

UNITED STATES TRACK AND FIELD FEDERATION
Executive Offices
1225 No. 10th Avenue, Tucson, Arizona 85705
Area Code 602 624-7475

Compiled by Jack Shepard

The 1973 Track and Field News - United States Track and Field Federation Postal Competition was highlighted by two new records and the impressive depth of quality marks at the High School and Junior High School levels.

At the frosh level, Mt. Pleasant of San Jose, California won a close two-mile title from St. Francis, Mountain View, California 53:21.4 to 53:38.0. The individual title went to David Cortez of St. Francis with a fast 9:47.0, fourth fastest ever. Over three-miles Carlmont of Belmont, California was an easy winner at 85:36.4, fifth fastest ever. Tim Holmes of Downey High in Modesto, California at 15:10.8 was less than a second off the record and claimed a world age-14 record in the process.

There was no Lompoc with its Terry Williams this year, but Rich Kimball of DeLaSalle in Concord, California took more than ten seconds off Terry's three mile record with a sizzling 13:43.6. This ranks Rich sixth fastest amongst all high schoolers. Mitch Kingery of San Carlos, California was second in 13:56.4 to rank third on the all-time postal list. Mitch also was the two-mile champion at 9:00.6, fourth best ever. Leigh of San Jose, California had impressive depth as it ran four separate teams in the three-mile and easily won the title with a 75:30.4. Leigh also took the two-mile title at 47:49.8.

The Florida Track Club won its third straight open title (70:56.4) but ranked third overall behind the 70:03.4 for University champ, Bowling Green State and a fine California at Davis team. Bowling Green's Craig Macdonald at 13:50.4 was the University champ, but ranked sixth overall as Marty Liquori of the New York Athletic Club moved up from last years fifth place to win individual honors (13:27.8). Fourth overall, teamwise, was Spokane Community College with a record smashing 71:29, well under the old record of 72:44 set in 1970 by neighboring Spokane Falls. Spokane's Steve Wilson was the top JC individual at 14:14 while their fifth man was only seven seconds back at 14:21.

The two man-ten mile leaders at 41:24.0 were Frank Shorter and Barry Brown of the Florida Track Club. This ranks second on the all-time non-collegiate list.

The University champs were Sid Sink and Rich Bruggers of Bowling Green State at 42:37.4, third fastest in collegiate ranks. Mike Ayon and Ed Chaidez of Citrus Junior College were the JC leaders at 45:07.8.

In the High School ranks, Doug Beckman and Tim Riley of Ferris High in Spokane, Washington won by nearly two minutes at 43:48.4, third best ever and just 10 seconds off the record. The frosh champs at 50:09.8 were Jeff Houloubek and Mike Bagwell from Lompoc, California.

This Sixteenth Annual Nation-wide Competition was co-sponsored by Track and Field News and the United States Track and Field Federation. Any additions or corrections or questions regarding the 1974 Postal Competition should be mailed to: Carl W. Cooper, Executive Director, USTFF, 1225 No. 10th Avenue, Tucson, Arizona 85705. (Phone: Area Code 602 624-7475)

HIGH SCHOOL FROSH TWO MILE TEAM RACE (Record 52:41.6 - Union City Jr., Union City, Pa. 1964)

53:21.4	Mt. Pleasant Frosh, San Jose, California
53:38.0	St. Francis Frosh, Mountain View, California
54:03.0	Carlmont Frosh, Belmont, California
54:30.0	Kirkwood Frosh, Kirkwood, Missouri
54:38.0	Leigh Frosh, San Jose, California
54:39.2	York Frosh, Elmhurst, Illinois
54:59.0	Silver Creek Frosh, San Jose, California
55:03.6	Leigh Frosh "B", San Jose, California
55:16.0	Pleasant Hill Frosh, Pleasant Hill, California
55:21.0	Cupertino Frosh, Cupertino, California
55:37.0	Camden Frosh, San Jose, California
55:48.0	Monte Vista Frosh, Danville, California
55:48.4	Lyons Township Frosh, Western Springs, Illinois
55:56.8	Merced Frosh, Merced, California
56:20.0	Soquel Frosh, Soquel, California
56:23.0	Mitty Frosh, San Jose, California
56:59.8	Leigh Frosh "C", San Jose, California
57:03.0	San Carlos Frosh, San Carlos, California
57:17.0	St. Ignatius Frosh, San Francisco, California
57:21.8	Homestead Frosh, Sunnyvale, California
57:24.2	Beaver River Central Junior, Beaver Falls, New York
57:39.2	Woodside Frosh, Woodside, California
57:43.8	Overfelt Frosh, San Jose, California
58:29.0	Alta Loma Frosh, Alta Loma, California
23 58:33.4	Menlo-Atherton Frosh, Atherton, California
58:48.0	Leigh Frosh "D", San Jose, California
59:08.2	Lindbergh Frosh, St. Louis, Missouri
59:52.6	RAA Middle School, Tallahassee, Florida
60:18.4	Mt. Lebanon TC Juniors, Mt. Lebanon, Pennsylvania
60:20.4	Jesuit Frosh, Carmichael, California
60:24.0	San Ramon Frosh, Danville, California
60:54.4	Gladstone Frosh, Gladstone, Oregon

HIGH SCHOOL FROSH TWO MILE INDIVIDUAL RACE (Record 9:39.6 - Mitch Kingery, San Carlos, California - 1971)

9:47.0	David Cortez (St. Francis, Mountain View, California)
10:03.0	Mike Daniels (Burlingame, California)
10:06.4	Bob Melendez (Mt. Pleasant, San Jose, California)

