THE 1976 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM

FIR	ST TEAM: (listed al) Name	School	Gr	Sec	Reg	Ĺg	2.0 pestal	3.0 Postal	Invit
•	toution Committee	Manteca	Sr	6	. 2	<i>j</i> .			
1.	Aguilar, Genzale	Chice	Sr	1	_	1			4-2-1-1
2.	Avrit, Doug	Redwood	Jr	ī	- 1	ī	9:04.0	14:00.0	
3.	Berry, Red	Piner	Jr	8	7	_		14:48.8	
4.	Biande, Mike	Del Norte	Sr	3	3	2	,	2414040	
5.	Berland, Glen	Mira Lema	Sr	3	í	1	981a7		4
6.	Brewer, Nick	- Leigh	Jr	4	3	i		14:39.8	5-3
7.	Brewer, Paul	- Mt.Pleasant	Se	ī	í	1	9:09.6		1-1
8.	Carrasce, Carles		Sr	2	2		3.03.0		2-1
9.	Cellier, Aaren	Tamalpias		4	2	1			2
10.	Cress, Greg	Mt.Diable	Sr		11	7	9:26.7		8
11.	Helladay, Ken	- Gilrey	Jr	6		4	9:20.7		0
12.	Hitchcock, Greg	South Tabee	Sr	2	1	1		10.50 0	
13.	Helmes, Tim	Downey	Sr	1	1	1		13:59.9	
14.	Love, Beb	Carlment	Jr	3	27	1	9:13.7	14:21.4	2-2-1-1-1
15.	Navarro, Dan	Oakment	Sr	4	1	1			_
16.	O'Neil, Tom	Jesuit	Sr	5	2	1			2
17.	Ress, Stan	Serra	Sr	12	1	1	9:27.6		4-6-7
18.	Sechrist, Rich	Piedment 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.	Strangie, Steve	Missien S.J.	Se	2 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 Helmes
Outstanding SenierTim Helmes
Outstanding Junier.....Red Berry
Outstanding Sephemere.....Carles Carrasce
Outstanding Freshman.....Jack Kurr

Downey (Medesto)
Redweed (Larkspur)
Mt Pleasant (San Jese)
Gunn (Pale Alte)

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 retreactive 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 Comning (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 werethree repeaters from last year's first team selections: (Berry, Carrasco, and Holmes). Gross, 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 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 thir first All No Cal selections ever.

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

RELEASE TIME: Friday, Dec 17, 16.

SECOND TEAM: (listed alphabetically)

10-4-3 9:36.0 1. Avila, Dave Se Cupertine 9--7 1 15:02.0 Sr 2. Beynten, Terry Cupertine Bullane, Dave Piner Sr 14 11 -9:38.0 3. Burke, Paul De La Salle Sr 12 4. 5. 16 4 3 9:24.1 Castre, Ray Legan Jr 6. Chapman, Celin Redwood Sr 11 4 9:34.0 7. Galligan, Mike Marysville Sr 12 8. 8 3 Sr Gaul, Pete Jesuit 3 2 9. Graves, Kurt Chice 2 10. Green, Jee 13 1 9:29.5 Aragen Sr 11. Kendall, Ray 15 5 Alameda Sr Mandanis, Greg Carlment 7 2 12. 1 9:40.0 Sr El Camino (S)Sr 9 13. Maxwell, Malcom 5 4 7 7 14. McInturf, Bruce McClatchy Sr 15. Merene, Armande P iner Jr 10 6 9:42.0 16. Munez, Gilbert Wetsenville Sr 11 1 9:43.0 17. Pearl, Jaime Sr 111 Skyline 18. Romiguiere, Ken 9 3 1 9:39.0 Canyon Jr 19. 9:32.0 Schneider, Jim Skyline Jr 1 20. Siqueires, Armande Watsenville Sr 16 2 9:21.6 21. 7 Sup. John Palma Sr 21 9:12.0

GIRLS (FIRST TEAM) (listed alphabetically)

1.	Allred, J.	La Sierra					
2.	Bain, Karen,	Rio American					
3.	Bardell, Micki	Yuba City					
4.	Bewers, Pam	American			p 7 *	• • •	
	Burleson, Darcy	Chico	(Girls	runner	•f	the	yr)

Miramente

Jr 13 4

- 6. Fex, Jean Hemestead
 7. Kenney, Diane Nevate
 8. Linn, Rie American
- 9. Messerchmitt, Hiedi Mentgemery 10. Meen, Heidi San Matee
- 11. Pearson, Deena San Lorenzo Valley
- 12. Rebinsen, Karey Franklin
- 13. Rebinsen, Linda Pleasant Hill
- 14. Rudelph, Debbie Lassen

22.

