

December 4. Saratoga. 1976 Varsity
Postal Rankings--San Jose, 3 Mile:

- 1) Tim Holmes 13:59
- 2) Rod Berry 14:00
- 3) Robert Love 14:21
- 4) John Sup 14:30
- 5) Paul Brewer 14:39
- 6) Ray Castro 14:48
- 7) Mike Biando 14:48
- 8) Gilbert Munoz 14:48
- 9) Dave Bullano 14:52
- 10) Armando Moreno 14:53
- 11) Martin Martin 14:55
- 12) Colin Chapman 14:56
- 13) Armando Siquerios 14:56
- 14) Terry Boynton 15:02
- 15) Dave Cortez 15:03
- 16) Phil Brock 15:20
- 17) Jack Kurr 15:35

Piner 74:52.5, Redwood 75:33.9, Carl-
mont 75:37.7, Watsonville 75:46.0,
Leigh 77:12.1

/Keith Conning and Bill Mensing/

1976 NATIONAL



3-MILE

POSTAL MEET

WEST VALLEY JUNIOR COLLEGE

SARATOGA, CALIFORNIA

SATURDAY, DECEMBER 4th

HOST : LEIGH HIGH SCHOOL, SAN JOSE', CA.

DIRECTOR : BILL HOTCHKISS

RESULTS : JOHN FULLER

1976 NATIONAL THREE-MILE POSTAL MEET

West Valley Junior College

Saratoga, California

Saturday, December 4, 1976

Host : Leigh High School

San Jose, California

Track : Artificial Surface

Weather : Cool & Foggy

1976 NATIONAL THREE-MILE POSTAL MEET RACE RESULTS

TEAM ABBREVIATIONS

AMERICAN (Fremont)	A
BRANHAM	B
CAMDEN	CD
CARLMONT	C
CUPERTINO	CU
DEL. MAR	DM
DOWNEY	D
GUNN	G
HOMESTEAD	H
LEIGH	L
LELAND	Lel
LINCOLN	Lin
LOGAN	JL
MENLO-ATHERTON	MA
MISSION SAN JOSE	MSJ
PALMA	P
PINER	PN
PIONEER	PR
REDWOOD	R
SAN CARLOS	SC
SAN RAMON	SR
ST. FRANCIS	SF
SUNNYVALE	S
WATSONVILLE	W
WILLOW GLEN	WG

25 TEAMS
129 INDIVIDUALS

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1976 NATIONAL 3-MILE INDIVIDUAL RACE RESULTS

RACE 1

1. John Marden	MSJ	16:27
2. Jim Newton	C	16:45
3. Alfred Ramirez	W	17:01.3
4. Ed Cardon	W	17:03
5. Kevin Nolan	Lel	17:09
6. Ben Phillips	C	17:11
7. Steve Ashe	Lel	17:12
8. Trevor Hill	L	17:23
9. Felipe Zepeda	W	17:25
10 Ted Wade	W	18:03.4
11 Sandel	Lel	18:04.0
12 Watanabe	Lel	18:12
13 Kevin Coon	MSJ	18:41
14 Benson	Lel	19:29

RACE 2

1. Tim Holmes	D	13:59.9
2. Rod Berry	R	14:00
3. Robert Love	C	14:21.4
4. John Sup	P	14:30
5. Paul Brewer	L	14:39.8
6. Ray Castro	JL	14:43.8
7. Mike Biando	PN	14:48.8
8. Gilbert Munoz	W	14:48.2
9. Dave Bullano	PN	14:52.9
10 Armando Moreno	PN	14:53.8
11 Martin Martin	PN	14:55.2
12 Colin Chapman	R	14:56.6
13 Armando Siqueros	W	14:56.8
14 Terry Boynton	CU	15:02
15 Dave Cortez	SF	15:03.9
16 Phil Brock	R	15:20.2
17 Jack Kurr	G	15:35.5

