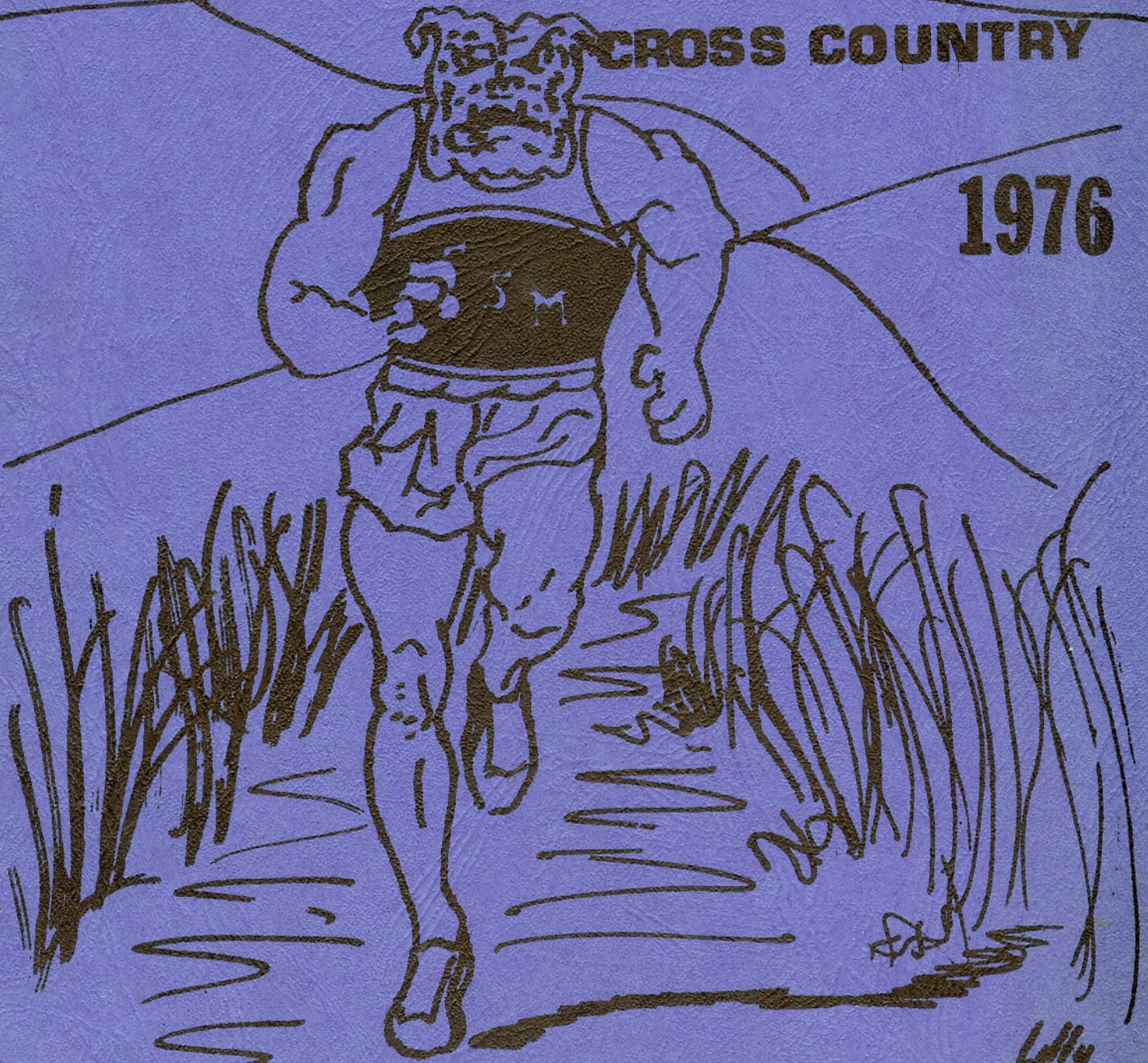


# COLLEGE OF SAN MATEO

CROSS COUNTRY

1976



G. G. C. CHAMPIONS



GOLDEN GATE CONFERENCE CHAMPIONS(CO) 1976

COLLEGE OF SAN MATEO  
CROSS COUNTRY SCHEDULE  
1977

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Opponent</u>	<u>Location</u>
Sat	Sept. 17	TBA	9th annual CSM Beach Run	Half Moon Bay
Fri-Sat	Sept. 23-24	4:30	Yosemite Cross Country Seminar	Yosemite Park
Sat.	Oct. 1	10:00am	Golden Gate Conf. Invitational	Golden Gate Park
Thurs	Oct. 6	3:00pm	*Foothill-Chabot	Crystal Springs
Sat	Oct. 8	11:00am	CSM Crystal Springs Invitational	Crystal Springs
Thurs	Oct. 13	3:30pm	*DeAnza-Canada-Laney	Coyete Park-S. J.
Wed.	Oct 19	3:30pm	*DVC-CCSF	Stevens Creek-S. J
Fri	Oct 21	10:00am	Mt. SAC Invitational	Walnut, CA
Fri	Oct. 28	4:00pm	* West Valley-San Jose	Coyete Hills-Newar
Fri	Nov 4	12:00Noon	GGC Finals	Sierra-Rocklin, CA
Sat	Nov 12	12:00Noon	NorCal Championships	Sierra-Rocklin, CA
Sat	Nov 19	12:00Noon	State Championships	Sierra-Rocklin, CA

\*Denotes Golden Gate Conference Meet

COACH: Bob Rush  
 COLORS: Royal Blue and White  
 MASCOT: Bulldogs  
 ATHLETIC TRAINER: Jack Dawson(574-6451)

PRESIDENT OF THE COLLEGE:  
 Dr. David Mertes

DEAN OF STUDENTS:  
 Dr. Allan R. Brown

DEAN OF INSTRUCTION:  
 Dr. Lois Callahan

ATHLETIC DIRECTOR: Cliff Giffin

Proposed schedule: 12/3/76

## COLLEGE OF SAN MATEO

CROSS COUNTRY ROSTER1976

<u>Name</u>	<u>Phone No.</u>	<u>Address</u>	<u>City</u>		<u>Hi School</u>	<u>Year</u>
Anderson, Keith	368-3198	998 Pleasant Hill Rd.	Redwood City	94061	San Carlos	Soph
Barnett, Robert	345-0646	2501 Isabel Ave.	San Mateo	94403	Hills.	Soph
Benson, Eric	344-9552	740 Walnut Ave.	Burlingame	94010	Burlingame	Frosh
Brewer, Steven	871-9005	217 B Street	So. S.F.	94080	S.S.F.	Soph
Farey, Kevin	854-1733	2060 Monterey	Menlo Park	94025	M.A.	Frosh
Gerkenmeyer, Mack	322-0576	871 - 14th Ave.	Menlo Park	94025	M.A.	Soph
Hull, David	329-8186	1026 Ringwood Ave.	Menlo Park	94025	M.A.	Soph
Kingery, Mitch	365-1760	41 Bayshore	Redwood City	94063	San Carlos	Soph
Kiely, Jim	341-6694	2680 Mason Lane	San Mateo	94403	Hills.	Soph
McDonnell, Steven	344-0690	1447 Capuchino Ave.	Burlingame	94010		Frosh
Mello, Paul	726-6500	2004 Bordeaux Lane	H.Moon Bay	94019	Crest.	Frosh
Molinar, Ricardo	591-8092	200 Davey Glen Rd.#54	Belmont	94002	Carlmont	Soph
Oliver, Ken	697-7323	4 Dexter Place	Millbrae	94030	Capuchino	Soph
Pincombe, Richard	368-0351	58 Hillview Ave.	Redwood City	94062	Serra	Frosh
Sheakley, John	574-2697	1449 Shoal Drive	San Mateo	94404	Carlmont	Soph
Shrock, David	343-7895	20 La Salle Road	Burlingame	94010	Serra	Soph
Spann, Gary	343-5314	318 N. Grant	San Mateo	94401	San Mateo	Soph
Swanberg, Krislon	341-0573	1416 Woodberry Ave.	San Mateo	94403	Hills.	Frosh
Takaha, Andy	343-4312	10 Huron Court	San Mateo	94401	San Mateo	Soph
Tierney, Greg	878-4629	64 Canterbury	Daly City	94015	S.I.	Soph
Weber, Tom	697-8079	101 Ashton Avenue	Millbrae	94030	Mills	Frosh
Wernick, Ken	593-0149	235 Exeter Avenue	San Carlos	94070	Carlmont	Frosh
Ingraham, Dennis (Manager)	325-6994	1440 Plumas	Menlo Park	94025	M.A.	Mgr.
Rush, Bob (Coach)	591-5226	116 Wycombe Avenue	San Carlos	94070		

COLLEGE OF SAN MATEO CROSS COUNTRY

SPECIAL AWARDS

MOST VALUABLE RUNNER AWARD

1962---Jim Huff  
1963---Jim Huff and Larry Peterson  
1964---Ralph Likens  
1965---Jeff Mountain  
1966---Ted Lydon  
1967---Mike Dailey  
1968---Mike Dailey  
1969---Dave Robertson  
1970---Dave Robertson  
1971---Jose Cortez  
1972---Jim VanDine  
1973---Ed Barney  
1974---Damon Wood  
1975---Mitch Kingery  
          Steve Palladino  
1976---Mitch Kingery

MOST IMPROVED RUNNER AWARD

1972---Ed Barney  
1973---Ed Rios  
1974---Bruce Sayre  
1975---Bob Barnett  
1976---Rick Pincombe

MOST INSPIRATIONAL RUNNER AWARD

1975---Dave Shrock  
1976---Dave Shrock

1976 COLLEGE OF SAN MATEO CROSS COUNTRY TEAM RANKINGS

Name	CSM Annual Beach Run	Sonoma State 4 Mile Run	CSM - De Anza - Laney	Crystal Springs Invit.	CSM - Chabot - Foothill	College of the Canyons Inv.	CSM - West Valley-San Jose	GGC Meet	CSM - DVC - CCSF	NorCal Championships	State Championships	Team Average for Season
Keith Anderson			20	14	20		18	18	16			12.6
Bob Barnett	7	3	2	1	2	2	2	3	4	4	2	2.6
Eric Benson	5	4	5	3	5	5	5	5	6	6	6	5.0
Steve Brewer	16	11	17		11		19	10				13.6
Kevin Farey	4	5	7	4	7	7	6	6	5	7	7	5.9
Mark Gerkenmeyer	19		21	16			16	16	20			18.0
Dave Hull	2	1	3	2	3	6	3	2	1	3	3	2.6
Mitch Kingery	1		1		1	1	1	1		1	1	1.0
Jim Kiely			18		18		17	15	17			17.0
Steve McDonnell	14		16	12	13		14	14	13			13.7
Paul Mello	3	2				4		4	3	5	5	3.9
Rick Molinar				15	21		15	17	21			17.8
Gary Oliver	13	12	15	13	12		9	9	12			11.9
Rick Pincombe		6	6		4	3	4		2	2	4	3.9
John Sheakley	9		8	6			7	7	7			7.3
Dave Shrock	18		14		16		16	13	18			15.8
Gary Spann	10	9	9	8	8		8	8	8			8.5
Krisjan Swanberg	12		13	10	14		11	12	14			12.3
Andrew Takaha	11	10	10	9	9		15	10	11			10.6
Greg Tierney	17		19		19		14	15	19			17.1
Tom Weber	15		11	11	10		12		15			12.3
Ken Wernick	8	8	12	7	15		10		9			9.8



COLLEGE OF SAN MATEO

Golden Gate Conference  
1976 Cross Country Results

San Mateo 7-1

21	DeAnza	38
20	Chabot	38
18	Foothill	38
30	Diablo Valley	26
15	C.C.S.F.	50
25	West Valley	30
20	San Jose	35
15	Laney	50

Foothill 3-5

50	San Jose	15
36	Diablo Valley	19
38	San Mateo	18
24	Chabot	34
40	West Valley	19
33	DeAnza	22
15	Laney	50
15	C.C.S.F.	50

West Valley 7-1

18	Chabot	43
25	C.S.S.F.	50
24	DeAnza	33
19	Foothill	40
22	Diablo Valley	37
15	Laney	50
30	San Mateo	25
25	San Jose	30

Chabot-2-6

43	West Valley	18
15	C.C.S.F.	50
38	San Mateo	20
34	Foothill	24
37	San Jose	19
30	Diablo Valley	25
15	Laney	50
30	DeAnza	25

San Jose 6-2

15	Foothill	50
27	Diablo Valley	30
23	DeAnza	37
15	C.C.S.F.	48
19	Chabot	37
15	Laney	50
35	San Mateo	20
30	West Valley	25

San Francisco 1-7

50	West Valley	15
50	Chabot	15
41	DeAnza	20
48	San Jose	15
48	Diablo Valley	15
50	San Mateo	15
50	Foothill	15
20	Laney	39

DeAnza 5-3

38	San Mateo	21
15	Laney	50
37	San Jose	23
20	C.C.S.F.	41
33	West Valley	24
22	Foothill	33
26	Diablo Valley	29
28	Chabot	30

Laney 0-8

50	San Mateo	15
50	DeAnza	15
50	San Jose	15
50	Diablo Valley	15
50	West Valley	15
50	Foothill	15
39	C.C.S.F.	20
50	Chabot	15

Diablo Valley 5-3

19	Foothill	36
30	San Jose	27
26	San Mateo	30
15	C.C.S.F.	48
15	Laney	50
37	West Valley	22
29	DeAnza	26
25	Chabot	30

1976 - DUAL MEET STANDINGS

1.	COLLEGE OF SAN MATEO	- 7-1	} Co-Champions
2.	WEST VALLEY COLLEGE	- 7-1	
3.	San Jose City College	6-2	
4.	De Anza College	5-3	
5.	Diablo Valley College	5-3	
6.	Foothill College	3-5	
7.	Chabot College	2-6	
8.	City College San Francisco	1-7	
9.	Laney College	0-8	



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 the State Meet.
- 1969---CSM sixth in GGC dual meets. Sixth in the 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 the 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 VanDine individual winner) and second in Northern California(Jim VanDine individual winner) and fourth in the California State Meet(Jim VanDine fifth place.)
- 1973---CSM third in GGC losing its first GGC dual meet in four years. CSM lost to both DVC and San Jose. They are still, rated one of the top teams in the state.
- 1974---CSM fifth in GGC; sixth in the GGC 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) Mitch Kingery(8th); CSM fourth in CSM Invitational: CSM fourth in Northern California Championships. All NorCal--Mitch Kingery(6th) Bob Barnett(13th) Dave Hull(20th); CSM ninth in State Championships.
- 1976---CSM tied for first in dual meet Championships; second in GGC Finals All GGC- Mitch Kingery(1st) Dave Hull(9th) Bob Barnett(12th) Paul Mello(15th) CSM third in Crystal Springs Invitational; CSM second in Northern California Championships; All-NorCal--Mitch Kingery (9th) Rick Pincombe(16th); CSM fourth in California State Championships All-State-- Mitch Kingery(7th) Bob Barnett 3rd runner from Northern California at 16th place.

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
American River College	1976	39 points

CALIFORNIA STATE MEET CHAMPIONS  
(Since 1964)

San Diego Mesa College	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
Grossmont College	1976	44 points

COLLEGE OF SAN MATEO CROSS COUNTRY

1976

Crystal Springs Cross Country Course  
Belmont, California  
4.19 Miles

Top Times- 21:00 Minutes or Better  
(Started 1972)

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>College</u>
1.	20:13.6	Ted Quintana(1974)	Chabot College
2.	20:13.8	Mitch Kingery(1976)	College of San Mateo
3.	20:15.2	Bob Paulin(1976)	West Valley College
4.	20:20	Phillip Hornig(1976)	Chabot College
5.	20:21	Ben De La Garza(1973)	Cabrillo College
6.	20:26	Matt Sommer(1974)	West Valley College
7.	20:28	Charlie Hernandez(1976)	Santa Rosa Junior College
8.	20:32	Roy Hogle(1975)	San Jose City College
9.	20:33	Arthur Baudendistel(1976)	American River College
	20:33	Jim Mebust(1976)	American River College
	20:33	Eric Huff(1976)	Cuesta College
10.	20:35	Wally Montenegro(1976)	San Jose City College
	20:35	Paul Fredrickson(1974)	DeAnza College
11.	20:36	Dan Aldridge(1976)	Santa Rosa Junior College
12.	20:37	Bob Barnett(1976)	College of San Mateo
13.	20:38	Mike Emry(1975)	Diablo Valley College
14.	20:39	Steve Brooks(1973)	San Jose City College
15.	20:40	*** Tim Chain(1976)	DeAnza College
16.	20:42	Gary Sutherland(1976)	American River College
17.	20:45	Tim Farrell(1976)	American River College
18.	20:48	Jim VanDine(1972)	College of San Mateo
	20:48	Kevin Searls(1976)	Diablo Valley College
19.	20:50	Henry Perez(1974)	San Joaquin Delta College
	20:50	Artie Rios(1974)	West Valley College
	20:50	Greg Eger(1975)	DeAnza College
20.	20:51	Shawn James(1975)	San Jose City College
	20:51	Earl Lagomarcino(1976)	American River College
21.	20:53	Roger Cassilas(1974)	San Joaquin Delta College
22.	20:55	Marty Krenn(1975)	San Jose City College
	20:55	Alex Aquilar(1975)	San Jose City College
23.	20:56	Brad Brown(1976)	San Joaquin Delta College
24.	20:57	Doug Padilla(1974)	Chabot College
25.	21:00	Craig Sullivan(1974)	West Valley College
	21:00	Jose Renteria(1976)	Fresno City College

\*\*\* Omitted- Juan Garcia College of Sequois 20:39(1975)



MITCH KINGERY  
GOLDEN GATE CONFERENCE CHAMPION  
ALL-NORTHERN CALIFORNIA  
ALL-STATE OF CALIFORNIA-LARGE COLLEGE

CONFERENCE CROSS COUNTRY RESULTS - 1976

(LARGE DIVISION COLLEGES ALL CAPS)  
(Small Division In Caps & Lower Case)

CAMINO NORTE CONFERENCE CHAMPIONSHIP (11/6/76) 3.9 miles at Rockville Park, Suisun:

1. Solano 44; 2. SANTA ROSA JC 47; 3. College of Marin 49; 4. Merritt 101;  
5. Contra Costa 130; 6. Canada 164; Alameda & Los Medanos incomplete teams.  
Individual: 1. Dan Aldridge (SR) 19:50 course record; 2. Charles Hernandez (SR) 19:53;  
3. Ned Overland (OOM) 20:26; 4. Mike Wright (Sol) 20:26; 5. Bob McMeans (CC) 20:37.

GOLDEN GATE CONFERENCE FINALS (11/5/76) 4.1 miles at Crystal Springs, Belmont:

1. WEST VALLEY (2-7-13-17-18) 57; 2. COL. OF SAN MATEO (1-9-12-15-29) 66;  
3. San Jose CC (3-11-14-22-25) 75; 4. De ANZA (4-8-10-28-31) 81; 5. CHABOT (5-19-23-33-37)  
117; 6. Foothill (16-20-26-27-38) 127; 7. DIABLO VALLEY 182; 8. CCSF 213.  
Final Conf. Standings: 1. (tie) West Valley & CSM; 2. San Jose; 3. San Jose; 4. DeANZA  
& Diablo Valley; 6. Foothill; 7. Chabot; 8. CCSF; 9. Laney.  
Individual: 1. Mitch Kingery (CSM) 20:19.8; 2. Bob Paulin (WV) 20:27; 3. Wally  
Montenegro (SJ) 20:53; 4. Tim Chain (DA) 20:57; 5. Phil Hornig (Ch) 21:10.

VALLEY CONFERENCE FINALS (11/6/76) 4.0 miles at Woodward Park, Fresno:

1. AMERICAN RIVER 16; 2. FRESNO CC 67; 3. SJ DELTA 86; 4. MODESTO 121; 5. Col. of the  
Sequoias 122; 6. Cosumnes River 123; 7. SACRAMENTO 188. Reedley inc. (ARC: 1-2-3-4-6).  
Combined Dual & Finals Standings: 1. American River; 2. Fresno 18; 3. Delta 15;  
4. Modesto 12; 5. COG 8; 6. Cosumnes River 7; 7. Sacramento 3; (Reedley 0).  
Individual: 1. Jim Mebust (ARC) 20:27; 2. Art Baudendistal (ARC) 20:31; 3. Gary  
Sutherland (ARC) 20:34; 4. Tim Farrell (ARC) 20:35; 5. Brad Brown (SJD) 20:37.

COAST CONFERENCE FINALS (11/6/76) 4.1 miles at Crystal Springs, Belmont:

1. Skyline (2-4-6-10-11) 33; 2. Monterey Peninsula (1-3-7-9-15) 35; 3. Cabrillo  
(5-12-20-21-24) 82 (58); 4. Hartnell (8-14-18-19-23) 82 (59); 5. Gavilan 112; 6. Menlo 164.  
Combined Dual & Finals Standings: 1. Skyline 30; 2. MPC 29; 3. Cabrillo 22;  
4. Hartnell 17; 5. Gavilan 9; 6. Menlo 5; 7. Ohlone 2.  
Individual: 1. Andy Jones (MPC) 21:04; 2. Bill LaForge (Sk) 21:17; 3. Tim Minor (MPC)  
21:39; 4. Bob Lange (Sk) 21:48; 5. Al Sandretti (Cab) 22:01.

CENTRAL CONFERENCE CHAMPIONSHIP (11/5/76) 4.0 miles at Bartlett Park, Porterville:

1. Questa (1-9-12-15-22) 59; 2. Antelope Valley (6-7-8-19-20) 60; 3. Columbia  
(3-4-13-21-23) 64; 4. Porterville (5-10-11-17-29) 72; 5. West Hills 99; 6. Merced 122.  
Individual: 1. Eric Huff (Cu) 20:27 course record; 2. John Avila (WH) 21:13; 3. Ken  
Danz (Col) 21:30; 4. Chuck Lyda (Col) 21:42; 5. Edgar Leano (P) 21:57.

