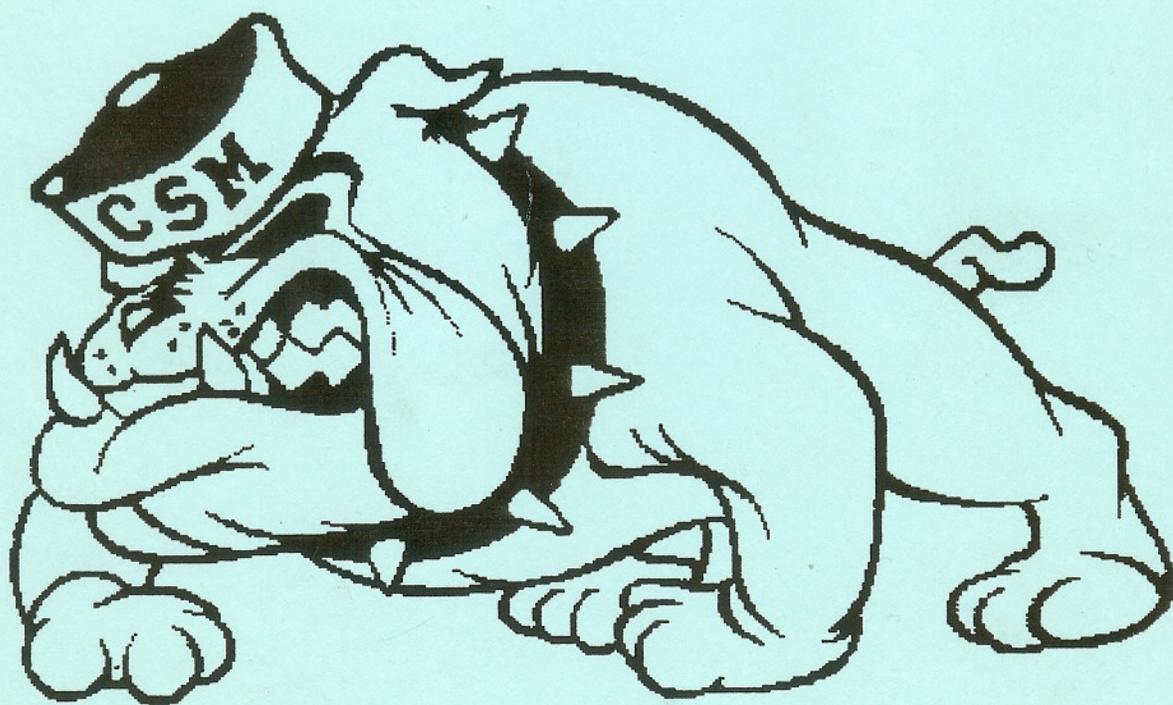


1995

College of San Mateo



Cross Country

Yearbook

1995

College of San Mateo

Cross Country Yearbook

Schedule of Competition

Team Roster

Cross Country Program History

Team Photos

Special Awards Winners

Crystal Springs Season Bests

College of San Mateo Honor Roll

Meet Results

Newspaper Clippings

The 1995 Cross Country Yearbook has been compiled by Dave Shrock and Bob Rush with the Program's early history courtesy of Fred Baer.

1995 Cross Country Schedule

Day	Date	Time	Contest	Location
Sat.	9 Sept.	10:00	Fresno Invitational	Woodward Park, Fresno
Thurs-Sun	21-24 Sept.		Two Rivers Training Camp	Graeagle, Sierras
Wed.	27 Sept.	3:00pm 3:45pm	<i>men</i> -WVC-Chabot-Hartnell-DeAñza * <i>wm</i> - <u>SJCC-CCSF-Skyline-CSM-Cabrillo</u> <i>wm</i> -WVC-Chabot-Hartnell-DeAñza * <i>men</i> - <u>SJCC-CCSF-Skyline-CSM-Cabrillo</u>	Mt. Madonna County Park Watsonville
Sat.	30 Sept.	8:50 - men 9:35 - wm	C.S.M. Crystal Springs Invitational	Crystal Springs, Belmont
Fri.	6 Oct.	3:45 - wm 4:30 - men	Lou Vasquez Invitational	Golden Gate Park, San Francisco
Wed.	11 Oct.	3:00pm 3:45pm	<i>wm</i> -SJCC-Chabot-Skyline-Hartnell-Cabrillo * <i>men</i> - <u>WVC-CCSF-CSM-DeAñza</u> <i>men</i> -SJCC-Chabot-Skyline-Hartnell-Cabrillo * <i>wm</i> - <u>WVC-CCSF-CSM-Skyline-DeAñza</u>	Torro Park, Salinas
Sat.	21 Oct.	10:00 - wm 11:00 - men	Crystal Springs Challenge	Crystal Springs, Belmont
Fri.	27 Oct.	3:00pm 3:45pm	<i>wm</i> -WVC-DeAñza-SJCC-Cabrillo-Skyline * <i>men</i> -CSM-CCSF- <u>Hartnell-Chabot</u> <i>men</i> -WVC-DeAñza-SJCC-Cabrillo-Skyline * <i>wm</i> -CSM-CCSF- <u>Hartnell-Chabot</u>	Coyote Hills Park, Fremont
Sat.	4 Nov.	11:00 - wm 11:45 - men	John Orogren-NorCal Invitational	Crystal Springs, Belmont
Friday	10 Nov.	11:00 - men 12:00 - wm	*Coast Conference Championships	Golden Gate Park, San Francisco
Sat.	18 Nov.	10:00 - wm 11:00 - men	California State Championships	Woodward Park, Fresno

* = coast conference competition

underlined colleges those we are scoring against in that meet

Cross Country Coaching Staff:

Bob Rush:
Office: (415) 574-6257
Home: (415) 595-3619

Dave Shrock
Office: (415) 574-6448
Home: (415) 342-9551

1995 Cross Country Roster

as of 20 November, 1995

<u>Name</u>	<u>Year in School</u>	<u>High School</u>	<u>Academic Major</u>
Brooke Anderson	freshman	Lowell, San Francisco	undecided
Lydia Anderson	freshman	Burlingame	undecided
Christina Duran	freshman	Mills, Millbrae	nursing
Casey Jackson	freshman	Bend, Oregon	undecided
Darci Lewis	freshman	Napa	undecided
Shauna O'Leary	freshman	Half Moon Bay	nursing
Jason Sanchez	freshman	Burlingame	business admin.
David Uldrick	freshman	Carlmont, Belmont	architecture
Tom Washington	sophomore	Serra, San Mateo	undecided

Coaches:

Bob Rush office: 574-6257 Home: 595-3619 116 Wycombe Ave, San Carlos, 94070

Dave Shrock office: 574-6448 Home: 342-9551 20 La Salle Road, Hillsborough, 94010

Larry Chin - Administrative Assistant: Home: 341-6076 2750 Hosmer, San Mateo, 94403

COLLEGE OF SAN MATEO

Cross Country Program History

1961

Students **Fred Baer** and **Floyd Strain** organized the first Cross Country team at the college which saw **Ralph Lee** win the Big Eight Conference Championship with the team taking fourth in the conference finals.

1962

Under new coach **Berny Wagner**, the Bulldogs clinched one eight conference and practice meets, losing but one to the conference champ San José City College in the first meet of the season. **Jim Huff** took the Golden Gate Conference individual title for the Bulldogs which saw the team take second to Foothill for the team title.

1963

The Bulldogs continued their unbeaten dual meet streak begun the previous year by completing the season first in the Golden Gate Conference while placing second in Northern California.

1964

The Bulldogs continued their unbeaten ways once more nabbing the Golden Gate Conference Title while placing third in Northern California while placing fourth in the first annual State Meet at Mt. SAC with **Marcel Hetu** placing third, and **Ralph Likens** fifth.

1965

In a rebuilding phase the Bulldogs managed sixth in the G.G.C. dual meet standings while placing fourth in the conference finals.

1966

The Bulldogs were led by stand-out **Ted Lydon** to a runner-up position in the dual meet rankings before Lydon won the conference title which saw the team place fifth. This was to be Coach Wagner's last season before taking over the helm at Oregon State University becoming one of the nation's foremost coaches.

1967

Under new coach **Phil Casaroli**, the Bulldogs excelled to a 7-0 record running near perfect scores in many meets before winning the conference title where **Mike Daily** won the individual title as well. The Bulldogs went on to take eighth in the NorCal Meet.

1968

Continuing their winning ways, the Bulldogs remained unbeaten in Conference competition where individual conference winner **Mike Daily** led the team to a conference title before winning the NorCal meet which also saw Daily run away with the individual title. The Bulldogs went on to place ninth in the state meet.

1969

Under new Coach **Bob Rush**, the Bulldogs were once more in a rebuilding phase as they managed sixth in the G.G.C. dual meets and finals while placing 23rd in the NorCal meet.

1970

The much improved harriers ran away with both the G.G.C. dual meet and conference crown before nabbing fifth in Northern California and eight in the state meet.

1971

Once more the Bulldogs where the class of the G.G.C. winning both the dual meet and conference title with **José Cortez** taking the individual title. The team went on to take fourth in the NorCal and eight in the State meet.

1972

The 1972 team place the highest yet in he state competition nabbing fourth, while remaining unbeaten in G.G.C. competition and placing second in the NorCal meet. **Jim Van Dine** won both the conference and NorCal individual titles.

1973

The Bulldogs lost their first G.G.C. title in four years to D.V.C. and San José where they took seventh in the NorCal finals held on the C.S.M. rain course at the college due to heavy rains making Crystal Springs too muddy.

1974

The bulldogs led by **Damon Wood** placed fifth in the G.G.C. dual meet rankings, while taking sixth in the conference finals and seventh in the NorCal meet.

1975

The Bulldogs ran to second place in the G.G.C. dual meet competition and finals before placing fourth in the Nor-Cal and ninth in the state meet. Individuals **Bob Barnett** and **Mitch Kingery** lead the 1975 team.

1976

The harriers tied West Valley for the conference title while beating them soundly in the dual meet competition. The team went on to place the highest ever in the NorCals with a second place while nabbing fourth in the State Meet. **Mitch Kingery** was the conference individual winner while he placed ninth NorCal and seventh in the state meet.

1977

Women: CSM's first women's team coached by **Pete Michon** placed third in the G.G.C. standings which saw **Mercedes Brucker** and **Molly Newlon** qualify for both NorCal and state placing 12 & 14, and 23 & 40 respectively in these two championship meets.

Men: The Bulldogs lost the G.G.C. championships to West Valley by one point though having **Paul Mello** and **Rich Pincombe** place first and second in the conference finals. The team went on to overcome West Valley placing second in NorCals and taking sixth in the state competition.

1978

Men: The Bulldogs once more were runner-ups to West Valley in the G.G.C. conference with **Gary Thurston** placing fifth in the conference finals. The team went on to place fifth in Northern California and tenth in the Division I state meet which saw Thurston place 27th.

Women: Under coach **Rich Harris**, the Lady Bulldogs placed eight in the Golden Gate Conference with **Patty Martin** top runner in 42nd place.

1979

Women: The Lady Bulldogs led by **Kathleen Goodwin** placed seventh in conference competition.

Men: The men's team placed fourth in the conference dual meets and finals led by **Ed Burns** while the team took eleventh in the NorCal meet missing a berth to the state meet for the first time since 1969, a meet that was held ironically hosted by the Bulldogs at Crystal Springs.

1980

Men: In a rebuilding phase, the men's team placed eight in the conference making this the first time since 1969 the team did not qualify for the NorCal meet.

Women: The Women took fourth in the conference led by **Audry Bettencourt** who took fourth in the conference finals. The team went on to score seventh in the NorCal meet with Bettencourt running 16th.

1981

Women: The women's team had its best season yet, running undefeated in the G.G.C. led by **Geralyn Tripp**, **Pearl Anit**, **Audry Benthencourt**, and **Monika Zieschang**. The team took second in the Nor-Cals in a close race with American River College before shaving 45 seconds off their combined team time to place fifth in the state meet.

Men: The men's team continuing to rebuild went winless in conference competition with **Maurice Webb** taking 34th in the conference finals.

1982

Men: The Bulldogs placed fifth in the Golden Gate Conference competition which saw Irish runner turned Bulldogs **Dave Dempsey** take seventh in the conference finals bettering to fifth in the Nor-Cal meet.

Women: The lady Bulldogs also placed fifth in the G.G.C. with **Debbie Giragosian** taking the teams top honors placing 13th in the conference meet.

1983

Women: The lady Bulldogs repeated their previous seasons record of 2-4 placing fifth in the conference finals. **Susanna Fererino** was the teams top finisher in every race.

Men: The men's team ran to a 1-6 record finishing sixth in the conference with **Marcus Burns** the men's top finisher.

1984

Men: Hampered by injuries and illness, the '84 Bulldogs never reached their full potential completing the G.G.C. dual meet season with a 2-6 record and finishing fifth in the conference finals. **Mike Anderson** was the teams most valuable runner placing 24th in the NorCals and 73rd in the state meet.

Women: The Lady Bulldogs ran up a 2-5 dual meet record against five of Northern California's strongest teams, placing sixth in the conference finals. **Jeanette Keim** as the teams top placer throughout the season.

1985

Women: The lady Bulldogs did not field a team this season.

Men: The Men's team complete the season with a 1-7 dual meet record and finished seventh in the G.G.C. Finals. **Pedram Aram** was the teams top scorer through-out the dual meet season though he shared most valuable honors with **Javier Gurrola** who improved in the later part of the season.

1986

Men: The much improved Bulldog team lead by **Alberto Gomez** recorded a 5-1 dual meet season with six team members making the All-Conference team. Following Gomez were **Mike Anderson**, **Pedram Aram**, **Javier Gurrola** and **Mike Arringale**, the team went on to place fifth in the NorCals, and place seventh in the state meet, placing as the third NorCal team. This was the men's squad strongest showing since 1978.

Women: The '86 Lady Bulldogs were a young spirited group lead by **Geni Quartaroli** who paced the team to a fifth place finish in the G.G.C. before individually qualifying for the NorCal meet in Redding.

1987

Women: The lady Bulldogs did not field a team this season.

Men: The men's squad completed the dual meet season with a 3-2 record, and placing third in the conference finals led by **Alberto Gomez** who took individual honors. The squad ran a brilliant team effort in the Mt. SAC Invitational placing second behind American River besting many of the states best teams. Gomez, with brothers **Stan** and **Sheldon Carroll** qualified for NorCals, with Gomez continuing onto state where he placed 34th.

1988

Men: The men's squad suffered injuries and small numbers this season leaving them unable to field a complete team for the conference meet. **Rod Robles** was the teams top performer however, qualifying for NorCals.

Women: The Lady Bulldogs returned to G.G.C. competition with fine efforts in each meet. The squad won the conference championships with grace and a smile when the first nine runners ran the wrong way on the G.G. Park course, leaving the Mateans the only complete team to finish. The team however allowed West Valley to represent the G.G.C. at the NorCal meet. Top performer for the ladies was **Chris Diehl**.

1989

Women: The '89 women's team lacked the numbers to field a complete team though their spirits were raised by the strong efforts of **Karla Raubitschek** and **Chris Krauer** who was a close second.

Men: The men's squad placed fourth in the conference finals led by **Stu Lawrence** who nabbed second place with **Martin Smith** in seventh assuring both a trip to the NorCal meet, with Lawrence qualifying to the state meet.

1990

Men: The men's squad placed third in the conference behind San Jose and D.V.C. to gain a wild card berth to the NorCals where they placed eleventh, the team's strongest showing since 1986. The team was lead by Half Moon Bay grads **Dan Rhodes** and **Chris Phipps**.

Women: The ladies placed fifth in the conference though earned a wild card berth to the NorCal meet at Shasta College. The top Lady Bulldog was **Jane Vega** who placed 27th in the NorCals and the teams only representative to the State meet.

1991

Women: The ladies fielded a complete team for the first meet of the season but fell to injuries and had difficulty getting a complete team together for the remainder of the season. **Kim Vandersyde** was the teams top performer with **Rosalina Costantino** completing the entire season as well.

Men: After a successful dual meet season, the Bulldogs placed fifth in the conference finals, qualifying **Chris Phipps** and **Anders Lyhne** to the NorCal meet, with Phipps continuing on to the state finals.

1992

Men: After an eleven year hiatus from C.S.M., Coach **Dave Shrock** returned to The Hill to co-Coach with Bob Rush. Freshmen **Chris Evans**, **Peter Perpich**, and **Dan Herpe** traded off leading the Bulldogs to a sixth place in the G.G.C. and 17th in NorCal meet at Crystal Springs.

Women: Veteran **Kim Rupert** lead the Ladies to the strongest showing in years. **Sandi Mickelsen** and **Julie Meade** provided the needed two-three punch as the team placed third in the G.G.C; ninth in the NorCal meet; and 13th in the State meet. Rupert nabbed second in the conference finals before taking ninth in the NorCals, and 13th in the state meet, placing as the fourth Northern California runner.

1993

Women: Once more the team was lead by **Kim Rupert** with **Brenda Cooks**, **Alex. Von Bromsson** and **Laura Parker** providing depth for a promising season. Unfortunately illness took away chances of fielding a complete team for the state meet after placing third in the G.G.C. dual meet competition, though Rupert, Cooks and Parker, who ran a brilliant race to qualify, all advanced to the state meet where Rupert placed 21st; Cooks took 87th, and Parker finished 119th.

Men: The trio of **Juan Rangel**, **Dave Linton** and **Luis Torres** lead the men's squad to a fifth place finish in the G.G.C. finals, and through an after of generosity, Linton pulled out other state qualifiers to allow team captain Torres to compete. Both Rangel and Torres did the team proud by running personal bests over a four mile course at the state competition.

1994

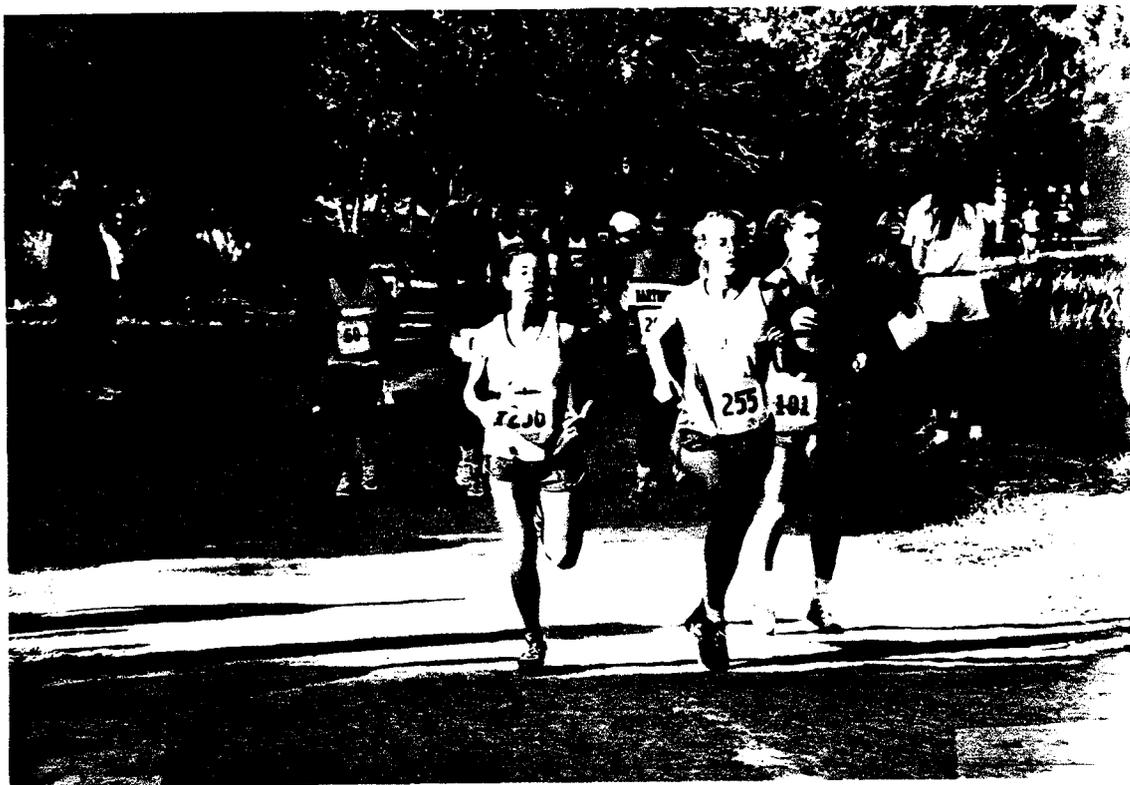
Women: Though small in numbers, the ladies provided strong performances with **Brenda Cooks** leading the team with a fifth place showing in the new and stronger Coast Conference finals with **Carlotta Ray** ably handling the Crystal Springs in 17th place, both qualifying for the state meet. **Sandi Mickelsen** was the team's second runner through-out the season until back problems sidelined her. In the State competition at Fresno's Woodward Park, Brenda ran P.R. on the course with 20:20 while Carlotta Ray also improved to a 21:17 placing 116th.

Men: A much improved men's team was lead ably by **Tom Washington**, **Mike Haddad** and team captain 'Danny D.' **Herpe**, followed by **Roberto Tercero**, **Matt Hutchinson**, last year's stand-out **Juan Rangel**, who was suffering from knee ailments this season, **Chris Evans**, **Chris Mickelsen**, **Arron 'A Dawg' Shong**, and **Dave Vukosa** ran consistently tough in a newly aligned Coast Conference, and while racing fourth in the conference behind San José, West Valley and Hartnell, placed fifth in the NorCals. In the State meet the men ran seventh NorCal team just behind American River with almost everyone setting P.R.'s on the four mile course. Top finisher was Tom Washington at 58th with a fine time of 21:11.

1995

Men: The men's team was led by Bend Oregon transfer **Casey Jackson** and sophomore team captain **Tom Washington** through the team's second season in the Coast Conference. Running third for the team was Carlmont's **David Uldrick**, while 400m runner **Jason Sanchez** had a great season discovering cross country for the first time. Casey's best race was winning the Torro Park Center Meet, while running a great race at Fresno's Woodward Park in the state meet, placing 94th against tough Southern California teams. His finish made him 9th Conference, and 18th Nor-Cal runner to cross the line.

Women: The duo of **Shauna O'Leary** and **Darci Lewis** paced an all freshman team to a good season finishing fifth in the conference, and seventh in the Nor-Cal meet. Darci and Shauna traded off the top spot through-out the season with Shauna hadicapped by tendinitis, and Darci by many hard basketball practices and tournaments at the end of the season. Running third for the team was Burlingame grad **Erin Haggarty** until she had to withdraw from school, and then another Panther alumna **Lydia Anderson** ably took over the position with **Christina Duran** of Mills, and **Brooke Anderson** of Lowell completing the team. In the state meet, Shauna ran sixth conference, seventh Nor-Cal, while Darci was close behind placing seventh conference, ninth Nor-Cal.



