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Randy Winston

sports news

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March 10, 1981

GFC TRACK WOMEN SET FOUR RECORDS

George Fox College track women set four school records Saturday (Mar. 7) as they participated in the Oregon State Beaver Relays.

Because of injuries the Bruin women entered only eight events, but still finished fifth overall among 10 teams and topped all other small colleges competing. The Bruin women had 29 points, just two behind Western Washington. Following the Bruins were Willamette, Linfield, and Lewis and Clark with 8 points each. Clark Community had 6. Winning the meet was the University of Oregon with 116, followed by the host Beavers with 96.

A new GFC 400 meter shuttle hurdles mark was established at 1:08, bettering the old time of 1:09.38 set last year. Establishing the new school standard were Nora Thompson, Saundra Burns, Lois Thomas, and Jacquie Williams.

Williams and Thomas also combined with Jackie Jackson and Jacque Davis to set a new record in the 800 meter sprint medley at 1:56.4. That is five-tenths of a second faster than the previous best established last spring.

The previous shotput relay record of 83-0 feet was easily broken with the new mark pushed to 99-1/4 by Karen Gurske, Lynette Phillips and Rachel Hampton.

The javelin relay distance of 269-11 1/4 was a record because it is a new event. Setting the standard were Phillips, Gurske, and Tina Stephenson.

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GFC Track Women Set Four Records

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Next up for Randy Winston's team are the Saltzman Relays at Pacific Lutheran University in Tacoma, Saturday (Mar. 14).



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March 31, 1981

GFC WOMEN'S TRACK OUTLOOK: HOPE FOR A REPEAT

Going into this season as two-time WCIC Conference champions, the George Fox College women's track team "hopes to repeat" the performance this year, according to coach Randy Winston.

"We have some outstanding individuals," Winston said. "Team by number remains the same as last year but we have strengths in areas we didn't have previously; I think we're a little stronger this year."

Right now we're concentrating on individual qualifications for both regional and national as well as preparing defense for the conference championship," Winston added. So far in the season two Bruin individuals and one team have produced finishes, qualifying them to travel to California State University, May 21-23 for this year's national track meet.

Freshman Karen Gurske, Forest Grove, threw a sufficient distance of 42-3½ in the shot put last week in a meet against Pacific Lutheran University. George Fox's 400 meters relay team also qualified for nationals with a time of 50.0. Relay members include Jacque Davis of Tacoma, Wash., a sophomore transfer from University of Washington; freshman Nora Thompson of St. Maries, Idaho, Jacque Williams a Portland sophomore, and freshman Jacque Jackson, also of Portland.

During the Bruin's home meet Sat. (Mar. 2), Jackson also qualified for

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both regionals and nationals in the 200 meter race with a time of 25.5.

"According to my information this is the very best time in the NCWSA Division II and III Region," Winston said.

Jackson also is one-tenth second off of qualifying for nationals in the 100 meters. However, she has earned a spot in the Regionals for this event.

Regionals will be held May 7-9 at Western Washington State University, Bellingham, Wash.

Winston expects Gurske and Jackson to produce a national championship between the two of them. "There also are several individuals who could place at the national championships," Winston said.

Saturday's meet "was interesting," Winston added. "The teams that were represented were on spring vacation and not all of the track members showed up."

Originally scheduled against Pacific University, Linfield, Willamette and Lewis & Clark, the two latter schools did not show, while the other two, participated with only partial teams. Consequently, it was a non-scoring meet. All the field events and only a few of the running events were started.

In the field events Williams placed first in the long jump with a distance of 16-11 3/4. In the high jump Pacific's Debbie Tokubusa came in first with a jump of 5-0. GFC's junior Karen Maxwell, Salem, jumped 4-8 to place fourth.

Gurske won the shot put event with a throw of 40-7. Teammate Lynette Phillips, a senior from Cottage Grove, came in third with a 34-4 toss.

Placing third in the discus with a throw of 112-8, Gurske broke the previous school record of 104.0 set last year by Rachel Hampton. Hampton, a sophomore from Yamhill, produced a distance of 94-8 to place third.

