

2011 Saint Mary's Cross-Country
Cross-Country

B.S.A.L.
2000-2011

12 Varsity League Championships
5 Varsity League Runner-Ups
12 Junior Varsity, Frosh-Soph & Frosh Championships
7 Junior Varsity, Frosh-Soph & Frosh Runner-Ups

Time for a new era to begin 2012....

2011 Cross-Country Roster

Girls

Sarah Allison	12
Mika Anders	09
Gabi Brito	09
Sarah Brown	10
Alexis Cortez-Holmes	12
Olivia Duncan	11
Mary Harrington	12
Isabel Havens	09
Danae Husary	09
Chloe Jenkins	09
Amanda Keith	10
Caitlin Kloess	10
Victoria Mariolle	09
Jasmine Martin	10
Kimiko Masuoka	11
Lianne McKinney	10
Caitlin Meade	10
Barbara Montano	10
Kaitlin Moore	10
Spencer Moore	10
Siggy Palafox	11
Nora Potts	09
Jessica Reed	09
Natalia Riccardi	11
Soraya Shockley	09
Jane Verlaine	10
Zodie Waxman	11
Maddy Woelffer	10

Boys

Gabe Aguilar	10
Jovani Barajas	10
Daniel Beeman	09
Mike Blanco	10
Duncan Calvert	12
Steven Cannon	11
Woodrow Creech	10
Jon De Leon	10
Josh Dull	10
Rob Elmendorf	11
Mike Enferadi	11
Guy Forte	11
Stephen Giuntini	10
Stevie Greene	12
Nabai Habtemariam	10
Nate Hill	12
Edwin Kim	09
Tony Lawson	10
Nick Mainaga	10
Patrick Mariolle	11
Carlos Martin Del Campo	09
Victor Munoz	12
Pedro Navea	11
Diego Perez	09
Sammy Puebla	11
Arlo Rudy	09
Daveon Sadusky	10
Jimmy Smale	11
Lawrence Teng	10
Henry Volkmer	10
Zachary Wilkinson	09

Saint Mary's College High School

Cross-Country

2011 Schedule

Date	Meet	Venue	Time
September 1 (Thursday)	Time Trial	Tilden, Berkeley	4:00 pm
September 6 (Tuesday)	Monte Vista invitational	Oak Hill Park, Danville	4:00 pm
September 10 (Saturday)	Ed Sias invitational	Hidden Valley Park, Martinez	9:00 am
September 17 (Saturday)	Nike Invitational (JVB)	Turtle Park, Walnut Creek	8:00 am
September 24 (Saturday)	Stanford Invitational (V)	Stanford, Palo Alto	9:50 am
September 29 (Thursday)	Albany & Kennedy	Tilden Park, Berkeley	3:30 pm
October 1 (Saturday)	Farmers Invitational	Hayward High School	8:00 am
October 4 (Wednesday)	Piedmont & St. Patrick-St. Vincent	Tilden Park, Berkeley	3:30 pm
October 8 (Saturday)	Clovis Invitational	Woodward Park, Fresno	7:30 am
October 13 (Thursday)	Salesian & Encinal	Point Pinole, Richmond	3:30 pm
October 15 (Saturday)	Mariner Invitational (JV)	Garin Park, Hayward	8:00 am
October 21 (Friday)	Mt. SAC Invitational (V)	Mt. San Antonio College, Walnut	2:13 pm
October 25 (Tuesday)	Time Trial #2	Tilden Park, Berkeley	4:00
October 27 (Thursday)	Holy Names, St. Joseph Notre Dame & John Sweet	Crab Cove, Alameda	3:30 pm
November 3 (Thursday)	BSAL Championship	Point Pinole, Richmond	2:30 pm
November 19 (Saturday)	Meet of Championship (V)	Hayward H. S., Hayward	TBA
November 26 (Saturday)	California State Championship (V)	Woodward Park, Clovis	TBA

Head Boys Coach:	Jeff Rogers	jrogers@stmchs.org
Junior Varsity Boy's Coach:	Jay Lawson	jaylawson@stmchs.org
Head Girls Coach	Denis Mohun	dmohun@stmchs.org
Assistant Girl's Coach	Kimberly Pacatte	Kpacatte@stmchs.org
Assistant Girl's Coach	Bridget Duffy	
Parent Liaison	Kathy Hill	Hillcentral@yahoo.com

2011
Grade Point Average while Running Cross-Country
By the North Coast Section

Girls Team N.C.S. Overall G.P.A

3:43

Boys Team N.C.S. Overall G.P.A

3:19

GIRLS

3.5 and above

Allison	Sarah	12
Husary	Danae	09
Mariolle	Anna	09
Potts	Nora	09
Brito	Gabriella	09
Jenkins	Chloe	09
Keith	Amanda	10
Martin	Jasmine	10
Riccardi	Natalia	11
Vernon-Wyatt	Mischa	10

BOYS

3.5 and above

Barajas	Jovani	10
Beeman	Daniel	09
de Leon	Jon	10
Lawson	Anthony	10
Martin del Campo	Carlos	09
Rudy	Arlo	09
Forte	Gaetano	11
Habtemariam	Nabai	10
Kim	Edwin	09

4.0 GPA

Anders	Mieko	09
Davis	Melina	09
Enferadi	Michael	11
Havens	Isabel	09
Hill	Nathaniel	12
Kloess	Caitlin	10
Mariolle	Patrick	11
Montano	Barbara	10
Reed	Jessica	09
Shockley	Soraya	09
Teng	Lawrence	10

Saint Mary's 2011 Varsity Letter & Block

Duncan Calvert
Patrick Mariolle
Nate Hill
Victor Munoz*
Nabai Habtemariam*
Stevie Greene
Steven Giuntini*
Josh Dull*
Pedro Navea*
Guy Forte*

Spencer Moore
Mary Harrington
Natalia Riccardi*
Lianne McKinney*
Amanda Keith*
Olivia Duncan*
Sarah Allison
Kimiko Masuoka
Maddy Woelffer*
Isabel Havens*
Caitlin Kloess*
Alexis Cortez-Holmes

*** First Block for Cross-Country**

Cross-Country Honors

Bay Shore Athletic League (BSAL)

Most Valuable Runner

Spencer Moore

First Team All League

Duncan Calvert

Natalia Riccardi

Patrick Mariolle

Mary Harrington

Stevie Greene

Second Team All League

Lianne McKinney

Nate Hill

Amanda Keith

Caitlin Kloess

North Coast Section (NCS)

First Team All League

Spencer Moore

Northern California Division

Second Team

Spencer Moore

Honorable Mention

Duncan Calvert

California State Championship

Division IV All League

Spencer Moore

All Sophomore Team

Spencer Moore

**Time Trial
Tilden, Berkeley
September 1, 2011**

Records Fall at 13th Annual Time Trial

The Panthers officially kicked off their 2011 campaign with the much-anticipated season-opening Time Trial. The Time Trial, whose inaugural run dates back to 1999, kicks off the competitive racing season for the Panthers. Records, All-Time lists and bragging rights are part of what makes this event special... with this 2011 edition being amongst the fastest ever. By Thursday evening, an incredible 19 Panthers harriers had cemented their names onto the all-time lists.

Leading this year's run was junior Patrick Mariolle, whose 10:08 clocking on the 1.85 mile rolling course is the 2nd fastest time ever... trailing only school record-holder and current Brown University runner Matt Duffy. Senior Stevie Greene is now the 3rd fastest Panther ever... and the #2 senior of all-time... after running a brisk 10:10. Seniors Duncan Calvert (10:18, #4 senior), Victor Munoz (10:40, #8 senior), and Nate Hill (10:48, #13 senior) also had solid performances for the class of 2012,... as did junior Guy Forte (11:14, #18 junior), sophomores Josh Dull (10:58, #3 sophomore), Stephen Giuntini (11:11, #8 sophomore) and Nabai Habtemariam (11:27, #12 sophomore). Newcomers also made a statement on Thursday led by freshman Zack Wilkinson's 12:47 (#13 freshman) and juniors Jimmy Smale (12:53) and Rob Elmendorf (12:55).

