Time Trial Shows Talent, Guts of 2012 Panthers

September 4, 2012

Time trials, in their classic form, are a test of a competitor's individual speed over a set distance. In staging them, evaluators and/or coaches hope to gain insight into a competitor's physical fitness as well as their competitive desire. The 14th annual cross country time trial not only accomplished both of these goals… but it also served again, ready to fight hard for their share of championship banners.



On Tuesday, numerous runners solidified their place on the various all-time lists while also securing bragging rights amongst their peers. The boys were led by senior Patrick Mariolle's #7 all-time senior performance, Josh Dull's #5 all-time junior performance, Mickey Tessema's #5 all-time sophomore performance, and Giovanni Ricondo's #11 all-time freshmen performance. No less than 7 other boys cracked the top 10 all-time for their class… including seniors Guy Forte, juniors Naba Habtemariam, and Jovani Barajas, and sophomore Zach Wilkinson. Of special note was the 1:58 second improvement of junior Jon De Leon…. having run 11:27 this year after last year's 13:25 time.

The girls were paced by returning all-starter Spencer Moore, whose 11:49 over the rolling 1.85 mile course placed her #2 all-time amongst juniors and #3 ever. Following Spencer were fellow co-captain Natalia Riccardi (13:47), Chloe Jenkins (13:55, #6 all-time sophomores), Amanda Keith (13:57, #9 all-time juniors), Caitlin Kloess (13:58, #10 all-time juniors) and Izzy Havens (14:00, #8 all-time sophomores). The performance of two outstanding freshmen was also noteworthy. Two Ella's: Ella May and Ella Hymel both became part of Panther cross country history when they posted the 3rd and 9th fastest times ever for freshmen girls. Ella May's 14:07 outran the likes of former Panther and CAL Bear Gabi Rios-Sotelo, while Ella Hymel's 14:33 was run on her very first day of cross country!



Time Trial Standouts Josh Dull, Izzy Havens, Ella May and Giovanni Ricondo

All in all, Coach Denis Mohun may have summed up this day the best: " On paper, time trials tell you times. But I was standing at the top of the time trial hill as the runners came up and could see the looks on their faces. Today's time trial told me a lot than just times…. that is a hard-working group of kids! I expect a lot of other people will see that soon."

14th Annual Time Trial
September 4, 2012
Tilden Park, Berkeley

Girls		Time
Moore	Spencer	11:49
Riccardi	Natalia	13:47
Jenkins	Chloe	13:55
Keith	Amanda	13:57
Kloess	Caitlin	13:58
Havens	Isabel	14:00
May	Ella	14:07
Hymel	Ella	14:33
McKinney	Lianne	14:54
Woo	Emily	16:16
Mariolle	Victoria	16:25
Palafox	Siggy	16:27
Waxman	Zodie	16:34
Upshaw	Carina	17:35
Montano	Barbara	17:50
Corwin	Ariana	18:22
Reed	Jessica	18:23
Shockley	Soraya	18:33
Kee	Taylor	19:00
Reagan	Kayla	22:32
Kim	Jane	22:46
Mariano	Melissa	23:02
Kim	Christy	24:39

Boys		Time
Mariolle	Patrick	10:31
Dull	Josh	10:34
Forte	Guy	10:46
Habtemariam	Nabai	10:48
Barajas	Jovani	11:06
Tessema	Michais	11:07
Giuntini	Stephen	11:20
Wilkinson	Zachary	11:23
de Leon	Jon	11:27
Navea	Pedro	11:29
Rudy	Arlo	11:52
Enferadi	Michael	12:06
Blanco	Mike	12:35
Lawson	Tony	12:43
Ricondo	Giovanni	12:45
Puebla	Sammy	12:51
Teng	Lawrence	13:20
Magana	Alex	13:40
Sadusky	Daveon	13:47
Aguilar	Gabe	14:18
Baumgartner	Jonah	14:41
Keith	Reilly	15:05
Lojo	Owen	15:45
Reyes	Daniel	16:25
Ybarra	Luis	16:54
Forte	Peter	19:28
Resner	Will	24:39

Much-Improved Panthers Open @ Ed Sias

September 8, 2012

On Saturday, after months of planning and logging training miles, the cross-country team was finally able to lace up their racing flats and assess how effective their summer had been. Running the always-competitive Ed Sias Invitational at Hidden Valley Park in Martinez, the Panthers came away Saturday convinced that July and August miles bear September fruit.



Chloe Jenkins and Josie Smale, running the course for the very first time, placed 2nd and 3rd respectively for the varsity girls. Team co-captain Spencer Moore took home individual honors, running 12:34 for the tough 2-mile course. Newcomers Ella Hymel, Ella May and Maya Hymel also ran very competitive races in their inaugural outing.

For the boys, "improvement" also seeped out of their races… albeit not as forceful as for the girls. Still, senior Jimmy Smale, junior Jon DeLeon and sophomore Zach Wilkinson all sported personal bests north of one minute after Saturday.

After that, several runners posted times that were about: 30 faster than last year. Pedro Navea, Lawrence Teng, Mike Enferadi, Patrick Mariolle, Guy Forte and Nabai Habtemariam were all part of this group.

Collectively, the junior varsity teams notched a pair of top 5



On Saturday, after months of planning and logging training miles, the cross-country team was finally able to lace up their racing flats and assess how effective their summer had been. Running the always-competitive Ed Sias Invitational at Hidden Valley Park in Martinez, the Panthers came away Saturday convinced that July and August miles bear September fruit.

For most runners, "improvement" seemed to capture the essence of their season- opener. The girl's team, in particular, had some individuals whose progress was stunning. Juniors Amanda Keith, Caitlin Kloess and Lianne McKinney all improved their 2011 times by at least a minute, while sophomores Isabel Havens and Victoria Mariolle did the same.



finishes overall. The JV boys took home medals for their 4th place finish, while the girls just missed the podium, finishing 5th. The varsity boys, once again led by Patrick Mariolle, finished a very respectable 6th. Of note was the eye-opening performance of the ever-improving Mickey Tessema. The precocious sophomore gave notice that he is someone to be reckoned with in and around the TCAL.

Finally, the varsity girls, not having their senior leader Natalia Riccardi and after a scheduling mix-up, found themselves racing in the "large-school" race. Still, with excellent performances turned in by the whole team, they managed to finish 8th.

Ed Sias Invitational
Hidden Valley Park, Martinez
September 8, 2012

Varsity Boys Small School
6th out of 24 Teams / 161 Runners

6th	Patrick Mariolle	10:57.2
33rd	Mickey Tessema	11:11.9
41st	Guy Forte	11:23.2
49th	Jovani Barajas	11:27.1
60th	Nabai Habtemariam	11:35.6
82nd	Stephen Giuntini	12:04.3

Varsity Girls Large School
6th out of 16 Teams / 116 Runners

6th	Spencer Moore	12:34.4
26th	Chloe Jenkins	13:51.8
48th	Josie Smale	14:29.0
65th	Amanda Keith	14:53.7
73rd	Caitlin Kloess	15:04.2
77th	Isabel Havens	15:08.5
105th	Maddy Woelffer	17:16.1

Junior Varsity Boys Small School
4th out of 23 Teams / 175

16th	Pedro Navea	11:55.3
20th	Arlo Rudy	12:05.4
26th	Zack Wilkinson	12:13.4
28th	Jon DeLeon	12:14.8
29th	Jimmy Smale	12:15.5
68th	Michael Enferadi	13:11.6
91st	Alex Magana	13:39.5

Junior Varsity Boys Small School
5th out of 19 Teams / 150

11th	Ella Hymel	14:54.5
26th	Ella May	15:28.8
34th	Lianne McKinney	15:42.9
61st	Maya Hymel	16:44.2
83rd	Victoria Mariolle	17:22.2
88th	Zodie Waxman	17:29.6
103rd	Barbara Montano	18:17.4

Panthers and Comets Share a Cross Country Day

September 12, 2012



On Wednesday, September 12th, the Saint Mary's High School Varsity Cross Country team participated in a day of running with the Corpus Christi elementary and middle school teams. Designed to teach the kids elements of racing, race strategy, proper biomechanics and core strength training, the afternoon also produced plenty of smiles, laughs and good times from both teams. The hour and a half practice culminated in a raffle that sent a score of Corpus Christi kids home donning Panther gear.



All in all, the entire experience was instructional, educational and exemplified the spirit of positive Catholic teachings. The Panthers would like to thank head Corpus Christi coach Mary Tarczynski and all the kids from the Corpus Christi team for their cooperation, friendliness and good spirit!

