

CROSS COUNTRY RECORDS

INDIVIDUALS WHO HAVE RUN THE CRYSTAL SPRINGS COURSE (2.95 MILES) UNDER 16 MINUTES---THE SUB 16 CLUB*

RICK PINCOMBE	15:07	1975	(Senior Record)
STAN ROSS	15:11	1976	(Junior Record)
GERRY HARNETT	15:19	1974	
JOEY BERRIATUA	15:19	2012	
ROB WICKSTROM	15:22	1983	(Sophomore Record – 15:51)
TOMMY ROGERS	15.25	2021	
KAREEM BARGHOUTI	15:30	2004	
KEVIN BLAKE	15:32	1975	(Freshman Record)
PHIL KILBRIDGE	15:32	1989	
ADAM PEREZ	15:32	1997	
DAN BOEHLE	15:34	1992	
MIKE RINALDI	15:37	1976	
JIM ROCHFORD	15:38	1976	
MATTHEW HERRERA	15:38	2015	
TOM WASHINGTON	15:40	1993	
PARKER KELLY	15:41	1986	
DOMINIC VOGL	15:42	2003	
MARK KEYSER	15:43	1987	
TOM JACOBS	15:45	1976	
MICHAEL DELAURENTI	15:45	2003	
MARK BONILLA	15:46	1974	
ADAM MANSELL	15:46	2015	
JORDAN WOODS	15:48	1997	
GARY MEYER	15:54	1974	
JONATHAN GARCIA	15:55	2015	
KEVIN GAITHER	15:57	1986	
NATHAN WOODSIDE	15:58	1995	
WILL NEWMAN-ROBINSON	15:59	1988	

*Some of the runners listed above posted other sub-sixteen marks.
Only the best time for each runner is listed.

THE TOP TEAMS IN THE HISTORY OF SERRA'S CROSS COUNTRY PROGRAM

(All times recorded at the Crystal Springs venue)

1975 WCAL AND CCS CHAMPIONS

Rick Pincombe	15:07	
Stan Ross	15:22	
Kevin Blake	15:33	
Mike Rinaldi	15:41	
<u>Jon Collopy</u>	<u>16:07</u>	<u>Total Time: 77:50</u>
Bruce Darling	16:58	
Eugene Harnett	17:11	

1976 WCAL CHAMPIONS

Stan Ross	15:22	
Mike Rinaldi	15:37	
Jim Rochford	15:38	
Tom Jacobs	15:45	
<u>Jon Collopy</u>	<u>16:08</u>	<u>Total Time: 78:30</u>
Vince Canziani	16:54	
Scott Penner	17:09	

1974 WCAL CHAMPIONS

Gerry Harnett	15:33	
Rick Pincombe	15:45	
Mark Bonilla	15:46	
Gary Meyer	15:54	
<u>Stan Ross</u>	<u>16:21</u>	<u>Total Time: 79:19</u>
Bob Wandro	16:52	
John Visbal	17:02	

2004 CCS DIVISION 1 CHAMPIONS (CCS Championship meet held at Toro Park, Salinas. WCAL III meet times recorded at Crystal Springs on November 3, 2004)

Kareem Barghouti	15:30	
Robert Broderick	16:03	
Carlos Ramirez	16:04	
Michael Borg	16:23	
<u>Steven Borg</u>	<u>16:33</u>	<u>Total Time: 80:33</u>
Jason Chorpening	16:50	

2003 WCAL CO-CHAMPIONS

Dominic Vogl	15:43	
Mike Delaurenti	16:00	
Chris Furnari	16:06	
Kareem Barghouti	16:23	
Carlos Rameriez	16:24	Total Time: 80:36
Robert Broderick	16:34	
Stephen Sweeney	16:51	

1986 CCS 3rd PLACE

Parker Kelly	15:41	
Mark Keyser	16:08	
Dustin Donate	16:15	
Kevin Gaither	16:16	
Greg Fontana	16:31	Total Time: 80:51
Tim Spalding	17:27	
Mark Grenier	17:29	

