

NORTHERN CALIFORNIA COMMUNITY COLLEGE

CROSS COUNTRY CHAMPIONSHIPS

LARGE COLLEGE DIVISION

1976

Crystal Springs Course
Belmont, California

November 13, 1976
4.19 Miles
Mild Weather

Mile splits for leader (Kingery): 4:36, 9:42, 14:21

1. Bob Paulin (WVC)	20:15.2	46. Matt Dowling (DVC)	22:10
2. Philip Hornig (Chab)	20:20	47. Steve Nelson (DA)	22:11
3. Charles Hernandez (SRJC)	20:28	48. Dave Harbour (WVC)	22:15
4. Arthur Ba uendistel (ARC)	20:33	49. Jack Betschart (Sac)	22:17
5. Jim Mebust (ARC)	20:33	50. Elias Amador (Mod)	22:19
6. Dan Aldridge (SRJC)	20:36	51. Daniel Patterson (DVC)	22:23
7. Tim Chain (DA)	20:40	52. Ron Brown (DVC)	22:24
8. Gary Sutherland (ARC)	20:42	53. Luke Sing. (Mod)	22:25
9. Mitch Kingery (CSM)	20:44	54. John Martinez (FCC)	22:35
10. Tim Farrell (ARC)	20:45	55. Rich Antal (Chab)	22:37
11. Kevin Searls (DVC)	20:48	56. Keith Shepardson (WVC)	22:40
12. Earl Lagomarsino (ARC)	20:51	57. Dale Hatara yama (Chab)	22:41
13. Brad Brown (Delta)	20:56	58. Mike McQueeney (DA)	22:45
14. Jose Renteria (FCC)	21:00	59. Mike McQueeney (DA)	
15. Todd Baker (WVC)	21:01	60. George Hoffschmidt (SRJC)	
16. Rick Pincombe (CSM)	21:02	59. Dave Zielke (Sac)	22:47
17. Fred Arroyo (Mod)	21:02	60. George Hoffschmidt (SRJC)	22:50
18. Doug Danielson (DA)	21:02	61. Jeff Merrow (FCC)	22:54
19. Ron Fritske (WVC)	21:09	62. John Brozek (Sac)	22:56
20. Ray Rubic (FCC)	21:10	63. Ron Orsua (DA)	23:00
21. Baldemar Betancourt (FCC)	21:10	64. Dave Chaney (SRJC)	23:05
(First 21 receive all-NorCal Medals)		65. Brian Petree (Mod)	23:07
22. Dave H ull (CSM)	21:12	66. Dave Muela (CCSF)	23:11
23. Bob Barnett (CSM)	21:13	67. Mark Molina (Chab)	23:15
24. Chris Korls (Delta)	21:15	68. Bob Weaver (WVC)	23:18
25. Bill Weed (ARC)	21:18	69. Jan Makowski (Delta)	23:22
26. Alfred Lara (FCC)	21:21	70. Pat Johnson (DVC)	23:42
27. Mark Stoker (Delta)	21:22	71. Chamayo Yniquez (Sac)	23:53
28. Paul Mello (CSM)	21:23	72. Kevin Farey (CSM)	23:54
29. Bob Costa (Mod)	21:30	73. Mike Eshia (CCSF)	24:20
30. Kirk Vail (Delta)	21:31	74. Tim Beale (Sac)	24:26
31. Stephen Lee (Delta)	21:34	75. Dave Bartholomew (DA)	24:53
32. Ron Criner (DVC)	21:41	76. David Brauhn (ARC)	25:12
33. Lawrence Carrenze (FCC)	21:43	77. Tom Yeemaker (CCSF)	25:36
34. Joe Mangan (DA)	21:45	78. Tom Eyere tt (CCSF)	26:23
35. Andy Noonan (SRJC)	21:47		
36. Kevin O'H ars (Chab)	21:48		
37. Bret Hill (Chab)	21:50		
38. Armando Lagunes (WVC)	21:52		
39. Jim Fantozzi (SRJC)	21:54		
40. Mike Plummer (Chab)	21:59		
41. Bert DeCosta (Mod)	22:02		
42. Eric Benson (CSM)	22:04		
43. Dave Ransen (SRJC)	22:04		
44. John Swift (Mod)	22:05		
45. Mark Ross (DVC)	22:07		

TEAMS

1. American River (4-5-8-10-12)	39
2. Col. of San Mateo (9-16-22-23-28)	98
3. Fresno CC (14-20-21-33-26-33)	114
4. West Valley (1-15-19-38-48)	121
5. San Joaquin Delta (13-24-27-30-31)	125
(First 5 teams qualify for state meet)	
6. Santa Rosa JC (3-6-35-39-43)	126
7. De Anza (7-18-34-47-58)	164
8. Chabot (2-36-37-40-55)	170
9. Modesto (17-29-41-44-50)	181
10. Diablo Valley (11-32-45-46-51)	185
11. Sacramento CC (49-50-72-70-72)	312

N O R T H E R N C A L I F O R N I A C O M M U N I T Y C O L L E G E
C R O S S C O U N T R Y C H A M P I O N S H I P S
S M A L L C O L L E G E D I V I S I O N
1 9 7 6

