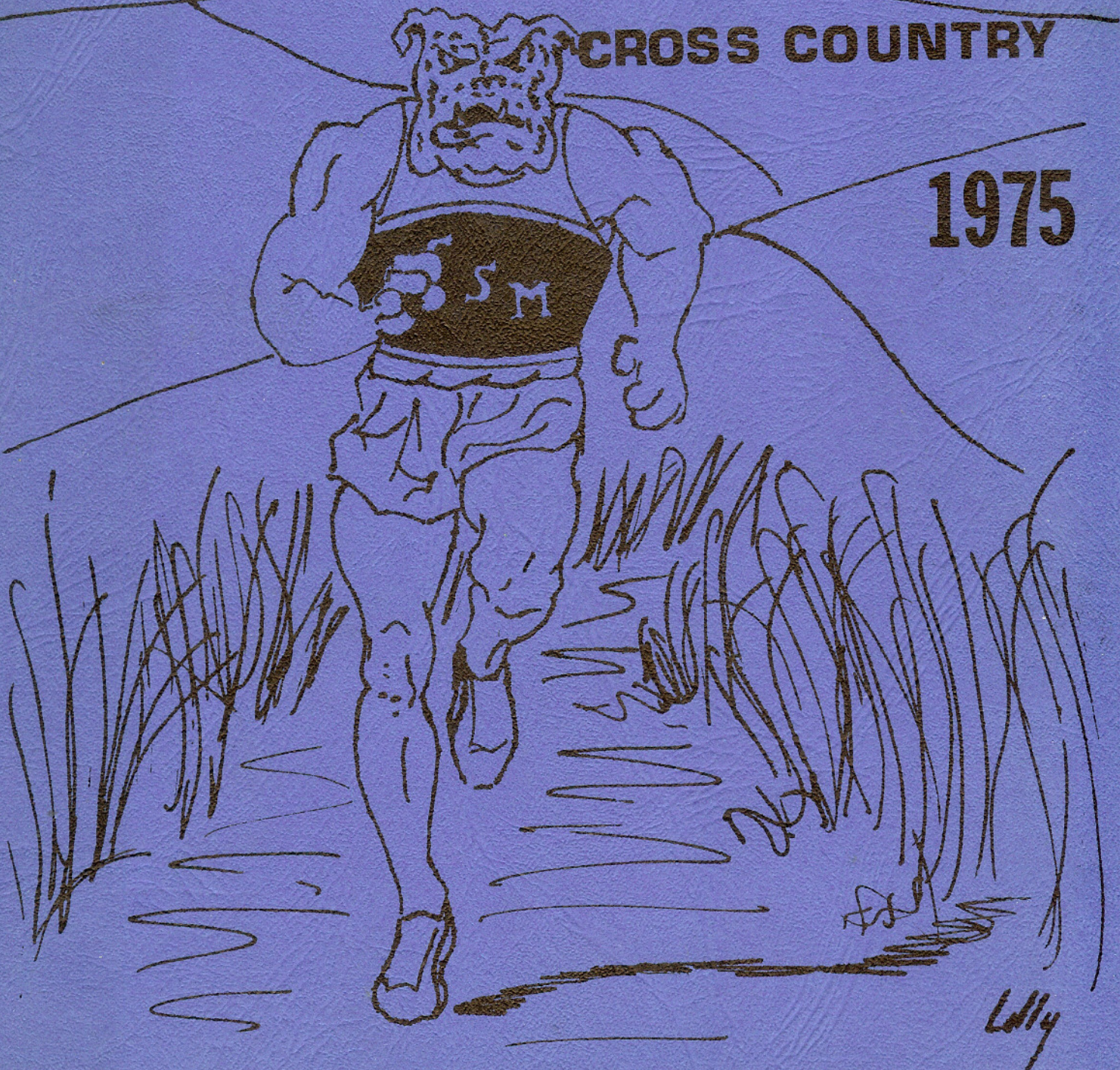


COLLEGE OF SAN MATEO

CROSS COUNTRY

1975



COLLEGE OF SAN MATEO CROSS COUNTRY HISTORY

Cross Country was organized at C.S.M. in the fall of 1961 by Fred Baer and Floyd Strain and met with quick success. Ralph Lee won the Big Eight Conference individual title that season and the Bulldogs placed fourth in the league.

The following season, under track and cross country coach Berny Wagner, the Mateans won eight league and practice meets and lost but one--to conference champ San Jose City College in the first league meet of the season. Jim Huff took the Golden Gate Conference individual title for the Bulldogs.

After that loss to San Jose, C.S.M. built a streak of 24 straight dual meet victories that wasn't broken until 1965. Included were two G.G.C. team championships. The Bulldogs were fourth in the first ever Junior College State Meet in 1964 after finishing third in Northern California.

In the Golden Gate Conference Finals, C.S.M. finished second to Foothill in 1962 and won the meet in 1963, 1964, and 1967.

C.S.M. individual league titles came in 1961 (Lee), 1962 (Huff), 1966 (Ted Lydon), and 1967 and 1968 (Mike Dailey.)

Coach Phil Casaroli piloted the Bulldogs to 7-0 league records the past two years running up near perfect scores in most meets. And last year, paced by sophomore Mike Dailey's individual triumph, the Bulldogs took their first Northern California crown.

In 1969, coach Bob Rush took over as the Bulldog harrier mentor. Starting off slow in 1969, the C.S.M. cross country team has gone three straight undefeated seasons since then. C.S.M. has a 21-0 league dual streak and 22-0 dual meet record.

CROSS COUNTRY COACH BOB RUSH

Bob Rush succeeded Phil Casaroli as track and cross country coach at the College of San Mateo in 1969.

Rush attended Sacramento Junior College and graduated from San Jose State College in 1958. He ran track and cross country at both colleges.

Rush started his coaching career at C.K. McClatchy High School in Sacramento where he was an assistant coach in track, cross country and football. In 1963 he moved to San Mateo High School as Head track and cross country coach. After six successful seasons at San Mateo High, Rush came to C.S.M. Since then his teams have won 3 straight undefeated in the Golden Gate Conference Championship. The track team won the Conference in 1970. In 1972 the cross country team was fourth in the state, missing third by one point and second by four points. In 1975 the C.S.M. Cross Country team returned to the State Championships after a two-year lay off, placing 9th in the state after a 7-1 dual meet season.

Rush lives in San Carlos with his wife, Marianne, and two sons.

COLLEGE OF SAN MATEO CROSS COUNTRY RECORD

- 1961--CSM fourth in Big Eight Meet (Ralph Lee individual winner for CSM)
- 1962--CSM second in dual meets; third in GGC Meet (Jim Huff individual winner); fourth in Northern California.
- 1963--CSM won GGC dual meet crown (unbeaten) and GGC finals; second in Northern California.
- 1964--CSM won GGC dual meet crown (unbeaten) and GGC finals; second in Northern California; fourth in (first annual) state meet.
- 1965--CSM sixth in GGC duals; fourth in GGC finals.
- 1966--CSM second in GGC duals; fifth in GGC finals (Ted Lydon individual winner.)
- 1967--CSM won GGC dual meet crown (unbeaten) and finals crown (Mike Dailey individual winner); eighth in Northern California.
- 1968--CSM won GGC dual meet crown (unbeaten) and finals crown (Mike Dailey individual winner); first in Northern California (Mike Dailey individual winner); ninth in state.
- 1969--CSM sixth in GGC dual meets. CSM sixth in GGC Finals. CSM 23rd in Northern California Finals.
- 1970--CSM won GGC dual meet crown (unbeaten) and finals crown; fifth in Northern California and eighth in the California State Meet.
- 1971--CSM won GGC dual meet crown (unbeaten) and finals crown (Jose Cortez individual winner); fourth in Northern California and eighth in the California State Meet.
- 1972--CSM won GGC dual meet crown (unbeaten) (Jim Van Dine individual winner) and second in the Northern California (Jim Van Dine individual winner) and fourth in the Claifornia State Meet (Jim Van Dine fifth place.)
- 1973--CSM third in GGC losing its first GGC dual meet in four years. CSM lost to both Diablo Valley College and San Jose City College. They are still, however, rated one of the top teams in the state.
- 1974--CSM fifth in GGC; sixth in the GGC Invitation (Jim Van Dine individual winner); sixth in the CSM Invitational and seventh in the Northern California Finals (Damon Wood 22nd)
- 1975--CSM second in GGC dual meet championship; CSM second in GGC Finals. All Conference--Bob Barnett (2nd) Mith Kingery (8th); CSM fourth in CSM Invitational; CSM fourth in Northern California Championships. All Nor Cal--Mitch Kingery (6th) Bob Barnett (13th) Dave Hull (20th); CSM ninth in State Championships

MOST VALUABLE RUNNER

- | | |
|---------------------------------|----------------------|
| 1962--Jim Huff | 1970--Dave Robertson |
| 1963--Jim Huff & Larry Peterson | 1971--José Cortez |
| 1964--Ralph Likens | 1972--Jim Van Dine |
| 1965--Jeff Mountain | 1973--Ed Barney |
| 1966--Ted Lydon | 1974--Damon Wood |
| 1967--Mike Dailey | 1975--Mitch Kingery |
| 1968--Mike Dailey | Steve Palladino |
| 1969--Dave Robertson | |

" G E N E R A L S T A T I S T I C S "

NORTHERN CALIFORNIA CHAMPIONSHIP WINNERS !
(since 1965)

Fresno City College	1965	36 points (all time low)
Sacramento City College	1966	75 points
American River College	1967	46 points
COLLEGE OF SAN MATEO	1968	82 points
City College of San Francisco	1969	81 points
Fresno City College	1970	96 points (all time high)
Fresno City College	1971	55 points
American River College	1972	64 points
San Joaquin Delta College	1973	84 points
San Joaquin Delta College	1974	53 points
San Joaquin Delta College	1975	38 points

CALIFORNIA STATE MEET CHAMPIONS
(since 1964)

San Diego Mesa	1964	57 points
Grossmont College	1965	63 points
Pierce College	1966	76 points
Pasadena College	1967	47 points
Los Angeles Valley College	1968	50 points
Los Angeles Valley College	1969	39 points (all time low)
Los Angeles Valley College	1970	39 points
El Camino College	1971	54 points
Grossmont College	1972	46 points
Grossmont College	1973	89 points
Grossmont College	1974	54 points
Grossmont College	1975	43 points

"C.S.M. MOST IMPROVED RUNNER"
(started in 1972)

1972	Ed Barney
1973	Ed Rios
1974	Bruce Sayre
1975	Bob Barnett

Inspirational Runner
(Started 1975)

1975 Dave Shrock

ALL NORTHERN CALIFORNIA RUNNER

1973	Ed Barney
1974	Damon Wood
1975	Mitch Kingery
	Bob Barnett
	Dave Hull



Mitch Kingery leading against San Jose City College, the only team in the Golden Gate Conference to beat the Bulldog Warriors.

GOLDEN GATE CONFERENCE STANDINGS

Cross Country

DUAL MEET STANDING

1974		1975	
1. West Valley College	8-0	1. San Jose	8-0
2. San Jose City College	7-1	2. COLLEGE OF SAN MATEO	7-1
3. Chabot College	5-2-1	3. West Valley College	5-2
4. De Anza College	5-2-1	4. Diablo Valley College	4-4
5. COLLEGE OF SAN MATEO	4-4	5. De Anza College	4-4
6. Diablo Valley College	3-5	6. Chabot College	4-4
7. Foothill College	2-6	7. Foothill College	2-5
8. City College of San Francisco	1-7	8. CC of San Francisco	1-7
9. Laney College	0-8	9. Laney College*	0-8

*Did not field a team

PAST GOLDEN GATE CONFERENCE CHAMPIONS

C r o s s C o u n t r y

1962	San Jose City College
1963	COLLEGE OF SAN MATEO
1964	COLLEGE OF SAN MATEO
1965	Foothill College
1966	Merritt College
1967	COLLEGE OF SAN MATEO
1968	COLLEGE OF SAN MATEO
1969	San Jose City College
1970	COLLEGE OF SAN MATEO
1971	COLLEGE OF SAN MATEO
1972	COLLEGE OF SAN MATEO
1973	San Jose City College
1974	West Valley College
1975	San Jose City College



MITCH KINGERY(San Carlos)

Freshman from San Carlos High School, All-Conference,
All-NorCal, average team rank 1.66

COLLEGE OF SAN MATEO

Golden Gate Conference

1975 Cross Country Results

San Jose 8-0

19	De Anza	35
15	Laney	50
15	Foothill	50
23	Diablo Valley	32
19	San Mateo	40
15	San Francisco	50
16	West Valley	43
15	Chabot	48

San Mateo 7-1

20	Chabot	35
15	Foothill	49
19	West Valley	36
15	Laney	50
40	San Jose	19
15	San Francisco	49
23	Diablo Valley	34
22	De Anza	36

West Valley 5-2

19	Diablo Valley	37
15	San Francisco	46
36	San Mateo	19
15	Laney	50
22	De Anza	35
15	Foothill	49
43	San Jose	16
23	Chabot	34

