

1977

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### Recommended Citation

George Fox University Archives, "1977 Press Releases" (1977). *Women's Track and Field*. 35.  
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*Women's Track*  
sports news

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Athletic Director (503) 538-8383 Ext. 233  
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April 4, 1977

GFC WOMEN SET TWO RECORDS

Two school records were snapped Thursday as the George Fox women's track squad competed in the ten-team OCE Invitational in Monmouth.

Tualatin freshman Sue Banta broke the existing school record in the javelin with a second place hurl of 137-9. Julie Lang, Mary Ann Mason, Vonda Winkle and Vicki Morgan put in a combined effort to run the 440 relay in 54.2, shaving a tenth second off the existing record.

"It was a good meet," summarized Bruin Coach Randy Winston. "We are a small team that will make a better-than-respectable showing." This attempt saw the Bruins place fifth in a field of ten.

Next for the women will be at Willamette in Salem as the George Fox squad joins several other schools in the Oregon-California Invitational. Meet time is noon.

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April 11, 1977

GFC JAVELIN THROWER QUALIFIES FOR NATIONAL WOMEN'S MEET

George Fox College freshman Sue Banta hurled the javelin 140-5 feet Saturday to qualify for the AIAW national meet at UCLA May 19-21.

The record throw broke her own school record of 137-9 set earlier this year and placed her second in a field of 29 to lead the George Fox women's track team to an eleventh place finish in the 22-team Oregon-California Invitational track meet held at Willamette University's McCullough Stadium in Salem.

Banta, from Tualatin, also broke the George Fox mark in the long jump with a 16-3 effort. The previous record of 15-7 was set by Julie Lang last spring.

The Bruin women 440-yard relay team (composed of Lang, Mary Ann Mason, Vonda Winkle and Vicke Morgan) set a third new school record, logging a 53.5 mark, almost a second faster than the previous 54.2 best time.

Other Bruin performers cited by Coach Randy Winston include Lynn Watson, a Canby freshman, who shaved 17 seconds off of her personal best in the mile, taking her time down to 5:57, and Maciana Teasley, a Vancouver sophomore, who ran a 13:57 two-mile, 37 seconds faster than her previous personal best.

The women track teams are in action again April 22 at the Women's Conference Independent Colleges meet at Linfield.



Track (Women's)

## sports news

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April 25, 1977

### GFC TRACK WOMEN SNAP NINE SCHOOL RECORDS, SET THREE CONFERENCE RECORDS

Nine records were broken, three of those conference marks, as the George Fox women's track team competed in the WCIC track meet Saturday (April 23) at Linfield College.

Freshman Sue Banta, North Bend, set two conference marks: 146-4 in the javelin, and 16-7 in the long jump, taking firsts in both events. Meanwhile, high jumper Mary Ann Mason, Shady Cove, leaped 5-0 to set the conference mark and capture top honors in that event.

The mile relay team, composed of Vonda Winkle, Julie Lang, Cathy Bowersox, and Mason, finished third and set the school mark at 4:28.6. Lynn Watton, Canby, placed third in the 1,500 meters, establishing a school mark of 5:19.3. Macianna Teasley, Vancouver, Wash., took the third spot in the 3,000 meter via a 12:07.3 school record mark.

Second place finishes went to Vicki Morgan, Portland, and Bowersox, from Salem, in the 400 and 200 meters, respectively. Bowersox's time was 27.2, while Morgan logged a 62.2 mark. Both times set school marks.

Winkle, from Turner, placed fourth in the 100-meter dash with a 13.4 time.

Wednesday (April 27) selected members of the squad were to have participated in the Linfield Invitational. Each event will feature only the top ten participants in the area.

The next full meet scheduled is the Portland State Invitational at Lewis and Clark College on Saturday (April 30). Meet time is 10 a.m.

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May 10, 1977

GFC'S BANTA FIRST IN WOMEN'S DISTRICT TRACK

George Fox College's Sue Banta proved herself the best women's college javelin thrower in Oregon Saturday, capturing first place in the Southern Area NCWSA track meet held at Mt. Hood Community College.

Banta, a freshman from North Bend, hurled the javelin 141-5 to win top honors, placing her third in the Northwest. She also produced a sixth place finish in the long jump with a 16-10 leap.

Five George Fox school records also fell in the meet.

Lynn Watton, a Canby freshman, improved on her 5:19.2 time in the 1,500 meters with a 5:16.5 mark, and sophomore Mary Ann Mason, Shady Cove, leaped to a new school mark of 5-2 in the high jump.

The 400-meter relay squad established the record time at 51:45, while the mile relay also set a record, cutting more than two seconds from the previous mark with a new 4:18.2 time.

