

# Montgomery Vikings Cross Country



2007 Season  
Results and Statistics

### **Varsity Boys**

Michael Corley, Senior, 2nd Yr.  
Quin Coughlin, Senior, 4th Yr.  
James Goldfield, Freshman  
Aria Kiani, Sophomore, 2nd Yr.  
Robel Maekele, Sophomore, 2nd Yr.  
Jon Martindill, Senior, 4th Yr.  
Keith Reinik, Junior, 1st Yr.  
Jesse Zarate, Junior, 1st Yr.

### **Junior Varsity Boys**

Daniel Breazeale, Junior, 1st Yr.\*\*  
Alex Brott, Junior, 3rd Yr.  
Brad Carver, Sophomore, 2nd Yr.  
Evan Coombs, Freshman  
Nick Hyland, Junior, 2nd Yr.  
Nick Lourme, Senior, 1st Yr.  
Trevor Love, Junior, 3rd Yr.  
Tom Ott, Senior, 3rd Yr.\*\*\*  
Jon Prince, Freshman  
Ben Rowden, Sophomore, 2nd Yr.  
Jon Vivio, Senior, 1st Yr.  
Michael Zanetti, Sophomore, 1st Yr.\*

\*\*2nd-year team member

\*\*3rd-year team member

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

### **Participation Recognition**

Jorge Alvarado, Sophomore  
Kylee Hall, Senior  
Cory Horton, Junior

### **Second Team NCS Div II**

Celeste Berg

### **Varsity Girls**

Celeste Berg, Junior, 3rd Yr.  
Maddie Boyd, Sophomore, 1st Yr.  
Hunter Connell, Sophomore, 2nd Yr.  
Sarah Gallagher, Sophomore, 2nd Yr.  
Theresa Kremer, Junior, 1st Yr.\*\*  
Maggie McManus, Senior, 3rd Yr.\*\*\*  
Julie Nacouzi, Freshman  
Rita Pearson, Junior, 1st Yr.

\*\*2nd-year team member

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

### **Junior Varsity Girls**

McKaley Alley, Junior, 3rd Yr.  
Belle Kerns, Freshman  
Diana Klatt, Junior, 2nd Yr.  
Samantha Warren, Sophomore, 2nd Yr.  
Katharine Wyatt, Junior, 1st Yr.\*\*

\*\*3rd-year team member

### **First Team NBL**

Celeste Berg  
Julie Nacouzi  
Hunter Connell

### **Second Team NBL**

Sarah Gallagher  
Quin Coughlin  
Aria Kiani  
Jon Martindill  
Michael Corley

### **State Meet Qualifiers**

Celeste Berg  
Michael Corley  
Quin Coughlin  
James Goldfield  
Aria Kiani  
Robel Maekele  
Jon Martindill  
Jesse Zarate

## Season Records, 1982 to present

### Varsity Boys

Year	Dual Meets		NBL		NCS	Other
	W	L	Final			
1982	4	1	2nd		5th 2A	-
1983	9	0	1st		3rd 2A	5th MOC
1984	9	0	1st		2nd 2A	11th MOC
1985	5	0	1st		1st 2A	4th MOC
1986	5	1	1st		8th 3A	-
1987	6	0	1st		3rd 3A	-
1988	4	1	1st		6th 3A	-
1989	9	0	1st		6th 3A	-
1990	7	1	2nd		1st Div. I	13th State
1991	11	0	1st		3rd Div. II	-
1992	9	0	1st		1st Div. II	8th State
1993	11	0	1st		1st Div. I	11th State
1994	9	5	3rd		3rd Div. I	-
1995	13	0	1st		4th Div. I	-
1996	15	1	2nd		1st Div. I	13th State
1997	13	2	2nd		3rd Div. I	-
1998	14	0	3rd		3rd Div. III	-
1999	11	1	1st		5th Div. I	-
2000	15	0	1st		4th Div. I	12th State
2001	12	2	3rd		2nd Div. I	-
2002	15	1	1st		2nd Div. I	15th State
2003	8	6	4th		9th Div. II	-
2004	8	2	2nd		7th Div. II	-
2005	12	3	3rd		4th Div. II	21st State
2006	12	4	2nd		4th Div. II	-
2007	6	3	3rd		3rd Div. II	-
<b>Totals</b>	<b>282</b>	<b>32</b>	<b>13 NBL Titles, 6 NCS Titles</b>			<b>?</b>

### Varsity Girls

Year	Dual Meets		NBL		NCS	Other
	W	L	Final			
1982	1	4	5th		-	-
1983	4	4	2nd		11th 2A	-
1984	6	3	2nd		6th 2A	-
1985	4	1	2nd		6th 2A	-
1986	4	0	1st		9th 3A	-
1987	5	1	3rd		12th 3A	-
1988	1	4	5th		-	-
1989	1	8	5th		-	-
1990	3	4	4th		4th Div. I	-
1991	2	2	3rd		5th Div. II	-
1992	5	3	4th		6th Div. II	-
1993	2	10	5th		6th Div. I	-
1994	2	2	2nd		5th Div. I	-
1995	12	1	2nd		5th Div. I	-
1996	8	5	4th		7th Div. II	-
1997	9	1	2nd		2nd Div. III	5th State
1998	10	1	2nd		1st Div. III	9th State
1999	11	0	1st		3rd Div. I	-
2000	12	0	1st		2nd Div. II	1st State
2001	11	1	2nd		1st Div. II	3rd State
2002	16	0	1st		2nd Div. II	3rd State
2003	12	2	2nd		7th Div. II	-
2004	5	4	2nd		9th Div. II	-
2005	10	2	2nd		9th Div. II	-
2006	10	3	2nd		4th Div. II	22nd State
2007	6	1	1st		7th Div. II	-
<b>Totals</b>	<b>193</b>	<b>67</b>	<b>4 NBL Titles, 3 NCS Titles</b>			<b>1 State Title</b>

### Junior Varsity Boys

Year	Dual Meets		NBL		NBL Fr./So.
	W	L	Final		
1982	4	1	1st		1st
1983	8	1	3rd		1st
1984	8	1	2nd		1st
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		-
2006	15	0	2nd		-
2007	4	1	2nd		-
<b>Totals</b>	<b>219</b>	<b>28</b>	<b>13 NBL Titles</b>		

### Junior Varsity Girls

Year	Dual Meets		NBL	
	W	L	Final	
1982	-	-	-	-
1983	-	-	-	-
1984	-	-	-	-
1985	-	-	-	-
1986	-	-	-	-
1987	-	-	-	-
1988	-	-	-	-
1989	-	-	-	-
1990	-	-	-	-
1991	-	-	-	-
1992	-	-	-	-
1993	-	-	-	-
1994	0	1	2nd	-
1995	1	1	1st	-
1996	2	0	-	-
1997	-	-	-	-
1998	-	-	-	-
1999	-	-	-	-
2000	-	-	-	-
2001	8	0	1st	-
2002	14	3	1st	-
2003	13	1	2nd	-
2004	7	0	2nd	-
2005	9	1	2nd	-
2006	10	2	2nd	-
2007	3	2	-	-
<b>Totals</b>	<b>87</b>	<b>11</b>	<b>3 NBL Titles</b>	

#### North Bay League Team Champions

Varsity Boys		JV Boys	
Yr	Points	Yr	Points
1976	25	1982	29
1979	32	1986	?
1983	26	1987	26
1984	39	1988	28
1985	23	1989	15
1986	36	1990	20
1987	26	1991	17
1988	36	1992	30
1991	30	1993	32
1992	27	1994	24
1993	39	2000	22
1995	38		
1999	34		
2000	25		
2002	35		

#### North Bay League Individual Champions

Varsity Boys		JV Girls	
Yr	Name	Yr	Name
1965	Bob Weaton	1976	Heidi Messerschmitt
1972	Steve Ricker	1977	Deanne Neff
1978	Bill Johnson	1987	Nicole Fischer
1979	Dave Rodriguez	1983	Pamela Richardson
1984	Paul Cummings	1987	Sara Bel
1985	Paul Cummings	1998	Sara Bel
1986	Kevin Smith	1999	Sara Bel
1987	Mike Cortes		
1992	David Toomey		
2000	Nick Millar		
2002	Matt Fitch		
2006	Blake McDowell		

#### NCS Team Champions

Varsity Boys		Varsity Girls	
Yr	Points	Yr	Points
1980	84 (3A)	1976	37 (3A)
1985	42 (2A)	1977	72 (3A)
1990	50 (I)	1998	54 (II)
1992	53 (II)	2000	36
1993	44 (I)	2001	51
1996	41 (I)		

#### NCS Individual Champions

Varsity Boys		JV - Fr./So. Boys	
Yr	Name	Yr	Name
1972	Steve Ricker	1982	Jason Schraubberg (F/S)
1985	Paul Cummings	1984	Paul Audiss
1983	David Toomey	1985	Derek Powell
2006	Blake McDowell	1985	Randall Watkins (F/S)
		1986	Jeff Fletcher
		1987	Barry Howell
		1988	Dean Crane
		1989	Kevin Boone
		1990	Jason Selby
		1991	Scott Stey
		1994	Kevin Funk
		1998	David Britt
		2000	Matt Fitch

