

**STATE CROSS COUNTRY  
INDIVIDUAL CHAMPIONS**



**Class AAAAA**  
Ryan Eichner  
Shaw. Miss. South



**Class AAAA**  
Bob Lowen  
Hays



**Class AAA**  
Gary Baldwin  
Clay Center



**Class 2-1A**  
Chris Perez  
Lakin

**Site:** Wamego High School  
**Date:** Saturday, November 7, 1970  
**Champions:** Class 5A - Wichita-Southeast  
Class 4A - Hays  
Class 3A - Phillipsburg  
Class 2-1A - Oakley

**Individual Winners**

**Class 5A:** 1. R. Eichner, Shawnee Mission-South, 9:29.4; 2. R. Smith, Wichita-East, 9:44; 3. B. Ream, Wichita-Southeast, 9:47; 4. G. TenEyck, Wichita-Southeast, 9:54; 5. J. Wommack, Shawnee Mission-West, 9:57; 6. B. Filener, Wichita-Southeast, 9:58; 7. J. Everett, Topeka, 9:59; 8. H. Hays, Wichita-Southeast, 10:01; 9. M. Thompson, Shawnee Mission-North, 10:01; 10. B. Aitken, Wichita-West, 10:02.

**Class 4A:** 1. B. Lowen, Hays, 10:14.2; 2. B. Baker, El Dorado, 10:21; 3. T. May, Hays, 10:22; 4. B. Cowdin, Topeka-Highland Park, 10:23; 5. R. J. Harris, El Dorado, 10:24; 6. D. Meierhoff, Emporia, 10:25; 7. S. Dalley, Olathe, 10:27; 8. C. Warren, Derby, 10:28; 9. R. Ward, Topeka-Washburn Rural, 10:30; 10. R. Tyler, Topeka-West, 10:31.

**Class 3A:** 1. G. Baldwin, Clay Center, 10:02.4; 2. D. Carroll, Chapman, 10:03; 3. R. Petzold, Phillipsburg, 10:11; 4. D. Groen, Phillipsburg, 10:14; 5. J. Gillaspie, Council Grove, 10:15; 6. B. Higgins, Lyons, 10:16; 7. P. Koehn, Buhler, 10:17; 8. D. Kuhlman, Goodland, 10:19; 9. M. Jordan, Russell, 10:19; 10. R. Robison, Altamont-Labette Co., 10:20.

**Class 2-1A:** 1. C. Perez, Lakin, 9:49.9; 2. S. Tichenor, Paradise, 10:03; 3. P. Robinson, St. John, 10:04; 4. J. Heskett, Oakley, 10:13; 5. D. Cappleman, Effingham-Atchison Co. Comm., 10:23; 6. T. Tylor, Elkhart, 10:30; 7. J. Blazer, St. John, 10:33; 8. L. Barnett, Perry--Perry-Lecompton, 10:34; 9. S. Gilkerson, Oakley, 10:35; 10. F. Hockersmith, Oakley, 10:36.

**Team Scores**

**Class 5A:** 1. Wichita-Southeast, 36; 2. Shawnee Mission-South, 91; 3. Shawnee Mission-West, 111; 4. Wichita-East, 111; 5. Wichita-South, 121; 6. Wichita-West, 131; 7. Shawnee Mission-North, 174; 8. Shawnee Mission-City-Washington, 212; 9. Wichita-North, 230; 10. Shawnee Mission-City-Wyandotte, 246; 11. Lawrence, 264.

**Class 4A:** 1. Hays, 72; 2. Topeka-West, 107; 3. Emporia, 108; 4. Garden City, 120; 5. Emporia, 120; 6. Arkansas City, 197; 7. Salina-Central, 204; 8. Emporia, 206; 9. Kansas City-Argentine, 213; 10. Topeka-West, 215; 11. Newton, 224; 12. Phillipsburg, 224.

**Class 3A:** 1. Phillipsburg, 66; 2. Clay Center, 66; 3. Abilene, 125; 4. Tie, Wellington and Wakeenaw, 148; 6. Chapman, 148; 7. Buhler, 177; 8. Altamont-County, 194; 9. Anthony-Chaparral, 197; 10. Iola, 215; 11. Colby, 215; 12. Ottawa, 241.

