

1969 Alca Rock Invitation and Results

Varsity	J.V.
1 Mt. Pleasant 58	Mission S.J. 70
2 Homestead 68	Los Altos 81
3 Burlingame 102	Oak Grove 94
4 Mission S. J. 135	Mt. Pleasant 156
5 Los Altos 169	Homestead 178
6 San Mateo 189	San Mateo 199
7 <u>Sunnyvale 197</u>	Cupertino 211
8 James Lick 198	Fremont 246
9 Cupertino 246	James Lick 296
10 Wilcox 246	Burlingame 309
11 Fremont 302	Logan 350
12 Overfelt 327	Buscher 403
13 Ayer 330	
14 Silver Creek 347	Soph.
15 Piedmont Hills 376	1 Homestead 62
16 Buscher 427	2 Mission S.J. 94
17 James Logan 460	3 Cupertino 118
18 Andrew Hill 512	4 <u>Sunnyvale 132</u>
19 Oak Grove 546	5 Fremont 201
	6 San Mateo 212
	7 Wilcox 294
	8 Burlingame 308
	9 Hill 383
	10 Logan 347 - // Silver C. 387

Continued:

Fresh

- 1 Romarsted 30
- 2 Burlingame 80
- 3 Cupertino 80
- 4 Sunnyvale 126
- 5 Milpitas 185
- 6 Los Altos 195
- 7 Silver Creek 241
- 8 Mission S.J. 275

Var. Alum Rock Inv. 1969

1.	Jackson, Bush	Piedmont	12:06
2.	Stan, Randy	Homestead	12:06 12:10
3.	Mark Lina	Cupertino	12:22
4.	Sofos, Rich	Burlingame	12:30
5.	Steve Brooks	Mt. Pleasant	12:36
6.	Remark, Sam	Homestead	12:42
7.	Marconi, John	Burl.	12:48
8.	George Manriquez	Mt. Pleas.	12:54 12:53
9.	Mike Kallbrier	Cup.	12:55 12:54
10.	Everard	Enciner	12:55
11.	Merrill Black	Mission SJ	12:57
12.	Jim Bigelow	Mt. Pleas	12:59
13.	Bob Smith	Los Altos	13:00
14.	Marshall John	Homestead	13:01
15.	Sanchez, Luis	Lick	13:08
16.	Phil Tevesi	Mt. Pleas	13:12
17.	Walt Mitchell	Mt. Pleas	13:19
18.	Alan Polard	Mt. Pleas	13:20
19.	John Moncrief	San Mateo	13:23
20.	Chris Berka	Los Altos	13:25
21.	Flynn Lollin	Homestead	13:26
22.	Kolesnikow	Burlingame	13:27
23.	Harvey Sandoval	San Jose	13:30
24.	Jim Sena	Lick	13:31
25.	Pat Gillum	Homestead	13:32
26.	Carlos Lorente	Sunnyvale	13:33
27.	Mark Twist	Mission SJ	13:36
28.	Brian Wilson	Wilcox	13:37
29.	Rich Caton	Burlingame	13:47
30.	Brown	Los Altos	13:50
31.	Wernli	Cupertino	13:52
32.	Cook	Mission SJ	13:57
33.	Kane	Overfelt	13:58
34.	Ries	Wilcox	13:59
35.	Walker	San Mateo	13:59
36.	Chashman	San Mateo	14:00
37.	Verstrepen	Overfelt	14:02
38.	Endicott	Fremont	14:03

