

Cross-Country

2008

Bay Shore Athletic League
Varsity Boys - Champions
Varsity Girls - Champions
Junior Varsity Boys - Champions
Junior Varsity Girls - Champions

North Coast Section
Varsity Girls - Champions
Varsity Boys - Runner-Up

California Interscholastic Federation
Varsity Girls - State Runner-Up
Varsity Boys – 6th Place

Schedule

Date	Meet	Venue	Time
August 23 (Saturday)	5 th Annual Parent's Run	Tilden, Berkeley	9:00
August 28 (Thursday)	Time Trial	Tilden, Berkeley	4:00
September 2 (Tuesday)	Monte Vista Invitational	Oak Hill Park, Danville	4:30
September 10 (Wednesday)	Sacred Heart Cathedral (scrimmage)	Joaquin Miller Park, Oakland	3:30
September 13 (Saturday)	Ed Sias invitational	Hidden Valley Park, Martinez	9:00
September 20 (Saturday)	Farmers Invitational	Hayward H. S., Hayward	8:45
September 25 (Thursday)	Kennedy, Albany, Alameda & Encinal	Tilden, Berkeley	3:30
September 27 (Saturday)	Stanford Invitational	Stanford, Palo Alto	8:00
October 2 (Thursday)	Holy Names, Salesian, Encinal & Berkeley	Point Pinole, Richmond	3:30
October 11 (Saturday)	Clovis Invitational (Var)	Woodward Park, Clovis	8:45
October 16 (Thursday)	SPSV & SJND	Benicia State Park	3:30
October 18 (Saturday)	Mariner Invitational (JV)	Garin Park, Hayward	8:00
October 22 (Wednesday)	Piedmont	Crab Cove, Alameda	3:30
October 24 (Friday)	Mt. SAC Invitational (Var)	Mt. San Antonio College, Walnut	3:38
November 6 (Thursday)	BSAL Championship	Crab Cove, Alameda	2:30
November 22 (Saturday)	Meet of Championship	Hayward H. S., Hayward	TBA
November 29 (Saturday)	California State Championship	Woodward Park, Clovis	TBA

Head Boy's Coach:	Jeff Rogers
Head Girl's Coach:	Denis Mohun
Assistant Boy's Coach:	Craig Sutphin
Assistant Girl's Coach:	Mike Smith
Assistant Girl's Coach:	Bridget Duffy

Roster

Girls

Sarah Allison	09
Sierra Bundy	09
Alexis Cortez-Holmes	09
Akeli Ledesma-Turner	09
Claire Sullivan	09
Alexandria Amamgbo	09
Mary Harrington	09
Alejandra Manalili	09
Zina Foston	09
Equiana Brown	09
Daisy Merida	09
Jessica White	09
Gabriella Greci	09
Isabella Smull	09
Anahi Hernandez	09

Jade Hodge	10
Annie Woelffer	10

Hannah Brumbaum	11
Alex Choy	11
Regina Clincy	11
Bridget Hansen	11
Taylor Lawson	11
Maeva Riley	11
Jaime Toy	11
Maya Wamukota	11

Alice Baker	12
Ashley Davis	12
Margot Sullivan	12

Boys

Kennedy Mesfun	09
Victor Munoz	09
Jonathan Ordonez	09
Tim Holm	09
Nate Hill	09
Duncan Calvert	09
Alfonso Garcia	09
Stevie Greene	09

Matt Dull	10
Jordan Wong	10
Jimmy Plain	10

Dan Maxwell	11
Angus Sidore	11
Tarin Smith	11
Tony Levine	11
Ben Jelinsky	11
Eddie Hill	11
Mike Giuntini	11
Will Brady	11

Daniel Woelffer	12
Kellen Asercion	12

**Bay Shore Athletic League
Duel Meet Records**

**Varsity Boys
9-0**

**Varsity Girls
10-0**

**Junior Varsity Boys
7-2**

**Junior Varsity Girls
10-0**

C.I.F. State Honors
Dan Maxwell - First Team

N.C.S. Section Honors

Taylor Lawson – First Team

Dan Maxwell – First Team

Alice Baker – First Team

Margot Sullivan – First Team

Alex Choy – First Team

Ashley Davis – First Team

B.S.A.L. League Honors

Alex Choy – Most Valuable Runner

Dan Maxwell – Most Valuable Runner

Taylor Lawson – First Team

Tony Levine – First Team

Alice Baker – First Team

Kellen Ascercion – First Team

Margot Sullivan – First Team

Annie Woelffer – Second Team

Eddie Hill – Second Team

Hannah Brumbaum – Second Team

Angus Sidore – Second Team

**SM Varsity
Block & Letter**

Annie Woelffer
Jimmy Plain*^
Hannah Brumbaum
Dan Maxwell
Alex Choy
Angus Sidore*
Tony Levine
Taylor Lawson
Eddie Hill
Mike Giuntini*^
Will Brady
Alice Baker
Margot Sullivan
Kelen Asercion
Dan Woelffer
Ashley Davis

***First Saint Mary's Block in Cross-County**

^ First Saint Mary's Athletic Block

Awards

Nick Maniatis
"True Guts Award"
Kellen Ascercion

Julian Barnett Award
Alice Baker

Junior Varsity Boys
Most Valuable Runner
Jimmy Plain

Junior Varsity Boys
Most Improved Runner
Alfonso Garcia

Junior Varsity Boys
"Three Musketeers"
Nate Hill

Junior Varsity Boys
"Three Musketeers"
Stevie Greene

Junior Varsity Boys
"Three Musketeers"
Duncan Calvert

Junior Varsity Girls
Most Valuable Runner
Daisy Merida

Junior Varsity Girls
Most Improved Runner
Claire Sullivan

Francis Mason Award
Ashley Davis

Junior Varsity Girls
Coaches Award
Mary Harrington

Varsity Girls
Most Improved Runner
Ashley Davis

Varsity Girls
Coaches Award
Alice Baker

Varsity Girls
Coaches Award
Margot Sullivan

Varsity Girls
Most Valuable Runner
Alex Choy

Varsity Girls
Most Valuable Runner
Taylor Lawson

Varsity Boys
Most Valuable Runner
Dan Maxwell

Varsity Boys
Captains Awards
Kellen Asercion

Varsity Boys
Captains Awards
Daniel Woelffer

5th Annual Parent Run-Walk

Tilden Park, Berkeley

Saturday, August 23, 2008

On Saturday, the 2008 cross-country season kicked off with the 5th annual Parent's & Family Run. This day has traditionally been one that allows parents, family members, coaches, and athletes to mingle, exchange information about the upcoming season, and enjoy a leisurely (or sometimes competitive) morning run on the trails at Tilden Park. The event culminates with a bagel & fruit breakfast and a raffle that awards "Panther" sweatshirts, hats, T-shirts and bags.

For the 2nd straight year, Andy Maxwell (father of Dan – class of 10') was the day's "Fastest Dad", just edging out Phil Greene (Stevie- class of 2012). The "Fastest Mom" award went to Kate Wadsworth (Alice Baker, class of 09'), with Linda Harrington (Mary – class of 2012) and Maureen Woelffer (Daniel, 09' & Annie, 11') finishing 2nd and 3rd respectively.

Leading the way for the JV boys team were Duncan Calvert (10:52) and Nate Hill (11:01). The JV girls were lead by Mary Harrington (13:57) and Alexis Cortez-Holmes (14:13).

Parents 1.80 Mile Run-Walk

Andy Maxwell	11:08	Steve Baker	20:20
Phil Greene	11:19	Mario Lee	20:29
Madeline Harrington	12:37	Sophia Cortez-Holmes	21:21
Kate Wadsworth	12:37	Lisa Cortez-Holmes	21:30
Meghan Harrington	13:33	Jay Asercion	22:52
Linda Harrington	13:34	Dan Holm	24:31
Paul Sidore	15:28	Jason Holmes	26:19
Maureen Woelffer	16:19	Rob Calvert	26:20
Katie Woelffer	16:33	Katie Calvert	31:20
Joe Woelffer	17:01	Meg Holm	31:20
Sylvie Sullivan	17:41	Jennifer Lee	31:39
Sandy Brumbaum	17:41	Pat Choy	31:39
Bob Hill	18:02	Joanne Asercion	32:05
Olivia Baker	19:24	Marta Garcia	32:05
Wendi Boselli	19:34	Donna Kramer	35:15
Eliza Baker	20:19	Gia Kramer	35:16

Saint Mary's Athlete's Junior Varsity 1.80

Duncan Calvert	10:52	Tarin Smith	13:51
Nate Hill	11:01	Mary Harrington	13:57
Stevie Greene	11:34	Alexis Cortez-Holmes	14:13
Mike Giuntini	11:43		
Alfonso Garcia	12:44		

Saint Mary's Athlete's Varsity 2.70

Tony Levine	20:03	Alex Choy	22:03
Dan Woelffer	20:03	Taylor Lawson	22:03
Will Brady	20:03	Alice Baker	22:03
Dan Maxwell	20:03	Annie Woelffer	22:03
Eddie Hill	20:03	Ashley Davis	22:03
Angus Sidore	20:18	Margot Sullivan	22:53
		Hannah Brumbaum	25:27

Parents 2.70 Miles Run

Gia Kramer 23:41

10th Annual Time Trial

Tilden Park, Berkeley

Thursday, August 28, 2008

On Thursday, Tilden Park was smoking! Not only did it seem like the hottest day of the year (Temp: low 90's), but the Cross Country team made it even hotter! Thursday was the much-anticipated season-opening Time Trial. The Time Trial kicks off the competitive racing season for the Panthers. This event dates back 10 years with the inaugural run staged in 1999. Records, All-Time lists and bragging rights are part of what makes this event special. This years' event was amongst the best ever. No less than 18 athletes broke the top 10 all-time in their respective grades. Leading the way was the junior class, with 7 athletes amongst the best of all-time. Next were the seniors and the freshmen with 5 athletes each, followed by the sophomores with 1. Overall, 48 athletes competed, making the coaches have 48 different reasons to smile. Congratulations to all those who sweated out the 1.85 mile course! Next up for the Panthers is the Monte Vista Invite on Tuesday, September 2nd at Oak Hill Park in Danville. First race is at 4:00 pm.

