

## REGION FIVE

Lake Nokomis Park, Minneapolis, Minnesota; Thursday, October 28, 1976; 50 degrees (F), wind from the southwest at 20 to 25 miles per hour, clear.

Individuals: Karl Holmgren (12, Park Center) 15:42; 2. Mark Feyereisen (12, Fridley Grace) 15:49; 3. Mark Clifford (11, Benilde-St. Margaret) 15:52; 4. Matt Larkin (11, Benilde-St. Margaret) 15:54; 5. Rob Kurak (12, Fridley) 16:03; 6. Mike Hoyne (12, Fridley) 16:06; 7. Doug Parks (12, Minneapolis North) 16:09; 8. Steve Bengston (12, Fridley) 16:09; 9. Mike Peller (Benilde-St. Margaret) 16:12; 10. Mark Kramer (Patrick Henry) 16:14; 112 runners.

Teams: Benilde-St. Margaret 43; 2. Fridley 52; 3. Patrick Henry 101; 4. Minneapolis Southwest 115; 5. Park Center 135; 6. Washburn 169; 7. Fridley Grace 180; 8. Minneapolis North 189; 9. Osseo 255; 10. Edlson 294; 11. Brooklyn Center 316; 12. Roosevelt 331; 13. Minneapolis South 331; 14. Columbia Heights 395; 15. Minneapolis Central 421; 16. Minneapolis West 471.