

Varsity

MEET: HAAL Championships

SCORE: Castro Valley 21, Tennyson 61, Arroyo 73, Marina 94, Hayward 125,
San Lorenzo 132, Mt. Eden and Sunset no score

DATE: November 1, 1978

CONDITIONS: hazy and coolish

COURSE: 3.0 miles; grassy with mild hills

RESULTS:

1. Larry Guinee (CV)	15:54	22. Craig Steinmaus (Hayward)	17:37
2. Dennis McDonald (ME)	15:57	23. Jeff Kramm (Arroyo)	17:40
3. Mike Gama (Tennyson)	15:59	24. Mark Bigelow (San Lorenzo)	17:46
4. Dave Shea (CV)	16:01	25. Mike Bowen (Hayward)	18:02
5. Oscar Mendez (Sunset)	16:05	26. Randy Wittorp (San Lorenzo)	18:05
6. Dale Hagen (CV)	16:17	27. Richard DoPorto (Marina)	18:09
7. Dave Anderson (CV)	16:20	28. Perry Gee (Mt. Eden)	18:11
8. Allen Mahaney (Tennyson)	16:25	29. Jerry Tom (San Lorenzo)	18:15
9. Paul Eckert (Marina)	16:28	30. Alan Nielson (San Lorenzo)	18:16
10. Charlie Harb (CV)	16:42	31. Ron McDonald (Tennyson)	18:20
11. Dan Pratt (Arroyo)	16:45	32. Eduardo Hernandez (Marina)	18:24
12. Joe Casey (Tennyson)	16:56	33. Ivan Sanchez (Marina)	18:29
13. Bill Bertucci (Arroyo)	17:05	34. Dave Bevilacqua (Arroyo)	18:32
14. Scott Craig (GV)	17:13	35. Steve Rekenhaler (Hayward)	18:45
15. Tom Hart (Arroyo)	17:16	36. Tom Anaya (San Lorenzo)	18:46
16. John Rekenhaler (Hayward)	17:19	37. Joaquin Garcia (San Lorenzo)	19:06
17. Ed Silva (Tennyson)	17:21	38. Bill Philpott (Arroyo)	19:09
18. Jeff Rowley (Marina)	17:26	39. Fred Sandsmark (Hayward)	19:36
19. Gilbert Rodrigues (Marina)	17:28	40. Pete Elisary (Tennyson)	19:58
20. Pat Todd (CV)	17:31	41. Reinhard Loewe (Sunset)	20:29
21. Ken Thompson (Arroyo)	17:34	42. Scott Vogel (Hayward)	20:47

Castro Valley decimated the HAAL, taking four all-league spots and putting five men in the top ten. The team total of 21, is the second-lowest of all-time, behind last year's 17. This one, however, was achieved against a tougher field, as one of the most exciting races in HAAL Finals history was waged. So homore Dave Shea led for $2\frac{1}{2}$ miles, but he had plenty of close company until Mike Gama apparently stole the race with a powerful spurt going into the last hill. However, Dennis McDonald gained on him going up the hill, and Shea and Larry Guinee, never giving up, gained ground on the downhill. When they hit the field, McDonald took over, but not for long, as Guinee, who had never led, took over 100 yards away from the finish to get the victory. Larry has never lost in the league finals in three years. Dale Hagen and Dave Anderson ran dissimilar races, each brilliant in its own fashion to finish 6th and 7th. All four are all-leaguers for the first time (although Guinee made it in track last year). Charlie Harb, shooting for his third straight all-league mention, was unfortunate enough to pick this day to have a bad race. Scott Craig and Pat Todd both ran strongly in their first races on the varsity course here.

Next weekend, the team will compete in the Southern Area championship back here at Hayward. With the addition of freshman Kyle Kessler, the team will be even stronger as they take on California's #1 team, Mission San Jose. Other strong teams will include Irvington, DeLaSalle, Piedmont and Alameda.

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DALE HAGEN

The Purple Heart for bravery: DAVE SHEA

JUNIOR VARSITY

MEET: HAAL Championships

SCORE: Castro Valley 15, Marina 50, Sunset 89, Tennyson 110

DATE: November 1, 1978

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: hazy and coolish

RESULTS:

