

1977
HAAL
CROSS COUNTRY
CHAMPIONS

Varsity, J.V., Frosh-Soph, Girls

» Awards Banquet »
November 22, 1977



KEN ROMIGUIERE
Individual League Champion
All League



DAVE FISHER
All League



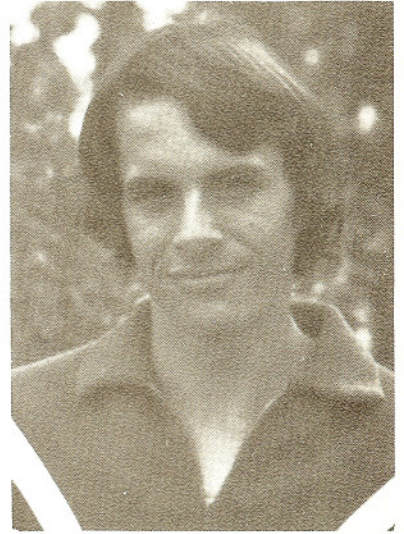
MARIA JACOBSON
All League



SCOTT FLAGG
All League



DEBBIE LEE
All League



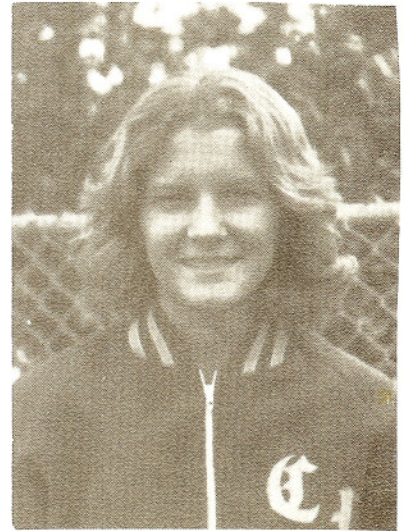
TOM JENSEN
All League



DALE HAGEN



CHARLIE HARB
All League



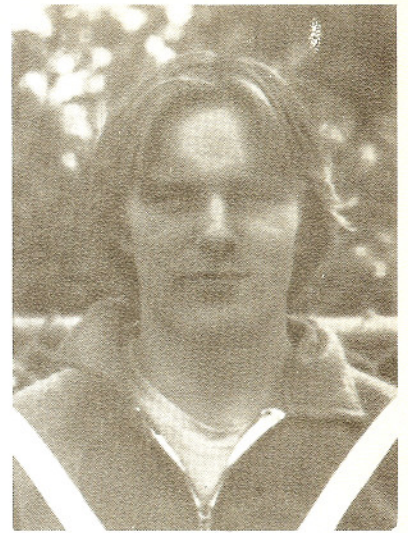
TERESA COX
All League



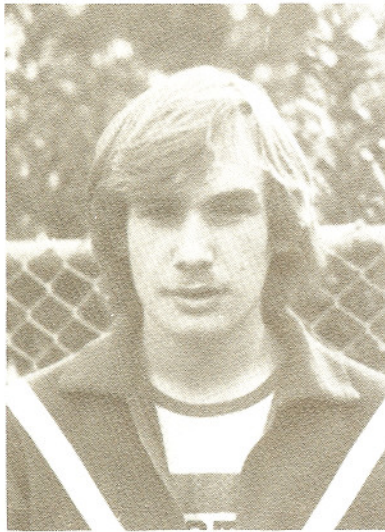
GREG ROUTH



GREG ROMIGUIERE



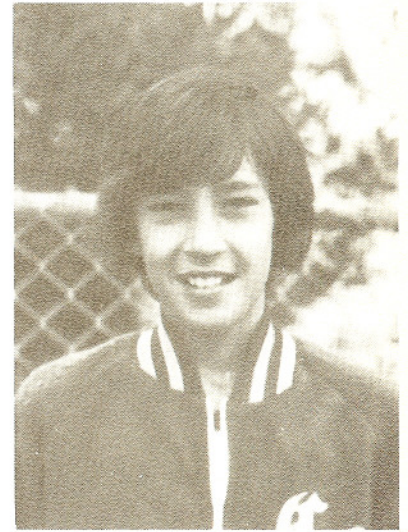
JASON LEE



PAT TODD



JEFF DITTMAN



SABRINA STEVENSON
Honorary All League



MICHELE STEVENSON



ANDY SCHLOSS



LIZ GOVE

Top 10 Times

CASTRO VALLEY HIGH SCHOOL RECORDS

3 Mile Course

(Including 1977 Season)

Ken Romiguere	16:26	1977
Charlie Harb	17:15	1977
Dave Fisher	17:17	1977
Jeff Lee	17:20	1975
Mark Behning	17:21	1976
Scott Flagg	17:27	1977
Tom Jensen	17:30	1977
Dave McHugh	17:38	1976
Greg Romiguere	17:40	1977
Jason Lee	17:41	1976

2 Mile Course

(Including 1977 Season)

Larry Guinee	11:55	1977
Doug Rodgers	12:06	1977
Dave Anderson	12:22	1977
Steve Stevenson	12:23	1977
Dave Shea	12:42	1977
Rick Leizgold	12:43	1977
Jeff Dittman	12:57	1977
Robert Hordyk	12:57	1977
Scott Craig	13:01	1977
Charlie Harb	13:02	1975

Course Records

3 Mile

Steve Strangio	Mission San Jose	16:20	1977
Ken Romiguere	Castro Valley	16:26	1977
John Marden	Mission San Jose	16:27	1977
Mike Chastaine	Mission San Jose	17:02	1977
Ray Castro	James Logan	17:05	1976
Charlie Harb	Castro Valley	17:15	1977
Mike Smith	Newark	17:16	1975
Dave Fisher	Castro Valley	17:17	1977
Scott Ruffing	Mission San Jose	17:17	1977
Steve Gray	Tennyson	17:19	1974

2 Mile

Larry Guinee	Castro Valley	11:55	1977
Doug Rodgers	Castro Valley	12:06	1977
Dennis McDonald	Mt. Eden	12:19	1977
Dave Anderson	Castro Valley	12:22	1977
Steve Stevenson	Castro Valley	12:23	1977
Tim Marden	Mission San Jose	12:41	1977
Dave Shea	Castro Valley	12:42	1977
Rick Leizgold	Castro Valley	12:43	1977
Doug Wright	Tennyson	12:52	1976
John Carey	Mission San Jose	12:53	1977

JUNIOR VARSITY

SCORE: Alameda 25, Castro Valley and Bishop O'Dowd no score
DATE: September 22, 1977
COURSE: 2.1 miles; very hilly and narrow
CONDITIONS: warm and breezy

RESULTS:

1.	Pat Todd (CV)	13:45
2.	Dale Hagen (CV)	13:55
3.	Brian Tothmpson (Ala)	14:17
4.	Jim Smith (Ala)	14:18
5.	Louis Almario (Ala)	14:27
6.	Mike Luebker (Ala)	15:14
7.	Dennis DiFabio (Ala)	15:52
8.	Chris Shipley (Ala)	16:46

Alameda won a no-contest JV meet, although Castro Valley's only entries went 1-2. Pat Todd won his first race ever with an excellent effort, getting a PR by 16 seconds, as he beat out converted hurdler Dale Hagen by 10 seconds. Clearly, the JV team will be excellent for invitationals and the HAAL Finals, with these two and the addition of some excellent runners who don't break into the first seven of either the varsity or frosh-soph teams.

Awards

Best Performance: PAT TODD
Intestinal Fortitude: KALE HAGEN
The Most Popular Race Winner in Recent Memory: PAT TODD

Varsity

87:59

SCORE: Castro Valley 36, Alameda 37, Bishop O'Dowd 49
DATE: September 22, 1977
COURSE: 3.1 miles; very hilly and narrow
CONDITIONS: warm and breezy

RESULTS:

1. Ken Romiguire (CV)	16:25	11. Tom Gouveia (O'Dowd)	18:12
2. Frank Leeds (Alameda)	17:15	12. Dave Fisher (CV)	18:13
3. Chuck Maroney (O'Dowd)	17:16	13. Don Tiola (Alameda)	18:35
4. Pat Scannell (O'Dowd)	17:17	14. Stu Gruendl (O'Dowd)	18:45
5. Benn Fenn (Alameda)	17:29	15. Charlie Harb (CV)	19:07
6. Scott Flagg (CV)	17:31	16. Evan Tuttle (Alameda)	19:15
7. Greg Romiguire (CV)	17:46	17. Kevin Lindorfer (O'Dowd)	19:20
8. Mark Sigmon (Alameda)	17:48	18. Brad Barker (Alameda)	19:35
9. J. Peters (Alameda)	18:00	19. Jeff Dittman (CV)	20:26
10. Tom Jensen (CV)	18:06	20. Tom Hoover (CV)	20:57

Castro Valley squeaked past Alameda and Bishop O'Dowd in its opening meet of the season, despite the absences of Jason Lee, Greg Routh and Andy Schloss. Ken Romiguire broke his own course record by 18 seconds (times on the whole were a bit faster than usual because the fences are gone this year). Other personal bests for this course were turned in by Scott Flagg by 14 seconds, Greg Romiguire by 1:16, Tom Jensen by 13 seconds and Dave Fisher by one second. Castro Valley is 2-0 going into the big showdown with Mission San Jose next Wednesday on this same course.

For those of you new to these write-ups, awards are given for each meet: best performance, which goes to the runner who runs closest to or farthest above his or her potential; intestinal fortitude, which goes to the runner who runs the most aggressive, gutty race; and a miscellaneous award, which goes to anybody for just about any reason.

Awards

Best Performance: GREG ROMIGUIERE

Intestinal Fortitude: TOM JENSEN

Running the last canyon is not supposed to be a nature walk: SCOTT FLAGG

FROSH-SOPH

SCORE: Castro Valley 15, Bishop O'Dowd 58, Alameda 61
DATE: September 22, 1977
COURSE: 2.1 miles; very hilly and narrow
CONDITIONS: warm and breezy

RESULTS:

1. Larry Guinee (CV)	12:42	15. Phil Duncan (CV)	14:03
2. Dave Shea (CV)	13:02	16. Dean Schorno (O'Dowd)	14:20
3. Doug Rodgers (CV)	13:07	17. Eric Imbuelten (O'Dowd)	14:28
4. Steve Stevenson (CV)	13:08	18. Gene Boles (CV)	14:47
5. Dave Anderson (CV)	13:09	19. John Lateer (CV)	14:48
6. Humberto Palacio (Ala)	13:10	20. Paul Manning (Ala)	14:49
7. John Coleman (O'Dowd)	13:20	21. Guy Harris (Ala)	15:47
8. David Glass (CV)	13:31	22. Richard McPherson (Ala)	16:10
9. Collin Morgal (Ala)	13:33	23. Garth Tuttle (Ala)	16:14
10. Mike Cooke (O'Dowd)	13:44	24. Ron McEachern (Ala)	16:37
11. Scott Craig (CV)	13:56	25. Rick Crosetti (O'Dowd)	17:15
12. Dave Lesico (CV)	13:59	26. Ralph Baca (Ala)	17:48
13. Peter Castellanos (O'Dowd)	14:00	27. Ken Stegmiller (O'Dowd)	18:10
14. Mike Miller (Ala)	14:01		

Castro Valley's frosh-soph team annihilated Bishop O'Dowd and Alameda in the season opener for all three teams. The Trojans put on an awesome display, as an unbelievable 27 seconds separated first man Larry Guinee from fifth man Dave Anderson, and Guinee set a course record! Further, the team ran without Rick Leizgold, who has been running even with Dave Shea all summer. The only runner to set a PR for this course who had run it before was Scott Craig, who improved his time of last year by a healthy 51 seconds. Guinee broke the course record of teammate Doug Rodgers, who ran 12:51 as a freshman last year. The team will carry a 2-0 record into the Mission San Jose meet, and with another performance like this one, should make it 3-0.

Awards

Best Performance: LARRY GUINEE
Instestinal Fortitude: STEVE STEVENSON and DAVE ANDERSON
Best Fearless Early Race Charge: DAVE SHEA and PHIL DUNCAN

VARSIITY

SCORE: Mission San Jose 15, Castro Valley 40

DATE: September 28, 1977

COURSE: 3.0 miles; very hilly and narrow

CONDITIONS: cool and cloudy

RESULTS:

1. Steve Strangio (MSJ)	16:20
2. John Marden (MSJ)	16:27
3. Mike Chastaine (MSJ)	17:02
4. Scott Ruffing (MSJ)	17:17
5. Rich Read (MSJ)	17:25 <i>84:31</i>
6. Scott Flagg (CV)	17:36
7. Dave Fisher (CV)	17:45
8. Greg Romiguere (CV)	17:59
9. Tom Jensen (CV)	18:19
10. Charlie Harb (CV)	18:45 <i>90:24</i>
11. Jason Lee (CV)	18:50
12. Kevin Coon (MSJ)	18:55
13. Greg Routh (CV)	19:33
14. Andy Schloss (CV)	19:52
15. Dan Trump (MSJ)	20:32

Mission San Jose put on an awesome display by sweeping Castro Valley yesterday in a meet that was supposed to be a great battle. Steve Strangio broke the six-day old course record of the absent Ken Romiguere, and his fifth man trailed by just 1:05. Clearly, the Warriors are in super shape, and nothing but hard work will close the large gap between the two teams. The loss drops CV's record to 2-1, and should be the only dual meet loss of the season. The Trojans will next travel to the Livermore Invitational, where they will meet this team again, along with last year's North Coast runners-up, Redwood, with Rod Berry, who finished second in the State Meet 2-mile last year.

