

1984

ALMOND BOWL RESULTS
THREE MILE - MALE

| PLACE | NAME | TIME | PACE | DIVISION | PLACE | CITY | PLACE | NAME | TIME | PACE | DIVISION | PLACE | CITY |
|-------|-------------------|-------|------|----------|-------|-------------|-------|--------------------|-------|------|----------|-------|--------------|
| 1 | HOEFER, R. MARK | 14:19 | 4:46 | 18-29 | 1 | CHICO | 87 | SWAIM, CASEY | 19:25 | 6:28 | 18-29 | 42 | CHICO |
| 2 | MANEVAL KEITH | 14:50 | 4:57 | 18-29 | 1 | CHICO | 90 | HANSON, JAY | 19:30 | 6:30 | 35-39 | 7 | PARADISE |
| 3 | ELLIOTT, BILL | 14:51 | 4:57 | 18-29 | 2 | CHICO | 91 | FOLGER, PETE | 19:31 | 6:30 | 18-29 | 43 | CHICO |
| 4 | ESTES, TOM | 14:55 | 4:58 | 14-17 | 1 | SUSANVILLE | 92 | RIVAS, MICHAEL J | 19:32 | 6:31 | 18-29 | 44 | MAGALIA |
| 5 | WRIGHT, MIKE | 15:01 | 5:00 | 18-29 | 3 | CHICO | 93 | ROSTER, JERRY | 19:33 | 6:31 | 30-34 | 13 | CHICO |
| 6 | MASTERTSON, AL | 15:03 | 5:01 | 18-29 | 4 | REDDING | 94 | MADE, RICH | 19:34 | 6:31 | 30-34 | 14 | CHICO |
| 7 | MILES, MIKE | 15:16 | 5:05 | 18-29 | 5 | CHICO | 95 | LEAKE, RICH | 19:46 | 6:35 | 18-29 | 45 | CHICO |
| 8 | NEUMANN, CHUCK | 15:18 | 5:06 | 18-29 | 6 | DAVIS | 96 | WEBB, TOM | 19:52 | 6:37 | 35-39 | 8 | PARADISE |
| 9 | RIZZO, MARTIN | 15:24 | 5:08 | 18-29 | 7 | PORTOLA | 97 | MINTO, JIM | 19:59 | 6:48 | 30-34 | 15 | DURHAM |
| 10 | WOOD, DAVID | 15:29 | 5:10 | 30-34 | 1 | CHICO | 98 | CASTOR, JAY | 20:01 | 6:48 | 35-39 | 9 | PARADISE |
| 11 | MARTIN, JERICHO | 15:30 | 5:10 | 14-17 | 2 | OROVILLE | 99 | KAHLER, SCOTT | 20:02 | 6:41 | 14-17 | 18 | REDDING |
| 12 | ERCOLINI, MIKE | 15:37 | 5:12 | 18-29 | 8 | CHICO | 100 | FAVELA, ANDY | 20:04 | 6:41 | 18-29 | 46 | CHICO |
| 13 | SCHLAIS, SCOTT | 15:42 | 5:14 | 14-17 | 3 | CHICO | 101 | RANEY, GRANT | 20:04 | 6:41 | 35-39 | 10 | OREGON HOUSE |
| 14 | COBB, NELSEN | 15:53 | 5:18 | 18-29 | 9 | CHICO | 102 | DAVIS, KEVIN N | 20:08 | 6:43 | 18-29 | 47 | CHICO |
| 15 | RANKIN, LANCE | 15:54 | 5:18 | 14-17 | 4 | SUSANVILLE | 103 | EDWARDS, JOE | 20:09 | 6:43 | 18-29 | 48 | QUINCY |
| 16 | RUFFINO, TIMOTHY | 15:54 | 5:18 | 18-29 | 10 | CHICO | 104 | CHENEY, WARREN | 20:11 | 6:44 | 35-39 | 11 | PORTOLA |
| 17 | BANTUM DON WAYNE | 15:57 | 5:19 | 14-17 | 5 | JPARADISE | 105 | WAGNER, ERIC | 20:12 | 6:44 | 35-39 | 12 | SUSANVILLE |
| 18 | BERGSTROM, MIKE | 15:58 | 5:19 | 18-29 | 11 | CHICO | 106 | HEATH, MICHAEL | 20:14 | 6:45 | 35-39 | 13 | OROVILLE |
| 19 | FORD, DAREN | 16:19 | 5:26 | 18-29 | 12 | CHICO | 107 | GRIMM, RICHARD | 20:16 | 6:45 | 35-39 | 14 | OROVILLE |
| 20 | CYR, MARK | 16:20 | 5:27 | 18-29 | 13 | SACRAMENTO | 108 | CARRIERE, RICK | 20:16 | 6:45 | 30-34 | 16 | CHICO |
| 21 | TETER, BRIAN | 16:24 | 5:28 | 14-17 | 6 | PARADISE | 109 | BODDERHAM, ANDREW | 20:19 | 6:46 | 18-29 | 49 | CHICO |
| 22 | HAUB, JAMIE | 16:27 | 5:29 | 18-29 | 14 | LOS MOLINOS | 110 | ARMSTRONG, JOHN | 20:21 | 6:47 | 18-29 | 50 | CHICO |
| 23 | LIMITED, TALENT | 16:34 | 5:31 | 18-29 | 15 | CHICO | 111 | CHAPMAN, MICHAEL | 20:21 | 6:47 | 1-13 | 3 | YUBA CITY |
| 24 | STANSBURY, BRIAN | 16:36 | 5:32 | 18-29 | 16 | CHICO | 112 | TIETZ, KENNY | 20:22 | 6:47 | 35-39 | 15 | CHICO |
| 25 | WEST, JACK | 16:37 | 5:32 | 30-34 | 2 | SACRAMENTO | 113 | MORENO, JOAQUIN | 20:22 | 6:47 | 18-29 | 51 | CHICO |
| 26 | WILLIAMS, GREG | 16:52 | 5:37 | 18-29 | 17 | TRUCKEE | 114 | LANIER, JESS | 20:25 | 6:48 | 1-13 | 4 | PARADISE |
| 27 | RUST, LARRY | 16:55 | 5:38 | 18-29 | 18 | CHICO | 115 | MUNOZ, JEFF | 20:30 | 6:50 | 18-29 | 52 | REDDING |
| 28 | HAUB, BRIAN | 16:57 | 5:39 | 14-17 | 7 | LOS MOLINOS | 116 | SHERMAN, RON | 20:31 | 6:50 | 35-39 | 16 | CHICO |
| 29 | RALSTONN, DANIEL | 17:00 | 5:40 | 45-49 | 1 | REDDING | 117 | LEE KEN R | 20:34 | 6:51 | 18-29 | 53 | CHICO |
| 30 | HOOKS, GLENN | 17:07 | 5:42 | 14-17 | 8 | JANESVILLE | 118 | WHITE, BRIAN | 20:34 | 6:51 | 14-17 | 19 | OROVILLE |
| 31 | MOHUN, GEOFFREY | 17:11 | 5:44 | 18-29 | 19 | CHICO | 119 | SEALS, BUD | 20:37 | 6:52 | 14-17 | 20 | OROVILLE |
| 32 | RESIGNATO, PAUL | 17:12 | 5:44 | 30-34 | 3 | DAVIS | 120 | TEBO, DAN | 20:39 | 6:53 | 18-29 | 54 | CHICO |
| 33 | PACK, AL | 17:15 | 5:45 | 30-34 | 4 | RED BLUFF | 121 | SCOTT, RALPH | 20:42 | 6:54 | 45-49 | 3 | RED BLUFF |
| 34 | VILLAFUERTE, RICK | 17:15 | 5:45 | 18-29 | 20 | CHICO | 122 | HAWKINS, MARK | 20:43 | 6:54 | 18-29 | 55 | CHICO |
| 35 | PENTRACK, JIM | 17:17 | 5:46 | 30-34 | 5 | CHICO | 123 | JONES, RON | 20:46 | 6:55 | 30-34 | 17 | CHICO |
| 36 | LEGAULT, MICHAEL | 17:23 | 5:48 | 18-29 | 21 | CHICO | 124 | GILBERT, BOB | 20:51 | 6:57 | 30-34 | 18 | SACRAMENTO |
| 37 | MCKENNA, JACK | 17:23 | 5:48 | 35-39 | 1 | PARADISE | 125 | MIRAGLIA, CHRIS | 20:52 | 6:57 | 18-29 | 56 | CHICO |
| 38 | FROST, JACK | 17:26 | 5:49 | 40-44 | 1 | REDDING | 126 | BRADEN, JAMES | 20:52 | 6:57 | 30-34 | 19 | RED BLUFF |
| 39 | BRAY, MIKE | 17:28 | 5:49 | 14-17 | 9 | CHICO | 127 | QUIGGLE, LOUIS | 20:53 | 6:58 | 40-44 | 7 | REDDING |
| 40 | NASH, MARK | 17:31 | 5:50 | 18-29 | 22 | CARSON | 128 | PATERSON, DANIEL | 20:54 | 6:58 | 18-29 | 57 | CHICO |
| 41 | BROWNING, TOM | 17:33 | 5:51 | 40-44 | 2 | CARMICHAEL | 129 | TEESDALE, TRENT | 20:55 | 6:58 | 18-29 | 58 | DORRIS |
| 42 | MINTO, TYLER | 17:34 | 5:51 | 14-17 | 10 | SUSANVILLE | 130 | BALUK, RUSSELL | 20:55 | 6:58 | 30-34 | 20 | RED BLUFF |
| 43 | FLEMING, PAUL | 17:35 | 5:52 | 40-44 | 3 | RED BLUFF | 131 | SCHEID, ROBERT | 20:56 | 6:59 | 18-29 | 59 | SACRAMENTO |
| 44 | BOUTCHER, STEVEN | 17:35 | 5:52 | 18-29 | 23 | CHESTER | 132 | LANDEROS, BENJAMIN | 20:58 | 6:59 | 45-49 | 4 | OROVILLE |
| 45 | CLEGG, SAM | 17:37 | 5:52 | 14-17 | 11 | YUBA CITY | 133 | FERDINAND, DON B | 20:58 | 6:59 | 18-29 | 18 | CHICO |

