

1978
HAAL
CROSS COUNTRY

AWARDS BANQUET

NOVEMBER 7, 1978

Top 10 Times

CASTRO VALLEY COURSE RECORDS

JR. MARDEN
 JOHN REED
 MISSION SAN JOSE
 CV
 3 Mile Course

(Including 1978 Season)

	Steve Strangio	Mission San Jose	16:20	1977
	Ken Romiguere	Castro Valley	16:26	1977
5	John Marden	Mission San Jose	16:27	1977
7	Mike Chastaine	Mission San Jose	17:02	1977
10	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

CV
 CV
 2 Mile Course
 CV

(Including 1978 Season)

1	Larry Guinee	Castro Valley	11:55	1977
2	Dave Shea	Castro Valley	12:04	1978
4	Doug Rodgers	Castro Valley	12:06	1977
5	Dave Anderson	Castro Valley	12:17	1978
6	Dennis McDonald	Mt. Eden	12:19	1977
7	Steve Stevenson	Castro Valley	12:23	1977
9	Jay Marden	Mission San Jose	12:41	1977
10	Rick Leizgold	Castro Valley	12:43	1977
	Doug Wright	Tennyson	12:52	1976
	Scott Craig	Castro Valley	12:52	1978

CV
 CV
 KYE REEDER
 CV
 10:38
 12:32

Top 10 Times

CASTRO VALLEY HIGH SCHOOL RECORDS

3 Mile Course

(Including 1978 Season)

1	Ken Romiguere	16:26	1977
2	Charlie Harb	17:15	1977
3	Dave Fisher	17:17	1977
4	Jeff Lee	17:20	1975
5	Mark Behning	17:21	1976
6	Dave Shea	17:22	1978
7	Scott Flagg	17:27	1977
8	Tom Jensen	17:30	1977
9	Dave McHugh	17:38	1976
10	Greg Romiguere	17:40	1977

2 Mile Course

(Including 1978 Season)

1	Larry Guinee	11:55	1977
2	Dave Shea	12:04	1978
3	Doug Rodgers	12:06	1977
4	Dave Anderson	12:17	1978
5	Steve Stevenson	12:23	1977
6	Rick Leizgold	12:43	1977
7	Scott Craig	12:52	1978
8	Kyle Kessler	12:57 12:25	1978 77
9	Robert Hordyk	12:57	1977
10	Jeff Dittman	12:57	1977
75		12:32	

Top 10 Times

GIRLS CASTRO VALLEY HIGH SCHOOL RECORDS

2 Mile Course

(Including 1978 Season)

4	LISA VANCE	13:57	1976
1	Michele Stevenson	13:57	1976
2	Debbie Lee	14:10	1978
3	Sabrina Stevenson	14:37	1978
8	Maria Jacobson	15:46	1977
4	Dawn Lee	15:48	1978
	Susie Vaughn	16:30	1978
	Teresa Cox	16:35	1978
	Liz Gove	18:03	1977
	Julia Cooper	19:19	1976
	Grayle Tully	19:25	1978
4	KRIST LAMDEN	13:57	
12	COLLEEN SCANNELL	14:45	
6	KRIST LAMDEN		

Top 10 Times

GIRLS CASTRO VALLEY COURSE RECORDS

2 Mile Course

(Including 1973 Season)

	Michele Stevenson	Castro Valley	13:57	1976
	Melissa Martel	Piedmont	13:58	1978
	Debbie Lee	Castro Valley	14:10	1978
	Sabrina Stevenson	Castro Valley	14:37	1978
	Colleen Scannell	Bishop O'Dowd	14:45	1977
	Kathy Way	Alameda	15:03	1977
8	Linda Coon	Mission San Jose	15:11	1977
	Beth Duey	Mission San Jose	15:15	1977
	Jennifer Howard	Piedmont	15:18	1978
	Denise Bigelow	San Lorenzo	15:27	1978
9	KRIST LAMDEN		13:57	

Trojans blitz cross country field, win title

By JIM DAY

HAYWARD — Castro Valley High cross country coach Tony Casillas felt that 1978 would be a transition year for his boys varsity team. Graduation had robbed the Trojans of their top eight runners and only two seniors were available, Charlie Harb and Dale Hagen.

Well, somebody forgot to tell Larry Guinne, Dave Shea and Dave Anderson that it was a transition year.

Guinne, a lanky junior, won the Hayward Area Athletic League championship yesterday at Hayward High and sophomores Anderson and Shea joined Harb and Hagen in the top 10 to give Castro Valley a runaway victory in the team competition.

Guinne ran the tough 3-mile course in 15:54, three seconds ahead of Mt. Eden's Dennis McDonald. Tennyson's Mike Gama took third, while Shea grabbed fourth, Hagen sixth, Anderson seventh and Harb 10th.

That quintet gave the Trojans a team total of just 21 points. Tennyson took second with 60, while Arroyo's 73 points were good for third.

Castro Valley also won the girls and the junior varsity-reserves championships, while Mt. Eden prevented the Trojans from making it a clean sweep by nipping C.V. in the frosh-soph battle.

Guinne was the survivor in a brilliant duel between he, McDonald, Gama and Shea. The lead changed hands repeatedly throughout the early portions of the race with Sunset's Oscar Mendez also staying with the leaders.

Then, just past the halfway point, Gama made his move and opened up a 20-yard lead going into the second hill. The sinewy Lancer maintained his lead on the downhill stretch, but then the sprinters made their move.

First, McDonald steamed past the tiring Gama, then Guinne shifted into high gear. It was a race to the finish, with Guinne, last year's HAAL mile champion, showing superior speed in the stretch.

"I sort of wanted to go out with Dave Shea and Charlie Harb and then do as well as I could toward the end," said Guinne. "I wanted to try and work on McDonald and Gama and try to wear them down."

"When we came off the hill I thought I had a chance to get it. I figured it was now or never and if I was gonna die, I was gonna die."

"Guinne was just outstanding," said Casillas. "He wanted it more than anyone else down the stretch. I expected Gama to make his move in the middle of the race because he doesn't have that much of a kick. McDonald ran an intelligent race. He just didn't figure Guinne would have that much left."

Castro Valley freshman Sabrina Stevenson used her long strides to cruise to a seven-second victory over Sunset's Lynne Bachand in the girls race. Stevenson was timed in 12:20, while Arroyo's Michelle Phipps was third and San Lorenzo's Denise Bigelow fourth. Castro Valley's Maria Jacobson (sixth) and Dawn Lee (ninth) helped the Trojans cop the team title, despite the absence of Debbie Lee (injury) and Teresa Cox (work conflict).

Castro Valley's Kyle Kessler won the frosh-soph race in 10:55, nine seconds ahead of Mt. Eden's Gary Gutfeld.

The junior junior varsity-reserves race was no contest as Castro Valley's Dave Quigley was followed to the tape by five of his teammates in another Trojan victory. Quigley was timed in 11:04.

HAAL CROSS COUNTRY CHAMPIONSHIPS At Hayward High Boys Varsity

Team Scores — Castro Valley 21, Tennyson 60, Arroyo 73, Marina 97, Hayward 123, San Lorenzo 199.

1. Guinne (CV) 15:54; 2. McDonald (ME) 15:57; 3. Gama (T) 15:59; 4. Shea (CV) 16:01; 5. O. Mendez (S) 16:05; 6. Hagen (CV) 16:17; 7. Anderson (CV) 16:20; 8. Mahoney (T) 16:25; 9. Eckart (M) 16:27; 10. Harb (CV) 16:42.

Girls

Team Scores — Castro Valley 36, Marina 46, Arroyo 65, San Lorenzo 74.
1. Sa. Stevenson (CV) 12:20; 2. Bachand (S) 12:27; 3. M. Phipps (A) 12:29; 4. Bigelow (SL) 12:42; 5. Quintana (M) 12:43; 6. Jacobson (CV) 12:49; 7. King (M) 12:59; 8. Wong (M) 13:22; 9. Da. Lee (CV) 13:41; 10. J. Phipps (A).

Frosh-Soph Boys

Team Scores — Mt. Eden 47, Castro Valley 58, Sunset 84, Arroyo 98, Tennyson 114, Hayward 136, San Lorenzo 139.

1. Kessler (CV) 10:55; 2. Gutfeld (ME) 11:04; 3. St. Stevenson (CV) 11:12; 4. Dugan (ME) 11:19; 5. Gavetto (A) 11:29; 6. Brzezinski (ME) 11:31; 7. West (S) 11:32; 8. Bradley (A) 11:36; 9. White (M) 11:39.

Boys Junior Varsity-Reserves

Team Scores — Castro Valley 15, Marina 36, Sunset 151, Tennyson 176.
1. Quigley (CV) 11:04; 2. Vertrass (CV) 11:15; 3. Herdyk (CV) 11:17; 4. B. Harb (CV) 11:20; 5. Phil Duncan (CV) 11:21; 6. Warrin (CV) 11:27; 7. Weber (A) 11:36; 8. Baer (CV) 11:39; 9. Ermantinger (M) 11:39; 10. Navarro (M) 12:01.

VARSIITY

SCORE: Castro Valley 18, Moreau 45, James Logan no score
DATE: September 19, 1978
COURSE: 3.0 miles; hilly and narrow
CONDITIONS: Hot and windy

RESULTS

1. Dave Shea (CV)	17:22
2. Dave Anderson (CV)	18:05
3. Jeff Porto (Moreau)	18:25
4. Dale Hagen (CV)	18:31
5. Larry Searcy (Logan)	18:37
6. Steve Stevenson (CV)	18:42
7. Pat Todd (CV)	18:55 ^{91.25}
8. Charlie Harb (CV)	19:03
9. Larry Guinee (CV)	19:03
10. Dane Long (Moreau)	20:56
11. Mike Del Santo (Moreau)	21:06
12. Chris Callaway (Moreau)	21:35
13. Steve Belmeier (Moreau)	22:30

Castro Valley opened its season by annihilating Moreau and James Logan on the home course at Canyon. Sophomores Dave Shea and Dave Anderson saw their summer running pay off as they led the way for the Trojans. The spread from #1 Shea to #5 Pat Todd was 1:33, excellent for an early season meet on this course. Further, this came with Charlie Harb and Larry Guinee out of the first five, so this should become the spread from first to seventh later in the year. The Trojans will try to extend their record to 4-0 and their dual meet winning streak to 11 Thursday against Bishop O'Dowd and a very tough Alameda squad.

For the newcomers, these reports always end with three awards -- Best Performance, which goes to the person who runs closest to or farthest above his or her potential; Intestinal Fortitude, which goes to the person who runs the most fearless and gutsy race, and a miscellaneous award which goes to anyone for just about any reason.

Awards

Best Performance: DAVE SHEA
Intestinal Fortitude: DAVE ANDERSON
Best Kissing Act: CHARLIE HARB and LARRY GUINEE

JUNIOR VARSITY

SCORE: Castro Valley 15, Moreau 44, James Logan no score

DATE: September 19, 1973

COURSE: 2.1 miles: hilly and narrow

CONDITIONS: hot and windy

RESULTS:

1. Scott Craig (CV)	13:07
2. Tom De Arujio (Logan)	13:22
3. Basem Harb (CV)	13:24
4. Alan Baer (CV)	13:50
5. Robert Hordyk (CV)	14:05
6. Don Bauby (Logan)	14:10
7. Paul Warrin (CV)	14:14 <i>69.40</i>
8. Joe Martin (Moreau)	15:55
9. Brent Kernan (CV)	16:12
10. Mike Pickard (Moreau)	17:23
11. Doug Keehner (Moreau)	17:53
12. Ed Kuntz (Moreau)	18:08
13. Jerry McDonald (Moreau)	20:08

Castro Valley overwhelmed Moreau and an incomplete Logan team in the season opener. This extends the JV dual meet streak to nine. Junior Scott Craig took charge very early in the race and never allowed anyone to challenge as he missed his PR by just six seconds. Basem Harb hacked 34 seconds from his PR with a strong third. Alan Baer picked up a PR by 15 seconds, and Paul Warrin and Brent Kernan made impressive debuts. This team stands to get stronger and stronger as the season goes on and more runners become eligible.

Awards

Best performance: SCOTT CRAIG

Intestinal Fortitude: BASEM HARB and PAUL WARRIN

Best Victory Salute at the Finish: ALAN BAER

FROSH-SOPH

SCORE: Castro Valley 25, Moreau 48, James Logan 48

DATE: September 19, 1978

COURSE: 2.1 miles; hilly and narrow

CONDITIONS: hot and windy

RESULTS

1. Kyle Kessler (CV)	13:05	10. Macario Serrano (Logan)	15:59
2. Gene Boles (CV)	13:55	11. Andy Bittrolf (Moreau)	16:06
3. Cliff Long (CV)	14:06	12. Zane Good (Logan)	16:39
4. Dave Adams (Logan)	14:51	13. Tom Quigley (Moreau)	16:51
5. Dave Lesico (CV)	15:13	14. Terry Brooks (CV)	16:59
6. Jerry Arroyo (Logan)	15:14	15. Frank Montenegro (Moreau)	17:16
7. Bill Sanders (Moreau)	15:16	16. Dean Carman (Logan)	17:36
8. Bob Fischer (Moreau)	15:20	17. James Brown (Logan)	22:20
9. Steve Soto (Moreau)	15:23		

Castro Valley got a surprisingly easy victory in the season's first meet, going 1-2-3-5 in a triangular against Moreau and Logan. Freshmen Kyle Kessler and Cliff Long ran excellent first races, and Gene Boles got a PR by six seconds despite a tender ankle. This team will get stronger over the course of the year as most of the runners are in their first year of cross country and will be helped by some race experience. The victory extends the Castro Valley frosh-soph winning streak to 20 in a row!

Awards

Best Performance: KYLE KESSLER

Intestinal Fortitude: CLIFF LONG

Best Last-Minute Saviour: TERRY BROOKS

GIRLS

MEET: Castro Valley-Moreau-James Logan
DATE: September 19, 1978
COURSE: 2.0 miles; hilly and narrow
CONDITIONS: hot and windy

RESULTS:

1. Debbie Lee (CV)	14:43
2. Sabrina Stevenson (CV)	15:46
3. Karen Cisek (Moreau)	17:04
4. Susie Vaughan (CV)	17:19
5. Lynn Hickson (Moreau)	17:58
6. Maria Ramirez (Logan)	18:21
7. Heidi Dystel (Moreau)	19:18
8. Martha Fairwell (Moreau)	19:20
9. Liz Gove (CV)	21:01
10. Sharon Brown (Logan)	23:07
11. Mary Pickard (Moreau)	25:21
12. Gwen Naftaly (Logan)	26:13
13. Monica Alayra (Moreau)	27:24

Castro Valley made an impressive debut, albeit without a full team, as Debbie Lee and Sabrina Stevenson ran off and hid from the competition in the season opener. All the girls ran unofficially because of paper-work problems, but that didn't slow them down, as Susie Vaughan ran an excellent time in her first attempt at this course, and Debbie Lee got a PR by 41 seconds.

Awards

Best Performance: SUSIE VAUGHAN
Intestinal Fortitude: DEBBIE LEE
Best Cheerleading: TERESA COX, MARIA JACOBSON and DAWN LEE

VARSIITY

SCORE: Castro Valley 29, Alameda 43, Bishop O'Dowd 56

DATE: September 21, 1978

COURSE: 3.0 miles; hilly and muddy in spots

CONDITIONS: warm

RESULTS

1. Frank Leeds (Alameda)	16:36	10. Dean Schorno (BOD)	18:11
2. Dave Shea (CV)	16:49	11. Steve Stevenson (CV)	18:23
3. Charlie Harb (CV)	17:13	12. Scott Craig (CV)	18:34
4. Don Diola (Alameda)	17:22	13. Mike Cooke (BOD)	18:39
5. Dave Anderson (CV)	17:28	14. Pat Todd (CV)	18:45
6. John Coleman (BOD)	17:36	15. Collin Morgal (Alameda)	18:59
7. Jim Smith (Alameda)	17:49	16. Ralph Baca (Alameda)	19:20
8. Dale Hagen (CV)	18:00	17. Brian Thompson (Alameda)	19:30
9. Peter Castellanos (BOD)	18:01	18. David Graves (BOD)	20:38

Castro Valley got a surprisingly easy victory over Alameda and Bishop O'Dowd to run its record to 4-0 heading into the showdown with Mission San Jose next week. Sophomore Dave Shea again led the way, giving Frank Leeds a great battle before finally losing out on the last downhill. Charlie Harb ran an intelligent race, picking runners off to reach third place at the finish. The key to the victory was depth, as the Trojans put all seven runners in front of the fifth man of both teams. The victory extends the current dual meet winning streak to 11, and places Tony Casillas' record over the last 3 seasons at 26-2.

