

THE 1977 ALL NORTHERN CALIFORNIA
CROSS COUNTRY TEAM

FIRST TEAM: (listed alphabetically)

	NAME	SCHOOL	Gr	Sect	Reg	Lg	2.0 postal	3.0 postal	Invit.
1.	Avila, Dave	Cupertino <i>CC</i>	Jr	2	2	1	9:20		2-2-5-2
2.	Berry, Rod	Redwood <i>NC</i>	Sr	2	2	3			
3.	Brewer, Paul	Leigh <i>CC</i>	Sr	5	7	1			1-1
4.	Conover, Mark	Miramonte <i>NC</i>		5	2	1			1
5.	Coulman, Dave	San Marin <i>NC</i>	Sr	1	1	1			1-1-1
6.	Dean, Glenn	Jefferson <i>CC</i>	Sr	7	1	1	9:32.0	15:07.0	3-5
7.	Downs, Peter	2 Skyline <i>O</i>	Jr	--	--	3			6
8.	Downs, Tom	2 Skyline <i>O</i>	Jr	--	--	1			2-1
9.	Gruber, Tim	Aptos <i>CC</i>	Sr	4	1	1			1-4
10.	Hochhaus, Craig	Clayton Valley <i>NC</i>	Sr	3	3	1		14:46.8	15-9
11.	Holladay, Ken	Gilroy <i>CC</i>	Sr	10	1		9:19.0		1-2
12.	Love, Bob	Carlmont <i>CC</i>	Sr	1	1	1	9:22.0		13-1-1-5-6
13.	Millar, Brian	McAteer <i>SF</i>	Sr	--	--	1			7
14.	Moreno, Armand	Piner <i>NC</i>	Sr	6	3	1	9:22.1		8-7-2-2-6
15.	Otis, Chris	2 Mira Loma <i>SJ</i>		1	1	1			6
16.	Radican, Dave	2 Mira Loma <i>SJ</i>		2	3	2			9
17.	Romiguere, Ken	Castro Valley <i>NC</i>	Sr	4	2	1			
18.	Soto, Felix	Mt. Pleasant <i>CC</i>	So	3	3	2	9:25.2		8-3
19.	Strangio, Steve	Mission S.J. <i>NC</i>	Jr	8	3	1	9:19.5	14:44.0	3-2-2-1
20.	Turner, Frank	Colfax <i>N</i>				1			
21.	Valdez, Greg	Skyline <i>O</i>	Sr	--	--	2			7
22.	Wentworth, Rob	Livermore <i>NC</i>		9	1	1			

NORTHERN CALIFORNIA RUNNER OF THE YEAR.....	David Coulman	San Marin
Outstanding Senior.....	David Coulman	San Marin
Outstanding Junior.....	Tom Downs	Skyline
Outstanding Sophomore.....	Felix Soto	Mt. Pleasant
Outstanding Freshman.....	Angel Vasquez	Watsonville

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

The selection committee for the 1977 All Northern California Team was composed of: Plato Yanicks (Menlo-Atherton) chairman; Bill Thompson (Alameda); Ken Thomas (Soquel); Terry Ward (St. Ignatius); Bob Woods (Camden); Keith Conning (No. Calif. Running Review). The major criteria for selecting the team were: place in the section, region, and league meets. Postal times, invitational results, place in head-to-head competition helped to influence the final voting.

The area represented by the 1977 team included consideration of athletes from 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 five repeaters from last year's first team selections: (Berry, Brewer, Holladay, Love, and Stragio). In general it was a down year for cross country in the Bay Area and parts of Northern California. No truly dominant individual graces this year's team, although Dave Coulman had an undefeated year and was selected as our "Runner of the Year". Skyline H.S. placed 3 athletes on the first team, something that hasn't been done for years. Skyline H.S. proved to be the best H.S. team in Northern California when they beat Mission S.J. in a classic meet earlier in the season. There were no second team selections.

ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM HONORABLE MENTION LIST

Trujillo (Gilroy); Dickenson (Bella Vista); Marden (MSJ); Mass (So. Tahoe); O'Connor (Carimont); Kading (Mira Loma); Knott (Leland); Baker (Stagg); Castro (Logan); Chastaine (MSJ); O'Reilly (San Rafael); Ruffing (MSJ); Nickell (Leigh); Baker (S.Ramon); Powers (Willow Gl.); Gardner (Redwood); Bewley (Cap.); Mojica (Overfelt); Sapp (Fre); Martinez (Newark); Maldonado (Mc Clatchy); Williams (Arcata); Schmidt (Anderson); (Read (MSJ); Saledina (Riverbank); Tiernan (Mira Loma); Vasquez (Watsonville); Traynor (Clayton V); Royal (Petaluma); Shultz (Cordova); Swan (Lincoln); Hale (Stagg); Jenkins (Leigh); Morton (Los Gatos); Van Buskirk (PH); Herandez (Lincoln); Judson (Piner); Herandez (Indep); Brock (Redwood); Bergkamp (Leigh); Noonan (Montgomery); Dean, Gil (Jeff) Balli (Petaluma); Leininger (Live Oak); Scannell (O'Dowd); Smith (Awalt); Molina (DLS) McCarty (St Francis); Munoz (Stagg); Rockford (Serra); Little (Jesuit); Silva (Yuba City); Christenson (Seaside); Gonzales (Lincoln SJ); Szekepesh (Cordova); Pinn (Jesuit); Allen (Beyer); Sullivan (St Francis); Zehdner (Elk Grove); Piniero (So Tahoe); Pringle (Gunn); Shoemaker (Mira Loma); Hugens (RLS); Grimes (Watson); Jones (Menlo); Dalke (Leland); Foran (Mira Loma); Rembao (S.Cruz); Clarke (Cordova); Mellquist (Carlmont); Grames (Piner); Gines (Overfelt); Dietler (Foothill); Hart (Cordova); Ifland (Soquel); Abihiden (Leland); Johnson (Saratoga); Torres (Mt Pleasant); Sato (Watson); Pryor (Carl); Pringle (Gunn); McClure (St Francis); Barraza (Watson); Mackey (Davis); Hartman (Milp); Sanchez (Sunny); Allsop (Piner); Hoch (MA); Hannewalt (S.I.); Wimmer (Menlo); Nichols (Hollister); Chandler (Clovis); Foster (Jesuit); Sims (Palma); Espinosa (Mc Clatchy); Youkers (Armijo); Parkhurst (Dixon); Acosta (Hollister); Davies (MA); Gama (Tennyson); Marson (Mills); Sequiros (Watson); Martinez (El Grove); Will (Enc); Zehnder (Elk Grove); Bird (Brothers); Lopez (Davis); Powell (Ponderosa); Pugh (Highlands); Woodford (Sanora); English (Piedmont); Vavuris (Cubb); Hogan (Peterson); Evans (Gunn); Olivas (HMB); Sawrey (HMB); Schmidt (HMB); Williams (Chico); Jacobs (Serra); Baffert (S Ramon); Mc Donald (Camden); Westwood (Home); Demo (Home); Kadock (Lick); Malloy (S.Ramon); Flory (Blackford); Harb (Gastro V); Luiz (Exeter); Packer (Gunn); Kinzy (Home); Oakden (Bella-Vista); Peterson (Fairfield); Leeds (Alameda); Zapata (Selma); Sargeson (DLS); Dicks (Soquel); Howard (St Joesph's); Loyd (Livermore); Fenn (Alameda); Watson (Ponderosa) Rasmussen (Ponderosa); Graf (Miramonte); Kallander (Las Lomas); Field (Berkeley); Bratsberg (Ft Bragg).

THE 1977 ALL NORTHERN CALIFORNIA GIRLS CROSS COUNTRY TEAM

FIRST TEAM: (listed alphabetically)

<u>NAME</u>	<u>SCHOOL</u>	<u>SEC</u>	<u>REG</u>	<u>LG</u>	<u>Invit.</u>
1. Bain, Karen	Rio American <u>SC</u>	4	2	4	2-4
2. Bitz, Debbie	Irvington <u>NO</u>	4	4	1	7
3. Bujanja, Diana	Piedmont <u>NO</u>	9	1	1	1-1
4. Choy, Tiffany	Salinas <u>CC</u>	4	3	1	4-1-5-5
5. Crisp, Laurie	Downey <u>SJ</u>	1	1	1	2-1
6. Crowley, Irene	Overfelt <u>CC</u>	1	1	1	1-1-2
7. Daley, Arlene	Granada <u>NO</u>	1	1	1t	4-4
8. Dennison, Stacy	El Camino (Sac.) <u>SJ</u>	2	1	1	2
9. Hayes, Julie	Dublin <u>NO</u>	6	2	3	3-1-1
10. Huyck, Nancy	Aptos <u>CC</u>	3	1		2-2-1-2-2
11. Kenny, Dian	Novato <u>NO</u>	2	1	2	2
12. Negri, Francie	Foothill <u>SJ</u>	5		1	3-2-8
13. Nieto, Shelly,	Merced <u>SJ</u>	3	2	2	3-2-5
14. Richter, Suzanne	Chico <u>N</u>	1		1	2-3-3-1
15. Scannell, Colleen	O'Dowd <u>NO</u>	4	2	2	13-7-1
16. Schmidt, Becky	Half Moon Bay <u>CC</u>	5	1		4-1-6-3
17. Schnupfeil, Kim	San Mateo <u>CC</u>	6	2		2
18. Selchau, Julie	Chico <u>N</u>	3		2	4-6-3
19. Shanks, Brenda	Quincy <u>N</u>	2			1-3
20. Symons, Jill	Chico <u>N</u>	4		3	6-2
21. Trason, Ann	Pacific Grove <u>CC</u>	2	2	1	1-1-1-1
22. Van Buskirk, Lisa	Pleasant Hill <u>NO</u>	3	3	1	2-12