For the Lady Panthers, fast times were also abound, as sophomore and returning NCS Champion Spencer Moore ran 11:57, the fastest sophomore time ever and equal to #4 all-time in school history. Senior Mary Harrington became the 5th fastest 12th grader ever with a solid 13:07. Juniors Kimiko Masuoka (14:18, #12 junior) and Natalia Riccardi (14:26, #13 junior) turned in fine times... as did sophomores Maddy Woelffer (14:57, #15 sophomore) and Amanda Keith (14:58, #16 sophomore). As for the newcomers, freshman Chloe Jenkins showed her running prowess, clocking 14:29 (good for #7 all-time, freshman), while freshman Vanessa Anguiano ran 15:57, which makes her the #13 freshman of all-time.

Overall, 56 athletes competed, giving the coaches 56 different reasons to smile. Congratulations to all those who competed, worked, and sweated out the 1.85 mile course! Next up for the Panthers is the Monte Vista Invite on Tuesday, September 6th at Oakhill Park in Danville. First race is at 4:00 pm. Check the schedule/results page for all the Monte Vista information... as well as complete results of the Time Trial. Hope to see you on Tuesday. Go Panthers!

Boys

(1) Patrick Mariolle	10:08
(2) Stevie Greene	10:10
(3) Duncan Calvert	10:18
(4) Victor Munoz	10:40
(5) Nate Hill	10:48
(6) Josh Dull	10:58
(7) Stephen Giuntini	11:11
(8) Guy Forte	11:14
(9) Nabai Habtemariam	11:27
(10) Pedro Navea	11:50
(11) Daveon Sadusky	12:04
(12) Mike Blanco	12:42
(13) Zach Wilkinson	12:47
(14) Jimmy Smale	12:53
(15) Rob Elmendorf	12:55
(16) Mike Enferadi	13:10
(17) Jon DeLeon	13:25
(18) Diego Perez	13:30
(19) Freddie Lambright	13:31
(20) Lawrence Teng	13:31
(21) Sammy Puebla	13:41
(22) Gabe Aguilar	13:57
(23) Daniel Beeman	14:43
(24) James Mijares	15:53
(25) Carlos Martin Del Campo	18:21
(26) Henry Volkmer	18:43
(27) Leo Favre	19:59
(28) Edwin Kim	20:05

Girls

(1) Spencer Moore	11:57
(2) Mary Harrington	13:07
(3) Kimiko Masuoka	14:18
(4) Natalia Riccardi	14:26
(5) Chloe Jenkins	14:29
(6) Maddy Woelffer	14:57
(7) Amanda Keith	14:58
(8) Sarah Allison	15:08
(9) Alexis Cortez-Holmes	15:25
(10) Olivia Duncan	15:30
(11) Caitlin Kloess	15:30
(12) Zodie Waxman	15:57
(13) Vanessa Anguiano	15:57
(14) Danae Husary	16:17
(15) Lianne McKinney	16:37
(16) Isabel Havens	16:40
(17) Victoria Mariolle	17:39
(18) Jasmine Martin	18:28
(19) Caitlin Meade	18:36
(20) Sarah Brown	18:36
(21) Kaitlin Moore	18:40
(22) Soraya Shockley	18:45
(23) Jane Verlaine	19:38
(24) Jessica Reed	19:46
(25) Barbara Montano	20:31
(26) Morgan Flanagan-Folcarelli	22:32
(27) Mika Anders	22:38
(28) Gabi Brito	24:48

Monte Vista Invitational
September 6, 2011
Oakhill Park, Danville

Panthers Sizzle at Monte Vista Invitational

On Tuesday, the Panthers traveled to Danville for the annual Monte Vista Invitational. The meet usually plays host to some of the larger, powerful cross-country teams from Division I and II. This year's meet followed suit, as perennial powerhouses Granada, Livermore, San Ramon Valley, De La Salle, and host Monte Vista were among the 20 schools competing on the rolling, hilly course. With temperatures peaking into the high 90's, the races were much tougher than usual... and, as usual, the Panthers held their own.

Highlighting the day for the Panthers were a quintet of boy medalists... led by seniors Duncan Calvert and Stevie Greene, junior Patrick Mariolle, sophomore Stephen Giuntini and freshman Arlo Rudy. Sophomore Nabai Habtemariam, and junior Guy Forte also had strong performances for the boys.

The girls, impressive in their own right, had a trio of medalists. Spencer Moore led the group with an impressive win in the girl's sophomore race. Senior Mary Harrington took home a medal with a fine showing in the girl's senior race... while freshman Chloe Jenkins ran her way into the top ten, and a medal, in the freshman race. Juniors Natalia Riccardi and Kimiko Masuoka, sophomore Amanda Keith, and freshman Vanessa Anguiano and Isabel Havens also ran fine races for the Panthers.

All told, the Panthers emerged from this day having sweated, struggled and fought their way to dozens of PR's and many more verbal accolades from their coaches and families. Good Job Panthers!

Senior Boys / 122 Runners

5 th	Duncan Calvert	11:12.39
8 th	Stevie Greene	11:24.57
20 th	Nate Hill	12:07.50
42 nd	Victor Munoz	13:10.08

Junior Boys / 163 Runners

11 th	Patrick Mariolle	12:00.21
26 th	Guy Forte	12:37.10
57 th	Pedro Navea	13:44.69
65 th	Rob Elmendorf	13:57.28
98 th	Michael Enferadi	15:02.39
105 th	Sammy Puebla	15:23.56
106 th	Jimmy Smale	15:26.70

Sophomore Boys / 172 Runners

8 th	Steven Giuntini	12:31.59
18 th	Nabai Habtemariam	13:10.09
57 th	Tony Lawson	14:05.76
60 th	Michael Blanco	14:08.47
95 th	Daveon Sadusky	15:12.05
98 th	Lawrence Teng	15:24.62
101 st	Jon DeLeon	15:31.32
121	Gabe Aguilar	16:05.65

Freshman Boys / 148 Runners

8 th	Arlo Rudy	12:34.72
28 th	Zach Wilkinson	13:58.43

Senior Girls / 61 Runners

13 th	Mary Harrington	14:40.17
26 th	Alexis Cortez-Holmes	16:19.40
32 nd	Sarah Allison	17:01.24

Junior Girls / 127 Runners

24 th	Natalia Riccardi	15:55.61
31 st	Kimiko Masuoka	16:30.06
57 th	Olivia Duncan	17:36.02
86 th	Zodie Waxman	19:01.13
92 nd	Siggy Palafox	19:32.49

Sophomore Girls / 111 Runners

1 st	Spencer Moore	13:29.88
19 th	Amanda Keith	15:47.97
37 th	Maddy Woelffer	17:18.07
38 th	Caitlin Kloess	17:24.63
74 th	Lianne McKinney	19:12.16

Freshmen Girls / 102 Runners

8 th	Chloe Jenkins	15:23.28
20 th	Danae Husary	16:38.25
22 nd	Isabel Havens	16:44.43
65 th	Victoria Mariolle	19:07.04

**Ed Sias Invite
Hidden Valley Park, Martinez
September 10, 2011**

Youth Serve Notice at Ed Sias Invitational

On Saturday, the Panthers sent 37 athletes to the ever-popular Ed Sias Invitational. Hosted by Campolindo High School of Moraga, the Ed Sias meet historically features some of the finest distance teams in Northern California, with the 2011 affair being no different. For the Panthers, this day would belong to the young... as a surge of underclassmen made their presence known on the Hidden Valley Park course in Martinez. In the 20 team Junior Varsity Girl race, the Panthers would flex their youthful muscles with a fine 3rd place. Leading the way were sophomores Maddy Woelffer and Amanda Keith... along with junior Olivia Duncan and freshman Isabel Havens. Spencer Moore led the Varsity Girls, whose 7th finish was tops among Division IV teams. Also running well were senior Mary Harrington and junior Kimiko Masuoka.

