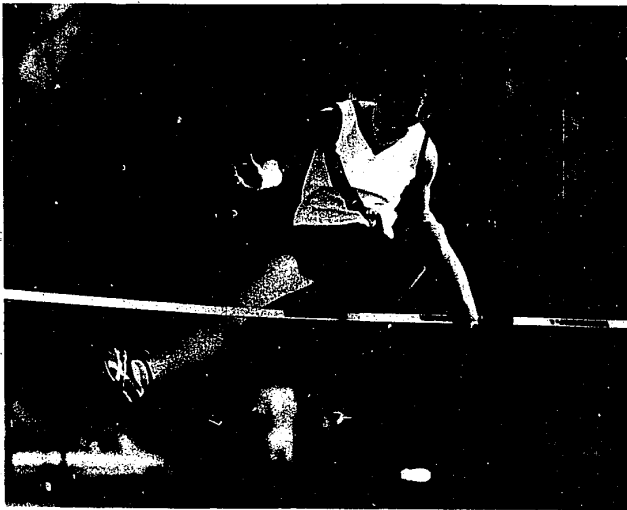


SPORTS

Monday, May 1, 1978

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Theresa Kopach clears the bar and goes on to pace Southfield High in its victory over Seaholm. (Staff photo by Stephen Cantrell)

Stojek sets pace

Harrison is on the track

By TOM BAER

Farmington Harrison's trackmen are coming on after a slow start this season, and senior Jim Stojek is leading the resurgence.

Stojek paced Harrison's 831-71's victory over Western Six League foe Plymouth Canton last Thursday by winning three individual events and anchoring a winning relay. He won the 330-yard low hurdles (1:42.3), the high jump (five-feet-10), and ran a leg on the mile relay (with Mike Schwab, Dave Dilley and Pat Delano), which won in 4:47.7.

No one is more pleased with Stojek's progress than Harrison coach Tom Shalla.

"I look for Jim to be at the state finals in the high hurdles," Shalla said. "And it's unbelievable what he's been doing in the high jump. He's never high jumped before this season, but I wouldn't be surprised if he's doing 6-5 or 6-6 by June."

Harrison's Charlie Rogers won both distance events, going 10:13.5 in the two-mile run, and logging a 4:47.7 in the mile run. Delano won the 880 run with a time of 2:07.5, and teammate Bill Shankle won the discus with a toss of 126.

Earlier last week, Harrison whipped non-league Highland Park, 91-61. Rogers won the two mile (10:39.0) and the mile (4:50.9).

Harrison, now 2-2 overall and 1-0 in the Western Six, runs on Thursday against Waterford Mott. The meet starts at 4 p.m.

NORTH FARMINGTON boosted its overall boys' track record to 5-1 and its Northwest Suburban League mark to 2-0 last Thursday with a 95-59 win over NSL foe Redford Thurston.

Junior sprinter Mike Miller won two individual events, the 100-yard dash (10.4) and the 220-yard dash (23.4), for coach Ron Holliday's Raiders. North vaulter Bob Morden went 12 feet to win that event, and teammate Art Doran took the 120 high hurdles with a 1:50 clocking.

Thurston's Curt Reynolds won the mile (4:37.0) and the two mile (10:02.0).

Earlier, North Farmington won a tri meet, scoring 68 points to top Northville (51) and Pickney (48). Miller won the 100 (10.3) and the 220 (23.9), and Doran won the high hurdles (1:54). North Farmington entertains Walled Lake Central at 3:45 p.m. Tuesday.

It's always showdown time in the Inter Lakes League when Pontiac Northern runs against Harrison High.

The two ILL rivals looked up last Thursday at Farmington, and Northern showed too much speed in taking an 89-69 victory. The loss dropped coach Jerry Young's Falcons to 4-2 overall and 1-1 in Inter Lakes League competition.

Farmington weightman Doug Bock won his events with a 42.9 effort in the shot put, and a 125-7 showing in the discus. Hugh Leidlein won the two mile in 10:15.8, and the Falcons' 440 relay (Brian Gutowski, Chris Titus, Martin Schwartz and Scott Hay) won with a time of 45.9.

Farmington resumes ILL competition on Thursday at home against Waterford Township. The meet has a 4 p.m. start.

HARRISON 831-71's

330-YARD LOW HURDLES — Jim Stojek (H) 1:42.3, Hinkley (PC), Steve Belling (H), Sterling Hermon (H).
880-YARD RELAY — Plymouth Canton 1:39.0.
880-YARD RUN — Pat Delano (H) 2:07.5, Eric Tenenbaum (H), Tappan (PC), Gary Titus (H).
100-YARD DASH — Tom Reynolds (H) 10.2, Eickles (PC), Lewis (PC), Steve Stafford (H).
150-YARD HIGH HURDLES — Jim Stojek (H) 1:55, Plymouth (PC), Hinkley (PC), Paul Garrison (H).
440-YARD DASH — Fisher (PC) 53.3, Pat Delano (H), Dave Dilley (H), Medina (PC).
MILE RUN — Charlie Rogers (H) 4:47.7, Mike Faley (H), Gary Titus (H), Jim Anderson (H).
440-YARD RELAY — Plymouth Canton 1:47.
220-YARD DASH — Fisher (PC) 33.8, Tom Reynolds (H), McGillis (PC), Phillips (PC).
MILE RELAY — Harrison (Mike Schwab, Dave Dilley, Pat Delano, Jim Stojek) 4:47.7.
POLE VAULT — Eickles (PC) 10.4, Lewis (PC).
LONG JUMP — Eickles (PC) 19.4, Steve Belling (H), Pat Delano (H), Tappan (PC).
DISCUS — Bill Shankle (H) 126, Lewis (PC).
SHOT PUT — Lewis (PC) 40.7, Bill Shankle (H), Allen (PC), Belling (PC).
NORTHEN 89 — FARMINGTON 69

