

# PREP NOTES

by Keith Conning

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## North Coast

**NORTH COAST SECTION 2A & 4A, Newhall Park, Concord, Nov. 15, 1980.**

**2A Girls Teams:** 1. Miramonte 46, 2. Carondelet 47, 3. Acalanes 88, 4. Castro Valley 100, 5. Piedmont 135, 6. Campo Lindo 189, 7. Notre Dame 193, 8. Hayward 218, 9. Arroyo 229, 10. Alameda 241.

**2A Girls Individuals:** 1. Marilyn Davis (M) 11:21, 2. Marcia White (M) 11:22, 3. Paige Tully (Alhambra) 11:25, 4. Missy Dickson (Ac) 11:31, 5. Jill Ellingson (H) 11:35, 6. Mary Anne Morse (Car) 11:36, 7. Wendy Sihner (M) 11:37, 8. Karin Lambden (CV) 11:46, 9. Val Knafelc (Car) 11:52, 10. Chris Manning (Car) 12:00.

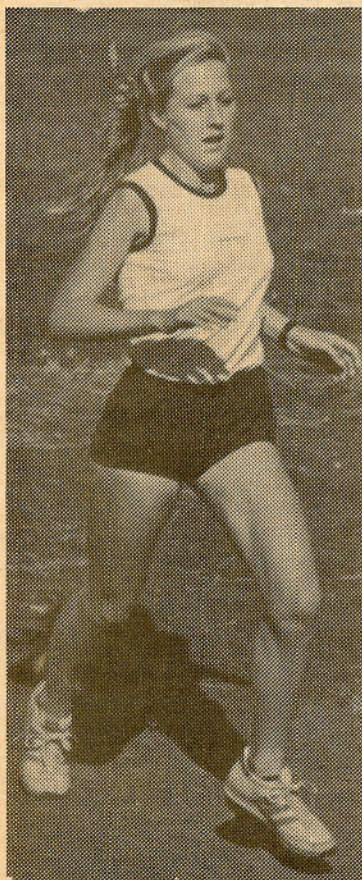
**4A Girls Teams:** 1. San Ramon 75, 2. Berkeley 80, 3. Granada 96 (6th-47th), 4. California 96 (6th-51st), 5. El Cerrito 125, 6. Amador 145, 7. Antioch 152, 8. Concord 171, 9. Mission San Jose 173, 10. Memorial 305.

**4A Girls Individuals:** 1. Mary Gaffield (EC) 11:29.6, 2. Suzie Ames (Ca) 11:33, 3. Julie Hansen (SR) 11:48, 4. Amy Cathcart (AM) 11:54, 5. Heather Watkins (B) 11:57, 6. Heidi Ertl (Pinole) 11:59, 7. Becky Pierce (Ca) 12:03, 8. Helen Lehman (EC) 12:06, 9. Dana Whitney (MSJ) 12:07, 10. Kathy Daley (G) 12:08.

**2A Boys Teams:** 1. Las Lomas 44, 2. Castro Valley 50, 3. De La Salle 64, 4. Bishop O'Dowd 108, 5. Acalanes 120, 6. Moreau 158, 7. Liberty 211, 8. Arroyo 226, 9. Alameda 278, 10. Piedmont 294.

**2A Boys Individuals:** 1. Sam Hooker (LL) 15:29.8, 2. Dave Shea (CV) 15:42, 3. Dave Anderson (CV) 16:13, 4. Kyle Kessler (CV) 16:15, 5. Tom Barlow (LL) 16:22, 6. Rico Balatti (DLS) 16:22, 7. Steve Gearhart (Mira) 16:27, 8. Dean Shorno (BOD) 16:35, 9. Dave Hansell (Ac) 16:37, 10. John Morse (LL) 16:38.

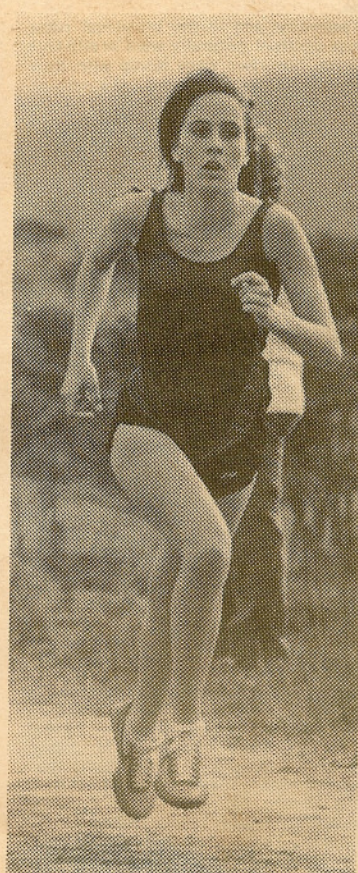
photo by Don Gosney



MARCIA WHITE



SAM HOOKER



LINDA VANHOUSEN



PAIGE TULLY

**4A Boys Teams:** 1. Mission San Jose 49, 2. Berkeley 62, 3. Amador Valley 92, 4. San Ramon 102, 5. Northgate 144, 6. Neward 189, 7. Ygnacio Valley 192, 8. Granada 193, 9. El Cerrito 218, 10. De Anza 230.

