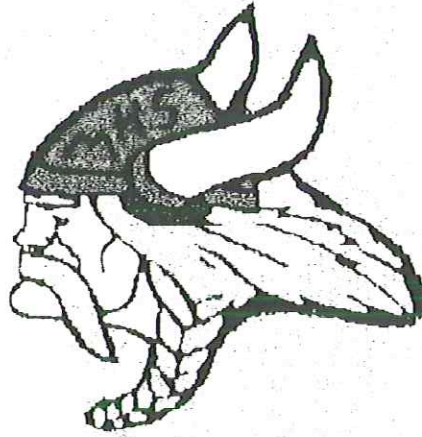


# Montgomery



## Cross Country

# 2001

Head Coach: Josh Dorris

Assistant Coach: Leah Etling

# Montgomery Cross Country 2001

## Varsity Boys

David Dranow, Senior, 2nd Yr.\*\*\*  
Jason Fung, Senior, 4th Yr.  
Ben Fryer, Senior, 1st Yr.\*  
Andy Lange, Senior, 2nd Yr.  
Charles Proctor, Senior, 2nd Yr.\*\*  
Andrew Gallagher, Junior, 2nd Yr.\*\*  
Jeff Mills, Junior, 1st Yr.\*\*  
K.C. Cody, Sophomore, 2nd Yr.  
Matt Fitch, Sophomore, 2nd Yr.  
Riku Onodera, Sophomore, 1st Yr.  
Alex Conley, Freshman  
Josh Cutcher, Freshman  
Nikos Flaherty-Laub, Freshman  
Mark Murphy, Freshman  
Ryan Walsh, Freshman  
\*2nd-year team member  
\*\*3rd-year team member  
\*\*\*4th-year team member

## 2001 Varsity Boys Meet Results

\*MHS 20, Rancho 38, Sonoma 73.  
\*MHS 34, El Molino 77, Analy 82, Rancho 89  
Casa Grande 112, Sonoma 150.  
\*MHS 26, Maria Carrillo 30  
\*Ukiah 30, Santa Rosa 38, MHS 55.  
\*MHS 20, Piner 43, Elsie Allen Inc.  
\*MHS 31, Newman 39, Rancho 62

## Junior Varsity Boys

Jacob Minkoff, Senior, 3rd Yr.\*\*  
Greg DeSelle, Junior, 2nd Yr.\*  
Michael Bailey, Sophomore, 1st Yr.  
Daniel Hazen, Sophomore, 2nd Yr.  
John Wright, Sophomore, 1st Yr.  
\*3rd-year team member  
\*\*4th-year team member

## 2001 Junior Varsity Boys Meet Results

\*MHS 15, Rancho 48.  
\*MHS 27, Analy 42, Casa Grande 109,  
Rancho 157, El Molino 183.  
\*MHS 20, Maria Carrillo 38  
\*Santa Rosa 17, MHS 46, Ukiah Incomplete.  
\*MHS 15, Elsie Allen Inc, Piner Inc.  
\*MHS 26, Newman 34, Rancho 100.

## Varsity Girls

Elisa Pedersen, Senior, 4th Yr.  
Joy Terrilini, Senior, 4th Yr.  
Kim Handel, Junior, 1st Yr.  
Kim Conley, Sophomore, 2nd Yr.  
Christy Sweaney, Sophomore, 2nd Yr.  
Kate Blake, Freshman  
Emma Conley, Freshman  
Ashley Gross, Freshman  
Molly McManus, Freshman  
Elizabeth Proctor, Freshman

## 2001 Varsity Girls Meet Results

\*MHS 18, Rancho 55, Sonoma 68.  
\*MHS 21, Rancho 69, Analy 76, Sonoma 81.  
\*Maria Carrillo 25, MHS 30.  
\*MHS 25, Ukiah 47, Santa Rosa 65.  
\*MHS 15, Piner 48, Elsie Allen Inc.  
\*MHS 20, Rancho 57, Ursuline 60.

## Junior Varsity Girls

Amelia Thomas, Senior, 1st Yr.\*  
Barbara Hall, Junior, 1st Yr.\*  
Danya Dranow, Freshman  
\*3rd-year team member

## 2001 Junior Varsity Girls Meet Results

\*MHS 15, Analy 40.  
\*MHS 15, Maria Carrillo 42.  
\*MHS 26, Santa Rosa 30, Ukiah incomplete.  
\*MHS 15, Elsie Allen Inc, Piner Inc.  
\*MHS 21, Ursuline 34, Rancho Inc.

## First Team NBL

Fitch  
K. Conley

## Second Team All-Empire

A. Gallagher  
Cody  
E. Conley  
Handel  
Sweaney  
Terrilini

## Certificate of Participation

Tracy Gallagher, Sophomore  
Stephanie Wichizer, Sophomore

Season Records, 1982 to present

Varsity Boys						Varsity Girls					
Year	W	L	Final	NCS	Other	Year	W	L	Final	NCS	Other
1982	4	1	2nd	5th 2A	-	1982	1	4	5th	-	-
1983	9	0	1st	3rd 2A	5th MOC	1983	5	4	2nd	11th 2A	-
1984	9	0	1st	2nd 2A	11th MOC	1984	6	3	2nd	6th 2A	-
1985	5	0	1st	1st 2A	4th MOC	1985	4	1	2nd	6th 2A	-
1986	5	1	1st	8th 3A	-	1986	6	0	1st	9th 3A	-
1987	6	0	1st	3rd 3A	-	1987	5	1	3rd	12th 3A	-
1988	4	1	2nd	6th 3A	-	1988	1	4	5th	-	-
1989	9	0	1st	6th 3A	-	1989	1	8	5th	-	-
1990	7	1	2nd	1st Div. I	13th State	1990	3	4	4th	4th Div. I	-
1991	11	0	1st	3rd Div. II	-	1991	9	2	3rd	5th Div. II	-
1992	9	0	1st	1st Div. II	8th State	1992	5	3	4th	6th Div. II	-
1993	11	0	1st	1st Div. I	11th State	1993	2	10	5th	6th Div. I	-
1994	9	5	3rd	3rd Div. I	-	1994	13	2	2nd	5th Div. I	-
1995	13	0	1st	4th Div. I	-	1995	12	1	2nd	5th Div. I	-
1996	15	1	2nd	1st Div. I	13th State	1996	8	5	4th	7th Div. II	-
1997	13	2	2nd	3rd Div. I	-	1997	9	1	2nd	2nd Div. III	5th State
1998	14	0	3rd	3rd Div. III	-	1998	10	1	2nd	1st Div. III	9th State
1999	11	1	1st	5th Div. I	-	1999	11	0	1st	3rd Div. II	-
2000	15	0	1st	4th Div. II	12th State	2000	12	0	1st	1st Div. II	1st State
2001	12	2	3rd	5th Div. I	-	2001	11	1	2nd	1st Div. II	-
<b>Totals</b>	<b>191</b>	<b>15</b>	<b>12</b>	<b>NBL Titles, 5 NCS Titles</b>		<b>Totals</b>	<b>134</b>	<b>55</b>	<b>7</b>	<b>NBL Title, 3 NCS Titles, 1 9th State</b>	

Junior Varsity Boys				Junior Varsity Girls					
Year	W	L	Final	NBL	Year	W	L	Final	NBL
1982	4	1	1st	Fr./So.	1982	0	1	2nd	-
1983	8	1	3rd	1st	1994	0	1	2nd	-
1984	8	1	2nd	1st	1995	1	1	1st	-
1985	5	0	2nd	1st	1996	2	0	0	hfc.
1986	6	0	0	1st	2001	8	0	0	1st
1987	6	0	0	1st	<b>Totals</b>	<b>11</b>	<b>2</b>	<b>2</b>	<b>NBL Titles</b>
1988	5	0	0	1st					
1989	9	0	0	1st					
1990	8	0	0	1st					
1991	9	0	0	1st					
1992	6	0	0	1st					
1993	10	0	0	1st					
1994	12	0	0	1st					
1995	15	1	1	2nd					
1996	10	1	2nd	2nd					
1997	8	0	0	2nd					
1998	9	0	0	2nd					
1999	9	0	0	1st					
2000	10	0	0	1st					
2001	11	1	1	2nd					
<b>Totals</b>	<b>168</b>	<b>6</b>	<b>13</b>	<b>NBL Titles</b>					

North Bay League Individual Champions			North Bay League Team Champions			
Yr	Varsity Boys	Varsity Girls	Varsity Boys	Varsity Girls	Varsity Girls	
'65	Bob Waldon	'76 Heidi Messerschmitt	Year	Points	Year	Points
'72	Steve Ricker	'77 Deanne Neff	1976	15	1976	7
'76	Bill Johnson	'87 Nicole Fischer	1979	32	1977	20
'79	Dave Rodriguez	'93 Pamela Richardson	1983	26	1986	40
'84	Paul Cummings	'97 Sara Bel	1984	39	1999	53
'85	Paul Cummings	'98 Sara Bel	1985	23	2000	27
'86	Kevin Smith	'99 Sara Bel	1986	36		
'87	Mike Contos		1987	26	<b>JV Girls</b>	
'92	David Toomey		1989	36	Year	Points
'00	Nick Miller		1991	30	1995	23
			1992	27	1992	18
			1993	39	2001	18
			1995	38		
			1999	34	<b>JV Boys</b>	
			2000	25	Year	Points
					1982	29
					1986	7
					1987	26
					1988	28
					1989	15
					1990	20
					1991	17
					1992	30
					1993	32
					1994	24
					2000	22

North Bay League Individual Champions		
Yr	Varsity Boys	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 Bel
'85	Paul Cummings	'98 Sara Bel
'86	Kevin Smith	'99 Sara Bel
'87	Mike Contos	
'92	David Toomey	
'00	Nick Miller	

North Coast Section Team Champions		
Yr	Varsity Boys	Varsity Girls
'82	Jason Schanberg (F/S)	
'82	Paul Audis	
'84	Derek Powell	
'85	Randall Watkins (F/S)	
'86	Jeff Fletcher	
'87	Barry Howell	
'88	Dean Crane	
'89	Kevin Boone	
'90	Jason Selby	
'91	Scott Story	
'94	Kevin Funk	
'98	David Britt	
'00	Matt Fitch	

North Coast Section Team Champions		
Yr	Varsity Boys	Varsity Girls
'82	Jason Schanberg (F/S)	
'82	Paul Audis	
'84	Derek Powell	
'85	Randall Watkins (F/S)	
'86	Jeff Fletcher	
'87	Barry Howell	
'88	Dean Crane	
'89	Kevin Boone	
'90	Jason Selby	
'91	Scott Story	
'94	Kevin Funk	
'98	David Britt	
'00	Matt Fitch	

State Meet		
Yr	Varsity Boys	Varsity Girls
'97	Sara Bel	
'98	Sara Bel	
'99	Sara Bel	

