

CROSS COUNTRY BROCHURE

1969



CARLMONT HIGH SCHOOL

C A R L M O N T 1 9 6 9

Carlmont High enters its 1969 cross country season in an unfamiliar position.

For the past five years, the Scots have gone into the season as the defending SPAL champions. But San Carlos changed that in 1968 by beating the Scots in the league championship, thereby denying Carlmont their sixth consecutive league title.

Along with the defending champion role, the 1969 Scots will also be without the greatest runner, timewise, in the school's rich cross country history: Chris Carey.

Carey, with his 9:12.2 two-mile time and 1968 Northern California Cross Country Athlete of the Year laurels, has moved on to Oregon State, leaving the Scots without a big name star for the first time in several years.

All is not bleak for Lansberry and his tireless troops, however. While they lost the title and Carey, Lansberry believes the Scots have regained the key to cross country success: depth.

Lansberry is counting on 10 runners to be under the 10:15 mark for the two mile--with at least three under 10 minutes. It was similar depth which was the password in the early and mid 60s as the Scots completely dominated the league.

Carlmont's abundance of depth was shown at the same SPAL championships where the Scots were finally dethroned in the varsity division. In that meet, the Scots were team champions in the junior varsity, sophomore and freshman divisions.

With all this talent at hand, Lansberry is extremely optimistic for 1969: "I think we'll take it this year. San Carlos and several other teams will give us a run for the title, but I'm just sure we're going to win it."

Lansberry's expectations are even higher than regaining the SPAL title: "We should rank among the top teams in the nation."

The main basis for this optimism is an outstanding junior class, which last year posted the second best team time of any Scot sophomore class in history.

Spearheading this list of third year men are Hans Templeman and Scott Carvey, who will join senior Ralph Furnari in giving the Scots a trio of the league's best.

While Templeman, Furnari and Carvey may grab a share of the headlines, it will be the progress of senior Terry Haley, Juniors Larry Regalado, Greg Fondacabe, Rich Hayes, Roark Mulligan, and Lyle Thomas and Sophomore Russ Black which Lansberry believes will bring the Scots the depth and ensuing title.

This talent, plus the dedication which Lansberry always demands, and receives, from his runners, should once again make the name Carlmont synonymous with SPAL cross country excellence.

Paul Savoia

Prep Sports Editor

Redwood City Tribune

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TOP TEAMS BY TIME AND DIVISION (Crystal Springs)

<u>VARSITY</u>		<u>JUNIOR VARSITY</u>		<u>SOPHOMORES</u>		<u>FRESHMAN</u>	
7 Mills	59:09	67 CARLMONT	65:55	68 CARLMONT	65:07	68 Riordan	65:35
7 CARLMONT	59:54	67 St. Ignatius	65:59	68 Burlingame	66:13	67 CARLMONT	68:20
7 St. Francis	59:57	67 Hillsdale	66:19	67 CARLMONT	66:13	67 San Carlos	69:05
8 Burlingame	60:34	67 San Mateo	66:24	68 Hillsdale	66:13	67 St. Ignatius	69:09
8 CARLMONT	60:40	68 Sequoia	66:42	68 Crestmoor	66:46	67 St. Ignatius	69:17

ALL TIME CARLMONT FINISHERS 26 MILE MARATHON--"OCEAN TO BAY"

1. Gary Montante	11	3 hrs 17 min 1 sec	6. Greg Moon	10	4 hrs 17 min 14 sec
2. Hans Templeman	10	3 hrs 37 min 11 sec	7. Bob Kennedy	11	5 hrs 1 min 29 sec
3. Scott Carvey	10	3 hrs 59 min 30 sec	8. Dan Light	9	5 hrs 12 min 13 sec
4. Larry Regalado	10	4 hrs 15 min 19 sec	9. Lyle Thomas	10	5 hrs 12 min 33 sec
5. Gordon Fetherolf	9	4 hrs 16 min 3 sec	10. Ron Bates	10	5 hrs 19 min 19 sec

ALL TIME CARLMONT 50 MILE RANKINGS

1. Ron White	10	7:36:27.0	Martin McCann	10	9:51:00.0
2. Gary Montante	12	7:41:38.0	Martin McCann	10	9:51:00.0
3. Jon Green	12	7:43:55.0	Kent Walters	12	9:51:00.0
4. Steve Stradley	10	7:50:23.0	Bill Bradfield	9	9:51:00.0
5. Mike Rugge	10	8:47:16.2	Dave Walsh	9	9:51:00.0

3 MILE SCHOOL RECORD:

Chris Carey 14:59.0 1968

32 MILE ROAD RACE

Dan Light 3hrs 55 minutes

CROSS COUNTRY RESULTS OF 1968

8 DUAL SEASON

CARLMONT	22	Woodside	38
	27	St. Francis	27
	25	Sequoia	30
	25	San Carlos	31
	21	San Mateo	36
	15	El Camino	50
	31	Riordan	26
	40	Homestead	20
	38	Burlingame	22
	265		260

SPAL RESULTS

1. San Carlos	33	65:15
2. CARLMONT	46	65:40
3. Sequoia	82	67:55
4. Menlo Atherton	96	69:00
5. Woodside	122	71:34
6. Palo Alto	142	72:41
7. Cubberley	172	76:06
8. Gunn	213	82:51

C.C.S. REGION I

1. Riordan	89	61:10
2. San Carlos	89	61:13
3. Burlingame	94	61:03
4. CARLMONT	116	61:17
5. Sequoia	127	62:00
6. Hillsdale	179	63:06
7. St. Francis	193	63:21
8. Mills	209	63:40
9. San Mateo	241	64:36
10. St. Ignatius	255	63:46
11. Menlo Atherton	264	65:02
12. Woodside	276	65:13
13. El Camino	297	65:12
14. Westmoor	302	65:57

C.C.S. CHAMPIONSHIP

1. Homestead	29	52:09	7. CARLMONT	157	55:01
2. Burlingame	96	54:20	8. Cupertino	161	55:36
3. Mr. Pleasant	137	55:11	9. San Carlos	181	55:52
4. Wilcox	143	54:55	10. Riordan	183	55:51
5. Los Alto	150	55:13	11. Watsonville	296	57:11
6. Camden	156	55:19	12. Soquel	303	57:36
			13. Hollister	315	57:46

TRACK AND FIELD NEWS POSTAL MEET STATISTICS

ALL TIME BEST POSTAL TEAM TIMES:

TOP 100 TEAMS

1.	<u>Homestead</u> , Sunnyvale, California	47:11.2	1968
2.	<u>Burlingame</u> , California	47:43.2	1968
3.	<u>York</u> , Elmhurst, Illinois	47:53.0	1968
4.	<u>Mills</u> , Millbrae, California	48:01.2	1967
5.	<u>Homestead</u> , Sunnyvale, California.	48:04.0	1967
6.	<u>Proviso West</u> , Hillside, Illinois	48:05.9	1964
7.	<u>Homestead</u> , Sunnyvale, California	48:09.0	1965
8.	<u>Wilcox</u> , Santa Clara, California	48:20.7	1964
9.	<u>CARLMONT</u> , Belmont, California	48:21.7	1964
10.	<u>Ossining</u> , New York	48:28.3	1966
11.	<u>Westminster</u> , California	48:28.5	1966
12.	<u>Ray</u> , Corpus Christi, Texas	48:32.2	1966
13.	<u>Kirkwood</u> , Missouri	48:38.8	1968
14.	<u>Falfurrias</u> , Texas	48:40.4	1966
15.	<u>Tennyson</u> , Hayward, California	48:40.6	1965
16.	<u>York</u> , Elmhurst, Illinois	48:43.0	1964
17.	<u>Upland</u> , California	48:45.8	1968
18.	<u>South</u> , Shawnee Mission, Kansas	48:49.0	1968
19.	<u>Ossining</u> , New York	48:49.5	1963
20.	<u>York</u> , Elmhurst, Illinois	48:50.0	1967
21.	<u>South Salem</u> , Salem, Oregon	48:50.0	1962
22.	<u>Kirkwood</u> , Missouri	48:55.0	1967
23.	<u>Fox Lane</u> , Bedford, New York	48:55.3	1966
24.	<u>East</u> , Wichita, Kansas	48:57.3	1964
25.	<u>Catholic</u> , Roselle, New Jersey	48:58.8	1968
26.	<u>Rogers</u> , Spokane, Washington	49:01.0	1965
27.	<u>Monte Vista</u> , Spring Valley, California	49:02.1	1966
28.	<u>Mt. Tahoma</u> , Tacoma, Washington	49:04.0	1968
29.	<u>Hillsdale</u> , San Mateo, California	49:04.2	1961
30.	<u>Watsonville</u> , California	49:05.0	1963
31.	<u>CARLMONT</u> , Belmont, California	49:07.4	1963
32.	<u>Bonham</u> , Texas	49:07.6	1967
33.	<u>Pleasant Hill</u> , California	49:08.2	1966
34.	<u>Pittsburg</u> , California	49:09.0	1964
35.	<u>Burlingame</u> , California	49:10.0	1967
36.	<u>York</u> , Elmhurst, Illinois	49:10.1	1965
37.	<u>Cupertino</u> , California	49:11.0	1965
38.	<u>Los Altos</u> , California	49:15.0	1968
39.	<u>Wyandotte</u> , Kansas City, Kansas	49:16.4	1966
40.	<u>Riverside</u> , Brookfield, Illinois	49:16.6	1968
41.	<u>CARLMONT</u> , Belmont, California	49:17.0	1967
42.	<u>El Modena</u> , California	49:16.8	1968
43.	<u>West Torrance</u> , California	49:19.0	1967
44.	<u>Riordan</u> , San Francisco, California	49:19.0	1967
45.	<u>South Torrance</u> , Torrance, California	49:19.8	1966
46.	<u>Mira Costa</u> , Manhattan Beach, California	49:20.6	1960
47.	<u>Pleasant Hill</u> , California	49:22.3	1965
48.	<u>Pt. Loma</u> , San Diego, California	49:23.4	1968
49.	<u>Kearsley</u> , Flint, Michigan	49:25.0	1968
50.	<u>Monte Vista Spring Valley</u> , California.	49:25.2	1968
51.	<u>Kirkwood</u> , Missouri.	49:26.7	1964
52.	<u>Culver City</u> , California	49:28.8	1960
53.	<u>Redford</u> , Detroit, Michigan	49:29.6	1961

