

**THE 1976 ALL NORTHERN CALIFORNIA
CROSS COUNTRY TEAM**

FIRST TEAM: (listed alphabetically)

Name	School	Gr	Sec	Reg	Lg	2.0 postal	3.0 Postal	Invit
1. Aguilar, Gonzalo	Manteca	Sr	6	2				
2. Avrit, Doug	Chico	Sr	1	-	1			4-2-1-1
3. Berry, Red	Redwood	Jr	1	1	1	9:04.0	14:00.0	1-1
4. Biando, Mike	Piner	Jr	8	7	-	9:29.0	14:48.8	7-9-2
5. Berland, Glen	Del Norte	Sr	3	3	2			
6. Brewer, Nick	Mira Loma	Sr	3	1	1			4
7. Brewer, Paul	- Leigh	Jr	4	3	1	9:14.7	14:39.8	5-3
8. Carrasco, Carlos	- Mt. Pleasant	So	1	1	1	9:09.6		1-1
9. Collier, Aaron	Tamalpais	Sr	2	2				2-1
10. Cross, Greg	Mt. Diablo	Sr	4	2	1			2
11. Holladay, Ken	- Gilroy	Jr	6	11	2	9:26.7		8
12. Hitchcock, Greg	South Tahoe	Sr	2	1	1			
13. Holmes, Tim	Downey	Sr	1	1	1		13:59.9	1-1-1-1-3
14. Love, Bob	<u>Carlmont</u>	Jr	3	27	1	9:13.7	14:21.4	2-2-1-1-1
15. Navarro, Dan	Oakmont	Sr	4	1	1			
16. O'Neil, Tom	Jesuit	Sr	5	2	1			2
17. Ross, Stan	<u>Serra</u>	Sr	12	1	1	9:27.6		4-6-7
18. Sechrist, Rich	- Piedmont Hills	Sr	5	5		9:29.0		1
19. Smith, Dan	Eureka	Sr	6	5	1			
20. Stillman, Mark	- Willow Glen	Sr	2	2	1	9:42.0	15:19.0	1
21. Strangio, Steve	Mission S.J.	So	7	1	2	9:39.0		6
22. Vasquez, Rich	Clayton Val.	Jr	5	1	3	9:17.2		3

NORTHERN CALIFORNIA RUNNER OF THE YEAR.....	Tim Holmes	Downey (Modesto)
Outstanding Senior	Tim Holmes	Downey (Modesto)
Outstanding Junior.....	Red Berry	Redwood (Larkspur)
Outstanding Sophomore.....	Carlos Carrasco	Mt Pleasant (San Jose)
Outstanding Freshman.....	Jack Kurr	Gunn (Pale Alto)

The All Northern California Cross Country Team is sponsored annually by the Northern California Track & Field Association and by Citizens Savings. Awards ("T" shirts & scrolls) will be awarded to first team members. The first All Northern California team to be selected was back in 1962. Unofficial selections have been made retroactive to 1953.

The selection committee for this year's team was composed of: Plate Yanicks (Menlo-Atherton), Chairman; Ken Thomas (Sequel); Terry Ward (St. Ignatius S.F.); Bill Thompson (Alameda); Jim Underhill (Piner); Keith Conning (No. Calif. Running Review). Other contributors to the team were: Bill Mensing (Downey); Chuck Cheley (Chico); Dick Myers (Eureka), Bob Wall (Lassen), and Bob Mc Guire (Pleasant Hill).

The area represented by the 1976 All Northern California Team included six sections of the CIF: North, North Coast, Central Coast, San Joaquin, S.F., Oakland. The geographical boundaries of these sections went as far as the Oregon border to the North of the state, and Merced to the South.

COMMENTS: There were three repeaters from last year's first team selections: (Berry, Carrasco, and Holmes). Cross, Love, O'Neill, Smith, and Ross all moved up to first team selections from their second team spot a year ago. Tim Holmes of Downey, was selected as runner of the year again, joining Ron Larrieu of Pale Alto and Mike Ryan of Wilcox as the only double repeater in the history of the selections. (Ryan was number one selection in 1961-62-63).

The break-down of selectees by section was very close. NCS 8, CCS 7, SJ 6, N 1. So Tahoe, Gilroy, Eureka, Manteca, Oakmont, Piner, and Del Norte, had thir first All No Cal selections ever.

NEW LOOK: 1976 marks our first ever GIRLS ALL NO. CAL. TEAM.

RELEASE TIME: Friday, Dec 17, '76.

THE 1976 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM (CONT)

SECOND TEAM: (listed alphabetically)

1. Avila, Dave	Cupertino	So	10-4-3	9:36.0
2. Boynton, Terry	Cupertino	Sr	9-7-1	15:02.0
3. Bullano, Dave	Piner	Sr	14-11-	9:38.0
4. Burke, Paul	De-La Salle	Sr	12-2-	
5. Castro, Ray	Logan	Jr	16-4-3	9:24.1
6. Chapman, Colin	Redwood	Sr	11-4-	9:34.0
7. Galligan, Mike	Marysville	Sr	1s-	
8. Gaul, Pete	Jesuit	Sr	8-3-2	
9. Graves, Kurt	Chico		3-2-	
10. Green, Joe	Aragon	Sr	13-2-1	9:29.5
11. Kendall, Ray	Alameda	Sr	15-5-	
12. Mandanis, Greg	Carlmont	Sr	7-1-2	9:40.0
13. Maxwell, Malcom	El Camino (S)	Sr	9-5-4	
14. McInturf, Bruce	McClatchy	Sr	7-7-1	
15. Moreno, Armando	Piner	Jr	10-6-	9:42.0
16. Munoz, Gilbert	Watsonville	Sr	11-1-2	9:43.0
17. Pearl, Jaime	Skyline	Sr	111-	
18. Remiguiere, Ken	Canyon	Jr	9-3-1	9:39.0
19. Schneider, Jim	Skyline	Jr	1-	9:32.0
20. Siqueiros, Armando	Watsonville	Sr	16-2-	9:21.6
21. Sup, John	Palma	Sr	21-7-	9:12.0
22. Williams, Gael	Miramonte	Jr	13-4-	

GIRLS (FIRST TEAM) (listed alphabetically)

1. Allred, J.	La Sierra	
2. Bain, Karen,	Rio American	
3. Bardell, Micki	Yuba City	
4. Bowers, Pam	American	
5. Burleson, Darcy	Chico	(Girls runner of the yr)
6. Fox, Joan	Homestead	
7. Kenney, Diane	Novato	
8. Linn,	Rio American	
9. Messerschmitt, Hiedi	Montgomery	
10. Moen, Heidi	San Mateo	
11. Pearson, Deena	San Lorenzo Valley	
12. Robinson, Karey	Franklin	
13. Robinson, Linda	Pleasant Hill	
14. Rudolph, Debbie	Lassen	
15. Stevenson, Michelle	Castro Valley	
16. Sweeny, Sarah	Marin Catholic	
17. Schmidt, Rebecca	Half Moon Bay	
18. Taylor, Toni	Sunnyvale	
19. Trason, Ann	Pacific Grove	
20. Vaughn, Cindy	San Carlos	
21. Way, Kathy	Alameda	
22. Young, E.	Oakmont	

GIRLS HONORABLE MENTION:

Stafford (Madera), Paulin (Camden), Kemp (Saratoga), Blevins (Campolindo), Mallet (Branham), Daley (Granada), Gerdson (Miramonte), Behrbaum (Amador), Broderick (Tam), Williams (Liver), Bachand (Berk), Park (Chico), Salisbury (N.Gate), Lyons (Granada), Bubanje (Piedmont)

HONORABLE MENTION: (CCS)

Hartman (Milpitas), Barragen (Camp), Diaz (Sil Cr), Thurston (M-A), Dean (Jefferson), Sausjord (West), Burns (Sarat), Ritt (Leigh), Christensen (Seaside), Snachez (Sunny), Lua (Leland), ^{DAVE} Norris (Carl), Cordova (Watson), Cortez (St Fran), Kurr (Gunn), Solback (Aptos), Rinaldi (Serra), Nicklin (Monta Vista), Flatow (W.G.), Hannawalt (SI), ^{DAVE} Grimes (Mon Vista), Eberly (Los Gates), Rohe, ^{DAVE} Martin (Sart), Trujillo (Gilroy), Reith (Fremont), Bleuin (WG), ^{DAVE}

HONORABLE MENTION (NCS)

Martin (Piner), Baker (San Ramon), Ruffing (Miss SJ), Balburz (N.Gate), Conover (Miramonte), Mullen (N.Gate), Van Buskirk (PH), Carlson (Tam), Croft (PH), Hussey (Wash), Behnig (Cast Val), Kruger (Piner), Sallaz S.Lea, Harbaugh (Pied).

HONORABLE MENTION (SJ)

Otis (Mira Loma), Radicon (MiraLoma), Kading (Mira Loma), Foster (Jesuit), Slater (Jesuit), Finn (Jesuit), Munoz (Franklin), Winkley (Hughson), Baker (Stagg), Perez (Franklin), McKinstry (Merced), Garcia (Merced), Lee (Napa), Crabb (Paradise)

HONORABLE MENTION (SF, Oak, North)

Busby (Skyline), Cervantes (Chico), Gripenberg (Linc SF), Millar (McAteer)

Maxworthy (Miramonte), Greg (Chico), Cotte (Cupertino), Himenes (St.Fran), Brown (Mt. View), Craig (Berk), Lavelle (Mercy), M.Taylor (Sunny), Cunncer (Mercy), Meehan (Mercy), Schneider (S.Cruz), Guelich (Sequel), Munoz (Watson), Ha rdy (Aptos), Mungai (S.Cruz)

**NORTHERN CALIFORNIA HIGH SCHOOL
RUNNER OF THE YEAR:**

1953	Stephens, Roger	Palo Alto
1954	Larrieu, Ren	Palo Alto
1955	Larrieu, Ren	Palo Alto
1956	Wallace, Keith	Piedmont
1957	Northway, Bill	Palo Alto
1958	Linn, George	Palo Alto
1959	Lehner, Mike	Palo Alto
1960	Growth, Morgan	Alhambra
1961	Rye, Dan	Palo Alto
1962	Ryan, Mike	Wilcox
1963	Ryan, Mike	Wilcox
1964	Ryan, Mike	Wilcox
1965	Celaya, Rudy	Tennyson
1966	Isola	Mt. Diablo
1967	Swenson	St. Mary's
1968	Larson	Fremont (sun)
1969	Hale	Campelindo
1970	Merk-Hart-Templeman	Wash-WG-Carl
1971	Brooks, Steve	Mt. Pleasant
1972	Taylor, Dave	Merced
1973	Kimball, Rich	De La Salle
1974	Kissen, Roy	San Ramon
1975	Holmes, Tim	Downey
1976	Holmes, Tim	Downey

	<u>FRESHMAN</u>	<u>SOPHOMORE</u>	<u>JUNIOR</u>	<u>SENIOR</u>
1962	Celaya (Tennyson)	Ryan (Wilcox) *	Kay (Miramonte)	Graham (Los Altos)
1963	Cardinalli (Central)	Gamaz (Foothill)	Ryan (Wilcox)*	Kay (Miramonte)
1964	Mahon (Homestead)	H. Carter (Pittsburgh)	Ray Celaya (Tenny)	Ryan (Wilcox) *
1965	Alfaro (Pittsburgh)	Bruce (Pleasant Hill)	Walker (Homestead)	Rudy Celaya (Tenny) *
1966	Gaesser (Homestead)	Carey (Carlmont)	Mahon (Homestead)	Isola (Mt. Diablo) *
1967	Hale-Mahan-Hagar	Clark (MSJ) & McCarty	Carey (Carlmont)	Swensen (St. Mary' s)*
1968	Robinson (Pleas. Hill)	Hale (Campelindo)	Brassell (Homestead)	Larson (Fremont) *
1969	MacMitchell-Lewis-Manr'z	Kinsella & Geiken	Hale (Campelindo)*	McCarty (St. Fran)
1970	Miller (J)&Lawson (S&C)	Miller (Carlmont)	-----	Merk-Hart-Templeman *
1971	Kingery (San Carlos)	Burrough & Thurwachter	Manriquez (Mt Pleas)	Brooks (Mt. Pleas) *
1972	Munez (Watsonville)	Kingery (San Carlos)	Kimball (DeLaSalle)	Taylor (Merced) *
1973	Holmes (Downey)	Paulin (Camden)	Kingery (San Carlos)	Kimball (DeLa Salle)*
1974	Berry (Redwood)	Holmes (Downey)	Paulin (Camden)	Kissen (San Ramon)*
1975	Carrasco (Mt Pleasant)	Berry (Redwood)	Holmes (Downey) *	Shulz (Redwood)
1976	Kurr (Gunn)	Carrasco (Mt Pleas)	Berry (Redwood)	Holmes (Downey)*

RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following individuals--(For NorCal) Wayne Glusker, 20391 Stevens Crk. Blvd., Cupertino 95014 (408/996-1272); (For SoCal) Jim Bentley, P.O. Box 7767, Van Nuys, CA 91409; (For Pacific NW) Don Jacobs, Box 23146, Tigard, Ore. 97223.

