

RON LARRIEU



Born: May 23, 1937 San Francisco, CA
 Died: June 1, 2020 (83-years old)

Palo Alto HS, CA

- 1956 California State mile champion
- 1955, 1956 CIF North Coast mile champion

Mt.San Antonio College

- Mt.SAC Hall of Fame
- 1957 California State junior college mile champion
- 1957 California State junior college 2-mile champion
- 1957, 1958 Eastern Conference mile champion
- 1957 Eastern Conference 2-mile champion
- 1957 National JC 2-mile record (9:22.0)
- 1958 member of National JC record 4x440 relay (3:14.5)

Cal Poly Pomona

- Cal Poly Pomona Hall of Fame
- 1960 NCAA Regional mile champion
- 1961 NCAA Regional mile champion
- 1961 NAIA District 3 2mile champion
- 1960 NCAA Regional 3-mile champion

1964 Olympian

1965, 1966 AAU Cross Country champion

1964 American Record holder in 6-mile at 27:54.0

Best Marks					
1958 Mt.SAC	440	49.2, 47.4 r	1956 Palo Alto HS	2M	9:39.0
			1957 Mt.SAC	2M	9:16.8
			1958 Mt.SAC	2M	9:19.5
1956 Palo Alto HS	880	1:57.7	1960 CP Pom	2M	9:13.5
1957 Mt.SAC	880	1:56.6	1961 CP Pom	2M	9:06.5
1958 Mt.SAC	880	1:53.9	1962 unatt.	2M	8:58.6
1959 Striders	880	1:52.5	1963 LATC	2M	8:45.8
1960 CP Pom	880	1:54.0	1964 LATC	2M	8:46.6
			1965 LATC	2M	8:39.9
1960 CP Pom	1500m	3:49.2m	1966 SMAA	2M	8:48.8
			1962 CCAC	6M	29:04.0
			1963 LATC	6M	28:40.6
			1964 LATC	6M	27:54.0
			1966 SMAA	6M	28:03.0
			1967 Striders	6M	28:27.2
			1961 CP Pom	10,000m	31:34.0
			1963 unatt	10,000m	29:33.8
			1964 LATC	10,000m	29:20.4
			1965 LATC	10,000m	29:18.4

1955 Palo Alto HS M 4:26.5	1967 Striders 2M 8:32.0	1966 SMAA 10,000m 28:54.2
1956 Palo Alto HS M 4:20.1		1967 Striders 10,000m 29:22.4
1957 Mt.SAC M 4:15.7	1956 Palo Alto HS 3M 14:58.0	
1958 Mt.SAC M 4:21.4	1957 Mt.SAC 3M 14:54.0	
1959 unatt. M 4:13.4	1961 CP Pom 3M 14:06.1	
1960 CP Pom M 4:10.0	1962 unatt. 3M 14:01.6	
1961 CP Pom M 4:12.1	1963 LATC 3M 13:35.2	
1963 LATC M 4:05.6	1964 LATC 3M 13:17.0	
1965 LATC M 4:04.1	1965 LATC 3M 13:11.4	
1966 SMTC M 4:03.6	1966 SMAA 3M 13:30.4	
1967 Striders M 4:06.4	1967 Striders 3M 13:23.8	
	1957 Mt.SAC 5000m 14:45.3	
	1959 unatt. 5000m 15:13.6	
	1961 CP Pom 5000m 14:32.8	
	1962 CCAC 5000m 14:51.0	
	1963 LATC 5000m 14:00.0	
	1964 LATC 5000m 13:43.0	
	1965 LATC 5000m 13:54.8	
	1966 SMAA 5000m 13:56.2	
	1967 Striders 5000m 13:50.6	