Members of the 400-meter team include sophomores Julie Lang, Shaniko, and Cathy Bowersox, Salem, and freshman Vonda Winkle, Turner, and Vicke Morgan, Portland. The mile relay was run by Winkle, Mason, Bowersox and Morgan. Morgan also reset the 200-meter mark with a 26.9 effort. The meet was the last scheduled for the Bruin women for the year with Coach Randy Winston applauding his charges for "their enthusiasm, abilities, and all-around hard work."

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Morgan, Mason and Banta will travel to Seattle May 12 through 14 to participate in the NCWSA track and field championships at University of Washington's Husky Stadium.

Morgan will run the 100-meter course, Mason will be in the high jump and Banta will compete in the javelin.



*Women's Track*

## sports news

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May 16, 1977

### GFC'S BANTA TO WOMEN'S TRACK NATIONAL CHAMPIONSHIPS

A javelin throw of 154-10 has propelled George Fox College freshman Sue Banta into the national women's track championships this weekend (May 20-21) in Los Angeles.

Banta, from North Bend, unleashed a 154-10 effort Saturday in Seattle for a mark that's fifth best in the nation's colleges this spring.

Banta's toss made her the best collegiate women's thrower in Oregon as she surpassed her previous George Fox school record of 150-4 inches.

The 19-year-old liberal arts major will leave Thursday with women's track coach Randy Winston for the Association of Intercollegiate Athletics for Women (AIAW) national championships at UCLA.

Over the weekend Banta's throw earned her second place in the javelin among Oregon and Washington colleges participating in the Northwest College Women's track and field championships at the University of Washington. Sonja Benett of Seattle Pacific was in first with a 162-5 effort.

With Banta's finish George Fox placed 13th among 33 schools entered.

"I'm expecting a 160-plus throw from Sue in the championships," Winston says.



May 24, 1977

### GEORGE FOX'S BANTA RANKS 11th IN NATION

George Fox College's Sue Banta threw the javelin 144-10 inches in the Association of Intercollegiate Athletics for Women (AIAW) national track and field championships.

You can view that as either good or bad news.

Banta, a freshman from North Bend, finished 11th nationally in the finals.

But GFC women's track coach Randy Winston, points out that Banta was 11th of 45 in the nation to compete in the event and she made the 140-foot cutoff for the 12-person finals on her first toss.

And Winston sees the competition on the UCLA campus as "a learning experience" for Banta who has three more javelin-tossing years ahead.

The qualifying throw turned out to be Banta's best for the championships. It was still an even 10-feet short of her personal best recorded in Seattle the weekend before in the Northwest College Women's track and field championships at the University of Washington.

Banta, in the pressure of national competition, had trouble with her steps and some on technique, according to Winston. But he praised her for doing well as a freshman on the national level.

The winning toss went to Karin Smith of UCLA with a 197-9 effort.





Women's Track  
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June 7, 1977

THREE GFC TRACK WOMEN NAMED TO WCIC ALL-STAR TEAM

Three George Fox College track women have been named to the Women's Conference of Independent Colleges (WCIC) All-Star track team.

Sue Banta, 11th in the nation in the AIAW nationals in the javelin, is joined by high jumper Mary Ann Mason and sprinter Vicki Morgan.

Banta, a freshman from North Bend tossed the javelin 154-10 to set a new George Fox record, then had a 144-10 throw in the nationals in Los Angeles to finish 11 of 45 throwers.

Mason broke the old school record in the high jump with a 5-2 effort. She's a sophomore from Shady Cove.

Morgan ran the 100-dash in 11.8, set a record in the 200-meters at 26.9 and helped the GFC mile relay squad (including Mason) clip 23 seconds off the old school record, establishing the new mark at 4:18.2.

Coach Randy Winston also reports other school records. Julie Lang, a sophomore from Shaniko, bettered the old school record of 16-10 in the long jump set by Banta earlier in the year, moving it to 16-11 3/4.

Maciana Teasley, a sophomore from Vancouver, set a new GFC record in the 3,000-meter run, clipping three minutes off her time from the beginning of the season, ending with an 11:58 record.

Lynn Watton, a Canby freshman, set a school record in the 1,500-meters, running a 5:18 for the metric mile.

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- more -

Helping Morgan and Mason in the mile relay record were Cathy Bowersox, a Salem sophomore, and Vonda Winkle, a freshman from Turner.

Rounding out the Bruin squad are Jodi Hawkins, a Lincoln City freshman, and LaVonne Kollmar, a Bonanza sophomore.

With so many freshmen and sophomores Winston calls the season, despite its record setting pace, a "building one." "We look to the future with great expectations," he says.