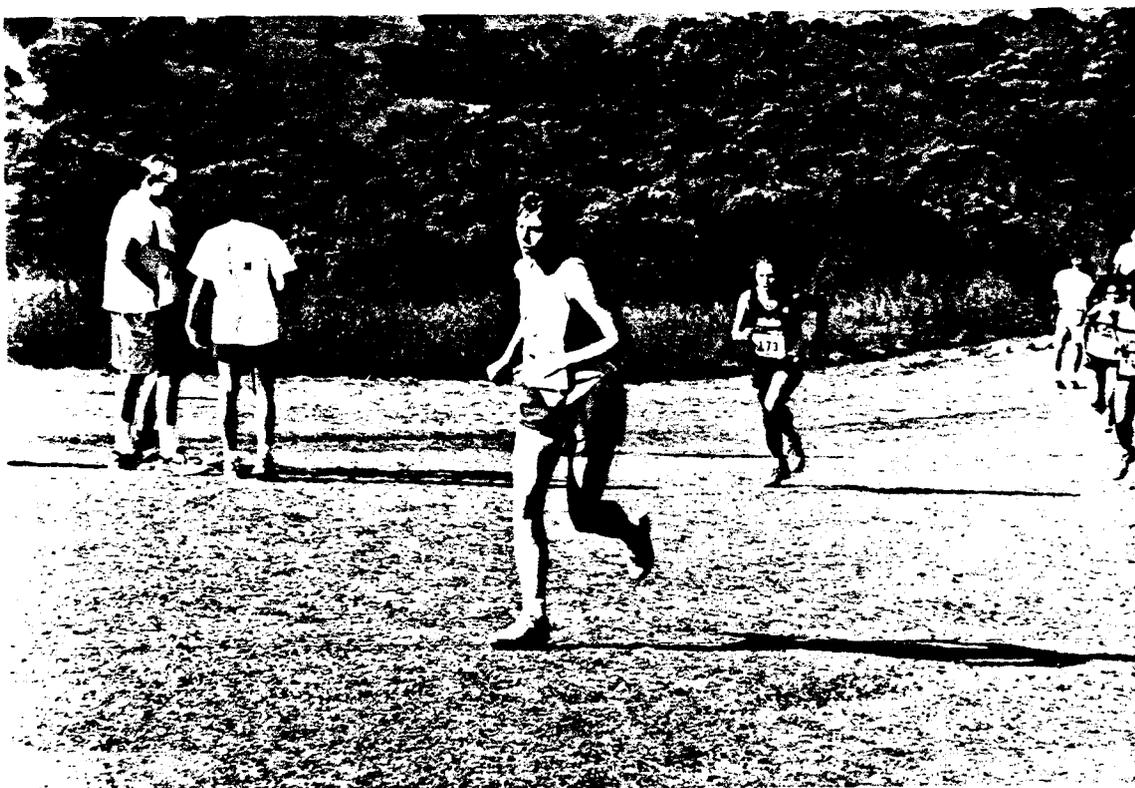
All NorCal runners Shauna O'Leary and Darci Lewis at the Fresno Invitational



*"do you see that"--it is Mount Everest, I want you to run hill repeats up it five times.
Brooke Anderson-Christina Duran-Darci Lewis-Lydia Anderson-Shauna O'Leary -Coach Dave*



All NorCal runner Darci Lewis at Coyote Hills course in Newark



Lydia Anderson at Crystal Springs "up and over agony hill"



Tom Washington at the Coast Conference Finals qualifying to the State Championships



Tom Washington blasting up agony hill at the NorCal John Oroggen Invitational



Dave Uldrick at Crystal Springs going by the two mile mark



Jason Sanchez finishing "sand hill" in Golden Gate Park at Conference Finals.



Coach Bob Rush at the Crystal Springs Challenge--the fastest of the three bald men.



Jason Sanchez up agony hill, proving that jumpers can run cross country.



Christina Anderson leaning in to "agony hill" at Crystal Springs



Brooke Anderson coming down the hill at Coyote Hills course



the end of an afternoon run at 2 rivers--top--Tom, George, Danny, Coach Dave, Darci, Shauna, Casey, Skip "skinny is beautiful"



*Casey Jackson at Coyote Hills-"I can outrun any dude downhill or anywhere"
1995 CSM Most Valuable Runner*



the hike up the mountain to Sierra Buttes lookout--Shauna, Danny, Tom, Coach Dave



to the top at last, the lookout ranger knows us on a first name basis--back row--Shauna, Skip, George, Casey, Tom, Danny, Darci--Front--Coach Bob and Dave.

TWO RIVERS 1995 - ANOTHER GREAT TIME IN THE SIERRAS

The team gathered at 6:00am to depart for the annual Two Rivers Training Camp at Greyeagle CA.

Working our way up to the Sierra-Nevada Mountains by way of the historic towns of Grass Valley and Nevada City our first stop was at Bullards Bar Reservoir. A six mile run along the trail at lake side ended up with a cool dip in the lake followed by a picnic lunch. On a bright warm day we continued on up Hiway 49 along the North fork of the Yuba River. This ride is considered by some as one of the most beautiful drives in the state. Our next destination was the Sierra Buttes lookout station. This 8500 feet high forest fire lookout requires a mile hike that take about 45 minutes. The rewards are paid off with a spectacular view of the high mountain country. On a clear day you can see all the way from Yosemite to Mt. Shasta. After learning how forest fires are located with an Osborne Firefinder and various lectures on the flora and fauna by Coach Rush, the group headed on to Two Rivers. After checking in at the camp, we headed to the roaring town of Blairsdon for dinner on the back porch of a slow serving restaurant. Back to camp to settled in as the other teams arrived. The teams included: American River, DeAnza, West Valley, Fresno, and San Jose. The camp has been an annual affair for close to fifteen years. The daily routine involves up a 7:00am for coffee and rolls, a morning run with the other teams, back to camp for brunch and relaxing times at camp involving study time, fishing, exploring and resting in the sun. The afternoon run starts about 3:00 then a warm shower and dinner with the rest of the camp. The evening hours are spent at the rec center or around a campfire. Social director Danny D is always on hand to help the various

groups get acquainted. On Saturday the annual fun run is held at 9:00. After the race the coaches go off for their annual golf tournament. After the afternoon recovery run, the final evening of relaxing and socializing with the other teams is enjoyed by all. On Sunday the team is up to break camp and start the journey home. A stop at Donner Lake for a run along the North shore completes the running weekend.

The Two Rivers Running Seminar has been a very successful endeavor throughout the years. Almost every team that goes there ends up at the state championships. This year was no exception. Every team went to the state except DeAnza(through no fault of theirs). This trip stands out as one of the many memories that make cross country team running a fun and rewarding sport.

WOMEN'S TEAM SPECIAL AWARD WINNERS

MOST VALUABLE RUNNER

1978 Karin Nelson	1984 Jeanette Keim	1990 Jane Vega
1979 Kathleen Goodwin	1985 Jeanette Keim	1991 Kim Vandersyde
1980 Audrey Bettencourt	1986 Geni Quartaroli	1992 Kim Rupert
1981 GeraLyn Tripp	1987	1993 Kim Rupert
1982 Debra Giragosian	1988 Chris Diehl	1994 Brenda Cooks
1983 Susan Feregrino	1989 Karla Raubitschek	1995 Shanua O'Leary

MOST IMPROVED RUNNER

1978 Beth Carlton	1984 Michelle Kelly	1990 Erin Hogan
1979 Joanne Hodnick	1985	1991
1980 Paula Marcopulous	1986 Elizabeth Korens	1992 Julie Meade
1981 Debra Giragosian	1987	1993 Laura Parker
1982 Sheri Luttrell	1988	1994 Carlotta Ray
1983 Juliet Burns	1989	

MOST INSPIRATIONAL RUNNER

1981 Pearl Anit	1986 Kathy Bent	1991 Rosalina Costantino
1982 Paula Foianini	1987 Kris Kellejian	1992 Dori Kirkland
1983 Karen Turner	1988	1993 Brenda Cooks
1984 Valerie Jackson	1989	1994 Sandi Mickelsen
1985	1990 Alicia Rice	1995 Darci Lewis

TEAM CAPTAIN

1978 Joy Scott	1985 <i>combined</i>	1992 Sandi Vaughn-Mickelsen
1979 Patty Martin	1986 Dedrie Smith	1993 <i>combined</i>
1980 Kathleen Prentice & Mary Emily McCormick	1987 <i>combined</i>	1994 Brenda Cooks
1981 Pearl Anit	1988 Leslie Devlin	1995 <i>combined</i>
1982 Debra Giragosian	1989 Chris Krauer	
1983 Karen Turner	1990 Magdalena Bauer	
1984 Elizabeth McNab	1991 Sandi Vaughn	

SCHOLAR AWARD

1993 Brenda Cooks 3.60 GPA	1994 Brenda Cooks 3.25	1995 to be announced
----------------------------	------------------------	----------------------

MEN'S TEAM - SPECIAL AWARD WINNERS

MOST VALUABLE RUNNER AWARD

1961	Ralph Lee	1973	Ed Barney	1985	Pedram Aram
1962	Jim Huff	1974	Damion Wood	1986	Alberto Gomez
1963	Jim Huff & Larry Peterson	1975	Mitch Kingery & Steve Palladino	1987	Alberto Gomez
1964	Ralph Likens	1976	Mitch Kingery	1988	Rodrigo Robles
1965	Jeff Mountain	1977	Paul Mello	1989	Stu Lawrence
1966	Ted Lydon	1978	Ken McBride & Gary Thurston	1990	Dan Rhodes
1967	Mike Dailey	1979	Ed Burns & Rick Baldocchi	1991	Chris Phipps
1968	Mike Dailey	1980	Jon Gerrans	1992	Peter Perpich
1969	Dave Robertson	1981	Maurice Webb	1993	Juan Rangel
1970	Dave Robertson	1982	Dave Dempsey	1994	Tom Washington
1971	Jose Cortez	1983	Marcus Burns	1995	Casey Jackson
1972	Jim Van Dine	1884	Mike Anderson		

MOST IMPROVED RUNNER AWARD

1972	Ed Barney	1980	Dave Anderson	1988	Ray Boone
1973	Ed Rios	1981	Alan Burnett	1989	Ray Boone
1974	Bruce Sayre	1982	Mark Glisson	1990	Jason Maintzer
1975	Bob Barnett	1983	Mike Bergstrom	1991	Jeremy Matteson
1976	Rich Pincombe	1984	Steve Barry	1992	Luis Torres & Rich Murray
1977	Rich Pincombe	1985	Jesse Munoz	1993	Tim Motoh
1978	Walter Haight	1986	Mike Anderseon	1994	Juan Rangel
1979	Jon Gerrans	1987	Sheldon Carroll		

MOST INSPIRATIONAL RUNNER

1975	Dave Shrock	1982	Mike Bergstrom	1989	Dan Rhodes
1976	Dave Shrock	1983	Joe Henderson	1990	Larry Chin
1977	Joe Green	1984	Jesse Munoz	1991	Anders Lyhne
1978	Joe Green	1985	Pedram Aram	1992	Chris Evans
1979	Rich Baldocchi	1986	Mike Anderson	1993	Dave Linton
1980	Tom Nash	1987	Stan Carroll	1994	Danny Herpe
1981	Danny Escobar	1988		1995	Jason Sanchez

TEAM CAPTAIN

1975	Steve Paladino	1982	Dave Dempsey	1989	Dan Rhodes
1976	Dave Shrock	1983	Mike Bergstrom	1990	Dan Rhodes & Chris Phipps
1977	Kevin Faley & Rich Pincombe	1984	Christain Hix	1991	Chris Phipps
1978	Joe Green	1985	Jake Niebaum	1992	Chris Evans
1979	Rich Baldocchi	1986	Javier Gurrolo	1993	Luis Torres
1980	Jon Gerrans	1987	Alberto Gomez	1994	Danny Herpe
1981	Alan Burnett	1988	Mike Orth	1995	Tom Washington

SCHOLAR AWARD

1993	Juan Rangel 3.76 GPA	1994	Chirs Mickelson 3.70 GPA	1995	to be announced
------	----------------------	------	--------------------------	------	-----------------

SEASON BESTS FOR CRYSTAL SPRINGS

Men's 4.192 mile course:

1. Casey Jackson (<i>fr</i>)	22:36	30 September
2. Tom Washington(<i>so</i>)	23:38	30 September
3. David Uldrick (<i>fr</i>)	26:28	21 October
4. Ryan Offield (<i>fr</i>)	26:37	30 September
5. Jason Sanchez (<i>fr</i>)	27:26	4 November

Women's 2.95 Mile Course:

1. Darci Lewis (<i>fr</i>)	19:24	4 November
2. Shauna O'Leary (<i>fr</i>)	19:28	30 September
3. Erin Haggerty (<i>fr</i>)	21:14	30 September
4. Lydia Anderson (<i>fr</i>)	22:40	4 November
5. Christina Duran (<i>fr</i>)	26:26	4 November
6. Brooke Anderson (<i>fr</i>)	27:34	4 November

College of San Mateo

Crystal Springs Course Men's Honor Roll

(begun 1972)

20:13.8 Mitch Kingery - 1976	22:18 Stan Carroll - 1987
20:37 Bob Barnett - 1976	22:19 Sheldon Carroll - 1987
20:41 Bob Barnett - 1975	22:20 Jesse Munoz - 1984
20:48 Jim Van Dine - 1972	22:21 Don Pemberton - 1973
20:56 Paul Mello - 1977	22:21 Walt Haight - 1978
20:57 Mitch Kingery - 1975	22:22 Rick Wernick - 1975
21:02 Rick Pincombe - 1976	22:23 Martin Smith - 1989
21:03 Ed Burns - 1979	22:23 Jake Niebaum - 1985
21:08 Alberto Gomez - 1987	22:25 Dana Carvey - 1973
21:13 Rick Baldocchi - 1979	22:26 Kevin Farey - 1976
21:14 Dave Hull - 1976	22:27 John Dye - 1984
21:19 Steve Palladino - 1975	22:29 Mike Haddad - 1994
21:19 Ken McBride - 1978	22:36 Casey Jackson - 1995
21:20 Gary Thurston - 1978	22:30 Crispin Roaque - 1973
21:22 Dave Hull - 1975	22:31 Javier Gurrola - 1986
21:28 Dave Dempsey - 1982	22:33 Ron Sherrin - 1977
21:31 Rick Baldocchi - 1977	22:35 Maurice Webb - 1982
21:32 Rick Pincombe - 1977	22:35 Marcus Burns - 1983
21:38 Ed Barney - 1973	22:36 Larry Dieu - 1973
21:41 Bryan Gieser - 1972	22:37 Maurice Webb - 1981
21:42 Joe Green - 1977	22:37 Gus Teller - 1987
21:50 Pete Ild - 1978	22:37 Dan Rhodes - 1990
21:52 Joe Green - 1978	22:39 Javier Gurrola - 1985
21:54 Larry Dieu - 1972	22:39 Stan Carroll - 1986
21:55 Rudy Synders - 1973	22:42 Danny Herpe - 1994
21:56 Chuck Oliver - 1972	22:43 Pete Ild - 1977
21:56 Pedram Aram - 1986	22:43 Christian Hix - 1984
21:57* Dave Dempsey - 1982	22:44 Chris Petit - 1977
21:58 Stu Lawrence - 1989	22:44 Alberto Gomez - 1986
22:03 Scott Carvey - 1972	22:42 Jan Janssen - 1980
22:05 Eric Benson - 1976	22:47 Greg Hanna - 1980
22:05 Rick Pincombe - 1976	22:47 Mark Glisson - 1982
22:05 Ken McBride - 1977	22:49 Anders Lyhne - 1991
22:05 Rod Robles - 1988	22:49 Dan Rhodes - 1989
22:06 Tom Washington - 1994	22:53 Jon Gerrans - 1979
22:10 Kevin Farey - 1977	22:58 Greg Hanna - 1979
22:10 Chris Phipps - 1991	22:59 Steve Barry - 1984
22:11 Chris Phipps - 1990	23:06 Juan Rangel - 1993
22:17 Pedram Aram - 1985	

* = ran 12K loop which was 300m longer
missing records from 1974

CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE

COLLEGE OF SAN MATEO HOME COURSE

Men's Community College Course - 4.192 miles: Top Times Under 21:00 (started 1972)

20:07.0	Greg Hitchcock	1978	Sierra College	20:48	Kevin Searls	1976	Diablo Valley College
20:07.7	Rick Rose	1979	Grossmont College	20:49	Mason Meyer	1989	American River College
20:09.8	Bill Hurst	1978	Modesto J. C.	20:49	Mike Araco	1979	College of Marin
20:11	Q. Morley	1989	Hancock College	20:49	Sal Beruman	1979	San Jose City College
20:12	Dennis Hamblin	1979	Grossmont College	20:49	Sal Lozano	1979	College of Sequoias
20:13.6	Ted Quintana	1974	Chabot College	20:49	Glenn Lee	1979	Long Beach City College
20:13.8	Mitch Kingery	1976	College of San Mateo	20:49.8	Gary Lewis	1983	San Jose City College
20:15.2	Bob Paulin	1976	West Valley College	20:50	Henry Perez	1974	San Joaquin Delta
20:20	Phillip Hornig	1976	Chabot College	20:50	Artie Rios	1974	West Valley College
20:20	Alfredo Rosesa	1976	El Camino College	20:50	Greg Eger	1975	DeAnza College
20:21	Ben DeLaGarza	1973	Cabrillo College	20:50.5	Dan Martinez	1980	Cañada College
20:24	Darin Rabb	1993	Orange Coast College	20:51	Shawn James	1975	San Jose City College
20:26	Camillo Rios	1979	Long Beach City College	20:51	Earl Lagomarcino	1976	American River College
20:26	Matt Sommer	1974	West Valley College	20:52	Kevin Jones	1979	Santa Rosa J. C.
20:27	Steve McCormack	1979	Grossmont College	20:52	Kenrick Sealy	1988	West Valley College
20:28	Charlie Hernandez	1976	Santa Rosa J. C.	20:52.1	Mandla Kunene	1983	Porterville College
20:29	Danny Hernandez	1979	San Jose City College	20:52.8	Herman Aranda	1980	Porterville College
20:30	P. Woods	1989	Hancock College	20:53	Roger Cassilos	1974	San Joaquin Delta
20:32	John Sup	1978	Monterey Peninsula	20:53	Mike Arago	1979	College of Marin
20:32.3	Danny Hernandez	1979	San Jose City College	20:53	Manny Sandoval	1979	Grossmont College
20:33	Art Baudendistel	1976	American River College	20:54	Tim Holmes	1978	Modesto J. C.
20:33	Jim Mebust	1976	American River College	20:54	Dan Navarro	1978	Sierra College
20:33	Eric Huff	1976	Cuesta College	20:54	Scott Thornton	1979	Fresno City College
20:34	Tim Verly	1979	Grossmont College	20:54	Greg Williams	1979	West Valley College
20:34.1	Jim Christensen	1979	Monterey Peninsula	20:54.9	Kenrick Sealy	1988	West Valley College
20:35	Wally Montenegro	1976	San Jose City College	20:55	Marty Krenn	1975	San Jose City College
20:35	Paul Fredrickson	1974	DeAnza College	20:55	Alex Aguliar	1975	San Jose City College
20:35	Greg Williams	1979	West Valley College	20:55	Nick Brever	1978	American River College
20:36	Dan Aldridge	1976	Santa Rosa J. C.	20:55	Kevin Ostenberg	1979	Diablo Valley College
20:37	Bob Barnett	1976	College of San Mateo	20:55	Ray Griffin	1986	Taft College
20:37	Marc Keller	1979	Grossmont College	20:55	Jeff Gattin	1988	Taft College
20:38	Mike Emery	1975	Diablo Valley College	20:56	Brad Brown	1978	San Joaquin Delta
20:38	Mike Poolenski	1979	Grossmont College	20:56	Paul Mello	1977	College of San Mateo
20:39	Steve Brooks	1973	San Jose City College	20:56	Kevin Jones	1979	Santa Rosa J. C.
20:39	Matt Ebner	1979	Mt. San Antonio College	20:56	Jeff Townsend	1988	Foothill College
20:39	Juan Garcia	1979	College of Sequoias	20:56	Bob Escay	1993	American River College
20:39	Danny Grimes	1978	DeAnza College	20:57	Doug Padilla	1974	Chabot College
20:39	Dan Will	1979	American River College	20:57	Jody Fisher	1985	Taft College
20:39	George Kersh	1988	Taft College	20:58	Richard Benavidez	1979	Mt. San Antonio College
20:39.1	Rios Carmello	1979	Long Beach City College	20:58	Mark Sullivan	1988	Hartnell College
20:40	Tim Chain	1976	DeAnza College	20:58	Richard Nunez	1989	College of the Sequoias
20:42	Gary Sutherland	1976	American River College	20:58.5	Jesse Llanes	1986	Fresno City College
20:42	Bart Stephens	1993	Diablo Valley College	20:59	Danny Ramirez	1979	San Jose City College
20:42	Chris Hamer	1978	Sierra College	20:59	Rich Maple	1979	Pasadena City College
20:43	Derrick Powers	1989	Mt. San Antonio College	20:59	Cory Trovinger	1988	Diablo Valley College
20:43	Dave Royal	1979	Santa Rosa J. C.	20:59	Yared Berhane	1990	American River College
20:43.9	Robert Thwala	1984	Porterville College	20:59.2	Jeff Baumsteiger	1978	College of Marin
20:44	Mike Dyer	1978	West Valley College	20:59.9	Paul Sechrist	1980	San Jose City College
20:44	Scott Thorton	1979	Fresno City College	20:59	Marlon Smith	1980	American River College
20:44	Dan McGrea	1985	Monterey Peninsula	21:00	B. Sigler	1989	Orange Coast College
20:44	Chris Hoepker	1986	Foothill College	21:00	Juan Pinales	1993	San Jose City College
20:44	Fidel Zanaca	1993	Rancho Sanatiago	21:34.9	Steve Blakemore*	1982	Foothill College
20:45	Tim Farrell	1976	American River College	21:50	Nelson Bernal*	1982	West Valley College
20:45	Dan Will	1979	American River College	21:57	Dave Dempsey*	1982	College of San Mateo
20:47.8	Jeff Megallanes	1980	Monterey Peninsula				
20:48	Joey Gomez	1979	Fullerton College				
20:48	Jim VanDine	1972	College of San Mateo				

*Ran 300 Meters Extra (12K loop)
revised 15 November, 1995

College of San Mateo

Crystal Springs Course Women's Honor Roll

(begun 1977)