- Feb 13 - PA-AAU 20-Mile Championships (in conjunction with West Valley Marathon), San Mateo, 9 am.
- Feb 27 - Natl. AAU Championships (Indoor), 2 Miles, N.Y.C.
- Mar 6 - SF State 10-Kilo, 10 am.
- Mar 12 - PA-AAU 50-Kilo Championship, Calif. State Fairgrounds, Sacramento, 8 am.
- Mar 20 - San Jose Race Walking Championships (Men's & Women's Age-Groups), 9 am.
- Apr 3 - Natl. AAU Sr. 35-Kilo Championships, Golden Gate Pk., San Francisco, 9 am.

STRIDERS NIP WVTC AT NATL. HOUR WALK (Nov. 21, Westwood) - Larry Walker was just short of 8 miles on the UCLA track as he led his Tobias Strider teammates to the National Hour Walk title, just edging West Valley TC, 15 to 17. Larry's 7 miles, 1660 yards was over 600 yards ahead of second-placer Ed Bouldin, competing unattached. Wayne Glusker of WVTC led his teammates with a club record 7 miles, 1000 yards. That was good enough for a fourth place finish. The top finishers: (1) Walker/TS 7-1660, (2) Bouldin/Un 7-1045, (3) Rudy Haluza/TS 7-1020, (4) Glusker/WVTC 7-1000, (5) Laird/NYAC 7-800, (6) Manny Adriano/WVTC 7-167, (7) Dave Himmelberger/WVTC 7-165...(?) Phil Mooers/WVTC (distance unknown). /Dave Himmelberger & Wayne Glusker/

DEANZA COLLEGE TRACK WALKS: (Dec. 18, Cupertino) - Various distances were attempted by different individuals. Some very good marks were recorded, among those a super 7:40.8 clocking for the mile by WVTC'er Sally McPherson...well under the Natl. AAU Indoor qualifying time of 8:10. Wayne Glusker went 4 miles in 32:41 and Neil Pyke managed 48:06 for 6 miles (22:55 at half-way). Dave Himmelberger, who has been doing more race walking as of late, tried his first 20-Kilo and was a good 1:49:07.6. Looks like Dave has found a new event! /Wayne Glusker/

Prep Review

Our new "Prep Editor" is Keith Conning (see page 3 for a small writeup on him). Keith will be doing not only statistical coverage of the NorCal high school scene, but also wants to be kept informed about 'personal interest' items. Please send any information & results to: Keith Conning, 2235 Browning St., Berkeley, CA 94702...Ph. 415/849-4406.

ALL NOR-CAL CROSS-COUNTRY TEAM: - This "All-Star" team is sponsored by the NorCal Track & Field Association and by Citizens Savings. The selection committee for this year's team was composed of: Plato Yanicks (Menlo-Atherton), Ken Thomas (Soquel), Terry Ward (St. Ignatius), Bill Thompson (Alameda), Jim Underhill (Piner), Keith Conning (NCCR/Berkeley)...other contributors to the team were: Bill Mensing (Downey/Modesto), Chuck Cheley (Chico), Dick Myers (Eureka), Bob Wall (Lassen), and Bob McGuire (Pleasant Hill). The area represented includes six sections of the CIF (North, North Coast, Central Coast, Sac-Joaquin, S.F., Oakland)...geographically from Merced north to the Oregon border. There were only three repeaters from last year's team...Tim Holmes, Carlos Carrasco, and Rod Berry. Holmes joins Ron Larrieu (Palo Alto) and Mike Ryan (Wilcox) as the only runner to ever be chosen as "Runner of the Year" more than once (Ryan made it three times!). Rod Berry was selected as top junior, Carlos Carrasco as top soph, and Jack Kurr of Gunn (Palo Alto) was top frosh. For the first time in the history of these selections (since 1962), an "All-Star" Girls Team was also selected. Top runners in each grade were not determined, however. Darcy Burleson (Chico) was chosen as "Runner of the Year" for the girls. A second team was also chosen for the boys, along with "honorable mention" for both boys and girls, but we lack space to print them. A complete listing of the all-star individuals can be obtained by sending a self-addressed, stamped envelope to: Plato Yanicks, c/o Boy's P.E., Menlo-Atherton High School, Ringwood & Middlefield, Atherton, CA 94025.

NOTE: - Our Prep Editor decided that he would rank the top ten boys and girls in Northern California, as well as the top five teams. So we are listing in detail the records of the top ten boys and girls in major meets, and then listing the other 12 members of the "All NorCal" team afterwards, not in any par-

ticular order. We welcome comments as to our ratings. Also, we would like to award special certificates to the top ten individuals, but personally I lack the time (& artistic talents) to design such an award. If anyone out there is interested in doing design work, let the editor know...we'll pay for the printing costs, but we need an artist or something close!

TOP TEN INDIVIDUAL BOYS

- #1--TIM HOLMES (Downey, Modesto)--Firsts at Livermore, Center Meet, Nevada Union, Matador Relays, Conference, S-J Dist. 4, S-J Section, 3-Mile Postal, PA-AAU Jr. 10K (top prep); Third at Mt. SAC Invit.
- #2--ROD BERRY (Redwood, Larkspur--junior)--Firsts at San Ramon, Soquel, Pleasant Hill, NCS Redwood Empire, NCS; Seconds at Marin County AL, 3-Mile Postal.
- #3--ARAN COLLIER (Tamalpais, Mill Valley)--Firsts at San Ramon, Pleasant Hill, Marin County AL; Seconds at Soquel, NCS Redwood Empire, NCS.
- #4--CARLOS CARRASCO (Mt. Pleasant, San Jose)--Firsts at Alum Rock, Stanford Invit., Soquel, Lynbrook, 2-Mile Postal, CCS Region III, CCS...only a soph!
- #5--GREG HITCHCOCK (South Tahoe)--Firsts at Alum Rock, South Tahoe, League, Sub-Section; Second at S-J Section.
- #6--DOUG AVRIT (Chico)--Firsts at Chico, Rio Linda, League, Northern Section, Jr. Olympic Meet; Second at San Ramon; Fourth at Nevada Union (fell at start).
- #7--MARK STILLMAN (Willow Glen, San Jose)--Firsts at Serra, Del Mar, League, his heat of 3-Mile Postal; Second at Central Coast Section; 22nd at 2-Mile Postal.
- #8--NICK BREUER (Mira Loma, Sac'to)--First at League; Seconds at Alum Rock, Nevada Union; Third at S-J Sec.
- #9--GLEN BORLAND (Del Norte, Crescent City)--Thirds at NCS Redwood Empire and North Coast Section.
- #10--BOB LOVE (Carlmont, Belmont--junior)--First in League; Second at Stanford Invit.; Thirds at 2-Mile Postal, Central Coast Section, 3-Mile Postal, third prep at PA Jr. 10-Kilo; 27th at CCS Region Meet.

OTHERS: Gonzalo Aguilar (Manteca); Mike Biando (Piner); Paul Brewer (Leigh); Greg Cross (Mt. Diablo); Ken Holladay (Gilroy); Dan Navarro (Oakmont); Tom O'Neil (Jesuit); Stan Ross (Serra); Rich Sechrist (Piedmont Hills); Dan Smith (Eureka); Steve Strangio (Mission San Jose); Rich Vasquez (Clayton Valley). --- Strangio is a soph; Biando, Brewer, Holladay, and Vasquez are juniors.

TEAMS: - There were five boys' teams that were very hard to separate--Piner, Mira Loma (Sac'to), Jesuit (Sac'to), Redwood, and Skyline (Oakland). Piner gets the edge based on its decisive victory over Redwood in the NCS Meet. Piner beat Redwood three times and lost only once to them. Piner's only other loss was to Jesuit by 9 points early in the season. Redwood defeated Mira Loma, the Sac-Joaquin champs, at the Soquel Invit. by 2 points. Skyline rounds out the top five with its San Ramon victory and its third place at Pleasant Hill.

- #1--PINER (Santa Rosa); #2--MIRA LOMA (Sacramento);
- #3--JESUIT (Sacramento); #4--REDWOOD (Larkspur);
- #5--SKYLINE (Oakland).

TOP TEN INDIVIDUAL GIRLS

- #1--DARCY BURLESON (Chico--a soph!)-Firsts at Chico, Nevada Union, San Ramon, Rio Linda, League, Northern Section; Third at Women's State AAU X-C Championships.
- #2--LINDA ROBINSON (Pleasant Hill)--Firsts at Antioch, League, North Coast Section; Seconds at College Park, Pleasant Hill, NCS Central Region; Fourth at San Ramon.
- #3--MICHELLE STEVENSON (Castro Valley--junior)--Firsts at Hayward Area Invit., Pleasant Hill, League, NCS Southern Area; Seconds at San Ramon, North Coast Section.
- #4--SARAH SWEENEY (Marin Catholic, Kentfield)--Firsts at Sonoma St., League, NCS Redwood Empire; Thirds at Pleasant Hill, North Coast Section.
- #5--DEBBIE RUDOLPH (Lassen, Susanville--junior)--First at Walnut Festival; Second at Northern Section; Third at Nevada Union; Fifth at State AAU (14-18 Div.) Champs.
- #6--KAREN BAIN (Rio Americano, Sacramento)--Firsts at Nevada X-C Carnival, League, S-J Section; Second at Rio Linda; 14th at State Women's AAU X-C Champs.
- #7--ANN TRASON (Pacific Grove)--First at Aptos Invit. -- The Central Coast Section doesn't have a section meet yet so she saw limited competition at big meets too.

- #8--MICKY VARDELL (Yuba City)--Firsts at Bella Vista, League, S-J Sub-Section; Seconds at Nevada Union, S-J Section; 16th at State Women's AAU X-C Champs.
 #9--REBECCA SCHMIDT (Half Moon Bay--soph)--Firsts at Soquel, 2-Mile Postal...No Section meets in CCS for girls.
 #10--TONI TAYLOR (Sunnyvale)--Firsts at Stanford & Del Mar Invits...No Section meets in CCS for girls.

OTHERS: Jeanette Allred (LaSierra); Pam Powers (American); Jean Fox (Homestead); Diane Kenney (Novato); Linn (Rio American); Heidi Messerschmitt (Montgomery); Heidi Moen (San Mateo); Deena Pearson (San Lorenzo Valley); Karey Robinson (Franklin); Cindy Vaughn (San Carlos); Kathy Way (Alameda); E. Young (Oakmont).

TEAMS: - Chico's girls defeated Granada (Livermore), the North Coast Section champs, by 29 points at the San Ramon Invit. They were undefeated in prep competition and won the Northern Section with a phenomenal score of 24 points. Rio Americano won the Sac-Joaquin Section. Pleasant Hill placed third to Chico and Granada at the San Ramon Invit., and finished second in the North Coast Meet. Miramonte took third at the North Coast Section.

- #1--CHICO; #2--RIO AMERICANO (Sacramento);
 #3--GRANADA (Livermore); #4--PLEASANT HILL;
 #5--MIRAMONTE (Orinda)

SORRY!--Lack of space prevents us from a detailed explanation of how Keith Conning chose the individuals (top 10) in our Prep Rankings. If you are interested, please send 50¢ to cover copy and mailing costs to Keith (address at front of this column).

CENTRAL CALIFORNIA RANKINGS: - Since we do have a few subscribers in the Central California area, Keith decided to include his top two choices (individuals and teams). BOYS--(#1) Felix Elieff (Highland, Bakersfield), undefeated during season; (#2) Randy White (Shafter), second in Central Section. Teams--(#1) Shafter (Central Section champs); (#2) Hoover (Fresno), runner-up to Shafter (50-58) in Central Section. GIRLS--(#1) Linda Goen (North, Bakersfield), Central Section champ; (#2) Alice Trumbly (Coalinga), second in Central Section Meet. Teams--(#1) Bakersfield (Central Section champs); (#2) Fresno (Central Section runnerups).

1976 TRACK & FIELD NEWS PREP ALL-AMERICAN TEAM: - Four NorCal preps made the team: Jim Sane (Rancho Cordova), #1 in long distances on the roads; Steve Montgomery (Lassen, Susanville), #1 in the shot; Scott Endler (Hoover, Fresno), #2 in the discus; John Lane (American, Fremont), #3 in the high jump.



