SAINT MARY'S
COLLEGE HIGH SCHOOL
1999
CROSS-COUNTRY
SCHEDULE

DATE		MEET/INVITATIONAL	SITE	TIME
Sept. 3	(F)	Time Trial	Tilden Park	3:30
Sept. 8	(W)	Contra Loma Classic	Contra Loma Regional Park	3:00
Sept. 18	(S)	Adidas Invitational	Newhall Park, Clayton	9:00
Sept. 25	(S)	Cowchip Invitational	Stafford Lake Park	9:00
Sept. 29	**(W)**	**ACCAL League Meet**	**Jauquin Miller Park**	**3:30**
Oct. 9	(S)	Clovis Invitational	Woodward Park, Fresno	9:00
Oct. 14	**(Th)**	**ACCAL League Meet**	**Point Pinole**	**3:45**
Oct. 16	(S)	Mariner Invitational	Garin Park, Hayward	9:00
Oct. 22	(F)	Mt. SAC Invitational	Mt. San Antonio College, Walnut	1:00
Oct. 28	**(Th)**	**ACCAL League Meet**	**Tilden Park**	**3:45**
Nov. 11	**(Th)**	**ACCAL League Championship**	**Crown Memorial Park**	**3:45**
Nov. 20	(S)	N.C.S. Meet of Championship	Newhall Park, Clayton	11:30
Nov. 27	(S)	CIF State Meet	Woodward Park, Fresno	9:00

Bold type indicates league meet

COACHING STAFF

Denis Mohun
Dan Kuebler
Jeff Rogers
Lori Riedy

Alameda Contra Costa Athletic League

Saint Mary's College High School
Albany - Piedmont - El Cerrito
Kennedy - Alameda - Saint Joseph
Saint Elizabeth - Richmond - Salesian - Encinal

Mens

Seniors
Bobby Howe
James Ross
Denyè Versher

Juniors
Sean Geraghty
Nolan Horinouchi
Nick Maniatis
Anthony Oceguera
Darren Bivens

Sophomores
Rudy Vasquez
Tan Hoang
Michael Manalili
Bobby Manente
Eddie Torres
Gregory Williams

Freshmen
Daniel Brown
Stephen Crooms
Eric Sylvester

Womens

Seniors
Chrissy Chavez
Flo Larkin

Juniors
Sayaka Matsumoto
Bria Maguire
Stephanie Penn
Ali Chesley

Sophomores
Bridget Duffy
Vlasta Komorous-Towey
Chelsea Torgersen-Bell
Catherine Mullarkey
Chelsea Sera
Jorie Menjou-Seaman

Freshmen
Elisa Pasquini
Nicole Shanahan
Michela Chesley
Emma Goulart
Ana Sobrero
Keli Yaris
Christina Taylor
Sophie Ewing
Phyllis Jeffrey

Seniors	Years Running	Elementary School
Bobby Howe	Fourth Year	Saint John the Baptist
James Ross	Fourth Year	Adams Middle School
Chrissy Chavez	Third Year	Saint Jerome
Flo Larkin	Second Year	Adams Middle School
Denyè Versher	First Year	Saint Augustine
Juniors		
Sean Geraghty	Third Year	Saint John's
Nolan Horinouchi	Third Year	Windrush
Nick Maniatis	Third Year	The Madeleine
Sayaka Matsumoto	Third Year	Adams Middle School
Bria Maguire	Third Year	Adams Middle School
Stephanie Penn	First Year	Ecole Bilingue
Anthony Oceguera	First Year	Valley View
Darren Bivens	First Year	Stewart
Ali Chesley	First Year	Montera
Sophomores		
Tan Hoang	Second Year	Saint Joseph
Michael Manalili	Second Year	Saint Paul
Bobby Manente	Second Year	Corpus Christi
Eddie Torres	Second Year	Corpus Christi
Gregory Williams	Second Year	King Junior
Bridget Duffy	Second Year	Claremont
Vlasta Komorous-Towey	Second Year	Madeleine
Rudy Vasquez	First Year	Corpus Christi
Catherine Mullarkey	First Year	Saint David's
Chelsea Sera	First Year	Kensington Hilltop
Chelsea Torgersen-Bell	First Year	Aurora School
Jorie Menjou-Seaman	First Year	Montera
Freshmen		
Elisa Pasquini	First Year	The Madeleine
Daniel Brown	First Year	Redwood Heights
Stephen Crooms	First Year	East Bay - Science and Arts
Eric Sylvester	First Year	Saint Paul
Sophie Ewing	First Year	King Junior High
Phyllis Jeffrey	First Year	East Bay - Science and Arts
Nicole Shanahan	First Year	Montera
Michela Chelsea	First Year	Montera
Emma Goulart	First Year	Adams Middle School
Ana Sobrero	First Year	Saint John's El Cerrito
Keli Yaris	First Year	Saint John's El Cerrito
Christina Taylor	First Year	Saint John's El Cerrito

1999

A.C.C.A.L. ALL LEAGUE

JAMES ROSS
RUDY VASQUEZ
NICK MANIATIS
SEAN GERAGHTY
CHELSEA TORGERSEN-BELL
CHRISSY CHAVEZ
BRIDGET DUFFY
FLO LARKIN

A.C.C.A.L.
HONORABLE MENTION
ALL LEAGUE

SEAN GERAGHTY
SAYAKA MATSUMOTO

CAPTAINS

JAMES ROSS
SEAN GERAGHTY
CHRISSY CHAVEZ
FLO LARKIN

1999 RECORDS

VARSITY BOYS	97 AND 26
VARSITY GIRLS	63 AND 9
JUNIOR VARSITY BOYS	12 AND 15
JUNIOR VARSITY GIRLS	16 AND 23
SOPH-FROSH BOYS	0 AND 3
SOPH-FROSH GIRLS	4 AND 0

OVERALL RECORD FOR THE 1999 SEASON

192 AND 76

VARSITY BOYS

ADIDAS INVITATIONAL	5TH OUT OF 27
COWCHIP INVITATIONAL	9TH OUT OF 11
A.C.C.A.L. MEET #1	1ST OUT OF 7
CLOVIS INVITATIONAL	5TH OUT OF 17
A.C.C.A.L. MEET #2	2ND OUT OF 7
MT. SAC INVITATIONAL	6TH OUT OF 25
A.C.C.A.L. MEET #3	2ND OUT OF 6
A.C.C.A.L. CHAMPIONSHIP	2ND OUT OF 7
N.C.S. MEET OF CHAMPIONS	3RD OUT OF 25

VARSITY GIRLS

CONTRA LOMA INVITE	3RD OUT OF 5
A.C.C.A.L. MEET #1	1ST OUT OF 3
A.C.C.A.L. MEET #2	1ST OUT OF 4
MARINER INVITATIONAL	1ST OUT OF 4
MT. SAC INVITATIONAL	1ST OUT OF 22
A.C.C.A.L. MEET #3	1ST OUT OF 4
A.C.C.A.L. CHAMPIONSHIP	1ST OUT OF 4
N.C.S. CHAMPIONSHIP	1ST OUT OF 21
C.I.F. STATE CHAMPIONSHIP	8TH OUT OF 14

JUNIOR VARSITY BOYS

COWCHIP INVITE	8TH OUT OF 13
A.C.C.A.L. MEET #1	4TH OUT OF 6
A.C.C.A.L. MEET #2	4TH OUT OF 6
A.C.C.A.L. MEET #3	2ND OUT OF 4
A.C.C.A.L. CHAMPIONSHIP	2ND OUT OF 3

JUNIOR VARSITY GIRLS

CONTRA LOMA INVITATE	3RD OUT OF 5
ADIDAS INVITATIONAL	10TH OUT OF 16
COWCHIP INVITATIONAL	8TH OUT OF 8
A.C.C.A.L. MEET #1	2ND OUT OF 5
A.C.C.A.L. MEET #2	4TH OUT OF 4
A.C.C.A.L. MEET #3	1ST OUT OF 3
A.C.C.A.L. CHAMPIONSHIP	2ND OUT OF 5

SOPH/FROSH BOYS

MARINER INVITATIONAL	4TH OUT OF 4

SOPH/FROSH GIRLS

MARINER INVITATIONAL	1ST OUT OF 5

LEAGUE FINISH

ALAMEDA CONTRA COSTA ATHLETIC LEAGUE

VARSITY BOYS - SECOND IN LEAGUE - SECOND AT THE CHAMPIONSHIPS
VARSITY GIRLS - FIRST IN LEAGUE - FIRST AT THE CHAMPIONSHIP
JUNIOR VARSITY BOYS - SECOND IN LEAGUE - SECOND AT THE CHAMPIONSHIPS
JUNIOR VARSITY GIRLS - THIRD IN LEAGUE - SECOND AT THE CHAMPIONSHIP
SOPH-FROSH BOYS - SECOND AT THE CHAMPIONSHIP

NORTH COAST SECTION (N.C.S.) CHAMPIONSHIP

DIVISION IV VARSITY GIRLS - 1ST
DIVISION IV VARSITY BOYS - 3RD

CALIFORNIA INTERSCHOLASTIC FEDERATION STATE CHAMPIONSHIP

VARSITY GIRLS - 8TH

1999 TEAM AWARDS

VARSITY BOYS

MOST VALUABLE RUNNER

-RUDY VASQUEZ-

MOST IMPROVED RUNNER

-NICK MANIATIS-

COACHES AWARDS

-JAMES ROSS-

VARSITY GIRLS

MOST VALUABLE RUNNER

-BRIDGET DUFFY-

MOST IMPROVED RUNNER

-CHRISSY CHAVEZ-

COACHES AWARDS

-FLO LARKIN-

JUNIOR VARSITY BOYS

MOST VALUABLE RUNNER

-ANTHONY OCEGUERA

COACHES RUNNER-

-MICHAEL MANALILI-

JUNIOR VARSITY GIRLS

CO-MOST VALUABLE RUNNER

-MICHELA CHESLEY-

-NICOLE SHANAHAN-

MOST IMPROVED RUNNER

-CATHERINE MULLARKEY-

COACHES AWARDS

-ALI CHESLEY-

THE BOBBY HOWE AWARD

-BOBBY HOWE-

MEET AND INVITATIONAL HONORS

TILDEN TIME TRIALS
ELISA PASQUINI – VLASTA KOMOROUS-TOWEY
JORIE MENJOU-SEAMAN

CONTRA LOMA INVITATIONAL
CHRISSY CHAVEZ - PHYLLIS JEFFREY

ADIDAS INVITATIONAL
DENYE VERSHER – BRIDGET DUFFY
NICOLE SHANAHAN

COWCHIP
SEAN GERAGHTY – CATHERINE MULLARKEY

A.C.C.A.L. MEET #1
GREG WILLIAMS – FLO LARKIN
CHELSEA SERA

CLOVIS INVITATIONAL
CHELSEA TORGERSEN-BELL – JAMES ROSS

A.C.C.A.L. MEET #2
BOBBY HOWE – FLO LARKIN
EMMA GOULART – DANIEL BROWN

MARINER INVITATIONAL
MICHAEL MANALILI – CHRISSY CHAVEZ
KELI YARIS

MOUNT SAN ANONTIO INVITATIONAL
NICK MANIATIS – BRIA MAGUIRE

A.C.C.A.L. MEET #3
STEPHANIE PENN – NICK MANIATIS

A.C.C.A.L. CHAMPIONSHIP
EDDIE TORRES – CHELSEA TORGERSEN-BELL
MICHELA CHESLEY

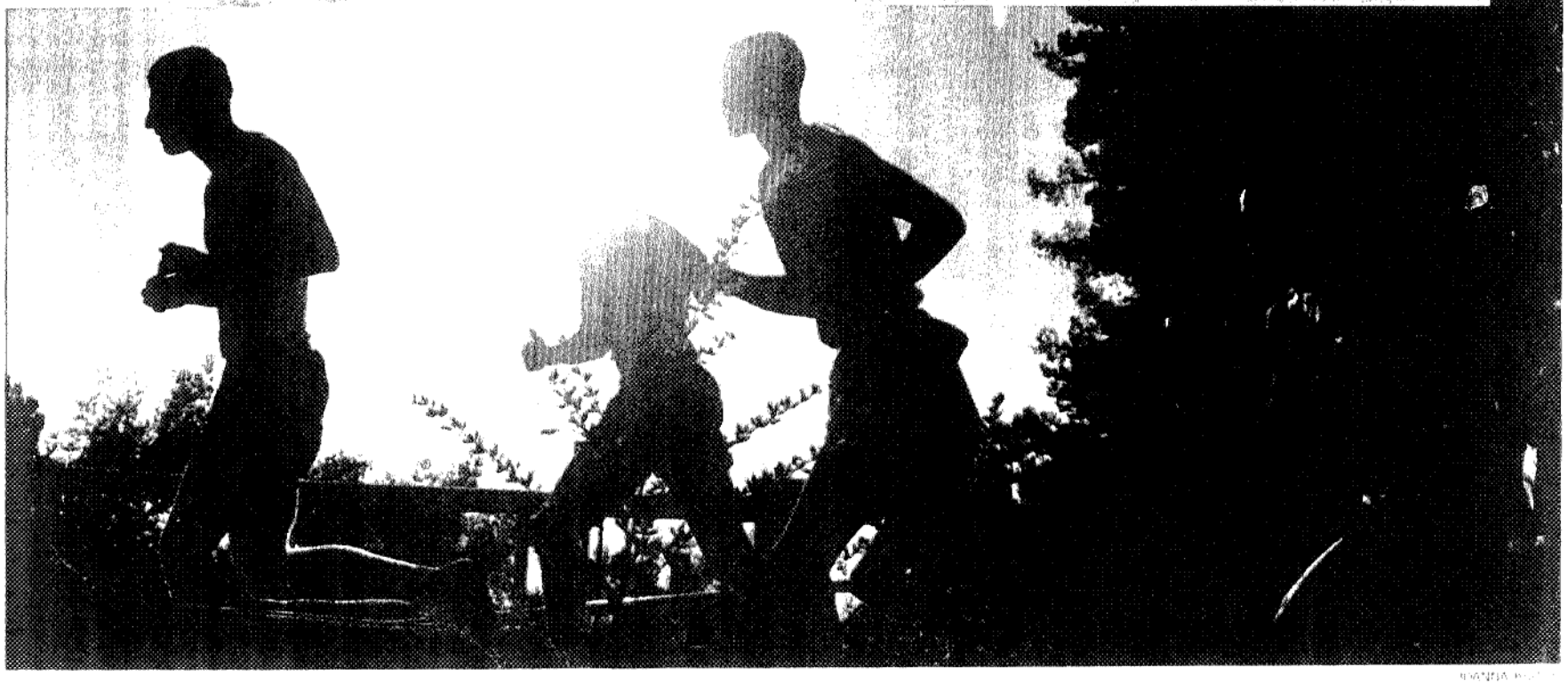
NORTH COAST SECTION CHAMPIONSHIP
RUDY VASQUEZ – SAYAKA MATSUMOTO

CALIFORNIA INTERSCHOLASTIC FEDERATION STATE CHAMPIONSHIP
BRIDGET DUFFY

THE BERKELEY VOICE

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Sports St. Mary's cross country sweeps league meet [**C1**]



THE HOT SUN silhouettes runners at the league super meet last week. St. Mary's boys and girls both won the varsity races at Joaquin Miller Park.

Panthers sweep up

St. Mary's boys and girls win the opening cross country meet at Joaquin Miller

By Peter Mentor

St. Mary's High runners might have felt a little snakebit last year, so the Panthers must feel great about what happened last week at Joaquin Miller Park in Oakland.

For the first time ever both the St. Mary's boys and girls cross country teams won both varsity races in the first of three Alameda Contra Costa Athletic League super meets.

The Panthers boys have won league meets (and titles) before, but the girls had a series of near misses last year with three second-place finishes by a total of five points at the three league meets.

This time around the St. Mary's boys and girls ran past the competition to take a huge step toward winning a league title.

"It's a major step up for us to get all the teams together and win," said St. Mary's girls coach Denis Mohun. "It's always good to win the first one. It's great to start off with a victory."

It's especially good to do it on the home course of Piedmont High, one of the major competitors in the ACCAL. The Joaquin Miller course is the hardest of the three and the next hardest is St. Mary's home course of Tilden Park, which is the last of the three meets.