| | | | | | | | | | | | | | |
|----|-------------------|-------|------|-------|----|--------------|-----|-----------------------|-------|------|-------|-------|------------|
| 32 | RESIGNATO, PAUL | 17:12 | 5:44 | 18-29 | 19 | CHICO | 119 | SEALS, BUD | 20:37 | 6:52 | 14-17 | 17 | OROVILLE |
| 33 | PACK, AL | 17:15 | 5:45 | 30-34 | 3 | DAVIS | 120 | TEBO, DAN | 20:39 | 6:53 | 18-29 | 20 | OROVILLE |
| 34 | VILLAFUERTE, RICK | 17:15 | 5:45 | 18-29 | 4 | RED BLUFF | 121 | SCOTT, RALPH | 20:42 | 6:54 | 45-49 | 54 | CHICO |
| 35 | PENTRACK, JIM | 17:17 | 5:46 | 30-34 | 20 | CHICO | 122 | HAWKINS, MARK | 20:43 | 6:54 | 18-29 | 3 | RED BLUFF |
| 36 | LEGAULT, MICHAEL | 17:23 | 5:48 | 18-29 | 5 | CHICO | 123 | JONES, RON | 20:46 | 6:55 | 30-34 | 55 | CHICO |
| 37 | MCKENNA, JACK | 17:23 | 5:48 | 35-39 | 21 | CHICO | 124 | GILBERT, BOB | 20:51 | 6:57 | 30-34 | 17 | CHICO |
| 38 | FROST, JACK | 17:26 | 5:49 | 40-44 | 1 | PARADISE | 125 | MIRAGLIA, CHRIS | 20:52 | 6:57 | 18-29 | 18 | SACRAMENTO |
| 39 | BRAY, MIKE | 17:28 | 5:49 | 14-17 | 1 | REDDING | 126 | BRADEN, JAMES | 20:52 | 6:57 | 30-34 | 56 | CHICO |
| 40 | NASH, MARK | 17:31 | 5:50 | 18-29 | 9 | CHICO | 127 | QUIGGLE, LOUIS | 20:53 | 6:58 | 40-44 | 19 | RED BLUFF |
| 41 | BROWNING, TOM | 17:33 | 5:51 | 40-44 | 22 | CARSON | 128 | PATERSON, DANIEL | 20:54 | 6:58 | 18-29 | 7 | REDDING |
| 42 | MINTO, TYLER | 17:34 | 5:51 | 14-17 | 2 | CARMICHAEL | 129 | TEESDALE, TRENT | 20:55 | 6:58 | 18-29 | 57 | CHICO |
| 43 | FLEMING, PAUL | 17:35 | 5:52 | 40-44 | 10 | SUSANVILLE | 130 | BALUK, RUSSELL | 20:55 | 6:58 | 30-34 | 58 | DORRIS |
| 44 | BOUTCHER, STEVEN | 17:35 | 5:52 | 18-29 | 3 | RED BLUFF | 131 | SCHIED, ROBERT | 20:56 | 6:59 | 18-29 | 20 | RED BLUFF |
| 45 | CLEGG, SAM | 17:37 | 5:52 | 14-17 | 23 | CHESTER | 132 | LANDEROS, BENJAMIN | 20:58 | 6:59 | 45-49 | 59 | SACRAMENTO |
| 46 | TAKAD, KEN | 17:44 | 5:55 | 18-29 | 11 | YUBA CITY | 133 | CERNUDA, DAN R | 20:59 | 6:60 | 18-29 | 4 | OROVILLE |
| 47 | GOWAN, DOUGLAS | 17:46 | 5:55 | 30-34 | 24 | CHICO | 134 | BELL, CHRIS | 21:01 | 7:00 | 14-17 | 60 | CHICO |
| 48 | IJAMS, TERRY | 17:48 | 5:56 | 30-34 | 6 | CHICO | 135 | BOYLE, DENNIS | 21:01 | 7:00 | 40-44 | 21 | ROSEVILLE |
| 49 | ORNELAS, DONALD | 17:48 | 5:56 | 18-29 | 7 | CHICO | 136 | EVANS, MICHAEL | 21:03 | 7:01 | 18-29 | 8 | PALO CEDRO |
| 50 | FROST, JACK | 17:49 | 5:56 | 14-17 | 25 | MARYSVILLE | 137 | HICKS, BRIAN | 21:05 | 7:02 | 18-29 | 61 | CHICO |
| 51 | NEWMAN, WALT | 17:49 | 5:56 | 35-39 | 12 | REDDING | 138 | THRASHER, DOG | 21:06 | 7:02 | 18-29 | 62 | CHICO |
| 52 | HANDY, STEPHEN | 17:50 | 5:57 | 18-29 | 2 | PARADISE | 139 | LEISTERING, LYNN | 21:07 | 7:02 | 45-49 | 63 | BENICIA |
| 53 | TRAMONTIN, BILL | 17:51 | 5:57 | 35-39 | 26 | CHICO | 140 | ANDREWS, MIKE | 21:08 | 7:03 | 40-44 | 5 | ANDERSON |
| 54 | EVERSON, DAVE | 17:56 | 5:59 | 30-34 | 3 | CHICO | 141 | WILSON, KEVIN | 21:12 | 7:04 | 18-29 | 9 | OROVILLE |
| 55 | JOHNSTON, DAVID | 17:57 | 5:59 | 18-29 | 8 | CHICO | 142 | LITTELL, ROBERT | 21:13 | 7:04 | 35-39 | 64 | CHICO |
| 56 | MOUNT, GARY | 17:58 | 5:59 | 35-39 | 27 | CHICO | 143 | MEHL, STEFFEN | 21:14 | 7:05 | 1-13 | 17 | CHICO |
| 57 | BUNNELL, LEE | 17:59 | 5:60 | 50-54 | 4 | CHICO | 144 | VALINE, ANTHONY | 21:16 | 7:05 | 18-29 | 5 | OROVILLE |
| 58 | AUSTIN, STEPHEN | 18:06 | 6:02 | 30-34 | 1 | REDDING | 145 | GROVE, PATRICK | 21:18 | 7:06 | 18-29 | 65 | CHICO |
| 59 | MCCAIN, BUZ | 18:11 | 6:04 | 14-17 | 9 | PITTSBURG | 146 | ROMERO, HERMAN | 21:19 | 7:06 | 55-59 | 66 | CHICO |
| 60 | GADDY, BRIAN S | 18:11 | 6:04 | 1-13 | 13 | CHICO | 147 | WRONA, EDWARD | 21:19 | 7:06 | 30-34 | 1 | WILLOWS |
| 61 | NASON, FRED | 18:16 | 6:05 | 18-29 | 1 | REDDING | 148 | ARTZNER, TOM | 21:21 | 7:07 | 35-39 | 21 | CHICO |
| 62 | BORGONOVO, DAN | 18:20 | 6:07 | 18-29 | 28 | YUBA CITY | 149 | BROPHY, GARY | 21:25 | 7:08 | 45-49 | 18 | CHICO |
| 63 | OLSON, DAVE | 18:21 | 6:07 | 18-29 | 29 | CHICO | 150 | KIMBERLY, DAVID | 21:27 | 7:09 | 18-29 | 6 | REDDING |
| 64 | ROSS, JASON | 18:26 | 6:09 | 14-17 | 30 | CHESTER | 151 | STITES, MARVIN | 21:28 | 7:09 | 40-44 | 67 | PARADISE |
| 65 | ROSS, ROBERT | 18:26 | 6:09 | 40-44 | 14 | CHICO | 152 | KITZMILLER, JAY | 21:33 | 7:11 | 40-44 | 10 | CHESTER |
| 66 | BARRY, KEVIN | 18:33 | 6:11 | 18-29 | 4 | CHICO | 153 | BUSH, DAVID | 21:34 | 7:11 | 40-44 | 11 | PARADISE |
| 67 | HOOKE, CHARLES | 18:34 | 6:11 | 14-17 | 31 | CHICO | 154 | LINTON, RORY | 21:37 | 7:12 | 18-29 | 12 | REDDING |
| 68 | ERPINO, MICHAEL | 18:36 | 6:12 | 45-49 | 15 | JANESVILLE | 155 | MCMANUS, JAMES | 21:44 | 7:15 | 55-59 | 68 | CHICO |
| 69 | ALBERTINI, BOB | 18:37 | 6:12 | 30-34 | 2 | CHICO | 156 | AZEVEDO, KENNETH JOHN | 21:46 | 7:15 | 30-34 | 2 | SACRAMENTO |
| 70 | PELOW, JAMES | 18:44 | 6:15 | 18-29 | 10 | CHICO | 157 | LUCAS, JOEL | 21:47 | 7:16 | 18-29 | 22 | MAXWELL |
| 71 | HOLT, ROBERT | 18:45 | 6:15 | 18-29 | 32 | CHICO | 158 | AUST, DAVID | 21:50 | 7:17 | 30-34 | 69 | CHICO |
| 72 | BRITTINGHAM, BOB | 18:45 | 6:15 | 35-39 | 33 | CHICO | 159 | SMITH, SCOTT | 21:50 | 7:17 | 18-29 | 23 | CHICO |
| 73 | CERVANTES, JOSE | 18:46 | 6:15 | 30-34 | 5 | CHICO | 160 | PETERSEN, ALAN | 21:54 | 7:18 | 18-29 | 70 | CHICO |
| 74 | ZAVALA, DAVID | 18:47 | 6:16 | 18-29 | 11 | CHICO | 161 | HAAS, ARVID | 21:57 | 7:19 | 45-49 | 71 | CHICO |
| 75 | BUNNELL, DAVE | 18:48 | 6:16 | 18-29 | 34 | CHICO | 162 | WALKER, SCOTT | 21:58 | 7:19 | 18-29 | 7 | WESTWOOD |
| 76 | HALL, DON | 18:48 | 6:16 | 18-29 | 35 | CHICO | 163 | KAHLER, RICHARD | 22:00 | 7:20 | 40-44 | 72 | CHICO |
| 77 | AYERS, MICHAEL | 18:49 | 6:16 | 18-29 | 36 | CHICO | 164 | RIDLON, GLENN | 22:01 | 7:20 | 18-29 | 13 | REDDING |
| 78 | DUDDLESTON, DAVE | 18:53 | 6:18 | 40-44 | 37 | CHICO | 165 | HEFELE, DOUGLAS | 22:02 | 7:21 | 18-29 | 73 | LEOMINSTER |
| 79 | GRANDY, LARRY | 18:54 | 6:18 | 30-34 | 5 | GRASS VALLEY | 166 | HELLER, GARY | 22:02 | 7:21 | 40-44 | 74 | CHICO |
| 80 | PARKER, SCOTT | 18:56 | 6:19 | 14-17 | 12 | REDDING | 167 | QUAST, JIM | 22:03 | 7:21 | 45-49 | 14 | OROVILLE |
| 81 | COLE, BRUCE | 18:58 | 6:19 | 18-29 | 16 | CHICO | 168 | MATTHEWS, GARY | 22:05 | 7:22 | 35-39 | 8 | OROVILLE |
| 82 | KING, LOWELL | 18:59 | 6:20 | 18-29 | 38 | CHICO | 169 | LAWSON, ROGER | 22:07 | 7:22 | 35-39 | 19 | CHICO |
| 83 | HEFFERNAN, JAMES | 19:01 | 6:20 | 18-29 | 39 | COLUSA | 170 | WILSON, GARY | 22:08 | 7:23 | 35-39 | 20 | YUBA CITY |
| 84 | JACOBSEN, EDWARD | 19:02 | 6:21 | 40-44 | 40 | CHESTER | 171 | BRIDGE, MICHAEL | 22:11 | 7:24 | 30-34 | 21 | CHICO |
| 85 | BELL, MICHAEL | 19:04 | 6:21 | 14-17 | 6 | CHICO | 172 | WHALLEY, TODD | 22:15 | 7:25 | 18-29 | 24 | CHICO |
| 86 | SMITH, JOHN | 19:10 | 6:23 | 35-39 | 17 | ROSEVILLE | 173 | HUFFAKER, DAVID | 22:15 | 7:25 | 14-17 | 75 | CHICO |
| 87 | HOWELL, KENNETH | 19:14 | 6:25 | 18-29 | 6 | RED BLUFF | 174 | PONTILLO, MIKE | 22:18 | 7:26 | 18-29 | 22 | QUINCY |
| 88 | MCKEEHAN, JEFFREY | 19:21 | 6:27 | 1-13 | 41 | CHICO | 175 | SUNNENSHINE, AARON | 22:18 | 7:26 | 1-13 | 76 | CHICO |
| | | | | | 2 | OROVILLE | 176 | ROGERS, DWAYNE | 22:19 | 7:26 | 18-29 | 6 | OROVILLE |
| | | | | | | | | | | | 77 | CHICO | |