TWO-MILE RUN — Hugh Leidlein (Farmington)

10-15.8, John Murphy (F), Paul Wallace (F), Bob Lewis (F).
330-YARD LOW HURDLES — Quisenberry (Pontiac Northern) 41.2, Laceywell (PN), Martin Schwartz (F), Mike Flanagan (H).
880-YARD RELAY — Pontiac Northern 1:31.1.
880-YARD RUN — Page (PN) 2:01, Kimball (PN), Paul McKinnon (F), Dave Gump (F).
100-YARD DASH — Harper (PN) 10.6, Johnson (PN), Quisenberry (PN), Martin Schwartz (F).
150-YARD HIGH HURDLES — Laceywell (PN) 1:53, Jeff Lemanski (F), Anderson (PN), Washington (PN).
440-YARD DASH — Rogers (PN) 53.2, Kimball (PN), Quisenberry (PN), Dan Dewar (F).
MILE RUN — Page (PN) 4:43, Paul McKinnon (F), Hugh Leidlein (F), Eric Leidlein (F).
440-YARD RELAY — Farmington (Brian Gutowski, Chris Titus, Martin Schwartz, Scott Hay) 45.9.
220-YARD DASH — Quisenberry (PN) 32.1, Chris Titus (F), Johnson (PN), Moore (PN).
MILE RELAY — Pontiac Northern 3:41.3.
SHOT PUT — Doug Bock (F) 42.9, Butler (PN).
KEITH MYERS (F), Dave Lafferty (F).
HIGH JUMP — Dick McKinnon (F) 61, Jeff Lemanski (F), Wilson (PC), Mitchell (PN).
POLE VAULT — Jim Bouchard (F) 12.0, Carl Sewell (F), Mitchell (PN), John Murphy (F).
LONG JUMP — Harper (PN) 21.4, Laceywell (PN), Jeff Lemanski (F), Rick Guts (F).
DISCUS — Doug Bock (F) 127, Scott Harn (F), Dave Lafferty (F), Gray (PN).

Southfield easily tops Seaholm in girls' track

Theresa Kopach won three individual events and ran anchor on a winning relay to pace Southfield High's 53 victory over Birmingham Seaholm last Thursday in a Southeastern Michigan Association girls' track meet at Seaholm.

Kopach, a junior, won the high jump (4-foot-5), the 400-yard dash (1:35.5) and the 220-yard dash (1:26.5). Southfield's 880-yard relay (Sharon Edwards, Carol Parven, Sherry Drenfield and Kopach) won with a time of 1:58.8.

Southfield's 440 relay (Edwards, Cindy Sleep, Lesha Butts and Parven) won in :55.1. Edwards won the 100 dash (1:12.4). Drenfield took the shot put (33.5, a Southfield record), and Michelle McAndrew topped the long jump (13.3).

Earlier last week, Southfield defeated Redford St. Agatha, 108-26, in a non-league meet.

Kopach established a varsity record in the high jump with a 4-8 effort, and also won the 220 (1:22.7) and the 440 (1:52.2). Southfield's 880 relay, with Kopach on the anchor, won in 1:58.2. Southfield is 3-1 overall and 1-1 in the SMA.

In the Metro Suburban Association, Bloomfield Hills Lahur downed Southfield-Lathrup, 84-52, last Thursday night at Lahur.

Lathrup's Ronda Finkelstein won a pair of individual events and ran a leg on the winning mile relay. She won 2:30.5 in the 880 run, and then turned in a :42.5 in the 440. The mile relay (Kim Rosensteel, Nancy Blatz, Bridg Mullane and Finkelstein) posted a 4:26.9.

Lathrup won three other events. Mullane took the 110 hurdles in :17.1. Rosensteel topped the high jump at 4-10, and Ann Griffin heaved the discus 87-9.

Earlier, Berkley High blasted Lathrup, 100-26, in a non-league meet at Berkley. Lathrup's only first came in the discus, where Griffin threw 95-10. Lathrup, now 1-2 overall and 0-2 in the MSA, entertains Southfield High at 6 p.m. Tuesday.

