

1974

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

November 6, 1974
Hayward High School

VARSIITY

| | | | | | | | |
|----|-----------------|-------|----|----|------------------|-------|----|
| 1 | Phil Hornig | 15:27 | CV | 25 | Mike Huffstutler | 17:33 | ME |
| 2 | Kevin Rudy | 15:36 | CV | 26 | Jack Blanch | 17:35 | T |
| 3 | Steve Gray | 16:02 | T | 27 | Brad Speckman | 17:38 | T |
| 4 | Ron Stevenson | 16:02 | CV | 28 | Paul Navarro | 17:38 | M |
| 5 | Dale Hatakeyama | 16:16 | SL | 29 | Chuck Reyna | 17:44 | M |
| 6 | Andy Enanoria | 16:19 | T | 30 | Dan Boulton | 17:47 | A |
| 7 | Brett Hill | 16:23 | T | 31 | Ken Grace | 17:50 | A |
| 8 | Terry Trimble | 16:32 | CV | 32 | Jeff Barton | 17:56 | C |
| 9 | Brad Rock | 16:35 | C | 33 | Alex Medina | 17:57 | T |
| 10 | Jeff Ziegler | 16:44 | M | 34 | Clark Bales | 17:58 | ME |
| 11 | Phil Arzino | 16:46 | CV | 35 | Ed Marsden | 18:08 | SL |
| 12 | Mike Degroot | 16:47 | M | 36 | Lincoln Litov | 18:52 | A |
| 13 | Dan Bettridge | 16:51 | M | 37 | Gary Craig | 19:02 | A |
| 14 | Mike Sandsmark | 16:53 | H | 38 | Eric Yamashita | 19:14 | SL |
| 15 | Steve Roberts | 16:56 | CV | 39 | Nate Triggs | 19:22 | SL |
| 16 | Dave Munoz | 16:56 | M | 40 | Larry Newcomb | 19:28 | S |
| 17 | Jim Masingale | 17:01 | ME | 41 | Frank Diaz | 19:42 | S |
| 18 | Greg Slentz | 17:02 | SL | 42 | Matt Heath | 19:45 | H |
| 19 | David Emery | 17:09 | A | 43 | Rick Romero | 19:54 | A |
| 20 | Mike Griffin | 17:10 | H | 44 | Ed Gabrielson | 20:38 | SL |
| 21 | Rich Breece | 17:11 | ME | 45 | Bruce Banford | 20:59 | H |
| 22 | Russ Wright | 17:15 | A | 46 | John Crawford | 21:00 | ME |
| 23 | Jeff Romiguere | 17:22 | C | 47 | Karl Heuken | 21:18 | H |
| 24 | Brian Newsome | 17:25 | SL | 48 | Bill Crosby | 22:13 | H |

TEAM SCORES

| | | | |
|---|---------------|----------|---------|
| 1 | Castro Valley | 26 | 1120123 |
| 2 | Tennyson | 69 | |
| 3 | Marina | 79 | |
| 4 | San Lorenzo | 120 | |
| 5 | Arroyo | 138 | |
| 6 | Mt. Eden | 144 | |
| 7 | Hayward | 168 | |
| | Canyon | no score | |
| | Sunset | no score | |

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H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