1984

ALMOND BOWL RESULTS
THREE MILE - MALE

THREE MILE MALE 1-13

ALMOND BOWL RECORD: MIKE WALL, SUSANVILLE 15:46 1981
LAST YEAR'S WINNER: LOUIS CHAVEZ, ANDERSON 17:35

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-------------------|-------|------|-----------|
| 1 | 60 | | GADDY, BRIAN S | 18:11 | 6:04 | REDDING |
| 2 | 88 | | MCKEERAN, JEFFREY | 19:21 | 6:27 | OROVILLE |
| 3 | 111 | | CHAPMAN, MICHAEL | 20:21 | 6:47 | YUBA CITY |
| 4 | 114 | | LANIER, JESS | 20:25 | 6:48 | PARADISE |
| 5 | 143 | | MEHL, STEFFEN | 21:14 | 7:05 | OROVILLE |

THREE MILE MALE 14-17

ALMOND BOWL RECORD: MIKE WALL, SUSANVILLE 14:38 1983
LAST YEAR'S WINNER: MIKE WALL, SUSANVILLE 14:38

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|------------------|-------|------|------------|
| 1 | 4 | | ESTES, TOM | 14:55 | 4:58 | SUSANVILLE |
| 2 | 11 | | MARTIN, JERICHO | 15:30 | 5:10 | OROVILLE |
| 3 | 13 | | SCHLAIS, SCOTT | 15:42 | 5:14 | CHICO |
| 4 | 15 | | RANKIN, LANCE | 15:54 | 5:18 | SUSANVILLE |
| 5 | 17 | | BANTUM DON WAYNE | 15:57 | 5:19 | PARADISE |