(Left) All-East Bay Girls X-C Team: (top, 1-r) Behrbaum, Williams, Blevins, Stevenson, Robinson, (bottom, 1-r) Salisbury, Gerdson, Way, Craig. (Right) All-East Bay Boys X-C Team: (top, 1-r) Mullen, Burke, Pearl, Strangio, Williams, (bottom, 1-r) Cross, Kindle, Baker, Romiguere, Vasquez. /Keith Conning/

TRACK & FIELD RESULTS

USA vs. MEXICO MASTERS MEET: (Oct. 23, Mexico City) - 100(I): 1-Parish/NCS 11.4; 200(I): 2-Parish 23.7; 800(SM): 1-Himmelberger/WVTC 2:04.6; 1500(SM): 1-Himmelberger 4:17.6; 110HH(I): 1-Parish 16.2; LJ(I): 3-Conley/WVTC 19-1; HJ(I): 3-Conley 5-3; TJ(I): 2-Conley 36-11 3/4; DT(I): 4-Conley 105-10 1/2; JT(I): 1-Conley (distance unknown). /Dave Himmelberger/

ALL-COMERS MEET: (Dec. 4, San Mateo) - /OPEN/ SP: Johnson/WVTC 50-0; JT: Walker/Cal 247-9; Mile: Richardson/Stanslaus 4:17.8, Wood/Cal 4:18.8; LJ: Bule/CTC 20-3 3/4; 440: Sheats/Stanslaus 48.8, Sterling/Laney 50.0; DT: Tafralis/CSM 139-11; TJ: Dalli/Sky 42-5; 3 Mi: Tracy/WVTC 14:04.4, Seaver/WVTC 14:06.6, Clark/WVTC 14:09.2, Moreno/CAMWST 14:17.0, Mandanis/WDS 14:49.0 (high school); HJ: Dillard/CSM 6-4; 220: Sheats/Stanslaus 22.0;

880: Robertson/WVTC 1:58.9, Sterling/Laney 1:58.9, Foulke/CSM 1:59.3, McMeans/WVTC 2:00.8; Mile: HATC 3:29.9, SFS 3:30.5; 60HH: Almond/SFS 7.6; /HIGH SCHOOL/ 440R: Burbank 44.8; Mile: O'Reilly/SRaf 4:23.4, Maxwell/Wstmr 4:27.8; 440: Peterson/TN 52.2; PV: Beede/CP 12-1; LJ: Brisano/Lib 20-7 3/4; 60: Jones/Srmte 6.3; 2 Mi: Goodstein/Menlo 9:53.6; HJ: McLaughlin/Tam 6-4; 880: Maxwell/Wstmr 2:00.0, Schneider/Sky 2:00.8; 220: Washington/Burb 22.3, Jones/Srmte 22.4; 60HH: Dixon/Seq 7.7, Conelly/Burb 7.7. /Harry Young/

ALL-COMERS MEET: (Dec. 11, San Jose) - /OPEN/ 60: Berry/SJCC 6.3; 60HH: Carty/Un 7.5; Mile: Chain/DA 4:25.3; 440: Hampton/UCLA 50.4; 220: Rachal/SJCC 22.1; 2 Mi: Barraza/BBC 9:46.3; HJ: Gibbs/SJCC 6-8; PV: Chew/Un 15-2; /HIGH SCHOOL/ 60: Maelora/Menlo 6.4; Mile: Schwarz/Seaside 4:34; 60HH: Phillips/SCrk 7.8; 440: Phillips 50.9; 2 Mi: Martinez/Nwk 9:53; SP: McKee/Cam 51-2; DT: Townsend/Prosp 151-5 1/2; HJ: Perkins/MP1 6-4; PV: Alexander/Un 12-6; /WOMEN/ 2 Mi: OTrich/WVTC 11:01. /Keith Conning/

ALL-COMERS MEET: (Dec. 11, San Mateo) - /OPEN/ 440R: CSM 43.7; Mile: Tracy/WVTC 4:18.3, Cox/FP 4:18.3, Jordan/WVTC 4:21.3, Hornstra/SFS 4:21.4; 60HH: Almond/SFS 7.5, Shellworth/Stanslaus 7.5; SP: Smith/CSM 50-7 3/4; 440: Robinson/Un 47.5, Williams 48.3, Marchesi/Cal 49.2, Sterling/Laney 49.6; LJ: LeGrande/CSH 22-6 1/2; PV: Stevenson/CSM 15-0, Dillard/CSM 14-0; DT: Powell/PCC 187-5, Davis/Un 162-10; 3 Mi: Schmulewicz/Un 13:34.0, Geis/Un 13:34.0, Romessor/FP 13:47.6, Kingery/CAMWST 13:55.8, Clark/WVTC 14:04.0; TJ: Toliver/WVTC 44-4 1/4; 60: Hill/SUND 6.2, Clark/CSH 6.2; 220: Randal/Un 22.4; HJ: Friday/Un 6-8, Haber/CSH 6-8, Coleman/WVTC 6-6; 880: Robertson/WVTC 1:54.8, Richardson/Stanslaus 1:55.4, Sterling/Laney 1:57.8; /HIGH SCHOOL/ 440R: Castlemont 43.9; Mile: Slater/Encina 4:27.2; 60HH: Malcolm/Seq 7.6; 60: Vaughn/Okld 6.4; 440: McDaniel/Okld 52.1; 2 Mi: Hutchins/Wooster 9:56.1; DT: Hill/Berk 159-11; PV: Crook/Wooster 14-8; HJ: Crook 6-5 3/4, Kniffin/Serra 6-4; 880: Owyang/Okld 2:02.7; 220: Oroville/Seq 22.6, Beal/SC 22.8; /WOMEN/ Mile: Neufville/Un 5:14.6.



Wolfgang Schmulewicz (left) nipped Paul Geis at a CSM All-Comers meet on Dec. 11, as both recorded a fast early-season 13:34.0. Dennis Tracy (right) won the mile in 4:18.3 in the same meet and doubled back in the 3-mile here. /Jim Engle/

ALL-COMERS MEET: (Dec. 18, San Jose) - /HIGH SCHOOL/ 60: Taylor/Ovflit 6.5; 60HH: Nixon/Ovflit 6.9; 440: Stillman/WG 51.7; 880: Picha/Hmstd 2:03.3; 220: Taylor/Ovflit 22.3; 2 Mi: Christensen/Seaside 9:53.0; PV: Preciado/Hmstd 13-6; SP: McGee/Cam 51-9; DT: Szerski/Cup 150-4; TJ: Blanton/Ovflit 42-10; HJ: Schubert/Un 6-2; LJ: Llorin/PdH 20-8 1/2; /WOMEN/ 60: Costello/SJC 7.3; Mile: Bier/SJC 4:58; 440: Belk/SJC 57.1; 220: Costello/SJC 26.2. /Keith Conning/

ALL-COMERS MEET: (Dec. 18, San Mateo) - /OPEN/ Mile: Schmulewicz/Un 4:11.7, Richardson/Stanslaus 4:13.0, Geis/OTC 4:13.4, Tracy/WVTC 4:16.3, Phelps/WVTC 4:22.2; 60HH: Carty/Un 7.1, Almond/SFS 7.2, Foster/Un 7.2; SP: Smith/CSM 50-1; JT: Rose/NCS(40+) 161-7; 440: Robinson/Un 47.5, Sheats/Stanslaus 48.0, Brown/Un 48.6, Sterling/Laney 49.0, Cazenave/SJS 49.8; 60: Dixon/SUND 6.3, Hill/SUND 6.3; HJ: Livers/Un 7-0; DT: Humphreys/DA 144-1; PV: Stevenson/CSM 15-0; TJ: Toliver/WVTC 45-5 1/2; 3 Mi: Romessor/FP 14:18.6, Tracy/WVTC 14:46.8....

- May 22 - Eastside Youth AC Meet, San Jose? (BAG--AA Standard); PA-AAU Jr. Women's Champs, Pentathlon, Triathlon, Mills HS, Millbrae (GAG).
- May 26 - Northern Section Finals (Girls), Colfax or Wheatland, (G/HS).
- May 27 - Northern Section Finals (Boys), Yreka (HS); NCS Finals, Site TBA (2 days) (HS); Sac-Joaquin Section Finals, Woodland, 5 pm (HS); CCS Finals, San Jose CC, late pm (HS).
- May 28 - Don Palmer Memorial Track Meet, UC Irvine, 10 am (M); Calif. JC Champs, Bakersfield College, 5 pm.
- May 29 - PA-AAU Sr. Men's & Women's Champs, DVC, Pleasant Hill (all day), (O,W); PA-AAU Age-Group Champs, San Jose CC (2 days) (GAG,BAG).
- Jun 3 - State CIF Trials, UCLA, noon (HS); Calif. JC Decathlon Champs, Hancock JC, Santa Maria (2 days).
- Jun 4 - State CIF Finals, UCLA, 4 pm (HS); Age-Group Girls Meet, So. Tahoe JHS; Meet of Miles, (RRCA Mile Postal Meet), Britton JHS, Morgan Hill (all ages...contact: John Clary, 272 Sorrento Wy., San Jose 95119).

RACE WALKING

SCHEDULING: - For all information on scheduling, please contact the following individuals--(NorCal) Wayne Glusker, 20391 Stevens Crk. Blvd., Cupertino 95014 (408/996-1272); (SoCal) Jim Bentley, P.O. Box 7767, Van Nuys 91409; (Pacific NW) Don Jacobs, Box 23146, Tigard, ORE 97223.

- Apr 3 - Natl. AAU Sr. 35-Km. Championships, Golden Gate Park, San Francisco, 9 am. (Also Natl. Masters Champs)
- Apr 23 - Mt. SAC Relays, 5-Kilo & 10-Kilo Road Walks (Men's & Women's), Walnut, CA (9 am/4 pm). Bob Bowman, 2190 Mountain Blvd., #1, Oakland 94611.
- May 1 - Natl. Jr. AAU 5-Km. (& Class B 10-Km.), Portland, OR (Possibly May 8).
- May 1 - San Jose Invit. 2-Mile Track Walk, San Jose State.
- May 7 - Natl. AAU Sr. 20-Kilo Championships, Green Lake, Seattle, Wash. Dr. Dean Ingram, 507 Cobb Bldg., Seattle, WA 98101.
- May ?? - Natl. AAU Sr. 15-Kilo Championships, Los Angeles, CA.
- May 28 - Natl. Jr. 15-Kilo Championships, Los Angeles, CA. (or possibly June 4).

GOOD NEWS WEEK! - At the I.A.A.F. council meeting last November, the I.O.C. Program Commission was asked to consider several points in support of the I.A.A.F.'s request to include the 50 Km. Walk in the 1980 Games. One of the most important leverage points was that the Moscow Organizing Committee is most anxious to stage this event, which is the least costly event in the program, involving to significant equipment. It is felt that the next I.O.C. meeting this spring will determine the fate of this traditional event in the 1980 Games...so, write letters to any representative you may know of who is connected with the I.O.C. on the International level, the U.S.O.C. on the National level (of which Mr. Phillip Krumm is Pres.), and the I.A.A.F. representatives of Ollan Cassell (Natl. AAU Office) & Mr. Amadeo Francis (Puerto Rico AAF, 1290 Ave. of the Americas, New York, N.Y. 10019. So do something for race walking now! Keep up the pressure and maybe something will happen.

SJCC One-Mile (Jan. 8, San Jose) 1. Neal Pyke/Un 6:35.8, 2. Rudy Pearson 7:30.8, 3. Sally McPherson/WVTC 7:46.2. /Glusker/

Lake Merced 5 & 10-Mile (Jan. 9, San Francisco) /Two different race times...both for 5 miles/ 1. Neal Pyke/Un 37:32.2, 2. Manny Adriano/WVTC 40:39, 3. Bob Henderson/Un 41:14, 4. Mark Price/WVTC 46:30, 5. Sandy Briscoe/Un 49:01, 6. Phil Mooers/WVTC 54:29, 7. Libby Bangert 59:33 (10 Yrs. Old). (10 Miles) 1. Dennis Reilly 83:19 (40:35 in route)...Dave Himmelberger/WVTC went off course while leading and didn't get a finish time because everyone went home! /Wayne Glusker/

Stanford Univ. 5-Kilo (Jan. 16, Stanford) 1. Manny Adriano/WVTC 23:48.2, 2. Sally McPherson/WVTC 26:04.2 (new PA road record for women!). /Wayne Glusker/

Examiner Games (Jan. 21, Daly City) /1 mile/ 1. Neal Pyke/WVTC 6:19.9, 2. Ed Bouldin/LA 6:50.7, 3. Steve DiBernardo 7:05.4, 4. Martin Rudow/Seattle 7:05.5, 5. Bob Henderson/WVTC 7:07, 6. Manny Adriano/WVTC 7:10, 7. Bill Ranney/GGTC 7:11, 8. Brian Snazelle 7:12, 9. Rudy Pearson 7:22...Notes: Neal Pyke cruised to an impressive victory here and was never really challenged during the race. /Wayne Glusker/

Natl. AAU Indoor Championships (Feb. 25, New York City) /2 Miles/ - Todd Scully led the top three finishers under the old U.S. record of 13:24.0 by Larry Walker (who finished third today), set in 1974, and WVTC'er Neal Pyke grabbed second in a great 13:09.4 to earn a spot on the US-Canada-USSR team in Toronto the following weekend. -- 1. Todd Scully/Shore AC 13:02.5, 2. Pyke/WVTC 13:09.4, 3. Walker/Tob 13:15.6, 4. O'Connor/NYAC 13:27.1, 5. Daniel/NYAC 13:59.2. /Pete Cava/

US-USSR-Canada Indoor (March 3, Toronto) - Two Soviet walkers sped to world-record clockings, with Anatoly Solomin coming up first in 18:44.3 (that's 6:15/mile!!) and teammate Peter Potchentchuk next at 18:48.4. Although not even in the same race, American Todd Scully eclipsed the American record by grabbing third in 19:40.0. Bay Area star, Neal Pyke of the West Valley TC, took fourth in a good 21:04.6 in his first international competition. By the way, the distance was three miles in case you didn't figure that out! /S.F. Examiner/

Prep Ramblings

Note: Nor-Cal All-Star Cross-Country Team (both boys & girls first teams) members which were listed in the last issue of the NCCR will receive a special certificate for their nomination to that team. The certificates were designed by Jim Ballard of San Lorenzo Valley High School in Felton (near Santa Cruz) and reworked by Penny DeMoss and are very nicely done in two colors with a 'phantom background' of runners, all printed on parchment paper. These will be mailed out shortly if you haven't yet received yours (many were sent in care of X-C Coach at the schools involved, so ask your coach if he's received yours yet!). The same certificate will be used to honor those rated in the top 7 places each year in the NCCR LDRC Point Total Competition (see page 6).

