



*Head Coach: Larry Meredith*  
*Assistant Coach: Tori Meredith*

# Montgomery Vikings

## 1996 Cross Country

### Varsity Girls

Michelle Finch, Senior, 2nd Yr.\*  
 Shewit Haile, Junior, 3rd Yr.  
 Sonya Glidden, Junior, 3rd Yr.  
 Diana Rancourt, Junior, 3rd Yr.  
 Lisa Mackie, Junior, 1st Yr.\*  
 Amy Bei, Sophomore, 2nd Yr.  
 April Malvino, Sophomore, 2nd Yr.

\*3rd-year team member

#### 1996 Varsity Girls Meet Results

- Santa Rosa 23, **MHS 47**, Justin Siena 67, Healdsburg 85
- **MHS 27**, Analy 39, Healdsburg 68
- Santa Rosa 19, **MHS 36**
- **MHS 19**, Rancho Cotate 45, Piner - inc.
- Ukiah 28, **MHS 28**, Maria Carrillo - inc.
- **MHS 15**, Elsie Allen 50
- Santa Rosa 24, Ursuline 37, **MHS 65**

### Varsity Boys

Jerry Finlay, Senior, 3rd Yr.  
 Kevin Funk, Senior, 3rd Yr.  
 John Staroba, Senior, 3rd Yr.  
 Kevin Chapin, Senior, 2nd Yr.\*  
 Jeremy Jackman, Senior, 2nd Yr.\*  
 Jason DeSelle, Junior, 3rd Yr.  
 Jake Currie, Junior, 3rd Yr.  
 Travis Phelps, Junior, 2nd Yr.\*  
 Brook Buonaccorsi, Junior, 1st Yr.\*  
 Greg Funk, Sophomore, 2nd Yr.  
 Nathan Koch, Sophomore, 1st Yr.

\*3rd-year team member

#### 1996 Meet Results

- **MHS 24**, Healdsburg 47, Santa Rosa 84, Justin Siena 88
- **MHS 26**, Healdsburg 40, Analy 72
- **MHS 27**, Healdsburg 66, Elsie Allen 69, Santa Rosa 81, Sonoma 126
- **MHS 15**, Rancho Cotate 50, Piner - inc.
- Ukiah 25, **MHS 30**, Maria Carrillo - inc.
- **MHS 18**, Elsie Allen 43
- **MHS 31**, Cardinal Newman 48, Santa Rosa 51

### Junior Varsity Girls

Adrienne Howell, Senior, 1st Yr.  
 Erin Perry, Junior, 2nd Yr.  
 Alisha McCon, Junior, 1st Yr.  
 Mink Fletcher, Sophomore, 1st Yr.

#### 1996 Meet Results

- **MHS 15**, Ukiah - inc., Maria Carrillo - inc.

### Junior Varsity Boys

Jon Buser, Senior, 2nd Yr.  
 Eric Ruud, Junior, 1st Yr.  
 Mark Davis, Sophomore, 1st Yr.  
 Darren Natemeyer, Sophomore, 1st Yr.  
 John Houghton, Freshman  
 Ryan Mullins, Freshman  
 Adam Smith, Freshman

#### 1996 Meet Results

- Healdsburg 52, **MHS 62**, Santa Rosa 75, St Vincent's 86, Analy 106, Rancho Cotate 108
- **MHS 26**, Healdsburg 36
- **MHS 36**, Healdsburg 39, Santa Rosa 60, Elsie Allen 94
- **MHS 17**, Rancho Cotate 44, Piner - inc.
- **MHS 24**, Ukiah 35, Maria Carrillo - inc.
- **MHS 17**, Elsie Allen 44
- **MHS 33**, Cardinal Newman 39, Santa Rosa 51

#### Invitationals / Post-Season

- Viking Opener: Jr/Sr G-2nd; F/S G-inc.;  
**Sr B-1st**; Jr B-2nd; F/S B-11th
- Frogtown: VG-5th; VB-5th; F/S B -6th; JVB-5th
- Cowchip: VG-3rd; VB-2nd; JVG-2nd; F/S B-5th
- Castro Valley: VG-8th; VB-2nd; F/S B-12th; JVG-8th
- Mariner: VB-2nd; F/S B-7th
- NBL: VG-4th; VB-2nd; JVG-inc.; JVB-2nd
- NCS: VG-7th; **VB-1st**

#### State Meet Qualifiers

Kevin Funk  
 Jerry Finlay  
 Jeremy Jackman  
 John Staroba  
 Jake Currie  
 Jason DeSelle  
 Shewit Haile  
 Diana Rancourt  
 Greg Funk

#### First Team All-League

Kevin Funk  
 Diana Rancourt

#### Second Team All-League

John Staroba  
 Jerry Finlay  
 Jake Currie  
 Jason DeSelle  
 Shewit Haile  
 Greg Funk

### Season Records, 1982 to present

#### Varsity Boys

Year	Dual Meets		NBL		
	W	L	Final	NCS	Other
1982	4	1	2nd	5th 2A	-
1983	9	0	1st	3rd 2A	5th MOC
1984	9	0	1st	2nd 2A	11th MOC
1985	5	0	1st	1st 2A	4th MOC
1986	5	1	1st	8th 3A	-
1987	6	0	1st	3rd 3A	-
1988	4	1	2nd	8th 3A	-
1989	9	0	1st	6th 3A	-
1990	7	1	2nd	1st Div. I	13th State
1991	11	0	1st	3rd Div. II	-
1992	9	0	1st	1st Div. II	8th State
1993	11	0	1st	1st Div. I	11th State
1994	9	5	3rd	3rd Div. I	-
1995	13	0	1st	4th Div. I	-
1996	15	1	2nd	1st Div. I	State
<b>Totals</b>	<b>126</b>	<b>10</b>	10 NBL Titles, 5 NCS Titles		

#### Varsity Girls

Year	Dual Meets		NBL		
	W	L	Final	NCS	Other
1982	1	4	5th	-	-
1983	5	4	2nd	11th 2A	-
1984	6	3	2nd	6th 2A	-
1985	4	1	2nd	6th 2A	-
1986	6	0	1st	9th 3A	-
1987	5	1	3rd	12th 3A	-
1988	1	4	5th	-	-
1989	1	8	5th	-	-
1990	3	4	4th	4th Div. I	-
1991	9	2	3rd	5th Div. II	-
1992	5	3	4th	6th Div. II	-
1993	2	10	5th	6th Div. I	-
1994	13	2	2nd	5th Div. I	-
1995	12	1	2nd	5th Div. I	-
1996	8	5	4th	7th Div. II	-
<b>Totals</b>	<b>81</b>	<b>52</b>	1 NBL Title		

#### Junior Varsity Boys

Year	Dual Meets		NBL	
	W	L	Final	Fr./So.
1982	4	1	1st	3rd
1983	8	1	3rd	1st
1984	8	1	2nd	-
1985	5	0	2nd	1st
1986	6	0	1st	-
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	-
<b>Totals</b>	<b>121</b>	<b>5</b>	12 NBL Titles	

#### Junior Varsity Girls

Year	Dual Meets		NBL
	W	L	Final
1994	0	1	2nd
1995	1	1	1st
1996	2	0	inc.
<b>Totals</b>	<b>3</b>	<b>2</b>	1 NBL Title

#### 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		
1985	23		
JV Girls		JV Boys	
Year	Points	Year	Points
1986	36	1982	29
1987	26	1986	?
1989	36	1987	26
1991	30	1988	28
1992	27	1989	15
1993	39	1990	20
1995	38	1991	17
		1992	30
		1993	32
		1994	24

#### F/S Boys

Year	Points
1983	57
1985	30

#### North Bay League Individual Champions

Yr	Varsity Boys	Yr	Varsity Girls
'65	Bob Waldon	'76	Heidi Messerschmitt
'72	Steve Ricker	'77	Deanne Neff
'76	Bill Johnson	'87	Nicole Fischer
'79	Dave Rodriguez	'93	Pamela Richardson
'84	Paul Cummings		
'85	Paul Cummings		
Yr	JV Girls	Yr	JV - Fr./So. Boys
'86	Kevin Smith	'82	Jason Schaumberg
'87	Mike Contos	'82	Paul Audiss
'92	David Toomey	'84	Derek Powell

#### NCS

##### Individual Champs

Yr	Varsity Boys	Yr	Varsity Girls
'72	Steve Ricker	'85	Randall Watkins
'85	Paul Cummings	'86	Jeff Fletcher
'93	David Toomey	'87	Barry Howell
		'88	Dean Crane
		'89	Kevin Boone
		'90	Jason Selby
		'91	Scott Story
		'94	Kevin Funk

#### 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)		
1992	53 (II)		
1993	44 (I)		
1996	41 (I)		

Practices	Meets
Currie	Staroba
Chapin	Jackman
Phelps	DeSelle
Jackman	G.Funk
Staroba	Malvino
Finlay	Finlay
Malvino	Currie
K.Funk	Buonaccorsi
G.Funk	Chapin
DeSelle	Phelps
Bei	Halle
McCon	Rancourt
Rancourt	Koch
Buonaccorsi	Ruud
Halle	K.Funk
Koch	Bei
Ruud	Natemyer
Finch	Mackie
Davis	Davis
Perry	Finch
Glidden	McCon
Smith	Smith
Natemyer	Perry
Mackie	Houghton
Howell	Mullins
Houghton	Glidden
Fletcher	Howell
J.Buser	J.Buser
Thomas	Goodwin
Sohl	Pacheco
Horowitz	Ruud
Anderson	Fletcher
Mullins	G.Buser
Temple	Thomas
Goodwin	Temple
G.Buser	Sohl
Pacheco	Anderson

Cross Country Season Miles	Boys	Girls
Currie	351.8	256.8
Staroba	338.6	248.4
Jackman	326.8	221.2
Chapin	319.3	207.8
Phelps	306.9	178.7
Finlay	295.6	174.0
K.Funk	280.9	148.9
Buonaccorsi	278.2	129.8
G.Funk	270.6	124.7
DeSelle	218.2	82.6
Koch	193.1	72.7
Ruud	188.1	70.1
Davis	176.4	64.3
Natemyer	145.2	62.3
Smith	141.3	57.2
J.Buser	108.4	57.1
Houghton	101.0	
Mullins	87.2	
Anderson	73.2	
Goodwin	69.7	
G.Buser	59.7	

Cross Country Career Miles	Boys	Girls
Staroba	1078.0	648.2
Currie	998.4	544.9
DeSelle	871.3	502.8
Chapin	843.7	480.2
Phelps	840.0	473.3
K.Funk	823.8	440.3
Finlay	823.2	432.4
Jackman	815.1	302.9
Buonaccorsi	696.9	281.1
G.Funk	524.7	262.5
Anderson	384.4	193.4
J.Buser	273.9	178.7
G.Buser	213.9	148.9
Koch	193.1	129.8
Ruud	188.1	124.7
Davis	176.4	82.6
Natemyer	145.2	72.7
Smith	141.3	70.1
J.Buser	108.4	64.3
Houghton	101.0	62.3
Mullins	87.2	57.2
Anderson	73.2	57.1
Goodwin	69.7	

