

Duals Open Tomorrow

— Carlmont Favored

3-8

By KEVIN DOYLE
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Carlmont High track coach Loren Lansberry is walking around with a much brighter smile nowadays.

Lansberry, who won nine of 10 SPAL track titles from 1959 to 1968 at Carlmont, has not won the crown since 1968, but all eight rival SPAL coaches have tabbed Lansberry's Scots as the odds-on-favorite to win the dual meet crown which gets under way with three meets tomorrow.

After an impressive non-league showing, the Scots start for real when they face Ravenswood at 3:15 in East Palo Alto in what will probably be a rude introduction into SPAL track for new Trojan co-coaches Tom Marx and Pete McLaughlin.

In other openers, San Carlos is at Woodside and Cubberley at Palo Alto for Paly coach Forrest Jamieson's "debut." Jamieson is back on the scene at Palo Alto after a nine-year absence which included several seasons at Terman Junior High.

Gunn High, under first-year head mentor Dan Sarouhan, and Menlo-Atherton will wait until March 20 to make their 1972 debuts because of M-A's participation in the Central Coast Basketball playoffs at Stanford.

Sarouhan's thinclads, with plenty of young talent, are considered the team most likely to upset the Scots for the title.

The following is a preview of the nine SPAL track teams:

Carlmont

If Steve Miller, Paul Dempster and the rest of the Scots improve any of their early season marks, it's going to take a miracle for anybody to knock off Lansberry's team.

For example, in the first two nonleague meets, Dempster cleared 14-0 and 14-3 while Miller ran a 4:18.7 mile in one meet and a 1:58.0 half-mile in another.

Distance races have always been the Scots' forte, and 1972 is no different.

Lansberry has seven runners who've bettered 9:40.0 in the two-mile including Miller, Bill Lator, Carl Cattarin, Bruce Sayre, Russ Black, Chuck Oliver and Ed Barney. In the mile, Miller, Cattarin, Oliver and Black have all run under 4:30.

The pole vault is equally impressive with Dempster, Chris Willett, Jack Lennen, Larry Gullette and Jim Katches.

In the sprints, the Scots have basketballer Greg Fobbs (10.1, 23.0), Lennen, Howie Avila and Jack Nichols while Wayne Eich is the lone ranger

in the hurdles.

As in past years, Lansberry will shift his talented distance runners in the 440 and 880 — depending on the strategy necessary to outpoint opponents.

Early in the season it looked like the Scots' only good field event would be the pole vault, but some impressive marks have made many coaches change their minds.

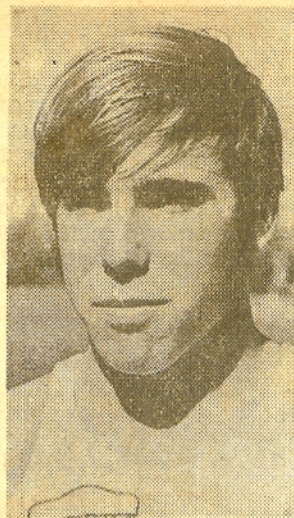
Paul Brandow (51-3½ in shot put) and Paul Stolle (149-0 in the discus) are joined in the weights by 275-pound Kent Krueger and Roger Varwig.

Steve Agni (6-2½) is a fine high jumper along with Fobbs, while basketballer Ervin Brown, Kevin Jones and Bob Weaving (21-0½) are the long jumpers. Rich McClay (42-0) is the Scots' lone triple jumper.

Cubberley

Things have improved tremendously for Cubberley's track program over the last few seasons, but haven't changed enough to make the Cougars 1972 contenders.

Sprinter Jay Jones, high jumper Lang Farmer and distance runners Matt Logan and sophomore Stacy Geiken appear to be a few of the best Cougar athletes. Farmer has already cleared 6-2 in the high jump.



PAUL DEMPSTER
Scots' top-notch vaulter

Gary Graves will run the high hurdles while Tom Morgan and Bob Gordon will handle the lows and senior Cleveland McDonald will give Jones some support in the sprints.

The middle distances will be run by Jim Jenke (who just finished with soccer), junior Mike Pecot and Geiken, at times. Other distance runners include junior Dan Prowse and senior Gordon Rado.

Junior Tom Morgan will handle the pole vaulting while junior Cornell Hamel will triple jump. Although the Cougars don't have anybody to mention in the long jump, it's possible Hamel will see double-duty.

Gunn

Although SPAL coaches agree Carlmont is the team to beat, Titan first-year coach Dan Sarouhan wouldn't be sur-

prised if his young team upset the Scots and win the title.

Sarouhan lost junior distance star Gordon MacMitchell to Forrest Jamieson and Palo Alto High, but he has plenty to thank Jamieson for.

