

GOLDEN GATE CONFERENCE CROSS COUNTRY

HELLYER PARK COURSE 4.2 miles Nov 1, '74

1.	Paul Frederickson	20:27	DE	24.	George Gilbert	23:57	CCSF
2.	Greg Eger	20:43	DA	25.	Tom Rinker	24:59	DVC
3.	Mike Emry	20:46	DVC	26.	Glenn Brackett	25:18	DA
4.	Hank Lawson	20:49	DA	27.	GUILI FRMO Amigo	26:06	CCSF
5.	Mike Dayton	21:36	DVC	28.	Steve Ertman	27:55	DA
6.	Bernie Mahon	21:44	DA	29.	Mike McNally	28:07	DA
7.	Ron Lewis	21:45	DA				
8.	Al Sauer	21:52	DVC				
9.	Mike Jones	22:08	DVC		DA	DVC	
10.	Mark Schratz	22:31	DVC		20	=	35
11.	Steve Lundin	22:33	DVC		DA	CCSF	
12.	Dirk Rohloff	22:34	DA		15	=	49
13.	Mike Dunn	22:35	CCSF		DVC	CCSF	
14.	Al Mathews	22:38	DVC		15	=	49
15.	Alex Comez	23:00	DA				
16.	Tony Herbert	23:04	CCSF				
17.	Al Robertson	23:09	DVC				
18.	Tim Andrews	23:13	DA				
19.	Amador Garcia	23:14	CCSF				
20.	Gleb Levitsky	23:21	CCSF				
21.	Kevin Albertsen	23:27	DVC				
22.	Mark Carroll	23:43	DA				
23.	Dave Nolte	23:44	DA				

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1. Ted Quintana	20:01	CHAA	25. Roderick Lewis	24:09	LAN
2. Matt Sommer	20:05	WV	26. Dennis McHenry	24:11	CHA
3. Rich McCandless	20:15	WV	27. Ed DiGirolamo	24:38	CHA
4. Doug Radilla	20:55	CHA	28. John Coats	24:43	CHA
5. Artie Rios	20:56	WV	29. Ken Berg	25:12	WV
6. Peter Dinno	21:13	WV	30. Paul Rodriguez	25:23	WV
7. Mike Bergkamp	21:14	WV	31. Dennis Duarte	25:34	CHA
8. Dave Reiter	21:14	CHA	32. Brad Coleman	25:59	LAN
9. Tom Tatum	21:33	WV	33. Kevin Warren		WT
10. Jeff Werner	21:47	WV			
11. Alan Traynor	21:55	CHA			
12. Eugene Elliott	21:57	CHA	CHA LAN		
13. Tony Gutierrez	22:03	WV	15 - 50		
14. John Thomas	22:14	CHA	WV LAN		
15. Steve Niedrauer	22:33	WV	15 - 50		
16. Scott Duggan	22:44	WV	WV CHA		
17. Dave Kentner	22:48	CHA	23 - 36		
18. Doug Scovil	22:50	WV			
19. Pete Maurer	22:53	WV			
20. Richard Fishbaugh	22:54	CHA			
21. Mark Isaacson	23:01	WV			
22. Victor Garcia	23:11	CHA			
23. Ronald Ellis	23:48	LAN			
24. Chris Bourke	23:55	CHA			

DGL

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HELLYER PARK COURSE 4.2 miles

1. Shawn James	20:38	SJ	26. Don Guillard	23:40	SJ
2. Gil Brooks	20:41	SJ	27. Don Corrol	23:43	FH
3. Alex Aguilera	20:41	SJ	28. Denny Gonsalves	24:42	CSM
4. Rick Hart	20:44	FH	29. Howard Kimura	25:15	FH
5. Roy Hognund	20:51	SJ			
6. Gary Sanchez	21:14	SJ			
7. Damon Wood	21:18	CSM			
8. Bob Brownlee	21:31	FH	SJCC	FH	
9. Tom Jordon	21:32	CSM	17 -	44	
10. Tony Mezzapelle	21:34	SJ	SJCC	CSM	
11. Ern ie Ferrel	21:35	SJ	15 -	46	
12. Gil Uresti	21:38	SJ	CSM	FH	
13. Bruce Sayre	21:39	CSM	24 -	31	
14. Steve Palladino	21:42	CSM			
15. Dana Carvey	21:43	CSM			
16. George Manriquez	21:46	SJ			
17. Gordon MacMitchell	22:02	FH			
18. Lynn Ryan	22:05	SJ			
19. Joe Hernandez	22:12	SJ			
20. Tom Bartasi	22:14	SJ			
21. Ron Martin	22:27	FH			
22. Marty Krenn	22:31	SJ			
23. Jack Shufflin	22:44	FH			
24. Don Pemberton	22:59	CSM			
25. Frank Gonzales	23:08	FH			

Results - Diablo Valley - SAN FRANCISCO - De ANZA
Friday, Nov. 1ST @ Hellyer Park
4.2 miles

Top Ten

1. Paul Frederickson	DA	20:27
2. Greg Eger	DA	20:43
3. Mike Emry	DVC	20:46
4. HANK LAWSON	DA	20:49
5. Mike Dayton	DVC	21:36
6. Bernie Mahon	DA	21:44
7. Ron Lewis	DA	21:45
8. Al Sauer	DVC	21:52
9. Mike Jones	DVC	22:08
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De ANZA Results

1. Paul Frederickson	20:27
2. Greg Eger	20:43
3. HANK LAWSON	20:49
4. Bernie Mahon	21:44
5. Ron Lewis	21:45
6. Dirk Rohloff	22:34
7. Alex Gomez	23:00
8. Tim Andrews	23:13
9. Mark Carroll	23:43
10. Dave Nolte	23:44
11. Glenn Brackett	25:18
12. Steve Ertman	27:55
13. Mike McNally	28:07

Dual Meet Scores

DA - 20 US DVC - 35
DA - 15 US CCSF - 49

Meet Summary

1. Best Team EFFORT This year - "Time Wise"
ONLY 1min. 18sec between 1ST + 5th MAN
2. Competition Friday, Nov. 8th to determine
3rd place in Golden Gate Conference
between DA - Chabot - SAN Mateo (CSM)