

Cross Country (2020)

Runners in High Gear @ 2020 "Kick Off Run"

Saturday, September 26, 2020

Saint Mary's Cross Country "Kick Off Run"- September 26th, 2020 Point Pinole Regional Park

2 Mile Run

- | | |
|--------------------------|-------|
| 1. Simon Moss | 13:24 |
| 2. Diego Vela | 13:40 |
| 3. Collin <u>Kopchik</u> | 13:47 |
| 4. Jackson Pollard | 14:24 |
| 5. Charlie Higley | 14:29 |
| 6. Connor Deakin | 15:10 |
| 7. Adrian Madrigal | 15:43 |
| 8. Joaquin Brownlow | 15:55 |
| 9. Anthony Nakamura | 17:35 |

3 Mile Run

- | | |
|-----------------------------|-------|
| 1. Mateo <u>Malko-Allen</u> | 16:57 |
| 2. Matteo Brownlow | 19:25 |
| 3. Jurgis <u>Vass</u> | 22:45 |
| 4. Vale Johnson Vigeant | 23:28 |

2 Mile Run

- | | |
|---------------------------|-------|
| 1. Sofia Jackson | 14:25 |
| 2. Alexa Lawson | 15:32 |
| 3. <u>Leiah Goode</u> | 16:11 |
| 4. Simone Rogers | 16:15 |
| 5. Emilia Podesta | 17:30 |
| 6. Georgia Rogers | 17:35 |
| 7. <u>Olivia Tarango</u> | 18:13 |
| 8. <u>Cally MacIntyre</u> | 18:34 |
| 9. Julia Runyan | 18:56 |
| 10. Mariah Colbert | 20:42 |

3 Mile Run

- | | |
|----------------------|-------|
| 1. Olivia Lawson | 22:37 |
| 2. <u>Nan Wemmer</u> | 22:55 |



The Saint Mary's Cross Country Team - officially known as the "Panther Running Club" this fall - staged it's first event on Saturday. Featuring 26 runners, the "Kick Off Run" was the first of several fun runs/races featuring runners from Saint Mary's and the larger Saint Mary's community.





Staged at Point Pinole Regional Park, the "Kick Off Run" saw most athletes running a 2 mile race, while a handful tested themselves at the 3 mile distance. The 26 entrants were divided into 3 groups: Team Turman ("The Terminators"), Team Mohun and Team Corwin. The starts were staggered to insure proper distancing and maintain all required safety protocols.





The winning team was determined by an overall team time; that is, each runner's individual time was combined with their teammates time to produce an overall time. The winning team, led by veterans Mateo Malko-Allen and Olivia Lawson - was Team Mohun, whose runners sauntered away with a fresh new pair of SM Cross Country socks. Congratulations to all the runners! Pictures of all the runners can be found on the Saint Mary's Cross Country - Shutterfly site: <https://pantherscc.shutterfly.com/>





Sunday, November 1, 2020

Runners 'Scary Good' at Halloween Relay



An impressive turnout of Flashdancers, Road Runners, Incredibles, Throwbacks and even Vice-President Mike Pence and Little Red Riding Hood showed up for the Panthers Halloween relay race.





While the costumes were notable, it was the running that was truly impressive. Coach Mohun described the runner's performances as "scary good". Despite having to run carrying a small pumpkin as their baton..., the 1.2 mile loop, rolling down and up, along the water and through the eucalyptus grove, was set up for the runners to run fast.



Each team was comprised of three runners in the 4 leg race. That meant that someone from each team had to run twice! In the end, the team of junior Simon

Moss (dressed as Mike Pence... complete with a fly attached to his head), senior Simone Rogers (part of a senior girls 80's flashdance troupe), and freshman Milan Jackson (a cowgirl) proved to be the fastest. Best costume prizes went to Mallory Boell (Little Red Riding Hood) and Riley Hartney (think Southern California 80's Richard Simmons jazzercise guru).





Thanks to all the supportive parents, committed coaches and festive, hard-working runners. A complete album of pictures can be found at this link

<https://pantherscc.shutterfly.com/pictures>