

# SAN MATEO COUNTY SPORTS

## Prep track roundup

# M-A snaps Carlmont girls' win streak at 52

Nora Williams, Winnie Burns and Kendra Zwisler paced Menlo-Atherton High to a stunning 68-59 upset win over Carlmont in South Peninsula Athletic League girls' track action Thursday.

It was the first loss for Carlmont in 53 dual meets, dating back to 1977. In fact, only Menlo-Atherton has ever beaten the Scot girls (twice).

Williams was nothing short of sensational for the Bears. She won the 880, took second in the 440 and 220, and came back to take second place in the mile, one second behind winner Burns' 5:46 time. Burns added a second in both hurdles and the 880.

Zwisler also helped the Menlo-Atherton cause Thursday with a fine performance. Her 32-1 triple jump was a personal best, and her first in the high jump was another upset. Zwisler also took a third in the long jump.

For Carlmont, Beth Miller and Julie Miller each won two events.

The Scots, struck by flu, were without Karen Turner, a top hurdler, and two other runners, but Menlo-Atherton's depth and upset wins led to the Bear win.

On the boys' side, Ed Berry won three events to lift Carlmont to the win. Buster Jamison won two events for the Scots.

For Menlo-Atherton, Rob Shenk and Lawrence Haggins each won two events.

Mike Mathews and Bill Oyster each won two events to pace the Woodside boys to a 96-34 win. Bill Amos swept three jumping events for the Wildcats.

Angelo Sakelarios won the mile and 880 for Sequoia.

On the girls' side, Wendy Brown leaped 40-1 in the triple jump, a fine mark, as Woodside won 100-26. Brown also took first in the 100 low hurdles (edging Sequoia's Linda Luttrell, 15.4-15.5), the 330 low hurdles (again edging Luttrell), and the long jump.

### Mid-Peninsula League

Hillsdale moved into a first-place tie in the Mid-Peninsula League standings with a convincing 80-56 win over host Mills.

The Knights are now tied with Capuchino at 1-0 for first place. Capuchino went against Burlingame Thursday, but the Panthers don't have enough bodies to compete.

Aragon beat San Mateo 80-52 in the other MPL meet.

San Mateo, Burlingame and Mills all advanced their records to 2-0 in the girls' division with easy wins. Mills trounced Hillsdale 90-40, San Mateo edged Aragon 68-59 and Burlingame swamped Capuchino 82-44.

Hillsdale used superior depth to down Mills. Michael Green was a double winner in the 440 and 220. Dan Katches of Mills turned in a superb weight double of 180-2 and 51-5. Mills' Paul Spagnoli won the low hurdles in a good 39.7.

Capuchino's Andre Tabor blazed to a 14.8 clocking in the high hurdles to highlight the Mustang win over Uplands and Burlingame.

Paul Patton paced Aragon's victory with wins in the 100 and 440, and a leg on the winning 440 relay team. Patton anchored Aragon to a 44.0 clocking in the relay, and ran 10.2 and 49.9 in the open events.

Teammate Eddie Javius won the high jump, long jump and triple jump. Marc Spadero doubled in the distances for the Dons.

The Mills-Hillsdale girls' meet produced some fine times. Barbara Gaenslen won thrice for the Vikings, including an 11:23 in the two-mile and a 5:27 in the mile.

Leslie Maxie stole the show for Mills. She won the 110 low hurdles in a fine 14.9 and then came back to upset Hillsdale's Brenda Brewer in the 440. Maxie won in 58.1 to Brewer's 59.0.

Yvonne Kendall won twice impressively for Mills, taking the 330 low hurdles in 49.9 and the high jump at 5-4. Brewer did come back to win both the 220 (25.9) and the long jump (15-11½).

Nicole Lucey won three times to pace Burlingame. She copped the two hurdles and the long jump. Cap's Kim Saunders-Jacklich set a school record at 5-1 in tying for first in the high jump.

San Mateo's Gretchen Nelson posted a Section best of 11:06.0 in taking the two-mile. Gaenslen's time is now second best. Julie Middleton swept the sprints for the Bearcats.

Bev Tkachenko did yeoman work for Aragon, winning three events and finishing second in the fourth. Luann Campbell won the triple and high jump for the Dons.

### North Peninsula League

Jim Lubbe won the 100, and finished second to Kerry Threets in the 220 to pace Westmoor's 73-58 win over Half Moon Bay. Joe Cequerra won two events for the Rams.

Craig Branstrom was a one-man show for Half Moon Bay, winning two events and placing second in two others.

