

SOUTHERN COUNTIES

MILE

1922	Les Heilman, San Diego	4:50.0	Bill Kerr, Hunt.Beach	----- Lamb, Riverside Poly	----- Comey, Army & Navy	
1923	----- Usher, Hemet	4:52.4	Ray Courtney, Fullerton	----- Jiminez, Tustin	----- Conner, San Bernardino	
1924	Dillard Carnahan, Riverside Poly	4:44.0	----- Carlstrom, San Diego	----- Courtney, Fullerton	Bob Vawter, Santa Ana	
1925	Dillard Carnahan, Riverside Poly	4:46.0	Linwood Brown, San Diego	----- McCormick, San Diego	----- Lozano, Riverside Poly	
1926	Harold Breeding, Santa Ana	4:52.2	Linwood Brown, San Diego	----- McAlister, San Bernadino	Bob Martinez, Chino	
1927	Harold Breeding, Santa Ana	4:29.8	Charlie Snider, San Diego	Dick Brooks, Redlands	----- Stephens, Fullerton	
1928	Dick Brooks, Redlands	4:43.6	Charlie Snider, San Diego	----- Ralston, San Bernardino	----- Delby, Fullerton	
1929	Willis Maley, Redlands	4:50.2	Evans Dowers, San Diego	Herb Lenz, Anaheim	Tom Donahue, Santa Ana	
1930	----- Pratt, Tustin	4:53.5	----- Luce, Orange	Jim Perry, Redlands	W---- Broyles, Chaffey ----- Clark, Orange	
1931	Noel Brown, Chaffey	4:47.3	----- Reams, El Centro	W---- Broyles, Chaffey	----- Cole, Oceanside	
1932	W---- Broyles, Chaffey	4:33.3	Faust Carmona, San Diego	----- Blair, Chaffey	----- Dexter, San Bernardino	
1933	Rube Holeman, Orange	4:42.5	Faust Carmona, San Diego	Alden Smith, Redlands	----- Kendall, Chaffey	
1934	Alden Smith, Redlands	4:45.7	----- Mendoza, Redlands	Fred Wales, San Diego	Frank Ochoa, Anaheim	
1935	Frank Ochoa, Anaheim	4:41.1	----- White, Montebello	Bob Spray, Tustin	Herschel Whitney, Santa Ana 4:45.0	
1936	Larry Valero, Valencia	4:46.1	Herschel Whitney, Santa Ana	----- Cavanaugh, Chaffey	Ted Hastings, Riverside Poly	
1937	Art Gore, Riverside Poly	4:48.2	----- Barber, Garden Grove	Herschel Whitney, Santa Ana	----- Runner, Chaffey	
1938	Nick Flores, San Bernardino	4:39.4	Richard Rich, Hemet	John Macewicz, San Diego	Bill Smith, Montebello	
1939	Al Heredia, San Diego	4:49.1	John Spencer, Covina	Gill Webb, Redlands	Bob Beck, Leuzinger	
1940	Gil Webb, Redlands	4:33.2	Al Salmon, San Diego 4:37.0	C.R. Taylor, Compton	George Lebrecht, El Monte	
1941	Al Salmon, San Diego	4:38.6	Cecil Flores, San Bernardino	Louis Aguilera, Compton	Lee Ketchum, Compton	
1942	Roland Sink, South Pasadena	4:42.3	Lee Ketchum, Compton	Walter Houtz, Covina	Howard Walton, Whittier	
1943						
1944	Cruz Gonzales, Compton	4:44.4	Byron Jones, LB Poly	Jim Risley, LB Poly	----- Comey, Burbank	
1945	Jim Madden, Grossmont	4:44.2	Larry Boerner, Grossmont	----- Vickers, LB Poly	----- Trego, Whittier	
1946	Rolland Nelson, SD Hoover	4:42.0	Paul Juette, SD Hoover	----- Smith, Pt.Loma	----- Ratz, LB Poly	
1947	Chuck Kohl, Compton	4:35.5	Chuck Phillips, SD Hoover	Tom Esparza, SD Hoover	Al Ashurst, Chaffey	