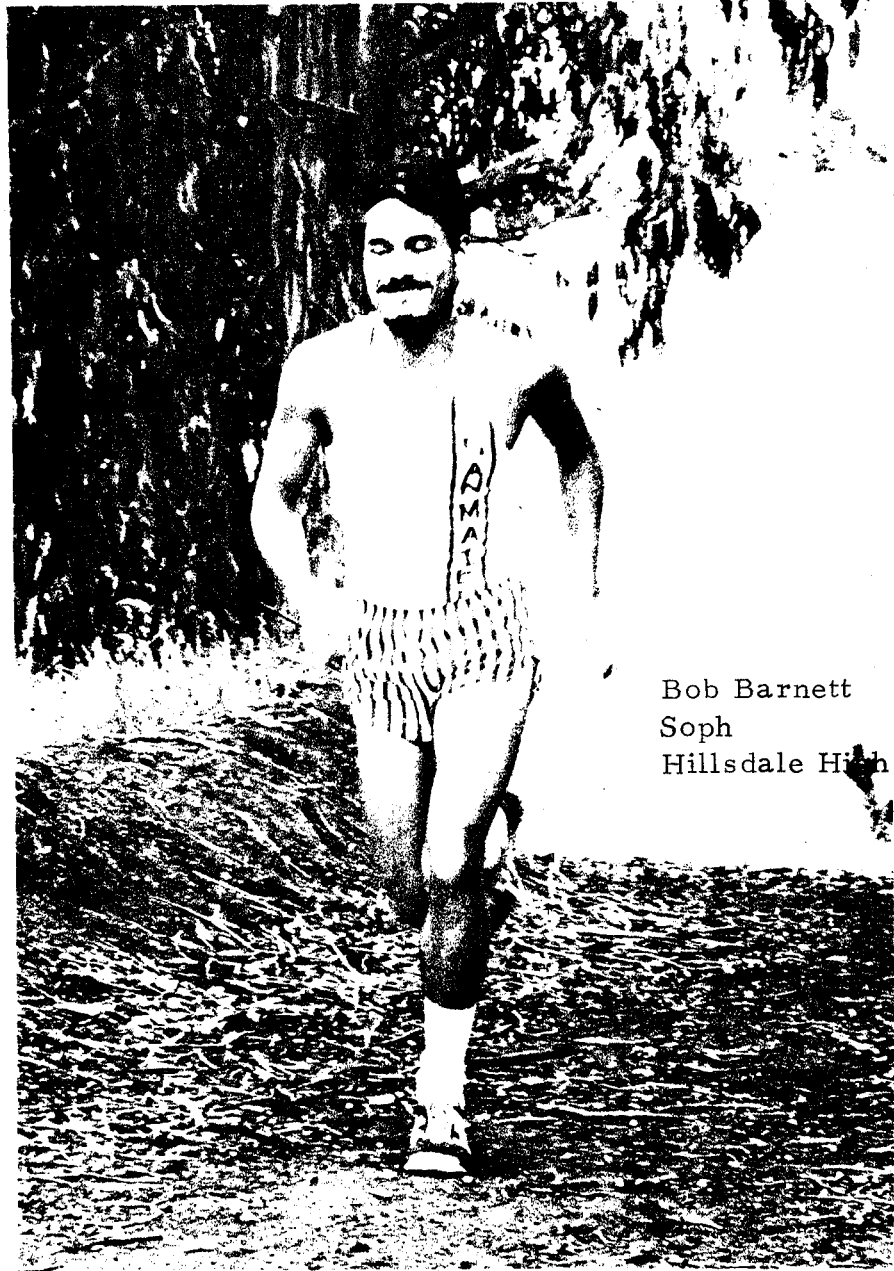
GOLDEN VALLEY CONFERENCE CHAMPIONSHIP (11/6/76) 4 Miles at Oroville:

1. Sierra (4-7-11-13-14) 49; 2. Shasta (6-8-10-17-27) 68; 3. Siskiyou 81(2-12-16-21-33);  
4. Lassen 86; 5. Napa 91; 6. Col. of the Redwoods; 7. Butte; 8. Yuba.  
Individual: 1. Frank Dauncey (L) 21:09; 2. Steve Henson (Sis) 21:20.

**WOMEN'S DIVISIONS:**

- GOLDEN VALLEY: 1. Sierra. (Individual: Kim Pier, Sierra, 14:29).  
COAST: 1. Cabrillo 26; 2. Monterey Peninsula 29.  
Individual: 1. Sue Miller (Cab) 13:21; 2. Morijo Connelly (Sky) 13:28.  
GOLDEN GATE (Indiv. Only): 1. Sharon Furtado (WV) 11:20; 2. Valerie Reneau (SJCC) 12:38.

--JC Athletic Bureau, P.O. Box 5401, SAN MATEO, CA 94402; Fred Baer, Director  
(JC TRACK & FIELD) (415) 345-4114



Bob Barnett  
Soph  
Hillsdale High

COLLEGE OF SAN MATEO

CROSS COUNTRY

At: Half Moon Bay Beach  
Fair, light wind

4.0 Miles on Sand  
Date: September 18, 1976

8th Annual Beach Run

TEAM SCORING

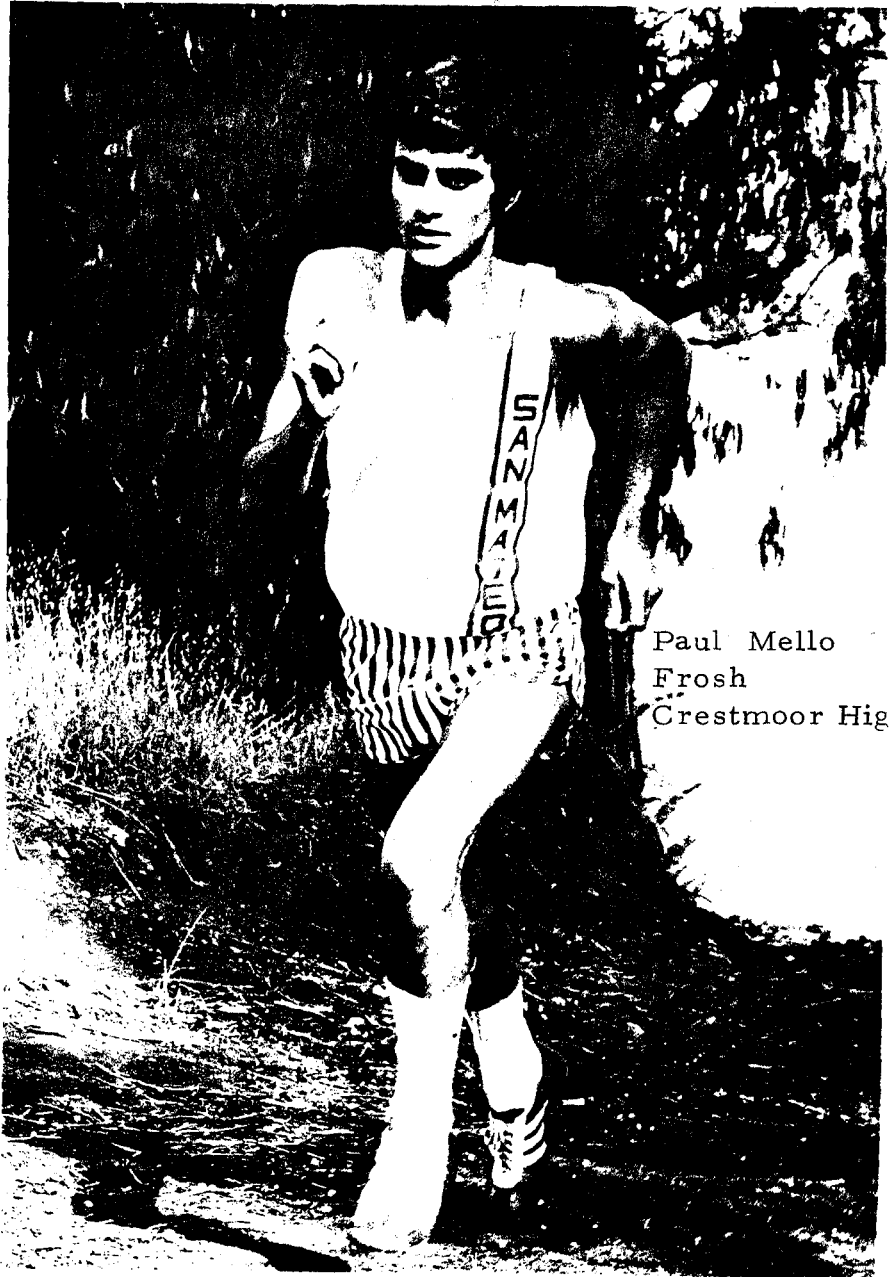
Course Record: Bruce Johnson 20:40 El Camino 1971

1. COLLEGE OF SAN MATEO	1, 4, 7, 8, 19	= 39
2. West Valley College	2, 3, 9, 13, 14	= 41
3. El Camino College	5, 11, 12, 16, 21	=65
4. College of Marin	6, 10, 18, 20, 24	=78
5. Foothill College		No Score

INDIVIDUAL SCORING

1. Mitch Kingery	CSM	*20:35	28. Ken Wernick	CSM	23:03
2. Ron Fritzke	WVC	21:07	29. Chuck McMillan	M	23:14
3. Todd Baker	WVC	21:10	30. Jim Andrews	M	23:15
4. Dave Hull	CSM	21:24	31. Rod Robertson	WVC	23:17
5. Mike Henry	ELC	21:31	32. Robin Clarke	M	23:18
6. Kim Baez	M	21:33	33. John Curry	ELC	23:20
7. Paul Mello	CSM	21:33	34. Don Plath	F	23:33
8. Kevin Farey	CSM	21:40	35. Ed Phelps	M	23:38
9. Bob Paulin	WVC	21:40	36. Dave Harbour	WVC	23:38
10. Ned Overend	M	21:55	37. Bill Jackson	F	23:44
11. Denis Hosharki	ELC	22:00	38. John Sheakley	CSM	23:46
12. David Hernandez	ELC	22:08	39. Gary Spann	CSM	24:05
13. Armando Laqunes	WVC	22:11	40. Jeff Garrison	ELC	24:09
14. Bob Weaver	WVC	22:15	41. Alan Harkness	WVC	24:32
15. Leroy Bumbaca	WVC	22:17	42. Dave Marsh	WVC	24:45
16. Ginovanni Cassara	F	22:21	43. Andy Takaha	CSM	24:52
17. Paul Jensen	ELC	22:21	44. Kris Swanberg	CSM	24:53
18. Dale Dewhitt	WVC	22:23	45. Ken Oliver	CSM	25:10
19. Mike Timmerman	M	22:26	46. Steve McDonnell	CSM	25:17
20. Curt Hutchings	WVC	22:27	47. D. Ehrenberg	M	25:36
21. Eric Benson	CSM	22:28	48. Tom Weber	CSM	25:42
22. Keith Shepardson	WVC	22:37	49. Sharon Furtado	WVC	25:54
23. Bruce LinScott	ELC	22:45	50. Steve Brewer	CSM	26:33
24. Tony Guerra	ELC	22:50	51. Andy Arce	WVC	27:18
25. Brian Hurdal	CSM	22:52	52. Greg Tierney	CSM	27:19
26. Ray Aver	WVC	22:57	53. Dave Shrock	CSM	28:36
27. Bob Barnett	CSM	23:01	54. Mark Gerkenmeyer	CSM	30:50

\* Course about 100 yards shorter



Paul Mello  
Frosh  
Crestmoor High



COLLEGE OF SAN MATEO

5TH ANNUAL SONOMA STATE 4 MILE CROSS COUNTRY RUN

At: Sonoma State College  
Rohnert Park, Calif.

Saturday, October 2, 1976  
Warm, Fair

<u>Order of Finish</u>	<u>Name</u>	<u>Time</u>
<u>WINNER</u>		
1	Pete Sweeney	25:32 (Davis)
<u>SAN MATEO PLACERS</u>		
3	Dave Hull	26:10
7	Paul Mello	26:41
11	Bob Barnett	27:23
12	Eric Benson	27:25
14	Kevin Farey	27:29
15	Rick Pincombe	27:42
19	Brian Hurdal	28:23
24	Ken Wernick	29:08
30	Gary Spann	30:16
34	Andy Takaha	30:29
37	Steve Brewer	31:04
40	Bob Rush	31:36
42	Gary Oliver	31:56



Dave Hull  
Soph  
Menlo Atherton  
High

CSM - DeANZA - LANEY

GOLDEN GATE CONFERENCE CROSS COUNTRY MEET

Coyote Hills Regional Park, Newark

Date: October 7, 1976  
 Weather: Warm, Slight Winds

TEAM RESULTS

SAN MATEO - 1,2,3,7,8 = 21  
 DeAnza - 4,5,6,11,12 = 38

SAN MATEO - 1,2,3,4,5 = 15  
 Laney - 8,9,10, inc. = 50

DeAnza - 1,2,3,4,5 = 15  
 Laney - 8,9,10, inc. = 50

INDIVIDUAL RESULTS

1. Mitch Kingery	CSM	23:04	17. Mike McQuenney	DeAnza	27:42
2. Bob Barnett	CSM	23:26	18. Tom Webber	CSM	27:43
3. Dave Hull	CSM	23:48	19. Ken Wernick	CSM	27:56
4. Doug Danielson	DeAnza	23:52	20. Kris Swanberg	CSM	28:33
5. Tim Chain	DeAnza	24:08	21. Dave Shrock	CSM	28:45
6. Joe Mangan	DeAnza	24:16	22. Gary Oliver	CSM	28:57
7. Brian Hurdal	CSM	24:28	23. Steve McDonald	CSM	30:03
8. Eric Benson	CSM	24:30	24. Steve Brewer	CSM	30:47
9. Rick Pincombe	CSM	24:51	25. Jim Kiely	CSM	31:11
10. Kevin Farey	CSM	25:02	26. Trotter	Laney	31:42
11. Ron Orsua	DeAnza	25:08	27. Greg Tierney	CSM	31:45
12. Mark Frise	DeAnza	25:44	28. Keith Anderson	CSM	32:12
13. John Sheakley	CSM	26:07	29. Mark Girkenmeier	CSM	32:40
14. Dave Bartholomew	DeAnza	26:15	30. Kent Wigton	DeAnza	33:04
15. Gary Spann	CSM	27:06	31. Abraham	Laney	34:24
16. Andy Takaha	CSM	27:20	32. Rollins	Laney	36:41

Bob Rush, Cross Country Coach

COLLEGE OF SAN MATEO

BR:rc



Pincombe  
High

COLLEGE OF SAN MATEO

CROSS COUNTRY

At: Crystal Springs Course  
Fair and clear

Date: October 9, 1976  
4.1 Miles

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

TEAM RESULTS

1. American River - 4,6,7,8,9 = 34	5. S.J. Delta - 15,21,24,27,33 =120
2. Santa Rosa - 2,3,26,29,39 = 99	6. De Anza - 10,19,20,28,46 =123
3. CSM - 1,13,23,34,36 =107	7. Modesto - 17,18,30,35,40 =140
4. West Valley - 5,22,25,31,32 =115	8. Diablo Valley - 12,16,41,42,45 =156

INDIVIDUAL RESULTS

1. Bob Barnett	CSM	20:37	36. Brian Hurdal	CSM	22:46
2. Charlie Hernandez	SRJC	20:40	37. Curt Hutchings	WVC	22:55
3. Dan Aldridge	SRJC	20:48	38. Mark Stoker	Delta	22:56
4. Jim Mebust	ARC	20:48	39. Dave Chaney	SRJC	23:07
5. Bob Paulin	WVC	20:50	40. Luke Sing	Mod.	23:07
6. Tim Farrell	ARC	20:57	41. Daniel Patterson	DVC	23:18
7. David Bruhn	ARC	21:01	42. Win Thidoeaux	DVC	23:26
8. Gary Sutherland	ARC	21:03	43. George Hoffschildt	SRJC	23:39
9. Bill Weed	ARC	21:03	44. Ed Carr	SRJC	23:43
10. Tim Chain	De Anza	21:08	45. Pat Johnson	DVC	23:46
11. Art Baudendistel	ARC	21:10	46. Dave Bartholomew	De Anza	23:51
12. Kevin Searls	DVC	21:12	47. John Sheakley	CSM	23:57
13. Dave Hull	CSM	21:14	48. Dean Harrell	DVC	24:13
14. Earl Lagomarsino	ARC	21:18	49. Mike Krajcir	DVC	24:26
15. Brad Brown	Delta	21:25	50. Dale DeWhitt	WVC	24:32
16. Ron Criner	DVC	21:25	51. Mike McQueeney	De Anza	24:54
17. Fred Arroyo	Mod.	21:29	52. Steve Lee	Delta	25:22
18. Bob Costa	Mod.	21:37	53. Arnie Silva	Mod.	25:41
19. Doug Danielson	De Anza	21:43			
20. Joe Mangan	De Anza	21:52			
21. Mike Bregante	Delta	21:59			
22. Bob Weaver	WVC	22:01			
23. Eric Benson	CSM	22:05			
24. Kris Koris	Delta	22:06			
25. Armando Lagunes	WVC	22:12			
26. Dave Hansen	SRJC	22:14			
27. Kirk Vail	Delta	22:20			
28. Ron Orsua	De Anza	22:22			
29. Andy Noonan	SRJC	22:23			
30. John Swift	Mod.	22:30			
31. Alan Harkness	WVC	22:32			
32. Keith Shepardson	WVC	22:36			
33. Jan Makowski	Delta	22:42			
34. Kevin Farley	CSM	22:43			
35. Bert DeCosta	Mod.	22:44			



Eric Benson  
Frosh  
Burlingame Hi

## COLLEGE OF SAN MATEO

CROSS COUNTRYAt: Crystal Springs Course  
Warm and ClearDate: October 9, 1976  
4.1 Miles

## FIFTH ANNUAL COLLEGE OF SAN MATEO-CRYSTAL SPRINGS INVITATIONAL

Reserve Race Results

(No team scoring)

1. Sharon Furtado	WVC	17:57*	47. Maurice O'Reilly	SRJ	25:16
2. Debbie Hickman	SJD	19:00*	48. Kris Swanberg	CSM	25:27
3. Valerie Remeau	SJCC	20:55*	49. Tom Webert	CSM	25:32
4. Tia Monosoff	MPC	21:49*	50. Penny Batista	Columbia	25:36*
5. Ken Starkey	ARC	22:03	51. Richard Cooper	Solano	25:39
6. Bob Coulsen	ARC	22:03	52. Stephen McDonnell	CSM	25:39
7. Chuck Kostaz	ARC	22:19	53. Charles Fittell	Modesto	25:58
8. Mike Brown	ARC	22:32	54. Robert Kent	Solano	26:08
9. Ed NicholSEN	ARC	22:36	55. Mitchell McFee	Chabot	26:09
10. Pauletta Daw	Oxnard	22:36*	56. Elizabeth Spencer	MPC	26:15*
11. Keir Furey	ARC	22:36	57. Bruce Hope	Cabrillo	26:16
12. Mel Brazil	WVC	22:51	58. Gary Oliver	CSM	26:27
13. Malinda Revere	Cabrillo	22:55*	59. Jeff Michaelson	SRJC	26:39
14. Devera Mason	Cabrillo	22:56*	60. Gabriel Ibarra	WVC	26:57*
15. Steve Haase	Yuba	23:06	61. Richard Judy	Chabot	26:58
16. Kevin Klein	WVC	23:16	62. Joe Rizza	DVC	27:06
17. Ann McBride	MPC	23:16*	73. Al Kenrick	Foothill	27:14
18. Ken Wernick	CSM	23:22	74. Jim Keily	CSM	27:51
19. Terry Stelma	SJCC	23:27?	65. Wes Sawyer	Modesto	28:30
20. Chris Moni	Sierra	23:29?	66. Marlen Milne	MPC	28:31*
21. Randy Mittelstady	SJD	23:36	67. Jim Groesbeck	Cabrillo	28:32
22. Pierre Romero	SJD	23:44	68. Dana Bristow	MPC	28:51?
23. Dave Harbour	WVC	23:56	69. Eugene Gaines	Solano	28:58
24. Gary Spann	CSM	23:58	70. Keith Anderson	CSM	28:59
25. Bruce Pickering	SJD	24:03	71. Ken Savage	Merced	29:02
26. Tom Paul	WVC	24:06	72. Kibin Durbin	Oxnard	29:16*
27. Patty Becker	WVC	24:08*	73. Mike Gamecho	MPC	29:17
28. Mikel Petty	Yuba	24:14	74. Richado Molinar	CSM	29:31
29. Tom Holmes	SJD	24:17	75. E. Galleguillos	Skyline	29:51
30. Mark Ross	DVC	24:17	76. Mark Gerkenmeyer	CSM	30:05
31. Dave Hoagland	SRJ	24:22	77. Alton George	Merritt	30:15
32. Brian O'Donnell	SRJ	24:25	78. Neal Harris	Modesto	31:00
33. Mike Ferris	SRJ	24:33	79. Naida Soto	Oxnard	31:13*
34. Stephen Petersen	Chabot	24:34	80. Mike Williams	Modesto	31:30
35. Marrietta Gilman	Columbia	24:35*	81. Teresa Hare	Oxnard	31:48*
36. Rob Robertson	WVC	24:37	82. Rene Conaway	Oxnard	34:42*
37. Daryl Gerhardt	SRJ	24:42	83. Steve Hand	Merced	
38. John Hoover	Yuba	24:49	84. Jeanie Brit	Oxnard*	
39. Mike Walsh	SJD	24:49	85. Tom Heymann	Columbia	
40. Bob Johnson	SRJ	24:50			
41. Steve Cooperider	Modesto	24:54			
42. Andy Takaha	CSM	24:57			
43. George Chan	Foothill	25:02			
44. Gordon Lindstrom	SJD	25:07			
45. Andy Arce	WVC	25:11			
46. Jeff Farmer	Chabot	25:14			