Practices		Meets	
Conley, A	62	Conley, A	14
Blake	62	Proctor	14
Conley, E	62	Gallagher, A	14
Conley, K	62	Blake	14
Sweaney	62	Conley, E	14
Gnoss	61	Conley, K	14
Fung	60	Sweaney	14
Handel	60	Handel	14
Proctor	59	Terribilini	14
Fitch, M	59	Fung	13
Walsh	59	Fitch, M	13
Cody	58	Cody	13
Gallagher, A	58	Fryer	13
Murphy	58	Pedersen	13
Lange	58	Walsh	11
Pedersen	57	Murphy	11
Terribilini	57	Lange	11
McManus	57	Cutcher	11
Proctor, E	57	Deselle, G	11
Flaherty-Laub	56	Bailey	11
Cutcher	55	Gnoss	11
Dranow	55	McManus	11
Onodera	55	Proctor, E	11
Fryer	51	Dranow, Danya	11
Wright	51	Flaherty-Laub	10
Dranow, Danya	51	Dranow, David	10
Deselle, G	49	Onodera	10
Bailey	48	Wright	10
Hall	46	Mills, J	10
Mills, J	42	Hazen	9
Hazen	38	Hall	8
Minkoff	36	Thomas	6
Thomas	36	Minkoff	5
Gallagher, T	25	Gallagher, T	4
Wickizer	23	Wickizer	4
Berland	22	Berland	4

#### Single Season Practice Mileage Records

Nick Millar	463.8	'99
Regan Masi	462.5	'99
Justin Morgan	456.2	'98
David Toomey	440.9	'93
Proctor	412.6	'01
Sara Bei	462.0	'98
Sarah Bashel	432.4	'98
Kate Blake	383.5	'01
Kim Conley	376.0	'01
Sarah McClendon	361.7	'91

Cross Country Season Miles	
<b>Girls</b>	
Blake	383.5
Conley, K	376.0
Sweaney	357.8
Pedersen	336.6
Conley, E	327.7
Terribilini	323.8
Handel	276.1
Gnoss	275.9
Proctor, E	266.6
McManus	266.0
Dranow, Danya	200.3
Hall	184.7
Thomas	161.4
Gallagher, T	82.6
Wickizer	75.1
Berland	73.1
<b>Boys</b>	
Proctor	412.6
Fung	389.7
Fitch, M	362.3
Gallagher, A	360.8
Conley, A	358.7
Cody	353.1
Fryer	322.5
Walsh	302.5
Murphy	280.6
Dranow, David	252.3
Lange	236.8
Cutcher	229.2
Flaherty-Laub	216.2
Onodera	214.6
Deselle, G	203.6
Bailey	201.7
Wright	200.7
Mills, J	145.0
Minkoff	131.2
Hazen	116.6

Cross Country Career Miles	
<b>Girls</b>	
Pedersen	1198.1
Terribilini	1104.1
Conley, K	689.3
Thomas	674.3
Sweaney	655.3
Hall	654.1
Blake	383.5
Conley, E	327.7
Handel	276.1
Gnoss	275.9
Proctor	266.6
McManus	266.0
Dranow	200.3
Gallagher, T	82.6
Wickizer	75.1
Berland	73.1
<b>Boys</b>	
Fung	1546.4
Dranow	1021.8
Proctor	989.7
Gallagher, A.	988.8
Masi	855.9
Minkoff	850.0
DeSelle	740.7
Fitch, M.	613.6
Cody	553.1
Mills	533.9
Fryer	440.0
Lange	423.7
Conley, A	358.7
Walsh	302.5
Murphy	280.6
Cutcher	229.2
Flaherty-Laub	216.2
Onodera	214.6
Bailey	201.7
Wright	200.7
Hazen	195.9

Mileage All-Time Career List	
<b>Boys</b>	
<b>1 Jason Fung, '02</b>	<b>1546.4</b>
2 Zac Fitch, '01	1459.5
3 Jon Fitch, '01	1436.0
4 Jake Currie, '98	1365.3
5 Nick Millar, '01	1314.9
6 Jason DeSelle, '98	1250.6
7 Greg Funk, '99	1194.0
8 David Toomey, '94	1112.3
9 John Staroba, '97	1078.0
<b>10 David Dranow, '02</b>	<b>1021.8</b>
<b>11 Charles Proctor, '02</b>	<b>989.7</b>
<b>12 Andrew Gallagher, '03</b>	<b>988.8</b>
13 Travis Phelps, '98	977.6
14 Jeff Godfrey, '91	926.1
15 Peter Keith, '90	911.6
16 Ryan Lew, '94	910.9
17 Brook Buonaccorsi, '98	907.2
18 Nate Bisbee, '93	885.1
19 Regan Masi, '03	855.9
<b>20 Jake Minkoff, '02</b>	<b>850.0</b>
21 Dave Intner, '90	846.8
22 Scott Story, '94	844.3
23 Kevin Chapin, '97	843.7
24 Kevin Funk, '97	823.8
25 Jerry Finlay, '97	823.2
<b>Girls</b>	
1 Sara Bei, '01	1273.8
<b>2 Elisa Pedersen, '02</b>	<b>1198.1</b>
3 Sara Bashel, '01	1162.8
4 April Malvino, '99	1105.2
<b>5 Joy Terribilini, '02</b>	<b>1104.1</b>
6 Amy Bei, '99	911.5
7 Sarah McClendon, '93	885.6
8 Diana Rancourt, '98	846.9
9 Amy Jordan, '92	835.1
10 Lisa Gay, '92	829.0
11 Jamie Duncan, '93	779.8
12 Pamela Richardson, '95	725.3
<b>13 Kim Conley, '04</b>	<b>689.3</b>
<b>14 Amelia Thomas, '02</b>	<b>674.3</b>
15 Sonya Glidden, '98	665.9
<b>16 Christy Sweaney, '04</b>	<b>655.3</b>
<b>17 Barbara Hall, '03</b>	<b>654.1</b>
18 Marisa Reichmuth, '96	618.6
19 Christina Cushing, '96	609.2
20 Erin Preston, '90	607.8
21 Shewit Haile, '98	607.2
22 Tanya Mayo, '90	508.4
23 Michelle Mayes, '89	502.5
24 Megan Scott, '96	490.5
25 Chris Ferguson, '86	482.0

Miles per Season	
<b>Boys</b>	
1 Millar, '01	438.3
2 Masi, '03	428.0
<b>3 Fung, '02</b>	<b>386.6</b>
4 Toomey, '94	370.8
5 Z.Fitch, '01	364.9
6 Staroba, '97	359.3
7 J.Fitch, '01	359.0
8 Morgan, '99	357.3
<b>9 Conley, '05</b>	<b>359</b>
10 Lewis, '89	355.8
11 Higgins, '95	350.0
12 Fagent, '01	347.9
13 Currie, '98	341.3
<b>14 Proctor, '02</b>	<b>329.9</b>
<b>15 A.Gallagher, '03</b>	<b>329.6</b>
16 Britt, '01	325.0
17 DeSelle, '98	312.7
18 Jf.Godfrey, '91	308.7
19 Finch, '95	305.0
<b>20 Fitch, M, '04</b>	<b>307</b>
21 Keith, '90	303.9
22 R.Lew, '94	303.6
23 O'Neill, '91	302.7
24 G.Funk, '99	298.5
25 Bisbee, '93	295.0
<b>Girls</b>	
<b>1 Conley, '04</b>	<b>344.7</b>
<b>2 Sweaney, '04</b>	<b>327.7</b>
3 S. Bei, '01	318.5
<b>4 Pedersen, '02</b>	<b>299.5</b>
5 McClendon, '93	295.2
6 Bashel, '01	290.7
7 Jordan, '92	278.4
7 Gay, '92	276.3
9 Malvino, '99	276.3
<b>10 Handel, '03</b>	<b>276.1</b>
<b>11 Terribilini, '02</b>	<b>276.0</b>
<b>12 Gnoss, '05</b>	<b>275.9</b>
<b>13 Proctor, '05</b>	<b>266.6</b>
14 McRae, '98	266.0
<b>15 McManus, '05</b>	<b>266.0</b>
16 Duncan, '93	259.9
17 Mayes, '89	251.3
18 Richardson, '95	241.8
19 Fischer, '88	234.5
20 Allard, '99	230.7
21 A.Bei, '99	227.9
<b>22 A.Thomas, '02</b>	<b>224.8</b>
23 English, '01	221.2
<b>24 Hall, '03</b>	<b>218.0</b>
25 Vion, '97	216.5

## North Bay League Cross Country History

Boys		Individual Champion	Victory Margin
<b>Year</b>	<b>Top Two Teams</b>		
1961	Napa 37, Vallejo 48	Mike Skram, Napa	
1962	Santa Rosa 41, Montgomery 46	Bob Whwright, Santa Rosa	
1963	Hogan 41, Montgomery 55	Dale Stevenson, Hogan	
1964	Hogan 41, Napa 48	Dale Stevenson, Hogan	
1965	Hogan 35, Montgomery 68	Bob Waldon, Montgomery	
1966	Hogan 39, Vallejo 71	Collin Munro, Hogan	
1967	Napa 40, Santa Rosa 54	John Stevens, Vallejo	
1968	Santa Rosa 30, Napa 45	Ted Harriman, Ukiah	
1969	Napa 28, Santa Rosa 52	Rich Woosley, Santa Rosa	
1970	Santa Rosa 49, Napa 67	Jim Whwright, Santa Rosa	
1971	Petaluma 18, Santa Rosa 58	Jon Sisler, Petaluma	
1972	Petaluma 33, Napa 60	Steve Ricker, Montgomery	
1973	Petaluma 51, Montgomery 67	John McDaniel, Napa	0:08
1974	Petaluma 37, Montgomery 54	Dan Aldridge, Petaluma	1:04
1975	Santa Rosa 44, Montgomery 44	Armand Moreno, Santa Rosa	0:08
1976	Montgomery 25, Petaluma 30	Bill Johnson, Montgomery	0:07
1977	Petaluma 22, Montgomery 42	Dave Royal, Petaluma	0:33
1978	Petaluma 33, Rancho Cotate 56	Dave Royal, Petaluma	0:20
1979	Montgomery 32, Ukiah 48*	Dave Rodriguez, Montgomery	0:06
1980	Petaluma 38, Montgomery 43	Mike Sutton, Ukiah	0:02
1981	Petaluma 40, Ukiah 57	Mike Sutton, Ukiah	0:04
1982	Cardinal Newman 37, Montgomery 43	Ryan Gilliam, C. Newman	0:08
1983	Montgomery 26, Santa Rosa 45	Ryan Gilliam, C. Newman	0:19
1984	Montgomery 39, Santa Rosa 40	Paul Cummings, Montgomery	0:34
1985	Montgomery 23, Santa Rosa 53	Paul Cummings, Montgomery	0:11
1986	Montgomery 36, Rancho Cotate 56	Kevin Smith, Montgomery	0:13
1987	Montgomery 26, Santa Rosa 52	Mike Contos, Montgomery	0:09
1988	Santa Rosa 16, Montgomery 66	Steve Guerrini, Santa Rosa	0:17
1989	Montgomery 36, Santa Rosa 74	Dan Held, Santa Rosa	0:22
1990	Santa Rosa 28, Montgomery 32	Steve Guerrini, Santa Rosa	0:23
1991	Montgomery 30, Santa Rosa 47	Juanjo Soriano, Santa Rosa	0:07
1992	Montgomery 27, Santa Rosa 37	David Toomey, Montgomery	0:05
1993	Montgomery 39, Santa Rosa 41	Zach Barrett, Santa Rosa	0:04
1994	Santa Rosa 20, Cardinal Newman 43	Zach Barrett, Santa Rosa	0:18
1995	Montgomery 38, Ukiah 60	Amadu Kamara, Santa Rosa	0:05
1996	Ukiah 37, Montgomery 42	Ryan Mack, Ukiah	0:21
1997	Ukiah 34, Montgomery 65	Ryan Mack, Ukiah	0:04
1998	Ukiah 37, Maria Carrillo 58	Ryan Mack, Ukiah	0:11
1999	Montgomery 34, Ukiah 41*	Jordan Kinley, Maria Carrillo	0:36
2000	Montgomery 25, Santa Rosa 51	Nick Millar, Montgomery	0:05
2001	Santa Rosa 52, Ukiah 61*	Jordan Kinley, Maria Carrillo	0:18
* 1979 - Ukiah ties Montgomery for league title with 5-0 dual meet record			
* 1999 - Ukiah ties Montgomery for league title with 7-0 dual meet record			
* 2001 - Ukiah ties Santa Rosa for league title with 7-0 dual/tri meet record			