1948	Jesus Zaragoza, San Bern	4:45.6	Marty Donahue, Grossmont	Don Hubbard, LB Wilson	----- Weed, Grossmont	
1949	Bob Simon, Pomona	4:41.2	Dick Swanson, San Diego	Leonard Thornton, Santa Ana	Marty Donahue, Grossmont	Jesus Zaragoza, San Bern

1950	Marty Montgomery, Chaffey	4:34.5	Bob Plant, Pt.Loma	Carl Murphy, LB Poly		
1951 Race 1	Crawford Bonner, Compton	4:44.4	----- Withrow, La Jolla	George Davis, Grossmont	Jim Suverkrubbe, Grossmont	----- Baird, SD Hoover
Race 2	Fernando Ledesma, Compton	4:32.6	Chuck Strong, Compton	----- Villacando, Riv.Poly	----- Lawrence, La Jolla	----- James, Grossmont
1952 Race 1	Chuck Strong, Compton	4:35.9	Gordon Jones, Compton	----- Hollingsworth, Pomona	----- Yanez, San Bernardino	Don Kynard, San Diego
Race 2	Fernando Ledesma, Compton	4:31.0	Goprdon McClenathen, Santa Barb	Jim Giyer, Grossmont	Jim Suverkrubbe, Grossmont	Jim Gallardo, San Bernardino
1953 Race 1	Larry Gilgen, North Phoenix	4:39.2	Jim Giyer, Grossmont	Charles Layman, Riverside Poly	----- Rimoldi, SD Hoover	----- Humphries, Chaffey
Race 2	Ford Sims, Compton	4:36.6	----- Smith, La Jolla	Rene Rogers, Grossmont	Bob Wright, Riverside Poly	Jim Suverkrubbe, Grossmont
1954 Race 1	Jim Giyer, Grossmont	4:34.9	Bob Wright, Riverside Poly	Richard Puz, Chaffey	----- Greene, SD Hoover	Ken Harpham, Bellflower
Race 2	Wayne Lemons, Riverside Poly	4:29.9	Ty Hadley, Bellflower	Rene Rogers, Grossmont	George Barnes, Fullerton	Richard Millan, Redlands
1955 Race 1	Rene Rogers, Grossmont	4:31.1	Bob McGuire, Whittier	John Samarin, Bellflower	Jim Bevins, Mira Costa	Bill Gallagher, SD Hoover
Race 2	Wayne Lemons, Riverside Poly	4:30.5	Tod White, Newport Harbor	Ken Harpham, Bellflower	----- Ward, Redlands	Bob Monzingo, SD Hoover
1956 Race 1	Bob Monzingo, San Diego	4:28.1	Bill Marks, LB Wilson 4:36.3	Bob Rothenberger, Mira Costa	Gabe Rodriguez, El Rancho	Steve Maynard, LB Poly
Race 2	Grady Neal, Fullerton	4:29.6	Arvid Lindholm, Pasadena 4:31.6	Jim Bevins, Mira Costa 4:31.9	John Nelson, Compton	John Samarin, Bellflower
1957	MEET RAINED OUT					
1958 Race 1	Clayton Ward, LB Wilson	4:31.2	Larry Ortega, Bellflower	Leo Molina, La Puente	Ernie Verdugo, Anaheim	Ernie Garcia, Compton
Race 2	Woody Covington, Compton	4:28.2	Leroy Neal, Fullerton 4:29.1	Eddie Acosta, Whittier 4:31.5	Terry Honodel, LB Wilson	Sal Ramirez, El Rancho
1959 Race 1	Gary Mortimer, Mira Costa	4:32.7	Bob Corey, Santa Ana 4:33.0	Ron Dummar, Bellflower	John Pinkney, Chaffey	Spencer Milne, Crawford
Race 2	Ed Drotning, Mira Costa	4:25.5	Bill Teusch, Riverside Poly 4:30.0	Bob Van Sickle, Newp Harbor 4:31.2	John Arrison, Santa Ana	Ron Clark, Millikan
1960 Race 1	Woody Moore, Mira Costa	4:28.3	Bill Crain, Anaheim 4:31.1	Phil Carey, Millikan	----- Wistock, El Cajon	Jerry Love, La Puente
