

San Gabriel Valley All-time Prep Leaders in 1600 meter run (mile times were converted by subtracting 1.4 seconds): **Finally Completed January 2024**

- 1). **Andy Clifford** (Sunny Hills) 1974 4:06.7y=**4:05.3cm** (2nd Ca. St. – 4:07.1y 1st Arcadia Inv., 1st 4A & Masters also)
- 2). **Omar Moussa** (Acadia) 2010 4:08.5y=**4:06.61** (Adidas Grand Prix, 4:09.00y=4:07.60cm, ran 3200 in St.)
- 3). **Ray Wicksell** (West Covina) 1974 4:08.2y=**4:06.8cm** (3rd. Ca. St., TNF News Y.E. List #9 U.S. 2nd SS Masters 4:10.8y, 4th SS 4A 4:12.6y)
- 4). **Isaiah Givens** (Pasadena) 2021 4:08.43=**4:07.06cm** (Sundown Track Series- no official St. Meet Covid)
- 5). **Don Moses** (Crescenta Valley) 1976 4:08.5y=**4:07.1cm** (Laguna Bch. Inv., 1st SS Div. 4 – 4:10.6)
- 6). **Noah Hibbard** (Arroyo-El Monte) 2019 4:08.69y= **4:07.25cm** (APU MOC., 1st SS D-2 4:11.65, 4:11.09 St. Prelims 10th Ca. St)
- 7). **Andy DiConti** (La Canada) 1980 **4:08.5m** (1st. SS CIF Div. 2A) - **won Ca. St. 3200**)
- 8). **Mike Parkinson** (South Pasadena) 1980 **4:08.62m** (1st SS CIF Masters, 2nd SS 2A 4:09.0m, **4th. Ca. St. 4:10.59**, 6th GW 4:10.92y=4:09.52cm)
- 9). **Luis Medina** (Arroyo) 2005 **4:08.63m** (1st. SS CIF Div. II, 5th. Masters 4:12.28, **6th. Ca. St.**)
- 10). **Dillon Bechum** (Bonita) 2015 Soph. **4:09.21** (2nd D3, 4:12.13 4th Masters, 4:14.47 St. P. DNP St.)
- 11). **Ryan Renken** (Claremont) 2017 4:11.02y=**4:09.62cm** (3rd Mt. Sac, 1st SS Masters 4:10.95, **3rd Ca. St. 4:11.02m**, 4th APU MOC 4:12.35y=4:10.95cm)
- 12). **Owen Bishop** (Claremont) 2017 **4:09.74m** (**2nd. Ca. St.**, 4th Mt. Sac. 4:11.54y, 2nd SS Masters 4:12.85m, 4:11.86y 3rd APU MOC)
- 13). **Angel Martinez** (San Gabriel) 1992 **4:09.78m** (League Finals, Won 3200 at Ca. St. Meet)
- 14). **Parker Simmons** (Crescenta Valley) 4:11.42y=**4:10.02cm** (5th Mt. Sac Inv.)
- 15). **Sam Pons** (South Pasadena) 2011 **4:10.37m** (1st. SS CIF Div. 3, also ran 4:12.93m Mt. Sac Inv.)
- 16). **Daniel de La Torre** (La Salle) 2012 Jr. **4:10.74** (1st SS Div. 4, 6th, SS Masters 4:12.84, 9th. Ca. St.)
- 17). **Eric Taborek** (Arcadia) 1974 4:12.4y=**4:11.0cm** (7th Arcadia Inv., DNP SS)
- 18). **Estevan De La Rosa** (Arcadia) 2014 **4:11.0m** (1st SS CIF Div. I, missing from Masters, possibly injured)
- 19). **Tracy Smith** (Arcadia) 1963 4:12.6y=**4:11.2cm** (1st. SS CIF, **1st. Ca. St. 4:14.4y**)
- 20). **Millen Trujillo** ((Walnut) 4:11.26m 2015 (7th SS Div. I, SS Masters 6th 4:12.91 – St. Prelims DNQ)
- 21). **Phillip Rocha** Soph. (Arcadia) 2014 **4:11.56m** (4th SS D1, Arcadia Inv. 4:13.09 cm, SS Masters 9th 4:13.93, St. P. 4:15.82 DNQ)
- 22). **Nick Rivera** (Rowland) 2012 **4:11.84m** (4th SS CIF Masters, 4:15.61 1st SS D2, DNQ St. Prelims)
- 23). **Kevin Berko** (Covina) 1988 **4:12.0m** (1st SS AA Finals – DNQ for St. in Master's Meet)
- 24). **Richard Walker** (Arroyo) 1971 4:13.8y=**4:12.4cm** (TNF News Y.E. List, **4:11.1y?? listed on Athletic.net**)
- 25). **Dylan Wilbur** (Crescenta Valley) 2019 **4:12.31m** (1st SS Div. I, 4th SS Masters 4:12.78, 8th St. 4:14.46))