Practices	Meets
Berg	Berg
Gallagher	Corley
Corley	Gallagher
Martindill	Goldfield
Nacouzi	Kiani
Zanetti	Maekle
Coombs	Martindill
Connell	Nacouzi
Kiani	Boyd
Breazeale	Breazeale
Boyd	Connell
Goldfield	Coombs
Pearson	Kremer
Zarate	Pearson
Hyland	Coughlin
Maekle	Hyland
Ott	Kerns
Coughlin	McManus
Vivio	Ott
Kremer	Zarate
McManus	Brott
Kerns	Rowden
Wyatt	Vivio
Rowden	Wyatt
Carver	Zanetti
Reinik	Carver
Brott	Lourme
Horton	Warren
Love	Reinik
Lourme	Alley
Prince	Hall
Warren	Love
Alley	Prince
Klatt	Klatt
Hall	Alvarado
Alvarado	Horton

Cross Country Season Miles	Cross Country Career Miles
Berg	343.8
Gallagher	340.8
Corley	326.8
Martindill	306.3
Nacouzi	297.5
Zanetti	266.4
Coombs	263.1
Connell	250.6
Kiani	215.7
Breazeale	208.8
Boyd	158.1
Goldfield	140.2
Pearson	134.3
Zarate	118.7
Hyland	118.7
Maekle	118.7
Ott	118.7
Kerns	118.7
McManus	118.7
Ott	118.7
Zarate	118.7
Brott	118.7
Rowden	118.7
Vivio	118.7
Wyatt	118.7
Carver	118.7
Reinik	118.7
Brott	118.7
Horton	118.7
Love	118.7
Lourme	118.7
Prince	118.7
Alley	118.7
Klatt	118.7
Hall	118.7
Alvarado	118.7

Cross Country Season Miles	Cross Country Career Miles
Berg	984.9
Gallagher	706.9
Corley	660.9
Martindill	629.3
Nacouzi	616.3
Zanetti	473.0
Coombs	407.3
Connell	401.3
Kiani	344.2
Breazeale	326.8
Boyd	297.5
Goldfield	215.7
Pearson	118.7
Zarate	118.7
Hyland	118.7
Maekle	118.7
Ott	118.7
Kerns	118.7
McManus	118.7
Ott	118.7
Zarate	118.7
Brott	118.7
Rowden	118.7
Vivio	118.7
Wyatt	118.7
Carver	118.7
Reinik	118.7
Brott	118.7
Horton	118.7
Love	118.7
Lourme	118.7
Prince	118.7
Alley	118.7
Klatt	118.7
Hall	118.7
Alvarado	118.7

Single Season Practice Mileage Records		
Nick Millar	463.8	'99
Regan Masi	462.5	'99
Justin Morgan	456.2	'98
David Toomey	440.9	'93
Charles Proctor	412.6	'01
Sara Bei	462.0	'98
Sarah Bashel	432.4	'98
Jen Martindill	414.5	'05
Karin Dove	367.1	'04
Sarah McClendon	361.7	'91

Cross Country Season Miles	Cross Country Career Miles
Berg	986.1
Gallagher	984.9
Corley	706.9
Martindill	660.9
Nacouzi	629.3
Zanetti	616.3
Coombs	473.0
Connell	407.3
Kiani	401.3
Breazeale	344.2
Boyd	326.8
Goldfield	297.5
Pearson	215.7
Zarate	118.7
Hyland	118.7
Maekle	118.7
Ott	118.7
Kerns	118.7
McManus	118.7
Ott	118.7
Zarate	118.7
Brott	118.7
Rowden	118.7
Vivio	118.7
Wyatt	118.7
Carver	118.7
Reinik	118.7
Brott	118.7
Horton	118.7
Love	118.7
Lourme	118.7
Prince	118.7
Alley	118.7
Klatt	118.7
Hall	118.7
Alvarado	118.7

Cross Country Season Miles	Cross Country Career Miles
Berg	986.1
Gallagher	984.9
Corley	706.9
Martindill	660.9
Nacouzi	629.3
Zanetti	616.3
Coombs	473.0
Connell	407.3
Kiani	401.3
Breazeale	344.2
Boyd	326.8
Goldfield	297.5
Pearson	215.7
Zarate	118.7
Hyland	118.7
Maekle	118.7
Ott	118.7
Kerns	118.7
McManus	118.7
Ott	118.7
Zarate	118.7
Brott	118.7
Rowden	118.7
Vivio	118.7
Wyatt	118.7
Carver	118.7
Reinik	118.7
Brott	118.7
Horton	118.7
Love	118.7
Lourme	118.7
Prince	118.7
Alley	118.7
Klatt	118.7
Hall	118.7
Alvarado	118.7

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 Jon Martindill, '08	1359.2
6 Jeremy Cutcher, '07	1339.9
7 Alex Conley, '05	1328.6
8 Andrew Gallagher, '03	1323.5
9 Nick Millar, '01	1314.9
10 Matt Fitch, '04	1307.3
11 Quin Coughlin, '08	1281.5
12 Jason Deselle, '98	1250.6
13 Blake McDowall, '07	1235.2
14 K.C. Cody, '04	1214.7
15 Regan Masi, '03	1205.7
16 Greg Funk, '99	1194.0
17 Tom Ott, '08	1169.7
18 David Toomey, '94	1112.3
19 John Staroba, '97	1078.0
20 David Dranow, '02	1021.8
21 Greg Deselle, '03	1012.4
22 Charles Proctor, '02	989.7
23 Travis Phelps, '98	977.6
24 Zander Fung, '07	975.3
25 Jeff Godfrey, '91	926.1

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 Fagett, '01	347.9
12 Corley, '08	343.2
13 Currie, '98	341.3
14 Martindill, '08	339.8
15 Kiani, '10	336.0
16 Cutcher, '07	335.0
17 Conley, '05	332.0
18 Proctor, '02	329.9
19 A. Gallagher, '03	329.6
20 Fitch, M, '04	326.8
21 M. Zanetti, '10	326.5
22 Britt, '01	325.0
23 McCullough, '10	320.5
24 Coughlin, '08	320.4
25 Deselle, '98	312.7

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 Karin Dove, '07	1213.6
7 Elisa Pedersen, '02	1198.1
8 Sara Bashel, '01	1162.8
9 April Makvino, '99	1105.2
10 Joy Terribilini, '02	1104.1
11 Molly McManus, '05	1080.8
12 Allie Oser, '07	1051.6
13 Maggie McManus, '08	984.9
14 Celeste Berg, '09	984.9
15 Marissa Walsh, '05	915.5
16 Amy Bei, '99	911.5
17 Ashley Gnosse, '05	905.9
18 Barbara Hall, '03	903.0
19 Sarah McClendon, '93	885.6
20 Elizabeth Proctor, '05	875.8
21 Anne-Elise Krug, '06	849.7
22 Lauren Zanetti, '07	849.7
23 Diana Rancourt, '98	846.9
24 Michelle Zanetti, '07	838.1
25 Amy Jordan, '92	835.1

Girls	
1 Martindill, '06	336.9
2 Conley, K, '04	333.3
3 Blake, '05	332.4
4 Gallagher, '10	330.5
5 Berg, '09	328.3
6 Nacouzi, '11	326.8
7 S. Bei, '01	318.5
8 Hendricks, '04	318.1
9 Conley, E, '05	315.2
10 Connell, '10	308.2
11 Sweaney, '04	307.8
12 McAdler, '04	306.5
13 Walsh, '05	305.2
14 Dove, '07	303.4
15 Pedersen, '02	299.5
16 Handel, '03	297.8
17 Boyd, '10	297.5
18 McClendon, '93	295.2
19 Bashel, '01	290.7
20 Ruffatto, '07	285.2
21 Krug, '06	283.2
22 L. Zanetti, '07	283.2
23 Trask, '09	281.6
24 M. Zanetti, '07	279.4
25 Jordan, '92	278.4

