

C. Carey

Top Jr.

In NorCal

Carlmont's Chris Carey is the lone SPAL runner named to the All-Northern California cross-country team announced today.

Carey, only a junior, raced to the best two-mile track time in Northern California this season with a 9:14.0 clocking and was named the Outstanding Junior in Northern California.

St. Francis' senior ace Bernie Lande was named Cross Country Athlete of the Year along with Rick Swensen of St. Mary's.

Soph Bob McCarty of St. Francis placed on the second team and was named Outstanding Sophomore.

Pat Carey — Chris' senior brother — and Ron White of Carlmont and Chuck Frosolone of St. Francis were the only local honorable mention picks.

Chris Carey's selection brings the Carlmont total of first teamers since the team was started in 1953 to 24, tying Palo Alto for the first spot in that department.

Name	School	Class	Time
Rich Boyles,	Mission SJ	Jr.	9:41.0
Chris Carey,	Carlmont	Jr.	9:14.0
Jack Christensen,	Homestead	Jr.	9:25.0
Dan Cruz,	Wilcox	Jr.	9:32.0
Bill Hansen,	Ygnacio Valley	Jr.	
Rich Jurgens,	Mills	Sr.	9:22.0
Leroy Kerby,	Lassen	Sr.	9:34.0
Arvid Kretz,	Mills	Sr.	9:17.0
Bernie Lahde,	St. Francis	Sr.	9:17.0
Jack Larson,	Fremont	Jr.	9:32.0
Jack Lawson,	Davis	Sr.	
Manny Mahon,	Lynbrook	Sr.	9:27.0
Jim Reeves,	Folsom	Jr.	
Bruce Runcie,	Del Mar	Sr.	
Dennis Russell,	Cordova	Sr.	
Dave Sanford,	Homestead	Sr.	9:14.1
Steve Sofos,	Burlingame	Sr.	9:26.0
John Stevens,	Vallejo	Sr.	
Rick Swensen,	St. Mary's	Sr.	
Jim Tracy,	Riordan	Sr.	9:18.0
Cliff West,	Kennedy	Jr.	
Joe Whylock,	Burlingame	Jr.	9:29.0

CROSS COUNTRY ATHLETE OF THE YEAR: Lahde and Swenson. OUTSTANDING JUNIOR: C. Carey. OUTSTANDING SOPHOMORE: Bob McCarty (St. Francis) and Evan Clark (Mission San Jose). OUTSTANDING FRESHMAN: Tom Hale (Campolindo), Mahon (Cupertino) and Hager (Awalt).

Lahde Heads Harrier Picks



TOP RUNNER—Bernie Lahde, senior at St. Francis High School in Mountain View, was singing "Oh - Lah-dee-dah-dee-dah" today after learning he had been selected to share "Outstanding Runner" laurels on 1967 All-Northern California Cross Country team. The co-recipient is Rick Swensen of St. Mary's in Berkeley.

Second Team

(Name, school, class and two-mile track time where available.)

Jamie Baldivinos (Willow Glen) Sr.; Mike Brisbin (Pittsburg) Sr., 9:56.0; Evan Clark (Mission San Jose) Soph., 9:51.0; Willie Eshman (Washington, SF) Jr.; Ernie Dawson (El Camino, SSF) Sr.; Steve Denny (Mills) Sr., 9:34.0; Mike Ferguson (Homestead) Jr., 9:37.0; Pat Gallagher (Modesto) Sr.; Phil Garcia (Salinas) Sr.; Randy Greggs (Modesto) Sr.; Tom Hale (Campolindo) Fr.; Klaus Hoffman (St. Ignatius) Sr. 9:44.0; Stan Jennings (Skyline) Sr.; Ed Katibah (Mira Loma) Jr.; Bruce Kuefner (Tennyson) Jr.; Bob McCarty (St. Francis) Soph, 9:50.0; Jeff Olpin (Ygnacio Valley) Jr.; Brian Rowbotham (Pleasant Hill) Sr., 9:44.0; Ed Silva (Watsonville) Soph.; Ray Thompson (Mt. Eden) Sr.

Outstanding Junior—Chris Carey (Carlmont).

Outstanding Sophomore—Bob McCarty (St. Francis) and Evan Clark (Mission San Jose).

Outstanding Frosh—Mahon (Cupertino), Tom Hale (Campolindo) and Hager (Awalt).

Honorable Mention

(Local Runners) Rick Brown (Los Altos) Soph, 9:53.0; John Freemuth (Awalt) Sr.; 9:39.0; Chuck Frosdone (St. Francis) 9:49.0; Paul Gaesser (Homestead) Soph., 9:47.0; Bill Horan (Cupertino) Sr., 10:08; Jeff McKay (Cupertino) Sr., 9:54.0; Larry Rentschler (Cupertino) Jr., 10:05; Al Rios (Wilcox) Jr., 9:53.0; Ray Workman (Los Altos) Sr., 9:57.0.

Classy Squad

Six Locals On All-NC

Bernie Lahde hard working senior from St. Francis High School in Mountain View, shares top laurels with Rick Swensen of St. Mary's in Berkeley on the 1967 All-Northern California Cross Country selections announced today.

Lahde, who led Tom Tuite's Lancers to their first-ever Catholic loop crown, was voted top honors for his consistently fine performances through the season. He won league and region crowns and finished second in the Central Coast Section finals behind Rich Jurgens of Mills.

The road has not been easy for the lanky blond Lancer, he's earned all his honors through desire and diligent effort. In addition to his consistent efforts and good adjustment to the varying conditions of cross country courses, Lahde also clocked a rapid 9:17.0 for two miles during postal competition on the track.

A resident of Sunnyvale Lahde is one of six athletes from the area named to the 22-man first team. Two more, in Hayward in 1965.

including Bob McCarty of St. Francis who was voted the top sophomore, made the second unit.

Runners from the area joining Lahde on the first group all represent SCVAL schools. They are Jack Christiansen and Dave Sanford of Homestead, Manny Mahon of Lynbrook, Jack Larson of Fremont and Dan Cruz of Wilcox.

In addition to class honors for Lahde and McCarty, the SCVAL landed Cupertino's Mahon as co-Frosh Runner of the Year.

Oddly enough, Lahde shares the top honor with Rick Swensen of St. Mary's in Berkeley, the first time a Catholic League school has been so honored in cross country.

Lahde, however, is not the first from the area to win the coveted honor. Mike Ryan of Wilcox was voted the top Norcal runner three times—in 1962,

63 and 64. And John Walker of Homestead shared the honor with Ray Celaya of Tennyson

1967 All-Norcal Cross Country Team

Co-Runners of Year—Bernie Lahde (St. Francis)
Rick Swensen (St. Mary's)

First Team

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