

# Oklahoma TRACK & FIELD NEWS

Devoted to Track & Field and Cross Country

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CLASS A GIRLS STATE MEET--The Velma-Alma girls took their third straight state championship led by (left to right) Cindy Fuller fourth), Amber Thacker (first), and Rae Ann McCurry (seventh). Photo by Roger Taylor

## 1997 Cross Country State Championships

By John Hoke  
Editor

TULSA--The weather was again almost perfect and a slightly streamlined course made for some fantastic times November 1<sup>st</sup> on the Oral Roberts University campus as the 1997 Oklahoma Secondary Schools Activities Association's 1997 Cross Country State Championships hosted over 1,000 runners competing in five classes.

As has become the norm in the past few years, there were no big surprises in the team races as nine of ten top-ranked teams took home the championship trophy. Only in 3A girls did perennial favorite Marlow stumble as opportunistic Little Axe took the title from the Outlaws, 56-78.

In the individual races 5A Westmoore sophomore Summer Suchy edged 4A McGuinness freshman Amanda Jordan by four seconds, 11:43-11:47, to claim the fastest girls time of the day while two-time champion 4A McGuinness junior Kevin Connolly had the boys top time of 15:54 to 5A Jenks Clay Cosby's 16:10.

McGuinness finally captured their "triple double" equaling the same feat by Jenks in '88, '89, and '90. The Irish will be expected to make it four next year, losing only one senior out of their top five from both the boys and girls squads.

The Irish became the winningest girls team in the state, claiming their ninth championship to Edmond Memorial's eight, and tying Union's record of six straight girls titles. Jenks has seven titles and Marlow five to round out the top five girls teams of the last twenty years.

Moore took their first state boys title since 1978 but Edmond Memorial and Jenks are still tied with nine titles apiece, the most since 1964.



Summer Suchy  
Westmoore

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Indoor Results  
Track Season Preview

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# On Track

By John Hoke, Editor

Over a thousand runners in five classes competed in the 1997 State Cross Country Championships Nov. 1 in Tulsa on the Oral Roberts University course. I know I've said it a dozen times before, but this is a really GREAT experience for our athletes and I'm glad the O.S.S.A.A. added two more teams to the field this year to bring this event to even more runners.

An unfortunate blemish on the race was the trash-talking and bumping by Clay Cosby in winning the 5A boys race. In spite of the fact that numerous coaches and spectators witnessed the incidents during the race, no official would admit to seeing the offending behavior and so nothing was done on the official protest. This situation needs to be a wake-up call for the coaches and officials in both cross country and track. The blatant trash-talk that occurs in college and pro sports is going to be imitated by high school athletes and we need to be quick to make sure that it is not tolerated in any form in running events. Cosby is an extremely talented young runner and has no need to resort to the kind of tactics he used at the state meet. I hope that he recognizes it as a mistake and will not do it again.

The two mile or 5km controversy seems to have developed a life of its own! We're running two more commentaries on the subject in this issue and unofficial gossip has it that a Title IX-type court challenge may be in the works.

Speaking of Title IX-- the monumentally significant legislation passed in 1972 mandating equal opportunity regardless of sex--huge gains have been made in bringing the benefits of athletics to girls (and I have two). But unfortunately, the radical fringe of the women's rights groups have twisted the intention of the law and are merrily smashing their way to equality by killing men's sports rather than adding women's sports. This is not a problem--yet--in high school but at the collegiate level men's Olympic sports--and track is one of them--are in imminent danger of becoming extinct. With no female counterpart, wrestling has been severely impacted and men's gymnastics is one the verge of being dropped by the NCAA. This is a terribly complex issue and I don't mean to try to solve the whole situation here, but I would like to see a little more common sense applied by the policy makers in Washington.

For those of you that have been subscribers for a few of the past six years I'm sure you've noticed that *Oklahoma Track & Field News* just keeps on getting bigger and bigger. It may be a case of my eyes being bigger than my stomach--as my mom told me more than once--but there just seems to be more and more stuff I'd like to see in the *OT&FN*. The long and the short of it is that I really need some help and I'm looking for a paid assistant editor. If there is anyone out there that might be interested, or knows someone that would, please give me a call at 405-521-8750.

This will be the last issue until the end of February when we will wrap up the indoor track season and begin our preview of the upcoming outdoor season. We will be sending out TEAM REPORTS early in January--coaches, please take the time to fill these out and return promptly and if you are not a member of the Oklahoma Track Coaches Association, it is not too late to join--see Coaches Corner in this issue for all the information.

See you at a track meet!

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# 1997 State Meet Review

Continued from page 1

## 5A Girls

Top-ranked Sapulpa held off a strong challenge by defending champion Westmoore, taking their first-ever state title by 13 points, 66-79, and claiming the top spot in the final Power Poll in the process. The Jaguars had a faster average team time (12:24-12:27), thanks to Suchy's 11:43, but in a pointed-out combination of all classes, coach Mike Adair's Chieftains would have won on points, 106-127. Mustang put together a good team effort to bump regional champion Moore to fourth, 96-109, while 5A newcomer Hale put three runners in the top ten and still finished fifth with 121 points.

In the individual race, Suchy was never seriously challenged for the lead and it was obvious she was out for the days' top time as she maintained a ten-second gap over runnerup Amy Bratton of Hale. Sister Brandy Bratton was five seconds back in third followed by Norman North's Carolyn Remy and Sapulpa's Adrienne McVey.

## 5A Boys

Moore had the top ranking going into the race but it was expected to be a much tighter finish with the Lion's Jimmy Martinez still ailing from a mid-season injury and somewhat of a question mark. When the dust settled, Moore had 56 points to Jenks 90, with Edmond Memorial at 100. Coach Clay Southard's Lions were picked for the top ranking on the basis of being the only team with two runners in the top ten and that is exactly how they finished, adding two more in the second ten. Midwest City got a strong performance from second-place Eric Delgado to finish fourth with Bartlesville hanging in for fifth.

The individual race was marred by a formal protest of Cosby's trash-talking and bumping of Sapulpa's Ben Lake but since no official saw the incidents, the protest was denied. Delgado hung close for the runnerup spot and while Moore's Martinez was

third, Enid's Alynn Collins fourth and Union's Jeremy Case fifth.

Cosby lost to Lake early in the season as well as to Martinez but had taken over the No. 1 ranking with multiple wins over Lake and the injury to Martinez. He led start to finish, even



CLASS 3A BOYS STATE MEET--Bristow's Albert Kelly (left) led from the gun en route to winning the individual championship.



Clay Cosby  
Jenks



Amanda Jordan  
McGuinness

apparently slowing down at one point to allow Lake to catch up early in the race.

## 4A Girls

McGuinness, a shaky regional winner over Carl Albert, dug deep into their bag of tradition and pulled together to capture their sixth straight state championship, tying the record held by Union ('76-'81). Coach David Morton's Irish, led by their undefeated freshman, Jordan, put three in the top ten and held off the expected challenge from the Titans, 42-55. The challenge from Pryor and Grove didn't materialize as they finished a distant third and fourth at 123 and 130 points respectively with Kelley fifth at 137 points.

In the individual race Jordan took off from the gun as she has done all season and was virtually unchallenged. Carl Albert's Beth Barbiers was second with Duncan's Camille Herron third followed by McGuinness' Maggie Kelly and Pryor's Heather Anderson.

## 4A Boys

Last year McGuinness put a record-tying six

the top ten and scored a meet-low 23 points. This year they could only manage four, but still scored only 23 points to runnerup Guthrie's 100. The Irish now have won five of the last six championships, which, along with the girls wins, gives Morton eleven state championships in six years and fourteen total, equaling former Jenks coach John McGinnis' fourteen titles.

McGuinness' average team time of 16:50 topped Moore's 16:52.6 and gave the Irish the top spot in the final Power Ranking. Jenks was a distant third at 17:09.2 with Edmond Memorial fourth at 17:15.6 and Midwest City fifth at 17:18.2.

Defending champion, McGuinness junior Kevin Connolly, set out to run the meet's fastest time and he did just that, topping his own teammates, Brett Lowry and Patrick Eberle by almost a minute en route to a 15:54 clocking. Western Heights Phillip Semien was fourth followed by Guthrie's Robert Darbe.



Kevin Connolly  
McGuinness

Continued on next page



# 1997 State Meet Review

Continued from previous page



Carrie McFall  
Cascia Hall



Albert Kelly  
Bristow

## 3A Girls

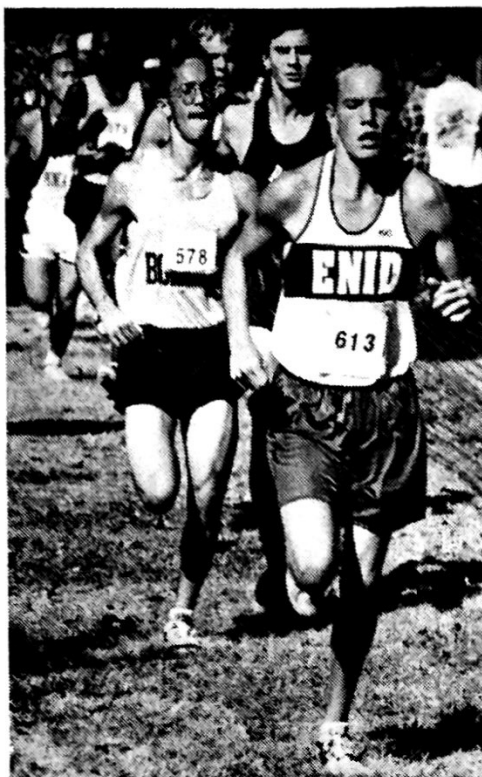
Perennial power and defending champion Marlow had been served notice by Little Axe at the pre-state meet that they had better watch out and sure enough coach Barry Klein's Indians knocked off the Outlaws and took the title 56 to 78. Elk City edged Cascia Hall by one point for third, 119-120, with Mannford fourth at 154.

Cascia Hall took the top two individual spots as top-ranked Carrie McFall led teammate Sara Jurek to the finish line followed by Elk City's Amy Kilhoffer and teammate Ashlee Maberry with Guymon's Jamie Lucero in fifth.

## 3A Boys

Defending champion Elk City held the top ranking from the beginning of the season and never really suffered a serious challenge from anyone in their class. Coach Mark Heard's Elks scored only 37 points to runnerup Anadarko's 67, with Marlow taking the third place medals at 79, Little Axe fourth at 90 and Mannford fifth at 101. The Elks edged Class A Hydro for ninth in the final Power Poll, marking their first appearance in the final overall ranking.

Individually, 1996 runnerup, Bristow senior Albert Kelly, was not about to let it come down to a finish line sprint like he did last year. Kelly led from the start and finished at 16:57 to easily take the title over Mannford's Jason Lee at 17:14 with



CLASS 5A STATE MEET--(left photo) Alyn Collins (fourth) leads the boys followed by Midwest City's Eric Delgado (second) while (right photo) Hale's Amy Bratton leads sister Brandy en route to a 2-3 finish.



Tasha Lance  
Victory Christian

Anadarko's Dustin Moore third at 17:27, Elk City's Utah Robinson fourth in the same time and teammate Richard Schneberger fifth at 17:29. Kelly, who did double-duty all season, playing on the Bristow football team, didn't even take off the night before the state meet.

## 2A Girls

Defending champion Lexington blew away the competition again, capturing their third title in four years with a 51-point margin over runnerup Warner and earning a No. 8 ranking in the final Power Poll. Coach David Whaley's Bulldogs put four runners in the top ten. Plainview was third at 95 followed distantly by Madill at 163 and

Chisholm at 168.

In the individual race, defending champion Tasha Lance of Victory Christian reversed her regional loss to Warner's Miley Turnbull and captured her second state title with a 12:06 to 12:12 margin. Lexington's Amanda Wedel was



David Lampkin  
Dickson

third at 12:42 with teammate Audrey Lewis fourth at 12:47 and Madill's B.J. Kiser fifth in 12:52.

## 2A Boys

Defending champion Dickson held the top ranking all season and Coach Ron Love's Comets didn't disappoint their fans as their 1994 champion David Lampkin led them to a repeat title over Prague, 49-73. Chisholm was a close third at 85 with Lexington a distant fourth at 138 and Elgin fifth at 144.

Lampkin regained the title he won as a freshman with a 16:45 clocking to Prague's Daniel Stone at 16:52 and brother James at 17:00. Prague's Robert Smith was a close fourth at 17:01 and Caney Valley's

Joey McNair was fifth in the same time.



## 1997 State Meet



*Amber Thacker  
Velma-Alma*

### A Girls

Defending champion Velma-Alma notched the most lop-sided girls win of the meet with a 59-point margin over runnerup Wakita, 29-88, with Canton a very close third at 89. Hydro finished fourth with 129 and Deer Creek-Lamont was fifth at 149. Coach Jerry Loveall's Comets put three runners in the top ten.