Awards

Best Performance: DAVE FISHER

Intestinal Fortitude: SCOTT FLAGG

Best Imitation of Death Warmed Over: JASON LEE

JUNIOR VARSITY

SCORE: Castro Valley 17, Mission San Jose no score

DATE: September 28, 1977

COURSE: 2.1 miles; very hilly and narrow

CONDITIONS: cool and cloudy

RESULTS:

1. Jeff Dittman (CV)	12:57
2. Tom Hoover (CV)	13:03
3. Dale Hagen (CV)	13:28
4. Mark Duffner (MSJ)	13:30
5. Steve Fazzini (CV)	13:41
6. Pat Todd (CV)	13:44 <u>66:53</u>
7. Carl Walter (MSJ)	14:48
8. Dave Fernandez (CV)	14:49
9. Basem Harb (CV)	15:03

Castro Valley put together a JV team and ran virtually unopposed, rolling to a 1-2-3 finish. Jeff Dittman and Tom Hoover dropped down after running varsity last week and ran off and hid from everybody, as Jeff passed Tom in the last mile to get the win, and become the first JV runner ever to break 13 minutes on this course. This team will be even stronger as the season goes on, as they will pick up more people who are running varsity or frosh-soph right now.

Awards

Best Performance: JEFF DITTMAN

Intestinal Fortitude: STEVE FAZZINI

See the miscellaneous award for varsity

FROSH-SOPH

SCORE: Castro Valley 21, Mission San Jose 36

DATE: September 28, 1977

COURSE: 2.1 miles, very hilly and narrow

CONDITIONS: cool and cloudy

RESULTS:

1. Larry Guinee (CV)	12:19	16. Adam Lucarelli (MSJ)	14:23
2. Doug Rodgers (CV)	12:37	17. John Lateer (CV)	14:29
3. Tim Marden (MSJ)	12:41	18. Dan Dittman (CV)	14:29
4. Dave Shea (CV)	12:42	19. Bill LaFontaine (MSJ)	14:38
5. John Carey (MSJ)	12:53	20. Jeff Carter (CV)	15:05
6. Dave Anderson (CV)	12:59	21. Chris Thomas (MSJ)	15:09
7. Mike Grandos (MSJ)	13:11	22. Dave Shirk (MSJ)	15:10
8. Rick Leizgold (CV)	13:16	23. Robbie Stark (MSJ)	15:26
9. Doug Loisel (MSJ)	13:27	24. John Vertrees (CV)	15:35
10. David Glass (CV)	13:39	25. Don Callies (CV)	15:56
11. Scott Craig (CV)	13:41	26. Don Maria (MSJ)	16:07
12. Brian Angus (MSJ)	13:43	27. Tom Pietras (MSJ)	16:08
13. Tom Vertrees (CV)	13:55		
14. Dennis Milam (CV)	13:58		
15. Gene Boles (CV)	14:10		

Castro Valley's frosh-soph team of supermen destroyed another very good team in Mission San Jose, 21-36. Running without last week's fourth man, Steve Stevenson, the Trojans again dominated the meet, putting 12 runners in front of Mission's seventh man. Larry Guinee was once again the individual star as he shattered his own course record from last week by an astonishing 23 seconds. The man really responsible for the fast time was Doug Rodgers, who ran very aggressively, leading into the canyon before Larry flew by, just as he did to Dave Shea last week, who tied the old course record, but finished only fourth. Dave Anderson, Rick Leizgold, Scott Craig, Dennis Milam, Gene Boles, John Lateer and John Vertrees all notched PR's for the course, in addition to Guinee, Rodgers and Shea. The team's record now stands at 3-0, and it will go in search of another victory Saturday at the Livermore Invitational.

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DOUG RODGERS

Best Secret Weapon ("come on, that little guy can barely walk, much less beat our guys"). DAVE ANDERSON

GIRLS

SCORE: Mission San Jose 21, Castro Valley 38

DATE: September 28, 1977

COURSE: 2.1 miles; very hilly and narrow

CONDITIONS: cool and cloudy

RESULTS:

1. Linda Coon (MSJ)	15:11
2. Beth Duey (MSJ)	15:15
3. Debbie Lee (CV)	15:24
4. Dina Buti (MSJ)	15:38
5. Maria Jacobson (CV)	15:46
6. Londa Larson (MSJ)	16:09
7. Michelle Stevenson (CV)	16:19
8. Priscilla Pang (MSJ)	16:50
9. Mitzi Archer (MSJ)	17:40
10. Beth Ritter (MSJ)	18:01
11. Theresa Cox (CV)	18:17
12. Karen Giles (MSJ)	18:27
13. Amy Worrall (MSJ)	19:06
14. Liz Gove (CV)	19:35

Castro Valley's girls had a good first outing, losing to a very strong Mission San Jose team, which won the Alum Rock Invitational last weekend. The team's times today would have been good enough to beat Alameda and Bishop O'Dowd last week, and those are two perennial girls' powers. Maria Jacobson got a PR for this course, Michelle Stevenson improved her time of last week by 20 seconds, and the other three girls ran very well in the first high school cross country meet for each of them.

Awards

Best Performance: MARIA JACOBSON

Intestinal Fortitude: THERESA COX

Once you finish that first one, they're all easier somehow: LIZ GOVE

Mission SJ

Division

Varsity
9/28/77

Date

Place	Time	School	Name	CV	MSJ
1	16:20	MSJ	Steve Strangio		1
2	16:27	MSJ	John Marden		2
3	17:02	MSJ	Mike Chastaine		3
4	17:17	MSJ	Scott Ruffing		4
5	17:25	MSJ	Rich Read		5
6	17:36	CV	Scott Flagg	6	
7	17:45	CV	Dave Fisher	7	
8	17:59	CV	Greg Romiguere	8	
9	18:19	CV	Tom Jensen	9	
10	18:45	CV	Charlie Harb	10	
11	18:50	CV	Jason Lee	(11)	
12	18:55	MSJ	Kevin Coon		(12)
13	19:33	CV	Greg Routh	(13)	
14	19:52	CV	Andy Schloss	(14)	
15	20:32	MSJ	Dan Trump		(15)
16				(40)	(15)
17					
18					
19					
20					
21					
22					
23					
24					

Mission S.J

Frisk/Soph
9/28/77

CLASS OF 1977

Phone	Time	School	Name	CV	MSJ		
1	12:19	CV	Larry Guinee	1			
2	12:37	CV	Doug Rodgers	2			
3	12:41	MSJ	Tim Marden		3		
4	12:42	CV	Dave Shea	4			
5	12:53	MSJ	John Carey		5		
6	12:59	CV	Dave Anderson	6			
7	13:11	MSJ	Mike Granados		7		
8	13:16	CV	Rick Leizgold	8			
9	13:27	MSJ	Doug Loisel		9	24	John Vertrees (C) 15:35
10	13:39	CV MSJ	Brian Angus David Glass	(10)		25	Don Callies (C) 15:56
11	13:41	CV	Scott Craig	(11)		26	Don Maria (MS) 16:07
12	13:43	MSJ	Brian Angus		12	27	Tom Pietras (MS) 16:08
13	13:55	CV	Tom Vertrees	(21)	(36)		
14	13:58	CV	Dennis Milam				
15	14:10	CV	Gene Boles				
16	14:23	MSJ	Adam Lucarelli				
17	14:29	CV	John Lateer				
18	14:29	CV	Dan Dittman				
19	14:38	MSJ	Bill LaFontaine				
20	15:05	CV	Jeff Carter				
21	15:09	MSJ	Chris Thomas				
22	15:10	MSJ	Dave Shank				
23	15:26	MSJ	Robbie Stark				

Mission SJ

Division

JV

Date

9/28/77

Place	Time	School	Name	CV	MSJ
1	12:57	CV	Jeff Dittman	1	
2	13:03	CV	Tom Hoover	2	
3	13:28	CV	Dale Hagen	3	
4	13:30	MSJ	Mark Duffner		4
5	13:41	CV	Steve Fazzini	5	
6	13:44	CV	Pat Todd	6	
7	14:48	MSJ	Carl Walter	17	no score
8	14:49	CV	Dave Fernandez		
9	15:03	CV	Basem Harb		
10					
11					
12					
13					
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16					
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18					
19					
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21					
22					
23					
24					
25					

Murron S.J

Division **Girls**

Date **9/28/77**

Rank	Time	School	Name	CV	MSJ
1	15:11	MSJ	Linda Coon		1
2	15:15	MSJ	Beth Dorey		2
3	15:24	CV	Debbie Lee	3	
4	15:38	MSJ	Dina Buti Buti		4
5	15:46	CV	Maria Jacobson	5	
6	16:09	MSJ	Londa Larson		6
7	16:19	CV	Michelle Stevenson	7	
8	16:50	MSJ	Priscilla Pang		8
9	17:40	MSJ	Mitzi Archer		9
10	18:01	MSJ	Beth Ritter		10
11	18:17	CV	Theresa Cox	11	
12	18:27	MSJ	Karen Giles		-
13	19:06	MSJ	Amy Worrall		-
14	19:35	CV	Liz Gove	12	
15				(38)	(21)
16					
17					
18					
19					
20					
21					
22					
23					

VARSIITY

MEET: Livermore Invitational

SCORE: Mission San Jose 85, Castro Valley 93, Redwood 93, San Rafael 143,
San Ramon 163, Tamalpais 169, Northgate 189, Turlock 202, Pinole Valley
207, Terra Linda 207, Mt. Diablo 268

DATE: October 1, 1977

COURSE: 2.7 miles; hilly

CONDITIONS: warm

RESULTS:

Ken Romiguere	1st	13:59
Scott Flagg	16th	15:15
Dave Fisher	22nd	15:31
Greg Romiguere	23rd	15:32
Jason Lee	31st	15:52
Charlie Harb	39th	16:04
Tom Jensen	40th	16:05

Castro Valley scared Mission San Jose in the Livermore Invitational, just three days after Mission's sweep in the dual meet. Ken Romiguere led the way, as he defeated Mission's second man, John Marden, despite feeling the effects of the illness that held him out of the dual meet. The other six runners displayed the balance that they must have to win North Coast, as just 50 seconds separated second man Scott Flagg from seventh man Tom Jensen. Castro Valley beat some highly-regarded teams in this meet: Redwood (2nd at NCS last year), Tamapais (4th at NCS), San Rafael, with 4:11 miler Mike O'Reilly, and NCS entrant of last year, Mt. Diablo.

Awards

Best Performance: DAVE FISHER

Intestinal Fortitude: SCOTT FLAGG

Just don't tell anybody Berry and Strangio didn't run: KEN ROMIGUIERE

JUNIOR VARSITY

MEET: Livermore Invitational

SCORE: Grace Davis 25, Castro Valley 47, Mission San Jose 106, San Rafael 119,
San Ramon 139, Redwood 187, Terra Linda 192

DATE: October 1, 1977

COURSE: 1.3 miles (?); hilly

CONDITIONS: warm

RESULTS:

Greg Routh	6th	8:08
Jeff Dittman	7th	8:09
Andy Schloss	9th	8:16
Tom Hoover	12th	8:54
Dale Hagen	13th	8:56
Dave Fernandez	23rd	9:10
Pat Todd	32nd	9:20
Steve Fazzini	39th	9:32
Gene Boles	42nd	9:36
Mark Duchaineau	46th	9:48
Basem Harb	47th	9:51

Castro Valley lost to what was apparently Grace Davis' varsity team at the Livermore Invitational. To add to the problems, the leaders took every shortcut available to them, and even a few that weren't, and managed to cut out over a quarter-mile. Despite the problems, the JV team performed well, as the spread from first to fifth was only 48 seconds, as the team was at full strength for the first time.

Awards

Best Performance: DALE HAGEN

Intestinal Fortitude: JEFF DITTMAN

These must be the easiest medals you ever won: GREG ROUTH and ANDY SCHLOSS

FROSH-SOPH

MEET: Livermore Invitational

SCORE: Northgate 44, Castro Valley 52, Redwood 109, Mission San Jose 119,
Tamalpais 161, Mt. Diablo 192, Terra Linda 219, Grace Davis 236,
Tennyson 238, San Rafael 281, San Ramon 326, Lincoln 364

DATE: October 1, 1977

COURSE: 1.7 miles; hilly

CONDITIONS: warm

RESULTS:

Larry Guinee	1st	8:52
Doug Rodgers	4th	8:59
Dave Shea	11th	9:16
Steve Stevenson	12th	9:18
Dave Anderson	24th	9:42
Scott Craig	26th	9:45
Rick Leizgold	27th	9:46
David Glass	35th	9:51
Eric Quamen	95th	11:56

Castro Valley lost one unbeaten string, but kept another alive -- they lost their first meet of the year, finishing 2nd behind Northgate at the Livermore Invitational, but Larry Guinee remained unbeaten, as he came from behind to outkick a group of three runners, including teammate Doug Rodgers. Competition for the first seven spots grew tougher, as Scott Craig broke into the first seven for the first time, in the middle of a very tight group of four. The team will go on to the San Ramon Invitational next Saturday, and will be trying to improve its place by one.

