

VARSIITY

MEET: North Coast Section Finals

DATE: November 18, 1978

COURSE: 2.9 miles; flat with many booby traps

CONDITIONS: cool and sunny

RESULTS:

1. Steve Strangio (MSJ)	16:00	50. Jim Saveliff (Terra Linda)	17:48
2. John Marden (MSJ)	16:04	51. Kyle Kessler (CV)	17:50
3. Rob Wentworth (Livermore)	16:05	52. Mark Lester (Amador)	17:52
4. Rich Read (MSJ)	16:08	53. Ernie Cottrell (Terra Linda)	17:53
5. Dave Royal (Petaluma)	16:29	54. Sky Adgie (Irvington)	17:53
6. Jay Marden (MSJ)	16:32	55. Jim Pena (Irvington)	17:53
7. Steve Howard (Ukiah)	16:35	56. Phil Park (Redwood)	17:57
8. Bill Lahgueni (Amador)	16:37	57. Dave Hill (Amador)	17:58
9. Bret Baffert (San Ramon)	16:38	58. Chris Waters (Amador)	18:01
10. Ken Tilcock (Clayton Valley)	16:42	59. Robert Treacy (San Rafael)	18:03
11. Garth McCune (Redwood)	16:43	60. Curtis Smith (Amador)	18:07
12. Greg Fong (Rancho Cotati)	16:44	61. Chris Prietto (DeLaSalle)	18:08
13. Charlie Harb (CV)	16:49	62. Dan Vargas (Amador)	18:09
14. Tino Tarantino (Ft. Bragg)	16:51	63. John Shilling (Petaluma)	18:09
15. Mike Williams (Arcata)	16:54	64. Dale Hagen (CV)	18:09
16. Larry Guinee (CV)	16:56	65. Doug Loisel (MSJ)	18:11
17. Anthony Robinson (Northgate)	16:58	66. Jeff Truitt (Amador)	18:11
18. Pete Foster (Pleasant Hill)	16:59	67. Tim Pontarelli (Northgate)	18:11
19. Bob Goni (Terra Linda)	17:02	68. Mark Massen (Redwood)	18:12
20. Jeff Peterson (DeLaSalle)	17:04	69. Mike McEntire (Redwood)	18:15
21. Eric Sargeson (DeLaSalle)	17:07	70. Rich Moraida (Irvington)	18:16
22. Tim Berry (Pleasant Hill)	17:08	71. Ed Coyne (DeLaSalle)	18:20
23. Bruce Williams (Livermore)	17:11	72. Bruce Mulcahy (MSJ)	18:22
24. Dave Shea (CV)	17:14	73. Dan Balbierz (Northgate)	18:23
25. Mark Van Buskirk (PH)	17:16	74. Ethan Drew (Ft. Bragg)	18:26
26. Pete Mayer (Pleasant Hill)	17:17	75. John Loomis (Redwood)	18:27
27. Scott Rickenseler (Petaluma)	17:18	76. Steve Stevenson (CV)	18:28
28. Pat Carroll (Irvington)	17:19	77. Mike Audley (DeLaSalle)	18:30
29. Mike Traynor (Clayton Val.)	17:20	78. Tom Gamble (St. Helena)	18:30
30. Craig Fry (Pleasant Hill)	17:20	79. Mark Coria (Northgate)	18:34
31. Dennis Van Dyke (Petaluma)	17:22	80. Steve Romero (Eureka)	18:35
32. Kevin Hecht (Redwood)	17:24	81. Fred Woodward (Irvington)	18:39
33. Bob Goralka (Livermore)	17:28	82. Bob Horan (Northgate)	18:49
34. Clint Goldman (San Rafael)	17:28	83. J. C. Tinney (Ft. Bragg)	18:52
35. Mark Peveler (San Rafael)	17:28	84. Anthony Ketchum (San Rafael)	19:01
36. Andy Thomas (Terra Linda)	17:30	85. Mike Gavin (Irvington)	19:03
37. Scott Wilson (Northgate)	17:31	86. Jerry Shilling (Petaluma)	19:05
38. John Carey (MSJ)	17:32	87. Chris Teegarden (San Rafael)	19:09
39. Bo Long (Petaluma)	17:33	88. Humberto Gonzales (Ft. Bragg)	19:13
40. Brad Tardy (Redwood)	17:34	89. Greg Bernard (Livermore)	19:17
41. Joe Ogden (Pleasant Hill)	17:34	90. Matt Wice (San Rafael)	19:20
42. Dave Anderson (CV)	17:35	91. Mark Gobbi (Ft. Bragg)	19:27
43. Keith Wayne (Pleasant Hill)	17:39	92. Mark Lima (Irvington)	19:30
44. Jerry Rickenseler (Petaluma)	17:42	93. John Bartlett (DeLaSalle)	19:34
45. Matt Cox (Northgate)	17:43	94. Blake Beddingfield (Terra Lin)	19:46
46. Steve Schneider (DeLaSalle)	17:43	95. Bill Kowalski (Livermore)	19:49
47. Ian Ross (Terra Linda)	17:45	96. Dave Nagle (Livermore)	19:52
48. Jim Lenschau (Terra Linda)	17:46	97. Ira Nelson (Terra Linda)	20:09
49. Leo D'Aquisto (Ft. Bragg)	17:47	98. Dana Nelson (Ft. Bragg)	20:47

