

**2-in-1 Day Program  
November 8, 1970 | Portland**



**Results:**

**10,000 meter High School**

1. Larry Greer, Cape E, 33:00
2. Mike Waddle, Brunswick, 34:30
3. Bob McLaughlin, Gardiner, 34:58
4. Bob McKenna, Cape E., 35:37.5
5. Chris Davis, Cape E., 36:51
6. George Dugal, Brunswick, 37:51
7. Doug Greason, Brunswick, 40:08
8. John Gallant, Mexico, 43:25

**20 Km MEAAU Championship**

1. Ralph Thomas, Un, 63:20.8 Rec
2. Rick Rowley, Un, 65:05.5

3. Bob Hillgrove, Un, 67:52
  4. Jerry Crommett, GPAC, 69:34
  5. Mark Libby, Un, 77:04
  6. Ken Rosen, Un, 83:46
  7. Reggie Knapp, Un, 84:25
  8. Tom Miller, Un, 86:36
  9. Steve Ross, OCTC, 91:09
  10. Dick Goodie, Un, 91:31
  11. Jim Henick, Un, 92:06
  12. Jim Carroll, Un, 95:47
  13. R.Hefflefinger, Un, 95:57
- DNF - Joe Dahl, Ed Shepard

**"Ralph Thomas, who seems to be getting stronger with each race, won the Maine AAU 20 kilo. championship in the course record time of 63:20.8 to top the old record set by Bob Hillgrove earlier this year of 65:15. Thomas' improvement has to be noted as he ran this course in March in the time of 68:00. It was a three man race for the first two laps between Thomas, Rowley, and Hillgrove. Then Thomas, averaging five minute miles, just kept pulling away to win by almost two minutes.**

**Splits (3.15 mile loop)**

Thomas 15:36, 15:57, 15:52, 15:55.8  
Rowley 15:36, 15:57, 16:28, 17:04  
Hillgrove 15:40, 16:26, 17:22, 18:24