HIGH SCHOOL FROSH TWO MILE INDIVIDUAL RACE - continued

10:13.0 Tony Munoz (Mt. Pleasant, San Jose, California)
10:14.0 Dan Smith (San Ramon, Danville, California)
10:14.2 Phil Bither (Lyons Township, Western Springs, Illinois)
10:16.0 Mike Carper (Quincy, Illinois)
10:18.0 Greg Mandanis (Carlmont, Belmont, California)
10:20.0 Jeff Nicklin (Monte Vista, Danville, California)
10:22.4 Jeff Holoubek (Lompoc, California)
10:26.0 Herbert Wills (RAA Middle School, Tallahassee, Florida)
10:26.8 Oscar Franco (Sterling, Baytown, Texas)
10:28.0 S. Showen (Burlingame, California)
10:29.0 A. Siqueros (Watsonville, California)
10:31.4 Pete Gaul (Jesuit, Carmichael, California)
10:32.0 Phil Franke (Quincy, Illinois)
10:36.0 J. Reynolds (St. Francis, Mountain View, California)
10:37.0 Ron Bolds (Alta Loma, California)
10:37.4 Fred Villegas (Merced, California)
10:38.0 G. McLean (Soquel, California)
10:39.2 Brian Knopf (Ygnacio Valley, Concord, California)
10:42.0 Joe Cotton (St. Francis, Mountain View, California)
10:42.0 Tom Hussey (Washington, Fremont, California)
10:42.0 Brian Mayer (York, Elmhurst, Illinois)
10:43.0 Jeff Pelz (College Park, Pleasant Hill, California)
10:43.2 Randy Gamet (Mt. Diablo, Concord, California)
10:44.4 Bruce Hiler (Washington, Fremont, California)
10:44.6 Greg Mischel (Gladstone, Oregon)
10:45.0 Steve De Fount (Highlands, North Highlands, California)
10:45.0 Dan Royster (Pleasant Hill, California)
10:47.8 Brian Picha (Homestead, Sunnyvale, California)
10:48.0 Tim Dunham (York, Elmhurst, Illinois)
10:49.0 Ricky Vitales (Mt. Pleasant, San Jose, California)
10:49.6 Winston Skeeland (Camden, San Jose, California)
10:50.0 Dan Norris (Carlmont, Belmont, California)

Twenty-eight others grouped from 10:50.6 to 11:00.0

HIGH SCHOOL FROSH THREE MILE TEAM RACE (Record 82:33.4 - Homestead, Sunnyvale, California 1969)

85:36.4 Carlmont Frosh, Belmont, California
86:13.6 Leigh Frosh, San Jose, California
86:14.2 Kirkwood Frosh, Kirkwood, Missouri
93:00.8 Leigh Frosh "B", San Jose, California

HIGH SCHOOL FROSH THREE MILE INDIVIDUAL RACE (Record 15:10.0 - Mitch Kingery, San Carlos, California - 1971)

15:10.8 Tim Holmes (Downey, Modesto, California)
15:31.0 David Cortez (St. Francis, Mountain View, California)
16:04.4 Greg Mandanis (Carlmont, Belmont, California)
16:22.0 Tino Tellechea (Downey, Modesto, California)
16:40.0 Jose Reyes (Leigh, San Jose, California)

HIGH SCHOOL FROSH THREE MILE INDIVIDUAL RACE - continued

16:43.4	Oscar Franco (Sterling, Baytown, Texas)
16:51.2	Jeff Holoubek (Lompoc, California)
16:53.4	Jim Gender (Kirkwood, Missouri)
16:54.0	A. Siqueros (Watsonville, California)
16:55.2	Mark Fagan (Kirkwood, Missouri)
16:55.4	Tom Baker (Kirkwood, Missouri)
17:03.8	Larry Borgkamp (Leigh, San Jose, California)
17:05.0	Leo Bodadillo (Carlmont, Belmont, California)
17:06.6	Mike Seaston (Carlmont, Belmont, California)
17:09.0	Mark Millword (Silver Creek, San Jose, California)
17:11.0	Mark Suda (Carlmont, Belmont, California)
17:12.4	Kevin Rushen (Kirkwood, Missouri)
17:13.6	James Conway (San Mateo, California)
17:21.0	Mike Bagwell (Lompoc, California)
17:24.0	Bill Diaz (Silver Creek, San Jose, California)
17:27.8	Steve Riley (Leigh, San Jose, California)
17:30.0	Bruce Niedrauer (Leigh, San Jose, California)

HIGH SCHOOL TWO MILE TEAM RACE (Record 46:21.0 - Lompoc, California - 1972)

