

THE ALL TIME WEST BAY TRACK AND FIELD HONOR ROLL
By Plato Yanicks

For the past decade the Oakland Tribune has conducted an East Bay High School Track & Field Honor Roll. It is the purpose of this survey to establish a similar All Time Honor Roll for the West Bay.

The term West Bay means all high schools from San Francisco to San Jose on the West side of the bay. The leagues represented are the AAA, CAL, NPL, MPL, SPAL, SCVAL, MHL, WVAL, and STAL. Schools south of San Jose were not included in this survey.

Los Altos dominates the All Time West Bay Honor Roll with 14 selections, over 3 times as many selections as several runner-up schools.

The team includes San Francisco prep great Ollie Matson who received a bronze and a gold medal in the 1952 olympics, Lee Evans Olympic 400 meter champion in 1968, and NCAA champions: Don Bowden (Cal), Bob Stoecker (Stanford), Mike Ryan (Air Force), and Bill Fosdick (USC).

Other West Bay athletes listed who have had successful college careers are: Brad Lyman (UCLA), John Radetich (OSC), Jim Penrose (Cal), Steve Wilhelm (Kansas), Don Castle (USC), and Denny Rogers (UCLA).

The past four years indicate that track athletes are getting better than ever, as athletes from 1967 to 1970 dominate the team. The 1970 season has been the best in West Bay prep history with 18 athletes represented on the squad. 1969 has 13, 1968 has 12, and 1967 has 8 men represented.

The West Bay has taken a back seat to the East Bay in terms of producing great track men until the last 5 years. However the top marks of the West Bay stars ^{now} exceeds that of the East in nine of sixteen events. The state championship for Los Altos High this season was a fitting climax to the forging ahead of the West Bay as the track capitol of the USA

ALL TIME WEST BAY TRACK & FIELD HONOR ROLL

100 Yard Dash:

9.6	Ollie Matson	Wash (SF)	1948
9.6	Dick Brown	Lincoln (SJ)	1956
9.6	John Figueroa	Sunnyvale	1964
9.6	Brad Lyman	Los Altos	1968
9.6w	Chuck Bommarito	Crestmoor	1970

220 Yard Dash (turn):

21.3	Byron Wilson	Santa Cruz	1967
21.4	Cal Robinson	Overfelt	1967
21.5	Brad Lyman	Los Altos	1968
21.5	Chuck Bommarito	Crestmoor	1970
21.6	Walt Washington	Seaside	1967
21.6	Sam Perkins	Stevenson	1970
21.6	PAT NOLAN	LINCOLN (SJ)	1967

440 YARD Dash:

46.9	Lee Evans	Overfelt	1965
47.1n	Ollie Matson	Washington	1948
47.1	Rick Brown	Los Altos	1970
47.5	Frank Hughes	Cupertino	1968
47.8n	Jim Andrew	Los Altos	1970

880 Yard Run:

1:50.6	Rick Brown	Los Altos	1970
1:52.1	Bob Lee	San Mateo	1960
1:52.3	Don Bowden	Lincoln (SJ)	1954
1:52.5n	Jerry Tallon	Serra	1966
1:52.7	Dale Bennett	Los Altos	1965
1:52.7n	Larry Davis	Los Altos	1970

Mile Run:

4:09.5	Mike Ryan	Wilcox	1965
4:11.1	Klaus Hoffman	St Ignatius	1968
4:11.1n	Eugenio Amaya	Burlingame	1969
4:12.4	Bob Saurich	Watsonville	1965
4:12.8	Robin Ruble	Los Altos	1963
4:14.3	BEN TUCKER	Polytechnic	1963

Two Mile Run:

8:57.8	Mike Ryan	Wilcox	1964
9:10.9	Arvid Kretz	Mills	1968
9:11.0	Eugenio Amaya	Burlingame	1969
9:12.2	Chris Carey	Carlmont	1968
9:12.2	Bruce Runcie	Del Mar	1969

120 High Hurdles:

14.0	Kerry Hampton	Polytechnic	1961
14.0w	Ashland Whitfield	S.S.F.	1969
14.2	Randy Weil	Burlingame	1966
14.2	Randy White	Mills	1967
14.3	Omar Cowles	Palo Alto	1948
14.3n	Larry Guilford	Santa Clara	1959
14.3	Garry Gaskill	Carlmont	1961
14.3	Chip Hough	Saratoga	1969

180 Low Hurdles:

18.6	Gene Delk	Andrew Hill	1967
18.7	Manuel Balasteri	Monterey	1967
18.8	Tom Stevens	Menlo	1961
18.8	Mike Tolar	Buchser	1966
18.8	Tom Phillips	Homestead	1968

