

1989

### 1989 Press Release

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## sports news

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Athletic Director (503) 538-8383 Ext. 250  
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January 23, 1989

### TRACK BRUINS SHOW OUTDOOR FUTURE IN PORTLAND INDOOR MEET

If Saturday's (Jan. 20) Portland Indoor track and field meet is any indication of the future of George Fox college track, then it may be a bright one.

The Bruin squad, using the meet as a "tune up" for the outdoor season which begins March 4, recorded six indoor school records at the event.

Portland sophomore Scott Brown tied the indoor school record of 1:02.0 in the 500-meter run, first set 16 years ago Cliff McCurdy. Brown was second in his heat. Lake Oswego junior Tim Conley also placed second in his 500-meter heat with a 1:02.8 timing.

Sophomore Tony Nagle of Post Falls, Idaho, broke his own indoor school mark for the 55-meter dash at 6.5 seconds. He set the mark at 6.7 a year ago.

Freshman Jill Jamison of Seattle, Wash. placed fourth in the two-mile run with an indoor school record of 11:19.9.

Shelton, Wash. freshman Heather Morgan also garnered an indoor school record in the mile run with a time of 5:28.5, placing fourth, and Albany, Ore. junior Melanie Springer had a ten-second personal best in breaking the indoor school mark for the 1000-meters setting it now at 2:54.3.

Junior Nancy Katus of Potlatch, Idaho, established a new indoor record for the shot put with a 35-8 3/4 heave, eighth all-time over all at George Fox.

Freshman Angie Bailey of Novato, Calif., placed fourth in her 55-meter heat at 7.8, and freshman Ginean Lewis of Pomona, Calif., finished the 55-meters in 7.9.

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Lewis also turned in a 66.4 leg in the mile relay, showing she is "capable of running under 60 outdoors," said GFC coach Wes Cook.

Senior Kelli Lang, Chandler, Ariz., was sixth in her 55-meter heat at 7.6 seconds, and threw a foot better in the shot than one year earlier. Senior Larry Mock of Elma, Wash., was sixth in his two-mile heat, at 9:58.4.

"All our marks were better than any marks last year," said Cook. "The splits on the relays were better that last year."

"The people on the relays did a good job," he said. George Fox was represented by four mile-relay squads, two each for the men and women.

The Bruins' next tune up meet is Feb. 3 at the Eugene Indoor.



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## sports news

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February 13, 1989

### GFC RELAY TEAM SURPASSES SCHOOL OUTDOOR RECORD, INDOORS

George Fox College's women's 4 X 880 relay team used an indoor track in Eugene Friday (Feb. 10) to surpass the school's existing outdoor record.

The unusual occurrence came on a 9:58.3 time that eclipsed the 10:00.3 mark set in 1983 outdoors. The time may have qualified the Lady Bruin squad for the NAIA national indoor meet Feb. 24 and 25 in Kansas City, Mo. Since the meet takes the top 18 teams in the nation, the squad must wait until this weekend to find out if it has qualified.

The record performance came at the Eugene Indoor meet as GFC personnel set five school records and 10 personal bests.

The relay team is composed of Melissa Wilson, a freshman from Salem; Jill Jamison, a freshman from Seattle; Heather Morgan, a freshman from Shelton, Wash.; and Melanie Springer, a junior from Albany.

Jamison also surpassed the national qualifying mark in the two-mile run, finishing second in 11:09.1. She broke her own school mark of 11:19.9 set at the Portland Indoor meet Jan. 21.

West Linn sophomore Tiffany Coston set an indoor school record in the 50-yard dash at 6.7 (the old was 6.8), and Nancy Katus, a Potlatch, Idaho, junior, had a personal record and new indoor record for GFC in the shot put with a 38-3 1/2 heave, finishing third.

Scott Brown, a sophomore from Portland, broke his teammate's record in the 440-yard run with a personal best of 53.4. Tim Conley, a Lake Oswego junior, was the previous owner of the record at 54.9. He also had a personal best Friday at 54.4.

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GFC Relay Team Surpasses Outdoor Record

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Other Bruins with personal bests: Jennifer Cooke, a Grants Pass senior, 70.4 in the 440-yard run; Dianne Peterson, a Wenatchee, Wash., junior, 12:04.4 in the two-mile; Gina Cross, a freshman from Brownsville, Ore., 36-6 1/2 in the shot; Rich Swingle, a Phoenix, Ore., sophomore, 10:07.2 in the two-mile; Doug McLucas, an Aloha freshman, 4:42 in the mile; and Larry Mock, Elma, Wash., 4:43 in the mile.

"I thought we did a good job," said GFC track coach Wes Cook. "It's much, much harder to run on that track. There are shorter turns and more of them."

"You don't run as fast on that track," he said.

About half of the GFC track athletes will travel to Idaho this weekend (Feb. 17-18) to compete in the Moscow Indoor.



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February 27, 1989

### GEORGE FOX BRUINS OPEN TRACK SEASON WITH NUMBERS ON THEIR SIDE

On the basis of numbers, George Fox College's 1989 track season might be the best year yet.

Fifty Bruins have turned out for the season that opens Saturday (Mar. 4), twice the number that competed for George Fox last spring. The women have 24 athletes alone, more than the last two years combined.

Newberg junior Tim Hagen and sophomore Vance Godfrey (Independence, Ore.), both NAIA national qualifiers last year, lead 10 returners from a team that finished fifth in last year's NAIA District 2 championship meet.

Godfrey was the district champion and eighth nationally in the 10K racewalk in a GFC record 51:42.6. Hagen, also a district champion, holds the school record in the high jump at 6-10 3/4, and has a 7-0 personal best.

Other returners include Portland sophomore Scott Brown, a third place district finisher in the intermediate hurdles who placed sixth in the district decathlon competition. Brown already has broken the indoor school record at 400m with a 52.17 clocking, set at the Idaho Indoor Feb. 18.

Post Falls, Idaho, sophomore Tony Nagle returns after placing fourth in last years' 100m district race. Nagle also broke an indoor school record, clocking 6.68 for 55m. Lake Oswego junior Tim Conley, another sprinter, returns after struggling with a back injury all last season. As a freshman, Conley placed second in the 400m and ran on the district champion 4x100m relay squad.

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George Fox already has a national qualifier this year. Larry Mock, an Elma, Wash., senior finished fifth in the Seattle Marathon in November to surpass the national qualifying mark.

The Lady Bruins return seven members off last year's fifth-place team, with 44 of the Bruins' 55 points returning from the 1988 district meet.

