Girls' Make Valiant Run @ NCS Champs

November 24, 2019



Despite being the multiple time defending TCAL champions, the girls varsity cross country team entered the North Coast Section Championship on Saturday in virtual anonymity. None of the Panther runners were predicted to be among the top finishers in the Division IV race, nor was the team picked to be a serious challenger for one of the three coveted state meet spots. They were, essentially, considered an afterthought by most of the pre-meet prognosticators.





However, it was duly noted by girls coach Denis Mohun that predictions and prognostications are done Monday thru Friday by fans and coaches but races are contested among runners on Saturdays. And so, running with the desire and determination they've shown all year, the girl's team made a valiant run at a top three finish before falling just seconds short while finishing in the 4th spot.



"Without a doubt, our girls ran their best race of the season," said a smiling coach Denis Mohun afterwards. "I'm so proud of how we competed. We ran a really good race at league and that same race would have gotten us 6th today. Instead, our girls decided they wanted more and they went out and almost pulled a major shocker. They were awesome."



Leading the way was all-league first teamer Jordan Cornet. Running her finest race of the year, Jordan finished 8th overall in a new personal best 19:18. Jordan's 8th place finish was one place away from the 1st team all-NCS team. Fellow junior Nan Wemmer finished 2nd. for the team, flirting with the vaunted 20:00 barrier before finishing in 20:02. Freshman Sofia Jackson, whose meteoric rise from JV to varsity has been nothing short of incredible, finished right behind Nan in 20:04.



"Sofia's race was a catalyst for us today," commented coach Mohun. "Her effort pushed Nan, Leiah and Olivia to PR's. Her effort, I thought, was a big key for us today."



Fellow freshman Leiah Goode ran a new PR, 20:39, to place 4th on the team, while junior co-captain Olivia Lawson was right behind in 20:44. Freshman Summer Graham broke the 21:00 mark when she crossed the line in 20:59… while senior Wiona Tan ran her final race as a Panther in 21:11.



In sum, coach Mohun had this to say: “Overall, the race today was bittersweet. On the one hand we competed really well and had our best race of the year but the fact that this is it for this season stings. I think if we had a few more weeks we could have made an even bigger run. We simply ran out of time.”





For the boys, their 10th place finish was not close to a state meet birth but did culminate a much-improved season and deliver a glimpse of what may be to come. The Panthers, led by a pair of freshmen – Mateo Malko-Allen's (16:50) and Adrian Licea (17:26), return their top 6 runners next season and should be able to use this season and their NCS experience as a springboard into next season. Junior's Zax Lieske and Riley Hartney ran in the 3rd and 4th positions (17:28, 17:41), while sophomores Ryan Painter and Jeffrey Norris placed 6th and 7th for the team. All totaled, the future of the boy's team, in 2020 and beyond, seems bright.

Girls Leave No Doubt – Dominate TCAL Champs; Boys Oh So Close!

November 8, 2019



The final results of the 2019 TCAL Varsity Cross Country Championships were, on paper, exactly as they were in 2018 with the Albany boys and the Saint Mary's girls taking home team titles. However, longtime boy's coach Jeff Rogers offered up one important distinction: "this year's meet was equally as dominant for the girls but the boy's meet was, unlike last year, was a toss up until the very end."





Indeed, the defending champion girl's team – who completely dominated the 2018 meet – once again dominated the 2019 competition. After individual runners from Albany and El Cerrito finished first and second overall, the next 7 runners all wore the red and white of Saint Mary's to propel the Panthers to a lopsided victory. Junior Jordan Cornet led the way, running 19:46 over the rolling, 3.0 mile Point Pinole course. Teammate Nan Wemmer was next, placing 4th overall in 20:40. Surging freshman Sofia Jackson, who began the year on the junior varsity, showed her moxy with a 5th place and 1st team all-league run of 20:51. Senior co-captain Wiona Tan, freshman all-league star Summer Graham, junior Olivia Lawson, and 9th grade newcomer Leiah Goode comprised the team that made the league showdown a runaway for the Panthers.





“The girls were awesome today,” said a smiling coach Mohun afterwards. “The freshman trio has really brought a spark the group. Their energy and enthusiasm has lit a fire under the older girls and it’s benefitted everyone. Unfortunately for the rest of the league, they had to witness our team’s coming together the way they have.”



The boys team, finishing a mere 3 points shy of dethroning the defending champion Albany Cougars, ran the best race of their season according to coach Rogers. “We knew it was going to be a close race. Our

guys could only control their race and I'm really proud of how they competed. Give credit to Albany, they ran well. But our guys, who came in as a substantial underdogs, ran as well as they could and left everything out there. As a coach, that's all you can ask for."