Velma-Alma's Amber Thacker ran down a determined Sonya Peterson of Healdton for the individual win, 12:54-12:58 with Hydro's Crystal Sweeney in third. Velma-Alma's Cindy Fuller in fifth and Laverne's Tonya Bentley in fifth. Two-time champion, Velma-Alma junior Rae Ann McCurry faded to seventh.

### A Boys

Hydro has been the team to beat all season and coach Alan Hibler's defending champions weren't to be denied again this year, putting three runners in the top four. The battle for second was tight with Riverside edging Tahlequah Sequoyah 65-68 for the silver medals and Velma-Alma notching third at 84.

Defending individual champion, Herbie Pebeashy of Hydro ran away with the race from the gun, winning by 45 seconds over Riverside's Daniel Davis. Third and fourth went to Hydro's Chris Tookalo and Jonathan Bolden and Velma-Alma's former champion Mylo Miller was fifth.



*Herbie Pebeashy  
Hydro*

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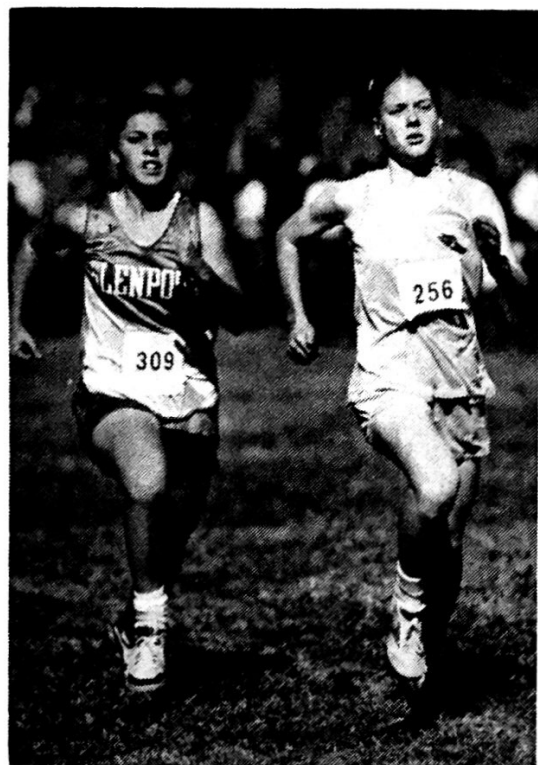
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# 1997 Cross Country State Meet Results

## 5A Girls

**TEAM SCORING:** 1. Sapulpa 66; 2. Westmoore 79; 3. Mustang 96; 4. Moore 109; 5. Hale 121; 6. Santa Fe 189; 7. Edmond North 196; 8. Stillwater 234; 9. Owasso 243; 10. Jenks 254; 11. Bartlesville 257; 12. Edmond Memorial 279; 13. Norman North 288; 14. Broken Arrow 354; NS--Midwest City; Eisenhower, Yukon.

**INDIVIDUALS:** 1. Summer Suchy, Wm, 11:43; 2. Amy Bratton, Hale, 11:53; 3. Brandy Bratton, Hale, 11:58; 4. Carolyn Remy, NorN, 12:05; 5. Adrienne McVey, Sap, 12:08; 6. Wendy Scott, Must, 12:10; 7. Michelle Ahlgren, Sap, 12:16; 8. Geanell Zeno, Hale, 12:16; 9. Karli Haynes, Moore, 12:17; 10. Lindsey Hughes, Wm, 12:17; 11. Jessica Thompson, Must, 12:21; 12. Mary Hill, Sap, 12:23; 13. Mindy Scott, Must, 12:24; 14. Rachael Clinton, EdN, 12:25; 15. Allison Franklin, Wm, 12:25; 16. Christine Novara, Ow, 12:25; 17. Kristi Turner, Wm, 12:32; 18. Heather Barnes, Sap, 12:40; 19. Kari Hart, Must, 12:41; 20. Atalie Barber, Jenks, 12:42; 21. Nicole Henry, Moore, 12:44; 22. Marthia Robinson, MWC, 12:46; 23. Heather Miles, Moore, 12:46; 24. Kendra Maple, Bart, 12:47; 25. Renee Ahlgren, Sap, 12:48; 26. Christie Domina, SF, 12:49; 27. Julie Valenzuela, Moore, 12:50; 28. Jennifer Ward, SF, 12:51; 29. Laura Beam, EdM, 12:53; 30.



*CLASS 3A GIRLS STATE MEET--Berryhill's Jai Scott (right) leads Glenpool's Misty Marshall near the finish with Marshall finishing ninth and Scott tenth.*

Daniella Calderone, SF, 12:54; 31. Adrienne Alvarez, Ike, 12:54; 32. Keli O'Rourke, Jenks, 12:55; 33. Sharalee Sparks, Moore, 12:45; 34. Julie Cardenas, Moore, 12:56; 35. Melissa Webb, Bart, 13:02; 36. Suzanne Stroup, Moore, 13:02; 37. Jennifer Ahlgren, Sap, 13:03; 38. Valerie Gutierrez, Wm, 13:03; 39. Leah Carr, Yuk, 13:07; 40. Charlene Woodson, SF, 13:10.

## 5A Boys

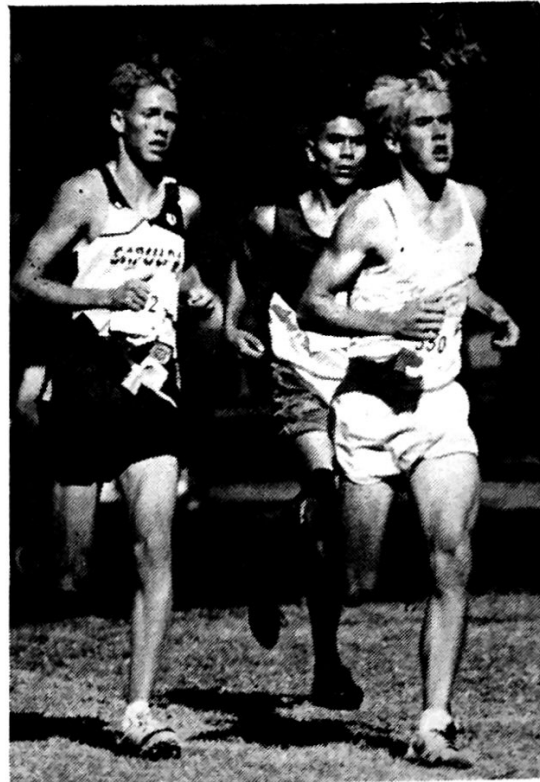
**TEAM SCORING:** 1. Moore 56; 2. Jenks 90; 3. Edmond Memorial 100; 4. Midwest City 112; 5. Bartlesville 125; 6. Norman North 144; 7. Mustang 149; 8. Sapulpa 189; 9. Enid 232; 10. Broken Arrow 234; 11. Santa Fe 278; 12. Owasso 281; 13. Westmoore; 305; 14. Stillwater 313; NS--Union, Ponca City, Edmond North, Yukon, Charles Page, Putnam City North, Norman.

**INDIVIDUALS:** 1. Clay Cosby, Jenks, 16:10; 2. Eric Delgado, MWC, 16:16; 3. Jimmy Martinez, Moore, 16:21; 4. Alyn Collins, En, 16:27; 5. Jeremy Case, Un, 16:30; 6. Paul Paschal, PonC, 16:34; 7. Chris McWatters, Moore, 16:37; 8. Aaron Peterman, EdM, 16:38; 9. Ryan Starr, Bart, 16:40; 10. Ben Lake, Sap, 16:40; 11. Roman Escalera, Moore, 16:47; 12. Pete Laughlin, Jenks, 16:49; 13. Sean Leigh, EdN, 16:52; 14. Desean Lusk, MWC, 16:54; 15. Josh Burkhart, EdM, 16:57; 16. Brad Mixon, Must, 17:04; 17. Sean Walker, Moore, 17:07; 18. Brandon Kissack, Bart, 17:09; 19. Fareed Riazuddin, SF, 17:11; 20. Bryan Buster, Yuk, 17:11; 21. Jeff Crawford, Must, 17:13; 22. John Kosciński, NorN, 17:14; 23. Bryan Mixon, Must, 17:17; 24. Jeremy McKinney, Bart, 17:17; 25. Robby Breisch, CP, 17:19; 26. Brady Schmiedeberg, EdM, 17:19; 27. Patrick Tanner, NorN, 17:27; 28. Brian Wyant, EdM, 17:28; 29. Cory Youngs, PCN, 17:28; 30. Forrest Walker, Jenks, 17:30; 31. Gave Marshall, Moore, 17:31; 32. David Hale, Jenks, 17:36; 33. Matt Lammert, Nor, 17:40; 34. Chris Wright, BA, 17:40; 35. Mike Mitchell, MWC, 17:41; 36. Barrett Hall, Jenks, 17:41; 38. Kyle Massie, MWC, 17:43; 39. Will Franklin, NorN, 17:45; 40. J.R. Lake, Sap, 17:45.

## 4A Girls

**TEAM SCORING:** 1. McGuinness 42; 2. Carl Albert 55; 3. Pryor 123; 4. Grove 130; 5. Kelley 137; 6. Noble 161; 7. Weatherford 175; 8. Guthrie 220; 9. McAlester 223; 10. Edison 238; 11. Western Heights 262; 12. Durant 302; 13. Shawnee 315; 14. Claremore 358; NS--Duncan, Ardmore, Catoosa.

**INDIVIDUALS:** 1. Amanda Jordan, McG, 11:47; 2. Beth Barbiers, CA, 12:10; 3. Camille Herron, Dun, 12:23; 4. Maggie Kelly, McG, 12:33; 5. Heather Anderson, Pry, 12:42; 6. Abby Nutter, Pry, 12:45; 7. Carly McCulley, Grove, 12:47; 8. Sara Mata, CA, 12:54; 9. Abby Robertson, Grove, 12:57; 10. Kelly Long, McG, 12:58; 11. Tracy



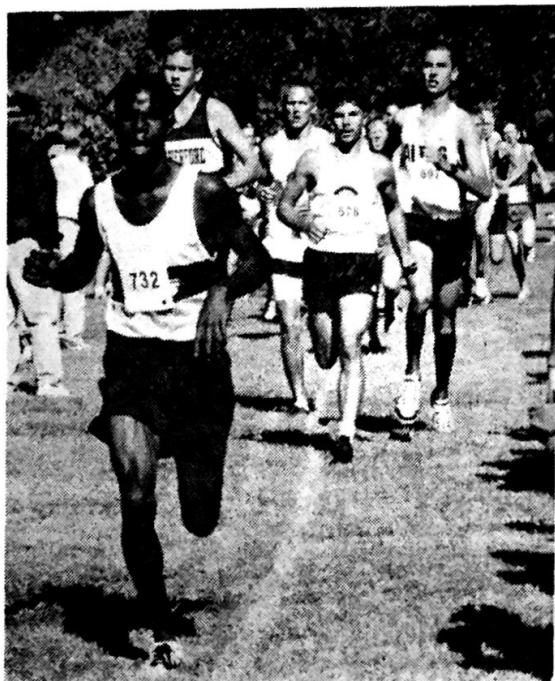
*CLASS 5A BOYS STATE MEET--(from left) Sapulpa's Ben Lake, Moore's Jimmy Martinez and winner Clay Cosby of Jenks.*

Kmetz, Kel, 13:03; 12. Tia Holman, Ard, 13:04; 13. Jaimi Clark, Nob, 13:08; 14. Lori Weaver, Nob, 13:09; 15. Tressy Ross, Ca, 13:10; 16. Brooke Boothe, McG, 13:12; 18. Sarah Kincannon, CA, 13:17; 19. Edith Kalkbrenner, CA, 13:20; 20. Kara Nutter, Pry, 13:22; 21. Lindsay Peterson, McG, 13:24; 23. Carmen Zamora, Wea, 13:31; 24. Morgan Brown, Wea, 13:33; 25. Amanda Bailey, Dun, 13:34; 26. Shavon Young, Guth, 13:36; 27. Tamra Broome, Nob, 13:36; 28. Joanna Fedick, Cat, 13:36; 29. Melissa Corlett, Pry, 13:39; 30. Maureen Martin, McG, 13:41; 31. Angie Kmetz, Kel, 13:45; 32. Michelle Fields, Grove, 13:47; 33. Katie Wagner, Kel, 13:48; 34. Angie Grammar, Wea, 13:51; 35. Heidi Martinson, Ed, 13:52; 36. Amber Willis, Dur, 13:53; 37. Andi Smith, Ed, 13:54; 38. Esther Shaw, WH, 13:55; 39. Lindsay Funk, Kel, 13:58; 40. Sarah Kessler, Kel, 13:59.

