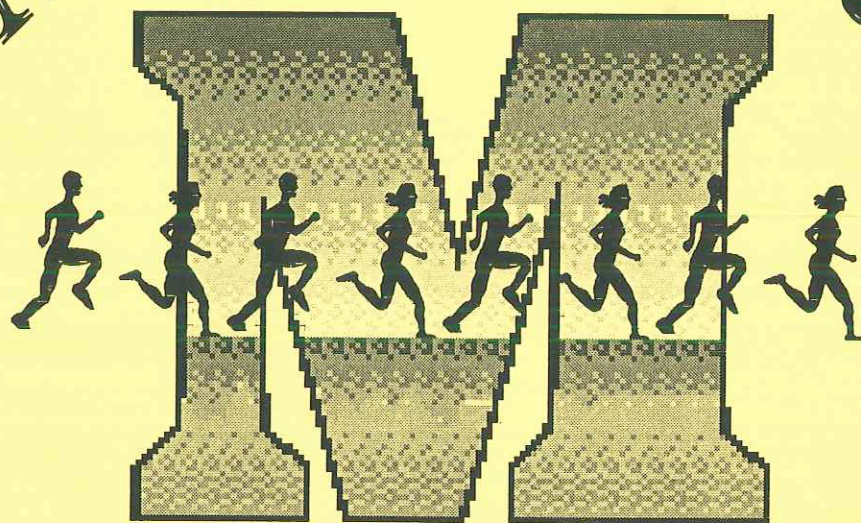


1999

Montgomery



Cross Country

Head Coach: Larry Meredith

Assistant Coach: Tori Meredith

Montgomery Vikings

1999 Cross Country

Varsity Boys

Rod Carlsen, Senior, 1st Yr.
 Jon Fitch, Junior, 3rd Yr.
 Zac Fitch, Junior, 3rd Yr.
 David Britt, Junior, 2nd Yr.
 Nick Millar, Junior, 2nd Yr.
 Drew Fagent, Junior, 1st Yr.
 Jason Fung, Sophomore, 2nd Yr.
 Regan Masi, Freshman

*2nd-year team member

1999 Varsity Boys Meet Results

- MHS 26, Maria Carrillo 46, Analy 83, Healdsburg 101
- MHS 20, Maria Carrillo 43, Rancho Cotate 77
- MHS 21, Maria Carrillo 43, Elsie Allen 76
- Ukiah 27, MHS 30, Piner - incomplete
- MHS 17, Santa Rosa 43, Rancho Cotate 81
- MHS 15, Cardinal Newman 49

Junior Varsity Boys

Brian Mills, Senior, 2nd Yr.
 John McRae, Junior, 1st Yr. **
 Nick Oser, Junior, 1st Yr. *
 Mats Olson, Junior, 1st Yr.
 Ryan Tansey, Sophomore, 2nd Yr.
 Ryan Rudnansky, Sophomore, 2nd Yr.
 David Dranow, Sophomore, 1st Yr. *
 Jake Minkoff, Sophomore, 1st Yr. *
 Devin Andre, Sophomore, 1st Yr.
 Mike Leaser, Sophomore, 1st Yr.
 Charles Proctor, Sophomore, 1st Yr.
 Greg DeSelle, Freshman
 Andrew Gallagher, Freshman
 Jeff Mills, Freshman

* 2nd-year team member

**3rd-year team member

1999 Junior Varsity Boys Meet Results

- MHS 25, Analy 38
- MHS 21, Maria Carrillo 41
- MHS 15, Maria Carrillo 50, Elsie Allen - incomplete
- MHS 19, Ukiah 42
- MHS 17, Santa Rosa 43, Rancho Cotate 82
- MHS 15, Cardinal Newman 50

Varsity Girls

Sarah Bashel, Junior, 3rd Yr.
 Sara Bei, Junior, 3rd Yr.
 Cassie English, Junior, 2nd Yr.
 Elisa Pedersen, Sophomore, 2nd Yr.
 Joy Terribilini, Sophomore, 2nd Yr.
 Amelia Thomas, Sophomore, 1st Yr.
 Julia Goepel, Freshman
 Barbara Hall, Freshman

1999 Varsity Girls Meet Results

- MHS 25, Analy 43, Maria Carrillo 56
- MHS 30, Maria Carrillo 38, Rancho Cotate 63
- MHS 23, Maria Carrillo 34, Elsie Allen - incomplete
- MHS 27, Ukiah 40, Piner 65
- MHS 30, Santa Rosa 36, Rancho Cotate 67
- MHS 15, Ursuline 48

Certificate of Participation

Ian Ferrel, Senior
 Jennifer Malork, Junior
 Mallory Sheldon, Junior
 Nick Cho, Sophomore

Invitationals / Post-Season

- Ed Sias Invitational: VB-3rd; FSB-5th; JV-B-11th; FSG-3rd
 - Viking Opener: J/Sr-G-5th; Jr B-2nd; FSB-3rd; FSG- 3rd
- OB-1st;
- Cowchip Classic: JVB-9th; FSB-5th
 - Artichoke Invitational: VB-4th; FSG-1st
 - Clovis Invitational: VB-3rd; FSB-11th; FSG-5th
 - Mt. SAC Invitational: VB-2nd; VG-7th
 - NBL Championship: VB-1st; VG-1st; JVB-2nd
 - NCS Championship: VB-5th; VG-3rd

State Meet Qualifiers

Sarah Bashel
 Sara Bei
 Zac Fitch

First Team All-League

Sara Bei
 Zac Fitch
 Sarah Bashel

Second Team All-League

Nick Millar
 Elisa Pedersen
 Drew Fagent
 Jon Fitch

Season Records, 1982 to present

Varsity Boys						Varsity Girls					
Year	Dual Meets	NBL	NCS	Other		Year	Dual Meets	NBL	NCS	Other	
1982	4	1	2nd	5th 2A	-	1982	1	4	5th	-	-
1983	9	0	1st	3rd 2A	5th MOC	1983	5	4	2nd	11th 2A	-
1984	9	0	1st	2nd 2A	11th MOC	1984	6	3	2nd	6th 2A	-
1985	5	0	1st	1st 2A	4th MOC	1985	4	1	2nd	6th 2A	-
1986	5	1	1st	8th 3A	-	1986	6	0	1st	9th 3A	-
1987	6	0	1st	3rd 3A	-	1987	5	1	3rd	12th 3A	-
1988	4	1	2nd	6th 3A	-	1988	1	4	5th	-	-
1989	9	0	1st	6th 3A	-	1989	1	8	5th	-	-
1990	7	1	2nd	1st Div. I	13th State	1990	3	4	4th	4th Div. I	-
1991	11	0	1st	3rd Div. II	-	1991	9	2	3rd	5th Div. II	-
1992	9	0	1st	1st Div. II	8th State	1992	5	3	4th	6th Div. II	-
1993	11	0	1st	1st Div. I	11th State	1993	2	10	5th	6th Div. I	-
1994	9	5	3rd	3rd Div. I	-	1994	13	2	2nd	5th Div. I	-
1995	13	0	1st	4th Div. I	-	1995	12	1	2nd	5th Div. I	-
1996	15	1	2nd	1st Div. I	13th State	1996	8	5	4th	7th Div. II	-
1997	13	2	2nd	3rd Div. I	-	1997	9	1	2nd	2nd Div. III	5th State
1998	14	0	3rd	3rd Div. III	-	1998	10	1	2nd	1st Div. III	9th State
1999	11	1	1st	5th Div. I	-	1999	11	0	1st	3rd Div. II	-
Totals	164	13	11 NBL Titles, 5 NCS Titles	-	-	Totals	111	54	2 NBL Titles, 1 NCS Title	-	-

Junior Varsity Boys						Junior Varsity Girls					
Year	Dual Meets	NBL	NBL	F./So.		Year	Dual Meets	NBL			
1982	4	1	1st	3rd	-	1982	0	1	2nd	-	-
1983	8	1	3rd	1st	-	1984	1	1	1st	-	-
1984	8	1	2nd	-	-	1985	2	0	inc.	-	-
1985	5	0	2nd	1st	-	1986	2	0	1 NBL Title	-	-
1986	6	0	1st	-	-	Totals	3	2	1 NBL Title	-	-
1987	6	0	1st	-	-						
1988	5	0	1st	-	-						
1989	9	0	1st	-	-						
1990	8	0	1st	-	-						
1991	9	0	1st	-	-						
1992	6	0	1st	-	-						
1993	10	0	1st	-	-						
1994	12	0	1st	-	-						
1995	10	1	2nd	-	-						
1996	15	1	2nd	-	-						
1997	8	0	2nd	-	-						
1998	9	0	2nd	-	-						
1999	10	0	2nd	-	-						
Totals	148	5	12 NBL Titles	-	-						

North Bay League Team Champions

Varsity Boys						Varsity Girls					
Year	Points					Year	Points				
1976	25					1976	15				
1979	32					1977	20				
1983	26					1986	40				
1984	39					1999	53				
1985	23										
1986	36										
1987	26										
1989	36										
1991	30										
1992	27										
1993	39										
1995	38										
1999	34										

JV Girls

Year	Points
1982	29
1986	?
1987	26
1989	15
1990	20
1991	17
1992	30
1993	32
1994	24

JV Boys

Year	Points
1982	29
1986	?
1987	26
1988	28
1989	15
1990	20
1991	17
1992	30
1993	32
1994	24

North Bay League Individual Champions

Yr	Varsity Boys	Yr	Varsity Girls
'65	Bob Waldon	'76	Heidi Messerschmitt
'72	Steve Rlicker	'77	Daanna Neff
'76	Bill Johnson	'87	Nicole Fischer
'79	Dave Rodriguez	'93	Pamela Richardson
'84	Paul Cummings	'97	Sara Bei
'85	Paul Cummings	'98	Sara Bei
'86	Kevin Smith	'99	Sara Bei
'87	Mike Conits		
'92	David Toomey		

NCS Yr JV - Fr./So. Boys

Yr	Varsity Boys	Yr	Varsity Girls
'82	Jason Schaumburg (F/S)	'82	Paul Audiss
'84	Derek Powell	'85	Randall Watkins (F/S)
'86	Jeff Fletcher	'87	Barry Howell
'88	Dean Crane	'89	Kevin Boone
'90	Jason Selby	'91	Scott Story
'94	Kevin Funk	'98	David Brit

North Coast Section Team Champions

Varsity Boys						Varsity Girls					
Year	Points					Year	Points				
1980	84 (3A)					1976	37 (3A)				
1985	42 (2A)					1977	72 (3A)				
1990	50 (I)					1998	54 (III)				
1992	53 (II)										
1993	44 (I)										
1996	41 (I)										

State Meet

Individual Champs

Yr	Varsity Girls
'97	Sara Bei
'98	Sara Bei

Practices		Meets	
Masi	69	Fung	15
Millar	69	Masi	15
DeSelle	58	Pedersen	15
Fitch, Z.	57	Terribilini	15
Fagent	55	Hall	15
Pedersen	55	Fagent	14
Fung	54	Fitch, J.	14
Hall	54	Fitch, Z.	14
Fitch, J.	53	Millar	14
Terribilini	53	Bashel	14
Thomas	53	Britt	13
Dranow	52	Proctor	13
Minkoff	51	Mills, J.	13
Proctor	51	Goepel	13
Bashel	49	Bei	12
Rudnansky	49	Minkoff	12
Britt	48	Dranow	12
English	48	McRae	12
Gallagher	47	Rudnansky	12
Leaser	46	English	12
Bei	45	Thomas	12
Mills, J.	45	Leaser	12
Goepel	45	Mills, B.	12
Mills, B.	44	Tansey	11
Carlsen	42	DeSelle	11
Tansey	42	Gallagher	10
Malork	40	Carlsen	10
Olson	39	Olson	10
McRae	36	Ferrel	9
Andre	31	Oser	9
Oser	31	Cho	8
Sheldon	30	Sheldon	7
Ferrel	28	Andre	6
Cho	26	Malork	0

Single Season Practice Mileage Records

Nick Millar	463.8	'99
Regan Masi	462.5	'99
Justin Morgan	456.2	'98
David Toomey	440.9	'93
Sara Bei	462.0	'98
Sarah Bashel	432.4	'98
Sarah McClendon	361.7	'91
Sara Bei	359.2	'97
April Malvino	327.9	'98

Cross Country Season Miles	
Girls	
Bashel	306.8
Pedersen	292.5
Terribilini	287.2
Thomas	276.5
Bei	272.9
Hall	271.6
English	247.6
Goepel	219.7
Sheldon	131.5
Malork	97.9
Boys	
Millar	463.8
Masi	462.5
Fitch, Z.	398.0
Fagent	389.5
Fitch, J.	366.6
Fung	365.4
Britt	342.1
Minkoff	318.6
Dranow	298.2
Proctor	293.4
DeSelle	289.1
Gallagher	271.1
Rudnansky	262.2
Carlsen	259.9
Tansey	241.9
Mills, J.	225.9
Leaser	225.0
Olson	207.3
Mills, B.	207.3
McRae	201.8
Andre	156.4
Oser	144.9
Ferrel	141.6
Cho	123.0