\*Women's Race 3 Miles

?Cannot determine sex from name



Kevin Farey  
Frosh  
Menlo Atherton  
High



CSM - CHABOT - FOOTHILL

CROSS COUNTRY MEET

At: Foothill, Los Altos Hills

Date: October 14, 1976  
 Conditions: Fair and mild

Duel Team Results

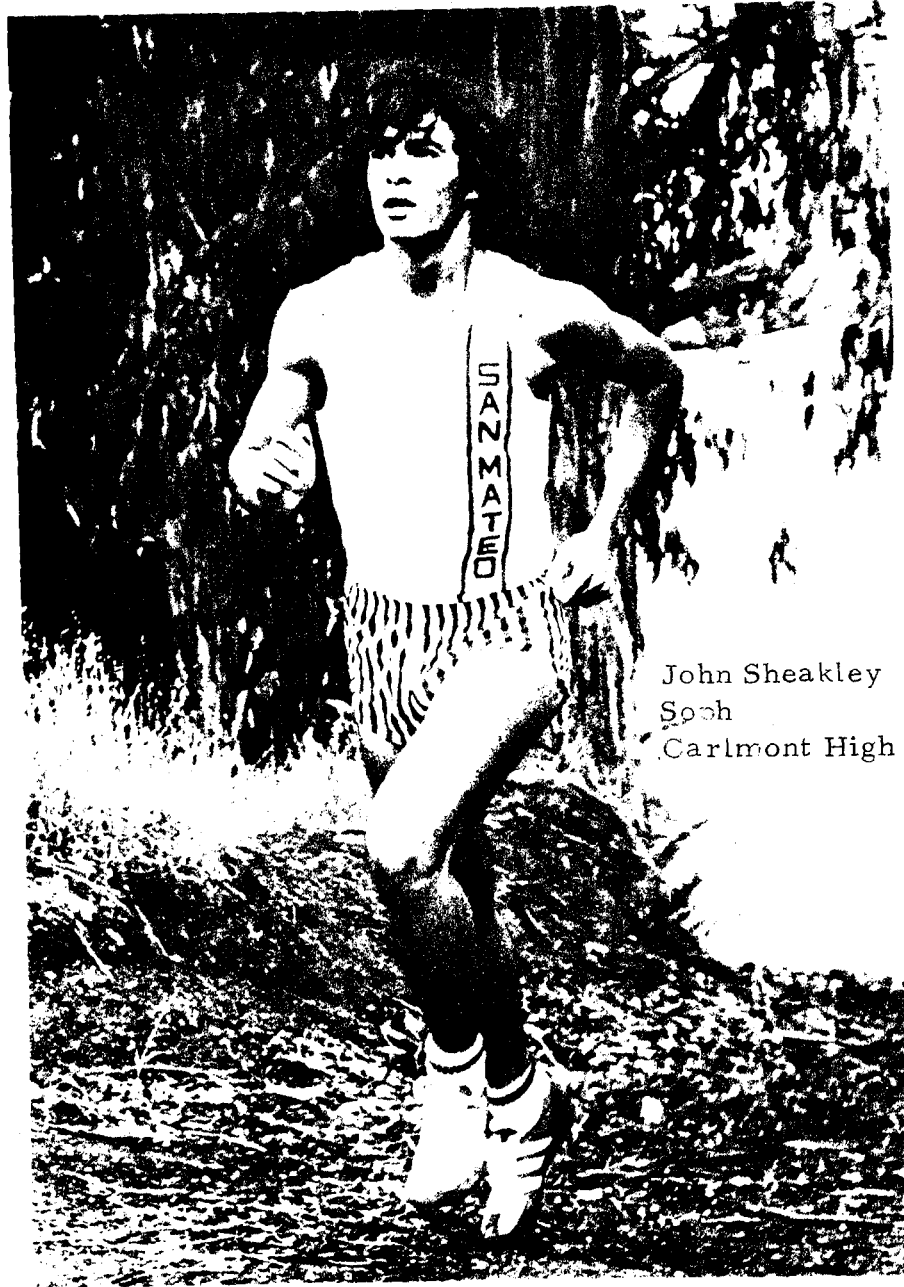
COLLEGE OF SAN MATEO - 1,3,4,5,7 = 20  
 Chabot - 2,6,9,10,11 = 38

COLLEGE OF SAN MATEO - 1,2,3,5,7 = 18  
 Foothill - 4,6,8,9,11 = 38

Foothill - 2,4,5,6,7 = 24  
 Chabot - 1,3,9,10,11 = 34

Individual Results

1. Mitch Kingery	CSM	20:27	23. Rich Antal	Chabot	23:57
2. Phillip Horing	Chabot	20:36	24. George Chan	Foothill	24:09
3. Bob Barnett	CSM	21:34	25. Steve Peterson	Chabot	24:20
4. Dave Hull	CSM	21:36	26. Andy Takaha	CSM	24:21
5. Jim Harris	Foothill	21:55	27. Connor Taylor	Foothill	24:36
6. Rick Pincombe	CSM	22:05	28. Tom Weber	CSM	24:39
7. Mike Plummer	Chabot	22:10	29. Steve Brewer	CSM	24:44
8. Luis Hidalgo	Foothill	22:11	30. Ken Oliver	CSM	24:56
9. Eric Benson	CSM	22:19	31. Steve McDonnell	CSM	25:00
10. Jeff Liedtke	Foothill	22:19	32. Kris Swanberg	CSM	25:01
11. Don Plath	Foothill	22:24	33. Robert Raisner	Chabot	25:09
12. Kevin Farley	CSM	22:26	34. Mitchell McEfee	Chabot	25:44
13. John Cassarra	Foothill	22:27	35. Ken Wernick	CSM	25:50
14. Pete Churney	Foothill	22:42	36. Dave Shrock	CSM	26:20
15. Bret Hill	Chabot	22:52	37. Brian Hurdal	CSM	26:38
16. Kevin O'Hara	Chabot	22:55	38. Jim Kiely	CSM	26:53
17. Andy Epanoria	Chabot	23:02	39. Greg Tierney	CSM	27:24
18. John Sheakley	CSM	23:10	40. Keith Anderson	CSM	27:35
19. Bill Jackson	Foothill	23:12	41. Al Kenrick	Foothill	27:51
20. Dale Matskeyama	Chabot	23:18	42. Ric Molinar	CSM	29:08
21. Mark Molin	Chabot	23:40	43. Rich Judy	Chabot	
22. Gary Spann	CSM	23:56			



John Sheakley  
Soph  
Carlmont High

COLLEGE OF SAN MATEO

CROSS COUNTRY

At: College of Canyons  
Valencia, California  
Warm and smoggy

Date: October 16, 1976

COLLEGE OF THE CANYONS CROSS COUNTRY INVITATIONAL

INDIVIDUAL RESULTS

1.	Ed Ramirez	Oxnard	20:01
2.	Mitch Kingery	CSM	20:06
3.	Gary Hernandez	SD Mesa	20:11
4.	Andy Prine	SD Mesa	20:21
5.	Bob Paulin	WVC	20:30
6.	Wally Montenegro	San Jose	20:34
7.	Joe Eniner	Mt. Sac	20:36
8.	Todd Baker	WVC	20:46
9.	Lara	Fresno	20:51
10.	S. Burch	SD City	20:53

CSM PLACERS

41.	Bob Barnett	21:56
42.	Ric Pincombe	21:57
57.	Paul Mello	22:28
58.	Eric Benson	22:31
78.	Dave Hull	22:48
91.	Kevin Farey	23:08

OVERALL PLACERS

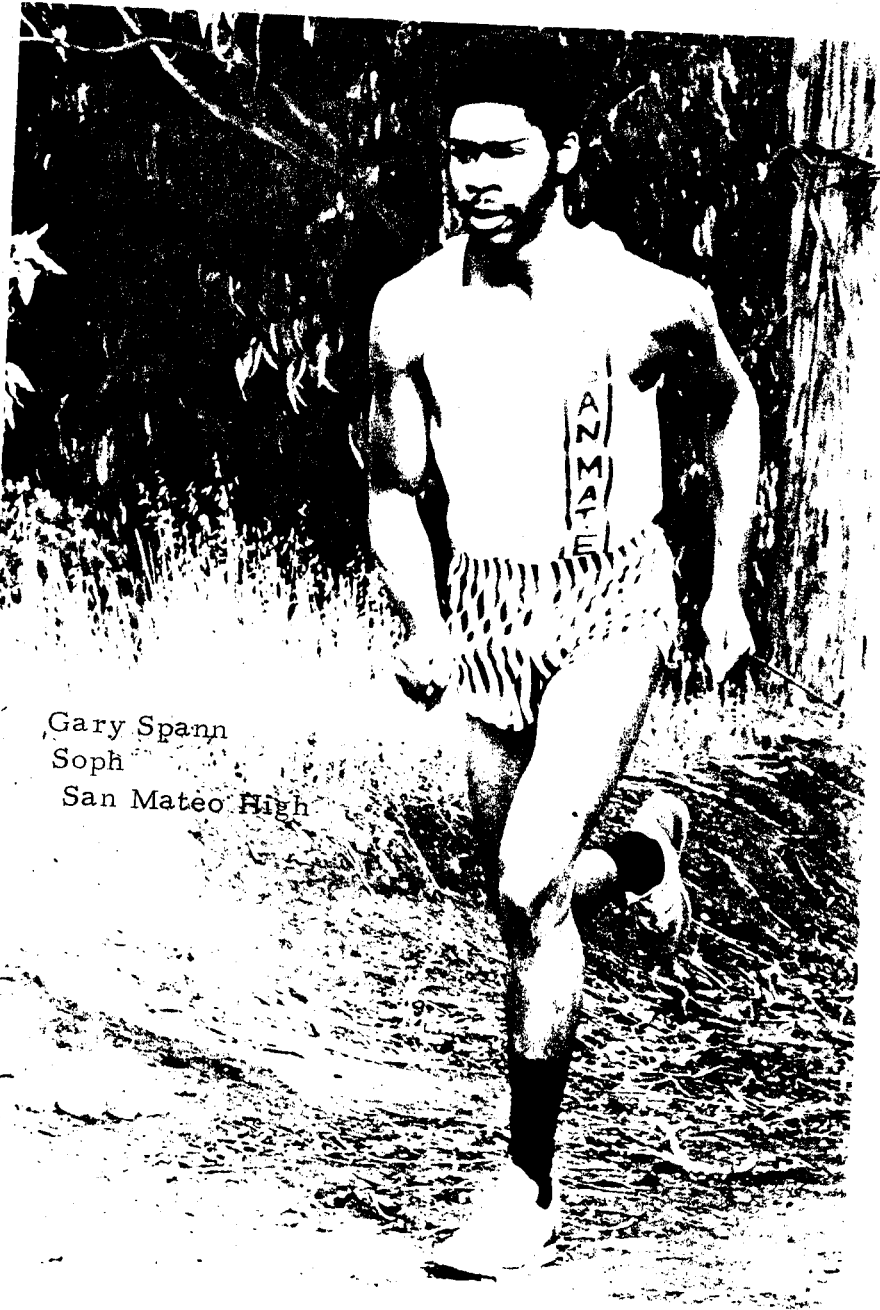
1.	San Diego Mesa	= 111
2.	Mt. Sac	= 119
3.	Monterey	= 133
4.	Fresno	= 142
5.	College of the Canyons	= 164
6.	Orange Coast	= 174
7.	CSM	= 200
8.	San Jose	= 205
9.	West Valley	= 215
10.	Santa Ana	= 220
11.	SD City	= 253
12.	Saddleback	= 319
13.	Southwestern	= 328
14.	COC - B	= 360
15.	Oxnard	= 400
16.	Cabrillo	= 460

LARGE COLLEGE

1.	San Diego Mesa	= 65
2.	Mt. Sac	= 68
3.	Fresno	= 84
4.	Orange Coast	=101
5.	CSM	=119
6.	Santa Ana	=128
7.	West Valley	=128
8.	Santa Monica	=256
9.	Golden West	=274
10.	Orange Coast B	=291
11.	LA Trade & Tec.	=294

SMALL COLLEGE

1.	Monterey Peninsula	= 60
2.	College of the Canyons	= 73
3.	San Jose City	= 86
4.	San Diego City	=106
5.	Saddleback	=135
6.	Southwestern	=142
7.	COC B	=158



Gary Spann  
Soph  
San Mateo High

## COLLEGE OF SAN MATEO

## CROSS COUNTRY

At: Coyote Park, San Jose

October 20, 1976

Weather: Fair, Mild

Distance: 4.0 Mile

CSM - DVC - CCSFTEAM SCORING

DVC - 1, 2, 3, 9, 11 = 26

CSM - 4, 5, 6, 7, 10 = 32

DVC - 1, 2, 3, 4, 5 = 15

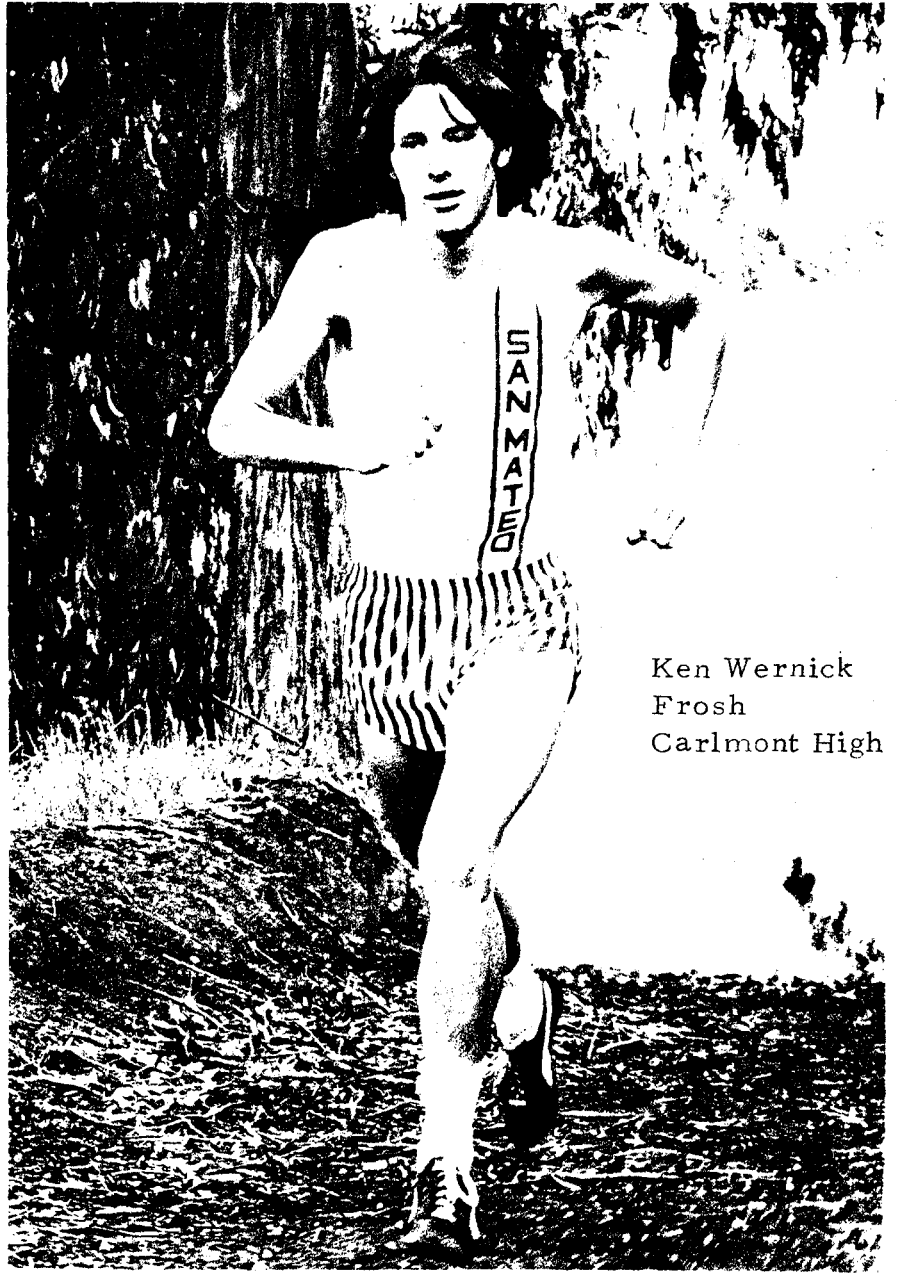
CCSF - 6, 9, 10, 11, 12 = 48

CSM - 1, 2, 3, 4, 5 = 15

CCSF - 8, 9, 10, 11, 12 = 50

INDIVIDUAL PLACING

1.	Matt Dowling	DVC	21:21
2.	Ron Criner	DVC	21:21
3.	Kevin Searles	DVC	21:21
4.	DAVE HULL	CSM	21:37
5.	RICK PINCOMBE	CSM	21:49
6.	PAUL MELLO	CSM	22:07
7.	BOB BARNETT	CSM	22:09
8.	KEVIN FAREY	CSM	22:09
9.	Ron Brown	DVC	22:18
10.	ERIC BENSON	CSM	22:22
11.	Pat Johnson	DVC	22:38
12.	JOHN SHEAKLEY	CSM	22:46
13.	Dave Muela	CCSF	22:52
14.	GARY SPANN	CSM	23:06
15.	Mark Ross	DVC	23:09
16.	KEN WERNICK	CSM	23:21
17.	Win Thibodeaux	DVC	23:36
18.	STEVE BREWER	CSM	23:59
19.	ANDY TAKAHA	CSM	24:03
20.	Joe Rizza	DVC	24:12
21.	Mike Eshia	CCSF	24:13
22.	KEN OLIVER	CSM	24:27
23.	STEVE McDONNELL	CSM	24:30
24.	Mike Krajcir	DVC	24:45
25.	KRIS SWANBERG	CSM	25:11
26.	TOM WEBER	CSM	25:15
27.	KEITH ANDERSON	CSM	26:08
28.	Tom Everett	CCSF	26:16
29.	Tom Yeadker	CCSF	26:42
30.	JIM KIELY	CSM	26:53
31.	DAVE SHROCK	CSM	26:59
32.	GREG TIERNEY	CSM	27:30
33.	MARK GERKENSMEYER	CSM	28:09
34.	RIC MOLINAR	CSM	28:48
35.	Dennis Gonzales	CCSF	29:03
36.	Roger Batzel	DVC	30:25



Ken Wernick  
Frosh  
Carlmont High

COLLEGE OF SAN MATEO  
Golden Gate Conference

Crystal Springs Course, 4.1 Miles  
CSM - West Valley - San Jose

October 29, 1976  
Cool, Overcast

TEAM RESULTS

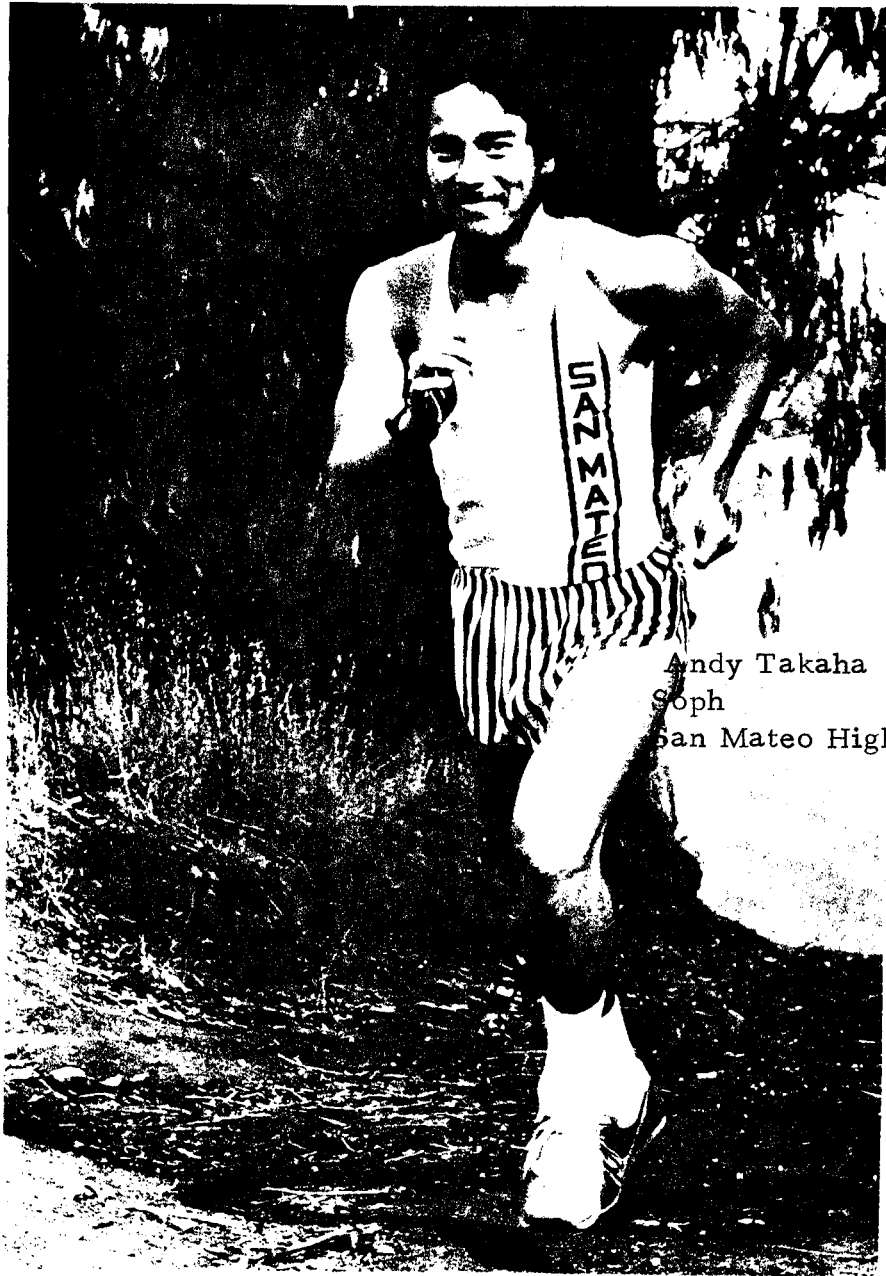
San Mateo - 25  
West Valley - 30

San Mateo - 20  
San Jose - 35

West Valley - 25  
San Jose - 30

INDIVIDUAL RESULTS

1. Mitch Kingery	SM	20:14	31. Gary Oliver	SM	17
2. Bob Paulin	WV	26	32. Ken Wernick	SM	18
3. Wally Montenegro	SJ	35	33. Andy Arce	WV	22
4. Bob Barnett	SM	21:07	34. Kris Swanberg	SM	25
5. Ron Fritzke	WV	12	35. Tom Weber	SM	46
6. Todd Baker	WV	13	36. Steve McDonnell	SM	57
7. Dave Hull	SM	44	37. Sndy Takaha	SM	25:19
8. Rick Pincombe	SM	45	38. Dave Shrock	SM	52
9. Joe Farbris	SJ	51	39. Jim Keily	SM	58
10. Eric Benson	SM	52	40. Gabe Ibarra	WV	26:39
11. Joe Salazar	SJ	22:01	41. Sharen Furtato(girl)	WV	26:45
12. Bill Miles	SJ	02	42. Keith Anderson	SM	27:10
13. Armando Lagunas	WV	08	43. Steve Brewer	SM	28:16
14. Bob Weaver	WV	09	44. Greg Teirney	SM	28:28
15. Ruben Lee	SJ	16	45. Val Reneau(girl)	SJ	
16. Alan Harkness	WV	21	46. Ric Molinar	SM	
17. Greg Miller	SJ	29	47. Mark Gerkenmeyer	SM	
18. Bill Joseph	SJ	32	48. Colleen McManus(girl)	WV	
19. Dave Harbour	WV	37	49. Patty Becker (girl)	WV	
20. Keith Shepardson	WV	50			
21. Mel Brizil	WV	56			
22. Terry Stelma	SJ	23:12			
23. Kevin Farey	SM	20			
24. Tom Pawl	WV	30			
25. John Sheakley	SM	43			
26. Gary Spann	SM	53			
27. Dave Marsh	WV	59			
28. Pat Markam	SJ	24:09			
29. Kert Hutchings	WV	11			
30. Rod Robertson	WV	12			