Single Season Mileage Records		
David Toomey	440.9	93
Ryan Lew	406.6	93
Keith Lewis	404.5	88
Sarah McClendon	361.7	'91

Mileage All-Time Career List	Boys
1 David Toomey, '94	1112.3
2 John Staroba, '97	1078.0
3 Jake Currie, '98	998.4
4 Jeff Godfrey, '91	926.1
5 Peter Keith, '90	911.6
6 Ryan Lew, '94	910.9
7 Nate Bisbee, '93	865.1
8 Jason DeSelle, '98	871.3
9 Dave Inher, '90	846.8
10 Scott Story, '94	844.3
11 Kevin Chapin, '97	843.7
12 Travis Phelps, '98	840.0
13 Kevin Funk, '97	823.8
14 Jerry Finlay, '97	823.2
15 Jeremy Jackman, '97	815.1
16 Star Stevenson, '90	791.8
17 Paul Cummings, '86	780.5
18 Marc Spina, '86	733.0
19 Jason Schauberg, '85	716.0
20 Keith Lewis, '89	711.5
21 Tim Cummings, '86	705.5
22 Nathan Higgins, '95	700.0
23 Brook Buonaccorsi, '98	686.9
24 Derek Powell, '86	683.5

Mileage All-Time Career List	Girls
1 Sarah McClendon, '93	885.6
2 Amy Jordan, '92	835.1
3 Lisa Gay, '92	829.0
4 Jamie Durcan, '93	779.8
5 Pamela Richardson, '95	725.3
6 Diana Rancourt, '98	648.2
7 Marisa Reichnuth, '96	618.6
8 Christina Cushing, '96	609.2
9 Erin Preston, '90	607.8
10 Sonya Glidden, '98	544.9
11 Tanya Mayo, '90	503.4
12 April Malvino, '99	502.8
13 Michelle Mayes, '89	502.5
14 Megan Scott, '96	490.5
15 Chris Ferguson, '86	482.0
16 Michelle Finch, '97	480.2
17 Lisa Mackie, '98	473.3
18 Nicole Fischer, '88	469.0
19 Amy Bei, '98	440.3
20 Shewit Halle, '98	432.4
21 Amy Chaffin, '95	419.1
22 Kristen Blackwell, '91	387.2
23 Sheila O'Hanlon, '85	359.0
24 Tirzah Zbinden, '94	354.1

Miles per Season	Boys
1 Toomey, '94	370.8
2 Staroba, '97	359.3
3 Lewis, '89	355.8
4 Higgins, '95	350.0
5 Currie, '98	332.8
6 Jf Godfrey, '91	308.7
7 Finch, '95	305.0
8 Keith, '90	303.9
9 R.Lew, '94	303.6
10 O'Neill, '91	302.7
11 Bisbee, '93	295.0
12 DeSelle, '98	290.4
13 Inher, '90	282.3
14 Story, '94	281.4
15 Chapin, '97	281.2
16 Phelps, '98	280.0
17 K.Funk, '97	274.6
18 Finlay, '97	274.4
19 Jackman, '97	271.7
20 Stevenson, '90	263.9
21 G.Funk, '99	262.4
22 P.Cummings, '86	260.2
23 Spina, '86	244.3
24 Schauberg, '85	238.7

Miles per Season	Girls
1 McClendon, '93	295.2
2 Jordan, '92	278.4
3 Gay, '92	266.0
4 McRae, '98	266.3
5 Durcan, '93	259.9
6 Mayes, '89	251.3
7 Malvino, '99	251.4
8 Richardson, '95	241.8
9 Fischer, '88	234.5
10 Allard, '99	230.7
11 Bei, '99	220.2
12 Vion, '97	216.5
13 Glidden, '98	181.6
14 Reichnuth, '96	206.2
15 Cushing, '96	203.1
16 Preston, '90	202.6
17 Rancourt, '98	216.1
18 Bernard, '96	186.6
19 O'Hanlon, '85	179.5
20 McCon, '98	178.7
21 Carrera, '94	171.1
22 Mayo, '90	169.5
23 Gardner, '87	169.3
24 M.Scott, '96	163.5

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

## Overall Boys

Name	Time	Yr	Senior Boys	Junior Boys	Sophomore Boys	Freshman Boys
1 David Toomey	15:26	93	1 David Toomey	1 David Toomey	1 Jason DeSelle	1 Jason DeSelle
2 Jason Selby	15:32	92	2 Jason Selby	2 Jason DeSelle	2 Toli Au	2 Jake Currie
3 Nat Lopes	15:47	91	3 Nat Lopes	3 Kevin Funk	3 David Toomey	3 Greg Funk
4 Jeff Godfrey	15:53	90	4 Jeff Godfrey	4 Tim Sanborn	4 Greg Funk	4 Brook Buonaccorsi
5 Tim Sanborn	15:54	92	5 Tim Sanborn	5 Jason Selby	5 Jake Currie	5 John Kast
6 Kevin Funk	15:56	96	6 Kevin Funk	6 Nat Lopes	6 Ryan Law	6 Travis Phelps
7 Jason DeSelle	15:57	95	7 Keith Lewis	7 Josh Hinkle	7 Tim Sanborn	7 John Houghton
8 Josh Hinkle	16:02	88	8 Josh Hinkle	8 Jeff Godfrey	8 Jerry Finley	8 Adam Smith
9 Dave Inther	16:05	92	9 Dave Inther	9 Scott Story	9 John Staroba	9 James Mullins
10 Dave Inther	16:10	89	10 Peter Keith	10 Nate Bisbee	10 Jeff Godfrey	10 Geoff Buser
11 Peter Keith	16:17	89	11 Scott Story	11 Jake Currie	10 Kevin Funk	11 Cuyler Goodwin
12 Scott Story	16:18	93	12 Erik Haluzak	12 Peter Keith	12 Scott Story	12 Ryan Mullins
13 Erik Haluzak	16:20	91	13 Ryan Law	13 Roy O'Neill	13 Jason Selby	13
14 Ryan Law	16:24	93	14 Nate Bisbee	14 John Staroba	14 Roy O'Neill	14
15 Toli Au	16:26	93	15 John Staroba	15 Dave Inther	15 Nat Lopes	15
16 Nate Bisbee	16:31	92	16 Nath Higgins	16 Nathan Higgins	16 Clayton Hunt	16
17 John Staroba	16:32	96	17 Jerry Finley	17 Erik Haluzak	17 Kyle Mos	17
18 Jake Currie	16:36	96	18 Scott Fitzwater	18 Star Stevenson	18 James Waters	18
19 Josh Dorris	16:40	92	19 Eric Downing	18 Ryan Law	19 Nate Bisbee	19
20 Jerry Finley	16:42	96	20 Star Stevenson	19 Eric Downing	20 Mark Davis	20
21 Roy O'Neill	16:49	89	21 Mike Graf	20 Sven Jorgensen	21 Nathan Higgins	21
22 Scott Fitzwater	16:51	89	22 Wayne Richter	21 Lee Obiad	22 Alonzo Martinez	22
23 Eric Downing	16:54	88	23 Paul Finch	21 Jerry Finley	23 Ryan Lynn	23
24 Nathan Higgins	16:58	93	23 Jeremy Jackman	23 Josh Dorris	24 Greg Votruba	24
25 Star Stevenson	16:59	89	25 Jacob Greenberg	24 Jeremy Jackman	25 Erik Haluzak	25

## Overall Girls

Name	Time	Yr	Senior Girls	Junior Girls	Sophomore Girls	Freshman Girls
1 Pamela Richardson	18:32	94	1 Pamela Richardson	1 Pamela Richardson	1 Pamela Richardson	1 Amy Bel
2 Diana Rancourt	19:20	96	2 Lisa Gay	2 Diana Rancourt	2 Diana Rancourt	2 Diana Rancourt
3 Lisa Gay	19:43	91	3 Sarah McClendon	3 Shewitt Halle	3 Jamie Duncan	3 Shewitt Halle
4 Jamie Duncan	20:05	90	4 Jamie Duncan	4 Jamie Duncan	4 Amy Lodin	4 Sonya Glidden
5 Amy Lodin	20:10	94	5 Jana Wiesner	5 Georgina Vion	5 Marisa Reichmuth	5 Lisa Mackle
6 Shewitt Halle	20:11	96	6 Amy Jordan	6 Marisa Reichmuth	6 Shewitt Halle	6 Brittany Allard
7 Marisa Reichmuth	20:16	93	7 Michelle Mayes	7 Lisa Gay	7 Sarah McClendon	7 April Malvino
8 Sarah McClendon	20:17	92	8 Christina Cushing	8 Sarah McClendon	8 Lisa Gay	8
9 Jana Wiesner	20:25	91	9 Sarah Pacheco	9 Amy Jordan	9 Megan McRae	9
10 Georgina Vion	20:29	95	10 Marisa Reichmuth	10 Eloisa Colin	10 Sonya Glidden	10
11 Amy Jordan	20:33	91	11 Michelle Finch	11 Michelle Finch	11 April Malvino	11
12 Michelle Mayes	20:37	88	12 Tanya Mayo	12 Tanya Mayo	12 Jenny Scott	12 Jenny Scott
13 Christina Cushing	20:51	95	13 Cherie Montague	13 Lisa Mackle	13 Michelle Finch	13
14 Megan McRae	20:59	95	14 Natalie Sohl	14 Christina Cushing	14 Amy Chaffin	14
15 Amy Bel	21:04	95	15 Erin Preston	15 Sonya Glidden	15 Amy Bel	15
16 Sarah Pacheco	21:28	96	16 Amy Bernard	16 Alicia McCon	16 Kristen Blackwell	16
17 Michelle Finch	21:39	94	17 Laura Thomas	17 Amy Chaffin	17 Amy Jordan	17
18 Eloisa Colin	21:41	94	18 Kristen Blackwell	18 Erin Preston	18 Lisa Mackle	18
19 Sonya Glidden	21:41	95	19 Tizrah Zbinden	19 Jenny Scott	19 Christina Cushing	19
20 Tanya Mayo	21:49	88	20 Megan Scott	20 Tizrah Zbinden	20 Odie Zelonak	20
21 Lisa Mackle	21:52	96	21 Erica Hause	21 Erin Perry	21 Lexy Montgomery	21
22 April Malvino	21:53	96	22 Sarah Viall	22 Dawn Kessler	22 Dawn Kessler	22
23 Jenny Scott	22:02	88	23 Anna Sweet	23 Dawn Kessler	23 Mink Fletcher	23
24 Amy Chaffin	22:14	92	24 Khara Burdon	24 Megan Scott	24 Jill Montgomery	24
25 Cherie Montague	22:18	88	25 Debbie Stevenson	25 Veronica Cantabrana	25 Denice Angelasanto	25