Var. Alum Rock Inv. 1969

39.	Victorine	Sunnyvale	14:04 ^{14:04}
40.	Wigney	Burlingame	14:05
41.	Avila	Lick	14:06
42.	Cohagen	Mission SJ	14:07
43.	Hanes	Homestead	14:07
44.	Cowen	San Mateo	14:08
45.	Gonzales	Wilcox	14:09
46.	Vasquez	Mission SJ	14:10 12.53
47.	Rivera	Silver Creek	14:11 12.54
48.	Morehead	Ayer	14:12
49.	Miller	Mt. Pleas.	14:13
50.	Frisbie	Ayer	14:13
51.	Church	Homestead	14:14
52.	Jackson	Los Altos	14:16
53.	Tomazeweski	Fremont	14:16
54.	Gruen	Los Altos	14:18
55.	Harris	San Mateo	14:18
56.	Taylor	Lick	14:19
57.	Micheals	Wilcox	14:19
58.	Sorensenson	Burl	14:20
59.	Rivera	Piedmont	14:20
60.	Nicholson	Mission SJ	14:21
61.	Davis	Los Altos	14:22
62.	Coxson	Lick	14:23
63.	Costa	Lick	14:24
64.	Hernandez	Sunnyvale	14:24
65.	Logan	Fremont	14:24
66.	Gutterrez	Silver Creek	14:26
67.	Hawkins	Burl	14:26
68.	Garcia	Sunnyvale	14:27
69.	Clark	Logan	14:27
70.	Gentry	Fremont	14:28
71.	Lew	Ayer	14:28
72.	Brandow	Ayer	14:30
73.	Vandersfelt	Hill	14:31
74.	Garcia	O'felt	14:31

Var. Alum Rock Inv. 1969

75. Watt	Cupertino	14:33
76. Hyrne	Fremont	14:41
77. Garcia	Silver Creek	14:43
78. Grantam	Lick	14:45
79. Lewis	Logan	14:47
80. Hines	Cupertino	14:48
81. Kolesnikow	Burl	14:49
82. Kahler	Wilcox	14:53
83. Krakow	San Mateo	14:54
84. Robies	Sunnyvale	14:54
85. Gutteriz	Silver Creek	14:56
86. Sullivan	San Mateo	14:58
87. Pickett	Cupertino	14:59
88. Watkins	Wilcox	14:59
89. Lee	Ayer	14:59
90. Garwaija	O'felt	15:04
91. Alcantar	Sunnyvale	15:07
92. Wardel	Bucsher	15:13
93. Garcia	O'felt	15:15
94. Martin	Wilcox	15:18
95. Rojas	Oak Grove	15:21
96. Dickson	Los Altos	15:22
97. Matsushita	Buchser	15:25
98. Karr	Logan	15:30
99. Hernandez	Silver Creek	15:33
100. Vanzuk	Fremont	15:35
101. SPEARS	Fremont	15:35
102. Hall	Peimont	15:38
103.		15:40
104. Memmer	Logan	16:00
105. Dimopoulos	Piedmont	16:01
106. Cashman	Bucher	16:08
107. Aguilar	Hill	16:18
108. Krch	Oakrove	16:19
109. Parrish	Piedmont	16:33
110. Miller	Logan	16:52
111. Stoden	OakGr.	16:54
112. Salazar	Hill	16:58

Varsity Alum Rock Inv. 1969

113.	St. Clair	Buchser	17:05
114.	Routhier	Oak Gr.	17:08
115.	Watson	Buchser	17:20
116.	Davidson	Ayer	17:34
117.	Fierro	Hill	17:35
118.	Fong	Oak Gr.	17:36
119.	Pierceall	Sunnyv.	18:05
120.	Rode	Buchser	18:10
121.	Santos	Silver Creek	18:12

Spphmore Alum Rock Inv. 1969

1.	Pete FocHa	Hm. StD.	12:57
2.	Deppe	FREMONT	13:06
3.	RENE TAFOLA	OVERFELT	13:07
4.	MIKE LOTT	CUPERTINO	13:15
5.	SYL ESPARZA	LICK	13:27
6.	MARK BARDET	CUPERTINO	13:42
7.	DAN LONG	MT. PLEASANT	13:45
8.	BAILEY	BUCHSER	13:48
9.	JOHN GILGUN	SUNNYVALE H.	13:51
10.	BOB CABELL	M.S.J.	13:57
11.	KEN PENA	LOGAN	13:58
12.	MIKE OWENS	Hm. Std.	14:01
13.	BOB NORBERG	Hm. Std.	14:03
14.	P. MICHALS	WILCOX	14:07
15.	KIRK McKELEY	MT. PLEASANT	14:09
16.	MIKE HOWELL	Hm. Std	14:16
17.	TED McRICE	M. SAN JOSE	14:16
18.	CHARLES SANCHEZ	SUNNYVALE	14:18
19.	JOHN McNATT	CUPERTINO	14:18
20.	TRIP WRIGHT	Hm. Std.	14:19
21.	STEVE GRAAKRAMP	M.S.J.	14:20
22.	DON JOHNSON	M.S.J.	14:22
23.	CRAIG RENTERIS	HILL	14:25
24.	MIKE EDMONDS	M.S.J.	14:26
25.	SAM LOLE	SAN MATEO	14:30
26.	Marion CHURCHILL	Hm. Std.	14:35
27.	DIMMICK	Hm. Std.	14:37
28.	CARLSON	FREMONT	14:37
29.	VANDICK	FREMONT	14:38
30.	CLAREY	HOMESTEAD	14:40 10:40
31.	ROBERT NORMAN	SUNNYVALE	14:43
32.	MARK WAGNER	HOMESTEAD	14:55 14:35
33.	HOWARD PAINTER	CUPERTINO	14:56
34.	JOHNSON	AYER	14:57
35.	BRODRE NOESKE	SUNNYVALE	14:59
36.	LARRY BOOTH	SAN MATEO	14:59
37.	TIM WILSON	HOMESTEAD	15:01

