

Local Preps Boost Disc, 440 Marks

4.30

Jim Penrose of Carlmont bettered his own seasonal state best in the discus and Darryl White of Sequoia had a field day in prep track action last weekend.

Penrose hurled the platter a lifetime high of 180-8½ to take first place in the El Cerrito Relays. He also finished fourth in the shot put and ran a leg on the Scots' fourth place shuttle hurdle relay team to lead Carl-

mont to a fifth place in a field of over 40 schools.

Berkeley won the meet and host El Cerritos was second.

Carlmont's distance medley team, led by Chris Carey's 4:20.1 mile, place third and Ron White finished third in the mile and a quarter steeplechase in 5:14. Scot hurdler Jim Miller was fifth in the high hurdles and Carlmont's B mile relay team was fifth.

Menlo-Atherton sprinter Bill Hatcher took a second in the 100 in 10.1.

Sequoia finished fourth in the Downey Relays in Modesto, with Darryl White running a 49.5 quarter-mile for second place, a 49.1 relay leg and leading off the Cherokees' two-mile relay team, which placed fourth in the meet and set a school record of 8:18.5.

Sequoia also set a school standard in the spring medley relay with a second-place clocking of 3:41.6, and sprinter Tim O'Connor tied a Tribe record in the 100 with 9.8, which placed him fifth in the fast field.

Marc Douglas gave the Cherokees a third in the discus with a heave of 160-10 and Sequoia also placed second in the 880 relay in 1:31.2 and fourth in the mile relay in 3:28.1.

Homestead won the team title with 49 points. Sequoia scored 21.

In the B division, the little Cherokees won the 880 relay in 1:34.6, finished second in the 440 relay in 46.0, took fourth in the 100 with Ron Martinelli's 10.4 and tied for first in the high jump with Ron Bosch's leap of 5-10.

Sacramento won the B meet with 24 points, followed by Homestead (22) and Sequoia (19).

El Cerrito Wins Relays

By KEVIN DOYLE
Tribune Sports Writer

El Cerrito High captured six first places to win the sixth annual Carlmont Track Relays at Terremere Field before a small Saturday evening crowd.

The East Bay squad finished with 60 points and was followed by Los Altos (44), Carlmont (42), Richmond (35), Pittsburg (33) and Burlingame (29).

Host Carlmont won three first places — the four-and eight-mile relays and the discus, with the four-mile relay team triumphing in meet record time.

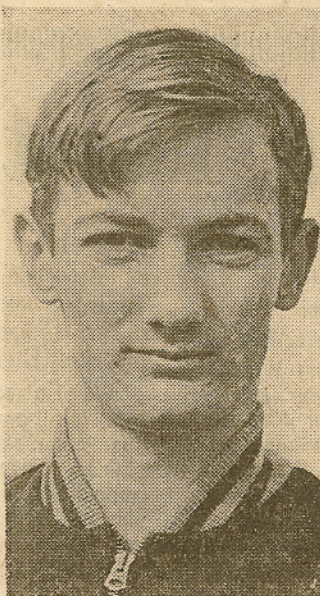
The Scots' four-mile relay team came through with one of the best efforts in the meet's history. Chris Carey ran the first leg in a lifetime best of 4:19.0 and brother Pat Carey ran the last in his best 4:26.0.

Jim Penrose, last year's silver medal winner in the State meet, threw his lifetime best of 178-5 to pace the Scots' discus team to a big win over Burlingame and Los Altos.

All events are relays:

480 HH — El Cerrito (Harrison, West, Wallace, Holland) 62.9, Pittsburg, Carlmont, Richmond; 2 mile — El Cerrito (Wolf, Sproul, Centers, Palomona) 8:30.7mr, Pittsburg, Los Altos, Carlmont, Burlingame; 440 — El Cerrito (Gainer, Hill, Cotton, Stone) 43.8, Richmond, Los Altos, Pittsburg, Carlmont; Mile — Los Altos (Andrew, Pass, Lyman, Brown) 3:25.8, Richmond, Pittsburg, El Cerrito, Carlmont; Eight-mile — Carlmont (L. Thomas, Light, O'Malley, White) 41:4.2, Burlingame, Los Altos, Richmond, El Cerrito; 720 LH — El Cerrito (Cotton, West, Harrison, Gainer) 1:24.5, Richmond, Pittsburg, Carlmont, Los Altos; Four-mile — Carlmont (C. Carey, Hearsrner, White, P. Carey) 8:16.0mr, Burlingame, El Cerrito, Los Altos, Pittsburg; 880 — Richmond (Scott, Daglow, Horton Harris) 1:31.5, Los Altos, Carlmont; SP — Los Altos (McClure, Adams, Fritz, Beck) 198-2½, Burlingame, Pittsburg, Carlmont, Richmond; Discus — Carlmont (Penrose, Stolle, Althouse, Bell) 574-1½, Burlingame, Pittsburg, Richmond, El Cerrito; High jump — El Cerrito (Gainer, Harrison, Holland, Wallace) 22.5, Los Altos, Pittsburg, Richmond, Carlmont; Long jump — El Cerrito (Holland, Gleaddall, Harrison, Hill) 80-3¼, Pittsburg, Los Altos, Richmond, Carlmont; Pole vault — Burlingame (names not available) 44-3, El Cerrito, Los Altos, Carlmont, Richmond.