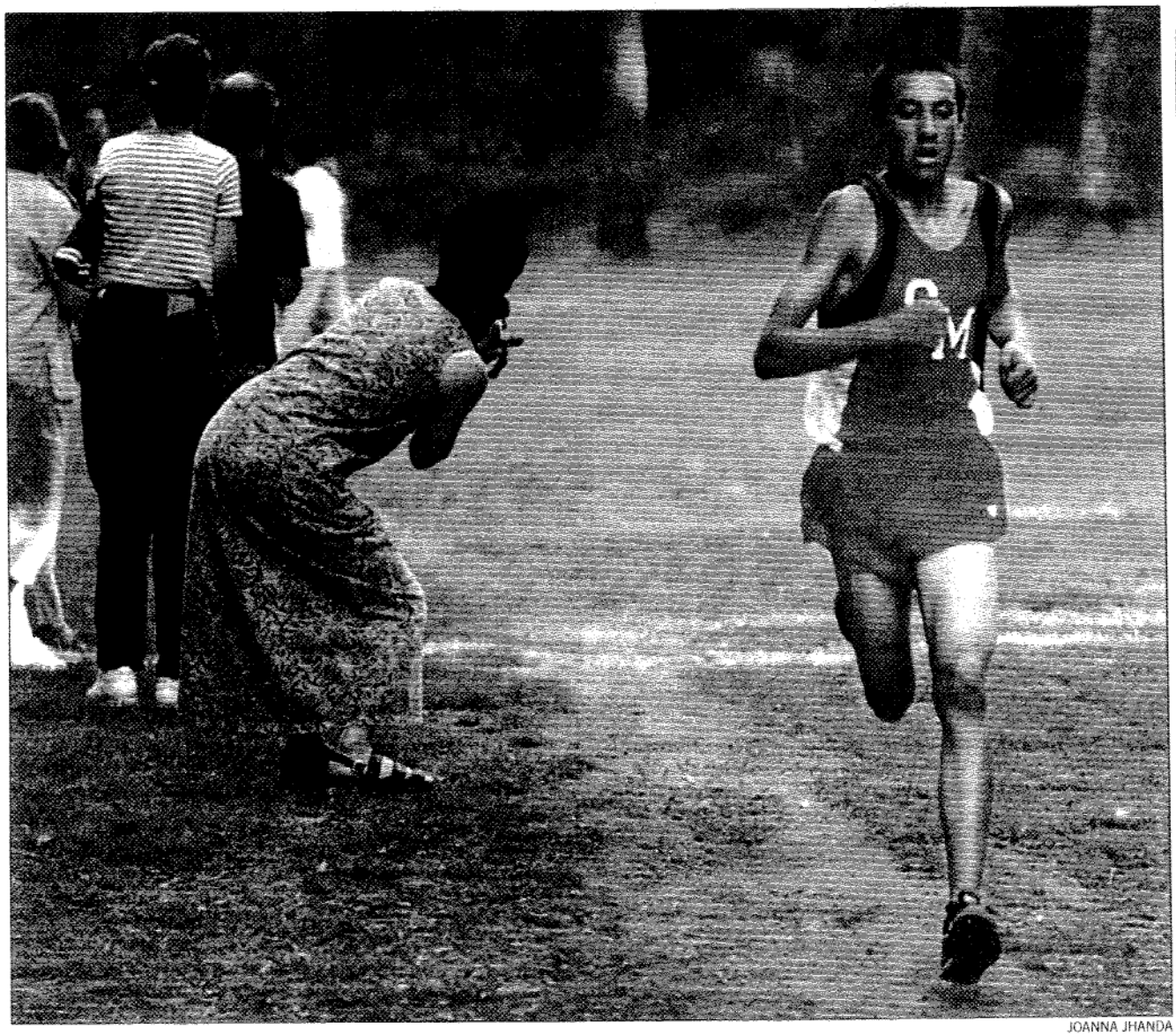
The league title is decided by how teams finish at the three all-team league meets, which have taken the place of the old dual meet system.

All the league teams compete in each meet and they are each assessed points for their overall team placement, with one point going to the winner, two for second place and so on. The team with the lowest point total of the three meets wins the league title.

St. Mary's hit the equivalent of two holes-in-one by winning both varsity races. Piedmont placed second in the girls and boys varsity races.

Alameda finished third in the boys race and had no team result in girls race because two runners were injured. The Hornets girls will be assessed four points

See PANTHERS, Page C2



JOANNA JHANDA

RUDY VASQUEZ passes by onlookers on his way to a third-place finish at the first of three ACCAL league meets.

Panthers

FROM PAGE C1

for failing to finish as a team.

Girls win

Only three full teams ran in the girls race and El Cerrito wasn't a factor among the top two teams. This meet really came down to St. Mary's and Piedmont and the Panther girls won it handily, 22-36. El Cerrito was third at 79.

St. Mary's was paced by sophomore Bridget Duffy, who figured she had a good shot at winning the race when she went ahead of last year's three-race winner Sarah Walker.

But Piedmont senior Mary Phelps, a first-year runner for the Highlanders, was right with Duffy the entire race. Phelps kicked it in for the win at 24 minutes, 35 seconds. Duffy placed second at 24:49.

"I was going to keep behind her and try to catch up on the downhill," said Duffy of Phelps. "Our team did very well, I'm proud of them. This is the best the St. Mary's girls have ever done."

Alameda runners Corinne Roberts (25:01) and Walker (25:04) were third and fourth, respectively, but they didn't figure in the team scoring this time because Alameda had only four runners finish the race.

St. Mary's runners took five of the next six places to take the victory. St. Mary's senior Crissy Chavez (25:58) and junior Sayaka Matsumoto (26:04) placed fifth and sixth, followed by Piedmont's Jordan Landes-Brenman (26:04), who broke up the pack.

Panther sophomore Chelsea Torgersen-Bell (26:24), senior Flo Larkin (26:28) and junior Bria McGuire (26:49) had a blanket finish before the next Piedmont runner could complete the hot and hilly 3-mile course.

"As a team we ran an excellent game plan," said Mohun. "Running with each other they gave support to each other."

Boys race close

The boys race was a little closer. Piedmont's Tom Phelps, the younger brother of girls' race winner Mary Phelps, was the fastest of the varsity boys in 19:38. Alameda's Nathan Brassmassery was second in 19:59.

St. Mary's had the next two runners, with sophomore Rudy Vasquez and senior James Ross finishing with identical times of 20:03 for third and fourth places. Piedmont runners Graeme Joeck (20:06) and Nathan Cox (20:20) had the next two spots.

St. Mary's juniors Sean Geraghty (20:35) and Nick Maniatis (20:40) placed eighth and ninth, while Piedmont's Crosby Freeman (21:13) came in for 13th.

With four runners in from both teams St. Mary's led by one point at 24-25. However St. Mary's sophomore Greg Williams (20:55) had already finished in 11th place to seal the victory for the Panthers.

"Greg had the best race of anybody on the team," said St. Mary's boys coach Dan Keubler of Williams. "He really stepped up. We were pretty even with Piedmont if you take the top four runners. In the last half mile of the race Greg passed four guys."

Piedmont's Evan Epstein (21:34) placed 16th, which was right around where Williams was until he made his move. That was the difference it the race.

The teams all meet again at Point Pinole on Oct. 14, then comes the Tilden race Oct. 28. The ACCAL Championship meet is at Crab Cove.

Lady Panthers capture title

By Peter Mentor

Call 'em champions. St. Mary's High girls cross country has all but sewn up its first-ever Alameda Contra Athletic League championship after winning its second league meet in as many tries.

The Lady Panthers placed five runners among the top nine overall at second of three ACCAL super meets held Oct. 14 at Point Pinole Park to claim victory there.

The win gave St. Mary's two team points with one league meet remaining next Thursday at Tilden Park. Piedmont is in second place with four points after finishing second in both league meets this season.

The team with the lowest point total of the three meets wins the regular-season crown. Teams are awarded a point for their overall team finish in each meet and with only two points the Lady Panthers would have to finish third and Piedmont would have to win for there to be even a tie.

That scenario is highly unlikely with the way the Lady Panthers are running. St. Mary's No. 1 runner Bridget Duffy claimed her first individual victory in a league race, running the gently rolling 2.9-mile course at Point Pinole in 18 minutes, 40 seconds.

"Bridget ran a great race," said St. Mary's girls coach Denis Mohun. "She was able to run her own race. She enjoys running on the flat immensely. After the first 300 meters her goal was to take it out and work the course."

In the first league race this season Duffy lost to Piedmont's No. 1 runner Mary Phelps by 14 seconds. This time Duffy opened a 100-meter lead after one mile and was 200 meters ahead after two miles. She finished over a minute faster than Phelps (19:45), who placed a distant second.

Alameda High's Sara Walker (20:09)

> "The difference between last year and this year is they were learning how to run last year and this year they're learning how to race."
>
> — St. Mary's coach Denis Mohun

See PANTHERS, Page C2

Panthers

FROM PAGE C1

and Corinne Roberts (20:19) placed third and fourth, respectively. Then is it was all St. Mary's.

Crissy Chavez (20:38, 5th), Savaka Matsumoto (20:52, 6th) and Chelsea Torgersen-Bell (21:02, 7th) had a blanket finish, taking the next three places for the Lady Panthers.

"All three of them worked well," said Mohun of his middle runners. "With 400 meters to go the Piedmont and St. Joseph girls were right next to them. Crissy was chasing the Alameda girl and Savaka and Chelsea worked together."

The clincher

The clincher came when St. Mary's Flo Larkin (21:23) placed 10th overall and ninth among the scoring runners. That's because St. Joseph High's Caitlin Smith (21:11, 8th) ran on an incomplete team and Piedmont's Lauren Barbieri (21:18, 9th) was the only other runner in before Larkin.

"Flo passed three or four people," said Mohun, who has seen his team mature in just one year. "The difference between last year and this year is they were learning how to run last year and this year they're learning how to race."

Bria McClure (22:40, 19th), Catherine McMullarkey (24:28, 28th) and Ali Chesley (24:25, 31st) also ran for the Panthers.

"Bria has had some back soreness," said Mohun. "She's beginning to get back on track for us. We're hoping she'll be a factor in other races."

St. Mary's harriers charging hard at Mt. SAC

Boy place 6th, girls win day meet behind Duffy

By Peter Mentor

Many cross country teams try to rest before going into a big meet. St. Mary's High just worked harder

The Panthers and Lady Panthers traveled to Mt. San Antonio College in Walnut last Friday to compete at the Mt. SAC invitational.

The St. Mary's boys had a big meet this week for the Alameda Contra Costa Athletic League regular-season crown with Piedmont High the biggest challenger.

That didn't stop the Panthers from competing in the invitational sweepstakes race, where they finished sixth out of 25 teams in the race.

The Lady Panthers have already sewn up the ACCAL crown. They ran in the day portion of the Mt. SAC meet, winning it by placing five runners in the top 25 among 169 runners in the race.

The best race of the day was completed by Bridget Duffy, who won the girls race and has a chance at being the league champion after winning one of the first two races this season.

Chrissy Chavez (11th), Chelsea Torgensen-Bell (15th), Flo Larkin (18th) and Bria McGuire (25th) ran a great race to give the Lady Panthers the victory during the hot day section of the meet.

There were two flights in the day section and St. Mary's, when comparing team times, was the best of both flights.

"We had the best overall team time out of the two flights," said St. Mary's coach Denis Mohun. That means St. Mary's bested 41 teams entered in the two flights. The St. Mary's girls didn't run in the more competitive sweepstakes section at night because they were missing their No. 3 runner Sayaka Matsumoto, who was at a judo competition.

"It was extremely hot," Mohun said, "about 83 degrees. (assistant coach) Laura (Reidy) had half gallon jugs of bottled water. We soaked them before the race."

The Panthers boys were entered in the more competitive sweepstakes race, but it was also a lot cooler — about 70 degrees — coming at 5 p.m., two hours after the girls races

Rudy Vasquez led the pack for St. Mary's, running the 3-mile course in 16 minutes, 23 seconds for 21st place out of 170 runners.

James Ross (48th, 17:04), Nick Maniatis (51st, 17:08), Greg Williams (62, 17:18) and Sean Geraghty (87th, 17:40) were among the scoring runners for the Panthers. Bobby Howe (122nd, 18:21) and Eddie Torrez (138th, 18:29) also ran.

McFarland High, the No. 1 Division 4 team in the state, won the race with 95 points. Oak Park (102 points), Nordhoff (108), Dublin (170), and Yuba City (263) took the next four places.

St. Mary's had 269 points and finished sixth among 25 teams. Mohun said the boys' team time was fast. "They averaged 17:07," said Mohun. "I don't think we had anyone who broke 17 minutes on a 3-mile course last year. The course was very challenging."

The course starts out with a flat section for the first mile, but it heads up to a switchback that leads to "Poopout Hill," which is a short but steep section of the terrain. A long saddleback section finishes with a 400-yard meadow that is flat, but then there's a slight incline at the very end.

Mohun didn't think the race would take too much out of his runners for the upcoming final league meet, which was scheduled for Oct. 28.

"We ran at Mt. SAC Friday and recovered over the weekend," he said. "We worked out hard on Monday, recovered Tuesday and on Wednesday we focused on the race Thursday."

Whether the boys had enough to beat Piedmont could only be seen.

Panthers hoping third race a charm

St. Mary's boys were in a position to win the league cross country title at final meet at Tilden Park

By Peter Mentor

There's only room for one Alameda Contra Costa Athletic League cross country champion and the St. Mary's High boys wanted to make sure they are it.

St. Mary's won the first ACCAL super meet at Joaquin Miller Park with Piedmont in second place. That finish was reversed Oct. 14 when the Highlanders won the second of three league meets at Point Pinole Park.

So the two teams were tied at three points apiece heading into the final meet on Thursday of this week at Tilden Park, which also happens to be the Panthers' home course.

It was simple, really, the winner of the meet is the league regular season champion, while the loser is not.

"They've been waiting for this particular meet meet," said St. Mary's coach Denis Mohun of the boys team. "They have fun with the hill and they're not intimidated by it. But when you have Piedmont and St. Mary's, anything can happen."

That's for sure. When St. Mary's won that first meet on Piedmont's home course at Joaquin Miller, that was a bit of a shock. The Panthers ran a great race that day and the Highlanders, with the exception of overall winner Tom Phelps, did not.

In the second meet at Point Pinole things were reversed with Piedmont taking an easy 35-51 victory.

Phelps won the race in 16:14 on the 2.9-mile course, giving him both individual victories. But this time Piedmont had great runs from its next three guys, who placed among the top eight overall. The Highlanders' Crosby Freeman (16:38, 4th), Graeme Joeck (16:55, 6th) and Nathan Cox (16:58, 8th) all broke 17 minutes.

Even the Piedmont's fifth guy, Nick Malick (17:38) split St. Mary's last two scoring runners.

The Panthers had a super run from Rudy Vasquez, who placed third overall in 16:31 with only Phelps and Alameda's Nathan Brassmassery (16:28) ahead of him.

James Ross (16:44, 5th) ran well for the Panthers, and Nick Maniatis (17:24, 11th) also did a good job. However, Sean Geraghty (17:37, 15th) was not feeling well and Denye Versher (17:38, 17th) was nipped at the wire by Malick.

"Piedmont ran a great race, their best all season," said Mohun. "Their 1 and 2 (runners) ran great and their 3-4-5 guys worked well together."

The St. Mary's boys ran in the Mt. SAC Invitational last Friday (see related story) in the seeded race, to prepare for the final league meet on Thursday.

"The winner is at least co-champion of the league," said Mohun. "It definitely adds excitement and keeps up the intensity for the race."

The Tilden course is divided into three parts: the first is rolling, then up a huge hill almost to Inspiration Point; then it rolls along the ridge for a third; and finally it's back down the hill to the grassy meadow. "The boys actually love this course," said Mohun. "They respect it because it's challenging. They like it because it's real cross country."

Piedmont coach Doyle O'Regan said his top runner Phelps has not run on it, even last year because he was held out for medical reasons. He said his guys have not had much experience on it and that could work against them.

Whether one team has an advantage on the course over the other is debatable. What it comes down to, really, is the team that had the best day will be the league champion. Stay tuned next week for the results.

