



Montgomery Viking Athletics

1994

MONTGOMERY

VIKINGS

CROSS

COUNTRY

HEAD COACH: Larry Meredith

ASSISTANT COACH: Tori Meredith

Montgomery Vikings 1994 CrossCountry

Varsity Girls

Pamela Richardson, Senior, 3rd Yr.
Marisa Reichmuth, Junior, 2nd Yr.
Christina Cushing, Junior, 2nd Yr.
Eloisa Colin, Junior, 1st Yr.
Amy Lodin, Sophomore
Michelle Finch, Sophomore
Shewit Haile, Sophomore
Sonya Glidden, Freshman
Diana Rancourt, Freshman

1994 Varsity Girls Meet Results

- MHS 37, Santa Rosa 55, Petaluma 108, Healdsburg 115, Piner 120, Analy 128, Rancho Cotate 140
- MHS 25, Healdsburg 63, El Molino 71, Analy 72
- MHS 17, Rancho Cotate 44
- Santa Rosa 27, MHS 29
- Ursuline 23, MHS 36
- MHS 15, Elsie Allen 50
- MHS 21, Piner 35
- MHS 18, Ukiah 44

Varsity Boys

Todd Buonaccorsi, Senior, 2nd Yr.
Paul Finch, Senior, 1st Yr.*
Jannik Catalano, Senior, 1st Yr.
Bryan Strickland, Junior, 1st Yr.*
Kevin Funk, Sophomore
Jerry Finlay, Sophomore
John Staroba, Sophomore
Kyle Moe, Sophomore
Jason DeSelle, Freshman
Jake Currie, Freshman

*2nd-year team member

1994 Meet Results

- Santa Rosa 31, Healdsburg 41, MHS 78, Petaluma 94, Rancho Cotate 120, Justin Siena 155
- MHS 26, Healdsburg 43, El Molino 77, Analy 92
- MHS 15, Rancho Cotate 46
- Santa Rosa 18, MHS 38
- Cardinal Newman 19, MHS 36
- MHS 15, Elsie Allen 50
- MHS 15, Piner 49
- Ukiah 26, MHS 31

Junior Varsity Girls

Erica Hause, Senior, 1st Yr.*
Khara Burden, Senior, 1st Yr.
Megan Scott, Junior, 1st Yr.*
Sarah Viall, Junior, 1st Yr.
Jessica Horowitz, Sophomore
Lisa Temple, Sophomore
Laura Thomas, Sophomore
Lisa Mackie, Freshman

*2nd-year team member

1994 Meet Results

- Ursuline 15, MHS 48

Junior Varsity Boys

Ben Erickson, Senior, 2nd Yr.*
Michael Larsen, Junior, 2nd Yr.
Bennett Anderson, Sophomore
Kevin Chapin, Sophomore
Jeremy Jackman, Sophomore
Brook Buonaccorsi, Freshman
John Kast, Freshman
Jimmy Mullins, Freshman
Travis Phelps, Freshman

*3rd-year team member

1994 Meet Results

- MHS 20, Healdsburg 58, Sant Rosa 63, Analy 88, Rancho Cotate 126
- MHS 21, Healdsburg 35, El Molino 76
- MHS 18, Rancho Cotate 41
- MHS 15, Santa Rosa 44
- MHS 17, Cardinal Newman 41
- MHS 15, Elsie Allen 50
- MHS 15, Piner 50
- MHS 16, Ukiah 44

Invitationals / Post-Season

- Viking Opener: Jr/Sr G-3rd; F/S G-2nd; Sr B-8th; Jr B-inc.; F/S B-1st
 - Oakland: VG-7th; VB-inc.; JVG-4th, F/S B-1st
 - Artichoke: VG-11th; VB-11th; F/S G-4th; F/S B-1st
 - Castro Valley: VG-2nd; VB-5th; F/S G-2nd; F/S B-2nd
 - Mariner: F/S B-3rd
 - NBL: VG-2nd; VB-3rd; JVG-2nd; JVB-1st
 - NCS: VG-5th; VB-3rd
- State Meet Qualifier: Pamela Richardson

Montgomery Vikings at NCS Meet of Champions

3.1-mile course at Oakland's Mills College Campus

Boys	Time	Place	Div.	Class	Year
David Toomey	16:54	1	I	Sr	93
Jason Selby	17:03	6	II	Sr	92
David Toomey	17:15	7	II	Jr	92
Scott Story	17:33	5	I	Sr	93
Tim Sanborn	17:35	11	II	Sr	92
Josh Hinkle	17:35	12	II	Sr	92
Toli Au	17:49	8	I	So	93
Nathan Bisbee	17:52	22	II	Sr	92
Scott Story	17:54	23	II	Jr	92
Ryan Lew	18:13	12	I	Sr	93
Jerry Finlay	18:21	13	I	So	94
John Staroba	18:28	14	I	So	94
Josh Dorris	18:32	36	II	Sr	92
Jacob Greenberg	18:40	18	I	Sr	93
Nathan Higgins	18:44	20	I	Jr	93
Kevin Funk	18:49	18	I	So	94
Paul Finch	18:51	19	I	Sr	94
Jason DeSelle	18:54	22	I	Fr	94
Todd Buonaccorsi	19:03	26	I	Jr	93
Jake Currie	19:37	28	I	Fr	94
Todd Buonaccorsi	19:53	30	I	Sr	94

Montgomery Vikings at State Championships

3.1-mile course at Fresno's Woodward Park

Boys	Time	Place	Div.	Class	Year
Mike Contos	16:00	29	I	Sr	87
David Toomey	16:09	39	I	Sr	93
David Toomey	16:19	35	II	Jr	92
Josh Hinkle	16:20	37	II	Sr	92
Jason Selby	16:24	43	II	Sr	92
Tim Sanborn	16:32	53	II	Sr	92
Nat Lopes	16:36	48	II	Sr	91
Scott Story	16:47	81	I	Sr	93
Ryan Lew	16:53	87	I	Sr	93
Nat Lopes	16:55	73	I	Jr	90
Jeff Godfrey	16:56	74	I	Sr	90
Nate Bisbee	17:03	91	II	Sr	92
Toli Au	17:06	100	I	So	93
Scott Story	17:24	105	II	Jr	92
Jason Selby	17:36	119	I	So	90
Josh Dorris	17:37	114	II	Sr	92
Erik Haluzak	17:43	127	I	Jr	90
Tim Sanborn	17:43	128	I	So	90
Jacob Greenberg	17:44	129	I	Sr	93
Sven Jorgensen	17:59	135	I	Jr	90
Nathan Higgins	18:07	140	I	Jr	93
Todd Buonaccorsi	18:19	145	I	Jr	93
Mike Grafe	19:04	148	I	Sr	90

Girls

Girls	Time	Place	Div.	Class	Year
Pamela Richardson	20:30	3	II	So	92
Pamela Richarson	20:34	3	I	Sr	94
Pamela Richardson	22:14	7	I	Jr	93
Sarah McClendon	22:31	20	II	Sr	92
Amy Lodin	22:57	17	I	So	94
Marisa Reichmuth	22:58	15	I	So	93
Sonya Glidden	23:38	28	I	Fr	94
Marisa Reichmuth	23:38	29	I	Jr	94
Jamie Duncan	23:42	34	I	Sr	92
Diana Rancourt	24:05	35	I	Fr	94
Shewit Haile	24:12	36	I	Fr	94
Eloisa Colin	24:35	41	I	Jr	94
Amy Chaffin	25:07	49	II	So	92
Amy Chaffin	25:19	31	I	Jr	93
Lexy Montgomery	26:33	55	II	Jr	92
Tirzah Zbinden	27:31	45	I	Sr	93
Tirzah Zbinden	27:46	57	II	Jr	92
Erica Hause	30:19	49	I	Jr	93
Megan Scott	30:36	50	I	So	93
Leslie Carrera	32:31	62	II	Jr	92

Girls

Girls	Time	Place	Div.	Class	Year
Pamela Richardson			I	Sr	94
Pamela Richardson	19:25	17	II	So	92
Pamela Richardson	20:16	65	I	Jr	93

Practices	Meets	Gross Country Season Miles	Gross Country Career Miles	Mileage All-Time Career List
Staroba	P. Finch	60	242.0	Boys 1 David Toomey, '94 1112.3
Currie	T. Buonaccorsi	59	227.3	2 Jeff Godfrey, '91 926.1
Catalano	Staroba	58	227.3	3 Peter Keith, '90 911.6
P. Finch	Finlay	57	227.3	4 Ryan Lew, '94 910.9
DeSelle	Glidden	56	225.8	5 Nate Bisbee, '93 885.1
T. Buonaccorsi	Strickland	54	203.5	6 Dave Intrer, '90 846.8
Glidden	DeSelle	53	191.9	7 Scott Story, '94 844.3
Scott	Richardson	53	187.6	8 Star Stevenson, '90 791.8
Strickland	Jackman	51	185.3	9 Paul Cummings, '86 780.5
Funk	Lodin	51	184.6	10 Marc Spina, '86 733.0
Lodin	Chapin	51	155.6	11 Jason Schaumburg, '85 716.0
Reichmuth	Catalano	50	131.1	12 Keith Lewis, '89 711.5*
Finlay	Currie	49	129.0	13 Tim Cummings, '86 705.5
Colin	Reichmuth	47	120.1	14 Nathan Higgins, '95 700.0
Richardson	Funk	46	97.0	15 Derek Powell, '86 683.5
Jackman	Chaffin	46	93.2	16 Jason Selby, '93 655.2
Cushing	Viall	45	62.0	17 Kevin Boone, '90 644.5
Cushing	Burden	45	61.9	18 Ben Erickson, '95 627.1
Mackie	Haile	45	61.9	19 Lee Oblad, '93 610.5
Moe		43		20 Paul Finch, '95 610.0
Larsen	B. Buonaccorsi	43		21 Roy O'Neill, '91 605.4
Phelps	Scott	41		22 Tim Sanborn, '93 603.7
Thomas	Mackie	41		23 Ryan Lynn, '91 588.7
Thomas	Erickson	41		24 Jon Lew, '89 581.5*
Rancourt	Thomas	40		25 Erik Haluzak, '92 580.6
M. Finch	Larsen	40		Girls
M. Finch	Anderson	39		1 Sarah McClendon, '93 885.6
Mackie	Phelps	39		2 Amy Jordan, '92 835.1
Moe	Thomas	38		3 Lisa Gay, '92 829.0
Larsen	Kast	36		4 Jamie Duncan, '93 779.8
Phelps	Temple	36		5 Pamela Richardson, '95 725.3
Horowitz	Rancourt	36		6 Erin Preston, '90 607.8
Erickson	Mullins	35		7 Tanya Mayo, '90 508.4
B. Buonaccorsi	Hause	35		8 Michelle Mayes, '89 502.5*
Anderson	Horowitz	33		9 Chris Ferguson, '86 482.0
Viall	Haile	33		10 Nicole Fischer, '88 469.0*
Hause	Chaffin	33		11 Marisa Reichmuth, '96 425.3
Kast	Burden	31		12 Amy Chaffin, '95 419.1
Chaffin	Mullins	23		13 Megan Scott, '96 390.5
Burden	Viall	20		14 Kristen Blackwell, '91 387.2
Mullins	Burden	20		15 Christina Cushing, '96 365.3
Haile	Haile	15		16 Sheila O'Hanlon, '85 359.0
Toli Au	Toli Au	12		17 Tirzah Zbinden, '94 354.1
				18 Leslie Carrera, '94 342.1
				19 Erika Gardner, '87 338.5*

