

Kingery repeats SPAL top runner

By STEVE BOLTZ

To no one's surprise, San Carlos High's junior phenom, Mitch Kingery, repeated as Runner of the Year on the All-South Peninsula Athletic League cross country team.

The team was chosen by coaches Jim Luttrell of San Carlos and Plato Yanicks of Menlo-Atherton, with approval of the other league coaches.

Kingery was unbeaten in 10 cross country races this year. He won the SPAL, Region II and Central Coast Section finals and set a course record at hilly, three-mile Crystal Springs in Belmont with a 14:28.

On the track, Kingery won the two-mile postal in 9:00.5, an SPAL record. He also set an SPAL mark with a 13:56.4 in the three-mile postal but was second to De La Salle's Rick Rimball (13:43.5).

Joining Kingery on the varsity first team were Gunn's Jerry Emory, Cubberley's Stacy Geiken, Carlmont's Ed Young, San Carlos's Mike Barnett,

Woodside's Mark Llewellyn, Carlmont's John Shroyer, Menlo-Atherton's Dave Hull, Carlmont's Brian Hurdal and Woodside's Damon Wood.

Kingery, Geiken, Emory and Young were first-team picks last year. Kingery, Emory, Young, Hull and Hurdal are juniors.

Geiken was named outstanding senior, while Gunn's Dave Fogelson was chosen as outstanding soph and Carlmont's Greg Mandanis outstanding freshman.

Basically, the selections followed the order of finish of the SPAL finals, not counting the important exceptions of Emory, Wood and Fogelson.

Emory was third to Geiken and Kingery in the SPAL finals, but second in the CCS meet. Wood was ill and placed 20th in the SPAL finals, but made up for that in the region meet. Fogelson was 16th in the SPAL finals in 16:33, six seconds faster than Woodside's Dan Farwell, winner of the soph race.

ALL-SPAL TEAMS Varsity

Honorable Mention: Tim Lease (Jr.), Woodside; John Daley (Jr.), Carlmont; Pat O'Malley (Jr.), Carlmont; Rich Wernick (Sr.), Carlmont; Phil Schaffner (Sr.), San Carlos; Gary Gissendaner (Jr.), San Carlos; Bob Arnold (Sr.), Menlo-Atherton.

SOPHOMORE

Dave Fogelson, Gunn; Dan Farwell, Woodside; Iain Neilland, Carlmont; Rich Shaffer, Gunn; Rich Walker, Carlmont; Marshall Magoon, M-A; Craig Uhrich, San Carlos; Steve Honey, Woodside; Yorick Lutes, Woodside; Isaias Ramirez, Woodside.
Honorable Mention: Jim Taylor, Carlmont; Mike Hildreath, San Carlos; Ken Reiser, Carlmont; Mike Ebaugh, M-A; Steve Luzzi, Carlmont; Steve Shaw, San Carlos; Marty Clayton, San Carlos.

FRESHMAN

Greg Mandanis, Carlmont; Joe Kemp,

Jordan; Dan Norris, Carlmont; Mark Suda, Carlmont; Leo Boddallo, Carlmont; Tom Lucas, San Carlos; Mike Seaton, Carlmont; Forrest Brakeman, San Carlos; Kert Campbell, Carlmont; Rob Falconer, Woodside.

Honorable Mention: John Lazar, Woodside; Greg Mitchell, Woodside; Pete Halberstat, M-A; Dave Bingley, Woodside; Marc Ashton, San Carlos; Geoff Bogart, Woodside; Chris Sakelarios, Sequoia.

Runner of the Year: Mitch Kingery (Jr.), San Carlos; Outstanding Senior: Stacy Geiken, Cubberley; Outstanding Sophomore: Dave Fogelson, Gunn; Outstanding Freshman: Greg Mandanis, Carlmont.