Diablo Valley 4-4

37	West Valley	19
21	San Francisco	39
15	Foothill	44
32	San Jose	23
29	Chabot	26
15	Laney	50
34	San Mateo	23
26	DeAnza	30

De Anza 4-4

35	San Jose	35
15	Laney	50
25	Chabot	30
18	San Francisco	40
35	West Valley	22
16	Foothill	42
36	San Mateo	22
30	Diablo Valley	26

Chabot 4-4

35	San Mateo	20
15	Foothill	47
30	De Anza	25
19	San Francisco	42
26	Diablo Valley	29
15	Laney	50
48	San Jose	15
34	West Valley	23

Foothill 2-6

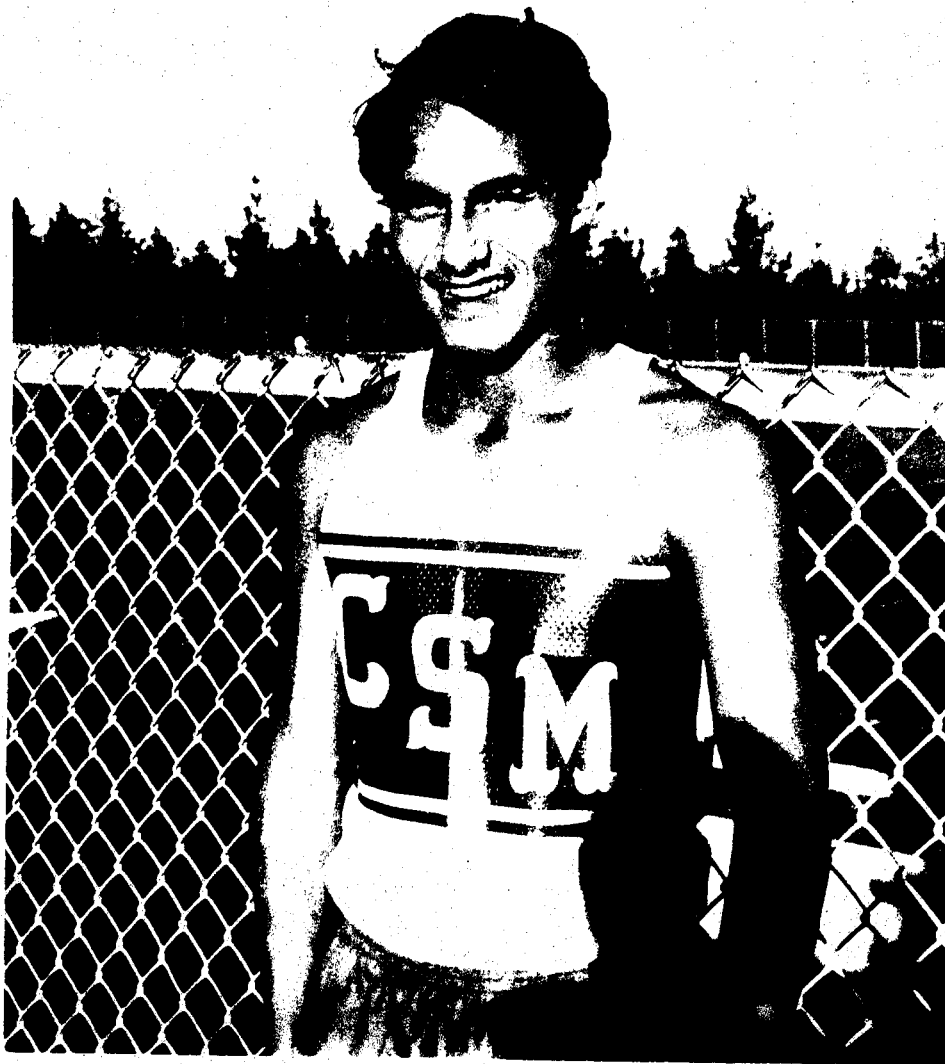
49	San Mateo	15
47	Chabot	15
44	Diablo Valley	15
50	San Jose	15
49	West Valley	15
42	DeAnza	16
15	Laney	50
24	San Francisco	35

San Francisco 1-7

39	Diablo Valley	21
46	West Valley	15
42	Chabot	19
40	De Anza	18
49	San Mateo	15
50	San Jose	50
35	Foothill	24
15	Laney	50

Laney College 0-8

All contests lost by forfeiture; did not compete in 1975.



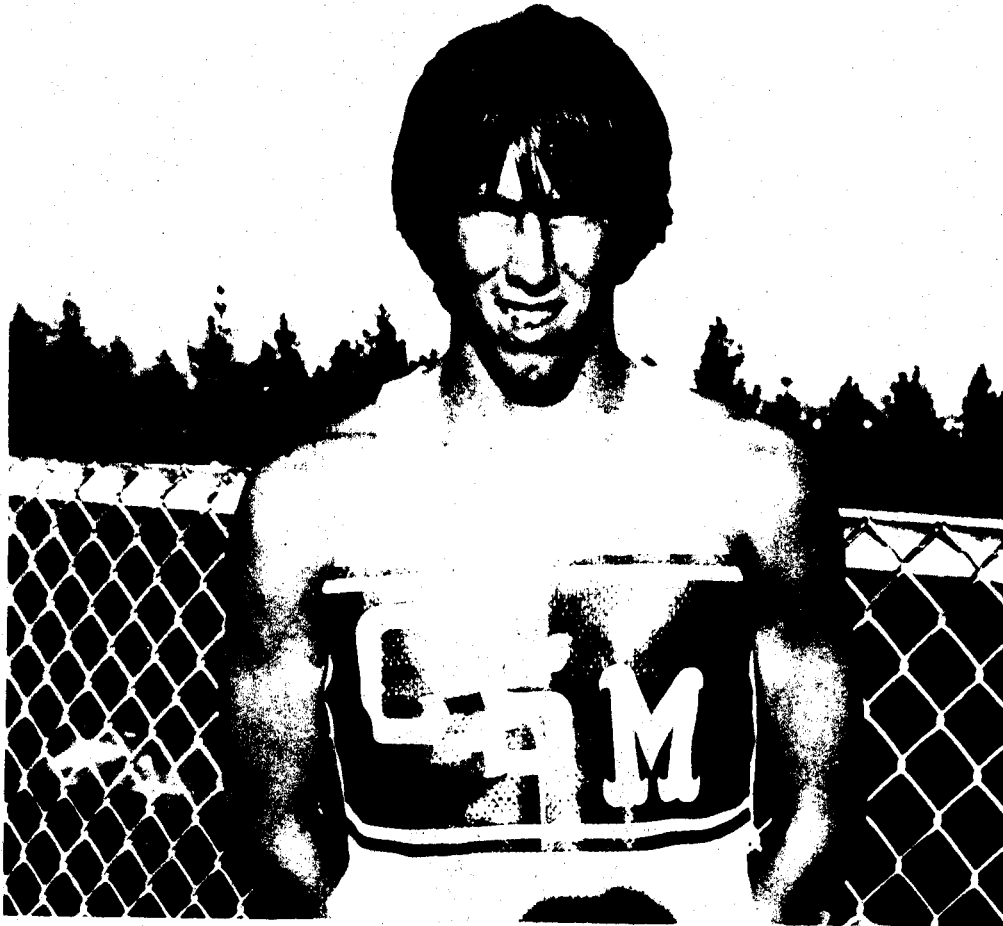
BOB BARNETT(Hillsdale)

Freshman from Hillsdale High School, All-Conference,
All-NorCal , average team rank 2.50

SEASONAL TIME COMPARISONS

1975

	FRESNO INVITATIONAL	NOR CAL	STATE	CSM INVITATIONAL	GGC #2 CSM	GGC #4 CSM	GGC CSM	BEACH RUN	GG #1 CHABOT	GG #3 SAN JOSE	MT. SAC	GG S.F.
Bob Barnett	22:01	20:27	21:19	21:43	21:25	21:19	20:41	24:01	23:30	20:57	21:53	22:11
S. Brewer						29:51	26:28	27:58				
Dave Hull	21:20	20:44	20:57	21:46	22:20	21:43	21:22	23:20	23:25	21:26	21:28	22:03
B. Hurdal	23:27		23:16	23:25	23:59	22:24	22:14	23:42	25:19	22:48	22:42	23:52
M. Kingery	20:26	20:10	20:26		21:49	21:13	20:57		24:05	21:08	21:12	
Gary Meyer	22:33	21:32	22:41	23:19	23:13	22:36	22:06		24:26	22:21	23:00	23:18
Mike Miller	24:44			27:12	24:33	25:29	24:08	26:05	27:07			25:17
S. Palladino	20:37	21:07	20:50	21:36	22:09	21:43	21:19	22:09	23:44	22:31	22:00	21:54
G. Spann				24:03	24:06	23:36	23:04	24:20	25:36	23:01		23:44
J. Sheakley	24:25				24:27	23:47	23:18	25:08	26:06			25:07
Dave Shrock				26:06		25:10	24:41	28:31	27:39			26:06
A. Takaha				26:27	28:28	25:29	25:32	27:03	28:40	25:21		26:10
G. Tierney					27:52		26:36	27:43	28:20			27:22
Jim Tomlin					28:31	25:50	25:05		30:30			
R. Wernick	22:55		21:51	23:42	23:31	23:03	22:22	25:22		22:36	23:11	23:30



STEVE PALLADINO (Serra)

Sophomore from Serra High School, Team Captain,
average team rank 2.75

1975 COLLEGE OF SAN MATEO CROSS COUNTRY TEAM RANKINGS

	CSM ANNUAL BEACH RUN INVITATIONAL	FRESNO INVITATIONAL	GOLDEN GATE CONFERENCE INVITATIONAL	GOLDEN GATE # 1 CHABOT	CSM INVITATIONAL	GOLDEN GATE # 2 CSM	GOLDEN GATE # 3 SAN JOSE CITY COLLEGE	MT. SAC	GOLDEN GATE #4 CSM	GGC COLLEGE OF SAN MATEO	NOR CAL CHAMPIONSHIP FRESNO	STATE CHAMPIONSHIP FRESNO	AVERAGE
2 Bob Barnett	5	4	2	2	3	1	1	3	2	1	2	4	2.5
15 Steve Brewer	14								13	14			13.6
4 Dave Hull	2	3	3	1	2	4	3	2	3	4	3	2	2.75
6 Brian Hurdal	3	7	5	6	7	7	7	5	5	6	7	7	6.0
1 Mitch Kingery		1		4		2	2	1	1	2	1	1	1.66
5 Gary Meyer	4	5	4	5	4	5	4	6	6	5	5	6	4.91
10 Mike Miller	10	10	11	9	9	10			11	10			10.0
3 Steve Palladino	1	2	1	2	1	2	5	4	4	3	4	2	2.75
8 Gary Spann	6	8	6	7	6	8	8			8			7.12
9 John Sheakley	7	9	9	8	8	9			8	9			8.37
11 Dave Shrock	15		9	10	10				9	11			10.6
12 Andy Takaha	11		10	12	11	12	9		10	13			11.0
13 Greg Tierney	13			11	12	11				15			12.4
14 Jim Tomlin				13		13			12	12			12.5
7 Wernick	9	6	7		5	6	6	7	7	7	6	5	6.45



DAVE HULL (Menlo-Atherton)

Freshman from Menlo Atherton High School, All-Conference, All-NorCal, average team rank 2.75

COLLEGE OF SAN MATEO
CROSS COUNTRY

At: Half Moon Bay Beach
Fair & Windy Weather

4.0 on Sand
Date: September 19, 1975

"7th Annual Beach Run"

TEAM SCORING

Course Record: Bruce Johnson 20:40 1971

1. Fresno City College	1,4,11,12,30	58
2. College of Marin	3,10,14,15,24	66
3. West Valley College	6,7,18,19,21	71
4. El Camino College	5,13,16,17,22	73
5. COLLEGE OF SAN MATEO	2,20,23,25,28	98
6. DeAnza College	8,9,36,40,45	138
7. Foothill College	33,42,44,50,51	220

INDIVIDUAL SCORING

1. Alfred Lara	Fresno City College	21:42
2. STEVE PALLADINO	COLLEGE OF SAN MATEO	22:09
3. Steve Locey	College of Marin	:16
4. Lois Grienco	Fresno City College	:23
5. Harold Ketting	El Camino College	:24
6. Todd Baker	West Valley College	:24
7. Artie Rios	West Valley College	:32
8. Dave Vellequette	De Anza College	:39
9. Greg Eger	De Anza College	:48
10. Larry Mastin	College of Marin	:51
11. Dave Tomerlin	Fresno City College	:54
12. Ray Rubio	Fresno City College	:56
13. Steve Van Meter	El Camino College	:59
14. Brian McCurdy	College of Marin	23:07
15. Kim Baez	College of Marin	:11
16. Marty Carreon	El Camino College	:12
17. Mike Garvey	El Camino College	:15
18. Bob Weaver	West Valley College	:17
19. Mark Isaacson	West Valley College	:19
20. DAVE HULL	COLLEGE OF SAN MATEO	:20
21. Armando Lagunes	West Valley College	:29
22. Barry Glennan	El Camino College	:39
23. BRIAN HURDAL	COLLEGE OF SAN MATEO	23:42
24. Pat Lacy	College of Marin	:48
25. GARY MEYER	COLLEGE OF SAN MATEO	:49
26. Keith Mauner	West Valley College	:50
27. John Curry	El Camino College	:52
28. BOB BARNETT	COLLEGE OF SAN MATEO	24:01
29. Jim Coughlin	College of Marin	:03
30. Baltimore Bettencourt	Fresno City College	:04
31. Joe Mouille	College of Marin	:10
32. Alex Garcia	Fresno City College	:13
33. Don Carroll	Foothill College	:16