Honorable Mention

- 26). **Colin Fitzgerald** (Crescenta Valley) 2018 **4:12.66m** (5th SS Masters, 3rd SS Div. I, 4:14.46, DNQ St. Prel)
- 27). **Jesus Gutierrez** (Pasadena) 1983 **4:12.98** (3rd SS AAAA Championships 4:13.77 – ran 3200 in St.)
- 28). **Mark Ruelas** (La Salle) 1980 4:14.4y=**4:13.0cm** (**Runners Reunion Flip Chart, what meet?**)
- 29). **Dan Palma** (Glendale) 1984 **4:13.06** (3rd Arcadia Inv. 5th SS DI 4:17.01 - ran 3200 in State)
- 30). **John Vargas** (South Hills) 1984 4:13.27 (4th Arcadia – 4:13.30 1st SS Div. AA, No Masters or St. Prelims)

San Gabriel Valley All-time Prep Leaders in 3200 meter run (2-mile times were converted by subtracting 3.1 seconds to equal 3200 meters): **Finally completed January 2024**

- 1). **Omar Moussa** (Arcadia) 2011 8:51.80y=**8:48.70cm** (Adidas G.P., 1st Arcadia Inv., 8:49.59m, finished **2nd Ca. St.** as Jr. in 8:57.82 & 7th as a Sr. 8:56.97, ran 9:03.26 as Soph. twice won SS Div. I Jr. 8:58.88, Sr. 8:54.85)
- 2). **Don Moses** (Crescenta Valley) **1976 8:52.6y=8:49.5cm** (3rd Arcadia Inv., later 3rd Ca. St. Mile). The same night Moses ran his 8:52.6 2-mile he came back to later to anchor CV's Distance Medley to victory with a 4:13.6 mile. Moses also ran 8:54.6y indoors in Jan or Feb.)!
- 3). **Sam Pons** (South Pasadena) 2011 **8:50.67m** (**2nd Ca. St. Sr.**, **1st Ca. St. as Jr. 8:55.40**, ran 9:00.95 finishing 3rd SS Masters as Soph.I., also had a 14:02? 5000)
- 4). **Jack Van Scoter** (Flintridge Prep) **2016 8:53.85y=8:50.88m** (Brooks PR Inv., 2nd CIF Masters 8:52.88m, 3rd Arcadia Inv. 8:51.32m, **4th Ca. St. 8:55.60m**, SS CIF Div. 4 Championships doubled 4:13.90/9:01.81, 1st both races)
- 5). **Jim Salcido** (Sunny Hills) 1972 8:54.2y=**8:51.1cm** (1st Golden West Inv., **4th Ca. St. Meet 8:56.8y**)
- 6). **Isaiah Givens** (Pasadena) **2021 8:53.29** (Pac. Lg. Finals, **9:00.43** Arcadia Inv., no SS or Ca. St. – Covid)
- 7). **Parker Simons** (Crescenta Valley) **2023 8:53.77m** (Arcadia Inv., **9:02.90** 7th SS Masters, **9:04.72** 3rd SS D1 **9:01.23m** 7th APU MOC)
- 8). **Andy Di Conti** (La Canada) 1980 **8:54.29m** (1st SS CIF Masters, **1st Ca. St. 8:55.73m**)
- 9). **Mark Ruelas** (La Salle) 1980 **8:54.37m** (2nd SS CIF Masters, Ca. All-time List, **6th Ca. St. 9:04.60**)
- 10). **Diego Mercado** (West Covina) 2006 **8:55.20m Sr.** (4th Arcadia Inv., 2nd D1 9:02.04, 2nd CIF Masters 9:02.41m, **3rd St. as Jr.**)