18:39	Geralyn Tripp - 1981	22:03	Linda Luttrell - 1983
18:50	Kim Rupert - 1992	22:12	Patty Martin - 1979
19:11	Pearl Anit - 1981	22:13	Elizabeth McNab - 1984
19:12	Kim Rupert - 1993	22:16	Gail Smithson - 1977
19:24	Darci Lewis - 1995	22:24	Tina Batara - 1980
19:28	Shauna O'Leary - 1995	22:28	Joye Scott - 1977
19:29	Audrey Benttencourt -1981	22:30	Linda Luttrell - 1982
19:32	Brenda Cooks - 1994	22:32	Sheri Luttrell - 1982
19:32	Aurdey Benttencourt-1980	22:40	Lydia Anderson - 1995
19:39	Susanna Fergrino - 1983	22:41	Juliet Burns - 1983
19:55	Kathleen Goodwin - 1979	22:47	Valerie Jackson - 1984
19:55	Debbie Giragosian - 1982	22:53	Joanne Hodnick - 1979
20:02	Geralyn Tripp - 1980	22:53	Jeanette Kiem - 1983
20:05	Brenda Cooks - 1993	23:06	Patty Martin - 1978
20:19	Karen Nelson - 1978	23:09	Chris Diehl - 1987
20:20	Sandi Mickelsen - 1992	23:15	Cynthia Battistoni - 1993
20:25	Kathleen Prentice - 1979	23:23	Connie Cunneen - 1978
20:42	Debbie Girogosian - 1981	23:24	Michelle Hultberg - 1983
20:47	Jane Vega - 1990	23:48	Karla Raubitschek - 1989
20:48	Alex. VonBromssen -1992		
20:51	Mercedes Brucker - 1977		
21:00	Kathleen Prentice -1980		
21:07	Maria Allara - 1980		
21:08	Karen Turner - 1983		
21:11	Michelle Kelly - 1984		
21:13	Monika Zieshang - 1981		
21:14	Erin Haggarty - 1995		
21:16	Molly Newlon - 1977		
21:19	Julie Meade - 1992		
21:21	Kim Vandersyde - 1991		
21:31	Laura Parker - 1993		
21:33	Carlotta Ray - 1994		
21:41	Paula Foianini - 1984		
21:43	Eileen Cunningham - 1981		
21:47	Alicia Rice - 1990		
21:51	Judy Beckeart - 1978		
21:56	Jeanette Keim - 1984		
21:59	Sandi Mickelsen - 1994		
21:59	Jenny Gardner - 1983		

CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE COLLEGE OF SAN MATEO HOME COURSE

Women's Community College Course - 2.96 MILES: Top Fifty Times (started 1977)

16:51	Renee Ortiz-Wykoff	College of Sequoias	1979	18:01	Jeanette Allred	American River Col.	1981
17:10	Ann Regan	West Valley College	1979	18:01	Diana David	Butte College	1980
17:11	Dina Farage	West Valley College	1990	18:02	Bonnie Dwyer	C.C. San Francisco	1982
17:13	Kathy Perkins	West Valley College	1978	18:02	Dina Farage	West Valley College	1989
17:14	Ann Witherspoon	West Valley College	1978	18:03	Pauline Stohly	Mira Costa College	1984
17:19	Irene Crowley	San Jose C.C.	1979	18:03	Brenda Payton	American River Col.	1985
17:29	Leslie Hawkins	Monterey Peninsula	1984	18:04	Tata Slattom	Grossmont College	1979
17:29	Maria Hartz	Foothill College	1992	18:04	Maricela Benavidez	Orange Coast Col.	1989
17:30	Laurie Crisp	Modesto J. C.	1980	18:07	Jackie McCleary	West Valley College	1995
17:33	Teresa Barrios	Mira Costa College	1986				
17:36	Carrie Tacheira	Modesto Jr. College	1992				
17:37	Yosie Shimizu	Shasta College	1985				
17:41	Lita Whileman	Grossmont College	1979				
17:41	Lucia Rodriques	Grossmont College	1979				
17:41	Diana Davis	West Valley College	1979				
17:41	Roxanne Bier	West Valley College	1985				
17:43	Jeanie Weber	El Camino College	1979				
17:43	Peggy Smith	Santa Rosa J. C.	1982				
17:43	Anne Kendrick	Foothill College	1984				
17:44	Linda Jungsten	Cañada College	1981				
17:44	Serena Domingus	Fresno City College	1979				
17:45	Stacey McAfee	Sierra College	1985				
17:46	Loratta Cruz	College of Sequoias	1987				
17:47	Deena Adams	San Jose C.C.	1987				
17:47	Tina Cheney	Mira Costa College	1984				
17:47	Carrie Tacheira	Modesto Jr. College	1992				
17:49	Heidi Hanson	Hancock College	1988				
17:50	Sherry Simmons	L. A. Harbor College	1979				
17:51	Jackie Brasted	Foothill College	1985				
17:53	Carrie Tacheira	Modesto Jr. College	1993				
17:54	Maria Trujillo	Hartnell College	1980				
17:55	Becky Collins	Shasta College	1988				
17:55	Rachel Hawtin	CC of San Francisco	1993				
17:56	Shelly Loveall	Hancock College	1988				
17:58	Carla Halford	West Valley College	1983				
17:58	Natalie Fernandez	Orange Coast Col.	1979				
17:58	Pam Allenby	American River Col.	1988				
17:58	Maria Hartz	Foothill College	1992				
17:58	Honor Fetherston	CC of San Francisco	1992				
17:59	Karen Talamantes	Mt. San Antonio Col.	1989				
17:59	Susan Radford	Monterey Peninsula	1983				

Revised 15 November, 1995

Fresno Invitational - 9 September

Woodward Park, Fresno rolling grass, dirt, asphalt course, warm, sunny weather
Men's Race: 4.0 miles

POS	ENTRANT #	NAME	GR	AFFILIATION	SCORE	MARK						
1	81	JOSE RAMSEL		RANCHO SANTIAGO COLLEGE	1	20:34	63	178	DAVE WYANDT	WEST VALLEY COLLEGE	56	23:31
2	214	THOMAS BECKUM		MT. SAN ANTONIO COLLEGE	2	20:34	64	279	JEFF WENDLING	**COLLEGE OF SEQUOIAS	57	23:32
3	258	BRIAN WILKINSON		**HARTWELL COLLEGE	3	20:41	65	220	JUAN MORALES	MT. SAN ANTONIO COLLEGE		23:36
4	106	REY SANCHEZ		BAKERSFIELD COLLEGE	4	20:53	66	296	OLIKER VERGARA	ORANGE COAST COLLEGE		23:41
5	70	JORGE FRANCISCO		RANCHO SANTIAGO COLLEGE	5	21:03	67	239	BRYAN CAULBOY	CHABOT COLLEGE	58	23:44
6	221	WARREN WOLF		MT. SAN ANTONIO COLLEGE	6	21:07	68	276	DAVID RODRIGUEZ	**COLLEGE OF SEQUOIAS	59	23:46
7	102	EDUARDO VERDEJO		BAKERSFIELD COLLEGE	7	21:11	69	16	ADAN PEREA	FRESNO CITY COLLEGE	60	23:46
8	86	FEDERICO MORALES		RANCHO SANTIAGO COLLEGE	8	21:13	70	34	THOMAS DARBY	SAN BERNARDINO VALLEY	61	23:53
9	80	CARLOS RAMIREZ		RANCHO SANTIAGO COLLEGE	9	21:14	71	108	HECTOR SANCHEZ	BAKERSFIELD COLLEGE	62	23:57
10	194	BRIAN MEYER		AMERICAN RIVER COLLEGE	10	21:15	72	192	MATT MCGRAW	AMERICAN RIVER COLLEGE	63	24:02
11	273	CHRIS COLEMAN		**COLLEGE OF SEQUOIAS	11	21:16	73	190	PETE GIBSON	AMERICAN RIVER COLLEGE	64	24:05
12	72	FRANKY HERNANDEZ		RANCHO SANTIAGO COLLEGE	12	21:16	74	151	FRANCISCO BRIZUELA	CERRITOS COLLEGE	65	24:05
13	259	TOMAS GARCIA		**HARTWELL COLLEGE	13	21:17	75	131	DALLIN SMITH	**CITRUS COLLEGE	66	24:07
14	216	FILI CORTEZ		MT. SAN ANTONIO COLLEGE	14	21:17	76	13	JUAN MORALES	FRESNO CITY COLLEGE	67	24:08
15	23	GREG TADENY		SAN JOSE CITY COLLEGE		21:22	77	28	VINCENT RODRIGUEZ	SAN BERNARDINO VALLEY	68	24:14
16	260	LOUIS GRANADO		**HARTWELL COLLEGE	15	21:23	78	35	MARK AYALA	SAN BERNARDINO VALLEY	69	24:18
17	27	RICKY ETHERIDGE		SAN BERNARDINO VALLEY	16	21:32	79	240	MIKE FURGAMA	CHABOT COLLEGE	70	24:19
18	291	MIKE HANCOCK		ORANGE COAST COLLEGE	17	21:35	80	129	GEORGE PAULI	**CITRUS COLLEGE	71	24:20
19	262	STEVE MORENO		**HARTWELL COLLEGE	18	21:39	81	124	JUAN BARRETO	**CITRUS COLLEGE		24:22
20	219	ANDY McLARTY		MT. SAN ANTONIO COLLEGE	19	21:44	82	225	TRAVIS GUESNON	MT. SAN ANTONIO COLLEGE		24:23
21	87	JUAN MEDRAMO		RANCHO SANTIAGO COLLEGE	20	21:47	83	116	PATRICK OSORIO	BAKERSFIELD COLLEGE	72	24:28
22	103	JARED CALDWELL		BAKERSFIELD COLLEGE	21	21:47	84	196	JOSH RAINS	AMERICAN RIVER COLLEGE	73	24:31
23	125	PETER GALLARDO		**CITRUS COLLEGE	22	21:48	85	193	ANDY MCINTOSH	AMERICAN RIVER COLLEGE	74	24:41
24	172	ALAN JACKSON		WEST VALLEY COLLEGE	23	21:49	86	127	JESUS MEJIA	**CITRUS COLLEGE		24:51
25	238	JOHN ATWOOD		CHABOT COLLEGE	24	21:49	87	223	BRIAN ROBINS	MT. SAN ANTONIO COLLEGE		24:52
26	75	BEN MEJIA		RANCHO SANTIAGO COLLEGE	25	21:54	88	241	GODFREY TAM	CHABOT COLLEGE	75	24:55
27	76	BRIAN MITZEL		RANCHO SANTIAGO COLLEGE		21:58	89	198	GREG STRUTHERS	AMERICAN RIVER COLLEGE	76	24:59
28	79	JESSE PENUMURI		RANCHO SANTIAGO COLLEGE		21:58	90	146	MANUEL AYALA	CERRITOS COLLEGE	77	25:03
29	261	ENRIQUE CERVENTES		**HARTWELL COLLEGE	26	21:59	91	36	DAVID PROITTE	SAN BERNARDINO VALLEY	78	25:06
30	213	BRIAN BAUGHMAN		MT. SAN ANTONIO COLLEGE	27	22:02	92	132	DICKSON MWAI	**CITRUS COLLEGE		25:09
31	288	JOHANN APPELL		ORANGE COAST COLLEGE	28	22:06	93	243	KEVIN STPHARSKY	CHABOT COLLEGE	79	25:11
32	274	GALVAN GONZALES		**COLLEGE OF SEQUOIAS	29	22:06	94	307	VINCE HERNANDEZ	SAN JOSE CITY COLLEGE		25:11
33	266	RICARDO GARCIA		**HARTWELL COLLEGE	30	22:08	95	50	MARIO BAUNA	SAN JOAQUIN DELTA COLLEGE	80	25:12
34	265	LEONARDO LEON		**HARTWELL COLLEGE	31	22:10	96	49	DANNY ECKARDT	SAN JOAQUIN DELTA COLLEGE	81	25:16
35	130	ART RAMIREZ		**CITRUS COLLEGE	32	22:10	97	254	RYAN OFFIELD	COLLEGE OF SAN MATEO		25:24
36	215	GABE CISNEROS		MT. SAN ANTONIO COLLEGE	33	22:14	98	147	CHRIS THOMAS	CERRITOS COLLEGE	82	25:29
37	217	JUAN ESCALERA		MT. SAN ANTONIO COLLEGE	34	22:17	99	55	PAUL SANCHEZ	SAN JOAQUIN DELTA COLLEGE	83	25:41
38	32	JASON MONTEZ		SAN BERNARDINO VALLEY	35	22:21	100	150	JOSE VALENCIA	CERRITOS COLLEGE	84	25:42
39	168	LONNIE AUTRY		WEST VALLEY COLLEGE	36	22:31	101	53	GEORGE THOMPSON	SAN JOAQUIN DELTA COLLEGE	85	25:44
40	109	MILO GARCIA		BAKERSFIELD COLLEGE	37	22:33	102	218	ALBERTO LOPEZ	MT. SAN ANTONIO COLLEGE		25:45
41	129	ANTONIO PEREZ		**CITRUS COLLEGE	38	22:36	103	12	CARLOS HARRISON	FRESNO CITY COLLEGE	86	25:48
42	290	HENRY CHIAM		ORANGE COAST COLLEGE	39	22:36	104	195	CAESAR PEREZ	AMERICAN RIVER COLLEGE		25:49
43	126	CARLOS GONZALEZ		**CITRUS COLLEGE	40	22:39	105	143	JOSEPH ESTRADA	CERRITOS COLLEGE	87	25:50
44	292	RENE MUNOZ		ORANGE COAST COLLEGE	41	22:40	106	297	ANDRES VonBORSTEL	ORANGE COAST COLLEGE		25:59
45	145	JOSE RAMIREZ		CERRITOS COLLEGE	42	22:41	107	308	LOUIE ANDRE	SAN JOSE CITY COLLEGE		26:01
46	176	JEREMY RIDDLE		WEST VALLEY COLLEGE	43	22:42	108	293	WILLIAM NOONAN	ORANGE COAST COLLEGE		26:12
47	171	JASON HERVEY		WEST VALLEY COLLEGE	44	22:47	109	167	DAVID MACIAS	BAKERSFIELD COLLEGE	88	26:13
48	275	JASON NUMES		**COLLEGE OF SEQUOIAS	45	22:48	110	148	KIRK NYMAN	CERRITOS COLLEGE	89	26:18
49	226	SCOTT GUEKENS		MT. SAN ANTONIO COLLEGE		22:51	111	154	MARIO CASAS	CERRITOS COLLEGE		26:36
50	51	ALEJANDRO RAMIREZ		SAN JOAQUIN DELTA COLLEGE	46	22:52	112	15	JOSE MIRANDA	FRESNO CITY COLLEGE	90	27:08
51	11	ALFREDO GARCIA		FRESNO CITY COLLEGE	47	22:55	113	17	SOKROS CHIM	SAN JOSE CITY COLLEGE		27:22
52	14	SAMMY MORALES		FRESNO CITY COLLEGE	48	22:56	114	177	PAUL SUDANO	WEST VALLEY COLLEGE	91	27:23
53	294	JIM ROUSSEVE		ORANGE COAST COLLEGE	49	22:57	115	33	CESAR GONZALEZ	SAN BERNARDINO VALLEY	92	27:55
54	199	GABE THRGO		AMERICAN RIVER COLLEGE	50	22:58	116	56	JACOB WILSON	SAN JOAQUIN DELTA COLLEGE	93	30:12
55	253	CASEY JACKSON		COLLEGE OF SAN MATEO		22:59	117	52	KEITH TAYLOR	SAN JOAQUIN DELTA COLLEGE	94	33:05
56	263	DAVE SERAFINI		**HARTWELL COLLEGE		23:07						
57	289	DAVID BOULTON		ORANGE COAST COLLEGE	51	23:17						
58	123	AKOS BALAZS		**CITRUS COLLEGE	52	23:24						
59	278	PAUL TEMMERMAN		**COLLEGE OF SEQUOIAS	53	23:25						
60	74	PEDRO LOPEZ		RANCHO SANTIAGO COLLEGE		23:26						
61	295	JAKE SWANSON		ORANGE COAST COLLEGE	54	23:27						
62	170	BRIAN DORGAN		WEST VALLEY COLLEGE	55	23:28						

Fresno Invitational - 9 September

Woodward Park, Fresno rolling grass, dirt, asphalt course, warm, sunny weather

Women's Race: 5000m (3.67 miles)

POS	ENTRANT #	NAME	GR	AFFILIATION	SCORE	MARK
1	93	ELLI ESTRADA		RANCHO SANTIAGO COLLEGE	1	19:24
2	184	JACKIE McLEARY		WEST VALLEY COLLEGE	2	19:50
3	232	TANIA NUNEZ		MT. SAN ANTONIO COLLEGE	3	19:53
4	248	KIM WILKES		CHABOT COLLEGE		20:02
5	229	JEANIE FORMOSA		MT. SAN ANTONIO COLLEGE	4	20:04
6	230	JENNIFER FORMOSA		MT. SAN ANTONIO COLLEGE	5	20:13
7	180	CAROLYN BENSON		WEST VALLEY COLLEGE	6	20:14
8	233	JULIA ORNELAS		MT. SAN ANTONIO COLLEGE	7	20:16
9	255	SHAUNA D'LEARY		COLLEGE OF SAN MATEO		20:20
10	234	LIZ ROBLES		MT. SAN ANTONIO COLLEGE	8	20:25
11	94	JENNIFER FLORES		RANCHO SANTIAGO COLLEGE	9	20:47
12	63	STEPHANIE RIVERA		SAN JOAQUIN DELTA COLLEGE	10	20:55
13	116	GABRIELLE AISPUR0		BAKERSFIELD COLLEGE	11	20:58
14	9	SOURIYA SYHALATH		FRESNO CITY COLLEGE	12	21:02
15	60	SANDRA GARCIA		SAN JOAQUIN DELTA COLLEGE	13	21:03
16	92	ANA ROSALES		RANCHO SANTIAGO COLLEGE	14	21:04
17	65	SHANNON HESS		SAN JOAQUIN DELTA COLLEGE	15	21:12
18	43	KRISTI BAUER		SAN BERNARDINO VALLEY	16	21:15
19	114	BETH NAKASHIMA		BAKERSFIELD COLLEGE	17	21:20
20	298	CARRIE APPELL		ORANGE COAST COLLEGE	18	21:24
21	252	MAUREEN SWEDA		DeANZA COLLEGE		21:28
22	228	ANDREA DURAN		MT. SAN ANTONIO COLLEGE	19	21:33
23	182	MONA LEON		WEST VALLEY COLLEGE	20	21:36
24	269	ANGELA REYES		**HARTNELL COLLEGE	21	21:38
25	201	KAREN BLADES		AMERICAN RIVER COLLEGE	22	21:43
26	256	DARCI LEWIS		COLLEGE OF SAN MATEO		21:49
27	231	ELLY MANN		MT. SAN ANTONIO COLLEGE	23	21:55
28	117	CHAROLETTE DURAN		BAKERSFIELD COLLEGE	24	21:57
29	206	ANJI DAVIS		AMERICAN RIVER COLLEGE	25	21:59
30	101	ERIN KITT		RANCHO SANTIAGO COLLEGE	26	22:04
31	268	HEATHER KEITHLEY		**HARTNELL COLLEGE	27	22:06
32	91	MAYRA PEREZ		RANCHO SANTIAGO COLLEGE	28	22:08
33	270	KENDRA McCARTHY		**HARTNELL COLLEGE	29	22:09
34	156	MARILUZ DURAN		CERRITOS COLLEGE	30	22:10
35	58	BERKLEE AKUTAGAWA		SAN JOAQUIN DELTA COLLEGE	31	22:22
36	59	ANDREA CHELOTTI		SAN JOAQUIN DELTA COLLEGE	32	22:30
37	113	JENNY TOLER		BAKERSFIELD COLLEGE	33	22:30
38	300	ASA LUNDKVIST		ORANGE COAST COLLEGE	34	22:31
39	235	VANESSA BRENTON		MT. SAN ANTONIO COLLEGE		22:33
40	236	DEANA GURROLA		MT. SAN ANTONIO COLLEGE		22:33
41	26	ERICKA RODARTE		SAN JOSE CITY COLLEGE		22:34
42	271	VALERIE WALSH		**HARTNELL COLLEGE	35	22:39
43	227	KAMMY BAKER		MT. SAN ANTONIO COLLEGE		22:40
44	185	ROSANNA SAFFAJE		WEST VALLEY COLLEGE	36	22:43
45	245	BECKY LOGGINS		CHABOT COLLEGE		22:46
46	187	CATHY WISEMAN		WEST VALLEY COLLEGE	37	22:47
47	208	EMILY JESSEE		AMERICAN RIVER COLLEGE	38	22:50
48	112	NATASHA TESTON		BAKERSFIELD COLLEGE	39	22:58
49	8	MARIE PHELAN		FRESNO CITY COLLEGE	40	23:00
50	210	KATIE MADURA		AMERICAN RIVER COLLEGE	41	23:04
51	204	JULIE COX		AMERICAN RIVER COLLEGE	42	23:10

Fresno Invitational, *continued...*

POS	ENTRANT #	NAME	GR	AFFILIATION	SCORE	MARK
52	305	HATHER WILHELM		ORANGE COAST COLLEGE	43	23:13
53	163	LUPE GARCIA		CERRITOS COLLEGE	44	23:15
54	46	TONYA KLECKNER		SAN BERNARDINO VALLEY	45	23:23
55	202	DEBBIE BUFFINGTON		AMERICAN RIVER COLLEGE	46	23:27
56	3	SELINA DeLaCRUZ		FRESNO CITY COLLEGE	47	23:30
57	66	SOMIA LOPEZ		SAN JOAQUIN DELTA COLLEGE	48	23:35
58	211	CATHERINE SPELIS		AMERICAN RIVER COLLEGE	49	23:47
59	157	YVETTE GUERRERO		CERRITOS COLLEGE	50	23:48
60	25	SANDRA PINAL		SAN JOSE CITY COLLEGE		23:49
61	90	GABY ALVAREZ		RANCHO SANTIAGO COLLEGE	51	23:53
62	303	ANEL SANCHEZ		ORANGE COAST COLLEGE	52	23:53
63	61	PATRINA HALL		SAN JOAQUIN DELTA COLLEGE	53	23:57
64	237	CRYSTAL ROSALES		MT. SAN ANTONIO COLLEGE		24:13
65	159	MARGARETA THELIN		CERRITOS COLLEGE	54	24:15
66	62	MELISSA MINJAREZ		SAN JOAQUIN DELTA COLLEGE		24:24
67	1	TORI BEEBE		FRESNO CITY COLLEGE	55	24:31
68	158	PATTY RODRIGUEZ		CERRITOS COLLEGE	56	24:37
69	283	KARLO OVANDO	**	COLLEGE OF SEQUOIAS		25:02
70	212	TIFFANY ZANDER		AMERICAN RIVER COLLEGE		25:03
71	286	JENNIFER COCHRAN	**	COLLEGE OF SEQUOIAS		25:03
72	68	KATRINA HALL		SAN JOAQUIN DELTA COLLEGE		25:29
73	6	AMY McLAIN		FRESNO CITY COLLEGE	57	25:44
74	39	SYLVIA CONROY		SAN BERNARDINO VALLEY	58	25:46
75	299	CHRISTA GONZALES		ORANGE COAST COLLEGE	59	26:01
76	47	REBECCA VILLEGAS		SAN BERNARDINO VALLEY	60	26:10
77	272	MELISSA GONZALES	**	HARTNELL COLLEGE	61	26:10
78	186	CRYSTAL STOWELL		WEST VALLEY COLLEGE	62	26:33
79	40	RUTH JENKINS		SAN BERNARDINO VALLEY	63	27:23
80	119	YANETT ENCISCO		BAKERSFIELD COLLEGE	64	27:46
81	118	KELLY TRONE		BAKERSFIELD COLLEGE	65	27:51
82	301	CECILIA MORENO		ORANGE COAST COLLEGE	66	27:54
83	2	BETH BROWN		FRESNO CITY COLLEGE	67	28:12
84	183	LIZ MORTON		WEST VALLEY COLLEGE	68	28:29
85	111	LISA ACOSTA		BAKERSFIELD COLLEGE		28:40
86	45	BLESSING OKOH		SAN BERNARDINO VALLEY	69	28:43
87	42	SHANNON PAPANDREA		SAN BERNARDINO VALLEY	70	29:18
88	181	REYNA FAIRMAN		WEST VALLEY COLLEGE		29:31
89	120	KELLY McNAMARA		BAKERSFIELD COLLEGE		30:27
90	121	KAMMI SHROPSHIRE		BAKERSFIELD COLLEGE		30:45
91	122	MICHELLE PUENTES		BAKERSFIELD COLLEGE		30:57
92	304	JOANNE TRAN		ORANGE COAST COLLEGE	71	31:17
93	115	CARLA NAKASHIMA		BAKERSFIELD COLLEGE		31:20