Andy Takaha  
Soph  
San Mateo High



COLLEGE OF SAN MATEO  
 GOLDEN GATE CONFERENCE  
 CROSS COUNTRY CHAMPIONSHIPS (Individual)  
 1976

At: Crystal Springs, 4.1 miles

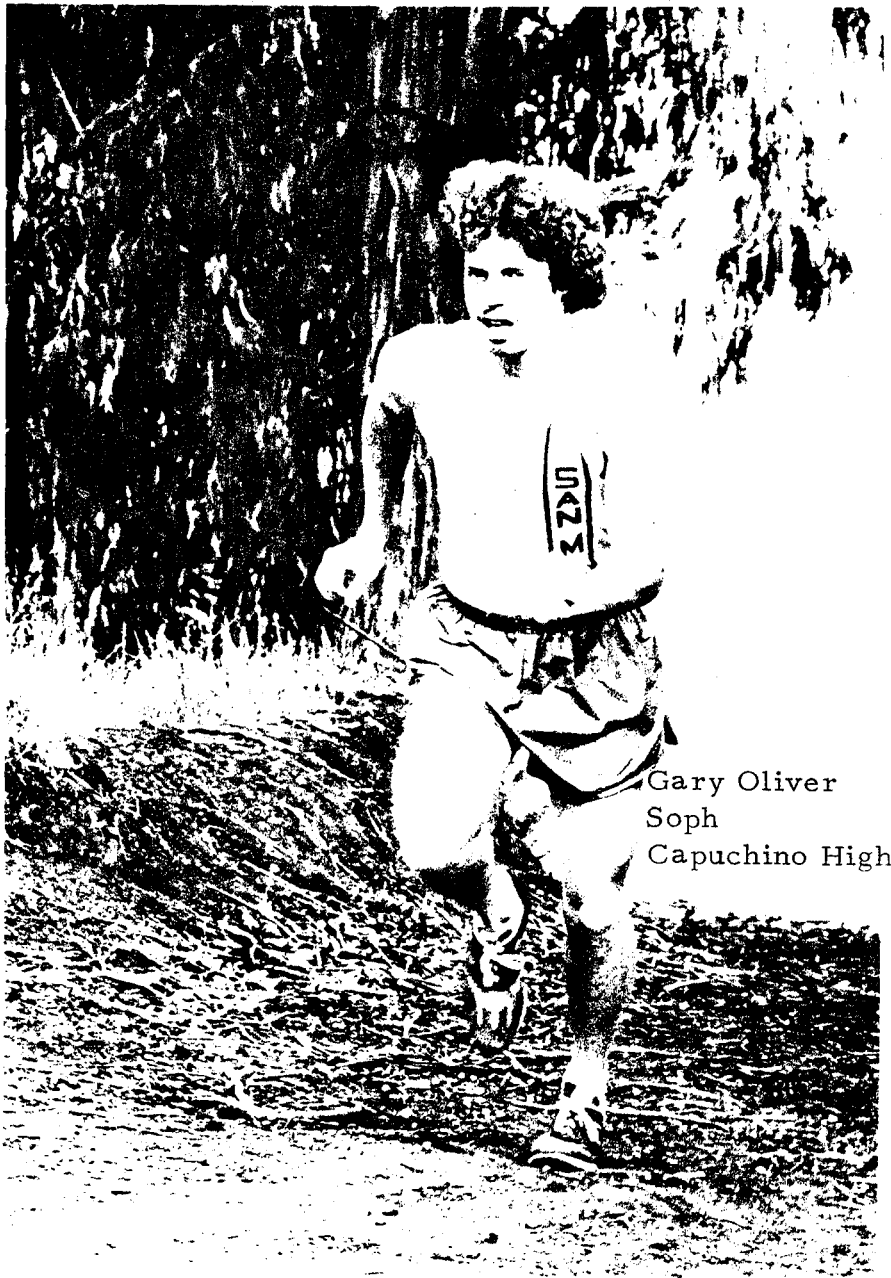
November 5, 1976  
 Warm, Very Smoggy

TEAM SCORES (no bearing on league championship)

1. West Valley College	2-7-13-17-18 (24-30)	57
2. College of San Mateo	1-9-12-15-29 (34-36)	66
3. San Jose City Coolege	3-11-14-22-25 (35)	75
4. De Anza	4-8-10-28-31 (32-39)	81
5. Chabot	5-19-23-33-37 (43)	117
6. Foothill College	16-20-26-27-38 (40-44)	127
7. Diablo Valley College	6-41-42-46-47	182
8. C.C. San Francisco	21-45-48-49-50	213

INDIVIDUAL (Top 15 all-conference certificates)  
 (Top 7 all-conference plaques)

1. MITCH KINGERY	CSM	20:19.8	31. Tom Pawl	WVC	23:04
2. Bob Paulin	WVC	20:57	32. Mike McQueeney	DeAnza	23:05
3. Wally Montenegro	SJCC	20:53	33. Dave Bartholomew	DeAnza	23:11
4. Tim Chain	DeAnza	20:57	34. Rich Antal	Chabot	23:15
5. Chilip Hornig	Chabot	21:10	35. KEVIN FARLEY	CSM	23:17
6. Kevin Searls	DVC	21:20	36. Terry Stelma	SJCC	23:21
7. Todd Baker	WVC	21:29	37. JOHN SHEAKLEY	CSM	23:34
8. Doug Danielson	DeAnza	21:34	38. Mel Brazil	WVC	23:46
9. DAVE HULL	CSM	21:36	39. GARY SPANN	CSM	23:53
10. Joe Mangan	DeAnza	21:37	40. Mark Molaina	Chabot	23:54
11. Joe Salazar	SJCC	21:46	41. George Chan	Foothill	23:55
12. BOB BARNETT	CSM	22:04	42. John Carlson	DeAnza	24:02
13. Armando Lagunes	WVC	22:11	43. Bill Jackson	Foothill	24:04
14. Ruben Lee	SJCC	22:15	44. GARY OLIVER	CSM	24:25
15. PAUL MELLO	CSM	22:19	45. Mark Ross	DVC	24:25
16. Luis Hidalgo	Foothill	22:20	46. Win Thidodeaux	DVC	24:40
17. Dave Harbour	WVC	22:22	47. Kevin O'Hara	Chabot	24:47
18. Keith Shepardson	WVC	22:27	48. Don Plath	Foothill	24:51
19. Mike Plummer	Chabot	22:29	49. Mike Elisha	CCSF	25:08
20. Peter Churney	Foothill	22:30	50. Mike Krajcir	DVC	25:32
21. Dave Muela	CCSF	22:31	51. Dean Harrell	DVC	25:45
22. Joe Fabris	SJCC	22:34	52. Gillermo Amico	CCSF	26:18
23. Bret Hill	Chabot	22:37	53. Tom Everett	CCSF	27:56
24. Dale DeWhitt	WVC	22:38	54. Tom Yradakar	CCSF	29:41
25. Bill Miles	SJCC	22:44	55. Al Kenrick	Foothill	
26. Giovanni Cassara	Foothill	22:47			
27. Jim Harris	Foothill	22:49			
28. Steve Nelson	DeAnza	22:51			
29. ERIC BENSON	CSM	22:54			
30. Alan Harness	WVC	22:59			



Gary Oliver  
Soph  
Capuchino High

COLLEGE OF SAN MATEO  
GOLDEN GATE CONFERENCE  
CROSS COUNTRY CHAMPIONSHIPS  
1976

At: Crystal Springs, 4.1 miles

November 5, 1976  
Warm, Very Smoggy

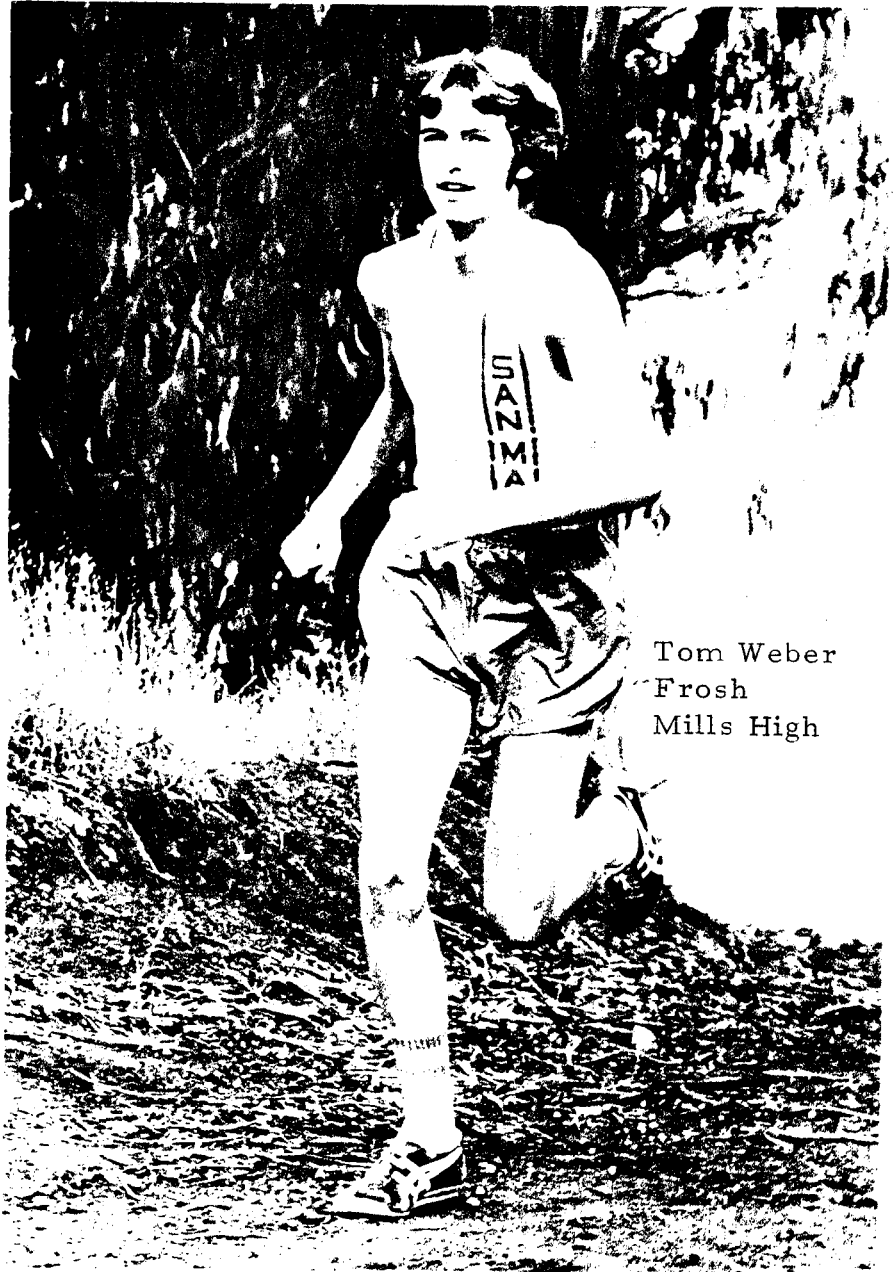
RESERVE AND WOMENS (Women two miles; Reserves four miles)

Women (two miles)

- |                   |      |       |
|-------------------|------|-------|
| 1. Sharon Furtado | WVC  | 11:20 |
| 2. Valerie Reneau | SJCC | 12:38 |

Reserves (4.1 miles)

- |                       |        |       |
|-----------------------|--------|-------|
| 1. Dale Hatakeyama    | Chabot | 23:39 |
| 2. Stephen Petersen   | Chabot | 24:05 |
| 3. ANDY TAKAHA        | CSM    | 24:27 |
| 4. STEVE BREWER       | CSM    | 24:28 |
| 5. Andy Arce          | WVC    | 24:38 |
| 6. Dave Marsh         | WVC    | 25:09 |
| 7. KRIS SWANBERG      | CSM    | 25:20 |
| 8. DAVE SHROCK        | CSM    | 25:29 |
| 9. STEVE McDONNELL    | CSM    | 25:46 |
| 10. Mttchell McEfee   | Chabot | 25:52 |
| 11. Gabriel Ibarra    | WVC    | 25:54 |
| 12. JIM KIELY         | CSM    | 26:00 |
| 13. Curt Hutchings    | WVC    | 26:30 |
| 14. GREG TIERNEY      | CSM    | 26:44 |
| 15. Kevin Klein       | WVC    | 27:42 |
| 16. Richard Judy      | Chabot | 28:49 |
| 17. MARK GERKENSMEYER | CSM    | 29:21 |
| 18. RIC MOLINAR       | CSM    | 29:33 |
| 19. KEITH ANDERSON    | CSM    | 29:33 |



Tom Weber  
Frosh  
Mills High

COLLEGE OF SAN MATEO  
CROSS COUNTRY

At: Crystal Springs Course  
Cloudy-Cool

November 10, 1976  
4.1 Miles

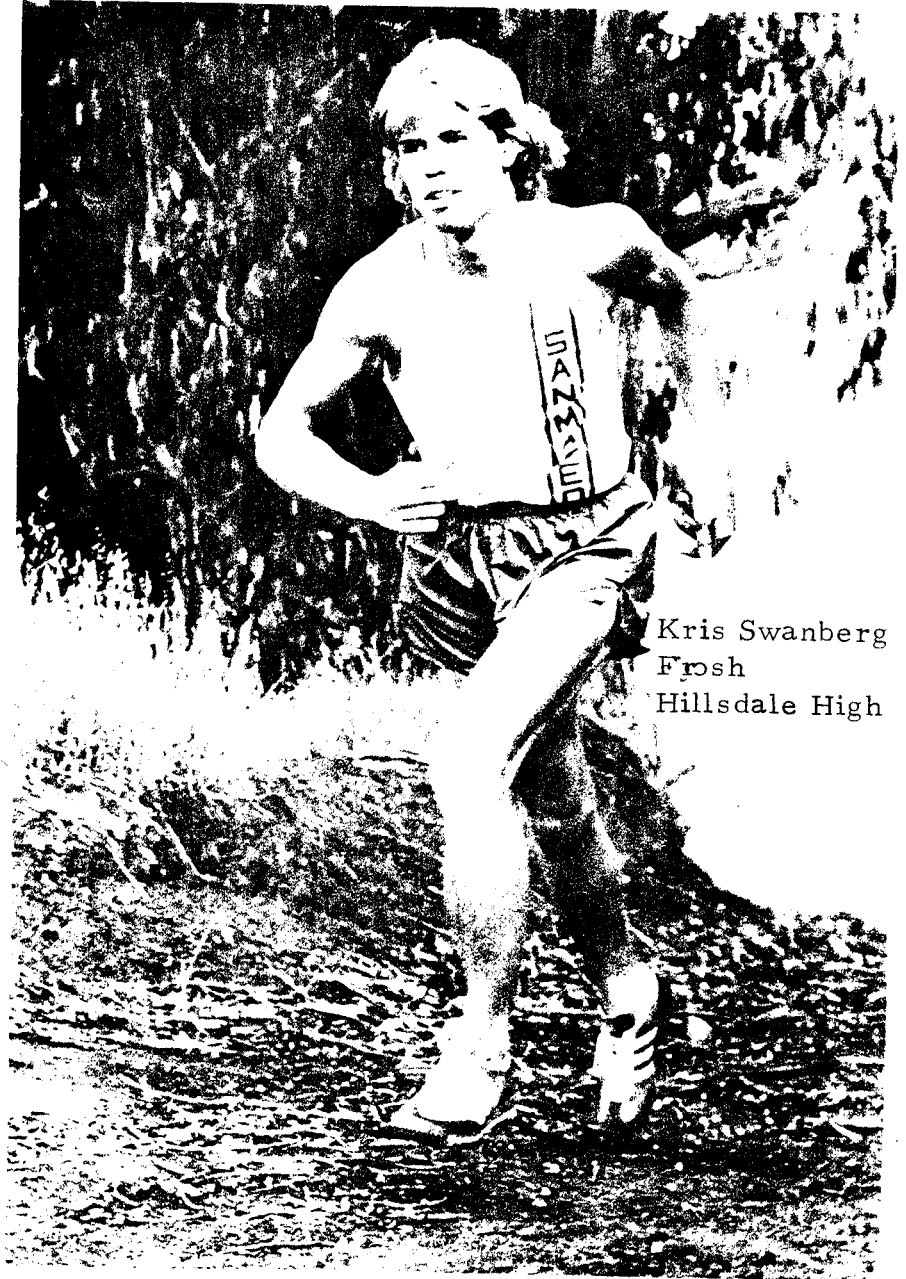
COLLEGE OF SAN MATEO VS UNIVERSITY OF SAN FRANCISCO  
(CSM B Team)

Team Results

COLLEGE OF SAN MATEO 1, 2, 3, 4, 6, = 16  
University of San Francisco 5, 7, 10, 11, 12 = 45

INDIVIDUAL RESULTS

1. KEN WERNICK	CSM	22:54
2. GARY SPANN	CSM	23:00
3. JOHN SHEAKLEY	CSM	23:34
4. TOM WEBER	CSM	23:55
5. Peter Gates	SF	24:00
6. STEVE BREWER	CSM	24:14
7. Bret Evart	SF	24:15
8. GARY OLIVER	CSM	24:29
9. ANDY TAKAHA	CSM	24:40
10. STEVE MCDONNELL	CSM	24:54
11. KRIS SWANBERG	CSM	25:04
12. DAVE SHROCK	CSM	25:48
13. Paul Herrerias	SF	25:51
14. JIM KIELY	CSM	26:20
15. Dave Durrett	SF	26:31
16. David Harpster	SF	26:37
17. KEITH ANDERSON	CSM	27:01
18. Debbie Finn(Woman)	SF	28:10
19. Ric Molinar	CSM	29:17



Kris Swanberg  
Fresh  
Hillsdale High

## S O U T H E R N C A L I F O R N I A

## C R O S S C O U N T R Y

1976

Date: November 13, 1976 (Saturday)

At: College of the Canyons  
Valencia, California

Distance: 4.0 Miles

Weather: Slightly Wet

Course: Rolling Hills

## L A R G E C O L L E G E D I V I S I O N

1. Grossmont	67	7. Bakersfield	224
2. Mount SAC	88	8. Santa Ana	228
3. Fullerton	97	9. Long Beach CC	258
4. San Diego Mesa	185	10. Los Angeles Valley	265
5. El Camino	211	11. Palomar	271
6. Los Angeles Harbor	220	12. Orange Coast	277

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1. Gary Hernandez	San Diego Mesa	(Course Record)	19:51
2. Bob Mapstead	San Bernardino		20:06
3. John Ebner	Mount SAC		20:19
4. Andy Prine	San Diego Mesa		20:21
5. Shannon Laird	Palomar		20:23
6. Paul O'Neil	Fullerton		20:27
7. Mike Seeker	Pasadena		20:30
8. Bob Bray	Bakersfield		20:32
9. Kevin Burkin	Los Angeles Valley		20:34
10. Glen West	Grossmont		20:35
11. Bill Davies	Grossmont		20:35
12. Chrinbo Hughes	Grossmont		20:36
13. Jon Russell	Pierce		20:37
14. Greg Bean	Fullerton		20:43
15. Dave Helgeson	Grossmont		20:44

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## S M A L L C O L L E G E D I V I S I O N

1. Glendale	65	6. Moorpark	111
2. San Diego City College	74	7. West Los Angeles	224
3. College of the Canyons	99 (62)	8. Saddleback	228
4. Chaffey	99 (76)	9. Desert	237
5. Citrus	105		

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1. Ed Ramirez	Oxnard	20:03
2. Jay Rubino	Glendale	20:13
3. Robert Burch	San Diego City College	20:36
4. Steven Burch	San Diego City College	20:42
5. John Cory	Glendale	21:02
6. Phil Steinberger	Citrus	21:08
7. Scott Blackburn	Moorpark	21:14
8. ? Cassaro	Saddleback	21:15
9. John Starinieri	College of the Canyons	21:16
10. Ernie Alarcon	IVC	21:16
11. Doug Hoppe	College of the Canyons	21:17
12. Tom McCann	Citrus	21:19
13. Gary Henry	Glendale	21:20
14. Art Hilton	Glendale	21:21
15. Ray Ramirez	Oxnard	21:22



Steve Brewer  
Soph  
South San Fran.  
High



N O R T H E R N C A L I F O R N I A C O M M U N I T Y C O L L E G E

C R O S S C O U N T R Y C H A M P I O N S H I P S

L A R G E C O L L E G E D I V I S I O N

1 9 7 6

Date: November 13, 1976 (Saturday) Distance: 4.19 Miles  
 At: Crystal Springs Course Weather: Mild  
 Belmont, California Record: 20:13.6

