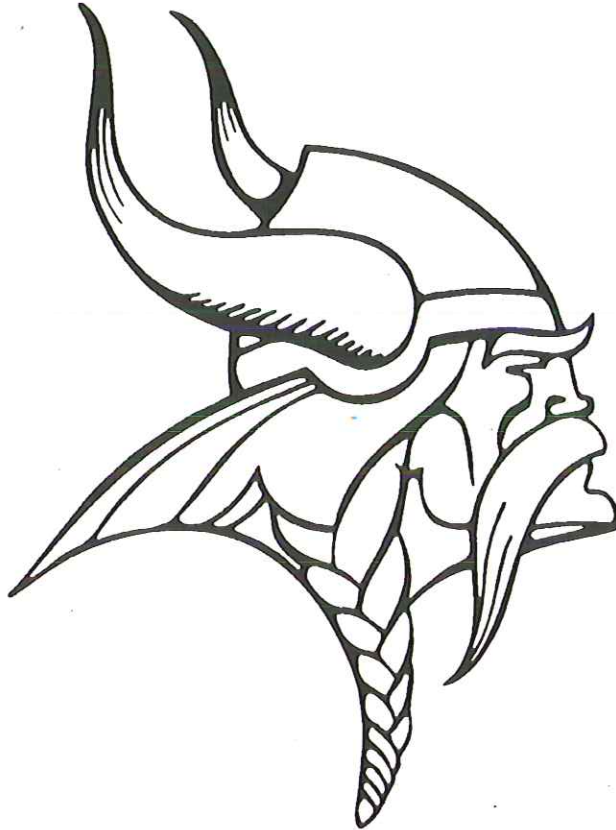


# **Montgomery Cross - Country**



**2004 Season  
Results and Statistics**

### Varsity Boys

Seth Clayton, Junior, 1st Yr.  
Alex Conley, Senior, 4th Yr.  
Quin Coughlin, Freshman  
Jeremy Cutcher, Sophomore, 2nd Yr.  
Lachlan Hall, Junior, 1st Yr.\*\*  
Jon Martindill, Freshman  
Blake McDowall, Sophomore, 2nd Yr.  
Ross Perry, Freshman

\*\*3rd-year team member

### 2004 Varsity Boys Meet Results

\*Analy 36, MHS 55, Healdsburg 76,  
Rancho 89, El Molino 107  
\*Carrillo 15, MHS 42  
\*MHS 31, Newman 35, Piner 71.  
\*MHS 17, Ukiah 54, Rancho 55  
\*MHS 25, Santa Rosa 31  
\*Carrillo 20, MHS 62, Santa Rosa 76,  
Newman 102, Rancho 145, Ukiah 153,  
Piner 159

### Junior Varsity Boys

Kyle Fritz, Sophomore, 2nd Yr.  
Xander Fung, Sophomore, 2nd Yr.  
Kyle Griffiths, Sophomore, 2nd Yr.  
Jeff Lehman, Senior, 1st Yr.  
Mark Murphy, Senior, 4th Yr.  
Tom Ott, Freshman  
Zack Potter, Sophomore, 2nd Yr.  
James Ryall, Junior, 2nd Yr.  
Edward Wahl, Junior, 1st Yr.  
Sebastian Wolff, Sophomore, 2nd Yr.

### 2004 Junior Varsity Boys Meet Results

\*Analy 15, Healdsburg 58, MHS 62, ElMo 113  
\*Carrillo 15, MHS 50  
\*Newman 25, MHS 33, Piner Inc.  
\*MHS 15, RC Inc., Ukiah, Inc.  
\*MHS 26, Santa Rosa 31  
\*Carrillo 15, Santa Rosa 67, Newman 74,  
MHS 87

### First Team NBL

Alex Conley  
Emma Conley

### Second Team NBL

Kate Blake  
Jeremy Cutcher  
Blake McDowall  
Marissa Walsh

### Varsity Girls

Kate Blake, Senior, 4th Yr.  
Emma Conley, Senior, 4th Yr.  
Karin Dove, Sophomore, 1st Yr.\*  
Alex Gness, Sophomore, 1st Yr.\*  
Anne-Elise Krug, Junior, 1st Yr.\*  
Jennifer Martindill, Junior, 1st Yr.  
Molly McManus, Senior, 3rd Yr.\*\*\*  
Marissa Walsh, Senior, 3rd Yr.

\*2nd-year team member

\*\*\*4th-year team member

### 2004 Varsity Girls Meet Results

\*Rancho 39, Analy 46, MHS 51, Sonoma 116  
\*Carrillo 15, MHS 41  
\*MHS 23, Ursuline. 34, Piner inc.  
\*Rancho 31, MHS 35, Ukiah 55  
\*MHS 16, Santa Rosa 45  
\*Carrillo 18, MHS 70, Rancho 84,  
Ukiah 90, Ursuline 122, Santa Rosa 137

### Junior Varsity Girls

Erin Archer, Junior, 1st Yr.  
Ashley Gness, Senior 2nd Yr.\*\*\*  
Kylee Hall, Freshman  
Amy Lebichuck, Sophomore, 1st Yr.  
Maggie, McManus, Freshman  
Allie Oser, Sophomore, 2nd Yr.  
Elizabeth Proctor, Senior, 3rd Yr.\*\*\*  
Elyse Tunzi, Junior, 1st Yr.  
Marian Wahl, Sophomore, 1st Yr.  
Lauren Zanetti, Sophomore, 1st Yr.  
Michelle Zanetti, Sophomore, 1st Yr.  
\*\*\*4th-year team member

### 2004 Junior Varsity Girls Meet Results

\*MHS 23, Analy 34  
\*MHS 15, Carrillo Inc.  
\*MHS 15, Ursuline inc., Piner inc.  
\*MHS 15, RC Inc., Ukiah, Inc.  
\*MHS 15, Santa Rosa 41  
\*Carrillo 18, MHS 44, Santa Rosa 65.

### State Meet Qualifiers

Alex Conley

**Season Records, 1982 to present**

Varsity Boys						Varsity Girls					
Year	Dual Meets		NBL	NCS	Other	Year	Dual Meets		NBL	NCS	Other
	W	L	Final				W	L	Final		
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	8th 3A	-	1988	1	4	5th	-	-
1989	9	0	1st	8th 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	3rd State
2002	15	1	1st	2nd Div. II	15th State	2002	16	0	1st	2nd Div. II	3rd State
2003	8	6	4th	9th Div II	-	2003	12	2	2nd	7th Div. II	-
2004	8	2	2nd	7th Div II	-	2004	5	4	2nd	9th Div. II	-
<b>Totals</b>	<b>222</b>	<b>24</b>	<b>13 NBL Titles, 5 NCS Titles</b>			<b>Totals</b>	<b>167</b>	<b>61</b>	<b>4 NBL Titles, 3 NCS Titles</b>	<b>1 State Title</b>	

Junior Varsity Boys					Junior Varsity Girls			
Year	Dual Meets		NBL	NBL Fr./So.	Year	Dual Meets		NBL
	W	L	Final			W	L	Final
1982	4	1	1st	3rd	1984	0	1	2nd
1983	8	1	3rd	1st	1985	1	1	1st
1984	8	1	2nd	-	1986	2	0	inc.
1985	5	0	2nd	1st	2001	8	0	1st
1986	6	0	1st	-	2002	14	3	1st
1987	6	0	1st	-	2003	13	1	2nd
1988	5	0	1st	-	2004	7	0	2nd
1989	9	0	1st	-	<b>Totals</b>	<b>45</b>	<b>6</b>	<b>3 NBL Titles</b>
1990	8	0	1st	-				
1991	9	0	1st	-				
1992	6	0	1st	-				
1993	10	0	1st	-				
1994	12	0	1st	-				
1995	10	1	2nd	-				
1996	15	1	2nd	-				
1997	8	0	2nd	-				
1998	9	0	2nd	-				
1999	9	0	2nd	-				
2000	10	0	1st	-				
2001	11	1	2nd	-				
2002	12	5	3rd	-				
2003	8	6	4th	-				
2004	5	4	4th	-				
<b>Totals</b>	<b>193</b>	<b>21</b>	<b>13 NBL Titles</b>					

**North Bay League Team Champions**

Varsity Boys		Varsity Girls	
Year	Points	Year	Points
1976	25	1976	15
1979	32	1977	20
1983	28	1986	40
1984	39	1999	53
1985	23	2000	27
1986	36	2002	36
1987	26		
1989	36	<b>JV Girls</b>	
1991	30	Year	Points
1992	27	1995	23
1993	39	2001	18
1995	38	2002	15
1999	34		
2000	25	<b>JV Boys</b>	
2002	35	Year	Points
		1982	29
		1986	?
		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	Yr	Varsity Girls
'85	Bob Waldon	'76	Held 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	'98	Sara Bei
'88	Kevin Smith	'99	Sara Bei
'87	Mike Contos		
'92	David Toomey	<b>Yr JV Girls</b>	
'00	Nick Mälar	'95	Sonya Gikken
'02	Matt Fitch	'01	Ashley Gnos
		'02	Jule Mills

**NCS**

Individual Champs		Yr JV - Fr./So. Boys	
Yr	Varsity Boys	Yr	Varsity Girls
'82	Jason Schaumberg (F/S)	'82	Jason Schaumberg (F/S)
'72	Steve Ricker	'82	Paul Audiss
'85	Paul Cummings	'84	Derek Powell
'93	David Toomey	'85	Randall Watkins (F/S)
		'88	Jeff Fletcher
		'87	Barry Howell
		'88	Dean Crane
		'89	Kevin Boone
		'90	Jason Seiby
		'91	Scott Story
		'94	Kevin Funk
		'98	David Britt
		'00	Matt Fitch

**North Coast Section Team Champions**

Varsity Boys		Varsity Girls	
Year	Points	Year	Points
1980	84 (3A)	1976	37 (3A)
1985	42 (2A)	1977	72 (3A)
1990	50 (I)	1998	54 (III)
1992	53 (II)	2000	38
1993	44 (I)	2001	51
1996	41 (I)		