Awards

Best Performance: SCOTT CRAIG

Intestinal Fortitude: CHARLIE HARB

The Silky Sullivan of Cross Country: DAVE ANDERSON

JUNIOR VARSITY

SCORE: Castro Valley 22, Alameda 33, Bishop O'Dowd no score

DATE: September 21, 1978

COURSE: 3.0 miles; hilly and muddy in spots

CONDITIONS: warm

RESULTS

1.	Mike Miller(Alameda)	18:59
2.	Basem Harb(CV)	19:28
3.	Robert Hordyk(CV)	19:42
4.	Alan Baer(CV)	20:02
5.	Paul Warrin(CV)	20:07
6.	Steve Habermann(BOD)	20:21
7.	Louis Low(Alameda)	20:28
8.	Garth Tuttle(Alameda)	20:55
9.	John Lateer(CV)	20:56
10.	Mike Luebker(Alameda)	22:24
11.	Brian Finch(Alameda)	22:26
12.	Brent Kernan(CV)	22:59
13.	Jeff Carter(CV)	23:00
14.	Rich McPherson(Alameda)	23:14
15.	Grant Tsugawa(CV)	24:41

Castro Valley romped to another double victory despite losing Scott Craig to the varsity to up their record to 4-0. Basem Harb led a tight pack of four juniors, as Robert Hordyk, Alan Baer and Paul Warrin, who looks more like a cross country runner than a high jumper getting in shape all the time, were within 39 seconds of Harb. John Lateer ran an excellent race in his season debut to finish the easy victory. All eight runners should be congratulated for running so well in a three mile race, which was about one mile farther than they planned to run. The double victory extends the JV winning streak to 12, and they will try to add one to that next Wednesday at Mission San Jose.

Awards

Best Performance: JOHN LATEER

Instestinal Fortitude: ROBERT HORDYK

Biggest Surprise(It was 10-1 that he'd drop out): GRANT TSUGAWA

FROSH-SOPH

SCORE: Alameda 26, Castro Valley 33, Bishop O'Dowd no score
DATE: September 21, 1978
COURSE: 2.0 miles; hilly and muddy in spots
CONDITIONS: Warm

RESULTS

1. Kyle Kessler (CV)	12:34
2. Brian Pace (Alameda)	13:01
3. Mike Stephani (Alameda)	13:02
4. Cliff Long (CV)	13:03
5. Gene Boles (CV)	13:06
6. Paul Fleming (●)	13:43
7. Hank Sigmon (Alameda)	13:45
8. Doug Long (Alameda)	14:00
9. Fraser Ritchie (Alameda)	14:26
10. Charles Reffitt (Alameda)	14:56
11. Terry Brooks (CV)	15:01
12. Eric Reany (Alameda)	15:07
13. Paul McCoone (BOD)	15:33
14. Ron McEachern (Alameda)	15:39
15. Rick Loghry (CV)	16:26
16. Troy Bonds (Alameda)	16:54
17. John Henderson (Alameda)	17:12

Castro Valley lost the first frosh-soph meet in three years to Alameda, 26-33. Kyle Kessler ran off and hid from the field in the last mile for the second race in a row, and he got strong support from Cliff Long and Gene Boles, who came into the last 100 yards in an incredibly tight pack with Brian Pace and Mike Stephani of Alameda and were barely outkicked. To show how close the meet really was, if Gene and Cliff had been the ones who outkicked their opponents, Castro Valley would have won the meet by one point. The real turning point, though, was the unfortunate absence of Dave Lesico, out sick. Terry Brooks and Rick Loghry filled out the team, but both need experience before they can replace a runner like Lesico. Although one winning streak tumbled, the frosh-soph has another one they can start working on in two weeks: 34 league dual meet victories in a row.

AWARDS

Best Performance: CLIFF LONG

Intestinal Fortitude: KYLE KESSLER

Too bad they have downhill in cross country: GENE BOLES

GIRLS

SCORE: Castro Valley 17, Alameda 38, Bishop O'Dowd 75

DATE: September 21, 1978

COURSE: 2.0 miles; hilly and muddy in spots

CONDITIONS: warm

RESULTS

1. Debbie Lee (CV)	13:55	12. Angela Smith (BOD)	17:33
2. Sabrina Stevenson (CV)	14:50	13. Terry Ahern (BOD)	17:51
3. Dawn Lee (CV)	14:58	14. Kim Low (Ala)	18:15
4. Barbara Sieber (Alameda)	15:05	15. Janet Smith (BOD)	18:37
5. Teresa Cox (CV)	15:08	16. Liz Gove (CV)	18:41
6. Maria Jacobson (CV)	15:27	17. Karen Berges (Ala)	18:50
7. Carol Nohra (Ala)	16:04	18. Vicky Yoshimura (Ala)	20:22
8. Diane Huff (Ala)	16:18	19. Virginia Smith (BOD)	20:33
9. Hilary Morehouse (Ala)	16:28	20. Julie Tompkins (BOD)	20:57
10. Chris Bolmen (Ala)	17:19	21. Laurie Shepherd (BOD)	21:30
11. Linda Crone (Ala)	17:24		

Castro Valley's girls made their debut as a team and made mincemeat out of two perennial girls' powers by going 1-2-3-5-6 at Joaquin Miller Park. Debbie Lee led the way with a great early season time (it would have placed her 10th at last year's Southern Area meet). After her, there was only a 37 second gap from #2 to #5. The double victory leaves the Trojans' record at 2-1-1, twice as many wins as a Castro Valley girls' team has ever had in a season. The girls will try to extend that record next week when they take on the defending North Coast champions, Mission San Jose.

Awards

Best Performance: DAWN LEE

Intestinal Fortitude: TERESA COX

Most Gratifying Display of Harmony: EVERYBODY

GIRLS

SCORE: Mission San Jose 23, Castro Valley 34

DATE: September 27, 1978

COURSE: 2.0 miles; flat and fast

CONDITIONS: hot

RESULTS:

1.	Liz Strangio (MSJ)	11:45
2.	Debbie Lee (CV)	12:32
3.	Londa Larson (MSJ)	12:40
4.	Sabrina Stevenson (CV)	13:03
5.	Linda Coon (MSJ)	13:08
6.	Beth Duey (MSJ)	13:23
7.	Dawn Lee (CV)	13:32
8.	Amy Worrall (MSJ)	13:33
9.	Karen Giles (MSJ)	13:43
10.	Teresa Cox (CV)	13:46
11.	Maria Jacobson (CV)	13:57
12.	Mitzi Archer (MSJ)	14:01
13.	Mary Kate Morris (MSJ)	14:17
14.	Beth Ritter (MSJ)	15:03
15.	Marianne Malcolm (MSJ)	15:28
16.	Sue Brousseau (MSJ)	15:29
17.	Liz Gove (CV)	16:09
18.	Lisa Berry (MSJ)	16:56

Mission San Jose, the defending North Coast champions, got a bit of a scare from Castro Valley before prevailing, 23-34. The Warriors lost only one runner from last year's team, so the performance of the Trojan women was quite impressive, especially when it is considered that only one or two of the first five are even close to their top condition. Individually, Debbie Lee suffered her first loss of the year to Liz Strangio, who broke the course record by 46 seconds. Sabrina Stevenson ran a typical strong catching race, and might have had a shot at Londa Larson if she had gone out a bit faster. Dawn Lee unleashed a tremendous kick to nose out Amy Worrall for seventh, and Teresa Cox and Maria Jacobson were right in the thick of things before losing a little ground at the finish. This is the team to beat for North Coast, and Castro Valley will get several more shots at them this season, hopefully all the way through to the NorCal finals.

Awards

Best Performance: SABRINA STEVENSON

Intestinal Fortitude: DAWN LEE

Maybe we could figure out a way to eliminate the last 100 yards of every race:
TERESA COX

VARSIITY

MEET: OAL Invitational

SCORE: Skyline 31, Castro Valley 52, Irvington 103, Berkeley 126,
Lowell 136, McAteer 147, James Logan 153, Pinole Valley 159
El Cerrito 189

COURSE: 2.2 miles; hilly and narrow

CONDITIONS: hot and smoggy

RESULTS:

Charlie Harb	4th	12:15
Dave Shea	5th	12:27
Larry Guinee	11th	12:40
Dave Anderson	15th	12:45
Dale Hagen	17th	12:54
Steve Stevenson	29th	13:15

52 runners finished

Castro Valley had probably its best meet of the season thus far at the OAL Invitational, finishing a very respectable second to perennial power Skyline. In the process, the Trojans decimated Irvington, one of the teams that is expected to challenge for a trip to the North Coast finals.

Individually, Charlie Harb and Dave Shea gave chase to Skyline's first three as Tom Downs set a course record. Harb improved his PR for this course, set 2 years ago at this invitational, by 44 seconds. Also, both finished ahead of Irvington's highly-regarded senior, Rich Moraida, who finished 11th in the Southern Area meet last year. Larry Guinee ran his best race of the year, and Dave Anderson and Dale Hagen were not much in arrears. Steve Stevenson, still hobbled by a tender ankle, nevertheless ran exactly the same time as Paul Eckert of Marina, who was the fastest HAAL finisher in the small school division.

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DALE HAGEN

It's nice to see the November model in September this year: CHARLIE HARB

JUNIOR VARSITY

MEET: OAL Invitational

SCORE: Skyline 15, Castro Valley 51, McAteer 66

COURSE: 2.2 miles; hilly and narrow

CONDITIONS: hot and smoggy

RESULTS:

Scott Craig	9th	13:39
Pat Todd	10th	13:41
Tom Vertrees	11th	13:43
Basem Harb	12th	13:46
Robert Hordyk	16th	14:01
Paul Warrin	19th	14:10

32 runners finished

Castro Valley ran into perhaps the finest JV team in the known world in Skyline, and the Titans swept the first five places in what turned out to be a triangular meet in the OAL Invitational. The Trojans displayed their typical balance, as the spread from first to fifth was a mere 22 seconds, and the first four allowed no one among them as their spread was just 7 seconds! Scott Craig and Pat Todd came down from the varsity and led the way, although not without an argument from Tom Vertrees and Basem Harb. Robert Hordyk went out fearlessly but paid for it a little at the end, and Paul Warrin continued to amaze by staying within striking distance of his teammates throughout. A measure of how good this JV team is that a comparison of their times with those of the other HAAL varsity teams in the meet reveal a 27-29 victory over Marina and a 22-34 win over Hayward.

Awards

Best Performance: TOM VERTRESS

Intestinal Fortitude: PAT TODD

Best "I can hardly take another step" look: SCOTT CRAIG

FROSH-SOPH

MEET: OAL Invitational

SCORE: Skyline 31, Berkeley 63, Pinole Valley 96, Lincoln 102, Castro Valley 124,
Lowell 154, James Logan 166, McAteer 169, El Cerrito 189

COURSE: 1.7 miles; hilly and narrow

CONDITIONS: hot and smoggy

RESULTS:

Kyle Kessler	3rd	9:38
Gene Boles	17th	10:25
Dave Lesico	23rd	10:57
Eric Schnitzler	34th	11:15
Terry Brooks	47th	12:03

49 runners finished

Castro Valley finished right in the middle of a nine-team field in the OAL Invitational, as they were without Cliff Long, who has been a key man for the team until now. Kyle Kessler continued to run spectacularly well, as he started slowly even for him, then picked off runner after runner until he just ran out of race. An indication of the excellence of Kessler's time is that it is 10 seconds faster than Charlie Harb's time here as a freshman. Gene Boles and Dave Lesico ran strong races as both are getting much stronger as they come off injuries. Eric Schnitzler and Terry Brooks continued to improve as they get more races under their belts.

Awards

Best Performance: KYLE KESSLER

Intestinal Fortitude: GENE BOLES

You didn't know you had a kick like that, did you?: DAVE LESICO

GIRLS

MEET: OAL Invitational

SCORE: (approximate) Piedmont 71, Encinal 79, Pleasant Hill 111, Berkeley 117, Castro Valley 134, El Cerrito 166, Marina 168, Newark 170, Alameda 176, Lowell 204, Moreau 221, Bishop O'Dowd 270

COURSE: 1.7 miles; hilly and narrow

CONDITIONS: hot and smoggy

RESULTS:

Sabrina Stevenson	5th	11:10
Debbie Lee	7th	11:17
Dawn Lee	21st	12:05
Maria Jacobson	40th	12:45
Liz Gove	71st	14:47

89 runners finished

Castro Valley, hurt by the absence of Teresa Cox and Susie Vaughan, ended up fifth in the OAL invitational. The Trojans had to rely on an out-of-shape Liz Gove as the #5 runner, and she couldn't be expected to replace Cox. Nevertheless, an indication of the Trojans' strength is that they would have beaten Pleasant Hill in a dual meet despite finishing 23 points back in the invitational scoring. The girls get another shot at winner Piedmont and individual champion Melissa Martel on their home course in two weeks.

Sabrina Stevenson was the top finisher for the first time this year, and fifth in a major invitational for a freshman is nothing short of spectacular. Debbie Lee lost ground with a wrong turn and wound up 7th. Not to bring out embarrassing facts, but as a measure of the girls' excellence, it is interesting to note that Sabrina, Debbie and Dawn Lee all ran faster times than Basem Harb ran for this same course as a freshman. The girls start their league dual meet season next Wednesday, already having beaten Marina in this meet.

Awards

Best Performance: SABRINA STEVENSON

Intestinal Fortitude: DAWN LEE

Castro Valley's own Wrong-Way Corrigan: DEBBIE LEE

VARSIITY

SCORE: Castro Valley 20, Mt. Eden 39

DATE: October 4, 1978

COURSE: 3.0 miles; flat

CONDITIONS: warm and breezy

RESULTS:

1.	Dennis McDonald (ME)	15:27
2.	Charlie Harb (CV)	15:52
3.	Dave Shea (CV)	16:03
4.	Larry Guinee (CV)	16:08
t.	Dave Anderson (CV)	16:17
6.	Dale Hagen (CV)	16:21
7.	Martin McDonald (ME)	16:38
8.	Gary Gutfeld (ME)	16:45
9.	Scott Craig (CV)	16:49
10.	Jeff Dittman (CV)	16:59
11.	Pat Todd (CV)	17:17
12.	Ralph Quinones (ME)	17:41
13.	Perry Gee (ME)	17:44
14.	Mike Kessler (ME)	17:47

Castro Valley was as flat as the course they ran as they went through the motions of beating Mt. Eden, 20-39. Monarch junior Dennis McDonald beat Charlie Harb by a whopping 25 seconds in the individual battle. One bright spot for the Trojans was the spread of only 29 seconds from first to fifth man, and only 1:07 from one to seven, even without sixth man Steve Stevenson.

The team will try to get back on the beam Saturday at the San Ramon Invitational, where they are likely to meet the two teams that have beaten them this year, Mission San Jose and Skyline. The following week they return to their home course for a league dual meet with Hayward and San Lorenzo, trying to extend their league record to 3-0.

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DALE HAGEN

Another half-miler getting outkicked? Is this an epidemic?: SCOTT CRAIG

JUNIOR VARSITY

SCORE: Castro Valley 15, Mt. Eden no score
DATE: October 4, 1978
COURSE: 2.0 miles; flat
CONDITIONS: warm and breezy

RESULTS:

- | | | |
|-----|--------------------|-------|
| 1. | Basem Harb (CV) | 11:33 |
| 2. | Tom Vertrees (CV) | 11:37 |
| 3. | Robert Hordyk (CV) | 11:44 |
| 4. | Phil Duncan (CV) | 11:52 |
| 5. | Dave Quigley (CV) | 11:56 |
| 6. | Alan Baer (CV) | 12:01 |
| 7. | Paul Warrin (CV) | 12:02 |
| 8. | Dan Dittman (CV) | 12:22 |
| 9. | John Vertrees (CV) | 12:39 |
| 10. | Jeff Carter (CV) | 13:37 |
| 11. | Grant Tsugawa (CV) | 14:26 |

Castro Valley's JV juggernaut rolled on, scaring Mt. Eden so much that they didn't even bother to field a team. The team's dual meet record is now 6-0, 1-0 in league. Basem Harb led the way, outkicking Tom Vertrees in the last half-mile for the victory in the intra-squad race. Phil Duncan ran his strongest race of the year in moving up to the #4 spot, and Alan Baer and John Vertrees ran particularly strong races despite the lack of opposition. The spread was 23 seconds from 1 to 5, just edging the varsity's 29.

