

Track at an all time high

by Nicole Gould

"This is one of the most successful dual seasons ever," stated coach Palto Yannicks as he talked about M-A's track team. And he isn't lying either. The records speak for themselves.

On varsity Greg Ellis and Robert Crumpler, M-A's best pole vaulters, have reached heights up to 15'4" and 14'7", respectively. Ellis holds the S.P.A.L. record.

Sprinter Art Nicholson also has been doing extremely well. His 440 time of 48.3 is outstanding, along with his 9.6 for the 100 yd. dash.

Long distant runner John Hoch, who runs the 880 and the 2 mile has also helped the varsity team to victory.

The J.V. team, with its 11-0-1 standing is also doing excellently. With hurdler

Jackey Wilson and other teammates, Jeff Traum and Matt Ogburn, the team has had a very successful season.

On the Frosh-Soph team, members Lance Rogers, Matt Merrit, and Steve Nicholson have contributed greatly to the team's 12-1 standing.

The girl's track team this season has been doing fairly well considering it consists of mainly inexperienced members.

Returning high jumper, Trisha King, holds the school record with an outstanding 5'7 1/2" score.

Pam Johnston has also helped the team with her strength in the discus.

On Sat., May 12, Southern Peninsula Athletic League (SPAL) finals will be held at Stanford — It promises to be very exciting.

photo by Richard Milward



JIE GALVEZ is Bear Tracks female Athlete-of-the-Issue

SOUTH PENINSULA Relays of Sequoia High Varsity

Team scores — Menlo-Atherton 139, Woodside 93, Carlmont 90, San Carlos 56, Menlo School 8, Sequoia 8.

480 shuttle HH — M-A (Steve Woodson, Jackey Wilson, Willie Bates, Ken Mitchell) 1:05.3. 330 LH — M-A (Mitchell, Wilson, Bates, Woodson) 2:46.54. 440 — M-A (Woodson, Glenn Miller, James Levers, Art Nicholson) 43.57. 880 — M-A (Woodson, Miller, Levers, Nicholson) 1:31.59. Mile — M-A (John Hoch, Jeff Traum, Mitchell, Bates) 3:39.34. 2-mile — M-A (Aristedes Flores, John Hausler, Andy Jones, Hoch) 8:17.4. Distance medley — M-A (Andrew Jones, Nicholson, Hausler, Hoch) 11:01.35.

120 HH — Kirk Campana (W) 15.65. 100 — Nicholson (M-A) 10.0. Devil-take-the-hindmost mile — Hoch (M-A) 4:28.98.

SP — Woodside (Smith, Varnell, Paleologos) 146-5/4. DT — Carlmont (Don Hunter, Jim Kochendorfer, John King) 423-2. PV — Menlo-Atherton (Greg Ellis, Bob Crumpler, Chuck Richmond) 40-6. HJ — Woodside (Mesha Spivey, John Glikborg, Chris Campana) 18-3. TJ — Woodside (Spivey, Glikborg, C. Campana) 125-5/2. LJ — Menlo-Atherton (Steve Bruce, Chuck Richmond, Bates) 59-1/2.

Frosh-soph

Team scores — Carlmont 123, Woodside 102, Menlo-Atherton 96, San Carlos 36, Sequoia 33, Menlo School 4.

280 shuttle HH — Carlmont (Boyes, Bowyer, Berry, Cosgrave) 41.98. 330 LH — Carlmont (Boyes, Ware, Berry, Young) 2:54.0. 440 — Carlmont (Ichimaru, C. Hester, M. Hester, Ware) 45.24. 880 — Carlmont (Ichimaru, C. Hester, M. Hester, Ware) 1:36.0. Mile — Carlmont (C. Hester, M. Hester, Williams, Lawrence) 3:45.97. 2-mile — Menlo-Atherton (Carter, Ross, Bailey, Coker) 8:48.78. Distance medley — Carlmont (Chasson, Lawrence, Ingenthron, Gomez) 11:43.25.

100 — Haynes (S) 10.4. Mile — Carter (M-A) 4:49.91.

SP — Woodside (Caryotakis, Rensch, Jones) 136-3/4. DT — Woodside (Oyster, Rensch, Caryotakis) 377-2/2. PV — Carlmont (Blank, Long, Wright) 29-0. HJ — Carlmont (Barnett, Farley, Davis) 16-2. TJ — Menlo-Atherton (Sterling, Smith, Rogers) 112-6/2. LJ — Woodside (Haslinger, Luke, Redick) 54-9/2.

