

Past NorCal Cross Country Champions

Listed here are the past Northern California cross country team and individual champions. When the winner was not a CCS school, the top CCS finisher is also given with place. In 1978 and '79, the distance for girls was less than the boys' distance.

<u>No.</u>	<u>Date</u>	<u>Site, Location</u>	<u>Distance</u>
1	11/25/78	Crystal Springs Reservoir, Belmont	2.93 miles/1.93 miles
	Boys:	Mission San Jose (Jack Marden) 40 4, Homestead (Rick Milam) 117	Tom Downs (Skyline) 14:43.6 3, *Felix Soto (Mt. Pleasant) 15:01.5
	Girls:	Mission San Jose (Jack Marden) 79 3, Half Moon Bay (Dick Calvin) 102	Kim Schnurpfeil (San Mateo) 12:23.8
2	11/24/79	Crystal Springs Reservoir, Belmont	2.93 miles/1.93 miles
	Boys:	Watsonville (Len Davies) 80	John Frank (Central Valley) 14:51.6 5, Fernando Balderas (San Jose) 15:16.8
	Girls:	Castro Valley (Tony Casillas) 101 2, Carlmont (Loren Lansberry) 108	Kerry Brogan (Los Altos) 12:35.5
3	11/22/80	Crystal Springs Reservoir, Belmont	2.93 miles
	Boys:	Los Gatos (Willie Hammatz) 99	Jay Marden (Mission San Jose) 14:28. 3, Mike McCollum (Palo Alto) 14:46.5
	Girls:	Miramonte (Bob Campbell) 58 4, St. Francis (Tom Tuite) 120	*Linda Van Housen (Sacred Heart) 17:4.
4	11/28/81	Sierra College, Rocklin	2.99 miles (rain course)
	Boys:	Leigh (Bill Hotchkiss) 68	Harold Kuphaldt (Bella Vista) 14:12. 2, Gary Lewis (Gunderson) 14:23.3
	Girls:	Terra Linda (Duncan MacSwain) 76 2, St. Francis (Tom Tuite) 92	Lori Shanoff (Petaluma) 16:59.4 7, Gretchen Nelson (San Mateo) 17:34.6

Past NorCal Runners Of The Year

As mentioned in the brief history in this guide, then-Hillsdale coach and now Menlo-Atherton coach Plato Yanicks began selecting all-NorCal teams in 1962. With the support of the Northern California Track & Field Association, this became a very important source of publicity for the sport. One of the first things Plato did was to research past years to assemble all-NorCal teams since the start of the sport. By 1965, Citizen Savings had joined in sponsorship and Plato led a panel of coaches and a reporter here and there (the meetings were open to anyone with an interest in selecting the team) that selected the all-NorCal teams.

There are 22 members on each all-NorCal team (save most of the pre-1962 teams, which have from 14-21 members) with a Runner Of The Year award also given. Since 1962, the top class runner (senior, junior, sophomore, freshman) has been selected each year. It should be noted that the all-NorCal team had its most significant years before the Northern California Championships (begun in 1978). It is the opinion of many coaches today that there is no need for an all-NorCal team since there is now a means of selecting the top runners by how they finish in a race against each other. Yanicks led the selection panel for the last time in 1980, and in 1981 the Golden West Track Association selected the first 22 runners to finish the NorCal race to the all-NorCal team.

Listed here are the past NorCal Runners Of The Year, with name of school and location of school when different from the school name. The first girls team was selected in 1977.