

Central Coast Section Cross Country Guide

Compiled and Edited by Howard Willman

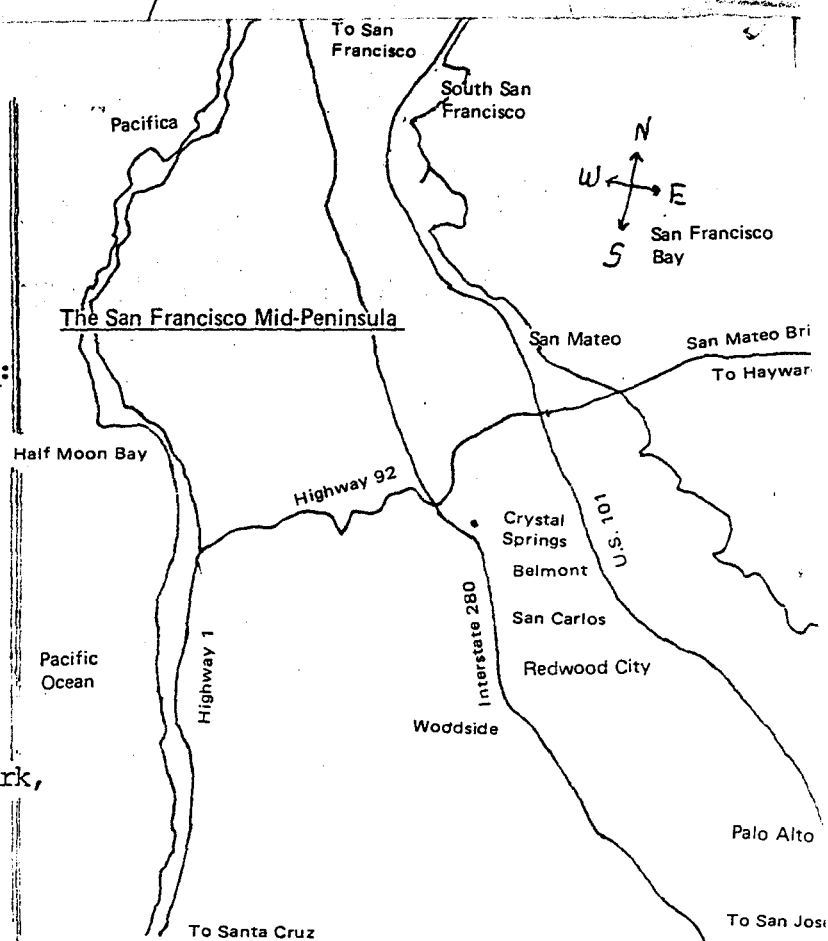
Includes known marks through
August 31, 1982

- ✓ History of the sport in the CCS
- ✓ Comprehensive records and all-time lists for
Crystal Springs and CCS 2-milers
- ✓ Listings of past CCS and NorCal champions
and past NorCal Runners Of The Year

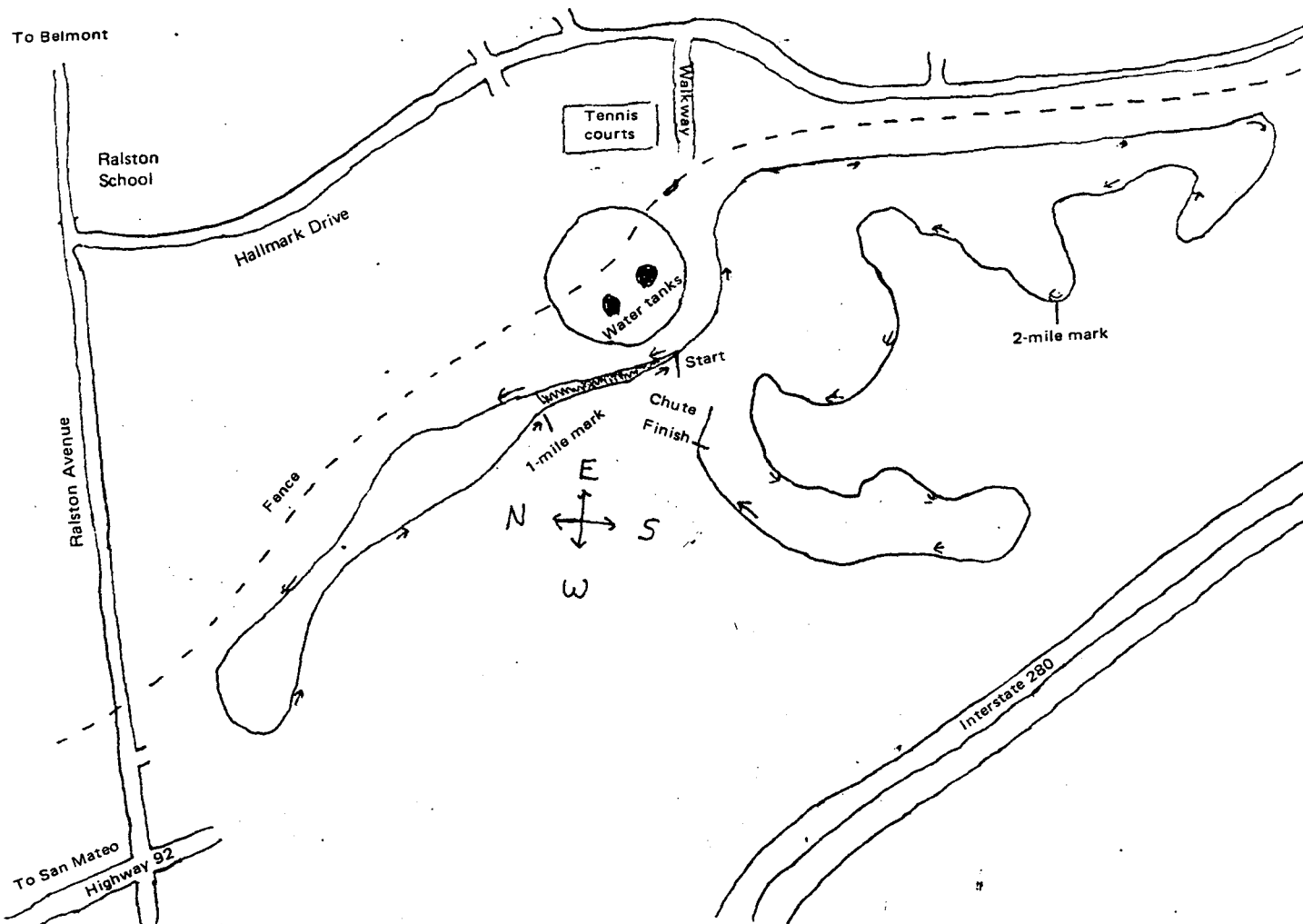
Directions to the Crystal Springs course:

From Highway 1 or Interstate 280: Go North/South to Highway 92; Go East on 92 until Ralston; Go East (left) on Ralston until Hallmark; Turn Right on Hallmark, and within 2 miles you will see the course on the right.

From U.S. 101: Go North/South to Highway 92; Go West on 92 until Ralston; Go East (left) on Ralston until Hallmark; Turn Right on Hallmark, and within 2 miles you will see the course on your right.



Crystal Springs course map



Forward

This CCS Cross Country Guide has been compiled to chronicle the sport in an authoritative and accurate reference source. It is hoped that this guide can and will be used for historical and informative purposes. However, it must be noted that cross country is a difficult sport to compare performances through the years, as courses, competitions, coaching techniques and weather can vary. The all-time lists herewith offer a comparison with as many factors standard and fair as possible, but one should realize the best way to determine "the best" is through head-to-head competition.

This is not to downplay the importance of these all-time lists, but only to point out that those listed here have all achieved excellent performances which should be justifiably recognized. Those listed at the top of each list are not merely among "the best" — they are among "the best of the best."

It should also be pointed out that the length of girls' lists in this guide are intentionally shorter than the length of the boys' lists. For one reason, the sport is — due to past prejudices — about 25 years younger than the boys' sport. Secondly, there is still a large gap between the top-level girls and "masses," and that gap will only grow smaller with time.

It is extremely difficult to tackle alone a project such as this, but I have been fortunate enough to have had the invaluable assistance of several people. Plato Yanicks, Menlo-Atherton coach, offered free use of his extensive and very helpful track and cross country materials and research projects. Also, Loren Lansberry, Carlmont coach, gave freely of his respected knowledge of the area and sport and also of his reasearch endeavors.

Others whose sincere help and support the compiler is indebted to are Augie Argabright (San Jose Cindergals), Dick Calvin (Half Moon Bay), Dick Chamberlin (Pacific Grove), John Coombs (Hollister), Don Dooley (San Mateo), Fran Errota (San Jose Mercury News), Rich Fambrini (Serra), Bill Hotchkiss (Leigh), Joe Mangan (Homestead), Wes Mathis (National Library of Sports), Rick Milam (Homestead), Verne Thornburg (Lynbrook) and David Woods (San Jose Mercury News).

In addition, thanks are owed to the following publications: California Track & Running News, Monterey Peninsula-Herald, Northern California Running Review, Palo Alto Times, Peninsula Times Tribune, Redwood City Tribune, Salinas Californian, San Francisco Chronicle, San Francisco Examiner, San Jose Mercury News, San Mateo Times, Santa Cruz Sentinel, Starting Line, and Track & Field News.