Race 2	Danny Murphy, Mira Costa	4:31.7	Bud Forman, Redlands 4:32.7	Richard Bennett, Downey	Phil Wheaton, Anaheim	Mickey Calkins, Riverside Poly
1961 Race 1	Ron Doyle, Downey	4:30.0	George Lacy, LB Poly 4:32.5	Bob Ward, Redlands 4:34.7	Bob Jones, Chaffey	Bill Garvin, Ganesha
Race 2	Howard Grohe, Ganesha	4:32.6	Phil Wheaton, Anaheim 4:33.8	Sterling St.Clair, Downey 4:35.1	Eddie Garcia, Compton	Gary Meyer, Millikan
1962 Race 1	Bruce Bess, La Habra	4:21.2	Bob Baker, Mira Costa 4:28.4	Phil Anderson, Hoover 4:36.0	Eddie Garcia, Compton	George Husaruk, Montebello
Race 2	Harold Krotzer, Arroyo	4:25.1	Mit Hunt, Millikan 4:26.5	Bob Goodson, Downey 4:31.4	Syd Hudak, Dominguez	Stan Conner, La Habra
1963 Race 1	George Husaruk, Montebello	4:26.0	Stan Conner, La Habra 4:26.9	Harold Krotzer, Arroyo 4:29.6	Dick Garrett, Westminster	John Halpin, LB Poly

Race 2	Bill Langdon, Western	4:30.8	John Fairchild, LB Poly 4:36.3	Richard Mendez, El Rancho	Dave Eby, Pasadena	Jim Barber, Palos Verdes
1964 Race 1	Alex Whittle, Muir	4:18.8	Chuck Webb, Millikan 4:22.3	Darrell Truin, La Habra 4:26.2	Randy Lund, Arcadia	Bob Julian, Fullerton
Race 2	Greg Bagby, Muir	4:29.1	Carl Trentadue, Westminster 4:29.8	Hartzell Alpizar, LB Wilson 4:31.4	Charles Ferguson, Chaffey	Tom Halpin, LB Poly
1965 Race 1	Carl Trentadue, Westminster	4:19.0	Terry North, Millikan 4:24.6	Bill DeVore, Lakewood 4:25.0	Barry Waugaman, Pasadena	Joe Santa Cruz, Burbank
Race 2	Hartzell Alpizar, LB Wilson	4:22.0	Vincent Gomez, Muir 4:28.5	Steve Franzen, Western 4:29.6	Vic Moon, Burbank	Don Smith, Muir
1966 Race 1	Rex Hall, Los Altos	4:27.7	Bill McLeod, La Puente 4:29.1	Terry Ascherin, Lakewood 4:30.7	Gerald McKinnis, LB Jordan 4:32.6	Bruce McAfee, Millikan 4:33.8
Race 2	Mike Solomon, Westminster	4:20.7	Jeff Marsee, South Torrance 4:26.4	Lance Frazier, Compton 4:29.6	Alvin Maples, Los Altos 4:31.8	Mark Harvey, Lakewood 4:34.1
1967 Race 1	Mike Solomon, Westminster	4:14.3	Keith Strodl, Orange	John Partridge, Newport Harbor	Steve Crane, Whittier	Larry Hudson, Compton
Race 2	Pat Egan, LB Jordan	4:24.4	Denny Campbell, LB Wilson	Arnold Tovar, La Puente	Charles Parks, Westminster	Maury Greer, Lakewood
1968 Race 1	Bob Underwood, So. Torrance	4:19.9	Maury Greer, Lakewood 4:20.0	John McIntire, Crescenta Valley 4:27.7	Bob Atchue, Magnolia 4:30.6	Steve Eckert, LB Jordan
Race 2	Earl Towner, SA Valley	4:28.3	Glenn Rouse, LB Jordan 4:29.4	Mel Greenburg, LB Wilson 4:30.4	Arnold Tovar, La Puente 4:32.0	Dan Chapman, Crescenta Valley
1969 Race 1	Decker Underwood, So. Torrance	4:13.8	Tom Keefer, Anaheim 4:15.9	----- Lopez, Valencia 4:27.2	Glenn Bernard, El Rancho 4:30.1	Jeff Blydenburgh, Torrance 4:31.8
Race 2	Bob Somesan, Lakewood	4:22.9	Jim Lindemann, Millikan 4:28.5	----- White, Santa Monica 4:30.9	----- Bennett, Sunny Hills 4:31.8	Dan Bandy, Inglewood 4:31.8