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

## Overall Boys

Name	Yr	Time
1 Mike Contos	10-14	87
2 David Toomey	10-21	83
3 Nat Lopes	10-25	81
4 Randall Watkins	10-34	80
4 Jeff Godfrey	10-34	80
6 Tim Sanborn	10-35	82
7 Dave Inner	10-36	89
7 Kevin Funk	10-36	86
9 Nate Bisbee	10-37	82
10 Jason DeSelle	10-38	96
11 Josh Hinkle	10-40	81
12 Keith Lewis	10-43	87
12 John Staroba	10-43	86
14 Jason Selby	10-46	82
15 Scott Story	10-48	83
15 Ryan Lew	10-50	83
16 Ryan Lew	10-50	83
17 Peter Keith	10-51	88
17 Josh Dorris	10-51	82
18 Erik Haluzak	10-52	81
19 Erik Haluzak	10-52	81
20 Todd Au	10-54	83
21 Roy O'Neill	11-02	89
22 Star Stevenson	11-04	89
23 Lee Oblad	11-06	92
24 Jerry Finlay	11-11	85
25 Nathan Higgins	11-12	83
25 Jale Currie	11-12	85

## Senior Boys

Name	Yr	Time
1 Mike Contos	10-14	87
2 David Toomey	10-21	83
3 Nat Lopes	10-25	81
4 Randall Watkins	10-34	80
4 Jeff Godfrey	10-34	80
6 Tim Sanborn	10-35	82
7 Dave Inner	10-36	89
7 Kevin Funk	10-36	86
9 Nate Bisbee	10-37	82
10 Jason DeSelle	10-38	96
11 Josh Hinkle	10-40	81
12 Keith Lewis	10-43	87
12 John Staroba	10-43	86
14 Jason Selby	10-46	82
15 Scott Story	10-48	83
15 Ryan Lew	10-50	83
16 Ryan Lew	10-50	83
17 Peter Keith	10-51	88
17 Josh Dorris	10-51	82
18 Erik Haluzak	10-52	81
19 Erik Haluzak	10-52	81
20 Todd Au	10-54	83
21 Roy O'Neill	11-02	89
22 Star Stevenson	11-04	89
23 Lee Oblad	11-06	92
24 Jerry Finlay	11-11	85
25 Nathan Higgins	11-12	83
25 Jale Currie	11-12	85

## Junior Boys

Name	Yr	Time
1 Mike Toomey	10-14	87
2 Jason DeSelle	10-21	83
3 Josh Hinkle	10-25	81
4 Keith Lewis	10-43	87
5 Kevin Funk	10-44	85
6 Tim Sanborn	10-45	81
7 Jason Selby	10-47	81
8 Nathan Bisbee	10-51	81
9 Scott Story	10-57	82
10 John Staroba	10-58	85
11 Jeff Godfrey	10-59	85
12 Roy O'Neill	11-02	89
13 Ryan Lew	11-04	82
14 Star Stevenson	11-05	88
15 Nat Lopes	11-06	90
16 Peter Keith	11-11	85
17 Nathan Higgins	11-12	83
18 Dean Crane	11-27	87
18 Peter Keith	11-27	88
19 Jale Currie	11-30	86
20 Erik Haluzak	11-31	80
22 Sven Jorgensen	11-33	80
23 Scott Fitzwater	11-19	88
24 Clayton Hunt	11-21	87
25 Jeff Bautista	11-21	80

## Sophomore Boys

Name	Yr	Time
1 Jason DeSelle	10-44	95
2 Toii Au	10-54	93
3 Ryan Lew	11-05	91
4 Kevin Funk	11-09	94
5 Scott Story	11-11	91
6 Jake Currie	11-12	85
7 Jerry Finlay	11-16	94
8 John Staroba	11-17	94
9 Jeff Godfrey	11-28	88
10 Greg Funk	11-31	86
11 Roy O'Neill	11-35	88
12 Mike Flanagan	11-45	91
13 Erik Haluzak	11-47	89
14 Kyle Moe	11-52	84
15 James Waters	11-58	95
16 Greg Votruba	12-00	82
17 Jason Selby	12-03	80
18 Nathan Higgins	12-05	82
19 Eric Temple	12-07	82
20 Todd Au	12-08	93
21 Clayton Hunt	12-09	88
22 Tim Sanborn	12-12	90
23 Travis Phelps	12-14	85
24 Nathan Bisbee	12-15	90
25 Brook Buonaccorsi	12-16	85

## Freshman Boys

Name	Yr	Time
1 Jason DeSelle	10-44	95
2 Greg Funk	12-25	85
3 Jake Currie	12-38	94
4 Brook Buonaccorsi	13-49	84
5 John Kast	14-02	94
6 James Mullins	14-25	84
7 Cuyler Goodwin	14-34	96
8 Geoff Buser	14-56	85
9 Adam Smith	15-27	96
10 Ryan Mullins	15-33	96
11 Travis Phelps	15-41	94

## Overall Girls

Name	Yr	Time
1 Pamela Richardson	11-59	94
2 Shewitt Halle	12-51	96
3 Diana Rancourt	13-05	91
4 Lisa Gay	13-15	87
5 Nicole Fischer	13-15	87
6 Amy Lodin	13-21	84
7 Michelle Mayes	13-26	88
8 Jamie Duncan	13-34	95
9 Marisa Reichmuth	13-35	91
10 Jana Wiesner	13-41	92
11 Sarah McClendon	13-45	92
12 Christina Cushing	13-45	95
13 Amy Jordan	13-50	91
14 Georgina Von	13-51	84
15 Eloise Collin	14-00	84
16 Megan McRae	14-06	95
17 Sonya Glidden	14-21	84
18 Amy Chaffin	14-22	82
19 Brittany Allard	14-28	95
20 Sarah Pacheco	14-34	96
21 Amy Bel	14-36	95
22 Michelle Finch	14-37	87
23 Tanya Mayo	14-53	88
24 Linda Parker	15-08	84
25 Lisa Macie	15-08	84

## Senior Girls

Name	Yr	Time
1 Pamela Richardson	11-59	94
2 Shewitt Halle	13-05	91
3 Diana Rancourt	13-15	87
4 Lisa Gay	13-15	87
5 Nicole Fischer	13-15	87
6 Amy Lodin	13-21	84
7 Michelle Mayes	13-26	88
8 Jamie Duncan	13-34	95
9 Marisa Reichmuth	13-35	91
10 Jana Wiesner	13-41	92
11 Sarah McClendon	13-45	92
12 Christina Cushing	13-45	95
13 Amy Jordan	13-50	91
14 Georgina Von	13-51	84
15 Eloise Collin	14-00	84
16 Megan McRae	14-06	95
17 Sonya Glidden	14-21	84
18 Amy Chaffin	14-22	82
19 Brittany Allard	14-28	95
20 Sarah Pacheco	14-34	96
21 Amy Bel	14-36	95
22 Michelle Finch	14-37	87
23 Tanya Mayo	14-53	88
24 Linda Parker	15-08	84
25 Lisa Macie	15-08	84

## Junior Girls

Name	Yr	Time
1 Pamela Richardson	12-30	93
2 Shewitt Halle	12-51	96
3 Diana Rancourt	12-58	96
4 Jamie Duncan	13-33	81
5 Georgina Von	13-51	85
6 Marisa Reichmuth	13-53	84
7 Sarah McClendon	13-57	81
8 Michelle Mayes	13-59	87
9 Eloise Collin	14-00	84
10 Tanya Mayo	14-25	88
11 Lea Gay	14-30	80
12 Amy Jordan	14-31	80
13 Amy Chaffin	14-50	83
14 Lea Pater	14-53	87
15 Christina Cushing	15-14	84
16 Lisa Macie	15-28	88
17 Erin Perry	15-28	89
18 Kristin Blackwell	15-36	86
19 Erin Preston	15-38	89
20 Allaha McCon	15-44	88
21 Laura Thomas	15-56	85
22 Tirzah Zbinden	16-04	82
23 Dawn Keeler	16-18	92
24 Sonya Glidden	16-24	96
25 Sarah Smith	16-36	85

## Sophomore Girls

Name	Yr	Time
1 Pamela Richardson	12-26	92
2 Diana Rancourt	13-14	85
3 Amy Lodin	13-21	84
4 Jamie Duncan	13-30	90
5 Marisa Reichmuth	13-44	83
6 Megan McRae	14-06	85
7 Amy Chaffin	14-22	92
8 Lisa Gay	14-24	88
9 Sarah McClendon	14-25	90
10 Sonya Glidden	14-30	85
11 Tanya Mayo	14-43	87
12 Michelle Finch	14-48	84
13 Shewitt Halle	14-48	85
14 Amy Jordan	15-01	89
15 Kristen Blackwell	15-11	88
16 Jessica Horowitz	15-25	84
17 April Malvino	15-30	86
18 Christina Cushing	15-37	83
19 Odile Zelenak	15-42	88
20 Lisa Macie	15-49	85
21 Amy Bel	15-52	86
22 Erin Perry	16-38	95
23 Darla McLearn	16-52	95
24 Megan Scott	17-26	83
25 Jenny Scott	17-36	88

## Freshman Girls

Name	Yr	Time
1 Diana Rancourt	14-04	84
2 Sonya Glidden	14-21	85
3 Brittany Allard	14-29	85
4 Amy Bel	14-36	85
5 Lisa Macie	15-08	84
6 April Malvino	15-22	85

# Montgomery Teams: Year-by-Year Comparison

## 3-Mile Spring Lake Course

Varsity Girls		
Time	Year	Top Five Runners
1	1:42:43	1995 Rancourt, Haile, Vion, Cushing, McRae
2	1:42:58	1991 Gay, Wiesner, Jordan, Duncan, McClendon
3	1:43:11	1994 Richardson, Lodin, Reichmuth, Haile, Colin
4	1:45:36	1996 Rancourt, Haile, Pacheco, Finch, Malvino
5	1:46:00	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
6	1:50:09	1990 Duncan, McClendon, Gay, Jordan, Blackwell
7	1:51:44	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
8	1:51:48	1988 Mayes, Scott, Montague, Zelenak, Preston
9	1:54:31	1989 Gay, Jordan, Preston, J.Scott, Blackwell