Awards

Best Performance: SCOTT CRAIG

Intestinal Fortitude: STEVE STEVENSON

Perhaps if the race had been a lot longer: DAVE ANDERSON

GIRLS

MEET: Livermore Invitational
DATE: October 1, 1977
COURSE: 1.7 miles; hilly
CONDITIONS: warm

RESULTS:

Varsity

Teresa Cox	50th (76 finshers)	13:10
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Frosh-Soph

Debbie Lee	1st (43 finshers)	11:11
Liz Gove	30th	14:00

With Maria Jacobson's absence, the team was split up, which turned out to be a good idea in many ways: Michelle Stevenson was forced to drop out of the varsity race early, so we wouldn't have had a full team anyway; and it allowed Debbie Lee and Liz Gove to drop down and run against runners their own age. They made the most of it, as Debbie led every step of the race, and probably would have won by more if she had been more familiar with the course, and Liz ran easily her best race so far in finishing 30th.

Awards

Best Performance: DEBBIE LEE
Intestinal Fortitude: LIZ GOVE
Best One-Legged Cheerleader: MARIA JACOBSON

VARSIITY

SCORE: Castro Valley 18, Sunset 57, Marina 63

DATE: October 5, 1977

COURSE: 3.0 miles; flat and repetitive

CONDITIONS: fair and pleasant

RESULTS:

1. Ken Romiguere(CV)	14:49	12. Andy Schloss(CV)	16:50
2. Scott Flagg(CV)	15:34	13. Jerry Reyna(Marina)	17:00
3. Allen Mahaney(Sun)	15:45	14. Paul Eckert(Marina)	17:02
4. Greg Romiguere(CV)	15:54	15. Jeff Rowley(Marina)	17:51
5. Jason Lee(CV)	16:03	16. Ken Indalecio(Marina)	17:55
6. Charlie Harb(CV)	16:06	17. Scott West(Sunset)	18:08
7. Tom Jensen(CV)	16:14	18. David Mendez(Sunset)	18:35
8. Dave Fisher(CV)	16:25	19. Bruce Hillman(Sunset)	18:40
9. Jeff Dittman(CV)	16:33	20. Ed Hernandez(Marina)	18:55
10. Oscar Mendez(Sun)	16:36	21. Carl Kawaguchi(Marina)	19:33
11. Greg Routh(CV)	16:45		

Castro Valley won its first league triangular easily yesterday, allowing just one man to break into the top eight in an 18-57-63 win over Sunset and Marina. Ken Romiguere led the Trojans with a course-record equaling 14:49, then the balance that is becoming habitual showed itself, as only 51 seconds separated second man from seventh, and only another 25 for the next three runners. This puts CV in a tie for the league lead with a 2-0 record. They are now 4-1 for the year, and will try to come up with another double win against Hayward and Tennyson next week.

Awards

Best Performance: JEFF DITTMAN

Intestinal Fortitude: SCOTT FLAGG

Maybe it was something you ate: DAVE FISHER

JUNIOR VARSITY

SCORE: Castro Valley 15, Marina 57, Sunset 59

DATE: October 5, 1977

COURSE: 2.1 miles; flat and repetitive

CONDITIONS: fair and pleasant

RESULTS:

1. Tom Hoover(CV)	11:16	11. Glenn Smart(Marina)	13:15
2. Dale Hagen(CV)	11:18	12. Ralph Moller(Sunset)	13:15
3. Steve Fazzini(CV)	11:29	13. Reinhard Loewe(Sunset)	13:30
4. Dave Fernandez(CV)	11:32	14. Emile Biomme(Marina)	13:31
5. Dave Paiva(CV)	11:37	15. Ken Fried(Marina)	14:03
6. Pat Todd(CV)	11:42	16. Craig Bueno(Marina)	14:16
7. Mario Arias(Sunset)	12:33	17. Mike Carlin(Sunset)	14:22
8. Fred Indalecio(Marina)	12:40	18. Tony Cunha(Marina)	15:01
9. Les Villiados(Marina)	12:57	19. Doug Rogers(Sunset)	15:45
10. Kevin Halebor(Sunset)	13:13	20. Cary Sepulveda(Sunset)	16:16

Castro Valley fielded a six-man JV team, but that turned out to be more than they needed, as they buried Marina and Sunset, 15-57-59. The spread from first man to sixth was an incredible 26 seconds, as Tom Hoover held off Dale Hagen's kick to get the individual victory. The double win puts the team's record at 3-1-1, 2-0 in league.

Awards

Best Performance: DALE HAGEN

Intestinal Fortitude: STEVE FAZZINI

Who's this new kid?: DAVE PAIVA

FROSH-SOPH

SCORE: Castro Valley 15, Marina 50, Sunset no score

DATE: October 5, 1977

COURSE: 2.1 miles; flat and repetitive

CONDITIONS: fair and pleasant

RESULTS:

1. Larry Guinee(CV)	10:50	14. Troy Bennett(Marina)	12:47
2. Steve Stevenson(CV)	11:05	15. John Vertrees(CV)	12:50
3. Doug Rodgers(CV)	11:09	16. Mark Duchaineau(CV)	12:54
4. Dave Anderson(CV)	11:10	17. Glen Quintana(Marina)	13:00
5. Rick Leizgold(CV)	11:17	18. Chuck Mahoney(Marina)	13:04
6. Scott Craig(CV)	11:27	19. Don Gallies(CV)	13:12
7. David Glass(CV)	11:31	20. Ed Xavier(Marina)	13:23
8. Robert Hordyk(CV)	11:43	21. David Santos(Marina)	13:33
9. Tom Vertrees(CV)	12:07		
10. Dan Dittman(CV)	12:09		
11. Basem Harb(CV)	12:23		
12. John Lateer(CV)	12:30		
13. Gene Boles(CV)	12:37		

Castro Valley annihilated Marina in the first league meet of the year, grabbing the first 13 places (without third man Dave Shea, as if it mattered), and defeating Marina and Sunset by a perfect 15-50-no score count. Larry Guinee made a triumphant return to his old school, leading most of the race to record an excellent 10:50 mark. Behind him, there passed just 41 seconds until seventh man David Glass crossed the line. The team ran its record to 5-0 and 2-0 in league with the double victory, and will go on to meet Hayward and Tennyson next week. Before that, though, the first six will go to the San Ramon Invitational to try to bring home some hardware.

Awards

Best Performance: STEVE STEVENSON

Intestinal Fortitude: ROBERT HORDYK (Hawaii Man)

You don't HAVE to walk the first half-mile, you know: TOM VERTREES

FROSH-SOPH

MEET: San Ramon Invitational

SCORE: Castro Valley 50, Skyline 103, Mt. Diablo 137, Irvington 138,
Redwood 141, Granada 164, Berkeley 186, James Logan 215,
Antioch 215, Mt. Eden 223, Livermore 241, Clayton Valley 252,
Pinole Valley 322, Ygnacio Valley 337, Lincoln 363, MSJ no score

DATE: October 8, 1977

COURSE: 1.75 miles; flat and fast

CONDITIONS: almost hot

RESULTS:

Larry Guinee	1st	8:49
Doug Rodgers	5th	9:11
Steve Stevenson	11th	9:15
Dave Shea	13th	9:24
Dave Anderson	20th	9:33
Rick Leizgold	22nd	9:39

Castro Valley dominated the large school division frosh-soph race at the San Ramon Invitational Saturday. The Trojans put all six of their runners into the top 22 finishers in an 89-man race. As usual, Larry Guinee led the way, as he kept his undefeated record of the year with a come-from-behind victory. He missed the course record by only 7 seconds. Doug Rodgers ran a gutty race, holding off a host of runners who looked capable of passing him in the last quarter-mile. The team displayed its usual balance, as the margin from first to sixth man was 50 seconds. Incidentally, the other great frosh-soph team in the area, Northgate, won the medium school division with 25 points. Based on comparative times, Castro Valley would have won the dual meet between the two teams, 28-28 (17-20 on first four).

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DAVE SHEA

The Castro Valley version of Dave Wottle: DOUG RODGERS

JUNIOR VARSITY

SCORE: Castro Valley 25, Hayward 51, Tennyson 66

DATE: October 12, 1977

Course: 2.0 miles; grassy with mild hills

Conditions: hot and smoggy

RESULTS:

1. Enrique Cruz (Tennyson)	11:10	12. Christian Salamon (Hayward)	12:30
2. Wesley Fountaine (Hayward)	11:30	13. Dan Frate (Hayward)	12:31
3. Dale Hagen (CV)	11:33	14. Wayhe Dodson (Hayward)	12:51
4. Jeff Dittman (CV)	11:40	15. Steve Rekenhaler (Hayward)	12:53
5. Steve Fazzini (CV)	11:49	16. Craig Steinmaus (Hayward)	12:56
6. Tom Hoover (CV)	11:52	17. Kevin Hill (Tennyson)	14:00
7. Pat Todd (CV)	11:53	18. Dennis Barta (Hayward)	14:03
8. Dave Paiva (CV)	11:57	19. Freddie Davis (Hayward)	14:06
9. Dave Fernandez (CV)	12:05	20. Clayton Casipit (Tennyson)	14:52
10. Mike Baven (Hayward)	12:17	21. Darryl Parry (Tennyson)	15:10
11. Rich Westerfield (Tennyson)	12:26	22. Don Hatch (Tennyson)	17:39

Castro Valley showed its superior depth in running its league record to 4-0 in HAAL meets. All three teams entered the meet undefeated, but Tennyson and Hayward were no match for the Trojans, who had a spread of a mere '32 seconds from first man to seventh, and an incredible 20 seconds from first to fifth. Jeff Dittman dropped down from varsity for this race, but Dale Hagen got past him at the finish to lead the way for the rest of his teammates, who were covered by the proverbial blanket. The team will go for the JV championship at the HAAL Invitational this Saturday over the same course.

Awards

Best Performance: DALE HAGEN

Intestinal Fortitude: STEVE FAZZINI

See the award for Varsity: TOM HOOVER

VARSIITY

SCORE: Castro Valley 19, Tennyson 53, Hayward 62
DATE: October 12, 1977.
COURSE: 3.0 miles; grassy with mild hills
CONDITIONS: hot and smoggy

RESULTS:

1. Ken Romiguere (CV)	15:50	11. Tom Jensen (CV)	18:04
2. Scott Flagg (CV)	14:41	12. Keith Faber (Hayward)	18:10
3. Charlie Harb (CV)	17:00	13. Jesus Monte (Tennyson)	18:10
4. Mike Gama (Tennyson)	17:02	14. Tony Lewis (Hayward)	18:22
5. Bill Wenik (Hayward)	17:04	15. Greg Routh (CV)	18:23
6. Dave Fisher (CV)	17:12	16. Andy Schloss (CV)	18:48
7. Jason Lee (CV)	17:27	17. Fred Sandsmark (Hayward)	19:01
8. Greg Romiguere (CV)	17:30	18. John Rekenenthaler (Hayward)	19:08
9. Ed Silva (Tennyson)	17:33	19. Darrell Davis (Tennyson)	20:07
10. Joe Casey (Tennyson)	17:35		

Castro Valley put together its best dual meet performance of the season in defeating Tennyson and Hayward very easily on the Farmers' course. These two teams will be the biggest challengers for the Trojans in the league meet, and neither team was able to squeeze more than one runner into our first six. The time from first to fifth man was 1:37, not bad on a course as tough as this one. Picking up PR,s for this course were the Romiguere brothers, Ken by five seconds, and Greg by 20. Scott Flag and Dave Fisher were very close to their PR,s under very adverse conditions. The team returns to Hayward Saturday in the HAAL Invitational, where they will meet seemingly omnipresent Mission San Jose and defending North Coast champion Piner.