Cross Country Career Miles	
Girls	
S.Bei	1094.1
Bashel	891.4
Pedersen	574.2
Terribilini	539.4
English	442.4
Thomas	276.5
Hall	271.6
Goepel	219.7
Sheldon	131.5
Malork	97.9
Boys	
Z.Fitch	1127.5
J.Fitch	1092.6
Millar	887.8
Fung	752.0
McRae	730.1
Britt	649.9
Dranow	581.7
Minkoff	575.9
Ferrel	518.2
Rudnansky	500.2
Tansey	481.8
Masi	462.5
Mills, B.	426.4
Cho	404.3
Fagent	389.5
Oser	365.6
DeSelle	298.1
Proctor	293.4
Gallagher	271.1
Carlsen	259.9
Mills, J.	225.9
Leaser	225.0
Smith	211.1
Olson	207.3
Andre	156.4

Mileage All-Time Career List	
Boys	
1 Jake Currie, '98	1365.3
2 Jason DeSelle, '98	1250.6
3 Greg Funk, '99	1194.0
4 Zac Fitch, '01	1127.5
5 David Toomey, '94	1112.3
6 Jon Fitch, '01	1092.6
7 John Staroba, '97	1078.0
8 Travis Phelps, '98	977.6
9 Jeff Godfrey, '91	926.1
10 Peter Keith, '90	911.6
11 Ryan Lew, '94	910.9
12 Brook Buonaccorsi, '98	907.2
13 Nick Millar, '01	887.2
14 Nate Bisbee, '93	885.1
15 Dave Intner, '90	846.8
16 Scott Story, '94	844.3
17 Kevin Chapin, '97	843.7
18 Kevin Funk, '97	823.8
19 Jerry Finlay, '97	823.2
20 Jeremy Jackman, '97	815.1
21 Star Stevenson, '90	791.8
22 Paul Cummings, '86	780.5
23 Jason Fung, '02	752.0
24 Marc Spina, '86	733.0
Girls	
1 April Malvino, '99	1105.2
2 Sara Bei, '01	1094.1
3 Amy Bei, '99	911.5
4 Sara Bashel, '01	891.4
5 Sarah McClendon, '93	885.6
6 Diana Rancourt, '98	846.9
7 Amy Jordan, '92	835.1
8 Lisa Gay, '92	829.0
9 Jamie Duncan, '93	779.8
10 Pamela Richardson, '95	725.3
11 Sonya Glidden, '98	665.9
12 Marisa Reichmuth, '96	618.6
13 Christina Cushing, '96	609.2
14 Erin Preston, '90	607.8
15 Shewit Haile, '98	607.2
16 Elisa Pedersen, '02	574.2
17 Joy Terribilini, '02	539.4
18 Tanya Mayo, '90	508.4
19 Michelle Mayes, '89	502.5
20 Megan Scott, '96	490.5
21 Chris Ferguson, '86	482.0
22 Michelle Finch, '97	480.2
23 Lisa Mackie, '98	473.3
24 Nicole Fischer, '88	469.0

Miles per Season	
Boys	
1 Masi, '03	462.5
2 Millar, '01	443.9
3 Fagent, '01	389.5
4 Fung, '02	376.0
5 Z.Fitch, '01	375.8
6 Toomey, '94	370.8
7 J.Fitch, '01	364.2
8 Staroba, '97	359.3
9 Morgan, '99	357.3
10 Lewis, '89	355.8
11 Higgins, '95	350.0
12 Currie, '98	341.3
13 Britt, '01	325.0
14 DeSelle, '98	312.7
15 Jf.Godfrey, '91	308.7
16 Finch, '95	305.0
17 Keith, '90	303.9
18 R.Lew, '94	303.6
19 O'Neill, '91	302.7
20 G.Funk, '99	298.5
21 DeSelle, '03	298.1
22 Bisbee, '93	295.0
23 Dranow, '02	290.9
24 Minkoff, '02	288.0
Girls	
1 S. Bei, '01	364.7
2 Bashel, '01	297.1
3 McClendon, '93	295.2
4 Pedersen, '02	287.1
5 Jordan, '92	278.4
6 A.Thomas, '02	276.5
7 Gay, '92	276.3
7 Malvino, '99	276.3
9 Hall, '03	271.6
10 Terribilini, '02	269.7
11 McRae, '98	266.0
12 Duncan, '93	259.9
13 Mayes, '89	251.3
14 Richardson, '95	241.8
15 Fischer, '88	234.5
16 Allard, '99	230.7
17 A.Bei, '99	227.9
18 English, '01	221.2
19 Goepel, '03	219.7
20 Vion, '97	216.5
21 Rancourt, '98	211.7
22 McCon, '98	211.5
23 Reichmuth, '96	206.2
24 Cushing, '96	203.1

Montgomery Teams: Year-by-Year Comparison

3-Mile Spring Lake Course

Varsity Girls

Time	Year	Top Five Runners
1 1:34:25	1998	S. Bel, Bashel, Maivino, Terribilini, Pedersen
2 1:36:46	1999	Bel, Bashel, Pedersen, Terribilini, Hall
3 1:38:12	1997	S. Bel, Bashel, Rancourt, Haile, Maivino
4 1:42:43	1995	Rancourt, Haile, Von, Cushing, McRae
5 1:42:58	1991	Gay, Wiesner, Jordan, Duncan, McClendon
6 1:43:11	1994	Richardson, Lodin, Reichmuth, Haile, Colin
7 1:45:38	1996	Rancourt, Haile, Pacheco, Finch, Maivino
8 1:46:00	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
9 1:50:09	1990	Duncan, McClendon, Gay, Jordan, Blackwell
10 1:51:44	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
11 1:51:48	1988	Mayes, Scott, Montague, Zelenak, Preston
12 1:54:31	1989	Gay, Jordan, Preston, J. Scott, Blackwell

Junior Varsity Girls

Time	Year	Top Five Runners
1 1:53:13	1995	Giddens, Finch, Mackie, Maivino, Bernard
2 1:58:00	1994	Rancourt, Finch, Mackie, M. Scott, Viall
3 2:02:17	1996	Mackie, L. Thomas, McCon, Perry, A. Bel

Varsity Boys

Time	Year	Top Five Runners
1 1:19:45	1992	Selby, Toomey, Sanborn, Hinkle, Bisbee
2 1:21:55	1991	Lopes, Haluzak, Sanborn, Selby, Hinkle
3 1:22:15	1993	Toomey, Story, R. Lew, Toll Au, Higgins
4 1:22:30	1996	K. Funk, Staroba, DeSelle, Finlay, G. Funk
5 1:22:45	1999	Masi, Z. Fitch, Millar, Fagetti, J. Fitch
6 1:23:06	1989	Inner, J. Godfrey, Keith, O'Neil, Fitzwater
7 1:23:16	1995	DeSelle, K. Funk, Staroba, Currie, Finlay
8 1:23:21	1998	G. Funk, Z. Fitch, J. Fitch, Escobedo, Millar
9 1:23:36	1990	J. Godfrey, Lopes, Haluzak, Sanborn, Grate
10 1:23:45	1997	DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
11 1:24:03	1988	Lewis, Keith, Downing, Stevenson, Inner
12 1:26:33	1994	Staroba, Finlay, Finch, DeSelle, T. Buonaccorsi

Junior Varsity Boys

Time	Year	Top Five Runners
1 1:27:42	1989	Boone, Garrison, Parsons, del Campo, Hunt
2 1:28:13	1991	Story, Dorris, R. Lew, Obad, Flanagan
3 1:28:44	1988	Crane, O'Neil, R. Conros, Fitzwater, R. Lynn
4 1:29:01	1990	Selby, Bisbee, Hunt, J. Waldow, Parsons
5 1:29:55	1994	K. Funk, Currie, Erickson, Jackman, Strickland
6 1:30:00	1992	R. Lew, Greenberg, Higgins, Vainda, Rangell
7 1:32:38	1999	Gallagher, Carlson, J. Mills, McRae, Proctor
8 1:33:15	1993	T. Buonaccorsi, Martinez, Cavallo, Strickland, Wiesner
9 1:33:52	1998	Britt, Bard, Minkoff, Schleier, Cho
10 1:34:24	1996	B. Buonaccorsi, Davis, Koch, Phelps, Chapin
11 1:34:27	1997	G. Mills, Willison, J. Fitch, Bard, Metzler
12 1:35:39	1995	G. Funk, B. Buonaccorsi, Phelps, Chapin, Larsen

Fresh/Soph Girls

Time	Year	Top Three Runners
1 39:52	1994	Richardson, Reichmuth, Colin
2 40:13	1991	Gay, Duncan, Wiesner
3 40:23	1996	Haile, Rancourt, Pacheco
4 40:33	1999	S. Bel, Bashel, English
5 41:10	1995	Reichmuth, Cushing, Von
6 42:40	1997	Haile, A. Bel, McCon
7 42:51	1987	Fischer, Mayes, Parker
8 43:19	1988	Mayes, Mayo, Montague
9 43:41	1992	McClendon, Duncan, Zbinden
10 45:10	1990	Gay, Jordan, Blackwell
11 45:31	1993	Richardson, Chaffin, Hause

2-Mile Spring Lake Course

Junior/Senior Girls

Time	Year	Top Three Runners
1 1:02:55	1998	S. Bel, Bashel, Maivino, Pedersen, Terribilini
2 1:06:24	1999	S. Bel, Bashel, Pedersen, Terribilini, Hall
3 1:07:17	1994	Richardson, Lodin, Reichmuth, Colin, Rancourt
4 1:08:00	1991	Gay, Wiesner, Duncan, McClendon, Jordan
5 1:08:30	1995	Rancourt, Reichmuth, Cushing, Von, McRae
6 1:09:07	1997	S. Bel, Haile, A. Bel, McCon, Maivino
7 1:10:29	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
8 1:10:32	1996	Haile, Rancourt, Pacheco, Finch, Maivino
9 1:13:05	1990	Duncan, McClendon, Gay, Jordan, Blackwell
10 1:13:40	1987	Fischer, Mayes, Mayo, Parker, Jones
11 1:14:07	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
12 1:14:10	1988	Mayes, Mayo, Blackwell, Montague, Preston

Varsity Girls

Time	Year	Top Five Runners
1 1:02:55	1998	S. Bel, Bashel, Maivino, Pedersen, Terribilini
2 1:06:24	1999	S. Bel, Bashel, Pedersen, Terribilini, Hall
3 1:07:17	1994	Richardson, Lodin, Reichmuth, Colin, Rancourt
4 1:08:00	1991	Gay, Wiesner, Duncan, McClendon, Jordan
5 1:08:30	1995	Rancourt, Reichmuth, Cushing, Von, McRae
6 1:09:07	1997	S. Bel, Haile, A. Bel, McCon, Maivino
7 1:10:29	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
8 1:10:32	1996	Haile, Rancourt, Pacheco, Finch, Maivino
9 1:13:05	1990	Duncan, McClendon, Gay, Jordan, Blackwell
10 1:13:40	1987	Fischer, Mayes, Mayo, Parker, Jones
11 1:14:07	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
12 1:14:10	1988	Mayes, Mayo, Blackwell, Montague, Preston

Senior Boys

Time	Year	Top Three Runners
1 32:01	1987	M. Conros, Watkins, Waldow
2 32:03	1992	Bisbee, Sanborn, Hinkle
3 32:03	1993	Toomey, Story, R. Lew
4 32:37	1996	Funk, Staroba, Finlay
5 33:11	1990	J. Godfrey, Grate, Felice
6 33:32	1991	Lopes, Haluzak, Clarke
7 33:48	1997	DeSelle, Currie, B. Buonaccorsi
8 34:08	1988	Lewis, Downing, R. Conros
9 34:25	1998	G. Funk, Escobedo, Koch
10 35:29	1994	Finch, Catalano, Erickson
11 42:23	1999	Carlson, Ferrell, B. Mills

Fresh/Soph Boys

Time	Year	Top Three Runners
1 33:13	1998	Z. Fitch, J. Fitch, Fung
2 33:42	1994	K. Funk, Finlay, Staroba
3 33:54	1995	DeSelle, Currie, Walters
4 34:01	1991	R. Lew, Story, Flanagan
5 34:07	1999	Masi, Fung, Minkoff
6 35:10	1988	J. Godfrey, O'Neil, Hunt
7 35:35	1997	Z. Fitch, Jordan, Willison
8 35:50	1993	Toll Au, Todd Au, Strickland
9 36:30	1990	Selby, Sanborn, Bisbee
10 37:30	1996	G. Funk, Davis, Koch
11 38:21	1992	Higgins, Temple, Erickson

Junior Boys

Time	Year	Top Three Runners
1 32:12	1991	Hinkle, Sanborn, Selby
2 32:21	1999	Z. Fitch, J. Fitch, Fagetti
3 32:23	1992	Toomey, Story, R. Lew
4 32:54	1995	K. Funk, Staroba, Finlay
5 34:00	1996	DeSelle, Currie, Buonaccorsi
6 34:10	1990	Lopes, Haluzak, Jorgensen
7 34:15	1988	Stevenson, Keith, Boone
8 34:42	1987	Lewis, Crane, J. Lew
9 35:03	1993	Higgins, Erickson, Martinez
10 37:24	1997	G. Funk, Escobedo, Koch

