

PREP NOTES

by Keith Conning, High School Editor

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All State Prep Cross Country Team

Below are listed the **California All State Cross Country Teams** for boys and girls. The first seven compose the **first team All California** and the remainder are "honorable mention" or second team.

The selections were determined by Keith Conning and Doug Speck in conjunction with many coaches and careful study of the season records. In ranking the first team it was tough deciding on number one: Barasa Thomas won the Kinney Western Regional meet and went on to place second in the National meet. John Frank chose to go the Junior Olympic route rather than Kinney's - he won the Region 13 Junior Olympics and then went on to win the Junior Olympic National crown as well.

Since it is a "High School" selection *Roxanne Bier and Cathy Demmelmaier*, two super high school students, are not counted since they did not compete for their high schools in cross country.

Boys First Team (ranked in order):

1. **John Frank** (Central Valley): Chico Invitational winner, Northern Section Champion, Northern California Championships winner, Junior Olympics Region 13 & National champion.

2. **Barasa Thomas** (Santa Barbara): Sectional 4A champion, Kinney's Western Regional winner and second place in National Kinney's Championships.

3. **Andy DiConti** (La Canada): Second in Kinney's Western Regional, third fastest time in Southern Section Finals, fourth in National Kinney's Meet.

4. **Jay Marden** (Mission San Jose, Fremont): Mt. SAC Invitational race winner (15:05), North Coast Section champ, second Northern California Championships, third in Western Regional Kinney's meet, sixth in National Kinney's Championship. Winner of Alum Rock, Artichoke, Crystal Springs, and Hayward Invitationals.

5. **Jon Butler** (Edison, Huntington Beach): Sixth in Kinney's Western Regional, Mt. SAC Invitational fastest time (14:57), eighth in National Kinney's meet. Mammoth Invitational, Corona Del Mar Invitational, Lake Castaic Invitational, and Orange County championship winner, with fastest overall time in each of the meets.

6. **Rich Read** (Mission San Jose, Fremont): Second in Mt. SAC race (4th fastest time of day-15:06), 5th in Kinney's Western Regional, 2nd to teammate Marden at Artichoke, Crystal Springs, and Hayward Invitationals.

7. **Gary Gonzales** (Clovis): Central Section champion. Undefeated all season.

Boys Honorable Mention (alphabetical):

Bret Baffert (San Ramon, Danville)
Fernando Balderas (San Jose)
Chris Bowlus (Bolling Hills)
Ed Callaway (Dos Pueblos, Goleta)
Jim Dunlap (Thousand Oaks)
Mark Emdee (Narbonne, Harbor City)
Sean Evans (Patrick Henry, San Diego)
Tom Foran (Mira Loma, Sacramento)
Jim Kaspari (St. Francis, Mt. View)
Kevin O'Connor (Carlmont, Belmont)
Mike Parkinson (South Pasadena)
Sergio Perez (Corcoran)
Richard Perez (San Geronio, San Ber)
Eric Spappenfield (Santa Barbara)
Jeff Scott (El Camino, Sacramento)
John Spillman (Simi Valley)
Louis Torres (Alemany, Mission Hills)
Jesse Torres (Independence, San Jose)
Mike Vail (Mira Loma, Sacramento)
Jeff Vandereems (Mission Viejo)
Rollie Wingo (Pt. Loma, San Diego)

3. **Kerry Brogan** (Los Altos): Northern California champion, fifth in Kinney's Western Regional. Central Coast Section, Menlo-Atherton Invitational, St. Francis Invitational winner.

4. **Sue Gelley** (Monte Vista, San Diego): San Diego Section 3A champion, Mt. SAC Invitational 2nd fastest time (11:59) Palos Verdes Invitational division winner.

5. **Anabelle Villanueva** (Fountain Valley) Section 4A champion, Orange County Championships fastest overall time, 2nd fastest overall time at Lake Castaic Invitational.

6. **Shelly Hazlett** (Saugus): Sectional 3A winner by 15 seconds, Mt. SAC Invitational third fastest time, Bell-Jeff Invitational winner.

7. **Diane Harrell** (Palos Verdes): 8th in Kinney's Western Regional meet, Moorpark Invitational champion, fourth fastest overall at Lake Castaic Invitational, leader of state's top team in Sectional 4A win.

Girls Honorable Mention (Alphabetical):

Terry Brown (San Pasqual, San Diego)
Lisa Dailey (Petaluma)
DeeDee Deegan (Alemany, Mission H)
Mary Gaffield (El Cerrito)
Diane Gong (Lowell, San Francisco)
Amy Harper (Prospect, Saratoga)
Beth McGlinchey (Fountain Valley)
Robin MacSwain (Terra Linda, San Raf)
Laura Miller (Chatsworth)
Shelly Nieto (Merced)
Polly Plummer (University, Irvine)
Cynthia Rogers (Mt. Whitney, Visalia)
Lori Shanoff (Petaluma)
Liz Strangio (Mission San Jose, Frem)

photo by Keith Conning



KATHY KIERNAN

photo by Keith Conning



BARASA THOMAS

Girls First Team (Ranked in order):

1. **Vickie Cook** (Alemany, Mission Hills): Second in Kinney's Western Championships, 6th in National Kinney's Meet. Southern Section's fastest in Championship meet with 2A win. Mt. SAC fastest overall time (11:45), Castaic Lake Invitational winner, Alemany Invitational champ.

2. **Kathy Kiernan** (Los Amigos, Fountain Valley): 4th in Kinney's Western Regional. Third in Sectional 2A race, Corona Del Mar Invitational champion, Orange County Championships division winner (2nd fastest overall).

Kinney Prep Cross Country Nationals

Two years — all the way! That's the Ellen Lyons story, as she capped those two years of undefeated running by winning the first Kinney Prep Cross Country Championships at San Diego's Balboa Park, on December 8.