TEAM SCORING

1.	MISSION SAN JOSE	45
2.	PLEASANT HILL	95
3.	CASTRO VALLEY	120
4.	PETALUMA	123
5.	TERRA LINDA	174
6.	REDWOOD	180
7.	DE LA SALLE	191
8.	AMADOR VALLEY	210
9.	NORTHGATE	210
10.	LIVERMORE	216
11.	SAN RAFAEL	230
12.	IRVINGTON	257
13.	FORT BRAGG	274

Castro Valley won a trip to the first-ever Northern California Championships by a razor-thin margin of three points over Petaluma at the North Coast Finals at Redwood Regional Park. The Trojans trailed remarkable Mission San Jose and pack-running Pleasant Hill in tying the highest finish ever by a Castro Valley team at this meet.

Senior Charlie Harb ran what was probably the best race of an illustrious high school career that has one race left, as he finished 13th. Charlie beat everyone who had beaten him at the Area meet last week except the four burners from Mission San Jose. Larry Guinee's strong kick brought him in just seven seconds behind in 16th place, the only second man in the race besides John Marden to break 17 minutes on this course. Dave Shea returned to form after being slowed by illness last week, actually finishing two places higher at the North Coast finals than he did at the Southern Area meet, a rare accomplishment, indeed. The second sophomore on the team, Dave Anderson, had to fight his way past about 40 runners after getting caught behind in the first half-mile. He did something which has been rare for him by outkicking a man at the finish, and it was a Pleasant Hill man. He had just passed a Petaluma runner shortly before, and that proved crucial in the team battle. Amazing freshman Kyle Kessler ran a hot and cold race, sometimes looking unstoppable and sometimes looking quite vulnerable. Fortunately, he was unstoppable for long enough to get 51st, one place higher than Jay Marden as a freshman last year. Senior Dale Hagen, still slowed by illness, finished a respectable 64th, and the third sophomore, Steve Stevenson, placed 76th with a good, competitive race.

The Trojans, with today's performance, proved that they definitely belong among the top twelve cross country teams in Northern California. Next Saturday at the Crystal Springs course in Belmont, they will determine just exactly where in that top twelve they belong. Other qualifiers are Oakland City champion Skyline, the Northern Section champion, the San Francisco City champion (probably Lowell), the top three teams from the San-Joaquin Section (Probably including Mira Loma and Jesuit), and the three teams on top of the Central Coast Section (probably including Carlmont and Homestead).

Awards

Best Performance: CHARLIE HARB

Intestinal Fortitude: DAVE SHEA

You realize this means you have to get fifth next year: KYLE KESSLER

meet over 11-18-78



NCS cross country

Both Mission teams

By JEFF FARAUO

OAKLAND — It wasn't even close.

Mission San Jose High's boys cross country team, picked to easily capture its second straight North Coast Section 3-A team title, did exactly that yesterday, while the girls' squad, a slight underdog, scored an almost equally decisive win to chalk up its second NCS crown in two years.

Senior Steve Strangio, who finished only ninth at this meet last year, won the individual boys title to lead a 1-2-4-6 MSJ finish which helped give the Warriors a winning point total of 45 points.

The girls, meanwhile, rebounded from a loss at last week's NCS area meet to blow away the competition with 69 points.