# 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	1:37:21	2007	Berg, Connell, Nacouzi, Gallagher, Boyd
8	1:38:12	1997	S. Bei, Basher, Rancourt, Haile, Malvino
9	1:39:18	2006	Berg, Gallagher, Connell, Dove, Oser
10	1:41:18	2004	E. Conley, Blake, Walsh, Dove, Mo. McManus
11	1:42:43	1995	Rancourt, Haile, Vion, Cushing, McRae
12	1:42:58	1991	Gay, Wiesner, Jordan, Duncan, McClendon
13	1:43:11	1994	Richardson, Lodin, Reichmuth, Haile, Colin
14	1:44:27	2005	Martindill, Berg, Oser, Wahl, Wyatt
15	1:45:38	1996	Rancourt, Haile, Pacheco, Finch, Malvino
16	1:46:00	1992	Richardson, McClendon, Duncan, Chaffin, Zbinden
17	1:50:09	1990	Duncan, McClendon, Gay, Jordan, Blackwell
18	1:51:44	1993	Richardson, Reichmuth, Chaffin, Cushing, Scott
19	1:51:48	1988	Mayes, Scott, Montague, Zelenak, Preston
20	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	1:20:41	2006	McDowall, Coughlin, Cutcher, Kiani, Maekele
4	1:21:22	2002	M. Fitch, Cody, Masi, Conley, Gallagher
5	1:21:55	1991	Lopes, Haluzak, Sanborn, Selby, Hinkle
6	1:22:15	1993	Toomey, Story, R. Lew, Toli Au, Higgins
7	1:22:30	1996	K. Funk, Staroba, DeSelle, Finlay, G. Funk
8	1:22:45	1999	Masi, Z. Fitch, Millar, Fagent, J. Fitch
9	1:23:06	1989	Intner, Jf. Godfrey, Keith, O'Neill, Fitzwater
10	1:23:16	1995	DeSelle, K. Funk, Staroba, Currie, Finlay
11	1:23:17	2001	M. Fitch, Gallagher, Cody, Proctor, Fung
12	1:23:21	1998	G. Funk, Z. Fitch, J. Fitch, Escobedo, Millar
13	1:23:22	2007	Coughlin, Kiani, Martindill, Cortey, Maekele
14	1:23:36	1990	Jf. Godfrey, Lopes, Haluzak, Sanborn, Grafe
15	1:23:45	1997	DeSelle, G. Funk, Currie, Escobedo, Z. Fitch
16	1:24:03	1988	Lewis, Keith, Downing, Stevenson, Intner
17	1:24:34	2003	M. Fitch, Cody, Conley, McDowall, Cutcher
18	1:24:37	2005	Cutcher, Coughlin, McDowall, Martindill, Main
19	1:25:11	2004	Conley, McDowall, Cutcher, Hall, Perry
20	1:26:33	1994	Staroba, Finlay, Finch, DeSelle, T. Buonaccorsi

### Junior Varsity Girls

	Time	Year	Top Five Runners
1	1:43:51	2002	Gross, McManus, Richardson, Mills, Hall
2	1:46:19	2001	Gross, McManus, Proctor, Hall, Thomas
3	1:50:27	2003	Dove, Ashley Gross, Alex Gross, Proctor, Krug
4	1:53:13	1995	Glidden, Finch, Mackie, Malvino, Bernard
5	1:54:15	2006	McManus, Wahl, Kremer, Klatt, Alley
6	1:56:41	2005	Dove, Wei, Davey, M. Zanetti, Alley
7	1:57:28	2004	Tunzi, Wahl, Proctor, Oser, Ma. McManus
8	1:58:00	1994	Rancourt, Finch, Mackie, M. Scott, Viall
9	2:02:17	1996	Mackie, L. Thomas, McCon, Perry, A. Bei
10	2:05:23	2007	Wyatt, McKee, Warren, Hall, Danielick

### 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	1:28:54	2007	Reinik, Rowden, Zanetti, Breazeale, Hyland
5	1:29:01	1990	Selby, Bisbee, Hunt, J. Waldow, Parsons
6	1:29:23	2000	M. Fitch, Cody, J. Mills, Proctor, McRae
7	1:29:55	1994	K. Funk, Currie, Erickson, Jackman, Strickland
8	1:30:00	1992	R. Lew, Greenberg, Higgins, Votruba, Rangel
9	1:30:11	2006	Martindill, Wolff, Breazeale, Carver, Love
10	1:32:38	1999	Gallagher, Carlsen, J. Mills, McRae, Proctor
11	1:33:15	1993	T. Buonaccorsi, Martinez, Carvalho, Strickland, Widener
12	1:33:52	1998	Britt, Band, Minkoff, Schlereth, Cho
13	1:34:24	1996	B. Buonaccorsi, Davis, Koch, Phelps, Chapin
14	1:34:27	1997	G. Mills, Willison, J. Fitch, Band, Metzler
15	1:34:33	2001	Mills, Walsh, Wright, Bailey, Flaherty-Laub
16	1:35:39	1995	G. Funk, B. Buonaccorsi, Phelps, Chapin, Larsen
17	1:37:42	2002	Wright, DeSelle, Walsh, Flaherty-Laub, L. Hall
18	1:38:14	2005	Alley, Wolff, Lemanski, Love, Brott
19	1:41:09	2004	Martindill, Potter, Fritz, Murphy, Wolff
20	1:41:55	2003	McDowall, 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, Basher, 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, Basher, English
9	40:36	2004 E. Conley, Walsh, Mo. McManus
10	40:55	2007 Berg, Pearson, McManus
11	41:10	1995 Reichmuth, Cushing, Vion
12	41:43	2005 Martindill, Krug, Wahl
13	42:40	1997 Haile, A.Bei, McCon
14	42:51	1987 Fischer, Mayes, Parker
15	43:19	1988 Mayes, Mayo, Montague
16	43:35	2006 Dove, Oser, Wahl
17	43:41	1992 McClendon, Duncan, Zbinden
18	45:10	1990 Gay, Jordan, Blackwell
19	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, Basher, Malvino, Pedersen, Terribilini
4	1:03:42	2000 Terribilini, K. Conley, Basher, Sweaney, Pedersen
5	1:05:33	2003 K. Conley, Sweaney, Walsh, McAder, Blake
6	1:06:23	2007 Berg, Nacouzi, Connell, Gallagher, Pearson
7	1:06:24	1999 S.Bei, Basher, Pedersen, Terribilini, Hall
8	1:07:17	1994 Richardson, Lodin, Reichmuth, Colin, Rancourt
9	1:07:38	2006 Berg, Connell, Gallagher, Dove, Pearson
10	1:08:00	1991 Gay, Wiesner, Duncan, McClendon, Jordan
11	1:08:30	1995 Rancourt, Reichmuth, Cushing, Vion, McRae
12	1:09:06	2004 E. Conley, Walsh, Dove, Mo. McManus, Krug
13	1:09:07	1997 S.Bei, Haile, A.Bei, McCon, Malvino
14	1:09:48	2005 Martindill, Berg, Krug, Trask, Wahl
15	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
16	1:10:32	1996 Haile, Rancourt, Pacheco, Finch, Malvino
17	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
18	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
19	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
20	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	33:06	2006 McDowall, Cutcher, Wolff
7	33:06	2007 Corley, Martindill, Coughlin
8	33:11	1990 Jf.Godfrey, Grafe, Felice
9	33:32	1991 Lopes, Haluzak, Clarke
10	33:34	2002 Gallagher, Masi, Mills
11	33:48	1997 DeSelle, Currie, B.Buonaccorsi
12	34:08	1988 Lewis, Downing, R.Contos
13	34:16	2003 Cody, Fitch, Bailey
14	34:25	1998 G.Funk, Escobedo, Koch
15	34:54	2001 Proctor, Fung, Fryer
16	35:29	1994 Finch, Catalano, Erickson
17	39:33	2004 A. Conley, Murphy, Lehman
18	42:23	1999 Carlsen, Ferrel, B.Mills

### Frosh/Soph Girls

Time	Year	Top Three Runners
1	36:27	1998 S.Bei, Basher, Pedersen
2	36:51	2001 K.Conley, Sweaney, Blake
3	38:06	2002 Walsh, E. Conley, Ash. Gness
4	39:15	2006 Berg, Connell, Gallagher
5	39:19	2000 K. Conley, Sweaney, Hall
6	39:49	2007 Nacouzi, Connell, Gallagher
7	40:15	1999 Pedersen, Terribilini, Hall
8	41:44	1994 Lodin, Rancourt, Glidden
9	41:49	1995 Rancourt, McRae, Allard
10	43:44	2005 Berg, Trask, McManus
11	44:05	2004 Dove, Alex Gness, Hall
12	46:10	2003 Dove, Alex Gness, Oser
13	46:47	1993 Reichmuth, Cushing, M.Scott
14	48:29	1988 Blackwell, Zelenak, J.Scott

