

**1976**  
***CROSS COUNTRY***  
***RESULTS***





## Castro Valley Cross Country 1976

Once again the prospects for cross country were extremely high. Not only did we have four of our 1975 varsity team returning...we also had the top JV team and the top Frosh/Soph team in the league last year to build upon.

As the season begun we discovered that our top four had not done much running during the summer. Also, some of our top returning JV's has decided to pass up cross country this year. These two factors coupled with the injury to Greg Routh caused serious doubts about our repeating as league champions.

As the season progressed it was evident we were not the overpowering team we have been in the past. Fortunately for us our league was extremely weak and we really had no competition in our dual meets until we met Canyon and Tennyson in the finale in which Canyon beat us for the first time in their history.

Our final record was 7 wins and 3 losses including two practice losses. Our leading runner all year was Mark Behning followed by Dave McHugh, Bill Bodin, Dave Fordahl, Dave Fisher and Andy Schloss. Mark Behning finished 2nd at League and was our only all-league performer this year. Mark was also named in the top 15 All-East Bay Team.

The JV team was lead by Bob Tieman, Dan DelaRiva and fast-improving Dave Fernandez. Their team record was 8 wins and 2 losses. The losses were in 2 practice meets at the beginning of the year. Bob Tieman was the league champion and lead our team to 1st place in the league meet. The other members of our championship JV team were Mike Dittman and Brent Cooper.

Our Frosh/Soph team was a real pleasant surprise this year and was a real bright spot of the season for us. We had the largest turn out of freshmen we have had in many years and we often ran more people in the Frosh/Soph race than our opponents had on all three of their teams. Our Frosh/Soph team was undefeated in dual meets and was lead by freshmen standouts Doug Rodgers and Dave Glass along with Sophomore standouts Jeff Dittman, and Dave Paiva. Other outstanding Frosh/Soph runners include: Jeff Shore, Scott Craig, Dennis Milam, John Lateer, and Phil Duncan.

Our girls were outstanding. What we lacked in numbers they made up for in ability. Michele Stevenson was our outstanding girl runner as she was undefeated in dual meets and invitationals, won the league meet, the Division meet and took 2nd to a girl she had previously beat in the North Coast Section Finals. Maria Jacobson was the outstanding Frosh/Soph girl in the league and just barely failed to qualify for the North Coast Section meet. Julia Cooper was our only other girl runner and did an excellent job for her first year running.

Although our won-loss record was the worst since 1971 the prospects for the future years are very bright. Everyone on the team is to be commended for their individual accomplishments and I hope all those returning next year will have renewed interest and enthusiasm to be "number 1."

HOME COURSE BEST TIMES

3 Mile

16:03 Behning  
16:59 Fordahl  
17:04 Bodin  
17:13 MC Hugh  
17:23 Fisher

2 Mile

11:26 B. Tieman  
11:34 Paiva  
11:48 Schloss  
12:18 Cooper  
12:27 R. Tieman  
12:31 Stevenson  
12:36 Shore  
12:42 Craig  
12:49 Lateer  
12:53 Milam  
12:53 Carter  
13:00 Duncan  
14:14 Jacobson  
15:16 Kernan  
15:29 Star  
15:35 Dela Riva

### 3 Mile Course Top 10

1976 Included

Phil Hornig	15:34	1974	Junior
Kevin Rudy	15:34	1974	Senior
Scott Wood	16:00	1970	Senior
Mark Behning	16:03	1976	Senior
Ron Stevenson	16:18	1974	Junior
Dan Anderson	16:22	1969	Senior
Doug Hall	16:22	1973	Junior
Barry Parr	16:23	1970	Junior
Ed Riggs	16:29	1968	Senior
Dave Chamness	16:31	1968	Sophomore

### 2 Mile Course Top 10

1976 included

Terry Trimble	11:03	1974	Senior
Mark Behning	11:08	1974	Sophomore
Mike Rudy	11:09	1970	Sophomore
Jim Hoffer	11:14	1974	Senior
Dave Milichichi	11:18	1974	Senior
Dave McHugh	11:24	1975	Junior
Bob Tieman	11:26	1976	Junior
Gene Rodgers	11:28	1971	Sophomore
Phil Hornig	11:28	1972	Freshman
Don Lew	11:30	1973	Senior



