NORTHERN CALIFORNIA

CROSS COUNTRY CHAMPIONSHIPS

1974

Host: Monterey Peninsula College
Location: Pebble Beach, California

November 15, 1974
4.0 Miles

LARGE COLLEGE RESULTS

TEAM RESULTS

1.	San Joaquin Delta	1, 6, 7, 16, 23	53
2.	West Valley	2, 9, 11, 13, 31	66
3.	San Jose City	15, 18, 20, 21, 26	100
4.	American River	5, 14, 19, 36, 37	111
5.	Fresno City College	3, 8, 24, 27, 53	125
6.	Chabot College	4, 10, 40, 44, 51	149
7.	Sacramento City	17, 33, 35, 58, 69	212
8.	College of Marin	25, 32, 38, 67, 71	233
9.	College of San Mateo	22, 43, 49, 56, 63	233
10.	Diablo Valley College	12, 48, 57, 62, 64	243
11.	Santa Rosa College	41, 50, 61, 66, 70	288
12.	San Francisco City	55, 60, 72, 82, 81	350

* *

INDIVIDUAL CHAMPION

Henry Perez --- San Joaquin Delta College

Winning Time: 19:03 **New Course Record** (Old record 19:32.8)

* *

INDIVIDUAL RESULTS

1.	Henry Perez	San Joaquin Delta	19:03
2.	Matt Sommer	West Valley	19:12
3.	Tony Ramirez	Fresno	19:16
4.	Ted Quintana	Chabot	19:18
5.	Gary Green	American River	19:20
6.	Richard Van Slyke	San Joaquin Delta	19:22
7.	Roger Casillas	San Joaquin Delta	19:25
8.	Ned Baird	Fresno	19:34
9.	Craig Sullivan	West Valley	19:38
10.	Doug Padilla	Chabot	19:39
11.	Rich Candless	West Valley	19:39
12.	Mike Emry	Diablo Valley	19:41
13.	Artie Rios	West Valley	19:45
14.	Mark Payne	American River	19:45
15.	Alex Aguilar	San Jose City	19:46

Nor-Cal Cross Country Championships
Large College results (continued)

16.	Gary Singer	San Joaquin Delta	19:48
17.	Bill Kipp	Sacramento	19:51
18.	Shawn James	San Jose City	19:54
19.	Gary Camp	American River	19:56
20.	Gil Uresti	San Jose City	19:57
21.	Gil Brooks	San Jose City	19:57
22.	Damon Wood	San Mateo	19:58
23.	Jerry Tucker	San Joaquin Delta	19:59
24.	Robert Hyde	Fresno	20:00
25.	Martin Qualle	Modesto	20:03
26.	Ken Scalmanini	Marin	20:05
27.	Roy Hoglund	San Jose City	20:06
28.	Dave Tomberlin	Fresno	20:09
29.	Gary Sanchez	San Jose City	20:09
30.	Adam Ferreira	American River	20:11
31.	Joe Cordova	San Joaquin Delta	20:13
32.	Mike Bergkamp	West Valley	20:14
33.	Dan Turk	Marin	20:17
34.	Roger Stardahl	Sacramento	20:18
35.	Ernie Ferrel	San Jose City	20:19
36.	Steve Barr	Sacramento	20:20
37.	Jim Weber	American River	20:22
38.	Dick Read	American River	20:26
39.	Kian McCarthy	Marin	20:28
40.	Bruce Sayre	College of San Mateo	20:29
41.	Dave Reiter	Chabot	20:39
42.	Leon Burnett	Santa Rosa	20:33
43.	Keith Jacobson	San Joaquin Delta	20:34
44.	Tom Jordan	San Mateo	20:35
45.	Alan Traynor	Chabot	20:44
46.	Peter Dinno	West Valley	20:45
47.	Tom Tatum	West Valley	20:46
48.	Harry Ellis	American River	20:47
49.	Alan Sauer	Diablo Valley	20:49
50.	Steve Palladino	San Mateo	20:53
51.	Bob Loux	Modesto	20:54
52.	Jeff Jahm	Santa Rosa	20:55
53.	Eugene Elliott	Chabot	20:56
54.	John Thomas	Chabot	20:56
55.	Richard Mead	Fresno	20:58
56.	Juan Casas	Fresno	20:58
57.	Terry McHale	Modesto	21:02
58.	Amador Garcia	San Francisco	21:10
59.	Dana Carvey	San Mateo	21:12
60.	Mike Jones	Diablo Valley	21:16
61.	Dave Call	Sacramento	21:18
62.	Victor Garcia	Chabot	21:20
63.	Mike Dunn	San Francisco	21:23
64.	Mark Dawson	Santa Rosa	21:24
65.	Joe Castillo	Modesto	21:30

