

- 9:40.0 Gustavo Garcia (Merced, CA)
- 9:55.8 Brian Dudin (Leigh, San Jose, CA)
- 10:16.2 Rick DeLaunay (Suffern, NY)
- 10:23.0 Patrick Rhodes (Half Moon Bay, CA)
- 10:26.0 Mike Lucas (Leigh, San Jose, CA)

HIGH SCHOOL FROSH TWO MILE TEAM RACE (Record 52:10.4 by Westminster, CA 1975)

- 53:00.4 Merced, CA
- 53:26.8 Leigh, San Jose, CA
- 54:30.6 Suffern, NY
- 55:07.4 York, Elmhurst, IL
- 56:02.4 Downey, Modesto, CA
- 57:01.0 Half moon Bay, CA
- 58:26.0 Pinkerton Acad, Deery, NH
- 58:57.2 York B, Elmhurst, IL
- 59:38.8 Merced B, CA
- 1:01.6 Bradford, Starke, FL
- 1:11.2 Bradford B, Starke, FL

HIGH SCHOOL FROSH THREE MILE INDIVIDUAL RACE (Record 15:10.0 by Mitch Kingery, San Carlos, CA 1971)

- 14:49.4 Rick DeLaunay (Suffern, NY)
- 16:21.4 Mark Leos (Mt. Whitney, Visalia, CA)
- 16:25.4 Kevin Finan (Suffern, NY)
- 16:30.4 (Eric Winters (Stevenson, WA)
- 16:35.2 Bob Chisholm (Suffern, NY)
- 16:52.0 Ricardo Garcia (Mt. Whitney, Visalia, CA)
- 16:56.6 Paul Garcia (Mt. Whitney, Visalia, CA)
- 16:57.8 Carlos Castro (Mt. Whitney, Visalia, CA)
- 17:02.4 Phil Tracey (Stevenson, WA)
- 17:09.0 David Allen (Stevenson, WA)

HIGH SCHOOL FROSH THREE MILE TEAM RACE (Record 82:35.4 by Homestead, Sunnyvale, CA 1969)

- 85:11.6 Suffern, NY
- 86:26.0 Mt. Whitney, Visalia, CA
- 88:20.0 Stevenson, WA

HIGH SCHOOL GIRLS TWO MILE INDIVIDUAL RACE (Record 10:59.6 Irene Crowley, 1977)

- 10:59.6 Irene Crowley, sr (Overfelt, San Jose, CA)
- 11:11.2 Shelly Nieto, 9th (Merced, CA) 11:01.6 Lauri Crisp, jr (Downey, Modesto, CA)
- 11:25.0 Diana Halpin, sr (Woodbury, Central Valley, NY)
- 11:45.6 Mimi Pratt, sr (Edmonds, WA) 11:54.0 Dora Noyares, jr (Downey, Modesto, CA)
- 11:57.0 Jan Weitz, jr (West Valley, Spokane, WA)
- 12:02.6 Dana Arnim, sr (Edmond, WA)
- 12:04.0 Judy Weitz, 9th (West Valley, Spokane, WA)
- 12:08.0 Patti Keilly, soph (Woodbury, Central Valley, NY)
- 12:09.0 Mary Henker, sr (West Valley, Spokane, WA)
- 12:12.2 Sue Robinson, jr (Woodbury, Central Valley, NY)

HIGH SCHOOL GIRLS TWO MILE TEAM RACE (60:39.8 Woodbury, Central Valley, NY 1977)

- 59:14 HMB
- 60:39.8 Woodbury, Central Valley, NY
- 61:09.2 Santa Barbara, CA
- 62:02.0 West Valley, Spokane, WA
- 62:22.0 Merced, CA
- 62:35.4 Edmonds, WA
- 62:42.0 Washingtonville, NY
- 65:07.4 Woodstock, IL
- 67:32.4 Santa Barbara B, CA
- 70:45.0 Nord Jr, Amherst, OH
- 72:58.6 Bradford, Starke, FL
- 77:44.7 Bradford B, Starke, FL
- 78:15.0 Nord Jr B, Amherst, OH

62:59 Carlmont, Belmont, CA

HIGH SCHOOL BOYS TWO-MILE INDIVIDUAL RACE (Record 8:51.8 by non Craker, York, Elmhurst, IL 1975)

