


1997
Montgomery
Cross Country



Head Coach: Larry Meredith
Assistant Coach: Tori Meredith

Montgomery Vikings

1997 Cross Country

Varsity Girls

Sonya Glidden, Senior, 4th Yr.
 Shewit Haile, Senior, 4th Yr.
 Diana Rancourt, Senior, 4th Yr.
 Alisha McCon, Senior, 1st Yr.*
 Amy Bei, Junior, 3rd Yr.
 April Malvino, Junior, 3rd Yr.
 Sarah Bashel, Freshman
 Sara Bei, Freshman

*2nd-year team member

1997 Varsity Girls Meet Results

- MHS 19, Casa Grande 39, Willits 77
- MHS 19, Casa Grande 39
- MHS 17, Ukiah 40, Elsie Allen - inc.
- MHS 22, Ursuline 34, Maria Carrillo - inc.
- Santa Rosa 26, MHS 30, Piner 80
- MHS 15, Rancho Cotate 50

Varsity Boys

Jake Currie, Senior, 4th Yr.
 Jason DeSelle, Senior, 4th Yr.
 Brook Buonaccorsi, Senior, 2nd Yr.*
 Greg Mills, Senior, 1st Yr.
 Greg Funk, Junior, 3rd Yr.
 Nathan Koch, Junior, 2nd Yr.
 Mark Davis, Junior, 1st Yr.**
 Mario Escobedo, Junior, 1st Yr.
 Jon Willison, Sophomore, 1st Yr.
 Jon Fitch, Freshman
 Zac Fitch, Freshman
 John McRae, Freshman

*4th-year team member

**2nd-year team member

1997 Varsity Boys Meet Results

- MHS 27, Healdsburg 56, Willits 75, Casa Grande 76
- MHS 40, Healdsburg 68, Analy 82, Casa Grande 92, El Molino 103, Sonoma 110
- Ukiah 25, MHS 42, Elsie Allen 67
- Cardinal Newman 29, MHS 36, Maria Carrillo 76
- MHS 15, Santa Rosa 48, Piner - inc.
- MHS 15, Rancho Cotate 49

Junior Varsity Girls

Erin Perry, Senior, 3rd Yr.

Junior Varsity Boys

Travis Phelps, Senior*
 Justin Morgan, Junior, 1st Yr.
 Ian Ferrel, Sophomore, 1st Yr.
 Rafael Corona, Sophomore, 1st Yr.
 Andrew Jordan, Sophomore, 1st Yr.
 Patrick Band, Freshman
 Ryan Metzler, Freshman
 Eric Ruud, Junior, 1st Yr.

*4th-year team member

Certificate of Participation

Eric Ruud, Senior*

*2nd-year team member

1997 Junior Varsity Boys Meet Results

- MHS 17, Analy 39
- MHS 15, Analy 50
- MHS 19, Ukiah 41, Elsie Allen 72
- MHS 19, Cardinal Newman 41, Maria Carrillo - inc.
- MHS 15, Santa Rosa - inc., Piner - inc.
- MHS 16, Rancho Cotate 46

Invitationals / Post-Season

- Viking Opener: Jr/Sr G-9th; Sr B-4th; Jr B-9th; F/S B-5th
- Ukiah: VG-11th; VB-15th; F/S B -2nd
- Cowchip: VG-3rd; VB-2nd; JVB-4th; F/S B-1st
- Artichoke: VG-6th; VB-9th; JVB-10th
- Castro Valley: VG-2nd; VB-10th; F/S B-5th
- Soquel: VG-3rd; VB-8th
- NBL: VG-2nd; VB-2nd; JVB-2nd
- NCS: VG-2nd; VB-3rd

State Meet Qualifiers

Shewit Haile
 Diana Rancourt
 Alisha McCon
 Amy Bei
 April Malvino
 Sarah Bashel
 Sara Bei

First Team All-League

Jake Currie
 Sara Bei
 Sarah Bashel

Second Team All-League

Diana Rancourt
 Shewit Haile
 Jason DeSelle
 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	6th 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	13th State
1997	13	2	2nd	3rd Div. I	-
Totals	139	12	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	-
1997	9	1	2nd	2nd Div. III	?? State
Totals	90	53	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	-
1997	8	0	2nd	-
Totals	129	5	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.
Totals	3	2	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		
1986	36		
1987	26		
1989	36		
1991	30		
1992	27		
1993	39		
1995	38		

JV Girls	
Year	Points
1986	23

JV Boys	
Year	Points
1982	29
1986	?
1987	26
1988	28
1989	15
1990	20
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	'97	Sara Bei
'85	Paul Cummings		
'86	Kevin Smith		
'87	Mike Contos		
'92	David Toomey		

NCS Individual Champs

Yr	Varsity Boys
'72	Steve Ricker
'85	Paul Cummings
'93	David Toomey

Yr Varsity Girls

'97	Sara Bei
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Yr JV - Fr./So. Boys

'82	Jason Schaumberg (F/S)
'82	Paul Audiss (JV)
'84	Derek Powell (JV)
'85	Randall Watkins (F/S)
'86	Jeff Fletcher (JV)
'87	Barry Howell (JV)
'88	Dean Crane (JV)
'89	Kevin Boone (JV)
'90	Jason Selby (JV)
'91	Scott Story (JV)
'94	Kevin Funk (JV)

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
DeSelle	Funk
Currie	Mills
S.Bei	Malvino
Malvino	Koch
J.Fitch	S.Bei
Z.Fitch	Z.Fitch
Koch	Currie
Funk	J.Fitch
Morgan	McCon
McCon	Willison
Ranccourt	DeSelle
Willison	Morgan
A.Bei	A.Bei
Metzler	McPae
McPae	Buonaccorsi
Mills	Escobedo
Ferrel	Metzler
Band	Davis
Phelps	Morgan
Haile	Ranccourt
Jordan	Glidden
Buonaccorsi	Corona
Escobedo	Perry
Davis	Ferrel
Baschel	Band
Glidden	Baschel
Perry	Jordan
Corona	Phelps
Ruid	Ruid