The women are led by Wichita, Kan., sophomore Kristin Potts, a national qualifier at 10k and the school record holder at 3,000m, 5,000m, and 10,000m. Potts finished fourth in the 3,000m and second in the 5,000m at last year's district meet.

Denise Fox, a senior from Portland, returns in the quest to be a four-year national qualifier in the javelin. Fox finished third in the district and seventh in the nation last year with a heave of 151-6, second farthest in George Fox history.

The West Linn tandem of sophomores Tiffani Coston and Denise Carlson return in the sprints. Coston, while recovering from a broken ankle, finished second in the 100m as a freshman, and Coston placed in five events in the district: the 4x100m relay, 4x400m relay, sprint medley relay, 200m and 100m.

Senior Kelly Lang, a district placer in the 400m hurdles, returns with a school record in the triple jump and heptathlon, but continues to struggle with lower leg injuries that have hindered her for the last two years.

Another 400m hurdler, Tigard sophomore Kristin Lesperance, returns with the fourth highest jump in GFC history, 5-2. Also returning is Albany junior Melanie Springer, who has placed 5th in the 800m the last two years and has the second fastest 800m time in George Fox history at 2:21.6.

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Using these returners as a base, Bruin coach Wes Cook is reaping the benefits of a successful recruiting year.

Leading the new athletes is Chris Patoine, a starter on the Bruin basketball squad and a junior transfer from Umpqua Community College. Patoine has high jumped 6-9 and was a two-time AA state champion in the high jump while at Sutherlin.

Brian Hartenstein, a Colton, Ore. freshman, was second in the high hurdles at last year's AA state track meet. Freshmen Matt Esser (Medford) and Jeff Larson (La Grande) both have been state qualifiers at the AAA state level. Esser boasts bests of 4:04.1 for 1500m and 9:07 for 3000m, but will concentrate on the steeple chase this season. Larson has run 1:59.7 for 800m. Freshman Ron Marsh (Salem) and Doug McLucas, Aloha, round out the distance squad. Marsh qualified for the AAA State meet last year at 800m in his first season of track, and McLucas has run 8:58 for 3000m.

Other freshmen include Mark Bingham (Medford), a 150-foot discus thrower and javelin competitor; Steve Carr (Puerto Rico) in the sprints and jumps, and decathletes Brian Nienabor, Bellvue, Wash., and Rob Flanagan. Woodland, Wash.

Travis Johnson, a junior from Coos Bay, Ore., is trying his hand at race walking for the first time, and will bring added strength to the race walking event, according to Cook.

For the women, Jill Jamison leads a solid core of distance runners from last fall's NAIA District 2 championship cross country team that finished eighth in the nation. Jamison, a Seattle freshman, finished second in the NAIA national cross country meet and already has claimed the 3000m record at the Idaho indoor with a 10:15.5 clocking.

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Portlander Debbie Kintrea, fourth place in the 800m at 1988's AAA state high school meet, boasts best of 2:17 for the 800 meters, 5:03 for 1500m, and 59.3 for 400m. Melissa Wilson, Salem, at 2:21.0 was the state A champion at 800m in the 1987 meet. She was on Salem Academy's state record 4x400m relay squad. Heather Morgan, Shelton, Wash., placed seventh at last year's AA state meet in the 1600m and already holds the third fastest time at the 1500m distance for George Fox, set at the Portland Indoor Jan. 21. After taking a year off, Entiat sophomore Dianne Petersen returns for the 5,000m and 10k distances, but may not be able to run because of eligibility rulings.

The Bruins add to this a handful of talented throwers: Gina Cross of Central Linn, who placed second at the state A meet in the shot put with a heave of 38-8 1/2; Tonya Smith of Stayton, an AA state qualifier in the javelin with a throw of 123-8, and Gonzaga transfer Nancy Katus of PotLach Idaho, who holds the Gonzaga school record for the discus at 136-6.

Also participating are Ginean Lewis of Pomona, Calif., in the 200/400; Tracy Nelson of Glenallen, Alaska, a state finalist in the intermediate hurdles; and Melissa Ballard of Dayville, Ore., who competed at last year's A state meet in the 100-200-400 distances and in the long jump.

For the men, Cook believes the team's strength will lie in the walks, the high jump, and the sprints.

"We're still awfully young in the distances," said Cook. "I don't know how well we'll run against the older guys."

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Cook is hoping to finish in the top half of the district at the championship meet in May.

"It would be tough to compete realistically with Southern Oregon, Western Oregon, and Willamette because of the depth of those programs," said Cook.

The women will be strongest "from the 800 on up, based on the cross country team," said Cook. "The triple and horizontal jumps are not really strong," he added.

Cook hopes to be one of the top three women's teams in the district. "I don't know if we have the depth and experience as SOSC and WOSC," he said.

George Fox has its first outdoor meet Saturday at the Linfield Icebreaker.



## sports news

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March 6, 1989

### TRACK BRUINS WARM UP AT ICEBREAKER WITH 14 DISTRICT-QUALIFYING MARKS

George Fox College track athletes turned in 14 district-qualifying marks, 1 school record and 11 personal bests in their first outdoor competition of the year.

It was a genuine icebreaker at Linfield College on Saturday (Mar. 4), not only because it opened the season, but because of the winter conditions of snow and ice-cold rain.

"This was really encouraging," Bruin Coach Wes Cook said. "I was pleased with the efforts, but disappointed with the weather." But he noted any bad affects of the weather were "as mental as anything," and said "this tells me that our athletes are pretty tough."

GFC women racked up 11 distances and times that qualified for NAIA District 2 championship competition May 12 and 13, and the GFC men added 3 more.

The school record came in the 10,000-meter run. Seattle freshman standout Jill Jamison captured the race in 36:44, taking nearly two minutes off the 1988 record of sophomore Kristin Potts. Potts, from Wichita, Kan., finished third in the distance at 38:59.3 and right behind her was Dianne Peterson, who finished at 39:54.1, a personal best. She is still running unattached because of eligibility questions.

Three Lady Bruin throwers qualified for season-end competition. Nancy Katus, a junior transfer from Gonzaga, tossed the shot 39-1 3/4, fourth best in Bruin history, and also qualified in the discus at 131-2, finishing second. Gina Cross, a freshman from Brownsville, Ore., had a shot effort of 37-0 1/2. And Denise Fox, a Portland senior, finished third in the javelin with a 138-5 throw.