SOUTHFIELD 53 — SEAHOLM 51

HIGH JUMP — Theresa Kopach (Southfield) 4-8, Lisa Butts (S), Douglas (Birmingham Seaholm), Seidenberg (BS).
TWO-MILE RUN — Hagen (BS) 2:14.8, Lisa Butts (S), Sue Levin (S), Lewis (BS).
DISCUS — Douglas (BS) 84.5, Elaine Fried (S), Carol Parven (S), Robin Brooks (S).
880-YARD RELAY — Southfield (Theresa Kopach, Sherry Drenfield, Carol Parven, Sharon Edwards) 1:58.8.
880-YARD RUN — Gibson (BS) 2:14.8, McKendrick (BS), Carmen Ortiz (S), Saylor (BS).
100-YARD DASH — Sharon Edwards (S) 12.4, Krause (BS), Carol Parven (S), Lesha Butts (S).
SHOT PUT — Sherry Drenfield (S) 33.5, 105 record, Robin Brooks (S), Michelle Gagar (S), Finckner (BS).
110-YARD HURDLES — Finkbeiner (BS) 19.4, Patty Carnegie (S), Annette Lichtman (S), Pagan (BS).
400-YARD DASH — Theresa Kopach (S) 1:35.5, Gibson (BS), Douglas (BS), Sherry Drenfield (S).
LONG JUMP — Michelle McAndrew (S) 13.3, Patty Carnegie (S), Krause (BS), Elaine Fried (S).

MILE RUN — Peck (BS) 6:17.4, Jennifer Worthing (S), Hagen (BS), Kim Liu (S).
400-YARD RELAY — Southfield (Sharon Edwards, Cindy Sleep, Lesha Butts, Carol Parven) 1:58.8.
220-YARD DASH — Theresa Kopach (S) 1:26.5, Cindy Sleep (S), Lesha Butts (S), Nader (BS).
MILE RELAY — Birmingham Seaholm 4:23.8.

LAHSER 84 — LATHRUP 51

TWO-MILE RUN — Potter (Bloomfield Hills Lahur) 2:11.1, Shari Russell (Southfield-Lathrup), Cook (BS), Bob Beyer (S).
880-YARD RELAY — Lahur 1:52.3.
880-YARD RUN — Ronda Finkelstein (S) 2:30.5, Pamprena (BS), Nancy Blatz (S), Clark (BS).
100-YARD DASH — A. Salcedo (BS) 13.2, Ewald (BS), Jana Bentley (S), B. Salcedo (BS).
110-YARD HURDLES — Bridg Mullane (S) 17.1, Nightingale (BS), Baxter (BS), Lane (BS).

60-YARD DASH — Ronda Finkelstein (S) 12.2, Knechtner (BS), Kim Rosensteel (S), Ugnas (BS).
MILE RUN — Potter (BS) 5:28.1, Pamprena (BS), Shari Russell (S), Koenig (BS).
400-YARD RELAY — Lahur 1:52.3.

220-YARD DASH — Ewald (BS) 13.2, Knechtner (BS), Stephens (BS), Karen Puschendorf (S).
SHOT PUT — Baker (BS) 31-4, Marilyn Howe (S), Poreta (BS), Ewald (BS).
HIGH JUMP — Kim Rosensteel (S) 4-10, Michelle Thomas (S), Savera (BS), Poreta (BS).
DISCUS — Ann Griffin (S) 87-9, Baker (BS), Chris Thomas (S), A. Salcedo (BS).
LONG JUMP — Knechtner (BS) 13-5, B. Salcedo (BS), Zeman (BS), Ann Griffin (S).
MILE RELAY — Lathrup (Kim Rosensteel, Nancy Blatz, Bridg Mullane, Ronda Finkelstein) 4:26.9.



Jennifer Neff gives her all in the shotput competition, but failed to place. (Staff photo by Stephen Cantrell)

Soccer clinic offered

Individual instruction by top professional, collegiate and secondary school coaches and players will be offered during the third World Cup Soccer Clinic at Cranbrook School June 25-30. Fee of \$155 covers boarding, instruction, ball, jersey and insurance. The clinic is open to boys aged 7-19.

The clinic will emphasize individual skills, team tactics and positional play. Programs for coaches and goalkeepers, as well as swimming, are also available. Staff to camper ratio is 1-7. For further details, call Marc Trister, Cranbrook School soccer coach and clinic coordinator, at 645-3644.

today at 5:30 from your TV2 Eyewitness NewsCenter

can you pass the Shape-Up Test?

Are these statements true or false? Watch TV2 News at 5:30 PM and take the rest of the Shape-Up Test of your diet I.Q. Record your responses below.

- Obesity — being fat — is due primarily to heredity and not to overeating.
- Skipping a meal is a good way to lose weight.
- Margarine has less calories than butter.
- Grapefruit burns up excess calories in diet.

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If you're looking forward to getting in shape for the summer, join TV2 News at 5:30 PM today and throughout the next few weeks as we explore the benefits and dangers of diet and exercise.



Joe Glavin Beverly Payne Robbie Thomson Barry Zevm



Nobody does it better.



Carl Sewell's effort failed to push Farmington over the top. The team was bested by Pontiac Northern, 89-69. (Staff photo by Harry Mauthe)

U TWO-MILE RUN — Charlie Rogers (Harrison) 10:15.8, Mike Faley (H), Payetta (Plymouth Canton), Jim Anderson (H).