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The 1970 Track and Field News and the United States Track and Field Federation Postal Competition showed growth unparalleled in previous years, in number of teams participating and States represented.

For example, 30 teams from 10 States entered the Freshman Competition, a 66% increase over a year ago.

In the High School Varsity Races, a new national record was established by Maine East of Park Ridge, Illinois. The time of 47:11.0 was 0.2 seconds below Homestead's (Sunnyvale, Calif.) old record. Maine East averaged 9:26.2 and showed excellent contact. The continued progress of prep distance running is shown by outstanding second (Belmont 47:43.4) third (Willow Glen 47:50.6) and fourth (Mt. Pleasant 48:01.6) place times which all would have broken the record three years ago.

Leading Junior was Marc Genet of Santa Ana (9:11.8) and top Sophomore was Steve Miller of Carlmont (9:18.2). Chris Hoffman (St. Bernard, Plaza del Rey) took individual honors, after placing 34th with 9:41.4 in 1969.

The competitive scope broadened slightly in the High School Three Mile as 11 States were represented. Carlmont won the three mile team race and with its second place in the Two Mile Race, should be considered the nation's top postal team for 1970.

Oregon shattered its own record in the North American Three Mile Race, totalling 68:26.8. Sophomore, Steve Prefontaine, posted a fine 13:25.6, second to individual winner, Jack Bachelier. Only Steve Savage and Mike Lyons are Seniors among Oregon's top 10 runners. The first three teams, Oregon U, Oregon TC and Oregon U "B" broke the old record of 68:56.0.

Participation in the Two Man Ten Mile Relay showed a 66% increase with 135 teams entering in 1970. Seasoned veterans, Chuck La Benz and Jerry Jobski turned in the fastest time of 42:09.0. Division leaders were: University-College: 42:39.4 Owen Self, Doug Brown (Tennessee); Junior College 43:51.4 German Alonso, Steven Brown (L.A. Valley); High School 45:04.8 Mike Gilleran, Jim Eubanks (Seaholm, Birmingham, Mich.); High School Frosh 49:10.0 (new record) Barry Pollard, Shannon Pollard (Mt. Pleasant, San Jose, Calif.).

The 13th Annual Nation-wide Competition was co-sponsored by Track and Field News and the United States Track and Field Federation. Any additions, corrections or questions concerning next year's postal should be mailed to: Carl W. Cooper, Executive Director, USTFF, P.O. Box 190, Tucson, Arizona 85702 (phone AC 602 - 624-7475).

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

53:24.4	Lyons, LaGrange, Ill. (Robert Nelson 10:15.0, David Halleck 10:19.4, Edward Liebenthal 10:52.6, Paul Etestad 10:55.4, Paul Ulrich 11:02.0)				
53:24.8	Homestead, Sunnyvale, Calif. (P. Erbes 10:26.2, Ron Lewis 10:29.4, Fredrickson 10:32.8, Hayes 10:55.0, Vegie 11:01.4)				
54:10.0	Leigh, San Jose, Calif. (Keith Maurer 10:39.0, Pete Maurer 10:49.0, Bruce Lachterman 10:49.0, Tom Shepard 10:56.0, Mike Hansen 10:57.0)				
54:25.2	Mt. Diablo, Concord, Calif. (Dave Cantrell 10:25.0, Kain Couch 10:45.4, Dave Macholz 11:02.8, Tom Hardy 11:05.4, Gary Nephew 11:06.6)				
54:46.0	Los Altos, Calif. (Bob Powers 10:29.0, Bill Powers 10:48.0, McClure 10:52.0, Callison 11:02.0, Fieldong 11:35.0)				
55:01.6	Arroyo, El Monte, Calif. (Frank Alvarez 10:46.2, Craig Cazoneri 10:46.4, Pat Young 10:58.8, Carlos Holguin 11:13.8, Panciano Batres 11:16.4)				
55:09.6	Claremont, Calif. (Chris Hammond 10:28.2, Joe Harrell 10:58.6, Scott Sauer 11:12.2, John St. Clair 11:13.0, Clay Atcheson 11:17.6)				
56:40.8	Upland, Calif.	58:08.4	York, Elmhurst, Ill.	61:15.6	Mt. Diablo "B", Concord, Calif.
57:00.0	Sunnyside, Tucson, Ariz.	58:31.0	Menlo-Atherton, Atherton, Cal.	61:51.0	Arroyo "B" ElMonte, Calif.
57:17.8	Clear Creek, League City, Tex.	58:58.8	Bradford Middle, Starke, Fla.	62:21.6	Glenbard East "B" Lombard, Ill.
57:20.6	Beaver River, Beaver Falls, N.Y.	58:59.8	Columbus, Waterloo, Ia.	64:31.6	Canyon Park Jr. "B", Bothell, Wash.
57:32.2	Woodside, Calif.	59:17.6	Beaver River 8th, Beaver Falls NY	64:47.4	Wilbur Jr. Palo Alto, Calif.
57:51.2	Glenbard East, Lombard, Ill.	59:21.2	Canyon Park, Jr. Bothell, Wash.	74:14.0	Dartmouth 8th, Dartmouth, Mass.
57:52.0	Terman Jr. Palo Alto, Calif.	59:51.4	Westmont, Campbell, Calif.	76:46.2	Dartmouth 7th, Dartmouth, Mass.
58:05.0	Pueblo, Tucson, Ariz.	60:04.0	Chipman Jr. Harrington, Del.		

HIGH SCHOOL FROSH TWO-MILE INDIVIDUAL RACE (Record -- 9:40.2 by Paul Gledhill, Johnson Heights, Vancouver, British Columbia, Canada, 1965)

9:54.0	Steve Ryan (Riordan, San Francisco, Calif.)	10:48.0	Bill Powers (Los Altos, Calif.)
9:56.0	Stacey Geiken (Wilbur Jr. Palo Alto, Calif.)	10:48.0	Marcos Castro (Sunnyside, Tucson, Ariz.)
10:08.6	Hugh Miller (Jesuit, Garmichael, Calif.)	10:48.6	Geiken
10:15.0	Richard Kimball (Jesuit, Carmichael, Calif.)	10:49.0	Pete Mauere (Leigh, San Jose, Calif.)
10:15.0	Robert Nelson (Lyons, LaGrange, Ill.)	10:49.0	Bruce Lachterman (Leigh, San Jose, Calif.)
10:17.0	Bill Lator (Carlmont, Belmont, Calif.)	10:51.2	Jerry Emory (Terman Jr., Palo Alto, Calif.)
10:19.4	David Halleck (Lyons, LaGrange, Ill.)	10:52.0	Mc Clure (Los Altos, Calif.)
10:25.0	Dave Cantrell (Mt. Diablo, Concord, Calif.)	10:52.6	Edward Liebenthal (Lyons, La Grange, Ill.)
10:26.2	P. Erbes (Homestead, Sunnyvale, Calif.)	10:54.0	Jeff Emerory (Terman Jr. Palo Alto, Calif.)
10:28.2	Paal Hansen (Glenbard East, Lombard, Ill.)	10:55.0	Hayes (Homestead, Sunnyvale, Calif.)
10:28.2	Chris Hammond (Claremont, Calif.)	10:55.4	Paul Etestad (Lyons, LaGrange, Ill.)
10:29.0	Bob Powers (Los Altos, Calif.)	10:55.6	Ron Deis (Upland, Calif.)
10:29.4	Ron Lewis (Homestead, Sunnyvale, Calif.)	10:56.0	Tom Shepard (Leigh, San Jose, Calif.)
10:32.8	Frederickson (Homestead, Sunnyvale, Calif.)	10:56.0	Dave Macholz (Mt. Diablo, Concord, Calif.)
10:39.0	Keith Mauer (Leigh, San Jose, Calif.)	10:57.0	Mike Hansen (Leigh, San Jose, Calif.)
10:42.2	David Tappe (New Richland, Minn.)	10:57.2	George Chidester (Clear Creek, League City, Tex.)
10:45.4	Kain Couch (Mt. Diablo, Concord, Calif.)	10:58.2	Bruce Winstanley (Clear Creek, League City, Tex.)
10:46.2	Frank Alvarez (Arroyo, El Monte, Calif.)	10:58.6	Joe Harrell (Claremont, Calif.)
10:46.4	Craig Cazoneri (Arroyo, El Monte, Calif.)	10:58.8	Pat Young (Arroyo, El Monte, Calif.)

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

86:40.4	St. Bernard, Uncasville, Conn. (Rich Kenyon 16:10.2, Robert Schuch 17:23.4, Pat Rousseau, 17:29.0, Stephen Komarinetz 17:39.6, Jim Capozza 17:58.2)
87:07.2	Mt. Pleasant, San Jose, Calif. (Barry Pollard 16:10.2, Shannon Rogers 16:58.2, Gary Lepori 17:50.4, Tom Allen 18:03.2, Rick Gomez 18:05.2)
90:42.2	Clear Creek, League City, Tex. (Bruce Winstanley 16:59.0, George Chidester 17:15.0, Tom Givens 17:36.0, Steve Brodhead 18:05.8, James Hogan .20:46.4)

HIGH SCHOOL FROSH THREE-MILE INDIVIDUAL RACE (Record -- 15:14.8 Gordon Mc Mitchell, Terman Jr., Palo Alto, Calif. 1969)

15:32.0	Richard Kimball (Jesuit, Carmichael, Calif.)	16:10.2	Barry Pollard (Mt. Pleasant, San Jose, Calif.)
15:46.8	Paal Hansen (Glenbard East, Lombard, Ill.)	16:23.0	Brad Johnson (Lewis & Clark, Spokane, Wash.)
16:07.0	Stacey Geiken (Wilbur Jr. Palo Alto, Calif.)	16:29.0	Rich Wernick (Carlmont, Belmont, Calif.)
16:10.2	Richard Kenyon (St. Bernard, Uncasville, Conn.)		