Men's Team Scores

PLACE	AFFILIATION	TOTAL	1	2	3	4	5
1	RANCHO SANTIAGO COLLEGE	35	= 1	5	8	9	12
2	MT. SAN ANTONIO COLLEGE	68	= 2	6	14	19	27
3	**HARTNELL COLLEGE	75	= 3	13	15	18	26
4	BAKERSFIELD COLLEGE	101	= 4	7	21	37	62
5	ORANGE COAST COLLEGE	174	= 17	28	39	41	49
6	**CITRUS COLLEGE	184	= 22	32	38	40	52
7	**COLLEGE OF SEQUOIAS	195	= 11	29	45	53	57
8	WEST VALLEY COLLEGE	201	= 23	36	43	44	55
9	SAN BERNARDINO VALLEY	249	= 16	35	61	68	69
10	AMERICAN RIVER COLLEGE	260	= 10	50	63	64	73
11	CHABOT COLLEGE	306	= 24	58	70	75	79
12	FRESNO CITY COLLEGE	308	= 47	48	60	67	86
13	CERRITOS COLLEGE	350	= 42	65	77	82	84
14	SAN JOAQUIN DELTA COLLEGE	375	= 46	80	81	83	85

Women's Team Scores

PLACE	AFFILIATION	TOTAL	1	2	3	4	5
1	MT. SAN ANTONIO COLLEGE	27	= 3	4	5	7	8
2	RANCHO SANTIAGO COLLEGE	78	= 1	9	14	26	28
3	WEST VALLEY COLLEGE	101	= 2	6	20	36	37
3	SAN JOAQUIN DELTA COLLEGE	101	= 10	13	15	31	32
5	BAKERSFIELD COLLEGE	124	= 11	17	24	33	39
6	AMERICAN RIVER COLLEGE	168	= 22	25	38	41	42
7	**HARTNELL COLLEGE	173	= 21	27	29	35	61
8	ORANGE COAST COLLEGE	206	= 18	34	43	52	59
9	FRESNO CITY COLLEGE	211	= 12	40	47	55	57
10	CERRITOS COLLEGE	234	= 30	44	50	54	56
11	SAN BERNARDINO VALLEY	242	= 16	45	58	60	63

Conference Center Meet - Mt. Madonna Park, Gilroy 27 September
hilly dirt and asphalt course, warm fair weather
Men's Race: 4.0 Miles

race one

PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE
1	Brian	Wilkinson	SO	HARTWELL COLLEGE	22:33	5:38
2	Luis	Granado	SO	HARTWELL COLLEGE	22:38	5:40
3	Alan	Jackson	SO	WEST VALLEY COLLEGE	22:49	5:42
4	Steve	Moreno	FR	HARTWELL COLLEGE	22:58	5:45
5	Hector	Leija	SO	WEST VALLEY COLLEGE	23:14	5:49
6	Enrique	Cervantes	SO	HARTWELL COLLEGE	23:15	5:49
7	John	Atwood	SO	CHABOT COLLEGE	23:30	5:53
8	Lennie	Autry	FR	WEST VALLEY COLLEGE	23:31	5:53
9	Leonardo	Leon	FR	HARTWELL COLLEGE	23:37	5:54
10	Jeremy	Riddle	FR	WEST VALLEY COLLEGE	23:49	5:57
11	Brian	Dorjan	FR	WEST VALLEY COLLEGE	23:52	5:58
12	Mark	Stauffer	FR	DEANEA COLLEGE	23:57	5:59
13	Jason	Hervey	FR	WEST VALLEY COLLEGE	23:59	6:00
14	David	Wyandt	FR	WEST VALLEY COLLEGE	24:02	6:01
15	Qadir	Morhda	SO	WEST VALLEY COLLEGE	24:17	6:04
16	Dave	Serafini	FR	HARTWELL COLLEGE	24:35	6:09
17	Ralph	Contreras	SO	DEANEA COLLEGE	24:50	6:13
18	Bryan	Caulboy	FR	CHABOT COLLEGE	24:51	6:13
19	Lars	Minini	FR	HARTWELL COLLEGE	25:01	6:15
20	Mike	Puryana	FR	CHABOT COLLEGE	25:57	6:29
21	Kevin	Strharsky	FR	CHABOT COLLEGE	26:31	6:38
22	Chris	Reed	FR	WEST VALLEY COLLEGE	27:03	6:46
23	Godfrey	Tan	SO	CHABOT COLLEGE	27:10	6:48
24	Paul	Sudano	FR	WEST VALLEY COLLEGE	27:29	6:52
25	Joseph	Peacock	FR	CHABOT COLLEGE	29:31	7:23

race two

PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE
1	Joshua	Small	FR	CABRILLO COLLEGE	23:42	5:56
2	Jonathan	Amerson	FR	CC OF SAN FRANCISCO	23:44	5:56
3	Cassy	Jackson	FR	COLLEGE OF SAN MATEO	24:03	6:01
4	Greg	Tademy	SO	SAN JOSE CITY COLLEGE	24:47	6:12
5	Daniel	Chen	FR	SAN JOSE CITY COLLEGE	25:38	6:25
6	Riley	Gibbons	FR	CABRILLO COLLEGE	25:44	6:26
7	Eric	Ramirez	SO	SKYLINE COLLEGE	25:49	6:27
8	Vinco	Bernandes	FR	SAN JOSE CITY COLLEGE	25:51	6:28
9	David	Prevost	SO	CABRILLO COLLEGE	25:52	6:28
10	Louis	Andre	FR	SAN JOSE CITY COLLEGE	26:08	6:32
11	Aaron	Heagerty	SO	CABRILLO COLLEGE	26:29	6:37
12	Ryan	Offield	FR	COLLEGE OF SAN MATEO	26:53	6:43
13	Seth	Hwang	FR	SAN JOSE CITY COLLEGE	27:37	6:54
14	Atikum	Wondaferow	FR	CC OF SAN FRANCISCO	27:52	6:58
15	Brendan	Mosher	SO	SAN JOSE CITY COLLEGE	27:55	6:59
16	David	Uldrick	FR	COLLEGE OF SAN MATEO	28:05	7:01
17	Sokros	Chim	FR	SAN JOSE CITY COLLEGE	28:05	7:01
18	Shaun	Williams	FR	CC OF SAN FRANCISCO	28:31	7:08
19	Joshua	Brewer	FR	CABRILLO COLLEGE	29:28	7:22
20	Luis	Chacon	FR	CABRILLO COLLEGE	29:30	7:23
21	Fred	Moses	FR	CC OF SAN FRANCISCO	31:53	7:58
22	Jeffery	Kubo	FR	SKYLINE COLLEGE	32:11	8:03
23	Aveneir	Guevarra	FR	SKYLINE COLLEGE	33:22	8:21

Women's Race: 3.0 Miles

race one

PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE
1	Erin	Brightwell	SO	CC OF SAN FRANCISCO	21:20	7:07
2	Darci	Lewis	FR	COLLEGE OF SAN MATEO	21:42	7:14
3	Logan	Hiroshima	SO	CC OF SAN FRANCISCO	22:24	7:28
4	Ericka	Rodarte	SO	SAN JOSE CITY COLLEGE	22:51	7:37
5	Allison	Gurley	SO	CC OF SAN FRANCISCO	23:34	7:51
6	Denise	Russelbart	FR	SKYLINE COLLEGE	23:38	7:53
7	Micbelle	Valentin	FR	CC OF SAN FRANCISCO	24:27	8:09
8	Sandra	Pinal	SO	SAN JOSE CITY COLLEGE	24:28	8:09
9	Sandy	Welch	FR	CC OF SAN FRANCISCO	24:56	8:19
10	Reyna	Goodwin	FR	CC OF SAN FRANCISCO	26:15	8:45
11	Peggy	Marin	SO	CC OF SAN FRANCISCO	28:17	9:26
12	Carson	Dominguez	FR	SAN JOSE CITY COLLEGE	28:42	9:34
13	Christina	Duran	FR	COLLEGE OF SAN MATEO	29:22	9:47
14	Lucy	Wong	FR	CC OF SAN FRANCISCO	33:08	11:03

race two

PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE
1	Jackie	McCleary	FR	WEST VALLEY COLLEGE	20:13	6:44
2	Kim	Wilkes	SO	CHABOT COLLEGE	20:46	6:55
3	Carolyn	Benson	SO	WEST VALLEY COLLEGE	21:12	7:04
4	Mona	Leon	SO	WEST VALLEY COLLEGE	21:28	7:09
5	Maureen	Sveda	SO	DEANEA COLLEGE	21:36	7:12
6	Beather	Keithly	FR	HARTWELL COLLEGE	21:54	7:18
7	Angela	Reyes	SO	HARTWELL COLLEGE	22:02	7:21
8	Allison	Moates	FR	DEANEA COLLEGE	23:13	7:44
9	Kendra	McCarthy	SO	HARTWELL COLLEGE	23:20	7:47
10	Valerie	Walsh	SO	HARTWELL COLLEGE	23:56	7:59
11	Cathy	Wiseman	FR	WEST VALLEY COLLEGE	24:01	8:00
12	Melissa	Monahan	FR	DEANEA COLLEGE	25:09	8:23
13	Elizabeth	Morton	FR	WEST VALLEY COLLEGE	25:15	8:25
14	Reyna	Fairman	FR	WEST VALLEY COLLEGE	25:29	8:30
15	Brit	Lewis	FR	CHABOT COLLEGE	26:07	8:42
16	Charlie	Duval	SO	DEANEA COLLEGE	27:03	9:01
17	Mary Ann	Bingham	FR	CHABOT COLLEGE	27:11	9:04
18	Marcella	Guerriero	FR	DEANEA COLLEGE	27:56	9:19
19	Aracely	Areas	SO	DEANEA COLLEGE	28:46	9:35

C.S.M. Crystal Springs Invitational - 30 September

Crystal Springs - Belmont

Women's Race: 2.9 Miles - tough hilly course; cool weather

1 Jackie McCleary	FR WEST VALLEY COLLEGE	18:39	6:19	68 Tori Beebe	FR FRESNO CITY COLLEGE	22:39	7:41
2 Tania Nunez	FR MT. SAN ANTONIO COLLEGE	18:50	6:23	69 Becky Bagin	SO IRVINE VALLEY COLLEGE	22:56	7:46
3 Elli Estrada	FR RANCHO SANTIAGO COLLEGE	18:58	6:26	70 Sandra Pinal	SO SAN JOSE CITY COLLEGE	23:00	7:48
4 Jeannie Formosa	FR MT. SAN ANTONIO COLLEGE	19:09	6:29	71 Melissa Minjarez	FR SAN JOAQUIN DELTA COLLEGE	23:03	7:49
5 Jennifer Formosa	FR MT. SAN ANTONIO COLLEGE	19:12	6:31	72 Christa Gonzales	FR ORANGE COAST COLLEGE	23:06	7:50
6 Julia Ornelas	FR MT. SAN ANTONIO COLLEGE	19:13	6:31	73 Michelle Valentin	FR CC OF SAN FRANCISCO	23:09	7:51
7 Kim Wilkes	SO CHABOT COLLEGE	19:18	6:33	74 Gabby Alvarez	SO RANCHO SANTIAGO COLLEGE	23:09	7:51
8 Christina Peacock	FR SHASTA COLLEGE	19:28	6:36	75 Cecilia Moreno	SO ORANGE COAST COLLEGE	23:11	7:52
9 Shanna O'Leary	FR COLLEGE OF SAN MATEO	19:28	6:36	76 Anel Sanchez	FR ORANGE COAST COLLEGE	23:12	7:52
10 Lis Robles	FR MT. SAN ANTONIO COLLEGE	19:32	6:37	77 Alexa Axton	FR IRVINE VALLEY COLLEGE	23:14	7:53
11 Erin Brightwell	SO CC OF SAN FRANCISCO	19:33	6:38	78 Karla Ovando	SO COLLEGE OF SEQUOIAS	23:15	7:53
12 Wendy Whitney	SO SANTA ROSA JR. COLLEGE	19:37	6:39	79 Elviera Esparza	FR SAN JOAQUIN DELTA COLLEGE	23:23	7:56
13 Carolyn Benson	SO WEST VALLEY COLLEGE	19:41	6:40	80 Sandy Welch	FR CC OF SAN FRANCISCO	23:29	7:58
14 Mona Leon	SO WEST VALLEY COLLEGE	19:51	6:44	81 Brianne Noble	FR AMERICAN RIVER COLLEGE	23:31	7:58
15 Carie Irwin	FR SHASTA COLLEGE	19:56	6:45	82 Gina Pimentel	FR COLLEGE OF SEQUOIAS	23:31	7:58
16 Andrea Duran	FR MT. SAN ANTONIO COLLEGE	19:57	6:46	83 Sunny Dunn	FR BUTTE COLLEGE	23:33	7:59
17 Jennifer Flores	FR RANCHO SANTIAGO COLLEGE	19:58	6:46	84 Lis Pena	FR RANCHO SANTIAGO COLLEGE	23:41	8:02
18 Stephanie Rivera	SO SAN JOAQUIN DELTA COLLEGE	20:05	6:48	85 Nori Dahl	FR AMERICAN RIVER COLLEGE	23:42	8:02
19 Darci Lewis	FR COLLEGE OF SAN MATEO	20:08	6:48	86 Elisabeth Morton	FR WEST VALLEY COLLEGE	23:42	8:02
20 Gretchen Horstman	SO SANTA ROSA JR. COLLEGE	20:08	6:48	87 Wendy Green	SO MERRITT COLLEGE	23:42	8:02
21 Jonya Ribeiro	FR MODESTO JR. COLLEGE	20:09	6:50	88 Saul San	FR CHABOT COLLEGE	23:47	8:04
22 Heather Newcom	SO SHASTA COLLEGE	20:11	6:51	89 Hollis Barwick	FR CABRILLO COLLEGE	24:02	8:09
23 Souriya Syhalath	FR FRESNO CITY COLLEGE	20:17	6:53	90 Angelina Courtess	FR SHASTA COLLEGE	24:05	8:10
24 Shannon Hess	SO SAN JOAQUIN DELTA COLLEGE	20:20	6:54	91 Nichelle Lawson	FR MENDOCINO COLLEGE	24:07	8:11
25 Estelle Palley	FR MENDOCINO COLLEGE	20:22	6:54	92 Chris DeLosantos	FR MENDOCINO COLLEGE	24:07	8:11
26 Maranda Cowan	FR SHASTA COLLEGE	20:23	6:55	93 Brooke Garbark	SO LAKE TAOE CC	24:15	8:13
27 Christy Wheeler	FR SHASTA COLLEGE	20:35	6:59	94 Elisabeth Martin	FR SACRAMENTO CITY COLLEGE	24:25	8:17
28 Jordi Manley	FR IRVINE VALLEY COLLEGE	20:38	7:00	95 Marion Reneau	FR COLLEGE OF SEQUOIAS	24:28	8:18
29 Karen Blades	SO AMERICAN RIVER COLLEGE	20:43	7:01	96 Tiffany Sander	FR AMERICAN RIVER COLLEGE	24:36	8:20
30 Logan Hiroshima	SO CC OF SAN FRANCISCO	20:47	7:03	97 Crystal Stowell	FR WEST VALLEY COLLEGE	24:48	8:24
31 Ely Mann	FR MT. SAN ANTONIO COLLEGE	20:48	7:03	98 Kim Mannixzi	FR SANTA ROSA JR. COLLEGE	24:51	8:25
32 Carrie Appell	SO ORANGE COAST COLLEGE	20:49	7:03	99 Lauren Dyer	FR SANTA ROSA JR. COLLEGE	24:56	8:27
33 Berklee Akutagawa	FR SAN JOAQUIN DELTA COLLEGE	20:52	7:04	100 Brit Lewis	FR CHABOT COLLEGE	25:05	8:30
34 Nadia Ayala	SO MODESTO JR. COLLEGE	20:55	7:05	101 Jen Cochran	FR COLLEGE OF SEQUOIAS	25:12	8:33
35 Ana Rosales	FR RANCHO SANTIAGO COLLEGE	21:00	7:07	102 Nicole Pachadin	FR SANTA ROSA JR. COLLEGE	25:20	8:35
36 Giselle Walker	SO MERRITT COLLEGE	21:05	7:09	103 Sonia Lopez	FR SAN JOAQUIN DELTA COLLEGE	25:43	8:43
37 Melissa Hopelian	FR FRESNO CITY COLLEGE	21:06	7:09	104 Beth Brown	FR FRESNO CITY COLLEGE	25:45	8:44
38 Aaa Lundvkist	FR ORANGE COAST COLLEGE	21:07	7:09	105 Amber Cleveland	FR MENDOCINO COLLEGE	25:49	8:45
39 Andrea Chelotti	FR SAN JOAQUIN DELTA COLLEGE	21:08	7:10	106 Sylvia Casteneda	FR IRVINE VALLEY COLLEGE	25:58	8:48
40 Marni Paulo	SO AMERICAN RIVER COLLEGE	21:13	7:12	107 Shelley Rodriguez	FR MODESTO JR. COLLEGE	25:58	8:48
41 Kristen Reyes	FR SHASTA COLLEGE	21:14	7:12	108 Sara Rainwater	FR MODESTO JR. COLLEGE	26:03	8:50
42 Erin Haggerty	FR COLLEGE OF SAN MATEO	21:14	7:12	109 Rosa Peralta	FR COLLEGE OF SEQUOIAS	26:09	8:52
43 Trina Perez	SO IRVINE VALLEY COLLEGE	21:22	7:15	110 Isabel Alcazar	FR MODESTO JR. COLLEGE	26:13	8:53
44 Ericka Rodarte	SO SAN JOSE CITY COLLEGE	21:26	7:16	111 Carmen Dominguez	FR SAN JOSE CITY COLLEGE	26:18	8:55
45 Mary Patterson	FR MERRITT COLLEGE	21:27	7:16	112 Brandy Doss	FR LASSEN COLLEGE	26:39	9:02
46 Marie Phelan	FR FRESNO CITY COLLEGE	21:28	7:17	113 Katrina Hall	FR SAN JOAQUIN DELTA COLLEGE	26:46	9:04
47 Julie Jamison	FR MODESTO JR. COLLEGE	21:33	7:18	114 Peggy Marin	SO CC OF SAN FRANCISCO	26:56	9:08
48 Kati Landreth	FR SHASTA COLLEGE	21:35	7:19	115 Olga Sandoval	FR MERRITT COLLEGE	26:59	9:09
49 Katie Madura	FR AMERICAN RIVER COLLEGE	21:37	7:20	116 Andrea Luviano	FR YUBA COLLEGE	27:18	9:15
50 Erin Kitt	FR RANCHO SANTIAGO COLLEGE	21:39	7:20	117 Ilana Wolstein	SO CHABOT COLLEGE	27:20	9:16
51 Lucia Sanchez	SO COLLEGE OF SEQUOIAS	21:45	7:22	118 Emma Harper	FR AMERICAN RIVER COLLEGE	27:21	9:16
52 Kim Dean	FR BUTTE COLLEGE	21:48	7:23	119 Kristen Pleau	FR SACRAMENTO CITY COLLEGE	27:21	9:16
53 Deana Gurrola	FR MT. SAN ANTONIO COLLEGE	21:49	7:24	120 Paula Baker	FR LASSEN COLLEGE	27:50	9:26
54 Brooke Eberle	FR SHASTA COLLEGE	21:50	7:24	121 Jennifer Bonn	FR LASSEN COLLEGE	27:52	9:27
55 Katy Woelfel	FR WEST VALLEY COLLEGE	21:51	7:24	122 Amber Sanchez	FR COLLEGE OF THE REDWOODS	28:21	9:37
56 Mayra Perez	SO RANCHO SANTIAGO COLLEGE	21:55	7:26	123 Jennifer Frayo	FR SACRAMENTO CITY COLLEGE	28:30	9:40
57 Julie Cox	SO AMERICAN RIVER COLLEGE	21:58	7:27	124 Loretta Foster	FR SANTA ROSA JR. COLLEGE	28:34	9:41
58 Denise Rummelhart	FR SKYLINE COLLEGE	22:02	7:28	125 Tamar Shavit	SO COLLEGE OF THE REDWOODS	28:44	9:44
59 Cathy Wiseman	FR WEST VALLEY COLLEGE	22:02	7:28	126 Linda Compositor	SO IRVINE VALLEY COLLEGE	28:51	9:47
60 Julie Little	FR MENDOCINO COLLEGE	22:03	7:28	127 Julie McGuire	FR MODESTO JR. COLLEGE	28:56	9:48
61 Kristine Krider	SO LAKE TAOE CC	22:20	7:34	128 Joanna Rivera	FR LASSEN COLLEGE	28:59	9:49
62 Blanca Carrillo	FR AMERICAN RIVER COLLEGE	22:20	7:34	129 Denise Davis	FR YUBA COLLEGE	29:32	10:01
63 Emily Jessee	SO AMERICAN RIVER COLLEGE	22:21	7:35	130 Laticia Holley	FR CONTRA COSTA COLLEGE	29:36	10:02
64 Allison Gurley	SO CC OF SAN FRANCISCO	22:27	7:37	131 Lucy Wong	FR CC OF SAN FRANCISCO	30:22	10:18
65 Emily McPhee	FR DIABLO VALLEY COLLEGE	22:30	7:38	132 Susan Piticolas	FR MENDOCINO COLLEGE	33:20	11:18
66 Maureen Jones	SO SHASTA COLLEGE	22:33	7:39	133 Yvette LaMay	FR CONTRA COSTA COLLEGE	36:58	12:32
67 Janelle Whiteman	FR IRVINE VALLEY COLLEGE	22:34	7:39				

