

CROSS COUNTRY

SUMMARY

1970

CASTRO VALLEY vs San Leandro

Division Varsity

Date 9/16/70

Place	Time	Name	CV	SL
1	17.24	Scott Wood	1	
2	17.33	Steve Derr	2	
3	17.45	Barry Parr	3	
4	18.20	Gary Turpin	4	
5	18.26	Rick Reed	5	
6	18.31	Donte Vital	⑤	6
7	18.53	Tom Delfino	7	
8	18.55	Gary Dutra	8	
9	19.41	Gary McDonald		9
10	19.46	Craig Calhoun		10
11	19.58	Dave Castellano		11
12	21.27	Jim Miles		12 (48)
13	22.01	Steve Andrade		13
14	23	Mark Kraul		14

CASTRO VALLEY vs SAN LEANDRO

DIVISION JV

CROSS COUNTRY

DATE 9/16/70

Place	Time	School	Name	CV	SL
1	12:31.6	SL	Statler, Kevan		1
2	12.33	CV	Jim Phillips	2	
3	12.41	CV	Mike Lemaster	3	
4	12.53	CV	Al West	4	
5	13.06	CV	Mike Brown	5	
6	13.07	SL	Anderson, Greg		6
7	13.11	CV	Dave Higgins	<del>7</del>	
8	13.29	SL	Fivez, Cliff	<del>21</del>	8
9	13.32	SL	Shimizu, Bob		9
10	13.34	CV	Dwight Hooper	10	
11	13.51	SL	Boos, Dan		<del>11</del> (35)
12	13.54	SL	Talarity, Dennis		12
13	13.54	SL	Shaw, Tom		13
14	14.02	SL	Monise, Jim		
15	14.07	SL	Louis, Leonard		
16	14.11	SL	Riley, Tony		
17	14.12	SL	Baxter, Bill		
18	14.33	SL	Adachi, Bob		
19	14.36	SL	Washington, Billy		
20	15.12	SL	Fegard, Joey		
21	15.20	CV	Dave McKaog	21	
22	15.40	SL	Salsery, Bob		
23	15.48	SL	Evans, Pat		
24	15.54	SL	So. .		
25	16.20	SL	Sullivan, Mike		
26	16.32	SL	Cirtis, Rick		
27	17.10	SL	Stein, Bill		
28	17.10	SL	Mentzel, Brad		
29	17.50	SL	Morui, Nick		

CASTRO VALLEY VS SAN LEANDRO

DIVISION FROSH-SOPH

CROSS COUNTRY

DATE 9-16-70

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	<u>CV</u>	<u>SL</u>
1	11:38.3	CV	Rudy, Mike	1	
2	12:11	CV	Miller, Ken	2	
3	13:02	SL	Neuenscher, Larry		3
4	13:03	SL	Stony, Rick		4
5	13:16	CV	Copper, Blake	5	
6	13:16	CV	Wright, Mitch	6	
7	13:34	SL	Lovecchio, Pete		7
8	13:34	SL	Costa, Terry		8
9	13:47	CV	Arbe, Mike	9	
10	13:58	SL	Dukleth, Kurt	(23)	10
11	14:14	SL	Whitman, Mike		11
12	14:25	SL	Callaghan, Mike		12
13	14:29	CV	Delfino, Neil	13	
14	14:51	SL	Von Rotz, Don		14
15	15:36	SL	McEllatton, Tom		15

Newark vs. Loga vs. Castro Valley  
Cross Country

Division Varsity  
Date 9-24-70

PLACE	TIME	SCHOOL	NAME	CV	L	N
1	16:11	CV	Scott Wood	1		
2	16:17	CV	Steve Derr	2		
3	16:18	CV	Barry Parr	3		
4	16:28	L	Ken Pena		4	
5	16:57	CV	Gary Turpen	5		
6	17:04	N	Scott Paisley			6
7	17:09	CV	Ken Miller	<del>7</del>	(16)	
8	17:17	CV	Marvin Soo Hoo			
9	17:17	CV	Rick Reed			
10	17:24	CV	Tom Delfino			
11	17:30	CV	Gary Dutra			
12	17:40	L	Glen Martinez		8	
13	17:42	N	Rick Sonsona			9
14	17:43	N	Rick Eationas			10
15	17:53	N	Bill Eaton			11
16	18:00	N	Jessie Aguilar			12
17	18:07	CV	Mike Lemaster			(45)
18	18:08	CV	Randy De Valle			
19	18:09	CV	Alan West			
20	18:11	CV	Mike Brown			
21	18:27	L	George Aurit		13	
22	18:28	N	Greg Dunn			
23	18:58	CV	Dwight Cooper			
24	19:09	CV	Jim Phillips			
25	19:25	L	David Twigg			
26	19:45	L	Greg Jones			
27	20:53	CV	Brad Sundeen			
28	21:12	L	Greg Sanchez			
29	22:35	L	John West			
30	27:00	L	Tom Rose			

NEWARK vs CASTRO VALLEY

DIVISION FROSH - SOPH

CROSS COUNTRY

DATE 9-24-70

PLACE	TIME	SCHOOL	NAME	CV	N
1	11:00	CV	Tim Rose	1	
2	11:01	N	Jim Temple		2
3	11:10	CV	Mike Rudy	3	
4	11:40	N	Rich Rasmussem		4
5	11:42	CV	Blake Cooper	5	
6	12:06	N	Kan Kroll		6
7	12:17	N	Gordon Holmes		7
8	12:18	CV	Mitch Wright	8	
9	12:45	CV	Bob Kuchenmelster	<del>9</del> 26	
10	12:55	CV	David McKaig		
11	13:00	CV	Mike Arne		
12	13:42	N	Rich Timmons		12 31
13	13:50	CV	Mike Busha		
14	13:55	CV	Chuck Stanton		
15	14:18	N	Lorenzo Armendariz		
16	14:37	CV	Randy Speck		
17	14:39	CV	Kevin Hooper		
18	14:40	N	Wayne Ellis		
19	14:51	N	Kevin Cabrera		
20	14:58	CV	Steve Shapiro		
21	16:15	CV	Dick Meadows		
22	17:01	N	Greg Reppas		
23	17:15	N	Mark Rasmussem		
24	17:36	CV	Brad Jones		
25	19:34	CV	Guy Cambra		
				<u>26</u>	<u>31</u>

## SPARTANS ANNIHILATE PACIFIC AND OAKLAND TECH

In a potent display of strength our first 8 varsity runners finished ahead of the rest of the field. Scoot Wood lead the onslaught by improving his all-time best time by 28 seconds while Steve Derr improved his all-time best by 23 seconds.