For the boys, their weekend was also highlighted by the fine performances of the underclassmen. Freshman Arlo Rudy, in his inaugural race of the season, opened many eyes with his 6th place finish in the freshman boys race. Arlo's time of 11:53 was the 2nd fastest time ever for a Saint Mary's freshman boy, trailing only school-record holder Matt Duffy. Arlo, however, was not the only Panthers to assert himself on Saturday. Sophomores Stephen Giuntini and Nabai Habtemariam, as well as freshman Zack Wilkinson also served notice that youth is serving in the Panther cross country program!

Varsity Boys

154 Runners & 6th out of 23 Teams

19 th	Duncan Calvert	10:46.5
34 th	Stevie Greene	11:12.7
42 nd	Nate Hill	11:21.5
45 th	Patrick Mariolle	11:24.2
51 st	Victor Munoz	11:29.8
65 th	Guy Forte	11:52.9

Junior Varsity Boys

186 Runners /& 13th out of 24 Teams

30 th	Pedro Navea	12:24.6
66 th	Jimmy Smale	13:09.8
77 th	Rob Elmendorf	13:24.9
89 th	Michael Enferadi	13:33.3
93 rd	Gabe Aguilar	13:39.6
96 th	Jon DeLeon	13:43.7
103 rd	Sammy Puebla	13:56.5

Soph/Frosh Boys

226 Runners /& 9th out of 34 Teams

16 th	Stephen Giuntini	11:53.6
32 nd	Nabai Habtemariam	12:13.6
82 nd	Tony Lawson	12:55.2
83 rd	Daveon Sadusky	12:56.9
86 th	Michael Blanco	13:01.7
152 nd	Lawrence Teng	14:09.6

Freshmen Boys

149 Runners

6 th	Arlo Rudy	11:52.8
32 nd	Zack Wilkinson	13:13.7
78 th	Daniel Beeman	13:48.3

Varsity Girls

139 Runners & 7th out of 20 Teams

4 th	Spencer Moore	12:43.8
28 th	Mary Harrington	14:02.3
55 th	Kimiko Masuoka	14:47.5
65 th	Natalia Riccardi	15:00.1
117 th	Sarah Allison	16:51.1

Junior Varsity Girls

159 Runners/& 3rd out of 21 Teams

23 rd	Maddy Woelffer	15:41.2
26 th	Olivia Duncan	15:50.4
28 th	Amanda Keith	15:53.5
35 th	Isabel Havens	16:03.1
37 th	Caitlin Kloess	16:06.1
99 th	Zodie Waxman	17:46.0

Soph/Frosh Girls

189 Runners /& 26th out of 27 Teams

103 rd	Danae Husary	16:49.0
135 th	Lianne McKinney	17:42.0
160 th	Victoria Mariolle	18:30.5
170 th	Kaitlin Moore	19:42.0
182 nd	Caitlin Meade	21:11.4

**De LaSalle Nike Invitational
Turtle Park, Walnut Creek
September 17, 2011**

**Junior Varsity Boys
18th out of 26 Teams
186 Runners**

Place	Name	GR	Time
39 th	Pedro Navea	11	12:00.00
59 th	Rob Elmendorf	11	12:25.48
96 th	Michael Enferadi	11	13:06.35
128 th	Sammy Puebla	10	13:47.80
129 th	Gabe Aguilar	10	13:48.00

**Frosh-Soph
18th out of 32 Teams
216 Runners**

Place	Name	GR	Time
25 th	Stephen Giuntini	10	11:47.84
45 th	Nabai Habtemariam	10	12:08.72
10 th	Michael Blanco	10	13:19.07
122 nd	Zach Wilkinson	09	13:35.23
150 th	Lawrence Teng	10	14:24.40
178 th	Daveon Sadusky	10	20:54.45

**Stanford Invitational
Stanford University, Palo Alto
September 24, 2011**

Panthers Run Down Opposition... Win at Stanford

Running the venerable Stanford Golf Course at the Stanford Invitational, expectations were somewhat skewed going into California's marquee meet thus far this season. While Panther time trials and training sessions have been illustrious thus far, history has proven that the Stanford course has cast large shadows of doubt into the brightest minds of many runners. Thankfully, Saturday would not be a day of history lessons for the Panthers! Led by senior Stevie Greene's 9th place finish, the boys team earned a narrow 9 point win over 32 teams.. including previously unbeaten and #3 state ranked San Lorenzo Valley (Felton, CA). Prior to Saturday, Stevie's resume flashed brilliance here and there... but nothing as hard and fast as the 16:12 he sped over the grassy 5K course to lead the Panthers boys team to the victory. His magnificent clocking was but one of many outstanding performances for both boys and girls teams on Saturday.

Co-captain Duncan Calvert (16:28), Patrick Mariolle (16:44), Victor Munoz (17:17) and Guy Forte (17:37) all duplicated Stevie's effort level.. and all emerged having recorded personal 5K bests. Combined with senior Nate Hill's fine 16:52, the Panthers also posted the fastest team time in school history... almost a full minute faster than the 2007 group that placed 2nd at the State Championships. Surely this group is one to watch. For the girls, their 16th place finish was respectful considering the rash of injuries and illness that has befallen this hard-working group. Once again, sophomore Spencer Moore (4th overall) and senior captain Mary Harrington (40th) led the way, each recording season-best times in the uber-competitive Division IV race. Junior Olivia Duncan also had a breakout race. In her first ever 5K varsity race, Olivia impressively battled nerves, the heat, and 240 other runners to place 3rd on the Panther squad and earn considerable praise from head coach Denis Mohun. Maddy Woelffer and Amanda Keith, in their inaugural 5K campaigns, also ran well.

Varsity Boys

234 Runners & 1st out of 33 Teams

10th	Stevie Greene	16:12
16th	Duncan Calvert	16:28
21st	Patrick Mariolle	16:44
29th	Nate Hill	16:52
54th	Victor Munoz	17:17
81st	Guy Forte	17:37

Varsity Girls

212 Runners & 16th out of 29 Teams

4th	Spencer Moore	18:37
45th	Mary Harrington	20:21
139th	Olivia Duncan	22:46
151st	Maddy Woelffer	23:07
152nd	Amanda Keith	23:07
157th	Kimiko Masuoka	23:19

BSAL Meet with Albany & Kennedy
Tilden Park, Berkeley
September 29, 2011

Panthers Run By Opponents in BSAL Opener

The defending BSAL champion cross-country teams opened their league season on Thursday in impressive fashion. The opponents were league rivals Albany and Kennedy-Richmond. In all, over 100 athletes would compete on the notoriously tough Tilden Park course... and in the end Saint Mary's had once again positioned itself as the favorite to repeat as league champions.

The JV Boys opened the meet with a resounding victory of their competitors. Led by up-and-coming stars Arlo Rudy, Zach Wilkinson and Tony Lawson, the boys scored a 15 point victory over the Cougars from Albany. Several others runners... including sophomores Jovani Barajas, Mike Blanco, Jon DeLeon and Lawrence Teng, as well as juniors Rob Elmendorf and Jimmy Smale ran solid races for the Panthers.

Like the boys, the JV Girls notched an opening season victory.... squeaking past the favorite Cougars by 5 points. Freshman Isabel Havens led the way for the young lady Panthers.... followed by sophomore Lianne McKinney and freshman Danae Husary. Junior Siggie Palafox and sophomore Kaitlin Moore also ran fine races to seal the win.