Castro Valley's boys team finished third to annex the final available spot at next week's first-ever Northern California meet, to be held at Crystal Springs near Belmont. The top three teams and nine individuals who are not on those teams, qualified for the NorCal meet.

Strangio held off a good push from teammate John Marden and Livermore's Rob Wentworth to win the boys title and help erase the memory of last year's ninth place finish.

"I've been thinking about that since last year," Strangio admitted.

Strangio's coach, Jack Marden, was very pleased with Steve's performance, noting, "It was a pressure race for Steve and he came through. That was very encouraging."

Actually, Strangio said he felt queasy throughout the race and added, "I didn't think I ran that great."

Runner-up John Marden was likewise unimpressed by his own performance, but took time out to look at next week's NorCal meet. "We'll win it," he said confidently. "The teams down south are way tougher than up here and we beat all of them, so we don't expect to have too much trouble."

Strangio ran the 3-mile course in 16:00.3, while Marden finished at 16:04 and Wentworth at 16:05.

Mission's Rich Read came across at 16:08, while sophomore Jay Marden placed sixth in 16:32. Mission's fifth runner was John Carey, who placed 38th.

Wentworth was pleased with his effort, commenting, "I'm pretty happy. Anytime I can finish that close to Strangio, I'm happy. I finished my usual three to five seconds behind him."

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Proctor saves Renegades' win

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HAYWARD — Ohlone College's soccer team, getting another superb goalkeeping

constant offensive pressure, before Ohlone finally regained control of the contest.

"We had a problem in the middle of the first half

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meet no 11-18-79
@ Redwood Regional
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Wentworth's Livermore teammate Steve

Loyd, also figured to be among the leaders, didn't run because of an ankle injury he picked up on Wednesday. "His ankle looks like a Red Delicious apple," Cowboy coach Lou Johnson said about the injury.

Marden (the coach) felt that the girls' loss to Carondelet last week was the key to this week's big win. "The attitude was 100 percent better this last week after we were beaten," he explained.

Junior Liz Strangio, who finished second to Carondelet's Chris Manning in the race yesterday, agreed. "Last week we thought we had it real easy," she explained. "This week we knew we had to fight."

Strangio clocked a 10:49 over the 2-mile girls course, to finish four seconds behind Manning. Dublin's Julie Hayes was the next South County finisher, placing eighth in 11:10, while MSJ's Londa Larson was 11th in 11:21 and teammate Linda Coon was 15th in 11:29.

Beth Duey and Arny Worrall rounded out Mission's top five, nabbing 23rd and 42nd, respectively.

Another bright spot among South County participants was the excellent performance of the young Castro Valley boys team.

"We're pretty excited," explained CV

coach Tony Casillas. "We pointed towards this meet from the beginning of the year. We're a young team and next year we should be right up there with Mission."

Charlie Harb, who finished just 10th two weeks ago at the HAAL meet, was 13th yesterday. "Charlie ran his best race of the year," Casillas praised. "He probably won it for us."

Irrington's Rich Moraca, the fifth place finisher at both the MVA and NCS Southern Area meets, was never a contender yesterday and wound up in the 70th position.

NCS 3-A CROSS COUNTRY CHAMPIONSHIPS
At Redwood Regional Park

Team Results: Mission San Jose 45, Pleasant Hill 95, Castro Valley 120, Petaluma 123, Terra Linda 174, Redwood 180, DeLaSalle 189, Armador Valley 214, Northgate 223, San Rafael 230, Irvington 257, Livermore 300.

Individual Results: Strangio (MSJ) 16:00.3; Jo. Marden (MSJ) 16:04; Wentworth (Liv) 16:05; Read (MSJ) 16:08; Royal (Pet) 16:29; Ja. Marden (MSJ) 16:32; Howard (UK) 16:35; Languemil (AV) 16:37; Salfert (SR) 16:38; Tibcock (ClayV) 16:42; McCune (Red) 16:43; Gogg (RC) 16:44; Harb (CasV) 16:48; Tarantino (Bragg) 16:51; Williams (Arc) 16:54.

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"We had a problem in the middle adjusting their 4-2-4," Mangiola explained. "We didn't make that adjustment until late."