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T. Buonaccorsi	Strickland	54	203.5	6 Dave Intrer, '90 846.8
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Strickland	Jackman	51	185.3	9 Paul Cummings, '86 780.5
Funk	Lodin	51	184.6	10 Marc Spina, '86 733.0
Lodin	Chapin	51	155.6	11 Jason Schaumburg, '85 716.0
Reichmuth	Catalano	50	131.1	12 Keith Lewis, '89 711.5*
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Moe		43		20 Paul Finch, '95 610.0
Larsen	B. Buonaccorsi	43		21 Roy O'Neill, '91 605.4
Phelps	Scott	41		22 Tim Sanborn, '93 603.7
Thomas	Mackie	41		23 Ryan Lynn, '91 588.7
Thomas	Erickson	41		24 Jon Lew, '89 581.5*
Rancourt	Thomas	40		25 Erik Haluzak, '92 580.6
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Phelps	Scott	41		22 Tim Sanborn, '93 603.7



Toll Au 49.3

Khara Burden 62.0
Shewit Haile 61.9
UKIAIN 62
Sarah Viall 93.2
Jimmy Mullins 94.8
Amy Chaffin 97.0

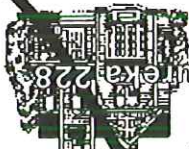


Erica Hause 120.1
John Kast 130.2
Jessica Horowitz 131.1
Lisa Temple 129.0

Brook Buonaccorsi 164.6
Bennett Anderson 146.8



Diana Rancourt 155.6
Michelle Finch 185.3
Lisa Mackie 187.6
Kevin Chapin 194.2
Eloisa Collin 191.9
Travis Phelps 185.3
Christina Cushing 184.6
Ben Erickson 217.3
Michael Larsen 200.6



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Megan Scott 203.5
Kyle Moe 224.3
Mansa Reichmuth 225.8
Sonya Glidden 227.3

Kevin Funk 233.4
Pamela Richardson 242.0
Jeremy Jackman 241.2

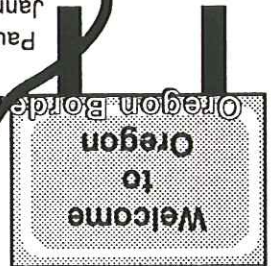


Jerry Finlay 262.8

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Bryan Strickland 309.8
Jason Deselle 318.2
Todd Buonaccorsi 321.2
Jannik Catalano 332.4
Paul Finch 340.9
John Staroba 346.5



Oregon Border 347

Grants Pass 390



Roseburg 468

Azalea 492

Cross Country



Practice Miles
Season Totals

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

Overall Boys

Name	Yr	Time	Yr	Time	Yr	Time	Yr	Time	Yr	Time
1 David Toomey	93	15:26	92	15:36	91	16:22	90	16:23	89	16:32
2 Jason Selby	92	15:32	91	15:47	90	15:53	89	15:54	88	16:02
3 Nat Lopes	91	15:47	90	15:53	89	16:10	88	16:17	87	16:17
4 Jeff Godfrey	90	15:53	89	16:02	88	16:10	87	16:17	86	16:18
5 Tim Sanborn	92	15:54	91	16:02	90	16:10	89	16:17	88	16:18
6 Keith Lewis	88	16:02	87	16:10	86	16:17	85	16:18	84	16:20
7 Josh Hinkle	88	16:05	87	16:10	86	16:17	85	16:18	84	16:20
8 Dave Inner	89	16:10	88	16:17	87	16:18	86	16:20	85	16:24
9 Peter Keith	89	16:17	88	16:24	87	16:31	86	16:36	85	16:40
10 Scott Story	90	16:18	89	16:24	88	16:31	87	16:36	86	16:40
11 Erik Haluzak	91	16:20	90	16:24	89	16:31	88	16:36	87	16:40
12 Ryan Lew	93	16:24	92	16:31	91	16:36	90	16:40	89	16:49
13 Toli Au	93	16:26	92	16:31	91	16:36	90	16:40	89	16:49
14 Nate Bisbee	92	16:31	91	16:36	90	16:40	89	16:49	88	16:54
15 Josh Dorris	89	16:49	88	16:54	87	17:00	86	17:00	85	17:00
16 Rory O'Neill	89	16:51	88	17:00	87	17:00	86	17:00	85	17:00
17 Scott Fitzwater	88	16:58	87	17:00	86	17:00	85	17:00	84	17:00
18 Nathan Higgins	89	16:59	88	17:00	87	17:00	86	17:00	85	17:00
19 Wayne Richter	88	17:03	87	17:00	86	17:00	85	17:00	84	17:00
20 Star Stevenson	89	17:03	88	17:00	87	17:00	86	17:00	85	17:00
21 Mike Grafe	90	17:06	89	17:00	88	17:00	87	17:00	86	17:00
22 Jerry Finlay	94	17:06	93	17:06	92	17:06	91	17:06	90	17:06
23 John Staroba	89	17:06	88	17:06	87	17:06	86	17:06	85	17:06
24 Wayne Richter	89	17:06	88	17:06	87	17:06	86	17:06	85	17:06
25 Paul Finch	94	17:07	93	17:07	92	17:07	91	17:07	90	17:07

Senior Boys

Name	Yr	Time	Yr	Time	Yr	Time	Yr	Time	Yr	Time
1 Jason DeSalle	94	17:19	93	16:26	92	16:36	91	16:36	90	16:36
2 Jake Currie	94	17:38	93	16:26	92	16:36	91	16:36	90	16:36
3 Brook Buonaccorsi	94	18:28	93	16:26	92	16:36	91	16:36	90	16:36
4 John Kaet	94	19:35	93	16:26	92	16:36	91	16:36	90	16:36
5 Travis Phelps	94	20:09	93	16:26	92	16:36	91	16:36	90	16:36
6 James Mullins	94	21:08	93	16:26	92	16:36	91	16:36	90	16:36

Junior Boys

Name	Yr	Time	Yr	Time	Yr	Time	Yr	Time	Yr	Time
1 David Toomey	93	15:26	92	15:36	91	16:22	90	16:23	89	16:32
2 Tim Sanborn	91	15:47	90	15:53	89	16:10	88	16:17	87	16:17
3 Jason Selby	92	15:32	91	15:47	90	15:53	89	16:02	88	16:10
4 Nat Lopes	91	15:47	90	15:53	89	16:10	88	16:17	87	16:17
5 Josh Hinkle	88	16:02	87	16:10	86	16:17	85	16:18	84	16:20
6 Jeff Godfrey	90	15:53	89	16:02	88	16:10	87	16:17	86	16:18
7 Scott Story	92	16:36	91	16:36	90	16:40	89	16:49	88	16:54
8 Nate Bisbee	92	16:36	91	16:36	90	16:40	89	16:49	88	16:54
9 Peter Keith	89	16:49	88	16:54	87	17:00	86	17:00	85	17:00
10 Rory O'Neill	89	16:51	88	17:00	87	17:00	86	17:00	85	17:00
11 Dave Inner	88	16:58	87	17:00	86	17:00	85	17:00	84	17:00
12 Nathan Higgins	89	16:59	88	17:00	87	17:00	86	17:00	85	17:00
13 Erik Haluzak	91	16:24	90	16:31	89	16:36	88	16:40	87	16:40
14 Ryan Lew	93	16:24	92	16:31	91	16:36	90	16:40	89	16:49
15 Nate Bisbee	92	16:31	91	16:36	90	16:40	89	16:49	88	16:54
16 Josh Dorris	89	16:49	88	16:54	87	17:00	86	17:00	85	17:00
17 Star Stevenson	89	16:59	88	17:00	87	17:00	86	17:00	85	17:00
18 Mike Grafe	90	17:03	89	17:00	88	17:00	87	17:00	86	17:00
19 Wayne Richter	88	17:06	87	17:00	86	17:00	85	17:00	84	17:00
20 Paul Finch	89	17:06	88	17:06	87	17:06	86	17:06	85	17:06
21 Jacob Greenberg	90	17:03	89	17:00	88	17:00	87	17:00	86	17:00
22 Lee Oblad	94	17:06	93	17:06	92	17:06	91	17:06	90	17:06
23 Kevin Boone	89	17:25	88	17:25	87	17:25	86	17:25	85	17:25
24 Brian Felice	89	17:25	88	17:25	87	17:25	86	17:25	85	17:25
25 Victor Garrison	89	17:27	88	17:27	87	17:27	86	17:27	85	17:27