Freshmen sensation Mateo Malko-Allen finished 3rd overall in a PR 16:37. Junior captain Riley Hartney was close behind in 16:43 (4th overall) while fellow junior Zax Lieske ran a huge :30 second PR (16:50) on the Point Pinole course to finish 5th overall and score a place on the 1st team all-league podium. Freshman Adrian Licea also ran a lifetime best, crossing the finish line in 17:16 which was good for 12th overall and enough to get 2nd team all-league honors. Sophomores Jeffrey Norris and Ryan Painter finished 5th and 6th for the Panthers, with senior Talyn Mitchell running his final TCAL meet to close out the scoring.





For the JV and Frosh-Sop teams, the day was filled with personal bests and medals. Freshman Nico Laub-Sabater ran an "incredible race" in the words of coach Adalberto Gonzalez, finishing atop the medal podium in an impressive 11:45. Vale Johnson Vigeant and Jurgis Vass, both 9th graders, captured 2nd team honors as well as medals. Junior Matteo Brownlow and senior Alex Rudolph both medaled in the boys junior varsity race, with Alex outdueling Matteo by just :01 second.





The girls JV team, like the varsity girls team, placed 7 runners among the top 14 on their way to the runner-up team placing. Freshman Julia Runyan scared the 14:00 barrier before finally finishing in 14:04. After Julia, a trio of upperclassmen – Ashley Robarts, Sophia Kingsbury, and Simone Rogers – finished next for the Panthers… with Ashley and Sophia making it onto the 1st team. After that, a trio of freshmen – Taryn Fettig, Georgia Rogers and Cally McIntyre – finished their inaugural season by running themselves onto the 2nd team all-league squad.





Next up for the varsity Panthers is the North Coast Section championships on November 23rd at Hayward High School.

Fast Times at Hayward High

October 21, 2019



The final invitational of the 2019 season was a scorcher… with PR's abound and medals twinkling under the flash of IPhone cameras and smiling parents. The Panthers, fresh off their final TCAL league meet and looking forward to the league championship race next month, took advantage of great weather, fast races, and a competitive spirit to post an array of seasonal and lifetime best times on the 3.0 mile, NCS Championship course at Hayward High School.





The first highlight of the day was run by the freshmen girls. With a bevy of talent, moxy and supportive teammates, the fresh faces from the class of 2023 are making a case that they are the fastest class the team has seen in years. Sofia Jackson, Leiah Goode and Summer Graham all ran varsity level times while taking home hardware.





The trio, separated by a scant :05 seconds, led the team to a first place finish among all freshmen groups and 3rd overall amongst the frosh-soph. In fact, they beat back the venerable McFarland group to take home the final team plaque. Julia Runyan, Georgia Rogers, Cally McIntyre and Taryn Fettig comprised coach Ariana Corwin's 7 member winners.





“I’m so proud of those girls,” said coach Corwin on the way out of the meet. “They’ve come so far this year. Hopefully, days like today remind them of what their hard work and commitment can produce. We beat some really good teams today with a group that, for the most part, has only been running for 7 or 8 weeks. I think that’s awesome.”





The 7 member frosh-soph boys, featuring the teams fastest freshmen and three sophomores, also had a great day… just missing out on a team plaque but earning several PR's and individual medals for their efforts. Super frosh Mateo Malko-Allen, whose wall is steadily filling up with individual medals and accolades, broke the 17:00 minute barrier while finishing as the top freshman and 6th overall in the 9th/10th grade race.



Sophomore Ryan Painter, who coach Jeff Rogers said had the days "top performance", ran more than a half a minute faster than he ever has to place 15th overall and medal. Freshman Adrian Licea and sophomore Jeffrey Norris also broke the 18:00 mark… Adrian finishing in 17:47 with Jeffrey :12 back in

17:59. Freshman Nico Laub-Sabater completed the scoring for the Panthers, with sophomore Dominic Storella finally making his 2019 invitational debut.





The varsity teams, themselves no strangers to success and praise, were led by a quartet of juniors. Nan Wemmer and Olivia Lawson both ran under 21:00 minutes for coach Mohun's squad… while Riley Hartney and Zax Lieske each ran just over 17:00 minutes to pace the boys. Sophomore Mallory Boell had a big 3 mile PR, flirting but falling an excruciating ½ second short of breaking the 22:00 minute barrier.