Cross Country Season Miles	Boys	Girls	
DeSelle	379.3	S.Bei	359.2
Currie	366.9	Malvino	274.5
Funk	313.2	McCon	244.3
Z.Fitch	309.4	A.Bei	216.7
J.Fitch	305.9	Ranccourt	198.7
Koch	288.9	Haile	174.8
Morgan	258.4	Baschel	152.2
McPae	235.6	Glidden	121.0
Ranccourt	215.6	Perry	114.7
Glidden	210.3		
Corona	205.1		
Perry	188.6		
Escobedo	184.6		
Ferrel	184.6		
Davis	184.0		
Metzler	179.5		
Band	164.2		
Jordan	148.6		
Phelps	137.6		
Corona	132.4		
Ruid	66.9		

Cross Country Career Miles	Boys	Girls	
Currie	1365.3	Ranccourt	846.9
DeSelle	1250.6	Malvino	777.3
Phelps	977.6	Glidden	665.9
Buonaccorsi	907.2	A.Bei	657.0
Funk	837.9	Haile	607.2
Koch	482.0	McCon	423.0
Davis	360.4	Perry	395.8
Z.Fitch	309.4	S.Bei	359.2
J.Fitch	305.9	Baschel	152.2
Morgan	258.4		
Ruid	235.6		
McPae	235.0		
Willison	215.6		
Mills	205.1		
Escobedo	188.6		
Ferrel	184.6		
Metzler	179.5		
Band	164.2		
Jordan	148.6		
Corona	132.4		

Single Season Mileage Records		
David Toomey	440.9	'93
Ryan Lew	406.6	'93
Keith Lewis	404.5	'88
Sarah McClendon	361.7	'91
Sara Bei	359.2	'97

Mileage All-Time Career List	Boys	Girls	
1 Jake Currie, '98	1365.3	1 Sarah McClendon, '93	885.6
2 Jason DeSelle, '98	1250.6	2 Diana Ranccourt, '98	846.9
3 David Toomey, '94	1112.3	3 Amy Jordan, '92	835.1
4 John Staroba, '97	1078.0	4 Lisa Gay, '92	829.0
5 Travis Phelps, '98	977.6	5 Jamie Duncan, '93	779.8
6 Jeff Godfrey, '91	926.1	6 April Malvino, '99	777.3
7 Peter Keith, '90	911.6	7 Pamela Richardson, '95	725.3
8 Ryan Lew, '94	910.9	8 Sonya Glidden, '98	665.9
9 Brook Buonaccorsi, '98	907.2	9 Amy Bei, '99	657.0
10 Nate Bisbee, '93	885.1	10 Marisa Reichmuth, '96	618.6
11 Dave Inther, '90	846.8	11 Christina Cushing, '96	609.2
12 Scott Story, '94	844.3	12 Erin Preston, '90	607.8
13 Kevin Chapin, '97	843.7	13 Shewit Haile, '98	607.2
14 Greg Funk, '99	837.9	14 Tanya Mayo, '90	508.4
15 Kevin Funk, '97	823.8	15 Michelle Mayes, '89	502.5
16 Jerry Finlay, '97	823.2	16 Megan Scott, '96	490.5
17 Jeremy Jackman, '97	815.1	17 Chris Ferguson, '86	482.0
18 Star Stevenson, '90	791.8	18 Michelle Finch, '97	480.2
19 Paul Cummings, '86	780.5	19 Lisa Mackie, '98	473.3
20 Marc Spina, '86	733.0	20 Nicole Fischer, '88	469.0
21 Jason Schaurberg, '85	716.0	21 Alisha McCon, '98	423.0
22 Keith Lewis, '89	711.5	22 Amy Chaffin, '95	419.1
23 Tim Cummings, '86	705.5	23 Erin Perry, '98	395.8
24 Nathan Higgins, '95	700.0	24 Kristen Blackwell, '91	387.2

Miles per Season	Boys	Girls	
1 Toomey, '94	370.8	1 S. Bei, '01	359.2
2 Staroba, '97	359.3	2 McClendon, '93	295.2
3 Lewis, '89	355.8	3 Jordan, '92	278.4
4 Higgins, '95	350.0	4 Gay, '92	276.3
5 Currie, '98	341.3	5 McPae, '98	266.0
6 DeSelle, '98	312.7	6 Durcan, '93	259.9
7 Z.Fitch, '01	309.4	7 Malvino, '99	259.1
8 Jf Godfrey, '91	308.7	8 Mayes, '89	251.3
9 J.Fitch, '01	305.9	9 Richardson, '95	241.8
10 Finch, '95	305.0	10 Fischer, '88	234.5
11 Keith, '90	303.9	11 Allard, '99	230.7
12 R.Lew, '94	303.6	12 A.Bei, '99	219.0
13 O'Neill, '91	302.7	13 Vion, '97	216.5
14 Bisbee, '93	295.0	14 Ranccourt, '98	211.7
15 Inther, '90	282.3	15 McCon, '98	211.5
16 Story, '94	281.4	16 Reichmuth, '96	206.2
17 Chapin, '97	281.2	17 Cushing, '96	203.1
18 G.Funk, '99	279.3	18 Preston, '90	202.6
19 K.Funk, '97	274.6	19 Bernard, '96	186.6
20 Finlay, '97	274.4	20 O'Hanlon, '85	179.5
21 Jackman, '97	271.7	21 Carrera, '94	171.1
22 Stevenson, '90	263.9	22 Mayo, '90	169.5
23 P.Cummings, '86	260.2	23 Gardner, '87	169.3
24 Morgan, '99	258.4	24 Glidden, '98	166.5