Sophomore Alum Rock Inv. 1969

35.	Helm	Ayer	15:04
39.	Bob Kosten	Sunnyvale	15:06
40.	Jeff Goldman	Mission San Jose	15:07
41.		Wilcox	15:08
42.	Dave Burns	Burl	15:15
43.	Harvey Martell	Homestead	15:18
44.	Thomas N.	Mission San Jose	15:20
45.	Ranoy W.	Mission San Jose	15:21
46.	Yose Anzade	Sunnyvale	15:26
47.	Felix Carter	Sunnyvale	15:26
48.	Michael Chavez	San Mateo	15:35
49.	David CuvIELLO	Milpitas	15:36
50.	Sid Selgle	San Mateo	15:37
51.	Bob Refrem	Burl	15:40
52.	Shed Holman	Mission San Jose	15:48
53.	Lee Lance	San Mateo	15:52
54.	Doug Graff	San Mateo	15:56
55.	Bustamate	Fremont	15:56
56.	Gary Green	Cupertino	15:59
57.	Keith Jones	Silver Creek	16:05
58.	Mike Poroos	Burlingame	16:06
59.	Jay S.	San Mateo	16:08
60.	Mike Kelley	Cupertino	16:12
61.	Jim Barrety	Burlingame	16:14
62.	Larry Hotthausser	Piedmont	16:14
63.	Tom Love	Cupertino	16:17
64.	Al. Gomez	Sunnyvale	16:25
65.	Ermilo Gonzalez	Silver Creek	16:28
66.	Mike Orr	San Mateo	16:30
67.	Conrad Laver	Burlingame	16:32
68.	Joe Blenl	San Mateo	16:45
69.	R. Everson	Milpitas	16:50
70.	Alex K.	Burlingame	16:55
71.	Gary Stanton	San Mateo	16:59
72.	L. Lew	Ayer	17:08
73.	Bob Frank	Sunnyvale	17:09

SOPH. ALUM ROCK INV. 1969

74.	Ron Jackson	Piedmont	17:10
75.	Dave Mills	San Jose	17:11
76.	Darrell Craven	Silver Creek	17:11
77.	David Twigg	Logan	17:14
78.	M Morrisson	Wilcox	17:17
79.	Ray Pruneda	Logan	17:20
80.	R. Duran	Wilcox	17:21
81.	K. Hanford	Wilcox	17:36
82.	Dave Chavez	Piedmont	17:42
83.	W. Oseto	SilverCreek	17:45
84.	Joseph Norton	Burlingame	17:54
85.	Mike Newton	Mt Pleasant	18:04
86.	Mark Williams	Silver Creek	18:11
87.			18:22
88.	Vic Cabello	Logan	18:25
89.	Dan Obrien	Burlingame	18:36
90.	Arno	Buchser	18:37
91.	Roger Green Gard	Logan	18:54
92.		Hill	18:57
93.		Mt Pleasant	
94.	Richard Friedman	Hill	
95.	D. Scarola	Wilcox	
96.	Cesar Olmos	Silver Creek	
97.	Joe Silmas	Sunnyvale	
98.	J. Lee	Ayer	
99.	Eddie Ruiz	Hill	
100.	Bethel	Buchser	
101.	Steve Cruickshank	Silver Creek	
102.	Steve B.	Silver Creek	
103.	Wes Converse	Silver Creek	
104.	Mike Anderson	Piedmont	
105.	Chris Bussineau	Burlingsme	
106.	Mark Newall	Logan	
107.	Dave Lashin	Burlingame	
108.	M. Gleason	Wilcox	
109.	Dale Converse	Silver Creek	

FROSH ALUM ROCK INV.