**State Meet**

Individual Champs		Yr Varsity Girls	
Yr	Varsity Boys	Year	Points
1997	Sara Bei	1999	Sara Bei
1998	Sara Bei	2000	Sara Bei

Practices	Meets
Dove	11
Krug	11
Walsh	11
Coughlin	11
Jon Martindill	11
Ma. McManus	11
M. Zanetti	11
L. Zanetti	10
A. Conley	10
McDowall	10
Fung	10
Mo. McManus	10
M. Zanetti	10
Lebichuck	10
Jen Martindill	10
Blake	10
Cutcher	10
M. Wahl	10
E. Conley	10
Oser	10
Perry	10
Tunzi	10
L. Zanetti	10
Potter	10
L. Hall	10
Fritz	9
Ma. McManus	9
Jen Martindill	8
E. Wahl	8
Perry	8
Clayton	8
Lehman	8
Ott	8
Proctor	8
Wolff	8
M. Wahl	8
E. Wahl	7
Alex Gnos	6
Ash. Gnos	6
K. Hall	6
Archer	6
Wolff	6
Ash. Gnos	6
Ryall	6
Archer	5
Griffiths	4

Cross Country Season Miles	
Dove	367.1
Walsh	344.3
Krug	325.7
Blake	319.9
E. Conley	296.9
Mo. McManus	285.1
Lebichuck	277.8
Oser	277.6
L. Zanetti	264.8
Jen Martindill	259.3
M. Zanetti	256.2
Ma. McManus	253.9
Tunzi	246.2
M. Wahl	236.3
Proctor	207.5
Alex Gnos	184.5
K. Hall	142.5
Archer	138.8
Ash. Gnos	124.2
Boys	375.9
A. Conley	372.5
Cutcher	372.2
Coughlin	347.5
Jon Martindill	345.9
L. Hall	315.8
Potter	303.6
Fung	288.7
Perry	263.8
Clayton	256.0
Fritz	249.9
Ott	234.1
Lehman	231.0
Murphy	225.7
E. Wahl	213.6
Wolff	154.0
Ryall	123.3
Griffiths	100.5

Cross Country Career Miles	
Blake	1329.5
E. Conley	1260.9
Mo. McManus	1080.8
Walsh	915.5
Ash. Gnos	905.9
Proctor	875.8
Dove	596.8
Krug	498.4
Oser	418.3
Alex Gnos	371.6
Lebichuck	280.8
L. Zanetti	264.8
Jen Martindill	259.3
M. Zanetti	256.2
Ma. McManus	253.9
Tunzi	246.2
M. Wahl	236.3
K. Hall	142.5
Archer	138.8
Boys	1328.6
A. Conley	769.1
Murphy	695.5
Hail	634.6
Cutcher	599.5
McDowell	509.9
Fung	443.2
Potter	414.0
Fritz	347.5
Coughlin	345.9
Jon Martindill	280.5
Ryall	263.8
Perry	256.0
Clayton	243.2
Wolff	234.1
Ott	231.0
Lehman	213.6
E. Wahl	212.6
Griffiths	100.5

Mileage All-Time Career List	
1 Jason Fung, '02	1546.4
2 Zac Fitch, '01	1459.5
3 Jon Fitch, '01	1436.0
4 Jake Currie, '98	1365.3
5 Alex Conley, '05	1328.6
6 Andrew Gallagher, '03	1323.5
7 Nick Millar, '01	1314.9
8 Matt Fitch, '04	1307.3
9 Jason DeSelle, '98	1250.6
10 K.C. Cody, '04	1214.7
11 Regan Masi, '03	1205.7
12 Greg Funk, '99	1194.0
13 David Toomey, '94	1112.3
14 John Staroba, '97	1078.0
15 David Dranow, '02	1021.8
16 Greg DeSelle, '03	1012.4
17 Charles Proctor, '02	989.7
18 Travis Phelps, '98	977.6
19 Jeff Godfrey, '91	926.1
20 Peter Keith, '90	911.6
21 Ryan Lew, '94	910.9
22 Brook Buonaccorsi, '98	907.2
23 Nate Bisbee, '93	885.1
24 Jake Minkoff, '02	850.0
25 Dave Ithner, '90	846.8
Girls	
1 Kim Conley, '04	1333.0
2 Kate Blake, '05	1329.5
3 Sara Bei, '01	1273.8
4 Emma Conley, '05	1260.9
5 Christy Sweaney, '04	1231.3
6 Elisa Pedersen, '02	1198.1
7 Sara Basha, '01	1162.8
8 April Malvino, '99	1105.2
9 Joy Terribilini, '02	1104.1
10 Molly McManus, '05	1080.8
11 Marissa Walsh, '05	915.5
12 Amy Bei, '99	911.5
13 Ashley Gnos, '05	905.9
14 Barbara Hall, '03	903.0
15 Sarah McClendon, '93	885.6
16 Elizabeth Proctor, '05	846.9
17 Diana Rancourt, '98	835.1
18 Amy Jordan, '92	829.0
19 Lisa Gay, '92	779.8
20 Jamie Duncan, '93	725.3
21 Pamela Richardson, '95	674.3
22 Amelia Thomas, '02	665.9
23 Sonya Glidden, '98	618.6
24 Marisa Reichmuth, '96	609.2
25 Christina Cushing, '96	609.2

Miles per Season (Ave.)	
1 Millar, '01	438.3
2 Masi, '03	428.0
3 Fung, '02	386.6
4 Toomey, '94	370.8
5 Z.Fitch, '01	364.9
6 Staroba, '97	359.3
7 J.Fitch, '01	359.0
7 Morgan, '99	357.3
9 Lewis, '89	355.8
10 Higgins, '95	350.0
11 Fagant, '01	347.9
12 Coughlin, '08	347.5
13 Martindill, '08	345.9
14 Currie, '98	341.3
15 Conley, '05	332.0
16 Proctor, '02	329.9
17 A.Gallagher, '03	329.6
18 Fitch, M, '04	326.8
19 Britt, '01	325.0
20 Cutcher, '07	317.0
21 DeSelle, '98	312.7
22 Jf.Godfrey, '91	308.7
23 Finch, '95	305.0
24 Keith, '90	303.9
25 Cody, '04	303.7
Girls	
1 Conley, K, '04	333.3
2 Blake, '05	332.4
3 S. Bei, '01	318.5
4 Hendricks, '04	318.1
5 Conley, E, '05	315.2
6 Sweaney, '04	307.8
7 McAdler, '04	306.5
8 Walsh, '05	305.2
9 Pedersen, '02	299.5
10 Dove, '07	298.4
11 Handel, '03	297.8
12 McClendon, '93	295.2
13 Basha, '01	290.7
14 Lebichuck, '07	280.8
15 Jordan, '92	278.4
16 Gay, '92	276.3
17 Malvino, '99	276.3
18 Terribilini, '02	276.0
19 Mo. McManus, '05	270.2
20 McRae, '98	266.0
21 L. Zanetti, '07	264.8
22 Richardson, '03	262.8
23 Duncan, '93	259.9
24 Martindill, '06	259.3
25 M. Zanetti, '07	256.2

# Montgomery Teams: Year-by-Year Comparison

## 3-Mile Spring Lake Course

### Varsity Girls

	Time	Year	Top Five Runners
1	1:32:41	2002	Handel, K. Conley, E. Conley, Hendricks, Sweaney
2	1:33:30	2000	S.Bei, Basher, Sweaney, Pedersen, Terribilini
3	1:33:32	2001	K. Conley, E. Conley, Handel, Sweaney, Pedersen
4	1:34:25	1998	S.Bei, Basher, Malvino, Terribilini, Pedersen
5	1:36:46	1999	Bei, Basher, Pedersen, Terribilini, Hall
6	1:36:50	2003	K. Conley, Sweaney, E. Conley, McAdler, Walsh
7	1:38:12	1997	S.Bei, Basher, Rancourt, Halle, Malvino
8	1:41:18	2004	E. Conley, Blake, Walsh, Dove, Mo. McManus
9	1:42:43	1995	Rancourt, Halle, Vlon, Cushing, McRae
10	1:42:58	1991	Gay, Wiesner, Jordan, Duncan, McClendon
11	1:43:11	1994	Richardson, Lodln, Reichmuth, Halle, Colln
12	1:45:38	1996	Rancourt, Halle, Pacheco, Finch, Malvino
13	1:46:00	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
14	1:50:09	1990	Duncan, McClendon, Gay, Jordan, Blackwell
15	1:51:44	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
16	1:51:48	1988	Mayes, Scott, Montague, Zelenak, Preston
17	1:54:31	1989	Gay, Jordan, Preston, J.Scott, Blackwell

### Varsity Boys

	Time	Year	Top Five Runners
1	1:19:45	1992	Selby, Toomey, Sanborn, Hinkle, Blsbee
2	1:20:36	2000	Masi, Z.Fitch, Millar, J.Fitch, Fagent
3	1:21:22	2002	M. Fitch, Cody, Masi, Conley, Gallagher
4	1:21:55	1991	Lopes, Haluzak, Sanborn, Selby, Hinkle
5	1:22:15	1993	Toomey, Story, R.Lew, Toli Au, Higgins
6	1:22:30	1996	K.Funk, Staroba, DeSelle, Finlay, G.Funk
7	1:22:45	1999	Masi, Z.Fitch, Millar, Fagent, J.Fitch
8	1:23:06	1989	Intner, Jf.Godfrey, Keith, O'Neill, Fitzwater
9	1:23:16	1995	DeSelle, K.Funk, Staroba, Currie, Finlay
10	1:23:17	2001	M. Fitch, Gallagher, Cody, Proctor, Fung
11	1:23:21	1998	G.Funk, Z.Fitch, J.Fitch, Escobedo, Millar
12	1:23:36	1990	Jf.Godfrey, Lopes, Haluzak, Sanborn, Grafe
13	1:23:45	1997	DeSelle, G.Funk, Currie, Escobedo, Z.Fitch
14	1:24:03	1988	Lewis, Keith, Downing, Stevenson, Intner
15	1:24:34	2003	M. Fitch, Cody, Conley, McDowell, Cutcher
16	1:25:11	2004	Conley, McDowell, Cutcher, Hall, Perry
17	1:26:33	1994	Staroba, Finlay, Finch, DeSelle, T.Buonaccorsi