Montgomery Teams: Year-by-Year Comparison

3-Mile Spring Lake Course

Varsity Girls

Time	Year	Top Five Runners
1	1:38:12	1997 S.Bel, Bashel, Rancourt, Halle, Malvino
2	1:42:43	1995 Rancourt, Haile, Vion, Cushing, McRae
3	1:42:58	1991 Gay, Wiesner, Jordan, Duncan, McClendon
4	1:43:11	1994 Richardson, Lodin, Reichmuth, Haile, Colin
5	1:45:38	1996 Rancourt, Haile, Pacheco, Finch, Malvino
6	1:46:00	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
7	1:50:09	1990 Duncan, McClendon, Gay, Jordan, Blackwell
8	1:51:44	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
9	1:51:48	1988 Mayes, Scott, Montague, Zelenak, Preston
10	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	1:23:45	1997 DeSelle, G.Funk, Currie, Escobedo, Z.Fitch
9	1:24:03	1988 Lewis, Keith, Downing, Stevenson, Intner
10	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	1:34:27	1997 Mills, Willison, J.Fitch, Band, Metzler
10	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	42:40	1997 Halle, A.Bel, McCon
6	42:51	1987 Fischer, Mayes, Parker
7	43:19	1988 Mayes, Mayo, Montague
8	43:41	1992 McClendon, Duncan, Zbinden
9	45:10	1990 Gay, Jordan, Blackwell
10	45:31	1993 Richardson, Chaffin, Hause

Frosh/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	1:09:07	1997 S.Bel, Halle, A.Bel, McCon, Malvino
5	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
6	1:10:32	1996 Haile, Rancourt, Pacheco, Finch, Malvino
7	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
8	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
9	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
10	1:14:10	1988 Mayes, Mayo, Blackwell, Montague, Preston

Frosh/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	35:35	1997 Z.Fitch, Jordan, Willison
6	35:50	1993 Toli Au, Todd Au, Strickland
7	36:30	1990 Selby, Sanborn, Bisbee
8	37:30	1996 G.Funk, Davis, Koch
9	38:21	1992 Higgins, Temple, Erickson

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	33:48	1997 DeSelle, Currie, B.Buonaccorsi
8	34:08	1988 Lewis, Downing, R.Contos
9	35:29	1994 Finch, Catalano, Erickson

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
9	37:24	1997 G.Funk, Escobedo, Koch

Varsity Boys

Time	Year	Top Five Runners
1	53:22	1992 Toomey, Bisbee, Sanborn, Hinkle, Story
2	53:28	1991 Lopes, Hinkle, Sanborn, Selby, Bisbee
3	54:05	1987 M.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	55:42	1997 DeSelle, G.Funk, Currie, Escobedo, Z.Fitch
8	58:05	1990 Jf.Godfrey, Lopes, Grafe, Haluzak, Jorgensen
9	58:19	1988 Lewis, Stevenson, Jf.Godfrey, Keith, Downing
10	58:37	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	Ryan Mack	Uk	15:31	11/5/97
5	Jason Selby	M	15:32	10/28/92
5	Steve Laurie	MC	15:32	11/5/97
7	Josh Otto	Uk	15:34	11/5/97
8	Peter Egerton	SR	15:39	11/4/94
9	Amadu Kamara	SR	15:40	10/25/95
10	Juano Soriano	SR	15:41	11/8/91
11	Celedonio Rodriguez	EA	15:43	11/5/97
12	Nat Lopes	M	15:47	10/23/91
13	Dan Held	SR	15:48	11/10/89
13	Sky Pile	SR	15:48	11/8/91
15	Jeff Godfrey	M	15:53	11/2/90
16	Tim Sanborn	M	15:54	11/6/92
17	Salvador Zabala	SR	15:55	11/10/88
18	Mekonen Fekadu	SR	15:56	10/25/95
18	Kevin Funk	M	15:56	11/15/96
20	Jason DeSelle	M	15:57	10/25/95

Varsity Girls

	Runner	Team	Time	Date
1	Julia Stamps	SR	16:15	10/11/95
2	Sara Bei	M	17:09	11/5/97
3	Trina Cox	SR	17:20	11/5/97
4	Nika Hom	SR	18:09	11/2/90
5	Rhonda Mazza	SR	18:10	11/8/91
6	Megan Reeder	SR	18:13	11/8/91
7	Sarah Hallas	Urs	18:23	11/15/96
8	Pamela Richardson	M	18:32	10/26/94
9	Lindsay Johnson	SR	18:51	11/15/96
10	Brenna Nurmi	Urs	18:59	11/6/92
11	Jackie Prange	SR	19:01	11/5/97
12	Katie Stafford	SR	19:07	11/15/96
13	Georgina Balkwell	Urs	19:08	10/1/92
14	Diana Rancourt	M	19:08	11/5/97
15	Michelle Ferguson	P	19:14	11/10/88
16	Dena Witthaus	P	19:17	11/15/96
17	Sarah Bashel	M	19:22	11/14/97
18	Stefanie Bosch	Urs	19:25	11/8/91
19	Michelle McConnico	SR	19:26	11/5/93
20	Alexa Delwiche	Urs	19:31	11/15/96

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	Alex Kramer	Uk	17:28	11/14/97
14	Rory O'Neill	M	17:30	10/26/88
15	Aaron Parsons	M	17:31	11/10/89
16	Ahferom Legesse	SR	17:34	11/2/90
17	Mike Saunders	SR	17:36	11/6/92
18	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

Junior Varsity Girls

	Runner	Team	Time	Date
1	Katie House	Urs	20:57	11/4/94
2	Alexa Delwiche	Urs	20:59	11/4/94
3	Ria Drake	Urs	21:04	11/4/94
4	Maryann Hulsman	Urs	21:17	11/15/96
5	Heather Berg	SR	21:34	11/8/91
6	Diana Rancourt	M	21:37	11/4/94
7	Alex Waring	Urs	21:39	11/3/91
8	Sonya Gildedden	M	21:41	10/25/95
9	Tiffany Espinosa	Urs	21:42	11/4/94
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	Naomi Turner	Uk	22:19	11/14/97
13	Jenny Moore	Urs	22:20	11/8/91
15	Liz Brown	Urs	22:20	11/15/96
16	Beth Bowman	Urs	22:22	11/8/91
17	Strada Morris	Uk	22:26	11/14/97
18	Koro Crowfoot	Uk	22:27	11/14/97
19	Giana Consiglieri	Urs	22:36	11/6/92
20	Leanna O'Mara	Urs	22:40	11/10/88