Awards

Best Performance: CHARLIE HARB
Intestinal Fortitude: SCOTT FLAGG
Sure, but it wasn't THAT hot: TOM JENSEN and ANDY SCHLOSS

FROSH-SOPH

SCORE: Castro Valley 18, Tennyson 45, Hayward no team

DATE: October 12, 1977

COURSE: 2.0 miles; grassy and mildy hilly

CONDITIONS: hot and smoggy

RESULTS:

1. Larry Guinee (CV)	11:07	13. John Lateer (CV)	12:35
2. Doug Rodgers (CV)	11:12	14. Basem Harb (CV)	12:43
3. Doug Wright (Tennyson)	11:18	15. Carl Ishan (Tennyson)	13:02
4. Steve Stevenson (CV)	11:21	16. Allan Baer (CV)	13:17
5. Rick Leizgold (CV)	11:24	17. Mark Duchaineau (CV)	13:28
6. Dave Anderson (CV)	11:33	18. Eddie Blanch (Tennyson)	13:30
7. Scott Craig (CV)	11:48	19. Robert Rathbun (Tennyson)	13:40
8. Robert Hordyk (CV)	11:49	20. Jeff Carter (CV)	13:41
9. Irving Hulse (Tennyson)	11:52	21. Debbie Lee (CV)	14:45
10. David Glass (CV)	12:00	22. Teresa Cox (CV)	15:35
11. Tom Vertrees (CV)	12:13	23. Joey Roble (Tennyson)	17:05
12. Jose Iniguez (Tennyson)	12:30		

Castro Valley's frosh-soph let another man through the first seven (only the second dual meet it's happened), but managed to survive it, winning over the only other undefeated team in the league, Tennyson, 18-45. Larry Guinee kept pace with Ken Romiguere, winning his sixth race in a row to Ken's four. The usual balance was evident behind him, as just 26 seconds separated Larry from fifth man Dave Anderson. Several runners got PR's for the course, despite the heat: Doug Rodgers by 20 seconds. Basem Harb by 1, and Mark Duchaineau by 9. Several others got excellent times in their first try at the course, and they will get a chance to better them on Saturday in the HAAL Invitational. The team is now 4-0 in league, and in sole possession of first place in the dual meet standings.

Awards

Best Performance: DOUG RODGERS

Intestinal Fortitude: TOM VERTREES

So who needs him, anyway?: DAVE SHEA

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

VARSIITY

SCORE: Castro Valley 15, Arroyo 50, Mt. Eden no score
DATE: October 19, 1977
COURSE: 3.0 miles; hilly and narrow
CONDITIONS: cool and windy

RESULTS:

1.	Dave Fisher (CV)	17:47	12.	Jeff Kramm (Arroyo)	19:13
	Scott Flagg (CV)	17:47	13.	Tom Hart (Arroyo)	19:21
	Greg Romiguere (CV)	17:47	14.	Pat Todd (CV)	19:25
	Ken Romiguere (CV)	17:47	15.	Ken Thompson (Arroyo)	19:37
5.	Tom Jensen (CV)	<u>17:53</u>	16.	Dan Pratt (Arroyo)	19:45
6.	Charlie Harb (CV)	18:24	17.	Mark Fisher (Arroyo)	20:01
7.	Martin McDonald (ME)	18:48	18.	Dave Bevilacqua (Arroyo)	20:05
8.	Dale Hagen (CV)	18:52	19.	Ray Barber (Arroyo)	20:52
9.	Greg Routh (CV)	18:56	20.	Perry Gee (ME)	21:19
10.	Jeff Dittman (CV)	18:58	21.	David Gehr (ME)	21:35
11.	Andy Schloss (CV)	19:11	22.	Darin Connor (ME)	23:53

Castro Valley had fun with Arroyo and Mt. Eden, getting an easy sweep as they prepare for the Pleasant Hill Invitational this Saturday. Ken Romiguere edged his teammates on for most of the race, and brother Greg, Scott Flagg and Dave Fisher were able to stay with him so they could chant down the last straight. Tom Jensen almost caught the first four, falling six seconds short. This must certainly establish some kind of school record for the smallest spread from first to fifth man. Jensen picked up a PR for this course by 13 seconds, despite the lax attitude, and Dave Fisher and Greg Romiguere missed their PR's by two and one second respectively. Other PR's for this course were established by Greg Routh by 57 seconds, Andy Schloss by 22, and Jeff Dittman by a whopping 2:28. Also running excellent times in their varsity debut were Dale Hagen and Pat Todd.

Awards

Best Performance: DALE HAGEN
Intestinal Fortitude: GREG ROUTH
You should go out for cheerleaders for basketball season:
KEN ROMIGUIERE, GREG ROMIGUIERE, SCOTT FLAGG and DAVE FISHER

JUNIOR VARSITY

SCORE: Castro Valley 15, Arroyo and Mt. Eden no score
DATE: October 19, 1977
COURSE: 2.1 miles; hilly and narrow
CONDITIONS: cool and windy

RESULTS:

1.	Robert Hordyk (CV)	12:57
2.	Tom Hoover (CV)	13:04
3.	Steve Fazzini (CV)	13:43
4.	Basem Harb (CV)	13:58
5.	John Lateer (CV)	14:02 <u>67.44</u>
6.	John Vertrees (CV)	14:54
7.	Bill Philpott (Arroyo)	16:01
8.	Steven Ellis (Arroyo)	17:15

Castro Valley ran an intrasquad race and still got some excellent performances in beating Arroyo and Mt. Eden. The make-shift team ran well together, as just 1:05 was between first and fifth man. Robert Hordyk ran a fantastic time in his first race on this course to get the win, and PR's were turned in by John Lateer by 27, John Vertrees by 41, and Basem Harb by 1:05, as both Tom Hoover and Steve Fazzini missed their PR's by a couple of seconds. The team tries to finish the league season with an unblemished 7-0 mark next week against San Lorenzo.

Awards

Best Performance: BASEM HARB
Intestinal Fortitude: ROBERT HORDYK
Best Second Level Spurt: JOHN VERTREES

FROSH-SOPH

SCORE: Castro Valley 19, Mt. Eden 44, Arroyo no score
 DATE: October 19, 1977
 COURSE: 2.1 miles; hilly and narrow
 CONDITIONS: cool and windy

RESULTS

1.	Doug Rodgers (CV)	12:06	10.	Ralph Quinones (ME)	13:22
2.	Dennis McDonald (ME)	12:19	11.	Dan Dittman (CV)	13:52
3.	Steve Stevenson (CV)	12:23	12.	Gene Boles (CV)	14:02
4.	Dave Anderson (CV)	12:40	13.	Dave Lesico (CV)	14:13
5.	Larry Guinee (CV)	12:43	14.	John Dugan (ME)	14:15
6.	Scott Craig (CV)	13:02	15.	Garth Krause (ME)	14:37
7.	Rick Leizgold (CV)	13:10	16.	Mike Kessler (ME)	15:02
8.	Dave Glass (CV)	13:12	17.	Jeff Carter (CV)	15:08
9.	Tom Vertrees (CV)	13:14	18.	Don Bateman (CV)	16:12

Castro Valley's frosh-soph team continued to roll along untouched, as they ran their record to 9-0 and 6-0 in league by smashing Mt. Eden, 19-44. Doug Rodgers did much more than take up the slack as Larry Guinee had a off day, beating last weekend's HAAI Invitational champion soundly with an incredible course record 12:06. By way of comparison, Ken Romiguere's best time as a sophomore was 12:30, Charlie Harb's was 13:02, and the course record before this year was 12:52 by none other than. . . Doug Rodgers! PR'S: Rodgers 31 seconds, Steve Stevenson 45, Dave Anderson 19, Scott Craig 39, Rick Leizgold 6, Dave Glass 19, Tom Vertrees 41, Dan Dittman 37 and Gene Boles 8.

Awards

Best Performance: DOUG RODGERS
 Intestinal Fortitude: SCOTT CRAIG
 Best Excuse- Maker before a race: DAVE ANDERSON
 Best Excuse-Maker after a race: RICK LEIZGOLD

BEAT NORTHGATE!

VARSIITY

SCORE: Castro Valley 15, San Lorenzo 50

DATE: October 26, 1977

COURSE: 3.0 miles; hilly and narrow

CONDITIONS: windy and clear

RESULTS:

1. Ken Romiguere(CV)	16:26	11. Willie Gault(SL)	18:31
2. Charlie Harb(CV)	17:15	12. Greg Routh(CV)	18:46
3. Dave Fisher(CV)	17:17	13. Alan Bielson(SL)	18:46
4. Scott Flagg(CV)	17:27	14. Jeff Dittman(CV)	19:41
5. Tom Jensen(CV)	17:30	15. Brian Brown(SL)	20:15
6. Greg Romiguere(CV)	17:40	16. Jum Chapin(SL)	22:05
7. Jason Lee(CV)	18:03	17. Mike Jepsen(SL)	22:10
8. Steve Stevenson(CV)	18:09	18. Rich Jacinto(SL)	24:16
9. Dale Hagen(CV)	18:25		
10. Doug Rodgers(CV)	18:29		

Castro Valley finished its dual meet season by overwhelming San Lorenzo 15-50, grabbing the first ten places. The Trojans finished the dual meet season 7-0 in league, 9-1 overall. They thus become the HAAL dual meet champions, and they will try to add the official title at the league finals next week.

Ken Romiguere led the team, as he ran an excellent race, by himself all the way, and missed the course record by six seconds. After that, the next five came in within 25 seconds of each other, running excellent times. Steve Stevenson and Doug Rodgers moved up from frosh-soph and ran well, recording times that are nothing short of exceptional for a first try. PR's went to Charlie Harb by 26 seconds, Dave Fisher by 28, Scott Flagg by 4, Tom Jensen by 23, Greg Romiguere by 6, Dale Hagen by 27 and Greg Routh by 10.

Awards

Best Performance: DAVE FISHER

Intestinal Fortitude: TOM JENSEN

Are you sure he's only a freshman?: STEVE STEVENSON

JUNIOR VARSITY

SCORE: Castro Valley 15, San Lorenzo no score

DATE: October 26, 1977

COURSE: 2.1 miles: hilly and narrow

CONDITIONS: windy and clear

RESULTS:

- | | |
|----------------------|--------------------|
| 1. Pat Todd(CV) | 13:23 |
| 2. Dave Lesico(CV) | 13:28 |
| 3. Dan Dittman(CV) | 13:58 |
| 4. Gene Boles(CV) | 14:01 |
| 5. Alan Baer(CV) | 14:05 <u>62'55</u> |
| 6. Jim Rogers(SL) | 14:27 |
| 7. Jeff Carter(CV) | 14:49 |
| 8. John Vertrees(CV) | 14:51 |
| 9. Don Callies(CV) | 15:48 |

Castro Valley finished its dual meet season undefeated in league to win the dual meet championship. The team finished with an 8-1-1 record, the only blemishes coming when we failed to field a team in the first meet. Pat Todd won that first meet, and he came back to win this one, holding off hard-charging freshman Dave Lesico. The next three came in very close to each other, as fifth man Alan Baer was only 42 seconds behind Todd. The team will go into the league finals a heavy favorite, as this group will be joined by Dale Hagen, Greg Routh, Jeff Dittman and Andy Schloss from the varsity and Tom Vertrees, Robert Hordyk, Dave Glass, and Basem Harb from the frosh-soph.

Awards

Best Performance: DAVE LESICO

Intestinal Fortitude: DAN DITTMAN

See, the second one is always easier: PAT TODD

FROSH-SOPH

SCORE: Castro Valley 15, San Lorenzo no score
DATE: October 26, 1977
COURSE: 2.1 miles; hilly and narrow
CONDITIONS: windy and clear

RESULTS:

1. Larry Guinee(CV)	11:55
2. Dave Anderson(CV)	12:22
3. Rick Leizgold(CV)	12:43
4. Dave Shea(CV)	12:48
5. Scott Craig(CV)	13:01 <i>62.49</i>
6. Tom Vertrees(CV)	13:03
7. Robert Hordyk(CV)	13:15
8. Dave Glass(CV)	13:23
9. Basem Harb(CV)	14:03
10. Wesley Tom(SL)	14:44
11. Scott Wix(SL)	18:12
12. Joaquin Gracia(SL)	18:16

Castro Valley's frosh-soph team finished its dual meet season with a perfect 10-0 mark, with a 7-0 league record for the dual meet championship. A measure of the team's excellence is the fact that they allowed only four runners to break into their first five in all the dual meets this year! The team will try to cap off this amazing year with an HAAL championship next week.

Larry Guinee led the way with a fabulous new course record of 11:55, breaking Doug Rodgers' week-old mark by 11 seconds. Dave Anderson also ran a spectacular time, which ranks fifth all-time on the course. Rick Leizgold and Scott Craig ran good races to assure themselves of spots on the team at the league finals, along with Guinee, Rodgers, Steve Stevenson, Anderson and Dave Shea. PR's went to Larry Guinee by 24 seconds, Dave Anderson by 26, Rick Leizgold by 27, Scott Craig by 1, and Tom Vertrees by 3.

Awards

Best Performance: LARRY GUINEE and RICK LEIZGOLD
Intestinal Fortitude: DAVE ANDERSON and TOM VERTREES
I've heard of being fashionably late, but aren't you carrying it a little too far?: DAVE SHEA

GIRLS

SCORE: Castro Valley 15, San Lorenzo no score

DATE: October 26, 1977

COURSE: 2.1 miles; hilly and narrow

CONDITIONS: windy and clear

RESULTS:

1. Sabrina Stevenson (Canyon)	15:09
2. Maria Jacobson (CV)	16:32
3. Teresa Cox (CV)	17:05
4. Debbie Lee (CV)	18:18
5. Liz Gove (CV)	18:42
6. Michele Stevenson (CV)	21:44

Castro Valley finally had five girls running the same day, which should throw a sufficient scare into the rest of the league. Little Sabrina Stevenson led the way again, going out faster than usual and never slowing down. Maria Jacobson got her second straight win, and will be a primary challenger for the league championship next week.