O'DOWD vs CASTRO VALLEY, ALAMEDA

Division: Varsity

CROSS COUNTRY at KNOWLAND

Date: 9/23/75

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	15:37	A	Ray Kindle		
2	17:04	OD	Dave Smith		
3	17:06	OD	Fat Scannel		
4	17:16	CV	Mark Behning		
5	17:23	OD	Stu Grendle		
6	17:34	A	J. Peters	Final Score:	
7	17:46	A	Mark Sigmon		
8	17:50	CV	Dave Fisher	OD	32
9	17:55	OD	Ronald Cole		
10	18:02	A	Ben Fenn	A	35
11	18:09	A	Evan Tuttle		
12	18:17	CV	Dave McHugh	CV	53
13	18:21	OD	Mark Hand		
14	18:56	CV	Bill Bodin		
15	18:57	CV	Greg Routh		
16	19:11	A	Lere Krause		
17	19:25	A	Bill Poole		

O'DOWD vs CASTRO VALLEY, ALAMEDA

Division: Jr. Varsity

CROSS COUNTRY at KNOWLAND

Date: 9/23/76

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	17:01	OD	Chuck Maroney		
2	18:23	A	Frank Leeds		
3	18:37	OD	Joe Scornaitachi		
4	18:44	A	Kenny Chord		
5	19:08	A	Keith Kindle		
6	19:21	A	Dean Maning		
7	19:23	A	Bob Vanderlaan	Final Score:	
8	19:42	OD	Richard Pena		
9	19:56	OD	Jeff Walters	A	24
10	19:58	OD	Kenny Law		
11	20:23	A	Carl Aliamanno	OD	31
12	20:38	A	Clay Tavernier		
13	20:43	A	Rick Quintero	CV	No Score
14	20:44	A	Brad Barler		
15	20:59	CV	Brent Cooper		
16	21:48	CV	Mike Dittman		
17	23:57	A	Joe Guthrie		
18	25:08	A	Dave McCormick		
19	25:10	A	Chris Shipley		



O'DOWD vs CASTRO VALLEY, ALAMEDA

Division: Frosh/Soph

CROSS COUNTRY at KNOWLAND

Date: 9/23/76

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:59	CV	Doug Rogers		
2	13:10	CV	Dave Piava		
3	13:15	CV	Jeff Dittman		
4	13:29	OD	Steve Lauth		
5	13:34	CV	David Glass		
6	13:40	CV	Ray Tieman		
7	13:51	A	S. Mueller	Final Score:	
8	13:54	OD	Tom Hornig		
9	14:07	OD	Earron Henderson	CV	17
10	14:08	A	Rusty Reed		
11	14:17	A	Mark Ryan	OD	52
12	14:21	A	Don Diola		
13	14:33	A	Greg Cropper	A	53
14	14:40	OD	Eric Erker		
15	14:48	A	Jeff Battersby		
16	14:49	A	Garth Tuttle		
17	14:49	OD	David Graves		
18	14:59	OD	Mike Elkins		
19	15:06	OD	Paul Ilmberger		
20	15:21	A	Jeff Friend		
21	15:47	CV	Brent Kernen		

O'DOWD vs CASTRO VALLEY, ALAMEDA

Division: Girls

CROSS COUNTRY at KNOWLAND

Date: 9/23/76

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	13:52	CV	Michele Stevenson		
2	14:21	A	Kathy Way		
3	15:05	CV	Maria Jacobson		
4	15:09	OD	Pat Gonzalves		
5	16:11	OD	Katie French		
6	16:18	OD	Barbra Ward		
7	16:23	A	Kathy Bennette	Final Score:	
8	16:26	A	Judy Pangelinan		
9	16:27	OD	Diedra Duffy	OD	34
10	17:02	OD	Carolyn Graves		
11	17:48	OD	Kathy Alves	A	43
12	18:07	A	Mary McElhinney		
13	18:26	OD	Diana Bursy	CV	No Score
14	18:34	OD	Joanie Shepard		
15	19:44	A	Beth Morehouse		
16	19:51	A	Jenny Vanderlaan		
17	19:53	A	Patti Fischer		
18	20:35	A	Chris Wagnon		
19	21:12	A	Corraine Bowman		
20	21:13	A	Carol Crone		



MT. EDEN vs CASTRO VALLEY & SUNSET

Division: Varsity

CROSS COUNTRY at MT. EDEN

Date: October 6, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	16:13	CV	Mark Behning		
2	16:36	CV	Bill Bodin		
3	16:39	CV	David Fisher		
4	16:51	S	Jerry Quarry		
5	17:00	CV	Dave Mc Hugh		
6	17:06	S	Jesse Magallon		Final Score:
7	17:20	CV	Greg Routh	CV	18
8	17:46	ME	Keith Ortiz		
9	17:50	ME	Ralph Quinones	ME	52
10	18:00	ME	Terry Tucker		
11	18:21	ME	Mark Demeduk	S	No score
12	18:30	CV	Andy Schloss		
13	18:53	S	David Mendez		
14	19:11	ME	Martin Mc Donald		

MT. EDEN vs CASTRO VALLEY & SUNSET

Division: J.V.