**Pre-Season Meet vs. Rancho Cotate,
Santa Rosa, Elsie Allen, Analy,
Justin Siena, St. Vincent's, Piner,
Sonoma and Rincon Valley Christian
September 5 at Rancho Cotate
Course: 2.8 miles, flat**

Girls	Place	Time	Pace
1 Bei, S.	2 V	16:39	5:56
2 Malvino	12 V	19:57	7:07
3 McCon	18 V	21:26	7:39
4 Mackie	20 V	22:13	7:56

Varsity Girls: 20 finishers

Boys	Place	Time	Pace
1 DeSelle	2 V	15:03	5:22
2 Escobedo	4 V	15:43	5:36
3 Currie	5 V	15:47	5:38
4 Funk	7 V	15:58	5:42
5 Buonaccorsi	14 V	16:45	5:58
6 Koch	1 JV	17:10	6:07
7 Fitch, Z.	2 JV	17:12	6:08
8 Phelps	20 V	17:31	6:15
9 Mills	6 JV	17:48	6:21
10 Fitch, J.	7 JV	17:50	6:22
11 Willison	8 JV	18:06	6:27
12 McRae	11 JV	18:54	6:45
13 Band	13 JV	18:55	6:45
14 Ruud	21 JV	20:02	7:09
15 Metzler	26 JV	20:27	7:18
16 Morgan	31 JV	21:31	7:41
17 Ferrel	34 JV	22:02	7:52

Varsity Boys: 42 finishers

JV Boys: 41 finishers

**Pre-Season Meet vs. Healdsburg, Willi
Casa Grande and Analy
September 8 at Spring Lake
Course: 2.0 miles, rolling**

Girls	Place	Time	Pace
1 Bei, S.	1 V	12:26	6:13
2 Haile	4 V	14:28	7:14
3 Malvino	5 V	14:35	7:17
4 Bei, A.	1 JV	15:36	7:48
5 McCon	8 V	15:41	7:50
6 Mackie	9 V	15:41	7:50
7 Glidden	11 V	16:42	8:21
8 Perry	16 V	17:31	8:45

Varsity Girls: 4 teams, 21 finishers

1. MONTGOMERY 19, 2. Casa Grande 39,
3. Willits 77, 4. Analy - incomplete

Boys	Place	Time	Pace
1 DeSelle	1 V	11:02	5:31
2 Currie	4 V	11:20	5:40
3 Funk	5 V	11:27	5:43
4 Escobedo	7 V	11:32	5:46
5 Buonaccorsi	11 V	12:10	6:05
6 Fitch, Z.	12 V	12:14	6:07
7 Koch	16 V	12:41	6:20
8 Fitch, J.	1 JV	12:46	6:23
9 Willison	2 JV	12:57	6:28
10 Band	3 JV	13:12	6:36
11 Mills	6 JV	13:23	6:41
12 Phelps	7 JV	13:30	6:45
13 McRae	11 JV	14:50	7:25
14 Metzler	14 JV	15:36	7:48
15 Ferrel	15 JV	15:45	7:52
16 Morgan	20 JV	17:42	8:51

Varsity Boys: 5 teams, 28 finishers

1. MONTGOMERY 27, 2. Healdsburg 56,
3. Willits 75, 4. Casa Grande 76
5. Analy - incomplete

JV Boys: 3 teams, 25 finishers

1. MONTGOMERY 17, 2. Analy 39, Willits - inc.

**Viking Opener invitational
September 13 at Spring Lake
Course: 2.0 miles, rolling**

Girls	Place	Time	Pace
1 Bei, S.	1 FS	11:38	5:49
2 Haile	21 JS	13:47	6:53
3 Bei, A.	33 JS	14:20	7:10
4 McCon	38 JS	14:33	7:16
5 Malvino	43 JS	14:49	7:24
6 Mackie	65 JS	15:28	7:44
7 Glidden	11 Op	15:49	7:54
9 Perry	27 Op	16:34	8:17

Junior-Senior Girls: 85 finishers

1. Ursuline 24, 2. Middletown 37,
3. Novato 44, 4. Santa Rosa 47,
5. Castro Valley 59, 6. Livermore 61,
7. Eureka 68, 8. Oak Ridge 73,
9. MONTGOMERY 89, 10. Kelseyville 96,
11. Napa 102, 12. Vintage 112,
13. Ukiah 123, 14. Redwood 127,
15. Casa Grande 141, 16. Marin Catholic 150

Frosh-Soph Girls: 89 finishers

Open Girls: 66 finishers

Boys	Place	Time	Pace
1 DeSelle	3 Sr	10:50	5:25
2 Funk	7 Jr	10:56	5:28
3 Currie	7 Sr	10:57	5:28
4 Escobedo	14 Jr	11:19	5:39
5 Fitch, Z.	19 FS	11:40	5:50
6 Jordan	24 FS	11:50	5:55
7 Buonaccorsi	35 Sr	12:02	6:01
8 Willison	29 FS	12:05	6:02
9 Band	34 FS	12:11	6:05
10 Fitch, J.	36 FS	12:13	6:06
11 Mills	41 Sr	12:28	6:14
12 Phelps	47 Sr	12:53	6:26
13 McRae	8 Op	12:58	6:29
13 Ruud	20 Op	13:45	6:52
15 Metzler	21 Op	13:48	6:54
16 Ferrel	30 Op	14:47	7:23
17 Koch	74 Jr	15:09	7:34
18 Corona	39 Op	15:36	7:48
19 Morgan	77 Jr	18:04	9:02

Senior Boys: 69 finishers

1. Cardinal Newman 32, 2. Castro Valley 33,
3. Watsonville 37, 4. MONTGOMERY 40
5. Napa 41, 6. Livermore 52,
7. Redwood 52, 8. Vintage 63,
9. Eureka 91, 10. Santa Rosa 98,
11. Elsie Allen 108, 12. Casa Grande 123,
13. Oak Ridge 136

