

NORTHERN CALIFORNIA
CROSS COUNTRY CHAMPIONSHIPS

1974

Host: Monterey Peninsula College
Location: Pebble Beach, California

November 15, 1974
4.0 Miles

L A R G E C O L L E G E R E S U L T S

TEAM RESULTS

1. San Joaquin Delta	1, 6, 7, 16, 23	53
2. West Valley	2, 9, 11, 13, 31	66
3. San Jose City	15, 18, 20, 21, 26	100
4. American River	5, 14, 19, 36, 37	111
5. Fresno City College	3, 8, 24, 27, 53	125
6. Chabot College	4, 10, 40, 44, 51	149
7. Sacramento City	17, 33, 35, 58, 69	212
8. College of Marin	25, 32, 38, 67, 71	233
9. College of San Mateo	22, 43, 49, 56, 63	233
10. Diablo Valley College	12, 48, 57, 62, 64	243
11. Santa Rosa College	41, 50, 61, 66, 70	288
12. San Francisco City	55, 60, 72, 82, 81	350

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INDIVIDUAL CHAMPION

Henry Perez --- San Joaquin Delta College

Winning Time: 19:03 **New Course Record** (Old record 19:32.8)

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INDIVIDUAL RESULTS

1. Henry Perez	San Joaquin Delta	19:03
2. Matt Sommer	West Valley	19:12
3. Tony Ramirez	Fresno	19:16
4. Ted Quintana	Chabot	19:18
5. Gary Green	American River	19:20
6. Richard Van Slyke	San Joaquin Delta	19:22
7. Roger Casillas	San Joaquin Delta	19:25
8. Ned Baird	Fresno	19:34
9. Craig Sullivan	West Valley	19:38
10. Doug Padilla	Chabot	19:39
11. Rich Candless	West Valley	19:39
12. Mike Emry	Diablo Valley	19:41
13. Artie Rios	West Valley	19:45
14. Mark Payne	American River	19:45
15. Alex Aguilar	San Jose City	19:46

Nor-Cal Cross Country Championships
Large College results (continued)

16.	Gary Singer	San Joaquin Delta	19:48
17.	Bill Kipp	Sacramento	19:51
18.	Shawn James	San Jose City	19:54
19.	Gary Camp	American River	19:56
20.	Gil Uresti	San Jose City	19:57
21.	Gil Brooks	San Jose City	19:57
22.	Damon Wood	San Mateo	19:58
23.	Jerry Tucker	San Joaquin Delta	19:59
24.	Robert Hyde	Fresno	20:00
25.	Martin Qualle	Modesto	20:03
26.	Ken Scalmanini	Marin	20:05
27.	Roy Hogle	San Jose City	20:06
28.	Dave Tomberlin	Fresno	20:09
29.	Gary Sanchez	San Jose City	20:09
30.	Adam Ferreira	American River	20:11
31.	Joe Cordova	San Joaquin Delta	20:13
32.	Mike Bergkamp	West Valley	20:14
33.	Dan Turk	Marin	20:17
34.	Roger Stardahl	Sacramento	20:18
35.	Ernie Ferrel	San Jose City	20:19
36.	Steve Barr	Sacramento	20:20
37.	Jim Weber	American River	20:22
38.	Dick Read	American River	20:26
39.	Kian McCarthy	Marin	20:28
40.	Bruce Sayre	College of San Mateo	20:29
41.	Dave Reiter	Chabot	20:39
42.	Leon Burnett	Santa Rosa	20:33
43.	Keith Jacobson	San Joaquin Delta	20:34
44.	Tom Jordan	San Mateo	20:35
45.	Alan Traynor	Chabot	20:44
46.	Peter Dinno	West Valley	20:45
47.	Tom Tatum	West Valley	20:46
48.	Harry Ellis	American River	20:47
49.	Alan Sauer	Diablo Valley	20:49
50.	Steve Palladino	San Mateo	20:53
51.	Bob Loux	Modesto	20:54
52.	Jeff Jahm	Santa Rosa	20:55
53.	Eugene Elliott	Chabot	20:56
54.	John Thomas	Chabot	20:56
55.	Richard Mead	Fresno	20:58
56.	Juan Casas	Fresno	20:58
57.	Terry McHale	Modesto	21:02
58.	Amador Garcia	San Francisco	21:10
59.	Dana Carvey	San Mateo	21:12
60.	Mike Jones	Diablo Valley	21:16
61.	Dave Call	Sacramento	21:18
62.	Victor Garcia	Chabot	21:20
63.	Mike Dunn	San Francisco	21:23
64.	Mark Dawson	Santa Rosa	21:24
65.	Joe Castillo	Modesto	21:30