HIGH SCHOOL TWO-MILE TEAM RACE (Record -- 47:11.2 by Homestead, Sunnyvale, Calif., 1968)

47:11.0	Maine East, Park Ridge, Ill. (John Keane 9:20.2, Len Harrelson 9:21.4, Rick Randall 9:22.2, Bill Grimm 9:33.0, Rich Phalen 9:34.2)
47:43.4	Carlmont, Belmont, Calif. (Hans Templeman 9:14.0, Steve Miller 9:18.2, Russ Black 9:38.0, Scott Carvey 9:45.6, Carl Cattarin 9:47.6)
47:50.6	Willow Glen, San Jose, Calif. (Mike Hart 9:10.0, Steve Peth 9:31.0, Bob Enriquez 9:41.0, Steve Bealliee 9:43.0, Bob Ebert 9:45.6)

HIGH SCHOOL TWO-MILE TEAM RACE (Record -- 47:11.2 by Homestead, Sunnyvale, Calif. 1968) CONTINUED

48:01.6	Mt. Pleasant, San Jose, Calif. (Steve Brooks 9:24.6, Walt Mitchell 9:26.0, George Manriquez 9:34.6, Alan Donaldson 9:41.6, Phil Teresi 9:54.8)		
48:10.8	Lompoc, Lompoc, Calif. (Larry Hildenbrand 9:12.0, Terry Williams 9:32.6, Roger Hansen 9:38.0, Tony Nunez 9:53.0, Jake Mintz 9:55.2)		
48:20.8	St. Bernard, Playa del Rey, Calif. (Chris Hoffman 9:06.8, George Khouri 9:34.2, Kevin Neff 9:48.6, Tom Razzeto 9:49.0, Pat Hindman 10:02.2)		
48:41.4	Rancho Alamitos, Garden Grove, Calif. (Darrell Hatfield 9:37.2, Gary Speak 9:38.0, Tom Vanderhout 9:38.2, Keith Vanderhout 9:50.2, Jim Armstrong 9:57.8)		
48:42.0	Awalt, Los Altos, Calif. (Larry Chamness 9:32.2, Rick Hart 9:36.6, Dave Chamness 9:43.2, Chris Kane 9:51.0, Tom Verretie 9:59.0)		
48:48.8	Watsonville, Watsonville, Calif. (Joel Jameson 9:29.0, Juan Garcia 9:51.0, Tom DeLaGarza 9:51.0, Carlos Reyes 9:54.2, B. DeLaGarza 10:03.6)		
48:58.8	Soquel, Soquel, Calif. (Mark McConnell 9:18.8, Ed Noyes 9:34.0, John Kinsella 9:51.0, Steve Hansen 10:01.0, Mark Capron 10:14.0)		
49:05.8	Palos Verdes, Palos Verdes Estates, Calif. (Mark Dulane 9:27.6, Joe Barry 9:38.0, Craig Morgan 9:53.4, Dave Hagelberg 10:00.6, Mark Arminie 10:06.2)		
49:09.2	Marina, Huntington Beach, Calif. (Dave Lockman 9:31.2, Bob Brickner 9:40.0, Bob Phillips 9:51.4, Ken Martyn 9:58.6, Jay Rodgeray 10:08.0)		
49:14.8	Molloy, Jamaica, New York (Brian Farley 9:41.8, John Jurgens 9:43.6, Dan Petry 9:51.0, Steve Matteini 9:57.2, Ed Brady 10:01.2)		
49:19.0	Santa Ana, Santa Ana, Calif. (Marc Genet 9:11.8, Rifugio Carrillo 9:45.2, Mark Connolly 9:48.4, Art Tello 10:11.6, Mike Whitford 10:22.0)		
49:21.0	Berry, Birmingham, Ala. (Ray Edgeworth 9:38.4, Wayne Allen 9:43.8, Rick Yadevia 9:52.2, Jeff McClure 9:56.0, Ted Owen 10:11.2)		
49:29.4	Albertus Magnus, Bardonia, N.Y. (Jim Deremeik 9:50.6, Mike Secora 9:51.8, Neil Coleman 9:52.0, Bill Condon 9:55.2, Joe Powers 9:59.8)		
49:30.8	Los Altos, Los Altos, Calif. (Chris Berka 9:35.6, Dan Salvir 9:38.2, Bob Smith 10:00.0, Jeff Norton 10:02.0, Dan Sedwick 10:15.0)		
49:38.0	Concord, Concord, New Hampshire (Lee Hafemann 9:45.4, Dan Tromblay 9:48.8, Tom Atherton 9:50.8, Chan Snyder 10:00.0, Guy Freeman 10:13.0)		
49:39.6	Camden, San Jose, Calif. (Mike Guido 9:48.6, Bob Benson 9:53.0, Phil Claussen 9:55.4, Charles Doze 9:57.8, Al DeLaRoche 10:04.8)		
49:46.2	Fullerton, Fullerton, Calif. (Ubaldo Poncs 9:43.0, Richard Meza 9:47.0, Terry Carroll 9:57.4, Troy Briggs 10:06.6, Bob Godfrey 10:12.2)		
49:46.2	Washington, Fremont, Calif. (Chuck Mort 9:13.6, Robert Grubbs 9:28.0, Mike Pinocci 9:59.6, Joey Meyers 10:28.0, Bob Freschaut 10:37.0)		
49:51.0	Proviso West, Hillside, Ill. (Paul Adams 9:42.0, Pete Mastro 9:58.0, Glen Mitchell 10:02.0, Al Letterer 10:04.0, Jim Hurt 10:05.0)		
49:57.2	South Torrance, Torrance, Calif. (Chuck Harris 9:33.0, Dick Bland 9:43.6, Mike Baer 9:53.4, Jim Murphy 10:19.2, Ed Cleveland 10:28.0)		
49:58.4	McLane, Fresno, Calif. (Greg Hall 9:26.2, Ron Vogt 9:44.0, Craig Hall 9:57.6, Jim Bennett 10:21.2, Gary Lawrence 10:29.4)		
50:01.0	Willow Glen "B", San Jose, Calif.	50:49.0	Columbus, Waterloo, Iowa
50:03.4	Pleasant Hill, Calif.	50:49.4	Huntington Beach, Calif.
50:04.6	San Carlos, Calif.	50:54.2	Tottenville, N.Y.
50:06.4	El Modena, Orange, Calif.	50:56.8	Wantagh, N. Y.
50:13.2	Claremont, Calif.	50:59.0	West Wichita, Kans.
50:16.2	Leigh, San Jose, Calif.	51:00.2	Mt. Pleasant Sophs, San Jose, Calif.
50:16.8	Carlmont "B", Belmont, Calif.	51:04.6	Lompoc "B", Lompoc, Calif.
50:18.8	Centennial, Pueblo, Colo.	51:05.2	Astoria, Oregon
50:26.2	St. Bernard, Uncasville, Conn.	51:09.8	Branham, San Jose, Calif.
50:28.0	East Wichita, Kans.	51:11.0	West Torrance, Torrance, Calif.
50:28.6	Foothill, Santa Ana, Calif.	51:11.2	Forst Hill, Jackson, Miss.
50:31.0	St. Ignatius, San Francisco, Calif.	51:11.8	Homestead, Sunnyvale, Calif.
50:31.0	Troy, Fullerton, Calif.	51:12.2	Glenbard East, Lombard, Ill.
50:32.8	Lyons Sophs, LaGrange, Ill.	51:14.0	Edison, Tulsa, Okla.
50:33.2	Mira Costa, Manhattan Beach, Calif.	51:18.0	Carlmont Sophs, Belmont, Calif.
50:33.8	Upland, Calif.	51:19.2	Gunn, Palo Alto, Calif.
50:35.6	York, Elmhurst, Ill.	51:21.4	New Richland, Minn.
50:47.2	Westminster, Calif.	51:25.2	Clear Creek, League City, Tex.

HIGH SCHOOL TWO-MILE TEAM RACE (Record - 47:11.2 by Homestead, Sunnyvale, Calif. 1968) - CONTINUED

51:26.4	Parkway West, Ballwin, Mo.	53:27.4	Adams, Ozone Park, N.Y.
51:26.4	Clear Creek	53:28.4	Los Alamitos
51:27.0	Saratoga, Calif.	53:33.0	Brooklyn Technical "B"
51:28.0	Miraleste, Los Angeles, Calif.	53:33.2	Clarke, Westbury, New York
51:29.8	Elkhart, Ind.	53:35.8	Deer Park, Tex.
51:30.4	Brooklyn Technical, Brooklyn, N.Y.	53:41.0	Woodside, Calif.
51:30.4	Christian Brothers, Sacramento, Calif.	53:42.8	Mt. Whitney, Visalia, Calif.
51:38.2	Cupertino, Calif.	53:46.8	Roslyn, New York
51:41.2	Garden Grove, Calif.	53:50.0	Los Amigos
51:47.8	Bolsa Grande, Garden Grove, Calif.	53:51.2	Parkway West "B" Ballwin, Mo.
51:51	Villa Park	53:54.4	Plainedge, Massapequa, N. Y.
51:54.8	Brockton, Mass.	53:55.0	Sunny Hills, Fullerton, Calif.
51:59.2	Berner, Massapequa, N.Y.	<u>53:57.2</u>	<u>Menlo-Atherton, Atherton, Calif.</u> 95
52:00.2	Albertus Magnus "B", Bardonia, N.Y.	54:05.0	Beaver River, Beaver Falls, N.Y.
52:05.4	Sequoia, Redwood City, Calif.	54:06.4	Elkhart "B", Elkhart, Ind.
52:06.0	Westmont, Campbell, Calif.	54:19.0	Vanden, Fairfield, Calif.
52:17.2	Jesuit, Carmichael, Calif.	54:26.4	Orange Park, Fla.
52:24.0	Providence, Clarksville, Ind.	54:32.2	Bradford, Starke, Fla.
52:29.6	Chino, Calif.	54:47.0	Sewanhaka, Floral Park, N.Y.
52:31.6	Orange, Calif.	55:00.2	Blackford Sophs, San Jose, Calif.
52:33.0	Riordan, San Francisco, Calif.	55:14.4	Oceanside, N.Y.
52:42.0	Loara, Anaheim, Calif.	55:40.4	Cupertino Sophs, Cupertino, Calif.
52:47.0	Leigh Sophs, San Jose, Calif.	55:41.2	Glenbard East "B" Lombard, Ill.
52:51.6	Lowell, Whittier, Calif.	55:57.2	Union Fla.
52:53.4	Kennedy, Bellmore, N.Y.	56:02.8	Mt. Whitney "B" Visalia, Calif.
53:01.0	Pacifica, Garden Grove, Calif.	57:23.8	New Richland "B" New Richland, Minn.
53:09.0	Valencia, Placentia, Calif.	57:38.0	Eastern York, Wrightsville, Pa.
53:17.8	Clear Creek "B" League City, Tex.	59:26.8	Eastern York "B" Wrightsville, Pa.
53:22.2	Centennial "B", Pueblo, Colo.	61:03.8	St. Mary, Greenwich, Conn.
53:22.8	Fordham Prep, Bronx, N.Y.	63:24.6	Terry, Miss.