Girls

Team scores — San Carlos 81, Sequoia 77, Menlo-Atherton 67, Carlmont 58, Woodside 44.

440 shuttle LH — San Carlos (Luttrell, McLaughlin, Francisco, Huber) 1:03.31. 440 — Sequoia (Colon, Gallagher, Preisser, Mandolfo) 50.95. 880 — Sequoia (Mandolfo, Gallagher, Preisser, Colon) 1:47.36. Mile — Sequoia (Mandolfo, Gallagher, Colon, Preisser) 4:15.2. 2-mile — Carlmont (Templeman, Lougar, Gardner, Bunton) 10:34.83. Distance medley — Woodside (Stofle, Jones, Color, Van Housen) 13.28.53.

110 LH — King (M-A) 15.54. 100 — Robertson (SC) 11.5. Mile — Van Housen (W) 5:23.97.

SP — Sequoia (Holmes, Beloff, Barker) 104-3. DT — Sequoia (Holmes, Maier, Barker) 302-6/4. HJ — Menlo-Atherton (Fuller, Hageboeck, King) 13-10. LJ — Menlo-Atherton (Haren, King, White) 42-10/4.

★ THE PENINSULA TIMES TRIBUNE, Saturday, May 5, 1979—C-11

M-A, San Carlos earn relay titles; Hoch, Barker take the top honors

By Chris Haft

Special to the Times Tribune

REDWOOD CITY — Though Menlo-Atherton High's varsity victory in the third annual South Peninsula Athletic League Relays Friday night at Sequoia High was expected, the fact that John Hoch led the Bears' track triumph caused some surprise.

Hoch, who according to his coach had lacked consistency, displayed a surfeit of that quality as M-A took the varsity crown with 139 points to Woodside's 93 and Carlmont's 90.

Carlmont, which had 17 varsity boys and girls competing in the West Coast Relays at Fresno, had no such problem in the frosh-soph level, winning that title with 123 points to Woodside's 102.

Despite winning just two events, San Carlos came through with enough strong finishes to capture the girls' division by a narrow 81-77 margin over Sequoia, the Dons' first female track title.

It was a long evening at Terremerre Field, as the final event ended close to midnight. Hoch, however, ran hard and well from start to finish.

The Bear junior contributed significantly to M-A's sweep of the running relay events, clocking a 1:59.7 split in the two-mile relay, running a 4:39 mile in the distance medley and churning to a 54.0 split in the mile relay.

In between all this, Hoch added a winning 4:28.98 in the devil-take-the-hindmost mile run and won the meet's Outstanding Runner award for his efforts.

"Tonight was important for Hoch because he was lacking confidence going into the meet," said Bear coach Plato Yannicks. "He had been good in spurts but not consistent. Tonight he showed that he could win not only one event, but also two or three more. I'm really proud of the way he came back event after event. This might be the thing that can turn him around."

Steve Woodson, Willie Bates, Jackey Wilson and Glenn Miller were among the other Bear stalwarts in the sprint relays. Another outstanding group was the pole-vaulting trio of Greg Ellis, Bob Crumpler and Chuck Richmond which set a meet record in that event with a 40-6 total. Finally, senior Art Nicholson turned in a fine

10.0 while winning the 100-yard dash and a 49.9 quartermile split.

The girls' slate featured last night's most dominant quartet, namely Sequoia relay aces Norma Colon, Kathleen Gallagher, Crystal Preisser and Carleen Mandolfo.

That group combined for three victories in the 440, 880 and mile relays, but couldn't quite overcome the steady Dons, who placed in the top three in all but three events.

Sheri Luttrell, Kathy McLaughlin, Julie Francisco and Marianne Huber ran a meet-record 1:03.31 in the 440 shuttle low hurdles for San Carlos. Rhonda Robertson was the Dons' other winner, winning the 100 in 11.5, also a meet record.

The Outstanding Field athlete award went to Sequoia girl Jodie Barker, who threw a life best 123-2 in the discus and heaved the shot 44-2, just four inches short of her Central Coast Section-leading best.

Carlmont's frosh-soph win was keyed by Scott Ishimaru, Charles Hester, Mike Hester and James Ware, who combined for wins in the 440 and 880 relays. The Scots won every running relay event but one.