Awards

Best Performance: PHIL DUNCAN

Intestinal Fortitude: JOHN VERTREES

Once you found out you couldn't tie, you sure didn't fool around:

**BASEM HARB and
TOM VERTREES**

FROSH-SOPH

SCORE: Castro Valley 26, Mt. Eden 29
DATE: October 4, 1978
COURSE: 2.0 miles; flat
CONDITIONS: warm and breezy

RESULTS:

- | | |
|-------------------------|-------|
| 1. Steve Stevenson (CV) | 11:12 |
| 2. Kyle Kessler (CV) | 11:14 |
| 3. J. C. Dugan (ME) | 11:32 |
| 4. Wayne Brewster (ME) | 11:34 |
| 5. Randy Mah (ME) | 11:45 |
| 6. Dave Lesico (CV) | 11:45 |
| 7. Bill Timm (ME) | 13:00 |
| 8. Terry Brooks (CV) | 13:15 |
| 9. Eric Schnitzler (CV) | 13:38 |
| 10. Allen Yim (ME) | 14:48 |

Castro Valley eked out a victory in the league dual meet opener over Mt. Eden, 26-29. The victory keeps an amazing streak alive: since Castro Valley and Canyon combined last year, Trojan boys teams at all levels have never lost a track or cross country meet. That streak now extends to 38. The teams will have a chance to up it to 44 next week at home against Hayward and San Lorenzo.

Individually, Steve Stevenson won his first cross country race, dropping down to help out the frosh-soph. The victory was in doubt for over half of the race, when Steve looked around and decided he didn't like the company he was keeping, so got rid of them. Kyle Kessler went out even slower than he has before, if that's possible, but he came on like a wild man at the end, just missing Stevenson. Dave Lesico ran a strong race, and Terry Brooks and Eric Schnitzler held up well to preserve the victory.

Awards

Best Performance: TERRY BROOKS

Intestinal Fortitude: ERIC SCHNITZLER

The knight on the white horse saved the frosh-soph team in distress:

STEVE STEVENSON

GIRLS

SCORE: Castro Valley 15, Mt. Eden no score

DATE: October 4, 1978

COURSE: 2.0 miles; flat

CONDITIONS: warm and breezy

RESULTS:

1. Debbie Lee (CV)	12:15
2. Sabrina Stevenson (CV)	12:50
3. Teresa Cox (CV)	13:19
4. Susi Vaughan (CV)	14:42
5. Maria Jacobson (CV)	14:42

Castro Valley beat a non-existent Mt. Eden team in their first dual meet of the league season. Debbie Lee pulled away from Sabrina Stevenson just before the mile mark and pulled away steadily for a new course record. Teresa Cox ran a strong race in third, and Susie Vaughan and Maria Jacobson convinced each other to stay together, still running a good time. The girls compete in the San Ramon Invitational Saturday, where they get another shot at North Coast champion Mission San Jose.

Awards

Best Performance: TERESA COX

Intestinal Fortitude: DEBBIE LEE

We wanted to see a mad sprint to the finish: SUSIE VAUGHAN AND MARIA JACOBSON

VARSIITY

SCORE: Mission San Jose 36, Skyline 86, Pleasant Hill 93, Castro Valley 154, Northgate 156, Mt. Diablo 163, Berkeley 229, Logan 236, Ukiah 276, Eureka 286, Antioch 293, El Cerrito 301, Pinole Valley 307, Mt. Eden 315, Concord 331, Granada 424, Napa 445, Clayton Valley 448, Lincoln 453, Hillsdale 489, Ygnacio Valley 541

DATE: October 7, 1978

COURSE: fast, flat and narrow, 1.7 miles

CONDITIONS: warm

RESULTS:

13th	Larry Guinee	8:12
24th	Charlie Harb	8:27
28th	Dave Shea	8:32
38th	Dale Hagen	8:35
51st	Dave Anderson	8:47
61st	Scott Craig	8:55

Castro Valley took 4th place in a top class field losing only to perennial powers Mission San Jose, Skyline and Pleasant Hill while edging Northgate by a slim 2 point margin. An indication of the team's success here was that they only lost to three teams while beating seventeen among whom were former NCS Finals participants, Mt. Diablo and Ukiah, along with a host of other sectional powers. Not to mention the annihilation of last year's 3rd placer at NCS, Clayton Valley, a surprisingly weak team this year. Also, back in 20th was Hillsdale a team which only a few years ago was nationally ranked.

Larry Guinee took advantage of the fast course to take 13th, had the course been a bit longer, Larry would have placed much higher as he had a lot left for the crucial finishing straight. With this performance, Larry proved that he is now in top shape, missing the former course record by only two seconds. Charlie Harb had trouble with the fast course and as a result, finished a disappointing 24th for him. Dave Shea wasn't far behind in 28th, while Dale Hagen ran a strong aggressive race in taking 38th. Dale was ten places, but only three seconds behind Shea, typifying the congested finish which plagued the meet in each race. Dave Anderson started well but could not maintain the fast pace, and ended up well back in 51st. Scott Craig ran well in 61st, proving that he no longer has the half-miler disease of being outlicked as Scott picked off at least seven runners in the last 220 yards of the race. Showing how tight the race was, 35 seconds separated #1 man, Larry Guinee from #5 man, Dave Anderson, and 26 runners came in between them in that time span.

AWARDS

Best Performance: LARRY GUINEE

Intestinal Fortitude: DALE HAGEN

I know you didn't enjoy the course, but aren't you taking it a little too far?

DAVE ANDERSON

JUNIOR VARSITY

SCORE: Skyline 31, Castro Valley 87, Pleasant Hill 100, Berkeley 105
Northgate 114, Mission San Jose 124, Eureka 205, Concord 222
El Cerrito 322, Pinole Valley 334, Clayton Valley 354, Antioch 356

DATE: October 7, 1978

COURSE: 1.7 miles; flat, fast and narrow

CONDITIONS: warm

RESULTS:

9th	Jeff Dittman	9:02
14th	Pat Todd	9:04
18th	Basem Harb	9:08
19th	Tom Vertrees	9:09
27th	Robert Hordyk	9:17
30th	Allan Baer	9:20
31th	Paul Warrin	9:24
35th	Phil Duncan	9:29
58th	John Vertrees	10:11

Castro Valley placed a creditable 2nd at the San Ramon Invitational losing only to Skyline, the lone team to beat the JV's this year. Led by Jeff Dittman and Pat Todd, Castro Valley once again proved the key to success is team togetherness as the habitually close 1-5 spread was a mere 15 seconds and only 27 from 1 to 8. Jeff Dittman started strongly and stayed near the lead throughout before being passed by teammate Pat Todd with a half-mile to go, who in turn was mercilessly outkicked at the finish by Jeff and a host of others. However, Pat ran a pleasingly strong race and is hopefully out of his slump. He was closely followed by Basem Harb and Tom Vertrees, both of whom moved too late in the race and were hampered by the short length of the course. Impressive performances were also turned in by Robert Hordyk, Allan Baer, Paul Warrin and Phil Duncan. Robert showing the advantages of speed in kicking past a group of runners in the mad-dash mayhem on the last straightaway which happened frequently all day. Allan, Paul and Phil ran aggressively and well considering the course is not to their liking for races.

Awards

Best Performance: PAT TODD

Intestinal Froititude: JEFF DITTMAN

Castro Valley's longshot of the course, but favorite in determination:

PAT TODD

FROSH SOPH

SCORE: Castro Valley did not field a full team

DATE: October 7, 1978

COURSE: 1.7 miles, fast, flat and narrow

CONDITIONS: warm

RESULTS:

2nd	Kyle Kessler	9:06	(Freshman Race)
41st	Gene Boles	10:00	(Frosh Soph Race)
55th	Terry Brooks	10:29	(Frosh Soph Race)

Castro Valley could not field a full Frosh Soph team so it decided to put Kyle Kessler down to the freshman race. Kyle made the most of it in taking 2nd losing only to an impressive runner from Northgate. In the Frosh Soph race, Gene Boles had a mediocre day unable to adjust to the hyper quick course, everyone's enemy on this day. Terry Brooks ran a gutsy, tough race certainly one of his best so far this year as he was only 29 seconds behind Gene. With this race Terry is in an important position and he will now be an integral factor in how well the team does at league.

Awards

Best Performance: KYLE KESSLER

Intestinal Fortitude: TERRY BROOKS

When you drop down to the frosh race you're supposed to win it: KYLE KESSLER

GIRLS

SCORE: Castro Valley 6th, 147 points
DATE: October 7, 1978
COURSE: 1.3 miles, fast, flat and narrow
CONDITIONS: warm

RESULTS:

10th Sabrina Stevenson	8:15
11th Debbie Lee	8:21
24th Dawn Lee	8:44
27th Maria Jacobson	8:46
75th Grayle Tully	11:21

Hurt by not having their usual depth-laden team, Castro Valley's girls still ran well in capturing 6th place in the San Ramon Invitational. Had the team been at full strength they could have taken a comfortable 3rd place and possibly would have beaten old nemesis Mission San Jose. Even in the absence of key people some excellent races were turned in by the top four runners of the day. Sabrina Stevenson took 10th in leading the way by passing a fading Debbie Lee near the end of the race. Debbie was 6 seconds behind in 11th and could have placed higher if she had not taken off at such a fast pace. Dawn Lee fought the course and won in taking an impressive 24th. Surprisingly right behind Dawn was a vastly improved Maria Jacobson who finished in 27th on the strength of her finishing kick, something which is usually vacant in her races. Number five runner Grayle Tully tried to fill the gap but could not as she painfully struggled through the last half of the race in ending up 75th.

Awards

Best Performance: SABRINA STEVENSON
Intestinal Fortitude: MARIA JACOBSON
Most disconsolate runner after seeing the course: DAWN LEE
Most hyper runner after finishing the course: MARIA JACOBSON

Varsity

SCORE: Castro Valley 15, San Lorenzo 55, Hayward 74

DATE: October 11, 1978

COURSE: 3.0 miles; hilly and narrow

CONDITIONS: hot and smoggy

RESULTS:

tie 1.	Larry Guinee (CV)	17:54
2.	Charlie Harb (CV)	17:54
3.	Dale Hagen (CV)	18:27
4.	Pat Todd (CV)	18:35
5.	Jeff Dittman (CV)	18:51 ^{9) 141}
6.	Scott Craig (CV)	19:20
7.	Tom Vertrees (CV)	19:21
8.	Phil Duncan (CV)	19:36
9.	Alan Baer (CV)	19:41
10.	Mike Bowen (Hayward)	20:05
11.	Mark Bigelow (San Lorenzo)	20:09
12.	Jerry Tom (San Lorenzo)	20:54
13.	Alan Nielson (San Lorenzo)	21:00
14.	Tom Anaya (San Lorenzo)	21:00
15.	Joaquin Garcia (San Lorenzo)	21:01
16.	Randy Wittorp (San Lorenzo)	21:01
17.	Craig Steinmaus (Hayward)	22:49
18.	John Bill (Hayward)	22:57
19.	Steve Rekenhaler (Hayward)	23:02
20.	Scott Vogel (Hayward)	25:34

Castro Valley overwhelmed surprisingly weak opposition from San Lorenzo and Hayward in the only home dual meet of the season, running its record to 7-1, 3-0 in league. The Trojans dropped the three varsity sophomores to frosh-soph to try to create a closer meet. However, nobody told the nine guys who ended up running varsity, as ninth man Alan Baer walloped the top man from the other two schools, Mike Bowen, who was a placer in the varsity 880 in track last year, by 24 seconds. Charlie Harb and Larry Guinee led the Trojans, running a relaxed race. Even so, Guinee got a PR on the course by 1:09. Other course PR's; Pat Todd 20 seconds with an extremely strong race, Jeff Dittman 7 seconds, Scott Craig, Tom Vertrees, Phil Duncan and Alan Baer all excellent first-time efforts. The team goes on to meet tough Piedmont in the season's home finale, and the last chance for seniors to break into the top ten.

Awards

Best Performance: PAT TODD

Intestinal Fortitude: JEFF DITTMAN

See, varsity is kind of fun: PHIL DUNCAN and ALAN BAER

JUNIOR VARSITY

SCORE: Castro Valley 15, Hayward and San Lorenzo no score

DATE: October 11, 1978

COURSE: 2.1 miles; hilly and narrow

CONDITIONS: hot and smoggy

RESULTS:

1.	Robert Hordyk (CV)	13:22
2.	Dave Quigley (CV)	13:57
3.	Dan Dittman (CV)	14:26
4.	Paul Warrin (CV)	14:27
5.	John Vertrees (CV)	14:41 <u>10.53</u>
6.	Grant Tsugawa (CV)	16:31

Castro Valley's poor JV's had another unopposed meet as they tuned up for what promises to be the biggest challenge to their undefeated season Friday when they take on Piedmont. For now, the Trojans are 8-0, 3-0 in league. Robert Hordyk ran extremely well on a tender ankle in garnering a runaway victory. John Vertrees was the only man who had run this course before who got a PR, breaking his old mark by 10 seconds.

Awards

Best Performance: JOHN VERTREES

Intestinal Fortitude: ROBERT HORDYK

We know you only did that to make the race more exciting: DAN DITTMAN and PAUL WARRIN

FROSH-SOPH

SCORE: Castro Valley 18, Hayward 40, San Lorenzo no score

DATE: October 11, 1978

COURSE: 2.1 miles; hilly and narrow

CONDITIONS: hot and smoggy'

RESULTS:

1. Dave Shea (CV)	12:04
2. Dave Anderson (CV)	12:17
3. Kyle Kessler (CV)	12:57
4. Robert White (Hayward)	13:49
5. Vince Howell (San Lorenzo)	13:54
6. Gene Boles (CV)	14:40
7. Mark Ayala (Hayward)	14:46
8. Terry Brooks (CV)	14:59 <i>66 '57</i>
9. Eric Schnitzler (CV)	15:15
10. Tim Forsyth (Hayward)	15:19
11. Brian Strom (Hayward)	16:34
12. Bob Bestor (Hayward)	16:35
13. Jeff Testerman (San Lorenzo)	17:29
14. Gary Merkt (San Lorenzo)	19:52

Dave Shea, Dave Anderson and Steve Stevenson dropped down from the varsity to lead the frosh-soph to a comfortable win over Hayward and San Lorenzo. Unfortunately, Stevenson was felled by an injury to the ankle which has given him so much trouble this season. Shea and Anderson pushed on in pursuit of Larry Guinee's course record, but fell short. Shea moved into the #2 spot all-time missing the record by nine seconds. Anderson improved his PR by 5 seconds but dropped to #4 on the Castro Valley list. Freshman Kyle Kessler cracked into the top ten also, with a PR by 8 seconds. He is now tied for seventh on this course. Terry Brooks hacked more than a minute from his course PR as he continues to improve by leaps and bounds, and Eric Schnitzler ran well despite his recent physical problems.

AWARDS

Best Performance: TERRY BROOKS

Intestinal Fortitude: KYLE KESSLER

Most relieved person when he heard the times: LARRY GUINEE

Varsity

SCORE: Castro Valley 17, Piedmont 44

DATE: October 13, 1978

COURSE: 3.0 miles; hilly and narrow

CONDITIONS: hot

RESULTS:

1.	Charlie Harb (CV)	17:35
2.	Dave Shea (CV)	17:36
3.	Larry Guinee (CV)	17:41
4.	Hart Jordan (Piedmont)	17:42
5.	Dave Anderson (CV)	17:55
6.	Kyle Kessler (CV)	18:11 88.58
7.	Kevin Kennedy (Piedmont)	18:14
8.	Dale Hagen (CV)	18:16
9.	Pat Todd (CV)	18:44
10.	Buster Lawlor (Piedmont)	18:45
11.	Jeff Dittman (CV)	19:08
12.	Ron Bottano (Piedmont)	19:46
13.	Tom Clifford (Piedmont)	19:48
14.	Robert Faberman (Piedmont)	21:08

Castro Valley walloped a highly-regarded Piedmont team Friday to finish its home season. The Trojans' record is now 8-1 on the year, and they will try to extend that to 10-1 against Sunset and a Tennyson team that has visions of a league championship next Wednesday on the Falcons' course. Senior Charlie Harb finally got an undisputed win on the Canyon course in his last race here, despite a bad cold. Sophomore Dave Shea followed one second behind, and Larry Guinee outsprinted Piedmont's Hart Jordan to the finish to give the Trojans a 1-2-3 finish. Freshman Kyle Kessler ran spectacularly, beating Piedmont's normal first man, Kevin Kennedy, and missing Steve Stevenson's freshman record for this course by two seconds. Course PR's went to Guinee by 13 seconds, Dale Hagen by 11, and Dave Anderson by 6.