On the girls' side, Janice Louie won three events, and placed second in another event as the Rams downed HMB, 78-43. Jeanne Andrews took home two firsts, as did Rosalind Broussard.

### GPSL

Freshman Sonia Frank put on quite a show, winning the 100 low hurdles, the 330 low hurdles, the mile, and taking part in the winning 440 relay team for Sacred Heart in an 83-40 win over Castilleja. Amber Kauffman won two events.

Martha Tracey won the high jump in a fine mark of 6-4.

### Postponements

The Jefferson-South San Francisco meet and the San Carlos-Menlo School meet were both postponed Thursday due to bad field conditions.

### SOUTH PENINSULA ATHLETIC LEAGUE

#### BOYS

Carlmont 81; Menlo-Atherton 55  
 440 Relay — Carlmont (Toppo, Wallace, Artist, Jamison) 43.5. 120 HH — Berry (C) 15.1; Jones (MA); Rebrica (C) 880 — Haggins (MA) 2:03.1; Bulloch (C); Remis (MA) 100 — Jamison (C) 10.2; Berry (C) 10.2; Alexander (MA) 440 — Artist (C) 51.0; Pope (MA); Toppo (C). Two Mile — Gomez (C) 10:16; Carlson (C); Valpe (MA). 330 LH — Jones (MA) 40.9; Rebrica (C) 40.9; Wallace (C) 41.0. 220 — Jamison (C) 22.9; Artist 22.9; Pope (MA). Mile — Haggins (MA) 4:49.9; Gomez (C); Remis (MA). Mile Relay — Carlmont (Rebrica, Artist, Jamison, Toppo) 4:41.5. SP — Shenk (MA) 49-; Turner (MA); Rhode (C). D — Shenk (MA) 154-8; Turner (C); Rhode (C). HJ — Hogood (C) 6-4; Payton (C); TJ — Berry (C) 46-6; Bostock B (MA) 44-6; Stovall (C). PV — Galvez (MA); Duvall (MA); King (MA).

#### GIRLS

Menlo-Atherton 68, Carlmont 59  
 440 Relay — Carlmont (Miller, Miller, Vines, Johns) 49.1. 110 LH — Nieder (C) 15.8; Burns (MA); Bure (C) 880 — Williams (MA) 2:27.0; Burns (MA); Payton (C) 100 — J. Miller (C) 11.5; Vines (C); Hoffman (MA). 440 — B. Miller (C) 59.5; Williams (MA); Hoffman (MA). Two Mile — O'Donahue (MA) 12:22; Horve (C); Arndt (C). 330 LH — B. Miller (C) 48.7; Burns (MA); Nieder (C) 220 — J. Miller (C) 26.1; Williams (MA); Vines (C). Mile — Burns (MA) 5:46; Williams (MA) 5:47; Payton (C). Mile Relay — Carlmont 4:41.3.  
 SP — Farriss (MA) 32-0; Haasch (MA); Pappas (C). D — Haasch (MA) 103-4; Hurg (C); Otterby (MA). HJ — Zwisler (MA) 5-2; Glendinning (C); Neider (C). J — Hoffman (MA) 16-0; Lamb (MA); Zwisler (MA). TJ — Zwisler (MA) 32-7; Atherton (C); Nieder (C).

#### BOYS

Woodside 96, Sequoia 34  
 440 Relay — Woodside 45.7. 120 HH — Bell (W) 16.2; Nero (S); Brady (W) 880 — Sakelarios (S) 2:07.8; Angel (W); Sheridan (W) 100 — Mathews (W) 10.1; Romero (W); Gaulding (W) 400 — Troy (W) 53.5; Dansler (W); Gaulding (W). Two Mile — Bohn (S) 10:15.7; Fletcher (W). 330 LH — Mathews (W) 41.9; Bell (W); Amos (W) 220 — Troy (W) 23.9; Bell (W); Nero (S). Mile — Sakelarios (S) 4:41.5; Angel (W); Bohn (S). Mile Relay — Woodside 3:43.0. SP — Oyster (W) 43-9; Sherrard (S); Crowley (W). D — Oyster (W) 150-16½; Sherrard (S); Nell (W). PV — Shaffeltie (W) 12-0. HJ — Amos (W) 4-0; Sakelarios (S); Crowley (W). LJ — Amos (W) 19-9; Jones (S); Romero (W). TJ — Amos (W) 41-3; Crowley (W).  
 JUNIOR VARSITY: Westmoor 107, Sequoia 27.  
 FROSH: Westmoor 87, Sequoia 33.