- 11). Mohammed Trafteh (Duarte) 2003 **8:55.87m Jr.** (8th Arcadia, **4th Ca. St. 9:00.22**, **APU MOC 9:02.64m** 2004 DNF Senior Year)
- 12). Angel Martinez (San Gabriel) 1992 **8:56.34m Sr.** (**1st Ca. St.**, 1st CIF Masters 8:56.99, 2nd SS Masters 8:56.48 as Soph. – **3rd St. Jr 9:05.21m**, **5th St. Soph. 9:02.70m**)
- 13). Estevan De La Rosa (Arcadia) 2014 **8:56.55** (1st Seeded Race Arcadia Inv., ran 1600 in SS)
- 14). Owen Bishop (Claremont) 2017 **8:57.44** (23rd Arcadia Inv. – ran 1600 in Ca. St. placing 2nd.)
- 15). Jesus Gutierrez (Pasadena) 1983 **8:58.21m** (SS Masters Meet, **placed three years in Ca, St.3200**)
- 16). Elizar Herrera (Glendale Hoover) 1990 **8:58.97m** (**2nd Ca. St.**, 9:00.29m 3rd SS CIF Masters, 2nd SS AAAA 9:06.4)
- 17). Phillip Rocha (Arcadia) 2015 **8:59.42m** (16th. Place Arcadia Inv., 2nd SS Div. I 9:06.40m, DNQ St.)
- ?18). David Schriver (Montebello) 1977 9:02.8y=**8:59.7cm** (RR Flip Chart? - 7th Arcadia 9:11.7y)
- 19). Scott Hempel (Walnut) 1988 **9:01.56 Jr.** (3rd Arcadia, **2nd Ca. St. Meet 9:01.84**, 3rd SS Masters 9:03.28)
- 20). Aaron Mascarro (Rosemead) 1986 **9:00.10m Jr.** (**6th Ca. St.**, **2nd Ca. St.**, **2nd St. Sr. 9:03.46**, 1st SS Mst. 9:04.06 Jr. won SS DIII 2X)
- 21). Salvador Capetillo (Baldwin Park) 2016 **9:01.77m** (Mt. Sac. Inv., 7th SS Masters 9:03.50m, 19th Ca. St.)
- 22). Dan Palma (Glendale) 1984 **9:02.16** (2nd So. Sec Masters, **4th Ca. State 9:06.91m**, 2nd SS DI 9:17.41)
- 23). Diego Mercado (West Covina) 2006 **9:02.41m** (2nd. CIF Masters **2005 3rd Ca. St. as Jr.** DNF St. Sr.)
- 24). Zach Torres (Crescenta Valley) 2009 **9:02.50m** (5th Arcadia Inv., 6th. CIF Mas. 9:04.85 21st Ca. St.)
- 25). Ryan Renken (Claremont) 2016 9:02.59 (7th Mt Sac., 2nd SS D2 9:15.37, 13th St. 9:09.76)

Honorable Mention

- 26). Nathan Sellers (Crescenta Valley) 2006 **9:02.92m** (3rd. SS CIF Masters, 5th D1 9:13.86, 20th. in Ca. St.)
- 27). Bobby Thomas (Glendale) 1974 9:06.3y=**9:03.2m** (Arcadia Inv., 9:06.4y SS Masters Meet DNQ for St.)
- 28). Jeff Gilkey (Arroyo – El Monte) 1988 **9:03.39m** (Arcadia Inv., 4th SS Div. AAA 9:24.83m, DNQ in Masters for St.)
- 29). Joe Avila (Cantwell) 1978 9:06.5y=**9:03.4cm** (1st CIF SS Masters (beat Jeff Nelson by .1) 1st 2A Final)
- 30). Paul Ross (Claremont) 2011 9:03.85m (2nd SS D2, DNQ at Master's Meet for St. – missing res