9:12.0 Jim Galen, sr (Thornbridge, Dolton, IL)
 9:16.8 John Sullivan, sr (Thornbridge, Dolton, IL)
 9:19.0 Steve Strangio, jr (Mission San Jose, Fremont, CA)
 9:19.0 Ken Holladay, sr (Gilroy, CA)
 9:19.8 Nick Winkelhoch, sr (Lindbergh, St. Louis, MO)
 9:22.0 John Marden, jr (Mission San Jose, Fremont, CA)
 9:22.2 Alvin Strunk, sr (York, Elmhurst, IL)
 9:22.2 Robert Love, sr (Carlmont, Belmont, CA)
 9:25.2 Felix Soto, soph (Mt. Pleasant, San Jose, CA)
 9:26.0 Steve Knott, jr (Leland, San Jose, CA)
 9:27.6 Curt Hoffman, sr (York, Elmhurst, IL)
 9:32.0 Glen Dean, sr (Jefferson, Daly City, CA)
 9:34.0 Denis Schneider, sr (Steele, Amherst, OH)
 9:34.4 Jim Welte, sr (Steele, Amherst, OH)
 9:35.8 Brian Blackford, soph (Lindbergh, St. Louis, MO)
 9:37.0 Ben Trujillo, soph (Gilroy, CA)
 9:37.8 Jeff Heath, jr (Thornbridge, Dolton, IL)
 9:38.0 Scott Ruffing, sr (Mission San Jose, Fremont, CA)
 9:38.0 Scott Reid, sr (Stevenson, WA)
 9:38.0 Scott Dalke, sr (Leland, San Jose, CA)
 9:39.2 Bob Walther, sr (Lindbergh, St. Louis, MO)
 9:39.0 Mike Chastaine, sr (Mission San Jose, Fremont, CA)
 9:39.6 Ian Mickle, sr (Redwood, Larkspur, CA)
 9:40.0 Dave Nassar, sr (Lindbergh, St. Louis, MO)
 9:40.6 Jim Delaunay, jr (Suffern, NY)
 9:41.0 Gilbert Dean, sr (Jefferson, Daly City, CA)
 9:41.4 Tim Decker, sr (Lindbergh, St. Louis, MO)
 9:41.8 Ken Bergkamp, soph (Leigh, San Jose, CA)
 9:42.6 Ken Meilquist, jr (Carlmont, Belmont, CA)
 9:42.8 Greg Jenkins, sr (Leigh, San Jose, CA)
 9:43.6 Dave Marson, soph (Mills, Millbrae, CA)
 9:43.6 Matt Briehl, jr (Fennimore, WI)
 9:44.2 Doug Drew, sr (Steele, Amherst, OH)
 9:44.6 Mike Kirk, soph (Thornbridge, Dolton, IL)
 9:45.0 Mike Sullivan, soph (Thornbridge, Dolton, IL)

HIGH SCHOOL BOYS TWO MILE TEAM RACE (Record 46:21.0 by Lompoc, CA 1972)

47:36.4 Thornbridge, Dolton, IL	49:59.0 Overfelt, San Jose, CA
47:39.0 Mission San Jose, Fremont, CA	49:59.0 Menion-Atherton, Atherton, CA
47:55.2 Lindbergh, St. Louis, MO	50:08.2 Suffern, NY
48:14.4 York, Elmhurst, IL	50:13.2 N. Rockland, Thiells, NY
48:55.2 Carlmont, Belmont, CA	50:14.0 Half Moon Bay, CA
49:05.0 Steele, Amherst, OH	50:17.2 Redwood, Larkspur, CA
49:11.0 Leland, San Jose, CA	50:20.2 Thornbridge B, Dolton, IL
49:18.0 Thornbridge Sophs, Dolton, IL	50:28.8 Mt. Pleasant, San Jose, CA
49:18.2 Merced, CA	50:49.0 Pearl River, NY
49:25.8 Leigh, San Jose, CA	50:53.2 Mills, Millbrae, CA
49:34.0 Gilroy, CA	51:19.0 Sophs, Half Moon Bay, CA
49:41.0 Lindbergh B, St. Louis, MO	51:19.2 Pinkerton Acad, Derry, NY
49:45.4 Fennimore, WI	51:48.8 Merced B, CA
49:48.2 York B, Elmhurst, IL	51:51.6 Stevenson, WA

51:59.4 Holy Cross, Waterbury, CN	54:49.0 Sacred Mt B, S Francisco
52:13.2 warwick, NY	54:51.6 Tappen, Orangetown, NY
52:16.8 Edmonds, WA	55:23.2 Edmonds B, WA
52:17.0 Sacred Heart, San Francisco, CA	56:14.0 Oviedo, FL
52:20.0 Leland B, San Jose, CA	56:43.4 Stevenson B, WA
52:37.2 Washingtonville, NY	57:10.2 Edmonds C, Washington
53:34.0 Nanuet, NY	59:05.0 New Smyrna Bch, FL
	59:11.0 Apopka, FL

59:09.0 Half Moon Bay B, CA

HIGH SCHOOL BOYS THREE MILE INDIVIDUAL RACE (Record 13:43.6 by Rich Kimball, of Delasalle, Concord, CA 1973)