Total Number of League Titles for Current NBL Teams			
<b>Boys Teams</b>		<b>Boys Individuals</b>	
Montgomery	14	Santa Rosa	11
Santa Rosa	8	Montgomery	10
Ukiah	6	Ukiah	6
Cardinal Newma	1	Cardinal Newman	2
		Maria Carrillo	2
<b>Girls Teams</b>		<b>Girls Individuals</b>	
Santa Rosa	8	Santa Rosa	8
Ursuline	6	Montgomery	7
Montgomery	5	Ukiah	4
Rancho Cotate	2	Ursuline	3
Ukiah	2	Piner	1
Maria Carrillo	1		

Girls		Individual Champion	Victory Margin
<b>Year</b>	<b>Top Two Teams</b>		
1975	Ukiah 20, Montgomery 36	Jody Garrard, Ukiah	0:09
1976	Montgomery 15, Ukiah 46	Heidi Messerschmitt, Montgome	0:13
1977	Montgomery 20, Ukiah 40	Deanne Neff, Montgomery	0:13
1978	Ukiah 31, Petaluma 54	Dana Flint, Ukiah	0:46
1979	Petaluma 24, Ukiah 45	Lori Shanoff, Petaluma	0:01
1980	Petaluma 27, Ukiah 36	Lori Shanoff, Petaluma	0:19
1981	Petaluma 34, Ursuline 54	Lori Shanoff, Petaluma	0:55
1982	Petaluma 44, Ursuline 60	Amy Stout, Petaluma	0:16
1983	Ursuline 31, Montgomery 54	Julie Ruiz, Ursuline	1:38
1984	Santa Rosa 41, Montgomery 52	Julie Ruiz, Ursuline	1:08
1985	Santa Rosa 45, Montgomery 63	Kathi Force, Santa Rosa	0:34
1986	Montgomery 40, Santa Rosa 50	Kathi Force, Santa Rosa	0:57
1987	Piner 52, Rancho Cotate 56*	Nicole Fischer, Montgomery	0:03
1988	Ursuline 45, Rancho Cotate 60**	Michelle Ferguson, Piner	0:41
1989	Santa Rosa 32, Rancho Cotate 45	Nika Horn, Santa Rosa	1:17
1990	Santa Rosa 26, Rancho Cotate 62	Nika Horn, Santa Rosa	0:50
1991	Santa Rosa 29, Ursuline 49	Rhonda Mazza, Santa Rosa	0:03
1992	Ursuline 34, Santa Rosa 60	Brenna Nurmi, Ursuline	0:10
1993	Ursuline 44, Santa Rosa 58	Pamela Richardson, Montgomer	0:27
1994	Ursuline 28, Montgomery 45	Julia Stamps, Santa Rosa	1:15
1995	Ursuline 41, Montgomery 53	Julia Stamps, Santa Rosa	1:58
1996	Santa Rosa 26, Ursuline 48	Julia Stamps, Santa Rosa	1:21
1997	Santa Rosa 30, Montgomery 48	Sara Bei, Montgomery	0:06
1998	Santa Rosa 35, Montgomery 48	Sara Bei, Montgomery	0:19
1999	Montgomery 53, Santa Rosa 56	Sara Bei, Montgomery	0:49
2000	Montgomery 27, Maria Carrillo 51	Amber Trotter, Ukiah	0:12
2001	Maria Carrillo 39, Montgomery 42	Amber Trotter, Ukiah	0:35
* 1987 - Rancho Cotate wins league title with 5-0 dual meet record			
** 1988 - Rancho Cotate ties Ursuline for league title with 5-0 dual meet record			

### Team Bests on Spring Lake 3-Mile Course (Combined Time of Top 5 Runners)

Girls	
1	1:32:23 2001 Maria Carrillo (Aldridge, Robinson, Drady, Hendricks, Boes)
2	1:32:29 1996 Santa Rosa (Stamps, Cox, Johnson, Stafford, Meade)
3	1:33:30 2000 Montgomery (Bei, Bashel, Pedersen, Sweaney, Conley)
4	1:33:32 2001 Montgomery (K. Conley, E. Conley, Handel, Sweaney, Pedersen)
5	1:33:57 1998 Santa Rosa (Cox, Shaver, Johnson, Stafford, Prange)
6	1:34:48 2001 Ukiah (Trotter, Leland, Kenny, Shibata, Mullin)
7	1:34:25 1998 Montgomery (Bei, Bashel, Malvino, Terribilini, Pedersen)
8	1:35:37 1991 Santa Rosa (Mazza, Reeder, Horn, Beardall, McConnico)
9	1:35:41 1997 Santa Rosa (Cox, Prange, Johnson, Stafford, Shaver)
10	1:36:46 1999 Montgomery (Bei, Bashel, Pedersen, Terribilini, Hall)
11	1:36:56 2000 Maria Carrillo (Aldridge, A. Drady, Boes, J. Drady, Hendricks)
12	1:37:44 1990 Santa Rosa (Horn, Mazza, Reeder, Beardall, Tejler)
13	1:38:30 1997 Montgomery (Bei, Bashel, Rancourt, Haile, Malvino)
14	1:38:39 1999 Maria Carrillo (Aldridge, A. Drady, Flores, A. Nelson, N. Nelson)
15	1:38:41 1999 Santa Rosa (Shaver, Prange, Johnson, Parker, White)
Boys	
1	1:19:41 1988 Santa Rosa (Guerrini, Zabala, Held, Price, Macken)
2	1:19:45 1992 Montgomery (Selby, Toomey, Sanborn, Hinkle, Bisbee)
3	1:20:24 1994 Santa Rosa (Barrett, Egerton, Schwartz, Vandenhuevel, Leaf)
4	1:20:36 2000 Montgomery (Masi, Z. Fitch, Millar, J. Fitch, Fagent)
5	1:20:45 1998 Ukiah (Mack, Fuentes, Leon, Graham, Chadd)
6	1:21:33 1992 Santa Rosa (Barrett, Egerton, Legesse, Pile, Grosjean)
7	1:21:37 1997 Ukiah (Mack, Otto, Behnke, Poor, Rahm)
8	1:21:49 1991 Montgomery (Lopes, Haluzak, Sanborn, Selby, Hinkle)
9	1:21:50 1996 Ukiah (Mack, Otto, Poor, Rahm, Mathews)
10	1:21:54 1991 Santa Rosa (Soriano, Pile, Legesse, Fisk, Grosjean)
11	1:22:07 1993 Santa Rosa (Barrett, Egerton, Vandenhuevel, Schwartz, Davis)
12	1:22:15 1993 Montgomery (Toomey, Story, Lew, Au, Higgins)
13	1:22:33 2001 Santa Rosa (McFarlin, Van Deventer, Stafford, Nopola, Parks)
14	1:22:54 2001 Ukiah (Vau, Chadd, Sock, Barrales, Poor)
15	1:23:07 2001 Montgomery (M. Fitch, Gallagher, Cody, Proctor, Fung)

## Montgomery Teams: Year-by-Year Comparison 3-Mile Spring Lake Course

Varsity Girls		
Time	Year	Top Five Runners
1:33:30	2000	S.Bel, Basfel, Sweeney, Pedersen, Terblint
1:33:32	2001	K. Conley, E. Conley, Handal, Sweeney, Pedersen
1:34:25	1998	S. Bel, Basfel, Malino, Terblint, Pedersen
4:13:46	1999	Bel, Basfel, Pedersen, Terblint, Hall
5:13:8:12	1997	S. Bel, Basfel, Rancourt, Halle, Malino
6:14:2:43	1995	Rancourt, Halle, Van, Cushing, McRae
7:14:2:58	1991	Gay, Wiesner, Jordan, Duncan, McClendon
8:14:3:11	1994	Richardson, Lofn, Rancourt, Halle, Cohn
9:14:5:38	1996	Rancourt, Halle, Pacheco, Frich, Malino
10:14:6:00	1992	Richardson, McClendon, Duncan, Chalm, Zbinden
11:15:0:09	1990	Duncan, McClendon, Gay, Jordan, Blackwell
12:15:1:44	1993	Richardson, Redburn, Chaffin, Cushing, Scott
13:15:1:48	1988	Mayes, Scott, Montague, Zelenak, Preston
14:15:4:31	1989	Gay, Jordan, Preston, J. Scott, Blackwell

Varsity Boys		
Time	Year	Top Five Runners
1:19:45	1992	Seby, Toomey, Sanborn, Hinkle, Bibbe
2:1:20:36	2000	Masi, Z. Fritch, Miller, J. Fritch, Fagant
3:1:21:55	1991	Lopes, Haltrak, Sanborn, Seby, Hinkle
4:1:22:15	1993	Toomey, Story, R. Lew, Toll Au, Higgins
5:1:22:30	1996	K. Funk, Standa, Deselle, Friley, G. Funk
6:1:22:45	1999	Masi, Z. Fritch, Miller, Fagant, J. Fritch
7:1:23:06	1989	Inhner, J. Godfrey, Keith, O'Neil, Prevalter
8:1:23:16	1995	Deselle, K. Funk, Standa, Curie, Friley
9:1:23:17	2001	M. Fritch, Gallagher, Cody, Fung, Fung
10:1:23:21	1998	G. Funk, Z. Fritch, J. Fritch, Escobedo, Miller
11:1:23:36	1990	J. Godfrey, Lopes, Haltrak, Sanborn, Gale
12:1:23:45	1997	Deselle, G. Funk, Curie, Escobedo, Z. Fritch
13:1:24:03	1988	Lewis, Keith, Downing, Stevenson, Inhner
14:1:26:33	1994	Standa, Friley, Frich, Deselle, T. Buonaccorsi

Junior Varsity Girls		
Time	Year	Top Five Runners
1:14:6:19	2001	Gnoss, McManus, Proctor, Hall, Thomas
2:1:53:13	1995	Giddens, Frich, Mackle, Malino, Bernhard
3:1:58:00	1994	Rancourt, Frich, Mackle, M. Scott, Vail
4:2:02:17	1996	Mackle, L. Thomas, McCon, Perry, A. Bel