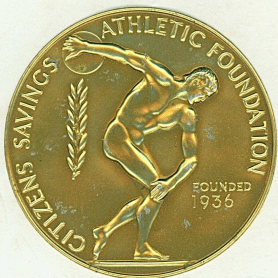
"PREP RAMBLINGS" will be the title of our column on high school athletics (track & cross-country). Our new editor is Keith Conning of Berkeley High School. Keith needs correspondants that can regularly send him results from various points in Fresno County and northward to the Oregon border. So if you live in an 'out of the way' area, drop him a line if you're interested in helping us compile an accurate list for all of Northern California. Keith would also like "human interest" stories and other tidbits of information on prep (and past preps) athletes for the column...interesting notes on performers & backgrounds, transfers to different schools, where top athletes are going to college, etc. Any & all information should be sent to: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

NORTHERN CALIFORNIA HIGH SCHOOL ALL-TIME LIST

The first annual NorCal High School All-Time List includes athletes from 1948 to present. Ollie Matson (Washington, SF), the oldest athlete on the list, ran the 440 around one turn in 47.1 back in 1948. From 1954 we have Jimmy Jackson (Alameda) who ran 9.4 in the 100 and Monte Upshaw (Piedmont) who jumped 25'4-1/4". Monte's daughter is now competing in prep track. The only other competitor from the 1950's on the list is Henry Dorsey (Berkeley), whose 47.5 in 1956 placed him second in the State Meet. Henry is now the ombudsman for the Berkeley Unified School District. Several former Olympians are on the list: Jimmy Hines (McClymonds, Okld), Lee Evans (Overfelt, San Jose), Millard Hampton (Silver Creek, San Jose), Benny Brown (Sunnyvale), James Robinson (McClymonds, Okld), and James Owens (Norte Del Rio, Sac'to). Two outstanding recent pro football players made the list: Mel Gray (Montgomery, Santa Rosa) and Lynn Swann (Serra, San Mateo). --- Five athletes on the list are still competing for their schools: Tom O'Neil (Jesuit, Sac'to), David Cortez (St. Francis, Mtn. View), Andre Phillips (Silver Creek, San Jose), Tim Holmes (Downey, Modesto), and the only junior currently on the list is Rod Berry (Redwood, Larkspur). *** **ABBREVIATIONS:** * = Jr., ** = Soph, *** = Frosh...spring grads remain eligible for list until Aug. 31 of their graduating year. Sources: "High School Track 1975, 1976, 1977"; "Calif. Track News"; San Jose Mercury/News.



Race Walker Neal Pyke /L. Rorke/



CITIZENS SAVINGS ATHLETIC FOUNDATION

1976 AWARD

All-Northern California High Schools Cross Country Team

GONZALO AGUILAR *Manteca*
DOUG AVRIT *Chico*
ROD BERRY *Redwood*
MIKE BIANDO *Piner*
GLEN BORLAND *Del Norte*
NICK BREWER *Mira Loma*
PAUL BREWER *Leigh*
CARLOS CARRASCO *Mt. Pleasant*
AARON COLLIER *Tamalpais*
GREG CROSS *Mt. Diablo*

KEN HOLLADAY *Gilroy*
GREG HITCHCOCK *South Tahoe*
TIM HOLMES *Downey*
BOB LOVE *Carlmont*
GREG MANDANIS *Carlmont*
DAN NAVARRO *Oakmont*
TOM O'NEIL *Jesuit*
RICH SECHRIST *Piedmont Hills*
DAN SMITH *Eureka*
MARK STILLMAN *Willow Glen*

PLATO YANICKS
Selections Chairman


ELWOOD A. TEAGUE
Chairman


W. R. "BILL" SCHROEDER
Managing Director

THE 1976 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM

FIRST TEAM: (listed alphabetically)

Name	School	Gr	Sec	Reg	Lg	2.0 postal	3.0 Postal	Invit
1. Aguilar, Gonzalo	Manteca	Sr	6	2				
2. Avrit, Doug	Chico	Sr	1	-	1			4-2-1-1
3. Berry, Rod	Redwood	Jr	1	1	1	9:04.0	14:00.0	1-1
4. Biando, Mike	Piner	Jr	8	7	-	9:29.0	14:48.8	7-9-2
5. Borland, Glen	Del Norte	Sr	3	3	2			
6. Brewer, Nick	Mira Loma	Sr	3	1	1			4
7. Brewer, Paul	Leigh	Jr	4	3	1	9:14.7	14:39.8	5-3
8. Carrasco, Carlos	Mt. Pleasant	So	1	1	1	9:09.6		1-1
9. Collier, Aaron	Tamalpais	Sr	2	2				2-1
10. Cross, Greg	Mt. Diablo	Sr	4	2	1			2
11. Holladay, Ken	Gilroy	Jr	6	11	2	9:26.7		8
12. Hitchcock, Greg	South Tahoe	Sr	2	1	1			
13. Holmes, Tim	Downey	Sr	1	1	1		13:59.9	1-1-1-1-3
14. Love, Bob	Carlmont	Jr	3	27	1	9:13.7	14:21.4	2-2-1-1-1
15. Navarro, Dan	Oakmont	Sr	4	1	1			Greg Mandanis - on certificate
16. O'Neil, Tom	Jesuit	Sr	5	2	1			2
17. Ross, Stan	Serra	Sr	12	1	1	9:27.6		4-6-7 not on certificate
18. Sechrist, Rich	Piedmont Hills	Sr	5	5		9:29.0		1
19. Smith, Dan	Eureka	Sr	6	5	1			
20. Stillman, Mark	Willow Glen	Sr	2	2	1	9:42.0	15:19.0	1
21. Strangio, Steve	Mission S.J.	So	7	1	2	9:39.0		6 Not on Certificate
22. Vasquez, Rich	Clayton Val.	Jr	5	1	3	9:17.2		3 Not on Certificate

NORTHERN CALIFORNIA RUNNER OF THE YEAR.....Tim Holmes
Outstanding SeniorTim Holmes
Outstanding Junior.....Rod Berry
Outstanding Sophomore.....Carlos Carrasco
Outstanding freshman.....Jack Kurr

Downey (Modesto)
Downey (Modesto)
Redwood (Larkspur)
Mt Pleasant (San Jose)
Gunn

Notes with
by H. Lawson
on 3-27-2

The All Northern California Cross Country Team is sponsored annually by the Northern California Track & Field Association and by Citizens Savings. Awards ("T" shirts & scrolls) will be awarded to first team members. The first All Northern California team to be selected was back in 1962. Unofficial selections have been made retroactive to 1953.

The selection committee for this year's team was composed of: Plate Yanicks (Menlo-Atherton), Chairman; Ken Thomas (Sequel); Terry Ward (St. Ignatius S.F.); Bill Thompson (Alameda); Jim Underhill (Piner); Keith Conning (No. Calif. Running Review). Other contributors to the team were: Bill Mensing (Downey); Chuck Cheley (Chico); Dick Myers (Eureka), Bob Wall (Lassen), and Bob Mc Guire (Pleasant Hill).

The area represented by the 1976 All Northern California Team included six sections of the CIF: North, North Coast, Central Coast, San Joaquin, S.F., Oakland. The geographical boundaries of these sections went as far as the Oregon border to the North of the state, and Merced to the South.

COMMENTS: There were three repeaters from last year's first team selections: (Berry, Carrasco, and Holmes). Cross, Love, O'Neill, Smith, and Ross all moved up to first team selections from their second team spot a year ago. Tim Holmes of Downey, was selected as runner of the year again, joining Ron Larriau of Palo Alto and Mike Ryan of Wilcox as the only double repeater in the history of the selections. (Ryan was number one selection in 1961-62-63).

The break-down of selectees by section was very close. NCS 8, CCS 7, SJ 6, N 1. So Tahoe, Gilroy, Eureka, Manteca, Oakmont, Piner, and Del Norte, had their first All No Cal selections ever.

NEW LOOK: 1976 marks our first ever GIRLS ALL NO. CAL. TEAM.

RELEASE TIME: Friday, Dec 17, '76.

THE 1976 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM (CONT)

SECOND TEAM: (listed alphabetically)

1.	Avila, Dave	Cupertino	So	10-4-3	9:36.0
2.	Boynston, Terry	Cupertino	Sr	9-7-1	15:02.0
3.	Bullano, Dave	Piner	Sr	14-11-	9:38.0
4.	Burke, Paul	De La Salle	Sr	12-2-	
5.	Castro, Ray	Logan	Jr	16-4-3	9:24.1
6.	Chapman, Colin	Redwood	Sr	11-4-	9:34.0
7.	Galligan, Mike	Marysville	Sr	1s	
8.	Gaul, Pete	Jesuit	Sr	8-3-2	
9.	Graves, Kurt	Chico		3-2-	
10.	Green, Joe	Aragon	Sr	13-2-1	9:29.5
11.	Kendall, Ray	Alameda	Sr	15-5-	
12.	Mandanis, Greg	Carlmont	Sr	7-1-2	9:40.0
13.	Maxwell, Malcom	El Camino (S)	Sr	9-5-4	
14.	McInturf, Bruce	McClatchy	Sr	7-7-1	
15.	Moreno, Armando	Piner	Jr	10-6-	9:42.0
16.	Munoz, Gilbert	Watsonville	Sr	11-1-2	9:43.0
17.	Pearl, Jaime	Skyline	Sr	111	
18.	Remiguiere, Ken	Canyon	Jr	9-3-1	9:39.0
19.	Schneider, Jim	Skyline	Jr	1-	9:32.0
20.	Siqueiros, Armando	Watsonville	Sr	16-2-	9:21.6
21.	Sup, John	Palma	Sr	21-7-	9:12.0
22.	Williams, Gael	Miramonte	Jr	13-4-	

HONORABLE MENTION: (CCS)

Hartman (Milpitas), Barragen (Camp), Diaz (Sil Cr), Thurston (M-A), Dean (Jefferson), Sausjord (West), Burns (Sarat), Mitt (Leigh), Christensen (Seaside), Snachez (Sunny), Lua (Leland), Norris (Carl), Cordeva (Watson), Cortez (St Fran), Kurr (Gunn), Solback (Aptos), Rinaldi (Serra), Nicklin (Monta Vista), Flatow (W.G.), Hannawalt (SI), Grimes (Mon Vista), Eberly (Los Gates), Rohe, Mar (Sart), Trujillo (Gilroy), Reith (Fremont), Blewin (WG),

HONORABLE MENTION (NCS)

Martin (Piner), Baker (San Ramon), Ruffing (Miss SJ), Balburz (N.Gate), Conover (Miramonte), Mullen (N.Gate), Van Buskirk (PH), Carlson (Tam), Croft (PH), Hussey (Wash), Behnig (Cast Val), Kruger (Piner), Sallaz S.Lea), Harbaugh (Pied).

GIRLS (FIRST TEAM) (listed alphabetically)

1.	Allred, J.	La Sierra		
2.	Bain, Karen,	Rio American		
3.	Bardell, Micki	Yuba City		
4.	Bowers, Pam	American		
5.	Burleson, Darcy	Chico	(Girls runner of the yr)	
6.	Fox, Joan	Homestead		
7.	Kenney, Diane	Novato		
8.	Craig, Laura	Northridge <i>Berkley</i>		
9.	Messerchmitt, Hiedi	Montgomery		
10.	Moen, Heidi	San Mateo		
11.	Pearson, Deena	San Lorenzo Valley		
12.	Robinson, Karey	Franklin		
13.	Robinson, Linda	Pleasant Hill		
14.	Rudolph, Debbie	Lassen		
15.	Stevenson, Michelle	Castro Valley		
16.	Sweeny, Sarah	Marin Catholic		
17.	Schmidt, Rebecca	Half Moon Bay		
18.	Taylor, Toni	Sunnyvale		
19.	Trason, Ann	Pacific Grove		
20.	Vaughn, Cindy	San Carlos		
21.	Way, Kathy	Alameda		
22.	Young, E.	Oakmont		

HONORABLE MENTION (SJ)

Otis (Mira Loma), Radicon (Mira Loma), Kading (Mira Loma), Foster (Jesuit), Slater (Jesuit), Finn (Jesuit), Munoz (Franklin), Winkley (Hughson), Baker (Stagg), Perez (Franklin), McKinstry (Merced), Garcia (Merced), Lee (Napa), Crabb (Paradise)

HONORABLE MENTION (SF, Oak, North)

Busby (Skyline), Cervantes (Chico), Gripenberg (Linc SF), Millar (McAteer)

GIRLS HONORABLE MENTION:

Stafford (Madera), Paulina (Camden), Kemp (Saratoga), Blevins (Campolindo), Mallet (Branham), Daley (Granada), Gerdson (Miramonte), Behrbaum (Amador), Broderick (Tam), Williams (Liver), Bachand (Berk), Park (Chico), Salisbury (N.Gate), Lyons (Granada), Bujanje (Piedmont)

Maxworthy (Miramonte), Greg (Chico), Cottel (Cupertino), Himenes (St.Fran), Brown (Mt. View), Craig (Berk), Lavelle (Mercy), M.Taylor (Sunny), Cunncr (Mercy), Meehan (Mercy), Schneider (S.Cruz), Guelich (Sequel), Munoz (Watson), Hardy (Aptos), Mungai (S.Cruz)

11/21/76

Dear Coach:

The fourteenth annual All Northern California Cross Country Team selections will take place at Menlo-Atherton H.S., Atherton, Ca., at 9:00 AM on Saturday, Dec. 11th. The meeting will take approximately 3 hours. Boys first and second team units will be selected (22 on each squad), as well as a girls honor team.

