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# 4th ANNUAL EAST BAY TRACK & FIELD ASSOC. "ALL EAST-BAY" CROSS COUNTRY SELECTIONS..... #  
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PRESS RELEASE.....DEC. 7, 1970..... Bob McGuire..Reedg.Secty. (228-2463 home)(934-6746 school)

The FOURTH ANNUAL "ALL EAST-BAY" High School Cross Country team has finally been selected through the efforts of rating sheets, performance records, and opinions of a panel of a half dozen or more Bay Area coaches, representing the East Bay Track and Field Association. This year, as was the case in the past year, a First team of 10 harriers was chosen, with a Second team, as well as an honorable mention listing, made also. The fact that the top 6 teams in the North Coast Section CIF Finals were all from the East Bay area attests to the strength of this area and the preponderance of top flight high school distance runners. This year's TOP TEN has three repeaters, with one of them (Tom HALE) making this his 4th year on the mythical team!

FIRST TEAM ALL EAST-BAY

- JIM ANDERSON.....DVAL Invitational Champion, 2nd in DVAL (strongest league in North Coast), 4th (Ignacio V.) in Division II, and a very outstanding 2nd in the North Coast Finals...pushing Mork all of the way. A Senior. Led team to 3rd in N.C.S. team standings.
- RON GENSCHMER....A repeater from last year's team. Hayward League champion, his only losses came (Sunset) at the hands of Mork in the Modesto Invitational and Division I meet before finishing 8th in the North Coast Championships. A Senior. A State Meet miler in '70.
- BOB GRUBBS.....A state meet two miler last spring, Grubbs was the second part on a lethal 1-2 (Washington of Fremont) punch on the fine Washington team which grabbed 4th in the N.Coast Finals. A sub 9:30 two miler on the track, he placed 3rd in Div.I and 5th in the NCS Finals. A Junior.
- TOM HALE.....A state meet two miler in 1969 and 1970 and undefeated throughout the entire (Campelindo) 1969 cross country season, this 9:08 two miler was hobbled most of the season this year but came back from a month's inactivity to win the Foothill League crown, cop 5th in Div.II and then place 10th in the Finals. A Senior.
- BRIAN KING.....Pleasant Hill Invitation and ~~DVAL~~ Div. II champion. 3rd in DVAL and 8th in (Mt.Diablo) NCS Championships. Helped lead Diablo to 2nd N.C.S. title. A Junior.
- MIKE KNOTT.....A second team member last year, this runner gets better as the distance gets (Mt.Diablo) longer as is attested by his 2:43:21 marathon of last winter. 7th in DVAL, 2nd in Div.II, he led Diablo's charge with a 6th in NCS finals. A Senior.
- JERRY METCALF....Runner-up in Hayward League, 5th in Div.I and 7th in NCS finals. A state meet (Arroyo) performer in last spring's two mile run. A Senior.
- CHUCK MORK.....Repeater from last year's first team. Undefeated in North Coast Competition (Washington of Fremont) winning the MVAL, Div.I, and NCS titles. Also winner of the Sacramento State, Modesto Invitational, and Terra Nova Invitationals. Best of 9:12 on track this season for two miles. A Senior.
- TIM TYLER.....2nd in the Foothill League behind Tom Hale, 3rd in Pleasant Hill Invitational, (Piedmont) 4th fastest time at Terra Nova, and 7th in Div.II meet. Did not run in NCS since team did not qualify. Set 5 course records this season. A Junior.
- GREG WALTON.....DVAL champion. This member of last season's #2 team, was runner-up in DVAL Invit. (College Park) 3rd in Div.II and 13th in NCS Championships. Was North Coast "B" two mile champion last spring. A Senior.

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SECOND TEAM ALL-EAST BAY

Please turn to next page for the Second Team as well as the Honorable Mention listings.

SECOND TEAM ALL EAST-BAY

ALBINO AMADOR (Sr) Pittsburg.....3rd DVAL Invit; 5th Modesto Invit; 5th DVAL; 12th N.C.Div.II.

FERMIN BACA (Sr) Pleasant Hill...6th P.H. Invit; 4th DVAL; 11th N.C.Div.II

DENNIS BELL (Sr) Ygnacio Valley..6th DVAL Inv; 8th DVAL; 15 N.C.Div.II; 17th N.C.S. Finals

DALE CADWALLADER(Sr) Alameda.....4th ACAL; 12th Div.I; 19th N.C.S. Finals

BAILEY CLARK (Sr) El Cerrito.....5th ACAL; 9th Div.I; 14th N.C.S. Finals

TERRY HENSHAW (Sr) Amador.....1st EBAL; 6th Div.II.

BOB IMMETHUM (jr) Alameda.....2nd ACAL; 7th Div.I; 26th N.C.S. Finals

MIKE KNCHELOE (Jr.) Mt.Diablo....5th P.H. Invit; 14th DVAL; 8th Div.II; 15th N.C.S.Finals

LESTER MINA (Sr.) Alameda.....6th ACAL; 13th Div.I; 20th N.C.S.Finals

JERRY OLIVER (Sr.) Alameda.....3rd ACAL; 10th Div.I; 16th N.C.S.Finals(led Alameda to 2nd in  
N.C.S team standings)

JESSE SMITH (Jr.) Antioch.....6th DVAL; 9th Div.II; 12th N.C.S.Finals

JOE TAXIERA (Sr.) Alameda.....1st ACAL; 6th Div.I; 24th N.C.S. Finals

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HONORABLE MENTION

JOE BRENNICK (Jr.) Ygnacio Valley...Guy DANA (Sr.) Acalanes...Tim DOCHEFF (Sr.) Ygnacio Valley..

Tom FAZEKAS (Sr.) Pittsburg...Mike KELLY (Jr.) Antioch...Ralph LOZOYA (Jr.) Irvington...

Scott MacTAVISH (Sr.) Pleasant Hill...Rich MONTOOTH (Sr.) Irvington...Curt MOULTON (Jr.) Camp-

olindo...Mike PINNOCI (Soph) Washington of Fremont...John SMAILES (Sr.) Mt.Diablo...Rich

STERNBERG (Sr.) Washington of Fremont...Dave THOMAS (Soph) Mt.Diablo...Steve TRAUTNER (Sr.)

Skyline...Scott WOOD (Sr.) Castro Valley.

\*Members of the 1st and 2nd teams will receive the traditional EBTF certificates.