

CC spikers tune up with wins

Foothill and De Anza College made their final tuneups for next week's Golden Gate Conference trials and finals by closing out the track and field dual meet season with victories Friday.

The Owls got three lifetime bests and a near-school record in the javelin in disposing of visiting City College of San Francisco 90-51 while the Dons won 12 events in defeating visiting Diablo Valley 78-65.

Foothill received a personal best of 160-5 from Neil Berquist, who won the discus, while Tom Gonia captured the triple jump in another lifetime topper of 47-4³/₄. And Ralph Howe, in his first year of throwing the javelin competitively, came within four inches of the school record with a winning toss of 199-2.

Middle distance ace Stephen Chepkwony, meanwhile, relaxed to an easy 48.0 triumph in the 400 meters.

In De Anza's victory, Rick Napolitan ran legs on both winning relay teams in addition to capturing the 110-meter high hurdles, the 100 meters and the 200. It was the busiest and most productive day of the season for the former Cupertino High football and track standout.

The Owls and Dons are now primed for the GGC trials on Wednesday. Qualifiers from there advance to the conference finals on April 28. Both the trials and finals are at Chabot College in Hayward.

GOLDEN GATE CONFERENCE

De Anza 78, Diablo Valley 65

440 relay—De Anza (Napolitan, Wadlow, Jolley, Johnson) 44.8; 1500—Nicklin (DA) 4:09.5; 110HH—Napolitan (DA) 15.4; 400—Dowling (DVC) 52.8; 100—Napolitan (DA) 11.4; 800—DalBirez (DVC) 1:58.2; 400IH—Jolley (DA) 58.8; 200—Napolitan (DA) 23.1; 2-mile—Nelson (DA) 9:44.5; Mile relay—De Anza (McQueeney, Napolitan, Johnson, Nicklin) 3:29.4.

LJ—Frances (DVC) 20-2; TJ—Frances (DVC) 45-8; SP—Dardis (DA) 47-4¹/₂; Dis—Angelopoulos (DA) 159-4; Jav—Taylor (DVC) 195-7; HJ—Ferguson (DA) 6-4; PV—Kitts (DA) 15-0.

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Foothill 90, San Francisco 51

440 relay—San Francisco 42.7; 100 meters—Allen (F) and Craney (SF) 11.0; 1500—Cassara (F) 4:09.9; 400—Chepkwony (F) 48.0; 400IH—Marchand (SF) 56.6; 800—Haynes (SF) 1:53.2; 2-mile—Knab (F) 9:46.6.

PV—Dixon (F) 12-0; SP—Suelflohn (F) 47-6³/₄; Dis—Berquist (F) 160-5; TJ—Gonia (F) 47-4³/₄; LJ—Craney (SF) 21-4¹/₄; HJ—Wheeler (SF) 6-0; Jav—Howe (F) 199-2.

Women—Foothill 56, Cabrillo 51.