

n Quest #2

# CROSS COUNTRY

## SUMMARY

1969

## SUMMARY - 1969

I must admit when I discovered that Dave Chamness had moved during the summer, any thoughts of a successful season disappeared. This is understandable since Dave was North Coast Section Champion last year in the Sophomore Division.

However, we still had Dan Anderson and would build the team around him with Al West (the only other boy returning with varsity experience), Bob Robinson (with only JV experience), and Gary Turpen, Scott Wood, and Rick Reed up from the frosh. Steve Derr had shown promise as a freshman but was continually bothered by injuries. Our 1968 JV team was composed mostly of seniors and our frosh team had no other outstanding runners so the 1969 prospects were not real bright.

What happened? Scott Wood and Rick Reed ran much of the summer and were in good shape when they reported in September. Dan Anderson ran over 700 miles during the summer and was in top condition at the start of the season. Scott and Rick along with talented Bob Robinson joined Dan to form the nucleus of the 1969 team but we still needed a good 5th man.

Steve Derr ran much of the summer and appeared to be just who we were looking for when a foot injury sidelined him in the crucial early days of practice. Randy DeValle had also run much of the summer and had improved tremendously since last year and was making a strong bid for that 5th position.

Al West and Gary Turpen were the ones we were really counting on; however, neither worked out much during the summer and were not ready when the season started. Al was also hampered by a continual respiratory illness during the early season. Rick Riddle, a transfer from Mission San Jose, was our 5th man during the early meets and was eventually replaced by an improving Gary Turpen.

Dan was in a class by himself and Bob was not too far behind; but the real key to our success was the closeness of Rick, Scott, and Gary. This combination with the support of Al, Rick Riddle, Randy, and Steve, lead Castro Valley to an undefeated season and first dual-meet championship.

The story of our successful season does not end there however. The JV team lead by Mike Brown, Rich Silva, and Mike Fesler, compiled an 8 win and 2 loss record and placed 2nd in the league. Also running on the JV team were: Mike Dunn, Barry Menges and sophomore Rich Anderson. Steve Barnett and Dwight Hooper were latecomers on the JV's.

Our outstanding Frosh-Soph team was lead by Freshman standout, Tim Rose, and sophomores Gary Dutra, Marvin Soo Hoo, and Tom Dolfino. These four were aided by another freshman standout, Mike Rudy, and: Mike Lemaster, Jim Phillips, John Anderson, Bob Miller, Chuck Rogo, Leo Schmidt, Mark Prichard, Art Sims, Blake Cooper, Mike Arne, Ken Miller, Greg Silva, Brad Sundeen, Ted Thiel, and Phil Fesler. Also, Nick Marquart, Al Mosier, and John Spikula.

The strength of the Frosh-Soph team was shored-up at the league and division meets by dropping sophomores Steve Derr and Randy De Valle down from the varsity. The team of Steve Derr, Tim Rose, Marvin See Hoo, Gary Dutra, Randy De Valle, Mike Rudy, and Tom Delfino placed 3rd in the Division I meet and placed 10th at the North Coast Finals.

Our 1969 team was a young team. Of the 42 team members, only 4 were seniors. We will miss our seniors, particularly Dan Anderson for his inspiration and leadership. Danny is not the worlds greatest runner but he may be the hardest worker. He has left his mark in the cross country annuals and in the hearts of his teammates at Castro Valley.

1970, here we come!

VARSIITY TOP 10  
Home Course

16:22	Dan Anderson	1969
16:29	Ed Riggs	1968
16:31	Dave Chamness	1968
16:56	Bob Robinson	1969
16:57	Rick Reed	1969
17:14	Seott Wood	1969
17:22	Bob Anderson	1968
17:58	Gary Turpen	1969
18:01	Steve Blaw	1968
18:01	Steve Derr	1969

H.A.A.L. SUMMARY

3 Mile

15:13	Dan Anderson
15:38	Bob Robinson
15:39	Steve Derr
16:09	Gary Turnen
16:14	Rick Reed
16:21	Alan West
16:24	Rick Riddle
16:40	Scott Wood

2 Mile

11:14	Tim Rose	12:17	Mike Lemaster
11:15	Mike Brown	12:42	Ken Miller
11:16	Marvin Soo Hoo	12:50	Bob Miller
11:17	Rich Silva	12:58	Chuck Rego
11:20	Gary Dutra	13:00	Dwight Hooper
11:22	Randy DeValle	13:08	Blake Cooper
11:23	Mike Rudy	13:14	Brad Sundeen
11:40	Tom Delfino	13:24	Mark Prichard
11:45	Mike Dunn	13:26	Greg Silva
11:58	Barry Menges	13:32	Steve Barnett
11:59	Rich Anderson	13:33	Ted Thiel
12:07	John Anderson	13:38	Nick Marquart
12:17	Jim Phillips	14:22	Phil Fesler

CASTRO VALLEY vs O'Dowd  
 CROSS COUNTRY

DIVISION Varsity  
 DATE Sept. 17, 1969

PLACE	TIME	SCHOOL	NAME	CV	OD
1	16.51	CV	Dan Anderson	1	
2	17.11	OD	Buck Kohles		2
3	17.12	CV	Bob Robinson	3	
4	17.26	OD	Tim Maroney		4
5	.42	OD	Steve Elvins		5
6	18.14	CV	Scott Wood	6	
7	.18	CV	Rick Reed	7	
8	.43	OD	Mike McGlynn		8
9	.49	OD	Brian McGlynn		9
10	19.05	CV	Alan West	(27) 10	(28) 9
11	.11	CV	Rick Riddle	11	
12	.17	CV	Randy DeValle	12	
13	.35	CV	Marvin SooHoo		
14	.36	OD	Bill Hustace		13
15	.36	CV	Tom Delfino		
16	20.22	OD	Paul Zihner		14
17	.51	CV	Barry Menges		
18	21.08	OD	Leroy Montoya		
19	.40	CV	Mike Dunn		
20	22.24	OD	Bob Manson		