Junior Varsity Boys		
Time	Year	Top Five Runners
1:1:27:42	1989	Boone, Gantson, Parsons, del Campo, Hunt
2:1:28:13	1991	Story, Davis, R. Lew, O'Neil, Flanagan
3:1:28:44	1988	Cane, O'Neil, R. Conros, Fitzwater, R. Lynn
4:1:29:01	1990	Seby, Bibbe, Hunt, J. Waldow, Parsons
5:1:29:23	2000	M. Fritch, Cody, J. Mills, Proctor, McRae
6:1:29:55	1994	K. Funk, Curie, Erickson, Jackson, Strickland
7:1:30:00	1992	R. Lew, Greenberg, Higgins, Votuba, Rangel
8:1:32:38	1999	Gallagher, Carbery, J. Mills, McRae, Proctor
9:1:33:15	1993	T. Buonaccorsi, Martinez, Carrallo, Jordana, Widener
10:1:33:52	1998	Birt, Band, Minloff, Schlereth, Cho
11:1:34:24	1996	B. Buonaccorsi, Davis, Koch, Prekos, Chapin
12:1:34:27	1997	G. Mills, Willison, J. Fritch, Band, Metzler
13:1:34:33	2001	Masi, Wals, Wignit, Sainey, Patrick-Laub
14:1:35:39	1995	G. Funk, B. Buonaccorsi, Prekos, Chabyn, Larson

## 2-Mile Spring Lake Course

Junior/Senior Girls		
Time	Year	Top Three Runners
1:38:19	2000	Terblint, Basfel, Pedersen
2:39:52	1994	Richardson, Redburn, Cohn
3:40:13	1991	Gay, Duncan, Wiesner
4:40:20	2001	Handal, Terblint, Hall
5:40:23	1996	Halle, Rancourt, Pedeco
6:40:33	1999	S. Bel, Basfel, English
7:41:10	1995	Redburn, Cushing, Von
8:42:40	1997	Halle, A. Bel, McCon
9:42:51	1987	Fischer, Mayes, Parker
10:43:19	1988	Mayes, Mayo, Montague
11:43:41	1992	McClendon, Duncan, Zbinden
12:45:10	1990	Gay, Jordan, Blackwell
13:45:31	1993	Richardson, Chaffin, Hauser

### Varsity Girls

Time	Year	Top Five Runners
1:10:2:47	2001	K. Conley, Sweeney, Blake, Ecooley, Handal
2:1:02:55	1998	S. Bel, Basfel, Malino, Pedersen, Terblint
3:1:03:42	2000	Terblint, Conley, Basfel, Sweeney, Pedersen
4:1:06:24	1999	S. Bel, Basfel, Pedersen, Terblint, Hall
5:1:07:17	1994	Richardson, Lofn, Redburn, Cohn, Rancourt
6:1:08:00	1991	Gay, Wiesner, Duncan, McClendon, Jordan
7:1:08:30	1995	Rancourt, Redburn, Cushing, Von, McRae
8:1:09:07	1997	S. Bel, Halle, A. Bel, McCon, Malino
9:1:10:29	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
10:1:10:32	1996	Halle, Rancourt, Pacheco, Frich, Malino
11:1:13:05	1990	Duncan, McClendon, Gay, Jordan, Blackwell
12:1:13:40	1987	Fischer, Mayes, Mayo, Parker, Jones
13:1:14:07	1993	Richardson, Redburn, Chaffin, Cushing, Scott
14:1:14:10	1988	Mayes, Mayo, Blackwell, Montague, Preston

### Senior Boys

Time	Year	Top Three Runners
1:31:27	2000	Miller, J. Fritch, Z. Fritch
2:32:01	1987	M. Cortos, Walters, Waldow
3:32:03	1992	Bibbe, Sanborn, Hinkle
4:32:03	1993	Toomey, Story, R. Lew
5:32:37	1996	Park, Standa, Friley
6:33:11	1990	J. Godfrey, Gale, Felice
7:33:32	1991	Lopes, Haltrak, Clarke
8:33:48	1997	Deselle, Curie, B. Buonaccorsi
9:34:08	1988	Lewis, Downing, R. Conros
10:34:25	1998	G. Funk, Escobedo, Koch
11:34:54	2001	Proctor, Fung, Fryer
12:35:29	1994	Frich, Catalano, Erickson
13:42:23	1999	Carlson, Ferrel, B. Mills

### Frosh/Soph Girls

Time	Year	Top Three Runners
1:36:27	1998	S. Bel, Basfel, Pedersen
2:36:51	2001	K. Conley, Sweeney, Blake
3:39:19	2000	Conley, Sweeney, Hall
4:40:15	1999	Pedersen, Terblint, Hall
5:41:44	1994	Lofn, Rancourt, Giddens
6:41:49	1995	Rancourt, McRae, Allard
7:46:47	1993	Redburn, Cushing, M. Scott
8:48:29	1988	Blackwell, Zelenak, J. Scott

### Frosh/Soph Boys

Time	Year	Top Three Runners
1:32:47	2000	Masi, Gallagher, M. Fritch
2:33:13	1998	Z. Fritch, J. Fritch, Fung
3:33:42	1994	K. Funk, Friley, Standa
4:33:54	1995	Deselle, Curie, Waters
5:34:01	1991	R. Lew, Story, Flanagan
6:34:07	1999	Masi, Fung, Minkoff
7:35:10	1988	J. Godfrey, O'Neil, Hunt
8:35:20	2001	Cody, Conley, Bailey
9:35:35	1997	Z. Fritch, Jordan, Willison
10:35:50	1993	Toll Au, Todd Au, Strickland
11:36:30	1990	Seby, Sanborn, Bibbe
12:37:30	1996	G. Funk, Davis, Koch
13:38:21	1992	Higgins, Temple, Erickson

### Junior Boys

Time	Year	Top Three Runners
1:32:12	1991	Hinkle, Sanborn, Seby
2:32:21	1999	Z. Fritch, J. Fritch, Fagant
3:32:23	1992	Toomey, Story, R. Lew
4:32:54	1995	K. Funk, Standa, Friley
5:34:00	1996	Deselle, Curie, Buonaccorsi
6:34:10	1990	Lopes, Haltrak, Jorgensen
7:34:15	1988	Stevenson, Keith, Boone
8:34:42	1987	Lewis, Crane, J. Lew
9:35:03	1993	Higgins, Erickson, Marthuz
10:35:36	2000	Fung, Proctor, Fryer
11:37:24	1997	G. Funk, Escobedo, Koch
12:38:38	2001	Gallagher, Mills, Deselle

### Varsity Boys

Time	Year	Top Five Runners
1:52:46	2000	Miller, J. Fritch, Z. Fritch, Miller, Fagant
2:53:22	1992	Toomey, Bibbe, Sanborn, Hinkle, Story
3:53:28	1991	Lopes, Hinkle, Sanborn, Seby, Bibbe
4:54:05	1987	M. Cortos, Walters, Lewis, D. Waldow, Ostko
5:54:05	1999	Z. Fritch, J. Fritch, Masi, Fagant, Miller
6:54:09	1993	Toomey, Story, R. Lew, Toll Au, Higgins
7:54:45	1996	K. Funk, Deselle, Standa, Friley, Curie
8:54:50	1995	Deselle, K. Funk, Standa, Friley, Fung
9:55:31	1998	Z. Fritch, J. Fritch, G. Funk, Escobedo, Z. Fritch
10:55:42	1997	Deselle, G. Funk, Curie, Escobedo, Z. Fritch
11:56:05	1990	J. Godfrey, Lopes, Gale, Haltrak, Jorgensen
12:56:19	2001	Cody, Gallagher, Proctor, Fung, Fryer
13:56:19	1988	Lewis, Stevenson, J. Godfrey, Keith, Downing
14:56:37	1994	K. Funk, Friley, Deselle, Standa, Frich

### Varsity Boys

Runner	Team	Time	Date
1 Ryan Mack	UK	14:50	11/13/98
2 Steve Laurie	MC	15:01	11/13/98
3 Celedonio Rodrig	EA	15:05	11/13/98
4 Zack Barrett	SR	15:21	11/4/94
5 David Toomey	M	15:26	10/13/93
6 Steve Guerrini	SR	15:28	10/22/89
7 Jason Selby	M	15:32	10/28/92
8 Jordan Kinley	MC	15:33	11/12/99
9 Josh Otto	UK	15:34	11/5/97
10 Peter Egerton	SR	15:39	11/4/94
11 Amadu Kamara	SR	15:40	10/25/95
12 Juano Soriano	SR	15:41	11/8/91
13 Nat Lopes	M	15:47	10/23/91
14 Dan Held	SR	15:48	11/10/89
14 Sky Pile	SR	15:48	11/8/91
16 Nick Millar	M	15:51	11/3/00
17 Jeff Godfrey	M	15:53	11/2/90
17 Brent Shaw	CN	15:53	11/13/98
19 Tim Sanborn	M	15:54	11/6/92
20 Salvador Zabala	SR	15:55	11/10/88
21 Mekonen Fekadu	SR	15:56	10/25/95
21 Zac Fitch	M	15:56	11/3/00
21 Jason Deselle	M	15:57	10/25/95
23 Regan Masi	M	15:57	10/11/00
25 Eddy McFarlin	SR	15:58	11/2/01

### Varsity Girls

Runner	Team	Time	Date
1 Julia Stamps	SR	16:15	10/11/95
2 Amber Trotter	UK	16:31	11/2/01
3 Sara Bei	M	16:43	11/4/98
4 Trina Cox	SR	17:04	11/13/98
5 Jenny Aldridge	MC	17:06	11/2/01
6 Sarah Bashel	M	17:40	11/4/98
7 Kim Conley	M	18:00	11/2/01
8 Shelby Leland	UK	18:04	11/2/01
9 Phylliss Blanchard	RC	18:06	11/2/01
10 Nika Horn	SR	18:09	11/2/90
11 Rhonda Mazza	SR	18:10	11/8/91
12 Megan Reeder	SR	18:13	11/8/91
13 Amy Robinson	MC	18:20	10/17/01
14 Sarah Hallas	Urs	18:23	11/15/96
15 Pamela Richards	M	18:32	10/26/94
16 Christy Sweaney	M	18:37	10/3/01
17 Anna Shaver	SR	18:42	11/13/98
18 Ashlee Drady	MC	18:44	11/2/01
19 Emma Conley	M	18:47	11/2/01
20 Kim Handel	M	18:48	11/2/01
21 Lindsey Johnson	SR	18:51	11/15/96
22 Katie Stafford	SR	18:53	11/4/98
23 Carina Hendricks	MC	18:58	11/2/01
24 Brenna Nurmi	Urs	18:59	11/6/92
25 Jackie Prange	SR	19:01	11/5/97

### Junior Varsity Boys

Runner	Team	Time	Date
1 Ryan Lew	M	17:00	10/31/91
2 Matt Fitch	M	17:04	10/11/00
3 K.C. Cody	M	17:11	10/11/00
4 Scott Story	M	17:14	11/8/91
5 Lee Oblad	M	17:15	10/31/91
6 Dean Crane	M	17:17	10/26/88
6 Nam Ngo	SR	17:17	11/6/92
8 Jason Selby	M	17:19	11/2/90
8 Josh Dorris	M	17:19	10/23/91
10 David Toomey	M	17:21	10/23/91
11 Kevin Boone	M	17:25	11/10/89
12 Ventura Panaigu	UK	17:25	11/2/01
13 Jake Davis	SR	17:26	11/6/92
13 Kevin Funk	M	17:26	11/4/94
15 Victor Garrison	M	17:27	11/10/89
15 David Britt	M	17:27	11/13/98
17 Alex Kramer	UK	17:28	11/14/97
18 Rory O'Neill	M	17:30	10/26/88
19 Aaron Parsons	M	17:31	11/10/89
19 Jose Alvarez	EA	17:31	11/12/99
21 Andrew Gallagher	M	17:33	11/12/99
22 Afterom Legesse	SR	17:34	11/2/90
23 Bart Farrell	CN	17:35	11/2/01
24 Mike Saunders	SR	17:36	11/6/92
25 Joey Baer	SR	17:38	11/10/88