Readers should be informed that in all reference projects, errors are unfortunately inevitable. Though I have tried to faithfully document the performances in this guide, I am not immune to making mistakes. Anyone noting errors or omissions is urged to notify the compiler. Comments and criticisms are also welcome.

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(October, 1982)

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CCS Cross Country: A Brief History

Though there had been occasional cross country races before him, Forrest Jamieson is considered the father of high school cross country in the Bay Area. It was not until Jamieson's arrival at Palo Alto High in the early '50s that the sport began its incredible growth, directly attributable to Jamieson's efforts to popularize it.

And that was not difficult to do, as cross country was, and still is, an easy sport to comprehend. As a team sport, it stressed an aspect of running that was not as important on the track. Because it is a team sport, its numbers of participants grew easily and fast. (In fact, today some high school cross country teams outnumber their track squads.) Jamieson, still considered one of the area's best-ever coaches, was most instrumental in molding the sport into its current shape, a shape which has for almost 30 years been a hotbed of national talent.

In 1954, the North Coast Section officially sanctioned the sport, and on Nov. 20, the first NCS Championships were held. A 1.96-mile course at the Stanford Golf Course was laid out, and it was to become the site of the NCS for 10 consecutive years. Also held on that course were "center meets," an invention by Jamieson to help popularize the sport here. The meets were almost immediately successful, attracting as many as 1000 participants each week.

In 1957, Track & Field News Editor Bert Nelson started "postal" competitions. The idea was to have high school teams running 2 miles on a track per runner for 5 members, adding the times together for a team total, and then mail the results to T&FN to serve as a comparison for schools across the nation. The event grew so popular that the 2-mile eventually became nearly standard throughout the country in state track meets (California first held a 2-mile in its 1965 state meet).

In 1962, Hillsdale coach Plato Yanicks (now at Menlo-Atherton) started, with the helpful support of the Northern California Track & Field Association, all-NorCal teams. A few years later, Citizen Savings joined in the sponsorship, and Yanicks had led selection committees until 1981, when the top runners were selected on the basis of their finish at the NorCal meet.

Today, the sport is still running strong, as are center meets, postal meets and section championships. In 1965, the Central Coast Section was formed for cross country, as the CCS was breaking away sport-by-sport from the NCS. Since that breakaway, the sport has been gaining momentum, though maybe reaching a plateau by 1980.

Cross country's popularity became so great that in 1970 separate divisions were instituted. In 1970 and '71, schools were polarized into "large" and "small" divisions based upon school population. In '72, a "medium" division was also added. But it became very apparent after '72 that the idea of the CCS champion was being lost, so in 1973 the CCS coaches went back to the standard setup, only increasing the qualifiers about 50% from pre-1970 days. In 1977, the CCS incorporated its first girls championships. In 1978, the first Northern California Championships, an idea which had been brewing in the minds of many coaches for about 20 years, were finally a reality, in large part to the efforts of Menlo-Atherton coach Plato Yanicks. In 1979, Kinney Shoes began sponsoring a national cross country championship for individuals by holding 5 (now 4) regional meets; though runners could not officially represent their schools, the non-high school sanction has deterred no prep stars. And a California state meet has been rumored for several years, but the suggestion seems to be on a back burner until more administrators warm up to the idea. (An unofficial state meet was held in Merced back in 1957, but the NorCal meets since 1978 have been the next closest thing to an official state meet. Some coaches believe the Kinney Western Regional meet is the perfect setting for an unofficial state meet.)

As mentioned earlier, the Stanford Golf Course served as the area's standard course in the '50s and early '60s. It, too, became popular, but not with those who played golf on it, and, defiantly, the runners were eventually not allowed to use the course after 1963. (In recent years, however, the high school runners have been allowed one meet at Stanford GC.)

The section meet's home wandered several places, one of them being a 2.25-mile course near Crystal Springs Reservoir in Belmont. In 1971, because of construction of Interstate 280, the course was re-done and laid down to its present 2.93 miles. College of San Mateo coach Bob Rush is considered by San Mateo city and San Francisco Water District officials to be the "parent" of the course.

1982 will mark the 6th year in a row that the CCS meet will be contested there. The first 3 NorCal meets and the first Kinney Western Regional meet were held there, as were the 1974 AAU Men's and 1975 AAU Women's National Championships and various other championship meets. Center meets, the Crystal Springs Invitational and several league and region meets are also contested there.

Unlike the Stanford Golf Course, Crystal Springs is solely a cross country course. And like any course, Crystal Springs has received both positive and negative comments. Most of its negative criticisms seem to be a direct correlation to the course's tough nature (long, somewhat hard dirt surface, steep downhill at start). And it's positive praise is what can't be beat for meets of large and important stature: it can handle large numbers of runners and spectators can see over 75% of the race. And like many course, it is not invincible to weather tantrums (rain and wind), though Crystal Springs' paths can handle more water than any other dirt or grass course this compiler has seen in the CCS.

Throughout the past decade, it has offered the cross country community an extreme sense of familiarity. Yet no matter how often one has run it in the past, Crystal Springs is always a challenge to the runner who treads its paths again.

Crystal Springs Records & All-Time Lists

This section gives course records (for individuals by class and for teams) and the fastest times ever recorded on the 2.93-mile Crystal Springs course (for boys, 15:00 for individuals and 80:00 for teams are the cutoffs for performances; for girls, the cutoffs are 18:00 and 100:00). In increments of 10, a set of numbers is typed (e.g., 20/13); the first number refers to the number of performances above it, and the second refers to the number of performers above it.

Abbreviations for meets used in these lists: AAU=Amateur Athletic Union Championships; Cal-AAU=California Regional Championships of the AAU; PA-AAU=Pacific Association Championships of the AAU; KW=Kinney Western Regional meet; NC=Northern California Championships; CCS=Central Coast Section Championships; R (I, II, III or IV)=one of the 4 CCS Region meets; WCAL=West Catholic Athletic League; NPAL=North Peninsula Athletic League; MPAL=Mid-Peninsula Athletic League; GPSAL=Girls' Private School Athletic League; SPAL=South Peninsula Athletic League; DAAL=De Anza Athletic League; SCVAL=Santa Clara Valley Athletic League; CM (#1, #2 or #3)=one of the 3 yearly center meets; CSI=Crystal Springs Invitational; Carl=Carlmont Invitational.

INDIVIDUALS

As is standard with lists by this compiler, high school sanction is not a prerequisite for inclusion in these lists (this procedure is outlined after Track & Field News' policy). Tenths of seconds have been included where known. In cases where no 10th appears, 2 explanations are likely. One, the 10th was "dropped" by meet officials for easiness in recording and reporting; or, two, timing was done with a running watch and individual times were called out as runners finished. The latter is more likely in earlier years.

Runners are listed with school, location of school (if different from name of school) (if outside of California), along with place, meet and date info. Secondary places by a performer are indented. Class abbreviations: *=junior; **=sophomore; ***=freshman; ?=class unknown to compiler; no abbreviation indicates a senior. Where no time appears, then it is the same as the one above it. Times followed by a "k" are ones recorded on Crystal Springs' 5000-meter course. Although these times have not been converted or placed higher in the lists, they are a good 50-60 seconds faster in relative comparison, as the 5000-meter course is the same as the 2.93-mile course except for a starting line approximately 280m (305 yards) behind the 2.93-mile course starting line. This 280m difference is not only slightly uphill, but over rougher terrain as well.

Boys

Progression of the Crystal Springs course record:

15:29	Chris Berka (Los Altos)	1) CM#1	10/14/71
15:28	*Steve Miller (Carlmont, Belmont)	1) CM#3	10/28/71
15:24	Chris Cole (St. Ignatius, San Francisco)	1) WCAL	11/11/71
15:15	Matt Yeo (San Carlos)	1) CM#1	10/13/72
15:15 =	**Mitch Kingery (San Carlos)	2) CM#1	10/13/72
15:03	Carl Cattarin (Carlmont, Belmont)	1) CM#2	10/26/72
14:44	Steve Crowley (Gunn, Palo Alto)	1) SPAL	11/ 9/72
14:37	*Mitch Kingery (San Carlos)	1) CM#1	10/11/73
14:28	*Mitch Kingery (San Carlos)	1) CM#3	10/25/73
14:28.4	Jay Marden (Mission San Jose, Fremont)	1) NC	11/22/80

Crystal Springs course records by class:

(Best by a CCS athlete also given if record is held by a non-CCS runner)

Senior	14:28.4	Jay Marden (Mission San Jose, Fremont)	1) NC	11/22/80
	14:42	Bob Paulin (Camden, San Jose)	1) RIII	11/20/75
Junior	14:28	Mitch Kingery (San Carlos)	1) CM#3	10/25/73
Sophomore	14:57.2	Felix Soto (Mt. Pleasant, San Jose)	3) CCS	11/22/77
Freshman	15:03	Carlos Carrasco (Mt. Pleasant, San Jose)	3) CCS	11/25/75

Crystal Springs all-time list:

14:28	*Mitch Kingery (San Carlos)	1) CM#3	10/25/73
14:28.4	Jay Marden (Mission San Jose, Fremont)	1) NC	11/22/80
14:37	*Kingery	1) CM#1	10/11/73
14:37.0	*Barasa Thomas (Santa Barbara)	1) KW	12/ 1/79
14:40.6	Andy DiConti (La Canada)	2) KW	12/ 1/79
14:41.2	*Marden	3) KW	12/ 1/79
14:42	*Kingery	1) CM#2	10/17/73
	*Kingery	1) CCS	11/21/73
	Bob Paulin (Camden, San Jose)	1) RIII	11/20/75
14:42.5	Mike McGlade (Northwest Christian, Spokane, Wa) (10/6)	4) KW	12/ 1/79
14:43	*Kingery	1) RII	11/14/73
	Jesse Torres (Independence, San Jose)	1) CM#3	10/30/80
14:43.6	Tom Downs (Skyline, Oakland)	1) NC	11/25/78
14:44	Steve Crowley (Gunn, Palo Alto)	1) SPAL	11/ 9/72
14:45	*Kingery	1) SPAL	11/ 9/73
14:45.3	Rich Read (Mission San Jose, Fremont)	5) KW	12/ 1/79
14:45.4	Mike McCollum (Palo Alto)	1) CCS	11/18/80
14:45.8	Fernando Balderas (San Jose)	1) CCS	11/19/79
14:46	Carl Cattarin (Carlmont, Belmont)	2) SPAL	11/ 9/72
	*Marden	1) CSI	10/13/79
	(20/13)		
14:46.0	Sam Hooker (Las Lomas, Walnut Creek)	2) NC	11/22/80
14:46.5	McCollum	3) NC	11/22/80
14:46.6	Kevin O'Connor (Carlmont, Belmont)	2) CCS	11/19/77
14:47.3	*Jon Butler (Edison, Huntington Beach)	6) KW	12/ 1/79
14:47.6	Torres	1) RIII	11/ 9/73
14:49.2	Pete Brown (Burlingame)	1) MPAL	11/ 9/73
	*Harold Kuphaldt (Bella Vista, Fair Oaks)	4) NC	11/22/80
14:49.6	Mike Pyeatt (Issaquah, Wa)	7) KW	12/ 1/79
14:51	*Ron Fritzke (Leigh, San Jose)	2) CM#3	10/25/73
	Nelson Bernal (Westmont, Campbell)	2) RIII	11/12/80
	(30/21)		
14:51.6	John Frank (Central Valley)	1) NC	11/24/79
14:52	Kingery	1) CM#2	10/24/74
	Kingery	1) SPAL	11/15/74
	Paulin	1) CCS	11/25/75
	Read	2) CSI	10/13/79

14:53	Matt Yeo (San Carlos)	3) SPAL	11/ 9/72
	*Bob Barnett (Hillsdale, San Mateo)	1) MPAL	11/ 8/73
	Kingery	1) CM#2	10/24/74
	*Bob Love (Carlmont, Belmont)	1) SPAL	11/12/76
14:53.6	Love	1) CCS	11/22/77
	(40/25)		
14:54	*Felix Soto (Mt. Pleasant, San Jose)	1) CCS	11/21/78
	McCollum	1) RII	11/13/80
14:56	Love	1) RII	11/18/77
14:56.2	*Dave Avila (Cupertino)	2) CCS	11/22/77
14:57	Barnett	1) RI	11/22/74
14:57.2	**Soto	3) CCS	11/22/77
14:57.5	Steve Strangio (Mission San Jose, Fremont)	2) NC	11/25/78
14:57.8	Kent Newman (Pocatello, Id)	8) KW	12/ 1/79
14:58	*Soto	1) RIII	11/17/78
14:58.7	Dean Vanderbush (Lassen, Susanville)	5) NC	11/22/80
	(50/30)		
14:59	*Barnett	1) RI	11/15/73
14:59.2	*Torres	3) CCS	11/19/79
14:59.4	John Begay (Chinle, Az)	9) KW	12/ 1/79
15:00	**Kingery	4) SPAL	11/ 9/72
	Bernal	2) CCS	11/18/80
15:00.0	Aubrey Wilson (Berkeley)	6) NC	11/22/80
15:00.9	Tim Gruber (Aptos)	4) CCS	11/22/77
	(57 performances by 33 performers)		

Girls

Crystal Springs course records by class:

(Best by a CCS athlete also given if record is held by a non-CCS runner)

Senior	16:30.6	Ellen Lyons (Bishop Kelly, Boise, Id)	1) KW	12/ 1/79
	17:37.1	Roxanne Bier (Independence, San Jose)	6) KW	12/ 1/79
Junior	17:01.2	Roxanne Bier (Independence, San Jose)	1) Cal-AAU	11/12/78
Sophomore	16:49.9	Vickie Cook (Alemany, Mission Hills)	2) KW	12/ 1/79
	17:36	Maria King (Ayer, Milpitas)	3) PA-AAU	10/28/79
Freshman	16:53k	Eryn Forbes (Sunset, Beaverton, Or)	4) AAU	11/29/75
	18:40	Barbara Keehner (Hill, San Jose)	1) CSI	10/10/81

Crystal Springs all-time list:

16:30.6	Ellen Lyons (Bishop Kelly, Boise, Id)	1) KW	12/ 1/79
16:49.9	**Vickie Cook (Alemany, Mission Hills)	2) KW	12/ 1/79
16:53 k	***Eryn Forbes (Sunset, Beaverton, Or)	4) AAU	11/29/75
17:01.2	*Roxanne Bier (Independence, San Jose)	1) Cal-AAU	11/12/78
17:10.5	Eliza Carney (McClintock, Tempe, Az)	3) KW	12/ 1/79
17:11 k	Debbie Quatier (Edmonds, Wa)	6) AAU	11/29/75
17:14	*Robyn MacSwain (Terra Linda, San Rafael)	1) CSI	10/11/80
17:27.8	***Kathy Keernan (Los Amigos, Fountain Valley)	4) KW	12/ 1/79
17:32.4	*Kerry Brogan (Los Altos)	5) KW	12/ 1/79
17:34	*Cathy Demmelmaier (Lynbrook, San Jose)	2) PA-AAU	10/28/79
	(10/10)		
17:36	**Maria King (Ayer, Milpitas)	3) PA-AAU	10/28/79
17:37	*Linda Van Housen (Sacred Heart)	1) RII	11/13/80
17:37.1	Bier	6) KW	12/ 1/79
17:37.9	*Van Housen	1) CCS	11/18/80
17:38	*Laurie Hollingworth (Piner, Santa Rosa)	2) CSI	10/11/80
17:40.4	*Demmelmaier	7) KW	12/ 1/79
17:40.7	Irene Crowley (Overfelt, San Jose)	1) CCS	11/22/77
17:42.9	*Diane Harrell (Palos Verdes, Palos Verdes Estates)	8) KW	12/ 1/79
17:43.3	*Brogan	1) CCS	11/19/79
17:45.5	*Van Housen	1) NC	11/22/80
	(20/15)		

17:47	Joan Fox (Homestead, Cupertino)	1) CM#3	10/26/78
17:48	Kim Schnurpfeil (San Mateo)	2) CM#3	10/26/78
17:48.9	Schnurpfeil	1) CCS	11/21/78
17:49	*Kathy Koudela (Monta Vista, Cupertino)	1) CM#2	10/19/78
	Brogan	1) CM#3	10/30/80
17:49.5	*Mary Gaffield (El Cerrito)	9) KW	12/ 1/79
17:50	*Koudela	1) RII	11/15/78
17:51.0	Cindy Crow (Twin Falls, Id)	10) KW	12/ 1/79
17:51.5	Brogan	2) NC	11/22/80
17:52.1	Gaffield	3) NC	11/22/80
	(30/20)		
17:52.3	**Kathy Knowlton (Bellarmine, Tacoma, Wa)	11) KW	12/ 1/79
17:53.7	Esther Berndt (Gunn, Palo Alto)	1) RII	11/19/81
17:54.1	Berndt	1) CCS	11/24/81
17:54.3	*Shelly Nieto (Merced)	12) KW	12/ 1/79
17:54.7	Dee Dee Deegan (Alemany, Mission Hills)	13) KW	12/ 1/79
17:55	*Van Housen	1) SPAL	11/ 6/80
17:57.5	*Marilyn Davis (Miramonte, Orinda)	4) NC	11/22/80
17:58.2	Marcia White (Miramonte, Orinda)	5) NC	11/22/80
17:58.7	*Berndt	6) NC	11/22/80
17:59.9	Amy Harper (Prospect, Saratoga)	2) CCS	11/19/79
	(40/27)		
18:00	Schnurpfeil	1) MPAL	11/ 9/78
	Brogan	2) RII	11/13/80
	(42 performances by 27 performers)		

TEAMS

Listed here are the fastest team times ever recorded by high school teams on the 2.93-mile Crystal Springs course. In totalling the performances within a team for the times listed here, all 10ths have been dropped so as all team times were totalled in a consistent manner.

Team members and their performances are listed for the fastest team and the fastest CCS team as well. Listed in all caps are the best-ever performance by a school making the list. Schools making the list more than once are denoted 2 ways in their secondary appearances: One, if from a different year, they have been typed in caps and lower case, and two, if from the same year as a team listed above it, they have been typed in caps and lower case and indented. Places listed are the official places the teams reached by team scores. Occasionally, a team will place lower in team score and higher in team time. In such cases here, teams are still listed with their official place, but they also have a "!" before the place to indicate that they would have placed higher had the team title been determined by team time. * = CCS school.