DIVISION Fresh

PLACE	TIME	SCHOOL	NAME	CV	OD
1	12.44	CV	Gary Dutra	1	
2	.56	CV	Tim Rose	2	
3	13.13	CV	Rich Silva		
4	.20	CV	Rich Anderson	3	
5	.45	CV	Mike Lemaster	4	
6	.54	CV	Chuck Repo	5	
7	14.09	CV	Tim Phillips	(13) 6	
8	14.10	CV	John Anderson	7	
9	14.49	CV	Bob Miller	8	
10	15.53	CV	Blake Cooper	9	

CASTRO VALLEY vs San Leandro - Newark  
 CROSS COUNTRY

Division Varsity  
 9/24/69

Place	Time	School	Name	CV	SL	N
1	16:57	CV	Dan Anderson	1		
2	17:59	SL	Dennis McSweeney		2	
3	18:03	N	Zachary Beavers			3
4	:08	CV	Scott Wood	4		
5	:17	N	Jim Balentine			5
6	:27	SL	Don Filteau		6	
7	:29	CV	Bob Robinson	7		
8	:34	CV	Rick Reed	8		
9	:52	CV	Rick Riddle	9		
10	19:02	CV	Randy DeVaile	10		
11	:05	SL	Don Vitatoc		11	
12	:12	SL	Ken Humphries		12	
13	:19	N	Frank Tatoya			13
14	:27	N	Greg Dunn			14
15	:44	N	Robert Tucker			15
16	:46	N	Mike Hawthaway			16
17	:48	CV	Mike Fesler	17		
18	:48	N	Frank Rivera			18
19	20:17	N	Bix Musich			
20	:27	SL	Jim Zimmerman		19	
21	:49	SL	Jim Miles		20	
22	22:08	SL	Ed Goltz		21	

CASTRO VALLEY vs San Leandro - Newark  
 CROSS COUNTRY

Division  
 9/24/69

IV

Place	Time	School	Name	CV	SL	N
1	12:38	SL	Kurt Swansick		1	
2	:47	SL	Tim Au-Young		2	
3	:48	CV	Tom Delfino	3		
4	:52	CV	Rich Silva	4		
5	:56	N	Jesse Aguilar			5
6	13:00	CV	Rich Anderson	6		
7	:03	SL	Ron Prince		7	
8	:12	SL	Jeff Watterson		8	
9	:15	CV	Barry Menges	9		
10	:19	CV	Mike Brown	10		
11	:32	SL	Gary McDonald		11	
12	:40	N	Jack Heninger			12
13	:45	SL	Gerry Maltzberry		13	
14	14:08	N	Mike Bauer			14
15	:24	SL	Tojo Miyamura		15	
16	:39	N	Wayne McGee			16
17		N	Steve Bandel			17

22-10

29

41



## SUPERIOR CONDITIONING AND OUTSTANDING EFFORT DEFEAT ARROYO

Even before the frosh race was half over, some of the Arroyo boys had to stop and walk including some of their top runners. In the varsity race, two of their boys did not finish due to a fast first mile and an inability to cope with the few "uphill" portions of our course.

The fact that we "came to run" is born out by the large number of "personal best" times we recorded. It was a great team effort.

Hard work and desire pay off!

CASTRO VALLEY vs Arroyo  
CROSS COUNTRY

DIVISION Varsity  
DATE Oct. 1, 1969

PLACE	TIME	SCHOOL	NAME	CV	A
1	16.31	A	Jerry Metcalf		1
2	.49	CV	Dan Anderson	2	
3	17.15	CV	Bob Robinson	3	
4	.27	A	John Kenna		4
5	.44	CV	Rick Reed	5	
6	.57	CV	Scott Wood	6	
7	18.19	CV	Alan West	7	
8	.23	CV	Gary Turpin	8	
9	.26	A	John Emery		9
10	.39	A	Glenn Hadley		10
11	.41	CV	Rick Riddle	11	
12	.42	CV	Randy DeValle		

(23) 7

(forfeit)

CASTRO VALLEY vs Arroyo  
 CROSS COUNTRY

DIVISION JV  
 DATE Oct. 1, 1969

PLACE	TIME	SCHOOL	NAME	CV	A
1	12.30	CV	Mike Fesler	1	
2	.33	A	Ken Butler		2
3	.39	CV	Rich Silva	3	
4	.49	CV	Mike Brown	4	
5	.55	CV	Rich Anderson	5	
6	13.16	CV	Mike Dunn	<del>6</del>	
7	.16	CV	Barry Menges	<del>7</del>	
8	.21	A	Eric Fahlman		8
9	14.31	A	Carl Warmerdam		9
10	.56	A	Clint Kellner		10
11	15.18	A	Paul Warmerdam		<del>11</del>
12		A	Bill Sherwood		12

