

**FIRST TEAM** (listed alphabetically)

NAME	GRADE	SCHOOL	SECTION
1. Balderas, Fernando	Sr	San Jose	CCS
2. Baffert, Bret	Sr	San Ramon	NCS
3. Biondo, Rob	Sr	Piner	NCS
4. Carey, John	Sr	Mission San Jose	NCS
5. Foran, Tom		Mira Loma	SJS
6. Frank, John *	Sr	Central Valley	NoS
7. Hoch, John	Sr	Menlo-Atherton	CCS
8. Kaspari, Jim	Sr	St. Francis	CCS
9. Long, Keith	Sr	Cordova	SJS
10. Marden, Jay *	Jr	Mission San Jose	NCS
11. McDonald, Dennis	Sr	Mt. Eden	NCS
12. Mc Collum, Mike	Jr	Palo Alto	CCS
13. O'Connor, Kevin	Sr	Carlmont	CCS
14. Perlman, Dave	Sr	Los Lomas	NCS
15. Read, Rich *	Sr	Mission San Jose	NCS
16. Reyes, Pedro	Sr	Jesuit	SJS
17. Scott, Jeff *	Jr	El Camino (Sacto)	SJS
18. Shea, Dave	Jr	Castro Valley	NCS
19. Soto, Felix *	Sr	Mt. Pleasant	CCS
20. Torres, Jesse	Jr	Independence	CCS
21. Vail, Mike	Sr	Mira Loma	SJS
22. Vasquez, Angel	Jr	Watsonville	CCS

**NORTHERN CALIFORNIA RUNNER OF THE YEAR:** Jay Marden (MSJ) & John Frank (Cent.Val)  
**Outstanding Senior.....**John Frank (Central Valley)  
**Outstanding Junior.....**Jay Marden (Mission San Jose)  
**Outstanding Sophomore. ....**Tim Berry (Pleasant Hill)  
**Outstanding Freshman.....**Jose Lopez (Downey of Modesto)

The All Northern California team is sponsored annually by the Northern California Track & Field Association and by Citizens Savings. The first All Northern California Team was selected in 1962. Unofficial selections have been made retroactive back to 1953.

The Selection Committee for this year's team was composed of Plato Yanicks of Menlo-Atherton H.S., (chairman); Jack Marden, (MSJ); Bob Wall, (Lassen); James Thomas, (Lowell SF); Frank Jolly, (Arcata); Peter Jensen, (Castro Valley); Bruce Atkinson, (Nova); Jim Hayes, (Central Valley HS); Doug Johnson, (Petaluma); Keith Conning, (No Cal Run Review); Howard Wilman (SJ Mercury). All HS coaches were invited to attend the selection meeting.

The area represented by the 1979 team included the six Northern California Sections of the CIF: (North, North Coast, Central Coast, San Joaquin, Oakland, and San Francisco.) The geographical boundaries of these sections went as far as the Oregon border to the North and Merced to the South

Selection criteria: Performance throughout the entire season was considered. Major emphasis was given to placing in the Nor Cal and section meets, with region, league, center and invitational meets having some bearing. The rain and mud of the Nor Cal meet was taken into consideration in the voting as was injury and illness.

Awards: The first ten ranked athletes will receive certificates from Citizens Savings. "T" shirts will be sent to Sections Commissioners in May for distribution gratis of the NCT&FA. There may not be enough T shirts for everyone because of lack of funds. Shirts will be awarded on the basis of rank in the selections.

\* indicates repeater from last year's All Northern California Team.