POSTAL STATISTICS (continued)

54.	Sunnyvale, California	49:32.0	1966
55.	Homestead, Sunnyvale, California	49:32.2	1964
56.	Campbell, Westmont, California	49:34.8	1967
57.	CARLMONT, Belmont, California	49:36.6	1968
58.	Principia, St. Louis, Missouri	49:36.7	1966
59.	Wilcox, Santa Clara, California	49:38.0	1968
60.	North Eugene, Oregon	49:38.2	1966
61.	Molley, Jamica, New York	49:38.5	1965
62.	Cupertino, California	49:39.0	1966
63.	San Marino, California	49:39.0	1965
64.	Concord, New Hampshire	49:39.6	1964
65.	San Carlos, California	49:40.0	1969
66.	Westminster, California	49:41.0	1965
67.	Tennyson, Hayward, California	49:43.0	1966
68.	Palo Alto, California	49:44.0	1966
69.	Palo Alto, California	49:45.0	1961
70.	Homestead, Sunnyvale, California	49:46.0	1966
71.	South Torrance, California	49:46.0	1969
72.	Power Memorial, New York, New York	49:46.7	1965
73.	Mr. Eden, Hayward, California	49:46.8	1967
74.	Wilcox, Santa Clara, California	49:47.0	1965
75.	Mira Costa, California	49:47.0	1969
76.	East, Wichita, Kansas	49:49.0	1963
77.	Clayton Valley, Concord, California	49:51.6	1960
78.	Awalt, Mountain View, California	49:52.0	1969
79.	Yankton, South Dakota	49:52.0	1967
80.	Tennyson, Hayward, California	49:54.0	1964
81.	Aviation, California	49:54.1	1964
82.	South Torrance, Torrance, California	49:54.5	1965
83.	Wyandotte, Kansas City, Kansas	49:55.6	1967
84.	Pittsburg, California	49:56.4	1966
85.	South Shawnee Mission, Kansas	49:56.8	1967
86.	Los Altos, California	49:57.0	1967
87.	Westminister, California	49:57.4	1964
88.	Garden Grove, California	49:58.0	1967
89.	Midland, Texas	49:56.9	1959
90.	Tennyson, Hayward, California	50:00.0	1963
91.	York, Elmhurst, Illinois	50:00.5	1963
92.	Clayton Valley, Concord, California	50:03.4	1959
93.	York, Elmhurst, Illinois	50:03.8	1966
94.	Redford, Detroit, Michigan	50:04.4	1963
95.	Alameda, California	50:07.7	1962
96.	Mission, San Joe, Fremont, California	50:08.0	1967
97.	Los Altos, California	50:08.2	1959
98.	Sunnyvale, California	50:08.7	1964
99.	Wilcox, Santa Clara, California	50:08.8	1963
100.	La Habra, California	50:09.0	1969

CARLMONT placed 4th in 1958 with a team time of 51:41.2, 28th in 1959 with a team time of 52:37, 4th in 1960 with a team time of 50:37, 20th in 1961 with a team time of 52:30, 2nd in 1963 with a team time of 49:07.4, 3rd in 1964 with a team time of 48:21.7, 26th in 1965 with a team time of 50:50, 20th in 1966 with a team time of 50:15, and 7th IN 1967 WITH A TEAM TIME OF 49:17.0, 15th in 1968 with a team time of 49:36.6.

ALL TIME CARLMONT TWO MILE RANKINGS

NAME	CLASS	TIME	YEAR	NAME	CLASS	TIME	YEAR
1. Carey, Chris	11	9:12.2	1967	54. Thompson, Mark	10	10:36.0	1967
2. McCann, Mike	12	9:18.1	1964	55. McCartner, Jack	12	10:36.0	1959
3. McCann, Martin	12	9:30.2	1964	56. Rugge, Mike	12	10:40.0	1967
4. Wake, Tom	11	9:40.0	1964	67. Crowell, Chris	11	10:40.0	
5. Bradfield, Bill	11	9:43.0	1965	68. Hegarty, Ron	12	10:43.0	1958
6. Kamrar, Dave	12	9:43.0	1960	69. Fritz, Bill	12	10:44.0	1060
7. Templeman, Hans	10	9:44.5	1969	70. Wood, Dan	12	10:45.0	1960
8. Carey, Pat	12	9:45.0	1967	71. Petty, Brian	12	10:45.0	1959
9. Kennedy, Bob	12	9:48.3	1967	72. Allen, Kent	10	10:45.0	1959
10. Reams, Jim	12	9:49.9	1958	73. Featherolf, Jamie	10	10:47.0	1969
11. Long, Grant	10	9:50.5	1960	74. Kennedy, Austin	9	10:47.2	1965
12. White, Ron	12	9:51.0	1967	75. Miller, Jim	12	10:48.0	1967
13. Walsh, Dave	11	9:55.0	1964	76. Boccio, John	12	10:49.0	1966
14. Mills, John	12	9:56.0	1964	77. Merritt, Doug	12	10:49.0	1961
15. Daubert, Steve	12	9:56.1	1963	78. Convey, Robert	11	10:50.0	1958
16. O'Malley, Mike	12	9:56.6	1968	79. Dixon, Jim	11	10:51.0	1961
17. Nichols, Ken	12	9:56.6	1963	80. Helwig, Tom	11	10:51.0	1966
18. Montante, Gary	12	9:58.9	1965	81. Enfinger, Dave	9	10:51.0	1962
19. Eaton, Bruce	12	10:00.5	1967	82. Bonney, Steve	10	10:52.0	1957
20. Larsen, Gary	12	10:00.5	1963	83. Poston, Fred	9	10:53.4	1967
21. Furnari, Ralph	11	10:02.0	1968	84. Jennings, Paul	9	10:53.5	1967
22. Carvey, Scott	10	10:02.0	1968	85. Hill, Jeff	10	10:54.0	1969
23. Allen, Mark	12	10:03.0	1969	86. Mulligan, Roark	10	10:55.0	1968
24. Nichols, Stan	12	10:04.0	1966	87. Carvey, Brad	11	10:57.0	1967
25. Fassett, Howard	12	10:05.4	1965	88. Leopold, Gary	9	10:57.5	1967
26. Haley, Marion	12	10:06.9	1958	89. Madden, Rich	11	10:58.0	1959
27. Light, Dan	12	10:07.0	1968	90. Darling, Bill	10	10:59.0	1963
28. Heartsner, Joe	11	10:08.0	1967	91. Moore, Dave	10	11:00.0	1963
29. Haley, Terry	11	10:10.0	1969	92. Burley, Bill	10	11:01.0	1966
30. Jent, Tom	12	10:10.0	1956	93. Ritchie, Dave	11	11:02.0	1962
31. Sandin, Jack	12	10:10.0	1963	94. Fondacabe, Greg	10	11:03.0	1959
32. Higbee, Steve	12	10:11.0	1961	95. O'Brien, Tim	12	11:03.0	1959
33. McHuron, Dave	12	10:12.5	1960	96. Herminghaus, Kim	10	11:04.0	1967
34. Trogdon, Jim	12	10:13.0	1962	97. Helbush, Bill	9	11:04.0	1968
35. Walters, Kent	12	10:14.0	1962	98. Mott, Wayne	9	11:05.0	1969
36. Coons, Al	12	10:15.4	1969	99. Mendoza, Ed	9	11:06.0	1966
37. Moon, Greg	12	10:16.8	1967	100. Blum, Tim	10	11:09.0	1965
38. Green, Jon	12	10:17.0	1955	101. Talamentez, Art	10	11:13.0	1963
39. Shaw, Kevin	12	10:20.0	1968	102. Thompson, Dave	10	11:13.0	1967
40. Stradley, Steve	12	10:23.0	1967	103. Bosse, Jim	9	11:13.0	1963
41. Thomas, Lyle	9	10:24.0	1968	104. King, Randy	10	11:14.0	1965
42. Allen, Mark	11	10:24.0	1967	105. Benson, Gene	12	11:15.0	1968
43. Frost, Don	11	10:25.0	1963	106. Day, Jim	12	11:18.0	1959
44. Regalado, Larry	10	10:25.0	1969	107. Ferranti, Gary	10	11:19.0	1968
45. Ragsdale, Tod	12	10:26.9	1959	108. Greiss, Larry	12	11:20.0	1966
46. Merz, John	12	10:27.0	1965	109. Smith, Dan	12	11:20.0	1968
47. Jenkins, Earl	11	10:27.0	1965	110. Gress, Gerald	11	11:23.0	1960
48. O'Brien, Phil	12	10:28.0	1960	111. Scott, Bill	10	11:24.0	1967
49. Quick, John	11	10:28.6	1958	112. Sheldon, Barry	12	11:25.0	1959
50. Simon, Ted	10	10:32.0	1068	113. Pubols, Dan	9	11:27.0	1968
51. Russell, Larry	12	10:32.0	1962	114. Seawell, Ned	11	11:34.0	1963
52. Hayes, Rich	10	10:33.0	1959	115. Fetherolf, Gordon	9	11:35.0	1969
53. Robertson, Dave	12	10:34.0	1959	116. Schug, Dave	10	11:36.2	1969