Please mail me well in advance of the meeting, all appropriate information from your area. I need league, region, section, postal information. Major invitational results will also be of help. The selection meeting will go much faster if all this info is tabulated and ready to pass out at the meeting.

You are invited to attend and participate in the selections. The meeting will take place in the Boy's P.E. office, near the football field.

My home phone: 415 9674255
School phone: 415 3691411 ext 57

Sincerely,

Plato Yanicks

Plato Yanicks
Cross Country Coach
Menlo-Atherton HS
Middlefield Rd.
Atherton, Ca.

2235 Browning St.
Berkeley, CA 94702
Nov. 30, 1976

Dear Plato:

I have heard about you and have seen some of your scrapbooks at Donn Kirk's home. I did some portions of the State Meet History for Donn. Most recently I have heard about your Northern California cross country team selection from Bill Thompson (Alameda) and Chuck Sheley (Chico).

I have just replaced Chris Kinder as the Prep Editor for Nor-Cal Running Review. As a summary article on the cross country season, I decided to put together an all Northern California team for boys and girls. While at the NCS meet, Thompson told me about your project. By that time I had sent out letters to quite a few coaches.

I am most interested in hearing the results of your poll and I would be happy to help share what information I have.

On Saturday I'm going to attend the 3-mile postal meet at West Valley College to see Rod Berry run against Tim Holmes.

For my purposes, Northern California also included the entire Central Section. I asked Thompson and Bob McGuire (Pleasant Hill) about this, and they both agreed that it should be included. What do you include in your boundaries?

In my coverage for Nor-Cal R.R., I plan to give the girls competition equal coverage when possible.

For example, no one to my knowledge, has done an all-time list for girls.

Do you know why the CCS does not have cross country competition for girls? Do you know of any girls who would be among the top five in Northern California, but are running AAU races instead of running for their high schools.

Sincerely,

Keith Conning

P.S. I teach at Berkeley High.

12/6/76

(I used this info for another purpose but it also covers Nor Cal selections)

Dear ~~Alan~~, Coach Yauricks

I am writing to summarize Tim Holmes (Thomas Downey High School, Modesto, Calif.) 1976 cross country season. This season had a serious ramification in that Tim underwent a tonsilectomy the first week of October, causing him to lose 8 days of any training, several weeks of weakened condition, and the scraping of any speedwork the entire season.

Bill Mensing

Each of the last several winters Tim has been sick 4-5 times with colds and throat infections and after he lost a week to two colds in early September we decided, in the long run, it would be best to have the tonsils out. With these selective plans we also decided that after the tonsilectomy Tim should concentrate first on improving his endurance, pointing for the AAU Juniors, and only secondly on sharpening up for the remainder of the cross country season, even though this might make his remaining cross country season a little less impressive.

Concerning the Mt. Sac meet, we had considered going to it last summer as a very important experience-builder against the always-tough southern California runners, thinking the race experience would help a lot next spring in the State Track Meet. Even though Tim had had only two weeks to get over his tonsils, and Mt. Sac is a short, speed-oriented course, we still thought the experience would be worthwhile, despite knowing his condition at that time was not good,

Tim could not have gone to Mt. Sac, saved a 400 mile trip, and had another undefeated season. This would have looked good on paper but gained little in experience. In that race, incidently, were some good runners — Dave Daniels, (9:10 last year), Mark Fricker (4:15, 9:15 double last year), Joel Hope (4:12 last year). Steve Alvarez (9:15). ~~The Postals here were uncooperative this year also. The two mile was the day of our District Meet and the three mile is not till Dec. 4.~~

Anyway, consider all this info any way you want. I just wanted to explain some facts regarding Tim's season. I'd like to see him repeat as ^{Nor Cal} ~~one of your~~ Runner of the Year ~~All-Americans~~ and feel he's again certainly qualified.

Thenx

Bill Mensing
Head Cross Country
Thomas Downey High School
1000 Coffee Road
Molokai, Calif.

95355

~~P.S. Tim will be going to 3 Mile Postal Dec. 4 and Pacific Assn AAU Junior X Country Trials Dec. 12~~

Tim Holmes (Thomas Downey High School, Modesto, Calif.)
1976 Cross Country Competitive Record

Sept. 25 - Livermore Invitational, Livermore, Calif.; 1st place Varsity;
13:38 (course record, old record ¹⁴14:09); course extremely hilly, 3 miles
minus 203 yards; 105 entries; 2nd place Castro, Logan High School, 14:22 3
miler; 3rd place, O'Neil, Jesuit HS, 9:17 2 miler.

Sept. 29 - Center Meet, Legion Park, Modesto, Calif.; 1st place Varsity;
15:29 (course record); 2 short hills, 3 miles minus 25 yards; 24 entries;
2nd place 15:58

Oct. 2 - Nevada Union Invitational, Grass Valley, Calif.; 1st place Varsity;
15:17 (course record 15:13, Dave Taylor, 1972); course quite hilly, 3 miles;
96 entries; 2nd place Nick Breuer, Miraloma, 15:18

Oct. 23 - Matador Relays, Rusch Park, Sacramento; 1st place Varsity;
13:31; 2.7 miles, several moderate hills; 56 entries;

Oct. 30 - Mt. Sac Invitational, Walnut, Calif.; 3rd place Varsity top
seeded race; 2 miles + 100 yards, 4 hills, 2 major; 10:15;
1st Dave Daniels, San Gregorio, 10:11, 2nd Frank Ebner, Bishop Amat,
10:12

Oct. 27 - Conference Championships; 1st place Varsity; 14:42 (course record,
old record Holmes, 14:48.2); flat course, 3 miles; 2nd place 15:13
Applegate Park, Merced

Nov. 6 - District Championships; 1st place Varsity; 14:35; 3.0
mile, 2 moderate hills; 62 entries; 2nd place 15:12; course
record 14:30, Holmes, 1975 (section meet); Delta College, Stockton,

Nov. 13 - Section Championships; Calif. State Univ., Sacramento. 1st place
Varsity (2nd year); 14:39; 3 miles, moderate hills, considerable turns;
2nd place Hitchcock, South Tahoe, 14:46 (9:13 last year); 105 schools, 80 in
race, 12 teams

Dec. 4 - 3 Mile Postal, 13:59.9; West Valley JC, Saratoga;
Rot Berry 2nd, 14:00.3

~~Dec. 9 - 3 Mile Postcard 13:59.9; West Valley JC, Burroughs,
Rod Berry 2nd, 14:00.3~~

Ken Hurst (Junior, Thomas Downey High School)
1976 Cross Country Record

Oct 27 - League Championships, 2nd place Varsity, behind Tim Holmes,
15:13, 3 miles, flat course, Applegate Park, Riverside

Nov 6 - District Meet, 4th place Junior Division, 3.0 miles, 2 moderate
hills, 16:02, Delta College, Stockton

Nov. 13 - Section Championships, 2nd Place Junior Division, Calif. State College,
Sacramento, 15:03, 3 miles

Plc.	Name	Time	School	Ind. Plc.	Team Plc.	Name	Time	School
1	T Holmes	1439	Downey	36	33	Caballero	1631	Franklin
2	Hitchcock	1446	So Tahoe	37	34	Larson	1631	Mira Loma
3	Brexer	1455	Mira Loma	38	35	Clarke	1631	Cordova
4	Navarro	1506	Oakmont	39	36	Anderson	1631	So Tahoe
5	T O'NEIL	1513	Jesuit	40	37	Dickensan	1631	Bella Vista
6	Aguilar	1513	Monteca	41	38	Patten	1631	Bella Vista
7	McInturf	1517	McClatchy	42	39	Murray	1631	McClatchy
8	Gaul	1518	Jesuit	43	40	Kokopetrick	1631	Bella Vista
9	Morrill	1525	El Camino	44	41	Kreiken	1631	Oakmont
10	Munoz	1525	Franklin	45	42	Kessler	1631	So Tahoe
11	Karlson	1526	Mira Loma	46	43	Robertson	1631	Monteca
12	Ferez	1528	Franklin	47	44	Carr	1631	So Tahoe
13	Bell	1529	Jesuit	48	45	Martinez	1631	Cordova
14	Yankers	1530	Franklin	49	46	Marcos	1631	Bella Vista
15	Radican	1531	Mira Loma	50	47	Esparanza	1631	McClatchy
16	Koser	1531	So Tahoe	51				
17	Tierney	1535	Mira Loma	52				
18	Lynn	1535	Jesuit	53				
19	Schultz	1536	Cordova	54				
20	OTIS	1537	Mira Loma	55				
21	GABRIELOS	1542	So Tahoe	56				
22	FOSTER	1546	Jesuit	57				
23	TEAGUE	1547	Cordova	58				
24	M-PENEIRD	1548	So Tahoe	59				
25	MARTIN	1548	Foot Hill	60				
26	MERSCHEID	1549	Jesuit	61				
27	M-SICKLES	1554	Cordova	62				
28	RODRIGUEZ	1559	Franklin	63				
29	ELIAS	1559	Franklin	64				
30	R-ANEX	1601	Franklin	65				
31	J. DITTRICH	1602	Foot Hill	66				
32	Kater	1603	Jesuit	67				
33	Montoya	1603	So Tahoe	68				
34	Kiska	1606	Mira Loma	69				
35	Thompson	1607	Monteca	70				

Section
 Meet
 Varsity

- 1) Mira Loma 54
- 2) Jesuit 56
- 3) South Tahoe 83
- 4) Franklin 102
- 5) Cordova 140
- 6) Oakmont 185

SECTION PLACE: CSU-SACRAMENTO DATE: 1-12-76
 JUNIOR INDIVIDUAL WEATHER FAIR - 70'S

	Name	Time	School	Ind. Plc.	Team Plc.	Name	Time	School
	D. SWAN	16:00	Lincoln St	36		A. Whitaker	17:49	Lincoln St
3	K. Hurst	16:03	DOWNEY	37		S. SEWARD	17:53	VACAVILLE
4	T. BIRD	16:12	CHRISTIAN BRO	38		K. SHARP	17:57	ARMITAGE
5	T. DIXON	16:13	Lincoln St	39		T. BAKER	18:01	VACAVILLE
6	R. Hale	16:21	STAGG	40		T. BERT	18:02	EL DORADO
7	Z. ZIGGA	16:26	ARMANDO	41		M. CHAVEZ	18:03	ARMANDO
8	J. BAKER	16:28	STAGG	42		T. SCOTT	18:08	ENCINA
9	B. DICKERSON	16:34	MERCED	43		R. HARRIS	18:11	VACAVILLE
10	S. METOKEN	16:37	ARMITAGE	44		H. SELLE	18:27	CASA ROJA
11	T. RIOS	16:38	EDISON	45		R. GARRETT	18:33	DEL CAMINO
12	E. CONFERAS	16:48	MERCED	46		T. LOERA	18:39	John Sinc
13	MORA	16:51	SACRAMENTO	47		B. McLAUGHLIN	18:43	CASA ROJA
14	T. SUHARA	16:51	TRACY	48		J. STONE	18:51	NISSAN
15	T. DAVIS	16:53	EL DORADO	49		S. MURRAY	18:59	McCLATCHY
16	D. LAMOREAU	16:55	WOODLAND	50		D. FISHER	18:59	J.F. KEN
17	T. NICHOLS	16:56	Lincoln, CA	51		C. CORNELL	19:00	DEL CAMINO
18	R. TURNER	17:23	CERES	52		J. FULTON	19:07	BELLA VISTA
19	T. GONZALES	17:23	ROSEVILLE	53		B. BROWNING	19:44	
20	C. DANDY	17:00	Lincoln St	54		B. CARPENTER	19:43	FOLSOM
21	D. NAPIER	17:11	OAKMONT	55		B. STAKELLY	19:21	FOLSOM
22	B. VASSAPAKIS	17:12	CERES	56		L. JERRY	19:39	Lincoln St
23	E. JOSEPH	17:14	ENCINA	57		D. KNIGHT	19:40	FOLSOM
24	C. FLEISHER	17:14	TURLOCK	58		T. J. REGG	19:50	Lincoln St
25	L. McADDER	17:16	ARMANDO	59				
26	R. COX	17:16	MERCED	60				
27	D. FOSTER	17:19	DOWNEY	61				
28	A. HARRIS	17:21	MERCED	62				
29	M. SATKISIAN	17:22	EL DORADO	63				
30	S. BOES	17:24	VINTAGE	64				
31	H. CONFERAS	17:29	McCLATCHY	65				
32	D. JANSSEN	17:30	OAKMONT	66				
33	R. CORTI	17:30	OAKMONT	67				
34	J. FARKHUS	17:30	DIXON	68				
35	G. WILKINSON	17:34	OAKMONT	69				
36	K. BAIRD	17:34	OAKMONT	70				