### Junior Varsity Girls

	Time	Year	Top Five Runners
1	1:43:51	2002	Gnoss, McManus, Richardson, Mills, Hall
2	1:46:19	2001	Gnoss, McManus, Proctor, Hall, Thomas
3	1:50:27	2003	Dove, Ashley Gnoss, Alex Gnoss, Proctor, Krug
4	1:53:13	1995	Glidden, Finch, Mackie, Malvino, Bernard
5	1:57:28	2004	Tunzi, Wahl, Proctor, Oser, Ma. McManus
6	1:58:00	1994	Rancourt, Finch, Mackie, M.Scott, Viall
7	2:02:17	1996	Mackie, L.Thomas, McCon, Perry, A.Bei

### 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, Blsbee, Hunt, J.Waldow, Parsons
5	1:29:23	2000	M.Fitch, Cody, J.Mills, Proctor, McRae
6	1:29:55	1994	K.Funk, Currie, Erickson, Jackman, Strickland
7	1:30:00	1992	R.Lew, Greenberg, Higgins, Voltruba, Rangel
8	1:32:38	1999	Gallagher, Carlsen, J.Mills, McRae, Proctor
9	1:33:15	1993	T.Buonaccorsi, Martinez, Carvalho, Strickland, Widener
10	1:33:52	1998	Britt, Band, Minkoff, Schlereth, Cho
11	1:34:24	1996	B.Buonaccorsi, Davis, Koch, Phelps, Chapin
12	1:34:27	1997	G.Mills, Willison, J.Fitch, Band, Metzler
13	1:34:33	2001	Mills, Walsh, Wright, Bailey, Flaherty-Laub
14	1:35:39	1995	G.Funk, B.Buonaccorsi, Phelps, Chapin, Larsen
15	1:37:42	2002	Wright, DeSelle, Walsh, Flaherty-Laub, L. Hall
16	1:41:09	2004	Martindill, Potter, Fritz, Murphy, Wolff
17	1:41:55	2003	McDowell, Lee, Hall, Hazen, Griffiths

# Montgomery Teams: Year-by-Year Comparison

## 2-Mile Spring Lake Course

### Junior/Senior Girls

Time	Year	Top Three Runners
1	36:24	2002 K. Conley, Handel, Hendricks
2	38:19	2000 Terribilini, Bashel, Pedersen
2	38:19	2003 K. Conley, Sweaney, Walsh
4	39:52	1994 Richardson, Reichmuth, Colin
5	40:13	1991 Gay, Duncan, Wiesner
6	40:20	2001 Handel, Terribilini, Hall
7	40:23	1996 Halle, Rancourt, Pacheco
8	40:33	1999 S.Bei, Bashel, English
9	40:36	2004 E. Conley, Walsh, Mo. McManus
10	41:10	1995 Reichmuth, Cushing, Vion
11	42:40	1997 Halle, A.Bei, McCon
12	42:51	1987 Fischer, Mayes, Parker
13	43:19	1988 Mayes, Mayo, Montague
14	43:41	1992 McClendon, Duncan, Zbinden
15	45:10	1990 Gay, Jordan, Blackwell
16	45:31	1993 Richardson, Chaffin, Hause

### Varsity Girls

Time	Year	Top Five Runners
1	1:01:24	2002 K. Conley, Handel, Hendricks, Sweaney, Walsh
2	1:02:47	2001 K.Conley, Sweaney, Blake, E.Conley, Handel
3	1:02:55	1998 S.Bei, Bashel, Malvino, Pedersen, Terribilini
4	1:03:42	2000 Terribilini, K. Conley, Bashel, Sweaney, Pedersen
5	1:05:33	2003 K. Conley, Sweaney, Walsh, McAdler, Blake
6	1:06:24	1999 S.Bei, Bashel, Pedersen, Terribilini, Hall
7	1:07:17	1994 Richardson, Lodin, Reichmuth, Colin, Rancourt
8	1:08:00	1991 Gay, Wiesner, Duncan, McClendon, Jordan
9	1:08:30	1995 Rancourt, Reichmuth, Cushing, Vion, McRae
10	1:09:06	2004 E. Conley, Walsh, Dove, Mo. McManus, Krug
11	1:09:07	1997 S.Bei, Halle, A.Bei, McCon, Malvino
12	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
13	1:10:32	1996 Halle, Rancourt, Pacheco, Finch, Malvino
14	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
15	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
16	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
17	1:14:10	1988 Mayes, Mayo, Blackwell, Montague, Preston

### Senior Boys

Time	Year	Top Three Runners
1	31:27	2000 Millar, J.Fitch, Z.Fitch
2	32:01	1987 M.Contos, Watkins, Waldow
2	32:03	1992 Bisbee, Sanborn, Hinkle
4	32:03	1993 Toomey, Story, R.Lew
5	32:37	1996 Funk, Staroba, Finlay
6	33:11	1990 Jf.Godfrey, Grafe, Felice
7	33:32	1991 Lopes, Haluzak, Clarke
8	33:34	2002 Gallagher, Masi, Mills
9	33:48	1997 DeSelle, Currie, B.Buonaccorsi
10	34:08	1988 Lewis, Downing, R.Contos
11	34:16	2003 Cody, Fitch, Bailey
12	34:25	1998 G.Funk, Escobedo, Koch
13	34:54	2001 Proctor, Fung, Fryer
14	35:29	1994 Finch, Catalano, Erickson
15	39:33	2004 A. Conley, Murphy, Lehman
16	42:23	1999 Carlsen, Ferrel, B.Mills

### Frosh/Soph Girls

Time	Year	Top Three Runners
1	36:27	1998 S.Bei, Bashel, Pedersen
2	36:51	2001 K.Conley, Sweaney, Blake
3	38:06	2002 Walsh, E. Conley, Ash, Gness
4	39:19	2000 K. Conley, Sweaney, Hall
5	40:15	1999 Pedersen, Terribilini, Hall
6	41:44	1994 Lodin, Rancourt, Glidden
7	41:49	1995 Rancourt, McRae, Allard
8	44:05	2004 Dove, Alex Gness, Hall
9	46:10	2003 Dove, Alex Gness, Oser
10	46:47	1993 Reichmuth, Cushing, M.Scott
11	48:29	1988 Blackwell, Zelenak, J.Scott

### Frosh/Soph Boys

Time	Year	Top Three Runners
1	32:47	2000 Masi, Gallagher, M.Fitch
2	33:13	1998 Z.Fitch, J.Fitch, Fung
3	33:42	1994 K.Funk, Finlay, Staroba
4	33:54	1995 DeSelle, Currie, Waters
4	33:54	2004 McDowall, Cutcher, Perry
6	34:01	1991 R.Lew, Story, Flanagan
7	34:07	1999 Masi, Fung, Minkoff
8	35:10	1988 Jf.Godfrey, O'Neill, Hunt
9	35:20	2001 Cody, A. Conley, Bailey
10	35:35	1997 Z.Fitch, Jordan, Willison
11	35:50	1993 Toll Au, Todd Au, Strickland
12	36:06	2003 McDowell, Cutcher, Bashel
13	36:30	1990 Selby, Sanborn, Bisbee
14	37:30	1996 G.Funk, Davis, Koch
15	38:21	1992 Higgins, Temple, Erickson

### Junior Boys

Time	Year	Top Three Runners
1	32:12	1991 Hinkle, Sanborn, Selby
2	32:21	1999 Z.Fitch, J.Fitch, Fagent
3	32:23	1992 Toomey, Story, R.Lew
4	32:42	2002 Cody, M. Fitch, Bailey
5	32:54	1995 K.Funk, Staroba, Finlay
6	34:00	1996 DeSelle, Currie, Buonaccorsi
7	34:10	1990 Lopes, Haluzak, Jorgensen
8	34:15	1988 Stevenson, Keith, Boone
9	34:42	1987 Lewis, Crane, J.Lew
10	35:03	1993 Higgins, Erickson, Martinez
11	35:36	2000 Fung, Proctor, Fryer
12	37:24	1997 G.Funk, Escobedo, Koch
13	38:38	2001 Gallagher, Mills, DeSelle

### Varsity Boys

Time	Year	Top Five Runners
1	52:46	2000 Millar, J.Fitch, Z.Fitch, Millar, Fagent
2	53:22	1992 Toomey, Bisbee, Sanborn, Hinkle, Story
3	53:28	1991 Lopes, Hinkle, Sanborn, Selby, Bisbee
4	53:51	2002 Cody, M. Fitch, Gallagher, Masi, Conley
5	54:05	1987 M.Contos, Watkins, Lewis, D.Waldow, Drisko
6	54:05	1999 Z.Fitch, J.Fitch, Masi, Fagent, Millar
7	54:09	1993 Toomey, Story, R.Lew, Toll Au, Higgins
8	54:45	1996 K.Funk, DeSelle, Staroba, Finlay, Currie
9	54:50	1995 DeSelle, K.Funk, Staroba, Finlay, Currie
10	55:30	2003 Cody, Fitch, Conley, McDowell, Cutcher
11	55:31	1998 Z.Fitch, J.Fitch, G.Funk, Escobedo, Fung
12	55:42	1997 DeSelle, G.Funk, Currie, Escobedo, Z.Fitch
13	55:54	2004 A. Conley, McDowall, Cutcher, Hall, Perry
14	56:05	1990 Jf.Godfrey, Lopes, Grafe, Haluzak, Jorgensen
15	56:19	2001 Cody, Gallagher, Proctor, Fung, Fryer
15	56:19	1988 Lewis, Stevenson, Jf.Godfrey, Keith, Downing
17	56:37	1994 K.Funk, Finlay, DeSelle, Staroba, Finch