Juniors Ashley Robarts (23:05) and Simone Rogers (23:24) completed the scoring for the Panthers. Seniors Talyn Mitchell (18:35) and Alex Rudolph (18:41) finished 3rd and 4th for the boys… with 11th grader Matteo Brownlow (19:58) finishing the day for Saint Mary's.

Girls Secure Yet Another TCAL Title; Boys Edged vs. Albany

October 18, 2019



The final TCAL league meet of the year pitted both the undefeated Saint Mary's boy's and girl's teams against their cross-town, undefeated rivals – the Albany Cougars. Both teams lined up their best squads in hopes of garnering both a victory, an undefeated season, and at least a share of the TCAL championship. Battling the wind, their nerves, and their competitors, the Saint Mary's girls and Albany boys came out on top.





The girl's squad, who have not lost a league meet since St. Joseph exited the TCAL 4 years ago, dominated their meet with the Cougars… leaving no doubt about who the favorite will be heading into next month's league championship race. After Albany claimed the top finisher, the girls squad placed all 7 of their runners next to dominate the race and secure the win.



Juniors Jordan Cornet and Nan Wemmer were once again the top two finishers for the Panthers, while senior Wiona Tan, freshman Sofia Jackson and junior Olivia Lawson all scoring for the champions. Freshmen Summer Graham and Leiah Goode, whose graduation to the varsity ranks is clearly complete, followed close behind the top 5.





The boy's squad, featuring a pair of freshmen, a pair of sophomores, a trio of juniors, and a pair of seniors gave the defending TCAL champion Cougars all they wanted on the Point Pinole course before finally succumbing. Team captain Riley Hartney was edged by a scant :03 seconds for the overall win; freshman Mateo Malko-Allen lost the battle for 3rd place by :06 seconds… the same distance that separated junior Zax Lieske from 5th place. So, the Panthers lost to the Cougars by a mere :15 seconds. Freshman Adrian Licea and sophomores Ryan Painter and Jeffrey Norris all ran solid races according to head coach Jeff Rogers.



The JV girls team, like the varsity, won dominated their race against the Cougars while the JV boys team, like the varsity, did not. The JV girls race was won by freshman standout Julia Runyan, whose prowess as a runner has not gone un-noticed by the coaches.




1741


1727
1723

Varsity team members Mallory Boell, Ashley Robarts and Simone Rogers – dropping down for some late season speed work – finished next for the team – with the freshmen trio of Cally McIntyre, Georgia Rogers and Taryn Fettig following close behind. Freshman Emilia Podesta, Pepper Rosen, Rosa Hochschild, and Faith Dessart also were complimented by coach Ariana Corwin for their nice runs.



Next up for the Panthers is the Mariner Invitational – this Saturday at Hayward High School – home of the NCS Championship meet.

Panthers Face Tough Competition @ Clovis Invitational

October 13, 2019



The Clovis Invitational is the biggest, most competitive meet in Central California. More than 40 state-ranked teams arrived on Saturday, hoping to test themselves and maybe get a state meet preview on this, the site of the state championships in late November. A comfortable temperature and fast competition greeted the runners as they tested themselves against the best in the state.





For the boys, medals were hard earned by freshman sensation Mateo Malko-Allen and junior Riley Hartney. Both runners were among the leaders at the first mile and both would hang on to medal positions. Mateo scored his 5K personal best, running 17:42 while placing 7th on the winding, rolling state meet course. Not far behind was Riley, whose 17:50 was good enough for 9th and a medal. Junior teammate Zax Lieske was the team's third runner, placing 23rd at 18:06. Freshman Adrian Licea, another in the impressive class of 2023, was 56th in the 188 runner field, with sophomores Ryan Painter and Jeffrey Norris placing 5th and 6th on the team. Senior Talyn Mitchell completed the 7 man squad for the Panthers.





For the girls, they ran a bit short-handed but still managed a 10th place team finish. Junior Jordan Cornet ran her way to a medal, placing 12th overall in 21:00. Senior Wiona Tan, running for the first time on the Woodward Park course, was 37th in the 247 runner race, while fellow co-captain Olivia Lawson was 2 spots away in 39th. Sophomore Mallory Boell, and juniors Simone Rogers and Ashley Robarts completed the 6 runner squad travelling to Clovis.


2081
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3537
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3533
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295

Panthers Still Undefeated After Big TCAL Wins

October 13, 2019



After beating back challenges from TCAL opponents El Cerrito, Salesian, JF Kennedy and John Swett on Thursday at Point Pinole Regional Park, the Panthers cross country teams remain unbeaten in TCAL competition – with each team running their league records to 8-0.