<u>Junior Varsity Boys</u>			<u>Junior Varsity Girl's</u>		
Saint Mary's 23 - Albany 38			Saint Mary's 25 - Albany 30		
Saint Mary's 15 - Kennedy 50			Saint Mary's 15 - Kennedy 150		
1 st	Arlo Rudy	10:01	1 st	Isabel Havens	13:01
4 th	Tony Lawson	11:40	3 rd	Lianne McKinney	13:18
5 th	Zachary Wilkinson	11:42	5 th	Danae Husary	13:21
6 th	Jovani Barajas	10:43	8 th	Siggie Palafox	14:07
7 th	Mike Blanco	10:43	10 th	Kaitlin Moore	14:34
8 th	Rob Elmendorf	10:46	13 th	Jane Verlaine	14:41
9 th	Daveon Sadusky	10:53	14 th	Jasmine Martin	14:43
10 th	Jimmy Smale	10:58	15 th	Caitlin Meade	15:00
13 th	Jon De Leon	11:20	16 th	Jessica Reed	15:01
16 th	Lawrence Teng	11:35	17 th	Victoria Mariolle	15:06
17 th	Woodrow Creech	11:38	18 th	Zodie Waxman	15:39
19 th	Deigo Perez	11:40	20 th	Soraya Shockley	16:03
25 th	Nick Mainaga	13:11	21 st	Sarah Brown	16:37
26 th	Edwin Kim	14:16	23 rd	Mika Anders	17:19
27 th	Carlos Martin Del Campo	14:17			
28 th	Leo Favre	14:24			
29 th	Henry Volkmer	14:58			
30 th	Steven Cannon	15:15			

For the varsity, the sweetness of victory also made the record books. Along with solid 5 and 10 point wins respectively, members of the girls and boys teams made history. For the girls, race winner Spencer Moore recorded the 4th fastest time ever on the Tilden Course...running the 3.0 mile varsity course in 19:58. For the boys, senior Duncan Calvert raced to a #2 all-time clocking, covering the distance in a mere 16:45... while junior Patrick Mariolle was just behind in 17:01, good for #4 all-time.

In the end, all four teams flexed their top-ranked muscles on Thursday... alerting the rest of the league that, indeed, the Panthers are ready to run

<u>Varsity Girls</u>			<u>Varsity Boys</u>		
Saint Mary's 25 - Albany 30			Saint Mary's 23 - Albany 33		
Saint Mary's 15 - Kennedy 50			Saint Mary's 15 - Kennedy 50		
1 st	Spencer Moore	19:58	2 nd	Duncan Calvert	16:45
3 rd	Mary Harrington	21:25	3 rd	Patrick Mariolle	17:01
4 th	Natalia Riccardi	22:08	5 th	Nate Hill	17:33
8 th	Olivia Duncan	23:31	6 th	Stevie Green	17:39
9 th	Amanda Keith	23:38	7 th	Victor Munoz	17:56
11 th	Kimiko Masuoka	24:20	10 th	Guy Forte	18:53
12 th	Alexis Cortez-Holmes	24:28	13 th	Steven Giuntini	19:05
13 th	Maddy Woelffer	24:28	15 th	Nabai Habtemariam	19:07
16 th	Caitlin Kloess	25:19	17 th	Pedro Navea	19:24
17 th	Sarah Allison	27:16			

**Farmers Invitational
Hayward High School
October 1, 2011**

Panthers Full of Drama While Winning Farmer Invitational

On Saturday, the entire Panther Cross Country team competed in the Farmers Invitational at Hayward High School, which will once again host the NCS Meet of Champions. This year, along with league rivals Albany, Piedmont and Holy Names, teams from Alameda, Contra Costa, Marin and Sonoma Counties fielded teams... hoping to maybe get a glimpse of their future and, more importantly, see what November fruits maybe in store. If Saturday were any indication, it appears the Panthers' fruit basket maybe full.

The meet began with a dramatic come-from-behind victory for sophomore Amanda Keith in the girls F/S race. Behind by what appeared to be 40 yards with 400 meters to go, Amanda utilized a closing kick that most sprinters would be proud of to win the 2.1 mile race in 13:59. Following her were top fifteen finishers Maddy Woelffer (14:10), Carly Schulz (14:27) and Isabel Havens (14:37).

Following suit, junior Olivia Duncan also scored an inspiring come-from-behind win in the JV girls' race. Going into the final hill, Olivia was in 3rd place...some 10 seconds off the lead. Sixty seconds later she was in the lead... and sixty seconds

Duncan Sprints to Victory after that she was awarded the victor's medal.

Apparently the varsity boys and girls watched this race because both used the same race tactic. Sophomore Spencer Moore took the lead in the 2nd half of the varsity girls race to score a nice 18:42 win. Senior Duncan Calvert, however, chose the more dramatic route...not taking the lead of the 3.0 mile race until the 2.99 mile mark. Duncan's winning time of 15:55 was a personal best. Patrick Mariolle (16:21), Nate Hill (16:36) and Victor Munoz (16:56) also ran personal best times for the Hayward course while leading the boys team to another Invitational win. Guy Forte (17:26), Stephen Giuntini (17:32), Nabai Habtemariam (18:18), and Pedro Navea (18:19) also had fine races for the Panthers.

The F/S and J/V boys certainly caught a competitive bug and had their best performance of the season. Freshman Arlo Rudy (11:30) overcame a wrong turn and still managed to finish third and lead the F/S boys to a team victory. Following Arlo were in the medal haul were sophomores Jovani Barajas (11:41) and Mike Blanco (11:49)... along with freshman Zach Wilkinson (11:59). Sophomore Tony Lawson (12:23) closed out the scoring for the Panthers.

In the JV Boys race, junior Jimmy Smale threatened to steal a victory with a late, come-from-behind charge... only to fall a bit short. Still, his 11:45 was good enough for 4th overall and earned him a much-deserved medal.

Varsity Boys / 68 Runners

1 st	Duncan Calvert	15:56.3
5 th	Patrick Mariolle	16:21.1
7 th	Stevie Greene	16:30.4
8 th	Nate Hill	16:36.5
13 th	Victor Munoz	16:54.7
24 th	Guy Forte	17:26.5
27 th	Steven Giuntini	17:32.4
47 th	Nabai Habtemariam	18:19.3
49 th	Pedro Navea	18:19.3

Junior Varsity Boys / 46 Runners

4 th	Jimmy Smale	11:45.9
8 th	Rob Elmendorf	12:02.0
19 th	Mike Enferadi	12:39.7
23 rd	Henry Volkmer	12:48.4
40 th	Nike Mainaga	14:39.4
42 nd	Edwin Kim	15:23.4
44 th	Leo Favre	16:17.6
45 th	Carlos Martin Del Campo	16:20.3

Soph/Frosh Boys / 99 Runners

3 rd	Arlo Rudy	11:30
6 th	Gabe Angular	11:41
16 th	Mike Blanco	11:49
19 th	Zachary Wilkinson	11:59
31 st	Tony Lawson	12:23
33 rd	Daveon Sadusky	12:25
45 th	Daniel Beeman	12:33

Varsity Girls / 45 Runners

1 st	Spencer Moore	18:42.1
8 th	Mary Harrington	20:22.5
15 th	Natalia Riccardi	21:26.8

Junior Varsity Girls / 34 Runners

1 st	Olivia Duncan	14:11.6
11 th	Kimiko Masuoka	15:03.4
12 th	Siggy Palafox	15:04.1
20 th	Zodie Waxman	17:04.4
25 th	Caitlin Meade	17:43.9
30 th	Sarah Brown	18:27.0
27 th	Soraya Shockley	17:53.4

Frosh Soph Girls / 42 Runners

1 st	Amanda Keith	13:59
3 rd	Maddy Woelffer	14:12
6 th	Carly Schultz	14:27
10 th	Isabel Havens	14:37
14 th	Danae Husary	15:06
15 th	Lianne McKinney	15:11
16 th	Caitlin Kloess	15:18
27 th	Jane Verlaine	16:48
29 th	Kaitlin Moore	16:57

**BSAL Piedmont and Saint Patrick's Saint Vincent
Tilden Park, Berkeley
October 5, 2011**

Panthers Hot in Cold

It is not unusual for cross country runners to have to compete in extreme weather.. sticky humid, unbearable heat, wet, windy and chilly. However, early Fall usually brings mild, comfortable conditions to Bay Area runners. Why should Wednesday's BSAL showdown with arch-rival Piedmont and St. Patrick's-St. Vincent's be any different? Guess what? Wednesday was different... very different. A steady rain, gusty winds, slippery mud and chilly temperatures greeted the 100 or so runners as they carefully navigated the hilly Tilden Park course. Ultimately, it was the determined Panthers that overcame the elements and posted yet another BSAL win.