RACE 3

1. Rick Sanchez	S	15:06.4
2. Mike Hoffman	PR	15:13.5
3. Carlos Cordova	W	15:14
4. Greg McDonald	CD	15:14.8
5. Kevin O'Connor	C	15:18
6. David Grimes	W	15:19
7. David Kruger	PN	15:21.8
8. Steve Chamberlain	R	15:27.8
9. Jose Garcia	W	15:28
10 Dan Norris	C	15:31
11 Kirk Flatow	WG	15:33
12 Tony Borba	WG	15:35
13 Rene Villanueva	W	15:38
14 Ken Mellquist	C	15:38.3
15 Ken Pryor	C	15:39.6

RACE 3 (cont)

16 Mark Baker	SR	15:43
17 Dan Pierce	C	15:43
18 Iain Mickle	R	15:49.3
19 Kevin Hecht	R	15:50.5
20 Ted Blovin	WG	15:51
21 Curt Fofiannini	C	15:53
22 Ray Wieand	C	16:06
23 Hart Crary	WG	16:06
24 Tim McMenomey	H	16:08
25 Burt Gardner	R	16:13.8
26 Chui Soto	W	16:15
27 Dan Waterson	PN	16:23
28 Gregg Fogg	PN	16:23.1
29 Bob Hamey	PN	16:38.5
30 Scott Cooper	WG	16:40
31 Kurt Sterling	S	16:49.3
32 Dan Stoffer	R	17:13

RACE 4

1. Bret Baffert	SR	16:08
2. Alex Gonzalez	LIN	16:14
3. John Hoch	MA	16:17.8
4. Ken Bergkamp	L	16:28.0
5. Danny Marquez	S	16:38.5
6. Jeff Mauer	L	16:55.5
7. John Hausler	MA	16:57.0
8. Shawn Wilson	DM	17:09.4
9. Alan Johnson	L	17:12.5
10 Amul Saxena	G	17:42
11 Steve Samario	L	17:47
12 Brad Kurrell	MA	18:02.6
13 Matt Keehn	G	18:12
14 Steve Garwin	G	18:17
15 Robert Smith	LIN	18:18
16 Derek Henninger	G	18:26
17 Mike Mazur	MA	18:29.4
18 Evan Robinson	SR	18:30
19 Gene Lete	MA	18:31.4
20		18:40
21 Gene Halley	MA	18:50
22 Bruce Shadorf	MA	19:12.6

RACE 5

1. Scott Ruffing	MSJ	15:16.0
2. Ed Tico	C	15:31.6
3. Jesse Nickell	L	15:32.0
4. Ian Waters	SC	15:33.4
5. Greg Jenkins	L	15:39.5
6. Joe Wagster	L	15:41
7. Mike Chastaine	MSJ	15:46

(continued next page)

RACE 5 (cont)

8. Rick Maham	Lel	15:47
9. Sheldon Larson	DM	15:47
10 Dave Keenan	DM	15:52
11 Fred Reichert	DM	15:52
12 Ricardo Gorecki	L	15:54
13 John Field	DM	16:05
14 Dalke	Lel	16:07
15 Eric Davies	MA	16:10
16 Tom Cooper	CD	16:16.1
17 Steve Jacoubowsky	SC	16:20
18 Steve Gonzales	G	17:01
19 Steve Jensen	Lel	17:20
20 John Abihider	Lel	17:36
21 Steve Bubb	G	18:19
22 Doug Rose	G	18:19.5
23 Dave Weir	G	18:23
24 Rich Young	G	18:41
25 Shaun Wilkerson	G	19:36

RACE 6

1. Tom Dorst	B	16:30.8
2. Jim Lemus	LIN	16:39
3. Robert Krenn	LIN	16:39
4. Alan Welch	LIN	16:54
5. John Leventon	LIN	17:03
6. Chad Keenan	DM	17:12
7. Jim Sheehan	DM	17:24
8. Martin Serrano	LIN	17:34
9. Paul Howard	DM	17:51
10 Ward Brakeman	SC	18:35
11 Tom Gray	Lel	18:45
12 Steve Knott	Lel	18:46
13 Andy Hanlon	Lel	18:54