Sophomore Boys

Name	Yr	Time	Yr	Time	Yr	Time	Yr	Time	Yr	Time
1 Toli Au	93	16:26	92	16:36	91	16:36	90	16:36	89	16:36
2 David Toomey	91	16:36	90	16:36	89	16:36	88	16:36	87	16:36
3 Ryan Low	91	17:00	90	17:02	89	17:06	88	17:06	87	17:06
4 Tim Sanborn	90	17:02	89	17:06	88	17:13	87	17:13	86	17:13
5 Jerry Finlay	94	17:06	93	17:06	92	17:06	91	17:06	90	17:06
6 John Staroba	94	17:06	93	17:06	92	17:06	91	17:06	90	17:06
7 Jeff Godfrey	88	17:13	87	17:13	86	17:14	85	17:14	84	17:14
8 Kevin Funk	94	17:13	93	17:13	92	17:13	91	17:13	90	17:13
9 Scott Story	91	17:14	90	17:19	89	17:30	88	17:30	87	17:30
10 Jason Selby	90	17:19	89	17:30	88	17:31	87	17:31	86	17:31
11 Rory O'Neill	89	17:30	88	17:31	87	17:31	86	17:31	85	17:31
12 Nat Lopes	88	17:31	87	17:31	86	17:32	85	17:32	84	17:32
13 Clayton Hunt	88	17:32	87	17:32	86	17:32	85	17:32	84	17:32
14 Kyle Moe	94	17:42	93	17:42	92	17:42	91	17:42	90	17:42
15 Nate Bisbee	90	17:46	89	17:46	88	17:46	87	17:46	86	17:46
16 Nathan Higgins	89	17:59	88	18:00	87	18:00	86	18:00	85	18:00
17 Alonzo Martinez	92	18:00	91	18:00	90	18:00	89	18:00	88	18:00
18 Ryan Lynn	88	18:02	87	18:02	86	18:02	85	18:02	84	18:02
19 Greg Votruba	89	18:04	88	18:04	87	18:04	86	18:04	85	18:04
20 Erik Haluzak	89	18:05	88	18:05	87	18:05	86	18:05	85	18:05
21 Mike Flanagan	91	18:18	90	18:18	89	18:18	88	18:18	87	18:18
22 Jeremy Jackman	94	18:20	93	18:20	92	18:20	91	18:20	90	18:20
23 Erik Temple	92	18:44	91	18:44	90	18:44	89	18:44	88	18:44
24 Bryan Strickland	93	18:45	92	18:45	91	18:45	90	18:45	89	18:45
25 Jacob Greenberg	91	18:53	90	18:53	89	18:53	88	18:53	87	18:53

Freshman Boys

Name	Yr	Time	Yr	Time	Yr	Time	Yr	Time	Yr	Time
1 Jason DeSalle	94	17:19	93	16:26	92	16:36	91	16:36	90	16:36
2 Jake Currie	94	17:38	93	16:26	92	16:36	91	16:36	90	16:36
3 Brook Buonaccorsi	94	18:28	93	16:26	92	16:36	91	16:36	90	16:36
4 John Kaet	94	19:35	93	16:26	92	16:36	91	16:36	90	16:36
5 Travis Phelps	94	20:09	93	16:26	92	16:36	91	16:36	90	16:36
6 James Mullins	94	21:08	93	16:26	92	16:36	91	16:36	90	16:36

Overall Girls

Name	Yr	Time	Yr	Time	Yr	Time	Yr	Time	Yr	Time
1 Pamela Richardson	91	18:32	90	20:05	89	20:10	88	20:16	87	20:16
2 Lisa Gay	91	19:43	90	20:05	89	20:10	88	20:16	87	20:16
3 Jamie Duncan	90	20:05	89	20:10	88	20:16	87	20:16	86	20:16
4 Amy Lodin	94	20:10	93	20:10	92	20:10	91	20:10	90	20:10
5 Marisa Reichmuth	89	20:16	88	20:16	87	20:16	86	20:16	85	20:16
6 Sarah McClendon	92	20:17	91	20:17	90	20:17	89	20:17	88	20:17
7 Jana Wiesner	91	20:25	90	20:25	89	20:25	88	20:25	87	20:25
8 Amy Jordan	91	20:37	90	20:37	89	20:37	88	20:37	87	20:37
9 Michelle Mayes	91	20:37	90	20:37	89	20:37	88	20:37	87	20:37
10 Diane Rancourt	88	20:37	87	20:37	86	20:37	85	20:37	84	20:37
11 Showit Halle	94	21:37	93	21:37	92	21:37	91	21:37	90	21:37
12 Elolca Collin	94	21:39	93	21:39	92	21:39	91	21:39	90	21:39
13 Sonya Giddens	88	21:47	87	21:47	86	21:47	85	21:47	84	21:47
14 Tanya Mayo	88	21:49	87	21:49	86	21:49	85	21:49	84	21:49
15 Jenny Scott	88	22:02	87	22:02	86	22:02	85	22:02	84	22:02
16 Michelle Finch	94	22:07	93	22:07	92	22:07	91	22:07	90	22:07
17 Amy Chaffin	88	22:14	87	22:14	86	22:14	85	22:14	84	22:14
18 Cherie Montague	88	22:18	87	22:18	86	22:18	85	22:18	84	22:18
19 Christina Cushing	94	22:25	93	22:25	92	22:25	91	22:25	90	22:25
20 Lisa Meckle	88	22:27	87	22:27	86	22:27	85	22:27	84	22:27
21 Kristen Blackwell	88	22:34	87	22:34	86	22:34	85	22:34	84	22:34
22 Erin Preston	89	23:12	88	23:12	87	23:12	86	23:12	85	23:12
23 Odile Zelenak	88	23:24	87	23:24	86	23:24	85	23:24	84	23:24
24 Tirzah Zbinden	92	23:48	91	23:48	90	23:48	89	23:48	88	23:48
25 Lexy Montgomery	91	24:20	90	24:20	89	24:20	88	24:20	87	24:20

Senior Girls

Cross Country: All-Time Vikings on 2-Mile Spring Lake Course

Overall Boys

Name	Time	Yr
1 Mike Cortos	10:14	87
2 David Toomey	10:21	93
3 Nat Lopes	10:25	91
4 Randall Walkins	10:34	87
4 Jeff Godfrey	10:34	90
6 Tim Sanborn	10:35	92
7 Dave Inlner	10:36	89
8 Nate Bisbee	10:37	92
9 Josh Hinkle	10:40	91
10 Kelly Lewis	10:43	87
11 Jason Selby	10:46	92
12 Scott Story	10:48	93
13 Ryan Lew	10:50	93
14 Peter Keith	10:51	88
14 Josh Dorris	10:51	92
16 Erik Haluzak	10:52	91
17 Toll Au	10:54	93
18 Rory O'Neill	11:02	89
18 Star Stevenson	11:04	88
20 Lee Oblad	11:06	92
21 Kevin Funk	11:09	94
22 Nathan Higgins	11:12	93
23 Dave Walkow	11:13	87
24 Jerry Finlay	11:16	94
25 John Staroba	11:17	94

Senior Boys

Name	Time	Yr
1 Mike Cortos	10:14	87
2 David Toomey	10:21	93
3 Nat Lopes	10:25	91
4 Randall Walkins	10:34	87
4 Jeff Godfrey	10:34	90
6 Tim Sanborn	10:35	92
7 Dave Inlner	10:36	89
8 Nate Bisbee	10:37	92
9 Josh Hinkle	10:40	92
10 Jason Selby	10:46	92
11 Keith Lewis	10:47	88
12 Scott Story	10:48	93
13 Ryan Lew	10:50	93
14 Peter Keith	10:51	89
14 Josh Dorris	10:51	92
16 Erik Haluzak	10:52	91
17 Star Stevenson	11:04	89
18 Lee Oblad	11:06	92
19 Dave Walkow	11:13	87
20 Scott Fitzwaler	11:18	89
21 Kevin Drieko	11:21	87
21 Mike Grde	11:21	90
23 Kevin Boone	11:23	89
24 Paul Finch	11:26	84
25 Eric Downing	11:34	88

Junior Boys

Name	Time	Yr
1 David Toomey	10:22	92
2 Josh Hinkle	10:40	91
3 Keith Lewis	10:43	87
4 Tim Sanborn	10:45	91
5 Jason Selby	10:47	91
6 Nathan Bisbee	10:51	91
7 Scott Story	10:57	92
8 Jeff Godfrey	11:00	89
9 Rory O'Neill	11:02	89
10 Ryan Lew	11:04	92
11 Star Stevenson	11:05	88
12 Nat Lopes	11:12	83
13 Nathan Higgins	11:12	83
14 Dean Crane	11:27	87
14 Peter Keith	11:27	88
16 Erik Haluzak	11:31	90
17 Sven Jorgensen	11:33	90
17 Bryan Strickland	11:33	94
18 Clayton Hunt	11:38	89
20 Jeff Bautista	11:39	89
20 Alonzo Mariniez	11:39	93
22 Kevin Boone	11:43	88
23 Lee Oblad	11:46	91
24 Ben Engsson	11:49	93
25 David Inlner	11:50	88

Sophomore Boys

Name	Time	Yr
1 Toll Au	10:54	93
2 Ryan Lew	11:05	91
3 Kevin Funk	11:08	94
4 Scott Story	11:11	91
5 Jerry Finlay	11:16	84
6 John Staroba	11:17	94
7 Jeff Godfrey	11:26	88
8 Rory O'Neill	11:35	88
8 Mike Fanagan	11:45	91
10 Erik Haluzak	11:47	89
11 Kyle Moe	11:52	84
12 Greg Voltraba	12:00	92
13 Jason Selby	12:03	90
14 Nathan Higgins	12:05	92
15 Eric Temple	12:07	92
16 Todd Au	12:08	93
17 Clayton Hunt	12:09	88
18 Tim Sanborn	12:12	90
19 Nathan Bisbee	12:15	90
20 Jeremy Jackman	12:25	94
21 Ryan Lynn	12:30	88
22 Bryan Strickland	12:39	93
23 Brian Widener	12:43	81
24 Jacob Greenberg	12:52	91
25 Dan Cassidy	12:59	90

Freshman Boys

Name	Time	Yr
1 Jason D'Selle	11:22	94
2 Jake Currie	12:38	94
3 Brock Buenacera	13:49	94
4 John Kasl	14:02	94
5 James Mullins	14:25	94
6 Travis Phelps	15:41	94

Overall Girls

Name	Time	Yr
1 Pamela Richardson	11:58	94
2 Lisa Gay	13:05	91
3 Nicole Fischer	13:15	87
4 Amy Lodin	13:21	94
5 Michelle Mayes	13:26	89
6 Jamie Duncan	13:30	90
7 Jana Wiesner	13:35	91
8 Sarah McClendon	13:41	92
9 Marissa Reichmuth	13:44	83
10 Amy Jordan	13:50	91
11 Elicia Collin	14:00	94
12 Diana Rancourt	14:04	94
13 Sonya Glidden	14:21	94
14 Amy Chaffin	14:22	92
14 Tanya Mayo	14:43	87
16 Michelle Finch	14:48	94
17 Linda Parker	14:53	88
18 Lisa Mackie	15:08	94
19 Kristen Blackwell	15:11	88
20 Christina Cushing	15:14	94
21 Jessica Horowitz	15:25	94
22 Cherie Montague	15:28	88
23 Erin Preston	15:28	89
24 Odie Zelenak	15:42	89
25 Tirzah Zbinden	16:04	92