## 4A Boys

**TEAM SCORING:** 1. McGuinness 23; 2. Guthrie 100; 3. Duncan 119; 4. Weatherford 127; 5. Edison 155; 6. Noble 170; 7. Western Heights 185; 8. Shawnee 224; 9. Kelley 252; 10. Carl Albert 260; 11. Claremore 265; 12. Altus 267; 13. Catoosa 337; 14. Pryor 367; NS--Sallisaw, Ft. Gibson, Webster, B.T. Washington, Harrah.

**INDIVIDUALS:** 1. Kevin Connolly, McG, 15:54; 2. Brett Lowry, McG, 16:44; 3. Patrick Eberle, McG, 16:53; 4. Phillip Semien, WH, 17:04; 5. Robert Darbe, Guth, 17:10; 6. George Wright, Shaw, 17:10; 7. John Hamilton, McG, 17:12; 8. Mike Mayer, Guth, 17:13; 9. Ryan Adams, Kel, 17:13; 10. Pascale Pauller, Sal, 17:25; 11. Jonathan Pitman, McG, 17:27; 12. Jerry Gallaher, Dun, 17:35; 13. Kenny Allen, Dun, 17:38; 14. Scott Caldwell, FG, 17:38; 15.



*CLASS 4A BOYS STATE MEET--Western Height's Phil Semien leads the chase pack near the mile mark.*

Jason Sowell, Web, 17:40; 16. Zac Bishop, McG, 17:46; 17. Matt Donley, Wea, 17:50; 18. Nik Labus, Guth, 17:51; 19. Mike Donnelly, McG, 17:53; 20. Jon Allen, BTW, 17:54; 21. Steve Blaylock, Dun, 17:55; 22. Jack Tracy, Nob, 17:57; 23. Nathan Mata, CA, 17:58; 24. Rocky James, Ed, 18:03; 25. Aaron Murray, Cat, 18:07; 26. Cody Weaver, Nob, 18:11; 27. Josh Williams, Wea, 18:13; 28. David Pennington, Ed, 18:14; 29. Shane Pratt, WHI, 18:16; 30. Levi Lainhart, Shaw, 18:17; 31. Scott Selman, Kel, 18:22; 32. Sterling Pratt, Guth, 18:23; 33. Josh Lancaster, Har, 18:26; 34. Jeremy Trout, Wea, 18:27; 35. Blake Farris, Wea, 18:29; 37. Jeremy Wendte, Dun, 18:33; 38. Chris Johnson, Nob, 18:34; 39. Trevor Gilum, Dur, 18:35; 40. Kevin Howarth, Ed, 18:36.

### 3A Girls

**TEAM SCORING:** 1. Little Axe 56; 2. Marlow 78; 3. Elk City 119; 4. Cascia Hall 120; 5. Mannford 154; 6. Edmond Deer Creek 168; 7. Jay 180; 8. Guymon 217; 9. Sulphur 262; 10. Glenpool 266; 11. Berryhill 284; 12. Purcell 286; 13. Bristow 305; 14. Tuttle 362; 15. Anadarko 391; NS--Blackwell.

**INDIVIDUALS:** 1. Carrie McFall, CH, 12:26; 2. Sara Jurek, CH, 12:33; 3. Amy Kilhoffer, ElkC, 12:35; 4. Ashlee Maberry, ElkC, 12:40; 5. Jamie Lucero, Guy, 12:44; 6. Susan Morford, LA, 12:50; 7. Leah McCauley, Mar, 12:56; 8. Hillary Cochran, LA, 12:58; 9. Misty Marshall, Glenp, 13:05; 10. Jai Scott, Ber, 13:05; 11. Jennie Shireman, ElkC, 13:11; 12. Michell Parkins, LA, 13:12; 13. Brandi McNair, Mar, 13:26; 14. Cindy Looper, Blackwell, 13:36; 15. Kathy Russell, LA, 13:39; 16. Maria Sanchez, Mar, 13:40; 17. Jessica Upton, LA, 13:45; 18. Amanda Lowry, EDC, 13:52; 19. Amy Shelby, Sul, 13:56; 20. Margo Wahpekeche, LA, 13:57; 21. Tina Tiner, Mannf, 13:59; 22. Amber Staats, Mar, 14:01; 23. Melissa Hinds, Mar, 14:01; 24. Krystie

Panther, Jay, 14:02; 25. Necia Chronister, LA, 14:08; 26. Amber Vanderslice, Mar, 14:10; 27. Kristina Babel, Jay, 14:11; 28. Lacey Mussman, Guy, 14:11; 29. Jessica Guthrie, EDC, 14:12; 30. Kristin Rogers, Mannf, 14:14; 31. Nichole Rader, Mannf, 14:15; 32. Jessica Franck, EDC, 14:16; 33. Gwen Oliver, Mannf, 14:24; 34. Tracie Six, Jay, 14:24; 35. Amanda Benson, EDC, 14:25; 36. Molly Priest, Guy, 14:25; 37. Caroline Lovely, CH, 14:27; 38. Kendra Kelly, Bris, 14:31; 39. Shannon Murray, Bris, 14:31; 40. Melissa Johnson, Glenp, 14:33.

### 3A Boys

**TEAM SCORING:** 1. Elk City 37; 2. Anadarko 67; 3. Marlow 79; 4. Little Axe 90; 5. Mannford 101; 6. Guymon 178; 7. Purcell 209; 8. Edmond Deer Creek 21- 9. Jay 223; 10. Byng 280; NS--Bristow, Pawhuska, Cascia Hall.

**INDIVIDUALS:** 1. Albert Kelly, Bris, 16:57; 2. Jason Lee, Mannf, 17:14; 3. Dustin Moore, Ana, 17:27; 4. Utah Robinson, ElkC, 17:27; 5. Richard Schneberger, ElkC, 17:29; 6. Mike Willis, Mar, 17:31; 7. Travis Johnson, ElkC, 17:31; 8. Brant Littrell, Guy, 17:32; 9. David Gouge, Ana, 17:32; 10. Kevin Minson, Mar, 17:33; 11. Justin McKinney, Mannf, 17:41; 12. Kurt Knop, ElkC, 17:55; 13. Luke Ennis, LA, 17:58; 14. Chris McHone, ElkC, 18:01; 15. Chris McClure, LA, 18:06; 16. Haneef Abdul-Raheem, LA, 18:09; 17. Ricky Mears, Ana, 18:11; 18. Robert Pecina, Ana, 18:12; 19. Scott Martin, Mar, 18:17; 20. Ron Bullcoming, LA, 18:19; 21. Chris Poole, ElkC, 18:25; 22. Brad Hamilton, Mannf, 18:36; 23. Sean Holveck, EDC, 18:42; 24. Jon Davis, mar, 18:45; 25. Rubin Smith, Mar, 18:52; 26. Theodore Round-

face, Ana, 19:00; 27. Will Warren, Pur, 19:10; 28. M.J. Reynolds, Mar, 19:12; 29. Cody McDonald, ElkC, 19:12; 30. Ricky Goombi, Ana, 19:20; 31. Jason Caldwell, Pawh, 19:25; 32. Bryan Gibson, LA, 19:29; 33. Kelly Smith, Mannf, 19:32; 34. Andy Zanovich, CH, 19:37; 35. David Kinsey, Mar, 19:40; 36. Zac Miller, Guy, 19:41; 37. Donald Mears, Ana, 19:53; 38. Dee Mullens, LA, 20:04; 39. Jim Goeller, Jay, 20:05; 40. Tyler Larsen, EDC, 20:15.

### 2A Girls

**TEAM SCORING:** 1. Lexington 32; 2. Warner 83; 3. Plainview 95; 4. Madill 163; 5. Chisholm 168; 6. Tishomingo 181; 7. Watonga 211; 8. Lindsay 211; 9. Marietta 218; 10. Alva 228; 11. Jones 234; 12. Elgin 3235; 13. Prague 314; 14. Dickson; NS--Victory Christian, Metro Christian.

**INDIVIDUALS:** 1. Tasha Lance, VC, 12:06; 2. Miley Turnbull, 12:12; 3. Amanda Wedel, Lex, 12:42; 4. Audrey Lewis,

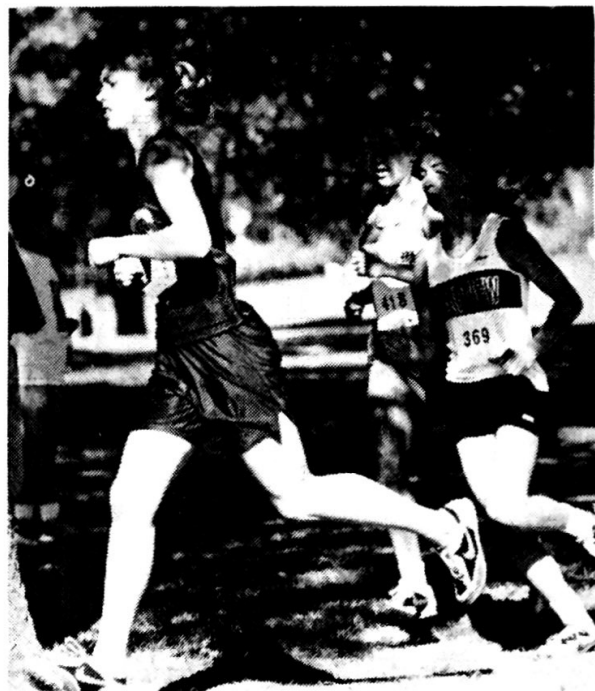
Lex, 12:47; 5. B.J. Kiser, Mad, 12:52; 6. Becky Harvey, Plain, 12:56; 7. Marda Traylor, Lin, 12:57; 8. Angel Bonner, Lex, 12:58; 9. Stephanie Gleese, War, 13:00; 10. Amber Carroll, Lex, 13:03; 11. Vera Waller, Plain, 13:08; 12. Melissa Manuel, Lex, 13:16; 13. Lindsey Hicks, Dic, 13:21; 14. Mary Creel, MC, 13:22; 15. Kari Sawyer, Chis, 13:23; 16. Michelle Cox, Lex, 13:26; 17. Candice Cox, Plain, 13:29; 18. Tonya Heffington, Tish, 13:31; 19. Jennifer Johnson, Jones, 13:36; 20. Morgan McAffer, War, 13:38; 21. Tiffany Fox, war, 13:43; 22. Lindsay Voss, Chis, 13:48; 23. Nickie George, Plain, 13:50; 24. Cassie Crites, Wat, 13:53; 25. Kristi Beckham, Lex, 13:55; 26. Rachelle Riddle, Lin, 13:57; 27. Sonya Frank, Madill, 13:59; 28. Courtney Metscher, Chis, 14:00; 29. Diedra Hinton, Tish, 14:01; 30. Natalie Cavin, Pra, 14:05; 31. Jameen Hudleston, Marietta, 14:10; 32. Kim Kuehn, Wat, 14:14; 33. Leslie Shafer, Alva, 14:17; 34. Lindsey Landrith, Tish, 14:21; 35. Michelle Bouziden, Alva, 14:24; 36. Ashley Ayres, Madill, 14:25; 37. Deana Goll, Alva, 14:26; 38. Katy Jones, Jones, 14:29; 39. Mindy Madewell, War, 14:29; 40. Kaycie Cook, Tish, 14:30.

### 2A Boys

**TEAM SCORING:** 1. Dickson 49; 2. Pra-gue 73; 3. Chisholm 85; 4. Lexington 138; 5. Elgin 144; 6. Lindsay 178; 7. Alva 194; 8. Plainview 227; 9. Heritage Hall 230; 10. Warner 238; 11. Caney Valley 245; 12. Tishomingo 253; 13. Watonga 262; 14. Millwood 363; NS--Victory Christian, Bethany.