### Junior Varsity Girls

Runner	Team	Time	Date
1 Ashley Gnos	M	20:04	11/2/01
2 Molly McManus	M	20:54	11/2/01
3 Elizabeth Proctor	M	20:55	11/2/01
4 Katie House	Urs	20:57	11/4/94
5 Alexa Delwiche	Urs	20:59	11/4/94
6 Barbara Hall	M	21:03	11/2/01
7 Ria Drake	Urs	21:04	11/4/94
8 Kendara Channey	MC	21:12	11/2/01
9 Maryann Hulsman	Urs	21:17	11/15/96
10 Susan Lieu	MC	21:33	11/3/00
11 Heather Berg	SR	21:34	11/8/91
12 Diana Rancourt	M	21:37	11/4/94
13 Alex Waring	Urs	21:39	11/3/91
14 Sonya Glidden	M	21:41	10/25/95
15 Tiffany Espinosa	Urs	21:42	11/4/94
15 Anthea Meade	SR	21:42	11/13/98
17 Virginia Melin	Urs	21:43	11/4/94
17 Michelle Finch	M	21:43	10/25/95
19 Becky Balkwell	Urs	22:08	11/5/93
20 Daphne Bilge	SR	22:09	11/12/99
21 Naomi Turner	UK	22:19	11/14/97
22 Jenny Moore	Urs	22:20	11/8/91
22 Liz Brown	Urs	22:20	11/15/96
24 Beth Bowman	Urs	22:22	11/8/91
25 Strada Morris	UK	22:26	11/14/97

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

## Overall Boys

Name	Time	Yr
1 David Toomey	15:26	'93
2 Jason Selby	15:32	'92
3 Nat Lopes	15:47	'91
4 Nick Millar	15:51	'00
5 Jeff Godfrey	15:53	'90
6 Tim Sanborn	15:54	'92
7 Kevin Funk	15:56	'96
7 Zac Fitch	15:56	'00
9 Jason DeSelle	15:57	'95
9 Regan Masi	15:57	'00
11 Keith Lewis	16:02	'88
11 Jon Fitch	16:02	'00
13 Josh Hinkle	16:05	'92
14 Dave Intner	16:10	'89
15 Drew Fagent	16:14	'00
15 <b>Andrew Gallagher</b>	16:14	'01
15 Matt Fitch	16:14	'01
18 <b>K.C. Cody</b>	16:16	'01
19 Peter Keith	16:17	'89
19 Greg Funk	16:17	'98
21 Scott Story	16:18	'93
22 Erik Haluzak	16:20	'91
23 Ryan Lew	16:24	'93
24 Toli Au	16:26	'93
25 Nate Bisbee	16:31	'92

## Senior Boys

Name	Time	Yr
1 David Toomey	15:26	'93
2 Jason Selby	15:32	'92
3 Nat Lopes	15:47	'91
4 Nick Millar	15:51	'00
5 Jeff Godfrey	15:53	'90
6 Tim Sanborn	15:54	'92
7 Kevin Funk	15:56	'96
7 Zac Fitch	15:56	'00
9 Keith Lewis	16:02	'88
9 Jon Fitch	16:02	'00
11 Josh Hinkle	16:05	'92
11 Jason DeSelle	16:05	'97
13 Dave Intner	16:10	'89
14 Drew Fagent	16:14	'00
15 Peter Keith	16:17	'89
15 Greg Funk	16:17	'98
17 Scott Story	16:18	'93
18 Erik Haluzak	16:20	'91
19 Ryan Lew	16:24	'93
20 Nate Bisbee	16:31	'92
21 John Staroba	16:32	'96
22 Jake Currie	16:35	'97
23 Josh Dorris	16:40	'92
24 Jerry Finlay	16:42	'96
25 Scott Fitzwater	16:51	'89

## Junior Boys

Name	Time	Yr
1 David Toomey	15:36	'92
2 Zac Fitch	16:10	'99
3 <b>Andrew Gallagher</b>	16:14	'01
4 Jason DeSelle	16:16	'96
5 Kevin Funk	16:19	'95
6 Tim Sanborn	16:22	'91
7 Jason Selby	16:23	'91
8 Nat Lopes	16:25	'90
9 Josh Hinkle	16:27	'91
10 Greg Funk	16:30	'97
11 Nick Millar	16:31	'99
12 Jeff Godfrey	16:32	'89
13 Scott Story	16:36	'92
14 Nate Bisbee	16:37	'91
15 Jake Currie	16:38	'96
16 Peter Keith	16:44	'88
17 Rory O'Neill	16:49	'89
18 Drew Fagent	16:49	'99
19 Jon Fitch	16:51	'99
20 John Staroba	16:52	'95
21 Dave Intner	16:54	'88
22 <b>Jason Fung</b>	16:54	'00
23 Nathan Higgins	16:58	'93
24 Erik Haluzak	16:59	'90
25 Star Stevenson	17:00	'88
25 Ryan Lew	17:00	'92

## Sophomore Boys

Name	Time	Yr
1 Jason DeSelle	15:57	'95
1 Regan Masi	15:57	'00
2 <b>Matt Fitch</b>	16:14	'01
3 <b>K.C. Cody</b>	16:16	'01
4 Jason DeSelle	16:18	'98
4 Zac Fitch	16:18	'98
5 Toli Au	16:26	'93
6 Jon Fitch	16:27	'98
7 <b>Andrew Gallagher</b>	16:35	'00
8 David Toomey	16:36	'91
9 Greg Funk	16:46	'96
10 Jake Currie	16:53	'95
11 Ryan Lew	17:00	'90
12 Tim Sanborn	17:02	'91
13 Jerry Finlay	17:06	'94
13 John Staroba	17:06	'94
15 Nick Millar	17:10	'98
16 <b>Jason Fung</b>	17:12	'99
17 Jeff Godfrey	17:13	'88
17 Kevin Funk	17:13	'94
19 Scott Story	17:14	'91
20 Jason Selby	17:19	'90
21 David Britt	17:27	'98
22 Rory O'Neill	17:30	'88
23 Nat Lopes	17:31	'89
24 Clayton Hunt	17:32	'88

## Freshman Boys

Name	Time	Yr
1 Regan Masi	16:06	'99
2 <b>Matt Fitch</b>	17:04	'00
3 <b>K.C. Cody</b>	17:11	'00
4 Jason DeSelle	17:19	'94
4 <b>Jason Fung</b>	17:19	'98
6 Zac Fitch	17:22	'97
7 <b>Andrew Gallagher</b>	17:33	'99
8 Jake Currie	17:38	'94
9 <b>Alex Conley</b>	18:05	'01
10 Jon Fitch	18:14	'97
11 <b>Jeff Mills</b>	18:18	'99
12 Greg Funk	18:20	'95
13 <b>Ryan Walsh</b>	18:38	'01
14 John McRae	19:02	'97
15 <b>Jake Minkoff</b>	19:06	'98
16 Patrick Band	19:19	'97
17 <b>Nikos Flaherty-Laub</b>	19:22	'01
18 Nick Cho	19:25	'98
19 Brook Buonaccorsi	19:28	'94
20 John Kast	19:35	'94
21 <b>Josh Cutcher</b>	19:51	'01
22 Ryan Rudnansky	19:54	'98
23 Travis Phelps	20:09	'94
24 John Houghton	20:11	'96
25 <b>Greg DeSelle</b>	20:21	'99

## Overall Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Sarah Basher	17:40	'98
3 <b>Kim Conley</b>	18:00	'01
4 Pamela Richardson	18:32	'94
5 <b>Christy Sweaney</b>	18:37	'01
6 <b>Emma Conley</b>	18:47	'01
7 <b>Kim Handel</b>	18:48	'01
8 <b>Elisa Pedersen</b>	19:03	'01
9 Diana Rancourt	19:08	'97
10 <b>Kate Blake</b>	19:16	'01
11 <b>Joy Terribilini</b>	19:19	'01
12 Lisa Gay	19:43	'91
13 April Malvino	19:46	'98
14 <b>Ashley Gnos</b>	20:04	'01
15 Jamie Duncan	20:05	'90
16 Amy Lodin	20:10	'94
17 Shewit Haile	20:11	'96
18 Marisa Reichmuth	20:16	'93
19 Sarah McClendon	20:17	'92
20 Jana Wiesner	20:25	'91
21 Georgina Vion	20:29	'95
22 Amy Jordan	20:33	'91
23 Michelle Mayes	20:37	'88
24 Christina Cushing	20:51	'95
24 <b>Amelia Thomas</b>	20:51	'00

## Senior Girls

Name	Time	Yr
1 Sara Bei	17:12	'00
2 Pamela Richardson	18:32	'94
3 Sarah Basher	18:58	'00
4 <b>Elisa Pedersen</b>	19:03	'01
5 Diana Rancourt	19:08	'97
6 <b>Joy Terribilini</b>	19:19	'01
7 Lisa Gay	19:43	'91
8 April Malvino	19:46	'98
9 Sarah McClendon	20:17	'92
10 Jamie Duncan	20:19	'92
11 Shewit Haile	20:21	'97
12 Jana Wiesner	20:25	'91
13 Amy Jordan	20:33	'91
14 Michelle Mayes	20:37	'88
15 Christina Cushing	20:51	'95
16 Alisha McCon	21:07	'97
17 Amy Bei	21:12	'98
18 Sarah Pacheco	21:28	'96
19 Marisa Reichmuth	21:37	'95
20 Michelle Finch	21:39	'96
21 Sonya Glidden	21:59	'97
22 Tanya Mayo	22:06	'89
23 Cherie Montague	22:18	'88
24 Natalie Sohl	22:27	'96

## Junior Girls

Name	Time	Yr
1 Sara Bei	16:57	'99
2 Sarah Basher	18:46	'99
3 <b>Kim Handel</b>	18:48	'01
4 Pamela Richardson	18:59	'93
5 <b>Elisa Pedersen</b>	19:05	'00
6 Diana Rancourt	19:20	'96
7 <b>Joy Terribilini</b>	19:28	'00
8 Shewit Haile	20:11	'96
9 April Malvino	20:15	'97
10 Jamie Duncan	20:17	'91
11 Georgina Vion	20:29	'95
12 <b>Amelia Thomas</b>	20:51	'00
13 Marisa Reichmuth	20:53	'94
14 <b>Barbara Hall</b>	21:03	'01
15 Lisa Gay	21:19	'90
16 Sarah McClendon	21:25	'91
17 Amy Jordan	21:36	'90
18 Eloisa Colin	21:41	'94
19 Amy Bei	21:42	'97
20 Michelle Finch	21:43	'95
20 Tanya Mayo	21:49	'88
22 Lisa Mackie	21:52	'96
23 Christina Cushing	22:25	'94
24 Sonya Glidden	22:36	'96
24 Cassie English	22:36	'99