Panthers Tackle Tilden, St. Joe's in TCAL Opener

September 20, 2012



The defending BSAL champion girls and North Coast Section Champion boys cross country teams opened the league season on Thursday as members of the newly formed TCAL (Tri-Counties Athletic League). The opponents were their league rivals… the always tough St. Joseph's Pilots.. as well as John Swett. In all, nearly 100 athletes would compete on the notoriously tough Tilden Park course. In the end, the Saint Mary's varsity girls and both junior varsity teams had positioned themselves as the favorites in this inaugural league season



The JV Girls opened the meet with resounding victories over the above-mentioned competitors. Led by up-and-coming stars Ella and Maya Hymel, as well as returners Siggy Palafox, Victoria Mariolle and Barbara Montano, the Panthers swept the first four places and scored a mere 17 points in their victory over the Pilots. Several other athletes, including freshman Carina Upshaw and sophomores Jessica Reed and Soraya Shockley ran solid races for Coach Kim Pacatte's group.

Like the girls, the JV Boys were victorious. Unlike the girls, the boys had their hands full on Thursday. Still, with notably strong efforts from race-winner Daveon Sadusky, freshman Giovanni Ricondo and juniors Lawrence Teng and Tony Lawson. the boys squeaked by the Pilots, 27 – 29. As coach Jay Lawson said afterward, "Today was a wake-up call for us. Our early season has been a bit up and down but I think today was an indicator for our guys that with hard work comes success. I think our guys are looking forward to practice next week. We want to get better, both as individuals and as a team. We're still trying to convince ourselves to accept the pain of running. Once we do that, this team will takeoff.

Pain was certainly part of the Varsity Boys vocabulary on Thursday. Running against the state's #2 ranked Division 5 team, the Panthers game effort against the Pilots would eventually fall short. St. Joseph's captured the 1st four spots and placed 5 in the top 10 to post a 21-point win. Still, sophomore Mickey Tessema, in his second career race, continued to impress with a 6th place finish. Josh Dull, Jovani Barajas, Arlo Rudy and Jimmy Smale also ran commendable races for the Panthers.

Finally, the Varsity Girls flexed their muscles on Thursday with a resounding win. Junior Spencer Moore, senior Natalia Riccardi, and sophomore Chloe Jenkins led a 1-3-4 Panther finish on their way to an 18-point win. Sophomore Josie Smale also ran a gutsy race, according to head coach Denis Mohun.



T.C.A.L.
Saint Mary's, St. Joseph's &John Swett
September 20, 2012
Tilden Park, Berkeley

Varsity Boys

Saint Mary's 38 Saint Joseph 17
Saint Mary's 15 John Swett 50

5th	Patrick Mariolle	17:43
6th	Mickey Tessema	17:59
8th	Josh Dull	18:07
9th	Jovani Barajas	18:29
10th	Arlo Rudy	18:34
12th	Guy Forte	18:41
15th	Jimmy Smale	18:55
16th	Zach Wilkinson	18:57
17th	Stephen Giuntini	18:59
18th	Jon DeLeon	19:07
19th	Pedro Navea	19:45
20th	Mike Enferadi	19:51
21st	Sammy Puebla	21:26
22nd	Alex Magana	22:18

Varsity Girls

Saint Mary's 21 Saint Joseph 39
Saint Mary's 15John Swett 50

1st	Spencer Moore	19:58
3rd	Natalia Riccardi	22:01
4th	Chloe Jenkins	22:01
6th	Josie Smale	23:29
7th	Amanda Keith	23:41
8th	Caitlin Kloess	23:46
10th	Maddy Woelffer	24:55

Junior Varsity Boys

Saint Mary's 27 Saint Joseph 29
Saint Mary's 15 John Swett 50

1st	Daveon Sadusky	10:42
4th	Giovanni Ricondo	11:23
6th	Lawrence Teng	11:32
7th	Tony Lawson	11:39
9th	Reilly Keith	11:55
10th	Gabe Aguilar	12:02
12th	Jonah Baumgartner	12:15
13th	Carlos Martin del Campo	12:38
14th	Che Cervantes	12:39
18th	Luis Ybarra	13:26
20th	Daniel Reyes	13:31
21st	Edwin Kim	13:55
22nd	Donald Petersen	14:14
23rd	Owen Lojo	14:26
24th	Patrick Kim	15:09
25th	Peter Forte	15:13
27th	Will Resner	16:20

Junior Varsity Girls

Saint Mary's 17 Saint Joseph 43
Saint Mary's 15 John Swett 50

1st	Ella Hymel	12:25
2nd	Maya Hymel	13:37
3rd	Siggy Palafox	13:51
4th	Victoria Mariolle	14:06
7th	Barbara Montano	14:37
8th	Carina Upshaw	14:50
10th	Jessica Reed	15:10
14th	Soraya Shockley	16:23
15th	Taylor Kee	16:48
16th	Danielle Roush	17:12
17th	Melissa Mariano	17:20
19th	Mahala Herron-Rutland	18:14
20th	Rebecca Torres	19:59

Panthers Take on More Than Just Hayward at Farmer Invitational

September 22, 2012



On Saturday, members of the Saint Mary's cross country team traveled to Hayward High School, the site of this year's North Coast Section Championships, for the Farmer Invitational Invitational. This year's meet was the 10th annual and, unlike past years, attracted teams from all around Northern California. To say the least, the meet would certainly serve as a barometer for the 2012 Panther squad. Just what should we



expect from this year's Panther squad? Hoping to provide answers, the Panthers returning all-state performer Spencer Moore made a bold statement in winning the girls varsity race. From the opening gun, Spencer raced to the lead… steadily pulled away from the other 180 runners… and finally finished the 3.0 mile course in a very quick 18:22. Following Spencer was Chloe Jenkins, whose 20:29 was all the more impressive considering this was her inaugural race on the Hayward course. Natalia Riccardi, Josie Smale and Amanda Keith rounded out the Panthers top 5.

Seeking respect on the increasingly competitive NCS Division IV scene, the defending champion boys varsity boys team showed they are no pushovers with a spirited performance of their own. Senior Patrick Mariolle led the way with a respectable 16:36 clocking. Sophomore Mickey Tessema, also running for the first time at Hayward, broke the 17:00 barrier as well… finishing in 16:58. Stephen Giuntini, Guy Forte,



Jovani Barajas and Pedro Navea all flirted with 17:00 minutes before finally settling for finishing times just north of the benchmark. Of note, senior Mike Enferadi ran what coach Jeff Rogers said was "easily the best race of his career". finishing just seconds above 18:00…. In 18:03.



On the JV side, junior Daveon Sadusky led the boys… with Tony Lawson and Lawrence Teng chasing not far behind. Reilly Keith ran the best race of his young, freshman season, as did Carlos Martin del Campo and another freshman, Luis Ybarra. Likewise, the JV girls ran strong… headlined by senior Siggy Palafox as well as rising freshman Carina Upshaw. Taylor Kee and Soraya Shockley also ran well according to coach Kim Pacatte.

Farmers Invitational
Hayward High School, Hayward
September 22, 2012

Varsity Boys
182 Runners

23rd	Patrick Mariolle	16:35
36th	Stephen Giuntini	16:57
45th	Guy Forte	17:14
47th	Jovani Barajas	17:17
48th	Pedro Navea	17:18
70th	Arlo Rudy	17:44
85th	Nabai Habtemariam	18:01
86th	Michael Enferadi	18:01
111th	Jimmy Smale	18:31
112th	Zachary Wilkinson	18:38
142nd	Sammy Puebla	19:29
164th	Alex Magana	20:25

Varsity Girls
100 Runners

1st	Spencer Moore	18:22
22nd	Chloe Jenkins	20:32
25th	Natalia Riccardi	21:01
26th	Josie Smale	21:02
33rd	Amanda Keith	21:22
36th	Caitlin Kloess	21:28
65th	Lianne McKinney	23:10
88th	Maddy Woelffer	25:01

Junior Varsity
155Runners

21st	Daveon Sandusky	11:49
35th	Tony Lawson	12:11
81st	Lawrence Teng	13:00
103rd	Carlos Martin Del Campo	13:34
112th	Reilly Keith	13:46
142nd	Luis Ybarra	15:23

Junior Varsity Girl's
114 Runners

16th	Siggy Palafox	14:32
37th	Carina Upshaw	15:28
81st	Soraya Shockley	17:45
85th	Melissa Mariano	17:55

Panthers Test Themselves Against Premiere Talent

September 29, 2012



The Panther varsity cross country teams split up this past weekend, with the boys staying close to home and competing in Northern California's premiere event at Stanford… while the girls tested their metal against teams from all over the western United States at the Nike Pre-Nationals in Portland, Oregon.

Nike Pre-Nationals

105 Runners 16 Teams
Varsity Girls

2	Moore, Spencer	19:00.35
6	Jenkins, Chloe	20:08.73
21	Smale, Josie	20:58.91
30	Riccardi, Natalia	21:26.47
56	Keith, Amanda	22:19.24
59	Kloess, Caitlin	22:23.45

108 Runners
Varsity Girls

46	Havens, Isabel	22:43.46
54	Woelffer, Maddy	23:00.69
55	Lianne McKinney	23:00.82

For the boys, the champions of the 2011 meet, this year would be invaluable as well as humbling. Facing powerhouse teams from inside and out of the Golden State, the youth, nerves and relative inexperience of this 2012 group showed. Patrick Mariolle once again led the way, followed by his co-captain Guy Forte, junior Josh Dull and sophomore Mickey Tessema. Jovani Barajas., Stephen Giuntini and Pedro Navea completed the Panther squad that finished 15th out of 35 teams.