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Two distance runners qualified for the district meet in Monmouth. Heather Morgan, a freshman from Shelton, Wash., finished second in her heat and ran a personal best 4:56.2 in the mile, the third fastest women's time in GFC history. Melanie Springer, an Albany junior, was fourth in her heat and seventh overall with a district-qualifying 2:22.7 in the 800 meters.

In the 100 meters, sophomore Denise Carlson, West Linn, qualified with a 12.79 timing. In the 100 meter high hurdles, Tiffani Coston, a sophomore from West Linn, made her debut after two years, and placed first in her heat, qualifying at 16.8, a personal best. Coston and Carlson combined with freshmen Angie Bailey, Novato, Calif., and Ginean Lewis, Pomona, Calif., to take second in the 4 by 100-meter relay with a time of 51.8.

George Fox men qualified in three separate events. Sophomore Tony Nagle, Post Falls, Idaho, was second in his 100 meter heat at 10.8. Vanni Tilzey, a sophomore from Nampa, Idaho, was second in his heat in the 5,000 distance with a personal best 15:22.8. Freshman Mark Bingham, Medford, lofted the javelin 135-10 to qualify.

Other high finishers for GFC were Tim Conley, a Lake Oswego junior, fourth in the 400 meters at 51.8, and freshman Jeff Larson, La Grande, second in his 800 meter heat at 2:05.4. Assistant track coach Eb Buck, a 1976 GFC graduate competing for the Bruin Track Club, finished fourth in the javelin at 184-4.



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March 20, 1989

### TWO FROM GFC SET NATIONAL QUALIFYING MARKS AT U OF O MEET

University of Oregon's Hayward Field provided the setting as two George Fox College women on Saturday (Mar. 18) qualified for national NAIA championship competition.

Competing in the Oregon Preview Meet in Eugene, GFC freshman Jill Jamison clipped 28 seconds off her previous school record to qualify for post-season action in the 3,000 meters. The Seattle runner, NAIA District 2's cross country champion last fall and second in the NAIA nationals in the event, ran a 10:01.6 in the 3,000 to finish sixth in the field.

Teammate Nancy Katus produced a national-qualifying 138-5 toss in the discus, topped only by the Ducks' Stephanie Smith. Katus improved on her 131-2 district-qualifying mark set in the first meet of the year Mar. 4. Katus, from Potlatch, Idaho, also finished third in the shot with a 38-1 1/2 heave. Lady Bruin Gina Cross, a Brownsville, Ore., freshman, was fifth in the discus at 37-3.

Two of the Bruin men finished second in their events. Scott Brown, a sophomore from Portland, timed the 400 in 51.4, and Tony Nagle, a sophomore from Post Falls, Idaho, ran a 10.9 in the 100. Newberg junior Tim Hagen took more tries at the 6-8 3/4 height in the high jump and finished fifth, with placers two through five, finishing at that height.

Two Lady Bruins finished eighth in their specialties. Melanie Springer, an Albany junior, ran a 2:22.5 in the 800, and Denise Fox, a Portland senior, went 135-3 in the javelin.

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Two Set National Qualifying Marks

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GFC assistant track coach Eb Buck, was fifth in the javelin at 193-6.

A day earlier at the Willamette Open in Salem, sophomore Kristen Potts, Wichita, Kansas, qualified for district in her third event. Already passing the standard in the 10,000 and 5,000 distances, she qualified at the 3,000 with a 10:45 effort.

Doug McLucas, a Beaverton freshman, produced personal records in the 1,500 at 4:11 and the 800 at 2:02. Ron Marsh, a Salem freshman, was second in the 800 at 2:00.

Race walkers Vance Godfrey and Travis Johnson each produced personal bests, despite a race that finished in the dark. Godfrey, returning District 2 champion from Independence, was second at 24:25 and Johnson, a junior from Coos Bay, was fourth at 27:30.

In the women's 800 Debbie Kintrea, a freshman from Portland, was first in her heat at 2:26 and Melissa Wilson, a Salem freshman, was third at 2:29.

The Bruins, on spring break this week from classes, also take a weekend break from track, resuming action April 1 as GFC hosts Lewis & Clark, Portland State and Eastern Oregon in a 1 p.m. meet on Colcord Field.



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### TRACK BRUINS DEMOLISH OPPONENTS IN FOUR-WAY MEETS

It was April Fools' Day Saturday but George Fox College track athletes were not fooling around.

The men's and women's teams annihilated their competition in a four-way meet on their own Colcord Field. And in their season home opener, the Bruin squads combined for two more national qualifiers, 13 new district qualifiers, two new school records and 18 personal bests.

The Bruin men, with 112 1/2 points, swamped second place Eastern Oregon with 52 points, Lewis & Clark with 38 1/2, and Portland State with 17. The Lady Bruins rolled up 95 1/2 points to the 44 of Lewis & Clark, 42 of Portland State and 16 1/2 of Eastern.

Seattle freshman Jill Jamison continued to assault the GFC record books with a new 5,000 meter mark of 17:34.1. It qualified her for the NAIA national meet May 23-27 in Azusa, Calif.

Sophomore Vance Godfrey, Independence, Ore., surpassed the national qualifying standard in the 10,000 meter race walk. He broke his own school record in a winning time of 49:59.34.

Six women and six men qualified for the NAIA District 2 meet in Monmouth May 12-13. Competing in his first meet of the season, junior Chris Patoine, Sutherlin, qualified in the high jump at 6-2, taking first in the event. He also won the triple jump at 41-10 1/2.

Sophomore Scott Brown, Portland, won the 400 intermediate hurdles in a qualifying 56.6. Brown also won the pole vault at 11-0 and ran on the winning 400 and

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George Fox College

Track Bruins Demolish Opponents

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1,600 meter relays.

Sophomore Tony Nagle, Post Falls, Idaho, qualified for the district in the 200 meters, finishing second at 22.9. He won the 100 meters at 11.0 and anchored the winning 400 relay.

The other two members of the 400 relay were freshmen Ron Marsh, Salem, and Brian Hartenstein, Colton, who both set district-qualifying times in their events. Marsh won the 800 meters in 1:58.4, a two-second personal best. Hartenstein placed second in the 400 meter hurdles in 56.7.

Also qualifying for the district championships was Vanni Tilzey, Nampa, Idaho, who won the 1,500 meters in a personal best 4:04.3.

For the women, George Fox had two freshmen qualify in the 100 meters: Ginean Lewis, Pomona, Calif., in a winning time of 12.9, and Angie Bailey, Novato, Calif., who finished third at 13.2.