RACE 7

1. Mark Stillman	WG	15:19.0
2. Bill Ritt	L	15:39.8
3. Dan Powers	WG	16:18.0
4. Larry Bergkamp	L	16:26.0
5. Tim Chavez	A	17:53.0

Results from CSM Campus (College of San Mateo,
San Mateo, California)

1. Greg Mandanis	C	14:49.0
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1976 VARSITY POSTAL RANKINGS

1	PINER	74:52.5	8	DEL MAR	80:45.4
2	REDWOOD	75:33.9	9	LEIGH #2	82:56.0
3	CARLMONT	75:37.7	10	WATSONVILLE #2	83:22.3
4	WATSONVILLE	75:46.0	11	LINCOLN	83:29.0
5	LEIGH	77:12.1	12	LELAND	83:35.0
6	WILLOW GLEN	78:24.0	13	MENLO-ATHERTON	85:56.8
7	CARLMONT #2	80:06.6	14	GUNN	86:47.5

1976 POSTAL BREAKDOWNS-VARSITY

1	PINER	74:52.5	6	WILLOW GLEN	78:24.0
	Mike Biando	11 14:48.8		Mark Stillman	12 15:19.0
	Dave Bullano	12 14:52.9		Kirk Flatow	12 15:33.0
	Armand Moreno	11 14:53.8		Tony Borba	11 15:35.0
	Martin Martin	12 14:55.2		Ted Blovin	12 15:51.0
	Dave Kruger	12 15:21.8		Hart Crary	12 16:06.0
2	REDWOOD	75:33.9	7	CARLMONT #2	80:06.6
	Rod Berry	11 14:00.0		Jim Pryor	10 15:39.6
	Colin Chapman	? 14:56.6		Dan Pierce	10 15:43.0
	Phil Brock	? 15:20.2		Curt Fodanini	11 15:53.0
	Steve Chamberlain	15:27.5		Ray Weiland	12 16:06.0
	Iain Mickle	? 15:49.3		Jim Newton	11 16:45.0
3	CARLMONT	75:37.7	8	DEL MAR	80:45.4
	Robert Love	11 14:21.4		Sheldon Larson	11 15:47.0
	Greg Mandanis	12 14:49.0		Dave Keenan	12 15:52.0
	Kevin O'Connor	9 15:18.0		Fred Reichert	11 15:52.0
	Dan Norris	12 15:31.0		John Field	11 16:05.0
	Ken Mellquist	10 15:38.3		Shawn Wilson	9 17:09.4
4	WATSONVILLE	75:46.0	9	LEIGH #2	82:56.0
	Gilbert Munoz	12 14:48.2		Ricardo Gorecki	12 15:54.0
	Armando Siqueros	14:56.8 (12)		Larry Bergkamp	12 16:26.0
	Carlos Cordova	12 15:14.0		Ken Bergkamp	9 16:28.0
	David Grimes	11 15:19.0		Jeff Mauer	9 16:55.5
	Jose Garcia	? 15:28.0		Alan Johnson	9 17:12.5
5	LEIGH	77:12.1	10	WATSONVILLE #2	83:22.3
	Paul Brewer	11 14:39.8		Rene Villanueva	12 15:38.0
	Jesse Nickell	10 15:32.0		Chui Soto	11 16:15.0
	Greg Jenkins	11 15:39.5		Alfred Ramirez	10 17:01.3
	Bill Ritt	12 15:39.8		Ed Cardon	11 17:03.0
	Joe Wagster	10 15:41.0		Felipe Zepeda	11 17:25.0