The girls, meanwhile, came home from Portland with a multitude of stories and a 2nd place finish! Led by race 2nd placer Spencer Moore 2nd and an impressive top 10 finish from sophomore Chloe Jenkins, the lady Panthers as a group showed very well, according to coach Denis Mohun. "I'm very proud of how these girls traveled, represented



themselves and their school, and the toughness they showed in the race. It is exactly what I hoped for and expected from them." Josie Smale, Natalia Riccardi and Izzy Havens and Maddy Woelffer all ran particularly good races.



Overall, all the runners had great experiences this past weekend. Running against local competition on local courses asks one thing. Taking on top flight teams on unfamiliar courses in different cities asks other questions. This weekend, the Panthers provided many answers… specifically, that they represent the red and white of Saint Mary's with pride, courage and determination. Good job to all the runners this weekend!

Stanford Invitational

235 Runners and 15th out of 35 Teams

45	Patrick Mariolle	17:00
79	Guy Forte	17:24
88	Josh Dull	17:28
99	Mickey Tessema	17:36
112	Jovani Barajas	17:46
117	Stephen Giuntini	17:52
129	Nabai Habtemariam	18:03

Panthers Dominant in 2nd TCAL Meet

October 4th, 2012

On Thursday, the Panthers competed in their 2nd TCAL meet of the season.. this time at Cesar Chavez Park in the Berkeley Marina against cross-town rival Albany, JF Kennedy and De Anza. Entering the meet, prognosticators would have made both JV and Varsity boys teams heavy favorites… while giving the Albany girls a realistic chance of upsetting the defending league champions. Both boys races ran according to form.. with the Panthers dominating up and down the line-ups. However, form charts and predictions don't run races… runners do. And on this day, the Lady Panthers ran rough-shot on the dope sheets. From the opening gun, the Panthers ran to the front, extended their leads, and scored convincing wins against the Cougars, Eagles and Dons.

The Junior Varsity girls began the meet with a narrow, hard-fought win to improve their league record to 6-0. Leading the win was sophomore Gabi Brito, who covered the 1.85 mile course in 12:38. Freshmen Ella May (12:46) and Maya Hymel (13:14) were next. Victoria Mariolle, Carina Upshaw, and Ariana Corwin also ran solid races according to coach Kim Pacatte.

The Junior Varsity Boys echoed the girls win with one of their own, but unlike the girls, their win was achieved in dominant fashion. Because the varsity races were limited to 12 runners, Josh Dull ran his first junior varsity race in two years. Predictably, he cruised to a 30 second win. Junior Tony Lawson, in his best race of the year, followed in 10:32. Michael Blanco, Daveon Sadusky, and Gio Ricondo finished the scoring for the Panthers who placed 8 runners amongst the first 13. Daniel Beeman and Gabe Aguilar also ran tough races for Coach Lawson's group.

The Varsity Boys, facing a depleted and rebuilding Albany squad, scored the first 10 places in a lopsided 35 point win. The Varsity Girls race, curiously scheduled as the finale, signaled to the rest of the league that un-seating the defending champions is going to take a Herculean effort. The Lady Panthers, already strong and who seem to be improving by the week, dismantled the challenge posed by the Cougars while running to a convincing 21 -35 win. Spencer Moore won the race, followed by a come-from-behind 2nd place finish from Chloe Jenkins. Josie Smale and Natalia Riccardi finished 4th and 5th respectively, while Lianne McKinney ran her best race of the season while finishing 9th. "Lianne was inspiring today," said coach Denis Mohun. "Her attitude and willingness to get out run as aggressively as she did inspired her teammates. Izzy, Caitlin and Ella ran great today because of the pace Lianne set. They were all great." Izzy Havens also ran very well according to coach Mohun, as did freshman Ella Hymel in her first-ever varsity race.

Overall, the Panthers, once again, were impressive. Good distance running requires not only a lot of work… but and a LOT of determination and desire to want to succeed. On Thursday, Saint Mary's modeled good distance running. Congratulations to the Panthers for a fine effort!

T.C.A.L.
Saint Mary's, Kennedy, DeAnza & Albany
October 4, 2012
Cesar Chavez Park, Berkeley

Varsity Boys

Saint Mary's 15 Albany 50
Saint Mary's 15 Kennedy 50
Saint Mary's 15 DeAnza 50

1st	Patrick Mariolle	16:17.0
2nd	Guy Forte	16:43.2
3rd	Jovani Barajas	17:03.8
4th	Nabai Habtemariam	17:04.1
5th	Arlo Rudy	17:14.5
6th	Zachary Wilkinson	17:15.1
7th	Jon De Leon	17:15.7
8th	Stephen Giuntini	17:19.2
9th	James Smale	17:20.8
10th	Pedro Navea	17:31.5
12th	Sammy Puebla	18:08.3

Varsity Girls

Saint Mary's 21 Albany 33
Saint Mary's 15 Kennedy 50
Saint Mary's 15 DeAnza 50

1st	Spencer Moore	17:49.8
2nd	Chloe Jenkins	18:44.9
4th	Josie Smale	19:37.9
5th	Natalia Riccardi	19:39.9
9th	Lianne McKinney	20:05.2
10th	Izzy Havens	20:07.1
12th	Caitlin Kloess	20:25.2
13th	Ella Hymel	20:27.1
14th	Amanda Keith	20:42.5

Junior Varsity Boys

Saint Mary's 16 Albany 44
Saint Mary's 15 Kennedy 50
Saint Mary's 15 DeAnza 50

1st	Josh Dull	10:03.8
2nd	Tony Lawson	10:32.8
3rd	Mike Blanco	10:35.5
4th	Daveon Dudusky	10:38.2
6th	Giovanni Ricondo	10:38.8
9th	Daniel Beeman	10:51.3
12th	Alex Magana	11:06.2
13th	Gabe Aguilar	11:09.0
15th	Lawrence Teng	11:20.6
21st	Chris Cervantes	11:45.0
24th	Riley Keith	11:58.2
28th	Jonah Baumgartner	12:19.1
30th	Luis Ybarra	12:20.0
31st	Daniel Reyes	12:20.4
32nd	Edwin Kim	12:20.7
33rd	Carlos Martin del Campo	12:23.1
37th	Patrick Kim	12:56.3
39th	Peter Forte	13:37.2
41st	Donald Peterson	13:51.3
42nd	Will Resner	14:10.2

Junior Varsity Girls

Saint Mary's 24 Albany 32
Saint Mary's 15 Kennedy 50
Saint Mary's 15 DeAnza 50

1st	Gabriella Brito	12:38.8
2nd	Ella May	12:46.9
4th	Maya Hymel	13:14.6
8th	Victoria Mariolle	13:56.0
9th	Corina Upshaw	13:56.6
10th	Barbara Montano	13:59.3
14th	Jessica Reed	14:31.0
15th	Ariana Corwin	14:37.8
16th	Taylor Kee	14:49.7
18th	Melisa Mariano	15:01.6
19th	Kayla Ragen	15:49.0
21st	Soraya Schockley	16:04.3
22nd	Mahala Herron-Rutland	16:37.4
24th	Christy Kim	17:53.9

Spencer Moore Wins Clovis Invite; Girls Place 4th… Boys 6th

October 8, 2012



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. Warm temperatures and fast competition greeted the runners at the start.

The Clovis atmosphere can be daunting so for the JV girls, their 11:35am start time added a bit more challenge to their already tall task. Still, sophomore Gabi Brito, in her first ever 5K race, cracked the 24:00 barrier… running 23:56. Maddy Woelffer, Ella May and Victoria Mariolle were next, each posting times in the 25:00 minute range. Barbara Montano and Carina Upshaw completed the JV squad. According to coach Kim Pacatte, the girls "did a good job of overcoming their nerves and the pressure you feel in an atmosphere like this. I am proud on how they ran."



The varsity girls, the runners-up in Oregon a week ago, certainly made some noise in the Division IV ranks. Spencer Moore won the small schools race, with Chloe Jenkins 12th and Josie Smale 22nd. Amanda Keith and Izzy Havens rounded out the scoring for the 4th place Panthers, who finished ahead of several teams ranked in their respective sections of California. Don't be surprised to see this group pose a serious threat to the overall state rankings later this month.

For the boys, Stanford had been a bit of a disappointment, so for the past week this team has been stewing. Saturday was a day of redemption and fulfillment, as the boys team out-distanced several top teams on its way to a 6th place finish in the Small School Varsity division. Patrick Mariolle continues to lead the team, running 17:02… good for 18th overall. Junior Josh Dull ran the best race of his Panther



career, finishing just behind Patrick in 17:08. Guy Forte (17:31), Nabai Habtemariam (17:42) and Jovani Barajas (18:00) completed the scoring for the Panthers. Pedro Navea (17:59) and Jimmy Smale (18:19) also had fine runs for the Panthers in the JV race rounding out the trip for the Panthers.