440 Relay:

42.5	Overfelt	1970
42.5n	Cupertino	1970
42.6	Menlo-Atherton	1960
42.6	Menlo-Atherton	1968
42.6	Santa Cruz	1968
42.6	Menlo-Atherton	1970

Mile Relay:

3:15.6	Los Altos	1970
3:19.1	Crestmoor	1970
3:19.9	Gunn	1970
3:20.4	Los Altos	1969
3:20.8	Sequoia	1968

High Jump:

6'10½	Max Lowe	Asalt	1964
6'10	Tom Clyburn	Balboa	1966
6'9 3/4	John Radetich	San Carlos	1966
6'8	Clyde Sadler	St Ignatius	1968
6'7	Dennis McCullough	San LorenzoVal.	1967

Long Jump:

25'4 3/4	Johnny Johnson	Pacific Grove	1965
25'2	Phil Quinet	Homestead	1968
24'7½	Charlie Johnson	Sequoia	1967
24'7½	Mac Burton	Wash. (SF)	1957
24'10 2/4	Lynn Swann	Serra	1970
24'½	GRADY ROGERS	Homestead	1967

ALL TIME WEST BAY TRACK & FIELD HONOR ROLL (CONT.)

Triple Jump:

50'7 3/4	Harry Freeman	Santa Clara	1969
49'9 1/2	Craig Conway	Cupertino	1970
48'4 1/2	Denny Rogers	Los Altos	1966
48' 1/2	Chris Moulton	Andrew Hill	1969
47'11	Rod Utley	Cupertino	1969

Pole Vault:

15'6	Jim Lydon	San Mateo	1969
15' 1/2	Doug Updike	Carmel	1969
15'0	Russ Royal	Fremont (Sunny)	1969
14'10	Carl Goldstone	San Mateo	1970
14'10	Roger Martin	Camden	1970
14' 9	Bill Fordick	Hill	1963

SHOT PUT:

65'10	Steve Wilhelm	Fremont	1967
65'7 3/4	Don Castle	Cubbarley	1961
65'6	Bruce Wilhelm	Fremont	1963
63'9	Bob Brannen	Los Gatos	1964
62'9 1/2	Chris Adams	Los Altos	1970

DISCUS:

201'3	Chris Adams	Los Altos	1970
195'4	Bob Stoecker	Los Altos	1962
195'4	Tom Birthistle	Gunn	1969
193'0	Jim Penrose	Carlmont	1968
185'7	Mike Davis	Hilldale	1969

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1:52.5n	Jerry Tallon	Serra	1966
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Mile Run:

4:09.5	Mike Ryan	Wilcox	1965
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Two Mile Run:

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14.2	Randy White	Mills	1967
14.3	Onar Cowles	Palo Alto	1948
14.3n	Larry Guilford	Santa Clara	1959
14.3	Garry Gaskill	Carlmont	1961
14.3	Chip Hough	Saratoga	1969

180 Low Hurdles:

18.6	Gene Dalk	Andrew Hill	1967
18.7	Manuel Balesteri	Monterey	1967
18.8	Tom Stevens	Menlo	1961
18.8	Mike Tolar	Buchser	1966
18.8	Tom Phillips	Homestead	1968

440 Relay:

42.5	Overfelt	1970
42.5n	Cupertino	1970
42.6	Menlo-Atherton	1960
42.6	Menlo-Atherton	1968
42.6	Santa Cruz	1968
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Mile Relay:

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High Jump:

6'10½	Max Lowe	Awalt	1964
6'10	Tom Clyburn	Balboa	1966
6'9 3/4	John Radetich	San Carlos	1966
6'8	Clyde Sadler	St Ignatius	1968
6'7	Dennis Mc Cullough	San LorenzoVal.	1967

Long Jump:

25'4 3/4	Johnny Johnson	Pacific Grove	1963
25'2	Phil Quinet	Homestead	1968
24'7½	Charlie Johnson	Sequoia	1967
24'7½	Mac Burton	Wash. (SF)	1957
24'2 3/4	Lynn Swann	Serra	1970

ALL TIME WEST BAY TRACK & FIELD HONOR ROLL (CONT.)