14:28.6 Scott Reid, sr (Stevenson, WA)
 14:39.0 Curt Hoffman, sr (York, Elmhurst, IL) 14:45.4 Fred Castillo, jr (Western, Tulare)
 14:48.4 Jim Leos, sr (Mt. Whitney, Visalia, CA)
 14:55.6 Alvin Strunk, sr (York, Elmhurst, IL)
 14:57.0 Jim Delaunay, jr (Suffern, NY)
 15:09.2 Andy Hanna, jr (Tempe, AZ)
 15:15.6 Gene Foley, sr (Nanuet, NY)
 15:19.8 Steve Hostansky, jr (N. Rockland, Thiells, NY)
 15:20.0 Scott Mansur, sr (Stevenson, WA)
 15:21.6 Phil Williams, jr (York, Elmhurst, IL)
 15:22.8 Mike Scully, sr (N. Rockland, Thiells, NY)
 15:23.8 Tim Hill, sr (Mt. Whitney, Visalia, CA)
 15:27.6 Tim Krull, soph (York, Elmhurst, IL)
 15:29.0 Matt Gateazzi, jr (Merced, CA)
 15:29.0 Phil Brock, sr (Redwood, Larkspur, CA)

HIGH SCHOOL BOYS THREE MILE TEAM RACE (Record 73:17.6 by York, Elmhurst, IL 1975)

75:54.8 York, Elmhurst, IL	80:28.0 Suffern B, NY
77:04.0 Stevenson, WA	80:49.4 Redwood, Larkspur, CA
77:42.4 N. Rockland, Thiells, NY	80:51.8 Nanuet, NY
77:49.6 Suffern, NY	83:10.4 Western, Tulare, CA
77:55.8 Mt. Whitney, Visalia, CA	84:14.0 Tempe B, AZ
78:19.0 Tempe, AZ	85:46.4 Mira Mesa, San Diego, CA
78:45.6 York B, Elmhurst, IL	87:46.4 Merced Irons, CA
78:47.4 Merced, CA	98:04.0 Bradford, Starke, FL
	105:00.0 Merced girls, CA

HIGH SCHOOL TWO-PERSON TEN MILE RELAY (Frosh boys record 49:10.0 by Barry Pollard and Shane Roger of Mt. Pleasant, San Jose, CA 1970; Varsity boys record 43:38.8 by Lloyd Apgar and Otis Martin of Lincoln, San Diego, CA 1966; Girls record 64:12.0 by Alesia Sheffield and Lovette Smith of Bradford, Starke, FL)

45:24.2 Doug Drew, Jim Welte (Steele, Amherst, OH)
 45:24.2 Denis Schneider, Jack Malin (Steele, Amherst, OH)
 45:37.4 Al Strunk, Kevin Kopp (York, Elmhurst, IL)
 46:43.0 Curt Hoffman, Tim Krull (York, Elmhurst, IL)
 47:35.6 Scott Mudrich, Rich Kopronica (Steele, Amherst, OH)
 47:58.8 Brett Terbusy, Bill Webb (York, Elmhurst, IL)
 48:35.6 Holger Penton, Mike Sutton (Steele, Amherst, OH)
 48:40.0 Jim Hedman, Steve Boyd (York, Elmhurst, IL)
 50:36.0 Gary Pogue, Trevor Jensen (York, Elmhurst, IL)
 50:56.0 Mark Lisv, Dave Garcia (York, Elmhurst, IL)
 51:33.6 Mike Frega, Mike Custer (York, Elmhurst, IL)
 51:54.2 Dave Haller, Steve Reid (York, Elmhurst, IL)

- 51:57.4 Scott Davis, Frank Yang (York, Elmhurst, IL)
- 52:18.2 John Kalomiris, Rob Ragusin (York, Elmhurst, IL)
- 55:36.8 Nancy Brynner, Mike McCarthy (Mira Mesa, San Diego, CA)
- 57:42.0 W. Badillo, J. Badillo (Bradford, Starke, FL)
- 58:27.8 Mantella Moore, Sam Lewis (Bradford, Starke, FL)
- 59:31.6 Don Gissy, Jeff Belcher (Bradford, Starke, FL)
- 64:12.0 Alesia Sheffield, Lovette Smith (Bradford, Starke, FL)

NORTH AMERICAN THREE MILE INDIVIDUAL RACE (Open Record 13:14.0 by Jack Bacheier, Florida IC, 1969; College-University Record 13:25.6 by Steve Prefontaine, Oregon, 1970; Junior College Record 13:47.8 by Dave Babiracki, Los Angeles Valley JC, 1971)

- | | |
|--|---|
| 13:28.4 Steve Crane, soph (Washington) | 13:59.2 Mike Hallenbeck, jr (Washington) |
| 13:41.0 Bill Stolp, soph (Washington) | 14:02.2 Bill McClement, soph (Washington) |
| 13:41.8 Tom Byers, unat | 14:05.4 John Mansoor, sr (Ohio St) |
| 13:42.6 Paul Roberts, soph (Ohio St) | 14:07.0 Dennis Weber, jr (Idaho) |
| 13:53.0 Steve Ortiz, fr (Idaho) | 14:08.2 John Gidewell, jr (Ohio St) |
| 13:54.2 Gary Gustafson, jr (Wash) | 14:12.0 Gary Conser, fr (Idaho) |
| 13:54.6 Chris Villani, fr (Washington) | 14:15.6 Mark Warfield, Jr (Ohio State) |
| 13:56.8 Bob Renovard, jr (Washington) | 14:18.0 Doug Beckman |