Varsity Boys

Time	Year	Top Five Runners
1 53:22	1992	Toomey, Bisbee, Sanborn, Hinkle, Story
2 53:28	1991	Lopes, Hinkle, Sanborn, Selby, Bisbee
3 54:05	1987	M. Conros, Watkins, Lewis, D. Waldow, Disno
3 54:05	1999	Z. Fitch, J. Fitch, Masi, Fagetti, Millar
5 54:09	1993	Toomey, Story, R. Lew, Toll Au, Higgins
6 54:45	1996	K. Funk, DeSelle, Staroba, Finlay, Currie
7 54:50	1995	DeSelle, K. Funk, Staroba, Finlay, Currie
8 55:31	1998	Z. Fitch, J. Fitch, G. Funk, Escobedo, Fung
9 55:42	1997	DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
10 56:05	1990	J. Godfrey, Lopes, Grate, Haluzak, Jorgensen
11 56:19	1988	Lewis, Stevenson, J. Godfrey, Keith, Downing
12 56:37	1994	K. Funk, Finlay, DeSelle, Staroba, Finch

Cross Country: All-Time Vikings on 3-Mile Spring Lake Course

Overall Boys

Name	Time	Yr
1 David Toomey	15:26	93
2 Jason Selby	15:32	92
3 Nat Lopes	15:47	91
4 Jeff Godfrey	15:53	90
5 Tim Sanborn	15:54	92
6 Kevin Funk	15:56	96
7 Jason DeSelle	15:57	95
8 Keith Lewis	16:02	88
9 Josh Hinkle	16:05	92
10 Regan Masi	16:06	99
11 Dave Intrier	16:10	89
11 Zac Fitch	16:10	99
13 Peter Keith	16:17	89
13 Greg Funk	16:17	98
15 Scott Story	16:18	93
16 Erik Haluzak	16:20	91
17 Ryan Lew	16:24	93
18 Toli Au	16:26	93
19 Jon Fitch	16:27	98
20 Nate Bisbee	16:31	92
20 Nick Millar	16:31	99
22 John Staroba	16:32	96
23 Jake Currie	16:35	97
24 Josh Dorris	16:40	92
25 Jerry Finlay	16:42	96

Senior Boys

Name	Time	Yr
1 David Toomey	15:26	93
2 Jason Selby	15:32	92
3 Nat Lopes	15:47	91
4 Jeff Godfrey	15:53	90
5 Tim Sanborn	15:54	92
6 Kevin Funk	15:56	96
7 Keith Lewis	16:02	88
8 Josh Hinkle	16:05	92
8 Jason DeSelle	16:05	97
10 Dave Intner	16:10	89
11 Peter Keith	16:17	89
11 Greg Funk	16:17	98
13 Scott Story	16:18	93
14 Erik Haluzak	16:20	91
15 Ryan Lew	16:24	93
16 Nate Bisbee	16:31	92
17 John Staroba	16:32	96
18 Jake Currie	16:35	97
19 Josh Dorris	16:40	92
20 Jerry Finlay	16:42	96
21 Scott Fitzwater	16:51	89
21 Mario Escobedo	16:51	98
23 Eric Downing	16:54	88
24 Star Stevenson	16:59	89
25 Mike Grafe	17:03	90

Junior Boys

Name	Time	Yr.
1 David Toomey	15:36	92
2 Zac Fitch	16:10	99
3 Jason DeSelle	16:16	96
4 Kevin Funk	16:19	95
5 Tim Sanborn	16:22	91
6 Jason Selby	16:23	91
7 Nat Lopes	16:25	90
8 Josh Hinkle	16:27	91
9 Greg Funk	16:30	97
10 Nick Millar	16:31	99
11 Jeff Godfrey	16:32	89
12 Scott Story	16:36	92
13 Nate Bisbee	16:37	91
14 Jake Currie	16:38	96
15 Peter Keith	16:44	88
16 Rory O'Neill	16:49	89
17 Drew Fagant	16:49	99
18 Jon Fitch	16:51	99
19 John Staroba	16:52	95
20 Dave Intrnr	16:54	88
21 Nathan Higgins	16:58	93
22 Erik Haluzak	16:59	90
23 Star Stevenson	17:00	88
23 Ryan Lew	17:00	92
25 Sven Jorgensen	17:10	90
25 David Britt	17:10	99

Senhomore Boys

Name	Time	Yr
1 Jason DeSelle	15:57	95
2 Zac Fitch	16:18	98
3 Toli Au	16:26	93
4 Jon Fitch	16:27	98
5 David Toomey	16:36	91
6 Greg Funk	16:46	96
7 Jake Currie	16:53	95
8 Ryan Lew	17:00	91
9 Tim Sanborn	17:02	90
10 Jerry Finlay	17:06	94
10 John Staroba	17:06	94
12 Nick Millar	17:10	98
13 Jason Fung	17:12	99
14 Jeff Godfrey	17:13	88
14 Kevin Funk	17:13	94
16 Scott Story	17:14	91
17 Jason Selby	17:19	90
18 David Britt	17:27	98
19 Rory O'Neill	17:30	88
20 Nat Lopes	17:31	89
21 Clayton Hunt	17:32	88
22 Kyle Moe	17:42	94
23 John McRae	17:44	98
24 James Waters	17:45	95
25 Nate Bisbee	17:46	90

Froehman Boys

Name	Time	Yr
1 Regan Masl	16:06	99
2 Jason DeSelle	17:19	94
2 Jason Fung	17:19	98
4 Zac Fitch	17:22	97
5 Andrew Gallagher	17:33	99
6 Jake Currie	17:38	94
7 Jon Fitch	18:14	97
8 Jeff Mills	18:18	99
9 Greg Funk	18:20	95
10 Brook Buonaccorsi	19:28	94
11 John McRae	19:02	97
12 Jake Minkoff	19:06	98
13 Patrick Band	19:19	97
14 Nick Cho	19:25	98
15 John Kast	19:35	94
16 Ryan Rudnansky	19:54	98
17 Travis Phelps	20:09	94
18 John Houghton	20:11	96
19 Greg DeSelle	20:21	99
20 Adam Smith	20:53	96
20 Ryan Metzler	20:53	97
20 Ryan Tansey	20:53	98
23 James Mullins	21:08	94
24 Geoff Buser	21:22	95
25 Kevin Smith	21:35	99

Overall Girls

Name	Time	Yr
1 Sara Bel	16:43	98
2 Sarah Bashel	17:40	98
3 Pamela Richardson	18:32	94
4 Diana Rancourt	19:08	97
5 Elissa Pedersen	19:26	99
6 Lisa Gay	19:43	91
7 April Malvino	19:46	98
8 Joy Terribilini	19:55	98
9 Jamie Duncan	20:05	90
10 Amy Lodin	20:10	94
11 Shewit Haile	20:11	96
12 Marisa Reichmuth	20:16	93
13 Sarah McClendon	20:17	92
14 Jana Wiesner	20:25	91
15 Georgina Vion	20:29	95
16 Amy Jordan	20:33	91
17 Michelle Mayes	20:37	88
18 Christina Cushing	20:51	95
19 Megan McRae	20:59	95
20 Amy Bei	21:04	95
21 Alisha McCon	21:07	97
22 Barbara Hall	21:11	99
22 Sarah Pacheco	21:28	96
24 Michelle Finch	21:39	96
25 Eloisa Colin	21:41	94
25 Sonya Glidden	21:41	95

Senior Girls

Name	Time	Yr
1 Pamela Richardson	18:32	94
2 Diana Rancourt	19:08	97
3 Lisa Gay	19:43	91
4 April Malvino	19:46	98
5 Sarah McClendon	20:17	92
6 Jamie Duncan	20:19	92
7 Shewit Haile	20:21	97
8 Jana Wiesner	20:25	91
9 Amy Jordan	20:33	91
10 Michelle Mayes	20:37	88
11 Christina Cushing	20:51	95
12 Alisha McCon	21:07	97
13 Amy Bei	21:12	98
14 Sarah Pacheco	21:28	96
15 Marisa Reichmuth	21:37	95
16 Michelle Finch	21:39	96
17 Sonya Glidden	21:59	97
18 Tanya Mayo	22:06	89
19 Cherie Montague	22:18	88
20 Natalie Sohl	22:27	96
21 Erin Preston	23:12	89
22 Amy Bernard	23:38	95
23 Laura Thomas	23:58	96
24 Erin Perry	24:15	97
25 Kristen Blackwell	25:07	90

Junior Girls

Name	Time	Yr
1 Sara Bel	16:57	99
2 Sarah Bashel	18:46	99
3 Pamela Richardson	18:59	93
4 Diana Rancourt	19:20	96
5 Shewit Haile	20:11	96
6 April Malvino	20:15	97
7 Jamie Duncan	20:17	91
8 Georgina Vion	20:29	95
9 Marisa Reichmuth	20:53	94
10 Lisa Gay	21:19	90
11 Sarah McClendon	21:25	91
12 Amy Jordan	21:36	90
13 Eloisa Colin	21:41	94
14 Amy Bei	21:42	97
15 Michelle Finch	21:43	95
16 Tanya Mayo	21:49	88
17 Lisa Mackie	21:52	96
18 Christina Cushing	22:25	94
19 Sonya Glidden	22:36	96
19 Cassie English	22:36	99
21 Mallory Sheldon	22:58	99
22 Alisha McCon	23:03	96
23 Amy Chaffin	23:07	93
24 Erin Preston	23:27	88
25 Jenny Scott	23:40	89

Sophomore Girls

Name	Time	Yr
1 Sara Bel	16:43	98
2 Sarah Bashel	17:40	98
3 Pamela Richardson	19:12	92
4 Elisa Pedersen	19:26	99
5 Diana Rancourt	19:58	95
6 Jamie Duncan	20:05	90
7 Joy Terribilini	20:06	99
8 Amy Lodin	20:10	94
9 Marisa Reichmuth	20:16	93
10 Shewit Haile	20:26	95
11 Sarah McClendon	20:46	90
12 Lisa Gay	20:56	89
13 Megan McRae	20:59	95
14 Sonya Glidden	21:41	95
15 Amelia Thomas	21:49	99
16 April Malvino	21:53	96
17 Jenny Scott	22:02	88
18 Michelle Finch	22:07	94
19 Amy Chaffin	22:14	92
20 Amy Bei	22:22	96
21 Kristen Blackwell	22:34	88
22 Amy Jordan	22:36	89
23 Megan Buser	22:44	98
24 Lisa Mackie	23:05	95
25 Christina Cushing	23:12	93

Freshman Girls

Name	Time	Yr
1 Sara Bei	17:09	97
2 Sarah Bashel	19:22	97
3 Elisa Pedersen	19:53	98
4 Joy Terribilini	19:55	98
5 Amy Bei	21:04	95
6 Barbara Hall	21:11	99
7 Diana Rancourt	21:37	94
8 Shewit Haile	21:39	94
9 Sonya Glidden	21:47	94
10 Lisa Mackie	22:27	94
11 Brittany Allard	22:43	95
12 Julia Goepel	22:44	99
13 April Malvino	23:06	95
14		
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Cross Country: All-Time Vikings on 2-Mile Spring Lake Course