Triple Jump:

50'7 3/4	Harry Freeman	Santa Clara	1969
49'9 1/2	Craig Conway	Cupertino	1970
48'4 1/2	Danny Rogers	Los Altos	1966
48' 1/2	Chris Moulton	Andrew Hill	1969
47'11	Rod Utley	Cupertino	1969

Pole Vault:

15'6	Jim Lydon	San Mateo	1969
15' 1/2	Doug Updike	Carmel	1969
15'0	Russ Royal	Fremont (Sunny)	1969
14'10	Carl Goldstone	San Mateo	1970
14'10	Roger Martin	Camden	1970

SHOT PUT:

65'10	Steve Wilhelm	Fremont	1967
65'7 3/4	Don Castle	Cubberley	1961
65'6	Bruce Wilhelm	Fremont	1963
63'9	Bob Brannen	Los Gatos	1964
62'9 1/2	Chris Adams	Los Altos	1970

DISCUS:

201'3	Chris Adams	Los Altos	1970
195'4	Bob Stoecker	Los Altos	1962
195'4	Tom Birtwhistle	Gunn	1969
193'0	Jim Penrose	Carlmont	1968
185'7	Mike Davis	Hillsdale	1969

120 High Hurdles		
Kerry Hampton, Poly (SF)	1969	14.0
Ashland Whitfield, SSF	1969	14.0
Randy Weil, Burlingame	1966	14.2
Randy White, Mills	1967	14.2
Omar Cowles, Palo Alto	1948	14.3
Larry Guilford, Santa Clara	1959	14.3
Gary Gaskill, Carlmont	1961	14.3
Chip Hough, Saratoga	1969	14.3
180 Low Hurdles		
Gene Delk, Andrew Hill	1967	18.6
Tom Stevens, Menlo School	1961	18.8
Mike Talar, Buchser	1966	18.8
Tom Phillips, Homestead	1968	18.8
Triple Jump		
Harry Freeman, Santa Clara	1969	50-7¾
Craig Conway, Cupertino	1970	49-9½
Denny Rogers, Los Altos	1966	48-4½
Chris Moulton, Andrew Hill	1969	48-0½
Rod Utley, Cupertino	1969	47-11
Pole Vault		
Jim Lydon, San Mateo	1969	15-6
R. Royal, Fremont (S'vle.)	1969	15-0
Carl Goldstone, San Mateo	1970	14-10
Roger Martin, Camden	1970	14-10
Bill Fosdick, Andrew Hill	1963	14-9
Shot Put		
Steve Wilhelm, Fremont	1967	65-10
Don Castle, Cubberley	1961	65-7¾
Bruce Wilhelm, Fremont	1963	65-6
Bob Brannen, Los Gatos	1964	63-9
Chris Adams, Los Altos	1970	62-9½
Discus		
Chris Adams, Los Altos	1970	201-3
Bob Stoecker, Los Altos	1962	195-4
Tom Birtwhistle, Gunn	1969	195-4
Jim Penrose, Carlmont	1968	193-0
Mike Davis, Hillsdale	1969	185-7

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Knights rewrite West Bay track

The 1970 Los Altos High track and field squad made a significant contribution to the all time west bay track and field honor role.

Four Los Altos athletes were responsible for six individual entries and the Knight mile relay team was also honored.

Rick Brown has the all time best in the 880 with a 1:50.6

clocking and is third in the 440 with a 47.1 mark.

Chris Adams has the best in the discus at 201-3, also a national best, and is the fifth best shot putter with a 62-9½ toss.

Jim Andrew qualified fifth in the 440 with a 47.8 time and Larry Davis was fifth in the 880 with a 1:52.7 mark.

Other area 1970 qualifiers were Cupertino's 440 relay team (42.5), Cupertino's Craig Conway in the triple jump (49-9½)

and Serra's Lynn Swann in the long jump (24-10).

Midpeninsula athletes hold the best all time marks in the 880 (Los Altos' Brown), the mile relay (Los Altos), the 440 relay (Cupertino), the high jump (Awalt's Max Lowe), the long jump (Homestead's Phil Quinet), the triple jump (Santa Clara's Harry Freeman), the shot put (Fremont's Steve Wilhelm) and the discus (Los Altos' Adams).