Ohlone managed to keep the dangerous but generally disorganized Alameda offense unwraps during the middle portion of the second half, but the Cougars came on strong in the final 12 minutes to keep things excit-

Proctor, who won a one-on-one battle with Alameda forward Jiro Salazar early in the first half, made several nice plays in the waning



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meet on 11-18-78

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MSJ Harriers Dominate NCS Meet

By DON PETERSON

At Mission San Jose High, the girl runners aren't as spectacular as the boys... but they're working on it.

Nobody in the world doubted that the Warriors boys would win the state title at the North Coast Section cross country championship, but few would have forecasted the straightforward victory by these female counterparts.

In Saturday's gathering at Redwood Regional Park in Oakland, the boys tallied 61 points. The girls 88, as MSJ made it a clean sweep for the second year in a row.

In the boys' race, Steve Strang, Jim Madden, Bob Read, and Jay Marden checked in 1-2-3-4 for the Warriors, who may have

the best prep contingent in the state.

Lee Strang finished second to pace Mission's girls, who followed with Linda Larson in 10th, Linda Chan 11th, Beth Davis 22nd, and Amy Farrell 43rd.

The 6th went to MSJ despite the best efforts of Carmel's marvelous Maudie sisters. Sophomore Chris won the 1.5-mile race in 30:34, and her sister Carol was 6th in 31:04.

But the Cougars had to settle for third in the team race, a bit disappointing after they had beaten MSJ at the Southern Area finals last week. Nevertheless, Carmel's qualifies for the NorCal championships next Saturday at Crystal Springs Reservoir in Helix. The top three teams place nine individuals in each division advance

One girls team that was far from disappointing Saturday was Miramonte High, which ran strong enough to nab the number-two spot with 90 points.

The Mats, coached by Bob Campbell, have finished in the top three for three years running, and with returnees like freshmen Marilyn Davis and Julie Huber and sophomore standout Marisa White, an NCS title may not be far away.

White, the PAL's top runner, finished 6th Saturday, but the most pleasant surprise for the Mats came from Davis, who ran 21st and opened the team's perennial number-two runner, Beth Greene, who placed 30th.

"I told Marilyn this was her race," said Campbell. "I felt she could be the one

to make the difference for us today and she did. Beth is a consistent runner, and she wasn't off today. Marilyn was just on."

"I'm happy to finish second to a better team," Campbell continued. "Last year we lost by two points when one of our runners didn't finish. That was hard to take."

On the boys' side, Pleasant Hill coach Tom Turkson also had good reason to be pleased.

His squad notched five runners between 10th and 20th to finish second in the team race with 66 points, well ahead of Castro Valley's 120.

Pete Foster was 10th for PH, followed by Tim Berry 22nd, Mark Van Buskirk 23th, Pete Meyer 36th, and Craig Fry 46th.

"Our team just did fantastic," Turkson beamed after the Rams had achieved the highest NCS finish in the school's history. "I was very worried about Castro Valley," he added. "I thought it would be a lot closer between us and them."

Turkson also revealed one of the little-known secrets of his team's season-long success. "The night before a meet we always visit a pizza parlor," he said. "Last night, we went out and stuffed ourselves at Affogatto's and put in lots of calories."

With the biggest meet of the season coming up next Saturday in Belmont, look for the Rams to reap local gloria Friday night, ordering up a large number... with lots of anchovies.