Senior Girls

Name	Time	Yr
1 Pamela Richardson	11:58	94
2 Lisa Gay	13:05	91
3 Nicole Fischer	13:15	87
4 Michelle Mayes	13:26	88
5 Jana Wiesner	13:35	91
6 Sarah McClendon	13:41	92
7 Jamie Duncan	13:45	92
8 Amy Jordan	13:50	91
9 Tanya Mayo	14:54	89
10 Amy Chaffin	15:14	94
11 Cherie Montague	15:28	88
11 Erin Preston	15:28	89
13 Kristen Blackwell	16:09	90
14 Laurie Timms	17:51	87
15 Leslie Carrera	18:49	93

Junior Girls

Name	Time	Yr
1 Pamela Richardson	12:30	83
2 Jamie Duncan	13:33	91
3 Sarah McClendon	13:57	91
4 Michelle Mayes	13:58	87
5 Elicia Collin	14:00	94
6 Tanya Mayo	14:25	88
7 Lisa Gay	14:30	90
8 Amy Jordan	14:31	90
9 Amy Chaffin	14:50	93
10 Lisa Parker	14:53	87
11 Christine Cushing	15:14	94
12 Kristen Blackwell	15:39	89
13 Erin Preston	15:40	88
14 Tirzah Zbinden	16:04	92
15 Dawn Keeler	16:19	92
16 Megan Scott	16:37	94
17 Wendy Chamberlain	16:45	92
18 Lexy Montgomery	16:50	92
19 Mandy Jones	16:51	87
20 Nadège Bowers	18:01	93
21 Erica Heuse	18:11	83
22 Leslie Carrera	18:26	92
23 Christina Hagenkooper	20:36	88
24		
25		

Sophomore Girls

Name	Time	Yr
1 Pamela Richardson	12:26	92
2 Sonya Glidden	13:21	94
3 Lisa Mackie	13:30	90
4 Jamie Duncan	13:44	93
5 Marissa Reichmuth	14:22	92
6 Amy Chaffin	14:24	89
7 Lisa Gay	14:25	90
8 Sarah McClendon	14:43	87
9 Tanya Mayo	15:01	89
10 Michelle Finch	15:01	94
11 Amy Jordan	15:11	88
12 Kristen Blackwell	15:25	94
13 Jessica Horowitz	15:37	93
14 Christina Cushing	15:42	88
15 Odie Zelenak	17:26	93
16 Megan Scott	17:36	88
17 Jenny Scott	17:50	94
18 Laura Thomas	18:07	94
19 Lisa Temple		
20		
21		
22		
23		
24		
25		

Freshman Girls

Name	Time	Yr
1 Diana Rancourt	14:04	94
2 Sonya Glidden	14:21	94
3 Lisa Mackie	15:08	94

Montgomery Teams: Year-by-Year Comparison

3-Mile Spring Lake Course

Varsity Girls		
Time	Year	Top Five Runners
1	1:42:58	1991 Gay, Wiesner, Jordan, Duncan McClendon
2	1:43:11	1994 Richardson, Lodin, Reichmuth, Haile, Colin
3	1:46:00	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
4	1:50:09	1990 Duncan, McClendon, Gay, Jordan, Blackwell
5	1:51:44	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
6	1:51:48	1988 Mayes, Scott, Montague, Zelenak, Preston
7	1:54:31	1989 Gay, Jordan, Preston, Scott, Blackwell
8		

Junior Varsity Girls		
Time	Year	Top Five Runners
1	1:58:00	1994 Rancourt, Finch, Mackie, Scott, Viall
2		
3		
4		
5		
6		
7		
8		

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, Lew, Toli Au, Higgins
4	1:23:06	1989 Intner, Godfrey, Keith, O'Neill, Fitzwater
5	1:23:36	1990 Godfrey, Lopes, Haluzak, Sanborn, Grafe
6	1:24:03	1988 Lewis, Keith, Downing, Stevenson, Intner
7	1:26:33	1994 Staroba, Finlay, Finch, DeSelle, Buonaccorsi
8		

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, Lew, Oblad, Flanagan
3	1:28:44	1988 Crane, O'Neill, R.Contos, Fitzwater, Lynn
4	1:29:01	1990 Selby, Bisbee, Hunt, Waldow, Parsons
5	1:29:55	1994 K.Funk, Currie, Erickson, Jackman, Strickland
6	1:30:00	1992 Lew, Greenberg, Higgins, Votruba, Rangel
7	1:33:15	1993 T.Buonaccorsi, Martinez, Carvalho, Strickland, Widener
8		

2-Mile Spring Lake Course

Junior/Senior Girls		
Time	Year	Top Three Runners
1	39:52	1994 Richardson, Reichmuth, Colin
2	40:13	1991 Gay, Duncan, Wiesner
3	42:51	1987 Fischer, Mayes, Parker
4	43:19	1988 Mayes, Mayo, Montague
5	43:41	1992 McClendon, Duncan Zbinden
6	45:10	1990 Gay, Jordan, Blackwell
7	45:31	1993 Richardson, Chaffin, Hause
8		

Frosh/Soph Girls		
Time	Year	Top Three Runners
1	41:44	1994 Lodin, Rancourt, Glidden
2	46:47	1993 Reichmuth, Cushing, Scott
3	48:29	1988 Blackwell, Zelenak, Scott
4		
5		
6		
7		
8		

Varsity Girls		
Time	Year	Top Five Runners
1	1:07:17	1994 Richardson, Lodin, Reichmuth, Colin, Rancourt
2	1:08:00	1991 Gay, Wiesner, Duncan, McClendon, Jordan
3	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
4	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
5	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
6	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
7	1:14:10	1988 Mayes, Mayo, Blackwell, Montague, Preston
8		

Senior Boys		
Time	Year	Top Three Runners
1	32:01	1987 M.Contos, Watkins, Waldow
2	32:03	1992 Bisbee, Sanborn, Hinkle
2	32:03	1993 Toomey, Story, Lew
4	33:11	1990 Godfrey, Grafe, Felice
5	33:32	1991 Lopes, Haluzak, Clarke
6	34:08	1988 Lewis, Downing, R.Contos
7	35:29	1994 Finch, Catalano, Erickson
8		

Junior Boys		
Time	Year	Top Three Runners
1	32:12	1991 Hinkle, Sanborn, Selby
2	32:23	1992 Toomey, Story, Lew
3	34:10	1990 Lopes, Haluzak, Jorgensen
4	34:15	1988 Stevenson, Keith, Boone
5	34:42	1987 Lewis, Crane, Lew
6	35:03	1993 Higgins, Erickson, Martinez
7		
8		

Frosh/Soph Boys		
Time	Year	Top Three Runners
1	33:42	1994 K.Funk, Finlay, Staroba
2	34:01	1991 Lew, Story, Flanagan
3	35:10	1988 Godfrey, O'Neill, Hunt
4	35:50	1993 Toli Au, Todd Au, Strickland
5	36:30	1990 Selby, Sanborn, Bisbee
6	38:21	1992 Higgins, Temple, Erickson
7		
8		

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.Contos, Watkins, Lewis, Waldsow, Drisko
4	54:09	1993 Toomey, Story, Lew, Toli Au, Higgins
5	56:05	1990 Godfrey, Lopes, Grafe, Haluzak, Jorgensen
6	56:19	1988 Lewis, Stevenson, Godfrey, Keith, Downing
7	56:37	1994 K.Funk, Finlay, DeSelle, Staroba, Finch
8		

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

Varsity Boys

	Runner	Team	Time	Date
1	Zack Barrett	SR	15:21	11/4/94
2	David Toomey	M	15:26	10/13/93
3	Steve Guerrini	SR	15:28	10/22/89
4	Jason Selby	M	15:32	10/28/92
5	Peter Egerton	SR	15:39	11/4/94
6	Juano Soriano	SR	15:41	11/8/91
7	Nat Lopes	M	15:47	10/23/91
8	Dan Held	SR	15:48	11/10/89
8	Sky Pile	SR	15:48	11/8/91
10	Jeff Godfrey	M	15:53	11/2/90
11	Tim Sanborn	M	15:54	11/6/92
12	Salvador Zabala	SR	15:55	11/10/88
13	Andy Price	SR	16:01	11/10/88
14	Keith Lewis	M	16:02	11/10/88
14	Roberto Olea	Uk	16:02	11/6/92
16	Josh Hinkle	M	16:05	10/28/92
16	Jeff Flanders	FC	16:05	11/5/93
18	Todd Stevens	P	16:09	10/25/89
19	Dave Intner	M	16:10	11/10/89
19	Jim Macken	SR	16:10	11/10/88
19	Thad Woosley	CN	16:10	11/4/94

Varsity Girls

	Runner	Team	Time	Date
1	Julia Stamps	SR	16:18	11/4/94
2	Nika Hom	SR	18:09	11/2/90
3	Rhonda Mazza	SR	18:10	11/8/91
4	Megan Reeder	SR	18:13	11/8/91
5	Pamela Richardson	M	18:32	10/26/94
6	Sarah Hallas	Urs	18:37	11/4/94
7	Brenna Nurmi	Urs	18:59	11/6/92
8	Georgina Balkwell	Urs	19:08	10/1/92
9	Michelle Ferguson	P	19:14	11/10/88
10	Stefanie Bosch	Urs	19:25	11/8/91
11	Michelle McConnico	SR	19:26	11/5/93
12	Wendy Beardall	SR	19:33	11/2/90
13	Lisette Lemus	FC	19:35	11/8/91
14	Lisa Gay	M	19:43	10/31/91
14	Megan Canova	Urs	19:43	11/4/94
16	Laurie Carlson	P	19:51	11/8/91
17	Michelle McConnico	SR	19:52	11/6/92
18	Marita Hakel	Urs	19:54	11/8/91
19	Cheryl Vann	SR	19:55	11/10/88
20	Anne-Marie Dunning	Urs	19:59	11/8/91

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	Rory O'Neill	M	17:30	10/26/88
14	Aaron Parsons	M	17:31	11/10/89
15	Ahferom Legesse	SR	17:34	11/2/90
16	Mike Saunders	SR	17:36	11/6/92
17	Joey Baer	SR	17:38	11/10/88
18	Mike del Campo	M	17:39	11/10/89
18	Jake Currie	M	17:39	11/4/94
18	Jeff Tuhtan	CN	17:39	11/4/94