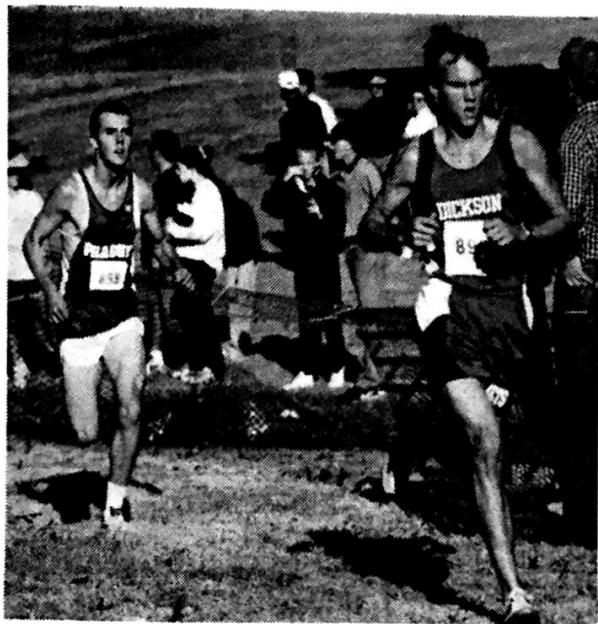
**INDIVIDUALS:** 1. David Lampkin, Dic, 16:45; 2. Daniel Stone, Pra, 16:52; 3. James Lampkin, Dic, 17:00; 4. Robert Smith, Pra, 17:01; 5. Joey McNair, CV, 17:01; 6. Steve Sawyer, Chis, 17:17; 7. Ryan Bickerstaff, Alva, 17:33; 8. Jason DiMauro, VC, 17:35; 9. Derek

Continued on next page



*CLASS 2A GIRLS STATE MEET-- (left to right) Warner's Miley Turnbull, Victory Christian's Tasha Lance and Plainview's Becky Harvey.*





*CLASS 2A BOYS STATE MEET: Dickson's David Lampkin leads Prague's Daniel Stone en route to first place.*

Continued from previous page

Lieser, Chis, 17:39; 10. Kevin Rolen, Lin, 17:47; 11. Freddie Stephens, Elg, 17:53; 12. Bobby Chapman, Pra, 17:59; 13. Jim Bob Coleman, Wat, 18:02; 14. Dustin Dew, Dic, 18:06; 15. Jerry Cook, Dic, 18:14; 16. Artiz Stroud, Elg, 18:18; 17. Chris McCormick, Pra, 18:21; 18. John Campbell, Lex, 18:24; 19. Ryan Love, Dic, 18:29; 20. Michael Lytle, Dic, 18:30; 21. Jerame Dunkin, Chis, 18:36; 22. Cory Watkins, Chis, 18:39; 23. Jonathan Oats, War, 18:42; 24. Daniel Felts, Alva, 18:48; 25. Brandon Winn, Lin, 18:54; 26. Stephen Blackowl, Tish, 18:58; 27. Brandon Embry, Lex, 19:02; 28. Michael Bradsher, Lex, 19:04; 29. Danny Ryan, Tish, 19:06; 30. Cory Lawson, Lex, 19:09; 31. Jared Lieser, Chis, 19:10; 32. Matt Boeckman, Lin, 19:11; 33. Cory Sherfield, Dic, 19:12; 34. Jeremiah Smith, Elg, 19:13; 35. Josh Sawyer, Chis, 19:20; 36. Matthew Morris, Bethany, 19:23; 37. Justin Smith, HH, 19:23; 38. David Goringkeen, Elg, 19:25; 39. Randy Womack, Plain, 19:35; 40. Jordan Garner, War, 19:37.

#### A Girls

**TEAM SCORING:** 1. Velma-Alma 29; 2. Wakita 88; 3. Canton 89; 4. Hydro 129; 5. Deer Creek-Lamont 149; 6. Healdton 154; 7. Beaver 176; 8. Oklahoma Christian 212; 9. Pond Creek-Hunter 227; 10. Canute 257; 11. Freedom 261; 12. Hinton 276; NS--Laverne, Carnegie, Depew, Buffalo, Pioneer-Pleasant Vale, Boise City, Timberlake, Oktaha, Maysville, Stratford.

**INDIVIDUALS:** 1. Amber Thacker, VA, 12:54; 2. Sonya Peterson, Healdton, 12:58; 3. Crystal Sweeney, Hy, 13:08; 4. Cindy Fuller, VA, 13:12; 5. Tonya Bentley, Lav, 13:14; 6. Keshia Sharp, Car, 13:15; 7. Rae Ann McCurry, VA, 13:17; 8. Erin Rapp, Wak, 13:18; 9. Angie Payne, Depew, 13:18; 10. Nikki Wright, Hy, 13:30; 11. Kelly Moore, Can, 13:40; 12. Kristen Barby, Lav, 13:42; 13.

Virginia Snider, Va, 13:43; 14. Jalynne Horn, VA, 13:47; 15. Cassie Prophet, Buf, 13:48; 16. Sarah Thompson, PPV, 13:54; 17. Micah Wyatt, Hy, 13:57; 18. Emily Lanie, Wak, 13:58; 19. Lydia Anderson, Oktaha, 14:07; 20. Rachael Stockwell, DCL, 14:11; 21. Brooke Tebow, DCL, 14:18; 22. Kim Ogles, BC, 14:21; 23. Jordon Garrott, Can, 14:24; 24. Heather Canada, Can, 14:24; 25. Ashley Harrison, Bea, 14:26; 26. Meg Feist, Wak, 14:27; 27. Sarah Turner, Maysville, 14:27; 28. Vanessa Gregory, Tim, 14:31; 29. Leanna Edler, Canute, 14:34; 30. Amanda Stewart, Heald, 14:38; 31. Franki Lambert, Wak, 14:40; 32. Erin Kincannon, BC, 14:41; 33. Melissa Ogles, BC, 14:42; 34. Candace Caldwell, Beaver, 14:43; 35. Rikki Ashby, Can, 14:44; 36. Mindy Burks, OCS, 14:44; 37. Chris Linke, Va, 14:45; 38. Amanda Bushwell, PCH, 14:48; 39. Julie Crelly, Can, 14:53; 40. Krista Raine, Stratford, 14:56.

#### A Boys

**TEAM SCORING:** 1. Hydro 40; 2. Riverside 65; 3. Tahlequah Sequoyah 68; 4. Velma-Alma 84; 5. Oklahoma Christian 110; 6.

Healdton 206; 7. Keyes 213; 8. Wakita 231; 9. Braman 234; 10. Coalgate 251; 11. Freedom 317; NS--Carnegie, Glencoe, Boise City, Stratford, Hinton.

**INDIVIDUALS:** 1. Herbie Pebeashy, Hy, 16:32; 2. Daniel Davis, Riv, 17:17; 3. Chris Tookalo, Hy, 17:26; 4. Jonathan Bolden, Hy, 17:31; 5. Mylo Miller, VA, 17:43; 6. Lance Zunie, TS, 17:46; 7. Greg Ballard, Heald, 17:50; 8. Lucian Bliss, Carn, 17:52; 9. Hector Braveheart, Riv, 17:53; 10. David Walkingstick, TS, 17:59; 11. Chris Sunrhodes, TS, 18:02; 12. Taylor Miles, OCS 18:03; 13. Stephen May, OCS, 18:07; 14. Walt Ginn, Hy, 18:10; 15. Thomas Steur, VA, 18:22; 16. Casey Kirkpatrick, VA, 18:24; 17. Aaron Danford, Riv, 18:26; 18. Jeff Brown, Riv, 18:27; 19. Tim Washington, TS, 18:38; 20. Thomas King, Hy, 18:44; 21. Ed Wright, Glencoe, 18:48; 22. Ben Craycraft, OCS, 18:48; 23. Mike Goosen, Hy, 18:52; 24. Jessie Martinez, BC, 18:52; 25. Jesse Pinto, Riv, 18:53; 26. Jay Dennis, Va, 19:01; 27. Jimmy Sandborn, Braman, 19:02; 28. Jonas Garcia, TS, 19:03; 29. Lloyd Crawford, Riv, 19:08; 30. Cody Wood, Strat, 19:14; 31. Brian Firestone, Va, 19:21; 32. Jerrad Moore, Keyes, 19:23; 33. Max White Eagle, Riv, 19:24; 34. Nathan Twyman, BC, 19:26; 35. Cody Bible, TS, 19:29; 36. Brandon Ryker, Hin, 19:31; 37. Chad Zimmer, Hy, 19:35; 38. Rob Loeber, OCS, 19:38; 39. Jason Littlecook, TS, 19:47; 40. Ray Caldwell, Coalgate, 19:52.

## Cross Country Academic Achievement Awards

The Oklahoma Secondary Schools Activities Association announced the winners of the 1997 Cross Country Academic Achievement Awards at the State Championship awards ceremonies November first at Oral Roberts University in Tulsa.

To be considered for the awards a team had to field a seven-member team at regionals. Plaques were also awarded to teams with grade point averages that put them in the upper ten per cent of all schools in their class with a minimum of 3.5 GPA required.

The Stillwater girls had a perfect 4.0 GPA to top the list, edging three other schools with at least a 3.9 GPA. Timberlake topped the boys with a 3.91.

### Girls

**A:** Beaver, 3.90; Boise City, 3.80; Canton, 3.77; Velma-Alma, 3.75; Hinton, 3.63; Healdton, 3.58; Deer Creek-Lamont, 3.58; Wakita, 3.51; Freedom, 3.35.

**2A:** Warner, 3.92; Lindsay, 3.82; Elgin, 3.75; Tishomingo, 3.72; Chisholm, 3.72; Plainview, 3.61; Marieta, 3.47; Watonga, 3.40.

**3A:** Deer Creek-Edmond, 3.81; Bristow, 3.69; Purcell, 3.50; Glenpool, 3.40; Marlow, 3.31; Tuttle, 3.29; Little Axe, 3.26.

**4A:** Western Heights, 3.93; Durant, 3.90; Weatherford, 3.69; Bishop Kelley, 3.62; Bishop McGuinness, 3.55; Noble, 3.51; Pryor, 3.48; Carl Albert, 3.46; Duncan, 3.43; Catoosa, 3.26; Grove, 3.26.

**5A:** Stillwater, 4.0; Bartlesville, 3.92; Jenks, 3.81; Ponca City, 3.78; Norman North, 3.76; Edmond North, 3.67; Broken Arrow, 3.67; Moore, 3.63; Edmond Memorial, 3.61; Edmond Santa Fe, 3.55; Nathan Hale, 3.52; Putnam City North, 3.48; Sapulpa, 3.48; Yukon, 3.47; Mustang, 3.47.

### Boys

**A:** Timberlake, 3.91; Velma-Alma, 3.35.

**2A:** Lindsay, 3.52; Chisholm, 3.48.

**3A:** Deer Creek-Edmond, 3.66; Purcell, 3.66.

**4A:** Guthrie, 3.75; Pryor, 3.72; Daniel Webster, 3.57; Catoosa, 3.54; Claremore, 3.54; Weatherford, 3.52; Bishop Kelley, 3.51; MacArthur, 3.38.

**5A:** Del City, 3.61; Stillwater, 3.61; Moore, 3.57; Mustang, 3.51; Bartlesville, 3.41; Putnam City North, 3.38; Sapulpa, 3.38; Edmond Memorial, 3.36; Edmond North, 3.35; Jenks, 3.31; Edmond Santa Fe, 3.30.

## OTCA Senior All-Star Awards

The Oklahoma Track Coaches Association announced the 1997 Cross Country Senior Achievement Awards, awarded to the top five finishing, nominated, seniors that do not All-State (finish in the top ten at the state meet). In order to be eligible for the award the coach must be a member of the OTCA; the runner had to be nominated by their coach; and the runner had to compete at the state meet.

**Class A Girls:** Emily Lanie, Wakita; Chris Linke, Velma-Alma; Dana Coats, Freedom.

**Class A Boys:** Walt Ginn, Hydro; Thomas Steuer, Velma-Alma; Mike Goosen, Hydro; Jimmy Sanborn, Braman; Billy Frazier, Oktaha.

**Class 2A Girls:** Jennifer Johnston, Jones; Kirsti Beckham, Lexington; Sonya Frank, Madill; Natalie Cavin, Prague; Tiffany Hurst, Elgin.

**Class 2A Boys:** Dustin Dew, Dickson; Chris McCormick, Prague; John Campbell, Prague; Michael Lytle, Dickson; Jonathan Oats, Warner.

**Class 3A Girls:** Jennie Shireman, Elk City; Maria Sanchez, Marlow; Amy Shelby, Sulphur; Amber Staats, Marlow; Krista Robel, Jay.

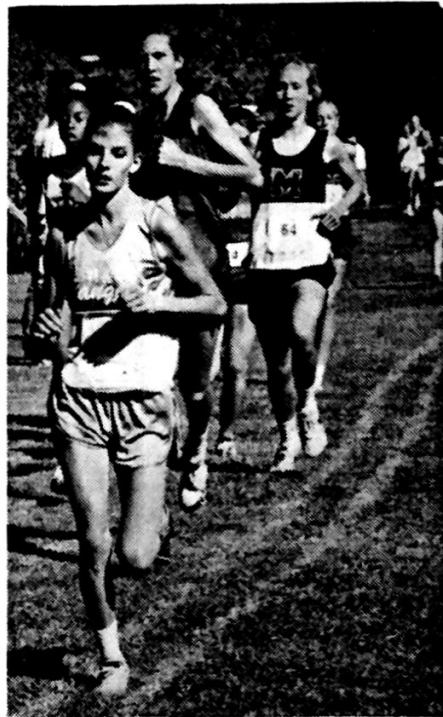
**Class 3A Boys:** Kurt Knop, Elk City; Theodore Roundface, Anadarko; Will Areen, Purcell; Zac Miller, Guymon; Tommy Reeves, Purcell.

**Class 4A Girls:** Lori Weaver, Noble; Kara Nutter, Pryor; Amanda Baily, Duncan; Ester Shaw, Western Heights; Shanah Vasser, Weatherford.