1. Bob Paulin (WVC)	20:15.2	47. Steve Nelson (DA)	22:11
2. Philip Hornig (Chabot)	20:20	48. Dave Harbour (WVC)	22:15
3. Charles Hernandez (SRJC)	20:28	49. Jack Betschart (Sac)	22:17
4. Arthur Baudendistel (ARC)	20:33	50. Elias Amador (Modesto)	22:19
5. Jim Mebust (ARC)	20:33	51. Daniel Patterson (DVC)	22:23
6. Dan Aldrige (SRJC)	20:36	52. Ron Brown (DVC)	22:24
7. Tim Chain (DA)	20:40	53. Luke Sing (Modesto)	22:25
8. Gary Sutherland (ARC)	20:42	54. John Martinez (FCC)	22:35
9. Mitch Kingery (CSM)	20:44	55. Rich Antal (Chabot)	22:37
10. Tim Farrell (ARC)	20:45	56. Keith Shepardson (WVC)	22:40
11. Kevin Searls (DVC)	20:48	57. Dale Hatareyama (Chabot)	22:41
12. Earl Lagomarsino (ARC)	20:51	58. Mike McQueeney (DA)	22:45
13. Brad Brown (Delta)	20:56	59. Dave Zielke (Sac)	22:47
14. Jose Renteria (FCC)	21:00	60. George Hoffschildt (SRJC)	22:50
15. Todd Baker (WVC)	21:01	61. Jeff Merrow (FCC)	22:54
16. Rick Pincombe (CSM)	21:02	62. John Brozek (Sac)	22:56
17. Fred Arroyo (Modesto)	21:02	63. Ron Orsua (DA)	23:00
18. Doug Danielson (DA)	21:02	64. Dave Chaney (SRJC)	23:05
19. Ron Fritzke (WVC)	21:09	65. Brian Petree (Modesto)	23:07
20. Ray Rubio (FCC)	21:10	66. Dave Muela (CCSF)	23:11
21. Baldemar Betancourt (FCC)	21:10	67. Mark Molina (Chabot)	23:15
<u>(FIRST 21 RECEIVE ALL NOR-CAL MEDALS)</u>			
22. Dave Hull (CSM)	21:12	68. Bob Weaver (WVC)	23:18
23. Bob Barnett (CSM)	21:13	69. Jan Makowski (Delta)	23:22
24. Chris Korls (Delta)	21:15	70. Pat Johnson (DVC)	23:42
25. Bill Weed (ARC)	21:18	71. Chamayo Yniquez (Sac)	23:53
26. Alfred Lara (FCC)	21:21	72. Kevin Farey (CSM)	23:54
27. Mark Stoker (Delta)	21:22	73. Miko Eshia (CCSF)	24:20
28. Paul Mello (CSM)	21:23	74. Tim Beale (Sac)	24:26
29. Bob Costa (Modesto)	21:30	75. Dave Bartholomew (DA)	24:53
30. Kirk Vail (Delta)	21:31	76. David Brauhn (ARC)	25:12
31. Stephen Lee (Delta)	21:34	77. Tim Yeadaker (CCSF)	25:36
32. Ron Criner (DVC)	21:41	78. Tom Everett (CCSF)	26:23
33. Lawrence Carrenza (FCC)	21:43	<u>" T E A M S "</u>	
34. Joe Mangan (DA)	21:45	1. American River (4-5-8-10-12)	39
35. Andy Noonan (SRJC)	21:47	2. San Mateo (9-16-22-23-28)	98
36. Kevin O'Hara (Chabot)	21:48	3. Fresno City (14-20-21-26-33)	114
37. Bret Hill (Chabot)	21:50	4. West Valley (1-15-19-38-48)	121
38. Armando Lagunes (WVC)	21:52	5. San Joaquin (13-24-27-30-31)	125
39. Jim Fantozzi (SRJC)	21:54	<u>(FIRST 5 TEAMS QUALIFY FOR STATE MEET)</u>	
40. Mike Plummer (Chabot)	21:59	6. Santa Rosa JC (3-6-35-39-43)	126
41. Bert DeCosta (Modesto)	22:02	7. De Anza (7-18-34-47-58)	164
42. Eric Benson (CSM)	22:04	8. Chabot (2-36-37-40-55)	170
43. Dave Hansen (SRJC)	22:04	9. Modesto (17-29-41-44-50)	181
44. John Swift (Modesto)	22:05	10. Diablo Valley (11-32-45-46-51)	185
45. Mark Ross (DVC)	22:07	11. Sacramento CC (49-59-62-70-72)	312
46. Matt Dowling (DVC)	22:10		



N O R T H E R N   C A L I F O R N I A   C O M M U N I T Y   C O L L E G E  
 C R O S S   C O U N T R Y   C H A M P I O N S H I P S  
 S M A L L   C O L L E G E   D I V I S I O N  
 1 9 7 6

Date: November 13, 1976 (Saturday)  
 At: Crystal Springs Course  
 Belmont, California

Distance: 4.19 Miles  
 Weather: Mild  
 Record: 20:13.6

" T E A M   S C O R E S "

1. Monterey PC (4-5-12-16-37)	74	11. Shasta (31-43-49-80-100)	303
2. Skyline (9-18-20-21-24)	92	12. Lassen (2-39-72-84-112)	309 (197)
3. Solano (10-13-26-27-36)	112	13. Cuesta (1-57-77-82-92)	309 (217)
4. San Jose CC (3-17-29-38-44)	131	14. Hartnell	356
5. Sequoias (6-11-19-51-78)	165	15. Siskiyou	361
6. Marin (8-23-41-47-75)	194	16. Cabrillo	368
7. Foothill (30-32-35-52-65)	214	17. Columbia	389
8. Cosumnes River (22-48-50-54-62)	236	18. Porterville	433
9. Sierra (15-34-63-64-71)	247	19. Canada	441
10. Merritt (25-42-68-73-86)	294	20. Cantra Costa	452
( T O P   5   T E A M S   Q U A L I F Y   F O R   S T A T E   M E E T ) Above			

1. Eric Huff (Cuesta)	20:33	36. Peter Churney (Foothill)	21:55
2. John Avila (West Hills)	20:43	37. Danny Donoghue (Solano)	21:57
3. Frank Dauncey (Lassen)	20:47	38. Mike Kennada (MPC)	21:58
4. Wally Montenegro (SJCC)	20:49	39. Joe Salazar (SJCC)	22:05
5. Andy Jones (MPC)	20:53	40. Russ Johnson (Lassen)	22:06
6. Tim Minor (MPC)	21:01	41. Greg Davy (Redwoods)	22:06
7. Ed Taylor (Sequoias)	21:06	42. Jorge Torres (Hartnell)	22:06
8. Steve Hanson (Siskiyou)	21:06	43. Greg Durbin (Napa)	22:10
9. Ned Overend (Marin)	21:10	44. Bob Paredes (Gavilan)	22:10
10. Bob Lange (Skyline)	21:13	45. Chuck McMillan (Marin)	22:11
11. Mike Wright (Solano)	21:17	46. Jay Marlowe (Gavilan)	22:12
12. Don Loahse (Sequoias)	21:20	47. Candelaria Jacob (Merritt)	22:12
13. Steve Rumrill (MPC)	21:22	48. Dave Grennier (Merced)	22:14
14. Kirt Vineyard (Solano)	21:24	49. Matt Taber (Shasta)	22:14
15. Ken Danz (Columbia)	21:25	50. Bill Miles (SJCC)	22:14
16. Randy Giboney (Sierra)	21:27	51. Dannis Anderson (Skyline)	22:18
17. Steve Watkins (MPC)	21:28	52. Chuck Lyda (Columbia)	22:19
18. Ruben Lee (SJCC)	21:31	53. Mike Timmerman (Marin)	22:20
19. Jim Martinelli (Skyline)	21:32	54. Jerry Kelley (CRC)	22:20
20. Phil Wright (Sequoias)	21:33	55. Tom Klousner (Shasta)	22:21
21. Bill Amable (Skyline)	21:34	56. Dave Adams (CRC)	22:22
22. Bill LaForge (Skyline)	21:35	57. John McDowl (Sequoias)	22:22
23. Jon Higley (CRC)	21:35	58. Luis Hidalgo (Foothill)	22:23
24. Kim Baez (Marin)	21:38	59. Greg Miller (SJCC)	22:24
25. Steve Cornejo (Skyline)	21:39	60. Henry Frazier (CRC)	22:24
26. Dave Acosta (Merritt)	21:40	61. John Armstrong (Cabrillo)	22:29
27. Stan Suderow (Solano)	21:41	62. Jerry Lowmiller (Hartnell)	22:30
28. Mike Sophic (Solano)	21:44	63. Ed Marshall (Cuesta)	22:31
29. Al Sandretti (Cabrillo)	21:45	64. Ed Garleano (Porterville)	22:33
30. Joe Fabris (SJCC)	21:46	65. George Sherman (Siskiyou)	22:36
31. Jim Harris (Foothill)	21:47	66. Richard Florez (Solano)	22:38
32. Paul Mallory (Shasta)	21:48	67. Steve Honey (Canada)	22:38
33. Giovanni Cassara (Foothill)	21:50	68. Rod Rodriguez (Merced)	22:39
34. Scott Faulker (CCC)	21:52	69. Jeff Griffin (CRC)	22:39
35. Mike Doyle (Sierra)	21:53	70. Jordan Holt (Sierra)	22:39

S M A L L C O L L E G E D I V I S I O N

continued...

71. Chris Dominquez (Sierra)	22:42	109. Tim Hoffman (Cabrillo)	24:00
72. Bill Jackson (Foothill)	22:43	110. John Hoover (Yuba)	24:00
73. Steve Hasse (Yuba)	22:43	111. John Caton (Shasta)	24:01
74. Andy Wheller (Porterville)	22:45	112. Scott Hull (Cuesta)	24:02
75. Richard Cooper (Solano)	22:46	113. Andy Gonzalez (Sierra)	24:07
76. Richard DeGlymes (Merritt)	22:47	114. Marty Kruger (Cabrillo)	24:13
77. Robert McMeans (CCC)	22:49	115. Mario Caldera (Porterville)	24:18
78. Mark Merry (Canada)	22:51	116. Dave Sabo (Merritt)	24:19
79. Bert Van Duzer (Redwoods)	22:54	117. Tony Zollar (Canada)	24:25
80. Brian Culbertson (Sierra)	22:55	118. Jeff Liedtke (Foothill)	24:27
81. Chuck Perkins (Lassen)	23:00	119. Luis Manriguiz (CCC)	24:30
82. Rick Carmona (Merritt)	23:03	120. Emmor Nile (Siskiyou)	24:32
83. Dave Harris (Sierra)	23:07	121. Greg Chavez (Marin)	24:33
84. Bruce Linscott (Marin)	23:09	122. John Marchuk (Shasta)	24:34
85. Ed Phelps (Marin)	23:10	123. Willis Colbert (Lassen)	24:36
86. Gary Carnes (Cuesta)	23:11	124. Noe Vilgil (Canada)	24:41
87. Nunez (Sequoias)	23:13	125. Don Freeman (Skyline)	24:46
88. Art Alafa (Sequoias)	23:14	126. Chuck Stanley (Columbia)	24:49
89. Steve Snider (Shasta)	23:17	127. Dan Crandall (Cabrillo)	24:53
90. Denny Magno (Hartnell)	23:18	128. Ko SiewSun (Porterville)	24:57
91. Andred Estrada (Cuesta)	23:19	129. Jack Potter (Napa)	25:08
92. Bill Joseph (SJCC)	23:19	130. Peter Kay (Napa)	25:09
93. Fred Winney (Lassen)	23:19	131. Fred Jackson (CCC)	25:09
94. Raul Anda (Hartnell)	23:21	132. Muntaga Gillian (Porterville)	25:12
95. Chris Warren (Merritt)	23:24	133. Steve Abernethy (CRC)	25:21
96. Mark Limeburger (CRC)	23:26	134. John Curd (Columbia)	25:31
97. Jacob Gathangu (Porterville)	23:29	135. Robert Carey (Siskiyou)	25:43
98. Evon Quatse (Siskiyou)	23:30	136. Dan Elder (Canada)	25:52
99. Mike Petty (Yuba)	23:33	137. Al Acosta (CCC)	25:54
100. Tom Adams (Cabrillo)	23:36	138. Satnam Atwal (Sequoias)	25:55
101. Tom Bales (Canada)	23:38	139. Craig Parsley (Lassen)	26:01
102. Vince Reyes (Cuesta)	23:39	140. Marty Crimmins (Canada)	26:37
103. Robert Parent (Columbia)	23:40	141. Mike Gamicho (MPC)	26:39
104. Jeff Elliott (Hartnell)	23:45	142. Vence Ketchens (Canada)	27:16
105. Jerry Camp (MPC)	23:46	143. Mark Bradford (Yuba)	27:51
106. Jeff Marshall (Cabrillo)	23:50		
107. Phil Bray (Siskiyou)	23:54		
108. Don Hath (Foothill)	23:59		

F I R S T 1 5 I N D I V I D U A L S O F S M A L L C O L L E G E T O S T A T E

(FIRST 21 PLACERS RECEIVE ALL NOR-CAL MEDALS)

all on page 1



Dave Shrock  
Soph  
Serra High  
Team Captain

N O R T H E R N C A L I F O R N I A C O M M U N I T Y C O L L E G E

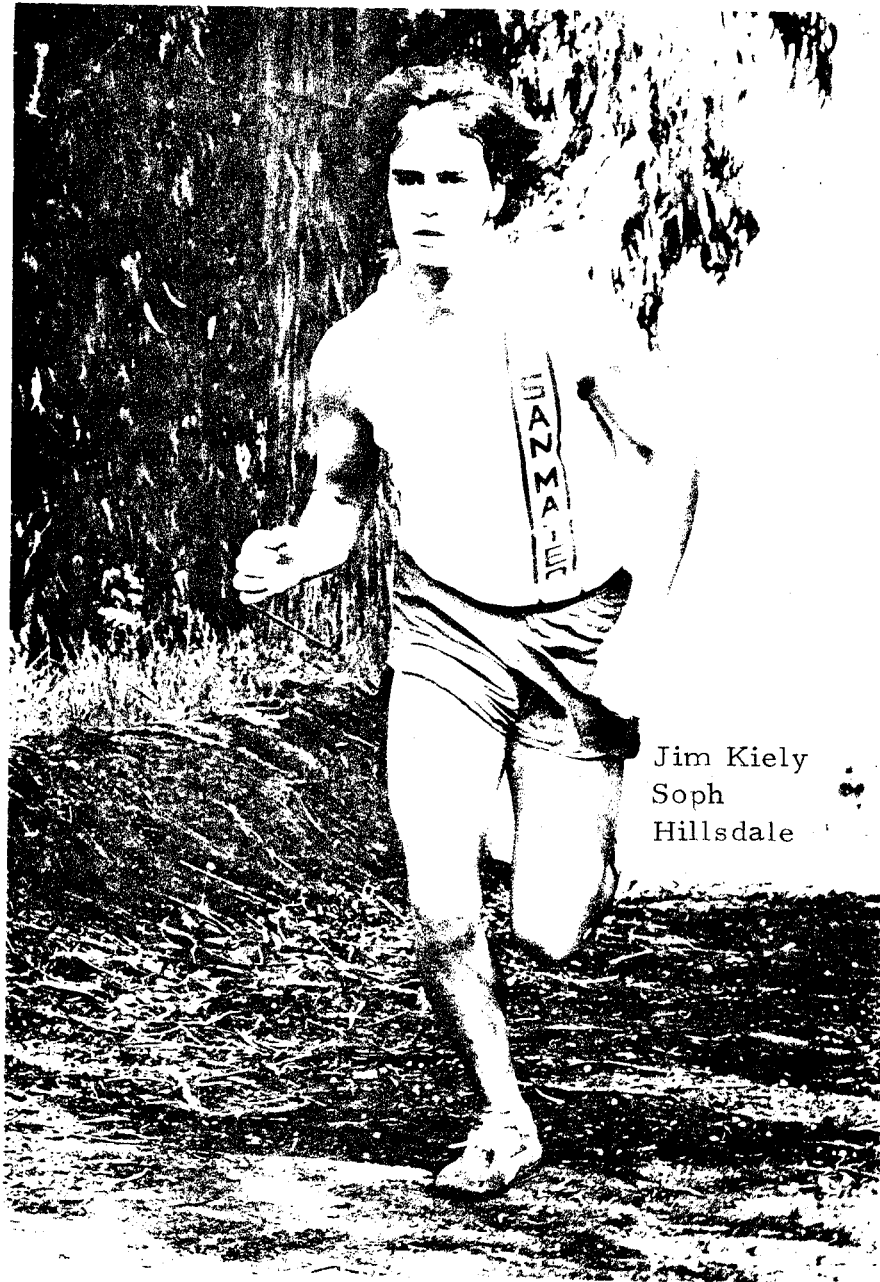
C R O S S C O U N T R Y C H A M P I O N S H I P S

W O M E N ' S D I V I S I O N

Date: November 13, 1976 (Saturday)  
 At: Crystal Springs Course  
 Belmont, California

Distance: 1.9 Miles  
 Weather: Cool, Overcast

1.	June Bonacich	De Anza College	10:59
2.	Arleen Mears	De Anza College	11:13
3.	Morijo Connelly	Skyline College	11:28
4.	Chris Darling	Yuba College	11:59
5.	Debbie Hickman	Joaquin Delta	12:03
6.	April Powers	De Anza College	12:06
7.	Valerie Reneau	San Jose City	12:08
8.	Tina Monosoff	Monterey P.C.	12:18
9.	Sandie Wiseman	Butte	12:25
10.	Ann McBride	Monterey P.C.	12:40
11.	Polly Spears	De Anza College	13:06
12.	Marlene Milne	Monterey P.C.	13:08
13.	Carolyn Rusch	Napa J.C.	13:23
14.	Elizabeth Spencer	Monterey P.C.	13:31
15.	Lucy Ahrens	Monterey P.C.	13:43
16.	Tish Litchfield	Yuba College	14:12
17.	Sue Jones	Contra Costa	14:21
18.	Marci Bidlack	De Anza College	14:39
19.	Dana Bristow	Monterey P.C.	14:55
20.	Kim Ely	Yuba College	14:59
21.	Kathy MacIntyre	De Anza College	15:17



Jim Kiely  
Soph  
Hillsdale

## COLLEGE OF SAN MATEO CROSS COUNTRY

## California Community College Championships

Large College Division

At: College of the Canyons  
Valencia, California

Weather: Fair-Mild

November 20, 1976  
Distance: 4.0 miles

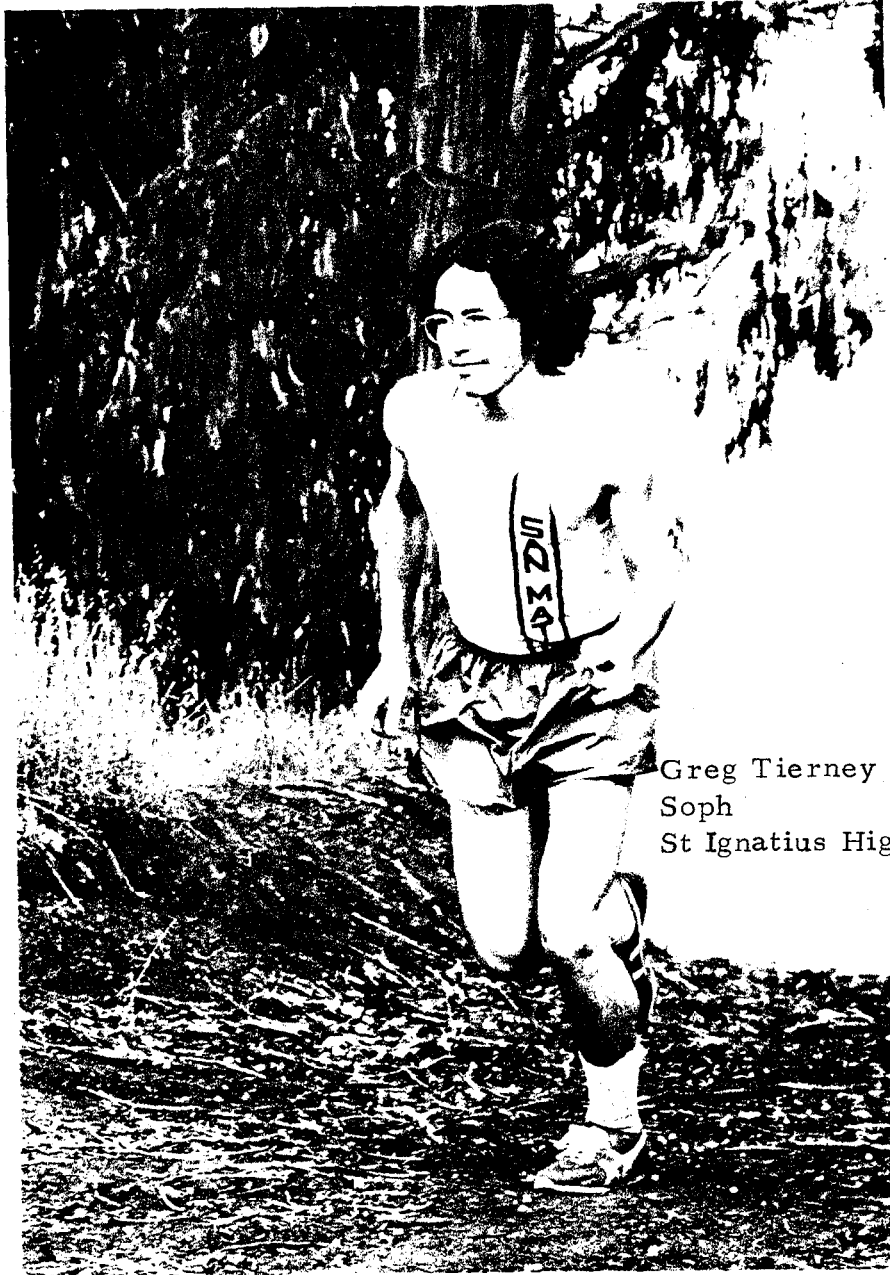
TEAM SCORING

1. Grossmont College - 3,5,7,10,19 = 44
2. Fullerton College - 8,9,12,16,31 = 76
3. American River College - 14,15,18,20,21 = 88
4. COLLEGE OF SAN MATEO - 4,13,29,30,33 = 109
5. Mt. San Antonio College - 6,22,26,34,44 = 132
6. San Diego Mesa College - 2,11,24,52,57 = 146
7. El Camino College - 25,35,36,41,49 = 186
8. West Valley College - 1,23,54,57,59 = 193
9. San Joaquin Delta College - 17,43,46,48,53 = 207
10. Fresno City College - 32,36,42,47,55 = 213