Nor-Cal Cross Country Championships
Large College Results (continued)

66.	Mike Dayton	Diablo Valley	21:31
67.	Don Pemberton	San Mateo	21:31
68.	Steve Lundley	Diablo Valley	21:32
69.	Al Mathews	Diablo Valley	21:34
70.	Jim White	Santa Rosa	21:36
71.	Mike McCurdy	Marin	21:39
72.	Frank Ravis	Fresno	21:40
73.	Mario Castaneda	Sacramento	21:49
74.	Terry Mueller	Santa Rosa	21:54
75.	Eric Moller	Marin	21:56
76.	Joe Peterson	San Francisco	21:58
77.	John Shroyer	San Mateo	22:00
78.	Al Robertson	Diablo Valley	22:06
79.	Oscar Betancourt	Sacramento	22:07
80.	Larry Mastin	Marin	22:11
81.	Tom Murk	Marin	22:45
82.	Jess Rose	Santa Rosa	22:55
83.	Jamie Record	Sacramento	23:03
84.	Greg Sabourin	Santa Rosa	23:14
85.	George Gilbert	San Francisco City	23:16
86.	Dan Lopez	San Francisco City	24:58

NORTHERN CALIFORNIA
CROSS COUNTRY CHAMPIONSHIPS 1974

SMALL COLLEGE RESULTS

TEAM RESULTS

			TOTAL SCORE
1.	De Anza College	1, 5, 19, 25, 31	81
2.	Monterey Peninsula	9, 12, 15, 21, 41	98
3.	Skyline	11, 17, 18, 27, 28	101
4.	Foothill	3, 24, 26, 35, 40	128
5.	Cosumnes River	6, 8, 22, 61, 71	168
6.	Cabrillo	4, 10, 12, 63, 81	210
7.	Gavilan	20, 34, 49, 57, 62	222
8.	Lassen	2, 36, 44, 74, 87	243
9.	Merced	13, 16, 50, 76, 92	247
10.	College of Sequoias	14, 43, 56, 65, 86	264
11.	Solano	23, 45, 59, 67, 82	276
12.	Reedley	39, 42, 68, 69, 70	288
13.	College of Redwoods	37, 54, 60, 72, 79	302
14.	Yuba	32, 48, 66, 75, 84	305
15.	Merritt	46, 55, 80, 91, 94	366

* *

INCOMPLETE TEAMS

Butte
Canada
Contra Costa
Hartnell
Los Medanos
Porterville
West Hills

****

INDIVIDUAL RESULTS

			Time (unofficial)
1.	Paul Frederickson	De Anza	19:34
2.	Bruce Caputo	Lassen	19:40
3.	Rick Hart	Foothill	19:43
4.	Jack Reime	Cabrillo	19:47
5.	Hank Lawson	De Anza	19:48
6.	Mike Garrett	Cosumnes	19:49
7.	John Avila	West Hills	19:52
8.	Jim Howard	Cosumnes	19:55
9.	Emil Magallanes	Monterey	19:56
10.	Tony Munoz	Cabrillo	19:57
11.	John Moreno	Skyline	20:00
12.	Tom Beck	Monterey	20:05
13.	Tom Burrough	Contra Costa	20:06
14.	Richard Maher	Merced	20:07
15.	Marty Higginbotham	Sequoias	20:09

