

**JUNIOR/COMMUNITY COLLEGE MEN
BEST MARKS LIST
for
CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE**

4.195 miles (present course established 1972)

College of San Mateo - Home Course

(entries current through 2002)

| <u>Time</u> | <u>Mile Pace</u> | <u>Name</u> | <u>Year</u> | <u>School</u> |
|-------------|----------------------|---------------------|-------------|--------------------------------|
| 20:07.0 | 4:48 | Greg Hitchcock | 1978 | Sierra College |
| 20:07.7 | | Rick Rose | 1979 | Grossmont College |
| 20:09.8 | 4:49 | Bill Hurst | 1978 | Modesto Junior College |
| 20:11 | | Quentin Morley | 1989 | Allan Hancock College |
| 20:12 | | Dennis Hamblin | 1979 | Grossmont College |
| 20:13.6 | 4:50 | Ted Quintana | 1974 | Chabot College |
| 20:13.8 | | Mitch Kingery* | 1976 | College of San Mateo |
| 20:15.2 | | Bob Paulin | 1976 | West Valley College |
| 20:19.8 | 4:51 | Kingery | 1976 | College of San Mateo |
| 20:20 | | Phillip Hornig | 1976 | Chabot College |
| 20:20 | | Alfredo Rosesa | 1976 | El Camino College |
| (11,10) | | | | |
| 20:21 | 4:52 | Ben DeLaGarza | 1973 | Cabrillo College |
| 20:24 | | Darin Rabb | 1993 | Orange Coast College |
| 20:26 | 4:53 | <i>Carmelo Rios</i> | 1979 | <i>Long Beach City College</i> |
| 20:26 | | Matt Sommer | 1974 | West Valley College |
| 20:27 | | Paulin | 1976 | West Valley College |
| 20:27 | | Steve McCormack | 1979 | Grossmont College |
| 20:28 | | Charlie Hernandez | 1976 | Santa Rosa Junior College |
| 20:29 | | Danny Hernandez | 1979 | San Jose City College |
| 20:30 | 4:54 | Peter Woods | 1989 | Allan Hancock College |
| 20:32 | | John Sup | 1978 | Monterey Peninsula College |
| (21,19) | | | | |
| 20:32.3 | | Hernandez, D. | 1979 | San Jose City College |
| 20:33 | | Roy Hogleund | 1975 | San Jose City College |
| 20:33 | | Art Baudendistel | 1976 | American River College |
| 20:33 | | Jim Mebust | 1976 | American River College |
| 20:33 | | Eric Huff | 1976 | Cuesta College |
| 20:34 | 4:55 | Tim Verley | 1979 | Grossmont College |
| 20:34.1 | | Jim Christensen | 1979 | Monterey Peninsula College |

Junior/Community College Men - Best Marks List (cont'd)

| <u>Time</u> | <u>Mile Pace</u> | <u>Name</u> | <u>Year</u> | <u>School</u> |
|-------------|----------------------|------------------|-------------|----------------------------|
| 20:35 | | Wally Montenegro | 1976 | San Jose City College |
| 20:35 | | Paul Fredrickson | 1974 | DeAnza College |
| 20:35 | | Greg Williams | 1979 | West Valley College |
| | (31,28) | | | |
| 20:36 | | Dan Aldridge | 1976 | Santa Rosa Junior College |
| 20:37 | | Bob Barnett | 1976 | College of San Mateo |
| 20:37 | | Marc Keller | 1979 | Grossmont College |
| 20:38 | 4:56 | Mike Emery | 1975 | Diablo Valley College |
| 20:38 | | Mike Poolenski | 1979 | Grossmont College |
| 20:39 | | Steve Brooks | 1973 | San Jose City College |
| 20:39 | | Matt Ebner | 1979 | Mt. San Antonio College |
| 20:39 | | Juan Garcia | 1979 | College of the Sequoias |
| 20:39 | | Danny Grimes | 1978 | DeAnza College |
| 20:39 | | Dan Will | 1979 | American River College |
| 20:39 | | George Kersh | 1988 | Taft College |
| 20:39.1 | | Rios, C. | 1979 | Long Beach City College |
| | (43,39) | | | |
| 20:40 | | Tim Chain | 1976 | DeAnza College |
| 20:41 | | Barnett | 1975 | College of San Mateo |
| 20:41 | | Hoglund | 1975 | San Jose City College |
| 20:42 | 4:57 | Gary Sutherland | 1976 | American River College |
| 20:42 | | Bart Stephens | 1993 | Diablo Valley College |
| 20:42 | | Chris Hamer | 1978 | Sierra College |
| 20:43 | | John Avila | 1976 | West Hills College |
| 20:43 | | Dave Royal | 1979 | Santa Rosa Junior College |
| 20:43 | | Derrick Powers | 1989 | Mt. San Antonio College |
| 20:43.9 | | Robert Thwala | 1984 | Porterville College |
| | (53,47) | | | |
| 20:44 | | Kingery | 1976 | College of San Mateo |
| 20:44 | | Mike Dyer | 1978 | West Valley College |
| 20:44 | | Scott Thornton | 1979 | Fresno City College |
| 20:44 | | Dan McGreal | 1985 | Monterey Peninsula College |
| 20:44 | | Chris Hoepker | 1986 | Foothill College |
| 20:44 | | Fidel Zanaca | 1993 | Rancho Santiago College |
| 20:45 | | Tim Farrell | 1976 | American River College |
| 20:45 | | Will | 1979 | American River College |
| | (61,53) | | | |