NORTH AMERICAN THREE MILE TEAM RACE (Open Mens Record 67:18.2 by Florida IC, 1972; Mens College-University Record 68:26.8 by Oregon 1970; Mens Junior College Record 70:13.0 by Spokane CC 1974; Womens Record 99:12.6 by Humboldt State, 1977)

- | | |
|--------------------|------------------------------|
| 69:25.8 Washington | 84:47.4 San Luis DC |
| 69:40.2 Ohio State | 86:49.4 San Luis DC B |
| 70:51.0 Idaho | 99:12.6 Humboldt State women |
| 72:32.0 Washington | |

NORTH AMERICAN TWO-PERSON TEN-MILE RELAY

- 46:23.6 Barry Sullivan, Dave Price (Alfred U)
- 46:54.0 Bruce Barnes, Phil Tschorke (Alfred U)

1977 National Two Mile Postal

High School Girls Two Mile Individual Race

- *10:59.6 Irene Crowley (Overfelt, San Jose, CA)
- 11:01.6 Lauri Crisp (Downey, Modesto, CA)
- 11:11.2 Shelly Nieto (Merced, CA)
- 11:19.0 Rebekah Schmidt (Half Moon Bay, CA)
- 11:25.0 Diana Halpin (Woodbury, Central Valley, NY)
- 11:42.0 Stacey Siegman (Half Moon Bay, CA)
- 11:48.6 Mimi Pratt (Edmonds, WN)
- 11:50.0 Penny Goldthorpe (Half Moon Bay, CA)
- 11:53.0 Audrey Bettencourt (Half Moon Bay, CA)
- 11:54.0 Dora Nayares (Downey, Modesto, CA)
- 11:57.0 Jan Weitz (West Valley, Spokane, WN)
- 12:02.6 Dana Arnim (Edmonds, WN)
- 12:08 Patti Reilly (Woodbury, Central Valley, NY)
- 12:09.0 Mary Henker (West Valley, Spokane, WN)
- 12:12.0 Sue Robinson (Woodbury, Central Valley, NY)
- 12:15.4 Paula Foianini (Carlmont, Belmont, CA)

*National Record

High School Girls Two Mile Team Race

- *59:14.0 Half Moon Bay, CA
- 60:39.8 Woodbury, Central Valley, NY
- 61:09.2 Santa Barbara, CA
- 62:02.0 West Valley, Spokane, WN
- 62:22.0 Merced, CA
- 62:35.4 Edmonds, WN
- 62:42.0 Washingtonville, NY
- 62:59.0 Carlmont, Belmont, CA

*National Record

The National Postal was conducted by the United States
Track & Field Federation.

HIGH SCHOOL FROSH TWO MILE INDIVIDUAL RACE (Record 9:31.2 by Carlos Carrasco, Mt. Pleasant, San Jose, CA 1975).

9:46.0 Jack Kurr (Gunn, Palo Alto, CA)
9:52.8 Eric Sappenfield (LaCumbre, Santa Barbara, CA)
9:58.8 Kevin O'Connor (Carlmont, Belmont, CA)
10:06.0 Mike Hobbs (LaCumbre, Santa Barbara, CA)
10:15.0 Steve Adams (Foothill, Santa Ana, CA)
10:20.0 Felix Soto (Mt Pleasant, San Jose, CA)
10:21.8 Guillermo Saicido (Merced, CA)
10:22.8 Don Scott (Foothill, Santa Ana, CA)
10:24.0 Charlie Schell (Half Moon, Bay, CA)
10:31.0 Dave Garcia (York, Elmhurst, IL)
10:31.0 John Hoch (M-A, Atherton, CA)
10:32.8 Bill Thoner (Foothill, Santa Ana, CA)
10:34.8 Steve Owens (Forest Hill, Jackson, MISS) Eric Fillhart (Upland, CA)
10:37.2 John Hoch (M-A, Atherton, CA)
10:38.4 Roy Cortez (Merced, CA)
10:40.0 Jose Zuniga (Merced, CA)
10:40.6 Mike Custer (York, Elmhurst, IL)
10:41.6 Ken Bergkamp (Leigh, San Jose, CA)
10:44.2 Mike Newman (York, Elmhurst, IL)
10:47.4 Bruce Thrupp (Foothill, Santa Ana, CA)
10:47.4 Casey Kester (Foothill, Santa Ana, CA)
10:49.4 George Lonergan (Holy Cross, Waterbury, CONN)