(Continued page 19)

POSTAL TEAM TIMES -- CARLMONT HIGH SCHOOL

1958	(8th)	1959	(10th)	1960	(5th)	1961	(9th)
Kamrar, Jim	9:58.3	Kamrar, Dave	10:19	Kamrar, Dave	9:43.0	Long, Grant	10:10
Dailey, Marion	10:07.9	Ragsdale, Tod	10:28	Long, Grant	9:50.5	Higbee, Steve	10:11
Ragsdale, Tod	10:29	Long, Grant	10:31	McHuron, Dave	10:12.5	Sandin, Jack	10:29
Wick, John	10:30	Robertson, Dave	10:34	Larsen, Bruce	10:22.5	Merritt, Doug	10:49
McCartney, Jack	10:36	Petty, Brian	10:45	O'Brien, Phil	10:28.5	Trogdon, Jim	10:51
	<u>51:41.2</u>		<u>52:37</u>		<u>50:37.0</u>		<u>52:30</u>
1962	(6th)	1963	(2nd)	1964	(1st)	1965	(7th)
McCann, Mike	9:54	McCann, Mike	9:28.6	McCann, Mike	9:18.1	Bradfield, Bill	9:57
Nichols, Ken	10:08	McCann, Martin	9:37.5	McCann, Martin	9:30.2	White, Ron	10:12
McCann, Martin	10:11	Nichols, Ken	9:56.6	Wake, Tom	9:49.0	Walsh, Dave	10:12
Walters, Kent	10:14	Bradfield, Bill	9:57.4	Bradfield, Bill	9:50.0	Montante, Gary	10:12
Trogdon, Jim	10:18	Wake, Tom	10:07.0	Walsh, Dave	9:55.0	Green, Jon	10:17
	<u>50:45</u>		<u>49:07.1</u>	Mills, John	9:56.0		<u>50:50</u>
					<u>48:21.7</u>		
1966	(4th)	1967	(3rd)	1968	(16th)		
Carey, Chris	9:38.0	Carey, Chris	9:14	Carey, Chris	9:12.6		
Carey, Pat	10:03	Carey, Pat	9:47	Templeman, Hans	9:58.8		
Nichols, Stan	10:04	White, Ron	9:53	Carvey, Scott	10:02.0		
White, Ron	10:15	Heartsner, Joe	10:08	Allen, Mark	10:03.0		
Eaton, Bruce	10:15	Light, Dan	10:15	Furrari, Ralph	10:20.0		
	<u>50:15</u>		<u>49:17</u>		<u>49:36.6</u>		

CARLMONT HONOR ROLL BY CLASS -- 2 MILE

SENIORS

JUNIORS

1. Mike McCann	9:18.1	1964
2. Martin McCann	9:30.2	1964
3. Dave Kamrar	9:43.0	1960
4. Pat Carey	9:47.0	1967
5. *Chris Carey	9:12.6	1968
	<u>47:30.9</u>	

1. Chris Carey	9:12.2	1967
2. Mike McCann	9:28.6	1963
3. Martin McCann	9:37.5	1963
4. Tom Wake	9:40.0	1964
5. Bill Bradfield	9:43.0	1965
	<u>47:41.3</u>	

SOPHOMORES

FRESHMEN

1. Chris Carey	9:29.9	1967
2. Templeman, Hans	9:44.5	1969
3. Grant Long	9:50.5	1960
4. Mike McCann	9:54.0	1962
5. Carvey, Scott	10:02.0	1968
	<u>49:00.9</u>	

1. Hans Templeman	10:05.4	1968
2. Chris Carey	10:09.8	1966
3. Black, Russ	10:21.2	1969
4. Lyle Thomas	10:24.0	1968
5. Grant Long	10:31.0	1959
	<u>51:31.4</u>	

ALL TIME LEAGUE TWO MILERS

NAME	CLASS	SCHOOL	TIME	YEAR	NAME	CLASS	SCHOOL	TIME	YEAR
1. CHRIS CAREY	11	CARLMONT	9:12.2	1967	11. Mike Chilton	12	Palo Alto	9:38.6	1959
2. MIKE McCANN	12	CARLMONT	9:18.1	1964	12. Ron Larrieu	12	Palo Alto	9:39.0	1956
3. Rich Hunter	12	Gunn	9:21.0	1966	13. Dan Rye	12	Palo Alto	9:39.2	1961
4. Tom Huntsberger	12	Palo Alto	9:28.6	1967	14. TOM WAKE	11	CARLMONT	9:40.0	1964
5. Jon Enscoe	12	Palo Alto	9:29.0	1967	15. Tom Bales	11	Sequoia	9:41.0	1968
6. MARTIN McCANN	12	CARLMONT	9:30.2	1964	16. BILL BRADFIELD	11	CARLMONT	9:43.0	1965
7. George Linn	12	Palo Alto	9:31.2	1959	17. DAVE KAMRAR	12	CARLMONT	9:43.0	1960
8. Walt Hewlett	12	Palo Alto	9:32.9	1961	18. HANS TEMPLEMAN	10	CARLMONT	9:44.5	1969
9. Mike Lehner	12	Palo Alto	9:33.8	1959	19. PAT CAREY	12	CARLMONT	9:45.0	1967
10. Mike Dailey	12	Sequoia	9:35.4	1967	20. *Coleman, Greg	12	Palo Alto	9:41.1	1969

ALL TIME CARLMONT CROSS COUNTRY RANKINGS

.. Continued ..

NAME	CLASS	TIME	YEAR	NAME	CLASS	TIME	YEAR
6. Ritchie, Dave	11	12:04	1961	129. Rockwell, Al	11	12:33	1960
7. Sudman, John	12	12:04	1954	130. Hadreas, Pete	11	12:33	1960
8. Renard, Ron	11	12:04	1961	131. Warden, Gary	11	12:34	1956
9. McCabe, Mike	11	12:06	1966	132. Saarela, Ed	11	12:35	1957
10. Walker, Jim	11	12:06	1955	133. Unger, Dorrian	12	12:41	1960
11. Weis, Dan	11	12:07	1959	134. Abell, Craig	11	12:43	1965
12. Smith, Ed	12	12:07	1957	135. Kane, Dennis	11	12:49	1959
13. Barthold, Todd	11	12:08	1955	136. Lehmer, Ed	11	12:50	1963
14. Sadeler, Gerd	11	12:09	1961	137. Goerke, Jim	11	12:54	1960
15. Woodruff, Barry	12	12:10	1955	138. Cunningham, Dennis	12	12:56	1961
16. Koops, Jerry	11	12:12	1966	139. Landini, Ron	11	12:56	1959
17. McGurrian, Martin	12	12:12	1954	140. Sterling, Brian	11	13:06	1966
18. Crowe, Richard	11	12:13	1958	141. Bettinger, Bob	11	13:11	1964
19. Baccala, Walt	11	12:13	1956	142. Boyd, Jeff	11	13:15	1960
20. Rinamon, Bill	12	12:14	1959	143. Seawell, Ned	11	13:18	1963
21. Couldon, Jim	11	12:15	1965	144. Russell, Mike	11	13:43	1962
22. Hayler, Louis	11	12:17	1960	145. Levy, Alan	12	13:46	1960
23. True, Greg	11	12:18	1965	146. Young, Glenn	11	13:47	1959
24. Newman, Jim	12	12:19	1960	147. Rivera, Carlos	11	13:49	1963
25. Hadreas, John	11	12:27	1959	148. Bowling, Jerry	11	14:10	1964
26. Bonney, Fred	11	12:28	1956	149. Blumenthal, Ken	11	14:17	1961
27. Magner, Mike	12	12:29	1958	150. Lorenzen, Dave	11	15:11	1960
28. Graf, Phil	12	12:31	1964				

TOP 10 FOREIGN RUNNERS TO COMPETE ON THE CARLMONT CROSS COUNTRY COURSE

1. Sofos, Steve	Burlingame	9:43	1967	6. Flynn,	Homestead	9:50	1968
2. Hunter, Rich	Gunn	9:42	1966	7. Boore, Dave	Los Altos	9:51.9	1959
3. Amaya, Euginio	Burlingame	9:45	1968	8. Whytock, Joe	Burlingame	9:53	1967
4. Kretz, Arvid	Mills	9:46	1967	9. Sanford, Dave	Homestead	9:53	1967
5. Ryan, Mike	Wilcox	9:49	1963	10. Lehner, Mike	Palo Alto	9:53	1959

BEST CARLMONT TEAM TIME ON LONG COURSE

1955		1956		1957		1958	
Jent, Tom	10:25	Jent, Tom	10:09	Reams, Jim	10:42	Reams, Jim	10:14
Spilman, Craig	10:38	Reams, Jim	10:35	O'Brien, Tim	11:11	Haley, Marion	10:16
Petty, Steve	11:14	Allen, Jim	11:00	Quick, John	11:13	Quick, John	10:54
Barney, Jerry	11:07	Zipfel, Don	11:17	Petty, Brian	11:20	Ragsdale, Tod	11:02
Werder, Gill	11:29	Quick, John	11:18	Couch, Jerry	11:29	McCartney, Jack	11:10
	54:53		54:19		55:55	Hegarty, Ron	11:10
							53:36
1959		1960		1961		1962	
Hegarty, Ron	10:47	Kamrar, Dave	10:25	Long, Grant	10:32	Nichols, Ken	10:34
Day, Jim	10:50	Long, Grant	10:34	Higbee, Steve	10:43	Sandin, Jack	10:43
Ragsdale, Tod	11:00	McHuron, Dave	10:50	Merritt, Doug	11:11	McCann, Mike	10:44
Robertson, Dave	11:02	Larson, Bruce	10:54	Trogdon, Jim	11:13	Trogdon, Jim	11:06
McCartney, Jack	11:03	O'Brien, Phil	11:07	Dixon, Jim	11:16	Walters, Kent	11:15
	54:42		53:50		54:55		54:22
1963		1964		1965		1966	
McCann, Mike	9:51.8	McCann, Mike	9:38	Bradfield, Bill	10:12	Carey, Chris	10:07
McCann, Martin	9:52	McCann, Martin	10:06	Walsh, Dave	10:24	White, Ron	10:24
Bradfield, Bill	10:22	Wake, Tom	10:07	Eaton, Bruce	10:36	Kennedy, Bob	10:31
Walsh, Dave	10:31	Mills, Tom	10:11	Green, Jon	10:39	Carey, Pat	10:31
Nichols, Ken	10:32.9	Bradfield, Bill	10:12	Bradfield, Henry	10:41	Eaton, Bruce	10:42.5
	51:10.7		50:14		52:32		52:15.5

ALL TIME CARLMONT HIGH SCHOOL CROSS COUNTRY RANKINGS

CARLMONT SHORT COURSE 1.5 MILES

.. As of September 1, 1969 ..

