Women harriers should flex muscles in '83

By Todd Fletcher

Senior Lisa Martin set a 5,000-meter course record of 16:57.7, and the Oregon women's cross country team captured six of the top 10 spots in the Garrie Franklin Memorial Classic at Lane Community College Saturday. The non-scoring meet was Oregon's first of the season.

The Australian native bettered last year's course record 17:02.5 set by Oregon junior Rosa Gutierrez.

Capitalizing on a good summer of training, including several road races and 75 to 80 miles a week, Martin kicked away from Kathy Hayes in the last 400 meters."

Hayes clocked in with a time of

"The front runners (Martin, Hayes) did fine," said Oregon coach Tom Heinonen. "Kathy set the pace and Lisa went for it at the end. They both looked tough and are going to beat a lot of people this year."

Heinonen also was pleased with the performance of sophomore Kim Roth, who placed third among Oregon women, fourth overall in 17:31.6. Claudette Groenendaal was the fourth Duck across the finish line in 18:16.4

Freshmen rounded out the Ducks' top seven. Deanna Schiedler of Mount Angel placed seventh, Lisa Johnson "surprised" Heinonen with her ninth place finish and highly touted Kim Ryan placed 13th.

Saturday's meet gave Oregon cross country foes a good preview of what to expect from a team that finished third at last year's NCAA meet and enters this season ranked third nationally behind Stanford and Virginia.

According to Heinonen, the Ducks must stay healthy to improve on last year's third place finish. And right now the medical report is not all that good.

Gutierrez, who placed 12th in the NCAA 10,000 at Houston last June, did not run Saturday because of leg problems. Ranza Clark was also a spectator.

But the biggest injury is to senior Leann Warren. Warren missed last year's cross country and track seasons after knee surgery and went under the knife for similar surgery earlier this month.

Both Heinonen and Warren have doubts about her status this season.

"I don't want to push it too hard and blow it (her chances in the 1984 Olympics)." said Warren. "If I run at all, it will be much later in the season. Right now I'm not even running."

"Without Leann we are a solid team; with Leann we are an awesome team," said Heinonen.

With or without Warren, Oregon will still field a strong team, as witnesed by Saturday's

Skins sneak past Seattle in Kingdome

SEATTLE (AP) — Joe Theismann fired three touchdown passes, including bombs of 64 yards to Charlie Brown and 47 to Alvin Garrett in the second quarter, as defending Super Bowl champion Washington scored a 27-17 National Football League victory Sunday over the Seattle Seahawks.

It was Washington's ninth consecutive road win in its first-ever Kingdome appearance.

Theismann's other TD was a 4-yarder to Rick Walker with 5:07 to go. Theismann, receiving excellent protection from his offensive line, completed nine of 16 passes for 162 yards. He was not intercepted and also was not sacked.

Oregon Daily Emerald

meet

The Ducks return five of seven runners who ran at the 1982 NCAA, and Heinonen recruited a talented freshmen class.

Hayes holds the collegiate record for 3,000 meters (8:50.79) and finished second in the 5,000 in June's NCAA track championships after leading most of the way.

Coming off a fourth in the NCAA 5,000, Martin won several 10,000 meter races over the summer and admits she is in the best shape ever.

Roth had an excellent freshman season, placing 41st at cross country nationals. She was the fifth freshman finisher.

"I'm a lot stronger this year and I'm more knowledgeable about racing." she said.

The sophomore is penciled in as Oregons's number three runner. Besides Hayes, Martin and Roth, Heinonen has high hopes for

Heinonen has high hopes for Ryan, who he feels is handling the change from high school to college competition as well as any freshmen he has coached. Ryan turned down top-ranked Virginia to run for Oregon.

The New Yorker had the nation's top high school 3,000 meter

time (9:39.82) during the indoor season.

Two other freshmen, Schiedler and Johnson, have Heinonen optimistic.