11	LINCOLN		83:29.0	13	MENLO-ATHERTON		85:56.8
	Alex Gonzalez	9	16:14.0		Eric Davies	11	16:10.0
	Jim Lemus	10	16:39.0		John Hoch	9	16:17.8
	Robert Krenn	10	16:39.0		John Hausler	11	16:57.0
	Alan Welch	10	16:54.0		Brad Kurrell	9	18:02.6
	John Leventon	10	17:03.0		Mike Mazur	9	18:29.4

12	LELAND		83:35.0	14	GUNN		86:47.5
	Rick Maham	12	15:47.0		Jack Kurr	9	15:35.5
	Scott Dalke	11	16:07.0		Steve Gonzales	12	17:01.0
	Kevin Nolan	12	17:09.0		Amal Saxena	9	17:42.0
	Steve Ashe	11	17:12.0		Matt Keehn	9	18:12.0
	Steve Jensen	12	17:20.0		Steve Garwin	9	18:17.0

1976 FROSH-SOPH POSTAL RANKINGS

1.	CARLMONT	79:29.9
2.	LEIGH	81:49.0
3.	LINCOLN	83:29.0
4.	GUNN	88:12.5
5.	MENLO-ATHERTON	90:11.2

1976 FROSH-SOPH TEAM BREAKDOWNS

1	CARLMONT	79:29.9	4	GUNN	88:12.5	
	Kevin O'Conner	9	15:18.0	Jack Kurr	9	15:35.5
	Ken Mellquist	10	15:38.3	Amal Saxena	9	17:42.0
	Jim Pryor	10	15:39.6	Matt Keehn	9	18:12.0
	Dan Pierce	10	15:43.0	Steve Garwin	9	18:17.0
	Ben Phillips	10	17:11.0	Derek Hemminger	9	18:26.0
2	LEIGH	81:49.0	5	MENLO-ATHERTON	90:11.2	
	Jessie Nickell	10	15:32.0	John Hoch	9	16:17.8
	Joe Wagster	10	15:41.0	Brad Kurrell	9	18:02.6
	Ken Bergkamp	9	16:28.0	Mike Mazur	9	18:29.4
	Jeff Maurer	9	16:55.5	Gene Lete	9	18:31.4
	Alan Johnson	9	17:12.5	Gene Halley	9	18:50.0
3	LINCOLN	83:29.0				
	Alex Gonzalez	9	16:14.0			
	Robert Krenn	10	16:39.0			
	Jim Lewis	10	16:39.0			
	Alan Welch	10	16:54.0			
	John Leventon	10	17:03.0			

1976 FRESHMAN POSTAL RANKINGS

1	LEIGH	85:46.0
2	GUNN	88:12.5
3	MENLO-ATHERTON	90:11.2

1976 POSTAL BREAKDOWNS-FRESHMEN

1	LEIGH	85:46.0
	Ken Bergkamp	16:28.0
	Jeff Mauer	16:55.5
	Alan Johnson	17:12.5
	Trevor Hill	17:23.0
	Steve Samario	17:47.0
2	GUNN	88:12.5
	Jack Kurr	15:35.5
	Amil Saxena	17:42.0
	Matt Keehn	18:12.0
	Steve Garwin	18:17.0
	Derek Henninger	18:26.0
3	MENLO-ATHERTON	90:21.2
	John Hoch	16:17.8
	Brad Kurrell	18:02.6
	Mike Mazur	18:29.4
	Gene Lete	18:31.4
	Gene Halley	18:50.0

1976 TOP POSTAL MEET PERFORMERS

FRESHMEN

1	Kevin O' Connor	Carlmont	15:18.0
2	Jack Kurr	Gunn	15:35.5
3	Bret Baffert	San Ramon	16:08.0
4	Alex Gonzalez	Lincoln	16:14.0
5	John Hoch	Menlo-Ath	16:17.8
6	Ken Bergkamp	Leigh	16:28.0
7	Danny Marquez	Sunnyvale	16:38.5
8	Jeff Mauer	Leigh	16:55.5
9	Shawn Wilson	Del Mar	17:09.4
10	Alan Johnson	Leigh	17:12.5
11	Trevor Hill	Leigh	17:23.0
12	Amal Saxena	Gunn	17:42.0
13	Steve Samario	Leigh	17:47.0
14	Brad Kurrell	Menlo-Ath	18:02.6
15	Matt Keehn	Gunn	18:12.0