Sophomore sensations Barry Parr and Ken Miller were separated only by Gary Turpen who improved his all-time best by 6 seconds. Marvin Soo Hoo nipped Rick Reed and Tom Delfino completed the sweep by finishing strong and way ahead of the first Pacific runner. Al West finished 14th but is just getting into shape.

In an excellent display of "running in a pack", the JV team swept the first 4 places with Make Brown passing Randy DeValle on the slope to take first. Fast improving Mike Lemaster was 3rd and Dave Higgins (improving each week) was 4th. Jim Phillips let down slightly this week but still managed 6th place followed closely by Dwight Hooper and Brad Sundeen was not too far behind finishing ahead of 5 Pacific runners.

The Frosh-Soph race actually set the stage for the romp as they swept the first 6 places. Tim Rose defeated Mike Rudy for the second week in a row and was just 8 seconds off the course record which is held by Mike.

Blake Cooper, vastly improved over last year, was third and Mitch Wright was 4th. Mike Arne finished ahead of new-comer Bob Kuchenmeister to complete the sweep.

Freshman Dave McKaig continues to impress as does new-comer Chuck Stanton. Rounding out the final places in the Frosh-Soph race were: Kevin Hooper, Mike Busha, Randy Speck, Steve Shapiro, Dick Meadows, and Guy Cambra.

Are we this good? I prefer to believe that the competition was definitely over-estimated. One thing is for sure...the team doing the most running is the most successful. To expand on that ... the runners doing the most running are the most successful. Take a look at those with the most improved times over our first home meet and you will see those guys out running at 7:15 a.m. during the morning practices. More of you should be there.

If we are to continue the success we have enjoyed so far we must improve on our attendance at the morning practices. It takes determination and dedication, but then champions are not born, they are made.

CASTRO VALLEY vs PACIFIC-OAKLAND TECH

Division Varsity

CROSS COUNTRY

Date 9/30/70

Course Record 16:22

Place	Time	School	Name	CV	P	OT
1	16:46	CV	Scott Wood	1		
2	17:10	CV	Steve Derr	2		
3	17:29	CV	Barry Parr	3		
4	17:52	CV	Gary Turpin	4		
5	18:08	CV	Ken Miller	5		
6	18:11	CV	Marvin Soohoo	15		
7	18:11	CV	Rick Reed	7		
8	18:30	CV	Tom Delfino			
9	18:45	P	Dennis Woudstra		8	
10	18:53	OT	Erick Thomsen			9
11	19:07	P	Larry Vigil		10	
12	19:20	P	Hector Ortega		11	
13	19:22	P	Mike Maughn		12	
14	19:27	CV	Al West			
15	19:54	P	Jeff Barnescutt		13	
16	21:18	P	Dave Cassaro		54	
17	21:52	P	Al Casillas			
18	22:19	OT	John Skeels			16



CASTRO VALLEY vs Pacific, Oakland Tech

Division J.V.

CROSS COUNTRY

Date 9/30/70

PLACE	TIME	SCHOOL	NAME	CV	P	OT
1	12:18	CV	Mike Brown	1		
2	12:22	CV	Randy DeValle	2		
3	12:24	CV	Mike Lemaster	3		
4	12:30	CV	Dave Higgin	4		
5	12:37	P	Wayne Goad		5	
6	12:41	CV	Jim Phillips	6		
7	13:03	CV	Dwight Hooper	<u>16</u> 7		
8	13:20	P	Guy Lucas		8	
9	13:24	P	Bob Shiflett		9	
10	13:30	CV	Brad Sundeen	<u>10</u>		
11	14:48	P	Dennis Tobin		11	
12	15:20	P	Bob Rooriquez		<u>12</u>	
13	15:41	P	Sam Guerra	<u>45</u>	13	
14	15:59	P	Jim Schirmer		14	
15	16:04	P	Rich Stevens			

CASTRO VALLEY vs PACIFIC, OAKLAND TECH

Division F-S

CROSS COUNTRY

DATE 9/30/70

Course Record 11:38

Place	Time	School	Name	CV	P	OT
1	12:46.5	CV	Tim Rose	1		
2	12:01	CV	Mike Rudy	2		
3	12:27	CV	Blake Cooper	3		
4	12:32	CV	Mitch Wright	4		
5	13:22	CV	Mike Arne	5		
6	13:32	CV	Kuchenmeister	15	6	
7	13:33	P	Mark Reagin		7	
8	13:33	P	Dennis Romero		8	
9	13:45	CV	David McKaig	9		
10	13:58	P	Mike Newton		10	
11	14:32	CV	Chuck Stanton			
12	14:40	P	Dan Brill		11	
13	15:10	CV	K. Hooper			
14	15:16	P	Phillip Halog		12	
15	15:38	CV	Mike Buscha		48	
16	15:59	CV	Randy Speck			
17	16:00	CV	Steve Shapiro			
18	17:07	CV	Dick Meadows			
19	19:53	CV	Guy Cambra			

CASTRO VALLEY HARRIERS TAKE FIFTH AT CLAYTON VALLEY  
WHILE JV's NAB SECOND

In our first try at the Clayton Valley Invitational we came away with one second-place trophy and 14 medals.

In the varsity race, three of the teams that beat us finished 1st, 3rd, and 4th at North Coast Finals last year. The other school, Riordan, is not even in our section. That is tough competition.

Once again, Scott Wood (15:49) was our first man, but Barry Parr (15:56) ran the best race of his life and finished just 7 seconds behind Scott. The fast start was almost too much for Steve Derr (16:21) but he hung in there and finished 3rd for us. Marvin Soo Hoo (16:45) out-kicked Gary Turpen (16:46) to the finish while Rick Reed (16:51) was close behind. Ken Miller (16:58) twisted his ankle but still finished 7 seconds behind Rick.

The JV's were lead by Tom Delfino (11:30) who ran his first 2-mile race of the year and looked real good. Randy DeValle (11:44), Mike Brown (11:49), Mike Lemaster (11:58), and Dave Higgins (12:04) all finished within 20 seconds of each other. Jim Phillips (12:16) was close behind, followed by Brad Sundeen (12:59). This team earned Castro Valley its first trophy of the 1970 season. We hope it is not the last.