1. Dave Quigley (CV)	11:04	21. Andy Soto (Arroyo)	12:48
2. Tom Vertrees (CV)	11:15	22. Vince Gomes (Marina)	12:51
3. Robert Hordyk (CV)	11:17	23. David Santos (Marina)	12:54
4. Basem Harb (CV)	11:20	24. Glenn Smart (Marina)	12:55
5. Phil Duncan (CV)	11:21	25. Tony Cunha (Marina)	13:04
6. Paul Warrin (CV)	11:27	26. Mike Kessler (Mt. Eden)	13:12
7. Dan Weber (Arroyo)	11:38	27. Scott Reed (Sunset)	13:16
8. Alan Baer (CV)	11:39	28. Phong Nguyen (Tennyson)	13:39
9. Alex Ermantinger (Marina)	11:59	29. Jose Vega (Sunset)	13:42
10. Carl Navarro (Marina)	12:01	30. Steve Durkee (Sunset)	13:57
11. Dan Dittman (CV)	12:03	31. David Martinez (Marina)	14:02
12. Arnie Cunha (Marina)	12:12	32. Randy Fontes (Sunset)	14:07
13. Frank Robles (Marina)	12:15	33. Mike Carlsen (Sunset)	14:25
14. Fred Indalecia (Marina)	12:17	34. Clayton Casipit (Tennyson)	14:28
15. John Vertrees (CV)	12:25	35. James Oviet (Tennyson)	14:57
16. Dan Jakowski (Marina)	12:34	36. Bob Calhoun (Sunset)	15:04
17. Robert Walker (Marina)	12:36	37. Sam Al-Tawil (Sunset)	15:46
18. Ed Xavier (Marina)	12:40	38. Tony Idarola (Sunset)	15:52
19. Rene Hansen (Marina)	12:41	39. Chris Rasmussen (Tennyson)	16:36
20. Grant Tsugawa (CV)	12:42	40. John Francia (Tennyson)	17:31

Even though everybody expected it, it was a beautiful sight to see Castro Valley take the first six places in route to destroying the competition in the HAAL Finals. This completes the record that will never be broken: the team didn't allow anybody into its first five in a league meet. One thing that is obvious, though, is that the record may very well be tied next year, since this was an all-junior team! Pole vaulter-turned-Superman Dave Quigley unleashed an incredible kick over the last mile to pull an upset victory in the individual intra-squad race. Tom Vertrees held off a strong Robert Hordyk for second, likewise Basem Harb held off Phil Duncan for fourth. The team had a fantastic spread of seventeen seconds from first to fifth, followed by just 6 seconds to sixth man Paul Warrin, another field event man who became an outstanding distance runner this season. Alan Baer, Dan Dittman, John Vertrees and Grant Tsugawa all were able to put themselves in the top half of the race, to round out a great performance by one of the greatest JV teams the HAAL will ever see. Course PR's; Hordyk 4 seconds, Dittman 5 seconds, John Vertrees 1:39!

Awards

Best Performance: DAVE QUIGLEY

Intestinal Fortitude: ROBERT HORDYK

Son-of-Best "I can hardly take another step" look: JOHN VERTREES

FROSH-SOPH

MEET: HAAL Championships

SCORE: Mt. Eden 47, Castro Valley 50, Sunset 84, Arroyo 93, Tennyson 114,
Hayward 134, San Lorenzo 139

DATE: November 1, 1978

CONDITIONS: hazy and coolish

COURSE: 2.0 miles; grassy with mild hills

RESULTS:

1. Kyle Kessler (CV)	10:55	23. Bruce Folck (Arroyo)	12:05
2. Gary Gutfeld (Mt. Eden)	11:04	24. Eric Schnitzler (CV)	12:11
3. Steve Stevenson (CV)	11:12	25. Greg Peters (Sunset)	12:16
4. John Dugan (Mt. Eden)	11:19	26. Tom Temple (Arroyo)	12:17
5. Tom Gavello (Arroyo)	11:29	27. Edmundo Panduro (Tennyson)	12:21
6. Wayne Brewster (ME)	11:31	28. Alberto Aranda (Sunset)	12:33
7. Scott West (Sunset)	11:32	29. Terry Brooks (CV)	12:35
8. Mark Bradley (Arroyo)	11:36	30. Steve Gomes (Tennyson)	12:45
9. Robert White (Hayward)	11:39	31. Joe Ryan (Arroyo)	12:50
10. Dave Lesico (CV)	11:40	32. Brian Strom (Hayward)	12:54
11. Tony Magallon (Sunset)	11:41	33. Ron Gibbs (San Lorenzo)	13:01
12. Gene Boles (CV)	11:42	34. Kelvin Chan (Tennyson)	13:02
13. Vince Howell (San Lorenzo)	11:45	35. Richard Lee (Mt. Eden)	13:13
14. Lou Villanueva (SL)	11:46	36. Robert Bestor (Hayward)	13:20
15. Tim Forsyth (Hayward)	11:50	37. Jim Ryan (Arroyo)	13:28
16. Jose Iniguez (Tennyson)	11:51	38. Gary Merkt (San Lorenzo)	13:30
17. Randy Mah (Mt. Eden)	11:57	39. Avalon Hui (Sunset)	13:35
18. Bill Timm (Mt. Eden)	11:58	40. Allen Yim (Mt. Eden)	13:40
19. Mark Will (Sunset)	11:59	41. Jeff Testerman (SL)	13:42
20. Scott Andress (Tennyson)	12:02	42. Dave Wertzberger (Hayward)	13:47
21. Mark Yin (Tennyson)	12:03	43. Dave David (San Lorenzo)	15:20
22. John Shaw (Sunset)	12:04		