16.	Richard Barraza	Monterey	
17.	Lupe Vargas	Merced	
18.	Tony Fotinos	Skyline	
19.	John McVeigh	Skyline	
20.	Collins Gaisie	Porterville	
21.	Brad Downham	Butte	
22.	Greg Eger	De Anza	20:30
23.	Stacy Hanoum	Gavilan	
24.	Barry Dyer	Monterey	
25.	Genaro Venegas	Cosumnes	
26.	Kevin Ainslie	Solano	
27.	Gordon McMitchell	Foothill	
28.	Ron Lewis	De Anza	20:44
29.	Bob Brownlee	Foothill	
30.	Bob Powell	Skyline	
31.	Bob Miller	Skyline	
32.	Mike Storm	West Hills	
33.	Tony Tarantino	Skyline	
34.	Dirk Rohloff	De Anza	20:59
35.	Charles McCarty	Poeterville	
36.	Rudy Bidasha	Yuba	
37.	Bernie Mahon	De Anza	21:12
38.	Jesse Morales	Gavilán	
39.	Ron Martin	Foothill	
40.	Billy Dyer	Lassen	
41.	Mark Hulbert	Redwods	
42.	Keith Larsen	Skyline	
43.	Ron Zavala	Reedley	
44.	Larry Chamness	Foothill	
45.	Dave Wright	Monterey	
46.	Elias Cazares	Reedley	
47.	Ralph Garcia	Sequoias	
48.	Calvin Lantrip	Butte	
49.	Marty Harris	Lassen	
50.	Leo Cullen	Solano	
51.	Paul Breitkopf	Merritt	
52.	Jack Shuflin	Foothill	
53.	Paramjit Everest	Yuba	
54.	Phil Schaffner	Canada	
55.	Richard Sanchez	Gavilan	
56.	Hal Luna	Merced	
57.	David Fitzpatrick	Monterey	
58.	Ed Price	Cabrillo	
59.	Alex Gomez	De Anza	21:53
60.	Dave Wells	Redwoods	
61.	Pieter Visser	Merritt	
62.	Jim Lucid	Sequoias	
63.	Victor Montez	Gavilan	
64.	Marvin Richardson	Solano	
65.	Kendal Smith	Redwods	
66.	Bob Metsger		
67.	Martin Cicero	Cosumnes	
68.	Richard Goldsmith	Gavilan	
69.	Bob Arnold	Canada	
70.	Greg Reyes	Hartnell	
71.	Moose Jacobs	Cabrillo	
72.	Frank Gonzales	Foothill	

73.	Elmer McPhail	Sequoias
74.	Dave Colt	Yuba
75.	Bill Franks	Solano
76.	Genero Salazar	Reedley
77.	Allan Kawakami	Reedley
78.	Bob Foster	Reedley
79.	Ron Souza	Cosumnes
80.	Greg Heistuman	Redwoods
81.	Miron Self	Contra Costa
82.	Joe Duran	West Hills
83.	Ed Dennings	Cosumnes
84.	John Rice	Lassen
85.	Jesse Ortiz	Yuba
86.	Ray Gregston	Merced
87.	John Maust	Monterey
88.	Joe Maestretti	Cosumnes
89.	Charles Schoonmaker	Redwoods
90.	Dan Corvello	Merritt
91.	Louis Salazar	Cabrillo
92.	Tony Buelna	Porterville
93.	Melvin Jordan	Solano
94.	Gary Leduc	Solano
95.	Bryan Kuprewicz	Yuba
96.	Eloy Villa	Cabrillo
97.	Barry Smith	Alameda
98.	Tom Weber	Sequoias
99.	Mike Valentine	Lassen
100.	John Trujillo	Lassen
101.	Jim Turner	Yuba
102.	Martin Bannon	Solano
103.	Niel Gordon	Contra Costa
104.	Keith Garvey	Merritt
105.	Albert Acosta	Contra Costa
106.	Aszaldo Ramirez	Los Medanos
107.	Ed Strickland	Merced
108.	Mitch Jackson	Cabrillo
109.	Jeff Williams	Merritt
110.	Jim Carnal	Yuba
111.	Dan Herron	Redwoods
112.	Bob English	West Hills
113.	John Lazaraks	Merritt
114.	Keith Smith	Sequoias
115.	Jon Zeilman	Lassen
116.	Rich Mayberry	Redwoods
117.	Kevin Hose	Sequoias
118.	Steve Bell	Reedley
119.	Gary Fittro	Reedley

NORTHERN CALIFORNIA

CROSS COUNTRY CHAMPIONSHIPS

1974

Host: Monterey Peninsula College
Location: Pebble Beach, California

November 15, 1974
4.0 Miles

S M A L L C O L L E G E R E S U L T S

TEAM RESULTS

1.	De Anza College	1, 5, 19, 25, 31	81
2.	Monterey Peninsula	9, 12, 15, 21, 41	98
3.	Skyline	11, 17, 18, 27, 28	101
4.	Foothill	3, 24, 26, 35, 40	128
5.	Cosumnes River	6, 8, 22, 61, 71	168
6.	Cabrillo	4, 10, 12, 63, 81	210
7.	Gavilan	20, 34, 49, 57, 62	222
8.	Lassen	2, 36, 44, 74, 87	243
9.	Merced	13, 16, 50, 76, 92	247
10.	College of Sequoias	14, 43, 56, 65, 86	264
11.	Solano	23, 45, 59, 67, 82	276
12.	Reedley	39, 42, 68, 69, 70	288
13.	College of Redwoods	37, 54, 70, 72, 79	302
14.	Yuba	32, 48, 66, 75, 84	305
15.	Merritt	46, 55, 80, 91, 94	366