Awards

Best Performance: TERESA COX

Intestinal Fortitude: LIZ GOVE

Maybe we could arrange for a course that's all on the track: DEBBIE LEE

VARSIITY

MEET: HAAL Championships

SCORE: Castro Valley 17, Tennyson 51, Hayward 86, Marina 132,
Sunset 135, Arroyo 147, San Lorenzo 160, Mt. Eden no score

DATE: November 2, 1977

COURSE: 3.0 miles; grassy with mild hills

CONDITIONS: clear and pleasant

RESULTS:

1. Ken Romiguere (CV)	15:31	23. Alan Nielson (San Lorenzo)	17:48
2. Charlie Harb (CV)	16:10	24. David Mendez (Sunset)	17:51
3. Scott Flagg (CV)	16:11	25. Jeff Kramm (Arroyo)	18:01
4. Bill Wenid (Hayward)	16:13	26. Martin McDonald (Mt. Eden)	18:05
5. Dave Fisher (CV)	16:19	27. Jim Robles (Marina)	18:21
6. Tom Jensen (CV)	16:35	28. Ken Indalecio (Marina)	18:29
7. Enrique Cruz (Tennyson)	16:44	29. Ken Thompson (Arroyo)	18:31
8. Jason Lee (CV)	16:52	30. Fred Sandsmark (Hayward)	18:38
9. Joe Casey (Tennyson)	16:54	31. Dan Frate (Hayward)	18:40
10. Glenn Hill (Tennyson)	17:02	32. Eduardo Hernandez (Marina)	18:41
11. Jesus Montellano (Tennyson)	17:04	33. Dave Bevilacqua (Arroyo)	18:45
12. Greg Romiguere (CV)	17:08	34. Scott West (Sunset)	18:50
13. Paul Eckert (Marina)	17:09	35. Jim Bordza (Hayward)	18:53
14. Mike Gama (Tennyson)	17:22	36. Jeff Rowley (Marina)	18:55
15. Willie Gault (San Lorenzo)	17:24	37. Perry Gee (Mt. Eden)	19:11
16. Jon Rekenenthaler (Hayward)	17:28	38. Fred Indalecio (Marina)	19:11
17. Ed Silva (Tennyson)	17:29	39. Bruce Hillman (Sunset)	19:28
18. Tony Lewis (Hayward)	17:31	40. Carl Kawaguchi (Marina)	19:41
19. Keith Faber (Hayward)	17:31	41. Mike Jepsen (San Lorenzo)	19:46
20. Allen Mahaney (Sunset)	17:38	42. Ray Barber (Arroyo)	19:56
21. Oscar Mendez (Sunset)	17:45	43. Mike Rogers (San Lorenzo)	19:57
22. Dan Pratt (Arroyo)	17:48	44. Jim Chapin (San Lorenzo)	20:07

Castro Valley made a shambles of the HAAL Finals, putting five men in the first six and seven in the first twelve. The team score of 17 breaks Tennyson's 13-year-old record by 10 points! Ken Romiguere ran off and hid from everybody in recording his second straight HAAL championship, but he had plenty of support: junior Charlie Harb was All-League for the second year in a row, and Scott Flagg, Dave Fisher and Tom Jensen were all-leaguers for the first time. The first five runners picked up PR's for the course: Ken Romiguere by 5 seconds, Charlie Harb by 9, Scott Flagg by 23, Dave Fisher by 38 and Tom Jensen by 35.

The team goes on to the NCS 3A Southern Area meet a week from Saturday at Joaquin Miller Park in Oakland. The competition there will be much stiffer, as Mission San Jose will be the favorite. Other teams which are expected to be in the fight for the four spots for North Coast are Alameda, DeLaSalle, Bishop O'Dowd, Tennyson and Newark.

Awards

Best Performance: KEN ROMIGUIERE

Intestinal Fortitude: JASON LEE

Where did you learn that kick?: SCOTT FLAGG

JUNIOR VARSITY

MEET: HAAL Championships

SCORE:—Castro Valley 17, Hayward 52, Sunset 97, Tennyson 101,
Marina 107, all others no score

DATE: November 2, 1977

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: clear and pleasant

RESULTS:

1. Greg Routh(CV)	10:51	25. Mario Arias(Sunset)	12:43
2. Dale Hagen(CV)	10:51	26. Doug Reagin(Sunset)	12:49
3. Jeff Dittman(CV)	11:12	27. Carl Fahiman(Arroyo)	12:50
4. Wesley Fountaine(Hayward)	11:16	28. Ken Fried(Marina)	12:54
5. Andy Schloss(CV)	11:17	29. Dennis Barth(Hayward)	12:56
6. Robert Hordyk(CV)	11:24	30. Emile Bloome(Marina)	12:57
7. Pat Todd(CV)	11:27	31. Robert Rathbun(Tennyson)	12:59
8. Mike Bowen(Hayward)	11:31	32. Kevin Haleber(Sunset)	13:03
9. Tom Vertrees(CV)	11:32	33. Ralph Moller(Sunset)	13:07
10. Dave Glass(CV)	11:39	34. Bill Philpott(Arroyo)	13:11
11. Dave Fernandez(CV)	11:47	35. Greg Bueno(Marina)	13:15
12. Richard Westerfield(Ten)	11:53	36. Reinhard Loewe(Sunset)	13:19
13. Craig Steinmaus(Hayward)	11:54	37. Joe Roble(Tennyson)	13:21
14. Daryl Davis(Tennyson)	11:56	38. Tony Cunha(Marina)	13:29
15. Wayne Dodson(Hayward)	11:57	39. Fred Davis(Hayward)	13:33
16. Basem Harb(CV)	11:59	40. Darryl Parry(Tennyson)	13:35
17. Dan Dittman(CV)	12:08	41. Daren Connor(Mt. Eden)	13:36
18. Charles Mahoney(Marina)	12:11	42. Clayton Casipit(Tennyson)	13:52
19. Gene Boles(CV)	12:14	43. Dan Brown(Mt. Eden)	14:09
20. Dan Tessein(Arroyo)	12:19	44. Don Hatch(Tennyson)	14:14
21. Tony Pino(Sunset)	12:23	45. Doug Rogers(Sunset)	14:26
22. John Lateer(CV)	12:25	46. David Bickell(Tennyson)	15:21
23. Steve Rekenhtaler(Hayward)	12:33	47. Glenn Collier(Tennyson)	15:37
24. David Gehr(Mt. Eden)	12:38	48. Larry Sepulvida(Sunset)	15:43

Castro Valley's JV team made everybody else look silly in the HAAL finals by placing nine men in the first eleven! Greg Routh and Dale Hagen led the way as they took over together after a half-mile, then ran inches apart until Greg made a move on the hill, then held off Dale kick at the finish. Jeff Dittman ran a strong race, catching Wesley Fountaine in the middle of the race and holding on for third. Andy Schloss ran an excellent race, considering his leg injury, as he gained on just about everybody in the last mile of the race. Robert Hordyk and Pat Todd followed him in sixth and seventh, and just behind them came another Castro Valley wave of three, Tom Vertrees, Dave Glass and Dave Fernandez, who is probably the one man Schloss didn't gain on the last mile. Course PR's: Hagen 6 seconds, Schloss 21, Hordyk 4. Todd 24, Vertrees 11, Basem Harb 6, Danny Dittman 16 and Gene Boles 20.

Awards

Best Performance: DALE HAGEN

Intestinal Fortitude: ANDY SCHLOSS

Was that done with magnets?: GREG ROUTH and DALE HAGEN

FROSH-SOPH

MEET: HAAL Championships

SCORE: Castro Valley 18, Mt. Eden 57, Tennyson 60, Marina 102

DATE: November 2, 1977

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: clear and pleasant

RESULTS:

1. Larry Guinee(CV)	10:28	11. Ervin Hulse(Tennyson)	11:27
2. Doug Rodgers(CV)	10:35	12. Scott Craig(CV)	11:40
3. Dennis McDonald(Mt. Eden)	10:42	13. Eddie Blanch(Tennyson)	11:45
4. Steve Stevenson(CV)	10:46	14. Garth Krause(Mt. Eden)	11:48
5. Dave Anderson(CV)	10:49	15. Mark Fisher(Arroyo)	11:50
6. Dave Shea(CV)	10:51	16. I. C. Dugan(Mt. Eden)	11:59
7. Dolton Simmons(Tennyson)	11:00	17. Pete Elisary(Tennyson)	12:07
8. Ralph Quinones(Mt. Eden)	11:02	18. Jose Iniguez(Tennyson)	12:10
9. Rick Leizgold(CV)	11:15	19. Troy Bennett(Marina)	12:15
10. Tom Hart(Arroyo)	11:20	20. Les Villiabos(Marina)	12:30

32 finished

Castro Valley's frosh-soph team finished an illustrious season by demolishing the rest of the league in the HAAL Finals. The Trojans placed all seven of their runners in the first twelve, and five in the first six. Larry Guinee led the way, as he has all year, becoming one of the first runners ever to win two consecutive frosh-soph championships. In the process, he shattered the course record of 10:33, set by Dennis McDonald earlier this year. Doug Rodgers battled McDonald all the way to the hill, then pulled away strongly to finish second. Then came the three amazing freshmen, Steve Stevenson, Dave Anderson and Dave Shea, finishing 4-5-6 to assure the slaughter. Rick Leizgold also ran a strong race, hanging on for ninth. Course PR's were as follows: Guinee 15 seconds, Rodgers 9, Stevenson tie, Anderson 12 and Scott Craig 8.

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DOUG RODGERS

The wave of the future has already learned togetherness:

STEVE STEVENSON, DAVE ANDERSON and DAVE SHEA

HAAL GIRLS

<u>NAME</u>	<u>SCHOOL</u>	<u>PLACE</u>	<u>TIME</u>
Lynne Bachand	Sunset	1	12.23
* Maria Jacobson	Castro Valley	2	13.03
Kathy Wong	Marina	3	13.19
Debbie Quintana	Marina	4	13.38
* Teresa Cox	Castro Valley	5	14.44
Valerie Palomar	Arroyo	6	15.11
* Debbie Lee	Castro Valley	7	15.29
Liz Gove	Castro Valley	8	15.37
Wendy Webb	Castro Valley	9	15.40
Brenda Bertillion	Sunset	10	15.47
Diane Valles	Arroyo	11	16.03
Diane Cherry	Arroyo	12	17.24
Charla Weber	Arroyo	13	17.28
Diane Kennedy	Arroyo	14	17.31

Castro Valley - 18

Arroyo - 37

CASTRO VALLEY vs O'DOWD and ALAMEDA

Division: Varsity

CROSS COUNTRY at CASTRO VALLEY

Date: September 22, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	16:25	CV	Ken Romiguere		
2	17:15	A	Frank Leeds		
3	17:16	OD	Chuck Maroney		
4	17:17	OD	Patrick Scannell		
5	17:29	A	Benn Fenn		
6	17:31	CV	Scott Flagg		
7	17:46	CV	Greg Romiguere	Final Score:	
8	17:48	A	Mark Sigmon		
9	18:00	A	J. Peters	CV	36
10	18:06	CV	Tom Jensen		
11	18:12	OD	Tom Gouveia	OD	49
12	18:13	CV	Dave Fisher		
13	18:35	A	Don Tiola	A	37
14	18:45	OD	Stu Gruendl		
15	19:07	CV	Charlie Harb		
16	19:15	A	Evan Tuttle		
17	19:20	OD	Kevin Lindorfer		
18	19:35	A	Brad Varker		
19	20:26	CV	Jeff Dittman		
20	20:57	CV	Tom Hoover		

CASTRO VALLEY vs O'DOWD and ALAMEDA

Division: Jr. Varsity

CROSS COUNTRY at CASTRO VALLEY

Date: September 22, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	13:45	CV	Pat Todd	Final Score:	
2	13:55	CV	Dale Hagen		
3	14:17	A	Brian Thompson	CV	No Score
4	14:18	A	Jim Smith		
5	14:27	A	Louis Almario	OD	No Score
6	15:14	A	Mike Luebker		
7	15:52	A	Dennis SiFabio	A	25
8	16:46	A	Chris Shiply		

CASTRO VALLEY vs O'DOWD and ALAMEDA

Division: Frosh/Soph

CROSS COUNTRY at CASTRO VALLEY

Date: September 22, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:42	CV	Larry Guinee		
2	13:02	CV	Dave Shea		
3	13:07	CV	Doug Rodgers		
4	13:08	CV	Steve Stevenson		
5	13:09	CV	Dave Anderson		
6	13:10	A	Humberto Palacio		
7	13:20	OD	John Coleman		
8	13:31	CV	David Glass	Final Score:	
9	13:33	A	Collin Morgal		
10	13:44	OD	Mike Cooke	CV	15
11	13:56	CV	Scott Craig		
12	13:59	CV	Dave Lesico	OD	58
13	14:00	OD	Peter Castellanos		
14	14:01	A	Mike Miller	A	61
15	14:03	CV	Phil Duncan		
16	14:20	OD	Dean Schorno		
17	14:28	OD	Eric Imbuelten		
18	14:47	CV	Gene Boles		
19	14:48	CV	John Lateer		
20	14:49	A	Paul Manning		
21	15:47	A	Guy Harris		
22	16:10	A	Richard McPherson		
23	16:14	A	Garth Tuttle		
24	16:37	A	Ron McEachem		
25	17:15	OD	Rick Crosetti		
26	17:48	A	Ralph Baca		
27	18:10	OD	Ken Stegmiller		