Tony Levine	10:25	Taylor Lawson	11:51
Dan Maxwell	10:42	Alex Choy	11:57
Will Brady	10:47	Alice Baker	12:33
Eddie Hill	11:00	Ashley Davis	12:47
Kellen Asercion	11:03	Margot Sullivan	13:17
Dan Woelffer	11:04	Hannah Brumbaum	13:47
Jimmy Plain	11:56	Annie Woelffer	13:58
Angus Sidore	11:58	Daisy Merida	15:50
Nate Hill	12:24	Mary Harrington	16:04
Duncan Calvert	12:46	Izzy Smull	16:04
Stevie Greene	12:50	Alexis Cortez-Holms	16:09
Matt Dull	13:12	Regina Clincy	16:18
Victor Munoz	13:23	Sarah Allison	16:57
Michael Giuntini	13:53	Claire Sullivan	17:06
Alfonso Garcia	13:53	Maeva Riley	18:30
Jordan Wong	14:12	Zina Foston	22:01
John Ordonez	14:13	Sierra Bundy	23:07
Enrique Romero	14:18	Akeli Ledesma-Turner	23:08
Tarin Smith	15:04	Kira Black	26:14
Ben Jelinsky	15:50	Jessica White	26:15
Kennedy Mesfun	21:49	Gabriella Greci	26:15
Emilio Navarro	21:59	Jade Hodge	26:16
Nick Stone	22:00	Alexandria Amamgbo	26:17
Matt Gomez	23:04		

Monte Vista Invitational
Oak Hill Park, Danville
Monday, September 2, 2008

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 Castro Valley, Amador Valley, Granada, Livermore, San Ramon Valley, host Monte Vista and a dozen other schools were entered. And, as usual, the Panthers held their own. The girls team was especially strong, with juniors Taylor Lawson and Alex Choy... along with seniors Alice Baker and Ashley Davis recording the 3rd, 4th, 7th and 16th fastest times of the day, respectively. With junior Hannah Brumbaum's solid performance, the Lady Panthers would have placed 1st overall had the meet been a scoring affair. Instead, the girls would settle for plenty of medals and verbal accolades.

The boys were nearly as impressive, with juniors Dan Maxwell, Will Brady and Eddie Hill leading the way. All recorded personal bests on the tough, hilly 2-mile course. Senior co-captains Kellen Asercion and Daniel Woelffer also had strong performances for the Panthers.

This meet also served as the inaugural competition for the freshman class. Led by medalists Stevie Greene, Duncan Calvert and Nate Hill, the boy's class of 2012 served notice that they will be a class that will leave its mark. Each boy placed in the top 10, and each brought home medals in their first competition as a Panther. Likewise, the freshmen girls had a strong showing, led by Isabella ("Izzy") Smull and Mary Harrington. Each girl placed in the top 20 in the freshman race, which featured over 75 runners representing 14 schools. Daisy Merida and Alexis Cortez-Holmes also ran very good races.

Seniors

69 Runners

Kellen Asercion	15 th	12:15.91
Dan Woelffer	17 th	12:21.78

79 Runners

Alice Baker	3 rd	13:25.37
Ashley Davis	7 th	13:49.08

Juniors

102 Runners

Dan Maxwell	4 th	11:17.03
Will Brady	13 th	11:56.09
Tony Levine	20 th	12:21.21
Ed Hill	18 th	12:26.29
Angus Sidore	29 th	12:53.03
Tarin Smith	90 th	16:30.56
Ben Jelinsky	96 th	17:11.84

75 Runners

Taylor Lawson	2 nd	13:11.39
Alex Choy	3 rd	13:16.97
Hannah Brumbaum	12 th	15:05.59
Regina Clincy	42 nd	17:25.56
Maeva Riley	61 st	20:09.23
Jaime Toy	68 th	20:59.07

Sophomore

124 Runners

Jordan Wong	87 th	16:17.72
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105 Runners

Annie Woelffer	15 th	15:26.65
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Freshmen

78 Runners

Stevie Greene	4 th	13:21.17
Duncan Calvert	7 th	13:25.19
Nate Hill	8 th	13:25.44
Alfonso Garcia	41 st	15:14.31
Victor Munoz	46 th	15:44.79
Jonathan Ordonez	59 th	16:54.47

73 Runners

Izzy Smull	20 th	16:12.59
Marry Harrington	22 nd	16:20.08
Daisy Merida	32 nd	17:02.59
Alexis Cortez-Holms	33 rd	17:03.66
Sara Allison	42 nd	17:26.40
Claire Sullivan	55 th	18:59.88

Sacred Heart Cathedral Scrimmage

Joaquin Miller, Piedmont

Wednesday, September 11, 2008

On Wednesday, the Panthers ran a scrimmage race against fellow La Sallian school Sacred Heart Cathedral of San Francisco. The event marked what hopes to be a long-standing, annual affair between the sister schools. As usual, the Panthers and their supporters were out in full force. Once again, leading the way was the State #1 ranked girls team, who got impressive performances from Annie Woelffer, Alex Choy, Alice Baker, Ashley Davis and Taylor Lawson. Additionally, freshman Isabella Smull turned in a courageous, tough performance on the hilly, treacherous Joaquin Miller course. Fellow freshmen Mary Harrington and Claire Sullivan also had fine runs for the Lady Panthers.

For the boys, strong performances were turned in by juniors Eddie Hill, Angus Sidore, Dan Maxwell and Tony Levine. As well, freshmen Duncan Calvert, Stevie Greene and Nate Hill continue to impress, all covering the 2-mile course in fine fashion.

Overall, the event was great. Parents brought food and drinks for the athletes after the meet, there were prizes (t-shirts, shoe bags, socks, etc..) raffled out, and the meet culminated with a much-anticipated race between Sacred Heart's vice-principal, Mr. Cannon, and our own Mr. Imperial. As the Panthers saw it, Mr. Imperial edged him out in the end for a well deserved victory. You can see all the results below.

Girls 37 Runners

1 st	A. Woelffer	14:56
2 nd	A. Baker	15:00
3 rd	A. Davis	15:00
4 th	A. Choy	15:00
5 th	T. Lawson	15:00
9 th	I. Smull	16:48
12 th	M. Harrington	17:10
15 th	C. Sullivan	17:47
16 th	R. Clincy	17:49
17 th	A. Cortez-Holmes	18:01
18 th	S. Allison	18:03
25 th	M. Riley	18:47
26 th	A. Ledesma-Turner	19:09
27 th	Z. Foston	19:11
30 th	J. Toy	19:46
31 st	M. Wamukota	20:07
32 nd	J. White	20:32
35 th	K. Black	22:55
36 th	J. Hodge	24:34
37 th	A. Amambo	26:22

Boys 49 Runners

2 nd	D. Maxwell	12:18
3 rd	T. Levine	12:18
4 th	E. Hill	12:27
5 th	W. Brady	12:32
6 th	D. Woelffer	12:55
7 th	A. Sidore	13:19
9 th	J. Plain	13:33
11 th	D. Calvert	14:14
12 th	S. Greene	14:16
14 th	N. Hill	14:30
17 th	M. Dull	14:44
20 th	V. Munoz	15:18
23 rd	J. Wong	15:24
24 th	A. Garcia	15:25
28 th	M. Giuntini	15:36
30 th	J. Ordonez	16:12
34 th	T. Smith	16:59
35 th	A. Navarro	17:11
40 th	B. Jelinsky	17:51
41 st	J. Adams	18:24
45 th	J. Lazarus	19:25
48 th	M. Gomes	20:54
49 th	K. Mesfun	20:55

Hidden Valley Park, Martinez

Saturday, September 13th

Varsity Boys

125 Runners

7 th	Dan Maxwell	10:28.8
17 th	Tony Levine	10:51.7
71 st	Angus Sidore	11:59.5

Junior Varsity Boys

19th out of 24 Teams & 182 Runners

72 nd	Matt Dull	13:14.1
90 th	Mike Giuntini	13:27.2
134 th	Jordan Wong	14:11.6
150 th	Tarin Smith	14:45.2
163 rd	Ben Jelinsky	15:29.1

Freshmen Boys

12th out of 15 Teams & 174 Runners

14 th	Duncan Calvert	12:25.6
15 th	Stevie Greene	12:26.8
71 st	Victor Munoz	14:03.3
81 st	Alfonso Garcia	14:15.3

Varsity Girls

1st out of 10 Teams 78 Runners

3 rd	Taylor Lawson	12:25.8
5 th	Alex Choy	12:41.7
9 th	Alice Baker	13:01.0
11 th	Margot Sullivan	13:18.2
14 th	Ashley Davis	13:27.1
47 th	Isabella Smull	14:56.6

Junior Varsity Girls

5th out of 16 Teams & 115 Runners

7 th	Daisy Merida	14:33.8
14 th	Mary Harrington	15:02.8
41 st	Sarah Allison	16:06.2
42 nd	Regina Clincy	16:07.4
46 th	Maeva Riley	16:16.1
75 th	Claire Sullivan	17:08.9

**Farmer Invitational
Hayward High School
Saturday, September 20, 2008**

On Saturday, the Panthers competed at the 6th annual Farmer Invitational, hosted by Hayward High School, on the site of the NCS championship meet. With the ultra-competitive Stanford Invitational just a week away, the potential for runners to look beyond the Farmer Invitational loomed. However, a bowl of focus flakes must have been digested by the Panthers this morning because they ran like this was their last race. Starting with the JV girls and finishing with the Varsity boys, all teams were exceptional on this day. Junior Hannah Brumbaum led the JV girls to a team victory, running the 2.0 mile course in an efficient 13:32. Freshmen Isabella Smull, Daisy Merida and Akeli Ledesma-Turner also received individual meet honors with their top 10 finishes. Mary Harrington, Regina Clincy and Maeva Riley also had outstanding runs for the Panthers.

The JV boys also recorded their first invitational win of the season. Sophomore Jimmy Plain continued his impressive season thus far by churning out a crowd-pleasing, come-from-behind victory in 11:14. Following Jimmy were a trio of outstanding freshmen, led by Duncan Calvert and including Stevie Greene and Nate Hill. Sophomore Matt Dull closed out the scoring for the Panthers who out-dueled American High School from Fremont for the team title. Junior Mike Giuntini also recorded a nice performance for himself and the Panthers.

Junior Varsity Boys

1st out of 21 Teams & 105 Runners

1 st	Jimmy Plain	11:15
8 th	Duncan Calvert	11:47
9 th	Stevie Greene	11:48
14 th	Nate Hill	12:09
20 th	Matt Dull	12:20
33 rd	Michael Giuntini	12:37
48 th	Alfonso Garcia	12:51
55 th	Jonathon Ordonez	13:07
56 th	Jordan Wong	13:11
57 th	Tarin Smith	13:13
98 th	Ben Jelinsky	14:32
111 th	Jaylend Lazarun	15:15

Junior Varsity Girls

1st out of 21 Teams & 105 Runners

1 st	Hannah Brumbaum	13:27.47
2 nd	Isabella Smull	13:54.19
3 rd	Daisy Merida	13:54.76
5 th	Mary Harrington	14:10.56
10 th	Akeli Ledesma-Turner	14:28.52
14 th	Regina Clincy	14:45.07
16 th	Alexis Cortez-Holmes	14:55.44
18 th	Claire Sullivan	15:01.49
20 th	Sarah Allison	15:04.42
25 th	Maeva Riley	15:18.78
38 th	Zina Foston	15:44.49
45 th	Maya Wamukota	15:50.89
60 th	Jaime Toy	16:25.26
81 st	Jessica White	17:33.44
96 th	Jade Hodge	19:02.13
99 th	Equiana Brown	20:35.43
101 st	Anahi Hernandez	20:41.40
102 nd	Alexandria Amamgbo	20:43.11
103 rd	Gabriela Greci	21:00.24

-continued-
Farmer Invitational
Hayward High School
Saturday, September 20, 2008

For the Varsity, both teams would dominant the 20 team meet. The girls would place all 6 of their runners in the top 15... with their top 5 finishing amongst the top 10 overall. Junior Alex Choy led the way with an outstanding early season 18:32 on the Meet of Champions course. Taylor Lawson, Alice Baker, Ashley Davis, Margot Sullivan and Annie Woelffer would finish the scoring for the #1 state ranked Lady Panthers.