Section
 Meet
 Junior
 Division

District Meet

1) Franklin 23

2) Manteca 44

3) Amador 65

Varsity

NAME

TIME

School

1. Jim Holmes	14:35	Downey
2. Gonzalo Aguilar	15:12	Manteca
3. Stan Winkley	15:19	Hughson
4. Munoz, C	15:31	Franklin
5. Rick Baker	15:45	Slack
6. Perez, M	15:49	Franklin
7. Greg McKinstry	15:51	Merced
8. Gilbert Garcia	15:51	Merced
9. Steve Thompson	15:53	Manteca
10. Caballero, M	15:53	Franklin
11. Rodriguez, A	15:57	Franklin
12. Jesus Alberto	15:57	Modesto
13. Jim Cook	16:04	Hughson
14. Elias, P.	16:05	Franklin
15. George Ortega	16:08	G. Davis
16. Augusto Ortega	16:12	C. Davis
17. Dade Lopez	16:21	St. Mary's
18. Steve Robertson	16:24	Manteca
19. Clayton, Allen	16:31	odi
20. Brunson	16:33	Atwater
21. Rick Moore	16:37	Los Banos
22. Brian Pandky	16:39	Jackson
23. Doug Bennett	16:45	Taney
24. Craig Walls	16:48	Lincoln
25. Jonas Holmberg	16:49	F. Union
26. Mike Martin	16:53	Smelter
27. Rodriguez R	16:54	Franklin
28. Kevin Lyhn	16:59	
29. Brett Hogan	17:08	Smelter
30. Bobby Azavedo	17:11	Manteca

Junior Race

NAME	TIME	SCHOOL
1. Dane Swan	15:29	Lincoln 1) Beyer
2. Steve Allen	15:36	Beyer 56
3. Jack Davis	15:51	Lincoln 2) Atwater 66
4. <u>Ken Hurst</u>	16:02	Downey
5. Hale Randy	16:03	Stagg
6. John Flynn	16:14	Atwater 3) Lincoln 93
7. Burney Contreras	16:16	Merced 4) Merced 75
8. Ricky Dickerson	16:19	Merced
9. Dane Woodford	16:19	Sonora
10. Baker Jeff	16:20	Stagg District
11. Randy Turner	16:21	Ceres
12. Steve Belmonte	16:21	Atwater Meet
13. Mike Raffanti	16:27	Beyer
14. Rios, Tony	16:29	Edson
15. Fletcher Chris	16:31	Turlock
16. Scardina	16:34	Riverbank
17. Jon Newlyn	16:37	Atwater
18. David Foster	16:39	Downey
19. Dave Amador	16:39	Beyer
20. Craig Dander	16:43	Lincoln
21. Tony Silveira	16:46	Tracy
22. Don Martin	16:49	Beyer
23. Robert Nash	16:55	Merced
24. Chuck Hallway	16:57	Beyer
25. Greg White	17:00	Atwater
26. Greg Nassopakis	17:00	Ceres
27. Ray Cortez	17:03	Merced
28. Snyder More	17:09	Calaveras
29. Rainwater Ralph	17:10	Turlock
30. David Pendley	17:13	Dickson

C.C.C. CHAMPIONSHIP CROSS COUNTRY MEET

SEN. 1

PLACE APPLEGATE

DIST 3.0 MILES

RECORD

HELD BY

PLACE	TIME	SCHOOL	PLACE	TIME	SCHOOL
1	14:42	Downey	39		
2	15:13	Downey	40		
3	15:17	Merced	41		
4	15:23	Merced	42		
5	15:26	Davis	43		
6	15:29	Atwater	44		
7	15:30	Atwater	45		
8	15:32	Merced	46		
9	15:33	Merced	47		
10	15:34	Atwater	48		
11	15:34	Modesto	49		
12	15:37	Davis	50		
13	15:40	Merced	51		
14	15:41	Atwater	52		
15	15:42	Downey	53		
16	15:46	Atwater	54		
17	16:13	Merced	55		
18	16:24	Atwater	56		
19	16:38	Downey	57		
20	16:49	Atwater	58		
21	17:36	Atwater	59		
22	17:47	Modesto	60		
23	17:48	Downey	61		
24	17:58	Davis	62		
25	18:11	Davis	63		
26	18:19	Merced	64		
27	18:34	Davis	65		
28	18:38	Downey	66		
29			67		
30			68		
31			69		
32			70		
33			71		
34			72		
35			73		
36			74		
37			75		

League Meet

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Old Course Record
14:48.2
Holmes 19:14

Varsity

Plato,

Our Section meet has been over a couple weeks so I had better get this information in to you. I have two people who I would like to nominate for the All Northern California Cross Country Team.

- 1) Doug Avrit--Chico H.S. 1st in the North Section in the Nov. 6th Championships in Redding. This is a repeat of his win last year as a Junior--was 2nd as a Soph. 1st in the Eastern Athletic League Meet. Was undefeated by any North Section runner over the last part of the season. Has 24 second win over Dan Navarro of Oakmont (4th place finisher Sac-Joaquin Section finals) at Chico Invit. in Sept. Finished 4th at Nev. Union Invit. behind Holmes (Downey), Breuer (Mira Loma) & O'Neil (Jesuit) after fall at start. Finished 2nd to Collier (8 seconds) of Tamalpais at San Ramon Invit. His time over same course was better than Chapman (Redwood), Pearl (Skyline), and Vasquez (Clayton Valley) who ran in large School Division. Was better time wise than Burke (DeLaSalle) the Wm. School Winner. Won Rio Linda Invit. Won Jr. Olympic Meet at Redwood City last weekend--distance somewhere over 3 miles. Doug did not run against any of the top Sac-Joaquin runners after the 1st two weeks of the season. His best comparisons are against Navarro (Oakmont) who he beat by 24 & 19 seconds on back to back races at Chico & Nev. Union. He was 4 seconds slower than Hitchcock (So. Tahoe) at Rio Linda but ran in the large school division which he won easily--Hitchcock in the Small Sch. Div. His time at San Ramon was 8 sec. back of Cross of Tam. who, from what I can gather, ran 9:08 over two at Pleasant Hill Oct 23rd. We don't often have North Section runners who can compete with Sac-Joaquin or North Coast people but Doug has shown he is able to do that.
- 2) Kurt Graves--Chico. Did not train much in summer so early performances at Chico & Nev. Union (12th & 15th) are not indicative of ability. Ran 6th at San Ramon (8:35-1.75) & 3rd at Rio Linda (15:57--3.0). Ran 2nd EAL (14:28--2.7 hills at Susanville) & 3rd NSCIF (heavy chest cold this meet). Was 3rd in Jr. Olympics at Redwood City last weekend
(Chico)
- 3) Girls--Darcy Burleson. Undefeated in any scholastic competition this season. Won by 44 seconds over Debbie Rudolph (Lassen) at Chico Invit; won by 18 sec over Mickey Vardell (Yuba City) & 39 over Rudolph at Nev Union; course record (7:54-1.50) at San Ramon; 30 sec winner over Karen Bain (Rio Americano) at Rio Linda; 1st EAL (13:45--2.2 hilly); 1st NSCIF; 3rd State Women's AAU XC Championships at Brown's Ravine Folsom with 15:18--2.5 hills & muddy. Darcy ran 14-18 div. in State
- 4) Girls--Debbie Rudolph Lassen. 2nd NSCIF; 5th State AAU Women's 14-18 Division 15:29--2.5 at Folsom.

I hope this info. will help & hasn't been rambling but I am anxious to expose our North Section runners to outside competition hopeful that recognition will stimulate Cross Country in this Section.

Chuck
Chuck Sheley--Chico H.S.

11/29/76

Dear Coach:

We are selecting an All Northern California Cross Country Team on Dec 11th at the Menlo-Atherton H.S. Boys P.E. office, at 9:00 Am.

We need information from you on your outstanding runner, and any additional runners in your area who you think are deserving of all N.C. honors.

We need place in league, region, and section. Grade in school and major invitational placings will also be of use. Thanks.

Sincerely,

Plato Yanicks
Plato Yanicks
Cross Country Coach
Menlo-Atherton HS
Atherton, Ca.

Dan Smith, Senior, Eureka High School
1st in League Meet with new course record
(Humboldt-Del Norte League); 5th in
the Redwood Empire Championship Meet;
6th in North Coast Section.

Glen Borland, Senior, Del Norte High School
2nd in League Meet; 3rd in Redwood
Empire Meet; 3rd in North Coast
Section.

I'm glad to see you doing this. *Diak Myers*
Eureka HS
Cross Country Coach.

Top 10 Runners

		<u>League</u>	<u>sub-section</u>	<u>Section</u>	<u>Invit</u> <u>1st in all</u>
1. Tim Holmes	Downey (Sr)	1	1	1	1st in most
2. Greg Hitchcock	S. Tahoe (Sr)	1	1	2	2 or 3 in Sagehen, Alamogordo, Nevada Union.
3. Nick Brewer	Mira Loma (Sr)	1	1	3	3rd Nevada Union
4. Tom O'Neil	Jesuit (Sr)	1	2	4	usually in Top 10
5. Bruce McInturt	McClatchy (Sr)	1	7	7	usually in Top 10.
6. Pete Gaul	Jesuit (Sr)	2	3	8	usually in Top 10.
8. Chris Otis	Mira Loma (Jr)	2	2	20 (injured)	7th fastest at Sagehen, 7th at Nevada Union
9. Dave Radican	Mira Loma (Soph)	3	6	15 (injured)	3rd Alamogordo in Top 10 at each Invitational in Top 14 Times at Sagehen Don't know
10. Malcolm Maxwell	El Camino (Sr)	4	5	9	in Top 5 at most.
11. Dan Navarro	Oakmont (Sr)	1	1	4	
12. Kevin Kading	Mira Loma (Soph)	5	9	11	

Section Meet Results

1. Mira Loma	54
2. Jesuit	56
3. S. Tahoe	83
4. Franklin	103
5. Cordova	140

1st
5 in
our
Section
Meet

Girls

(N. Section)

1. Darcy Burleson	Chico
2. Karen Bain	Rio Americano
3. Micki Vandell	Yuba City
4. Young	Oakmont
5. Allred	La Sierra
6. Linn	Rio Americano

Best Team:

Rio Americano

12-7-76

Plato,

I did not send our league & section results so have this info here. Avrit won the Region 13 (Calif-Nevada) Jr. Olympic XC Meet in Fresno with 15:05 over 3.0 hilly--I will be in St Louis with him for the National Meet on the 11th so hope the stats are helpful as I will not be able to attend.

Chuck Shelby

Eastern Athletic League at Susanville 10-28-76 2.7 Hills-top 10

1. Doug Avrit Chico 14:18
2. Kurt Graves Chico 14:28
3. Dave Crabb Paradise 14:29
4. Santos Cervantes Chico 14:38
5. Chris Johnson Chico 14:41
6. Dave Meyers Oroville 14:46
7. Kevin Boone Chico 14:52
8. Ron Hofenke Paradise 15:11
9. Mike Miles Las Plumas 15:18
10. Steve Harvey Las Plumas 15:18

Northern Section/ CIF Meet at Redding 11-6-76 3.1 hilly (top 15)

1. Doug Avrit Chico 16:09
2. Santos Cervantes Chico 16:34
3. Kurt Graves Chico 16:48
4. Ken Riley Shasta 17:00
5. Chris Johnson Chico 17:05
6. Jon Schmidt Anderson 17:06
7. Ron Hofhenke Paradise 17:14
8. Dave Crabb Paradise 17:17
9. Kevin Boone Chico 17:18
10. Dave Meyers Oroville 17:25
11. Rick Martinez Shasta 17:28
12. Bret Rohrer Red Bluff 17:33
13. Duane Noel Enterprise 17:34
14. Mike Lehner Truckee 17:38
15. Mike Brand Paradise 17:50

Dec 1, 1976

Dear Plato -

Thanks for your letter about the All-Norcal Cross Country Team. Here are the recommendations for the Northern Section.

Varsity -

Doug Avrit - Chico High - Senior

League Champ, Section Champ, Norcal Junior Olympic Champ
State Junior Olympic Champ, 1976 State Meet Competitor
Placed very high in invitationals vs. Sac-Juaguin
runners at Rio Linda Invit, and Nevada Union
Invit. Also placed very high vs. North Coast
runners at San Ramon Invit. and ~~Shoul~~ McKinleyville
Beach Run. Should be a first team selection

Soph

Greg Williams - Chico High - Soph

League, Section, Junior Olympic Norcal & State Champ
Won every race this year vs. Fresh-Soph Competition,
including those against Sac-Juaguin & North
Coast Section. A 4:31 mile as a freshman last
year. Should be a second team selection

Girls

Darcy Burleson - Chico - Soph

Won every race all year - all invitationals, league
and Section. Beat every top girl runner in Sac-Juaguin
at least twice, beat North Coast girls at San Ramon and

McKinleyville. She also placed 3rd in the State AAU meet after the High School season. Maybe the best female runner in Northern California. Definite first team selection - Ran 5:10 mile last year as a Freshman.