Awards

Best Performance: KYLE KESSLER

Instestinal Fortitude: CHARLIE HARB

Second Year as Best Secret Weapon (the quote from a Piedmont guy watching the race--"Look at that little kid!"): DAVE ANDERSON

JUNIOR VARSITY

SCORE: Castro Valley 15, Piedmont 48

DATE: October 13, 1978

COURSE: 2.1 miles; hilly and narrow

CONDITIONS: hot

RESULTS:

1. Scott Craig (CV)	12:52
2. Tom Vertrees (CV)	13:12
3. Robert Hordyk (CV)	13:20
4. Phil Duncan (CV)	13:25
5. Dave Quigley (CV)	13:41 <u>66:30</u>
6. Bill Mevin (Piedmont)	13:51
7. Basem Harb (CV)	14:01
8. Alan Baer (CV)	14:02
9. Paul Warrin (CV)	14:02
10. Dan Dittman (CV)	14:13
11. Everett Hartwell (Piedmont)	14:18
12. Clark Westmont (Piedmont)	14:34
13. Frank Yeung (Piedmont)	14:39
14. John Vertrees (CV)	14:49
15. Andy Herrera (Piedmont)	15:23
16. Grant Tsugawa (CV)	16:45
17. Neil Crawford (Piedmont)	17:08

Castro Valley demolished what was left of an injury-decimated Piedmont team, putting five men in front of Piedmont's #1, and, incredibly, nine ahead of their #2! Scott Craig ran off and hid from the field after the second level, recording the equal-ninth fastest time on this course, and seventh in Castro Valley history. His time is also the fastest ever run in a JV race on this course, eclipsing the 12:57s run by Jeff Dittman and Robert Hordyk here last year. Scott had more than ample support. Tom Vertrees ran his usual strong catching race, as did Phil Duncan, who is quickly developing into yet another contender for the JV individual league championship. Robert Hordyk and Dave Quigley completed the impressive sweep. Course PR's went to Craig by nine seconds, Duncan by 38 seconds, Quigley by 16 seconds, Paul Warrin by 25, Dan Dittman by 13, and, although Grant Tsugawa missed his PR, he beat another runner for the first time this year, and, although most of the payoff for his hard work will come in track season, he deserves credit for getting past this obstacle. This win extends the JV winning streak to 17, and confirms their position as probably the East Bay's number 2 JV team behind Skyline.

Awards

Best Performance: PHIL DUNCAN

Intestinal Fortitude: SCOTT CRAIG

The Man with the Bionic Ankle: ROBERT HORDYK

FROSH-SOPH

SCORE: Piedmont 15, Castro Valley no score

DATE: October 13, 1978

COURSE: 2.1 miles; hilly and narrow

CONDITIONS: hot

RESULTS:

1. Greg Ryan (Piedmont)	13:34
2. Gene Boles (CV)	14:11
3. Terry Brooks (CV)	14:29
4. Eric Schnitzler (CV)	14:40
5. Ted Peterson (Piedmont)	15:32
6. Ricky Thorpe (Piedmont)	15:45
7. Bobby McCreary (Piedmont)	16:07
8. Scott Bravmann (Piedmont)	16:18
9. Jakob Christensen (Piedmont)	16:18

Castro Valley's frosh-soph runners ran well in spite of the fact that they knew they had lost before they started. Gene Boles showed signs that he is coming back to his old form after a long slump in finishing second, Terry Brooks ran aggressively, holding the lead until just before he entered the canyon, and Eric Schnitzler came on very strongly after a slowish start. The team returns to the league wars next week against Sunset and Tennyson, as they try to maintain their surprising sole possession of first place.

Awards

Best Performance: GENE BOLES

Intestinal Fortitude: TERRY BROOKS

Now that you've run a good race, could we get rid of the orange shorts?:
ERIC SCHNITZLER

VARSIITY

SCORE: Castro Valley 20, Tennyson 37, Sunset no score

DATE: October 18, 1978

COURSE: 3.0 miles; flat and fast

CONDITIONS: cool and breezy

RESULTS:

1. Larry Guinee (CV)	14:59	10. Joe Casey (Tennyson)	15:57
2. Dave Shea (CV)	15:00	11. Scott Craig (CV)	15:59
3. Mike Gama (Tennyson)	15:04	12. Jeff Dittman (CV)	16:04
4. Oscar Mendez (Sunset)	15:15	13. Steve Stevenson (CV)	16:06
5. Charlie Harb (CV)	15:24	14. Pat Todd (CV)	16:10
6. Allen Mahaney (Tennyson)	15:26	15. Ervin Hulse (Tennyson)	16:30
7. Dale Hagen (CV)	15:33	16. Basem Harb (CV)	16:41
8. Dave Anderson (CV)	15:41	17. Jose Iniguez (Tennyson)	19:12
9. Ed Silva (Tennyson)	15:56	18. Reinhard Loewe (Sunset)	19:34

Castro Valley destroyed the championship dreams of Tennyson, ripping the Lancers 20-37 at Sunset. The win puts the Trojans' record at 5-0 in league and 10-1 overall. They will finish out the dual meet season next week against Arroyo and Marina. The Dons will enter the meet at 4-1, tied for second in the league, so they will retain a chance of winning the league dual meet title if they win next week. Before that, however, Castro Valley hosts the HAAL Invitational on Saturday, where they will meet a phalanx of cross country powers, including Mission San Jose, Skyline, Jesuit of Sacramento, Vanden of Fairfield, Piner, Redwood and Northgate.

Individually, Larry Guinee and Dave Shea were the stars for the Trojans, going one-two on this week's cross country athlete of the week, according to the Daily Review, Mike Gama. Guinee missed the course record, jointly held by Ron Genschmer and Ken Romiguere, by just ten seconds. Charlie Harb, the only runner who had run this these times are, it is interesting to compare them with the times run on the same course by the last two HAAL championship teams, Canyon in 1976 and Castro Valley last year. This team beats Canyon 20-37, and last year's team 21-37!

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DAVE SHEA

You finally beat the guy who is as tall as your legs: DALE HAGEN

VARSIITY

SCORE: Castro Valley 20, Tennyson 37, Sunset no score

DATE: October 18, 1978

COURSE: 3.0 miles; flat and fast

CONDITIONS: cool and breezy

RESULTS:

1. Larry Guinee (CV)	14:59	10. Joe Casey (Tennyson)	15:57
2. Dave Shea (CV)	15:00	11. Scott Craig (CV)	15:59
3. Mike Gama (Tennyson)	15:04	12. Jeff Dittman (CV)	16:04
4. Oscar Mendez (Sunset)	15:15	13. Steve Stevenson (CV)	16:06
5. Charlie Harb (CV)	15:24	14. Pat Todd (CV)	16:10
6. Allen Mahaney (Tennyson)	15:26	15. Ervin Hulse (Tennyson)	16:30
7. Dale Hagen (CV)	15:33	16. Basem Harb (CV)	16:41
8. Dave Anderson (CV)	15:41	17. Jose Iniguez (Tennyson)	19:12
9. Ed Silva (Tennyson)	15:56	18. Reinhard Loewe (Sunset)	19:34

Castro Valley destroyed the championship dreams of Tennyson, ripping the Lancers 20-37 at Sunset. The win puts the Trojans' record at 5-0 in league and 10-1 overall. They will finish out the dual meet season next week against Arroyo and Marina. The Dons will enter the meet at 4-1, tied for second in the league, so they will retain a chance of winning the league dual meet title if they win next week. Before that, however, Castro Valley hosts the HAAL Invitational on Saturday, where they will meet a phalanx of cross country powers, including Mission San Jose, Skyline, Jesuit of Sacramento, Vanden of Fairfield, Piner, Redwood and Northgate.

Individually, Larry Guinee and Dave Shea were the stars for the Trojans, going one-two on this week's cross country athlete of the week, according to the Daily Review, Mike Gama. Guinee missed the course record, jointly held by Ron Genschmer and Ken Romiguere, by just ten seconds. Charlie Harb, the only runner who had run this these times are, it is interesting to compare them with the times run on the same course by the last two HAAL championship teams, Canyon in 1976 and Castro Valley last year. This team beats Canyon 20-37, and last year's team 21-37!

Awards

Best Performance: LARRY GUINEE

Intestinal Fortitude: DAVE SHEA

You finally beat the guy who is as tall as your legs: DALE HAGEN

JUNIOR VARSITY

SCORE: Castro Valley 15, Sunset 61½, Tennyson 64½

DATE: October 13, 1978

COURSE: 2.0 Miles; flat and fast

CONDITIONS: cool and breezy

RESULTS:

1. Tom Vertrees (CV)	11:03	12. Grant Tsugawa (CV)	13:00
2. Dave Quigley (CV)	11:08	13. Reed (Sunset)	13:14
3. Phil Duncan (CV)	11:29	14. Hosino (Tennyson)	13:23
4. Robert Hordyk (CV)	11:39	15. Fontes (Sunset)	14:02
5. Alan Baer (CV)	11:41	16. Durkee (Sunset)	14:21
6. Paul Warrin (CV)	11:48	17. Vega (Sunset)	14:22
7. Pete Elisary (Tennyson)	12:01	18. Galvin Casipit (Tennyson)	14:36
8. John Vertrees (CV)	12:20	19. Oriet (Tennyson)	15:04
9. Shaw (Sunset)	12:22	20. Calhoun (Sunset)	15:24
10. Buss (Tennyson)	12:22	21. Rasmussen (Tennyson)	16:48
11. Ornellas (Sunset)	12:47		

Castro Valley's JV's finally got two teams to run against, and they made the most of it, sweeping the first six places en route to an easy triumph over Sunset and Tennyson. The team has now completed three meets of five on their way to what could be a record that would stand forever: not allowing a single runner to break into their top five against league competition. The team needs only to sweep Arroyo and Marina next week, then perform the unprecedented feat of sweeping the league finals.

Individually, there were many outstanding races. Tom Vertrees got his first-ever cross country victory in an excellent time, and Dave Quigley was right on his heels throughout. The next four runners came in within 19 seconds of each other to finish the sweep comfortably. Seventh and eighth men John Vertrees and Grant Tsugawa both ran excellent races also.

Awards

Best Performance: DAVE QUIGLEY

Intestinal Fortitude: GRANT TSUGAWA

You're no longer always a bridesmaid, never a bride: TOM VERTREES

FROSH-SOPH

SCORE: Castro Valley 36, Tennyson 41, Sunset 43

DATE: October 18, 1978

COURSE: 2.0 miles; flat and fast

CONDITIONS: cool and breezy

RESULTS:

1. Kyle Kessler(CV)	11:14	10. Panduro(Tennyson)	12:21
2. Scott West(Sunset)	11:18	11. Hui(Sunset)	12:34
3. McDonald(Tennyson)	11:41	12. Aranda(Sunset)	12:44
4. Andrews(Tennyson)	11:48	13. Carlsen(Sunset)	12:46
5. Will(Sunset)	11:48	14. Terry Brooks(CV)	12:47
6. Gene Boles(CV)	11:51	15. Martinez(Tennyson)	12:51
7. Dave Lesico(CV)	12:01	16. Chan(Tennyson)	13:02
8. Eric Schnitzler(CV)	12:11	17. Vaughan(Tennyson)	13:52
9. Yin(Tennyson)	12:12		

Castro Valley slipped past Tennyson and Sunset in a thriller on the Falcons' course to remain undefeated for the league season. Their last remaining obstacle to a 7-0 record and the dual meet championship is Arroyo, which is currently in second place with a 4-1 mark.

Kyle Kessler remained undefeated in league meets, except by varsity teammates Dave Shea, Dave Anderson and Steve Stevenson. The Trojans' balance following him was what won the meet, however, as Gene Boles, Dave Lesico and Eric Schnitzler came in within ten seconds of each other. Boles picked up a course PR by 46 seconds, and Schnitzler ran his best race of the year, passing nine runners in the later stages of the race to assure the victory.

Awards

Best Performance: ERIC SCHNITZLER

Intestinal Fortitude: DAVE LESICO

Best proof that "The last shall be first": KYLE KESSLER

GIRLS

SCORE: Castro Valley 17, Tennyson 38, Sunset no score

DATE: October 18, 1978

COURSE: 2.0 miles; flat and fast

CONDITIONS: cool and breezy

RESULTS:

1.	Sabrina Stevenson(CV)	12:25
2.	Lynne Bachand(Sunset)	12:33
3.	Maria Jacobson(CV)	13:08
4.	Teresa Cox(CV)	13:19
5.	LeHaber(Sunset)	14:31
6.	Liz Gove(CV)	14:49
7.	Carmen Lucero(Tennyson)	14:56
8.	Hancock(Tennyson)	14:57
9.	Grayle Tully(CV)	14:58
10.	Robello(Tennyson)	15:17
11.	Brenda Bertillion(Sunset)	16:10
12.	Julene Elisary(Tennyson)	16:44
13.	Michelle Nieto(Tennyson)	17:20
14.	Amsso(Sunset)	17:30

Castro Valley ripped up Tennyson, despite the absence of the Lee sisters and Susie Vaughan because of sickness. The double victory runs their record to 5-0 in league, and they will meet the other two of the top three teams in the league next week. Arroyo was upset by San Lorenzo today, so they will enter the meet at 4-1, while Marina should come in at 5-0. Sabrina Stevenson led the victory, beating Lynne Bachand, a senior who is the defending league champion. Maria Jacobson and Teresa Cox ran strong, even races, and Liz Gove ran her best race of the season in completing the sweep of the first four places in the team scoring. The Trojans barely missed a sweep, as Grayle Tully's kick fell two seconds short of Tennyson's first girl. Cox and Gove got PR's by giant amounts, Cox by 1:32 and Gove by 1:29.