November 6, 1974
Hayward High School

JUNIOR VARSITY

| | | | | | | | |
|----|--------------------|-------|----|----|-------------------|-------|----|
| 1 | Dave Milichichi | 10:48 | CV | 16 | Chris Black | 12:14 | H |
| 2 | Dave Strodtbeck | 10:59 | CV | 17 | Jim Ellington | 12:16 | T |
| 3 | Jim Hoffer | 11:03 | CV | 18 | Don Petersen | 12:24 | M |
| 4 | Jim Moita | 11:08 | T | 19 | Chris Martin | 12:30 | H |
| 5 | Mark Molina | 11:13 | T | 20 | Jerry Jessop | 12:35 | T |
| 6 | Rich Judy | 11:22 | T | 21 | Armando Orubeondo | 12:35 | ME |
| 7 | Mikael Christensen | 11:28 | M | 22 | Devi Marcheschi | 12:38 | H |
| 8 | Jeff Schloss | 11:34 | CV | 23 | Ed Madeiros | 12:44 | H |
| 9 | Mike Condie | 11:40 | T | 24 | Larry Huffstutler | 13:03 | ME |
| 10 | Eric Overland | 11:42 | CV | 25 | Kevin Byrne | 13:04 | ME |
| 11 | Chris Kraus | 11:44 | CV | 26 | Bob Juntz | 13:05 | ME |
| 12 | Mike Herbst | 11:49 | T | 27 | Ricky Anderson | 13:27 | ME |
| 13 | Steve Motta | 11:49 | M | 28 | Phil Ribera | 13:28 | H |
| 14 | Larry Nolan | 11:51 | M | 29 | Bryan Dubbs | 15:25 | M |
| 15 | Kevin Clevenger | 11:56 | M | | | | |

TEAM SCORES

| | | |
|---|---------------|----------|
| 1 | Castro Valley | 24 |
| 2 | Tennyson | 36 |
| 3 | Marina | 67 |
| 4 | Hayward | 108 |
| 5 | Mount Eden | 123 |
| 6 | Arroyo | no score |
| 7 | Canyon | no score |
| 8 | San Lorenzo | no score |
| 9 | Sunset | no score |

1974

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

November 6, 1974
Hayward High School

FROSH - SOPH

| | | | | | | | |
|----|--------------------------|-------|----|----|---------------------------|-------|----|
| 1 | Mark Behning | 10:42 | CV | 26 | Glen Hill | 12:03 | T |
| 2 | George Delrio | 10:45 | H | 27 | Tom Gomes | 12:05 | T |
| 3 | Greg Griffin | 11:02 | H | 28 | Scott Flagg | 12:08 | C |
| 4 | Jesse Magallon | 11:05 | S | 29 | Wadie Harb | 12:08 | C |
| 5 | Bob Smith | 11:08 | H | 30 | Ed Hohl | 12:09 | A |
| 6 | Ken Romiguere | 11:09 | C | 31 | Joe Engberson | 12:10 | S |
| 7 | Paul Lebon | 11:11 | S | 32 | Dan Camacho | 12:14 | S |
| 8 | Gerald Elliott | 11:12 | T | 33 | Tom Jensen | 12:15 | C |
| 9 | Jerry Quarry | 11:13 | S | 34 | Bruce Goethe | 12:20 | H |
| 10 | Bill Bodin | 11:15 | CV | 35 | John Traynor | 12:27 | ME |
| 11 | Kevin O'Leary | 11:24 | CV | 36 | G. Archer | 12:36 | SL |
| 12 | Keith Ortiz | 11:25 | ME | 37 | Steven Caldwell | 12:51 | A |
| 13 | James Rorsworthy | 11:26 | H | 38 | Garry Archer | 13:04 | SL |
| 14 | Greg Routh | 11:27 | CV | 39 | Mark Demeduk | 13:13 | ME |
| 15 | David Fisher | 11:29 | CV | 40 | Bob Miguel | 13:21 | A |
| 16 | David Fordahl | 11:32 | CV | 41 | Rick Windrich | 13:22 | C |
| 17 | Rick Collier | 11:34 | T | 42 | Don Looby | 13:24 | ME |
| 18 | Robert Cuddy | 11:34 | A | 43 | James Silva | 13:27 | T |
| 19 | Joe Martin | 11:45 | S | 44 | David Mendez | 13:31 | S |
| 20 | Gary Wright | 11:54 | A | 45 | Mike Ferguson | 13:58 | ME |
| 21 | Greg Lapum | 11:54 | CV | 46 | Harley Halsetn | 13:58 | SL |
| 22 | Ken Butts | 11:58 | A | 47 | Estrada Bernard | 14:26 | SL |
| 23 | Calvin Sanders | 11:59 | T | 48 | Matt Anya | 14:50 | SL |
| 24 | Steve Barber | 12:02 | T | 49 | Debbie Blanton | 15:02 | SL |
| 25 | Mark Hager | 12:03 | A | 50 | Greg Romiguere | ----- | C |