Earning her third district qualifying mark was Wichita, Kan., sophomore Kristin Potts, who was second in the 5,000 at 18:49.5. Freshman Debbie Kintrea, Portland, qualified in the 800 meters, winning at 2:22.9, fourth fastest in GFC history.

Junior Melanie Springer, Albany, qualified in the 400 meters, winning the event at 62.0. Kristin Lesperance, a Tigard freshman, qualified in the 400 meter intermediate hurdles with a third-place time of 1:11.7.

Other top places for GFC women included senior Denise Fox, Portland, in the javelin at 137-4; junior Nancy Katus, Potlatch, Idaho, first in the discus at 134-9; and the 1,600-meter relay team of Lewis; Kintrea; freshman Heather Morgan, Shelton, Wash.; and Springer, first at 4:15.9.

Saturday (April 8) George Fox travels to Bellingham, Wash., for the Western Washington Invitational, starting at noon. The Bruins are at home again April 15, hosting Willamette University.



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April 10, 1989

MORE TRACK BRUINS SET RECORDS AND QUALIFY FOR DISTRICT

Two George Fox College track athletes -- for the fourth time this season -- have set new school records in their events.

The marks of Vance Godfrey in the 5,000-meter racewalk and Jill Jamison in the 10,000 meters were recorded in a non-scoring meet Saturday (April 8) at Western Washington University in Bellingham.

Godfrey, a sophomore from Independence, Ore., finished at 24:02, third overall. He already had qualified for the NAIA national meet May 23-27 in Azusa, Calif.

Jamison, a freshman from Seattle, won her event at 36:09, shaving nearly 30 seconds off her record set Mar. 4. Jamison also has met national qualifying standards.

In addition, George Fox finished the day with five new district-qualifying marks. Senior Larry Mock, Elma, Wash., set a personal best with a 32:34 time in the 10,000 meters.

Freshman Brian Hartenstein, Colton, Ore., qualified in the 110-meter high hurdles at 15.5, second in the meet. Hartenstein also finished third in the 400-meter intermediate hurdles with a personal best 56.1. Junior Tim Conley, Lake Oswego, qualified in the 400 meters, placing second at 50.9.

Sophomore Tiffany Coston and freshman Ginean Lewis were the only Lady Bruins to reach new qualifying standards. Coston, of West Linn, ran 13.1 in the 100-meters, and Lewis, of Pomona, Calif., ran the 200 in 26.9.

Several other Bruins turned in personal bests: freshman Mark Bingham, Medford, in the javelin at 160-9; sophomore Vannie Tilzey, Nampa, with a 15:11.9 in the 5,000-

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meters; and freshman Doug McLucas, Aloha, with a 15:35.4 in the 5,000 meters, just two seconds off district qualifying.

Other performances by the Bruin men: Tim Hagen, a Newberg junior, with a 6-6 leap in the high jump for a fourth spot and Scott Brown, a Portland sophomore, with a fourth place in the 400-meter hurdles at 56.1. In the 800-meter distance freshman Ron Marsh, Salem, was second in his heat at 1:58.8, and freshman Brian Nienaber, Bellevue, Wash. was second in his heat at 2:02.5.

For the women, the lone personal best was by junior Dianne Peterson, Wenatchee, Wash. She lopped off a minute in the 10,000 meters to finish at 38:33.

For the Lady Bruin throwers these finishes: Denise Fox, a Portland senior, fifth in the javelin at 123-8 and Nancy Katus, a Potlatch, Idaho, junior, seventh in the shot at 38-5 1/2. Freshman Heather Morgan, Shelton, Wash., was fifth in her 1,500-meter heat at 5:05.4, and sophomore Denise Carlson, West Linn, was second in her 200-meter heat in a season-best 27.8.

Like the men, the Lady Bruins also finished strong in the 800-meters, with Melanie Springer, an Albany junior, and Debbie Kintrea, a freshman from Portland, finishing third and fourth in their heats. Springer's time of 2:22.0 was eighth overall, and Kintrea finished at 2:23.6.

Salem freshman Melissa Wilson was second in her 800-meter heat with a time of 2:28.5, a season best.

Saturday (April 15) George Fox hosts Willamette University. The racewalk begins at 12:15, followed by the hammer throw at 12:30. Other field events begin at 1 p.m., with running events starting at 1:45 p.m. on Colcord Field.



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April 17, 1989

### TRACK BRUINS MISS ATHLETES AND DEPTH IN LOSING TO WILLAMETTE

George Fox College track coach Wes Cook may want to further consider GFC's academic side when he's doing his meet scheduling.

His teams lost Saturday (April 15) to visiting Willamette University, but all of the setbacks were not on the track and in the field.

In addition to sickness and injuries several Bruin athletes were on the road elsewhere for academic reasons -- bird watching in Eastern Oregon, and even in Utah where two were reading literary papers for a conference.

It added up to depleted GFC teams that lost to Bearcats: 92-51 for the men, 84-43 for the women.

There was, however, some good news: one new national qualifying mark, five new district-qualifying marks, and one school record.

Junior Nancy Katus won the discus with a 143-7 1/2 toss to qualify for national competition May 26-27 in Azusa, Calif. Her distance is the second longest ever at GFC. Katus, from Potlatch, Idaho, also finished third in the shot with a heave of 38-9 1/4.

Freshman Jill Jamison continued her assault on GFC records, winning the 1,500 in a first-place time of 4:45 to break her own school record of 4:49 set a month ago. Jamison, from Seattle, also placed fourth in the 800 meters in a personal best and district-qualifying time of 2:22.8. She was second in the 3,000 at 12:53.

Qualifying for NAIA District 2 competition May 12-13 in Monmouth were Heather Morgan, a Shelton, Wash., freshman, in the 800 meters with a 2:22.4, good for second place; Debbie Kintrea, a Portland freshman, with a first-place time of 1:01.4 in the

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400 meters; Travis Johnson, a sophomore from Coos Bay, with a second-place time of 59:09.1 in the 10,000-meter racewalk; and Vanni Tilzey, a sophomore from Nampa, Idaho, with a first in the 800 meters at 1:57.8.

First placers for the Lady Bruins included Kristin Lesperance, a sophomore from Tigard, with a 4-10 in the high jump; Denise Fox, a Portland senior, with a 132-3 in the javelin; and Elaine Payne, Beaverton, with a personal best 12:51.6 in the 3,000-meters.

Without the needed depth, the Lady Bruins garnered just three second places and four thirds. Morgan was second in the 800-meters, Jamison second in the 3,000 meters, and Lesperance was runner-up in the 400-meter hurdles at 1:12.2.