GARY MEYER(Serra)

Freshman from Serra High School, average team
rank 4.91

FRESNO CITY COLLEGE INVITATIONAL

Large Schools Division

September 27, 1975

TEAM SCORING

1.	Delta	45
2.	Santa Rosa	89
3.	West Valley	91
4.	Fresno	94
5.	CSM	97
6.	Diablo Valley	123
7.	De Anza	180

INDIVIDUAL SCORING

1.	Perez	Delta	20:06
2.	Lara	Fresno	20:10
3.	Emry	Diablo Valley	20:23
4.	KINGARY	COLLEGE OF SAN MATEO	20:26
5.	Jeff Reid	Santa Rosa	20:29
6.	Greg Eger	De Anza	20:33
7.	STEVE PALLADINO	COLLEGE OF SAN MATEO	20:37
8.	Ben Jordan	Delta	20:46
9.	Jim White	Santa Rosa	20:49
10.	Joe Cordova	Delta	20:50
11.	Mark Stoker	Delta	20:51
12.	Todd Baker	West Valley	20:58
13.	Artie Rios	West Valley	20:56
14.	Louis Grieco	Fresno	20:59
15.	Roger Cassillas	Delta	21:06
16.	Keith Jacobson	Delta	21:11
17.	Ray Rubio	Fresno	21:14
18.	DAVE HULL	COLLEGE OF SAN MATEO	21:20
19.	Armando Lagunes	West Valley	21:28
20.	Marl Isaacson	West Valley	21:30
21.	Dave Vellegue	De Anza	21:31
22.	Hernandez	Santa Rosa	21:34
23.	Jan Makowski	Delta	21:34
24.	Win Thibodeaux	Diablo	21:41
25.	Greg Sabourn	Santa Rosa	21:45
26.	Juan Casas	Fresno	21:47
27.	Bob Weaver	West Valley	21:51
28.	Dave Hanson	Santa Rosa	21:54
29.	Al Saver	Diablo	21:58
30.	BOB BARNETT	COLLEGE OF SAN MATEO	22:01
31.	Steve Niedrauer	West Valley	22:10
32.	Keith Maurer	West Valley	22:12
33.	Marty James	Diablo Valley	22:18
34.	Al Robertson	Diablo Valley	22:18
35.	Richard Mead	Fresno	22:21
36.	John Barbera	Diablo	22:31
37.	Bob Turney	Diablo	22:32
38.	GARY MEYER	COLLEGE OF SAN MATEO	22:33
39.	Doug Danielson	De Anza	22:39



BRIAN HURDAL (Carlmont)

Freshman from Carlmont High School, average team
rank 6.0

GOLDEN GATE TEAM RACE

At: Golden Gate Park

Date: October 4, 1975

TEAM RESULTS

1. Delta - (20:30-21:24-21:27-21:29-21:30) = 1:46:20
2. American River: (21:11-21:12-21:16-21:48-21:37) = 1:47:40
3. San Jose - (21:17-21:25-21:43-21:52-22:09) = 1:48:26
4. Marin - (21:53-22:00-22:11-22:16-22:19) = 1:50:39
5. Fresno - (21:09-21:57-22:12-22:48-22:57) = 1:51:05
6. Chabot - (21:20-22:33-22:40-22:41-22:44) = 1:51:58
7. Diablo Valley - (21:19-22:23-22:28-23:09-23:12) = 1:52:31
8. Contra Costa - (21:56-22:01-22:42-22:52-23:07) = 1:52:38
9. SAN MATEO - (21:54-22:03-22:11-23:18-23:30) = 1:52:56
10. West Valley - (21:47-22:30-22:52-22:56-23:00) = 1:53:05
11. De Anza - (21:49-22:48-22:49-23:08-23:43) = 1:54:17
12. Modesto - (21:33-22:23-23:03-23:18-24:18) = 1:54:35
13. Sacramento - (22:57-23:06-23:16-23:31-23:50) = 1:56:40
14. Merritt - (23:34-23:40-23:45-23:53-24:22) = 1:59:14
15. Foothill - (23:21-23:40-23:47-24:01-24:37) = 1:59:26
16. CCSF - (22:59-23:39-23:57-24:47-26:11) = 2:01:33

INDIVIDUAL RESULTS

1. Henry Prez	20:30	Delta
2. Alfred Lara	21:09	Fresno
3. Bob Deis	21:11	American River
4. Mark Payne	21:12	American River
5. Bill Weed	21:16	American River
6. Shawn James	21:17	San Jose
7. Mike Emry	21:19	Diablo Valley
8. Benny Jordan	21:24	Delta
9. Roy Hogle	21:25	San Jose
10. Joe Cordove	21:27	Delta
11. Mark Stoker	21:29	Delta
12. Keith Jacobson	21:30	Delta
13. Bob Loux	21:33	Modesto
14. Roger Casillas	21:35	Delta
15. Ken Starky	21:37	American River
16. Wally Montenagro	21:43	San Jose
17. Artie Rios	21:47	West Valley
18. Adam Feirreira	21:48	American River
19. Greg Eger	21:49	De Anza
20. John Bettencourt	21:52	San Jose
21. Kim Baez	21:53	Marin
22. STEVE PALLADINO	21:54	SAN MATEO
23. Jim Mebust	21:55	American River
24. Don Lohse	21:56	Contra Costa
25. Louis Grieco	21:57	Fresno

CSM PLACERS

30. DAVE HULL	22:03	108. BRIAN HURDAL	23:52
33. BOB BARNETT	22:11	147. JOHN SHAEKLEY	25:07
79. GARY MEYER	23:18	151. MIKE MILLER	25:17
90. RICK WERNICK	23:30	161. DAVE SCHROCK	26:06
101. GARY SPANN	23:44	166. ANDY TAKAHA	25:10
		174. GREG TIERNEY	27:22



JOHN SHEAKLEY (Carlmont)

Freshman from Carlmont High School, average team rank 8.37

GOLDEN GATE CONFERENCE CENTER MEET

COYOTE HILLS, NEWARK

Date: Oct. 9, 1975
Rain, cold and windy

TEAM RESULTS:

COLLEGE OF SAN MATEO: 1,3,4,5,7 • 20
Chabot College: 2,6,8,9,10 35

COLLEGE OF SAN MATEO: 1,2,3,4,5 15
Foothill College: 7,9,10,11,12 49

Chabot College: 1,2,3,4,5 15
Foothill College: 6,9,10,11,12 47

INDIVIDUAL RESULTS

1. DAVE HULL	COLLEGE OF SAN MATEO	23:25
2. Kevin O'Hara	Chabot	23:26
3. BOB BARNETT	COLLEGE OF SAN MATEO	23:30
4. STEVE PALLADINO	COLLEGE OF SAN MATEO	23:44
5. MITCH KINGERY	COLLEGE OF SAN MATEO	24:05
6. Doug Hall	Chabot	24:06
7. GARY MEYER	COLLEGE OF SAN MATEO	24:26
8. John Thomas	Chabot	24:28
9. Rich Fishbaugh	Chabot	24:46
10. Dale Hatakayama	Chabot	25:03
11. BRIAN HURDAL	COLLEGE OF SAN MATEO	25:19
12. Bill Jackson	Foothill	25:22
13. Eugene Elliott	Chabot	25:32
14. Mark Molina	Chabot	25:34
15. GARY SPANN	COLLEGE OF SAN MATEO	25:36
16. Don Carrol	Foothill	25:40
17. Ray Sisson	Chabot	25:50
18. Jeff Ziegler	Chabot	25:56
19. Jim Harris	Foothill	26:03
20. JOHN SHEAKLEY	COLLEGE OF SAN MATEO	26:06
21. Mark Sandsmark	Chabot	26:16
22. George Chan	Foothill	26:25
23. Dave Kentner	Chabot	26:36
24. Frank Gonzales	Foothill	26:39
25. Paul Navarro	Chabot	26:50
26. Alex Medina	Chabot	26:54
27. Dave Munoz	Chabot	26:58
28. George Aurit	Chabot	27:03
29. MIKE MILLER	COLLEGE OF SAN MATEO	27:07
30. Dennis McHenry	Chabot	27:24
31. DAVE SCHROCK	COLLEGE OF SAN MATEO	27:39
32. Mark West	Chabot	28:10
33. GREG TIERNY	COLLEGE OF SAN MATEO	28:20
34. Thompson	Chabot	28:27
35. Cooper	Chabot	28:37
36. ANDY TAKAHA	COLLEGE OF SAN MATEO	28:40
37.	Chabot	29:16
38. Jack Hollen	Foothill	29:28
39. JIM TOMLIN	COLLEGE OF SAN MATEO	30:30



MIKE MILLER(Mills)

Freshman from Mills High School average
team rank 10.0

COLLEGE OF SAN MATEO
CROSS COUNTRY

At: Crystal Springs Course
Cloudy, soft, good
Rained two days previous

Date: October 11, 1975
4.2 Miles

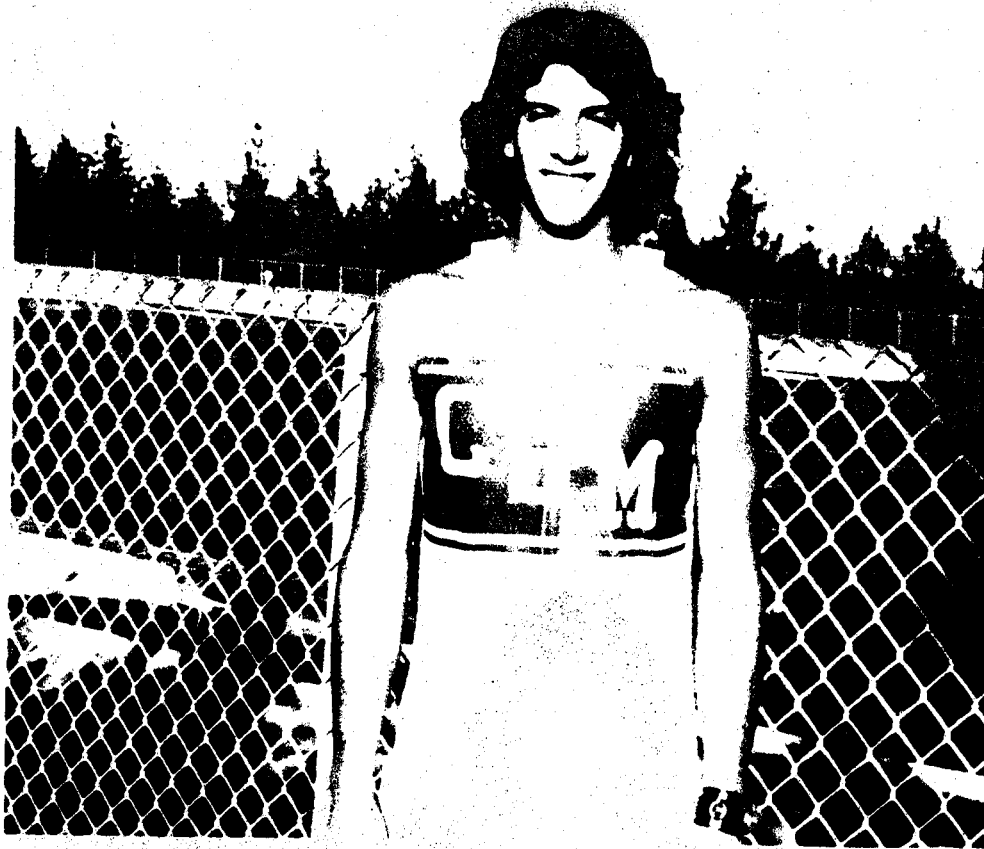
FOURTH ANNUAL COLLEGE OF SAN MATEO-CRYSTAL SPRINGS INVITATIONAL
Large School Results

Team Results

1. West Valley - 1,9,12,14,29 =	65	6. De Anza - 3,20,27,28,41 =	119
2. Diablo Valley - 2,13,19,26,35 =	95	7. Modesto - 10,16,22,38,44 =	130
3. Chabot - 6,15,24,25,30 =	100	8. American River - 17,21,23,43,47 =	151
4. CSM - 5,7,8,39,42 =	101	9. CCSF - 31,32,37,40,48 =	188
5. Santa Rosa - 4,11,18,33,36 =	102		