St. Mary's girls win, boys lose by a hair

Cross country titles come down to the wire for Panthers and Lady Panthers

By Peter Mentor

How close can a cross country race get? When all five scoring runners from two teams finish with the exact same point total, it doesn't get much closer.

Well, yeah it does when the outcome is for a league title and the race comes down to a sixth runner. That's just what happened last week in the third of three Alameda Contra Costa Athletic League races. The boys title came down to a tiebreaker, while the girls race was decided by a single point among the top three teams.

First, the St. Mary's girls varsity won its race by a single point to sweep the three league races and take the regular-season crown outright. Bridget Duffy won the race in 19 minutes, 54 seconds and the Lady Panthers won the overall team race 39-40 over Piedmont. Alameda was a close third at 41 points.

Lady Panthers Chrissy Chavez (5th, 21:18), Chelsea Torgersen-Bell (8th, 22:03), Flo Larkin (11th, 22:32) and Bria McGuire (16th, 23:18) had to give it their all to beat an up-and-coming Piedmont squad.

The boys race was even closer and it figured to be even before the start. St. Mary's won the first boys varsity race of the season on Piedmont's course Joaquin Miller Park and the Panthers were second overall at the second meet on the Point Pinole course. Piedmont finished second in the first race, then placed first at Point Pinole, tying both teams for the league lead going into the final race.

The winner of the third race at Tilden Park was going to take home league title. St. Mary's and Piedmont had all five of their scoring runners in and the points added up to a tie at 43 points each.

That meant the entire league season was going to come down to the sixth man.

The Highlanders' sixth guy was faster than the Panthers' sixth guy and the title went to Piedmont. Now St. Mary's can only hope to win the ACCAL Championship meet for half of the honor of league champion.

"We lost on the sixth man. It was very closes," said St. Mary's coach Dan Keubler. "We had a couple of guys who finished dead even at the line (with Piedmont runners). It looks like we'll have to get them at the league meet,"

Piedmont's Tom Phelps won the 3-mile race in 16:27 with Alameda's Nathan Brassmerry second in 16:57.

St. Mary's Rudy Vasquez ran a good race for third place in 17:02 and the race was on for the team title.

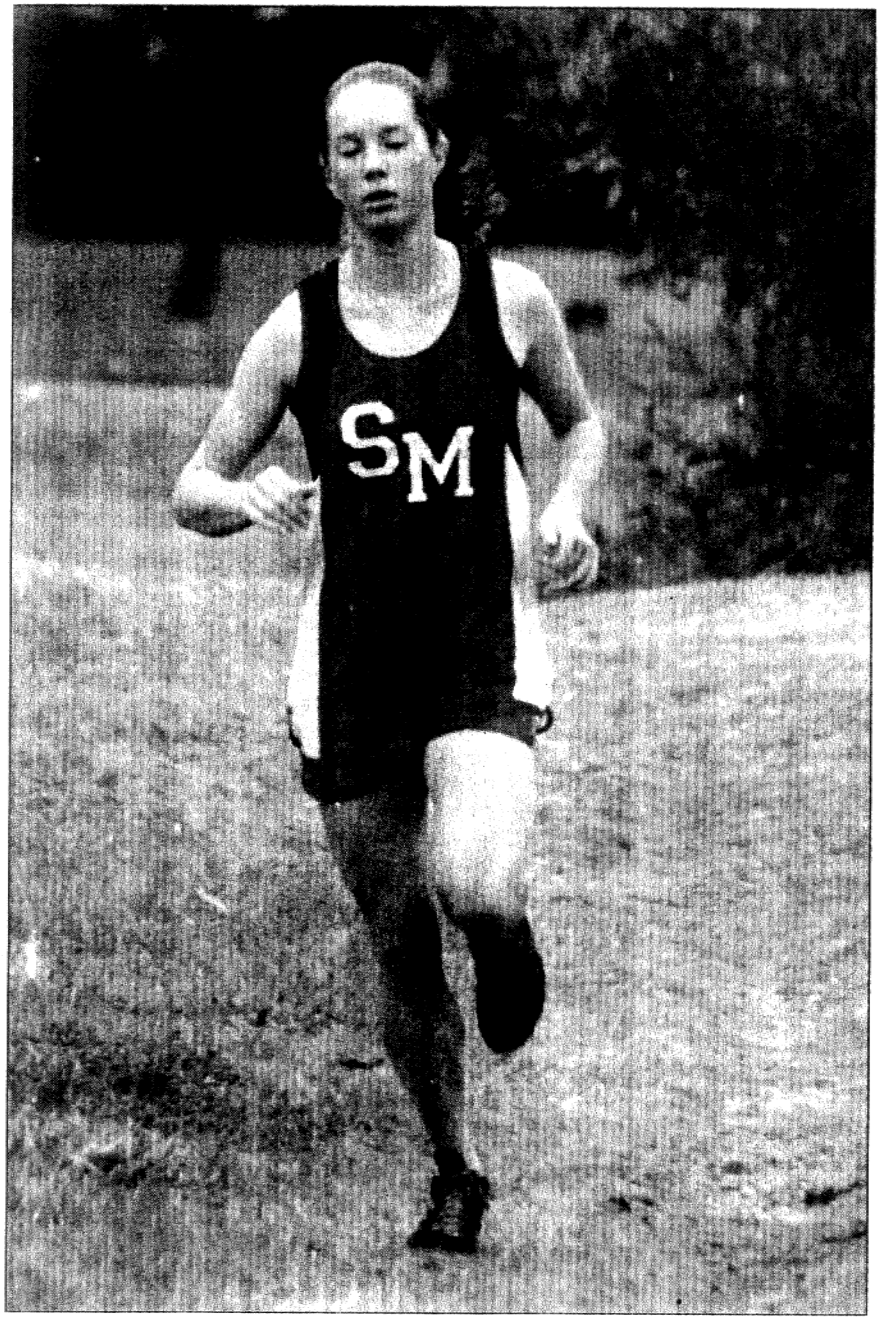
Piedmont had the next two runners in Nathan Cox (17:06) and Crosby Freeman (17:07), the latter who moved form No. 6 man to No. 3 in the course of the season.

Nick Maniatis, Sean Geraghty, James Ross and Greg Williams were the next four finishers for the Panthers.

Maniatis and Geraghty were one place behind Piedmont runners, which was enough for Piedmont to catch St. Mary's in the team scoring.

The Highlanders' sixth man Evan Epstein was the next guy in among the two teams and that sealed the victory for Piedmont.

Alameda finished third with 64 points, followed by St. Joseph-Notre Dame in fourth (65 points), Albany (152 points) and El Cerrito (184 points).



KATHY BAKER

BRIDGET DUFFY paced the Lady Panthers to their first-ever ACCAL cross country championship by winning the meet last week at Crab Cove.

St. Mary's cross country coronation

Duffy's win leads Lady Panthers to title at league cross country championships

By Peter Mentor

ALAMEDA — St. Mary's opened the door for an upset, but no one came knocking.

The Lady Panthers, who swept all three regular-season races this season, had two runners suffer cramps at the Alameda Contra Costa Athletic League championship at Crab Cove last Wednesday.

St. Mary's Nos. 2 and 3 runners Christina Chavez and Sayaka Matsumoto fell back in the race, and neither Piedmont nor Alameda could take advantage of the Lady Panthers Mary's woes.

Those three teams took 16 of the first 17 places in the race, but St. Mary's scored a winning 35 points, while Alameda had 41 points for second place, Piedmont tallied 47 points for third and El Cerrito notched fourth at 99 points.

"Our No. 2 girl was 10th and our No. 3 was 11th, which opened the door," said St. Mary's coach Denis Mohun. "Chavez and Matsumoto cramped up and fell to the back. "

Coming to the rescue for the Lady Panthers were Chelsea Torgersen-Bell and Flo Larkin, who ran faster than usual to claim eighth and ninth place.

"Chelsea Torgersen-Bell and Flo Larkin stepped up big time," said Mohun. "As a team they all stepped up. Christina and Sayaka were hurting, but they gutted it through and that was the whole difference during the race."

Duffy wins

The first three runners in the race finished as expected with St. Mary's High sophomore Bridget Duffy taking honors on the 3-mile course with a meet best 18 minutes, 52 seconds.

Duffy has become the best runner in the league and she showed it, finishing with a full tank of gas and nobody on her heels.

As the Lady Panthers' top runner, Duffy ran second at the first league meet of the season and since then she has been untouchable. She won the next two league meets and captured the ACCAL title by 37 seconds.

"I did what I came out to do," said Duffy, who was used top being a front runner. "I was tempted to look over my shoulder but didn't. This course is nice because you can see people."

The only person Duffy had to worry about was Piedmont's Mary Phelps, a senior who only came out this year and surprised her at that first league meet.

Since then Phelps finished second to Duffy in two more regular-season meets and she did the same at the league championships, placing second overall in 19:31.

Alameda's Corinne Roberts was next in 19:45, then came another gap to fourth for St. Joseph's Caitlin Smith.

See ST. MARY'S, Page C2

St. Mary's

FROM PAGE C1

Piedmont's Allison Jolda (20:24) finished seventh behind Alameda's Sarah Walker (20:17) and Sarah Orzell (20:23), who beat her at the wire. At that point Piedmont and St. Mary's were tied for second place behind Alameda with two runners in each.

But a blanket of Lady Panthers came next. Torgersen-Bell (20:45), Larkin (20:46),Chavez (21:18) and Matsumoto (21:19) placed 8-9-10-11 overall and the race was over.

Alameda's Lara Burenin (21:29) was next in 12th place and then Piedmont runners made their own blanket finish.

Christina Gunther-Murphy (21:31), Stephanie Perttula (21:54), Lauren Barbieri (21:59), Jordan Landes- Brenman (22:00) and Erica Simpson (22:03) took the next five places (13th through 17th) for the Highlanders.

Even that much space between the first four Alameda runners and the fifth — including El Cerrito sophomore Julietta Strauss (22:16, 18th) — wasn't enough to give Piedmont second place. Alameda's Jennifer Bleicher, the fifth of five runners for the depleted Hornets, placed 19th.

Gauchos steps

El Cerrito laid some steps for the future with a very young team that got great experience. Strauss, a sophomore, led the way for the Lady Gauchos, followed by sophomore Shannon Davenport (23:53), freshman Elizabeth Morrison (24:37), and sophomores Bobbie Habdas (25:19), Alejandra Perez (25:31) and Stephanie Hata (26:42). Add some summer running and two more years and this team could show some promise.

PREP GIRLS

ACCAL Championships

3 miles, Crab Cove, Alameda

Team results: St. Mary's 35, Alameda 41, Piedmont 47, El Cerrito 99.

Individuals (top 20): Bridget Duffy (SM) 18:52, Mary Phelps (P) 19:31, Corinne Roberts (Ala) 19:45, Caitlin Smith (SJ) 20:04, Sarah Walker (Ala) 20:17, Sarah Orzell (Ala) 20:23, Allison Jolda (P) 20:24, Chelsea Torgersen-Bell (SM) 20:45, Flo Larkin (SM) 20:46, Christina Chavez (SM) 21:18, Sayaka Matsumoto (SM) 21:19, Lara Burenin (Ala) 21:29, Christina Gunther-Murphy (P) 21:31, Stephanie Perttula (P) 21:52, Lauren Barbieri (P) 21:59, Jordan Landes-Brenman (P) 22:00, Erica Simpson (P) 22:03, Julietta Strauss (EC) 22:16, Jennifer Bleicher (Ala) 22:26, Hilary Cote (SJ) 23:31.

Cross country

ALAMEDA — Tom Phelps of Piedmont won a nail-biter while Bridget Duffy of St. Mary's practically ran by herself Wednesday during the Alameda-Contra Costa Athletic League boys and girls cross country championships at Crab Cove.

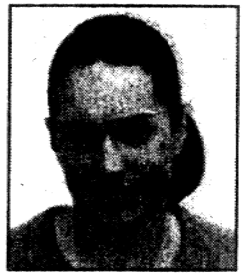
Phelps, who led Piedmont to the ACCAL regular-season title, won the boys three-mile race in 16 minutes, 3 seconds, which was three seconds faster than Nathan Brass-Massery of Alameda (16:06). Rudy Vasquez of St. Mary's was third (16:27), followed by Piedmont's Crosby Freeman (16:39) and Graeme Joeck (16:45).

Piedmont was an easy winner in the team competition.

Duffy led St. Mary's to a narrow team win over Alameda with her winning effort of 18:52. She was 39 seconds faster than Corinne Roberts of Alameda (19:45).

Rounding out the top five were Caitlin Smith of St. Joseph (20:04) and Alameda's Sarah Walker (20:17) and Sarah Orzell (20:23).

ATHLETES OF THE MONTH



Bridget Duffy
St. Mary's High
Cross Country

Bridget Duffy has become the best runner in the Alameda Contra Costa Athletic League this season eith two first place finishes to help her team earn its first ever league cross country title. The sophomore also sports a high grade point average and she has become a leader on and off the trails for her team.

Panthers run second at league

Cougars take fifth, Gauchos seventh in championship meet

By Peter Mentor

ALAMEDA — St. Mary's runners were hindered by illness at the Alameda Contra Costa Athletic League championship meet run last week, but they get another shot on Saturday to show they still have what it takes to beat Piedmont.

The Panthers almost won the regular-season cross country, but they lost it to the Highlanders on a sixth-man tie-breaker in the last race of the regular season at Tilden Park on Oct. 28.

Last Thursday the Highlanders simply ran away from the Panthers to win the Alameda Contra Costa Athletic League varsity boys cross country championships at Crab Cove.

Piedmont scored 28 points by placing eight runners in the top 12 overall, beating St. Mary's (47 points) by a healthy 19-point margin. Add that to the regular-season title and the Highlanders are the undisputed league champions.

St. Joseph was third with 70 points, followed by Alameda, 9 points, Albany in fifth at 154 points. Salesian next at 181 and El Cerrito taking seventh at 196 points.

St. Mary's had most of its runners sick

See CROSS COUNTRY, Page C2

Cross country

PREP BOYS

ACCAL Championships

3 miles, Crab Cove, Alameda

Team results: Piedmont 28, St. Mary's 47, St. Joseph 70, Alameda 79, Albany 154, Salesian 181, El Cerrito 196.

Individuals (top 20): Tom Phelps (P) 16:03, Nathan Brass-Massery (Ala) 16:06, Rudy Vasquez (SM) 16:27, Crosby Freeman (P) 16:39, Graeme Joeck (P) 16:45, Nathan Cox (P) 16:46, James Ross (SM) 16:53, Nick Mamatis (SM) 16:56, Ian Mason (SJ) 16:59, Matthew Yee (Ala) 17:09, Sean Geraghty (SM) 17:12, Mike Sullivan (P) 17:13, Andrew Williams (SJ) 17:13, Mike Gordon (P) 17:15, Travis Mason (SJ) 17:19, Brandon McClintock (SJ) 17:24, Nick Koneseklaff (SJ) 17:26, Greg Williams (SM) 17:29, Nick Malick (P) 17:36, Kota Reichert (Ala) 17:41.

Cross country

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that day, including Greg Williams, James Ross, Denye Versher, and Bobby Howe. They will have another shot at Piedmont, although in a much larger venue, at the North Coast Section Meet of Champions this Saturday morning at Hayward High. Race time is 11:30.

St. Mary's is racing in Division 4 and beating the two favorites, Dublin High and Piedmont, will be tough.

"If (our runners) were all to PR we could definitely beat Piedmont," said St. Mary's coach Dan Keubler of his runner. "Dublin is the better team — they have more talent — but Piedmont always seems to run well at the end of the season."

St. Mary's has two runners who could make the state meet on their own. One of them is sophomore Rudy Vasquez, who placed third overall at the league championship meet, running the flat 3-mile course in 16 minutes, 27 seconds. The other guy is the senior Ross, who ran 16:53 to finish seventh.

"Rudy and James could finish top seven or eight at North Coast," said Keubler. "That should put them in the running for the state meet."

The other St. Mary's runners would have to step it up if the team hopes to go as a unit. Junior Nick Maniatis wasn't far behind his teammate Ross, placing eighth in 16:56. Junior Sean Geraghty (17:12) placed 11th overall as the Panthers' fourth scoring runner.

