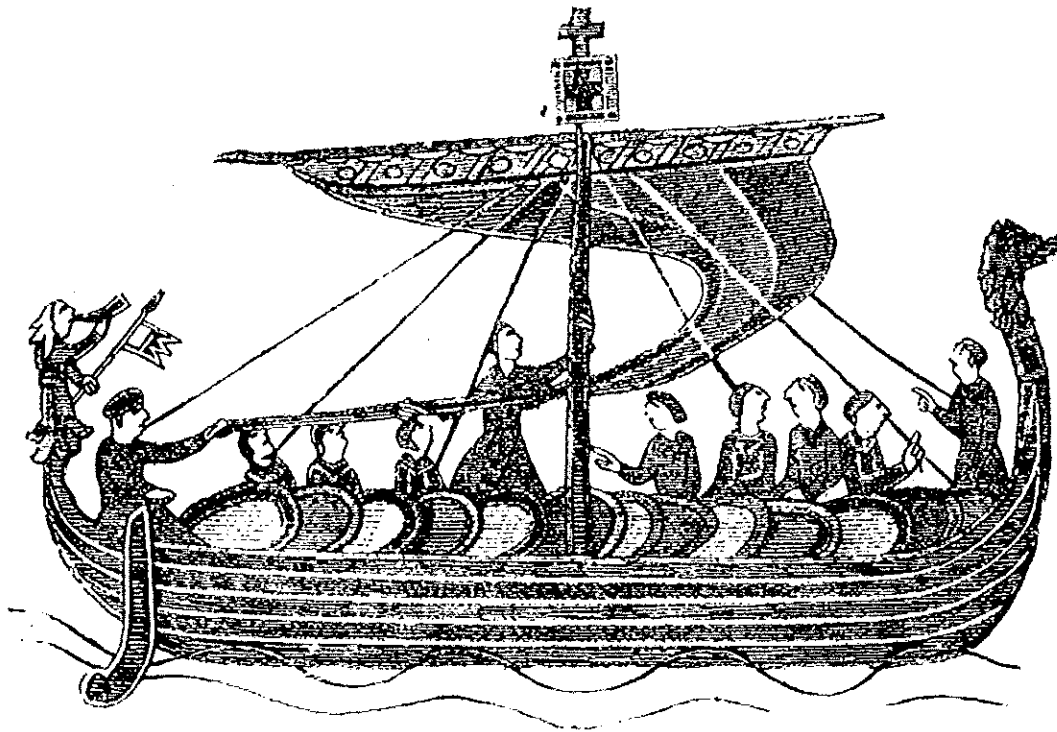


Montgomery Cross – Country



**2005 Season
Results and Statistics**

Varsity Boys

Daniel Breazeale, Freshman
Quin Coughlin, Sophomore, 2nd Yr.
Jeremy Cutcher, Junior, 3rd Yr.
Kyle Fritz, Junior, 1st Yr.**
Tyler Main, Freshman
Jon Martindill, Sophomore, 2nd Yr.
Blake McDowall, Junior, 3rd Yr.
Tom Ott, Sophomore, 1st Yr.*

*2nd-year team member
**3rd-year team member

Junior Varsity Boys

Litten Alley, Senior, 1st Yr.
Alex Brott, Freshman
Zander Fung, Junior, 3rd Yr.
Chris Lemanski, Freshman
Trevor Love, Freshman
Edward Wahl, Senior, 2nd Yr.
Sebastian Wolff, Junior, 3rd Yr.

Certificate of Participation

Nathan Dalbeck, Freshman
James Cruz, Freshman
Sina Holst, Junior, 1st Yr.

First Team NBL

Celeste Berg
Jeremy Cutcher
Jennifer Martindill
Blake McDowall

Second Team NBL

Quin Coughlin

First Team NCS Div II

Celeste Berg
Jennifer Martindill

Second Team NCS Div II

Blake McDowall

Varsity Girls

Celeste Berg, Freshman
Alex Gnos, Junior, 2nd Yr.**
Anne-Elise Krug, Senior, 2nd Yr.**
Jennifer Martindill, Senior, 2nd Yr.
Allie Oser, Junior, 1st Yr.**
KT Trask, Freshman
Marian Wahl, Junior, 1st Yr.*
Katharine Wyatt, Freshman

*2nd-year team member
**3rd-year team member

Junior Varsity Girls

McKaley Alley, Freshman
Elizabeth Davey, Junior, 1st Yr.
Emily Diab, Junior, 1st Yr.
Karin Dove, Junior, 2nd Yr.**
Kylee Hall, Sophomore, 2nd Yr.
Amanda Knudtzon, Sophomore, 1st Yr.
Amy Lebichuck, Junior, 2nd Yr.
Maggie McManus, Sophomore, 2nd Yr.
Sheona Reddie, Sophomore, 1st Yr.
Maura Ruffatto, Junior, 1st Yr.
Elyse Tunzi, Senior, 2nd Yr.
Emily Wei, Junior, 1st Yr.
Lauren Zanetti, Junior, 2nd Yr.
Michelle Zanetti, Junior, 2nd Yr.

**3rd-year team member

State Meet Qualifiers

Celeste Berg
Daniel Breazeale
Quin Coughlin
Jeremy Cutcher
Tyler Main,
Jennifer Martindill
Jon Martindill
Blake McDowall
Tom Ott

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	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	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	-
2005	12	3	3rd	4th Div. II	???	2005	10	2	2nd	9th Div. II	-
Totals	234	27	13 NBL Titles, 5 NCS Titles			Totals	177	63	4 NBL Titles, 3 NCS Titles	1 State Title	

Junior Varsity Boys				
Year	Dual Meets		NBL	NBL Fr./So.
	W	L	Final	
1982	4	1	1st	3rd
1983	8	1	3rd	1st
1984	8	1	2nd	-
1985	5	0	2nd	1st
1986	6	0	1st	-
1987	6	0	1st	-
1988	5	0	1st	-
1989	9	0	1st	-
1990	8	0	1st	-
1991	9	0	1st	-
1992	6	0	1st	-
1993	10	0	1st	-
1994	12	0	1st	-
1995	10	1	2nd	-
1996	15	1	2nd	-
1997	8	0	2nd	-
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	-
2005	7	6	4th	-
Totals	200	27	13 NBL Titles	

Junior Varsity Girls			
Year	Dual Meets		NBL
	W	L	Final
1994	0	1	2nd
1995	1	1	1st
1996	2	0	inc.
2001	8	0	1st
2002	14	3	1st
2003	13	1	2nd
2004	7	0	2nd
2005	9	1	2nd
Totals	54	7	3 NBL Titles

North Bay League Team Champions

Varsity Boys		Varsity Girls	
Year	Points	Year	Points
1976	25	1976	15
1979	32	1977	20
1983	26	1986	40
1984	39	1999	53
1985	23	2000	27
1986	36	2002	36

JV Girls			
Year	Points	Points	
1989	36		
1991	30		
1992	27	1995	23
1993	39	2001	18
1995	38	2002	15
1999	34		

JV Boys		
Year	Points	Points
2000	25	
2002	35	

F/S Boys	
Year	Points
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
'65	Bob Waldon	'76	Heldi 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
'86	Kevin Smith	'99	Sara Bei
'87	Mike Contos		
'92	David Toomey		
'00	Nick Millar		
'02	Matt Fitch		

NCS Individual Champs	
Yr	JV - Fr./So. Boys
'82	Jason Schaumberg (F/S)
'82	Paul Audiss
'84	Derek Powell
'85	Randall Watkins (F/S)
'86	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			
Year	Points	Points	
1980	84 (3A)	1976	37 (3A)
1985	42 (2A)	1977	72 (3A)
1990	50 (I)	1998	54 (III)
1992	53 (II)	2000	36
1993	44 (I)	2001	51
1996	41 (I)		

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

Practices	Meets
Jen Martindill	60
Krug	57
Cutcher	56
L. Zanetti	56
M. Zanetti	56
Ott	55
Dove	54
Oser	54
Jon Martindill	53
Berg	52
Breazaale	52
Ruffatto	52
Trask	52
Coughlin	52
M. Wahl	51
M. Wahl	51
Lebichuck	49
Tunzi	49
Gross	48
Main	47
M. Alley	46
E. Wahl	46
L. Alley	45
Knudtson	45
Reddie	45
Love	43
Diab	42
Fung	42
McManus	42
Fritz	41
McDowall	40
Brott	38
Davey	37
Wei	36
Lemanski	35
Wyatt	35
Hall	29
Dalbeck	23
Wolf	21
Holst	16
Cruz	15

Cross County Season Miles	Girls
Jen Martindill	414.5
Krug	351.3
Berg	321.0
Oser	308.7
L. Zanetti	297.9
M. Zanetti	297.9
Dove	296.5
M. Wahl	291.9
Ruffatto	285.2
Gross	284.5
Trask	281.6
Lebichuck	269.7
Tunzi	253.8
M. Alley	233.1
Knudtson	222.1
McManus	221.1
Reddie	215.5
Diab	214.8
Wyatt	212.8
Davey	205.8
Wei	196.3
Hall	147.4
Holst	72.2

Cross County Career Miles	Girls
Dove	893.3
Krug	849.7
Oser	727.0
Jen Martindill	673.8
Gross	656.1
L. Zanetti	562.7
M. Zanetti	554.1
Lebichuck	550.5
M. Wahl	528.2
Tunzi	500.0
Berg	475.0
McManus	475.0
Hall	289.9
Ruffatto	285.2
Trask	281.6
M. Alley	233.1
Knudtson	222.1
Reddie	215.5
Diab	214.8
Wyatt	212.8
Davey	205.8
Wei	196.3
Holst	72.2

Boys	Cutcher	Love	Fung	Jon Martindill	Coughlin	Main	Breazaale	McDowall	L. Alley	E. Wahl	Fritz	Love	Fung	Brott	Lemanski	Wolf	Dalbeck	Cruz
389.8	360.2	354.9	330.5	308.7	290.3	281.2	277.9	265.5	250.2	232.7	230.5	207.3	207.3	180.8	139.2	98.5	96.6	

Boys	Cutcher	McDowall	Fung	Jon Martindill	Coughlin	Fritz	Ott	E. Wahl	Wahl	Main	Breazaale	L. Alley	Love	Brott	Lemanski	Dalbeck	Cruz
1024.4	881.7	740.4	700.8	678.0	664.2	594.3	479.1	382.4	308.7	290.3	277.9	232.7	207.3	180.8	98.5	96.6	

Single Season Practice Mileage Records	
Nick Millar	463.8
Regan Masi	462.5
Justin Morgan	456.2
David Toomey	440.9
Charles Proctor	412.6
Sara Bel	462.0
Sarah Bashel	432.4
Jen Martindill	414.5
Karin Dove	367.1
Sarah McClendon	361.7

Boys	Cutcher	Love	Fung	Jon Martindill	Coughlin	Main	Breazaale	McDowall	L. Alley	E. Wahl	Fritz	Love	Fung	Brott	Lemanski	Wolf	Dalbeck	Cruz
389.8	360.2	354.9	330.5	308.7	290.3	281.2	277.9	265.5	250.2	232.7	230.5	207.3	207.3	180.8	139.2	98.5	96.6	

Boys	1 Kim Conley, '04	2 Kate Blake, '05	3 Sara Bel, '01	4 Emma Conley, '05	5 Christy Sweaney, '04	6 Elisa Pedersen, '02	7 Sara Bashel, '01	8 April Malvino, '99	9 Joy Terriblino, '02	10 Molly McManus, '05	11 Marissa Walsh, '05	12 Amy Bel, '99	13 Ashley Gross, '05	14 Barbara Hall, '03	15 Sarah Dove, '07	16 Sarah McClendon, '93	17 Elizabeth Proctor, '05	18 Anne-Elise Krug, '06	19 Diana Rancourt, '98	20 Amy Jordan, '92	21 Lisa Gay, '92	22 Jamie Duncan, '93	23 Allie Oser, '07	24 Pamela Richardson, '95	25 Amelia Thomas, '02
1546.4	1459.5	1436.0	1365.3	1328.6	1323.5	1314.9	1307.3	1250.6	1214.7	1205.7	1194.0	1112.3	1078.0	1024.4	1021.8	1012.4	989.7	977.6	926.1	911.6	910.9	907.2	885.1	881.7	

Boys	1 Millar, '01	2 Masi, '03	3 Fung, '02	4 Toomey, '94	5 Z. Fitch, '01	6 Staroba, '97	7 J. Fitch, '01	7 Morgan, '99	9 Lewis, '89	10 Martindill, '08	11 Higgins, '95	12 Fagant, '01	13 Cutcher, '07	14 Currie, '98	15 Coughlin, '08	16 Conley, '05	17 Proctor, '02	18 A. Gallagher, '03	19 Fitch, '04	20 Britt, '01	21 DeSelle, '98	22 J. Godfrey, '91	23 Main, '09	24 Finch, '95	25 Keihn, '90
438.3	428.0	386.6	370.8	364.9	359.3	359.0	357.3	355.8	350.4	350.0	347.9	341.5	341.3	339.0	332.0	329.9	329.6	326.8	325.0	312.7	308.7	308.7	305.0	303.9	