CROSS COUNTRY at MT. EDEN

Date: October 6, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:19	CV	Brent Cooper		
2	12:24	CV	Michele Stevenson		
3	12:41	CV	David Fordahl		
4	12:51	ME	Bob Patterson		
5	12:55	S	Paul Lebon		Final Score:
6	13:00	ME	Mark Rickey		
7	13:27	CV	Dan Delariva	CV	21
8	13:34	CV	Maria Jacobson		
9	13:38	ME	Walter Buckner	ME	41
10	13:46	ME	Steve Barbaria		
11	14:09	S	Jim Stockel	S	No score



MT. EDEN vs CASTRO VALLEY & SUNSET

Division: Frosh-Soph

CROSS COUNTRY at MT. EDEN

Date: October 6, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	11:22	S	Oscar Mendez	
2	11:34	S	Larry Guinee	
3	11:42	CV	Jeff Dittman	
4	11:44	CV	Doug Rodgers	
5	11:47	CV	Dave Paiva	
6	11:47	CV	David Glass	
7	11:58	S	Mike Gellier	
8	12:02	S	Jeff Cerg	Final Score:
9	12:07	CV	Ray Tieman	
10	12:08	ME	Perry Gee	CV 27
11	12:22	S	Ralph Moller	
12	12:31	CV	Scott Craig	S 29
13	12:51	ME	Kelly Miles	
14	12:52	ME	Tom Davis	ME 70
15	12:54	ME	Andy Anaya	
16	12:55	CV	Jeff Shore	
17	13:27	CV	Jeff Carter	
18	13:33	ME	Steve Kirchner	
19	13:35	CV	Tony Nannini	
20	13:59	CV	Brent Kernan	
21	14:04	CV	Rick Burstedt	
22	14:06	S	Jeff Marciel	
23	14:22	CV	John Lateer	
24	14:56	S	Ioewe Reinhard	
25	15:28	ME	Ito Koonie	
26	15:28	ME	Sandy Peters	
27	15:48	CV	Roy Stai	

SAN RAMON SUMMARY

OCTOBER 9, 1976

1 3/4 MILE

GIRLS 1 1/2 MILE

8:46 BEEMING  
9:10 McHUGH  
9:24 ROUTH  
9:30 BODIN  
9:34 FISHER  
9:38 FORDAHL  
9:58 J. DITTMAN  
10:08 GLASS  
10:12 PAIVA  
10:24 SCHLOSS  
10:32 COOPER  
10:32 M. DITTMAN  
10:36 CRAIG  
11:11 SHORE  
11:12 CARTER  
11:13 NANNINI  
11:40 LATEER  
12:29 KERMAN  
12:33 BURSTEDT  
13:08 STAI

8:13 STEVENSON  
9:07 JACOBSON  
11:15 COOPER

San Lorenzo vs Castro Valley and Hayward

Division: Varsity

Date: October 13, 1976

Cross Country at San Lorenzo

Course Length: 3 miles

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	16:14	CV	Mark Behning	
2	16:41	CV	Dave McHugh	
3	16:56	H	George Del Rio	Final Score:
4	17:00	H	Jeff Turnbull	
5	17:02	CV	Bill Bodin	CV 25
6	17:04	CV	David Fisher	
7	17:07	H	Bill Wenik	Hay 33
8	18:01	SLZ	Carl Nielson	
9	18:06	H	Brian Healy	SLZ 66
10	18:09	H	Fred Sandsmark	
11	18:21	CV	Jeff Dittman	
12	18:35	SLZ	Willy Hault	
14	18:48	CV	Greg Routh	
15	18:58	SLZ	Allen Nielson	
16	19:57	SLZ	Richard Noble	
17	20:41	H	John Rekenhald	
18	21:01	SLZ	Mike Tepsen	

San Lorenzo vs Castro Valley and Hayward

Division: J.V.