440 Relay		
Overfelt	1970	42.5
Cupertino	1970	42.5
Menlo-Atherton	1960	42.6
Menlo-Atherton	1968	42.6
Menlo-Atherton	1970	42.6
Mile Relay		
Los Altos	1970	3:15.6
Cresimoor	1970	3:19.1
Gunn	1970	3:19.9
Los Altos	1969	3:20.4
Sequoia	1968	3:20.8
High Jump		
Max Lowe, Awalt	1964	6-10½
Tom Clyburn, Balboa (SF)	1966	6-10
John Radetich, San Carlos	1966	6-9¾
Clyde Sadler, St. Ignatius	1968	6-8
D. McCullough, San Lorenzo	1967	6-7
Long Jump		
Phil Quinet, Homestead	1968	25-2
Lynn Swann, Serra	1970	24-10
Charlie Johnson, Sequoia	1968	24-7½
Mac Burton, Wash. (SF)		
Grady Rogers, Homestead	1957	24-7½
Grady Rogers, Homestead	1967	24-0½
100-yard Dash		
Ollie Matson, Wash. (SF)	1948	9.6
Dick Brown, Lincoln (SJ)	1956	9.6
John Figueroa, Sunnyvale	1964	9.6
Brad Lyman, Los Altos	1968	9.6
220-yard Dash (turn)		
Cal Robinson, Overfelt	1967	21.4
Brad Lyman, Los Altos	1968	21.5
Chuck Bommarito, Crestmoor	1970	21.5
Pat Nolan, Lincoln (SJ)	1967	21.6
Byron Wilson, Santa Cruz	1967	21.3
440-yard Dash		
Lee Evans, Overfelt	1965	46.9
Ollie Matson, Washington (SF)	1948	47.1
Rick Brown, Los Altos	1970	47.1
Frank Hughes, Cupertino	1968	47.5
Jim Andrew, Los Altos	1970	47.8
880		
Rick Brown, Los Altos	1970	1:50.6
Bob Lee, San Mateo	1960	1:52.1
Don Bowden, Lincoln (SJ)	1954	1:52.3
Jerry Tallon, Serra	1966	1:52.5
Dale Bennett, Los Altos	1965	1:52.7
Larry Davis, Los Altos	1970	1:52.7
Mile Run		
Mike Ryan, Wilcox	1965	4:09.5
Klaus Hoffman, St. Ignatius	1968	4:11.1
Eugenio Amaya, Burlingame	1969	4:11.1
Robin Ruble, Los Altos	1963	4:12.8
Ben Tucker, Poly (SF)	1963	4:14.3
Two-mile Run		
Mike Ryan, Wilcox	1964	8:57.8
Arvid Kretz, Mills	1968	9:10.9
Eugenio Amaya, Burlingame	1969	9:11.0
Cris Carey, Carlmont	1968	9:12.2
Bruce Runcle, Del Mar	1969	9:12.2

Honor Roll Of Track

ALL-TIME WEST BAY TRACK AND FIELD EVENT LEADERS

(Compiled by Plato Yanicks)

100 YARDS

9.6—Ollie Matson, Wash., S.F.	1948
9.6—Dick Brown, Lincoln, S.J.	1956
9.6—John Figueroa, Sunnyvale	1964
9.6—Brad Lyman, Los Altos	1968
9.6w—Chuck Bommarito, Crestmoor	1970

220 YARDS

21.4—Cal Robinson, Overfelt	1967
21.5—Brad Lyman, Los Altos	1968
21.5—Bommarito, Crestmoor	1970
21.6—Pat Nolan, Lincoln, S.J.	1967

440 YARDS

46.9—Lee Evans, Overfelt	1965
47.1n—Ollie Matson, Wash., S.F.	1948
47.1—Rick Brown, Los Altos	1970
47.5—Frank Hughes, Cupertino	1968
47.8n—Jim Andrew, Los Altos	1970

880 YARDS

1:50.6—Rick Brown, Los Altos	1970
1:52.1—Bob Lee, San Mateo	1960
1:53.3—Don Bowden, Lincoln, S.J.	1954
1:53.5n—Jerry Tallon, Serra	1966
1:52.7—Dale Bennett, Los Altos	1965
1:52.7n—Larry Davis, Los Altos	1970

ONE MILE

4:09.5—Mike Ryan, Wilcox	1965
4:11.1—Klaus Hoffman, S.I.	1968
4:11.1n—Eugenio Amaya, Burl.	1969
4:12.8—Robin Rulbe, Los Altos	1963
4:14.3—Ben Tucker, S.F. Poly	1963

TWO MILES

8:57.8—Mike Ryan, Wilcox	1964
9:10.9—Arvid Kretz, Mills	1968
9:11.0—Eugenio Amaya, Burl.	1969
9:12.2—Chris Carey, Carlmont	1968
9:12.2—Bruce Runcie, Del Mar	1969

120 HIGH HURDLES

14.0—Kerry Hampton, S.F. Poly	1961
14.0w—Ashland Whitfield, SSF	1969
14.2—Randy Weill, Burlingame	1966
14.2—Randy White, Mills	1967
14.3—Omar Cowles, Palo Alto	1943
14.3—Larry Guilford, Santa Clara	1961
14.3—Gary Gaskill, Carlmont	1961
14.3—Chip Hough, Saratoga	1969