TEAM SCORES

| | | |
|---|---------------|----------|
| 1 | Castro Valley | 51 |
| 2 | Hayward | 57 |
| 3 | Sunset | 70 |
| 4 | Tennyson | 98 |
| 5 | Arroyo | 115 |
| 6 | Canyon | 137 |
| 7 | Mount Eden | 173 |
| 8 | San Lorenzo | 215 |
| 9 | Marina | no score |

1974

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November 6, 1974
Hayward High School

RESERVES

| | | | | | | | |
|----|------------------|-------|----|---------------|------------------------------|------------------|---------------|
| 1 | Russ Hills | 11:50 | S | 22 | Michele Stevenson | 13:16 | CV |
| 2 | Tom Noble | 11:57 | T | 23 | Jon Garcia | 13:20 | T |
| 3 | John Witherspoon | 12:03 | T | 24 | Bill Burrell | 13:35 | T |
| 4 | Julian Soto | 12:13 | A | 25 | Pete Kavanagh | 13:43 | T |
| 5 | James Trimble | 12:15 | CV | 26 | Bob Ryan | 13:44 | A |
| 6 | Bob Alexander | 12:16 | T | 27 | James Costa | 13:47 | T |
| 7 | Landon Humphrey | 12:17 | CV | 28 | Ray Will | 13:52 | S |
| 8 | Bob Tieman | 12:22 | CV | 29 | Denny Moore | 13:52 | T |
| 9 | Tom Luallin | 12:30 | T | 30 | Wendy Elgin | 13:56 | SL |
| 10 | Nicholas Olmo | 12:37 | T | 31 | Denise Griedman | 14:26 | SL |
| 11 | Dan Dela Riva | 12:42 | CV | 32 | Randy Parsons | 14:37 | T |
| 12 | Doug Babb | 12:44 | CV | 33 | Sandy Livingston | 14:41 | CV |
| 13 | Brent Cooper | 12:47 | CV | 34 | Kirsten Roberts | 14:44 | CV |
| 14 | Bob Bier | 12:52 | T | 35 | Linda Gourmet | 15:23 | SL |
| 15 | Brian Keith | 12:55 | T | 36 | Ellen Wedemeyer | 15:27 | SL |
| 16 | Brian Hutchinson | 12:58 | S | 37 | Mark Souza | 15:32 | A |
| 17 | Frank Tapia | 13:03 | A | 38 | Chris Hurtado | 15:38 | T |
| 18 | Steve Bickell | 13:06 | T | 39 | Debbie Simpson | 15:55 | CV |
| 19 | Gary Gomes | 13:12 | T | 40 | Dave Hodlchuck | 16:25 | S |
| 20 | Chris Juarez | 13:13 | T | 41 | Joan Hornig | 16:29 | CV |
| 21 | Rich Wallace | 13:15 | H | | | | |

HAAL powerhouse

C.V. runners 'team to beat'

By JOHN HICKEY

HAYWARD — Two years ago, a group of freshman and sophomore distance runners from Castro Valley High captured the North Coast Section's frosh-soph cross country title at Lafayette Reservoir.

This year, the NCS varsity cross country championships are being run at Lafayette Reservoir, and that same group of runners is hoping to repeat its victory of two years ago.

First, however, the Spartans must get through the Hayward Area Athletic League season and championship meet. Most people close to the sport, however, see the Spartans as virtual shoo-ins in the HAAL.

"This is the best team we've ever had at Castro Valley," says Spartan coach Norm

Guest, whose teams have taken the league title four of the past five years and whose 1973 team took seventh in the NCS last year with no seniors on the squad.

"I hate to say it," says Tennyson's Ron Stark, "but it almost seems as if CV is unbeatable."

Leading the Spartans is senior Kevin Rudy, who may be the top runner in the league. Juniors Phil Hornig and Ron Stevenson are very nearly in Rudy's class, and senior Doug Hall and junior Steve Roberts round out the top five for the Spartans.

Last year's individual champion, Doug Padilla of Marina, has graduated, and the second-through-sixth place finishers at last year's meet were the Spartans mentioned above.