Boys	1 Martindill, '06	2 Conley, '04	3 Blake, '05	4 Berg, '09	5 S. Bel, '01	6 Hendricks, '04	7 Conley, '05	8 Sweaney, '04	9 McAlder, '04	10 Walsh, '05	11 Pedersen, '02	12 Handel, '03	13 Dove, '07	14 McClendon, '93	15 Bashel, '01	16 Ruffatto, '07	17 Krug, '06	18 Trask, '09	19 L. Zanetti, '07	20 Jordan, '92	21 M. Zanetti, '07	22 Gay, '92	23 Malvino, '99	24 Terriblino, '02	25 Lebichuck, '07
336.9	333.3	332.4	321.0	318.5	318.1	315.2	307.8	306.5	305.2	289.5	297.8	297.8	295.2	290.7	285.2	283.2	281.6	281.4	278.4	277.1	276.3	276.3	276.0	275.3	

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, Bashel, Sweaney, Pedersen, Terribilini
3	1:33:32	2001 K. Conley, E. Conley, Handel, Sweaney, Pedersen
4	1:34:25	1998 S.Bei, Bashel, Malvino, Terribilini, Pedersen
5	1:36:46	1999 Bei, Bashel, Pedersen, Terribilini, Hall
6	1:36:50	2003 K. Conley, Sweaney, E. Conley, McAdler, Walsh
7	1:38:12	1997 S.Bei, Bashel, Rancourt, Haile, Malvino
8	1:41:18	2004 E. Conley, Blake, Walsh, Dove, Mo. McManus
9	1:42:43	1995 Rancourt, Haile, Vion, Cushing, McRae
10	1:42:58	1991 Gay, Wiesner, Jordan, Duncan, McClendon
11	1:43:11	1994 Richardson, Lodin, Reichmuth, Haile, Colin
12	1:44:27	2005 Martindill, Berg, Oser, Wahl, Wyatt
13	1:45:38	1996 Rancourt, Haile, Pacheco, Finch, Malvino
14	1:46:00	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
15	1:50:09	1990 Duncan, McClendon, Gay, Jordan, Blackwell
16	1:51:44	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
17	1:51:48	1988 Mayes, Scott, Montague, Zelenak, Preston
18	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, Bisbee
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	1:24:37	2005 Cutcher, Coughlin, McDowall, Martindill, Main
17	1:25:11	2004 Conley, McDowall, Cutcher, Hall, Perry
18	1:26:33	1994 Staroba, Finlay, Finch, DeSelle, T.Buonaccorsi

Junior Varsity Girls

Time	Year	Top Five Runners
1	1:43:51	2002 Gnos, McManus, Richardson, Mills, Hall
2	1:46:19	2001 Gnos, McManus, Proctor, Hall, Thomas
3	1:50:27	2003 Dove, Ashley Gnos, Alex Gnos, Proctor, Krug
4	1:53:13	1995 Glidden, Finch, Mackie, Malvino, Bernard
5	1:56:41	2005 Dove, Wel, Davey, M. Zanetti, Alley
6	1:57:28	2004 Tunzi, Wahl, Proctor, Oser, Ma. McManus
7	1:58:00	1994 Rancourt, Finch, Mackie, M.Scott, Viall
8	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, Bisbee, 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, Votruba, 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	1:38:14	2005 Alley, Wolff, Lemanski, Love, Brott
17	1:41:09	2004 Martindill, Potter, Fritz, Murphy, Wolff
18	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, Bashed, 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 Haile, Rancourt, Pacheco
8	40:33	1999 S.Bei, Bashed, English
9	40:36	2004 E. Conley, Walsh, Mo. McManus
10	41:10	1995 Reichmuth, Cushing, Vion
11	41:43	2005 Martindill, Krug, Wahl
12	42:40	1997 Haile, A.Bei, McCon
13	42:51	1987 Fischer, Mayes, Parker
14	43:19	1988 Mayes, Mayo, Montague
15	43:41	1992 McClendon, Duncan, Zbinden
16	45:10	1990 Gay, Jordan, Blackwell
17	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, Bashed, Malvino, Pedersen, Terribilini
4	1:03:42	2000 Terribilini, K. Conley, Bashed, Sweaney, Pedersen
5	1:05:33	2003 K. Conley, Sweaney, Walsh, McAdler, Blake
6	1:06:24	1999 S.Bei, Bashed, 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, Haile, A.Bei, McCon, Malvino
12	1:09:48	2005 Martindill, Berg, Krug, Trask, Wahl
13	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
14	1:10:32	1996 Haile, Rancourt, Pacheco, Finch, Malvino
15	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
16	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
17	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
18	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, Bashed, 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	43:44	2005 Berg, Trask, McManus
9	44:05	2004 Dove, Alex Gness, Hall
10	46:10	2003 Dove, Alex Gness, Oser
11	46:47	1993 Reichmuth, Cushing, M.Scott
12	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 Toli Au, Todd Au, Strickland
12	35:51	2005 Coughlin, Martindill, Main
13	36:06	2003 McDowell, Cutcher, Bashed
14	36:30	1990 Selby, Sanborn, Bisbee
15	37:30	1996 G.Funk, Davis, Koch
16	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	35:03	2005 McDowall, Cutcher, Wolff
12	35:36	2000 Fung, Proctor, Fryer
13	37:24	1997 G.Funk, Escobedo, Koch
14	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, Toli 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
18	57:54	2005 McDowall, Cutcher, Coughlin, Martindill, Main

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	15:27	'02
3 Jason Selby	15:32	'92
4 Nat Lopes	15:47	'91
5 K.C. Cody	15:50	'02
6 Nick Miller	15:51	'00
7 Jeff Godfrey	15:53	'90
8 Tim Sanborn	15:54	'92
9 Kevin Funk	15:56	'96
10 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 Inher	16:10	'89
17 Drew Fagent	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 Law	16:24	'93
24 Alex Conley	16:25	'04
24 Blake McDowall	16:25	'05

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 Miller	15:51	'00
5 Jeff Godfrey	15:53	'90
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 Jason DeSelle	16:05	'92
12 Josh Hinkle	16:05	'91
14 Dave Inher	16:10	'89
15 Drew Fagent	16:14	'00
15 K.C. Cody	16:14	'03
17 Regan Masi	16:16	'02
18 Peter Keith	16:17	'89
18 Greg Funk	16:17	'98
19 Erik Haluzak	16:18	'93
20 Scott Story	16:20	'91
21 Ryan Law	16:24	'93
22 Alex Conley	16:25	'04
23 Nate Bisbee	16:31	'92
24 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
10 Blake McDowall	16:25	'05
12 Josh Hinkle	16:27	'91
12 Jeremy Cutcher	16:27	'05
14 Greg Funk	16:30	'97
15 Nick Miller	16:31	'99
16 Jeff Godfrey	16:32	'89
17 Scott Story	16:36	'92
18 Nate Bisbee	16:37	'91
19 Jake Currie	16:38	'96
20 Peter Keith	16:44	'88
21 Rory O'Neill	16:49	'89
21 Drew Fagent	16:49	'99
23 Jon Fitch	16:51	'95
24 John Staroba	16:52	'99
25 Dave Inher	16:54	'88

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 Toll Au	16:26	'93
7 Jon Fitch	16:27	'98
8 Quinn Coughlin	16:28	'05
9 Blake McDowall	16:30	'04
10 Andrew Gallagher	16:35	'00
11 David Toomey	16:36	'91
12 Alex Conley	16:44	'02
13 Greg Funk	16:46	'96
14 Jeremy Cutcher	16:47	'04
15 Jake Currie	16:53	'95
16 Ryan Law	17:00	'91
17 Tim Sanborn	17:02	'90
18 Jerry Finlay	17:06	'94
18 John Staroba	17:06	'94
20 Nick Miller	17:10	'98
21 Jason Fung	17:12	'99
22 Jeff Godfrey	17:13	'88
22 Kevin Funk	17:13	'94
24 Scott Story	17:14	'91
25 Jason Selby	17:19	'90

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 McDowall	17:37	'03
8 Ross Perry	17:37	'04
10 Jake Currie	17:38	'94
10 Jeremy Cutcher	17:38	'03
10 Quinn Coughlin	17:38	'04
10 Tyler Main	17:38	'05
14 Alex Conley	18:05	'01
15 Jon Fitch	18:14	'97
16 Jeff Mills	18:18	'99
17 Greg Funk	18:20	'95
18 Daniel Breazeale	18:20	'05
19 Ryan Walsh	18:38	'01
20 James Cruz	18:52	'04
21 Jon Martindill	18:53	'05
22 John McRae	19:02	'97
22 Jake Minkoff	19:06	'98
24 David Lee	19:14	'03
25 Patrick Band	19:19	'97

Overall Girls

Name	Time	Yr
1 Sara Bei	16:43	'98
2 Sarah Bashel	17:40	'98
3 Kim Conley	17:46	'03
4 Kim Handel	17:47	'02
5 Jennifer Martindill	18:09	'05
6 Pamela Richardson	18:32	'94
7 Christy Sweaney	18:37	'01
8 Celeste Berg	18:45	'05
9 Emma Conley	18:47	'01
10 Carina Hendricks	18:58	'02
11 Elisa Pedersen	19:03	'01
12 Diana Rancourt	19:08	'07
13 Marissa Walsh	19:15	'02
14 Kate Blake	19:16	'01
15 Joy Terribilini	19:19	'01
16 Lisa Gay	19:43	'91
17 April Malvino	19:46	'98
18 Ashley Gross	19:57	'02
19 Jamie Duncan	20:05	'90
20 Amy Lodin	20:10	'94
21 Shewit Halle	20:11	'96
22 Marisa Reichmuth	20:16	'93
23 Sarah McClendon	20:17	'92
24 Marissa McAdler	20:18	'03
25 Julie Mills	20:20	'02

Senior Girls

Name	Time	Yr
1 Sara Bei	17:12	'00
2 Kim Conley	17:46	'03
3 Kim Handel	17:47	'02
4 Jennifer Martindill	18:09	'05
5 Pamela Richardson	18:32	'94
6 Christy Sweaney	18:36	'03
7 Sarah Bashel	18:58	'00
8 Elisa Pedersen	19:03	'01
9 Diana Rancourt	19:08	'97
10 Joy Terribilini	19:19	'01
11 Emma Conley	19:22	'04
12 Kate Blake	19:41	'04
12 Lisa Gay	19:43	'91
14 Marissa Walsh	19:43	'04
15 April Malvino	19:46	'98
16 Sarah McClendon	20:17	'92
17 Marissa McAdler	20:18	'03
18 Jamie Duncan	20:19	'92
19 Shewit Halle	20:21	'97
20 Jana Wiesner	20:25	'91
21 Amy Jordan	20:33	'91
22 Michelle Mayes	20:37	'88
23 Kelly Richardson	20:41	'02
24 Barbara Hall	20:50	'02
25 Christina Cushing	20:51	'95

Junior Girls

Name	Time	Yr
1 Sara Bei	16:57	'99
2 Kim Conley	17:59	'02
3 Sarah Bashel	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 Terribilini	19:28	'00
11 Emma Conley	19:31	'03
12 Shewit Halle	20:11	'96
13 April Malvino	20:15	'97
14 Jamie Duncan	20:17	'91
15 Marissa Walsh	20:19	'03
16 Georgina Vion	20:29	'95
17 Kate Blake	20:34	'03
18 Arnelia 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 Bashel	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 Gross	19:57	'02
11 Diana Rancourt	19:58	'95
12 Jamie Duncan	20:05	'90
13 Joy Terribilini	20:06	'99
14 Amy Lodin	20:10	'94
15 Marisa Reichmuth	20:16	'93
16 Shewit Halle	20:26	'95
17 Molly McManus	20:44	'02
18 Sarah McClendon	20:46	'90
19 Karln Dove	20:52	'04
20 Lisa Gay	20:56	'89
21 Megan McRae	20:59	'95
22 Barbara Hall	21:38	'00
23 Sonya Glidden	21:41	'95
24 Elizabeth Proctor	21:48	'02
25 Arnelia Thomas	21:49	'99

Freshman Girls

Name	Time	Yr
1 Sara Bei	17:09	'97
2 Celeste Berg	18:45	'05
3 Emma Conley	18:47	'01
4 Christy Sweaney	19:06	'00
5 Kim Conley	19:08	'00
6 Kate Blake	19:16	'01
7 Sarah Bashel	19:22	'97
8 Elisa Pedersen	19:53	'98
9 Joy Terribilini	19:55	'98
10 Ashley Gross	20:04	'01
11 Julie Mills	20:20	'02
12 Molly McManus	20:54	'01
13 Elizabeth Proctor	20:55	'01
14 Amy Bei	21:04	'95
15 Barbara Hall	21:21	'99
16 Karln Dove	21:21	'03
17 Diana Rancourt	21:37	'94
18 Shewit Halle	21:39	'94
19 Sonya Glidden	22:17	'94
20 K.T. Trask	22:17	'05
21 Katherine Wyatt	22:15	'05
22 Alex Gross	22:24	'03
23 Lisa Mackie	22:27	'94
24 Brittany Allard	22:43	'95
25 Julia Goepel	22:44	'99