HIGH SCHOOL TWO-MILE INDIVIDUAL RACE (Record -- 9:57.7 by Mike Ryan, Wilcox, Santa Clara, Calif., 1964)

9:06.8	Chris Hoffman (St. Bernard, Playa del Rey, Calif.)	9:34.2	Rich Phalen (Maine East, Park Ridge, Ill.)
9:10.0	Mike Hart (Willow Glen, San Jose, Calif.)	9:34.6	George Manriquez (Mt. Pleasant, San Jose, Calif.)
9:11.4	Randy Smith (Wichita Track Club, Wichita, Kans.)	9:35.6	Chris Berka (Los Altos, Calif.)
9:11.8	Marc Genet (Santa Ana, Calif.)	9:36.6	Rich Hart (Awalt, Los Altos, Calif.)
9:12.0	Larry Hildenbrand (Lompoc, Calif.)	9:37.2	Darrell Hatfield (Rancho Alamitos, Garden Grove, Calif.)
9:12.6	Scott Eden (Freeman, Richmond, Va.)	9:37.6	Randy Gray (Lowell, Whittier, Calif.)
9:13.6	Chuck Mort (Washington, Fremont, Calif.)	9:38.0	Roger Hansen (Lompoc, Calif.)
9:14.0	Hans Templeman (Carlmont, Belmont, Calif.)	9:38.0	Joe Barry (Palos Verdes, Calif.)
9:15.0	Smith (East, Wichita, Kans.)	9:38.0	Gary Speak (Rancho Alamitos, Garden Grove, Calif.)
9:18.2	Steve Miller, (Carlmont, Belmont, Calif.)	9:38.0	Russ Black (Carlmont, Belmont, Calif.)
9:18.8	Mark McConnell (Soquel, Calif.)	9:38.2	Dan Salvir (Los Altos, Calif.)
9:19.4	Bob Page (Wichita Track Club, Wichita, Kans.)	9:38.2	Tom Vanderhout (Rancho Alamiton, Garden Grove, Calif.)
9:20.2	John Keane (Maine East, Park Ridge, Ill.)	9:38.4	Ray Edgeworth (Berry, Birmingham, Ala.)
9:21.4	Len Harrelson (Maine East, Park Ridge, Ill.)	9:39.2	Gordon McMitchell (Gunn, Palo Alto, Calif.)
9:22.2	Rick Randall (Maine East, Park Ridge, Ill.)	9:40.0	Bob Brickner (Marina, Huntington Beach, Calif.)
9:24.6	Steve Brooks (Mt. Pleasant, San Jose, Calif.)	9:40.2	Mike Schaecher (Branham, San Jose, Calif.)
9:24.6	George Manriquez (Mt. Pleasant, San Jose, Calif.)	9:41.0	Bob Enriquez (Willow Glen, San Jose, Calif.)
9:26.0	Walt Mitchell (Mt. Pleasant, San Jose, Calif.)	9:41.0	Don Overton (Parkway West, Ballwin, Mo.)
9:26.2	Greg Hall (McLane, Fresno, Calif.)	9:41.6	Alan Donaldson (Mt. Pleasant, San Jose, Calif.)
9:26.8	Joe Smithson (Bolsa Grande, Garden Grove, Calif.)	9:41.8	Brian Farley (Molloy, Jamaica, N.Y.)
9:27.2	Gordon Innes (Upland, Calif.)	9:42.0	Jack Renard (El Modena, Orange, Calif.)
9:27.6	Mark Dulane (Palos Verdes, Calif.)	9:42.0	Paul Adams (Proviso West, Hillside, Ill.)
9:28.0	Robert Grubbs (Washington, Fremont, Calif.)	9:42.0	Chris Cole (St. Ignatius, (Sa n Francisco, Calif.)
9:29.0	Joel Jameson (Watsonville, Calif.)	9:42.0	Mark Johnson (Mason City, Iowa)
9:30.2	Bill Smith (Glenbard East, Lombard, Ill.)	9:42.2	Steve Adler (Roslyn, N.Y.)
9:30.6	Randy Spotts (Orange, Calif.)	9:43.0	Steve Bealliee (Willow Glen, San Jose, Calif.)
9:31.0	Steve Peth (Willow Glen, San Jose, Calif.)	9:43.0	Ubaldo Poncs (Fullerton, Calif.)
9:31.2	Dave Lockman (Marina, Huntington Beach, Calif)	9:43.2	Larry Gerich (Foothill, Santa Ana, Calif.)
9:32.2	Larry Chamness (Awalt, Los Altos, Calif.)	9:43.2	Dave Chamness (Awalt, Los Altos, Calif.)
9:32.6	Terry Williams (Lompoc, Calif.)	9:43.6	Dick Bland (South Tarrant, Tarrant, Calif.)
9:33.0	Dennis Trujillo(Centennial, Pueblo, Colo.)	9:43.6	John Jurgens (Molloy, Jamaica, N.Y.)
9:33.0	Bill Grimm (Maine East, Park Ridge, Ill.)	9:43.8	Wayne Allen (Berry, Birmingham, Ala.)
9:33.0	Chuck Harris (South Tarrant, Tarrant, Calif.)	9:44.0	Ron Vogt (McLane, Fresno, Calif.)
9:34.0	Ed Noyes (Soquel, Calif.)	9:44.2	Mark Schilling (Garden Grove, Calif.)
9:34.2	George Khouri (St. Bernard, Playa del Rey, Calif.)	9:45.0	Mike Porter (St. Ignatius, San Francisco, Calif.)