### Frosh/Soph Boys

Time	Year	Top Three Runners
1	32:47	2000 Masi, Gallagher, M.Fitch
2	33:02	2007 Kiani, Maekele, Goldfield
3	33:13	1998 Z.Fitch, J.Fitch, Fung
4	33:42	1994 K.Funk, Finlay, Staroba
4	33:54	1995 DeSelle, Currie, Waters
6	33:54	2004 McDowall, Cutcher, Perry
7	34:01	1991 R.Lew, Story, Flanagan
8	34:07	1999 Masi, Fung, Minkoff
9	34:19	2006 Kiani, Maekele, Breazeale
10	35:10	1988 Jf.Godfrey, O'Neill, Hunt
11	35:20	2001 Cody, A. Conley, Bailey
12	35:35	1997 Z.Fitch, Jordan, Willson
13	35:50	1993 Toli Au, Todd Au, Strickland
14	35:51	2005 Coughlin, Martindill, Main
15	36:06	2003 McDowall, Cutcher, Basher
16	36:30	1990 Selby, Sanborn, Bisbee
17	37:30	1996 G.Funk, Davis, Koch
18	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	35:11	2006 Coughlin, Martindill, Corley
14	36:14	2007 Breazeale, Brott, Hyland
15	37:24	1997 G.Funk, Escobedo, Koch
16	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	54:41	2006 McDowall, Cutcher, Kiani, Coughlin, Maekele
9	54:45	1996 K.Funk, DeSelle, Staroba, Finlay, Currie
10	54:49	2007 Kiani, Corley, Martindill, Maekele, Coughlin
11	54:50	1995 DeSelle, K.Funk, Staroba, Finlay, Currie
12	55:30	2003 Cody, Fitch, Conley, McDowall, Cutcher
13	55:31	1998 Z.Fitch, J.Fitch, G.Funk, Escobedo, Fung
14	55:42	1997 DeSelle, G.Funk, Currie, Escobedo, Z.Fitch
15	55:54	2004 A. Conley, McDowall, Cutcher, Hall, Perry
15	56:05	1990 Jf.Godfrey, Lopes, Grafe, Haluzak, Jorgensen
17	56:19	2001 Cody, Gallagher, Proctor, Fung, Fryer
18	56:19	1988 Lewis, Stevenson, Jf.Godfrey, Keith, Downing
19	56:37	1994 K.Funk, Finlay, DeSelle, Staroba, Finch
20	57:54	2005 McDowall, Cutcher, Coughlin, Martindill, Main







**Panther Premier Invitational**  
**August 31 at Spring Lake**  
**Course: 3.05 (V) 2.1 (JV), rolling hills**

	<u>Girls V</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	11 V	20:20	6:40
2	Nacouzi	18 V	21:17	6:59
3	Connell	20 V	21:31	7:03
4	Gallagher	22 V	21:37	7:05
5	Pearson	37 V	23:02	7:33
6	McManus	39 V	23:25	7:41
7	Wyatt	40 V	23:26	7:41
8	Kremer	41 V	23:30	7:42

**Varsity Girls Team** (out of 6)  
 1. Carrillo 43, 2. Santa Rosa 54,  
 3. Casa Grande 62, 4. MHS 98, 5. Petaluma 135.

	<u>Girls JV</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Boyd	6 JV	16:15	7:44
2	Alley	26 JV	18:00	8:34
3	Klatt	40 JV	19:10	9:08

**Junior Varsity Girls Team** (out of 5)  
 1. Carrillo 45, 2. Ursuline 57, 3. Santa Rosa 58,  
 4. Justin Sienna 97, 5. Casa Grande 109.

	<u>Boys V</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	12 V	16:57	5:33
2	Corley	18 V	17:31	5:45
3	Martindill	21 V	17:35	5:46
4	Coughlin	22 V	17:43	5:49
5	Maekele	26 V	18:10	5:57
6	Goldfield	34 V	18:28	6:03
7	Zanetti	40 V	18:45	6:09
8	Breazeale	45 V	18:57	6:13
9	Ott	56 V	19:43	6:28
10	Rowden	57 V	19:45	6:29
11	Vivio	60 V	19:48	6:30
12	Hyland	61 V	20:00	6:33

**Varsity Boys Team** (out of 22)  
 1. Petaluma 24, 2. Carrillo 66,  
 3. Santa Rosa 77, 4. MHS 99, 5. Healdsburg 146.

	<u>Boys JV</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Zarate	18 JV	13:38	6:30
2	Carver	19 JV	13:40	6:30
3	Brott	27 JV	14:09	6:44
4	Coombs	34 JV	14:21	6:50
5	Lum	42 JV	14:33	6:56
6	Harris	91 JV	17:09	8:10
7	Prince	109 JV	21:36	10:17

**Junior Varsity Boys Team** (out of 11)  
 1. Petaluma 23, 2. Newman 68,  
 3. Carrillo 80, 4. Santa Rosa 125, 5. MHS 136

Construction at the Ranch provides an early and very warm welcome to the Spring Lake course. Junior Varsity runners face large fields on a modified short course, and newcomers Boyd and Zarate lead their respective teams. Pack running keeps most of the Varsity Boys under control through 2 miles, while the reins snap on Kiani's leash: his sub 17 effort is good for 16th MHS AT Soph performance. Martindill demonstrates the benefits of summer training, logging the team's only PR for the day, even after crushing an interval workout 2 days prior. Nacouzi proves herself a future force to be reckoned with, as her first time on the course puts her on the all time Freshman list. The state-ranked boys from P-town run circles around the rest of the field, while Carrillo and Santa Rosa prove their ready to compete for NBL honors for both boys and girls.

**Ed Sias Invitational**  
**September 8 at Hidden Valley Park, Martinez**  
**Course: 2.0 miles, hilly.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	24 V	13:22	6:41
2	Nacouzi	25 V	13:22	6:41
3	Gallagher	38 V	13:58	6:59
4	Connell	43 V	14:07	7:04
5	Pearson	72 V	14:58	7:29
6	Boyd	27 JV	15:26	7:43
7	McKee	68 JV	16:42	8:21
8	Alley	87 JV	17:20	8:40
9	Warren	96 JV	17:44	8:52
10	Kerns	123 JV	21:56	10:58

**Varsity Girls Team** (out of 18)  
 1. Carondelet 42, 2. Castro Valley 68,  
 3. St. Francis 85, ... 6. MHS 193.

**Junior Varsity Girls Team** (out of 18)  
 1. St. Francis 43, 2. Clayton Valley 89,  
 3. Carondelet 106, ... 15. MHS 357.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	2 FS	10:47	5:23
2	Corley	31 V	11:08	5:34
3	Maekele	7 FS	11:15	5:38
4	Martindill	53 V	11:24	5:42
5	Goldfield	12 FS	11:34	5:47
6	Zanetti	29 FS	11:53	5:57
7	Rowden	39 FS	12:08	6:04
8	Breazeale	102 V	12:20	6:10
9	Zarate	104 V	12:22	6:11
10	Brott	109 V	12:29	6:14
11	Hyland	113 V	12:39	6:19
12	Ott	126 V	13:10	6:35
13	Coombs	88 FS	13:21	6:41
14	Prince	168 FS	17:13	8:37

**Varsity Boys Team** (out of 20)  
 1. Skyline 53, 2. Monte Vista 122,  
 3. Amador Valley 127, ... 16. MHS 382.

**Frosh/Soph Boys Team** (out of 21)  
 1. De La Salle 81, 2. MHS 86,  
 3. College Park 113, 4. Albany 154.

New bridges allow racing to return to the old course, and several Vikings are over a minute faster than they were in Martinez last season. Nacouzi closes the gap to Berg while posting the 2nd fastest Freshman time of the meet. The Varsity Girls lose the tie-breaker for 5th in a very respectable team performance against defending state champ Carondelet. Corley leads the Varsity Boys squad with a time nearly 2 minutes faster than last season. Martindill is only a few seconds back after arguably his hardest training week to date. The Frosh/Soph team does one better than 2006, just missing out on the title by 5 points. Kiani misses individual glory by a mere 4 seconds, while Goldfield's 12th makes him the fastest overall Freshman. Clutch performances by Zanetti and Rowden land all 5 underclassmen in the team's top 7.

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

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	4 JS	12:24	6:12
2	Nacouzi	8 FS	12:50	6:25
3	Connell	19 FS	13:29	6:44
4	Gallagher	20 FS	13:30	6:45
5	Pearson	28 JS	14:10	7:05
6	McManus	33 JS	14:21	7:10
7	Boyd	36 FS	14:29	7:14
8	Kremer	43 JS	15:00	7:30
9	McKee	12 O	15:11	7:35
10	Klatt	19 O	15:56	7:58
11	Alley	21 O	16:00	8:00
12	Wyatt	74 O	16:27	8:13
13	Kerns	59 O	19:43	9:51

**Junior/Senior Girls Team** (out of 19)  
 1. Carrillo 16, 2. Santa Rosa 22,  
 3. Castro Valley 50, 4. Liberty 52, 5. MHS 54.

**Frosh/Soph Girls Team** (out of 16)  
 1. Castro Valley 13, 2. Casa Grande 19,  
 3. Santa Rosa 33, 4. Carrillo 42, 5. MHS 43.