WOMEN'S TEAM SCORES

1. MT. SAN ANTONIO COLLEGE	2	4	5	6	8	(14)	(28)	=	25
Tania Nunez FR, Jeannie Formosa FR, Jennifer Formosa FR, Julia Ornelas FR, Lis Robles FR, Andrea Duran FR, Ely Mann FR									
2. SHASTA COLLEGE	7	13	19	23	24	(37)	(41)	=	86
Christina Peacock FR, Carie Irwin FR, Heather Newcom SO, Maranda Cowan FR, Christy Wheeler FR, Kristen Reyes FR, Kati Landreth FR									
3. WEST VALLEY COLLEGE	1	11	12	45	48	(69)	(73)	=	117
Jackie McCleary FR, Carolyn Benson SO, Mona Leon SO, Katy Woelfel FR, Cathy Wiseman FR, Elisabeth Morton FR, Crystal Stowell FR									
4. RANCHO SANTIAGO COLLEGE	3	15	32	43	46	(59)	(68)	=	139
Elli Estrada FR, Jennifer Flores FR, Ana Rosales FR, Erin Kitt FR, Mayra Perez SO, Gabby Alvarez SO, Lis Pena FR									
5. SAN JOAQUIN DELTA COLLEGE	16	21	30	35	56	(64)	(78)	=	158
Stephanie Rivera SO, Shannon Hess SO, Berklee Akutagawa FR, Andrea Chelotti FR, Melissa Minjarez FR, Elviera Esparza FR, Sonia Lopez FR									
6. AMERICAN RIVER COLLEGE	26	36	42	47	50	(51)	(66)	=	201
Karen Blades SO, Marni Paulo SO, Katie Madura FR, Julie Cox SO, Blanca Carrillo FR, Emily Jessee SO, Brianne Noble FR									
7. CC OF SAN FRANCISCO	9	27	52	58	65	(86)	(90)	=	211
Erin Brightwell SO, Logan Hiroshima SO, Allison Gurley SO, Michelle Valentin FR, Sandy Welch FR, Peggy Marin SO, Lucy Wong FR									
8. FRESNO CITY COLLEGE	20	33	39	54	79			=	225
Souriya Syhalath FR, Melissa Hopelian FR, Marie Phelan FR, Tori Beebe SO, Beth Brown FR									
9. IRVINE VALLEY COLLEGE	25	38	53	55	62	(81)	(88)	=	233
Jordi Manley FR, Trina Perez SO, Janelle Whiteman FR, Becky Bagin SO, Alexa Axton FR, Sylvia Casteneda FR, Linda Compositor SO									
10. ORANGE COAST COLLEGE	29	34	57	60	61			=	241
Carrie Appell SO, Aaa Lundvkist FR, Christa Gonzales FR, Cecilia Moreno FR, Anel Sanchez FR									
11. SANTA ROSA JR. COLLEGE	10	17	74	75	77	(87)		=	253
Wendy Whitney SO, Gretchen Horstman SO, Kim Mannixzi FR, Lauren Dyer FR, Nicole Pachadin FR, Loretta Foster FR									
12. MODESTO JR. COLLEGE	18	31	40	82	83	(85)	(89)	=	254
Jonya Ribeiro FR, Nadia Ayala SO, Julie Jamison FR, Shelley Rodriguez FR, Sara Rainwater FR, Isabel Alcazar FR, Julie McGuire FR									
13. MENDOCINO COLLEGE	22	49	70	71	80	(91)		=	292
Estelle Palley FR, Julie Little FR, Nichelle Lawson FR, Chris DeLosantos FR, Amber Cleveland FR, Susan Piticolas FR									
14. COLLEGE OF SEQUOIAS	44	63	67	72	76	(84)		=	322
Lucia Sanchez SO, Karla Ovando SO, Gina Pimentel FR, Marion Reneau FR, Jen Cochran FR, Rosa Peralta FR									

Crystal Springs - Belmont

Men's Race: 4.19 Miles - tough hilly course; cool weather

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	MEN	PACE	PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	MEN	PACE
1	Jose Rangel		SO	RANCHO SANTIAGO COLLEGE	21:08	5:02	70	Nathan Brosius		FR	LASSEN COLLEGE	24:35	5:52
2	Warren Wolf		SO	MT. SAN ANTONIO COLLEGE	21:13	5:03	71	Mike Fuyama		FR	CHABOT COLLEGE	24:42	5:53
3	Thomas Beckum		SO	MT. SAN ANTONIO COLLEGE	21:25	5:06	72	Vince Hernandez		FR	SAN JOSE CITY COLLEGE	24:49	5:55
4	Alan Jackson		SO	WEST VALLEY COLLEGE	21:42	5:10	73	Greg Struthers		FR	AMERICAN RIVER COLLEGE	24:50	5:55
5	Chris Coleman		SO	COLLEGE OF SEQUOIAS	21:49	5:12	74	Andy McIntosh		FR	AMERICAN RIVER COLLEGE	24:51	5:55
6	Mike Hancock		SO	ORANGE COAST COLLEGE	21:49	5:12	75	Ryan Prevost		SO	CABRILLO COLLEGE	24:53	5:56
7	Ben Mejia		FR	RANCHO SANTIAGO COLLEGE	21:59	5:14	76	Andres VonBorstel		FR	ORANGE COAST COLLEGE	24:55	5:56
8	John Atwood		SO	CHABOT COLLEGE	21:59	5:14	77	Guillermo Falla		FR	DIABLO VALLEY COLLEGE	24:56	5:57
9	Federico Morales		FR	RANCHO SANTIAGO COLLEGE	22:05	5:16	78	Mike Fender		FR	BUTTE COLLEGE	24:58	5:57
10	Brian Meyers		SO	AMERICAN RIVER COLLEGE	22:07	5:16	79	Dusty Robinson		FR	SHASTA COLLEGE	25:01	5:58
11	Fili Cortez		FR	MT. SAN ANTONIO COLLEGE	22:09	5:17	80	Isaac Raya		FR	SANTA ROSA JR. COLLEGE	25:01	5:58
12	Jason Nunes		SO	COLLEGE OF SEQUOIAS	22:10	5:17	81	Riley Gibbons		FR	CABRILLO COLLEGE	25:04	5:59
13	Danny Gonzalez		FR	RANCHO SANTIAGO COLLEGE	22:11	5:17	82	Daniel Chen		FR	SAN JOSE CITY COLLEGE	25:07	5:59
14	Andrew McLarty		SO	MT. SAN ANTONIO COLLEGE	22:19	5:19	83	Mike Hall		SO	SHASTA COLLEGE	25:10	6:00
15	Jason Yonan		FR	MODESTO JR. COLLEGE	22:24	5:20	84	Craig Adams		FR	SHASTA COLLEGE	25:11	6:00
16	Jorge Fradisco		SO	RANCHO SANTIAGO COLLEGE	22:24	5:20	85	Louis Andre		FR	SAN JOSE CITY COLLEGE	25:15	6:01
17	Sean Svare		FR	DIABLO VALLEY COLLEGE	22:30	5:22	86	Mark Hartman		SO	YUBA COLLEGE	25:15	6:01
18	Johann Appell		FR	ORANGE COAST COLLEGE	22:36	5:23	87	Yuri Shalan		FR	AMERICAN RIVER COLLEGE	25:16	6:01
19	Casey Jackson		FR	COLLEGE OF SAN MATEO	22:36	5:23	88	Godfrey Tam		SO	CHABOT COLLEGE	25:17	6:02
20	Gabe Turco		SO	AMERICAN RIVER COLLEGE	22:38	5:24	89	Kevin Strbarsky		SO	CHABOT COLLEGE	25:23	6:03
21	Gabe Cisneros		FR	MT. SAN ANTONIO COLLEGE	22:39	5:24	90	Stephen Clement		SO	DIABLO VALLEY COLLEGE	25:23	6:03
22	Paul Temmerman		SO	COLLEGE OF SEQUOIAS	22:46	5:26	91	Willie Noonan		SO	ORANGE COAST COLLEGE	25:23	6:03
23	Juan Escalera		FR	MT. SAN ANTONIO COLLEGE	22:47	5:26	92	Sauy Leam		FR	MODESTO JR. COLLEGE	25:29	6:04
24	Tim Sanborn		SO	SANTA ROSA JR. COLLEGE	22:47	5:26	93	Dan Smith		SO	COLLEGE OF SEQUOIAS	25:30	6:05
25	Ulises Tellechea		SO	MODESTO JR. COLLEGE	22:48	5:26	94	Cory Boldt		FR	LAKE TAOHE CC	25:34	6:06
26	Joshua Small		FR	CABRILLO COLLEGE	22:50	5:27	95	Chris Reed		FR	WEST VALLEY COLLEGE	25:41	6:07
27	Qadir Moshda		SO	WEST VALLEY COLLEGE	22:51	5:27	96	Anton Escay		FR	AMERICAN RIVER COLLEGE	25:46	6:09
28	David Wyandt		FR	WEST VALLEY COLLEGE	22:52	5:27	97	Raphael Hollins		FR	MERRITT COLLEGE	25:50	6:09
29	Rene Munoz		FR	ORANGE COAST COLLEGE	22:53	5:27	98	Brett Havener		FR	SHASTA COLLEGE	26:03	6:13
30	Brian Dorgan		FR	WEST VALLEY COLLEGE	22:57	5:28	99	Jamie Pugh		SO	SANTA ROSA JR. COLLEGE	26:05	6:13
31	Lonnie Autry		FR	WEST VALLEY COLLEGE	22:58	5:28	100	Chris McCormick		FR	IRVINE VALLEY COLLEGE	26:06	6:13
32	JC Diaz		FR	COLLEGE OF THE REDWOODS	22:59	5:29	101	Tim Olson		FR	BUTTE COLLEGE	26:06	6:13
33	Brian Parodi		SO	DIABLO VALLEY COLLEGE	23:04	5:30	102	Paul Finch		FR	SANTA ROSA JR. COLLEGE	26:07	6:14
34	Brian Baughman		FR	MT. SAN ANTONIO COLLEGE	23:06	5:30	103	Tim Raposa		FR	SACRAMENTO CITY COLLEGE	26:11	6:14
35	Jim Rousseve		SO	ORANGE COAST COLLEGE	23:09	5:31	104	Arthur Cooper		SO	DIABLO VALLEY COLLEGE	26:17	6:16
36	Peter Gibson		FR	AMERICAN RIVER COLLEGE	23:10	5:31	105	Paul Sudano		FR	WEST VALLEY COLLEGE	26:23	6:17
37	Henry Chain		FR	ORANGE COAST COLLEGE	23:13	5:32	106	Ryan Offield		FR	COLLEGE OF SAN MATEO	26:37	6:21
38	Sammy Morales		FR	FRESNO CITY COLLEGE	23:15	5:33	107	Sokros Chim		FR	SAN JOSE CITY COLLEGE	26:39	6:21
39	Scott Goukens		FR	MT. SAN ANTONIO COLLEGE	23:17	5:33	108	Scott Larios		FR	IRVINE VALLEY COLLEGE	26:40	6:21
40	Jason Repsher		FR	LAKE TAOHE CC	23:18	5:33	109	Tom Stone		FR	SANTA ROSA JR. COLLEGE	26:49	6:24
41	Jason Hervey		FR	WEST VALLEY COLLEGE	23:20	5:34	110	Miguel Espinal		FR	CONTRA COSTA COLLEGE	26:54	6:25
42	Tony Munch		FR	DIABLO VALLEY COLLEGE	23:20	5:34	111	Josh Bullock		FR	MODESTO JR. COLLEGE	26:59	6:26
43	Jose Saens		FR	MODESTO JR. COLLEGE	23:20	5:34	112	Aaron Heagerty		SO	CABRILLO COLLEGE	27:04	6:27
44	Matt Woodley		FR	COLLEGE OF SEQUOIAS	23:21	5:34	113	Brenden Mosher		SO	SAN JOSE CITY COLLEGE	27:07	6:28
45	Anthony Morales		FR	YUBA COLLEGE	23:23	5:34	114	Chris Lavigne		FR	IRVINE VALLEY COLLEGE	27:09	6:28
46	Carlos Harrison		SO	FRESNO CITY COLLEGE	23:26	5:35	115	Monty Gayton		FR	MERRITT COLLEGE	27:17	6:30
47	Jeff Wendling		SO	COLLEGE OF SEQUOIAS	23:26	5:35	116	Bryan Jimenez		FR	COLLEGE OF THE REDWOODS	27:31	6:34
48	Raul Higgins		SO	SHASTA COLLEGE	23:29	5:36	117	Jose Ramirez		FR	COLLEGE OF THE REDWOODS	27:37	6:35
49	Eack Scott		FR	MODESTO JR. COLLEGE	23:30	5:36	118	Matt Mueller		FR	SHASTA COLLEGE	27:44	6:37
50	Eack Senf		FR	LAKE TAOHE CC	23:30	5:36	119	Jose Miranda		FR	FRESNO CITY COLLEGE	27:51	6:38
51	Oliker Vergara		FR	ORANGE COAST COLLEGE	23:30	5:36	120	Wathan Gaddy		FR	SHASTA COLLEGE	27:57	6:40
52	Adan Perea		FR	FRESNO CITY COLLEGE	23:33	5:37	121	Ben Sadrain		FR	LAKE TAOHE CC	28:07	6:42
53	Frank Greco		FR	IRVINE VALLEY COLLEGE	23:38	5:38	122	Monte Valoria		FR	LAKE TAOHE CC	28:08	6:42
54	Tom Washington		FR	COLLEGE OF SAN MATEO	23:38	5:38	123	Luis Chacon		FR	CABRILLO COLLEGE	28:10	6:43
55	David Boulton		SO	ORANGE COAST COLLEGE	23:39	5:38	124	Joshua Brewer		FR	CABRILLO COLLEGE	28:14	6:44
56	Greg Tadey		SO	SAN JOSE CITY COLLEGE	23:42	5:39	125	Toby Raya		FR	SANTA ROSA JR. COLLEGE	28:22	6:46
57	David Rodriguez		FR	COLLEGE OF SEQUOIAS	23:47	5:40	126	Matt Monje		FR	IRVINE VALLEY COLLEGE	28:25	6:46
58	Todd Nunan		SO	YUBA COLLEGE	23:48	5:40	127	Joseph Peacock		FR	CHABOT COLLEGE	28:40	6:50
59	Cesear Perez		FR	AMERICAN RIVER COLLEGE	23:53	5:42	128	Drew Lander		SO	BUTTE COLLEGE	28:40	6:50
60	Jake Swanson		FR	ORANGE COAST COLLEGE	23:58	5:43	129	Magdalena Ramirez		FR	CONTRA COSTA COLLEGE	28:47	6:52
61	Brian Mitsel		FR	RANCHO SANTIAGO COLLEGE	24:04	5:44	130	David Uldrick		FR	COLLEGE OF SAN MATEO	29:05	6:56
62	Juan Morales		FR	FRESNO CITY COLLEGE	24:06	5:45	131	Jorge Andrade		FR	CONTRA COSTA COLLEGE	29:40	7:04
63	Nector Leijsa		SO	WEST VALLEY COLLEGE	24:18	5:48	132	Mark Flores		FR	IRVINE VALLEY COLLEGE	29:56	7:08
64	Matt McGraw		FR	AMERICAN RIVER COLLEGE	24:22	5:49	133	Jason Sanchez		FR	COLLEGE OF SAN MATEO	30:03	7:10
65	Agustin Campos		FR	MODESTO JR. COLLEGE	24:25	5:49	134	David Mitchell		FR	DIABLO VALLEY COLLEGE	30:10	7:11
66	Kristian Fitting		FR	COLLEGE OF THE REDWOODS	24:26	5:49	135	Matthew Hartman		FR	YUBA COLLEGE	30:29	7:16
67	Dan Moller		FR	SHASTA COLLEGE	24:29	5:50	136	Edward Guerrero		FR	MERRITT COLLEGE	30:42	7:19
68	Emmanuel Levijaral		FR	SANTA ROSA JR. COLLEGE	24:30	5:50	137	Michael Saberr		FR	COLLEGE OF THE REDWOODS	30:44	7:20
69	Josh Rains		SO	AMERICAN RIVER COLLEGE	24:34	5:51	138	Daniel Adams		FR	YUBA COLLEGE	35:37	8:29

1. RANCHO SANTIAGO COLLEGE

1 7 9 13 16 (59) = 46
Jose Rangel SO, Ben Mejia FR, Federico Morales FR, Danny Gonzalez FR,
Jorge Fradisco SO, Brian Mitsel FR

2. MT. SAN ANTONIO COLLEGE

2 3 11 14 21 (23) (34) = 51
Warren Wolf SO, Thomas Beckum SO, Fili Cortez FR, Andrew McLarty SO,
Gabe Cisneros FR, Juan Escalera FR, Brian Baughman FR

3. WEST VALLEY COLLEGE

4 27 28 30 31 (40) (61) = 120
Alan Jackson SO, Qadir Moshda SO, David Wyandt FR, Brian Dorgan FR,
Lonnie Autry FR, Jason Hervey FR, Nector Leijsa SO

4. ORANGE COAST COLLEGE

6 18 29 35 37 (50) (54) = 125
Mike Hancock SO, Johann Appell FR, Rene Munoz FR, Jim Rousseve SO,
Henry Chain FR, Oliker Vergara FR, David Boulton SO

5. COLLEGE OF SEQUOIAS

5 12 22 43 46 (56) (85) = 128
Chris Coleman SO, Jason Nunes SO, Paul Temmerman SO, Matt Woodley FR,
Jeff Wendling SO, David Rodriguez FR, Dan Smith SO

6. AMERICAN RIVER COLLEGE

10 20 36 58 62 (67) (70) = 186
Brian Meyers SO, Gabe Turco SO, Peter Gibson FR, Cesear Perez FR,
Matt McGraw FR, Josh Rains SO, Greg Struthers FR

7. MODESTO JR. COLLEGE

15 25 42 48 63 (84) (96) = 193
Jason Yonan FR, Ulises Tellechea SO, Jose Saens FR, Eack Scott FR,
Agustin Campos FR, Sauy Leam FR, Josh Bullock FR

8. DIABLO VALLEY COLLEGE

17 33 41 72 83 (91)(114) = 246
Sean Svare FR, Brian Parodi SO, Tony Munch FR, Guillermo Falla FR,
Stephen Clement SO, Arthur Cooper SO, David Mitchell FR

9. FRESNO CITY COLLEGE

38 45 51 60 103 = 297
Sammy Morales FR, Carlos Harrison SO, Adan Perea FR, Juan Morales FR,
Jose Miranda FR

10. SHASTA COLLEGE

47 65 73 77 78 (87)(102) = 340
Raul Higgins SO, Dan Moller FR, Dusty Robinson FR, Mike Hall SO,
Craig Adams FR, Brett Havener FR, Matt Mueller FR

11. SANTA ROSA JR. COLLEGE

24 66 74 88 90 (95)(108) = 342
Tim Sanborn SO, Emmanuel Levijaral FR, Isaac Raya FR, Jamie Pugh SO,
Paul Finch FR, Tom Stone FR, Toby Raya FR

12. CHABOT COLLEGE

8 68 81 82 110 = 349
John Atwood SO, Mike Fuyama FR, Godfrey Tam SO, Kevin Strbarsky FR,
Joseph Peacock FR

13. SAN JOSE CITY COLLEGE

55 69 76 79 93 (98) = 372
Greg Tadey SO, Vince Hernandez FR, Daniel Chen FR, Louis Andre FR,
Sokros Chim FR, Brenden Mosher SO

4. CABRILLO COLLEGE

26 71 75 97 106 (107) = 375
Joshua Small FR, Ryan Prevost SO, Riley Gibbons FR, Aaron Heagerty SO,
Luis Chacon FR, Joshua Brewer FR

15. LAKE TAOHE CC

39 49 86 104 105 = 383
Jason Repsher FR, Eack Senf FR, Cory Boldt FR, Ben Sadrain FR,
Monte Valoria FR

16. COLLEGE OF SAN MATEO

19 53 92 111 113 = 388
Casey Jackson FR, Tom Washington FR, Ryan Offield FR, David Uldrick FR,
Jason Sanchez FR

17. COLLEGE OF THE REDWOODS

32 64 100 101 116 = 413
JC Diaz FR, Kristian Fitting FR, Bryan Jimenez FR, Jose Ramirez FR,
Michael Saberr FR

17. YUBA COLLEGE

44 57 80 115 117 = 413
Anthony Morales FR, Todd Nunan SO, Mark Hartman SO, Matthew Hartman FR,
Daniel Adams FR

19. IRVINE VALLEY COLLEGE

52 89 94 99 109 (112) = 443
Frank Greco FR, Chris McCormick FR, Scott Larios FR, Chris Lavigne FR,
Matt Monje FR, Mark Flores FR