Awards

Best Performance: LIZ GOVE

Intestinal Fortitude: SABRINA STEVENSON

It was nice to see you smile after a race again: TERESA COX

VARSIITY

MEET: HAAL Invitational

SCORE: Mission San Jose 56, Pleasant Hill 92, Jesuit 101, Castro Valley 103, Skyline 129, Northgate 155, Irvington 181 Piner 191, Mt. Diablo 202, Clayton Valley 228, Concord, 253, San Ramon 266, Ygnacio Valley 359

DATE: October 21, 1978

COURSE: 3.0 miles; grassy with mild hills

CONDITIONS: overcast and cool

RESULTS:

1. Steve Strangio (MSJ)	14:56	43. Steve Schneider (Skyline)	16:38
2. Tom Downs (Skyline)	15:10	44. Matt Marchand (MD)	16:40
3. Rich Read (MSJ)	15:11	45. Dan Balbierz (Northgate)	16:42
4. Chris Little (Jesuit)	15:16	46. Jim Barich (Piner)	16:43
5. John Marden (MSJ)	15:20	47. Jim Hoover (MD)	16:44
6. Bret Baffert (San Ramon)	15:21	48. Terry Wergeland (Skyline)	16:45
7. Peter Downs (Skyline)	15:34	49. Sky Adgie (Irvington)	16:50
8. Pete Foster (Pleasant Hill)	15:40	50. Pat Carroll (Irvington)	16:51
9. Anthony Robinson (Northgate)	15:46	51. Brett Ratiaver (Skyline)	16:56
10. Pedro Reyes (Jesuit)	15:46	52. Todd Grames (Piner)	17:00
11. Charlie Harb (CV)	15:50	53. Bob Horan (Northgate)	17:07
12. Dave Shea (CV)	15:54	54. Terry Bowman (Concord)	17:08
13. Brian Hoyt (Piner)	15:55	55. Fred Woodward (Irvington)	17:14
14. Mike Traynor (Clayton Valley)	15:56	56. Mark Young (MD)	17:15
15. Ken Tilcock (Clayton Valley)	15:57	57. Keith Davies (Logan)	17:19
16. Rich Moraida (Irvington)	15:58	58. Steve Stevenson (CV)	17:22
17. Jim Pena (Irvington)	15:58	59. Martin McDonald (ME)	17:27
18. Tim Berry (PH)	15:59	60. Hugh McWilliams (Piner)	17:27
19. Dennis McDonald (ME)	16:00	61. Dave Ferriera (MD)	17:29
20. Mark Van Buskirk (PH)	16:03	62. Doug Loisel (MSJ)	17:29
21. Larry Guinee (CV)	16:05	63. Larry Searcy (Logan)	17:38
22. Dave Maxwell (Jesuit)	16:08	64. Jim Bergman (Concord)	17:41
23. John Carey (MSJ)	16:09	65. Tracy Bergquist (San Ramon)	17:43
24. Pete Mayer (PH)	16:10	66. Mike James (San Ramon)	17:43
25. Craig Fry (PH)	16:11	67. Rex Barber (Irvington)	17:46
26. Van Wasare (Logan)	16:12	68. Dennis Bowersmith (Logan)	17:50
27. Bruce Mulcahy (MSJ)	16:13	69. Perry Gee (Mt. Eden)	17:53
28. Bob Whisler (Mt. Diablo)	16:14	70. Fred Navarro (Piner)	17:59
29. Scott Wilson (Northgate)	16:15	71. Rich Black (Clayton Valley)	18:12
30. Rob Biando (Piner)	16:18	72. Scott Bowman (Concord)	18:31
31. Dave Anderson (CV)	16:21	73. Steve Matosich (Clayton Valley)	18:33
32. Keith Wayne (PH)	16:23	74. Ed Domning (Ygnacio Valley)	18:35
33. Dale Hagen (CV)	16:24	75. Carl Mackewicz (San Ramon)	18:37
34. John Lindeman (Jesuit)	16:24	76. Dennis Barbe (Clayton Valley)	19:03
35. Richard Lawler (Skyline)	16:25	77. Dave Jankowski (YV)	19:25
36. Pete McCarry (Jesuit)	16:26	78. Gary Cronin (San Ramon)	19:27
37. Jeff Wolstenholme (MD)	16:26	79. Gary Crandall (San Ramon)	19:38
38. Tim Pontarelli (Northgate)	16:29	80. Carl Godkin (YV)	19:45
39. Neal Ridge (Jesuit)	16:30	81. Steve Comerford (YV)	19:52
40. John Coy (Concord)	16:31	82. John Comerford (YV)	20:18
41. Andy Wolfe (Concord)	16:32	83. Mark Chandler (YV)	21:37
42. Matt Cox (Northgate)	16:33		

Best Performance: DAVE SHEA

Instestinal Fortitude: DALE HAGEN

Well, now you're 1-2 against the Man With the Red Towel: CHARLIE HARB

JUNIOR VARSITY

MEET: HAAL Invitational

SCORE: Skyline 29, Castro Valley 57, Piner 70, Northgate 100, Mission San Jose 113

DATE: October 21, 1978

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: foggy and cool

RESULTS:

1. Hillegeist (Jesuit)	10:32	25. Fredrick (Piner)	11:17
2. Corsa (Northgate)	10:35	26. Bill LaFontaine (MSJ)	11:18
3. Enstrom (Skyline)	10:36	27. Paul Warrin (CV)	11:19
4. Yu (Skyline)	10:40	28. Bryner (MSJ)	11:20
5. Scott Craig (CV)	10:42	29. Tidwell (Northgate)	11:20
6. Tom Vertrees (CV)	10:42	30. Robert Hordyk (CV)	11:21
7. Fleet (Piner)	10:43	31. Finn (Jesuit)	11:22
8. Brown (Skyline)	10:48	32. Moody (MSJ)	11:28
9. Weber (Skyline)	10:51	33. Weldon (Mt. Diablo)	11:30
10. Strazzo (Jesuit)	10:56	34. Beccerra (Piner)	11:33
11. Moss (Skyline)	11:02	35. Dirk Duffner (MSJ)	11:35
12. Bellow (Skyline)	11:04	36. Alan Baer (CV)	11:36
13. Mark Duffner (MSJ)	11:05	37. Russell (Northgate)	11:43
14. Kelly (Piner)	11:08	38. Hawbaker (Clayton Valley)	11:50
15. White (Northgate)	11:09	39. Matthews (Northgate)	12:00
16. Temple (Piner)	11:09	40. Werner (Northgate)	12:10
17. Basem Harb (CV)	11:10	41. Fleet (Piner)	12:15
18. Pat Todd (CV)	11:11	42. Meylan (Northgate)	12:20
19. Phil Duncan (CV)	11:12	43. Pence (Clayton Valley)	12:21
20. Nickerson (Mt. Diablo)	11:15	44. Seaman (Clayton Valley)	12:30
21. Potter (Piner)	11:16	45. Boyd (Clayton Valley)	12:31
22. Fat (Jesuit)	11:16	46. Tom Pietras (MSJ)	12:34
23. Hyatt (Skyline)	11:16	47. Postich (Northgate)	12:35
24. Sanchez (Piner)	11:17	48. Chapel (Northgate)	13:25

Castro Valley's JV team proved once and for all that they are #2 in the East Bay, as Skyline proved once and for all that they're #1. Scott Craig and Tom Vertrees both ran a great 10:42 in fifth and sixth, then they were followed by another tight group of Basem Harb, Pat Todd and Phil Duncan within two seconds of each other. Paul Warrin and Robert Hordyk were within ten seconds of that group and Alan Baer was another fifteen seconds back, just 54 seconds behind Craig and Vertrees. Course PR's: Scott Craig 58 seconds, Tom Vertrees 50, Basem Harb 49, Pat Todd 16, Phil Duncan 1:42(!), Robert Hordyk 3, and Alan Baer 1:16.

Awards

Best Performance: PHIL DUNCAN

Intestinal Fortitude: TOM VERTREES

I couldn't give you any more awards--you already got two medals in one day.

SCOTT CRAIG

FROSH-SOPH

MEET: HAAL Invitational

SCORE: San Ramon 51, Jesuit 75, Skyline 100, Mission San Jose 108, Northgate 116, Hillsdale 121, Mt. Eden 150, Castro Valley 195, Concord 209

DATE: October 21, 1973

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: overcast and cool

RESULTS:

1. Bill Ternes (Jesuit)	10:33	40. Steve Cline (Northgate)	11:47
2. Frank Matull (San Ramon)	10:34	41. Rob Stark (MSJ)	11:47
3. Bob Boutin (Jesuit)	10:40	42. John Tepoorten (Hillsdale)	11:48
4. Kyle Kessler (CV)	10:41	43. Tom Jones (Jesuit)	11:49
5. Tom Cole (San Ramon)	10:42	44. Rob Ortlieb (Northgate)	11:49
6. Mike Downes (San Ramon)	10:45	45. Gene Boles (CV)	11:50
7. David Pluth (Skyline)	10:46	46. Ernie Shaw (Park Jr. High)	11:50
8. Brian Angus (MSJ)	10:52	47. Bill Timm (Mt. Eden)	11:50
9. Dave Moore (Northgate)	10:54	48. Shon Lohman (Mt. Diablo)	11:53
10. Larry Paslay (Park Jr. High)	10:57	49. Randy Mah (Mt. Eden)	11:53
11. Gary Gutfeld (Mt. Eden)	10:57	50. Grant Neumann (Hillsdale)	11:54
12. Theo Cedar (Skyline)	10:58	51. Doug Criner (Mt. Eden)	11:58
13. Kevin Puplessis (Skyline)	11:01	52. Tim Haley (Mt. Diablo)	11:58
14. Steve Wogsland (MSJ)	11:03	53. Bob Salamone (Jesuit)	12:00
15. Paul Grabowsky (San Ramon)	11:03	54. Ronin Tiner (Irvington)	12:02
16. Jim Hoge (Concord)	11:03	55. Bill Morris (MSJ)	12:08
17. Tony Madera (Hillsdale)	11:05	56. John Hougey (Irvington)	12:09
18. Mike Bigelow (Northgate)	11:07	57. Eric Schnitzler (CV)	12:10
19. Doug Schuler (Jesuit)	11:08	58. John Hougey (Concord)	12:13
20. Mike Cline (Northgate)	11:09	59. Bruce Ramsour (MSJ)	12:14
21. Randy Cook (Skyline)	11:10	60. Dave Lesico (CV)	12:14
22. Jon Wong (Hillsdale)	11:13	61. David Lewis (Hillsdale)	12:23
23. Vince Gruenwald (Jesuit)	11:13	62. Craig Sundstrom (Skyline)	12:26
24. Paul Tally (Hillsdale)	11:13	63. Alan Hengenhauser (Park)	12:27
25. Jim Armstrong (San Ramon)	11:17	64. Scott Siemsen (Hillsdale)	12:27
26. Wayne Brewster (Mt. Eden)	11:18	65. Eric Gauger (Skyline)	12:33
27. John Dugan (Mt. Eden)	11:18	66. Terry Brooks (CV)	12:46
28. Dean Sundquist (Hillsdale)	11:21	67. Joe Ward (San Ramon)	12:51
29. Scott Fisher (MSJ)	11:	68. Rick Stark (MSJ)	12:53
30. Randy Griffin (MSJ)	11:27	69. Jim Connett (San Ramon)	13:04
31. Adam Lucarelli (MSJ)	11:31	70. Tom Judd (San Ramon)	13:09
32. Mike Kinter (Jesuit)	11:32	71. Toby Gallava (Jesuit)	13:30
33. Mark Cochrane (MSJ)	11:35	72. Dave Meeks (MSJ)	13:34
34. Arnie Holm (Northgate)	11:36	73. Paul Paris (Skyline)	13:37
35. David Shomaker (Hillsdale)	11:40	74. Dan Hecker (Jesuit)	13:29
36. Mike Phillips (Concord)	11:40	75. Jim Lehman (Concord)	14:29
37. David Adams (Logan)	11:43	76. Joe Morgan (Logan)	15:16
38. John Hall (Hillsdale)	11:44	77. Steve Sanders (Concord)	16:30
39. Marty Hudson (San Ramon)	11:46		

Awards

Best Performance: KYLE KESSLER

Intestinal Fortitude: ERIC SCHNITZLER

Well, at least you got a PR: GENE BOLES

GIRLS

MEET: HAAL Invitational

SCORE: Mission San Jose 54, Acalanes 92, San Ramon 107, Piedmont 144, Pleasant Hill 162, Northgate 178, Castro Valley 191, Concord 222, Encinal 241, Vanden 279, Skyline 289, Newark 291, Piner 310, Marina 313, Ygnacio Valley 314, Las Lomas 354, Pittsburg 445

DATE: October 21, 1978

COURSE: 2.0 miles; grassy and slightly hilly

CONDITIONS: foggy and cool

RESULTS:

1. Liz Strangio (MSJ)	11:29	36. Cindy Huth (Encinal)	13:04
2. Melissa Martel (Piedmont)	11:39	37. Jane Fairbanks (Acalanes)	13:05
3. Mary Fraser (Las Lomas)	11:47	38. Betty Parry (Concord)	13:06
4. Diane Kenny (Novato)	11:53	39. Barbara Sieber (Alameda)	13:06
5. Joyce Richardson (Concord)	11:58	40. Cathy Larrovy (Piner)	13:07
6. Londa Larson (MSJ)	12:08	41. Karen Giles (MSJ)	13:07
7. Linda Coon (MSJ)	12:10	42. Sue Godvin (Northgate)	13:08
8. Sabrina Stevenson (CV)	12:13	43. Marianne Malcolm (MSJ)	13:08
9. Charlene Schalk (San Ramon)	12:17	44. Debbie Lee (Northgate)	13:08
10. Julie Hayes (Dublin)	12:21	45. Jane Petrie (San Ramon)	13:12
11. Liana Wilson (Novato)	12:23	46. Janet MacArthur (YV)	13:13
12. Kim Troxel (Acalanes)	12:26	47. Lisa Yabes (Vanden)	13:14
13. Jill Ottaviano (Encinal)	12:27	48. Linda Brown (Newark)	13:14
14. Debbie Bitz (Irvington)	12:28	49. Cheryl Greene (Northgate)	13:16
15. Jennifer Howard (Piedmont)	12:29	50. Martha Atristain (YV)	13:16
16. Beth Duey (MSJ)	12:38	51. Stacy Brown (San Ramon)	13:17
17. Lisa Van Buskirk (PH)	12:39	52. Laurie Greene (Northgate)	13:22
18. Lynne Bachand (Sunset)	12:40	53. Kathy Wong (Marina)	13:25
19. Dana Hale (Vanden)	12:40	54. Tina Martin (Irvington)	13:27
20. Chris Manasewitch (Northgate)	12:41	55. Candy Hadley (Skyline)	13:27
21. Suzy Baffert (San Ramon)	12:42	56. Mitzi Archer (MSJ)	13:31
22. Allison Nemir (San Ramon)	12:43	57. Reida O'Conner (San Ramon)	13:31
23. Joy Upshaw (Acalanes)	12:48	58. Dawn Lee (CV)	13:32
24. Sally Meinbress (Acalanes)	12:50	59. Val Hall (Skyline)	13:38
25. Sandy Kutulas (PH)	12:53	60. Doriz Fullerton (Newark)	13:40
26. Janie Tebb (Acalanes)	12:54	61. Lori Allio (San Ramon)	13:40
27. Maria Jacobson (CV)	12:55	62. Carolyn Thorpe (Piedmont)	13:43
28. Heather Ryan (Piedmont)	12:57	63. Teresa Cox (CV)	13:47
29. Kathy Cantio (PH)	12:58	64. Marie Treinen (Piedmont)	13:47
30. Karen Roos (Acalanes)	12:59	65. Val Borsa (Newark)	13:50
31. Terri King (Marina)	13:00	66. Idar Conley (San Ramon)	13:54
32. Carolyn Tutino (San Ramon)	13:01	67. Renee Anderson (Vanden)	13:56
33. Kathy Bruder (PH)	13:02	68. Susie Vaughan (CV)	13:57
34. Kerri LaCroix (Encinal)	13:03	69. Sherry Baker (Concord)	14:01
35. Amy Worrall (MSJ)	13:03	70. Jenny Bennett (Skyline)	14:03
other Castro Valley finisher;		Liz Gove 108th, 15:53	

126 runners finished

Awards

Best Performance: MARIA JACOBSON

Intestinal Fortitude: SABRINA STEVENSON

See the miscellaneous award for Frosh-Soph: TERESA COX

Varsity

SCORE: Castro Valley 16, Arroyo 56, Marina 68

DATE: October 25, 1978

COURSE: 3.0 miles flat and boring

CONDITIONS: windy

RESULTS:

1. Charlie Harb (CV)	15:29	12. Gilbert Rodrigues (Marina)	16:25
2. Dale Hagen (CV)	15:30	13. Ken Thompson (Arroyo)	16:26
3. Larry Guinee (CV)	15:46	14. Jeff Rowley (Marina)	16:29
4. Kyle Kessler (CV)	15:51	15. Tom Vertrees (CV)	16:33
5. Dan Pratt (Arroyo)	15:52	16. Basem Harb (CV)	16:40
6. Scott Craig (CV)	16:00	17. Rich Deporto (Marina)	17:15
7. Paul Eckert (Marina)	16:03	18. Ivan Sanchez (Marina)	17:28
8. Tom Hart (Arroyo)	16:09	19. Bill Philpott (Arroyo)	17:45
9. Steve Stevenson (CV)	16:10	20. Eduardo Hernandez (Marina)	17:50
10. Pat Todd (CV)	16:17	21. Dan Weber (Arroyo)	18:04
11. Jeff Kramm (Arroyo)	16:24	22. Dave Bevilacqua (Arroyo)	18:14

Castro Valley rolled to an easy victory over the last remaining mathematical contenders for the league dual meet title, Arroyo, as Dan Pratt barely broke up a Trojan sweep in fifth place. Castro Valley thus finishes the dual meets at 7-0 in league, 12-1 overall, the third straight year that Tony Casillas' teams have finished with one loss and the HAAL dual meet championship. The teams' dual meet record over the last three years is now 34-3.

Senior Charlie Harb ran on all three of those teams, so finished his high school dual meet career without ever having been involved in a losing meet in HAAL competition. Charlie finished it in style, roaring from behind to nip Dale Hagen by one second. Hagen, another senior, beat Larry Guinee for the first time and looks ready for great things in the big meets to come. Guinee gave himself even more of a handicap in the first mile than Harb, but he overcame it to finish a comfortable third. Freshman Kyle Kessler ran his second varsity race of the season, and probably qualified himself for a few more by storming past Dan Pratt near the finish to pick up fourth. Scott Craig went out fearlessly, and hung on well enough to assure himself a place on the varsity for the league finals. Steve Stevenson and Pat Todd also ran very strong races, Stevenson looking more stable on his weak ankle than he has in weeks.