CASTRO VALLEY vs O'DOWD and ALAMEDA

Division: Girls

CROSS COUNTRY at CASTRO VALLEY

Date: September 22, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	14:45	OD	Colleen Scannell		
2	15:03	A	Kathy Way		
3	15:58	OD	Pat Gonsalves		
4	16:29	OD	Katie French		
5	16:39	CV	Michelle Stevenson		
6	16:42	A	Celia Wesenberg	Final Score:	
7	17:28	A	Stephanie Leeds		
8	17:31	A	Hillary Morehouse	CV	No Score
9	17:43	A	Karen Nelson		
10	18:09	A	Carol Crone	OD	19
11	18:59	OD	Barbara Ward		
12	19:04	A	Vicki Lee	A	23
13	19:10	OD	Deirdre Duffy		
14	20:16	A	Karen Burgess		
15	20:33	OD	Mary Gisslow		
16	22:30	OD	Renee Turkmany		
17	22:30	OD	Virginia Smith		
18	23:16	OD	Laurie Shepard		

Castro Valley vs Mission San Jose

Division: Varsity

Cross Country at Castro Valley

Date: September 28, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	16:20	MSJ	Steve Strangio		
2	16:27	MSJ	John Marden		
3	17:02	MSJ	Mike Chastaine		Final Score:
4	17:17	MSJ	Scott Ruffing		
5	17:25	MSJ	Rich Read	CV	40
6	17:36	CV	Scott Flagg		
7	17:45	CV	Dave Fisher	MSJ	15
8	17:59	CV	Greg Romiguere		
9	18:19	CV	Tom Jensen		
10	18:45	CV	Charlie Harb		
11	18:50	CV	Jason Lee		
12	18:55	MSJ	Kevin Coon		
13	19:33	CV	Greg Routh		
14	19:52	CV	Andy Schloss		
15	20:32	MSJ	Dan Trump		

Castro Valley vs Mission San Jose

Division: J.V.

Cross Country at Castro Valley

Date: September 28, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:57	CV	Jeff Dittman		
2	13:03	CV	Tom Hoover		Final Score:
3	13:28	CV	Dale Hagen		
4	13:30	MSJ	Mark Duffner	CV	17
5	13:41	CV	Steve Fazzini		
6	13:44	CV	Pat Todd	MSJ	—
7	14:48	MSJ	Carl Walter		
8	14:49	CV	Dave Fernandez		
9	15:03	CV	Basem Harb		

Castro Valley vs Mission San Jose

Division: Frosh-Soph

Cross Country at Castro Valley

Date: September 28, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:19	CV	Larry Guinee		
2	12:37	CV	Doug Rodgers		
3	12:41	MSJ	Tim Marden	Final Score:	
4	12:42	CV	Dave Shea		
5	12:53	MSJ	John Carey	CV	21
6	12:59	CV	Dave Anderson		
7	13:11	MSJ	Mike Granados	MSJ	36
8	13:16	CV	Rick Leizgold		
9	13:27	MSJ	Doug Loisel		
10	13:39	CV	David Glass		
11	13:41	CV	Scott Craig		
12	13:43	MSJ	Brian Angus		
13	13:55	CV	Tom Vertrees		
14	13:58	CV	Dennis Milam		
15	14:10	CV	Gene Boles		
16	14:23	MSJ	Adam Cucavelli		
17	14:29	CV	John Lateer		
18	14:29	CV	Dan Dittman		
19	14:38	MSJ	Bill LaFontaine		
20	15:05	CV	Jeff Carter		
21	15:09	MSJ	Chris Thomas		
22	15:10	MSJ	Dave Shirk		
23	15:26	MSJ	Robbie Stark		
24	15:35	CV	John Vertrees		
25	15:56	CV	Don Callies		
26	16:07	MSJ	Don Maria		
27	16:08	MSJ	Tom Pietras		

Castro Valley vs Mission San Jose

Division: Girls

Cross Country at Castro Valley

Date: September 28, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	15:11	MSJ	Linda Coon		
2	15:15	MSJ	Beth Duey	Final Score:	
3	15:24	CV	Debbie Lee		
4	15:38	MSJ	Dina Buti	CV	38
5	15:46	CV	Maria Jacobson		
6	16:09	MSJ	Londa Larson	MSJ	21
7	16:19	CV	Michelle Stevenson		
8	16:50	MSJ	Priscilla Pang		
9	17:40	MSJ	Mitzi Archer		
10	18:01	MSJ	Beth Ritter		
11	18:17	CV	Thersa Cox		
12	18:27	MSJ	Karen Giles		
13	19:06	MSJ	Amy Worrall		
14	19:35	CV	Liz Gove		

Sunset vs Castro Valley and Marina

Division: Varsity

Cross Country at Sunset

Date: October 5, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	14:49	CV	Ken Romiguiera		
2	15:34	CV	Scott Flagg		
3	15:45	S	Allen Mahaney		Final Score:
4	15:54	CV	Greg Romiguiera		
5	16:03	CV	Jason Lee	CV	18
6	16:06	CV	Charlie Harb		
7	16:14	CV	Tom Jensen	S	57
8	16:25	CV	Dave Fisher		
9	16:33	CV	Jeff Dittman	M	63
10	16:36	S	Oscar Mendez		
11	16:45	CV	Greg Routh		
12	16:50	CV	Andy Schloss		
13	17:00	M	Jerry Reyna		
14	17:02	M	Paul Eckert		
15	17:51	M	Jeff Rowley		
16	17:55	M	Ken Indalecio		
17	18:08	S	Scott West		
18	18:35	S	David Mendez		
19	18:40	S	Bruce Hillman		
20	18:55	M	Ed Hernandez		
21	19:38	M	Carl Kawaquchi		

Sunset vs Castro Valley and Marina

Division: J.V.

Cross Country at Sunset

Date: October 5, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	11:16	CV	Tom Hoover		
2	11:18	CV	Dale Hagen		
3	11:24	CV	Steve Frazzini		Final Score:
4	11:32	CV	Dave Fernandez		
5	11:37	CV	David Paiva	CV	15
6	11:42	CV	Pat Todd		
7	12:30	S	Mario Arias	M	57
8	12:40	M	Fred Indalecio		
9	12:57	M	Les Villiados	S	60
10	13:13	S	Kevin Haledor		
11	13:15	M	Glenn Smart		
12	13:15	S	Ralph Moller		
13	13:30	S	Rhinehart Lowe		
14	13:31	M	Emile Blomme		
15	14:03	M	Ken Fried		
16	14:16	M	Craig Bueno		
17	14:22	S	Mike Carlin		
18	15:01	M	Tony Cunha		
19	15:45	S	Doug Rogers		
20	16:16	S	Larry Sepulvida		

Sunset vs Castro Valley and Marina

Division: Frosh-Soph

Cross Country at Sunset

Date: October 5, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	10:50	CV	Larry Guinee		
2	11:05	CV	Steve Stevenson		
3	11:09	CV	Doug Rodgers		Final Score:
4	11:10	CV	David Anderson		
5	11:17	CV	Rick Leizgold	CV	15
6	11:27	CV	Scott Craig		
7	11:31	CV	Dave Glass	M	50
8	11:43	CV	Robert Hordyk		
9	12:07	CV	Tom Vertrees	S	0
10	12:09	CV	Dan Dittman		
11	12:23	CV	Basem Harb		
12	12:30	CV	John Latzer		
13	12:37	CV	Gene Boles		
14	12:47	M	Troy Bennett		
15	12:50	CV	John Vertrees		
16	12:54	CV	Mark Duchaineau		
17	13:00	M	Glen Quintana		
18	13:04	M	Chuck Mahoney		
19	13:12	CV	Don Gallies		
20	13:23	M	Ed Xavier		
21	13:33	M	David Santos		

Sunset vs Castro Valley and Marina

Division: Girls

Cross Country at Sunset

Date: October 5, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>
1	12:09	S	Lynne Bachand
2	13:26	CV	Debbie Lee
3	13:31	M	Kathy Wong
4	13:39	CV	Michele Stevenson
5	14:04	M	Debbie Quintana
6	14:51	CV	Teresa Cox
7	16:10	CV	Liz Gove
8	16:48	S	Brenda Bertillion

Hayward vs. Castro Valley and Tennyson

Division: Varsity

Cross Country at Hayward

Date: October 12, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	15:50	CV	Ken Romiguere		
2	16:41	CV	Scott Flagg		
3	17:00	CV	Charlie Harb		Final Score:
4	17:02	T	Mike Gama		
5	17:04	H	Bill Wenik	CV	19
6	17:12	T	Dave Fisher		
7	17:27	CV	Jason Lee	T	53
8	17:30	CV	Greg Romiguere		
9	17:33	T	Ed Silva	H	62
10	17:35	T	Joe Casey		
11	18:04	CV	Tom Jensen		
12	18:10	H	Keith Faber		
13	18:10	T	Jesus Montte		
14	18:22	H	Tony Lewis		
15	18:23	CV	Greg Routh		
16	18:48	CV	Andy Schloss		
17	19:01	H	Fred Sandsmark		
18	19:08	H	John Rekenhtaler		
19	20:07	T	Darrell Davis		

Hayward vs. Castro Valley and Tennyson

Division: J.V.

Cross Country at Hayward

Date: October 12, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	11:10	T	Enrique Cruz		
2	11:30	H	Wesley Fountaine		
3	11:33	CV	Dale Hagen		Final Score:
4	11:40	CV	Jeff Dittman		
5	11:49	CV	Steve Fazzini	CV	25
6	11:52	CV	Tom Hoover		
7	11:53	CV	Pat Todd	T	66
8	11:57	CV	David Faiva		
9	12:05	CV	Dave Fernandez	H	51
10	12:17	H	Mike Bawen		
11	12:26	T	R.W. Field		
12	12:30	H	Christian Salamon		
13	12:31	H	Dan Frate		
14	12:51	H	Wayne Dodson		
15	12:53	H	Steve Rekenhtaler		
16	12:56	H	Craig Steinmaus		
17	14:00	T	Kevin Hill		
18	14:03	H	Dennis Barta		
19	14:06	H	Freddie Davis		
20	14:52	T	Casipit Clayton		
21	15:10	T	Darryl Parry		
22	17:39	T	Don Hatch		

Castro Valley vs Tennyson

Division: Frosh-Soph

Cross Country at Hayward

Date: October 12, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	11:07	CV	Larry Guinee		
2	11:12	CV	Doug Rodgers		
3	11:18	T	Doug Wright		Final Score:
4	11:21	CV	Steve Stevenson		
5	11:24	CV	Rick Leizgold	CV	18
6	11:33	CV	Dave Anderson		
7	11:48	CV	Craig Scott	T	45
8	11:49	CV	Robert Hordyk		
9	11:52	T	Erving Hulse		
10	12:00	CV	David Glass		
11	12:13	CV	Tom Vertrees		
12	12:30	T	Jose Iniguez		
13	12:35	CV	John Lateer		
14	12:43	CV	Bas Harb		
15	13:02	T	Carl Ishan		
16	13:17	CV	Allan Baer		
17	13:28	CV	Mark Duchaineau		
18	13:30	T	Eddie Blanch		
19	13:40	T	Robert Rathbun		
20	13:41	CV	Jeff Carter		
21	14:45	CV	Debby Lee		
22	15:35	CV	Teresa Cox		
23	17:05	T	Joey Roble		

Castro Valley vs Arroyo and Mt. Eden

Division: Varsity

Cross Country at Castro Valley

Date: October 19, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	17:47	CV	Scott Flagg		
2	17:47	CV	Dave Fisher		
3	17:47	CV	Ken Romiquiere	Final Score:	
4	17:47	CV	Greg Romiquiere		
5	17:53	CV	Tom Jensen	CV	15
6	18:24	CV	Charlie Harb		
7	18:48	ME	Martin McDonald	A	50
8	18:52	CV	Dale Hagen		
9	18:56	CV	Greg Routh	ME	0
10	18:58	CV	Jeff Dittman		
11	19:11	CV	Andy Schloss		
12	19:13	A	Jeff Kramm		
13	19:21	A	Tom Hart		
14	19:25	CV	Pat Todd		
15	19:37	A	Ken Thompson		
16	19:45	A	Dan Pratt		
17	20:01	A	Mark Fisher		
18	20:05	A	Dave Bevilacqua		
19	20:52	A	Ray Barber		
20	21:19	ME	Perry Gee		
21	21:35	ME	David Gehr		
22	23:53	ME	Darin Connor		

Castro Valley vs Arroyo and Mt. Eden

Division: J.V.