Tennyson, as usual, will field a good team led by Steve Gray and Brad Speckman. The Lancers are currently hurting, however, with Gray limping because of a sprained ankle and Speckman trying to recover from shin problems.

Other top runners in the league this year include San Lorenzo's Dale Hatakeyama, Arroyo's Dave Emery and Canyon's Jeff Lee, winner of the HAAL frosh-soph title a year ago.

They'll all begin running tomorrow afternoon in a trio of triangular matches: Arroyo and Hayward at San Lorenzo; Canyon and Marina at Sunset; Castro Valley, Mt. Eden at Tennyson.

The Daily Review Hayward, Calif. 29
Thursday, October 10, 1974

HAAL cross country

Spartans easy winners

Marina, San Lorenzo and Castro Valley High posted wins yesterday as the Hayward Area Athletic League kicked off the cross country season with three triangular meets.

Dave Bradrock of Canyon was clocked in 16:00 over Sunset High's course, but his individual victory wasn't enough as Marina posted a 27-44-55 win over the Cougars and the Falcons.

In other matches, Castro Valley trounced Mt. Eden, 16-44, while Tennyson didn't field enough of a varsity team

to figure in the team scoring, and San Lorenzo squeaked past Arroyo and Hayward, 38-41-41.

The defending champion Spartans captured the first four places and five of the first six in beating the Monarchs, Phil Hornig, Kevin Rudy, Ron Stevenson and Doug Hall all clocked under 16 minutes over the Tennyson course.

Dale Hatakeyama was the runaway winner for the Rebels, traversing his home course in 16:09. Arroyo's Dave Emery was second in 16:31, and Hayward's George Del Rio was third in 16:34.

Marina's victory came as Jeff Ziegler and Dan Bettridge finished two-three behind Bradrock.

Castro Valley 14, Mt. Eden 44, Tennyson no score

Hornig (CV), 15:12; Rudy (CV), 15:15; Stevenson (CV), 15:26; Hall (CV), 15:43; MM (T), 15:49; Roberts (CV), 16:08; Enaricio (T), 16:16; Arroyo (CV), 16:18; Trivette (CV), 16:19; Mazonale (AAE), 16:43.

JV Score — Tennyson 31, Mt. Eden 38, Castro Valley no score. W — Matto (T), 16:27.

F-6 Score — Castro Valley 22, Tennyson 38, Mt. Eden no score. W — Bettridge (CV), 16:22.

Marina 27, Canyon 44, Sunset 55
Bradrock (C), 16:00; Ziegler (M), 16:05; Bettridge (M), 16:20; DeGroot (M), 16:24; Romiguero (C), 16:28; Lee (C), 16:31; Magoni (S), 16:32; Navarro (M), 16:38; Lebon (S), 16:48; Bjorn Reed (M), 17:28.

Junior Varsity

Fresh-Soph
Canyon 22, Sunset 38, Marina no score

San Lorenzo 38, Arroyo 41, Hayward 41
Hatakeyama (SL), 16:09; Emery (A),

16:31; DeRita (M), 16:34; Grider (M), 16:41; Wright (A), 16:42; Mowbrine (SL), 16:47; Sauton (A), 17:01; Stantz (SL), 17:04; Smith (SL), 17:10; Harmer (M), 17:11; Cuddy (A), 17:14; Sandmark (M), 17:15; Grace (A), 17:16; Dellinger (SL), 17:28.

Junior Varsity
Arroyo 27, Hayward 38, San Lorenzo 38

Hornig, Rudy in harrier record

CASTRO VALLEY — Phil Hornig and Kevin Rudy of Castro Valley share a new course record after leading the Spartans to a 26-38 cross country win over Bishop O'Dowd yesterday on their home course.

Hornig crossed the finish line first, but he and Rudy were both timed in identical 15:34 to break the old record set in 1973 by the same Kevin Rudy at 15:53.

Bishop O'Dowd's Mike Collins finished third with a time of 15:52.