CASTRO VALLEY vs Arroyo  
 CROSS COUNTRY

DIVISION Fresh  
 DATE Oct. 1, 1969

PLACE	TIME	SCHOOL	NAME	CV	A
1	12.03	A	Greg Rodgers		1
2	.09	CV	Steve Derr	2	
3	.22	CV	Tim Rose	3	
4	.51	CV	Marvin SooHoo	4	
5	.52	CV	Tom Delfino	5	
6	13.13	CV	Mike Lemaster	20 <del>6</del>	
7	.24	CV	Chuck Rego	7	
8	.25	CV	John Anderson	8	
9	.42	CV	Art Sims		
10	.42	CV	Jim Phillipe		
11	.58	CV	Leo Schmidt		
12	14.00	A	Doug Ingamells		9
13	.01	CV	Bob Miller		
14	.02	CV	Mark Prichard		
15	.38	CV	Blake Cooper		
16	.58	A	Mike McCarney		10
17	15.06	CV	Ron Billalon		
18	.10	CV	Ted Thiel		
19	.34	A	Kirk Schwoyer		11
20	16.16	A	Guy Greenwood		<del>12</del>
21	18.41	A	Mat Tullock	(43)	13

## SUPERB TEAM EFFORT DEFEATS LEAGUE-CHAMPION TENNYSON

Who said we would never beat Tennyson? Who would have known that our varsity team would improve over 30 seconds per man on the average. The average improvement per man of the JV and Frosh was 23 seconds per man. Does hard work pay off...you bet it does. This was Castro Valley's first win ever over Tennyson. How did we do it? We knew Dan would fight it out for the lead with Milan and Arisman and we hoped Bob, Rick, and Scott would stay close together. Their 6, 7, and 8, place finish showed they accomplished their goal. The real key to victory was our 5th man. Gary, staggering from a fast early pace, hung on and out sprinted Padilla of Mt. Eden for 14th place and cinched the victory.

Our primary strategy was to beat Mt. Eden and ignore Tennyson. We figured Arisman to be ahead of Dan, and Quinones to be ahead of Bob, Rick, and Scott; so far we figured right. We also thought that Mt. Eden would take the next three places and, if Gary could come in right after their 5th man, we could beat them by 1. Gary beat their fifth man and we beat them by 4. If their 5th man would have beaten Gary in that last 100 yard sprint, the final score would have been: Castro Valley 39, Tennyson 40, Mt. Eden 41. They can't get much closer than that. If Al could have run maybe it wouldn't have been so close after all.

Twenty-two of twenty-four recorded personal best times. That's what I call competitive spirit and that is the mark of a champion. Competitive spirit and team pride can take us a long way. Keep it up.

GASTRO VALLEY  
GROSS COUNTRY

Maning - Arroyo  
vs ~~Mt. Eden - Tennyson~~

DIVISION Varsity  
DATE Oct. 8, 1969

PLACE	TIME	SCHOOL	NAME	CV	m ME	H T
1	16:02	T	Rich Milan			1
2	14	ME	Bill Arisman		2	
3	22	CV	Danny Anderson	3		
4	35	T	Geo Davis			4
5	40	ME	John Guinones		5	
6	56	CV	Bob Robinson	6		
7	57	CV	Rick Reed	7		
8	17:14	CV	Scott Wood	8		
9	21	ME	Andy Gonzales		9	
10	22	T	Rudy Hurtado			10
11	39	ME	Joe Toole		11	
12	47	T	Claude Smith			12
13	51	T	Jerry Baker			13
14	58	CV	Gary Turpen		14	
15	59	ME	Larry Padilla	38	15	
16	18:14	ME	Chris Shaw		42	16
17	18	ME	Randy DeValle	17		
18	19:33	T	Larry Clarke			18

GASTRO VALLEY vs Mt. Eden - Tennyson  
 CROSS COUNTRY

DIVISION JV  
 DATE Oct. 8, 1969

PLACE	TIME	SCHOOL	NAME	CV	ME	T
1	11.48	ME	Mike Demeduk		1	
2	.49	ME	Cliff Jones		2	
3	.52	CV	Rick Riddle	3		
4	12.05	ME	Paul Whinger		4	
5	.15	T	John Tuscott			5
6	.16	ME	Joe Nacario		6	
7	.22	CV	Mike Brown	7		
8	.28	CV	Mike Pesler	8		
9	.30	T	Don Bigger			9
10	.31	CV	Rich Anderson	10		
11	.34	T	Wally Apple			11
12	.36	ME	Pat Moore		(25) 12	
13	.41	T	Ken Molleson			13
14	.44	T	Kelly Jones			(37) 14
15	13.05	CV	Barry Menges	(48) 15		
16	.10	T	Tony Erickson			16
17	.18	T	Terry Moss			17
18	14.03	T	Jim Orozco			
19	.04	T	Felix Silva			
20	.19	T	Marc Hucko			
21	.55	T	Dave Juarez			
22	15.10	T	Gerald Clark			
23	15.36	ME	Derryl Lattell			

