

SPAL Harrier Finals on Tap

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Carlmont High apparently doesn't need any breaks to win the SPAL cross country championship, but is getting them anyway.

San Carlos, Sequoia and Woodside (providing most of Carlmont's opposition) all have lost top runners this week, just before the SPAL championships take place Thursday afternoon at Golden Gate Park in San Francisco at 3:30.

San Carlos has generally been considered the second best team in the league behind Carlmont all year long, but the Dons have lost ace Matt Yeo with what coach Jim Luttrell terms "the next thing after shin splints."

Sequoia, which coach Wayne Tarr thought had a good chance to catch San Carlos, lost one of its better runners, Noe Vigil, with a broken foot.

Woodside is a little better off than these two, but not much. Pete Marks, the Wildcats' top harrier, has been out of practice all week with an ankle sprain, but according to Cat coach Bob Poole, Marks will run tomorrow.

To make matters even worse for Carlmont opponents, before Scot mentor Loren Lansberry even knew about the injuries to these runners, he flatly said, "We'll win."

With Yeo out, there could be a real battle for second place between Gunn, Sequoia, San Carlos and Woodside (if Marks' ankle holds up). A strong Menlo-Atherton effort

could possibly put the Bears in contention also.

From the SPAL Finals, the top six teams will advance to the Region II runoffs in the Central Coast Section, along with the top six schools from the Santa Clara Valley Athletic League.

The individual battle over the 2.6-mile flat course will probably be between defending champion Hans Templeman and sophomore Steve Miller, both of Carlmont, of course.

Carlmont seems a strong bet to win the junior varsity title also. The Scots JVs have yet to lose to an SPAL team this year, and are led by Roark Mulligan and Bob Schug. Al Thompson of Sequoia, if he runs JV, also could come up with the individual honors.

If Gunn runs sophomore Gordon MacMitchell in the sophomore race instead of the varsity, the Titans could win that division.

But Lansberry has already thought of that and will move Carl Cattarin, the Scots' fourth man on varsity, down for the sophomore race, and says that he might even consider putting Miller in the soph race.

The freshman race shapes up as perhaps the most interesting, with San Carlos and Carlmont expected to battle for the crown.

The first race will be the sophomore starting at 3:30, followed by the varsity, junior varsity and freshmen.

Carlmont won all four divisions last year.

Carlmont harriers favored in meet

Carlmont High will be favored to win the South Peninsula Athletic League cross country championship to be held Thursday at Golden Gate Park in San Francisco.

The meet will start at 3:30 p.m.

SPAL Run

The varsity Cross Country Team will go into next week's SPAL final meet with a good chance of improving last year's fifth place finish.

The harriers should be in a close battle with Woodside and Gunn for fourth place in the meet to be held at San Francisco's Golden Gate Park.