For the boys, the performance of the day would go to junior Dan Maxwell. Coming off a solid performance at Ed Sias, coaches were expecting a strong run from Dan. However, he blew even the loftiest expectations out the window. His 15:31 over the rolling, grassy 3.0 mile course was the second fastest in school history, only trailing the 15:25 of current Brown University runner Matt Duffy in 2006. Following his blazing trail were juniors Tony Levine (16:31), Eddie Hill (16:43) and Will Brady (16:50). Seniors Kellen Asercion and Dan Woelffer closed out the scoring for the victorious Panthers

Varsity Boys

1st out of 21 Teams & 103 Runners

2 nd	Dan Maxwell	15:32
8 th	Tony Levine	16:33
12 th	Eddie Hill	16:43
13 th	Will Brady	16:50
20 th	Kellen Asercion	17:28
33 rd	Dan Woelffer	17:42
38 th	Angus Sidore	18:01

Varsity Girls

1st out of 21 Teams & 63 Runners

2 nd	Alex Choy	18:34.69
3 rd	Taylor Lawson	19:05.85
5 th	Alice Baker	19:16.83
6 th	Ashley Davis	19:36.54
7 th	Margot Sullivan	19:40.56
14 th	Annie Woelffer	20:43.63

Bay Shore Athletic League Meet
Albany, Encinal & Alameda
Tilden Park, Berkeley
Thursday, September 25, 2008

Panthers Run By Opponents in BSAL Opener

The defending BSAL champion cross-country teams opened the league season on Thursday in impressive fashion. The opponents were league rivals and NCS ranked Albany and Alameda, as well as Encinal and Kennedy-Richmond. In all, over 150 athletes would compete on the notoriously tough Tilden Park course... and in the end Saint Mary's had once again positioned itself as the favorites to repeat as league champions.

The JV Girls opened the meet with resounding victories over the above-mentioned competitors. Led by up-and-coming stars Daisy Merida, Isabella ("Izzy") Smull and Mary Harrington, who swept the first three places, the girls scored 20+ point wins over all four schools. Several other athletes, including juniors Regina Clincy and Maeva Riley and freshmen Sarah Allison and Zina Foston ran solid races for the Panthers. Unlike, the girls, the JV Boys had their hands full on Thursday. Alameda and Albany traditionally field very strong JV teams... and this year's boys were no different. Without their top runner, Jimmy Plain (who ran in the varsity race this day), the JV Panther boys could not muster enough strength to out-do the Hornets or the Cougars. Still, very strong performances were turned in by freshmen Duncan Calvert and Alfonso Garcia... as well as sophomores Matt Dull and Jordan Wong. As coach Craig Sutphin said afterward, "Today was a wake-up call for us. Our early season success may have made our team a bit complacent. 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 take-off."

Pain was certainly part of the Varsity Boys vocabulary on Thursday. Two teams, Alameda and Albany, are recognized around the East Bay cross-country community as two of the better teams in the area. Thus, victory would not be achieved without some pain. Fortunately, these 2008 Panthers would trade pain for victory. Running without ill-stricken junior Will Brady, the Panthers still managed to record convincing victories over their league rivals. Juniors Tony Levine and Dan Maxwell led a 1-2 Panther sweep of the race. Eddie Hill, Dan Woelffer, Kellen Asercion, Angus Sidore and Jimmy Plain then closed the scoring for the now 4-0 Panthers.

The Varsity Girls also flexed their top-ranked muscles on Thursday. Following the boys' path, junior Alex Choy and senior Alice Baker led a 1-2 Panther sweep on their way to big wins in this BSAL opener. Co-captain Margot Sullivan, senior Ashley Davis and junior Hannah Brumbaum finished the scoring for the Lady Panthers who now look forward to Saturday's Northern California showdown at Stanford.

Varsity Boys

Saint Mary's	24	Saint Mary's	22	Saint Mary's	15	Saint Mary's	15
Alameda	35	Albany	33	Encinal	50	Kennedy	50

Varsity Girls

Saint Mary's	15	Saint Mary's	20	Saint Mary's	15	Saint Mary's	15
Alameda	45	Albany	37	Encinal	45	Kennedy	45

Junior Varsity Boy's

Saint Mary's	40	Saint Mary's	39	Saint Mary's	18	Saint Mary's	15
Alameda	19	Albany	19	Encinal	43	Kennedy	50

Junior Varsity Girl's

Saint Mary's	15	Saint Mary's	17	Saint Mary's	15	Saint Mary's	15
Alameda	50	Albany	37	Encinal	50	Kennedy	50

Boys Varsity - 33 Runners

1 st Tony Levine	SM	17:17
2 nd Dan Maxwell	SM	17:21
8 th Eddie Hill	SM	18:13
9 th Daniel Woelffer	SM	18:18
11 th Kellen Asercion	SM	18:33
14 th Angus Sidore	SM	19:03
15 th Jimmy Plain	SM	19:08

Girl's Varsity - 24 Runners

1 st Alex Choy	SM	20:32
2 nd Alice Baker	SM	20:39
4 th Margot Sullivan	SM	21:30
6 th Ashley Davis	SM	22:16
7 th Hannah Brumbaum	SM	22:44
8 th Taylor Lawson	SM	22:45

Boys JV - 64 Runners

4 th Duncan Calvert	10:28
11 th Matt Dull	10:47
13 th Stevie Greene	10:53
19 th Nate Hill	11:03
25 th Jordan Wong	11:31
27 th Alfonso Garcia	11:35
35 th Victor Munoz	11:57
38 th Jonathan Ordonez	11:59
42 nd Tarin Smith	12:15
47 th Tim Holm	12:42
50 th Jaree Adams	13:09
53 rd Ben Jelinsky	13:33
58 th Matthew Gomez	14:26
59 th Kennedy Mesfun	14:44
60 th Jaylend Lazarus	14:45

Girls JV - 42 Runners

1 st Daisy Merida	12:26
2 nd Isabella Smull	12:28
3 rd Mary Harrington	12:36
4 th Alexis C-H	13:23
6 th Regina Clincy	13:25
7 th Sarah Allison	13:26
9 th Maeva Riley	14:03
10 th Zina Foston	14:05
11 th Maya Wamukota	14:07
18 th Jaime Toy	14:42
27 th Jessica White	15:32
29 th Jade Hodge	15:59
32 nd Anahi Hernandez	16:53
35 th Alexandria Amamgbo	17:48
36 th Alexandra Manalili	18:59
39 th Equiana Brown	20:22

Stanford Invitational
Stanford Golf Course, Palo Alto – 5K
Saturday, September 27, 2008

Lady Panthers Triumphant at Stanford!

On Saturday, the Panthers traveled to Palo Alto for the annual Stanford Invitational. At stake during the 3.1 mile race would not only be area bragging rights, but the memories of competing at Northern California's most prestigious cross country invitational. Teams from all over the Pacific Northwest and California would make this meet a tremendously competitive affair. When it was over, bragging rights, memories and competitiveness were aplenty for the 7 Lady Panthers who strided over the Stanford course this day. Led by their dynamic duo of Taylor Lawson and Alex Choy, the girls team completely dominated the Division IV-V race. Their 53 point total was the lowest any team all day would compile and their total team time (adding up the individual times of all 5 scoring runners) was the fastest of any North Coast Section team, regardless of school size or division. Following Taylor and Alex were senior mainstays Alice Baker, Margot Sullivan and Ashley Davis. Junior Hannah Brumbaum and sophomore Annie Woelffer also had very fine runs for the victorious Panthers.

For the boys, the illness bug had plagued them for most of the week. After fighting through it to earn a tough victory on Thursday against Albany and Alameda, the Panthers finally succumbed to trials of the week. Despite another excellent run from junior Dan Maxwell, his 6th place individual finish would be one place ahead of the team's, which wound up 7th.

Next up for the Panthers will be a BSAL meet on Thursday @ 3:30 pm at Point Pinole Regional Park, when the Panthers take on Berkeley High and Salesian. Come out and support the Panthers!

Divisions IV and V

Varsity Boys

7th out of 36 Teams & 242 Runners

6 th	Dan Maxwell	16:15	5:14
27 th	Tony Levine	16:59	5:28
57 th	Eddie Hill	17:42	5:42
67 th	Dan Woelffer	17:58	5:47
101 st	Kellen Asercion	18:34	5:59
130 th	Angus Sidore	18:59	6:07
251 Pts. Average time		17:30	87:28

Varsity Girls

1st out of 24 Teams & 198 Runners

5 th	Taylor Lawson	19:10	6:10
6 th	Alex Choy	19:11	6:11
9 th	Alice Baker	19:36	6:19
21 st	Margot Sullivan	20:22	6:34
24 th	Ashley Davis	20:27	6:35
63 rd	Hannah Brumbaum	21:25	6:54
83 rd	Annie Woelffer	21:59	7:05

53 Pts. / Average time 19:46 98:46

Division I – V Junior Varsity Boys Results

23rd out of 38 Teams & 268 Runners

92 nd	Jimmy Plain	18:55
115 th	Nate Hill	19:12
125 th	Stevie Greene	19:24
165 th	Matt Dull	20:03
178 th	Duncan Calvert	20:16
195 th	Alfonso Garcia	20:34

Average time 19:34 97:50

Division I – V Junior Varsity Girls Results

222 Runners

103 rd	Alexis Cortez-Holms	FR	23:41	7:38
109 th	Daisy Merida	FR	23:47	7:40
122 nd	Mary Harrington	FR	24:04	7:45
163 rd	Regina Clincy	JR	26:00	8:22

Bay Shore Athletic League Meet
Salesian, Holy Names and Berkeley
Point Pinole, Richmond
 Thursday, October 2, 2008

Junior Varsity Course 2.0 miles

SM 21	Salesian	39
SM 15	HN	50
SM 15	Berkeley	50

Varsity Course 2.95 miles

SM 15	Salesian	44
SM 15	HN	45
SM 15	Berkeley	45

Junior Varsity Girls

36 Runners

1 st	I. Smull	14:51
3 rd	M. Harrington	15:08
4 th	D. Merida	15:23
6 th	S. Allison	15:58
7 th	R. Clincy	15:59
8 th	A. Ledesma-Turner	16:07
9 th	A. Cortez-Holmes	16:18
10 th	Z. Foston	16:24
11 th	M. Riley	16:35
14 th	J. Toy	16:46
15 th	M. Wamukota	16:50
25 th	A. Hernandez	19:25
26 th	J. Hodge	19:38
27 th	J. White	19:47
30 th	A. Amamgbo	22:00
31 st	A. Manalili	22:15
34 th	E Brown	25:51