Boys

76:15	MISSION SAN JOSE	1) NC	11/25/78	78:09	*MT. PLEASANT	1) RIII	11/20/78
	Steve Strangio 14:57.5				*CARLMONT	2) CCS	11/22/78
	John Marden 15:04.7				(10/6)		
	*Rich Read 15:05.4			78:10	BELLA VISTA	!2) NC	11/22/80
	**Jay Marden 15:15.0			78:14	*SAN CARLOS	1) SPAL	11/ 9/78
	*John Carey 15:54.3			78:16	*ST. FRANCIS	2) WCAL	11/12/78
76:57	*LEIGH	1) CM#3	10/25/73	78:17	*Leigh	1) CM#1	10/11/78
	Ron Fritzke 14:51			78:21	*Leigh	1) CCS	11/19/78
	Dave Stock 15:04			78:22	Mission San Jose	!4) NC	11/22/80
	Bruce Orr 15:31			78:23	*LOS GATOS	1) NC	11/22/80
	John Tengelsen 15:44			78:24	*Pacific Grove	1) CM#2	10/23/78
	Steve Niedrauer 15:47			78:25	*Serra	1) CCS	11/25/78
77:17	Mission San Jose	1) CSI	10/13/79		JESUIT	1) CSI	10/ 9/78
77:28	*Leigh	1) CCS	11/21/73		(20/11)		
77:33	*PACIFIC GROVE	1) RIV	11/19/75	78:26	*Carlmont	1) CSI	10/ 8/78
77:41	*Leigh	1) CCS	11/22/77	78:30	*Leigh	1) RIII	11/13/78
77:50	*SERRA	1) RI	11/21/75		*HALF MOON BAY	2) RI	11/21/78
	*Serra	1) WCAL	11/12/76		*Carlmont "	1) SPAL	11/12/78

78:36 Jesuit	!3) NC 11/22/80	79:32 *WESTMOOR	1) NPAL 11/ 8/7
78:37 *Carlmont	1) RII 11/21/75	*Leigh	1) CCS 11/24/8
*HOMESTEAD	1) RII 11/15/78	79:33 *Carlmont	1) CM#2 10/21/7
78:41 *MONTA VISTA	3) NC 11/22/80	*LELAND	3) CCS 11/22/7
78:43 MIRA LOMA	2) NC 11/25/78	79:34 *St. Francis	1) WCAL 11/11/7
*WESTMONT	1) Carl 10/28/78	*Bellarmine	1) RI 11/19/8
(30/16)		79:36 *Carlmont	1) CM#3 10/28/7
78:45 PINER	2) CSI 10/ 9/76	*Monta Vista	1) RII 11/13/8
78:46 *Leigh	2) CSI 10/13/79	LASSEN	!8) NC 11/22/8
78:47 *Carlmont	1) RII 11/18/77	79:37 *St. Francis	1) WCAL 11/ 5/7
*Monta Vista	1) DAAL 11/ 5/80	(80/28)	
78:48 *Carlmont	2) CM#3 10/25/73	79:38 *Carlmont	1) CM#2 10/20/7
*Homestead	2) Carl 10/28/78	*Carlmont	3) CSI 10/13/7
78:52 *MILLS	1) RI 11/16/78	*Willow Glen	7) NC 11/22/8
78:53 *St. Francis	1) RI 11/15/73	79:39 *St. Francis	5) CCS 11/22/7
*Leigh	2) CSI 10/ 8/77	79:40 *Mills	5) NC 11/25/7
78:56 *SARATOGA	2) RIII 11/20/75	79:41 *Leigh	!4) RIII 11/20/7
(40/19)		*Los Gatos	1) CCS 11/18/8
*Leigh	1) RIII 11/18/81	79:42 *OCEANA	1) NPAL 11/ 8/7
78:59 *Carlmont	1) RII 11/19/73	*SAN MATEO	2) RI 11/22/7
79:00 *WILLOW GLEN	1) RIII 11/17/78	BERKELEY	9) NC 11/22/8
79:03 *CUPERTINO	2) RII 11/21/75	(90/31)	
79:04 *Serra	1) WCAL 11/14/75	79:43 *DEL MAR	3) RIII 11/20/7
79:05 CASTRO VALLEY	5) NC 11/22/80	79:44 *Willow Glen	2) RIII 11/12/8
79:06 *Carlmont	1) SPAL 11/12/71	79:45 *Willow Glen	3) CSI 10/ 9/7
79:07 *Carlmont	1) SPAL 11/14/75	79:47 *San Carlos	!2) RII 11/16/7
79:10 *Homestead	1) CCS 11/21/78	79:49 *St. Francis	3) CM#3 10/25/7
79:12 *Carlmont	2) CM#2 10/23/75	*Carlmont	2) RII 11/15/7
(50/22)		*Monta Vista	2) CCS 11/18/8
*WATSONVILLE	2) CCS 11/19/79	79:50 *St. Francis	!2) CM#2 10/19/7
79:13 *St. Francis	1) RI 11/14/79	*Los Gatos	4) CCS 11/19/7
79:14 *Mt. Pleasant	!4) CCS 11/25/75	79:51 *Pacific Grove	!3) CCS 11/25/7
*St. Francis	3) CCS 11/19/79	(100/32)	
79:15 *Leigh	1) CSI 10/10/81	79:52 *Half Moon Bay	1) NPAL 11/13/7
79:16 *Serra	1) RI 11/18/76	*Westmont	!3) RIII 11/17/7
79:18 *Serra	1) CSI 10/11/75	79:53 *LOS ALTOS	3) RII 11/21/7
79:19 *Serra	1) WCL 11/ 6/74	SKYLINE	6) NC 11/25/7
79:20 *Homestead	4) NC 11/25/78	VACAVILLE	10) NC 11/22/8
79:23 *Carlmont	1) SPAL 11/ 8/77	79:54 *Saratoga	2) CCS 11/25/7
(60/23)		*Los Gatos	2) RIII 11/18/8
*Leigh	1) RIII 11/16/77	79:55 *CAMDEN	5) RIII 11/20/7
79:24 *St. Francis	2) RI 11/16/78	79:56 *HOLLISTER	1) CM#2 10/19/7
79:27 *Serra	1) RI 11/22/74	79:57 *San Mateo	1) MPAL 11/ 7/7
*BELLARMINE	1) CM#3 10/30/80	(110/37)	
79:29 *San Carlos	1) CM#1 10/19/72	79:58 *Los Gatos	2) CCS 11/24/8
79:30 *Watsonville	!4) CCS 11/22/77	79:59 *Carlmont	2) CM#1 10/11/7
79:31 *Carlmont	2) SPAL 11/ 9/72	*Carlmont	1) CM#3 10/31/7
*St. Francis	2) CCS 11/21/73	*Leigh	2) RIII 11/17/7
*Los Gatos	1) RIII 11/12/80	*Bellarmine	1) WCAL 11/ 5/8
RIVERBANK	6) NC 11/22/80	(115 performances by 37 schools)	
(70/25)			

Girls

93:05	MIRAMONTE	1) NC	11/22/80	98:10	*HALF MOON BAY	1) RI	11/16/78
	*Marilyn Davis	17:57.5		98:21	MIRA LOMA	5) NC	11/22/80
	Marcia White	17:58.2		98:34	NOVA	6) NC	11/22/80
	**Wendy Sihner	18:14.9		98:43	*Half Moon Bay	1) CCS	11/21/78
	Jill Amstutz	19:23.7		98:46	SKYLINE	1) CSI	10/11/80
	***Kim Halsey	19:33.6		98:57	*LOS ALTOS	2) RII	11/13/80
95:02	CARONDELET	2) NC	11/22/80	98:59	*GUNN	2) CCS	11/19/79
96:13	CORDOVA	3) NC	11/22/80		(20/12)		
96:21	*ST. FRANCIS	1) RII	11/19/81	99:08	*Carlmont	1) SPAL	11/ 7/79
	*Susan Brodie	18:29		99:18	*Carlmont	1) CM#3	10/25/79
	***Kim Himenes	18:51		99:32	*Carlmont	1) RII	11/13/79
	Kathy Donofrio	19:05		99:33	*Half Moon Bay	1) CSI	10/14/78
	Lynne Grassi	19:51			*Carlmont	1) CM#2	10/18/79
	***Dana Rositano	20:05		99:40	*LOS GATOS	3) CCS	11/19/79
96:35	DRAKE	1) CSI	10/13/79	99:43	*Half Moon Bay	!2) CCS	11/22/77
96:49	*St. Francis	1) DAAL	11/10/81	99:47	*HOMESTEAD	1) RII	11/15/78
97:01	*St. Francis	1) CCS	11/24/81	99:49	*Homestead	!2) CM#3	10/26/78
97:19	*St. Francis	4) NC	11/22/80	99:54	*Gunn	!8) NC	11/22/80
97:34	*St. Francis	1) CCS	11/18/80		(30/14)		
97:42	*St. Francis	1) RII	11/13/80	99:57	*Half Moon Bay	1) NPAL	11/ 9/78
	(10/5)				*Homestead	2) CCS	11/21/78
97:49	*St. Francis	1) CM#3	10/30/80	99:58	*Half Moon Bay	1) RI	11/17/77
97:50	*CARLMONT	1) CCS	11/19/79	99:59	*Los Gatos	7) NC	11/22/80
97:58	*St. Francis	1) DAAL	11/ 5/80		(34 performances by 14 schools)		

CCS 2-Mile Records & All-Time Lists

This section gives CCS class and age records and a list of the fastest times ever recorded by CCS athletes for 2 miles, including a listing of the fastest team times ever recorded at Postals. For boys, the cutoffs for these lists were 9:20 for individuals and 49:00 for teams; for girls, the cutoffs were 11:20 and 63:00.