Cross Country at Castro Valley

Date: October 19, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:57	CV	Robert Hordyk		
2	13:04	CV	Tom Hoover	Final Score:	
3	13:43	CV	Steve Fazzini		
4	13:58	CV	Basem Harb	CV	15
5	14:02	CV	John Lateer		
6	14:54	CV	John Vertrees	A	15
7	16:01	A	Bill Philpott		
8	17:15	A	Steven Ellis	ME	0

Castro Valley vs Arroyo and Mt. Eden

Division: Frosh-Soph

Cross Country at Castro Valley

Date: October 17, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	12:06	CV	Doug Rodgers		
2	12:19	ME	Dennis McDonald		
3	12:23	CV	Steve Stevenson		Final Score:
4	12:40	CV	Dave Anderson		
5	12:43	CV	Larry Guinee	CV	19
6	13:02	CV	Scott Craig		
7	13:10	CV	Rick Leizgold	ME	44
8	13:12	CV	Dave Glass		
9	13:14	CV	Tom Vertrees	A	0
10	13:22	ME	Ralph Quinones		
11	13:52	CV	Dan Dittman		
12	14:02	CV	Gene Boles		
13	14:13	CV	Dave Lesico		
14	14:15	ME	John Dugan		
15	14:37	ME	Garth Krause		
16	15:02	ME	Mike Kessler		
17	15:08	CV	Jeff Carter		
18	16:12	CV	Dan Bateman		

Castro Valley vs Arroyo and Mt. Eden

Division: Girls

Cross Country at Castro Valley

Date: October 19, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
inelg.	15:50	CV	Sabrina Stevenson		
1	15:55	CV	Maria Jacobson		
2	16:20	CV	Debbie Lee		Final Score:
3	17:24	CV	Teresa Cox		
4	18:03	CV	Liz Gove	CV	10
5	19:13	A	Charla Weber		
6	19:47	A	Valerie Halomar	A	15
7	20:27	A	Diane Kennedy		
8	20:31	A	Diana Valles	ME	0
9	20:55	A	Diane Cherry		
10	22:34	A	Liz Masalin		

Castro Valley vs San Lorenzo

Division: Varsity

Cross Country at Castro Valley

Date: October 26, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	16:26	CV	Ken Romiguiera		
2	17:15	CV	Charlie Harb		
3	17:17	CV	Dave Fisher		Final Score:
4	17:27	CV	Scott Flagg		
5	17:30	CV	Tom Jensen	CV	15
6	17:40	CV	Greg Romiguiera		
7	18:03	CV	Jason Lee	SL	50
8	18:09	CV	Steve Stevenson		
9	18:25	CV	Dale Hagen		
10	18:29	CV	Doug Rodgers		
11	18:31	SL	Willie Gault		
12	18:46	CV	Greg Routh		
13	18:46	SL	Alan Nielson		
14	19:41	CV	Jeff Dittman		
15	20:15	SL	Brian Brown		
16	22:05	SL	Jim Chapin		
17	22:10	SL	Mike Jepsen		
18	24:16	SL	Rich Jacinto		

Castro Valley vs San Lorenzo

Division: J.V.

Cross Country at Castro Valley

Date: October 26, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	13:23	CV	Pat Todd		
2	13:28	CV	Dave Lesico		
3	13:58	CV	Dan Dittman		Final Score:
4	14:01	CV	Gene Boles		
5	14:05	CV	Alan Baer	CV	15
6	14:27	SL	Mike Rogers		
7	14:49	CV	Jeff Carter	SL	0
8	14:51	CV	John Vertrees		
9	15:43	CV	Don Callies		

Castro Valley vs San Lorenzo

Division: Frosh-Soph

Cross Country at Castro Valley

Date: October 26, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
1	11:55	CV	Larry Guinee		
2	12:22	CV	Dave Anderson		
3	12:43	CV	Rick Leizgold	Final Score:	
4	12:48	CV	Dave Shea		
5	13:01	CV	Scott Craig	CV	15
6	13:03	CV	Tom Vertrees		
7	13:15	CV	Robert Hordyk	SL	0
8	13:23	CV	Dave Glass		
9	14:03	CV	Basem Harb		
10	14:44	SL	Jerry Tom		
11	18:12	SL	Scott Wix		
12	18:16	SL	Joaquin Gracia		

Castro Valley vs San Lorenzo

Division: Girls

Cross Country at Castro Valley

Date: October 26, 1977

<u>Place</u>	<u>Time</u>	<u>School</u>	<u>Name</u>		
inelg.	15:09	CV	Sabrina Stevenson	Final Score:	
1	16:32	CV	Maria Jacobson		
2	17:05	CV	Teresa Cox	CV	15
3	18:18	CV	Debbie Lee		
4	18:42	CV	Liz Gove	SL	0
5	21:44	CV	Michelle Stevenson		

TEAM SCORES

1.	MISSION SAN JOSE	24
2.	CASTRO VALLEY	84
3.	ALAMEDA	103
4.	DE LA SALLE	113
5.	IRVINGTON	166
6.	PIEDMONT	172
7.	NEWARK	231
8.	ENCINAL	261
9.	JAMES LOGAN	265
10.	BISHOP O' DOWD	274
11.	MOREAU	277
12.	HAYWARD	284
13.	TENNYSON	310
14.	ST. JOSEPH'S	311
15.	MARINA	453

Castro Valley finished second at the NCS 3-A Southern Area meet behind old nemesis Mission San Jose, which ran off and hid from the rest of the field. The Trojans were a clear second, despite off days by last week's second and third men. Ken Romiguere led the way, breaking the course record by over six seconds, but still losing to defending champion Steve Strangio. Then the team's balance showed through, as everyone picked up the slack when Charlie Harb and Scott Flagg ran off form. Tom Jensen, last week's fifth man, ran a spectacular chasing race, moving all the way to 14th at the finish. Dave Fisher came right behind him in 16th, and a measure of their improvement was the fact that last year, they finished 58th and 61st, respectively. Following those two was Greg Romiguere, who bounced back strongly after running below his usual standard last week, getting 25th. Right behind him was Jason Lee in 27th, who is coming on after a slow start this year. Charlie Harb was 31st and Scott Flagg 40th. An indication of the Castro Valley depth is that they would have finished second even if Flagg had been the fifth man.

This performance qualifies the Trojans for the North Coast 3-A finals, where six of the seven runners ran for Canyon last year, finishing seventh. They will be looking to improve that by quite a bit, as Mission San Jose will be heavily favored, but second place is a wide-open battle among defending champion Piner, Redwood, Clayton Valley, and the Trojans.

Awards

Best Performance: TOM JENSEN

Intestinal Fortitude: GREG ROMIGUIERE

You can't run on reputation all the time: KEN ROMIGUIERE

VARISITY

MEET: North Coast 3-A Southern Area Championships

COURSE: 3.0 miles; hilly and narrow

CONDITIONS: cool and foggy

RESULTS:

1. Steve Strangio (MSJ)	15:28	52. Gluckman (Newark)	17:38
2. Ken Romiguere (CV)	15:34	53. Carroll (Irvington)	17:40
3. John Marden (MSJ)	15:46	54. Lawler (Piedmont)	17:40
4. Ray Castro (Logan)	15:49	55. Wolfskill (DLS)	17:41
5. Mike Chastaine (MSJ)	15:52	56. Kehner (Moreau)	17:43
6. Pat Scannell (O'Dowd)	15:57	57. Watkins (Encinal)	17:46
7. Scott Ruffing (MSJ)	16:02	58. Enrique Cruz (Tennyson)	17:47
8. Rich Read (MSJ)	16:04	59. Evan Tuttle (Alameda)	17:52
9. Scott Molina (DeLaSalle)	16:12	60. Leahy (Piedmont)	17:52
10. Danny Martinez (Newark)	16:26	61. Stroughter (Newark)	17:57
11. Rich Moraida (Irvington)	16:28	62. Rekenhaller (Hayward)	18:04
12. Benn Fenn (Alameda)	16:29	63. Mike Cooke (BOD)	18:05
13. Frank Leeds (Alameda)	16:30	64. Wood (Encinal)	18:07
14. Tom Jensen (CV)	16:34	65. Martz (Piedmont)	18:10
15. Jim Coughlin (Piedmont)	16:38	66. Contier (St. Joseph's)	18:12
16. Dave Fisher (CV)	16:41	67. Paul Eckert (Marina)	18:12
17. J. Peters (Alameda)	16:44	68. Ed Silva (Tennyson)	18:16
18. Mark Sigmon (Alameda)	16:45	69. Dean Schorno (BOD)	18:17
19. Bill Wenik (Hayward)	16:47	70. Ervin Hulse (Tennyson)	18:18
20. Eric Sargeson (DLS)	16:48	71. Glenn Hill (Tennyson)	18:19
21. Jay Marden (MSJ)	16:54	72. Dolton Simmons (Tennyson)	18:21
22. Dan Devlin (DLS)	16:54	73. Jim Davies (Logan)	18:21
23. Dennis King (Encinal)	16:57	74. Tony Lewis (Hayward)	18:26
24. Jeff Porto (Moreau)	16:57	75. Bueno (Irvington)	18:26
25. Greg Romiguere (CV)	16:59	76. Jim McHugh (Logan)	18:30
26. Paul MacMahon (DLS)	17:04	77. Collins (St. Joseph's)	18:34
27. Jason Lee (CV)	17:05	78. Walker (Logan)	18:35
28. Adgie (Irvington)	17:08	79. Zehnder (Encinal)	18:37
29. Robert Martinez (Newark)	17:09	80. Murray (St. Joseph's)	18:40
30. Jordan (Piedmont)	17:09	81. Dundon (St. Joseph's)	18:41
31. Charlie Harb (CV)	17:10	82. Randy Kent (Newark)	18:45
32. Kevin Coon (MSJ)	17:13	83. Don Betz (Moreau)	18:51
33. Tim Krajcar (Moreau)	17:14	84. Thompson (Moreau)	18:52
34. Moch (Piedmont)	17:15	85. Ploss (Encinal)	18:57
35. John Stallone (Albany)	17:17	86. Gee (Encinal)	19:01
36. Gavin (Irvington)	17:18	87. Fred Sandmark (Hayward)	19:02
37. Petersen (DLS)	17:19	88. Wood (Newark)	19:04
38. Wheeler (Logan)	17:19	89. Hanif (BOD)	19:06
39. Schneider (DLS)	17:21	90. Dan Devane (Moreau)	19:09
40. Scott Flagg (CV)	17:22	91. Torres (Newark)	19:11
41. Hartwell (Piedmont)	17:22	92. Dan Frate (Hayward)	19:23
42. West (Encinal)	17:23	93. Bowersmith (Logan)	19:38
43. Harley Howard (St. Joseph's)	17:23	94. Chris Wright (Moreau)	19:47
44. Don Diola (Alameda)	17:24	95. Larry Searcy (Logan)	20:06
45. Brown (Irvington)	17:25	96. Eduardo Hernandez (Marina)	20:07
46. Keith Faber (Hayward)	17:26	97. Frank Robles (Marina)	20:10
47. Morgal (Alameda)	17:28	98. Fred Indalecio (Marina)	20:36
48. Mike Gama (Tennyson)	17:30	99. Svendsen (St. Joseph's)	20:37
49. Pena (Irvington)	17:30	100. Ken Indalecio (Marina)	20:47
50. Kelly King (St. Joseph's)	17:33	101. Carl Kawaguchi (Marina)	20:50
51. Frank Lindorfer (BOD)	17:34	102. Jeff Rowley (Marina)	20:52

GIRLS

MEET: North Coast Section 3-A Southern Area Championships

SCORE: Mission San Jose 60, Piedmont 77, Bishop O'Dowd 99, Irvington 123,
Carondolet 126, Encinal 127, Moreau 173, Newark 175, Holy
Names 195, Alameda 210, Memorial 322

COURSE: 2.0 miles; hilly and narrow CONDITIONS: cool and foggy

RESULTS:

