

VARSIITY

MEET: North Coast Section Championships
COURSE: 2.8 miles; flat or rolling, very fast
DATE: November 20, 1976
CONDITIONS: cool and foggy

RESULTS:

1. Rod Berry (Redwood)	13:15	46. Greg Valdez (Mt. Diablo)	14:37
2. Aran Collier (Tamalpais)	13:24	47. Hartinger (PH)	14:37
3. Glen Borland (Del Norte)	13:33	48. Grames (Piner)	14:38
4. Greg Cross (Mt. Diablo)	13:34	49. Baffert (San Ramon)	14:39
5. Rod Vasquez (Clayton Val)	13:35	50. Mike Grajeda (Moreau)	14:40
6. Mark Smith (Eureka)	13:40	51. Galdamez (Tamalpais)	14:41
7. Steve Strangio (MSJ)	13:41	52. Dave Smith (O'Dowd)	14:43
8. Mike Biando (Piner)	13:43	53. Chamberlain (Redwd)	14:44
9. Ken Romiguere (Canyon)	13:44	54. Dave Drew (Ft. Bragg)	14:46
10. Armand Moreno (Piner)	13:46	55. Pat Shaughnessy (MSJ)	14:48
11. Colin Chapman (Redwood)	13:52	56. Tim Krajcar (Moreau)	14:49
12. Paul Burke (DeLaSalle)	13:55	57. Glen Morimoto (PH)	14:50
13. John Williams (Miramonte)	13:56	58. Mickle (Redwood)	14:51
14. Mike Bullano (Piner)	13:57	59. Gonzalez (Eureka)	14:51
15. Ray Kindle (Alameda)	13:58	60. Tom Jensen (Canyon)	14:53
16. Ray Castro (Logan)	14:02	61. Don Malcolm (Mission SJ)	14:54
17. Marty Martin (Piner)	14:03	62. Gold (Tamalpais)	14:55
18. Paul Baker (San Ramon)	14:04	63. Evans (San Ramon)	14:56
19. Scott Ruffing (MSJ)	14:06	64. Romero (Eureka)	14:59
20. Greg Balburz (Horthgate)	14:09	65. O'Hara (Tamalpais)	15:00
21. Carlsen (Tamalpais)	14:14	66. Bannatyne (Mt. Diablo)	15:01
22. Brock (Redwood)	14:15	67. Greg Romiguere (Canyon)	15:02
23. Chuck Wright (Moreau)	14:16	68. Joe Scornorencchi (O'Dowd)	15:03
24. Clarke (Tamalpais)	14:17	69. Preece (San Ramon)	15:04
25. Gardner (Redwood)	14:18	70. Mark Dayton (San Ramon)	15:05
26. Mike Chastaine (MSJ)	14:19	71. Linehan (Piner)	15:08
27. Croft (Pleasant Hill)	14:19	72. Hersh (Redwood)	15:14
28. Matt Smith (Eureka)	14:21	73. Frank Hennefer (O'Dowd)	15:15
29. Ray Van Buskirk (PH)	14:22	74. Glenn Noga (Moreau)	15:16
30. Mike Baroni (Tamalpais)	14:23	75. Butler (Mt. Diablo)	15:18
31. Charlie Harb (Canyon)	14:24	76. Pat Lawlor (Moreau)	15:19
32. Daniel Kasapligil (HeadR)	14:25	77. Bratsberg (Ft. Bragg)	15:21
33. Steve Kruger (Piner)	14:26	78. Mike Riley (Moreau)	15:22
34. Pat Scannell (O'Dowd)	14:27	79. Sterling (St. Helena)	15:23
35. Dave Saylor (MSJ)	14:28	80. Nelson (Mt. Diablo)	15:25
36. Jason Lee (Canyon)	14:29	81. Lauth (O'Dowd)	15:26
37. Prouty (Pleasant Hill)	14:30	82. Bob Vitton (Canyon)	15:29
38. Vince Capurro (Moreau)	14:31	83. Siddens (Ft. Bragg)	15:30
39. Steve Giles (MSJ)	14:31	84. Regalia (Ft. Bragg)	15:32
40. Arrison (Eureka)	14:32	85. Chris Hand (O'Dowd)	15:35
41. Russo (Pleasant Hill)	14:32	86. D'Acquito (Ft. Bragg)	15:43
42. Maxon (Eu)	14:33	87. Wilder (Ft. Bragg)	15:51
43. Jeff Van Buskirk (PH)	14:34	88. Johnson (San Ramon)	16:09
44. Dennis Drew (Ft. Bragg)	14:36	89. Hansen (Mt. Diablo)	16:20
45. Scott Flagg (Canyon)	14:37	90. Simpson (Mt. Diablo)	16:27