9:45.0	Jim Ramer (LaHabra, Calif.)	9:53.0	Tony Nunez (Lompoc, Calif.)
9:45.2	Jack Bellah (Leigh, San Josse, Calif.)	9:53.2	Wayne Leeds (Fountain Valley, Calif.)
9:45.2	Rifugio Carrillo (Santa Ana, Calif.)	9:53.4	Mike Baer (South Torrance, Torrance, Calif.)
9:45.4	Lee Hafemann (Concord, N.H.)	9:53.4	Craig Morgan (Palos Verdes, Calif.)
9:45.4	Joe Rost (Garden Grove, Calif.)	9:53.4	Darrell Williams (Clear Creek, League City, Tex.)
9:45.6	Scott Carvey (Carlmont, Belmont, Calif.)	9:53.6	Lewis Miera (Centennial, Pueblo, Colo.)
9:45.6	Bob Ebert (Willow Glen, San Jose, Calif.)	9:53.6	Kurt Schwappach (Lyons, La Grange, Ill.)
9:46.0	Dan Block (El Modena, Orange, Calif.)	9:53.6	Chuck Oliver (Carlmont "B", Belmont, Calif.)
9:46.0	Dave Tussing (West Torrance, Torrance, Calif.)	9:54.0	Larry Thomas (York, Elmhurst, Ill.)
9:47.0	Richard Meza (Fullerton, Calif.)	9:54.0	Randy Carlson (Westmont, Campbell, Calif.)
9:47.2	Dave LeRose (Troy, Fullerton, Calif.)	9:54.0	John Guerin (Riordan, San Francisco, Calif.)
9:47.6	Carl Cattarin (Carlmont, Belmont, Calif.)	9:54.2	Carlos Reyes (Watsonville, Calif.)
9:48.0	Tom Castaneda (Willow Glen, San Jose, Calif.)	9:54.2	Tim Reilly (Foothill, Santa Ana, Calif.)
9:48.4	Mark Connolly (Santa Ana, Calif.)	9:54.4	David Brownlee (Claremont, Calif.)
9:48.6	Mike Guido (Camden, San Jose, Calif.)	9:54.6	Don McCarthy (Brockton, Mass.)
9:48.6	Wilson (Adams, Ozone, Park, N.Y.)	9:54.8	Phil Teresi (Mt. Pleasant, San Jose, Calif.)
9:48.6	Pete Marks (Woodside, Calif.)	9:55.0	Mark Lima (Cupertino, Calif.)
9:48.6	Kevin Neff (St. Bernard, Playa del Rey, Calif.)	9:55.0	Larry Thomas (York, Elmhurst, Ill.)
9:48.8	Kevin Coleman (Westminster, Calif.)	9:55.2	Jake Mintz (Lompoc, Calif.)
9:48.8	Dan Tromblay (Concord, N. H.)	9:55.2	Bill Condon (Albertus Magnus, Bardonia, N.Y.)
9:49.0	Pete Friedrich (Troy, Fullerton, Calif.)	9:55.4	Mark Robinson (Pleasant Hill, Calif.)
9:49.0	Tom Razzeto (St. Bernard, Playa del Rey, Calif.)	9:55.4	Phil Claussen (Camden, San Jose, Calif.)
9:49.6	Kevin Kenyon (St. Bernard, Uncasville, Conn.)	9:55.6	Dan Diaz (Clarke, Westbury, N.Y.)
9:50.0	Crary Ward (Willow Glen, San Jose, Calif.)	9:55.8	Steve Johnson (Christian Brothers, Sacramento, Calif.)
9:50.0	Tom Capelluzzo (Berner, Massapequa, N.Y.)	9:56.0	Bob Castaneda (Willow Glen, San Jose, Calif.)
9:50.2	Art Andrade (Mira Costa, Manhattan Beach, Calif.)	9:56.0	Mark Bardet (Cupertino, Calif.)
9:50.4	Jerry Brott (Claremont, Calif.)	9:56.0	Jeff McClure (Berry, Birmingham, Ala.)
9:50.4	Cameron Munter (Claremont, Calif.)	9:56.0	Marks (Woodside, Calif.)
9:50.6	Mike Basham (San Carlos, Calif.)	9:56.4	Don Musgnung (Kennedy, Bellmore, N.Y.)
9:50.6	Jim Deremeik (Albertus Magnus, Bardonia, N.Y.)	9:56.6	Bob Boen, (Brockton, Mass.)
9:50.8	Tom Atherton (Concord, N.H.)	9:57.0	Tom Honer (West Wichita, Kansas)
9:51.0	Bill Welch (Edison, Tulsa, Okla.)	9:57.0	Jim Bigalow (Pleasant Hill, Calif.)
9:51.0	Buddy Rogers (Forest Hill, Jackson, Miss.)	9:57.2	Steve Matteini (Molloy, Jamaica, N.Y.)
9:51.0	Ricky Ainsworth (Forest Hill, Jackson, Miss.)	9:57.4	Terry Carroll (Fullerton, Calif.)
9:51.0	Brian Faraci (Fordham Prep. Bronx, N. Y.)	9:57.6	Craig Hall (McLane, Fresno, Calif.)
9:51.0	Dan Petry (Molloy, Jamaica, N.Y.)	9:57.6	John Mullins (Huntington Beach, Calif.)
9:51.0	Tom De La Garza (Watsonville, Calif.)	9:57.8	Randy Beebe (Glenbard East, Lombard, Ill.)
9:51.0	Chris Kane (Awalt, Los Altos, Calif.)	9:57.8	Jim Armstrong (Rancho Alamitos, Garden Grove, Calif.)
9:51.0	John Kinsella (Sequel, Calif.)	9:57.8	Charles Doze (Camden, San Jose, Calif.)
9:51.0	Erkki Ojala (Astoria, Oregon)	9:58.0	Pete Mastro (Proviso West, Hillside, Ill.)
9:51.4	Bob Phillips, Marina, Huntington Beach, Calif.)	9:58.0	Jeff Reese (Elkhart, Ind.)
9:51.4	Bryan Gieser (San Carlos, Calif.)	9:58.2	Al Anderson (York, Elmhurst, Ill.)
9:51.8	Mike Secora (Albertus Magnus, Bardonia, N.Y.)	9:58.2	Steve Croghan (York, Elmhurst, Ill.)
9:52.0	Neil Coleman (Albertus Magnus, Bardonia, N.Y.)	9:58.4	Richard Fox (Miraleste, Los Angeles, Calif.)
9:52.2	Ron Lichty (York, Elmhurst, Ill.)	9:58.4	Lyle Thomas (Carlmont, "B" Belmont, Calif.)
9:52.2	Rick Yadevia (Berry, Birmingham, Ala.)	9:58.6	Ken Martyn (Marina, Huntington Beach, Calif.)
9:52.4	Randy Dunlevie (Los Alamitos, Los Angeles, Calif.)	9:58.8	Lyle Thomas (Carlmont "B" Belmont, Calif.)
9:52.4	Dan Schwepker (Troy, Fullerton, Calif.)	9:59.0	Ron Grander (Saratoga, Calif.)
9:52.4	John Marshall (Homestead, Sunnyvale, Calif.)	9:59.0	Tom Verretie (Awalt, Los Altos, Calif.)
9:52.4	Scott MacTavish (Pleasant Hill, Calif.)	9:59.2	Michael Mahoney (St. Bernard, Uncasville, Conn.)
9:52.6	David Allen (Lyons, LaGrange, Ill.)	9:59.4	Mike Burke (Columbus, Waterloo, Ia.)
9:53.0	Ron Lichty (York, Elmhurst, Ill.)	9:59.6	Mike Pinocci (Washington, Fremont, Calif.)
9:53.0	Bob Benson (Camden, San Jose, Calif.)	9:59.8	Ken Lai (Brooklyn Tech, Brooklyn, N.Y.)
9:53.0	Christie (Tottenville, N.Y.)	9:59.8	Joe Powers (Albertus Magnus, Bardonia, N.Y.)

HIGH SCHOOL THREE MILE TEAM RACE (Record - 73:50.6 by Kirkwood, Missouri, 1969)

75:45.0	Carlmont, Belmont, Calif. (Hans Templeman 14:52.2, Steve Miller 14:52.2, Scott Carvey 15:05.6, Russ Black 15:21.4, Charles Oliver 15:33.6)
76:18.4	Lewis & Clark, Spokane, Wash. (Shane Sorey 14:49.8, Rick Brooks 14:57.4, Al Schurman 15:03.6, Chris Anstine 15:13.6, Mike Rothermel 16:14.0)
76:32.0	Willow Glen, San Jose, Calif. (Steve Peth 15:01.0, Bob Ebert 15:06.0, Bob Enriquez 15:07.0, Mike Hart 15:32.0, Ward Crary 15:46.0)
76:46.4	Mt. Pleasant, San Jose, Calif. (Steve Brooks 14:58.2, George Manriquez 15:00.0, Walt Mitchell 15:28.8, Alan Donaldson 15:29.0, Phil Teresi 15:50.4)
77:17.6	Marshall, Milwaukee, Wisconsin (Karroll Bohnak 15:21.4, Alan Gamroth 15:26.2, Richard Zaborske 15:23.6, John Messler 15:31.8, Donn Behnke 15:34.6)
77:42.2	St. Bernard, Uncasville, Conn. (Kevin Kenyon 15:06.2, Mike Mahoney 15:29.4, Richard McGrath 15:36.8, Jack Connolly 15:38.6, Tim Morlen 15:51.2)
78:29.4	Parkway Central, Chesterfield, Mo. (Bill Parmelee 14:34.4, George Cooke 15:31.0, Mike Busch 16:01.0, Jim Ochs 16:03.0, Chuck Hedrick 16:10.0)
78:32.6	Marshall "B", Milwaukee, Wisconsin (Marc Muskavitch 15:36.2, Mark Seltzer 15:41.6, Roland Wolferstetter 15:46.2, Glen Goelz 15:38.4, Walter Dailey 15:50.2)
78:33.4	Highlands, North Highlands, Calif. (Gary Edwards 15:05.2, John Tilley 15:14.0, Pat Phelan 15:27.8, Dan McFall 16:23.0, Glen Chism 16:23.4)

Kiss 16:12.0)

- 79:15.2 Seaholm, Birmingham, Mich. (Mike Gilleran 14:38.2, James Eubanks 15:42.0, Brad Ethington 15:56.6, Bob Fish 16:19.0, Howard Barlow 16:39.4)
- 79:16.0 Soquel, Calif. (Mark McConnell 14:55.0, John Kinsella 15:31.0, Ed Noyes 15:39.0, Connors 16:33.0, Nick Capron 16:38.0)
- 79:19.0 Clear Creek, League City, Tex. (Darrell Williams 15:20.8, David Williams 15:38.8, Ralph Betancourt 16:06.0, Bill Bradhead 16:06.4, Dwight Smith 16:07.0)
- 79:31.4 Clear Creek, League City, Tex. (Darrell Williams 15:25.6, David Williams 15:38.0, C. A. Yeamans 15:59.0, Dan Chapman 16:11.2, John Walker 16:17.6)
- 79:37.0 Watsonville, Calif. (Joel Jameson 15:07.0, Juan Garcia 15:11.0, Tom De La Garza 15:59.0, Carolos Reyes 16:14.0, Albert Flores 17:06.0)
- 79:54.8 North Central, Spokane, Wash. (Bob Becker 15:37.0, Ken Henry 15:37.0, Kevin Blackwell 15:42.6, Paul Jones 16:27.0, Greg Garbarino 16:31.2)
- 80:53.0 Vanden, Fairfield, Calif.
- 80:54.8 Mt. Pleasant Sophs, San Jose, Calif.
- 81:12.8 Glenbard East, Lombard, Ill.
- 82:01.6 Camden, San Jose, Calif.
- 82:13.6 Clear Creek "B", League City, Tex.
- 82:14.4 Clear Creek Sophs, League City, Tex.
- 82:15.0 Edison, Tulsa, Okla.
- 82:26.2 Clear Creek "B", League City, Tex.
- 83:10.8 Excelsior, Norwalk, Calif.
- 83:38.8 Parkway West "B", Ballwin, Mo.
- 83:40.0 Mt. Pleasant "B", San Jose, Calif.
- 83:43.0 Parkway Central "B", Chesterfield, Mo.
- 84:28.4 Lewis & Clark "B" Spokane, Wash.
- 85:16.2 Clear Creek "C" League City, Tex.
- 85:29.4 Mt. Whitney, Visalia, Calif.
- 85:39.8 Clear Creek "C", League City, Tex.
- 86:13.4 Woodbury, N. J.
- 87:00.8 Orange Park, Fla.
- 87:50.0 Clear Creek "D", League City, Tex.
- 87:53.4 Bradford, Starke, Fla.
- 87:54.4 Mt. Whitney "B" Visalia, Calif.
- 87:57.6 Clear Creek "D", League City, Tex.
- 89:04.0 Glenbard East "B", Lombard, Ill.