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

Overall Boys

Name	Time	Yr
1 Mike Contos	10:14	'87
2 K.C. Cody	10:16	'03
3 Nick Millar	10:20	'00
4 David Toomey	10:21	'93
5 Matt Fitch	10:25	'02
5 Nat Lopes	10:25	'91
7 Jon Fitch	10:31	'00
8 Randall Watkins	10:34	'87
8 Jeff Godfrey	10:34	'90
10 Tim Sanborn	10:35	'92
11 Dave Intrer	10:36	'89
11 Kevin Funk	10:36	'96
11 Zac Fitch	10:36	'00
14 Nate Bisbee	10:37	'92
15 Jason DeSelle	10:38	'96
15 Regan Masi	10:38	'00
15 Blake McDowall	10:38	'05
18 Andrew Gallagher	10:49	'02
19 Josh Hinkle	10:40	'91
20 Drew Fagert	10:41	'00
20 Alex Conley	10:41	'04
22 Keith Lewis	10:43	'87
22 John Staroba	10:43	'96
24 Jason Selby	10:46	'92
25 Scott Story	10:48	'93

Senior Boys

Name	Time	Yr
1 Mike Contos	10:14	'87
2 K.C. Cody	10:16	'03
3 Nick Millar	10:20	'00
4 David Toomey	10:21	'93
5 Nat Lopes	10:25	'91
6 Jon Fitch	10:31	'00
6 Matt Fitch	10:32	'03
8 Randall Watkins	10:34	'87
9 Jeff Godfrey	10:34	'90
9 Tim Sanborn	10:35	'92
9 Dave Intrer	10:36	'89
12 Kevin Funk	10:36	'96
13 Zac Fitch	10:36	'00
14 Nate Bisbee	10:37	'92
15 Andrew Gallagher	10:39	'02
16 Drew Fagert	10:41	'00
17 Alex Conley	10:41	'04
18 John Staroba	10:43	'96
19 Josh Hinkle	10:45	'92
20 Jason Selby	10:46	'98
21 Keith Lewis	10:47	'88
22 Scott Story	10:48	'93
23 Ryan Lew	10:50	'93
23 Jason DeSelle	10:50	'97
25 Peter Keith	10:51	'89
25 Josh Dorris	10:51	'92

Junior Boys

Name	Time	Yr
1 K.C. Cody	10:22	'02
1 David Toomey	10:22	'92
3 Matt Fitch	10:25	'02
4 Jason DeSelle	10:38	'96
4 Blake McDowall	10:38	'05
6 Josh Hinkle	10:40	'91
7 Zac Fitch	10:41	'99
8 Keith Lewis	10:43	'87
9 Kevin Funk	10:44	'99
9 Jon Fitch	10:44	'99
11 Tim Sanborn	10:45	'91
12 Jason Selby	10:47	'91
13 Andrew Gallagher	10:49	'01
14 Nathan Bisbee	10:51	'91
15 Greg Funk	10:56	'99
15 Drew Fagert	10:56	'99
17 Scott Story	10:57	'92
18 John Staroba	10:59	'95
19 Jeff Godfrey	11:00	'89
19 Nick Millar	11:00	'99
21 Rory O'Neill	11:02	'89
22 Ryan Lew	11:04	'92
23 Star Stevenson	11:05	'88
24 Nat Lopes	11:06	'90
25 Jerry Finlay	11:11	'95

Sophomore Boys

Name	Time	Yr
1 K.C. Cody	10:36	'01
2 Regan Masi	10:38	'00
3 Jason DeSelle	10:44	'95
4 Andrew Gallagher	10:49	'00
5 Toli Au	10:54	'93
5 Zac Fitch	10:54	'98
7 Jon Fitch	10:55	'98
8 Ryan Lew	11:05	'91
9 Blake McDowall	11:07	'04
10 Kevin Funk	11:09	'94
11 Scott Story	11:11	'91
12 Jake Currie	11:12	'95
13 Jerry Finlay	11:16	'94
13 Jason Fung	11:16	'99
15 John Staroba	11:17	'94
16 Jeremy Cutcher	11:19	'04
17 Alex Conley	11:23	'02
18 Jeff Godfrey	11:26	'88
19 David Britt	11:29	'98
20 Greg Funk	11:31	'96
20 Quin Coughlin	11:31	'05
21 Rory O'Neill	11:35	'88
22 Mike Flanagan	11:45	'91
23 Erik Haluzak	11:47	'89
24 Nick Millar	11:49	'98

Freshman Boys

Name	Time	Yr
1 Regan Masi	10:44	'99
2 Matt Fitch	11:20	'00
3 Jason DeSelle	11:22	'94
4 Jason Fung	11:24	'98
5 Ross Perry	11:28	'04
6 K.C. Cody	11:38	'00
7 Zac Fitch	11:40	'97
8 Blake McDowall	11:41	'03
9 Jeremy Cutcher	11:44	'03
10 Patrick Band	12:11	'97
11 Jon Fitch	12:13	'97
11 Alex Conley	12:13	'01
13 Tyler Main	12:20	'05
14 Greg Funk	12:25	'95
14 Quin Coughlin	12:25	'04
17 Ryan Walsh	12:34	'01
17 Daniel Breazaale	12:37	'05
18 Jake Currie	12:38	'94
19 Jake Minkoff	12:40	'98
20 Alex Brott	12:44	'05
21 Jon Martindill	12:45	'04
22 Jeff Mills	12:49	'99
23 John McRae	12:58	'97
24 David Lee	13:00	'03
25 Mark Murphy	13:16	'01

Overall Girls

Name	Time	Yr
1 Sara Bei	11:05	'98
2 Kim Conley	11:51	'94
3 Pamela Richardson	11:59	'94
4 Sarah Bachel	12:00	'98
5 Christy Sweaney	12:10	'01
6 Kim Handel	12:12	'02
7 Carina Hendricks	12:16	'02
8 Jennifer Martindill	12:30	'05
9 Joy Terribili	12:38	'00
9 Marissa Walsh	12:38	'00
11 Emma Conley	12:40	'02
12 Kate Blake	12:45	'01
13 Ashley Gross	12:51	'96
14 Shewit Haile	12:56	'00
15 Elisa Pedersen	12:58	'96
16 Diana Rancourt	12:58	'96
17 April Malvino	13:01	'98
18 Lisa Gay	13:05	'91
19 Nicole Fischer	13:15	'87
20 Amy Lodin	13:21	'94
21 Michelle Mayes	13:25	'88
22 Molly McManus	13:29	'02
23 Jamie Duncan	13:30	'90
24 Celeste Berg	13:33	'05
25 Marisa Reichmuth	13:34	'95

Senior Girls

Name	Time	Yr
1 Kim Conley	11:51	'03
2 Pamela Richardson	11:59	'94
3 Kim Handel	12:12	'02
4 Jennifer Martindill	12:30	'05
5 Emma Conley	12:44	'04
6 Sarah Bachel	12:45	'00
7 Christy Sweaney	12:53	'03
8 April Malvino	13:01	'98
9 Lisa Gay	13:05	'91
10 Joy Terribili	13:12	'01
11 Nicole Fischer	13:15	'87
12 Michelle Mayes	13:26	'88
13 Marissa Walsh	13:28	'04
14 Marisa Reichmuth	13:35	'91
15 Jana Wiesner	13:36	'03
16 Marissa McAdler	13:41	'92
17 Sarah McClendon	13:45	'92
18 Jamie Duncan	13:45	'95
20 Christina Cushing	13:47	'97
20 Shewit Haile	13:47	'97
22 Kelly Richardson	13:47	'02
22 Amy Jordan	13:50	'91
23 Amy Bei	14:02	'98
24 Barbara Hall	14:04	'02
25 Anne-Elise Krug	14:15	'05

Junior Girls

Name	Time	Yr
1 Kim Conley	11:56	'02
2 Carina Hendricks	12:16	'02
3 Christy Sweaney	12:21	'02
4 Sara Bei	12:23	'99
5 Sarah Bachel	12:23	'99
6 Pamela Richardson	12:30	'93
7 Joy Terribili	12:38	'00
8 Shewit Haile	12:51	'96
9 Elisa Pedersen	12:56	'00
10 Diana Rancourt	12:58	'96
11 Kim Handel	13:03	'01
12 Jamie Duncan	13:33	'91
13 Kate Blake	13:38	'03
14 Marissa Walsh	13:35	'03
15 Emma Conley	13:42	'03
16 Georgina Vion	13:51	'95
17 Marisa Reichmuth	13:53	'94
18 Sarah McClendon	13:57	'91
18 Michelle Mayes	13:58	'87
20 Eloisa Colin	14:00	'94
21 Molly McManus	14:02	'03
22 Barbara Hall	14:05	'01
23 Amelia Thomas	14:05	'00
24 Amy Bei	14:20	'97
25 Tanya Mayo	14:25	'88

Sophomore Girls

Name	Time	Yr
1 Sara Bei	11:05	'98
2 Kim Conley	11:56	'01
3 Sarah Bachel	12:00	'98
4 Christy Sweaney	12:10	'01
5 Pamela Richardson	12:26	'92
6 Marissa Walsh	12:38	'02
7 Emma Conley	12:40	'02
8 Ashley Gross	12:47	'02
9 Kate Blake	12:56	'02
10 Elisa Pedersen	13:00	'99
11 Joy Terribili	13:03	'99
12 Diana Rancourt	13:14	'95
13 Amy Lodin	13:21	'94
14 Molly McManus	13:29	'02
15 Jamie Duncan	13:30	'90
16 Karin Dove	13:39	'04
17 Marisa Reichmuth	13:44	'93
18 Barbara Hall	13:56	'00
19 Megan McRae	14:06	'95
20 Amy Chaffin	14:22	'92
21 Lisa Gay	14:24	'89
21 Elizabeth Proctor	14:24	'02
23 Sarah McClendon	14:25	'90
24 Sonya Glidden	14:30	'95
25 Tanya Mayo	14:43	'87

Freshman Girls

Name	Time	Yr
1 Sara Bei	11:38	'97
2 Kim Conley	12:38	'00
3 Kate Blake	12:45	'00
3 Christy Sweaney	12:45	'00
5 Emma Conley	12:59	'01
6 Elisa Pedersen	13:22	'98
7 Joy Terribili	13:27	'98
8 Celeste Berg	13:33	'05
9 Julie Mills	13:46	'02
10 Ashley Gross	13:58	'01
11 Diana Rancourt	14:04	'94
12 Molly McManus	14:09	'01
13 Barbara Hall	14:12	'99
14 Sonya Glidden	14:21	'94
15 Elizabeth Proctor	14:27	'01
16 Brittany Allard	14:29	'95
17 KT Trask	14:32	'05
18 Amy Bei	14:36	'95
19 Karin Dove	14:41	'03
20 Julia Goepel	14:47	'99
21 Alex Gross	14:50	'03
22 Lisa Mackie	15:08	'94
23 Amelia Thomas	15:13	'98
24 Kylee Hall	15:16	'04
25 April Malvino	15:22	'95

Montgomery makes a strong showing on the short course, competing against athletes from 30 other teams. Eleven runners earn top 20 honors, 6 dip into the top ten for medals, while McDowell and Martindill win their respective races. Eight Vikings put their name on the MHS all time lists, while Jen also moves to 17th all-time senior for all schools. Fourteen PR's are set, evidence that the hard early season training is paying off. The open girls take a solid team second place, while the frosh-soph boys sneak onto the podium, narrowly taking 3rd over Carrillo and Eureka thanks to Ott's 4th runner tie-breaking finish.