Nor-Cal Cross Country Championships
Large College Results (continued)

66.	Mike Dayton	Diablo Valley	21:31
67.	Don Pemberton	San Mateo	21:31
68.	Steve Lundley	Diablo Valley	21:32
69.	Al Mathews	Diablo Valley	21:34
70.	Jim White	Santa Rosa	21:36
71.	Mike McCurdy	Marin	21:39
72.	Frank Ravis	Fresno	21:40
73.	Mario Castaneda	Sacramento	21:49
74.	Terry Mueller	Santa Rosa	21:54
75.	Eric Moller	Marin	21:56
76.	Joe Peterson	San Francisco	21:58
77.	John Shroyer	San Mateo	22:00
78.	Al Robertson	Diablo Valley	22:06
79.	Oscar Betancourt	Sacramento	22:07
80.	Larry Mastin	Marin	22:11
81.	Tom Murk	Marin	22:45
82.	Jess Rose	Santa Rosa	22:55
83.	Jamie Record	Sacramento	23:03
84.	Greg Sabourin	Santa Rosa	23:14
85.	George Gilbert	San Francisco City	23:16
86.	Dan Lopez	San Francisco City	24:58

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S M A L L C O L L E G E R E S U L T S

TEAM RESULTS

1. De Anza College	1, 5, 19, 25, 31	81
2. Monterey Peninsula	9, 12, 15, 21, 41	98
3. Skyline	11, 17, 18, 27, 28	101
4. Foothill	3, 24, 26, 35, 40	128
5. Cosumnes River	6, 8, 22, 61, 71	168
6. Cabrillo	4, 10, 12, 63, 81	210
7. Gavilan	20, 34, 49, 57, 62	222
8. Lassen	2, 36, 44, 74, 87	243
9. Merced	13, 16, 50, 76, 92	247
10. College of Sequoias	14, 43, 56, 65, 86	264
11. Solano	23, 45, 59, 67, 82	276
12. Reedley	39, 42, 68, 69, 70	288
13. College of Redwoods	37, 54, 70, 72, 79	302
14. Yuba	32, 48, 66, 75, 84	305
15. Merritt	46, 55, 80, 91, 94	366

INCOMPLETE TEAMS

1. Butte
2. Canada
3. Contra Costa
4. Hartnell
5. Los Medanos
6. Porterville
7. West Hills

INDIVIDUAL CHAMPION

Paul Frederickson --- De Anza College

Winning Time: 19:34

INDIVIDUAL RESULTS

1. Paul Frederickson	De Anza	19:34
2. Bruce Caputo	Lassen	19:40
3. Rick Hart	Foothill	19:43
4. Jack Reime	Cabrillo	19:46
5. Hank Lawson	De Anza	19:47

Nor-Cal Cross Country Championships
 Small College Results (continued)

6.	Mike Garrett	Cosumnes	19:48
7.	John Avila	West Hills	19:49
8.	Jim Howard	Cosumnes	19:54
9.	Emil Magallanes	Monterey	19:56
10.	Tony Munoz	Cabrillo	19:58
11.	John Moreno	Skyline	19:59
12.	Tom Beck	Monterey	20:04
13.	Tom Burrough	Contra Costa	20:05
14.	Richard Maher	Merced	20:06
15.	Marty Higginbotham	College of Sequoias	20:07
16.	Richard Barraza	Monterey	20:08
17.	Lupe Vargas	Merced	20:14
18.	Tony Fotinos	Skyline	20:16
19.	John McVeigh	Skyline	20:19
20.	Collins Gaisie	Porterville	20:25
21.	Brad Downham	Butte	20:26
22.	Greg Eger	De Anza	20:29
23.	Stacy Hanoum	Gavilan	20:30
24.	Barry Dyer	Monterey	20:33
25.	Genaro Venegas	Cosumnes	20:36
26.	Kevin Ainslie	Solano	20:39
27.	Gordon McMitchell	Foothill	20:40
28.	Ron Lewis	De Anza	20:41
29.	Bob Brownlee	Foothill	20:45
30.	Bob Powell	Skyline	20:46
31.	Bob Miller	Skyline	20:48
32.	Mike Storm	West Hills	20:49
33.	Tony Tarantino	Skyline	20:54
34.	Dirk Rohloff	De Anza	20:55
35.	Charles McCarty	Porterville	20:56
36.	Rudy Bidasha	Yuba	20:57
37.	Bernie Mahon	De Anza	20:58
38.	Jesse Morales	Gavilan	20:59
39.	Ron Martin	Foothill	21:04
40.	Billy Dyer	Lassen	21:10
41.	Mark Hulbert	College of Redwoods	21:12
42.	Keith Larsen	Skyline	21:17
43.	Ron Zavala	Reedley	21:18
44.	Larry Chamness	Foothill	21:21
45.	Dave Wright	Monterey	21:22
46.	Elias Cazares	Reedley	21:23
47.	Ralph Garcia	College of Sequoias	21:24
48.	Calvin Lantrip	Butte	21:25
49.	Marty Harris	Lassen	21:26
50.	Leo Cullen	Solano	21:27
51.	Paul Breitkopf	Merritt	21:28
52.	Jack Shuflin	Foothill	21:29
53.	Paramjit Everest	Yuba	21:31
54.	Phil Schaffner	Canada	21:32
55.	Richard Sanchez	Gavilan	21:33
56.	Hal Luna	Merced	21:34
57.	David Fitzpatrick	Monterey	21:35
58.	Ed Price	Cabrillo	21:36
59.	Alex Gomez	De Anza	21:37
60.	Dave Wells	College of Redwoods	21:38