Junior Boys: 79 finishers

1. Eureka 22, 2. Castro Valley 42,
3. Livermore 50, 4. Napa 50,
5. Oak Ridge 56, 6. Novato 61,
7. Analy 73, 8. Cardinal Newman 76,
9. MONTGOMERY 76, 10. Vintage 78,
11. Ukiah 78, 12. Elsie Allen 93,
13. San Marin 111, 14. Marin Catholic 149,
15. Rancho Cotate 183

Frosh-Soph Boys: 101 finishers

1. Watsonville 17, 2. Redwood 18,
3. Eureka 30, 4. Oak Ridge 66,
5. MONTGOMERY 70, 6. Livermore 81,
7. Castro Valley 84, 8. Elsie Allen 90,
9. Maria Carrillo 100, 10. Willits 109,
11. Napa 111, 12. Ukiah 126,
13. Casa Grande 127, 14. Novato 128,
15. Rancho Cotate 136, 16. Santa Rosa 160,
17. Analy 193, 18. San Marin 199,
19. Piner 217, 20. Cardinal Newman 219,
21. El Molino 236

Open Boys: 49 finishers

1. Redwood 12, 2. Cardinal Newman 34,
3. Napa 39, 4. MONTGOMERY 43,
5. Castro Valley 46, 6. Oak Ridge 49,
7. Livermore 56, 8. Analy 79

Season opener at Rancho Cotate

No team scores were kept but the Viking boys clearly dominated both the varsity and JV races. Jason DeSelle, the 1996 champ in this meet, nearly won again: Junior Mario Escobedo, a transfer student from San Rafael, sent notice to the local schools that he would be a factor this season. Senior Jake Currie and junior Greg Funk give MHS 4 of the top 7. The JV boys place 5 in the top 8, led by junior Nathan Koch who gets his first high school victory and sets a personal record by 38 seconds. Freshman twins Zac and Jon Fitch join senior Colorado transfer Greg Mills and sophomore Jon Willison in the scoring positions.

Only 4 Viking girls competed but freshman Sara Bei ran the fastest Viking time ever for girls on this course, bettering Pamela Richardson's 1994 senior time of 17:08 by 29 seconds. Senior Alisha McCon scores a PR by 19 seconds.

Pre-Season Two-Miler at Spring Lake

Montgomery hosts 4 other teams on the home 2-mile course and wins all three divisions. Sara Bei wipes out Diana Rancourt's 1994 freshman record of 14:04 with the 2nd-fastest Viking girls time ever, a 12:26. The 2 runners who set personal bests in the first meet just 3 days earlier did it again, Nathan Koch running 50 seconds faster than last year and Alisha McCon improving by 3 seconds. April Malvino was 47 seconds faster than her previous best and finished 5th, one spot behind senior Shewit Haile as the girls team start the season 2-and-0.

Jason DeSelle gets his first win of the season to lead the same 4 Vikings to top-7 finishes. Senior Brook Buonaccorsi caps the scoring in 11th place and Zac Fitch and Koch run varsity for the first time. Greg Funk also earns a PR, improving by 4 seconds.

Jon Fitch gets his first HS victory in the JV Boys race, leading a 1-2-3 sweep with Jon Willison and freshman Patrick Band. Greg Mills and senior Travis Phelps seal the JV win.

Junior Amy Bei runs the girls JV race on a sore ankle and wins that division.

Viking Opener

Sara Bei destroys the field of 88 other runners to win the frosh/soph girls race by 1:10 with the second-fastest F/S time ever and sets an MHS school record, beating Pamela Richardson's 1994 senior time of 11:59 by 21 seconds.

Jason DeSelle and Jake Currie earn medals to team with Brook Buonaccorsi for 4th-place team in the Senior Boys race. Currie's time is a PR by 15 seconds.

In the Junior Boys division, Greg Funk PR's by 31 seconds to earn a medal and Mario Escobedo runs 13 seconds faster than his Monday race to get a ribbon.

Freshman John McRae, running in the Open race, gets a top-10 spot to lead teammates Eric Ruud and Ryan Metzler for the 4th-place team score. Metzler has a great improvement in time, 1:48, and Ruud runs 23 seconds better than his '96 PR. Sophomore Ian Ferrel runs 58 seconds faster than his race earlier in the week.

Zac Fitch gets a top-20 ribbon in the Frosh/Soph Boys to lead that team to a 5th-place finish.

Personal records from veteran team members are led by Alisha McCon with her 1:08 improvement, 1:11 better than her 1996 best. Amy Bei cuts 16 seconds from her 1996 time.

First year runners show great improvement over the Monday meet with John McRae leading the way, cutting 1:52 off. Patrick Band is 1:01 faster, Greg Mills was 55 seconds better, Jon Willison 52 seconds, Sara Bei 48 seconds, Zac Fitch 34 seconds and brother Jon 33 seconds.

Moving onto the All-Time Viking 2-Mile list are: Sara Bei, 1st overall and 1st frosh; Greg Funk, 9th Jr.; Shewit Haile, 10th Sr.; Amy Bei, 10th Jr. and 18th overall. Zac Fitch, Patrick Band and Jon Fitch 3-4-5 on the frosh list; Alisha McCon, 12th Sr. and 22nd overall; April Malvino, 14th Jr. and Andrew Jordan, 14th Soph.

**NBL Tri-Meet vs. Cardinal Newman,
Ursuline and Maria Carrillo
October 23 at Maria Carrillo High School
Course: 2.8 miles, flat**

Girls	Place	Time	Pace
1 Bei, S.	1 V	16:03	5:43
2 Rancourt	3 V	17:46	6:20
3 Haile	5 V	18:05	6:27
4 Bashel	6 V	18:35	6:38
5 Malvino	7 V	18:36	6:38
6 McCon	10 V	19:06	6:49
7 Bei, A.	12 V	20:13	7:13
8 Glidden	19 V	22:01	7:51

Varsity Girls: 21 finishers
MONTGOMERY 22, Ursuline 34,
Maria Carrillo - inc.

