

From Mike Wilson
WSU Athletic News Service
Area 509 335-4501 or 335-3581
October 16, 1974

PULLMAN, Wash.--The Washington State University cross country team, considered a strong contender for an NCAA championship this year, will compete in its only dual meet of the season Saturday against the University of Montana Grizzlies at Missoula.

Head Coach John Chaplin, who predicts WSU will finish fourth or better in the NCAA meet next month at Bloomington, Ind., said the Montana meet is nothing more than a conditioning exercise for the Cougars.

"We need a good four mile speed workout," Chaplin said, "and the course at Montana is excellent for that purpose. Right now, we are concerned with getting ready for the Northern Division championships on Nov. 2."

The Northern Division meet will be held in Pullman, followed by the PAC-8 championships two weeks later in Palo Alto, Calif.

In their first meet this season on Oct. 5, the Cougars won the Idaho Invitational in Moscow, defeating eight other teams. The individual winner was WSU's John Ngeno, who covered the four mile course in 19:55.

The Cougars are led by Ngeno, a junior who holds the collegiate 10,000 meter record with a time of 28:05.6. Ngeno, from Kenya, spent a month and a half touring Europe this summer, and won seven of 12 races against world class competition. He is the defending NCAA six-mile champion, and holds the World Games 10,000 meters title.

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add cross country

Other Cougar standouts include two time All-American Dan Murphy from Ireland, freshman Joshua Kimeto, from Kenya, and junior college transfer Kurt Beckman, Spokane.

Murphy, a senior, won the 1971 and 1972 Northern Division meets and was the PAC-8 winner in 1971. He was a late arrival to WSU this year, and will be competing in his first meet at Missoula.

Beckman, a junior who holds the national junior college six-mile record with a time of 28:50, finished fourth in the Idaho Invitational. Kimeto, who represented Kenya in the British Commonwealth Games, set the pace for Ngeno in the Idaho meet, before falling off to finish sixth.

Rounding out the team for the Montana trip will be junior Dale Bean, Bremerton; sophomores Mark Higginson, Richland and Phil English, Ireland, and freshmen Juan Garcia, Visalia, Calif. and Guy Arbogast, Woodland Hills, Calif.

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WSU Athletic News Service
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September 18, 1974

PULLMAN, Wash.--Joshua Kimeto, a two-time national cross country champion from Kenya, will enroll this semester at Washington State University, Track Coach John Chaplin announced today.

Kimeto, who represented Kenya in the British Commonwealth Games last summer, has a best of 13:32.8 for 5,000 meters, a second faster than Gerry Lindgren's school record of 13:33.8, which was an American record when Lindgren beat Ron Clark in 1968.

His 5,000 meter time converts to 13:04.8 for three miles, just off Lindgren's freshman best of 13.04.0, the current national freshman record.

"The addition of Kimeto along with John Ngeno gives us two of the outstanding distance runners in the country," Chaplin said.

"We have an excellent chance to go 1-2 in the NCAA six mile and could place two runners in the top four in the three.

"It also strengthens our cross country team as we have six runners who have times of between 27:06 and 29:40 for six miles," Chaplin added. The cross country runners include Ngeno, Kimeto, lettermen Dan Murphy and Mark Higginson, transfer Kurt Beckman and freshman Guy Arbogast.

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✓ WKU picked up Englishman David Long.

✓ 850 2-miler Kurt Beckman to WSU