

	Carlmont	H.A.	St. Francis	Serra	H.M.B.	So. San Fran
5	12	11	4	2	8	6
7	17	13	16	32	9	20
10	18	23	28	38	25	40
15	21	30	42	39	55	44
24	27	46	50	43	61	77
15	95	111	140	154	158	187

PLACE	NAME	SCH	TIME	PLACE	NAME	SCH	TIME	PLACE	NAME	SCH	TIME
(1)	Matt Giusto	12	SM 14:56	30(B)	Jessie Munoz	12	Aug 16:36	59(B)	Jeff Becker	SF	17:19
(2)	Chris Becerra	12	M 15:01	31(B)	Audy Bullock	10	MA 16:37	60(B)	Jonny Easley	West	17:19
(3)	Rob Wickstrom	11	Se 15:22	32(B)	Stan Carroll	11	Wood 16:40	61(B)	Brian Holian	9	SI 17:26
(4)	Paul Chiodussi	12	Cap 15:28	33(B)	Tom Moore	12	Se 16:43	62(B)	Mike Han	12	West 17:35
(5)	Paul Leonard	11	SF 15:34	34(B)	Kevin Riordan	11	SI 16:44	63(B)	Mike Vogel	11	HMB 17:38
(6)	Shawn Ayers	12	Bed 15:36	35(B)	Tim Hardey	11	Cap 16:44	64(B)	Chas Schott	11	SF 17:40
(7)	Fernando Ramirez	12	SF 15:40	36(B)	Tim Larson	11	S.M. 16:45	65(B)	Tom Gray	12	SI 17:43
(8)	Sean O'Flaherty	11	Bed 15:42	37(B)	Mike Fave	12	West 16:48	66(B)	Robert Crundall	11	SM 17:44
(9)	Jim Thompson	11	HMB 15:45	38(B)	Steve Ramon	12	Bed 16:49	67(B)	Scott Hamilton	9	HMB 17:44
(10)	John Dye	12	HMB 15:48	39(B)	Jim Orecchia	12	Se 16:51	68(B)	Dave Backman	10	MA 17:51
(11)	Keith Allen	12	Bed 15:52	40(B)	Rob Caccera	12	Se 16:54	69(B)	Don Beck	12	Aug 17:58
(12)	Chris Banto	12	MA 15:54	41(B)	Jaurer Gurtola	11	SSA 16:57	70(B)	Scott Forbes	12	Cap 18:02
(13)	Mike Montazer	12	Carl 15:56	42(B)	Greg Violette	12	Aug 16:58	71(B)	Mark Otani	10	S.M. 18:03
(14)	Aaron Lopez	10	MA 15:58	43(B)	Ralph Lewis	11	SF 16:58	72(B)	Rob Smithers	11	West 18:04
(15)	Eddie Paone	12	Bed 16:04	44(B)	Rob Rush	11	Se 16:59	73(B)	Louis Rodriguez	10	Jeff 18:06
(16)	Chris True	12	SF 16:09	45(B)	Juan Gonzalez	12	SSA 16:59	74(B)	Dave Biagini	11	Aug 18:07
(17)	Carl Armstrong	10	Carl 16:10	46(B)	Ken Ryerson	12	Cap 17:03	75(B)	Tom Jacobowsky	12	Wood 18:08
(18)	Blair Bullock	12	Carl 16:10	47(B)	Juan Hervera	12	MA 17:05	76(B)	Robert Yu	11	West 18:12
(19)	Luke Merriman	12	Jeff 16:13	48(B)	Jan Clares	11	SI 17:06	77(B)	Al Batorra	11	HMB 18:13
(20)	Loreto Gomez	12	SF 16:17	49(B)	Demis Payne	12	S.M. 17:08	78(B)	Stewart Kume	12	Carl 18:15
(21)	Tony Sangervasi	12	Carl 16:17	50(B)	Matt Gowen	12	Se 17:09	79(B)	Niel Fitzgerald	10	SF 18:21
(22)	Jay Conners	11	Aug 16:23	51(B)	Mike Hurstun	12	SF 17:11	80(B)	Lars Lee	11	Aug 18:24
(23)	Ben Valday	12	MA 16:27	52(B)	Erik Arvason	9	Carl 17:11	81(B)	Jeff Scatena	12	SSA 18:29
(24)	Dave Heine	11	Bed 16:28	53(B)	Tony Moley	12	SI 17:12	82(B)	Dean Payne	9	S.M. 18:30
(25)	Jake Niebaum	11	HMB 16:29	54(B)	Kevin Kimball	11	Se 17:13	83(B)	Edwin Jimenez	11	Jeff 18:31
(26)	Mod Mancini	12	Bed 16:34	55(B)	Jeff Lipscomb	11	S.M. 17:14	84(B)	Geas Martin	9	MA 18:32
(27)	Chris Piety	12	Carl 16:36	56(B)	Kieran O'Leary	12	SI 17:15	85(B)	Arno Perez	9	Wood 18:34
(28)	Joe Awender	12	SF 16:36	57(B)	Steve Pretre	11	HMB 17:17	86(B)	Greg Fred	11	Cap 18:38
(29)				58(B)	Miguel Sanchez	11	West 17:19	87(B)	Mark Harvel	11	Wood 18:57

