

CALIFORNIA STATE JC FINALS

3,000m STEEPLECHASE

1973	Pat Phelan, American River	9:15.3	Bob Large, Santa Ana 9:19.1	Wilbur Wester, Palomar 9:24.0	Dave Chamness, Foothill 9:30.1	----- Imnethun, Laney 9:38.9	Dave Boyet, Sacramento 9:48.3
1974	Emil Magallanes, Monterey	9:14.2	Dean Pearson, Diablo Valley 9:14.2	Bruce Caputo, Lassen 9:35.6	Tim Kirkpatrick, LA Pierce 9:37.8	Jack Reime, Cabrillo 9:40.2	Steve Laird, Palomar 9:40.6
1975	Richard Langford, American River	9:08.4	Rick Hart, Foothill 9:14.7	Dennis Wilson, Grossmont 9:18.3	Gil Brooks, San Jose 9:21.2	Humberto Barajas, Palomar 9:26.6	Jack Reime, Cabrillo 9:30.0
1976	Dennis Wilson, Grossmont	9:05.4	Bill Weed, American River 9:06.2	Richard Langford, American River 9:13.4	Shawn James, San Jose 9:15.8	Mike Garrett, Consumnes River 9:21.5	Keith Witthauer, Santa Ana 9:24.8
1977	Shannon Laird, Palomar	8:53.2	Bill Weed, American River 9:04.4	John Brenneman, Canyons 9:06.4	Mike Lebbold, Grossmont 9:13.4	Steve Watkins, Monterey 9:14.2	Joaquin Leano, Porterville 9:14.6
1978	Tim Farrell, American River	8:58.2	Mark Lewis, Glendale 9:02.8	Eero Keranen, Hancock 9:04.6	Joaquin Leano, Porterville 9:04.6	Juan Garza, Sequoias 9:05.6	Chris Ljung, Palomar 9:15.0
1979	Carmelo Rios, LBCC	9:01.1	Mark Lewis, Glendale 9:01.3	Mike Dyer, West Valley 9:11.6	Robert Lusitant, Grossmont 9:12.8	Pat Carroll, Grossmont 9:17.1	Brian Parks, Southwestern 9:18.8