In the javelin, Lynette Phillips collected second place with a distance

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of 108-4.

Running for the Bruins for the last time this spring was Newberg junior Eileen McDougal, who placed first in the 1500 meters with a time of 5.09. She is transferring to Seattle Pacific University and plans to participate with the track team there.

In the 100 meter hurdles four Bruins dominated, led by Maxwell with a time of 17.0. Williams placed second with 17.3. Junior Lois Thomas, Quincy, Wash., ran the race in 17.4 for third place and Saundra Burns, a Tacoma junior, placed fourth with a time of 18.1.

The 100 meter race was won by Jackson who produced a time of 12.6. Teammate Davis ran a 13.0 race, placing second.

Thompson finished second behind Linfield's Mindy Glazebrook in the 400 meter. The winning time was 62.1, Thompson's was 63.3. Maxwell and sophomore Debbie Driesner, Tigard, ran in third and fourth places with times of 64.7 and 65.2.

The 400 meter intermediate race was won by Maxwell with a time of 69.7. Second and third places went to Bruin women, Burns at 70.4, and Thomas at 71.0.

GFC freshman Lisa Slocum of Junction City, won the 3,000 meter in 11:51.6.

"Lisa had an outstanding performance," Winston said. He mentioned that this was Slocum's first meet, coming off of a stress fracture in her foot.

According to Winston, his team is "a very fine group of hard working athletes; basically they are doing all they can to achieve the goals that they've established for themselves."

The Bruin women's next track meet is Saturday (April 4) in Ashland. The SOSC Invitational will have five teams from Oregon, California and

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Washington.

"We are defending champions of that meet," Winston said, "and hope to repeat it this year."



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April 7, 1981

GFC TRACK WOMEN QUALIFY FOR REGIONALS, NATIONALS

"I was very pleased with the internal competition within the team," Coach Randy Winston said of his George Fox College women's track team, which placed third in the Saturday (April 4) meet hosted by Southern Oregon State College.

SOSC won the meet with 129 team points. Chico State University finished second with 119 and GFC had 109. Fourth and fifth places went to Humboldt of Eureka, Calif., and Central Washington State University with 76 points each.

"In individual talent, we were stronger," Winston said, "but we were 'out-depted'; we performed admirably; but just didn't have the numbers."

The Bruins had 12 participants in the meet, while the winning school had 24. George Fox was also the smallest school represented.

In the 400-meter relay the Bruins were first at 50.22 seconds. Relay runners include sophomore Jacque Davis, Tacoma, Wash.; freshman Nora Thompson, St. Maries, Idaho; sophomore Jacquie Williams, Portland; and freshman Jackie Jackson, Portland.

Rhonda Day of SOSC got first place in the 700 meter hurdles with a time of 15.6. GFC junior Karen Maxwell, Salem came in sceond, 15.7. GFC teammates Williams and junior Lois Thomas, Quincy, Wash., ran times of 15.9 and 17.21,

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GFC Track Women Qualify for Regionals

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respectively, to place fourth and fifth. Both Maxwell and Williams produced times qualifying them for the NCWSA Division II and III Regionals.

In the shot put freshman Karen Gurske, Forest Grove, was second to Humboldt's Michelle Betham who won the event with a toss of 13.42 meters. Gurske threw 12.67 meters. GFC senior Lynette Phillips was sixth with a toss of 10.40 meters.

106-3 Phillips threw 32.40 meters to put her in seventh place in the javelin.

Gurske had a fourth place finish in the discus with a toss of 109 feet 3 inches.

First place in the long jump went to Williams with a distance of 16-5½.

With an "amazing performance," according to Winston, Jackson took first in the 100 meter dash with a time of 12.05. Jackson's time qualified her for nationals as well as breaking Davis' 1980 school record of 12.22.

Behind their teammate, Davis and Williams came in third and fourth in the 100 meters. Davis' time of 12.8 is one-tenth off the qualification for regionals. Williams set a personal record with a time of 12.9.