HIGH SCHOOL THREE MILE INDIVIDUAL RACE (Record -- 14:19.8, Dave White, El Modena, Orange, Calif. 1969)

- 14:34.2 Don Overton (Parkway West, Ballwin, Mo.)
- 14:34.4 Bill Parmelee (Parkway Central, Chesterfield, Mo.)
- 14:38.2 Mike Gilleran (Seaholm, Birmingham, Mich.)
- 14:46.4 Mark Kushner (Burbank, Calif.)
- 14:49.8 Shane Sorey (Lewis & Clark, Spokane, Wash.)
- 14:52.2 Hans Templeman (Carlmont, Belmont, Calif.)
- 14:52.2 Steve Miller (Carlmont, Belmont, Calif.)
- 14:55.0 Mark McConnell (Soquel, Calif.)
- 14:57.4 Rick Brooks (Lewis & Clark, Spokane, Wash.)
- 14:58.2 Steve Brooks (Mt. Pleasant, San Jose, Calif.)
- 15:00.0 George Manriquez (Mt. Pleasant, San Jose, Calif.)
- 15:01.0 Steve Peth (Willow Glen, San Jose, Calif.)
- 15:02.4 Bill Smith (Glenbard East, Lombard, Ill.)
- 15:03.6 Al Schurman (Lewis & Clark, Spokane, Wash.)
- 15:05.2 Gary Edwards (Highlands, N. Highlands, Calif.)
- 15:05.6 Scott Carvey (Carlmont, Belmont, Calif.)
- 15:06.0 Bob Ebert (Willow Glen, San Jose, Calif.)
- 15:06.2 Kevin Kenyon (St. Bernard, Uncasville, Conn.)
- 15:07.0 Joel Jameson (Watsonville, Watsonville, Calif.)
- 15:07.0 Bob Enriquez (Willow Glen, San Jose, Calif.)
- 15:11.0 Juan Garcia (Watsonville, Calif.)
- 15:13.6 Chris Anstine (Lewis & Clark, Spokane, Wash.)
- 15:14.0 John Tilley (Highlands, N. Highlands, Calif.)
- 15:16.6 Pete Flores (Woodland, Calif.)
- 15:20.8 Darrell Williams (Clear Creek, League City, Tex.)
- 15:21.4 Karroll Bohnak (Marshall, Milwaukee, Wis.)
- 15:21.4 Russ Black (Carlmont, Belmont, Calif.)
- 15:23.6 Richard Zaborske (Marshall, Milwaukee, Wis.)
- 15:25.6 Darrell Williams (Clear Creek, League City, Tex.)
- 15:26.2 Alan Gamroth (Marshall, Milwaukee, Wis.)
- 15:26.4 Steve Wootten (Vanden, Travis AFB Calif.)
- 15:27.8 Pat Phelan (Highlands, N. Highlands, Calif.)
- 15:28.8 Walt Mitchell (Mt. Pleasant, San Jose, Calif.)
- 15:29.0 Alan Donaldson (Mt. Pleasant, San Jose, Calif.)
- 15:29.4 Michael Mahoney (St. Bernard, Uncasville, Conn.)
- 15:31.0 George Cooke (Parkway Central, Chesterfield, Mo.)
- 15:31.0 John Kinsella (Soquel, Calif.)
- 15:31.6 Otto Schnarr (Parkway West, Ballwin, Mo.)
- 15:31.8 John Messler (Marshall, Milwaukee, Wis.)
- 15:32.0 Mike Hart (Willow Glen, San Jose, Calif.)
- 15:33.6 Charles Oliver (Carlmont, Belmont, Calif.)
- 15:34.6 Don Behnke (Marshall, Milwaukee, Wis.)
- 15:36.2 Marc Muskavitch (Marshall "B" Milwaukee, Wis.)
- 15:36.8 Richard McGrath (St. Bernard, Uncasville, Conn.)
- 15:37.0 Bob Becker (North Central, Spokane, Wash.)
- 15:37.0 Ken Henry (North Central, Spokane, Wash.)
- 15:38.0 David Williams (Clear Creek, League City, Tex.)
- 15:38.4 Glenn Goetz (Marshall "B", Milwaukee, Wis.)
- 15:38.6 Jack Connolly (St. Bernard, Uncasville, Conn.)
- 15:38.8 David Williams (Clear Creek, League City, Tex.)
- 15:39.0 Ed Noyes (Soquel, Calif.)
- 15:39.4 Bob Benson (Camden, San Jose, Calif.)
- 15:41.0 Carl Cattarin (Carlmont, Belmont, Calif.)
- 15:41.6 Mark Seltzer (Marshall "B" Milwaukee, Wis.)
- 15:42.0 James Eubanks (Seaholm, Birmingham, Mich.)
- 15:42.6 Kevin Blackwell (North Central, Spokane, Wash.)
- 15:46.0 Ward Crary (Willow Glen, San Jose, Calif.)
- 15:46.2 Roland Wolferstetter (Marshall "B" Milwaukee, Wis.)
- 15:46.8 Paal Hansen (Glenbard East, Lombard, Ill.)
- 15:50.2 Walter Dailey (Marshall "B" Milwaukee, Wis.)
- 15:50.4 Phil Teresi (Mt. Pleasant, San Jose, Calif.)
- 15:51.2 Timothy Morlen (St. Bernard, Uncasville, Conn.)
- 15:52.0 Tony Chacon (Excelsior, Norwalk, Calif.)
- 15:55.0 Allan Pollard, (Mt. Pleasant, San Jose, Calif.)
- 15:56.6 Brad Ethington (Seaholm, Birmingham, Mich.)
- 15:57.0 Steve LoVelle (Edison, Tulsa, Okla.)
- 15:59.0 Tom DeLaGarza (Watsonville, Calif.)
- 15:59.0 C. A. Yeamans (Clear Creek, League City, Tex.)

NORTH AMERICAN THREE-MILE TEAM RACE (Record -- (68:26.8 by Oregon University, 1970; Old Mark 68:56.0 by Oregon University, 1967)

- 68:26.8 Oregon (Steve Prefontaine 13:25.6, Steve Savage 13:36.2, Randy James 13:40.0, Pat Tyson 13:50.4, Rick Ritchie 13:54.6)
- 68:35.0 Oregon Track Club (Ken Moore 13:26.2, Arne Kvalheim 13:26.2, Dave Wilborn 13:46.4, Mike Manley 13:56.6, Knut Kvalheim 13:59.6)
- 69:52.2 Oregon "B" (Mike Long 13:50.6, Mike Lyons 13:56.0, Wes Smylie 13:56.4, Mark Savage 13:59.2, Knut Kvalheim 14:10.0)
- 70:48.4 Florida Track Club (Jack Bachelor 13:18.6, Jeff Galloway 13:45.8, John Parker 13:59.6, Jerry Slaven 14:46.0, Robert Burr 14:58.4)
- 70:50.6 Vancouver Olympic Club (Craig Runyan 13:59.0, Ken French 14:05.0, Rick Ritchie 14:13.2, Dave Wighton 14:14.8, Jerry Tighe 14:18.6)
- 71:16.0 California - Davis (Bill Hansen 13:51.2, Ed Haver 13:52.6, Byron Spradlin 14:20.4, John Axelson 14:31.0, Jay Segal 14:40.8)
- 72:44.0 Spokane Falls JC, Spokane, Wash. (Phil Burkwist 13:56.4, Willie Hernandez 14:34.8, John Lopez 14:41.8, Chris White 14:45.0, Dan Conley 14:46.0)

74:50.2	San Diego State (Dave Matheny 14:35.2, Tom Wheeler 14:40.2, Scott Claypoole 15:00.2, Dave Power 15:05.4, Mike Cour 15:29.2)		
75:35.0	Loras College, Dubuque, Ia. (Michael Cassady 14:19.4, Edward Wagner 15:08.0, Gary Ferguson 15:15.0, Kevin Barry 15:24.4 Steve Seamer 15:28.2)		
75:48.6	Colgate University, Hamilton, N.Y.	77:01.4	Hamilton College, Clinton, N. Y.
76:04.6	California - Davis "B"	77:01.4	Grossmont JC, El Cajon, Calif.
76:11.0	Mesa JC, San Diego, Calif.	77:12.4	Spokane Falls JC "B"
76:12.8	Colorado University, Boulder, Colo. (5000 Feet Alt.)	83:11.8	Rider College, Trenton, N.J.
76:50.2	Vancouver Olympic Club "B"	84:04.0	Lorain CC, Elyria, Ohio
76:55.4	Florissant Valley CC, St. Louis, Mo.		

NORTH AMERICAN THREE - MILE INDIVIDUAL RACE (Record -- 13:14.0 by Jack Bacheler, Florida Track Club 1969)