In the Frosh-Soph race, Mike Rudy (11:24) was our top man as the team finished 7th overall. Mike was followed by Blake Cooper (12:07), Mitch Wright (12:20), Mike Arne' (12:46), Bob Kuchenmeister (12:52), David McKaig (13:07), and Chuck Stanton (13:15).

In the Reserve Race, our only entrants were Mike Busha (13:39), Randy Spek (14:41) and Steve Shapiro (14:48).

All in all it was great competition, a good course, and great experience for us. Good job!

## CLAYTON VALLEY INVITATIONAL SUMMARY

### 3 Mile Course

15:49	Scott Wood
15:56	Barry Parr
16:21	Steve Derr
16:45	Marvin Soo Hoo
16:46	Gary Turpen
16:51	Rick Reed
16:58	Ken Miller 14.34

### 2 Mile Course

11:24	Mike Rudy
11:30	Tom Delfino
11:44	Randy DeVaile
11:49	Mike Brown
11:58	Mike Lemaster
12:04	Dave Higgins
12:07	Blake Cooper
12:16	Jim Phillips
12:20	Mitch Wright
12:46	Mike Arne'
12:52	Bob Kuchenmeister
12:59	Brad Sundeen
13:07	David McKaig
13:15	Chuck Stanton
13:39	Mike Busha
14:41	Randy Speck
14:48	Steve Shapiro

## SPARTAN HARRIERS WIN 22d STRIGHT MEET

In mid-season form, our cross country team once again completely dominated Hayward and Canyon even though Canyon's sensational Ron Luschar outkicked Scott Wood at the finish. Wood, Barry Parr, and Steve Derr all finished ahead of Hayward's Chris Harris who should be one of the leagues top 3 runners this year.

Tim Rose and Mike Rudy runing their first 3-mile race ran well, as expected, and were our 4th and 5th man placing ahead of Gary Turpen, Marvin Soohoc, and Tom Delfino. Randy DeValle and Al West both finished in the top 15 as all of our runners placed.

Barry Parr finished strong once again beating Steve Derr by 2 seconds. Tim Rose finished very strong alos which indicates that he probably could have kept up a faster pace during the race.

Mike Brown lead the JV's once again with Dave Higgins and Mike Lemaster close behind completing a 1, 2, 3 s. Jim Phillips was our 4th man and probably could have beat Hayward's Martain had he not lost contact with Martin during the middle part of the race.

Dwight Hooper was our 5th man completing the winning 19 points. Gary Dutra, recovering from all illness, was our next man and Rich Anderson in his first race this year was 7th followed by Brad Sundeen and Chuck Rego.

Mitch Wright won his first race in the Frosh-Soph by surprising Blake Cooper with a fast sprint for the finish in the last 150. Once again Mike Arne' just nipped Bob Kuchenmeister and freshman Gene Rodgers in his first race ran real well and showed good potentail.

Chuck Stanton ran 6th for us as he continues to impove. Rick Ripoll ran well in his first race alos. He finished ahead of Mike Busha, Kevin Hooper, Randy Speck, Dick Meadows, Neil Delfino, Steve Shapiro, and Brad Jones. Neil ran his first race in several weeks and showed good determination although not in shape.

All in all it was a good team wffort. I do believe that some of you could have done a better job but there really was not to much pressure. If we are to continue out Success through the entire season, we must all learn to put out a 100% effort.

VARSIITY CROSS COUNTRY RACE

Place: Hayward Date: October 7, 1970

-V.S.- Castro Valley - Canyon

ORDER OF FINISH	TIME	SCH.	NAME	SCORE		
				W CV	C	H
1	13:43	C	Ron Luschar		1	
2	13:46	CV	Scott Wood	2		
3	14:04	CV	Barry Parr	3		
4	14:06	CV	Steve DePT	4		
5	14:12	H	Chris Harris			5
6	14:32	H	Jeff Styer			6
7	14:37	CV	Tim Rose	7		
8	14:50	CV	Mike Rudy	8		
9	14:52	CV	Gary Turpin	9		
10	15:14	CV	Marvin Soc Hoo	10		
11	15:16	CV	Delfino			
12	15:29	H	Starkweather			11
13	15:36	CV	De Valle			
14	15:46	C	Petersen		12	
15	15:48	CV	West			
16	16:19	C	Jensen		13	
17	16:22	C	Sanders		14	
18	16:26	H	Voetch			15
19	17:24	C	Schneider		16	
20	17:33	C	Grear			

CROSS COUNTRY RACE

Place: HAYWARD

Date: October 7, 1970

-v.s.- CASTRO VALLEY-CANYON

<u>FINISH</u>	<u>TIME</u>	<u>SCH.</u>	<u>NAME</u>	<u>CV</u>	<u>C</u>	<u>H</u>
1	11:36	CV	Mike Brown	1		
2	11:40	CV	Dave Higgins	2		
3	11:47	CV	Mike Lemaster	3		
4	11:50	CV	Mike Martin			4
5	11:54	CV	Jim Phillips	5		
6	12:17	CV	Gary Doran			6
7	12:18	C	Mike Kurtz		7	
8	12:19	CV	Dwight Hooper	8		
9	12:25	H	Mark Craglan			9
10	12:28	CV	Gary Dutra	10		
11	12:32	CV	Anderson	11		
12	13:10	CV	Sundeen			
13	13:36	CV	Rego			
14	13:44	H	Cahen			12
15	15:11	H	Crosby			13
16	15:43	C	Stanley		14	

# CROSS COUNTRY RACE

Place: HAYWARD

Date: 10-7-70

V.S. CASTRO VALLEY-CANYON

<u>Finish</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	<u>CV</u>	<u>C</u>	<u>H</u>
1	11:43.5	CV	Mitch Wright	1		
2	11:45	CV	Blake Cooper	2		
3	12:23	C	David High	3	3	
4	12:28	CV	Mike Arne'	4		
5	12:30	CV	Bob Kuchenmeister	5		
6	12:34	Cv	Gene Rogers	6		
7	13:17	CV	Chuck Stantin	7		
8	13:24	CV	Rick Ripoll	8		
9	13:26	CV	Mike Busha			
10	13:45	H	Tom Miller			9
11	14:02	CV	Hooper			
12	14:38	Cv	Speck			
13	14:44	CV	Meadows			
14	14:50	CV	Delifno			
15	14:53	CV	Sharpire			
16	14:54	H	Harris			10
17	15:06	H	Yomotoh			11
18	15:08	CV	Jones			
19	-----	C	Tedesco	12	12	
				18		



SACRAMENTO STATE INVITATIONAL

SUMMARY

2 Mile

Parr	12:43
Rose	13:24
Rudy	13:30
Miller	14:20
Wright	14:30
Cooper	14:42
Kuchenmeister	15:24

3 Mile

Wood	17:00
Derr	17:11
Soo Hoo	18:06
Delfino	18:36
Lemaster	18:36
Turpen	18:40
Reed	19:01
Higgins	19:02
Brown	19:05
DeValle	19:29
Phillips	19:53
Dutra	20:20

## SPARTANS CONTINUE TO DOMINATE

The Spartan Harriers trampled once-proud Tennyson and previously undefeated San Lorenzo in the greatest barrage of personal best times ever witnessed. No less than 20 of our runners recorded personal bests and no less than 10 placed themselves on our all-time list in either the 2 or 3 mile course.