INDIVIDUAL PLACING

1. Bob Paulin	West Valley	19:45	40. Jose Renteria	Fresno	21:06
2. Gary Hernandez	SD Mesa	19:50	41. PAUL MELLO	SAN MATEO	21:12
3. Kevin Burkin	LA Valley	19:59	42. Billy Jones	Mt. SAC	21:16
4. Bob Mapstead	SBVC	20:00	43. Kevin Searals	Diablo Valley	21:17
5. Jon Russell	LA Pierce	20:04	44. Art Grasso	El Camino	21:18
6. Bill Davies	Grossmont	20:05	45. Tony Guerra	El Camino	21:18
7. MITCH KINGERY	SAN MATEO	20:11	46. Philip Hornig	Chabot	21:19
8. Dave Helgeson	Grossmont	20:14	47. B. Betancourt	Fresno	21:20
9. Joe Ebner	Mt. SAC	20:15	48. Tom Resh	Fullerton	21:21
10. Glenn Best	Grossmont	20:17	49. D. Dahl	Fullerton	21:22
11. Paul O'Neil	Fullerton	20:19	50. Bill Weed	Am. River	21:23
12. Greg Dean	Fullerton	20:21	51. Dan Aldridge	Santa Rosa	21:24
13. Chris Hughes	Grossmont	20:25	52. Mike Henery	El Camino	21:26
14. Randy Prine	SD Mesa	20:26	53. Ray Rubino	Fresno	21:31
15. Scott Fessenden	Fullerton	20:29	54. Kirk Vail	Delta	21:35
16. BOB BARNETT	SAN MATEO	20:31	55. Dave Tillery	Mt. SAC	21:36
17. Tim Chain	DeAnza	20:32	56. Gary Smith	Mt. SAC	21:39
18. Charles Hernandez	Santa Rosa	20:33	57. Mike Bregante	Delta	21:43
19. Bary Sutherland	Am. River	20:35	58. L. Carranza	Fresno	21:44
20. Jim Mebust	Am. River	20:36	59. Mark Stoker	Delta	21:45
21. Tom Becker	Fullerton	20:42	60. John Curry	El Camino	21:48
22. Brad Brown	Delta	20:44	61. Kevin Kellogg	Mt. SAC	21:52
23. Arthur Baudenfistel	Am. River	20:45	62. ERIC BENSON	SAN MATEO	21:55
24. Jim Austin	Grossmont	20:46	63. M. Spaulding	SD Mesa	21:56
25. Tim Farrell	Am. River	20:47	64. Stephen Lee	Delta	22:02
26. Earl Lagomarsino	Am. River	20:49	65. Allan Harkness	West Valley	22:10
27. Neal Ward	Mt. SAC	20:50	66. John Martinez	Fresno	22:13
28. Todd Baker	West Valley	20:51	67. A. Lagunes	West Valley	22:15
29. Randy Lane	SD Mesa	20:52	68. Alan Reynolds	SD Mesa	22:17
30. Denis Hoshiraki	El Camino	20:53	69. Tony Spagnola	El Camino	22:18
31. Barry Boetlier	Mt. SAC	20:53	70. Keith Shepardson	West Valley	22:19
32. Mike Seeker	Pasadena	20:54	71. David Brauhn	Am. River	22:20
33. Bob Bray	Bakersfield	20:57	72. Paul Jensen	El Camino	22:31
34. Shannon Laird	Palomar	20:58	73. Mike O'Rourke	SD Mesa	22:36
35. Bill Davies	Grossmont	20:58	74. Dale DeWhitt	West Valley	22:50
36. Chuck Hattersley	Grossmont	31:00	75. P. Romero	Delta	23:02
37. DAVE HULL	SAN MATEO	21:02	76. Jess Merrow	Fresno	23:20
38. RICK PINCOMBE	SAN MATEO	21:03	77. KEVIN FAREY	SAN MATEO	23:37
39. Mike McGarry	Fullerton	21:05	78. John Frolstad	SD Mesa	25:08





Greg Tierney  
Soph  
St Ignatius High

COLLEGE OF SAN MATEO CROSS COUNTRY  
California Community College Championships

Small College Division

At: College of the Canyons  
Valencia, California  
Weather: Fair-Mild

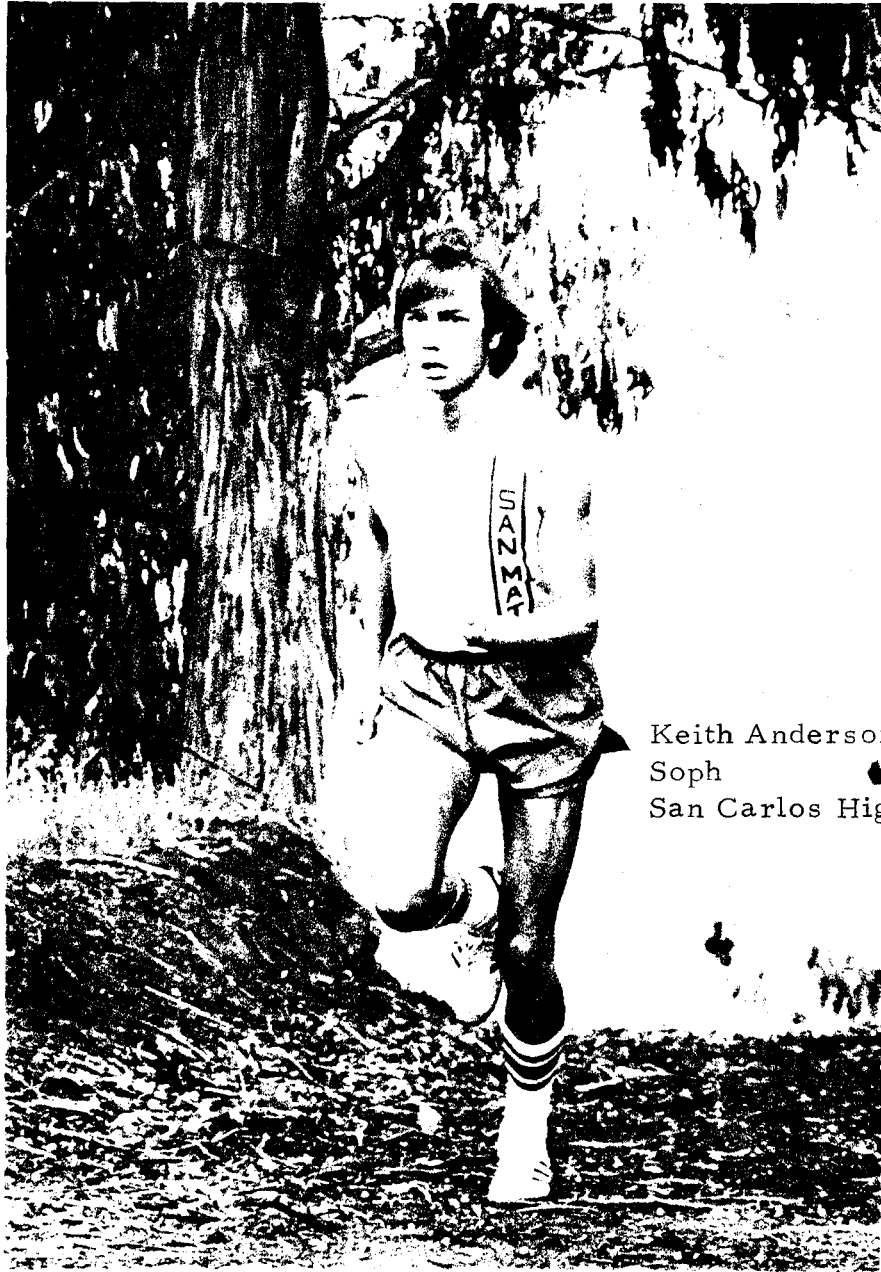
November 20, 1976  
Distance: 4.0 miles

TEAM SCORING

1. Grossmont College - 3,5,7,10,19 = 44
2. Fullerton College - 8,9,12,16,31 = 76
3. American River College - 14,15,18,20,21 = 88
4. COLLEGE OF SAN MATEO - 4,13,20,30,33 = 109
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8. West Valley College - 1,23,54,56,59 = 193
9. San Joaquin Delta College - 17,43,46,48,53 = 207
10. Fresno City College - 32,36,42,47,55 = 213

INDIVIDUAL PLACING

- |                     |                 |       |
|---------------------|-----------------|-------|
| 1. Bob Paulin       | West Valley     | 19:45 |
| 2. Gary Hernandez   | San Diego Mesa  | 19:50 |
| 3. Kevin Burkin     | L. A. Valley    | 19:59 |
| 4. Bob Mapstead     | S. B. Valley    | 20:00 |
| 5. Jon Russell      | L. A. Pierce    | 20:04 |
| 6. Bill Davies      | Grossmont       | 20:05 |
| 7. MITCH KINGERY    | SAN MATEO       | 20:11 |
| 8. Dave Helgeson    | Grossmont       | 20:14 |
| 9. Joe Ebiner       | Mt. San Antonio | 20:15 |
| 10. Glenn Best      | Grossmont       | 20:17 |
| 11. Paul O'Neil     | Fullerton       | 20:19 |
| 12. Greg Dean       | Fullerton       | 20:21 |
| 13. Chris Hughes    | Grossmont       | 20:25 |
| 14. Randy Prine     | S.D. Mesa       | 20:26 |
| 15. Scott Fessenden | Fullerton       | 20:29 |



Keith Anderson  
Soph  
San Carlos High

# Three key returnees make CSM harriers optimistic

By **STEVE BOLTZ**  
Tribune Sports Writer

"We're not in good shape yet, but on paper we could be very strong," coach Bob Rush says of his College of San Mateo cross country team.

Rush's Bulldogs, who open their season today in their own eighth annual beach run in Half Moon Bay, will be gunning to reach the state large division finals for the fourth time in the last six years this season (after taking ninth place in the state last year).

And based on the roster Rush has — which includes several

strong harriers from the south county — CSM may well be among the state's best again.

Ex-San Carlos High star Mitch Kingery, Bob Barnett of Hillsdale and Dave Hull of Menlo-Atherton all return to pace CSM.

Kingery, who still holds the SPAL two (8:57.3) and three (13:56.4) mile records, "has the potential to be the best in the state," says Rush.

Last year, Kingery was 32nd in a 74-man field in the state finals as CSM's top placer. Last spring, he finished fifth in the state JC track meet in a CSM record 14:32.0 for the 5,000 meters.

In the Golden Gate Conference's team title chase the Bulldogs will battle West Valley and San Jose. WVC will be out for revenge after CSM snapped its 44-dual meet win streak last year, while San Jose was the only team to beat CSM in a GGC dual meet in 1975.

Meanwhile, Kingery should battle West Valley's Ron Fritzke for individual honors in the GGC finals. Fritzke, a prep rival of Kingery's when he was at San Jose's Leigh, was third in the 5,000 in the state track meet after Kingery had beaten him in the NorCals.

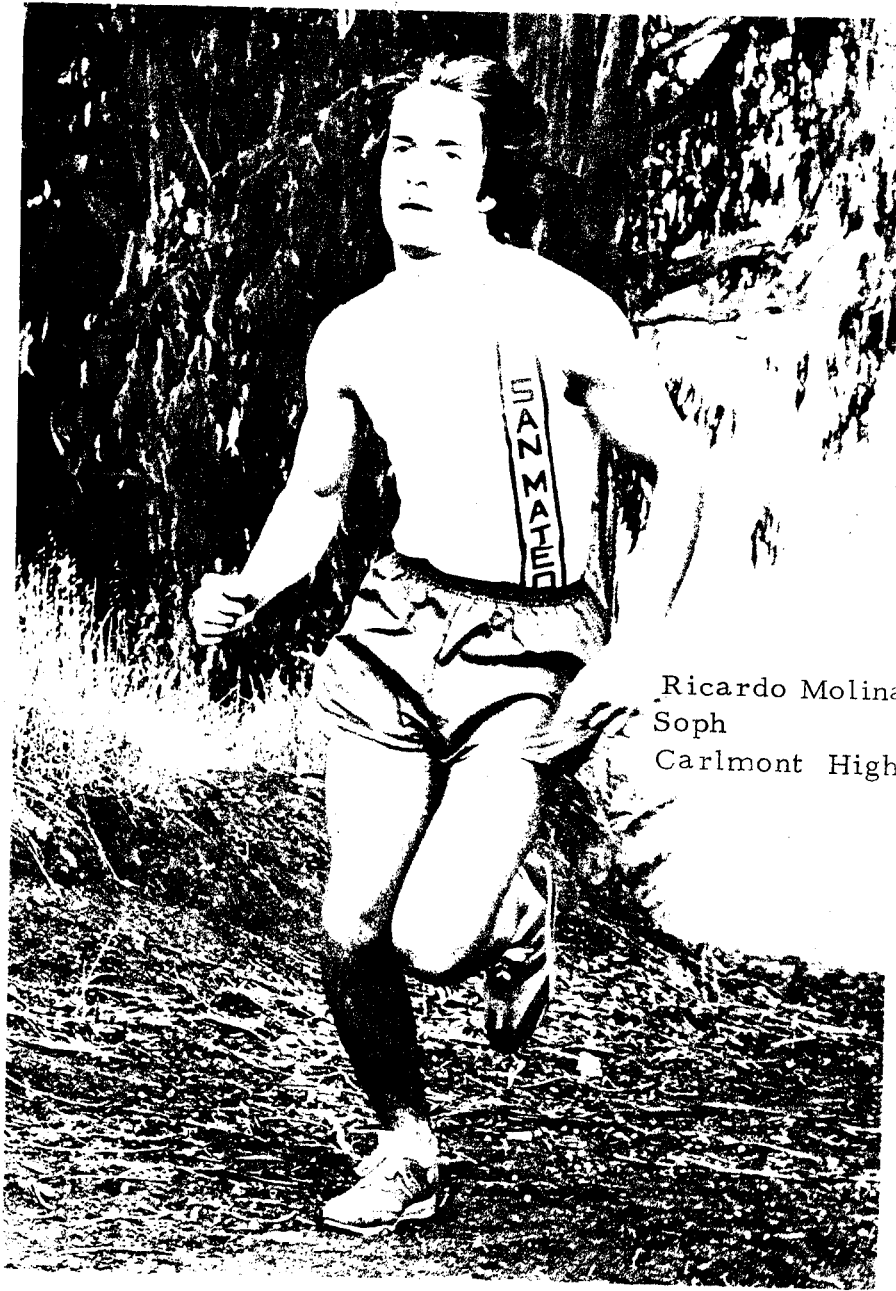
Veteran distance man Barnett should give Kingery good competition and pick up a lot of points for the Dogs, along with Hull, CSM record-holder in the steeplechase.

Other top runners include freshmen Rick Pincombe of Serra and Redwood City, Paul Mello of Crestmoor and Kevin Farey of M-A.

Pincombe could contribute a lot after he paced Serra to the Central Coast Section title with a sixth place finish last year. Another "looking good," according to Rush, is soph John Sheakley of Carlmont, along with frosh Ken Wernick of Carlmont and Eric Benson of Burlingame. Wernick made All-SPAL first team last year.

Other sophs include Andy Takaha, Dave Shrock of Serra, Ken Oliver, and Greg Tierney. Other frosh include Tom Webber, Guy Gelband, Kris Swanberg, Steve McDonald and Ricardo Molinar of Carlmont.

Mark Gerkenmeyer of M-A and Keith Anderson of San Carlos are working out with the team to aid their intermediate hurdles training. Rush also has special praise for the work of his manager, Dennis Ingram of M-A.



Ricardo Molinar  
Soph  
Carlmont High

COLLEGE OF SAN MATEO  
CROSS COUNTRY  
1976

Newspaper clippings  
San Mateo Times  
Redwood City Tribune  
College of San Mateo  
The San Matean

## CSM Wins Beach Run

With sophomore Mitch Kingery taking a convincing victory in 20:35 over West Valley's Ron Fritzke (21:07), College of San Mateo upset the Golden Gate Conference favorite Vikings at CSM's eighth annual Beach Run in Half Moon Bay Saturday.

The Bulldogs scored 39 points to edge the Vikings (41), El Camino (65) and College of Marin (78) in a small field of state powers over the four-mile course. CSM soph Dave Hull was fourth in 21:24, Paul Mello seventh in 21:33 and Kevin Farey eighth in 21:40.

That tight grouping offset the fact West Valley put eight men ahead of CSM's fifth (and final) scorer, Eric Benson, who placed a creditable 21st in 22:28.

## Routh's record run wins

John Routh of the Woodside Striders, a Menlo College business student, cracked the course record while clocking 19:42.2 over Canada College's 3.8 mile course to win the first annual Canada Invitational cross country meet Saturday.

Solano won the team title with 32 points to Modesto's 48.

The Golden Gate Conference Invitational was canceled due to poor weather. College of San Mateo runners instead entered the Sonoma State Invitational, with former Menlo-Atherton High star Dave Hull placing third for CSM. Bulldog coach Bob Rush won the masters division and took 40th overall, beating half the field.

### CANADA INVITATIONAL

3.8-mile course around Canada College. John Routh (WS) 19:42.2 (course record), Arroyo (Mod) 20:12, Sophie (Sol) 20:20, 24. Vigil (Can) 23:16, 25. Bales (Can) 23:20, 26. Kennedy (WS) 23:27, 27. Cortez (WS) 23:34, 29. Merry (Can) 23:51, 38. Honey (Can) 23:55, 48. Baca (Menlo) 27:45, 49. Rosing (WS) 28:00, 50. Maynard (WS) 28:24, 52. Ketchens (Can) 29:40 (52 runners).

TEAM SCORES: Solano 32, Modesto 48, Merritt 71, Cabrillo 121, Woodside Striders 153, Canada 168, Los Medanos 184, Menlo College 273.

### SONOMA STATE INVITATIONAL

5-mile course at Sonoma State. College of San Mateo results: 3. Dave Hull 26:10, 7. Menlo 28:41, 11. Barnett 27:23, 12. Benson 27:25, 14. Farey 27:28, 15. Pincombe 27:42, 18. Hurdal 28:23, 24. Wernick 29:08, 40. Rush 31:18 (CSM coach Bob Rush won masters division and beat half of 80-runner overall field).

## CSM Hosts Invite

College of San Mateo will be hosting the CSM-Crystal Springs Invitational cross country race for community colleges and high schools Saturday on the Crystal Springs course in Belmont.

The Bulldogs will be the hosts in the JC division to between 20-25 schools. Serra will host the 20 high schools entered on that level. JC competition starts at 11 a.m. and the high school race begins at 9 o'clock.

CSM opened Golden Gate Conference cross country with two wins Thursday over the Coyote Hills Regional Park course in Newark (4.5 miles) hosted by Chabot.

The Bulldogs beat De Anza 21-38 and Laney 15-50, taking the first three places in the race also. Mitch Kingery won the event in 23:04. Bob Barnett was second in 23:26 and Dave Hull third in 23:48. CSM also placed seventh through tenth.

CSM 21, De Anza 38

CSM 15, Laney 50

De Anza 15, Laney 50

Mitch Kingery (C) 23:04; Bob Barnett (C) 23:26; Dave Hull (C) 23:48; 7. Brian Hurdal (C) 24:28; 8. Eric Benson (C) 24:30; 9. Rick Pincombe (C) 24:51; 10. Kevin Farey (C) 25:02.

San Jose CC 15, Foothill 50

Diablo Valley 19, Foothill 36

San Jose CC 22, Diablo Valley 30

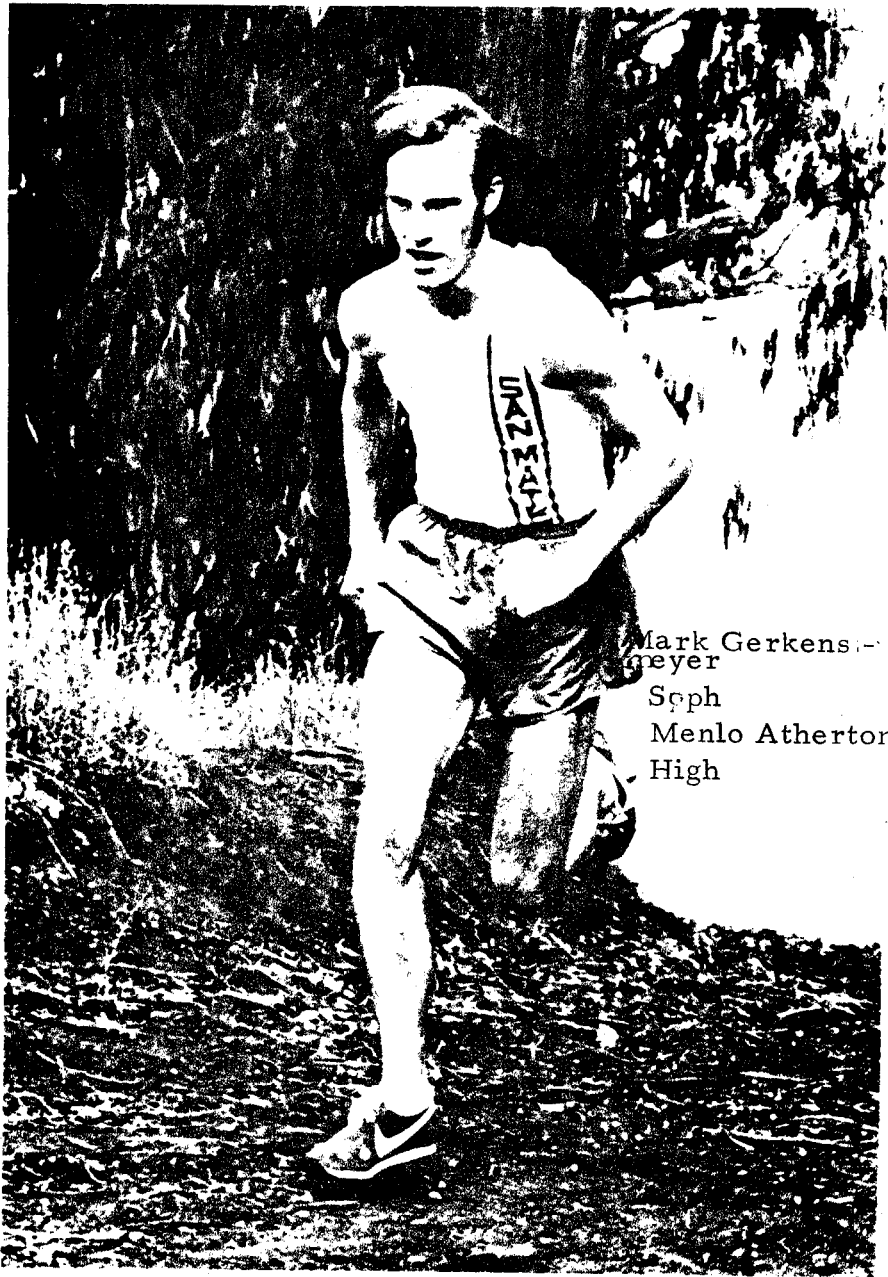
Winner: Motenagro (S) 22:59

West Valley 18, Chabot 43

West Valley 15, CCSF 50

Chabot 15, CCSF 50

Winner: Fritzke (W) 22:48



Mark Gerkens -  
meyer  
Soph  
Menlo Atherton  
High

# CSM harriers 4th in state

VALENCIA—College of San Mateo finished fourth, tying the best showing in its history, and Mitch Kingery and Paul Mello wound up seventh to earn all-state designation Saturday in the state community college cross country

Paulin won in 19:45, a course record over the four-mile layout. Kingery ran 20:11. Dave Hull (37th), Rick Pincombe (38th) and Paul Mello (41st) rounded out the Bulldogs' scoring.

