

Cupertino Cops CCS Track Title

By **FRAN ERROTA**
Staff Writer

Cupertino won its second straight team title and Millard Hampton of Silver Creek accounted for the only meet record with a 20.9 in 220 to feature the Central Coast Section Track Field Championships Friday night at San Jose City College.

A number of come-through efforts ignited Coach Norm Eliason's Pioneers in their romp to the championship with Mark Insley's win in the high jump and the mile relay's upset win in a remarkable 3:21.2 in the final two events capping the win. Mount Pleasant finished second with 21 and Los Altos third with 17.

Mark Mildbrandt, who anchored the mile relay group in a 49.2 split, also won the high hurdles in 14.4 and was second in the lows for the Pioneers who also had top efforts from Don Finley in the long jump (second) and relay, and Roy Schablaske in the shot put (third) with a toss of 57-7. Besides winning (See Page 84, Col. 4)



Although Los Altos and the Santa Clara Valley League no longer dominate track and field in the CCS as of old, the SCVL still rates as a major power in the spike sport.

Led by Cupertino's 29 points for the team title, the SCVL totaled 67 points with five schools from the Fremont District (Cupertino 29, Lynbrook 12, Homestead 6, Fremont 1, and Monta Vista 1) getting 49 which was more than the next highest total, 45 by the South Peninsula. Since the SCVL and SPL are in Region II, its total of 112 was far ahead of the 86 by Region III.

The SCVL will be sending 11 competitors and two relay teams to the State meet to eight for the SPL. The West Valley loop has qualified seven individuals for the next highest total.

Thirty-eight athletes, plus six relay units will be representing 28 CCS schools at Bakersfield with 27 athletes and five relay teams representing 17 schools coming from Santa Clara County.

CCS Track Team Scores

BOYS SCORING

Cupertino 29, Mount Pleasant 21, Los Altos 17, Leigh 16½, Lynbrook 12, Silver Creek 12, St. Francis 10, Seaside 9, Woodside 9, San Carlos 9, Monterey 8, Los Gatos 8, Carlmont 8, Yerba Buena 8, Menlo-Atherton 8, Saratoga 6, Homestead 6, Gilroy 5, Mitty 4, Campbell 4, Cubberley 4, Oceana 4, San Mateo 4, San Lorenzo Valley 3½, Del Mar 3½, Palo Alto 3, Mills 3, Gunn 3, Sequoia 3, Blackford 2, Hillsdale 2, Menlo School 2, Bellarmine 2, Alisal 1, Overfelt 1, Monta Vista 1, Serramonte 1, Fremont 1, Awalt 1, Sequoia 1, St. Ignatius ½.

(Points by Regions and Leagues) Region I—West Catholic 16½, Mid-Peninsula 13, North Peninsula 1. Total 30½. Region II—Santa Clara Valley 67, South Peninsula 45. Total 112. Region III—Mount Hamilton 42, West Valley 39½, Santa Teresa 5. Total 86½. Region IV—Monterey Bay 24½, Coast Athletic Association 2, Mission Trail 0. Totals 26½.

BOYS

DISCUS—Moore, Mt. Pleasant 184-2; Watkins, Mitty 176-0; Wells, Palo Alto, 173-11; Bersano, Los Gatos, 173-11; Jacobo, Alisal, 173-1.

LONG JUMP—Robinson, Woodside, 23-2½; Finley, Cupertino, 23-0¼; Vasquez, Mills, 22-9; Carter, Monterey, 22-7; Martin, Overfelt, 22-6.

SHOT PUT—Bersano, Los Gatos, 59-5½; Page, Saratoga, 57-7¼; Schablaske, Cupertino, 57-7; Rossi, Los Altos, 56-10; B. Davis, Monta Vista, 56-10.

400 relay—Yerba Buena 42.6; Mt. Pleasant 42.7; Los Altos 42.8; Monterey 43.2; Woodside 43.2.

120 H.H.—Mildbrandt, Cupertino, 14.4; Garlick, Campbell, 14.6; Napier, Lynbrook, 14.7; Jackson, Hillsdale, 14.7; Kennedy, Serramonte, 14.7.

800—Hamilton, Leigh, 1:53.4; Kasser, St. Francis, 1:53.5; Wagner, Sequoia, 1:54.9; Willis, Menlo, 1:55.2; Neuhaus, Fremont, 1:55.1; 55.7.

100—Hampton, Silver Creek, 9.8; Cannon, Mt. Pleasant, 10.0; Hill, Los Altos, 10.0; Fincher, Mt. Pleasant 10.3; Murray, Monterey, 10.3.

400—MacKenzie, Menlo-Atherton, 49.5; Bishop, Carlmont, 50.0; Parlett, Homestead, 50.1; Bombaci, Gilroy, 50.2; Walker, Seaside, 50.5.