Not only were the personal best beaten, but they were smashed, annihilated, obliterated. The real amazing fact of the victory was not the scores but it was the times which were all recorded with two watches so they were accurate. The times were all so fast that I keep thinking we left out part of the course. But like Steve Derr said after finishing his 3 miles, "That sure was a fast race."

Mike Rudy started the whole thing by devastating his own course record by 29 seconds while running an amazing 11:09 although he was pushed the entire way by Durazo of Tennyson. Ken Miller still recovering from a cold still ran a strong race and finished just ahead of fast-improving Mitch Wright and Blake Cooper. All three recorded times on the all-time list.

Freshman standout Gene Rodgers in only his second race ran 10 seconds faster than Mike Rudy's best time last year. Sophomores Bob Kuchenmeister and Chuck Stanton continued to show tremendous improvement as did Dave McKaig, Rick Ripoll, Mike Busha, Steve Shapiro, Kevin Hooper, Dick Meadows, and Guy Cambra. Mark Prichard ran well for his first race of the year as did Brad Silva, Brad Jones.

Tom Delfino and Randy DeValle both placed on the All-time 2-mile list as they finished together. This was Randy's best showing so far this year. Jim Phillips also ran his best race of the year and looked real strong as did Dwight Hooper, Brad Sundeen. Gary Dutra is still improving after recovering from an illness. Rich Anderson surprised after only a few workouts each week. Chuck Rego is still rounding into shape and Steve Garcia had his first taste of cross country racing.

Scott Wood was just tremendous. It seems impossible that anyone would break Danny Anderson's record but break it he did and by 22 seconds while improving his personal best time by 46 seconds. That is a remarkable accomplishment considering that Scott is in good shape and has been all year. Would anyone believe that Barr Parr would ever run as fast as Danny Anderson? Not me. However, Barry came within 1 second of Danny's all-time best. That time also beats those turned in by such names as Ed Riggs and Dave Chamness.

Steve Derr continues to improve steadily by bettering his time by 37 seconds and taking 6th on the all-time list. Gary Turpen ran by far his best race of the year beating his best by 1 full minute. He is just getting into shape. Tim Rose in his first attempt at our 3 mile course ran the 10th best time ever recorded and Marvin Soc Hoo was right behind him closely followed by Rick Read. Rick was counting places the whole race and after the first mile he informed me that he was ahead of Tennyson's 5th man.

Mike Brown and Mike Lemaster both ran extremely well for their first attempt at our 3 mile course and they both finished ahead of Tennyson's 4th man.

Great effort by everyone. Let's keep up the good work. Look out, Sunset.

CASTRO VALLEY vs Tennyson & San Lorenzo  
 CROSS COUNTRY

Division Varsity  
 Date 10/18/70

Place	Time	School	Name	CV	T	SL
1	16:00	CV	Scott Wood	1		
2	.09	T	Jerry Baker		2	
3	.18	T	John Granados		3	
4	.23	CV	Barry Parr	4		
5	.33	CV	Steve Derr	5		
6	.47	SL	Ted Quintana			6
7	.52	JV	Gary Turpen	7		
8	17:05	CV	Tim Rose	<del>25</del> 8		
9			Marvin Soo Hoo	9		
10	.16	T	John Rodriguez		10	
11	.17	CV	Rick Reed	11		
12	.24	SL	Dave Cooper			12
13	.37	SL	Ken Peterson			13
14	.39	CV	Mike Brown			
15	.45	CV	Mike Lemaster			
16	18:13	SL	Ben Owens			14
17	.17	T	Mark Jacobs		15	
18	.24	T	Lenny Ferstehar		<del>46</del> 16	
19	.29	T	Raul Hurtado		17	
20	.35	SL	Wayne Morae			18
21	.49	SL	Ed Jarmillo			19 <del>63</del>
22	19:17	SL	Dale Oakes			20

CASTRO VALLEY vs TENNYSON & SAN LORENZO

Division JV

CROSS COUNTRY

Date 10/18/70

JV

Place	Time	School	Name	CV	T	SL
1	11:45	CV	Tom Delfino	1		
2	:45	CV	Randy DeValle	2		
3	12:03	CV	Jim Phillips	3		
4	:11	T	Wally Apple		4	
5	:11	T	Tim Young		5	
6	:17	CV	Dwight Hooper	6		
7	:26	SL	Al Wall			7
8	:27	CV	Gary Dutra	8		
9	:34	T	Robert Zellner	(20)		
10	:39	CV	Rich Anderson	10		
11	:53	T	Dave Juarez		11	
12	:56	CV	Brad Sundeen	12		
13	:59	SL	Chris Anaya			13
14	13:05	T	Dwane Moschetti		14	
15	13:10	SL	Brian Movra		(43)	15
16	:14	CV	Chuck Rego			
17	:21	T	Dallas Hall		16	
18	:23	CV	Steve Garcia			
19	:23	T	Rich Medeiros		17	
20	14:29	SL	John Goodman			18
21	:30	SL	Ken Koramatsu			19 (72)