Overall Boys			Senior Boys			Junior Boys			Sophomore Boys			Freshman Boys		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 Mike Contos	10:14	'87	1 Mike Contos	10:14	'87	1 David Toomey	10:22	'92	1 Jason DeSelle	10:44	'95	1 Regan Masi	10:44	'99
2 David Toomey	10:21	'93	2 David Toomey	10:21	'93	2 Jason DeSelle	10:38	'96	2 Toli Au	10:54	'93	2 Jason DeSelle	11:22	'94
3 Nat Lopes	10:25	'91	3 Nat Lopes	10:25	'91	3 Josh Hinkle	10:40	'91	2 Zac Fitch	10:54	'98	3 Jason Fung	11:24	'98
4 Randall Watkins	10:34	'87	4 Randall Watkins	10:34	'87	4 Zac Fitch	10:41	'99	4 Jon Fitch	10:55	'98	4 Zac Fitch	11:40	'97
4 Jeff Godfrey	10:34	'90	4 Jeff Godfrey	10:34	'90	5 Keith Lewis	10:43	'87	5 Ryan Lew	11:05	'91	5 Patrick Band	12:11	'97
6 Tim Sanborn	10:35	'92	6 Tim Sanborn	10:35	'92	6 Kevin Funk	10:44	'95	6 Kevin Funk	11:09	'94	6 Jon Fitch	12:13	'97
7 Dave Intrer	10:36	'89	7 Dave Intrer	10:36	'89	6 Jon Fitch	10:44	'99	7 Scott Story	11:11	'91	7 Greg Funk	12:25	'95
7 Kevin Funk	10:36	'96	7 Kevin Funk	10:36	'96	8 Tim Sanborn	10:45	'91	8 Jake Currie	11:12	'95	8 Jake Currie	12:38	'94
9 Nate Bisbee	10:37	'92	9 Nate Bisbee	10:37	'92	9 Jason Selby	10:47	'91	9 Jerry Finlay	11:16	'94	9 Jake Minkoff	12:40	'98
10 Jason DeSelle	10:38	'96	10 John Staroba	10:43	'96	10 Nathan Bisbee	10:51	'91	9 Jason Fung	11:16	'99	10 Jeff Mills	12:49	'99
11 Josh Hinkle	10:40	'91	11 Josh Hinkle	10:45	'92	11 Greg Funk	10:56	'97	11 John Staroba	11:17	'94	11 John McRae	12:58	'97
12 Zac Fitch	10:41	'99	12 Jason Selby	10:46	'92	11 Drew Fagent	10:56	'99	12 Jeff Godfrey	11:26	'88	12 Nick Cho	13:19	'98
13 Keith Lewis	10:43	'87	13 Keith Lewis	10:47	'88	13 Scott Story	10:57	'92	13 David Britt	11:29	'98	13 Ryan Metzler	13:48	'97
13 John Staroba	10:43	'96	14 Scott Story	10:48	'93	14 John Staroba	10:59	'95	14 Greg Funk	11:31	'96	14 Brook Buonaccorsi	13:49	'94
15 Jon Fitch	10:44	'99	15 Ryan Lew	10:50	'93	15 Jeff Godfrey	11:00	'89	15 Rory O'Neill	11:35	'88	15 John Kast	14:02	'94
15 Regan Masi	10:44	'99	15 Jason DeSelle	10:50	'97	15 Nick Millar	11:00	'99	16 Mike Flanagan	11:45	'91	16 Greg DeSelle	14:08	'99
17 Jason Selby	10:46	'92	17 Peter Keith	10:51	'89	17 Rory O'Neill	11:02	'89	17 Erik Haluzak	11:47	'89	17 Ryan Rudnansky	14:11	'98
18 Scott Story	10:48	'93	17 Josh Dorris	10:51	'92	18 Ryan Lew	11:04	'92	18 Nick Millar	11:49	'98	18 James Mullins	14:25	'94
19 Ryan Lew	10:50	'93	19 Erik Haluzak	10:52	'91	19 Star Stevenson	11:05	'88	19 Andrew Jordan	11:50	'97	19 Cuyler Goodwin	14:34	'96
20 Peter Keith	10:51	'89	20 Greg Funk	10:56	'98	20 Nat Lopes	11:06	'90	20 Kyle Moe	11:52	'94	20 Geoff Buser	14:56	'95
20 Josh Dorris	10:51	'92	21 Jake Currie	10:57	'97	21 Jerry Finlay	11:11	'95	21 James Waters	11:58	'95	21 Adam Smith	15:27	'96
22 Erik Haluzak	10:52	'91	22 Star Stevenson	11:04	'89	22 Nathan Higgins	11:12	'93	22 Greg Votruba	12:00	'92	22 David Dranow	15:32	'98
23 Toli Au	10:54	'93	23 Lee Oblad	11:06	'92	23 David Britt	11:16	'99	23 Jason Selby	12:03	'90	23 Ryan Mullins	15:33	'96
24 Greg Funk	10:56	'97	24 Dave Waldow	11:13	'87	24 Mario Escobedo	11:19	'97	23 Patrick Band	12:03	'98	24 Ryan Tansey	15:35	'98
24 Drew Fagent	10:56	'99	25 Mario Escobedo	11:15	'98	25 Dean Crane	11:27	'87	25 Nathan Higgins	12:05	'92	25 Travis Phelps	15:41	'94
						25 Peter Keith	11:27	'88	25 Jon Willison	12:05	'97			

Overall Girls			Senior Girls			Junior Girls			Sophomore Girls			Freshman Girls		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 Sara Bei	11:05	'98	1 Pamela Richardson	11:59	'94	1 Sara Bei	12:23	'99	1 Sara Bei	11:05	'98	1 Sara Bei	11:38	'97
2 Pamela Richardson	11:59	'94	2 April Malvino	13:01	'98	1 Sarah Bashel	12:23	'99	2 Sarah Bashel	12:00	'98	2 Elisa Pedersen	13:22	'98
3 Sarah Bashel	12:00	'98	3 Lisa Gay	13:05	'91	3 Pamela Richardson	12:30	'93	3 Pamela Richardson	12:26	'92	3 Joy Terribilini	13:27	'98
4 Shewit Haile	12:51	'96	4 Nicole Fischer	13:15	'87	4 Shewit Haile	12:51	'96	4 Elisa Pedersen	13:00	'99	4 Diana Rancourt	14:04	'94
5 Diana Rancourt	12:58	'96	5 Michelle Mayes	13:26	'88	5 Diana Rancourt	12:58	'96	5 Joy Terribilini	13:03	'99	5 Barbara Hall	14:12	'89
6 Elisa Pedersen	13:00	'99	6 Marisa Reichmuth	13:34	'95	6 Jamie Duncan	13:33	'91	6 Diana Rancourt	13:14	'95	6 Sonya Glidden	14:21	'94
7 April Malvino	13:01	'98	7 Jana Wiesner	13:35	'91	7 Georgina Vion	13:51	'95	7 Amy Lodin	13:21	'94	7 Brittany Allard	14:29	'95
8 Joy Terribilini	13:03	'99	8 Sarah McClendon	13:41	'92	8 Marisa Reichmuth	13:53	'94	8 Jamie Duncan	13:30	'90	8 Amy Bei	14:36	'95
9 Lisa Gay	13:05	'91	9 Jamie Duncan	13:45	'92	9 Sarah McClendon	13:57	'91	9 Marisa Reichmuth	13:44	'93	9 Julia Goepel	14:47	'99
10 Nicole Fischer	13:15	'87	9 Christina Cushing	13:45	'95	10 Michelle Mayes	13:58	'87	10 Megan McRae	14:06	'95	10 Lisa Mackie	15:08	'94
11 Amy Lodin	13:21	'94	11 Shewit Haile	13:47	'97	11 Eloisa Colin	14:00	'94	11 Amy Chaffin	14:22	'92	11 Amelia Thomas	15:13	'98
12 Michelle Mayes	13:26	'88	12 Amy Jordan	13:50	'91	12 Amy Bei	14:20	'97	12 Lisa Gay	14:24	'89	12 April Malvino	15:22	'95
13 Jamie Duncan	13:30	'90	13 Amy Bei	14:02	'98	13 Tanya Mayo	14:25	'88	13 Sarah McClendon	14:25	'90			
14 Marisa Reichmuth	13:34	'95	14 Alisha McCon	14:33	'97	14 Lisa Gay	14:30	'90	14 Sonya Glidden	14:30	'95	14		
15 Jana Wiesner	13:35	'91	15 Sarah Pacheco	14:34	'96	15 Amy Jordan	14:31	'90	14 Tanya Mayo	14:43	'87	15		
16 Sarah McClendon	13:41	'92	16 Michelle Finch	14:37	'96	16 April Malvino	14:35	'97	16 Amelia Thomas	14:46	'99	16		
17 Christina Cushing	13:45	'95	17 Tanya Mayo	14:54	'89	17 Cassie English	14:47	'99	17 Michelle Finch	14:48	'94	17		
18 Amy Jordan	13:50	'91	18 Amy Chaffin	15:14	'94	18 Amy Chaffin	14:50	'93	18 Shewit Haile	14:48	'95	18		
19 Georgina Vion	13:51	'95	19 Cherie Montague	15:28	'88	19 Lisa Parker	14:53	'87	18 Amy Jordan	15:01	'89	19		
20 Eloisa Colin	14:00	'94	19 Erin Preston	15:28	'89	20 Mallory Sheldon	15:07	'99	20 Kristen Blackwell	15:11	'88	20		
21 Amy Bei	14:02	'98	19 Lisa Mackie	15:28	'97	21 Christina Cushing	15:14	'94	21 Jessica Horowitz	15:25	'94	21		
22 Megan McRae	14:06	'95	22 Sonya Glidden	15:49	'97	22 Lisa Mackie	15:34	'96	22 Megan Buser	15:25	'98	22		
23 Barbara Hall	14:12	'99	23 Laura Thomas	15:59	'96	23 Erin Perry	15:36	'96	23 April Malvino	15:30	'96	23		
24 Sonya Glidden	14:21	'94	24 Natalie Sohl	16:00	'96	24 Kristen Blackwell	15:39	'89	24 Christina Cushing	15:37	'93	24		
25 Amy Chaffin	14:22	'92	25 Kristen Blackwell	16:09	'90	25 Erin Preston	15:40	'88	25 Odile Zelenak	15:42	'88	25		

North Bay League Top 20 on Spring Lake 3-Mile Course

Varsity Boys			
Runner	Team	Time	Date
1 Ryan Mack	UK	14:50	11/13/98
2 Steve Laurie	MC	15:01	11/13/98
3 Celedonio Rodriguez	EA	15:05	11/13/98
4 Zack Barrett	SR	15:21	11/4/94
5 David Toomey	M	15:26	10/13/93
6 Steve Guerrini	SR	15:28	10/22/89
7 Jason Selby	M	15:32	10/28/92
8 Jordan Kinley	MC	15:33	11/12/99
9 Josh Otto	UK	15:34	11/5/97
10 Peter Egerton	SR	15:39	11/4/94
11 Amadu Kamara	SR	15:40	10/25/95
12 Juano Soriano	SR	15:41	11/8/91
13 Nat Lopes	M	15:47	10/23/91
14 Dan Held	SR	15:48	11/10/89
14 Sky Pile	SR	15:48	11/8/91
16 Jeff Godfrey	M	15:53	11/2/90
16 Brent Shaw	CN	15:53	11/13/98
18 Tim Sanborn	M	15:54	11/6/92
19 Salvador Zabala	SR	15:55	11/10/88
20 Mekonen Fekadu	SR	15:56	10/25/95

Varsity Girls			
Runner	Team	Time	Date
1 Julia Stamps	SR	16:15	10/11/95
2 Sara Bel	M	16:43	11/4/98
3 Trina Cox	SR	17:04	11/13/98
4 Sarah Bachel	M	17:40	11/4/98
5 Jenny Aldridge	MC	17:46	11/12/99
6 Nika Horn	SR	18:09	11/2/90
7 Rhonda Mazza	SR	18:10	11/8/91
8 Megan Reeder	SR	18:13	11/8/91
9 Sarah Hallas	URS	18:23	11/15/96
10 Amber Trotter	UK	18:27	11/12/99
11 Pamela Richardson	M	18:32	10/26/94
12 Anna Shaver	SR	18:42	11/13/98
13 Lindsey Johnson	SR	18:51	11/15/96
14 Katie Stafford	SR	18:53	11/4/98
15 Brenna Nurmi	URS	18:59	11/6/92
16 Ashlee Drady	MC	18:59	11/12/99
17 Jackie Prange	SR	19:01	11/5/97
18 Dena Withaus	P	19:07	11/13/98
19 Georgina Balkwell	URS	19:08	10/1/92
19 Diana Rancourt	M	19:08	11/5/97

Junior Varsity Boys			
Runner	Team	Time	Date
1 Ryan Lew	M	17:00	10/31/91
2 Scott Story	M	17:14	11/8/91
3 Lee Oblad	M	17:15	10/31/91
4 Dean Crane	M	17:17	10/26/88
4 Nam Ngo	SR	17:17	11/6/92
6 Jason Selby	M	17:19	11/2/90
6 Josh Dorris	M	17:19	10/23/91
8 David Toomey	M	17:21	10/23/91
9 Kevin Boone	M	17:25	11/10/89
10 Jake Davis	SR	17:26	11/6/92
10 Kevin Funk	M	17:26	11/4/94
12 Victor Garrison	M	17:27	11/10/89
13 David Britt	M	17:27	11/13/98
14 Alex Kramer	UK	17:28	11/14/97
15 Rory O'Neill	M	17:30	10/26/88
16 Aaron Parsons	M	17:31	11/10/89
16 Jose Alvarez	EA	17:31	11/12/99
18 Andrew Gallagher	M	17:33	11/12/99
19 Anterom Legesse	SR	17:34	11/2/90
20 Mike Saunders	SR	17:36	11/6/92

Junior Varsity Girls			
Runner	Team	Time	Date
1 Katie House	URS	20:57	11/4/94
2 Alexa Delwiche	URS	20:59	11/4/94
3 Ria Drake	URS	21:04	11/4/94
4 Maryann Hulsman	URS	21:17	11/15/96
5 Heather Berg	SR	21:34	11/8/91
6 Diana Rancourt	M	21:37	11/4/94
7 Alex Waring	URS	21:39	11/3/91
8 Sonya Glidden	M	21:41	10/25/95
9 Tiffany Espinosa	URS	21:42	11/4/94
9 Anthea Meade	SR	21:42	11/13/98
11 Virginia Melin	URS	21:43	11/4/94
11 Michelle Finch	M	21:43	10/25/95
13 Becky Balkwell	URS	22:08	11/5/93
14 Daphne Bilge	SR	22:09	11/12/99
15 Naomi Turner	UK	22:19	11/14/97
16 Jenny Moore	URS	22:20	11/8/91
16 Liz Brown	URS	22:20	11/15/96
18 Beth Bowman	URS	22:22	11/8/91
19 Strada Morris	UK	22:26	11/14/97
20 Koro Crowfoot	UK	22:27	11/14/97