MOON	Merlo Atherton	Terra Nova	San Mateo	Hills	Aragon	Burlington
4	9	2	13	8	11	3
7	10	6	19	14	18	5
12	16	27	23	26	31	39
15	21	33	29	34	32	48
17	24	35	30	37	36	49
5	80	103	114	119	128	144

CE NAME	SCH TIME	PLACE	NAME	SCH TIME	PLACE	NAME	SCH TIME
1) WEST/HAN	WEST 17.51	30(28)	THOMAS	CARL 21.28	59(49)	DIEPENBROEK	BUR 23.55
2) WILSON	T.N 18.40	31(29)	NOTTINGHAM	SM 21.33	60(50)	HAWTHORN	CARL 24.12
3) AGUIRRE	BUR 18.48	32(30)	SANATORN	SM 21.40	61(51)	WALLACE	CARL 24.33
4) FERREIRA	NMB 19.05	33(31)	LOVE	M/A 21.43	62(52)	VAN NEST	SN 24.50
5) HARTHAUB	BUR 19.17	34(31)	HEARN	ARA 21.54	63(53)	MATCHESCI	CARL 25.20
6) WILLIAMS	T.N 19.25	35(32)	SULLIVAN	ARA 21.54	64(54)	SECNODE	BUR 25.40
7) FAIGLE	NMB 19.55	36(33)	ANDERSON	TIN 21.58	65()		
8) KENDRIL	HILLS 19.57	37(34)	JACKSON	HILLS 22.00	66()		
9) HOLMES	M/A 19.57	38(35)	SUWANEAN	TIN 22.07	67()		
10) DEMARVEL	M/A 20.05	39(36)	KASKATI	ARA 22.07	68()		
11) AUISBACK	ARA 20.09	40(37)	SHAW	TIN 22.08	69()		
12) KING	NMB 20.13	41(37)	RHODES	HILLS 22.08	70()		
13) CARLSON	SM 20.16	42(38)	NAROLD	TIN 22.14	71()		
14) CHARCOTE	HILLS 20.31	43(39)	HAGGIN	WEST 22.18	72()		
15) SENDINO	NMB 20.40	44(39)	MILLER	SM 22.20	73()		
16) HORSTMAYER	M/A 20.41	45(39)	MCKENZIE	BUR 22.23	74()		
17) P. HARRISON	NMB 20.51	46(40)	ANDERSON	CARL 22.31	75()		
18) HARRISON (W)	NMB 20.55	47(40)	ACKERMAN	SM 22.36	76()		
19) BENNETT	ARA 20.57	48(41)	LOWNEY	SN 22.37	77()		
20) VILLAVICENCIO	SM 20.58	49(42)	BARCLAY	AR 22.41	78()		
21) BRUNGER	SN 21.01	50(43)	STOCK	WEST 22.46	79()		
22) WILLIAMS	M/A 21.03	51(44)	WACWARTH	WEST 22.56	80()		
23) FRANK	SN 21.04	52(45)	XOERES	HILLS 23.05	81()		
24) FRANCO	SM 21.10	53(46)	WILKINS	AR 23.08	82()		
25) HAGERBOECK	M/A 21.12	54(47)	KING	NMB 23.10	83()		
26) MARIANO	WEST 21.14	55(48)	BIANMORE	WEST 23.24	84()		
27) KRAS	HILLS 21.16	56(49)	ANDERSON	SN 23.29	85()		
28) TIBERT	TIN 21.19	57(50)	P.S	23.33	86()		
29) CRAZIE	M/A 21.25	58(51)	ORTNER	BUR 23.48	87()		