* *

INCOMPLETE TEAMS

1. Butte
2. Canada
3. Contra Costa
4. Hartnell
5. Los Medanos
6. Porterville
7. West Hills

* *

INDIVIDUAL CHAMPION

Paul Frederickson --- De Anza College

Winning Time: 19:34

* *

INDIVIDUAL RESULTS

1.	Paul Frederickson	De Anza	19:34
2.	Bruce Caputo	Lassen	19:40
3.	Rick Hart	Foothill	19:43
4.	Jack Reime	Cabrillo	19:46
5.	Hank Lawson	De Anza	19:47

Nor-Cal Cross Country Championships
Small College Results (continued)

6.	Mike Garrett	Cosumnes	19:48
7.	John Avila	West Hills	19:49
8.	Jim Howard	Cosumnes	19:54
9.	Emil Magallanes	Monterey	19:56
10.	Tony Munoz	Cabrillo	19:58
11.	John Moreno	Skyline	19:59
12.	Tom Beck	Monterey	20:04
13.	Tom Burrough	Contra Costa	20:05
14.	Richard Maher	Merced	20:06
15.	Marty Higginbotham	College of Sequoias	20:07
16.	Richard Barraza	Monterey	20:08
17.	Lupe Vargas	Merced	20:14
18.	Tony Fotinos	Skyline	20:16
19.	John McVeigh	Skyline	20:19
20.	Collins Gaisie	Porterville	20:25
21.	Brad Downham	Butte	20:26
22.	Greg Eger	De Anza	20:29
23.	Stacy Hanoum	Gavilan	20:30
24.	Barry Dyer	Monterey	20:33
25.	Genaro Venegas	Cosumnes	20:36
26.	Kevin Ainslie	Solano	20:39
27.	Gordon McMitchell	Foothill	20:40
28.	Ron Lewis	De Anza	20:41
29.	Bob Brownlee	Foothill	20:45
30.	Bob Powell	Skyline	20:46
31.	Bob Miller	Skyline	20:48
32.	Mike Storm	West Hills	20:49
33.	Tony Tarantino	Skyline	20:54
34.	Dirk Rohloff	De Anza	20:55
35.	Charles McCarty	Porterville	20:56
36.	Rudy Bidasha	Yuba	20:57
37.	Bernie Mahon	De Anza	20:58
38.	Jesse Morales	Gavilan	20:59
39.	Ron Martin	Foothill	21:04
40.	Billy Dyer	Lassen	21:10
41.	Mark Hulbert	College of Redwoods	21:12
42.	Keith Larsen	Skyline	21:17
43.	Ron Zavala	Reedley	21:18
44.	Larry Chamness	Foothill	21:21
45.	Dave Wright	Monter	21:22
46.	Elias Cazares	Reedley	21:23
47.	Ralph Garcia	College of Sequoias	21:24
48.	Calvin Lantrip	Butte	21:25
49.	Marty Harris	Lassen	21:26
50.	Leo Cullen	Solano	21:27
51.	Paul Breitkofp	Merritt	21:28
52.	Jack Shuflin	Foothill	21:29
53.	Paramjit Everest	Yuba	21:31
54.	Phil Schaffner	Canada	21:32
55.	Richard Sanchez	Gavilan	21:33
56.	Hal Luna	Merced	21:34
57.	David Fitzpatrick	Monterey	21:35
58.	Ed Price	Cabrillo	21:36
59.	Alex Gomez	De Anza	21:37
60.	Dave Wells	College of Redwoods	21:38

Nor-Cal Cross Country Championships
Small College Results (continued)