The girls varsity team, who have won the last 8 league championships, shook off a slow start and a 1-2 finish by El Cerrito runners to score the next 6 places and cruise to a victory. Jordan Cornet broke the 21:00 barrier to lead the Panthers, with Nan Wemmer, Wiona Tan, Olivia Lawson and freshmen Sofia Jackson and Julia Runyan finishing 3rd – 8th respectively.





The boys varsity team, much like the girls team, gave up the first 2 spots to Salesain and El Cerrito runners, before overwhelming the competition with their depth and experience. Mateo Malko-Allen, Zax Lieske, Riley Hartney and Ryan Painter grabbed places three through six, while Jeffrey Norris, Talyn Mitchell and Alex Rudolph finished 9th – 11th to dominate the scoring for the Panthers.





Both JV boys and girls teams dominated their respective races as well, with Nico Laub-Sabater winning the boys race and Summer Graham winning for the girls. Leiah Goode, Mallory Boell and Simone Rogers finished after Summer to claim the top 4 spots and a lock on the victory. Vale Johnson Vigeant, Jurgiss Vass, Jonathan Iglesias and Dominic Storella were the top finishers behind Nico.





The final TCAL league meet will be on Thursday, October 17th at Point Pinole against league rival Albany. The first race will be at 4:00pm.

Panthers Mettle Earns Medals @ Artichoke Invitational

October 6, 2019



On Saturday, the Panthers traveled to Half Moon Bay for the 48th annual Artichoke Invitational. Competing against teams ranging from Marysville in Northern California to Modesto in the Central Valley and Pacific Grove from the Santa Cruz area, the meet attracts a wide array of talent and depth the Panthers would have to contend with… along with the venerable "Cougar Hill."





Highlighting the day for the Panthers were a quintet of boy medalists… led by freshmen Mateo Malko-Allen, Adrian Licea and Nico Laub-Sabater. Mateo, running in the freshmen boys race, took charge of the race ¾ of the way through and cruised to an :11 second victory. One observer pointed out that afterward, "he looked like he could run it again." Teammate Adrian Licea, whose promise and talent have been highlighted again and again, finished 7th overall… while fellow freshman Nico Laub-Sabater – whose running experience now totals 1 month – placed 14th to garner himself a hard-earned medal.





Vale Johnson Vigeant and Jurgis Vass completed the 5 person scoring for the Panthers, who as a team finished 2nd overall. Other notables, according to coach Adalberto Gonzalez, were Jonathan Iglesias, Lukas Herz and Connor Deakin.



Joining the medal haul for the boys was sophomore Jeffrey Norris, whose had almost a :30 second PR on the course while finishing 21st amongst the 162 runners in the race.



The girls, many who experienced the gut-wrenching challenge of Cougar Hill for the first time, were equally impressive. Running in the girls freshmen-sophomore race, a pair of 9th graders showed off their mettle while walking away with medals. Summer Graham and Leiah Goode both climbed Cougar Hill fast enough to place them among the leaders in their race and among the best on the team. "Those two, along with Sofia Jackson, have emerged as three of the best 7 runners we have on the team right now," said head coach Denis Mohun afterwards. "They are fearless and don't seem to be afraid of a challenge. They needed that today when going up the hill."



Sofia Jackson was 3rd on the team in the F/S race, while sophomore Mallory Boell continued her solid season finishing 4th for the Panthers. First year runners Julia Runyan, Cally McIntyre, Georgia Rogers, Taryn Fettig and Emilia Podesta also ran very well.





Junior Jordan Cornet was the 7th Panther of the day to earn some hardware. Running in the very-competitive varsity girls race, Jordan finished 12th overall while running almost a minute faster than she did a year ago. Teammate Olivia Lawson was next in 16:50, with fellow juniors Ashley Robarts and Simone Rogers rounding out the incomplete varsity squad. The varsity boys, also running an incomplete 4 man team, saw junior Zax Lieske as the day's fastest… running 14:04.





Next up for the Panthers is the 2nd of 3 TCAL league meets at Point Pinole Regional Park on Thursday when they welcome El Cerrito, JF Kennedy and John Swett. First race is at 4:00 pm.



Panthers Sweep TCAL Openers

October 4, 2019



After nearly a month since the first day of school and practice, the cross country team utilized their depth, experience and lots of youthful talent to roll to victories over Hercules, SPSV, De Anza, and Vallejo on Thursday in their first TCAL league meet at Point Pinole Regional Park.