CASTRO VALLEY 26, BISHOP O'DOWD 38
Hornig (CV) 15:34 (new course record); Rudy (CV) 15:34 (new course record); Collins (OD) 15:52; Stevenson (CV) 16:10; Ross (OD) 16:27; Roberts (CV) 16:48; Hall (CV) 17:00; Stredbeck (CV) 17:04; Bee (OD) 17:20; Knight (OD) 17:28.

JUNIOR VARSITY
Castro Valley 14, Bishop O'Dowd 38
Trivette (CV) 11:40 (new course record).

FRESH-SOPH
Castro Valley 14, Bishop O'Dowd 38

C.V. runners favored

PLEASANT HILL — Castro Valley High, undefeated in Hayward Area Athletic League cross country competition to date, will be one of the favorites tomorrow in the 10th annual running of the Pleasant Hill High Cross Country Jamboree.

Mt. Diablo is the defending champion in the medium school division and would have been the favorites until CV defeated the Red Devils in the San Ramon Invitational.

The Spartans, led by Kevin Rudy and Phil Hornig, will have to contend with the Red

Devils' one-two punch of Ron Criner and Bill Bedecarre, both of whom are juniors.

Other South County schools in the meet include Livermore, Amador, John F. Kennedy-F and Mt. Eden.

Competing in the small schools category will be Pacific, San Leandro, Moreau and Bishop O'Dowd, while Irvington and Mission San Jose will be among the large schools entered.

Cal State Hayward will be among the 11 teams entered in the collegiate race.

Pleasant Hill Cross County Jamboree

STARTING TIMES — Elementary Schools, 9 a.m.; Junior High Schools, 9:15 a.m.; Frosh race, 9:35-9:45 a.m.; Junior Varsity race, 10:45 a.m.; Girls Varsity race, 11 a.m.; Small Schools Varsity race, 11:15 a.m.; Medium Schools Varsity race, 11:35; Large Schools Varsity race, 11:50 a.m.; Collegiate race, 12:30 p.m.

Spartans win final triangular

Castro Valley High closed out the triangular meet portion of the Hayward Area Athletic League cross country season with its fourthstraight victory yesterday, as the Spartans sent Marina and Hayward down to defeat.

The Spartans, led by Phil Hornig and Kevin Rudy, who tied for first place at 16:06, garnered 20 points to 40 for the Titans and the Farmers did not field enough men to figure in the final tally.

In other meets, Brad Rock and Jeff Lee tied for first place in 16:04 to give Canyon's Cougars a 24-44-44 win over Arroyo and Mt. Eden and Tennyson easily bested San Lorenzo.

18-42, with Sunset a non-scorer in the triangular.

Next Wednesday at Hayward, the league's nine schools will get together for the annual league meet with CV a heavy favorite to win the championship. The Spartans were 4-0 in the triangular.

Steve Gray set the pace for Tennyson, winning by 15 seconds over teammate Bret Hill. Gray was timed in 15:22 at the Tennyson course, and set a school record en route to victory.

Canyon 24, Arroyo 44, Mt. Eden 44

Lee (C) and Rock (C) (tie), 16:04; Emery (A), 16:14; Wright (A), 16:21; Romiguere (C), 16:24; Masingale (ME), 16:27; Hufstutler (ME), 16:58; Bates (ME), 16:59; Barton (C), Boulton (A), 17:05.

JV Score — Mt. Eden 22, Arroyo and Canyon no score, W—Soto (A), 11:54.

F-S Score — Arroyo 24, Canyon 36, Mt. Eden 60, W—Romiguere (C), 11:24.

Castro Valley 28, Marina 48, Hayward no score

Hornig (CV) and Rudy (CV) (tie), 16:06; Ziegler (M), 16:30; Roberts (CV), 16:33; DeGroot (M), 16:37; Arzino (CV), 16:40; Stevenson (CV), 16:47; Trimble (CV), 16:48; Bettridge (M), 16:54; Strodbeck (CV), 16:55.

JV Score — Marina 20, Castro Valley 35, Hayward 75; W—Torres (M), 11:28.

F-S Score — Castro Valley 28, Hayward 28, Marina no score, W—Behning (CV), 11:08.