1.	Alan Donaldson	Mt. Pleasant	13:17
2.	Lewis, Verne	Homestead	13:18
3.	Church, Matt	Homestead	13:54 13:51
4.	Brooks, Gilbert	Milpitas	14:15
5.	Carty, John	Homestead	14:16
6.	Larry Biddle	Piedmont	14:23
7.	Russ Likens	Cupertino	14:32
8.	Bonuini, Rob	Homestead	14:49
9.	Bill Malloy	Cupertino	14:54
10.	Horny, Frank	Burlingame	15:06
11.	Williams, Scott	Burlingame	15:11
12.	Giles, Rick	Homestead	15:12
13.	James Tooke	Sunnyvale	15:14
14.	Sawyer, Tim	Homestead	15:16
15.	Johnston, Dave	Homestead	15:17
16.	Roman Bednar	Cupertino	15:28
17.	Rocht, Dave	Homestead	15:29
18.	Brad Daver	San Mateo	15:32
19.	Bob Hart	San Mateo	15:38
20.	Bennett, Allan	Burlingame	15:42
21.	Jeff Ruhlín	Piedmont	15:45
22.	Dan Miller	Cupertino	15:50
23.	Richard O'Dell	Sunnyvale	15:51
24.	Dan Slavin	Los Altos	15:53
25.	Wright, Greg	Homestead	15:56
26.	Dave Nolte	Cupertino	15:57
27.	Don Switzen	Sunnyvale	15:58
28.	Showen, Mark	Burlingame	16:00
29.	Steve Blynn	Sunnyvale	16:07
30.	Fudenna	Mission S.J.	16:08
31.	Phil Park	Milpitas	16:21
32.	Yamat Ray	Silver Creek	16:25
33.	Abraham Andrade	Lick	16:30
34.	Marvin Gonneman	Sunnyvale	16:30
35.	Ernie Busch	Los Altos	16:31
36.	Koalow	Buscher	16:33
37.	Ed Lizardo	Sunnyvale	16:38
38.	Kowarsd, Vic	M. J. S.	16:40
39.	Larry Frandsen	Cupertino	16:43

40.	Jeff		16:52
41.	Lian	Buscher	17:03
42.	Jim Lacy	Milpitas	17:06
43.	Burke	Milpitas	17:08
44.	Holmes, Greg	Silver Creek	17:10
45.	Young, Rich	Burl.	17:13
46.	Mike	M. S. J.	17:16
47.	Mark Castle	Los Altos	17:18
48.	Loren Israelson	Los Altos	17:19
49.	Sil Bila	Buscher	17:20
50.	Scott Weaver	San Mateo	17:21
51.	John Steele	San Mateo	17:25
52.	Morgan, Dave	Burl.	17:27
53.	Ed Calvillo	Mt. Pleasant	17:27
54.	Jerry Rivera	Silver Creek	17:28
55.	Mario Gonzales	Silver Creek	17:29
56.	Steve Ellis	Silver Creek	17:33
57.	Guz	Buscher	17:36
58.	Morris	Buscher	17:36
59.	Rudy Lizardo	Sunnyval	17:37
60.	John Love	San Mateo	18:01
61.	Bob DiRocco	Los Altos	18:04
62.	Ted E. Wald	Sunnyval	18:06
63.	Joe Campbell	Sunnyval	18:08
64.	Pohorsky, Tom	Homestead	18:09
65.	Jacob, Quijas	Milpitas	18:10
66.	Black, Bob	San Mateo	18:12
67.	Jeff Eyre	Milpitas	18:14
68.	Jon-Egg-Henriksen	San Mateo	18:16
69.	Wilton, Mike	Burl.	18:22
70.	Charles, Henriquez	Milpitas	18:23
71.	Arnoldo Garcia	Silver Creek	18:29
72.	Staw, Pete	M. S. J.	18:35
73.	Pietropaoli, Rich	Burl.	18:48
74.	John Lee	San Mateo	18:54
75.	Matt Bloomstine	Cupertino	
76.	Allan, Rob	Burl.	
77.	Parker, Dale	Silver Creek	
78.	John Freedon	Cupertino	

