NCS 11-17

Boys Team

1. MSJ	78	
2 Castro V	90	
3 San Ramon	112	
4 Las Lomas	121	
5 Pleasant Hill	145	
6 Arcata	159	
7 Amador	170	
8 Piner	182	
9 Redwood	191	
10 De La Salle	205	
11 Drake	229	
12 Piedmont	261	
13 Fort Bragg	345	
51 Bruce Mulcahy	MSJ	15:48.5
52 Steve Mayberry	Castro V	49.0
53 Steve Scheiden	DLS	50.8
54 Joe Ogden	PH	52.2
55 Phil Duncan	Castro V	52.7
56 Mike Small	DLS	53.5

Tu Apr. 22 College of Marin Girls
Twilight Invitational

NCS Boys 11-17

1.	Jay Marden	MSJ	14:14.5
2.	Rich Read	MSJ	25.9
3	Bret Baffert	SR	33.8
*4	Dennis McDonald	ME	36.8
5	Dave Shea	Cas V	51.9
6.	Paul Grabowsky	San R	55.2
*7.	Dave Perlman	LL	56.8
*8.	Tim Berry	PH	56.8
*9	Bruce Williams	Liv	58.5
*10	Brian Hoyt	Pinn	1501.1
*11	Rob Brondo	Pinn	03.8
*12	Brad Tardy	Red	04.7
*13.	Karl Jolly	Arc	06.7
14	Dave Anderson	Cas V	08.6
15	John Carey	MSJ	13.0
*16.	Steve Vargas	Ama	14.6
17.	Tom Barlow	LL	15.6
18.	Larry Guinea	CV	16.6
19.	John Hall	Drake	17.3
20	Grant Ridge	Arc	18.1
21	Kyle Kessler	Cas V	18.8
22	Jim Fischer	DLS	20.4
23	Stewart Rasmussen	Arc	20.9
24	Dave Peissner	Pleasant Hill	21.7

25.	Keith Wayne	Pleasant Hill	15:22.7
26	Tom Cole	San Ramon	23
27.	Howard Machek	Las Lomas	25.5
28.	Steve Wogsland	MSJ	26.2
29.	Peter McLaughlin	Mt Tam	27.1
30.	Garth McCune	Redwood	27.5
31.	Dan McComb	De La S	29.2
32.	Jeff Preuniger	Las Lomas	31.5
33	John Loomis	Redwood	33.6
34.	Dan Vargas	Amador	35.5
35	Peter Dykstra	Drake	36.0
36.	Rick Dillon	Drake	36.2
37.	Dave Robinson	Amador	36.5
38	Frank Matull	San Ramon	36.6
39	Brian Angus	MSJ	37.4
40	Steve Hackel	Piedmont	40.4
41	Tracy Walker	Amador	41.9
42	Paul Warren	Castro V	42.3
43	Ira Moch	Pied	43.4
44	Tom Halley	Arcata	44.2
45	John Vonseburg	Pinor	45.1
46	Dan Grant	Pleasant Hill	45.8
47	J.C. Tinney	Fort Bragg	46.5
48	Don Diola	Alameda	47.1
49.	Bill Raventos	San Ramon	47.4
50	Jim Leney	Las Lomas	47.9

Girls NCS 11-17

1.	Miramonte	90
2.	Castro Valley	97
*3.	Carondelet	105
	Petaluma	105
5	Drake	138
6	Redwood	143
7	San Ramon	192
8	El Cerrito	200
9	Terra Linda	210
10	Antioch	222
11	MSJ	226
12	Acalanes	259
13	University	313

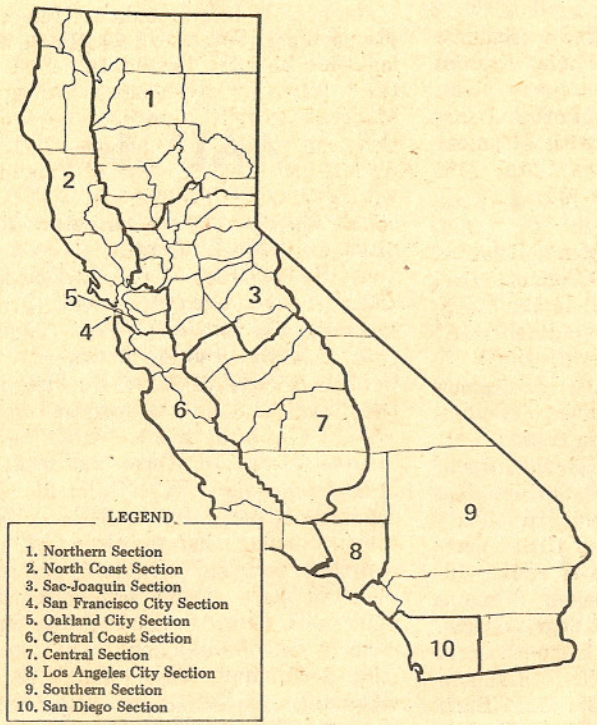
48.	Carol Strothers	El Cerrito	14:00
49	Jenny Wood	Redwood	14:02
50.	Stephanie Anacker	Redwood	07
51.	Suzy Baffert	San Ramon	08
53	Krista Landon	Castro V	11
54	Estrella Elkeim	Castro V	12
55.	Nina Jenkins	Carondelet	14
56.	Christy McKinley	Carondelet	15