Varsity Girls

21 Runners

1 st	A. Davis	19:53
2 nd	A. Baker	19:53
3 rd	M. Sullivan	19:53
4 th	T. Lawson	19:53
6 th	A. Woelffer	20:40
8 th	H. Brumbaum	21:18

Junior Varsity Course 2.0 miles

SM 20	Salesian	41
SM 16	Berkeley	39

Varsity Course 2.95 miles

SM 20	Berkeley	37
SM 15	Salesian	50

Junior Varsity Boys

50 Runners

1 st	D. Calvert	12:33
3 rd	S. Greene	12:47
6 th	N. Hill	12:59
7 th	A. Garcia	13:11
10 th	M. Dull	13:23
17 th	J. Wong	13:55
18 th	M. Giuntini	13:56
21 st	J. Ordonez	14:32
24 th	T. Smith	14:42
25 th	V. Munoz	14:44
36 th	B. Jelinsky	15:30
39 th	J. Lazarus	15:42
42 nd	N. Stone	16:12
43 rd	K. Mesfun	16:19

Varsity Boys

24 Runners

2 nd	D. Maxwell	15:59
4 th	E. Hill	16:51
5 th	W. Brady	16:51
6 th	D. Woelffer	16:54
9 th	J. Plain	17:48
12 th	A. Sidore	17:52

Bay Shore Athletic League Meet
Saint Patrick's Saint Vincent & Saint Joseph Notre Dame
Benicia State Park, Benicia
 Wednesday, October 17, 2008

Varsity Boys

Saint Mary's	15
Saint Joseph Notre Dame	49

Saint Mary's	15
Saint Patrick's Saint Vincent	50

Varsity Boys / 34 Runners

1 st	Dan Maxwell	15:49
2 nd	Tony Levine	16:07
4 th	Will Brady	16:30
5 th	Eddie Hill	16:31
6 th	Kellen Asercion	16:59
7 th	Dan Woelffer	16:59
9 th	Angus Sidore	17:21

Junior Varsity Boys

Saint Mary's	15
Saint Joseph Notre Dame	50

Saint Mary's	19
Saint Patrick's Saint Vincent	49

Junior Varsity Boys / 44 Runners

1 st	Jimmy Plain	13:29
2 nd	Duncan Calvert	13:50
3 rd	Stevie Greene	14:02
6 th	Matt Dull	14:25
9 th	Alfonso Garcia	15:26
10 th	Mike Giuntini	15:32
12 th	Jonathan Ordonez	15:34
13 th	Victor Munoz	15:45
27 th	Tarin Smith	17:11
29 th	Ben Jelinsky	17:32
36 th	Jaylend Lazarus	19:10
39 th	Kennedy Mesfun	19:47

Varsity Girls

Saint Mary's	15
Saint Joseph Notre Dame	Inc

Saint Mary's	15
Saint Patrick's Saint Vincent	40

Varsity Girls / 15 Runners

1 st	Margot Sullivan	20:01
2 nd	Alex Choy	20:01
3 rd	Taylor Lawson	20:02
4 th	Alice Baker	20:02
6 th	Hannah Brumbaum	20:12
7 th	Ashley Davis	20:57

Junior Varsity Girls

Saint Mary's	20
Saint Joseph Notre Dame	43

Saint Mary's	15
Saint Patrick's Saint Vincent	Inc

Junior Varsity Girls / 29 Runners

2 nd	Daisy Merida	16:38
3 rd	Annie Woelffer	16:43
4 th	Izzy Smull	16:55
5 th	Mary Harrington	17:51
6 th	Clair Sullivan	18:11
7 th	Maeva Riley	18:16
8 th	Regina Clincy	18:28
9 th	Alexis Cortez-Holmes	19:03
10 th	Zina Foston	19:08
11 th	Akeli Ledesma-Turner	19:08
13 th	Sara Allison	19:27
21 st	Jessica White	22:05
23 rd	Anahi Hernandez	22:54
24 th	Jade Hodge	23:27
25 th	Sierra Bundy	24:04

Clovis Invitational
Woodward Park, Fresno
Saturday, October 11, 2008

Questions Answered as Panthers Return from Clovis

Heading into Saturday's Clovis Invitational, several big questions loomed in the back of the minds of the Saint Mary's cross country team. First, could the girls team, who have been so dominant at the Division IV level this year, step up the challenge of competing against the best teams in California in the Championship division of the prestigious Clovis invite? Second, could the boys team, whose recent performances had called into question their standing as one of the elite teams in California, regain their stature by out-pacing some of the best teams from Division III, IV, and V on the state meet course at Woodward Park? Lastly, could some of the younger, inexperienced runners travel into a cauldron of competitive running and hold their own? After Saturday's meet, the answers to all of these questions are yes, yes, and yes!

The Clovis Invitational is the biggest, most competitive meet in Central California. More than 40 state-ranked teams arrived on Saturday, hoping to test themselves and maybe get a state meet preview on this, the site of the state championships in late November. A comfortable temperature and fast competition greeted the runners at the start. For the JV girls, in fact, their 7:15am start time added a bit more challenge to their already tall task. Fortunately, this group found the course, race and atmosphere very much to their liking. Up front, freshmen Daisy Merida, Izzy Smull and Mary Harrington made their inaugural trip to Clovis memorable. Both Daisy and Izzy broke the coveted 22:00 minute barrier for the 3.1 mile course, Daisy crossing in a quick 21:49, with Izzy :09 seconds back at 21:58, and Mary right on her heels at 22:03. Due to their efforts, a sizable smile could be seen on the face of Mr. Mohun, whose program's future seems to be in the class of 2012.

If the future is promising, the present is a dream for the girls team. After three consecutive invitational wins, including a dominant performance at Stanford two weeks ago, the Varsity girls team traveled to Fresno seeking respect among the state's finest. Thus, the decision was made to enter the championship division, which featured many of the state's top Division I and II teams. All of those teams' credentials and histories are storied and all would present an incredible challenge to the Lady Panthers. And true to form, the girls responded with several season and lifetime bests over the 5k distance. Once again, Junior co-captain Taylor Lawson led the charge with her first ever sub 19:00 clocking, finishing in 18:57. After her, a slew of PR's ensued, with Alex Choy at 19:11, Alice Baker at 19:12, and Ashley Davis with a huge 19:43, down 2:21 seconds from last year! Way to go Ashley! Margot Sullivan finished the scoring for the Panthers (20:00), followed by sophomore Annie Woelffer (20:32) and junior Hannah Brumbaum (21:58).

For the boys, questions were abound about just how good they were. Stanford had been a bit of a disappointment, so for the past two weeks this team had been stewing. So, Saturday was a day of redemption and fulfillment, as the boys team out-distanced all other Division IV teams on its way to a 4th place finish in the Small School Varsity division. Dan Maxwell continued his breakthrough season, leading the Panthers with a Woodward Park PR 16:03 and a 4th place finish overall. Junior Tony Levine finally secured his place as one of the North Coast Section's finest with a PR 16:37. Will Brady (17:17), Kellen Asercion (17:20), and Eddie Hill (17:35) completed the scoring for the Panthers. Dan Woelffer (17:44), Stevie Greene (18:12), Duncan Calvert (18:16), Jimmy Plain (18:53), and Angus Sidore (18:56) also had fine runs to round out the trip for the Panthers. Full results can be found on the Schedule page of this website.

Varsity Girls

**13th out of 19 teams in the Championship Race & 117 Runners
(Out of the 133 teams that raced, the varsity girls place 13th)**

Place	Name	Grade	2008
30 th	Lawson, Taylor	11	18:57
43 rd	Choy, Alex	11	19:11
45 th	Baker, Alice	12	19:12
68 th	Davis, Ashley	12	19:43
83 rd	Sullivan, Margot	12	20:00
104 th	Woelffer, Annie	10	20:32
114 th	Brumbaum, Hannah	11	21:56

Varsity Boys

4th out of 31 teams & 199 Runners

4 th	Maxwell, Dan	11	16:03
16 th	Levine, Tony	11	16:37
45 th	Brady, Will	11	17:17
55 th	Asercion, Kellen	12	17:20
63 rd	Hill, Eddie	11	17:35
75 th	Woelffer, Dan	12	17:43
131 st	Sidore, Angus	11	18:56

Junior Varsity Girls

159 Runners

49 th	Merida, Daisy	09	21:49
53 rd	Smull, Isabella	09	21:58
55 th	Harrington, Mary	09	22:02
122 nd	Cortez-Holmes, Alexis	09	24:57

Junior Varsity Boys

167 Runners

53 rd	Greene, Stevie	09	18:12
57 th	Calvert, Duncan	09	18:16
82 nd	Plain, Jimmy	10	18:52

25th Moreau Mariner-Saucony

Garin Park, Hayward

Saturday, October 18, 2008

2.1 Miles

Boy's Small School Junior & Senior Race

55 runners

2 nd	Stevie Greene	12:43.5
16 th	Mike Giuntini	13:47.8
32 nd	Tarin Smith	15:03.4
41 st	Ben Jelinsky	15:52.0

Girl's Small School Junior & Senior Race

34 Runners

6 th	Regina Clincy	16:16.3
7 th	Maeva Riley	16:23.9
12 th	Jaime Toy	17:06.9

Girl's Small School Freshmen & Sophomores

1st out of 3 Teams & 50 Runners

2 nd	Annie Woelffer	14:31.6
3 rd	Daisy Merida	14:32.7
4 th	Isabella Smull	14:45.4
9 th	Akeli Ledesma-Smith	15:49.3
10 th	Claire Sullivan	15:51.3
14 th	Alexis Cortez-Holmes	16:14.5
15 th	Zina Foston	16:14.8
18 th	Sarah Allison	16:32.3

Boy's Small School Freshmen & Sophomores

3rd out of 7 Teams & 99 Runners

3 rd	Jimmy Plain	11:50.6
5 th	Duncan Calvert	12:27.5
14 th	Matt Dull	12:59.5
20 th	Nate Hill	13:13.7
27 th	Victor Munoz	13:45.5
33 rd	Alfonso Garcia	14:03.7
72 nd	Kennedy Mesfun	16:15.9

Bay Shore Athletic League Meet

Piedmont

Crab Cove, Alameda

Wednesday, October 22, 2008

Varsity 3.0 Miles

Saint Mary's 25 Piedmont 34

Saint Mary's 17 Piedmont 43

Boys (13 Runners)

1 st	Dan Maxwell	SM	16:17
	19:29		
2 nd	Simon Jacobs	Pied	16:28
	19:33		
3 rd	Tony Levine	SM	16:29
	19:39		
4 th	John Weber	Pied	16:40
	19:47		
5 th	Wyatt Alt	Pied	16:41
	19:53		
6 th	Kellen Asercion	SM	16:52
	19:58		
7 th	Will Brady	SM	16:57
	20:25		
8 th	Dan Woelffer	SM	17:40
	20:52		
9 th	Jimmy Plain	SM	17:43
	20:55		
10 th	Angus Sidore	SM	17:50
	21:03		
11 th	Taylor Nelson	Pied	18:14
	21:26		
12 th	Max Becker	Pied	18:39
	21:26		
13 th	Neal Horn	Pied	19:05
	22:25		
	22:38		
	22:49		
	23:10		

