

SPAL

x-country

results

VARSIITY

Daniel (S) 10:00.7, Patrick (S); Barbour (M-A); Yost (M-A); Huggins (G); Krebs (G); Thompson (S); Bay (G); Cooper (S); Wruke (W); Scaroni (W); Kellogg (G); Rado (G); F. Cortez (S); Oates (S).

TEAM SCORES: Gunn 51:19.2, Sequoia 52:05.1, M-A 53:57.1, Woodside 55:24.1, Cubberley incomplete.

SOPHOMORE

MacMitchell (G) 9:39.1; Lawson (G); Logan (C); S. Gupfill (G), B. Gupfill (G); Lewis (M-A); Latimer (G); Nelson (G); Lambert (M-A); Shabata (M-A).

TEAM SCORES: Gunn 53:20.1, M-A 58:04.5, Sequoia 60:54.5, Cubberley incomplete.

FRESHMAN

Gieken (W) 10:48.6; Cortez (S); Ebnother (T); Poole (W); Emory (T); Gallott (W); Llewellyn (W); Vigil (S); Crevelt (W); Miller (T).

TEAM SCORES: Woodside 57:32, Terman 57:51.6, M-A 60:30.2, Wilbur 64:47.2, Sequoia incomplete.

Gunn 'Sophs'

Sequoia Spikers

By BILL HARKE
Tribune Sports Writer

When Carlmont High, host of this week's cross country postal meet, invited only one

other SPAL team, San Carlos, the other six schools in the league had nowhere to go.

But then Plato Yanicks, coach of the Menlo-Atherton cross-country team, decided to hold another postal meet.

Thursday afternoon five of the six (Palo Alto didn't show) traveled to Menlo College to hold their own postal meet, and after it was over Gunn, behind a great performance by sophomore Gordon MacMitchell, claimed the varsity division title due to a special scoring system used in postal meets.

In postal meets, the times of the top five runners in all races are totaled and the team with the lowest time is the winner.

Sequoia would have won the meet Thursday if the normal scoring system had been used, as the Cherokees had 33 team points to Gunn's 57.

But with MacMitchell's time in the sophomore race of 9:39.1 seconds over the two-mile course being faster than varsity winner Mark Daniel of Sequoia, Gunn was able to claim the win.

Gunn's team time was 51:19.2 to Sequoia's 52:05.1.

The team times are sent to Kansas and are compared with cross country teams throughout the United States, and a national rating is derived from them.

According to meet director Yanicks, "Gunn's time should be good enough to put them in the top 40 nationwide, although it's a mediocre time for the state."

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X-Country Powers Vie On SJ Oval

SAN JOSE — Carlmont High School will host the cream of the area's high school cross country crop Saturday morning when the Scots stage a postal meet on San Jose State's Spartan track.

Running will begin at 10 a.m. and all races will be two miles.

The results of postal meets are sent into Track and Field News and are tabulated along with results of similar postal meets throughout the nation. At the end of the season, Track and Field News publishes a national ranking of the high schools.

Carlmont coach Loren Lansberry has only invited the top teams around to compete in this meet, feeling a small number of runners will allow for better times.

Lansberry reports there is a chance of the national team postal record (the combined times of a school's top five runners) of 47:11.22 being bettered.

Lansberry also feels his undefeated Scots have a good shot at setting a San Mateo County record, which is now held by Burlingame's 1968 team with a time of 47:43.2.

The Carlmont coach listed his squad as the team to beat, although he expects plenty of competition from Willow Glen, Mira Loma of Sacramento (tentative) and Mt. Diablo, which are undefeated.

San Carlos is the only other SPAL team invited, but the Don chances took a serious dip this week as coach Jim Luttrell announced that Matt Yeo is lost for the rest of the year with "the next thing after shin splints."

Running Bears Take 3rd Barbour, Yost Star

In a meet held last Thursday at Menlo Junior College, the Menlo-Atherton High varsity cross country squad took third place.

The Bears team total was 53:57.1 which left them behind first place Gunn and second place Sequoia.

M-A's John Barbour and Doug Yost again led the Bears. Barbour was the first Bear finisher, finishing third overall. Yost placed second for the Bears, and was right behind Barbour with a fourth overall.

Dan Meub placed twentieth with a time of 11:09.0. Arthur Middel

finished twenty first with a time of 11:10.

In the two mile run, the only event of the meet, Sequoia captured both first and second places. Sequoia however failed to win the meet because of the consistency of the Gunn runners.

In the junior varsity competition, M-A took second behind Gunn. The

TEAM TIMES:

1. Gunn:	
McMitchell	9:39.1
Huggins	10:20.5
Lawson	10:23.0
Krebs	10:26.3
Bay	10:30.3

51:19.2

2. Sequoia	
Daniel	10:00.7
Patrick	10:05.1
Thompson	10:29.0
Cooper	10:38.0
Cortez	10:52.3

52:05.1

best Bear placer was Lewis, who took sixth place. The Bears had a team total of 58:03.5 which was 44 seconds behind champion Gunn.

The freshmen took third with a total time of 60:30.2. Champion Woodside had a total time of 57:32.0.

Meet results stand as follows with individual times indicated.

3. M-A:	
Barbour	10:07.0
Yost	10:19.1
Meub	11:09.0
Middel	11:10.0
Lewis	11:12.0

53:57.1

4. Woodside	
Wrucke	10:38.0
Scaroni	10:40.1
Poole	11:08.5
Gallott	11:28.5
Llewallyn	11:29.0

55:24.1

VARSIITY:

1. Daniel, Mark	Seq	10:00.7
2. Patrick, Greg	Seq	10:05.1
3. Barbour, John	MA	10:07.0
4. Yost, Doug	MA	10:19.1
5. Huggins, John	Gunn	10:20.5
6. Krebs, Dale	Gunn	10:26.3
7. Thompson, Al	Seq	10:29.0
8. Bay, John	Gunn	10:30.3
9. Cooper, Bob	Seq	10:38.0
10. Wricke, Chester	Wood	10:38.0
11. Scaroni, Joe	Wood	10:40.1
12. Kellogg, Fred	Gunn	10:41.9
13. Rado, Greg	Cubb	10:49.5
14. Cortez, Frank	Seq	10:52.3
15. Oates, Mike	Seq	11:01.1
16. Gallagara, Kemi	Seq	11:02.5
17. Porceu, Pat	Cubb	11:06.0
18. Rado, Gordon	Cubb	11:07.5
19. Rodriguez, Desi	Seq	11:09.0
20. Meub, Dan	MA	11:09.0
21. Middel, Art	MA	11:10.0
22. Hausler, Mark	MA	11:13.0
23. Wong, Harry	MA	11:20.4
24. Bagshaw, Dave	Gunn	11:28.8
25. Ross, Kirk	Gunn	11:28.8
26. Meneweather, Earl	MA	11:31.0
27. Prentice, Lex	Gunn	11:34.7
28. Rose, Matt	Wood	11:45.5
29. Miller, Cam	MA	11:45.5
30. Rayer, Scott	Cubb	11:46.0
31. Neauman, John	Wood	12:01.8
32. Reider, Rich	Wood	12:06.5
33. Wear, John	Wood	12:09.0
34. Struffenegger, P.	Wood	12:10.3
35. Endsley, Steve	Gunn	12:20.2
36. Helmke, Rick	MA	13:01.9
37. Tattee, Rich	Wood	13:17.1
38. Rubin, Mitch	Gunn	13:45.7