NCS, Spring Lake, Santa Rosa, 11-17-79

Girls

*1.	Liz Strangeo	12	MSJ	12:39.6
*2.	Robyn MacSwain	10	Terra Linda	12:40.9
*3.	Lisa Bailey	12	Petaluma	41.7
*4.	Lori Shanff	10	Petaluma	46.8
5.	Marcea White	11	Miramonte	52.2
6.	Marilyn Dias	10	Miramonte	55.3
*7.	Lisa Sandel		Campolindo	55.4
8.	Mary Ann Morse	9	Carondelet	1303.0
9.	Karin Lambden		Castro V	064
10.	Sabrina Stevenson		Castro V	072
11	Wendy Sihner		Maze	126
12.	Lisa Van Buskirk		Castro V	13.1
13.	Chris Manning		Car	136
*14.	Julie Hayes		Dub	15.4
*15	Charlene Schalk		San Ramon	18.7
*16.	Ann Bertucci		Peta	1319
17.	Val Knafelc		Car	19
*18.	Mari Carisella		Marin Academy	20
19.	Margaret Green		Antioch	23
20	Mary Gaffield		El Cerrito	24
21.	Gigi Geoffrion		Drake	25
22.	Shelby Thorner		Drake	27
23	Mary Grace Maloney		St. Vincent	29

24.	Janet Wilson	Redwood	13:30
25.	Amy Perkins	Carondelet	33
26.	Missy Dickson	Acalanes	36
27.	Julie Zeigler	Drake	39
28.	Sally Trapell	Redwood	42
29.	Gina Varni	Antioch	44
30.	Ashley Mace	University	45
31.	Suzanne Pohle	Redwood	45
32.	Marianne Malcolm	Mission San Jose	13:46.4
33	Nancy Marinik	Pleta	46
34.	Margot Gehm	Redwood	48
35	Alex Haslam	St Vincent	50
36.	Theresa Martin	Drake	50
37.	Heidi Hohener	Miramonte	51
38	Bridget Cunningham	Castro V	13.54.0
39	Karen Larsen	El Cerrito	54
40	Camille Harrison	Terra Linda	54
41	Eileen Cunningham	Castro V	13:553
42	Sue Banfield	Miramonte	55
43	Alison Nemer	San Ramon	13:558.
44	Helen Lehman	El Cerrito	58
45	Andrea Madrigal	Antioch	1358
46	Adrienne Clark	San Ramon	14:00.0
47	Teri Martin	Redwood	14:00



California High School Cross Country FINALE

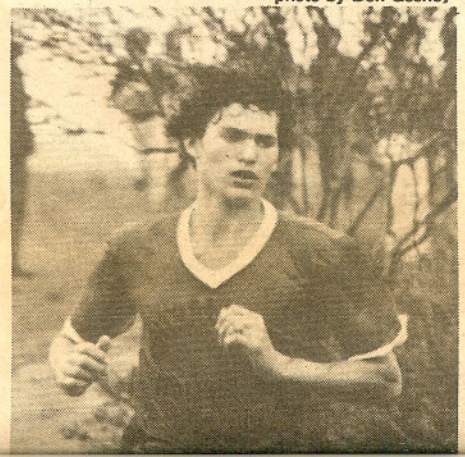
by KEITH CONNING

photo by Don Gosney

4. Tammy Moore (Enterprise) 13:06; 5. David (Yreka) 13:12.

Girls Teams: 1. Shasta 43; 2. Lassen 56; 3. Chico 101; 4. Enterprise 102; 5. Pleasant Valley 111.

photo by Don Gosney



Mission San Jose boys' team had 78 points followed by 2A runnerup Castro Valley with 90. San Ramon, the 4A runnerup, was third with 112. Las Lomas of Walnut Creek was fourth with 121 and Pleasant Hill fifth with 145.

Liz Strangio (Mission San Jose, Fre-

photo by Keith Conning

team race, when favorite Drake, coached by ex-USC great Bill Taylor, only finished fifth. Their top runner Katie Dykstra had the flu and finished last. Miramonte of Orinda, coached by Bob Campbell, took the team title with 90 points, followed by Castro Valley 97, coached by Tony Casillas, Carondelet (Concord) and Petaluma tied for third with 105 points. Doug Johnson, the Petaluma coach and host of the meet, had to use the 6th place tie breaker rule, to determine that Carondelet and not his team would advance to the Nor Cal Championships.

Boys Individuals: 1. Jay Marden (MSJ) 14.14.5; 2. Rich Read (MSJ) 14:25; 3. Bret Baffert (SR) 14:33; 4. Dennis McDonald (ME) 14:36; 5. Dave Shea (CV) 14:51; 6. Paul Grabowsky (SR) 14:55; 7. 7. Dave Perlman (LL) 14:56; 8. Tim Berry (PH) 14:56; 9. Bruce Williams (Liv) 14:58; 10. Brian Hoyt (Pin) 15:01.