“Our runners have been anxious to finally get out here and race,” said JV Boys coach Rob Riccardi. “Some of them have raced in a couple of our Saturday invitational, but for a lot of runners this was their first time sporting the uniform. I think the training and the wait was worth it. They performed very well.”





Indeed, all four teams (JV Boys & Girls, Varsity Boys & Girls) scored lopsided wins against their rivals. For the JV teams, they seemed more than ready for the the rolling 2.0 mile course. Leading the way for the boys were a trio of talented freshmen, once again led by fast-rising Mateo Malko-Allen. Mateo has been performing, according to coach Jeff Rogers, "as well as any freshman we've had in quite a few years." Already a top 5 freshman performer all-time on the time trial course, Mateo continues to impress with his bold running and fast times. He won the JV race in 11:23. Not far behind were another talented duo, Adrian Licea and Nico Laub-Sabater. Both Adrian and Nico were far ahead of their competitors while finishing 2nd (11:52) and 3rd (12:11) respectively. Jonathan Iglesias (8th overall), Vale Johnson Vigeant (9th), and Lukas Herz (12th) also had solid races according to coach Riccardi.

The JV Girls also dominated their race, grabbing the top 3 spots overall and 6 of the top 8 places. The top runners, freshmen Julia Runyan (1st overall), Cally McIntyre (3rd) and senior Sophia Kingsbury (2nd) cemented the scoring for the Panthers while freshmen Georgia Rogers (5th), Taryn Fettig (6th) and Emelia Podesta (8th) rounded out what turned out to be a runaway in the scoring. "I'm so proud of our girls," said JV coach Ariana Corwin. "Our top 3 runners ran in the varsity race so the other girls had to step it up today and they did. They're already running more than a minute faster than they did on the time trial we had a few weeks ago. It's great to see their hard work paying off."







Both Varsity teams, like the JV, dominated their races as well. Boys captain Riley Hartney ran his personal best on the Point Pinole course, out-pacing the competition by more than :35 seconds in covering the rolling 3.0 mile course in 16:58. Classmate Zax Lieske, himself no stranger to the Point Pinole course, ran 5th overall… while a foursome of teammates packed up to bolster the win for the Panthers. Jeffery Norris, Talyn Mitchell, Ryan Painter and Alex Rudolph finished 7th – 10th to make the race a runaway.





The Varsity Girls, who seek to defend their TCAL crown from 2018, flexed their collective muscles on Thursday as well… finishing in the top 6 places and scoring 8 of the top 10 overall that sent a message to the rest of the TCAL about who the team to beat will be in 2019. Running without top performer Jordan Cornet, the Panthers depth and experience made up for the loss with strong runs from juniors Nan Wemmer (1st) and Olivia Lawson (3rd) and senior Wioan Tan (2nd). After that, a trio of freshmen were not far behind. Sofia Jackson, Summer Graham and Leiah Goode continue to make their case that, despite their age and relative inexperience, they are indeed varsity runners. Each broke the vaunted 22:00 minute barrier in their first league race and now stand position themselves to be amongst the best newcomers in the entire league.





Next up for the Panthers is the Artichoke Invitational at Half Moon Bay High School on Saturday. The first race begins at 9:00 am!

No Shoe – No Problem for Panthers @ Farmer Invite

September 22, 2019



Battling a week of tight calves, stiff hips, sore throats and lost shoes, the Panthers overcame and battled their way to some fine performances at the 16th annual Farmer Invitational at Hayward High School on Saturday.





"This week has been challenging," sighed girls junior varsity coach and 2015 graduate Ariana Corwin. "A few of our runners have had some aches and pains this week. Sore shins, calves, hips…. A little bit of everything this week. Hopefully a couple of nights of sleep and some ice will get us going again next week."





Despite their aches and pains, several Panthers still showed very well on Saturday. Junior captain Riley Hartney ran his fastest time ever on the Hayward course, covering the NCS Championship course in 17:05. Riley currently ranks among the top runners in the TCAL.



Fellow junior Zax Lieske and freshman Mateo Malko-Allen also broke the 18:00 barrier… Zax overcoming a slow start to finish in 17:56, while Mateo, running in the frosh-soph race, finished as the highest Panther finisher of the day (12th) while running 17:50. Fellow freshman Adrian Licea, himself a super talented frosh with "huge potential" according to coach Gonzalez, lost his left shoe halfway through the race but still managed to finish 26th in 18:26.



