

# PCAA CHAMPIONSHIPS

## 3 MILE

UPDATED 9/29/2022

1969	Chuck Winsor, San Diego St	14:18.0	Tim Danielson, San Diego St 14:19.2	Dave Cords, Fresno St 14:21.6	John Jacobson, San Diego St 14:22.0	Byron Lowry, San Jose St 14:38.9	
1970	Chuck Winsor, San Diego St	14:02.7	Bob Macias, Long Beach St 14:03.1	Gary Hansen, San Jose St 14:07.9	Jeff Lough, Cal St LA 14:08.7	Roger Friend, San Diego St 14:22.5	
1971	Otis Martin, San Diego St	13:59.0	Mark Evans, San Jose St 13:59.8	Bob Macias, Long Beach St 14:00.0	Jeff Lough, Cal St LA 14:00.2	Bill Inglehart, San Diego St 14:05.3	
1972	Mark Evans, San Jose St	13:55.8	Mike Wood, LB State 14:02.6	Jeff Lough, Cal St LA 14:04.0	Ron Pryor, Long Beach St 14:04.08	Bob Wallace, Long Beach St 14:05.0	John Caldwell, Pacific 14:07.8
1973	John Dean, CSLA	13:51.0	John Caldwell, Pacific 13:51.4	Rick Barnard, Pacific 13:53.0	Dave Garcia, Fresno St 13:53.6	Ray Stephens, Long Beach St 13:55.2	Ben Martinez, Long Beach St 13:59.4
1974	Marc Genet, San Jose St	14:03.21	Tom Lux, San Diego St 14:08.14	Dan Gruber, San Jose St 14:22.15	Guy Arthurholt, Fresno St	Tom Wheeler, San Diego St	
1975	Jim Sweeney, Long Beach St	14:05.2	Tomas Rodriguez, Long Beach St 14:12.8	Pat Phelan, Fresno St 14:15.0	Lee Dick, Long Beach St 14:18.4	Dan Gruber, San Jose St 14:22.6	

## 5,000 meters

1976	Dan Gruber, San Jose St	14:26.6	Rich McCandless, Long Beach St 14:26.6	Howard Burgess, Long Beach St 14:36.1	Grover Prowell, San Jose St 14:37.7	Richard Aguirre, Fresno St 14:39.2
1977	Dan Gruber, San Jose St	14:11.2	Colin McConnell, Long Beach St 14:12.2	Bob Deis, Fresno St 14:20.6	George Pullen, San Diego St 14:25.6	Dan Harvey, San Jose St 14:26.2
1978	Ed Ahlmeyer, UC Irvine	14:06.1	Ralph Serna, UC Irvine 14:08.0	Brian Hunsaker, San Diego St 14:11.7	Rich McCandless, Long Beach St 14:12.5	Bill St.John, San Diego St 14:29.7
1979	Dave Daniels, UC Irvine	14:39.4	Tarlad Lindvigsmoen, Utah St 14:39.8	Don Moses, UC Irvine 14:39.9	Jim Triplett, UCSB 15:04.8	Mike Kelly, Utah St

## 6 MILE

1969	Roger Friend, San Diego St	30:01.8	Byron Lowry, San Jose St 30:15.4	Joe Dunbar, Fresno St. 30:22.2	Ron Kurrle, Long Beach St 30:22.4	
1970	Gary Hansen, San Jose St	30:08.6	Ron Kurrle, Long Beach St 30:12.6	Roger Friend, San Diego St 30:25.1	Len Jay, Long Beach St 30:36.6	Ron Pryor, Long Beach St 30:39.6
1971	Otis Martin, San Diego St	28:51.9	Ron Pryor, Long Beach St 28:52.2	Mike Wood, Long Beach St 28:56.7	Gary Wolfram, UCSB 30:06.4	Marc Lund, Long Beach St 31:23.6
1972	Ron Pryor, Long Beach St	30:01.6	Ray Stephens, Long Beach St 30:01.6	Bob Wallace, Long Beach St 30:16.2	David Wright, Pacific 30:21.8	Joe Carlson, Long Beach St 30:31.6
1973	Ron Pryor, Long Beach St	29:05.4	Ben Martinez, Long Beach St 29:29.6	Lester DeVoe, San Jose St 29:29.8	Ray Stephens, Long Beach St 29:49.4	Jeff Huber, Long Beach St 30:23.2
1974	Tom Razzeto, UCSB	30:08.4	Jeff Huber, Long Beach St 30:14.1	Gordon MacMitchell, San Jose St 30:16.6	Pat Dunning, Fresno St 30:25.6	Lester DeVoe, San Jose St 30:56.8
1975	Tomas Rodriguez, Long Beach St	29:49.4	Dan Gruber, San Jose St 30:16.0	Lee Dick, Long Beach St 30:24.4	Robert Slick, Cal St. Fullerton 31:28.4	Steve Chase, Long Beach St 33:12.6

## 10,000 meters

1976	Dan Gruber, San Jose St	29:55.0	Rich McCandless, Long Beach St 30:22.5	Matt Sommer, Long Beach St 31:24.8	Grover Prowell, San Jose St 31:52.5	Tom Chavez, Fresno St 32:02.6
1977	Dan Gruber, San Jose St	30:30.4	Tomas Rodriguez, Long Beach St 30:37.2	Dave Haake, Fresno St 31:30.8	Daz Wojcik, UCSB 32:25.0	Tony Ramirez, Fresno St 33:28.0
1978	Ralph Serna, UC Irvine	30:13.1	Brian Hunsaker, San Diego St 30:18.1	Rich Langford, Fresno St 30:59.8	Rich McCandless, Long Beach St 31:04.1	Dave Schriver, UC Irvine 31:14.3
1979	Don Moses, UC Irvine	32:11.4	Steve Webb, UC Irvine 32:50.4	Tim Gruber, San Jose St 33:03.3	Chris Hughes, UCSB 33:33.1	Joe Ebiner, UCSB 33:38.4