

FAR WESTERN CONF

3000-meter Steeplechase

UPDATED JULY 8, 2023

1967	Gary Tuttle, Humboldt St	9:19.4	Herb Porter, San Fran St 9:27.1	Lee Ferrero, Sacramento St 9:49.2	Jack Gage, Sonoma St 9:56.0	Harry Lodin, CS Hayward 9:57.7	Arlen Melendez, Nevada
1968	Gary Tuttle, Humboldt St	9:37.4	Dick Hunter, CS Hayward 10:03.4	Orlando Guterrez, Nevada 10:03.5	Ed Haver, UC Davis 10:16.5	Byron Spradlin, UC Davis 10:20.0	Ron Morse, Sacramento St 10:27.5
1969	Gary Tuttle, Humboldt St	8:56.3	Byron Spradlin, UC Davis 9:04.2	Ed Haver, UC Davis 9:09.3	Lee Ferrero, Sacramento St 9:17.6	Dick Hunter, CS Hayward 9:24.0	Kurt Schroers, UC Davis 9:25.7
1970	Ed Haver, UC Davis	9:10.2	Byron Spradlin, UC Davis 9:14.5	Dan Mullens, Humboldt St 9:17.2	Kurt Schroers, UC Davis 9:35.1	Jim Cundiff, Humboldt St 9:42.3	Randy Cooper, Humboldt St 9:46.3
1971	Dan Mullens, Humboldt St	8:58.9	Byron Spradlin, UC Davis 9:00.3	Kevin Furey, Sacramento St 9:20.9	John Axelson, UC Davis 9:22.9	Randy Cooper, Humboldt St 9:35.6	Mike Dailey, Chico St 10:02.6
1972	Dan Mullens, Humboldt St	9:10.9	Kevin Furey, Sacramento St 9:11.3	Mark Elias, Humboldt St 9:12.3	Bob McGuire, Humboldt St 9:24.1	Tom Brown, Chico St 9:43.2	Jim Van DeErve, UC Davis 9:44.8
1973	Dan Mullens, Humboldt St	9:08.0	Bob McGuire, Humboldt St 9:11.0	Stu Hobbs, UC Davis 9:17.7	Tom Brown, Chico St 9:20.9	Barry Anderson, Humboldt St 9:22.5	Jim Van DeErve, UC Davis 9:23.8
1974	Tom Brown, Chico St	9:01.0	Ron Elijah, Humboldt St 9:10.9	Barry Anderson, Humboldt St 9:11.0	--- Davis UC Davis 9:13.3	----- Cano, San Fran St 9:29.2	Lon Berquist, UC Davis 9:30.3
1975	Barry Anderson, Humboldt St	8:49.5	Tom Brown, Chico St 9:09.8	Rich Milan, CS Hayward 9:18.7	Dale Young, UC Davis 9:21.6	Lon Berquist, UC Davis 9:28.3	Rich Chitwood, UC Davis 9:29.6
1976	Barry Anderson, Humboldt St	9:02.6	Karl Schaechterle, Chico St 9:05.0	Lon Berquist, UC Davis 9:08.0	--- Davis, UC Davis 9:13.6	----- Mareno, San Fran St 9:24.3	----- Rudy, UC Davis
1977	Gordon Innes, Humboldt St	9:00.0	Paul Heide, Humboldt St 9:08.0	Roy Hogle, UC Davis 9:13.5	Mike Garrett, Sacramento St 9:16.7	Lon Berquist, UC Davis 9:23.3	Paramijt Everest, UC Davis 9:34.2
1978	Paul Heide, Humboldt St	9:05.1	Roy Hogle, UC Davis 9:11.7	Tom Olson, Chico St 9:19.5	John Embody, CS Hayward 9:26.5	Rob Anex, UC Davis 9:26.6	Steve Ellis, Sacramento St 9:27.4
1979	Tim Farrell, Sacramento St	9:15.2	Rob Anex, UC Davis 9:23.4	Frank Dauncey, Humboldt St 9:24.3	Dan Martinelli, San Fran St 9:25.0	Tom Olson, Chico St 9:25.6	--- Nicholson, Sacramento St 9:26.3