Debbie Rudolph - Lassen - Junior

Lost only to Darcy Burleson in meets - won whenever Darcy wasn't there. Ill for league meet - placed 5th then placed 2nd in Section, and 5th in State AAU meet. She defeated all the top runners in the Sac-Joaquin Section this season. Ran 5:16 mile last year as a Soph. Should be first team selection

Hope this helps. I have not included anybody that is not very outstanding against runners statewide or nationally ranked.

Sincerely,

Bob Wall
Lassen High School

(from Bill Hotchkiss)

Dear Plate

I cannot attend the meeting this Saturday due to an unavoidable situation that has occurred. I would like to place the following two athletes in nomination for the all No. Calif CC team

Paul Brewer

2 mile 9:14.7

3 mile 14:39.8

1st WUAL

3rd Region

4th CCS

Sunnyvale Invit 3rd, Stanford Invit 5th,

Aptos Invit 2nd, Soquel Invit 3rd

Leigh/Lanbrook Invit 2nd

PAUL is an obvious choice for first TEAM ALL NO-CALIF

Bill Ritt

2 mile 9:58

3 mile 15:39

Both these times were run virtually alone in the afternoon because of senior tests

4th WUAL

10th Region

18th CCS

Sunnyvale Invit 10th, Stanford 13th, ~~Aptos~~ Soquel 10th, Leigh-Lanbrook 9th. Bill has been very consistent. He rates ALL NO-CAL honorable mention

10th ANNUAL ALL EAST BAY CROSS COUNTRY TEAM...

PRESS RELEASE....12-14-76

The 1976 High School ALL EAST BAY CROSS COUNTRY selections have been chosen with more new names on both the first and second team selections than in any of the prior nine honor roll squads. Only two boys, Diablo's GREG CROSS and Delasalle's PAUL BURKE made the first team for a second year while only one girl, Northgate's KAREN SALISBURY repeated from 1975. Castro Valley's MICHELE STEVENSON did return after a one year absence after making the squad as a freshman in 1974. Needless to say, there were no three time honorees. There may be one in the making however as Mission San Jose's STEVE STRANGIO was a most impressive selection as a sophomore this year.

The two most outstanding performers, not only to the degree of excellence that they exhibited all season long..but also in regards to their pronounced consistency..in the Boys selections had to be Mt.Diablo's senior GREG CROSS, and Clayton Valley's fine junior harrier RICH VASQUEZ. For the Girls it also boiled down to the dominance of two fine runners, Pleasant Hill's LINDA ROBINSON (NCS 3-A Champ) and Castro Valley's MICHELE STEVENSON who finished a scant .7 of a second behind Robinson in the NCS meet.

Team rankings brought about a lot of new names as compared to last year's rankings.

FOLLOWING ARE THE FINAL TOP 10 TEAM RANKINGS FOR THE EAST BAY FOR 1976.

Team Rankings: (Based on Invitationals, League, Division, & NCS Championships)

Last year's rankings in parenthesis.

BOYS VARSITY

1. SKYLINE (Oakland) (3)
2. Mission San Jose
3. Pleasant Hill (4-t)
- tie { 4. Mt. Diablo (2)
- San Ramon
6. Miramonte
8. Alameda (4-t)
9. Bishop O'Dowd
10. Moreau
- 7 11. Canyon

GIRLS VARSITY

1. GRANADA (1)
2. Pleasant Hill (3)
3. Miramonte (5)
4. Northgate (2)
5. Acalanes (9)
6. Bishop O'Dowd (4)
7. Berkeley
8. Amador Valley (7)
9. Alameda
10. Livermore

PLEASE TURN PAGE FOR INDIVIDUAL SELECTIONS.....

B OYS CROSS COUNTRY SELECTIONS (listed in alphabetical order) note...(1st), (2nd), or (hm) indicates 1975 selection.

B AKER, Mark (Jr)	<u>San Ramon High</u>	EBAL champ, 7th in Central Division and 9th East Bay finisher at NCS. Finished in top 10 in five major invitationals on the season.
(1st) BURKE, Paul (Sr)	<u>De Lasalle High</u>	One of the two returnees from 1975. CAL Champ and 2nd in Bay Division meet, was 5th E.B. finisher at NCS. Also won Artichoke Inv., and in top 5 of three other major mts. Finished in top 5 of 4 major meets and then capped off season with a 3rd in MVAL, 4th in Bay Divisional and crossed line as 8th E.B. finisher at NCS meet.
CASTRO, Ray (Jr)	<u>Logan High</u>	The other returnee; College Park and Antioch champ with very high finishes at San Ramon and Pleasant Hill. Won the DVAL, runnerup in the Central Area Meet, and the #1 E.B. finisher at NCS with a 4th place crossing.
(1st) CROSS, Greg (Sr)	<u>Mt. Diablo High</u>	ACAL Champion, 5th in Bay Division and 7th E.B. finisher in NCS meet. Finished in top 10 in 3 out of 4 major invitationals.
KINDLE, Ray (Sr)	<u>Alameda High</u>	A hard working runner who has demonstrated perseverance through four years of running. Finished in top 7 of four major meets, with a 3rd in DVAL and 6th in Central Div. meet, to just miss making the NCS meet.
MULLEN, John (Sr)	<u>Northgate High</u>	Up from the second team in 1975. Illness cut down on the effectiveness of this runner but he still managed wins in the OAL Invitational and the OAL Championships as well as 5th place finishes at the Sunnyvale and San Ramon mts. Concentrating mainly on the dual season, this top runner won the Small Schools Livermore Invitational before going on to win the HAAL meet. With a 3rd in the Bay Division, he was the 4th E.B. runner to finish at the NCS with a 9th place effort.
(2nd) FEARL, Jamie (Sr)	<u>Skyline High</u>	A fine runner as a frosh...he really blossomed forth this year to lead MSJ to a fine 3rd place NCS finish. Finish- in the top 5 in three major invitationals, he snared 2nd in the MVAL before going on to win the Bay Division and finishing with the 3rd best E.B. effort in the NCS meet.
ROMIGUIRE, Ken ^{Jr}	<u>Canyon High</u>	A great prospect for the future...was hon. mention as a frosh. 2nd at Antioch and Coll. Pk. Invitationals, and 3rd at P.H. Jamboree, he finished right behind Cross in the DVAL before going on to a course record effort in winning the Central Area meet. In 5th place, he was the second E.B. runner to cross the line in the NCS finale.
STRANGIO, Steve (10)	<u>Mission S. Jose</u>	Lack of outside competition hurt his evaluation but this FAL champion (twice) snared 4th at the Central Area meet before becoming the #6 E.B. runner in the NCS meet.
VASQUEZ, Rich (11)	<u>Clayton Valley</u>	
(hm) WILLIAMS, Gael (12)	<u>Miramonte High</u>	

SECOND TEAM SELECTIONS

BEHNIG, Mark (12)	<u>Castro Valley</u>
B ALBIERZ, Greg (12)	<u>Northgate</u>
CONOVER, Mark (11)	<u>Miramonte</u>
(hm) CROFT, Pat (12)	<u>Pleasant Hill</u>
(2nd) HUSSEY, Rich (12)	<u>Washington</u>
(2nd) HARBAUGH, Rick (12)	<u>Piedmont</u>
MOLINA, Scott (11)	<u>De Lasalle</u>
SCANNEL, Pat (11)	<u>Bishop O'Dowd</u>
SCHNEIDER, Jim (11)	<u>Skyline</u>
VALDEZ, Greg (11)	<u>Skyline</u>
VAN BUSKIRK, Rod (11)	<u>Pleasant Hill</u>

HONORABLE MENTIONS

AVALAOS, Chris (12)...	<u>St. Jo</u>	PROUTY, Doug (11)...	<u>PHill</u>
BUSBY, Ron (12)...	<u>Skyline</u>	RUFFING, Scot (11)...	<u>MSJ</u>
CHASTAINE, Mike (11)...	<u>MSJ</u>	RUSSO, Darius (11)...	<u>PHill</u>
FIKE, Dave (11).....	<u>Bkly.</u>	SAYLOR, Dave (11)...	<u>MSJ</u>
HOAG, Val (12).....	<u>Pinole</u>	SALLAZ, Vern (12)...	<u>Slear</u>
HOCHAUSS, Greg (11)...	<u>Claytn</u>	SMITH, Dave (12)...	<u>ODowd</u>
MARONEY, Chuck (11)...	<u>ODowd</u>	WHISLER, Bob (10)...	<u>Diabl</u>
FREECE, Jason (12)...	<u>S. Ramon</u>	WRIGHT, Chas. (11)...	<u>Morea</u>

GIRLS CROSS COUNTRY SELECTIONS (listed in alphabetical order) note..(1st), (2nd), or (hm) indicates 1975 selection.

(2nd) BEHRBAUM, Wendy (11)	<u>Amador Valley</u>	3rd in Coll.Pk. Invit. and 2nd at Antioch, was runnerup in EBAL and finished 6th in Central Area Meet to just miss the NCS meet.
BLEVINS, Sue (11)	<u>Campolindo</u>	Coming out of the blue in the FAL Championships, she won masterfully to go on to finish 5th in the Central Area Meet and be the 7th E.B. finisher at the NCS.
BOWERS, Pam (11)	<u>American</u>	Third at the OAL and San Ramon Invit'ls. Won the MVAL. Injured at Bay Area Meet. Hard-shipped into NCS where she snared 7th to become the 4th E.B. finisher.
DALEY, Arlene (11)	<u>Granada</u>	Led her team-mates to the NCS team title. Won the Coll.Pk. Invit'l. EB AL Champion, missed Central Area Meet but came on in NCS Championships to be the 5th E.B. girl to cross the line.
CRAIG, Laura (12)	<u>Berkeley</u>	First year of cross country. Had an outstanding season with a first in the OAL Invit. and a 6th in P.Hill Jamboree. Was Was the Richmond-Berkeley AL Champion and upset Robinson for the Central Area crown. Finishing in 5th in the NCS meet, she was the 3rd E.B. finisher.
GERDSEN, Laura (10)	<u>Miramonte</u>	Leader of a very strong and very young Miramonte team that finished 3rd in NCS. Like Blevins, a lack of top quality Invitationals hurt her ratings but her 7th in the Central Area Meet coupled with being the 10th E.B. finisher at the NCS meet did it for her.
(2nd) ROBINSON, Linda (12)	<u>Pleasant Hill</u>	Consistency was the by-word for this girl, not only the first E.B. finisher in the NCS meet, but the NCS Champion. 2nd at College Park and Pleasant Hill, she snared a 4th at San Ramon to go along with her Antioch Inv. win. Won the DVAL meet by 59 sec. and 2nd in the Central Area Meet. A Fletco awardee.
(1st) SALISBURY, Karen (11)	<u>Northgate</u>	This season was not as good as past but her willingness to keep plugging paid off at the end as she emerged the 9th E.B. finisher at NCS to gain her third consecutive spot on the E.B. Honor Roll. Finished in top 10 in 3 major meets as well as runner-up in DVAL, 3rd at Antioch, and 11th in Central Area Meet.
STEVENSON, Michele (11)	<u>Castro Valley</u>	The other dominant force in the East Bay this season. 2nd at San Ramon, 1st at Hayward and champion of the Pleasant Hill Jamboree, she won the HAAL and Bay Area meets before being just edged by Robinson in the NCS. She had made the 1974 first team as a frosh.
WAY, Kathy (11)	<u>Alameda</u>	2nd in OAL Invit. and 3rd in Hayward Inv. Won the ACAL and was 2nd in Bay Area Meet. 6th E.B. finisher at NCS
WILLIAMS, Cheri (11)	<u>Livermore</u>	2nd in Hayward Invit. and 3rd at P.H. Jamboree, she showed great ability. Down a little in EBAL she came back with a 4th in Central Area Meet and was 8th E.B. finisher at the NCS.

SECOND TEAM SELECTIONS

(1st) ANAYA, Mariea (11)	<u>Granada</u>
BURANJA, Diana (11)	<u>Piedmont</u>
(1st) DALEY, Karen (12)	<u>Granada</u>
FRENCH, Kati (10)	<u>ODowd</u>
GONSALVES, Pat (11)	<u>ODowd</u>
(2nd) LYONS, Kathy (10)	<u>Granada</u>
(hm) MANGELSON, Karen (10)	<u>Clayton V.</u>
MAXWORTHY, Juli (9)	<u>Miramonte</u>
SCHMELLING, Joanna (9)	<u>Pleasant Hill</u>

HONORABLE MENTIONS

BACHAND, Lynn (10)....Bkly	O'BRIEN, Maureen (10)....PHill
COON, Linda (10).....MSJ (hm)	PANNELL, Nancy (12)....PHill
(1st) GREEN, Laurie (10)....NGate	(2nd) ROOS, Kristi (11)....Acal.
HAYES, Juli (10).....Dublin	(2nd) SPURRIER, Dana (11)....Miram.
KUTULAS, Sandy (10)....PHill	STRANGIO, Liz (9)....MSJ
(2nd) LAUTH, Karen (10).....ODowd	SEARLS, Jennifer (10)....C.Park
MONTAGNE, Libby (10)....Miram.	WESENBERG, Celia (11)....Alam.