Individual Results

1. Artie Rios	WVC	21:01	45. Marty James	DVC	23:31
2. Mike Emry	DVC	21:06	46. Mark Molina	Chabot	23:36
3. Greg Eger	De Anza	21:17	47. Brett Weaver	ARC	23:40
4. Charlie Hernandez	SRVC	21:34	48. Will Roy	CCSF	23:48
5. Steve Palladino	CSM	21:36	49. Al Robertson	DVC	23:48
6. Doug Hall	Chabot	21:40	50. Alex Gomez	De Anza	23:51
7. Bob Barnett	CSM	21:43	51. Chris Turney	ARC	23:53
8. Dave Hull	CSM	21:46	52. Dan Bolster	ARC	23:58
9. Todd Baker	WVC	21:57	53. Gary Spann	CSM	24:03
10. Bob Loux	Modesto	22:01	54. Ed Carr	SRJC	24:17
11. Jim White	SRVC	22:08	55. Eugene Elliott	Chabot	24:44
12. Mark Isaacson	WVC	22:13	56. Dave Bartholomew	De Anza	24:54
13. Al Sauer	DVC	22:16	57. John Sheakly	CSM	NT
14. Armando Lagunes	WVC	22:21			
15. Kevin O'Hara	Chabot	22:22			
16. Fred Arroyo	Modesto	22:25			
17. Brian Farrell	ARC	22:27			
18. Dave Hansen	SRVC	22:27			
19. Larry Cabral	DVC	22:28			
20. Joe Mangan	De Anza	22:28			
21. Mike Williamson	ARC	22:37			
22. Luke Sing	Modesto	22:40			
23. Jim McFall	ARC	22:43			
24. John Thomas	Chabot	22:46			
25. Dale Hatakeyama	Chabot	22:47			
26. Win Thibodeaux	DVC	22:49			
27. Dave Vellequette	DeAnza	22:51			
28. Doug Danielson	DeAnza	22:55			
29. Deith Mauer	WVC	22:56			
30. Richard Fishbaugh	Chabot	22:57			
31. Lee Bird	CCSF	22:57			
32. Joe Peterson	CCSF	23:00			
33. Andy Noonan	SRVC	23:00			
34. Joe Brazil	WVC	23:02			
35. Bob Turney	DVC	23:05			
36. Terry Mueller	SRVC	23:14			
37. Will Gogas	CCSF	23:15			
38. Bruce Oruis	Modesto	23:18			
39. Gary Meyer	CSM	23:19			
40. Dave Muela	CCSF	23:21			
41. Tim Andrews	De Anza	23:24			
42. Brian Hurdal	CSM	23:25			
43. Joe Scheffelin	ARC	23:28			
44. Scott Oruis	Modesto	23:30			



DAVE SHROCK(Serra)

Sophomore from Serra High School, average team
rank 10.6

COLLEGE OF SAN MATEO
CROSS COUNTRY

At: Crystal Springs Course
Cloudy, soft, good
Rained two days previous

Date: October 11, 1975
4.2 Miles

FOURTH ANNUAL COLLEGE OF SAN MATEO-CRYSTAL SPRINGS INVITATIONAL
Reserve Race Results

(No team scoring)

1. Bob Weaver*	WVC	21:55
2. Jerry White	AR	22:44
3. Dave Tutino	DVC	51
4. Jon Barbera	DVC	53
5. Mark Ross	DVC	56
6. Mel Brazil	WVC	23:03
7. Rod Robertson	WVC	13
8. Alan Harkness	WVC	36
9. RICK WERNICK	CSM	42
10. Raymond Sisson	Cha	47
11. David Cooper	Cha	53
12. David Callnon	AR	53
13. Pete Maurer	WVC	56
14. Jeff Ziegler	Cha	58
15. Mike Sandsmark	Cha	24:05
16. Pat Johnson	DVC	11
17. David Kentner	Cha	23
18. Tim Siggins	WVC	26
19. Eric Lanning	SR	26
20. James Hoffer	Cha	44
21. Miles Robertson	CRC	47
22. George Aurit	Cha	55
23. Alex Medina	Cha	57
24. Scott Ellis	AR	58
25. Dennis McHenry	Cha	25:04
26. Greg Hubbard	Marin	05
27. Paul Navarro	Cha	20
28. Bill Bodene	DeA	26
29. Joe Tleimat	DVC	32
30. Jess Rose	SR	53
31. Pete Laudi	CRC	55
32. William Riddle	Cha	58
33. DAVE SHROCK	CSM	26:06
34. Ray Aver	WVC	15
35. Mark West	Cha	22
36. ANDY TAKAHA	CSM	27
37. Carlos Fong	Cha	54
38. MIKE MILLER	CSM	27:12
39. Bob Johnson	SR	21
40. Steve Abernethy	CRC	46
41. Derek Duarte	Cha	28:22
42. Kurt Turney	AR	NT
43. Gary Humphreys	DeA	NT

* Regular member of WVC team



GREG TIERNEY(St. Ignatius)

Freshman from St. Ignatius High School, average
team rank 12.4

COLLEGE OF SAN MATEO

CSM - WEST VALLEY - LANEY CROSS COUNTRY MEET

At: Crystal Springs Course
Conditions: Sunny, warm

Date: October 16, 1975
Course Record: 20:13.6

TEAM RESULTS (Laney did not field a team)

CSM: 1,2,3,4,9 19
West Valley: 5,6,7,8,10 36

INDIVIDUAL RESULTS

1. BOB BARRNETT	CSM	21:25
2. MITCH KINGERY	CSM	21:49
3. STEVE PALLADINO	CSM	22:09
4. DAVE HULL	CSM	22:20
5. Mark Isaacson	West Valley	22:28
6. Arando Lagunes	West Valley	22:35
7. Steve Niedrauer	West Valley	22:43
8. Bob Weaver	West Valley	23:02
9. GARY MEYER	CSM	23:13
10.. Keith Maurer	West Valley	23:19
11. Mel Brazil	West Valley	23:28
12. RICK WERNICK	CSM	23:31
13. BRIAN HURDAL	CSM	23:59
14. GARY SPANN	CSM	24:06
15. Rod Robertson	West Valley	24:07
16. Maurer, Pete	West Valley	24:24
17. JOHN SHEAKLEY	CSM	24:27
18. Joe Brazil	West Valley	24:29
19. MIKE MILLER	CSM	24:33
20. Alan Harkness	West Valley	24:50
21. Tim Siggins	West Valley	25:08
22. GREG TIERNEY	CSM	27:52
23. ANDY TAKAHA	CSM	28:28
24. JIM TOMLIN	CSM	28:31

SAN JOSE CITY COLLEGE CROSS COUNTRY MEET

At: Coyote Park, San Jose

Conditions: Fair, mild

Date: October 22, 1975

Duel Team Results

San Jose City College - 1,2,3,6,7 -	19
COLLEGE OF SAN MATEO - 4,5,8,11,12	40
San Jose City College - 1,2,3,4,5 -	15
San Francisco CC - 8,9,10,11,12	50
COLLEGE OF SAN MATEO - 1,2,3,4,5 -	15
San Francisco CC - 7,9,10,11,12 -	49

Individual Results

1. Roy Hoglund	San Jose City College	20:37
2. Wally Montenegro	San Jose City College	20:49
3. Shawn James	San Jose City College	20:51
4. BOB BARNETT	COLLEGE OF SAN MATEO	20:57
5. MITCH KINGERY	COLLEGE OF SAN MATEO	21:08
6. Marty Krenn	San Jose City College	21:22
7. Alex Aguilar	San Jose City College	21:22
8. DAVE HULL	COLLEGE OF SAN MATEO	21:26
9. John Bettencourt	San Jose City College	21:41
10. Tom Bartasi	San Jose City College	21:42
11. Dan Udoutch	San Jose City College	21:53
12. Ruben Lee	San Jose City College	21:56
13. Tony Mezzapelle	San Jose City College	22:05
14. Pat Markham	San Jose City College	22:16
15. GARY MEYER	COLLEGE OF SAN MATEO	22:21
16. Rene Tafolla	San Jose City College	22:22
17. STEVE PALLADINO	COLLEGE OF SAN MATEO	22:31
18. RICK WERNICK	COLLEGE OF SAN MATEO	22:36
19. Joel Petterson	CC San Francisco	22:41
20. BRIAN HURDAL	COLLEGE OF SAN MATEO	22:48
21. GARY SPANN	COLLEGE OF SAN MATEO	23:01
22. Lee Byrd	CC San Francisco	23:21
23. Terrazas	San Jose City College	23:31
24. Will Gogas	C C San Francisco	23:42
25. Amador Garcia	CC San Francisco	23:47
26. Lynn Ryan	San Jose City College	23:59
27. Mike Mocklin	City College San Francisco	24:12
28. Mike Ercolini	San Jose City College	25:07
29. ANDY TAKAHA	COLLEGE OF SAN MATEO	25:21

LARGE COLLEGES - 1975 MT. SAC INVITATIONAL

Date: October 24, 1975

TEAM RESULTS

1. Fullerton - 2,8,9,14,16	49	1:43.52
2. Orange Coast -1,5,19,23,37	85	1:45.24
3. Los Angeles Valley 4,7,10,40,51	112	1:46.19
4. Mt. San Antonio - 15,21,24,26,32	118	1:48.16
5. SAN MATEO - 13,18,30,33,50	144	1:49.15
6. Long Beach - 12,29,34,35,36	146	
7. El Camino - 6,25,41,54,55	181	
8. Sacramento - 28,42,47,48,56	221	
9. Pierce - 17,44,61,63,65	250	
10. Cerritos - 31,43,58,68,69	269	
11. Los Angeles City - 3,59,66,74,80	282	
12. Cypress - 60,71,76,78,82	367	

INDIVIDUAL RESULTS

1. John Olswang	Orange Coast	19:43
2. Jose Saavedra	Fullerton	19:50
3. Vicken Simonian	Los Angeles C.C.	20:05
4. Rich Nance	Los Angeles Valley	20:24
5. Tom Olswang	Orange Coast	20:28
6. Harold Ketting	El Camino	20:30
7. Gerardo Chanchola	Los Angeles Valley	20:32
8. Armando Cendejas	Fullerton	20:36
9. Paul O'Neil	Fullerton	20:41
10. Jim Marin	Los Angeles Valley	20:57
13. MITCH KINGERY	COLLEGE OF SAN MATEO	21:12
18. DAVE HULL	COLLEGE OF SAN MATEO	21:28
30. BOB BARNETT	COLLEGE OF SAN MATEO	21:53
33. STEVE PALLADINO	COLLEGE OF SAN MATEO	22:00
50. BRIAN HURDAL	COLLEGE OF SAN MATEO	22:42
53. GARY MEYER	COLLEGE OF SAN MATEO	23:00
57. RICK WERNICK	COLLEGE OF SAN MATEO	23:11

COLLEGE OF SAN MATEO

CROSS COUNTRY

At: Crystal Springs Course
Beautiful Weather

Date: October 31, 1975
4.2 Miles

1975 Golden Gate Conference Meet

INDIVIDUAL SCORING

<u>NAME</u>	<u>COLLEGE</u>	<u>TIME</u>
1. Mike Emry	Diablo Valley College	20:38
2. Greg Eger	De Anza College	20:55
3. MITCH KINGERY	COLLEGE OF SAN MATEO	21:13
4. BOB BARNETT	COLLEGE OF SAN MATEO	21:19
5. Al Sauer	Diablo Valley College	21:31
6. DAVE HULL	COLLEGE OF SAN MATEO	21:43
7. STEVE PALLADINO	COLLEGE OF SAN MATEO	21:43
8. Doug Danielson	De Anza College	21:46
9. Joe Mangan	De Anza College	22:00
10. BRIAN HURDAL	COLLEGE OF SAN MATEO	22:24
11. Marty James	Diablo Valley College	22:30
12. GARY MEYER	COLLEGE OF SAN MATEO	22:36
13. Bob Turney	Diablo Valley College	22:37
14. Dave Vellequette	De Anza College	22:38
15. John Barbera	Diablo Valley College	22:54
16. RICK WERNICK	COLLEGE OF SAN MATEO	23:03
17. Win Thibodeaux	Diablo Valley College	23:10
18. Alex Gomez	De Anza College	23:29
19. GARY SPANN	COLLEGE OF SAN MATEO	23:36
20. Dave Tutino	Diablo Valley College	23:43
21. JOHN SHEAKLEY	COLLEGE OF SAN MATEO	23:47
22. Dave Bartholomew	De Anza College	23:56
23. Al Robertson	Diablo Valley College	24:09
24. Pat Johnson	Diablo Valley College	24:13
25. Tim Andrews	Diablo Valley College	24:27
26. Bill Bodene	De Anza College	24:52
27. Andy Estrada	De Anza College	25:00
28. Barry Buckley	Diablo Valley College	25:07
29. Steve Riley	Diablo Valley College	25:09
30. DAVE SHROCK	COLLEGE OF SAN MATEO	25:10
31. ANDY TAKAHA	COLLEGE OF SAN MATEO	25:29
32. MIKE MILLER	COLLEGE OF SAN MATEO	25:29
33. Joe Tleimat	Diablo Valley College	25:35
34. JIM TOMLIN	COLLEGE OF SAN MATEO	25:50
35. Dave Zarubin	De Anza College	25:58
36. Vince Ricevuto	Diablo Valley College	26:36
37. Gary Humphreys	De Anza College	29:33
38. STEVE BREWER	COLLEGE OF SAN MATEO	29:51
39. Roger Hileman	De Anza College	30:33