San Gabriel Valley All-time Leaders 800 meter run (880 yard times have been converted to meters by subtracting .6 seconds from the 880 time): Finally Completed January 1924

- 1). Obea Moore (Muir-Pasadena) 1995 **1:49.16m** (3rd Arcadia Inv. All-time Calif. 800 List, 2nd Arcadia Inv. 1:50.05 1996)
 - 2). John Phillips (Los Altos, Hac. Hts.) 1982 **1:49.99m** (1st. Ca. St., TNF News Y.E. List #1 U.S., 1st SS Masters 1:51.59m, 1st SS AAAA 1:51.94m)
 - 3). Larry Arnett (Pasadena) 1964 1:51.6y=**1:51.0cm** Sr. (2nd SS Final, 2nd SS Finals Jr. 1:52.6y, 5th Ca. St. **1:53.2y Jr., 6th St. as Sr. 1:52.9y**)
 - 4). David Julliano (Bonita- La Verne) 1998 **1:51.11m** (5th Golden West Inv., 2nd Ca. St. **1:52.50**, 1st SS Div. 3 1:54.00)
 - 5). Mario Cobian (Rosemead) 2003 **1:51.14m** (2nd. Ca. St., 1st. SS CIF Masters 1:52.88)
 - 6). Ray Van Asten (Bonita- La Verne) 1960 1:51.9y=**1:51.3cm** (1st. Ca. St., TNF News Y.E. List #1 U.S., 1st SS 1:53.0y)
 - 7). Bill Heinzen (Glendora) 1971-72 1:52.3y=**1:51.7cm** Sr. (6th Ca. St., 3rd Arcadia Inv. 1:52.6y Sr., 2nd SS Finals 1:53.0y Jr., 1:53.8y 4th Masters Sr.)
 - 8). Randy Lopez (Alhambra) 1973 1:52.4y=**1:51.8cm** (1st. Ca. State Meet, 1st SS Masters 1:53.8y)
 - 9). Jim Nuccio (St. Francis) 1968 1:52.5y=**1:51.9cm** (5th SS CIF Finals DNQ at Masters for St. Finals)
 - 10). Morgan Bateman (Crescenta Valley) 1988-89 **1:52.20cm** Sr. (4th Golden West Inv., 3rd. Ca. St. **1:52.79 Sr.**, 3rd SS CIF 3A 1989 1:52.37 Sr., 1st DAAAA 1:52.87m Jr., 3rd SS Masters 1:52.66 Jr., 8th St. Jr., 2nd Mst.1:53.79 as soph.!)
 - 11). Dave Whiteing (Mark Keppel) 1968 1:52.6y=**1:52.0cm** (6th. SS CIF Finals – top 5 advance to St.)
 - 12). Nathan Woods (Duarte) **1992-3 1:52.35m** (2nd SS Masters Jr., 1:52.36m 1st SS Masters Sr., **4th St. 1:52.70 Jr., 6th Sr. Sr.**)
 - 13). Jim Poindexter (Duarte) 1967 1:53.0y=**1:52.4cm** (3rd SS Championship,
 - 14). Steve Miller (Maranatha –Sierra Madre) 1995 **1:52.45m** (2nd Div. IV. SS, DNQ for St. Prelims)
 - 15). Juan Neucke (Walnut) 1979 1:53.09y=**1:52.49cm** (5th Ca. St., 1st SS AAAA 1:54.8y, 1st SS Masters 1:54.2y)
 - 16). Anthony? Provenzano (Arcadia) 1989 1:52.54m (4th SS AAAA, 5th Arcadia Inv. 1:54.46, DNP Masters)
 - 17). Edgar Montes (Nogales) 1988 1:52.56m (2nd SS Masters, 1:53.16 1st DIII, 1:54.77 DNQF St. Prelims)
 - 18). Dennis Breckow (Muir) 1962 2x 1:53.2y=**1:52.6cm** (3rd. Ca. St., 2nd CIF Finals 1:53.2y, 3rd G.W. 1:53.5y)
 - 19). John Trevethick (La Canada) 1983 1:52.62m (2nd SS Div. AA, 1:53.48 4th Masters, 1:56.0m 8th Ca. St.)