Date: October 13, 1976

Cross Country at San Lorenzo

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	
1	10:59	H	Greg Griffin	
2	11:34	CV	Bob Tieman	
3	11:36	CV	Brent Cooper	Final Score:
4	11:37	CV	Dan Dela Riva	
5	11:40	H	Keith Forbes	CV 22
6	11:42	CV	Michele Stevenson	
7	11:47	CV	Dave Fernandez	HAY 36
8	11:58	CV	Mike Dittman	
9	12:00	H	Wayne Dodson	SLZ No Score
10	12:19	H	Mike Healy	
11	12:50	H	Steve Rekenhald	
12	15:24	H	Mark Gregg	

San Lorenzo vs Castro Valley and Hayward

Division: F/S

Date: October 13, 1976

Cross Country at San Lorenzo

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	<u>Final Score</u>
1	11:01	CV	Dave Paiva	
2	11:02	CV	Dave Glass	
3	11:35	CV	Ray Tieman	
4	12:08	CV	Scott Craig	
5	12:14	CV	Jeff Shore	
6	12:30	CV	Tony Nannini	CV 15
7	12:35	CV	Dennis Milan	
8	12:44	CV	Jeff Carter	HAY No Score
9	12:45	CV	John Lateer	
10	13:30	CV	Rich Burstedt	SLZ No Score
11	13:35	CV	Maria Jacobson	
12	14:53	CV	Brent Kerman	
13	15:34	CV	Julia Cooper	



Arroyo vs Castro Valley and Marina

Division: Varsity

Cross Country at Arroyo

Date: October 20, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	15:51	CV	Mark Behning		
2	16:14	MAR	Mike DeGroot		
3	16:19	CV	Dave McHugh	Final Score:	
4	16:27	MAR	Chuck Reyna		
5	16:46	MAR	Randy Rodgers	CV	28
6	16:55	CV	Bill Bodin		
7	16:56	CV	Dave Fisher	MAR	34
8	17:04	ARR	Steve Grace		
9	17:25	ARR	Dan Pratt	ARR	67
10	17:57	MAR	Don Peterson		
11	18:07	CV	Greg Routh		
12	18:15	CV	Andy Schloss		
13	18:39	MAR	Gene Judson		
14	18:57	MAR	Ragnar Eid		
15	19:09	ARR	Ken Thompson		
16	19:25	MAR	Martin Indalecio		
17	19:40	ARR	Carl Fahlman		
18	19:56	ARR	Dave Bevlacqua		

Arroyo vs Castro Valley and Marina

Division: J.V.

Cross Country at Arroyo

Date: October 20, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1 (tie)	11:57	CV	Tieman - DelaRiva		
3	11:53	CV	Dave Fernandez		
4	11:56	MAR	Ken Indalecio		
5	12:09	CV	Michele Stevenson		
6	12:15	CV	Mike Dittman	Final Score:	
7	12:30	ARR	Ed Hohl		
8	12:35	CV	Carl Kawaguchi	CV	17
9	12:40	MAR	Steve Mello		
10	12:42	MAR	Tom Wernborg	MAR	65
11	12:43	ARR	Jeff Kramm		
12	12:57	MAR	Bill Herndon	ARR	70
13	13:02	ARR	Steve Sanchez		
14	13:08	MAR	Nick Weissman		
15	13:10	MAR	Stuart Lawnd		
16	13:21	ARR	Ken Butts		
17	13:54	CV	Maria Jacobson		
18	15:29	ARR	Valerie Palomar		

Arroyo vs Castro Valley and Marina

Division: Frosh/Soph

Cross Country at Arroyo

Date: October 20, 1976

<u>Place</u>		<u>Time</u>	<u>School</u>	<u>Name</u>		<u>Final Score</u>
1	(tie)	11:53	CV	Dave Paiva		
1		11:53	CV	Doug Rodgers		
2		12:00	CV	Dave Glass		
3		12:30	CV	Ray Tieman		
4		12:37	CV	Scott Craig		
5		12:51	CV	Jeff Shore		
6		12:52	CV	Dennis Milam	CV	15
7		13:04	M	Brian Smith		
8		13:05	CV	John Lateer	MAR	No score
9		13:07	CV	Tony Nannini		
10		13:10	CV	Jeff Carter	ARR	No score
11		13:17	M	Fred Indalecio		
12		13:46		Rick Burstedt		
13		13:50	M	Ken Fried		
14		14:13	M	Ed Xavier		
15		14:43	CV	Brent Kernan		
16		14:59	CV	Roy Stal		