HIGH SCHOOL FROSH TWO MILE TEAM RACE (Record 52:10.4 by Westminster, CA 1975)

52:45.4 Foothill, Santa Ana, CA	56:33.2 York B, Elmhurst, IL
53:29.2 Merced, CA	56:47.6 Suffern, NY
53:43.4 York, Elmhurst, IL	57:00.0 Mt Pleasant, San Jose, CA
54:23.0 Half Moon Bay, CA	57:06.2 M-A, Atherton, CA
54:41.2 LaCumbre, Santa Barbara, CA	59:12.0 Canyon Park, Bothell, WA
54:42.0 Leigh, San Jose, CA	59:13.6 Woodstock, IL
54:51.0 Carlmont, Belmont, CA	60:48.4 Christian Bros, Syracuse, NY
55:17.0 Gunn, Palo Alto, CA	61:49.6 Nord, Amherst, OH
56:06.8 M-A, Atherton, CA	62:48.0 Canyon Park, B, Bothell, WA
56:33.0 Centennial, Pueblo, CO	67:26.2 Nord, B, Amherst, OH

HIGH SCHOOL FROSH THREE MILE INDIVIDUAL RACE (Record 15:10.0 by Mitch Kingery, San Carlos, CA 1971)

15:22.6 Mark Canales (Western, Tulare, CA)
15:34.2 Gene Sostre (Manuet, NY)
15:35.6 Jack Kurr (Gunn, Palo Alto, CA)
16:17.8 John Hoch (M-A, Atherton, CA)
16:25.0 Guillermo Saicido (Merced, CA)
16:26.0 Frank Contreras (Merced, CA)
16:28.0 Ken Bergkamp (Leigh, San Jose, CA)
16:39.0 Steve Contreras (Lompoc, CA)
16:52.8 Roy Cortez (Merced, CA)
16:55.6 Jeff Maurer (Leigh, San Jose, CA)
16:58.0 John Hausler (M-A, Atherton, CA)

HIGH SCHOOL FROSH THREE MILE TEAM RACE (Record 82:33.4 by Homestead, Sunnyvale, CA 1969)

83:59.4 Merced, CA	88:19.2 M-A, Atherton, CA
85:46.2 Leigh, San Jose, CA	89:24.0 Lompoc, CA
88:12.6 Gunn, Palo Alto, CA	

NATIONAL TWO- and THREE-MILE POSTAL MEET

hosted by LEIGH HIGH SCHOOL

Site: West Valley Junior College
Saratoga, CA.

Monday, November 28, 1977

TEAM KEY

Car	CARLMONT	MA	MENLO-ATHERTON
CV	CLAYTON VALLEY	MSJ	MISSION SAN JOSE
CD	CAMDEN	McA	McATEER
DM	DEL MAR	P	PINER
Gil	GILROY	PH	PLEASANT HILL
G	GUNN	R	REDWOOD
J	JEFFERSON	SC	SAN CARLOS
L	LEIGH	SR	SAN RAMON
LG	LOS GATOS	SV	SUNNYVALE
Lel	LELAND	Wat	WATSONVILLE
M	MILLS	West	WESTMONT

TWO-MILE POSTAL MEET TEAM RANKINGS

	<u>Team</u>	<u>Time</u>
1	CARLMONT	49:12.7
2	PINER	49:33.5
3	LELAND	49:58.0
4	PLEASANT HILL	50:03.0
5	MENLO-ATHERTON	51:14.9
6	DEL MAR	53:15.0
7	LOS GATOS	53:40.0
8	LEIGH (fresh)	55:28.0

1	CARLMONT	49:12.7
	Robert Love	12 9:24.7
	Ken Mellquist	11 9:52.0
	Kevin O'Connor	10 9:52.0
	Jim Pryor	11 9:56.0
	Eric Dabanian	12 10:08.0

5	MENLO-ATHERTON	51:14.9
	John Hoch	10 9:55.9
	Eric Davies	12 10:05.3
	Andy Jones	11 10:19.5
	Len Sperandeo	12 10:26.9
	John Scott	11 10:27.2

2	PINER	49:33.5
	Armand Moreno	12 9:41.5
	Curt Allsop	11 9:55.0
	Greg Fogg	11 9:55.0
	Skipper Grames	12 10:00.0
	Mike Judson	10 10:02.0

6	DEL MAR	53:15.0
	Jerry Landreth	12 10:16.0
	John Field	12 10:31.0
	Sheldon Larson	12 10:36.0
	Ron Palermo	12 10:54.0
	Matt McConville	12 10:58.0

3	LELAND	49:58.0
	Scott Dalke	12 9:53.0
	Steve Knott	11 9:54.0
	Charlie Sandel	12 9:57.0
	John Abihider	12 10:01.0
	Craig Blaha	12 10:13.0