13:18.6	Jack Bachler (Florida TC)	14:41.8	John Lopez (Spokane Falls JC)
13:25.6	Steve Prefontaine (Oregon U)	14:45.0	Chris White (Spokane Falls JC)
13:26.2	Ken Moore (Oregon TC)	14:46.0	Dan Conley (Spokane Falls JC)
13:26.2	Arne Kvalheim (Oregon TC)	14:46.0	Jerry Slaven (Florida TC)
13:36.2	Steve Savage (Oregon U)	14:48.4	Skip Meno (Colgate TC)
13:40.0	Randy James (Oregon U)	14:49.0	Jack Burnett (Vancouver OC "B")
13:43.8	Jeff Galloway (Florida TC)	14:50.8	Ken Judson (Hamilton College)
13:46.4	Dave Wilborn (Oregon TC)	14:51.6	John Jeffery (Colgate)
13:50.4	Pat Tyson (Oregon U)	14:57.4	Kelly Bonney (Spokane Falls JC)
13:50.6	Mike Long (Oregon U "B")	14:58.2	Jim Bilik (Hamilton College)
13:51.2	Bill Hansen (California -Davis)	14:58.4	Robert Burr (Florida TC)
13:52.6	Ed Haver (California - Davis)	15:00.2	Scott Claypoole (San Diego State)
13:54.6	Rick Ritchie (Oregon U)	15:00.8	Jim Conway (Vancouver OC "B")
13:56.0	Mike Lyons (Oregon U "B")	15:03.2	Ralph Furey (Colgate)
13:56.4	Mike Manley (Oregon TC)	15:05.4	Dave Power (San Diego State)
13:56.4	Phil Burkewit (Spokane Falls JC)	15:06.0	Robin Schultz (Grossmont JC)
13:56.4	Wes Smylie (Oregon U "B")	15:07.4	Mike Reed (Spokane Falls, JC)
13:59.0	Craig Runyan (Vancouver OC)	15:08.0	Ed Wagner (Loras College)
13:59.2	Mark Savage (Oregon U "B")	15:08.6	Art Reade (West Valley TC)
13:59.6	Knut Kvalheim (Oregon TC)	15:09.4	Jim Benkert (Florissant Valley CC)
13:59.6	John Parker (Florida TC)	15:11.0	Tom Carr (Hamilton College)
14:05.0	Ken French (Vancouver OC)	15:13.6	Jack Webb (Colgate)
14:08.0	Bill Clark (West Valley TC)	15:15.0	Gary Ferguson (Loras College)
14:10.0	Knut Kvalheim (Oregon U "B")	15:18.0	Mark Clearihue (Colgate)
14:13.2	Rick Ritchie (Vancouver OC)	15:18.2	Kevin Liebig (Florissant Valley CC)
14:14.8	Dave Wighton (Vancouver OC)	15:19.4	Ron Newcomb (Florissant Valley CC)
14:18.6	Jerry Tighe (Vancouver OC)	15:19.4	Ron DeClue (Florissant Valley CC)
14:19.4	Mike Cassaday (Loras College)	15:22.0	Scott Anderson (Colgate)
14:20.4	Byron Spradlin (California - Davis)	15:23.0	Neil Wilson (Crossmont JC)
14:31.0	John Axelson (California - Davis)	15:24.2	Bob Barbero (Spokane Falls JC)
14:21.6	Dave Hull (Mesa JC)	15:24.4	Kevin Barry (Loras College)
14:31.6	Chris White (Spokane Falls JC)	15:26.4	Ed Roff (Spokane Falls JC)
14:34.8	Willie Hernandez (Spokane Falls JC)	15:27.4	Dennis Rogers (Grossmont JC)
14:35.2	Dave Matheny (San Diego State)	15:28.2	Steve Seamer (Loras College)
14:40.2	Tom Wheeler (San Diego State)	15:29.2	Mike Cour (San Diego State)
14:40.8	Jay Segal (California -- Davis)	15:29.8	Chuck Ledbetter (Mesa JC)
14:41.4	Ben Martinez (Mesa JC)		

TWO MAN 10 MILE RELAY (Record 41:10.8 by Jim Ryun and John Lawson, Kansas, 1965)

42:09.0	Chuck LaBenz, Jerry Jobski (Pacific Coast Club)	45:44.0	Rudy Krause, Mike Weinstock (Lynnwood HS -Calif.)
42:39.4	Owen Self, Doug Brown (Tennessee)	45:44.4	Alan Shelton, Carl Meininger(Clackamas HS Milw. Ore)
43:13.6	Peter Frederickson, Ken Anderson (US Inter Univ.)	45:45.6	Tom Alwin, Pete Hillenberg (Bloom. H S, Bloom.Ind.)
43:24.4	Ron Stonitsch, Paul Ingrassia (CS Post AA)	46:01.0	Tom Carr, Vito Stellato (Hamilton College)
43:51.4	German Alonso, Steve Brown (L.A. Valley JC)	46:02.0	Steve Schmitt, Dan Giffon (Phoenix College)
44:01.8	Keith Grinnell, Jeff Clenard (L.A. Valley JC)	46:05.0	Reid Cole, Thomas Ericson (Atomic City TC)
44:05.6	Guy Kirton, Dave Houchin (Tennessee)	46:06.0	Dale Horton, Richard Wallin (Cal Poly; SLO)
44:06.6	Art Martinez, Jon Sutherland (San Fernando Valley St)	46:23.0	Mike Jackson, Gary Pierce (Arizona State)
44:09.8	Dave Hull, Ben Martinez (Mesa JC)	46:37.6	Jeff Hawks, Thomas Bryan (Loras College)
44:11.8	Web Loudat, Robin Barrett (Atomic City TC)	46:43.4	Joe Hernandez, Stan Hayes (Albuquerque Road Runner)
44:14.0	Greg Tibbetts, Wally McConnell (Cal Poly;SLO)	46:45.0	George Morfin, David Bouvea (North HS, Phoenix, Ariz)
44:43.4	Tom Davidson, Tom Wheeler (San Diego State)	46:46.0	Bill Allen, Bill Fye (Casa Grande HS, Phoenix, Ariz.)
44:44.0	Rich Twedt, Galen Green (Northern Iowa U)	47:03.0	Manuel Leyvas, Herby Quezada (Phoenix TC-HS)
44:45.4	Don Todaro, Fred Binggeli (Westminster Col)	47:15.8	Bill Smith, Randy Beebe (Glenbard E. HS-Lombard, Ill.)
44:46.0	Brian McPherson, Bill Murray (Cal Poly;SLO)	47:18.0	Guy Ramsey, Mike McKenna (Phoenix TC - HS)
44:56.0	John Knapp, Dave Babiracki (L.A. Valley College)	47:25.0	Lauren Koinva, Mike Morrison (Phoenix College)
44:56.0	Skyler Jones, Bill Mead (Arizona State)	47:28.6	Paul Slichter, Scott Walters (Mead HS Mead, Wash.)
45:04.8	Mike Gilleran, Jim Eubanks (Seaholm HS Birmingham)	47:30.8	James Barber, John Dill (NM Military Ins. Roswell, NM)
45:12.0	Rudy Moreno, Bob Waugh (Phoenix TC-HS)	47:34.0	Dan Matheny, Mike Cour (San Diego State)
45:22.6	George Manriquez, Steve Brooks (Mt. Pleasant H.S.S.J.C.)	47:35.0	Mike Miller, Dennis Eberhart (Phoenix TC-HS)
45:32.0	Bob Hogleione, Bill Brown (Arizona State)	47:37.4	Glen Wilburn, Scott Snyder (Steele HS, Amherst, Ohio)
45:36.0	Ed Zuck, Tim Tejada (Phoenix College)	47:48.4	John Schmickrath, Jim Arquilla (Long Beach CC)
45:40.0	Eddie Cadena, Frank Uher (Cal Poly;SLO)	47:59.0	Andy Sandoval, Jesse Carreon (Phoenix TC-HS)