CASTRO VALLEY vs. Mt. Eden - Tennyson  
 CROSS COUNTRY

DIVISION Fresh  
 DATE Oct. 8, 1969

PLACE	TIME	SCHOOL	NAME	CV	ME	T
1	11.54	CV	Steve Derr	1		
2	.58	CV	Tim Rose	2		
3	.59	CV	Marvin Soohoo	3		
4	12.02	CV	Gary Dutra	4		
5	.19	T	Ben Holman			5
6	.22	T	Tony Slimick			6
7	.25	T	Ortega			7
8	.26	CV	Tom Delfino	(18) $\frac{8}{9}$		
9	.41	CV	Mike Rudy	9		10
10	.44	T	Art Durazo			
11	.50	CV	Jim Phillips	11		12
12	.53	T	Robert Salazar			<del>12</del> (40)
13	.54	CV	Mike Lemaster			13
14	.57	T	John Rodriguez			14
15	.59	T	Kerstader			
16	13.09	CV	John Anderson		15	
17	.14	ME	Dale Olophouse			
18	.16	CV	Marc Prichard		16	
19	.18	ME	Derek Ligous			
20	.19	CV	Bob Miller			
21	.19	T	Ron Travels			
22	.20	T	Inocencio Pastamas			
23	.22	CV	Chuck Rego			
24	.23	T	Jim Buus			
25	.26	CV	Leo Schmidt			
26	.33	ME	Vargue		17	
27	.41	T	Eddie Fugate			
28	.46	T	Steve Hinton			
29	.49	CV	Art Sims			
30		ME	Hohn DeHindo			
31	.54	T	David Reiter			
32	14.01	CV	Blake Cooper			
33	.08	T	Mike Simon			
34	.11	CV	Mike Arne			
35	.22	CV	Ken Miller			
36	.26	T	Junior Ortez			
37	.37	CV	Phillip Fesler			
38	.40	CV	Brad Sundeen			
39	.43					
40	.48	CV	Ted Thiel			
41	.53	ME	Jim Walker			
42	15.04	ME	Albert Vass			

18  
 19



## TEAM DEPTH LEADS TO VICTORY AT PLEASANT HILL

Dan Anderson finished 7th but Bob Robinson, Rick Reed, Gary Turpen, and Scott Wood were close enough behind to be victorious over 22 other schools in the open division. This is the first time a Castro Valley cross country team has ever won a meet of this size. Next year they will probably want to put us into the "championship division".

Although times cannot be compared on our course, they can be compared to 2 mile times on a track. Particularly good performances were turned in by Steve Derr, Tim Rose and Mike Rudy (both Freshmen).

Since everyone ran the same course, it is interesting to note the compared times of everyone. For example, Steve Derr ranks 5th over-all and Tim Rose ranks 6th. Marvin Soo Hoo is 8th, Gary Dutra is tied with Marvin, and Mike Rudy is 12th. We knew our underclassmen were strong and this certainly emphasizes the fact.

We talked about a total team effort last week...how about this... Our Freshman team was 5th out of 16 schools; our sophomore team was 2nd out of 25 schools; our JV team was 11th out of 24 schools; and the varsity was 1st out of 22 schools. The sophomore team of Steve Derr, Randy DeValle, Tim Rose, Gary Dutra, and Marvin Soo Hoo and Tom Delfino won individual medals and a trophy for the school. The varsity team of Dan Anderson, Bob Robinson, Rick Reed, Gary Turpen, Scott Wood, and Rick Riddle also won individual medals and a plaque for the school.

Great team spirit was demonstrated at Pleasant Hill. Everyone took pride in the varsity's victory and the fine showing of our other teams. Everyone knew that Castro Valley was there.

PLEASANT HILL SUMMARY

<u>RANK</u>	<u>TIME</u>	<u>NAME</u>
1	10:15	Dan Anderson
2	29	Robinson
3	43	Reed
4	50	Turpen
5	51	Derr
6	54	Rose
7	57	Wood
8	11:08	Soo Hoo
9	08	Dutra
10	12	Riddle
11	26	Brown
12	26	Rudy
13	32	DeValle
14	32	Delfino
15	42	Fesler
16	50	R. Anderson
17	12:05	Phillips
18	08	West
19	10	Menges
20	11	J. Anderson
21	31	Dunn
22	32	B. Miller
23	35	Cooper
24	40	Frighard
25	52	Arno

## SPARTANS DOMINATE ARROYO INVITATIONAL

Although there were only six schools competing, no school should have dominated a meet as we did at Arroyo. We won the Frosh Reserve Race with Tom Delfino placing first followed by Mike Lemaster, John Anderson, Leo Schmidt, Blake Cooper, Mark Prichard, Ken Miller, Brad Sundeen, Art Sims, Greg Silva, Ted Thiel, Nick Marquart, and Phil Fesler.

In the Varsity Reserve race, Rich Anderson placed second and was followed by fast finishing Mike Dunn and Barry Benges. No school entered 5 men so no one won the official scoring.

We completely dominated the Frosh Relay as Randy DeValle got an early lead that stretched into nearly a quarter of a mile as Steve Derr finished. Gary Dutra, Marvin Soo Hoo, and Tim Rose all picked up ground on their opponents.

The JV Relay team placed 2nd with anchor man Al West having the best over all time. Mike Fesler ran one of his best competitive races. Rick Riddle, Mike Brown, and Jim Phillips rounded out the team.

Our strategy in the varsity relay was to go out fast and get an early lead and hang on to it. Dan Anderson started us out with a good lead and Gary Turpen added to it. Scott Wood held his own and Rick Reed finished fast to give our anchor man, Bob Robinson, about 175 yard lead. Could Bob hold that lead against Milan of Tennyson and Metcalf of Arroyo? For some reason Metcalf ran the third leg against Scott Wood so was not available in the anchor seat. That left the race up to Robinson and Milan. Milan caught and passed Robinson with about 600 yards to go but as they came out of the pine grove Bob was leading by a step and finally won by 10 yards. Although Dan's time was the best, Bob's race was definitely his best competitive race of the year.