7	LOS GATOS	53:40.0
	Pat Moreton	12 10:20.0
	Doug Dynes	12 10:32.0
	John Hillbrink	12 10:36.0
	Don Fallon	11 10:43.0
	Kevin Hemen	9 11:29.0

4	PLEASANT HILL	50:03.0
	Doug Prouty	12 9:56.4
	Darius Russo	12 9:57.6
	Pete Foster	11 10:01.8
	Joe Ogden	9 10:03.2
	() Hartinger	12 10:04.6

8	LEIGH FRESHMAN	55:28.0
	Brian Dulin	9 10:13.0
	Mike Lucas	9 10:38.0
	Jeff Hotchkiss	9 11:19.0
	Jim Bergkamp	9 11:32.0
	Scott Maruyama	9 11:46.0

THREE-MILE POSTAL MEET TEAM RANKINGS

<u>Team</u>	<u>Time</u>			
1 MISSION SAN JOSE	76:34.0			
2 WATSONVILLE	79:05.0			
3 REDWOOD	80:49.5			
4 McATEER	84:17.0			
5 GUNN	85:49.0			
1 MISSION SAN JOSE	76:34.0	4 McATEER		84:17.0
Steve Strangio	11 14:44.0	Brian Millar	12	15:25.0
John Marden	11 14:55.0	Mark Ford	12	16:00.0
Rich Read	10 15:25.0	Spencer Ferguson	11	16:50.0
Mike Chastaine	12 15:32.0	Andy Amoroso	12	17:43.0
Scott Ruffing	12 15:58.0	Dennis Millstein	12	18:19.0
2 WATSONVILLE	79:05.0	5 GUNN		85:49.0
David Grimes	12 15:21.0	Doug Fringle	12	15:48.0
Chuy Soto	12 15:50.0	Mark Evans	12	16:13.0
Sammy Barraza	10 15:50.0	Derek Henninger	10	17:54.0
Robert Radovich	12 15:58.0	Matt Poage	12	17:54.0
Angel Vasquez	9 16:06.0	Rob Fessesden	9	18:00.0
3 REDWOOD	80:49.0			
Phil Brock	12 15:29.0			
Bert Gardner	12 15:55.0			
Iain Mickle	12 16:06.0			
Garth McClure	10 16:21.5			
Mike McEntire	10 16:58.0			

NATIONAL TWO- and THREE-MILE POSTAL RACE RESULTS

RACE #1--- SOPH/FROSH/JV 3-mile

1	Danny Marquez	SV	10	16:33
2	Victor Gajenski	SV	9	17:01
3	Dennis Bennett	M	10	17:13.4
4	Brian Roberts	M	10	17:38.1
5	Bruce Jobe	M	9	17:46.6
6	Joey Hutchings	SV	9	18:36
7	John Navarro	SV	10	19:18

RACE #2--- INVITATIONAL VARSITY 2-mile

1	Ken Holladay	Gil	12	9:24.0
2	Robert Love	Car	12	9:24.7
3	Armand Moreno	P	12	9:41.5
4	Bret Baffert	SR	10	9:46.0
5	Mike Traynor	CV	11	9:50.0
6	Ken Mellquist	Car	11	9:52.0
7	Kevin O'Connor	Car	10	9:52.0
8	Scott Dalke	Lel	12	9:53.0
9	Steve Knott	Lel	11	9:54.0
10	Curt Allsop	P	11	9:55.0
11	Greg Fogg	P	11	9:55.0
12	Mark Baker	SR	12	9:55.0
13	John Hoch	MA	10	9:55.9
14	Jim Pryor	Car	11	9:56.0
15	Doug Prouty	PH	12	9:56.4
16	Charlie Sandel	Lel	12	9:57.0
17	Darius Russo	PH	12	9:57.6
18	Skipper Grames	P	12	10:00.0
19	John Abidider	Lel	12	10:01.0
20	Pete Foster	PH	11	10:01.8
21	Mike Jusdon	P	10	10:02.0
22	Joe Ogden	PH	9	10:03.2
23	Hartinger	PH	12	10:04.6
24	Eric Davies	MA	12	10:05.3
25				10:08.0
26	Eric Dabanian	Car	12	10:08.0
27	Craig Blaha	Lel	12	10:13.0
28	Brian Dulin	L	9	10:13.0
29	Dan Waterson	P	11	10:13.0
30	Greg McDonald	CD	11	10:14.0
31	Jim Todd	West	11	10:15.0
32	Jerry Landreth	DM	12	10:16.0
33	Brian Hoyt	P	10	10:17.0
34	Andy Jones	MA	11	10:19.5
35	Pat Moreton	LG	12	10:20.0
36	Stuart Fong	CV	12	10:21.4
37	Dave Auston	West	11	10:25.0
38	Pete Mayer	PH	11	10:25.2
39	Len Sperandeo	MA	12	10:26.9
40	Jon Scott	MA	11	10:27.2