PLEASANT HILL SUMMARY

OCTOBER 23, 1976

9:41	BEHNING
10:07	McHUGH
10:19	BODIN
10:34	FISHER
10:38	FORDAHL
10:57	PAIVA
11:02	RODGERS
11:04	TIEMAN
11:19	STEVENSON
11:35	GLASS
11:54	CRAIG
12:08	LATEER
12:17	CARTER
12:19	NANNINI
12:45	JACOBSON
12:55	BURSTEDT
	STAI

CANYON vs CASTRO VALLEY & TENNYSON

Division: Varsity

CROSS COUNTRY at CANYON

Date: October 27, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	<u>Final Score:</u>	
1	16:43	C	Ken Romeguire		
2	17:21	CV	Mark Behning		
3	17:38	CV	Dave McHugh		
4	17:41	C	Charlie Harb		
5	17:50	C	Scott Flagg		
6	17:59	C	Jason Lee		
7	18:04	CV	David Fordahl		
8	18:14	CV	David Fisher		
9	18:19	C	Tom Jesen	C	25
10	18:24	CV	Bill Bodin		
11	18:43	T	Glenn Hill	CV	30
12	18:54	T	Mike Gama		
13	19:01	T	Enrique Cruz	T	67
14	19:02	C	Gregg Romeguire		
15	19:06	T	John Jobe		
16	19:13	T	Dennis Arinn		
17	19:33	CV	Andy Schloss		
18	20:26	C	Bob Vitton		
19	21:56	CV	Bob Tieman		



CANYON vs CASTRO VALLEY & TENNYSON

Division: J.V.

CROSS COUNTRY at CANYON

Date: October 27, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>	Final Score:	
1	13:16	T	Chris Juarez		
2	13:20	CV	Dave Fernandez		
3	13:22	T	Tom Gomes		
4	13:30	CV	Dan Delariva		
5	13:42	T	Rick Collier		
6	13:52	CV	Brent Cooper		
7	13:57	CV	Michele Stevenson		
8	14:16	C	Greg Osborne		
9	14:22	C	Gordon Granger		
10	14:25	CV	Mike Dittman	CV	29
11	14:42	T	James Silva		
12	15:00	C	Rich Cameron	T	33
13	15:05	T	Lary Brown		
14	15:06	T	Steve Bickell	C	61
15	15:20	C	John Mikemary		
16	15:55	CV	Maria Jacobson		
17	16:31	C	Randy Gove		
18	18:50	C	Tom Engbrock		
19	19:19	CV	Julia Cooper		
20	20:58	T	Casipit		

CANYON vs CASTRO VALLEY & TENNYSON

Division: Frosh-Soph

CROSS COUNTRY at CANYON

Date: October 27, 1976

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:51	CV	Doug Rodgers		
2	12:52	T	Doug Wright		
3	13:06	CV	Dave Paiva		
4	13:18	T	Joe Casey		
5	13:31	CV	David Glass		
6	13:42	C	Darin Rock		
7	13:47	C	Mike Yopez		
8	13:56	CV	Ray Tieman		
9	14:00	CV	Dennis Milam		
10	14:05	T	Ed Silva		
11	14:05	C	Rick Leizgold		
12	14:13	C	Steve Fazzino	Final Score:	
13	14:15	T	Ed Blanch		
14	14:17	C	Pat Todd	CV	26
15	14:18	T	Will Labastrie		
16	14:41	CV	John Lateer	T	44
17	14:46	CV	Jeff Shore		
18	14:47	CV	Scott Craig	C	50
19	14:52	T	Dolton Simmons		
20	14:55	CV	Jeff Carter		
21	15:09	CV	Tony Nannini		
22	15:13	C	Harb Basin		
23	15:14	T	Ferduss Denison		
24	15:20	CV	Phil Duncan		
25	15:40	CV	Rick Burstedt		
26	15:53	C	Mark Duchaineau		
27	16:17	T	Dante Najera		
28	16:23	T	Thanh Ang		
29	16:36	CV	Brent Kernan		
30	16:45	T	Clayton Casipp		
31	16:58	CV	John Vertrees		
32	17:03	T	Rick Bocage		
33	17:20	T	Ben Valencia		
34	17:43	T	Jim Barreza		
35	17:56	T	Bill Philrott		
36	18:26	CV	Roy Stai		
37		T	Walter Kohlert		