TEAM RESULTS

1.	PINER	60
2.	REDWOOD	88
3.	MISSION SAN JOSE	95
4.	TAMALPAIS	99
5.	PLEASANT HILL	139
6.	EUREKA	142
7.	CANYON	148
8.	MOREAU	202
9.	SAN RAMON	231
10.	MT. DIABLO	237
11.	BISHOP O'DOWD	267
12.	FORT BRAGG	300

Canyon finished its best cross country season ever with an excellent seventh place at the North Coast Section championships at Spring Lake in Santa Rosa. The Cougars had not been expected to do anything in this meet, but they ended up just nine points behind Pleasant Hill, whose second team beat them handily in the early season OAL Invitational. The Cougars slaughtered old nemesis Moreau for the third time this year, and beat other teams like San Ramon and Mt. Diablo, who were supposed to be far above them.

Ken Romiguere proved he could run with the best of them in finishing ninth. In doing so, Ken beat runners like Paul Burke (who had beaten him last week), Ray Kindle, Ray Castro, Colin Chapman, and everybody from team champion Piner. Charlie Harb finished the season with a bang, ending up in 31st, and undoubtedly one of the top sophomores in the race. Jason Lee and Scott Flagg also ran excellent races, finishing 36th and 45th, respectively. Tom Jensen was back in his customary fifth spot, after Greg Romiguere had taken the spot with a fantastic race last week. Tom finished 60th, with Greg just nine seconds behind him in 67th. Seventh man Bob Vitton ended up 82nd. Bob deserves more credit than anyone has given him this year: he was a guy who came out with very little badgering from anybody, had never run competitively before, hadn't been subjected to workouts like those he had to plunge into as a member of the varsity team, and he came out of it as one of the best seventh men in South County. Everyone is now hoping that Bob can do something which no Canyon athlete has accomplished in a long time: be a member of two league champion teams, and even possibly go through an entire school year without being involved in a losing meet! The cross country team did its part, with an 8-0 league record; now it's up to the tennis team to uphold their end of the deal.

Awards

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: CHARLIE HARB

It couldn't have happened to a nicer guy: TONY CASILLAS

November 20. Santa Rosa. North Coast
C.I.F. Cross Country Championships
at Spring Lake

Boys:

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11)	Colin Chapman (Redwood)	12:52
12)	Paul Burke (DeLaSalle)	12:55
13)	Gael Williams (Miramonte)	12:56
14)	Dave Bullano (Piner)	12:57
15)	Ray Kindle (Alameda)	12:58

Piner 60, Redwood 88, Mission San Jose
95, Tamalpais 99, Pleasant Hill 139,
Eureka 142, Canyon 148, Moreau 202,
San Ramon 231.

Girls Varsity:

1)	Linda Robinson (PleasHill)	11:53
2)	Michelle Stevenson(Castro)	11:54
3)	Sarah Sweeny (MarinCath)	12:01
4)	Diane Kenny (Novato)	12:05
5)	Laura Craig (Berkeley)	12:14
6)	Heidi Messerschidtt(Mont)	12:19
7)	Pam Bowers (American)	12:20
8)	Arlene Daley (Granada)	12:22
9)	Kathy Way (Alameda)	12:23
10)	Bonnie Broderick (Tamalp)	12:24

Granada 80, Pleasant Hill 96, Mira-
monte 99, Montgomery 131, Redwood 138,
Tamalpais 140, Northgate 153, Novato
191, Bishop O'Dowd 204, Alameda 208,
Piedmont 301, Encinal 305, Clear Lake
317.

/Keith Conning/