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

Girls	Place	Time	Boys	Place	Time	Page
1	Martindill	13:30	1	McDowell	10:38	5:19
2	Berg	13:33	2	Cutcher	11:25	5:42
3	Krug	14:15	3	Coughlin	11:31	5:45
4	Task	14:32	4	Martindill	12:00	6:00
5	Wahl	14:58	5	Main	12:20	6:10
6	L. Zanetti	15:13	6	Breezeale	12:37	6:18
7	Gross	15:16	7	OH	12:43	6:21
8	Oser	15:20	8	Brotl	12:44	6:22
9	Davey	15:34	9	Wolff	13:00	6:30
10	McManus	15:39	10	Fitz	13:08	6:34
11	Dove	15:45	11	Lemanski	13:23	6:41
12	M. Zanetti	15:53	12	Alley	13:43	6:51
13	Hall	15:55	13	Wahl	15:07	7:33
14	Lebichuck	16:08	14	Fung	15:35	7:47
15	Tunzi	16:13				
16	Holt	16:36				
17	Alley	16:39				
18	Lebichuck	16:39				
19	Reddie	16:42				
20	Wei	16:45				
21	Ruffatto	16:57				

Junior/Senior Girls Team (out of 16)
1. Antioch 20, 2. Analy 30, 3. Petaluma 35
4. Willits 51, 5. Castro Valley 52, 6. MHS 65

Frosh/Soph Girls Team (out of 13)
1. Castro Valley 9, 2. Eureka 18, 3. Ursuline 34, 4. Maria Carrillo 36, 5. MHS 49, 6. Freedom 64

Open Girls Team (out of 9)
1. Castro Valley 8, 2. MHS 28, 3. Casa 33

Boys	Place	Time	Page
1	McDowell	10:38	5:19
2	Cutcher	11:25	5:42
3	Coughlin	11:31	5:45
4	Martindill	12:00	6:00
5	Main	12:20	6:10
6	Breezeale	12:37	6:18
7	OH	12:43	6:21
8	Brotl	12:44	6:22
9	Wolff	13:00	6:30
10	Fitz	13:08	6:34
11	Lemanski	13:23	6:41
12	Alley	13:43	6:51
13	Wahl	15:07	7:33
14	Fung	15:35	7:47

Junior Boys Team (out of 14)
1. Castro Valley 29, 2. Liberty 30, 3. SR 33
4. Analy 46, 5. MHS 51

Frosh/Soph Boys Team (out of 22)
1. Petaluma 13, 2. Liberty 51, 3. MHS 63, 4. Maria Carrillo 63, 5. Eureka 63, 6. MHS 63, 7. Analy 22, 8. Eureka 69, 9. Petaluma 17, 10. Analy 22, 11. Liberty 49, 12. SR 54, 13. MHS 63

Tough terrain and stiff competition serve up a formidable challenge for the Vikings. Fourteen athletes set PR's, taking advantage of lower temperatures and another year of experience. Siblings Wahl lead the list by collectively cutting off five and a half minutes from 2004, while Martin runs to her highest team placing ever. Wolff earns his first varsity credit, just missing his teammate Main at the line by two tenths of a second. Jen becomes the 5th fastest all-time Viking on the course, aided by a controlled start to the top of the first hill.

Ed Sias Invitational
September 11 at Hidden Valley Park, Martinez
Course: 2.03 miles, hilly

Girls	Place	Time	Boys	Place	Time	Page
1	Martindill	13:01	1	McDowell	11:29	5:39
2	Krug	14:08	2	Cutcher	11:35	5:42
3	Task	16:10	3	Martindill	12:37	6:12
4	Wahl	16:32	4	Coughlin	12:48	6:18
5	McManus	16:41	5	Main	13:11	6:29
6	Davey	16:43	6	Wolff	13:11	6:29
7	M. Zanetti	16:48	7	Fitz	13:51	6:49
8	Dove	16:51	8	Alley	14:22	7:34
9	L. Zanetti	16:54	9	Wahl	15:22	7:52
10	Gross	17:09	10	Fung	15:59	8:15
11	Oser	17:10				
12	Alley	17:34				
13	Reddie	18:00				
14	Tunzi	18:09				
15	Ruffatto	18:10				
16	Lebichuck	18:11				
17	Knudzon	19:42				

Varsity Girls Team (out of 32)
1. Campolindo 14, 2. Vacaville 156
3. College Park 198, ... 25. MHS 655

Frosh/Soph Girls Team (out of 18)
1. Campolindo 58, 2. Sacred Heart 60, 3. St. Francis 95, ... 14. MHS 407

JV Girls Team (out of 20)
1. College Park 44, 2. St. Francis 52, 3. Campolindo 129, ... 10. MHS 335

Boys	Place	Time	Page
1	McDowell	11:29	5:39
2	Cutcher	11:35	5:42
3	Martindill	12:37	6:12
4	Coughlin	12:48	6:18
5	Main	13:11	6:29
6	Wolff	13:11	6:29
7	Fitz	13:51	6:49
8	Alley	14:22	7:34
9	Wahl	15:22	7:52
10	Fung	15:59	8:15

Varsity Boys Team (out of 23)
1. De La Salle 58, 2. Maria Carrillo 93, 3. Oakland 158, ... 16. MHS 407

Pleasant weather makes for several faster times over last year, as 16 Vikings best their 2004 invite mark. Jen Martinidill demonstrates what a summer of serious training can do, as she tops a whopping 5:47 off her 2004 performance and gives the NBL's best a run for their money. Competition for varsity spots appears to be wide open as the 5th through 11th fastest girls finish within 18 seconds of each other. Sisters Zanetti each cut a minute from their all time bests, and earn varsity credit for the first time in their running careers. McDowell sets pace with the leaders and scores a 14 second PR in the process. Fitz and Ott are pushed to significant PRs by their varsity first ever high school competition.

Rancho Cotate Invitational
September 2 at Rancho Cotate HS
Course: 2.75 miles, flat.

Girls	Place	Time	Boys	Place	Time	Page
1	Martindill	17:28	1	McDowell	15:02	5:28
2	Berg	18:52	2	Cutcher	15:40	5:41
3	Krug	20:35	3	Ferry	16:15	5:54
4	Gross	21:39	4	Martindill	16:56	6:09
5	M. Zanetti	22:05	5	Main	17:55	6:30
6	L. Zanetti	22:06	6	Fitz	18:17	6:38
7	Task	22:10	7	Alley	18:21	6:40
8	McManus	22:10	8	Breezeale	18:30	6:43
9	Wahl	22:14	9	Ott	18:27	6:42
10	Oser	22:19	10	56 V	18:27	6:42
11	Davey	22:23	11	33 JV	18:21	6:40
12	Hall	23:54	12	51 V	18:17	6:38
13	Tunzi	23:57	13	38 V	16:56	6:09
14	Lebichuck	24:08	14	28 V	16:15	5:54
15	Reddie	24:26	15	21 V	15:40	5:41
16	Ruffatto	24:39	16	5 V	15:02	5:28
17	Alley	24:41	17	82 JV	21:03	7:39
18	Wahl	24:41	18	78 JV	20:19	7:23
19	Wahl	24:41	19	48 JV	18:58	6:53
20	Wahl	24:41	20	36 JV	18:30	6:43
21	Wahl	24:41	21	56 V	18:27	6:42
22	Wahl	24:41	22	33 JV	18:21	6:40
23	Wahl	24:41	23	51 V	18:17	6:38
24	Wahl	24:41	24	38 JV	18:30	6:43
25	Wahl	24:41	25	48 JV	18:58	6:53
26	Wahl	24:41	26	78 JV	20:19	7:23
27	Wahl	24:41	27	82 JV	21:03	7:39
28	Wahl	24:41	28	86 JV	21:26	7:47

Times for 3-Mile Spring Lake Course

Pre-Season	2003 Season				2004 Season				2005 Season				Season PR delta	%	Pace Prediction	Time Delta	Abs Delta	%	Abs %	PR Pace
	Rancho	SR & EA	Time Trail	NBL Interlock	EA & Carrillo	Santa Rosa	NBL Finals	NBL Interlock	Utah & Carrillo	Ethan Allen	SR & CN/Utz	NBL Finals								
6/24/2003	10/22/2003	10/29/2003	9/21/2004	9/29/2004	10/13/2004	11/12/2004	9/28/2005	10/19/2005	10/25/2005	11/22/2005	11/10/2005	3:43	-19.2%	21:00	-1:11	1:11	-5.6%	5.6%	6:30	
Alley, Litten							23:03	21:20	19:48	19:20	19:38	-3:30	-14.2%	24:04	1:21	1:21	5.6%	5.6%	8:16	
Alley, McKaley							28:04	25:34	25:25	24:34	24:51	-2:31	-13.4%	21:50	-1:32	1:32	-7.0%	7.0%	8:18	
Berg, Celeste							21:18	19:28	19:28	19:00	18:45	-2:19	-12.5%	18:36	-0:20	0:20	-1.1%	1.8%	8:15	
Brazzelle, Daniel							20:53	18:38	18:56	18:34	18:45	-1:09	-5.7%	20:15	-1:12	1:12	-5.5%	5.5%	8:49	
Brett, Alex							21:24	21:01	20:38	20:15	21:07	-1:10	-7.1%	21:50	-1:12	1:12	-5.4%	5.4%	8:52	
Coughlin, Quinn							18:49	17:15	17:30	16:28	17:07	-0:20	-2.0%	17:50	-0:15	0:15	-0.8%	1.4%	8:52	
Cutcher, Jeremy							17:19	16:42	16:42	17:01	16:27	-1:14	-6.5%	18:30	1:27	1:27	7.8%	7.8%	8:21	
Cruz, James							26:17	22:05	22:05	24:34	24:33	-4:12	-19.0%	24:20	0:14	0:14	1.0%	1.0%	7:26	
Dalbeck, Nathan							28:26	24:37	24:37	24:46	25:09	-1:10	-4.8%	24:30	0:16	0:16	1.1%	1.1%	8:10	
Davey, Elizabeth							26:55	24:37	24:37	24:46	25:09	-2:18	-9.3%	24:30	0:16	0:16	1.1%	1.1%	8:17	
Diab, Emily							28:02	25:47	25:47	25:53	24:59	-0:11	-0.8%	25:20	-0:21	0:21	-1.4%	1.4%	7:01	
Dove, Kari							26:04	22:39	22:52	22:52	24:46	-2:33	-10.9%	27:00	0:50	0:50	3.1%	3.1%	6:44	
Driz, Kyle							27:37	27:37	26:10	26:10	24:20	-0:19	-1.6%	19:27	0:35	0:35	3.0%	3.0%	7:28	
Fung, Zander							20:43	20:43	20:02	20:02	23:31	0:03	0.2%	24:32	1:06	1:06	4.5%	4.5%	7:30	
Gross, Alex							28:34	23:20	25:28	22:51	22:51	-0:05	-0.4%	23:28	-0:37	0:37	-2.6%	2.6%	8:04	
Hall, Kylee							23:20	23:20	28:58	22:18	24:59	0:57	3.8%	24:30	2:28	2:28	10.1%	10.1%	10:51	
Holst, Sina							32:16	25:47	26:53	24:59	25:20	-3:03	-12.2%	25:00	0:53	0:53	3.5%	3.5%	8:24	
Knudtson, Amanda							28:02	25:47	25:53	24:59	25:20	-0:50	-3.7%	22:31	0:21	0:21	1.6%	1.6%	7:20	
Krug, Anne-Elise							26:04	22:39	22:52	24:59	25:37	-0:11	-0.8%	25:20	-0:21	0:21	-1.4%	1.4%	8:06	
Leidnick, Amy							27:01	25:03	24:59	24:06	19:54	-0:17	-1.4%	22:00	-0:18	0:18	-1.4%	1.4%	8:42	
Lemanski, Chris							23:43	20:43	20:43	20:10	20:07	-3:43	-18.6%	20:40	-0:40	0:40	-3.2%	3.2%	6:44	
Love, Trevor							19:24	18:18	18:17	17:38	18:23	-2:06	-11.8%	18:07	-0:10	0:10	0.9%	0.9%	5:56	
Main, Tyler							18:38	18:14	18:31	18:09	18:11	-3:05	-17.0%	19:00	-0:29	0:29	-2.5%	2.5%	6:06	
Manhild, Jennifer							16:39	16:39	18:04	17:36	18:11	-1:17	-7.3%	17:50	0:14	0:14	1.3%	1.3%	5:55	
McDonnell, Blake							26:38	23:18	23:48	16:28	16:28	-0:06	-0.5%	23:29	0:19	0:19	1.3%	1.3%	7:50	
McLennan, Maggie							25:07	22:58	22:34	22:34	22:28	-1:30	-4.5%	22:50	0:31	0:31	2.3%	2.3%	7:33	
Oser, Alie							20:20	19:40	19:37	18:58	19:42	-1:21	-7.1%	19:30	0:07	0:07	0.6%	0.6%	6:22	
Out, Tom							28:02	25:37	25:28	24:30	24:30	-3:32	-14.4%	25:00	0:28	0:28	1.9%	1.9%	8:14	
Reddie, Sheena							24:33	22:11	22:27	25:35	26:45	-2:56	-15.5%	25:25	0:10	0:10	0.7%	0.7%	8:33	
Ruffalo, Meaura							27:07	24:39	22:45	22:45	24:16	-2:22	-10.7%	22:17	0:10	0:10	0.7%	0.7%	7:28	
Tunali, Elise							27:08	23:04	22:51	22:37	25:20	-3:41	-16.3%	23:00	-0:09	0:09	-0.7%	0.7%	7:35	
Wahl, Edward							23:09	23:09	24:43	22:39	22:30	-1:00	-4.4%	24:00	0:43	0:43	3.0%	3.0%	7:34	
Wahl, Karan							23:09	23:10	23:10	23:08	23:34	-0:01	-0.1%	23:30	-0:20	0:20	-1.4%	1.4%	7:47	
Wolf, Sebastian							24:49	22:15	20:03	19:37	19:50	-0:35	-3.0%	20:30	-0:27	0:27	-2.2%	2.2%	6:56	
Wyatt, Katharine							27:05	24:04	24:12	22:27	22:33	-2:34	-11.5%	23:11	-0:07	0:07	-0.5%	0.5%	7:29	
Zanetti, Lauren							26:27	25:21	24:12	23:05	25:47	-1:28	-6.4%	24:15	-0:03	0:03	-0.2%	0.2%	7:46	
Zanetti, Michelle							26:27	25:21	24:12	23:51	24:40	-0:54	-3.8%	24:30	-0:50	0:50	-3.4%	3.4%	7:58	