TEAM SCORES: El Cerrito 60, Los Altos 44, Carlmont 42, Richmond 35, Pittsburg 33, Burlingame 29.



PAT CAREY
... Best of life

NPL POWER

Ram Cinders Sweep Meets From Cougars

The Westmoor High School track team, appearing to be number one in the North Peninsula League this season, did nothing to disclaim their bid for supremacy yesterday.

Coach Bob Lualhati's Ram Cinders, experimenting with a makeshift lineup, soundly sparked Half Moon Bay, 120-7 in an NPL dual meet at Westmoor yesterday.

Kim Clark and Mike Clabby paced the Rams with two wins each. Clark annexed the 100 yard dash and 220, while Clabby won both hurdle events.

Lualhati also lauded the efforts of Don Getchel, who won the pole vault with a 11-6 effort. The victory gave Westmoor a perfect 4-0 mark in NPL competition.

In the class B meet, Pete Hoover recorded the best 440 time in the NPL this season with a 2:28.2, clocking as the Rams swept

GRAYS STUN LUKA

Berkeley Wins El Cerrito Track

By JOHN PORTER

Heavy-favorite Berkeley amassed 55 points to capture top laurels at the 19th El Cerrito relays yesterday, but the surprise of the meet proved to be the hosting Gauchos who placed third despite mishaps in two events.

In the Class B competition, El Cerrito chalked up its sixth straight team triumph in the Relays with 60 points. San Ramon's Wolves took second with 20 points.

Pittsburg's Jerry Grays turned in the unexpected, and most exciting performance of the meet before the 2,500 spectators on the sun-drenched field. The Pirate shot-putter upset ailing Rolin Luka of

Ygnacio Valley to win the event with a heave of 60-6¼.

Grays' previous best this season was 56-7½, but on his first try he lofted his winning toss which now ranks him eighth on the best-ever East-bay list.

Luka, suffering with a sore finger, unloaded a 59-6¾ effort on his opening chance.

El Cerrito's 440 relay quartet blazed to a 43-flat in their heat, but a dropped baton in the finals cost dearly. To add even more woe, the Gauchos were disqualified in the 880 relay.

Arroyo's Phil Weston rose to the occasion for his best height of the season in the pole vault. Coming into the meet with a 13-foot best, the Don vaulter cleared 13-6¼ to beat Marina's Clint Bragg and Ygnacio's Steve Peterson, both of whom topped the bar at 13-3¾.

Two relays records were eliminated, both in B events. All five placing teams in the two-mile relay did better than the listed 8:40.3 set by El Cerrito last year. Alhambra won the event in 8:25.4.

CLASS B

WINNERS: Shuttle HH — El Cerrito, 39.9; Medley relay — El Cerrito, 10:56.6; 2-Mile relay — Alhambra 8:25.4 (New meet record, old record 8:40.3, El Cerrito 1967); Mile relay — El Cerrito, 3:30.4; 440 relay — Vallejo, 43.9 (new meet record; old, 44.1, El Cerrito, 1963); Shuttle LH — Berkeley, 58.8; 880 relay — El Cerrito 1:33.3.

TEAM SCORES: El Cerrito 60; San Ramon 20; San Lorenzo 19; Berkeley 15; Kennedy (Richmond) 14; Alhambra, Redwood and Vallejo 12; Concord, Pleasant Hill and Ygnacio Valley 8; Liberty and Washington 6; Acalanes, Antioch, Montgomery and Mt. Diablo 4; Alameda, Campolindo, Carlmont, and Richmond 2.

VARSITY

LONG JUMP: 1. George Gage (Ygnacio Valley), 22-9¼; 2. Ron Hill (El Cerrito), 22-9¼ (Gage had second best jump, 22-9½ to 22-7); 3. Charlie Lee (Berkeley), 22-6¾; 4. Ronnie Brown (Berkeley), 21-10½; 5. Lionel Busby (Pittsburg), 21-10½ (Brown had second best jump).

HIGH JUMP: 1. Fitzroy Killingsworth (Bishop O'Dowd), 6-2¾; 2. Tie, Bill Hammett (Castro Valley) and Rich Whipple (McKinleyville) 6-2¾; 4. Bryan James (Bishop O'Dowd), 6-0; 5. David Larsen (Monte Vista), 6-0.