Junior Varsity Girls

	Runner	Team	Time	Date
1	Katie House	Urs	20:57	11/4/93
2	Alexa Delwiche	Urs	20:59	11/4/93
3	Ria Drake	Urs	21:04	11/4/93
4	Heather Berg	SR	21:34	11/8/91
5	Diana Rancourt	M	21:37	11/4/93
6	Alex Waring	Urs	21:39	11/3/91
7	Tiffany Espinosa	Urs	21:42	11/4/93
8	Virginia Melin	Urs	21:43	11/4/94
9	Becky Balkwell	Urs	22:08	11/5/93
10	Jenny Moore	Urs	22:20	11/8/91
11	Beth Bowman	Urs	22:22	11/8/91
12	Michelle Finch	M	22:33	11/4/94
13	Giana Consiglieri	Urs	22:36	11/6/92
14	Leanna O'Mara	Urs	22:40	11/10/88
15	April Charlton	Urs	22:41	11/10/88
16	Kim Nannizzi	Urs	22:43	11/4/94
17	Michaela Blasser	Urs	22:44	11/4/94
18	Quinn Rogers	Urs	22:45	11/6/92
19	Sonya Glidden	M	22:47	10/12/94
20	Cindy Kallenback	Urs	23:11	11/2/90

Pre-Season Meet vs. Rancho Cotate, Santa Rosa, Healdsburg, Analy, Justin Siena, Petaluma and Piner September 9 at Rancho Cotate Course: 2.8 miles, flat

	Girls	Place	Time	Pace
1	Richardson	1 V	17:08	6:07
2	Lodin	5 V	18:55	6:45
3	Reichmuth	7 V	19:48	7:04
4	Colin	10 V	20:17	7:14
5	Chaffin	14 V	20:36	7:21
6	Cushing	20 V	21:10	7:33
7	Glidden	21 V	21:16	7:35
8	Rancourt	22 V	21:17	7:36
9	Horowitz	30 V	22:16	7:57
10	Finch	31 V	22:19	7:58
11	Mackie	33 V	22:33	8:03
12	Scott	38 V	23:18	8:19
13	Temple	49 V	25:35	9:08
14	Hause	53 V	25:52	9:14

Team Scores: Varsity Girls
MONTGOMERY 37, Santa Rosa 55, Petaluma 108, Healdsburg 115, Piner 120, Analy 128, Rancho Cotate 140
60 finishers

	Boys	Place	Time	Pace
1	Funk	10 V	15:59	5:42
2	Finch	13 V	16:18	5:49
3	Finlay	17 V	16:33	5:54
4	Staroba	1 JV	16:35	5:55
5	Catalano	18 V	16:36	5:55
6	DeSelle	2 JV	16:38	5:56
7	T. Buonaccorsi	20 V	16:42	5:57
8	Erickson	24 V	17:08	6:07
9	Moe	3 JV	17:15	6:09
10	Strickland	6 JV	17:32	6:15
11	Currie	8 JV	17:56	6:24
12	Jackman	10 JV	18:16	6:31
13	Larsen	19 JV	19:13	6:51
14	B. Buonaccorsi	24 JV	20:41	7:23
15	Kast	27 JV	21:21	7:37
16	Phelps	28 JV	21:26	7:39
17	Mullins	29 JV	21:32	7:41
18	Anderson	36 JV	23:19	8:19
19	Chapin	37 JV	23:45	8:28

Team Scores: Varsity Boys
Santa Rosa 31, Healdsburg 41, MONTGOMERY 78, Petaluma 94, Rancho Cotate 120, Justin Siena 155
47 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 20, Healdsburg 58, Santa Rosa 63, Analy 88, Rancho Cotate 126
43 finishers

Season opener at Rancho Cotate

What a difference a year makes! The MHS varsity girls team wins the opener over 6 other teams after finishing last in this meet in 1993. The varsity boys take 3rd place and the JV boys extend their unbeaten string into its 10th year running the winning streak to 71 straight. Those making varsity in their first HS cross country race include the first freshman boy and girl to compete for MHS, Jason DeSelle and Sonya Glidden. Amy Lodin, Eloisa Colin, Jannik Catalano, Kevin Funk, Jerry Finlay and John Staroba all make varsity in their first HS race. Paul Finch makes his first varsity appearance and shows 600+ summer miles can do by leading the boys in improvement with a time 1:50 better than his 1993 best. Megan Scott led the girls in that department by cutting 5:12 from last year's time. Other big PRs: Erica Hause, 2:49; Bryan Strickland, 1:26; Michael Larsen, :59.

Pre-Season Meet vs. Healdsburg, El Molino, and Analy September 12 at Spring Lake Course: 2.0 miles, rolling

	Girls	Place	Time	Pace
1	Richardson	1	12:14	6:07
2	Lodin	4	13:49	6:54
3	Reichmuth	5	14:22	7:11
4	Colin	6	14:32	7:16
5	Rancourt	9	14:57	7:28
6	Glidden	12	15:25	7:42
7	Chaffin	16	15:55	7:57
8	Mackie	17	16:00	8:00
9	Horowitz	18	16:02	8:01
10	Scott	21	16:55	8:27
11	Thomas	26	18:00	9:00
12	Temple	31	19:07	9:33

Team Scores: Varsity Girls
MONTGOMERY 25, Healdsburg 63, El Molino 71, Analy 72
33 finishers

	Boys	Place	Time	Pace
1	Funk	3 V	11:22	5:41
2	Finlay	4 V	11:23	5:41
3	Finch	5 V	11:26	5:43
4	DeSelle	6 V	11:35	5:47
5	Staroba	8 V	11:42	5:51
6	Catalano	10 V	11:52	5:56
7	Buonaccorsi, T	12 V	12:03	6:01
7	Moe	1 JV	12:03	6:01
9	Erickson	2 JV	12:12	6:06
10	Strickland	4 JV	12:23	6:11
11	Jackman	6 JV	12:40	6:20
12	Currie	8 JV	12:50	6:25
13	Larsen	10 JV	13:15	6:37
14	Buonaccorsi, B	16 JV	14:10	7:05
15	Kast	19 JV	15:05	7:32
16	Mullins	22 JV	15:29	7:44
17	Phelps	25 JV	15:41	7:50
18	Anderson	26 JV	15:53	7:56
19	Chapin	27 JV	16:27	8:13

Team Scores: Varsity Boys
MONTGOMERY 26, Healdsburg 43, El Molino 77, Analy 92
29 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 21, Healdsburg 35, El Molino 76
28 finishers

Pre-season meet at Spring Lake

A sweep for MHS teams, the varsity boys avenging the loss to Healdsburg only 3 days earlier. Kevin Funk (59 seconds) and Paul Finch (49) have the best PRs among the boys while Megan Scott led the girls PR list again by cutting 31 seconds from her previous best. Kyle Moe picked up his first cross country victory in the boys JV race. Diana Rancourt earns a varsity position for the first time.

Viking Opener

The Frosh/Soph boys dominate their division with Kevin Funk (3rd), Jerry Finlay (5th), John Staroba (6th) and Jason DeSelle (7th) all earning medals. Pamela Richardson becomes the first runner to lead her grade level all four years in this meet by winning the Junior/Senior girls race in a school-record time of 11:59. Other MHS medalists in the meet were Amy Lodin (4th F/S) and Diana Rancourt (10th F/S). Great improvements were made in the 5 days since their first run on the course: Kevin Chapin led the way with a 1:27 PR followed by Jimmy Mullins 1:04 improvement; Sonya Glidden and John Kast, 1:03 each; Lisa Temple, 1:00; Diana Rancourt, :53; and Lisa Mackie, :52. Bryan Strickland ran 1:06 faster than his 1993 best and Michael Larsen cut 44 seconds off as 25 Vikings recorded PRs.

Viking Opener Invitational September 17 at Spring Lake Course: 2.0 miles, rolling

	Girls	Place	Time	Pace
1	Richardson	1 JrSr	11:59	5:59
2	Lodin	4 F/S	13:21	6:40
3	Reichmuth	14 JrSr	13:53	6:56
4	Colin	16 JrSr	14:00	7:00
5	Rancourt	10 F/S	14:04	7:02
6	Glidden	16 F/S	14:21	7:10
7	Finch	22 F/S	14:48	7:24
8	Mackie	32 F/S	15:08	7:34
9	Chaffin	34 JrSr	15:14	7:37
10	Cushing	35 JrSr	15:14	7:37
11	Horowitz	38 F/S	15:25	7:42
12	Scott	60 JrSr	16:37	8:18
13	Thomas	68 F/S	17:50	8:55
14	Temple	69 F/S	18:07	9:03

Team Scores: Junior/Senior Girls
1. Ursuline 19, 2. Napa 22, 3. MONTGOMERY 25, 4. Santa Rosa 44, 5. Terra Linda 77, 6. Healdsburg 78, 7. Piner 83, 8. Fortuna 86, 9. Redwood 94, 10. Eureka 95, 11. El Molino 99, 12. Kelseyville 111, 13. Rancho Cotate 117, 14. Novato 134
79 finishers

Team Scores: Frosh/Soph Girls:
1. Ursuline 14, 2. MONTGOMERY 23, 3. Terra Linda 26, 4. Napa 39, 5. Eureka 52, 6. Piner 78, 7. Ukiah 81, 8. Kelseyville 88, 9. Analy 90, 10. El Molino 98, 11. Novato 117, 12. Clear Lake 118
85 finishers

	Boys	Place	Time	Pace
1	Funk	3 F/S	11:09	5:34
2	Finlay	5 F/S	11:16	5:38
3	Staroba	6 F/S	11:17	5:38
4	DeSelle	7 F/S	11:22	5:41
5	Finch	28 Sr	11:33	5:46
6	Strickland	11 Jr	11:33	5:46
7	Moe	26 F/S	11:52	5:56
8	Catalano	33 Sr	11:54	5:57
9	Erickson	37 Sr	12:02	6:01
10	Buonaccorsi, T	38 Sr	12:09	6:04
11	Jackman	38 F/S	12:25	6:12
12	Larsen	25 Jr	12:31	6:15
13	Currie	44 F/S	12:38	6:19
13	Buonaccorsi, B	77 F/S	13:49	6:54
15	Kast	85 F/S	14:02	7:01
16	Mullins	89 F/S	14:25	7:12
17	Chapin	99 F/S	15:00	7:30
18	Anderson	103 F/S	15:05	7:32

Team Scores: Senior Boys
1. Santa Rosa 14, 2. Watsonville 27, 3. Cardinal Newman 35, 4. Terra Linda 41, 5. Healdsburg 66, 6. Eureka 70, 7. Sonoma 81, 8. Montgomery 86, 9. Rancho Cotate 96, 10. Ukiah 97, 11. Novato 99, 12. El Molino 121
68 finishers

Team Scores: Junior Boys
1. Eureka 9, 2. Santa Rosa 22, 3. Terra Linda 24, 4. El Molino 32, 5. Redwood 40
45 finishers