**Pre-Season Meet vs. Rancho Cotate,
Santa Rosa, Healdsburg, Analy,
Justin Siena, St. Vincent's, Hills,
Windoor and Maria Carrillo
September 3 at Rancho Cotate
Course: 2.8 miles, flat**

Girls	Place	Time	Pace
1. Bei, S.	1 V	15:35	5:33
2. Pedersen	11 V	18:40	6:40
3. Terriblino	12 V	18:42	6:40
4. English	9 JV	21:00	7:30
5. Thomas	11 JV	21:19	7:36
6. Sheldon	12 JV	21:22	7:37
7. Goepel	15 JV	21:57	7:50
8. Hall	18 JV	22:06	7:53

**Varsity Girls: 42 finishers
JV Girls: 40 finishers**

Boys	Place	Time	Pace
1. Mast	3 V	14:54	5:19
2. Fitch, Z.	4 V	15:01	5:21
3. Fitch, J.	5 V	15:05	5:23
4. Fagant	7 V	15:32	5:32
5. Britt	12 V	15:51	5:39
6. Millar	14 V	16:07	5:45
7. Fung	22 V	16:29	5:53
8. Gallagher	6 JV	17:49	6:21
9. McRae	7 JV	17:56	6:25
10. Mills, J.	8 JV	18:00	6:25
11. Minkoff	13 JV	18:26	6:35
12. Proctor	17 JV	18:32	6:37
13. Olson	18 JV	18:44	6:41
14. DeSelle	26 JV	19:24	6:56
15. Dranow	29 JV	19:34	6:59
16. Tansey	33 JV	20:00	7:08
17. Ferrel	39 JV	20:10	7:12
18. Andre	40 JV	20:12	7:12
19. Oser	41 JV	20:14	7:13
20. Rudnansky	42 JV	20:16	7:14
21. Mills, B.	44 JV	20:33	7:20
22. Leaser	45 JV	20:37	7:21

**Varsity Boys: 51 finishers
JV Boys: 61 finishers**

Rancho Cotate Invitational

For the first time since freshman arrived at Montgomery 6 years ago, a member of that class, Regan Mast, is the top finisher on the boys team. In only 2 seasons of the past 18 years has a sophomore finished in that position for MHS. In addition, Regan's time is the 4th-fastest Viking mark in the 8 years the team has run this course. Juniors Zac and Jon Fitch make the all-time Top Ten VIKING list as well. Zac in 6th and Jon tied for 7th. Drew Fagant has an excellent XC debut and fellow Juniors David Britt (2:09) and Nick Millar (2:05) set personal records by over 2 minutes. Although no team scores are kept, the MHS varsity boys team is clearly the superior team at this meet.

Sara Bei records her 34th consecutive victory while wearing an MHS cross country uniform. She improves on her time by 6 seconds and remains the 2nd-fastest female in course history. Elisa Pedersen outkicks Joy Terriblino but both improve on last year's time significantly. Elisa cuts 1:14 from her best and Joy is 42 seconds faster. They are now the 9th- and 10th-fastest female Vikings to have run the course. Cassie English destroys her old PR by 2:16 to move into the #5 position on the team. Amelia Thomas is 56 seconds faster than last year and she's followed closely by junior newcomer Malloy Sheldon. Freshman Julia Goepel makes the varsity team and Barbara Hall's time is the 5th-fastest Viking JV girl time ever.

The JV boys are led by freshman Andrew Gallagher with Junior John McRae and frosh Jeff Milt right behind. Ryan Tansey, improving by 3:12, and David Dranow, by 2:56, have the biggest PRs on the entire team. Ryan Rudnansky also shows great improvement, running 1:39 faster than last year.

**Ed Stas Invitational
September 11 at Martinez
Course: 2.0 miles, rolling hills.**

Girls	Place	Time	Pace
1. Bei, S.	1 V	11:29	5:44
2. Bachel	7 V	13:02	6:31
3. Terriblino	1 F/S	13:46	6:53
4. Pedersen	2 F/S	13:48	6:54
5. Hall	17 F/S	15:07	7:33
6. English	16 JV	15:34	7:47
7. Thomas	34 F/S	15:58	7:59
8. Goepel	56 F/S	16:52	8:26

**Varsity Girls: 101 finishers
JV Girls: 100 finishers**

FreshSoph Girls: 12 teams, 129 finishers

1. Nevada 76, 2. Campolindo 81,
3. MONTGOMERY 96, 4. St. Francis 88, 5. Iolan 111,
6. Las Lomas 124, 7. Acalanes 164, 8. Alhambra 26,
9. Clayton Valley 232, 10. College Park 266,
11. Milamonte 291, 12. Liberty 334

Boys	Place	Time	Pace
1. Fitch, J.	12 V	11:00	5:30
2. Mast	1 F/S	11:02	5:31
3. Fitch, Z.	15 V	11:07	5:33
4. Fagant	31 V	11:23	5:41
5. Britt	40 V	11:35	5:47
6. Millar	42 V	11:36	5:48
7. Fung	9 F/S	12:00	6:00
8. Carlson	76 V	12:18	6:09
9. Minkoff	21 F/S	12:39	6:19
10. McRae	96 V	12:58	6:29
11. Mills, J.	47 F/S	13:23	6:41
12. Cho	48 F/S	13:25	6:42
13. Proctor	55 F/S	13:37	6:48
14. DeSelle	75 JV	14:42	7:21
15. Rudnansky	83 JV	14:59	7:29
16. Oser	94 JV	15:21	7:40
17. Mills, B.	101 JV	15:31	7:45
18. Leaser	107 JV	15:48	7:54

Varsity Boys: 17 teams, 128 finishers

1. Ballantine 25, 2. Granada 84,

3. MONTGOMERY 115, 4. College Park 130,
5. Livermore 170, 6. Acalanes 198,
7. Vacaville 193, 8. Campolindo 199,
9. Deer Valley 238, 10. Antioch 246,
11. Rio Americano 291, 12. Milamonte 327,
13. Northgate 332, 14. Liberty 381,
15. Alhambra 394, 16. Franklin 442, 17. Bancho 455
JV Boys: 11 teams, 139 finishers
1. Ballantine 15, 2. Campolindo 49,
3. College Park 78, 4. Acalanes 129, 5. Antioch 179,
6. Piedmont 182, 7. Vacaville 223,
8. Milamonte 225, 9. Las Lomas 230,
10. Deer Valley 234, 11. MONTGOMERY 277
FreshSoph Boys: 12 teams, 93 finishers
1. Ballantine 71, 2. Piedmont 108, 3. Acalanes 107,
4. Campolindo 107, 5. MONTGOMERY 108,
6. Milamonte 162, 7. Bancho 180,
8. Clayton Valley 208, 9. Alhambra 209,
10. Franklin 236, 11. Las Lomas 237,
12. Granada 279

Ed Stas Invitational

Joy Terriblino holds off teammate Elisa Pedersen to win the Girls FreshSoph division, both girls cutting more than a minute from their 1998 times. They move to #4 and #5 on MHS's all-time girls' list for the course. Freshman Barbara Hall emerges as the team's #5 runner with a strong performance.

Sara Bei defends her Ed Stas title and inches closer to the course record held by 1996 national champ Kristen Gordon of Concordale. Sara is just 2 seconds off.

Jon Fitch is the boys' team leader and improves by 27 seconds from last year. Regan Mast sets a new meet record for F/S boys in winning the race by 18 seconds. Zac Fitch improves by 19 seconds and these 3 boys are now 5th, 6th and 7th on the all-time list of Viking boys on the course. Nick Millar cuts 1:06 from his 1998 PR to lead the team

**Pre-Season Meet vs. Maria Carrillo,
Healdsburg, Windoor, Analy,
and El Molino
September 13 at Spring Lake
Course: 2 miles, rolling**

Girls	Place	Time	Pace
1. Bei, S.	1 V	12:23	6:11
2. Bachel	2 V	12:57	6:28
3. Pedersen	4 V	13:25	6:42
4. Terriblino	7 V	13:48	6:54
5. Hall	12 V	14:51	7:25
6. English	16 V	15:13	7:36
7. Thomas	17 V	15:28	7:44
8. Goepel	21 V	15:48	7:54

Varsity Girls: 24 finishers

1. MONTGOMERY 25, 2. Analy 43,

3. Maria Carrillo 56

BOYS	Place	Time	Pace
1. Mast	2 V	10:52	5:26
2. Fitch, Z.	3 V	10:57	5:28
3. Fitch, J.	4 V	10:58	5:29
4. Fagant	5 V	11:11	5:35
5. Millar	6 V	11:17	5:38
6. Britt	7 V	11:20	5:40
7. Fung	10 V	11:34	5:47
8. Carlson	19 V	12:20	6:10
9. Minkoff	2 JV	12:23	6:11
10. Meizler	3 JV	12:23	6:11
11. McRae	5 JV	13:01	6:30
12. Mills, J.	8 JV	13:17	6:38
13. Proctor	9 JV	13:29	6:44
14. Dranow	13 JV	13:50	6:55
15. Tansey	18 JV	14:00	7:00
16. DeSelle	22 JV	14:08	7:04
17. Rudnansky	24 JV	14:28	7:14
18. Ferrel	26 JV	14:46	7:23
19. Andre	27 JV	14:52	7:26
20. Mills, B.	38 JV	15:17	7:38
21. Oser	29 JV	15:17	7:38
22. Leaser	32 JV	15:38	7:49

Varsity Boys: 35 finishers

1. MONTGOMERY 26, 2. Maria Carrillo 46,

3. Analy 83, 4. Healdsburg 101

Junior Varsity Boys: 38 finishers
1. MONTGOMERY 25, 2. Analy 38

Ed Stas Invitational, continued

In that category. Also improving significantly are David Britt by 33 seconds, Nick Cho by 31 and Ryan Rudnansky by 29. Freshman Greg DeSelle leads the boys JV team.

Pre-Season 2-Miler

For the 6th year in-a-row, the Vikings sweep all 3 divisions in this meet. The varsity boys score only 20 points by taking 2nd through 7th. Regan Mast regains the #1 spot but Zac Fitch, Jon Fitch, Drew Fagant, Nick Millar and David Britt give MHS 6 runners in a space of 28 seconds. Mast's time breaks the school freshman record for the 2-mile course by 30 seconds. Jason DeSelle set the former frosh record in 1994. Millar PRs by 32 seconds and David Britt cuts 9 seconds from his 1998 best.

Sara Bei cruises to a win and breaks the junior class record for MHS, set by Pamela Richardson in 1993. Cassie English leads the girls' team in improvement by cutting 1:20 from her best time of a year ago.

Soph Jake Minkoff leads the JV boys to victory by taking 2nd place, edging junior Ryan Meizler. David Dranow leads the entire team on the PR Parade by finishing 1:42 faster than last year. Ryan Tansey cuts 1:35 from his PR and Ryan Meizler is 1:25 better than last year. Jake Minkoff improves on his best by 17 seconds

Viking Opener Invitational
September 18 at Spring Lake
Course: 2.0 miles, rolling

