



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





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;



JOHN FRANK

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.



TOM FORAN

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



SHELLY NIETO

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-JOQUIN 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