47:59.6	Al Anderson, Steve Croghan (York HS, Elmhurst, Ill.)	50:30.8	Dale Mitiska, Joe Lesko (Steele HS Frosh, Amherst, Ohio)
48:00.0	Neal Howk, Henry Culbertson (Phoenix TC- HS)	50:36.0	Todd Porter, Nick Mose (Phoenix TC - HS)
48:05.6	David Wassil, Jim Garcia (NM Military Inst. Rosell NM)	50:45.0	Michael Paston, Timothy Browning (Lorain CC Elyria, O)
48:06.8	Tim Delaney, Dave Carlisle (Hamilton College)	50:46.0	Matt Massett, Don Stewart (Phoenix TC)
48:08.0	Bob Steere, Dave McCarthy (Seaholm HS, Birmingham)	50:51.0	Mike Murray, John Breckenridge (Yankton HS - So.Dak)
48:08.0	Ken Field, Roy Borreson (Yankton HS, Yankton, SD)	50:55.0	Pat Meldrum, Bill Hadley (Phoenix TC-HS)
48:09.0	Alan Pollard, Kirk McKelvey (Mt. Pleasant HS S.J.Calif)	51:00.2	David Smith, Bruce Wilkinson (Yonge HS Florida)
48:14.0	Joe Quintanar, J.B. Churchwell (Phoenix TC-HS)	51:09.2	Marty Faris, Kim Maguire (Bloomington HS. Bloom. Ind)
48:14.8	Joe Mulica, Bruce Bailey (Steele HS, Amherst, Ohio)	51:16.8	Chuck Widmer, Stratford Bannister (Orange Park HS Fla)
48:19.0	Ron Lichty, Steve Vandeneeden (York HS, Elmhurst,III)	51:19.0	Mike Katich, Pat Gorow (Phoenix TC - HS)
48:20.4	Rich Fili, Bob Paterson (Bradford HS, Starke, Fla.)	51:42.0	John Dearing, Greg Karry (Phoenix TC-HS)
48:26.0	Shane Page, Pat Prescott (Del Norte HS Albuquerque)	52:06.0	Jim Stine, Bob Kittle (Towson TC)
48:28.0	Jesus Flores, Abel Arebalo (Phoenix TC)	52:11.0	Steve Bradshaw, Don Smith (Phoenix TC-HS)
48:37.0	Larry Segay, Jose Campos, (Phoenix TC)	52:13.0	R.W. Smyth, Joe Livesay (Phoenix TC)
48:37.4	John Escudero, Joe Godoy (Sunnyside HS, Tucson,Ariz)	52:16.0	Rob Reinsenbichler, John Harper (Forest Hill HS Jackso
48:39.0	Louis Anderson, Rick Decker (Phoenix TC-HS)	52:29.0	Edward Pena, Pete Gutierrez (Phoenix TC-HS)
48:40.0	Allan Potts, Larry Mutchler (Yankton HS Yankton SD)	52:35.0	Marty Gross, Mike O'Leary (Yankton HS, Yankton, SD)
48:47.4	Rich England, Bill England (Bloomington HS - Ind)	52:40.4	Randall Hodges, Jimmy Lowery (Bradford HS, Starke, F
48:48.0	Jeff Fuller, Craig Nielsen (Phoenix TC - HS)	52:45.0	Lew Olshin, Charles Robinson (Loch Raven TC)
48:48.2	George Shelley, Joe Carlson (Long Beach CC)	52:52.0	Marty Boucher, Bill Hakley (Phoenix TC)
48:51.0	Pat Raymond, John Morrow (Mead H.S. Mead, Wash.)	53:33.0	Rober Johnson, Conrad Jackson (Phoenix TC-HS)
48:53.0	Bob Franek, Wayne Connelley (Phoenix TC-HS)	53:53.0	Debbie Derr, Tanya Gould (Phoenix TC - HS)
48:56.0	Craig Palmquist, Bob Herrera (Phoenix TC-HS)	54:09.0	Rich Evander, Brian Bailey Yankton HS, Yankton, SD)
49:00.0	Ken Slads, Allan Sparks (Phoenix TC-HS)	54:21.0	Kent Lethcoe, Craig Carlson (Yankton HS., Yankton SD
49:09.0	Steve Stephenson, Joe Kupski (Phoenix TC)	54:27.0	Mike Moreno, Kurt Gunkel (Phoenix TC-HS)
49:10.0	Barry Pollard, Shannon Rogers Mt. Pleasant Frosh S.J.Calif)	54:48.0	Liz Lyons, Nancy Ihrman (Phoenix TC-HS)
49:10.8	Ricky Ainsworth, Buddy Rogers (Forest Hill H.S.Jackson,Mi	54:48.0	Dale Carroll, John Noleen (Phoenix TC-HS)
49:13.0	Lorenzo Gonzales, Wilbur Washington (Phoenix TC-HS)	54:52.0	Eddie Calafell, Tony Lerma (Phoenix TC-HS)
49:28.6	Donald Williams, Robert Ilcisko (Lorain CC,Elyria, Ohio)	54:55.0	Mike Kearns, Jeff Dunn (Phoenix TC-HS)
49:35.4	Rick Ward, Kevin Swigert (Wood River HS Hailey, Idaho)	56:04.0	Richard Coast, Randy Kerry (Phoenix TC-HS)
49:38.8	Lorne Bostwick, John Bierly (Ferris HS, Spokane, Wash.)	56:20.0	David Andrade, Lawrence Luevano (Phoenix TC-HS)
49:46.0	Tim Flesher, Jim Byrnes (Bloomington HS, Bloomington,Ind	56:41.0	Gary Summers, Walter Miller (Bradford HS, Starke, Fla.
49:47.0	Bobby Allen, Art Mankel (Phoenix TC-HS)	56:48.0	Steve White, Mark Godfrey (Phoenix TC)
49:50.0	Ronny Jimenez, Bill Silver (Phoenix TC-HS)	57:16.0	Jeff Bauer, Mark Bierle (Yankton HS, Yankton, SD)
49:53.0	John Rivas, John Reide (Phoenix TC)	57:26.0	Karl Nunn, Norman Pittinger (Albuquerque Road Runn
49:54.0	John Lewis, Paul Christofanelli (Phoenix TC-HS)	57:37.0	Dan Johnson, Frank Kehrwald (Yankton HS, Yankton S
49:57.0	Randy Park, Don Boston (Mead HS, Mead, Wash.	57:45.0	Rudy Quezada, Alvaro Rubio (Phoenix TC-HS)
50:02.0	Doug Gilbert, Ty Couch (Phoenix TC-HS)	57:48.2	Steve Thomas, Mark Hodges (Bradford Middle, Starke, I
50:10.0	Greg Granados, Tim Paulus (Phoenix TC)	58:15.0	Anne Callaher, Nancy Thompson (Phoenix TC-HS)
50:15.4	Roger Tommeraasen, Tom Kriez (Glenbard E.Lombard,III.)	58:26.0	Terry Leckabee, Edgar Lee (Phoenix TC-HS)
50:19.0	Al Beran, Joel Savarese (Currley TC, Towson, Md.)	58:51.0	Nancy Click, Linda Wright (Phoenix TC-HS)
50:20.0	Kevin Kenseler, Mark Lethcoe (Yankton HS, Yankton SD)	59:27.0	Jan Glotzer, Jackie Stricklan (Phoenix TC-HS)
		61:52.0	Steve Ochse, Steve Ward (Phoenix TC-HS)
		62:41.0	Doug Bower, Russell Ward (Phoenix TC - HS)
		62:43.0	Danny Dorough, Jerry Huette (Phoenix TC - HS)
		69:13.2	Tommy White, Kevin Saylor (Albuquerque Road Runn

RECORDS

High School Frosh	49:10.0	Barry Pollard, Shannon Rogers (Mt. Pleasant, San Jose, Calif.) 1970
High School	43:38.8	Lloyd Apgar, Otis Martin (Lincoln, San Diego, Calif.) 1966
College Freshman	43:03.6	Brian Turner, Bill Cornell (Southern Illinois) 1961
Junior College	43:11.4	Marcel Hetu, Ralph Likens (College of San Mateo) 1964
University - College	41:10.8	John Lawson, Jim Ryun (Kansas) 1965
Open	41:10.8	John Lawson, Jim Ryun (Kansas) 1965



High School Two-Mile

The high school two-mile, premier event in the USTFF-T&FN sponsored postal competition, has perennially followed a pattern—a midwestern or eastern school team sets an early fast time and then waits anxiously as times pour in from California's highly-competitive postal meets.

Only one non-California team placed among the top 12 entries in 1970. But that school was not enough to both top the field and to set a new national record. Maine East of Park Ridge, Ill., lowered the team mark by two-tenths with a closely lunched (only 14 seconds separated the five individuals) 47:11.0. John Keane led with 9:20.2, then came Len Harrelson at 9:21.4 and Rick Randall 9:22.2. Bill Grimm (9:33.0) and junior Rich Phalen (9:34.2) closed the senior-dominated fivesome.

Chris Hoffman (St Bernard, Playa del Rey, Calif) took individual honors with 9:06.8, off Mike Ryan's 8:57.8 record set in 1964. Outstanding underclass times were turned in by junior Marc Genet (Santa Ana, Calif) 9:11.8 and sophomores Steve Miller (Carlmont, Belmont, Calif) 9:18.2 and Larry Chamness (Awalt, Mt View, Calif) 9:32.2.

Maine East performed perfectly as a unit during its 1970 cross country season, racking up a 9-0 dual meet record (scoring 15 points on seven occasions) and winning every meet it entered—including the Illinois state championship. Coach John Coughlan proudly claims that each of his record-setting champions ran over 1000 miles last summer after posting some fine times during the 1970 outdoor season (Randall 4:19.8, Keane 4:20.7, Harrelson 4:21.4, Grimm 4:26.8 and Phalen 4:27.8).

Individuals: 1. Chris Hoffman (St Bernard, Playa del Rey, Calif) 9:06.8; 2. Mike Hart (Willow Glen, San Jose, Calif) 9:10.0; 3. Randy Smith (Wichita TC, Wichita, Kans) 9:11.4; 4. Marc Genet (Santa Ana, Calif) 9:11.8; 5. Larry Hildenbrand (Lompoc, Calif) 9:12.0; 6. Scott Eden (Freeman, Richmond, Va) 9:12.6; 7. Chuck Mork (Washington, Fremont, Calif) 9:13.6; 8. Hans Templeman (Carlmont, Belmont, Calif) 9:14.0; 9. Smith (East, Wichita, Kans) 9:15.0; 10. Steve Miller (Carlmont, Belmont, Calif) 9:18.2; 11. Mark McConnell (Soquel, Calif) 9:18.8; 12. Bob Page (Wichita TC, Wichita, Kans) 9:19.4; 13. John Keane (Maine East, Park Ridge, Ill) 9:20.2; 14. Len Harrelson (Maine East, Park Ridge, Ill) 9:21.4; 15. Rick Randall (Maine East, Park Ridge, Ill) 9:22.2; 16. Steve Brooks (Mt Pleasant, San Jose, Calif) 9:24.6; 17. George Manriquez (Mt Pleasant, San Jose, Calif) 9:24.6; 18. Walt Mitchell (Mt Pleasant, San Jose, Calif) 9:26.0; 19. Greg Hall (McLane, Fresno, Calif) 9:26.2; 20. Joe Smithson (Bolsa Grande, G Grove, Calif) 9:26.8.

Teams: 1. Maine East, Park Ridge, Ill. 47:11.0 (John Keane 9:20.2, Len Harrelson 9:21.4, Rick Randall 9:22.2, Bill Grimm, 9:33.0, Rich Phalen 9:34.2); 2. Carlmont, Belmont, Calif. 47:43.4 (Hans Templeman 9:14.0, Steve Miller 9:18.2, Russ Black 9:38.0, Scott Carvey 9:45.6, Carl Cattarin 9:47.6); 3. Willow Glen, San Jose, Calif. 47:50.6 (Mike Hart 9:10.0, Steve Peth 9:31.0, Bob Enriquez 9:41.0, Steve Beallie 9:43.0, Bob Ebert 9:45.6); 4. Mount Pleasant, San Jose, Calif. 48:01.6 (Steve Brooks 9:24.6, Walt Mitchell 9:26.0, George Manriquez 9:34.6, Alan Donaldson 9:41.6, Phil Teresi 9:54.8); 5. Lompoc, Lompoc, Calif. (Larry Hildenbrand 9:12.0, Terry Williams 9:32.6, Roger Hansen 9:38.0, Tony Nunez 9:53.0, Jake Mintz 9:55.2); 6. St Bernard, Playa del Rey, Calif. 48:20.8; 7. Ranchos Alamitos, Garden Grove, Calif. 48:41.4; 8. Awalt, Mountain View, Calif. 48:42.0; 9. Watsonville, Calif 48:48.8; 10. Soquel, Calif. 48:58.8.

High School Three-Mile

Carlmont High School appears at or near the top of the T&FN-USTFF Postal competitions with about the same frequency as Ron Clarke in world distance running lists. This fall was no exception for the Belmont, Calif. four-year school.

Coach Lorren Lansberry's distancemen won the three-mile team race with 75:45.0, 33.4 seconds ahead of runner-up Lewis & Clark of Spokane, Wash. That performance, combined with its second in the two-mile chase (behind Maine East's new record) qualifies Carlmont as perhaps the nation's best prep distance running unit.