Tennyson 18, San Lorenzo 42, Sunset no score

Gray (T), 15:22; B. Hill (T), 15:37; Hatakeyama (SL2), 15:41; Enanoria (T), 16:06; Speckman (T), 16:26; Blanch (T), 16:31; Newsome (SL2), 16:37; Stentz (SL2), 16:43; Medina (T), 17:21; Marsden (SL2), 17:26.

JV Score — Tennyson 15, Sunset 50, San Lorenzo no score, W—Motta (T), 10:17.

F-S Score — Tennyson 28, Sunset 28, San Lorenzo 96, W—Elliott (T), 10:32.

Spartans nab first 10 places in cross country

Castro Valley High took the first ten places in its meet with Arroyo and Sunset yesterday to highlight Hayward Area Athletic League cross country competition.

While CV polished off the Dons and the Falcons, Tennyson defeated Canyon and Hayward, 27-42-62, and Marina triumphed over San Lorenzo and Mt. Eden, 23-48-55.

In an Alameda County Athletic League meet, San Leandro bested Kennedy and Pacific, 27-48-53.

Kevin Rudy and Phil Hornig finished in a dead heat for first place for the Spartans, and Ron Stevenson and Doug Hall were not far behind.

Steve Gray led Tennyson to victory with a 17:19 clocking over three miles, with Canyon's Jeff Lee (17:31) and Brad Rock (17:55) finishing 2-3. Top Hayward finisher was Mike Sandmark.

The first five finishers in the meet — Gray, Lee, Rock, Tennyson's Andy Enanoria and Canyon's Jeff Romiguere — all broke the existing course record at Canyon.

Dale Hatakeyama finished first for San Lorenzo, but Marina runners took the next four places to pace a Titan victory.

Hatakeyama was timed in 15:33, with Jeff Ziegler (15:59), Mike DeGroot (16:12), Dave Munoz (16:16) and Dan Bettridge (16:20) of Marina coming in behind him. Top ME finisher was Jim Masingale, who was seventh at 16:35.

San Leandro's victory was paced by Steve Pitcher, who covered the Joaquin Miller Course in Oakland in 18:14.

John Muir Junior High's Craig Cutting covered the two-mile course in a school record 12:27 to win the soph race. Muir was an easy soph winner in the four team race, beating Pacific, San Leandro and Kennedy, 27-44-82-93.

HAAL meet at Hayward

Spartans in defense of cross-country title

By JOHN HICKEY

HAYWARD — Castro Valley High sets out in defense of its Hayward Area Athletic League cross country championship tomorrow at 3:15 p.m. at Hayward High.

The Spartans, who went undefeated in varsity triangular meet competition, will not be at full strength, however, with one runner out for sure and another hobbled.

Doug Hall will not see competition for CV after being hospitalized last week with an injury. Ron Stevenson twisted his ankle last week, but is expected to run. Hall and Stevenson have been the third and fourth runners this year for the Spartans.

But before you break out the crying towel for coach Norm Guest's squad, let it be noted that the Spartans are still favored to take home the varsity championship tomorrow.

Among the swift runners at Guest's disposal are Phil Hornig and Kevin Rudy, two of the best runners in the league. In addition, Steve Roberts is probably the best No. 5 man in the league — although he'll be moved up to fourth with Hall injured.

Traditionally strong Tennyson is good again this year — its only loss in triangular competition coming at the hands of CV — but even with Hall missing from the Spartan lineup, it's questionable whether or not the Lancers can overtake the defending champs.

Steve Gray is the Lancers' top threat, and he figures to fight it out with Hornig and Rudy for the individual honors. There are also some darkhorses in the race for individual honors, including Canyon's Jeff Lee, San Lorenzo's Dale Hatakeyama and Arroyo's Dave Emery. All three were good performers last year, but haven't quite lived up to expectations this year.

Hayward and Sunset seem capable of giving the Spartans a good run in the frosh soph race. Both the Farmers and the Falcons have good crops of young runners in the freshman and sophomore classes.