**Open Girls Team** (out of 7)  
 1. Carrillo 16, 2. Santa Rosa 18,  
 3. Castro Valley 19, 4. MHS 43.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	3 FS	10:41	5:21
2	Corley	17 S	10:57	5:28
3	Martindill	19 S	11:00	5:30
4	Maekele	8 FS	11:02	5:31
5	Coughlin	21 S	11:09	5:35
6	Goldfield	12 FS	11:19	5:39
7	Breazeale	23 J	11:43	5:51
8	Rowden	31 FS	11:56	5:58
9	Zanetti	36 FS	12:00	6:00
10	Brott	38 J	12:15	6:07
11	Hyland	39 J	12:16	6:08
12	Vivio	8 O	12:25	6:12
13	Ott	44 S	12:29	6:14
14	Carver	10 O	12:31	6:16
15	Love	11 O	12:44	6:22
16	Coombs	17 O	12:45	6:22
17	Lum	19 O	12:55	6:28
18	Hagstrom	24 O	13:11	6:35
19	Lourme	28 O	13:17	6:38
20	Aharado	78 O	15:18	7:39
21	Prince	100 O	16:40	8:20

**Senior Boys Team** (out of 13)  
 1. Antioch 18, 2. Castro Valley 21,  
 3. Liberty 29, 4. MHS 39, 5. Santa Rosa 54.

**Junior Boys Team** (out of 17)  
 1. Santa Rosa 23, 2. Liberty 25,  
 3. Vintage 31, ..., 10. MHS 94.

**Frosh/Soph Boys Team** (out of 23)  
 1. MHS 20, 2. Castro Valley 28,  
 3. Carrillo 35, 4. El Molino 36, 5. Santa Rosa 54.

**Open Boys Team** (out of 13)  
 1. Carrillo 12, 2. Castro Valley 25,  
 3. MHS 31, 4. Santa Rosa 39.

Grade level competition plays into the hands of the Vikings as the team scores six top-5 team placings out of the 40 teams that converge at Spring Lake. Frosh/Soph boys make it two years in a row, this time edging out a division 1 powerhouse for the win. Corley and Martindill shave 30s a piece from their 2006 marks, allowing a scant 12s gap between the scoring 3 seniors. Berg's and Nacouzi's times put them on the all time - all school record lists as they lead their respective teams to 5th place finishes. The frosh soph team is only a point away from Carrillo - a good sign for the future.

**NBL / SCL Interlock Meet #1**  
**September 19 at Maxwell Park, Sonoma**  
**Course: 2.75 miles, flat**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	3	17:29	6:21
2	Connell	4	17:53	6:30
3	Nacouzi	7	18:10	6:36
4	Gallagher	8	18:34	6:45
5	Boyd	13	19:51	7:13
6	Pearson	14	20:17	7:23
7	Wyatt	15	20:38	7:30
8	McKee	17	20:43	7:32
9	Kremer	18	20:59	7:38
10	Klatt	24	24:13	8:48
11	Alley	25	24:17	8:50
12	Kerns	29	28:29	10:21

**Varsity Girls Team**

1. Casa Grande 23, 2. MHS 35, 3. Sonoma 82.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	1 V	15:00	5:27
2	Corley	2 V	15:17	5:33
3	Martindill	3 V	15:17	5:33
4	Maekele	4 V	15:18	5:34
5	Coughlin	5 V	15:31	5:39
6	Goldfield	8 V	16:00	5:49
7	Breazeale	1 JV	16:50	6:07
8	Rowden	2 JV	16:52	6:08
9	Zarate	3 JV	16:55	6:09
10	Hyland	4 JV	16:58	6:10
11	Brott	7 JV	17:25	6:20
12	Vivio	8 JV	17:27	6:21
13	Love	9 JV	17:41	6:26
14	Carver	10 JV	17:41	6:26
15	Lourme	17 JV	18:26	6:42
16	Coombs	18 JV	18:27	6:43
17	Hagstrom	20 JV	18:43	6:48
18	Horton	23 JV	19:39	7:09
19	Alvarado	30 JV	22:03	8:01
20	Prince	31 JV	22:17	8:06

**Varsity Boys Team**

1. MHS 15, 2. Casa Grade 51, 3. Sonoma 62.

**JV Boys Team**

1. MHS 17, 2. Casa Grade 44, 3. Sonoma 85.

A new venue, cool conditions, and flat terrain lead to several fast efforts for the Vikings. Breazeale leads the JV squad to victory; Rowden, Zarate, and Hyland just steps behind. Due to an unorthodox combination of divisions, he finds himself pitted against Casa's top girls and narrowly misses the battle of the sexes win in the race's final moments. A year more of pacing experience helps Connell overtake Nacouzi for the first time this season after a conservative start. Kiani's effort is good for the course record, while Corley, Martindill, and Maekele also surpass the old mark.

**NBL / SCL Interlock Meet #2**  
**September 25 at Spring Lake**  
**Course: 3.05 miles, rolling hills**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	4 V	20:02	6:34
2	Connell	8 V	20:25	6:42
3	Nacouzi	9 V	20:30	6:43
4	Gallagher	14 V	21:17	6:59
5	Boyd	2 JV	22:24	7:21
6	Pearson	3 JV	22:25	7:21
7	Kremer	24 V	23:26	7:41
8	Wyatt	28 V	23:59	7:52
9	Klatt	12 JV	25:47	8:27
10	Warren	13 JV	26:28	8:41
11	Alley	21 JV	27:48	9:07
12	Kerns	28 JV	31:55	10:28

**Varsity Girls Team**

1. Carrillo 31, 2. Casa Grande 44,  
 3. MHS 56, 4. Analy 108, 5. Sonoma 108.

**JV Girls Team**

1. Carrillo 29, 2. MHS 50, 3. Analy 69,  
 4. Casa Grande 74.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	3 V	16:47	5:30
2	Martindill	6 V	17:06	5:36
3	Coughlin	8 V	17:17	5:40
4	Maekele	10 V	17:25	5:43
5	Corley	11 V	17:30	5:44
6	Goldfield	15 V	17:58	5:53
7	Reinik	1 JV	18:34	6:05
8	Hyland	2 JV	18:36	6:06
9	Zarate	26 V	18:45	6:09
10	Zanetti	27 V	18:45	6:09
11	Breazeale	29 V	18:54	6:12
12	Rowden	31 V	18:59	6:13
13	Vivio	8 JV	19:34	6:25
14	Ott	11 JV	19:48	6:30
15	Love	12 JV	20:00	6:33
16	Carver	14 JV	20:11	6:37
17	Brott	15 JV	20:15	6:38
18	Hagstrom	22 JV	21:12	6:57
19	Coombs	28 JV	21:41	7:07
20	Prince	62 JV	25:36	8:24
21	Alvarado	74 JV	28:08	9:13

**Varsity Boys Team**

1. Carrillo 23, 2. MHS 38, 3. Analy 113,  
 4. Casa Grande 114, 5. El Molino 114,  
 6. Sonoma 140.

**JV Boys Team**

1. Carrillo 30, 2. MHS 34, 3. Casa Grande 78  
 4. Analy 112, 5. El Molino 134.

The Vikings match up against the Dragons and Gauchos for the 2nd week in a row, this time adding Carrillo and Analy into the mix. Reinik's first ever race earns him the JV title, which he narrowly takes from his teammate Hyland. His debut effort also earns him Varsity status. Most Varsity Boys throw down impressive kicks that earn last second placings – helping narrow down the gap to Carrillo's 1st place team effort. Boyd takes an excursion into the JV ranks, and with a 2nd place finish returns to Varsity for the remainder of the season. Same applies for Pearson who finishes just a second later for 3rd. Solid early season times for the Varsity girls nearly half the scores of 4th and 5th place, yet still aren't enough to topple Carrillo and Casa.

**Stanford Invitational**  
**September 29 at Stanford Golf Course**  
**Course: 3.1 miles, undulating**

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	47 V	16:51	5:26
2	Corley	83 V	17:22	5:36
3	Martindill	90 V	17:24	5:37
4	Maekele	102 V	17:31	5:39
5	Coughlin	124 V	17:43	5:43
6	Goldfield	139 V	17:54	5:46
7	Breazeale	257 V	19:29	6:17

**Varsity Boys Team (out of 43)**

1. Galena 135, 2. De La Salle 143, ...  
 13. MHS 431, ..., 21. Santa Rosa 547.

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	24	19:57	6:26
2	Connell	42	20:19	6:33
3	Nacouzi	44	20:20	6:34
4	Gallagher	115	21:40	6:59
5	Pearson	182	22:45	7:20
6	McManus	194	23:12	7:29
7	Kremer	226	24:12	7:48

**Varsity Girls Team (out of 37)**

1 Woodcreek 131, 2. Cypress 148, ...  
 10. Santa Rosa 284, ..., 13. MHS 386.

A tough string of workouts leaves the team with heavier than desired legs going into the big event at the Farm, yet the Vikings still fare well against their NCS competition. Tight grouping amongst the boys top five is instrumental in besting Santa Rosa by 8 places. Although a couple seconds off her 2006 mark, Berg advances 7 places for the best individual placing for the team. Connell goes three for three over Nacouzi, but this time it's only by one second.