(22 able to be ranked)

SOPHOMORE

1	Greg McDonald	Camden	15:14.8
2	Jesse Nickall	Leigh	15:32.0
3	Ken Mellquist	Carlmont	15:38.3
4	Jim Pryor	Carlmont	15:39.6
5	Joe Wagster	Leigh	15:41.0
6	Dan Pierce	Carlmont	15:43.0
7	Tim McMenoney	Homestead	16:08.0
8	Dan Waterson	Piner	16:23.0
9	Gregg Fogg	Piner	16:23.1
10	John Marden	Mission SJ	16:27.0
11	Tom Dorst	Branham	16:30.8
12	Bob Honey	Piner	16:38.5
13	Jim Lemus	Lincoln	16:39.0
	Robert Krenn	Lincoln	16:39.0
15	Scott Cooper	Willow Glen	16:40.0

(31 able to be ranked)

JUNIORS

1	Rod Berry	Redwood	14:00.0
2	Robert Love	Carlmont	14:21.4
3	Paul Brewer	Leigh	14:39.8
4	Ray Castro	J Logan	14:43.8
5	Mike Biando	Piner	14:48.8
6	Arman Moreno	Piner	14:53.8
7	Rick Sanchez	Sunnyvale	15:06.4
8	Scott Ruffing	Mission SJ	15:16.0
9	David Grimes	Watsonville	15:19.0
10	Ian Waters	San Carlos	15:33.4
11	Tony Borba	Willow Glen	15:35.0
12	Greg Jenkins	Leigh	15:39.5
13	Mark Baker	San Ramon	15:43.0
14	Mike Chastaine	Mission SJ	15:46.0
15	Sheldon Larson	Del Mar	15:47.0
16	Fred Reichert	Del Mar	15:52.0
17	Curt Foianini	Carlmont	15:53.0
18	John Field	Del Mar	16:05.0
19	Scott Dalke	Leland	16:07.0
20	Eric Davies	Menlo-Ath	16:10.0

(37 able to be ranked)

SENIORS

1	Tim Holmes	Downey	13:59.9
2	John Sup	Palma	14:30.0
3	Gilbert Munoz	Watsonville	14:48.2
4	Greg Mandanis	Carlmont	14:49.0
5	Dave Bullano	Piner	14:52.9
6	Martin Martin	Piner	14:55.2
7	Armando Siqueros	Watsonville	14:56.8
8	Terry Boynton	Cupertino	15:02.0
9	David Cortez	St. Francis	15:03.9
10	Mike Huffman	Pioneer	15:13.5
11	Carlos Cordova	Watsonville	15:14.0
12	Mark Stillman	Willow Glen	15:19.0
13	Dave Kruger	Piner	15:21.8
14	Dan Norris	Carlmont	15:31.0
15	Ed Tico	Camden	15:31.6
16	Kirk Flatow	Willow Glen	15:33.0
17	Rene Villanueva	Watsonville	15:38.0
18	Bill Ritt	Leigh	15:39.8
19	Rick Maham	Leland	15:47.0
20	Ted Elovin	Willow Glen	15:51.0

(30 able to be ranked)

PERFORMERS UNABLE TO BE RANKED BY CLASS*

1	Colin Chapman	Redwood	14:56.6
2	Phil Brock	Redwood	15:20.2
3	Steve Chamberlain	Redwood	15:27.8
4	Jose Garcia	Watsonville	15:28.0
5	Iain Mickle	Redwood	15:49.3
6	Kevin Hecht	Redwood	15:50.5

(9 total)

*class rank not indicated by coach on finish tag