THREE MILE MALE 18-29

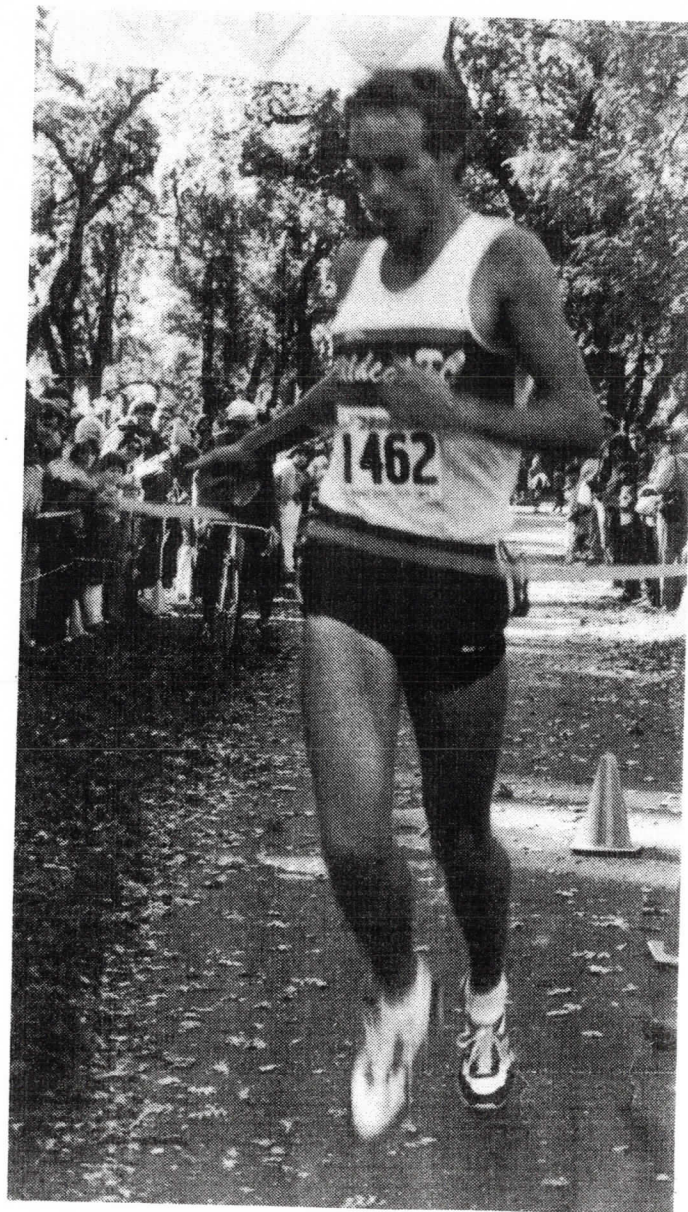
ALMOND BOWL RECORD: LEE FERRERO, WEED 14:10* 1975
LAST YEAR'S WINNER: MIKE WRIGHT, CHICO 14:44

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-----------------|-------|------|---------|
| 1 | 1 | | HOEFER, R. MARK | 14:19 | 4:46 | CHICO |
| 2 | 2 | | MANEVAL KEITH | 14:50 | 4:57 | CHICO |
| 3 | 3 | | ELLIOTT, BILL | 14:51 | 4:57 | CHICO |
| 4 | 5 | | WRIGHT, MIKE | 15:01 | 5:00 | CHICO |
| 5 | 6 | | MASTERTSON, AL | 15:03 | 5:01 | REDDING |

THREE MILE MALE 30-34

ALMOND BOWL RECORD: LEE FERRERO, WEED 14:30 1977
LAST YEAR'S WINNER: BOB EBERLE, SANTA CRUZ 15:28

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-------------|-------|------|------------|
| 1 | 10 | | WOOD, DAVID | 15:29 | 5:10 | CHICO |
| 2 | 25 | | WEST, JACK | 14:37 | 5:22 | SACRAMENTO |



THREE MILE MALE 50-54

| | | | | | |
|---|---|-----------------|-------|------|---------|
| 1 | 1 | HOEFER, R. MARK | 14:19 | 4:46 | CHICO |
| 2 | 2 | MANEVAL KEITH | 14:50 | 4:57 | CHICO |
| 3 | 3 | ELLIOTT, BILL | 14:51 | 4:57 | CHICO |
| 4 | 5 | WRIGHT, MIKE | 15:01 | 5:00 | CHICO |
| 5 | 6 | MASTERSON, AL | 15:03 | 5:01 | REDDING |



THREE MILE MALE 30-34

ALMOND BOWL RECORD: LEE FERRERO, WEED 14:30 1977
 LAST YEAR'S WINNER: BOB EBERLE, SANTA CRUZ 15:28

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-----------------|-------|------|------------|
| 1 | 10 | | WOOD, DAVID | 15:29 | 5:10 | CHICO |
| 2 | 25 | | WEST, JACK | 16:37 | 5:32 | SACRAMENTO |
| 3 | 32 | | RESIGNATO, PAUL | 17:12 | 5:44 | DAVIS |
| 4 | 33 | | PACK, AL | 17:15 | 5:45 | RED BLUFF |
| 5 | 35 | | PENTRACK, JIM | 17:17 | 5:46 | CHICO |

THREE MILE MALE 35-39

ALMOND BOWL RECORD: JIM THOMAS, CITRUS HEIGHTS 16:32
 LAST YEAR'S WINNER: JIM THOMAS, CITRUS HEIGHTS 16:32

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|------------------|-------|------|----------|
| 1 | 37 | | MCKENNA, JACK | 17:23 | 5:48 | PARADISE |
| 2 | 51 | | NEWMAN, WALT | 17:49 | 5:56 | PARADISE |
| 3 | 53 | | TRAMONTIN, BILL | 17:51 | 5:57 | CHICO |
| 4 | 56 | | MOUNT, GARY | 17:58 | 5:59 | CHICO |
| 5 | 72 | | BRITTINGHAM, BOB | 18:45 | 6:15 | CHICO |

THREE MILE MALE 40-44

ALMOND BOWL RECORD: KEITH FORMAN, CHICO 15:36 1983
 LAST YEAR'S WINNER: KEITH FORMAN, CHICO 15:36

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|------------------|-------|------|--------------|
| 1 | 38 | | FROST, JACK | 17:26 | 5:49 | REDDING |
| 2 | 41 | | BROWNING, TOM | 17:33 | 5:51 | CARMICHAEL |
| 3 | 43 | | FLEMING, PAUL | 17:35 | 5:52 | RED BLUFF |
| 4 | 65 | | ROSS, ROBERT | 18:26 | 6:09 | CHICO |
| 5 | 78 | | DUDDLESTON, DAVE | 18:53 | 6:18 | GRASS VALLEY |

THREE MILE MALE 45-49

ALMOND BOWL RECORD: ROY BUTTERFIELD, SUSANVILLE 16:11
 LAST YEAR'S WINNER: ROY BUTTERFIELD, SUSANVILLE 16:11

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|--------------------|-------|------|-----------|
| 1 | 29 | | RALSTON, DANIEL | 17:00 | 5:40 | REDDING |
| 2 | 68 | | ERPINO, MICHAEL | 18:36 | 6:12 | CHICO |
| 3 | 121 | | SCOTT, RALPH | 20:42 | 6:54 | RED BLUFF |
| 4 | 132 | | LANDEROS, BENJAMIN | 20:58 | 6:59 | OROVILLE |
| 5 | 139 | | LEISTINGER, LYNN | 21:07 | 7:02 | ANDERSON |

THREE MILE MALE 50-54

ALMOND BOWL RECORD: EVERETT RIGGLE, CHICO 16:13 1983
 LAST YEAR'S WINNER: EVERETT RIGGLE, CHICO 16:13

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|---------------|-------|------|----------|
| 1 | 57 | | BUNNELL, LEE | 17:59 | 5:60 | REDDING |
| 2 | 207 | | BENDER, WALT | 23:18 | 7:46 | CHICO |
| 3 | 212 | | MCCONNELL, ED | 23:29 | 7:50 | GRIDLEY |
| 4 | 215 | | JESSEN, JAY | 23:45 | 7:55 | REDDING |
| 5 | 219 | | COOK, DAN | 23:59 | 7:60 | OROVILLE |

THREE MILE MALE 55-59

ALMOND BOWL RECORD: MEL SULLENS, REDDING 20:26 1983
 LAST YEAR'S WINNER: MEL SULLENS, REDDING 20:26

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|--------------------|-------|-------|------------|
| 1 | 146 | | ROMERO, HERMAN | 21:19 | 7:06 | WILLOWS |
| 2 | 155 | | MCMANUS, JAMES | 21:44 | 7:15 | SACRAMENTO |
| 3 | 264 | | VANDEGRIFT, LUCIAN | 25:55 | 8:38 | OROVILLE |
| 4 | 288 | | LEWIS, CHARLES | 27:26 | 9:09 | YUBA CITY |
| 5 | 328 | | DOMKE DON | 32:45 | 10:55 | REDDING |

THREE MILE MALE 60-69

ALMOND BOWL RECORD: HANK KOGLER, CHICO 21:55 1982
 LAST YEAR'S WINNER: HARRY HARDER, CHICO 41:27

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-----------------|-------|-------|-------|
| 1 | 307 | | SANDERS, CALVIN | 29:39 | 9:53 | CHICO |
| 2 | 329 | | STERN, ELI | 33:37 | 11:12 | CHICO |

THREE MILE MALE 70 +

ALMOND BOWL RECORD: JOHN STERING, CHICO 28:23 1983
 LAST YEAR'S WINNER: JOHN STERING, CHICO 28:23

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|---------------|-------|-------|----------|
| 1 | 316 | | STERING, JOHN | 30:53 | 10:18 | CHICO |
| 2 | 347 | | WINKEL, BOB | 42:15 | 14:05 | PARADISE |