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

## Overall Boys

Name	Time	Yr
1 David Toomey	15:26	'93
2 Matt Fitch	15:32	'92
3 Jason Selby	15:32	'92
4 Nat Lopes	15:47	'91
5 K.C. Cody	15:50	'02
6 Nick Millar	15:51	'00
7 Jeff Godfrey	15:53	'00
8 Tim Sanborn	15:54	'92
9 Kevin Funk	15:56	'96
9 Zac Fitch	15:56	'00
11 Jason DeSelle	15:57	'95
11 Regan Masi	15:57	'00
13 Keith Lewis	16:02	'88
13 Jon Fitch	16:02	'00
15 Josh Hinkle	16:05	'92
16 Dave Inrner	16:10	'89
17 Drew Fagant	16:14	'00
17 Andrew Gallagher	16:14	'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 Alex Conley	16:25	'04
25 Toli Au	16:26	'93

## 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	'00
5 Matt Fitch	15:53	'03
7 Tim Sanborn	15:54	'92
8 Kevin Funk	15:56	'96
8 Zac Fitch	15:56	'00
10 Keith Lewis	16:02	'88
10 Jon Fitch	16:02	'00
12 Josh Hinkle	16:05	'92
12 Jason DeSelle	16:05	'97
14 Dave Inrner	16:10	'89
15 Drew Fagant	16:14	'00
15 K.C. Cody	16:14	'03
16 Dave Inrner	16:16	'02
18 Peter Keith	16:17	'89
18 Greg Funk	16:17	'98
20 Scott Story	16:18	'93
21 Erik Haluzak	16:20	'91
22 Ryan Lew	16:24	'93
23 Alex Conley	16:25	'04
25 Nate Bisbee	16:31	'92
25 Andrew Gallagher	16:31	'02

## Junior Boys

Name	Time	Yr
1 Matt Fitch	15:27	'02
2 David Toomey	15:36	'92
3 K.C. Cody	15:50	'02
4 Zac Fitch	16:10	'99
5 Andrew Gallagher	16:14	'01
6 Jason DeSelle	16:16	'96
7 Kevin Funk	16:19	'95
8 Tim Sanborn	16:22	'91
9 Jason Selby	16:23	'91
10 Nat Lopes	16:25	'90
11 Josh Hinkle	16:27	'91
12 Greg Funk	16:30	'97
13 Nick Millar	16:31	'99
14 Jeff Godfrey	16:32	'89
15 Scott Story	16:36	'92
16 Nate Bisbee	16:37	'91
17 Jake Currie	16:38	'96
18 Peter Keith	16:44	'88
19 Rory O'Neill	16:49	'89
19 Drew Fagant	16:49	'99
21 Jon Fitch	16:51	'99
22 John Staroba	16:52	'95
23 Dave Inrner	16:54	'88
23 Jason Fung	16:54	'00
25 Nathan Higgins	16:58	'93
25 Alex Conley	16:58	'03

## Sophomore Boys

Name	Time	Yr
1 Jason DeSelle	15:57	'95
1 Regan Masi	15:57	'00
3 Matt Fitch	16:14	'01
4 K.C. Cody	16:16	'01
5 Zac Fitch	16:18	'98
6 Toli Au	16:26	'93
7 Jon Fitch	16:27	'98
8 Blake McDowell	16:30	'04
9 Andrew Gallagher	16:35	'00
10 David Toomey	16:36	'91
11 Alex Conley	16:44	'02
12 Greg Funk	16:46	'96
13 Jeremy Cutcher	16:47	'04
14 Jake Currie	16:53	'95
15 Ryan Lew	17:00	'91
16 Tim Sanborn	17:02	'90
17 Jerry Finlay	17:06	'94
17 John Staroba	17:06	'94
19 Nick Millar	17:10	'98
20 Jason Fung	17:12	'99
21 Jeff Godfrey	17:13	'88
21 Kevin Funk	17:13	'94
23 Scott Story	17:14	'91
24 Jason Selby	17:19	'90
25 David Britt	17:27	'98

## Freshman Boys

Name	Time	Yr
1 Regan Masi	16:06	'99
2 Matt Fitch	17:04	'00
3 K.C. Cody	17:11	'00
4 Jason DeSelle	17:19	'94
4 Jason Fung	17:19	'98
6 Zac Fitch	17:22	'97
7 Andrew Gallagher	17:33	'99
8 Blake McDowell	17:37	'03
8 Ross Perry	17:37	'04
10 Jake Currie	17:38	'94
10 Jeremy Cutcher	17:38	'03
10 Quin Coughlin	17:38	'04
13 Alex Conley	18:05	'01
14 Jon Fitch	18:14	'97
15 Jeff Mills	18:18	'99
16 Greg Funk	18:20	'95
17 Ryan Walsh	18:38	'01
18 Jon Martindill	18:53	'04
19 John McKee	19:02	'97
20 Jake Minkoff	19:06	'98
21 David Lee	19:14	'03
22 Patrick Band	19:19	'97
23 Nikos Flaherty-Laub	19:22	'01
24 Nick Cho	19:25	'98
25 Brook Buonaccorsi	19:28	'94

## Overall Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Sarah Basher	17:40	'98
3 Kim Conley	17:46	'03
4 Kim Handel	17:47	'02
5 Pamela Richardson	18:32	'94
6 Christy Sweaney	18:32	'94
7 Emma Conley	18:37	'01
8 Carina Hendricks	18:47	'01
9 Elisa Pedersen	19:03	'01
10 Diana Rancourt	19:08	'97
11 Marissa Walsh	19:15	'02
12 Kate Blake	19:16	'01
13 Joy Terrillini	19:19	'01
14 Lisa Gay	19:43	'91
15 April Malvino	19:46	'98
16 Ashley Gnos	19:57	'02
17 Jamie Duncan	20:05	'90
18 Amy Lodin	20:10	'94
19 Shewit Haile	20:11	'96
20 Marisa Reichmuth	20:16	'93
21 Sarah McClendon	20:17	'92
22 Marissa McAdler	20:18	'03
23 Julie Mills	20:18	'03
24 Jana Wiesner	20:20	'02
25 Georgina Vron	20:25	'91

## Senior Girls

Name	Time	Yr
1 Sara Bei	17:12	'00
2 Kim Conley	17:46	'03
3 Kim Handel	17:47	'02
4 Pamela Richardson	18:32	'94
5 Christy Sweaney	18:56	'03
6 Sarah Basher	18:58	'00
7 Elisa Pedersen	19:03	'01
8 Diana Rancourt	19:08	'97
9 Joy Terrillini	19:19	'01
10 Emma Conley	19:22	'04
11 Kate Blake	19:41	'04
12 Lisa Gay	19:43	'91
12 Marissa Walsh	19:43	'04
14 April Malvino	19:46	'98
15 Sarah McClendon	20:17	'92
16 Marissa McAdler	20:18	'03
17 Jamie Duncan	20:19	'92
18 Shewit Haile	20:21	'97
19 Jana Wiesner	20:25	'91
20 Amy Jordan	20:33	'91
21 Michelle Mayes	20:37	'88
22 Kelly Richardson	20:41	'02
23 Barbara Hall	20:50	'02
24 Christina Cushing	20:51	'95
25 Alisha McCon	21:07	'97

## Junior Girls

Name	Time	Yr
1 Sara Bei	16:57	'99
2 Kim Conley	17:59	'02
3 Sarah Basher	18:46	'99
4 Kim Handel	18:48	'01
5 Carina Hendricks	18:58	'02
6 Pamela Richardson	18:59	'93
7 Christy Sweaney	19:02	'02
8 Elisa Pedersen	19:05	'00
9 Diana Rancourt	19:20	'96
10 Joy Terrillini	19:28	'00
11 Emma Conley	19:31	'03
12 Shewit Haile	20:11	'96
13 April Malvino	20:15	'97
14 Jamie Duncan	20:17	'91
15 Marissa Walsh	20:19	'03
16 Georgina Vron	20:29	'95
17 Kate Blake	20:34	'03
18 Amelia Thomas	20:51	'00
18 Molly McManus	20:51	'03
20 Marisa Reichmuth	20:53	'94
21 Barbara Hall	21:03	'01
22 Jennifer Martindill	21:14	'04
23 Lisa Gay	21:19	'90
24 Sarah McClendon	21:25	'91
25 Amy Jordan	21:36	'90

## Sophomore Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Sarah Basher	17:40	'98
3 Kim Conley	18:00	'01
4 Christy Sweaney	18:37	'01
5 Emma Conley	18:55	'02
6 Pamela Richardson	19:12	'92
7 Marissa Walsh	19:15	'02
8 Elisa Pedersen	19:26	'99
9 Kate Blake	19:40	'02
10 Ashley Gnos	19:57	'02
11 Diana Rancourt	19:58	'95
12 Jamie Duncan	20:05	'90
13 Joy Terrillini	20:06	'99
14 Amy Lodin	20:10	'94
15 Marisa Reichmuth	20:16	'93
16 Shewit Haile	20:26	'95
17 Molly McManus	20:44	'02
18 Sarah McClendon	20:46	'90
19 Karin Dove	20:52	'04
20 Lisa Gay	20:56	'89
21 Megan McKee	20:59	'95
22 Barbara Hall	21:38	'00
23 Sonya Glidden	21:41	'95
24 Elizabeth Proctor	21:48	'02
25 Amelia Thomas	21:49	'99