Sophomore Jeffrey Norris was the 3rd runner in for the Panthers in the F/S race, running 18:28… with freshmen Nico Laub-Sabater breaking 19:00 minutes (18:51) and Jurgis Vass breaking 20:00 in their first ever 3 mile races. Seniors Talyn Mitchell (18:29) and Alex Rudolph (18:58) ran what coach Rogers said was their "best ever races in a Saint Mary's uniform. Both of them were great today."



The Frosh/Soph girls, comprised of 6 freshmen girls, were the highest placing team of the day. Their 6th place finish against powerhouses like Dublin and Granada was "pretty incredible" according to coach Corwin. Leiah Goode matched her time trial placing with an equally impressive 22:25 run at Hayward. She was a mere one place away from a medal. Argh!





Sofia Jackson, whose grit and determination are frequent conversation topics amongst the coaches, was the 2nd runner in for the Panthers. She was just :01 seconds behind Leiah. Last week's top performer, Summer Graham, was nursing a sore hip but still managed to place 3rd in 22:43. Cally McIntyre, Georgia Rogers, and Taryn Fettig completed the team scoring and finished but 1 point from 5th.





The varsity girls, without top performer Jordan Cornet – home nursing sore calves, were led by 2018 all-league performers Nan Wemmer and Olivia Lawson. Both Nan (21:06) and Olivia (21:29) broke the 22:00 minute barrier, while teammate and senior co-captain Wiona Tan finished 3rd on the team in 22:37. Sophomore Mallory Boell, running her finest race as a Panther, placed 4th in 22:50… while juniors Simone Rogers (23:20) and Ashley Robarts (23:49) completed the team scoring.

Fresh Faces, Fast Times Pace Panthers @ Ed Sias Invitational

September 15, 2019



On Saturday, the Panthers sent 25 athletes to compete at the super popular, highly competitive Ed Sias Invitational. Hosted by Campolindo High School, the Ed Sias Invitational routinely features some of the

top runners and top programs from around Northern California. One day before the meet, coach Denis Mohun previewed the meet.



“All the races at Ed Sias will be ultra-competitive. Many of the teams are from either the Tri-Valley area or not even in the North Coast Section. They come from all over to race the tough 2 mile course. It’ll be hot and it’ll be fast. Hopefully our runners will be ready.”



Connor Deakin



On Saturday, it looked as though the Panthers were ready. The highlight race turned out to be the freshmen boys race, where coach Riccardi's "Goon Squad" finished 4th overall… trailing only Division 1 schools (whose enrollment exceeds 2500) Dougherty Valley, Berkeley and Bellarmine. Leading the way was impressive freshman Mateo Malko-Allen. After a slow start, Mateo moved all the way into the top 10, finally finishing 7th overall in 11:53. Teammate Adrian Licea, also praised by coach Riccardi for his talent and toughness, wasn't far behind Mateo… finishing 13th in 12:30. Nico Laub-Sabater was 3rd for the Panthers, crossing the line in 13:08. Vale Johnson Vigeant Lukas Herz, Jurgis Vass, Nate Catalano, and Connor Deakin rounded out the scoring for the Panthers.



Riley Hartney



The frosh-soph girls team, comprised of 6 freshmen and 1 sophomore, also had a nice debut on Saturday. Overall, the team finished 10th behind perennial powers like Dublin, Maria Carillo, and Campolindo. Freshman Summer Graham followed her solid time trial run on Monday with an outstanding run at Ed Sias. Battling the heat and an unfamiliar course, Summer ran 15:10 on the challenging 2 mile course to place 1st for the Panther team and 42nd overall. Freshman teammate Sofia Jackson followed in 15:28, while sophomore Mallory Boell ran almost a minute faster than she did a year ago while finishing in 15:39. After that, a quartet of freshmen – Leiah Goode, Julia Runyan, Georgia Rogers and Taryn Fettig – battled the hills and the temperature to complete the team scoring.



Taryn Fettig, Julia Runyan, Mallory Boell, Georgia Rogers, Summer Graham, Leiah Goode, Sofia Jackson



For the varsity teams, juniors Riley Hartney and Jordan Cornet were the days fastest. Riley ran 11:32 for the Panthers, nearly a minute faster than a year ago… while Jordan led the girls team with her 12th place finish, running 13:56. Teammate Nan Wemmer ran 14:27 to grab a top 20 finish, which coach Mohun said was "quite impressive." Co-Captain Olivia Lawson ran a solid 14:53 as the team's third runner, with juniors Ashley Robarts and Simone Rogers finishing 4th and 5th for the Panthers respectively. As a team, the girls finished 7th overall.