# THE 1979 GIRL'S ALL NORTHERN CALIFORNIA CROSS COUNTRY TEAM

## FIRST TEAM (listed alphabetically)

	NAME	GRADE	SCHOOL	SECTION
1.	Berndt, Esther	So	Gunn	CCS
2.	Brogan, Kerry	Jr	Los Altos	CCS
3.	Dailey, Lisa	Sr	Petaluma	NCS
4.	Davis, Marilyn	So	Miramonte	NCS
5.	Day, Ruth	So	Willow Glen	CCS
6.	Fuller, Jeanie *	So	Mira Loma	SJS
7.	Gong, Diaae *	Sr	Lowell	SF
8.	Harper, Amy	Sr	Prospect	CCS
9.	Jungsten, Linda	Sr	Carlmont	CCS
10.	Lambden, Karin	Jr	Castro Valley	NCS
11.	MacSwain, Robyn	So	Terra Linda	NCS
12.	Martinez, Suzy	So	San Juan	SJS
13.	Nieto, Shelly *	Jr	Merced	SJS
14.	Richardson, Joyce	So	Concord	NCS
15.	Sandel, Lisa		Campolindo	NCS
16.	Shanoff, Lori	So	Petaluma	NCS
17.	Smith, Judy	Jr	Lassen	No
18.	Stevenson, Sabrina	So	Castro Valley	NCS
19.	Strangio, Liz *	Sr	Mission SJ	NCS
20.	Van Leeuwen, Jessica	Fr	Carlmont	CCS
21.	White, Marcia	Jr	Miramonte	NCS
22.	Gaffield, Mary	Jr	ElCerrito	NCS

NORTHERN CALIFORNIA RUNNER OF THE YEAR.....Kerry Brogan (Los Altos)  
 Outstanding Senior.....Liz Strangio (Mission San Jose)  
 Outstanding Junior.....Kerry Brogan (Los Altos)  
 Outstanding Sophomore.....Robyn MacSwain (Terra Linda)  
 Outstanding Freshman.....Jessica Van Leeuwen (Carlmont)

## NONORABLE MENTION FOR GIRLS:

Hughes, Diane (Red Bluff); Haase, M. (So Tahoe); Sweeney, (Shasta); Santa Cruz, Raquel (Mira Loma); Choy, Tiffany (Salinas); Baker, (El Dorado); Foainini, Paula (Carl); Moore, Tammy (Enterprise); Wilson, Betty (Watsonville); Chamness, Sara (La Sierra); Chituras, Charleen (Downey); Frommelt, Mary (Justin-Siena); Haase, Karin (So Tahoe); Morse, Mary Ann (Carondelet); Pellzynski, Lisa (Los Altos); Glockner, Jenny (Sacred Heart); Johnson, Julia (East Union); Sihner, Wendy (Miramonte); Van Buskirk, Lisa (Castro Valley); Manning, Chris (Car); Hayes, Julie (Dublin); Keeton, Kim (Woodland); Perrin, Theresa (Mira Loma); McLeod, Marta (Skyline); Bertucci, Ann (Petaluma); Weaver, Joni (Ponderosa); Jacobson, Kristi (Soquel); Huston, Wendy (Gunn); David, Dianna (Yreka); Bettencourt, Audrey (Half Moon Bay); Morris, Debbie (Los Gatos); Negri, Franci (Foothill); Carisetti, Mari (Marin Acad); Knafelc, Val (Carondelet); Poell, Liane (So Tahoe); Slingerland, Jeanette (Mira Loma); Green, Margaret (Antioch); Wright, Meg (Homestead); Brodie, Susan (St Francis); Hampton, Beth (Aptos); Grassi, Lynn (St Francis); Dykstra, Kate (Drake); Geoffrion, Gigi (Drake); Romo, Tani (Ukiah); Malcolm, Marianne (MSJ); Whitney, Dana (MSJ)

## NONORABLE MENTION FOR BOYS:

Hoefer, Mark (So Tahoe); Redmond, Mike (El Dorado); Vail, Mike (Mi. Loma); Jolly, Karl (Arcata); Williams, Bruce (Livermore); Torres, Tito (Johnson); Hoyt, Brian (Piner); Dipple, Bob (Paradise); Grabowsky, Paul (San Ramon); Franse, Ted (Lodi); Gonzales, Danny (Mt View); Nelson Bernal (Westmont); Jesse Colvin (Lynbrook); Jack Kurr (Gunn); Isaac Miller (Fremont of Sunny); Tardy, Brad (Redwood); Vargas, Steve (Amador); Berry, Jim (Pleasant Hill); Knowles, Rusty (Vacaville); Warr, Mike (Vacaville); Day, Gene (So Tahoe); Kuphaldt, Harold (Bella Vista); Salcido, Beto (Merced); Tadford, George (Las Plumas); Richardson, Dennis (Lassen); Smario, Steve (Leigh); Barraza, Sammy (Watsonville); Dave Anderson (Castro Valley); Barlow, Tom (Los Lomas); Cole, Tom (San Ramon); Rasmussen, Stewart (Arcata); Bennett, Dennis (Mills); Marson, Dave (Mills); Pena, Jim (Irvington); Ingram, Bob (Westmont)