1. Diana Bubanja (Piedmont)	13:17	40. Mitzi Archer (MSJ)	15:42
2. Colleen Scannell (BOD)	13:26	41. Hackley (Piedmont)	15:44
3. Carol Manning (Carondolet)	13:28	42. Teresa Cox (CV)	15:44
4. Debbie Bitz (Irvington)	13:34	43. Beil (Carondolet)	15:44
5. Kathy Way (Alameda)	13:43	44. Angela DelSanto (Moreau)	15:44
6. Linda Coon (MSJ)	13:45	45. Devlin (Carondolet)	15:52
7. Valerie Howard (Piedmont)	13:47	46. Deirdre Duffy (BOD)	15:53
8. Bella DelSanto (Moreau)	13:49	47. Sweeney (Encinal)	15:55
9. Beth Duey (MSJ)	13:50	48. Martin (Irvington)	15:56
10. Jennifer Wieking (Piedmont)	13:55	49. Howard (Holy Names)	15:57
11. Londa Larson (MSJ)	13:57	50. Franke (Newark)	15:59
12. Maria Jacobson (CV)	14:01	51. Hebel (Moreau)	16:00
13. Hopkine (Encinal)	14:05	52. Stevens (Piedmont)	16:02
14. Marie Gonsalves (BOD)	14:10	53. Mongan (Holy Names)	16:06
15. Johansen (Holy Names)	14:11	54. Crone (Alameda)	16:07
16. Debbie Lee (CV)	14:14	55. MacMahon (Carondolet)	16:08
17. Ward (BOD)	14:17	56. Hillary Morehouse (Alameda)	16:20
18. Liz Strangio (MSJ)	14:19	57. Stephanie Leeds (Alameda)	16:23
19. Perkins (Carondolet)	14:22	58. Purcell (Alameda)	16:24
20. Dina Buti (MSJ)	14:22	59. Duffy (BOD)	16:30
21. Kerri LaCroix (Encinal)	14:22	60. Smith (BOD)	16:31
22. Brown (Newark)	14:22	61. Donovan (Memorial)	16:35
23. Lowney (Newark)	14:29	62. Sullivan (Moreau)	16:40
24. Trotter (Encinal)	14:43	63. Fillion (Newark)	16:40
25. Cisek (Moreau)	14:46	64. Bihl (Newark)	16:44
26. Henry (Irvington)	14:47	65. Lee (Alameda)	16:48
27. Helms (Irvington)	14:49	66. Capurro (Moreau)	17:01
28. Vohs (Holy Names)	14:49	67. Havenhill (Irvington)	17:02
29. Kathy Wong (Marina)	14:50	68. Whitley (Holy Names)	17:05
30. Baltera (Irvington)	14:51	69. Carson (Encinal)	17:07
31. Debbie Quintana (Marina)	14:54	70. Williams (Memorial)	17:07
32. Katie French (BOD)	15:08	71. Liz Grove (CV)	17:07
33. Marie Treinan (Piedmont)	15:10	72. Walsh (Memorial)	17:17
34. Axell (Piedmont)	15:11	73. Barde (Memorial)	17:22
35. Borsa (Newark)	15:14	74. Bachman (Memorial)	17:46
36. Ottaviano (Encinal)	15:15	75. Nederhoff (Encinal)	19:15
37. Howe (Carondolet)	15:22	76. Keister (Memorial)	19:18
38. Giles (MSJ)	15:31	77. Miller (Memorial)	20:57
39. Henderson (Carondolet)	15:35	78. Haynes (Holy Names)	21:00

Castro Valley's girls finished the season on an up note, as Maria Jacobson and Debbie Lee ran thier best race of the year, finishing 12th and 16th. These four runners return next year, and with the addition of Sabrina Stevenson, should be a leigitimate title contender.

Awards

Best Performance: DEBBIE LEE

Intestinal Fortitude: MARIA JACOBSON

You can finally become a sprinter again: LIZ GROVE

NORTH COAST SECTION 3A CROSS COUNTRY CHAMPIONSHIPS

Team Scoring November 19, 1977 IVC

Girl's Varsity

1.	Mission San Jose	108
2.	Miramonte	110
3.	Pleasant Hill	121
4.	Tamalpais	134
5.	Montgomery	139
6.	Redwood	152
7.	Granada	174
8.	Piedmont	175
9.	San Ramon	190
10.	Irvington	190½
11.	Marin Catholic	192
12.	Bishop O'Dowd	209½
13.	Katharine Branson	305

Boy's Varsity

1.	Mission San Jose	36
2.	Redwood	101
3.	Clayton Valley	112
4.	Castro Valley	126
5.	Piner	141
5.	Pleasant Hill	141
7.	Petaluma	160
8.	Campolindo	210
9.	De la Salle	211
10.	Arcata	215
11.	Alameda	234
12.	Ft. Bragg	296
13.	Las Lomas	345

NORTH COAST SECTION 3A CROSS COUNTRY CHAMPIONSHIPS

Boy's Varsity Results November 19, 1977 I.V.C.

Place	Team	Name	School	Time
1.	X	Dave Coulman	San Marin	15:12
2.	1	Rod Berry	Redwood	15:13
3.	2	Craig Hochhaus	Clayton Val.	15:20
4.	3	Ken Romiquiere	Castro Valley	15:22
5.	X	Mark Conover	Miramonte	15:24
6.	4	Armand Moreno	Piner	15:28
7.	5	John Marden	Mission S.J.	15:30
8.	6	Steve Strangio	Mission S.J.	15:38
9.	X	Rob Wentworth	Livermore	15:44
10.	X	Ray Castro	Logan	15:46
11.	7	Mike Chastaine	Mission S.J.	15:53
12.	8	Scott Ruffing	Mission S.J.	15:57
13.	X	Mike O'Reilly	San Rafael	15:58
14.	X	Mark Baker	San Ramon	15:58
15.	9	Burt Gardner	Redwood	16:04
16.	10	Rich Read	Mission S.J.	16:05
17.	11	Mike Williams	Arcata	16:05
18.	12	Mike Traynor	Clayton Val.	16:07
19.	13	Dave Royal	Petaluma	16:07
20.	14	Rob Van Buskirk	Pleasant Hill	16:09
21.	15	Mike Judson	Piner	16:10
22.	X	Pat Scannell	Bishop O'Dowd	16:11
23.	16	Rod Boyd	Campolindo	16:13
24.	17	Rudy Balli	Petaluma	16:13
25.	18	Rich Vasquez	Clayton Val.	16:16
26.	19	Bernie Erickson	Campolindo	16:17
27.	20	Phil Martien	Arcata	16:18
28.	21	Scott Molina	De la Salle	16:19
29.	22	Pete Fester	Pleasant Hill	16:20
30.	23	Phil Brock	Redwood	16:22
31.	24	Scott Flagg	Castro Val.	16:22
32.	25	Ian Mickle	Redwood	16:22
33.	26	J. Peters	Alameda	16:23
34.	X	Jim Anklam	San Ramon	16:24
35.	27	Dave Fisher	Castro Val.	16:29
36.	28	Darius Russo	Pleasant Hill	16:21
37.	29	Greg Fogg	Piner	16:34
38.	30	Frank Leeds	Alameda	16:35
39.	31	Frank Paula	Petaluma	16:35
40.	32	Randy Heskett	Campolindo	16:35
41.	33	Tom Jensen	Castro Valley	16:36
42.	34	Benn Fenn	Alameda	16:37
43.	35	Doug Prouty	Pleasant Hill	16:38
44.	36	Mark Seaman	Clayton Val.	16:38
45.	37	Leo D'Aquisto	Ft. Bragg	16:40
46.	38	Dan Devlin	De la Salle	16:41
47.	39	Charlie Harb	Castro Valley	16:42
48.	40	Curt Allsop	Piner	16:43
49.	41	Mike Mullen	Arcata	16:45
50.	42	Mark Van Buskirk	Pleasant Hill	16:46

* New Course Record. Old records: Dave Coulman, San Marin 15:30

N.C.S. Boy's Varsity Results continued

51.	43	Kevin Hecht	Redwood	16:47
52.	44	Scott Hochhaus	Clayton Val	16:48
53.	45	Eric Sargeson	De la Salle	16:49
54.	46	Jay Marden	Mission S.J.	16:52
55.	47	John Ogden	Pleasant Hill	16:54
56.	48	Jerry Ricksecker	Petaluma	16:55
57.	49	Stuart Fong	Clayton Val.	16:57
58.	50	Tino Tarantino	Ft. Bragg	16:58
59.	51	Bo Long	Petaluma	16:59
60.	52	Jeff Petersen	De la Salle	17:01
61.	53	Skipper Grames	Piner	17:02
62.	54	Jim Hartinger	Pleasant Hill	17:02
63.	55	Mario Wollskill	De la Salle	17:02
64.	56	Steve Debacker	Clayton Val.	17:04
65.	X	John Sterling	St. Helena	17:05
66.	57	Dirk Giles	Petaluma	17:06
67.	58	Kevin Ostenberg	Las Lomas	17:07
68.	59	Brian Mac Mahon	De la Salle	17:08
69.	60	Jason Lee	Castro Valley	17:09
70.	61	Kevin Coon	Mission S.J.	17:09
71.	62	George Bratsberg	Ft. Bragg	17:12
72.	63	Greg Romiguere	Castro Valley	17:14
73.	64	Howard Hachek	Las Lomas	17:17
74.	X	Peter McLaughlin	Mt. Tamalpais	17:18
75.	65	Mark Sigmon	Alameda	17:20
76.	66	Dan Harrington	Las Lomas	17:20
77.	67	Mike Erickson	Campolindo	17:20
78.	68	Tom Halley	Arcata	17:20
79.	69	Phil Park	Redwood	17:26
80.	70	Brian Hoyt	Piner	17:30
81.	71	Greg Clark	Petaluma	17:35
82.	72	John Ganio	Las Lomas	17:37
83.	73	Jon Walbride	Ft. Bragg	17:42
84.	74	Marty Wilder	Ft. Bragg	17:45
85.	75	Bob Peugh	Arcata	17:46
86.	76	Bob Bailey	Campolindo	17:46
87.	77	Dan Waterson	Piner	17:47
88.	78	Gary Webb	Ft. Bragg	17:48
89.	79	Evan Tuttle	Alameda	17:54
90.	80	Steve Schneider	De la Salle	17:57
91.	81	Garth McCune	Redwood	18:03
92.	82	Don Diola	Alameda	18:07
93.	83	Brad Barker	Alameda	18:16
94.	84	Charles Fromm	Campolindo	18:18
95.	85	Scott Kallander	Las Lomas	18:21
96.	86	Grant Rider	Arcata	18:23
97.	87	Burt Kallander	Las Lomas	18:23
98.	88	Mike Weiss	Las Lomas	18:35
99.	89	Mark Gobbi	Ft. Bragg	19:00

C.V. runners have no HAAL equal

IF I WAS A cross country coach in the Hayward Area Athletic League, I might consider filing an antitrust suit against Castro Valley High. Either that, or take up selling real estate.

To be blunt, nobody is going to touch the Trojans in the HAAL this year, and it's doubtful anyone in the North Coast Section can match the impressive lineup Norm Guest and Tony Casillas will be throwing at opponents.

I must confess I'm not a big cross country fan. It's not exactly a stimulating spectator sport, especially at the finish line. I mean, let's face it. Who enjoys mass nausea?

If you have a tough stomach, though, you'll probably like what you see in this Castro Valley team. When Castro Valley annexed Canyon at the end of the 1976-77 school year, it was like merging Ford and General Motors as far as cross country was concerned.

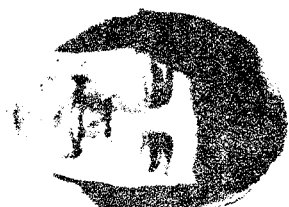
The late great Cougars were the HAAL champs in 1976, and everyone returns from that team. Castro Valley was second behind Canyon, and it has four returners, so you get my drift.

"Actually, this couldn't have come at a better time for us," said Guest. "We're a little young, and now we're solid. I'd be lying if I said I wasn't tickled to death that we're getting the Canyon kids."

Along with the runners, he got Casillas, who joined the Canyon cross country team

Prep scene

Carl Steward



and built it to its ultimate at Canyon. Casillas is currently a counselor at a junior high in Oakland, but received a special coaching increment to help Guest with the expanding boys and girls programs.

"I don't think we're ever going to have a better team than this one," Guest predicted. "Of course, over the years, we've had a strong tradition, but this is an unusual situation. Our projected enrollment is dropping steadily, and it's projected by 1990 we'll be back to normal."

That means the other HAAL coaches don't face a hopeless situation, even though it does look bleak for a few years. If you examine it closely, you see that the C.V.-Canyon merger only helped a few sports, namely cross country, swimming, track and possibly basketball. In the case of cross country, it was just the unfortunate situation of the two

strongest teams joining forces.

What Guest and Casillas are obviously aiming for is the North Coast Section title. Last year Canyon finished ninth in the big section meet, and section in the area meet behind Mission San Jose. This year, Castro Valley faces all of its stiff competition — namely Mission San Jose, Bishop O'Dowd and Pleasant Hill — in invitations.

"I don't think anyone can teach us in our league, but we expect to get a battle at NCS. Then again, we haven't faced those teams yet, either," Guest said. "One thing is for sure, we'll have a lot of stiff competition for the seven varsity spots on this team."

Guest held a meeting of prospective runners this week and had a turnout of 25. He hopes to get a turnout of around 40.

"I think the kids understand they're going to have to work extra hard to get a varsity

spot this year." Guest added. "Many of them have run during the summer, and share most of them know each other, they often run together."

"You know, a few years back I had this kid who would run up a hill during practice and sit behind a tree for two hours, then run back down. I wondered why he always got so tired at meets. There won't be any of that this year."

Guest and Casillas have the HAAL individual champion returning in Ken Romigiere, now a senior. Also coming down from Canyon are Jason Lee, Scott Flagg, and Charlie Harb. Harb is just a junior. Returning from the Castro Valley team is Dave Fisher, plus a unit that ran away with the junior varsity team title.

Guest tried to hypothesize about the relative strength of Castro Valley teams to the teams in the Hayward area.

"I think the kids just get caught up in a competitive vacuum," he said. "It's something to do, and a good team will help breed a positive attitude about the sport. Not only that, but our junior highs are running competitively now, so we get a line on these kids early and send them letters over the summer."

If Castro Valley continues to turn out awesome packages like this year's unit, the rest of the HAAL coaches may find themselves writing letters to Kenya.

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