



The weather turned beautiful...crystal clear with a brisk north-west wind and despite a damp course from the day before rain, the setting for the North Coast Division II meet was superb. The Frosh Soph race saw 100 runners toe the line and the hosting RAMS did a fine job...a near doormat all season long, the RAM frosh soph outfit gained 7th out of 14 teams and soph KEN TAMPLIN earned the right to move into next Wednesday's

North Coast Finals off of his 4th place finish. Freshman ALAN McDONALD ran his life-time best of 10:54 to finish 25th and RON REESE ran his best ever with an 11:14. All in all, our FROSH*SOPH did a fine job. Diablo, the defending champ, came through this time with all guns blazing away.

At 4 p.m., 14 Varsity teams lined up for the race to Vallejo (top 4 go to Finals at Vallejo). The Rams, plagued by failure upon failure all season seemed to be "ready" both physically and mentally for this one. They would have a fight on their hands however. Both Diablo and Ygnacio who had tie a week earlier were just about out of reach...and Antioch seemed to have our number although up to now it had been how great Antioch had been but rather NOW POOR WE HAD BEEN.

The FAL champ Campolindo with the two time Divisional Champ Tom Hale would be there as would be EBAL champion Anador and FAL runner-up Piedmont. The Rams started well but seemed to wilt a little at the two mile mark. No reason to panic. Just 2 weeks ago under a faster footing on this same course, the Rams had run a lack-luster meet against Ygnacio with a total 5 man team time of 77:08 and this should certainly be good enough to make the top 4. Over the final mile the old JINK OF '70 reared its ugly head and did in the Rams again. One thing, we have except for one brief instance in our PH Invitational of Oct. 24th, done one thing consistantly... we have become consistantly worse in each and every meet...just as the team of 60 seemed to have the capacity for doing....and so we died an inglorious death....fading into the quicksand of defeat and humility much like the jugernaut of 1961 and the scrappy but wanting team of '64.

The RAMS place a miserable, stinking, unexcusable FIFTH (5th)...7 points out of the "money".

Our team time was 77:46 !!!...36 seconds SLOWER than two weeks ago...Kow's that for "doing-the-job"?????

It's hard to explain away such break-downs. It happens to all squads some times. It's frustrating and the real cuazes sometimes take a long time in identifying.

One thing for sure...AN ERA HAS COME TO PASS. This marks the first time in SIX years that the Rams do not advance a team into the North Coast Finals. This is the 5th time in the Ram's 13 year history and tradition that we do not have a team in the Finals. Not a tragedy...but certainly not a mark that was in keeping with this team's potential despite the cruel series of "no-shows" and injuries that robbed this squad of some of its most needed manpower. FINIS.

VARSITY

Diablo...47	1. Bryan KING(D) Jr.. 14:36.6*
Ygnacio...84	2. Mike KINTT(D) Sr.. 14:39
Antioch...97	3. Greg WALTON(CP) Sr. 14:41
Campolind. 127	4. Jim ANDERSON(YV) Sr. 14:49
RAMS.....134	5. Tom HALE(CI) Sr... 14:54
Anador...152	6. T. WENSHAWY (Am) Sr. 14:55
Piedmt...175	7. Tim TYLER (pmt) Jr. 14:59
Pittsbrg. 257	8. M. KINCHELOE(D) Jr. 15:08
Alhambra. 265	9. Jesse SMITH (Ant) Jr. 15:01
Miramnte. 285	10. Mike KELLY (Ant) Jr. 15:03
Livermore 286	11. FERM BACA -Sr..... 15:05
San Ram.. 310	21. TOM CHAVEZ -Jr.... 15:20
Dublin... 320	24. SCT. MacTAVISH -Sr. 15:24
Granada.. 338	30. MARK ROBINSON -Jr. 15:44
	48. GLENN PARKER -Sop. 16:14
	52. GUY CHMBRLN -Sr... 16:19
	64. DENNIS HONDA -Sr.. 16:34

FROSH-SOPH

Daiblo...52
Campolindo. 100
Ygnacio...113
San Ramon. 117
Clayton V. 126
Livermore. 136
RAMS.....174
Coll. Park. 233
Liberty... 289
Miramnte.. 290
Piedmt. 315
Albany. 321
MenteV. 324
Granada. 338

sns. best
life best
life best

2.0 miles

1. Mike DAYTON(SR) Soph.. 10:10.9*
2. Chris BOURKE (Liv) Sop. 10:14
3. Mike POULIN (CV) Fre... 10:15
4. KEN TAMPLIN -Soph..... 10:23
5. Rich CHITWOOD (Liv) Sep. 10:27
25. ALAN McDONALD -Frosh.. 10:54
38. RON REESE -Soph..... 11:14
53. BOB ROYSTER -Soph..... 11:35
54. PETE ALLEN -Soph..... 11:35
55. BRUCE CONNELLEY -Frosh 11:36
65. VIRG CHAVEZ -Frosh.... 11:49

* new course F-S record. Old mark 10:19.6 Mike Kincheloe (Diablo) 1969

* new course record..old mark 14:41.3
Randy Teraberrv (Diablo) 1969.