1984

ALMOND BOWL RESULTS
THREE MILE - FEMALE

| PLACE | NAME | TIME | PACE | DIVISION | PLACE | CITY | PLACE | NAME | TIME | PACE | DIVISION | PLACE | CITY |
|-------|--------------------|-------|------|----------|-------|---------------|-------|----------------------|-------|------|----------|-------|------------|
| 1 | KAISER, KATHLEEN | 17:46 | 5:55 | 35-39 | 1 | CHICO | 89 | DALTON, DONNA | 24:20 | 8:07 | 40-44 | 7 | CHICO |
| 2 | KAMRAR, SUE | 18:09 | 6:03 | 18-29 | 1 | SAN CARLOS | 90 | ANDERSON, BETH | 24:26 | 8:09 | 18-29 | 49 | CHICO |
| 3 | PAPPAS, DIANA | 18:49 | 6:16 | 18-29 | 2 | CHICO | 91 | LANCASTER, CAROL | 24:28 | 8:09 | 30-34 | 8 | REDDING |
| 4 | BARRETT, STEPHANIE | 19:04 | 6:21 | 14-17 | 1 | CHICO | 92 | JESSEN, JANIS | 24:29 | 8:10 | 18-29 | 50 | CHICO |
| 5 | KLUDT, TERESA | 19:12 | 6:24 | 18-29 | 3 | CHICO | 93 | GOLDSTONE, ROBIN | 24:31 | 8:10 | 18-29 | 51 | CHICO |
| 6 | DANIELL, JENNIFER | 19:20 | 6:27 | 18-29 | 4 | CHICO | 94 | KINNEY, TERRI | 24:32 | 8:11 | 18-29 | 52 | SANTA ROSA |
| 7 | HILKEN, DIANA | 19:27 | 6:29 | 18-29 | 5 | CHICO | 95 | MCMANUS, CAROLE | 24:34 | 8:11 | 40-44 | 8 | SACRAMENTO |
| 8 | MATTHEWS, ANDREA | 19:29 | 6:30 | 35-39 | 2 | CHICO | 96 | URIZ, NANCY | 24:35 | 8:12 | 18-29 | 53 | YUBA CITY |
| 9 | MOORE, KIM | 19:43 | 6:34 | 14-17 | 2 | CHICO | 97 | BENDER, TERESA | 24:39 | 8:13 | 18-29 | 54 | CHICO |
| 10 | BRIDGES, ALISON | 19:46 | 6:35 | 18-29 | 6 | DAVIS | 98 | CARTER, DONNA | 24:41 | 8:14 | 35-39 | 8 | CHICO |
| 11 | WILLIAMS, ANGIE | 19:48 | 6:36 | 30-34 | 1 | OROVILLE | 99 | BRISTOW, CHRIS | 24:42 | 8:14 | 40-44 | 9 | CHICO |
| 12 | MOSBACHER, JUDY | 19:49 | 6:36 | 18-29 | 7 | CHICO | 100 | DANNA, JUDEE | 24:47 | 8:16 | 35-39 | 9 | CHICO |
| 13 | FISCI, VICKY | 20:03 | 6:41 | 30-34 | 2 | CHICO | 101 | VILLAFUERTE, ROBIN | 24:51 | 8:17 | 18-29 | 55 | SAN MATEO |
| 14 | OLSON, MINDY | 20:18 | 6:46 | 14-17 | 3 | RED BLUFF | 102 | GADDY, SHERRY | 24:52 | 8:17 | 30-34 | 9 | REDDING |
| 15 | LANIER, JULIE | 20:24 | 6:48 | 1-13 | 1 | PARADISE | 103 | LIVELY, LINDA LU | 24:54 | 8:18 | 30-34 | 10 | CHICO |
| 16 | MORAN, STEPHANIE | 20:37 | 6:52 | 1-13 | 2 | CHICO | 104 | MOHUN, ELIZABETH | 24:56 | 8:19 | 18-29 | 56 | CHICO |
| 17 | GUILBAULT NANCY | 20:45 | 6:55 | 18-29 | 8 | BYRON | 105 | MCINTOSH, MARILYN | 24:58 | 8:19 | 35-39 | 10 | REDDING |
| 18 | KINNEY, DIANE | 20:51 | 6:57 | 18-29 | 9 | SANTA ROSA | 106 | MEHAN, KRIS | 25:03 | 8:21 | 30-34 | 11 | CHICO |
| 19 | ZIMMY, LINDA | 20:52 | 6:57 | 35-39 | 3 | NAPA | 107 | KNORZER, LINDA | 25:10 | 8:23 | 14-17 | 10 | OROVILLE |
| 20 | USTASZEWSKI, NANCY | 20:54 | 6:58 | 35-39 | 4 | ROCKLIN | 108 | DESOUZA, CONNIE | 25:14 | 8:25 | 30-34 | 12 | YUBA CITY |
| 21 | HENNEMAN, THERESA | 20:55 | 6:58 | 50-54 | 1 | CHICO | 109 | DOWNY, PAT | 25:16 | 8:25 | 40-44 | 10 | REDDING |
| 22 | CLEWETT, HEATHER | 20:56 | 6:59 | 18-29 | 10 | CHICO | 110 | WRIGHT, ROCHELLE | 25:17 | 8:26 | 18-29 | 57 | PARADISE |
| 23 | COBB, ALLISON | 20:58 | 6:59 | 18-29 | 11 | CHICO | 111 | FOX, DENISE | 25:18 | 8:26 | 18-29 | 58 | MAXWELL |
| 24 | REFALO, LINDA | 21:03 | 7:01 | 18-29 | 12 | CHESTER | 112 | LENIS, SALLY | 25:19 | 8:26 | 30-34 | 13 | REDDING |
| 25 | ANDREWS, CONNIE | 21:09 | 7:03 | 40-44 | 1 | OROVILLE | 113 | CANCELLO, GLORIA | 25:20 | 8:27 | 35-39 | 11 | CHICO |
| 26 | ANDERSON, KELLY | 21:10 | 7:03 | 18-29 | 13 | CHICO | 114 | MARSKEY, KONNIE | 25:20 | 8:27 | 18-29 | 1 | CHICO |
| 27 | KLEIN, LAUREN | 21:15 | 7:05 | 30-34 | 3 | YUBA CITY | 115 | WARD, KARIN | 25:21 | 8:27 | 18-29 | 59 | CHICO |
| 28 | TAYLOR THERESA | 21:18 | 7:06 | 18-29 | 14 | CHICO | 116 | FILLMER, CAROL | 25:21 | 8:27 | 35-39 | 12 | CHICO |
| 29 | KUTULAS, SANDY J | 21:25 | 7:08 | 18-29 | 15 | PLEASANT HILL | 117 | WEBER, ELISSA | 25:22 | 8:27 | 18-29 | 60 | CHICO |
| 30 | OLIVEIRA, NICHOLE | 21:27 | 7:09 | 14-17 | 4 | COTTONWOOD | 118 | CURTIS, MEGAN | 25:23 | 8:28 | 1-13 | 8 | CHICO |
| 31 | OLIVEIRA, CHRISTY | 21:30 | 7:10 | 1-13 | 3 | COTTONWOOD | 119 | SCHALLOCK, CHARLOTTE | 25:24 | 8:28 | 18-29 | 61 | CHICO |
| 32 | WREN, MARJA | 21:42 | 7:14 | 30-34 | 4 | PARADISE | 120 | KEEHN, LIZ | 25:24 | 8:28 | 18-29 | 62 | CHICO |
| 33 | GORBET, MANDEY | 21:43 | 7:14 | 14-17 | 5 | SUSANVILLE | 121 | EVANS, CHERYL | 25:25 | 8:28 | 18-29 | 63 | CHICO |
| 34 | REYNOLDS VICKY | 21:44 | 7:15 | 14-17 | 6 | CHICO | 122 | ELLSWORTH, BETH | 25:25 | 8:28 | 45-49 | 2 | PARADISE |
| 35 | GIGO, PATTI | 21:47 | 7:16 | 18-29 | 16 | CHICO | 123 | MOORE, SUZANNE | 25:27 | 8:29 | 18-29 | 2 | ARCADIA |
| 36 | FLANARY, HEATHER | 21:54 | 7:18 | 18-29 | 17 | YUBA CITY | 124 | AGLIOLO, NANCY | 25:29 | 8:30 | 30-34 | 14 | CHICO |
| 37 | STANLEY, TERRI | 21:56 | 7:19 | 18-29 | 18 | CHICO | 125 | VALPONI, BETH | 25:30 | 8:30 | 30-34 | 15 | CHICO |
| 38 | SCHIVELEY, JOAN | 22:01 | 7:20 | 40-44 | 2 | MARTINEZ | 126 | QUIGGLE, ROSALIND | 25:32 | 8:31 | 45-49 | 3 | REDDING |
| 39 | OWEN, SHARI | 22:03 | 7:21 | 18-29 | 19 | CHICO | 127 | FRITZ GAYLE | 25:33 | 8:31 | 30-34 | 16 | CHICO |
| 40 | MATHEWS, CONNIE | 22:04 | 7:21 | 18-29 | 20 | CHICO | 128 | COOK, NELL | 25:34 | 8:31 | 45-49 | 4 | OROVILLE |
| 41 | HOLEWINSKI, LISA | 22:12 | 7:24 | 18-29 | 21 | CHICO | 129 | LAUSTEN, SUSAN | 25:37 | 8:32 | 18-29 | 64 | FORT BRAGG |
| 42 | KEMP, CHRISTINE | 22:13 | 7:24 | 18-29 | 22 | CHICO | 130 | WESTON, PATTY | 25:42 | 8:34 | 40-44 | 11 | GERBER |
| 43 | JONES, GWYNNE | 22:15 | 7:25 | 18-29 | 23 | CHICO | 131 | JESSEN, RUTH | 25:43 | 8:34 | 50-54 | 2 | REDDING |
| 44 | KELLY, JUDY | 22:16 | 7:25 | 35-39 | 5 | CHICO | 132 | MACHE, DEBRA | 25:44 | 8:35 | 30-34 | 17 | CORNING |
| 45 | JAMISON, MARSHA | 22:17 | 7:26 | 30-34 | 5 | CHICO | 133 | ROSE, DIANA | 25:46 | 8:35 | 1-13 | 9 | CHICO |
| 46 | STEWART EMILY | 22:29 | 7:30 | 14-17 | 7 | CHICO | 134 | NELL, TERI | 25:47 | 8:36 | 30-34 | 18 | CHICO |
| 47 | AYRES, DEBORAH | 22:30 | 7:30 | 18-29 | 24 | WALNUT CREEK | 135 | GARIBALDI, ANNE | 25:48 | 8:36 | 18-29 | 65 | CHICO |
| 48 | HOOTS, CARLA | 22:32 | 7:31 | 18-29 | 25 | CHICO | 136 | CAUDRON, SHARI | 25:49 | 8:36 | 18-29 | 66 | CHICO |
| 49 | LANDBERG, SONDR | 22:43 | 7:34 | 35-39 | 6 | WILLOWS | 137 | ZALEWSKI, JANET | 25:49 | 8:36 | 30-34 | 19 | TAHOE CITY |
| 50 | SIKORA, TOBY | 22:44 | 7:35 | 40-44 | 3 | LOS ALTOS | 138 | UMI PT. KATY | 25:50 | 8:37 | 30-34 | 20 | CHICO |