61.	Pieter Visser	Merritt	21:39
62.	Jim Lucid	College of Sequoias	21:40
63.	Victor Montez	Gavilan	21:43
64.	Marvin Richardson	Solano	21:44
65.	Kendal Smith	College of Redwoods	21:45
66.	Bob Metsger	College of Redwoods	21:46
67.	Martin Cicero	Cosumnes	21:47
68.	Richard Goldsmith	Gavilan	21:53
69.	Bob Arnold	Canada	21:54
70.	Greg Reyes	Hartnell	21:55
71.	Moose Jacobs	Cabrillo	21:56
72.	Frank Gonzales	Foothill	21:57
73.	Elmer McPhail	College of Sequoias	21:57
74.	Dave Colt	Yuba	21:59
75.	Bill Franks	Solano	22:00
76.	Genero Salazar	Reedley	22:02
77.	Allan Kawakami	Reedley	22:03
78.	Bob Foster	Reedley	22:06
79.	Ron Souza	Cosumnes	22:07
80.	Greg Heistuman	College of Redwoods	22:08
81.	Miron Self	Contra Costa	22:09
82.	Joe Duran	West Hills	22:14
83.	Ed Dennings	Cosumnes	22:15
84.	John Rice	Lassen	22:16
85.	Jesse Ortiz	Yuba	22:21
86.	Ray Gregston	Merced	22:22
87.	John Maust	Monterey	22:23
88.	Joe Maestretti	Cosumnes	22:27
89.	Charles Schoonmaker	College of Redwoods	22:30
90.	Dan Corvello	Merritt	22:33
91.	Louis Salazar	Cabrillo	22:34
92.	Tony Buelna	Porterville	22:37
93.	Melvin Jordan	Solano	22:43
94.	Gary Leduc	Solano	22:45
95.	Bryan Kuprewicz	Yuba	22:48
96.	Eloy Villa	Cabrillo	22:52
97.	Barry Smith	Alameda	22:53
98.	Tom Weber	College of Sequoias	23:00
99.	Mike Valentine	Lassen	23:07
100.	John Trujillo	Lassen	23:17
101.	Jim Turner	Yuba	23:23
102.	Martin Bannon	Solano	23:34
103.	Niel Gordon	Contra Costa	23:37
104.	Keith Garvey	Merritt	23:40
105.	Albert Acosta	Contra Costa	23:43
106.	Aszaldo Ramirez	Los Medanos	23:46
107.	Ed Strickland	Merced	23:48
108.	Mitch Jackson	Cabrillo	23:49
109.	Jeff Williams	Merritt	23:57
110.	Jim Carnal	Yuba	24:14
111.	Dan Herron	College of Redwoods	24:18
112.	Bob English	West Hills	24:19
113.	John Lazarakis	Merritt	24:22
114.	Keith Smith	College of Sequoias	24:26
115.	Jon Zeilman	Lassen	24:28
116.	Rich Mayberry	College of Redwoods	24:39
117.	Kevin Hose	College of Sequoias	24:45
118.	Steve Bell	Reedley	24:50
119.	Gary Fittro	Reedley	25:47

Results : Nor Cal X-C
Championships

Nov. 15th @ Pebble Beach

4.0 miles

De Anza College

Nor Cal Champs

Paul Frederickson
Hank Lawson
Ron Lewis
Dirk Rohloff
Tim Andrews
Dave Nolte
Steve Ertman

Greg Eger
Alex Gomez
Bernie Mahon
Matt Church
Mark Carroll
Glenn Brackett
Mike McNally

Top Ten

1.	**Paul**	**Frederickson**	**DA**	**19:34**
2.	Bruce	Caputo	Lassen	19:40
3.	Rick	Hart	Foothill	19:43
4.	Jack	Reime	Cabrillo	19:47
5	**Hank**	**Lawson**	**DA**	**19:48**
6.	Mike	Garrett	Consumes	19:49
7.	John	Avila	West Hills	19:52
8.	Jim	Howard	Consumes	19:55
9.	Emil	Magallanes	MPC	19:56
10.	Tony	Munoz	Cabrillo	19:57

De Anza Results

1.	Paul	Frederickson	(1)	19:34
2.	Hank	Lawson	(5)	19:48
3.	Greg	Eger	(22)	20:30
4.	Ron	Lewis	(28)	20:44
5.	Dirk	Rohloff	(34)	20:59
6.	Bernie	Mahon	(37)	21:12
7.	Alex	Gomez	(59)	21:53

All-Nor Cal Team

Paul Frederickson – Nor Cal Champion
Hank Lawson – 5th place
Greg Eger –

Top 5 Teams - Qualified For State JC Championships

1.	**DeAnza**	**81**
2.	Monterey Peninsula	98
3.	Skyline	101
4.	Foothill	128
5.	Consumes River	168

Meet Summary

1. First ever NorCal Championship For DeAnz
2. First ever Individual Nor Cal Champion (Paul Frederickson)
3. Qualified For State J.C. Championship @ Mt. San Antonio, Walnut, Calif. Saturday, Nov. 23rd

Top Southern Teams:

Glendale - rated # 1 in state

Allan Hancock -

Citrus -