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5.	Day, Ruth	So	Willow Glen	CCS
6.	Fuller, Jeanie *	So	Mira Loma	SJS
7.	Gong, Diane *	Sr	Lowell	SF
8.	Harper, Amy	Sr	Prospect	CCS
9.	Jungsten, Linda	Sr	Carlmont	CCS
10.	Lambden, Karin	Jr	Castro Valley	NCS
11.	MacSwain, Robyn	So	Terra Linda	NCS
12.	Martinez, Suzy	So	San Juan	SJS
13.	Mieto, Shelly *	Jr	Merced	SJS
14.	Richardson, Joyce	So	Concord	NCS
15.	Sandel, Lisa		Campolindo	NCS
16.	Shanoff, Lori	So	Petaluma	NCS
17.	Smith, Judy	Jr	Lassen	No
18.	Stevenson, Sabrina	So	Castro Valley	NCS
19.	Strangio, Liz *	Sr	Mission SJ	NCS
20.	Van Leeuwen, Jessica	Fr	Carlmont	CCS
21.	White, Marcia	Jr	Miramonte	NCS
22.	Gaffield, Mary	Jr	ElCerrito	NCS

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## NONORABLE MENTION FOR GIRLS:

Hughes, Diane (Red Bluff); Haase, M. (So Tahoe); Sweeney, (Shasta); Santa Cruz, Raquel (Mira Loma); Choy, Tiffany (Salinas); Baker, (El Dorado); Foainini, Paula (Carl); Moore, Tammy (Enterprise); Wilson, Betty (Watsonville); Chamness, Sara (La Sierra); Chituras, Charleen (Downey); Frommelt, Mary (Justin-Siena); Haase, Karin (So Tahoe); Morse, Mary Ann (Carondelet); Pellzynski, Lisa (Los Altos); Glockner, Jenny (Sacred Heart); Johnson, Julia (East Union); Sihner, Wendy (Miramonte); Van Buskirk, Lisa (Castro Valley); Manning, Chris (Car); Hayes, Julie (Dublin); Keeton, Kim (Woodland); Perrin, Theresa (Mira Loma); McLeod, Marta (Skyline); Bertucci, Ann (Petaluma); Weaver, Joni (Ponderosa); Jacobson, Kristi (Soquel); Huston, Wendy (Gunn); David, Dianna (Yreka); Bettencourt, Audrey (Half Moon Bay); Morris, Debbie (Los Gatos); Negri, Francis (Foothill); Carisetti, Mari (Marin Acad); Knafelc, Val (Carondelet); Poell, Liane (So Tahoe); Slingerland, Jeanette (Mira Loma); Green, Margaret (Antioch); Wright, Meg (Homestead); Brodie, Susan (St Francis); Hampton, Beth (Aptos); Grassi, Lynn (St Francis); Dykstra, Kate (Drake); Geoffrion, Gigi (Drake); Romo, Tani (Ukiah); Malcolm, Marianne (MSJ); Whitney, Dana (MSJ)

## NONORABLE MENTION FOR BOYS:

Hoefer, Mark (So Tahoe); Redmond, Mike (El Dorado); Vail, Mike (Mira Loma); Jolly, Karl (Arcata); Williams, Bruce (Livermore); Torres, Tito (Johnson); Hoyt, Brian (Piner); Dipple, Bob (Paradise); Grabowsky, Paul (San Ramon); Franse, Ted (Lodi); Gonzales, Danny (Mt View); Nelson Bernal (Westmont); Jesse Colvin (Lynbrook); Jack Kurr (Gunn); Isaac Miller (Fremont of Sunny); Tardy, Brad (Redwood); Vargas, Steve (Amador); Berry, Jim (Pleasant Hill); Knowles, Rusty (Vacaville); Warr, Mike (Vacaville); Day, Gene (So Tahoe); Kuphaldt, Harold (Bella Vista); Salcido, Beto (Merced); Tadford, George (Las Plumas); Richardson, Dennis (Lassen); Smario, Steve (Leigh); Barraza, Sammy (Watsonville); Dave Anderson (Castro Valley); Barlow, Tom (Los Lomas); Cole, Tom (San Ramon); Rasmussen, Stewart (Arcata); Bennett, Dennis (Mills); Marson, Dave (Mills); Fena, Jim (Irvington); Lopez, (Mills);

# Race Walking

**SCHEDULING:** - For all information on scheduling please contact the following individuals--(NorCal) Bill Ranney, 101 Sunnyhills Dr., #65, San Anselmo 94960 (Ph. 415/456-2641) or Tom Dooley, 2250 Sherwin Av., Santa Clara 95050 (Ph. 408/243-5454); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010; (Oregon) Jim Bean, 336 Jerris St. SE, Salem, OR 97302.