79. Brokett	Bucsher
80. Byon Paton	San Mateo
81. John Condon	Los Altos
82. Dave McDowell	Mt. Pleasant
83. Way	Bucsher
84.. Hiedelberger	Bucsher
85. Trevino	Bucsher
86. Watson	Bucsher
87. Robb Moretti	San Mateo
88. Danny Meyers	Silver Creek
89. Himmelnan Bill	M. S. S.
90. Bosch, Erick	Silver Creek
91. Wayne Rivas	Silver Creek
92. Ed Espinoz	Milpitas
93. Ward	Buscher
94. Palacios, Andy	James Lick

Alum Rock - Sept. 25 1969

Fresh	Soph	Varsity
1- Tooke - 15:14 *	1- Gilgun - 13:51 *	1- Lorente - 13:32 *
2- O'Dell - 15:51	2- C. Sanchez - 14:17	2- Victorine -
3- Switzer - 15:57	3- Norman - 14:43	3- Hernandez -
4- Blynn - 16:07	4- Noeske - 14:59	4- Garcia, A. -
5- Gonnerman - 16:31	5- Kosten - 15:07	5- Robles - 14:58
6- E. Lizardo - 16:38	6- Andrade - 15:26	6- Alcantar - 15:15
7- R. Lizardo - 17:37	7- Carter - 15:27	7- Smith - 15:40
8- Ewald - 18:04	8- Gomez - 16:07	8- Sanchez, S. - 16:22
9- Campbell - 18:08	9- Frank - 17:09	9- Murguia, R. - 16:41
10- Newland - 18:55	10- Farm - 17:27	10- Pierceall - 18:12
11- Griffin - 19:48	11- Coli - 18:20	11- Hill - 18:45
12- Garcia - 21:27	12- Simas - 19:02	12- Giltz - 19:03
13- Kinsman - 22:10	13- Honda - 19:19	13- Kaufman - 20:00
14- Jessup - 24:23	14- Dose - 19:39	14- Warren - 22:09
15-	15- Truesdale - 19:44	

Not too bad for first meet.

A rough, tough, hilly 2.3 mile course
 First 7 in each division run on first
 team at our meet next week.

* Our outstanding men today -
 Varsity credit to all men under 15:00

Allen
Rock
9/2/69
Fresh

1. Jooke 15:14 (13)
2. O'Dell 15:51
3. Switzer 15:57
4. Blynn 16:07
5. Sonneman 16:31
6. E. Lizardo 16:38
7. R. Lizardo 17:37
8. Ewald 18:04 (62)
9. Campbell 18:08
10. —

- Soph
1. Belgun (9) 13:51
 2. Sanchez (18) 14:17
 3. Norman (31) 14:43
 4. Noeske (35) 14:59
 5. Koster (39) 15:07
 - Wendle (46) 15:26
 7. Carter (47) 15:27
 8. Gomez (64) 16:07
 9. Frank (73) 17:09
 12. Simas (97) 19:02

- (13:25) (17)
J.V.
7. Smith 15:40 13:32
 8. Sanchez S. 16:22
 9. Murguir R. 16:41
 10. Farm 17:27 S
 - " Coli 18:20 - S
 - " Hill 18:45 18:12
 10. Neuland 18:55 F
 12. Siltz 19:03
 13. Honda 19:19 S
 14. Vozel 19:39 S
 15. Juicedal 19:44 S
 - " Griffin 19:45 F
 13. Kaufman 20:0
 14. Garcia 21:27 F
 14. Warren 22:09
 13. Karsmen 22:10 F
 14. Jessup 24:23 F

- Varsity
1. Lorente (25)
 2. Victorine (39)
 3. Heinanly (63)
 4. Garcia (6)
 5. Robles (83)
 - 15:15 Calcantor (9)
 10. Pierceal (11)

Varsity Time - under 15:00

F 14
S 15
V 14



DATE: September 25, 1969
 COURSE: Alum Rock Park - 2.25 miles (hills)
 MEET: Alum Rock Invitational
 WEATHER: Warm and Dry