## Freshman Girls

Name	Time	Yr
1 Sara Bei	17:09	'97
2 Emma Conley	18:47	'01
3 Christy Sweaney	19:06	'00
4 Kim Conley	19:08	'00
5 Kate Blake	19:16	'01
6 Sarah Basher	19:22	'97
7 Elisa Pedersen	19:53	'98
8 Joy Terrillini	19:55	'98
9 Ashley Gnos	20:04	'01
10 Julie Mills	20:20	'02
11 Molly McManus	20:54	'01
12 Elizabeth Proctor	20:55	'01
13 Amy Bei	21:04	'95
14 Barbara Hall	21:11	'99
15 Karin Dove	21:21	'03
16 Diana Rancourt	21:37	'94
17 Shewit Haile	21:39	'94
18 Sonya Glidden	21:47	'94
19 Alex Gnos	22:24	'03
20 Lisa Mackie	22:27	'94
21 Brittany Allard	22:43	'99
22 Julia Goepel	22:44	'99
23 April Malvino	23:06	'95
24 Maggie McManus	23:51	'04
25 Kylee Hall	23:59	'04

# 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 K.C. Cody	10:22	'02	1 K.C. Cody	10:36	'01	1 Regan Masi	10:44	'99
2 K.C. Cody	10:16	'03	2 K.C. Cody	10:16	'03	1 David Toomey	10:22	'92	2 Regan Masi	10:38	'00	2 Matt Fitch	11:20	'00
3 Nick Millar	10:20	'00	3 Nick Millar	10:20	'00	3 Matt Fitch	10:25	'02	3 Jason DeSelle	10:44	'95	3 Jason DeSelle	11:22	'94
4 David Toomey	10:21	'93	4 David Toomey	10:21	'93	4 Jason DeSelle	10:38	'96	4 Andrew Gallagher	10:49	'00	4 Jason Fung	11:24	'98
5 Matt Fitch	10:25	'02	5 Nat Lopes	10:25	'02	5 Josh Hinkle	10:40	'91	5 Toli Au	10:54	'93	5 Ross Perry	11:28	'04
6 Nat Lopes	10:25	'91	6 Jon Fitch	10:31	'00	6 Zac Fitch	10:41	'99	5 Zac Fitch	10:54	'98	6 K.C. Cody	11:38	'00
7 Jon Fitch	10:31	'00	6 Matt Fitch	10:32	'03	7 Keith Lewis	10:43	'87	7 Jon Fitch	10:55	'98	7 Zac Fitch	11:40	'97
8 Randall Watkins	10:34	'87	8 Randall Watkins	10:34	'87	8 Kevin Funk	10:44	'95	8 Ryan Lew	11:05	'91	8 Blake McDowell	11:41	'03
9 Jeff Godfrey	10:34	'90	9 Jeff Godfrey	10:34	'90	8 Jon Fitch	10:44	'99	9 Blake McDowell	11:07	'04	9 Jeremy Cutcher	11:44	'03
10 Tim Sanborn	10:35	'92	9 Tim Sanborn	10:35	'92	10 Tim Sanborn	10:45	'91	10 Kevin Funk	11:09	'94	10 Patrick Band	12:11	'97
11 Dave Intrer	10:36	'89	9 Dave Intrer	10:36	'89	11 Jason Selby	10:47	'91	11 Scott Story	11:11	'91	11 Jon Fitch	12:13	'97
12 Kevin Funk	10:36	'96	12 Kevin Funk	10:36	'96	12 Andrew Gallagher	10:49	'01	12 Jake Currie	11:12	'95	11 Alex Conley	12:13	'01
13 Zac Fitch	10:36	'00	13 Zac Fitch	10:36	'00	13 Nathan Bisbee	10:51	'91	13 Jerry Finlay	11:16	'94	13 Greg Funk	12:25	'95
14 Nate Bisbee	10:37	'92	14 Nate Bisbee	10:37	'92	14 Greg Funk	10:56	'97	13 Jason Fung	11:16	'99	13 Quin Coughlin	12:25	'04
15 Jason DeSelle	10:38	'96	15 Andrew Gallagher	10:38	'96	14 Drew Fagant	10:56	'99	14 Drew Fagant	11:17	'94	15 Ryan Walsh	12:34	'01
16 Regan Masi	10:38	'00	16 Drew Fagant	10:41	'00	16 Scott Story	10:57	'92	16 Jeremy Cutcher	11:23	'02	16 Jake Currie	12:38	'94
17 Andrew Gallagher	10:49	'02	17 Alex Conley	10:41	'04	17 John Staroba	10:59	'95	17 Alex Conley	11:23	'02	17 Jake Minkoff	12:40	'98
18 Josh Hinkle	10:41	'00	18 John Staroba	10:41	'00	18 John Staroba	10:59	'95	18 Jeff Godfrey	11:26	'88	18 Jon Martindill	12:45	'04
19 Drew Fagant	10:41	'04	19 Josh Hinkle	10:41	'00	18 Nick Millar	11:00	'99	19 David Britt	11:29	'98	19 Jeff Mills	12:49	'99
20 Alex Conley	10:41	'04	20 Jason Selby	10:46	'92	18 Rony O'Neill	11:02	'89	20 Greg Funk	11:31	'96	20 John McRae	12:58	'97
21 Keith Lewis	10:43	'87	21 Keith Lewis	10:47	'88	21 Ryan Lew	11:04	'92	21 Rony O'Neill	11:35	'88	21 David Lee	13:00	'03
22 John Staroba	10:43	'96	22 Scott Story	10:48	'93	22 Star Stevenson	11:05	'88	22 Mike Flanagan	11:45	'91	22 Mark Murphy	13:16	'01
23 Jason Selby	10:46	'92	23 Ryan Lew	10:50	'97	23 Nat Lopes	11:06	'90	23 Erik Haluzak	11:47	'89	23 Tom Ott	13:18	'04
24 Scott Story	10:48	'93	23 Jason DeSelle	10:50	'97	24 Jerry Finlay	11:11	'95	24 Nick Millar	11:49	'98	24 Nick Cho	13:19	'98
25 Ryan Lew	10:50	'93	25 Peter Keith	10:51	'89	25 Nathan Higgins	11:12	'93	25 Andrew Jordan	11:50	'97	25 Josh Cutcher	13:44	'01
			25 Josh Dorris	10:51	'92									

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 Kim Conley	11:51	'03	1 Kim Conley	11:56	'02	1 Sara Bei	11:05	'98	1 Sara Bei	11:38	'97
2 Kim Conley	11:51	'02	2 Pamela Richardson	11:59	'94	2 Carina Hendricks	12:16	'02	2 Kim Conley	11:56	'01	2 Kim Conley	12:38	'00
3 Pamela Richardson	11:59	'94	3 Kim Handel	12:12	'04	3 Christy Sweaney	12:21	'02	3 Sarah Basher	12:00	'98	3 Kate Blake	12:45	'01
4 Sarah Basher	12:00	'98	4 Emma Conley	12:44	'02	4 Sara Bei	12:23	'99	4 Christy Sweaney	12:10	'01	3 Christy Sweaney	12:45	'00
5 Christy Sweaney	12:10	'01	5 Sarah Basher	12:45	'00	5 Sarah Basher	12:23	'99	5 Pamela Richardson	12:26	'92	5 Emma Conley	12:59	'01
6 Kim Handel	12:12	'02	6 Christy Sweaney	12:53	'03	6 Pamela Richardson	12:30	'93	6 Marissa Walsh	12:38	'02	6 Elisa Pedersen	13:22	'98
7 Carina Hendricks	12:16	'02	7 Christy Sweaney	13:01	'98	7 Joy Terribilini	12:38	'00	7 Emma Conley	12:40	'02	7 Joy Terribilini	13:27	'98
8 Joy Terribilini	12:38	'00	8 Lisa Gay	13:05	'91	8 Shewit Haile	12:51	'96	8 Ashley Gnos	12:47	'02	8 Julie Mills	13:46	'02
9 Joy Terribilini	12:38	'02	9 Joy Terribilini	13:12	'01	9 Elisa Pedersen	12:56	'00	9 Kate Blake	12:56	'02	9 Ashley Gnos	13:58	'01
10 Emma Conley	12:40	'02	10 Nicole Fischer	13:15	'87	10 Diana Rancourt	12:58	'96	10 Elisa Pedersen	13:00	'99	10 Diana Rancourt	14:04	'94
11 Kate Blake	12:45	'01	11 Michelle Mayes	13:26	'88	11 Kim Handel	13:03	'01	11 Joy Terribilini	13:03	'99	11 Molly McManus	14:09	'01
12 Ashley Gnos	12:47	'02	12 Marissa Walsh	13:28	'04	12 Jamie Duncan	13:33	'91	12 Diana Rancourt	13:14	'95	12 Barbara Hall	14:12	'99
13 Shewit Haile	12:51	'96	13 Marisa Reichmuth	13:34	'95	13 Kate Blake	13:38	'03	13 Amy Lodin	13:21	'94	13 Sonya Glidden	14:21	'94
14 Jana Wiesner	12:56	'00	14 Jana Wiesner	13:35	'91	14 Marissa Walsh	13:35	'03	14 Molly McManus	13:29	'02	14 Elizabeth Proctor	14:27	'01
15 Diana Rancourt	13:01	'98	15 Marissa Reichmuth	13:36	'03	15 Emma Conley	13:42	'03	15 Jamie Duncan	13:30	'90	15 Brittany Allard	14:29	'95
16 April Malvino	13:05	'91	16 Sarah McClendon	13:41	'92	16 Georgina Vron	13:51	'95	16 Karin Dove	13:39	'04	16 Amy Bei	14:36	'95
17 Lisa Gay	13:05	'91	17 Jamie Duncan	13:45	'95	17 Marisa Reichmuth	13:53	'94	17 Marisa Reichmuth	13:44	'93	17 Karin Dove	14:41	'03
18 Nicole Fischer	13:15	'87	17 Christina Cushing	13:45	'95	18 Sarah McClendon	13:57	'91	18 Barbara Hall	13:56	'00	18 Julia Goepel	14:47	'99
19 Kelly Richardson	13:26	'88	19 Shewit Haile	13:47	'07	18 Michelle Mayes	13:58	'87	19 Megan McRae	14:06	'95	19 Alex Gnos	15:08	'03
20 Michelle Mayes	13:26	'88	20 Eloisa Collin	13:47	'92	20 Eloisa Collin	14:00	'94	20 Amy Chaffin	14:22	'92	20 Lisa Mackie	15:08	'94
21 Molly McManus	13:29	'02	21 Molly McManus	13:50	'91	21 Molly McManus	14:02	'03	21 Lisa Gay	14:24	'89	21 Amelia Thomas	15:13	'98
22 Jamie Duncan	13:30	'90	22 Amy Bei	14:02	'98	22 Barbara Hall	14:05	'01	22 Elizabeth Proctor	14:24	'02	22 Kylee Hall	15:16	'04
23 Marisa Reichmuth	13:34	'95	23 Barbara Hall	14:04	'02	23 Amelia Thomas	14:05	'00	23 Sarah McClendon	14:25	'90	23 April Malvino	15:22	'95
24 Jana Wiesner	13:35	'91	24 Molly McManus	14:24	'04	24 Amy Bei	14:20	'97	24 Sonya Glidden	14:30	'95	24 Maggie McManus	15:54	'04
25 Marissa McAdler	13:36	'03	25 Alisha McCon	14:33	'97	25 Tanya Mayo	14:25	'88	25 Tanya Mayo	14:43	'87	25 Danya Dranow	18:18	'01