RACE #2 continued

41	Steve DeBacker	CV	11	10:27.6
42	Jamie Allen	Car	12	10:28.0
43	John Field	DM	12	10:31.0
44	Doug Dynes	LG	12	10:32.0
45	Jerry Edgmon	Gil	12	10:32.0
46	Pat Pfeiffer	Lel	11	10:33.0
47	John Haussler	MA	10	10:34.0
48	Sheldon Larson	DM	12	10:36.0
49	John Hillbrink	LG	12	10:36.0
50	Nick Logothetis	Car	11	10:42.0
51	Don Fallon	LG	11	10:43.0
52	Colin Smith	MA	12	10:49.8
53	Ron Palermo	DM	12	10:54.0
54	Matt McConville	DM	12	10:59.0
55	Kevin Hemen	IG	9	11:29.0
56	Steve Asbe	Lel	12	11:36.0

RACE #3--- INVITATIONAL VARSITY 3-mile

1	Steve Strangio	MSJ	11	14:44.0
2	Craig Hochhaus	CV	12	14:46.8
3	John Marden	MSJ	11	14:55.0
4	Gilbert Dean	J	12	15:05.0
5	Glenn Dean	J	12	15:07.0
6	David Grimes	Wat	12	15:21.0
7	Brian Miller	McA	12	15:25.0
8	Rich Read	MSJ	10	15:25.0
9	Phillip Brook	R	12	15:29.0
10	Mike Chastaine	MSJ	12	15:32.0
11	Doug Pringle	G	12	15:48.0
12	Chuy Soto	Wat	12	15:50.0
13	Sammy Barraza	Wat	10	15:50.0
14	Bert Gardner	R	12	15:55.0
15	Scott Ruffing	MSJ	12	15:58.0
16	Robert Radovich	Wat	12	15:58.0
17	Mark Ford	McA	12	16:00.0
18	Angel Vasquez	Wat	9	16:06.0
19	Iain Mickle	R	12	16:06.0
20	Mark Evans	G	12	16:13.0
21	Garth McClure	R	10	16:21.5
22	Mike McEntire	R	10	16:58.0
23	Kevin Coon	MSJ	12	17:19.0
24	Matt Poage	G	12	17:54.0
25	Dave Weir	G	12	18:02.0
26	Rich Young	G	12	18:40.0

continued

RACE #4--- VARSITY 3-mile

1	Ian Waters	SC	12	16:03.0
2	Spencer Ferguson	McA	11	16:50.0
3	Andy Amoroso	McA	12	17:43.0
4	Derek Henninger	G	10	17:54.0
5	Rob Fessesden	G	9	18:00.0
6	Dennis Millstein	McA	12	18:19.0
7	Amol Saxena	G	10	19:06.0
8	Rich Hahn	SC	10	20:05.0

RACE #5--- MIXED DIVISION 2-mile

1	Dave Hunt	West	11	10:22.0
2	Mike Lucas	L	9	10:38.0
3	Lammie	Lel	11	10:59.0
4	Ron Pausa	MA	9	11:11.8
5	John Vitacil	SC	12	11:12.0
6	Jeff Hotchkiss	L	9	11:19.0
7	Casey	Lel	11	11:20.0
8	Jim Bergkamp	L	9	11:32.0
9	Vance Bailey	MA	11	11:41.6
10	Scott Mangyama	L	9	11:46.0
11	Criner	Lel	12	12:04.0
12	John Stallings	L	9	12:12.0
13	Cornelius	Lel	10	12:12.0
14	Wendy Huston	G	9	12:20.0 (girl)
15	Hung Ha	L	9	12:26.0
16	Don Keller	L	9	12:40.0
17	Esch	Lel	10	12:58.0
18	Grant	Lel	11	13:13.0

2 Mile Postal

Kurr	68	73	74	79	78	75	78	69	9:54
	68	2:21	3:35	4:54	6:12	7:27	8:45	9:54	
Iglehart	75	77	81	82	85	84	86	76	10:46
	75	2:32	3:53	5:15	6:40	8:04	9:30	10:46	
Dyal	70	78	80	82	86	88	86	79	10:49 *
	70	2:28	3:48	5:10	6:36	8:04	9:30	10:49	
Henninger	73	80	84	84	88	83			10:52
	73	2:33	3:57	5:21	6:44	8:12		10:52	
Evans	72	82	81	86	87	85			10:59
	72	2:34	3:55	5:21	6:44	8:13		10:59	
Kanerva	80	88	87	88	89	84	82	74	11:12
	80	2:48	4:15	5:43	7:12	8:36	9:58	11:12	
Fajardo	83	87	89	87	90	91	88	78	11:33
	83	2:50	4:19	5:46	7:16	8:47	10:15	11:33	
Parker	82	86	88	89	90	91	89	80	11:35
	82	2:48	4:16	5:45	7:15	8:44	10:15	11:35	
Kurth	71	77	80	80	86				
	71	2:28	3:48	5:08	6:34				
Huston	80	87	90	90	90	93	91	92	11:53 *
	80	2:47	4:17	5:47	7:17	8:50	10:21	11:53	
Ernst	84	95	95	98	101	99	99	98	12:47 *
	84	2:54	4:24	5:54	7:23	8:52	10:21	12:47	
Birkel	82	87	92	93	95	98	98	93	12:18 *
	82	2:49	4:21	5:51	7:24	8:57	10:24	12:18	
Ortenberger	90	99	103	103	105	106	107	99	13:34
	90	3:04	4:52	6:35	8:20	10:06	11:58	13:34	
Ludemun	90	99	103	103	105	106	107	104	13:37
	90	3:04	4:52	6:35	8:20	10:06	11:53	13:37	