Lou Vasquez Invitational - 6 October

Golden Gate Pk, San Francisco: flat dirt & grass course, sunny, warm weather

Men's race: 4.0 miles

PLACE	FIRST NA LAST NAME	YR SCHOOL	MEN	PACE	PLACE	FIRST NA LAST NAME	YR SCHOOL	MEN	PACE
1	BRIAN WILKINSON	SO HARTNELL	20:45	5:11	63	STEPHEN CLEMENT	DIABLO VALLEY	24:00	6:00
2	LUIS GRANADO	SO HARTNELL	21:15	5:19	64	PAUL FINCH	SANTA ROSA	24:02	6:01
3	STEVE MORENO	FR HARTNELL	21:16	5:19	65	YURI SHALLAN	FR AMERICAN RIVER COLLEGE	24:02	6:01
4	GREG TADEMY	SO SAN JOSE CITY COLLEGE	21:20	5:20	66	GEORGE THOMPSON	SAN JOAQUIN DELTA	24:09	6:02
5	ALAN JACKSON	SO WEST VALLEY	21:27	5:22	67	RYAN PREVOST	SO CABRILLO COLLEGE	24:14	6:04
6	BRIAN MEYER	SO AMERICAN RIVER COLLEGE	21:31	5:23	68	SAMSON COX	SKYLINE COLLEGE	24:18	6:05
7	CHRIS COATS	SIERRA COLLEGE	21:44	5:26	69	ERIC RAMIREZ	SKYLINE COLLEGE	24:18	6:05
8	JOHN ATWOOD	CHABOT COLLEGE	21:45	5:26	70	MIKE HALL	SO SHASTA COLLEGE	24:20	6:05
9	SEAN SVARC	DIABLO VALLEY	21:50	5:28	71	ADAN PEREA	FR FRESNO CITY COLLEGE	24:21	6:05
10	ALEJANDRO RAMIREZ	SAN JOAQUIN DELTA	21:50	5:28	72	LOUIS ANDRE	FR SAN JOSE CITY COLLEGE	24:25	6:06
11	LONNIE AUTRY	FR WEST VALLEY	21:50	5:28	73	CRAIG ADAMS	FR SHASTA COLLEGE	24:26	6:07
12	CHRIS COLEMAN	SO COLLEGE OF SEQUOIAS	21:52	5:28	74	JAMIE PUGH	SANTA ROSA	24:33	6:08
13	JASON YONAN	FR MODESTO JC	21:53	5:28	75	EMMANUEL LEVIJARVI	SANTA ROSA	24:38	6:10
14	ALFREDO GARCIA	FR FRESNO CITY COLLEGE	21:54	5:29	76	VINCE HERNANDEZ	FR SAN JOSE CITY COLLEGE	24:39	6:10
15	TIM SANBORN	SANTA ROSA	21:55	5:29	77	ERIC WEIMER	SIERRA COLLEGE	24:39	6:10
16	JEREMY RIDDLE	FR WEST VALLEY	21:57	5:29	78	KEVIN STRHAUSKY	CHABOT COLLEGE	24:41	6:10
17	ULISES TELLECHEA	SO MODESTO JC	21:58	5:30	79	PAUL MATTHEWS	SIERRA COLLEGE	24:44	6:11
18	ENRIQUE CERVANTES	SO HARTNELL	22:00	5:30	80	GODFREY TAN	CHABOT COLLEGE	24:46	6:12
19	JASON HERVEY	FR WEST VALLEY	22:03	5:31	81	ARTHUR COOPER	DIABLO VALLEY	24:52	6:13
20	BRIAN DORGAN	FR WEST VALLEY	22:03	5:31	82	CHRIS REED	FR WEST VALLEY	24:54	6:14
21	JASON SELBY	SANTA ROSA	22:04	5:31	83	SETHI H NANG	FR SAN JOSE CITY COLLEGE	24:59	6:15
22	JOSH LEWIS	SIERRA COLLEGE	22:06	5:32	84	ANTON ESCAY	FR AMERICAN RIVER COLLEGE	25:04	6:16
23	LEONARDO LEON	FR HARTNELL	22:10	5:33	85	SOK ROS CHIM	FR SAN JOSE CITY COLLEGE	25:10	6:18
24	DOUG BARNES	SIERRA COLLEGE	22:10	5:33	86	DAN SMITH	SO COLLEGE OF SEQUOIAS	25:12	6:18
25	LARS MININI	SO HARTNELL	22:13	5:33	87	PAUL SUDANO	FR WEST VALLEY	25:14	6:19
26	BRIAN PARODI	DIABLO VALLEY	22:14	5:34	88	AARON HEAGARTY	SO CABRILLO COLLEGE	25:15	6:19
27	CASEY JACKSON	FR SAN MATEO	22:16	5:34	89	JOSH BULLOCK	FR MODESTO JC	25:17	6:19
28	JOSH SMALL	FR CABRILLO COLLEGE	22:19	5:35	90	TOM STONE	SANTA ROSA	25:29	6:22
29	ANTHONY MUNCH	DIABLO VALLEY	22:20	5:35	91	SHAUN WILLIAMS	FR SAN FRANCISCO	25:35	6:24
30	JOSE SAENZ	FR MODESTO JC	22:22	5:36	92	JORGE ANDRADE	FR CONTRA COSTA	25:37	6:24
31	GUSTY MAAT	DIABLO VALLEY	22:25	5:36	93	ATIKUM WONDAFEROW	FR SAN FRANCISCO	25:39	6:25
32	QADIP MOZHDA	SO WEST VALLEY	22:26	5:37	94	MATT MUELLER	FR SHASTA COLLEGE	25:44	6:26
33	MATT WOODLEY	FR COLLEGE OF SEQUOIAS	22:27	5:37	95	JACOB WILSON	SAN JOAQUIN DELTA	25:47	6:27
34	ZACK SCOTT	FR MODESTO JC	22:29	5:37	96	LUIS CHACON	FR CABRILLO COLLEGE	25:53	6:28
35	JASON NUNES	SO COLLEGE OF SEQUOIAS	22:31	5:38	97	JOSE ESPEJO	FR CONTRA COSTA	25:57	6:29
36	DAVID OLEACHEA	SIERRA COLLEGE	22:31	5:38	98	SEAN FREITAS	FR MODESTO JC	26:03	6:31
37	SAMMY MORALES	FR FRESNO CITY COLLEGE	22:38	5:40	99	BRENDON MOSHER	SO SAN JOSE CITY COLLEGE	26:15	6:34
38	CARLOS HARRISON	SO FRESNO CITY COLLEGE	22:39	5:40	100	TROY BARBA	DE ANZA COLLEGE	26:15	6:34
39	JUSTIN O'CONNELL	FR HARTNELL	22:43	5:41	101	MAGDALENO RAMIREZ	FR CONTRA COSTA	26:16	6:34
40	RALPH CONTRERAS	DE ANZA COLLEGE	22:46	5:42	102	MONTY GAYTON	MERRITT	26:25	6:36
41	DAVE SERAFINI	FR HARTNELL	22:52	5:43	103	DAN HENDRICKS	SO CABRILLO COLLEGE	26:36	6:39
42	SCOTT ADAM	SIERRA COLLEGE	22:56	5:44	104	TOBY RAYA	SANTA ROSA	26:53	6:43
43	JEFF WENDLING	SO COLLEGE OF SEQUOIAS	22:57	5:44	105	JOSEPH PEACOCK	CHABOT COLLEGE	27:00	6:45
44	PETER GIBSON	FR AMERICAN RIVER COLLEGE	22:59	5:45	106	MICHAEL GARCIA	SKYLINE COLLEGE	27:00	6:45
45	JOSH RAINS	SO AMERICAN RIVER COLLEGE	23:03	5:46	107	JOSE MIRANDA	FR FRESNO CITY COLLEGE	27:03	6:46
46	BRYAN CAULBOY	CHABOT COLLEGE	23:08	5:47	108	NATHAN GADDY	FR SHASTA COLLEGE	27:05	6:46
47	JUAN MORALES	FR FRESNO CITY COLLEGE	23:09	5:47	109	JOSH BREWER	FR CABRILLO COLLEGE	27:19	6:50
48	CAESAR PEREZ	FR AMERICAN RIVER COLLEGE	23:11	5:48	110	DAVID CHRISTOPHER	SAN JOAQUIN DELTA	27:47	6:57
49	MIKE ROACH	SAN JOAQUIN DELTA	23:20	5:50	111	DAVID ULDRICK	FR SAN MATEO	27:56	6:59
50	MATT MCGRAW	FR AMERICAN RIVER COLLEGE	23:21	5:50	112	EDUARDO GUERRERO	MERRITT	27:58	7:00
51	RUBEN HERNANDEZ	FR CONTRA COSTA	23:22	5:51	113	MIGUEL ESPINAL	FR CONTRA COSTA	28:33	7:08
52	DAVID RODRIGUEZ	FR COLLEGE OF SEQUOIAS	23:23	5:51	114	VIDEL MONTGOMERY	FR CONTRA COSTA	29:07	7:17
53	DUSTY ROBINSON	FR SHASTA COLLEGE	23:24	5:51	115	DAVID MITCHELL	DIABLO VALLEY	29:08	7:17
54	AGUSTIN CAMPOS	FR MODESTO JC	23:25	5:51	116	AVENEIR GUEVARRA	SKYLINE COLLEGE	29:13	7:18
55	DANIEL CHEN	FR SAN JOSE CITY COLLEGE	23:33	5:53	117	MARCOS RAMOS	CHABOT COLLEGE	29:21	7:20
56	ANDY MCINTOSH	FR AMERICAN RIVER COLLEGE	23:37	5:54	118	FRED MOSES	FR SAN FRANCISCO	29:31	7:23
57	TOM WASHINGTON	SO SAN MATEO	23:41	5:55	119	SHANNON LOWE	FR SAN FRANCISCO	29:32	7:23
58	RILEY GIBBONS	FR CABRILLO COLLEGE	23:43	5:56	120	JEFF KUBC	SKYLINE COLLEGE	29:37	7:24
59	MIKE FURUYAMA	CHABOT COLLEGE	23:45	5:56	121	JASON SANCHEZ	FR SAN MATEO	29:46	7:27
60	ISAAC RAYA	SANTA ROSA	23:50	5:58	122	SAL FLORES	SAN JOAQUIN DELTA	30:10	7:33
61	DAN MOLLER	FR SHASTA COLLEGE	23:50	5:58	123	AARON VALDEZ	DE ANZA COLLEGE	30:18	7:35
62	DANNY ECKARDT	SAN JOAQUIN DELTA	23:51	5:58	124	JOHN ALVES	DIABLO VALLEY	30:24	7:36

Lou Vasquez Invitational - 6 October

Golden Gate Pk, San Francisco: flat dirt & grass course, sunny, warm weather

Women's race: 3.0 miles

PLACE	FIRST NA LAST NAME	YR SCHOOL	WOMEN PACE	PLACE	FIRST NA LAST NAME	YR SCHOOL	WOMEN PACE
1	JACKIE MCCLEARY	FR WEST VALLEY	18:58 6:07	51	PATRINA HALL	SAN JOAQUIN DELTA	22:24 7:14
2	SHAUNA O'LEARY	FR SAN MATEO	19:12 6:12	52	VALERIE WALSH	SO HARTNELL	22:26 7:14
3	ERIN BRIGHTWELL	SO SAN FRANCISCO	19:13 6:12	53	ANGELINA COUNTESS	FR SHASTA COLLEGE	22:30 7:15
4	KIM WILKS	CHABOT COLLEGE	19:14 6:12	54	ELIZABETH MORTON	FR WEST VALLEY	22:37 7:18
5	MONA LEON	SO WEST VALLEY	19:15 6:13	55	DEBBIE BUFFINGTON	SO AMERICAN RIVER COLLEGE	22:38 7:18
6	CAROLYN BENSON	FR WEST VALLEY	19:20 6:14	56	NATACHA MCDOWELL	SIERRA COLLEGE	22:44 7:20
7	STEPHANIE RIVERA	SAN JOAQUIN DELTA	19:25 6:16	57	KARLA OVANDO	SO COLLEGE OF SEQUOIAS	22:51 7:22
8	MARANDA COWAN	FR SHASTA COLLEGE	19:35 6:19	58	RICHELLE LAWSON	FR MENDOCINO	22:53 7:23
9	CHRISTINA PEACOCK	FR SHASTA COLLEGE	19:43 6:22	59	CHRIS DELOS SANTOS	FR MENDOCINO	22:55 7:24
10	DARCI LEWIS	FR SAN MATEO	19:47 6:23	60	CATHY WISEMAN	FR WEST VALLEY	22:58 7:25
11	CARIE IRWIN	FR SHASTA COLLEGE	19:48 6:23	61	ANGELIQUE RUBICK	SIERRA COLLEGE	22:59 7:25
12	HEATHER NEWCOM	SO SHASTA COLLEGE	19:52 6:25	62	GINA PIMENTEL	FR COLLEGE OF SEQUOIAS	23:06 7:27
13	MAHI PAULO	SO AMERICAN RIVER COLLEGE	19:58 6:26	63	KIM MORGAN	FR CABRILLO COLLEGE	23:09 7:28
14	SANDRA GARCIA	SAN JOAQUIN DELTA	20:01 6:27	64	KATRINA HALL	SAN JOAQUIN DELTA	23:10 7:28
15	SOURIYA SYHALATH	FR FRESNO CITY COLLEGE	20:03 6:28	65	HOLI BARWICK	FR CABRILLO COLLEGE	23:11 7:29
16	NADIA AYALA	SO MODESTO JC	20:11 6:31	66	SARA LOPEZ	SIERRA COLLEGE	23:14 7:30
17	ANDREA CHELOTTI	SAN JOAQUIN DELTA	20:12 6:31	67	MICHELLE VALENTIN	FR SAN FRANCISCO	23:14 7:30
18	CHRISTY WHEELER	FR SHASTA COLLEGE	20:23 6:35	68	ELVERA ESPARZA	SAN JOAQUIN DELTA	23:18 7:31
19	JENNIFER BAKER	SIERRA COLLEGE	20:26 6:35	69	MELISSA MENAHAN	DE ANZA COLLEGE	23:23 7:33
20	JONYA RIBEIRA	FR MODESTO JC	20:27 6:36	70	KERI DAHL	FR AMERICAN RIVER COLLEGE	23:25 7:33
21	ESTELLE PALLEY	FR MENDOCINO	20:32 6:37	71	CRYSTAL STOWELL	FR WEST VALLEY	23:28 7:34
22	KAREN BLADES	SO AMERICAN RIVER COLLEGE	20:33 6:38	72	JEN COCHRAN	FR COLLEGE OF SEQUOIAS	23:34 7:36
23	BERKLEE AKUTAGAWA	SAN JOAQUIN DELTA	20:35 6:38	73	NICOLE PACHADIN	SANTA ROSA	23:36 7:37
24	MARY PATTERSON	MERRITT	20:41 6:40	74	LYDIA ANDERSON	FR SAN MATEO	23:42 7:39
25	KATI LANDRETH	FR SHASTA COLLEGE	20:51 6:44	75	BRIT LEWIS	CHABOT COLLEGE	23:47 7:40
26	ERICKA RODARTE	SO SAN JOSE CITY COLLEGE	20:54 6:45	76	WENDY GREEN	MERRITT	23:57 7:44
27	MAUREEN SWEDA	DE ANZA COLLEGE	20:55 6:45	77	AMY MCLAIN	FR FRESNO CITY COLLEGE	24:06 7:46
28	ANGELA REYES	SO HARTNELL	21:06 6:48	78	LE CASEY	FR CONTRA COSTA	24:06 7:46
29	JULIE COX	SO AMERICAN RIVER COLLEGE	21:06 6:48	79	PEGGY MARIN	SO SAN FRANCISCO	24:43 7:58
30	DENISE RUMMELHART	SKYLINE COLLEGE	21:10 6:50	80	BETH BROWN	FR FRESNO CITY COLLEGE	24:45 7:59
31	KENDRA MCCARTHY	SO HARTNELL	21:14 6:51	81	ROSA PERALTA	FR COLLEGE OF SEQUOIAS	24:51 8:01
32	BLANCA CARRILLO	FR AMERICAN RIVER COLLEGE	21:20 6:53	82	MIRANDA BRADY	SIERRA COLLEGE	24:52 8:01
33	KATIE MADURA	FR AMERICAN RIVER COLLEGE	21:21 6:53	83	SHELLEY RODRIGUEZ	FR MODESTO JC	24:54 8:02
34	MARIE PHELAN	FR FRESNO CITY COLLEGE	21:25 6:55	84	CHRISTY HOLINKA	FR AMERICAN RIVER COLLEGE	25:00 8:04
35	SELINA DELACRUZ	FR FRESNO CITY COLLEGE	21:31 6:56	85	AMBER CLEVELAND	FR MENDOCINO	25:01 8:04
36	EMILY MCPHEE	DIABLO VALLEY	21:33 6:57	86	CHARLIE DU VAL	DE ANZA COLLEGE	25:39 8:16
37	DEBORAH NITZEL	DIABLO VALLEY	21:34 6:57	87	ILANA WOLSTEJN	CHABOT COLLEGE	25:54 8:21
38	BROOKE EBERLE	FR SHASTA COLLEGE	21:36 6:58	88	CARMEN DOMINGUEZ	FR SAN JOSE CITY COLLEGE	26:01 8:24
39	CATHERINE SPELIS	FR AMERICAN RIVER COLLEGE	21:37 6:58	89	Jamila De Carli	FR HARTNELL	26:03 8:24
40	JULIE LITTLE	FR MENDOCINO	21:39 6:59	90	CHRISTINA DURAN	FR SAN MATEO	26:28 8:32
41	EMILY JESSEE	SO AMERICAN RIVER COLLEGE	21:39 6:59	91	EMMA HARPER	FR AMERICAN RIVER COLLEGE	26:34 8:34
42	ALLISON GURLEY	SO SAN FRANCISCO	21:40 6:59	92	MELISSA GONZALES	FR HARTNELL	26:46 8:38
43	LUCIA SANCHEZ	SO COLLEGE OF SEQUOIAS	21:41 7:00	93	MARY GANZ	MERRITT	26:51 8:40
44	SANDRA PINAL	SO SAN JOSE CITY COLLEGE	21:42 7:00	94	MICHELLE MACIEL	SANTA ROSA	26:53 8:40
45	MAUREEN JONES	SO SHASTA COLLEGE	21:46 7:01	95	JULIE MCGUIRE	FR MODESTO JC	26:57 8:42
46	SONIA LOPEZ	SAN JOAQUIN DELTA	21:50 7:03	96	MAREN HAUSELT	FR AMERICAN RIVER COLLEGE	27:59 9:01
47	TORI BEEBE	FR FRESNO CITY COLLEGE	21:50 7:03	97	EMILY BUESCHER	SANTA ROSA	28:53 9:19
48	MAREN RASSMUSSEN	SIERRA COLLEGE	22:05 7:07	98	LUCY WONG	FR SAN FRANCISCO	31:09 10:03
49	KATY WOLFEL	FR WEST VALLEY	22:10 7:09	99	SUSAN PETICOLAS	FR MENDOCINO	32:15 10:24
50	DENISE MYERS	FR SHASTA COLLEGE	22:19 7:12	100	YVETTE LAMAY	SO CONTRA COSTA	34:54 11:15

Conference Center Meet - Torro Park, Salinas - 11 October
hilly dirt and grass course, warm fair weather
Men's Race: 4.0 Miles

race one

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE1	PACE
1	Casey	Jackson	FR	COLLEGE OF SAN MATEO	22:33	5:38
2	Lonnie	Autry	FR	WEST VALLEY COLLEGE	22:46	5:42
3	Alan	Jackson	SO	WEST VALLEY COLLEGE	22:46	5:42
4	Ralph	Contreras	SO	DEANZA COLLEGE	22:49	5:42
5	Brian	Dorgan	FR	WEST VALLEY COLLEGE	23:02	5:46
6	Tom	Washington	FR	COLLEGE OF SAN MATEO	23:07	5:47
7	Jeremy	Riddle	FR	WEST VALLEY COLLEGE	23:10	5:48
8	Jason	Hervey	FR	WEST VALLEY COLLEGE	24:26	6:07
9	Shaun	Williams	FR	CC OF SAN FRANCISCO	26:09	6:32
10	David	Uldrick	FR	COLLEGE OF SAN MATEO	26:18	6:35
11	Paul	Sudano	FR	WEST VALLEY COLLEGE	26:54	6:44
12	Atikum	Wondaferow	FR	CC OF SAN FRANCISCO	27:42	6:56
13	Rudy	Silva	FR	DEANZA COLLEGE	28:17	7:04
14	Troy	Barba	SO	DEANZA COLLEGE	28:24	7:06
15	Aaron	Valdez	FR	DEANZA COLLEGE	28:42	7:11
16	John	Nguyen	FR	DEANZA COLLEGE	29:32	7:23
17	Ed	Hogg	FR	CC OF SAN FRANCISCO	29:43	7:26

race two

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE2	PACE
1	Brian	Wilkinson	SO	HARTNELL COLLEGE	21:38	5:25
2	Steve	Moreno	FR	HARTNELL COLLEGE	21:47	5:27
3	Greg	Tademy	SO	SAN JOSE CITY COLLEGE	22:03	5:31
4	John	Atwood	SO	CHABOT COLLEGE	22:07	5:32
5	Leonardo	Leon	FR	HARTNELL COLLEGE	22:18	5:35
6	Dave	Serafini	FR	HARTNELL COLLEGE	22:21	5:35
7	Jushua	Small	FR	CABRILLO COLLEGE	22:29	5:37
8	Justin	O'Connell	FR	HARTNELL COLLEGE	22:42	5:41
9	Lars	Minini	SO	HARTNELL COLLEGE	22:51	5:43
10	Daniel	Chen	FR	SAN JOSE CITY COLLEGE	23:32	5:53
11	Riley	Gibbons	FR	CABRILLO COLLEGE	23:41	5:55
12	Bryan	Caulboy	FR	CHABOT COLLEGE	23:56	5:59
13	Mike	Furyama	FR	CHABOT COLLEGE	23:57	5:59
14	Louis	Andre	FR	SAN JOSE CITY COLLEGE	23:58	6:00
15	Kevin	Strharsky	FR	CHABOT COLLEGE	24:04	6:01
16	Eric	Ramirez	SO	SKYLINE COLLEGE	24:15	6:04
17	Aaron	Heagerty	SO	CABRILLO COLLEGE	24:32	6:08
18	Godfrey	Tam	SO	CHABOT COLLEGE	24:59	6:15
19	SokRos	Chim	FR	SAN JOSE CITY COLLEGE	25:06	6:17
20	Brendon	Mosher	SO	SAN JOSE CITY COLLEGE	25:15	6:19
21	Sethih	Nang	FR	SAN JOSE CITY COLLEGE	25:49	6:27
22	Chris	Gomes	FR	CHABOT COLLEGE	25:53	6:28
23	Daniel	Hendricks	SO	CABRILLO COLLEGE	26:04	6:31
24	Joshua	Brewer	FR	CABRILLO COLLEGE	26:28	6:37
25	Luis	Chacon	FR	CABRILLO COLLEGE	26:44	6:41
26	Joseph	Peacock	FR	CHABOT COLLEGE	27:18	6:50
27	Avensair	Guevarra	FR	SKYLINE COLLEGE	29:11	7:18
28	Jeffery	Kubo	FR	SKYLINE COLLEGE	29:43	7:26
29	Juan	Patino	FR	CABRILLO COLLEGE	29:48	7:27
30	Marcos	Ramos	FR	CHABOT COLLEGE	30:15	7:34