Girls (16 Runners)

1 st	Taylor Lawson	SM
2 nd	Alex Choy	SM
3 rd	Alice Baker	SM
4 th	Margot Sullivan	SM
5 th	Jamie Kent	Pied
6 th	Nicole Peterson	Pied
7 th	Annie Woelffer	SM
8 th	Ashley Davis	SM
9 th	Erica Lauer	Pied
10 th	Hannah Brumbaum	SM
11 th	Casey vonHerrmann	Pied
12 th	Chelsea Ware	Pied
13 th	Marki Becker	Pied
14 th	Emma Nicholls	Pied
15 th	Chloe Dee	Pied
16 th	Kelsey Oshimo	Pied

Junior Varsity 2.2 Miles

Saint Mary's 34 Piedmont 31

Saint Mary's 15 Piedmont 50

Boys (29 Runners)

2 nd	Duncan Calvert	SM	12:47
	15:25		
3 rd	Stevie Greene	SM	12:55
	15:40		

Girls (20 Runners)

1 st	Daisy Merida	SM
2 nd	Isabella Smull	SM

4 th	Nate Hill	SM	13:05	3 rd	Mary Harrington	SM
	16:20					
5 th	Matt Dull	SM	13:25	4 th	Claire Sullivan	SM
	16:33					
10 th	Alfonso Garcia	SM	13:53	5 th	Akeli Ledesma-Turner	SM
	16:34					
19 th	Mike Giuntini	SM	14:26	6 th	Sarah Allison	SM
	16:38					
20 th	Victor Munoz	SM	14:31	7 th	Alexis Cortez-Holmes	SM
	16:42					
21 st	Jordan Wong	SM	14:41	8 th	Regina Clincy	SM
	16:44					
22 nd	Jonathan Ordonez	SM	14:58	9 th	Maya Wamukota	SM
	17:00					
26 th	Tarin Smith	SM	15:39	10 th	Maeva Riley	SM
	17:05					
27 th	Ben Jelinsky	SM	16:24	11 th	Zina Foston	SM
	17:06					
28 th	Kennedy Mesfun	SM	16:31	12 th	Jamie Toy	SM
	17:09					
	18:43			14 th	Anahi Hernandez	SM
	19:25			15 th	Jade Hodge	SM
	19:46			17 th	Jessica White	SM
	21:53			18 th	Alejandra Manalili	SM
	22:43			19 th	Alexandra Amamgbo	SM
	23:42			20 th	Equiana Brown	SM

Mt. SAC Invitational
Mount San Antonio College, Walnut
Friday, October 24, 2008

Panthers Victorious at Mt. Sac!

October 27, 2008 On Friday, October 24th, the boys and girls Varsity teams traveled to Mt. San Antonio College in Southern California for the 61st 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 boys team, seeking respect on the challenging Mt. Sac course, had an outstanding race. Competing against over 70 other teams, including several Top 10 ranked Division IV teams, the top-ranked NCS Panthers out-ran, out-performed and out-scored the field to notch an impressive team victory. Led by individual winner Dan Maxwell (16:15) and runner-up Tony Levine (16:17), the Panthers amassed a scant 59 points to edge out California-ranked Harvard-Westlake (Los Angeles) by 9 points. Other fine performances were turned in by Senior Kellen Asercion (14th overall, 17:12) and Juniors Will Brady (16th overall, 17:19) and Angus Sidore (33rd overall, 18:08). On the girls side, the Division IV race was not much of a race as a quartet of Panthers made their presence felt with commanding individual and collective dominance. Taylor Lawson's win, coupled with a 2-3-4 overall finish for Alex Choy, Alice Baker and Margot Sullivan respectively earned the Panthers the most lop-sided victory of the meet. Their mere 18 points team total was the lowest of the any team over the two days the meet is held. Ashley Davis, Annie Woelffer, and Hannah Brumbaum also turned in very impressive runs on the hilly and dry 2.95 course. Next up for the Panthers are the BSAL championships on November 6th at Crab Cove Park in Alameda. Come out and support the Panthers as they chase another league championship!

Varsity Girls Division IV
36 Teams / 198 Runners
Champions

<u>Top 2 Teams</u>		
1 st	Saint Mary's	18
2 nd	Notre Dame (so)	143
1 st	Taylor Lawson	19:29
2 nd	Alex Choy	19:32
3 rd	Alice Baker	19:35
4 th	Margot Sullivan	20:05
10 th	Ashley Davis	20:45
17 th	Annie Woelffer	21:25
21 st	Hannah Brumbaum	21:47

Varsity Boys Division IV
37 Teams / 208 Runners
Champions

<u>Top 2 Teams</u>		
1 st	Saint Mary's	59
2 nd	Harvard-Westlake	68
1 st	Dan Maxwell	16:15
2 nd	Tony Levine	16:17
14 th	Kellen Asercion	17:12
16 th	Will Brady	17:19
33 rd	Angus Sidore	18:08
35 th	Dan Woelffer	18:11

2nd Time Trial
Tilden Park, Berkeley
Thursday, August 28, 2008 HOT 92°
Thursday, October 30, 2008 Rain 68°

Name	10/30	08/28	Improvement
Jimmy Plain	11:26	11:56	(-:30)
Matt Dull	11:40	13:12	(-1:32)
Duncan Calvert	11:43	12:46	(-1:03)
Stevie Greene	11:46	12:50	(-1:04)
Nate Hill	11:47	12:24	(-:37)
Alfonso Garcia	12:39	13:53	(-1:14)
Victor Munoz	12:45	13:23	(-:38)
Michael Giuntini	13:07	13:53	(-:46)
Jordan Wong	13:08	14:12	(-1:08)
Tarin Smith	14:01	15:04	(-1:03)
Kennedy Mesfun	14:33	21:49	(-7:16)
Ben Jelinsky	15:04	15:50	(-:46)
Daisy Merida	13:54	15:50	(-1:56)
Mary Harrington	14:14	16:04	(-1:50)
Akeli Ledesma-Turner	14:23	23:08	(-8:45)
Claire Sullivan	14:24	17:06	(-3:32)
Regina Clincy	14:37	16:18	(-1:41)
Alexis Cortez-Holms	15:18	16:09	(-:51)
Sarah Allison	15:21	16:57	(-1:36)
Zina Foston	15:26	22:01	(-6:35)
Maeva Riley	15:27	18:30	(-3:03)
Maya Wamukota	15:28	DNR	
Jaime Toy	16:04	DNR	
Anahi Hernandez	18:41	DNR	
Jessica White	19:00	26:15	(-7:15)
Jade Hodge	19:00	26:16	(-7:16)

Bay Shore Athletic League Championship
Crab Cove, Alameda
November 6th

Panthers Remain the Measuring Stick @ BSAL Championships

Thursday November 6th was championship day for BSAL cross country runners. For the athletes, the site was Crab Cove Park, the atmosphere was nervously energetic, and the objective was to run your best race of the season. For the runners from Saint Mary's, this day would also mean "victory". Individually, the Panthers would sweep the championship medals, winning all four races in which they were entered. More importantly, however, the collective team races earned the Panthers three of the four championship banners awarded by the league. Overall, the day was a historic one in the lore of Saint Mary's cross country.

The JV girls set a dominant tone on this crisp, sunny day in Alameda by placing 11 runners in the top 13, seven in the top eight, and having the first four finishers overall. Their 16 point team total was the lowest the league has seen in its eight year history. Leading the way was Daisy Merida, who culminated her outstanding freshman campaign with a fine 15:04 win on the grassy 2.1 mile course. Placing 2nd -4th were fellow 9th graders Izzy Smull (15:18), Mary Harrington (15:29) and Claire Sullivan (16:00). After that, a cavalcade of Panthers stormed towards the finish line. Regina Clincy, Maeva Riley, Zina Foston, and Sara Allison all ran races that prompted coach Mike Smith to smile and say later, "Wow, was that AWESOME or what?"

Next up was the JV Boys, who came into the meet having been the only team this season with a defeat in a league meet. On this day, however, coach Craig Sutphin's group would not be denied their first league championship in three years. Led by league champion Jimmy Plain (12:16) and runner-up Duncan Calvert (12:29), the JV Boys scored a mere 23 points to outpace runner-up Piedmont by a whopping 71 points! Freshmen Stevie Greene (12:38) and Nate Hill (13:02) joined Jimmy and Duncan as 1st team all-leaguers while sophomore Matt Dull earned 2nd team honors. Alfonso Garcia, Victor Munoz, Jordan Wong, Mike Giuntini, and Kennedy Mesfun also ran tough races for the victorious Panthers. Coach Sutphin, upon hearing the final score, was overheard saying to his team, "I'm going to spare you guys the clichés and platitudes... you guys rocked! YEAH!!".

Junior Varsity Girls / 48 Runners

1 st	Daisy Merida	15:05	27 th	Anahi Hernandez	19:09
2 nd	Isabella Smull	15:18	30 th	Alexandria Amamgbo	19:28
3 rd	Mary Harrington	15:29	37 th	Sierra Bundy	21:31
4 th	Claire Sullivan	16:00	38 th	Alejandra Manalili	21:34
6 th	Regina Clincy	16:13			
7 th	Alexis Cortex-Holms	16:24			
8 th	Maeva Riley	16:28			
10 th	Zina Foston	16:51			
11 th	Sarah Allison	16:52			
12 th	Maya Wamukota	16:53			
13 th	Akeli Ledesma-Turner	16:53			
16 th	Jaime Toy	17:22			
23 rd	Jade Hodge	18:55			
24 th	Jessica White	18:59			

Championship Team Scores

1 st	Saint Mary's	15
2 nd	Salesian	102
3 rd	Encinal	115
4 th	Holy Names	152
5 th	Piedmont	Inc
6 th	Kennedy	Inc
7 th	Saint Patrick's-Saint Vincent	Inc

Junior Varsity Boys / 69 Runners

1 st	Jimmy Plain	12:16
2 nd	Duncan Calvert	12:29
4 th	Stevie Greene	12:38
7 th	Nate Hill	13:02
9 th	Matt Dull	13:15
16 th	Alfonzo Garcia	13:44
21 st	Victor Munoz	13:57
23 rd	Jordan Wong	14:02
26 th	Michael Giuntini	14:11
32 nd	Jonathan Ordonez	14:43
52 nd	Kennedy Mesfun	16:08

Championship Team Scores

1 st	Saint Mary's	23
2 nd	Piedmont	75
3 rd	Saint Patrick's-Saint Vincent	91
4 th	Encinal	94
5 th	Saint Joseph-Notre Dame	121
6 th	Albany	Inc
7 th	Kennedy	Inc

-continued-
Bay Shore Athletic League Championship
Crab Cove, Alameda
November 6th

In the Varsity division, both girls and boys teams would be crowned league champions for the 2nd and 3rd straight years. Although, the boys would have to share the title with their cross-town rival. The girls, whose dominance over the course of the league season has been unprecedented in the history of the BSAL, continued their run towards sheer brilliance with an utterly overwhelming victory. Led by the dynamic trio of Alex Choy (1st – 18:39), Taylor Lawson (2nd – 18:44), and Alice Baker (3rd – 18:47), the girls amassed a league-record low 20 points. Senior Margot Sullivan also ran herself onto the all-league team with a 5th place 19:36. Likewise, Sophomore Annie Woelffer and Junior Hannah Brumbaum captured 2nd team honors with their 9th and 11th place finishes, respectively. The girls complete dominance of the league and section thus far leaves little doubt in the minds of many that this team will be formidable and hard to beat on Thanksgiving weekend.