1970 Race 1	Bob Tuttle, Bolsa Grande	4:24.9	David Cottrell, LB Poly 4:25.9	Ray Essery, Warren 4:27.3	Chris Bentley, Newport Harbor 4:28.2	----- Patterson, Foothill 4:28.5
Race 2	Jim Lindenmann, Millikan	4:23.8	Greg Sullivan, LB Jordan 4:24.8	Emerson Davis, Pasadena 4:25.2	Tim Funk, Fountain Valley 4:26.4	Barrie Williams, North Torrance 4:27.8
1971 Race 1	Rich Walker, Arroyo	4:17.9	Emerson Davis, Pasadena 4:21.3	Pete Friedrich, Troy 4:30.0	Randy Dunlevie, Los Alamitos 4:30.9	Larry Gerich, Foothill 4:31.6
Race 2	Larry Greer, Lakewood	4:21.6	----- Brickner, Marina 4:24.7	Dave Hagelberg, Palos Verdes 4:26.3	Jim Shepstone, Millikan 4:27.8	Tom Collins, Kennedy 4:28.9
1972 Race 1	Mike Avrea, Mira Costa	4:16.9	Al Browning, Lakewood 4:17.5	Mike Alvarez, Edison 4:22.4	David Cottrell, LB Poly 4:24.8	Larry Gerich, Foothill 4:27.5
Race 2	Marc Genet, Santa Ana	4:18.5	Barrie Williams, North Torrance 4:18.6	Kraig Pencil, Downey 4:21.3	Randy Lopez, Alhambra 4:22.6	Ed Radermacher, Mission Viejo 4:22.7
1973 Race 1	Barrie Williams, North Torrance	4:14.3	Robert Angel, Huntington Beach 4:20.5	Randy Lopez, Alhambra 4:20.6	Ken Martyn, Marina 4:22.4	Eric Taborek, Arcadia 4:28.5
Race 2	Curtis Beck, Santa Monica	4:09.1	Jeff Haynes, LB Poly 4:24.2	Mark Mew, Arcadia 4:29.8	Keith Miller, Millikan 4:30.5	Matt Bell, Foothill 4:30.8
1974 Race 1	Andy Clifford, Sunny Hills	4:15.8	Bill Graves, Pacifica 4:17.2	Cliff Jury, Palos Verdes 4:19.0	Gary Blume, Marina 4:20.2	Doug Meza, LB Poly 4:20.5
Race 2	Tim Gollnick, Royal	4:17.7	Scott Blackburn, Royal 4:18.8	Mike Messinger, Corona del Mar 4:19.6	Eric Taborek, Arcadia 4:22.1	Eric Escher, Newport Harbor 4:23.4

1975	MEET RAINED OUT					
1976 Race 1	Mark Spilsbury, Foothill	4:17.1	Bill Ryan, Sunny Hills 4:19.7	Mark Wyman, Palos Verdes 4:22.2	Jon Stormo, Agoura 4:24.3	Jim Grant, LB Jordan 4:27.6
Race 2	Sal Peralta, Santa Fe	4:17.7	Dave Cleary, Garden Grove 4:26.6	Mark Heinig, La Quinta 4:26.8	Tim Roberts, Sunny Hills 4:28.0	Steve Alvarado, Lakewood 4:28.4
1977 Race 1	Dale Mollenhauer, Mt.Miguel	4:28.8	Mike Gifford, Huntington Beach 4:28.8	Dave Robison, Lakewood 4:29.2	Mike Getscher, Millikan 4:29.4	Kelly Webb, Santa Monica 4:31.4
Race 2	Charlie Christensen, Edison	4:15.8	---- Greathouse, Villa Park 4:25.1	Bill Laird, Lakewood 4:25.6	Ray Harrington, Santa Monica 4:28.0	Gary Strasman, LB Wilson 4:28.3

SMALL SCHOOLS

1939	Richard Rich, Hemet	4:49.9	Ken Kiefer, Coronado	Art Berry, Garden Grove	---- Coultan, Newport Harbor		
1940	Earl Baker, Citrus	4:48.6	Don Admundson, Capistrano	---- Trujilo, Citrus	---- Clark, Newport Harbor		
1941	---- Graeber, Valencia	4:49.7	Oscar Diaz, Capistrano	---- Belasquez, Valencia	---- Ramos, Capistrano		