CASTRO VALLEY vs Tennyson & San Lorenzo  
 CROSS COUNTRY

Division Fresh-Soph  
 Date 10/14/70

Place	Time	School	Name	CV	T	SL
1	11:09	CV	Mike Rudy	1		
2	11:10	T	Art Durazo		2	
3	:56	CV	Ken Miller	3		
4	:58	CV	Witch Wright	4		
5	:58	CV	Blake Cooper	5		
6	12:09	T	Bob Wilkins		6	
7	:27	T	Dave Reiter		7	
8	:31	CV	Gene Rodgers	8		
9	:32	T	Dennis Barrett	(21)	9	
10	:36	T	Paul Gray		10	(34)
11	:42	T	Victor Garcia		11	
12	:44	CV	Bob Kuchmeister	12		
13	:48	CV	Chuck Stanton	13		
14	:55	CV	Mark Prichard			
15	:57	T	Chuck Molleson		14	
16	:57	T	Rich Brock			
17	13:02	CV	Dave McKaig			
18	:03	T	Trine Granados			
19	:09	T	Ace Martinez			
20	:14	T	Matt Pinta			
21	:33	CV	Rick Ripoll			
22	:37	SL	Dan Ruff			15
23	:39	T	Steve Rojas			
24	:40	T	Danny Kujauski			
25	:42	T	Dave Galvez			
26	:43	CV	Mike Buscha			
27	:44	CV	Steve Shavino			
28	:45	CV	Kevin Hooper			
29	13:45	SL	Treyce Severe			16
30	:54	CV	Brad Silva			
31	:55	SL	Jerry Sawfield			17
32	:56	SL	Lino Rosas			18
33	14:04	T	Art Tonola			
34	:20	T	Jaime Vargas			
35	:20	CV	Brad Jones			
36	:37	CV	Neil Delfino			
37	:38	T	Dave Sykes			
38	:39	CV	Dick Meadows			
39	:55	T	Joe Vigil			
40	15:03	SL	Kerbal Howl			19
41	:15	T	Steve Weishaar			85
42	:26	T	Stan Vigil			
43	:42	SL	Robert Lance			
44	:48	SL	Jim Points			
45	16:18	T	Russ Glover			
46	:49	T	Robert Goodwill			
47	17:35	T	Eddie Ajejo			
48	:50	CV	Guy Cambra			

CASTRO VALLEY vs Marina-Arroyo  
 CROSS COUNTRY

DIVISION Varsity  
 DATE October 21, 1970

PLACE	TIME	SCHOOL	NAME	CV	M	A
1	14:52	A	Jerry Metcalf			1
2	15:22	CV	Scott Wood	2		
3	:32	A	Brian Flynn			3
4	:32	CV	Steve Derr	4		
5	:40	CV	Barry Derr	5		
6	:56	CV	Gary Turpen	6		
7	16:11	M	Einar Andrade		7	
8	:17	A	Doug Brausch			8
9	:23	CV	Rick Reed	9		
10	:23	CV	Mike Rudy	<del>10</del>		
11	:27	CV	Randy DeValle	11		
12	:29	M	Gordy Rubard		12	
13	:39	CV	Ken Miller			
14	:44	A	John Emery			13
15	:49	A	Jim Sasser			14
16	:58	CV	Mike Lemaster			
17	17:00	M	Andy Houghtelling		15	
18	:05	M	Allard Jansen		16	
19	:31	M	Steve Dick		17	
20	:56	CV	Gary Dutra			

(26)

(39)

(67)

CASTRO VALLEY vs Marina-arroyo  
 CROSS COUNTRY

DIVISION JV  
 DATE October 21, 1970

PLACE	TIME	SCHOOL	NAME	CV	M	A
1	10:04	CV	Mike Brown	1		
2	:04	CV	Marvin Soohoo	2		
3	:22	A	Mark Tininchisi			3
4	:25	CV	Tom Delfino	4		
5	:30	CV	Al West	5		
6	:36	CV	Dave Higgins	<del>6</del>		
7	:40	A	Terri Tully			7
8	:42	CV	Jim Phillips	8		
9	:44	A	Peters			9
10	:46	M	Tony Sanduval		10	
11	:48	A	Carl Warnordan			11
12	:53	A	Clint Kelner			12
13	:55	CV	Dwight Hooper	13		<del>12</del> (42)
14	:57	M	Dan Mosier		14	
15	11:07	A	Ken Butler			15
16	:09	M	Keith Winner		16	
17	:13	CV	Brad Sundeen			
18	:15	CV	Jeff Brussuly			
19	:26	M	Bob Worden		17	
20	:34	M	Ken Riley		<del>18</del>	
21	:40	A	Ken Cederstorm			<del>18</del> (75) 19
22	:46	CV	Chuck Rego			
23	:52	M	Steve Day		20	
24	:53	A	Jeff Lindumo			21
25	17:09	CV	Steve Garcia			

CASTRO VALLEY vs Marina-Arroyo  
 CROSS COUNTRY

DIVISION Frosh-Soph  
 DATE October 21, 1970

PLACE	TIME	SCHOOL	NAME	CV	M	A
1	10:11	CV	Tim Rose	1		
2	:31	CV	Mitch Wright	2		
3	:46	A	Carl Comacho			3
4	:51	A	Mike Emery			4
5	:57	CV	Blake Cooper	5		
6	11:00	CV	Gene Rodgers	6		
7	:23	A	Daniel Vorous			7
8	:37	CV	Chuck Stanton	<del>8</del>	(22)	
9	:40	A	Dick Tupia			9
10	:41	CV	Mike Arne	10		
11	:41	CV	Mark Prichard	11		
12	:49	CV	Rick Ripoll			
13	:59	CV	Dave McKaig			
14	12:15	CV	Kevin Hooper			
15	:29	M	Cervous		12	
16	:33	CV	Mike Busha			
17	:51	M	Jim Mosier		13	
18	:57	A	Chris Kelmer			
19	:58	CV	Steve Shapiro			
20	13:12	CV	Randy Speck			
21	:13	CV	Neil Delfino			
22	:19	CV	Brad Jones			
23	:24	CV	Brad Silva			
24	:32	CV	Mike Lodin			
25	:34	CV	Dick Meadows			
26	16:39	CV	Guy Cambra			

14 (37)