**Artichoke Invitational**  
**October 6 at Half Moon Bay HS**  
**Course: 2.3 miles, flat with 1 steep hill**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Nacouzi	12 V	15:11	6:36
2	Berg	13 V	15:11	6:36
3	Connell	21 V	15:39	6:48
4	Gallagher	22 V	15:57	6:56
5	Pearson	41 V	17:14	7:30
6	Boyd	43 V	17:22	7:33
7	McManus	48 V	18:51	8:12
8	Kerns	75 FS	22:35	9:49

**Varsity Girls Team** (out of 6)

1. Castro Valley 45, 2. Aptos 56, 3. Lynbrook 82,  
 4. MHS 89.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	7 V	12:42	5:31
2	Corley	9 V	12:45	5:33
3	Maekele	19 V	13:08	5:43
4	Martindill	20 V	13:09	5:43
5	Goldfield	6 FS	13:38	5:56
6	Zarate	37 V	14:00	6:05
7	Breazeale	39 V	14:08	6:09
8	Rowden	14 FS	14:14	6:11
9	Hagstrom	30 FS	14:52	6:28
10	Carver	38 FS	15:03	6:33
11	Coombs	70 FS	16:15	7:04

**Varsity Boys Team** (out of 8)

1. Grace Davis 33, 2. Castro Valley 52, 3. MHS 67.

**FS Boys Team** (out of 12)

1. Washington 57, 2. Lynbrook 69, 3. MHS 122.

**NBL Meet Versus Rancho & Newman/Ursuline**  
**October 10 at Cardinal Newman HS**  
**Course: 2.75 miles, flat**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	1	17:44	6:27
2	Nacouzi	3	17:51	6:29
3	Connell	2	17:56	6:31
4	Gallagher	4	18:34	6:45
5	Boyd	6	19:54	7:14
6	Kremer	9	20:22	7:24
7	McManus	11	20:50	7:35
8	McKee	12	21:29	7:49
9	Warren	17	22:44	8:16
10	Klatt	20	23:29	8:32
11	Hall	21	23:36	8:35

**Varsity Girls Team**

1. MHS 16, 2. Ursuline 41, Elsie Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	2	15:16	5:33
2	Corley	3	15:27	5:37
3	Maekele	4	15:28	5:37
4	Martindill	5	15:30	5:38
5	Coughlin	6	15:35	5:40
6	Goldfield	8	16:19	5:56
7	Reinik	9	16:19	5:56
8	Breazeale	10	16:21	5:57
9	Zarate	11	16:21	5:57
10	Hyland	13	16:34	6:01
11	Rowden	15	16:43	6:05
12	Love	17	17:17	6:17
13	Carver	19	17:24	6:20
14	Vivio	20	17:28	6:21
15	Ott	21	17:40	6:25
16	Brott	22	17:48	6:28
17	Lourme	26	18:36	6:46
18	Hagstrom	29	19:03	6:56
19	Coombs	30	19:14	7:00
20	Prince	42	21:46	7:55

**Varsity Boys Team**

1. MHS 20, 2. Newman 38, Elsie Inc.

Combined Varsity and JV races display the Viking's depth as the girls go 1 through 4 on their competition, while the boys put 10 into the top 13. Kiani attempts to set pace with league title contender Withers, but is forced to throttle back. Eleven seconds later, the rest of the scoring team pours in over a brief 8 seconds. Boyd uses her previous course experience to her highest overall placing of the season. Kremer also records her best placing, breaking into the top ten for the first time.

**NBL Meet Versus Santa Rosa**  
**October 17 at Spring Lake**  
**Course: 3.05 miles, rolling hills**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	1 V	18:47	6:10
2	Connell	3 V	19:29	6:23
3	Nacouzi	4 V	19:33	6:25
4	Gallagher	6 V	20:01	6:34
5	Boyd	11 V	21:27	7:02
6	Pearson	14 V	22:22	7:20
7	Kremer	15 V	22:26	7:21
8	McManus	16 V	22:34	7:24
9	Wyatt	5 JV	23:20	7:39
10	McKee	7 JV	23:33	7:43
11	Warren	13 JV	25:16	8:17
12	Hall	14 JV	25:17	8:17
13	Danielick	16 JV	28:27	9:20
14	Kerns	17 JV	30:50	10:07

**Varsity Girls Team**

1. MHS 25, 2. Santa Rosa 31.

**JV Girls Team**

1. Santa Rosa 16, 2. MHS 45.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	2 V	16:20	5:21
2	Corley	4 V	16:37	5:27
3	Martindill	5 V	16:37	5:27
4	Coughlin	6 V	16:39	5:28
5	Maekele	9 V	17:09	5:37
6	Reinik	10 V	17:17	5:40
7	Zarate	11 V	17:18	5:40
8	Goldfield	12 V	17:24	5:42
9	Breazeale	16 V	17:58	5:53
10	Rowden	1 JV	18:05	5:56
11	Hyland	17 V	18:06	5:56
12	Zanetti	2 JV	18:22	6:01
13	Love	5 JV	18:52	6:11
14	Vivio	6 JV	18:53	6:11
15	Carver	7 JV	18:54	6:12
16	Hagstrom	8 JV	19:02	6:14
17	Ott	10 JV	19:06	6:16
18	Brott	13 JV	20:11	6:37
19	Coombs	16 JV	20:38	6:46
20	Lourme	20 JV	21:12	6:57
21	Alvarado	26 JV	24:35	8:04
22	Prince	27 JV	25:44	8:26

**Varsity Boys Team**

1. MHS 26, 2. Santa Rosa 31.

**JV Boys Team**

1. MHS 21, 2. Santa Rosa 39.

Depth in the JV boys ranks provides a comfortable margin of victory over the Panthers, while the Varsity battles serve up nail-biters all the way to the finish. Vikings emerge victorious in both contests. Rosa's McLeod proves too fast for Kiani, but his time is good enough for #25 on the all time list. Once again, the boys owe their team triumph to their depth. Goldfield doesn't make the top 7 for the first time this season, yet still runs his best Spring Lake mark for 9th on the Freshman list. His team displacement is the result of minute plus improvements by Reinik and Zarate. Martindill goes sub 17 with conviction. Berg's commanding win takes her under 19 for the first time this season, while Connell and Nacouzi drag each other to impressive PRs. Boyd proves most pivotal in the outcome of the girl's race as she closes the gap to Gallagher, lopping off nearly a minute from her previous time in the process.

More construction on the Half Moon Bay campus means yet another course change – this time a narrow starting field forces small races. Both boys teams capture the final spot on the podium as Corley is a mere three seconds away from leading the team. Zarate confirms his Varsity status with a 6th place team – his best to date. Nacouzi ends Connell's streak in head to head competition, this time edging out Berg for team honors. Gallagher closes the gap to Connell, while Pearson makes the scoring 5 two weeks in a row.

**NBL Meet Versus Piner, Rancho Cotate**  
**October 24 at Foothill Regional Park, Windsor**  
**Course: 3.1 miles, mountainous**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	1 V	22:29	7:15
2	Nacouzi	2 V	22:37	7:18
3	Connell	3 V	22:50	7:22
4	Gallagher	4 V	23:22	7:32
5	Boyd	6 V	25:34	8:15
6	Kremer	7 V	26:30	8:33
7	Pearson	8 V	27:06	8:45
8	Wyatt	1 JV	28:33	9:13
9	McKee	2 JV	28:35	9:13
10	Warren	3 JV	30:21	9:47
11	Hall	4 JV	32:39	10:32
12	Danielick	5 JV	33:53	10:56
13	Kerns	6 JV	37:57	12:15

**Varsity Girls Team**

1. MHS 16, 2. Piner 47, Rancho Inc.

**JV Girls Team**

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

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Coughlin	1 V	19:12	6:12
2	Kiani	2 V	19:24	6:15
3	Corley	3 V	19:26	6:16
4	Martindill	4 V	19:27	6:16
5	Reinik	5 V	19:28	6:17
6	Maekele	6 V	19:29	6:17
7	Goldfield	8 V	20:02	6:28
8	Rowden	9 V	20:27	6:36
9	Breazeale	12 V	21:06	6:48
10	Hyland	1 JV	21:40	6:59
11	Carver	2 JV	21:55	7:04
12	Zanetti	3 JV	22:12	7:10
13	Vivio	4 JV	22:27	7:15
14	Brott	6 JV	23:02	7:26
15	Love	7 JV	23:13	7:29
16	Lourme	9 JV	23:52	7:42
17	Coombs	10 JV	25:21	8:11
18	Ott	11 JV	25:34	8:15
19	Avarado	17 JV	35:43	11:31

**Varsity Boys Team**

1. MHS 15, 2. Rancho 52, 3. Piner 80

**JV Boys Team**

1. MHS 16, 2. Rancho 46, Piner Inc.

Atypically warm weather and requests for hard efforts makes for a strenuous afternoon in Windsor. Nearly perfect team scores for the Vikings across the board, combined with some excellent pack running. Coughlin takes his first victory of the season, while the boys 2nd through 6th place runners finish over a mere 5 second spread. Martindill wins the true grit competition, squeezing every ounce of energy out of his legs. Although left dizzy and dehydrated, his effort shaves 2:16 off his previous course mark. Grouping within the girls ranks isn't as tight, largely due to the minute-plus PRs for the veterans of the course.