47:49.8 Leigh, San Jose, Calif.	50:44.0 Saratoga, Calif.
48:03.0 York, Elmhurst, Ill.	50:46.0 Carlmont "B", Belmont, Calif.
48:14.8 St. Francis, Mtn. View, Ca.	50:49.0 Pacifica, Garden Grove, Calif.
48:24.4 Loara, Anaheim, Calif.	50:59.2 Hillsdale, San Mateo, Calif.
48:32.2 Merced, Calif.	51:06.4 Ballard, Seattle, Wash.
48:34.6 Lompoc, Calif.	51:12.8 Overfelt, San Jose, Calif.
48:41.2 Largo, Fla.	51:14.6 Camden, San Jose, Calif.
48:44.6 Foothill, Santa Ana, Calif.	51:15.2 Hale, Seattle, Wash.
48:45.4 Mission Viejo, Calif.	51:15.2 Woodside, Calif.
49:00.0 Carlmont, Belmont, Calif.	51:20.8 Sterling, Baytown, Tex.
49:01.4 Archbishop Molloy, Jamaica, NY	51:22.0 Logan, Union City, Calif.
49:04.0 Skyline, Oakland, Calif.	51:24.0 Merced "B", Calif.
49:06.8 Leigh "B", San Jose, Calif.	51:34.0 Hellgate, Missoula, Mont.
49:08.6 Arroyo, El Monte, Calif.	51:44.0 Oakgrove, San Jose, Calif.
49:10.0 San Carlos, Calif.	51:49.2 Shorecrest, Seattle, Wash.
49:29.2 Highlands, N. Highlands, Ca.	51:51.0 Quincy, Ill.
49:33.8 Homestead, Sunnyvale, Calif.	51:57.0 Atwater, Merced, Calif.
49:34.4 Palos Verdes, PV Estates, Ca.	51:57.0 South San Francisco, Calif.
49:39.0 Silver Creek, San Jose, Ca.	51:58.0 Menlo-Atherton, Atherton, Ca.
49:42.2 Glendale, Calif.	51:59.0 Cupertino, Calif.
49:43.0 Soquel, Calif.	52:02.2 Lindbergh Sophs, St. Louis, Mo.
49:47.4 Marina, Huntington Beach, Ca.	52:06.4 Archbishop Molloy "B" Jamaica, NY
49:47.6 Jesuit, Carmichael, Calif.	52:07.0 Fox, Arnold, Mo.
49:50.8 Conant, Hoffman Estates, Ill.	52:07.4 Leigh Sophs, San Jose, Calif.
49:53.0 Kennedy, Fremont, Calif.	52:10.0 Burlingame, Calif.
49:53.4 Clear Creek, League City, Tx	52:14.4 Homestead "B", Sunnyvale, Ca.
49:54.0 Kirkwood, Mo.	52:24.8 Kirkwood "B", Mo.
50:00.8 Huntington Beach, Calif.	52:25.4 Crawford, San Diego, Calif.
50:02.2 Parkway No., Creve Coeur, Mo.	52:26.4 Parkway No. "B", Creve Coeur, Mo.
50:02.4 Rancho Alamitos, Gar. Grove, Ca.	52:29.4 Blanchet, Seattle, Wash.
50:15.6 El Modena, Orange, Calif.	52:36.6 Lindbergh Juniors, St. Louis, Mo.

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HIGH SCHOOL TWO MILE TEAM RACE -(continued from page 4)

50:18.2 Mt. Pleasant, San Jose, Calif	53:00.0 St. Ignatius, San Francisco, CA.
50:27.8 Watsonville, Calif.	53:02.4 Mt. Tahoma, Tacoma, Wash.
50:27.8 Westminster, Calif.	53:06.2 Shoreline, Seattle, Wash.
50:30.4 Lindbergh, St. Louis, Mo.	53:07.4 Carlmont Sophs, Belmont, Calif.
50:32.0 Lick, San Jose, Calif.	53:10.0 Central Valley, Veradale, Wash.
50:32.2 Leigh "C", San Jose, Calif.	53:40.0 San Jose, Calif.
50:34.0 Concord, New Hampshire	53:43.2 Leigh "D", San Jose, Calif.
50:34.6 Seattle Prep, Seattle, Wash.	54:23.0 St. Ignatius Sophs, San Fran. Ca.
50:35.0 Oceano, Pacifica, Calif.	54:48.8 Leigh "E", San Jose, Calif.
50:36.0 Irvington, Calif.	54:52.8 San Carlos Sophs, Calif.
50:37.0 Tennyson, Hayward, Calif.	55:13.6 Gladstone, Ore.
50:38.0 Santa Barbara, Calif.	55:20.0 Eisenhower, Lawton, Okla.
50:39.0 Mills, Millbrae, Calif.	55:51.0 Fremont, Calif.
50:40.8 Riordan, San Francisco, Calif	56:09.6 Leigh "F", San Jose, Calif.
50:41.0 San Ramon, Danville, Calif.	56:16.0 Cupertino Sophs, Calif.
50:43.0 Washington, Fremont, Calif.	56:41.0 Westmont Sophs, Campbell, Calif.
	57:19.0 St. Ignatius "B" Chicago, Ill.
	57:20.8 Univ. of Chicago HS, Chicago, Ill

HIGH SCHOOL TWO MILE INDIVIDUAL RACE (Record 8:57.8 - Mike Ryan, Wilcox Santa Clara, California - 1964)

9:00.6	Mitch Kingery (San Carlos, Calif.)
9:04.2	Rusty Nahirney (Washington, Fremont, Calif.)
9:08.8	Ralph Serna (Loara, Anaheim, Calif.)
9:12.4	Gary Blume (Marina, Huntington Beach, Calif.)
9:12.6	Marc Ogden (Archbishop Molloy, Jamaica, NY)
9:12.8	Jim Schankel (Lompoc, Calif.)
9:13.0	Roy Kissen (San Ramon, Danville, Calif.)
9:14.8	Jose Saavedra (Loeara, Anaheim, Calif.)
9:17.8	Richard Bega (Merced, Calif.)
9:17.8	Mike Kasser (St. Francis, Mountain View, Calif.)
9:19.0	Alex Aguilar (Silver Creek, San Jose, Calif.)
9:20.0	John Johnson (Skyline, Oakland, Calif.)
9:22.0	Ed Palmer (Largo, Fla.)
9:22.4	Roger Fabing (Lompoc, Calif.)
9:23.0	Robert Barnett (Hillsdale, San Mateo, Calif.)
9:24.4	Ron Fritzke (Leigh, San Jose, Calif.)
9:24.6	Paul Frederickson (Homestead, Sunnyvale, Calif.)
9:25.0	Bob Powell (Oceano, Pacifica, Calif.)
9:26.6	Jerry Emory (Gunn, Palo Alto, Calif.)
9:27.0	Scott Brown (York, Elmhurst, Ill.)
9:27.6	Jon Cook (Mission Viejo, Calif.)
9:29.4	Miguel Santizo (Carpinteria, Calif.)
9:29.6	Robert Angel (Huntington Beach, Calif.)
9:29.6	Larry Nettles (Sterling, Baytown, Tex)
9:30.0	Bob Thomas (Glendale, Calif.)
9:30.2	Jack Martinez (Rancho Alamitos, Garden Grove, Calif.)
9:30.8	Gary Conroy (Archbishop Molloy, Jamaica, NY)
9:31.8	Dave DeLaGarza (Watsonville, Calif.)
9:32.0	Richard Aguirre (Santa Barbara, Calif.)
9:32.2	Rob Reesman (Hellgate, Missoula, Mont.)