CASTRO VALLEY vs Mt. Eden and Sunset  
 CROSS COUNTRY

Division Varsity  
 Date: 10/28/70

Place	Time	School	Name	ME	CV	S
1	15:34	S	Genschmer, Ron			1
2	:53	CV	Wood, Scott		2	
3	16:17	S	Orear, Jay			3
4	16:18	CV	Turpen, Gary		4	
5	16:23	S	Sisk, Ed			5
6	:25	CV	Derr, Steve		6	
7	:25	CV	Parr, Barry		7	
8	:30	CV	Rudy, Mike		8	
9	:34	S	Richards, Tony			9
10	:41	CV	Rose, Tim		10	
11	:54	CV	Reed, Rick		11	
12	:54	CV	Soo Hoo, Marvin			
13	:57	ME	Arisman, Joe	12		
14	17:04	ME	Traynor, Alan	13		
15	:15	CV	Lemaster, Mike			
16	:25	ME	Moore, Pat	14		
17	:26	S	Shane, Mark			15
18	:28	CV	Brown, Mike			
19	:41	ME	Padilla, Larry	16		
20	:53	CV	West, Al			
21	18:04	S	Schunter, George			17
22	:24	ME	Traynor, Steve	18		
23	:32	S	Peeler, John			
24	:38	S	Reynaga, Jaime			
25	:44	ME	Vargas, Ignacio			

CASTRO VALLEY vs  
CROSS COUNTRY

M Eden & Sunset

Division J. V.  
Date 10/28/70

Place	Time	School	Name	ME	CV
1	11:10	CV	DeValle, Randy		1
2	11:37	C	Delfino, Tom		2
3	11:37	CV	Hooper, Dwight		3
4	11:38	CV	Phillips, Jim		4
5	:48	CV	Sundeen, Brad		5
6	:49	ME	Hornung, Mike	6	(15)
7	:50	CV	Dutra, Gary		
8	12:04	CV	Anderson, Rich		
9	12:4	ME	Baker, Gavin	9	
10	:53	CV	Rego, Chuck		10
11	:56	CV	Garcia, Steve		11
12	13:04	ME	Shuck, Rick	12	
13	:09	ME	Slack, Ed	13	
14	:12	ME		<del>14</del>	
15	:14	ME	Cunningham, Richard	15	(51)
16	14:17	ME	Bordignon, Frank	16	

CASTRO VALLEY  
CROSS COUNTRY

vs Mt. Eden & Sunset

Division Fresh-Soph  
Date 10-28-70

Place	Time	School	Name	ME	CV	SUN
1	11:10	ME	Demeduk, Paul	1		
2	11:16	CV	Miller, Ken		2	
3	:30	ME	Seaver, Jim	3		
4	:34	CV	Wright, Mitch		4	
5	:35	CV	Cooper, Blake		5	
6	:39	ME	Nacario, Bob	6		
7	:43	CV	Rodgers		7	
8	:54	ME	Herschel, John	8		
9	12:08	S	Smith, Terry			9
10	12:09	S	Gamino, Juan			10
11	:10	ME	Pettinichio, John	11		
12	:11	CV	McKaig		12	
13	:19	CV	Stanton, Chuck			
14	:30	ME	August, Dan			
15	:30	ME	Bucknar, Mike			
16	13:05	CV	Prichard, Mark			
17	:10	S	Stockel, Robert			17
18	:18	S	Stockel, Gery			18
19	:24	S	Dewhirst, Mike			19
20	:	ME	Moon, Donn			
21	:35	S	Wadleigh, Craig			21
22	:39	CV	Hooper, Kevin			
23	:40	ME	Higares, John	29		
24	:50	CV	Delfino, Neil		30	
25	14:00	CV	Arne, Mike			
26	:05	S	Hannum, Dan			
27	:08	S	McGowan, Denise			
28	:13	CV	Busha, Mike			
29	:18	CV	Shapiro, Steve			
30	:24	S	Jenkins, Bob			
31	:26	S	Davila, Rafael			
32		CV	Meadows, Dick			

## SPARTANS TAKE DUAL MEET CHAMPIONSHIP FOR SECOND STRAIGHT YEAR

### Varsity

In running our undefeated string to close to 30, we were supreme over Sunset and Mt. Eden.

Scott Wood once again lead us to victory as he has all year. Although Sunset took 3 out of the top 5 places, our depth was overwhelming in the end. With courageous Steve Derr and poison oak ridden Barry Parr running their best, it took Gary Turpen's best race to keep us in the race; Mike Rudy, Tim Rose, Rick Read, and Marvin Sco Hoo won it for us while Mike Lemaster also finished ahead of Sunset's 5th man.

### JV's

The JV's also finished an undefeated season as they were lead by Randy DeValle in a sweep. Tom Delfino was pressed at the finished by suprising Dwight Hooper and fast-improving Jim Phillips. Both ran their best race by far. To complete the sweep it took a great effort by Brad Sundeen who fought off Mt. Eden's Hornung in Brad's best race ever.

### Fresh-Soph

In our first loss of the year Mt. Eden squeeked by us 29-30. There were many places where we could have passed up just one Mt. Eden runner which would have reversed the score but we didn't. It's no fun to loose but we learn a great deal from a loss. We learned yesterday that just alittle more effort by a couple of runners could have changed the outcome of the meet.

Ken Miller was our best as he finished 2nd. Mitch Wright and Blake Cooper finished 4 and 5 while Gene Rodgers continues to run well each week and took 7th. Dave McKaig ran well for the first time in three weeks and almost beat a Mt. Eden runner at the finish. Chuck Stanton was right behind him as he also continues to improve.

All in all it was a great dual-meet season and everyone should be proud of our performances. However, next week we start from scratch and we'll be looking for our first N.A.A. League championship.

LEAGUE MEET SUMMARY  
1970

3 Mile

16:31 Wood  
17:06 Parr  
17:14 Rose  
17:19 Derr  
17:23 Soo Hoo  
17:39 Reed  
17:52 Turpen  
18:08 DeValle  
19:00 West

2 Mile

11:19 Rudy  
11:22 Delfino  
11:25 Higgins  
11:27 Brown  
11:39 Lemaster  
11:39 Wright  
11:41 Phillips  
12:01 D. Hooper  
12:01 Rodgers  
12:17 Cooper  
12:18 Sundeen  
12:18 Dutra  
12:23 Anderson  
12:23 Stanton  
12:27 McKaig  
12:37 Ripoll  
12:51 Rego  
13:12 Arne'  
13:23 Delfino  
13:34 Shapiro  
13:41 K. Hooper  
14:01 Busha  
14:15 Meadows  
14:36 Jones

## SPARTANS FLOAT TO FIRST H.A.A.L. CHAMPIONSHIP

On a very wet afternoon on a sloppy course our Spartan Harriers overcame a rash of colds and various injuries and were not to be denied the championship which eluded them last year.