Ashley Robarts

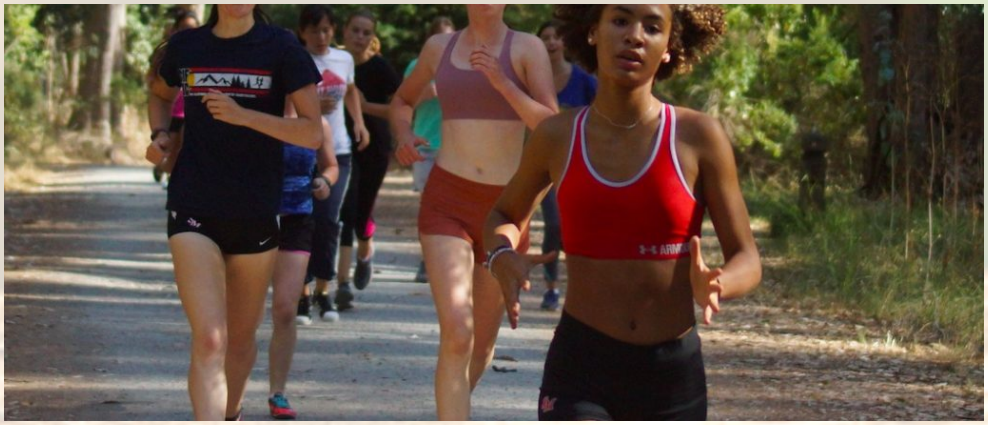


Pictures form all races can be found on the Panthers Shutterfly page.
Click here to link to the page.

Next up for the Panthers is the annual Farmer Invitational at Hayward High School on September 21st. All races will be 3 mile races run on the NCS championship course.

Junior Girls, Freshmen Boys Highlight 21st Annual Time Trial

September 10, 2019



The 2019 season began last week when a few runners competed at the Monte Vista Invitational, but to many the official season kicks off with the annual running of the time trial. For a 21st consecutive season, the team time trial was run on the rolling 1.9 mile course at Tilden Park. Both coaches and runners gear up for the race, as history, records and bragging rights are at stake.



Left to Right – Mateo Malko-Allen, Adrian Licea, Talyn Mitchell

"As a coaching staff, we look forward to the team time trial," said boys coach Rob Riccardi. "We get a chance to see how our summer running has paid off, and we get to see the potential of the newcomers. It's certainly one of the most exciting times of the season for us."



Exciting times were definitely posted by several of the junior girls and freshmen boys. Junior Jordan Cornet was the days fastest girl, running the 10th fastest time ever for an 11th grader… finishing in 13:34. Teammate, and fellow classmate, Nan Wemmer was next at 13:40.. good for 12th all-time. Olivia Lawson, herself an all-league selection a year ago, ran 13:56 to post the 15th fastest ever.