 - 20). Ken Hughes (San Marino) 1966 1:53.3y=**1:52.7cm** (St. Prelims, 5th. SS 1:53.5y, **6th. Ca. St. 1:54.1y**)
 - 21). Nick Rivera (Rowland Hts.) 2011 **1:52.74 Jr.** (1st San Gabriel Valley Finals, 1:53.11 2nd Mt. Sac, 5th SS 2)
 - 22). Josh Castaneda (Bonita-La Verne) 2004 1:52.72m (1st SS D3, 1:52.91m 2nd Masters, **1:53.29 4th Ca. St.**)
 - 23). Hill Daughtry (Glendale) 1964 1:53.4y= **1:52.8cm** (TNF News Y.E., 4th SS Finals 1600m Sr. 2nd SS 1600 Jr)
 - 24). Larry Hayden (Sunny Hills) 1975 1:53.4y=**1:52.8cm** (1st Masters, 1st SS 3A 1:54.4y, St. Prelims 1:53.6y, DQ Finals)
 - 25). Derrick Mitchell (Pasadena) 1989 **1:52.84m** (3rd SS Masters, 1:53.53 6th SS AAAA, DQ out of St. Prelims)
- Honorable Mention**
- 26). Bob Blanchard (Hoover) 1962 1:53.5y=**1:52.9cm** (4th Ca. St., 4th. SS Finals 1:53.9y Sr., 4th Jr SS
 - 27). Robert Nesbitt (West Covina) 1984 **1:52.91m** (1st SS AAAA – No Masters or St. Prelims that year Jr. 1:53.29 2nd SS D-AAA)
 - 28). Anthony Fischer (Maranatha) 1992 **1:52.93** (2nd SS AA, 5th SS Masters 1:53.33, DNQ St. Finals)
 - 29). William? Stephens (Arcadia) 1982 **1:52.98m** (4th SS D-AAAA, DNQ from Masters to St Prelims)
 - 30t). Niles Venge (San Marino) 1963 1:53.7y=**1:53.1cm** (5th. SS CIF Finals, 4th G.W. Inv., 1:54.2y)
 - 30t). Isaiah Givens (Pasadena) 2021 1:53.01m (2nd APU MOC)

***These Decade Lists were primarily compiled from [Rich Gonzales's \(Editor of Prep Cal Track\) California Outdoor All-time Track and Field Records - Top 100 List](#): Additional info on 1950s and 60s from Calif. State Meet Results, TNF News Y.E. Top Ten List and The Helms Hall Track and Field Annuals:**

**** These lists are dedicated to my great friend Frank Candida who was an early Track and Field stat pioneer who unfortunately left us way before his time.**

***** ??? There was a runner last name Pillery/Tillery from West Covina that was listed running 9:00.2 for 2-mile (6th at Arcadia Invitational) in 1976. He does not show for any other meet that year CIF, Masters, or State) –don't know if it was a misprint in Arcadia coverage and he was possibly from out of state or injured for the rest of the year. I don't have his first name either.**

***** Any comments, missing runners or errors that you find with this list contact Jeff Lough at losloughs@gmail.com**

******I included Crescenta Valley HS, Glendale High School and Glendale Hoover in the San Gabriel Valley Lists. Burbank belongs with the San Fernando Valley and all the LAUSD Schools will be included on an L.A. City List (for all TNF events) that I am still working on.**