Girls	Place	Time	Pace
1. Bashel	1 J/S	12:23	6:11
2. Pedersen	7 F/S	13:00	6:30
3. Terriblino	8 F/S	13:03	6:31
4. Hall	27 F/S	14:12	7:06
5. Thomas	46 F/S	14:46	7:23
6. English	36 J/S	14:47	7:23
6. Goepel	48 F/S	14:47	7:23
8. Sheldon	41 J/S	15:07	7:33
Junior-Senior Girls: 80 finishers			
1. Santa Rosa 11, 2. Woodcreek 26, 3. Ursuline 54, 4. Village 59, 5. MONTGOMERY 59, 6. Piner 69, 7. San Marin 75, 8. Fortuna 76, 9. Tamaulipas 81, 10. Drake 87, 11. Redwood 101, 12. Petaluma 117, 13. Rancho Cotate 134, 14. Fort Bragg 137, 15. Clear Lake 174			
Frosh-Soph Girls: 89 finishers			
1. Maria Carrillo 18, 2. Anahy 26, 3. MONTGOMERY 37, 4. Castro Valley 55, 5. Novato 57, 6. Woodcreek 69, 7. Tamaulipas 74, 8. Watsonville 76, 9. Eureka 89, 10. Redwood 90, 11. Santa Rosa 103, 12. San Marin 126, 13. Sonoma 144, 14. Piner 147, 15. Ursuline 152, 16. El Molino 152, 17. Lower Lake 153			
Boys	Place	Time	Pace
1. Fitch, Z.	6 J/r	10:41	5:20
2. Fitch, J.	8 J/r	10:44	5:22
3. Masi	4 F/S	10:44	5:22
4. Fagant	12 J/r	10:56	5:28
5. Millar	14 J/r	11:00	5:30
6. Britt	19 J/r	11:16	5:38
8. Fung	12 F/S	11:16	5:38
8. Minkoff	35 F/S	12:07	6:03
9. Meizler	3 OB	12:17	6:08
10. McRae	5 OB	12:26	6:13
11. Proctor	50 F/S	12:44	6:22
12. Mills, J.	51 F/S	12:49	6:24
13. Olson	10 OB	12:53	6:26
14. Dranow	22 OB	13:16	6:38
15. Tansey	27 OB	13:23	6:41
16. Rudnasky	30 OB	13:25	6:42
17. Ferrel	56 Sr	14:03	7:01
18. DeSelle	54 OB	14:09	7:04
19. Cho	58 OB	14:26	7:13
20. Mills, B.	62 Sr	14:36	7:18
21. Leaser	73 OB	15:00	7:30
Senior Boys: 66 finishers			
Junior Boys: 80 finishers			
1. Redwood 12, 2. MONTGOMERY 22, 3. Castro Valley 36, 4. Woodcreek 50, 5. Watsonville 53, 6. Santa Rosa 66, 7. Petaluma 77, 8. San Marin 78, 9. Rancho Cotate 91, 10. Anahy 99, 11. Willis 128, 12. Lower Lake 143, 13. Cardinal Newman 165			
Frosh-Soph Boys: 125 finishers			
1. Eureka 10, 2. Maria Carrillo 39, 3. MONTGOMERY 49, 4. Watsonville 53, 5. Castro Valley 56, 6. Santa Rosa 63, 7. Woodcreek 78, 8. Anahy 79, 9. Redwood 82, 10. Cardinal Newman 137, 11. El Molino 137, 12. Village 148, 13. Novate 148, 14. Headsburg 165, 15. Rancho Cotate 168, 16. Willis 166, 17. Lower Lake 198, 18. Casa Grande 202, 19. Rincon Vly Christian 214, 20. Tamaulipas 223, 21. Drake 225, 22. Elise Allen 228, 23. Windsor 234, 24. San Marin 239, 25. Marin Catholic 259, 26. Napa 296, 27. Clear Lake 300			
Open Boys: 97 finishers			
1. MONTGOMERY 12, 2. Castro Valley 20, 3. Redwood 25, 4. Anahy 33, 5. Watsonville 56, 6. Santa Rosa 71, 7. Maria Carrillo 72, 8. Woodcreek 76, 9. Cardinal Newman 112			

Cowchip Invitational
September 23 at Stafford Lake Park
Course: Varsity - 3.0 miles;
JV & Frosh/Soph - 1.7 miles

Varsity Girls	Place	Time	Pace
none			
Frosh/Soph Girls	Place	Time	Pace
1 Pedersen	4	11:34	6:48
2 Terribilini	5	11:39	6:51
3 Hall	23	12:30	7:21
4 Goepel	35	12:49	7:32
Frosh/Soph Girls: 130 finishers			
Varsity Boys	Place	Time	Pace
1 Carlsen	74	19:25	6:28
JV & Frosh / Soph Boys			
1 Masi	1 F/S	9:23	5:31
2 Fung	6 F/S	9:48	5:45
3 Gallagher	29 F/S	10:25	6:07
4 Minkoff	39 F/S	10:36	6:14
5 Mills, J.	56 F/S	10:55	6:25
6 Olson	41 JV	10:59	6:27
7 Proctor	63 F/S	11:04	6:30
8 Tansey	65 JV	11:24	6:42
9 Dranow	74 F/S	11:35	6:48
10 McRae	92 JV	11:59	7:02
11 Rudnasky	97 JV	12:05	7:06
12 DeSelle	102 JV	12:20	7:15
13 Mills, B.	115 JV	12:48	7:31
14 Leaser	117 JV	12:53	7:34
Varsity Boys: 126 finishers			
JV Boys: 11 teams, 138 finishers			
1. Jesuit 62, 2. San Leandro 77, 3. Amador Valley 105, 4. Foothill 121, 5. St. Ignace 156, 6. San Ramon Valley 176, 7. St. Marys 217, 8. Wood 313, 9. MONTGOMERY 397, 10. Galt 497, 11. Monte Vista 524			
F/So Boys: 12 teams, 117 finishers			
1. Jesuit 65, 2. Elk Grove 80, 3. San Ramon 105, 4. St. Ignace 105, 5. MONTGOMERY 131, 6. Wood 135, 7. Redwood 173, 8. Village 260, 9. El Molino 304, 10. Monte Vista 333, 11. San Rafael 380, 12. Alameda 375			

Viking Opener

Sara Bashel earns the Junior/Senior Individual title, tying the MHS junior class mark set by Sara Bel earlier in the week. Her time is the 7th-fastest for all juniors in V.O. history. Cassie English is now #17 all-time junior Viking and Malloy Sheldon is 20th on that list.

Zac Fitch takes over as #1 on the varsity boys with the 4th-fastest MHS junior time ever. Jon Fitch moves up to 6th-fastest on that list and 3 other juniors also make the top 25 for Vikings: Drew Fagant is 11th, Nick Millar is 15th and David Britt is 23rd.

The Open Boys team wins for the second straight year, this time led by juniors Ryan Meizler, John McRae and Matis Olson, who earn medals by placing in the top 10.

Varsity Viking Elise Pedersen and Joy Terriblino make the all-time MHS list for soph girls in 4th and 6th, respectively. Amelia Thomas claims 16th on the Viking soph list. Barbara Hall is the 5th-fastest Viking frosh ever and Julia Goepel turns in the 9th best time in MHS frosh history.

Regan Masi is the fastest freshman in the meet and breaks his own frosh school record, cutting 8 more seconds off. It is also the 3rd fastest frosh time in V.O. history. Jeff Mills runs Montgomery's 10th-best freshman time ever and Greg DeSelle lands in the #16 spot. Jason Fung moves up to the 9th-best Viking time for sophs.

David Dranow ends up cutting 2:16 from his 1998 time. Others who improve greatly from last year include Cassie English's 1:46 PR, Ryan Tansey's 1:35 and Ryan Meizler's 1:25. Nick Millar is 49 seconds faster and Ryan Rudnasky cuts 46 off. Brian

NBL Pre-Season Meet vs. Maria Carrillo, Piner, Rancho Cotate and Elise Allen
September 29 at Spring Lake
Course: 3 miles, rolling

Girls	Place	Time	Pace
1. Bashel	3 V	20:27	6:49
2. Pedersen	4 V	20:30	6:50
3. Terriblino	7 V	21:37	7:12
4. Hall	11 V	22:59	7:39
5. English	12 V	23:09	7:43
6. Thomas	15 V	23:28	7:49
7. Goepel	16 V	24:06	8:02
Varsity Girls: 27 finishers			
1. MONTGOMERY 30, 2. Maria Carrillo 38, 3. Rancho Cotate 63			

BOYS	Place	Time	Pace
1. Masi	2 V	16:35	5:31
2. Fitch, Z.	3 V	16:39	5:33
3. Fitch, J.	4 V	16:51	5:37
4. Fagant	6 V	17:26	5:48
5. Britt	7 V	17:39	5:53
6. Millar	9 V	17:51	5:57
7. Fung	10 V	18:01	6:00
8. Carlsen	1 JV	19:08	6:22
9. Gallagher	2 JV	19:20	6:26
10. McRae	4 JV	19:53	6:37
11. Minkoff	5 JV	20:09	6:43
12. Olson	7 JV	20:59	6:59
13. Proctor	8 JV	21:00	7:00
14. Dranow	10 JV	21:31	7:10
15. Tansey	12 JV	22:01	7:20
16. Cho	14 JV	22:15	7:25
17. Mills, J.	15 JV	23:05	7:41
18. Rudnasky	16 JV	23:20	7:46
19. Mills, B.	17 JV	23:25	7:48
20. DeSelle	18 JV	23:55	7:58
21. Leaser	21 JV	25:25	8:24
Varsity Boys: 24 finishers			
1. MONTGOMERY 20, 2. Maria Carrillo 43, 3. Rancho Cotate 77			
Junior Varsity Boys: 23 finishers			
1. MONTGOMERY 21, 2. Maria Carrillo 41			

Viking Opener, continued

Mills and Jake Minkoff each improve by .33 seconds. Other PRs from 1998 include Amelia Thomas by 27 seconds, John McRae by 24 seconds, Joy Terriblino by 24 seconds, Elise Pedersen by 22 seconds, David Britt and Zac Fitch by 13 seconds each, Jon Fitch by 11 seconds and Jason Fung by 8 seconds.

Over the 5-day period since the Pre-2 meet, Julia Goepel cuts 1:01 from her time. Charles Proctor is 45 seconds faster, Barbara Hall is 39 seconds better and Mike Leaser cuts off 38 seconds. Other 5-day PRs are from Jeff Mills, by 28 seconds and Drew Fagant by 15 seconds.

Cowchip Invitational

Regan Masi earns his 2nd Frosh/Soph title of the season in a photo finish. His time breaks the meet F/S record set by Greg Funk of MHS in 1996. Jason Fung better his 1998 mark on the course by 4 seconds and now ranks 15th on the all-time meet list for frosh/soph.

The top MHS improvement comes from Ryan Tansey, who cuts 48 seconds off his time from last year, and David Dranow, who is 41 seconds faster this year.

Varsity runners take the day off. Matis Olson leads the JV team and has the best MHS JV mark ever run on the 1.7M course.

Elise Pedersen and Joy Terriblino place in the top 10 F/S for the 3rd invitational in-a-row.

Pre-Season 3-Miler

On a very hot afternoon, Montgomery sweeps all 3 races but only 3 team members score PRs. Amelia Thomas cuts 50 seconds from her best, David Dranow 42 and Cassie English PRs by 27.

Artichoke Invitational **October 2 at Hall Moon Bay** **Course: 2.3 miles, hills**

Girls	Place	Time	Pace
1 Bei	1 V	13:29	5:51
2 Baschel	3 V	14:42	6:23
3 Pedersen	2 F/S	15:01	6:31
4 Terribilini	8 F/S	15:52	6:53
5 Hall	17 F/S	16:33	7:11
6 English	9 JV	17:14	7:29
7 Thomas	30 F/S	17:19	7:31
8 Goepel	34 F/S	17:42	7:41
9 Sheldon	20 JV	17:50	7:45

Varsity Girls: 87 finishers

Frosh/Soph Girls: 9 teams, 86 finishers

1. MONTGOMERY 91, 2. St. Francis 122, 3. Overfelt 167, 4. Mtty 170, 5. Castro Valley 195, 6. Manteca 196, 7. Alameda 208, 8. Bell Gardens 262, 9. Monta Vista 302

Junior Varsity Girls: 77 finishers

Boys	Place	Time	Pace
1 Fitch, Z	16 V	12:32	5:26
2 Masi	2 F/S	12:40	5:30
3 Millar	26 V	12:48	5:33
4 Fitch, J.	29 V	12:52	5:35
5 Fagant	39 V	13:09	5:43
6 Fung	5 F/S	13:09	5:43
7 Britt	41 V	13:11	5:43
8 Minkoff	26 F/S	14:01	6:05
9 Carlsen	79 V	14:08	6:08
10 Gallagher	39 F/S	14:21	6:14
11 Mills, J.	42 F/S	14:26	6:16
12 McRae	31 JV	14:35	6:20
13 Proctor	55 F/S	14:47	6:25
14 Olson	62 JV	15:19	6:39
15 Band	64 JV	15:20	6:40
16 Dranow	85 F/S	15:36	6:46
17 Tansey	85 JV	15:49	6:52
18 Mills, B.	119 JV	16:33	7:11
19 Rudnarsky	122 JV	16:38	7:13
20 Leaser	136 JV	17:07	7:26

Varsity Boys: 19 teams, 141 finishers

1. North Monterey 97, 2. Bell Gardens 102, 3. Del Campo 106, 4. MONTGOMERY 151, 5. Castro Valley 171, 6. Serra 211, 7. Alameda 259, 8. Mtty 281, 9. Silver Creek 311, 10. Monta Vista 325, 11. Overfelt 333, 12. Westmoor 336, 13. Antioch 346, 14. Wilcox 375, 15. Yuba City 420, 16. Los Gatos 432, 17. Fremont 482, 18. Lybrook 490, 19. Andrew Hill 538

JV Boys: 164 finishers

Frosh/Soph Boys: 15 teams, 122 finishers
 1. Serra 104, 2. MONTGOMERY 114, 3. Westmoor 135, 4. Monta Vista 192, 5. Gunn 209, 6. Castro Valley 222, 7. Mtty 224, 8. Alameda 234, 9. Belarmino 284, 10. Lincoln 305, 11. Overfelt 341, 12. Los Gatos 357, 13. Lybrook 387, 14. Andrew Hill 408, 15. Oak Grove 473

Article Invitational
 The Frosh/Soph Girls team wins their division with Elisa Pedersen leading the way in 2nd. Joy Terribilini, in 8th, and Barbara Hall, in 17th, were also medalists in that race.

The Frosh/Soph Boys earn 2nd place in the team standings with Regan Masi finishing 2nd overall. Jason Fung moved up 10 spots over the final mile to capture 5th and Jake Minkoff missed a medal by one position at the finish.