Then came a gap until the fifth man Williams (17:29) who placed 18th. Versher (18:04, 22nd) and Howe (20:31, 37th) were not exactly healthy and their finish showed it.

The best race of the day was for individual honors. Piedmont's Tom Phelps went out hard, increased his lead, then held on as Alameda High's Nathan Brassmassery tried his best to catch him at the end.

Phelps ran the course in 16:03 on a calm, cool afternoon. He was the winner over Brassmassery (16:06) by three seconds.

"My plan was to see how it unfolded," said Phelps, who was also just getting over being ill. "By the first mile, down by the street, I wanted to pull ahead. I was ahead, but I wanted to keep moving up. If you make only one surge, you tend to slow down."

The story for Piedmont's team victory wasn't so much Phelps, but the other guys on the squad. Phelps ruled the league this year with three first-place finishes and finally the league title. He is the an ace card the Highlanders were not afraid to show.

The wild card was Piedmont's fifth runner Mike Sullivan, the transfer from De La Salle who ran up near the leaders for much of the race before fading to 12th overall. Sullivan (17:13) spurred his teammates to go faster and run harder and they did just that.

Sullivan was only one second behind St. Mary's Geraghty and he beat out St. Joseph High's Andrew Williams (17:13, 13th) by a fraction of a second.

Piedmont had Crosby Freeman (16:39), Graeme Joeck (16:45) and Nathan Cox (16:46), who finished 4-5-6 overall. Add Sullivan and the gap from 1 to 5 runner is only 69 seconds.

Showing how thoroughly the Highlanders won this race, Piedmont's sixth man Mike Gordon (17:15) finished 14th overall and beat St. Mary's fifth man Greg Williams by 14 seconds. Piedmont's No. 7 guy Nick Malick (17:36, 19th) was only one place behind Greg Williams.

Piedmont coach Doyle O'Regan was optimistic about his boys varsity team's chance defending its NCS championship from last year to reach the state meet.

"If you asked me a week ago I would have been talking about second or third place at North Coast," said O'Regan. "We've got as good a shot as anybody to win the thing. Of course, we have to run the perfect race."

O'Regan knows Dublin High, is the main rival for the whole thing, and Arcata High, with six of seven runners back is strong. He didn't count St. Mary's out of the running.

"I don't think St. Mary's is done yet," said O'Regan. "They are in the same boat as our girls. Division 4 is going to be very competitive. We could be first or eighth."

The latter would be just fine for the Panthers, who need to finish among the top two teams in that division to reach the state meet as a team.

Cougars and Gauchos

For Albany, junior Spencer K'Burg placed 25th in 18:34 to lead the Cougars to fifth place as a team. Sophomores Munyonyi Kiungua (19:05, 29th) and Justin Samudio (19:26, 31st) came next, giving promise for the future of this young team.

Albany juniors Dylan Cheasty (19:50) and Aaron Johnson (20:12) and senior Anthony Camargo (20:13) finished together in 34th through 36th place. Junior Matt Fujikawa (22:01) was 45th.

El Cerrito was paced by junior Ben McFaden (19:22) who placed 30th. The Gauchos also had seniors Camilo Ramirez (20:36, 38th) and Iarvin Winzer (21:09, 41st), sophomore Evan Horowitz (21:46, 44th) and senior Matias Cavallin (23:21, 46th) in the race.

Sophomore wins ACCAL cross country meet by 39 seconds; five Panthers place in top 11

TIMES STAFF

ALAMEDA — Sophomore Bridget Duffy took top individual honors in helping lift St. Mary's High School's girls cross country team to a first-place finish in the Alameda Contra Costa Athletic League championships Wednesday at Crab Cove.

Duffy completed the three-mile course in 18 minutes, 52 seconds, giving her a 39-second edge over runner-up Mary Phelps of Piedmont.

PREP/JC ROUNDUP

The Panthers had four other runners place in the top 11, including Chelsea Torgersen-Bell (eighth place, 20:45), Flo Larkin (ninth, 20:46), Christina Chavez (10th, 21:18) and Sayaka Matsumoto (11th, 21:19).

Those efforts gave St. Mary's a meet-best 35 points, followed by Alameda (41), Piedmont (47) and El Cerrito (99). Julietta Strauss finished 18th for El Cerrito in 22:16.

Junior Tom Phelps won the boys race in 16:03 and spurred Piedmont to the team title. The Highlanders' 28 points put them well ahead of St. Mary's (47), St. Joseph (70), Alameda (79), Albany (154), Salesian (181) and El Cerrito (196).

Rudy Vasquez (16:27) finished third for St. Mary's, which also received top-20 finishes from James Ross (seventh, 16:53), Nick Maniatis (eighth, 16:56), Sean Geraghty (11th, 17:12) and Greg Williams (18th, 17:29).

Local cross country runners shine at NCS Meet of Champions

By Mitch Stephens
TIMES STAFF WRITER

HAYWARD — The hush of the underdog turned into the squeals of state qualifiers at Saturday's North Coast Section Meet of Champions girls cross country meet at Hayward High School.

College Park (Division I) and St. Mary's (Division IV) rose from obscurity to capture stunning NCS championships, and San Ramon Valley, a third-place underachiever in its league, overtook state powers Montgomery-Santa Rosa and Clayton Valley for second place in Division II.

In each case, the underdog ran relaxed and with something to prove. Opponents, meanwhile, may have overlooked them.

It highlighted a banner day for the region, which also qualified expected squads Antioch (Division II champion), Granada (Division III champion), Carondelet (Division III runner-up) and Campolindo (Division IV runner-up).

The top two teams in each division, plus the top five individuals not on qualifying teams advanced to Saturday's California Interscholastic Federation state meet at Woodward Park in Fresno.

"This is my greatest cross country day ever," College Park senior and Division I champion Erin Gerdts said. "Coach (Chuck Woolridge) believed we could do it more than we did, but we did it."

Gerdts, who covered the flat and muddy 3.1-mile course in 19 minutes, 35 seconds, led a remarkable one-two-three sweep by the Falcons, who finished fourth in the tough Bay Valley Athletic League. Sophomores Ashley Allen (19:36) and Sarah Elder (19:40) followed, just as Woolridge had planned.

With those three leading the pack, the Falcons (44 points) were able to beat Santa Rosa (64), Livermore (79) and Mission San Jose (101). It was College Park's first NCS title and state berth.

"When you see three girls from one team leading the race, it can break you down mentally," Woolridge said. "As much as I knew they could do this, I'm still in a state of shock."

St. Mary's girls (84), led by sophomore champion Bridget Duffy (18:53), were even more stunned after shocking three-time defending champion Campolindo (99), Arcata (113) and Miramonte (115), which had reached the past three state meets.

"Winning the race (individually) was great, but to take the team title is indescribable," Duffy said.

Panthers coach Dennis Mohun thought his team was snubbed with a No. 5 NCS ranking coming in, considering the Alameda Contra Costa Athletic League champs were undefeated in dual meets.

Duffy, the ACCAL champion, won over Alhambra's Jessica Neu (19:15), the Tri-County Athletic League champion who placed 10th at state last year.

San Ramon Valley (89 points) ran its best race of the year behind Katie Lee (third, 19:12) and Katie Murphy (ninth, 19:55) to upend Montgomery (96) and Clayton Valley (105), both state-ranked teams.

The return of injured third runner Kirsten Regalia (15th, 20:16) — out with an ankle injury last week — also helped.

"This was the first time all year that the girls were all bent over after the race," San Ramon Valley coach Tim Hunter said. "They stuck to the plan and ran like they're capable. I'm really proud of them."

Other noteworthy performances:

■ Antioch captured its first NCS title and state berth by easily winning the Division II title with 49 points. Panthers sophomore Janie Nolan (18:26) and winner Sara Bei (17:49) of Montgomery had the fastest times. Christine Perez (19:19) passed four runners in the final 400 yards to finish fourth, followed by teammates Stefanie Nunez (11th, 20:08), Katie Wallace (14th, 20:15) and Angela Flood (18th, 20:38).

■ As expected, Granada (30 points) — ranked second in the state in Division III — won its first NCS title, but the Matadors did it in surprisingly easy fashion over No. 6 Carondelet (75). The Matadors, who ran without No. 4 runner Amber Cano (softball commitments), recorded the day's top accumulative time behind Julia Fischer (second, 19:19), Lisa Crampton (third, 19:33), Sarah Alaie (sixth, 19:50), Laura Melendez (seventh, 19:51) and Kelly Crampton (12th, 20:11).

Fischer, Lisa Crampton and Alaie all took wrong turns at the one-mile mark, knocking about 15 seconds off their time.

GOING TO STATE

Regional girls qualifiers for Saturday's CIF state cross country meet at Woodward Park in Fresno:

■ **TEAMS:** College Park (Division I), Antioch (Division II), San Ramon Valley (Division II), Granada (Division III), Carondelet (Division III), St. Mary's (Division IV), Campolindo (Division IV).

■ **INDIVIDUALS:** Dyani Jones (Livermore), Natasha O'Neill (Livermore), Susan Chan (Monte Vista), Marcie Silva (Amador Valley), Jennifer Esser (Foothill), Jessica Neu (Alhambra).

■ Division IV boys — Dublin, which finished third last year, should battle Piedmont and Arcata for the title behind the brother duo of TCAL champ Marcos Gomez and Francisco Gomez. Rudy Vasquez of St. Mary's should make state.

■ Division IV girls — The annual battle between Campolindo and Miramonte is still alive. The teams have finished one-two at league and NCS the past three years. Both should again advance but in which order is anyone's guess. TCAL champ Jessica Neu of Alhambra is a race favorite, though the status of her teammate Amy Loper-Riley is uncertain. Loper-Riley, who finished third at state, still is suffering from an upper hamstring injury. She didn't run at the TCAL meet on the hilly Hidden Valley course. The flat course should ease her injury. Alameda Contra Costa Athletic League champion Bridget Duffy of St. Mary's should battle for a state berth.

Vasquez qualifies for state meet

St. Mary's High sophomore finishes second in race

By Peter Mentor

Rudy Vasquez showed just how strong he and his league are when he finished second at the North Coast Section Meet of Champions at Hayward High last Saturday.

The St. Mary's High School sophomore cruised over the 3.1-mile Hayward High course in 16 minutes, 29 seconds in the NCS Division 4 race to qualify for the CIF State Meet this Saturday at Woodward Park in Fresno.

The only other runner fast than Vasquez in the division was Piedmont High junior Tom Phelps, a fellow Alameda Contra Costa Athletic League runner who traveled the rolling course in 16:09.

Piedmont, the defending champions in that division, ended up winning the meet with 60 points. Dublin placed second with 69 points and both teams advance to the state meet.

Vasquez was the top state qualifier not on a winning team. He easily beat out third-place Marcos Gomez (16:34) and pre-race favorite Chris Lanese (16:40), who placed fourth.

In fact, the North Coast program barely mentioned either Phelps or Vasquez, showing just how much weight goes into the Alameda Contra Costa Ath-

See VASQUEZ, Page C2

Vasquez

FROM PAGE C1

letic League within the section.

Lanese, along with Arcata's Adam Foote (17:22, 19th) and Clay Jones (17:58, 38th), and Gomez were highlighted as favorites. Phelps and Windsor High's Emmanuel Vasquez (17:50, 36th) were labeled "factors" in the race.

Rudy Vasquez was the last of four runners listed as "other strong runners." So much for prognosticators.

St. Mary's scored 98 points and finished third as a team. The Panthers were getting over illness prior to the league championships and didn't quite get it all together North Coast.

Panthers senior James Ross placed 18th in 17:21, while teammates juniors Sean Geraghty (17:34, 23) and Nick Maniatis (17:37, 25th) came in next. Senior Denye Versher (17:44), a track runner who is competing in cross country, ran well in 30th place.

St. Mary's sophomore Greg Williams (18:01, 42nd) and senior Robert Howe (18:53, 73rd) also ran.

Cougars run

Albany wrapped up its season at North Coast in the Div. 4 race as well.

The young Cougars placed 24th out of 25 teams and are looking at the future.

"It's promising for next year," said Albany coach Mark Hutt. "We have three sophomores and three juniors and I have some young people coming up from the junior high."

Albany scored 620 points, beating out Cardinal Newman with 669 points.

Albany junior Spencer K'burg (18:59) paced the Cougars in 75th place out of 170 runners.

Sophomore Justin Somudio (20:21, 130th) and junior Aaron Johnson Albany (20:42, 139th) were next, followed by senior Anthony Camargo (20:46, 141), sophomore Munyoni Kiongua (21:31, 156th) and junior Dylan Cheasty (21:36, 157th). Junior Matt Fujikawa (23:44, 170th) also completed the course.

PREP BOYS

NCS Meet of Champions

3.1 miles at Hayward High School

Top 2 teams from each division plus top five individuals from non-qualifying teams (in the top 12) advance to CIF Championships in Fresno next Saturday.

Team and individual qualifiers for CIF championships in bold type.

Division I

Team scores: Ygnacio Valley 48, Mission San Jose 80, College Park 87, Castro Valley 99, Montgomery 103, James Logan 149, Alameda 204, Livermore 213, Antioch 234, Deer Valley 255, Hayward 256.

Individual results: Beau Bettinger (CV) 16:10, **Nathan Brassmassery** (Ala) 16:23, Jeff Squires (MSJ) 16:30, Anthony Lopez (YV) 16:30, **Jason Castro** (JL) 16:30, **Giliat Ghebray** (JL) 16:33, Abdullah Jamali (YV) 16:40, Harvey Rios (YV) 16:42, Nik Goodell (YV) 16:43, **Zac Fitch** (M) 16:49, Jim Reid (CP) 16:53, Matt Owen (CP) 16:54, Nick Millar (M) 17:01, Dan Rodriguez (MSJ) 17:07, Alex Hawkins (MSJ) 17:07, Micah Strom (MSJ) 17:13, Saul Hurtado (H) 17:18, Justin Patute (CP) 17:23, Alex Cardiasmenos (CV) 17:25, Michael Croxton (YV) 17:25.

Division II

Team scores: Eureka 19, **De La Salle** 75, San Leandro 98, Ukiah 118, San Ramon Valley 129, Amador Valley 132, Monte Vista 209, Rancho Cotate 275, California 294, Clayton Valley 304, Mt. Eden 309, Newark Memorial 337, Pittsburg 338.

Individual results: Lehrin Morey (E) 15:57, **Efeson Yosief** (SL) 16:03, Shaun Lyle (E) 16:07, Dale Kitt (E) 16:16, Chris Binschus (E) 16:22, Travis Moe (E) 16:23, **Mike Daly** (MV) 16:27, **Casey Chadd** (U) 16:30, **Chase Vau** (U) 16:32, Nathan Berner (DLS) 16:34, **Luke Sigmon** (SL) 16:35, D.J. Chapman (AV) 16:42, Andrew Gardner (DLS) 16:43, Chris Perry (SRV) 16:48, Devin Callister (DLS) 16:49, John Paul Thyken (CV) 16:50, Stewart Harwell (DLS) 16:52, Matt Farr (E) 16:53, Zach Ardell-Smith (SL) 16:57, Mike Koro (DLS) 17:06.

Division III

Team scores: Granada 43, **Redwood** 54, Acalanes 68, Maria Carrillo 182, Northgate 190, Analy 192, Santa Rosa 204, Petaluma 271, Elsie Allen 272, Casa Grande 273, Foothill 275, Las Lomas 278, Liberty 300, Washington 333, Irvington 350.

Individual results: Nate Kabanuck (CG) 16:01, **Jordan Kinley** (MC) 16:03, Chris Eggers (G) 16:08, Nick Franco (R) 16:11, Robbie Boyle (G) 16:17, Chris Johnson (R) 16:20, Chris Kuntz (R) 16:20, **Yong-Sung Leal** (Arr) 16:30, Justin Rau (G) 16:38, Jerron Clark (G) 16:45, **Jeff Gardina** (Pin) 16:58, **Ryan McGinnis** (LL) 17:07, Vijay Sekhon (Aca) 17:12, Royce Anderson (Aca) 17:27, Steve Vetek (Aca) 17:32, Devin Gallagher (Lib) 17:32, Alex Shogan (Aca) 17:32, Josh Babiak (R) 17:34, Daryl Wong (Aca) 17:38, Ryan Estrada (G) 17:40.