**Note:** - Mostly major races are listed below, not necessarily including walks included in track meets. For a complete list of area race walks, you should subscribe to the *Golden Gate Race Walker*, the primary race walking publication for the Bay Area. Write to: Harry Stitonen, 108 Sanchez St., #17, San Francisco, CA 94114. - Olympic Trials Standards: 20K/1:35:00; 50K/4:35:00.

- Apr 20 - Natl. Sr. 20K, Seattle, WA - Dean Ingram, 507 Cobb Bldg., Seattle, WA 98101.
- May 3 - Natl. Jr. Men's & Sr. Women's 20K (open 20K too), Westlake Village (LA) - Paula Kash (213/657-5431 or John Kelly 213/451-5231).
- May 10 - Olympic Trials 50K, Niagara Falls, NY (enter by May 1), full air and board - top 21 qualifiers - Dan Stanek, 1081 Sheree Dr., Grand Island, NY 14072 (716/773-6386).
- May 11 - Julie Partridge Memorial 10K, Woodside HS (track), 10 am - Woodside Str., 2021 Kensington, Rdwd City 94061
- May 24 - Natl. Sr. & Masters 10K, Chicago, IL.
- Jun 16 - Natl. Jr. Men's 10K (track), w/Jr. T&F Champs, Univ. of Tenn., Knoxville, TN (see T&F scheduling contact).
- Jun 21 - Olympic Trials 20K, Eugene, Ore., 5 pm (enter by June 7), full air & board to all qualifiers - Eric Larsen, PO Box 1107, Eugene, OR 97440.
- Jul 4 - Natl. Masters 5 & 20K (3 day meet), Charleston, WV... no contact person as of this date.

**RESULTS:** - Because of two reasons, the NCRR will be cutting back to a great degree the coverage of race walking--(1) The current dilemma of my getting issues out on time can be helped by cutting back the volume of information I have to type that isn't necessary. (2) Since the *Golden Gate Race Walker* is doing an excellent job of covering both scheduling, results, and other tidbits (see note above under scheduling contacts), we would be basically duplicating much of that information by printing it here. However, we do feel that top quality meets and performances should be given due recognition and will try to keep at least minimal coverage of major competitions, etc. We hope you race walkers understand our reasoning behind this...it's not that we want to slight your sport, but we are having to make some very important decisions on what to reduce/eliminate, and those areas that are covered well by other publications, newspapers, etc., will probably be getting decreased coverage in the future...it may be the only way we can survive! *All Results from GGR.*

**LUGANO CUP** (Sep. 29-30, Eschborn, W.G.): /20K/ 1-Bautista/Mex 1:18:49, 2-Yakovlev/SU 1:19:46...31-Heiring/US 1:28:51, 35-Hansen/US 1:29:56. /50K/ 1-Bermudez/Mex 3:43:46, 2-Vera/Mex 3:43:49...34-Sullivan/US 4:12:15, 35-Evoniuk/US 4:12:37, 38-O'Connor/US 4:17:24, 44-Schueler/US 4:27:24. /Women's 5K/ 1-Fawkes/UK 22:51, 2-Tyson/UK 22:59...10-Liers/US 24:02, 19-Sakelarios/US 24:50, 22-Brodock/US 25:00, 23-Kash/US 25:08. Teams: (Men) 13-US; (Women) 5-US.

**US-CANADA MATCH** (Oct. 6, Montreal): /15K/ 1-Stones/Can 1:10:41, 2-O'Reilly/BSW 1:10:46, 3-Daniel 1:11:56, 4-Halbur 1:13:12. /30K/ 1-Boeck/Can 2:33:17, 2-Farrelly/Can 2:34:47, 3-Price 2:38:12, 4-Somers 2:41:36, 5-Glusker/WVTC 2:41:44, 6-Faciola 2:42:52.