Third places went to Katus in the shot, Kintrea in the 200 at 28.5, freshman Angie Bailey, Novato, Calif., in the 100 meters in a personal best of 12.9, and freshman Tonya Smith, Stayton, with a 111-3 in the javelin.

The Bruin men captured nine of the first places, but like the women, could muster just three second finishes and two third places.

Vance Godfrey, a sophomore from Independence, led off the meet with a victory in the 10,000 meter racewalk, recording a 57:02.8. Newberg junior Tim Hagen won the high jump at 6-6 and freshman Paul Gunther, Kalispell, Montana, won the 400-meters at 52.6.

Two GFC men were double winners: sophomore Tony Nagle, Post Falls, Idaho, won the 100 dash in a personal best 10.7 and the 200 at 22.1. Freshman Brian Hartenstein, Colton, won the 100-meter high hurdles at 15.12 and the 400-meter intermediate hurdles in 56.4.

Sophomore Joel Schmeltzer, Scappoose, gave GFC two second finishes with a 41-1 in the shot and a 128-3 in the discus. Rob Flannagan, a junior from Woodland, Wash.,

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was second in the long jump at 19-5 1/2. The third places came from senior Larry Mock, Elma, Wash., with a 4:19.9 in the 1,500 meters, and Brian Nienaber, a freshman from Bellevue, Wash., with a 1:59.4 in the 800.

Monday and Tuesday (April 17-18), Flannagan, Nienaber and Scott Brown, a sophomore from Portland, are scheduled in District 2's decathlon competition in Salem. Saturday (April 22), GFC men and women compete with Pacific Lutheran and Linfield in Tacoma.



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April 24, 1989

### TRACK BRUINS SET MARKS, BUT STILL DEMOLISHED BY PACIFIC LUTHERAN

If the score was the only indication of how George Fox College's track squad faired Saturday (April 22), then coach Wes Cook would have every reason to be displeased.

Powerhouse Pacific Lutheran, combining talent with an abundance of athletes on their own field in Tacoma, wiped out GFC's women's and men's teams. The Lutes ripped the men 138-33 and the women 118-35. However, the Bruins did better than Yamhill county rival Linfield. The Wildcats came in with 27 points for the men and 33 for the women.

Although George Fox was crushed by one of the Northwest's top teams, the Bruins turned in one national qualifying mark, posted two new district qualifying marks, and rolled up 12 personal records, and 8 seasons's bests. In addition, all but two women surpassed the district qualifying standards, although most had already qualified for the May 12-13 NAIA District 2 championships in Monmouth.

Portland senior Denise Fox qualified for the NAIA national meet for the fourth year in a row. She threw a first-place 144-9 in the javelin, It was her season best. The only other Lady Bruin victory came in the discus, with a 142-0 toss by Nancy Katus, a Potlatch, Idaho, junior.

The two new district-qualifying marks came from sophomores. Denise Carlson, West Linn, ran a season-best 26.8 in the 200 meters. Kristin Lesperance, Tigard, had a season-best high jump of 5-0 to place third. She also finished third in the 400 intermediate hurdles with a personal best of 1:10.4.

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## George Fox College

### Bruins Set Marks

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The GFC women finished the day with two other second finishes and seven thirds. Katus was second in the shot with a heave of 39-9 1/2. The Lady Bruin 1,600-meter relay squad was second with a season best 4:08.4, sixth best in GFC history. Team members are Carlson,; Debbie Kintrea, a Portland freshman; Ginean Lewis, a Pomona, Calif., freshman; and Melanie Springer, an Albany junior.

Freshman Heather Morgan, Shelton, Wash, placed third in two events with personal bests in both. Her 4:55.3 for the 1,500 meters is fourth best at GFC, and her 3,000 meter time of 11:12.3 is fifth best

Springer's third place personal best time of 1:00.9 placed her sixth at GFC in the 400 meters, and Kintrea's third place season best time of 2:21.6 for the 800 meters tied her with Springer as second best at GFC. Freshman Angie Bailey, Novato, Calif., finished third in the 100 meters with a 13.0. She teamed with Carlson, Kintrea and Lewis to place third in the 4 by 100 relay with a season-best 50.9 time.

GFC men did not gain any first places, but captured six second finishes and four thirds.

Both relays finished second, both with season's bests. In the 4 by 100 meter relay the Bruins ran 43.2. In the 1600 meter relay the time was 3:21.7. The same team ran both: Tim Conley, a junior from Lake Oswego; Tony Nagle, a sophomore from Post Falls, Idaho; Scott Brown, a sophomore from Portland; and Ron Marsh, a freshman from Salem. Brown, Nagle and Marsh each had personal best splits.

"I was particularly impressed with the relay efforts, " Cook said.

Nagle had an impressive day, placing second in both the 100 and 200 with personal bests. He was clocked at 10.6 in the 100 and 22.1 for the 200.

The other second places came from Newberg junior Tim Hagen, who cleared 6-6 in the high jump; freshman Paul Gunther, Kalispell, Montana, with a 53.4 in the 400

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meters; and freshman Mark Bingham, Medford, throwing 157-4 in the javelin.

Thirds were captured by Rich Swingle, a Phoenix, Ore., sophomore, with a 10:07.2 in the steeplechase; Vanni Tilzey, a sophomore from Nampa, Idaho, with a personal best 4:01.9 in the 1,500-meters; Rob Flannagan, a junior from Woodland, Wash., with a 12-6 in the pole vault; and Doug McLucas, a freshman from Aloha, with a 16:03.8 in the 5,000-meters.

Some GFC athletes will compete Saturday (April 29) at the Oregon Invitational in Eugene. Most will be gearing up for the District 2 competition a week later.



March 13, 1989

### THREE MORE GFC TRACK ATHLETES QUALIFY FOR DISTRICT, THREE RECORDS SET

Three more George Fox College athletes produced district-qualifying marks and three others set GFC school records Saturday (March 11) at the Oregon Small College Relays in Monmouth.

For Bruin track coach Wes Cook it may illustrate that bigger really is better. He has a school-record 50 athletes out for the spring sport (so many they are now taking a bus rather than vans to meets), and in their first two meets 17 now have qualified for the April 14-15 NAIA District 2 championships.

The newest district-qualifiers include:

- \*\* Sophomore Kristin Potts, Wichita, Kan., in the 5,000 meters, which she won Saturday with an 18:42 time.
- \*\* Newberg junior Tim Hagen, who had a 6-4 leap in the high jump.
- \*\* Rob Flannagan, a Woodland, Wash. junior, who cleared 13-0 in the pole vault.