In the 800 meter race Thompson ran "an exceptional race," placing fourth with a time of 2:24.1. Winston indicated this was Thompson's first time to compete in the 800 meter. Her time is less than one second off the present school record and two seconds from regional qualifications.

The Bruins placed third, fourth and fifth in the 400 meter hurdles. Maxwell's 69.0 second finish qualified her for Regionals and Thomas' time of 70.3 is approximately one second from this qualification. Junior Saundra Burns' Tacoma, Wash. received fifth place with a 75.56 time.

"Lois is really progressing in the 400 meter hurdles," Winston said.

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"I feel she'll be able to set the standards and do very well in this event."

First place in the 200 meter was Jackson "running a blazing" 25.0 second finish, Winston said. "In my opinion," he added, "Jackie is favored to win both the 100 and 200 sprints in nationals. Both of her times are the very best run so far this year in Region 9, Division II and III. In both of these sprints Jackie finished at least ten meters ahead of the next competition."

In the 200 meter race Davis came in third with a time of 26.66, two-tenths off qualifying for Regionals. Williams placed sixth, 27.5.

Freshman Lisa Slocum, Junction City, came in sixth for the Bruins in the 3,000 meter. Slocum's time was 11:48.23.

George Fox was second in the mile relay with a 4:15.3 time, "much slower than normal due to injuries," Winston said. Relay members include Thompson, freshman Debbie Driesner, Tigard; Maxwell, and Jackson.

"We still have a long way to go and still have people who have conditioning problems," Winston said, "but we will be there." Winston said the present concentrations are on the individual qualifications for the regional and national championships.

Saturday (April 11) the GFC men and women are scheduled to participate in a co-ed triangular meet held at Lewis & Clark. Oregon College of Education also will be represented. Starting time is 1 p.m.



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April 14, 1981

GFC WOMEN'S TRACK

"Things are progressing very well," says Randy Winston of his George Fox College women's track team.

Saturday (April 11) the Bruins walked away with double wins in a triangular meet involving George Fox College, Lewis & Clark, and OCE. The meet was scored three ways as three separate dual meets. Against Lewis & Clark the Bruins won 71-52. George Fox overwhelmed OCE 76-34 and Lewis & Clark also outscored OCE 56-49.

"The performances weren't exceptional," said Winston, "but it was a cold and rainy, miserable day."

Among meet highlights: freshmen Jackie Jackson, Portland, and Karen Gurske, Forest Grove, were double winners for the Bruins. Gurske won both the shot put with a toss of 49-4 and the discus with a 111-3 distance. Jackson dominated the sprints, winning the 100 meter race with a time of 12.3 and the 200 meter in 25.7.

The Bruins' short relay raced to first in the 400 meter event with a time of 40.4. Relay runners include sophomore Jacque Davis, Tacoma, Wash.; junior Karen Maxwell, Salem; sophomore Jacquie Williams, Portland; and Jackson.

In the high hurdles Maxwell placed first with a time of 16.3.

Coming in second in the 400 meter intermediate hurdles, Maxwell is

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"improving," according to Winston. Her finish was clocked at 68.5.

Freshman Nora Thompson of St. Maries, Idaho, Williams, Maxwell, and Jackson made up the winning long relay team, coming in first with a time of 4:15.6.

The Bruin women swept the 100 meter sprint with Davis and Williams coming in second and third to their teammate, Jackson. Davis' time was 12.9 and Williams finished in 13.1.

Behind Jackson in the 200 meter race was Davis with a 26.9 second place finish.

"The team performed well considering the environmental factors," Winston said. "It was a super meet, we sort of walked away with it."

Winston believes his team is "looking sharp for the coming meet," to be held Saturday (April 18) at George Fox College. "We're getting ready to defend our conference championship crown," he added.

The GFC Invitational will be a co-ed meet involving five schools. The Bruins will be competing against Linfield, Pacific University, Pacific Lutheran University and Oregon College of Education. Starting time is 1 p.m.