Castro Valley lost a heart-breaker to Mt. Eden in the HAAL Finals as Mt. Eden Dropped down the varsity's second man, Gary Gutfeld, who led them to the victory with a second place finish. An indication of how close the meet was is that the Trojans would have won the dual meet between the two teams, 27-28, and had a better team time (adding the top five times) 57:40 to 57:49. So we beat them every way except the one that counts. Freshman Kyle Kessler controlled the race, taking the lead early and cruising to the victory, becoming the only runner to break 11:00 on this course today. Steve Stevenson improved one place from last year to third. Then came the keys to Castro Valley's performance, sophmores Dave Lesico and Gene Boles finishing, 10th and 12th. Lesico came up with his customary mad dash to the finish, and Boles ran a strong race throughout. Fifth man Eric Schnitzler provided a great deal of excitement with a mad spurt just before moving into the last hill, apparently locking up the meet. Unfortunately, the breakneck pace proved a little too much for him, and barely enough runners sneaked past him to deprive the Trojans of the team title. Terry Brooks ran a strong race as the sixth man, just five places behind Schnitzler. Course PR's: Lesico 34 seconds, Boles 8, Brooks 11, and Schnitzler missed by one second.

Awards

Best Performance: DAVE LESICO Intestinal Fortitude: ERIC SCHNITZLER
Freshman aren't supposed to make it look that easy: KYLE KESSLER

GIRLS

MEET: HAAL Championships

SCORE: Castro Valley 36, Marina 46, Arroyo 65, San Lorenzo 74

DATE: November 1, 1978

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: hazy and coolish

RESULTS:

1. Sabrina Stevenson (CV)	12:20	19. Vicki Bevilacqua (Arroyo)	14:32
2. Lynne Bachand (Sunset)	12:27	20. Lisa Forsberg (Arroyo)	14:33
3. Michelle Phipps (Arroyo)	12:29	21. Cynthia Jeong (Arroyo)	14:35
4. Denise Bigelow (San Lorenzo)	12:42	22. Michelle Robello (Tennyson)	14:36
5. Debbie Quintana (Marina)	12:45	23. Paula Bevilacqua (Arroyo)	14:39
6. Maria Jacobson (CV)	12:49	24. Liz Gove (CV)	14:57
7. Terri King (Marina)	12:59	25. Pam Wieland (Arroyo)	15:00
8. Kathy Wong (Marina)	13:23	26. Nadine Lambe (San Lorenzo)	15:17
9. Dawn Lee (CV)	13:41	27. Diana Lee (San Lorenzo)	15:21
10. Jane Phipps (Arroyo)	13:52	28. Brenda Bertillion (Sunset)	15:30
11. Susie Vaughan (CV)	13:58	29. Julene Elisary (Tennyson)	15:42
12. Nikki Weiman (San Lorenzo)	14:04	30. Shelly Hancock (Tennyson)	15:43
13. Grayle Tully (CV)	14:07	31. Diana Nieto (Tennyson)	15:45
14. Carol LeDoux (San Lorenzo)	14:16	32. Veronica Wong (Marina)	15:49
15. Karen Haleber (Sunset)	14:19	33. Wasen Amso (Sunset)	15:58
16. Sue Hagerty (Marina)	14:20	34. Karen Gault (San Lorenzo)	16:01
17. Linda Nolan (Marina)	14:21	35. Natalie Craig (Arroyo)	16:32
18. Glenna Hauser (Marina)	14:22	36. Jerri Mills (Arroyo)	17:42

Castro Valley put on a tremendous performance to rip dual meet champion Marina in the league finals, despite having to go without Debbie Lee and Teresa Cox. The six girls who remained knew they would have to come up with exceptional performances to win the meet, and each and every one of them did. Remarkable freshman Sabrina Stevenson kept alive the family tradition (each time a Stevenson girl has been entered in the HAAL finals, she has won), beating a strong field with a good time as she pulled away earlier than usual and dominated the race. Maria Jacobson repeated as an all-leaguer, picking up a PR by 6 seconds with an excellent race. Senior Dawn Lee, running in her first league finals, ran strongly, just a few seconds off her PR. Susie Vaughan missed her PR by one second as she simply ignored chronic knee problems to finish an excellent 11th. The key to the victory, though, was the performance of Grayle Tully, who perhaps should be better known as Wonder Woman after today. She suddenly proved she belonged among the elite distance runners of the league in finishing a lofty 13th, beating hordes of runners who had beaten her in dual meets with ease. Liz Gove also ran well, scoring a mammoth PR by 56 seconds. An indication of how well the girls ran is that they would have won the meet even if Liz had been #5.

Awards

Best Performance: GRAYLE TULLY

Intestinal Fortitude: SUSIE VAUGHAN

Freshmen aren't supposed to make it look that easy: SABRINA STEVENSON