VARSITY TEAM TIME: 64:59 (school record for meet)

VARSITY SCORES:

Mt. Pleasant	58
Homestead	68
Burlingame	102
Mission San Jose	135
Los Altos	169
San Mateo	189
Sunnyvale	197
James Lick	198
Cupertino	246
Wilcox	246
Fremont	302
Overfelt	327
Ayer	330
Silver Creek	344
Piedmont Hills	376
Buscher	427
James Logan	460
Andrew Hill	512
Oak Grove	546

INDIVIDUAL RESULTS: (121 runners)

1. Jack Bush	PH	12:06	11. Merrill Black	MSJ	12:57
2. Randy Stahl	Ho	12:10	12. Jim Bigelow	MP	12:59
3. Mark Lima	Cup	12:22	13. Bob Smith	LA	13:00
4. Rich Sofos	Bur	12:30	14. John Marshall	Ho	13:01
5. Steve Brooks	MP	12:36	15. Luis Sanchez	L	13:08
6. Jan Remak	Ho	12:42	16. Phil Teresi	MP	13:12
7. John Marconi	Bur	12:48	17. Walt Mitchell	MP	13:19
8. George Manriquez	MP	12:53	18. Alan Pollard	MP	13:20
9. Mike Kallbrier	Cup	12:54	19. John Moncrief	SM	13:23
10. Everard	Bucs	12:55	20. Chris Berka	AA	13:25

JUNIOR VARSITY TIME:

JUNIOR VARSITY SCORES:

Mission San Jose	70	Cupertino	211
Los Altos	81	Fremont	246
Oak Grove	94	James Lick	296
Mt. Pleasant	156	Burlingame	309
Homestead	178	Logan	360
San Mateo	199	Buscher	403

INDIVIDUAL RESULTS: (143 runners)

1. Randy Green	MSJ	13:25	6. Scott Matthew	LA	14:05
2. Mike Romero	MP	13:42	7. Phil Teschner	LA	14:05
3. John Pepper	OG	13:50	8. Steve LaFranchi	CG	14:06
4. Chris Condon	LA	13:53	9. Hector Esparza	PH	14:08
5. Band Zembach	MSJ	13:56	10. Bill Vonderwerth	MP	14:15

ALUM ROCK INVITATION CONTINUED

SOPHOMORE TEAM TIME: incomplete

SOPHOMORE SCORES:	Homestead	62	San Mateo	212
	Mission S.J.	94	Wilcox	294
	Cupertino	118	Burlingame	309
	Sunnyvale	132	Hill	335
	Fremont	201	Logan	347
			Silver Creek	367

INDIVIDUAL RESULTS: (109 runners)

1. Pete Focha	Ho	12:57	6. Mark Bardet	Cup	13:42
2. Deppe	Fr	13:06	7. Dan Long	MP	13:45
3. Rene Tafolla	Ov	13:07	8. Bailey	Buc	13:48
4. Mike Lott	Cup	13:15	9. John Gilgun	Sun	13:51
5. Syl Esparza	Lick	13:27	10. Bob Cambell	MSJ	13:57

FRESHMAN TEAM TIME: incomplete

FRESHMAN SCORES:	Homestead	30	Milpitas	185
	Burlingame	80	Los Altos	195
	Cupertino	80	Silver Creek	241
	Sunnyvale	126	M. San Jose	275

INDIVIDUAL RESULTS: (94 runners)

1. Alan Donaldson	MP	13:17	6. Larry Biddle	PH	14:23
2. Verne Lewis	Ho	13:18	7. Russ Likens	Cup	14:32
3. Matt Church	Ho	13:51	8. Bob Bounini	Ho	14:49
4. Gil Brooks	Mil	14:15	9. Bill Malloy	Cup	14:54
5. John Carty	Ho	14:16	10. Frank Horny	Burl	15:06

BEST CLASS TIMES:	Senior	Mike Romero	13:42	
	Junior	Phil Teresi	13:12	(Calss Meet Record)
	Sophomare	Steve Brooks	12:36	(New School Meet Rec., Old Munro
	Freshman	George Manriquez	12:53	(Class Meet Record) 12:40 '6