**Class 4A Boys:** Matt Donley, Weatherford; Aaron Murray, Catoosa; Josh Williams, Weatherford; Shane Pratt, Western Heights; Scott Selman, Kelley.

**Class 5A Girls:** Renee Ahlgren, Sapulpa; Laura Beam, Edmond Memorial; Kelli O'Rourke, Jenks; Julie Cardenas, Moore; Liz Weis, Stillwater.

**Class 5A Boys:** Roman Escallera, Moore; Sean Walker, Moore; Brandon Kissack, Bartlesville; Fareed Riazuddin, Santa Fe; Jeremy McKinney, Bartlesville.



*CLASS 5A GIRLS STATE MEET: Hale's Brandy Bratton leads the chase pack near the mile mark.*

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# 1997 Girls Cross Country All-State

## A

1. **Amber Thacker**  
*Velma-Alma*
2. **Sonya Peterson**  
*Healdton*
3. **Crystal Sweeney**  
*Hydro*
4. **Cindy Fuller**  
*Velma-Alma*
5. **Tonya Bentley**  
*Laverne*
6. **Keshia Sharp**  
*Carnegie*
7. **Rae Ann McCurry**  
*Velma-Alma*
8. **Erin Rapp**  
*Wakita*
9. **Angie Payne**  
*Depew*
10. **Nikki Wright**  
*Hydro*

## 2A

1. **Tasha Lance**  
*Victory Christian*
2. **Miley Turnbull**  
*Warner*
3. **Amanda Wedel**  
*Lexington*
4. **Audrey Lewis**  
*Lexington*
5. **B. J. Kiser**  
*Madill*
6. **Becky Harvey**  
*Plainview*
7. **Marda Traylor**  
*Lindsay*
8. **Angel Bonner**  
*Lexington*
9. **Stephanie Gleese**  
*Warner*
10. **Amber Carroll**  
*Lexington*

## 3A

1. **Carrie McFall**  
*Cascia Hall*
2. **Sara Jurek**  
*Cascia Hall*
3. **Amy Kilhoffer**  
*Elk City*
4. **Ashlee Maberry**  
*Elk City*
5. **Jamie Lucero**  
*Guymon*
6. **Susan Morford**  
*Little Axe*
7. **Leah McCauley**  
*Marlow*
8. **Hillary Cochran**  
*Little Axe*
9. **Misty Marshall**  
*Glenpool*
10. **Jai Scott**  
*Berryhill*

## 4A

1. **Amanda Jordan**  
*McGuinness*
2. **Beth Barbiers**  
*Carl Albert*
3. **Camille Herron**  
*Duncan*
4. **Maggie Kelley**  
*McGuinness*
5. **Heather Anderson**  
*Pryor*
6. **Abby Nutter**  
*Pryor*
7. **Carly McCulley**  
*Grove*
8. **Sara Mata**  
*Carl Albert*
9. **Abby Robertson**  
*Grove*
10. **Kelly Long**  
*McGuinness*

HONORABLE MENTION: Kelly Moore, Canton; Kristen Barby, Laverne; Virginia Snider, Velma-Alma; Jalynne Horn, Velma-Alma; Cassie Prophet, Buffalo.

HONORABLE MENTION: Vera Waller, Plainview; Melissa Manuel, Lexington; Lindsey Hicks, Dickson; Mary Creel, Metro Christian; Kari Sawyer, Chisholm.

HONORABLE MENTION: Jennie Shireman, Elk City; Michelle Parkins, Little Axe; Brandi McNair, Marlow; Cindy Looper, Blackwell; Kathy Russell, Little Axe.

HONORABLE MENTION: Tracy Kmetz, Kelley; Tia Holman, Ardmore; Jaimi Clark, Noble; Lori Weaver, Noble; Tressy Ross, Carl Albert.

# 1997 Boys Cross Country All-State

## A

1. **Herbie Pebeashy**  
*Hydro*
2. **Daniel Davis**  
*Riverside*
3. **Chris Tookalo**  
*Hydro*
4. **Jonathan Bolden**  
*Hydro*
5. **Mylo Miller**  
*Velma-Alma*
6. **Lance Zunie**  
*Tahlequah Sequoyah*
7. **Greg Ballard**  
*Healdton*
8. **Lucian Bliss**  
*Carnegie*
9. **Hector Braveheart**  
*Riverside*
10. **David Walkingstick**  
*Tahlequah Sequoyah*

## 2A

1. **David Lampkin**  
*Dickson*
2. **Daniel Stone**  
*Prague*
3. **James Lampkin**  
*Dickson*
4. **Robert Smith**  
*Prague*
5. **Joey McNair**  
*Caney Valley*
6. **Steve Sawyer**  
*Chisholm*
7. **Ryan Bickerstaff**  
*Alva*
8. **Jason Dimauro**  
*Victory Christian*
9. **Derek Lieser**  
*Chisholm*
10. **Kevin Rolan**  
*Lindsay*

## 3A

1. **Albert Kelly**  
*Bristow*
2. **Jason Lee**  
*Mannford*
3. **Dustin Moore**  
*Anadarko*
4. **Utah Robinson**  
*Elk City*
5. **Richard Schneberger**  
*Elk City*
6. **Mike Willis**  
*Marlow*
7. **Travis Johnson**  
*Elk City*
8. **Brant Littrell**  
*Guymon*
9. **David Gouge**  
*Anadarko*
10. **Kevin Minson**  
*Marlow*

## 4A

1. **Kevin Connolly**  
*McGuinness*
2. **Brett Lowry**  
*McGuinness*
3. **Patrick Eberle**  
*McGuinness*
4. **Phillip Semien**  
*Western Heights*
5. **Robert Darbe**  
*Guthrie*
6. **George Wright**  
*Shawnee*
7. **John Hamilton**  
*McGuinness*
8. **Mike Mayer**  
*Guthrie*
9. **Ryan Adams**  
*Kelley*
10. **Pascale Pauller**  
*Sallisaw*

HONORABLE MENTION: Chris Sunrholes, Tahlequah Sequoyah; Taylor Miles, Oklahoma Christian; Stephen May, Oklahoma Christian; Walt Ginn, Hydro; Thomas Steur, Velma-Alma.

HONORABLE MENTION: Freddie Stephens, Elgin; Bobby Chapman, Prague; Jim Bob Coleman, Watonga; Dustin Dew Dickson; Jerry Cook, Dickson.

HONORABLE MENTION: Justin McKinney, Mannford; Kurt Knop, Elk City; Luke Ennis, Little Axe; Chris McHone, Elk City; Chris McClure, Little Axe.

HONORABLE MENTION: Jonathan Pitman, McGuinness; Jerry Gallaher, Duncan; Kenny Allen, Duncan; Scott Caldwell, Fort Gibson; Jason Sowell, Webster.



**5A**

1. **Summer Suchy**  
*Westmoore*
2. **Amy Bratton**  
*Hale*
3. **Brandy Bratton**  
*Hale*
4. **Carolyn Remy**  
*Norman North*
5. **Adrienne McVey**  
*Sapulpa*
6. **Wendy Scott**  
*Mustang*
7. **Michelle Ahlgren**  
*Sapulpa*
8. **Geanell Zeno**  
*Hale*
9. **Karli Haynes**  
*Moore*
10. **Lindsey Hughes**  
*Westmoore*

HONORABLE MENTION: Jessica Thompson, Mustang; Mary Hill, Sapulpa; Mindy Scott, Mustang; Rachael Clinton, Edmond North; Allison Franklin, Wetmoore.

**Boys Power Rank**

1. **McGuinness**
2. **Moore**
3. **Jenks**
4. **Edm Memorial**
5. **Midwest City**
6. **Bartlesville**
7. **Norman North**
8. **Mustang**
9. **Elk City**
10. **Hydro**

**5A Girls**

1. **Sapulpa**
2. **Westmoore**
3. **Mustang**
4. **Moore**
5. **Hale**
6. **Santa Fe**
7. **Edmond North**
8. **Stillwater**
9. **Owasso**
10. **Jenks**

**5A Boys**

1. **Moore**
2. **Jenks**
3. **Ed Memorial**
4. **Midwest City**
5. **Bartlesville**
6. **Norman North**
7. **Mustang**
8. **Sapulpa**
9. **Enid**
10. **Broken Arrow**

**Girls Power Rank**

1. **Sapulpa**
2. **Westmoore**
3. **Mustang**
4. **Moore**
5. **McGuinness**
6. **Hale**
7. **Carl Albert**
8. **Lexington**
9. **Santa Fe**
10. **Little Axe**

**4A Girls**

1. **McGuinness**
2. **Carl Albert**
3. **Pryor**
4. **Grove**
5. **Kelley**
6. **Noble**
7. **Weatherford**
8. **Guthrie**
9. **McAlester**
10. **Edison**

**4A Boys**

1. **McGuinness**
2. **Guthrie**
3. **Duncan**
4. **Weatherford**
5. **Edison**
6. **Noble**
7. **Western Heights**
8. **Shawnee**
9. **Kelley**
10. **Carl Albert**

**5A**

1. **Clay Cosby**  
*Jenks*
2. **Eric Delgado**  
*Midwest City*
3. **Jimmy Martinez**  
*Moore*
4. **Alynn Collins**  
*Enid*
5. **Jeremy Case**  
*Union*
6. **Paul Paschal**  
*Ponca City*
7. **Chris McWatters**  
*Moore*
8. **Aaron Peterman**  
*Edmond Memorial*
9. **Ryan Starr**  
*Bartlesville*
10. **Ben Lake**  
*Sapulpa*

HONORABLE MENTION: Roman Escalera, Moore; Pete Laughlin, Jenks; Sean Leigh, Edmond North; Desean Lusk, Midwest City; Josh Burkhardt, Edmond Memorial.

**3A Girls**

1. **Little Axe**
2. **Marlow**
3. **Elk City**
4. **Cascia Hall**
5. **Mannford**
6. **Ed Deer Creek**
7. **Jay**
8. **Guymon**
9. **Sulphur**
10. **Glenpool**

**3A Boys**

1. **Elk City**
2. **Anadarko**
3. **Marlow**
4. **Little Axe**
5. **Mannford**
6. **Guymon**
7. **Purcell**
8. **Ed Deer Creek**
9. **Jay**
10. **Byng**

**2A Girls**

1. **Lexington**
2. **Warner**
3. **Plainview**
4. **Madill**
5. **Chisholm**
6. **Tishomingo**
7. **Watonga**
8. **Lindsay**
9. **Marietta**
10. **Alva**

**2A Boys**

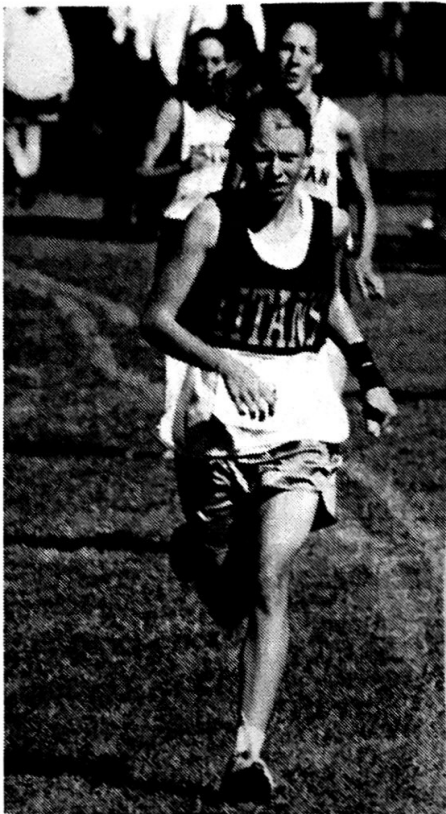
1. **Dickson**
2. **Prague**
3. **Chisholm**
4. **Lexington**
5. **Elgin**
6. **Lindsay**
7. **Alva**
8. **Plainview**
9. **Heritage Hall**
10. **Warner**

**A Girls**

1. **Velma-Alma**
2. **Wakita**
3. **Canton**
4. **Hydro**
5. **D Creek-Lamont**
6. **Healdton**
7. **Beaver**
8. **Okla Christian**
9. **Pond Creek-H**
10. **Canute**

**A Boys**

1. **Hydro**
2. **Riverside**
3. **Tah Sequoyah**
4. **Velma-Alma**
5. **Okla Christian**
6. **Healdton**
7. **Keyes**
8. **Wakita**
9. **Braman**
10. **Coalgate**



*CLASS 4A STATE MEET--Carl Albert's Beth Barbiers leads Duncan's Camille Heron en route to a second place finish.*

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## **COACHES' CORNER**

**TEAM REPORTS**--*Oklahoma TRACK & FIELD NEWS* will be sending out TEAM REPORT forms in January to all schools with track programs--nearly 400. Coaches please take the time to fill them out and return ASAP. Be sure that both boys and girls teams are reported since only one copy is sent to each school--duplicate the form if needed. These are the heart of our coverage since they provide schedules, coaches' names, correct spellings, class years and team rosters.