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HIGH SCHOOL TWO MILE INDIVIDUAL RACE (continued from page 5)

9:32.6 Bob Mc Carty (York, Elmhurst, Ill.)
9:32.8 George Aguirre (Santa Barbara, Calif.)
9:33.0 Mike De Barr (Kennedy, Fremont, Calif.)
9:33.0 Bruce Orr (Leigh, San Jose, Calif.)
9:33.2 Dave Stock (Leigh, San Jose, Calif.)
9:33.4 Mark Hower (Mission Viejo, Calif.)
9:34.0 Jeff Adam (Leigh, San Jose, Calif.)
9:34.4 Kip Yeutter (Arroyo, El Monte, Calif.)
9:35.0 Lynn Ryan (Irvington, Calif.)
9:35.2 Jon Winters (Largo, Fla.)
9:36.0 Stacey Geiken (Cubberly, Palo Alto, Calif.)
9:36.0 Mark Llewellyn (Woodside, Calif.)
9:36.2 Jim Harris (Mission Viejo, Calif.)
9:36.2 Jim Weber (Highlands, North Highlands, Calif.)
9:36.4 David Hull (Menlo-Atherton, Atherton, Calif.)
9:37.0 Mark Spillsbury (Foothill, Santa Ana, Calif.)
9:37.4 Dave Fristoe (Foothill, Santa Ana, Calif.)
9:37.8 John Tengelsen (Leigh, San Jose, Calif.)
9:38.0 Ed Glad (Bellevue, Wash.)
9:38.0 Tom Jordan (St. Francis, Mountain View, Calif.)
9:38.2 Ed Young (Carlmont, Belmont, Calif.)
9:40.0 Doug Danielson (Cupertino, Calif.)
9:40.4 Jim Nasti (York, Elmhurst, Ill.)
9:40.6 John Goeke (Rancho Alamitos, Garden Grove, Calif.)
9:40.6 Donn Rodosivich (Hale, Sattle, Wash.)
9:41.8 Matt Bell (Foothill, Santa Ana, Calif.)
9:42.0 John Shroyer (Carlmont, Belmont, Calif.)
9:42.0 Craig Sullivan (Saratoga, Calif.)
9:42.6 Art Baudenistel (Highlands, North Highlands, Calif.)
9:42.6 Gene Robinson (Hillsdale, San Mateo, Calif.)
9:42.8 Bill Graves (Pacifica, Garden Grove, Calif.)
9:43.0 Bill La Forge (Oceano, Pacifica, Calif.)
9:43.2 Ron Craker (York, Elmhurst, Ill.)
9:43.2 Felix Gonzales (Arroyo, El Monte, Calif.)
9:43.4 Dave Hamilton (Leigh, San Jose, Calif.)
9:44.4 Paul Dulaney (Palos Verdes, Palos Verdes Estates, Calif.)
9:44.4 Lupe Vargas (Merced, Calif.)
9:44.8 Tod Miller (York, Elmhurst, Ill.)
9:45.0 Kevin Donovan (St. Francis, Mountain View, Calif.)
9:45.0 Dan Prince (Westminster, Calif.)
9:46.0 L. Bartholomew (Skyline, Oakland, Calif.)
9:46.4 Moore Breggar (Rancho Alamitos, Garden Grove, Calif.)
9:46.4 Wayne Embree (Largo, Fla.)
9:46.6 Marty Krenn (Riordan, San Francisco, Calif.)
9:46.8 Frank Alvarez (Arroyo, El Monte, Calif.)
9:46.8 Kevin Friese (Clear Creek, League City, Tex.)
9:47.0 Dan Faubian (St. Francis, Mountain View, Calif.)
9:47.0 Matt Shaw (Hale, Seattle, Wash.)
9:47.0 Bob Wulff (Jesuit, Carmichael, Calif.)
9:47.2 Mike Depew (Shorecrest, Seattle, Wash.)
9:47.8 Jim Criscione (Arroyo, El Monte, Calif.)
9:47.8 Andy Martinez (Overfelt, San Jose, Calif.)

HIGH SCHOOL TWO MILE INDIVIDUAL RACE (continued from page 6)

9:48.0 Brian Ackley (Concord, New Hamp.)
9:48.0 Don Fernandez (Homestead, Sunnyvale, Calif.)
9:48.0 Mark Leicht (Lindbergh, St. Louis, Mo.)
9:48.0 Don Lofe (Parkway North, Creve Coeur, Mo.)
9:48.0 Pat Valenzula (Merced, Calif.)
9:48.2 Bob Renouad (Seattle Prep, Seattle, Wash.)
9:48.8 Terry Jackson (Lompoc, Calif.)
9:49.0 Mike Barnett (San Carlos, Calif.)
9:49.2 Richard Tucker (Blanchet, Seattle, Wash.)
9:49.6 Gilbert Uresti (Overfelt, San Jose, Calif.)
9:49.8 Chris Tremblay (Kirkwood, Mo.)
9:50.0 Tom Alarcon (Camden, San Jose, Calif.)
9:50.0 Pete Maurer (Leigh, San Jose, Calif.)