Both girls teams looked impressive in their wins. The Varsity girls were led by Spencer Moore, Mary Harrington and Natalia Riccardi, who captured the first three places in the Panthers 29 point victory. The JV girls, in an even more impressive fashion, swept the first 9 places in posting a 35 point victory! Leading the way were first year runner Lianne McKinney, sophomore Caitlin Kloess, and freshmen Isabel Havens and Danae Husary. Freshman Gabi Brito, despite an early slip and tumble, closed out the scoring for the Panthers in her first race of the season.

The boys, too, skated across the muddy trails well enough to notch a pair of wins. The Varsity boys won by 9 over the Highlanders and 35 over St. Patrick's. Duncan Calvert, for the 2nd race in a row, was the Panthers top finisher. Josh Dull, who placed 6th for Saint Mary's, finished the race with only one shoe.. handing the other one over to the muddy demands of the upper course. To some, this is the price one pays when trying to outrun mother nature.

Like the JV Girls, the JV Boys performance was simply dominant. The first 7 runners, and 11 of the first 12 wore the red and white of Saint Mary's. The usual cast... Arlo Rudy, Mike Blanco, Tony Lawson, etc... led the sweep for the upstart Panthers.

Varsity Girls / 22 Runners / 3.0 Mile

Saint Mary's 17 Piedmont 46

Saint Mary's 16 St. Patrick's-St. Vincent 47

1 st	Spencer Moore	22:50
2 nd	Marry Harrington	22:51
3 rd	Natalia Riccardi	23:13
5 th	Amanda Keith	24:32
7 th	Olivia Duncan	25:15
8 th	Maddy Woelffer	25:59
9 th	Alexis Cortez Holmes	26:24
13 th	Sarah Allison	28:49

Varsity Boys / 25 Runners / 3.0 Miles

Saint Mary's 24 Piedmont 33

Saint Mary's 15 St. Patrick's-Saint Vincent 5

2 nd	Duncan Calvert	18:18
4 th	Patrick Mariolle	19:01
5 th	Stevie Greene	19:13
6 th	Nate Hill	19:17
7 th	Victor Munoz	19:19
10	Josh Dull	19:42
11 th	Stephen Giuntini	20:00
12 th	Guy Forte	20:04
13 th	Pedro Navea	20:34
14 th	Nabai Habtemariam	21:38

Junior Varsity Girl's / 20 Runners

Saint Mary's 15 Piedmont

Saint Mary's 15 St. Patrick's-Saint Vincent 50

1 st	Lianne McKinney	13:31
2 nd	Caitlin Kloess	13:40
3 rd	Isabel Havens	13:43
4 th	Danae Husary	14:00
5 th	Gabi Brito	14:26
6 th	Siggy Palafox	14:32
7 th	Kaitlin Moore	15:07
8 th	Jasmine Martin	15:10
9 th	Jane Verlaine	15:13
12 th	Caitlin Meade	16:12
13 th	Zodie Waxman	16:16
14 th	Jessica Reed	16:43
15 th	Soraya Shockley	16:45
17 th	Sarah Brown	17:10
18 th	Barbara Montano	17:19
19 th	Mika Anders	18:07

Junior Varsity Boys / 43 Runners

Saint Mary's 15 Piedmont 50

Saint Mary's 15 St. Patrick's-St. Vincent 50

1 st	Arlo Rudy	10:25
2 nd	Mike Blanco	10:58
3 rd	Tony Lawson	10:59
4 th	Jovani Barajas	11:01
5 th	Rob Elmendorf	11:03
6 th	Jimmy Smale	11:07
7 th	Daveon Sandusky	11:08
9 th	Mike Enferadi	11:16
10 th	Jon De Leon	11:19
11 th	Lawrence Teng	11:43
12 th	Woody Creech	11:51
17 th	Dan Beeman	12:19
20 th	Diego Perez	12:24
22 nd	Sammy Pueblo	12:31
28 th	Nick Mainaga	13:43
31 st	Carlos Martin Del Campo	14:24
35 th	Henry Volkmer	14:51

**Clovis Invitational
Woodward Park, Fresno
October 8, 2011**

Panthers Rise and Shine in Fresno

On Saturday, the Panthers took 25 runners to the much heralded Clovis Invitational outside of Fresno, CA. The meet features much of the top talent from around the Golden State. This having been their 4th meet in 9 days, it was very possible that both teams, including the State's top-ranked boy Panthers, may be flat. However, pure grit and determination can do much to exhort tired legs.

The day began with the Varsity girls in a crack-of-dawn, 7:30 am race. Spencer Moore proved, once again, that Championship atmospheres charge her batteries as she wound herself around the 3.1 mile Woodward Park course in an impressive, seasonal best 18:31. Mary Harrington set her lifetime best at 20:29... as did Natalia Riccardi at 21:20. Alexis Cortez-Holmes (23:41) and Sarah Allison (25:41) closed the scoring for the varsity Lady Panthers.

The Panthers also fielded a JV girls team, who raced over the same course at the same distance. Leading the way in the JV race was sophomore Amanda Keith (22:53), followed by Olivia Duncan (23:32), Maddy Woelffer (24:27) and Caitlin Kloess (24:52).

The Varsity boys, now donning the states top Div. IV ranking, ran in a varsity race that featured numerous Div. III, IV and V ranked schools. As has been the case most of this year, the Panthers seem to accept the challenge in stride. At Clovis, they finished 4th, narrowly losing to state powerhouse McFarland and just edging Catholic School rival Bishop O'Dowd. Duncan Calvert led the Panthers, running a personal best 16:10 and earning a #4 spot on the school's all-time list. Patrick Mariolle was just behind, taking just 16:26 to earn himself a lifetime best. Stevie Greene (16:32), Nate Hill (17:01), and Victor Munoz (17:28) finished the scoring... while Josh Dull ran his best ever (17:50).. as did Stephen Giuntini (18:13).

The JV Boys toured the Clovis course as well, led by Guy Forte (17:56) and Arlo Rudy (18:09).. with first-timers Tony Lawson (19:18), Mike Blanco (19:24) and Jimmy Smale (19:33) proving their medal.

Varsity Girls

169 Runners / 15th out of 23 Teams

2 nd	Spencer Moore	18:31
46 th	Mary Harrington	20:29
75 th	Natalia Riccardi	21:20
135	Alexis Cortez-Holmes	23:41
151	Sarah Allison	25:41

Varsity Boys

208 Runners / 4th out of 29 Teams

11 th	Duncan Calvert	16:10
20 th	Patrick Mariolle	16:26
24 th	Stevie Greene	16:32
45 th	Nate Hill	17:01
73 rd	Victor Munoz	17:28
95 th	Josh Dull	17:50
113 th	Stephen Giuntini	18:13

Junior Varsity Girls

312 Runners

102 nd	Amanda Keith	22:53
143 rd	Olivia Duncan	23:32
194 th	Maddy Woelffer	24:27
209 th	Caitlin Kloess	24:52
DNF	Isabel Havens	

Junior Varsity Boys

443 Runners

80 th	Guy Forte	17:56
109 th	Arlo Rudy	18:09
143 rd	Nabai Habtemariam	18:31
157 th	Pedro Navea	18:38
226 th	Tony Lawson	19:18
232 nd	Mike Blanco	19:24
244 th	Jimmy Smale	19:33

**BSAL Meet with Salesian & Encinal
Point Pinole, Richmond
October 13, 2011**

Panthers Run By BSAL Foes

On Thursday, the Panthers remained undefeated in league competition with convincing wins over BSAL foes Salesian and Encinal. Running at Point Pinole Regional Park, site of this years league championships, the Panthers quick times are, hopefully, a prelude of things to come.

The Varsity Boys performance was equally as impressive as the first 7 runners across the finish line flashed the red and white of Saint Mary's. Leading the way were sophomores Stephen Giuntini and Josh Dull. Junior Pedro Navea's effort also earned him a nice time. Overall, the Panthers controlled both of these races from start to finish.