Junior Varsity Girls		
Time	Year	Top Five Runners
1	1:53:13	1995 Glidden, Finch, Mackie, Malvino, Bernard
2	1:58:00	1994 Rancourt, Finch, Mackie, M.Scott, Viall
3	2:02:17	1996 Mackie, Thomas, McCon, Perry, Bei
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, R.Lew, Toli Au, Higgins
4	1:22:30	1996 K.Funk, Staroba, DeSelle, Finlay, G.Funk
5	1:23:06	1989 Intner, Jf.Godfrey, Keith, O'Neill, Fitzwater
6	1:23:16	1995 DeSelle, K.Funk, Staroba, Currie, Finlay
7	1:23:36	1990 Jf.Godfrey, Lopes, Haluzak, Sanborn, Grafe
8	1:24:03	1988 Lewis, Keith, Downing, Stevenson, Intner
9	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, Oblad, Flanagan
3	1:28:44	1988 Crane, O'Neill, R.Contos, 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, Votruba, Rangel
7	1:33:15	1993 T.Buonaccorsi, Martinez, Carvalho, Strickland, Widener
8	1:34:24	1996 B.Buonaccorsi, Davis, Koch, Phelps, Chapin
9	1:35:39	1995 G.Funk, B.Buonaccorsi, Phelps, Chapin, Larsen

## 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	40:23	1996 Haile, Rancourt, Pacheco
4	41:10	1995 Reichmuth, Cushing, Vion
5	42:51	1987 Fischer, Mayes, Parker
6	43:19	1988 Mayes, Mayo, Montague
7	43:41	1992 McClendon, Duncan, Zbinden
8	45:10	1990 Gay, Jordan, Blackwell
9	45:31	1993 Richardson, Chaffin, Hause

Fresh/Soph Girls		
Time	Year	Top Three Runners
1	41:44	1994 Lodin, Rancourt, Glidden
2	41:49	1995 Rancourt, McRae, Allard
3	46:47	1993 Reichmuth, Cushing, M.Scott
4	48:29	1988 Blackwell, Zelenak, J.Scott
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	1:08:30	1995 Rancourt, Reichmuth, Cushing, Vion, McRae
4	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
5	1:10:32	1996 Haile, Rancourt, Pacheco, Finch, Malvino
6	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
7	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
8	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
9	1:14:10	1988 Mayes, Mayo, Blackwell, Montague, Preston

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

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, R.Lew
4	32:37	1996 Funk, Staroba, Finlay
5	33:11	1990 Jf.Godfrey, Grafe, Felice
6	33:32	1991 Lopes, Haluzak, Clarke
7	34:08	1988 Lewis, Downing, R.Contos
8	35:29	1994 Finch, Catalano, Erickson

Fresh/Soph Boys		
Time	Year	Top Three Runners
1	33:42	1994 K.Funk, Finlay, Staroba
2	33:54	1995 DeSelle, Currie, Waters
3	34:01	1991 R.Lew, Story, Flanagan
4	35:10	1988 Jf.Godfrey, O'Neill, Hunt
5	35:50	1993 Toli Au, Todd Au, Strickland
6	36:30	1990 Selby, Sanborn, Bisbee
7	37:30	1996 G.Funk, Davis, Koch
8	38:21	1992 Higgins, Temple, Erickson
9		

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, D.Waldow, Drisko
4	54:09	1993 Toomey, Story, R.Lew, Toli Au, Higgins
5	54:45	1996 K.Funk, DeSelle, Staroba, Finlay, Currie
6	54:50	1995 DeSelle, K.Funk, Staroba, Finlay, Currie
7	56:05	1990 Jf.Godfrey, Lopes, Grafe, Haluzak, Jorgensen
8	56:19	1988 Lewis, Stevenson, Jf.Godfrey, Keith, Downing
9	56:37	1994 K.Funk, Finlay, DeSelle, Staroba, Finch

## 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	Ryan Mack	Uk	15:35	11/15/96
6	Peter Egerton	SR	15:39	11/4/94
7	Amadu Kamara	SR	15:40	10/25/95
8	Juano Soriano	SR	15:41	11/8/91
9	Nat Lopes	M	15:47	10/23/91
10	Dan Heid	SR	15:48	11/10/89
10	Sky Pile	SR	15:48	11/8/91
12	Jeff Godfrey	M	15:53	11/2/90
13	Tim Sanborn	M	15:54	11/6/92
14	Salvador Zabala	SR	15:55	11/10/88
15	Mekonen Fekadu	SR	15:56	10/25/95
15	Kevin Funk	M	15:56	11/15/96
17	Jason DeSelle	M	15:57	10/25/95
18	Andy Price	SR	16:01	11/10/88
19	Keith Lewis	M	16:02	11/10/88
19	Roberto Olea	Uk	16:02	11/6/92

### Varsity Girls

	Runner	Team	Time	Date
1	Julia Stamps	SR	16:15	10/11/95
2	Trina Cox	SR	17:40	11/15/96
3	Nika Hom	SR	18:09	11/2/90
4	Rhonda Mazza	SR	18:10	11/8/91
5	Megan Reeder	SR	18:13	11/8/91
6	Sarah Hallas	Urs	18:23	11/15/96
7	Pamela Richardson	M	18:32	10/26/94
8	Lindsay Johnson	SR	18:51	11/15/96
9	Katie Stafford	SR	19:07	11/15/96
10	Brenna Nurmi	Urs	18:59	11/6/92
11	Georgina Balkwell	Urs	19:08	10/1/92
12	Michelle Ferguson	P	19:14	11/10/88
13	Dena Witthaus	P	19:17	11/15/96
14	Diana Rancourt	M	19:20	11/15/96
15	Stefanie Bosch	Urs	19:25	11/8/91
16	Michelle McConnico	SR	19:26	11/5/93
17	Alexa Delwiche	Urs	19:31	11/15/96
18	Wendy Beardall	SR	19:33	11/2/90
19	Lisette Lemus	FC	19:35	11/8/91
20	Lisa Gay	M	19:43	10/31/91

### 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	ON	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	Maryann Hulsman	Urs	21:17	11/15/96
5	Heather Berg	SR	21:34	11/8/91
6	Diana Rancourt	M	21:37	11/4/93
7	Alex Waring	Urs	21:39	11/3/91
8	Sonya Glidden	M	21:41	10/25/95
9	Tiffany Espinosa	Urs	21:42	11/4/93
10	Virginia Melin	Urs	21:43	11/4/94
10	Michelle Finch	M	21:43	10/25/95
12	Becky Balkwell	Urs	22:08	11/5/93
13	Jenny Moore	Urs	22:20	11/8/91
13	Liz Brown	Urs	22:20	11/15/96
15	Beth Bowman	Urs	22:22	11/8/91
16	Naomi Turner	Uk	22:27	11/15/96
17	Giana Consigliere	Urs	22:36	11/6/92
18	Leanna O'Mara	Urs	22:40	11/10/88
19	April Charlton	Urs	22:41	11/10/88
20	Kim Nannizzi	Urs	22:43	11/4/94



**Pre-Season Meet vs. Rancho Cotate,  
Santa Rosa, Healdsburg, Analy,  
Justin Siena, St. Vincent's, Piner,  
Sonoma and Rincon Valley Christian  
September 6 at Rancho Cotate  
Course: 2.8 miles, flat**

Girls	Place	Time	Pace
1 Haile	6 V	18:48	6:42
2 Rancourt	7 V	18:49	6:43
3 Bei	15 V	21:00	7:30
4 Finch	17 V	21:21	7:37
5 Malvino	18 V	21:31	7:41
6 Perry	7 JV	23:12	8:17
7 Mackie	8 JV	23:13	8:17
8 McCon	12 JV	23:56	8:32
9 Temple	18 JV	26:18	9:23
10 Horowitz	21 JV	26:45	9:33
11 Howell	27 JV	33:56	12:07

**Varsity Girls: 4 teams, 33 finishers**

1. Santa Rosa 23, 2. MONTGOMERY 27,  
3. Justin Siena 67, 4. Healdsburg 85  
JV Girls 27 finishers

Boys	Place	Time	Pace
1 DeSelle	1 V	14:49	5:17
2 Funk, K.	3 V	14:55	5:19
3 Staroba	5 V	15:21	5:28
4 Finlay	9 V	16:07	5:45
5 Currie	9 V	16:16	5:48
6 Buonaccorsi	12 V	16:26	5:52
7 Funk, G.	13 V	16:27	5:52
8 Jackman	16 V	16:34	5:55
9 Phelps	2 JV	17:27	6:13
10 Davis	3 JV	17:38	6:17
11 Chapin	15 JV	18:33	6:37
12 Koch	28 JV	20:01	7:08
13 Ruud	30 JV	20:09	7:11
14 Natemeyer	43 JV	21:48	7:47
15 Smith	49 JV	22:12	7:55
16 Goodwin	53 JV	22:49	8:08

**Varsity Boys: 4 teams, 36 finishers**

1. MONTGOMERY 24, 2. Healdsburg 47,  
3. Santa Rosa 84, 4. Justin Siena 88

**JV Boys: 6 teams, 63 finishers**

1. Healdsburg 52, 2. MONTGOMERY 62,  
3. Santa Rosa 75, 4. St. Vincent's 86,  
5. Analy 106, 6. Rancho Cotate 108

**Season opener at Rancho Cotate**

The varsity boys team takes up right where they left off the 1995 season by easily winning the Rancho Cotate Invitational over 5 other teams. Jason DeSelle pulls out a win in the final strides over Healdsburg's Jason Mendes. Brook Buonaccorsi makes the varsity team for the first time by taking 12th and scoring the team's largest personal record on the course, an improvement of 1:30. Two other varsity boys show great improvement from last year, Greg Funk cutting 1:19 off his time and Jeremy Jackman taking off 1:11.

April Malvino led the girls team in the most improved category by running 1:10 faster than her 1995 best and making varsity for the first time. Diana Rancourt PR'd by 46 seconds and finished just a step behind Shewit Haile in the race for #1 Viking. This was Shewit's first time on the course and she led the team to a 2nd-place finish by taking 6th in the race. Erin Perry makes her varsity team debut.

The JV Boys took 2nd as well, led by Travis Phelps' 2nd-place finish and newcomer soph Mark Davis' 3rd.