Seventy-one others grouped from 9:50.0 to 10:00.0

HIGH SCHOOL THREE MILE TEAM RACE (Record 73:25.0 - Lompoc, California-1972)

75:30.4 Leigh, San Jose, Calif.	81:30.0 Central Valley, Veradale, Wash.
76:35.8 Tempe, Ariz.	81:39.0 North Central, Spokane, Wash.
77:07.2 Pleasant Hill, Calif.	81:59.6 Kirkwood "B", Mo.
77:35.0 Clear Creek, League City, Tx	82:00.4 Carlmont "B", Belmont, Calif.
78:06.4 Kirkwood, Mo.	82:57.0 Homestead, Sunnyvale, Calif.
78:23.6 Leigh "B", San Jose, Calif.	82:57.2 Leigh Sophs, San Jose, Calif.
78:38.0 Carlmont, Belmont, Calif.	84:43.4 Leigh "C", San Jose, Calif.
79:09.2 Lompoc, Calif.	85:00.0 Mills, Millbrae, Calif.
80:42.2 Ygnacio Valley, Concord, Ca.	85:00.0 Watsonville, Calif.
81:21.0 Atwater, Calif.	86:21.0 Washington, San Francisco, Ca.
	88:14.8 Carlmont "C", Belmont, Calif.

HIGH SCHOOL THREE MILE INDIVIDUAL RACE (New Record 13:43.6 - Rich Kimball DeLaSalle, Concord, California - 1973)

13:43.6 Rich Kimball (DeLaSalle, Concord, Calif.)
13:56.4 Mitch Kingery (San Carlos, Calif.)
14:08.2 Eric Hulst (Laguna Beach, Calif.)
14:13.2 Jim Schankel (Lompoc, Calif.)
14:14.0 Roger Fabing (Lompoc, Calif.)
14:21.0 Mark Washburn (Bloomington, Calif.)
14:21.4 Robert Barnett (Hillsdale, San Mateo, Calif.)
14:33.8 Tom Read (Mission San Jose, Fremont, Calif.)
14:34.0 Benton Hart (Modesto, Calif.)
14:35.0 Alex Aguilar (Silver Creek, San Jose, Calif.)
14:36.6 Gary Blume (Marina, Huntington Beach, Calif.)
14:41.6 Ron Fritzke (Leigh, San Jose, Calif.)
14:48.2 Brian Hunsaker (Corona Del Mar, Calif.)
14:48.8 Dave Stock (Leigh, San Jose, Calif.)
14:50.0 Harold Stephens (Hawthorne, Calif.)
14:53.4 Jerry Emory (Gunn, Palo Alto, Calif.)
14:56.0 Jon Sisler (Petaluma, Calif.)
14:56.6 Kirk Dobstaff (Tempe, Ariz.)
14:59.0 Cliff English (North Central, Spokane, Wash.)

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HIGH SCHOOL THREE MILE INDIVIDUAL RACE - (continued from Page 7)

15:00.6 Mike De Barr (Kennedy, Fremont, Calif.)
15:03.0 Dan Adams (Pleasant Hill, Calif.)
15:03.8 Ed Young (Carlmont, Belmont, Calif.)
15:09.0 Mike Emry (Clayton Valley, Concord, Calif.)
15:09.0 Bob Paulin (Camden, San Jose, Calif.)
15:09.2 Dave Cantrell (Mt. Diablo, Concord, Calif.)
15:09.2 Larry Nettles (Sterling, Baytown, Tex.)
15:10.2 Dan Cunningham (Pleasant Hill, Calif.)
15:11.0 Jeff Adams (Leigh, San Jose, Calif.)
15:11.2 Chris Tremblay (Kirkwood, Mo.)
15:11.8 Duane Dobstaff (Tempe, Ariz.)
15:13.4 John Maas (Tempe, Ariz.)
15:14.0 Tom Edwards (Mira Costa, Manhattan Beach, Calif.)
15:18.0 Damon Wood (Woodside, Calif.)
15:19.0 Duane Phinney (Clear Creek, League City, Tex.)
15:21.2 John Tengelsen (Leigh, San Jose, Calif.)
15:21.6 Jim Groninger (Kirkwood, Mo.)
15:22.0 Jessie Martinez (Tempe, Ariz.)
15:22.0 Brian Russell (Notre Dame, Sherman Oaks, Calif.)
15:22.0 Alan Sauer (Pleasant Hill, Calif.)
15:22.2 Kevin Friese (Clear Creek, League City, Tex.)
15:26.0 Don Fernandez (Homestead, Sunnyvale, Calif.)
15:27.8 Steve Niedrauer (Leigh, San Jose, Calif.)
15:28.0 Murphy Miller (Atwater, Calif.)
15:29.0 Sal Godinez (Salesian, Los Angeles, Calif.)
15:29.0 Don Guillardt (Irvington, Calif.)
15:30.0 Dan Bueckert (Central Valley, Veradale, Wash.)
15:30.0 Ron Lewis (Homestead, Sunnyvale, Calif.)
15:31.0 Matt Console (Atwater, Calif.)
15:33.2 Randy Payne (Clear Creek, League City, Tex.)
15:34.0 Dan Fabian (St. Francis, Mountain View, Calif.)
15:34.0 Bruce Orr (Leigh, San Jose, Calif.)
15:35.0 Bill Schulz (South Pasadena, Calif.)
15:35.4 John Shroyer (Carlmont, Belmont, Calif.)
15:36.4 Greg Evan (Leigh, San Jose, Calif.)
15:36.6 Robert Garriott (Clear Creek, League City, Tex.)
15:37.4 Keith Jacobson (Ygnacio Valley, Concord, Calif.)
15:40.0 Craig Corey (San Mateo, Calif.)
15:40.2 Bill Bedecarre (Mt. Diablo, Concord, Calif.)
15:40.4 Pete Maurer (Leigh, San Jose, Calif.)
15:42.0 Greg Sabourin (Petaluma, Calif.)
15:42.2 Lenny Fagan (Kirkwood, Mo.)
15:42.2 Bob Turney (Ygnacio Valley, Concord, Calif.)
15:42.8 Ron Criner (Mt. Diablo, Concord, Calif.)
15:43.0 Alan Stallman (Norco, Calif.)
15:43.2 Keith Maurer (Leigh, San Jose, Calif.)
15:43.2 Tim Waldrep (Pleasant Hill, Calif.)
15:44.0 Patrick Brand (Clear Creek, League City, Tex.)
15:44.0 Santos Mares (Clear Creek, League City, Tex.)
15:44.0 C. Sullivan (Kennedy, Fremont, Calif.)
15:46.0 Mike Smith (Newark, Calif.)
15:47.0 Joe Castillo (Modesto, Calif.)

