

FAR WESTERN CONF

SIX MILE RUN

UPDATED JULY 8, 2023

1971	Ed Haver, UC Davis	29:21.1	Bob Darling, Chico St 29:25.7	Noel Hitchcock, Sacramento St 29:39.5	Howard Labrie, Humboldt St 30:35.2	Steve Dean Sacramento St	Ron Elijah, Humboldt
1972	Noel Hitchcock, Sacramento St	29:16.0	Craig Streichman, Humboldt St 30:02.3	Humberto Hernandez, CS Hayward 30:08.5	John Axelson, UC Davis 30:31.6	Donn Wells, UC Davis 30:39.2	Nick Vogt, Chico St
1973	Ron Elijah, Humboldt St Chuck Smead, Humboldt St	29:52.2		John Sheehan, UC Davis 30:14.0	Stu Hobbs, UC Davis 30:24.8	Pat Sturdahl, Chico St 30:35.0	Mark Shuman, Chico St 30:36.0
1974	Chuck Smead, Humboldt St	29:16.9	Kevin Furey, Sacramento St 29:21.6	Conrad Lowry, Humboldt St 29:40.6	Mark Dulaney, Humboldt St 29:41.9	Mark Elias, Humboldt St 30:02.3	Dan Anderson, CS Hayward 30:07.4
1975	John Sheehan, UC Davis	29:01.3	Mark Elias, Humboldt St 29:05.6	Matt Yeo, UC Davis 29:06.4	Angelo Martinez, UC Davis 30:05.9	Mark Dulaney, Humboldt St 30:24.0	Peter Marks, UC Davis 30:30.4

10,000 METER RUN

1976	Peter Sweeney, UC Davis	30:32.3	Angelo Martinez, UC Davis 30:56.0	Gary Griffen, Chico St 31:04.1	Mark Shuman, Chico St 31:20.0	Peter Marks, UC Davis	Joe Taxiera, UC Davis
1977	Bill Britton, CS Stanislaus	30:31.5	Chris Cole, Humboldt St 30:40.4	Mike Emry, UC Davis 30:46.0	Angelo Martinez, UC Davis 31:07.9	Ted Quintana, CS Hayward 31:25.0	John Moreno, San Fran St 31:31.0
1978	Mike Emry, UC Davis	30:57.3	Steve Palladino, UC Davis 31:13.9	Mike Van Horn, Sacramento St 31:52.1	Jerry Tucker, Humboldt St 32:02.2	----- Hansen, Humboldt St 32:07.2	----- Spears, Humboldt St 32:08.4
1979	Mike Van Horn, Sacramento St	30:51.60	Tim Becker, Humboldt St 31:38.0	Dirk Feenstra, Sacramento St 32:17.8	Ralph Bowles, Sacramento St	----- Turnery Sacramento St	----- Proust, Humboldt St