Winner Giusto learns lesson he hopes leads to a second CCS title

By Paul Salvoni
Times Tribune staff

BELMONT — Even in victory, San Mateo High School's Matt Giusto learned a training lesson Tuesday — and he's glad he learned it this week, rather than next week.

As expected, Giusto won Tuesday's Central Coast Section Region I cross country finals at the three-mile Crystal Springs course. But his time, 14:56, was 15.7 seconds slower than his mark in the Peninsula Athletic League finals at Crystal Springs, and he beat Mills' Chris Becerra by only five seconds. He beat Becerra by 35.4 seconds in the PAL finals.

"I felt pretty good for the first mile or so," Giusto said, "but I took both Sunday and Monday off, and that was too long at this time of the season. My breathing didn't feel good and I felt tired.

"Before the CCS meet, I'll take only one day off. I'm glad I learned this now and not next week."

The top four teams in both the boys' and girls' divisions qualified for the CCS finals, and runners on non-qualifying teams who finished among the top 10 percent also qualified.

The CCS finals are scheduled Tuesday at Crystal Springs, the girls' race starting at 3 p.m. followed by the boys' race at 3:30.

Bellarmino Prep took the boys' Region I team title with 61 points, followed by PAL champion Carlmont (95), Menlo-Atherton (111), St. Francis (140) and Serra (154).

Westmoor's Sabrina Han won the girls' race in 17:51, beating Terra Nova's Lori Wilson by 49 seconds. Half Moon Bay's 55 points won the team title, followed by M-A (80)

Region I cross country

and Terra Nova (103).

Although Giusto is the defending CCS champion, he is not a cinch to repeat. His toughest competitors Tuesday are expected to be Leigh's Chris Craig, who has beaten Giusto in their only two meetings this year, and Del Mar's Tom Legan, who has not raced against Giusto this season.

Legan and Craig finished sixth and 11th, respectively, in last year's CCS finals.

"I'm not overly confident I can win, but I am confident that I'll be right there with him (Craig)," Giusto said. "It should be a fast race, and it's going to be close. I'm looking to run in the low 14:30s."

Bellarmino was led by Shawn Ayers, who finished sixth, and got life-best course times from three runners — junior Shane O'Flaherty (who finished eighth), Keith Allen (11th) and Eddie Paone (16th) — in winning its fourth consecutive Region I title.

Serra's Rob Wickstrom finished third, followed by Capuchino's Paul Ghidossi and St. Francis' Paul Leonard.

In the girls' race, Westmoor coach Ron DiMaggio was pleased with Han, who, like defending CCS champion Shannon Clark of Mountain View, is only a sophomore. Although Han didn't start running competitively until she tried out for cross country last year, she finished sixth in the Region I finals before missing the CCS meet due to



Matt Giusto
... extra value in victory.

illness.

"She's cutting down the time gap between herself and Shannon and that's what we're looking at — although I realize Shannon wasn't pushed at all today," DiMaggio said. Clark won the Region II title Tuesday in 17:44, seven seconds faster than Han's winning time.

"I'd like to beat her," the 85-pound Han said, "but even if I don't, I just want to know I did the best I could."

Carla Holmes and Sandrine Demarval finished ninth and 10th, respectively, for M-A.