

Carlmont Stronger Than Ever

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According to some cross country coaches in the South Peninsula Athletic League, there will be a lot of competition in the league this season.

But not for first place. Carlmont, which has won the SPAL title four of the last five years, appears stronger than ever and is expected to easily be the class of the league.

Most of the dual-meet portion of the harrier season is already completed and the teams are now preparing for the "meat" of the schedule — center and postal meets and SPAL and Central Coast Section Championships.

All this begins tomorrow afternoon with two center meets, one at Golden Gate Park in San Francisco and another at Coyote Park in San Jose. Both start around 3 p.m. and all the SPAL cross country teams will be at one or the other.

Center meets bring together most of the prep cross country teams on the entire Peninsula to compete over the same course at the same time.

Center meets will also be staged on the following two Thursdays at the same sites.

Two postal meets will also be held this season at as-yet-undetermined sites on Nov. 7 and Dec. 7. The latter concludes the prep cross country season.

Postal meets are also area-wide, but are run over a flat course for a specified distance (two or three miles), with the results sent to Track and Field News, which compiles the figures of such postal meets from throughout the nation and publishes a national ranking.

This year's SPAL Championships will be held Nov. 12 at Golden Gate Park, followed by CCS Regional and Sectional meets Nov. 20 and 25.

And, unless, as one rival coach put it, Carlmont has "at least three runners break legs," the Scots should be at the top of the local heap at the end of all this.

Most meets include competition on the varsity, junior varsity, sophomore and freshman levels.

A rundown of SPAL prospects:

Carlmont

Carlmont and the Templeman family have a good thing going.

Current star of the Scot harrier squad is senior Hans Templeman, while little brother Henry Templeman entered the Belmont school this year and is already the mainstay of the Scot frosh squad.

"At Carlmont, we have a tradition with brothers, and the younger one always seems to do better than the older one," according to Scot coach Loren Lansberry.

Henry will have to go far to top Hans, who last year was named the SPAL Cross Country Athlete of the Year and is undefeated this season.

Lansberry says "This is the most dedicated team we've ever had. They do everything, and might be the best overall team ever at Carlmont." Backing up his optimism is a 21-0 record in dual meets this season.

Along with Hans T. on the varsity are seniors Scott Carvey, Larry Regalado and Lyle Thomas, juniors Russ Black and Chuck Oliver and sophomores Steve Miller and Carl Cattarin.

Miller was the top freshman one and two miler in the state last track season, and either he or Carvey usually follow Templeman across the finish line. Cattarin is also an outstanding soph prospect, already having bettered Hans' sophomore times.

Lansberry has even more depth, saying his junior varsity crew "could beat any other varsity team in the league." Stars here include senior Roark Mulligan and juniors Rich Hayes, Bob Schug, Bill Helbush and Greg Fondacabe.

Lansberry also feels he has the best sophomore team in the league, even with Miller and Cattarin on the varsity. Main causes for his optimism are Dana Carvey, Bill Lator, Al Cliff and Steve Fuller.

The only division in which Lansberry isn't sure of a title is freshman, where he feels San Carlos could give the Scots trouble. Besides Henry Templeman, first-year stand-outs include Tim Regalado, Mark Luce, Joe Castagno and the Wernick twins, Bruce and Rich.

Carlmont won the team title in all four divisions at last year's SPAL Championships.

Cubberley

"We plan on surviving the season," is Cougar coach Jerry Ockerman's summation of his team.

Only eight athletes are out

for the team, and the best that Cubberley has couldn't turn out.

Brooks Geiken an All-SPAL choice last year, must sit out at least the first part of the season with a heart problem, and there is only a small chance he can return later.

This year's top man is soph Matt Logan who, according to Ockerman, has a chance to be all-league. Other stalwarts include Greg Rado and Roger Smith.

Menlo-Atherton

"We've lost nine dual meets this year, and the most we ever lost in any single season before was three," lamented Bear coach Plato Yanicks.

As a result, Yanicks feels his team will be in contention for "sixth or seventh place" this season after several years as a contender.

One of Yanick's main concerns is team captain Dan Meub, who Yanicks feels "hasn't lived up to expectations."

Top man on the varsity is junior John Barbour, "one of the best in the league," according to Yanicks. First year man Doug Yost also has performed well in early meets for M-A. Yanicks says his JV and sophomore teams will be "so-so."