Varsity Girls / 46 Runners

1 st	Alex Choy	18:39
2 nd	Taylor Lawson	18:44
3 rd	Alice Baker	18:47
5 th	Margot Sullivan	19:36
9 th	Annie Woelffer	20:33
11 th	Hannah Brumbaum	21:04

Championship Team Scores

1 st	Saint Mary's	20
2 nd	Piedmont	64
3 rd	Albany	74
4 th	Encinal	94
5 th	Saint Patrick's-Saint Vincent	147
6 th	Saint Joseph-Notre Dame	168
7 th	Holy Names	175
8 th	Salesian	Inc

The boys, conversely, limped into Crab Cove with only five mostly-healthy runners. The injury bug certainly has found its way into the Panther boys locker room, making this league championship race especially tough. Led by 3 first team all-league selections, including eventual winner Dan Maxwell (course record 15:48) and 3rd placer Tony Levine (16:27), the boys made a valiant effort to win the league crown outright. Unfortunately, their 35 point total fell one point shy as rival Albany scored 34 to share the league title for the first time ever. Senior Kellen Asercion was the 3rd all-league performer, placing 6th in 16:31. Juniors Eddie Hill (11th) and Angus Sidore (14th) closed out the scoring for the co-champs, whose perfect 9-0 league record earned them yet another championship banner.

Overall, the Panthers emerged from the BSAL Championships tried and tested but optimistic about the future. The JV season is over, but most would agree that the future for those athletes is bright and full of promise. For the Varsity, the future is two weeks away at Hayward High School for the North Coast Section Championships. Both teams will be seeking a return to Fresno for the State Championships. The top three teams from the NCS Meet of Champions advance onto State with the Panthers seeking more. Come out and support the cross country Panthers as they make their run for Fresno.

Varsity Boys / 41 Runners

1 st	Dan Maxwell	15:48
3 rd	Tony Levine	16:27
6 th	Kellen Asercion	16:31
11 th	Eddie Hill	16:51
14 th	Angus Sidore	17:44

Championship Team Scores

1 st	Albany	34
2 nd	Saint Mary's	35
3 rd	Piedmont	66
4 th	Saint Joseph-Notre Dame	126
5 th	Encinal	127
6 th	Saint Patrick's-Saint Vincent	136
7 th	Salesian	Inc



North Coast Section

Hayward High School, Hayward

November 22, 2008

3.00 Miles, 4.84 Kilometers

NCS Division IV Girls Champions

121 Runners and 16 Teams

Scoring of the top 3 Teams:

Saint Mary's	23 (2 3 5 6 7 12 28)
Piedmont	97 (8 9 18 29 33 36 44)
Moreau Catholic	103 (4 16 20 21 42 71 76)

Team Total (Average) for top 3 Times:

Saint Mary's	1:35:16 (19:03)
Piedmont	1:42:46 (20:33)
Moreau Catholic	1:42:55 (20:35)

2 nd	Taylor Lawson	11 th	18:51	6:17
3 rd	Alice Baker	12 th	18:52	6:17
5 th	Margot Sullivan	12 th	19:08	6:22
6 th	Alex Choy	11 th	19:10	6:23
7 th	Ashley Davis	12 th	19:15	6:25
14 th	Annie Woelffer	10 th	20:10	6:43
33 rd	Hannah Brumbaum	11 th	21:16	7:05

NCS Division IV Boys Runner-Up

136 Runners and 18 Teams

Scoring of the top 3 Teams:

Tamalpais	68 (1 7 14 21 25 27 38)
Saint Mary's	69 (2 9 16 20 22 23 41)
San Rafael	73 (5 12 15 17 24 33 36)

Team Total (Average) for top 3 Times:

Tamalpais	1:22:39 (16:31)
Saint Mary's	1:23:25 (16:41)
San Rafael	1:23:45 (16:45)

2 nd	Dan Maxwell	11 th	15:55	5:18
9 th	Tony Levine	11 th	16:23	5:27
16 th	Kellen Asercion	12 th	16:53	5:37
20 th	Dan Woelffer	12 th	17:03	5:41
22 nd	Eddie Hill	11 th	17:11	5:43
24 th	Jimmy Plain	10 th	17:15	5:45
44 th	Angus Sidore	11 th	17:57	5:59

**C.I.F. State Championship
Woodward Park, Fresno
November**

**Varsity Girl's
CIF State Runners-UP
197 Runners & 24 Teams**

18th	Alex Choy	19:06
30th	Ashley Davis	19:34
38th	Taylor Lawson	19:44
46th	Margot Sullivan	19:51
64th	Alice Baker	20:16
96th	Hannah Brumbaum	20:49
104th	Annie Woelffer	21:05

**Team Time: 1:38.31
Ave 19:43**

**Varsity Boy's
CIF State 6th Place
198 Runners & 24 Teams**

5th	Dan Maxwell	15:45
47th	Tony Levine	16:49
57th	Kellen Asercion	17:00
100th	Jimmy Plain	17:29
116th	Eddie Hill	17:38
145th	Dan Woelffer	17:58
167th	Angus Sidore	18:27

**Team Time: 1:24:41
Ave 16:57**

Boys Time Trial Records 1999-2008

Time	Senior	Year		Time	Junior	Year
09:54	Matthew Duffy	2007		09:57	Matthew Duffy	2006
10:15	Rudy Vasquez	2001		10:15	Rudy Vasquez	2000
10:30	Sean Geraghty	2000		10:25	Tony Levine	2008
10:39	James Ross	1999		10:42	Dan Maxwell	2008
10:40	Rob Riccardi	2006		10:47	Will Brady	2008
10:42	Eric Berthalan	2005		10:51	Tom Vasquez	2004
10:45	Forrest Jordan	2007		10:55	Rob Riccardi	2005
10:59	Jeremy Kotin	2007		11:00	Eddie Hill	2008
11:03	Kellen Asercion	2008		11:03	Kelen Asercion	2007
11:04	Dan Woelffer	2008		11:05	Nick Maniatis	1999
11:04	Andy Henning	2007		11:05	Sean Geraghty	1999
11:16	Tommy Vasquez	2005		11:08	Jeremy Kotin	2006
11:20	Jake Texara	2003		11:15	Jake Texara	2002
11:26	Eugenio Borgerson	2004		11:18	Forrest Jordan	2006
11:28	Nolan Horinouchi	2000		11:28	Greg Williams	2000

Time	Sophomore	Year		Time	Freshmen	Year
10:22	Matthew Duffy	2005		10:54	Matthew Duffy	2004
10:44	Rudy Vasquez	1999		11:38	Rob Riccardi	2003
11:04	Tommy Vasquez	2003		12:21	Tony Levine	2006
11:08	Eddie Hill	2007		12:24	Nate Hill	2008
11:09	Rob Riccardi	2004		12:24	Tommy Vasquez	2002
11:14	Dan Maxwell	2007		12:33	Myles Rulofs-Jones	2006
11:20	Will Brady	2007		12:41	Fernando Padilla	2006
11:33	Marco Rodriguez	2002		12:41	Ed Hill	2006
11:35	Greg Williams	1999		12:46	Duncan Calvert	2008
11:35	Jake Texara	2001		12:46	Jimmy Plain	2007
11:35	Tony Levine	2007		12:50	Stevie Greene	2008
11:40	Forrest Jordan	2005		12:50	Dan Maxwell	2006
11:42	Daniel Woelffer	2006		12:52	Dan Woelffer	2005
11:52	Kellen Asercion	2006		12:57	Marco Rodriguez	2001
11:56	Jimmy Plain	2008				

Girls Time Trial Records 1999-2008

Time	Senior	Year		Time	Junior	Year
11:38	Bridget Duffy	2001		11:46	Gabi Rios-Sotelo	2003
12:33	Alice Baker	2008		11:51	Taylor Lawson	2008
12:37	Ashley Davis	2008		11:57	Alex Choy	2008
13:17	Margot Sullivan	2008		12:07	Bridget Duffy	2003
13:18	Chelsea Torgersen-Bell	2001		12:51	Margot Sullivan	2007
13:19	Natasha Matteson	2004		12:52	Alice Baker	2007
13:45	Chrissy Chavez	1999		13:47	Hannah Brumbaum	2008
13:47	Sara Pennebaker	2007		13:59	Emily Olson	2003
14:06	Amy Brennick	2001		14:12	Chelsea Torgersen-Bell	2000
14:34	Bria Maguire	2000		14:37	Elisse Larouche	2004
14:40	Meghan Harrington	2003		14:38	Ashley Davis	2007
14:47	Danielle Riccardi	2003		14:38	Nicole Shanahan	2001
15:03	Hillary Sanders	2006		14:46	Lauren Gates	2003
15:05	Tamara Montiel	2004		15:07	Tamara Montiel	2003
				15:08	Michela Chesley	2001

Time	Sophomore	Year		Time	Freshmen	Year
12:13	Alex Choy	2007		13:10	Kara Anderson	2003
12:20	Taylor Lawson	2007		14:08	Gabi Rios –Sotelo	2001
12:51	Gabi Rios-Sotelo	2002		14:16	Taylor Lawson	2006
13:27	Bridget Duffy	1999		14:18	Alex Choy	2006
13:58	Annie Woelffer	2008		14:21	Annie Woelffer	2007
14:19	Margot Sullivan	2002		15:23	Alexandra Krzysosiak	2004
14:24	Emily Olson	2002		15:26	Ramine Cromartie-Thornton	2001
14:28	Hannah Brumbaum	2007		15:40	Daisy Merida	2008
14:29	Elisse Larouche	2003		16:04	Mary Harrington	2008
14:45	Chelsea Torgersen-Bell	1999		16:04	Izzy Smull	2008
15:03	Nicole Shanahan	2000		16:09	Alexis Cortex-Holms	2008
15:17	Joan Lubin	2003		16:10	Sara Pennebaker	2004
15:18	Sara Pennebaker	2005		16:15	Maya Wamukola	2006
15:25	Meghan Harrington	2001		16:17	Carolyn Wegner	2004
				16:18	Nina Kehl	2001