Williams, Gael

- 15. Stevensen, Michelle Castre Valley
- 16. Sweeny, Sarah Marin Catholic
- 17. Schmidt, Rebecca Half Meen Bay
- 18. Tayler, Teni Sunnyvale
- 19. Trasen, Ann Pacific Greve
- 20. Vaughn, Cindy San Carles
- 21. Way, Kathy Alameda
- 22. Young, E. Oakment

GIRLS HONORABLE MENTION:

Stafford (Madera), Paulin (Camden), Kemp (Saratega), Blevins (Campelinde), Mallet (Branham), Daley (Granada), Gerdsen (Miramente), Behrbaum (Amader), Brederick (Tam), Williams (Liver), Bachand (Berk), Park (Chice), Salisbury (N.Gate), Lyens (Granada), Bubanje (Piedment)

HONORABLE MENTION: (CCS)

Hartman (Milpitas), Barragen (Camp),
Diaz (Sil Cr), Thursten (M-A),
Dean (Jeffersen), Sausjerd (West)
Burns (Sarat), Ritt (Leigh),
Christensen (Seaside), Snachez
(Sunny), Lua (Leland), Man Nerris
(Carl), Cordeva (Watsen), Cortex
(St Fran), Kurr (Gunn), Selback
(Aptes), Rinaldi (Serra), Nicklin
(Menta Vista), Flatew (W.G.),
Hannawalt (SI), Grimes (Men Vista),
Eberly (Les Gates), Rehe, Marin (Sart)
Trujille (Gilrey), Reith (Frement)
Bleuin (WG),

HONORABLE MENTION (NCS)

Martin (Piner), Baker (San Ramen), Ruffing (Miss SJ), Balburz (N.Gate), Conever (Miramente), Mullen (N.Gate. Van Buskirk (PH), Carlson (Tam), Creft (PH), Hussey (Wash), Behnig (Cast Val), Kruger (Piner), Sallaz S.Lea), Harbaugh (Pied).

HONORABLE MENTION (SJ)

Otis (Mira Lema), Radicen (MiraLema) Kading (Mira Lema), Fester (Jesuit), Slater (Jesuit), Finn (Jesuit), Munez (Franklin), Winkley (Hughsen) 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 (Miramente), Greg (Chice), Cette:
(Cupertine), Himenes (St.Fran), Brewn
(Mt. View), Craig (Berk), Lavelle (Mercy),
M. Taylor (Sunny), Cunncer (Mercy), Mechan
(Mercy), Schneider (S.Cruz), Guelich (Sequel)
Munez (Watsen), Ha rdy (Aptes), Mungai (S.Cruz)

NORTHERN CALIFORNIA HIGH SCHOOL RUNNER OF THE YEAR:

1953	Stephens, Reger	Pale Alte
1954	Larrieu, Ron	Pale Alte
1955	Larrieu, Ron	Pale Alte
1956	Wallace, Keith	Piedment
1957	Northway, Bill	Pale Alte
1958	Linn, George	Pale Alte
1959	Lehner, Mike	Pale Alte
1960	Grewth, Mergan	. Alhambra
1961	Rye, Dan	Pale Alte
1962	Ryan, Mike	Wilcex
1963	Ryan, Mike	Wilcex
1964	Ryan, Mike	Wilcex
1965	Celaya, Rudy	Tennysen
1966	Isela	Mt. Diable
1967	Swenson	St.Mary's
1968	Larsen	Frement (sun)
1969	Hale	Camp@lind.
1970	Merk-Hart-Templeman	Wash-WG-Carl
1971.	Breeks, Steve	Mt. Pleasant
1972	Täyler, Dave	Merced
1973	Kimball, Rich	De La Salle
1974	Kissen, Rey	San Ramon
	Helmes, Tim	Downey
1976	Helmes, Tim	Downey
	-	