Division IV

Team scores: Piedmont 60, **Dublin** 69, St. Mary's 98, Arcata 130, Campolindo 163, Moreau Catholic 191, Bishop O'Dowd 203, Sir Francis Drake 217, Miramonte 267, Windsor 342, Tamalpais 343, San Marin 372, San Rafael 389, Alhambra 390, Terra Linda 444, El Molino 450, Kelseyville 500, Willits 500, Fortuna 537, Novato 538, American 558, Healdsburg 577, Marin Catholic 598, Albany 620, Cardinal Newman 669.

Individual results: Tom Phelps (P) 16:09, **Rudy Vasquez** (SM) 16:29, Marcos Gomez (D) 16:24, **Chris Lanese** (MC) 16:40, **Spencer Fishman** (Tam) 16:41, **Sean Harrell** (H) 16:50, Crosby Freeman (P) 16:57, John Harper (D) 16:57, **Eric Roberts** (Alh) 16:58, Francisco Gomez (D) 17:02, Nathan Cox (P) 17:06, John Hancock (BOD) 17:08, Nile Klien (Arc) 17:12, Matt DeZhazo (San Marin) 17:12, Josh Villarreal (D) 17:15, Will Brett (SFD) 17:16, Jake Chang (Camp) 17:20, James Ross (St. Mary's) 17:21, Adam Foote (Arc) 17:22, Mike Sullivan (P) 17:26.

Division V

Team scores: University 47, **St. Joseph** 54, Branson 65, Lick-Wilmerding 120, College Prep 139, Head Royce 160, Crystal Springs Uplands 181, Clear Lake 190, Salesian 235.

Individual results: Matt Marks (B) 16:30, Sean Drake (U) 16:40, Ben Good (U) 17:00, **Jesse Barnes** (HR) 17:06, **Todd Rabkin-Golden** (LW) 17:07, Ian Mason (SJ) 17:21, **Dillon Wyant** (South Fork) 17:22, **Nick Neely** (CSU) 17:31, Jeff Horn (U) 17:39, Tavis Mason (SJ) 17:44, Brandon McClintock (SJ) 17:48, Chris Mitchell (B) 17:50, Nick Konefeklaff (SJ) 17:59, Joe Gibson (B) 18:04, Jamie Timbrell (U) 18:06, John Heywood (HR) 18:10, Daniel Glazier (CL) 18:11, Andrew Williams (SJ) 18:14, David Suddendorf (B) 18:16, Daniel Berman (CP) 18:17.



STEVE BABULJAK

ST. MARY'S BRIDGET DUFFY leads Alhambra's Jessica Neu during the Meet of Champions at Hayward High. Duffy and her team won the race.

Lady Panthers run to section title

Duffy wins Division 4 race and St. Mary's surprises the field at Meet of Champions

By Peter Mentor

Imagine how great was it to be in school Monday morning at St. Mary's High after a weekend of incredible success.

The girls cross country team stunned the field by winning the North Coast Section Meet of Champions Division 5 title. The football team upset undefeated El Cerrito High to stay alive in the NCS 2A football playoffs. Even the debate team won for goodness sakes.

And how great must it have been it to be Bridget Duffy, the standout St. Mary's sophomore who continues to amaze everyone after winning the NCS Meet of Champions Div. 4 cross country title by running the rolling 3.1-mile course at Hayward High in 18 minutes, 53 seconds on Saturday.

Duffy's time was the fourth fastest of the day in all five divisions. She beat out 146 girls in her race alone and 431 girls overall from all over this section of the state. The same girl who missed qualifying for state by one place as a freshman is now headed to the CIF State Meet this Saturday at Woodward Park in Fresno.

Joining Duffy will be the entire St. Mary's varsity girls team on the heels of an impressive upset victory on Saturday. How big was the win? Campolindo and Miramonte were ranked Nos. 1 and 2 in the section, while St. Mary's was a mere footnote in the pre-race program.

> "It was like poetry in motion the way she ran."
>
> — St. Mary's coach Denis Mohun

While those two teams were looking at each other, the Lady Panthers sneaked into position and captured their first-ever NCS title after just four years as a program.

"They've been battling each other all year," said St. Mary's coach Denis Mohun of Campolindo and Miramonte. "That's the first time we've ever beaten those two teams. I think we surprised Piedmont and Alameda in the Alameda Contra Costa Athletic League. It was an excellent way to go into the Meet of Champions."

Duffy's race was a work of art. The young runner is quite mature in her strategy and she ran her race to perfection.

Duffy went out with Alhambra's Jessica Neu and the two hung back from the front of the pack for most of the race. As the race progressed, the two passed all the pretenders. Finally, Duffy pulled ahead at the two-mile mark on the pave-

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Lady Panthers

FROM PAGE XX

ment just before the dirt track that leads to a gently-sloping hill.

"I was going to go out with the second place girl (Neu) and take off at the hill," said Duffy. "I decided I could go earlier."

Duffy picked it up, took a lead and held it the rest of the way home. Neu (19:15) finished second, some 22 seconds behind Duffy.

"It was like poetry in motion the way she ran," said Mohun of Duffy. "Bridget is constantly evaluating and learning. Her game plan was to go out with Jessica Neu because we knew she was one of the top runners in Div. 4.

Team plan

Mohun had a game plan for his entire team. After surveying the field of teams before the race, he knew his top runner Duffy would have to finish in the top three overall, while his No. 2 would need to be in the top 17, his No. 3 in the top 22, his No. 4 in the top 27 and his No. 5 in the top 32 to score around 100 points.

That's just what they did, give or take some places. After Duffy's win, Sayaka Matsumoto placed 20th in 21:02, Chrissy Chavez was 22nd in 21:07, Florinda Larkin notched 26th in 21:12 and Chelsea Torgersen-Bell was 29th in 21:17.

Those places were reduced some when runners form incomplete teams were factored out of the team scoring. Matsumoto dropped to 17th, Chavez was 19th, Larkin was 22nd and Torgersen-Bell was 25th. Final score 84.

Campolindo placed second with 99 points, followed by Aracta (113 points) in third and Miramonte (115 points) finished fourth. Other local teams had Piedmont High (176 points) in sixth and Bishop O'Dowd (180 points) in eighth.

Piedmont's Mary Phelps placed sixth overall and was the last individual qualifier for the state meet.

Phelps was actually helped by Duffy, who was the only runner in the top six overall to be on a winning team. Only the top five individuals not on a winning team qualify for state. The Piedmont senior was fortunate that her main rival during the league season didn't count in the state qualifier for individuals.

Goals met

One thing St. Mary's won't be able to do is sneak into the state meet. Not after winning North Coast and certainly not against Campolindo.

That won't matter too much, who consider running at state icing on a wonderful section title cake.

"We're just enjoying the North Coast championships," said Mohun. "We've reached our goals for the whole season. We want to enjoy the championship and get some experience at state and run relaxed."

The team has a bright future and this is one step toward that future. Among the top five runners Duffy has two more years, Matsumoto has one year and Torgersen-Bell has two more years as well.

Only seniors Chavez and Larkin, who provided a lot of leadership for the team this year running in the Nos. 3 and 4 spots, will be gone.

Coming up in the ranks are freshman Nicole Shanahan, who ran her first 3-mile race ever at North Coast, and junior Bria Maguire.

Shanahan ran on the frosh/soph team at the league meet and she was brought up to run at North Coast. She placed 58th in 22:18, which is an excellent time for a first effort in such a big race. Shanahan's experience at state as a freshman could be just what the team needs to step up in the next four years.

Maguire had back problems all year and she gutted out the race to finish 85th in 22:02. Hopefully she can get healthy for her senior year next fall.

ATHLETES OF THE WEEK

>Bridget Duffy

St. Mary's: Cross country



Duffy, a sophomore standout on the St. Mary's high girls cross country team, won the individual title and led the Panthers to the team title in the North Coast Section Division V Championships last week at Hayward High. Duffy, the ACCAL champion, posted a 22-second win over Jessica Neu of Alhambra, covering the 3.1-mile course in 18 minutes, 53 seconds. The team victory vaulted St. Mary's — in just its fifth year of girls competition — into Saturday's CIF State Meet at Newhall Park in Fresno.

Division IV

Team scores: St. Mary's 84, Campolindo 99, Arcata 113, Miramonte 115, Alhambra 123, Piedmont 176, Moreau Catholic 176, Bishop O'Dowd 180, Novato 254, Tamalpais 297, Sir Francis Drake 312, American 386, Ursuline 396, Terra Linda 404, Dublin 420, Fortuna 425, San Marin 431, Willits 472, Fort Bragg 508, Lower Lake 530, El Molino 533.

Individuals: Bridget Duffy (SM) 18:53, **Jessica Neu** (Alh) 19:15, **Stephanie Farac** (TL) 19:21, **Amber Hendrix** (MC) 19:36, **Tiffany Vickers** (Del Norte) 19:37, **Mary Phelps** (P) 19:44, Maya Kessler (Arc) 19:46, Christine Atkins (Campo) 19:57, Morgan Banks (SFD) 20:09, Amy Loper-Riley (Alh) 20:13, Jen Saura (Mira) 20:16, Andrea Lovio (Arc) 20:14, Kelly Rogers (Healdsburg) 20:24, Amber Simmons (DN) 20:25, Karen Lee (Campo) 20:34, Evan

Duffy, St. Mary's run away from the pack

By Billy Ortiz
STAFF WRITER

HAYWARD — There St. Mary's High's Bridget Duffy stood, all by herself, hands on her head and a look of disbelief on her face.

She managed to gasp, "I did not think I could do that."

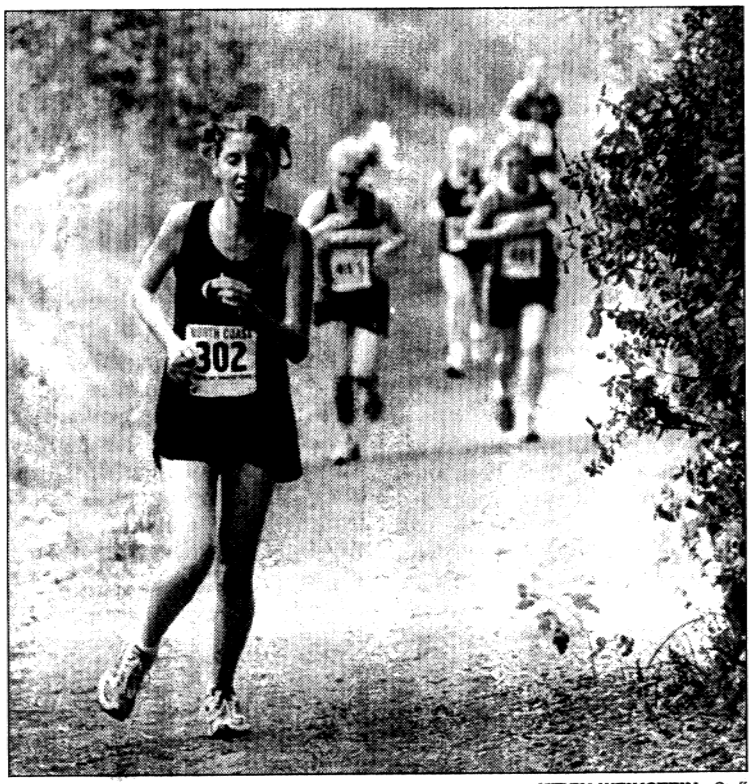
Duffy, a sophomore, had just won the North Coast Section Meet of Champions Division IV cross country race, 22 seconds ahead of senior Jessica Neu of Alhambra. Little did she know that her performance was just the tip of the iceberg for the St. Mary's program, in just its fifth year of competition.

Just more than two minutes later, another Panthers runner, Sayaka Matsumoto, crossed the line in 20th place. Then it was Christina Chavez, two spots back. Florinda Larkin (26th place) and Chelsea Torgeson-Bell (29th) rounded out St. Mary's top five.

With traditional powers Miramonte and Campolindo in the same race, St. Mary's was given little chance to do well. It was rated fifth in the Division in the pre-race program, and Duffy was the last name mentioned of the girls to watch.

But when the scores were tabulated, St. Mary's was the winner, 15 points ahead of second-place Campolindo. Both teams qualified for the CIF State Meet, which will be held Saturday at Newhall Park in Fresno.

The top two teams in each division and the top five individuals not on those teams advance to the State Meet.



KEVIN WEINSTEIN—Staff

Anya Goldstein of Oakland's College Prep High struggles up the final hill Saturday in the NCS cross country meet.

Piedmont's boys team won the Division IV race and will compete Saturday, as will three local individuals. Alameda's Nathan Brassmassery was second in the Division I race, Rudy Velasquez of St. Mary's placed second in Division IV and Piedmont's Mary Phelps was sixth in Division IV. All advanced.

For Duffy, it was a sweet victory. She not only won by a huge margin, but it was her first win over Neu, one of the top long distance runners in the state.

"I couldn't believe it," Duffy said. "I had no idea that I would be leading any part of the race."

St. Mary's coach Dennis Mohun felt his team had a shot at that title even as early as September.

"The seed was planted in our first dual meet against Piedmont and Alameda, where we surprised them," Mohun said. "Today, we laid low and took advantage. Miramonte and Campolindo were fighting each other, and that was to our advantage. No one focused on us."

Piedmont's boys team took three of the top 11 spots to secure a close win over Dublin. The Highlanders finished with 60 points, nine ahead of the Gaels.

Tom Phelps led the way for Piedmont, winning the race in 16:09, but it was the gutsy performance of Graeme Joeck that did it for the Highlanders.

Joeck has been battling tendinitis this season and hasn't fared too well. So when he finished in 21st place he felt he let his team down.

That was far from the case. Had Joeck not run, Piedmont would have had to use its sixth runner and that would have enabled Dublin to win the team title by two points.

"It's hard for me. I haven't been able to run the way I used to," Joeck said. "Being that far back is hard to accept. Now I understand how important I was."

It was the second consecutive NCS title for the Highlanders, and it was fitting that Joeck held the trophy for the award ceremonies.

"I told (Joeck) that he should hold the trophy," Piedmont assistant coach Tony Kauke said. "He ran a gutsy race and it was enough. He deserved it."

St. Mary's boys just missed a State Meet berth as they finished third behind Piedmont and Dublin.

Division IV

TEAM SCORES—1. St. Mary's 84; 2. Campolindo 99; 3. Arcata 113; 4. Miramonte 115; 5. Alhambra 123; 6. Piedmont 176; 7. Moreau Catholic 176; 8. Bishop O'Dowd 180; 9. Novato 254; 10. Tamalpais 297.

INDIVIDUALS—1. Bridget Duffy (SM) 18:53; 2. Jessica Neu (Alh) 19:15; 3. Stephanie Farac (TLin) 19:21; 4. Amber Henrix (MCath) 19:36; 5. Tiffany Vickers (DN) 19:37; 6. Mary Phelps (Pied) 19:44; 7. Maya Kessler (Arc) 19:46; 8. Christine Atkins (Campo) 19:57; 9. Morgan Banks (Drake) 20:09; 10. Amy Loper-Riley (Alh) 20:13; 11. Jen Saura (Mira) 20:16; 12. Andrea Lovio (Arc) 20:24; 13. Kelly Rogers (Heald) 20:24; 14. Amber Simmons (DN) 20:25; 15. Karen Lee (Campo) 20:34; 16. Eva Gut (Nov) 20:37; 17. Sarah Cooke (Mira) 20:44; 18. Virginia Grillo (Nov) 20:53; 19. Ashley Mehler-Clark (Campo) 21:00; 20. Sayaka Matsumoto (SM) 21:02.

Others: 22. Christina Chavez (SM) 21:07; 24. Allison Jolda (Pied) 21:11; 25. Danila Musante (BOD) 21:11; 26. Florinda Larkin (SM) 21:12; 29. Chelsea Torgersen-Bell (SM) 21:17; 31. Skimra Rodriguez (BOD) 21:21; 33. Emily Powell (BOD) 21:23; 34. Courtney Burmann (MCath) 21:23; 35 Margaret Smith (MCath) 21:25.

Division IV

TEAM SCORES—1. Piedmont 60; 2. Dublin 69; 3. St. Mary's 98; 4. Arcata 130; 5. Campolindo 163; 6. Moreau Catholic 191; 7. Bishop O'Dowd 203; 8. Sir Francis Drake 217; 9. Miramonte 267; 10. Windsor 342.