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HIGH SCHOOL THREE MILE INDIVIDUAL RACE - (continued from Page 8)

15:48.8 John Archer (Pleasant Hill, Calif.)
15:49.6 Richard Ballard (Leigh, San Jose, Calif.)
15:51.0 Kevin Van Katwyck (Ygnacio Valley, Concord, Calif.)
15:51.4 Virgil Chavez (Pleasant Hill, Calif.)
15:51.6 Clarke Mc Allister (Kirkwood, Mo.)
15:52.0 Chuck Paul (Tempe, Ariz.)
15:52.6 Dave Hamilton (Leigh, San Jose, Calif.)
15:52.8 Fred Warren (Mills, Millbrae, Calif.)
15:53.0 Bob Arnold (Menlo-Atherton, Atherton, Calif.)
~~15:53.0 Mike Ebner (Bishop Amat, La Puente, Calif.)~~
15:53.0 F. Gonzales (St. Francis, Mountain View, Calif.)
15:53.0 Jon Lemmen (Atwater, Calif.)
15:53.0 Frank Viramontes (Salesian, Los Angeles, Calif.)
15:54.0 Robin Fisher (Villa Park, Calif.)
15:58.4 Rick Wernick (Carlmont, Belmont, Calif.)
15:59.0 Pat O'Malley (Carlmont, Belmont, Calif.)
15:59.4 Chris Forsyth (Kirkwood, Mo.)
15:59.8 Brian Gleason (Kirkwood, Mo.)

NORTH AMERICAN THREE MILE TEAM RACE (Open record 67:18.2 - Florida Track Club 1972; College-University Record - 68:26.8 - Oregon 1970; New Junior College Record 71:29.0 - Spokane CC 1973)

70:03.4 Bowling Green State University (Macdonald, Sink, Elliott, Zumbaugh, Bruggers)
70:54.8 University of California - Davis (Harms, Mc Grath, Martinez, Sheehan, Wells)
70:56.4 Florida Track Club (Brown, Dyce, Misner, Adams, Wallin)
71:29.0 Spokane Community College (Wilson, Whitaker, Gustafson, Beckman, Neuenschwander)
71:55.4 University of Florida (Bridges, DePeiza, Pyke, Brown, Hicks)
71:57.4 University of Washington
72:56.4 Club Northwest
73:31.4 University of California - Davis "B"
73:34.0 Spokane Community College "B"
73:53.6 California State University - Northridge
73:55.0 Bowling Green State University "B"
74:19.0 Los Angeles Valley Junior College
74:24.8 Lewis & Clark College
75:47.6 Santa Fe Junior College
76:38.0 Citrus Junior College
77:00.0 North Idaho Community College
77:56.0 Spokane Community College "C"
78:13.0 Golden West Athletic Association
78:41.0 Alfred University
80:13.0 Lewis & Clark College "B"
80:52.0 St. Louis YMCA Track Club
82:54.6 Mt. Lebanon Track Club
83:56.8 Queensborough Community College
87:20.0 Alfred University "B"
89:31.0 St. Louis YMCA Track Club "B"

NORTH AMERICAN THREE MILE INDIVIDUAL RACE (Open Record 13:14.0 - Jack Bacheler, Florida Track Club 1969; College-University Record 13:25.6 - Steve Prefontaine, University of Oregon 1970; Junior College Record 13:47.8 - Dave Babiracki, Los Angeles Valley JC 1971)