NORTH COAST SECTION EVALUATION TO SELECT ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM.....

1976 DEC. 5th

NAME	SCH	POSTALS	2	3	NCS	DIV	CRYS	PLEASH	HAYW	SOQ	SAN RAM	OTHERS
Barry - Rod	-REDWOOD	-9:04	-14:01.1	- 1	- 1	-	-	1Lge-	- 1	-	-	-
Collier- Arah	-TAM	-	-	- 2	- 2	-	-	1Sm -	-	-	-	-
Borland- Glenn	-DELNORTE	-	-	- 3	- 3	-	-	-	-	-	-	-
Cross- Greg	-MTDIABLO	-	-	- 4	- 2	-	-	2Lge-	-	-	-	-
Vasquez, Rich	-CLAYTVALLEY	-	-	- 5	- 1	-	-	3Lge-	-	-	-	-
Smith, Dan	-EUREKA	-	-	- 6	- 5	-	-	-	-	-	-	-
Strangio- Steve	-MISSSJOSE	-	-	- 7	- 1	-	-	6Lge-	-	-	-	-
Biando- Mike	-PINER	-9:29	- 14:48.8	- 8	- 7	-	7 Cha-	9Lge-	2	-	-	- 2 RC/Sons
Romiquire- Ken	-CANYON	-	-	- 9	- 3	-	-	-	-	-	-	-
Moreno- Armand	-PINER	-9:42	- 14:53.9	-10	- 6	-	3 Cha-	5Lge-	1	-	-	- 1 RC/Sons
Chapman- Colin	-REDWOOD	-9:34	- 14:57	-11	- 4	-	-	4Lge-	-	-	-	-
Burke- Paul	-DeLaSALLE	-	-	-12	- 2	-	-	-	-	-	-	-
Williams- Gael	-MIRAMONTE	-1	-	-13	- 4	-	-	-	-	-	-	-
Bullano- Dave	-PINER	-9:37	- 14:52.9	-14	- 11	-	9	-	9	-	-	- 4 RC/Sons
Kindle- Ray	-ALAMEDA	-	-	-15	- 5	-	-	9Sm -	-	-	-	-
Castro- Ray	-JAMES LOGAN-	-	-	-16	- 4	-	-	7Lge-	-	-	-	-
Martin-Marty	-PINER	-9:44	- 14:55.2	-17	- 13	-	12Cha-	20Lge-	6	-	-	-
Baker- Mark	-SANRAMON	-	-	-18	-	-	-	3Sma-	-	-	-	-
Ruffing- Scott	-MISSSJOSE	-	-	-19	-	-	-	26Lge-	-	-	-	-
Balburz- Greg	-NORTHGATE	-	-	-20	- 5	-	-	16Lge-	-	-	-	-

GIRLS:

	NCS	SCH
1 Robertson, Linda	1	Pleasant Hill
2 Stevenson, Rochelle	2	CastroValley
3 Sweeny, Sarah	3	Marin Catholic
4 Kenney, Diane	4	Novato
5 Craig, Laura	5	Berkeley
6 ✓ Messerschmidt, Hiedi	6	Montgomery
7 ✓ Bowers, Pam	7	American (Fremont Area)
8 Daley, Arlene	8	Granada
9 Way, Kathy	9	Alameda
10 Broderick, Bonnie	10	Tamalpias
11 Blevins, Susan	11	Campobinda
12 Williams, Cheri	12	Livermore
13 Salisbury, Karen	13	Northgate

Gunn's Kurr honored

Jack Kurr of Gunn High has been named the Outstanding Freshman on the All-Northern California cross country team.

Tim Holmes of Modesto's Downey was selected Runner of the Year on the 22-man squad which includes seven Central Coast Section harriers including Carlmont's Bob Love and Serra's Stan Ross.

Only area second-team honorees are Dave Avila and Terry Boynton of Cu-

pertino and Greg Mandanis of Carlmont.

Midpeninsulans named honorable mention are Kurr, St. Francis' Dave Cortez, Menlo-Atherton's Gary Thurston, Sunnyvale's Rick Sanchez, Fremont's Ernie Reith, Carlmont's Dan Norris, Monta Vista's Jeff Nicklin and Dan Grimes and Saratoga's Martin Rohe and Dave Burns.

Jean Fox of Homestead, Tony Taylor of Sunnyvale and Cindy Vaughn of San Carlos are area runners on the All-NorCal girls' first team.

All-NorCal selections

FIRST TEAM

Ranked alphabetically — Gonzalo Aguilar, Manteca, Sr.; Doug Avrit, Chico, Sr.; Rod Berry, Redwood, Jr.; Mike Biando, Piner, Jr.; Glen Borland, Del Norte, Sr.; Nick Brewer, Mira Loma, Sr.; Paul Brewer, Leigh, Jr.; Carlos Carrasco, Mt. Pleasant, Soph.; Aaron Collier, Tamalpais, Sr.; Greg Cross, Mt. Diablo, Sr.; Ken Holladay, Gilroy, Jr.; Greg Hitchcock, South Tahoe, Sr.; Tim Holmes, Downey, Sr.; Bob Love, Carlmont, Jr.; Greg Mandanis, Carlmont, Sr.; Dan Navarro, Oakmont, Sr.; Tom O'Neil, Jesuit (Sacto) Sr.; Stan Ross, Serra, Sr.; Rich Sechrist, Piedmont Hills, Sr.; Dan Smith, Eureka, Sr.; Mark Stillman, Willow Glen, Sr.; Steve Strangis, Mission San Jose, Soph.; Rich Vasquez, Clayton Valley, Jr.

OTHERS

No locals on second team. Local honorable mentions — Gary Thurston, M-A; Dan Norris, Carlmont; Dave Cortez, St. Francis; Mike Rinaldi, Serra.

Local girls honored — Cindy Vaughan, San Carlos; Rebecca Schmidt, Half Moon Bay. Girls honorable mention to Holly Himenes, St. Francis.

RUNNERS OF THE YEAR

Overall honor and senior honor — Tim Holmes, Downey (Modesto). Top junior — Rod Berry, Redwood (Larkspur). Top sophomore — Carlos Carrasco, Mt. Pleasant (San Jose). Top freshman — Jack Kurr, Gunn. Top girl — Darcy Burleson, Chico.

#	NAME	BR	SCHOOL	SECT	REG	LG	2.0 POSTAL	3.0 POSTAL	PH	SR	STAN	ART	SQA	SUN	SERRA	#
1	HOLMES, TIM	12	DOWNY	1	1	1		1	13:59.9							
2	HITCHCOCK, GREG	12	S. TAHOE	2	1	1										
3	CARRASCO, CARLOS	10	MT. PLES	1	1	1	9:09.6				1c		1			
4	BERRY, ROD	11	REDWOOD	1				2	14:00.0				1c			
5	COLLIER, AARON	12	TAM	2									2c			
6	STILLMAN, MARK	12	WIL. GL	2	2	1	22 9:42.0	15:19							1c	
7	BREWER, NICK	12	MIRALOMA	3	1	1	4 9:14.7						4c			
8	AVRIT, DOUG	12	CHICO	1		1				5 4						
9	LOVE, BOB	11	CARLMONT	3	27	1	3 9:13.7	3 14:21.4			2c					1
10	O'NEIL, TOM	12	JESUIT	5	2	1										2c
11	BORLAND, GLEN	12	DEL NORTE	3	3	2										
12	BREWER, PAUL	11	LEIGH	4	3	1	4 9:14.7	5 14:39.8			5c		3c			
13	CROSS, GREG	12	MT. DIABLO	4	2	1										
14	NAVARRO, DAN	12	OAKMONT	4	1	1										
15	SECHRIST, PAUL	12	PIED HILLS	5	5		11 9:29						1			
16	VASQUEZ, RICH	11	CLAYTON	5	1	3	5 9:17.2									
17	McINTURE, BRUCE	12	McCLATY	7	7	1										
18	HOLLADAY, KEN	11	GILROY	6	11	2	8 9:26.7						8c			
19	SMITH, DICK DAN	12	EUREKA	6	5	1										
20	SCHNEIDER, JIM	11	SKYLINE	-	-	1	14 9:32									
21	MANDANIS, GREG	12	CARLMONT	7	1	2	20 9:40.0	14:49.0			6c					2
22	SUP, JOHN	12	PALMA	21	7		2 9:12.0	4 14:30					3*			
23	GAUL, PETE	12	JESUIT	8	3	2										10c
24	ROSS, STAN	12	SERRA	12	1	1	9 9:27.6				4c		6c			7
25	SIQUEIROS, ARMAND	12	WATSON	16	2		9:21.6	13 14:56.8								
26	OTIS, CHUCK	11	MIRALOMA	20	2	2							7c			
27	HARTMAN, MATT	11	MILPITAS	8	13											
28	GREEN, JOE	12	ARAGON	13	2	1	12 9:29.5				7c		3			1
29	RADICON, DAVE	10	MIRALOMA	15	6	3										
30	BOYNTON, TERRY	12	CUPER	9	7	1		14 15:02								4
31	SAUSTORD, ERIC	12	WESTWOOD	24	4						40c		9			10
32	AVILA, DAVE	10	CUPER	10	4	3	9:36									6
33	MUNOZ, GILBERT	12	WATSON	11	1	2	23 9:43.0	8 14:48.2					15			
34	DEAN, GILBERT	11	JEFF	112	3											
35	BORLAND, GLEN	12	DEL NORTE	3	3	3										
36	MAXWELL, MALCOM	12	EL CAM	9	5	4										
37	BARRAGON, JAVIER	12	CAMPBELL	14	9	3	17 9:37.0									3
38	KADING, KEVIN	10	MIRALOMA	11	9	5										
39	CASTRO, RAY	11	LOGAN	16	4	3	7 9:24.1	6 14:43.8								
40	DIAZ, WILLIE	12	SIL. CR.	15												
41	BIANDO, MIKE	11	PINER	8	7		10 9:29.0	7 14:48.8								7c
42	AGUILAR, GONZALO	11	MANTECA	6	2											
43	THURSTON, GARY	12	M-A	17	5	3	13 9:30.8				7					

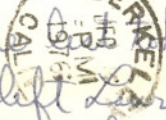
[illegible]

#	NAME	S REG.	H SR	STAN ART SOC SUN SERRA COY
1	BURLESON, DARYL	CHICO 1	1	
2	RUDOLPH, DEBBIE	LASSEN 2		
3	ROBINSON, LINDA 12	PL. HILL 1	1	
4	STEVENSON, MICHE	CASTRO V. 2		
5	TAYLOR, TONI	SUNNY		1
6	BAIN, KAREN	RIO AMER 2		
7	SCHMIDT, REBEKAH	HMB		1
8	SWEENEY, SARAH	MARINE. 3		
9	MOEN, HEIDI	SM		2
10	VARDALL, MICKI	YUBA CITY 3		
11	KINNEY, NORMA	NOVATO 4		
12	BACHAND, LYNN	BERKELEY		3
13	CRAIG, LAURA	BERKELEY		4
14	YOUNG HEIDI	OAKMONT 4		
15	MESSERSCHMIDT LEANN	Mont REDWOOD 5		
16	STAFFORD,	Madera		5
17	ALLRED	LA SIERRA 5		
18	Fox	HONE		
19	VAUGHAN	San Carlos		3
20	KEMP	SARATOGA		4
21	LINN	RIO AMER 6		2
22	BROWN	MT. VIEW		5
23	HIMENES	ST. FRAN		6
24	COTTE	EUPER		7
25	PAULIN	CAMDEN		8
26	TAYLOR	SUNNY		9
27	MALLET	BRANHAM		10
28	TRASON, ANN	P.G.		
29	WAY, KATHY Jr	ala 7	2	1
30	Bowers, Pam Jr	Amer		
31	Daley, Arlene Jr	Granada		
32	Park	Chico		
33	Grogg, Joan	Chico		
34	Salisbury	N. Gate		
35	Broderick, Bonnie	Tam		
36	Williams Cheri	Liver		
37	Schlaue			

Fri. Dec. 17, 1976

Dear Plato:

I enjoyed working with you and the other coaches last Saturday.

I received the . You, inadvertently, left Laura Craig (Berkeley) off the first team for girls. She was fifth at NCS, first at Div, first at League. You have Linn (Rio Americano) on the first team, but she should have been honorable mention.

I hope to work with you again next year.

Sincerely,
Keith Conning



CITIZENS SAVINGS ATHLETIC FOUNDATION

January 19, 1977

Mr. Plato Yanicks
Menlo-Atherton High School
Middlefield Road and Ringwood Avenue
Atherton, California 94025

Dear Plato:

I received your letter of January 17, in which you referred to the All Northern California High Schools Cross Country Team awards for 1976.

I quite agree with you, Plato, that we should restrict the awards to the boys, and not grant them to the girls -- for as you pointed out in your letter, the girl's team was not of official kind.

As you have now requested, I shall have awards imprinted for the twenty-two athletes who were cited for the 1976 All Northern California Cross Country Team. Just as soon as these awards are imprinted, I shall forward them on to you for presentation.

With best wishes.

Most cordially,


W. R. 'Bill' Schroeder
Managing Director

WRS:pd