Once again our team pride was quite evident. As Bob finished there were over 30 Spartans waiting for him and by the sound of the cheer you would have thought we just won the world championship. Let's keep that spirit up for all of our teams from the Frosh, JV, and Varsity. Also, let's not be "cocky" in victory but let's win graciously. Deeds are proven by actions not by word of mouth. We don't get anywhere by talking a good race, we have to run one.

## ARROYO RELAYS - SUMMARY

### 1½ Mile

9:26	Dan Anderson
9:32	Bob Robinson
9:48	Rick Reed
10:02	Gary Turpen
10:12	Scott Wood
10:23	Steve Derr
10:23	Al West
10:29	Rick Riddle
10:30	Time Rose
10:30	Randy De Valle
10:34	Mike Brown
10:37	Marvin Soo Hoo
10:44	Gary Dutra
10:49	Mike Fesler
11:06	Jim Phillips

### 2 Miles

12:53	Tom Delfino
13:02	Rich Anderson
13:19	Mike Lemaster
13:28	John Anderson
13:30	Mike Dunn
13:35	Barry Menges
13:45	Leo Schmidt
14:09	Blake Cooper
14:16	Mark Prichard
14:19	Ken Miller
14:54	Brad Sundeen
14:55	Art Sims
15:07	Greg Silva
15:11	Ted Thiel
15:35	Nick Marquart
15:46	Phil Fesler

## PRIDE AND DETERMINATION LEAD TO SWEEP

### AS WE TAKE H.A.A.L. LEAD

The rain may have slowed down our times but it couldn't dampen our determination to be Number 1. We had a goal; we knew who we had to beat, and we went out and did it. Everyone did such a tremendous job that the final score wasn't even close. Our first 6 finished ahead of both Sunset and Hayward's 4th men respectfully.

Dan set such a fast pace that even Voetch (State 2 Mile entrant last year) couldn't catch him. Bob beat Shane and Scott and Rick were right behind. Those were real important points. Gary and Steve (who is improving rapidly) both finished ahead of Drummond and that was the meet. Rick R., Alan, and Randy all finished ahead of Hayward's 5th man; that's 9 ahead of their 5th.

Our JV's may be thin in numbers, but they're tough. Rich Silva had a tremendous effort and improved his personal best by 28 seconds (although he didn't run last week). Mike Fesler went out a little too fast but hung on and Mike Brown ran his 3rd good race in a row. Rich Anderson, Mike Dunn, and hard working Barry Menges all beat Hayward's top man. That's 6 ahead of their 1st.

The Fresh continue to run roughshod over everyone. Last week they swept the top four places. We took their best up to varsity so they counter by sweeping the top 7 places with 10 finishing ahead of Sunset's top man. It looked like we were the only team in the race. How does this sound, we had 17 who finished ahead of Sunset's 5th man; and 14 finished ahead of Hayward's 5th man.

Why all of the sudden success? How have we managed to come so close to the League Championship? One of the reasons is that, as a group, we aren't afraid of hard work. Not only are we running from 4 to 6 miles each afternoon, but many of you are running from 10 to 20 miles on the week end. Also, of the 9 who ran varsity yesterday, 6 are consistently at morning workouts. Three of the top four fresh runners and our top JV runners are all at morning workouts. We could do better. We have only two more weeks of morning workouts and I still have about 6 caps left.

Once again, great team effort from our number 1 man to our last man. Only San Lorenzo and Marina stand in the way of our first dual-meet championship, but we must beat them both.

Castro Valley vs Sunset - Hayward

Division Varsity

Cross Country

Date Oct. 15, 1969

PLACE	TIME	SCHOOL	NAME	CV	S	H
1	16.33	S	Ron Genschmer		1	
2	16.41	CV	Dan Anderson	2		
3	16.49	H	Alan Voetsch			3
4	17.08	H	Chris Harris			4
5	17.17	CV	Bob Robinson	5		
6	17.24	S	Bob Chambers		6	
7	17.36	S	John Shane		7	
8	17.43	CV	Scott Wood	8		
9	17.55	CV	Rick Reed	9		
10	17.57	H	Jeff Styer			16
11	18.00	CV	Gary Turner	<del>11</del>		
12	18.01	CV	Steve Derr	12		
13	18.02	H	Bill Voetsch			13
14	18.07	S	Ron Drymond		14	
15	18.08	S	Jay Olnear		<del>15</del>	
16	18.09	S	Ed Sisk		16	
17	18.26	CV	Rick Middle	17		
18	18.42	CV	Alan West			
19	18.45	S	Heimo Reynolds		18	
20	18.51	CV	Randy DeValle			
21	19.45	H	Tim Starkweather			19

(25) ~~11~~

~~15~~ (43) 16

(43)

CASTRO VALLEY vs Sunset - Hayward  
 CROSS COUNTRY

DIVISION JV  
 DATE Oct. 15, 1969

PLACE	TIME	SCHOOL	NAME	CV	S	H
1	12.11	S	Bob Varga		1	
2	.11	CV	Rick Silva	2		
3	.36	CV	Mike Fesler	3		
4	.37	CV	Mike Brown	4		
5	.40	S	Felix Orabeondo		5	
6	13.03	S	George Schunter		6	
7	.08	CV	Rich Anderson	7		
8	.12	S	Don Kelly		8	
9	.20	CV	Mike Dunn	9		
10	.22	S	Doan Dewhirst	25	10	
11	.24	CV	Barry Menecs	11	20	
12	.46	S	Dave Boyd		12	
13	14.08	H	Frank Killund			13
14	.49	H	John Crosby			14
15	.41	H	Jim Nelson			15
16	.57	H	Jerry Berg			16