180 LOW HURDLES

18.6—Gene Delk, Andrew Hill	1967
18.8—Tom Stevens, Menlo	1961
18.8—Mike Tolar, Buchser	1966
18.8—Tom Phillips, Homestead	1968

440 RELAY

42.5—Overfelt	1970
42.5n—Cupertino	1970
42.6—Menlo Atherton	1960
42.6—Menlo Atherton	1968
42.6—Menlo Atherton	1970

MILE RELAY

3:15.6—Los Altos	1970
3:19.1—Crestmoor	1970
3:19.9—Gunn	1970
3:20.4—Los Altos	1969
3:20.8—Sequoia	1968

HIGH JUMP

6-10½—Max Lowe, Awalt	1964
6-10—Tom Clyburn, Balboa	1966
6-9¾—John Rdetich, San Carlos	1966
6-8—Clyde Sadler, S.I.	1968
6-7—Dennis McCullough, SLV	1967

LONG JUMP

25-2—Phil Quinet, Homestead	1968
24-10—Lynn Swann, Serra	1970
24-7½—Charlie Johnson, Sequoia	1967
24-7¼—Mac Burton, Wash. S.F.	1957
24-0¼—Grady Rogers, Homestead	1967

TRIPLE JUMP

50-7¾—Harry Freeman, Santa Clara	1969
49-9½—Craig Conway, Cupertino	1970
48-4½—Denny Rogers, Los Altos	1966
48-0½—Chris Moulton, Andrew Hill	1969
47-11—Rod Utley, Cupertino	1969

POLE VAULT

15-6—Jim Lydon, San Mateo	1969
15-0—Russ Royal, Fremont, SV	1969
14-10—Carl Goldstone, San Mateo	1970
14-10—Roger Martin, Camden	1970
14-4—Bill Fosdick, Andrew Hill	1963

SHOT PUT

65-10—Steve Wilhelm, Fremont, SV	1967
65-7¾—Don Castle, Cubberley	1961
65-6—Bruce Wilhelm, Fremont	1963
63-9—Bob Brannen, Los Gatos	1964
62-9¼—Chris Adams, Los Altos	1970

DISCUS

201-3—Chris Adams, Los Altos	1970
195-4—Bob Stoecker, Los Altos	1962
195-4—Tom Birtwhistle, Gunn	1969
193-0—Jim Penrose, Carlmont	1968
185-7—Mike Davis, Hillsdale	1969

COACH COMPILES ALL-TIME TRACK LIST

Plato's Project Proves Revealing

By **RON REID**
Times Sports Writer

Plato Yanicks, the meticulous and amiable statistics freak who also coaches track at Menlo-Atherton High School, has found new revelation out of his penchant for pouring over the back issues of old newspapers.

Plato's research has generated an All-Time Track and Field Honor Roll for high school athletes in the West Bay—that area south from San Francisco to San Jose—on the earthquake side of San Francisco Bay, as you might have guessed.

Leagues represented in the list include the AAA; West Catholic; North, Mid and South Peninsula; Mt. Hamilton and three

others from the Santa Clara Valley - San Jose Area.

None too surprisingly, Los Altos High School ranks as the primary producer of track talent within the region. The Knights, who currently rank as the State CIF champion, made the list in 14 different slots, more than three times as many as several runner-up schools.

One interesting aspect of the list is the statistical evidence that prep trackmen are getting better all the time, no matter what the oldtimers tell you. Athletes from 1967 to the present dominate the Honor Roll and the year 1970, the best in West Bay history, added no less than 18 to the spiked shoe

elite. The all-time rankings also include 13 athletes from the year 1969, a dozen from 1968, and eight from 1967.

San Mateo High School topped the Mid Peninsula League with three slots on the history squad. They included Ralph Lee, a 1:52.1 half-miler from 1960, Jim Lydon, whose 15-6 vault from 1969 ranks as the all-time best, and Carl Goldstone, another vaulter who cleared 14-10 this year.

Plato also pointed out that the West Bay is catching up, if not surpassing, the East Bay in track prowess. Until the last five years, teams from Berkeley, Pittsburg, El Cerrito, et al, had no peer in Northern California.

The top marks of the West Bay athletes, however, now surpass the East in nine of 16 events, phenomena that reached an obvious climax when Los Altos won the state championship.

The most noteworthy names on the All-time Honor Roll are headed by Ollie Matson, Washington of San Francisco '48, who won two medals in the '52 Olympics, and Lee Evans, Overfelt '65, who won the 400 meter gold medal in the '68 Games, when he also anchored the 1600-meter relay team to victory.

NCAA champions sprung from this area include Don Bowden, Bob Stoecker, Mike Ryan and Bill Fosdick.