Clovis Invitational
Woodward Park, Fresno
October 6, 2012

Varsity Boys
Small School
6th out of 20 Teams 138 Runners

18th	Patrick Mariolle	17:02
21st	Josh Dull	17:08
32nd	Guy Forte	17:31
40th	Nabai Habtemariam	17:42
51st	Jovani Barajas	18:00
57th	Arlo Rudy	18:07
60th	Stephen Giuntini	18:17

Varsity Girls
Small School
4th out of 15 Teams 115 Runners

1st	Spencer Moore	19:00
12th	Chloe Jenkins	20:25
22nd	Josie Smale	20:59
47th	Amanda Keith	22:03
55th	Isabel Havens	22:32
63rd	Caitlin Kloess	22:51
80th	Lianne McKinney	23:33

Junior Varsity Boys
Open Division
298 Runners

56th	Navea Pedro	17:59
82nd	Smale Jimmy	18:19
118th	Zack Wilkinson	18:41
151st	Mike Enferadi	19:02
157th	Jon DeLeon	19:08
228th	Sammy Puebla	20:53

Junior Varsity Girls
Open Division
248 Runners

130th	Gabi Brito	23:56
161st	Maddy Woelffer	25:00
170th	Ella May	25:09
184th	Victoria Mariolle	25:39
202nd	Barbara Montano	26:28
206th	Carina Upshaw	26:37

Panthers Move Closer to TCAL Title

October 11, 2012



On Thursday, the girls varsity cross country team, after 3 overwhelming victories against St. Patrick's, Hercules and Pinole Valley, moved to within one victory of clinching the inaugural TCAL championship. The boys varsity team and both JV teams also posted convincing wins.

The girl's team entered Thursday's meet against a much-improved St. Patrick's team. Still, the season is shaping up in a way that "much-improved" will not be enough to defeat Coach Mohun's group this year. With the venerable 1-2 duo of Spencer Moore and Chloe Jenkins leading the way, the Panthers talent, depth and determination are proving to be too much for most opponents, including the upstart Bruins. Josie Smale also ran a tough race, coming from way behind in the last mile, passing St. Patrick's #1 runner, before final succumbing in the final meters to finish 4th. Still, her sub-19:00 clocking was a PR and serves as a microcosm into the emerging improvement of the entire group. Natalia Riccardi and Izzy Havens both broke the 20:00 barrier, while Lianne McKinney, Amanda Keith and Caitlin Kloess finished in 20:04, 20:11 and 20:12 respectively.



The varsity boys, running short-handed due to injury and illness, still placed 9 runners in the top 10 while running away to 3 dominant victories. Up front was senior Patrick Mariolle, whose 15:47 win established a new Saint Mary's school record for the Benicia course, bettering former All-State runner Dan Maxwell's record by just :02. Jovani Barajas placed 3rd overall, running a fine 16:21. 8 of the next 9 runners were Panthers, with Zach Wilkinson and Sammy Puebla having particularly good races according to coach Rogers. "I was very happy with Zach and Sammy's races. Zach ran under 17:00 minutes for the first time and Sammy broke 18:00. Those are big accomplishments for those two guys. "



The JV girls and boys also won… the girls rather easily and the boys in dramatic, come-from-behind fashion. Ella Hymel and Gabi Brito lead the JV girls, who continue to flex their collective strength in the TCAL. The boys, on the other hand, were in a race. Having two runners out and three competing on the varsity level, Coach Lawson's group found themselves behind in the early stages of the race. However, pride, determination and lots of spirited encouragement from their teammates and coaches helped the group move up and past their competition… on their way to a well-deserved victory. Daniel Beeman ran a terrific race for his first career win. Reilly Keith and Carlos Martin del Campo, along with Che Cervantes, Daniel Reyes and Jonah Baumgartner also placed well for the Panthers. In all though, this entire group ran the race of the day and earned themselves plenty of praise and commendation from their coaches. Great job Panthers!



T.C.A.L.
Saint Mary's, St. Patrick's, Hercules & Pinole Valley
October 11, 2012
Benicia State Park, Benicia

Varsity Boys

Saint Mary's 23 - Hercules 44
Saint Mary's 15 - Pinole Valley 50
Saint Mary's15 – St. Patrick's – St. Vincent 50

1st	Patrick Mariolle	15:47.58
3rd	Jovani Barajas	16:21.96
4th	Guy Forte	16:40.43
5th	Pedro Navea	16.42.58
6th	Nabai Habtemariam	16:49.05
7th	Zach Wilkinson	16:49.71
8th	Josh Dull	16:50.43
9th	Jon de Leon	17:24.84
10th	Jimmy Smale	17:25.55
12th	Sammy Puebla	17:55.08
18th	Daveon Sadusky	18:26.21
20th	Tony Lawson	18:50.90
22nd	Alex Magana	18:56.46
24th	Lawrence Teng	19:11.37

Girls Varsity

Saint Mary's 15 - Hercules 50
Saint Mary's 15 - Pinole Valley 50
Saint Mary's 15 - St. Patrick's – St. Vincent 43

1st	Spencer Moore	18:38.05
2nd	Chloe Jenkins	18:38.78
4th	Josie Smale	18:58.87
5th	Natalia Riccardi	19:16.90
6th	Isabel Havens	19:59.71
7th	Lianne McKinney	20:04.90
10th	Amanda Keith	20:11.52
11th	Caitlin Kloess	20:12.18

Girls Clinch League Championship on Wednesday; Boys Win @ Mt. SAC on Friday

October 20, 2012

It was a rewarding week for the Panther cross-country teams. On Wednesday, the girl's varsity team clinched a share of the first-ever TCAL league championship by defeating Salesian and El Cerrito at Point Pinole Park. The girls routed both the Pride and the Gauchos to run their league record to 11-0. The varsity boys achieved similar results, placing the first 10 runners ahead of all others, to win by 35 points.

The JV races followed the day's script. The boys, led by the return of sophomore Mickey Tessema, crossed 7 runners ahead of all others to win big. The girls managed the first 5 spots in their race to win by 30.

In all, Wednesday's meet was a tune-up for the league championship meet to be held at Point Pinole on Thursday, November 1st. If the regular season has provided an accurate picture of the talent and depth of the league, look for the Panthers to run their way to many of the top spots at the TCAL finale.



On Friday, the varsity squads traveled to Southern California to compete in the venerable Mt. Sac Invitational. The meet, held at Mount San Antonio junior college, routinely features the top teams from around the southland and around the Golden State. This year's meet was no different. Due to a 7-runner limit in the varsity race, the boys entered 2 races… the regular varsity race as well as a junior varsity race. While the varsity race was competitive early, the junior varsity race was hardly a race, with the Panthers racing out to an early lead to post a dominant win! Led by race winner Arlo Rudy, this group of "junior varsity" boys finished 1-2-3-4, amassed a scant 22-point, and won the race by 38 points over South Pasadena high school. Mickey Tessema finished 2nd for the Panthers, followed by Pedro Navea, Zach Wilkinson, Jimmy Smale and Michael Enferadi.



In the varsity boys race, the Panthers huffed and puffed their way to a hard fought but convincing 34 point win over Central Section power Avenal. Leading the way was senior Patrick Mariolle, whose 9th place finish earned him individual honors. Jovani Barajas ran his best race of the season, according to Coach Rogers, placing 12th and taking home an individual medal. Guy Forte finished 17th, an excruciating two-spots out of the medals. After Guy, juniors Josh Dull, Nabai Habtemariam and Stephen Giuntini all finished inside the top 25 to round out the scoring for the Panthers.

For the varsity girls, they elected to run in the "Sweepstakes Race", which featured the top 10 ranked teams in division 4 in California. Needless to say, racing the best Southern California teams on their home course is no easy task. Still, the Panthers performance showed that they are very close to cracking into that top 10, placing 11th. Once again led by Spencer Moore (8th overall), the Panthers got fine performances from Chloe Jenkins (35th) and Josie Smale (59th)… as well as Natalia Riccardi, Amanda Keith and Izzy Havens. According to Coach Mohun, "We wanted to test ourselves today and we certainly did. Racing here at Mt. Sac is always tough. The heat, the hills and our unfamiliarity with the course puts us at a disadvantage. So, all things considered, I'm proud of our effort. By years' end, I think we can be even closer to cracking that top 10."

In all, the Panthers now move into their championship season, beginning with the league championships in two weeks. After that, the Panthers will take on the best from the North Coast Section at the Meet of Champions in mid-November, followed by the crown jewel of all meets: The California State Championships. Come out and support the Panthers as the championship season begins.