.CASTRO VALLEY vs Sunset - Hayward  
CROSS COUNTRY

DIVISION Fresh  
DATE Oct. 15, 1969

PLACE	TIME	SCHOOL	NAME	CV	S	H
1	12.22	CV	Tim Rose	1		
2	12.22	CV	Gary Dutra	2		
3	12.47	CV	Marvin SooHoo	3		
4	12.55	CV	Tom Delfino	4		
5	.56	CV	Mike Rudy	5	(15)	
6	13.03	CV	Jim Phillips	6		
7	.16	CV	John Anderson	7		
8	.27	H	Randy Starkweather			8
9	.28	H	Leo New			9
10	.43	CV	Bob Miller			
11	.51	CV	Leo Schmidt			
12	.54	CV	Mark Prichard			
13	14.04	S	Mike Dewhirst		10	
14	.05	CV	Blake Cooper			
15	.15	CV	Mike Arne			
16	.19	H	Robert Siman			11
17	.22	S	Gary Stockel		12	
18	.27	CV	Ken Miller			
19	.31	S	Bob Stockel		13	
20	.36	H	Gary Scheiel			14
21	.39	CV	Greg Silva			
22	.40	S	Craig Madloigh		15	
23	.44	H	Dan Freis			16
24	.51	CV	Brad Sundeen			(16)
25	15.00	CV	Ted Thiel			
26	.11	CV	Phillip Feeler			
27	.30	H	Tom Miller			17
28	.59	S	Frank Arellano		18	(18)



GASTRO VALLEY vs Marina - San Lorenzo  
 CROSS COUNTRY

DIVISION Varsity  
 DATE Oct. 10, 1969

PLACE	TIME	SCHOOL	NAME	CV	M	SL
1	1509	CV	Dan Anderson	1		
2	1535	CV	Bob Robinson	2		
3	1540	CV	Gary Turnen	3		
4	1541	CV	Steve Derr	4		
5	1556	M	Einar Andrade		5	
6	1558	SL	Ted Quintanen			6
7	1602	CV	Rick Riddle	(17) $\frac{7}{8}$		
8	1607	CV	Rick Reed	8		
9	1618	SL	Steve Krenne			9
10	1621	CV	Scott Wood	10		
11	1625	CV	Al West			
12	1627	SL	Phil Caires			11
13	1630	SL	Bob Casbral			12
14	1634	SL	Gary Ruff			(12) 13
15	1637	CV	Randy Devalli			
16	1655	M	Gordy Rubard		14	
17	1659		Massey			
18	1659	M	Steve Dick		15	
19	1700	SL	Warren Shannon			16
20	1704	M	Joe Kramer		17	
21	1717	M	Allard Jansen	(69) 18		
22	1718	M	Lloyd LaRue		19	
23	1746	M	Andy Houghtelling		20	
24	1708	SL	Dale Oakes			21
25	1742	M	Rich Salizar			

CASTRO VALLEY vs Marina - San Lorenzo  
 CROSS COUNTRY

DIVISION JV  
 DATE Oct. 22, 1968

PLACE	TIME	SCHOOL	NAME	CV	M	SL
1	1138	CV	Mike Brown	1		
2	1141	CV	Mike Fessler	2		
3	1150	M	Steve Day		3	
4	1151	CV	Rick Silva	4		
5	1152	CV	Mike Dunn	5		
6	1204	CV	Rick Anderson	6		
7	1217	CV	Barry Menges	7		
8	1219	SL	Scott Clark			8
9	1221	M	Carl Tresnak		9	
10	1225	M	Mike Eama		10	
11	1229	SL	Marc Rienc			11
12	1235	M	Dan Mosier		12	
13	1243	CV	Dwight Cooper	13		
14	1244	SL	Paul Lolis			14
15	1309	SL	Alex Herrera			15
16	1319	SL	Bruce Naylor			16
17	1319	CV	Steve Barnett			17
18	1347	M	John MacMillan		18	
19	1445	SL	Brian Korua			19

.CASTRO VALLEY vs Sunset - Hayward  
 CROSS COUNTRY

DIVISION Frosh  
 DATE Oct. 15, 1969

PLACE	TIME	SCHOOL	NAME	CV	S	H
1	12.22	CV	Tim Rose	1		
2	12.22	CV	Gary Dutra	2		
3	12.47	CV	Marvin SooHoo	3		
4	12.55	CV	Tom Delfino	4		
5	.56	CV	Mike Rudy	5		
6	13.03	CV	Jim Phillios	6		
7	.16	CV	John Anderson	7		
8	.27	H	Randy Starkweather			8
9	.28	H	Leo New			9
10	.43	CV	Bob Miller			
11	.51	CV	Leo Schmidt			
12	.54	CV	Mark Prichard			
13	14.04	S	Mike Dewhirst		10	
14	.05	CV	Blake Cooper			
15	.15	CV	Mike Arne			
16	.19	H	Robert Siman			11
17	.22	S	Gary Stockel		12	
18	.27	CV	Ken Miller			
19	.31	S	Bob Stockel		13	
20	.36	H	Gary Scheiel			14
21	.39	CV	Greg Silva			
22	.40	S	Craig Madloigh		15	
23	.44	H	Dan Freis			16
24	.51	CV	Brad Sundeen			
25	15.00	CV	Ted Thiel			
26	.11	CV	Phillip Fesler			
27	.30	H	Tom Miller			17
28	.59	S	Frank Arellano		18	