The Varsity Girls certainly looked like the undefeated, reigning BSAL champs on Thursday. The threesome of Spencer Moore, Mary Harrington, and Natalia Riccardi once again churned and turned across the rolling 3.0 mile course faster than anyone else to lead the Panther win. Caitlin Kloess, in only her second 3 mile race, ran very strong according to coach Denis Mohun. "Caitlin seems to be improving every week. She embodies what a complete commitment can accomplish. I expect her to continue to get faster."

Varsity Girls			Varsity Boys		
Saint Mary's 15 Salesian 50			Saint Mary's 15 Salesian 50		
Saint Mary's 19 Encinal 42			Saint Mary's 15 Encinal 50		
19 Runners			31 Runners		
1 st	Spencer Moore	20:15	1 st	Stephen Giuntini	17:24
2 nd	Mary Harrington	20:27	2 nd	Josh Dull	17:26
3 rd	Natalia Riccardi	20:46	3 rd	Patrick Mariolle	17:29
6 th	Amanda Keith	22:17	4 th	Nathaniel Hill	17:30
7 th	Olivia Duncan	22:25	5 th	Stevie Greene	17:30
8 th	Caitlin Kloess	22:28	6 th	Guy Forte	17:30
9 th	Alexis Cortez-Holmes	22:45	7 th	Duncan Calvert	17:32
12 th	Maddy Woelffer	23:53	10	Pedro Navea	18:00
15 th	Sarah Allison	25:02	12 th	Victor Munoz	18:09
			14 th	Nabai Habtemariam	18:30

The Girls teams, seeking their own slice of success, equaled the boys in depth, determination, and team score. The JV Girls, led by first year runner Lianne McKinney, placed 6 runners in the top 7 in earning a convincing 21 point win over Salesian. Kimiko Masuoka, Danae Husary, and first-timer Gabi Brito arrived, in impressive fashion, after Lianne.

The boys team, whose depth and determination continue to impress, posted dominant wins over their competition. Sophomore Jovani Barajas won the JV Boys race, leading a pack that placed 14 runners amongst the first 15 placers! Following Jovani were sophomores Mike Blanco and Tony Lawson. Mike Enferadi and Daveon Sadusky also had commendable runs, according to JV coach Jay Lawson.

Junior Varsity Girls			Junior Varsity Boys		
Saint Mary's 17 Salesian 44			Saint Mary's 19 Salesian 43		
Saint Mary's 15 Encinal 50			Saint Mary's 15 Encinal 50		
26 Runners			31 Runners		
1 st	Lianne McKinney	13:58	1 st	Jovani Barajas	11:36
2 nd	Kimiko Masuoka	14:18	3 rd	Mike Blanco	11:54
3 rd	Danae Husary	15:00	4 th	Tony Lawson	12:03
5 th	Gabi Brito	15:30	5 th	Rob Elmendorf	12:07
6 th	Siggy Palafox	15:54	6 th	Jimmy Smale	12:21
7 th	Jessica Reed	15:59	7 th	Zack Wilkinson	12:24
10 th	Jasmine Martin	16:41	8 th	Mike Enferadi	12:29
12 th	Kaitlin Moore	17:08	9 th	Jon DeLeon	12:35
13 th	Zodie Waxman	17:09	10 th	Daveon Sadusky	12:36
16 th	Barbara Montano	17:38	11 th	Woody Creech	12:53
19 th	Jane Verlaine	18:12	12 th	Gave Aguilar	13:01
20 th	Sarah Brown	18:26	13 th	Lawrence Teng	13:12
26 th	Mika Anderson	20:36	14 th	Dan Beeman	12:31
			15 th	Sammy Puebla	12:31
			19 th	Nick Mainaga	14:08
			23 rd	Carlos Martin	15:23
			26 th	Ed Kim	15:47
			28 th	Hennery Volkmer	16:28

Mariner & Saucony Cross-Country Invitational
Garin Park, Hayward
October 15, 2011

Soph/Frosh Girls
8th out of 9 Teams
102 Runners

4. St. Mary's HS - Berkeley 87

Place	Bib	Name	Time	Score	Behind Winner	Spread
5.	981	Caitlin Kloess	15:07.9	5.	01:00.3	} 01:58.3
9.	980	Amanda Keith	15:31.8	9.	01:24.2	
14.	983	Lianne McKinney	15:49.8	14.	01:42.2	
22.	984	Kaitlin Moore	16:23.4	22.	02:15.8	
40.	985	Soraya Shockley	17:06.2	37.	02:58.6	
45.	982	Victoria Mariolle	17:11.7	(41.)	03:04.1	
52.	986	Jane Verlaine	17:38.5	(43.)	03:30.9	
4.				(Total time for scoring runners: 1:19:59.1)	87	

Soph/Frosh Boys
117 Runners
2nd out of 10 Teams

2. St. Mary's HS - Berkeley 76

Place	Bib	Name	Time	Score	Behind Winner	Spread
4.	993	Arlo Rudy	12:11.3	4.	00:35.9	} 00:49.5
10.	987	Jovani Barajas	12:23.6	10.	00:48.2	
19.	992	Tony Lawson	12:56.7	19.	01:21.3	
21.	996	Zach Wilkinson	12:59.1	21.	01:23.7	
22.	989	Michael Blanco	13:00.8	22.	01:25.4	
26.	990	Jon DeLeon	13:13.8	(26.)	01:38.4	
32.	994	Daveon Sadusky	13:31.7	(31.)	01:56.3	
34.	991	Diego Perez	13:45.3	NS	02:09.9	
43.	995	Lawrence Teng	14:03.3	NS	02:27.9	
50.	988	Gabe Angular	14:29.1	NS	02:53.7	
2.				(Total time for scoring runners: 1:03:31.5)	76	

Mt. San Antonio College Invitational
Mt. San Antonio College, Walnut
October 21, 2011

Panthers Magical in Southern California

On Friday October 21st, the boys and girls varsity teams traveled to Mt. San Antonio College in Southern California for the 63rd annual running of the Mt. Sac Cross-Country Invitational. Billed as the “largest cross country meet in the world”, Mt. Sac typically features many of the top teams from around the Golden State.

The Lady Panthers entered Mt. Sac in relative anonymity, not having run a fresh, healthy, complete team for most of the season. However, by late Friday afternoon, the Panthers had been exposed for who they really were: a solid team that would have something to say at the NCS championships next month. Once again, led by returning all-state sophomore Spencer Moore’s victorious run, the girls amassed a scant 107 points to narrowly edge Fillmore (Los Angeles) for the runner-up spot. Mary Harrington, Natalia Riccardi, and Alexis Cortez-Holmes ran fine races for the medalists... as did sophomore Amanda Keith, who Coach Denis Mohun named his runner of the meet.

The boys team, competing against 24 other teams, out-ran, out-performed and out-scored the field to notch an impressive team victory on the challenging Mt. Sac course. Once again, Duncan Calvert crossed the line first for the Panthers, followed by Patrick Mariolle and Stevie Greene. Nate Hill and Guy Forte rounded out the scoring for the Panthers, whose 79 points were 13 better than runner-up San Marino (Southern California). After the meet, the Panthers collected their medals and plaques and headed for Disneyland. Asked by coach Denis Mohun what he’d like to do after the meet, he responded “I think I’ll go to Disneyland!” Yes indeed, this trip truly brought magic to the Panthers kingdom.