**OKLAHOMA TRACK COACHES ASSOCIATION**--If you have not a joined the OTCA for the 1997-98 school year you need to be sure to get your membership in now. Selection to the two All-Star teams for post-season competition as a runner or coach requires that the coach be a member. Other benefits include a subscription to *Oklahoma TRACK & FIELD NEWS*, eligibility for State Indoor Meet, summer and winter clinics, coaches Hall of Fame, senior All-Star awards, coaches awards, and much more. Every coach in Oklahoma should be a member of the OTCA. You can join by sending \$35.00 to Randy Belicek, 925 Lovers Lanes, Purcell, OK 73080.

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# Two Miles or 5k? A Concern, Not a Question

By David Morton  
Bishop McGuinness High School

Is more always better? Quality vs quantity, which is more productive? Should we compare Oklahoma with other states that have population bases far greater than ours? For what it is worth here is my opinion on the two mile vs. five kilometer issue for girls.

Lets not be too quick to jump on the band wagon for increasing the girls cross country distance from two miles to 4k or 5k. Recently at the Chile Pepper Cross Country Festival, held in Fayetteville, Arkansas, one of the best 5k runners in the state of Missouri met the best two mile runner state of Oklahoma. The result was a ten second win by the Oklahoma runner. Why? Speed is the one factor that determines the level of success and failure in all athletic endeavors.

Girls cross country in the state of Oklahoma is at an all time high for participation and interest. Times are consistently getting better. Ten years ago only the elite girls were breaking thirteen minutes. Today a sub thirteen minute time will often not get you a medal in an invitational race. The elite runners are now running sub twelve.

When will an Oklahoma girl break the eleven minute barrier in the two mile, and the five minute barrier in the mile? Soon!! McGuinness' ninth grader Amanda Jordan, Plainview's eighth grader Jessie Gordon, and Westmoore's sophomore Summer Suchy will soon take Oklahoma runners where they have never been before, and as competition always does others will find a way to catch up. If we move the race to a 5k we risk setting our sport back ten years.

For a minute lets not focus on the top twenty runners in a race lets focus on the last fifty. For many of these young people cross country is a means of getting in shape, and being involved in a high school activity. Their time over a two mile course often exceeds fifteen minutes, add another mile to the event and even a person with my limited math skills can figure out that we will be watching races that will be twenty-five to thirty minuaches to recruit our best runners if they had an equal distance to compare from against other states. I have, however, never had a college cross country coach ask about an athletes times in cross country. They do, however, always ask me about their mile and 800 meter times. Speed is the intangible quality they seek in all their recruits, and it is best measured on the track where the distance and terrain is the same for everyone in the country.

I have yet to talk to an orthopedic doctor that thinks adding mileage to a young female runner is a good idea. Cross country already leads all other sports for girls in terms of reported injuries. Girls bodies are going through many changes between the ages of 12 and 18. You can effectively train a high school boy cross country runner at 35 to 40 miles per week. A girl two miler can easily be trained at 20 to 25 miles per week.

Overzealous parents and coaches often look at their young emerging runner and think that

if we just do a little more think what they might accomplish. What often happens to that young star? They never realize their full potential because they have gotten injured, become frustrated and quit. I saw a very talented eighth grade runner in Arkansas at the last Chile Pepper race. She won the 10k with a sub 40 minute time, and her father thought that to really demonstrate her prowess he would enter her in the high school open race, which she won easily. He was quickly bragging to everyone that she would dominate the high school girls invitational next year. Stay tuned!! My guess is that she will be lucky to be healthy when next year's race rolls around. I asked John McDonnell (University of Arkansas head coach) why American distance runners are not more competitive on an international level. Coach McDonnell contends that European kids grow

up playing soccer and running track. American kids grow up playing baseball and Nintendo. Which ones do you think are going to become the best cardiovascular developed athletes? What is the recipe for developing better distance runners? 1) give them a soccer ball when they first learn to walk. 2) Involve them in competitive swimming at an early age. 3) As a parent encourage and provide, then get out of their way. 4) Find a way to make the experience fun!

Quantity will not provide quality. If we are lucky 3 to 4% of our highschool runners will have a chance to compete at the college level. The other 96 to 97% will hopefully find a sport they can do for the rest of their lives. Lets not scare them away at an early age because they are afraid of the distance we run and the training we go through to run that distance.

## Same Old Argument

### To the editor:

Seems to me it's the same old argument again and again. The 5000m is too intense, it's too far, it's too demanding, it's an endurance run. Didn't we just go through this a few years back trying to convert the high school basketball teams for the girls to five-on-five? It was the same thinking in 1920 for girls six-on-six as we are hearing today to keep the archaic two-mile distance. After all, these young ladies are moving into adulthood and they should not take any chance on psychological or physiological damage by running up and down the a basketball court. It's just too demanding. It's too scary! There was a time in the '50's and '60's that some high schools dropped all sports for the girls for this same reason. In fact, the longest distance for the boys track events was one mile. Whoever heard of anyone running 5000m over a cross country course. It's the same mentality that existed for nearly 90 years in the Olympics. Women should not be running marathons. Again, it's the same dark-age mentality that existed in 1968 when Kathryn Switzer was bodily removed from the start of the Boston Marathon.

No one is asking these kids to run a marathon or an ultra distance. In fact, USAT&F does not have young age groups for the longer distances. In Oklahoma the 5km is 12 and under, 8k, 10k, 12k and 15k are 15 and under. The age groups from 20k through the marathon begin at age 19. Runners mature with age into distance running. Some runners mature enough to run the longer distances and some don't. However, 5000m for a high school girls is not a "survival" run, nor is it an endurance run. Proof positive is the fact that there have been no less than 182 individual girls ranging from age 8 to age 19 that have run under 21:30 in a 5k road race in Oklahoma! Many of these girls have recorded these 5k fat times more than once during their teen years and before. This

is additional proof that it is the fastest runner to the finish line and no the first slowest runner. There have been 36 individual female runners with official times under 19 minutes in Oklahoma including a 11-year old girl who ran an 18:04. These times are equal to the same sub-four minute per km pace as sustained by the girls now who are running around 12 minutes in a two-mile race. Cross country and road racing are similar sports but they are NOT track. Those who are not trained can be faced with an endurance run no matter what the distance.

Why are we still running and pacing in miles? This is another example of unwillingness to change. Road races in Oklahoma have been metric since 1970 for the most part. And since 1988 each measured and certified course has included only the evenly-spaced metric splits and not miles. It has been widely accepted and rarely ever does anyone question it. We heard all the arguments...this is America, it's a Commie plot, I train and think in miles, I don't understand the metric system...and so on, none of which are valid. It is communication, it is a positive step and it is in line with the rest of the world and most important, it is a standard to gauge running performances not only with runners in this country, but everywhere. All USAT&F distances in track and field and road racing are metric with the exception of the mile run in track. Scoring a two-mile race (and we have done many) is much more difficult than a 5k. Runners hit the finish in packs and keeping them in proper finish order is a problem. As far as scoring goes, the longer races are much easier.

It is high time, it is long overdue that Oklahoma adopts the standard metric distance of 5000m for the high school girls in cross country events.

Joe McDaniel  
Editor, Oklahoma Runner



# Junior High All-Star Oklahoma City Woodson Park 10/16/97

## 3A Girls (1.5 miles)

**TEAM SCORING:** 1. Plainview 17; 2. Tishomingo 94; 3. Jay 109; 4. Elgin 117; 5. Velma-Alma 143; 6. Guymon 152; 7. Elk City 167; 8. Oktaha 213; 9. Marlow 230; 10. Laverne 284; 11. Dickson 291.

**INDIVIDUALS:** 1. Jesse Gordon, Plain, 9:29; 2. Jacie Jones, Plain, 9:50; 3. Stephanie Merlyn, Plain, 9:52; 4. Amanda Bumpass, Plain, 10:02; 5. Shae Johnson, ElkC, 10:08; 6. Star Gruver, Jones, 10:22; 7. Cindy Lampkin, Plain, 10:24; 8. Dayna Goingskeen, Elgin, 10:25; 9. Megan Eichman, Guy, 10:26; 10. Paige Cuppenge, Tish, 10:28; 11. Brinda Easter, Jay, 10:33; 12. Lora Loy, Jay, 10:34; 13. Stacey Fuller, Plain, 10:39; 14. Ivy Moore, VA, 10:40; 15. Jessa Walker, Tish, 10:41; 16. J'Ann Clower, VA, 10:42; 17. Morgan Sjulfin, Plain, 10:43; 18. Cassie Daniels, Dic, 10:44; 19. Rachel Spicer, Lex, 10:45; 20. Dana Shoemaker, Guy, 10:48; 21. Courtney Hurst, Elg, 10:48; 22. Tiffany Tilley, VA, 10:49; 23. Tarah Walker, Tish, 10:50; 24. Claribell Mendoza, Madill, 10:50; 25. DeeDee Kaiser, Tish, 10:51; 26. Misti Woolman, Jay, 10:56; 27. Rebecca Wallis, Plain, 10:57; 28. Shae Moore, Oktaha, 10:57; 29. Jessica Bean, Plain, 11:01; 30. Brandi Wright, VA, 11:02; 31. Amanda Dodd, Elgin, 11:03; 32. Savannah Harvey, Madill, 11:04; 33. Leah Scribner, Tish, 11:06; 34. Brittany Robertson, Jay, 11:08; 35. Megan McGuire, Plain, 11:09; 36. Crystal Townsend, Oktaha, 11:10; 37. Ashley Brackeen, Mar, 11:11; 38. Carly Traylor, Lin, 11:12; 39. Lindsay Dillingham, Elgin, 11:14; 40. Natalie Deason, Elgin, 11:16; 41. Kaitlin Meehan, Lex, 11:17; 42. Celeste Camacho, Plain, 11:19; 43. Jessica Harper, Plain, 11:20; 44. Cheri Lemons, Mar, 11:24; 45. Kacey Moery, ElkC, 11:26; 46. Amanda Afton, Guy, 11:26; 47. Meghan Kaiser, Lex, 11:27; 48. Tabatha Gandy, Jay, 11:27; 49. Ashley Hamilton, Plain, Lauren Smith, ElkC, 11:28.



Jesse Gordon  
Plainview

## 4A-5A Girls (1.5 miles)

**TEAM SCORING:** 1. Jenks 31; 2. Grove 59; 3. Union 66; 4. Guthrie 117; 5. Enid 159; 6. Sapulpa 207; 7. Broken Arrow 241; 8. Duncan 282; 9. Mustang 283; 10. Ft. Gibson 319; 11. Okmulgee 322; 12. Western Heights 341.

**INDIVIDUALS:** 1. Jamie German, Owasso, 9:33; 2. Dani Fisher, Grove, 9:46; 3. Stormy Deaton, Grove, 9:51; 4. Rachel Barber, Jenks, 9:55; 5. Sarah Becker, Un, 9:56; 6. Allison Vaughn, Jenks, 10:02; 7. Julie Swagerty, Jenks, 10:04; 8. Sarah Saffa, Un, 10:11; 9. Alayne Thompson, Jenks, 10:17; 10. Megan Burns, Jenks, 10:19; 11. Amanda Plant, Grove, 10:20; 12. Amanda Thee, Guth, 10:22; 13. Carrie Reed, Jenks, 10:28; 14. Shana Yoder, Un, 10:35; 15. Aja De'Clark, Durant, 10:37; 16. Toni Blagowsky, Guth, 10:39; 17. Susan Worden, Edmond, 10:46; 18. Abbey Hall, Jenks, 10:42; 19. Heather Wallace, Edmond 10:46; 20. Somer Bordwine, Un, 10:49; 21. Unknown, Mustang, 10:54; 22. Emily Epperson, Grove, 10:59; 23. Lauren Duel, Guth, 11:01; 24. Amanda Taylor, Jenks, 11:02; 25. Allison Newburn, Un, 11:03; 26. Emily Haynes, Duncan, 11:06; 27. Lindsay O'Brien, Grove, 11:06; 28. Julia Brodbeck, Jenks, 11:07; 29. Mia Vesanen, Jenks, 11:08; 30. Stephanie Crawford, Sapulpa, 11:09; 31. Jenny Richard, Enid, 11:10; 32. Anna Carpenter, Guth, 11:13; 33. Allie Taylor, Jenks, 11:16; 34. Jessica Strong, Enid, 11:16; 35. Sarah Hall, Jenks, 11:17; 36. Cristie German, Stw, 11:18; 37. Serena Fiddler, Grove, 11:22; 38. Kayla West, Grove, 11:23; 39. Sheree Pack, Edmond, 11:25; 40. Unknown, Grove, 11:26; 41. Katy Rader, Un, 11:28; 42. Tessa Miller, Enid, 11:29; 43. Janet Green, BA, 11:39; 44. Katie Reichert, McGuinness, 11:41; 45. Janna Noble, Un, 11:42; 46. Katie Paton, Enid, 11:51; 47. Chelsea Baker, Enid, 11:55; 48. Maggie Halgren, Stw, 11:56; 49. Shannon Williams, Sapulpa, 11:58; 50. Unknown, Grove, 12:00.