Things did not look too bright in the Fresh-Soph Race particularly when Ken Miller came down with a severe cold and could not run. However Mike Rudy recovered from his cold to lead our team to a third place finish and qualify for the Division I meet next Thursday. Mitch Wright, Gene Rodgers, Chuck Stanton all ran great. Blake Cooper was still bothered by a bad ankle but still finished as our #4 man. Freshman Dave McKaig again showed good promise as he finished as our #6 man.

The JV race was a potent example of how our JV's finished the season undefeated as they took 4 out of the top 5 places and scored 19 points to 2d place Arroyo's 59. The individual race was anyone's up to the last 50 yards where Tom Delfino showed tremendous determination in fighting off the Hayward runner and finishing 1st with Dave Higgins, Mike Brown close behind. Mike Lemaster and fast finishing Jim Phillips both ran one of their best races as they finished as our 4th and 5th man. Dwight Hooper was 6th for us while Brad Sundeen and Gary Dutra finished in the same time for 7th and 8th. This was a great team effort.

The varsity race was strictly a thing of beauty. Once again we overcame colds, poison oak, and the elements to post a most impressive victory as our first 5 finishers were in the top 15. Steady Scott Wood set the pace for us and finished right where we expected him to, #3. At the 1½ mile mark, we had another four runners grouped together and all were ahead of Sunsets' 3rd man. We knew then that the race was ours. We ran together as a team and either passed or fought off opponents in the sprint to the finish.

Tough Barry Parr was tough as ever. Tim Rose was tremendous. We needed that performance from him and he came through displaying his true potential. Gutty Steve Derr hung in there again although he was completely exhausted and pale at the end as he still has not recovered from his "bug". His tremendous effort typifies his desire to win. Marvin Soo Hoo is getting the reputation of running his best races at the big meets. He did it last year at League, he did it during Track season and he did it again yesterday. Rick Reed's patented "sprint" had them "ooing" at the finish line as he past two runners including Sunsets' 5th man. Gary Turpen didn't run his best race but was still our 7th man followed closely by Randy DeValle and also Al West.

All in all, it was just another great "team effort", the kind we have been having all year. When "Castro Valley" is engraved on the championship trophy we will know that we all had a part in Castro

1970

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

Wed. Nov. 4 - Hayward High School

Rainy

VARSIITY (3 miles)

1.	15:49	Ron Genschmer	Sun	27.	18:01		ME
2.	16:17	Jerry Metcalf	Arr	28.	:02	Mark Jacobs	Tenn
3.	:32	Scott Wood	CV	29.	:09	Randy DeValle	CV
4.	:36	Jerry Baker	Tenn	30.	:10	Doug Boraash	Arr
5.	:50	Brian Flynn	Arr	31.	:16	Jim Sasser	Arr
6.	:54	Jay Orear	Sun	32.	:17	Fred Benavidez	Tenn
7.	:55	Quintana	SL	33.	:25	Randy Peterson	Can
8.	:56	Jeff Styer	Hay	34.	:27	Bill Voetsch	Hay
9.	17:02	Barry Parr	CV	35.	:33	Allard Jansen	Mar
10.	:07	Greg Rodgers	Arr	36.	:35	Moses	SL
11.	:09	Chris Harris	Hay	37.	:38	John Rodrigues	Tenn
12.	:15	Tim Rose	CV	38.	:38	George Schlinter	Sun
13.	:20	Steve Derr	CV	39.	:41	Any Houghtelling	Mar
14.	:24	Marvin Soohoo	CV	40.	:47	Rudy Hernandez	Hay
15.	:34	Ed Sisk	Sun	41.	:51	Lenny Kerstetter	Tenn
16.	:36	Peterson	SL	42.	19:00	Owens	SL
17.	:39	John Granados	Tenn	43.	:01	Hornung	ME
18.	:40	Rick Reed	CV	44.	:02	Al West	CV
19.	:41	Bob Chambers	Sun	45.	:10	Jaime Reynaga	Sun
20.	:47	Cooper	SL	46.	:10	Steve Dick	Mar
21.	:50	Elnar Andrade	Mar	47.	:20	Oaks	SL
22.	:52	Gary Turpen	CV	48.	:32	Clark	SL
23.	:54	Raul Hurtado	Tenn	49.	:34	John Emery	Arr
24.	:54	Mark Shane	Sun	50.	:50	Nacario	ME
25.	:58	Gordy Rubard	Mar	51.	:51	Vargasy	ME
26.	18:00	Moore	ME				

TEAM SCORES

1.	Castro Valley	51
2.	Sunset	65
3.	Arroyo	76
4.	Tennyson	103
5.	San Lorenzo	119
6.	Marina	162
7.	Mt. Eden	192
	Canyon	No Score
	Hayward	No Score

FROSH-SOPH (2 miles)

1.	10:44	Ron Luschar	Can	31.	12:30	Scott	SL
2.	11:06	Traynor	ME	32.	:30	Frank Alvarez	Hay
3.	:12	Arisman	ME	33.	:33	Wall	SL
4.	:20	Mike Rudy	CV	34.	:34	Victor Garcia	Tenn
5.	:26	Art Durazo	Tenn	35.	:35	Dick Tapia	Arr
6.	:32	Randy Starkweather	Hay	36.	:36	Lucky Sandars	Can
7.	:35	Seaver	ME	37.	:37	Rick Ripoll	CV
8.	:35	Bob Wilkins	Tenn	38.	:45	Buckner	ME
9.	:40	Mitch Wright	CV	39.	:56	Dennis Barrett	Tenn
10.	:43	Ed Garcia	Hay	40.	13:00	Bob Kuchemeister	CV
11.	:48	Dave Reiter	Tenn	41.	:02	Jesse Haro	Hay
12.	:48	Paul Gray	Tenn	42.	:09	Gary Stockel	Sun
13.	:53	Hershel	ME	43.	:09	Bob Stockel	SUn
14.	:55	Demeduck	ME	44.	:12	Mike Arne	CV
15.	:58	Carl Camacho	Arr	45.	:13	Troyce	SL
16.	:58	Mike Emery	Arr	46.	:15	Ruff	SL
17.	12:01	Gene Rodgers	CV	47.	:16	Tom Miller	Hay
18.	:02	Dave High	Can	48.	:23	Jim Mosier	Mar
19.	:12	Nacario	ME	49.	:26	John Thomas	Hay
20.	:14	August	ME	50.	:33	Mike Dewhirst	Sun
21.	:17	Blake Cooper	CV	51.	:38	Tony Cervone	Mar
22.	:19	Dave Vorous	Arr	52.	:42	Dan Hannum	Sun
23.	:20	Terry Smith	Sun	53.	:46	Craig Wadleigh	Sun
24.	:21	Rich Brock	Tenn	54.	:53	Jim Harris	Hay
25.	:22	Jaramillo	SL	55.	14:05	Chris Kellner	Arr
26.	:24	Chuck Stanton	CV	56.	:09	Gary Scheid	Hay
27.	:24	Juan Gamino	Sun	57.	:10	Dennis McGowan	Sun
28.	:27	Lino	SL	58.	:10	Crawfield	SL
29.	:27	David McKaig	CV	59.	:35	Bob Jenkins	Sun
30.	:29	Pettinichio	ME				