T.C.A.L.
Saint Mary's, El Cerrito & Salesian
October 17, 2012
Point Pinole Regional Park

Varsity Boys - 2.90 miles
Saint Mary's 15 - El Cerrito 50
Saint Mary's 15 – Salesian 50

1st	Arlo Rudy	17:20
2nd	Patrick Mariolle	17:20
3rd	Jovani Barajas	17:20
4th	Pedro Navea	17:59
5th	Jon DeLeon	18:01
6th	Guy Forte	18:01
7th	Stephen Giuntini	18:01
8th	Josh Dull	18:01
9th	Nabai Habtemariam	18:01
10th	Zach Wilkinson	18:02
12th	Jimmy Smale	18:19
14th	Sammy Puebla	18:40
15th	Michael Enferadi	19:03
18th	Alex Magana	20:14

Varsity Girls - 2.90 miles
Saint Mary's 15 - El Cerrito 50
Saint Mary's 15 – Salesian 50

1st	Amanda Keith	21:11
2nd	Natalia Riccardi	21:11
3rd	Chloe Jenkins	21:11
4th	Josie Smale	21:11
5th	Caitlin Kloess	21:12
6th	Spencer Moore	21:12
7th	Izzy Havens	21:19
8th	Lianne McKinney	21:52

Junior Varsity Boys Results - 2.0 miles
Saint Mary's 15 - El Cerrito 50
Saint Mary's 15 – Salesian 50

1st	Mickey Tessema	11:18
2nd	Mike Blanco	12:12
3rd	Daniel Beeman	12:14
4th	Giovanni Ricondo	12:21
5th	Tony Lawson	12:29
6th	Lawrence Teng	12:34
7th	Reilly Keith	13:12
11th	Che Cervantes	13:31
12th	Carlos Martin del Campo	13:38
13th	Jonah Baumgartner	13:39
14th	Daniel Reyes	13:41
19th	Edwin Kim	14:37
23rd	Patrick Kim	15:57
26th	Peter Forte	16:39
27th	Will Resner	17:30

Junior Varsity Girls Results - 2.0 miles
Saint Mary's 15 - El Cerrito 50
Saint Mary's 15 – Salesian 45

1st	Ella Hymel	13:44
2nd	Victoria Mariolle	15:09
3rd	Ariana Corwin	15:56
4th	Carina Upshaw	16:09
5th	Barbara Montano	16:11
6th	Melissa Mariano	17:18
10th	Taylor Kee	17:46
14th	Soraya Shockley	18:16
16th	Mahala Heron-Rutland	18:56

Mt. San Antonio College (Mt. SAC) Invitational
Mt. San Antonio City College, Walnut
October 19, 2012

Varsity Boys Race 29
1st out of 23 Teams

9th	Patrick Mariolle	16:58
12th	Jovani Barajas	17:18
17th	Guy Forte	17:26
20th	Josh Dull	17:43
22nd	Nabai Habtemariam	17:45
24th	Stephen Giuntini	17:49

Junior Varsity Boys Race 26
1st out of 23 Teams

1st	Arlo Rudy	17:41
2nd	Mickey Tessema	17:56
3rd	Pedro Navea	17:58
4th	Zach Wilkinson	18:03
14th	Jimmy Smale	18:23
50th	Mike Enferadi	20:19

Varsity Girl's Sweepstakes Race 42
11th out of 18 Teams

6th	Spencer Moore	19:04
35th	Chloe Jenkins	20:09
59th	Josie Smale	20:45
72nd	Natalia Riccardi	21:10
97th	Amanda Keith	22:15
100th	Isabel Havens	22:23

Junior Varsity Girls Race 27

5th	Caitlin Kloess	22:42
8th	Lianne McKinney	23:05

Panthers Claim 4 of 5 Team Titles @ TCAL Championships

November 1, 2012



In a letter to Supreme Court Justice Isham Reavis in 1855, Abraham Lincoln advised the struggling justice to "Always bear in mind that your own resolution to succeed is more important than any other." Interestingly enough, 157 years later the entire Saint Mary's cross country put these words into action as their determination to succeed propelled them to resolute victories at the TCAL Championships on Thursday.

For the JV runners, vigor and stamina were as evident in their races as they were in the words and actions of our greatest president. Both boys teams (frosh-soph and junior varsity) scored resounding wins… while the JV girls eked Panthers early, beginning the race day with a season-ending TCAL individual crown. Sophomore Daniel Beeman followed Gio to secure the runner-up spot. Freshman Reilly Keith placed 4th overall to earn himself an individual medal as well. Carlos Martin del Campo, Daniel Reyes, Edwin Kim and Che Cervantes all ran solid races for Coach Lawson's group… whose improvement and dedication this season has been tremendous.



The JV Girls, meanwhile, continued to dominate league competition with yet another championship. Leading the way was freshman Ella Hymel, whose 13:04 clocking was the fastest a JV girls has covered this course… ever! Izzy Havens, Maya Hymel and Gabi Brito each earned all-league honors for their efforts, while senior Siggy Palafox, and freshmen Carina Upshaw and Ariana Corwin also ran competitive races for Coach Pacatte's girls.



The JV Boys race was a bit of a misnomer for the Panthers who, because of race size limitations in the varsity division, ran 8 of their "varsity" runners in the "junior varsity" division. Predictably, the race was a route with the Panthers more than quadrupling the runner-up score…finally winning by 44 points. Sophomores Arlo Rudy and Mickey Tessema grabbed the first two spots… with a trio of Panthers (Zach Wilkinson, Jon deLeon and Jimmy Smale) next. After that, several runners ran "big" races according to Coach Lawson… including Tony Lawson and Lawrence Teng.



In the varsity divisions, the girls ran their league championship winning streak to 6 straight years with a convincing win 22 point win over Albany. Spencer Moore notched her third straight individual championship, while teammates Chloe Jenkins (3rd overall), Josie Smale (6th) and Natalia Riccardi (7th) were each awarded 1st team individual medals. Juniors Lianne McKinney and Caitlin Kloess crossed the finish in time to take home 2nd team honors.

The varsity boys, while falling short to state ranked St. Joe's of Alameda, ran what coach Jeff Rogers called "their best race of the season." Senior co-captain Patrick Mariolle continued to guide the Panthers. Patrick's 15:56 over the 2.96-mile course was a personal best and good for 3rd place overall. Co-captain Guy Forte inspired by the finality of this… his final league championship race… huffed and puffed his way to a huge 16:25 PR and a 6th place finish. After that, Jovani Barajas, Nabai Habtemariam, Josh Dull, Stephen Giuntini and Pedro Navea (the entire Saint Mary's squad) earned either 1st of 2nd team all-league status. Overall, it was a bittersweet performance by this collection of emerging Panther runners.

TCAL Championship
Point Pinole, Richmond
November

Varsity Boys

1st	Saint Joseph Notre Dame	19
2nd	Saint Mary's	38
3rd	Albany	128
4th	Hercules	128
5th	Pinole Valley	183
6th	Saint Patrick's Saint Vincent	210
7th	John Swett	270
8th	Salesian	inc.
9th	El Cerrito	inc.
10th	DeAnza	inc.

1st	GABE ARIAS	SJND	15;40
2nd	LOUIS RODRIGUES	SJND	15:47
3rd	**PATRICK MARIOLLE**	**SM**	**15:56**
4th	MICHAEL MURPHY	SJND	16:12
5th	MATT MURPHY	SJND	16:17
6th	**GUY FORTE**	**SM**	**16:25**
7th	JAMES LAFOLLETTE	SJND	16:28
8th	**JOVANI BARAJAS**	**SM**	**16:35**
9th	CHRIS MELENDEZ	SJND	16:45
10th	**NABAI HABTEMARIAM**	**SM**	**16:47**
11th	**JOSH DULL**	**SM**	**16:51**
12th	**STEPHEN GIUNTINI**	**SM**	**16:53**
13th	SAM LEVY-WENDT	SJND	16:53
14th	**PEDRO NAVEA**	**SM**	**17:00**
15th	MIKAL NUNLEY	HUR	17:09
16th	EVEN EULNER	SAL	17:40
17th	CHRIS MILLS	EC	17:43
18th	GARRETT MANN	PV	17:55
19th	HANNON AYER	ALB	18:07
20th	NICK CHIN	PV	18:08
21st	DEVIN SNYDER	EC	18:12
22nd	ANTHONY BELL	SAL	18:17
23rd	SEAN HARRIS	HUR	18:21
24th	RAYMOND FELIX	SAL	18:26
25th	ALAN ZHANG	ALB	18:30
26th	MAXWELL NGO	ALB	18:31
27th	DEEP SINGH	HER	18:33
28th	MATT BLANKINSHIP	ALB	18:35
29th	KAI SEALE	HUR	18:41
30th	LUCAS KAMPMAN	ALB	18:41
31st	MATT MACFARLAND	SAL	18:43
32nd	MARK BARTALOME	SPSV	19:07
33rd	MATTHEW WILLIAMS	ALB	19:10
34th	JAN SIVILA	HER	19:14
35th	MARCELO LOPEZ	DA	19:17
36th	KYLE LAMPLEY	HER	19:26
37th	ALEX BORDS	SAL	19:30
28th	SEBASTIAN JONES	ALB	19:31
39th	KARLA JUAREZ	DA	19:50
40th	LUIS PEREZ	PV	20:00
41st	CAMERON LEASE	EC	20:01
42nd	CHRISTIAN	HER	20:06
43rd	JASON EAKIN	SPSV	20:14
44th	PATRICK SARMIENTO	SPSV	20:16
45th	BRANDON EDORIA	SPSV	20:24
46th	KYLE COHNELL	JS	20:25
47th	JEREMIE ELLIS	DA	20:35
48th	SETH BERNARDO	SPSV	20:37
49th	ANDY DE LA CAMPA	JS	20:48
50th	CARL REYES	SPSV	20:58
51st	KEVIN MAHONEY	EC	21:00
52nd	TYLER HO	PV	21:39
53rd	SYED ALI	PV	22:11
54th	NICK SANTOS	PV	22:23
55th	SHAUN SANDERS	PV	22:29
56th	ANTHONY NOGALIZA	SPSV	22:34
57th	WADE SONGER	JS	23:16
58th	STEPHEN DOXLAR	JS	23:22
59th	ZACH PIERSON	JS	25:40

Varsity Girls

1st	Saint Mary's	29
2nd	Albany	51
3rd	Saint Joseph Notre Dame	76
4th	Saint Patrick's Saint Vincent	82
5th	Hercules	150
6th	John Swett	166
7th	Pinole Valley	186
8th	Salesian	inc.
9th	DeAnza	inc.
10th	El Cerrito	inc.