TEAM SCORING

C.S.M. :2,3,5,6,7 =23
D.V.C. :1,4,8,10,11 =34

C.S.M. :2,3,4,5,8 =22
DeAnza:1,6,7,10,12 =36

D.V.C. :1,3,6,7,9 =26
DeAnza:2,4,5,8,11=30

NOR-CAL CROSS COUNTRY MEET
Large School Division
November 14, 1975

At: Woodward Park, Fresno
Distance: 4 Miles

Course Record: 19:35

TEAM SCORING

1. Delta	38	7. West Valley	183
2. American River	51	8. DeAnza	196
3. San Jose	101	9. Modesto	199
4. SAN MATEO	107	10. Sacramento	247
5. Santa Rosa	140	11. Chabot	274
6. Diablo Valley	167	12. San Francisco	300

INDIVIDUAL SCORING

1. Henry Perez	Delta	19:31	40. GARY MEYER	CSM	21:32
2. Roger Casillas	Delta	19:47	41. Scott Orvise	Modesto	21:33
3. Bob Dies	Amer R	20:01	42. Joe Peterson	CCSF	21:36
4. Jim Mesust	Amer R	20:02	43. Bob Turney	DVC	21:38
5. Jerry Tucker	Delta	20:07	44. Armando Lagunes	WVC	21:41
6. MITCH KINGERY	CSM	20:10	45. Dave Tutino	Diablo	21:42
7. Mike Emmy	DV	20:16	46. Robert Bettalo	Sac	21:43
8. Joe Cordova	Delta	20:18	47. Mark Ross	Diablo	21:44
9. Baudendistal	Amer R	20:21	48. John Thomas	Chabot	21:44
10. Jeff Reid	SR	20:22	49. Benny Jordan	Delta	21:44
11. Shawn James	SJ	20:23	50. Bob Weaver	WVC	21:45
12. C. Hernandez	SR	20:25	51. Marty James	Diablo	21:46
13. BOB BARNETT	CSM	20:27	52. Tim Andrews	DeAnza	21:47
14. Greg Eger	DeAnza	20:30	53. D. Hatakeyama	Chabot	21:57
15. Bob Loux	Modesto	20:34	54. A. Ferreira	Amer R	22:03
16. Alex Aguillar	SJ	20:37	55. RICK WERNICK	CSM	22:06
17. G. Sutherland	Amer R	20:38	56. Dave Hansen	SR	22:09
18. Bill Weed	Amer R	20:40	57. R. Fishbaugh	Chabot	22:13
19. Roy Hoglund	SJ	20:43	58. Doug Hall	Chabot	22:16
20. DAVE HULL	CSM	20:44	59. Luke Sing	Modesto	22:17
21. Louis Grisco	Fresno	20:46	60. Greg Sbourin	SR	22:23
22. Fred Arroyo	Modesto	20:48	61. Andy Noonan	SR	22:26
23. K. Jacobson	Delta	20:51	62. Dave Vellequette	DeAnza	22:27
24. Tod Baker	W. V.	20:55	63. Mark Marline	Chabot	22:38
25. Chuck Kostal	Amer R	20:56	64. Dave Call	Sac	22:41
26. Dan Udoutch	SJ	20:58	65. Alex Gomez	DeAnza	22:49
27. Jim White	SR	21:00	66. Merle Fountain	Modesto	22:55
28. Dave Dickmeyer	Delta	21:01	67. Bruce Orvis	Modesto	22:57
29. Al Sauer	DVC	21:02	68. Kevin O'Hara	Chabot	22:59
30. STEVE PALLADINO	CSM	21:07	69. Eugene Elliott	Chabot	23:12
31. Mary Krenn	SJ	21:13	70. BRIAN HURDAL	CSM	23:16
32. Martin Magee	Sac	21:16	71. John Brozak	Sac	23:17
33. J. Bettencourt	SJ	21:19	72. Mike Mocklin	CCSF	23:21
34. Mark Isaackson	WVC	21:20	73. Keith Maurer	WVC	23:23
35. Joe Mangun	DeAnza	21:22	74. W. Thibodeaux	Diablo	23:26
36. S. Niedrauer	WVC	21:24	75. D. Bartholomew	DeAnza	23:44
37. D. Danielson	DeAnza	21:28	76. Lee Byrd	CCSF	24:19
38. Terry Mueller	SR	21:29	77. Will Gogas	CCSF	24:42
39. Bob Herrick	Sac	21:30	78. Foley	CCSF	26:38

COLLEGE OF SAN MATEO
 CROSS COUNTRY
TWELFTH ANNUAL CALIFORNIA STATE
CROSS COUNTRY CHAMPIONSHIPS

At: Woodward Park, Fresno, California Date: November 22, 1975

(Large College Division)
TEAM SCORING

1. Grossmont College	43 pts.
2. Fullerton Junior College	63 pts.
3. American River College	112 pts.
4. Delta College	121 pts.
5. Bakersfield College	128 pts.
6. San Diego Mesa	151 pts.
7. San Jose	158 pts.
8. Orange Coast	167 pts.
9. San Mateo	215 pts.
10. Santa Rosa	247 pts.

INDIVIDUAL SCORING, COLLEGE, & TIMES

1. Henry Perez	Delta	19:18.6
2. Kirk Pfefer	Grossmont-	19:19
3. Jose Saavedra	Fullerton	19:35
4. Armando Cendejos	Fullerton	19:38
5. Gerardo Canchola	L.A. Valley	19:41
6. Vicken Simonian	L.A.C.C.	19:42
7. Gary Hernandez	S.D. Mesa	19:43
8. Bob Deis	Amer. River	19:44
9. John Olswang	Orange Coast	19:45
10. Dennis Wilson	Grossmont	19:49

(Small College Division)
TEAM SCORING

1. Canyons	48 pts.
2. Citrus	79 pts.
3. Moorpark	89 pts.
4. College of Seq.	109 pts.
5. Marin	129 pts.
6. Glendale	153 pts.
7. Consummes	171 pts.
8. Antelope Valley	182 pts.
9. San Diego	213 pts.
10. Skyline	247 pts.

FIRST PLACE NEW COURSE RECORD

Henry Perez Delta 19:18.6

Kingery leads CSM harriers

There promises to be marked improvement in the quality of local junior college cross country this fall — if for no other reason than the greatest long distance runner in SPAL history, San Carlos' Mitch Kingery, will gallop for Bob Rush's College of San Mateo club.

Even semi-anonymous Canada — despite a four-year history of not a single meet title — may start to change that image under new coach Mike Ipsen.

Last spring, Kingery proved he shouldn't be type-cast as just a potentially great marathon runner — which he is — when he finally broke a 9:00 barrier with an 8:57.3 for fourth in the State track meet, Central Coast Section record. He also holds the SPAL three-mile mark (13:56.4).

A three-time SPAL runner of the Year and All-NorCal pick, Kingery paces a talented freshman crop Rush hopes will lead the Bulldogs back to the state meet, after a two-year absence.

Top frosh included Menlo-Atherton's Dave Hull (9:23.4) and Hillsdale's Bob Barnett (9:16, 14:16), All-NorCal second and first team last year, respectively, while soph Steve Palladino of Serra is "much improved and may battle for No. 1."

Other sophs are Carlmont's Rick Wernick and John Shroyer (if he becomes eligible) and Jim Tomlin. Local frosh include Scots Brian Hurdal (an All-SPALer) and John Sheakley and Serra's Gary Meyer.

Ipsen, who takes over for Craig Brown and was, ironically, MVP on 1971's initial Colt harrier team, says, "We think we can win — the attitude is good and we're working hard."

For the first time, Canada has eight experienced runners, including '74 MVP, SC's Phil Schaffner, No. 2 man Bob Arnold of M-A and solid Joe Sosa of Sequoia.

SC's Ken White, who ran for CSM in '72, is an excellent prospect, while frosh are Sequoia's Dan Keller and LeRoy Rosing, 25-year-old Les Loeder ("looking real good"), SC's Jeff Lynn and Woodside's Cheryl Coleman.

NOTES: "Hopefully, we'll peak later than last year and will battle favored San Jose and (defending champ) West Valley for the Golden Gate Conference title," said Rush, whose Dogs were GGC unbeaten champs 1970-72. CSM opens its season tomorrow in the 10-team 7th annual CSM

Fresno Wins Beach Run

Saving the best for last, College of San Mateo distance runner Steve Palladino rallied to finish second in the annual CSM Beach Run at Half Moon Bay Friday.

Palladino finished the four-mile jaunt in the sand in 22:09.0. Winner John Lara of Fresno City College won the event with a 21:42 clocking to lead his team to victory.

However, the Bulldogs, as a team, weren't quite as fortunate as they finished fifth. CSM ace Mitch Kingery didn't compete because of an injury.

Following are the scores and times:

SEAM STRZ O, 50-; Colled/p/In, 46; West Valley, 71; El Camino So, 73; CSM, 98; DeAnza, 138; Foothill, 220.

1-Lara (Fresno), 21:42;

2-Palladino (CSM), 22:09; Lozey (Marin), 22:16; 4-Crileo (Fresno), 22:23; 5-Kea Ketting (El Camino), 22:24. Other CSM Placers: 20th-Dave Hull, 23:20; 23-Hurdal, 23:42; 25-Meyer, 23:49; Barnett, 24:01.

Kingery 4th in opener for Bulldogs

Mitch Kingery's cross country debut for College of San Mateo was nothing less than an unqualified success as the ex-San Carlos High long distance ace took fourth with a four-mile 20:26 in the Fresno Invitational Saturday.

It was the Bulldogs' second outing of the year after Kingery rested his knees in CSM's Beach Run. Vet Steve Palladino of Serra was seventh as CSM finished in fifth place.

Meanwhile, new Canada coach Mike Ipsen was "pleased" with the Colts' fifth place in the Solano Invitational behind SC's Phil Schaffner's 13th finish (in 22:59 over four miles) and Less Loeder's 14th.

It was a stronger meet than last year when Canada finished third; Colt Joe Sosa, 43rd Saturday, was fourth last year in 22:18.

FRESNO CC INVITATIONAL

Top five and CSM placers: Henry Perez (SJD) 20:06 (Perez made wrong turn when he was 100-150 yards in lead and ran extra 200 yards), Lara (F) 20:10, Emory (DVC) 20:23, Kingery (CSM) 20:26, Reid (SRJC) 20:29, 7. Palladino 20:37, 18. Hull 21:20, 30. Barnett 22:01, 38. Meyer 22:32, 45. Wernick 22:49, 58. Hurdal 23:25 (4.0 miles).

SCORES: SJ Delta 45, Santa Rosa JC 89, West Valley 91, Fresno CC 94, San Mateo 97, Diablo Valley 123, De Anza 180.

SOLANO INVITATIONAL

Top five and Canada placers: Mike Sophie (Sol) 21:32 (meet record), Malain (Sht) 21:44, Florez (Sol) 21:51, McCawley (Yuba) 21:55, Sabo (Merritt) 21:56, 13. Schaffner 22:58, 14. Loeder 23:04, 23. White 23:48, 27. Lynn 23:54, 43. Sosa 25:48, 48. Keller 26:19 (4.0 miles).

SCORES: Merritt and Solano 50 (Merritt won due to its fifth man finishing ahead of Solano's fifth man), Shasta 55, Yuba 114, Canada 115, Napa 140, Los Medanos 184, Columbia 230, Contra Costa 268, Alameda 284.

CSM, Canada Enter Golden Gate Race

County community college cross-country teams get their final tune-ups for league competition in a pair of invitationals Saturday.

College of San Mateo and Canada are entered in the Golden Gate Four Mile Team Race in Golden Gate Park and Skyline joins other small colleges in the Porterville Invitational.

All three locals met with fair success in their last invitational outings. CSM finished fifth in the strong large division of the Fresno CC Invitational as ex-San Carlos ace Mitch Kingery made his debut for the Bulldogs with a sparkling fourth place finish in 20:26 over the four-mile course.

National JC steeplechase record holder Henry Perez led Northern California's top

ranked team, San Joaquin Delta, to the team title. Bulldog veteran Steve Palladino placed seventh while Dave Hull was 18th and Bob Barnett 30th.

Skyline placed second to College of Marin in the small division of the same meet although only four complete teams competed in that division. Still the Trojans showed the makings of Coast Conference title contenders with Bob Miller seventh and Dave Markstrom tenth.

Canada was fifth at the Solano Invitational in which two other Camino Norte team deadlocked for first, Merritt and Solano (with Merritt getting the tie-breaker edge). Colt leaders were Phil Schaffner, 13th, and Less Loeder, 14th.