NAME	CLASS	TIME	YEAR	NAME	CLASS	TIME	YEAR
1. McCann, Mike	10	8:15.0	1962	52. Trogdon, John	10	9:20	1960
2. Mills, John	10	8:29.0	1962	53. Bollinger, Dick	10	9:20	1957
3. Nichols, Ken	10	8:29.0	1962	54. Daubert, Steve	10	9:21	1961
4. Carvey, Scott	10	8:32.0	1968	55. Day, Jim	10	9:21	1957
5. Thomas, Lyle	10	8:34.0	1968	56. Leopold, Gary	9	9:21.9	1966
6. Bradfield, Henry	10	8:35.0	1964	57. Blum, Tim	10	9:22	1965
7. McCann, Martin	10	8:35.0	1962	58. Talamantes, Carlos	9	9:22	1964
8. Wake, Tom	10	8:36.0	1963	59. Madden, Rich	10	9:22	1958
9. Allen, Mark	10	8:39.4	1966	60. Rugge, Mike	9	9:22	1964
10. Light, Dan	10	8:40	1965	61. Hill, Marc	9	9:23	1968
11. Walsh, Dabe	10	8:40	1963	62. Carvey, Brad	9	9:24	1965
12. Bradfield, Bill	10	8:40	1963	63. Monroe, Mike	10	9:25	1964
13. Hayes, Rich	10	8:43	1968	64. LeDoux, Alan	10	9:25	1959
14. Sandin, Jack	10	8:43	1961	65. Fetherolf, Gordon	10	9:26	1968
15. Fondacabe, Greg	10	8:46	1968	66. Haley, Terry	10	9:26	1967
16. Frost, Don	10	8:46	1962	67. Bonney, Steve	10	9:26	1957
17. White, Ron	10	8:49	1965	68. Levsque, Rich	10	9:27	1967
18. Heartsner, Joe	10	8:50	1966	69. Seawell, Ned	10	9:27	1962
19. Regalado, Larry	10	8:52	1968	70. Kalvass, Pete	10	9:28	1968
20. Carey, Chris	9	8:52	1965	71. Dvorak, Randy	10	9:28	1962
21. Long, Grant	9	8:53.9	1959	72. Fritz, Bill	10	9:28	1958
22. Paul Jennings	10	8:55	1967	73. Allen, Mike	9	9:28	1957
23. Rivera, Ed	10	8:55	1964	74. Reams, Jim	9	9:28	1955
24. Simon, Ted	10	8:56	1967	75. Rivera, Bob	9	9:29	1965
25. Carey, Pat	10	8:56	1965	76. Towne, Doug	10	9:29	1956
26. Fetherolf, Jamie	10	8:58	1968	77. Cuneo, Dave	10	9:30	1968
27. Stradely, Steve	10	8:58	1965	78. Knight, Dave	10	9:30	1961
28. Hill, Jeff	10	8:58	1968	79. Anglin, Bob	10	9:30	1966
29. Thompson, Mark	10	8:59	1967	80. Helbush, Bill	10	9:31	1961
30. Kennedy, Austin	9	9:01	1965	81. Kamrar, Dick	10	9:31	1961
31. Black, Russ	9	9:01	1968	82. Jones, Doug	10	9:31	1959
32. Sheldon, Kent	10	9:01	1964	83. Scott, Mike	10	9:33	1965
33. Crowell, Chris	10	9:03	1965	84. Bosse, Jim	9	9:34	1963
34. Higbee, Steve	10	9:03	1959	85. Smith, Gerald	10	9:34	1957
35. Kamrar, Dave	10	9:03	1958	86. Mendoza, Ed	9	9:35	1965
36. Petty, Brian	10	9:03	1957	87. Griess, Larry	10	9:35	1964
37. Thompson, Dave	10	9:04	1967	88. Hallett, John	10	9:36	1968
38. Mulligan, Roark	10	9:05	1968	89. Bennett, Steve	9	9:36	1964
39. Burley, Bill	10	9:06	1965	90. Talamentez, Art	10	9:36	1963
40. Darling, Bill	10	9:09	1963	91. Crane, Rich	10	9:37	1962
41. Allen, Kent	10	9:10	1968	92. Enfinger, John	9	9:37	1962
42. Boccio, John	10	9:10	1964	93. Renard, Ron	10	9:37	1961
43. King, Randy	10	9:12	1965	94. Stacken, Don	10	9:37	1961
44. Herminghaus, Kim	10	9:13	1967	95. Helstrup, Don	10	9:37	1955
45. McCartney, Jack	10	9:15	1957	96. Nichols, Stan	10	9:38	1964
46. Mott, Wayne	10	9:17	1967	97. Freman, Neil	9	9:39	1956
47. McHuron, Dave	10	9:17	1958	98. Eaton, Bruce	10	9:39	1964
48. Higbee, Pete	10	9:17	1962	99. Coons, Al	10	9:40	1966
49. Dixon, Jim	10	9:18	1960	100. Benson, Gene	10	9:41	1966
50. Quick, John	9	9:18	1956	101. Oates, Jon	9	9:41	1959
51. Keck, Dave	10	9:20	1963	102. Merritt, Doug	10	9:42	1959

.. SHORT COURSE (continued) ..

NAME	CLASS	TIME	YEAR	NAME	CLASS	TIME	YEAR
03. Robertson, Dave	10	9:42	1957	157. Rosisky, Jack	9	10:12	1960
04. Balestero, Dan	10	9:43	1964	158. Parvin, Glenn	10	10:13	1962
05. Neirmeire, Byrce	10	9:44	1968	159. Price, Graig	9	10:14	1966
06. Sheldon, Barry	10	9:45	1957	160. Ghigliano, Stan	9	10:15	1966
07. Schug, Dave	10	9:45	1968	161. Thomas, Lynn	9	10:17	1967
08. Bruce, Dale	10	9:46	1964	162. Budd, Bill	10	10:17	1966
09. Phillips, Dennis	10	9:46	1961	163. McArdle, Jerry	9	10:17	1962
10. Block, Kevin	10	9:47	1964	164. Miles, Jim	10	10:17	1961
11. Caccamo, Joe	10	9:47	1957	165. Krimmer, Jack	10	10:18	1959
12. Weeden, Tom	9	9:48	1968	166. Poston, Fred	9	10:19	1966
13. Moorehead, Wayne	9	9:48	1968	167. Chaney, Tom	10	10:19	1955
14. Bennetti, Brent	10	9:49	1963	168. Stern, Sonnett	9	10:20	1966
15. Bartlett, Gary	10	9:49	1957	169. White, Joe	10	10:20	1964
16. Kane, Terry	9	9:50	1962	170. Barnes, Roger	9	10:21	1959
17. Patterson, Steve	9	9:50	1959	171. Coulson, Jim	10	10:21	1964
18. Pantell, Dave	9	9:51	1963	172. Pierce, Larry	10	10:21	1959
19. Grandfield, Larry	10	9:51	1962	173. Pancoast, Rich	10	10:22	1963
20. Mason, Tim	10	9:51	1959	174. Merritt, Joe	9	10:22	1960
21. O'Brien, Phil	10	9:51	1958	175. Daubert, Chris	10	10:23	1965
22. Saarela, Ed	10	9:51	1956	176. Oliveri, Gary	9	10:23	1960
23. Madden, Glen	10	9:52	1968	177. Kauscha, John	9	10:23	1959
24. Bernal, Clyde	10	9:52	1963	178. Hadreas, Pete	10	10:23	1959
25. Anderson, Tom	9	9:55	1956	179. Bates, Ron	10	10:25	1964
26. Lincoln, Jim	10	9:56	1960	180. Lockmanese, R.	10	10:25	1963
27. Weis, Don	10	9:56	1958	181. Sanders, Sandy	9	10:26	1957
28. Au, Bob	10	9:57	1968	182. Podolsky, Larry	9	10:26	1963
29. Moon, Greg	10	9:57	1964	183. Regli, Keith	9	10:28	1962
30. Scott, Bill	10	9:58	1967	184. Gress, Gerald	10	10:29	1959
31. Larson, Gary	10	9:58	1961	185. Blumenthal, Ken	10	10:30	1960
32. Landini, Ron	10	9:58	1957	186. Holsti, Olaf	10	10:30	1958
33. Trekell, Doug	10	9:59	1960	187. Okerlund, Tom	10	10:31	1963
34. Eaton, Mark	9	10:00	1968	188. Johnson, Mike	9	10:31	1958
35. Hansen, Ken	10	10:00	1965	189. Gruman, Tim	10	10:32	1967
36. Sadeler, Gerd	10	10:00	1960	190. Babcock, Ken	9	10:33	1956
37. Hayler, Louis	10	10:02	1959	191. MacMahon, Ken	9	10:33	1955
38. Archer, Bob	10	10:02	1956	192. Ferranti, Dennis	10	10:34	1968
39. Bridges, Mark	9	10:03	1966	193. Russell, Mike	10	10:34	1964
40. Fong, Steve	10	10:03	1961	194. Drotleff, Tom	10	10:34	1963
41. Weess, Todd	10	10:03	1957	195. Lehmer, Ed	9	10:37	1961
42. Newman, Jim	10	10:04	1959	196. Vezzolini, Rich	9	10:38	1963
43. Dempster, Pat	9	10:05	1968	197. Meen, Tom	9	10:38	1961
44. Brown, Dave	10	10:05	1955	198. Zneimer, Allen	9	10:39	1968
45. Ergas, Dennis	10	10:06	1962	199. Hall, Mike	9	10:40	1967
46. Warden, Gary	10	10:06	1955	200. Niles, Grant	10	10:40	1962
47. Fletcher, Lex	9	10:07	1965	201. Coel, Jack	9	10:42	1961
48. Newman, Dave	9	10:07	1960	202. Brown, Kevin	9	10:43	1968
49. Bellinis, Wayne	10	10:08	1965	203. Jones, Chris	9	10:44	1955
50. Proctor, Ed	10	10:09	1968	204. Couch, Jerry	9	10:44	1955
51. Rivera, Carlos	10	10:09	1961	205. Passanisi, Dan	9	10:46	1966
52. Chartock, Art	10	10:09	1955	206. Ellison, Chris	10	10:46	1965
53. Wilson, Doug	10	10:11	1964	207. Struck, Jerry	9	10:47	1957
54. Bell, Tom	10	10:11	1964	208. Askew, Chuck	9	10:47	1966
55. Schmeichel, Armand	10	10:11	1958	209. Kempenich, Bob	9	10:48	1960
56. Russell, Larry	10	10:12	1960	210. Wilson, Larry	9	10:48	1960