## Sophomore Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Sarah Basher	17:40	'98
3 <b>Kim Conley</b>	18:00	'01
4 <b>Christy Sweaney</b>	18:37	'01
5 Pamela Richardson	19:12	'92
6 <b>Elisa Pedersen</b>	19:26	'99
7 Diana Rancourt	19:58	'95
8 Jamie Duncan	20:05	'90
9 <b>Joy Terribilini</b>	20:06	'99
10 Amy Lodin	20:10	'94
11 Marisa Reichmuth	20:16	'93
12 Shewit Haile	20:26	'95
13 Sarah McClendon	20:46	'90
14 Lisa Gay	20:56	'89
15 Megan McRae	20:59	'95
16 <b>Barbara Hall</b>	21:38	'00
17 Sonya Glidden	21:41	'95
18 <b>Amelia Thomas</b>	21:49	'99
19 April Malvino	21:53	'96
20 Jenny Scott	22:02	'88
21 Michelle Finch	22:07	'94
22 Amy Chaffin	22:14	'92
23 Amy Bei	22:22	'96
24 Kristen Blackwell	22:34	'88
25 Amy Jordan	22:36	'89

## Freshman Girls

Name	Time	Yr
1 Sara Bei	17:09	'97
2 <b>Emma Conley</b>	18:47	'01
3 <b>Christy Sweaney</b>	19:06	'00
4 <b>Kim Conley</b>	19:08	'00
5 <b>Kate Blake</b>	19:16	'01
6 Sarah Basher	19:22	'97
7 <b>Elisa Pedersen</b>	19:53	'98
8 <b>Joy Terribilini</b>	19:55	'98
9 <b>Ashley Gnos</b>	20:04	'01
10 <b>Molly McManus</b>	20:54	'01
11 <b>Elizabeth Proctor</b>	20:55	'01
12 Amy Bei	21:04	'95
13 <b>Barbara Hall</b>	21:11	'99
14 Diana Rancourt	21:37	'94
15 Shewit Haile	21:39	'94
16 Sonya Glidden	21:47	'94
17 Lisa Mackie	22:27	'94
18 Brittany Allard	22:43	'95
19 Julia Goepel	22:44	'99
20 April Malvino	23:06	'95
21 <b>Danya Dranow</b>	24:48	'01
23		
24		
25		



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

Overall Boys			Senior Boys			Junior Boys			Sophomore Boys			Freshman Boys		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 Mike Contos	10:14	'87	1 Mike Contos	10:14	'87	1 David Toomey	10:22	'92	1 <b>K.C. Cody</b>	10:36	'01	1 Regan Masi	10:44	'99
2 Nick Millar	10:20	'00	2 Nick Millar	10:20	'00	2 Jason DeSelle	10:38	'96	2 Regan Masi	10:38	'00	2 Matt Fitch	11:20	'00
3 David Toomey	10:21	'93	3 David Toomey	10:21	'93	3 Josh Hinkle	10:40	'91	3 Jason DeSelle	10:44	'95	3 Jason DeSelle	11:22	'94
4 Nat Lopes	10:25	'91	4 Nat Lopes	10:25	'91	4 Zac Fitch	10:41	'99	4 Andrew Gallagher	10:49	'00	4 Jason Fung	11:24	'98
5 Jon Fitch	10:31	'00	5 Jon Fitch	10:31	'00	5 Keith Lewis	10:43	'87	5 Toli Au	10:54	'93	5 K.C.Cody	11:38	'00
6 Randall Watkins	10:34	'87	6 Randall Watkins	10:34	'87	6 Kevin Funk	10:44	'95	6 Zac Fitch	10:54	'98	6 Zac Fitch	11:40	'97
6 Jeff Godfrey	10:34	'90	6 Jeff Godfrey	10:34	'90	6 Jon Fitch	10:44	'99	7 Jon Fitch	10:55	'98	7 Patrick Band	12:11	'97
8 Tim Sanborn	10:35	'92	8 Tim Sanborn	10:35	'92	8 Tim Sanborn	10:45	'91	8 Ryan Lew	11:05	'91	8 Jon Fitch	12:13	'97
9 <b>K.C. Cody</b>	10:36	'01	9 Dave Intner	10:36	'89	9 Jason Selby	10:47	'91	9 Kevin Funk	11:09	'94	8 <b>Alex Conley</b>	12:13	'01
9 Dave Intner	10:36	'89	9 Kevin Funk	10:36	'96	10 <b>Andrew Gallagher</b>	10:49	'01	10 Scott Story	11:11	'91	10 Greg Funk	12:25	'95
9 Kevin Funk	10:36	'96	9 Zac Fitch	10:36	'00	11 Nathan Bisbee	10:51	'91	11 Jake Currie	11:12	'95	11 <b>Ryan Walsh</b>	12:34	'01
9 Zac Fitch	10:36	'00	12 Nate Bisbee	10:37	'92	12 Greg Funk	10:56	'97	12 Jerry Finlay	11:16	'94	12 Jake Currie	12:38	'94
13 Nate Bisbee	10:37	'92	13 Drew Fagent	10:41	'00	13 Drew Fagent	10:56	'99	12 <b>Jason Fung</b>	11:16	'99	13 Jake Minkoff	12:40	'98
14 Jason DeSelle	10:38	'96	14 John Staroba	10:43	'96	14 Scott Story	10:57	'92	14 John Staroba	11:17	'94	14 Jeff Mills	12:49	'99
15 Regan Masi	10:38	'00	15 Josh Hinkle	10:45	'92	15 John Staroba	10:59	'95	15 Jeff Godfrey	11:26	'88	15 John McRae	12:58	'97
16 Josh Hinkle	10:40	'91	16 Jason Selby	10:46	'92	16 Jeff Godfrey	11:00	'89	16 David Britt	11:29	'98	16 <b>Mark Murphy</b>	13:16	'01
17 Drew Fagent	10:41	'00	17 Keith Lewis	10:47	'88	17 Nick Millar	11:00	'99	17 Greg Funk	11:31	'96	17 Nick Cho	13:19	'98
18 Keith Lewis	10:43	'87	18 Scott Story	10:48	'93	18 Rory O'Neill	11:02	'89	18 Rory O'Neill	11:35	'88	18 <b>Josh Cutcher</b>	13:44	'01
18 John Staroba	10:43	'96	19 Ryan Lew	10:50	'93	19 Ryan Lew	11:04	'92	19 Mike Flanagan	11:45	'91	19 Ryan Metzler	13:48	'97
20 Jason Selby	10:46	'92	19 Jason DeSelle	10:50	'97	20 Star Stevenson	11:05	'88	20 Erik Haluzak	11:47	'89	20 Brook Buonaccorsi	13:49	'94
21 Scott Story	10:48	'93	21 Peter Keith	10:51	'89	21 Nat Lopes	11:06	'90	21 Nick Millar	11:49	'98	21 John Kast	14:02	'94
22 <b>Andrew Gallagher</b>	10:49	'01	21 Josh Dorris	10:51	'92	22 Jerry Finlay	11:11	'95	22 Andrew Jordan	11:50	'97	22 Greg DeSelle	14:08	'99
23 Ryan Lew	10:50	'93	23 Erik Haluzak	10:52	'91	23 Nathan Higgins	11:12	'93	23 Kyle Moe	11:52	'94	23 Ryan Rudnansky	14:11	'98
24 Peter Keith	10:51	'89	24 Greg Funk	10:56	'98	24 <b>Jason Fung</b>	11:12	'00	24 James Waters	11:58	'95	24 <b>Nikos Flaherty-Laub</b>	14:15	'01
25 Josh Dorris	10:51	'92	25 Jake Currie	10:57	'97	25 David Britt	11:16	'99	25 Greg Votruba	12:00	'92	25 James Mullins	14:25	'94

Overall Girls			Senior Girls			Junior Girls			Sophomore Girls			Freshman Girls		
Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr	Name	Time	Yr
1 Sara Bei	11:05	'98	1 Pamela Richardson	11:59	'94	1 Sara Bei	12:23	'99	1 Sara Bei	11:05	'98	1 Sara Bei	11:38	'97
2 <b>Kim Conley</b>	11:56	'01	2 April Malvino	13:01	'98	1 Sarah Basher	12:23	'99	2 <b>Kim Conley</b>	11:56	'01	2 <b>Kim Conley</b>	12:38	'00
3 Pamela Richardson	11:59	'94	3 Lisa Gay	13:05	'91	3 Pamela Richardson	12:30	'93	3 Sarah Basher	12:00	'98	3 <b>Kate Blake</b>	12:45	'01
4 Sarah Basher	12:00	'98	4 <b>Joy Terribilini</b>	13:12	'01	4 <b>Joy Terribilini</b>	12:38	'00	4 <b>Christy Sweaney</b>	12:10	'01	3 <b>Christy Sweaney</b>	12:45	'00
5 <b>Christy Sweaney</b>	12:10	'01	4 Nicole Fischer	13:15	'87	5 Shewit Haile	12:51	'96	5 Pamela Richardson	12:26	'92	5 <b>Emma Conley</b>	12:59	'01
6 <b>Joy Terribilini</b>	12:38	'00	6 Michelle Mayes	13:26	'88	6 <b>Elisa Pedersen</b>	12:56	'00	6 <b>Elisa Pedersen</b>	13:00	'99	6 <b>Elisa Pedersen</b>	13:22	'98
7 <b>Kate Blake</b>	12:45	'01	7 Marisa Reichmuth	13:34	'95	7 Diana Rancourt	12:58	'96	7 <b>Joy Terribilini</b>	13:03	'99	7 <b>Joy Terribilini</b>	13:27	'98
8 Shewit Haile	12:51	'96	8 Jana Wiesner	13:35	'91	8 <b>Kim Handel</b>	13:03	'01	8 Diana Rancourt	13:14	'95	8 <b>Ashley Gnos</b>	13:58	'01
9 <b>Elisa Pedersen</b>	12:56	'00	9 Sarah McClendon	13:41	'92	9 Jamie Duncan	13:33	'91	9 Amy Lodin	13:21	'94	9 Diana Rancourt	14:04	'94
10 Diana Rancourt	12:58	'96	10 Sarah Basher	12:45	'00	10 Georgina Vion	13:51	'95	10 Jamie Duncan	13:30	'90	10 <b>Molly McManus</b>	14:09	'01
11 <b>Emma Conley</b>	12:59	'01	11 Jamie Duncan	13:45	'92	11 Marisa Reichmuth	13:53	'94	11 Marisa Reichmuth	13:44	'93	11 <b>Barbara Hall</b>	14:12	'99
12 April Malvino	13:01	'98	12 Christina Cushing	13:45	'95	12 Sarah McClendon	13:57	'91	12 <b>Barbara Hall</b>	13:56	'00	12 Sonya Glidden	14:21	'94
13 <b>Kim Handel</b>	13:03	'01	13 Shewit Haile	13:47	'97	13 Michelle Mayes	13:58	'87	13 Megan McRae	14:06	'95	13 <b>Elizabeth Proctor</b>	14:27	'01
14 Lisa Gay	13:05	'91	14 Amy Jordan	13:50	'91	14 Eloisa Colin	14:00	'94	14 Amy Chaffin	14:22	'92	14 Brittany Allard	14:29	'95
15 Nicole Fischer	13:15	'87	15 Amy Bei	14:02	'98	15 <b>Barbara Hall</b>	14:05	'01	15 Lisa Gay	14:24	'89	15 Amy Bei	14:36	'95
16 Amy Lodin	13:21	'94	16 Alisha McCon	14:33	'97	15 Amelia Thomas	14:05	'00	16 Sarah McClendon	14:25	'90	16 Julia Goepel	14:47	'99
17 Michelle Mayes	13:26	'88	17 Sarah Pacheco	14:34	'96	17 Amy Bei	14:20	'97	17 Sonya Glidden	14:30	'95	17 Lisa Mackie	15:08	'94
18 Jamie Duncan	13:30	'90	18 Michelle Finch	14:37	'96	18 Tanya Mayo	14:25	'88	18 Tanya Mayo	14:43	'87	18 <b>Amelia Thomas</b>	15:13	'98
19 Marisa Reichmuth	13:34	'95	19 Tanya Mayo	14:54	'89	19 Lisa Gay	14:30	'90	19 <b>Amelia Thomas</b>	14:46	'99	19 April Malvino	15:22	'95
20 Jana Wiesner	13:35	'91	20 <b>Amelia Thomas</b>	14:58	'01	20 Amy Jordan	14:31	'90	20 Michelle Finch	14:48	'94	20 <b>Danya Dranow</b>	18:18	'01
21 Sarah McClendon	13:41	'92	21 Amy Chaffin	15:14	'94	21 April Malvino	14:35	'97	20 Shewit Haile	14:48	'95	21		
22 Christina Cushing	13:45	'95	22 Cherie Montague	15:28	'88	22 Cassie English	14:47	'99	22 Amy Jordan	15:01	'89	22		
23 Amy Jordan	13:50	'91	22 Erin Preston	15:28	'89	23 Amy Chaffin	14:50	'93	23 Kristen Blackwell	15:11	'88	23		
24 Georgina Vion	13:51	'95	22 Lisa Mackie	15:28	'97	24 Lisa Parker	14:53	'87	24 Julia Goepel	15:18	'00	24		
25 <b>Barbara Hall</b>	13:56	'00	25 Sonya Glidden	15:49	'97	25 Mallory Sheldon	15:07	'99	25 Jessica Horowitz	15:25	'94	25		