INDIVIDUALS—1. Tom Phelps (Pied) 16:09; 2. Rudy Vasquez (SM) 16:29; 3. Marcos Gomez (Dub) 16:34; 4. Chris Lanese (MCath) 16:40; 5. Spencer Fishman (Tam) 16:41; 6. Sean Harrell (Heald) 16:50; 7. Crosby Freeman (Pied) 16:57; 8. John Harper (Dub) 16:57; 9. Eric Roberts (Alh) 16:58; 10. Francisco Gomez (Dub) 17:02; 11. Nathan Cox (Pied) 17:06; 12. John Hancock (BOD) 17:08; 13. Nile Klien (Arc) 17:12; 14. Matt DeShazo (San Marin) 17:12; 15. Josh Villarreal (Dub) 17:15; 16. Will Brett (Drake) 17:16; 17. Jake Chang (Campo) 17:20; 18. James Ross (St. Mary's) 17:21; 19. Adam Foote (Arc) 17:22; 20. Mike Sullivan (Pied) 17:26.

Others: 21. Graeme Joeck (Pied) 17:29; 23. Sean Geraghty (SM) 17:34; 25. Nick Maniatis (SM) 17:37; 30. Denye Versher (SM) 17:44; 31. Mike Gordon (Pied) 17:44; 32. Aaron Alcorn (MCath) 17:45; 33. Jose Gonzalez (Dub) 17:47.

■ Other teams that could fare well in the competition are De La Salle's boys and the Campolindo and St. Mary's girls squads

By Mitch Stephens
TIMES STAFF WRITER

Granada High School cross country coach Brian Davis was practically out of breath. He had just given all the reasons that last week's North Coast Section Meet of Champions girls Division III title was so important for his Matadors.

Even more important, he said, than Saturday's California Interscholastic Federation state championships at Woodward Park in Fresno.

"The girls came so close to winning it the last two years, to win it finally is great," Davis said. "This just takes all the pressure off of next week. We're NCS champs for both boys and girls, and that's what's most important. Nobody can take that away."

A group of runners, particularly seniors Julia Fischer and Laura Melendez, waited politely for Davis to leave so that they could offer a different perspective.

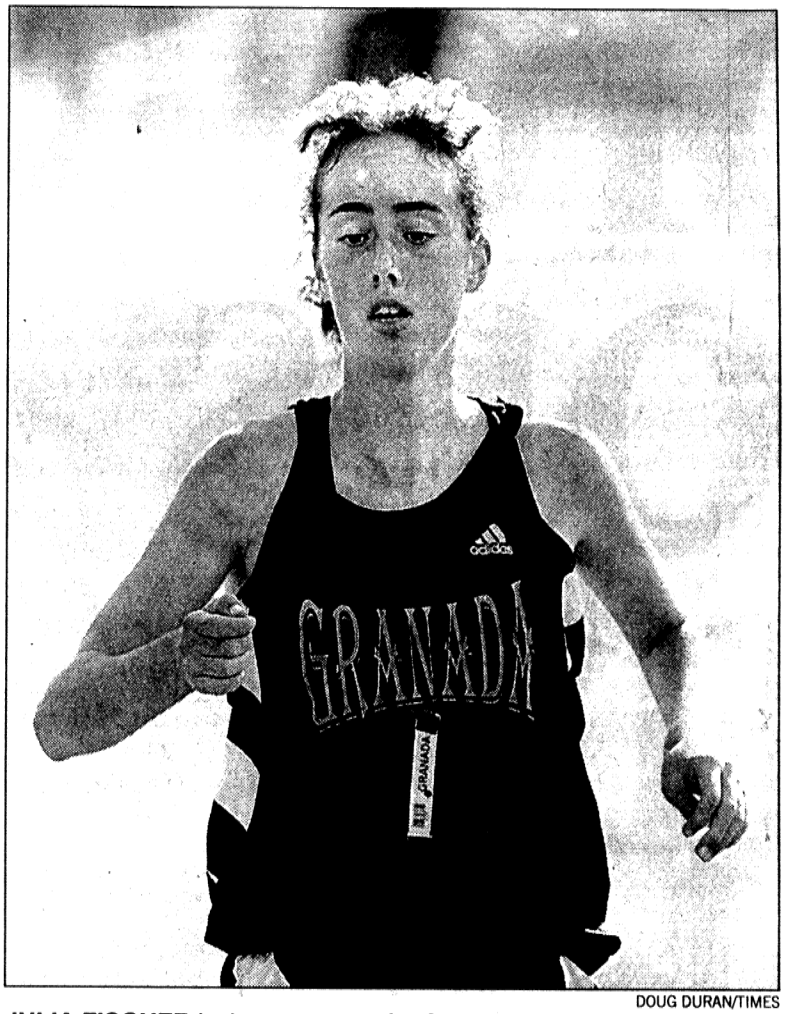
"No way," Fischer said. "(NCS) is great and all, but since the last day of last season, all we've been pointing to is state for this year. Brian even knows that. He's just kind of caught up in the moment."

The contradiction begs the question of just where is the finish line — metaphorically speaking — for cross country seasons. Do teams spend all their energy getting to Fresno? Is performing at the state meet just icing on the cake? Or is the finish at state the team's measuring stick?

The answers for the 11 local teams that qualified for the state meet this season are a little murky and seem to depend on how each fared at NCS.

Girls teams such as Granada and Antioch, each ranked second in the state in its division, obviously have much at stake. So do previous state champions Carondelet and De La Salle, which were defeated soundly last week and might have something to prove. So will Campolindo's girls.

"I told the girls that to win NCS would have been nice, but getting to state and doing well there is the main thing," said Campolindo coach Chris Walsh, whose team had a streak of four straight Division IV NCS titles squashed by upstart St. Mary's last week. "Traditionally, NCS (Division IV) teams that go to state finish in the top five at state. (Saturday) we have a chance to rectify some things."



DOUG DURAN/TIMES

JULIA FISCHER is the top runner for Granada, which is second in the CIF Division III rankings. Fischer won the EBAL girls title.

One would think St. Mary's girls would be satisfied with their stunning NCS crown, but Dennis Mohun said his Panthers want to prove it was no fluke. And there's no reason to think it wasn't. They have a premier runner in NCS Division IV champion Bridget Duffy and a remarkable 19-second gap between their second and fifth runners.

There were only 100 runners in the NCS Division III girls race, and that was to Carondelet's disadvantage, said Cougars coach Helen Lehman-Winters, whose team was outscored by Granada 30-75. The strength of her team is the quality of her seven runners, who are all even.

They proved that by placing all seven between 11 to 22 at the NCS meet, led by freshman Jennifer Randazzo, who finished fourth at the Mt. Sac Invitational in Walnut last month. If the Cougars, ranked fourth in Division III, can get someone to crack the top 10, Lehman-Winters is confident Carondelet can make amends for last week.

"We definitely have the people to move up," Lehman-Winters said.

Moving up no doubt will be key for De La Salle, which was humbled by a remarkable Eureka squad that scored 19 point en route to the NCS Division II title. The Spartans had 75 points. The two came in ranked one-two in the state, but after Saturday, De La Salle dropped out of the top three.

Here are divisional breakdowns, with state team rankings and local team and individual outlooks.

Division I boys: Team rankings: 1, Don Lugo-Chino; 2, Clovis; 3, Mt. Carmel-San Diego. Local teams: NCS champion Ygnacio Valley hasn't been ranked in the top 10 all year, but it should crack the top eight behind Bay Valley Athletic League champ Anthony Lopez. Local individuals: Lopez finished 13th in Division III last year, but this is a much stronger field this time. He's also a year better.

Division I girls: Team rankings:

CIF CROSS COUNTRY MEET

■ **WHAT:** California Interscholastic Federation State Cross Country Championships
■ **WHERE:** Woodward Park, Fresno
■ **WHEN:** Saturday
■ **TIMES:** Division II girls, 8:30 a.m.; Division III girls, 9:05 a.m.; Division II boys, 9:40 a.m.; Division III boys, 10:10 a.m.; Division IV girls, 10:40 a.m.; Division V boys, 11:15 a.m.; Division I girls, 11:45 a.m.; Division IV boys, 12:20 p.m.; Division V girls, 12:50 p.m.; Division I boys, 1:25 p.m.

LOCAL TEAMS

■ **DIVISION I: College Park girls** — Erin Gerdts, Ashley Allen, Sarah Elder, Gina Tow, Betsy Safe, Patty Paik, Adriana Ahumada. **Ygnacio Valley boys** — Anthony Lopez, Abdullah Jamali, Harvey Rios, Nik Goodell, Michael Croxton, Daniel Walker, Felipe Escobar.
■ **DIVISION II: Antioch girls** — Janie Nolan, Christine Perez, Stefanie Nunez, Katie Wallace, Angela Flood, Laura Simoncini, Jennifer Townsend. **San Ramon Valley girls** — Katie Lee, Katie Murphy, Kirsten Regalia, Chrissy Argenti, Ginny Galvin, Cortney Lee, Candice Raynor. **De La Salle** — Nathan Berner, Andrew Gardner, Devin Callister, Stewart Harwell, Mike Koro, Adam Yergovich, Mike Randazzo.
■ **DIVISION III: Granada girls** — Julia Fischer, Lisa Crampton, Sarah Alaei, Laura Melendez, Kelly Crampton, Nichole Milliken, Amber Cano. **Carondelet** — Jennifer Randazzo, Jenna George, Katrina Telfer, Stephanie Byrne, Bridget Goddard, Jamie Enea, Alyson Wheeler. **Granada boys** — Chris Eggers, Robbie Boyle, Justin Rau, Jerron Clark, Ryan Estrada, Ian Wolfe, Chris Roberts.
■ **DIVISION IV: St. Mary's girls** — Bridget Duffy, Sayaka Matsumoto, Christina Chavez, Florinda Larkin, Chelsea Torgersen-Bell, Nicole Shanahan, Gabriela Maguire. **Campolindo girls** — Christine Atkins, Karen Lee, Ashley Mehler-Clark, Erin Haffner, Liz Chiba, Meghan Lane, Devon Foster. **Dublin boys** — Marcos Gomez, John Harper, Francisco Gomez, Josh Villarreal, Jose Gonzalez, Rodrique Egenberger, Louis Arcuri.

LOCAL INDIVIDUALS

■ **DIVISION I:** Dyani Jones (Livermore), Natasha O'Neill (Livermore).
■ **DIVISION II:** Susan Chan (Monte Vista), Marcie Silva (Amador Valley), Mike Daley (Monte Vista).
■ **DIVISION III:** Jenny Esser (Foothill).
■ **DIVISION IV:** Jessica Neu (Alhambra), Rudy Vasquez (St. Mary's), Eric Roberts (Alhambra)

1, Woodbridge-Irvine; 2, Rancho Bernardo-San Diego; 3, Peninsula-Rolling Hills. Local teams: College Park had a sterling performance at the NCS meet with Erin Gerdts, Ashley Allen and Sarah Elder taking the top three spots. This should be a good experience for sophomores Allen and Elder. Local individuals: A top 20 finish by any local would be good.

Division II boys: Team rankings: 1, Eureka; 2, Santiago-Garden Grove; 3, La Jolla. Local teams: De La Salle, a two-time state champion, is chomping at the bit after last week. Look for a humbled squad to make a strong run for the top. Local individuals: Look for Monte Vista's Mike Daly and De La Salle's Nathan Berner and Andrew Gardner to make strong bids to finish in the top 10.

Division II girls: Team rankings: 1, Foothill-Santa Ana; 2, Antioch; 3, La Jolla-San Diego. Local teams: Antioch coach Mike Amorosa was shocked his team moved from fourth to second in the rankings, but the Panthers could take it all behind the sophomore duo of Janie Nolan and Christine Perez. San Ramon Valley came out of nowhere last week to qualify for the state meet. Local individuals: Nolan may be the second-best runner in any division behind Sara Bei-Montgomery. She's seeded second in the field, followed by San Ramon Valley's Katie Lee (No. 8) and Perez (No. 10).

Division III boys: Team rankings: 1, South Hills-West Covina; 2, Los Gatos; 3, Don Bosco Tech-Rosemead. Local teams: Granada, which took second in 1996, seems primed for a medal (top three). Local individuals: Granada's Chris Eggers and Robbie Boyle are seeded fifth and eighth, respectively. Las Lomas' Ryan McGinnis could crack the top 20.

Division III girls: Team rankings: 1, San Lorenzo Valley-Felton; 2, Granada; 3, South Hills-West Covina. Local teams: Granada finished second at NCS last year, then shocked itself by placing third at state. This year, expectations are higher. Whether it has enough to knock off nationally ranked San Lorenzo Valley is another matter. Look for Carondelet to challenge for a medal. Local individuals: Granada's Fischer and freshman Lisa Crampton are seeded sixth and eighth, respectively, and Foothill's Jennifer Esser is ninth.

Division IV boys: Team rankings: 1, McFarland; 2, Nordhoff-Ojai; 3, Oak Park. Local teams: Dublin, the NCS runner-up, was just happy to get to state and should run relaxed. A top five finish is within reach. Local individuals: curiously, neither St. Mary's Rudy Vasquez nor Dublin's Marcos Gomez is seeded in the top 10.

Division IV girls: Team rankings: 1, Corona del Mar-Newport Beach; 2, Nordhoff-Ojai; 3, Louisville-Woodland Hills. Local teams: Look for St. Mary's and Campolindo to medal. Local individuals: Duffy, a sophomore, is seeded No. 1, and Alhambra's Jessica Neu is No. 7.

St. Mary's is peaking at just the right time

■ The surprising winner of the girls NCS Division IV heads to the state meet

By Mitch Stephens
TIMES STAFF WRITER

St. Mary's High School's girls cross country team won't be able to sneak up on anyone anymore.

Especially in Saturday's California Interscholastic Federation state meet at Woodward Park in Fresno.

The Panthers are coming off a high after stunning the Division IV field — including Campolindo, the three-time defending champion and the state's fourth-ranked team — in last Saturday's North Coast Section Meet of Champions at Hayward High School.

St. Mary's, which barely won the Alameda Contra Costa Athletic League championship Nov. 10, actually won handily with 84 points compared to Campolindo's 99.

Along the way, the Panthers also knocked off heavyweights Arcata (113), Miramonte (115), Alhambra (123) and Hayward Area Athletic League powers Moreau Catholic (176) and Bishop O'Dowd (180).

The Panthers were ranked fifth in Division IV coming into the race.

"I tried to instill in them that this was very possible," second-year Panthers coach Dennis Mohun said Saturday. "It's a very smart and talented group. The key is they paid attention to exactly what they were doing."

As expected, ACCAL champion Bridget Duffy led the charge. Probably unexpectedly, the sophomore won the race.

Division IV was by far the largest division with 21 teams and 146 runners, comparable with what the Panthers will see in Fresno. The next largest race was Division III (100 runners).



Bridget Duffy

The St. Mary's soph surprised herself by winning the NCS Division IV cross country race.

Duffy finished the fast, flat and muddy 3.1-mile course in 18 minutes, 53 seconds, well ahead of Alhambra's Jessica Neu (19:15), who finished 10th at state in 1998. Duffy sat on the heels of leader Kelly Rogers of Healdsburg for more than two miles. When Rogers faltered — she eventually fell and placed 13th in 20:24 — Duffy flew past her and to the finish line.

She recorded the fourth-fastest time of the day.

"I didn't know where everyone else was, so I just ran hard to the finish," Duffy said. "I knew I had a shot to win the race (coming in), but I didn't really think I would do it."

Said Mohun: "There were a lot of talented runners in this race. (For Duffy) to win it is a major accomplishment."

Said Neu: "(Duffy) really ran tough. She's a really good runner."

But this was hardly all Duffy.

The Panthers, as they've done almost all year, ran as a tight pack after Duffy. It was just a matter of how close and how far up they would finish.

Just about as planned, four finished between 20th and 29th, led by Sayaka Matsumoto (21:00) at No. 20. She was followed closely by Christina Chavez (22nd, 21:11), Florinda Larkin (26th, 21:12) and Chelsea Torgersen-Bell (29th, 21:17).

Now that's some pack. Seventeen seconds separated four runners.