## 3A Boys (2 miles)

**TEAM SCORING:** 1. Oktaha 85; 2. Plainview 91; 3. Laverne 134; 4. Elk City 139; 5. Warner, 169; 6. Okemah 174; 7. Elgin 180; 8. Guymon 193; 9. Lindsay 194; 10. Dickson 197; 11. Byng, 238; 12. Lexington 240; 13. Madill 242; 14. Marlow 282.

**INDIVIDUALS:** 1. Patrick McGuire, Plain, 10:20; 2. Caleb Bladd, ElkC, 11:03; 3. Heston Parker, Blackwell, 11:03; 4.

Corey McElhane, Elgin, 11:09; 5. Josh Harjo, Oktaha, 11:19; 6. Matt Stewart, Plain, 11:22; 7. Trent Null, Lav, 11:23; 8. Mike Morton, Byng, 11:25; 9. Caleb Barnwell, War, 11:26; 10. Steven Copeland, VA, 11:29; 11. Steve Kammerzell, Braman, 11:29; 12. Cory McAtee, Lav, 11:30; 13. Jared Garcia, Oktaha, 11:38; 14. Buford Henshaw, Okemah, 11:38; 15. Jay Mangum, War, 11:45; 16. Kyle Norman, Okemah, 11:49; 17. Jeremy Donnas, VA, 11:51; 18. Cole Strickland, Hentage Hall, 12:00; 19. Drew Shahan, Lindsay, 12:02; 20. Tony Bascus, Oak Hall, 12:06; 21. Doug Dickson, 12:11; 22. Chris Lawson, Lex, 12:13; 23. J.T. Tucker, Oktaha, 12:17; 24. James Pickens, Plain, 12:18; 25. Robbie Puckett, Oktaha, 12:19; 26. Cody McNutt Byng, 12:19; 27. Chris Freeman, Guy, 12:20; 28. Kent Norman, Okemah, 12:23; 29. Tyler Kelly, Bristow, 12:23; 30. Mario Hernandez, Guy, 12:24; 31. Jered Williams, ElkC, 12:26; 32. Brent Parkey, Madill, 12:26; 33. Ryan Riddle, Lindsay, 12:27; 34. Ryan Gibbs, Madill, 12:27; 35. Deuce Tyson, Elgin, 12:29; 36. Jeremy Green, Plain, 12:30; 37. Tim Provost, Lex, 12:33; 38. Jason Copenhaver, ElkC, 12:36; 39. Kyle Evans, ElkC, 12:37; 40. Garrett Livesay, Guy, 12:38; 41. Brad Hall, VA, 12:38; 42. Mark Cox, Lav, 12:39; 43. Blake, Dickson, 12:40; 44. Kelly Loftin, VA, 12:41; 45. Jesse Todd, Lindsay, 12:44; 46. Kenny Ketron, Lav, 12:49; 47. Cash Taylor, Oktaha, 12:52; 48. Aaron Hays, Plain, 12:54; 49. Elvis Crawford, Lex, 12:56; 60. Cody, Dickson, 12:57.

## 4A-5A Boys (2 miles)

**TEAM SCORING:** 1. Edmond Central 45; 2. Guthrie 87; 3. Jenks 110; 4. McGuinness 114; 5. Union 134; 6. Enid 172; 7. Sapulpa 182; 8. Mustang 190; 9. Moore 251; 10. Duncan 276; 11. Western Heights 303; 12. Broken Arrow 342.

**INDIVIDUALS:** 1. Morgan Snipes, Clancy, 11:05; 2. Chase Hall, Jenks, 11:09; 3. Stuart Lisle, EdC, 11:14; 4. Steve Matthews, Must, 11:15; 5. Josh Hibbets, Enid, 11:24; 6. Chris Toicky, Jenks, 11:30; 7. Curtis Anderson, Guth, 11:31; 8. Nick Peterman, EdC, 11:33; 9. Cliff Mitchell, EdC, 11:35; 10. Austin Powell, EdC, 11:39; 11. Matt Cagigal, McG, 11:40; 12. Nick Vickers, Moore, 11:42; 13. Landon Willets, Un, 11:44; 14. Kidd Coyle, Guth, 11:46; 15. Dylan Steen, Un, 11:49; 16. Nate Swanson, Un, 11:52; 17. Jamie Chastain, McG, 11:55; 18. Tyson Allard, Altus, 11:58; 19. Daric Adair, Sapulpa, 11:59; 20. Ryan Webb, Guth, 12:01; 21. Mark Mullins, EdC, 12:06; 22. Davie Isaak, Enid, 12:17; 23. Preston Swanson, Guth,



JUNIOR HIGH ALL-STAR MEET 4A-5A BOYS: (from left) Chase Hall, Jenks, 2th; Morgan Snipes, Clancy, 1st; and Steve Matthews, Mustang, 4th. Photo by Bill Snipes

21:18; 24. Kyle Lester, McG, 12:19; 25. Chrs Waldron, Sapulpa, 12:21; 26. Aaron Woodside, EdC, 12:22; 27. Unknown, Must, 12:22; 28. Nick Messenger, EdC, 12:38; 29. Unknown, 12:44; 30. Ian Shahan, Jenks, 12:25; 31. Chase Langley, Guth, 12:26; 32. Steven Beard, WII, 12:28; 33. Mike Meyer, BA, 12:29; 34. Adam Lester, McG, 12:30; 35. Jered Wendte, Duncan, 12:30; 36. Trevor Viljoen, Ponca City, 12:31; 37. Michael Sexauer, McG, 12:31; 38. Dan Morris, Jenks, 12:33; 39. Jack Herron, Duncan, 12:35; 40. Unknown, 12:36; 41. Chad Patterson, Ponca City, 12:37; 42. Nick Miller, Stillwater, 12:37; 43. Aaron Jones, Ponca City, 12:37; 44. Baret Claborn, Enid, 12:37; 45. Jeff Wright, Durant, 12:40; 46. Brian Ogden, Sapulpa, 12:52; 47. Tyson Vandergrift, Jenks, 12:54; 48. Alex McEachin, Jenks, 12:56; 49. Steve Gordon, Moore, 12:59; 50. Mike Miles, Guth, 13:00.

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# Oklahoma Arkansas - Kansas All-Star Meet Fayetteville, Arkansas

11/15/97

FAYETTEVILLE, Ark.--The Oklahoma girls got back in the winning column in the third annual triangular meet with all-stars from Kansas and Arkansas while the boys slipped to third. The meet was held on the University of Arkansas' home course with the top runners from three states competing.

McGuinness freshman Amanda Jordan continued undefeated as Oklahoma put six runners in the top ten to nab the win over Kansas for the first time, 109-137. Sapulpa's Ben Lake was the top Oklahoma boy with four Oklahoma boys in the top ten but only one in the second ten, getting edged for second by Arkansas, 177-184.

The Oklahoma All-Star teams were sponsored by the Oklahoma Track Coaches Association and were coached by Dave Morton of McGuinness and Little Axe's Barry Klein.

## Boys

**TEAM SCORING (top ten runners scored):** 1. Kansas 129; 2. Arkansas 177; 3. Oklahoma 184.

**INDIVIDUALS:** 1. Daniel Lincoln, Ark Math/Science, 16:01; 2. David McWhorter, Fayetteville AR, 16:03; 3. Ben Lake, Sapulpa, 16:03; 4. Kevin Connolly, McGuinness, 16:10; 5. Chris McWatters, Moore, 16:13; 6. Albert Kelly, Bristow, 16:14; 7. Seth Enderby, Shawnee Mission NW KS, 16:15; 8. Issiac Allen, Olathe East KS, 16:18; 9. Matt, Hill, Russellville AR, 16:19; 10. Andy Humpert, Winfield KS, 16:29; 11. Kyle Fisher, Winfield KS, 16:29; 12. John Ecker, Russellville AR, 16:30; 13. Brian Choyce, Leavenworth KS, 16:31; 14. Adam Moose, Salina KS, 16:32; 15. Scott Loftin, Blue Valley North KS, 16:36; 16. Keil Regher, Iola KS, 16:37; 17. Bryan Messerly, Olathe East KS, 16:38; 18. Nick Falchetto, Emporia KS, 16:38; 19. Paul Paschal, Ponca City, 16:39; 20. Chad Grundy, Field Kindley KS, 16:41.

**Other Oklahomans:** 26. Clay Cosby, Jenks, 16:47; 28. Kyle Webb, Broken Arrow, 16:56; 29. Joey McNair, Caney Valley, 16:57; 42. Roman Escalera, Moore, 17:16; 44. Utah Robinson, Elk City, 17:17; 49. Richard Schneberger, Elk City 17:23; 53. Chris Buck, Ponca City, 17:42; 58. Kurt Knop, Elk City, 17:56; 59. J.R. Lake, Sapulpa, 17:58; 61. Patrick Eberle, McGuinness, 18:17; 62. Brant Littrell, Guymon, 18:18; 63. Zack Bishop, McGuinness, 18:22; 64. Herbie Pebeashy, Hydro, 19:05.

## Girls

**TEAM SCORING (top ten runners scored):** 1. Oklahoma 109; 2. Kansas 137; 3. Arkansas 264.

**INDIVIDUALS:** 1. Amanda Jordan, McGuinness, 11:44; 2. Amy Bratton, Hale, 11:58; 3. Amanda Owensby, Bentonville AR,



OKLAHOMA ALL STAR TEAMS. Photos by Ramon Jordan

12:01; 4. Joanna Runyan, Winslow AR, 12:02; 5. Kelly Kincaid, Bishop Miega KS, 12:03; 6. Liz Burke, Immaculata KS, 12:09; 7. Windy Scott, Mustang, 12:10; 8. Mary Hill, Sapulpa, 12:12; 9. Brandy Bratton, Hale, 12:13; 10. Camille Herron, Duncan, 12:14; 11. Ashley Shilling, Leavenworth KS, 12:14; 12. Michelle Ahlgren, Sapulpa, 12:14; 13. Katie Kincaid, Bishop Miega KS, 12:19; 14. Jesse Stein, Endora KS, 12:19; 15. Becca Beatty, Shawnee Mission KS, 12:20; 16. Amber Presson, Blue Valley KS, 12:20; 17. Cassie Helmer, Winfield KS, 12:22; 18. Lindsey Hughes, Westmoore, 12:23; 19. Shanna Burrell, Topeka KS, 12:24; 20. Jessica Thompson, Mustang, 12:24.

**Other Oklahomans:** 22. Mindy Scott, Mustang, 12:27; 23. Amanda Wedel, Lexington, 12:29; 24. Heather Barnes, Sapulpa, 12:30; 25. Amy Kilhoffer, Elk City, 12:31; 28. Maggie Kelly, McGuinness; 32. Kari Hart, Mustang, 12:40; 35. Susan Morford, Little Axe, 12:42; 40. Jennifer Ahlgren, Sapulpa, 12:48; 45. Brooke Boothe, McGuinness, 12:53; 47. Jamie Lucero, Guymon, 12:56; 65. Crystal Sweeney, Hydro, 13:29; 66. Audrey Lewis, Lexington, 13:30; 69. Hilary Cochran, Little Axe, 13:41; 70. Kristi Beckham, Lexington, 13:45.

## Winter Track Clinic

The Oklahoma Track Coaches Association will hold their annual Winter Track Clinic January 23-24, 1998 at the Ramada Inn in Norman. Registration is from 5:00 p.m. to 8:00 p.m. Friday, the 23rd, and 8:00 a.m. to 11:30 a.m. on Saturday. Pre-registration is \$32.00 and includes a clinic T-shirt, notebook, and door prizes. Preregistration ends January 10, 1998. Hotel reservation may be made at a discounted rate of \$44 per night (1-4 person occupancy) by contacting the Ramada Inn at (405) 321-0110.

Sessions will be held Friday from 6:30 p.m. to 11:00 p.m., and Saturday from 8:30 a.m. to 2:30 p.m. There will be a full schedule of speakers, an OTCA business meeting and a rules clinic.

Friday night speakers will include Ed Wade, Marlow; Steve Patterson, Jenks; Lyn Hepner, Altus and Scott Higgins, M-F Athletics. Saturday's speakers will be Ford Mastin, OBU; Joe Dial, ORU and Steve Silver, Arkansas.

For further information or to pre-register, contact Randy Belicek, 925 Lovers Lane, Purcell, OK 73080. (405) 238-3021 school; 527-7652 home.