Don Overton (Parkway West, Ballwin, Mo) edged Bill Parmelee (Parkway Central, Chesterfield, Mo), 14:34.2 to 14:34.4, in a head-to-head race.

Individuals: 1. Don Overton (Parkway West, Ballwin, Mo) 14:34.2; 2. Bill Parmelee (Parkway Central, Chesterfield, Mo) 14:34.4; 3. Mike Gilleran (Seaholm, Birmingham, Mich) 14:38.2; 4. Mark Kushner (Burbank, Calif) 14:46.4; 5. Shane Sorey (Lewis & Clark, Spokane, Wash) 14:49.8; 6. Hans Templeman (Carlmont, Belmont, Calif) 14:52.2; 7. Steve Miller (Carlmont, Belmont, Calif) 14:52.2; 8. Mark McConnell (Soquel, Calif) 14:55.0; 9. Rick Brooks (Lewis & Clark, Spokane, Wash) 14:57.4; 10. Steve Brooks (Mt Pleasant, San Jose, Calif) 14:58.2; 11. George Manriquez (Mt Pleasant, San Jose, Calif) 15:00.0; 12. Steve Peth (Willow Glen, San Jose, Calif) 15:01.0; 13. Bill Smith (Glenbard East, Lombard, Ill) 15:02.4; 14. Al Schurman (Lewis & Clark, Spokane, Wash) 15:03.6; 15. Gary Edwards (Highlands, N Highlands, Calif) 15:05.2.

Teams: 1. Carlmont, Belmont, Calif. 75:45.0 (Hans Templeman 14:52.2, Steve Miller 14:52.2, Scott Carvey 15:05.6, Russ Black 15:21.4, Charles Oliver 15:33.6); 2. Lewis & Clark, Spokane, Wash. (Shane Sorey 14:49.8, Rick Brooks 14:57.4, Al Schurman 15:03.6, Chris Anstine 15:13.6, Mike Rothermel 16:14.0); 3. Willow Glen, San Jose, Calif. 76:32.0 (Steve Peth 15:01.0, Bob Ebert 15:06.0, Bob Enriquez 15:07.0, Mike Hart 15:32.0, Ward Czary 15:46.0); 5. Mount Pleasant, San Jose, Calif. 76:46.4 (Steve Brooks 14:58.2, George Manriquez 15:00.0, Walt Mitchell 15:28.8, Alan Donaldson 15:29.0, Phil Teresi 15:50.4); 6. Marshall, Milwaukee, Wisc. 77:17.6; 7. St Bernard, Uncasville, Conn. 77:42.2.

The greatest quantitative increase in postal participation came in the high school freshman two-mile division, where the team title was won by the Lyons frosh of LaGrange, Ill. That school's time of 53:24.4 nipped Homestead of Sunnyvale, Calif. by four-tenths. Lyons was led by Robert Nelson, who posted a 10:15.0 to tie for fourth individually. Homestead was also second last year.

Individual pace-setter at 9:54.0 was Steve Ryan (Riordan, San Francisco, Calif), two seconds up on Stacey Geiken (Wilbur Jr. Palo Alto, Calif).

Thirty teams from 10 states entered in the 1970 freshman competition compared with 18 teams from seven states one year ago. Thirty-eight sub-10:00 times were posted this year, compared with 28 in 1969.

Only three complete teams entered the three-mile race. Two-mile, then three-mile results:

Individuals: 1. Steve Ryan (Riordan, San Francisco, Calif) 9:54.0; 2. Stacey Geiken (Wilbur Jr. Palo Alto, Calif) 9:56.0; 3. Hugh Miller (Jesusit, Carmichael, Calif) 10:08.6; 4. Richard Kimball (Jesusit, Carmichael, Calif) 10:15.0; 5. Robert Nelson (Lyons, LaGrange, Ill) 10:15.0.

Teams: 1. Lyons, LaGrange, Ill. 53:24.4 (Robert Nelson 10:15.0, David Halleck 10:19.4, Edward Leibenthal 10:52.6, Paul Ettestad 10:55.4, Paul Ulrich 11:02.0); 2. Homestead, Sunnyvale, Calif. 53:24.8; 3. Leigh, San Jose, Calif. 54:10.0.

Individuals: 1. Richard Kimball (Jesusit, Carmichael, Calif) 15:32.0; 2. Paal Hansen (Glenbard East, Lombard, Ill) 15:46.8; 3. Stacey Geiken (Wilbur Jr. Palo Alto, Calif) 16:07.0; 4. Richard Kenyon (St Bernard, Uncasville, Conn) 16:10.2; 5. Barry Pollard (Mt Pleasant, San Jose, Calif) 16:10.2.

Teams: 1. Saint Bernard, Uncasville, Conn. 86:40.4 (Richard Kenyon 16:10.2, Robert Schuch 17:23.4, Pat Rousseau 17:29.0, Stephen Komarinetz 17:39.6, Jim Capozzal 17:58.2); 2. Mount Pleasant, San Jose, Calif. 87:07.2; 3. Clear Creek, League City, Tex. 90:42.2.

North American Three-Mile

Oregon, not noted for its competitive appearances in the fall, not only nearly won the NCAA cross country team title but also swept the first three squad places in the North American three-mile postal competition as the winner broke the former record—Oregon's old mark of 68:56.0. Two university teams lead the school division and the Oregon Track Club the open classification. Oregon's varsity ran 68:26.8 for a 13:41.6 average.

Collegiate Steve Prefontaine paced the Oregon horde with 13:25.6, behind only defending open champ Jack Bachelor's 13:18.6. Showing championship contact were Steve Savage (13:36.2), frosh Randy James (13:40.0), and juniors Pat Tyson (13:50.4) and Rick Ritchie (13:54.6). Savage and Mike Lyons are Oregon's only seniors among its top 10.

Journalist Ken Moore crossed the line with Arne Kvalheim at 13:26.2 to secure the second and third spots in the open division, pacing the Oregon Track Club to the open division title at 68:35.0.

Last year's collegiate winner, UC Davis, used practically the same crew and placed third in the collegiate division at 71:16.0, which represented a 1:49.8 improvement. Spokane Falls led the junior college section with 72:44.0, led by the 13:56.4 of Phil Burkwick. College, then open, results:

Individuals: 1. Steve Prefontaine (Ore) 13:25.6; 2. Steve Savage (Ore) 13:36.2; 3. Randy James (Ore) 13:40.0; 4. Pat Tyson (Ore) 13:50.4; 5. Mike Long (Ore "B") 13:50.6; 6. Bill Hansen (UC Davis) 13:51.2; 7. Ed Haver (UC Davis) 13:52.6; 8. Rick Ritchie (Ore) 13:54.6; 9. Mike Lyons (Ore "B") 13:56.0; 10. Phil Burkwick (Spokane Falls CC) 13:56.4.

Teams: 1. Oregon 68:26.8 (Steve Prefontaine 13:25.6, Steve Savage 13:36.2, Randy James 13:40.0, Pat Tyson 13:50.4, Rick Ritchie 13:54.6); 2. Oregon "B" 69:52.2; 3. UC Davis 71:16.0; 4. Spokane Falls CC 72:44.0; 5. San Diego State 74:50.2; 6. Loras 75:35.0; 7. Colgate 75:48.6; 8. UC Davis "B"; 9. San Diego Mesa JC 76:11.0; 10. Colorado 76:12.8.

Individuals: 1. Jack Bachelor (Fla TC) 13:18.6; 2. Ken Moore (Ore TC) 13:26.2; 3. Arne Kvalheim (Ore TC) 13:26.2; 4. Jeff Galloway (Fla TC) 13:45.8; 5. Dave Wilborn (Ore TC) 13:46.4; 6. Mike Manley (Ore TC) 13:56.6; 7. Craig Runyan (Van OC) 13:59.0; 8. John Parker (Fla TC) 13:59.6; 9. Ken French (Van OC) 14:05.0; 10. Bill Clark (WVTC) 14:08.0.

Teams: 1. Oregon TC 68:35.0 (Ken Moore 13:26.2, Arne Kvalheim 13:26.2, Dave Wilborn 13:46.4, Mike Manley 13:56.6, Knut Kvalheim 14:10.0); 2. Florida TC 70:48.4; 3. Vancouver Olympic Club 70:50.6; 4. Vancouver Olympic Club "B" 76:50.2.

Two-Man, Ten-Mile Relay

Seasoned middle distance runners Chuck LaBenz and Jerry Jobski teamed to win the 1970 two-man 10-mile relay. Their alternated quarters totaling 42:09.0 were well ahead of collegians Owen Self and Doug Brown of Tennessee, who relayed 42:39.4 for second. LaBenz averaged 61.8 and Jobski 65.0 in a special meet in Phoenix.

Other division leaders were: Junior College, German Alonso and Steve Brown (LA Valley) 43:51.4; High School, juniors Mike Gilleran and Jim Eubanks (Seaholm, Birmingham, Mich) 45:04.8; Frosh, Barry Pollard and Shannon Rogers (Mt Pleasant, San Jose, Calif) 49:10.0 with the only new divisional record in this competition. Jim Ryun and John Lawson of Kansas hold the open record of 41:10.8 set in 1965.

Leaders: 1. Chuck LaBenz-Jerry Jobski (P Coast) 42:09.0; 2. Owen Self-Doug Brown (Tenn) 42:39.4; 3. Peter Fredriksson-Kent Anderson (Intl U) 43:13.6; 4. Ron Stonitsch-Paul Ingrassia (CW Post AA) 43:24.4; 5. German Alonso-Steve Brown (LA Valley JC) 43:51.4; 6. Keith Grinnell-Jeff Cleland (LA Valley JC) 44:01.8; 7. Guy Kirton-Dave Houchin (Tenn) 44:05.6; 8. Art Martinez-Jon Sutherland (S Fernando St) 44:06.6; 9. Dave Hull-Ben Martinez (S Diego Mesa JC) 44:09.8; 10. Web Loudat-Robin Barrett (Atomic City TC) 44:11.8.□