THE 1964 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM

	NAME	GRADE	SCHOOL	TWO MILE TIMES ON THE TRACK		CSM COURSE TIMES	NCS FINALS PLACE
1.	RYAN, MIKE	Senior	Wilcox	8:57.7	8:58.9	12:38.0	1
2.	McCann, Mike	Senior	Carlmont	9:18.1	9:24.4	12:51.0	7
3.	Vollmer, Andy	Senior	Downey	9:32.8	9:39.8	-------	--
4.	Ray, Duane	Senior	Modesto	9:32.0	------	-------	--
5.	Celaya, Ray	Junior	Tennyson	9:40.0	9:40.0	12:55.0	2
6.	McCann, Martin	Senior	Carlmont	9:30.2	9:31.3	23:10.0	13
7.	Brackett, Rich	Senior	Homestead	9:39.0	9:39.2	13:01.0	3
8.	Henry, John	Senior	Wilcox	9:43.0	10:22.0	13:04.0	4
9.	Mulkey, Dave	Senior	Sunnyvale	9:41.0	------	13:20.0	11
10.	Scurich	Junior	Watsonville	9:39.0	9:59.0	13:03.0	16
11.	Bennett, Bob	Senior	Los Altos	9:41.0	9:42.4	13:27.0	--
12.	Carter, Sherm	Junior	Pittsburgh	9:34.3	9:39.0	13:36.0	19
13.	Wake, Tom	Junior	Carlmont	9:40.0	9:49.0	13:26.0	18
14.	Cole, T.	Senior	Wilcox	9:39.7	9:54.0	13:22.0	20
15.	King, Pat	Senior	Monterey	------	------	13:06.0	5
16.	Heinstein	Junior	Berkeley	9:45.8	9:46.5	14:06.0	--
17.	Hernandez, Umberto	Senior	Mission	------	------	-------	--

HONORABLE MENTION

1.	Barrera	Senior	Newark	------	------	13:08.0	53
2.	Johnson	Senior	San Leandro	9:49.8	------	13:07.0	6
3.	Bradfield, Bill	Junior	Carlmont	9:50.0	9:50.0	13:22.0	15
4.	Dyer, Rich	Junior	Watsonville	9:58.2	------	13:17.0	8
5.	Bruno, Ron	Senior	Cubberly	10:10.0	10:04.1	13:19.0	10
6.	Mahon, B.	Frosh	Homestead	9:50.9	9:58.0	13:31.0	17
7.	Bowen	Senior	Leigh	10:01.0	------	13:28.0	14
8.	Sughrve, Jim	Junior	Downey	9:49.3	10:10.5	------	--
9.	Carter, Howard	Soph	Pittsburgh	9:50.0	9:51.0	14:16.0	38

CROSS COUNTRY ATHLETE OF THE YEAR: RYAN, MIKE (Wilcox)
OUTSTANDING SENIOR: Ryan, Mike (Wilcox)
OUTSTANDING JUNIOR: Celaya, Ray (Tennyson)
OUTSTANDING SOPHOMORE: Carter, Howard (Pittsburgh)
OUTSTANDING FRESHMAN: Mahon, B. (Homestead)

SEASON SUMMARY

The 1964 cross country season was by far the best in terms of outstanding individuals and times, in the history of the sport in Northern California. Each season it becomes more and more difficult to place in the national rankings. However, Northern California still ranks as the hot-bed of distance running talent in the U.S. as demonstrated by the many fine athletes and teams that are produced in this area each season.

Individually, Mike Ryan and Mike McCann turned in the first and fourth fastest times in the U.S. this season for two miles on the track. Teamwise, according to time, Northern California teams were ranked as follows: Wilcox, 2nd; Carlmont, 3rd; Pittsburgh, 6th; Homestead, 7th; Tennyson, 9th; Sunnyvale, 10th; Berkeley, 12th; Downey, 13th; Westmoor, 14th.

The 1964 All Northern California team is the third such team to be selected. Mike Ryan and the McCann brothers have been named to all three of the All Northern California teams. In addition, Ryan was also selected as athlete of the year all three times. Quite a remarkable record----one that may never be equalled again.