	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
1962	Celaya (Tennyson)	Ryan (Wilcox) *	Kay (Miramonte)	Graham (Les Altes)
1963	Cardinalli (Central)	Gamaz (Feethill)	Ryan (Wilcox)*	Kay (Miramente)
1964	Mahen (Hemestead)	H.Carter (Pittsburgh)	Ray Celaya (Tenny)	Ryan (Wilcox) *
1965	Alfare (Pittsburgh)	Bruce (Pleasant Hill)	Walker (Homestead)	Rudy Celaya (Tenny) *
1966	Gaesser (Homestead)	Carey (Carlment)	Mahon (Homestead)	Isela (Mt.Daible) *
1967	Hale-Mahan-Hagar	Clark (MSJ) & McCarty	Carey (Carlmont)	Swensen (St Mary's)*
1968	Rebinsen (Pleas.Hill)	Hale (Campelinde)	Brassell (Homestead)	Larson (Frement) *
1969		z Kinsella & Geiken	Hale (Campelindo)*	McCarty (St.Fran)
1970	Miller (J)&Lawson(SC)	Miller (Carlment)		Merk-Hart-Templeman *
1971	Kingery (San Carles)	Burrough & Thurwachter	Manriquez (Mt Pleas)	Brooks (Mt.Pleas) *
1972	Munoz (Watsenville)	Kingery (SanCarles)	Kimball (DeLaSalle)	Tayler (Merced) *
1973	Holmes (Downey)	Paulin (Camden)	Kingery (SanCarles)	Kimball (DeLa Salle)*
1974	Berry (Redwood)	Holmes (Downey)	Paulin (Camden)	Kissen (San Ramen)*
1975	Carrasco (Mt Pleasant)	Berry (Redwood)	Helmes (Dewney) *	Shulz (Redwood)
1976	Kurr (Gunn)	Carrasce (Mt Pleas)	Berry (Redwood)	Helmes (Dewney)*

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 halfway). 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 (NCRR/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

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 SWEENY (Marin Catholic, Kentfield)--Firsts at Sonoma
St., League, NCS Redwood Empire; Thirds at Pleasant
Hill North Coast Section

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 phenominal 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, Gerdsen, 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/Stanislaus 4:17.8, Wood/Cal 4:18.8; LJ: Bule/CTC 20-3 3/4; 440: Sheats/ Stan 48.8, Sterling/Laney 50.0; DT: Tafralis/CSM 139-11; TJ: Dalli/Skyl 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/Stan 22.0;

880: Robertson/WVTC 1:58.9, Sterling/Laney 1:58.9, Foulke/CSM 1:59.3, McMeans/WVTC 2:00.8; MileR: HATC 3:29.9, SFS 3:30.5; 60HH: Almond/SFS 7.6; /HIGH SCHOOL/ 440R: Burbank 44.8; Mile: 0 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: McLaugh-lin/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/MPl 6-4; PV: Alexander/Un 12-6; /WOMEN/ 2 Mi: Olrich/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/Stan 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/Stanislaus 1:55.4, Sterline/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: Orovillo/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: TayTor/Ovflt 6.5; 60HH: Nixon/Ovflt 6.9; 440: Stillman/WG 51.7;
880: Picha/Hmstd 2:03.3; 220: Taylor/Ovflt 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/Ovflt 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: Schmule-wicz/Un 4:11.7, Richardson/Stanislaus 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/Stan 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: Romesser/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)
- Northern Section Finals (Girls), Colfax or Wheatland, May 26 -(G/HS).
- 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, May 27 late pm (HS).
- May 28 Don Palmer Memorial Track Meet, UC Irvine, 10 am (M);
- May 29 PA-AAU Sr. Men's & Women's Champs, DVC, Pleasant Hill (all day), (0,W); PA-AAU Age-Group Champs, San Jose CC (2 days) (GAG,BAG).
- Jun 3 State CIF Trials, UCLA, noon (HS); Calif. JC Decath-1on 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.
- Natl. Jr. AAU 5-Km. (& Class B 10-Km.), Portland, OR May 1 -(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, Se-
- attle, 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 am 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/

<u>US-USSR-Canada Indoor</u> (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 NCRR 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 NCRR LDRC Point Total Competition (see page 6).



Race Walker Neal Pyke /L. Rorke/

"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.



CITIZENS SAVINGS ATHLETIC FOUNDATION

1976 AWARD

All-Northern California High Schools Cross Country Team

R Manteca	GONZALO AGUIL
	DOUG AVRIT
$\dots \dots Redwood$	ROD BERRY
Piner	MIKE BIANDO
Del Norte	GLEN BORLAND
Mira Loma	NICK BREWER
$\dots \dots Leigh$	PAUL BREWER.
OMt. Pleasant	CARLOS CARRAS
	AARON COLLIER
	GREG CROSS