**Ed Stias Invitational**  
September 8 at Martnez  
Course: 2.0 miles, rolling hills.

	Girls	Place	Time	Pace
1	K. Conley	1 V	12:33	6:16
2	Sweeney	2 V	12:45	6:22
3	E. Conley	3 FS	13:30	6:46
4	Pedersen	26 V	13:35	6:47
5	Blake	5 FS	13:44	6:52
6	Terribilini	35 V	13:46	6:53
7	Handel	4 JV	14:11	7:05
8	McMannus	10 FS	14:37	7:18
9	Poclor	11 FS	14:39	7:19
10	Gross	14 FS	14:43	7:21
11	Thomas	18 JV	15:32	7:46
12	Hall	22 JV	15:34	7:47
13	Dranow	141 FS	21:58	10:59
	Boys	Place	Time	Pace
1	Cody	2 FS	10:57	5:28
2	Fitch	3 FS	10:59	5:29
3	Gallagher	20 V	11:21	5:40
4	Poclor	42 V	11:50	5:55
5	Conley	32 FS	12:36	6:18
6	Fyer	13 JV	12:40	6:20
7	Fung	101 V	12:42	6:21
8	Walsh	40 FS	13:01	6:30
9	Bailey	42 FS	13:02	6:31
10	Wright	63 FS	13:38	6:57
11	Cutcher	25 F	13:55	6:57
12	Murphy	74 FS	13:59	6:59
13	Faherty-Laub	35 F	14:20	7:10
14	Mills	100 JV	14:21	7:10
15	Dranow	102 JV	14:22	7:11
16	Deselle	110 JV	14:30	7:15
17	Orodora	173 JV	16:02	8:01
18	Lange	213 JV	17:52	8:56

**Sonoma Pre-Season**  
September 19 at Maxwell Park  
Course: 2.7 miles, flat

	Girls	Place	Time	Pace
1	Sweeney	1 V	16:29	6:06
2	K. Conley	2 V	16:30	6:06
3	Blake	4 V	17:39	6:32
4	Pedersen	5 V	17:59	6:39
5	E. Conley	6 V	18:00	6:40
6	Terribilini	7 V	18:09	6:43
7	Handel	8 V	18:32	6:51
8	Gross	1 JV	18:56	7:00
9	McMannus	2 JV	19:34	7:14
10	Poclor	3 JV	20:17	7:30
11	Dranow	4 JV	24:49	9:11
	Boys	Place	Time	Pace
1	Cody	1 V	14:47	5:28
2	Fitch	3 V	15:18	5:40
3	Gallagher	4 V	15:29	5:44
4	Poclor	5 V	16:02	5:56
5	Fung	8 V	16:18	6:02
6	Fyer	10 V	16:30	6:06
7	Walsh	1 JV	16:58	6:17
8	Bailey	2 JV	17:08	6:20
9	Conley	16 V	17:58	6:39
10	Mills	3 JV	18:25	6:49
11	Murphy	4 JV	18:38	6:54
12	Hazen	7 JV	19:17	7:08
13	Faherty-Laub	8 JV	19:24	7:11
14	Cutcher	10 JV	19:31	7:13
15	Deselle	9 JV	19:31	7:13
16	Orodora	11 JV	19:32	7:14
17	Dranow	12 JV	20:00	7:24
18	Lange	16 JV	24:02	8:56

**Viking Opener Invitational**  
September 15 at Spring Lake  
Course: 2.0 miles, rolling hills.

	Girls	Place	Time	Pace
1	K. Conley	2 FS	11:50	5:55
2	Sweeney	3 FS	12:10	6:05
3	Gross	1 O	12:43	6:21
4	Blake	9 FS	12:45	6:22
5	E. Conley	12 FS	12:59	6:29
6	Handel	6 JS	13:03	6:31
7	Terribilini	8 JS	13:12	6:36
8	McMannus	2 O	13:36	6:48
9	Hall	19 JS	14:05	7:02
10	Poclor	4 O	14:09	7:04
11	Thomas	32 JS	14:58	7:29
12	Dranow	37 FS	18:18	9:09
	Boys	Place	Time	Pace
1	Cody	3 FS	10:36	5:18
2	Gallagher	2 J	10:49	5:24
3	Poclor	21 S	11:24	5:42
4	Fung	25 S	11:43	5:51
5	Fyer	27 S	11:47	5:53
6	Conley	28 FS	12:13	6:06
7	Bailey	37 FS	12:31	6:15
8	Walsh	39 FS	12:34	6:17
9	Murphy	20 O	13:16	6:38
10	Hazen	29 O	13:38	6:49
11	Cutcher	34 O	13:44	6:52
12	Mills	64 J	13:53	6:56
13	Deselle	65 J	13:56	6:58
14	Faherty-Laub	48 O	14:15	7:07
15	Dranow	66 S	14:27	7:13
16	Orodora	73 J	14:50	7:25
17	Lange	87 O	17:10	8:35

**Cowchip Invitational**  
September 22 at Stafford Lake Park  
Course: Varsity - 3.0 miles,  
JV and Fresh/Soph - 2.0 miles

	Varsity Girls	Place	Time	Pace
1	K. Conley	3	18:32	6:10
2	Sweeney	9	19:27	6:29
3	Blake	12	19:47	6:35
4	E. Conley	13	19:51	6:37
5	Pedersen	16	19:55	6:38
6	Terribilini	36	20:33	6:51
7	Handel	59	21:37	7:12
	JV FS Girls	Place	Time	Pace
8	Hall	10 JV	14:23	7:11
9	Gross	14 FS	13:55	6:57
10	Poclor	24 FS	14:23	7:11
11	McMannus	47 FS	15:12	7:36
12	Dranow	174 FS	18:45	9:22
	Boys	Place	Time	Pace
1	Cody	2	16:08	5:22
2	Fitch	8	16:31	5:30
3	Gallagher	12	16:40	5:33
4	Fung	33	17:33	5:51
5	Poclor	36	17:37	5:52
6	Fyer	41	17:50	5:56
7	Conley	51	18:03	6:01
	JV Boys	Place	Time	Pace
8	Bailey	45 FS	12:21	6:10
9	Walsh	51 FS	12:24	6:12
10	Mills	73 JV	12:54	6:27
11	Wright	81 FS	13:02	6:31
12	Hazen	94 FS	13:15	6:37
13	Murphy	98 FS	13:17	6:38
14	Faherty-Laub	106 FS	13:23	6:41
15	Cutcher	107 FS	13:24	6:42
16	Minkoff	112 JV	13:32	6:46
17	Dranow	142 JV	14:08	7:04
18	Deselle	151 JV	14:16	7:08
19	Orodora	158 JV	14:24	7:12
20	Lange	206 JV	17:37	8:48

**Castro Valley Invitational**  
**October 13 at Castro Valley**  
**Course: 3.0 miles varsity, 2.1 JV**

<u>Varsity/Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 K. Conley	2	20:07	6:42
2 Sweaney	4	20:47	6:55
3 E. Conley	6	20:57	6:59
4 Blake	9	21:21	7:07
5 Handel	10	21:26	7:08
6 Terribilini	14	21:54	7:18
7 Gnoss	40	25:53	8:38
<u>FS Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
8 McManus	14 FS	16:00	7:37
9 Proctor	23 FS	16:10	7:41
10 Dranow	90 FS	19:12	9:08
11 Berland	114 FS	20:49	9:54
<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 Cody	7	17:20	5:46
2 Gallagher	9	17:28	5:49
3 Fitch	20	17:52	5:57
4 Proctor	41	18:44	6:14
5 Mills	89	20:03	6:41
<u>JV Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
6 Mills	73 JV	12:54	6:08
7 Conley	2 F	13:13	6:17
8 Hazen	94 FS	13:15	6:18
9 Bailey	50 FS	14:08	6:43
10 Walsh	19 F	14:12	6:45
11 Flaherty-Laub	37 F	14:56	7:06
12 Murphy	39 F	15:01	7:09
13 Wright	84 FS	15:06	7:11
14 Cutcher	44 F	15:06	7:11
15 Onodera	98 FS	15:28	7:21
16 Deselle	85 JV	15:30	7:22
17 Lange	128 JV	18:24	8:45

**Mt. SAC Invitational**  
**October 20 at Walnut**  
**Course: 3 miles, hilly**

<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 K. Conley	6	18:39	6:13
2 Sweaney	10	18:53	6:17
3 E. Conley	24	19:21	6:27
4 Blake	31	19:30	6:30
5 Handel	35	19:43	6:34
6 Pedersen	52	20:12	6:44
7 Terribilini	64	20:41	6:53
<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 Gallagher	3	16:25	5:28
2 Fitch	6	16:42	5:34
3 Cody	7	16:58	5:39
4 Proctor	16	17:36	5:52
5 Fryer	21	17:48	5:56
6 Fung	22	17:51	5:57
7 Conley	49	18:49	6:16