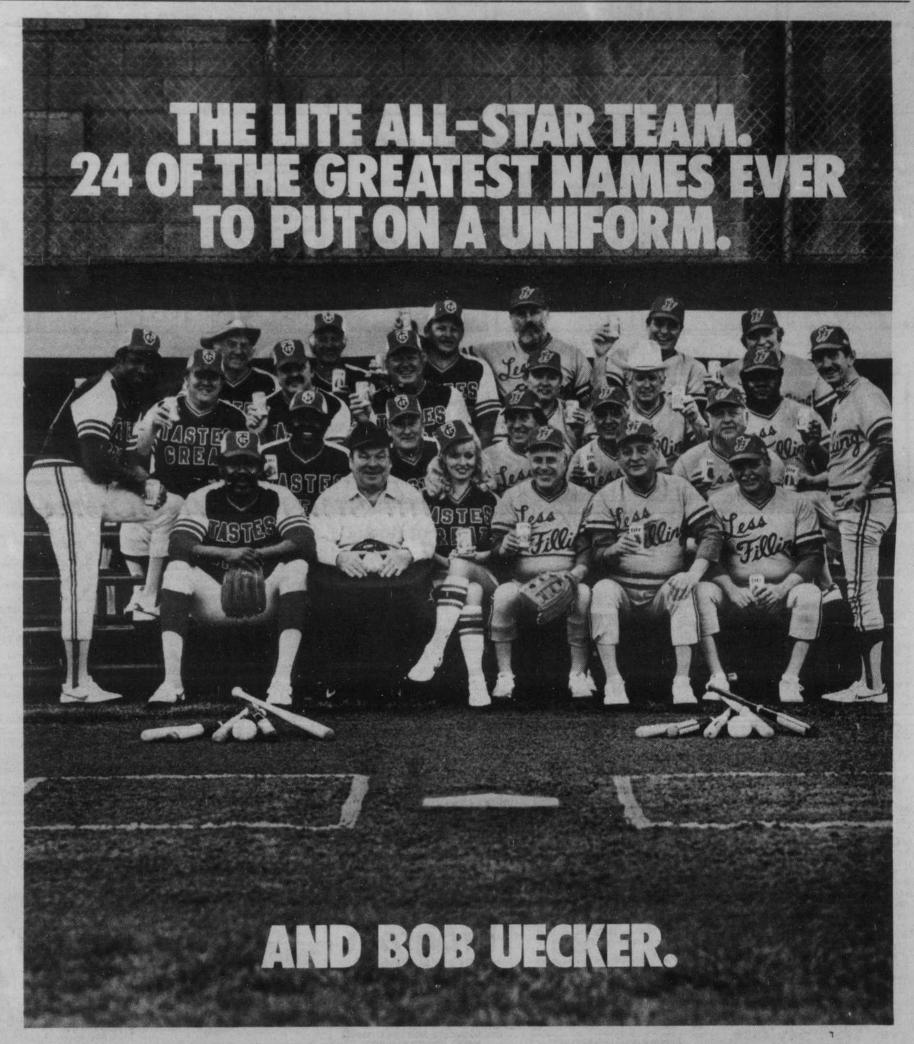
"It's great having them stepping in right away and contributing. They have both been pleasant surprises," he said.

Heinonen was also counting on freshmen Patty Ley of Gig Harbor, Wash., to help right away, but she will be sidelined until track season with a foot injury.

Heinonen agrees with preseason polls ranking Stanford and Virginia ahead of Oregon. "Stanford has five national class runners but they are really shallow after that," said Heinonen.

Virginia features 1982 champ Lesley Welch and the best freshman class in the country, Heinonen said. He also points to Wisconsin and North Carolina State as challengers for the top spot.

Oregon tests the best early on when they face Virginia Oct. 8 in Bethlehem, Pa. The Lehigh University course also will be the site of the NCAA Championship Nov. 21.





Frank Robinson 2. Grits
Gresham 3. Bob Uecker 4.
Ray Nitschke 5. Ben
Davidson 6. Tommy
Heinsohn 7. John Madden
8. Billy Martin 9. Steve
Mizerak 10. Dick Butkus 11.
Boog Powell 12. Koichi
Numazawa 13. Jim
Shoulders 14. Matt Snell 15.
Deacon Jones 16. Mickey
Spillane 17. Don Carter 18.
Boom Boom Geoffrion 19.
Marv Throneberry 20. Bubba
Smith 21. Jim Honochick 22.
Lee Meredith 23. Red
Auerbach 24. Rodney
Dangerfield 25. Dick Williams

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