19 CARLMONT HIGH SCHOOL RANKINGS ON CRYSTAL SPRINGS COURSE 68

1. Carey, Chris	11	11:21	32. Benson, Gene	11	13:28
2. Carey, Pat	12	11:37	33. Cuneo, Dave	10	13:31
3. Templeman, Hans	10	11:58	34. Ferranti, Gary	11	13:32
4. White, Ron	12	12:00	35. Leopold, Gary	10	13:32
5. Allen, Mark	11	12:19	36. Hill, Marc	9	13:33
6. Light, Dan	12	12:20	37. Helbush, Bill	10	13:33
7. Carvey, Scott	10	12:27	38. Carvey, Brad	11	13:34
8. Stradley, Steve	12	12:29	39. Miller, Jim	12	13:35
9. Coons, Al	11	12:33	40. Fetherolf, Gordon	9	13:39
10. Heartsner, Joe	11	12:34	41. Hallett, John	10	13:55
11. Furnari, Ralph	11	12:34	42. Freeman, Craig	9	13:56
12. Thompson, Mark	10	12:42	43. Niermeier, Bryce	10	13:58
13. Shaw, Kevin	12	12:42	44. Weeden, Tom	9	14:00
14. Regalado, Larry	10	12:49	45. Schug, Bob	10	14:01
15. Thomas, Lyle	9	12:50	46. Levesque, Rich	10	14:03
16. Hayes, Rich	10	12:54	47. Au, Bob	10	14:07
17. Haley, Terry	11	12:54	48. Kalvass, Pete	9	14:13
18. Rugge, Mike	12	13:03	49. Dempster, Paul	9	14:32
19. Herminghaus, Kim	10	13:04	50. Moorehead, Wayne	9	14:42
20. Fondacabe, Greg	10	13:09	51. Eaton, Mark	9	14:43
21. Simon, Ted	10	13:10	52. Wilson, Doug	9	14:46
22. Fetherolf, Jamie	10	13:12	53. Scott, Bill	10	14:52
23. Mulligan, Roark	10	13:14	54. Thomas, Lynn	9	14:56
24. Allen, Kent	9	13:15	55. Hall, Mike	10	14:03
25. Bufkin, Scott	11	13:16	56. Ferranti, Dennis	9	15:12
26. Mott, Wayne	11	13:17	57. Crowell, Chris	12	15:13
27. Smith, Dan	12	13:24	58. Zneimer, Al	9	15:22
28. Burley, Bill	11	13:24	59. Brown, Kevin	9	15:23
29. Hill, Jeff	9	13:24	60. Zempel, Dave	9	15:33
30. Wood, Dan	12	13:25	61. Gruman, Tim	10	15:34
31. Black, Russ	9	13:26	62. Graham, Paul	9	15:46

TOP RUNNERS BY CLASS - CRYSTAL SPRINGS COURSE STATISTICS

SENIORS

1. CHRIS CAREY	CARLMONT	11:21
2. Joe Whytock	Burlingame	11:43
3. Joe Montoya	St. Ignatius	11:52
4. Gene Amaya	Burlingame	11:56
5. Phil Ashford	San Carlos	12:01
6. Steve Sofos	Burlingame	12:03
7. Rick Nolan	San Carlos	12:04
8. Chuck Frosolone	St. Francis	12:06
9. Art Ting	Woodside	12:06
10. Greg Coleman	Palo Alto	12:07

JUNIORS

1. Bob McCarty	St. Francis	11:48
2. Tom Bales	Sequoia	11:52
3. Jim Finch	Mills	11:53
4. Randy Lawson	San Carlos	12:03
5. Chuck Tanski	Riordan	12:13
6. Vic Massa	Serra	12:16
7. Don Wells	Woodside	12:17
8. Matt Phillippe	San Carlos	12:23
9. Phil Cuzahus	Riordan	12:25
10. Dave O'Halloran	St. Francis	12:29
Randy Gruening	Aragon	12:29

SOPHOMORES

1. Randy Wetteland	Hillsdale	11:57
2. HANS TEMPLEMAN	CARLMONT	11:58
3. John Guerin	Riordan	11:59
4. John Marconi	Burlingame	12:04
5. Bryan Gieser	San Carlos	12:16
6. Rick Sofos	Burlingame	12:18
7. Bob Morris	Riordan	12:24
8. SCOTT CARVEY	CARLMONT	12:27
9. Mike Haniger	Mitty	12:35
10. Wayne Fazzino	Palo Alto	12:38

FRESHMEN

1. Jeff Holl	Riordan	12:51
2. Marty Botham	Hillsdale	12:57
3. Jose Arguello	Riordan	12:59
4. John Ryan	Riordan	13:00
5. Brooks Geiken	Wilbur	13:05
6. Harold Hawkins	Burlingame	13:06
7. Jim Whitley	Serra Monte	13:08
8. John Kaluska	Burlingame	13:12
9. Pete Clark	St. Ignatius	13:14
10. Dennis Martinez	Riordan	13:18

TOP FIVE RUNNERS IN S.P.A.L.

954	(Stanford)			1955	(Stanford)		
1.	Larrier, Ron	Palo Alto	10:10.4	1.	JENT, TOM	CARLMONT	10:18.0
2.	Hector	Jefferson	10:30	2.	Morrison, John	Palo Alto	10:22
3.	SPILMAN, CRAIG	CARLMONT	10:37	3.	Cathcart, Tom	Palo Alto	10:26
4.	JENT, TOM	CARLMONT	10:38	4.	SPILMAN, CRAIG	CARLMONT	10:28
5.	BARNEY, JERRY	CARLMONT	10:50	5.	Larrieu, Ron	Palo Alto	10:36
956	(Stanford)			1957	(Stanford)		
1.	JENT, TOM	CARLMONT	10:19	1.	Northway, John	Palo Alto	10:13
2.	Northway, John	Palo Alto	10:19	2.	Linn, George	Palo Alto	10:13
3.	Lee, Don	Lincoln	10:27	3.	Bearhrs, Jack	Palo Alto	10:24
4.	Whitson, Bill	Palo Alto	10:31	4.	Flora, Charles	Lincoln	10:28
5.	Linn, George	Palo Alto	10:32	5.	REAMS, JIM	CARLMONT	10:34
958	(Stanford)			1959	(Stanford)		
1.	Brady, Ric	Palo Alto	10:47	1.	Lehner, Mike	Palo Alto	9:43.5
2.	Finch, Jim	Palo Alto	10:49	2.	Lee, Ed	Palo Alto	10:17
3.	Staley, Tom	Palo Alto	10:56	3.	Brady, Ric	Palo Alto	10:23
4.	PETTY, BRIAN	CARLMONT	10:58	4.	Shade, Larry	Sequoia	10:26
5.	LeDOUX, RON	CARLMONT	10:59	5.	Edeler, Jim	Palo Alto	10:28
960	(Stanford)			1961	(Stanford)		
1.	KAMRAR, DAVE	CARLMONT	9:52.8	1.	Hewlett, Walt	Palo Alto	9:56.8
2.	Hewlett, Walt	Palo Alto	9:56.2	2.	Huff, Jim	Woodside	10:04
3.	O'BRIEN, PHIL	CARLMONT	10:12	3.	Hall, Jim	Palo Alto	10:07
4.	LARSEN, BRUCE	CARLMONT	10:16	4.	Cross, Harry	San Carlos	10:08
5.	McHURON, DAVE	CARLMONT	10:21	5.	Rye, Dan	Palo Alto	10:14
962	(Stanford)			1963	(Stanford)		
1.	Hileman	Palo Alto	9:53	1.	McCANN, MIKE	CARLMONT	9:51
2.	Hoyt	Cubberley	9:56	2.	McCANN, MARTIN	CARLMONT	9:57
3.	McKinley	Cubberley	10:01	3.	BRADFIELD, BILL	CARLMONT	9:58
4.	Hefner,	Sequoia		4.	Furst, Dave	Cubberley	10:00
5.	Furst, Dave	Cubberley		5.	Bruno, Ron	Cubberley	
964	(San Mateo College)			1965	(Crystal Springs)		
1.	McCANN, MIKE	CARLMONT	13:10	1.	McClennegan, Seve	Cubberley	12:44
2.	McCANN, MARTIN	CARLMONT	13:27	2.	Hunter, Richard	Gunn	12:49
3.	Bruno, Ron	Cubberley	13:33	3.	Lilly, John	San Carlos	12:49
4.	BRADFIELD, BILL	CARLMONT	13:47	4.	Williams, Bob	San Carlos	13:04
5.	WAKE, TOM	CARLMONT	13:52	5.	BRADFIELD, BILL	CARLMONT	13:04
966	(Crystal Springs)			1967	(Crystal Springs)		
1.	Hunter, Richard	Gunn	10:31	1.	CAREY, CHRIS	CARLMONT	11:49
2.	Enscoe, Jon	Palo Alto	10:34	2.	CAREY, PAT	CARLMONT	11:56
3.	Dailey, Mike	Sequoia	10:43	3.	WHITE, RON	CARLMONT	12:07
4.	CAREY, CHRIS	CARLMONT	10:45	4.	Bill Respini	Palo Alto	12:10
5.	Eisenlauer, Joe	Cubberley	11:01	5.	Mallory, Bob	Menlo Atherton	12:14
968	(Crystal Springs)			<u>SCHOOL RANKINGS BY COMPARING ABOVE LIST</u>			
1.	CAREY, CHRIS	CARLMONT	12:23	1.	CARLMONT	(27)	5. Sequoia (3)
2.	TEMPLEMAN, HANS	CARLMONT	12:44	2.	Palo Alto	(24)	6. Gunn (2)
3.	Ashford, Phil	San Carlos	12:49	3.	Cubberley	(7)	7. Woodside (2)
4.	Lawson, Randy	San Carlos	12:53	4.	San Carlos	(5)	8. Menlo Atherton (1)
5.	Ting, Art	Woodside	12:58				