Jamieson was the coach at Terman Junior High two years ago and developed Titan sophomores George Stein, John Littleboy and Lars Comb, among others.

Stein has already thrown the discus 161-5 this season while Littleboy has high jumped 6-1, and Combs triple jumped 44-8 at Terman last year.

The defending champs have three good pole vaulters in Jeff Fletcher (13-0), Jesse Gomez (13-0) and Alfred Bay (12-6) and a strong triple jumper besides Combs in senior John Bay (45-1).

Stein is not the only weight man with impressive credentials as Sarouhan has Fletcher (145-0), junior Tom Oberhelman (140, 46-0) and Bruce Jaffee (46-0 shot). The Titans are equally as strong in the long jump with Bay, Combs and Willie Watts, all past 21-0 last year. In the high jump Gunn has another good leaper in senior Fred Kellogg (6-2).

Even with the absence of MacMitchell, the Titans will be strong in the distance races with John Huggins, Artie Nelson and Hank Lawson (all under 10 minutes in the two mile), Steve Crowley (4:25.0 last year in mile) and Steve Gupitl (4:35).

Steve Endsley and Terry Adams will enter the sprints; Adams and Watts will give the Titans a strong hurdle combo and Vince Hitt, Tom Lynn and Bay will alternate in the 440 and half mile.

Menlo-Atherton

Things are starting a little slow for Bear coach Plato Yanicks, but with a little bit of luck and the development of some outstanding sophomores, the Bears could be better than most observers think.

"This is the weakest team I've ever had at M-A," said Yanicks. "I've never spent more time with the kids and I have great hope for the fu-



DARRELL AUGMON
Flashy Trojan

ture."

If you think that's a pessimistic standpoint consider Yanicks problems:

Five of his better athletes did not come out, five potentials are on the basketball team, including Jim Watts, and his best sophomore chipped a bone pole-vaulting.

Carl Johnk, a sophomore who can triple jump, pole vault, run the low and high hurdles or any other event he wants to try, will be out of action with a chipped bone in his foot. Watts, who high jumps and runs the high hurdles, will not be out until after the CCS playoffs.

But while Yanicks awaits the return of Watts and Johnk, he has plenty of talented sophomores to work with.

Don MacKenzie (440 and 220), Mike Simpson (880 and 440), Mike Terrice (pole vault), Peter Jones (4:44 miler), Dan Parkinson (sprints and 440), Dave Prado (sprints and low hurdles) and Steve Aldrich (discus, shot put) are Yanicks' soph hopefuls.

Top seniors include weightmen John Stone and Larry Cates, who will co-captain the Bears, and two-miler John Barbour, who ran a 9:47.0 in cross country this fall.

Palo Alto

The year 1972 may well be remembered for the return of

Palo Alto High.

After a nine-year absence and a brief stint as a junior high coach Forrest Jamieson is back on the Paly scene, and it may mark the return of good Viking track teams.

Forrest is the type coach who doesn't say much but has startling results.

Jamieson refrains from mentioning many names of his top individuals, but coaches know he's got something up his sleeve — unproven talent.

But one thing he can't hide is Gordon MacMitchell.

MacMitchell ran for Jamieson two years ago at Terman and his now at Paly after one year at Gunn.

After sitting out the cross country season because of his transfer, MacMitchell is expected to be in championship form. One SPAL coach said he will break nine minutes in the two-mile.

Carl Flourant ran a 15.1 in the high hurdles and has teammate Steve Depanger to add a little depth in that event. Grant Thurston will run the middle distance and will co-captain the squad with discus thrower Bill Lenhart. Doug Peck (middle distance) will be one of Jamieson's many underclassmen this season.

Ravenswood

It's just about the same old story at Ravenswood:

Some of the league's best athletes, but just not enough of them.

Trojan first-year co-coaches Tom Marx and Pete McLaughlin will show off some of the SPAL's best sprinters and jumpers, but a turnout "of under 30" will limit the Trojans in dual meet competition.

But in the district and league finals in May, Ravenswood could supply a number of first places.

Sprinters Joe Prince, Ellis Williams, Darrell Augmon and Keith Harding give the Trojans the nucleus for a top sprint relay team, along with potential sweeps in the dual meet season in the 100 and 220.

Marx expects Prince, Williams and Augmon to be below 10.0 in the 100 and for Lloyd Minor and Prince to place often in the 220.

Football quarterback Steve Drisdale joins Lon Shirley and Minor in the 440, while Gerald White and Amos Harris are the 880 entries.

Ravenswood won't enter any upperclassmen in the distance races, but a trio of freshman including Charles Jones (5:00 mile in the first nonleague meet) could enter some varsity races.

