THE 1975 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM

FIRST TEAM: (listed alphabetically)

	NAME	SCHOOL	GRADE	Sect.	Reg.	Lg.	Place Invit.	Time 2 Mi Postal	Time 3 mi Postal
1.	Berry, Rod	Redwood	So	2			5-3	9:20.7	14:36.8
2.	Breuer, Nick	Mira Loma	Jr	5		4	3		
3.	Carrasco, Carlo	Mt. Pleasant	Fr	3	4		7-8	9:31.1	
4.	Corey, Craig	San Mateo	Sr	4	1	1	2ht-1-7-2		
5.	Dyer, Mike	Saratoga	Sr	5	5	3	2	9:30.4	
6.	Farrell, Tim	La Sierra	Sr	10		1	2	9:17.5	
7.	Harvey, Dan	Dublin	Sr	4	2	2	3		
8.	Holmes, Tim	Downey	Jr	1	1	1	1-1-1-1-1-1-1	9:10.5	14:12.1
9.	Hornig, Phil	Castro Valley	Sr	11	2	1	2		14:30.0
10.	Lagomarsino, Earl	Jesuit	Sr	4	1			9:24.9	
11.	Mihaloff, Dave	Redwood	Sr	7				9:34.0	14:51.0
12.	Minor, Tim	Pacific Grove	Sr	7	2	2	5	9:32.5	
13.	Newberger, Eric	R.L. Stevenson	Sr	2	1	1	1ht-2	9:25.0	
14.	Paulin, Bob	Camden	Sr	1	1	1	10-4	9:23.0	14:27.7
15.	Pincombe, Rick	Serra	Sr	6	3	1	17-23-8	9:43.0	
16.	Read, Ron	Jesuit	Sr	3				9:18.5	
17.	Searls, Kevin	College Park	Sr	3	1	2	4-2		
18.	Shulz, Hal	Redwood	Sr	1			1-1	9:12.1	14:20.9
19.	Smith, Mike	Newark	Sr	5	1	1		10:09.0	15:03.0
20.	Smith, Tom	Mission S.J.	Sr	6	3	2		9:36.0	
21.	Speere, Chris	Mira Loma	Sr	2			4-1		
22.	Van Horn, Mike	Kennedy (Sact.)	Sr	7		1			

NORTHERN CALIFORNIA RUNNER OF THE YEAR.....Tim Holmes (Downey)
OUTSTANDING SENIOR:.....Hal Shulz (Redwood)
OUTSTANDING JUNIOR:.....Tim Holmes (Downey)
OUTSTANDING SOPHOMORE:.....Rod Berry (Redwood)
OUTSTANDING FRESHMAN:.....Carlo Carrasco (Mt. Pleasant)

SELECTION OF THE TEAM: The All Northern California Cross Country Team is annually sponsored by the Northern California Track & Field Association. Awards are presented by Citizens Savings and the NCT&FA. The first All Northern California Team was selected in 1962, but unofficial selections have been made and included in our records as far back as 1953.

The selection committee for this year's team was composed of: Plato Yanicks (Menlo-Athn.) Chariman; Terry Ward (St. Ignatius); Ken Thomas (Soquel); Bill Thompson (Alameda); Lou Bufkin (Wash. Fremont). Other contributors to the team were: Bob Mc Guire (Pleasant Hill) Bill Mensing (Downey); Bob Wall (Chico); and Dave Peterson (Skyline).

AREA REPRESENTED: The selection committee screened athletes from six Northern California sections. The sections represented were: North Coast, Central Coast, San Joaquin, Oakland, San Francisco, and North. The geographical boundaries of these sections went as far as the Oregon border in the North, to Merced in the South.

COMMENTS: There were four repeaters on the 1975 honor team: Holmes, Paulin, Shulz, and Searle. Two of last year's first team choices(Criner of Mt. Diablo, and Munoz of Watsonville) didn't make it this year as seniors.

Rod Berry was selected as outstanding freshman last year, moved up to become outstanding soph this season. Tim Holmes did likewise, moving up from outstanding Soph to outstanding Junior, plus runner of the year. Holmes went undefeated for the entire season.

The second team was particularly strong this season, and includes several outstanding athletes who could be considered on a par with the first team selectees.