| | | | | | | | | | | | | | |
|----|---------------------|-------|------|-------|----|--------------|-----|-----------------------|-------|------|-------|----|------------|
| 32 | WREN, MARJA | 21:42 | 7:14 | 30-39 | 4 | PARADISE | 121 | EVANS, CHERYL | 25:25 | 8:28 | 18-29 | 63 | CHICO |
| 33 | GORBET, MANDEY | 21:43 | 7:14 | 14-17 | 5 | SUSANVILLE | 122 | ELLSWORTH, BETH | 25:25 | 8:28 | 45-49 | 2 | PARADISE |
| 34 | REYNOLDS VICKY | 21:44 | 7:15 | 14-17 | 6 | CHICO | 123 | MOORE, SUZANNE | 25:27 | 8:29 | 18-29 | 2 | ARCADIA |
| 35 | GIGO, PATTI | 21:47 | 7:16 | 18-29 | 16 | CHICO | 124 | AGLILOLO, NANCY | 25:29 | 8:30 | 30-34 | 14 | CHICO |
| 36 | FLANARY, HEATHER | 21:54 | 7:18 | 18-29 | 17 | YUBA CITY | 125 | VALPONI, BETH | 25:30 | 8:30 | 30-34 | 15 | CHICO |
| 37 | STANLEY, TERRI | 21:56 | 7:19 | 18-29 | 18 | CHICO | 126 | QUIGGLE, ROSALIND | 25:32 | 8:31 | 45-49 | 3 | REDDING |
| 38 | SCHIVELEY, JOAN | 22:01 | 7:20 | 40-44 | 2 | MARTINEZ | 127 | FRITZ GAYLE | 25:33 | 8:31 | 30-34 | 16 | CHICO |
| 39 | OWEN, SHARI | 22:03 | 7:21 | 18-29 | 19 | CHICO | 128 | COOK, NELL | 25:34 | 8:31 | 45-49 | 4 | OROVILLE |
| 40 | MATHEWS, CONNIE | 22:04 | 7:21 | 18-29 | 20 | CHICO | 129 | LAUSTEN, SUSAN | 25:37 | 8:32 | 18-29 | 64 | FORT BRAGG |
| 41 | HOLEWINSKI, LISA | 22:12 | 7:24 | 18-29 | 21 | CHICO | 130 | WESTON, PATTY | 25:42 | 8:34 | 40-44 | 11 | GERBER |
| 42 | KEMP, CHRISTINE | 22:13 | 7:24 | 18-29 | 22 | CHICO | 131 | JESSEN, RUTH | 25:43 | 8:34 | 50-54 | 2 | REDDING |
| 43 | JONES, GWYNNE | 22:15 | 7:25 | 18-29 | 23 | CHICO | 132 | MACHE, DEBRA | 25:44 | 8:35 | 30-34 | 17 | CORNING |
| 44 | KELLY, JUDY | 22:16 | 7:25 | 35-39 | 5 | CHICO | 133 | ROSE, DIANA | 25:46 | 8:35 | 1-13 | 9 | CHICO |
| 45 | JAMISON, MARSHA | 22:17 | 7:26 | 30-34 | 5 | CHICO | 134 | NELL, TERI | 25:47 | 8:36 | 30-34 | 18 | CHICO |
| 46 | STEWART EMILY | 22:29 | 7:30 | 14-17 | 7 | CHICO | 135 | GARIBALDI, ANNE | 25:48 | 8:36 | 18-29 | 65 | CHICO |
| 47 | AYRES, DEBORAH | 22:30 | 7:30 | 18-29 | 24 | WALNUT CREEK | 136 | CAUDRON, SHARI | 25:49 | 8:36 | 18-29 | 66 | CHICO |
| 48 | HOOTS, CARLA | 22:32 | 7:31 | 18-29 | 25 | CHICO | 137 | ZALEWSKI, JANET | 25:49 | 8:36 | 30-34 | 19 | TAHOE CITY |
| 49 | LANDBERG, SONDR | 22:43 | 7:34 | 35-39 | 6 | WILLOWS | 138 | VOLPI, KATY | 25:50 | 8:37 | 30-34 | 20 | CHICO |
| 50 | SIKORA, TOBY | 22:44 | 7:35 | 40-44 | 3 | LOS ALTOS | 139 | HARTRUM, MARIA | 25:53 | 8:38 | 18-29 | 67 | CHICO |
| 51 | ANSPACH, TERESA | 22:45 | 7:35 | 18-29 | 26 | CHICO | 140 | SCOTT, SHANNON | 25:54 | 8:38 | 18-29 | 68 | CHICO |
| 52 | BROWN, LINDA | 22:45 | 7:35 | 18-29 | 27 | CHICO | 141 | FEINGOLD, LAURENE | 25:56 | 8:39 | 45-49 | 5 | CHICO |
| 53 | EVANHOE, KATHLEEN | 22:48 | 7:36 | 40-44 | 4 | REDDING | 142 | VANN, DEBORAH | 25:57 | 8:39 | 18-29 | 69 | CHICO |
| 54 | BILLSON, BRENDA | 22:49 | 7:36 | 18-29 | 28 | REDDING | 143 | FOLEY, DANA | 25:57 | 8:39 | 14-17 | 11 | CHICO |
| 55 | CLIFF, CATHY | 22:51 | 7:37 | 18-29 | 29 | CHICO | 144 | BROOKS, KIMBERLY | 25:57 | 8:39 | 18-29 | 70 | CHICO |
| 56 | ROSS, STACY | 22:51 | 7:37 | 14-17 | 8 | CHICO | 145 | FUCHS, DELINA | 25:59 | 8:40 | 14-17 | 12 | PARADISE |
| 57 | GRAVES, CINDY | 22:53 | 7:38 | 1-13 | 4 | CHICO | 146 | LARSEN, DOLORES | 26:00 | 8:40 | 18-29 | 71 | CHICO |
| 58 | CHASE, REBECCA | 22:55 | 7:38 | 18-29 | 30 | CHICO | 147 | BILSBOROUGH, LINDA | 26:02 | 8:41 | 30-34 | 21 | CHICO |
| 59 | BEST, BETTY | 22:58 | 7:39 | 45-49 | 1 | CHICO | 148 | MOORE, CHRIS | 26:06 | 8:42 | 18-29 | 72 | CHICO |
| 60 | SCHEID, BETSY | 22:59 | 7:40 | 18-29 | 31 | SACRAMENTO | 149 | CARLTON, SHIRLEY | 26:07 | 8:42 | 18-29 | 73 | BELMONT |
| 61 | SCHIVELEY, KATHY | 22:59 | 7:40 | 18-29 | 32 | CHICO | 150 | SORENSEN, CHRISTINE | 26:08 | 8:43 | 35-39 | 13 | RED BLUFF |
| 62 | HENDRIX, SUSAN | 22:59 | 7:40 | 18-29 | 33 | CHICO | 151 | WODHAMS, KAREN L | 26:09 | 8:43 | 30-34 | 22 | DOBBINS |
| 63 | OLSON, JENNIFER | 23:00 | 7:40 | 1-13 | 5 | RED BLUFF | 152 | REED, PAMALA | 26:10 | 8:43 | 18-29 | 74 | CHICO |
| 64 | POZZI, MARY | 23:01 | 7:40 | 18-29 | 34 | CHICO | 153 | BACIGALLUPI, VIRGINIA | 26:11 | 8:44 | 18-29 | 75 | CHICO |
| 65 | AITKEN, STACEY | 23:02 | 7:41 | 18-29 | 35 | CHICO | 154 | KEENER, MERLENA | 26:14 | 8:45 | 35-39 | 14 | CHICO |
| 66 | HARDCASTLE, CHRIS | 23:04 | 7:41 | 18-29 | 36 | CHICO | 155 | LIU, JOANNE | 26:15 | 8:45 | 30-34 | 23 | CHICO |
| 67 | SECRIST, JENNIFER | 23:05 | 7:42 | 18-29 | 37 | CHICO | 156 | MUNOZ, JILL | 26:16 | 8:45 | 18-29 | 76 | REDDING |
| 68 | GIBSON, MICHAEL | 23:06 | 7:42 | 1-13 | 6 | OROVILLE | 157 | FREITAS CONNIE | 26:16 | 8:45 | 30-34 | 24 | CHICO |
| 69 | DAVIES, BONNIE | 23:08 | 7:43 | 40-44 | 5 | MAGALIA | 158 | WEAR, CHRISTIANE | 26:17 | 8:46 | 14-17 | 13 | CHICO |
| 70 | PHILLIPS, CATHERINE | 23:10 | 7:43 | 18-29 | 38 | CHICO | 159 | GRILLI, SHERI | 26:19 | 8:46 | 18-29 | 77 | CHICO |
| 71 | MOELLER, TANYA | 23:17 | 7:46 | 1-13 | 7 | CHICO | 160 | TILLET, LAURA | 26:22 | 8:47 | 18-29 | 78 | CHICO |
| 72 | PERRY, MARGE | 23:19 | 7:46 | 30-34 | 6 | RED BLUFF | 161 | GILES, ALICE | 26:24 | 8:48 | 18-29 | 79 | CHICO |
| 73 | BOGNER, TERI | 23:23 | 7:48 | 18-29 | 39 | CHICO | 162 | VELA, ANNA | 26:25 | 8:48 | 18-29 | 80 | CHICO |
| 74 | MALAIN, MARY | 23:30 | 7:50 | 55-59 | 1 | REDDING | 163 | ANDERSON, RITA | 26:25 | 8:48 | 18-29 | 81 | CHICO |
| 75 | HESS, NANCY | 23:37 | 7:52 | 30-34 | 7 | RED BLUFF | 164 | SPEAR, MARGRET ANN | 26:26 | 8:49 | 18-29 | 82 | CHICO |
| 76 | WHEELER, SANDY | 23:40 | 7:53 | 18-29 | 40 | CHICO | 165 | WEST, KELLY | 26:31 | 8:50 | 18-29 | 83 | SACRAMENTO |
| 77 | ROBERTSHAW, AMY | 23:44 | 7:55 | 18-29 | 41 | SANTA CLARA | 166 | HAMILTON, LINDA | 26:33 | 8:51 | 30-34 | 25 | CHICO |
| 78 | MORLANG, HILDA | 23:48 | 7:56 | 55-59 | 2 | WESTWOOD | 167 | ERCOLINI, JUDY | 26:33 | 8:51 | 18-29 | 84 | CHICO |
| 79 | TATTI, HEIDI | 23:48 | 7:56 | 18-29 | 42 | CHICO | 168 | POWERS, DEBBIE | 26:34 | 8:51 | 30-34 | 26 | CHICO |
| 80 | TAYLOR, SALLY | 23:57 | 7:59 | 40-44 | 6 | REDDING | 169 | AVILLA, KELLY | 26:34 | 8:51 | 40-44 | 12 | RED BLUFF |
| 81 | NEUMAN, DORIS | 23:59 | 7:60 | 35-39 | 7 | QUINCY | 170 | GONZALEZ, LESLIE | 26:35 | 8:52 | 18-29 | 85 | CHICO |
| 82 | SISK, CHRISTINE | 24:04 | 8:01 | 18-29 | 43 | CHICO | 171 | WELTON, DOROTHY | 26:36 | 8:52 | 40-44 | 13 | OROVILLE |
| 83 | DAVIS, MICHELLE | 24:08 | 8:03 | 18-29 | 44 | MAXWELL | 172 | BORGONOVO, ANN | 26:36 | 8:52 | 18-29 | 86 | BERKELEY |
| 84 | MOSS, TRACY | 24:11 | 8:04 | 18-29 | 45 | CHICO | 173 | CARTER, TERRY | 26:36 | 8:52 | 18-29 | 87 | CHICO |
| 85 | SUDDJIAN, DEBBIE | 24:12 | 8:04 | 14-17 | 9 | PARADISE | 174 | WOLF, VIRGINIA | 26:40 | 8:53 | 40-44 | 14 | CHICO |
| 86 | HARPER, VANESSA S | 24:13 | 8:04 | 18-29 | 46 | CHICO | 175 | PAYNE, JANET | 26:47 | 8:56 | 18-29 | 88 | SACRAMENTO |
| 87 | FULLMER, JENNIFER | 24:14 | 8:05 | 18-29 | 47 | CHICO | 176 | KNAUSS, LINDA | 26:48 | 8:56 | 35-39 | 15 | SACRAMENTO |
| 88 | GILL MARY | 24:18 | 8:06 | 18-29 | 48 | REDDING | | | | | | | |