**NATL. AAU 30K** (Oct. 27, Detroit): - Bill Ranney won Masters title and broke his own national masters record with a time of 2:32:18...previous record was 2:33:45. 1-O'Connor 2:22:59, 2-Pecinovsky 2:29+, 3-Ranney/WVTC 2:32:18, 4-Kraft 2:38+... cold (38°) and windy last 10K.



Neal Pyke in route to 50K win (Olympic Trials qual.) at WV Marathon. /J. Engle/

**NATL. AAU 40K** (Nov. 4, Long Branch, NJ): - 1-O'Connor/NYAC 3:23:10, 2-O'Sullivan/ESTC 3:23:22, 3-Dooley/WVTC 3:24:36, 4-Glusker/WVTC 3:28:30, 5-Hirt/UCTC 3:31:40.

**NATL. AAU 25K** (Nov. 25, Las Vegas, Nev.): - 1-Jobin/Canada 1:52:57, 2-Heiring/Un 1:57:28, 3-Evoniuk/CoTC 2:02:23, 4-Sharp/Un 2:03:24, 5-Reilly/BSW 2:04:24, 6-Dooley/WVTC 2:05:59, 7-Knifton/NYAC, 8-Brandwein/CalWalkers 2:07:36.

**SAN DIEGO 50K** (Dec. 9): - 1-Heiring 4:17+, 2-Sharp 4:28+, 3-O'Reilly/BSW 4:31:33, 4-Brandwein/CW 4:33+.

**NATL. AAU 35K** (Dec. 16, Houston, Tex.): 1-Knifton/NYAC 2:55:34, 2-Dooley/WVTC 2:56:31, 3-Ranney/WVTC(40+) 3:07:09...6-Snazelle/WVTC (time?). Teams: 1-West Valley TC. Marcel Jobin (Canada) won (time not known) but didn't count in national standings.

**PA-AAU/AC CHAMPIONSHIPS (50K)** (Feb. 10, San Mateo): 1-Pyke/SSC 4:22:33, 2-Dooley/WVTC 4:31:14 (only 2 finishers...both qualify for Olympic Trials). /20 Mi./ 1-Reilly/BSW 2:44:54, 2-Henderson/SSC 2:46:26, 3-Adriano/SSC 3:04:29, 4-Bonnie Dillon 3:09:01 (world record), 5-Penner 3:16:20.

**PA-AAU/AC 25K** (Mar. 2, S.F. State track): 1-Dooley/WVTC 2:04:03, 2-Ranney/WVTC(40+) 2:27:57.

**NATL. AAU 30K** (Mar. 23, Houston, Tex.): 1-Sharp 2:21+, 2-Knifton 2:25+, 3-Dooley/WVTC 2:26+, 4-Glusker/WVTC NT, 5-Young NT, 6-Ranney/WVTC NT. *More complete results next time.*

## Prep Ramblings

by Keith Conning

**CONTRIBUTIONS APPRECIATED:** - Please send results & stories of high school athletes and competitions directly to me: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

**From the Editor:** - Keith continues to do a yeoman's job on covering all high school happenings in Northern California. We regret that in the future we will be cutting back quite a bit on our high school coverage, at least in terms of listing invitational results for track and cross-country. As mentioned in "From the Editor" (page 7 of this issue), my ability to get issues out on a regular basis will depend a lot on the 'thickness'. With the volumes of material on high school track and cross-country that Keith sends us, we are only able to print a small portion of it anyway. In the future we will concentrate primarily on: (1) Statistical listings; seasonal and all-time; and (2) Major meet results (Regionals, Sectionals, etc.) with a few exceptions; and (3) Rankings (not necessarily based on the best seasonal performance). We certainly don't mean to slight our many prep readers and their followers, but it's just that unless I make some heavy 'cuts' somewhere, the magazine will soon not exist at all. Suggestions are appreciated. Since the local newsmedia usually give fairly good coverage to prep activity, we feel that this is one place we can "trim" a bit.

## - NorCal Prep X-C Rankings -

These rankings are based on the following criteria: (1) Honors won, (2) Win-Loss record, (3) Sequence of marks. The rankings indicate how the athletes performed relative to each other over the course of the whole season. Therefore, the importance of any one competition is not overly stressed. All those listed in the "top 10" below were also selected by the NorCal coaches for the "22-person" "All NorCal Teams". We are also listing the other 12 individuals who made the "Teams". Runners had to compete for their high school during the season to be ranked. Codes: \*\*\*=frosh, \*\*=soph, \*=junior.