Varsity Boys
1st out of 24 Teams
159 Runners

5 th	Duncan Calvert	16:25
6 th	Patrick Mariolle	16:39
9 th	Stevie Greene	16:47
22 nd	Nate Hill	17:29
38 th	Guy Forte	17:53
43 rd	Stephen Giuntini	18:02
46 th	Victor Munoz	18:09

Varsity Girls
2nd out of 19 Teams
130 Runners

1 st	Spencer Moore	18:49
11 th	Mary Harrington	20:41
19 th	Natalia Riccardi	21:04
22 nd	Amanda Keith	21:21
60 th	Olivia Duncan	23:17
73 rd	Alexis Cortez-Holmes	24:07
91 st	Sarah Allison	25:03

Time Trials #2
Tilden Park, Berkeley
October 25, 2011
Tuesday

Boys	Sept 1	Oct 29	Improvement
Jovani B	DNR	11:54	---
Rob Elmendorf	12:55	12:01	:54
Zach Wilkinson	12:47	12:04	:43
Jimmy Smale	12:53	12:05	:49
Mike Blanco	12:42	12:06	:36
Jon DeLeon	13:25	12:15	1:10
Mike Enferadi	13:10	12:19	:51
Woody	DNR	12:22	---
Tony Lawson	DNR	12:24	---
Daveon Sadusky	12:04	12:26	:-22
Diego Perez	13:30	12:32	1:08
Daniel Beeman	14:43	12:42	2:01
Lawrence Teng	13:31	12:44	:47
Sammy Puebla	13:41	13:04	:37
Gabe Aguilar	13:57	13:17	:40
Nick M	DNR	14:32	---
Carlos Martin Del Campo	18:21	15:32	2:49
Edwin Kim	20:05	18:47	1:18
Stephen Cannon	DNR	19:21	---

Girls	Sept 1	Oct 29	Improvement
Caitlin Kloess	15:30	14:08	1:22
Lianne McKinney	16:37	14:10	2:27
Isabel Havens	16:40	14:36	2:04
Danae Husary	16:17	14:40	1:37
Gabi Brito	24:48	14:43	10:05
Jessica Reed	19:46	16:10	3:36
Jasmine Martin	18:28	16:14	2:14
Jane Verlaine	19:38	16:44	2:54
Barbara Montano	20:31	16:52	3:38
Soraya Shockley	18:45	17:05	1:40
Zodie Waxman	15:57	18:44	-2:47
Sarah Brown	18:36	19:07	:-31
Mika Anders	22:38	19:16	3:22
Nora Potts	DNR	19:38	

**BSAL Meet with Saint Joseph, Holy Names & John Swett
Crab Cove, Alameda
October 27, 2011**

Girl's Clinch Share of BSAL Title; Boys Must Wait

Last Thursday the Panthers culminated their league season with mixed results against rival St. Joseph's of Alameda. In cross country, league championships are determined (1) on the basis of which team has the best dual meet record.... and (2) which team wins the league championship race. Thus, after Thursday, the girls dual meet record finished the season 9-0... claiming at least a share of the league championship. The boys, however, were defeated by a very good, state-ranked St. Joseph's team. Thus, the boys must wait until this Thursday to hopefully stake a claim to their share of a BSAL title. For the junior varsity teams, league championships are won at the championship race.

The girls victory was impressive, defeating a talented Pilots team that featured several top runners from the area. The likes of Spencer Moore, Mary Harrington and the rest of the Lady Panthers, however, were too much for St. Joe's on this day. Sophomore newcomer Lianne McKinney had a splendid race, finishing 5th on the team in her first varsity race.

The JV Girls, once again, were dominant in their win... with freshmen Gabi Brito and Danae Husary placing 1st and 2nd. The JV Boys, whose exploits continue to wreak of depth and talent, dominated their race as well. Freshman Arlo Rudy, sophomore Jovani Barajas, and junior Jimmy Smale led a steady stream of Panthers to victory in their penultimate contest of the year.

Varsity Boys

Saint Mary's 32 St. Joseph 23

Saint Mary's 15 John Swett 50

30 Runners

3 rd	Duncan Calvert	16:02
4 th	Stevie Greene	16:26
6 th	Patrick Mariolle	16:37
9 th	Guy Forte	16:56
10 th	Nate Hill	17:06
11 th	Victor Munoz	17:07
14 th	Steven Giuntini	17:28
16 th	Josh Dull	17:35
17 th	Nabai Habtemariam	18:02
18 th	Pedro Navea	18:07

JV Boys

Saint Mary's 23 St. Joseph 38

Saint Mary's 17 John Swett 50

32 Runners

2 nd	Art Rudy	12:34
3 rd	Jovani Barajas	12:35
5 th	Jimmy Smale	13:14
6 th	Michael Blanco	13:14
7 th	Michael Enferadi	13:19
8 th	Rob Elmendorf	13:23
9 th	Jon DeLeon	13:41
10 th	Woodrow Creech	13:47
11 th	Zachary Wilkinson	13:50
12 th	Diego Perez	13:54
13 th	Tony Lawson	13:57
14 th	Daveon Sadusky	13:58
16 th	Daniel Beeman	14:07
19 th	Lawrence Teng	14:14
20 th	Gabriel Aguilar	14:17
22 nd	Sammy Pueblo	14:24
24 th	Nick Mainaga	15:02
27 th	Henry Volkmer	17:38
29 th	Edwin Kim	17:59

Varsity Girls

Saint Mary's 21 St. Joseph 38

Saint Mary's 15 John Swett 50

Saint Mary's 15 Holy Names 50

28 Runners

1 st	Spencer Moore	19:02
4 th	Mary Harrington	20:40
5 th	Natalia Riccardi	20:43
6 th	Amanda Keith	21:16
9 th	Lianne McKinney	22:08
10 th	Caitlin Kloess	22:11
11 th	Olson Duncan	22:16
12 th	Kimiko Masuoka	22:41
13 th	Alexis Cortez Holmes	22:44
15 th	Sarah Allison	23:39
18 th	Maddy Woelffer	24:19

JV Girls

Saint Mary's 18 St. Joseph 39

Saint Mary's 15 John Swett 50

Saint Mary's 15 Holy Names 50

29 runners

1 st	Gabi Brito	16:04
2 nd	Danas Husary	16:07
3 rd	Siggy Palafox	16:48
4 th	Jessica Reed	16:56
8 th	Jasmine Martin	17:38
10 th	Kaitlin Moore	18:22
11 th	Jane Verlaine	18:23
13 th	Barbara Montano	18:30
15 th	Soraya Shockley	18:56
16 th	Sarah Braun	19:38
17 th	Caitlin Meade	19:46
20 th	Mieko Anders	20:44
21 st	Zodie Waxman	21:05
24 th	Nora Potts	21:32

**B.S.A.L.
Bay Shore Athletic League Championship
Point Pinole, Richmond
November 3, 2011**

Panthers Main Attraction @ BSAL Championships

Thursday, November 3rd was championship day for BSAL cross country runners. For the athletes, the site was Point Pinole Regional Park, the atmosphere was nervously energetic, and the objective was to run your best race of the season. For many of the runners from Saint Mary's, this day would also mean "victory". Individually, the Panthers won 4 of the 5 races run, setting dozens of personal bests along the way. Then, after a couple of hours of cheering, exhorting, churning and sweating... the scoring was complete and the jubilation began. Collectively, Panther teams raced their way to 4 of the 5 championship banners awarded by the league. Overall, the day was a historic one in the lore of Saint Mary's cross country.

The Frosh-Soph boy set a dominant tone on this crisp, chilly day in Richmond... placing 10 runners in the top 15... 4 in the top 6... and having the overall champion, Jovani Barajas. Their 24 point team total was twice as good as runner-up Albany. Following Jovani on the 1st team All-League team were Mike Blanco, Tony Lawson, and Zach Wilkinson. 2nd team All-League selections included Jon DeLeon, Woody Creech, Daveon Sadusky, Daniel Beeman, Gabe Aguilar and Diego Perez. After the meet, Coach Lawson also praised freshmen Carlos Martin Del Campo and Edwin Kim for their best races of the year. In the end, it is fair to say that the entire F/S boys team deserves plenty of praise for the fine, undefeated season they've enjoyed.