1st	**SPENCER MOORE**	**SM**	**18:07**
2nd	KIMBERLY AVALOS	SJND	18:53
3rd	**CHLOE JENKINS**	**SM**	**19:12**
4th	VERONICA AQUILA	SJND	19:18
5th	ANNABEL DRUSSI	ALB	19:28
6th	**JOSIE SMALE**	**SM**	**19:44**
7th	**NATALIA RECCARDI**	**SM**	**19:49**
8th	SUZANNE BECKER	ALB	20:03
9th	MICHELLE GAINES	SPSV	20:22
10th	JECEY DE LA TORRE	ALB	20:41
11th	DORTHEA MILLER	ALB	20:51
12th	**LIANNE MCKINNEY**	**SM**	**20:54**
13th	ALEXA TOREES	SPSV	20:55
14th	MICHELLE AGUST	SPSV	20:55
15th	**CAITLIN KLOESS**	**SM**	**21:02**
16th	**AMANDA KEITH**	**SM**	**21:04**
17th	JILLY DE LA TORRE	ALB	21:04
18th	ISABELA REID	SJND	21:22
19th	AMBERLIN SAW	ALB	21:28
20th	PATTY QUINN	ALB	21:45
21st	MADDLIN DEN	DA	22:03
22nd	DESTINY DIAS	SPSV	22:20
23rd	MELANIE CHOW	HUR	22:21
24th	VANESSA VENTURA	SAL	22:34
25th	CARMINA FERNANDEZ	HUR	22:39
26th	ELIZABTH WESTWOOD	SJND	23:09
27th	EMILY LUENG	EC	23:13
28th	KOLY KODEL	SPSV	23:28
29th	KELLY XI	HUR	23:47
30th	LAURA YOSHISATO	SPSV	23:59
31st	JULIA COURVILLE	SJND	24.11
32nd	CLARA WEIBEIG	JHS	24.19
33rd	JESSICA BERCKY	SJND	24:24
34th	ELLEN FABIANA	EC	24:26
35th	CARA CONCARAON	JS	24:28
36th	SHAJNA MAE ARANA	PV	24:29
37th	PRICILA NAVARRA	SAL	24:32
28th	KOLEEN ARRIBAS	SPSV	24:46
39th	JESSICA ACADEMIA	SJND	24:47
40th	KAYLA GONZALEZ	JS	24:47
41st	KAILIY DEFABIO	SAL	25:11
42nd	LACEY RAMIREZ	PV	25:28
43rd	DEBBIE RAMIREZ	PV	25:31
44th	JASMINE BELLEZ	SAL	25:37
45th	KRIZHALYN	DA	26:03
46th	LEAN SKALL	HUR	26:15
47th	STEPHANIE LALESS	PV	26:25
48th	RACHEL SMITH	JS	26:26
49th	ASHLEY CASTRAMERO	HUR	26:42
50th	JAMINA DEMANO	PV	27:06
51st	MADALINE HATCH	JS	27:57
52nd	Rachel REDLOW	HER	30:45
53rd	HALEY SMITH	HER	31:24

Junior Varsity Boys

1st	Saint Mary's	19
2nd	Saint Joseph Notre Dame	63
3rd	Albany	69
4th	Saint Patrick's Saint Vincent	132
5th	Hercules	151
6th	El Cerrito	164
7th	Pinole Valley	192
7th	Kennedy	inc.
8th	Salesian	inc.

Junior Varsity Girls

1st	Saint Mary's	23
2nd	Albany	36
3rd	Saint Joseph Notre Dame	80
4th	Salesian	110
5th	Pinole Valley Hercules	165
6th	DeAnza	166
7th	Kennedy	inc.
8th	Hercules	inc.
9th	El Cerrito	inc.

Soph-Frosh Boys

1st	Saint Mary's	28
2nd	Albany	40
3rd	Salesian	58
4th	Saint Joseph Notre Dame	103
5th	Hercules	inc.
6th	Saint Patrick's Saint Vincent	inc.
7th	El Cerrito	inc
8th	Pinole Valley	inc.

1st	**ARLO RUDY**	**SM**	**10:42**
2nd	**MICKEY TESSEMA**	**SM**	**10:44**
3rd	JACKSON SUNHEIM	SJND	10:51
4th	**ZACHARY WILKENSON**	**SM**	**11:03**
5th	**JON DELEON**	**SM**	**11:03**
6th	**JIMMY SMALE**	**SM**	**11:03**
7th	**SAMMY PUEBLA**	**SM**	**11:32**
8th	DANIEL RATTO	SJND	11:41
9th	**TONY LASSON**	**SM**	**11:45**
10th	**MIKE BLANCO**	**SM**	**11:49**
11th	**MICHEAL ENFERADI**	**SM**	**11:56**
12th	NICK COURSON	MWA	11:58
13th	**ALEX MAGANA**	**SM**	**12:00**
14th	BRAD WILLIAMS	ALB	12:12
15th	MARTIN GENOVA	ALB	12:16
16th	ISAIAH MOBLEY	MWA	12:18
17th	RYAN DUARTE	SJND	12:32
18th	**LAWRENCE TENG**	**SM**	**12:43**
19th	DEMARA BROWN	MWA	14:48
20th	RANDALL MA	ALB	12:48
21st	CHRIS PHAM	SJND	12:51
22nd	SAM NOBLEE	ALB	13:02
23rd	WYATT VANCE	SJND	13:02
24th	JOHN ATKINSON	SPSV	13:05
25th	VITCOT OLIVERA	EC	13:05
26th	CHRISTIAN RAMIREZ	KENN	13:10
27th	**JONAHBAUMGARTER**	**SM**	**13:11**
28th	EMILIO SANCHEZ	SJND	13:12
29th	INJUNG AHN	ALB	13:22
30th	DANIEL ZHANG	ALB	13:27
31st	JERMEMY WILSON	DA	13:34
32nd	HECTOR GONZALEZ	HUR	13:35
33rd	FRANK C	HUR	13:48
34th	MARTIN PONCE	DA	13:50
35th	JASON OWUSU	HUR	14:11
36th	MORGAN CHEN	ALB	14:15
37th	HANLIN CIA	EC	14:16
28th	BRIAN CARDNAS	MWA	14:21
39th	ROBERT IRANO	SPSV	14:22
40th	NEAL DE SILVA	SPSV	14:22
41st	AARON MALBROUGH	MWA	14:24
42nd	JOHNATHAN MAJOR	SPSV	14:25
43rd	ROMELL BANGAN	HUR	14:28
44th	POWLO BUETRO	SPSV	14:37
45	MATTHEW BAUL	HUR	14:40
46th	NICK ESPEJO	EC	14:43
47th	RUDY SUAREZ	K	14:45
48th	ELAZAR REJES	PV	14:56
49th	JUSTIN BLOCK	SPSV	15:05
50th	JOSE CASTRO	PV	15:11
51st	FRANCIS DEL ROSARIO	SPSV	15:24
52nd	JAY D COFFEY	HUR	15:27
53rd	SANPEEP BRAR	SAL	15:27
54th	LUIS RAMIREZ	MWA	15:28
55th	CARL BONDOC	PV	15:29
56th	VICTOR LUIS	DA	15:33
57th	NELL LAMORENA	SPSV	15:38
58th	KYLE PELEON	SPSV	15:40
59th	JACKIE HUI	EC	15:47
60th	MICHEAL LONG	SAL	15:54
61st	MICHEAL VROOM	PV	16:20
62nd	TRAVIS KATSUI	PV	16:41
63rd	IKRAM PIPIAL	EC	16:54
64th	JOSE RAMIREZ	EC	19:58