	<p><u>College Division</u></p> <p>1960 NCAA Reg mile 1st 4:13.4 1961 Orange Invit mile 1st 4:19.1 1961 NAIA Dist 3mile 1st 4:29.8 1961 NCAA Reg mile 1st 4:12.1</p> <p>1961 NAIA Dist 3 2mile 1st 9:24.2</p> <p>1960 NCAA Reg 3mile 1st 14:51.4 1961 NCAA Reg 3mile 3rd 14:51.8</p> <p><u>Open</u></p> <p>1960 SPA AAU 1500m 2nd 3:49.2</p> <p>1959 Easter Rlys mile 3rd 4:13.4 1961 Easter Rlys mile 3rd 4:25.4 1966 SD Invit mile 5th 4:03.6 1967 West Coast Rlys mile 4th 4:06.4</p> <p>1957 Pac Assn AAU 2M 2nd 9:16.8 1961 Calif Rlys 2mile 6th 9:06.5 1962 Calif Rlys 2mile 6th 8:58.6 1963 Calif Rlys 2mile 2nd 8:45.8 1964 Calif Rlys 2mile 4th 8:46.6 1965 Calif Rlys 2mile 2nd 8:40.4 1966 Calif Rlys 2mile 3rd 8:48.8 1966 SPA AAU 2mile 1st 8:56.2 1967 Calif Rlys 2mile 1st 8:32.0</p>	<p><u>Open cont.,</u></p> <p>1957 SPA AAU 3mile 2nd 14:54.0 1959 Mt.SAC Rlys 3mile 5th --- 1962 SPA AAU 3mile 1st 14:10.6 1963 SPA AAU 3mile 1st 13:47.4 1963 AAU 3mile 6th 14:19.1 1965 AAU 3mile 3rd 13:11.4 1966 AAU 3mile 5th 13:41.8 1967 AAU 3mile 5th 13:38.0</p> <p>1957 SPA AAU Rlys 5000m 3rd 14:45.3 1959 SPA AAU Rlys 5000m 4th 15:13.6 1960 SPA AAU Rlys 5000m 4th --- 1961 Compton Invit 5000m 6th 14:51.4 1961 SPA AAU Rlys 5000m 1st 14:32.8 1962 Mt.SAC Rlys 5000m 4th 14:51.0 1963 Coliseum Rlys 5000m 3rd 14:00.0 1964 Mt.SAC Rlys 5000m 3rd --- 1964 Coliseum Rlys 5000m 4th 14:09.4 1964 Comp Invit 5000m 3rd 13:43.0 1965 Mt.SAC Rlys 5000m 1st 14:38.0 1965 vs USSR 5000m 3rd 13:54.8 1966 Mt.SAC Rlys 5000m 3rd 14:22.0 1966 Comp Invit 5000m 3rd 13:56.2 1967 Comp Invit 5000m 5th 13:50.6</p>	<p><u>Open cont.,</u></p> <p>1962 AAU 6mile 5th 29:04.0 1967 AAU 6mile 3rd 28:31.2</p> <p>1963 MSAC Rlys 10,000 1st 29:33.8 1964 Olympic Trials 10,000m 3rd 29:20.4 1964 Olympics 10,000m 24th 30:42.6 1967 MSAC Rlys 10,000 1st 29:22.4 1967 vs Br Commonw 10,000m 6th 32:07.8 1967 vs Italy-Spain 10,000m 4th 29:46.0</p>
<p><u>High School</u></p> <p>1955 CIF NoCoast mile 1st 4:32.9 1956 CIF NoCoast mile 1st 4:27.7 1956 State mile 1st 4:20.1</p> <p><u>JC/Frosh</u></p> <p>1957 Eastern Conf mile 1st 4:21.5 1957 SoCal JC mile 3rd 4:26.0 1957 State mile 1st 4:15.7 1958 Eastern Conf mile 1st 4:26.6 1958 SoCal JC mile 1st 4:21.4</p> <p>1957 Eastern Conf 2mile 1st 9:50.7 1957 SoCal JC 2mile 1st 9:25.7 1957 State 2mile 1st 9:22.0 1958 Eastern Conf 2mile 2nd 9:36.0 1958 SoCal JC 2mile 4th 9:43.3</p>			

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Miscellaneous

- Sister Francie Larrieu Smith 5-time Olympian