### BOYS

**RUNNERS OF THE YEAR** (tie): Jay Marden (Mission San Jose) and John Frank (Central Valley)

**OUTSTANDING SENIOR:** John Frank (Central Valley)

**OUTSTANDING JUNIOR:** Jay Marden (Mission San Jose, Fremont)

**OUTSTANDING SOPH:** Tim Berry (Pleasant Hill)

**OUTSTANDING FROSH:** Jose Lopez (Downey, Modesto)

**Rankings:** - (1) John Frank/CV, (2) \*Jay Marden/MSJ, (3) Rich Read/MSJ, (4) Bret Baffert/SanRamon, (5) Fernando Balderas/San Jose, (6) \*Jeff Scott/El Camino-Sac'to...continued on next pg.



(NorCal Prep Rankings, X-Country...continued) - (7) Tom Foran/Mira Loma-Sac'to, (8) Kevin O'Connor/Carlmont-Belmont (9) Mike Vail/Mira Loma-Sac'to, (10) \*Jesse Torres/Independence San Jose...(others): Jim Kasper/St. Francis, Pedro Reyes/Jesuit, \*Angel Vasquez/Watsonville, \*Mike McCollum/Palo Alto, \*Dave Shea/Castro Valley, Dennis Macdonald/Mt. Eden, Greg Long/Calaveras, John Carey/MSJ, Bob Biando/Piner, Dave Perlman/Las Lomas, John Hoch/Menlo-Atherton, Felix Soto/Mt. Pleasant.

Boys' Teams: (1) Jesuit/Carmichael, (2) Mission San Jose/Fremont, (3) Leigh/San Jose, (4) Watsonville, (5) El Dorado/Placerville, (6) San Ramon/Danville, (7) Mira Loma/Sac'to, (8) Castro Valley, (9) Skyline/Oakland, (10) St. Francis/Mtn.View.



(L-R) John Frank, Jay Marden & Fernando Balderas. /K. Conning/

#### GIRLS

RUNNER OF THE YEAR: Kerry Brogan (Los Altos)  
OUTSTANDING SENIOR: Liz Strangio (Mission San Jose, Fremont)  
OUTSTANDING JUNIOR: Kerry Brogan (Los Altos)  
OUTSTANDING SOPH: Robyn MacSwain (Terra Linda, San Rafael)  
OUTSTANDING FROSH: Jessica Van Leeuwen (Carlmont, Belmont)

Rankings: - (1) \*Kerry Brogan/Los Altos, (2) Shelly Nieto/Merced, (3) Liz Strangio/MSJ, (4) \*\*Robyn MacSwain/Terra Linda, (5) \*Mary Gaffield/El Cerrito, (6) Diane Gong/Lowell, S.F., (7) Amy Harper (Prospect, Saratoga), (8) \*\*Lori Shanoff/Petaluma, (9) \*\*Suzy Martinez/San Juan, Citrus Hgts, (10) \*\*Ruth Day/Willow Glen, San Jose...(others): Lisa Dailey/Petaluma, \*Judy Smith/Lassen-Susanville, \*\*Joyce Richardson/Concord, \*\*Esther Berndt/Gunn-Palo Alto, \*Marcia White/Miramonte, \*\*Marilyn Davis/Miramonte, Lisa Sandel/Campolindo-Moraga, \*\*\*Jessica Van Leeuwen/Carlmont-Belmont, \*\*Jeannie Fuller/Mira Loma-Sac'to, \*\*Sabrina Stevenson/Castro Valley, \*Karin Lambden/Castro Valley, Linda Jungsten/Carlmont.

Girls' Teams: (1) Drake/San Anselmo, (2) Carlmont/Belmont, (3) Mira Loma/Sac'to, (4) Castro Valley, (5) Shasta/Redding, (6) Miramonte/Orinda, (7) Lassen/Susanville, (8) South Lake Tahoe, (9) Gunn/Palo Alto, (10) Carondelet/Concord.