Junior/Community College Men - Best Marks List (cont'd)

| <u>Time</u> | <u>Mile Pace</u> | <u>Name</u> | <u>Year</u> | <u>School</u> | |
|--------------|----------------------|---------------------|----------------|--------------------------------|----------------------------|
| 20:47 | 4:58 | Emery | 1975 | Diablo Valley College | |
| 20:47 | | Frank Dauncey | 1976 | Lassen Community College | |
| 20:47 | | Jesse Torres | 1982 | San Jose City College | |
| 20:47.8 | | Jeff Megallanes | 1980 | Monterey Peninsula College | |
| 20:48 | | Joey Gomez | 1979 | Fullerton College | |
| 20:48 | | Jim VanDine | 1972 | College of San Mateo | |
| 20:48 | | Kevin Searls | 1976 | Diablo Valley College | |
| 20:48 | | Mario Macias | 2000 | College of the Sequoias | |
| (68,59) | | | | | |
| 20:49 | | | Montenegro | 1976 | San Jose City College |
| 20:49 | | Mike Araco | 1979 | College of Marin | |
| 20:49 | | Sal Beruman | 1979 | San Jose City College | |
| 20:49 | | Sal Lozano | 1979 | College of the Sequoias | |
| 20:49 | | Mason Meyer | 1989 | American River College | |
| 20:49.8 | | Gary Lewis | 1983 | San Jose City College | |
| (74,64) | | | | | |
| 20:50 | | Henry Perez | 1974 | San Joaquin Delta College | |
| 20:50 | | Artie Rios | 1974 | West Valley College | |
| 20:50 | | Greg Eger | 1975 | DeAnza College | |
| 20:50 | | Glenn Lee | 1979 | Long Beach City College | |
| 20:50.5 | 4:59 | Dan Martinez | 1980 | Canada College | |
| 20:51 | | Shawn James | 1975 | San Jose City College | |
| 20:51 | | Earl Lagomarcino | 1976 | American River College | |
| 20:52 | | Kevin Jones | 1979 | Santa Rosa Junior College | |
| 20:52 | | Kenrick Sealy | 1988 | West Valley College | |
| 20:52.1 | | Mandla Kunene | 1983 | Porterville College | |
| 20:52.8 | | Herman Aranda | 1980 | Porterville College | |
| (85, 75) | | | | | |
| 20:53 | | | Roger Cassilas | 1974 | San Joaquin Delta College |
| 20:53 | | | Andy Jones | 1976 | Monterey Peninsula College |
| 20:53 | | Montenegro | 1976 | San Jose City College | |
| 20:53 | | Mike Arago | 1979 | College of Marin | |
| 20:53 | | Manny Sandoval | 1979 | Grossmont College | |
| 20:54 | | Tim Holmes | 1978 | Modesto Junior College | |
| 20:54 | | Dan Navarro | 1978 | Sierra College | |
| 20:54 | | Thornton | 1979 | Fresno City College | |
| 20:54 | | Williams | 1979 | West Valley College | |
| 20:54.9 | 5:00 | Sealy | 1988 | West Valley College | |
| (95,81) | | | | | |