**4A Boys Individuals:** 1. Jay Marden (MSJ) 15:07.7, 2. Aubrey Wilson (B) 15:47, 3. Tim Berry (YV) 15:57, 4. Brian Abshire (DA) 16:05, 5. Steve Wogsland (MSJ) 16:07, 6. John Victor (Pinole) 16:25, 7. Dan Phillips (Concord) 16:26, 8. Bruce Mulcahy (MSJ) 16:28, 9. Dave Hill (AV) 16:30, 10. Steve Vargas (AV) 16:30.

**NORTH COAST SECTION 3A, Patrick's Point State Park, Arcata, Nov. 15, 1980.**

**Boys Teams:** 1. Montgomery 84, 2. Redwood 93, 3. Terra Linda 94, 4. Petaluma 114, 5. Ukiah 144, 6. Arcata 154, 7. Drake 179, 8. Casa Grande 186, 9. Fortuna 189, 10. Piner 194.

**Boys Individuals:** 1. Sam Skinner (R) 14:53, 2. Tim Brewer (CG) 15:29, 3. Mike Sutton (U) no time, 4. Dave Rodriguez (M) 15:34, 5. Tony Burke (M) 15:35, 6. Tom Green (F) 15:40, 7. Curt Dye (R) 15:42, 8. John von Seeburg (PI) 15:54.

**Girls Teams:** 1. Drake 56, 2. Redwood 98, 3. Terra Linda 106, 4. Petaluma 130, 5. Marin Catholic 130, 6. Piner 156, 7. Ukiah 172, 8. Del Norte 199, 9. Sonoma 210, 10. Arcata 254.

**Girls Individuals:** 1. Lori Shanoff (Pe) 11:06, 2. Robyn MacSwain (TL) 11:09, 3. Laurie Hollingworth (PI) 11:20, 4. Katy Kyskstra (DR) 11:31, 5. Dana Flint (UK) 11:33, 6. Mary Brennan (MC) 11:43, 7. Ann Bertucci (Pe) 11:44, 8. Terrie Martin (R) 11:52, 9. Laura Starrett (R) 11:52, 10. Theresa Martin (Dr) 11:58.

**NORTH COAST SECTION 1A, Indian Valley College, 11/15/80**

**Boys Teams** -1 Fort Bragg 33; 2. Clear Lake 55; 3. Mt. Tamalpais 70.

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**Boys Individuals**-1. J.C. Tinney (FB) 16:34; 2. Steve Bates (FB) 16:41; John Helms (CL) 17:12; 4. Tom Ogers (MT) 17:26; 5. Anthony D'Aquisto (FB) 17:31.

**Girls Teams**-1. Crystal Springs (Belmont) 51; 2. University (SF) 58; 3. St. Vincent's 71.

**Girls Individuals**-1. Mary Grace Maloney (SV) 11:50; 2. Louise Schneider (College Prep) 12:20; 3. Alex Haslam (SV) 12:41; 4. Erin Mickle (Marin Academy) 12:45; 5. Jenny Robbins (Marin Academy) 12:45.

**NORTH COAST SECTION MEET OF CHAMPIONS, Tildon Park, Berkeley, Tuesday, 11/18/80.**

**Girls Teams**-1. Miramonte 78, 2. Carondelet 94; 3. Drake 103; 4. Redwood 112; 5. San Ramon 147; 6. Petaluma 149; 7. California 174; 8. Berkeley 206; 9. Acalanes 214; 10. Castro Valley 217; 11. Terra Linda 234; 12. Granada 258; 13. Crystal Springs 357.

**Girls Individuals**-1. Lori Shanoff (Petaluma) 15:23.8 2. Robyn MacSwain (Terra Linda) 15:37; 3. Marilyn Davis (Miramonte) 15:47; 4. Marcia White (Miramonte) 15:49; 5. Laurie Hollingworth (Piner) 15:50; 6. Paige Tully (Alhambra) 15:51; 7. Susie Ames (California) 15:56; 8. Katy Dykstra (Drake) 15:57; 9. Wendy Sihner (Miramonte) 15:59; 10. Mary Gaffield (El Cerrito) 16:02; 11. Mary Brennan (Marin Catholic) 16:04; 12. Jill Ellingson (Hayward) 16:05; 13. Mary Grace Maloney (St. Vincents) 16:06; 14. Laura Starret (Redwood) 16:12; 15. Karin Lambden (Castro Valley) 16:13; 16. Julie Hansen (San Ramon) 16:14; 17. Missy Dickson (Acalanes) 16:18; 18. Ann Bertucci (Petaluma) 16:24; 19. Mary Ann Morse (Carondelet) 16:29; 20. Becky Pierce (California) 16:33; 21. Valerie Knafelc (Carondelet) 16:35; 22. Terrie Martin (Redwood) 16:37; 23. Dana Flint

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(Ukiah) 16:38; 24. Janet Wilson (Redwood 16:39; 25. Shelly Thorner (Drake) 16:43; 26. Amy Cathcart (Amador 16:46; 27. Heidi Ertl (Pinole) 16:49; 28. Christy McKinley (Carondelet) 16:50; 29. Kathy Daly (Granada) 16:51; 30. Chris Manning (Carondelet) 16:52.