Team Scores: Frosh/Soph Boys
1. MONTGOMERY 14, 2. Novato 32, 3. Ukiah 67, 4. Elsie Allen 69, 5. Fortuna 72, 6. Healdsburg 77, 7. Napa 86, 8. Cardinal Newman 88, 9. Watsonville 88, 10. Analy 90, 11. El Molino 91, 12. Eureka 103, 13. Redwood 106, 14. Santa Rosa 116, 15. Terra Linda 137, 16. Clear Lake 163, 17. Rancho Cotate 167, 18. Willits 212, 19. Piner 214
115 finishers

Oakland Invitational
 September 24 at Mills College
 Course: Varsity - 3.1 miles, hilly;
 JV & F/S - 2.0 miles, hilly

V Girls	Place	Time	Pace
1 Richardson	5 V	20:21	6:33
2 Reichmuth	52 V	23:50	7:41
3 Lodin	54 V	24:00	7:44
4 Rancourt	55 V	24:01	7:44
5 Finch	68 V	24:41	7:57
6 Glidden	70 V	24:42	7:58
7 Chaffin	93 V	26:21	8:30

JV Girls (2.0M)	Place	Time	Pace
1 Cushing	6 JV	15:45	7:52
2 Horowitz	14 JV	16:22	8:11
3 Scott	26 JV	17:29	8:44
4 Viall	27 JV	17:31	8:45
5 Thomas	32 JV	18:13	9:06
8 Hause	35 JV	18:29	9:14
9 Temple	37 JV	18:32	9:16

Team Scores: Varsity Girls

1. Clayton Valley 40, 2. Carondelet 133, 3. Ursuline 137, 4. Mission San Jose 195, 5. Livermore 208, 6. Skyline 208, 7. MONTGOMERY 235, 8. James Logan 262, 9. College Park 262, 10. Granada 267, 11. Silver Creek 268, 12. Washington 359, 13. Amador Valley 401, 14. Irvington 448
- 113 finishers**

Team Scores: Junior Varsity Girls

1. Skyline 33, 2. Washington 59, 3. College Park 86, 4. MONTGOMERY 105, 5. Campolindo 112
- 58 finishers**

V Boys	Place	Time	Pace
1 Finch	5 V	19:11	6:11
2 Buonaccorsi, T	9 V	19:41	6:20
3 Strickland	11 V	20:13	6:31
4 Catalano	12 V	20:23	6:34

F/S Boys (2.0M)	Place	Time	Pace
1 Funk	1 F/S	11:35	5:47
2 Finlay	2 F/S	11:37	5:48
3 DeSelle	3 F/S	11:54	5:57
4 Staroba	4 F/S	11:55	5:57
5 Jackman	10 F/S	12:36	6:18
6 Kast	62 F/S	15:22	7:41
7 Chapin	73 F/S	17:11	8:36

Varsity Boys: 33 finishers

Team Scores: Frosh/Soph Boys

1. MONTGOMERY 20, 2. De La Salle 54, 3. Washington 88, 4. Antioch 107, 5. Moreau 110, 6. Granada 111
- 74 finishers**

Oakland Invitational

The Frosh/Soph Boys team does it again, winning with ease by taking the top 4 places and a 10th-place finish by Jeremy Jackman topping it off. Pamela Richardson places 5th among the North Coast Section's best girls, improving her 1992 best on this course by 9 seconds. Michelle Finch gets her first varsity start and ends up as MHS's #5 runner. Christina Cushing leads Montgomery's first-ever complete JV girls team and Paul Finch lead the first-ever incomplete varsity boys team.

NBL Dual Meet at Rancho Cotate

A total of 23 Vikings earn personal records on Rancho Cotate's 2.8-mile course led by Kevin Chapin and Michelle Finch with improvements of 1:34 each. Jake Currie cut 1:26, Jessica Horowitz, 1:19, Christina Cushing 1:17, Jimmy Mullins, 1:09 and Michael Larsen 1:04. Sophomores sweep the meet as Amy Lodin and Kevin Funk get their first high school wins and Kyle Moe makes varsity for the first time. MHS wins all 3 divisions to open the NBL season.

NBL Dual Meet vs. Rancho Cotate
 September 28 at Rancho Cotate
 Course: 2.8 miles, flat

Girls	Place	Time	Pace
1 Lodin	1 V	18:13	6:30
2 Richardson	2 V	18:13	6:30
3 Reichmuth	3 V	19:35	6:59
4 Colin	4 V	20:20	7:15
5 Cushing	7 V	20:40	7:22
6 Glidden	8 V	20:43	7:23
7 Finch	9 V	20:45	7:24
8 Horowitz	11 V	20:57	7:28
9 Mackie	12 V	22:26	8:00
10 Viall	13 V	22:50	8:09
11 Scott	14 V	23:57	8:33
12 Hause	17 V	25:36	9:08
13 Temple	18 V	27:00	9:38

Team Scores: Varsity Girls

- MONTGOMERY 17, Rancho Cotate 44
- 19 finishers**

BOYS	Place	Time	Pace
1 Funk	1 V	15:37	5:34
2 DeSelle	2 V	15:41	5:36
3 Finch	3 V	15:44	5:37
4 Finlay	4 V	15:45	5:37
5 Staroba	5 V	15:47	5:38
6 Moe	1 JV	16:35	5:55
7 Catalano	2 JV	16:38	5:56
8 Buonaccorsi, T	8 V	16:41	5:57
9 Strickland	9 V	16:43	5:58
10 Erickson	4 JV	17:21	6:11
11 Currie	5 JV	17:27	6:13
12 Jackman	6 JV	17:56	6:24
13 Larsen	7 JV	18:08	6:28
14 Mullins	12 JV	20:23	7:16
15 Phelps	13 JV	21:18	7:36
16 Chapin	15 JV	22:11	7:55
17 Anderson	16 JV	22:48	8:08

Team Scores: Varsity Boys

- MONTGOMERY 15, Rancho Cotate 46
- 13 finishers**

Team Scores: Junior Varsity Boys

- MONTGOMERY 18, Rancho Cotate 41
- 17 finishers**

Artichoke Invitational

Pamela Richardson is the top medalist for MHS with her 2nd-place finish in the varsity girls race. It was her 5th PR of the season and she leads the Viking Top Ten List on this course over the 6 years the team has competed at Half Moon Bay. Kevin Funk's 3rd-place finish leads the F/S Boys to victory in one of the most competitive meets in Northern California. He was followed by Jerry Finlay's 4th, Jason DeSelle's 5th and John Staroba's 10th-place efforts. All 4 make MHS's Top Ten list for F/S boys on this course. Kyle Moe's 27th wrapped up the win. Amy Lodin earned another medal by placing 6th in the F/S Girls race, leading the team to a 4th-place finish. She is 2nd to Pamela on MHS's Top Ten list. Bryan Strickland makes the varsity boys team for the first time, running 38 seconds faster than he did here last year. Paul Finch led the way in the PR department with an improvement of 1:16. Michael Larsen was near the top of the list again as he ran a 47-second PR and Megan Scott led the girls in improvement with a 33-second cut of last year's time. Jake Currie picked up his first medal of the season with an 11th-place finish in the Freshman Boys race. Eloisa Colin's time made the MHS Top Ten list on this course.

Artichoke Invitational
 October 1 at Half Moon Bay
 Course: 2.25 miles, hilly

Girls	Place	Time	Pace
1 Richardson	2 V	14:01	6:13
2 Lodin	6 F/S	15:11	6:44
3 Reichmuth	51 V	16:22	7:16
4 Colin	70 V	16:51	7:29
5 Finch	55 F/S	17:04	7:35
6 Glidden	58 F/S	17:07	7:36
7 Cushing	91 V	17:22	7:43
8 Mackie	67 F/S	17:26	7:44
9 Horowitz	77 F/S	17:48	7:54
10 Viall	135 V	18:42	8:18
11 Scott	152 V	19:58	8:52
12 Thomas	129 F/S	20:29	9:06
13 Hause	164 V	20:38	9:10
14 Temple	133 F/S	21:02	9:20

Team Scores: Varsity Girls

1. Reed 53, 2. Castro Valley 133, 3. Del Campo 149, 4. Douglas 177, 5. Lowell 220, 6. St. Francis 223, 7. Tracy 230, 8. Skyline 297, 9. Los Gatos 338, 10. Manteca 340, 11. MONTGOMERY 349, 12. Mt. Pleasant 393, 13. Monta Vista 404, 14. Moreau 421, 15. Wilcox 436, 16. Ygnacio Valley 530, 17. Leigh 558, 18. Sullard 619
- 176 finishers**

Frosh/Soph Girls:

1. Santa Teresa 58, 2. Reed 90, 3. Skyline 124, 4. MONTGOMERY 163, 5. Lowell 186, 6. Castro Valley 188, 7. St. Francis 204, 8. Ukiah 319, 9. Douglas 338, 10. Lynbrook 455
- 148 finishers**

Boys	Place	Time	Pace
1 Funk	3 F/S	12:49	5:41
2 Finlay	4 F/S	12:55	5:44
3 DeSelle	5 F/S	12:55	5:44
4 Finch	34 V	12:58	5:45
5 Staroba	10 F/S	13:19	5:55
6 Buonaccorsi, T	70 V	13:40	6:04
7 Strickland	74 V	13:44	6:06
8 Moe	27 F/S	13:58	6:12
9 Catalano	92 V	14:13	6:19
10 Jackman	36 F/S	14:13	6:19
11 Currie	11 Fr	14:13	6:19
12 Erickson	94 V	14:15	6:20
13 Larsen	135 V	14:56	6:38
14 Buonaccorsi, B	30 Fr	15:11	6:44
15 Kast	53 Fr	17:08	7:36
16 Chapin	121 F/S	17:13	7:39

Team Scores: Varsity Boys

1. Del Campo 82, 2. Franklin 95, 3. Douglas 137, 4. Castro Valley 143, 5. Overfelt 220, 6. Manteca 221, 7. McAteer 263, 8. Fremont 284, 9. Monta Vista 298, 10. Lowell 352, 11. MONTGOMERY 384, 12. Lynbrook 382, 13. Andrew Hill 414, 14. Wilcox 460, 15. Leigh 483, 16. Berkeley 488, 17. Tracy 498, 18. Mt. Pleasant 497, 19. Antioch 501, 20. Westmoor 512, 21. Ygnacio 612, 22. Moreau 615, 23. Westmont 653
- 168 finishers**