**Class 2-1A:** 1. Oakley, 40; 2. Lakin, 107; 3. John, 113; 4. Johnson, 114; 5. Tie, Salina-Sacred Heart and Ellinwood, 116; 7. Centralia, 157; 8. Riley County, 207; 9. Highland, 218; 10. Bonner Savior of the World, 229; 11. Salina-St. John's, 258; 12. Neodesha, 301.



**MID-AMERICAN CROSS COUNTRY CLINIC**

**December 12, 1970**

The Fourth Annual Mid-American Cross Country Clinic will be held at Putsch's Pantry, 83rd and Shawnee Mission, Kansas, on December 12, 1970. The clinic is scheduled to begin at 8:00 a.m. and conclude at 4:00 p.m.

The following speakers and the topics they will discuss are as follows:

- Dr. Wayne Osness, Kansas University:**  
The physiology of running--What happens?  
Fatigue! Mental or physical  
Experiments at the University of Kansas  
Interval training--good or bad  
New research in physiology in relation to cross country
- Coach Harvey Greer, Kansas University:**  
What high school coaches can do in physiology  
exercise  
Big Eight & NCAA rules on recruiting high school cross country and track and field athletes  
Present conditions regarding the enforcement of university team policies with the current collegiate atmosphere  
What the high school coach can do to assist the university coach in recruiting  
Illegal and legal recruiting methods  
What should be done when an illegal method of recruiting has been employed  
Comments on high school association eligibility rules and regulations  
Scholarships and how to remain eligible  
Selected high school cross country coaches to serve on a panel discussion.

The cost of the clinic will be \$5.00 which includes the noon meal, speakers' fees and clinic notes. For contact Mr. Verlyn J. Schmidt, cross country coach at Shawnee Mission-South High School, 107th Street, for additional information and a registration blank.

STATE CROSS COUNTRY CHAMPIONS  
 WICHITA-SOUTHEAST - HAYS  
 PHILLIPSBURG - OAKLEY

CLASS AAAAA



Wichita-Southeast High School

Kneeling: Gary TenEyck

Back row, l. to r.: Kent Adrian, Hal Hays, Bob Ream,  
 Coach Chuck Hatter, Bill Filener, Bill Page, Jerry  
 Smith

CLASS AAAA

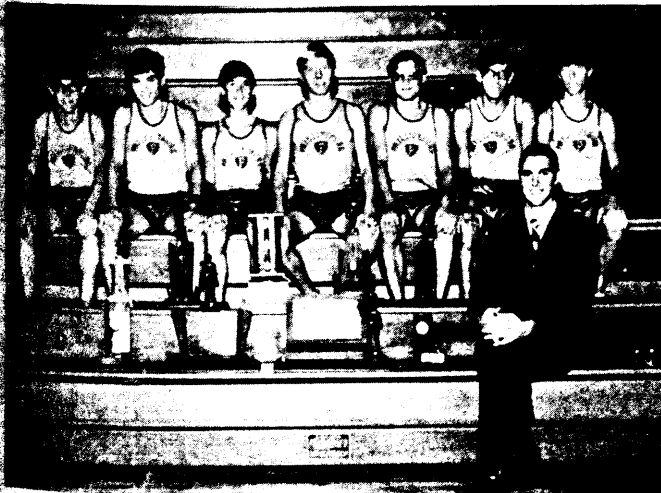


Hays High School

Front row, l. to r.: Steve Lowen, Bob Lowen, Jerry  
 Green, Dick Turney

Back row, l. to r.: Steve Clark, Tony May, Mark  
 Massaglia, Stan Bieker

CLASS AAA



Phillipsburg High School

Front row: Coach Gary Schultz

Back row, l. to r.: Tom Kreller, Jim McClellan, Ronnie  
 Petzold, Daryl Groen, Dennis Elliott, Richard Hansen,  
 Jack Looney

CLASS 2-1A



Oakley High School

Back row, l. to r.: Danny George, James Bloom, Floyd  
 Hockersmith, Stan Clark

Front row, l. to r.: Allen Mendenhall, Stan Gilkerson,  
 Joe Heskett, Roger Fischer, Coach Darrell Clement