Marin is the Camino Norte title favorite this season.

JC cross country

GOLDEN GATE INVITATIONAL

4.0 miles at Golden Gate Park in San Francisco Saturday:

Top four and CSM and Canada placers: Henry Perez (Delta) 2:30 (course record), Lara (Fresno) 12:49, Deis (ARC) 21:11, Payne (ARC) 21:12, 22. Palladino (SM) 21:54, 30. Hull (SM) 22:03, 33. Barnett (SM) 22:11, 79. Meyer (SM) 23:18, 90. Wernick (SM) 23:30, 101. Spann (SM) 23:34, 108. Hurdal (SM) 23:52, 116. Loeder (C) 24:00, 130. Lynn (C) 24:30, 146. Sheakley (SM) 15:07, 149. White (C) 25:15, 151. Miller (SM) 25:17, 155. Schaffner (C) 25:25, 166. Takaha (SM) 26:10, 174. Tierney (SM) 27:22.

TEAM STANDINGS (by time): SJ Delta 1:46.20, American River 1:47.24, San Jose 1:48.26, Marin 1:50.39, Fresno CC 1:51.05, Diablo Valley 1:51.31, Chabot 1:51.58, West Valley 1:52.25, Sequoias 1:52.38, (10th place) San Mateo 1:52.56, De Anza 1:54.17, Modesto 1:54.35, Sacramento CC 1:56.50, Foothill 1:59.26, CCSF 2:01.33.

NOTES: Injury-bothered Mitch Kingery did not run for San Mateo. Canada entered only four runners.

CSM Harriers Win Opener

College of San Mateo's cross-country team opened its Golden Gate Conference season Thursday with wins over Chabot (20-35) and Foothill (15-49) at Coyote Hills Park in Newark.

The Bulldogs took four of the first five places, led by Dave Hull's 23.25 time over 4.5 wet and windy miles.

CSM 20, Chabot 35; CSM 15, Foothill 49 — 1. Hull (CSM) 23:25, 2. O'Hara (C) 23:26, 3. Barnett (CSM) 23:30, 4. Palladino (CSM) 23:44, 5. Kingery (CSM) 24:05, 6. Hall (C) 24:06, 7. Meyer (CSM) 24:26.

Serra High Thins Win X-Country

Serra High's cross-country team easily won the Crystal Springs Invitational Saturday, scoring 57 points to second place Mt. Pleasant's 123.

Serra's outstanding junior, Stan Ross, was the individual winner in 15:11 over three miles. Ross put on a strong finish to nose out San Mateo's Craig Corey, who was second in 15:12.

Crestmoor's Paul Mello was fifth in 15:38 and Serra's Kevin Blake set a freshman course record with a sixth place 15:41 clocking.

In the community college race, College of San Mateo was fourth in the large division and Skyline fourth in the small division. CSM's Steve Palladino was fifth in 21:36, while the Trojans' sophomore Bob Miller placed ninth.

HIGH SCHOOL

Varsity: Serra 57, Mt. Pleasant 123, Piedmont Hills 143, 6. San Mateo 195, 12. Hillsdale 294, 14. Crestmoor 312 — 1. Ross (Serra) 15:11, 2. Corey (SM) 15:12, 3. Munoz (Watson) 15:23, 5. Mello (Crest.) 15:38, 6. Blake (Serra) 15:41, 8. Pincombe (Serra) 15:46, 19. Rinaldi (Serra) 16:14, 23. Bonilla (Serra) 16:26, 28. Weikel (Hills.) 16:32. JV: Piedmont Hills 19, Leigh 68, 5. San Mateo 155, 8. Serra 195 — 1. Sanders (Camden) 16:31, 15. Powers (SM) 17:45; Sophomores: Leigh 83, Piedmont Hills 107, 5. San Carlos 144, 6. Serra 145, 12. San Mateo 266 — 1. Bryant (Mitty) 16:18, 8. Rochford (Serra) 17:05; Frosh: Lynbrook 74, Aragon and San Carlos 75, 5. San Mateo 166, 7. Serra 220, 8. San Carlos 226, 11. Hillsdale 289 — 1. Korrasco (Mt. Pl.) 15:43, 4. Frank (Aragon) 17:21; Reserves: No team scores — 1. Stillman (Will. Gl.) 15:33, 4. Neakrans (Aragon) 16:41.

COMMUNITY COLLEGE

Large: West Valley 65, Diablo Valley 95, Chabot 100, College of San Mateo 101 — 1. Rios (WV) 21:01 (4.2 miles), 2. Emry (DV) 21:06, 3. Eger (De Anza) 21:17, 5. Palladino (CSM) 21:36, 7. Barnett (CSM) 21:43, 8. Hull (CSM) 21:46, 39. Meyer (CSM) 23:19. Small: Marin 37, Sequoias 43, 4. Skyline 137, 14. Canada 305 — 1. Garcia (Seq.) 20:39, 2. Garrett (Con. River) 21:15, 9. Miller (Skyline) 22:01, 19. Lang (Skyline) 22:34, 29. Hornstra (Skyline) 23:05.

CSM runners prepare for a showdown

Though laying back for a showdown with rival West Valley Thursday, College of San Mateo placed Steve Palladino, Bob Barnett and Dave Hull within the top 10 finishers and took fourth in its CSM Invitational cross country meet at 4.2-mile Crystal Springs Saturday.

Canada was 14th in the small division race led by 25-year-old Led Loeder's 44th.

LARGE COLLEGES: Top two and CSM placers: Artie Rios (WVC) 21:01, Emry (DVC) 21:06, 5. Palladino 21:36, 7. Barnett 21:43, 8. Hull 21:46, 39. Meyer 23:19, 42. Hurdal 23:25, 57. Sheakley no time (57 runners). **SCORES:** West Valley 65, Diablo Valley 95, Chabot 100, CSM 101, Santa Rosa 102, De Anza 119, Modesto 130, American River B 151, CCSF 188.

SMALL COLLEGES: Top two and Canada placers: Juan Garcia (Sequoias) 20:39, Garrett (Cosumnes) 21:15, 44. Loeder 24:02, 53. Schaffner 24:31, 62. Lynn 24:47, 71. Keller 25:37, 75. White 25:42 (94 runners). **SCORES:** Marin 37, Sequoias 43, Cosumnes River 101, Skyline 137, Shasta 172, Redwoods 198, Solano 208, Foothill 237, Cabrillo 238, Butte 263, Lassen 283, Yuba 291, Reedley 297, Canada 305, Oxnard 324. (Both races 4.2 miles.)

Bulldog harriers near title

College of San Mateo's cross country team burst West Valley's big bubble yesterday — and faces only one obstacle en route to its first Golden Gate Conference title since 1972.

Led by Bob Barnett's first place in 21:25 over Crystal Springs hilly, 4.2-mile course in Belmont, the Bulldogs captured the first four places and snapped defending champ West Valley's five-year dual meet win streak of 43, longest in the state. CSM's 19-36 win over WVC and forfeit win over Laney gave the Dogs a 4-0 GGC record — the same as San Jose, which CSM meets in a showdown next Wednesday at Coyote Park in SJ.

Behind Barnett of CSM were ex-San Carlos High ace Mitch Kingery (21:49), vet Steve Palladino and Dave Hull. The latter three posted fine efforts despite various ailments.

Top three and CSM placers: Bob Barnett (SM) 21:25, Kingery (SM) 21:49, Palladino (SM) 22:09, 4. Hull 22:20, 9. Meyer 23:13, 12. Wernick 23:31, 13. Hurdal 23:59, 14. Spann 24:06, 17. Sheakley 24:27, 19. Miller 24:33, 22. Tierney 27:22, 23. Takaha 28:28, 24. Tomlin 28:31 (24 runners, 4.2 miles at Crystal Springs).

DUAL SCORES: CSM 19, West Valley 36; CSM d. Laney by forfeit; WVC d. Laney by forfeit. **OTHER SCORES:** De Anza 25, Chabot 30; Chabot 19, CCSF 42; De Anza 18, CCSF 40; San Jose 15, Foothill 50; San Jose 23, Diablo Valley 32; Diablo Valley 15, Foothill 45.

GGC STANDINGS: CSM 4-0, San Jose 4-0, West Valley 3-1, De Anza 3-1, Diablo Valley 2-2, Chabot 2-2, CCSF 0-4, Foothill 0-4, Laney 0-4.

CSM Harriers Still Unbeaten

College of San Mateo's cross-country team maintained its unbeaten status in the Golden Gate Conference Thursday in most impressive style.

The Bulldogs handed West Valley its first dual meet loss in five years 19-36 to run their GGC record to 4-0.

Led by Bob Barnett's 21:25

clocking (4.0 miles), CSM snapped the record streak by taking the first four places.

Following Barnett were Mitch Kingery (21:49), Steve Palladino (22:09) and Dave Hull (22:20).

College of San Mateo 19, West Valley 36 — 1. Barnett (CSM) 21:25, 2. Kingery (CSM) 21:49, 3. Palladino (CSM) 22:09, 4. Hull (CSM) 22:20, 5. Isaacson (WV) 22:28, 6. Lagunes (WV) 22:35, 7. Neidrauer (WV) 22:43, 9. Meyer (CSM) 23:13, 12. Wernick (CSM) 23:31.

Crucial win for distancemen raises conference title hopes

In a year of early season promises and setbacks, the harriers provided a major breakthrough last Thursday when they ignored a smog alert and whipped pre-season favorite West Valley College, 19-36.

Placing four runners in front of the Vikings' first finisher, the Distancedogs ended West Valley's five-year dual meet win streak and established themselves as solid contenders for the Golden Gate Conference title.

The Dogs got their biggest break when the fast, early pace combined with the heat to force West Valley's top harrier, Artie Rios, out of the race. Rios, who was running third when he dropped out, wouldn't have changed the outcome but he might have lessened the drubbing. As it was, Mark Issacson was the Vikings' best performer, finishing eight seconds behind Hull.

Palladino explained one reason for the Dogs' great performance. "A lot of guys have never been on winning teams before. When you run for a team, your guts are in it." Needless to say, coach Bob Rush was pleased. "It was a great team effort, and there were some great individual efforts. Kingery still has a bad knee and Hull was running on a sore foot."

All in all, it wasn't a bad week for Rush. On October 12, he ran in the Columbus Day 10 kilometer in Oakland, a race he won in 1952 as a collegian. This time, running in his first race as a Master (over 40), he turned in the credible time of 40:53.

Today the Bulldogs travel south for the Mount San Antonio Invitational.

Flash! Flash!

The thoughts of a GGC championship were wiped out two days ago when San Jose City College demolished the Bulldogs, 19-40.

The Jaguars, ranked fourth in the state, breezed past a CSM squad that, according to coach Rush, wasn't completely healthy and was just a little nervous.

Bob Barnett ended all doubts about his conditioning when he won the 4.2 mile race on a hot and dusty Crystal Springs course in 21:25, the third best CSM time ever. "I was surprised that I won," he said, "but I wasn't surprised at the effort. I've been trying to progress in every race, which means I've got to start pushing."

Mitch Kingery was next through the tape in 21:49, followed by Steve Palladino (22:09) and Dave Hull (22:20). The Dogs now know that anyone of these four men can give them that big race in an important meet. Fifth man Gary Meyer came through with a good effort, finishing ninth with 23:13 clocking.

CSM Harriers Finish Fifth

WALNUT — College of San Mateo's cross-country team defended Northern California honor creditably here Friday in the Mt. San Antonio College Invitational.

CSM finished fifth in the large college division, which was won by Fullerton. CSM's top finisher, Mitch Kingery, clocked 21:12 over the four mile course, good for a 13th place over-all finish.

Winner and CSM placers: 1. John Olswang (Orange Coast) 19:43; 18. Dave Hull 21:41; 30. Bob Barnett 21:53; 33. Steve Palladino 21:53; 50. Brian Hurdal 22:42; Gary Meyer 23:00; Rick

Harriers take two, finish 2nd in GGC

Although the Distancedogs easily handled DeAnza, 22-36, and Diablo Valley, 23-34, they were forced to settle for second place in the GGC.

While CSM was cruising through their three-way meet at Crystal Springs, San Jose was putting the finishing touches on an unbeaten season by whipping West Valley, thus cementing the Dogs in the second spot.

Coach Bob Rush said that his charges have now set their sights on the Nor-Cal finals in two weeks, a meet they've planned for all year. They are currently rated fourth in Northern California.



Cross country winner Bob Barnett

Colt harriers lose their first home meet

Despite probably its best overall effort of the season, Canada College's cross country team didn't "time" it as well as possible as the Colts fell to unbeaten Marin 15-50 in yesterday's historic Camino Norte Conference center meet at Canada.

It was the first harrier meet on the Colts' 4.0-mile course and, attended by a large crowd, it saw the Colts' CNC mark drop to 2-3 while Marin went to 5-0.

Canada was led by vet Bob Arnold's ninth-place in 22:18. "Our kids ran well, but Marin is a powerhouse. The meet, though, was a success," said new Canada coach Mike Ipsen.