**Rancho Cotate Invitational**  
**September 3 at Rancho Cotate HS**  
**Course: 2.75 miles, flat.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Blake	9 V	18:44	6:48
2	Conley	12 V	19:08	6:57
3	Walsh	17 V	19:22	7:02
4	Dove	22 V	19:53	7:13
5	Krug	1 JV	21:09	7:41
6	Ash. Gnos	2 JV	21:30	7:49
7	Alex Gnos	3 JV	21:37	7:51
8	Mo. McManus	47 V	22:22	8:08
9	Oser	11 JV	23:11	8:25
10	Martindill	53 V	23:15	8:27
11	Hall	16 JV	23:45	8:38
12	Ma. McManus	26 JV	24:52	9:02
13	Tunzi	27 JV	24:59	9:05
14	Lebichuck	36 JV	27:03	9:50
15	Wahl	40 JV	27:25	9:58
16	L. Zanetti	41 JV	27:27	9:58
17	M. Zanetti	42 JV	27:29	9:59

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowell	11 V	16:08	5:52
2	Conley	14 V	16:14	5:54
3	Cutcher	19 V	16:25	5:58
4	Perry	29 V	17:05	6:12
5	Hall	6 JV	17:18	6:17
6	Clayton	43 V	17:37	6:24
7	Martindill	58 V	19:02	6:55
8	Coughlin	30 JV	19:03	6:55
9	Ott	32 JV	19:14	6:59
10	Fritz	36 JV	19:21	7:02
11	Lehman	79 JV	21:49	7:56
12	Fung	87 JV	22:52	8:18
13	Ryall	88 JV	23:00	8:21

**Ed Sias Invitational**  
**September 11 at Hidden Valley Park, Martinez**  
**Course: 2.0 miles, hilly.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	23 V	13:42	6:51
2	Blake	63 V	14:33	7:16
3	Walsh	66 V	14:39	7:19
4	Dove	77 V	14:51	7:25
5	Mo. McManus	12 JV	15:27	7:43
6	Ash. Gnos	106 V	15:41	7:50
7	Krug	150 V	16:28	8:14
8	Hall	73 F/S	16:49	8:24
9	Proctor	56 JV	17:06	8:33
10	Alex Gnos	177 V	17:18	8:39
11	Oser	100 F/S	18:04	9:02
12	Ma. McManus	102 F/S	18:06	9:03
13	Tunzi	100 JV	18:36	9:18
14	Wahl	118 F/S	19:01	9:30
15	L. Zanetti	108 JV	19:01	9:30
16	M. Zanetti	109 JV	19:03	9:31

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cutcher	9 F/S	11:42	5:51
2	Conley	50 V	11:54	5:57
3	Hall	82 V	12:24	6:12
4	Fritz	125 V	13:31	6:45
5	Potter	128 V	13:38	6:49
6	Martindill	101 F/S	13:54	6:57
7	Coughlin	110 F/S	14:07	7:03
8	Ott	117 F/S	14:17	7:08
9	Wolff	90 JV	14:24	7:12
10	Murphy	137 V	14:39	7:19
11	Lehman	142 V	15:57	7:58
12	Ryall	143 JV	16:33	8:16
13	Fung	172 F/S	17:15	8:37
14	Wahl	152 JV	18:58	9:29

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

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	E. Conley	1 SrJr	12:44	6:22
2	Walsh	4 SrJr	13:28	6:44
3	Dove	5 FS	13:39	6:49
4	Mo. McManus	19 SrJr	14:24	7:12
5	Krug	27 SrJr	14:51	7:25
6	Martindill	3 O	14:53	7:26
7	Alex Gnos	23 FS	15:10	7:35
8	Hall	27 FS	15:16	7:38
9	Proctor	4 O	15:30	7:45
10	Tunzi	7 O	15:37	7:48
11	Oser	34 FS	15:47	7:53
12	Ma. McManus	37 FS	15:54	7:57
13	Lebichuck	14 O	16:27	8:13
14	Wahl	17 O	16:46	8:23
15	M. Zanetti	21 O	17:02	8:31
16	L. Zanetti	22 O	17:02	8:31
17	Archer	27 O	17:52	8:56

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	5 Sr	10:41	5:20
2	McDowell	3 FS	11:07	5:33
3	Cutcher	5 FS	11:19	5:39
4	Hall	5 Jr	11:19	5:39
5	Perry	9 FS	11:28	5:44
6	Coughlin	10 O	12:25	6:12
7	Martindill	15 O	12:45	6:22
8	Potter	40 FS	12:45	6:22
9	Ott	30 O	13:18	6:39
10	Fritz	60 FS	13:20	6:40
11	Wolff	42 O	13:31	6:45
12	Murphy	43 Sr	13:36	6:48
13	Griffiths	67 O	14:24	7:12
14	Ryall	82 Jr	14:53	7:26
15	Lehman	55 Sr	16:16	7:38
16	Fung	82 O	15:23	7:41
17	Wahl	90 O	16:37	8:18

Ready set go! The first race of a season is a sizzler, and the scorching heat adds further distinction between those who have trained hard over the summer and those still flushing out their off-season heavy legs. Highlights include Krug taking JV honors, while the Gnos sisters complete the sweep of the top 3 places. Fritz is faster by nearly four and a half minutes compared to last year's invite. The top 3 varsity boys are separated by only 17 seconds, while both McDowell and Cutcher score sizable PR's. Lachlan Hall runs well in his first and only JV race of the year. No team scoring for this meet, as the athletes duke it out for varsity placement in the upcoming races.

Loaded with several state-ranked teams, this hotly contested East Bay meet proves to be a humbling experience for the Vikings. Cutcher races to a fine 9th place, but the absence of McDowell and Perry hurt the team score. Alex Conley takes 42 seconds off his 2001 mark, but must settle for 50th in a very talented varsity field. All of the girls race in the latter part of the morning, and high temperatures prevent any PR's from falling. Molly McManus earns the highest placing for the ladies, taking 12th in her last JV race before finishing out the season in the varsity ranks.

Grade level racing and a home course advantage pay off for the Vikings, who win the Junior / Senior and Open Girls events, and take a close second in the Frosh / Soph Boys race. Emma Conley and Walsh secure the team win with a personal victory and 4th place respectively. Martindill, Proctor, and Tunzi are spaced over only 5 places to defeat Ukiah, even though the Wildcats take the top 2 spots in the open race. All three scoring Frosh / Soph boys earn top 10 honors, who easily defeat all other NBL schools, falling only to perennial powerhouse Watsonville. Excellent 5th place efforts by Dove, Alex Conley, and Hall, along with Coughlin's 10th place in the Open race complete the list of the team's 12 medalists.

**NBL / SCL Interlock Meet**  
**September 29 at Spring Lake**  
**Course: 2.97 miles, rolling hills**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Blake	3 V	20:08	6:46
2	Walsh	5 V	20:46	6:59
3	Dove	9 V	21:21	7:11
4	Krug	14 V	21:49	7:20
5	Mo. McManus	20 V	23:04	7:46
6	Alex Gnoos	1 JV	22:22	7:31
7	Martindill	4 JV	23:20	7:51
8	Oser	5 JV	23:28	7:54
9	Hall	6 JV	23:59	8:04
10	Proctor	7 JV	24:09	8:07
11	Leblichuck	10 JV	24:36	8:16
12	Wahl	11 JV	24:50	8:21
13	Ma. McManus	13 JV	25:18	8:31
14	Tunzi	15 JV	26:09	8:48
15	Archer	16 JV	26:16	8:50
16	M. Zanetti	20 JV	27:38	9:18
17	L. Zanetti	21 JV	27:38	9:18

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cutcher	4 V	17:11	5:47
2	McDowell	5 V	17:28	5:52
3	Perry	13 V	17:49	5:59
4	Hall	15 V	18:15	6:08
5	Coughlin	21 V	19:04	6:25
6	Clayton	26 V	19:24	6:31
7	Martindill	27 V	19:34	6:35
8	Potter	7 JV	20:09	6:47
9	Murphy	8 JV	20:28	6:53
10	Fritz	13 JV	20:44	6:58
11	Wolf	25 JV	21:55	7:22
12	Fung	33 JV	23:15	7:49
13	Lehman	35 JV	23:22	7:52
14	Griffiths	42 JV	23:50	8:01
15	Ryall	43 JV	23:51	8:01
16	Wahl	51 JV	26:26	8:54