**Pre-Season Meet vs. Healdsburg  
and Analy  
September 9 at Spring Lake  
Course: 2.0 miles, rolling**

Girls	Place	Time	Pace
1 Haile	1	13:12	6:36
2 Rancourt	2	13:18	6:39
3 Finch	7	14:47	7:23
4 Malvino	8	15:30	7:45
5 Mackie	9	15:40	7:50
6 Bei	11	15:52	7:56
7 Perry	13	16:53	8:26
8 Pacheco	14	16:54	8:27
9 McCon	15	17:29	8:44
10 Horowitz	20	18:59	9:29
11 Temple	21	19:57	9:58
12 Howell	28	23:35	11:47

**Varsity Girls: 3 teams, 28 finishers**

1. MONTGOMERY 27, 2. Analy 39,  
3. Healdsburg 68

Boys	Place	Time	Pace
1 Funk, K.	2 V	10:56	5:28
2 DeSelle	3 V	11:03	5:31
3 Staroba	4 V	11:18	5:39
4 Jackman	8 V	11:34	5:47
5 Finlay	9 V	11:49	5:54
6 Funk, G.	10 V	11:53	5:56
7 Currie	11 V	11:53	5:56
8 Buonaccorsi	12 V	12:02	6:01
9 Phelps	1 JV	12:50	6:25
10 Davis	2 JV	12:55	6:27
11 Chapin	3 JV	13:25	6:42
12 Ruud	8 JV	14:27	7:13
13 Buser, J.	9 JV	14:43	7:21
14 Koch	10 JV	14:51	7:25
15 Goodwin	16 JV	15:54	7:57
16 Natemeyer	17 JV	15:56	7:58

**Varsity Boys: 3 teams, 24 finishers**

1. MONTGOMERY 26, 2. Healdsburg 40,  
3. Analy 72

**JV Boys: 2 teams, 22 finishers**

1. MONTGOMERY 21, 2. Healdsburg 36

**Pre-season meet at Spring Lake**

A sweep for MHS teams in this 3-way meet on the 2-mile course. Shewit Haile gets her first H.S. cross country win, edging out teammate Diana Rancourt by a few seconds again and PR'ing by a hefty 1:36. Kevin Funk led the varsity boys to victory by taking 2nd. Greg Funk (:32), Jeremy Jackman (:23) and Brook Buonaccorsi (:14) led the boys in PRs. Travis Phelps was the winner of the JV boys race, 5 seconds ahead of teammate Mark Davis, who was followed by Kevin Chapin in a 1-2-3 MHS finish.

**Viking Opener**

The senior boys team of Kevin Funk (4th), John Staroba (8th) and Jerry Finlay (17th) complete a 3-year sweep of Viking Opener races by edging out Vintage of Napa. The junior-senior girls team grabs 2nd place among 15 teams, led again by Haile (4th) and Rancourt (6th). Sarah Pacheco moves to #3 varsity, her first varsity performance. Her 2:20 PR from 5 days earlier leads the team. Other great improvements come from 1st-year runners Darren Natemeyer (2:18), Alisha McCon (1:45), Nathan Koch (1:20), Cuyler Goodwin (1:20) and Adrienne Howell (1:17). Erin Perry cuts 1:03 from her 1995 time and Geoff Buser is 53 seconds faster. Jason DeSelle is the Junior Boys champion leading his team to 2nd place and Greg Funk medals in the Frosh-Soph, taking 6th.

**Viking Opener Invitational  
September 14 at Spring Lake  
Course: 2.0 miles, rolling**

Girls	Place	Time	Pace
1 Haile	4 JS	12:51	6:26
2 Rancourt	6 JS	12:58	6:29
3 Pacheco	28 JS	14:34	7:17
4 Finch	30 JS	14:37	7:18
5 Malvino	63 FS	15:32	7:46
6 Mackie	44 JS	15:34	7:47
7 Perry	45 JS	15:36	7:48
9 McCon	49 JS	15:44	7:52
9 Thomas	54 JS	15:59	7:59
10 Sohl	55 JS	16:00	8:00
11 Glidden	62 JS	16:24	8:12
12 Temple	78 JS	17:32	8:46
13 Horowitz	84 JS	18:05	9:02
14 Howell	93 JS	22:18	11:09

**Junior-Senior Girls: 95 finishers**

1. Ursuline 21, 2. MONTGOMERY 35,  
3. Middletown 49, 4. Eureka 51, 5. Ukiah 54,  
6. Santa Rosa 62, 7. Oak Ridge 69,  
8. Napa 70, 9. Vintage 70, 10. Novato 88,  
11. Redwood 102, 12. Rancho Cotate 105,  
13. Bear River 114, 14. Analy 143,  
15. El Molino 157

**Frosh-Soph Girls: 111 finishers**

Boys	Place	Time	Pace
1 Funk, K.	4 Sr	10:36	5:18
2 DeSelle	1 Jr	16:58	8:29
3 Staroba	8 Sr	10:43	5:21
4 Finlay	17 Sr	11:18	5:39
5 Currie	11 Jr	11:30	5:45
6 Funk, G.	6 FS	11:31	5:45
7 Jackman	20 Sr	11:35	5:47
8 Buonaccorsi	21 Jr	11:52	5:56
9 Phelps	28 Jr	12:30	6:15
10 Davis	28 FS	12:31	6:15
11 Chapin	50 Sr	13:00	6:30
12 Koch	74 FS	13:31	6:45
13 Natemeyer	80 FS	13:38	6:49
13 Buser, G.	92 FS	14:03	7:01
15 Ruud	57 Jr	14:08	7:04
16 Buser, J.	74 Sr	14:27	7:13
17 Goodwin	102 FS	14:34	7:17
18 Smith	117 FS	15:27	7:43
19 Mullins	122 FS	15:33	7:46

**Senior Boys: 82 finishers**

1. MONTGOMERY 23, 2. Vintage 29,  
3. Novato 33, 4. Redwood 42, 5. Ukiah 67,  
6. Oak Ridge 70, 7. Fortuna 80,  
8. Santa Rosa 98, 9. Healdsburg 98,  
10. Napa 109, 11. Elsie Allen 110,  
12. Willits 112, 13. Kelseyville 116,  
14. Cardinal Newman 117, 15. Bear River 130

**Junior Boys: 66 finishers**

1. Ukiah 16, 2. MONTGOMERY 27,  
3. Cardinal Newman 35, 4. Redwood 41,  
5. Eureka 41, 6. Napa 47, 7. Elsie Allen 66,  
8. Healdsburg 74, 9. Fortuna 75,  
10. Rancho Cotate 86, 11. Santa Rosa 107,  
12. Sonoma Valley 111

**Frosh-Soph Boys: 135 finishers**

1. Eureka 40, 2. Vintage 55, 3. Bear River 64,  
4. Healdsburg 65, 5. Analy 66, 6. Fortuna 66,  
7. Oak Ridge 68, 8. Cardinal Newman 77,  
9. Santa Rosa 86, 10. Elsie Allen 87,  
11. MONTGOMERY 96, 12. Ukiah 99,  
13. Casa Grande 110, 14. Napa 113,  
15. Novato 132, 16. Redwood 157,  
17. Sonoma Valley 17, 18. Middletown 172,  
19. Marin Catholic 190, 20. Rancho Cotate 214,  
21. Piner 252

**Frogtown Invitational**  
September 21 at Angels Camp  
Course/conditions: hilly, hot

**Varsity Girls: 2.9 Miles**

	Place	Time	Pace
1 Haile	7	20:35	7:05
2 Rancourt	9	20:49	7:10
3 Bei	32	24:04	8:17
4 Malvino	34	24:16	8:21
5 Mackie	43	25:49	8:54

**Junior Varsity Girls: 2.1 Mile**

1 McCon	9	16:52	8:01
2 Horowitz	30	19:20	9:12
3 Howell	41	23:44	11:18

**Varsity Girls: 73 finishers**

1. Davis 33, 2. Madera 54, 3. Sonora 91,  
4. St. Francis 93, 5. MONTGOMERY 98,  
6. Lincoln 149, 7. Ceres 205, 8. Stagg 206

**JV Girls: 42 finishers**

**Varsity & JV Boys: 2.9 Miles**

	Place	Time	Pace
1 DeSelle	5 V	16:36	5:43
2 Staroba	11 V	16:54	5:49
3 Finlay	23 V	17:40	6:05
4 Jackman	35 V	17:56	6:11
5 Buonaccorsi	45 V	18:39	6:25
6 Chapin	16 JV	20:45	7:09
7 Phelps	19 JV	21:20	7:21
8 Buser, J.	28 JV	22:40	7:48
9 Ruud	39 JV	23:59	8:16
10 Anderson	44 JV	25:03	8:38

**Frosh / Soph Boys: 2.1 Miles**

1 Funk, G.	18	12:39	6:01
2 Houghton	48	14:59	7:08
3 Buser, G.	53	15:25	7:20
4 Koch	55	15:34	7:24
5 Goodwin	57	15:38	7:26
6 Natemeyer	59	15:49	7:31

**Varsity Boys: 103 finishers**

1. McFarland 30, 2. Madera 53, 3. Sonora 102,  
4. Davis 109, 5. MONTGOMERY 112,  
6. Casa Roble 188, 7. Atwater 217,  
8. Tokay 226, 9. Kennedy 231, 10. Lincoln 234,  
11. Lodi 249, 12. El Camino 341

**Junior Varsity Boys: 50 finishers**

1. Madera 17, 2. Stagg 52, 3. Kennedy 91,  
4. Lincoln 104, 5. MONTGOMERY 116,  
6. Edison 124

**Frosh / Soph Boys: 77 finishers**

1. Madera 25, 2. Casa Roble 44, 3. Lincoln 58,  
4. Kennedy 115, 5. Lodi 143,  
6. MONTGOMERY 187, 7. Edison 195,  
8. Davis 196, 9. Sonora 237

**NBL Pre-Season Meet vs. Elsie Allen,  
Healdsburg, Santa Rosa, Piner and Sonoma**  
Spring Lake Course: 3 miles, rolling

Girls	Place	Time	Pace
1 Rancourt	4 V	19:51	6:37
2 Haile	5 V	20:42	6:54
3 Bei	9 V	22:22	7:27
4 Pacheco	10 V	22:35	7:31
5 Malvino	11 V	22:37	7:32
6 Glidden	2 JV	23:28	7:49
7 Mackie	15 V	23:56	7:58
8 McCon	4 JV	24:23	8:07
9 Temple	10 JV	30:28	10:09
10 Howell	13 JV	34:01	11:20

**Varsity Girls: 19 finishers**

Santa Rosa 19, MONTGOMERY 36

**Junior Varsity Girls: 13 finishers**

BOYS	Place	Time	Pace
1 DeSelle	3 V	16:16	5:25
2 Staroba	4 V	16:46	5:35
3 Funk, K.	5 V	16:47	5:35
4 Finlay	7 V	17:20	5:46
5 Currie	8 V	17:27	5:49
6 Funk, G.	10 V	17:38	5:52
7 Buonaccorsi	13 V	17:53	5:57
8 Jackman	15 V	18:05	6:01
9 Davis	1 JV	19:09	6:23
10 Chapin	2 JV	19:21	6:27
11 Phelps	4 JV	19:52	6:37
12 Smith	14 JV	21:42	7:14
13 Natemeyer	15 JV	21:44	7:14
14 Ruud	18 JV	22:07	7:22
15 Buser, J.	24 JV	22:32	7:30
16 Goodwin	25 JV	22:52	7:37
17 Koch	27 JV	23:01	7:40
18 Houghton	29 JV	23:31	7:50
19 Anderson	31 JV	23:49	7:56
20 Buser, G.	32 JV	23:52	7:57
21 Mullins	35 JV	26:28	8:49

**Varsity Boys: 37 finishers**

MONTGOMERY 27, Healdsburg 66,  
Elsie Allen 69, Santa Rosa 81, Sonoma 126

**Junior Varsity Boys: 40 finishers**

MONTGOMERY 36, Healdsburg 39,  
Santa Rosa 60, Elsie Allen 94

**Pre-Season 3-Miler at Spring Lake**

The varsity boys team improves to 11-and-0 with 5 of the top 8 runners. PRs are earned by Greg Funk (42 seconds), Brook Buonaccorsi (39) and John Staroba (6).

