

SO CAL JC CHAMPIONSHIPS

3,000m Steeplechase

UPDATED 2/20/2023

1974	Tim Kirkpatrick, LA Pierce	9:38.8	Mark Lotich, Mt.SAC 9:41.2	Steve Laird, Palomar 9:41.2	----- Bazan, Imperial 9:42.9	Howard Burgess, Fullerton 9:46.2	Martinez, Southwest LA 9:54.2
1975	Howard Burgess, Fullerton	9:24.0	Humberto Barajas, Palomar	Dennis Wilson, Grossmont	Tim Kirkpatrick, LA Pierce	Mark Lotich, Mt.SAC 9:40.0	----- Van Arsdale, Fullerton 9:46.1
1976	Dennis Wilson, Grossmont	9:13.6	Bob Mapstead, SBVC 9:21.3	Shannon Laird, Palomar 9:28.6	Whithaver, Santa Ana 9:30.2	Wally Buckingham, Grossmont 9:30.5	Gary Smith, Mt.SAC 9:39.4
1977	Shannon Laird, Palomar	9:07.6	John Brennemen, Canyons 9:15.76	Mike Lebbold, Grossmont 9:24.19	Greg Dean, Fullerton 9:25.17	--- Steinberger, Citrus 9:35.54	Jim Austin, Grossmont 9:43.7
1978	Mark Lewis, Glendale	9:13.4	Raul Agüero, Santa Ana 9:14.2	Chris Ljung, Palomar 9:15.8	Eero Keranen, Hancock 9:16.3	Steve Brumwell, LA Valley 9:25.0	Wally Buckingham, Grossmont 9:29.2
1979	Mark Lewis, Glendale	9:02.3	Carmello Rios, LBCC 9:04.4	Pat Carroll, Grossmont 9:08.9	Robert Lusitana, Grossmont 9:10.2	Mark LaBonte, Saddleback 9:11.5	Scott Mayfield, Hancock 9:16.0