## LARGE DIVISION

Bob Paulin (WV) 19:45, Hernandez (SD Mesa) 19:50, Bergen (LA Valley) 19:59, Mapstead (SB Valley) 20:00, Russell (LA Pierce) 20:04, 7. Kingery 20:11, 16. Barnett 20:31, 37. Hull 21:02, 38. Pincombe 21:03, 41. Mello 21:12, 62. Benson 21:55 (78 runners).

SCORES: Grossmont 44, Fullerton 76, American River 88, San Mateo 109, Mt. San Antonio 132, San Diego Mesa 146, El Camino 186, West Valley 193, San Joaquin Delta 207, Fresno 213.

## SMALL DIVISION

Ed Ramirez (Oxnard) 19:53.4, Rubino (Glendale) 20:23, Huff (Cuesta) 20:25, Blackburn (Moorpark) 20:28, Burch (San Diego) 20:38.

SCORES: Glendale 90, San Diego City 103, Monterey 112, Canyons 115, Solano 122, San Jose 127, Skyline 147, Chaffey 153, Sequoias 193.

West Valley's Bob

## Cross Country

### Saturday

JUNIOR COLLEGE CHAMPIONSHIPS  
At Valencia (4.0 miles)

Large Division: (1) Grossmont, 44; (2) Fullerton, 76; (3) American River; (4) Col of San Mateo, 109; (5) Mt. San Antonio, 132; (6) San Diego Mesa, 146; (7) El Camino, 186; (8) West Valley, 193; (9) San Joaquin Delta, 207; (10) Fresno CC, 213.

Individual: Bob Paulin (WV) 19:45 (course record), Gary Hernandez (SDM) 19:50, Kevin Burkin (LAV) 19:59.

# CSM Harriers Fourth in State

VALENCIA — College of San Mateo's cross-country team is obviously stuck on the number four.

For the fourth time since the California Community College championship meet was initiated in 1964, the Bulldogs have come up with a creditable fourth place finish. Skyline place seventh in the small division of the 1976 championships at College of the Canyons here.

CSM's Mitch Kingery took the lead in the large division with a 5:05 first mile and led most of the race until fading to seventh on the four and final mile for a 20:11 clocking. West Valley's Bob Paulin, whom Kingery had beaten easily twice earlier this month, took individual state honors with a course record 19:45.

CSM No. 2 man Bob Barnett was the next NorCal finisher, in 16th place at 20:31 while Dave Hull placed 37th (21:02) and Rick Pincombe 38th (21:03).

Grossmont won an unprecedented fifth straight team title with 44 points while Fullerton placed second (76) ahead of NorCal champ American River (88) and CSM (109).

Glendale took the small division race with 90 points. Top NorCal team was Monterey Peninsula of the Coast Conference in third place with 112 points.

Skyline's first finisher was Bill LaForge, 19th in 21:24, with Bob Lange (21:38) 27th. Ed Ramirez of Oxnard won the small division race, as expected (19:53.4).

Several CSM and Skyline runners are expected to compete next in the Pacific Association AAU Jr. championships on the CSM Crystal Springs Course in Belmont, December 12.

## CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY CHAMPIONSHIPS

(4.0 miles at College of the Canyons, Valencia)

### LARGE DIVISION

1. Grossmont 44 (3-5-7-10-19); 2. Fullerton 76 (8-9-12-16-31); 3. American River 88 (14-15-18-20-21); 4. Col. of San Mateo 109 (4-13-29-30-33); 5. Mt. San Antonio 132 (6-22-26-34-33); 6. San Diego Mesa 146 (2-24-52-57); 7. El Camino 186 (25-35-36-41-49); 8. West Valley 193 (1-23-54-56-59); 9. San Joaquin Delta 207 (17-43-46-48-53); 10. Fresno CC (32-37-42-47-55).

Individuals: 1. Bob Paulin (WV) 19:45 (course record, old mark 19:51, Hernandez, SDM, last week); 2. Gary Hernandez (SDM) 19:50; 3. Kevin Burkin (LAV) 19:59; 4. Bob Mapstead (S. Bernardino) 20:00; 5. Ron Russell (Pierce) 20:04; 6. Bill Davies (Gr) 20:05; 7. Mitch Kingery (CSM) 20:11; 8. Dave Helgeson (Gr) 20:14; 9. John Ebner (MSAC) 20:15; 10. Glen Best (Gr) 20:17; 11. Paul O'Neil (Ful) 20:19; 12. Greg Bean (Ful) 20:21; 13. Chrimbo Hughes (Gr) 20:25; 14. Andy Prine (SDM) 20:26; 15. Scott Fessenden (Ful) 20:29; 16. Bob Barnett (CSM) 20:31.

Others: 37. Dave Hull (CSM) 21:02; 38. Rick Pincombe (CSM) 21:03; 41. Paul Mello (CSM) 21:12; 62. Eric Benson (CSM) 21:55; 77. Kevin Farey (CSM) 23:37.

### SMALL DIVISION

1. Glendale 90 (1-5-15-29-40); 2. San Diego CC 103 (2-3-26-28-44); 3. Monterey Peninsula 112 (4-9-22-38-39); 4. Col. of the Canyons 115 (14-19-23-24-35); 5. Solano 122 (12-17-25-31-37); 6. San Jose CC 127 (6-21-30-34-36); 7. Skyline 147 (13-18-32-41-43); 8. Chaffey 158 (8-20-33-42-55); 9. Citrus 163 (10-16-27-53-57); 10. Col. of the Sequoias 193 (7-11-54-60-61).

Individuals: 1. Ed Ramirez (Oxnard) 19:53.4; 2. Jay Rubino (GI) 20:23; 3. Eric Huff (Cuesta) 20:25; 4. Scott Blackburn (Moorpark) 20:28; 5. Steven Burch (SDCC) 20:38; 6. Robert Burch (SDCC) 20:39; 7. Andy Jones (MP) 20:40; 8. John Cory (GI) 20:50; 9. Wally Montenegro (SJCC) 20:53; 10. Ed Taylor (Seq.) 20:57; 11. Mark Glynn (Chaffey) 20:58; 12. Steve Hanson (Siskiyous) 20:59; 13. Tim Minor (MPC) 21:08; 14. Ned Overend (Marin) 21:10; 15. Tom McCann (Cl) 21:11. Others: 19. Bill LaForge (Sky) 21:24; 27. Bob Lange (Sky) 21:38; 42. Jim Martinelli (Sky) 22:01; 51. Steve Cornejo (Sky) 22:23; 54. Bill Amable (Sky) 22:26; 57. Dennis Anderson (Sky) 22:43; 77. Don Freeman (Sky) 27:28.



## History Begins Sunday

# AAU Cross Country

History will not repeat itself Sunday at the Crystal Springs Cross Country course in Belmont.

History will begin there.

The West Valley Track Club and the Belmont Bicentennial Committee will sponsor America's first national AAU cross country championships for masters (over 40) women.

A small, but elite, group of women is expected to run the 10-kilometer event which begins at 10 a.m., to be followed by the Masters Men's AAU championship (also the Pacific Association-AAU titles) and the senior men's PA-AAU championship.

An official senior women's official race will not be held, as the women's state cross country championships are being staged in Sacramento the same day, but non-masters women can run in the senior men's event for division awards.

The final race begins around noon, according to spokesman Len Wallach.

"We are expecting a small field for the masters women's race," said Wallach. "Maybe less than 50. But it is a symbolic race, helping other women re-enter the world of fitness, health and fun."

Medals will be awarded the top three finishers in

each age division — 40 and over, 50 and over, 60 and over and 70 and over — and each winner will receive a national championship patch.

The master men's event, says Wallach, "is where all those nuts come in."

Running nuts. Fitness nuts. Like Paul Spangler of San Luis Obispo, who is 77 and reportedly worried "about all those young 70-year-olds."

Also running are La Jolla attorney Dave Payne, credited with starting the masters' running programs; plus College of San Mateo track coach Bob Rush and his Skyline College counterpart Bob Lualhati; reformed alcoholic Harry Sittonen, 50, of San Francisco, sometimes referred to as "The Ancient Hippie"; and long-time runner Lou Gregory of Pensacola, Fla.

The men's masters field could boast up to 200 runners, said Wallach.

Not expected to compete in the women's competition is Ruth Anderson of Oakland, the national chairman of women's masters' events. She is a world-class masters runner, but is currently injured.

The Belmont course can be reached by taking Ralston Road to Hallmark Drive.

# Harriers 2nd in Nor Cal; Kingery a disappointment

Have you ever heard the story of the race between the Bulldog and the Beaver?

Well, if you had been at the Crystal Springs Cross Country Course you would have seen it as the Bulldog harriers battled it out with the American River Beavers for the Northern California championship.

While American River was the heavy favorite, coach Bob Rush nevertheless was quite optimistic about the Bulldogs' chances. "This is the first time all season that we've been at full strength. I think it will be an interesting race. We'll be going after American River with every intent of beating them. I think we can pull off an upset," he said prior to the race.

Yes, it was an interesting race as there was only a thirty second time difference between first and tenth place. Unfortunately, an upset was not to be as the Bulldog fell to the Beavers, 39-98.

Fresno finished third with 114 points. West Valley was fourth at 121 and Delta brought up the pack with a 125.

"We finished second, which is what we were rated," commented coach Rush, "but we didn't run to our full potential. Mitch Kingery started out too fast, finishing the first mile in 4:36, the second in 9:42, the third at 14:21 but finished 31 seconds off his best time. Dave Hull

fell down. I don't think we could have beaten American River even if we had run better."

Kingery finished ninth with a time of 20:44, Rick Pincombe at 21:02 (16th), Dave Hull 21:12 (22), Bob Barnett 21:13 (23) and Paul Mellow 21:23 (28). Kingery and Pincombe also made the All-Northern California team by finishing in the top twenty-one.

Coach Rush was in no way disappointed in his team's performance saying "it's great to be number two

in Northern California" noting the wide margin by which they had beaten the GGC co-champions.

This is the fourth time CSM has finished second in the Northern California finals and the fifth time they've gone to the state finals.

American River and Southern California champ, Grossmont College, will be going after first place while the Bulldogs take on Mount San Antonio for third at the state meet to be held tomorrow at the College of the Canyons in Valencia.



*Mitch Kingery finishes a disappointing 9th in NorCal finals.*

# Kingery's pace too hot in NorCal

Mitch Kingery led most of the way, but couldn't keep up a killing pace and finished ninth for College of San Mateo in the Northern California community college cross country finals Saturday at Crystal Springs in Belmont.

However, Kingery will get a shot at state honors. He and his Bulldog teammates finished second to earn a trip to the state finals Saturday at College of the Canyons in Valencia.

The Bulldogs, with Kingery and freshman Rick Pincombe (16th) winning All-NorCal honors by finishing in the top 21, were a solid second with 98 points. American River ran away with the team honors with 39.

Two other Bulldogs, Dave Hull (22nd) and Bob Benson (23rd) just missed All-NorCal recognition, Hull by two seconds and Barnett by three. CSM got a

strong effort from its fifth man, Paul Mello, who finished 28th.

Kingery ran a 4:36 first mile and his splits at two miles and three miles were 9:42 and 14:21. But he couldn't keep up that record pace. West Valley's Bob Paulin won in 20:15.2, with Chabot's Phil Hornig in second five seconds behind.

Monterey Peninsula topped Skyline, 74-92, for small division NorCal honors over the 4.19-mile course.

## LARGE DIVISION

Team scores—American River 39, San Mateo 98, Fresno 114, West Valley 121, San Joaquin Delta 125 (all qualify for state meet), Santa Rosa 126, De Anza 164, Chabot 170, Modesto 181, Diablo Valley 185, Sacramento 312.

Bob Paulin (WV) 20:15.2, Hornig (Ch) 20:20, Hernandez (SR) 20:28, Baudendistel (AR) 20:33, Mebust (AR) 20:33, 9, Kingery 20:44, 16, Pincombe 21:02, 22, Hull 21:12, 23, Barnett 21:13, 28, Mello 21:23, 42, Benson 22:04.

## SMALL DIVISION

Team scores—Monterey 74, Skyline 92, Solano 112, San Jose 131, College of the Sequoias 165, Marin 194, Foothill 214, 19, Canada 441.

Eric Huff (Cuesta) 20:33, Avila (West Hills) 20:43, Dauncey (Las Medanos) 20:47, Montenegro (San Jose) 20:49, Jones (MPC) 20:53.



CROSS COUNTRY  
COAST CONFERENCE CHAMPIONSHIPS  
(4.1 miles at Crystal Springs, Belmont)

Meet Scores: Skyline 33, Monterey Peninsula 35, Cabrillo 82 (58), Hartnell 82 (59), Gavilan 112, Menlo 164.

Final Overall Conference Standings: Skyline: MPC, Cabrillo, Hartnell, Gavilan, Menlo, Ohlone.

Individuals: Andy Jones (MP) 21:04, Bill LaForge (S) 21:17, Tim Minor (MP) 21:39, Bob Lange (S) 21:40-48, Al Sandretti (C) 22:01, Bill Amabile (S) 22:10, Steve Ruml (MP) 22:16, Jerry Lowmiller (H) 22:24, Steve Watkins (MP) 22:31, Steve Cornejo (S) 22:35, Jim Martinelli (S) 22:38, John Armstrong (C) 22:46, Jay Marlowe (G) 22:47, George Torres (H) 22:47, Mike Kennada (MP) 23:05.

Women's Division (2.1 miles) Cabrillo 26, Monterey Peninsula 29.

Individuals: Sue Miller (C) 13:21, Morijo Connelly (S) 13:28, Tis Monosiff (MP) 14:36.

GOLDEN GATE CONFERENCE CHAMPIONSHIPS  
(4.1 miles at Crystal Springs, Belmont)

Meet Scores: West Valley 57, College of San Mateo 66, San Jose CC 75, De Anza 81, Chabot 117, Foothill 127, Diablo Valley 182, DDSF 213.

Final Conference Standings: First place (tie) West Valley and CSM; San Jose, De Anza and Diablo Valley; Foothill; Chabot; CCSF; Laney.

Individuals: Mitch Kingery (CSM) 20:19.8, Bob Paulin (WV) 20:27, Wally Montenegro (SJ) 20:53, Tim Chain (DA) 20:57, Wally Montenegro (SJ) 20:53, Tim Chain (DA) 20:57, Phil Hornig (CH) 21:10, Kevin Searls (DV) 21:20, Todd Baker (WV) 21:29, Doug Danielson (DA) 21:34, Dave Hull (CSM) 21:36, Joe Mangan (DA) 21:37, Joe Salazar (SJ) 21:46, Bob Barnett (CSM) 22:04, Armando Lagunes (WV) 22:11, Ruben Lee (SJ) 22:15, Paul Mello (CSM) 22:19.

## Four top harriers earn GGC honors

Last Friday's cross country meet was billed as the GGC finals. It should have been called the tournament of champions.

All of the GGC's top runners were competing against one another to gain a spot on the all-conference team, and from there, go on to the Nor-Cal championships and possibly make it to the state finals.

As usual, Mitch Kingery led from the start and finished first, with a time of 20:19.8, seven seconds ahead of West Valley's Bob Paulin.

Three other Bulldog harriers made the all-conference team: Dave Hull, Bob Barnett and Paul Mellow. "Mellow just came off an injury and had little training, but was still able to make all-conference."

West Valley won the race 57-66 over CSM, with San Jose finishing third, which had no bearing on the league championship.

Tomorrow at 11 a.m. CSM will host the Nor-Cal champions. American River is considered to be the Bulldogs' toughest competitor.

## In NorCal Finals

# CSM Harriers 2nd

By FRED BAER  
Times Correspondent

Both College of San Mateo and Skyline settled for strong runner-up performances in Saturday's Northern California Community College cross country championship meets at the Crystal Springs course in Belmont.

The top five teams in both divisions qualified for next Saturday's state finals at College of the Canyons in Valencia. American River

won the large division with 39 points to 98 for the Golden Gate Conference co-champion Bulldogs and 114 for Fresno CC.

Skyline, which had edged Monterey Peninsula on the same course a week earlier for the Coast Conference title, settled for second with 92 points to the Lobos' 74 this time. Skyline once again got all five of its men well ahead of MPC's No. 5 runner (including three in the All-NorCal finishers made up the difference.

All five American River runners finished in the first dozen as the Beavers took a convincing victory, despite a fine team effort by CSM. Individual favorite Mitch Kingery of CSM was drawn out too fast on the first half mile by a Delta runner (who clocked approximately 1:59) and it took the toll on the Bulldog star on the final mile.

Kingery led through

miles of 4:36, 9:42 and 14:21 but was passed by eight runners over the final part of the 4.19-mile course. That made no difference on CSM's team placing. Bob Paulin of West Valley, beaten easily by Kingery the past two weeks, won the race in 10:15.2.

Rick Pincombe also gained All-NorCal recognition for his 16th place finish while Dave Hull, 22nd in 21:12, and Bob Barnett, 23rd in 21:13, just missed the top 21 for CSM.

Skyline's All-NorCal trio consisted of Bob Lange, both in 21:13; Jim Martirelli, 19th in 21:32; and Bill Amable, 21st in 21:34. Trojan Bill LaForge was 23rd in 21:35.

### NORTHERN CALIFORNIA COMMUNITY COLLEGE CHAMPIONSHIPS

(4.19 miles at Crystal Springs, Belmont)

#### Small Division

1. Monterey Peninsula 74; 2. Skyline 92; 3. Solano 112; 4. San Jose CC 131; 5. Sequoias 165; 6. College of Marin 194; 7. Foothill 214; 8. Cos-

umnes River 236; 9. Sierra 247; 10. Merritt 294... 19. Canada 441.

Individuals: 1. Eric Huff (Cuesta) 20:33; 2. John Ayilla (West Hills) 20:43; 3. Frank Dauncey (Lassen) 20:47; 4. Wally Montenegro (SJCC) 20:49; 5. Andy Jones (MP) 20:53. Others: 10. Bob Lange (Sky) 21:13; 19. Jim Martirelli (Sky) 21:32; 21. Bill Amable (Sky) 21:34; 22. Bill LaForge (Sky) 21:35; 25. Steve Cornejo (Sky) 21:39; 51. Dennis Anderson (Sky) 22:18; 67. Steve Honey (Can) 22:38; 78. Mark Merry (Can) 22:51; 101. Tom Bales (Can) 23:38.

#### Large Division

1. American River 39; 2. College of San Mateo 98; 3. Fresno CC 114; 4. West Valley 121; 5. San Joaquin Delta 125; 6. Santa Rosa JC 126; 7. De Anza 164; 8. Cabot 170; 9. Modesto 181; 10. Diablo Valley 185.

Individuals: 1. Bob Paulin (WV) 20:15.2; 2. Philie Hornig (Chab) 20:10; 3. Charles Hernandez (SR) 20:28; 4. Art Baudendistel (AR) 20:33; 5. Jim Mebust (AR) 20:33. Others: 9. Mitch Kingery (CSM) 20:44; 16. Rick Pincombe (CSM) 21:02; 22. Dave Hull (CSM) 21:12; 23. Bob Barnett (CSM) 21:13; 28. Paul Mello (CSM) 21:23; 42. Eric Benson (CSM) 22:04.

## Cross-Country Meet

# CSM Eyes NorCal Title

When Bob Rush pushes a lawn mower four miles, you've got to figure it's a labor of love.

He's done that, carefully tending the Crystal Springs Cross Country Course that he started on watershed land in Belmont. A lot of people have run those four

miles; Rush and volunteer helpers have asked little in return.

But Saturday Rush would like something from Crystal Springs — a Northern California championship for his College of San Mateo team.

The Bulldogs, co-cham-

pions with West Valley in the Golden Gate Conference, are taking aim at meet favorite American River in the large college division race, which is scheduled for 11 a.m.

Coast Conference champion Skyline will be a top contender for honors in the small college division race, set for 11:45 a.m. A special women's race will be run at 12:15 p.m.

American River is a strong favorite in the large college race. The minimum number of points possible in a dual meet (low score wins) is 15. ARC scored 16 in its Valley Conference final meet.

But Rush is optimistic. "We'll give them a run for it," he said. "For practically the first time all sea-

(See Page 24, Column 2)

## JC Harriers

(Continued from Page 23)

son all the bodies are healthy here.

"They've got a very strong, solid team, with only about an 11-second spread between them. But Bob Barnett (CSM's No. 2 runner) beat their entire team in the CSM Invitational earlier this year. We hope that (No. 1 runner) Mitch Kingery and Barnett can get a 1-2, and that some of our other runners can break up their runners."

CSM's other harriers are Dave Hull, Paul Mello, Rick Pincombe, Eric Benson and Kevin Farey.

Skyline Skyline and Monterey Peninsula figure to be strong in the small college race, along with Camino Norte Conference champ Solano, CNC dual meet winner College of Marin, plus Central Confer-

ence champion Cuesta and runner-up Antelope Valley.

Among the top Skyline runners are Bill LaForge (who finished second to MPC's Andy Jones by 11 seconds in the CC meet), Bob Lange, Bill Amable, Steve Cornejo and Jim Martirelli.

The top five teams and the first 15 individual finishers in each division qualify for the state meet the following Saturday at College of the Canyons in Valencia.

# Kingery's best keys victory

The scheduling couldn't have been better planned to decide who the 1976 GGC cross country champion would be.

With everything to win and nothing to lose, the second-seated Bulldog harriers went into their final meet of the season against first-placed San Jose and West Valley.

Coach Bob Rush's tough harriers pulled off a dual upset, topping previously unbeaten San Jose 25-30 and West Valley 20-25. West Valley went on to beat San Jose 20-25, tying the Bulldogs for the conference championship with identical 7 and 1 records.

All five Bulldog scorers finished in the top ten. Mitch Kingery led from the start, finishing first and just missed setting a new record for the four mile Crystal Springs course by three-tenths of a second with a time of 20:13.8.

Rush was very happy with the results, saying, "We deserve to win. I think Kingery is the finest runner in the history of the GGC. He didn't realize how close he was to the rec-

ord, otherwise he would have broken it. He'll probably do it in the finals."

Bob Barnett finished fourth at 21:07 with Dave Hull, Rick Pincombe and Eric Pincombe finishing



Mitch Kingery

seventh, eighth and tenth, respectively.

CSM hosts the GGC finals today at the Crystal Springs course to select an All-Conference team. On Nov. 13 the NorCal championships will be held at Crystal Springs with American River as the favorite and CSM rated second. Other teams expected to do well are West Valley and Fresno.

## Kingery Tops GGC Harriers

Mitch Kingery ran away from the rest of the pack for an easy triumph on his home course and was one of four College of San Mateo runners to achieve all-Golden Gate Conference status in Friday's league finals.

