

THE 1976 ALL NORTHERN CALIFORNIA  
CROSS COUNTRY TEAM

FIRST TEAM: (listed alphabetically)

| Name                | School           | Gr | Sec | Reg | Lg | 2.0<br>postal | 3.0<br>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, Malcolm   | 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. | Romiguere, 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), Barragon (Camp), Diaz (Sil Cr), <sup>GARY</sup> Thurston (M-A), Dean (Jefferson), Sausjord (West) <sup>DAVE</sup> Burns (Sarat), Ritt (Leigh), Christensen (Seaside), <sup>MARK</sup> Snachez (Sunny), Lua (Leland), <sup>DAN</sup> Norris <sup>DAVE</sup> (Carl), Cordova (Watson), <sup>DAVE</sup> Cortez (St Fran), <sup>ACK</sup> Kurr (Gunn), Solback (Aptos), Rinaldi (Serra), Nicklin (Monta Vista), Flatow (W.G.), Hannawalt (SI), <sup>DAN</sup> Grimes (Mon Vista), Eberly (Los Gates), <sup>DAVE</sup> Rohe, <sup>DAVE</sup> Marin (Sart) Trujillo (Gilroy), Reith (Fremont) Bleuin (WG), <sup>ERNE</sup>

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.  | Kennedy, Diane           | Novato                |  |  |                          |
| 8.  | Linn,                    | Rio American          |  |  |                          |
| 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. | <del>Taylor, Toni</del>  | <del>Sunnyvale</del>  |  |  |                          |
| 19. | Trason, Ann              | Pacific Grove         |  |  |                          |
| 20. | <del>Vaughn, Cindy</del> | <del>San Carlos</del> |  |  |                          |
| 21. | Way, Kathy               | Alameda               |  |  |                          |
| 22. | Young, E.                | Oakmont               |  |  |                          |

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)

GIRLS HONORABLE MENTION:

Stafford (Madera), Paulia (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), Cotte (Cupertino), Himenes (St.Fran), Brown (Mt. View), Craig (Berk), Lavelle (Mercy), M.Taylor (Sunny), Cunncker (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, Ron        | Palo Alto     |
| 1955 | Larrieu, Ron        | Palo Alto     |
| 1956 | Wallace, Keith      | Piedmont      |
| 1957 | Northway, Bill      | Palo Alto     |
| 1958 | Linn, George        | Palo Alto     |
| 1959 | Lehner, Mike        | Palo Alto     |
| 1960 | Growth, Morgan      | Alhambra      |
| 1961 | Rye, Dan            | Palo Alto     |
| 1962 | Ryan, Mike          | Wilcox        |
| 1963 | Ryan, Mike          | Wilcox        |
| 1964 | Ryan, Mike          | Wilcox        |
| 1965 | Celaya, Rudy        | Tennyson      |
| 1966 | Isola               | 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)*       |