Although the Trojans have the same problem in the high hurdles as they do in the distances, they do have some talent in the 180 lows with Harding and Charles Williams.

Eddie Henderson and Jones will enter the high jump; Floyd Sadler and Drisdale will be in the long jump and Sadler and Henderson will double back in the triple jump with Prince and Jim Martin handling the discus and shot put. Ravenswood does not have a pole vaulter.



LAMONT WILEY
Quiet Cat on track

the high hopes in the pole vault.

Junior Jeff Vetrovec and senior Mike Fitzpatrick add a lot of talent in the weights — one of the Dons stronger points.

Sequoia

Although Cherokee coach Buddy Miller had a light turnout of upperclassmen, he may have one of the better crops of freshmen and sophomores.

Unfortunately, that's not how varsity championships are won and Miller would be the first to admit it.

Although the Tribe may be a little thin this year, they do have an outstanding individual in multi-talented Marlon Murphy.

Murphy is so talented that Miller said "if we could use him in 10 events we would." He is Sequoia's top hurdler and high jumper and before the end of the dual meet season, track fans will probably see his name appear in several other events.

Another top individual for the Tribe is Pat Purcell, who will run the 440 and 880. Miller says he wouldn't be surprised if he snapped the two-minute mark in the latter.

Senior Brian Murphy will team with Marlon in the high jump to give Sequoia one of the league's better 1-2 punches, but outside of that Miller is thin in most other events.

The field events could garner the Tribe a majority of their points with Larry Stock in the pole vault, senior Jerome Childs in the sprints and long jump, sophomores Jim Data and Ron Chamness in the discus and Mike Mahoney and Rick Willis in both weight events.

Distance running has always been Tribe problem, but they will have one good one in Mark Daniel. He will be counted on to score in both the mile and two-mile in his senior year. Joining Daniel will be Bob Cooper, who Miller calls a "real hard worker."

Woodside

Wildcat coach Claude Turner knows his club doesn't have enough depth to be a contender, so he plans on a couple of new things and a lot of fun for his men this spring.

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San Carlos

If Carlmont and Gunn falter, the team that would be most happy to see it would be San Carlos.

Don coach Jim Luttrell doesn't have as many outstanding athletes as the other two schools, or the depth, but he does have enough top-notch competitors to upset the best in the SPAL.

Even with the uncertain status of school record-holder Herman Jackson in the triple jump and long jump, the Dons still will be good. Jackson has a job and Luttrell doesn't know if he will participate this season.

In the sprints the Dons have junior Bruce Veal and basketballer Seb Ficcadenti. In the 440 Brad Weir and John Schuyler and in the 880 Jim Scherba and Lee Shoop are expected to tally some Don points.

The distances will lack one of the Dons' greatest young runners in freshman Mitch Kingery, who is running AAU road races this spring, but they have plenty of talent in Ken White, Matt Yeo, Jim Richter, Dave Trine and John Pierog.

In the hurdles Luttrell has Matt Langley, Steve Gritsch and Noel Beckett. Luttrell thinks Langley could be the SPAL 120 highs champion.

Mark Wilmarth returns after a year layoff to participate in the high jump with Mark Covey while Veal handles the long and triple jumps and Jim Draper and Scott McBain are

Woodside

Wildcat coach Claude Turner knows his club doesn't have enough depth to be a contender, so he plans on a couple of new things and a lot of fun for his men this spring.

"We have five weak events and two strong ones," said Turner. "You cannot expect to give up between 22 and 27 points against a good team and win."

So to compensate for that, Turner will hold out his best runner — distance ace Peter Marks — in most of the dual meets and work individually with him.

"We haven't had a performer in the State Meet since Ben Welch (1967) and we think with a lot of practice and training, Marks has a good chance to make it this year."

Marks, who has run 4:27.8 in the mile and 9:31.0 in the two-mile, will be used in dual meets the Wildcats have a chance of winning with his entry.

In the running events, the Wildcats strongest point could be the sprints with Lamont Wiley (10.5, 23.8), Neill Barker (10.6, 24.5) and Mike Grima (10.7). Jeff Wilcox is Turner's best hurdler (16.3 highs, 21.6 lows) with soph Dave Brunsting also expected to score.

When Marks isn't running, the Cats' top distance runners will be Matt Rose (4:56.0) and Marc Macy (4:58.0) while Chet Wrucke (2:12.5) and Glen Higdon will race in the 440 and 880.

Joe Atkinson (52-1/2), Bob Abbott (47-6) and Dave Dawson (40-0) will be the Wildcats shot putters and double in the discus.

Jim Orr is the top high jumper at 6-1 and Bob Coronado will be the Cats' best entry in the long jump and triple jump. Brian Flynn, Steve Flynn and Mark Coleman will be Woodside's pole vaulters.