**Artichoke Invitational**  
**October 2 at Half Moon Bay HS**  
**Course: 2.25 miles, flat and one big hill**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	17 V	15:01	6:40
2	Blake	37 V	15:28	6:52
3	Walsh	45 V	15:42	6:58
4	Dove	63 V	16:15	7:13
5	Mo. McManus	90 V	16:56	7:31
6	Krug	91 V	16:57	7:32
7	Martindill	15 JV	17:17	7:40
8	Alex Gnoos	22 JV	17:35	7:48
9	Hall	62 FS	17:50	7:55
10	Tunzi	32 JV	18:08	8:03
11	Proctor	40 JV	18:25	8:11
12	Leblichuck	87 FS	18:48	8:21
13	Ma. McManus	90 FS	18:53	8:23
14	Wahl	96 FS	19:08	8:29
15	Oser	100 FS	19:15	8:33
16	L. Zanetti	118 FS	20:36	9:09
17	M. Zanetti	124 FS	20:59	9:19

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	7 V	12:26	5:31
2	McDowell	2 FS	12:40	5:37
3	Cutcher	7 FS	12:51	5:42
4	Perry	19 FS	13:19	5:55
5	Hall	48 V	13:29	5:59
6	Coughlin	70 FS	14:19	6:21
7	Clayton	79 V	14:24	6:24
8	Martindill	93 FS	14:40	6:31
9	Potter	99 V	15:06	6:42
10	Fritz	103 V	15:44	6:59
11	Wolff	140 JV	16:10	7:11
12	Ryall	192 JV	17:00	7:33
13	Fung	218 JV	17:37	7:49
14	Wahl	246 JV	18:46	8:20

The Vikings return to Half Moon Bay after a multi year hiatus. Large fields and stiff competition prove to be a formidable challenge for the team. Conley races his most gutsy race of the year, pacing with the leaders until the race explodes on the grueling hill late in the race. He holds on for an impressive 7th, and collapses with cramping legs in the finish chute. McDowell storms the course and captures the runner up honors in the F/S race, with Cutcher closing in for a top ten finish. An impressive effort by Perry made him the fastest freshman in the race and edged the team to 5th place out of 27 teams. E. Conley leads the varsity girls to 7th place out of 21 teams with a fine 17th Individual placing, while Jen Martindill earns varsity credit with the 7th fastest Viking time and 15th place in the JV contest. Lauren crushes her sister by a mind-boggling 35 seconds, causing the first and only non-consecutive finish for the pair.

**League Versus Maria Carrillo**  
**October 12 at Spring Lake**  
**Course: 2.97 miles, rolling hills**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Blake	6 V	20:43	6:54
2	Conley	7 V	21:02	7:00
3	Walsh	8 V	21:32	7:10
4	Dove	9 V	22:13	7:24
5	Mo. McManus	11 V	23:37	7:52
6	Krug	12 V	24:07	8:02
7	Alex Gnoos	2 JV	22:56	7:38
8	Martindill	4 JV	24:37	8:12
9	Ash. Gnoos	5 JV	25:08	8:22
10	Oser	6 JV	25:09	8:23
11	Tunzi	8 JV	26:35	8:51
12	Leblichuck	9 JV	26:49	8:56
13	Archer	10 JV	26:51	8:57
14	Proctor	11 JV	26:56	8:58
15	Ma. McManus	12 JV	27:08	9:02
16	Wahl	13 JV	27:10	9:03
17	M. Zanetti	14 JV	28:26	9:28
18	L. Zanetti	15 JV	28:28	9:29

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	6 V	16:59	5:43
2	McDowell	7 V	17:25	5:51
3	Cutcher	8 V	17:28	5:52
4	Perry	10 V	18:20	6:10
5	Hall	11 V	18:54	6:21
6	Clayton	12 V	19:06	6:25
7	Coughlin	13 V	19:36	6:35
8	Martindill	8 JV	19:50	6:40
9	Potter	14 JV	21:18	7:10
10	Fritz	15 JV	21:49	7:20
11	Murphy	17 JV	21:59	7:24
12	Griffiths	19 JV	23:44	7:59
13	Wolff	20 JV	24:31	8:15
14	Wahl	22 JV	26:18	8:51
15	Fung	23 JV	26:24	8:53
16	Ryall	24 JV	28:50	9:42

Indian summer hits the Spring Lake course with a vengeance, as does the state ranked Maria Carrillo squad. Only 3 Vikings PR, and do so by modest margins. Conley gets pulled to a respectable sub 17 minute performance considering the conditions. Blake leads the MHS girls once again, but like Alex is unable to break into Carrillo's scoring top 5. The JV girls earn their first league victory as Carrillo is unable to field a complete team.

In the season's first showdown on the Spring Lake 3 mile course, ample competition in all races leads to significant PRs for the Vikings. Those making their formal debut in the park beat their time-trial marks, held a week earlier, by up to 4 minutes. Many returning runners fair equally well. A hard summer of training pays off for Potter who chops off over 3 minutes from his last season time. Murphy scores his first course PR in 3 years. Lachlan Hall breaks 19 minutes for the first time and does so by a huge margin. Krug cuts off 2:11 and runs to a 4th place team finish - her best in her first season running varsity. Blake leads the ladies with a 3rd place and her best time since 2002, and Alex Gnoos takes the JV win for the day.

**Bella Vista Invitational**  
**October 16 at Folsom HS**  
**Courses: 4k (JV) and 5k (V), rolling hills**

	<u>V Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	19	21:19	6:59
2	Walsh	21	21:21	7:00
3	Blake	25	21:55	7:11
4	Dove	32	22:25	7:20
5	Mo. McManus	49	23:26	7:40
6	Alex Gnos	51	23:34	7:43
7	Krug	59	24:00	7:52

	<u>V Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	18	17:27	5:43
2	Cutcher	35	17:51	5:51
3	McDowall	44	18:06	5:56
4	Perry	73	18:52	6:11
5	Hall	75	18:54	6:11
6	Coughlin	96	19:31	6:23
7	Martindill	115	20:21	6:40

	<u>JV Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	5	18:46	7:43
2	Tunzi	9	19:22	7:58
3	Ma. McManus	10	19:28	8:00
4	Oser	12	19:38	8:04
5	Lebichuck	13	19:56	8:12
6	Proctor	17	20:11	8:18
7	L. Zanetti	24	21:19	8:46
8	M. Zanetti	25	21:25	8:48

	<u>JV Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Murphy	34	16:41	6:51
2	Fritz	43	17:32	7:12
3	Fung	49	18:50	7:45

A brand new course with numerous short, steep hills and rocks leaves the team with sore feet and legs. Strong teams from the Central Valley displace the Vikings to 5th and 8th place for the varsity girls and boys respectively. Jen Martindill posts the best placing of the day with 5th in the JV girls race, and along with top 15 placings by Tunzi, McManus, Oser, and Lebichuck, the lady Vikings earn first place team honors over the 4k course.

**NBL 3-way Meet Versus Piner and CN / Urs.**  
**October 20 at Foothill Regional Park.**  
**Course: Varsity- 3.1 miles, mountainous**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	E. Conley	1 V	22:22	7:12
2	Walsh	3 V	23:12	7:29
3	Blake	5 V	23:37	7:37
4	Dove	6 V	24:12	7:48
5	Mo. McManus	8 V	24:58	8:03
6	Martindill	9 V	25:02	8:04
7	Krug	1 JV	26:11	8:26
8	Ash. Gnos	2 JV	27:29	8:51
9	Proctor	3 JV	27:54	9:00
10	Oser	4 JV	28:09	9:04
11	Tunzi	5 JV	28:30	9:11
12	Lebichuck	6 JV	28:33	9:12
13	Archer	7 JV	29:13	9:25
14	L. Zanetti	8 JV	30:38	9:52
15	M. Zanetti	9 JV	30:39	9:53

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	A. Conley	2 V	19:05	6:09
2	Cutcher	4 V	19:21	6:14
3	McDowall	6 V	19:34	6:18
4	Perry	9 V	20:14	6:31
5	L. Hall	10 V	20:15	6:31
6	Coughlin	11 V	20:30	6:36
7	Clayton	13 V	21:38	6:58
8	Martindill	1 JV	21:43	7:00
9	Potter	2 JV	21:54	7:03
10	Murphy	9 JV	23:58	7:43
11	Fritz	10 JV	24:13	7:48
12	Griffiths	11 JV	24:24	7:52
13	Lehman	12 JV	24:30	7:54
14	Fung	16 JV	25:32	8:14
15	Wolff	17 JV	26:36	8:34
16	Ott	18 JV	27:52	8:59
17	Wahl	21 JV	30:05	9:42

A passing storm makes Piner's home course slightly more palatable for the Vikings, although the slow mile paces still reflect the unrelenting hills of Foothill Park. The Varsity boys wage a close battle for second place league honors and emerge victorious by a scant 4 point spread. Conley leads the troop with a second place behind state-ranked Tesfaslassie of Piner, and runs injury free for a PR of 4:30. The tight placement of Perry, Hall, and Coughlin is instrumental in the team win, bumping Newman's 5th runner. Potter is the most improved runner of the day, besting last year's mark by 6:03 and working with race winner Jon Martindill to take the top two JV spots. In the varsity girls contest, E. Conley takes her 2nd win of the season by a healthy margin. All returning varsity girls PR, and with a strong performance from Martindill, the lady Vikings take Ursuline by a healthy 11 points. After withdrawing mid-race last year, Krug comes back big time with a JV victory (her second), as the squad sweeps the top 9 places.