George Fox women broke school records in three relay events -- the discus, javelin and distance medley.

In the discus relay, senior Denise Fox, Portland, teamed with junior Nancy Katus, Potlatch, Idaho and freshman Tonya Smith, Stayton, to produce a total 279-11 distance, abolishing the year-old record of 261-11. They finished third in the meet.

Smith, Fox and Albany junior Melanie Springer finished second in the javelin relay, beating the old record of 318-10 set a year ago by nearly 30 feet. Their new record is 346-11.

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### Three GFC Track Athletes Qualify for District

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In the distance medley relay, four freshmen combined to finish third in a GFC best of 13:00.8. Debbie Kintrea, Portland, ran the 400 leg; Melissa Wilson, Salem, the 800 meters; Jill Jamison, Seattle, the 1,200 meters; and Heather Morgan, Shelton, Wash., the 1,600 meters.

Two women's relays captured firsts in the meet hosted by Western Oregon State. The shot put relay team of Katus, Fox and freshman Gina Cross, Brownsville, Ore., missed the GFC school record by just one-half inch in its 109-0 1/2 victory.

GFC won the sprint medley in a 1:55.5 clocking with the team of freshmen Ginean Lewis, Pomona, Calif., and Angie Bailey, Novato, Calif., sophomore Denise Carlson, West Linn, and Springer.

The women's mile relay team of Kintrea, Wilson, Morgan and Springer placed third at 4:15.3, and GFC's 4 X 100 relay of Lewis, Bailey, Carlson and sophomore Tiffany Coston, West Linn, finished fourth at 52.3.

In individual events, Coston finished second in the 100 meter high hurdles in a season-best 16.5, fifth fastest at GFC.

Bruin men garnered a first place in the pole vault relay. Flannagan teamed with Scott Brown, a Portland sophomore, and Cory Fredricks, a Kalispell, Montana, freshman, to produce a combined 36-0 height.

Four men's relay squads each captured third:

\*\* The high jump tandem of Brown, Hagen, and sophomore Brian Nienaber, Bellvue, Wash., had a total effort of 17-7.

\*\* The distance medley relay clocked 10:39.2, with freshman Paul Gunther, Kalispell, Mont., running the 400 meters; Brown running the 800 meters; freshman Doug McLucas, Beaverton, doing the 1,200 meters, and sophomore Vannie Tilzey, Nampa, Idaho, running the 1,600 meters.

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Three GFC Track Athletes Qualify for District

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\*\* The 4 X 800 team recorded an 8:14.9 time, with McLucas combined with Nienaber and freshmen Ron Marsh, Salem, and Jeff Larson, La Grande.

\*\* The 4 X 200 relay team of Nienaber, Gunther and sophomores Tony Nagle, Post Falls, Idaho, and Aaron Irish, Albany, produced a 1:34.8 time.

Friday (March 17) George Fox travels to Salem for the Willamette University Open, starting at 3 p.m. Several GFC athletes will compete the next day at the Oregon Open in Eugene, starting at noon.



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May 1, 1989

### TWO NATIONAL-LEVEL MARKS RECORDED BY BRUINS AT UNIVERSITY OF OREGON MEET

Newberg's Tim Hagen has jumped into national competition in the high jump.

The George Fox College junior went 6-10 3/4 Saturday evening (April 29) on Hayward Field in Eugene to qualify for the NAIA national championships May 25-27 in Azusa, Calif.

Hagen's leap tied his own GFC school record set last year. He is the reigning NAIA District 2 champion with a 6-8 mark. He has a lifetime best of 7-0.

Competing in the Twilight meet with major university competition, Hagen finished fifth overall, the highest placing NAIA athlete.

Also in the Twilight meet, GFC junior Nancy Katus, Potlatch, Idaho, threw the discus 133-9 to finish sixth.

The George Fox women's 4 by 400 meter relay team recorded a season-best 4:05.42, the second fastest in GFC history. Team members are Denise Carlson, freshman from West Linn; Ginean Lewis, a freshman from Pomona, Calif.; Melanie Springer, an Albany junior; and Debbie Kintrea, a freshman from Portland. Lewis ran a season-best split of 58.0.

In the Oregon Invitational competition Saturday, GFC freshman Jill Jamison broke her own school record in the 5,000 meters. Her 17:12.42 time -- second overall -- eclipsed her old mark of 17:34 set April 3. Jamison, from Seattle, already has qualified for the NAIA national meet in the event.

Also in the daytime competition, Springer set a GFC record in the 800 meters with a time of 2:17.63. A personal best by four seconds, the time broke the 1983 record of 2:20.1 set by Kay Mattson of Salem.

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Two National-Level Marks Recorded

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The lone GFC first place went to the men's 1,600-meter team with a 3:21.0 finish. Team members are Tim Conley, a junior from Lake Oswego; Scott Brown, a sophomore from Portland; Ron Marsh, a freshman from Salem; and Brian Hartenstein, a freshman from Colton, Ore. All but Conley had personal bests in the race.

The women's 4 by 100 team finished second in a season-best 49.9. Members are Lewis; Angie Bailey, a freshman from Novato, Calif; Tiffany Coston, a sophomore from West Linn; and Carlson.

Freshman Heather Morgan, Shelton, Wash., was the only other Bruin with a personal best, finishing the 1,500 meter run at 4:50, third fastest at GFC.

Several others from GFC had notable performances: Kintrea finished fourth in her heat in the 800 meters with a season-best 2:21.06, third best at GFC. Carlson in the 100 meters was third in her heat at 13:07; and Hartenstein was third in his heat in the 400 meter hurdles at 56.77.

The University of Washington Invitational, Saturday (May 6) in Seattle, is the final tune up for GFC before the NAIA District 2 championships May 12 and 13 in Monmouth.



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May 8, 1989

GFC SENIOR UNLEASHES NATIONAL-LEADING JAVELIN THROW

A George Fox College senior has unleashed a 155-0 javelin throw believed to be the best in the nation in NAIA women's competition this year.

Nancy Fox, who finished seventh nationally last spring with a 142-8 toss, uncorked her record setting throw at the University of Washington on Saturday (May 6), winning the WSU Invitational.

The 155-0 compares to her previous lifetime best of 151-6 set last spring and to her previous best of 144-9 this year. It breaks a 12-year-old George Fox school record of 154-10, set by Sue Banta.