Diana Rancourt gains the #1 Viking spot for the first time in 1996, bettering her PR from last year by 7 seconds. April Malvino leads the girls team in improvement with a 29-second PR.

The JV boys records stands at 8-and-1 with this win over Healdsburg. Mark Davis wins a high school race for the 1st time and Kevin Chapin better his 1995 time by 4 seconds in taking 2nd. Alisha McCon leads the Viking JV girls with her 4th-place finish.

**Cowchip Invitational**

A brand-new invitational and therefore no Viking history on the course. The day turns hot by the time the varsity races begin. Cows threaten the runners. Wildcats eventually subdue the varsity teams. Unfortunately those Wildcats are from Ukiah and will be seen again and again later in the season. Diana Rancourt takes the lead before the mile mark in the varsity girls race and never surrenders it, becoming the first Cowchip Invitational girls champion. Shewit Haile runs with Diana for the first half of the race and ends up 4th. Lisa Mackie, April Malvino and Amy Bei help the team to a 3rd-place finish. JV girls medals are taken by Natalie Sohl in 4th, Laura Thomas in 7th and Michelle Finch in 8th as the team places 2nd.

Jason DeSelle, in 5th, and Kevin Funk, 6th, lead the boys team as they fall to Ukiah by a single point. Greg Funk has a breakthrough effort, taking the lead in the frosh-soph boys race about halfway through and holding on for his first win. Mark Davis takes 14th in that race. Kevin Chapin and Travis lead the JV boys by taking 4th and 5th, respectively.

**Cowchip Invitational**  
October 5 at Stafford Lake County Park  
Course: Varsity & JV - 3.0 miles;  
Frosh/Soph - 1.7 miles

Varsity & JV Girls	Place	Time	Pace
1 Rancourt	1 V	20:04	6:41
2 Haile	4 V	20:44	6:54
3 Mackie	27 V	23:54	7:58
4 Sohl	4 JV	24:12	8:04
5 Malvino	32 V	24:24	8:08
6 Bei	34 V	24:43	8:14
7 Thomas	7 JV	24:53	8:17
8 Finch	9 JV	25:11	8:23
9 Pery	11 JV	26:15	8:45
10 Howell	17 JV	36:13	12:04

**Varsity Girls: 6 teams, 50 finishers**

1. Ukiah 62, 2. St. Francis 63,  
3. MONTGOMERY 73, 4. Vacaville 78,  
5. Vintage 92, 6. Kelseyville 116

**JV Girls: 3 teams, 17 finishers**

1. St. Francis 26, 2. MONTGOMERY 45,  
3. Rancho Cotate 58

Varsity & JV Boys	Place	Time	Pace
1 DeSelle	5 V	16:39	5:33
2 Funk, K.	6 V	16:41	5:33
3 Staroba	13 V	17:02	5:40
4 Finlay	17 V	17:28	5:49
5 Currie	21 V	17:42	5:54
6 Jackman	34 V	18:38	6:12
7 Buonaccorsi	40 V	18:55	6:18
8 Chapin	4 JV	19:58	6:39
9 Phelps	5 JV	20:11	6:43
10 Buser, J.	14 JV	21:45	7:15
11 Ruud	17 JV	22:21	7:27

**Frosh / Soph Boys**

1 Funk, G.	1	9:31	5:35
2 Davis	14	10:26	6:08
3 Natemeyer	40	11:22	6:41
4 Koch	53	11:48	6:56
5 Houghton	66	12:25	7:18
6 Buser, G.	76	12:26	7:18
7 Mullins		13:05	7:41

**Varsity Boys: 10 teams, 95 finishers**

1. Ukiah 48, 2. MONTGOMERY 49,  
3. Vintage 82, 4. Novato 85,  
5. Elsie Allen 178, 6. Healdsburg 178,  
7. Rancho Cotate 184, 8. Alameda 205,  
9. Petaluma 212, 10. Kelseyville 231

**JV Boys: 28 finishers**

**Frosh/Soph Boys: 9 teams, 76 finishers**

1. Casa Grande 49, 2. Vacaville 68,  
3. Novato 86, 4. Elsie Allen 94,  
5. MONTGOMERY 129, 6. Healdsburg 163,  
7. Alameda 164, 8. Marin Catholic 188,  
9. Fairfield 192

**Frogtown Invitational**

The team's first visit to this Angels Camp meet makes all remaining meets seem easy by comparison. Challenging hills, stifling heat, dusty trails, lack of shade and tough competition were the obstacles to overcome.

Shewit Haile and Diana Rancourt run much of the race together, Shewit taking 7th and Diana finishing 9th after moving up from 15th at the mile mark. Jason DeSelle does the same sort of come-from-behind racing, going from 12th to 5th over the final two miles. The varsity boys take 5th without injured runners Jake Currie and Kevin Funk.

Alisha McCon wins her first cross country medal by taking 9th in the JV girls race and Kevin Chapin leads the JV boys in 16th.

**Castro Valley Invitational**  
**October 12 at Canyon Middle School**  
**Course: Varsity - 3.0 miles, hilly;**  
**Frosh/Soph & JV - 2.1 miles, hilly.**

Varsity Girls	Place	Time	Pace
1 Rancourt	16	21:24	7:08
2 Haile	31	23:11	7:43
3 Malvino	41	24:08	8:02
4 Finch	43	24:19	8:06
5 Mackie	45	24:29	8:09

**Varsity Girls: 9 teams, 65 finishers**

1. Carondelet 43, 2. Santa Rosa 91,  
 3. College Park 99, 4. Logan 112,  
 5. Castro Valley 113, 6. Westmoor 135,  
 7. Alhambra 149, 8. MONTGOMERY 149,  
 9. Novato 172

JV Girls	Place	Time	Pace
6 Bei	16	17:01	8:06
7 Glidden	17	17:03	8:07
8 McCon	54	18:33	8:50
9 Fletcher	71	19:20	9:12
10 Perry	76	19:46	9:24

**JV Girls: 10 teams, 105 finishers**

1. Carondelet 67, 2. Logan 68,  
 3. Lincoln 80, 4. Arroyo 141,  
 5. Antioch 142, 6. Castro Valley 147  
 7. Rancho Cotate 151, 8. MONTGOMERY 160,  
 9. College Park 206, 10. Westmoor 222

Varsity Boys	Place	Time	Pace
1 Funk, K.	7	17:17	5:45
2 DeSelle	9	17:21	5:47
3 Staroba	28	18:07	6:02
4 Jackman	30	18:14	6:04
5 Currie	36	18:24	6:08
6 Buonaccorsi	56	19:46	6:35

**Frosh-Soph and Junior Varsity Boys**

1 Funk, G.	5 F/S	12:48	6:05
2 Davis	29 F/S	13:37	6:29
3 Chapin	50 JV	14:49	7:03
4 Phelps	53 JV	14:54	7:05
5 Natemeyer	81 F/S	15:04	7:10
6 Koch	84 F/S	15:05	7:10
7 Houghton	99 F/S	15:35	7:25
8 Ruud	86 JV	16:10	7:41

**Varsity Boys: 13 teams, 94 finishers**

1. De La Salle 64, 2. MONTGOMERY 106,  
 3. College Park 107, 4. Logan 125,  
 5. Castro Valley 137, 6. Westmoor 141,  
 7. Mission San Jose 171, 8. Novato 188,  
 9. Elsie Allen 222, 10. Irvington 226,  
 11. Riordan 249, 12. Sacred Heart 269,  
 13. Rancho Cotate 276

**JV Boys: 122 finishers**

**Frosh/Soph Boys: 19 teams, 143 finishers**

1. Lincoln 100, 2. Logan 106, 3. De La Salle 129,  
 4. Bishop O'Dowd 149, 5. Castro Valley 163,  
 6. College Park 208, 7. Hayward 222,  
 8. Analy 225, 9. Antioch 232,  
 10. San Leandro 257, 11. Foothill 259,  
 12. MONTGOMERY 265, 13. Alhambra 272,  
 14. Salesian 364, 15. Westmoor 378,  
 16. Berkeley 389, 17. Newark Memorial 397,  
 18. Marin Catholic 405, 19. Benicia 415

**Castro Valley Invitational**

Greg Funk is the top finisher on the day, taking 5th in the Frosh-Soph boys race and bettering his 1995 time by 1:17. Kevin Chapin runs the 2-mile course for the first time in 2 years and PRs by 2:05. April Malvino lead the girls in improvement again, running 1:38 faster than last year. Jeremy Jackman improves by 1:34 and runs his best race of the year, helping our varsity boys team take 2nd place. Kevin Funk leads the team with his 7th-place finish, 2 spots and 4 seconds ahead of Jason DeSelle. John Staroba is 49 seconds faster than in 1995 and Erin Perry runs 24 seconds faster than she did last year. Diana Rancourt leads the girls team for the 3rd-straight meet and becomes the fastest female Viking to ever finish the 3-mile course.

Other PRs on the day include Travis Phelps' 15-second improvement and Kevin Funk's 7-second PR.

**NBL Tri-Meet vs.**  
**Rancho Cotate and Piner**  
**October 16 at Rancho Cotate H.S.**  
**Course: 2.8 miles, flat**

Girls	Place	Time	Pace
1 Haile	1 V	17:41	6:18
2 Rancourt	2 V	17:45	6:20
3 Finch	6 V	19:41	7:01
4 Malvino	7 V	19:41	7:01
5 Glidden	9 V	19:53	7:06
6 Bei	11 V	20:31	7:19
7 Mackie	12 V	20:39	7:22
8 McCon	15 V	21:45	7:46
9 Perry	16 V	22:08	7:54
10 Fletcher	17 V	22:33	8:03

**Varsity Girls: 22 finishers**

- MONTGOMERY 19, Rancho Cotate 45,  
 Piner - incomplete

Boys	Place	Time	Pace
1 Funk, K.	1 V	14:42	5:15
2 DeSelle	2 V	14:54	5:19
3 Staroba	3 V	15:05	5:23
4 Currie	4 V	15:17	5:27
5 Funk, G.	5 V	15:18	5:27
6 Jackman	6 V	15:22	5:29
7 Finlay	7 V	15:54	5:40
8 Buonaccorsi	9 V	16:15	5:48
9 Davis	1 JV	16:18	5:49
10 Chapin	2 JV	17:10	6:07
11 Koch	3 JV	17:50	6:22
12 Phelps	4 JV	18:03	6:26
13 Natemeyer	7 JV	18:29	6:36
14 Smith	8 JV	18:32	6:37
15 Houghton	9 JV	18:35	6:38
16 Mullins	13 JV	21:49	7:47

**Varsity Boys: 20 finishers**

- MONTGOMERY 15, Rancho Cotate 50  
**Junior Varsity Boys: 17 finishers**  
 MONTGOMERY 17, Rancho Cotate 44

**NBL Tri-Meet at Rancho Cotate**

The opening of the North Bay League season is a great success for most of the Vikings as 21 of the 24 runners who had been on the course before scored PRs, 12 of those being by more than a full minute. Improvements by first-year runners are led by Adam Smith (3:40 faster) and Darren Natemeyer (3:19 faster). Nathan Koch, at 2:19 better, and Alisha McCon, 2:11, show great improvement as well.

