

CROSS COUNTRY PREVIEW

North Coast Section

by Keith Conning

MEN

Jay Marden (Mission San Jose, Fremont) is the defending section champion. He finished second in the State Meet 3200 meters with 3:56.08.

Dave Shea (Castro Valley) placed fifth in the section last year. He took second in the section 3200 with 9:16.2 and fourteenth in the State Meet at 9:15.22.

Aubrey Wilson (Berkeley) captured fourth in the section 3200 with 9:19.6 and took twenty-fourth in the State Meet with 9:26. He is the man to watch as he came from nowhere to qualify for the State Meet.

Tim Berry (Pleasant Hill), the top junior in the section, finished eighth last year. He placed sixth in the section 3200 in 9:27.6. He will be competing for a new school this fall as Pleasant Hill has been closed.

Sam Hooker (Las Lomas, Walnut Creek) placed 8th in the section 3200 with 9:30.9. **Clint Williams** (Acalanes, Lafayette) placed ninth in the section 3200.

Grant Rider (Arcata) took fourteenth in the section 3200. He also finished twentieth last year.

Scott Ricksecker (Petaluma) ran 4:25.0 in the heats of the section 1600.

Jim Leigh Kendall (Eureka) ran 4:25.6 in the heats.

Pete Richardson (Berkeley) who placed second in the State Meet 800 in 1:50.19, is going to run cross-country. He may be a real factor. He ran the mile once last season in 4:25 at the Stanford Invitational.

Dave Rodriguez (Montgomery, Santa Rosa) placed fifth in the State Meet 800 in 1:51.87.

Paul Grabowsky (San Ramon) finished sixth last year.

Steve Vargas (Amador) finished sixteenth last year.

Tom Cole (San Roman) finished twenty-sixth last year.

Men's Teams: Mission San Jose (Fremont) is the defending champion. Castro Valley, San Ramon (Danville), and Las Lomas (Walnut Creek) rounded out the top four.

WOMEN

Dana Flint (Ukiah) won the section two-mile in 1979. Last year she was a foreign exchange student in Denmark. She returns for her senior season.

Mary Gaffield (El Cerrito) won the 4A title last year. She placed sixth in the State Meet 3200 in 10:42:17. She has also run the mile in 5:06.1.

Robyn MacSwain (Terra Linda, San Rafael) placed second last year. She won the section 3200 in 10:41.5. She is the top junior in the section.

Joyce Richardson (Concord) took third in the 4A last year.

Karin Lambden (Castro Valley) finished ninth last year. She placed third in the section 3200 in 10:46.1.

Marilyn Davis (Miramonte, Orinda) finished sixth last year. She has a devastating kick, which she demonstrated to perfection last year. She won the State Meet 800 in 2:09.73.

Lori Shanoff (Petaluma) placed fourth last year. She took fourth in the section 1600 with 5:06.6.

Marcia White (Miramonte, Orinda) captured fifth last year. She placed sixth in the 3200 at 10:57.3.

Mary Ann Morse (Carondelet, Concord) placed eighth last year. She is only a sophomore. She also took seventh in the section 3200 in 10:59.4.

Mary Brennan (Marin Catholic, Kentfield) placed eighth in the section 3200 in 11:10.4.

Susie Ames (California, San Ramon) placed ninth in the section 3200.

Wendy Sihner (Miramonte, Orinda) placed eleventh last year. She placed tenth in the section 3200.

Katie Dykstra (Drake, San Anselmo) placed second in the 1600 at the section meet with 5:06.3.

Laurie Hollingsworth (Piner, Santa Rosa) took sixth in the State Meet 800 in 2:15.20. Her season best was 2:13.16.

Jill Ellingson (Hayward) placed third in the section 800 in 2:13.0. She also ran a 5:17.5 1600.

Sabrina Stevenson (Castro Valley) finished tenth last year. She was thirteenth in the Nor Cal Championships.

Women's Teams: Miramonte (Orinda) is the defending champion and should have an excellent team with Marilyn Davis, Marcia White and Wendy Sihner leading the way. Castro Valley came on strong at the end of the season to capture the Northern California title. Corondelet, Petaluma and Drake rounded out the top five teams. Bill Taylor, the Drake coach, reports that one of his good runners is transferring to another school, so he will be thin.

NORTH COAST SECTION SMALL SCHOOLS

Boys: Fort Bragg (North Central League champions) heavily favored, although Calistoga (also N.C.L.) returns with a strong team. Beyond those two, it appears to be no contest. Fort Bragg is lead by defending league champion (plus mile and 880 champ of the division) J.C. Tinney and Steve Bates (divisional 2 mile champ). Calistoga has no single outstanding individual, but features five closely competitive runners, the best of whom are Wes Poole and Saul Agapoff.

Other individuals to watch: Tim Helms (Clear Lake), Mike Duarte (St. Helena), Paul Glassmaker (St. Vincent).

Girls: The top four teams in last year's divisional meet all finished within 10 points of one another and all return without major losses. University High (San Francisco) is the defending champion and is led by Peggy Wright (3rd last year) and Ashley Mace (5th). Crystal Springs (Bay County League) was second in 1979 and will be led by Kit Aarwood (7th). Clear Lake returns with the close five-girl cluster that led them to third last year, and St. Vincent of Petaluma brings the top individuals with Alexandra Haslam (2nd in '79, also divisional 2-mile champ and record holder) and Mary Grace Maloney (4th, also divisional 1-mile champ and record holder). SV must develop depth in order to move up.

Other individuals to watch: Sara MacCready (Upper Lake), Ann Brogheha (Katharine Branson School), Anna Heinke (St. Helena).

Cross country in the small schools is very much on an upward swing, especially girls' cross country. The two St. Vincent girls have beaten over the past two years some top runners (Lisa Dailey, Lori Shanoff, Robin McSwain, Katie Dykstra) although they are not truly at that level. Fort Bragg has scored better than small schools in the past managed against good large schools. If major runners or major teams falter, the top small school runners can now beat them. In the past that wasn't likely.

Oakland Section

Section champions David Pluth (Skyline) and Jennifer Ray (Oakland) return to defend their titles. Pluth started his senior campaign with a fine third place finish in the Oakland Invitational, only three seconds off the old course record. Ray won the combined San Francisco/Oakland section 880 yard run in 2:14.4.

Skyline will again be favored to capture the team titles, since there is virtually no team competition in their section. In fact only one other team-McClymonds-even bothered to enter the Oakland Invitational put on by the league/section.