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

W. R. "BILL" SCHROEDER
Managing Director

THE 1976 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM

	Nam e	School	Gr	Sec	Reg	Lg	p e stal	Postal	Invit
	Aguilar, Gonzalo	Manteca	Sr	i. 6	.: 2	i,			
•	Avrit, Doug	Chico	Sr	1	-	1			4-2-1-1
	Berry, Red	Redwood	Jr	1	1	1		14:00.0	
,	Biande, Mike	Piner	Jr	8 3	7 3	-	9:29.0	14:48.8	7-9-2
	Berland, Glen	Del Norte	Sr	3	3	2	ę.		
,	Brewer, Nick	Mira Loma	Sr	3	1 3		المعدد المحا		4
	Brewer, Paul	Leigh	Jr	4	3	1		14:39.8	5-3
	Carrasce, Carles	Mt.Pleasant	Se	1	1	1	9:09.6		1-1
,	Collier, Aaron	Tamalpias	Sr	2	2				2-1
,	Cress, Greg	Mt.Diable	Sr	4.	2	1			2
,	Helladay, Ken	Gilrey	Jr	6	11	2	9:26.7		8
1	Hitchcock, Greg	South Tahee	Sr	2	1	1			
,	Helmes, Tim	Downey	Sr	1	1	1		13:59.9	1-1-1-1-3
	Love, Beb	Carlment	Jr	3	27	1	9:13.7	14:21.4	2-2-1-1-1 Greg Mandanis-0: 2 4-6-7 not on certification
	Navarro, Dan	Oakment	Sr	4	1	1			Greg Wandam?
		Jesuit	Sr	5	2	1			2
	Ress, Stan	Serra	Sr	12	1	1	9:27.6		4-6-7 not on certi
	Sechrist, Rich	Piedment Hills	Sr	5	5		9:29.0	•	1
	Smith, Dan	Eureka	Sr	6	5	1			
	Stillman, Mark	Willow Glen	Sr	2	5 2 1	1		15:19.0	1
	Strangie, Steve	Missien S.J.	Se	7	1	2	9:39.0	1	6 Not on Certificat 3 Not on Certificat
	Vasquez, Rich	Clayten Val.	Jr	5	1	3	9:17.2		3 Not on Certifica

The All Northern California Cross Country Team is spensored 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 retreactive to 1953.

Gunn

Outstanding freshman.....Jack Kurr

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 Comning (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 werethree 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 Palo Alto and Mike Ryan of Wilcox as the only double repeater in the part 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, 16.

THE 1976 ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM (CONT)

SECOND .TEAM: (listed alphabetically)

1.	Avila, Dave	Cupertine	Se	10-	4	3	9:36.0
2.	Beynten, Terry	Cupertine	Sr	9-	7	1	15:02.0
3.	Bullane, Dave	Piner	Sr	14	11	-	9:38.0
4.	Burke, Paul	De La Salle	Sr	12	2		
5.	Castre, Ray	Legan	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	Chice		3	2	_	
10.	Green, Jee	Aragen	Sr	13		1	9:29.5
11.	Kendall, Ray	Alameda	Sr	15		Ī	
12.	Mandanis, Greg	Carlment	Sr	7	1	2	9:40.0
13.	Maxwell, Malcom	El Camino (S		9.		4	-
14.	McInturf, Bruce	McClatchy	Sr	7	7	1	
15.	Merene, Armande	P iner	Jr	10	6	-	9:42.0
16.	Munez, Gilbert	Watsenville		11	ĭ	2	
17.	Pearl, Jaime	Skyline	Sr			-	7.43.0
		_ =				•	0430 0
18.	Remiguiere, Kem	Canyon	Jr	9	3	1	
19.	Schneider, Jim	Skyline	Jr	1			9:32.0
20.	Siqueires, Armano	ie Watsenville	: Sr	16	2		9:21.6
21.	Sup, Jehn	Pa lma	Sr	21	7		9:12.0
22.	Williams, Gael	Miramente	Jr	13	4		

GIRLS (FIRST TEAM) (listed alphabetically)

1.	Allred, J.	La Sierra					
2.	Bain, Karen,	Rie American					
3.	Bardell, Micki	Yuba City					
4.	Bowers, Pam	American			a * #		
5.	Burleson, Darcy	Chico	(Girls	runner	•f	the	yr)

6. Fex, Jean Hemestead

7. Kenney, Diane Nevate

8. CRAIG, LAURA Bloom Berfeley

9. Messerchmitt, Hiedi Mentgemery

10. Meen, Heidi San Matee

11. Pearson, Deena San Lorenzo Valley

12. Rebinson, Karey Franklin

13. Rebinsen, Linda Pleasant Hill

14. Rudelph, Debbie Lassen

15. Stevensen, Michelle Castre Walley

16. Sweeny, Sarah Marin Catholic

17. Schmidt, Rebecca Half Meen Bay

18. Taylor, Toni Sunnyvale

19. Trasen, Ann Pacific Greve

20. Vaughn, Cindy San Carles

21. Way, Kathy Alameda

22. Young, E. Oakment

GIRLS HONORABLE MENTION:

Stafford (Madera), Paulin (Camden), Kemp (Saratega), Blevins (Campelinde), Mallet (Branham), Daley (Granada), Gerdsen (Miramente), Behrbaum (Amader), Brederick (Tam), Williams (Liver), Bachand (Berk), Park (Chice), Salisbury (N.Gate), Lyens (Granada), Bubanje (Piedment)

HONORABLE MENTION: (CCS)

Hartman (Milpitas), Barragen (Camp),
Diaz (Sil Cr), Thursten (M-A),
Dean (Jeffersen), Sausjerd (West)
Burns (Sarat), Ritt (Leigh),
Christensen (Seaside), Snachez
(Sunny), Lua (Leland), Nerris
(Carl), Cerdeva (Watsen), Certes
(St Fran), Kurr (Gunn), Selback
(Aptes), Rimaldi (Serra), Nicklim
(Menta Vista), Flatew (W.G.),
Hannawalt (SI), Grimes (Men Vista),
Eberly (Les Gates), Rehe,Mar (Sart)
Trujille (Gilrey), Reith (Frement)
Bleuim (WG),

HONORABLE MENTION (NCS)

Martin (Piner), Baker (San Ramen), Ruffing (Miss SJ), Balburz (N.Gate), Conever (Miramente), Mullen (N.Gate) Van Buskirk (PH), Carlson (Tam), Creft (PH), Hussey (Wash), Behnig (Cast Val), Kruger (Piner), Sallaz S.Lea), Harbaugh (Pied).

HONORABLE MENTION (SJ)

Otis (Mira Lema), Radicon (MiraLema), Kading (Mira Lema), 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 (Chice), Gripenberg (Linc SF), Millar (McAteer

Maxwerthy (Miramente), Greg (Chice), Cetter (Cupertine), Himenes (St.Fran), Brown (Mt. View), Craig (Berk), Lavelle (Mercy), M.Taylor (Sunny), Cunncer (Mercy), Mechan (Mercy), Schneider (S.Cruz), Guelich (Sequel) Munez (Watson), Ha rdy (Aptos), Mungai(S.Cruz) 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 meetingwill 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 Cross Country Coach Menlo-Atherton HS Middlefield Rd.

Atherton, Ca.

Plate yanicha

Dear Plato: I have heard about you and have seen some of your scrapbooks at Donn Kirk's home I did some Sonn Most recently I have heard about your Northern California cross country team selection from Bill
Thompson (alameda) and Chulck 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

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

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 Calso included the entire Central Section, I asked Thompson and Bob Mc Duire (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-CalR.R., I plan to give the girls compitition 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 great who would be among the top five in Northern California, but are running AAU races instead of runni for their Righ schools. Sincerely, Keith Coming P.S. I teach at Borkeley High

B;11

Mensins

Dear Dan, Coach Yaureks

Tased this into for another purpose

Tam writing to summarize Tim Holmes (Thomas Downey Selections)

41sh School, Modesto, Califo 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 & days, of any training, several weeks of weakened condition, and the scraping of any speedwork the entire 50450 n

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 tacked in the long run, it would be best to have the tonsils out. With these selective plans we also tecrited that efter the tonsilectomy Tim should concentrate first on improving his envirance 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 an very important experiencebuilder against the always tough southern California runners, thinking the race experience would be palot next spring in the State Track Meet. Even though Tim had had only two weeks to get over his tonsils, and Mt. Suc is a short speed-oriented course, we still thought the expenence would be worthwhile, tespite 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 en paper but gained little in experience. In that race, incidently, were some good runners — Dave Daniels (9:10 last year), Mark Fruker (4:15,9:15 houble last year), Del Hope (4:12 list year) Steve Alvanz (9:15). The Postals here were uncoprative this year also. The two mile was the tay of our District Meet and the three mile is not till Dec. 4.

Anyway, consider all this into any way you want. I

Just wanted to explain some facts regarding times

Season. I'm like to see him repeat as Nor Cal Runner of the

HII- Americans and feel he's again certainly

qualified.

Thanx

Bill Mensing

Head Cross Country

Thomas Downey High School

1000 Coffee Road

Molests (al.f.