Those who have run the course several times include April Malvino, who ran 1:50 faster than her previous best, and Lisa Mackie, who was 1:47 faster than in previous years. Jeremy Jackman runs 1:12 faster for the 2nd straight race on this course to lead varsity boys in PRs. Shewit Haile wins the race and improves by 1:07. Others who improve by more than a minute are Greg Funk, 1:09, Michelle Finch, 1:04, and Erin Perry and Diana Rancourt, each 1:03 faster. Michelle and Sonya Glidden each run strong races to recapture varsity positions on the girls team. Kevin Funk leads a top-7 sweep by the varsity boys and Mark Davis wins another JV race.

**Mariner Invitational**  
**October 19 at Garin Regional Park**  
**Course: Varsity 2.9 miles;**  
**Frosh/Soph & JV - 2.1 miles**

Varsity Girls	Place	Time	Pace
1 Finch	57	22:33	7:46
2 Malvino	63	23:07	7:58
3 Bei	65	23:21	8:03

**Junior Varsity Girl**

1 Sohl	5	15:35	7:25
6 Thomas	9	15:48	7:31

**Varsity Girls: 84 finishers**

**JV Girls: 54 finishers**

Varsity Boys	Place	Time	Pace
1 Funk, K.	9	16:15	5:36
2 DeSelle	10	16:20	5:37
3 Staroba	15	16:28	5:40
4 Currie	30	17:05	5:53
5 Jackman	34	17:06	5:53
6 Finlay	39	17:23	5:59
7 Buonaccorsi	67	18:55	6:31

**Junior Varsity & Frosh / Soph Boys**

1 Funk, G.	5 F/S	11:50	5:38
2 Phelps	10 JV	13:15	6:18
3 Chapin	15 JV	13:49	6:34
4 Koch	47 F/S	14:01	6:40
5 Houghton	54 F/S	14:14	6:46
6 Smith	61 F/S	14:27	6:52
7 Ruud	27 JV	14:51	7:04
8 Mullins	81 F/S	15:45	7:30

**Varsity Boys: 11 teams, 85 finishers**

1. Mt.Camel 48, 2. MONTGOMERY 86,  
 3. Sultana 98, 4. Skyline 100,  
 5. Homestead 112, 6. Oak Ridge 145,  
 7. Pleasant Valley 147, 8. Irvington 206,  
 9. Lowell 208, 10. Kennedy 208,  
 11. Liberty 279

**JV Boys: 41 finishers**

**Frosh/Soph Boys: 10 teams, 91 finishers**

1. Bear Creek 36, 2. Aragon 43,  
 3. Kennedy 90, 4. Pleasant Valley 121,  
 5. Oak Ridge 158, 6. Hayward 166,  
 7. MONTGOMERY 184, 8. San Leandro 187,  
 9. Castro Valley 226, 10. Lowell 236

**Mariner Invitational**

Members of the girls team spend the morning taking PSAT tests and miss the meet. The varsity boys have another impressive performance as the top 3 of Kevin Funk (9th), Jason DeSelle (10th) and John Staroba (15th) finish in a span of 13 seconds. Jake Currie and Jeremy Jackman follow as the team takes 2nd to a team from San Diego. Medalists include Travis Phelps, taking 10th in the JV boys race, and JV girls Natalie Sohl, 5th, and Laura Thomas, 9th. Travis' time is 2:00 faster than his course time of 2 years ago. Kevin Chapin runs 1:02 faster than his 1994 time. Greg Funk finishes 3rd in the Frosh-Soph race for another medal.

Cracking Montgomery's All-Time Top Ten lists for this course are varsity boys Kevin Funk (4th), Jason DeSelle (5th) and John Staroba (9th); varsity girls Michelle Finch, 8th, and April Malvino, 10th; frosh-soph Greg Funk, 2nd; and JV girls Natalie Sohl, 1st, and Laura Thomas, 2nd.

**NBL Tri-Meet vs. Ukiah and M.Carrillo**  
**October 23 at Spring Lake**  
**Course: 3.0 miles, rolling**

Girls	Place	Time	Pace
1 Rancourt	1 V	19:42	6:34
2 Haile	2 V	20:26	6:48
3 Pacheco	6 V	21:28	7:09
4 Finch	8 V	21:52	7:17
5 Malvino	11 V	22:10	7:23
6 Sohl	13 V	22:27	7:29
7 Glidden	14 V	22:46	7:35
8 Mackie	3 JV	22:57	7:39
9 Thomas	4 JV	23:58	7:59
10 McCon	5 JV	24:53	8:17
11 Perry	6 JV	25:09	8:23
12 Bei	7 JV	25:20	8:26

**Varsity Girls: 14 finishers**

Ukiah 28, MONTGOMERY 28, Maria Carrillo - inc.

Ukiah wins tie-breaker

**Junior Varsity Girls: 8 finishers**

MONTGOMERY 15, Ukiah and Maria Carrillo - inc.

Boys	Place	Time	Pace
1 Funk, K.	3 V	16:15	5:25
2 DeSelle	4 V	16:30	5:30
3 Staroba	6 V	16:38	5:32
4 Funk, G.	7 V	16:46	5:35
5 Currie	10 V	17:06	5:42
6 Finlay	11 V	17:23	5:47
7 Jackman	14 V	17:38	5:52
8 Davis	1 JV	17:57	5:59
9 Buonaccorsi	2 JV	18:10	6:03
10 Chapin	6 JV	19:31	6:30
11 Koch	7 JV	19:35	6:31
12 Phelps	8 JV	20:03	6:41
13 Houghton	9 JV	20:42	6:54
14 Natemeyer	10 JV	20:46	6:55
15 Smith	11 JV	20:53	6:57
16 Buser, J.	14 JV	21:41	7:13
17 Ruud	16 JV	22:19	7:26
18 Mullins	18 JV	24:57	8:19

**Varsity Boys: 16 finishers**

Ukiah 25, MONTGOMERY 30, M.Carrillo - inc.

**Junior Varsity Boys: 18 finishers**

MONTGOMERY 24, Ukiah 35, M.Carrillo - inc.

**NBL Tri-Meet vs. Ukiah & Maria Carrillo**

A disappointing day for the Vikings. Although the JV teams win comfortably, the girls varsity team loses on a tie-breaker -- Ukiah has the fastest 6th finisher -- and the varsity boys go down to defeat for the first time in 2 years.

Sophomore Nathan Koch has a breakthrough race, PR'ing by 3:26 in helping the JV boys to victory. Freshman John Houghton improves by 2:49 in his second attempt on the course. Laura Thomas breaks her PR from 2 years ago by 1:16 and Mark Davis wins the JV boys race by running 1:12 faster than he ran 4 weeks earlier. Other big PRs go to Sarah Pacheco (1:07), Darren Natemeyer (0:58), Greg Funk (0:52) and Adam Smith (0:49). Greg led the varsity boys in improvement and his time is 1:34 faster than his best freshman time. April Malvino PRs (27 seconds) for the 4th-straight time and Diana Rancourt moves up a notch to 2nd on the MHS all-time list on the 3-mile Spring Lake course.

**NBL Dual Meet vs. Elsie Allen**  
**October 30 at Elsie Allen H.S.**  
**Course: 3.1 miles, flat**

Girls	Place	Time	Pace
1 Haile	1 V	19:42	6:21
2 Rancourt	2 V	19:47	6:22
3 Pacheco	3 V	21:32	6:56
4 Finch	4 V	21:38	6:58
5 Bei	5 V	21:44	7:00
6 Glidden	6 V	21:57	7:04
7 Malvino	7 V	22:18	7:11
8 Perry	1 JV	24:03	7:45
9 Mackie	1 JV	24:03	7:45
10 McCon	1 JV	24:03	7:45
11 Fletcher	4 JV	25:20	8:10

**Varsity Girls: 7 finishers**

MONTGOMERY 15, Elsie Allen 50

**Junior Varsity Girls: 4 finishers**

Boys	Place	Time	Pace
1 Funk, K.	1 V	16:17	5:16
2 DeSelle	2 V	16:18	5:15
3 Funk, G.	4 V	16:44	5:23
4 Finlay	5 V	16:49	5:25
5 Currie	6 V	16:51	5:26
6 Jackman	8 V	16:55	5:27
7 Staroba	9 V	17:20	5:35
8 Buonaccorsi	1 JV	17:37	5:40
9 Davis	2 JV	18:11	5:51
10 Phelps	3 JV	19:07	6:10
11 Koch	4 JV	19:15	6:12
12 Chapin	7 JV	19:39	6:20
13 Houghton	8 JV	19:40	6:20
14 Natemeyer	9 JV	19:53	6:24
15 Ruud	12 JV	20:39	6:39
16 Smith	14 JV	21:26	6:54
17 Mullins	15 JV	23:43	7:39

**Varsity Boys: 14 finishers**

MONTGOMERY 18, Elsie Allen 43

**Junior Varsity Boys: 15 finishers**

MONTGOMERY 17, Elsie Allen 44

**NBL Dual Meet at Elsie Allen**

The girls team runs uncontested but the 2-minute gap from runners 1 to 5 is one of the better team performances of the season. Amy Bei and Michelle Finch move into the top 5.

Easy victories for the boys teams. Kevin Funk outprints Jason DeSelle for the varsity win and Brook Buonaccorsi runs away from the field in the JV boys race.