2015 WCAL FINALS 4th PLACE

Matthew Herrera	15:38	
Adam Mansell	15:46	
Jonathan Garcia	15:55	
Ara Archbold	16:34	
Rami Hijab	17:17	Total Time: 81:11
Enrique Brenes	17:19	
Marc Blais	17:39	

1997 CCS DIVISION 2 CHAMPIONS

Adam Perez	15:35	
Jordan Woods	16:00	
Matt Pulichino	16:29	
Bobby Hansen	16:32	
Kevin Gurtiza	16:44	Total Time: 81:20
Tony Martinelli	17:35	
Ty Mancuso	18:07	

2005 CCS 2nd PLACE DIVISION I (STATE QUALIFIER)

Cole Jones	16.01	
Brian Humrich	16.21	
Mike Borg	16.28	
Steven Borg	16.33	
Jason Chorpening	16.34	Total Time: 81:57
JD Smiley	16.47	
Gino Leonio	17.26	

2007 CCS DIVISION 1-3rd PLACE

Oran Arms	16:03	
Dominic Chelini	16:18	
Spencer Mcleod	16:23	
Mitch Council	16:24	
David Motamed	16:52	Total Time: 82:00
Kevin Corley	16:53	
Andrew Gaddis	17:33	

2009 CCS DIVISION 1-4th PLACE

Carsten Stann	16:06	
Danny Colom	16:17	
Ford Milligan	16:22	
Brandon Norwood	16:30	
Avery Turzanski	16:48	Total Time: 82:03
Casey Schwenk	17:17	
Andrew Gaddis	18:40	

2001 CCS DIVISION 1 CHAMPIONS

Ron Exley	16:16	
Dominic Vogl	16:18	
Chris Furnari	16:26	
Mike Delaurenti	16:34	
Scott Drexel	16:37	Total Time: 82:11
Alex Aycinena	16:44	
Nick Cirigliano	16:54	

2002 CCS DIVISION 1 CHAMPIONS (CCS Championship meet held at Toro Park, Salinas. WCAL III meet times recorded at Crystal Springs on November 6, 2002)

Dominic Vogl	15:52	
Chris Furnari	16:27	
Mike Delaurenti	16:29	
Ron Exley	16:40	
Alex Aycinena	16:44	Total Time: 82:12
Kareem Barghouti	16:45	
Carlos Ramirez	16:45	

1996 CCS DIVISION 2 CHAMPIONS

Adam Perez	15:46	
Jordan Woods	16:22	
Jerome Madigan	16:36	
Brad Stapleton	16:46	
Patrick Carey	16:56	Total Time: 82:26
Ricardo Cano	17:35	
Ron DiMaggio	18:07	

1987 CCS 4th PLACE

Mark Keyser	15:54	
Kevin Gaither	16:06	
Phil Kilbridge	16:21	
Mike Grenier	16:58	
Bill Heilman	17:25	Total Time: 82:44
Sean Keily	17:41	
Mark Montgomery	20:12	

1993 CCS 2nd PLACE DIVISION I (FIRST TEAM TO QUALIFY TO STATE MEET)

Tom Washington	15:49	
Jean-Paul Tchamourlain	16:30	
Nathan Woodside	16:32	
Tom Abramo	17:21	
Frank Abbott	17:40	Total Time: 83:52
Shawn Camden	17:58	
Brenden Renault	18:20	

1995 CCS 2nd PLACE DIVISION I (STATE QUALIFIER)

Nathan Woodside	16:25	
Adam Perez	16:38	
JP Tchamourlain	16:41	
Jerome Madigan	17:08	
Manual Berg	17:26	Total Time: 84:18
Jordan Woods	17:55	
Ron DiMaggio	18:00	

1994 CCS 2nd PLACE DIVISION I (STATE QUALIFIER)

JP Tchamourlain	16:15	
Nathan Woodside	16:46	
Adam Perez	16:54	
Brad Stapleton	17:07	
Jerome Madigan	17:18	Total Time: 84:20
Tony Lorber	17:25	
Manual Berg	17:34	

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