(15)

(16)

(18)

GASTRO VALLEY vs Marina - San Lorenzo  
 CROSS COUNTRY

DIVISION Varsity  
 DATE Oct. 10, 1969

PLACE	TIME	SCHOOL	NAME	CV	M	SL
1	1509	CV	Dan Anderson	1		
2	1535	CV	Bob Robinson	2		
3	1540	CV	Gary Turpen	3		
4	1541	CV	Steve Derr	4		
5	1556	M	Einar Andrade		5	
6	1558	SL	Ted Quintanen			6
7	1602	CV	Rick Riddle	(17) 7		
8	1607	CV	Rick Reed	8		
9	1618	SL	Steve Krenne			9
10	1621	CV	Scott Wood	10		
11	1625	CV	Al West			
12	1627	SL	Phil Caires			11
13	1630	SL	Bob Casbral			12
14	1634	SL	Gary Ruff			(9) 13
15	1637	CV	Randy Devalli			
16	1655	M	Gordy Rubard		14	
17	1659		Massey			
18	1659	M	Steve Dick		15	
19	1700	SL	Warren Shannon			16
20	1704	M	Joe Kramer		17	
21	1717	M	Allard Jansen	(6) 18		
22	1718	M	Lloyd LaRue		19	
23	1746	M	Andy Houghtelling		20	
24	1708	SL	Dale Oakes			21
25	1742	M	Rich Salazar			

H.A.A.L. CROSS COUNTRY MEET  
 NOV. 5, 1969 At Cal. State

VARSIITY DIVISION

1. Arisman	Mt. Eden	14:39	38. Drummond	Sunset	16:32
2. Genschmer	Sunset	:47	39. Toole	Mt. Eden	:34
3. Milan	Tennyson	:52	40. Wood	C.V.	:40
4. Metcalf	Arroyo	:57	41. Martinez	Mt. Eden	:47
5. Voetsch	Hayward	15:05	42. Reynaga	Sunset	:48
6. Harris	Hayward	:10	43. Starkweather	Hayward	17:06
7. Anderson	C.V.	:13	44. Ruff	San Lor.	:15
8. Davis	Tennyson	:16	45. Mineishi	Mt. Eden	:18
9. Quinones	Mt. Eden	:17	46. LaRue	Marina	:19
10. Shane	Sunset	:21	47. Miller	Arroyo	:37
11. Hurtado	Tennyson	:25	48. Truscott	Tennyson	:39
12. Chambers	Sunset	:37	49. Massey	San Lor.	:40
13. Robinson	C.V.	:38	50.		:40
14. Derr	C.V.	:39	51. Smith, L	Tennyson	18:06
15. Gonzales	Mt. Eden	:43	52. Dick, S	Marina	:29
16. Styer	Hayward	:44	53. Salazak	Marina	:40
17. Fitzgerald	Arroyo	:51	54.	Marina	:51
18. Granados	Tennyson	:52	55. Tresnak	Marina	19:35
19. Kenna	Arroyo	:53			
20. Yara	Sunset	:54			
21. Cairns	San Lor.	:58			
22. Enringer	Mt. Eden	:59			
23. Orear	Sunset	16:00			
24. Smith	Tennyson	:05			
25. Emery	Arroyo	:07			
26. Sisk	Sunset	:08			
27. Turpen	C.V.	:09			
28. Cabral	San Lor.	:10			
29. Hadley	Arroyo	:12			
30. Reed	C.V.	:14			
31. Rodgers	Arroyo	:18			
32. Baker	Tennyson	:19			
33. West	C.V.	:21			
34. Riddle	C.V.	:24			
35. Kuenne	San Lor.	:27			
36. Veetsch, B.	Hayward	:29			
37. Clark	Tennyson	:30			

FINAL SCORES

5	4	6	8	3	7	2	1
ARROYO	C.V.	Hayward	Marina	M.E.	S. Lor.	SUNSET	Tennyson
94	91	106	260	86	177	67	64