**NBL Tri-Meet vs. Ursuline, Cardinal Newman and Santa Rosa**  
**November 6 at Spring Lake**  
**Course: 3.0 miles, rolling**

Girls	Place	Time	Pace
1 Rancourt	6 V	19:23	6:27
2 Haile	11 V	20:51	6:57
3 Finch	15 V	21:40	7:13
4 Malvino	16 V	21:54	7:18
5 Bei	17 V	22:37	7:32
6 Mackie	18 V	23:27	7:49
7 McCon	4 JV	24:20	8:06
8 Perry	5 JV	24:21	8:07
9 Glidden	20 V	26:35	8:51
10 Howell	6 JV	33:59	11:19

**Varsity Girls: 21 finishers**

Santa Rosa 24, Ursuline 37, MONTGOMERY 65

**Junior Varsity Girls: 6 finishers**

Boys	Place	Time	Pace
1 Funk, K.	1 V	15:58	5:19
2 Currie	5 V	16:38	5:32
3 DeSelle	7 V	16:47	5:35
4 Funk, G.	8 V	16:52	5:37
5 Staroba	10 V	17:05	5:41
6 Finlay	11 V	17:08	5:42
7 Jackman	13 V	17:21	5:47
8 Davis	1 JV	17:48	5:56
9 Buonaccorsi	2 JV	18:18	6:06
10 Phelps	8 JV	19:12	6:24
11 Koch	10 JV	19:51	6:37
12 Houghton	12 JV	20:11	6:43
13 Chapin	13 JV	20:22	6:47
14 Ruud	17 JV	20:45	6:55
15 Natemeyer	19 JV	20:55	6:58
16 Smith	21 JV	21:20	7:06
17 Buser, J.	25 JV	21:52	7:17
18 Mullins	32 JV	23:57	7:59

**Varsity Boys: 21 finishers**

MONTGOMERY 31, Cardinal Newman 48, Santa Rosa 51

**Junior Varsity Boys: 33 finishers**

MONTGOMERY 39, Cardinal Newman 39, Santa Rosa 51

**NBL Tri-Meet vs. Newman, Ursuline, and Santa Rosa**

The JV boys complete an undefeated NBL season and finish with a record of 15 wins and 1 loss. Soph Mark Davis gets another PR in winning for the 3rd-straight time on the 3-mile Spring Lake Course. Eric Ruud crushes his PR by 1:22 and Ryan Mullins is exactly 1 minute faster than his first race on the course. John Houghton cuts 31 seconds from his best and Travis Phelps gets his first home course PR of the year by 11 seconds.

The varsity boys handle their traditional rivals and match the JV season record of 15-and-1 led by Kevin Funk's sub-16-minute, first-place effort. Jake Currie gets his first home-course PR and finishes as the #2 Viking for the first time ever. The girls team falls to two of the top teams in Northern California and finishes the season with a record of 8-and-5. Diana Rancourt PRs for the 6th-straight time dating back to October of 1995. April Malvino makes it 5 PRs in-a-row over the same span. Erin Perry leads the girls team in improvement with her cut of 48 seconds. Michele Finch, Alisha McCon and Adrienne Howell all better their previous best times.

**North Bay League Championships**  
November 15 at Spring Lake  
Course: 3 miles, rolling

Girls	Place	Time	Pace
1 Rancourt	7 V	19:20	6:26
2 Haile	10 V	20:11	6:43
3 Mackie	25 V	21:52	7:17
4 Malvino	26 V	21:55	7:18
5 Finch	31 V	22:34	7:31
6 Glidden	33 V	22:36	7:32
7 McCon	8 JV	23:03	7:41
8 Bei	35 V	23:18	7:46
9 Perry	14 JV	23:59	7:59
10 Fletcher	19 JV	24:49	8:16
11 Howell	29 JV	31:24	10:28

**Varsity Girls: 39 finishers**

1. Santa Rosa 26, 2. Ursuline 48,  
3. Ukiah 77, 4. MONTGOMERY 99,  
5. Piner 133, 6. Rancho Cotate 139,  
7/8. Maria Carrillo and Elsie Allen - Incomplete

**Junior Varsity Girls: 30 finishers**

Boys	Place	Time	Pace
1 Funk, K.	2 V	15:56	5:18
2 Staroba	8 V	16:32	5:30
3 DeSelle	9 V	16:34	5:31
4 Finlay	11 V	16:42	5:34
5 Funk, G.	12 V	16:46	5:35
6 Currie	15 V	16:57	5:39
7 Jackman	16 V	17:07	5:42
8 Buonaccorsi	3 JV	18:11	6:03
9 Davis	4 JV	18:18	6:06
10 Koch	10 JV	18:57	6:19
11 Phelps	13 JV	19:09	6:23
12 Chapin	19 JV	19:49	6:36
13 Natemeyer	21 JV	19:58	6:39
14 Houghton	25 JV	20:18	6:46
15 Ruud	31 JV	21:00	7:00
16 Smith	32 JV	21:01	7:00
17 Buser, J.	39 JV	21:57	7:19
18 Mullins	47 JV	23:42	7:54

**Varsity Boys: 51 finishers**

1. Ukiah 37, 2. MONTGOMERY 42,  
3. Cardinal Newman 95, 4. Elsie Allen 113,  
5. Santa Rosa 131, 6. Rancho Cotate 146,  
7. Maria Carrillo 172, 8. Piner - incomplete

**Junior Varsity Boys: 52 finishers**

1. Cardinal Newman 43, 2. MONTGOMERY 49,  
3. Ukiah 55, 4. Santa Rosa 89,  
5. Rancho Cotate 133, 6. Elsie Allen 137,  
7/8. Piner and Maria Carrillo - incomplete

**North Bay League Championship**

For the 3rd-straight time Ukiah's varsity boys deal the Vikings a narrow defeat. Senior boys shine in the race, all four recording PRs led by Jerry Finlay's 24-second improvement. Jeremy Jackman cuts 14 seconds from his best, John Staroba is 6 seconds faster and Kevin Funk, who finished 2nd overall to earn First Team All-League honors for the 2nd-straight year, cut 2 more seconds from his PR set just 9 days earlier. Diana Rancourt runs a PR for the 7th-straight race, and matches Kevin's achievement as a repeat All-League selection. Lisa Mackie has the biggest PR among varsity girls, improving by 35 seconds her time from 2 seasons ago. Shewit Haile breaks into the top 10 with a 15-seconds PR. In the JV ranks, Adrienne Howell cuts a remarkable 2:35 from her previous best and Alisha McCon leads the JV girls by placing 6th in the race. Alisha cut 1:17 from her PR. Erin Perry also PR'd by a lofty 22 seconds. The JV boys were edged out by Cardinal Newman for the team title, Brook Buonaccorsi leading the team with his 3rd-place finish. Darren Natemeyer, with a 48-second PR, and Nathan Koch, 38 seconds, were the most improved JV boys on the day. Ryan Mullins (15 seconds) and Travis Phelps (3) also scored PRs.

**North Coast Section Championships**  
November 23 at Newhall Park in Concord  
Course: 3 miles, one challenging hill

Girls	Place	Time	Pace
1 Rancourt	6	19:20	6:26
2 Haile	12	19:36	6:32
3 Finch	56	22:41	7:33
4 Bei	58	22:45	7:35
5 Glidden	59	23:00	7:40
6 Malvino	60	23:00	7:40
7 Mackie	83	23:24	7:48

**Division II Varsity Girls:**

**10 teams, 72 finishers**

1. Clayton Valley 39, 2. Amador Valley 45,  
3. Mission San Jose 103, 4. Monte Vista 123,  
5. Livermore 142, 6. Castro Valley 145,  
7. MONTGOMERY 186, 8. Ukiah 198,  
9. Northgate 204, 10. Piner 268

Boys	Place	Time	Pace
1 Funk, K.	2	16:25	5:28
2 Finlay	7	16:42	5:34
3 DeSelle	8	16:44	5:34
4 Staroba	10	16:51	5:37
5 Funk, G.	14	17:01	5:40
6 Currie	17	17:10	5:43
7 Jackman	22	17:22	5:47

**Division I Varsity Boys:**

**11 teams, 78 finishers**

1. MONTGOMERY 41, 2. James Logan 65,  
3. Castro Valley 91, 4. Santa Rosa 151,  
5. Antioch 153, 6. Acalanes 180,  
7. Liberty 181, 8. Healdsburg 190,  
9. Alameda 199, 10. Alhambra 202,  
11. Hayward 255

**North Coast Section**

**Championship Meet at Newhall Park in Concord**

While everything went wrong on this day one year ago, this meet was a dream come true for the 1996 Vikings. It started with the Division II girls race, loaded with the #1 (Clayton Valley) and #9 (Amador Valley) teams in the state. Diana Rancourt and Shewit Haile positioned themselves in the top 10 before the halfway mark of the race. They would need to finish in the top 12 to qualify for the state championship meet. Diana continued to move up and finished 8th, taking the 3rd individual qualifying spot. Shewit dropped back to 12th with a half-mile left, was nearly caught with 200 meters to go but then came up with an outstanding finish to nail down the final qualifying position. The two girls become just the 2nd and 3rd girls in MHS cross country history to advance past the NCS meet. Sonya Glidden ran 1:28 faster than her 1995 time on this course. The girls' 7th-place finish marked the first time in 4 tries this year that they finished ahead of Ukiah.

The Division I boys race was next and the MHS team started as the #1 ranked team in the race. By the halfway point in the race there were 4 Vikings in the top 11 and the other 3 boys were not far behind. Kevin Funk hung with the top 4 until the halfway mark where he surged into 2nd place and stayed there the rest of the way. Jerry Finlay has the race of his life, moving up steadily from 14th at the mile mark, eventually finishing 7th as the Viking's 2nd finisher. Jason DeSelle, John Staroba and Greg Funk were the fastest #3, #4 and #5 runners in the race. MHS dominated the event and ended up winning by 24 points.

The PR list for the boys race was impressive. Jeremy was 1:13 faster than last year, Jerry was 53 seconds faster, Kevin by 31 seconds, John by 29, Jake by 19 and Jason by 12 seconds. They are the 4th Viking team in 7 years to qualify for the state championship meet.

**1996 State Meet Qualifiers**

- Diana Rancourt  
Shewit Haile  
Boys Varsity Team:  
Kevin Funk  
Jerry Finlay  
Jason DeSelle  
John Staroba  
Greg Funk  
Jake Currie  
Jeremy Jackman

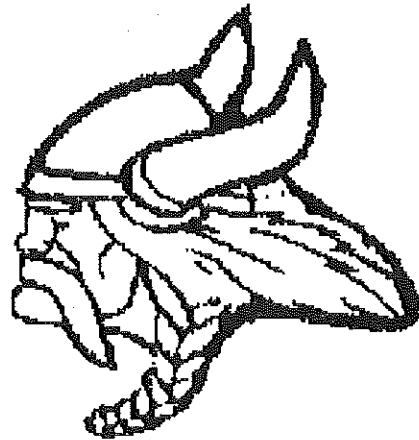
**1996 First Team All-League**

- Kevin Funk  
Diana Rancourt

**1996 Invitational Individual Champions**

- Rancho Cotate Invitational, Varsity Boys: Jason DeSelle  
Viking Opener Invitational, Junior Boys: Jason DeSelle  
Cowchip Classic Invitational, Varsity Girls: Diana Rancourt  
Cowchip Classic Invitational, Frosh/Soph Boys: Greg Funk

# Cross Country



## Practice Miles Season Totals