28-Sep	19-Oct	25-Oct
Boys V 91:28	90:53	89:48
GHS V 115:24	104:47	106:38
Boys JV 110:14	105:30	100:40
GHS JV 131:50	119:25	119:24

2-Nov	28-Sep	19-Oct	25-Oct	Top 5 avg.	Best of 2004	Time Diff.	Per Runner from 2005 Best
Boys V 84:37	86:45	89:48	95:11	86:56	85:11	0:26	
GHS V 104:29	104:27	106:38	101:18	102:53	101:18	-0:00	
Boys JV 96:14	100:36	100:40	101:09	98:38	101:09	0:28	
GHS JV 116:41	121:03	117:28	117:28	117:28	117:28	0:52	

North Coast Section Championships
November 20 at Hayward
Course: 3.1 miles, grass and low hills.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	2	18:35	5:59
2	Berg	4	18:54	6:05
3	Oser	86	23:26	7:33
4	Wyatt	87	23:32	7:35
5	Gross	91	23:57	7:43
6	Krug	102	25:21	8:10
7	Wahl	104	25:37	8:15

Division II Varsity Girls:
14 teams, 107 finishers

1. Maria Carrillo 54, 2. Arroyo 76,
 3. Carondelet 90, 4. Alameda 138,
 5. Petaluma 155, 6. Northgate 160,
 7. Las Lomas 174, 8. Redwood 181,
 9. MONTGOMERY 248, 10. Concord 268,
 11. American 275, 12. Irvington 292,
 13. Casa Grande 320, 14. Santa Rosa 419.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	9	16:15	5:25
2	Cutcher	15	16:38	5:32
3	Coughlin	24	16:49	5:36
4	Martindill	48	17:40	5:53
5	Main	53	17:53	5:57
6	Breazeale	108	19:36	6:32
7	Ott	121	20:43	6:54

Division II Varsity Boys:
19 teams, 129 finishers

1. Maria Carrillo 49, 2. Petaluma 76,
 3. Eureka 92, 4. MONTGOMERY 149,
 5. Santa Rosa 189, 6. Las Lomas 197,
 7. Arroyo 218, 8. Redwood 243,
 9. Alameda 263, 10. Irvington 264,
 11. American 269, 12. Ygnacio Valley 273,
 13. Northgate 294, 14. Clayton Valley 346,
 15. San Lorenzo 347, 16. Casa Grande 354,
 17. Sonoma Valley 437, 18. Concord 466,
 19. Tennyson 607.

King Of the Hill

		<u>Clock Time</u>	<u>Handicap</u>	<u>Scratch Time</u>
1	E. Wahl	24:33	3:00	21:33
2	Love	24:51	3:41	21:10
3	Fritz	25:16	6:06	19:09
4	Main	25:17	6:59	18:17
5	Jen Martindill	25:18	7:09	18:08
6	Fung	25:28	2:27	23:00
7	Oser	25:47	2:32	23:15
8	Cutcher	25:48	9:14	16:33
9	Breazeale	25:57	6:29	19:27
10	McDowall	26:02	9:37	16:24
11	Berg	26:03	5:34	20:28
12	Davey	26:05	2:30	23:35
13	Lebichuck	26:07	0:44	26:22
14	Wyatt	26:15	3:30	22:45
15	Coughlin	26:26	8:14	18:11
16	Krug	26:37	4:07	22:29
17	M. Wahl	26:38	3:05	23:33
18	Reddie	26:45	0:19	26:25
19	Ott	26:48	6:37	20:10
20	Trask	26:49	3:54	22:54
21	Jon Martindill	26:50	7:46	19:03
22	M. Zanetti	27:07	2:12	24:54
23	Alley	27:10	0:29	26:40
24	L. Zanetti	27:27	2:34	24:53
25	Tunzi	27:30	0:55	26:35
26	Alley	27:41	5:19	22:21
27	Ruffatto	27:53	0:10	27:43
28	Dove	28:47	2:14	26:32
29	Knudtson	28:50	0:15	28:35
30	Dlab	29:10	1:14	27:55
31	Wei	29:10	0:46	28:23

Salmon Creek Beach Scrimmage
October 24 at Salmon Creek State Beach
Course: 5.0 miles, sandy, seagully

		<u>Team</u>	<u>Time</u>	<u>Pace</u>
1	Staroba	SB	32:22	6:28
2	Cutcher	Fish	32:28	6:29
3	Coughlin	LS	34:38	6:55
4	Jon Martindill	Sand	35:06	7:01
5	Jen Martindill	SG	37:16	7:27
6	T. Main	SG	37:22	7:28
7	C. Berg	LS	37:37	7:31
8	Breazeale	Fish	38:00	7:36
9	Mike Zanetti	Sand	38:15	7:39
10	R. Main	LS	38:28	7:41
11	P. Berg	SG	38:38	7:43
12	Fritz	Fish	39:14	7:50
13	Lemanski	SB	39:47	7:57
14	Love	SG	40:39	8:07
15	Brott	Sand	41:45	8:21
16	E. Wahl	Fish	45:55	9:11
17	Trask	SB	46:57	9:23
18	Krug	SB	46:58	9:23
19	Oser	SB	46:58	9:23
20	L. Zanetti	Sand	49:23	9:52
21	Tunzi	SG	49:29	9:53
22	Wei	SG	49:30	9:54
23	Michelle Zanetti	SB	49:56	9:59
24	Davey	Sand	50:56	10:11
25	M. Wahl	LS	53:00	10:36
26	Lebichuck	LS	53:00	10:36
27	Ruffatto	LS	57:19	11:27
28	Knudtson	SB	62:28	12:29
29	Reddie	Fish	62:29	12:29

Team Results

1. Sea Gulls 57, 2. Radioactive Goldfish 67,
 3. Sharkbait 68, 4. Landsharks 71,
 5. Sandbaggers 72.

Warm, sunny skies set the stage for an equally bright day for the Vikings. Off at high noon, the front of the girls race appears to be a re-run of NBL's as Wentz, Martindill and Berg assume leadership of the pack. The Puma's blistering pace prompts a hard fought chase from Jen, who as a result distances herself from the pack to run a convincing second. Bear in mind that last year Jen finished 73rd in the same race! Berg finds herself battling several other top ten contenders all the way to her finish for 4th, producing a time good for the 3rd fastest frosh across all 5 divisions. Both Martindill and Berg advance as individuals to the state meet, while the team repeats its 2004 placing. The boys line up an hour and a half later, ready to avenge the close loss to Santa Rosa a week earlier. McDowall assumes position in the lead pack and holds on for an individual state-qualifying performance as the pace explodes in the final mile. Cutcher is mere strides behind; a huge improvement over his 48th from last season. Keying off their well-known NBL competition, the entire varsity squad race to their abilities and finish 4th; 40 points ahead of the Panthers and earning the privilege to spend the next weekend in Fresno!

North Coast Section Championships
November 20 at Hayward
Course: 3.1 miles, grass and low hills.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	2	18:35	5:59
2	Berg	4	18:54	6:05
3	Oser	86	23:26	7:33
4	Wyatt	87	23:32	7:35
5	Gross	91	23:57	7:43
6	Krug	102	25:21	8:10
7	Wahl	104	25:37	8:15

Division II Varsity Girls:
14 teams, 107 finishers

1. Maria Carrillo 54, 2. Arroyo 76,
 3. Carondelet 90, 4. Alameda 138,
 5. Petaluma 155, 6. Northgate 160,
 7. Las Lomas 174, 8. Redwood 181,
 9. MONTGOMERY 248, 10. Concord 266,
 11. American 275, 12. Irvington 292,
 13. Casa Grande 320, 14. Santa Rosa 419.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	9	16:15	5:25
2	Cutcher	15	16:38	5:32
3	Coughlin	24	16:49	5:36
4	Martindill	48	17:40	5:53
5	Main	53	17:53	5:57
6	Breazeale	108	19:36	6:32
7	Ott	121	20:43	6:54

Division II Varsity Boys:
19 teams, 129 finishers

1. Maria Carrillo 49, 2. Petaluma 76,
 3. Eureka 92, 4. MONTGOMERY 149,
 5. Santa Rosa 189, 6. Las Lomas 197,
 7. Arroyo 218, 8. Redwood 243,
 9. Alameda 263, 10. Irvington 264,
 11. American 269, 12. Ygnacio Valley 273,
 13. Northgate 294, 14. Clayton Valley 346,
 15. San Lorenzo 347, 16. Casa Grande 354,
 17. Sonoma Valley 437, 18. Concord 466,
 19. Tennyson 607.

King Of the Hill

		<u>Clock Time</u>	<u>Handicap</u>	<u>Scratch Time</u>
1	E. Wahl	24:33	3:00	21:33
2	Love	24:51	3:41	21:10
3	Fritz	25:16	6:06	19:09
4	Main	25:17	6:59	18:17
5	Jen Martindill	25:18	7:09	18:08
6	Fung	25:28	2:27	23:00
7	Oser	25:47	2:32	23:15
8	Cutcher	25:48	9:14	16:33
9	Breazeale	25:57	6:29	19:27
10	McDowall	26:02	9:37	16:24
11	Berg	26:03	5:34	20:28
12	Davey	26:05	2:30	23:35
13	Lebichuck	26:07	0:44	25:22
14	Wyatt	26:15	3:30	22:45
15	Coughlin	26:26	8:14	18:11
16	Krug	26:37	4:07	22:29
17	M. Wahl	26:38	3:05	23:33
18	Reddie	26:45	0:19	26:25
19	Ott	26:48	6:37	20:10
20	Trask	26:49	3:54	22:54
21	Jon Martindill	26:50	7:46	19:03
22	M. Zanetti	27:07	2:12	24:54
23	Alley	27:10	0:29	26:40
24	L. Zanetti	27:27	2:34	24:53
25	Tunzi	27:30	0:55	26:35
26	Alley	27:41	5:19	22:21
27	Ruffatto	27:53	0:10	27:43
28	Dove	28:47	2:14	26:32
29	Knudtson	28:50	0:15	28:35
30	Diab	29:10	1:14	27:55
31	Wei	29:10	0:46	28:23

Salmon Creek Beach Scrimmage
October 24 at Salmon Creek State Beach
Course: 5.0 miles, sandy, seagully

		<u>Team</u>	<u>Time</u>	<u>Pace</u>
1	Staroba	SB	32:22	6:28
2	Cutcher	Fish	32:28	6:29
3	Coughlin	LS	34:38	6:55
4	Jon Martindill	Sand	35:06	7:01
5	Jen Martindill	SG	37:16	7:27
6	T. Main	SG	37:22	7:28
7	C. Berg	LS	37:37	7:31
8	Breazeale	Fish	38:00	7:36
9	Mike Zanetti	Sand	38:15	7:39
10	R. Main	LS	38:28	7:41
11	P. Berg	SG	38:38	7:43
12	Fritz	Fish	39:14	7:50
13	Lemanski	SB	39:47	7:57
14	Love	SG	40:39	8:07
15	Brott	Sand	41:45	8:21
16	E. Wahl	Fish	45:55	9:11
17	Trask	SB	46:57	9:23
18	Krug	SB	46:58	9:23
19	Oser	SB	46:58	9:23
20	L. Zanetti	Sand	49:23	9:52
21	Tunzi	SG	49:29	9:53
22	Wei	SG	49:30	9:54
23	Michelle Zanetti	SB	49:56	9:59
24	Davey	Sand	50:56	10:11
25	M. Wahl	LS	53:00	10:36
26	Lebichuck	LS	53:00	10:36
27	Ruffatto	LS	57:19	11:27
28	Knudtson	SB	62:28	12:29
29	Reddie	Fish	62:29	12:29

Team Results

1. Sea Gulls 57, 2. Radioactive Goldfish 67,
 3. Sharkbait 68, 4. Landsharks 71,
 5. Sandbaggers 72.

Warm, sunny skies set the stage for an equally bright day for the Vikings. Off at high noon, the front of the girls' race appears to be a re-run of NBL's as Wentz, Martindill and Berg assume leadership of the pack. The Puma's blistering pace prompts a hard fought chase from Jen, who as a result distances herself from the pack to run a convincing second. Bear in mind that last year Jen finished 73rd in the same race! Berg finds herself battling several other top ten contenders all the way to her finish for 4th, producing a time good for the 3rd fastest frosh across all 5 divisions. Both Martindill and Berg advance as individuals to the state meet, while the team repeats its 2004 placing. The boys line up an hour and a half later, ready to avenge the close loss to Santa Rosa a week earlier. McDowall assumes position in the lead pack and holds on for an individual state-qualifying performance as the pace explodes in the final mile. Cutcher is mere strides behind; a huge improvement over his 48th from last season. Keying off their well-known NBL competition, the entire vars race to their abilities and finish 4th; 40 points ahead of the Panthers and earning the privilege to spend the next weekend in Fresno!