1963 ALL NORTHERN CALIFORNIA TEAM

1.	Mike Ryan	Jr	Wilcox	9:09.8
2.	Ralph Gamez	So	Foothill	9:13.2
3.	Andy Vollmer	Jr	Downey	9:32.5
4.	Mike Mc Cann	Jr	Carlmont	9:28.6
5.	Rich Kay	Sr	Miramonte	9:36.8
6.	George Weed	Sr	Folsom	------
7.	Ed Ortegon	Sr	Irvington	------
8.	Jim Bruce	Sr	Pleasant Hill	9:33.0
9.	Craig Reynolds	Sr	San Leandro	9:38.9
10.	Larry Trujillo	Sr	Tennyson	9:35.0
11.	Martin Mc Cann	Jr	Carlmont	9:37.5
12.	Ken Howard	Sr	St Ignatius	9:44.5
13.	Art Burkhard	Sr	Clayton Valley	9:43.8
14.	Joe Biber	Sr	Buchser	9:42.9
15.	Gunar Liepins	Sr	Pleasant Hill	9:43.3
16.	Bill Bradfield	So	Carlmont	9:57.4

CROSS COUNTRY ATHLETE OF THE YEAR: Mike Ryan (Wilcox)
OUTSTANDING SENIOR: Richard Kay (Miramonte)
OUTSTANDING JUNIOR: Mike Ryan
OUTSTANDING SOPH: Ralph Gamex (Foothill)

1962 ALL NORTHERN CALIFORNIA TEAM

1.	Mike Ryan	So	Wilcox	9:21.3
2.	George Rios	Sr	Sunset	9:21.2
3.	Paul Graham	Sr	Los Altos	9:26.6
4.	Dan Vincent	Sr	Terra Nova	9:26.7
5.	Marcel Hetu	Sr	Hillsdale	9:28.0
6.	John Cassidy	Sr	St Francis	9:32.0
7.	Ralph Likens	Sr	Hillsdale	9:33.7
8.	Richard Kay	Jr	Miramonte	------
9.	Bob De Celle	Sr	Alameda	9:40.2
10.	Albert Rincon	Sr	Alameda	9:41.0
11.	Bob Crespin	Sr	Pacific Grove	9:42.0
12.	Arnold Hamala	Sr	Cupertino	9:43.8
13.	Rich Elliott	Sr	Highlands	9:45.6
14.	Joe Biber	Jr	Buchser	9:46.8
15.	Don Hoyt	Sr	Cubberly	9:51.0
16.	Steve Tingley	Sr	Hayward	9:57.0
17.	Glen Diffenbaugh	Sr	Lowell	------
18.	Bob Hernandez	Sr	Pittsburgh	9:52.0
19.	Bob Hernandez	Sr	Terra Nova	9:56.2
20.	Martin Mc Cann	So	Carlmont	9:54.0

CROSS COUNTRY ATHLETE OF THE YEAR: Mike Ryan (Wilcox)
OUTSTANDING SENIOR: Paul Graham (Los Altos)
OUTSTANDING JUNIOR: Richard Kay (Miramonte)

SCHOOLS WITH THE MOST ALL NORTHERN CALIFORNIA SELECTIONS

1.	Carlmont	8
2.	Wilcox	5
3.	Alameda	2
	Buchser	2
	Downey	2
	Los Altos	2
	Hillsdale	2
	Miramonte	2
	Terra Nova	2
	Pleasant Hill	2
	Tennyson	2
	Pittsburgh	2

THE SEVEN FASTEST TWO MILERS DEVELOPED IN NORTHERN CALIF.

1.	Ryan (Wilcox)	8:57.7
2.	Gamez (Foothill)	9:13.2
3.	Mc Cann (Carl.)	9:18.1
4.	Rios (Sunset)	9:21.2
5.	Graham (L.Altos)	9:26.6
6.	Vincent (T.Nova)	9:26.7
7.	Hetu (Hillsdale)	9:28.0

FASTEST TWO MILERS BY CLASS:

FRESHMAN:	Mahon	9:50.9
SOPH:	Gamez	9:13.2
JUNIOR:	Ryan	9:09.8
SENIOR	RYAN	8:57.7