Boys	Place	Time	Pace
1 Currie	4 V	15:01	5:21
2 Funk	5 V	15:07	5:23
3 DeSelle	6 V	15:09	5:24
4 Fitch, Z.	10 V	15:50	5:39
5 Escobedo	11 V	16:01	5:43
6 Jordan	12 V	16:07	5:45
7 Mills	13 V	16:07	5:45
8 Willison	1 JV	16:25	5:51
9 Koch	2 JV	16:26	5:52
10 Buonaccorsi	14 V	16:47	5:59
11 Fitch, J.	3 JV	16:50	6:00
12 McPae	6 JV	17:39	6:18
13 Band	7 JV	18:15	6:31
14 Metzler	8 JV	18:36	6:38
15 Ferret	11 JV	19:57	7:07
16 Corona	12 JV	20:00	7:08
17 Morgan	23 JV	24:03	8:35

Varsity Boys: 21 finishers
Cardinal Newman 29, MONTGOMERY 36,
Maria Carrillo 76
Junior Varsity Boys: 23 finishers
MONTGOMERY 19, Cardinal Newman 41,
Maria Carrillo - incomplete

**Soquel Invitational
October 25 at Soquel High School
Course: 2.5 miles, very hilly**

Girls	Place	Time	Pace
1 Bei, S.	1 V	14:41	5:52
2 Rancourt	15 V	16:32	6:36
3 Bashel	29 V	16:54	6:45
4 Haile	31 V	16:57	6:46
5 Malvino	68 V	18:12	7:16
6 Bei, A.	82 V	18:37	7:26

Varsity Girls: 16 teams, 186 finishers

1. Madera 61, 2. Redding Foothill 63,
3. MONTGOMERY 108, 4. Buchanan 172, 5. Highland 177,
6. Shasta 181, 7. Roosevelt 185, 8. Live Oak 188,
9. Del Campo 226, 10. Enterprise 248,
11. Independence 266, 12. San Benito 321,
13. King City 362, 14. Merced 365, 15. Deer Valley 386,
16. California 402, 17. Washington 429, 18. Tranquility 513

Boys	Place	Time	Pace
1 Currie	28 V	13:54	5:33
2 Escobedo	38 V	14:01	5:36
3 Fitch, Z.	1 Fr	14:20	5:44
4 Funk	51 V	14:26	5:46
5 Willison	18 So	14:47	5:54
6 Davis	72 V	14:56	5:58
7 Mills	75 V	14:59	5:59
8 Fitch, J.	4 Fr	15:02	6:00
9 Koch	116 V	16:08	6:27
10 Band	17 Fr	16:16	6:30
11 Morgan	111 JV	24:46	9:54

Varsity Boys: 20 teams, 149 finishers

1. Del Campo 64, 2. Madera 75, 3. Roosevelt 126,
4. San Benito 133, 5. Piedmont Hill 142, 6. Soquel 154,
7. Highland 233, 8. MONTGOMERY 244, 9. Antioch 295,
10. Monte Vista 308, 11. Monte Vista 322, 12. Sanger 330,
13. Buchanan 342, 14. Merced 348, 15. Salinas 347,
16. Yerba Buena 379, 17. Independence 396,
18. North Salinas 397, 19. Hanford 436, 20. Hoover 531

JV Boys: 111 finishers

Sophomore Boys: 99 finishers

Freshman Boys: 57 finishers

Soquel Invitational

It was Montgomery's first trip to this meet and probably the last. The course featured brutal hills, both up and down, and several bottleneck trails that made maneuvering in traffic difficult.

Sara Bei broke away from her nearest competitor at 1.5 miles and ended up with a 40-second margin of victory. It was her 10th-straight win, a streak that includes 6 invitationals. Diana Rancourt medals in 15th place and Sarah Bashel was also in the medals in 29th. Shewit Haile just missed the medals and, in a field of 186 runners, MHS's 5th runner, April Malvino, took 68th and the 6th runner, Amy Bei, finished 82nd. The girls placed 3rd among 18 teams to earn a plaque.

Jake Currie was the lone varsity boy to earn a medal with a stunning kick to move up 10 spots in the last 100 meters of the race. Mario Escobedo showed he was returning to form by finishing just seconds behind Jake. The boys took 8th among the 20 teams.

Zac Fitch took the lead early in the freshman boys race and won by a comfortable margin. Brother Jon Fitch had a superb effort to take the 4th-place medal. Patrick Band gained more than 30 positions over the final half of the course but missed a medal by just 2 spots.

Jon Willison joined the varsity team in the #5 position with his effort in the sophomore boys race.

**NBL Tri-Meet vs. Piner and Santa Rosa
October 29 at Foothill Park
Course: 2.7 miles, hilly**

Girls	Place	Time	Pace
1 Bei, S.	1 V	15:48	5:51
2 Rancourt	4 V	17:39	6:32
3 Bashel	5 V	17:41	6:32
4 Malvino	9 V	18:34	6:52
5 Haile	11 V	19:25	7:11
6 McCon		19:34	7:14
7 Bei, A.		20:07	7:27
8 Glidden		23:45	8:47
9 Perry		25:01	9:15

Varsity Girls: finishers

Santa Rosa 26, MONTGOMERY 30, Piner 80

Boys	Place	Time	Pace
1 DeSelle	1 V	15:58	5:19
2 Funk	2 V	16:38	5:32
3 Escobedo	3 V	16:47	5:35
4 Currie	4 V	16:52	5:37
5 Fitch, Z.	5 V	17:05	5:41
6 Davis	7 V	17:08	5:42
7 Koch	8 V	17:21	5:47
8 Buonaccorsi		17:48	5:56
9 Fitch, J.		18:18	6:06
10 Jordan		19:12	6:24
11 Mills		19:51	6:37
12 McRae		20:11	6:43
13 Band		20:22	6:47
14 Corona		20:46	6:55
15 Willison		20:55	6:58
16 Morgan		21:20	7:06

Varsity Boys: finishers

MONTGOMERY 15, Santa Rosa

NBL Tri-Meet vs. Piner and Santa Rosa

Montgomery had not been to Foothill park in 3 years and the course was changed so no personal records could be established.

