



## Fastest feet in the SPAL

The 1972 All-SPAL cross country team posed for the Tribune yesterday with photographer Tom Bullock catching the San Carlos Hills as an appropriate background. From left, Ed Young and Dana Carvey of Carlmont; Jerry Emory and Hank Lawson

of Gunn; Matt Yeo of San Carlos; Stacy Geiken of Cubberley; Carl Cattarin of Carlmont; runner of the year Mitch Kingery and Lee Shoop of San Carlos, and Steve Crowley of Gunn.

By STEVE BOLTZ

Tribune Correspondent

"Super Soph" Mitch Kingery of San Carlos High was voted the Runner of the Year on the All-South Peninsula Athletic League cross country team released by San Carlos coach Jim Luttrell.

The sensational Kingery galloped at a pace unparalleled by any other sophomore in SPAL history and his times in the two and three-mile national postal meets, on San Jose State's track, are only bettered by the country's elite long distance trotters.

Some observers, though, felt Gunn senior Steve Crowley, winner of the SPAL finals on Crystal Springs' hilly shade under three-mile course, deserved the honor.

As chairman of the loop's coaches, Luttrell picked the All-SPAL team with approval of the other coaches, but decided to let the runner of the year be decided by vote of the coaches and the Tribune.

"I think that was the fairest way," Luttrell said. "The Gunn coach (Dan Sarouhan) and I agreed we would not vote."

Kingery received four votes, Crowley two. (Ravenswood didn't field a team and there was one abstention).

Kingery, who last year was the first freshman in modern SPAL history to make all-league, is the first SPAL named Runner of the Year. Crowley, who only started to run cross country as a junior, is the first harrier since 1965 to win the SPAL finals but not be named runner of the year.

Sarouhan didn't like the result.

"Crowley set three course records and beat Kingery (who finished fourth) by 16 seconds in the SPAL finals. And Crowley was right behind Kingery in the postals, which aren't a good indication to judge cross country runners by anyway," Sarouhan said.

"Sure, they had the same time in the Central Coast Section meet, but Crowley had a lot less competition to run against (in the medium division)," Sarouhan added.

A close look doesn't help much. Crowley and Kingery met in six races and each topped the other three times.

They first met in the talent-filled Soquel Invitational. Crowley finished fourth, Kingery sixth. Then, in the first center meet, Kingery took second, Crowley third. But in the next center meet, Crowley set a course record, 12:14, for Mt. Madonna's 2.4-mile route, 20 seconds faster than Kingery.

In the postals, Kingery ran a 9:12.5 two-mile, second-fastest ever by an SPALer in cross country or track, and a 14:12.3 three-mile, an SPAL and San Mateo county record. Only brilliant Dave Taylor of Merced beat Kingery in each race. Crowley was third in both races, in 9:13.5 and 14:14.

Crowley set the Crystal course record, 14:44, to win

the SPAL finals, while Kingery helped the Dons win the title. In the Northern area meet, Kingery was second in the large school race and Crowley won the medium, but times were slowed by mud.

Then, they both ran 12:21 in the CCS at Mt. Madonna, Kingery surprisingly winning the large race, Crowley the medium.

Apparently, more coaches felt Kingery's outstanding postal times and excellent CCS showing was enough to overhaul Crowley's better non-track record. One thing is obvious — the CCS's breakdown of races this year didn't help much.

It may not be much consolation, but Crowley was a natural pick as outstanding senior, although seniors Carl Cattarin of Carlmont and SC's

Matt Yeo weren't too far behind.

The swiftness of the loop's elite four runners was extremely close all season — and they highlight perhaps the most impressive honor team ever in the SPAL.

Cattarin was second in the SPAL finals, only two seconds behind Crowley, seven seconds ahead of Yeo. Cattarin ran a 9:14.4 two-mile postal, and a 14:15 three-mile. Yeo had a 9:14 two-mile but didn't run the three-mile.

Kingery, Cattarin and Crowley are the only repeaters off last year's first team. Steve Miller, last year's Runner of the Year as a Carlmont junior, passed up running to work on religious activities.

Luttrell used several criteria to make his selections, which included a smaller but more select honorable mention list than last year. But the SPAL finals carried the most weight, he said.

Not counting the first four varsity picks and exceptions of freshmen Dan Farwell of Woodside and Gunn's Neil Janklow and Menlo-Atherton soph Dave Hull (who all did well in the varsity finals for their age) and SC's Mike

Barnett (who proved himself in a later meet) the entire selection follows the same order of finish as the SPAL finals.

Cubberley's Stacy Geiken, fifth in the SPAL finals, was chosen outstanding junior, while Farwell, 23rd in the varsity finals, was picked outstanding frosh.

#### VARSITY

Mitch Kingery, San Carlos ...sophomore  
Steve Crowley, Gunn .....senior  
Carl Cattarin, Carlmont .....senior  
Matt Yeo, San Carlos .....senior  
Stacy Geiken, Cubberley .....junior  
Jerry Emory, Gunn .....sophomore  
Lee Shoop, San Carlos .....senior  
Dana Carvey, Carlmont .....senior  
Ed Young, Carlmont .....sophomore  
Hank Lawson, Gunn .....senior

**HONORABLE MENTION:** Bruce Sayre (Sr.), Carlmont; Doug Peck (Sr.), Palo Alto; Ron Cartmell (Sr.), San Carlos; Phil Schaffner (Jr.), San Carlos; Randy Fillpot (Sr.), San Carlos; Mike Barnett (Jr.), San Carlos; Matt Logan (Sr.), Cubberley.

#### SOPHOMORE

Chris Grundmann, Palo Alto; Pat O'Malley, Carlmont; Tim Lease, Woodside; Glen Hurdal, Carlmont; Jose Garza, Sequoia; Pete Graycar, San Carlos; Neil Janklow, Gunn; Dan Keller, Sequoia; Brian Hurdal, Carlmont; Luis Sandoval, Sequoia; Dave Hull, Menlo-Atherton.

**HONORABLE MENTION:** John Daley, Carlmont; Al Kendric, Palo Alto; Ben Thomas, Carlmont; Mark Hutnek, Carlmont; Pete Van Alderwerelt, San Carlos.

#### FRESHMAN

Dan Farwell, Woodside; Mike Schaffer, Terman; Mark Davis, San Carlos; Marshall Magoon, Menlo-Atherton; Ken Wernick, Carlmont; Rich Walker, Carlmont; Rick Lopez, Carlmont; Vince Bruno, Carlmont; Jim Taylor, Carlmont; Craig Urich, San Carlos; Mosies Garza, Sequoia.

**HONORABLE MENTION:** Mark Allen, Jordan; Dave Crevett, Woodside; Barry Coyle, Carlmont.

**RUNNER OF THE YEAR:** Mitch Kingery (Soph.), San Carlos; **OUTSTANDING SENIOR:** Steve Crowley, Gunn; **OUTSTANDING JUNIOR:** Stacy Geiken, Cubberley; **OUTSTANDING FRESHMAN:** Dan Farwell, Woodside.