Team Scores: Frosh/Soph Boys

1. MONTGOMERY 49, 2. Del Campo 76, 3. Reed 95, 4. Ukiah 110, 5. Lowell 167, 6. Los Gatos 208, 7. Overfelt 224, 8. Yerba Buena 287, 9. Monta Vista 319, 10. San Mateo 334, 11. Westmoor, 12. Lynbrook 354, 13. Skyline 396, 14. Fremont 454, 15. Balboa 468, 16. Ygnacio Valley 527
- 136 finishers**

Freshman Boys: 74 finishers

NBL Dual Meet vs. Santa Rosa
October 5 at Spring Lake
Course: 3 miles, rolling hills

Girls	Place	Time	Pace
1 Richardson	2 V	18:57	6:19
2 Lodin	3 V	20:12	6:44
3 Reichmuth	5 V	21:06	7:02
4 Colin	8 V	21:57	7:19
5 Glidden	11 V	22:08	7:22
6 Rancourt	12 V	22:12	7:24
7 Cushing	13 V	22:25	7:28
8 Finch	14 V	22:44	7:34
9 Mackie	16 V	24:04	8:01
10 Scott	20 V	25:27	8:29
11 Thomas	21 V	25:56	8:38
12 Hause	23 V	26:31	8:50
13 Burden	24 V	27:42	9:14

Team Scores: Varsity Girls
 Santa Rosa 27, MONTGOMERY 29 **25 finishers**

Boys	Place	Time	Pace
1 Finch	5 V	17:07	5:42
2 Funk	6 V	17:13	5:44
3 Finlay	7 V	17:26	5:48
4 Staroba	9 V	17:41	5:53
5 DeSelle	11 V	17:56	5:58
6 Buonaccorsi,T	12 V	18:09	6:03
7 Moe	1 JV	18:11	6:03
8 Erickson	2 JV	18:12	6:04
9 Strickland	13 V	18:21	6:07
10 Catalano	3 JV	18:40	6:13
11 Currie	4 JV	19:19	6:26
12 Jackman	5 JV	19:25	6:28
13 Larsen	8 JV	19:36	6:32
14 Buonaccorsi,B	11 JV	20:32	6:50
15 Mullins	12 JV	22:37	7:32
16 Phelps	13 JV	22:49	7:36
17 Chapin	14 JV	23:59	7:59
18 Anderson	15 JV	24:18	8:06

Team Scores: Varsity Boys
 Santa Rosa 18, MONTGOMERY 38 **15 finishers**

Team Scores: Junior Varsity Boys
 MONTGOMERY 15, Santa Rosa 44 **16 finishers**

NBL Dual Meet vs. Santa Rosa

Pamela Richardson broke her own school record by 2 seconds but it wasn't enough to pull off a team victory as the Vikings are edged by a mere 2 points. Christina Cushing shows the most improvement among girls on the 3-mile course by cutting 47 seconds from her best time of last year. Megan Scott gets her 5th-straight PR on the course, this time by 21 seconds. Amy Lodin moves to #4 on the MHS All-Time Top 25 for the 3-mile course and 6 other girls move into the top 20. Paul Finch (1:45), Michael Larsen (58) and Bryan Strickland (24) lead the boys' PR list again. The JV boys, led by Kyle Moe's win, push the winning streak to 75.

Castro Valley Invitational

Without Kyle Moe, the F/S Boys team falls for the first time this season, losing by a single point. Kevin Funk and Amy Lodin set F/S best times for MHS and Marisa Reichmuth established a school-best time for the varsity course. Team medals for 2nd place go to the varsity girls, frosh/soph girls and frosh/soph boys.

Castro Valley Invitational
October 8 at Canyon Middle School
Varsity Course: 3 miles, hilly
JV, F/S, Fr Course: 2.1 miles, hilly

V Girls	Place	Time	Pace
1 Reichmuth	5	23:23	7:47
2 Colin	8	24:37	8:12
3 Cushing	12	25:17	8:25
4 Scott	21	31:21	10:27
5 Hause	22	31:36	10:32

F/S Girls (2.1M)	Place	Time	Pace
1 Lodin	5	15:32	7:23
2 Finch	16	16:42	7:57
3 Glidden	20	16:56	8:03
4 Horowitz	35	18:01	8:34
5 Thomas	58	20:28	9:44
6 Temple	61	20:34	9:47

Team Scores: Varsity Girls
 1. Castro Valley 22, 2. MONTGOMERY 33, **23 finishers**

Frosh/Soph Girls:
 1. Logan 22, 2. MONTGOMERY 78,
 3. Sacred Heart 79, 4. Castro Valley 82,
 5. Alameda 108, 6. Arroyo 143, 7. Dublin 156
72 finishers

V Boys	Place	Time	Pace
1 Finch	24	19:26	6:28
2 Buonaccorsi,T	28	19:47	6:35
3 Strickland	31	19:55	6:38
4 Catalano	35	20:11	6:43
5 Larsen	56	22:06	7:22

F/S Boys (2.1M)	Place	Time	Pace
1 Funk	4 F/S	12:30	5:57
2 Finlay	12 F/S	12:59	6:10
3 DeSelle	14 F/S	13:00	6:11
4 Staroba	17 F/S	13:17	6:19
5 Currie	2 Fr	13:28	6:24
6 Jackman	38 F/S	14:05	6:42
7 Buonaccorsi,B	13 Fr	14:46	7:01
8 Phelps	25 Fr	16:06	7:40
9 Chapin	90 F/S	16:54	8:02
10 Anderson	113 F/S	19:10	9:07

Team Scores: Varsity Boys
 1. Mission San Jose 31, 2. Castro Valley 55,
 3. Alhambra 69, 4. Logan 78,
 5. MONTGOMERY 124, 6. Antioch 137,
 7. Dublin 157, 8. Ygnacio Valley 182
63 finishers

Team Scores: Frosh/Soph Boys:
 1. Novato 74, 2. MONTGOMERY 75,
 3. De La Salle 89, 4. Logan 123,
 5. Antioch 128, 6. Mission San Jose 145,
 7. San Leandro 161, 8. Alameda 181,
 9. Castro Valley 208, 10. Sacred Heart 209,
 11. Tokay 242, 12. Redwood Christian 307,
117 finishers

Freshman Boys: 40 finishers

NBL Dual Meets vs. Cardinal Newman,
Ursuline, and Elsie Allen
October 12 at Spring Lake
Course: 3 miles, rolling hills

Girls	Place	Time	Pace
1 Richardson	1 V	18:37	6:12
2 Lodin	4 V	20:17	6:45
3 Reichmuth	8 V	20:53	6:57
4 Colin	11 V	22:00	7:20
5 Finch	12 V	22:07	7:22
6 Mackie	13 V	22:27	7:29
7 Cushing	14 V	22:34	7:31
8 Glidden	6 JV	22:47	7:35
9 Scott	10 JV	24:56	8:18
10 Thomas	12 JV	25:25	8:28
11 Hause	19 JV	26:49	8:56
12 Burden	21 JV	27:08	9:02
13 Temple	25 JV	30:05	10:01

Team Scores: Varsity Girls
 MONTGOMERY 15, Elsie Allen 50
 Ursuline 23, MONTGOMERY 36 **15 finishers**

Team Scores: Junior Varsity Girls
 Ursuline 15, MONTGOMERY 48 **28 finishers**

Boys	Place	Time	Pace
1 Finch	6 V	17:12	5:44
2 Finlay	7 V	17:18	5:46
3 DeSelle	8 V	17:19	5:46
4 Staroba	9 V	17:28	5:49
5 Erickson	11 V	17:45	5:55
6 Buonaccorsi,T	12 V	17:53	5:57
7 Moe	13 V	17:59	5:59
8 Strickland	1 JV	18:08	6:02
9 Catalano	2 JV	18:11	6:03
10 Currie	3 JV	18:51	6:17
11 Jackman	5 JV	19:08	6:22
12 Larsen	6 JV	19:35	6:31
13 Buonaccorsi,B	8 JV	20:00	6:40
14 Mullins	17 JV	21:43	7:14
15 Chapin	18 JV	21:54	7:18
16 Phelps	20 JV	21:57	7:19
17 Anderson	26 JV	24:37	8:12

Team Scores: Varsity Boys
 MONTGOMERY 15, Elsie Allen 50
 Cardinal Newman 19, MONTGOMERY 36 **18 finishers**

Team Scores: Junior Varsity Boys
 MONTGOMERY 17, Cardinal Newman 41
 MONTGOMERY 15, Elsie Allen 50 **27 finishers**

NBL Dual Meets vs. Newman, Ursuline and Elsie Allen

The Vikings pick up wins over Elsie Allen but lose the varsity races against Ursuline and Cardinal Newman. Yet another school record for Pamela Richardson, this time by 20 seconds on her home course. Kevin Chapin knocks another 2:05 from his course PR and Lisa Mackie turns in a varsity-level performance by cutting 1:37 from her previous best. 20 members of the team earn PRs, Jimmy Mullins cutting 54 seconds and Travis Phelps, 52. Megan Scott (31 seconds) and Bryan Strickland (13) make it 6 PRs in-a-row on this course.

Mariner Invitational
October 15 at Garin Park, Hayward
Varsity Course: 2.9 miles, hilly
JV, F/S Course: 2.1 miles, hilly

V Girls	Place	Time	Pace
1 Richardson	3	18:59	6:32
JV & F/S Girls (2.1M)			
1 Glidden	25 F/S	15:16	7:16
2 Mackie	38 F/S	15:48	7:31
3 Burden	49 JV	18:00	8:34
4 Hause	53 JV	18:40	8:53

Varsity Girls: 90 finishers

JV Girls: 62 finishers

Frosh/Soph Girls: 112 finishers

V Boys	Place	Time	Pace
1 Finch	47	17:32	6:02
2 Buonaccorsi,T	69	18:02	6:13
3 Strickland	72	18:08	6:15
F/S Boys (2.1M)			
1 Finlay	3	11:51	5:38
2 Staroba	4	11:52	5:39
3 DeSelle	16	12:16	5:50
4 Moe	21	12:23	5:53
5 Jackman	56	13:02	6:12
6 Buonaccorsi,B	79	13:31	6:26
7 Kast	98	14:06	6:42
8 Chapin	127	14:51	7:04
9 Phelps	140	15:15	7:15

Varsity Boys: 113 finishers

Team Scores: Frosh/Soph Boys

1. Junipero Serra 57, 2. Bellarmine 92,
 3. MONTGOMERY 96, 4. Pleasant Valley 98,
 5. De La Salle 122, 6. Hesperia 132,
 7. Castro Valley 150, 8. Logan 187,
 9. San Leandro 220, 10. Davis 254,
 11. Tokay 318 **165 finishers**