95355

Patific Assu AAU Junier X Country Trials Dec. 12

1976 (voss (ountry Competetive Record

- Sept. 25 Livermore Invitational, Livermore, Calif.; 1st place varsity; 13-38 (course record, old record \$109); course extremely hilly 3 miles minus. 203 yards; 165 entries; 2nd place Custro, Logan High School, 14:22 3 miler; 314 place, O'Niel, Jesuit HS, 9-19 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 Neugla Union Invitational, Grass Valley, (alif.; 1st place Varsity;
 15:17 (course record 15:13, Dave Taylor, 1972); course guite hilly, 3 miles;
 96 entries: 2nd place Nick Brener, Mirabona, 15:18
- Oct. 23 Matador Relays, Rusch Park, Sacramento; 1st place Varsity;
 13:31; 2.7 miles, several moterate hills; 56 entries q
- Zet. 30 Mt. Sac Invitational, Walnut, Calif.; 3rd place Versity top seeded race; 2 miles t 100 yards, 4 hills, 2 major; 10:15; 1st Dave Daniels, San Gregornia, 10:11, 2nd Frank Ebiner, 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 Unisity; 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,
- Harsinty (2nd year); 14:39; 3 miles, moderate hills, considerable turns:

 2nd place Witchnic, South Tahoe, 14:46 (9:13 last year); 105 schools, 80 in
- Dec. 4 3 Mile Postal 13:59.9; West Valley JC, Savatosa;
 Rot Berry 2nd, 14-00.3

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

oct 27 - League Championships, 2nd place Varsity, behind Tim Holmes, 15:13, 3 miles, flat course, Applesate Park, olevied

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

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

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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. Lst 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(Ath 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 Tamalpias 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 wasily -- 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)

 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 Sheley -- Chico H.S.

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

Dan Smith, Senior, Eureka High School 15t in League Mest with new course record (Humboldt Del Norte League); 5th in the Redwood Empire Championship Meet; 6th in North Coast Section.

6 len Borland, Senior, Del Norte High School 2rd in League Meet; 3rd in Redwood Empire Meet; 3rd in North Coast Sec tion

I'm glad to see you doing this. Weak Myers Eureka H. S Cross Country Coach.

ON WALL ALLEN A.

		Top ,	10 Rurners			
1.	Tim Holmes	Downey S. Tahoe	league	sub-section	Section	INV.T
	. Greg Hitchcock	S. Tahoe	,	,	2	ISE, N MOST
	Nick Breyer	Mira Loma	1	ı	3	Sugnol Atum Hook. Nevada union
	Tom O'Neil	Jesui 7		2		3rd Nevada
6	Bruce Me INTUNY	+ Me Clatchy	/	7		Top 10
Z.	Pete Gaul	lesuit (sn)	2	3	8 7	smally in
18	Chris OTis	Mira Loma	2	2	20/10/00	Soquel 722 at revala union
9	Dave Radicas	(Vr)	3	6	15-	ar arvala union
		(Soph)			(Mywed)	art wevalla conion zed Atum Rock in Top 10 at ach Tay 2 2
in	11/1/10				76	014 7000
100	Malcolm Maxin	rell El Camini	, 4	5	9	Soquel ng KNow
II.	An Navarra	0 11		, 4		
9.	Dan Navarro	Carmont	and the second		1 in	top 5 at
11.	Keun Kading	mina lon	1a 5	9 11		
	01 4	(g/hg)	4			1
	Section Me	of Resulf				(N. Section)
	1. Mira L	Loma 54	1	1. Vare	y Durles	on Chico
	2. Vesuit	5%		12. Kan	en Bain	Pro Americano
	3. S. Jah		155	3. Mi	ell; Verna	Hell ynberty
	4. Frankli	,	51N	7 4 Your	vg Oak	MONT
	5. Cordon		Section	S. A11	red La	Sierra
			Meet	C. LIN	N Red	BMericana
				D at T		

Best Team: RIO AmericaNo 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 Theley

Eastern Athletic League at Susanville 10-28-76 2.7 Hills-top 16

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

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 Plats -Thanks for your letter about the all-Norcal Cross Country Jeam. Here are the recommendations for the Northern Section. Varsity - Doug Avrit - Chies High - Senior League Champ, Section Champ, Norcal Tunior Olympic Champ State Junior Olympic Champ, 1976 State Meet Competitor Placed very high in invitationals is Sac-Juaquii runners at Kis Linda elnvit, and Nevada Union elnvit. Also placed very high is. North Coast runners at San Ramon Invit. and thout Mc Kuleyville beach hun. Should be a first team selection Soph Greg Williams - Chico High - Soph Jeague, Section Junior Olympic Noreal & State Champ Won every race this year vs Frosh Soph Competition, including those against Sac-Juaguin & North Coast Section. A 4:31 miles as a freshman last year, Should be a Becond team selection Dirls Darcy Burleson - Chico - Soph Won every race all year - All invitationals league and Section. Beat every top girl runner in Sac-Juaque 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 - lan 5:10 mile last year as a Freshman Debbie Kudolph - Lassen - Junior Lost only to Darcy Burleson in meets - won whenever Darcy wasn't these. Ill for league neet - placed 5th then placed and in Section, and 5th in State AHU meet. She defeated all the top runners in the Sac-Juaquin 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 state wide or nationally ranked. Sincerely, Sob-Wall Lassen High School