Fox, from Portland (Madison High), has been in the NAIA nationals three times, finishing ninth her freshman and sophomore years.

In the Washington competition the Lady Bruins also established another school record when freshman Jill Jamison, Seattle, broke her own 3,000 meter mark by six seconds with a new time of 9:54. Jamison is NAIA District 2's top runner in the 3,000, 5,000 and 10,000 runs. Last fall she won the NAIA District 2 cross country title and finished second in the NAIA national meet.

The Seattle meet was the final opportunity for the Bruins to qualify athletes for this weekend's District 2 championships, which start Friday at 11 a.m. at Western Oregon State. On Saturday the meet begins at noon.

Lady Bruin Ginean Lewis, a freshman from Pomona, Calif, became the second fastest 400-meter runner at GFC in her first open 400 race of the season. She

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GFC Senior Unleashes National Javelin Throw

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finished at 58.46, fourth in the event. Three GFC marks were altered in the race. Junior Melanie Springer, Albany, ran the distance in 60.45, sixth fastest in GFC history, and freshman Debbie Kintrea, Portland, at 61.37 was the tenth fastest all time.

Top Lady Bruin finishes in the invitational included junior Nancy Katus, Potlatch, Idaho, who was third in the discus at 142-10 and sixth in the shot at 39-6 3/4. In the 100 meters, sophomore Denise Carlson, West Linn, and freshman Angie Bailey, Novato, Calif, finished second and third in their heat. Carlson finished with a 13.46 clocking and Bailey was timed at 13.54.

Freshman Gina Cross, Brownsville, Ore., threw the shot 37-1 1/4 to advance to fifth in GFC standings.

For the Bruin men, Newberg junior Tim Hagen had the highest finish, with a second-place high jump of 6-8. Junior Tim Conley, Lake Oswego, was second in his 200-meter heat with a season-best 22.8. Sophomore Tony Nagle, Post Falls, Idaho, was third in his 200-meter heat at 22.7. Nagle also finished third in his 100-meter heat at 11.37. Freshman Brian Nienaber, Bellevue, Wash., was third in his 800-meter heat at 2:00.3. Freshman Brian Hartenstein, Colton, was second in his 110-meter high hurdles heat at 15.94.

Sophomore Vanie Tilzey, Nampa, Idaho, turned in a 3:58.91 time in the 1,500 meters, ninth fastest in GFC history.



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May 15, 1989

### LADY BRUINS SECOND, MEN FOURTH IN NAIA DISTRICT 2 TRACK CHAMPIONSHIPS

Using two first-place finishes, George Fox College's women's track squad finished second in the NAIA District 2 track championships, best in the Newberg school's history.

The Lady Bruins earned 92.5 points, tying host Western Oregon State College in the championship meet May 12 and 13 in Monmouth.

GFC produced three champions on the men's squad, but a lack of depth and a controversial ruling left the Bruins in fourth place, tied with Eastern Oregon. Western Oregon and Southern Oregon tied for the men's title with 189 points each. George Fox had 87. Willamette was second with 97. The Bearcats won the women's title with 113 points.

George Fox now will send six to the NAIA national championships May 24-27 in Azusa, Calif.

Denise Fox, the Portland senior who a week before set a national-best this season in the javelin with a 155-0 throw, won the District 2 title with a 150-8 toss. GFC's other first place in women's competition went to Seattle freshman Jill Jamison, who ran the 10,000 meters in 38:38.7.

The men's first places came from two repeating individual champions and the Bruin 4 by 400-meter relay squad. Newberg junior Tim Hagen won the high jump in a new district record of 6-10 1/2, a quarter-inch higher than last year. Vance Godfrey, a sophomore from Independence, won the 10,000-meter racewalk with a 52:24.24 time.

The relay squad was timed in 3:21.31 in its victory. Winning team members are Scott Brown, a Portland sophomore; Brian Hartenstein, a Colton freshman; Ron Marsh, a Salem freshman; and Tim Conley, a junior from Lake Oswego.

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## George Fox College

Ladies Second - Men Fourth in NAIA District 2

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The George Fox men's squad suffered a major setback Friday during a controversial rerunning of the preliminary 200-meter heat. After a starter's error, the men from the second heat were told to re-race. During that race, GFC sophomore Tony Nagle severely pulled a hamstring and was unable to compete Saturday. He was a heavy favorite to win both the 100 and 200 meters and he anchored GFC's 4 by 100-meter relay squad. He had a potential of helping GFC to another 26 points and a clear third-place finish.

GFC women had strong performances from their relay squads. In the 4 by 400 relay, the Lady Bruins overcame a dropped baton early in the race and made a strong comeback with a second place, finishing in 4:08.52, behind the 4:02.09 of Lewis & Clark. Members are freshmen Debbie Kintrea, Portland, and Ginean Lewis, Pomona, Calif.; sophomore Denise Carlson, West Linn; and junior Melanie Springer, Albany.

The sprint medley team set a new GFC record in finishing third at 1:51.72. Team members are Tiffany Coston, a sophomore from West Linn; Carlson, Lewis and Springer.

The Lady Bruin 4 by 100 team of Carlson, Coston, Lewis and Angie Bailey, a freshman from Novato, Calif., also finished third. They set a new GFC record at 49.73.

Jamison, after winning the 10,000 meters Friday, returned the next day to place fourth in the 1,500 meters in a personal best of 4:40, also a new GFC record. Her time broke her previous best of 4:45 set April 5 for a new school record. She also finished second in the 5,000 meters at 17:40.85.

The Lady Bruins captured four other third places. In the discus, junior Nancy Katus, Potlatch, Idaho, had a 138-5 toss. Carlson clocked 12.86 in the 100 meters, Lewis finished the 400 meters at 59.42, and Springer produced a 2:18.86 in the 800 distance.

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Other finishes for the Lady Bruins: sophomore Kristin Lesperance, Tigard, was fifth in the high jump at 5-0; Katus was sixth in the shot at 38-3; Coston was sixth in the 110-meter high hurdles at 16.53; and Kintrea was fifth in the 800-meters at 2:20.

George Fox men had three runner-up finishes. Conley was second in the 400 meters at 49.71, behind the winning 49.60 time. Brown had a personal best and second place effort in the 400 intermediate hurdles at 54.75, behind the winning 54.35. Sophomore Travis Johnson, Newberg, followed teammate Godfrey in the racewalk with a time of 57:23.25.

Third place finishes were recorded by senior Larry Mock, Elma, Wash. with a 10,000-meter run time of 32:26.59, a personal best; Tilzey with a personal best 3:55.94 in the 1,500 meters; and Marsh with a 1:56.53 in the 800 meters.