PRESS RELEASE: Thurs. Dec 18

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SECOND TEAM:

1.	Acosta, Dave	Alameda	Sr
2.	Arnold, Chuck	Half Moon Bay	Jr
3.	Baronian, Steve	Skyline	Sr
4.	Behrmann, Fred	Los Altos	Sr
5.	Bowles, Archie	Encinal	Sr
6.	Burke, Paul	De La Salle	Jr
7.	Criner, Ron	Mt. Diablo	Sr
8.	Cross, Greg	Mt. Diablo	Jr
9.	Flores, John	Mira Loma	Sr
10.	Johnson, Ralph	Overfelt	Sr
11.	Lee, Steve	Stagg	Sr
12.	Love, Bob	Carlmont	So
13.	Mc Bride, Ken	Half Moon Bay	Sr
14.	Miller, Greg	Mt. Pleasant	Sr
15.	Nelson, Bob	Aragon	Sr
16.	O'Neill, Tom	Jesuit	Jr
17.	Pease, Kent	Chico	Sr
18.	Ross, Stan	Serra	Jr
19.	Smith, Dan	Eureka	Jr
20.	Soto, Alfred	Downey	Sr
21.	Tarin, Boyd	Livermore	Sr
22.	Voit, Kirk	Stagg	Sr

NORTHERN CALIFORNIA RUNNERS OF THE YEAR:

1954	Larrieu, Ron	Palo Alto
1955	Larrieu, Ron	Palo Alto
1956	Wallace, Keith	Piedmont
1957	Northway, Bill	Palo Alto
1958	Linn, George	Palo Alto
1959	Lehner, Mike	Palo Alto
1960	Growth, Morgan	Alhambra
1961	Rye, Dan	Palo Alto
1962	Ryan, Mike	Wilcox
1963	Ryan, Mike	Wilcox
1964	Ryan, Mike	Wilcox
1965	Celaya, Rudy	Tennyson
1966	Isola, Mike	Mt. Diablo
1967	Swensen, Rick	St. Mary's
1968	Larson, Jack	Fremont (Sun.)
1969	Hale, Tom	Campolindo
1970	Mork-Hart-Templeman	Wash-W.G.-Carl.
1971	Brooks, Steve	Mt. Pleasant
1972	Taylor, Dave	Merced
1973	Kimball, Rich	De La Salle
1974	Kissen, Roy	San Ramon
1975	Holmes, Tim	Downey

Honorable Mention:

Fairley, Rob (La Sierra); Costa, Rob (Beyer); Sup, John (Palma); O'Reilly, Mike (San Rafael); Mello, Paul (Crest.); Salazar, Joe (Lick); Meyers, Dave (Oroville); Mandanis, Greg (Carl.); Munoz, Rudy (Watson.) Mc Millian, Chuck (Redwood) Bedecarre, Bill (Mt.Diablo); Dawson, Dave (Weed); Hitchcock, Greg (So.Tahoe); Swift, John (Downey); Holst, Mike (Santa Teresa); Salet, Ken (Milpitas); Blake, Kevin (Serra); Stillman, Mark (W.G.); Simons, Jeff (Y.V.); Bumbaca, Leroy (Wil.) Collier (Tam); Thurston, Gary (M-A); Picha, Brian (Home.); Aner, Robert (La Sierra); Salezar, Joe (Logan); Solbach, Jody (Aptos); Wernick, Ken (Carl.) Fabris, Joe (Mt.Pleas.); Colburn, Dave (R.L.S); Rodriguez, Rod (Merced); Saylor, Pat (Pac.Gr.); Gyorey, P. (Saratoga); Barton, Terry (Jesuit); Sierras, Frank (Lick); Mc Quenney, Mike (Lyn); Watkins, Steve (Pac.Gr.); Rumrill, Steve (Pac.Gr.); Vincent, Jim (Wash.Fre.); Burns, Steve (Saratoga); Galvin (San Ramon); Pearl, Jim (Skyline); Boynton, Terry (Cuper); Giudici, Steve (Wash.Fre.); Wolfe, Eric (Davis); Rinaldi, Mike (Serra); Jackson, Chris (Cuper); Bennett, Phil (S.I.); Hidalgo (Sunny.); Holliday, J. (Gilroy); Hartman (Milp.); Bolen, Jeff (E.C.) Capron, Gerry (Soquel); Russell, Ray (Blackford); Veasy, Gary (Alameda); Sallaz, Vern (San Leandro); Gibony, Randy (Oakmont); Baker, Rich (Stagg); Berchamp, Larry (Leigh); Hassey, Tom (Wash.Fre.); Kuhfal, Mike (Encinal); Cadwallader, John (Encinal); Eberly (Los Gatos); Troedson (Los Altos); Mansool (Mira Loma); Carlson (Ponderosa); Brown (Ponderosa); Koris, Chris (Lodi); Vislegar, Fred (Mer. Baker, Jeff (Stagg); Rinde, Dennis (Casa Robles); Sane (Cordova)