Quite similar to what they did en route to the ACCAL title, as Torgersen-Bell, Larkin, Chavez and Matsumoto placed eighth, ninth, 10th and 11th, respectively, with 35 seconds separating them.

When Torgersen-Bell finished Saturday, the St. Mary's screams started. The Panthers knew they were close.

"I think we did it," Chavez said. "We got either first or second. Coach said we could do it, and we've been undefeated all season."

Just then, the official announcement came that the Panthers had won. The team joined in a giant hug and screamfest.

"And we're still undefeated," Chavez said.

Said Mohun: "We came in relaxed after a great week of practice. We were a complete underdog coming in; we had nothing to lose. The girls were very confident, and they executed the game plan."

Campolindo coach Chris Walsh thinks St. Mary's chances in Fresno are good. The Panthers just won't come in as underdogs.

Neither will the Panthers' Rudy Vasquez, who qualified for state after taking second in the Division IV boys race.

"Historically, the Division IV winner here is usually a top five team at state," Walsh said. "You have to hand it to St. Mary's. They deserved the championship."

Duffy places second at state

St. Mary's sophomore runs a great race; Lady Panthers place eighth in Div. IV

By Peter Mentor

The St. Mary's High School girls cross country team had three goals going into its first-ever appearance at the CIF State Meet.

First, and foremost, was to enjoy the meet. Second was to gain experience for the future. Third was to run one last race as a team in the small community that has become the Lady Panthers.

This is a team that ate breakfast together before big meets. They ran together, ate together and generally had a blast together.

After winning the North Coast Section Division IV Meet of Champions a week before, the team was taking the week in preparation for the state meet with joy.

> "It's been a wonderful season. You hate for it to end."
>
> St. Mary's coach Denis Mohun

Assistant coach Jeff Rogers said he would shave his head if the team won the North Coast Section title and sure enough Rogers is bald this week. The girls took turns cutting clumps of Rogers'

See DUFFY, Page C2

Duffy

FROM PAGE C1

hair while he sat in the campus quad.

The Lady Panthers had fun at the state meet, they gained experience and they ran good enough to get eighth place in the state at Woodward Park in Fresno.

"We felt if everyone ran well we would finish top five (at state)," said St. Mary's coach Denis Mohun. "We we're even favored to win our league. We didn't run particularly well at state. To not run well and finish in the top 10 says a lot about our team."

One St. Mary's runner who did run well was Bridget Duffy, who placed second overall. The sophomore was one of two runners from the team who had run the course before and she did a great job.

Duffy took off from the start and led all the way through the first two miles. With a mile to go she led by 30 yards, but in the final 150 yards she fell behind. Duffy placed second overall in 18 minutes, 35 seconds, just 10 seconds behind Rae Stumbough (18:25), a senior from Nordhoff High.

"Bridget had been down there before. We had been able to sit down and talk about her game plan of taking it out for the first mile and half," said Mohun. "She went out the first mile with two other girls. At one and three quarter miles she began to take off. She had a 30-yard lead coming off the hill and with a mile to go she led by 15 to 20 yards. She worked as hard as she could."

Duffy knew she didn't have the kick to beat some of the other runners, which is why she busted out so fast from the start. She just didn't have a large enough lead to win it, but as a sophomore coming in second at state puts her among the running elite in California.

"By doing what she did the race was faster that what it could have been," said Mohun. "She pushed the race and made Division IV respectable. She didn't even make state last year."

Duffy's accomplishments reflect the success this team has had overall. In just four years they went from a new program to the North Coast Section's best Div. IV team and a contender at state.

Duffy is now trying to get in the seeded section of the Footlocker race at Mt. San Antonio College in Walnut this weekend. She has to be one of the top 20 in the state and her times shows she is.

"She's extremely motivated," said Mohun. "She asked that between now and track (season) what to do to improve. Last year, halfway

PREP GIRLS

CIF championships

Division IV
3.1 miles at Woodward Park, Fresno

Team scores: Corona Del Mar 42, Nordhoff 55, **Campolindo** 146, Sacred Heart-San Francisco 149, McFarland 155, Valley Center 187, Louisville 189, **St. Mary's** 201, La Salle 227, Half Moon Bay 272, Bret Harte 289, Taft 296, Oakmont 303, Central Valley 303.

Individuals: Rae Stumbough (Nordhoff) 18:25, **Bridget Duffy** (St. Mary's) 18:35, Christina Jimenez (Granite Hills) 18:51, Shannon Rowbury (Sacred Heart) 18:53, Katie Quinlan (Corona Del Mar) 18:54, Jenna Timinski (San Dieguito) 19:00, Stephanie Farac (Terra Linda) 19:04, Susan Torres (Nordhoff) 19:07, Elizabeth Huipe (Estancia) 19:07, Jennifer Cummins (Corona Del Mar) 19:07.

Others included: 11, Jessica Neu (Alhambra) 19:08, Campolindo — 14, Christine Atkins 19:15, 31, Karen Lee 19:57, 51, Erin Haffner 20:39, 52, Ashley Mehler-Clark 20:40, 72, Devon Foster 21:06, St. Mary's — 57, Chrissy Chavez 20:44, 70, Sayaka Matsumoto 21:05, 78, Florinda Larkin 21:13, 79, Chelsea Torgersen-Bell 20:20.



DENIS MOHUN

ST. MARY'S celebrates a great season after winning the NCS Div. IV cross country title. The team placed 8th at state with sophomore Bridget Duffy, far right, coming in second overall.

through the track season, she said 'If I had worked last summer I would have done better in cross country.' Now she is trying to get into Footlocker. If she doesn't get into the seeded section she won't go."

Duffy ran a 5:59 pace at state, so running in the sophomore race at Footlocker would not be a challenge. She was disappointed that she didn't win state, but with two more years she has a clear goal in front of her.

That goal of winning state the next two years also includes having her team come along for the ride. Two seniors leave the team, so that may be a stretch for next year.

Chrissy Chavez will be sorely missed. The St. Mary's senior placed 57th in 20:44, but her leadership goes far beyond just running. Two days before the North Coast Meet of Champions, Chavez gave each of her teammates a bottle of water with a red and white ribbon and a note saying: "Get some sleep; pasta, pasta, pasta; drink this and some more water; and don't be nervous we're going to win."

Sayaka Matsumoto will be back. The junior placed 70th at state in 21:05.

Only one of the next two runners return; senior Florinda Larkin is gone after placing 78th in 21:13, while sophomore Chelsea Torgersen-Bell will be back after her 79th place in 21:20. The two ran together and finished together in a stream of finishers

Freshman Michela Chesley is off to a great start, making it to state her first year and placing 102nd in 22:14. Junior Gabriela Maguire has a year in which to improve from her 106th place in 22:30.

St. Mary's scored 201 points for eighth place. Corona Del Mar won the race with 42 points. It may take a long time for the Lady Panthers to join that elite group of top teams competing for state, but the attitude to excel is certainly not lacking.

Duffy flirts with first but can't quite finish the job

■ St. Mary's sophomore is tickled with a second at state, however

By Mitch Stephens
TIMES STAFF WRITER

FRESNO — A mile remained in Bridget Duffy's cross country season and she was faced with the unthinkable.

Open space.

The St. Mary's High School sophomore was on the verge of a California Interscholastic Federation Division IV state title on Saturday when she faintly heard the footsteps of Nordhoff's Rae Stumbough.

"It was kind of scary," Duffy said.

Especially considering Duffy went into the season just hoping to earn a state berth.

After she won last week's North Coast Section title going away, Duffy upped her expectations to a top-10 finish on Saturday.

But after a fast first mile on the quick 3.1-mile Woodward Park course and even a faster second mile, Duffy took the lead in the season's pinnacle event.

"It was like, 'What am I doing here?,'" Duffy said.

With 800 meters to go, however, Stumbough pulled to Duffy's side and passed her for good, winning in 18 minutes, 25 seconds.

Duffy, who had little left, was second in 18:35, leading her team to eighth place with 201 points, well back of nationally ranked Corona Del Mar-Newark Beach (42) and Nordhoff-Ojai (55). Campolindo, which finished second to St. Mary's at the NCS meet, was third with 146 points.

"I think the fast start killed me at the end," Duffy said. "But I'm still really happy. Second place at state ... wow."

Duffy also exceeded another expectation — her time. She went in hoping to better 18:40. So exactly how did she get so good, so fast?

"I just trained very hard during track and during the season," Duffy said. "I put in a lot of summer miles."

She said the best part of the experience, however, was qualifying with her team.

The Panthers ran just as well time-wise as last week, but the competition was much stiffer.

Runners Nos. 3 and 4, Sayaka Matsumoto and Florinda Larkin, ran within two seconds of last week, but they finished 70th and 78th. Last week, they were 20th and 26th.

Senior Chrissy Chavez ran a personal best of 20:44 to place second for the Panthers and 57th overall. "I was just hoping to beat 21 minutes," Chavez said.

Chelsea Torgersen-Bell (79th, 21:20) closed out the scoring for St. Mary's.

"We just ran against much better runners," Chavez said. "It's a little intimidating when all these runners are in front of you. But we have nothing to be ashamed of. We won at Mt. SAC (Invitational). We won our league (Alameda Contra Costa Athletic League). We won NCS. It's been a great year."

With only two seniors, Chavez said the Panthers might even be better next year. Duffy wasn't looking that far ahead.

"We have to start looking at track season now," she said.

In other results involving regional runners:

■ Campolindo (146 points) edged Sacred Heart-San Francisco (149) for a medal and place on the victory stand. Only the top three teams earn that distinction.

The Cougars were led by Christine Atkins (14th, 19:15) and Karen Lee (31st, 19:57).

Campolindo senior Erin Haffner (51st, 20:39) passed four runners in the final 100 meters, including Sacred Heart's Rosemarie Dias (55th, 20:42). That proved decisive.

"We did a lot of soul-searching after last week," said Campolindo coach Chris Walsh, whose team had won three straight NCS titles before St. Mary's victory. "The theme this week was 'passion,' and we ran with a lot of it today."

■ Granada's Julia Fischer, Lisa Crampton and Sarah Alaie placed fifth, 10th and 12th, leading the Matadors (66) to second place in Division III behind San Lorenzo Valley-San Lorenzo (43), which placed five in the top 16.

■ Antioch's Janie Nolan recorded the day's sixth-fastest girls time (17:56) and placed second in the Division II race, leading the Panthers (111) to third place behind Foothill-Santa Ana (92) and Santa Margarita-Rancho Santa Margarita (95).

Nolan finished behind Montgomery-Santa Rosa's Sara Bei, who set a new Division II girls record (17:25) en route to her third straight state title.

CROSS COUNTRY STATE MEET LOCAL GIRLS

■ **TEAMS:** Antioch (Division II) third; Campolindo (Division IV) third; Carondelet (Division III) seventh; College Park (Division I) 12th; Granada (Division III) second; San Ramon Valley (Division II) seventh; St. Mary's (Division IV) eighth.

■ **TOP-10 PLACERS:** Bridget Duffy (St. Mary's) second; Janie Nolan (Antioch) second; Julie Fischer (Granada) fifth; Lisa Crampton (Granada) 10th; Katie Lee (San Ramon Valley) 10th.

Darren Bivens

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	24 - 40	16:39 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	142 - 171	15:47 - 2.0	Newhall Park	JV
Sept. 29	A.C.C.A.L. Meet #1	30 - 47	17:17 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	31 - 52	14:35 - 2.05	Point Pinole	JV
Oct. 28	A.C.C.A.L. Meet #3	32 - 45	14:18 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	20 - 28	14:12 - 2.0	Crab Cove	JV

Daniel Brown

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	24 - 40	17:26 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	157 - 171	16:49 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	118 - 139	12:58 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	20 - 47	16:01 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	18 - 52	13:55 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	34 - 59	14:25 - 2.1	Garin Park	SOPH/FROSH
Oct. 28	A.C.C.A.L. Meet #3	20 - 49	13:19 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	18 - 28	13:09 - 2.0	Crab Cove	JV

MEET HONOR

Mariner Invitational

Chrissy Chavez

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	14 - 40	14:35 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	12 - 41	15:34 - 2.05	Contra Loma Regional Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	5 - 26	25:58 - 3.1	Joaquin Miller Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	5 - 37	20:38 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	1 - 43	14:43 - 2.1	Garin Park	VAR
Oct. 22	Mt. SAC Invitational	11 - 169	21:18 - 3.0	Mt. San Antonio College	VAR
Oct. 28	A.C.C.A.L. Meet #3	5 - 32	21:18 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	10 - 26	21:18 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	22 - 146	21:07 - 3.1	Hayward High School	VAR
Nov. 27	C.I.F. State Meet	57 - 125	20:44 - 3.1	Woodward Park	VAR

MEET HONORS

Contra Loma
Mariner Invitational
Mt. San Antonio College Invitational
Alameda Contra Costa Athletic League Championship
North Coast Section Championship

Ali Chesley

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	27 - 40	18:27 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	24 - 46	20:08 - 2.05	Contra Loma Regional Park	JV
Sept. 18	Adidas Invitational	67 - 149	16:47 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	53 - 84	14:39 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	17 - 47	18:56 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	31 - 37	24:45 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	21 - 43	17:03 - 2.1	Garin Park	VAR
Nov. 10	A.C.C.A.L. Championship	25 - 48	15:25 - 2.0	Crab Cove	JV

MEET HONOR

Mariner Invitational

Michela Chesley

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	31 - 40	18:46 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	19 - 46	19:36 - 2.05	Contra Loma Regional Park	JV
Sept. 29	A.C.C.A.L. Meet #1	14 - 47	18:22 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	14 - 43	15:41 - 2.0	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	10 - 51	15:59 - 2.1	Garin Park	SOPH/FROSH
Oct. 28	A.C.C.A.L. Meet #3	23 - 32	25:57 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	4 - 48	13:57 - 2.0	Crab Cove	JV
Nov. 27	C.I.F. State Meet	102 - 125	22:14 - 3.1	Woodward Park	VAR

MEET HONOR
Mariner Invitational

Stephen Crooms

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 29	A.C.C.A.L. Meet #1	46 - 47	22:40 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	48 - 52	17:16 - 2.05	Point Pinole	JV
Oct. 28	A.C.C.A.L. Meet #3	40 - 45	16:13 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	24 - 28	15:24 - 2.0	Crab Cove	JV

Bridget Duffy

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	12 - 40	14:17 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	11 - 41	15:05 - 2.05	Contra Loma Regional Park	VAR
Sept. 18	Adidas Invitational	4 - 202	19:19 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	4 - 95	20:10 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	2 - 26	24:49 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	10 - 117	20:02 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	1 - 37	18:40 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	1 - 51	12:59 - 2.1	Garin Park	SOPH/FROSH
Oct. 22	Mt. SAC Invitational	1 - 169	20:03 - 3.0	Mt. San Antonio College	VAR
Oct. 28	A.C.C.A.L. Meet #3	1 - 32	19:54 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	1 - 26	18:52 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	1 - 146	18:53 3.1	Hayward High School	VAR
Nov. 27	C.I.F. State Meet	2 - 125	18:35 - 3.1	Woodward Park	VAR

MEET HONORS

Contra Loma Classic Invitational
Adidas Invitational
Cowchip Invitational
Clovis Invitational
Mariner Invitational
Mt. San Antonio College Invitational
Alameda Contra Costa Athletic League Championship
North Coast Section Championship
California Interscholastic Federation State Championship[

Sophie Ewing

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	39 - 40	22:54 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	141 - 149	21:12 - 2.0	Newhall Park	JV
Oct. 28	A.C.C.A.L. Meet #3	36 - 42	19:12 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	47 - 48	18:53 - 2.0	Crab Cove	JV

Sean Geraghty

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	5 - 40	11:50 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	51 - 249	17:08 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	23 - 71	16:47 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	8 - 42	20:35 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	30 - 118	17:38 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	15 - 49	17:17 - 2.9	Point Pinole	VAR
Oct. 22	Mt. SAC Invitational	87 - 170	17:40 - 3.0	Mt. San Antonio College	VAR
Oct. 28	A.C.C.A.L. Meet #3	7 - 42	17:34 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	11 - 47	17:12 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	23 - 169	17:34 - 3.1	Hayward High School	VAR