Soph/Frosh Boys

Saint Mary's	24
Albany	53
Piedmont	79
Saint Joseph – Notre Dame	149
St. Patrick's – St. Vincent	115
Salesian	128
John Swett	Inc
Kennedy	Inc
Encinal	Inc

1st	Jovani Barajas	SM	11:20	27 th	Ahn Injung	ALB	12:59
2 nd	Myles Murphy	SAL	11:23	28 th	Gernet Phillip	SPSV	13:10
3rd	Mike Blanco	SM	11:28	29 th	Randall Ma	ALB	13:11
4 th	Ben Boskin	ALB	11:30	30 th	Edoria Brandon	SPSV	13:15
5th	Tony Lawson	SM	11:41	31 st	Andrew Hovermale	SJ	13:15
6th	Zachary Wilkinson	SM	11:44	32 nd	Jack Barr	SJ	13:32
7 th	Michael Williams	ALB	11:45	33 rd	Nick Mainaga	SAL	13:43
8 th	Lucas Kapman	ALB	11:46	34 th	Dominic Parella	SAL	13:45
9th	Jon DeLeon	SM	11:48	35 th	Tabique Laethan	SPSV	13:48
10th	Woodrow Creech	SM	11:49	36 th	Casey Oneal	SAL	13:49
11 th	Aaron Tiedemann	ALB	11:56	37 th	Matt Fong	P	13:54
12th	Daveon Sadusky	SM	12:02	38th	Carlos Martin Del Campo	SM	13:56
13th	Daniel Beeman	SM	12:09	39 th	Eakin Jason	SPSV	14:02
14th	Gabe Aguilar	SM	12:15	40 th	Major Jon	SPSV	14:23
15th	Diego Perez	SM	12:17	41 st	Jalen Humpton	SAL	14:34
16 th	Renzo Downey	P	12:26	42 nd	Brandon Kimura	SJ	14:36
17 th	Cameron Verinsky	Alb	12:31	43 rd	Andrew Beasley	SAL	14:54
18 th	Miles Von Hermann	P	12:34	44th	Edwin Kim	SM	15:10
19 th	Sam Baton	SPSV	12:35	45 th	Nogaliza Anthony	SPSV	15:11
20 th	Chris Fong	P	12:36	46 th	Johnluke Mowat	P	15:14
21 st	Cadie Aaron	SPSV	12:38	47 th	Kohl Grunt	SJ	15:19
22 nd	Mark Venturini	SJ	12:40	48 th	Nyima Rookha	ALB	15:23
23rd	Lawrence Teng	SM	12:42	49 th	DelRosario Francis	SPSV	15:24
24 th	Max Conty	P	12:46	50 th	Andrew Leong	SJ	15:25
25 th	Henry Ferguson	P	12:51	51 st	Austin Wisherop	SAL	15:37
26 th	John Cuevas	SPSV	12:55	52 nd	Rhodes Will	SPSV	15:59

**NCS Championships
Hayward High School, Hayward
November 19, 2011**

Panthers Run Wild; Boys 1st, Girls 2nd at NCS Championships

Buoyed by strong individual performances from Spencer Moore, Duncan Calvert and Stevie Greene, both girls and boys cross country teams ran their way to the state meet championships with strong performances at the North Coast Section Championships on Saturday.

The girls, whose recent performances suggest they are peaking at just the right time, were sparked by an unbelievable race from Spencer Moore. Racing against Nicole Lane from El Molino High School, Spencer passed through the first and second miles in a virtual dead heat with Lane... matching strides, tempo and determination with the top-ranked Lane until finally succumbing in the final 100 meters. Still, Spencer's time is the 4th fastest in the history of NCS Division IV girls cross country and the fastest time in school history. Her efforts earned her 1st team all NCS (all divisions) and, more importantly, earned her team a trip to Fresno next week. Mary Harrington and Natalia Riccardi also scored a pair of top 13 finishes... while emerging sophomore Lianne McKinney ran a personal best to finish 18th. Amanda Keith, Caitlin Kloess and Sarah Allison finished the scoring for the Panthers, whose 67 points were good for the runner-up spot behind winner Arcata High School. All in all, the lady Panthers performance was more than praise-worthy on Saturday... it was simply awesome!

For the boys, team titles and championships are not new... with 3 of the last 5 titles being adorned by the red and white of Saint Mary's. However, this group... led by seniors Duncan Calvert, Stevie Greene and Nate Hill... could not take ownership for the previous championship crowns. Saturday changed that fact. Having been the top-ranked team the entire year, this group of Panthers showed why with a gritty, hard-fought, convincing win over 2nd ranked Sir Francis Drake (San Anselmo) that officially cements this group as one of the school's best ever. Duncan Calvert led the way, finishing 3rd. Stevie Greene joined him on the All-NCS team with a 5th place finish... followed by Patrick Mariolle, Stephen Giuntini, Nate Hill, Guy Forte and senior Victor Munoz. Together, this group amassed a mere 60 points to win by 19 points.

**Varsity Boys
1st out of 17 Teams
122 Runners**

1. 60 St. Mary's College Hs (16:25 1:22:02 1:04)

Score	Place	Name	Grade	Time
3 rd	3 rd	Duncan Calvert	12	15:54
5 th	5 th	Stevie Greene	12	16:01
9 th	9 th	Patrick Mariolle	11	16:19
21 st	21 st	Stephen Giuntini	10	16:50
22 nd	23 rd	Nate Hill	12	16:58
24 th	25 th	Guy Forte	11	17:00
33 rd	35 th	Victor Munoz	12	17:13

**Varsity Girls
2nd out of 16 Teams
110 Runners**

2. 67 St. Mary's College Hs (19:45 1:38:44 3:03)

Score	Place	Name	Grade	Time
2 nd	2nd	Spencer Moore	10	17:45
12 th	12 th	Natalia Riccardi	11	19:53
13 th	13 th	Mary Harrington	12	19:55
18 th	18 th	Lianne McKinney	10	20:23
22 nd	24 th	Amanda Keith	10	20:48
24 th	26 th	Caitlin Kloess	10	21:09
56 th	61 st	Sarah Allison	12	22:49

**CIF State Cross-Country Championship
Woodward Park, Fresno
November 26, 2011**

Spencer Moore, Duncan Calvert lead Panthers at State

The California State Championships are, as thousands of aspiring runners found, the pinnacle of cross country running. Talent, drive, resolve and enthusiasm engulfed Woodward Park (Clovis, CA) on Saturday as California's top runners tested themselves against the best from around the Golden State. In the end, the Panthers from Saint Mary's represented themselves with pride and determination. Sophomore Spencer Moore was an individual medalist, finishing 9th in a personal best and school-record 18:07. Mary Harrington (20:37), Natalia Riccardi (20:43), Lianne McKinney (21:00), Olivia Duncan (21:44), Amanda Keith (22:11), and Kimiko Masuoka (22:46) also competed for the 13th place Panthers.

For the boys, senior Duncan Calvert narrowly missed the medal stand, finishing 12th in his personal best 15:58. Duncan's time also places him 4th in school history on the Woodward Park course. Following Duncan were Stevie Greene (16:38), Patrick Mariolle (16:47), Nate Hill (17:20), Josh Dull (17:47), Stephen Giuntini (17:53) and Victor Munoz (18:22), who together placed 11th.

In sum, what a great season it has been! Thanks for all the support, cheers, good will and effort that has come from the runners, parents, coaches and administration. Saint Mary's..... Hail!!

**Varsity Boys
11th out of 24 Teams
197 Runners**

11. 267 St. Mary's College (16:54 1:24:30 1:49)

Score	Place	Name	Grade	Times
6 th	12 th	Duncan Calvert	SR	15:58
30 th	43 rd	Stevie Greene	SR	16:38
38 th	51 st	Patrick Mariolle	JR	16:47
80	102 nd	Nate Hill	SR	17:20
113	140 th	Josh Dull	SO	17:47
117	144 th	Stephen Giuntini	SO	17:53
136	168 th	Victor Munoz	SR	18:22

**Varsity Girls
13th out of 24 Teams
194 Runners**

13. 358 St. Mary's College (20:28 1:42:17 3:37)

Score	Place	Name	Grade	Times
5 th	9 th	Spencer Moore	SO	18:07
72 nd	97 th	Mary Harrington	SR	20:37
79 th	105 th	Natalia Riccardi	JR	20:49
87 th	113 th	Lianne McKinney	SO	21:00
115 th	145 th	Olivia Duncan	JR	21:44
129 th	159 th	Amanda Keith	SO	22:11
140 th	171 st	Kimiko Masuoka	JR	22:46