**NBL tri meet vs. Rancho, Newman, Ursuline**  
**October 24 at Spring Lake**  
**Course: 2.97 miles, rolling hills**

<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 Handel	2 V	18:58	6:23
2 K. Conley	3 V	19:01	6:24
3 Sweaney	5 V	19:16	6:29
4 Blake	4 V	19:16	6:29
5 Pedersen	6 V	19:30	6:33
6 E. Conley	7 V	19:38	6:36
7 Terribilini	9 V	20:01	6:44
8 Gnoss	1 J JV	20:35	6:55
9 Proctor	2 JV	21:15	7:09
10 McManus	3 JV	21:57	7:23
11 Thomas	5 JV	24:02	8:06
12 Dranow	10 JV	26:21	8:52
13 Gallagher	11 JV	26:00	8:54
14 Wickizer	15 JV	29:22	9:53
15 Berland	16 JV	29:49	10:02
<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 Cody	3 V	16:26	5:31
2 Gallagher	5 V	16:47	5:39
3 Fitch	6 V	16:54	5:41
4 Proctor	8 V	17:18	5:49
5 Fryer	9 V	17:28	5:52
6 Fung	10 V	17:34	5:54
7 Mills	2 JV	18:12	6:07
8 Conley	20 V	18:40	6:17
9 Bailey	4 JV	19:28	6:33
10 Walsh	6 JV	19:46	6:39
11 Wright	5 JV	19:46	6:39
12 Flaherty-Laub	9 JV	20:03	6:45
13 Onodera	11 JV	20:13	6:48
14 Dranow	14 JV	20:21	6:51
15 Hazen	15 JV	20:25	6:52
16 Cutcher	16 JV	20:38	6:56
17 Minkoff	17 JV	20:57	7:03
18 Murphy	19 JV	21:10	7:07
19 Deselle	22 JV	21:22	7:11
20 Lange	28 JV	25:52	8:43

**NBL tri meet vs. Elsie Allen and Piner**  
**October 17 at Foothill Park**  
**Course: 3.1 miles, rolling hills**

<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 Sweaney	2	22:49	7:22
2 K. Conley	4	22:50	7:22
3 Handel	3	22:50	7:22
4 Blake	5	24:04	7:46
5 Pedersen	7	24:17	7:50
6 E. Conley	8	24:17	7:50
7 Terribilini	9	24:45	7:59
8 Gnoss	1	24:45	7:59
9 McManus	10	24:55	8:02
10 Proctor	11	24:58	8:03
11 Hall	12	25:12	8:08
12 Dranow	15	30:22	9:48
13 Gallagher	16	30:26	9:49
14 Wickizer	19	33:57	10:57
<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1 Gallagher	2	20:28	6:53
2 Fitch	4	20:28	6:53
3 Proctor	3	20:28	6:53
4 Fung	6	20:47	6:59
5 Fryer	7	20:47	6:59
6 Conley	8	21:01	7:04
7 Mills	9	21:11	7:07
8 Walsh	10	21:18	7:10
9 Bailey	11	22:21	7:31
10 Flaherty-Laub	13	22:32	7:35
11 Cutcher	15	23:11	7:48
12 Murphy	17	23:28	7:54
13 Dranow	18	23:48	8:00
14 Deselle	20	24:50	8:22
15 Lange	24	28:19	8:43

**NBL-SCL Interlock**  
September 26 at Spring Lake  
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	1 V	18:34	6:15
2	Sweeney	3 V	19:36	6:35
3	Blake	4 V	19:47	6:39
4	Pedersen	6 V	20:36	6:56
5	E. Conley	7 V	20:40	6:57
6	Handel	8 V	20:41	6:57
7	Terbillini	10 V	21:15	7:09
8	Gross	1 J.V	21:40	7:17
9	McManus	2 J.V	22:28	7:33
10	Proctor	3 J.V	22:48	7:40
11	Hall	4 J.V	22:55	7:42
12	Thomas	5 J.V	23:47	8:00
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	2 V	16:39	5:36
2	Fitch	6 V	16:58	5:42
3	Gallagher	4 V	16:51	5:40
4	Proctor	9 V	18:00	6:03
5	Fung	13 V	18:28	6:13
6	Fryer	17 V	18:37	6:16
7	Walsh	1 J.V	19:17	6:29
8	Bailey	2 J.V	20:12	6:48
9	Conley	23 V	18:53	6:21
10	Murphy	13 J.V	21:16	7:09
11	Hazen	14 J.V	21:17	7:09
12	Fleaherty-Laub	7 J.V	20:43	6:58
13	Cutcher	20 J.V	22:00	7:24
14	Dessle	18 J.V	21:48	7:20
15	Onodera	23 J.V	22:25	7:32
16	Dranow	24 J.V	22:22	7:34
17	Lange	43 J.V	26:05	8:43
18	Wright	8 J.V	20:47	6:59
19	Minkoff	9 J.V	20:49	7:00

**NBL dual meet vs. Maria Carrillo**  
September 3 at Spring Lake  
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	2 V	18:24	6:11
2	Sweeney	4 V	18:37	6:16
3	Handel	7 V	19:27	6:32
4	Blake	8 V	19:29	6:33
5	Pedersen	9 V	19:31	6:34
6	E. Conley	12 V	19:51	6:41
7	Terbillini	13 V	19:54	6:42
8	Hall	1 J.V	22:19	7:30
9	McManus	2 J.V	22:24	7:32
10	Proctor	3 J.V	22:24	7:32
11	Gross	5 J.V	23:19	7:51
12	Dranow	9 J.V	27:50	9:22
13	Thomas	4 J.V	23:15	7:42
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	2 V	16:30	5:33
2	Gallagher	3 V	16:34	5:34
3	Fitch	4 V	16:38	5:36
4	Proctor	8 V	17:23	5:51
5	Fung	9 V	17:55	6:01
6	Fryer	10 V	18:06	6:05
7	Walsh	1 J.V	18:51	6:20
8	Conley	12 V	19:00	6:23
9	Mills	2 J.V	19:08	6:26
10	Bailey	3 J.V	19:35	6:35
11	Hazen	5 J.V	20:07	6:46
12	Fleaherty-Laub	10 J.V	20:29	6:53
13	Wright	11 J.V	20:39	6:57
14	Dranow	12 J.V	20:40	6:57
15	Minkoff	9 J.V	20:49	7:00
16	Onodera	16 J.V	21:14	7:08
17	Cutcher	17 J.V	21:18	7:10
18	Murphy	19 J.V	21:22	7:11
19	Dessle	20 J.V	21:57	7:23
20	Lange	22 J.V	25:44	8:43

**Stanford Invitational**  
September 29 at Palo Alto  
Course: 3.1 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	9	19:31	6:17
2	Sweeney	25	20:24	6:34
3	Blake	36	20:42	6:40
4	Terbillini	60	21:07	6:48
5	E. Conley	63	21:10	6:49
6	Handel	34	20:40	6:40
7	Pedersen	70	21:22	6:53
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	39	17:31	5:39
2	Fitch	38	17:31	5:39
3	Gallagher	73	18:12	5:52
4	Proctor	104	18:39	6:00
5	Fung	139	19:09	6:10
6	Fryer	143	19:12	6:11
7	Wash	172	20:05	6:28

**NBL 3-way meet vs. Santa Rosa and Ukiah**  
October 10 at Ukiah  
Course: 3.1 miles, hilly

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	4 V	21:12	7:08
2	Sweeney	3 V	20:54	7:02
3	Blake	5 V	21:34	7:15
4	Pedersen	7 V	21:49	7:20
5	E. Conley	8 V	21:54	7:22
6	Handel	6 V	21:40	7:17
7	Terbillini	11 V	22:23	7:32
8	Gross	10 V	22:23	7:32
9	McManus	1 J.V	21:37	7:06
10	Proctor	2 J.V	21:07	7:06
11	Hall	3 J.V	19:00	7:42
12	Dranow	11 J.V	31:19	10:33
13	Gallagher	13 J.V	31:44	10:41
14	Wekker	19 J.V	35:19	11:53
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	5 V	18:03	6:04
2	Mills	4 J.V	18:23	6:11
3	Fitch	9 V	18:38	6:16
4	Gallagher	11 V	18:56	6:22
5	Proctor	12 V	18:59	6:23
6	Bailey	10 J.V	19:23	6:31
7	Hazen	12 J.V	19:25	6:32
8	Murphy	16 J.V	19:35	6:35
9	Onodera	17 J.V	19:53	6:41
10	Fung	18 V	19:54	6:42
11	Fryer	19 V	19:58	6:43
13	Dranow	18 J.V	20:00	6:44
14	Wright	19 J.V	20:00	6:44
15	Cutcher	21 J.V	20:09	6:47
16	Conley	23 V	20:33	6:55
17	Dessle	22 J.V	20:44	6:58
18	Wash	25 V	21:04	7:05
20	Lange	28 J.V	28:47	8:43

**NBL Finals**

November 2 at Spring Lake

Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	3 V	18:00	6:03
2	E. Conley	8 V	18:47	6:19
3	Handel	9 V	18:48	6:19
4	Sweaney	10 V	18:54	6:21
5	Pedersen	12 V	19:04	6:25
6	Terribilini	14 V	19:19	6:30
7	Blake	18 V	19:39	6:36
8	Gross	1 JV	20:04	6:45
9	McMannus	2 JV	20:54	7:02
10	Proctor	3 JV	20:55	7:02
11	Hall	4 JV	21:03	7:05
12	Thomas	8 JV	23:23	7:52
13	Dranow	20 JV	24:48	8:21
14	Gallagher	22 JV	25:12	8:29
15	Berland	30 JV	26:22	8:53
16	Wickizer	31 JV	26:45	9:00
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cody	9 V	16:16	5:28
2	Gallagher	8 V	16:14	5:27
3	Fitch	7 V	16:14	5:27
4	Proctor	19 V	17:06	5:45
5	Fung	22 V	17:17	5:49
6	Conley	37 V	18:05	6:05
7	Mills	7 JV	18:26	6:12
8	Walsh	11 JV	18:38	6:16
9	Fryer	44 V	18:53	6:21
10	Wright	18 JV	18:59	6:23
11	Bailey	28 JV	19:18	6:29
12	Flaherty-Laub	30 JV	19:22	6:31
13	Hazen	33 JV	19:29	6:33
14	Dranow	36 JV	19:40	6:37
15	Onodera	37 JV	19:42	6:37
16	Cutcher	41 JV	19:51	6:41
17	Minkoff	49 JV	20:29	6:53
18	Deselle	48 JV	20:29	6:53
19	Murphy	56 JV	21:11	7:07
20	Lange	65 JV	20:00	8:43

**NCS Championships**

November 17 at Hayward High

Course: 3.1 miles, flat with moderate hill

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	K. Conley	3	18:22	5:55
2	E. Conley	7	18:50	6:04
3	Handel	10	18:57	6:06
4	Pedersen	14	19:20	6:14
5	Sweaney	17	19:27	6:16
6	Blake	21	19:45	6:22
7	Terribilini	24	20:01	6:27
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Fitch	9	16:07	5:11
2	Cody	10	16:08	5:12
3	Gallagher	18	16:28	5:18
4	Proctor	51	17:24	5:36
5	Conley	67	17:43	5:42
6	Fryer	70	17:49	5:44
7	Fung	77	17:59	5:48