CARLMONT HIGH SCHOOL CROSS COUNTRY SCHEDULE

- 1969 -

September 29 (Monday)	El Camino-Cupertino Sequoia-San Carlos	3:15 pm	CARLMONT
October 6 (Monday)	Wilcox-San Mateo, Palo Alto Los Altos-Hillsdale-Woodside	3:15 pm	CARLMONT
October 13 (Monday)	Homestead-Riordan Burlingame-Awalt	3:15 pm	CARLMONT
October 16 (Thursday)	Center Meet	2:30 pm	Crystal Springs
October 23 (Thursday)	Center Meet	2:00 pm	San Jose Area
October 25 (Saturday)	Susanville Invitational	10:00 am	Susanville, California
October 30 (Thursday)	Center Meet	2:30 pm	Crystal Springs
November 8 (Saturday)	(National 3-mile Postal Meet)	10:00 am	San Mateo College
November 14 (Friday)	SPAL CHAMPIONSHIPS	3:00 pm	Crystal Springs
November 21 (Friday)	C.C.S. Region I Championships	2:00 pm	Crystal Springs
November 26	C.C.S. Championships	3:00 pm	Crystal Springs
December 6 (Saturday)	(National 3-mile Postal Meet)	10:00 am	San Mateo College
December 12 (Friday)	Ninth Annual CARLMONT to San Carlos Turkey Trot	3:30 pm	CARLMONT

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CARLMONT HIGH SCHOOL

General Information

Superintendent	George P. Chaffey
Principal	Ivan Griffin
Dean of boys	Fred Mangini
Cross Country Coach	Loren L. Lansberry, (Home Phone 591-0471)
School Address	1400 Alameda, Belmont, California 94002
School Phone	415-369-1411, Ext. 13
Enrollment	2,403
Nickname	SCOTS
School Colors	Blue and Gray (white)
League	South Peninsula Athletic League
Other Member Schools	Cubberley, Gunn, Menlo-Atherton, Palo Alto, Ravenswood, San Carlos, Sequoia, and Woodside

When I was a child I spoke as a child and behaved like a child -
but when I became a man, I put away childish things. Or
rather, when I put away childish things - I became a man.

TRAINING AND PRACTICE PROCEDURES

To all those who are new to cross country this season, to all those who are returning for another season--a sincere welcome to the Carlmont cross country fold.

You are signing up for a team with tremendous success behind it and an even greater future ahead of it. The Carlmont cross country teams of past years have won more than their share of meets, and for the fifth consecutive year Carlmont has won the Sequoia District and SPAL League Championships. This year it is again possible to have one of the best teams in this area.

The record of the past was compiled by hard, some times disagreeable work; loyalty and team spirit; and just plain guts. Success never comes easily, and it won't this year. There will be fun, a tremendous sense of satisfaction, a share of that thing called "glory" maybe; but also there will be hard, discouraging work; work when it's cold; work when it's wet and windy; work when you'd rather play. There will be times when you'd like to quit but must keep trying.

If you can wholeheartedly fit yourself into this picture of work and success you belong on this cross country team. If you think it's not worth the sacrifice and effort, then do yourself, the coaches, and above all, the men who will make up the team, a favor by not signing up.

1. Your first responsibility after signing up for the team is to get your PHYSICAL EXAMINATION AND PARENTAL CONSENT SLIPS TO Mr. Mangini's office.
2. Uniforms (sweat clothes) will be issued the day you turn out for practice.
3. FOR ALL PRACTICE SESSIONS, ATHLETES WILL BE ON THE TRACK IN SWEAT CLOTHES BY 2:30 p.m. You warm up with your sweats on. When practice starts, you may remove sweats and run with trunks and "T" shirt.
4. AFTER your workout and during rest periods of a workout, ALWAYS PUT YOUR SWEAT CLOTHES ON. KEEP WARM. This will help you to prevent your coming down with colds, and will keep your muscles supple. Cold muscles could mean a strained or pulled muscle.
5. ALL athletes will report to the coach for their workout and will not go in for a shower until their workout is completed. (Report to coach before leaving the field).
6. THERE will be no horseplay during workout or in the shower room. PRACTICE IS NOT OVER until you leave the locker room to go home.
7. PRACTICE will begin September 1, 1969 at 2:30 p.m. No excuse from practice will be granted except for IMPORTANT REASONS WHICH MUST BE APPROVED BY THE COACH.
8. THOSE who think that they have a valid excuse for practice must contact the coach to receive permission to be excused from practice prior to the final bell at 2:15 p.m.
9. ALL athletes who cut practice once will be given a warning. Those who cut practice a second time will be dismissed from the squad.
10. NO one will be cut from the squad as long as they display an outstanding attitude and a willingness to work hard.
11. ALL athletes will compete in all meets during the season unless physically incapable of doing so.
12. On the bus traveling to and from any athletic contest, cross country athletes will conduct themselves in a manner reflecting well upon themselves and the school. Singing is permitted and encouraged provided the content of the song is in keeping with the spirit of the first sentence of this paragraph.
13. ALL workouts for EACH INDIVIDUAL will be posted on the cross country bulletin board in the locker room every morning before or during first period.
14. ALL ATHLETES are expected to cooperate with the coach in all ways. All athletes are expected to put forth maximum effort--both physical and mental--throughout the entire season. Any behavior which is not directed toward these ends is detrimental to both the team and the individual concerned.
15. BE HONEST with yourself on training habits. Late hours work a tremendous hardship on the human anatomy. Indulging in the taboos of smoking and intoxicating beverage is a sure way to concede your race. If you use such depressants, do yourself and conscientious teammates a favor by dropping from the cross country squad.

16. TRY and get at least nine hours of sleep a night. You are out for one of the most grueling of all sports. Sleep is as important as the proper food. You can only strengthen yourself and improve if your body has the proper rest to regenerate itself by rest after a difficult workout.
17. AFTER a hard workout or a tough cometic race, you are very tired and your resistance to disease and infection is at a very low state. This is the most dangerous time of the day for you. Don't go out that night. Stay home and go to bed. If you don't, you will risk a cold, pneumonia, or worse.
18. WHEN the weather gets colder, be sure you dry your hair will after a shower so that you don't catch cold when leaving the warm locker room to go home. Always wear a jacket and a hat on cold days so that you keep warm on the way home from practice.
19. DIET is very important to successful running. Your mother can help in your training diet by remembering the following rules: Feed you like a king for breakfast as breakfast is the most important meal of the day. (Protein) Eat like a duke for lunch. (Carbohydrates) Eat like a pauper for supper. A light evening meal is advisable as you engage in very little activity at night and the body just stores the food as fat. (Stuff yourself with carbohydrates is a good rule during training and competitive season.)
20. IF YOU must eat before you retire to bed, eat fruit. (Oranges, grapes, raisins, apples, etc.
21. I WOULD also recommend vitamin tablets each day plus one 100 mg tablet of Vitamin C daily.
22. IF YOU can't eat a big breakfast in the morning, it means you had too much to eat the evening before.
23. ALL injuries regardless of degree must be reported to the coach. You must also report to Mr. Mangini if you have received medical aid from a doctor for the injury if you desire the insurance to cover all or part of medical expense. This must be done withing five (5) days from the date of the injury.
24. ANY ATHLETE MAY AT ANY TIME BRING TO THE ATTENTION OF THE COACH ANY GRIEVANCE WHICH THEY AS ATHLETES, HONESTLY BELIEVE TO BE WORTHY OF ATTENTION.
25. IT IS your responsibility to keep academic grades up; however, if you are having a problem do not hesitate to notify your coach.
26. REMEMBER, the only way you can benefit from practice is to push yourself when you are tired. If you qit as soon as the first pain signals occur, you will not improve very much. The body adjusts to a remarkable extent when you puch yourself a little more each day. You must ignore the body's preliminary warning signals and gain the will and satisfaction of being mater of your body. Control your body. DON'T LET IT CONTROL YOU.
27. IN ORDER TO BE A CHAMPION, YOU MUST BE PREPARED TO PAY A FAR GREATER PRICE THAN YOUR OPPONENT WILL PAY.