1st	**ELLA HYMEL**	**SM**	**13:04**
2nd	**ISABEL HAVENS**	**SM**	**13:13**
3rd	YA DAVIS	ALB	13:55
4th	RUBY GOLDSTEIN	ALB	14:02
5th	**MAYA HYMEL**	**SM**	**14:17**
6th	**GABI BRITO**	**SM**	**14:26**
7th	HANNAH LONG	ALB	14:42
8th	MARI KAMIYA	ALB	14:43
9th	**SIGGY PALAFOX**	**SM**	**14:46**
10th	ELLIE STUHLMEYER	SJND	14:49
11th	**ARIANA CORWIN**	**SM**	**14:55**
12th	**CARINA UPSHAW**	**SM**	**14:56**
13th	KARINA DUARTE	SJND	14:57
14th	**VICTORIA MARIOLLE**	**SM**	**14:57**
15th	HANNAH SCHOENBERGER	ALB	15:15
16th	**BARBARA MONTANO**	**SM**	**15:28**
17th	MOLLY GREENE	ALB	14:35
18th	TAMIA TEREN	ALB	15:41
19th	EMILY SANCHEZ	SJND	15:48
20th	**MELISSA MARIANO**	**SM**	**15:53**
21st	BERHANA JONES	ALB	16:01
22nd	FAUSTINE LUO	ALB	16:02
23rd	CIREYA LUCIETTA	DA	16:11
24th	ANDELICA ABELLA	SPSV	16:15
25th	FRIDA CEJA	SAL	16:19
26th	ALSATIA MEADOWS	EC	16:21
27th	**TAYLOR KEE**	**SM**	**16:26**
28th	MAXINE SANTOS	HER	16:28
29th	BIANNA DE LA CRUZ	SJND	16:40
30th	MIKAELA TIONGCO	SAL	16:43
31st	RILEY EYRE	EC	16:46
32nd	ALESSANDRA ZAMBRANO	SJND	16:55
33rd	ALEJANDRA FERNANDEZ	SJND	16:56
34th	BRANDEECLAGUI	SAL	17:01
35th	**SORAYA SHOCKLEY**	**SM**	**17:09**
36th	GISELLE CARINO	SAL	17:11
37th	**MAHALA HERRON-RUTLAND**	**SM**	**17:15**
28th	**JULIETTE LANGARI**	**SM**	**17:16**
39th	EMILY ARGA	SAL	17:18
40th	SIENNA KNIGHT	SAL	17:22
41st	JENNIFER CAMPOS	DA	17:23
42nd	TANIA DIAZ	SJND	17:34
43rd	SILVA MAI	SJND	17:38
44th	DANAYA GIDDENS	KEN	17:47
45th	ALEXANDRIA DEL LA ROSA	SAL	17:48
46th	ANGELA LEE	DA	18:03
47th	PERLA CASAS	SJND	18:13
48th	LADEJIA DILLARD	KEN	18:22
49th	JESICA VILASOUK	EC	18:31
50th	PWINT PHYO MANDAR	DA	18:33
51st	NATALIA RUIZ	SAL	18:35
52nd	CHANDADEEP KAUR	DA	18:44
53rd	KAYLA VASQUEZ	SAL	18:44
54th	KARINA DIAZ	SAL	18:49
55th	MELANIE BUNGAY	PV	18:59
56th	ALEJANDRIA LOPEZ	SAL	19:04
57th	MARITZA PANUKO	SAL	19:06
58th	LAI SAEPJHAN	PV	19:10
59th	MARINA SNACHEZ-SAENZ	SAL	19:51
60th	MARIA ORNELLAS	SAL	19:58
61st	LILLIAN SAAVEDRO	PV	20:00
62nd	JANETTE WIRES	HER	20:04
63rd	PATRICIA TORRES	SAL	20:24
64th	URA CHRISTIAN	SAL	20:25

1st	**GIO RICONDO**	**SM**	**11:46**
2nd	**DAN BEEMAN**	**SM**	**12:00**
3rd	SEIJI VAN BRONKHORST	ALB	12:28
4th	**REILLY KEITH**	**SM**	**12:48**
5th	ARTHUR LIN	ALB	12:51
6th	SAI CASEY	SAL	12:55
7th	DARIAN ETTER	SAL	12:57
8th	NIKHIL SAHOO	ALB	13:00
9th	LINCOLN COLBY	ALB	13:02
10th	**CARLOS MARTINDELCAMPO**	**SM**	**13:05**
11th	**EDWIN KIM**	**SM**	**13:08**
12th	**DAN REYES**	**SM**	**13:08**
13th	**CHE CERVANTES**	**SM**	**13:09**
14th	ALFONZ SEGUITAN	HUR	13:21
15th	DOMINIC TU	SAL	13:23
16th	NOAH PLAMENCO VILLASI	SAL	13:25
17th	ANDREW BEASLEY	SAL	13:28
18th	PETER HALL	SAL	13:29
19th	ANDREW LEONG	SJND	13:40
20th	ANDREW HOLVERMALE	SJND	13:47
21st	ANDREW MAGNOLI	HUR	13:54
22nd	AUSTIN WISHEROP	SAL	13:59
23rd	CAMERON PUTTERMAN	SJND	14:00
24th	**PATHRICK KIM**	**SM**	**14:02**
25th	SHOTA LOBBERGOTT	EC	14:03
26th	CHRIS MAHLER	SJND	14:07
27th	KARJUN BROWN	PV	14:09
28th	OWEN LOJO	SM	14:12
29th	LEWIS AYBAR	SM	14:20
30th	CHARLES MURRAY	SAL	14:31
31st	JARRICK MALIN	SP	14:37
32nd	XAVIER QUINTANA	SP	14:39
33rd	**DONNY PETERSON**	**SM**	**14:40**
34th	NICHOLAS SARATINI	SJND	14:48
35th	KYLE SU	ALB	14:55
36th	**PETER FORTE**	**SM**	**14:57**
37th	**WILL RESNER**	**SM**	**15:15**
28th	JESSE VALVA	ALB	15:20
39th	ALEONDRO FRANCO	HER	15:49
40th	COLUMBA DOLAN	PV	16:57
41st	MICHAEL SINGER	ALB	16:58
42nd	JAEZIEL CLARK	SPSV	18:42
43rd	NATE SHEER	SPSV	19:07
44th	ADRID MAROUILLA	EC	19:24

Neither Rain, Nor Mud, Nor Cold Can Curb Panthers State Meet Plans!

November 19, 2012



A rainy Thursday and Friday put the Panthers cross-country teams on their marks in sopping wet, muddy conditions for the North Coast Meet of Champions on Saturday. Despite the unfavorable elements, the Panthers brought the right attitudes for the race, willing to challenge the weather and focus on competing. In the end, the girls finished second, the boys fourth to each earn a spot at the California State Championships this weekend in Clovis. In addition, both teams placed a couple of runners on the first and second team ALL-NCS teams.



"The conditions weren't what we expected," said girls coach Denis Mohun. "Despite the slop, we still got in there and competed in what was true cross country — mud, hills, rain. It was a great experience for everyone and I'm proud of the grit and determination our runners showed."

On the girls side, junior Spencer Moore led the Panthers to the runner-up prize with her own 3rd place finish…. which also placed her on the 1st team All-NCS team. Sophomore Chloe Jenkins was one spot short of joining Spencer on the 1st team, placing 8th overall and on the 2nd team. Josie Smale and Natalia Riccardi followed closely behind, with Lianne McKinney, Amanda Keith and Izzy Havens joining in the mud-fest. The team finished with 72 points… 10 ahead of ex-BSAL rival Piedmont.

For the boys, a state meet bid was no cinch. Coming into the race, the meet preview saw the Panthers battling several other teams for the coveted 4th (and final) state meet spot. Then, with senior captain Patrick Mariolle ailing, the Panthers goal of finishing amongst the top 4 got exponentially harder. However, tough times produce tough runners… and the Panthers certainly responded to the adversity. Junior Josh Dull , senior co-captain Guy Forte, and junior Nabai Habtemariam responded beyond what any of the pre-meet prognosticators could have predicted with races that were later described by head coach Jeff Rogers as "huge". "Our runners were mentally tough today," Rogers said. "A lot of runners have this mentality that you have to get a certain time in the race. Our mentality today was just that we were going to go beat people. To do that today in these kind of conditions… you have to be tough. It's great



to know that on the worst conditions possible we can still perform. I'm very proud of our guys." The boys racked up 106 points to place 4th… 6 points better than El Molino High School… whose 112 left them the odd team out.

Overall, the race may prove to be extremely beneficial for both teams heading into the state championship. "Competing in an adverse environment against top-notch competition can certainly prepare a team to handle anything" says Coach Denis Mohun. "I guess we'll find out this weekend."