Meanwhile, San Mateo finished fifth in the Mt. San Antonio Invitational in Walnut, led by Mitch Kingery's four-mile 21:12 for 13th place.

MT. SAC INVITATIONAL

Large schools: Top three and CSM placers: John Olswang (OCC) 19:43, Saavedra (Fullerton) 19:50, Simonian (LACC) 20:05, 13. Kingery 21:12, 18. Hull 21:26, 30. Barnett 21:53, 33. Palladino 22:00, 50. Hurdal 22:42, 53. 23:00, 57. Wernick 23:11 (4.0 miles at Mt. San Antonio College).

SCORES: Fullerton 49, Orange Coast 85, L.A. Valley 112, Mt. San Antonio 118, San Mateo 144, Long Beach 146, El Camino 181, Sacramento 221, L.A. Pierce 250, Cerritos 269, Los Angeles CC 282, Cypress 367.

Medium schools: 1. Henry Perez (Delta) 19:57, 2. Pfeffer (Grossmont) 20:13. TOP SCORES: Grossmont 31, San Joaquin Delta 52, American River 87, Bakersfield 95.

Small schools: 1. Juan Garcia (Sequoias) 20:07, Blackburn (Moorpark) 20:32. TOP SCORES: Moorpark 55, Citrus 64, Sequoias 84, Consumnes River 111.

CNC CENTER MEET

Top three and Canada placers: K. Baez (Marin) 20:37, S. Locey (Marin) 21:27, K. Salmenini (Marin) 21:29, 9. Arnold 22:18, 11. Loeder 22:30, 12. Lynn 22:59, 14. White 23:24, 15. Schaffner 23:45, 18. Wilson 24:40 (4.0 miles at Canada).

DUAL SCORES: Marin 15, Canada 50. OTHER SCORES: Merritt 15, Alameda 48, Alameda and Merritt d. Contra Costa by forfeit; Santa Rosa 21, Solano 36; Santa Rosa 15, Los Medanos 48; Solano 18, Los Medanos 44.

CNC STANDINGS: Marin 5-0, Solano 4-1, SRJC 4-1, Merritt 4-1, Canada 2-3, Los Medanos 1-5, Alameda 1-5, Contra Costa 0-5.

CSM Thins Wind Up Second

Canada splits in CC finale, Dogs win to finish in second

College of San Mateo's hopes for a share of the Golden Gate Conference cross country championship were dashed yesterday when San Jose CC completed an unbeaten (8-0) season with double dual victories over West Valley, 16-43, and Chabot, 15-48, to climax a GGC Center Meet hosted by CSM at the Crystal Springs-Hallmark Homes Course in Belmont.

CSM did its part earlier in the Center affair, completing a 7-1 campaign by downing Diablo Valley, 23-34, and De Anza, 22-36, with Mitch Kingery in third place and Bob Barnett in fourth pacing the Bulldogs. San Mateo coach Bob Rush was especially pleased with the tenth place finish of frosh Brian Hurdal from Carlmont.

CSM hosts the All-Conference meet on the same course next Friday at 3 p.m.

GGC CENTER MEET

(4.2 miles at Crystal Spring, Belmont)

CSM 22, Diablo Valley 34
 CSM 22, De Anza 36
 Diablo Valley 26, De Anza 30
 1. Emry (DV) 20:38; 2. Eger (DA) 20:55; 3. Kingery (CSM) 21:13; 4. Barnett (CSM) 21:19. Also: 6. Hull (CSM) 21:43; 7. Palladino (CSM) 21:43; 10. Hurdall (CSM) 22:24; 12. Meyer (CSM) 22:36; 16. Wernick (CSM) 23:03.

FINAL GGC STANDINGS

San Jose CC 8-0, San Mateo 7-1, West Valley 6-2, Chabot 4-4, De Anza 4-4, Diablo Valley 4-4, Foothill 2-6, CCSF 1-7, Laney 0-8.

Canada College closed out its best-ever Camino Norte Conference cross country dual meet season yesterday with an encouraging effort, as the Colts fell to CNC runnerup Santa Rosa 15-45, but beat weak Contra Costa 15-45.

The Colts, who finished 3-4 for fifth place, hope to improve their position in next Saturday's CNC finals, which officially determines the conference champ.

Meanwhile, San Mateo finished its Golden Gate Conference campaign in second place at 7-1 behind unbeaten San Jose after whipping Diablo Valley 23-34 and De Anza 22-36 at Crystal Springs 4.2-mile course in Belmont.

At Lake Lagunitas' 4.0-mile

route in Fairfax, Canada was led by a seventh place by improving soph Bob Arnold. Les Loeder was eighth, while Ken White, coming back after an injury, was ninth, Phil Schaffner 10th and Jeff Lynn 11th.

"We had our best team time and it was our best meet of the season. Marin and Santa Rosa are too tough for us, but we are aiming for a higher finish in the conference finals," said Canada coach Mike Ipsen.

CSM was led by Mitch Kingery's third place in 21:13, while Bob Barnett was fourth, Dave Hull sixth and vet Steve Palladino seventh.

CSM, which earlier lost to San Jose 19-40, next hosts the GGC finals, which will determine the all-conference team.

GGC CENTER MEET

Top three and CSM placers: Mike Emry (DVC) 20:38, Eger (DeA) 20:55, Kingery (CSM) 21:13, 4. Barnett 21:19, 6. Hull 21:43, 7. Palladino 21:43, 10. Hurdal 22:24, 12. Meyer 22:36, 16. Wernick 23:03, 19. Spann 23:36, 21. Seakley 23:47, 30. Shrock 25:10, 31. Takaha 25:29, 32. Miller 25:29, 34. Tomlin 25:59, 38. Brewer 29:51. (4.2 miles at Crystal Springs, Belmont).

DUAL SCORES: CSM 23, Diablo Valley 34; CSM 22, De Anza 36; Diablo Valley 26, De Anza 30.

OTHER SCORES: Foothill 24, CCSF 35; San Jose 16, West Valley 43; San Jose 15, Chabot 48; West Valley 23, Chabot 34; Laney forfeited to Foothill and CCSF.

FINAL GGC STANDINGS: San Jose 8-0, San Mateo 7-1, West Valley 6-2, Diablo Valley 4-4, De Anza 4-4, Chabot 4-4, Foothill 2-6, CCSF 1-7, Laney 0-8.

CNC CENTER MEET

Top three and Canada placers: Charlie Hernandez (SR) 20:40, Reid (SR) 21:20, Hanson (SR) 21:41, 7. Arnold 22:41, 8. Loeder 22:49, 9. White 22:58, 10. Schaffner 23:20, 11. Lynn 23:22, 20. Wilson 29:20. (4.0 miles at Lake Lagunitas, Fairfax).

DUAL SCORES: Santa Rosa 15, Canada 45; Santa Rosa 15, Contra Costa 50; Canada 15, Contra Costa 45. OTHER SCORES: Marin 15, Solano 50; Marin 15, Merritt 50; Solano 24, Merritt 33; Alameda 22, Los Medanos 33.

FINAL CNC STANDINGS: Marin 7-0, Santa Rosa 6-1, Solano 5-2, Merritt 4-3, Canada 3-4, Alameda 2-5, Los Medanos 1-6, Contra Costa 0-7.

CSM Thins Star

College of San Mateo cross country standouts Bob Barnett and Mitch Kingery ran to All-Golden Gate Conference honors Friday in the league finals on CSM's Crystal Springs course in Belmont.

The pair of Bulldog star freshmen ran second and eighth, respectively, as San Jose CC's Roy Hoglund took the individual title with a 20:32 clocking. Hillsdale grad Barnett's time of 20:48 was the fastest ever by a CSM runner on the hilly 4.2-mile course, eclipsing Jim Van Dine's 20:48 in 1972 — the year he took the Northern California title.

Dual meet champ San Jose grabbed team honors, as expected, with 29 points with CSM again the runner-up (with 59) — well ahead of No. 3 West Valley (84).

Kingery was in fourth place until the final furlong, when his lack of speed work due to injuries this season took its toll in the final sprint. Gaining honorable mention All-GGC honors for the Bulldogs were Steve Palladino, 11th in 21:19, and Dave Hull, 12th in 21:22.

CSM, the County's only state-ranked team (tie for 20th), enters the Northern California meet next Friday at Fresno CC.

CSM, Trojans Finish Strong

FRESNO — Both College of San Mateo and Skyline qualified easily for next Saturday's state community college cross country cham-

pionships here with strong fourth place showings in respective large and small division Northern California races Friday.

Three CSM runners gained All-Northern California honors by placing among the first 21 — freshmen Mitch Kingery, sixth in 20:10, Bob Barnett, 13th in 20:27, and Dave Hull, 20th in 20:44. San Mateo's team time (first five runners) was 1:43:50 as the Bulldogs scored 107 points and just missed catching Golden Gate Conference champ San Jose CC in third place with 101.

Skyline's Bob Miller ran seventh in 20:45 in the small division race. Miller was the leading Coast Conference runner.

College of Marin edged Sequoias for team honors, 54-57, with Consumnes River third (113) and then Skyline (156) — with a 1:49:06 team time — well ahead of fifth place Antelope Valley (170). Canada was 16th with 369 points.

NORCAL JC CROSS COUNTRY (4.0 miles at Woodward Park, Fresno)

Large Division Leaders: 1. SJ Delta 38, 2. American River 51, 3. San Jose CC 107, 4. San Mateo 107.

Individuals: 1. Perez (SJD) 19:31, better's course record of 19:35. Garcia, Sequoias, 19:55. 2. Casillas (SJD) 19:47. 3. Dies (ARC) 20:01. 4. Mebust (ARC) 20:02. 5. Tucker (Delta) 20:07. 6. Kingery (CSM) 20:10. 7. Emry (DVC) 20:16. 8. Cordova (SJD) 20:18. 9. Boudendistel (ARC) 20:21. 10. Reed (SR) 20:22. 11. James (SJ) 20:23. 12. Hernandez (SR) 20:25. 13. Barnett (CSM) 20:27. Other CSM placers: 20. Hull 20:44. 30. Palladino 21:07. 40. Meyer 21:32. 55. Wernick 22:06.

Small Division Leaders: 1. College of Marin 54. 2. Col. of the Sequoias 57. 3. Consumnes River 113. 4. Skyline 156.

Individuals: 1. Garcia (COS) 19:32. 8. Miller (Sky). Other Skyline & Canada placers: 29. Lange (SK) 21:41. 30. Rich Hornstra (SK) 21:45. 44. Martinelli (SK) 22:21. 50. Loeder (C) 22:23. 56. Marksfrom (S) 22:34. 60. Arnold (C) 22:38. 74. Ron Hornstra (SK) 22:58. 83. FVW83. Lynn (C) 23:17. 90. Young (SK) 23:31. 100. Schaffner (C) 24:36. 101. White (C) 24:40.

Kingery all NorCal in JC CC

FRESNO — College of San Mateo star Mitch Kingery finished sixth to make the All-Northern California JC cross country first team and pace CSM to fourth place in yesterday's NorCal finals at Woodward Park's four-mile course here yesterday.

The top five large and small division teams qualified for next Saturday's state finals on the same route.

"Mitch was fourth at the three-mile mark and ran a good race. I think he'll do even better in the state meet. But our hero was Gary Meyer, who was our fifth man and took 40th, but had his best race," said CSM coach Bob Rush.

Henry Perez' first-place led Delta to the large title with 38 points. CSM (107) almost upset GGC champ San Jose (101).

Kingery ran 20:10, while Bob Barnett (13th) made the All-NorCal second team and Dave Hull (20th) made the third.

Canada placed 16th out of 17 small division schools. Les Loeder's 50th topped the Colts, who ended their best-ever season under coach Mike Ipsen (it was Canada's first complete team in the NorCals).

LARGE DIVISION

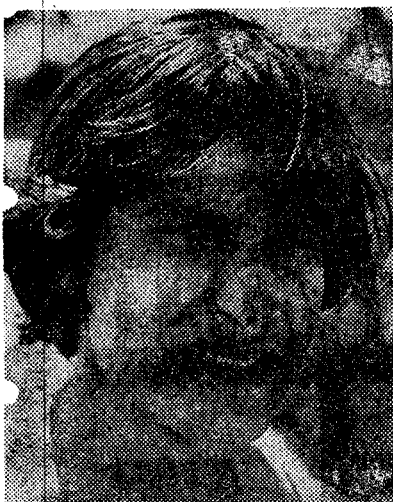
Top seven (All-NorCal team) and CSM placers: Henry Perez (Delta) 19:31 (course record), Roger Casillas (Delta) 19:47, Bob Dies (ARC) 20:01, Kim Mebust (MRC) 20:02, Tucker (Delta) 20:07, Mitch Kingery (CSM) 20:10, Mike Emry (DVC) 20:16, 13. Barnett 20:27, 20. Hull 20:44, 30. Palladino 21:07, 40. Meyer 21:32, 55. Wernick 22:06.