* New P.R

		Time	2 mi Est	Improvement
Kurr	(2)	11:07	10:06	-10
Gulevich	(4)	11:39	10:36	-20
Keehn	(5)	11:42	10:38	-51
Kurth	(8)	11:48	10:44	-20
Evans	(10)	11:55	10:50	-25
Hawes	(11)	11:56	10:50	-11
Wilkerson	(14)	12:03	10:57	-17
Dyal	(16)	12:08	11:02	-37
Henninger	(1)	12:06	11:00	-27
Zlotnick	(2)	12:42	11:33	-43
Burnhart	(3)	12:44	11:34	-3
Flammer	(16)	13:48	12:33	
Zepp	(18)	13:50	12:34	-68
Hollister	(20)	14:01	12:45	-21
Kanerva	(2)	12:26	11:18	-47
Puris	(9)	13:04	11:53	
Zaroda	(13)	13:39	12:25	
Iglehart	(1)	12:06	11:00	-13
Porteus	(2)	12:33	11:25	-26
Fajardo	(3)	12:39	11:30	-67
Cosovich	(5)	12:50	11:40	-16
Parker	(8)	13:13	11:59	-31

Stryer	(10)	13:19	12:05	-56
Lyon	(12)	13:32	12:18	-44
Switzer	(14)	13:45	12:30	-28
Burford	(15)	13:50	12:35	

Huston	(11)	13:13	11:59	-53
Birkel	(5)	14:28	13:09	-4
Rumore	(6)	14:48	13:28	-20
Ludeman	(7)	15:01	13:39	-151
Ortenberger	(9)	15:04	13:40	-43
Dorion	(14)	15:55	14:29	-51
Krupp	(20)	17:35	16:00	

RESULTS of 2 MILE POSTAL

Girls smoke at 2 mile Postal. Super effort by the gals will hopefully pay off with a league championship. Boys' results were also impressive, beating last year's time by 12 seconds. Individually Doug Pringle popped his first sub 10, the fastest of 9 new P.R.s. Mini football team also showed lots of improvement.

RESULTS

	1 mi.	2 mi.		1 mi.	2 mi.
Pringle	4:50	9:56	Henninger	5:27	11:10
Evans	5:00	10:20	Dyal	5:27	11:12
Yeh	5:05	10:25	Kurth	5:35	11:12
McGannon	5:12	10:25	Wilkerson	5:21	11:16
Day	5:07	10:29	Poage	5:21	11:19
Packer	5:02	10:30	Bubb	5:32	11:19
Weir	5:08	10:40	Huston	6:05	12:33
Haves	5:05	10:48	Ernst	6:18	12:52
Keehn-Dickson	5:18	10:51	Sanchez	6:34	13:18
Fessenden	5:20	10:54	Ortenburger	6:40	13:29
Young	5:21	10:57	Rumore	6:27	13:30
Saxena	5:20	11:04			

NEW P.R. s

Young	10:57	(-92)
Weir	10:40	(-51)
Kurth	11:12	(-47)
Henninger	11:12	(-36)
Wilkerson	11:16	(-35)
Pringle	9:56	(-19)
Haves	10:48	(-7)
Keehn	10:51	(+4)

WEEKLY WORKOUT

- Mon. Run-o-thon 3 - 4
- Tues. 1. Warm up
2. 4 mi. jog
3. 10 Le Bumps - odd hard/even easy
4. Warm down
- Weds. 1. Warm up
2.3 mi. team jog
3.2 x 1000 stride
4. Warm down
- Thurs. City meet at Foothill College - bus leaves at 2 p.m. sharp
- Fri. 1. Warm up
2. 6 mi. easy jog
3. 2 x 440 stride
4. Warm down
- Sat. 1. On own easy distance jog
- Sun. 1. On own easy jog

NOTES & QUOTES

1. Next meet - City Championships at Foothill College
2. Gator-Ade --- Seniors and Juniors
3. No host pizza party for athletes and parents at the Melody Inn in Los Altos after the league meet. Cost will be \$2. per body.