North Coast Section Championship
Hayward High School, Hayward
November 17, 2012

Varsity Girls

110 Runners

2nd out of 16 Teams

3rd	Spencer Moore	19:31
8th	Chloe Jenkins	20:24
17th	Josie Smale	20:54
19th	Natalia Riccardi	20:58
29th	Lianne McKinney	21:54
34th	Amanda Keith	22:19
37th	Isabel Havens	22:27

Varsity Boys

134 Runners

4th out of 19 Teams

13th	Josh Dull	17:16
15th	Guy Forte	17:18
19th	Nabai Habtemariam	17:27
29th	Jovani Barajas	17:44
30th	Stephen Giuntini	17:46
36th	Patrick Mariolle	17:56
43rd	Pedro Navea	18:15

Panthers Complete 2012 Season at State Championships

November 25, 2012



Scenic Woodward Park, located in Clovis just north of Fresno, has played host to the State Cross Country Championships since the championships' inaugural year of 1987. On Saturday, the park hosted both Saint Mary's boys and girl's teams in this, the 25th championship.

For the girls, Spencer Moore led the team to a respectable 11th place finish… capping her third varsity season with her third straight state meet top 10 finish. Running in unseasonably warm conditions, Spencer withstood a furious finish by a cavalcade of runners, holding on to ninth to secure her spot on the all-state team. Also running a spirited race was sophomore Chloe Jenkins, who finished 22nd



overall with a big 19:20 5K personal best. Senior Natalia Riccardi closed her Panther cross country career with a fine 20:45, Lianne McKinney fought her way to a PR, and Josie Smale, Caitlin Kloess and Izzy Havens each competed in their first state championship meet.

In the boys race, the Panthers were led by co-captain Guy Forte, whose drive to break the coveted 17:00 minute barrier for 5k fell a scant 5 seconds short. Still, his 17:05 was a personal best. As well, junior Jovani Barajas ran himself to a 20+ second PR, running 17:12 as the Panthers 2nd finisher. Josh Dull, Patrick Mariolle and Stephen Giuntini finished the scoring for the Panthers, with Nabai Habtemariam and sophomore Arlo Rudy making their state meet debuts in the sixth and seventh spots. As a team, this group of upstarts finished 16th.

In all, 7 of the 14 runners who competed in this 2012 state meet for the Panthers were inexperienced, first-time participants. Also, 11 of the 14 runners will be back next year… a year older, a year stronger, and a year hungrier. As successful as the 2012 season has been, look for the 2013 season to be even better! Thank you to all who have supported the Panthers this season!



California Interscholastic Federation (C.I.F.)
State Cross-Country Championship
Woodward Park, Fresno
November 24, 2012

Varsity Girls

202 Runners and 24 Teams
11th with 269 points
Average For the top five Runners: 20:22
Team Time: 1:41:48
Split between Number 1 and number five runners 2:43

Place	Name	Grade	Time	Finish
005	Spencer Moore	JR	18:46	009
016	Chloe Jenkins	SO	19:20	022
065	Natalia Riccardi	SR	20:45	083
090	Josie Smale	SO	21:28	116
093	Lianne McKinney	JR	21:29	119
102	Caitlin Kloess	JR	21:40	130
110	Isabel Havens	SO	21:50	139

Varsity Boys

204 Runners and 24 Teams
16th with 383 points
Average For the top five Runners: 17:22
Team Time: 1:26:48
Split between Number 1 and number five runners :34

Place	Name	Grade	Time	Finish
056	Guy Forte	SR	17:05	077
066	Jovani Barajas	JR	17:12	089
080	Josh Dull	JR	17:24	103
085	Patrick Mariolle	SR	17:28	108
096	Stephen Giuntini	JR	17:39	119
101	Nabai Habtemariam	JR	17:45	126
107	Arlo Rudy	SO	17:53	134

Saint Mary's Cross Country
2012 Schedule
Tri County Athletic League (TCAL)

Date	Opponent	Venue	Time
Tues. – Sept. 4th	14th Annual Time Trial	Tilden Park, Berkeley, CA	4:00 pm
Sat. – Sept. 8th	Ed Sias Invitational	Hidden Valley Park, Martinez, CA	8:30 am
Thurs. – Sept. 20th	St. Josephs, John Swett, Richmond	Tilden Park, Berkeley, CA	3:30 pm
Sat. - Sept. 22nd	Farmer Invitational	Hayward High School, Hayward, CA	8:30 am
Sat. – Sept. 29th	Stanford Invitational (Varsity Only)	Stanford Golf Course, Palo Alto, CA	8:00 am
Sat. – Sept. 29th	Nike Pre-Nationals (Varsity Only)	Portland Meadows, Portland, OR	TBA
Thurs. – Oct. 4th	Albany, JF Kennedy, De Anza	Cesar Chavez Park, Berkeley Marina	3:30 pm
Sat. – Oct. 6th	Clovis Invitational	Woodward Park, Clovis, CA	8:00 am
Thurs. – Oct. 11th	St. Patrick's, Hercules, Pinole Valley	Benicia State Park, Benicia, CA	3:30 pm
Thurs. – Oct. 17th	El Cerrito, Salesian	Pt. Pinole Regional Park, Richmond, CA	3:30 pm
Fri. – Oct. 19th	Mt. Sac Invitational (Varsity Only)	Mt. San Antonio College, Walnut, CA	TBA
Thurs. – Nov. 1st	League Championships	Pt. Pinole Regional Park, Richmond, CA	2:00 pm
Sat. – Nov. 17th	NCS Meet of Champions	Hayward High School, Hayward, CA	8:30 am
Sat. – Nov. 24th	California State Championships	Woodward Park, Clovis, CA	TBA

Boy's Coaches:

Varsity:	Mr. Jeff Rogers	Jrogers@stmchs.org
Junior Varsity:	Mr. James Lawson	Jaylawson@stmchs.org

Girls' Coaches:

Varsity:	Mr. Denis Mohun	Dmohun@stmchs.org
Junior Varsity:	Ms. Kim Pacatte	Kpacatte@stmchs.org

Saint Mary's College High School
1294 Albina Avenue
Berkeley, California 94706

Cross-Country 2012 Web Site
http://www.saintmaryschs.org/athletics/fall-sports-2/cross-country-2012/

2012 Cross-Country Roster

Boys

Beeman, Daniel
Kim, Edwin
Martin Del Campo, Carlos
Ricondo, Gio
Cervantes, Che
Keith, Reilly
Ybarra, Luis
Reyes, Daniel
Kim, Patrick
Forte, Peter
Peterson, Donald
Resner, Will
Lojo, Owen
Teng, Lawrence
Aguilar, Gabe
Baumgartner, Jonah
Wilkinson, Zachary
Blanco, Mike
Lawson, Tony
Enferadi, Mike
Puebla, Sammy
Rudy, Arlo
Smale, Jimmy
Magana, Alex
Tessema, Mickey
deLeon,Jon
Barajas, Jovani
Forte, Guy
Mariolle, Patrick
Giuntini, Stephen
Dull, Josh
Habtemariam, Nabai
Navea, Pedro

Girls

Brito, Gabi
Hymel, Maya
Hymel, Ella
Langari, Juliette
Torres, Rebecca
Roush, Danielle
Upshaw, Carina
Havens, Isabel
Corwin, Ariana
Kee, Taylor
Mariano, Melissa
Herron-Rutland, Mahala
Mariolle, Victoria
Montano, Barbara
Palafox, Siggy
Reed, Jessica
Shockley, Soraya
Waxman, Zodie
Moore, Spencer
Jenkins, Chloe
Kloess, Caitlin
Lianne McKinney
Keith, Amanda
Smale, Josie
Riccardi, Natalia
Woelffer, Madeline
May, Ella

Athlete of the Week

14th Annual Time Trial
Izzy Havens, Geo Ricondo, Ella May & Josh Dull

Ed Sias Invitational
Mickey Tesema & Ella Hymel

St. Josep, John Swett, Richmond
Josei Smale, Gabe Augliar, Rilery Keith, Barbara Montero & Maya Hymel

Farmer Invitational
Pedro Navea, Spencer Moore& Corine Upshaw

Stanford Invitational
Guy Forte

Nike Pre-Nationals
Chloe Jenkins

Albany, JF Kennedy, De Anza
Lianne McKinney, Tony Lawson & Mahala Herron -

Clovis Invitational
Patrick Mariolle, Maddy Woelffer & Gabi Brito

St. Patrick's, Hercules, Pinole Valley
Sammy Pueble, Amanda Keith, Daniel Beeman & Siggy Palofox

El Cerrito, Salesian
Lawrence Teng, Victoria Mariolle and Ariana Corwin

Mt. Sac Invitational
Arlo Rudy , Jocvani Barajas & Natalia Riccardi

Time Trial #2
Melisa Mariano & Will Resner

League Championships
Caitlin Kloes, Zachary Wilkinson, & Taylor Kee

NCS Meet of Champions
Nabai Habtemmariam &Chloe Jenkins

California State Championships
Natalia Riccardi & Guy Forte

Cross-Country Honors

Tri County Athletic League (TCAL)

Most Valuable Runner
Spencer Moore

First Team All League
Natalia Riccardi
Patrick Mariolle

Second Team All League
Lianne McKinney
Amanda Keith
Caitlin Kloess

North Coast Section (NCS)

First Team Division IV All League
Spencer Moore

Second Team Division IV All League
Josh Dull
Chloe Jenkins

California State Championship (CIF)

Division IV All League
Spencer Moore