NBL Meet Versus Elsie Allen
October 25 at Spring Lake
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	1	18:31	6:14
2	Berg	2	20:18	6:50
3	Trask	3	22:27	7:33
4	Oser	4	22:31	7:34
5	Gnoss	5	22:51	7:41
6	Krug	6	22:52	7:41
7	Wyatt	7	23:04	7:46
8	Wei	8	23:10	7:48
9	M. Zanetti	9	23:40	7:58
10	Tunzi	10	23:45	7:59
11	McManus	11	23:48	8:00
12	L. Zanetti	12	24:12	8:08
13	Davey	13	24:34	8:16
14	Wahl	14	24:43	8:19
15	Diab	15	24:47	8:20
16	Lebichuck	16	24:59	8:24
17	Alley	17	25:25	8:33
18	Reddie	18	25:28	8:34
19	Ruffatto	19	25:35	8:36
20	Knudtson	20	25:53	8:42
21	Dove	21	26:10	8:48
22	Hall	22	26:58	9:04

Varsity Girls Team

1. MHS 15, Elsie Allen Inc.

JV Girls Team

1. MHS 15, Elsie Allen Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cutcher	1	17:01	5:43
2	Coughlin	2	17:30	5:53
3	Martindill	3	18:04	6:04
4	Main	4	18:17	6:09
5	Breazeale	5	18:56	6:22
6	Ott	6	19:37	6:36
7	Alley	7	19:49	6:40
8	Cruz	8	19:57	6:43
9	Love	9	20:00	6:44
10	Fritz	10	20:02	6:44
11	Woff	11	20:03	6:45
12	Brott	12	20:38	6:56
13	Lemanski	14	21:42	7:18
14	Wahl	16	22:51	7:41
15	Fung	20	25:28	8:34

Varsity Boys Team

1. MHS 15, 2. Elsie Allen 50.

JV Boys Team

1. MHS 15, Elsie Allen Inc.

NBL Meet Versus Santa Rosa, CN / Ursuline
November 2 at Spring Lake
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	1 V	18:09	6:06
2	Berg	2 V	19:00	6:23
3	Gnoss	10 V	22:19	7:30
4	Wyatt	11 V	22:27	7:33
5	Oser	12 V	22:34	7:35
6	Wahl	1 JV	22:39	7:37
7	L. Zanetti	2 JV	23:05	7:46
8	Wei	3 JV	23:08	7:47
9	M. Zanetti	6 JV	23:51	8:01
10	Tunzi	7 JV	23:58	8:04
11	Lebichuck	8 JV	24:06	8:06
12	Davey	9 JV	24:16	8:10
13	Dove	11 JV	24:20	8:11
14	Reddie	12 JV	24:30	8:14
15	Alley	13 JV	24:34	8:16
16	Knudtson	14 JV	24:59	8:24
17	Krug	18 V	25:07	8:27
18	Diab	15 JV	25:09	8:28
19	Ruffatto	16 JV	25:26	8:33

Varsity Girls Team

1. MHS 36, 2. Ursuline 37, 3. Santa Rosa 48.

JV Girls Team

1. MHS 19, Ursuline Inc., Santa Rosa Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cutcher	1 V	16:27	5:32
2	Coughlin	2 V	16:28	5:32
3	McDowall	3 V	16:28	5:32
4	Martindill	12 V	17:36	5:55
5	Main	13 V	17:38	5:56
6	Breazeale	18 V	18:34	6:15
7	Cruz	4 JV	18:52	6:21
8	Ott	21 V	18:58	6:23
9	Alley	8 JV	19:20	6:30
10	Woff	12 JV	19:37	6:36
11	Love	17 JV	20:10	6:47
12	Brott	18 JV	20:15	6:49
13	Lemanski	20 JV	20:40	6:57
14	Wahl	34 JV	22:37	7:36
15	Fung	38 JV	23:31	7:55

Varsity Boys Team

1. MHS 31, 2. Santa Rosa 40, 3. Newman 57.

JV Boys Team

1. Santa Rosa 22, 2. MHS 53, 3. Newman 64.

The early setting sun of Standard Time brings crisp conditions to the Spring Lake course. Add in close competition from teams in contention for 2nd place league honors, and it's no surprise that 24 Vikings set personal bests. Marian's 51 second reduction propels her to victory in the JV girls race, with L. Zanetti and Wei close on her heels for a podium sweep. Her impressive finishing kick isn't enough to squeak by her brother Ed, whose final tour of the course is over 7 minutes faster than his debut race in 2004. In one of the most anticipated matches of the season, the Varsity Boys convincingly out race their opponents, made possible by a remarkable minute plus average improvement for the scoring five. In his first post-illness competition, McDowall still manages to run his best time. His pace setting efforts push Cutcher to his 2nd win of the season and a time just one second shy of Montgomery's all time list. The two juniors pull Coughlin along for the ride, making him the 8th fastest MHS Sophomore on record and produce the second 1-3 sweep of the day for the Vikings. Celeste sets a lofty time goal and nails it down to the fraction of a second. Although only her 4th attempt on the course, it makes her the 10th fastest ever for MHS. Gnoss sets her first PR in 2 years, which couldn't come at a better time. Her effort fills the shoes of an injured Trask, and allow the lady Vikings to narrowly edge out Ursuline by a point.

NBL Finals
November 10 at Spring Lake
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	2 V	18:11	6:07
2	Berg	4 V	18:45	6:18
3	Oser	22 V	22:28	7:33
4	Wahl	23 V	22:30	7:34
5	Wyatt	24 V	22:33	7:35
6	Gnoss	28 V	22:58	7:43
7	Dove	8 JV	23:25	7:53
8	Wei	9 JV	23:34	7:56
9	Trask	36 V	24:16	8:10
10	Davey	13 JV	24:33	8:15
11	M. Zanetti	15 JV	24:40	8:18
12	Alley	17 JV	24:51	8:22
13	Hall	18 JV	24:58	8:23
14	Krug	20 JV	25:19	8:31
15	Tunzi	21 JV	25:20	8:31
16	Knudtson	22 JV	25:20	8:31
17	Lebichuck	24 JV	25:37	8:37
18	L. Zanetti	25 JV	25:47	8:40
19	Ruffatto	28 JV	26:45	9:00

Varsity Girls Team

1. Carrillo 29, 2. MHS 75, 3. Ursuline 85,
 4. Ukiah 102, 5. Rancho 106, 6. Santa Rosa 118.

JV Girls Team

1. Carrillo 15, 2. MHS 59, 3. Santa Rosa 65.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	4 V	16:25	5:31
2	Cutcher	6 V	16:39	5:36
3	Coughlin	14 V	17:07	5:45
4	Martindill	22 V	18:11	6:07
5	Main	24 V	18:23	6:11
6	Breazeale	28 V	18:45	6:18
7	Alley	19 JV	19:38	6:36
8	Ott	36 V	19:42	6:37
9	Woff	24 JV	19:50	6:40
10	Lemanski	26 JV	19:54	6:42
11	Love	30 JV	20:07	6:46
12	Brott	41 JV	21:07	7:06
13	Fung	55 JV	22:09	7:27

Varsity Boys Team

1. Carrillo 20, 2. Santa Rosa 69, 3. MHS 70,
 4. Rancho 109, 5. Newman 109, 6. Ukiah 155,
 7. Piner 208, 8. Elsie Allen 227.

JV Boys Team

1. Carrillo 15, 2. Santa Rosa 61, 3. Newman 83,
 4. MHS 113, 5. Rancho 115.

The final showdown at Spring Lake brings a handful of PR's and close team and individual races. Zander's quick finish nets him a couple last minute places and his best race of the season, just a couple seconds off his '04 PR. Tight placing of the top 5 JV girls produces a second place finish behind Carrillo. McDowall isn't able to crack into Carrillo's Senior 1-2-3 punch, but his 3s PR and 4th place finish let him regain title to the fastest 3-miler currently on the team. Legs still a bit heavy from the dual meet a week prior, the rest of the varsity boys miss their PR's and concede 2nd place by a frustrating 1 point margin. Jen assumes the tough task of leading the varsity race from the gun. As planned, she opens up a sizeable gap on the last hill, but is caught with just a few meters remaining. Berg is hot on the heels of the elite leaders, and for the second time in a row, predicts her PR to the second and becomes the 5th fastest Frosh ever over the course. Carrillo completes the sweep in the team department, but the girls capture 2nd thanks to their best race of the season.

Limited numbers in the Elsie Allen ranks bring easy victories for the Vikings, who compete against their own time predictions without any aid from watches. Cutcher wins the pace-setting competition, running only 1 second slower than his predicted mark and takes the race in the process. Lauren is just 3 seconds off, good for 2nd, while 6 others are within 1% of their predictions. Collectively, the boys are 12 seconds faster than they anticipated, while the girls are a minute and a half slower. Did the boys race harder, or did the girls set loftier goals? Who knows! In the absolute sense, the boys average 32 seconds off their goal times, with the girls at 37 seconds. In terms of percent deviation, the boys barely edge out the girls with averages of 2.67% to 2.73% respectively. Will this trend continue next year? All you trivial stat fans will have to wait and see!

NBL / SCL Interlock Meet #1
September 21 at Depot Park, Sonoma
Course: 2.7 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	1	18:54	7:00
2	Berg	4	20:37	7:38
3	Krug	8	22:07	8:11
4	Trask	9	22:58	8:30
5	Wahl	10	23:29	8:41
6	Oser	11	23:35	8:44
7	Davey	12	23:38	8:45
8	McManus	13	23:41	8:46
9	Gnoss	14	23:52	8:50
10	M. Zanetti	15	24:02	8:54
11	Dove	16	24:21	9:01
12	L. Zanetti	18	24:33	9:05
13	Wei	21	25:18	9:22
14	Reddie	22	25:33	9:27
15	Lebichuck	23	25:34	9:28
16	Diab	25	25:44	9:31
17	Knudtson	26	25:58	9:37
18	Tunzi	27	26:15	9:43
19	Ruffato	28	26:18	9:44
20	Ailey	29	26:20	9:45

Varsity Girls Team

1. MHS 32, 2. Ursuline 35, 3. Sonoma 63.

JV Girls Team

1. MHS 15, Ursuline Inc., Sonoma Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	1	15:52	5:52
2	Cutcher	3	16:32	6:07
3	Coughlin	5	17:51	6:36
4	Fritz	16	19:30	7:13
5	Ott	17	19:35	7:15
6	Main	20	19:39	7:16
7	Breazeale	31	21:02	7:47
8	Love	35	22:20	8:16
9	Wolff	37	22:35	8:21
10	Fung	40	24:14	8:58
11	Wahl	41	25:56	9:36

Varsity Boys Team

1. Newman 35, 2. MHS 42, 3. Sonoma 48.

JV Boys Team

1. Newman 17, 2. Sonoma 41, 3. MHS 76.

The roads and trails of Sonoma's Depot Park course make for challenging racing and route-finding, catching many Vikings by surprise. Return of summer weather and the transition to longer courses favor those with summer mileage in their legs. Jen cruises to an easy victory, almost a minute over her nearest competitor and 44 seconds off the course record. Berg just misses the last podium position, but her time is the 6th fastest for all competing Vikings. Tight grouping of the team's 3rd through 11th racers allows for a close victory over Ursuline and Sonoma. McDowall quickly separates himself from the boy's pack, only bringing Newman's Withers in tow. He turns on the afterburners in the final mile, takes the victory, while posting a time just 21 seconds off the all time course best. Sickness in the ranks of the Varsity squad cost the team the race, which concedes the win to Newman by a margin of only 7 points.

Stanford Invitational
September 24 at Stanford Golf Course
Course: 3.1 miles, flat with one big hill

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	18	16:52	5:26
2	Cutcher	86	17:53	5:46
3	Coughlin	175	19:00	6:07
4	Martindill	202	19:42	6:21
5	Main	227	20:10	6:30
6	Ott	248	21:21	6:53
7	Fritz	251	21:53	7:03

Varsity Boys Team (out of 38)

1. Los Gatos 136, 2. Oak Ridge 152,
 3. Maria Carrillo 175, ... 27. MHS 694.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	14	19:46	6:22

Teams from the entire west coast, and international representation from as far away as New Zealand congregate at the Farm. Deep, division separated fields make for an accurate prelude to the state meet. Jen races first, and her fast, yet controlled first mile allows her to pass several runners in the hilly section of the course. McDowall takes a very similar approach to his race - a controlled start, yet fast enough to avoid the congestion of the 257 racer field. A battle for places all the way to the line, he PR's by a minute and a half since his last tour of the course. Cutcher takes 35 seconds off his 2003 mark, and finds himself swarmed in the sea of racing talent. Even with solid performances from the rest of the young team, the Vikings must settle for a humbling 27th place.