#### GIRLS

Woodside 100, Sequoia 25  
 440 Relay — Woodside 54.5; 100 LH — Brown (W) 15.4; Luttrell (S) 15.5; Nelson (W) 880 — Nelson (W) 2:39.5; Clement (S); Russell (W) 100 — Peer (W) 12.5; Adams (S); Simms (W) 400 — Jones (W) 62.6; Peer (W); Simms (W). Mile — Clement (S) 6:03.0; Russell (W); Love (W). SP — Peer (W) 23-9; Adams (S); Fletcher (W). D — Peer (W) 74-8; Adams (S); Fletcher (W). HJ — Margin (W) 4-2; Butler (W). LJ — Brown (W) 17-0; Taylor (W); Whitmore (S). TJ — Brown (W) 40-1; Taylor (W).

#### GPSL

Sacred Heart 83, Castilleja 40  
 440 Relay — Sacred Heart (Rillos, Frank, Griffith, Kauffman) 54.1. 100 LH — Frank (SH) 17.1; Yung (SH); Buckley (C) 880 — Whiteside (C) 2:40.9; Oswald (SH); Tracey (SH) 100 — Rillos (SH) 13.5; Yengst (SH); Crowley (C) 440 — Kauffman (SH) 64.1; Griffith (SH); Szabo (C). Two Mile — Mygatt (C) 13:38; Lambert (C); Plough (SH). 330 LH — Frank (SH) 53.4; Whiteside (C); Buckley (C) 220 — Kauffman (SH) 28.1; Rillos (SH); Ho (C). Mile — Frank (SH) 6:02.7; Mygatt (C); Lambert (C). Mile Relay — Sacred Heart (Griffith, Oswald, Tracey, Kauffman) 4:29.0; LJ — Yengst (SH) 14-3; Gregory (C); Broly (C). TJ — Griffith (SH) 32-1; Ramaciotti (SH); Yengst (SH). HJ — Tracey (SH) 6-4. SP — Ho (C) 23-8; Haber (C); Harmath (SH). D — Oswald (SH) 92-2; Haber (C); Harmath (SH).

### NORTH PENINSULA LEAGUE

#### BOYS

Westmoor 73, Half Moon Bay 58  
 440 Relay — Westmoor 44.0. 120 HH — Branstrom (HMB) 15.2; Cequerra (W); Lee (W) 880 — Hicks (HMB) 2:04.5; Barry (HMB); Racine (W) 100 — Lubbe (W) 10.2; Chapman (HMB); Higgins (W) 440 — Lawson (W) 53.1; Bisalle (HMB); Smith (HMB). Two Mile — Barry (HMB) 19:14.6; Rivas (W); Rumbula (HMB). 330 LH — Cequerra (W) 40.3; Branstrom (HMB); Lebhertz (W) 220 — Threets (W) 23.1; Lubbe (W); Chapman (HMB). Mile — Carroll (W) 4:48.0; Hicks (HMB); Burns (HMB). PV — Gilmore (HMB) 10-0; Ho (W); Gillen (W). LJ — Lebhertz (W) 20-3; Cequerra (W); Higgins (W). TJ — Cequerra (W) 41-9; Branstrom (HMB); Lebhertz (W). D — Siacotas (W) 138-4; Stabb (HMB); Potts (HMB). SP — Stabb (HMB) 41-10; Kennedy (W); Potts (HMB). HJ — Branstrom (HMB) 5-8; Crenshaw (W); Cavaness (HMB).

#### GIRLS

Westmoor 78, Half Moon Bay 43  
 Two Mile — Harrison (HMB) 13:03.0; Ellis (W); Adams (HMB) 440 Relay — Half Moon Bay 57.4. 110 LH — Louie (W) 16.4; Bruno (W); Blanchard (HMB) 880 — Ferrera (HMB) 2:40.2; Erler (W); Terrell (W) 100 — Fisher (HMB) 12.1; Andrews (W); Parker (HMB) 440 — Andrews (HMB) 1:08.3; Mariano (W); Terrell (W). 330 LH — Andrews (HMB) 52.8; Louie (W); Adams (HMB) 220 — Fisher (HMB) 29.8; Mariano (W); Burns (W). Mile — Whipp (HMB) 6:13.5; Erler (W); Page (HMB). HJ — Broussard (W) 14-6; Wtares (HMB). TJ — Broussard (W) 31-0; Albin (HMB); Reiber (HMB). D — Louis (W) 94-6; Howard (W); Bregg (HMB). HJ — Burns (W); Terrell (W). Bruno (W) 4-2. SP — Louis (W) 32-11; Weitenauer (HMB); Michelason (W).