Nor-Cal Cross Country Championships
 Small College Results (continued)

61.	Pieter Visser	Merritt	21:39
62.	Jim Lucid	College of Sequoias	21:40
63.	Victor Montez	Gavilan	21:43
64.	Marvin Richardson	Solano	21:44
65.	Kendal Smith	College of Redwoods	21:45
66.	Bob Metsger	College of Redwoods	21:46
67.	Martin Cicero	Cosumnes	21:47
68.	Richard Goldsmith	Gavilan	21:53
69.	Bob Arnold	Canada	21:54
70.	Greg Reyes	Hartnell	21:55
71.	Moose Jacobs	Cabrillo	21:56
72.	Frank Gonzales	Foothill	21:57
73.	Elmer McPhail	College of Sequoias	21:57
74.	Dave Colt	Yuba	21:59
75.	Bill Franks	Solano	22:00
76.	Genero Salazar	Reedley	22:02
77.	Allan Kawakami	Reedley	22:03
78.	Bob Foster	Reedley	22:06
79.	Ron Souza	Cosumnes	22:07
80.	Greg Heistuman	College of Redwoods	22:08
81.	Miron Self	Contra Costa	22:09
82.	Joe Duran	West Hills	22:14
83.	Ed Dennings	Cosumnes	22:15
84.	John Rice	Lassen	22:16
85.	Jesse Ortiz	Yuba	22:21
86.	Ray Gregston	Merced	22:22
87.	John Maust	Monterey	22:23
88.	Joe Maestretti	Cosumnes	22:27
89.	Charles Schoonmaker	College of Redwoods	22:30
90.	Dan Corvello	Merritt	22:33
91.	Louis Salazar	Cabrillo	22:34
92.	Tony Buelna	Porterville	22:37
93.	Melvin Jordan	Solano	22:43
94.	Gary Leduc	Solano	22:45
95.	Bryan Kuprewicz	Yuba	22:48
96.	Eloy Villa	Cabrillo	22:52
97.	Barry Smith	Alameda	22:53
98.	Tom Weber	College of Sequoias	23:00
99.	Mike Valentine	Lassen	23:07
100.	John Trujillo	Lassen	23:17
101.	Jim Turner	Yuba	23:23
102.	Martin Bannon	Solano	23:34
103.	Niel Gordon	Contra Costa	23:37
104.	Keith Garvey	Merritt	23:40
105.	Albert Acosta	Contra Costa	23:43
106.	Aszaldo Ramirez	Los Medanos	23:46
107.	Ed Strickland	Merced	23:48
108.	Mitch Jackson	Cabrillo	23:49
109.	Jeff Williams	Merritt	23:57
110.	Jim Carnal	Yuba	24:14
111.	Dan Herron	College of Redwoods	24:18
112.	Bob English	West Hills	24:19
113.	John Lazarakis	Merritt	24:22
114.	Keith Smith	College of Sequoias	24:26
115.	Jon Zeilman	Lassen	24:28
116.	Rich Mayberry	College of Redwoods	24:39
117.	Kevin Hose	College of Sequoias	24:45
118.	Steve Bell	Reedley	24:50
119.	Gary Fittro	Reedley	25:47