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POINTS TO REMEMBER

1. Develop desire for WINNING! We're not working to loose.
2. Work on weaknesses and develop strong points.
3. Strive for perfection. Do everything perfectly.
4. Make sacrifices. DON'T BE THE ONE WHO LACKS THE CHARACTER TO SEE THE JOB THROUGH.
5. You get out of it what you put into it. Never give up.
6. Think of success in terms of team success--loyalty to school, to team and coach.
7. Get to practice on tim.
8. Don't ever be caught doing nothing.
9. No swearing or foul talking ever. Obscene language never made a man.
10. No alibis.
1. Representation on and off the track or course should be courteous and gentlemenlike. You are a representative of the cross country team of CARLMONT HIGH SCHOOL.
2. GO TO ALL CLASSES. If you miss a day be sure that you go and see the teacher and explain the situation, and find out what you have missed and what has to be made-up.

CHAMPIONSHIPS WON BY CARLMONT CROSS COUNTRY TEAMS

			Total
1954	Varsity	League Champs N.C.S. Group IV, N.C.S. Champs	3
1955	Varsity	Runner-up in League, 2nd Group III, 3rd N.C.S. Finals	0
1956	Varsity	Runner-up in League, Group III Champs, 2nd N.C.S. Finals	1
1957	Varsity	Runner-up in League, 3rd N.C.S. Finals, State Meet	0
	Frosh-Soph	League Champs	1
	Jr. Varsity	League Champs	1
1958	Varsity	Runner-up in League, N.C.S. Group V Champs, 2nd N.C.S. Finals	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1959	Varsity	Runner-up in League, N.C.S. Group V Champs, 7th N.C.S. Finals	1
	Frosh Team	League Champs	1
1960	Varsity	League Champs, N.C.S. Group V Champs, 2nd N.C.S. Finals	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1961	Varsity	Runner-up in League	1
	Soph Team	League Champs	1
	Frosh Team	League Champs, Terra Nova Invitational Champs	2
1962	Varsity	Runner-up in League, N.C.S. Group VIII Champs, 4th N.C.S. Finals	1
	Jr. Varsity	League Champs	1
	Soph Team	League Team	1
	Frosh Team	League Team	1
1963	Varsity	League Champ, N.C.S. Group V Champs, N.C.S. Champs	3
	Soph Team	League Champs	1
1964	Varsity	League Champs, N.C.S. Group VII Champs, 2nd N.C.S. Finals	2
	Jr. Varsity	League Champs	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1965	Varsity	League Champs	1
	Jr. Varsity	League Champs	1
	Soph Team	League Champs	1
	Frosh Team	League Champs	1
1966	Varsity	League Champs, C.C.S. Group III Champs, 3rd C.C.S. Finals	2
	Jr. Varsity	League Champs	1
	Soph Team	League Champs	1
1967	Varsity	League Champs, 2nd Region I C.C.S., 4th C.C.S. Finals	1
	Jr. Varsity	League Champs, Region I C.C.S. Champs	2
	Soph Team	Region I C.C.S. Champs	1
	Frosh Team	League Champs, Region I C.C.S. Champs	2
1968	Varsity	Runner-up in League, 4th Region I, 5th C.C.S. Finals	1
	Jr. Varsity	League Champs	1
	Soph Team	League Champs, Region I C.C.S.	2
	Frosh Team	League Champs	1
TOTAL			50

VARSITY ALL-TIME DUAL MEET RECORD

Year	Won	Loss	Tie	Year	Won	Loss	Tie
1954	11	0	1	1962	7	2	0
1955	7	2	0	1963	12	0	0
1956	6	0	0	1964	6	0	0
1957	5	1	0	1965	8	0	0
1958	9	1	0	1966	9	4	0
1959	4	5	0	1967	9	1	0
1960	9	0	0	1968	5	4	0
1961	6	1	1	TOTALS	107	15	2

VARSITY ALL-TIME (OVER ALL) WON LOSS

Year	Won	Loss	Tie	Year	Won	Loss	Tie
1954	17	0	1	1962	38	7	0
1955	14	4	0	1963	49	1	0
1956	16	1	1	1964	35	1	0
1957	15	3	0	1965	23	10	0
1958	20	1	0	1966	24	5	0
1959	25	8	0	1967	34	4	0
1960	43	3	1	1968	27	8	0
1961	26	7	1	TOTALS	377	55	4

ALL TIME CARLMONT HIGH SCHOOL CROSS COUNTRY RANKINGS

CARLMONT LONG COURSE 2.0 MILES

.. As of September 1, 1969 ..

<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>	<u>NAME</u>	<u>CLASS</u>	<u>TIME</u>	<u>YEAR</u>
1. Carey, Chris	12	9:27	1968	54. Bronson, Dick	10	11:05	1954
2. McCann, Mike	12	9:38	1964	55. Trogdon, Jim	12	11:06	1962
3. McCann, Martin	12	9:52	1964	56. Bosse, Jim	11	11:07	1964
4. Carey, Pat	12	9:59	1967	57. Walters, Kent	12	11:07	1962
5. Wake, Tom	11	10:07	1964	58. O'Brien, Phil	12	11:07	1960
6. Jent, Tom	12	10:09	1956	59. Fritz, Bill	12	11:07	1960
7. Mills, John	12	10:11	1964	60. Bates, Ron	11	11:09	1965
8. Bradfield, Bill	12	10:12	1965	61. Moon, Greg	11	11:09	1965
9. Reams, Jim	12	10:14	1958	62. Merritt, Doug	12	11:11	1961
10. Templeman, Hans	10	10:15	1968	63. Allen, Jim	11	11:12	1956
11. Haley, Marion	12	10:16	1958	64. Crowell, Chris	11	11:14	1966
12. White, Ron	12	10:21	1967	65. Dixon, Jim	11	11:16	1961
13. Nichols, Ken	12	10:22	1964	66. Ziphel, Don	11	11:17	1955
14. Walsh, Dave	12	10:24	1965	67. Convey, Bob	11	11:18	1958
15. Allen, Mark	11	10:25	1967	68. Darling, Bill	11	11:19	1964
16. Kamrar, Dave	12	10:25	1960	69. LeDoux, Ron	11	11:19	1958
17. Fassett, Howard	12	10:29	1964	70. Miller, Jim	12	11:20	1967
18. Kennedy, Bob	12	10:31	1966	71. Towne, Doug	11	11:20	1958
19. Joe Heartsner	11	10:34	1967	72. Greiss, Larry	12	11:22	1966
20. Larson, Gary	12	10:34	1963	73. Grandfield, Larry	12	11:22	1964
21. Long, Grant	11	10:34	1961	74. Madden, Rich	11	11:22	1959
22. Eaton, Bruce	11	10:36	1965	75. Wood, Dan	12	11:23	1968
23. Spilman, Craig	12	10:37	1955	76. Helwig, Tom	11	11:25	1966
24. Green, Jon	12	10:39	1965	77. Russell, Larry	12	11:25	1962
25. Bradfield, Henry	11	10:41	1965	78. Klose, Bill	11	11:25	1955
26. Sandin, Jack	11	10:43	1962	79. Carvey, Brad	12	11:27	1968
27. Merz, John	12	10:43	1965	80. Smith, Dan	11	11:27	1967
28. Higbee, Steve	12	10:43	1961	81. Gress, Gerald	11	11:27	1960
29. Montante, Gary	12	10:43	1965	82. Couch, Jerry	12	11:29	1957
30. Nichols, Stan	12	10:45	1966	83. Werder, Gil	11	11:29	1955
31. Hegarty, Ron	12	10:47	1959	84. Burley, Bill	11	11:30	1967
32. Jenkins, Earl	12	10:50	1965	85. Fong, Steve	12	11:30	1963
33. Daubert, Steve	12	10:50	1963	86. Sheldon, Barry	12	11:30	1958
34. McHuron, Dave	12	10:50	1960	87. Bufkin, Scott	11	11:34	1968
35. Day, Jim	12	10:50	1959	88. Benson, Gene	11	11:34	1967
36. Coons, Al	12	10:51	1969	89. Leopold, Gary	11	11:35	1965
37. Light, Dan	12	10:51	1967	90. Binetti, Brent	12	11:51	1965
38. Shaw, Kevin	12	10:52	1968	91. Bonney, Steve	10	11:31	1957
39. Frost, Don	11	10:52	1963	92. Mason, Tim	12	11:35	1961
40. Barney, Jerry	12	10:52	1955	93. Smith, Harley	12	11:38	1954
41. Stradley, Steve	12	10:53	1967	94. Ferranti, Gary	11	11:39	1968
42. Larson, Bruce	12	10:54	1960	95. Weiler, Pete	12	11:40	1960
43. Quick, John	11	10:54	1958	96. Mott, Wayne	11	11:41	1968
44. Rugge, Mike	12	10:57	1959	97. Crane, Rich	11	11:42	1963
45. Bernal, Clyde	11	10:58	1964	98. Balestrero, Dan	11	11:43	1965
46. Ragsdale, Tod	12	11:00	1959	99. Talamentez, Art	11	11:45	1964
47. Petty, Steve	12	11:00	1955	100. Martino, Gary	11	11:47	1964
48. Boccio, John	12	11:01	1966	101. Trekell, Doug	11	11:48	1961
49. <u>E</u> urnari, Ralph	12	11:02	1968	102. Bartlett, Gary	11	11:52	1958
50. Robinson, Dave	12	11:02	1959	103. Phillips, Dennis	11	11:54	1961
51. McCartney, Jack	12	11:03	1959	104. Mobley, Dennis	11	11:55	1964
52. Haley, Terry	11	11:04	1968	105. Helstrup, Don	11	11:56	1956
53. Petty, Brian	12	11:04	1959	106. Daubert, Chris	11	12:04	1966