(Top) Mission San Jose and (bottom) Castro Valley went 1-2 in NCS and ranked 2nd & 8th in NorCal. /Conning/



(L-R) Kerry Brogan; Joyce Richardson, Liz Strangio, and Mary Gaffield...all ranked high among NorCal preps. /Don Gooney/

#### - X-C Results -

NATIONAL 2-MILE POSTAL (Nov. 4, Los Gatos): /BOYS/ 1-Balderas/SJ 9:23.3, 2-O'Connor/Carl 9:24.8, 3-Torres/Ind 9:26.4, 4-Kurr/Gunn 9:32.1, 5-Hoch/MA 9:32.7, 6-Vasquez/Wat 9:35.9, 7-Samario/Leigh 9:43.4, 8-Cox/LG 9:43.7, 9-Gomez/Carl 9:45.7, 10-Ingram/Westmont 9:46.8...Teams: 1-Watsonville 49:26, 2-Carlmont 50:16, 3-Independence 51:08, 4-Lick 51:20, 5-Gunn 51:50.  
/GIRLS/ 1-Harper/Prospect 10:52, 2-Brogan/LA 11:09.6, 3-Van Housen/Wdsde 11:20.2, 4-Jungsten/Carl 11:33.9, 5-Huston/Gunn 11:46.2...Teams: Carlmont 60:45, Soquel 62:28, Leigh 62:52.

NORTHERN SECTION (Nov. 3, Chico): /BOYS/ 1-Frank/CV 13:43, 2-Dippee/Par 14:18, 3-Tedford/LP 14:20, 4-Richardson/Las 14:26, 5-McKendrick/LP 14:35...Teams: Paradise 52, Shasta 92, Enterprise 108, Lassen 112, Central Valley 122. /GIRLS/ 1-Hughes/RB 12:50, 2-Smith/Las 12:56, 3-Sweeney/Sh 13:02, 4-Moore/Ent 13:06, 5-David/Y 13:12...Teams: Shasta 43, Lassen 56, Chico 101, Enterprise 102, Pleasant Valley 111.

SAC-JOQUIN SECTION (Nov. 12, Rocklin): /BOYS/ 1-Foran/ML 15:21, 2-Scott/EC 15:23, 3-Vail/ML 15:30, 4-Torres/Johnson 15:41, 5-Long/Calav 15:42, 6-Franse/Lodi 15:45, 7-Reyes/Jesuit 15:47, 8-Knowles/Vaca 15:48, 9-Warr/Vaca 15:48, 10-Hoefer/SLT 15:49...Teams: Jesuit 65, Elk Grove 86, El Dorado 91, Bella Vista 129, Mira Loma 135. /GIRLS/ 1-Nieto/Mer 12:43, 2-Martinez/SJuan 13:04, 3-Haase/SLT 13:23, 4-K. Haase/LT 13:25, 5-Santa Cruz/ML 13:29, 6-Baker/ED 13:32, 7-Chituras/Dow 13:33, 8-Frommelt/JS 13:36, 9-Keeton/WdInd 13:38, 10-Perrin/ML 13:41...Teams: SLT 75, Cordova 87, Mira Loma 90, Merced 118, Placer 157.

OAKLAND SECTION (Nov. 14, Oakland): /BOYS/ 1-Pluth/Sky 13:55, 2-Young/Okld 14:27, 3-Wilkens/Okld nt, 4-Weber/Sky nt, 5-Rateaver/Sky nt...Teams: Skyline 23, Oakland 49, McClymonds 92, Castlemont 102. /GIRLS/ 1-Ray/Okld 12:19, 2-McLeod/Sky 12:28...Teams: Skyline 22, McClymonds 68.

NORTH COAST SECTION (Nov. 17, Santa Rosa): /BOYS/ 1-Marden/MSJ 14:14.5, 2-Read/MSJ 14:26, 3-Baffert/SR 14:34, 4-McDonald/ME 14:37, 5-Shea/CV 14:52, 6-Grabowsky/SR 14:55, 7-Perlman/LL 14:57, 8-Berry/PH 14:57, 9-Williams/Liv 14:59, 10-Hoyt/Pin 15:01...Teams: MSJ 78, Castro Vly 90, San Ramon 112, Las Lomas 121, Pleasant Hill 145. /GIRLS/ 1-Strangio/MSJ 12:39.6, 2-MacSwain/TL 12:41, 3-Dailey/Pet 12:42, 4-Shanoff/Pet 12:47, 5-White/Mir 12:52...more...



Shelly Nieto /Gooney/