Boys
 1. Pleasant Hill 66, 2. Castro Valley 120, 3. San Ramon 130, 4. Redwood 132, 5. San Gabriel 134, 6. San Mateo 136, 7. San Bruno 138, 8. San Geronimo 140, 9. San Francisco 142, 10. San Anselmo 144, 11. San Francisco 146, 12. San Francisco 148, 13. San Francisco 150, 14. San Francisco 152, 15. San Francisco 154, 16. San Francisco 156, 17. San Francisco 158, 18. San Francisco 160, 19. San Francisco 162, 20. San Francisco 164, 21. San Francisco 166, 22. San Francisco 168, 23. San Francisco 170, 24. San Francisco 172, 25. San Francisco 174, 26. San Francisco 176, 27. San Francisco 178, 28. San Francisco 180, 29. San Francisco 182, 30. San Francisco 184, 31. San Francisco 186, 32. San Francisco 188, 33. San Francisco 190, 34. San Francisco 192, 35. San Francisco 194, 36. San Francisco 196, 37. San Francisco 198, 38. San Francisco 200, 39. San Francisco 202, 40. San Francisco 204, 41. San Francisco 206, 42. San Francisco 208, 43. San Francisco 210, 44. San Francisco 212, 45. San Francisco 214, 46. San Francisco 216, 47. San Francisco 218, 48. San Francisco 220, 49. San Francisco 222, 50. San Francisco 224, 51. San Francisco 226, 52. San Francisco 228, 53. San Francisco 230, 54. San Francisco 232, 55. San Francisco 234, 56. San Francisco 236, 57. San Francisco 238, 58. San Francisco 240, 59. San Francisco 242, 60. San Francisco 244, 61. San Francisco 246, 62. San Francisco 248, 63. San Francisco 250, 64. San Francisco 252, 65. San Francisco 254, 66. San Francisco 256, 67. San Francisco 258, 68. San Francisco 260, 69. San Francisco 262, 70. San Francisco 264, 71. San Francisco 266, 72. San Francisco 268, 73. San Francisco 270, 74. San Francisco 272, 75. San Francisco 274, 76. San Francisco 276, 77. San Francisco 278, 78. San Francisco 280, 79. San Francisco 282, 80. San Francisco 284, 81. San Francisco 286, 82. San Francisco 288, 83. San Francisco 290, 84. San Francisco 292, 85. San Francisco 294, 86. San Francisco 296, 87. San Francisco 298, 88. San Francisco 300, 89. San Francisco 302, 90. San Francisco 304, 91. San Francisco 306, 92. San Francisco 308, 93. San Francisco 310, 94. San Francisco 312, 95. San Francisco 314, 96. San Francisco 316, 97. San Francisco 318, 98. San Francisco 320, 99. San Francisco 322, 100. San Francisco 324.

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 1. Mission San Jose 88, 2. Miramonte 90, 3. San Ramon 92, 4. Redwood 94, 5. San Gabriel 96, 6. San Mateo 98, 7. San Bruno 100, 8. San Geronimo 102, 9. San Francisco 104, 10. San Francisco 106, 11. San Francisco 108, 12. San Francisco 110, 13. San Francisco 112, 14. San Francisco 114, 15. San Francisco 116, 16. San Francisco 118, 17. San Francisco 120, 18. San Francisco 122, 19. San Francisco 124, 20. San Francisco 126, 21. San Francisco 128, 22. San Francisco 130, 23. San Francisco 132, 24. San Francisco 134, 25. San Francisco 136, 26. San Francisco 138, 27. San Francisco 140, 28. San Francisco 142, 29. San Francisco 144, 30. San Francisco 146, 31. San Francisco 148, 32. San Francisco 150, 33. San Francisco 152, 34. San Francisco 154, 35. San Francisco 156, 36. San Francisco 158, 37. San Francisco 160, 38. San Francisco 162, 39. San Francisco 164, 40. San Francisco 166, 41. San Francisco 168, 42. San Francisco 170, 43. San Francisco 172, 44. San Francisco 174, 45. San Francisco 176, 46. San Francisco 178, 47. San Francisco 180, 48. San Francisco 182, 49. San Francisco 184, 50. San Francisco 186, 51. San Francisco 188, 52. San Francisco 190, 53. San Francisco 192, 54. San Francisco 194, 55. San Francisco 196, 56. San Francisco 198, 57. San Francisco 200, 58. San Francisco 202, 59. San Francisco 204, 60. San Francisco 206, 61. San Francisco 208, 62. San Francisco 210, 63. San Francisco 212, 64. San Francisco 214, 65. San Francisco 216, 66. San Francisco 218, 67. San Francisco 220, 68. San Francisco 222, 69. San Francisco 224, 70. San Francisco 226, 71. San Francisco 228, 72. San Francisco 230, 73. San Francisco 232, 74. San Francisco 234, 75. San Francisco 236, 76. San Francisco 238, 77. San Francisco 240, 78. San Francisco 242, 79. San Francisco 244, 80. San Francisco 246, 81. San Francisco 248, 82. San Francisco 250, 83. San Francisco 252, 84. San Francisco 254, 85. San Francisco 256, 86. San Francisco 258, 87. San Francisco 260, 88. San Francisco 262, 89. San Francisco 264, 90. San Francisco 266, 91. San Francisco 268, 92. San Francisco 270, 93. San Francisco 272, 94. San Francisco 274, 95. San Francisco 276, 96. San Francisco 278, 97. San Francisco 280, 98. San Francisco 282, 99. San Francisco 284, 100. San Francisco 286.

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