The varsity boys racked up a perfect score of 15 points to sweep the meet and up the season NBL won-loss record to 4-and-2. Jason DeSelle broke the course record, set by Cardinal Newman's Brent Shaw, by 9 seconds. The sweep was completed by Greg Funk, Mario Escobedo, Jake Currie and Zac Fitch. Nathan Koch makes the varsity again for the first time in several weeks.

The recent emergence of the Viking girls as a powerhouse team made this meet a major event in the Northern California cross country picture. Sara Bei powered away from her toughest competitor, SR's Tina Cox, for the 3rd-straight time. Diana Rancourt knocked off SR's Lindsay Johnson for the first time and Sara Bashel opened some eyes with a strong finish that nearly caught Diana. The close battles with positions #4 and #5 determined the meet in SR's favor. The girls' season record in the NBL goes to 5 wins and 1 loss.

**NBL Tri-Meet vs. Cardinal Newman,
Ursuline and Maria Carrillo**

A great win for the girls' team against perennial power Ursuline in MHS's first meet ever at Maria Carrillo H.S. The 12-point win was the largest margin of victory over Ursuline in 12 years. Diana Rancourt continues to come back strong from a knee injury and the #4-#5 combination of Sarah Bashel and April Malvino are keys to the big win.

Jon Willison gets his 2nd JV win of the season, leading Nathan Koch and Jon Fitch to a 1-2-3 sweep. The JV boys easily outdistance NBL defending JV team champion Newman.

The varsity boys have an off day but still show good depth with 7 of the top 13 finishers in a 3-way meet.

NBL Dual Meet vs. Rancho Cotate
November 5 at Spring Lake
Course: 3 miles, rolling

Girls	Place	Time	Pace
1 Bei, S.	1 V	17:09	5:43
2 Rancourt	2 V	19:08	6:22
3 Malvino	4 V	20:15	6:45
4 Haile	5 V	20:51	6:57
5 McCon	6 V	21:07	7:02
6 Bei, A.	7 V	21:45	7:15
7 Glidden	8 V	21:59	7:19
8 Perry	9 V	24:15	8:05

Varsity Girls: 12 finishers
MONTGOMERY 15, Rancho Cotate 50

Boys	Place	Time	Pace
1 DeSelle	1 V	16:05	5:21
2 Funk	2 V	16:30	5:30
3 Currie	3 V	16:35	5:31
4 Escobedo	4 V	17:13	5:44
5 Fitch, Z.	5 V	17:22	5:47
6 Davis	6 V	17:49	5:56
7 Mills	1 JV	17:56	5:58
8 Willison	2 JV	17:56	5:58
9 Koch	8 V	17:58	5:59
10 Buonaccorsi	9 V	18:15	6:05
11 Fitch, J.	3 JV	18:23	6:07
12 Band	4 JV	19:19	6:26
13 Metzler	6 JV	20:53	6:57
14 Corona	7 JV	21:09	7:03
15 McRae	9 JV	24:49	8:12
16 Morgan	13 JV	35:25	11:48

Varsity Boys: 13 finishers
MONTGOMERY 15, Rancho Cotate 49
Junior Varsity Boys: 13 finishers
MONTGOMERY 16, Rancho Cotate 46

North Bay League Championships
November 14 at Spring Lake
Course: 3 miles, rolling, very muddy

Girls	Place	Time	Pace
1 Bei, S.	1 V	17:41	5:53
2 Bashel	5 V	19:22	6:27
3 Rancourt	8 V	19:48	6:36
4 Haile	14 V	20:21	6:47
5 Malvino	20 V	21:00	7:00
6 McCon	23 V	21:23	7:07
7 Bei, A.	26 V	21:42	7:14
8 Glidden	8 JV	23:18	7:46
9 Perry	19 JV	25:01	8:20

Varsity Girls: 42 finishers
1. Santa Rosa 30, MONTGOMERY 48,
3. Ursuline 72, 4. Ukiah, 5. Piner 121,
6. Rancho Cotate 153,
7/8. Maria Carrillo and Elsie Allen - incomplete
Junior Varsity Girls: 42 finishers

Boys	Place	Time	Pace
1 Currie	7 V	16:44	5:34
2 Funk	8 V	16:44	5:34
3 DeSelle	12 V	17:16	5:45
4 Fitch, Z.	16 V	17:32	5:50
5 Mills	20 V	17:50	5:56
6 Koch	2 JV	17:57	5:59
7 Davis	22 V	17:59	5:59
8 Fitch, J.	5 JV	18:14	6:04
9 Willison	27 V	18:23	6:07
10 McRae	7 JV	19:02	6:20
11 Buonaccorsi	8 JV	19:07	6:22
12 Metzler	20 JV	21:17	7:05
13 Corona	26 JV	21:37	7:12
14 Ferrel	28 JV	22:07	7:22
15 Morgan	46 JV	31:17	10:25

Varsity Boys: 49 finishers
1. Ukiah 34, 2. MONTGOMERY 63,
3. Cardinal Newman 72, 4. Maria Carrillo 89,
5. Elsie Allen 104, 6. Santa Rosa 175,
7. Rancho Cotate 202, 8. Piner - incomplete
Junior Varsity Boys: 47 finishers
1. Ukiah 23, 2. MONTGOMERY 40,
3. Cardinal Newman 69, 4. Elsie Allen 106
5/6/7/8. Rancho Cotate, Maria Carrillo,
Piner and Santa Rosa - incomplete

North Bay League Championship

A week of rain turned the Spring Lake course into a muddy mess that slowed all runners considerably. Despite the conditions 5 runners managed to record personal records, led by John McRae's 3:34 improvement. Ian Ferrel cut 2:12 from his time 7 weeks earlier and both Jon Fitch and Greg Mills improved from their dry course times just 9 days earlier, Jon by 9 seconds and Greg by 6. Nathan Koch cuts his PR by a scant 1 second but it's good enough to land him on varsity for the postseason.