SCORES: SJ Delta 38, American River 51, San Jose 101, San Mateo 107, Santa Rosa 140, Diablo Valley 167, West Valley 183, De Anza 196, Modesto 199, Sacramento 247. Chabot 274. San Francisco 300.

SMALL COLLEGE

Top seven (All-NorCal team) and Canada placers: Juan Garcia (Sequoias) 19:32, Hampton (AVC) 20:09, Locey (Marin) 20:17, Garrett (Cosumnes) 20:28, Lohse (Sequoias) 20:37, Baez (Marin) 20:41, Miller (Skyline) 20:45, 50. Loeder 22:23, 60. Arnold 22:38, 83. Lynn 23:17, 100. Schaffner 24:36, 101. White 24:40.

SCORES: Marin 54, Sequoias 57, Cosumnes River 113, Skyline 156, Antelope Valley 170, Redwoods 195, Merced 215, Shasta 224, Solano 237, Foothill 238, Cabrillo 287, Merritt 296, Hartnell 213, Yuba 349, Columbia 355, Canada 358, Napa 407.



MITCH KINGERY
another honor

Kingery, mate make All-GGC harrier squad

College of San Mateo's Mitch Kingery and Bob Barnett, two prep stars last year for San Carlos and Hillsdale, respectively, both finished within the top 10 to make the All-Golden Gate Conference team in yesterday's all-conference meet at Crystal Springs in Belmont.

San Jose's Roy Hoglund won the 4.2-mile race in 20:32, while Barnett was second in 20:41, the fastest time ever by a CSM harrier at Crystal, breaking Jim Van Dine's old mark by seven seconds.

Kingery was eighth in 20:57, the third best all-time Bulldog clocking at Crystal.

Steve Palladino and Dave Hull ran well, but just missed all-GGC honors (only the top 10 made it), finishing 11th and 12th, respectively.

San Jose, which won the GGC title with an 8-0 dual record to CSM's 7-1, won the meet with 29 points over CSM (59).

Next CSM action will be Friday in the NorCal finals in Fresno. The top five teams in both large and small divisions will qualify for the state meet and CSM, ranked 19th in the state, stands a solid chance of making it.

Top 10 and CSM placers: Roy Hoglund (SJ) 20:32, Bob Barnett (CSM) 20:41, Mike Emry (DVC) 20:47, Greg Eger (DA) 20:50, Shawn James (SJ) 20:51, Marty Krenn (SJ) 20:55, Alex Aguilar (SJ) 20:55, Mitch Kingery (CSM) 20:57, Todd Baker (WVC) 21:12, John Bettencourt (SJ) 21:14, 11. Steve Palladino 21:19, 12. Hull 21:22, 26. Meyer 22:06, 29. Hurdal 22:14, 36. Wernick 22:22, 53. Spann 23:04, 57. Sheakley 23:18, 66. Schrock 24:41.

TEAM SCORES: San Jose 29, C. San Mateo 59, West Valley 84, Diablo Valley 96, Chabot 132, De Anza 134, San Francisco 156, Foothill 218.

Local Thins Chase Titles

All three San Mateo Community College District colleges will have complete team entries in Friday's Northern California cross country championships at Fresno's Woodward Park.

College of San Mateo, 20th ranked overall in the state, is a strong contender for one of the five large division berths in next week's state meet on the same course while Coast champion Skyline has the same aim in the

small division. Canada, which finished fifth in last week's Camino Norte championships, will also compete in the small division.

CSM will be led by All-Golden Gate Conference runners Bob Barnett from Hillsdale and Mitch Kingery from San Carlos, both freshmen, plus soph Steve Palladino. Skyline, whose entire first five made the Coast's top ten (all-conference), is paced by soph Bob Miller.

Harriers' gritty effort nets 4th in Nor Cals

In a season that saw more ups and downs than a mountain goat, the Distancedogs peaked last Friday by climbing to fourth place in Northern California, thus earning their first trip to the State Championships in three years.

Powerful San Joaquin Delta, led by Henry Perez' course record of 19:31 for four miles of Fresno's Woodward Park, won their second consecutive Nor-Cal title, running away from the pack with 38 points. American River (51 points) captured second, with GGC champ San Jose finishing just six points ahead of CSM's 107 point total.

Mitch Kingery, finally running without knee problems, made First Team All Nor-Cal while heading the Dogs' efforts by hustling to a sixth place finish in 20:10. Bob Barnett (20:27) and Dave Hull (20:44) also earned All Nor-Cal honors by finishing 13th and 20th, respectively. Steve Palladino was 29th in 21:07 and Gary Meyer came through with his best race of the year, finishing 39th in 21:32.

According to coach Bob Rush, "Meyer was really the hero. He dug down and did a great job." Meyer's

performance showed the importance of a balanced attack. Although Palladino did not run up to his capabilities, Meyer's effort picked up the slack."

Rush had planned all year for his charges to peak at this meet and it worked out perfectly. "This was the best race of the year as a team," he said. "It was the first time we were all healthy and really put it all together."

This was evidenced by San Jose's narrow margin over CSM. The Jaguars have been unbeatable all year but they just squeezed past the locals. Rush explained that San Jose "really messed up" by going out too fast on the first mile. "We were fortunate to have run on the course earlier this year so we were aware of the fast first mile," he said.

Rush expects his squad to handle that first mile even better tomorrow in the State Championships on the same course. Favorites for the title are Fullerton, Grossmont, and San Joaquin Delta.

CSM harriers ninth in state

FRESNO — College of San Mateo showed up for Saturday's state JC cross country finals here at Woodward Park's 4.0-mile course, which was the goal of the Bulldogs from season's start.

But while CSM made the state meet, it had to settle for ninth place in the 10-team large college field — behind winner Grossmont, which claimed a fourth straight state crown.

Top CSM placer was freshman Mitch Kingery, ex-San Carlos High star, at 32nd in a 74-man field, followed by soph Steve Palladino at 43rd and frosh Dave Hull (of Menlo-Atherton) at 46th. Frosh ace Bob Barnett, suffering from a leg injury, finished 59th.

In both large and small divisions, all favored individuals and teams claimed titles with the exception of Canyons' upset over Moorpark in the small college race.

LARGE DIVISION: Top five and CSM placers: 1. Henry Perez (SJD) 19:18.6 (betters own course record of 19:31 set in sectional finals), 2. Kirk Pfeffer (Grossmont) 19:19, 3. Jose Saavedra (Ful) 19:35, 4. Armando Cendejos (Ful) 19:38, 5. Gerardo Canchoia (LA Valley) 19:41, 32. Kingery 20:28, 43. Palladino 20:50, 46. Hull 20:57, 59. Barnett 21:19, 67. Wernick 21:51, 71. Meyer 22:41, 74. Hurdal 23:16 (4.0 miles at Woodward park, Fresno).

SCORES: Grossmont 43, Fullerton 63, American River 112, San Joaquin Delta 121, Bakersfield 128, San Diego Mesa 151, San Jose CC 158, Orange Coast 167, San Mateo 215, Santa Rosa 247.

SMALL DIVISION: Top five: 1. Juan Garcia (COS) 19:36, 2. Morrison (Cit) 19:46, 3. Cullisick (COC) 19:48, 4. Blackburn (Moor) 19:48, Hampton (AV) 19:51.

SCORES: College of the Canyons 48, Citrus 79, Moorpark 89, College of the Sequoias 109, College of Marin 129, Glendale 153, Cosumnes River 171, Antelope Valley 182, San Diego CC 213, Skyline 247.

Skyline, CSM In Top Ten

By FRED BAER
Times Correspondent

FRESNO — Both College of San Mateo and Skyline completed successful cross country seasons with respective ninth and tenth place finishes in respective large and small divisions of the state community college championships at Woodward Park here Saturday.

Both local schools had already completed their goals of repeating as qualifiers for the state finals — since only five teams each from the north and south qualified for each race. It was the fourth time in seven years that CSM coach Bob Rush had brought his team to the finals.

Skyline, winners of its first Coast Conference championship this year, was led by soph Rich Hornstra, who placed 47th in 21:40, and Bob Lang, 51st in 21:57, as usual Trojan pacesetter Bob Miller had an off day and ran as Skyline's No. 4 man, in 57th place over the four mile course.

CSM scored 215 points with frosh Mitch Kingery from San Carlos the leader in 32nd place in 20:26, followed by Steve Palladino (43) and Dave Hull (46) as Grossmont won an unprecedented fourth straight team championship.

Usual Bulldog leader, frosh Bob Barnett out of Hillsdale, was bothered by a slightly pulled muscle incurred earlier in the week and finished as CSM's No. 4 man, in 59th place.

**CROSS-COUNTRY
Community College
State Championships
(4.0 Miles at Woodward Park, Fresno)**

**LARGE DIVISION
TEAMS —** 1. Grossmont 43; 2. Fullerton 63; 3. American River 112; 4. San Joaquin Delta 121; 5. Bakersfield 128; 6. San Diego Mesa 151; 7. San Jose CC 158; 8. Orange Coast 167; 9. San Mateo 215; 10. Santa Rosa 247.

INDIVIDUAL — 1. Perez (SJD) 19:18.6 (betters own course record of 19:31 set in sectional finals). CSM placers: 32. Kingery 20:28; 43. Palladino 20:50; 46. Hull 20:57; 59. Barnett 21:19; 67. Wernick 21:51; 71. Meyer 22:41; 74. Hurdal 23:16.

**SMALL DIVISION
TEAMS —** 1. Canyons 48; 2. Citrus 79; 3. Moorpark 89; 4. Sequoias 109; 5. Marin 129; 6. Glendale 153; 7. Cosumnes River 171; 8. Antelope Valley 182; 9. San Diego CC 213; 10. Skyline 247.

INDIVIDUAL — 1. Garcia (Seq.) 19:36. Skyline placers: 47. Rich Hornstra 21:40; 51. Lang 21:57; 56. Martinielli 22:15; 57. Miller 22:17; 60. Markstrom 22:24; 71. Ron Hornstra

GOLDEN GATE CONFERENCE

CROSS COUNTRY SCHEDULE
1976

Proposed 11/17/75

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
Thurs. Oct. 7	1. West Valley-Chabot-CCSF	Coyote Hills, Newark	3:00
	2. CSM-Laney-DeAnza	(Chabot-Host)	3:30
	3. San Jose- DVC-Foothill		4:00
Thurs. Oct. 14	1. CSM-Chabot-Foothill	Foothill	3:00
	2. San Jose-DeAnza-CCSF	(Foothill-Host)	3:30
	3. West Valley-DVC-Laney		4:00
Wed. Oct. 20	1. San Jose-Chabot-Laney	Coyote Park-San Jose	3:00
	2. West Valley-DeAnza-Foothill	(San Jose-Host)	3:30
	3. CSM-DVC-CCSF		4:00
Fri. Oct. 29	1. CSM-San Jose-West Valley	Crystal Springs, Belmont	2:30
	2. DVC-DeAnza-Chabot	(San Mateo-Host)	3:00
	3. Foothill-CCSF-Laney		2:00
Fri. Nov. 5	Golden Gate Conference Finals	Crystal Springs, Belmont	3:00
		(San Mateo-Host)	
Sat. Nov. 13 (Proposed ?)	Nor-Cal Championships	Porterville?	11:00?
Sat. Nov. 20	Calif. State Championships	Moorpark College Thousand Oaks, CA	12:00
<u>OPTIONAL MEETS</u>			
Sat. Sept. 11	Monterey Invitational	Monterey	?
Sat. Sept. 24-25	Yosemite Run	Yosemite Park (Fresno-Host)	TBA
Sat. Oct. 2	Golden Gate Invitational	Golden Gate Park (CCSF-Host)	10:00 a.m.
Sat. Oct. 9	Crystal Springs Invitational	Crystal Springs (CSM - Host)	12:00
Sat. Oct. 16	Hancock Invitational	Santa Maria (Hancock-Host)	12:00
Fri. Oct. 22	Mt. SAC Invitational	Walnut, CA (Mt. SAC-Host)	10:00 a.m.
<u>OTHER MEETS</u>			
Sat. Sept. 18	CSM - 8th Annual Beach Run	Half Moon Bay (CSM-Host)	TBA

COLLEGE OF SAN MATEO

Cross Country

Looking Ahead to 1976

The 1975 season was a successful one in that the goals set at the beginning of the season were achieved. A team that was loaded with front strength but lacked depth was able to reach state ranking. (9th large college)

With a loss of only two Sophomores (Steve Palladino and Rick Wernick) out of the top seven, next years prospects look fantastic. Returning All-Conference, All-Nor Cal Freshman Mitch Kingery, Bob Barnett and Dave Hull will be leading the pack. Followed by fast improving Gary Meyer, Brian Hurdal and Gary Spann round out the rest of the returning letterman.

It is hoped that a fine group of senior high school runners will be coming to CSM to add to the depth and strength of a powerful prospective team for 1976.

Highlights of next years schedule will be a race to be held in beautiful Yosemite Valley. Our usual airplane trip to Mt. SAC Invitational in Southern California, and hopefully a return air trip to Southern California for the State Championships to be held at Moorpark College in Thousand Oaks.