BLACK COLLEGE REPORT

Norfolk's Fleming shines in CIAA cross country

By DAVID BULLA Review Staff Writer

plenty of training, so rarely do first- championships since the CIAA began year runners enjoy success.

Association championship Oct. 24 in over a five-mile course. Garner, N.C.

way," Fleming said as she struggled to Thompkins, a junior, has won three of 26:09 over a five-mile course. a school-record 245 yards and four catch her breath following the race. "I straight CIAA distance titles and led Robert Henderson of Alabama A&M touchdowns in a 38-13 win over Norran the 800 in high school and that was the Falcons into the NCAA regionals was second in 26:45 and Michael Ed- folk State. He scored on runs of 17, 13, demanding."

ing and Gordon.

Terryann stayed just out of sight. I told Taren to stay in contact."

champion, was taken unawares by the petition, but I wanted a better time." successful challenge of Fleming.

"I didn't expect anyone to be there (at the finish) with me," said Gordon, whose personal best over three miles is a week. 18:19. "I kicked too early and she moved past me with 75 meters to go.

"I expected a winning time better than 18:28. But I wasn't pumping my left arm as much as I usually do. I just 5,000. didn't run my race."

Fleming, who will run the 800 and 1,500 meters in the spring, almost didn't run cross country because she was afraid of the high mileage necessary for conditioning. But her coach had a way of encouraging shy runners to try something new: She ran with them in preseason practice.

"It really shocked them at the beginning," said the Norfolk State coach, who frequents the 10-kilometer circuit in the Tidewater area. "I wanted to get my exercise in, too.

"But I think it helped them because they were running too slow in training. I told them they couldn't expect to win running slow in practice."

Although Gordon failed in her bid to

The Lady Falcons of Coach George team. But Norfolk State freshman Taren 1981.

After flip-flopping the lead with pre- nate between a set pace and a championship Oct. 17. race favorite Terryann Gordon of St. punishing sprint that left the field Oseni ran the three-mile course in 19 a sophomore.

go on Meadowbrook Country Club's after the three-mile point," said Thom- and Jearl Miles (20:20). Gordon. my interval training. I'd pick the pace In the men's division, Tuskegee's to four consecutive wins. "I felt like it was a sprint all the up and then relax."

two individuals and teams from the 27:01. Fleming's coach, Juanita Etheridge, regional will advance to the nationals, Albany State won the team cham- The junior also became Howard's nia at Riverside Nov. 22.

Etheridge said. "They ran against one season. He won all dual meets and the won the Southwestern Athletic Con- 867 yards, Reed was only 151 yards shy another in the St. Augustine's Invita- St. Augustine's Invitational. He also ference men's cross country title Oct. of Brakefield's single-season record, tional and Taren lost by about 20 finished 20th in the North Carolina 27. Umar ran the 10-kilometer course set in 1976.

Virgin Islands and the defending CIAA 20th place against that kind of com- in 32:49.42.

The 5-foot-6, 130-pound Thompkins does a lot of hard work to get in peak form. He runs between 50 and 70 miles

Thompkins won the 5,000 meters at the CIAA Outdoors in April and was second in the 1,500. He missed the national cutoff by three seconds in the

"We put him on a weight program and he's improved so much," Williams said. "We think he will qualify for the nationals in the outdoor season."

Williams has come to expect championships every year. They are the cond and Jackson third. result of his diligent recruiting efforts.

"When you get quality and quantity, it's hard for anybody to beat you," he Reed Runner

Other Fall Championships

• St. Augustine's took the CIAA women's volleyball championship, beating North Carolina Central 15-8, 15-10, 15-1 Oct. 27 in Norfolk, Va.

The Lady Falcons were paced by

won yet another cross country crown. who were named to the all-tournament ing.

