

## VARSIITY

MEET: HAAL Invitational  
SCORE: Mission San Jose 48, Piner 51, Castro Valley 61, Alameda 111,  
Tennyson 119, James Logan 123, Kennedy 154  
COURSE: 3.0 miles; grassy with mild hills

### RESULTS:

1. Steve Strangio (MSJ)	15:17	21. Tom Jensen (CV)	17:10
2. John Marden (MSJ)	15:21	22. Grames (Piner)	17:15
3. Danny Martinez (Newark)	15:30	23. Dedez (Kennedy)	17:18
4. Ken Romiguere (CV)	15:36	24. Diola (Alameda)	17:26
5. Mike Chastaine (MSJ)	15:51	25. McHugh (Logan)	17:29
6. Armand Moreno (Piner)	16:02	26. Silva (Tennyson)	17:30
7. Marty Allsop (Piner)	16:06	27. Davies (Logan)	17:30
8. Ray Castro (Logan)	16:07	28. Montellano (Tennyson)	17:37
9. Rich Read (MSJ)	16:10	29. Nelson (Kennedy)	17:38
10. Gene Judson (Piner)	16:16	30. Cruz (Tennyson)	17:40
11. Charlie Harb (CV)	16:19	31. Morgal (Alameda)	17:41
12. Mike Gama (Tennyson)	16:20	32. Hill (Tennyson)	17:52
13. Mark Sigmon (Alameda)	16:28	33. Quintana (Kennedy)	18:01
14. Scott Flagg (CV)	16:34	34. Searcy (Logan)	18:08
15. Frank Leeds (Alameda)	16:39	35. Coon (MSJ)	18:10
16. Waterson (Piner)	16:40	36. Tuttle (Alameda)	18:16
17. Fogg (Piner)	16:44	37. Peters (Alameda)	18:34
18. Greg Romiguere (CV)	16:51	38. Barnhart (Logan)	18:53
19. Dave Fisher (CV)	16:57	39. Capas (Kennedy)	18:55
20. Robin Moss (Dublin)	17:09	40. Ferreira (Kennedy)	21:15

Castro Valley finished a close second behind the two best teams in North Coast at the moment, Mission San Jose and Piner. Ken Romiguere suffered his first loss of the season, despite setting a PR for this course by 14 seconds. Every other member of the team also picked up a PR for the Hayward course: Charlie Harb by 7 seconds, Scott Flagg by 2, Greg Romiguere by 39, Dave Fisher by 2 and Tom Jensen by 14. This meet was a preview of the North Coast finals, except for the absence of Redwood, and it further established Mission San Jose as the team to beat, as they won without fifteen man Scott Ruffing.

### Awards

Best Performance: CHARLIE HARB  
Intestinal Fortitude: TOM JENSEN  
I hope it was because of the concert: KEN ROMIGUIERE

## JUNIOR VARSITY

MEET: HAAL Invitational

SCORE: Piner 33, Castro Valley 38, Alameda 60, Mission San Jose 97

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: warm

### RESULTS:

Greg Routh	1st	10:54
Dale Hagen	3rd	10:57
Jeff Dittman	6th	11:09
Tom Hoover	10th	11:23
Pat Todd	18th	11:51
John Lateer	22nd	12:17

Castro Valley finally found another very good JV team in Piner: unfortunately, they were a little too good, as they edged the Trojans 33-38. The JV team was missing three usual members but picked up a good extra in Greg Routh, who took charge up the last hill and was never headed. Dale Hagen ran his best race of the year as he set a PR by 36 seconds. Other PR's: Jeff Dittman by 31 seconds, Tom Hoover by 29, Pat Todd by 2 and John Lateer by 3.

### Awards

Best Performance: DALE HAGEN

Intestinal Fortitude: GREG ROUTH

That fake cast won't get you sympathy: TOM HOOVER

FROSH-SOPH

MEET: HAAL Invitational

SCORE: Castro Valley 34, Piner 73, Mission San Jose 75, James Logan 107, Mt. Eden 131, Tennyson 151, Alameda 169, American 170

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: warm

RESULTS:

Larry Guinee	3rd	10:43
Doug Rodgers	4th	10:44
Steve Stevenson	6th	10:46
Dave Anderson	11th	11:01
Rick Leizgold	12th	11:04
Robert Hordyk	19th	11:28
Tom Vertrees	23rd	11:43
David Glass	29th	11:56
Basem Harb	33rd	12:05
Dan Dittman	40th	12:24
Gene Boles	43rd	12:34
Allan Baer	51st	12:52
John Vertrees	65th	14:04

Castro Valley's frosh-soph team destroyed another strong invitational field, putting five men in the first 12 to run away with the team title. Larry Guinee suffered his first loss to HAAL rival Dennis McDonald, but picked up a PR for the course in the process, by 15 seconds. Other PR's were abundant: Doug Rodgers 28 seconds, Steve Stevenson 35, Dave Anderson 32, Rick Leizgold 20, Robert Hordyk 21, Tom Vertrees 30, David Glass 4, Basem Harb 38, Allan Baer 25, and John Vertrees 26.

Awards

Best Performance: (tie) STEVE STEVENSON, TOM VERTREES and BASEM HARB

Intestinal Fortitude: DAVE ANDERSON

I guess you had to be sure not to beat Larry: DOUG RODGERS