

SPAL CROSS COUNTRY

Varsity League meet champs

Year	School	Coach	Pts.	Time	Dis.	Course
1954	Carlmont	Phil Arnot	29		1.96	Stanford
1955	Palo Alto	Forrest Jamieson	25	53:05	1.96	Stan. GC
1956	Palo Alto	Forrest Jamieson	35	53:22	1.96	Stan. GC
1957	Palo Alto	Forrest Jamieson	19	52:05	1.96	Stan. GC
1958	Palo Alto			51:34	1.96	Stan. GC
1959	Palo Alto		22	51:34	1.96	Stan. GC
1960	Carlmont	Loren Lansberry	22	51:14	1.96	Stan. CC
1961	Palo Alto		26	51:20	2.0	Stan. CC
1962	Cubberley	Ron Skillicorn	35	50:46	2.0	Stan. CC
1963	Carlmont	Loren Lansberry	20	50:13	2.0	Stan. GC
1964	Carlmont	Loren Lansberry	19	68:61	2.2	CSM
1965	Carlmont	Loren Lansberry	45	66:39	2.25	Bel Hgt.
1966	Carlmont	Loren Lansberry	49	55:36	2.0	Cry. Spr.
1967	Carlmont	Loren Lansberry	24	60:51	2.4	Cry. Spr.
1968	San Carlos	Jim Luttrell	33	65:15	2.25	Cry, Spr.
1969	Carlmont	Loren Lansberry	26	60:01.4	2.25	Cry. Spr.
1970	Carlmont	Loren Lansberry	15	62:03	2.6	Golden Gt. Park
1971	Carlmont	Loren Lansberry	25	79:06	3.0	Cry. Spr.
1972	San Carlos	Jim Luttrell	41	78:14	3.0	Cry. Spr.

SPAL CROSS COUNTRY

Junior Varsity League Meet Champs

Year	School	Coach	Pts.	Time	Dist.	Course
1957	Carlmont	Loren Lansberry Phil Ansst	37			Stan. GC
1958	Carlmont	Loren Lansberry Phil Ansst				
1959	Palo Alto		21	53:54	1.96	Stan. GC
1960	Sequoia		28	54:27	1.96	Stan. GC
1961	Palo Alto		39	54:40	2.0	Stan. GC
1962	Carlmont	Loren Lansberry	49	54:07	2.0	Stan. GC
1963	Palo Alto	Tony Trujillo	54	53:46	2.0	Stan. GC
1964	Carlmont	Loren Lansberry	38	75:03	2.2	CSM
1965	Carlmont	Loren Lansberry	21	71:16	2.25	Bel. Hght.
1966	Carlmont	Loren Lansberry	17	59:23	2.0	Cry. Spngs
1967	Carlmont	Loren Lansberry	15	67:31	2.4	Cry, Spngs
1968	Carlmont	Loren Lansberry	25		2.25	Cry. Spngs
1969	Carlmont	Loren Lansberry	15	65:00	2.25	Cry. Spr.
1970	Carlmont	Loren Lansberry	15	65:57	2.6	Golden Pt.
1971	Carlmont	Loren Lansberry	28	86:24	3.0	Cry. Spr. Park
1972	San Carlos	Jim Luttrell	26	85:09	3.0	Cry. Spr.

SPAL CROSS COUNTRY

Sophomore League Meet Champs

Year	School	Coach	Pts.	Time	Dist.	Course
1957	frosh-soph competition					
1958	Carlmont	Phil Arnet <i>Loren Lansberry</i>				
1959	Palo Alto		34	56:44	1.96	Stan. GC
1960	Carlmont	Loren Lansberry	23	54:39	1.96	Stan. GC
1961	Carlmont	Loren Lansberry	23	55:17	2.0	Stan. GC
1962	Carlmont	Loren Lansberry	15	52:24	2.0	Stan. GC
1963	Carlmont	Loren Lansberry	29	52:46	2.0	Stan. GC
1964	Carlmont	Loren Lansberry	49	77:08	2.2	CSM
1965	Carlmont	Loren Lansberry	20	71:27	2.25	Bel. Hghts
1966	Carlmont	Loren Lansberry	40	59:66	2.0	Cry. Springs
1967	Se quoya	Byron Skinner	33	65:36	2.4	Cry. Springs
1968	Carlmont	Loren Lansberry	25		2.25	Cry. Springs
1969	Carlmont	Loren Lansberry	37	65:36	2.25	Cry. Spr.
1970	Carlmont	Loren Lansberry	28	67:20	2.6	Golden Gate Park
1971	Carlmont	Loren Lansberry	20	86:28	3.0	Cry. Spr.
1972	Carlmont	Loren Lansberry	32	85:53.	3.0	Cry. Spr.

