protein, and more fat. And don't forget the chromium pills if you want to burn fat, so "they" say (FALSE). The makers of some sports nutrition products recommend a 40-30-30 diet (that is, 40% of calories from carbohydrates, 30% from protein, and 30% from fat). This differs from the traditional 60-15-25 sports diet. The ads include lengthy biochemical explanations about why you should switch to their products and diet program. But the garbled advice may leave you wondering if their new plan is better than what respected sports scientists have preached for years.

To our misfortune, the traditional sports diet has evolved into 3 over-simplified (and partially inaccurate) tips:

1. To fuel your muscles, eat abundant carbohydrates—at least 60-70 percent of your calories should come from cereal for breakfast, wholesome breads and fruits with lunch, piles of pasta and veggies for dinner. And as "they" say, don't worry about protein (FALSE), because most Americans eat two to three times what they need.

2. To protect your heart-health as well as reduce body fat, "they" say to avoid all foods with fats (FALSE), and try to eat no more than 20 grams of fat per day (about 10% of your calories from fat).

3. Exercise to lose weight; the longer the better (FALSE) to rid yourself of fat thighs and spare tires, so "they" say. Athletes who abide the inaccurate interpretations tend to perform suboptimally and then become attracted to the convincing testimonials in the 40-30-30 ads. But can past research and science be all so wrong? Doubtful!

If you are among the many athletes wondering about the best balance of carbs, protein, and fat to eat for optimal health and performance, here is my advice. Hopefully, it will clarify your confusion. My opinions are based on the following basic assumption: *Athletic people who are health-conscious often take nutrition information to the extreme. They think: If some carbohydrates are good, then more must be better. If too much protein is bad, a no protein diet must be better. If some fat is bad, a no fat diet is better.* These athletes often undervalue the importance of protein and fat in their sports diet.

Among the athletes I counsel at SportsMedicine Brookline, I commonly confront this black & white style of thinking that ranks foods as being either good or bad, right or wrong. This style has gotten many sports-active people into nutritional problems. The following case studies exemplify some of these nutritional problems and offer practical solutions that may be better for you than the slick (and expensive) new sports nutrition products.

\*Jim, a cyclist, complained "I lack energy. For the past three years, I've eaten a high-carbohydrate, low-fat diet. Recently my times have gotten slower and I'm taking longer to recover. I bought some of the sports bars that promote a 40% carb-30% protein-30% fat diet, and I feel much better. Are the bars and diet magical?" Although Jim thinks he feels better because of magic ingredients in the \$2.50 sports bars, that's doubtful. He more likely feels better because he has added some protein to his deficient bagel-and-pasta diet. Even a high carb sports diet should include adequate protein to build and repair muscles and aid with recovery. Jim needs the protein equivalent of 2 cups of milk or yogurt per day, plus a small serving of protein at lunch and dinner. Plus he needs some fat to balance the carbohydrates. Fat takes longer to digest and provides sustained energy to fuel him through a long bike ride. Jim's performance had deteriorated because of too many carbs and too little protein and fat.

\*Anna, a runner, complained about her inability to lose weight. "Life is unfair. I've added on two hours of exercise every day. I don't eat any fat, and I haven't lost fat. In fact, I've gained weight. I've even taken chromium pills but they don't help." Anna had forgotten that *calories count*—even calories from fat-free carbs. Because a low-fat diet tends to lack satiety (that is, the pleasant feeling of fullness that accompanies a fat-containing food), Anna felt incessantly hungry. She'd eat not only one bagel but then another and another, then graze on some pretzels, apples, and other fat-free foods. She never created the calorie deficit that is required to lose weight.

Low-fat diets "work" only if you eat fewer calories than you burn off; no amount of chromium will alter that. Too much exercise can leave you too hungry and tired to have the energy you need to eat less. Anna finally lost weight when she added some fat and reduced her exercise. "Initially I didn't believe your advice, Nancy, but it worked!"

*The bottom line:* When it comes to choosing a proper sports diet, remember that 25 to 30% of your calories can appropriately come from fat (that's a little fat at each meal). A fat-free diet commonly limits dietary protein (because fat and protein tend to come together, such as in cheese, hamburger, peanut butter, and even chicken). The ultimate sports diet needs to include the right balance of foods, as suggested by the Food Pyramid: the foundation of every meal should be carbohydrates, accompanied by generous amounts of fruits and vegetables, plus adequate protein from some low-fat dairy and protein-rich foods. No special sports bars nor confusing food plans are needed to achieve the athletic success attainable with a tried-and-true, traditional diet program.

Nancy Clark, MS, RD, provides private nutrition consultations at her SportsMedicine Brookline office. Her popular books offer additional advice: *Nancy Clark's Sports Nutrition Guidebook* (\$18) and her nutrition guide for endurance athletes *The New York City Marathon Cookbook* (\$23). Send a check to Sports Nutrition Materials, 830 Boylston Street #205, Brookline MA 02167.

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