**Boys Teams**-1. Castro Valley 80; 2. Berkeley 88; 3. Mission San Jose 103; 4. Las Lomas 129; 5. Amador 133; 6. San Ramon 155; 7. Redwood 167; 8. DeLaSalle 176; 9. Ft. Bragg 226; 10. Terra Linda 228; 11. Petaluma 247; 12. Montgomery 249; 13. Bishop O'Dowd 255.

**Boys Individuals**-1. Jay Marden (Mission San Jose) 16:22; 2. Dave Shea (Castro Valley) 16:43; 3. Tim Berry (Ygnacio Valley) 16:52; 4. Sam Hooker (Las Lomas) 17:03; 5. Aubrey Wilson (Berkeley) 17:05; 6. Brian Abshire (DeAnza) 17:08; 7. Kyle Kessler (Castro Valley) 17:13; 8. Steve Wogsland (Mission San Jose) 17:20; 9. David Anderson (Castro Valley) 17:30; 10. J.C. Tinney (Ft. Bragg) 17:32; 11. Dave Anderson (Castro Valley) 17:32; 12. Iain Ross (Terra Linda) 17:36; 13. Sam Skinner (Redwood) 17:37; 14. Kirk Dye (Redwood) 17:38; 15. Dan Phillips (Concord) 17:40; 16. Mike Sutton (Ukiah) 17:40; 17. Rico Balatti (De La Salle) 17:40; 18. Peter Ramos (Berkeley) 17:43; 19. Brian Angus (Mission San Jose) 17:45; 20. Steve Bates (Ft. Bragg) 17:47; 21. Tom Barlow (Las Lomas) 17:48; 22. Steve Vargas (Amador) 17:48; 23. John Victor (Pinole) 17:48; 24. Roger Daniel (Berkeley) 17:49; 25. Tracy Walker (Amador) 17:50; 26. Steve Mayberry (Castro Valley) 17:51; 27. Dave Rodriguez (Montgomery) 17:55; 28. Dan McComb (DeLaSalle) 17:57; 29. Pete Richardson (Berkeley) 18:02; 30. Paul Grabowsky (San Ramon) 18:03.

## Oakland

**OAKLAND SECTION, Joaquin Miller Park, Oakland, Wednesday, 11/19/80.**

**Girls Team**-1. Skyline 15.

**Girls Individuals**-1. Marta McLeod (Skyline) 13:03.5; 2. Jennifer Ray (Oakland) 13:09; 3. Wendy Turner (Skyline) 13:31; 4. Christy Camp (Skyline) 13:36.0; 5. Jennifer Byrens (Skyline) 13:41.0; 6. Marta Hill (Skyline) 14:00.

**Boys Teams**-1. Skyline 15; 2. Castlemont 59; 3. Fremont 66.

**Boys Individuals**-1. Dave Pluth (Skyline) 13:39.9 (course record, old record 13:48 by Brett Baffert (San Ramon 1979); 2. Steve Schneider (Skyline) 14:10; 3. Doug Duncan (Skyline) 14:21; 4. Theo Cedar (Skyline) 14:41; 5. Miguel Briones (Oakland) 14:46; 6. Charles Cypher (Skyline) 14:54

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**NORTH COAST SECTION FINALS****At Tilden Park (3.2 miles)****Boys**

**Team leaders (top three advance to NorCal meet) — 1, Castro Valley 80; 2, Berkeley 88; 3, Mission San Jose 103; 4, Los Lomas (Walnut Creek) 129; 5, Amador Valley (Pleasanton) 133.**

**Individual leaders — 1, Marden (Mission San Jose) 16:22; 2, Shea (Castro Valley) 16:43; 3, Berry (Ygnacio Valley of Walnut Creek) 16:52; 4, Hooker (Los Lomas of Walnut Creek) 17:03; 5, Wilson (Berkeley) 17:05.**

**Other Mission Valley League runners in top ten — 8, Wogsland (Mission San Jose)**

**17:20.Girls**

**Team — 1, Miramonte (Orinda) 78; 2, Carondelet (Concord) 94; 3, Drake (San Anselmo) 103.**

**Individual leaders — 1, Shanoff (Petaluma) 15:23.8.**

**(No MVL teams or runners in top ten.)**