

SPAL harrier outlook

Another Carlmont conquest seems certain

By STEVE BOLTZ

Tribune Sports Writer

The South Peninsula Athletic League has a new look this fall — but not in cross country.

Coach Loren Lansberry's Carlmont High Scots are virtual shoo-ins to nab their 13th SPAL title in their 20th year in the league as well as their fourth crown in a row.

But the Nov. 12 SPAL finals — which will include only six teams after the three Palo Alto District teams and Ravenswood left the league — could be only the stepping stone to greater things for Lansberry's charges.

This is not to say, however, other SPAL teams and runners won't be competitive. Both Menlo-Atherton and Menlo School, for example, could field the best teams in their histories.

The season gets into full swing next week, with nonleague affairs at both Carlmont and Menlo-Atherton Monday followed by the running of the huge Stanford Invitational Thursday.

The Stanford go will provide a good indication of area power as probably the county's top three teams, Carlmont, Half Moon Bay and Serra, are all entered, while another attraction will be HMB's Artichoke Invitational Oct. 2.

Following three center meets, SPAL, Central Coast Section Region II and CCS finals will be held.

Most SPAL teams will also run in two and three-mile track postal meets.

Team "run" downs:

CARLMONT

All you need is Love (and a few other Scots) and you have the makings for a Carlmont team which should add impressively to the 724-35-4 dual record in the school's history (the last 19 years under Lansberry).

Bob Love, only a junior, returns as the SPAL's premier long distance runner after winning the league finals and the SPAL Runner of the Year award.

In fact, Love is the only SPALer to win the loop finals as a soph, though SPAL two and



BOB LOVE
Can he repeat?



GARY THURSTON
Bear captain



GARY GOODSTEIN
Improving two-miler

three-mile record-holder Mitch Kingery did cop the Runner of the Year honor his last three seasons.

Love also made the All-Northern California second team and he used his harrier training last spring to post a 9:17.8 two-mile in the CCS finals and place 15th in the state meet.

"Bob is probably the greatest sophomore in Carlmont history. And he is young (15 years old) for his class," Lansberry noted.

Carlmont, though, will be anything but a one-man show. Forming a strong one-two punch with Love will be senior Greg Mandanis, who was 13 seconds behind Love in second place in the 1975 SPAL finals at Crystal Springs.

Mandanis, SPAL Junior of the Year and an All-NorCal honorable mention choice, also was fourth in the Region II race (while Love was second).

Lansberry expects to get depth from seniors Danny Norris, Ray Weiland and Mark Suda, junior Curt Foianini and soph Kirk Herrera.

"The goal the kids have set is to win the CCS title," said Lansberry, whose Scots have captured one such crown (in 1971).

Foianini did run in some varsity races last year, while Herrera, a Serra transfer, posted a 4:36 mile in '75.

Lansberry also expects good things from Jamie Allen, Eric Dabanian, Ted Donaghue, Tom Peet, Kevin Weinmann, Ohio transfer Jeff Sensiba, Jim Newton, Vic Ibsen, Ed Camilleri and Greg Lunsford. From that group will come Scott junior varsity runners, who will try to repeat the unbeaten (49-0) Carlmont JV campaign of last year.

Carlmont is also heavily favored in the frosh-soph division. Topping the F-S squad will be '75 SPAL Co-Freshmen of the Year Jim Pryor and Tim O'Malley.

Ken Mellquist also returns from the Scot frosh team which posted the fifth best prep two-mile postal time in the nation. Pryor led the way with a 14th place, while O'Malley was 26th and Mellquist 27th.

(Interestingly, the only frosh in the CCS better than Pryor were national leader Carlos Carrasco of Mt. Pleasant, Sergio Olivias of HMB and Martin Vavuris of Cubberley).

Lansberry may have another "comer" in Texas transfer Dan Pierce ("he's run a 4:37 mile"),

while other top sophs are Mark Tully and Curtis Shank.

Top frosh are Kevin O'Connor, Steve Dietrich, Steve Mack, John Bauer and Tony Campbell.

MENLO-ATHERTON

Coach Plato Yanicks has probably already set a national record this year.

His preseason Menlo-Atherton pressbook, filled with all the facts and figures you'd want to know on Peninsula cross country (and some only a track nut could appreciate), may well be the tops of its kind in the world, much less in the U.S.