# Winter Training for Preps

By Jeff Berryessa

Every year when the weather changes, a whole new world begins for many of us who are trying to get ahead in training for running events in track. This world is known as "Winter Training."

Winter training can take on a life of its own due to scheduling, amounts of running, type of running, quality work and technique. These are all at the mercy of the weather. There is no changing the fact that weather can dictate many workouts.

Winter training is normally a time for building a mileage base. Mileage can be a great equalizer but it is not necessarily a rule that the runner with more miles will naturally be better than one with less. Most coaches know this. Here is why.

The reason for mileage is to provide a stimulus effect. This effect will reach its highest level within the first eight to ten weeks of training and then level out. After this point, new stimulus must be used in concert with other systems to continue to "condition" a runner. Too many times we spend months reinforcing our patterns of *just running slowly*. Doing something *over time* is not the same as having a quality effect *during time*. If we want to more fit we can simply run, but if we want to be stronger we must do some other things to assist us.

Our bodies do not develop in a vacuum. Each system of our body must function within the whole of other systems (muscular, cardiovascular, neurological, and psychological). This closed loop means that the development of one system should not take place with the purposeful exclusion of another system. Many times we do this in our winter training.

I am glad that the USAT&F, in some of the most recent instructional videos, has indicated that runners need all systems developing all year to keep this balance of growth for better running. Challenges to the muscles, flexibility levels, cardiovascular capacity (both aerobic and anaerobic), and psychological strength will surely help. I have some simple ideas.

Certain days can be designated as days of *special* stimulus. Remember, it is not the length that is important, but the amount of quality time that will stimulate best. This means that as part of a conditioning plan there would be a place for someone to run 100m repeats, each pyramiding until they reach 900m. This is equivalent to nearly a 5k! I do not necessarily suggest this. It is possible to view these types of factors with "stride strength" in mind as superior over simply reinforcing a slower steady pace.

Duathlon and triathlon training schedules work well. Here there is an emphasis of one type of aerobic training and lesser emphasis on one to two other types of training during a seven to fourteen day cycle. All types of training change each week so that the amount of quality training is larger for various types of stimulus and smaller for others without overdoing one specific system.

Other aerobic fitness developers are treadmills, the stairclimber, nordic trac, and rowing machines. These are all for fitness and are not running specific. Swimming or actually running in the water can be much more effective for "running techniques" but this must *not* be done to the exclusion of actual running, only as an addition to it.

Indoor meets are always a good way to measure where your training has led you. The real problem is that we tend to forge this "evaluation" and do things that may not reflect our hard work. For instance, we run many miles and then run a short distance race. We attribute our success to our mileage and forget that the ability to regularly tolerate six miles makes it much easier to tolerate one mile hard and still hide the basic deficiencies of leg speed, flexibility, anaerobic power, etc., which you had possibly planned to work on in your winter training because you had "more time."

The use of various distance races to help monitor your training is a good idea. Be careful as to your current leg speed, run several sprint events (not too many, to avoid injury). If you want to monitor your anaerobic strength or your combined efficiency of your aerobic and anaerobic system, perhaps run a mile and 800m or even 800m then a 400m, in this order. These will tell you a lot about what the demands are in that race and what your body has or has not spent time doing during

the winter.

Most importantly, if you change up winter mileage it can have a real place of its own in your athlete's later successes. Winter training will not just be tolerated, but could be more fun because it is a time to do things you cannot normally do. After all, it is the winter--so enjoy! You have that extra time!

**Jeff Berryessa is currently coach at Glendale High in Springfield, Missouri. He has spent 18 years as Head Women's Coach at Southwest Missouri State University. He currently coaches and does consultation on training in both cross country and track at JAB493T@vma.smsu.edu.**

## Indoor Meets

Indoor track opportunities for Oklahoma athletes are limited but at press time for this issue there were at least five meets scheduled--three of them on the 160-meter board track in the Shawnee Exposition Center.

**December 20:** Oral Roberts Indoor Meet. Open meet, all ages including youth and masters. Contact Joe Dial, ORU, 918-495-1222.

**January 10:**

**January 31:** National High School Invitational, University of Arkansas, Fayetteville. Contact the University of Arkansas Track Office, P.O. Box 777, Fayetteville, AR 72702 for further information.

**January 30-31:** OBU-Prague-Little Axe Invitational, Shawnee Exposition Center, contact Ford Mastin, OBU or Barry Klein, Little Axe High School.

**January 31:** Sportsfest '98 Indoor Meet, Shawnee Exposition Center. Start 4:00 p.m. following high school meet. All age groups including Open and Masters. Pre-entry only. Call (405) 235-4200 for further information.

**February 6-7:** Oklahoma Track Coaches Association Indoor Championships, Shawnee Exposition Center. Coach must be a member of the OTCA. Contact Randy Belicek, 925 Lovers Lane, Purcell, OK 73080.

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**For further information contact:**

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# OKLAHOMA COLLEGE CROSS-COUNTRY UPDATE

By Bud Almond

## Big 12 Conference Championships - Stillwater

Colorado's fourth-ranked men's and women's teams were crowned conference champions at the Big 12 meet hosted by Oklahoma State University. The Buffaloes' junior All-American Adam Goucher, back after an injury last year, showcased his talents as probably the top NCAA harrier going into nationals as he sprinted to a course record 23:25 over the 8,000 meter course, winning the men's race by a whopping 51-second margin over Nebraska's Cleophas Boor (24:16). The Buffs finished with 32 points as the 18th-ranked Cowboys of OSU (91) were edged out by 14th-ranked Iowa State (86) for second place. OSU junior Rene' Carlsen (24:54) was a top-ten finisher as he earned a 9th-place spot for the Cowboy thinclads. Senior Erik Framme (25:22) and junior Nathaniel Lane (25:26) were 15th/16th as junior Gitogu Churu (25:43) and soph Chuck Sloan (25:43) provided a fairly tight grouping for their third place team. The Oklahoma men's team finished last with 344 points to cap a rebuilding year with promise for next year. Senior Michael Knott (26:58) led the Sooners with a 53rd place finish. Freshman Matt Roman (27:14) was not far behind, finishing 58th. Brian Bennett (29:07), Sean Culp (29:42), and Michael Vidrine (29:47) rounded out the scoring.

The Lady Buffs claimed their fourth straight title with a 23 point performance in outdistancing second place Iowa State (92) in the women's 5,000 meter race. Missouri's Erin Windler was the overall winner though in 17:29, outkicking Colorado's Jennifer Smith (17:35) to the tape. Oklahoma sophomore Andrea Delozier (18:40) ran a strong race in leading her young (freshman-sophomore) squad to a ninth-place finish (217). Mindy Mizell (18:59), Sinead Holt (19:17), former Plainview star Sarah Harvey (19:28), and Corrie Hussar (19:37) provided good support in giving the Sooners a good look at their future, as these athletes will surely produce in the coming seasons. The Lady Cowgirls (257) in finishing 10th behind the Sooners were led by junior Andrene Thompson (18:50) crossing the line in 31st overall. Juniors Tamara Dingley (19:05) and Jenny Koch (19:06) arrived together followed by freshmen Brandi Woodard (20:01) and Ashlea Barby (21:09).

## Western Athletic Conference Championships Fresno, CA

Brigham Young's men's and women's teams emerged as conference champs on the host Fresno State University course at Woodward Park. The 2nd-ranked Lady Cougars easily won their eighth straight title with 17 points to second-place Colorado State (60) over the 5,000 meter course as they took the top four spots led by Courtney Pugmire in 17:15. Tulsa's Frida Vullum (17:51) ran an excellent race as she cracked the top ten with a ninth place effort. Summer Lamons (19:15), Jany Van Gerwin (19:23), Erin Simpson (19:37), and Melissa Housley (19:50) provided a close grouping as the Lady Hurricane finished with 237 points and a strong tenth placing out of the 16-team field. Vullum was awarded a 2nd-team All-WAC honor for her performance.

In the men's 8,000 meter race, the Cougars 15th-ranked squad won easily with 46 points in outdistancing runner-up Utah (91), as UTEP's Damian Kallabis (24:49) edged out TCU's David Lagat (24:54) for the individual title. Adam Ellison ran a fine 25:40 for 18th place in leading the greatly improved Hurricane men to a 7th-place finish out of 13 teams in the overall standings. David Bohlen (25:47), Dwight Davis (25:59), Jon Pillow (26:12), and Tim Surface (26:24) rounded out the team scoring.

## Sooner Athletic Conference Championships

The Oklahoma Baptist women's team led by Czech native Gabriela Hnilkova's personal best 18:21 over the 5,000 meter course easily won the SAC championship title with 28 points and qualified for the NAIA National CC Championships at Kenosha, Wisconsin. The Lady Bison

outdistanced runner-up Phillips (42), Southern Nazarene (73), Oklahoma Christian (94), and Wayland Baptist (137). Hnilkova's time was also a new course record as she won easily over runner-up Kristy Weir of Phillips (18:50). OBU's Melissa Flood (19:05) was third, with OCU's Alicia Gunter (19:14), OBU's Nicki Lanie (19:20) and Renee Gaines (19:21) in fourth through sixth. Phillips' Overstreet sisters, Tara and Andrea, were next in 19:26 and 19:36 respectively for seventh and eighth. Southern Nazarene's Lori Williams (19:37) and Steph Miller (19:37) rounded out the top ten overall.

In the men's 8,000 meter race, top-ranked Lubbock Christian almost scored a perfect victory in winning the men's title, also advancing to Kenosha. Kenyan Daniel Kibungei (24:38) ran a controlled race with teammates Gabriel Rop (24:39) and Peter Tanui (24:45) as the threesome easily ran away to a 1-2-3 finish, with Kibungei setting a new course record, in playing keepaway from Phillips' Seef LeRoux (24:56). Lubbock runners grabbed the next four spots as they scored 17 points to runner-up OBU's 71. OCU (74), Phillips (104), Southern Nazarene (115), and Wayland Baptist (175) filled out the rest of the scoring. OBU's Awet Tschaye (26:20) and Zac Johnson (26:31) rounded out the top ten overall. OCU's Casey Langdon (26:47), former Chandler H.S.-great Bobby Holmes (26:53) of Phillips, OCU's Rhett Renoud (26:54) and Edmond Memorial-ex Jeremy Buhl (27:13), and Southern Nazarene's Javier Balderas (27:26) were some of the other's in the top 20. Both the Phillips women and OBU men are good bets to qualify for at-large team berths at Kenosha.

## Southwest Regional Championships - Shawnee

Northwood University's mens team advanced to the NAIA championships at Kenosha, Wisconsin after they easily claimed the region title with 18 points to runner-up East Central (93). Other teams were Dallas Baptist (106), USAO (137), and Northwestern OK (190). Northwood's Joe Beisner claimed the region title with his 26:02 over the 8,000 meter course with five other teammates following in the next six places. East Central's Josh Corley (28:38) was the top state school finisher with the Tiger's Gary Witt (30:12), Langston's James Odom (32:27), USAO's Henry Winston (32:43), and Northwestern's Colby Auld (34:27) leading their respective school's teams.

Angie Landre and Natalie Koeger were the class of their race in taking the Southeastern Lady Savages to the region crown with a 19:54 and 20:04 respectively. Their team also will travel to Kenosha for the NAIA championships as they outscored runner-up East Central 33 to 75. Other teams included Mary Hardin-Baylor (80), Texas Lutheran (142), Southwestern OK (156), Dallas Baptist (205), Northwestern OK (216), USAO (229), and Langston (261). Other state finishers included ECU's Amber Hosier (20:59), Southeastern's Beth Harwood (21:28) and Shanna Lott (21:29), ECU's Kelly Chesser (21:43), USAO's Carey Campbell (22:46), Southwestern's Kelsey Newton (23:36), and Northwestern's Andi Mendell (24:15) leading their respective teams.

## Southeastern Conference Championships - Columbia, SC

The top-ranked Arkansas Razorbacks placed all eight of their runners within the top 13 as they rolled to an easy 47 point victory over runner-up Alabama at Columbia. The Hogs won an unprecedented 24th consecutive conference championship in cross-country dating back to the Southwest Conference days. Senior Ryan Wilson took home his fourth cross-country win of the year (4 in a row), to pace the Hogs' attack. His 23:46 over the challenging 8,000 meter course of rolling hills and woods edged out Bama's Tim Broe by ten seconds as Arkansas placed five in the top six for a team total of 19 points. Michael Power (24:08), Phillip Price (24:17), Seneca Lassiter (24:26), and Sean Kaley (24:27) completed the top five for the Hogs as they now set their sights for the regional meet in Denton, TX, and then the NCAA's at Furman, SC.

The 14th-ranked Arkansas Lady 'Backs finished second to Florida as the Hogs' Amy Yoder (16:56) outspurred defending champ Becky Wells of Florida to the tape for the overall victory.