DISCUS: 1. Jim Penrose (Carlmont), 180-8½; 2. Tom Wilson (Amador), 166-8½; 3. Jan Kilbuck (Las Lomas), 157-8½; 4. Doug Adams (Liberty), 156-5½; 5. Darrington Sampson (Berkeley), 155-5.

SHOT PUT: 1. Jerry Grays (Pittsburg), 60-6¼; 2. Rolin Luka (Ygnacio Valley), 59-6¾; 3. Jack Sifton (Antioch), 55-10¾; 4. Jim Penrose (Carlmont), 55-0; 5. Brad Roberts (DeAnza), 53-11.

MEDLEY RELAY: 1. Pittsburg (Buck Black, Bill McDowell, George Alfaro, Mike Brisbin), 10:22.6; 2. Berkeley 10:31.7; 3. Carlmont, 10:37.3; 4. Ygnacio Valley, 10:47.8; 5. Novato, 10:57.8.

SHUTTLE HH: 1. El Cerrito (Namon West, Fred Cotton, Randy Wallace, Charles Holland), 36.2; 2. Vallejo, 36.7; 3. Pittsburg, 36.9; 4. Berkeley, 37.4; 5. Kennedy, 37.6.

440 RELAY: 1. Vallejo (Spencer Davis, Larry Morrison, Larry Craft, Fred Manuel), 43.9; 2. Richmond, 44.0; 3. Berkeley, 44.1; 4. Washington, 44.4; 5. San Rafael, 44.4.

MILE RELAY: 1. Berkeley (James Gordon, Kermitt Bayliss, Wayne Brown, Kenny Franks), 3:20.5; 2. Washington, 3:21.8; 3. El Cerrito, 3:22.4; 4. Richmond, 3:23.0; 5. Campolindo, 3:23.3.

100: 1. Alam Lee (Tamalpais), 9.9; 2. Bill Hatcher (Menlo-Atherton), 10.1; 3. Jim Anderson (Ygnacio Valley), 10.2; 4. Ed Billoups (Mt. Eden), 10.3; 5. Bob Gainer (El Cerrito), 10.3.

HIGH HURDLES: 1. Lowell Harris (Terra Linda), 14.5; 2. Webster Johnson (Vallejo), 14.9; 3. Kirk Davis (Berkeley), 15.1; 4. Namon West (El Cerrito), 15.4; 5. Jim Miller (Carlmont), 16.6.

2-MILE RELAY: 1. Clayton Valley (John Hefner, Bob Chance, Dean Williams, Bill Boze), 7:59.9; 2. El Cerrito, 8:00.2; 3. Vallejo, 8:03.6; 4. San Lorenzo, 8:11.5; 5. Pleasant Hill, 8:13.6.

1½-MILE STEEPLECHASE: 1. White (Carlmont), 5:14.1; 4. Chuck Heritage (Irvington), 5:15.9; Doug Ballard (Mt. Diablo), 5:20.0.

SHUTTLE LH: 1. Berkeley (Eugene Perry, Charles Lee, Cliff Franklin, Kirk Davis), 53.8; 2. Vallejo, 54.4; 3. Pittsburg, 55.1; 4. Carlmont, 55.6; 5. El Cerrito, 55.7.

880 RELAY: 1. Washington (Dennis Chittle, Jerry Nobis, Jim Keats, Chris Bufkin), 1:30.9; 2. Ygnacio Valley, 1:31.5; 3. Vallejo, 1:31.9; 4. Berkeley, 1:32.3; 5. Santa Rosa, 1:32.4.

POLE VAULT: 1. Phil Weston (Arroyo), 13-6¼; 2. Steve Peterson (Ygnacio Valley), 13-3¾; 3. Clint Bragg (Marina), 13-3¾; 4. Kenny Kring (Pittsburg), 13-1; 5. Tie, Rod Hughes (Liberty), and Don Godwin (Richmond), 12-6.

TEAM SCORES: Berkeley 55; Vallejo 44; El Cerrito 41; Pittsburg 33; Ygnacio Valley 29; Washington 24; Carlmont 22; Richmond 12½; Clayton Valley 12; O'Dowd 8; Antioch 7; Arroyo, Tamalpais and Terra Linda 6; Amador, Menlo-Atherton and San Lorenzo 4; Castro Valley and McKinleyville 3½; Las Lomas and Marina 3; Liberty 2½; Campolindo, Irvington, Kennedy (Richmond), Mt. Eden, Novato, Pleasant Hill, San Rafael and Santa Rosa 2; DeAnza, Monte Vista and Mt. Diablo 1.



Tribune photo by Howard Erker

RONNIE HILL OF EL CERRITO HIGH STRETCHES OUT TO 22-9³/₄

Ygnacio Valley's George Gage had same, but won on best second jump