13:27.8 Marty Liquori (New York TC)	14:25.6 Jon Sutherland (Cal St-Northridge)
13:33.6 Jim Johnson (Club Northwest)	
13:36.0 Barry Brown (Florida TC)	14:27.0 Gary Nitti (UCLA)
13:42.8 Byron Dyce (Florida TC)	14:27.2 Don Wells (Cal - Davis)
13:45.6 Rick Albright (Club Northwest)	14:28.0 Bob Fitts (St.Louis YMCA TC)
13:50.4 Craig Macdonald (Bowling Gr.)	14:28.0 Mike Ruffatto (Bowling Green)
13:52.0 Sid Sink (Bowling Green St.)	14:28.2 Scott Knoblich (Bellevue CC)
13:57.0 Tracey Elliott (Bowling Green)	14:29.4 Ken Misner (Florida TC)
13:57.8 Gordon Braun (Washington/Fr)	14:30.0 Bryan Geissler (Spokane CC/Fr)
13:59.2 Dwayne Harms (Cal - Davis)	14:30.0 Anthony Reynoso (Cal-Davis)
14:01.6 George Bridges (Florida)	14:30.2 Ken Adams (Florida TC)
14:05.2 John Samore (Sioux Valley TC)	14:31.0 Jerry Alexander (LA Valley JC)
14:07.0 Scott Holmes (Washington)	14:31.0 Don Martin (Spokane CC)
14:07.4 Mike Mc Grath (Cal-Davis/Fr)	14:31.6 Johnny Brown (Florida)
14:08.2 Coswell De Peiza (Florida)	14:32.6 Bill Glad (Washington)
14:10.2 Angelo Martinez (Cal-Davis/Fr)	14:33.0 Mark Kushner (UCLA)
14:10.8 John Sheehan (Cal-Davis)	14:34.0 Bob O'Brien (UCLA/Fr)
14:11.0 Tim Zumbaugh (Bowling Green)	14:35.2 Billy Hicks (Florida)
14:12.4 Gordon Innes (UCLA)	14:38.0 Per Wallin (Florida TC)
14:13.0 Rich Bruggers (Bowling Green)	14:38.2 Rob Davis (Cal - Davis)
14:14.0 Steve Wilson (Spokane CC)	14:38.2 Phil Ryan (Golden West AA)
14:15.0 Rick Whitaker (Spokane CC/Fr)	14:39.0 Neal Pyke (Florida)
14:16.0 Cliff Morden (LA Valley JC/Fr)	14:39.4 Ed Schelegle (Cal-Davis)
14:19.0 Greg Gustafson (Spokane CC/Fr)	14:41.6 Ken Woodard (Lewis & Clark Col)
14:20.0 Kurt Beckman (Spokane CC)	14:42.0 Ed Chaidez (Citrus JC)
14:21.0 Claude Neuenschwander (Spokane)	14:43.2 Vic Bennet (Club Northwest)
14:22.6 Dan Winger (Washington)	14:44.0 Tom Stacey (Shoreline CC)
14:23.0 Thomas Rodriguez (El Camino JC/Fr)	14:45.0 Mark Odom (Azusa Pacific Col.)
	14:47.0 Terry Heath (North Idaho CC)
14:23.0 Randy Rolph (Spokane CC)	14:48.0 Kevin Cooley (Lewis & Clark Col)
14:24.8 Bruce Vermilyea (Bowling Gr.)	14:48.0 Charles Horn (Cal St-Northridge)
14:48.2 Peter Marks (Cal - Davis)	15:05.4 Pat Sloan (Santa Fe JC)
14:48.6 Ken Prewatt (Santa Fe JC)	15:06.0 Craig Clemmer (LA Valley JC)
14:50.6 Gary Atchison (Club Northwest)	15:06.0 Mike Mc Namara (Santa Ana JC)
14:51.0 Conrad Gonzalez (Cal St. Northridge)	15:07.0 Rob Gauthier (Spokane CC/Fr)
14:51.0 Steve Pulos (Alfred)	15:09.2 Mike Sautter (Santa Fe JC)
14:51.6 Peter Brown (Lewis & Clark)	15:10.2 Lee Hill (Santa Fe JC)
14:53.0 Ken Schultz (Cal St. Northridge)	15:11.2 John Armstrong (Cal Poly/Pomona)
14:54.0 Chris Anstine (North Idaho CC)	15:15.0 Darcy Staples (Spokane CC/Fr)
14:55.6 Rich Chitwood (Cal-Davis/Fr)	15:16.2 Martin Smith (Cal Poly/Pomona)
14:56.0 Dave Frickel (Golden West AA)	15:17.2 Jeff Frazier (Bellevue CC)
14:56.0 Paul Wright (Cal St. Northridge)	15:19.0 Manuel Reynoso (Citrus JC/Fr)
14:57.4 Al Herbert (Washington)	15:20.0 Mark Casanova (Cal St. Northridge)
14:59.0 Lon Berquist (Cal - Davis/Fr)	15:21.0 Walley Brown (North Idaho CC/Fr)
14:59.0 Dan Dunton (Bowling Green St)	15:21.0 Keith Cronrath (Spokane CC/Fr)
14:59.8 Jim Spiers (Bowling Green St)	15:22.0 Ron Adams (LA Valley JC/Fr)
15:00.2 Bryan Gieser (Cal - Davis)	15:23.0 Rob Leutwiler (St Louis YMCA TC)
15:01.0 Steve Walsh (El Camino JC)	15:23.4 Tom Houghten (Lewis & Clark/Fr)
15:01.4 David Amundson (Lewis & Cl. Fr)	15:24.0 Tom Ashcraft (Citrus JC/Fr)
15:01.4 Greg Beyerlein (Everett CC)	15:24.0 Rich Jimenez (Chaffey JC)

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NORTH AMERICAN THREE MILE INDIVIDUAL RACE -(continued from page 10)

15:01.4 Matt Yeo (Cal - Davis/Fr)	15:24.6 William Gibson (Alfred)
15:02.2 David Ueunten (Lewis & Clark)	15:26.0 Fred Nyberg (Spokane CC)
15:03.0 Paul Keiper (Spokane CC/Fr)	15:26.4 Paul Zorner (Lewis & Clark)
15:03.4 Rick Schnittker (Bowling Gr)	15:27.0 Al Villanueva (El Camino JC)
15:04.0 Joel Scott (LA Valley JC)	15:29.0 Robin Stone (Spokane CC/Fr)
15:05.0 Al Siddons (So. Calif. Coll.)	

OPEN TWO MAN TEN MILE RELAY (Record 41:10.8 - Jim Ryun and John Lawson, Kansas 1965)

41:24.0	Frank Shorter, Barry Brown (Florida TC)
42:33.4	Juris Luzins, Byron Dyce (Florida TC)
43:48.6	Coswell De Peiza, Dennis Skelton (Florida TC)
43:54.0	Bruce Carpenter, Dwayne Green (Florida TC)
45:35.2	Alec Clem, Ken Adams (Florida TC)
46:01.6	Manny Green, Phil Ryan (unattached)
46:44.0	Mark Casanova, Rick Casanova (Matador TC)
49:18.2	Mike Danoff, Jay Mason (Albuquerque Road Runners)
50:33.2	Paul Williams, Roger Lawler (Berkeley TC)
51:10.2	Richard Gentry, James Reichele (Berkeley TC)
52:30.0	Johnny Gonzales, Ted Chavez (Albuquerque Road Runners)
53:38.4	Fred Bruner, Richard Harris (Albuquerque Road Runners)
57:42.8	Karl Nunn, Norm Pittenger (Albuquerque Road Runners)