The Varsity Boys had 3 medalists, with Zac Fitch running the best mark of the day for the Vikings. Nick Millar moved up to the 43 position on the team and Jon Fitch also claimed a top-30 medal.

In the Varsity Girls race Sara Bei took over the lead in the first half-mile and stretched it out to more than 30 seconds by the finish. Sarah Baschel took home the 3rd-place medal from

Clover Invitational **October 9 at Woodward Park, Fresno** **Course: 3.1 miles, rolling**

Girls	Place	Time	Pace
1 Bei	1 V	18:05	5:49
2 Baschel	7 V	19:49	6:22
3 Pedersen	2 F/S	20:42	6:39
4 Terribilini	4 F/S	21:09	6:48
5 Hall	35 F/S	22:42	7:18
6 Thomas	45 F/S	23:18	7:29
7 Goepel	58 F/S	23:35	7:35

Varsity Girls: 117 finishers

Frosh/Soph Girls: 133 finishers

1. Buchanan 49, 2. Thousand Oaks 65, 3. Oak Park 108, 4. Sheldon 125, 5. MONTGOMERY 138, 6. Piedmont 154, 7. Ayala 178, 8. Bras Olinda 187, 9. ET 237, 10. Lousville 243, 11. Las Lomas 249, 12. Acilanes 307, 13. Sanger 366, 14. SJ 425, 15. Tranquility 432

Boys	Place	Time	Pace
1 Masi	9 V	16:54	5:26
2 Fitch, Z.	12 V	17:05	5:29
3 Fitch, J.	20 V	17:18	5:34
4 Millar	24 V	17:21	5:35
5 Fagant	33 V	17:45	5:42
6 Fung	16 F/S	17:45	5:45
7 Minkoff	52 F/S	19:15	6:11
8 Mills, J.	55 F/S	19:17	6:12
9 Gallagher	64 F/S	19:27	6:15
10 Proctor	98 F/S	20:26	6:34
11 Tansey	108 F/S	20:56	6:44
12 Dranow	133 F/S	22:09	7:07

Varsity Boys: 118 finishers

1. Oak Park 72, 2. Coconino 83, 3. MONTGOMERY 83, 4. St. Mary's 140, 5. Pacifica 155, 6. Tati 187, 7. Metro Bay 203, 8. Tranquility 225, 9. Mendota 265, 10. Santa Clara 267, 11. Sacred Park 299, 12. Milennore 325, 13. Acilanes 333, 14. College Prep 405, 15. Capuchino 441, 16. Washington 469

Frosh/Soph Boys: 20 teams, 179 finishers
 1. Hoover 78, 2. Bras Olinda 105, 3. Ayala 133, 4. Oak Park 156, 5. Sheldon 196, 6. San Joaquin Mem. 207, 7. Pacifica 208, 8. Thousand Oaks 217, 9. Acilanes 220, 10. Buchanan 228, 11. MONTGOMERY 247, 12. Las Lomas 229, 13. Lowell 255, 14. Sanger 363, 15. Coconino 416, 16. Central 422, 17. Merced 427, 18. Tranquility 477

(Article Invitational, continued)

the site of her first cross country race ever 2 years earlier (a frosh/soph win).

Cassie English moved steadily up through the pack in the JV Girls race to earn the 8th-place medal and Mallory Sheldon did the same to nail down the final award position at 20th place.

Varsity boys race. Nick Millar leads the JV boys with John McRae tied the JV Boys and Patrick Band raced for the first time this season in that division.

Clover Invitational

Sara Bei defends her 1998 title at the site of the state meet. Sara's string of victories while wearing an MHS cross country uniform extends to 37. Sarah Baschel claims another medal in 7th.

The Frosh/Soph girls place 2 runners in the top 4 with Elisa Pedersen taking 2nd and Joy Terribilini grabbing 4th, both in come-from-behind finishes. The team places 5th among a very talented field. Elisa runs 48 seconds faster than she did in 1998.

Regan Masi leads the Varsity Boys team to an impressive 3rd-place finish. Zac Fitch, Jon Fitch and Nick Millar all earn individual awards in that race. Nick breaks his PR from last year by 49 seconds.

The Frosh/Soph boys are led by the 16th-place finish of Jason Fung. Ryan Tansey sets a new PR by 2:38 and David Dranow is 3:08 faster this year.

NBL Tri-Meet vs. **Maria Carrillo and Eisie Allen** **October 13 at Spring Lake** **Course: 3.0 miles, rolling**

Girls	Place	Time	Pace
1 Bei	1	17:07	5:45
2 Baschel	3	19:01	6:24
3 Pedersen	5	19:58	6:43
4 Terribilini	6	20:27	6:53
5 Hall	9	21:55	7:22
6 English	11	22:36	7:36
7 Thomas	12	22:37	7:36
8 Goepel	14	22:44	7:39

Varsity Girls: 20 finishers

MONTGOMERY 23, Maria Carrillo 34, Eisie Allen - incomplete

Boys	Place	Time	Pace
1 Masi	2 V	17:02	5:44
2 Fitch, Z.	3 V	17:03	5:44
3 Britt	4 V	17:11	5:47
4 Millar	5 V	17:12	5:47
5 Fagant	7 V	17:24	5:51
6 Fung	8 V	17:24	5:51
7 Carlsen	1 JV	18:09	6:06
8 Gallagher	2 JV	18:22	6:11
9 McRae	3 JV	18:41	6:17
10 Band	4 JV	18:42	6:17
11 Minkoff	5 JV	18:52	6:21
12 Mills, J.	6 JV	19:00	6:23
13 Metzler	7 JV	19:43	6:38
14 Proctor	8 JV	19:47	6:39
15 Dranow	9 JV	20:09	6:47
16 Tansey	11 JV	20:11	6:47
17 Olson	12 JV	20:39	6:57
18 Rudnarski	13 JV	21:13	7:08
19 Cho	16 JV	21:37	7:16
20 Mills, B.	18 JV	21:52	7:21
21 DeSelle	19 JV	22:21	7:31
22 Andre	21 JV	23:03	7:45
23 Ferrel	22 JV	23:03	7:45
24 Leaser	23 JV	23:07	7:47

Varsity Boys: 20 finishers

MONTGOMERY 21, Maria Carrillo 43, Eisie Allen 75

NBL Tri-Meet vs.

Maria Carrillo and Eisie Allen

Seventeen team members set new personal records on the home 3-mile course at Spring Lake. All 3 divisions are won by Montgomery to begin the league competition undefeated.

The Varsity Boys cruise to victory with all 6 team members finishing within a span of 22 seconds. Directed to use as little effort as possible to earn the team win, David Britt never-the-less cut 16 seconds from his previous best and Drew Fagant was 2 seconds faster than his first try on the course 2 weeks earlier.

The Varsity Girls were able to post a comfortable win over rival Maria Carrillo. Amelia Thomas and Cassie English, who both set healthy PRs 2 weeks earlier, did it again in this meet.

Amelia cut another 49 seconds off to give her a total improvement of 1:39 from last year. Cassie improved another 33 seconds to bring her total improvement so far this season to an even minute. Julia Goepel cut 1:22 from her first effort and Barbara Hall was 1:04 faster this time.

Rod Carlsen won his 2nd JV race in a row, improving by 59 seconds along the way. Other PRs from the JV team: Jeff Mills, 4:05; Mike Leaser, 2:18; Greg DeSelle 1:34; David Dranow, 1:22; Charles Proctor, 1:13; Ryan Metzler, 1:10; Andrew Gallagher, 58; Ryan Tansey, 42; Maits Olson, 20 and Jake Minkoff, 14. Along with an earlier PR, David Dranow has improved by 2:04.

NBL Tri-Meet vs. Ukiah and Piner
October 20 at Foothill Park
Course: 3.05 miles, hilly

Girls	Place	Time	Pace
1 Bel. S.	1 V	21:46	7:08
2 Bachel	4 V	23:05	7:34
3 Pedersen	5 V	23:19	7:38
4 Terbilini	6 V	23:28	7:41
5 Hall	11 V	25:39	8:24
6 Thomas	12 V	25:41	8:25
7 English	13 V	27:12	8:55
8 Sheldon	1 J.V	28:16	9:16
9 Goepel	18 V	28:52	9:27

Varsity Girls: 21 finishers
MONTGOMERY 27, Ukiah 40, Piner 65

Boys	Place	Time	Pace
1 Fitch, Z.	3 V	18:20	6:00
2 Masi	5 V	18:31	6:04
3 Fagant	7 V	19:13	6:18
4 Millar	8 V	19:18	6:19
5 Britt	10 V	19:26	6:22
6 Fitch, J.	11 V	19:51	6:30
7 Fung	12 V	19:59	6:33
8 Gallagher	1 J.V	20:43	6:47
9 Carlsen	2 J.V	21:13	6:57
10 Minkoff	4 J.V	22:11	7:16
11 Mills, J.	5 J.V	22:31	7:22
12 McRae	7 J.V	22:51	7:29
13 Band	8 J.V	23:04	7:33
14 Proctor	9 J.V	23:15	7:37
15 Olson	10 J.V	23:27	7:41
16 Dranow	13 J.V	24:07	7:54
17 Tansey	15 J.V	24:49	8:08
18 Rudnansky	16 J.V	26:27	8:40
19 Mills, B.	17 J.V	26:44	8:45
20 Ferrel	19 J.V	28:09	9:13
21 Leaser	20 J.V	28:20	9:17
22 Cho	21 J.V	28:21	9:17
23 Oser	22 J.V	28:23	9:18

Varsity Boys: 20 finishers
Ukiah 27, MONTGOMERY 30, Piner - Inc.
Junior Varsity Boys: 22 finishers
MONTGOMERY 19, Ukiah 42

NBL Tri-Meet vs. Ukiah and Piner
The varsity boys race was a showdown between the NBL's top two teams. Ukiah had won the league team title the past three years, MHS taking second place each time.

The battle was close throughout. At 2 miles the Vikings led by a single point and held that advantage until a quarter-mile remained. A pair of close finishes turned the score in favor of Ukiah.

The girls improve to 4-and-0 with comfortable wins over Piner and Ukiah, placing 4 runners in the top 6. Mallory Sheldon picked up a JV win.

The JV boys dominated their race when Ukiah decided to run 11 boys on varsity. Andrew Gallagher wins for the first time and the JVs take 8 of the top 10 places.

Mt. San Antonio College Invitational
October 23 at Mt. San Antonio College
Course: 3.0 miles, hilly

Girls	Place	Time	Pace
1 Bel. S.	1	17:05	5:41
2 Bachel	33	20:15	6:45
3 Pedersen	37	20:29	6:49
4 Terbilini	48	20:48	6:56
5 Hall	101	22:38	7:32
6 Goepel	131	24:10	8:03
7 English	135	24:26	8:08

Varsity Girls: 145 finishers

1. San Pedro 145, 2. Newport Harbor 153, 3. Madera 154, 4. Livermore 177, 5. Agoura 185, 6. Centennial 190, 7. MONTGOMERY 194, 8. Temescal Canyon 237, 9. Murieta Valley 239, 10. Alta Loma 244, 11. Newbury Park 255, 12. Thousand Oaks 270, 13. Helix 280, 14. Lancaster 286, 15. Clovis West 286, 16. Amador Valley 302, 17. Plus X St. Mathias 333, 18. Hoover 459, 19. Fountain Valley 500

Boys	Place	Time	Pace
1 Fitch, Z.	15	16:35	5:31
2 Masi	28	17:01	5:40
3 Millar	31	17:03	5:41
4 Britt	40	17:12	5:44
5 Fagant	46	17:18	5:46
6 Fung	59	17:33	5:51
7 Fitch, J.	72	17:52	5:57

Varsity Boys: 155 finishers

1. Hoover 98, 2. MONTGOMERY 160, 3. Mira Costa 169, 4. Centennial 172, 5. St. John Bosco 190, 6. Rio Mesa 196, 7. Paramount 208, 8. Claremont 209, 9. Alta Loma 212, 10. Arroyo 220, 11. San Clemente 233, 12. Huntington Beach 269, 13. Arroyo Grande 282, 14. Helix 290, 15. Grossmont 371, 16. Palisades 397, 17. Centennial 400, 18. Coachella Valley 448, 19. Los Angeles 527, 20. Redlands 551, 21. Highlands 629, 22. El Dorado 655, 23. West Bakerfield 697

Mt. SAC Invitational

Sara Bel defended her 1998 title, equaling her time of a year ago. She is the 3rd-fastest girls performer in the long history of this meet. While it took 2.5 miles for her to open up a lead race last year, Sara led from the mile mark on this time and was never pushed. Elisa Pedersen cut 1:18 from her 1998 time.

Zac Fitch took home the 15th-place medal and led the team to its 2nd-place finish. His time improved on his 1998 mark by 28 seconds. Jason Fung was the most improved among the boys, cutting 1:13 from his time of 1998. Nick Millar ran 1:09 faster than last year and David Britt improved by 50 seconds.