RUNNER OF THE YEAR..... Irene Crowley (Overfelt)
 Outstanding Senior..... Irene Crowley (Overfelt)
 Outstanding Junior..... Laurie Crisp (Downey)
 Outstanding Sophomore..... Nancy Huyck (Aptos)
 Outstanding Freshman..... Stacy Dennison (El Camino)

COMMENTS: This team represents the second time that a selection has been made honoring the outstanding girl runners in Northern California. No second team selections were made! Chico dominated the team with an unprecedented 3 selections. The caliber of athlete was much improved over last season, as all the sections have championship participation available for girls. There was a very close battle for the Girl Runner of the Year. Irene Crowley edged Laurie Crisp of Downey at a 2.0 postal meeting in their only head-to-head meeting of the year by the slimmest of margins. That victory was enough to give Irene Crowley the nod for "runner of the year" according to the team selectors.

HONORABLE MENTION:

Hasse (So Tahoe); Figliomoni (Saratoga); Oddone (San Marin); Roberts (Rio American); Prince (Anderson); Chamness (La Sierra); Pearson (San Lorenzo Valley); White (Miramonte); Linn (Rio American); Warga (Ponderosa); Burleson (Chico); Blake (Oak Grove); Simmons (So. Tahoe); Bettencourt (HMB); Tani (Montgomery); Palmer (Del Oro); Nielsen (Carlmont); Hedberg (Miramonte); Beaushamp (Oakmont); Harper (Prospect); Flynn (Tamalpais); Kuphaldt (Bella Vista); Fox (Homestead); Farnsworth (Montgomery); Smith, Jill (Turlock); Foianini (Carlmont); Manning (Carondelet); Hale (Vanden); Vaughan (San Carlos); Sweeny (Marin Cath); Price (Bella Vista); Houston (Gunn); Nayares (Downey); Gavino (Downey); Hughes (Merced); Mc Keen (Cordova); Alcorn (Del Norte); Capurso (Gunn); Metoxen (So. Tahoe); Seyranian (Tamalpais); Sanchez (Watsonville); Holliman (Rio American) Way (Alameda); Chavez (Cuper); Behrbaum (Amador Val.); Redeker (Healdsburg); Vavuris (Cubberly); Gaffield (El Cerrito); Bachand (Sunset); Blevins (Campo Lindo); Woehrie (Head-royce)

NORTHERN CALIFORNIA HIGH SCHOOL
 RUNNER OF THE YEAR:

1953	Stephens, Roger	Pale Alto
1954	Larrieu, Ron	Pale Alto
1955	Larrieu, Ron	Pale Alto
1956	Wallace, Keith	Piedmont
1957	Northway, Bill	Pale Alto
1958	Linn, George	Pale Alto
1959	Lehner, Mike	Pale Alto
1960	Growth, Morgan	Alhambra
1961	Rye, Dan	Pale 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
1977	Coulman, Dave	San Marin

<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)	Gomez (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. Daible) *
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(SC)	Miller (Carlmont)	-----	Merk-Hart-Templeman *
1971	Kingery (San Carlos)	Burrough & Thurwachter	Manriquez (Mt Pleas)	Brooks (Mt. Pleas) *
1972	Munoz (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)*
1977	Vasquez (Watsonville)	Soto (Mt. Pleasant)	Downs (Skyline)	Coulman (San Marin) *

Dec 15 Cupertino's Avila on all-star team

Cupertino High junior Dave Avila is the lone representative from the Midpeninsula on the 1977 All-Northern California prep cross country team.

Avila made the team based on his finishes in the league, regional and section meets where placed first, second and second, respectively.

Bob Love of Carlmont, the South Peninsula Athletic League's top runner, also made All-NorCal.

The following runners are included on the honorable mention list:

Sapp (Fremont) McCarty (St. Francis), Smith (Awalt), Sullivan (St. Francis), Pringle (Gunn), Johnson (Saratoga), McClure (St. Francis), Sanchez (Sunnyvale), Vavuris (Cubberley), Evans (Gunn), Westwood (Homestead), Demo (Homestead), Packer (Gunn), Kinzy (Homestead), Jones (Menlo) and Mellquist (Carlmont).

The NorCal runner of the year is David Coulman of San Marin.

The All-NorCal girls' team failed to include any area runners on a team headed by runner of the year Irene Crowley of Overfelt.

Included on the honorable mention list:

Figliomeni (Saratoga), Fox (Homestead), Houston (Gunn), Vavuris (Cubberley), Capurso (Gunn), Chavez (Cupertino).

Laurie Crisp of Downey is the top junior of the year while Nancy Huyck of Aptos is the top sophomore and Stacy Dennison of El Camino ranks as the No. 1 freshman.

Tom Downs of Skyline is the boys' top junior while Felix Soto of Mt. Pleasant is the No. 1 sophomore and Angel Vasquez of Watsonville is the top freshman.