Junior/Community College Men - Best Marks List (cont'd)

| <u>Time</u> | <u>Mile Pace</u> | <u>Name</u> | <u>Year</u> | <u>School</u> |
|-----------------------|----------------------|----------------------------|-------------|-------------------------------|
| 20:55 | 5:00 | Marty Krenn | 1975 | San Jose City College |
| 20:55 | | Alex Aguilar | 1975 | San Jose City College |
| 20:55 | | Nick Breuer | 1978 | American River College |
| 20:55 | | Kevin Ostenberg | 1979 | Diablo Valley College |
| 20:55 | | Ray Griffin | 1986 | Taft College |
| 20:55 | | Jeff Gatlin | 1988 | Taft College |
| 20:56 | | Brad Brown | 1976 | San Joaquin Delta College |
| 20:56 | | Holmes | 1977 | Modesto Junior College |
| 20:56 | | Paul Mello | 1977 | College of San Mateo |
| 20:56 | | Jones, K. | 1979 | Santa Rosa Junior College |
| 20:56 | | Jeff Townsend | 1988 | Foothill College |
| 20:56 | | Bob Escay | 1993 | American River College |
| 20:56 | | Steve Moreno | 1996 | Hartnell College |
| | (108,92) | | | |
| 20:57 | | <i><u>Doug Padilla</u></i> | 1974 | <i>Chabot College</i> |
| 20:57 | | Kingery | 1975 | College of San Mateo |
| 20:57 | | Chain | 1976 | DeAnza College |
| 20:57 | | Jody Fisher | 1985 | Taft College |
| 20:57 | | Jack Marden | 1992 | City College of San Francisco |
| 20:58 | | Richard Benavidez | 1979 | Mt. San Antonio College |
| 20:58 | | Mark Sullivan | 1988 | Hartnell College |
| 20:58 | | Richard Nunez | 1989 | College of the Sequoias |
| 20:58.5 | | Jesse Llanes | 1986 | Fresno City College |
| | (117,99) | | | |
| 20:59 | 5:01 | Danny Ramirez | 1979 | San Jose City College |
| 20:59 | | Rich Maple | 1979 | Pasadena City College |
| 20:59 | | Cory Trovinger | 1988 | Diablo Valley College |
| 20:59 | | Yared Berhane | 1990 | American River College |
| 20:59 | | Marlon Smith | 1980 | American River College |
| 20:59.2 | | Jeff Baumsteiger | 1978 | College of Marin |
| 20:59.9 | | Paul Sechrist | 1978 | San Jose City College |
| 21:00 | | Jose Renteria | 1976 | Fresno City College |
| 21:00 | | Brad Sigler | 1989 | Orange Coast College |
| 21:00 | | Juan Pinales | 1993 | San Jose City College |
| | (127,109) | | | |
| Ran extra 300 meters: | | | | |
| 21:34.9 | 4:56 | Steve Blakemore | 1982 | Foothill College |
| 21:50 | 5:00 | Nelson Bernal | 1982 | West Valley College |
| 21:57 | 5:01 | Dave Dempsey | 1982 | College of San Mateo |

(130, 112)

Junior/Community College Men - Best Marks List (cont'd)

| <u>Time</u> | <u>Mile</u> <u>Pace</u> | <u>Name</u> | <u>Year</u> | <u>School</u> |
|---------------------------------|----------------------------|-----------------|-------------|-------------------------------|
| Ran slightly short rain course: | | | | |
| 20:07 | x | Christensen | 1979 | Monterey Peninsula College |
| 20:18 | x | Mark Labonte | 1979 | Saddleback College |
| 20:27 | x | Steve Binns | 1979 | Palomar College |
| 20:28 | x | Jon Jackson | 1979 | Santa Barbara City College |
| 20:29 | x | William Wang | 1979 | San Bernardino Valley College |
| 20:35 | x | Tony Timerman | 1979 | Mira Costa College |
| 20:36 | x | Henry Mendoza | 1979 | Glendale Community College |
| 20:40 | x | Russell Huckeba | 1979 | Mira Costa College |
| 20:42 | x | Ron Hofhenke | 1979 | Butte College |

(139 entries/performances, 120 runners/performers)

* List leader: 4 entries

Bold face: most recent entries

*Italics: Carmelo Rios, 1984 Puerto Rico Olympian, steeplechase
Doug Padilla, 1984 & 1988 USA Olympian, 5000 meters*

Please submit additions or corrections to Bob Rush @ 650/595-3619