1942	Oscar Diaz, Capistrano	4:46.6	Gilbert Palomino, Colton	---- Brewer, Harvard	---- Ortega, La Jolla		
1943							
1944	John Cherry, Colton	4:44.5	---- Turner, Hunt.Beach	---- Mattoon, Garden Grove	---- Gonzales, Chino		
1945	John Cherry, Colton	4:41.2	---- Spencer, Claremont	---- Ornen, Colton	---- Wright, La Jolla		
1946	Johnny Owens, Colton	4:48.5	Bill Bailie, Garden Grove	---- Wright, La Jolla	Howard Brubaker, La Jolla		
1947	---- Myre, La Jolla	4:44.6	---- Smith, Pt.Loma	---- Groschell, Pt.Loma	---- Anderson Garden Grove		
1948	Carleton Riley, La Jolla	4:49.8					
1949	Carleton Riley, La Jolla	4:44.3	Eddie Davis, Chula Vista	---- Coyle, Bonita	---- Leal, Chula Vista	---- Balticara, Capistrano	
1950	Dave Rodriguez, Downey	4:38.1	Barton Graves, Chula Vista	---- Rumney, Corona			
1951 Race 1	Dave Rodriguez, Downey	4:42.6	---- Mays, Garden Grove	---- Blaney, Chula Vista	Don Woodhouse, Newport Harb.	John Brown, St.Anthony	
Race 2	Jack Clark, Hunt.Beach	4:53.9	---- Stone, Coronado	---- MacDonald, Colton	---- Krueger, Orange	---- Bleamaster, Downey	
1952 Race 1	Dave Rodriguez, Downey	4:39.1	Bill Pasley, Colton	Roy Stafford, Newport Harbor	---- Martinez, La Jolla	---- Smith, La Jolla	
Race 2	Jim Weir, Kearny	4:37.2	Ed Denbow, Orange	Ray Montoya, Hunt.Beach Ron Standridge, Hunt.Beach		---- Nealy, La Jolla	
1953 Race 1	Jim Weir, Kearny	4:41.8	Almer Galloway, Orange	Bob McCormick, Covina	---- Hunter, San Dieguito	---- Lawyer, Citrus	
Race 2	Ron Standridge, Hunt.Beach	4:47.8	---- Grunham, Orange	Ernie Montana, Yuma	---- Ward, San Dieguito	---- Smith, Victor Valley	
1954 Race 1	Jim Weir, Kearny	4:34.0	---- Ross, Bonita	Vic Kretsinger, Paramount	Royce Cox, El Rancho	---- Brown, Elsinore	
Race 2	Tod White, Newport Harbor	4:41.0	Dave Barry, Garden Grove	---- Varela, Huntington Beach	Larry Bruton, Palm Springs	---- Bowling, Newport Harbor	
1955 Race 1	Cruz Lopez, El Rancho	4:41.2	Ken Riding, Puente	Earl Briones, Cathedral	Larry Bruton, Palm Springs	---- Richards, Fontana	

Race 2	John Tessier, Pomona Catholic	4:43.8	Dave Barry, Garden Grove	Jim Horan, St.Anthony	----- Cuellar, Cathedral	Vic Kretsinger, Paramount	
1956 Race 1	Jim Horan, St.Anthony	4:39.0	Ted Yzaguirre, Fillmore	----- Niles, Centennial	Mike Rush, Pomona Catholic	----- Hicks, San Dieguito	
Race 2	Ken Riding, Puente	4:41.9	----- Sanders, SD Lincoln 4:42.3	Albert Varela, Corona 4:42.4	Bill Hudson, El Cajon	Joe Pontello, SG Mission	
1957	MEET RAINED OUT						
1958 Race 1	Jack Hudson, El Cajon	4:30.8	Ray Rideout, Tustin	Gene Gurule, Artesia Morris Nunez, Mt.Miguel		Paul Perrine, Morningside	
Race 2	Dale Story, Orange	4:29.4	Furman Marsh, Morningside	Bill Hudson, El Cajon	Dennis Hansen, Torrance	Terry Vaughn, Rancho Alamitos	
1959 Race 1	Dale Story, Orange	4:15.1	Furman Marsh, Morningside 4:28.5	Jeff Dragila, La Jolla	Doug Calhoun, Culver City	Jay Pengra, Lynwood	