SPAL CROSS COUNTRY

Freshman League Meet Champs

Year	School	Coach	Pts.	Time	Dist.	Course
1958	Carlmont	Phil Arnot Loren Lansberry				
1959	Carlmont	Loren Lansberry	25	57:35	1.96	Stan. GC
1960	Carlmont	Loren Lansberry	19	58:42	1.96	Stan. GC
1961	Carlmont	Loren Lansberry	17	56:17	2.0	Stan. GC
1962	Carlmont	Loren Lansberry	31	55:24	2.0	Stan. GC
1963	San Carlos	Jim Luttrell	30	55:33	2.0	Stan. GC
1964	Carlmont	Loren Lansberry	19	77:46	2.2	CSM
1965	Carlmont	Loren Lansberry	18	74:39	2.25	Bel. Hghts
1966	Menlo-Ath.	Plato Yanicks	38	62:47	2.0	Cry. Springs
1967	Carlmont	Loren Lansberry	35	68:30	2.4	Cry. Springs
1968	Carlmont	Loren Lansberry	33		2.25	Cry. Springs
1969	Carlmont	Loren Lansberry	33	65:25	2.25	Cry. Springs
1970	San Carlos	Jim Luttrell	66	70:33	2.6	Golden Mt. Park
1971	Carlmont	Loren Lansberry	30	89:49	3.0	Cry. Springs
1972	Carlmont	Loren Lansberry	25	88:53	3.0	Cry. Springs

SPAL CROSS COUNTRY

Varsity Individual Champs (League meet)

Year	Name	School	Time	Dis.	Course
1954	Ron Larrieu	Palo Alto	10:10.4	1.96	Stanford GC
1955	Tom Jent	Carlmont	10:18	1.96	Stanford GC
1956	Tom Jent John Berth- way	Carlmont Palo Alto	10:19	1.96	Stanford GC
1957	John Northway	Palo Alto	10:03	1.96	Stanford GC
1958	George Linn	Palo Alto	9:53	1.96	Stanford GC
1959	Mike Lehrner	Palo Alto	9:43.5	1.96	Stanford GC
1960	Dave Kamrar	Carlmont	9:52.8	1.96	Stanford GC
1961	Walt Hewlett	Palo Alto	9:56.8	2.0	Stanford GC
1962	Doug Hileman	Palo Alto	9:53	2.0	Stanford GC
1963	Mike McCann	Carlmont Jr.	9:51	2.0	Stanford GC
1964	Mike McCann	Carlmont	13:19	2.2	CSM
1965	Steve McLennagan	Cubberley	12:44	2.25	Bel. Heights
1966	Dick Hunter	Gunn	10:31	2.0	Crystal Spring
1967	Chris Carey	Carlmont Jr.	11:49	2.4	Crystal Spring
1968	Chris Carey	Carlmont (mud)	12:23	2.25	Crystal Spring
1969	Hans Templeman	Carlmont Jr.	11:26.4	2.25	Crystal Spring
1970	Hans Templeman	Carlmont Sr.	12:23	2.6	Golden Gate Ph
	Steve Miller	Carlmont So.	12:23	2.6	"
	Scott Carvey	Carlmont Sr.	12:23	2.6	"
1971	Steve Miller	Carlmont Jr.	15:28	3.0	Crystal Springs
1972	Steve Crowley	Gunn Sr.	14:44	3.0	"

SPAL CROSS COUNTRY

Junior Varsity Individual Champs (League Meet)

Year	Name	School	Time	Dist.	Course
1957	Jerry Henderson	M-A	11:16	1.96	SGC
1958	Ric Brady	Palo Alto	10:47	1.96	Stanford GC
1959	Charles Elame	Ravenswood	10:33	1.96	Stanford GC
1960	John Smith	Ravenswood	10:35	1.96	Stanford GC
1961	Harry Cross	San Carlos	10:24	2.0	Stanford GC
1962	Dennis Hefner	Sequoia	10:17	2.0	Stanford GC
1963	Gary Larson	Carlmont	10:21	2.0	Stanford GC
1964	Greg Byers	Gunn	14:07	2.2	CSM
1965	Henry Bradfield	Carlmont	13:46	2.25	Bel. Heights
1966	Steve Stradley	Carlmont	11:46	2.0	Cry. Springs
1967	Dan Light	Carlmont	12:28	2.4	Cry. Springs
1968	Joe Heartsner	Carlmont (mud)	13:47	2.25	Cry. Spngs.
1969	Bill Helbush	Carlmont	12:41	2.25	Cry. Spngs.
1970	Roark Mulligan	Carlmont	12:54	2.6	Gold. Gt. Pk
1971	Dana Carvey	Carlmont	16:41	3.0	Crys. Spring
1972	Jeff McNesby	San Carlos	16:47	3.0	Cry. Springs

SPAL CROSS COUNTRY

Sophomore Individual Champs (League meet)