Traveling to the nationals will be Katus, Fox, Jamison, Hagen, Godfrey and Mock.



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May 22, 1989

GEORGE FOX SENDS SEVEN --SIX IN TOP 10 -- TO NAIA NATIONAL CHAMPIONSHIPS

George Fox College will send seven athletes -- all but one in the top ten in the nation -- to the NAIA Track and Field national championships starting Wednesday (May 24) in Azusa, Calif.

Heading the contingent are two of the NAIA's top-ranked women athletes. Senior javelin thrower Denise Fox has the nation's best toss this year at 155-0.

Another pre-meet favorite is freshman distance runner Jill Jamison. She has the nation's second fastest 10,000 meter time at 36:09.4 and is undefeated at that distance.

Fox, from Madison High in Portland, is making her fourth trip to the national championships where she finished seventh a year ago (142-8) after two previous ninth-place finishes.

Jamison, from Kings High in Seattle, will enter national competition for a second time, even though a freshman. Last fall she earned NAIA All-American designation when she finished second in the national cross country championships, the highest finishing Oregon collegiate runner ever in the event. This spring she set GFC records in every distance race from the 1,500 through 10,000 meters. Nationally she is ranked third in the 3,000 and fourth in the 5,000 distance.

George Fox coach Wes Cook said Jamison will run the 10,000 distance and may double in the 5,000 "if things go well."

Two other Lady Bruins in the nationals will be discus and shot hurler Nancy Katus and freshman sprinter Ginean Lewis. Katus, a junior from Potlatch, Idaho, who

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George Fox College

GFC Sends 7 to NAIA Championships

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transferred to George Fox from Gonzaga, is ranked sixth nationally in the discus. She has a season best of 143-7. Katus also will compete in the shot put where she has a best of 39-10.

Lewis, from nearby Pomona, Calif., will be returning "home" for competition in the 400 meters. She has a season best of 58.46, finishing third in the NAIA District 2 championships.

Newberg's Tim Hagen is the nation's fourth best NAIA high jumper going into the championships. A junior, he won the District 2 title with a 6-10 3/4 height, a quarter-inch higher than his district-winning effort a year ago when he also entered national competition. He has a lifetime best of 7-0.

Racewalker Vance Godfrey also is making a second trip to the nationals where a year ago he finished seventh. A sophomore from Independence, Godfrey has won the District 2 crown the last two seasons, this year with a 52:24.24 time over the 10,000 meter distance. He has career best 49:59.4. His ninth place ranking comes even though he is covering the distance two minutes faster than a year ago.

Senior Larry Mock will compete in the marathon, where he is ranked fifth nationally. In just his second track season, Mock, from Elma, Wash., finished fifth in the Seattle Marathon in November, clocking 2:31.26 to surpass NAIA requirements.

"If we just compete with the consistency we've shown all spring, I really believe we will be coming home with some All-America awards," Cook says. The second-year Bruin coach, ending his first "recruiting season," says "the quality of these seven young men and women speaks to the direction I believe GFC track and field is headed."



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May 30, 1989

GFC'S JAMISON WINS NATIONAL TITLE; TWO BRUINS NAMED TRACK ALL-AMERICANS

A freshman runner has become George Fox College's second-ever NAIA national champion and the highest finishing NAIA District 2 track athlete this year.

Jill Jamison climaxed her spectacular rookie season with a record-breaking 36:08.71 in the 10,000 meters Thursday morning (May 25) in Azusa, Calif.

She became an All-American by winning the national title by five seconds over second-place finisher Tawny Kern of Flagler, Fla. Jamison, from Kings High in Seattle, came from behind to win. She was trailing the lead runner by nearly 100 meters halfway through the race, but took the lead with one and a half miles to go. Her time set a GFC school record. Her previous best was 36:09.4.

Jamison was a pre-meet favorite, going into the race with the second fastest 10,000 meter time. With the victory, Jamison finished the season undefeated at the distance.

Last fall Jamison finished second in the NAIA national cross country meet, the highest finishing Oregon collegiate runner ever in the event. This spring Jamison set school records in every distance race from the 1,500 to 10,000 meters. She won the NAIA District 2 crown with a 38:38.7 time.

Jamison was one of two George Fox athletes to be designated All-Americans. The other is Nancy Katus, a Potlatch, Idaho, junior, who finished sixth in the discus with a toss of 139-2.

Katus went into the national meet ranked sixth with a season-best of 143-7.

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Jamison Wins National Title

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Katus was fourth going into the finals, but was passed by two other competitors. Just one and a half feet separated second through sixth places. The second place distance was 140-10.

The national title went to defending champion Lisa Farris of Emporia State with a 145-4 toss.

George Fox had one other women's competitor, Denise Fox, a Portland senior. She finished her collegiate career with tenth-place in the javelin at 133-6. Fox went to the nationals with 155-0 effort, the best in the nation. She was seventh nationally a year ago at 142-8 after two previous ninth-place finishes.

George Fox had all six of its competitors place in the top 10 in their events. The men had seventh, eighth and ninth place finishes.

Senior Larry Mock placed seventh in the marathon in a time of 2:35:08.2. Mock, from Elma, Wash., ran 18 miles with the fourth place runner, but ran out of steam at that point, finishing just four minutes away from the second place spot. Mock ran the Seattle Marathon in November in a national-qualifying 2:31.26.

The national marathon title went to Gary Schaffer of Valley City State College in North Dakota, with a 2:29:52 finish.

Newberg junior Tim Hagen tied for eighth in the high jump with a leap of 6-9. Don Rattjas of Point Loma Nazarene won the event at 6-11 1/2. Hagen won the NAIA District 2 title at 6-10 3/4 and had the nation's fourth best high jump going into the championships.

The Bruins' final finisher was racewalker Vance Godfrey. The freshman from

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George Fox College

Jamison Wins National Title

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Independence, Ore., set a new GFC record and personal best with a time of 49:10 over the 10,000 meter distance.

Although his time is an improvement of 40 seconds over last year's seventh-place finish, Godfrey still finished lower. This year Wisconsin-Parkside had four walkers finish in the top six places. Godfrey has won the district crown the last two years, this year with a 52:24.24 time. His previous career best was 49:59.4.

George Fox women compiled 13 points to finish 17th nationally. The men scored 2.5 in the competition.

"Considering the size of the meet and the schools involved, we did well," said GFC track coach Wes Cook.