(From Bill Hotchbeiss) Dear Plate I comot attend the neeling This Sarrdon due to an unavaidable Astualian that has occured. I would like to place the following Two alletes in nomination for the all No. Caleg cotem PAR Brewer 2 mile 9,14,57 3 mile 1439-8 1ST WUAL 3rd Regim 4Th CCS Summune Druit 3nd, Struford Druit 5th, Apros Druit 2nd, Soquel Druit 3rd Leigh/Lynbrook Invit 2nd MALL NO CHIE TRAM ALL NO-CALIF BILL RITT 2 nile 958 3 nile 15-39 were run virrosity Alone in The afternoon because of Senior 4M WUAL 10m Region 18m CCS

Sunmuale Invit 10 m, SANFORD 13Th, April Soquel 10 m, leight-lumbrook 9.Th. Bill has been very consistent. He rates ALL NO-CAL honomble Mention

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

PRESS RELEASE 12-14-76

The 1976 High School ALL EAST BAY CROSS COUNTRY slections have been chosen with more new names on boths the first and second team slections 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 girls, 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 consistancy..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 STEVEN-SON who finished a scant of 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.

GIRLS VARSITY
1.GRANADA (1)
2.Fleasant Hill (3)
3.Miramonte (5)
4.Northgate (2)
5.Acalanes (9)
6.Bishop ODowd (4)
7.Berkeley
8.Amador Valley (7)
9.Alameda
10.Livermore

B OXS CROSS COUNTRY	SELECTIONS (Lis	ted in alphabetical order) note(lst), (2nd), or (hm) indicates 1975 selection.
B AKER, Mark (Jr)	San Ramon High	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, Faul (Sr)	De lesalle High	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.
CASTRO, Ray (Jr)	Logan High	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.
(lst)CROSS, Greg (3r)	Mt Diablo High	The other returnes; 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.
KINDLE, Ray (Sr)	Alameda High	ACAL Champion, 5th in Bay Division and 7th E.B. finisher in NCS meet. Finished in top 10 am 3 out of 4 major invitationals.
MULIEN, John (Sr)	Northgate High	A hardworking runner who has demonstrated perseverence 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.
	Skyline High	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
ROMIGUIRE, Ken(20)	Canyon High	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 Inviational before going on to win the HAAL meet. With a 3rd in the Bay Division,
STRANGIO, Steve (10)	Mission Solose	he was the hth E.B. runner to finish at the NCS with a 9th place effort. A fine runner as a froshhe really blossomed forth this year to lead MSJ to a fine 3rd place NCS finish. Finishe in the top 5 in three major invitationals, he snared 2nd in the MVAL before going on to win the Bay Division and
VASQUEZ, Rich (11)	Clayton Valley	finishing with the 3rd best E.B. effort in the NCS meet. 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.
(hm) WILLIAMS, Gael (12)	Miramonite High	Lack of outside competition hurt his evaluation but this FAL champion(twice) snared 4th at the Gentral Area meet

SECOND TEAM SELECTIONS

BEHNIG, Mark (12) Castro Valley B ALBIERZ, Greg (12) Northgate CONOVER, Mark (11) Miramonte (hm) CROFT, Pat (12) Fleasant Hill (2nd)HUSSEY, Rich (12) Washington (2nd)HARBAUGH, Rick (12) Piedmont MOLINA, Scott (11) De Lacalle SCANNEL, Pat (11) Bishop ODowd SCHNEIDER, Jim (11) Skyline VALDEZ, Greg (11) Skyline VAN BUSKIRK, Rod(11) Fleasant Hill

HONORABLE MENTIONS

AVALAOS, Chris (12)..St.Jo BUSBY, Ron (12) ... Skyline CHASTAINE, Mike (11) . . MSJ FIRE, Dave (11) Bkly. HOAG, Val. (12) Pinole HOCHAUSS, Greg (11) ... Claytn MARONEY, Chuck (11) . . . CDowd

before becoming the #6 E.B. runner in the NCS meet.