1984

3 MILE

THREE MILE FEMALE 1-13

ALMOND BOWL RECORD: BILLY SCHIFFS, CHICO 16:57 1979
 LAST YEAR'S WINNER: BONNIE RALEIGH, REDDING 19:21

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|------------------|-------|------|------------|
| 1 | 15 | | LANIER JULIE | 20:24 | 6:48 | PARADISE |
| 2 | 16 | | MORAN STEPHANIE | 20:37 | 6:52 | CHICO |
| 3 | 31 | | OLIVEIRA CHRISTI | 21:30 | 7:18 | COTTONWOOD |
| 4 | 57 | | GRIMES CINDY | 22:53 | 7:38 | CHICO |
| 5 | 63 | | OLSON JENNIFER | 23:00 | 7:48 | RED BLUFF |

THREE MILE FEMALE 14-17

ALMOND BOWL RECORD: DENAE DUNLAP, REDDING 18:00 1981
 LAST YEAR'S WINNER: DENAE DUNLAP, REDDING 19:56

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|--------------------|-------|------|------------|
| 1 | 4 | | BARRETT, STEPHANIE | 19:04 | 6:21 | CHICO |
| 2 | 9 | | MOORE, KIM | 19:43 | 6:34 | CHICO |
| 3 | 14 | | OLSON, MINDY | 20:18 | 6:46 | RED BLUFF |
| 4 | 38 | | OLIVEIRA, NICHOLE | 21:27 | 7:09 | COTTONWOOD |
| 5 | 33 | | GORBET, MANDEY | 21:43 | 7:14 | SUSANVILLE |