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April 20, 1981

GFC WOMEN DOMINATE 5-WAY TRACK MEET

In a five-way meet Saturday (April 18) the George Fox College women's track team dominated the score board, doubling the second place finishers in total team points.

The Bruin women ended with 90 points. Pacific Lutheran University was second with 45. Third place went to Oregon College of Education with 42½ points. Linfield and Pacific University followed with 33½ and 23 points respectively.

"We did an extremely good job," coach Randy Winston said of his team. "It was a fine team effort."

In the field events freshman Karen Gurske, Forest Grove, gained 14 points for the Bruins. Gurske placed first in the shot put with a distance of 41-3. In the javelin Gurske's toss of 106-5¼ was second to OCE's Jodi Siddall who threw 131-1. She also was second in the discus with a throw of 109-10½.

Junior Karen Maxwell, Salem, jumped 4-8 in the high jump, finishing second to Pacific's Connie Vedack's 4-10 jump.

The sprints were dominated by freshman Jackie Jackson of Portland who finished first in both the 100 and 200 meter dashes. Jackson clocked a 12.2 second run in the 100 meter and 25.1 in the 200.

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GFC Women Dominate 5-Way Track Meet

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Coming second to Jackson in both sprinting events was sophomore Jacque Davis, Tacoma, Wash. Davis' 12.6 100 meter time qualified her for regionals. She clocked a 26.8 finish in the 200 meter run.

Competing for the first time in the 5,000 meter run, freshman Lisa Slocum of Junction City took first place with a 20:48.4 time.

Maxwell finished first for George Fox in both the 100 meter hurdles and 400 intermediate hurdles. She produced a time of 15.5 in the 100 meter hurdles and had a 68.9 finish in the intermediate hurdles. Altogether Maxwell produced 17 individual points for the Bruins.

Second to Maxwell in the 100 meter hurdles was sophomore Jacquie Williams, Portland. Williams' time was 15.6.

In the 400 intermediate hurdles junior Lois Thomas of Quincy, Wash., came in second at 70.3.

George Fox's short relay team produced its best time of the year with a 49.6 first place finish. Relay runners include Davis, Maxwell, Williams, and Jackson.

The 1,600 meter relay ran its third best time of the season, finishing first with a time of 4:09. Jackson, Williams, Maxwell, and freshman Nora Thompson of St. Maries, Idaho, make up the Bruins' long relay.

Thursday and Friday (April 23 and 24) the Bruin women will travel to Linfield to compete in the WCIC Conference meet. Field events begin at 3 p.m.



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May 16, 1981

SIX GFC WOMEN IN AIAW TRACK NATIONALS

George Fox College will enter six athletes in the AIAW women's track national championships starting Thursday (May 21) in Hayward, Calif.

Bruin women's track coach Randy Winston will take the top of his squad, which claimed second in the AIAW (Association of Intercollegiate Athletics for Women) Region 9, Division 3 competition last weekend in Bellingham, Wash.

Heading the team is freshman Jackie Jackson, Portland. She scored 20 points for her team last weekend, winning two regional championship titles. Jackson will enter the nationals in both the 100 and 200 dashes. She won the 100 last weekend with a 12.3 clocking and the 200 meters in 25.1. In prelim races she ran a 11.9 in the 100 and a 24.8 in the 200.

"I feel Jackie can finish very strong in both races," says Winston. Earlier he said she really has not been challenged this year, even at regionals.

Junior Karen Maxwell, Salem, who finished second in the 100 meter hurdles at 15.2 will enter that event in the nationals. Karen Gurske, a Forest Grove, freshman will be entered in the shot put competition. She was first in Division 3 and third overall last weekend with a 40-2 3/4 toss. Despite a knee injury she was just 4½ inches out of first overall.

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GEORGE FOX COLLEGE/NEWBERG, OREGON 97132

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Six GFC Women In AIAW Track Nationals

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Jacquie Williams, a Portland sophomore, is entered in the 100 meter hurdles with a best time of 15.3, and Jacque Davis, Tacoma junior, with a best time of 12.5 in the 100 dash, will run that event.