Pole Vault—Bell (Lynbrook) 14-4; Gervasi (San Lorenzo Valley) 14-0 and Baker (Del Mar) tied for second at 14-0; Hines (Blackford (13-6); Petty (Mount Pleasant) 13-6.

High Jump—Insley (Cupertino) 6-6¾; Wright (Carlmont) 6-4; Collins (Monterey) 6-4; Maston (St. Francis) 6-4; Littleboy (Gunn) 6-4.

Triple Jump—Nathan Johnson (Seaside) 47-7¼; Page (St. Francis) 47-6; Willis (Leigh) 46-11; Stewart (Seaside) 46-8; Easley (Woodside) 46-4.

Two Mile—Kinsery (San Carlos) 9:09.8; Geiken (Cubberley) 9:11.0; Kennedy (Lynbrook) 9:15.1; Emory (Gunn) 9:21.9; Fritzke (Leigh) 9:23.2.

180 Low Hurdles—Jakle (Los Altos) 19.7; Mildbrandt (Cupertino) 19.8; Thompson (San Carlos) 20.1; Shellworth (Bellarmine) 20.1; Sung (Awalt) 20.2.

220—Hampton (Silver Creek) 20.9 (New CCS meet record, old 21.4 by Chuck Bonmarito, Crestmoor, 1971); Cannon (Mount Pleasant) 21.8; Hill (Los Altos) 21.9; Douglass (Yerba Buena) 21.9; Orville (Sequoia) 22.2.

Mile—Suhr (Leigh) 4:13.8; LaForge (Oceana) 4:14.9; Frederickson (Homestead) 4:15.1; Sullivan (Saratoga) 4:17.8; Word (Woodside) 4:18.7.

Mile Relay—Cupertino (Lambson 51.6, Finley 51.0, Grayson 49.2, Mildbrandt 49.2) 3:21.2; San Mateo 3:22.3; Gilroy 3:24.2; Menlo-Atherton 3:24.3; Tie for fifth between Ignatius and Leigh, 3:25.3.

Scoring leaders
Cupertino 29, Mount Pleasant 21; Los Altos 17, Leigh 16½.

Hampton Best In CCS

By **FRAN ERROTA**
Staff Writer

As the fastest sprinter in Central Coast Section history and the reigning State champion in the 220, Millard Hampton of Silver Creek is understandably the Athlete-of-the-Year and the headliner on the Mercury-News All-CCS Track & Field selections for 1974.

Hampton is the lone repeater on the squad and is also the lone doubler off his 9.5 and 20.9 bests in the sprints. Field event laurels went to Gary Bersano of Los Gatos, one of five juniors on the squad who placed third in the State meet and who had a best of 61-2 in the shot put.

Also gaining repeat laurels as Coach-of-the-Year is Norm Eliason of Cupertino who guided the Pioneers to a second successive CCS championship after finishing behind Los Altos in league (Santa Clara Valley) and Region II competition.

Two members of the Cupertino team made the selections in individual events, Mark Mildbrandt in the high hurdles and Mark Insley in the high jump, and Mildbrandt also anchored the Pioneers mile relay team which gained All-CCS laurels. Members of that team in addition to Mildbrandt are Steve Lambson, Don Finley and Al Grayson.

Leigh also claimed two berths, Dave Hamilton in the 880 where he finished third in the State meet with a life best of 1:52.5, and miler Conrad Suhr who was in the State mile finals after qualifying with his all-time best of 4:13.5.

Juniors in addition to Bersano and Suhr include Dave Jakle of Los Altos, a State meet finalist in the low hurdles; Mitch Kingery of San Carlos, eighth place finisher with his 9:05 in the two-mile, and Nathan Johnson of Seaside, State finalist in the triple jump with a best of 48-2.

Selections were based on performances in major meets with emphasis on the CCS and State meet, as well as consistency, rather than a single great mark.

