

Riverside 5K & 10K
March 22, 1970 | Portland



“Flanders and Jaynes left the pack early and just kept pulling away as Ken kept a slight edge to win by 34.5 seconds.

Most of the unattached runners are members of the Maine Masters, a group of men who have done much to help our AAU program in Maine and who have promoted running for the older age group.”

(“The Pine Tree Road Runner” - p. 40 - *The Year In Review*)

10K Results

1. Ken Flanders, GPAC, 31:07.5
2. Steve Jaynes, GPAC, 31:42
3. Don Sanborn, WAC, 32:02
4. Ralph Thomas, WAC, 32:16
5. Lloyd Slocum, GPAC, 33:08
6. Dick Packard, BAA, 33:30
7. Roland Dyer, WAC, 34:22
8. Mark DiPierro, Un, 35:46
9. Paul Jackson, GPAC, 36:02
10. Pete Halloway, Un, 38:24
11. Dale Lincoln, Un, 39:08
12. Ken Rosen, Un, 41:21
13. Dick Goodie, Un, 42:10
14. Jim Carroll, Un, 45:02
15. John Killinger, NMC, 45:37
16. Frank Cook, Un, 45:48
17. Ray Hefflefinger, Un, 46:42
18. Bill Pierce, FRS

"Hillgrove and McCann had a nip and tuck battle from the start to finish with Bob Managing to outsprint Al in the stretch to win by six seconds"

5K Results:

1. Bob Hillgrove, WAC, 14:52 Record
2. Al McCann, GPAC, 14:58
3. Jerry Crommett, GPAC, 15:25
4. Dave McDonald, GPAC, 15:40
5. Larry Greer, Un, 16:11
6. Bob O'Shea, Un, 16:58
7. Jim Brocato, GPAC, 17:05
8. Brian Gillespie, GPAC, 17:13
9. Charles Hanson, CSU, 17:17
10. Peter Rogers, GPAC, 17:40
11. Dave Galli, GPAC, 18:08
12. Dave Leavitt, Un, 18:38