Davis, Jackson, Maxwell and Williams will combine for the 400-meter relay where they have a 49.6 clocking. Relay alternate is Nora Thompson, a freshman from St. Maries, Idaho.

"We should do well in the relay, 100, 200 and shot," says Winston.

"We are short on numbers, but strong in individual talent."



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April 28, 1981

LADY BRUINS EDGED IN TRACK CHAMPIONSHIPS

The third time wasn't a charm and George Fox College women's track coach Randy Winston may wish he'd never heard of the 5,000 meter run for women following the Women's Conference of Independent Colleges track championships Friday and Saturday (April 23-24).

The lady Bruins were dethroned from the conference title for the first time in three years, giving up the crown to surprising Pacific Lutheran University, by a 136-123 count.

But Winston still believes his Bruin team (which beat PLU 90-45 a week earlier) is the best small college team around. He has reason to stake his claim.

The Bruin women, setting two district records and tying two others, took nearly half of the first prizes there were to offer, claiming seven of the 15, and except for one event they would still be the reigning champs. That one event? The 5,000 meters, a new event added this year. While GFC was picking up one point with a sixth finish the Lutes produced runners in first, second and fourth slots to take 24 points. The Bruins gave up their title by 13.

And it wasn't just in the 5,000 that the Lutes garnered their points. On the opening day they swept one through fourth places in the 3,000 to pick up 28 points. Altogether their distance runners piled up 50 of their points

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in just two events.

"I feel the team competed as admirably as they possibly could," Winston assessed. "And, since there were more distance races, they prevailed."

"We were not at full strength," Winston said. He said two Bruins did not compete because of required attendance at field trips that weekend. He said Lois Thomas probably would have picked up as many as 10 points in the 100 and 400 meter hurdles, making a difference in the final outcome.

Meantime, the other Bruin women were doing it the hard way, collecting 70 points by winning seven events.

A double winner for the Bruin women was record-setting Jackie Jackson, a Portland sophomore. All she did was win the 100 in 12.5 tying the previous district record set by another GFC'er, Joyce Yates in 1979, and win the 200 at 25.3, setting that as a new district standard, four-tenths second faster than the 1980 GFC record of Shavon Dennis.

Then Jackson ran the final leg of the 4 x 440 to help the Bruins win that event in a record time of 4:07.2, ahead of last year's GFC team that ran it in a record 4:07.4. Running with Jackson were Nora Thompson, Jacque Williams, and Karen Maxwell.

Maxwell, a Salem junior, also had a good day. She raced the 100 meter hurdles distance in 15.5, winning the event and tying her last year's district record. Williams was second at 16.0.

And Maxwell and Jackson teamed with Jacque Davis and Williams to clock a 50.0 in the 4 x 110 meter relay to win the event.

Williams proved her versatility with a 17-0 effort in the long jump to win the district title with Maxwell fourth at 14-11½. Also bringing a first for the Bruins was Karen Gurske, Forest Grove freshman, with a 41-10

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Lady Bruins Edged In Track Championships
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toss in the shot.

The Bruins picked up back-up support with seconds by Davis in the 100 at 12.8 and Maxwell in the 400 hurdles at 67.0, just a tenth second out of finish by the clock, but it took a photo finish determination to declare the winner with Maxwell "outleaned" by Lewis & Clark's Esme Jensen.

Gurske collected the Bruins only third finish with a 111-11 discus throw.

Other point collectors were Maxwell with a fourth in the long jump at 14-11½, Sandra Burns with a fifth in the 100 hurdles at 17.1, Williams with a sixth in the 100 at 13.5 and a sixth in the 200 at 27.8, Lynette Phillips with a fourth in the javelin at 103-4, just ahead of Gurske at 102-2½ for fifth, and Lisa Slocum sixth in the 5,000 at 19:46.2, a new GFC record.

Coming up for the lady Bruins Thursday (April 30) at Linfield is a meet for runners and field participants who have not yet qualified for regional competition, which will be May 6-8 at Western Washington State in Bellingham.