In increments of 10, a set of numbers is typed (e.g., 20/13); the first number refers to the number of performances above it, and the second refers to the number of performers above it.

INDIVIDUALS

As mentioned in the preface to the Crystal Springs lists, high school sanction is not a prerequisite for inclusion in lists by this compiler, and that is the case here. The class and age records listed for boys and girls are the best 2-mile times known to the compiler. A "+" in the record category indicates that the time has been converted from a 3200-meter time. 3000-meter converted times are not eligible for 2-mile class or age records. All times in hundredths of a second are fully-automatically timed; all times in tenths have been timed by hand devices. Runners are listed with school, place, meet, site and date info. The top 10 performances are given at the top of each list, and the remainder of the list is performers. *=junior; **=sophomore; ***=freshman; ****=8th-grader; *****=7th-grader; all others are seniors.

Times followed by a "+" have been converted, under one of the 3 following circumstances:

- +m = time converted from 3200 meters by multiplying the 3200m time by 1.0058399
- +k = time converted from 3000 meters by multiplying the 3000m time by 1.08
- +ks= time converted from a short 3000-meter race at Stanford (where the wrong starting line had been used prior to April 3, 1982, and made the race 11.675 meters short); the short 3000m time was multiplied by 1.0039084 to reach the full 3000 meters, and the result was then multiplied by 1.08

"r" found in the place category refers to race. For example, "7r2" would refer to 7th place in race 2. Although this compiler sees 3000-meter times in an equal light when considering these lists (but not records), some others will not. For those people, a listing of those whose time was converted from 3000 meters is given at the end (these runners, by the way, are all girls), with each person's best 2-mile.

Abbreviations for meets used in these lists: AAU=Amateur Athletic Union Championships; AAU Jr=AAU Junior Championships; AAU (followed by 2 numbers)=AAU Age-Group Championships; Cal-AAU=California Regional Championships of the AAU; CCS=Central Coast Section Championships; CCS Q=CCS Qualifying Meet; Downey=Downey Games; Hill-K=Hill-Kiwanis Invitational; King=King Games; MSACR=Mt. SAC Relays; Orinda=Orinda Invitational; PA-AAU=Pacific Association Championships of the AAU; PA JO=Pacific Association Junior Olympics Regional Meet; Postal=2-mile Postal; R (followed by I, II, III or IV)=one of the 4 CCS Region meets; SFEG Q=San Francisco Examiner Games Qualifying; SJCWG=San Jose Cindergals Winter Games; SJR=San Jose Relays; SM City=San Mateo City Meet; Stan=Stanford Classic; State=State Championships; TAC (followed by 2 numbers)=TAC Age-Group Championships; Top 8=CCS Top 8 Invitational; WCAL=West Catholic Athletic League Championships. In addition, AC=All-Comers Meet, and "v" followed by a school (in these lists, either Mills or Ravens, which stands for Ravenswood) signifies a dual meet.

Boys

CCS 2-mile class records:

Senior	8:55.21+	Jesse Torres (Independence)	3) State	Norwalk	6/ 6/8
Junior	9:00.6	Mitch Kingery (San Carlos)	1) Postal	San Jose	11/ 3/7
Sophomore	9:09.4	Mitch Kingery (San Carlos)	2) CCS	San Jose	5/25/7
Freshman	9:18.6	Carlos Carrasco (Mt. Pleasant)	2) RIII	San Jose	5/21/7

CCS 2-mile age records:

18	8:55.21+	Jesse Torres (Independence)	3/25/63	3) State	Norwalk	6/ 6/8
17	8:57.7	Mike Ryan (Wilcox)	1/8/47	1) Postal	Stanford	11/ 7/6
16	9:09.4	Mitch Kingery (San Carlos)	7/3/56	2) CCS	San Jose	5/25/7
15	9:17.8	Bob Love (Carlmont)	10/24/60	3) CCS	San Jose	5/28/7
14	9:45.6	Manny Mahon (Homestead)	2/16/50	2) SCVAL	Santa Clara	5/15/6

CCS 2-mile all-time list:

8:55.21+m	Jesse Torres (Independence)	3) State	Norwalk	6/ 6/8
8:57.3	Mitch Kingery (San Carlos)	4) State	San Diego	6/ 6/7
8:57.7	Mike Ryan (Wilcox)	1) Postal	Stanford	11/ 7/6
8:58.9	Ryan	1) Postal	Belmont	12/ 4/6
8:59.25+m	Mike McCollum (Palo Alto)	6) State	Norwalk	6/ 6/8
9:00.5	*Kingery	1) Postal	San Jose	11/ 3/7
9:01.6	Gordon MacMitchell (Gunn)	1) CCS	San Jose	5/25/7
9:02.6	*Carlos Garrasco (Mt. Pleasant)	1) CCS	San Jose	5/26/7
9:03.0	Jeff Curran (Los Altos)	2) Postal	San Jose	11/ 2/7
	Ron Fritzke (Leigh)	6) State	San Diego	6/ 6/7
(10 performances)				
9:04.82+m	Nelson Bernal (Westmont)	11) State	Norwalk	6/ 6/8
9:06.0	Jerry Emory (Gunn)	2) CCS	San Jose	5/25/7
. (10)				
9:06.9	Joe Rubio (Willow Glen)	3) Postal	Los Gatos	10/25/8
9:07.8	Steve Brooks (Mt. Pleasant)	1) CCS	San Jose	5/27/7
9:08.3	Bob Love (Carlmont)	2) SJR	San Jose	3/25/7
9:08.66	Ken Holladay (Gilroy)	4) State	Bakersfield	6/ 3/7
9:08.8	*Bob Ebert (Willow Glen)	1) CCS	San Jose	5/29/7
9:09.3	Brian Dulin (Leigh)	4) Postal	Los Gatos	10/25/8
9:10.0	Mike Hart (Willow Glen)	1) Postal	San Jose	11/ 7/7
	Paul Cox (Los Gatos)	5) Postal	Los Gatos	10/25/8
9:10.9	Arvid Kretz (Mills)	6) State	Berkeley	6/ 1/6
9:11.0	Eugenio Amaya (Burlingame)	1) v Mills	Burlingame	4/15/6
(20)				