Race 2	Gene Gurule, Artesia	4:25.7	Morris Nunez, Mt.Miguel 4:26.7	Jim Perry, South Torrance 4:29.0	Dennis Hansen, Torrance	Terry Vaughn, Rancho Alamitos	
1960 Race 1	Bruce Bess, La Habra	4:20.5	Mike Thornton, Torrance 4:21.1	Gene Gurule, Artesia 4:22.6	Mel Salazar, Colton	Doug Sailors, Pomona 4:37.8	
Race 2	Jim Perry, South Torrance	4:31.2	Bryan Griffiths, Aviation	Dale Murray, La Habra	Doug Calhoun, Culver City	Jay Pengra, Lynwood	
1961 Race 1	Jay Pengra, Lynwood	4:28.2	John Valencia, Sierra 4:38.6	Syd Hudak, Dominguez 4:37.7	Dwight Walsh, Culver City	Bill Delaney, Orange	
Race 2	Mike Thornton, Torrance	4:16.5	Doug Calhoun, Torrance 4:16.5	----- Ruppilla, La Puente 4:43.8	Bopb Fisher, Lynwood	Jim Allen, Morningside	
1962 Race 1	----- Carr, Loyola	4:27.3	Dwight Walsh, Culver City 4:34.2	Jim Allen, Morningside 4:37.8	Jack Pharris, Palos Verdes	Dennis Dyer, Torrance	
Race 2	Tom Ashburn, St.Anthony	4:26.2	----- Bartlett, Lynwood 4:36.4	Dick Garrett, Westminster 4:38.7	Ivor Sampson, Torrance	John Romero, Valencia	
1963 Race 1	Phil Anderson, Hoover	4:26.8	Ivor Sampson, Torrance 4:38.0	Bob Gove, California 4:38.0	Bruce Geddes, Los Altos	Dennis Dutton, Lowell	
Race 2	Mike Seamans, Bellflower	4:29.5	Ron Armstrong, Pomona 4:33.2	Jim Allen, Morningside 4:33.6	Gary Ogier, Hoover	Dennis Dyer, Torrance	
1964 Race 1	Ron Armstrong, Pomona	4:24.4	Don Chadez, Valencia 4:25.0	Joel Clark, Capistrano 4:26.1	Mike Kearns, Crespi	Craig Conaway, Artesia	
Race 2	Mike Seamans, Bellflower	4:21.1	Gene Abillar, Santiago 4:26.7	Tim Hart, Whittier 4:31.4	----- Johnson, Mayfair	----- Kelly, Crespi	
1965 Race 1	Dave Saykally, Crespi	4:23.3	Bob Gove, California 4:28.0	Steve Williams, Palos Verdes 4:30.0	Jim Jones, Lowell	Larry Kunkle, Pomona	
Race 2	Mike Kearns, Crespi	4:16.9	Earl Duncan, Glenn 4:29.8	Bruce Haniford, Lynwood 4:32.1	Rick Carson, Lowell	Jim Dillon, Aviation Steve Ballman, Palos Verdes	
1966 Race 1	Jim Jones, Lowell	4:25.0	Ed "Chip" Minnick, Pius X 4:27.1	Ray Shields, Morningside 4:29.3	Jim Peterson, St.Genevieve 4:29.3	Bruce Haniford, Lynwood 4:31.0	
Race 2	Earl Duncan, Glenn	4:27.8	Brian Cox, Palos Verdes 4:28.3	Bill Vandenburg, Fullerton 4:29.3	Rick Carson, Lowell 4:31.1	Vincent Rinehart, Cantwell 4:38.2	
1967 Race 1	John McDonald, Hoover	4:20.2	Joe Cano, Fullerton	Earl Duncan, Glenn	Gerald Anderson, Palos Verdes	Steve French, Bolsa Grande	
Race 2	Rich Carr, Lowell	4:22.3	Bill Vandenberg, Fullerton	Brian Cox, Palos Verdes	Tom Baird, Rancho Alamitos	Ray Estrada, Glenn	

1968 Race 1	Terry Lamb, Bolsa Grande	4:23.8	Greg Thompson, La Habra 4:24.5	Mike Ritchie, Hawthorne 4:28.4	John Casso, Channel Island 4:29.4	Doug Williams, El Segundo 4:30.6	