State for third place, 15-6, 15-9.

sponsoring women's cross country in Others named to the all-tourney The junior tailback's performance in

the Southern Intercollegiate Athletic Carolina A&T as a freshman and had Thompkins' strategy was to alter- Conference women's cross country an 85-yard TD and 118 yards on 14 car-

Augustine's, Fleming took the lead for behind in the last third of the race. minutes, 48 seconds. She was followed But the effort against WSSU served good with approximately 100 yards to "I took the lead going down a hill by teammates Judy Campbell (20:05) as a springboard for the Miami, Fla.,

three-mile course. The Roanoke, Va., pkins, who was involved in a neck-and- The Lady Bulldogs won the women's MVP-type season. The 6-foot, native finished with a personal-best 'neck competition with teammate title. Albany State was second and 180-pound Reed ran for 741 yards and

Bobby Taylor recorded a winning time Reed capped his magical month with a sprint, but this was even more at Mississippi State Nov. 7. The top wards of Albany State was third in 11 and one yard in leading the Bison,

and Tuskegee

"I knew Taren could win," Thompkins has had a near-perfect • Muktar Umar of Texas Southern 2,009, held by James Brakefield. With seconds. The difference there was that State Invitational. at Prairie View A&M in 32:01.21. Reed ranked fourth in Division I-AA "That was my only bad meet," he Grambling State's Trevor Murray was in yards per game and he was tied for said. "I had a cold or flu the day second in 32:48.67 and Texas the national lead in scoring with 84 Gordon, a senior from the U.S. before that meet. I was satisfied with Southern's Kabieu Ibrahim was third points. Howard as a team was averag-

> Although its best finisher was fourth place on the national list. fourth, Jackson State won the team title with 36 points. The Tigers placed Yardstick Yarns well with each of their runners. Their lowest individual finish was 11th place.

Grambling was second and Texas Southern third.

JSU's Adina Valdez won the women's five-kilometer race in 18:35.13. Grambling's Lavon Bryan was the runner-up in 18:48.57, followed by Prairie View's Pamela Beatty in

Grambling won the women's team championship. Prairie View was se-

Howard University struggled through its first four games of the football season, only managing a win over a struggling Hampton University team.

Struggling right along with his teammates was tailback Harvey Reed, who had only 126 yards and one touchdown through the first four games, one of

win the individual title, St. Augustine's Carol Whitley and Chenelle Hudson, which he missed with a pulled hamstr-

But Reed turned that all around with LONG-DISTANCE running takes Williams have won all six conference Hampton defeated Winston-Salem a 169-yard, four-touchdown performance against Winston-Salem State.

team were WSSU's Carol Williams, that 36-7 homecoming rout of the Fleming, who had never run cross Williams' men's team won its 10th Hampton's Vernise Frazier and Cen- Rams was typical of his other country before this season, looked like consecutive championship behind the tral's Sharon Alston and Donna homecoming efforts at Howard. He a seasoned veteran in capturing the punishing running of Ricky Thom- Johnson returned a kickoff 100 yards for a Central Intercollegiate Athletic pkins, who ran a personal-best 25:04 • Alabama A&M's Bose Oseni won touchdown in a 23-7 loss to North ries in a 17-7 win over Virginia State as

product, who now is on the brink of an time of 18:28, six seconds faster than Gerald Hutchinson. "I started using Paine College third.

5-3, to their fourth straight win.

anticipated a close race between Flem- to be held at the University of Califor- pionship, followed by Alabama A&M all-time leading rusher with 2,012 yards. That broke the old mark of

ing 285 yards per game, good for

• At the Top: Central State took over the No. 1 spot in the Sheridan Black College Poll the first week of November with a 28-7 win over Wayne State. The Marauders, 8-0, had a 134-yard effort from Terry Morrow, who scored one touchdown.

Central State's 28-8 win over Hillsdale College the previous week snapped a 16-game winning streak by the Chargers. Hillsdale won the NAIA national championship last year and entered the game ranked No. 1 in the NAIA poll.

CSU, gearing up for the NCAA Division II playoffs, limited Hillsdale to minus 16 yards total offense

• Mission Impossible: Virginia State Coach George Moody was under orders to win his final three games or his contract would not be renewed, the Richmond News Leader reported.

But carrying out this dictum was im-

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