Women's Race: 3.0 Miles

race one

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE1	PACE
1	Kim	Wilkes	SO	CHABOT COLLEGE	19:55	6:38
2	Angela	Reyes	SO	HARTNELL COLLEGE	21:14	7:05
3	Kendra	McCarthy	SO	HARTNELL COLLEGE	22:07	7:22
4	Denise	Rummelhart	FR	SKYLINE COLLEGE	22:22	7:27
5	Ericka	Rodarte	SO	SAN JOSE CITY COLLEGE	22:32	7:31
6	Sandra	Pinal	SO	SAN JOSE CITY COLLEGE	22:56	7:39
7	Valerie	Walsh	SO	HARTNELL COLLEGE	23:43	7:54
8	Brit	Lewis	FR	CHABOT COLLEGE	24:36	8:12
9	Sau	San	FR	CHABOT COLLEGE	24:50	8:17
10	Stephanie	Gullings	FR	CABRILLO COLLEGE	25:02	8:21
11	Mary Ann	Bingham	FR	CHABOT COLLEGE	26:08	8:43
12	Carmen	Dominguez	FR	SAN JOSE CITY COLLEGE	26:21	8:47
13	Jamila	DeCarli	FR	HARTNELL COLLEGE	27:54	9:18
14	Amanda	Finch	SO	CHABOT COLLEGE	28:04	9:21
15	Melissa	Gonzales	FR	HARTNELL COLLEGE	29:19	9:46
16	Christine	Rolleri	FR	CHABOT COLLEGE	30:54	10:18

race two

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE2	PACE
1	Jackie	McCleary	FR	WEST VALLEY COLLEGE	19:08	6:10
2	Shauna	O'Leary	FR	COLLEGE OF SAN MATEO	19:44	6:22
3	Mona	Leon	SO	WEST VALLEY COLLEGE	20:10	6:30
4	Darci	Lewis	FR	COLLEGE OF SAN MATEO	20:19	6:33
5	Maureen	Sweda	SO	DEANZA COLLEGE	20:48	6:43
6	Logan	Hiroshima	SO	CC OF SAN FRANCISCO	21:29	6:56
7	Erin	Haggerty	FR	COLLEGE OF SAN MATEO	22:08	7:08
8	Allison	Moates	FR	DEANZA COLLEGE	22:46	7:21
9	Katy	Woelfel	FR	WEST VALLEY COLLEGE	22:54	7:23
10	Cathy	Wiseman	FR	WEST VALLEY COLLEGE	23:06	7:27
11	Allison	Gurley	SO	CC OF SAN FRANCISCO	23:15	7:30
12	Sandy	Welch	FR	CC OF SAN FRANCISCO	23:31	7:35
13	Elizabeth	Morton	FR	WEST VALLEY COLLEGE	23:44	7:39
14	Melissa	Monahan	FR	DEANZA COLLEGE	23:51	7:42
15	Peggy	Marin	SO	CC OF SAN FRANCISCO	23:56	7:43
16	Lydia	Anderson	FR	COLLEGE OF SAN MATEO	24:24	7:52
17	Marcella	Guerriero	FR	DEANZA COLLEGE	25:54	8:21
18	Christina	Duran	FR	COLLEGE OF SAN MATEO	26:37	8:35
19	Aracely	Areas	SO	DEANZA COLLEGE	27:13	8:47
20	Lucy	Wong	FR	CC OF SAN FRANCISCO	29:37	9:33
21	Brooke	Anderson	FR	COLLEGE OF SAN MATEO	29:47	9:36
22	Brigitte	Valenzuela	FR	DEANZA COLLEGE	39:57	12:53

Crystal Springs Challenge- Race Six of the PAUSA Grand Prix Series

Saturday, 21 October, 1995

Crystal Springs Cross Country Course, Belmont - challenging all dirt trail course; calm, sunny day

Women's overall results -2.95 miles

PLACE	FIRST NAME	LAST NAME	AGE	AFFILIATION	WOMEN	PACE	PLACE	FIRST NAME	LAST NAME	AGE	AFFILIATION	WOMEN	PACE
1	Bigna	Samuel	29	REBOK AGGIES	17:21	5:53	58	Vanessa	Puchs		SONOMA STATE	21:28	7:17
2	Nelissa	Martel-Accott	34	REBOK AGGIES	17:22	5:53	59	Rosanna	Saffair		WEST VALLEY COLLEGE	21:31	7:18
3	Rae	Banderson	29	REBOK AGGIES	17:23	5:54	60	Susan	Candon		CSU HAYWARD	21:35	7:19
4	Maria	Ravassa	26	REBOK AGGIES	17:26	5:55	61	Julie	Meade		SAN FRANCISCO STATE	21:37	7:20
5	Amy	MacArthur		STANFORD UNIVERSITY	17:40	5:59	62	Yvette	Messier		COLLEGE OF NOTRE DAME	21:41	7:21
6	Cara	Aley		STANFORD UNIVERSITY	17:51	6:03	63	Hanna	Skandera		SONOMA STATE	21:44	7:22
7	Staci	Brunton	25	REBOK AGGIES	17:55	6:04	64	Katie	Hadley		SAN FRANCISCO STATE	21:50	7:24
8	Teresaa	DiPerna	27		18:00	6:06	65	Irene	Herman	46	Impala Racing Team	21:52	7:25
9	Susanne	Blevins-Corde	35	Impala Racing Team	18:05	6:08	66	Margaret	Demara	41		21:54	7:25
10	Jackie	McCleary		WEST VALLEY COLLEGE	18:07	6:08	67	Nicole	Budd	24		22:00	7:27
11	Lorena	Barrigan	26	Impala Racing Team	18:10	6:09	68	Sandra	Final	19	SAN JOSE CITY COLLEGE	22:01	7:28
12	Eileen	Vukicovich	36	REBOK AGGIES	18:17	6:12	69	Edda	Stickle	54	TAMALPA	22:13	7:32
13	Amanda	Bess-Gerhardt	27	AGGIES REBOK	18:20	6:13	70	Becky	Loggins		Chabot College	22:15	7:33
14	Shannen	Sweeney	36	Reebok Aggies	18:21	6:13	71	Lella	Vrhel		MILLS COLLEGE	22:17	7:33
15	Allison	White		STANFORD UNIVERSITY	18:23	6:14	72	Liz	Norton		WEST VALLEY COLLEGE	22:23	7:35
16	Laura	Bayward		STANFORD UNIVERSITY	18:25	6:18	73	Jamie	Wickolopoulos	18	FLEASTON HEAT	22:26	7:36
17	Linn	Schulte-Sasse		STANFORD UNIVERSITY	18:25	6:18	74	Nuong	Ho		SONOMA STATE	22:37	7:40
18	Kathleen	McGuirk	37	TAMALPA	18:44	6:21	75	Cathy	Wiseman		WEST VALLEY COLLEGE	22:46	7:43
19	Shannan	Mathre		CSU HAYWARD	18:49	6:23	76	Stacy	Bruner		U. of the Pacific	22:54	7:46
20	Kim	Wilkes		Chabot College	18:51	6:23	77	Sau	Ban		Chabot College	22:54	7:46
21	Kendra	Bodder		Impala Racing Team	18:56	6:25	78	Valerie	Walsh		Hartnell College	22:58	7:47
22	Sarahbeth	Schweitzer	17	unat	19:05	6:28	79	Barbara	Demas	43	IMPALA RACING TEAM	23:06	7:50
23	Sara	Foster		STANFORD UNIVERSITY	19:08	6:29	80	Marcella	Guerriero		DeAnsa College	23:11	7:52
24	Rachel	Austin	23	Reebok Aggies	19:11	6:30	81	Casey	Brown		MILLS COLLEGE	23:13	7:52
25	Beckie	Simmie Kesecke	43	Impala Racing Team	19:13	6:31	82	Tina	Tom		MILLS COLLEGE	23:14	7:53
26	Mona	Leon		WEST VALLEY COLLEGE	19:15	6:32	83	Tami	Treloggen		COLLEGE OF NOTRE DAME	23:15	7:53
27	Somaya	Larson	25	Impala Racing Team	19:16	6:32	84	Holli	Barwick		Cabrillo College	23:16	7:53
28	Marisol	Leng	24	SANTA CRUZ TC	19:19	6:33	85	Mandi	Dupain		Dominican College	23:20	7:55
29	Melody	Anne Schults	54		19:22	6:34	86	Brit	Lewis		Chabot College	23:35	8:00
30	Erika	Watson	29	SANTA CRUZ T.C.	19:24	6:35	87	Tanya	Warath	32	EMPIRE RUNNERS	23:36	8:00
31	Jennifer	Wheelock		COLLEGE OF NOTRE DAME	19:25	6:35	88	Tara	Kintz		MILLS COLLEGE	23:37	8:00
32	Darci	Lewis		COLLEGE OF SAN MATEO	19:27	6:36	89	Stephanie	Gullings		Cabrillo College	23:38	8:01
33	Negan	Austin	36	TAMALPA	19:33	6:38	90	Cindy	Parker		MILLS COLLEGE	23:40	8:01
34	Dana	Garrett	31	TAMALPA	19:37	6:39	91	Michelle	Aminifard		SONOMA STATE	23:43	8:02
35	Carolyn	Benson		WEST VALLEY COLLEGE	19:38	6:39	92	Marla	Francora		U. of the Pacific	23:56	8:07
36	Eileen	Brennan	34	Impala Racing Team	19:43	6:41	93	Ellen	Clark	48	WEST VALLEY T.C.	23:58	8:07
37	Kelly	Lewson	35	TAMALPA	19:50	6:43	94	Michelle	Thomas		U. of the Pacific	24:01	8:08
38	Liisa	Nichols	29	SANTA CRUZ TC	19:55	6:45	95	Patricia	Prober		MILLS COLLEGE	24:06	8:10
39	Quu	Judkins		MILLS COLLEGE	20:04	6:48	96	Kim	Davis		COLLEGE OF NOTRE DAME	24:30	8:18
40	Lisa	Pappanastos		SAN FRANCISCO STATE	20:06	6:49	97	Rachel	Berryhill		CSU HAYWARD	24:40	8:22
41	Kattie	Gray	41	Tamalpa	20:11	6:51	98	Betsy	Freeman		U. of the Pacific	24:45	8:23
42	Marifaith	Schweitzer	11	unat	20:23	6:55	99	Shan	Aguilar	36	SANTA CRUZ TC	24:50	8:25
43	Maureen	Sveda		DeAnsa College	20:24	6:55	100	Christine	Marchesotti	46		25:02	8:29
44	Lisa	Isabeau	36	EMPIRE RUNNERS	20:26	6:56	101	Kathy	Colletto	53	TAMALPA	25:09	8:32
45	Kelly	Jacobson		FRESNO STATE	20:32	6:58	102	Carolyn	O'Keefe		MILLS COLLEGE	25:18	8:35
46	Ericka	Robarte	19	SAN JOSE CITY COLLEGE	20:36	6:59	103	Barbara	Robben	61		25:35	8:40
47	Shelley	Bartlett	30		20:44	7:02	104	Aracely	Arrea		DeAnsa College	25:41	8:42
48	Becky	D'Acoust	33	TAMALPA	20:44	7:02	105	Susanne	Egg	28	SANTA CRUZ TC	25:50	8:45
49	Tori	Meredith	38	Empire Runners#143	20:49	7:03	106	Marcella	Bactol		CSU HAYWARD	26:14	8:54
50	Angela	Bessler	22	WEST VALLEY	20:54	7:05	107	Lindsay	Poener		SANTA CLARA UNIVERSITY	26:21	8:56
51	Denise	Leo	19		20:59	7:07	108	Cherie	Tarantino		CSU HAYWARD	26:24	8:57
52	Kasuko	Aoyagi	43	Impala Racing Team	21:00	7:07	109	Valerie	Weager		MILLS COLLEGE	26:27	8:58
53	Kathryn	Demas	43	Impala Racing Team	21:01	7:07	110	Melissa	Gonzales		Hartnell College	26:44	9:04
54	Owen	Twist		U. of the Pacific	21:09	7:10	111	Carmen	Dominguez	34	SAN JOSE CITY COLLEGE	27:07	9:12
55	Cindy	Abramson	44		21:14	7:12	112	Stefanie	Lopez		COLLEGE OF NOTRE DAME	27:14	9:14
56	Christine	Sakelarios	35		21:14	7:12	113	Amanda	Finch		Chabot College	27:38	9:22
57	Cressey	Rice		MILLS COLLEGE	21:23	7:15	114	Brigitte	Valensuela		DeAnsa College	37:44	12:47

Crystal Springs Challenge- Race Six of the PAUSA Grand Prix Series

Saturday, 21 October, 1995

Crystal Springs Cross Country Course, Belmont - challenging all dirt trail course; calm, sunny day

Men's overall results - 4.19 miles

PLACE	FIRST NAME	LAST NAME	AGE	AFFILIATION	TIME	PACE	PLACE	FIRST NAME	LAST NAME	AGE	AFFILIATION	TIME	PACE
1	Bret	Rimple	26	Reebok Aggies	20:37	4:55	92	Ryan	Alexander	18	MERCED ROAD RUNNERS	24:04	5:44
2	Russell	Hill	27	REEBOK AGGIES	20:50	4:58	93	Tim	Stewart	40	EMPIRE RUNNERS	24:06	5:45
3	Ryan	McCalson		STANFORD UNIVERSITY	20:53	4:59	94	Bryan	Caulboy		Chabot College	24:09	5:45
4	Jamey	Harris	24	Reebok Aggies	20:53	4:59	95	Dan	Preston	53	EMPIRE RUNNERS	24:09	5:45
5	Rod	Beskett	27	REEBOK AGGIES	20:55	4:59	96	John	Campise		SANTA CLARA UNIVERSITY	24:11	5:46
6	Jeff	Backer	35	RYAN'S	21:03	5:01	97	Jerry	Weal	48	Tamalpa	24:15	5:47
7	Kenrick	Sealy	28	TEAM ADIDAS	21:06	5:02	98	Kyle	Mizuno	18		24:16	5:47
8	Dan	Olmstead	23	CHICO T. C.	21:07	5:02	99	Mark	Curran	24	EMPIRE RUNNERS	24:20	5:48
9	Gil	Serrano		STANFORD UNIVERSITY	21:12	5:03	100	Sean	Bowman	19		24:25	5:49
10	Juan	Pinales			21:15	5:04	101	Josh	Wilson	18	TAMALPA	24:27	5:50
11	David	Dyer		STANFORD UNIVERSITY	21:17	5:04	102	Bryan	Gieser	42	REEBOK AGGIES	24:29	5:50
12	Ernie	Freer	29	REEBOK AGGIES	21:18	5:05	103	Jeff	Rohrer	35	WVJE	24:32	5:51
13	Dirk	Vanderpol	26	REEBOK AGGIES	21:18	5:05	104	Riley	Gibbons		Cabrillo College	24:36	5:52
14	Dale	Porter	29		21:22	5:06	105	Pete	Stefaniako	32	EMPIRE RUNNERS	24:42	5:53
15	Parker	Kelly	27		21:24	5:06	106	Doug	Welson	23	HUMBOLDT TC	24:43	5:54
16	Michael	Prindiville		STANFORD UNIVERSITY	21:25	5:06	107	Nikolai	Schweitzer	15		24:43	5:54
17	Luis	Granado		Hartnell College	21:26	5:07	108	Peter	Koike		COLLEGE OF NOTRE DAME	24:44	5:54
18	Albert	DeLaTorre	33	SANTA CRUZ TRACK CLUB	21:29	5:07	109	Bruce	Phinney	35	BOYS SPORT	24:45	5:54
19	Chris	Lundstrom		STANFORD UNIVERSITY	21:35	5:09	110	John	Lawson	40	TAMALPA	24:49	5:55
20	Daniel	C. Gruber	40	REEBOK AGGIES	21:37	5:09	111	Bill	Clark	51	WEST VALLEY TC	24:52	5:56
21	Enrique	Cervantes		Hartnell College	21:39	5:10	112	Tom	Washington		COLLEGE OF SAN MATEO	25:00	5:58
22	Francisco	Sandoval	19		21:39	5:10	113	Stephen	Starkweather	35	EMPIRE RUNNERS	25:01	5:58
23	Dan	McGinn		STANFORD UNIVERSITY	21:41	5:10	114	Godfrey	Tan		Chabot College	25:07	5:59
24	Steve	Immel	19		21:42	5:10	115	Allan	Stanbrige	48	EXCELSIOR	25:08	5:59
25	Sak	Wright		STANFORD UNIVERSITY	21:45	5:11	116	Chad	Schwartz		Dominican College	25:10	6:00
26	Gary	Towne	27	CHICO T. C.	21:52	5:13	117	Larry	Weredith	38	Empire Runners	25:10	6:00
27	Peter	Woods	29	SILVER STATE STRIDERS	21:56	5:14	118	Ed	Murphy		SANTA CLARA UNIVERSITY	25:12	6:00
28	Frances	J. Gailson	42	Excelsior	21:56	5:14	119	Donald	Ellis	21	MERCED ROAD RUNNERS	25:14	6:01
29	Steve	Morano		Hartnell College	21:57	5:14	120	Damon	Boward		CSU BAYWARD	25:23	6:03
30	Lloyd	Stephenson	41	EXCELSIOR	22:01	5:15	121	Don	Jedlovac	41		25:29	6:04
31	Matt	Bower		FRESNO STATE	22:03	5:15	122	John	Royston	41	EMPIRE RUNNERS	25:32	6:05
32	Javier	Maranzo		S. C. TRACT CLUB	22:05	5:16	123	Aaron	Hoggarty		Cabrillo College	25:36	6:06
33	Tyson	Smith	22	SANTA CRUZ T.C.	22:06	5:16	124	James	Scheurmann	27	REEBOK AGGIES	25:38	6:07
34	Edwardo	Avila	20		22:07	5:16	125	Joseph	Sventek	43		25:39	6:07
35	Chris	Meyers	23	CHICO T. C.	22:08	5:17	126	Edward	Dalsey		CSU BAYWARD	25:45	6:08
36	John	Atwood		Chabot College	22:08	5:17	127	Pat	Carr	41	TAMALPA	25:47	6:09
37	Todd	Stevens	23	CHICO T. C.	22:10	5:17	128	Eric	Riepling	21	SANTA CRUZ T.C.	25:47	6:09
38	Ted	Barran	26	SANTA CRUZ T.C.	22:12	5:18	129	Matt	Clamm		SANTA CLARA UNIVERSITY	25:48	6:09
39	Nate	Coman		Dominican College	22:13	5:18	130	Fabio	Valeai	22	EMPIRE RUNNERS	25:49	6:09
40	Robert	Callahan	20		22:14	5:18	131	David	Moulton	28		25:49	6:09
41	James	Senechal		STANFORD UNIVERSITY	22:18	5:19	132	Jim	Myers	47	TAMALPA	25:50	6:09
42	Treg	Tademy		San Jose City College	22:19	5:19	133	Marty	Beene	33		25:51	6:10
43	Tom	Cushman	42	Reebok Aggies	22:20	5:19	134	Seth	Hang		San Jose City College	25:58	6:11
44	Jeff	Townsend	39	REEBOK AGGIES	22:22	5:20	135	Michael	Weddington	34	EMPIRE RUNNERS	26:00	6:12
45	Andrew	Lee	26		22:26	5:21	136	Adria	Lumia		Chabot College	26:02	6:12
46	Dan	Pereira		FRESNO STATE	22:26	5:21	137	Jeff	Rosenthal	33	TAMALPA	26:03	6:13
47	Chris	Parod		CHICO T. C.	22:28	5:21	138	Mike	Pennington		SANTA CLARA UNIVERSITY	26:05	6:13
48	Scott	Fairbanks	24		22:34	5:23	139	Chris	Gomes		Chabot College	26:12	6:15
49	Barry	Farrara	33	Ryans	22:38	5:24	140	Rob	Rush	27		26:15	6:15
50	Ross	Dammann		FRESNO STATE	22:42	5:25	141	Charles	Lai	29		26:17	6:16
51	Leonardo	Leon		Hartnell College	22:43	5:25	142	Paul	Conroy		COLLEGE OF NOTRE DAME	26:26	6:18
52	Charles	Alexander	31	REEBOK AGGIES	22:44	5:25	143	David	Mildrick		COLLEGE OF SAN MATEO	26:28	6:18
53	Chris	Phipps	25	REEBOK AGGIES	22:45	5:25	144	Ryan	Provost		Cabrillo College	26:41	6:22
54	Ian	Shearer	26	SANTA CRUZ TC	22:48	5:26	145	Andy	Harris	36		26:44	6:22
55	Joshua	Schweitzer	18		22:49	5:26	146	Brendon	Mosher		San Jose City College	26:59	6:26
56	Santiago	Bustamante	22	MERCED ROAD RUNNERS	22:49	5:26	147	SokRos	Chim		San Jose City College	27:01	6:26
57	Sergio	O'Cadis	29	GOLDEN VALLEY HARRIERS	22:50	5:27	148	Daniel	Hendricks		Cabrillo College	27:06	6:28
58	Jason	Yingling	21		22:52	5:27	149	Brian	Sherridan		CSU BAYWARD	27:17	6:30
59	Cliff	Lents	30	TAMALPA	22:56	5:28	150	Milton	Hui	21		27:19	6:31
60	Dirk	Rohloff	40	REEBOK AGGIES	22:56	5:28	151	Steve	Sanders	25		27:26	6:32
61	David	McDonough	18		22:57	5:28	152	John	Papas		SANTA CLARA UNIVERSITY	27:30	6:33
62	Alec	Isaberau	34	EMPIRE RUNNERS	22:57	5:28	153	David	M. Jang	39	Reebok Aggies	27:30	6:33
63	Casey	Jackson		COLLEGE OF SAN MATEO	23:01	5:29	154	Dave	Ahn	42	REEBOK AGGIES	27:31	6:34
64	Justin	O'Connell		Hartnell College	23:03	5:30	155	Rich	Childers		SANTA CLARA UNIVERSITY	27:31	6:34
65	Blake	Taylor	20		23:06	5:30	156	Luis	Chacon		Cabrillo College	27:36	6:35
66	Tyler	Abott	34	TAMALPA	23:07	5:31	157	Ric	Wardhagen	46	EMPIRE RUNNERS	27:56	6:40
67	Jeff	Bengo	30		23:11	5:32	158	Wick	Bakelarioc	32		28:00	6:40
68	Dave	Sarafini		Hartnell College	23:12	5:32	159	David	Little	20	MERCED ROAD RUNNERS	28:02	6:41
69	Butch	Alexander	42	EMPIRE RUNNERS	23:12	5:32	160	Jon	Blakely		CSU BAYWARD	28:11	6:43
70	Ralph	Contreras		DeAnsa College	23:13	5:32	161	John	Martin	29		28:13	6:44
71	Joshua	Small		Cabrillo College	23:14	5:32	162	Jay	Bahn	31	MERCED ROAD RUNNERS	28:24	6:46
72	Jim	Sweeney	21		23:23	5:34	163	Tom	O'Connell	44	SPARTAN TRACK CLUB	28:28	6:47
73	Steven	Lopez	26		23:23	5:34	164	Jim	Buckley	38		28:32	6:48
74	Lars	Minini		Hartnell College	23:26	5:35	165	Searcy	Barnett	48	WEST VALLEY TC	28:37	6:49
75	John	Shuzo		Dominican College	23:34	5:37	166	Bob	Rush	60	CSU EMERITUS	28:52	6:53
76	Jason	Schweitzer	19		23:35	5:37	167	Patrick	Welch	50	SANTA CRUZ TC	28:53	6:53
77	Juan	Rangel	27		23:38	5:38	168	Joseph	Peacock		Chabot College	29:03	6:55
78	Scott	Schneider	28	Silver State	23:39	5:38	169	Mark	Winitz	45	West Valley Track Club	29:27	7:01
79	Jim	Price	45	EXCELSIOR	23:43	5:39	170	Brian	MacLean	41	TAMALPA	29:43	7:05
80	Antonio	Corgas	38		23:45	5:40	171	Jose	Mendez		COLLEGE OF NOTRE DAME	29:58	7:09
81	Anthony	Davies	30	WEST VALLEY TC	23:47	5:40	172	Pete	Richardson	60	WEST VALLEY TC	30:03	7:10
82	Peter	O'Reilly	37	BOYS RACING	23:49	5:41	173	Dale	Peterson	38	EMPIRE RUNNERS	30:13	7:12
83	Brian	Dorgan		WEST VALLEY COLLEGE	23:54	5:42	174	Peter	Christian	33		30:23	7:15
84	Sasha	Schweitzer	13		23:56	5:42	175	Mike	Boy	53	TAMALPA	30:30	7:16
85	Quinn	Walker	18		23:56	5:42	176	Kurt	Gravenhorst	45	Spartan Track & CC	30:57	7:23
86	Marc	Nakamoto		SANTA CLARA UNIVERSITY	23:57	5:43	177	Russ	Gustafson	48		32:41	7:47
87	Martin	Boggs	18		23:57	5:43	178	Don	Pickett	67	TAMALPA	33:14	7:55
88	Cris	Banulice		FRESNO STATE	23:59	5:43	179	Curtis	Smith		CSU BAYWARD	34:37	8:15
89	Daniel	Chen		San Jose City College	24:01	5:44	180	Luca	Vastardis	20		35:06	8:22
90	Keith	Bodlund	32		24:02	5:44	181	Jim	Rauffold	58		38:31	9:11
91	Ryan	McKel	18		24:03	5:44							