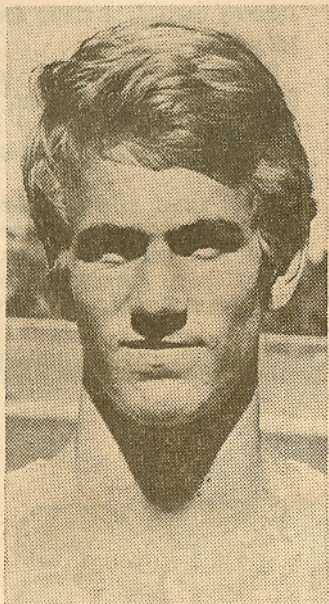
Yanicks is happy with his freshman team, calling it "the best since we won the title (1966)," with Mark Warner, Pete Jones and Neil Penny leading the way.

Gunn

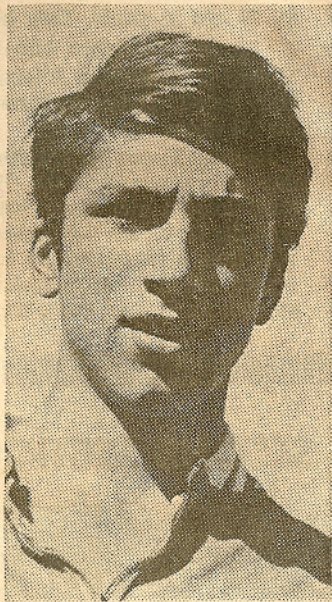
"We're a team of the future, but we should get third or fourth anyway, and there is a possibility for second," Titan coach Dan Sarouhan feels.

Leading the way for Gunn's varsity will be outstanding sophomore Gordon MacMittchell and junior John Huggins, a transfer from Washington.

Also along for the run will be Dale Krebs, the only senior on the squad, junior John Bay



SCOTT CARVEY
One of Carlmont's best



JIM LIANIDES
Woodside standout

and soph Arnie Nelson.

Shuffling between JVs and varsity will be senior Dave Bagshaw, soph Henry Lawson and juniors Lex Prentice, Fred Kellog, Jeff Young, Steve Endsley and Vince Hitt.

Palo Alto

Win Belton, the Vikes' new coach, isn't optimistic about his team this year, which has only nine members.

Belton says, "There aren't too many interested kids at Palo Alto."

The Vikings will field only a varsity team, headed by juniors Chris Simons and Grant Thurston and soph Doug Peck.

The Vike coach said that a few members will run independently.

San Carlos

"We're the only team in the league that has a chance to beat Carlmont, and we will finish at least second," comments Don coach Jim Luttrell.

Leading the SC varsity will be seniors Bryan Gieser and Mike Basham, juniors Ken White and Jim Richter, sophomore sensation Matt Yeo and freshman Kelly Lawson.

Luttrell feels he has a good JV team that "should not have much trouble coming in second," to Carlmont, of course.

Three juniors form the nucleus, John Peirog, Dave Trine and Chris Graycar.

"It'll be the same story with the sophomores" lamented Luttrell. Bruce Huie, Marshall Best, Ron Cartmell and Mike Richter are the top sops who will chase Carlmont.

"Our freshman team has a real good chance of winning the championship, but it depends on the use of Lawson." Luttrell feels that if he uses Lawson, an "outstanding prospect" on the freshman team it should win the title, with the help of Brad Gieser and Phil Shaffner.

Sequoia

Cherokee coach Wayne Tarr doesn't completely agree with Luttrell's view of the race.

According to Tarr, Sequoia "will get third, and we could even beat out San Carlos for second if we work hard enough."

Tarr feels that he has some all-league possibilities in senior Greg Patrick, junior Mark Daniel, a transfer from Porterville, and sophomore Noe Vigil.

Also prominent are juniors Al Thompson, Pat Purcell, Desi Rodriguez and Mike Oates and sophomores Kevin Gallagher and Frank Cortez. Some will run junior varsity.

Tarr says Sequoia has little in the two lower divisions, but feels soph Frank Boyen and frosh Phillip Cortez both are possible all-leaguers.

Woodside

"This year we are stronger than last year," Cat coach Bob Poole says of his harriers.

He feels that his varsity, featuring senior Jim Lianides, juniors Pete Marks, Matt Rose and Joe Scaroni and soph Chet Wrucke, has a good shot at picking up third place behind Carlmont and San Carlos.

Poole doesn't plan on running a JV team because of lack of manpower and his sophomore team is "inexperienced," but feels his frosh team should do well, led by Damon Wood, Pat Crevelt, Mark Llewelyn, George Margiott and Bruce Poole.