**League Versus Rancho Cotate and Ukiah**  
**October 27 at Rancho Cotate**  
**Course: 2.75 miles, flat**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Walsh	3 V	17:33	6:22
2	Blake	4 V	17:43	6:26
3	E. Conley	5 V	17:51	6:29
4	Dove	9 V	18:48	6:50
5	Mo. McManus	14 V	19:21	7:02
6	Martindill	15 V	19:22	7:02
7	Krug	17 V	19:51	7:13
8	Tunzi	1 JV	20:42	7:31
9	Oser	2 JV	20:59	7:37
10	Wahl	3 JV	21:38	7:52
11	Lebichuck	4 JV	21:41	7:53
12	Ma. McManus	5 JV	21:56	7:58
13	Archer	6 JV	22:25	8:09
14	M. Zanetti	8 JV	23:04	8:23
15	L. Zanetti	9 JV	23:13	8:26

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	1 V	15:05	5:29
2	McDowall	2 V	15:16	5:33
3	Cutcher	3 V	15:22	5:35
4	Perry	4 V	15:38	5:41
5	Coughlin	7 V	16:07	5:51
6	Martindill	12 V	16:50	6:07
7	Potter	17 V	17:59	6:32
8	Murphy	1 JV	18:46	6:49
9	Wolff	2 JV	18:52	6:51
10	Ott	3 JV	19:05	6:56
11	Fung	7 JV	20:31	7:27
12	Wahl	8 JV	21:34	7:50

Perfect racing conditions at the Ranch's flat and fast course. Late season fitness levels allow 19 PR's to tumble, many by impressive margins since they were set very early in the season in 95 degree heat. Marian leads the list by knocking off an impressive 5:47, scoring her first points for the JV team. Elyse leads the JV crew for the first time, as well as everyone else for the overall win. Along with huge PR's from Oser, Lebichuck, and McManus, the girls top off an astounding 20:21 from their team time. Dove, Martindill, and Krug cut 6:16 from their collective times in the Varsity race, but Rancho manages to edge the Vikings by 4 points. The Varsity boys dominate the race from the beginning and sweep the top 4 spots, with Conley picking up his first win of the season. In the JV race, Murphy runs away with his first ever XC victory, while Wolff and Ott are close on his heels to secure the remaining podium spots.

**League Meet Versus Santa Rosa**  
**November 3 at Spring Lake**  
**Course: 2.97 miles, rolling hills.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	E. Conley	1 V	19:25	6:32
2	Blake	2 V	19:41	6:37
3	Walsh	3 V	19:43	6:38
4	Dove	4 V	20:52	7:01
5	Mo. McManus	6 V	21:37	7:16
6	Martindill	7 V	21:38	7:17
7	Krug	10 V	22:23	7:32
8	Tunzi	1 JV	22:32	7:35
9	Wahl	2 JV	23:30	7:54
10	Proctor	3 JV	23:46	8:00
11	Oser	4 JV	23:49	8:01
12	Ma. McManus	5 JV	23:51	8:01
13	Lebichuck	10 JV	24:20	8:11
14	L. Zanetti	12 JV	24:33	8:15
15	M. Zanetti	13 JV	24:34	8:16
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	1 V	16:31	5:33
2	McDowall	3 V	16:45	5:38
3	Cutcher	4 V	16:49	5:39
4	Hall	8 V	17:37	5:55
5	Perry	9 V	17:37	5:55
6	Coughlin	10 V	17:38	5:56
7	Clayton	13 V	18:14	6:08
8	Martindill	15 V	18:53	6:21
9	Potter	18 V	19:43	6:38
10	Murphy	2 JV	19:56	6:42
11	Wolff	3 JV	20:12	6:48
12	Ott	4 JV	20:19	6:50
13	Fritz	5 JV	20:21	6:51
14	Lehman	13 JV	21:44	7:19
15	Fung	15 JV	22:06	7:26

**NBL Finals**  
**November 12 at Spring Lake**  
**Course: 2.97 miles, rolling hills.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	E. Conley	7 V	19:22	6:31
2	Walsh	9 V	19:44	6:38
3	Blake	11 V	20:02	6:44
4	Martindill	20 V	21:14	7:08
5	Dove	23 V	21:27	7:13
6	Mo. McManus	25 V	21:47	7:20
7	Krug	33 V	22:37	7:36
8	Tunzi	5 JV	23:22	7:52
9	Oser	7 JV	23:37	7:57
10	Proctor	9 JV	24:07	8:07
11	Lebichuck	11 JV	24:17	8:10
12	Wahl	12 JV	24:23	8:12
13	Hall	15 JV	24:41	8:18
14	Ma. McManus	16 JV	24:47	8:20
15	M. Zanetti	21 JV	25:31	8:35
16	Archer	22 JV	25:33	8:36
17	Ash. Gnoos	25 JV	25:55	8:43
18	L. Zanetti	26 JV	26:11	8:48
	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	7 V	16:25	5:31
2	McDowall	8 V	16:30	5:33
3	Cutcher	10 V	16:47	5:39
4	Hall	17 V	17:41	5:57
5	Perry	20 V	17:48	5:59
6	Coughlin	22 V	17:52	6:00
7	Clayton	31 V	18:31	6:14
8	Martindill	8 JV	19:18	6:29
9	Potter	12 JV	19:26	6:32
10	Fritz	22 JV	20:24	6:52
11	Murphy	27 JV	20:52	7:01
12	Wolff	35 JV	21:09	7:07
13	Lehman	37 JV	21:27	7:13
14	Ott	38 JV	21:28	7:13
15	Fung	46 JV	23:01	7:44
16	Wahl	53 JV	27:31	9:15

**North Coast Section Championships**  
**November 20 at Hayward**  
**Course: 3.0 miles, grass and low hills.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Walsh	30	19:58	6:39
2	Blake	33	20:04	6:41
3	E. Conley	56	20:45	6:55
4	Martindill	73	21:07	7:02
5	Dove	81	21:18	7:06
6	Mo. McManus	98	21:53	7:17
7	Krug	108	22:04	7:21

**Division II Varsity Girls:**  
**24 teams, 168 finishers**

- College Park 36, 2. Carondelet 114,
- San Ramon Valley 114, 4. Northgate 117,
- Arroyo 206, 6. Mission San Jose 247,
- Rancho Cotate 250, 8. Granada 251,
- MONTGOMERY 260, 10. Livermore 280,
- American 294, 12. Alameda 309,
- Ukiah 343, 14. Pelaluma 374,
- Clayton Valley 380 18. Las Lomas 419,
- Hayward 473, 18. Casa Grande 501,
- Santa Rosa 515, 20. Washington 526,
- Irvington 555, 22. Ygnacio Valley 558,
- Freedom 610, 24. Tennyson 732.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Conley	6	15:57	5:19
2	McDowall	25	16:40	5:33
3	Cutcher	48	17:08	5:42
4	Coughlin	76	17:51	5:57
5	Perry	113	18:21	6:07
6	Hall	124	18:30	6:10
7	Clayton	138	18:58	6:19

**Division II Varsity Boys:**  
**23 teams, 161 finishers**

- Northgate 97, 2. Alameda 117,
- San Ramon Valley 137, 4. College Park 141,
- Livermore 185, 6. Granada 200,
- MONTGOMERY 265, 8. Mission San Jose 267,
- Freedom 266, 10. Eureka 300,
- Santa Rosa 338, 12. Ygnacio Valley 347,
- Irvington 349, 14. Las Lomas 370,
- Casa Grande 371, 16. Hayward 389,
- Clayton Valley 394, 18. American 396,
- Tennyson 437, 20. Rancho Cotate 439,
- Arroyo 478, 22. Washington 579, 23. Ukiah 608.

A rain dampened course, cool air, and the start of the season taper produce excellent times as 23 Vikings earn PR's. The varsity boys pull off a close victory, aided by the one-second spread for the 4th through 6th place runners and across the board PR's for a 2:05 reduction in team time. Strong PR's in the JV field earn the team a win even with consistent leaders Martindill and Potter racing varsity. The varsity Viking ladies face modest competition, yet also post impressive times. The senior trio all break the coveted 20 minute barrier for the first time this season. Tunzi earns her second straight JV victory and helps the team wrap up a perfect dual / tri-meet season, taking 3:37 off her Spring Lake time in the process. Lauren extends her lead to 2 in sibling victories, but leads by only 24 seconds in combined time for 10 races!

Sunny skies and a damp, yet fast course set the stage for an exciting afternoon of racing. The JV girls are dealt their first league loss, as Carrillo is able to field a complete team. Archer makes it to the start only moments before the gun, and then goes on to PR by 21 seconds. Strong opposition forces the JV boys back to a 4th place finish, even with their best team race in the past two years. A great run by Potter leaves him nearly 4 minutes faster than last year. In the varsity girls race, Carrillo asserts their State #1 ranking and takes 5 of the top 6 spots. In the race for 2nd, the Vikings turn the table and successfully avenge 2 prior losses to Rancho. E. Conley races to her season best time, good for 1st team all-NBL honors. Walsh and Blake are close behind and make 2nd team. Jen Martindill takes her highest team place for the season, knocking off 24 seconds in the process. Deja Vu in the varsity boys contest, as Carrillo sweeps 2nd through 6th. A. Conley matches his sister's performance with a 7th place and 1st team designation. His 6 second PR makes him the 24th fastest MHS runner on the course. Possibly the biggest effort of the day goes to McDowall: his 15s PR puts him at 26th MHS all-time and makes him the fastest sophomore of the day. The second fastest sophomore is Cutcher, who also PR's to make 2nd team all-NBL. MHS is on the defensive after narrow victories over Santa Rosa and Newman. Excellent late-race efforts by the Vikings secure 2nd place by a healthy 14 point margin.

Near perfect racing conditions are counter-balanced by end of the season fatigue and sickness, as both teams are out of the hunt for a state meet berth. The boys and girls reverse their team placings from 2003 NCS, at which they placed 9th and 7th respectively. Walsh leads the girls for the 2nd time this season, just dipping under 20 minutes. Blake is only a few strides back and bests her sophomore time by 5 seconds. Martindill edges out Karin for the second time, which requires running her fastest-paced race of the season. In the boy's contest, Conley makes an aggressive move into 6th with less than a mile to go and holds it to the finish. While PR'ing by a whopping 46 seconds, he earns his second trip to the big meet in Fresno, which is his first time making the difficult selection as an individual. McDowall races well, besting Conley's sophomore mark by 3s and taking 3rd for all NBL / SCL runners in the race. Cutcher is not far behind, even running with a pulled quadrap from the NBL meet. His effort edges his Santa Rosa rival LeMaitre-Roberts by less than a second.