Marina 23, San Lorenzo 46, Mt. Eden 55

Hatakeyama (SL), 15:33; Ziegler (M), 15:59; DeGroot (M), 16:12; Munoz (M), 16:16; Bettridge (M), 16:20; Newsome (SL), 16:23; Masingale (ME), 16:35; Ortiz (ME), 16:38; Reyna (M), 16:39; Boles (ME), 16:45.

JV Score — Marina 15, Mt. Eden 45, San Lorenzo no score. W — Christiansen (M), 11:20.

PS Score — Mt. Eden 24, San Lorenzo 31, Marina no score. W — Elgin (SL), 12:14.

Tennyson 27, Canyon 42, Hayward 42

Gray (T), 17:19; Lee (C), 17:31; Rock (C), 17:55; Enanoria (T), 18:00; Romiguere (C), 18:08; Hill (T), 18:23; Speckman (T), 18:38; Sandmark (H), 18:45; Medina (T), 18:56; Bianche (T), 19:03.

JV Score — Tennyson 17, Hayward 41, Canyon no score. W — Judy (T), 13:23.

PS Score — Tennyson 29, Canyon 36, Hayward no score. W — Romiguere (C), 13:05.

Castro Valley 13, Arroyo 30, Sunset Incomplete

Hornig (CV), 15:16; Stevenson (CV), 15:33; Hall (CV), 15:44; Roberts (CV), 15:48; Trimble (CV), 15:58; Behning (CV), 16:04; Strodtbeck (CV), 16:04; Arzino (CV), 16:17; Hoffer (CV), 16:18. Junior Varsity

Castro Valley 13, Sunset 44

Jeff Schloss (CV) 11:51. Fresh soph

Sunset 29, Arroyo 42, Castro Valley 30

Jesse Magallon (S) 11:08.

Prep of the Week

Hornig proves surprise for C.V. harrier squad

By JOE DeLOACH

CASTRO VALLEY — The demanding sport of cross country has always been synonymous with success at Castro Valley High.

According to popular coach Norm Guest, the Spartans have had their finest team this year in the school's history.

Last week, as expected, Castro Valley easily won the Hayward Area Athletic League team championship. What wasn't expected, though, was the winning performance of the Spartans' Phil Hornig, this week's Daily Review Prep of the Week.

Hornig, a junior, used a strong finishing kick to upset pre-meet favorite Kevin Rudy, also of Castro Valley, to come away with top individual honors.

Hornig's time over the Hayward High course equalled the HAAL meet mark of 15:27 that was established by San Lorenzo's Ted Quintana in 1972.

"This year he (Hornig) has really come into his own," praises Guest. "Last year he just didn't do anything outstanding. It was a surprise to me that he could catch and pass Rudy."

All season long, Hornig and Rudy, who is a senior, have been running strong races. In an early-season meet against eventual Catholic Athletic League champion Bishop O'Dowd, Hornig defeat Rudy.

"After that race," recalls Guest, "they both just seemed to run side by side. They have finished together at least three times in meets this year. They kind of wait and see how the race will go. It is a gentlemen's agreement between them."

If Hornig has one particular drawback as a runner, it is that he works out more than he really needs to. Well, at least, that is what his coach says.

"He is the kind of kid that runs too much," says Guest cryptically. "I told him to quit running so much because he was getting some foot and knee problems. I told him to do quality workouts instead of quantity."

The Spartans and Alameda will probably be the two top teams competing for first place honors in tomorrow's North Coast Section Division I Meet at Coyote Hills in Newark.

"There is no doubt about it," says Guest. "This is the best team that I have ever had, individual wise and depth wise. The kids have their sights at that section meet because they know this is our best shot."



**PHIL
HORNIG**

CASTRO VALLEY HIGH SCHOOL'S OUTSTANDING CROSS COUNTRY RUNNER WHO CAPTURED FIRST PLACE IN THE H.A.A.L.'S CROSS COUNTRY MEET LAST WEEK... HIS TIME OF 15:27 EQUALED THE H.A.A.L. COURSE RECORD THAT TED QUINTANA OF SAN LORENZO SET IN 1972. THE SPARTANS COMPETE IN THE NORTH COAST SECTION DIVISION I MEET AT COYOTE HILLS TOMORROW