Awards

Best Performance: DALE HAGEN

Intestinal Fortitude: SCOTT CRAIG

It's nice to go out a winner: CHARLIE HARB

JUNIOR VARSITY

SCORE: Castro Valley 15, Marina 40, Arroyo no score.

DATE: October 25, 1978

COURSE: 1.9 miles; flat and boring

CONDITIONS: windy

RESULTS:

1. Dave Quigley (CV)	10:22	12. Dan Jankowski (Marina)	11:36
2. Robert Hordyk (CV)	10:26	13. Robert Walker (Marina)	11:37
3. Phil Duncan (CV)	10:27	14. Ed Xavier (Marina)	11:40
4. Alan Baer (CV)	10:35	15. Glenn Smart (Marina)	11:51
5. Paul Warrin (CV)	10:43	16. Andy Soto (Arroyo)	11:52
6. Alex Ermatinger (Marina)	10:48	17. Grant Tsugawa (CV)	12:12
7. Frank Robles (Marina)	11:00	18. David Santos (Marina)	12:24
8. Carl Navarro (Marina)	11:04	19. Rene Hansen (Marina)	12:40
9. Fred Indalecio (Marina)	11:05	20. Tony Cunha (Marina)	13:00
10. Arnie Cunha (Marina)	11:09	21. Vince Gomes (Marina)	13:30
11. John Vertrees (CV)	11:31	22. Dave Martinez (Marina)	13:45

Castro Valley's JV team finished a perfect dual meet season at 13-0, and 7-0 in league. Now, if they sweep the first five places at the HAAL Finals next week, they will have finished the HAAL season without ever having allowed an opposing runner into their first five. The chances to complete that amazing record looks good, since the seven who ran today will be joined by Tom Vertrees, Basem Harb and the Dittman brothers to create an awesome contingent. Dave Quigley, Robert Hordyk and Phil Duncan ran together nearly all the way against Marina, and finished just five seconds apart as Dave Quigley unleashed a powerful kick to gain the first victory of his cross country career. Alan Baer ran strongly after a slow start, gaining considerable ground on the three leaders in the last mile. Paul Warrin had to fight off a stiff challenge from Marina's Alex Ermatinger to preserve the team's sweep record.

Awards

Best Performance: DAVE QUIGLEY

Instestinal Fortitude: PAUL WARRIN

Is it more exciting to give everyone a head start?: ALAN BAER

FROSH-SOPH

SCORE: Castro Valley 26, Arroyo 29, Marina no score

DATE: October 25, 1978

COURSE: 1.9 miles; flat and boring

CONDITIONS: windy

RESULTS:

1.	Dave Shea (CV)	9:40
2.	Dave Anderson (CV)	10:05
3.	Mark Bradley (Arroyo)	10:47
4.	Tom Gavello (Arroyo)	10:53
5.	Mark Fisher (Arroyo)	10:56
6.	Gene Boles (CV)	11:05
7.	Dave Lesico (CV)	11:06
8.	Bruce Folck (Arroyo)	11:07
9.	Tom Temple (Arroyo)	11:22
10.	Eric Schnitzler (CV)	11:23
11.	Terry Brooks (CV)	11:57
12.	Joe Ryan (Arroyo)	12:19

Castro Valley wrapped up the HAAL dual meet title in typically heart-stopping fashion, as desperate kicks by Gene Boles and Dave Lesico preserved the victory. This team's road to the championship was rocky, indeed. First, they slipped past Mr. Eden 26-29, then they had a breather in the second meet, breezing past Hayward and San Lorenzo 18-40-no score. In the third week, they won over Tennyson and Sunset 36-41-43 in a meet where nobody could figure out how they won even after the race was over. This fourth victory capped an amazing season in which they would have finished with at least three losses if no one had changed places in the last mile.

This time around, Dave Shea and Dave Anderson dropped down from the varsity to save the team from ruin. The two Daves had people wondering if they were in the same race as the rest of the field, running the two fastest times ever recorded on this course. Eric Schnitzler and Dave Lesico both ran come-from-behind races, Lesico just catching his man at the finish, and Schnitzler just falling short. The team will try to cap its Cinderella season next week by winning the HAAL Finals. True to form, the Trojans will be decided underdogs, and will need good performances from every runner to win the meet.

Awards

Best Performance: DAVE SHEA

Intestinal Fortitude: DAVE LESICO

We deserve some award for suffering through the antics of the Cardiac Kids:

THE COACHES

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

VARSIITY

MEET: National 2-Mile Postal
DATE: November 4, 1978
COURSE: 2.0 miles on Tartan track
CONDITIONS: warm

RESULTS:

Larry Guinee	1st	9:49
Charlie Harb	3rd	9:55
Dave Shea	5th	10:01
Dale Hagen	8th	10:09
Dave Anderson	10th	10:17
Kyle Kessler	11th	10:22

Castro Valley dominated its heat at the 2-Mile Postal meet at Los Gatos High School, putting all six runners in the top eleven of a 40 man field. The Trojans would have won a dual meet against the rest of the field, 27-28. Larry Guinee ran his second excellent race in a week, hanging back a bit early, then blazing past early leader Mike Gama of Tennyson with a 660 to go and never looking back. Guinee's time places him tenth on the Castro Valley all-time list, displacing Scott Flagg's 9:49.9. Charlie Harb's furious kick just missed catching Gama, as he also broke 10 minutes. Dave Shea, Dale Hagen and Dave Anderson followed closely, as the spread from first to fifth man was only 28 seconds. Freshman Kyle Kessler had a big kick to run a phenomenal 10:22 as sixth man. The team time of 50:11 should place the Trojans very high on the team place list.

Awards

Best Performance: LARRY GUINEE
Intestinal Fortitude: CHARLIE HARB
Once you learn to run a track race, watch out!: KYLE KESSLER

VARSIITY "B" TEAM

MEET: National 2-Mile Postal
DATE: November 4, 1978
COURSE: 2.0 miles on Tartan track
CONDITIONS: Warm

RESULTS

Scott Craig	8th (tie)	10:40
Steve Stevenson	8th (tie)	10:40
Basem Harb	12th	10:44
Tom Vertrees	13th	10:49
Phil Duncan	19th	10:50
Alan Baer		11:26
Pat Todd		11:38

Castro Valley's second varsity may have won their heat, as the first team won theirs. The spread of only ten seconds from one to five was spectacular, as the team's characteristic balance showed through. Scott Craig and Steve Stevenson waged an exciting battle, as they tried to sort out who will be the seventh man next week in the Area championships. Obviously, the issue is still in doubt. Craig led for the first mile, then Stevenson moved past him, only to have Craig pass him with a 110 to go. But Steve didn't give an inch, catching Scott ten yards from the finish, apparently on his way to eighth place. However, Scott came back and tied him with a lunge at the finish. Just four seconds behind those two came Basem Harb, setting an impressive PR. Like wise picking up PR's were Tom Vertrees and Phil Duncan, just behind the first three.

Awards

Best Performance: BASEM HARB

Intestinal Fortitude: PHIL DUNCAN

Thanks for making the decision easy: STEVE STEVENSON and SCOTT CRAIG

FROST-SOPH

MEET: National 2-Mile Postal
DATE: November 4, 1978
COURSE: 2.0 miles on Tartan track
CONDITIONS: warm

RESULTS:

Gene Boles	11:22
Eric Schnitzler	12:02
Terry Brooks	12:53

The frosh-soph had their finale to a Cinderella season at the Postal here, and Gene Boles finished it well with a tie of his PR, thanks to a strong pickup in the last half-mile. Eric Schnitzler ran his usual chasing race, just missing 12 minutes, and Terry Brooks ended his season somewhat characteristically: showing flashes of brilliance, then struggling, but always fighting to do his best.

Awards

Best Performance: GENE BOLES
Intestinal Fortitude: ERIC SCHNITZLER
We'll miss you next year: TERRY BROOKS

GIRLS

MEET: National 2-mile Postal
DATE: November 4, 1978
COURSE: 2.0 miles; Tartan track
CONDITIONS: warm

RESULTS:

Sabrina Stevenson	2nd	12:03
Susie Vaughan		13:23
Liz Gove		14:41

Sabrina Stevenson ran very strongly in the absence of a full team, out-kicking San Ramon's Suzy Baffert for second place in an excellent 12:03. Susie Vaughan ran a very even race in her first (and, if she has her way, probably last) two mile on a track, and Liz Gove ran fairly well, showing the inevitable turn of speed at the finish. The team will be back to at least near full strength to cope with the power of Mission San Jose and Carondolet at the Area meet this week.

Awards

Best Performance: SABRINA STEVENSON
Intestinal Fortitude: SUSIE VAUGHAN
I think this race was approximately seven laps too long for you: LIZ GOVE

VARSDTY

MEET: North Coast Section Southern Area Championships

DATE: November 11, 1978

COURSE: 3.0 miles; grassy with mild hills

CONDITIONS: cold and windy

RESULTS:

1. Steve Strangio (MSJ)	15:07	(49)	Tom Hart (Arroyo)	17:14
2. John Marden (MSJ)	15:32	50.	Keith Davies (Logan)	17:16
3. Rich Read (MSJ)	15:33	51.	Dean Schorno (BOD)	17:17
4. Jay Marden (MSJ)	15:36	52.	Tom Clifford (Piedmont)	17:19
5. Rich Moraida (Irvington)	15:43	53.	Ed Coyne (DeLaSalle)	17:21
6. Larry Guinee (CV)	15:51	(54)	Ervin Hulse (Tennyson)	17:23
7. Frank Leeds (Alameda)	15:52	55.	Mark Leahy (Piedmont)	17:24
(8) Dennis McDonald (ME)	16:02	56.	Larry Scott (Encinal)	17:26
9. Jeff Peterson (DeLaSalle)	16:05	57.	Dane Long (Moreau)	17:27
10. Jim Pena (Irvington)	16:07	58.	Mike Gavin (Irvington)	17:28
(11) Oscar Mendez (Sunset)	16:09	59.	Peter Castellanos (BOD)	17:29
12. Eric Sargeson (DeLaSalle)	16:12	60.	Dennis Bowersmith (Logan)	17:30
13. John Carey (MSJ)	16:13	61.	Mike Audley (DeLaSalle)	17:32
14. Hart Joram (Piedmont)	16:14	62.	Dan Devane (Moreau)	17:33
15. Dave Anderson (CV)	16:15	63.	Chris Galloway (Moreau)	17:38
16. Charlie Harb (CV)	16:21	64.	Jon Bennett (Moreau)	17:40
17. Kyle Kessler (CV)	16:22	65.	Mike DeSanto (Moreau)	17:42
18. Dennis King (Encinal)	16:23	(66)	Ken Thompson (Arroyo)	17:43
19. Van Wasare (James Logan)	16:24	(67)	Gilbert Rodriques (Marina)	17:44
20. Steve Schneider (DeLaSalle)	16:26	68.	Chris Wright (Moreau)	17:44
(21) Paul Eckert (Marina)	16:27	69.	Mark Lima (Irvington)	17:45
(22) Mike Gama (Tennyson)	16:29	(70)	Jeff Kramm (Arroyo)	17:48
23. Jon Coleman (BOD)	16:30	71.	Allen Mahaney (Tennyson)	17:50
24. Pat Carroll (Irvington)	16:31	72.	Tomas DeArujio (Logan)	17:52
25. Bruce Mulcahy (MSJ)	16:36	73.	Rob McCuskey (DeLaSalle)	17:56
26. Dave Shea (CV)	16:37	74.	John Van Etten (Encinal)	18:01
27. Don Diola (Alameda)	16:39	75.	Steve Haberman (BOD)	18:02
28. Eric Partenheimer (Memorial)	16:41	76.	Jesse Ramos (Encinal)	18:05
29. Dale Hagen (CV)	16:42	77.	Jim Blankenship (Memorial)	18:07
30. Kevin Kennedy (Piedmont)	16:43	78.	Dan Huber (Encinal)	18:08
31. Mike Cooke (BOD)	16:44	79.	Brian Thompson (Alameda)	18:09
32. Sky Adgie (Irvington)	16:47	(80)	Eduardo Hernandez (Marina)	18:11
33. Steve Hackel (Piedmont)	16:50	(81)	Jeff Rowley (Marina)	18:14
34. Chris Prietto (DeLaSalle)	16:51	(82)	Richard DoPorto (Marina)	18:15
35. Larry Searcy (James Logan)	16:54	83.	Fred Woodward (Irvington)	18:17
36. Ira Moch (Piedmont)	16:55	84.	Dave Ward (Encinal)	18:19
37. Doug Loisel (MSJ)	16:56	(85)	Ed Silva (Tennyson)	18:20
38. Collin Morgal (Alameda)	16:57	86.	Brian Pace (Alameda)	18:21
39. Paul Hill (Encinal)	16:58	(87)	Bill Philpott (Arroyo)	18:37
(40) Dan Pratt (Arroyo)	16:59	(88)	Ron McDonald (Tennyson)	18:51
41. Scott Craig (CV)	17:03	89.	Jim Conty (BOD)	18:55
42. Ron Bottano (Piedmont)	17:06	(90)	Alex Ermatinger (Marina)	18:58
43. Jim Smith (Alameda)	17:09	(91)	Dave Bevilacqua (Arroyo)	19:01
(44) Bill Bertucci (Arroyo)	17:10	(92)	Ivan Sanchez (Marina)	19:29
45. Jeff West (Memorial)	17:11	93.	Robert Koster (Memorial)	19:32
46. Mike Miller (Alameda)	17:12	94.	Ernie Rodriguez (Memorial)	20:15
47. Dave Carlson (Memorial)	17:13	95.	Mike Carter (Memorial)	22:17
(48) Joe Casey (Tennyson)	17:14			

MSJ
1507
1532
1533
1536
1513
78:01

TEAM SCORING

1.	MISSION SAN JOSE	21
2.	CASTRO VALLEY	72
3.	DE LA SALLE	119
4.	IRVINGTON	122
5.	PIEDMONT	145
6.	ALAMEDA	153
7.	JAMES LOGAN	226
8.	BISHOP O'DOWD	229
9.	ENCINAL	253
10.	ARROYO	259
11.	TENNYSON	270
12.	MEMORIAL	280
13.	MOREAU	301
14.	MARINA	321

Castro Valley finished second, as expected, at the Southern Area Championships at Hayward High. The Trojans will join Mission San Jose, DeLaSalle and Irvington in qualifying for next Saturday's North Coast Finals at Redwood Regional Park in Oakland. The Trojans were as far above the rest of the field as they were below Mission San Jose in finishing second for the third straight year at this meet (including Canyon in 1976). Their point total has continually gone down over the three years though: 133 in 1976, 84 last year and 72 this year.

Larry Guinee, who runs better and better as the season nears an end, once again led the way, outkicking Frank Leeds for sixth place as he got a 3-second PR for the course. After Larry, Dave Anderson was #2 for the first time this year, running a brilliant race to finish 15th, the second sophomore in the race behind Jay Marden. Charlie Harb and Kyle Kessler came across in 16th and 17th, both within seven seconds of Anderson. Kessler, in only his third varsity race all year, finished four places higher than Jay Marden in this meet last year! The freshman would have been the #1 man for eight of the other teams in the field today. Dave Shea and Dale Hagen fought off illness to run well, finishing 26th and 29th, and Scott Craig got a PR by more than anyone in 41st, knocking 10 seconds from last week's time. The only other PR was by Anderson, by 5 seconds.

The team faces the biggest challenge of the season next week at the North Coast finals, as it tries to finish in the top three to qualify for the first-ever Northern California Championships. Mission San Jose has to be considered a prohibitive favorite to win the meet, but after that it is wide open. The top contenders for the other two trips to Belmont are Central Area champion Pleasant Hill, Central runner-up Livermore, possibly a northern team like Redwood or Petaluma, and the Trojans.