Date: November 13, 1976 (Saturday)
At: Crystal Springs Course
Belmont, California

Distance: 4.19 Miles
Weather: Mild
Record: 20:13.6

" T E A M S C O R E S "

1. Monterey PC (4-5-12-16-37)	74	11. Shasta (31-43-49-80-100)	303
2. Skyline (9-18-20-21-24)	92	12. Lassen (2-39-72-84-112)	309 (197)
3. Solano (10-13-26-27-36)	112	13. Cuesta (1-57-77-82-92)	309 (217)
4. San Jose CC (3-17-29-38-44)	131	14. Hartnell	356
5. Sequoias (6-11-19-51-78)	165	15. Siskiyou	361
6. Marin (8-23-41-47-75)	194	16. Cabrillo	368
7. Foothill (30-32-35-52-65)	214	17. Columbia	389
8. Cosumnes River (22-48-50-54-62)	236	18. Porterville	433
9. Sierra (15-34-63-64-71)	247	19. Canada	441
10. Merritt (25-42-68-73-86)	294	20. Cantra Costa	452

(T O P 5 T E A M S Q U A L I F Y F O R S T A T E M E E T) Above

1. Eric Huff (Cuesta)	20:33	36. Peter Churney (Foothill)	21:55
2. John Avila (West Hills)	20:43	37. Danny Donoghue (Solano)	21:57
3. Frank Dauncey (Lassen)	20:47	38. Mike Kennada (MPC)	21:58
4. Wally Montenegro (SJCC)	20:49	39. Joe Salazar (SJCC)	22:05
5. Andy Jones (MPC)	20:53	40. Russ Johnson (Lassen)	22:06
6. Tim Minor (MPC)	21:01	41. Greg Davy (Redwoods)	22:06
7. Ed Taylor (Sequoias)	21:06	42. Jorge Torres (Hartnell)	22:06
8. Steve Hanson (Siskiyou)	21:06	43. Greg Durbin (Napa)	22:10
9. Ned Overend (Marin)	21:10	44. Bob Paredes (Gavilan)	22:10
10. Bob Lange (Skyline)	21:13	45. Chuck McMillan (Marin)	22:11
11. Mike Wright (Solano)	21:17	46. Jay Marlowe (Gavilan)	22:12
12. Don Loahse (Sequoias)	21:20	47. Candelaria Jacob (Merritt)	22:12
13. Steve Rumrill (MPC)	21:22	48. Dave Grennier (Merced)	22:14
14. Kirt Vineyard (Solano)	21:24	49. Matt Taber (Shasta)	22:14
15. Ken Danz (Columbia)	21:25	50. Bill Miles (SJCC)	22:14
16. Randy Giboney (Sierra)	21:27	51. Dannis Anderson (Skyline)	22:18
17. Steve Watkins (MPC)	21:28	52. Chuck Lyda (Columbia)	22:19
18. Ruben Lee (SJCC)	21:31	53. Mike Timmerman (Marin)	22:20
19. Jim Martinelli (Skyline)	21:32	54. Jerry Kelley (CRC)	22:20
20. Phil Wright (Sequoias)	21:33	55. Tom Klousner (Shasta)	22:21
21. Bill Amable (Skyline)	21:34	56. Dave Adams (CRC)	22:22
22. Bill LaForge (Skyline)	21:35	57. John McDowl (Sequoias)	22:22
23. Jon Higley (CRC)	21:35	58. Luis Hidalgo (Foothill)	22:23
24. Kim Baez (Marin)	21:38	59. Greg Miller (SJCC)	22:24
25. Steve Cornejo (Skyline)	21:39	60. Henry Frazier (CRC)	22:24
26. Dave Acosta (Merritt)	21:40	61. John Armstrong (Cabrillo)	22:29
27. Stan Suderow (Solano)	21:41	62. Jerry Lowmiller (Hartnell)	22:30
28. Mike Sophic (Solano)	21:44	63. Ed Marshall (Cuesta)	22:31
29. Al Sandretti (Cabrillo)	21:45	64. Ed Garleano (Porterville)	22:33
30. Joe Fabris (SJCC)	21:46	65. George Sherman (Siskiyou)	22:36
31. Jim Harris (Foothill)	21:47	66. Richard Florez (Solano)	22:38
32. Paul Mallory (Shasta)	21:48	67. Steve Honey (Canada)	22:38
33. Giovanni Cassara (Foothill)	21:50	68. Rod Rodriguez (Merced)	22:39
34. Scott Faulker (CCC)	21:52	69. Jeff Griffin (CRC)	22:39
35. Mike Doyle (Sierra)	21:53	70. Jordan Holt (Sierra)	22:39

S M A L L C O L L E G E D I V I S I O N

continued...