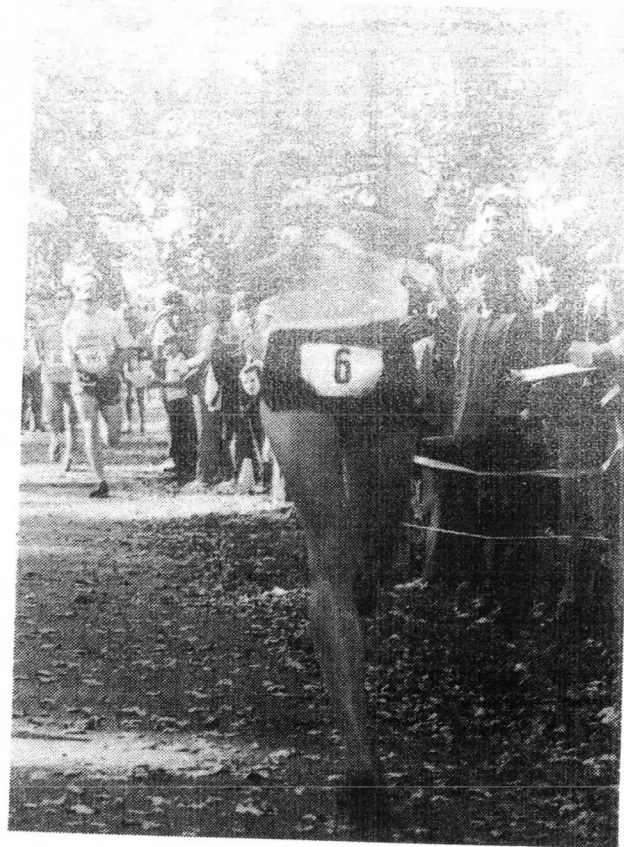
THREE MILE FEMALE 18-29

ALMOND BOWL RECORD: DIANNA DAVID, CHICO 16:46* 1981
 LAST YEAR'S WINNER: MICKI VARDELL, YUBA CITY 17:23

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-------------------|-------|------|------------|
| 1 | 2 | | KAMRAR, SUE | 18:09 | 6:03 | SAN CARLOS |
| 2 | 3 | | PAPPAS, DIANA | 18:49 | 6:16 | CHICO |
| 3 | 5 | | KLUDT, TERESA | 19:12 | 6:24 | CHICO |
| 4 | 6 | | DANIELL, JENNIFER | 19:28 | 6:27 | CHICO |
| 5 | 7 | | HILKEN, DIANA | 19:27 | 6:29 | CHICO |

THREE MILE FEMALE 30-34

ALMOND BOWL RECORD: LINDA DONJAK, CHICO 18:04 1982
 LAST YEAR'S WINNER: ALICE LITTLE, CHICO 18:04



THREE MILE FEMALE 45-49

ALMOND BOWL RECORD: RITA ALLEN, CHICO 22:01 1983
 LAST YEAR'S WINNER: RITA ALLEN, CHICO 22:01

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-------------------|-------|------|----------|
| 1 | 59 | | BEST, BETTY | 22:58 | 7:39 | CHICO |
| 2 | 122 | | ELLSWORTH, BETH | 25:25 | 8:28 | PARADISE |
| 3 | 126 | | QUIGGLE, ROSALIND | 25:32 | 8:31 | REDDING |
| 4 | 128 | | COOK, NELL | 25:34 | 8:31 | OROVILLE |
| 5 | 141 | | FEINGOLD, LAURENE | 25:56 | 8:39 | CHICO |

THREE MILE FEMALE 50-54

ALMOND BOWL RECORD: THERESA HENNEYMAN, CHICO 28:43 1983
 LAST YEAR'S WINNER: THERESA HENNEYMAN, CHICO 28:43

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|------|------|------|------|
|-------|-----|------|------|------|------|------|

| | | | | | |
|---|---|-------------------|-------|------|------------|
| 1 | 2 | KAMRAR, SUE | 18:09 | 6:03 | SAN CARLOS |
| 2 | 3 | PAPPAS, DIANA | 18:49 | 6:16 | CHICO |
| 3 | 5 | KLUDT, TERESA | 19:12 | 6:24 | CHICO |
| 4 | 6 | DANIELL, JENNIFER | 19:20 | 6:27 | CHICO |
| 5 | 7 | HILKEN, DIANA | 19:27 | 6:29 | CHICO |

| | | | | | |
|---|-----|-------------------|-------|------|----------|
| 1 | 59 | BEST, BETTY | 22:58 | 7:39 | CHICO |
| 2 | 122 | ELLSWORTH, BETH | 25:25 | 8:28 | PARADISE |
| 3 | 126 | QUIGGLE, ROSALIND | 25:32 | 8:31 | REDDING |
| 4 | 128 | COOK, NELL | 25:34 | 8:31 | OROVILLE |
| 5 | 141 | FEINGOLD, LAURENE | 25:56 | 8:39 | CHICO |

THREE MILE FEMALE 30-34

ALMOND BOWL RECORD: LINDA DONIAK, CHICO 18:04 1982
 LAST YEAR'S WINNER: ANGIE WILLIAMS, OROVILLE 19:16

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-----------------|-------|------|-----------|
| 1 | 11 | | WILLIAMS, ANGIE | 19:48 | 6:36 | OROVILLE |
| 2 | 13 | | FISCI, VICKY | 20:03 | 6:41 | CHICO |
| 3 | 27 | | KLEIN, LAUREN | 21:15 | 7:05 | YUBA CITY |
| 4 | 32 | | WREN, MARJA | 21:42 | 7:14 | PARADISE |
| 5 | 45 | | JAMISON, MARSHA | 22:17 | 7:26 | CHICO |

THREE MILE FEMALE 50-54

ALMOND BOWL RECORD: THERESA HENNEMAN, CHICO 20:43 1983
 LAST YEAR'S WINNER: THERESA HENNEMAN, CHICO 20:43

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-------------------|-------|-------|----------|
| 1 | 21 | | HENNEMAN, THERESA | 20:55 | 6:58 | CHICO |
| 2 | 131 | | JESSEN, RUTH | 25:43 | 8:34 | REDDING |
| 3 | 258 | | DOMKE, DOREETA | 29:16 | 9:45 | REDDING |
| 4 | 355 | | ESLICK, LOLA | 36:03 | 12:01 | OROVILLE |

THREE MILE FEMALE 35-39

ALMOND BOWL RECORD: KATHLEEN KAISER, CHICO 16:58 1983
 LAST YEAR'S WINNER: KATHLEEN KAISER, CHICO 16:58

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|--------------------|-------|------|---------|
| 1 | 1 | | KAISER, KATHLEEN | 17:46 | 5:55 | CHICO |
| 2 | 8 | | MATTHEWS, ANDREA | 19:29 | 6:30 | CHICO |
| 3 | 19 | | ZIMNY, LINDA | 20:52 | 6:57 | NAPA |
| 4 | 20 | | USTASZEWSKI, NANCY | 20:54 | 6:58 | ROCKLIN |
| 5 | 44 | | KELLY, JUDY | 22:16 | 7:25 | CHICO |

THREE MILE FEMALE 60-69

ALMOND BOWL RECORD: RUTH SMITH, SUSANVILLE 29:56 1982
 LAST YEAR'S WINNER: JUNE BOCK, OROVILLE 30:15

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-------------------|-------|-------|------------|
| 1 | 205 | | SMITH, RUTH | 27:26 | 9:09 | SACRAMENTO |
| 2 | 222 | | BOCK, JUNE | 28:02 | 9:21 | OROVILLE |
| 3 | 358 | | ARAYA, OLGA | 36:19 | 12:06 | CHICO |
| 4 | 383 | | ALMOND, ELIZABETH | 51:13 | 17:04 | ANTIOCH |

THREE MILE FEMALE 40-44

ALMOND BOWL RECORD: CONNIE ANDREWS, OROVILLE 19:47 1983
 LAST YEAR'S WINNER: CONNIE ANDREWS, OROVILLE 19:47

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|-------------------|-------|------|-----------|
| 1 | 25 | | ANDREWS, CONNIE | 21:09 | 7:03 | OROVILLE |
| 2 | 38 | | SCHIVELEY, JOAN | 22:01 | 7:20 | MARTINEZ |
| 3 | 50 | | SIKORA, TOBY | 22:44 | 7:35 | LOS ALTOS |
| 4 | 53 | | EVANHOE, KATHLEEN | 22:48 | 7:36 | REDDING |
| 5 | 69 | | DAVIES, BONNIE | 23:08 | 7:43 | MAGALIA |

THREE MILE FEMALE 70 +

ALMOND BOWL RECORD: NO RECORD
 LAST YEAR'S WINNER: NO PARTICIPANTS

| PLACE | DIV | RACE | NAME | TIME | PACE | CITY |
|-------|-----|------|---------------------|-------|-------|----------|
| 1 | 385 | | WINKEL, MARY LOUISE | 51:15 | 17:05 | PARADISE |
| 2 | 386 | | DUNCAN, EVA | 51:27 | 17:09 | REDDING |