9:11.2	Stacy Geiken (Cubberley)	2) CCS	San Jose	5/29/74
9:11.6	Rich McCandless (Westmont)	1) RIII	San Jose	5/18/73
9:11.8	Jeff Norton (Los Altos)	1) Downey	Modesto	4/28/73
9:12.0	Joe Green (Aragon)	2) CCS	San Jose	5/27/77
9:12.2	John Sup (Palma)	2) Postal	Saratoga	11/ 6/76
	*Chris Carey (Carlmont)	1) SFEG Q	San Mateo	12/16/67
	Bruce Runcie (Del Mar)	8) State	Westwood	6/ 7/69
9:12.8	Chris Cole (St. Ignatius)	2) CCS	San Jose	5/27/72
9:13.3	Bob Paulin (Camden)	1) CCS	San Jose	5/28/76
	*Fernando Balderas (San Jose)	1) CCS	San Jose	5/25/79
	(30)			
9:13.5	Steve Crowley (Gunn)	3) Postal	San Jose	11/ 4/72
9:14.0	Hans Templemann (Carlmont)	3) Postal	San Jose	11/ 7/70
	Matt Yeo (San Carlos)	4) Postal	San Jose	11/ 4/72
9:14.1	Dave Sanford (Homestead)	2) Postal	Los Altos Hills	11/ 4/67
9:14.3	John Rembao (Santa Cruz)	2) CCS	San Jose	5/25/79
	Jeff Magallanes (Seaside)	1) CCS	San Jose	5/30/80
9:14.4	*Steve Sofos (Burlingame)	3) CCS	Gonzales	5/25/68
	Mark McConnell (Soquel)	9) State	Westwood	6/ 5/71
	*Steve Miller (Carlmont)	1) v Ravens	East Palo Alto	3/ 9/72
	Carl Cattarin (Carlmont)	5) Postal	San Jose	11/ 4/72
	(40)			
	Craig Corey (San Mateo)	2) CCS	San Jose	5/28/76
9:14.5	*Bob Barnett (Hillsdale)	1) SM City	San Mateo	4/ 6/74
9:14.7	*George Manriquez (Mt. Pleasant)	2) Postal	San Jose	11/ 6/71
	*Paul Brewer (Leigh)	4) Postal	Saratoga	11/ 6/76
9:14.9	*Craig Kennedy (Lynbrook)	4) CCS	San Jose	5/25/73
9:15.1	*Kevin O'Connor (Carlmont)	3) CCS	San Jose	5/25/79
9:16.0	Bernie Lahde (St. Francis)	3) SFEG Q	San Mateo	12/16/67
9:16.8	Matt Sommer (Leigh)	5) CCS	San Jose	5/25/73
9:16.9	Jack Christianson (Homestead)	2) Postal	Cupertino	11/ 9/68
9:17.0	Scott Cooper (Willow Glen)	4) CCS	San Jose	5/25/79
	(50)			
9:17.1	*Benny Trujillo (Gilroy)	3) Postal	Los Gatos	11/ 4/78
9:17.2	Mike Ferguson (Homestead)	4) Postal	Cupertino	11/ 9/68
9:17.4	Jack Jameson (Watsonville)	4) CCS	San Jose	5/27/72
9:17.8	Mike Kasser (St. Francis)	4) Postal	San Jose	11/ 3/73
9:18.0	*John Walker (Homestead)	1) Postal	Los Altos Hills	12/ 3/65
	Jim Tracy (Riordan)	3) Postal	Los Altos Hills	11/ 4/67
	Jack Bellah (Leigh)	4) Postal	San Jose	11/ 6/71
	Rudy Montenegro (Lincoln)	7) Postal	San Jose	11/ 2/74
9:18.1	Mike McCann (Carlmont)	2) Postal	Stanford	11/ 7/64
	Chris Parédes (Bellarmine)	1) WCAL	San Francisco	5/16/81
	(60)			
9:18.2	*Felix Soto (Mt. Pleasant)	4) Postal	Los Gatos	11/ 4/78
9:19.0	Alex Aguilar (Silver Creek)	6) Postal	San Jose	11/ 3/73
9:19.2	Bob McCarty (St. Francis)	1) Hill-K	Los Altos Hills	3/21/70
	Ian Bennett (Mills)	5) CCS	San Jose	5/27/72
	Alex Gonzalez (Gunderson)	2) RIII	San Jose	5/23/80
9:19.5	*Greg Miller (Mt. Pleasant)	5) Postal	Saratoga	11/ 1/75
9:19.6	Jim Scattini (Palma)	5) CCS	San Jose	5/29/81
9:19.7 +m	*Mike Livingston (Willow Glen)	13) State	Sacramento	6/ 5/82
9:20.0	Dan Cruz (Wilcox)	5) Postal	Cupertino	11/ 9/68
	*Dave Avila (Cupertino)	3) Postal	Saratoga	10/29/77
	(70)			

Girls

CCS 2-mile class records:

Senior	10:39.7	Carol Gleason (Lynbrook)	1) CCS	San Jose	5/29/
Junior	10:33.3	Roxanne Bier (Independence)	1) RIII	San Jose	5/18/
Sophomore	10:37.8	Roxanne Bier (Independence)	1) CCS	San Jose	5/26/
Freshman	10:34.09+	Nanette Garcia (Silver Creek)	4) State	Sacramento	6/ 5/

CCS 2-mile age records:

18	10:39.7	Carol Gleason (Lynbrook) 2/25/63	1) CCS	San Jose	5/29/
17	10:33.3	Roxanne Bier (Independence) 11/1/61	1) RIII	San Jose	5/18/
16	10:37.8	Roxanne Bier (Independence) 11/1/61	1) CCS	San Jose	5/26/
15	10:39.7	Roxanne Bier (Independence) 11/1/61	1) State	Westwood	6/ 4/
14	10:34.09+	Nanette Garcia (Silver Creek) 7/23/67	4) State	Sacramento	6/ 5/

CCS 2-mile all-time list:

10:19.9 +k	*Roxanne Bier (Independence)	1) Postal	Saratoga	11/ 1/
10:30.00+k	**Vicky Bray (Los Altos)	4) AAU Jr	Westwood	6/14/
10:31.60+k	*Bier	7r2) AAU	Walnut	6/17/
10:33.3	*Bier	1) RIII	San Jose	5/18/
10:34.09+nm	***Nanette Garcia (Silver Creek)	4) State	Sacramento	6/ 5/
10:34.0 +k	*Bier	1) SJCWG	San Jose	2/25/
10:36.6	*Bier	1) CCS	San Jose	5/25/
10:37.7 +k	***Bier	3) SJCWG	San Jose	2/ 6/
10:37.8	**Bier	1) CCS	San Jose	5/26/
10:38.5 +k	**Valerie Eberly (Blackford)	1) Cal-AAU	Hayward	6/18/
(10 performances)				
10:39.7	Carol Gleason (Lynbrook)	1) CCS	San Jose	5/29/
10:42.0 +ks	*Kerry Brogan (Los Altos)	3) Stan	Stanford	5/ 9/
10:42.2	*Linda Van Housen (Sacred Heart)	2) CCS	San Jose	5/29/
10:43.6 +k	Ann Regan (Camden)	4) Postal	Saratoga	11/ 1/
10:47.0 +k	**Ann Trason (Pacific Grove)	8) AAU Jr	Westwood	6/15/
10:47.8	Jackie Dixon (Westmont)	2) MSACR	Walnut	4/30/
(10)				
10:48.0	Irene Crowley (Overfelt)	3) CCS	San Jose	5/26/
10:50.2	Kim Schnurpfeil (San Mateo)	4) CCS	San Jose	5/26/
10:51.1	***Estella Guina (Presentation)	2) Cal-AAU	San Diego	6/10/
+k	***Suzi Greenberg (Del Mar)	9r2) AAU Jr	White Plains, NY	6/25/
10:51.7 +ks	*Maria King (Milpitas)	1) King	Stanford	3/28/
10:52.0	Amy Harper (Prospect)	1) Postal	Los Gatos	11/ 3/
10:52.8 +k	Sue Munday (Lincoln)	10r1) AAU Jr	Westwood	6/15/
10:54.9 +k	*****Shannon Clark (Graham Elementary)	2) TAC 12-13	Westwood	7/ 5/
10:56.7	**Tiffany Choy (Salinas)	1) CCS Q	San Jose	5/20/
10:57.4	Esther Berndt (Gunn)	1) Top 8	Los Gatos	5/ 1/
(20)				
10:58.0 +m	Gretchen Nelson (San Mateo)	10) State	Sacramento	6/ 5/
11:00.2	*Becky Schmidt (Half Moon Bay)	3) CCS Q	San Jose	5/20/
11:01.0	***Lisa Greenberg (Del Mar)	1) Cal-AAU	Westwood	6/ 9/
11:01.7	*Cathy Demmelmaier (Lynbrook)	1) RII	Los Gatos	5/24/
11:03.1	Anne Hamilton (Capuchino)	4) CCS	San Jose	5/25/
11:03.8	***Karen Devine (Westmont)	6) CCS	San Jose	5/25/
11:05.9 +k	*****Andrea Heimbecker (Markham Jr)	5) AAU 12-13	Westwood	7/ 1/
11:07.0	*Susan Brodie (St. Francis)	5) CCS	San Jose	5/28/
11:07.1 +m	Karen Wolfe (Sequoia)	12) State	Norwalk	6/ 6/
11:08.4 +k	**Tracy Weber (Lynbrook)	4) Prinda	Lafayette	4/22/
(30)				

11:08.9 +k	****Janet Rollins (Kennedy Jr)	4) TAC 12-13 Westwood	7/ 5/8
11:11.0	*Colleen McManus (Blackford)	6) Cal-AAU Westwood	6/ 9/7
11:12.0	Sue Neary (Aptos)	2) PA JO Millbrae	7/31/7
11:13.1 +k	****Pauline Vasquez (Piedmont Middle)	2) PA-AAU Salinas	5/27/7
11:14.2	***Therese Fisher (Los Gatos)	5) Top 8 Los Gatos	5/ 1/8
11:15.7	*Helen Muth (Soquel)	6) CCS San Jose	5/28/8
11:16.2	***Kathleen Bonnet (Saratoga)	5) CCS San Jose	5/30/8
	**Connie Buckler (Saratoga)	6) Top 8 Los Gatos	5/ 1/8
11:17.66+k	*****Kim Himenes (St. Pius School)	1) TAC 12-13 Tempe, AZ	7/ 6/8
11:19.7	Paula Foianini (Carlmont)	2) Postal Los Gatos	10/25/8
	(40)		

Those listed with bests converted from 3000 meters & their 2-mile bests:

10:30.00+k	**Vicky Bray (Los Altos) — 11:04.0 in '77
10:38.5 +k	**Valerie Eberly (Blackford) — 10:40.0 in '73 (as a junior at Los Gatos)
10:42.0 +ks	*Kerry Brogan (Los Altos) — 10:46.2 in '78 (as a freshman)
10:43.6 +k	Ann Regan (Camden) — no 2-mile of good quality recorded
10:47.0 +k	**Ann Trason (Pacific Grove) — 10:52.4 in '76
10:51.1 +k	***Suzi Greenberg (Del Mar) — 10:54.8 in '75
10:51.7 +ks	*Maria King, (Milptas) — no 2-mile of good quality recorded
10:52.8 +k	Sue Munday (Lincoln) — 11:12.4 in '76
10:54.9 +k	*****Shannon Clark (Graham Elementary) — no 2-mile of good quality recorded
11:05.9 +k	****Andrea Heimbecker (Markham Jr) — 11:08.9 in '80 (frosh at Willow Glen)
11:08.4 +k	**Tracy Weber (Lynbrook) — 11:13.7 in '79
11:08.9 +k	****Janet Rollins (Kennedy Jr) — no 2-mile of good quality recorded
11:13.1 +k	*****Pauline Vasquez (Piedmont Middle) — no 2-mile of good quality recorded
11:17.66+k	*****Kim Himenes (St. Pius School) — 11:17.81 in '81 (frosh at St. Francis)

Locations of non-high schools. — Graham Elementary (Mountain View); Markham Jr (San Jose); Kennedy Jr (Redwood City); Piedmont Middle (San Jose); St. Pius School (Redwood City).