**NBL Meet Versus Ukiah, Maria Carrillo**  
**October 31 at Ukiah High School**  
**Course: 3.1 miles, rolling hills**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Connell	4 V	20:39	6:40
2	Nacouzi	7 V	21:00	6:46
3	Berg	10 V	21:45	7:01
4	Gallagher	11 V	21:48	7:02
5	Boyd	14 V	23:18	7:31
6	Kremer	17 V	24:58	8:03
7	Pearson	19 V	25:11	8:07
8	McManus	3 JV	25:51	8:20
9	Wyatt	5 JV	26:49	8:39
10	Half	10 JV	28:40	9:34
11	Kerns	11 JV	33:08	10:41

**Varsity Girls Team**

1. Carrillo 17, 2. MHS 45, 3. Ukiah 79.

**JV Girls Team**

1. Carrillo 15, 2. MHS Inc., Ukiah Inc.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Kiani	6 V	17:57	5:47
2	Corley	7 V	18:00	5:48
3	Maekele	10 V	18:22	5:55
4	Martindill	11 V	18:41	6:02
5	Coughlin	12 V	18:42	6:02
6	Goldfield	13 V	18:51	6:05
7	Zarate	14 V	18:52	6:05
8	Rowden	19 V	19:16	6:13
9	Zanetti	2 JV	19:43	6:22
10	Breazeale	23 V	20:04	6:28
11	Hyland	5 JV	20:07	6:29
12	Carver	6 JV	20:20	6:34
13	Brott	13 JV	21:14	6:51
14	Ott	14 JV	21:25	6:55
15	Lourme	15 JV	21:33	6:57
16	Coombs	16 JV	22:49	7:22

**Varsity Boys Team**

1. Carrillo 20, 2. MHS 45, 3. Ukiah 73.

**JV Boys Team**

1. Carrillo 24, 2. MHS 40, 3. Ukiah 75.

As was the case in 2006, the NBL's two undefeated teams face off in the season's final tri-meet. A course scouting trip the previous weekend is not enough this year as the Pumas run circles around the Vikings in all 4 divisions. Individually speaking, Zanetti runs an intelligent race -- starting conservatively and steadily moving up into striking distance of the lead with less than a mile to go. Connell isn't deterred as Berg fades mid race and assumes the team leader position for the first time this season, running a very respectable 4th overall.

**NBL Finals**  
**November 9 at Spring Lake**  
**Course: 3.05 miles, rolling hills**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	3 V	18:44	6:09
2	Nacouzi	5 V	18:51	6:11
3	Connell	6 V	18:51	6:11
4	Gallagher	13 V	19:43	6:28
5	Boyd	22 V	21:12	6:57
6	Kremer	24 V	21:37	7:05
7	Pearson	30 V	22:56	7:31
8	McManus	17 JV	23:03	7:33
9	Half	24 JV	24:09	7:55
10	Kerns	35 JV	28:13	9:15

**Varsity Girls Team**

1. Carrillo 23, 2. MHS 49, 3. Santa Rosa 65,  
 4. Ukiah 106, 5. Piner 156, 6. Rancho 167.

**JV Girls Team**

1. Carrillo 17, 2. Santa Rosa 45, 3. Ursuline 81.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Coughlin	11 V	16:34	5:26
2	Kiani	12 V	16:39	5:28
3	Martindill	13 V	16:40	5:28
4	Corley	14 V	16:47	5:30
5	Maekele	16 V	16:54	5:32
6	Zarate	22 V	17:22	5:42
7	Reinik	2 JV	17:23	5:42
8	Goldfield	23 V	17:28	5:44
9	Rowden	7 JV	17:45	5:49
10	Zanetti	8 JV	17:51	5:51
11	Breazeale	12 JV	17:56	5:53
12	Hyland	13 JV	17:59	5:54
13	Carver	19 JV	18:40	6:07
14	Ott	21 JV	18:43	6:08
15	Love	22 JV	18:46	6:09
16	Vivio	30 JV	19:31	6:24
17	Coombs	33 JV	19:37	6:26
18	Lourme	34 JV	19:37	6:26
19	Brott	35 JV	19:41	6:27

**Varsity Boys Team**

1. Carrillo 29, 2. Santa Rosa 59, 3. MHS 66,  
 4. Ukiah 107, 5. Newman 130, 6. Rancho 150,  
 7. Piner 201, 8. Elsie Aken 229.

**JV Boys Team**

1. Carrillo 30, 2. MHS 42, 3. Santa Rosa 52,  
 4. Ukiah 130, 5. Newman 140, 6. Rancho 161.

Excellent racing and spectating conditions greet all NBL teams on the season's final tour of the Spring Lake course. Sidelined on and off by injury in the late season, Reinik makes the most of his final race by finishing just 3 seconds shy of the JV title. Zanetti, Breazeale and Hyland dip under 18 as the boys place a solid second in between Carrillo and Santa Rosa. On a mission after the dual meet loss 3 weeks prior, Santa Rosa bests the Vikings at Spring Lake where each team meets again on home turf. Carrillo proves to be worthy league champions for the 5th time running, equaling the Viking streak in the mid 80's. Injured bodies, heavy legs, questionable pre-race nutrition and plague force slower than anticipated performances as the scoring 5 huddle close together for support. Their twenty second spacing and nearby sequential finishing order will prove vital a week later. The ladies back up their previous victory over Santa Rosa by putting extra distance between themselves and the Panthers. Berg, Nacouzi and Connell all set PRs, all dip under 19 minutes, and all make first team NBL. Even with Gallagher's solid 2nd team NBL performance and Boyd's fastest paced effort for the entire season (including her two mile races), the Pumas still run away with the league title. With all Vikings returning for next season, however, the tables have a chance of turning.

**North Coast Section Championships**

**November 17 at Hayward HS**

**Course: 3.0 miles, grass and low hills.**

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Berg	10	19:00	6:20
2	Nacouzi	16	19:27	6:29
3	Gallagher	29	20:11	6:43
4	Connell	33	20:19	6:46
5	Boyd	77	22:31	7:30
6	Pearson	81	23:04	7:41

**Division II Varsity Girls:**

**14 teams, 103 finishers**

1. Carondelet 34, 2. Livermore 64,  
 3. Casa Grande 100, 4. Irvington 123  
 5. Santa Rosa 137, 6. Washington 152,  
 7. MONTGOMERY 157, 8. American 245,  
 9. Ukiah 257, 10. Alameda 265,  
 11. Clayton Valley 281, 12. Mission San Jose 292,  
 13. Hayward 432, 14. Tennyson 437.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Corley	16	16:27	5:29
2	Coughlin	21	16:34	5:31
3	Kiani	22	16:35	5:31
4	Martindill	23	16:37	5:32
5	Maekele	29	16:49	5:36
6	Goldfield	48	17:25	5:48
7	Zarate	80	18:11	6:03

**Division II Varsity Boys:**

**17 teams, 119 finishers**

1. Petaluma 29, 2. De La Salle 46,  
 3. MONTGOMERY 111, 4. Washington 114,  
 5. Santa Rosa 177, 6. Alameda,  
 7. Ukiah 216, 8. American 218, 9. Hayward 229,  
 10. Livermore 278, 11. Clayton Valley 290,  
 12. Casa Grande 292, 13. Irvington 310,  
 14. Mission San Jose 331, 15. Heritage 433,  
 16. Richmond 463, 17. Tennyson 532.