Year	Name	School	Time	Dist.	Course
1957	Larry Shade (F.S)	Sequoia	10:31	1.96	Stanford GC
1958	Kamrar	Carlmont			
1959	Nelson	Palo Alto	10:44.7	1.96	Stanford GC
1960	Grant Long	Carlmont	10:13	1.96	Stanford GC
1961	Jack Sandin	Carlmont	10:42	2.0	Stanford GC
1962	Ken Nichols	Carlmont	10:13	2.0	Stanford GC
1963	Bill Bradfield	Carlmont	10:01	2.0	Stanford GC
1964	Bob Williams	San Carlos	14:21.8	2.2	*CSM
1965	Dan Light	Carlmont	13:53	2.25	Bel. Heights
1966	Mark Allen	Carlmont	11:17	2.0	Cry. Springs
1967	Don Wells	Woodside	12:42	2.4	Crs. Springs
1968	Larry Regalado	Carlmont (mud)	13:36	2.25	Cry. Springs
1969	Russ Black	Carlmont	12:33	2.25	Cry. Springs
1970	Carl Cattarin	Carlmont	12:20	2.6	Gldn. Gt. Pa
1971	Henry Templeman	Carlmont	16:51	3.0	Cry. Springs
1972	Chris Grundman	Palo Alto	16:40	3.0	Cry. Springs

SPAL CROSS COUNTRY

Freshman Individual Champs (League meet)

Year	Name	School	Time	Dist.	Course
1958	Dennis Selby	Sequoia	11:53	1.96	Stanford GC
1959	Grant Long	Carlmont	10:47	1.96	Stanford GC
1960	Jim Knutz	San Carlos	11:18	1.96	Stanford GC
1961	Ken Nichols	Carlmont	11:06	1.96 2.0	Stanford GC
1962	Bill Bradfield	Carlmont	11:46	2.0	Stanford GC
1963	Bob Williams	San Carlos	10:41	2.0	Stanford GC
1964	Ron White	Carlmont	15:06	2.2	CSM
1965	Austin Kennedy	Carlmont	12:25	2.25	Bel. Heights
1966	Cedric Thomas	M-A	12:01	2.0	Cry. Springs
1967	Lyle Thomas	████ CARLMONT	13:02	2.4	Cry. Springs
1968	Marc Hill	Carlmont (mud)	14:19	2.25	Cry. Spngs
1969	Gordon MacMitchell	Terman	12:06	2.25	Cry. Spr.
1970	Kelly Lawson	San Carlos	13:00	2.6	Gldn Gt Park
1971	Terry Emory	████ Terman	16:41	3.0	Cry. Spring
1972	Shaffer	Terman	17:22	3.0	Cry. Spring

12/7/70

Dear Paul:

I thought you might include parts of the following information in your prep column some time:

(1) Hans Templeman became the first Carlmont ^{runner} ever to win either the CCS or NCS individual championship, when he won the CCS individual crown a few weeks ago.

(2) The SPAL dominated the individual championships in Cross Country from its inception in 1954 to 1961. Since that time, strong teams have come to the fore all over the West Bay, and the SPAL did not manage another individual crown until Templeman captured it this season.

INDIVIDUAL NCS and CCS MEET CHAMPIONS:

1954	Larrieu	Palo Alto			
1955	Larrieu	Palo Alto			
1956	Wallace	Piedmont			
1957	Northway	Palo Alto			
1958	Linn	Palo Alto			
1959	Lehner	Palo Alto			
1960	Growth	Alhambra			
1961	Rye	Palo Alto			
1962	Ryan	Wilcox			
1963	Ryan	Wilcox			
1964	Ryan	Wilcox			
1965	Celaya	Tennyson	Yray	Live Oak	(CCS)
1966	Isola	Mt Diablo	Mackey	Leigh	(CCS)
1967	Swensen	St Mary's	Jurgins	Mills	(CCS)
1968	Hurtado	Tennyson	Larson	Fremont	(CCS)
1969	Hale	Campolindo	Mc Carty	St Francis	(CCS)
1970	Mork	Washington	Templeman	Carlmont	(CCS)

1963 + 64 →

(3) To date, only Ryan and Larrieu, and Growth made it big after high school. Ryan was NCAA Cross Country champion while attending Airforce, Growth was twice NCAA mile champion while attending Oregon State, ~~and also was NCAA cross country champion.~~ Larrieu blossomed later in his career, and won numerous AAU distance titles.

(4) Time was when the SPAL dominated cross country and the distance running events in track from the 880 to the two mile. Now there are two or 3 strong teams in every league from San Francisco to Watsonville.

Plato Yanichka

*picked on
Dec 14th →*

PS: The Northern California Track & Field Association will again sponsor the selection of the All Northern California Cross Country team. Needless to say