TEAMS

Listed here are fastest team times for 2-mile Postals ever recorded by CCS schools. Team times are the sum of adding 5 member's 2-mile times together from the same day. Team members and their performances are listed for the fastest boys and girls team.

As with the team time list for Crystal Springs, the best performance by each school is typed in all caps. Schools making the list more than once are denoted 2 ways in their secondary appearances: One, if from a different year, they have been typed in caps and lower case, and, two, if from the same year as team listed above it, they have been typed in caps and lower case and indented. Although in recent years there has been only one 2-mile Postal each season, this was not the case through the '60s and early-'70s, when sometimes as many as 4 or 5 postals would be held each season. In fact, for 9 years (1969-77) a 3-mile Postal was held in addition to the 2-mile Postal. Unfortunately, interest faded in this distance, which is much closer to current cross country distances. In fairness, however, it should be pointed out that the 2-mile's popularity is explained by its almost universal acceptance during the track season.

Schools are listed place, site abbreviation and date. Abbreviations used for sites in these lists: Bel=Belmont; Cup=Cupertino; LAH=Los Altos Hills; LG=Los Gatos; Sara=Saratoga; SJ=San Jose; Stan=Stanford.

Boys

47:11.1 HOMESTEAD	1) Cup 11/ 9/68	47:43.2 BURLINGAME	2) Cup 11/ 9/6
Jack Christianson 9:16.9		47:40.5 WILLOW GLEN	2) SJ 11/ 7/7
Mike Ferguson 9:17.2		47:51.3 MT. PLEASANT	2) SJ 11/ 6/7
*Tom Brassell 9:26.0		47:58.2 LEIGH	1) SJ 11/ 3/7
Steve Flynn 9:35.4		48:01.2 MILLS	1) LAH 12/ 2/6
John Hanes 9:35.6		Mt. Pleasant	3) SJ 11/ 7/7
47:31.9 CARLMONT	1) SJ 11/ 6/7/	48:04.0 Homestead	1) LAH 11/ 4/6
47:43.1 Carlmont	1) SJ 11/ 7/70	(10/7)	

48:07.2	SAN CARLOS	2) SJ	11/ 4/72
48:09.0	Homestead	1) LAH	12/ 3/65
48:14.8	ST. FRANCIS	2) SJ	11/ 3/73
48:20.7	WILCOX	1) Stan	11/ 7/64
48:21.7	Carlmont	1) Bel	12/ 4/64
48:22.3	Carlmont	2) Stan	11/ 7/64
48:24.0	LYNBROOK	2) SJ	11/ 2/74
48:24.7	Leigh	3) SJ	11/ 4/72
48:31.0	Homestead	1) Bel	11/ 6/65
48:40.5	PACIFIC GROVE	4) Sara	11/ 1/75
	(20/12)		
48:40.6	Homestead		65
48:40.9	WATSONVILLE	3) Bel	11/ 6/65
48:41.9	Wilcox	2) Bel	12/ 4/64
48:42.0	AWALT	4) SJ	11/ 7/70
48:44.2	Mt. Pleasant	5) Sara	11/ 1/75
48:44.8	Homestead	1)	69
48:47.3	LOS GATOS	2) LG	10/25/80

48:48.0	ST. IGNATIUS	4) SJ	11/ 6/71
	Watsonville	5) SJ	11/ 4/72
	LINCOLN	3) SJ	11/ 2/74
	(30/17)		
48:48.2	Watsonville	5) SJ	11/ 7/70
48:48.6	Carlmont	2) Sara	11/ 6/76
48:49.9	Watsonville	3) Sara	11/ 6/76
48:50.7	GILROY	4) Sara	11/ 6/76
48:53.2	Leigh	3) LG	10/25/80
48:54.8	Carlmont	3) Sara	10/29/77
48:55.8	BELLARMINE	4) LG	10/25/80
48:58.6	Leigh	4) SJ	11/ 2/74
48:58.8	SOQUEL		70
48:59.9	Carlmont	4) SJ	11/ 3/73
	(40/20)		
	Carlmont	6) Sara	11/ 1/75
	(41 performances by 20 schools)		

Girls

58:47.1	ST. FRANCIS	1) LG	10/31/81
	*Susan Brodie	11:16.1	
	***Kim Himenes	11:17.8	
	Lynne Grassi	11:42.5	
	Kathy Donofrio	11:54.9	
	*Gail McClure	12:35.8	
59:13.8	HALF MOON BAY	1) LG	11/ 4/78
59:14.0	Half Moon Bay	1) Sara	10/29/77
59:56.1	St. Francis	1) LG	10/25/80
60:45.8	CARLMONT	1) LG	11/ 3/79
61:11.2	LOS GATOS	2) LG	10/25/80
61:16.6	Carlmont	2) LG	11/ 4/78
61:35.5	LEIGH	3) LG	11/ 4/78

61:54.3	SOQUEL	3) LG	10/25/80
61:54.8	LELAND	2) LG	10/31/81
	(10/7)		
62:26.5	Carlmont	3) LG	10/31/81
62:28.0	Soquel	2) LG	11/ 3/79
62:29.0	Soquel	4) LG	11/ 4/78
62:40.0	Soquel	3) Sara	10/29/77
62:48.0	MITTY	4) LG	10/31/81
62:49.1	Carlmont	4) LG	10/25/80
62:52.0	Leigh	3) LG	11/ 3/79
62:52.9	SARATOGA	5) LG	10/25/80
62:59.0	Carlmont	4) Sara	10/29/77
	(19 performances by 9 schools)		

Past CCS Cross Country Champions

Listed here are the past North Coast Section and Central Coast Section cross country team and individual champions. The NCS champs are given through 1964. If in those years the winner was a school not currently in the CCS, the top CCS finisher is also given with place. The first CCS meet was held in 1965. In 1970-72 there were different divisions based upon school population; the winner of each of those divisions is listed here. The first girls championships were held in 1977.

The name of the coach for each school listed is given, as are the team's point score, which is almost irrelevant when comparing teams of different years. For each individual champ, a year-in-school and the winning time is given (*=junior; **=sophomore; all others are seniors).

No. Date Site, Location

Distance

As the North Coast Section:

1	11/20/54	Stanford Golf Course, Stanford
		Carlmont (Phil Arnot) 40
2	11/18/55	Stanford Golf Course, Stanford
		Palo Alto (Forrest Jamieson) 42
3	11/16/56	Stanford Golf Course, Stanford
		Palo Alto (Forrest Jamieson) 67

1.96 miles
*Ron Larrieu (Palo Alto) 10:24
1.96 miles
Ron Larrieu (Palo Alto) 10:15.0
1.96 miles
Keith Wallace (Piedmont) 9:52.3
2, *John Northway (Palo Alto) 10:01

- 4 11/22/57 Stanford Golf Course, Stanford
Palo Alto (Forrest Jamieson) 37
- 5 11/28/58 Stanford Golf Course, Stanford
Palo Alto (Forrest Jamieson) 34
- 6 11/25/59 Stanford Golf Course, Stanford
Los Altos (Leo Long) 59
- 7 11/23/60 Stanford Golf Course, Stanford
Washington (Wil King) 56
2t, Carlmont (Loren Lansberry) 90
- 8 11/22/61 Stanford Golf Course, Stanford
Hillsdale (Connie Smith) 45
- 9 11/21/62 Stanford Golf Course, Stanford
Miramonte (Don Underwood) 92
3, Cubberley (Norm Ringett) 101
- 10 11/27/63 Stanford Golf Course, Stanford
Carlmont (Loren Lansberry) 53
- 11 11/25/64 College of San Mateo, San Mateo
Homestead (Phil Casaroli) 67

As the Central Coast Section:

- 12 11/24/65 Vasona Lake Park, Los Gatos
Homestead (Phil Casaroli) 31
- 13 11/23/66 Crystal Springs Reservoir, Belmont
Palo Alto (Ross Pressley) 78
- 14 11/22/67 York School, Monterey
Mills (Joe Dees) 57
- 15 11/27/68 Coyote-Hellyer Park, San Jose
Homestead (Jack Jurian) 29
- 16 11/26/69 Crystal Springs Reservoir, Belmont
Homestead (Jack Jurian) 73
- 17 11/25/70 Golden Gate Park, San Francisco
Large: Willow Glen (Orbin Jones) 69
Small: Lick (Keith Antes) 58
- 18 11/24/71 Alum Rock Park, San Jose
Large: Carlmont (Loren Lansberry) 82½
Small: Milpitas (Keith Avera) 70
- 19 11/24/72 Mt. Madonna Park, Watsonville
Large: Watsonville (Len Davies) 84
Medium: Mt. Pleasant (Rich Kennealy) 54
Small: Oceana (Bill LaForge) 50
- 20 11/21/73 Crystal Springs Reservoir, Belmont
Leigh (Homer Latimer) 41
- 21 11/26/74 Coyote-Hellyer Park, San Jose
Pacific Grove (Dick Chamberlin) 124
- 22 11/25/75 Crystal Springs Reservoir, Belmont
Serra (Rich Fambrini) 87
- 23 11/23/76 Coyote-Hellyer Park, San Jose
Willow Glen (Orbin Jones) 107
- 24 11/22/77 Crystal Springs Reservoir, Belmont
Boys: Leigh (Bill Hotchkiss) 64
Girls: Carlmont (Loren Lansberry) 98
- 25 11/21/78 Crystal Springs Reservoir, Belmont
Boys: Homestead (Rick Milam) 74
Girls: Half Moon Bay (Dick Calvin) 85
- 26 11/19/79 Crystal Springs Reservoir, Belmont
Boys: Leigh (Bill Hotchkiss) 72
Girls: Carlmont (Loren Lansberry) 84
- 27 11/18/80 Crystal Springs Reservoir, Belmont
Boys: Los Gatos (Willie Hamatz) 98
Girls: St. Francis (Tom Tuite) 63
- 28 11/24/81 Crystal Springs Reservoir, Belmont
Boys: Leigh (Bill Hotchkiss) 62
Girls: St. Francis (Tom Tuite) 62

- 1.96 miles
John Northway (Palo Alto) 9:55
- 1.96 miles
George Linn (Palo Alto) 9:48.0
- 1.96 miles
Mike Lehner (Palo Alto) 9:31.7
- 1.96 miles
Morgan Groth (Alhambra) 9:32.2
- 4, Tom Tuite (Serra) 9:41.1
- 1.96 miles
Dan Rye (Palo Alto) 9:46.6
- 1.96 miles
**Mike Ryan (Wilcox) 9:30.7
- 1.96 miles
*Mike Ryan (Wilcox) 9:32
- 2.25 miles
Mike Ryan (Wilcox) 12:38
- 2.0 miles
*Nick Yray (Live Oak) 9:26
- 2.25 miles
Bill Mackey (Leigh) 10:19
- 1.95 miles
Rich Juergens (Mills) 10:23
- 1.9 miles
Jack Larson (Fremont) 10:11.9
- 2.25 miles
Bob McCarty (St. Francis) 11:21
- 2.5 miles
Hans Templemann (Carlmont) 12:01
- Jim Sena (Lick) 12:40
- 2.4 miles
Jack Bellah (Leigh) 11:34
- *Dan Gruber (Aptos) 12:07
- 2.4 miles
**Mitch Kingery (San Carlos) 12:21
- Steve Crowley (Gunn) 12:21
- Pete Brown (Burlingame) 12:17
- 2.93 miles
*Mitch Kingery (San Carlos) 14:42
- 2.88 miles
Ron Fritzke (Leigh) 14:08
- 2.93 miles
Bob Paulin (Camden) 14:52
- 2.88 miles
**Carlos Carrasco (Mt. Pleasant) 14:11
- 2.93 miles
Bob Love (Carlmont) 14:53.6
- Irene Crowley (Overfelt) 17:40.7
- 2.93 miles
*Felix Soto (Mt. Pleasant) 14:54.0
- Kim Schnurpfeil (San Mateo) 17:48.9
- 2.93 miles
Fernando Balderas (San Jose) 14:45.8
- *Kerry Brogan (Los Altos) 17:43.3
- 2.93 miles
Mike McCollum (Palo Alto) 14:54.4
- *Linda Van Housen (Sacred Heart) 17:37
- 2.93 miles
*Grant Foster (Monta Vista) 15:15.1
- Esther Berndt (Gunn) 17:54.1

Past NorCal Cross Country Champions

Listed here are the past Northern California cross country team and individual champions. When the winner was not a CCS school, the top CCS finisher is also given with place. In 1978 and '79, the distance for girls was less than the boys' distance.

<u>No.</u>	<u>Date</u>	<u>Site, Location</u>	<u>Distance</u>
1	11/25/78	Crystal Springs Reservoir, Belmont	2.93 miles/1.93 miles
	Boys:	Mission San Jose (Jack Marden) 40	Tom Downs (Skyline) 14:43.6
		4, Homestead (Rick Milam) 117	3, *Felix Soto (Mt. Pleasant) 15:01.5
	Girls:	Mission San Jose (Jack Marden) 79	Kim Schnurpfeil (San Mateo) 12:23.8
		3, Half Moon Bay (Dick Calvin) 102	
2	11/24/79	Crystal Springs Reservoir, Belmont	2.93 miles/1.93 miles
	Boys:	Watsonville (Ien Davies) 80	John Frank (Central Valley) 14:51.6
	Girls:	Castro Valley (Tony Casillas) 101	5, Fernando Balderas (San Jose) 15:16.8
		2, Carlmont (Loren Lansberry) 108	Kerry Brogan (Los Altos) 12:35.5
3	11/22/80	Crystal Springs Reservoir, Belmont	2.93 miles
	Boys:	Los Gatos (Willie Harmatz) 99	Jay Marden (Mission San Jose) 14:28.4
	Girls:	Miramonte (Bob Campbell) 58	3, Mike McCollum (Palo Alto) 14:46.5
		4, St. Francis (Tom Tuite) 120	*Linda Van Housen (Sacred Heart) 17:45.5
4	11/28/81	Sierra College, Rocklin	2.99 miles (rain course)
	Boys:	Leigh (Bill Hotchkiss) 68	Harold Kuphaldt (Bella Vista) 14:12.8
	Girls:	Terra Linda (Duncan MacSwain) 76	2, Gary Lewis (Gunderson) 14:23.3
		2, St. Francis (Tom Tuite) 92	Lori Shanoff (Petaluma) 16:59.4
			7, Gretchen Nelson (San Mateo) 17:34.6

Past NorCal Runners Of The Year

As mentioned in the brief history in this guide, then-Hillsdale coach and now Menlo-Atherton coach Plato Yanicks began selecting all-NorCal teams in 1962. With the support of the Northern California Track & Field Association, this became a very important source of publicity for the sport. One of the first things Plato did was to research past years to assemble all-NorCal teams since the start of the sport. By 1965, Citizen Savings had joined in sponsorship and Plato led a panel of coaches and a reporter here and there (the meetings were open to anyone with an interest in selecting the team) that selected the all-NorCal teams.

There are 22 members on each all-NorCal team (save most of the pre-1962 teams, which have from 14-21 members) with a Runner Of The Year award also given. Since 1962, the top class runner (senior, junior, sophomore, freshman) has been selected each year. It should be noted that the all-NorCal team had its most significant years before the Northern California Championships (begun in 1978). It is the opinion of many coaches today that there is no need for an all-NorCal team since there is now a means of selecting the top runners by how they finish in a race against each other. Yanicks led the selection panel for the last time in 1980, and in 1981 the Golden West Track Association selected the first 22 runners to finish the NorCal race to the all-NorCal team.

Listed here are the past NorCal Runners Of The Year, with name of school and location of school when different from the school name. The first girls team was selected in 1977.

Boys

1953 Roger Stephens (Palo Alto)
1954 *Ron Larrieu (Palo Alto)
1955 Ron Larrieu (Palo Alto)
1956 Keith Wallace (Piedmont)
1957 John Northway (Palo Alto)
1958 George Linn (Palo Alto)
1959 Mike Lehner (Palo Alto)
1960 Morgan Groth (Alhambra, Martinez)
1961 Dan Rye (Palo Alto)
1962 **Mike Ryan (Wilcox, Santa Clara)
1963 *Mike Ryan (Wilcox, Santa Clara)
1964 Mike Ryan (Wilcox, Santa Clara)
1965 Rudy Celaya (Tennyson, Hayward)
1966 Mike Isola (Mt. Diablo, Concord)
1967 Rich Swanson (St. Mary's, Berkeley)
1968 Jack Larson (Fremont, Sunnyvale)
1969 *Tom Hale (Campolindo, Moraga)
1970 (3-way) Mike Hart (Willow Glen, San Jose), Chuck Mork (Washington, Fremont) &
Hans Templemann (Carlmont, Belmont)
1971 Steve Brooks (Mt. Pleasant, San Jose)
1972 Dave Taylor (Merced)
1973 Rich Kimball (De La Salle, Concord)
1974 Roy Kissin (San Ramon, Danville)
1975 *Tim Holmes (Downey, Modesto)
1976 Tim Holmes (Downey, Modesto)
1977 Dave Coulman (San Marin, Novato)
1978 Steve Strangio (Mission San Jose, Fremont)
1979 (2-way) John Frank (Central Valley) & *Jay Marden (Mission San Jose, Fremont)
1980 Jay Marden (Mission San Jose, Fremont)
1981 Harold Kuphaldt (Bella Vista, Fair Oaks)

Girls

1977 Irene Crowley (Overfelt, San Jose)
1978 Kim Schnurpfeil (San Mateo)
1979 *Kerry Brogan (Los Altos)
1980 *Lori Shanoff (Petaluma)
1981 Lori Shanoff (Petaluma)