MEET HONORS

Cowchip Invitational
North Coast Section Championship

Emma Goulart

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 8	Contra Loma Classic	28 - 46	21:02 - 2.05	Contra Loma Regional Park	JV
Oct. 14	A.C.C.A.L. Meet #2	18 - 43	15:47 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	28 - 51	17:38 - 2.1	Garin Park	SOPH/FROSH
Nov. 10	A.C.C.A.L. Championship	29 - 48	15:37 - 2.0	Crab Cove	JV

MEET HONOR

Mariner Invitational

Tan Hoang

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 18	Adidas Invitational	165 - 171	18:23 - 2.0	Newhall Park	JV
Oct. 14	A.C.C.A.L. Meet #2	49 - 52	17:39 - 2.05	Point Pinole	JV
Nov. 10	A.C.C.A.L. Championship	26 - 28	15:33 - 2.0	Crab Cove	JV

Nolan Horinouchi

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	9 - 40	12:57 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	187 - 249	19:23 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	25 - 139	10:38 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	31 - 53	22:49 - 3.1	Joaquin Miller Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	42 - 55	19:40 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	14 - 51	13:13 - 2.1	Garin Park	VAR
Oct. 28	A.C.C.A.L. Meet #3	2 - 45	12:09 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	2 - 48	11:45 - 2.0	Crab Cove	JV

MEET HONOR

Alameda Contra Costa Athletic League Championship

Bobby Howe

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	8 - 40	12:48 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	170 - 249	19:03 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	54 - 71	18:17 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	24 - 42	21:57 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	57 - 118	18:26 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	20 - 49	18:05 - 2.9	Point Pinole	VAR
Oct. 22	Mt. SAC Invitational	122 - 170	18:21 - 3.0	Mt. SAC College, Walnut	VAR
Oct. 28	A.C.C.A.L. Meet #3	22 - 42	18:57 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	37 - 47	20:31 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	73 - 170	18:53 - 3.1	Hayward High School	VAR

MEET HONOR

North Coast Section Championship

Phyllis Jeffrey

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 8	Contra Loma Classic	39 - 46	23:22 - 2.05	Contra Loma Regional Park	JV
Sept. 18	Adidas Invitational	127 - 149	18:41 - 1.7	Newhall Park	JV
Sept. 29	A.C.C.A.L. Meet #1	29 - 47	20:57 - 2.0	Joaquin Miller Park	JV
Nov. 10	A.C.C.A.L. Championship	46 - 48	18:26 - 2.0	Crab Cove	JV

Vlasta Komorous-Towey

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	34 - 40	19:06 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	40 - 46	24:01 - 2.05	Contra Loma Regional Park	JV
Sept. 18	Adidas Invitational	117 - 149	18:10 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	78 - 84	16:05 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	30 - 47	21:14 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	30 - 43	17:18 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	46 - 51	20:43 - 2.1	Garin Park	SOPH/FROSH
Oct. 28	A.C.C.A.L. Meet #3	27 - 42	17:18 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	32 - 45	16:05 - 2.0	Crab Cove	JV

MEET HONOR

Mariner Invitational

Flo Larkin

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	19 - 40	15:58 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	24 - 41	18:02 - 2.05	Contra Loma Regional Park	VAR
Sept. 18	Adidas Invitational	129 - 202	22:47 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	33 - 95	22:30 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	9 - 26	26:28 - 3.1	Joaquin Miller Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	10 - 37	21:23 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	2 - 43	14:57 - 2.1	Garin Park	VAR
Oct. 22	Mt. SAC Invitational	18 - 169	22:09 - 3.0	Mt. SAC College, Walnut	VAR
Oct. 28	A.C.C.A.L. Meet #3	11 - 32	22:32 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	9 - 26	20:46 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	26 - 149	21:12 - 3.1	Hayward High School	VAR
Nov. 27	C.I.F. State Meet	78 - 125	21:13 - 3.1	Woodward Park	VAR

MEET HONORS

Contra Loma Classic Invitational
Mariner Invitational
Mt. San Antonio College Invitational
Alameda Contra Costa Athletic League Championship
North Coast Section Championship

Bria Maguire

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	20 - 40	15:58 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	22 - 41	17:26 - 2.05	Contra Loma Regional Park	VAR
Sept. 18	Adidas Invitational	145 - 202	23:24 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	25 - 95	22:16 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	10 - 26	26:49 - 3.1	Joaquin Miller Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	19 - 37	22:40 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	3 - 43	15:07 - 2.1	Garin Park	VAR
Oct. 22	Mt. SAC Invitational	25 - 169	22:25 - 3.0	Mt. SAC College, Walnut	VAR
Oct. 28	A.C.C.A.L. Meet #3	16 - 32	23:18 - 30	Tilden Park	VAR
Nov. 20	N.C.S. Meet of Championship	85 - 149	23:02 - 3.1	Hayward High School	VAR
Nov. 27	C.I.F. State Meet	106 - 125	22:30 - 3.1	Woodward Park	VAR

MEET HONORS

Contra Loma Classic Invitational
Mariner Invitational
Mt. San Antonio College Invitational
Alameda Contra Costa Athletic League Championship
North Coast Section Championship

Michael Manalili

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	35 - 40	19:06 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	162 - 171	18:04 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	132 - 139	14:31 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	37 - 57	18:54 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	44 - 52	16:22 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	53 - 59	16:56 - 2.1	Garin Park	SOPH/FROSH
Oct. 28	A.C.C.A.L. Meet #3	36 - 45	15:37 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	27 - 28	15:34 - 2.0	Crab Cove	JV

MEET HONOR
Mariner Invitational

Bobby Manente

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	11 - 40	13:53 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	225 - 249	20:49 - 3.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	54 - 139	11:13 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	7 - 47	14:56 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	8 - 52	13:11 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	21 - 59	13:43 - 2.1	Garin Park	SOPH/FROSH
Nov. 10	A.C.C.A.L. Championship	9 - 28	12:32 - 2.0	Crab Cove	JV

MEET HONORS

Mariner Invitational

Alameda Contra Costa Athletic League Championship

Jorie Menjou-Seaman

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	32 - 40	18:46 - 2.0	Tilden	ALL
Oct. 14	A.C.C.A.L. Meet #2	17 - 43	15:44 - 2.05	Point Pinole	JV
Nov. 10	A.C.C.A.L. Championship	24 - 46	15:52 - 2.0	Crab Cove	JV

Catherine Mullarkey

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 8	Contra Loma Classic	15 - 46	19:04 - 2.05	Contra Loma Regional Park	JV
Sept. 18	Adidas Invitational	65 - 149	16:41 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	29 - 84	18:38 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	16 - 47	18:45 - 2.0	Joaquin Miller Park	JV
Oct. 9	Clovis Invitational	90 - 117	26:13 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	28 - 37	24:48 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	16 - 51	16:29 - 2.1	Garin Park	SOPH/FROSH
Nov. 10	A.C.C.A.L. Championship	13 - 48	14:36 - 2.0	Crab Cove	JV

MEET HONORS

Mariner Invitational

Anthony Oceguera

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	15 - 40	15:21 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	96 - 171	13:59 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	38 - 139	10:53 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	5 - 47	14:26 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	9 - 52	13:21 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	20 - 51	13:28 - 2.1	Garin Park	VAR
Oct. 28	A.C.C.A.L. Meet #3	9 - 45	12:43 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	10 - 28	12:40 - 2.0	Crab Cove	JV

MEET HONOR

A.C.C.A.L. Championship

Elisa Pasquini

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	25 - 40	17:34 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	14 - 46	18:51 - 2.05	Contra Loma Regional Park	JV
Sept. 18	Adidas Invitational	70 - 149	16:51 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	39 - 84	13:56 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	12 - 47	18:19 - 2.0	Joaquin Miller Park	JV
Oct. 28	A.C.C.A.L. Meet #3	29 - 32	26:49 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	16 - 48	14:47 - 2.0	Crab Cove	JV

Stephanie Penn

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	30 - 40	18:38 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	35 - 46	22:11 - 2.05	Contra Loma Regional Park	JV
Sept. 18	Adidas Invitational	71 - 149	16:51 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	57 - 84	14:53 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	28 - 47	20:54 - 3.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	25 - 43	17:01 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	23 - 43	17:27 - 2.1	Garin Park	VAR
Oct. 28	A.C.C.A.L. Meet #3	15 - 42	15:32 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	14 - 48	14:39 - 2.0	Crab Cove	JV

MEET HONOR

Mariner Invitational

James Ross

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	1 - 40	11:24 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	26 - 249	16:34 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	33 - 71	17:10 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	4 - 42	20:03 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	7 - 188	16:45 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	5 - 49	16:44 - 2.9	Point Pinole	VAR
Oct. 22	Mt. SAC Invitational	48 - 170	17:04 - 3.0	Mt. San Antonio College	VAR
Oct. 28	A.C.C.A.L. Meet #3	8 - 42	17:38 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	7 - 47	16:53 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	18 - 170	17:21 - 3.1	Hayward High School	VAR

MEET HONORS

Cowchip Invitational
Clovis Invitational
Alameda Contra Costa Athletic League Championship
North Coast Section Championship

Chelsea Sera

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	28 - 40	18:28 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	22 - 46	19:56 - 2.05	Contra Loma Regional Park	JV
Sept. 25	Cowchip Invitational	61 - 84	14:58 0 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	25 - 47	19:44 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	26 - 43	17:05 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	24 - 51	17:16 - 2.1	Garin Park	SOPH/FROSH
Oct. 28	A.C.C.A.L. Meet #3	18 - 42	15:57 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	30 - 48	15:56 - 2.0	Crab Cove	JV

MEET HONOR

Mariner Invitational

Nicole Shanahan

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	29 - 40	18:33 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	13 - 46	18:23 - 2.05	Contra Loma Regional Park	JV
Sept. 18	Adidas Invitational	13 - 165	14:42 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	26 - 84	13:32 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	6 - 47	17:47 - 2.0	Joaquin Miller Park	JV
Oct. 28	A.C.C.A.L. Meet #3	5 - 42	14:42 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	3 - 48	14:42 - 2.0	Crab Cove	JV
Nov. 20	N.C.S. Meet of Championship	58 - 149	22:18 - 3.1	Hayward High School	VAR

MEET HONORS

Adidas invitational

North Coast Section Championship

Anna Sobrero

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 18	Adidas Invitational	139 - 149	19:51 - 2.0	Newhall Park	JV

Eric Sylvester

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	17 - 40	15:33 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	122 - 171	14:50 - 2.0	Newhall Park	JV
Sept. 25	Cowchip Invitational	78 - 139	11:37 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	23 - 47	16:10 - 2.0	Joaquin Miller Park	JV
Oct. 14	A.C.C.A.L. Meet #2	28 - 52	14:26 - 2.05	Point Pinole	JV
Oct. 28	A.C.C.A.L. Meet #3	29 - 45	14:10 - 2.0	Tilden Park	JV

Christina Taylor

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 18	Adidas Invitational	148 - 149	21:11 - 2.0	Newhall Park	JV
Oct. 14	A.C.C.A.L. Meet #2	38 - 43	19:35 - 2.05	Point Pinole	JV
Oct. 28	A.C.C.A.L. Meet #3	34 - 42	18:51 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	36 - 48	16:49 - 2.0	Crab Cove	JV

Chelsea Torgersen-Bell

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	18 - 40	15:35 - 2.0	Tilden	ALL
Sept. 8	Contra Loma Classic	18 - 41	16:41 - 2.05	Contra Loma Regional Park	VAR
Sept. 18	Adidas Invitational	112 - 202	22:22 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	19 - 95	21:58 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	8 - 26	26:24 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	32 - 117	22:02 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	7 - 37	21:02 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	5 - 51	14:39 - 2.1	Garin Park	SOPH/FROSH
Oct. 22	Mt. SAC Invitational	15 - 169	21:59 - 3.0	Mt. SAC College, Walnut	VAR
Oct. 28	A.C.C.A.L. Meet #3	8 - 32	22:03 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	8 - 26	20:45 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	29 - 149	21:17 - 3.1	Hayward High School	VAR
Nov. 27	C.I.F. State Meet	79 - 125	21:20 - 3.1	Woodward Park	VAR

MEET HONORS

Contra Loma Classic Invitational
Mariner Invitational
Mt. San Antonio College Invitational
Alameda Contra Costa Athletic League Championship
North Coast Section Championship

Eddie Torres

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	10 - 40	12:57 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	184 - 249	19:20 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	22 - 139	10:34 - 1.7	Stafford Lake Park	JV
Sept. 29	A.C.C.A.L. Meet #1	28 - 53	22:23 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	81 - 118	19:14 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	31 - 55	18:55 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	6 - 59	12:35 - 2.1	Garin Park	SOPH/FROSH
Oct. 22	Mt. SAC Invitational	122 - 170	18:29 - 3.0	Mt. San Antonio College	VAR
Oct. 28	A.C.C.A.L. Meet #3	1 - 45	12:00 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	1 - 28	11:39 - 2.0	Crab Cove	JV

MEET HONORS

Mariner Invitational

Alameda Contra Costa Athletic League Championship

Rudy Vasquez

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	2 - 40	11:29 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	25 - 249	16:34 - 3.0	Newhall Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	3 - 42	20:03 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	19 - 118	17:17 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	3 - 49	16:31 - 2.9	Point Pinole	VAR
Oct. 22	Mt. SAC Invitational	21 - 170	16:23 - 3.0	Mt. SAC College, Walnut	VAR
Oct. 28	A.C.C.A.L. Meet #3	3 - 42	17:02 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	3 - 47	16:27 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	2 - 170	16:29 - 3.1	Hayward High School	VAR
Nov. 27	C.I.F. State Meet	59 - 128	17:04 - 3.1	Woodward Park	VAR

MEET HONORS

Adidas Invitational
Alameda Contra Costa Athletic League Championship
North Coast Section Championship

Denyé Versher

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	7 - 40	12:32 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	81 - 249	17:40 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	42 - 71	17:37 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	17 - 42	21:37 - 3.1	Joaquin Miller Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	17 - 49	17:38 - 2.9	Point Pinole	VAR
Oct. 28	A.C.C.A.L. Meet #3	24 - 42	19:01 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	22 - 47	18:04 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	30 - 170	17:49 - 3.1	Hayward High School	VAR

MEET HONOR

North Coast Section Championship

Greg Williams

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 2	Time Trial	6 - 40	12:15 - 2.0	Tilden	ALL
Sept. 18	Adidas Invitational	80 - 249	17:40 - 3.0	Newhall Park	VAR
Sept. 25	Cowchip Invitational	62 - 71	18:39 - 3.0	Stafford Lake Park	VAR
Sept. 29	A.C.C.A.L. Meet #1	11 - 42	20.55 - 3.1	Joaquin Miller Park	VAR
Oct. 9	Clovis Invitational	59 - 118	18:31 - 3.1	Woodward Park	VAR
Oct. 14	A.C.C.A.L. Meet #2	29 - 49	18:47 - 2.9	Point Pinole	VAR
Oct. 16	Mariner-Nike Invite	1 - 59	12.11 - 2.1	Garin Park	SOPH/FROSH
Oct. 22	Mt. SAC Invitational	62 - 170	17:18 - 3.0	Mt. San Antonio College	VAR
Oct. 28	A.C.C.A.L. Meet #3	19 - 42	18:24 - 3.0	Tilden Park	VAR
Nov. 10	A.C.C.A.L. Championship	18 - 47	17:29 - 3.0	Crab Cove	VAR
Nov. 20	N.C.S. Meet of Championship	42 - 170	18:01 - 3.1	Hayward High School	VAR

MEET HONORS

Mariner Invitational
North Coast Section Championship

Keli Yaris

THE DATE	MEET OR INVITATIONAL	PLACE & RUNNERS	TIME & DISTANCE	SITE OF THE COURSE	LEVEL
Sept. 18	Adidas Invitational	147 - 149	21:11 - 2.0	Newhall Park	JV
Oct. 14	A.C.C.A.L. Meet #2	34 - 43	18:42 - 2.05	Point Pinole	JV
Oct. 16	Mariner-Nike Invite	44 - 51	20:37 - 2.1	Garin Park	SOPH/FROSH
Oct. 28	A.C.C.A.L. Meet #3	35 - 42	19:07 - 2.0	Tilden Park	JV
Nov. 10	A.C.C.A.L. Championship	38 - 48	16:59 - 2.0	Crab Cove	JV

MEET HONOR
Mariner Invitational