PROUTY, Doug (11) . PHill RUFFING, Scot (11) .MSJ RUSSO, Darius (11) . PHill SAYLOR, Dave (11) . . MSJ SALLAZ, Vern (12) . . Slear SMITH, Dave (12) ... ODowd WHISLER, Bob (10) Diabi PREECE, Jason (12) ... S. Ramon WRIGHT, Chas. (11) . Mores

# GIRLS CF	ROSS COUNTRY SE	ELECTIONS (liste	d in alphabetical order) note(lst),(2nd), or (hm) indicates 1975 selection.
(2nd) HEHRBAU	7, Wendy (11)	Amador Valley	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)	Campolindo	Coming out of the blue in the FAL Championships, she won masterfully to go on to finish 5th in the Central
BOWERS	Pam (11)	American	Area Meet and be the 7th E.B. finisher at the NCS. 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 Lth E.B. finisher.
DALEY, A	rlene (ll.)	Granada	Led her team-mates to the NCS team title. Won the Coll. Pk. Invit ¹ 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, I	aura (12)	Berkeley	First year of cross country. Had an outstanding season with a first in the OAL Invit, and a 6th in P.Hill Jamboree. At 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)	Miramonte	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
(2nd) ROBINSON	, Linda (12)	Pleasant Hill	10th E.B. finisher at the NCS meet did it for her. Consistancy 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
(lst) SALISBUR	Y _o Karen (11)	Northgate	snared a 1th 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. 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
STEVENSO	N _e Michele (11	.) Castro Valley	The other dominant force in the East Bay this season. 2nd at San Ramon, 1st at Hayward and chamion of the Pleasant Hill Jamboree, she won the HAAL and Bay Area meets before being just edged by Robinson in the NCS.
WAY, Kat	hy (11.)	Alameda	She had made the 1974 first team as a frosh. 2nd in OAL Invit, and 3rd in Hayward Inv. Won the ACAL and was 2nd in B ay Area Meet. 6th E.B. finisher at NCS
WILLIAMS	, Cheri (11)	Livermore	2nd in Hayward Invit. and 3rd at PoH. Jamboree, she showed g reat ability. Down a little in EBAL she came back with a 4th in Central Area Meet and was 8th E.B.
COLL MODERN WHO DAY HER WAS A THE TANK	EAM SELECTIONS	•	finisher at the NCS.
(lst) DALEY, K FRENCH, GONSALVE (2nd) LYONS, K (hm) MANGELSO	Diaga (11) aren (12) Kati (10) S,Pat (11)	0 ranada	HONORABLE MENTIONS BACHAND, Lynn (10)Bkly OBRIEN, Maureen (10). Hill COON, Linda (10)MSJ (hm) PANNELL, Nancy (12)Hill)GREEN, Laurie (10)MGate (2n) ROOS, Kristi(11)Acal. HAYES, Juli(10)Dublin (2n) SPURRIER, Dana (11)Mirmn. KUTULAS, Sandy (10)PHill STRANGIO, Liz (9)MSJ GLAUTH, Karen (10)ODowd SEARLS, Jennifer (10) C. Park
	NG, Joanna (9)	Plant Hill	MONTAGNE, Libby (10) Mirant. 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
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Vasquez, Rich -CLAYTVALLEY -	e 5	m 1 m	3Lge-	a
Smith, Dan -EUREKA -	- 6	a 5 a	69	-
Strangio- Stave-MISSSJOSE -	- 7	. 1 a	6Lge-	40
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Romiquire- Ken -CANYON -	- 9	. 3		
Moreno- Armand -PINER -9:42	- 14:53.9-10	- 6 - 3 Cha-	5Lge- l -	- 2 RC/SonS
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Burke- Paul -DeLaSALLE -	-12	= 2 = =	o o	0
Williams- Gael -MIRAMONTE -1	-13	a 4 a a	-	este outp
Eullano- Dave -PINER -9:37	- 14:52.9-14	- 11 - 9 -	e. 9 e	- 4 RC/SonS
Kindle- Ray -ALAMEDA -	-15	a 5 a a	9Sm -	G -
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Martin-Marty -PINER -9:44	- 14:55.2-17	- 13 - 12Cha-	20Lge- 6 -	cos - top
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Balburz- Greg -NORTHGATE &	-20	es 5 es	16Lge	co co

GI	RLS:	NCS	SCH
8 9	Bowers, Pam Daley, Arlene Way, Kathy Broderick, Bonnie	1 2 3 4 5 Berk 6 7 8	Pleasant Hill CastroValley Marin Catholic Novato eley Montgomery American (Franch Area). Granada Alameda Tamalpias
13	Blevins, Susan Williams, Cheri Salisbury, Karen	13	Campbbinda Livermore 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 Carl-

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

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.

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Fri. Dec. 17, 1976 Dear Plato: I enjoyed working with you and the other coaches last Saturday. I received the total solay. yon, inadvertently left Livra Craig (Berkeley) off the first team for girls. She was fifth at Nes, first at Div, first at League. You have Linn (Rio americano) on the first team, but she should have been honorable mention 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