71. Chris Dominquez (Sierra)	22:42	109. Tim Hoffman (Cabrillo)	24:00
72. Bill Jackson (Foothill)	22:43	110. John Hoover (Yuba)	24:00
73. Steve Hasse (Yuba)	22:43	111. John Caton (Shasta)	24:01
74. Andy Wheller (Porterville)	22:45	112. Scott Hull (Cuesta)	24:02
75. Richard Cooper (Solano)	22:46	113. Andy Gonzalez (Sierra)	24:07
76. Richard DeGlymes (Merritt)	22:47	114. Marty Kruger (Cabrillo)	24:13
77. Robert McMeans (CCC)	22:49	115. Mario Caldera (Porterville)	24:18
78. Mark Merry (Canada)	22:51	116. Dave Sabo (Merritt)	24:19
79. Bert Van Duzer (Redwoods)	22:54	117. Tony Zollar (Canada)	24:25
80. Brian Culbertson (Sierra)	22:55	118. Jeff Liedtke (Foothill)	24:27
81. Chuck Perkins (Lassen)	23:00	119. Luis Manriguiz (CCC)	24:30
82. Rick Carmona (Merritt)	23:03	120. Emmor Nile (Siskiyou)	24:32
83. Dave Harris (Sierra)	23:07	121. Greg Chavez (Marin)	24:33
84. Bruce Linscott (Marin)	23:09	122. John Marchuk (Shasta)	24:34
85. Ed Phelps (Marin)	23:10	123. Willis Colbert (Lassen)	24:36
86. Gary Carnes (Cuesta)	23:11	124. Noe Vilgil (Canada)	24:41
87. Nunez (Sequoias)	23:13	125. Don Freeman (Skyline)	24:46
88. Art Alafa (Sequoias)	23:14	126. Chuck Stanley (Columbia)	24:49
89. Steve Snider (Shasta)	23:17	127. Dan Crandall (Cabrillo)	24:53
90. Denny Magno (Hartnell)	23:18	128. Ko SiewSun (Porterville)	24:57
91. Andred Estrada (Cuesta)	23:19	129. Jack Potter (Napa)	25:08
92. Bill Joseph (SJCC)	23:19	130. Peter Kay (Napa)	25:09
93. Fred Winney (Lassen)	23:19	131. Fred Jackson (CCC)	25:09
94. Raul Anda (Hartnell)	23:21	132. Muntaga Gillian (Porterville)	25:12
95. Chris Warren (Merritt)	23:24	133. Steve Abernethy (CRC)	25:21
96. Mark Limeburger (CRC)	23:26	134. John Curd (Columbia)	25:31
97. Jacob Gathangu (Porterville)	23:29	135. Robert Carey (Siskiyou)	25:43
98. Evon Quatse (Siskiyou)	23:30	136. Dan Elder (Canada)	25:52
99. Mike Petty (Yuba)	23:33	137. Al Acosta (CCC)	25:54
100. Tom Adams (Cabrillo)	23:36	138. Satnam Atwal (Sequoias)	25:55
101. Tom Bales (Canada)	23:38	139. Craig Parsley (Lassen)	26:01
102. Vince Reyes (Cuesta)	23:39	140. Marty Crimmins (Canada)	26:37
103. Robert Parent (Columbia)	23:40	141. Mike Gamicho (MPC)	26:39
104. Jeff Elliott (Hartnell)	23:45	142. Vence Ketchens (Canada)	27:16
105. Jerry Camp (MPC)	23:46	143. Mark Bradford (Yuba)	27:51
106. Jeff Marshall (Cabrillo)	23:50		
107. Phil Bray (Siskiyou)	23:54		
108. Don Hath (Foothill)	23:59		

F I R S T 1 5 I N D I V I D U A L S O F S M A L L C O L L E G E T O S T A T E

(FIRST 21 PLACERS RECEIVE ALL NOR-CAL MEDALS)

all on page 1

N O R T H E R N C A L I F O R N I A C O M M U N I T Y C O L L E G E

C R O S S C O U N T R Y C H A M P I O N S H I P S

W O M E N ' S D I V I S I O N

Date: November 13, 1976 (Saturday)
 At: Crystal Springs Course
 Belmont, California

Distance: 1.9 Miles
 Weather: Cool, Overcast

1.	June Bonacich	De Anza College	10:59
2.	Arleen Mears	De Anza College	11:13
3.	Morijo Connelly	Skyline College	11:28
4.	Chris Darling	Yuba College	11:59
5.	Debbie Hickman	Joaquin Delta	12:03
6.	April Powers	De Anza College	12:06
7.	Valerie Reneau	San Jose City	12:08
8.	Tina Monosoff	Monterey P.C.	12:18
9.	Sandie Wiseman	Butte	12:25
10.	Ann McBride	Monterey P.C.	12:40
11.	Polly Spears	De Anza College	13:06
12.	Marlene Milne	Monterey P.C.	13:08
13.	Carolyn Rusch	Napa J.C.	13:23
14.	Elizabeth Spencer	Monterey P.C.	13:31
15.	Lucy Ahrens	Monterey P.C.	13:43
16.	Tish Litchfield	Yuba College	14:12
17.	Sue Jones	Contra Costa	14:21
18.	Marci Bidlack	De Anza College	14:39
19.	Dana Bristow	Monterey P.C.	14:55
20.	Kim Ely	Yuba College	14:59
21.	Kathy MacIntyre	De Anza College	15:17