NBL / SCL Interlock Meet #2
September 28 at Spring Lake
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	1 V	19:24	6:31
2	Berg	5 V	21:16	7:09
3	Trask	16 V	24:33	8:15
4	Wyatt	2 JV	24:49	8:21
5	Krug	19 V	25:04	8:26
6	Oser	20 V	25:07	8:27
7	Davey	21 V	25:26	8:33
8	M. Zanetti	4 JV	26:27	8:54
9	McManus	6 JV	26:38	8:58
10	Diab	7 JV	26:55	9:03
11	Lebichuck	8 JV	27:01	9:05
12	L. Zanetti	9 JV	27:05	9:07
13	Tunzi	10 JV	27:07	9:07
14	Dove	12 JV	27:37	9:17
15	Reddie	13 JV	28:02	9:26
16	Knudtson	14 JV	28:02	9:26
17	Ailey	15 JV	28:04	9:27
18	Ruffato	17 JV	29:22	9:53
19	Holst	23 JV	32:16	10:51

Varsity Girls Team

1. Petaluma 33, 2. MHS 46, 3. Rancho 59,
 4. Sonoma 77.

JV Girls Team

1. MHS 27, 2. Healdsburg 32.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	1 V	16:39	5:36
2	Cutcher	6 V	17:19	5:49
3	Coughlin	11 V	18:49	6:20
4	Martindill	12 V	18:58	6:23
5	Main	21 V	19:43	6:38
6	Ott	28 V	20:20	6:50
7	Fritz	34 V	20:43	6:58
8	Breazeale	3 JV	20:53	7:01
9	Wolff	6 JV	21:11	7:07
10	Brott	8 JV	21:24	7:12
11	Ailey	23 JV	23:03	7:45
12	Love	29 JV	23:43	7:59
13	Dalbeck	40 JV	26:17	8:50
14	Fung	43 JV	26:34	8:56
15	Wahl	44 JV	27:08	9:08

Varsity Boys Team

1. Petaluma 30, 2. MHS 50, 3. Rancho 101,
 4. Newman 103, 5. Healdsburg 104,
 6. Sonoma 125, 7. Piner 220.

JV Boys Team

1. Healdsburg 47, 2. Newman 52, 3. MHS 66,
 4. Sonoma 81, 5. Rancho 90.

The first of several appearances on the home course at Spring Lake. The heat plus several recent days of hard training and racing means most Vikings are well off their course PR's. Still, Jen manages to chop a minute and fifty off last year's best, taking the win with a time good for 14th on the MHS all-time list. Berg and Main both make the top Freshman time lists, moving to 15th and 24th respectively on their first tour of the long course. McDowall wins his 3rd race of the season, only a few seconds shy of his PR, and puts his name on the Junior top performance list. Both Varsity teams are beat by strong Petaluma squads, but are able to best their NBL competition. JV boys take 3rd, while the JV girls keep their perfect record with a win over Healdsburg.

Artichoke Invitational
October 1 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	Martindill	8 V	14:14	6:19
2	Berg	41 V	15:34	6:55
3	Trask	121 V	17:14	7:39
4	Wyatt	42 FS	17:18	7:41
5	Krug	125 V	17:19	7:41
6	Oser	157 V	18:02	8:00
7	McManus	66 FS	18:02	8:00
8	M. Zanetti	29 JV	18:07	8:03
9	L. Zanetti	39 JV	18:23	8:10
10	Alley	84 FS	18:33	8:14
11	Tunzi	45 JV	18:37	8:16
12	Reddie	91 FS	18:45	8:20
13	Wei	49 JV	18:45	8:20
14	Lebichuck	53 JV	18:55	8:24
15	Wahl	175 V	19:07	8:29
16	Dove	68 JV	19:11	8:31
17	Knudtson	110 FS	19:19	8:35
18	Diab	77 JV	19:21	8:36
19	Holst	95 JV	19:55	8:51
20	Ruffatto	97 JV	19:56	8:51

Varsity Girls Team (out of 26)

1. Aptos 82, 2. Monta Vista 90,
 3. Miramonte 150, ... 16. MHS 380.

Frosh/Soph Girls Team (out of 19)

1. Terra Nova 99, 2. Granada 106,
 3. Aptos 134, ... 14. MHS 310.

JV Girls Team (out of 13)

1. Monta Vista 41, 2. St. Francis 42,
 3. Castro Valley 63, ... 6. MHS 170.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	McDowall	2 V	11:57	5:18
2	Cutcher	32 V	12:53	5:43
3	Coughlin	46 V	13:13	5:52
4	Martindill	70 V	13:41	6:04
5	Main	74 V	13:49	6:08
6	Wolff	41 JV	14:38	6:30
7	Ott	48 JV	14:46	6:33
8	Brott	97 JV	15:19	6:48
9	Fritz	113 V	15:21	6:49
10	Alley	118 JV	15:29	6:52
11	Love	150 JV	15:58	7:05
12	Wahl	264 JV	17:45	7:53
13	Fung	274 JV	18:26	8:11

Varsity Boys Team (out of 21)

1. Steele Canyon 76, 2. Bellarmine 84,
 3. Miramonte 125, ... 8. MHS 214.

JV Boys Team (out of 20)

1. Bellarmine 45, 2. Monta Vista 78,
 3. Castro Valley 82, ... 12. MHS 315.

NBL Meet Versus Piner and Rancho
October 12 at Rancho Cotate
Course: 2.75 miles, flat

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	1 V	16:27	5:58
2	Berg	3 V	17:56	6:31
3	Trask	5 V	19:54	7:14
4	Gnoss	1 JV	20:22	7:24
5	Wahl	2 JV	20:43	7:32
6	Krug	8 V	20:53	7:35
7	Oser	3 JV	21:03	7:39
8	Wyatt	9 V	21:18	7:44
9	McManus	10 V	21:43	7:53
10	M. Zanetti	11 V	21:53	7:57
11	L. Zanetti	4 JV	22:03	8:01
12	Tunzi	5 JV	22:06	8:02
13	Wei	6 JV	22:26	8:09
14	Alley	7 JV	22:39	8:14
15	Reddie	8 JV	22:41	8:14
16	Davey	9 JV	22:59	8:21
17	Hall	10 JV	23:06	8:24
18	Knudtson	11 JV	23:07	8:24
19	Lebichuck	12 JV	23:49	8:39
20	Ruffatto	13 JV	24:10	8:47
21	Dove	14 JV	24:32	8:55

Varsity Girls Team

1. MHS 26, 2. Rancho 31, Piner Inc.

JV Girls Team

1. MHS 15, Rancho Inc., Piner Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cutcher	1 V	15:18	5:33
2	Coughlin	2 V	16:02	5:49
3	Martindill	3 V	16:11	5:53
4	Main	4 V	16:15	5:54
5	Ott	8 V	17:26	6:20
6	Cruz	1 JV	17:15	6:16
7	Breazeale	2 JV	17:27	6:20
8	Wolff	9 V	18:03	6:33
9	Frtz	10 V	18:05	6:34
10	Lemanski	5 JV	18:48	6:50
11	Love	6 JV	18:49	6:50
12	Brott	7 JV	18:52	6:51
13	Alley	8 JV	19:21	7:02
14	Dalbeck	12 JV	20:41	7:31
15	Wahl	13 JV	20:43	7:32

Varsity Boys Team

1. MHS 15, 2. Piner 50, Rancho Inc.

JV Boys Team

1. MHS 21, 2. Rancho 37, Piner Inc.

League competition begins with a bang as MHS sweeps all 4 team divisions while taking all individual victories as well. Cruz makes his high school racing debut by taking the JV win and securing a position on the Varsity squad. Breazeale is a minute faster than in September, and also earns Varsity credit for his efforts. Gnoss leads the JV girls, and her minute-plus PR is good for the 7th MHS JV all time mark. With McDowall out sick, Cutcher leads the team for the first time and scores his first ever Varsity win. Significant improvements in the boy's ranks allows the Vikings to go 1-4 on their competition in their best team race of the season. The Varsity girls race features yet another Martindill vs. Rich battle, and Jen avenges her early season loss with a convincing margin. Somehow finding the legs to slash another minute off her PR, she is nearly 3 minutes faster than a year ago and becomes the 3rd fastest Viking ever at the Ranch. Twenty three runners take advantage of the favorable racing conditions and set PRs, collectively slashing 20 minutes off their old marks.

NBL Meet Versus Maria Carrillo and Ukiah
October 19 at Spring Lake
Course: 2.97 miles, rolling hills

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Martindill	2 V	18:14	6:08
2	Berg	4 V	19:28	6:33
3	Trask	14 V	22:11	7:28
4	Wyatt	16 V	22:15	7:29
5	Krug	18 V	22:39	7:37
6	Oser	3 JV	22:58	7:43
7	Wei	5 JV	23:09	7:47
8	McManus	20 V	23:18	7:50
9	Gnoss	22 V	23:20	7:51
10	L. Zanetti	7 JV	24:04	8:06
11	Diab	10 JV	24:37	8:17
12	Davey	11 JV	24:37	8:17
13	Tunzi	12 JV	24:38	8:17
14	Lebichuck	13 JV	25:03	8:26
15	M. Zanetti	15 JV	25:21	8:32
16	Alley	18 JV	25:34	8:36
17	Ruffatto	19 JV	25:37	8:37
18	Knudtson	20 JV	25:47	8:40

Varsity Girls Team

1. Maria Carrillo 22, 2. MHS 45, 3. Ukiah 69.

JV Girls Team

1. Maria Carrillo 21, 2. MHS 36, 3. Ukiah Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Cutcher	6 V	16:42	5:37
2	Coughlin	11 V	17:15	5:48
3	Main	15 V	18:18	6:09
4	Breazeale	16 V	18:58	6:23
5	Ott	19 V	19:40	6:37
6	Cruz	20 V	20:06	6:46
7	Lemanski	8 JV	20:11	6:47
8	Wolff	12 JV	20:29	6:53
9	Love	14 JV	20:43	6:58
10	Brott	16 JV	21:01	7:04
11	Alley	17 JV	21:20	7:10
12	Dalbeck	21 JV	22:05	7:26
13	Wahl	24 JV	23:04	7:46
14	Fung	27 JV	24:34	8:16

Varsity Boys Team

1. Maria Carrillo 15, 2. MHS 52, 3. Ukiah 74.

JV Boys Team

1. Maria Carrillo 15, 2. MHS 50, 3. Ukiah Inc.

Take #2 on the three-mile course brings stiff competition from the Pumas, and the Vikings are forced to concede all 4 team races. A hard fight produces an impressive 22 personal records for a collective reduction of nearly 40 minutes. Lemanski leads the JV team for the first time, and is only seconds away from a varsity qualifying mark. Oser pulls off a PR performance while leading the JV girls, who average two and a half minutes per runner faster than in September. The Varsity girls record similar improvements, as 4 girls make the all-time list. Berg goes under the coveted 20 minute barrier for the first time, and although Martindill misses out on the win for the first time in league competition, she is pulled to yet another minute-plus PR. The varsity boys, although unable to crack into Carrillo's scoring five, still best their previous team time - an impressive feat considering the absence of McDowall, Martindill, and any warm-up.

Heavy fog makes for pleasant racing conditions and aids eleven Vikings in setting personal records. Wyatt, in her 2nd race of her career, confirms her position on the varsity team while leading the Frosh/Soph girls contingent for MHS. The sisters Zanetti lead the JV team for a 6th place finish - efforts which cause PR's to fall by 2:13 and 2:52 for Lauren and Michelle, respectively. Martindill continues to destroy her previous marks, taking off over 3 minutes for a fine 8th place in the Varsity contest. Oser improves by 1:13, a performance that once again secures her Varsity status. A strong team race for the Varsity boys results in an 8th place finish, improving over their 12th from 2004. McDowall repeats his runner up position, this time against the big dogs. He races a tactically perfect race, letting the eventual winner hang out front by himself. Inside a quarter mile to go, Blake closes the gap and takes the lead going into the final straight. Unexpectedly, the Yuba City runner finds a late surge of energy to retake the lead for the win. The vast majority of the Vikings show their tenacity in the final quarter mile of the race, fighting to the line for positions. Most representative of this late race aggression is Wolff, who blazes around the last tour of the track, passing handfuls of competitors, which contributes to a 1:32 PR and Varsity berth.