As for Yanicks' squad this season, "We could have our best team ever if we can get some depth."

Topping the Bears promises to be senior captain Gary Thurston, who was sixth in the SPAL finals last year as well as an All-NorCal honorable mention pick.

But so far Thurston is being pushed hard by both juniors Len Sperandeo and Eric Davis. All three posted times under 11:00 in M-A's season-opening meet Monday (on the Bears' 2.2-mile course), "and that's the first time that's ever happened in our history," Yanicks noted.

"Sperandeo ran 1,100 miles this summer and he and Davis have improved a great deal."

Yanicks hopes to get the all-important depth from junior Paul Moulos and senior Kurt Harbordt.

Harbordt, who didn't finish last season on the M-A team, has strong potential. In 1974, he finished 13th in the Region II varsity finals and was rated the fourth best soph in the SPAL.

Yanicks is also high on Ravenswood transfer Collin Smith, a junior, while top JVs are Luis Terregrosa and Mick Sinkewitch.

Top sophs on Yanicks' 35-man roster are Shawn Coyt, Scott Andrews and John Richards, while good-looking frosh are John Hock, Gene Lete, Jeff Traum, Brad Kurrell and Robert Crumpler.

MENLO SCHOOL

Coach Luis Yango has one of the top harriers in the CCS in Gary Goodstein of Woodside, a returning All-SPALer.

Goodstein, who was CCS frosh-soph two-mile champion two years ago and Region II winner last year, will pace what

and Mark Van Anda. Sophs are Chris Bryant and Nelt Willis (both from Atherton and Paul Amieux and Darn Woods. Menlo Park's Chris Goode and Chris Sharron are the team's only frosh.

SAN CARLOS

Coach Jim Luttrell feels this could be a "building year" for his junior-dominated Dons.

Topping the SC junior para is Ian Waters, who came strong last track season, with others are Rick Luttrell, Tom Graycar and "improved" Steve Jacobowsky.

Graycar and Luttrell were rated second only to Love among SPAL sophs last year.

Senior Forrest Brakeman will probably go varsity, while vying for remaining spots are seniors Marc Ashton, Greg Wallace and Tom Lucas and junior Paul Maarleveld.

Other JVs are juniors Steve Lee, Rick Lucas, Carl Rivera, Bruce Wallace, Vince DePasqua and Jeff Baughman.

Kevin Kelly, an All-SPAL frosh pick last year, tops the frosh-soph. Other frosh-sophs are Ward Brakeman, Jim Hansen, Dennis Houghton and Greg Hanna.

Cindy Vaughan is the top frosh presently.

SEQUOIA

Coach John Reguero knows his team won't grab too many headlines, but so far he likes the attitude of his squad.

Reguero has several runners who are swifter right now, but the real Cherokee "comer" might be freshman John Schriakoff.

"He has good natural stride and is a very hard worker. He determined to get better," said Reguero.

Top seniors are Ignacio Del Rio, Andres Oseguera, Martin Sandoval and Martin Serrato. Top juniors are Seung Kang, Rose do Del Rio and Renay Wolfe, the first of several girls who may come out for the team later.

Other Tribemen are seniors Jose Maldonado, juniors Francisco Chavez, Michael Gasior and Hector Dillanueba, soph Pablo Amaro and frosh Charles Clark, Casey Knynenburg and John Serrato.

WOODSIDE

Two years ago, Woodside finished second to Carlmont in the SPAL finals — only for the Wildcat program to be scrapped last year because no one came forward to coach the team.

But thanks to Bill Johnson, an English teacher at Woodside and a mountain climbing friend of Carlmont coach Lansberry, the Cats are back. Last year Johnson "sponsored" David Farwell so the graduated Woodside could run in the SPAL finals.

"We really became aware from what happened to Farwell (a good runner who didn't have a team to run for in 1975) that the kids need a team if they are to do well. It's too hard to do it on your own," said Johnson.

Coach Johnson has a good basis to build the program — mostly juniors and sophs.

Juniors David and John



THE HARDER YOU WORK, THE HARDER IT IS TO SURRENDER!

REMEMBER, YOU MEET YOUR OPPONENTS, NOT THEIR REPUTATIONS!