

Region 5 Cross Country Results  
 Meet held October 21, 1970 --- Lake Nokomis --- Distance: 3 miles  
 Course conditions: excellent  
 Weather: 62° -- clear and wind 6-8mph -- southwest.

Course and Region record: Tim Heisel - Hopkins Eisenhower 14:58.3  
 old record: Steve Gerlock - Edina - 15:16 (1969)

Team standings:

Team	Score	Places
1. St. Louis Park	( 36 )	3-4-6-11-12 (24-52)
2. Eisenhower	( 45 )	1-5-8-15-16 (29-37)
3. Armstrong	( 67 )	7-9-14-17-20 (22-30)
4. St. Cloud Apollo	(109)	13-18-19-23-36 (36-44)
5. Albany	(117)	2-21-25-34-35 (42-46)
6. Litchfield	(178)	10-39-41-43-45 (58)
7. St. Cloud Tech	(186)	28-31-32-47-48 (49-50)
8. Paynesville	(208)	27-33-38-53-57 (60-61)
9. Willmar	(226)	26-40-51-54-55 (56-59)

Individual Results:

Contest- at No.	Team Place- Scoring	Name	School	Time
200	1	Tim Heisel	Eisenhower	14:58.3
500	2	Mark Dirkes	Albany	15:03
100	3	Lloyd Stephanson	St. Louis Park	15:11
104	4	Chip Alberg	St. Louis Park	15:17
201	5	LaVern Dunsmore	Eisenhower	15:24
10		Bob Kneller	Richfield	15:30
101	6	Duane Klinge	St. Louis Park	15:31
300	7	Shawn Koos	Armstrong	15:33
203	8	Dave Vanek	Eisenhower	15:35
301	9	Darrell Whiteis	Armstrong	15:37
700	10	Sheldon Wallnow	Litchfield	15:45
102	11	Pete Racette	St. Louis Park	15:47
103	12	Nate Aaseng	St. Louis Park	15:49
402	13	Dana Angell	St. Cloud Apollo	15:55
303	14	Perry Kranz	Armstrong	15:56
202	15	Scott Gibbs	Eisenhower	16:02
11		Mike Egarmen	Rocari	16:02
204	16	Bruce Holland	Eisenhower	16:04
304	17	John Grothe	Armstrong	16:04
401	18	Bill Zindler	St. Cloud Apollo	16:06
403	19	Al Stock	St. Cloud Apollo	16:09
302	20	Jim Harkin	Armstrong	16:14
501	21	Mike Christen	Albany	16:17
306	22	Rick Cellette	Armstrong	16:19
404	23	Gerry Stock	St. Cloud Apollo	16:20
105	24	Tom Wagner	St. Louis Park	16:24
502	25	Bill Bredeck	Albany	16:25
900	26	Paul Schendel	Willmar	16:27
800	27	Dean Hillbrand	Paynesville	16:31
→ 600	28	Dale Huling	St. Cloud Tech	16:31
205	29	Tom Ziegler	Eisenhower	16:36
305	30	Tim Burke	Armstrong	16:39
602	31	Bernie Schudt	St. Cloud Tech	16:40
601	32	Terry Riecken	St. Cloud Tech	16:41
801	33	Pat Flanders	Paynesville	16:44

Contest- ant No.	Team Place- Scoring	Name	School	Time
506	34	Daryl Steil	Albany	16:34
503	35	Jim Kotshevar	Albany	16:48
405	36	Mike Bettendorf	St. Cloud pollo	16:51
12		Bruce Shuk	Kerkhoven	16:52
206	37	Dave Bull	Eisenhower	16:55
802	38	Bob Johnson	Paynesville	17:05
702	39	Mike Holtz	Litchfield	17:07
902	40	Jim Brown	Willmar	
703	41	Greg Carlson	Litchfield	17:23
504	42	Tom Reding	Albany	17:25
701	43	Jerry Dilley	Litchfield	17:30
406	44	Mark Frantesl	St. Cloud Apollo	17:31
704	45	Larry Johnson	Litchfield	17:36
505	46	Florian Blenkar	Albany	17:43
603	47	Jeff Schwanberg	St. Cloud Tech	17:45
605	48	Dan Hiesick	St. Cloud Tech	17:51
606	49	Jim Kraftaich	St. Cloud Tech	17:55
604	50	Randy Ruckin	St. Cloud Tech	18:05
903	51	Steve Landgren	Willmar	18:08
106	52	Scott Anderson	St. Louis Park	18:11
803	53	Tom Wendlandt	Paynesville	18:23
904	54	Dick Score	Willmar	
906	55	Pat Boras	Willmar	18:42
905	56	Ed Nowaki	Willmar	
804	57	Tim Fishbach	Paynesville	19:16
705	58	Eric Johnson	Litchfield	
901	59	Bob Otto	Willmar	
805	60	Gordy Peterson	Paynesville	20:01
806	61	Keith Jackson	Paynesville	20:03