NBL Tri-Meet vs. Santa Rosa and Rancho Cotate
October 27 at Spring Lake
Course: 3.0 miles, rolling

Girls	Place	Time	Pace
1 Bel. S.	1 V	19:01	6:20
2 Pedersen	4 V	19:51	6:37
3 Bachel	5 V	19:52	6:37
4 Terbilini	7 V	20:21	6:47
5 Hall	13 V	21:31	7:10
6 Thomas	14 V	21:54	7:18
7 English	17 V	22:40	7:33
8 Goepel	19 V	23:12	7:44

Varsity Girls: 22 finishers
MONTGOMERY 30, Santa Rosa 36, Rancho C. 67

Boys	Place	Time	Pace
1 Fitch, Z.	1 V	16:15	5:25
2 Masi	2 V	16:44	5:34
3 Millar	3 V	16:46	5:35
4 Fagant	4 V	16:50	5:36
5 Britt	7 V	17:19	5:46
6 Fitch, J.	8 V	17:26	5:48
7 Fung	10 V	17:36	5:52
8 Gallagher	1 J.V	18:17	6:05
9 Mills, J.	2 J.V	18:18	6:06
10 Carlsen	16 V	18:30	6:10
11 McRae	3 J.V	18:43	6:14
12 Minkoff	4 J.V	18:54	6:18
13 Proctor	7 J.V	19:31	6:30
14 Olson	8 J.V	19:37	6:32
15 Tansey	10 J.V	19:57	6:39
16 Dranow	14 J.V	20:17	6:45
17 Cho	19 J.V	21:07	7:02
18 Mills, B.	20 J.V	21:26	7:08
19 DeSelle	21 J.V	21:27	7:09
20 Rudnansky	22 J.V	21:28	7:09
21 Oser	25 J.V	22:15	7:25
22 Ferrel	26 J.V	22:42	7:34
23 Leaser	27 J.V	22:56	7:38

Varsity Boys: 20 finishers
MONTGOMERY 17, Santa Rosa 43, Rancho Cotate 81
Junior Varsity Boys: 29 finishers
MONTGOMERY 17, Santa Rosa 43, Rancho C. 82

NBL Tri-Meet vs. Rancho Cotate and Santa Rosa

In what has become a perennial matchup of unbeaten NBL teams, the Montgomery girls defeat Santa Rosa for the first time in four years.

Sara Bel easily cruises to her 40th consecutive cross country victory for MHS, piling up wins over three seasons. Amelia Thomas cuts another 43 seconds from her PR. Barbara Hall wraps up the team win with a 24-second PR, moving her to #22 on Montgomery's All-Time list for this course and the 6th-fastest Viking frosh time ever. Elisa Pedersen improves on her best by 2 seconds. Mallory Sheldon moves to #21 on the Montgomery Junior Girls All-Time list.

The varsity boys sweep the top 4 places to win easily. Zac Fitch wins with a 3-second PR. Nick Millar and Drew Fagant break the 17-minute barrier for the first time. Drew cutting 34 seconds from his previous best and Nick improving by 24 seconds.

The JV boys nearly duplicate the varsity score. Andrew Gallagher wins his 2nd in-a-row, cutting 5 seconds from his previous best. Big PRs were set by Mats Olson, who led the team in improvement by taking 1:02 off his best; Greg DeSelle, who ran 54 seconds faster than before; and Jeff Mills with a 42-second PR. Charles Proctor improved by 16 seconds, Ryan Tansey cut another 14 seconds from his best and Mike Leaser improved by 11 seconds.

NBL Dual Meet vs. Cardinal Newman and Ursuline
November 3 at Spring Lake
Course: 3.0 miles, rolling

Girls	Place	Time	Pace
1	Bel. S.	17:27	5:49
2	Bastel	2 V	19:21 6:27
3	Pedersen	3 V	19:40 6:33
4	Terribilini	4 V	20:22 6:47
5	Hall	5 V	21:11 7:03
6	Thomas	6 V	22:03 7:21
7	English	9 V	22:50 7:36
8	Sheldon	10 V	22:58 7:39
Varsity Girls: 18 finishers			
MONTGOMERY 15, Ursuline 48			
Boys	Place	Time	Pace
1	Masi	1 V	16:06 5:22
2	Fitch, Z.	2 V	16:11 5:23
3	Millar	3 V	16:34 5:31
4	Fagent	4 V	16:51 5:37
5	Fitch, J.	5 V	17:03 5:41
6	Britt	6 V	17:11 5:43
7	Carlsen	8 V	17:45 5:55
8	Gallagher	1 JV	17:52 5:57
9	McRae	2 JV	18:29 6:09
10	Mills	3 JV	18:39 6:13
11	Olsen	4 JV	19:07 6:22
12	Minkoff	5 JV	19:15 6:25
13	Rudansky	6 JV	19:23 6:27
14	Dranow	7 JV	19:30 6:30
15	Proctor	8 JV	19:30 6:30
16	Mills	9 JV	20:46 6:55
17	DeSelle	12 JV	21:21 7:07
18	Oser	13 JV	21:54 7:18
19	Ferrel	14 JV	22:01 7:20
20	Leaser	15 JV	22:23 7:27
21	Andre	17 JV	22:54 7:38
Varsity Boys: 14 finishers			
MONTGOMERY 15, Cardinal Newman 49			
Junior Varsity Boys: 24 finishers			
MONTGOMERY 15, Cardinal Newman 50			

NBL Dual Meet vs. Cardinal Newman and Ursuline

The varsity girls team ends the season undefeated at 11-and-0 and leads the North Bay League standings at 7-and-0. Barbara Hall improves the most on the home course, cutting 20 seconds from her PR. Elisa Pedersen PRs again, this time by 11 seconds. Barbara

The JV boys earn a perfect score of 15-50, taking the top 9 places. Andrew Gallagher keeps

his winning streak going, improving by another 25 seconds. David Dranow breaks 20 minutes, leading the team in improvement by taking 39 seconds from his previous best. Mike Leaser takes another 33 seconds off his time. Ryan Rudansky runs his best by 31 seconds and Mats Olson is 29 seconds better than before. Also on the PR parade are Devin Andre, by 9 seconds, Greg DeSelle, by 6 seconds and Charles Proctor by a single second. The JV boys record for the regular season is also perfect at 10-and-0.

The varsity boys end the regular season with a record of 11-and-1, nearly getting a perfect score themselves. Regan Masi sets the Viking freshman record, breaking the old mark by an amazing 1:13. His time is also the 10th-best ever run by a Viking at any grade level. Nick Millar PRs again, this time by 12 seconds. Zac Fitch cuts 4 seconds off his PR and David Britt equals his previous best.

North Bay League Championship Meet

For the first time in 13 years the Viking boys and girls varsity teams sweep NBL titles. It is the first girls' pennant in 13 years and the first for the boys in 4 years.

North Bay League Championships
November 12 at Spring Lake
Course: 3.0 miles, rolling

Girls	Place	Time	Pace
1	Bel. S.	1 V	16:57 5:39
2	Bastel	4 V	18:46 6:15
3	Pedersen	8 V	19:26 6:28
4	Terribilini	15 V	20:06 6:42
5	Hall	27 V	21:31 7:10
6	Thomas	29 V	21:49 7:16
7	English	39 V	22:50 7:36
8	Sheldon	6 JV	23:13 7:44
9	Goepel	8 JV	23:23 7:47
Varsity Girls: 46 finishers			
MONTGOMERY 53, 2. Santa Rosa 56,			
3. Maria Carrillo 58, 4. Ukiah 75,			
5. Rancho Cotate 141, 6. Piner 151,			
7. Ursuline 161, 8. Esie Allen - incomplete			
Junior Varsity Girls: 28 finishers			
Boys	Place	Time	Pace
1	Fitch, Z.	3 V	16:10 5:23
2	Masi	6 V	16:23 5:27
3	Millar	8 V	16:31 5:30
4	Fagent	10 V	16:49 5:36
5	Fitch, J.	12 V	16:59 5:39
6	Britt	15 V	17:10 5:43
7	Fung	17 V	17:12 5:44
8	Gallagher	2 JV	17:33 5:51
9	Carlsen	5 JV	18:00 6:00
10	Mills, J.	8 JV	18:43 6:14
11	McRae	11 JV	19:10 6:23
12	Proctor	12 JV	19:12 6:24
13	Olsen	13 JV	19:15 6:25
14	Tansy	21 JV	19:41 6:33
15	Rudansky	27 JV	20:02 6:40
16	Dranow	29 JV	20:11 6:43
17	DeSelle	32 JV	20:21 6:47
18	Cho	34 JV	20:39 6:53
19	Mills, B.	42 JV	21:29 7:09
20	Oser	46 JV	21:38 7:12
21	Ferrel	52 JV	22:39 7:33
22	Andre	53 JV	22:42 7:34
23	Leaser	55 JV	23:06 7:42
Varsity Boys: 46 finishers			
1. MONTGOMERY 34, 2. Ukiah 41,			
3. Maria Carrillo 84, 4. Santa Rosa 86,			
5. Rancho Cotate 164, 6. Cardinal Newman 176,			
7. Esie Allen 166, 8. Piner - incomplete			
Junior Varsity Boys: 67 finishers			
1. Ukiah 29, 2. MONTGOMERY 38,			
3. Santa Rosa 86, 4. Esie Allen 133,			
5. Man Carrillo 145, 6. Rancho Cotate 150,			
7. Cardinal Newman 161, 8. Piner - incomplete			

(NBL Championship Meet continued)

The varsity boys reversed their only NBL loss of season to take a share of the league title, a minor image of this meet a year ago when the Vikings entered the race undefeated and lost to Ukiah. Zac Fitch led the way, earning the 3rd-place medal with another PR performance. His time puts him as the #2 Junior Boy All-Time for Montgomery and the 12th-best Viking overall. Regan Masi earns All-League honors in 6th. Nick Millar makes the Top Ten list for Viking Junior Boys and is now #20 in MHS history for all grade levels. Drew Fagent PRs again and ends up as the 16th-best on the Viking Junior Boys list. Jon Fitch and David Britt make the Junior Boys All-Time list as well. Jon in 18th and David in 25th. Jason Fung gets a 7-second PR to move him to 13th All-Time on the MHS Sophomore Boys list.

The girls' win featured season-best performances by Sara Bel, Sarah Bastel, Elisa Pedersen, Joy Terribilini and Amelia Thomas. Trailing by 18 points early in the race, the girls rallied to win, led by Elisa's move from 16th at the mile mark to 8th at the finish. Sara and Sarah end up 1-2 on the All-Time Junior Girls list for MHS while Elisa moves up to #4 on the Soph list for the Vikings. Joy is

North Coast Section Championships
November 20 at Hayward High School
Course: 3.1 miles, grass and low hills

Girls	Place	Time	Pace
1	Bel. S.	1	17:49 5:44
2	Bastel	8	19:34 6:17
3	Pedersen	22	20:52 6:42
4	Terribilini	24	20:58 6:44
5	Hall	41	22:12 7:08
6	Thomas	42	22:14 7:09
7	English	57	23:38 7:36
Division II Varsity Girls:			
9 teams, 63 finishers			
1. Antioch 49, 2. San Ramon 80,			
3. MONTGOMERY 96, 4. Clayton Valley 105,			
5. Monte Vista 119, 6. Amador Valley 130,			
7. Ukiah 144, 8. Eureka 177,			
9. Rancho Cotate 221			
Boys	Place	Time	Pace
1	Fitch, Z.	10	16:49 5:24
2	Millar	13	17:01 5:28
3	Britt	25	17:33 5:38
4	Masi	26	17:33 5:38
5	Fung	29	17:39 5:40
6	Fitch, J.	34	17:54 5:45
7	Fagent	48	18:12 5:51
Division I Varsity Boys:			
11 teams, 76 finishers			
1. Ygnacio Valley 48, 2. Mission San Jose 80,			
3. College Park 87, 4. Castro Valley 99,			
5. MONTGOMERY 103, 6. James Logan 149,			
7. Alameda 24, 8. Livermore 213,			
9. Antioch 224, 10. Deer Valley 255,			
11. Hayward 256			

(NBL Championship Meet, continued)

the 7th-best Soph Girl ever and Amelia ends up in the #15 position on that Soph list.

The JV Boys end up 2nd to a strong Ukiah squad but Andrew Gallagher scores another big PR, taking 19 seconds off his best. That makes him the 5th-fastest Freshman Boy in MHS history. Charles Proctor breaks his PR by 18 seconds and Ryan Tansy gets his 3rd PR of the year on the home course by taking 18 seconds off. Devin Andre is also on the PR list, bettering his early-season time by 12 seconds.

North Coast Sections Championship Meet

The Vikings qualify three individuals for the State Championship Meet. Sara Bel wins her 3rd section title finishing 37 seconds ahead of the next-fastest runner. Sarah Bastel takes the 5th-and-final qualifying spot, her 3rd trip to the state meet as well. Amelia Thomas has an outstanding race.

Zac Fitch leads the varsity boys and nails down the final qualifying spot with his 10th-place finish. Nick Millar runs #2 for the Vikes for the first time all season, finishing just 12 seconds behind Zac. David Britt and Jason Fung finish the season with fine performances.