Sara Bei becomes the first Viking league champ since Pamela Richardson in 1993 but the girls, slowed by Diana Rancourt's illness and April Malvino's fall at 1 mile, can't mount a challenge to Santa Rosa. Sarah Bashel's first time around the course gets her a time that is 4th-fastest Viking girl ever.

All-League honors go to Sara Bei and Sarah Bashel in the girls race while Jake Currie's 7th-place earns him the same honor in the boys race.

The varsity boys team avenges a regular-season loss to Cardinal Newman and the JV boys, without 3 of our top runners, places 2nd for the 3rd year in-a-row.

North Coast Section Championships
November 22 at Ukiah
Course: 3.1 miles, hilly

Girls	Place	Time	Pace
1 Bei, S.	1	19:09	6:09
2 Rancourt	7	21:25	6:53
3 Bashel	11	21:42	6:59
4 Haile	19	22:30	7:14
5 Malvino	32	23:01	7:24
6 McCon	39	23:23	7:31
7 Bei, A.	55	24:27	7:52

Division III Varsity Girls:
16 teams, 108 finishers
1. Carondelet 64, 2. MONTGOMERY 66,
3. Granada 78, 4. Moreau Catholic 89,
5. College Park 131, 6. Ukiah 161,
7. Benicia 223, 8. Northgate 227,
9. Las Lomas 260, 10. Ygnacio Valley 275,
11. Concord 328, 12. Rancho Cotate 343,
13. Washington 354, 14. Petaluma 374,
15. Healdsburg 380, 16. California 402

Boys	Place	Time	Pace
1 Funk	13	18:26	5:55
2 DeSelle	16	18:44	6:01
3 Mills	21	18:57	6:05
4 Currie	31	19:17	6:12
5 Fitch, Z.	34	19:24	6:14
6 Davis	35	19:30	6:16
7 Koch	58	20:15	6:31

Division I Varsity Boys:
16 teams, 102 finishers
1. Castro Valley 83, 2. Livermore 87,
3. MONTGOMERY 115, 4. James Logan 122,
5. Clayton Valley 149, 6. Alhambra 167,
7. Antioch 210, 8. Acalanas 222,
9. Alameda 232, 10. San Ramon 253,
11. Hayward 276, 12. Pittsburg 281,
13. Deer Valley 313, 14. Liberty 356,
15. Berkeley 359, 16. Santa Rosa 425

North Coast Section
Championship Meet at Ukiah High School

Sara Bei runs the fastest girls time of the day to become Montgomery's first-ever girl to win an individual cross country section title. She finishes 33 seconds ahead of the next fastest runner in the meet. She becomes a favorite to win a state title in Fresno.

It is also the first Montgomery girls team to qualify for the state championship meet. Diana Rancourt regains her health to earn All-NCS honors with her 7th-place finish. It is a return trip to the state for her and Shewit Haile who both qualified as individuals in 1996.

Compared to the Ukiah Invitational held some 9 weeks earlier, Sara improves by 18 seconds, Shewit by 1:32, April Malvino by 27 seconds, Alisha McCon by 2:31 and Amy Bei by 2:01. Diana and Sarah Bashel were on the course for the first time.

Carondelet came into the meet ranked 5th in the state in Division III. MHS was ranked 10th prior to the meet. The combined team time for the top 5 MHS girls is the best of all teams in all divisions on the day, including 1:42 better than Carondelet.

Greg Funk has a superb race to lead the boys team to a 3rd-place finish among 16 teams. Greg Mills moves way up to MHS's #3 spot. Jake Currie, ill with the flu, give it a game effort.

Of those who ran the 3.1-mile Ukiah Invite course, Greg Funk improves by 41 seconds and Mark Davis is 1:02 faster

NBL Dual Meet vs. Rancho Cotate

On a perfect day for racing and with all 8 NBL team running together, 14 Vikings set personal records on the Spring Lake course. The leader for improvements by a veteran team member is Alisha McCon, cutting 1:56 from her previous best. April Malvino improves by nearly as much, 1:38. Nathan Koch cuts 59 seconds off his best and Greg Funk PRs by 16. Diana Rancourt gets a 12-second PR and Jake Currie nips his 1996 best by 1 second.

With the sweep of all 3 races the regular season ends with the following team won-loss records:

Varsity Girls: 9 wins, 1 loss
Varsity Boys: 13 wins, 2 losses
JV Boys: 9 wins, 0 losses

Sara Bei runs becomes the 2nd-fastest girl ever at Spring Lake by improving her previous best by 1:03. The rookie PR parade is led by Rafael Corona, a huge jump of 4 minutes and 5 seconds. Ryan Metzler and Greg Mills make big gains as well, Ryan by 2:46 and Greg by 2:32. The dead-heat finish in the JV race puts both Greg Mills and Jon Willison on varsity. Jon's time was an improvement of 1:56. Other big PRs came from Jon Fitch, 1:41; Mario Escobedo, 1:19 and Zac Fitch, 51 seconds.

Diana's time moves her up to 14th on the All-Time NBL list for Spring Lake. April becomes the 8th-fastest Viking girls to ever run the course and Alisha is now 19th on the MHS list.

Zac misses Jason DeSelle's freshman record by just 3 seconds. John McRae and Patrick Band move into the top 10 MHS freshman all-time, Jon Willison makes it to 21st on the sophomore list, Greg Funk is 8th and Mario 22nd on the junior list and Jason moves to 9th and Jake 17th on the senior list.

April Malvino becomes the 4th-fastest Viking junior ever with Amy Bei 12th on that list. Diana moves to #2 on the senior list, Shewit is #6, Alisha #11, Sonya #15 and Erin #22.