NBL Dual Meet vs. Piner
October 20 at Foothill Regional Park
Course: 2.6 miles, hilly

Girls	Place	Time	Pace
1 Richardson	1 V	19:40	7:33
2 Lodin	2 V	19:53	7:38
3 Glidden	5 V	21:15	8:10
4 Finch	6 V	21:29	8:15
5 Haile	7 V	22:30	8:39
6 Mackie	10 V	23:03	8:51
7 Thomas	12 V	25:24	9:46

Team Scores: Varsity Girls

MONTGOMERY 21, Piner 35
 12 finishers

Boys	Place	Time	Pace
1 Finlay	1 V	16:17	6:15
2 Finch	2 V	16:37	6:23
3 Buonaccorsi	3 V	16:39	6:24
4 Staroba	4 V	16:51	6:28
5 Moe	5 V	16:59	6:31
6 Erickson	6 V	17:00	6:32
7 Catalano	8 V	17:09	6:35
8 Strickland	1 JV	17:27	6:42
9 Currie	2 JV	17:27	6:42
10 Jackman	3 JV	17:45	6:49
11 Buonaccorsi,B	4 JV	18:55	7:16
12 Phelps	5 JV	19:36	7:32
13 Mullins	6 JV	20:21	7:49
14 Kast	7 JV	20:25	7:51
15 Chapin	10 JV	23:34	9:03
16 Anderson	11 JV	24:11	9:18

Team Scores: Varsity Boys

MONTGOMERY 15, Piner 49
 14 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 15, Piner 50
 11 finishers

NBL Dual Meet vs. Ukiah
October 26 at Spring Lake
Course: 3 miles, rolling

Girls	Place	Time	Pace
1 Richardson	1 V	18:32	6:10
2 Lodin	2 V	20:37	6:52
3 Haile	4 V	21:53	7:17
4 Reichmuth	5 V	22:01	7:20
5 Colin	6 V	22:12	7:24
6 Glidden	7 V	22:19	7:26
7 Cushing	9 V	22:41	7:33
8 Rancourt	10 V	23:03	7:41
9 Mackie	11 V	23:47	7:55
10 Finch	12 V	23:51	7:57
11 Thomas	14 V	25:14	8:24
12 Scott	16 V	26:28	8:49

Team Scores: Varsity Girls

MONTGOMERY 18, Ukiah 44
 21 finishers

Boys	Place	Time	Pace
1 Finlay	3 V	17:06	5:42
2 Staroba	4 V	17:17	5:45
3 DeSelle	7 V	17:27	5:49
4 Finch	8 V	17:44	5:54
5 Moe	9 V	17:51	5:57
6 Catalano	10 V	17:51	5:57
7 Buonaccorsi,T	11 V	18:00	6:00
8 Erickson	13 V	18:14	6:04
9 Currie	1 JV	18:29	6:09
10 Jackman	2 JV	18:31	6:10
11 Strickland	3 JV	19:37	6:32
12 Larsen	4 JV	19:43	6:34
13 Buonaccorsi,B	6 JV	20:06	6:42
14 Phelps	7 JV	20:38	6:52
15 Kast	11 JV	21:27	7:09
16 Chapin	14 Jv	23:04	7:41
17 Anderson	15 JV	24:09	8:03

Team Scores: Varsity Boys

Ukiah 26, MONTGOMERY 31
 17 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 16, Ukiah 44
 15 finishers

Mariner Invitational

Sonya Glidden and Lisa Mackie are individual medalists in the F/S girls race, Pamela Richardson takes home the varsity 3rd-place award. The F/S boys, without injured top runner Kevin Funk, still place 3rd in an extremely competitive field. Jerry Finlay moves to #2 and John Staroba to #3 on MHS's All-Time F/S list on this course. Khara Burden and Erica Hause now top the JV girls list for MHS at this meet.

NBL Dual Meet vs. Piner at Foothill Park

Our first time on the course produces a sweep of all three events. Newcomer Shewit Haile starts off as the #5 varsity runner and Laura Thomas earns her first varsity credit. Jerry Finlay gets his first high school win and Bryan Strickland edges Jake Currie for the JV victory.

NBL Dual Meet vs. Ukiah at Spring Lake

The junior varsity boys team completes its 10th straight undefeated season by routing Ukiah. The victory was the 80th in-a-row during the string. Pamela Richardson breaks her school record once again, this time by 5 seconds as the girls finish the NBL season with a winning record. The varsity boys fall, literally and figuratively, to a surprisingly strong Ukiah squad. Kevin Funk goes down with an ankle injury again and John Staroba takes a hard fall as well. Runners recording best times ever on the 3-mile course were led by Travis Phelps' 1:19 improvement. Jeremy Jackman cut 37 seconds from his best and Jake Currie picked up his first win and reduced his course PR by 22 seconds. Jannik Catalano (20 seconds) Jerry Finlay (12), John Staroba (11), and Kyle Moe (8) all PR on their way to securing a varsity spot for the league championship meet. In addition to Richardson's record-setting PR, Laura Thomas cut 11 seconds from her first try on the course 2 weeks earlier.

NBL Championship Meet
November 4 at Spring Lake
Course: 3 miles, rolling

Girls	Place	Time	Pace
1 Richardson	2 V	18:33	6:11
2 Lodin	5 V	20:10	6:43
3 Reichmuth	9 V	21:08	7:02
4 Rancourt	4 JV	21:37	7:12
5 Haile	15 V	21:39	7:13
6 Colin	16 V	21:41	7:13
7 Glidden	19 V	21:47	7:15
8 Finch	7 JV	22:33	7:31
9 Cushing	26 V	22:37	7:32
10 Mackie	12 JV	24:00	8:00
11 Scott	16 JV	24:36	8:12
12 Viall	21 JV	25:14	8:24
13 Thomas	22 JV	25:15	8:25
14 Temple	34 JV	27:09	9:03

Team Scores: Varsity Girls

1. Ursuline 28, 2. MONTGOMERY 45,
 3. Santa Rosa 68, 4. Piner 109,
 5. Ukiah 140, 6. Rancho Cotate 152

41 finishers

Team Scores: Junior Varsity Girls

1. Ursuline 17, 2. MONTGOMERY 44

40 finishers

Boys	Place	Time	Pace
1 Staroba	13 V	17:06	5:42
2 Finlay	14 V	17:07	5:42
3 Finch	16 V	17:17	5:45
4 Funk	1 JV	17:26	5:48
5 DeSelle	18 V	17:28	5:49
6 Buonaccorsi,T	21 V	17:35	5:51
7 Currie	2 JV	17:39	5:53
8 Moe	23 V	17:42	5:54
9 Catalano	25 V	17:44	5:54
10 Erickson	6 JV	18:08	6:02
11 Jackman	7 JV	18:20	6:06
12 Strickland	8 JV	18:21	6:07
13 Larsen	14 JV	19:16	6:25
14 Buonaccorsi,B	18 JV	19:29	6:29
15 Kast	21 JV	19:35	6:31
16 Phelps	26 JV	20:09	6:43
17 Mullins	35 JV	21:08	7:02
18 Chapin	42 JV	22:15	7:25
19 Anderson	46 JV	24:36	8:12

Team Scores: Varsity Boys

1. Santa Rosa 20, 2. Cardinal Newman 43,
 3. MONTGOMERY 77, 4. Ukiah 93,
 5. Piner 149, 6. Rancho Cotate 162

44 finishers

Team Scores: Junior Varsity Boys

1. MONTGOMERY 24, 2. Cardinal Newman 51,
 3. Santa Rosa 62, 4. Ukiah 92

48 finishers

North Coast Section Championships
November 19 at Mills College,
Oakland. Course: 3.1 miles, steep hill

Girls	Place	Time	Pace
1 Richardson	3	20:34	6:38
2 Lodin	17	22:57	7:24
3 Glidden	28	23:38	7:37
4 Reichmuth	29	23:38	7:37
5 Rancourt	35	24:05	7:46
6 Haile	36	24:12	7:48
7 Colin	41	24:35	7:55

Team Scores: Division I Varsity Girls

1. Carondelet 29, 2. James Logan 65,
 3. Santa Rosa 98, 4. Washington 103,
 5. MONTGOMERY 108, 6. Alameda 138,
 7. Piner 168, 8. Antioch 220

62 finishers

Boys	Place	Time	Pace
1 Finlay	13	18:21	5:55
2 Staroba	14	18:28	5:57
3 Funk	18	18:49	6:04
4 Finch	19	18:51	6:04
5 DeSelle	22	18:54	6:05
6 Currie	28	19:37	6:19
7 Buonaccorsi,T	30	19:53	6:24

Team Scores: Division I Varsity Boys

1. Santa Rosa 24, 2. James Logan 39,
 3. MONTGOMERY 86, 4. Alameda 109,
 5. Antioch 125, 6. Berkeley 172,
 7. Rancho Cotate 175

52 finishers

North Bay League

Championship Meet at Spring Lake

The junior varsity boys team captured their 10th-straight NBL Championship, led by the 1-2 finish of sophomore Kevin Funk and freshman Jake Currie. Both earn varsity spots for the NCS meet. The varsity girls entered the meet in 3rd place and avenged an early-season loss to Santa Rosa to end up 2nd in the league. Pamela Richardson and Amy Lodin earn All-League honors. Moving up to varsity for the NCS meet is Diana Rancourt with her 4th-place finish in the JV girls race. The varsity boys team entered the meet with a similar mission as the girls -- avenge a dual meet loss and move up in the NBL standings. Nine days earlier they had lost to Ukiah but this time the Vikings topple the Wildcats thanks to a spacing of only 29 seconds between the #1 and #5 runners. John Staroba leads the team for the first time all year as he and Jerry Finlay are named 2nd-Team, All-League, an honor Marisa Reichmuth also earned for the girls team. Lisa Temple, running on an injured foot, still leads Vikings in improvement, cutting 2:56 off her first try on the course. John Kast cut 52 seconds lead the boys' PR list with Jake Currie right behind with a 50-second PR. JV runners dominated the PR list, Brook Buonaccorsi running 37 seconds faster than before, Jimmy Mullins and Diana Rancourt 35 seconds each and Travis Phelps cutting another 29 seconds from his previous best.

North Coast Section

Championship Meet at Mills College

Pamela Richardson, the only MHS girl to ever compete in the state championship cross country meet, qualifies for the third straight time with a 3rd-place finish at the NCS Championships. Sonya Glidden moves all the way up to the number 3 position for Montgomery but the girls' team as a whole has a disappointing meet and finish 5th. The boys' team run well to place 3rd, led by Jerry Finlay's 13th and John Staroba's 14th.