Freshmen Vale Johnson Vigeant and Nico Laub-Sabater

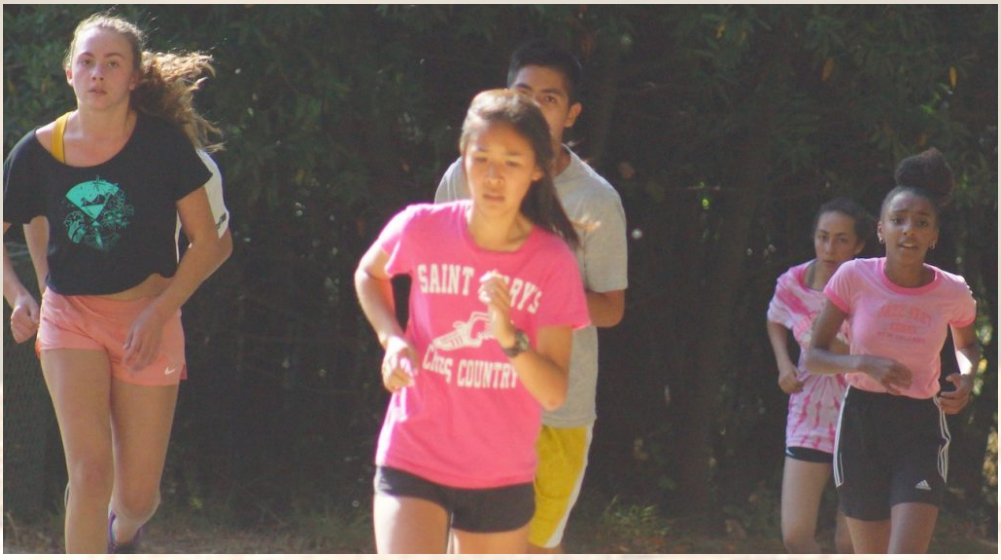


Junior Olivia Lawson

The other big story from the time trial was the performance of a pair of freshman boys… Mateo Malko-Allen and Adrian Licea. Mateo, whose coach – Mr. Riccardi – owns the 2nd fastest time ever from a 9th grader, gave a brave and galliant run to try and outdo his coach, only to fall a scant :06 seconds shy. Still, his 11:44 is now the 3rd fastest ever. Teammate Adrian Licea, also a pupil of coaches Riccardi and Gonzalez, ran 11:55, placing 6th amongst all runners (JV & Varsity!) while posting the 5th fastest 9th grade time ever.



Sophomore Ryan Painter



Left to Right: Summer Graham, Wiona Tan, Sofia Jackson (background), Leiah Goode

The top JV girls time was turned in by 9th grader Leiah Goode, whose 15:45 was just enough to stay ahead of hard charging teammates Summer Graham (15:50) and Sofia Jackson (15:52). Next up for the Panthers is the annual Ed Sias Invitational on Saturday, September 14th at Hidden Valley Park in Martinez.

Panthers Open Cross Country Season @ Hot, Hilly Monte Vista Invitational

September 4, 2019



On Tuesday, a mere two days into the school year, several members of the Saint Mary's cross country team kicked off the 2019 season at the Monte Vista Invitational in Danville. The Monte Vista Invitational, where the course is hilly and the weather is hot, features teams from Contra Costa County with big teams and big reputations.



"I like this meet," said girl's head coach Denis Mohun. "It's a difficult course but also a good test early that lets us know how our summer went and where our fitness level is."



The meet features 8 races, each run according to gender and grade. In the girl's 11th grade (junior) race, Jordan Cornet scored a top 10 finish, placing 9th in 14:10 for the tough 2 mile course. Teammates Nan Wemmer and Olivia Lawson were next, placing 19th and 25th respectively. Fellow juniors Simone Rogers and Ashley Robarts followed in 46th and 49th place.

Sophomore Mallory Boell ran "very well" according to coach Mohun, placing 43rd in the 10th grade girls race. Senior co-captain Wiona Tan also competed at Monte Vista, placing 27th amongst 12th grade girls.





For the boys, captain Riley Hartney was the top runner for the Panthers, placing 20th overall in 12:28. Zax Lieske, who like Riley returns with varsity level experience from last season, ran 13:08 while placing 48th. A pair of sophomores, Jeffrey Norris and Ryan Painter, completed the racing for the Panthers. Ryan edged Jeffrey by a mere :02 seconds, covering the dry, challenging course in 13:42 to Jeffrey's 13:44.



"Overall, it was a pretty good opening meet for our runners," said longtime boys coach Jeff Rogers afterwards. "In no way were we ready to race just 2 days into the school year, but it was good to see our kids have to gut out a tough, hot race. Grit and toughness are definitely prerequisites for a successful season and Monte Vista requires that. Step one complete."

Cross Country Schedule & Results (2019)

Date	Meet	Location	Result
Sept. 3rd	Monte Vista Invitational	Oak Hill Park, Danville	Results
Sept. 9th	21st Annual Time Trial	Tilden Park, Berkeley	Results
Sept. 14th	Ed Sias Invitational	Hidden Valley Park, Martinez	Results
Sept. 21st	Farmer Invitational	Hayward High School	Results
Oct. 3rd	Hercules, Vallejo, DA, SPSV	Point Pinole Regional Park	Results
Oct. 5th	Artichoke Invitational	Half Moon Bay H.S.	Results
Oct. 10th	El Cerrito, JFK, John Swett	Point Pinole Park	Results
Oct. 12th	Clovis Invitational	Woodward Park, Clovis, CA	Results
Oct. 17th	Albany, Jesse Bethel, Pinole Valley	Point Pinole Park	Results
Oct. 19th	Mariner Invitational	Hayward High School	Results
Oct. 28th	2nd Time Trial	Tilden Park, Berkeley	
Nov. 7th	TCAL Championships	Point Pinole Park	Results
Nov. 23rd	NCS Meet of Champions	Hayward High School	Results
Nov. 30th	CA State Championships	Woodward Park, Clovis	