Kingery clocked 20:19.8 to win by seven seconds over Bob Paulin of West Valley on the 4.1-mile Crystal Springs course in Belmont. Dave Hull ran ninth, Bob Barnett 12th and Paul Mello 15th. CSM was the only school to place four runners in the top 15 (all-conference grouping).

But Rick Pincombe was forced to drop out after holding 18th place at the two-mile mark when swollen blisters from last week's title-clinching dual victory over West Valley became too painful. That enabled West Valley, which had been trailing the Bull-

dogs, to take the meet trophy with 57 points to 66 for CSM and 75 for San Jose CC.

The race had no bearing on the league championship, which CSM and West Valley share based upon 7-1 dual records.

San Mateo hosts the Northern California championships on the same course next Saturday at 11 a.m.

### GOLDEN GATE CONFERENCE FINALS

(4.1 miles at Crystal Springs, Belmont)

1. West Valley 57; 2. College of San Mateo 66; 3. San Jose CC 75; 4. De Anza 81; 5. Chabot 117; 6. Foothill; 7. Diablo Valley 182; 8. CCSF 213.

1. Kingery (CSM) 20:19.8; 2. Paulin (WV) 20:27; 3. Montenegro (SJ) 20:53; 4. Chain (DA) 20:57; 5. Hornig (Ch) 21:10; 6. Searis (DV) 21:20; 7. Baker (WV) 21:29; 8. Danielson (DA) 21:34; 9. Hull (CSM) 21:36; 10. Mangan (DA) 21:37; 11. Salazar (SJ) 21:46; 12. Barnett (CSM) 22:04; 13. Lagunes (WV) 22:11; 14. Lee (SJ) 22:15; 15. Mello (CSM) 22:19. Also: 29. Benson (CSM) 22:54; 35. Farley (CSM) 23:17; 37. Sheakley (CSM) 23:34.

## Bulldog reserves run to triumph

Led by winner Ken Wernick, a former Carlmont High runner, College of San Mateo's cross country reserves outran University of San Francisco 16-45 yesterday at Crystal Springs.

### CSM 16, USF 45

At Crystal Springs, 4.1 miles. Ken Wernick (SM) 22:54, Spann (SM) 24:00, Sheakley (SM) 24:24, Weber (SM) 23:55, Gates (USF) 24:00, Brewer (SM) 24:14.

DAVE HULL  
All-GGC recognition

## Kingery GGC finals champion

The smog eliminated his chances to snap the course record, but didn't stop College of San Mateo's Mitch Kingery from winning the Golden Gate Conference cross country title in yesterday's league finals at Crystal Springs.

Kingery ran the 4.1-mile course in 20:19.8 in the warm, unusually muggy conditions.

Teammates Dave Hull (ninth), Bob Barnett (12th) and Paul Mello (15th) earned all-conference certificates, while Kingery won a handsome plaque.

CSM coach Bob Rush said the top seven finishers earned plaques and the top 15 won certificates.

Hull, former Menlo-Atherton High ace, improved three places over his finish last year.

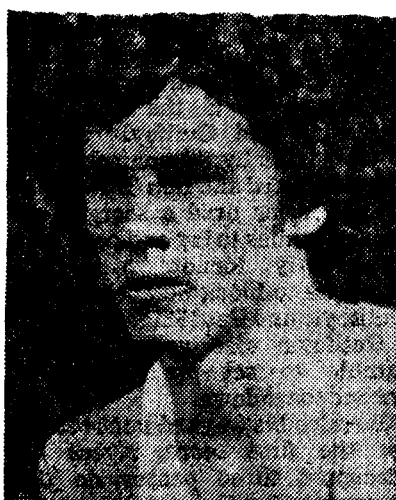
CSM's Rick Pincombe unfortunately was still ailing after his courageous effort in last week's dual meet sweep of San Jose and West Valley which produced a CSM title tie.

In team scoring, which has no title bearing at all, West Valley had 57 points, CSM 66 and San Jose 75.

Rush's Bulldogs will be the hosts for the Northern California finals Saturday at 11 a.m. at Crystal Springs.

Seven plaque winners and CSM placers: Kingery (CSM) 20:19.8, Paulin (WVC) 20:27, Montenegro (SJCC) 20:53, Chain (DA) 20:57, Hornig (Ch) 21:10, Searis (DVC) 21:20, Baker (WVC) 21:29, 9. Hull 21:36, 12. Barnett 22:04, 15. Mello 11:18, 29. Benson 22:54, 35. Farley 23:17, 37. Sheakley 23:24, 38. Spann 23:53, 44. Oliver 24:25 (55 runners).

Team scores (no title bearing at all) — West Valley 57, San Mateo 66, San Jose 75, De Anza 81, Chabot 117, Foothill 127, Diablo Valley 182, San Jose CC 75.



**RICK PINCOMBE**  
hamburger feet

## San Mateo harriers tie for title

Mitch Kingery missed the course record by only two-tenths of a second yesterday as College of San Mateo turned back previously unbeaten West Valley and San Jose to tie for the Golden Gate Conference cross country title.

Kingery hit 20:13.8 for the 4.19-mile course at Crystal Spring in Belmont, pacing CSM over West Valley 25-30 and over San Jose 20-35. CSM and West Valley finished 7-1 and San Jose wound up 6-2, also losing to West Valley 25-30.

Bulldog coach Bob Rush, enjoying his fourth title in eight harrier seasons at CSM, thought the key was the eighth place Rick Pincombe, former Serra High reliable from Redwood City, and Eric Benson's 10th place.

"It was very tight in there, and San Jose had a gob of guys. Pincombe's feet looked like hamburger, but he hung in there and did a great job," said Rush.

"It was a great win," said Rush. "The kids were really up for this one and came through beautifully." Bob Barnett's fourth and a seventh by ex-Menlo-Atherton star Dave Hull also were vital in the title drive.

"Kingery could have had the course record if I'd been a little faster myself," said Rush. "When we realized how fast his pace was, I ran over and encouraged him on. But I didn't quite get to him in time — darn, only two-tenths of a second.

"But I think if the weather is good he'll break it in November," Rush added.

## CSM Harriers GGC Champion

By FRED BAER  
Times Correspondent

Upset a week ago by Diablo Valley, College of San Mateo's cross country team proved Friday that it's the best in the Golden Gate Conference when at full strength.

The Bulldogs, running in their final Golden Gate Conference Center Meet of the year, upended previously unbeaten West Valley, 25-20, and San Jose, 20-35, to take the conference championship with a 7-1 record.

West Valley, which topped San Jose, 25-30, also finished 7-1 and will officially share the title with the Bulldogs. Two-time state track champion San Jose settled for third place at 6-2.

CSM soph Mitch Kingery, who was held out of the Diablo Valley dual, led throughout the four-mile race Friday on CSM's Crystal Springs National Cross

country course in Belmont, just missing the course record with a 20:13.8 clocking.

The Bulldogs got all five of their scorers in the top 10 in the tight three-way dual indicating the Bulldogs have a good chance for a repeat performance in Friday's All-Conference meet on the same course.

San Mateo No. 2 man Bob Barnett stayed with Kingery through the first mile before the San Carlos grad pulled away from everyone, while the duels for the important places developed. Barnett (21:07) wound up out-kicking veteran West Valley track aces Ron Fritzsche (21:12) and Todd Baker (21:13) over the last mile to take fourth.

CSM also hosts the NorCal championships November 20.

## Results

**GOLDEN GATE CONFERENCE  
CENTER MEET**  
(4 Miles at Belmont)  
College of San Mateo 25, West Va  
30

CSM 20, San Jose 35  
West Valley 25, San Jose  
1. Mitch Kingery (CSM) 20:13.8  
Bob Pauling (WV) 20:26; 3. W  
Montenegro (SJ) 20:35; 4. Bob I  
neff (CSM) 21:07; 5. Ron Fri  
(WV) 21:12; 6. Todd Baker (V  
21:13; 7. Dave Hull (CSM) 21:44  
Rick Pincombe (CSM) 21:45; 9.  
Farbis (SJ) 21:51; 10. Eric Ber  
(CSM) 21:52.

De Anza 26, Diablo Valley 29;  
blo Valley 25, Chabot 30; De Anz  
Chabot 30; 1. Phillip Hornig (C) 20  
Foothill 15, Laney 50; Foothill  
CCSF 50; CCSF 20, Laney; 1.  
Harris (F) 22:18.

**SCORES:** San Mateo 25, West Valley 30; San  
Mateo 20, San Jose 35; West Valley 25, San Jose 30.  
Mitch Kingery (CSM) 20:13.8, Paulin (WV)  
20:28, Montenegro (SJ) 20:35, Barnett (CSM)  
21:07, 7. Hull 21:44, 8. Pincombe 21:45, 10. Benson  
21:52, 23. Farey 23:20, 25. Sheakley 23:43.  
**FINAL GGC STANDINGS:** CSM 7-1, West Valley  
7-1, San Jose 6-2, De Anza 5-3, Diablo Valley 5-3,  
Foothill 3-5, Chabot 2-6, San Francisco 1-7, Laney 0-  
8.

## CSM Is Shocked

### CSM harriers handed 1st loss

College of San Mateo suffered its first cross country loss of the Golden Gate Conference season yesterday, 26-30 to Diablo Valley at Hillyer Park in San Jose. The Bulldogs, who had to run without ace Mitch Kingery (out with a bad cold), also beat City College of San Francisco in the triangular, 15-50.

SCORES: Diablo Valley 26, CSM 30; CSM 15, CCSF 50; Diablo Valley 15, CCSF 48.

Matt Dowling (D) 21:21, Criner (D) 21:21, Searles (D) 21:21, 4. Hull (SM) 21:37, 5. Pincombe (SM) 21:49, 6. Mello (SM) 22:07, 7. Barnett (SM) 22:09, 8. Farey (SM) 22:09, 9. Brown (D) 22:18, 10. Benson (SM) 22:22. 4.0-mile course at Hillyer Park in San Jose.

Diablo Valley College shocked College of San Mateo's unbeaten cross-country team, 26-30, in a Golden Gate Conference center meet Wednesday in San Jose.

CSM coach Bob Rush held out ace Mitch Kingery because of a cold and the twice-beaten Vikings swept the first three places to assure the victory. CSM took the next five spots, led by Dave Hull.

The Bulldogs, now 5-1, meet unbeaten San Jose at West Valley (6-0) in the league's final center meet October 29 at Crystal Springs and can still gain a share of the title with a double triumph.

Diablo Valley 26, CSM 30  
CSM 15, CCSF 50  
Diablo Valley 15, CCSF 48

Winner: Dowling (DV), 21:21.0; Criner (DV), 21:30.0; Searles (DV), 21:31.0; Hull (CSM), 21:37; Pincombe (CSM), 21:49; Mellow (CSM), 22:07; Barnett (CSM), 22:09; Farey (CSM), 22:09; Brown (DV), 22:18.



Mitch Kingery

## 'Jogger's Knee' Shelves Kingery

Mitch Kingery doesn't like to talk about it much, but he had more to worry about in last weekend's big statewide JC cross-country meet than the smog and hills in Valencia.

Kingery, the College of San Mateo sophomore who has been recognized as a top talent ever since he set a world age group record for the marathon in his mid-teens, is afflicted with jogger's knee.

At least, that's the layman's term for it. Doctors have a more complicated name, but few answers and no cures.

Still, Kingery finished second in that preview of

the state meet, covering the four miles in 20:06, finishing five seconds behind 24-year-old Oxnard standout Ed Ramirez. Kingery had led for all but the last 100 yards.

Kingery was held out of today's Golden Gate Conference meet with Diablo Valley, one that CSM was expected to win without much trouble, but should be back for next week's final showdown — CSM, San Jose CC and West Valley could each be 6-0 by then.

"The pain in his knee comes and goes, depending on the type of running he's doing," said Bulldog Coach Bob Rush. "He can train, but races aggravate it. The only real treatments for it are aspirin and ice."

Even though the Bulldogs had one of their poorest team performances in that big meet, they still beat every large division team in Northern California, except Fresno.

## Kingery 2nd for CSM

VALENCIA — Mitch Kingery finished second as College of San Mateo

wound up fifth in the large school division and seventh overall in the College of the Canyons Invitational cross country meet Saturday.

Kingery ran the hilly four-mile course in smoggy conditions in 10:06, five seconds behind winner Ed Ramirez of Oxnard.

The Bulldogs next meet Diablo Valley and City College of San Francisco Wednesday at San Jose.

4.0-mile course. Ed Ramirez (Oxnard) 20:01, 2. Mitch Kingery (CSM) 20:06, 3. Gary Hernandez (San Diego Mesa) 20:11, 41. Bob Barnett (CSM) 21:56, 42. Rick Pincombe (CSM) 21:57, 57. Paul Mello (CSM) 22:28, 58. Eric Benson 22:21.

Overall team scores — San Diego Mesa 111, Mt. San Antonio 119, Monterey Peninsula 133 (small division winner), Fresno 142, Canyons 164 (small division runnerup), Orange Coast 174, CSM 200.

GGC standings — CCSF 3-0, San Mateo 3-1, Diablo Valley 3-1, Chabot 2-1, San Jose CC 2-1, DeAnza 1-3, Laney 1-3, Foothill 1-3, West Valley 0-3.



# Annual Crystal Springs run slated for tomorrow morning

Most Northern California junior colleges cross country teams will compete in tomorrow's annual Crystal Springs Invitational. Host CSM figures to present some stiff competition.

Long-winded Mitch Kingery is the Bulldogs' main threat along with Dave Hull and Paul Mellow.

Although last Saturday's Golden Gate Conference Invitational was canceled due to poor weather conditions, the locals stayed sharp by running in the Sonoma State run, a meet open to all colleges.

With Kingery not competing, nursing a sore but not serious knee injury, Hull was the top Dog finisher coming in third with a 26:10 over the five mile course.

Other top finishers included: Paul Mellow (7th), Bob Barnett (11th), Eric Benson (12th), Kevin Farey (14th), Rick Pincombe (15th), and Brian Hurdall (19th).

Coach Bob Rush also competed and had a very respectable finish, crossing the finish 40th but first in the masters division (age 40 and over).

Two weeks ago the harriers traveled to Yosemite Park for a cross country seminar. A nine mile uphill run highlighted the weekend along with various cross country workouts.

## Prep, JC harriers go

With 10 races scheduled for both high school and junior college teams, the College of San Mateo Invitational cross country meet will be held tomorrow at Crystal Springs.

The prep meet, hosted by Serra, will start at 9 a.m. with the junior varsity race. Two varsity, sophomore, freshman and reserve trots will follow.

The championship varsity race promises to be a good one. Saratoga (winner of the Stanford Invitational), Willow Glen (winner of Half Moon Bay's Artichoke run), Homestead, St. Francis, Jesuit of Sacramento and Piner of Santa Rosa are entered along with Serra and Menlo-Atherton. M-A is the only SPAL team entered.

The first JC race will start at 11 a.m. Large and small college, reserve and women's JC races will be held.

Serra will perform after the Padres Tuesday ran their varsity West Catholic Athletic League dual record to 5-0 with wins over St. Ignatius and Bellarmine. Serra's Stan Ross of Belmont won the race at Golden Gate Park in course-record time.

## Dog runners sweep, Colts earn split

College of San Mateo, led by former San Carlos High star Mitch Kingery, posted two Golden Gate Conference dual wins, while Canada had to settle for a Camino Norte Conference split in JC cross country action yesterday.

Kingery won his race in the GGC center meet at the 4.5-mile Coyote Hills course in Newark in 23:04. That was "only" the fifth best clocking in the affair, but then the Bulldogs were able to take things easy in getting by De Anza 21-38 and Laney 15-50. CSM's Bob Barnett was second and Dave Hull was third.

Tom Bales' fifth place led Canada at the CNC center meet in Fairfield. The Colts lost to Contra Costa 20-36 but beat Los Medanos 25-36.

### GGC CENTER MEET

At Coyote Hills, 4.5 miles:  
Top three and CSM placers: Mitch Kingery (SM) 23:04, Barnett (SM) 23:28, Hull (SM) 23:48, 7, Hurdal 24:28, 8, Benson 24:30, 9, Pincombe 24:51, Farey 25:02, 13, Sheakley 26:07, 15, Spann 27:06, 16, Takaha 27:20, 18, Weber 27:43, 19, Wernick 27:56 (32 runners).

DUAL SCORES: CSM 21, De Anza 38; CSM 15, Laney 50; De Anza 15, Laney 50.

OTHER RESULTS: First Race: Winner: Ron Fritke (WVC) 22:48. Scores: West Valley 18, Chabot 43; West Valley 15, San Francisco 50; Chabot 15, San Francisco 50.

Third Race: Winner: Wally Montenegro (SJCC) 22:59. Scores: San Jose 15, Foothill 50; Diablo Valley 19, Foothill 36; San Jose 27, Diablo Valley 30.

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

### CNC CENTER MEET

Top three and Canada placers: Bob McMeans (CCC) 21:53, Faulkner (CCC) 22:03, Brown (LMC) 22:10, 5, Bales 23:28, 6, Merry 23:53, 8, Honey 24:26, 12, Vigil 25:46, 16, Ketchens 28:38 (22 runners).

DUAL SCORES: Contra Costa 20, Canada 36; Canada 25, Los Medanos 36; Contra Costa 18, Los Medanos 41.

OTHER RESULTS: First race: Winner: Mike Timmirman (Marin) 21:14. Score: Merritt 21, Marin 36.

Third race: Winner: Dan Aldridge (SRJC) 20:31. Scores: Santa Rosa 15, Alameda 50; Solano 15, Alameda 50; Santa Rosa 18, Solano 42.

STANDINGS: Santa Rosa 2-0, Contra Costa 2-0, Merritt 1-0, Solano 1-1, Canada 1-1, Marin 0-1, Los Medanos 0-2, Alameda 0-2.

## Bulldogs' Barnett Wins Invitational

College of San Mateo's Bob Barnett recorded the biggest victory of his college career Saturday, running away with individual honors in the College of San Mateo Invitational cross-country meet.

The Bulldog soph from Hillsdale High led throughout the 4.1-mile race to record an 20:37 victory over the tiring Santa Rosa JC duo of Charlie Hernandez (20:40) and Dan Aldridge (20:48).

American River placed all five of its scorers in the top ten to take the team title with 34 points, ahead of Santa Rosa (99) and CSM (107) in the eight-college large division field. Golden Gate Conference favorite West Valley was only fourth (120) just behind the Bulldogs.

Skyline placed fourth in the small college division with 135 points.

Leading Trojan finishers were Bob Lange, tenth in

21:38, and Jim Martinelli, 16th in 21:54.

CSM's usual No. 1 man, Mitch Kingery, is temporarily sidelined with a leg ailment.

College of San Mateo Invitational  
(4.1 miles at Crystal Springs,  
Belmont)

### LARGE COLLEGE DIVISION

1. American River 34; 2. Santa Rosa JC 99; 3. College of San Mateo 107; 4. West Valley 115; 5. San Joaquin Delta 120; 6. De Anza 123; 7. Modesto JC 140; 8. Diablo Valley 156.  
Individual: 1. Bob Barnett (CSM) 20:37; 2. Charlie Hernandez (SRJC) 20:40; 3. Dan Aldridge (SRJC) 20:48; 4. Jim Mebust (ARC) 20:48; 5. Bob Paulin (20:50). Other CSM placers: 13. Dave Hull 21:14; 23. Eric Benson 22:05; 34. Kevin Farley 22:43; 36. Brian Hurdal 22:46; 47. John Sheakley 23:57.

### SMALL COLLEGE DIVISION

1. Monterey Peninsula 59; 2. San Jose CC 82; 3. Solano 110; 4. Skyline 135; 5. College of Marin 195; 6. Foothill 197; 7. Merritt 285; 8. Sequoia 297; 9. Lassen 305; 10. Cabrillo 322; 11. Oxnard 324; 12. Sierra and Columbia 327; 14. Shasta 338; 15. Hartnell 347; 16. Napa and Siskiyou 364.

Individual: 1. Ed Ramirez (Ox) 20:36; 2. Phillip Horaig (Chabot) 20:37; 3. Wally Montenegro (SJCC) 20:47; 4. Tim Minor (MPC) 21:11; 5. Frank Dauncey (Las) 21:13. Skyline placers: 10. Bob Lange 21:38; 16. Jim Martinelli 21:54; 21. Bill LaForge 22:03; Bill Amable 22:48; 50. Steve Cornejo 23:11; 78. Dennis Anderson 24:24; 117. Don Freeman 26:59.

## Barnett victorious in local invitational

Competing without top runners Mitch Kingery and Paul Mellow, the CSM cross country team still managed to salvage a third place finish in last week's Crystal Springs Invitational.

Surprising Bulldog harrier Bob Barnett won the race finishing three seconds ahead of Charlie Hernandez from Santa Rosa. Barnett was clocked in a fast 20:37 over the 4.1 mile course.

Powerful American River College easily won the invitational with only 34 points. ARC placed seven runners in the top 15 finishers. Santa Rosa edged CSM with 99 points as compared to the Bulldog's 107.

Other top Bulldog finishers include Dave Hull 13th (21:14), Eric Benson 23rd (22:05), Kevin Farley 34th (22:43), and Brian Hurdal 36th (22:46).

## Bulldog harriers third

College of San Mateo veteran Bob Barnett captured the individual title but the Bulldogs had to settle for third place in their own CSM Invitational cross country meet Saturday at Crystal Springs' 4.1-mile JC course.

### LARGE DIVISION

Top five and CSM placers: Bob Barnett (CSM) 20:37, Hernandez (SRJC) 20:40, Aldridge (SRJC) 20:48, Mebust (ARC) 20:48, 5. Paulin (WVC) 20:50, 13. Hall 21:14, 23. Benson 22:09, 34. Farley 22:43, 36. Hurdal 22:46 (53 runners).

SCORES: American River 34, Santa Rosa JC 99, San Mateo 107, West Valley 115, San Joaquin Delta 120, De Anza 123, Modesto JC 140, Diablo Valley 156.

### SMALL DIVISION

Top three: Ed Ramirez (Oxnard)

20:36, Hornig (Chabot) 20:37, Montenegro (SJCC) 20:47.

SCORES: Monterey 59, San Jose 82, Solano 110, Skyline 125, Marin 195, Foothill 197, Merritt 285, Sequoias 287, Lassen 305, Sierra 380.

### RESERVE RACE

Top two and top CSM placers: Sharon Furtado (West Valley) 17:57, Hickman (SJD) 19:00, 42. Takaha 24:57, 48. Swanberg 25:17, 49. Weber 25:32, 52. McDonnell 25:39, 58. Olliver 26:27 (85 runners).