ALL-CCS TRACK & FIELD TEAM
Athlete-of-Year—MILLARD HAMPTON (Silver Creek)
Outstanding Field Athlete—GARY BERSANO (Los Gatos)
Coach-of-Year—NORM ELIASON (Cupertino)
100—Millard Hampton (Silver Creek) 9.5
220—Millard Hampton (Silver Creek) 20.9
440—Don MacKenzie (Menlo-Atherton) 49.5
880—Dave Hamilton (Leigh) 1:52.5n.
1 mile—Conrad Suhr (Leigh) 4:13.5n.
2 mile—Mitch Kingery (San Carlos) 9:05.0
120 High Hurdles—Mark Mildbrandt (Cupertino) 14.4
180 Low Hurdles—Dave Jakle (Los Altos) 18.9
440 Relay—Yerba Buena (Ron Anderson, Eugene Rachiel, Stanley Jones, James Douglas) 42.4; Silver Creek (Bob Apis, Millard Hampton, Harvey Hunter, David Wesley) 42.3
1 mile Relay—Cupertino (Steve Lambson, Don Finley, Al Grayson, Mark Mildbrandt) 3:21.2; San Mateo (Bob Foulke, Kevin Groves, Bob Nardis, Chris Penny) 3:22.3 (undefeated in head-to-head competition against CCS schools)
High Jump—Mark Insley (Cupertino) 6-8
Pole Vault—John Bell (Lynbrook) 14-7
Long Jump—Phil Robinson (Woodside) 23-2 3/4
Triple Jump—Nathan Johnson (Seaside) 48-2
Shot Put—Gary Bersano (Los Gatos) 61-2
Discus—Glenn Moore (Mount Pleasant) 184-2

Special Mention
Glenn Cannon (Mount Pleasant) 9th in State 100, 9.6w, 9.7; Alton Page (St. Francis) 12th in State triple jump, 47-6; Otis Page (Saratoga) 6th in State shot put, 59-2; Scott Wells (Palo Alto) 6th in State discus, 174-1.
Coaches Leo Long (Los Altos) and Rich Kennealy (Mount Pleasant) had undefeated dual meet teams and won Santa Clara Valley and Mount Hamilton League crowns, respectively. Los Altos also won Region II championship. Bobby Poynter (Silver Creek) coached Raiders to Region III crown and also claimed the only State champion of past two years from CCS.

Spikers Seek State

By FRAN ERROTA
Staff Writer

The Central Coast Section Track & Field Championships promise fireworks in the battle for team honors and berths in the state championships the following week in Bakersfield.

An added attraction, or perhaps a distraction, will be the first-ever CCS Girls meet. A trip to Bakersfield for the first Girls State meet is also at stake to the winner of each event.

Region champions St. Francis, Los Altos, Silver Creek and Seaside loom as title threats this weekend at San Jose City College along with Mills, Lynbrook, Woodside, Cupertino, Mount Pleasant and Leigh.

Silver Creek boasts first place strength in Millard Hampton who is going for his third straight CCS sprint double and also figures to help the Raiders win the 440 relay. That is 18 points in three events, but the Raiders may be hard pressed for points elsewhere although Alex Aguilar surprised by winning the Region III two mile in 9:26.0.

Los Altos does not have that kind of first place strength but can get enough from its many qualifiers—six athletes in 10 events along with a swift sprint relay unit.

Those looking for a long-shot might be wise to pick Lynbrook, or even defending champion Cupertino.

The Vikings may be in good shape with Bill Napier a threat to win three

events—both hurdles and the triple jump, and John Bell looms as the favorite in the pole vault off his 14-7 best and Craig Kennedy will be shooting for the win in the two-mile following his 9:15.9 for first in Region II where he beat 1972 state meet finalist Mitch Kingery of San Carlos.

Interest, however, will be centered on the individuals battling for berths in the State meet. The first three in each event qualify for that trip.

Region meets the past week featured CCS season bests by Mike Kasser of St. Francis (1:54.4 in 880), Napier (wind-aided 14.3 in high hurdles), Gary Bersano of Los Gatos (61-2 in shot put), and Bell's 14-7 in vault.

Bill LaForge of Oceana ran 4:15.5 two weeks to claim a CCS mile best. He'll battle Conrad Suhr, among others, for the mile title Friday night. Both are juniors.

One of the most impressive efforts was a 180-lb discus toss by Mitty's Craig Watkins, also a junior.

Region titles will be on the block in baseball this week with Regions II and IV holding their finals Friday evening and Regions I and III Saturday night.

A new CCS champion is assured since Campbell finished in a second place deadlock in the West Valley loop behind Leigh whose Longhorns are a threat to give the WVJ three straight Section crowns.

Some prep experts, however, tab the winner to come from Region I, probably Terra Nova of Pacifica if it can get by Bellarmine in a Thursday afternoon game in Burlingame. Terra Nova boasts two standout pitchers in Steve Shirley, a lefthander, and Pete Wathen, a righthander. Their batterymate, Reggie Pomicpic, is described as one of the premier catchers in the CCS. The team from Pacifica had only six seniors on a 17-man roster last season.

Region IV competition starts Tuesday with Carmel (Mission Trail champ) facing

Menlo School (Coast Athletic Association king) in Santa Cruz. The winner will face the Monterey Bay League champion Friday for the Region IV title.

Soquel and Alisal clash Tuesday for the MBL crown on the neutral Watsonville High diamond at 4 o'clock. Soquel was 12-3 winning the North Division title and Alisal was 12-2 in the South.