**King Of the Hill**

		<u>Clock Time</u>	<u>Handicap</u>	<u>Scratch Time</u>
1	Zarate	24:52	7:26	17:26
2	Brazaeale	24:53	7:24	17:29
3	Carver	24:53	6:29	18:24
4	Staroba	24:53	9:30	15:23
5	Rowden	24:55	7:21	17:34
6	Kiani	25:02	9:30	15:32
7	Pearson	25:09	3:57	21:12
8	Hyland	25:15	7:31	17:44
9	Goldfield	25:17	8:27	16:50
10	Reinik	25:17	7:43	17:34
11	Gallagher	25:19	5:13	20:06
12	Martindill	25:31	9:00	16:31
13	Hagstrom	25:36	5:30	20:06
14	Brott	25:42	6:47	18:55
15	Lourme	25:43	5:43	20:00
16	Zanetti	25:53	7:35	18:18
17	Coughlin	26:07	8:52	17:15
18	Boyd	26:11	3:44	22:27
19	Paul Berg	26:19	6:10	20:09
20	Corley	26:20	9:01	17:19
21	Coombs	26:21	5:51	20:30
22	Berg	26:24	6:31	19:53
23	Ott	26:31	6:23	20:08
24	Warren	26:47	1:04	25:43
25	Klatt	26:51	0:44	26:07
26	Nacouzi	27:25	6:05	21:20
27	McManus	27:33	3:49	23:44
28	Ailey	27:43	0:00	27:43
29	Danielik	29:54	0:51	29:03

The day of (season lengthening) reckoning convenes at the usual east bay location under fair skies. The girls toe the starting line first and play it wise and conservative – not an easy task when starting adjacent to state ranked #1 Carondelet. Berg demonstrates patience and course experience, moving steadily up throughout the race into a state qualifying position. Nacouzi just misses a trip to Fresno with her inaugural NCS performance, and as the division's first freshman, should be a threat for the seasons to come. Gallagher has a breakthrough season performance; just seconds off her freshman mark with Connell a few quick strides behind. Two prior weeks of less than stellar racing by the boys prompts a 5th place seed going into the section race. First time over the hump it's clear the tables are turned on cross town rival Santa Rosa, but it's way too close to call versus Washington. Second time over with only a quarter mile to go it looks like it's advantage Washington. The Vikings turn it on like never before and leave absolutely everything out on the course. Corley's first team pole position of the season couldn't be more clutch – even for someone known for timely performances last year. The effort reduces him to goo and despite trying very hard, doesn't leave him with anything to throw up afterwards. Coughlin leads Kiani and Martindill in for a lethal 2-3-4 punch, with Maekele only a few places back. The result is a mere 22 second spread from the Vikings 1st to 5th – by far the tightest NCS grouping ever by the team. The mantra that "every place counts" couldn't be more appropriate, as the boys qualify for the state meet by a scant 3 point margin.

# Montgomery Vikings at State Championships

5000 Meter (3.1-mile) Course at Fresno's Woodward Park

Boys	Time	Place	Div.	Class	Year
Mike Contos	16:00	29	I	Sr	'87
Blake McDowall	16:01	18	II	Sr	'06
Matt Fitch	16:02	31	I	Jr	'02
David Toomey	16:09	39	I	Sr	'93
David Toomey	16:19	35	II	Jr	'92
Josh Hinkle	16:20	37	II	Sr	'92
KC Cody	16:21	55	I	Jr	'02
Jason Selby	16:24	43	II	Sr	'92
Zac Fitch	16:30	50	II	Sr	'00
Tim Sanborn	16:32	53	II	Sr	'92
Kevin Funk	16:32	47	I	Sr	'96
Jon Fitch	16:34	56	II	Sr	'00
Blake McDowall	16:34	39	II	Jr	'05
Nick Millar	16:36	59	II	Sr	'00
Nat Lopes	16:36	48	II	Sr	'91
Zac Fitch	16:45	104	I	Jr	'99
Scott Story	16:47	81	I	Sr	'93
Andrew Gallagher	16:47	106	I	Sr	'02
Alex Conley	16:50	85	II	Sr	'04
Ryan Lew	16:53	87	I	Sr	'93
Nat Lopes	16:55	73	I	Jr	'90
Jeff Godfrey	16:56	74	I	Sr	'90
Drew Fagent	16:57	87	II	Sr	'00
Jerry Finlay	17:00	85	I	Sr	'96
Nate Bisbee	17:03	91	II	Sr	'92
Toli Au	17:06	100	I	So	'93
Regan Masi	17:11	142	I	Sr	'02
Andrew Gallagher	17:12	119	II	So	'00
John Staroba	17:17	109	I	Sr	'96
Greg Funk	17:17	110	I	So	'96
Quin Coughlin	17:21	125	II	So	'05
Jeremy Cutcher	17:21	127	II	Jr	'05
Josh Dorris	17:24	105	II	Jr	'92
Jason DeSelle	17:29	123	I	Jr	'96
Jason Selby	17:36	119	I	So	'90
Scott Story	17:37	114	II	Sr	'92
Jason Fung	17:38	144	II	Jr	'00
Jake Currie	17:39	132	I	Jr	'96
Matt Fitch	17:41	148	II	Fr	'00
Erik Haluzak	17:43	127	I	Jr	'90
Tim Sanborn	17:43	128	I	So	'90
Jacob Greenberg	17:44	129	I	Sr	'93
Jeremy Jackman	17:49	140	I	Sr	'96
Sven Jorgensen	17:59	135	I	Jr	'90
Nathan Higgins	18:07	140	I	Jr	'93
Todd Buonaccorsi	18:19	145	I	Jr	'93
Jon Martindill	18:43	176	II	So	'05
Jeff Mills	18:49	193	I	Sr	'02
Alex Conley	19:00	195	I	So	'02
Mike Grafe	19:04	148	I	Sr	'90
Tyler Main	19:13	182	II	Fr	'05
Michael Bailey	19:48	198	I	Jr	'02
Tom Ott	21:09	188	II	So	'05

Boys Team Time (Top 5 Runners)	Time	Year
Toomey, Hinkle, Selby, Sanborn, Dorris	1:22:38	'92
Z. Fitch, J. Fitch, Millar, Fagent, Gallagher	1:23:49	'00
Toomey, Story, Lew, Au, Greenberg	1:24:39	'93
M. Fitch, Cody, Gallagher, Masi, Mills	1:25:10	'02
K. Funk, Filay, Staroba, G. Funk, J. DeSelle	1:25:35	'96
Lopes, Godfrey, Selby, Haluzak, Sanborn	1:26:53	'90
McDowall, Coughlin, Cutcher, Martindill, M	1:29:12	'05

Girls	Time	Place	Div.	Class	Year
Sara Bei	17:13	1	II	Sr	'00
Sara Bei	17:22	1	III	So	'98
Sara Bei	17:25	1	II	Jr	'99
Kim Conley	17:53	6	II	Sr	'03
Sara Bei	18:11	1	III	Fr	'97
Kim Conley	18:23	9	II	Jr	'02
Kim Handel	18:31	14	II	Sr	'02
Sarah Bashel	18:38	14	II	Sr	'00
Sarah Bashel	18:46	8	III	So	'98
Kim Conley	18:46	4	II	So	'01
Elisa Pedersen	19:02	25	II	Jr	'00
Kim Conley	19:04	29	II	Fr	'00
Emma Conley	19:08	38	II	So	'02
Jennifer Martindill	19:13	31	II	Sr	'05
Emma Conley	19:24	21	II	Fr	'01
Pamela Richardson	19:25	17	II	So	'92
Pamela Richardson	19:26	23	I	Sr	'94
Joy Terribilini	19:32	55	II	Jr	'00
Celeste Berg	19:33	49	II	Fr	'05
Diana Rancourt	19:34	26	III	Sr	'97
Christy Sweaney	19:34	60	II	Jr	'02
Marissa Walsh	19:37	63	II	So	'02
Christy Sweaney	19:38	65	II	Fr	'00
Sarah Bashel	19:41	41	II	Jr	'99
Elisa Pedersen	19:48	38	II	Sr	'01
Kim Handel	19:57	45	II	Jr	'01
Diana Rancourt	20:02	59	II	Jr	'96
Pamela Richardson	20:16	65	I	Jr	'93
Sarah Bashel	20:17	48	III	Fr	'97
Celeste Berg	20:17	111	II	So	'06
Kate Blake	20:18	71	II	Fr	'01
Kate Blake	20:18	111	II	So	'02
Joy Terribilini	20:21	74	II	Sr	'01
Shewit Haile	20:22	73	II	Jr	'96
Shewit Haile	20:27	56	III	Sr	'97
Carina Hendricks	20:46	129	II	Jr	'02
Joy Terribilini	20:51	79	III	Fr	'98
Sarah Gallagher	20:51	144	II	Fr	'06
Christy Sweaney	20:52	104	II	So	'01
Amelia Thomas	21:01	150	II	Jr	'00
April Malvino	21:11	85	III	Sr	'98
Karin Dove	21:14	163	II	Sr	'06
Hunter Connell	21:20	167	II	Fr	'06
Elisa Pedersen	21:35	96	III	Fr	'98
Nicole Baker	21:37	172	II	Fr	'06
Allie Oser	21:52	175	II	Sr	'06
Amy Bei	22:00	105	III	Sr	'98
April Malvino	22:07	104	III	Jr	'97
Alisha McCon	22:08	105	III	Sr	'97
Amy Bei	22:35	113	III	Jr	'97
Megan Buser	23:26	116	III	So	'98
Katherine Wyatt	23:34	187	II	So	'06

Girls Team Time (Top 5 Runners)	Time	Year
S. Bei, Bashel, Pedersen, K. Conley, Terribilini	1:33:29	'00
K. Conley, Handel, E. Conley, Sweaney, Walsh	1:35:13	'02
K. Conley, E. Conley, Pedersen, Handel, Blake	1:38:13	'01
S. Bei, S. Bashel, Terribilini, Malvino, Pedersen	1:39:45	'98
S. Bei, Rancourt, Bashel, Haile, Malvino	1:40:36	'97
Berg, Gallagher, Dove, Connell, Baker	1:45:19	'06