**Top Performances
On the Time Trial Course
1999-2008**

Matt Duffy	09:54	12 th	2007
Rudy Vasquez	10:15	12 th	2001
Tony Levine	10:25	11th	2008
Sean Geraghty	10:30	12 th	2000
James Ross	10:39	12 th	1999
Rob Riccardi	10:40	12 th	2006
Dan Maxwell	10:42	11th	2008
Eric Berthaldan	10:42	12 th	2005
Forrest Jordan	10:45	12 th	2007
Will Brady	10:47	11th	2008
Jeremy Kotin	10:59	12 th	2007
Tommy Vasquez	10:51	11 th	2004
Eddie Hill	11:00	11th	2008
Kellen Ascercion	11:03	12th	2008
Dan Woelffer	11:04	12th	2008
Andy Henning	11:04	12 th	2007
Nick Maniatis	11:05	11 th	1999
Jake Texara	11:15	11 th	2002
Eugenio Borgerson	11:26	12 th	2004
Greg Williams	11:28	11 th	2000
Bridget Duffy	11:38	12 th	2001
Gabi Rios-Sotelo	11:46	11 th	2002
Taylor Lawson	11:51	11th	2008
Alex Choy	11:57	11th	2008
Alice Baker	12:33	12th	2008
Ashley Davis	12:47	12th	2008
Margot Sullivan	12:51	11 th	2007
Kara Anderson	13:10	09 th	2003
Chelsea Torgersen-Bell	13:18	12 th	2001
Natasha. Matteson	13:19	12 th	2004
Chrissy Chavez	13:34	12 th	1999
Hannah Brumbaum	13:47	11th	2008
Sara Pennebaker	13:57	12 th	2007
Annie Woelffer	13:58	10th	2008
Emily Olson	13:59	11 th	2003
Amy Brennick	14:06	12 th	2001
Elisse Larouche	14:29	10 th	2003
Bria Maguire	14:34	12 th	2000
Nicole Shanahan	14:38	11 th	2001
Danielle Riccardi	14:47	12 th	2003

Tilden Park, Berkeley
Girl's Top Times

Top Individual Marks

2003	Gabi Rios-Sotelo	19:38	2003	Natasha Matteson	21:52
2007	Taylor Lawson	19:51	2007	Ashley Davis	22:09
1999	Bridget Duffy	19:54	2001	Amy Brennick	22:14
2007	Alex Choy	20:07	2003	Emily Olson	22:30
2007	Margot Sullivan	20:15	1999	Florinda Larkin	22:32
2007	Alice Baker	20:35	2007	Hannah Brumbaum	22:37
1999	Chrissy Chavez	21:18	2007	Annie Woelffer	22:43
2001	Chelsea Torgersen-Bell	21:19	1998	Bria Maguire	22:40
2003	Kara Anderson	21:28	2001	Nicole Shanahan	22:46
1998	Sayaka Matsumoto	21:31	2007	Sara Pennebaker	22:47
1997	Ellen O'Dea	21:48			

Top Marks Run on the Course by a Saint Mary's Athlete

2003	Gabi Rios-Sotelo	19:38	1997	Ellen O'Dea	21:48
2007	Taylor Lawson	19:51	2003	Natasha Matteson	21:52
1999	Bridget Duffy	19:54	2003	Kara Anderson	21:55
2004	Gabi Rios-Sotelo	19:54			
2001	Bridget Duffy	19:59	1999	Chelsea Torgersen-Bell	22:03
			1998	Bridget Duffy	22:06
2007	Alex Choy	20:07	2007	Ashley Davis	22:09
2000	Bridget Duffy	20:16	2001	Amy Brennick	22:14
2007	Margot Sullivan	20:15	2001	Chelsea Torgersen-Bell	22:15
2008	Alex Choy	20:32	2008	Ashley Davis	22:16
2007	Alice Baker	20:35	2004	Natasha Matteson	22:22
2008	Alice Baker	20:39	2003	Emily Olson	22:30
			1999	Florinda Larkin	22:32
2003	Gabi Rios-Sotelo	21:00	2001	Gabi Rios-Sotelo	22:34
2000	Bridget Duffy	21:06	2002	Gabi Rios-Sotelo	22:34
1999	Chrissy Chavez	21:18	2007	Hannah Brumbaum	22:37
2001	Bridget Duffy	21:19	1998	Bria Maguire	22:40
2001	Chelsea Torgersen-Bell	21:19	2001	Gabi Rios-Sotelo	22:41
2004	Gabi Rios-Sotelo	21:23	2007	Annie Woelffer	22:43
2003	Kara Anderson	21:28	2008	Hannah Brumbaum	22:44
2008	Margot Sullivan	21:30	2000	Chelsea Torgersen-Bell	22:44
1998	Sayaka Matsumoto	21:31	2008	Taylor Lawson	22:45
2001	Chelsea Torgersen-Bell	21:35	1988	Ellen O'Dea	22:45
2006	Margot Sullivan	21:39	2001	Nicole Shanahan	22:46
2000	Chelsea Torgersen-Bell	21:45	2007	Sara Pennebaker	22:47

Tilden Park, Berkeley
Boy's Top Times

Top Individual Marks

2006	Matt Duffy	16:14	1995	Jake Bouey	17:48
2000	Rudy Vasquez	16:47	2002	Marco Rodriguez	17:49
1999	Nick Maniatis	17:07	1996	Carol Moran	17:50
2000	Sean Geraghty	17:13	1998	Miguel Diaz	17:52
2008	Tony Levine	17:17	1992	Jordan Jarosz	17:53
2007	Jeremy Kotin	17:18	2007	Will Brady	17:55
2008	Dan Maxwell	17:21	2007	Andy Henning	17:56
1998	Ryan Torres	17:26	1998	Ryan Rottes	17:56
2007	Tony Levine	17:36	1992	Steve Brown	17:58
2006	Rob Riccardi	17:38	1997	Justine Hite	18:02
1999	James Ross	17:38	1993	Brian Parodi	18:02
2005	Eric Berthaldan	17:41	2007	Kellen Asercion	18:05
2000	Greg Williams	17:47	1995	Keith Trimble	18:06
2006	Forrest Jordan	17:48			

Top Marks Run on the Course

2007	Matt Duffy	16:22	2000	Nick Maniatis	17:50
2006	Matt Duffy	16:14	1996	Carol Moran	17:50
2000	Rudy Vasquez	16:47	1998	Miguel Diaz	17:52
			2004	Matt Duffy	17:53
1999	Rudy Vasquez	17:02	1992	Jordan Jarosz	17:53
2005	Matt Duffy	17:05	2007	Will Brady	17:55
1999	Nick Maniatis	17:07	1998	Sean Geraghty	17:55
2000	Sean Geraghty	17:13	2007	Andy Henning	17:56
2008	Tony Levine	17:17	1998	Ryan Rottes	17:56
2007	Jeremy Kotin	17:18	1995	Carlos Moran	17:57
2008	Dan Maxwell	17:21	2006	Jeremy Kotin	17:58
2007	Dan Maxwell	17:26	1998	James Ross	17:58
1998	Ryan Torres	17:26	1992	Steve Brown	17:58
2001	Rudy Vasquez	17:29			
2001	Rudy Vasquez	17:33	1997	Justine Hite	18:02
1999	Sean Geraghty	17:34	1993	Brian Parodi	18:02
2007	Tony Levine	17:36	2004	Tom Vasquez	18:04
1999	James Ross	17:38	2007	Kellen Asercion	18:05
2006	Rob Riccardi	17:38	2005	Tom Vasquez	18:05
2005	Eric Berthaldan	17:41	1995	Keith Trimble	18:06
2005	Rob Riccardi	17:45	2004	Rob Riccardi	18:06
2000	Greg Williams	17:47	2007	Dan Woelffer	18:08
2006	Forrest Jordan	17:48	1992	Chris Palmer	18:12
1995	Jake Bouey	17:48	2008	Eddie Hill	18:13
2004	Tom Vasquez	17:49	2002	Jake Texara	18:13
2002	Marco Rodriguez	17:49	1993	Chris Palmer	18:13



North Coast Section

Championship

Team Finishes for Saint Mary's

Year	Place	Division	Team
2008	2nd	IV	Boys
2008	1st	IV	Girls
2007	1 st	IV	Boys
2007	1 st	IV	Girls
2006	1 st	IV	Boys
2006	3 rd	IV	Girls
2005	2 nd	IV	Boys
2005	9 th	IV	Girls
2004	4 th	IV	Boys
2004	5 th	IV	Girls
2003	6 th	IV	Boys
2003	7 th	IV	Girls
2002	5 th	IV	Boys
2002	5 th	IV	Girls
2001	4 th	IV	Boys
2001	3 rd	IV	Girls
2000	4 th	IV	Boys
2000	6 th	IV	Girls
1999	3 rd	IV	Boys
1999	1 st	IV	Girls
1998	4 th	IV	Boys
1998	9 th	IV	Girls
1997	3 rd	IV	Boys
1997	10 th	IV	Girls
1996	1 st	V	Boys
1995	6 th	IV	Boys
1991-1994^	-	-	-
1990*	1 st	IV	Boys

1991-1994 No records at this time

1990 only 4 division

(1995 was the first year for girls at Saint Mary's and 1997 was the first year they had a team)



North Coast Section

Top 10 Finishes

Hayward High School 1999, 2001, 2002, 2004, 2005, 2006, 2007, 2008

Place	Year	Boys	Place	Year	Girls
1	2007	Matt Duffy	1	1998	Bridget Duffy
1	2006	Matt Duffy	1	2000	Bridget Duffy
2	2008	Dan Maxwell	2	2008	Taylor Lawson
2	1999	Rudy Vasquez	2	2007	Taylor Lawson
3	2006	Rob Riccardi	2	2002	Gabi Rios-Sotelo
4	2001	Rudy Vasquez	3	2008	Alice Baker
6	2007	Tony Levine	3	2004	Gabi Rios-Sotelo
6	2005	Matt Duffy	5	2008	Margot Sullivan
8	2007	Kellen Asercion	5	2007	Alex Choy
8	2005	Eric Berthaldan	6	2008	Alex Choy
9	2008	Tony Levine	6	2006	Gabi Rios-Sotelo
9	2002	Marco Rodriguez	7	2008	Ashley Davis
9	2005	Rob Riccardi	7	2007	Margot Sullivan
			9	2006	Alex Choy

Ukiah High School 1997, 1999 & 2003

Place	Year	Athlete	Place	Year	Athlete
1	1999	Rudy Vasquez	1	1999	Bridget Duffy
5	1997	Michael Arp	4	2003	Gabi Rios-Sotelo

Newhall Park, Walnut Creek 1996 & 1998

Place	Year	Athlete	Place	Year	Athlete
4	1996	Michael Arp	9	1998	Bridget Duffy
5	1996	Justine Hite			
6	1996	Ben Maniatis			
8	1998	Ryan Torres			



North Coast Section

Top Individual Marks at the N.C.S. Hayward Meet 1999, 2001, 2002, 2004, 2005, 2006, 2007 & 2008