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Mike Bottom of Santa Clara broke two listed national records in the CCS swim finals May 10 at De Anza College pool, but he'll

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The Best in CCS

100—Hampton (Silver Creek) 9.5 (All-time CCS best); Cannon (Mt. Pleasant) 9.0w, 9.8; Hill (Los Altos) 9.7w, 9.8; Mahoney (Monterey) 9.8, Lowery (Camden) 9.8, Williams (St. Ignatius) 9.8. (State leader, Farmer, SF Wilson. 9.4w, 9.5).

200—Hampton 20.9 (All-time CCS best); Cannon 21.5, Hill 21.6, Oravillo (Sequoia) 21.9; Williams 21.9; Douglas (Yerba Buena) 22.0n. (Hampton also State and National leader).

400—Collins (Monterey) 49.6, Cockermham (Seaside) 49.7n; MacKenzie (Menlo-Atherton) 49.7; McCarthy (St. Ignatius) 49.9; Nola m d (Oak Grove) 49.9. (State leader, Sheats, Muir, Pasadena, 47.6).

800—Kasser (St. Francis) 1:54.4; Wagner (Soquel) 1:54.9; Hamilton (Leigh) 1:55.2; Vasquez (Mills) 1:55.5n; Pierce (Crestmoor) 1:55.6n; Willis (Menlo School) 1:55.8; Campbell 1:44; Milbrandt (Cupertino) 1:44; Finley (Cupertino) 1:44n; Kennedy (Serramonte) 1:45; Shellworth (Bellarmine) 1:45n. (State leader, Harris, Indio, 13.6).

1600—LH—Jakie (Los Altos) 18.9; Milbrandt 19.2w, 19.4; Napier 19.9; Dew (Alisal) 19.6; Shellworth 19.9 turn (equivalent to 19.4 on straight course); Sun (Awat) 19.7n; Larson (Peterson) 19.7; Jackson (Hillsdale) 19.7; Rogers (Seaside) 19.7n. Finley 19.7. (State leader, Shaw, Muir, Pasadena, 18.6w, 18.7).

440 R—Silver Creek 42.3; Los Altos 42.5; Mt. Pleasant 42.9; Yerba Buena 43.0n; Cupertino 43.2n. (State leader, La Gardena, 42.1).

Mile R—San Mateo 3:22.1; Menlo-Atherton 3:24.6; Leigh 3:24.8; Oak Grove 3:24.9; Overfall 3:25.3; Woodside 3:26.1. (State leaders, Long Beach Poly 17:18.8, Muir 3:18.8n).

HJ—Insley (Cupertino) 6-8; Gibbs (Hill) 6-8; Maston (St. Francis) 6-7½; Paver (St. Ignatius) 6-7; Littleboy (Gunn) 6-6½; Wright (Carlmont) 6-6; Mallory (Del Mar) 6-6. (State leader, Wilson, Monte Vista, Danville, 7-1¾).

PV—Bell (Lynbrook) 14-7; Baker (Del Mar) 14-4; Johnson (Lynbrook) 14-2; Dumais (Ayer) 14-0; Hines (Blackford) 14-0; Searle (Camden) 14-0; Medeiros (Cupertino) 14-0. (State leader, Tully, Long Beach Milikan, 16-2).

Shot—Brooks (Milpitas) 23-2¼; Robinson (Woodside) 23-1¼; Vasquez (Mills) 23-0¼; Chestnut (Los Altos) 22-11½; Finley 22-11½; Jackie 22-10¾; Martin (Overfall) 22-10½. (State leader, Sutton, Morninginside, Inglewood, 24-2½).

TJ—Johnson (Seaside) 48-2; Napier 47-1¾w, 47-9; Finley 47-11w, 46-1¾; Willis (Leigh) 47-2; Gustavson (San Mateo) 47-1; Chestnut 46-11¼. (State leader, Banks, OceanSide, 50-7¼).

SP—Bersano (Los Gatos) 61-2; Rossi (Los Altos) 58-11½; Rossini (St. Francis) 58-7; Page (Saratoga) 58-3½; Watkins (Mitty) 58-2½; Schabaskie (Cupertino) 57-7½; Long (Los Altos) 57-5. (State leader, Hampton, El Cajon, 64-5¼).

DT—Moore (Mt. Pleasant) 184-2; Bersano 181-10; Watkins (Mitty) 180-11; Wells (Palo Alto) 174-1; Vonnaca (Los Altos) 172-5; Jacob (Alisal) 171-1; Bayove Live Oak 170-4. (State leader, Burton, Vacaville, 201-4). (reas listed national mark of 201-3 by Chris Adams, Los Altos, 1970).

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