Race 2	Doug Thompson, Whittier	4:25.0	Buddy Couture, Workman 4:27.0	A---- Gomez, St.Anthony 4:28.2	Bill Van Duzee, Crespi 4:29.1	Joe Lopez, Valencia	
1969 Race 1	Garry Maddox, Workman	4:24.9	Steve Hungerford, Channel Is. 4:26.6	Tim Patton, Mira Costa 4:27.1	Mike Bernal, Norwalk 4:29.0	Mike Saykally, Crespi 4:32.6	
Race 2	Terry Lamb, Bolsa Grande	4:21.7	Chris Mecker, La Habra 4:24.0	Lew Patterson, Bishop Mont. 4:28.7	Ray Stephens, Morningside 4:30.5	Bill Keene, Whittier 4:35.7	
1970 Race 1	Dave White, El Modena	4:15.7	Lew Patterson, Bishop Mont 4:16.2	Buddy Couture, Workman 4:22.6	Jim Lochhead, San Marino 4:26.5	Jim Ramer, La Habra 4:26.7	
Race 2	Mickey Woolley, El Modena	4:20.5	Doug MacClean, Costa Mesa 4:29.0	Bob Arce, St.John Bosco 4:30.3	Bob Vinson, Morningside 4:30.7	Martin Woodruff, Palos Verdes 4:36.4	
1971 Race 1	Mark Schilling, Bolsa Grande	4:21.8	John Mullins, Huntington Beach 4:24.4	Dick Mapel, San Marino 4:26.0	Ed Radermacher, Mission Viejo 4:27.6	Randy Luce, La Habra 4:29.7	
Race 2	Harold Marshall, Redondo	4:22.4	Steve Koenig, Pomona 4:24.6	Kevin Neff, St.Bernard 4:28.7	Fred Mintie, Servite 4:29.2	Harold Ketting, Aviation 4:29.6	
1972 Race 1	Terry Cotton, El Cajon	4:10.6	Ed Arriola, Gahr 4:15.6	Bob Wilson, Grossmont 4:20.7	Mike Flint, Agoura 4:24.6	Andy Clifford, Sunny Hills 4:28.3	
Race 2	Doug MacLean, Costa Mesa	4:12.6	Charles Harris, South Torrance 4:17.6	Bob O'Brien, Bellflower 4:18.3	Jeff English, Excelsior 4:21.2	Darrell Hatfield, Rancho Alamitos 4:24.5	
1973 Race 1	Bob O'Brien, Bellflower	4:14.4	Craig Ganoe, Excelsior 4:21.2	Jack Martinez, Rancho Alamitos 4:27.3	T----- Gollnick, Costa Mesa 4:27.5	Jim Poettgen, Mater Dei 4:28.2	
Race 2	Jeff English, Excelsior	4:19.5	Pat Dutzi, El Dorado 4:20.7	Mike Flint, Agoura 4:22.7	Mike Ayon, Azusa 4:23.5	Armando Cendejas, Buena Park 4:26.0	
1974 Race 1	Breggar Moore, Rancho Alamitos	4:23.6	Mike Murray, Cypress 4:28.2	Joe Suggs, El Cajon 4:31.4	Mark Floyd, Grossmont 4:33.2	----- Tillford, Morningside 4:34.2	
Race 2	John Goeke, Rancho Alamitos	4:21.5	Bill St.John, Mater Dei 4:26.1	Chuck Hattersley, Grossmont 4:26.4	Howard Kelley, La Quinta 4:29.7		
1975	MEET RAINED OUT						
1976 Race 1	Richard Dutzi, El Dorado	4:25.3	Jose Madrigal, Salesian 4:29.0	Rick Cisneros, Valencia 4:31.4	Mike Wingard, Troy 4:38.5	Keith Kimball, Norwalk 4:40.4	
Race 2	Rudy Bracht, Blair	4:24.5	Duane LaCour, Salesian 4:26.6	Walt Elliot, Costa Mesa 4:29.3	----- Becker, Rancho Alamitos 4:34.5	----- Edwards, Crespi 4:34.6	
1977 Race 1	Chad Kester, Artesia	4:23.6	Duane LaCour, Salesian 4:24.2	----- Boyland, Los Amigos 4:27.9	Rick Cisneros, Valencia 4:29.3	----- Austin, Bolsa Grande 4:30.0	
Race 2	Jon Stormo, Agoura	4:18.6	Brad Kester, Artesia 4:23.0	----- Medellin, Burbank 4:29.1	Tony Madrigal, Arroyo 4:29.6	Don Wielenga, Bellflower 4:32.1	