H.A.A.L. CROSS COUNTRY MEET  
 AT CAL. STATE ON NOV. 5, 1969

JUNIOR VARSITY DIVISION

1.	Demeduk	Mt. Eden	11:12	32.	Lelis	S. Lor.	12:40
2.	Brown	C. V.	:15	33.	Kelland	Hayward	:47
3.	Padilla	Mt. Eden	:16	34.	Lopes	S. Lor.	:58
4.	Silva	C. V.	:17	35.	Buus	Tennyson	:59
5.	Bigger	Tennyson	:19	36.	McKaskle	Arroyo	13:07
6.	Schumter	Sunset	:21	37.	Lee	Arroyo	:13
7.	Moore	Mt. Eden	:25	38.	McMullen	Marina	:17
8.	Jones	Mt. Eden	:28	39.	Crosby	Hayward	:20
9.	Houghtelling	Marina	:37	40.	Larsen	Hayward	:24
10.	Kelly	Sunset	:38	41.	Sherwood	Arroyo	:24
11.	Fesler	C. V.	:38	42.	Felsen	Hayward	:36
12.	Nacarío	Mt. Eden	:44	43.			
13.	Dunn	C. V.	:45	44.	Burgess	Arroyo	:53
14.	Bickerdyke	Arroyo	:48	45.	Johnson	S. Lor.	14:24
15.	Apple	Tennyson	:53	46.	Hemlen	S. Lor.	15:08
16.	Menges	C. V.	:58				
17.	Rubard	Marina	:58				
18.	Day	Marina	12:00				
19.	Thompson	Mt. Eden	:02				
20.	Molleson	Tennyson	:04				
21.	Erickson	Tennyson	:04				
22.	Boyd	Sunset	:18				
23.	Dolin	Sunset	:21				
24.	Warmerdam	Arroyo	:21				
25.	Dewhirst, D.	Sunset	:28				
26.	Riehl	S. Lor.	:30				
27.	Mosier	Marina	:32				
28.	Crozco	Tennyson	:35				
29.	Herrera	S. Lor.	:38				
30.	Kellner	Arroyo	:40				
31.	Silva	Tennyson	:45				

(6)	(2)	(8)	(5)	(1)	(7)	(3)	(4)
ARROYO	C.V.	HAYWARD	MARINA	MT. EDEN	S. LOR.	SUNSET	TENNYSON
141	46	_____	109	31	166	86	89

H.A.A.L. CROSS COUNTRY MEET  
 NOV. 5, 1969 At Cal. State

FROSH - SOPH DIVISION

1. Andrade	Marina	10:58	31. Vargas	M.E.	12:11
2. Quintanen	S. Lor.	11:00	32. Ligons	M.E.	:13
3. Rose	C.V.	:14	33. Kluger	Marina	:17
4. Soo Hoo	C.V.	:16	34. Stark	L. Lor.	:22
5. Sasser	Arroyo	:19	35. Jaramille	S. Lor.	:22
6. Dutra	C.V.	:20	36. Warmerdam	Arroyo	:28
7. DeValle	C.V.	:22	37. Seaver	M.E.	:29
8. Orubeondo	Sunset	:22	38. Scott	S. Lor.	:34
9. Rudy	C.V.	:23	39. Lee	Arroyo	:37
10. Salazar	Tenn.	:25	40. Kerstetter	Tenn.	:39
11. Slimick	Tenn.	:30	41. McCarney	Arroyo	:50
12. Oaks	S. Lor.	:31	42. Pettinichio	M.E.	:53
13. Holman	Tenn.	:32	43. Ingamells	Arroyo	:58
14. Delfino	C.V.	:40	44. Hinton	Tenn.	13:00
15. Starkweather	Hay.	:41	45. Reiter	Tenn.	:05
16. Butler	Arroyo	:41	46. Chinn	Marina	:07
17. Kramek	Marina	:42	47. Simae	Hay.	:09
18. Rodrigues	Tenn.	:42	48. Travels	Tenn.	:13
19. Olinghouse	M.E.	:42	49. Fahlman	Arroyo	:16
20. Ortega	Tenn.	:47	50. Dewhirst	Sunset	:19
21. Tulley	Arroyo	:48	51. Berrington	Marina	:28
22. Jansen	Marina	:49	52. Cervone	Marina	:28
23. Pederson	S. Lor.	:50	53. Stockel, B	Sunset	:30
24. Worden	Marina	:53	54. Stockel, G	Sunset	14:06
25. Anderson, R	C.V.	:59	55. Scheid	Hayward	:15
26. Pastuzana	Tenn.	12:05	56. Walker	M.E.	:16
27. Cooper	S. Lor.	:08	57. Miller	Hayward	:30
28. Ventura	S. Lor.	:09	58. Slack	M.E.	:31
29. Owens	S. Lor.	:10	59. Wadleigh	Sunset	:39
30. Vew	Marina	:11	60. Rwass	M.E.	:40
			61. Neston	Hayward	:41

FINAL SCORES

5	1	7	4	6	3	8	2
ARROYO	C.V.	HAYWARD	MARINA	MT. EDEN	S. LOR.	SUNSET	TENN.
117	29	204	97	161	92	224	72

H.A.A.L. CROSS COUNTRY MEET  
NOV. 5, 1969 At CAL. STATE

RESERVE DIVISION

1.	England	Tennyson	11:52
2.	Anderson	C.V.	12:07
3.	Phillips	C.V.	12:17
4.	Lemaster	C.V.	:17
5.	Ortiz	Tennyson	:33
6.	Miller, K	C.V.	:42
7.	Miller, B	C.V.	:50
8.	Wilkins	Tennyson	:57
9.	Rego	C.V.	:58
10.	Fugate	Tennyson	:59
11.	Hooper	C.V.	13:00
12.	Vigil	Arroyo	:01
13.	Fullerton	Tennyson	:06
14.	Cooper	C.V.	:08
15.	Sundeen	C.V.	:14
16.	Schooyer	Arroyo	:16
17.	Clark	Tennyson	:18
18.	Hucke	Tennyson	:19
19.	Prichard	C.V.	:24
20.	Silva	C.V.	:26
21.	Juarez	Tennyson	:30
22.	Barnett	C.V.	:32
23.	Thiel	C.V.	:33
24.	Degraw	Arroyo	:37
25.	Marquart	C.V.	:38
26.	Kujawski	Tennyson	:52
27.	Simon	Tennyson	:56
28.	Greenwood	Arroyo	14:06
29.	Fesler	C.V.	:22
30.	Tollick	Arroyo	:38