Boys Teams: 1. Mission San Jose 78; 2. Castro Valley 90; 3. San Ramon 112; 4. Las Lomas 121; 5. Pleasant Hill 145; 6. Arcata 159; 7. Amador 170; 8. Piner 182; 9. Redwood 191; 10. DeLaSalle 205.

Girls Individuals: 1. Liz Strangio (MSJ) 12:39.6; 2. Robyn MacSwain (TL) 12:40; 3. Lisa Dailey (Pet) 12:41; 4. Lori Shanoff (Pet) 12:46; 5. Marcia White (Mir) 12:52; 6. Marilyn Davis (Mir) 12:55; 7. Lisa Sandel (Cam) 12:55; 8. Mary Ann Morse (Car) 13:03; 9. Karin Lambden (CV) 13:06; 10. Sabrina Stev-

photo by Don Gosney

JOHN FRANK

TOM FORAN

SHELLY NIETO

NORTHERN SECTION

by Keith Conning

Hooker Oak Area, Chico, November 3:

John Frank (Central Valley) won the section title by 35 seconds over Bob Dippel (Paradise). George Tedford (Las Plumas) finished two seconds behind Dippel.

Paradise, coached by Mike Genga, won the boys' race with 52 points, over Shasta (Redding) 92, coached by Joe McFarland, and Enterprise 108, coached by Mike Moynahan.

Diane Hughes (Red Bluff), a recent transfer from Southern California, won the girls race by six seconds over Judy Smith (Lassen, Susanville). Kathy Sweeney (Shasta) was third another six seconds back.

Shasta defended its girls' title with 43 points, followed by Lassen 56, coached by Bob Wall, and Chico 101, coached by Chuck Sheley.

Chico, which did better in the past, has lost a lot of runners to their soccer program.

Boys Individuals: 1. John Frank (Central Valley) 13:43; 2. Bob Dippel (Paradise) 14:18; 3. George Tedford (Las Plumas) 14:20; 4. Richardson (Lassen) 14:26; 5. McKendrick (Las Plumas) 14:35.

Boys Teams: 1. Paradise 52; 2. Shasta 92; 3. Enterprise 108; 4. Lassen 112; 5. Central Valley 122.

Girls Individuals: 1. Diane Hughes (Red Bluff) 12:50; 2. Judy Smith (Lassen) 12:56; 3. Kathy Sweeney (Shasta) 13:02;

NORTH COAST SECTION

by Keith Conning

Spring Lake, Santa Rose, November 17:

Jay Marden and Rich Read led Mission San Jose of Fremont to victory in the boys' division. According to their coach Jack Marden, Read tried to upset Marden with a quick early pace, but he just couldn't shake Marden. Instead, Marden replied with his biggest margin (11 seconds) over Read this season. Bret Faffert of San Ramon in Danville, who was third in the NCS 4A qualifying meet behind Marden and Read, ran a strong third ahead of Dennis McDonald (Mt. Eden, Hayward) and Dave Shea (Castro Valley). Paul Grabowsky (San Ramon) finished 6th, with Dave Perlman (Las Lomas, Walnut Creek) 7th, and sophomore Tim Berry (Pleasant Hill) in 8th place. Bruce Williams (Livermore, the brother of Cheri Williams (Oregon), finished 9th.

mont) brought home another individual championship to her school by holding off quick finishing sophomore Robyn MacSwain (Terra Linda, San Rafael). Two Petaluma girls -- Lisa Dailey and sophomore Lori Shanoff -- finished third and fourth. Junior Marcia White (Miramonte, Orinda) took fifth. There was a great battle between sophomore Marilyn Davis (Miramonte, Orinda) and Lisa Sandel (Campolindo, Moraga) for sixth and seventh, with Davis' (2:13 half mile) speed prevailing. Sandel, who transferred from a high school in Alaska, yelled an obscenity at the official who placed her behind Davis. I have a picture showing Davis edging Sandel by a very narrow margin. Freshman Mary Ann Morse of Carondelet in Concord was the top 9th grader with an 8th place finish. Mary Gaffield (El Cerrito), who defeated Strangio in the 4A meet, only finished 20th and Joyce Richardson (Concord), third in the 4A, did not run.

A big upset took place in the girls

ens (CV) 13:07.

Girls Teams: 1. Miramonte 90; 2. Castro Valley 97; 3. Carondelet 105; 4. Petaluma 105; 5. Drake 138; 6. Redwood 143; 7. San Ramon 192; 8. El Cerrito 200; 9. Terra Linda 210; 10. Antioch 222.

SAC—JOAQUIN SECTION

by Keith Conning

Sierra College, Rocklin, November 12:

Tom Foran (Mira Loma, Sacramento) won the boys' team race by two seconds over junior Jeff Scott (El Camino, Sacramento). Mike Vail (Mira Loma) was third followed by Torres (Johnson, Sacramento) and Greg Long (Calaveras, San Andreas), who comes from a small town in the gold country, which I pass through on my way to our Boy Scout camp in the Sierra.

Jesuit (Carmichael), coached by Walt Lange, which has only lost to Mission