Last year GFC was in ninth place, with 20 schools represented. "We could possibly move into the top five this year," Winston predicts. "I feel Jackie (Jackson) has a good possibility to be regional champion in both the 100 and 200 dashes."



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May 11, 1981

BRUIN TRACK WOMEN SUCCESSFUL IN REGIONAL

The best small college track team in Oregon--and Washington--and Division 3 Region 9 of the Association of Intercollegiate Athletics for Women.

Those are the accolades George Fox College women's track coach Randy Winston and his squad are claiming this week following regional competition last weekend at Western Washington State University in Bellingham, Wash.

The Bruin women took fifth overall in the Division 2 and 3 meet with 25 schools entered. Winston's team scored 40 points. Ahead of the GFC contingent were major state universities. Winning was the University of Idaho with 149 points with Boise State a close second at 144. Western Washington piled up 60 for third and Central Washington had 45 points. The smallest school ahead of George Fox has 6,000 students.

Following the Bruin women was Pacific Lutheran with 37, Southern Oregon State with 17.

"I was extremely impressed with everyone on the team," said Winston. "We proved we're the best small Division 3 college; we are by far the very best from our area and our conference."

For the Bruin women freshman Jackie Jackson of Portland scored 20 points, winning two regional championship titles. Jackson finished first in both the 100 meter dash, with a time of 12.3, and the 200 meter dash in

George Fox College

Bruin Track Women Successful in Regional

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and Williams will be performing the 100 meter hurdles. Gurske will be throwing the discus as the only field performer from George Fox. The short relay consisting of Davis, Maxwell, Williams, and Jackson will also be competing. Thompson will be attending as the relay's alternate.



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May 19, 1981

BRUIN TRACK WOMEN RECEIVE AWARDS

A freshman has been named George Fox College's top women's track athlete of the year.

Named Most Valuable is Jackie Jackson, a 1979 graduate of Portland's Grant High School.

Her honor was really never in doubt. All the fast-running frosh did was to win both the 100 and 200 dashes two weekends ago in the Association of Intercollegiate Athletics Region 9 competition in Bellingham, Wash.

Jackson scored 20 points, winning the 100 in 12.3 and the 200 meters in 25.1. In prelim races she ran an 11.9 in the 100 and a 24.8 in the 200.

This week Jackson and five other Bruins will test their strength in the AIAW national championships, starting Thursday in Hayward, Calif.

Named Most Inspirational for the Bruin women is Nora Thompson. A St. Maries, Idaho, freshman, Thompson is an alternate on the GFC 400 meter relay team in the nationals and earlier helped the 400 medley relay team set a school record.

Most Improved designation went to Lois Thomas, a Quincy, Wash., junior who competes in the 100 and 400 meter hurdles.



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May 25, 1981

BRUIN TRACK WOMEN PLACE NATIONALLY; TWO NAMED ALL AMERICAN

Paced by two All-Americans, George Fox College women's track team has finished 18th in the nation in the AIAW Division III national track and field championships.

Coach Randy Winston's Newberg squad collected 11 points in the meet, which had more than 100 schools and 300 competitors at host Cal State-Hayward.

GFC's Jackie Jackson, winner of the regional titles in both the 100 and 200, finished third in the 100 meters and fourth in the 200 in the U.S. meet to lead the Bruins. GFC's Karen Gurske was sixth in the shot. Both were named All-Americans for placing in the top six in their events.

Jackson, a Portland freshman, raced the 100 in 12.23. Valerie Bell of San Francisco State was first at 12.18 and Debbie Alford of Trenton State was second at 12.21.

Jackson was timed at 24.98 in the 200 for fourth. Earlier in the semifinals she clocked a 24.84. She had a 12.23 in the 100 in the semifinals.

Gurske, a Forest Grove freshman, garnered sixth nationally with a toss of 41-3 in the shot. She had a 41-6 and was fourth among 17 competitors in the semifinals. Gurske earlier won the regional crown as first in Division III with a 40-2 3/4 toss at the regional competition in Bellingham, Wash.