AWARDS

Best Performance: DAVE ANDERSON and KYLE KESSLER
Intestinal Fortitude: LARRY GUINEE
Not bad for a sickie: DAVE SHEA and DALE HAGEN

GIRLS

MEET: North Coast Section Southern Area Championships

DATE: November 11, 1978

COURSE: 2.0 miles; grassy with mild hills

CONDITIONS: cold and windy

RESULTS:

1. Chris Manning(Carondolet)	11:21	42. Linda Brown(Newark)	13:56
2. Liz Strangio(MSJ)	11:41	43. Beth Brennan(Carondolet)	13:57
3. Carol Manning(Carondolet)	11:48	44. Nikki Weiman(San Lorenzo)	13:58
4. Londa Larson(MSJ)	12:03	45. Lynn Hickson(Moreau)	13:59
5. Melissa Martel(Piedmont)	12:07	46. Valerie Borsa(Newark)	14:01
6. Debbie Bitz(Irvington)	12:19	47. Andrea Dove(Encinal)	14:05
7. Sabrina Stevenson(CV)	12:20	48. Cecilia Carson(Encinal)	14:06
8. Denise Bigalow(San Lorenzo)	12:28	49. Martha Fairwell(Moreau)	14:07
9. Michelle Phipps(Arroyo)	12:31	50. Jane Phipps(Arroyo)	14:08
10. Linda Coon(MSJ)	12:33	51. Liz Trujillo(Moreau)	14:10
11. Jill Ottaviano(Encinal)	12:34	52. Christy Hoelter(Piedmont)	14:11
12. Debbie Quintana(Marina)	12:36	53. Hilary Morehouse(Alameda)	14:12
13. Beth Duey(MSJ)	12:39	54. Sue Hagerty(Marina)	14:19
14. Valerie Knafelc(Carondolet)	12:41	55. Trish Conter(Notre Dame)	14:20
15. Cito MacMahon(Carondolet)	12:50	56. Tammie Bill(Newark)	14:21
16. Jenni Howe(Carondolet)	12:51	57. Lisa Forsberg(Arroyo)	14:32
17. Bella Del Santo(Moreau)	12:52	58. Vicky Bevilacqua(Arroyo)	14:34
18. Kerri LaCroix(Encinal)	12:56	59. Anne Stevens(Piedmont)	14:35
19. Joy Pasley(Alameda)	12:58	60. Karen Kempel(Notre Dame)	14:37
20. Heather Ryan(Piedmont)	12:59	61. Maeve Murphy(Notre Dame)	14:38
21. Cathy Nakahara(Albany)	13:02	62. Glenna Hauser(Marina)	14:39
22. Libby Hopkins(Encinal)	13:03	63. Kathy Pascale(Newark)	14:41
23. Terri King(Marina)	13:05	64. Tammy Barde(Memorial)	14:42
24. Jennifer Howard(Piedmont)	13:07	65. Linda Nolan(Marina)	14:43
25. Lisa Lockwood(Notre Dame)	13:10	66. Pam Wieland(Arroyo)	14:44
26. Amy Worrall(MSJ)	13:12	67. Diane Huff(Alameda)	14:46
27. Tina Martin(Irvington)	13:14	68. Carol Orille(Notre Dame)	14:47
28. Maria Jacobson(CV)	13:16	69. Cynthia Jeong(Arroyo)	15:08
29. Linda Crone(Alameda)	13:17	70. Jackie Barrantes(ND)	15:14
30. Marianne Malcolm(MSJ)	13:20	71. Paula Bevilacqua(Arroyo)	15:16
31. Dorte Fullerton(Newark)	13:22	72. Diana Lee(San Lorenzo)	15:17
32. Kathy Wong(Marina)	13:23	73. Anita Del Santo(Moreau)	15:25
33. Karen Cisek(Moreau)	13:27	74. Katherine Nickey(Memorial)	15:32
34. Carolyn Thorpe(Piedmont)	13:33	75. Molly Capurro(Moreau)	15:36
35. Dawn Lee(CV)	13:35	76. Karen Gault(San Lorenzo)	15:38
36. Marie Treinen(Piedmont)	13:36	77. Liz Gove(CV)	15:53
37. Karen Giles(MSJ)	13:37	78. Tammy Bray(Memorial)	16:03
38. Cindy Huth(Encinal)	13:42	79. Devery Goss(Encinal)	16:18
39. Katy Lowney(Newark)	13:43	80. Sue Lopez(Notre Dame)	16:21
40. Susie Vaughan(CV)	13:48	81. Nadine Lambe(San Lorenzo)	16:27
41. Denise Archenbauld(Caron)	13:52	82. Veronica Wong(Marina)	16:32

TEAM SCORING

1.	CARONDOLET	46
2.	MISSION SAN JOSE	50
3.	PIEDMONT	104
4.	ENCINAL	121
5.	MARINA	162
6.	CASTRO VALLEY	163
7.	MOREAU	174
8.	NEWARK	188
9.	ARROYO	215
10.	NOTRE DAME	240
11.	SAN LORENZO	248

Castro Valley finished its season with a rather inauspicious sixth place finish in the Southern Area Championships. The Trojans fell to the team they whipped last week at the HAAL Finals, Marina by the scant one point. The team was hurt by the absence of three girls, any one of whom might have been enough to push them up to fourth and a spot in the North Coast Finals. That, however, was the story of the season: this is a team that will always be remembered for what might have been, rather than what was.

The five girls who did run here were led by irrepressible freshman Sabrina Stevenson, who missed going to North Coast as an individual by two places, as she equalled last week's time in finishing a lofty 7th. Others who narrowly missed or beat their PR's were Dawn Lee (missed by 3 seconds) and Susie Vaughan (PR by 9 seconds).

Awards

Best Performance: SABRINA STEVENSON

Intestinal Fortitude: SUSIE VAUGHAN

Rejoice! Track season starts Monday: LIZ GOVE

VARSIITY

MEET: North Coast Section Finals

DATE: November 18, 1978

COURSE: 2.9 miles; flat with many booby traps

CONDITIONS: cool and sunny

RESULTS:

1. Steve Strangio (MSJ)	16:00	50. Jim Saveliff (Terra Linda)	17:48
2. John Marden (MSJ)	16:04	51. Kyle Kessler (CV)	17:50
3. Rob Wentworth (Livermore)	16:05	52. Mark Lester (Amador)	17:52
4. Rich Read (MSJ)	16:08	53. Ernie Cottrell (Terra Linda)	17:53
5. Dave Royal (Petaluma)	16:29	54. Sky Adgie (Irvington)	17:53
6. Jay Marden (MSJ)	16:32	55. Jim Pena (Irvington)	17:53
7. Steve Howard (Ukiah)	16:35	56. Phil Park (Redwood)	17:57
8. Bill Lahgueni (Amador)	16:37	57. Dave Hill (Amador)	17:58
9. Bret Baffert (San Ramon)	16:38	58. Chris Waters (Amador)	18:01
10. Ken Tilcock (Clayton Valley)	16:42	59. Robert Treacy (San Rafael)	18:03
11. Garth McCune (Redwood)	16:43	60. Curtis Smith (Amador)	18:07
12. Greg Fong (Rancho Cotati)	16:44	61. Chris Prietto (DeLaSalle)	18:08
13. Charlie Harb (CV)	16:49	62. Dan Vargas (Amador)	18:09
14. Tino Tarantino (Ft. Bragg)	16:51	63. John Shilling (Petaluma)	18:09
15. Mike Williams (Arcata)	16:54	64. Dale Hagen (CV)	18:09
16. Larry Guinee (CV)	16:56	65. Doug Loisel (MSJ)	18:11
17. Anthony Robinson (Northgate)	16:58	66. Jeff Truitt (Amador)	18:11
18. Pete Foster (Pleasant Hill)	16:59	67. Tim Pontarelli (Northgate)	18:11
19. Bob Goni (Terra Linda)	17:02	68. Mark Massen (Redwood)	18:12
20. Jeff Peterson (DeLaSalle)	17:04	69. Mike McEntire (Redwood)	18:15
21. Eric Sargeson (DeLaSalle)	17:07	70. Rich Moraida (Irvington)	18:16
22. Tim Berry (Pleasant Hill)	17:08	71. Ed Coyne (DeLaSalle)	18:20
23. Bruce Williams (Livermore)	17:11	72. Bruce Mulcahy (MSJ)	18:22
24. Dave Shea (CV)	17:14	73. Dan Balbierz (Northgate)	18:23
25. Mark Van Buskirk (PH)	17:16	74. Ethan Drew (Ft. Bragg)	18:26
26. Pete Mayer (Pleasant Hill)	17:17	75. John Loomis (Redwood)	18:27
27. Scott Rickenseler (Petaluma)	17:18	76. Steve Stevenson (CV)	18:28
28. Pat Carroll (Irvington)	17:19	77. Mike Audley (DeLaSalle)	18:30
29. Mike Traynor (Clayton Val.)	17:20	78. Tom Gamble (St. Helena)	18:30
30. Craig Fry (Pleasant Hill)	17:20	79. Mark Coria (Northgate)	18:34
31. Dennis Van Dyke (Petaluma)	17:22	80. Steve Romero (Eureka)	18:35
32. Kevin Hecht (Redwood)	17:24	81. Fred Woodward (Irvington)	18:39
33. Bob Goralka (Livermore)	17:28	82. Bob Horan (Northgate)	18:49
34. Clint Goldman (San Rafael)	17:28	83. J. C. Tinney (Ft. Bragg)	18:52
35. Mark Peveler (San Rafael)	17:28	84. Anthony Ketchum (San Rafael)	19:01
36. Andy Thomas (Terra Linda)	17:30	85. Mike Gavin (Irvington)	19:03
37. Scott Wilson (Northgate)	17:31	86. Jerry Shilling (Petaluma)	19:05
38. John Carey (MSJ)	17:32	87. Chris Teegarden (San Rafael)	19:09
39. Bo Long (Petaluma)	17:33	88. Humberto Gonzales (Ft. Bragg)	19:13
40. Brad Tardy (Redwood)	17:34	89. Greg Bernard (Livermore)	19:17
41. Joe Ogden (Pleasant Hill)	17:34	90. Matt Wice (San Rafael)	19:20
42. Dave Anderson (CV)	17:35	91. Mark Gobbi (Ft. Bragg)	19:27
43. Keith Wayne (Pleasant Hill)	17:39	92. Mark Lima (Irvington)	19:30
44. Jerry Rickenseler (Petaluma)	17:42	93. John Bartlett (DeLaSalle)	19:34
45. Matt Cox (Northgate)	17:43	94. Blake Beddingfield (Terra Lin)	19:46
46. Steve Schneider (DeLaSalle)	17:43	95. Bill Kowalski (Livermore)	19:49
47. Ian Ross (Terra Linda)	17:45	96. Dave Nagle (Livermore)	19:52
48. Jim Lenschau (Terra Linda)	17:46	97. Ira Nelson (Terra Linda)	20:09
49. Leo D'Aquisto (Ft. Bragg)	17:47	98. Dana Nelson (Ft. Bragg)	20:47

TEAM SCORING

1.	MISSION SAN JOSE	45
2.	PLEASANT HILL	95
3.	CASTRO VALLEY	120
4.	PETALUMA	123
5.	TERRA LINDA	174
6.	REDWOOD	180
7.	DE LA SALLE	191
8.	AMADOR VALLEY	210
9.	NORTHGATE	210
10.	LIVERMORE	216
11.	SAN RAFAEL	230
12.	IRVINGTON	257
13.	FORT BRAGG	274

Castro Valley won a trip to the first-ever Northern California Championships by a razor-thin margin of three points over Petaluma at the North Coast Finals at Redwood Regional Park. The Trojans trailed remarkable Mission San Jose and pack-running Pleasant Hill in tying the highest finish ever by a Castro Valley team at this meet.

Senior Charlie Harb ran what was probably the best race of an illustrious high school career that has one race left, as he finished 13th. Charlie beat everyone who had beaten him at the Area meet last week except the four burners from Mission San Jose. Larry Guinee's strong kick brought him in just seven seconds behind in 16th place, the only second man in the race besides John Marden to break 17 minutes on this course. Dave Shea returned to form after being slowed by illness last week, actually finishing two places higher at the North Coast finals than he did at the Southern Area meet, a rare accomplishment, indeed. The second sophomore on the team, Dave Anderson, had to fight his way past about 40 runners after getting caught behind in the first half-mile. He did something which has been rare for him by outkicking a man at the finish, and it was a Pleasant Hill man. He had just passed a Petaluma runner shortly before, and that proved crucial in the team battle. Amazing freshman Kyle Kessler ran a hot and cold race, sometimes looking unstoppable and sometimes looking quite vulnerable. Fortunately, he was unstoppable for long enough to get 51st, one place higher than Jay Marden as a freshman last year. Senior Dale Hagen, still slowed by illness, finished a respectable 64th, and the third sophomore, Steve Stevenson, placed 76th with a good, competitive race.

The Trojans, with today's performance, proved that they definitely belong among the top twelve cross country teams in Northern California. Next Saturday at the Crystal Springs course in Belmont, they will determine just exactly where in that top twelve they belong. Other qualifiers are Oakland City champion Skyline, the Northern Section champion, the San Francisco City champion (probably Lowell), the top three teams from the San-Joaquin Section (Probably including Mira Loma and Jesuit), and the three teams on top of the Central Coast Section (probably including Carlmont and Homestead).

Awards

Best Performance: CHARLIE HARB

Intestinal Fortitude: DAVE SHEA

You realize this means you have to get fifth next year: KYLE KESSLER

VARSIITY

MEET: Northern California Championships

DATE: November 25, 1978

COURSE: 2.9 miles; hilly

CONDITIONS: sunny and breezy

RESULTS:

1. T. Downs (Sky)	14:44	58. Kading (ML)	16:05
2. Strangio (MSJ)	14:58	59. M. Bunnell (Sha)	16:10
3. Soto (Mt. Pleas.)	15:02	60. Giovannetti (Mil)	16:11
4. Royal (Petaluma)	15:03	61. Foster (PH)	16:11
5. Jo. Marden (MSJ)	15:05	62. Kinzy (Homestead)	16:12
6. Read (MSJ)	15:05	63. Fry (PH)	16:13
7. Hernandez (Ind)	15:08	64. Ibarra (Wilson)	16:14
8. Williams (Chico)	15:11	65. P. Downs (Sky)	16:17
9. Gaytau (Hollister)	15:11	66. Radican (ML)	16:20
10. Little (Jesuit)	15:13	67. Kessler (CV)	16:21
11. Ja. Marden (MSJ)	15:15	68. Spiegle (Westmt)	16:22
12. Marson (Mills)	15:16	69. Serrano (Lowell)	16:23
13. Ji. Scott (El Cam)	15:17	70. Balderas (S Jose)	16:27
14. Ramirez (YB)	15:20	71. D. Bunnell (Shas)	16:30
15. Saldana (Riverbk)	15:21	72. McCarry (Jesuit)	16:30
16. Darren (Westmont)	15:21	73. Mayer (PH)	16:31
17. Cooper (Willow G)	15:24	74. Immoos (Elk Gr)	16:31
18. Gonzalez (Mt View)	15:24	75. Bernall (Westmt)	16:32
19. Fong (Ran Cotate)	15:24	76. Ridge (Jesuit)	16:32
20. Turner (Colfax)	15:25	77. Todd (Westmont)	16:35
21. Aguilar (Manteca)	15:27	78. Jobe (Mills)	16:35
22. Baffert (S Ramon)	15:27	79. Hunt (Westmont)	16:36
23. Betker (Casa Robl)	15:30	80. Guinee (CV)	16:39
24. Frank (Cent Val)	15:30	81. Anderson (CV)	16:39
25. Vail (Mira Loma)	15:31	82. McNaulty (Wilson)	16:41
26. Wentworth (Liv)	15:33	83. White (El Camino)	16:41
27. Shoemaker (ML)	15:33	84. Shea (CV)	16:42
28. Foran (Mira Loma)	15:34	85. Keller (Shasta)	16:43
29. Tilcock (Clay Val)	15:35	86. Ingram (Westmont)	16:43
30. Maxwell (Jesuit)	15:36	87. Jordon (Shasta)	16:44
31. Harb (CV)	15:40	88. Ferguson (McAteer)	16:45
32. Overoye (Jesuit)	15:40	89. Ogden (PH)	16:50
33. Maldonado (McCla)	15:41	90. Hepne (Mira Loma)	16:54
34. Howard (Ukiah)	15:41	91. Craig (CV)	16:55
35. Swan (Lincoln)	15:42	92. Felix (Mills)	16:59
36. Cort (Homestead)	15:43	93. Jundling (McAteer)	17:00
37. Gary (El Camino)	15:44	94. Tarantino (Ft Brag)	17:01
38. Langueni (Amador)	15:46	95. Garber (Shasta)	17:04
39. Tierman (ML)	15:48	96. Weber (Skyline)	17:05
40. Hudson (Mills)	15:49	97. Morrison (El Cam)	17:06
41. Demo (Homestead)	15:49	98. Ramirez (McAteer)	17:10
42. Maas (So Tahoe)	15:50	99. Villa (Shasta)	17:12
43. Wordzik (Mills)	15:51	100. Nunes (Westmont)	17:12
44. Gamboa (Skyline)	15:52	101. Loisel (MSJ)	17:13
45. Cliftom (Hstd)	15:53	102. Growdon (Chico)	17:13
46. Lindeman (Jesuit)	15:54	103. Roll (PH)	17:16
47. Carey (MSJ)	15:54	104. Mulcahy (MSJ)	17:18
48. McCune (Redwood)	15:55	105. Brown (Skyline)	17:23
49. Reyes (Jesuit)	15:56	106. Hagen (CV)	17:28
50. Lawler (Skyline)	15:57	107. Fodriguez (Lowell)	17:28
51. Westwood (Hstd)	15:57	108. Yu (Skyline)	17:29
52. Scott (El Camino)	15:58	109. Zamczyk (Homestead)	17:37
53. Igel (Homestead)	15:58	110. Wayne (PH)	18:00
54. Silverstein (ML)	15:59	111. Dunn (El Camino)	18:01
55. Felhaver (Brigme)	16:02	112. Blakey (McAteer)	18:11
56. O'Connor (Crlmont)	16:03	113. Palmer (Mills)	18:23
57. Wingate (Shasta)	16:05		

TEAM SCORING

1. MISSION SAN JOSE	40	7. EL CAMINO	170
2. MIRA LOMA	82	8. WESTMONT	195
3. JESUIT	83	9. CASTRO VALLEY	212
4. HOMESTEAD	117	10. SHASTA	221
5. MILLS	131	11. PLEASANT HILL	224
6. SKYLINE	151		

Castro Valley finished the longest cross country season in the school's history with a ninth place finish at the Northern California Championships. Although some had hoped for more, when you realize that we were the ninth best team in Northern California, with over 400 high schools, you have to be awfully impressed. Beyond that, you can look at the teams that finished higher here and see that they're all vulnerable next year, which is the most exciting prospect of all.