TEAM SCORES

1.	Mt. Eden	39
2.	Tennyson	60
3.	Castro Valley	77
4.	Hayward	128
5.	Arroyo	138
6.	San Lorenzo	156
7.	Sunset	175
	Canyon	No Score
	Marina	No Score



JV (2 miles)

1.	11:23	Tom Delfino	CV	30.	12:33	Clint Kellner	Arr
2.	:24	Mike Martin	Hay	31.	:38	Dan Mosier	Mar
3.	:26	Dave Higgins	CV	32.	:40	Bob Worden	Mar
4.	:27	Mike Brown	CV	33.	:42	Wally Apple	Tenn
5.	:40	Mike Lemaster	CV	34.	:45	Landevald	Arr
6.	:41	Jim Phillips	CV	35.	:45	Howard Nelson	Hay
7.	:41	Glen Hadley	Arr	36.	:49	Anaya	SL
8.	:52	John Peters	Arr	37.	:50	Dave Juares	Tenn
9.	:53	Chris Schneider	Can	38.	:52	Ken Riley	Mar
10.	:53	Peter Jensen	Can	39.	:59	Chuck Rego	CV
11.	:56	Bob Greer	Can	40.	:59	Marcus Guerrero	Hay
12.	:56	Tim Young	Tenn	41.	13:02	Melindes	SL
13.	12:00	Mark Tsuneishi	Arr	42.	:06	Rich Cohen	Hay
14.	:01	Dwight Hooper	CV	43.	:07	Heinz	SL
15.	:04	Carl Warneordam	Arr	44.	:07	Steve Day	Mar
16.	:08	Terry Tully	Arr	45.	:09	Baker	ME
17.	:09	Ken Butler	Arr	46.	:17	Schuck	ME
18.	:11	Gary Doran	Hay	47.	:23	Aemlar	SL
19.	:13	Dwane Moschetti	Tenn	48.	:25	Korematsu	SL
20.	:14	Tony Sandoval	Mar	49.	:35	Cunningham	ME
21.	:15	Keith Winner	Mar	50.	:44	Ken Molleson	Tenn
22.	:16	Mark Croghan	Hay	51.	:44	Moon	ME
23.	:18	Jim Buus	Tenn	52.	:47	Slack	ME
24.	:19	Blake	SL	53.	:51	Higares	ME
25.	:19	Gary Dutra	CV	54.	:51	Dave Stanley	Can
26.	:23	Brad Sundeen	CV	55.	:58	Brodignon	ME
27.	:24	Rich Anderson	CV	56.		Bangert	ME
28.	:35	Mike Kurtz	Can	57.	15:51	Gonzalves	ME
29.	:32	Robert Zellner	Tenn				

TEAM SCORES

1.	Castro Valley	19	
2.	Arroyo	59	
3.	Hayward	110	
4.	Tennyson	112	
5.	Marina	135	
6.	San Lorenzo	177	
7.	Mt. Eden	223	
	Sunset	No Score	
	Canyon	No Score	(Forfiet - did not enter a complete Varsity team)

RESERVES

1.	12:39	Chuck Molleson	Tenn
2.	.47	Steve Wilhite	Tenn
3.	.49	Dave Galvez	Tenn
4.	13:01	Rich Medeiros	Tenn
5.	.02	Ace Martinez	Tenn
6.	.07	John Reyes	Tenn
7.	.16	Armand Harris	Hay
8.	.20	Steve Rojas	Tenn
9.	.23	Neil Delfino	CV
10.	.25	Dallas Hall	Tenn
11.	.28	Trine Granados	Tenn
12.	.32	John Crosby	Hay
13.	.35	Mark Hucko	Tenn
14.	.36	Steve Shapiro	CV
15.	.42	K. Hooper	CV
16.	.47	Rich Weishaar	Tenn
17.	.54	Joe Vigil	Tenn
18.	.54	Jaime Vargas	Tenn
19.	.57	Danny Simas	Tenn
20.	14:01	Mike Busha	CV
21.	.14	Lance	SL
22.	.15	Dick Meadows	CV
23.	.19	Stan Vigil	Tenn
24.	.36	Brad Jones	CV
25.	.50	Kerbel	SL
26.	15:00	John Freitas	Tenn
27.	.43	David Skyes	Tenn
28.	.47	Goodman	SL
29.	16:57	Eddie Alejo	Tenn

Finally, we are blessed with a certain amount of talent that is essential on a championship team. Talent alone often carries a boy through a successful season just as hard work alone can carry a boy through a successful season. If we can combine our talent with hard work, we will always be tough to beat.

Congratulations to all for an outstanding season which produced a combined total of 33 wins and 1 loss.

We will miss our seven seniors including Scott Wood, Rick Reed, Gary Turpen, Al West, Mike Brown, Dave Higgins, and Dwight Hooper. We will especially miss Rick for his leadership and Scott for his inspiration and dedication to the sport and to his team.

For those who are returning, we are all looking ahead to 1971.

"TOP TEN"

3 Mile

16:00	Scott Wood	1970
16:22	Dan Anderson	1969
16:23	Barry Parr	1970
16:29	Ed Riggs	1968
16:31	Dave Chamness	1968
16:33	Steve Derr	1970
16:52	Gary Turpen	1970
16:56	Bob Robinson	1969
16:57	Rick Reed	1969
17:05	Tim Rose	1970

2 Mile

11:09	Mike Rudy	1970
11:45	Tom Delfino	1970
11:45	Randy DeValle	1970
11:46	Tim Rose	1970
11:52	Rick Riddle	1969
11:54	Steve Derr	1969
11:56	Ken Miller	1970
11:57	Gary Dutra	1969
11:58	Mitch Wright	1970
11:58	Blake Cooper	1970