ALL TIME SAN MATEO COUNTY TWO MILERS

Eugenio Amaya	12	Burlingame	9:11.9	1969	11. Carols Prieto	12	Jefferson	9:27.0	1964
Arvid Kretz	12	Mills	9:11.0	1968	12. Marcel Hetu	12	Hillsdale	9:28.0	1962
CHRIS CAREY	11	CARLMONT	9:12.2	1967	13. Whytock, Joe	11	Burlingame	9:29.0	1968
Steve Sofos	11	Burlingame	9:14.4	1968	14. MARTIN McCANN	12	CARLMONT	9:30.2	1964
MIKE McCANN	12	CARLMONT	9:18.1	1964	15. Bill Yaley	12	Serra	9:32.0	1959
Larry Winward	12	Hillsdale	9:24.8	1961	16. Steve Denny	12	Mills	9:34.0	1967
Jim Finch	11	Mills	9:24.8	1969	17. TOME WAKE	11	CARLMONT	9:40.0	1964
Ted Lydon	12	San Mateo	9:26.5	1966	18. BILL BRADFELD	11	CARLMONT	9:43.0	1965
Rick Jurgens	12	Mills	9:26.5	1967	19. DAVE KAMRAR	12	CARLMONT	9:43.0	1960
Dan Vincent	12	Tera Nova	9:26.7	1962	20. Ralp Likens	12	Hillsdale	9:43.0	1960
					21. HANS TEMPLEMAN	10	CARLMONT	9:44.5	1968

TOP 10 SCHOOL WITH ALL NORTHERN CALIFORNIA SELECTIONS

Palo Alto	(2) 27	4. Clayton Valley	(4) 9	7. Miramonte	10	10. Los Altos	(7) 9
CARLMONT	(1) 26	5. Homestead	(5) 10	8. Berkeley	8		
Hillsdale	(3) 10	6. Wilcox	8	9. Washington	(6) 8		

CARLMONT RUNNERS WHO HAVE MADE THE ALL NORTHERN CALIFORNIA TEAM

1954	1955	1956	1957	1958
Craig Spilman	Tom Jent	Tom Jent	Jim Reams	Jim Reams
Tom Jent	Craig Spilman	Jim Allen	John Quick	Marion Haley
Jerry Barney				
1959 Harley Smith	1960	1961	1962	1963
Dick Bronson	Dave Kamrar		Mike McCann	Mike McCann
	Grant Long			Martin McCann
				Bill Bradfield
1964	1965	1966	1967	1968
Mike McCann		Chris Carey	Chris Carey	Chris Carey
Martin McCann				
Tom Wake				

RESULTS OF TWO MAN 10 MILE RELAY

REGIONAL SCHOOL RECORD

Lloyd Apgar--Otis Martin, Lincoln, San Diego
43:38.7 1966 (65.5 per quarter-average)

CARLMONT SCHOOL RECORD

Mike McCann--Martin McCann, 44:09.7 1964

CALIFORNIA STATE RECORD

Same as above

SPAL RECORD

Same as above

NATIONAL LIST OF ALL TIME RUNNERS UNDER 9 MINUTES

TIME	NAME	BIRTH	DATE
1. 8:41.6	Steve Prefontaine (Marshfield, Coos Bay, Oregon)	] /25/5]	4/25/69
2. 8:48.4	Rick Reley (Ferris, Spokane, Washington)	3/5/48	5/28/66
3. 8:53.6	Gerry Lindgren (Rogers, Spokane, Washington)	3/9/46	6/5/64
4. 8:54.6	Pete Romero (Reedley, California)	6/8/48	3/10/67
5. 8:55.2	Fred Ritcherson (Salesian, Los Ang les)	2/8/50	6/14/69
6. 8:55.2	Mark Hiefield (Milwaukee, Oregon)	7/27/51	6/14/69
7. 8:55.4	Tim Danielson (Chula Vista, California)	12/3/47	6/18/66
8. 8:56.4	Scott Hiles (Madison Heights, Anderson Idiana)	2/7/50	6/15/68
9. 8:56.8	Rich Elliott (Proviso West, Hillside, Illinois)	1/2/50	5/11/68
10. 8:57.0	Ralph Gamez, (Berkeley, California)	4/6/48	6/18/66
11. 8:57.0	Ruben Chappins (Excelsior, Norwark, California)	9/16/51	6/7/69
12. 8:57.8	Mike Ryan (Wilcox, Santa Clara, California)	1/8/47	11/7/64
13. 8:59.0	Ron Johnson (West Torrance, California)	9/15/52	6/7/69
14. 8:59.8	Dave White (El Modena, Orange, California)	3/4/52	6/7/69

AT CARLMONT TEAM TIME ON LONG COURSE (continued from page 8)

				1968				
ey, Pat	9:59	Allen, Mark	10:25	Carey, Chris	9:27.0	Coons, Al	10:51	
ey, Chris	10:04	Heartsner, Joe	10:34	Templeman, Hans	10:15	Shaw, Kevin	10:52	
te, Ron	10:21		51:23	Allen, Mark	10:34		51:59	

AT FOREIGN TEAMS

Westead-----50:07---1968

Burlingame-----50:41---1968

ALMONT SHORT COURSE 1.5 MILES (continued from page 10)

1. Hessler, Jim	10	10:49	1957	230. Bettinger, Bob	10	11:04	1963
2. Morell, Gary	9	10:50	1962	231. Roybal, Ervin	9	11:06	1966
3. McDonald, Mike	10	10:50	1957	232. Link, Alan	10	11:06	1956
4. Mehl, Tom	9	10:51	1965	233. Price, Vince	9	11:09	1956
5. Kosloski, Mike	10	10:52	1960	234. Lye, Jim	9	11:10	1963
6. Woodson, Jack	9	10:53	1955	235. Graham, Mark	9	11:13	1967
7. Burakiewicz, Mike	9	10:54	1966	236. Mayer, Bob	10	11:17	1963
8. Whitaker, Robert	9	10:54	1959	237. Abell, Craig	10	11:24	1964
9. Cuneo, Dave	9	10:56	1967	238. Collin, Rick	10	11:26	1961
10. Castronova, Bob	9	10:56	1967	239. Falt, Jeff	10	11:41	1958
11. Neimeir, Bryce	9	10:56	1967	240. Grabowski, Fred	9	11:41	1961
12. Whitehead, Don	9	10:56	1963	241. Nash, Jim	10	11:46	1964
13. Ronberg, Phil	9	10:57	1955	242. Briner, Wayne	9	11:54	1964
14. Backus, Charles	10	10:58	1955	243. Speed, Phil	9	11:57	1964
15. Gahagen, Jim	9	10:59	1961	244. Wade, Fred	9	12:57	1958
16. Rinaldi, Bruce	10	11:00	1958	COURSE RECORD: Mike Ryan, Wilcox H.S. 8:02.4-1962			
17. Larsen, Jim	10	11:01	1959	TEAM RECORD: CARLMONT HIGH SCHOOL 42:40.0-1962			
18. Lorenzen, Dave	10	11:03	1959	Foreign Team Record: Wilcox H.S. 43:17.4-1962			
19. Gould, Rich	10	11:03	1959	1968 42:49.0-1968			

AL TIME CARLMONT TWO MILE RANKINGS (continued from page 16)

17. Phillips, Dennis	10	11:38	1961	137. Hall, Mike	9	12:06	1967
18. Hill, Marc	9	11:38	1969	138. Zempel, Dave	9	12:10	1969
19. Fox, Dave	10	11:40	1957	139. Mehl, Tom	9	12:12	1965
20. Shirey, Gary	11	11:41	1969	140. Eaton, Mark	9	12:22	1965
21. Anglin, Bob	10	11:45	1966	141. *Bellinis, Wayne	10	12:13	1965
22. Rinamon, Bill	12	11:46	1959	142. Moorehead, Wayne	9	12:26	1968
23. Rivera, Ed	9	11:46	1955	143. Anderson, Tom	9	12:34	1965
24. Pubols, Dan	10	11:47.6	1969	144. Madden, Glen	10	12:36	1968
25. Cuneo, Dave	10	11:49	1968	145. Proctor, Ed	10	12:36	1968
26. Thomas, Lynn	9	11:51	1967	146. Budd, Bill	9	12:43	1965
27. Fletcher, Lex	9	11:52	1965	147. Graham, Paul	9	12:48	1967
28. Kalvass, Pete	9	11:52	1967	148. Gruman, Tim	10	12:51	1967
29. Neimeire, Byrce	9	11:54	1968	149. Zneimar, Dave	9	12:56	1968
30. Weeden, Tom	9	11:55	1968				
31. Dempster, Paul	9	11:57	1968				
32. *Hallet, John	9	11:54	1968				
33. Unger, Dorrian	12	11:57	1960				
34. Parvin, Glen	11	11:58	1960				
35. Au, Bob	10	11:59	1969				
36. Coel, Jack	9	12:05	1961				