Senior Charlie Harb ran beautifully in his last high school race, finishing 31st in an extremely high-quality field. This performance should make him a contender for second team All-NorCal, not to mention All-East Bay. I've run out of superlatives for Kyle Kessler, so I'll just say he got 67th, and was no less than the best freshman in Northern California. Larry Guinee, Dave Anderson and Dave Shea came in within 3 seconds of each other, but it wasn't at a high enough level to move us any higher in the team standings. Scott Craig moved up to the #6 spot with a very strong race. Dale Hagen had an unfortunate end to his high school career when he had to stop to put on his shoe after it was knocked off in the pack.

The team thus finished the season with the following impressive statistics: 12-1 in dual meets, 7-0 in HAAL dual meets, HAAL Champions, Southern Area runners-up, #3 in the North Coast Section, probably #4 in the East Bay, and #9 in Northern California. The most amazing thing about all of that is that, if the work is put in, those marks can only get better next year.

Awards

Best Performance: CHARLIE HARB

Intestinal Fortitude: KYLE KESSLER

Best Supporting Actor (for telling Kyle to get moving on the downhill): SCOTT CRAIG

NORTHERN CALIFORNIA CROSS COUNTRY CHAMPIONSHIP
Meet Team Standings 11/25/78 Crystal Springs

Course: 3.0 miles
Conditions: excellent

Top individual:
Tom Downs, Skyline
14:

BOYS RACE:

1.	Mission San Jose	40
2.	Mira Loma	82
3.	Jesuit	83
4.	Homestead	117
5.	Mills	131
6.	Skyline	151
7.	El Camino	170
8.	Westmont	195
9.	Castro Valley	212
10.	Shasta	221
11.	Pleasant Hill	244
12.	McAteer	inc

Course: 2.0 miles
Conditions: excellent

Top individual:
Kim Schnurpfeil, San Mateo
12:23.8

GIRLS RACE:

1.	Mission San Jose	79
2.	Shasta	81
3.	Half Moon Bay	102
4.	Mira Loma	108
5.	Homestead	115
6.	Bella Vista	128
7.	Marin Catholic	162
8.	Acalanes	180
9.	Soquel	183
10.	Lowell	220

RESULTS OF THE BOYS RACE--NORTHERN CAL CROSS COUNTRY CHAMPIONSHIPS

at Crystal Springs Course, Belmont, CA 3.0 miles

Name	Gr	School	Time	Name	Gr	School	Time
1 Downs, Tom	12	Skyline	14:43.6	57 Wingate, Don	12	Shasta	16:04.8
2 Strangio, Steve		Mission S.J.	:57.5	58 Kading, Kevin	12	Mira Loma	:05.1
3 Soto, Felix	11	Mt. Pleasant	15:01.5	59 Bunnell, Mark	11	Shasta	:10.1
4 Royal, Dave	12	Petaluma	:03.2	60 Giovannetti, Glen	11	Mills	:10.9
5 Mardon, John		Mission S.J.	:04.7	61 Foster, Pete		Pleasant Hill	:11.3
6 Read, Rich		Mission S.J.	:05.4	62 Kinzy, Scott	12	Homestead	:12.4
7 Hernandez, Dan		Independence	:08.3	63 Fay, Craig		Pleasant Hill	:12.8
8 Williams, Greg	12	Chico	:10.6	64 Ibarra, Mario		Wilson	:13.5
9 Gaytan, Gabe	11	Hollister	:11.4	65 Downs, Peter	12	Skyline	:17.2
0 Little, Chris		Jesuit	:13.3	66 Radican, Dave	12	Mira Loma	:19.7
1 Marden, Jay		Mission S.J.	:15.0	67 Kessler, Kyle	9	Castro Valley	:20.5
2 Marson, Dave	11	Mills	:16.4	68 Spiegle, Shawn	11	Westmont	:21.6
3 Scott, Jeff	10	El Camino	:17.2	69 Serrano, Fidel		Lowell	:22.7
4 Ramirez, Danny		Yerba Buena	:19.9	70 Balderas, Fernando	11	San Jose	:26.7
5 Saldana, Jesse		Riverbank	:20.1	71 Burrell, Dan	11	Shasta	:29.4
6 Lambeth, Darren	12	Westmont	:20.2	72 McCarry, Pete		Jesuit	:29.7
7 Cooper, Scott	12	Willow Glen	:21.3	73 Mayer, Pete		Pleasant Hill	:30.5
8 Gonzalez, Dan	11	Mountain View	:23.6	74 Immoos, Mike		Elk Grove	:31.4
9 Fogg, Greg	12	Rancho Cotate	:24.4	75 Bernal, Nelson	10	Westmont	:31.8
0 Turner, Frank		Colfax	:25.0	76 Ridge, Neal		Jesuit	:32.2
1 Aguilar, Sergio	11	Manteca	:26.5	77 Todd, Jim	12	Westmont	:34.9
2 Baffert, Bret		San Ramon	:27.4	78 Jobe, Bruce	10	Mills	:35.2
3 Betker, Dan	11	Casa Roble	:29.6	79 Hunt, Dave	12	Westmont	:35.7
4 Frank, John	11	Central Valley	:30.2	80 Guinee, Larry	11	Castro Valley	:38.6
5 Vail, Mike	11	Mira Loma	:30.9	81 Anderson, Dave	10	Castro Valley	:39.4
6 Wentworth, Rob	12	Livermore	:32.9	82 McNaulty, Terrence		Wilson	:40.9
7 Shoemaker, John	12	Mira Loma	:33.4	83 White, Will	11	El Camino	:41.3
8 Foran, Tom	11	Mira Loma	:33.9	84 Shea, Dave	10	Castro Valley	:42.0
9 Tilcock, Ken		Clayton Valley	:35.2	85 Keller, Jeff	12	Shasta	:42.5
0 Maxwell, Dave		Jesuit	:35.8	86 Ingram, Bob	11	Westmont	:43.3
1 Harb, Charlie	12	Castro Valley	:39.5	87 Jordan, Mike	12	Shasta	:44.3
2 Overoye, Dave		Jesuit	:39.8	88 Ferguson, Spencer		McAteer	:45.1
3 Maldonada, David		McClatchy	:40.5	89 Ogden, Joe		Pleasant Hill	:49.9
4 Howard, Steve	12	Ukiah	:41.3	90 Hepple, Larry	12	Mira Loma	:53.5
5 Swan, Dave		Lincoln	:42.2	91 Craig, Scott	11	Castro Valley	:55.4
6 Cort, Dave	11	Homestead	:43.1	92 Feix, Tom	11	Mills	:58.6
7 Gary, Matt	12	El Camino	:44.3	93 Jundling, Charles		McAteer	:59.5
8 Languemi, Bill	11	Amador Valley	:45.8	94 Tarantino, Tino		Fort Bragg	17:01.4
9 Tierman, Mark	12	Mira Loma	:47.7	95 Garber, Ken	12	Shasta	:04.0
0 Hudson, Jim	11	Mills	:48.6	96 Weber, Geoff	11	Skyline	:05.2
1 Demo, Murray	12	Homestead	:49.1	97 Morrison, Dennis	11	El Camino	:06.2
2 Maas, Brian		South Tahoe	:50.1	98 Ramirez, Alejandro		McAteer	:10.3
3 Wirdzek, John	12	Mills	:51.1	99 Villa, Joe	11	Shasta	:11.5
4 Gamboa, Rick	12	Skyline	:52.1	100 Nunes, Bob	12	Westmont	:12.1
5 Clifton, Tom	12	Homestead	:53.1	101 Loisel, Doug		Mission S.J.	:12.5
6 Lindeman, John		Jesuit	:53.8	102 Growdon, Steve	12	Chico	:12.9
7 Carey, John		Mission S.J.	:54.3	103 Roll, Mike		Pleasant Hill	:16.1
8 McCune, Garth	11	Redwood	:55.2	104 Mulcahy, Bruce		Mission S.J.	:17.7
9 Reyes, Pedro		Jesuit	:56.2	105 Brown, Roger	12	Skyline	:23.4
0 Lawler, Rich	12	Skyline	:56.8	106 Hagen, Dale	12	Castro Valley	:27.6
1 Westwood, Dave	12	Homestead	:57.3	107 Rodriguez, R		Lowell	:28.2
2 Scott, John	12	El Camino	:57.8	108 Yu, Cliff	11	Skyline	:28.6
3 Igel, John	12	Homestead	:58.1	109 Zamczyk, Brad	10	Homestead	:37.3
4 Silberstein, Paul	11	Mira Loma	:59.4	110 Wayne, Keith		Pleasant Hill	:59.6
5 Fehlhauer, Ted	12	Burlingame	16:02.2	111 Dunn, John		El Camino	18:00.9
6 O'Connor, Kevin	11	Carlmont	:02.7	112 Blakey, Gary		McAteer	:10.9
				113 Palmer, Pete	9	Mills	:02.7

RESULTS OF THE GIRLS RACE--NORTHERN CAL CROSS COUNTRY CHAMPIONSHIPS

At Crystal Springs Course, Belmont, CA 2.0 miles

Name	Gr	School	Time	Name	Gr	School	Time
1 Schnurpfeil, Kim		San Mateo	12:23.8	55 Brennan, Eileen	12	Marin Catholic	14:09.
2 Koudela, Kathy	11	Monta Vista	:24.7	56 Jacobson, Kristi	10	Soquel	:09.
3 Fuller, Jeani	9	Mira Loma	:27.9	57 Herrell, Dawn		Bella Vista	:11.
4 Strangio, Liz		Mission S.J.	:33.6	58 Worrall, Amy		Mission S.J.	:14.
5 Claiborne, Cindy		Pleasant Valley	:34.3	59 Roos, Katrina	9	Acalanes	:15.
6 Slingerland, Jeanette	10	Mira Loma	:35.1	60 Parenteau, Cindy	10	Marin Catholic	:18.
7 Goldthorpe, Penny	10	Half Moon Bay	:39.5	61 Malcolm, Marianne		Mission S.J.	:24.
8 Hamilton, Anne	12	Capuchino	:43.1	62 Gong, Jennifer		Lowell	:26.
9 Choy, Tiffany		Salinas	:49.3	63 Geredes, Kelly	12	Homestead	:27.
10 Negri, Francie		Foothill	:56.1	64 Sanchez, Sandy		Watsonville	:28.
11 Gong, Diane		Lowell	13:00.5	65 Giles, Karen		Mission S.J.	:28.
12 Fraser, Mary	11	Los Lomas	:03.4	66 Tebb, Janie		Acalanes	:32.
13 MacSwain, Robyn	9	Terra Linda	:04.0	67 Fairbanks, Leslie		Bella Vista	:34.
14 Schneider, Terry		Santa Cruz	:06.0	68 Donohue, Kerry	12	Shasta	:34.
15 Guelich, Gretchen	12	Soquel	:08.0	69 Upshaw, Joy		Acalanes	:35.
16 Felix, Shane		Antioch	:08.7	70 Buechy, Heidi	12	Marin Catholic	:35.
17 Clamness, Sarah		La Sierra	:09.6	71 Bagley, Laurie	12	Shasta	:35.
18 Flint, Dana	10	Ukiah	:10.0	72 Roos, Karen		Acalanes	:36.
19 Gaffield, Mary	10	El Cerrito	:13.1	73 Wilson, Sandy	9	Soquel	:37.
20 Van Housen, Linda		Woodside	:14.7	74 Sanchez, Lesa	9	Homestead	:37.
21 Murphy, Katy	10	Marin Catholic	:16.4	75 Meinbress, Sally	11	Acalanes	:45.
22 Schmidt, Becky		Half Moon Bay	:17.9	76 Mooney, Laurel	12	Marin Catholic	:47.
23 Larson, Londa		Mission S.J.	:19.2	77 Thomas, Ann	10	Soquel	:49.
24 Bettencourt, Audrey		Half Moon Bay	:19.9	78 Bargetto, Teresa	9	Soquel	:52.
25 Girimonte, Debbie	11	Shasta	:20.4	79 Hamilton, Jennie		Half Moon Bay	:56.
26 Fox, Joan	12	Homestead	:22.4	80 Olsen, Judy	12	Homestead	15:00.
27 Moore, Tammy	9	Nova	:23.5	81 Miller, Meredith	12	Mira Loma	:03.
28 Huston, Wendy		Gunn	:24.0	82 Anderson, Lisa		Bella Vista	:13.
29 Dietler, Pam		Foothill	:26.4	83 Potter, Abby	11	Soquel	:18.
30 Weaver, Joni		Ponderosa	:27.4	84 McGregor, Debbie		Half Moon Bay	:22.
31 Keeton, Kim	11	Woodland	:29.7	85 Chote, Heidi		Lowell	:27.
32 Geoffrion, Gigi		Drake	:30.5	86 Greene, Missy	10	Marin Catholic	:30.
33 Klopsch, Karen		Bella Vista	:32.1	87 Ng, Bessie		Lowell	:57.
34 Coon, Linda		Mission S.J.	:32.5	88 Trelaun, Ariane		Lowell	:58.
35 Billson, Brenda	12	Shasta	:32.9	89 Lewis, Linda		Bella Vista	16:12.
36 Sweeney, Kathy	10	Shasta	:33.2	90 Miller, Sarah	10	Mira Loma	:17.
37 Kenny, Diane		Novato	:35.1	91 Compton, Juli	10	Mira Loma	:32.
38 Kuphaldt, Patty		Bella Vista	:40.1				
39 Kwong, Karen	10	Homestead	:40.6				
40 Peikert, Tillie	11	Shasta	:41.0				
41 Davis, Laura	10	Shasta	:42.3				
42 Betschart, Terri	10	Yuba City	:46.4				
43 Robinson, Dana		Stagg	:46.6				
44 Troxel, Kim	9	Acalanes	:47.7				
45 Duey, Beth		Mission S.J.	:48.5				
46 Clifton, Beth	9	Homestead	:49.1				
47 Santa Cruz, Raquel	10	Mira Loma	:50.1				
48 Demo, Martha	9	Homestead	:54.1				
49 Perrin, Theresa	9	Mira Loma	:55.4				
50 Robinson, Barbara		Stagg	:57.9				
51 Hayes, Julie	11	Dublin	:58.1				
52 Price, Teri		Bella Vista	14:03.0				
53 Watson, Melaina	11	Portola	:08.6				
54 Siegman, Stacey		Half Moon Bay	:09.0				

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