Team Slugging 2005

	Rancho S / L	Ed Blas S / L	Total S / L	Viking Opener S / L	Total S / L	Inter- lock #1 S / L	Total (+Stanford) S / L	Inter- lock #2 S / L	Total S / L	Artichoke S / L	Total S / L	RC/ Pin (League) S / L	Total S / L	MC/UK (League) S / L	Total S / L	EA (League) S / L	Total S / L	CNU, SR (League) S / L	Total S / L	NBL S / L	Total S / L	NCS S / L	Total S / L	Slugging Average		
Alley, Liten	65 / 32	6 / 148	71 / 180	56 / 36	127 / 218		127 / 218	25 / 22	152 / 240	187 / 117	339 / 357	5 / 7	344 / 364	12 / 16	356 / 380	13 / 6	369 / 386	35 / 7	404 / 393	53 / 19	457 / 411		457 / 411			
Alley, McKayley	14 / 39	42 / 89	56 / 128	19 / 50	75 / 178	1 / 28	76 / 206	8 / 14	84 / 220	78 / 83	162 / 303	7 / 6	169 / 309	3 / 17	172 / 326	5 / 16	177 / 342	4 / 12	181 / 354	12 / 15	193 / 370		193 / 370	0.53		
Berg, Celeste	35 / 12		35 / 12	64 / 5	99 / 17	26 / 3	125 / 20	23 / 4	148 / 24	153 / 40	301 / 64	12 / 2	313 / 66	20 / 3	333 / 69	20 / 1	353 / 70	16 / 1	369 / 71	36 / 3	405 / 74	103 / 3	508 / 77	0.87		
Breazeale, Daniel	62 / 35		62 / 35	84 / 10	146 / 45	15 / 30	161 / 75	45 / 2	206 / 77		206 / 77	11 / 1	217 / 78	7 / 15	224 / 93	15 / 4	239 / 97	4 / 17	243 / 114	22 / 27	265 / 141	21 / 107	286 / 248	0.54		
Brott, Alex	50 / 47		50 / 47	57 / 42	107 / 89		107 / 89	40 / 7	147 / 96	208 / 96	355 / 192	6 / 6	361 / 198	13 / 15	374 / 213	8 / 11	382 / 224	25 / 17	407 / 241	31 / 40	438 / 281		438 / 281	0.61		
Coughlin, Quin		123 / 39	123 / 39	88 / 11	211 / 50	41 / 4	334 / 228	36 / 10	370 / 238	93 / 45	463 / 283	14 / 1	477 / 284	12 / 10	489 / 294	18 / 1	507 / 295	20 / 1	527 / 296	36 / 13	563 / 309	105 / 23	668 / 332	0.67		
Cutcher, Jeremy	48 / 20	131 / 23	177 / 43	65 / 9	242 / 82	43 / 2	456 / 139	41 / 5	497 / 144	107 / 31	604 / 175	15 / 0	619 / 175	17 / 5	636 / 180	19 / 0	655 / 180	21 / 0	676 / 180	44 / 1	720 / 185	114 / 14	834 / 199	0.61		
Cruz, James																										
Dalbeck, Nathan			0 / 0		0 / 0		0 / 0	8 / 39	8 / 39			12 / 0	12 / 0	3 / 19	15 / 19	12 / 7	27 / 26	39 / 3	66 / 29		66 / 29		66 / 29	0.69		
Devay, Elizabeth	33 / 20	115 / 40	148 / 60	25 / 51	173 / 111	18 / 11	191 / 122	7 / 20	198 / 142		8 / 39	1 / 11	9 / 50	8 / 20	17 / 70		17 / 70		17 / 70		17 / 70		17 / 70	0.20		
Diab, Emily			0 / 0	40 / 25	40 / 25	5 / 24	45 / 49	16 / 6	61 / 85	60 / 76	121 / 131	5 / 8	203 / 150	10 / 10	213 / 160	12 / 9	225 / 169	9 / 7	234 / 176	16 / 12	250 / 188		250 / 188	0.57		
Dove, Karin		49 / 174	49 / 174	50 / 15	99 / 189	14 / 15	113 / 204	11 / 11	124 / 215	68 / 87	193 / 282	0 / 13	193 / 295	1 / 20	194 / 315	6 / 10	200 / 325	21 / 7	221 / 332		221 / 332		221 / 332	0.40		
Fritz, Kyle	16 / 50	19 / 135	35 / 183	30 / 44	65 / 229	30 / 15	101 / 494	6 / 39	81 / 337	5 / 42	86 / 378		87 / 652	2 / 26	89 / 678	0 / 19	89 / 697	5 / 37	94 / 734	17 / 54	111 / 788		111 / 788	0.12		
Fung, Zander	16 / 81	9 / 143	25 / 224	20 / 74	45 / 238	6 / 39	81 / 337	5 / 42	86 / 378	31 / 273	87 / 652		87 / 652	2 / 26	89 / 678	0 / 19	89 / 697	5 / 37	94 / 734	17 / 54	111 / 788		111 / 788	0.12		
Gross, Alex	12 / 35	38 / 185	50 / 220	56 / 9	106 / 229	16 / 13	122 / 242		122 / 242		122 / 242	13 / 0	135 / 242	2 / 21	137 / 263	17 / 4	154 / 267	8 / 9	162 / 276	12 / 27	174 / 303	16 / 90	190 / 393	0.33		
Halt, Kyle	25 / 28		25 / 28	23 / 46	48 / 74		48 / 74		48 / 74		48 / 74	4 / 9	52 / 83		52 / 83	0 / 21	52 / 104		52 / 104	11 / 17	63 / 121		63 / 121	0.34		
Holt, Sina								0 / 22	0 / 22	42 / 94	42 / 116		42 / 116		42 / 116		42 / 116		42 / 116		42 / 116		42 / 116	0.27		
Knudtson, Amanda		11 / 120	11 / 120		11 / 120	4 / 25	15 / 145	9 / 13	24 / 158	52 / 109	76 / 267	3 / 10	79 / 277	1 / 19	80 / 296	2 / 19	82 / 315	3 / 13	85 / 328	7 / 21	92 / 349		92 / 349	0.21		
Krug, Anne-Elise	19 / 28	79 / 144	98 / 172	48 / 28	146 / 200	22 / 7	168 / 207	9 / 18	177 / 225	69 / 124	246 / 349	7 / 7	253 / 356	6 / 17	259 / 373	16 / 5	275 / 378	0 / 17	275 / 395	9 / 19	284 / 414	5 / 101	289 / 515	0.36		
Lebluchuck, Amy	20 / 33	56 / 99	76 / 132	30 / 35	106 / 167	7 / 22	113 / 189	15 / 7	128 / 196	84 / 52	212 / 248	2 / 11	214 / 259	8 / 12	222 / 271	6 / 15	228 / 286	9 / 7	237 / 293	5 / 23	242 / 316		242 / 316	0.43		
Lemanski, Chris			0 / 0	65 / 29	65 / 29		65 / 29		65 / 29		65 / 29	8 / 4	73 / 33	21 / 7	94 / 40	6 / 13	100 / 53	23 / 19	123 / 72	46 / 25	169 / 97		169 / 97	0.64		
Love, Trevor	25 / 72		25 / 72	25 / 72	25 / 72	11 / 34	36 / 106	19 / 28	55 / 134	155 / 149	210 / 283	7 / 5	217 / 288	15 / 13	232 / 301	11 / 8	243 / 309	26 / 16	269 / 325	42 / 29	311 / 354		311 / 354	0.47		
Main, Tyler	76 / 21	37 / 117	113 / 138	70 / 29	183 / 167	26 / 19	239 / 412	26 / 20	265 / 432	65 / 73	330 / 505	12 / 3	342 / 508	8 / 14	350 / 522	16 / 3	366 / 525	9 / 12	375 / 537	26 / 23	401 / 560	78 / 52	477 / 612	0.44		
Martindill, Jennifer	44 / 3	215 / 8	259 / 11	76 / 0	335 / 11	29 / 0	583 / 24	27 / 0	610 / 24	186 / 7	796 / 31	14 / 0	810 / 31	22 / 1	832 / 32	21 / 0	853 / 32	17 / 0	870 / 32	38 / 1	908 / 33	105 / 1	1013 / 34	0.97		
Martindill, Jon	29 / 37	131 / 31	160 / 68	78 / 21	238 / 89		238 / 89	35 / 11	273 / 100	69 / 69	342 / 169	13 / 2	355 / 171		355 / 171	17 / 2	372 / 173	10 / 11	382 / 184	26 / 21	410 / 205	81 / 47	491 / 252	0.66		
McDowall, Blake	62 / 4	137 / 17	199 / 21	74 / 0	273 / 21	45 / 0	557 / 36	46 / 0	603 / 36	137 / 1	740 / 39		740 / 39		740 / 39		740 / 39		740 / 39	19 / 2	759 / 41	46 / 3	805 / 44	120 / 8	925 / 52	0.95
McMarus, Maggie	35 / 18	67 / 64	102 / 82	30 / 39	132 / 121	17 / 12	149 / 133	17 / 5	166 / 138	96 / 65	262 / 203	5 / 9	267 / 212	4 / 19	271 / 231	11 / 10	282 / 241		282 / 241		282 / 241		282 / 241	0.54		
Oer, ABe	34 / 19	37 / 186	71 / 205	55 / 10	126 / 215	19 / 10	145 / 225	8 / 19	153 / 244	37 / 156	190 / 400	11 / 2	201 / 402	18 / 2	219 / 404	18 / 3	237 / 407	6 / 11	243 / 418	18 / 21	261 / 439	21 / 85	282 / 524	0.35		
Ott, Tom	11 / 55		11 / 55	59 / 40	79 / 95	29 / 16	108 / 358	19 / 27	127 / 385	257 / 47	384 / 432	8 / 7	392 / 439	4 / 18	396 / 457	14 / 5	410 / 462	1 / 20	411 / 482	14 / 35	425 / 517	8 / 120	433 / 637	0.40		
Reddie, Sheona	17 / 36	34 / 97	51 / 133	29 / 36	80 / 169	8 / 21	88 / 190	10 / 12	98 / 202	71 / 90	169 / 292	6 / 7	175 / 299		175 / 299	4 / 17	179 / 316	5 / 11	184 / 327		184 / 327		184 / 327	0.36		
Ruffatto, Maura	15 / 38	58 / 97	73 / 135	23 / 42	96 / 177	2 / 27	98 / 204	6 / 16	104 / 220	40 / 96	144 / 316	1 / 12	145 / 328	2 / 18	147 / 346	3 / 18	150 / 364	1 / 15	151 / 379	1 / 27	152 / 406		152 / 406	0.27		
Track, KT	36 / 17	81 / 50	117 / 67	52 / 17	169 / 84	21 / 8	190 / 92	12 / 15	202 / 107	73 / 120	275 / 227	10 / 4	285 / 231	10 / 13	295 / 244	19 / 2	314 / 246		314 / 246		314 / 246		314 / 246	0.53		
Tunzi, Elyse	24 / 29	17 / 206	41 / 235	35 / 30	76 / 265	3 / 28	79 / 291	13 / 9	92 / 300	92 / 44	184 / 344	9 / 4	193 / 348	9 / 11	202 / 359	9 / 12	211 / 371	10 / 6	221 / 377	8 / 20	229 / 397		229 / 397	0.37		
Wahl, Edward	12 / 85	21 / 131	33 / 216	24 / 70	57 / 286	5 / 40	62 / 326	4 / 43	66 / 369	41 / 263	107 / 632	0 / 12	107 / 644	5 / 23	112 / 667	4 / 15	116 / 682	9 / 33	125 / 715		125 / 715		125 / 715	0.15		
Wahl, Marlen	9 / 38	64 / 159	73 / 197	35 / 41	108 / 238	20 / 9	128 / 247		128 / 247	19 / 174	147 / 421	12 / 1	159 / 422		159 / 422	8 / 13	167 / 435	16 / 0	183 / 435	17 / 22	200 / 457	3 / 103	203 / 560	0.27		
Wahl, Emily												8 / 5	8 / 5	16 / 4	24 / 9	14 / 7	38 / 16	14 / 2	52 / 18	20 / 3	72 / 26		72 / 26	0.73		
Wolf, Sebastian		36 / 116	36 / 116	32 / 42	68 / 160	9 / 36	77 / 196	42 / 5	119 / 201	264 / 40	383 / 241	7 / 8	390 / 249	17 / 11	407 / 260	9 / 10	416 / 270	31 / 11	447 / 281	48 / 23	495 / 304		495 / 304	0.62		
Wyatt, Katherine								21 / 1	21 / 1	120 / 41	141 / 42	6 / 8	147 / 90	8 / 15	155 / 65	15 / 6	170 / 71	7 / 10	177 / 81	16 / 23	193 / 104	20 / 86	213 / 190	0.53		
Zanetti, Lauren	38 / 15	104 / 51	142 / 86	59 / 6	201 / 72	12 / 17	213 / 89	14 / 0	227 / 87	98 / 38	325 / 135	10 / 3	335 / 138	14 / 6	349 / 144	10 / 11	359 / 155	15 / 1	374 / 156	4 / 24	378 / 180		378 / 180	0.68		
Zanetti, Michelle	39 / 14	106 / 47	147 / 61	21 / 55	168 / 116	15 / 14	183 / 130	19 / 3	202 / 133	100 / 28	310 / 161	4 / 10	314 / 171	6 / 14	320 / 185	5 / 16	325 / 201	11 / 5	336 / 206	14 / 14	350 / 220		350 / 220	0.61		

S / L = Slugs (# of people that you beat in a race) / Losses (# of people who got you)