1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

VARSITY

1	Ken Romiguere	15:55	C	26	Dennis Chinn	17:46	T
2	Mark Behning	16:11	CV	27	Greg Romiguere	17:50	C
3	Mike Degroot	16:15	M	28	Chris Juarez	17:53	T
4	Jerry Quarry	16:22	S	29	Brian Healy	17:57	H
5	George DelRio	16:23	H	30	Willie Gault	18:01	SL
6	Charlie Harb	16:26	C	31	Bob Vitton	18:04	C
7	Jason Lee	16:33	C	32	Tom Gomes	18:07	T
8	Scott Flagg	16:36	C	33	Jerry Reyna	18:15	M
9	Bill Bodin	16:39	CV	34	Greg Routh	18:17	CV
10	Dave McHugh	16:42	CV	35	Andy Schloss	18:19	CV
11	Dave Fordahl	16:52	CV	36	Rick Collier	18:23	T
12	Jessy Magallon	16:57	S	37	Keith Ortiz	18:27	ME
13	Dave Fisher	16:59	CV	38	Greg Griffin	18:29	H
14	Chuck Reyna	17:01	M	39	Richard Noble	18:31	SL
15	Bill Wenig	17:03	H	40	Bob Forester	18:36	A
16	John Jobe	17:06	T	41	Gene Judson	18:40	M
17	Don Petersen	17:10	M	42	Mark Demeduk	18:47	ME
18	Rodgers	17:17	M	43	Jim Norsworthy	18:55	H
19	Robbie Smith	17:22	H	44	Terry Tucker	19:05	ME
20	Steve Grace	17:24	A	45	Ken Indalecio	19:12	M
21	Tom Jensen	17:24	C	46	Ed Hohl	19:30	A
22	Enrique Cruz	17:28	T	47	Bob Patterson	19:40	ME
23	Carl Nielson	17:30	SL	48	Carl Fahlman	19:40	A
24	Jeff Turnbull	17:34	H	49	Mark Rickey	20:03	ME
25	Glenn Hill	17:34	T	50	Rick Tomlinson	20:33	SL

TEAM SCORES

1	Canyon	43
2	Castro Valley	45
3	Marina	85
4	Hayward	92
5	Tennyson	117
6	Mt. Eden	219
7	Arroyo	no score
8	San Lorenzo	no score
9	Sunset	no score

1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

JUNIOR VARSITY

1	Bob Tieman	11:26	CV	11	James Silva	12:25	T
2	Dan Dela Riva	11:37	CV	12	Dolton Simmons	12:42	T
3	Dave Fernandez	11:39	CV	13	Bill Herndon	12:49	M
4	Randy Parsons	11:44	T	14	Larry Brown	12:52	T
5	Gordon Granger	11:56	C	15	Steve Bickell	12:53	T
6	Carl Kawaguchi	12:02	M	16	Steve Mello	12:53	M
7	Greg Osborne	12:04	C	17	Nick Weissman	13:07	M
8	Mike Dittman	12:16	CV	18	Stuart Lund	13:41	M
9	Martin Indalecio	12:23	M	19	Randy Gove	14:45	C
10	Brent Cooper	12:24	CV	20	Greg Young	17:07	M

TEAM SCORES

1	Castro Valley	24
2	Tennyson	56
3	Marina	61
	Canyon	no score
	Arroyo	no score
	Hayward	no score
	Mt. Eden	no score
	San Lorenzo	no score
	Sunset	