Time	Year	Athlete	Time	Year	Athlete
15:25	2006	Matt Duffy	18:06	2001	Bridget Duffy
15:55	2008	Dan Maxwell	18:06	2004	Gabi Rios-Sotelo
16:03	2005	Eric Berthaldan	18:43	2007	Taylor Lawson
16:03	2006	Rob Riccardi	18:50	2007	Alex Choy
16:07	2001	Rudy Vasquez	18:52	2008	Alice Baker
16:17	2007	Tony Levine	19:08	2008	Margot Sullivan
16:26	2007	Kellen Asercion	19:15	2008	Ashley Davis
16:38	2007	Will Brady	20:10	2008	Annie Woelffer
16:40	2007	Forrest Jordan	20:23	2002	Emily Olson
16:40	2002	Marco Rodriguez	20:35	2001	Chelsea Torgersen-Bell
16:45	2006	Jeremy Kotin	20:54	2001	Nicole Shanahan
17:01	2004	Tom Vasquez	21:02	1999	Sayaka Matsumoto
17:03	2008	Dan Woelffer	21:07	1999	Chrissy Chavez
17:07	2001	Greg Williams	21:12	1999	Florinda Larkin
17:07	2004	Eugenio Borgerson	21:12	2001	Amy Brennick
17:10	2004	Emilio Flores	21:16	2008	Hannah Brumbaum
17:11	2008	Eddie Hill	21:23	2007	Sara Pennebaker
17:15	2008	Jimmy Plain	21:37	2004	Natasha Matteson
17:18	2002	Matthew Mullarkey	21:48	2005	Hillary Sanders
17:20	2005	Adalberto Gonzalez	21:53	2002	Michela Chesley



North Coast Section

Top Marks at the N.C.S. Hayward Meet

Time	Year	Athlete	Time	Year	Athlete
15:25	2006	Matt Duffy	18:06	2001	Bridget Duffy
15:36	2007	Matt Duffy	18:06	2004	Gabi Rios-Sotelo
15:55	2008	Dan Maxwell	18:24	2002	Gabi Rios-Sotelo
15:58	2005	Matt Duffy	18:37	2001	Gabi Rios-Sotelo
16:03	2005	Eric Berthaldan	18:43	2007	Taylor Lawson
16:03	2006	Rob Riccardi	18:50	2007	Alex Choy
16:07	2001	Rudy Vasquez	18:51	2008	Taylor Lawson
16:08	2005	Rob Riccardi	18:52	2008	Alice Baker
16:17	2007	Tony Levine	18:53	1999	Bridget Duffy
16:23	2008	Tony Levine	19:08	2008	Margot Sullivan
16:26	2007	Kellen Asercion	19:10	2008	Alex Choy
16:29	1999	Rudy Vasquez	19:15	2008	Ashley Davis
16:38	2007	Will Brady	19:15	2007	Margot Sullivan
16:40	2007	Forrest Jordan	19:48	2006	Alex Choy
16:40	2002	Marco Rodriguez	19:51	2007	Alice Baker
16:44	2004	Eric Berthaldan	19:52	2006	Margot Sullivan
16:45	2006	Jeremy Kotin	20:10	2008	Annie Woelffer
16:50	2006	Forrest Jordan	20:11	2007	Ashley Davis
16:53	2008	Kellen Asercion	20:23	2002	Emily Olson
16:59	2004	Matt Duffy	20:28	2006	Taylor Lawson
17:01	2004	Rob Riccardi	20:35	2001	Chelsea Torgersen-Bell
17:01	2004	Tom Vasquez	20:54	2001	Nicole Shanahan
17:03	2008	Dan Woelffer	21:02	1999	Sayaka Matsumoto
17:06	2007	Jeremy Kotin	21:07	1999	Chrissy Chavez
17:07	2001	Greg Williams	21:12	1999	Florinda Larkin
17:07	2004	Eugenio Borgerson	21:12	2001	Amy Brennick
17:08	2005	Tom Vasquez	21:15	2007	Annie Woelffer
17:10	2004	Emilio Flores	21:15	2006	Alice Baker
17:11	2008	Eddie Hill	21:16	2008	Hannah Brumbaum
17:13	2001	Marco Rodriguez	21:17	1999	Chelsea Torgersen-Bell
17:15	2008	Jimmy Plain	21:23	2007	Sara Pennebaker
17:15	2006	Tony Levine	21:26	2004	Sara Pennebaker
17:16	2006	Kellen Asercion	21:26	2005	Sara Pennebaker
17:18	2002	Matthew Mullarkey	21:36	2002	Nicole Shanahan
17:20	2005	Adalberto Gonzalez	21:37	2004	Natasha Matteson
			21:48	2005	Hillary Sanders
			21:53	2002	Michela Chesley



North Coast Section

Top Individual Marks at Ukiah High School 5K 1997, 2000 & 2003

Time	Year	Athlete	Time	Year	Athlete
16:50	2000	Rudy Vasquez	19:29	2000	Bridget Duffy
17:51	1997	Mike Arp	20:07	2003	Gabi Rios-Sotelo
17:55	2000	Nick Maniatis	21:43	2000	Chelsea Torgersen-Bell
17:57	2000	Sean Geraghty	22:25	2000	Bria Maguire
18:00	2003	Tommy Vasquez	23:04	2003	Danielle Riccardi
18:13	2003	Rob Riccardi	23:08	1997	Ellen O'Dea
18:16	2000	Greg Williams	23:19	2000	Ali Chesley
18:20	2003	Emilio Flores	23:24	2000	Michela Chesley
18:23	1997	Justin Hite	23:35	2003	Elisse Larouche
18:24	2003	Matt Mullarkey	23:38	2003	Emily Olson
18:47	1997	Ryan Torres	23:42	2003	Kara Anderson
18:49	1997	Ben Maniatis	24:04	1997	Brittany Ballard
19:07	2003	Eugenio Borgerson	24:47	2003	Natasha Matteson
19:11	1997	Jonathan Tapp	25:02	2003	Meghan Harrington
19:15	1997	Jerry Kroop	25:02	2000	Nicole Shanahan
19:17	2003	Jake Texara	25:10	1997	Chrissy Chavez
19:20	2000	Christian Tesema	26:09	1997	Gabriela Maguire
19:27	2003	John Desalvo	26:13	1997	Sayaka Matsumoto
19:37	1997	Miguel Diaz	26:14	1997	Nicole Griffin
19:47	2000	Eddie Torres	28:28	1997	Celeste McGruder

Top Marks at Newhall Park, Walnut Creek 5K 1996 & 1998

Time	Year	Athlete	Time	Year	Athlete
16:53	19996	Mike Arp	19:59	1998	Bridget Duffy
17:03	1998	Ryan Torres	21:25	1998	Sayaka Matsumoto
17:11	1996	Justine Hite	21:26	1998	Bria Maguire
17:16	1996	Ben Maniatis	22:23	1998	Chrissy Chavez
17:27	1998	James Ross	22:28	1998	Florinda Larkin
17:32	1996	Ryan Torres	23:16	1998	Ellen O'Dea
17:39	1999	Miguel Torres	23:24	1998	Nicole Smith
17:45	1996	Jonathan Tapp			
17:57	1998	Sean Geraghty			
18:00	1998	Nick Maniatis			
18:12	1996	Darren Virassammy			
18:13	1996	Miguel Diaz			
19:12	1998	Joey Manente			
19:12	1998	Bobby Howe			

**C.I.F.
State Cross-Country
Championship**

(first year for girl's at Saint Mary's was 1995)
(first year for girl's Cross-country was 1996)

CIF State Meet appearance & finishes

Year	Place	Division	Team
2008	2nd	IV	Girl's
2008	6th	IV	Boy's
2007	2 nd	IV	Girl's
2007	2 nd	IV	Boy's
2006	18 th	IV	Girl's
2006	5 th	IV	Boy's
2005	6 th	IV	Boy's
2001	10 th	IV	Girl's
2000	15 th	IV	Girl's
2000	16 th	IV	Boy's
1999	8 th	IV	Girl's
1996	6 th	V	Boy's
1990	8 th	IV	Boy's

CIF State Meet Top 20 Individuals Finishers

Place	Year	Athlete	Place	Year	Athlete
4 th	2007	Matt Duffy	1 st	2000	Bridget Duffy
4 th	2001	Rudy Vasquez	1 st	2001	Bridget Duffy
6th	2008	Dan Maxwell	2 nd	2004	Gabi Rios-Sotelo
6 th	2006	Matt Duffy	2 nd	1999	Bridget Duffy
6 th	2005	Matt Duffy	3 rd	2002	Gabi Rios-Sotelo
10 th	2000	Rudy Vasquez	16 th	2001	Gabi Rios-Sotelo
13 th	1994	Jonevan Hornsby	18th	2008	Alex Choy
16 th	1989	Devin Young			
18 th	1996	Mike Arp			
19 th	2005	Erick Berthaldan			
20 th	2005	Rob Riccardi			

CIF State Meet Top Times

Time	Year	Athlete	Time	Year	Athlete
15:45	2008	Dan Maxwell	18:15	2000	Bridget Duffy
15:45	2007	Matt Duffy	18:20	2004	Gabi Rios-Sotelo
15:54	2006	Matt Duffy	18:29	2002	Gabi Rios-Sotelo
15:56	2000	Rudy Vasquez	18:33	2001	Bridget Duffy
16:06	2005	Matthew Duffy	18:35	1999	Bridget Duffy
16:07	2001	Rudy Vasquez	19:06	2008	Alex Choy
16:31	1994	Jonevan Hornsby	19:28	2007	Taylor Lawson
16:32	1989	Devin Young	19:28	2001	Gabi Rios-Sotelo
16:34	1992	Jonevan Hornsby	19:32	2008	Ashley Davis
16:35	2005	Erick Berthaldan	19:44	2008	Taylor Lawson
16:37	2005	Rob Riccardi	19:45	2007	Alex Choy
16:49	2008	Tony Levine	19:51	2008	Margot Sullivan
16:50	1993	Jonevan Hornsby	19:56	2007	Margot Sullivan
16:51	2006	Rob Riccardi	19:57	2006	Margot Sullivan
16:51	1996	Mike Arp	20:13	2006	Alex Choy
16:52	2007	Forrest Jordan	20:16	2008	Alice Baker
16:53	2007	Tony Levine	20:38	2007	Alice Baker
16:55	2006	Forrest Jordan	20:39	2000	Chelsea Torgersen-Bell
16:56	2007	Will Brady	20:44	1999	Chrissy Chavez
16:59	1997	Mike Arp	20:49	2008	Hannah Brumbaum
17:00	2008	Kellen Asercion	21:05	1999	Sayaka Matsumoto
17:00	2000	Sean Geraghty	21:11	2007	Ashley Davis
17:01	1992	Jonevan Hornsby	21:13	1999	Florinda Larkin
17:04	1999	Rudy Vasquez	21:20	1999	Chelsea Torgersen-Bell
17:05	2007	Kellen Asercion	21:23	2000	Bria Maguire
17:12	1990	Steve Loh	21:37	2006	Taylor Lawson
			21:43	2007	Annie Woelffer
			21:50	2001	Chelsea Torgersen-Bell
			21:53	2008	Annie Woelffer
			21:53	2007	Sara Pennebaker