UNIVERSITY-COLLEGE-JUNIOR COLLEGE TWO MAN TEN MILE RELAY (Record 41:10.8 - Jim Ryun and John Lawson, Kansas 1965; JC Record 43:11.4 Marcel Hetu and Ralph Likens, College of San Mateo 1964; College Frosh Record 43:03.6 - Brian Turner and Bill Cornell, Southern Illinois 1961)

42:37.4	Sid Sink, Rich Bruggers (Bowling Green State)
42:53.0	Dwayne Harms, John Sheehan (Cal - Davis)
43:14.2	Tom Preston, Bruce Vermilyea (Bowling Green State)
43:25.0	Conrad Gonzalez, Ken Schultz (Cal St Univ - Northridge)
44:03.4	Mike Mc Grath, Angelo Martinez (Cal - Davis Frosh)
44:19.6	Steve Gomez, Billy Hicks (University of Florida)
44:26.2	Rich Chitwood, Rob Davis (Cal - Davis)
44:53.4	Garth Janke, Dave Lopez (Cal - Davis Frosh)
45:07.8	Mike Ayon, Ed Chaidez (Citrus JC)
45:08.2	Don Couture, Mike Miemieci (Bowling Green State)
45:09.8	Joel Scott, Craig Clemmer (LA Valley JC)
45:23.4	John Owens, Dave Harrison (University of Florida)
45:25.8	Carl Smith, Terry Smith (Cal St. Univ - Northridge)
45:56.4	Lon Berquist, John Reilly (Cal - Davis)
46:00.0	Ed Schelegle, Anthony Reynoso (Cal - Davis)
46:03.4	Edward Phelps, Steve Pulos (Alfred University)
46:04.0	Bill Roberts, Neal Pyke (University of Florida)
46:10.6	Bruce Hildenbrand, Doug Peck (Cal - Davis Frosh)
46:25.0	Mike Sweeney, Bryan Gieser (Cal - Davis)
46:26.6	Phil Maggart, Mike Maggart (Cal St. Univ.-Northridge)
46:44.6	Kim Miller, William Gibson (Alfred University)
46:51.6	Dave Fuller, Peter Marks (Cal - Davis)
46:53.4	Tim Purdy, Ron Ramsey (University of Florida)

UNIVERSITY-COLLEGE-JUNIOR COLLEGE TWO MAN TEN MILE RELAY - (continued from
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47:39.4 Dave Groff, Bob Coss (Citrus JC)
47:44.4 Jay Byrne, John Germain (Alfred University)
47:48.4 Bob Gatanis, Pete Aldrich (University of Florida)
47:49.2 Henry Prunetti, Ed Agius (Queensborough CC)
48:26.6 Greg Morrison, Tim O'Rourke (Citrus JC)
49:58.8 Peter Casebeer, John Steinhardt (Alfred University)

HIGH SCHOOL TWO MAN TEN MILE RELAY (Record 43:38.8 - Lloyd Apgar and Otis Martin, Lincoln, San Diego, California 1966; Frosh Record 49:10.0 - Barry Pollard and Shanon Roger, Mt. Pleasant, San Jose, California 1970)

43:48.4 Doug Beckman, Tim Riley (Ferris, Spokane, Wash.)
45:33.0 Gary Barrow, Larry Nettles (Sterling, Baytown, Tex.)
45:46.0 Chris Tremblay, Jim Groninger (Kirkwood, Mo.)
46:15.0 Rog Maline, Lenny Fagan (Kirkwood, Mo.)
46:24.0 Howard Bass, Bob Mc Carty (York, Elmhurst, Ill.)
46:35.0 Brian Gleason, Clarke Mc Allister (Kirkwood, Mo.)
46:56.8 Scott Lauer, John Leeper (Arcadia, Calif.)
46:57.2 Shawn Eggers, Todd Morton (Ferris, Spokane, Wash.)
47:15.0 Kurt Leslie, Jack Brady (Glenbard South, Glen Ellyn, Ill.)
47:24.2 Jerry Hollister, Terry Jackson (Lompoc, Calif.)
47:43.6 Bob Concho, Mike Ebner (Bishop Amat. La Puente, Calif.)
47:51.0 Steve Reyes, Chris Trujillo (Bishop Amat. La Puente, Calif.)
48:04.6 Bryan Jonasen, Chris Carlson (Arcadia, Calif.)
48:08.8 Ron Craker, Don Hickman (York, Elmhurst, Ill.)
48:36.0 John Parks, Jeff Spangler (Villa Park, Calif.)
48:37.6 Jim Nasti, Tom Ragusin (York, Elmhurst, Ill.)
49:02.0 Dan Baker, Chris Forsythe (Kirkwood, Mo.)
49:04.6 Dave Klemann, Brian Bartler (York, Elmhurst, Ill.)
49:14.0 Paul Ryan, Scott Shull (Kirkwood, Mo.)
49:16.0 Tom Resh, Dan Madison (Villa Park, Calif.)
49:41.8 Yale Strom, Dan Shepard (Crawford, San Diego, Calif.)
49:43.0 Jim Marstiller, Jay Doty (Kirkwood, Mo.)
49:49.0 Mike Williams, Chris Ebner (Bishop Amat. La Puente, Calif.)
50:09.8 Jeff Holoubek, Mike Bagwell (Lompoc Frosh, Calif.)
50:38.0 Jim Gender, Mark Fagan (Kirkwood Frosh, Mo.)
50:56.0 Kevin Bushen, Tom Baker (Kirkwood Frosh, Mo.)
51:36.2 Scott Shewmaker, Brian Blue (Crawford, San Diego, Calif.)
52:24.8 Walt Lopez, Frank Ebner (Bishop Amat. Frosh. LaPuente, Ca.)
54:53.2 Tony Perez, Kent Webster (Bishop Amat. Frosh, LaPuente, Ca.)
55:59.2 Ray Chidester, Rob Springborn (Eisenhower, Lawton, Okla.)