1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

FROSH SOPH

1	Larry Guinee	10:58	S	27	Martin McDonald	12:10	ME
2	John Rekenenthaler	10:59	H	28	Wm. Labostrie	12:10	T
3	Dan Pratt	11:07	A	29	Steve Passini	12:12	C
4	Mike Gama	11:11	T	30	Pat Todd	12:16	C
5	Doug Wright	11:12	T	31	Dave Bevilacqua	12:16	A
6	Joe Casey	11:13	T	32	Craig Carter	12:16	CV
7	Dave Glass	11:25	CV	33	Perry Gee	12:20	ME
8	Fred Sandsmarh	11:26	H	34	Brian Smith	12:22	M
9	Jeff Berg	11:28	S	35	Eddie Blanch	12:28	T
10	Dante Najera	11:31	T	36	Kelly Miles	12:29	ME
11	Dave Paiva	11:31	CV	37	Wayne Dodson	12:40	H
12	Oscar Mendez	11:32	S	38	Mike Kraft	12:40	ME
13	Doug Rodgers	11:32	CV	39	Mike Healy	12:44	H
14	Keith Faber	11:33	H	40	Basem Harb	12:44	C
15	Brian Brown	11:37	SL	41	Fred Indalecio	13:09	M
16	Ralph Quinones	11:47	ME	42	Steve Kirchner	13:13	ME
17	Darin Rock	11:50	C	43	Steve Rekenenthaler	13:17	H
18	Ray Tieman	11:54	CV	44	Mike Jepsen	13:31	SL
19	Ken Thompson	11:55	A	45	Ken Fried	13:37	M
20	Mike Gellie	11:55	S	46	Mark Duchaineau	13:38	C
21	Mike Yopez	11:58	C	47	Ed Xavier	13:40	M
22	Jeff Dittman	11:59	CV	48	Ralph Moller	13:44	S
23	Jeff Kramm	12:01	A	49	Reinard Loewe	14:12	S
24	Jeff Shore	12:02	CV	50	Jeff Marciel	14:24	S
25	Ed Silva	12:02	T	51	Andy Soto	15:50	A
26	Tom Davis	12:07	ME	52	Tom Engbrock	NT	C

TEAM SCORES

1	Tennyson	50
2	Castro Valley	71
3	Sunset	90
4	Hayward	100
5	Arroyo	127
6	Canyon	137
7	Mt. Eden	138
8	Marina	no score
9	San Lorenzo	no score

1976

H.A.A.L. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

Hayward High School

RESERVES

1	Dennis Milan	12:10	CV	14	Brent Kernan	13:56	CV
2	John Lateer	12:20	CV	15	Cl. Casipit	14:02	T
3	Westerfield	12:42	T	16	Bacage	14:05	T
4	Phil Duncan	12:54	CV	17	Steve Barbaria	14:15	ME
5	Tony Nannini	12:58	CV	18	Basil Medeiros	14:16	ME
6	Jeff Carter	13:11	CV	19	John Vertrees	14:30	CV
7				20	Philpott	14:34	T
8	Olmo	13:20	T	21	Mark Gregg	14:34	H
9	David Mendez	13:24	S	22			
10				23	Valencia	15:24	T
11	Jules Nacario	13:32	ME	24	Kohler	15:35	T
12	Paul Lebon	13:33	S	25	Ca. Casipit	17:24	T
13	Nguyen	13:34	T				

1976

H.A.A. CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 3, 1976

HAYWARD HIGH SCHOOL

GIRLS VARSITY

- |    |                   |       |      |
|----|-------------------|-------|------|
| 1. | Michele Stevenson | 11:38 | C.V. |
| 2. | Pam Warnath       | 17:27 | M.E. |

No Team Scores

Girls - Frosh-Soph

- |    |                |       |      |
|----|----------------|-------|------|
| 1. | Maria Jacobson | 13:14 | C.V. |
| 2. | Kookie Ito     | 15:26 | M.E. |

No Team Scores

LEAGUE MEET SUMMARY

November 3, 1976

3 Mile

16:11 Behning  
16:39 Bodin  
16:42 MC Hugh  
16:54 Fordahl  
16:59 Fisher  
18:17 Routh  
18:19 Schloss

2 Mile

11:25 Glass  
11:27 B. Tieman  
11:31 Paiva  
11:32 Rodgers  
11:37 Dela Riva  
11:38 Stevenson  
11:39 Fernandez  
11:54 R. Tieman  
12:01 J. Dittman  
12:10 Shore  
12:10 Milam  
12:17 M. Dittman  
12:20 Lateer  
12:24 Cooper  
12:54 Duncan  
12:58 Nannini  
13:11 Carter  
13:13 Craig  
13:14 Jacobson  
13:56 Kernan  
14:30 Vertreer  
? Burstedt  
? Stai



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Castro Valley High School

Karie Carter

Sari Costa

Kelly Dickson

Rusty Engelstad

Mary Ferreira

Gwen Gelien

Darlene Herbert

Vicki Jung

Lesli Loden

Linda Matticks

Tami Nevraumont

Leslie Schaerer

Chere Smith

Jeanene Terry

Jenny Upton