Conference Center Meet - Coyote Hills Park, Fremont - 28 October

hilly dirt and asphalt course, warm breezy weather

Men's Race: 4.0 Miles - race one

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE1	PACE
1	Luis	Granado	SO	HARTNELL COLLEGE	22:13	5:33
2	Enrique	Cervantes	SO	HARTNELL COLLEGE	22:33	5:38
3	John	Atwood	SO	CHABOT COLLEGE	22:38	5:40
4	Casey	Jackson	FR	COLLEGE OF SAN MATEO	23:19	5:50
5	Justin	O'Connell	FR	HARTNELL COLLEGE	23:32	5:53
6	Tom	Washington	FR	COLLEGE OF SAN MATEO	23:37	5:54
7	Bryan	Caulboy	FR	CHABOT COLLEGE	24:16	6:04
8	Leonardo	Leon	FR	HARTNELL COLLEGE	24:26	6:07
9	Dave	Serafini	FR	HARTNELL COLLEGE	24:39	6:10
10	Lars	Minini	SO	HARTNELL COLLEGE	25:05	6:16
11	Kevin	Strharsky	FR	CHABOT COLLEGE	25:43	6:26
12	Godfrey	Tam	SO	CHABOT COLLEGE	26:01	6:30
13	Adam	Lumia	FR	CHABOT COLLEGE	26:57	6:44
14	Chris	Gomes	FR	CHABOT COLLEGE	27:10	6:48
15	David	Uldrick	FR	COLLEGE OF SAN MATEO	28:09	7:02
16	Jason	Sanchez	FR	COLLEGE OF SAN MATEO	28:11	7:03
17	Joseph	Peacock	FR	CHABOT COLLEGE	30:20	7:35
18	Marcos	Ramos	FR	CHABOT COLLEGE	34:48	8:42

Race 2

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE2	PACE
1	Alan	Jackson	SO	WEST VALLEY COLLEGE	22:35	5:39
2	Lonnie	Autry	FR	WEST VALLEY COLLEGE	23:02	5:46
3	Brian	Dorgan	FR	WEST VALLEY COLLEGE	23:04	5:46
4	Greg	Tademy	SO	SAN JOSE CITY COLLEGE	23:09	5:47
5	Jushua	Small	FR	CABRILLO COLLEGE	23:28	5:52
6	David	Wyandt	FR	WEST VALLEY COLLEGE	23:53	5:58
7	Ralph	Contreras	SO	DEANZA COLLEGE	23:56	5:59
8	Qadir	Mozhda	SO	WEST VALLEY COLLEGE	24:12	6:03
9	Jason	Hervey	FR	WEST VALLEY COLLEGE	24:23	6:06
10	Daniel	Chen	FR	SAN JOSE CITY COLLEGE	24:27	6:07
11	Riley	Gibbons	FR	CABRILLO COLLEGE	25:23	6:21
12	Sethih	Nang	FR	SAN JOSE CITY COLLEGE	25:32	6:23
13	Eric	Ramirez	SO	SKYLINE COLLEGE	25:34	6:24
14	Chris	Reed	FR	WEST VALLEY COLLEGE	25:49	6:27
15	Louis	Andre	FR	SAN JOSE CITY COLLEGE	26:15	6:34
16	Aaron	Heagerty	SO	CABRILLO COLLEGE	26:24	6:36
17	Brendon	Mosher	SO	SAN JOSE CITY COLLEGE	27:08	6:47
18	SokRos	Chim	FR	SAN JOSE CITY COLLEGE	27:20	6:50
19	Rudy	Silva	FR	DEANZA COLLEGE	27:52	6:58
20	Daniel	Hendricks	SO	CABRILLO COLLEGE	28:17	7:04
21	David	Prevost	SO	CABRILLO COLLEGE	29:24	7:21
22	Troy	Barba	SO	DEANZA COLLEGE	30:08	7:32
23	Aveneir	Guevarra	FR	SKYLINE COLLEGE	30:27	7:37
24	Aaron	Valdez	FR	DEANZA COLLEGE	30:50	7:43
25	Paul	Castro	FR	CABRILLO COLLEGE	31:01	7:45
26	John	Nguyen	FR	DEANZA COLLEGE	31:11	7:48
27	Jeffery	Kubo	FR	SKYLINE COLLEGE	31:29	7:52

Coyote Hills Park Center Meet, *continued...*

Women's Race:3.0 Miles - race one

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE1	PACE
1	Jackie	McCleary	FR	WEST VALLEY COLLEGE	19:22	6:27
2	Mona	Leon	SO	WEST VALLEY COLLEGE	20:32	6:51
3	Carolyn	Benson	SO	WEST VALLEY COLLEGE	21:00	7:00
4	Maureen	Sweda	SO	DEANZA COLLEGE	21:32	7:11
5	Ericka	Rodarte	SO	SAN JOSE CITY COLLEGE	22:35	7:32
6	Denise	Rummelhart	FR	SKYLINE COLLEGE	23:06	7:42
7	Sandra	Pinal	SO	SAN JOSE CITY COLLEGE	23:16	7:45
8	Rosanna	Saffaie	SO	WEST VALLEY COLLEGE	23:26	7:49
9	Cathy	Wiseman	FR	WEST VALLEY COLLEGE	24:00	8:00
10	Allison	Moates	FR	DEANZA COLLEGE	24:27	8:09
11	Katy	Woelfel	FR	WEST VALLEY COLLEGE	24:42	8:14
12	Elizabeth	Morton	FR	WEST VALLEY COLLEGE	24:49	8:16
13	Holli	Barwick	FR	CABRILLO COLLEGE	25:27	8:29
14	Marcella	Guerriero	FR	DEANZA COLLEGE	25:49	8:36
15	Carmen	Dominguez	FR	SAN JOSE CITY COLLEGE	26:53	8:58
16	Melissa	Monahan	FR	DEANZA COLLEGE	27:06	9:02
17	Aracely	Areas	SO	DEANZA COLLEGE	27:09	9:03
18	Charlie	Duval	SO	DEANZA COLLEGE	32:22	10:47
19	Brigette	Valenzuela	FR	DEANZA COLLEGE	40:43	13:34

Race 2

PLACE	FIRST NAME	LAST NAME	YE	COLLEGE	RACE2	PACE
1	Kim	Wilkes	SO	CHABOT COLLEGE	20:03	6:28
2	Darci	Lewis	FR	COLLEGE OF SAN MATEO	20:33	6:38
3	Erin	Brightwell	SO	CC OF SAN FRANCISCO	21:03	6:47
4	Logan	Hiroshima	SO	CC OF SAN FRANCISCO	22:07	7:08
5	Angela	Reyes	SO	HARTNELL COLLEGE	22:51	7:22
6	Becky	Loggins	FR	CHABOT COLLEGE	23:31	7:35
7	Kendra	McCarthy	SO	HARTNELL COLLEGE	24:15	7:49
8	Heather	Keithly	FR	HARTNELL COLLEGE	24:16	7:50
9	Sandy	Welch	FR	CC OF SAN FRANCISCO	24:29	7:54
10	Valerie	Walsh	SO	HARTNELL COLLEGE	24:39	7:57
11	Sau	San	FR	CHABOT COLLEGE	24:57	8:03
12	Michelle	Valentin	FR	CC OF SAN FRANCISCO	25:03	8:05
13	Brit	Lewis	FR	CHABOT COLLEGE	25:20	8:10
14	Mary Ann	Bingham	FR	CHABOT COLLEGE	26:25	8:31
15	Peggy	Marin	SO	CC OF SAN FRANCISCO	27:20	8:49
16	Jamila	DeCarli	FR	HARTNELL COLLEGE	27:43	8:56
17	Amanda	Finch	SO	CHABOT COLLEGE	29:15	9:26
18	Lucy	Wong	FR	CC OF SAN FRANCISCO	29:49	9:37
19	Brooke	Anderson	FR	COLLEGE OF SAN MATEO	30:56	9:59
20	Ilana	Wolsztein	SO	CHABOT COLLEGE	31:27	10:09

John Orogren NorCal Invitational - 4 November

Crystal Springs- Belmont

Women's Race: 2.9 Miles - tough hilly course; warm weather

PLACE	FIRST	LAST	YR	COLLEGE	WOMEN	PACE	PLACE	FIRST	LAST	YR	COLLEGE	WOMEN	PACE
1	Jackie	McCleary	FR	WEST VALLEY COLLEGE	19:30	6:10	53	Mary	Wung	FR	SIERRA COLLEGE	22:46	7:35
2	Mona	Leon	SO	WEST VALLEY COLLEGE	19:04	6:21	54	Brooke	Garbark	SO	LAKE TAROE CC	22:51	7:37
3	Ria	Wilkes	SO	CHABOT COLLEGE	19:10	6:23	55	Kristina	Krider	SO	LAKE TAROE CC	22:53	7:38
4	Erin	Brightwell	SO	CC OF SAN FRANCISCO	19:14	6:25	56	Marion	Reneau	FR	COLLEGE OF SEQUOIAS	22:56	7:39
5	Christina	Peacock	FR	SHASTA COLLEGE	19:16	6:25	57	Sau	San	FR	CHABOT COLLEGE	22:57	7:39
6	Darci	Lewis	FR	COLLEGE OF SAN MATEO	19:24	6:28	58	Valerie	Walsh	SO	NARTWELL COLLEGE	22:57	7:39
7	Wendy	Whitney	SO	SANTA ROSA JR. COLLEGE	19:42	6:34	59	Lucia	Sanchez	SO	COLLEGE OF SEQUOIAS	22:59	7:40
8	Carla	Irwin	FR	SHASTA COLLEGE	19:47	6:36	60	Gina	Pimentel	FR	COLLEGE OF SEQUOIAS	23:03	7:41
9	Carolyn	Benson	SO	WEST VALLEY COLLEGE	19:55	6:39	61	Michelle	Valentine	FR	CC OF SAN FRANCISCO	23:06	7:42
10	Stephanie	Rivers	SO	SAN JOAQUIN DELTA COLLEGE	20:02	6:41	62	Maron	Rasmussen	FR	SIERRA COLLEGE	23:17	7:46
11	Shauna	O'Leary	FR	COLLEGE OF SAN MATEO	20:05	6:42	63	Weather	Keithly	FR	NARTWELL COLLEGE	23:21	7:47
12	Weather	Newcom	SO	SHASTA COLLEGE	20:06	6:43	64	Sandy	Welch	FR	CC OF SAN FRANCISCO	23:28	7:49
13	Karen	Blades	SO	AMERICAN RIVER COLLEGE	20:08	6:43	65	Brianne	Noble	FR	AMERICAN RIVER COLLEGE	23:41	7:54
14	Catherine	Vanables	FR	DIABLO VALLEY COLLEGE	20:10	6:43	66	Sara	Lopez	FR	SIERRA COLLEGE	23:44	7:55
15	Maranda	Cowan	FR	SHASTA COLLEGE	20:10	6:43	67	Patrina	Hall	SO	SAN JOAQUIN DELTA COLLEGE	23:51	7:57
16	Marni	Paulo	SO	AMERICAN RIVER COLLEGE	20:14	6:45	68	Tonya	Carpenter	FR	SACRAMENTO CITY COLLEGE	23:52	7:57
17	Jennifer	Baker	FR	SIERRA COLLEGE	20:15	6:45	69	Katrina	Hall	FR	SAN JOAQUIN DELTA COLLEGE	23:53	7:58
18	Maureen	Svede	SO	DEANZA COLLEGE	20:19	6:46	70	Brit	Lewis	FR	CHABOT COLLEGE	24:00	8:00
19	Sandra	Garcia	SO	SAN JOAQUIN DELTA COLLEGE	20:25	6:48	71	Becky	Loggins	FR	CHABOT COLLEGE	24:11	8:04
20	Jonny	Ribeira	FR	MODESTO JR. COLLEGE	20:29	6:50	72	Shelley	Rodriguez	FR	MODESTO JR. COLLEGE	24:14	8:05
21	Logan	Niroshima	SO	CC OF SAN FRANCISCO	20:32	6:51	73	Marcella	Guerrero	FR	DEANZA COLLEGE	24:20	8:07
22	Berklee	Akutagawa	FR	SAN JOAQUIN DELTA COLLEGE	20:39	6:53	74	Nicole	Pachadin	FR	SANTA ROSA JR. COLLEGE	24:20	8:07
23	Sonia	Lopez	FR	SAN JOAQUIN DELTA COLLEGE	20:50	6:57	75	Kendra	McCarthy	SO	NARTWELL COLLEGE	24:22	8:07
24	Sonia	Lopez	FR	MERRITT COLLEGE	20:52	6:57	76	Sunny	Dunn	FR	BUTTE COLLEGE	25:11	8:24
25	Andrea	Chelotti	FR	SAN JOAQUIN DELTA COLLEGE	20:55	6:58	77	Lauren	Dwyer	FR	SANTA ROSA JR. COLLEGE	25:16	8:25
26	Marie	Phelan	FR	FRESNO CITY COLLEGE	20:58	6:59	78	Melissa	Monahan	FR	DEANZA COLLEGE	25:19	8:26
27	Christy	Wheeler	FR	SHASTA COLLEGE	21:06	7:02	79	Katy	Woolfel	FR	WEST VALLEY COLLEGE	25:22	8:27
28	Ericka	Rodarte	SO	SAN JOSE CITY COLLEGE	21:07	7:02	80	Jamila	DeCarli	FR	NARTWELL COLLEGE	25:25	8:28
29	Souriya	Syhalath	FR	FRESNO CITY COLLEGE	21:09	7:03	81	Aracelly	Areas	SO	DEANZA COLLEGE	25:25	8:28
30	Rosanna	Saffale	FR	WEST VALLEY COLLEGE	21:10	7:03	82	Carmen	Dominguez	FR	SAN JOSE CITY COLLEGE	26:04	8:41
31	Julie	Jamison	FR	MODESTO JR. COLLEGE	21:10	7:03	83	Jen	Cochran	FR	COLLEGE OF SEQUOIAS	26:05	8:42
32	Emily	Jessie	SO	AMERICAN RIVER COLLEGE	21:17	7:06	84	Mary Ann	Bingham	FR	CHABOT COLLEGE	26:13	8:44
33	Brooke	Eberle	FR	SHASTA COLLEGE	21:20	7:07	85	Beth	Brown	FR	FRESNO CITY COLLEGE	26:23	8:48
34	Bianca	Carrillo	SO	AMERICAN RIVER COLLEGE	21:23	7:08	86	Christina	Duran	FR	COLLEGE OF SAN MATEO	26:26	8:49
35	Ria	Dean	FR	BUTTE COLLEGE	21:24	7:08	87	Isabel	Alcazar	FR	MODESTO JR. COLLEGE	26:39	8:53
36	Nadia	Ayala	SO	MODESTO JR. COLLEGE	21:28	7:09	88	Sara	Rainwater	FR	MODESTO JR. COLLEGE	26:46	8:55
37	Julie	Cox	SO	AMERICAN RIVER COLLEGE	21:30	7:10	89	Angelique	Rubick	FR	SIERRA COLLEGE	26:49	8:56
38	Angela	Reyes	SO	NARTWELL COLLEGE	21:35	7:12	90	Lisa	Power	FR	COLLEGE OF THE REDWOODS	26:56	8:59
39	Denise	Rumelhart	FR	SKYLINE COLLEGE	21:41	7:14	91	Tamar	Shavit	SO	COLLEGE OF THE REDWOODS	26:57	8:59
40	Allison	Gurley	SO	CC OF SAN FRANCISCO	21:41	7:14	92	Michelle	Maciel	FR	SANTA ROSA JR. COLLEGE	26:58	8:59
41	Cathy	Wiseman	FR	WEST VALLEY COLLEGE	21:43	7:14	93	Julie	McGuire	FR	MODESTO JR. COLLEGE	27:10	9:03
42	Kati	Landreth	FR	SHASTA COLLEGE	21:48	7:16	94	Amber	Sanchez	FR	COLLEGE OF THE REDWOODS	27:26	9:09
43	Selina	Delacruz	FR	FRESNO CITY COLLEGE	22:06	7:22	95	Brooke	Anderson	FR	COLLEGE OF SAN MATEO	27:34	9:11
44	Keri	Dahl	FR	AMERICAN RIVER COLLEGE	22:08	7:23	96	Amanda	Finch	SO	CHABOT COLLEGE	27:37	9:11
45	Catherine	Spelle	FR	AMERICAN RIVER COLLEGE	22:21	7:27	97	Lucy	Wong	FR	CC OF SAN FRANCISCO	28:44	9:35
46	Tori	Beebe	FR	FRESNO CITY COLLEGE	22:25	7:28	98	Charlie	Duval	SO	DEANZA COLLEGE	29:08	9:43
47	Kristen	Reyes	FR	SHASTA COLLEGE	22:29	7:30	99	Denise	Davis	FR	YUVA COLLEGE	30:17	10:06
48	Elizabeth	Morton	FR	WEST VALLEY COLLEGE	22:30	7:30	100	Laticia	Wolley	FR	CONTRA COSTA COLLEGE	32:00	10:40
49	Melissa	Minjarez	FR	SAN JOAQUIN DELTA COLLEGE	22:30	7:30	101	Sandi	Watson	FR	SIERRA COLLEGE	33:45	11:15
50	Sandra	Final	SO	SAN JOSE CITY COLLEGE	22:36	7:32	102	Yvette	LaMay	FR	CONTRA COSTA COLLEGE	34:03	11:21
51	Lydia	Anderson	FR	COLLEGE OF SAN MATEO	22:40	7:33	103	Briquette	Valenzuela	FR	DEANZA COLLEGE	37:20	12:27
52	Faria	Ovando	SO	COLLEGE OF SEQUOIAS	22:43	7:34							

Record 16:51 by Renee Ottiz-Wyckoff College of Sequoias 1979

WOMEN TEAM SCORES

1.	SHASTA COLLEGE	5	7	11	13	24	(29)	(36)	=	60	
		Christina Peacock FR, Carla Irwin FR, Weather Newcom SO, Maranda Cowan FR, Christy Wheeler FR, Brooke Eberle FR, Kati Landreth FR									
2.	WEST VALLEY COLLEGE	1	2	8	26	35	(41)	(63)	=	72	
		Jackie McCleary FR, Mona Leon SO, Carolyn Benson SO, Rosanna Saffale FR, Cathy Wiseman FR, Elizabeth Morton FR, Katy Woolfel FR									
3.	SAN JOAQUIN DELTA COLLEGE	9	17	20	21	22	(47)	(56)	=	89	
		Stephanie Rivers SO, Sandra Garcia SO, Berklee Akutagawa FR, Sonia Lopez FR, Andrea Chelotti FR, Melissa Minjarez FR, Patrina Hall SO									
4.	AMERICAN RIVER COLLEGE	12	14	28	30	32	(38)	(39)	=	116	
		Karen Blades SO, Marni Paulo SO, Emily Jessie SO, Bianca Carrillo SO, Julie Cox SO, Keri Dahl FR, Catherine Spelle FR									
5.	CC OF SAN FRANCISCO	4	19	34	51	54	(76)		=	162	
		Erin Brightwell SO, Logan Niroshima SO, Allison Gurley SO, Michelle Valentine FR, Sandy Welch FR, Lucy Wong FR									
6.	FRESNO CITY COLLEGE	23	25	37	40	68			=	193	
		Marie Phelan FR, Souriya Syhalath FR, Selina Delacruz FR, Tori Beebe FR, Beth Brown FR									
7.	COLLEGE OF SAN MATEO	6	10	43	69	74			=	202	
		Darci Lewis FR, Shauna O'Leary FR, Lydia Anderson FR, Christina Duran FR, Brooke Anderson FR									
8.	MODESTO JR. COLLEGE	18	27	31	59	70	(71)	(73)	=	205	
		Jonny Ribeira FR, Julie Jamison FR, Nadia Ayala SO, Shelley Rodriguez FR, Isabel Alcazar FR, Sara Rainwater FR, Julie McGuire FR									
9.	CHABOT COLLEGE	3	47	57	58	67	(75)		=	232	
		Kim Wilkes SO, Sau San FR, Brit Lewis FR, Becky Loggins FR, Mary Ann Bingham FR, Amanda Finch SO									
10.	SIERRA COLLEGE	15	45	52	55	72	(78)		=	239	
		Jennifer Baker FR, Mary Wung FR, Maron Rasmussen FR, Sara Lopez FR, Angelique Rubick FR, Sandi Watson FR									
11.	COLLEGE OF SEQUOIAS	44	46	49	50	66			=	255	
		Faria Ovando SO, Marion Reneau FR, Lucia Sanchez SO, Gina Pimentel FR, Jen Cochran FR									
12.	NARTWELL COLLEGE	33	48	53	61	64			=	259	
		Angela Reyes SO, Valerie Walsh SO, Weather Keithly FR, Kendra McCarthy SO, Jamila DeCarli FR									
13.	DEANZA COLLEGE	16	50	62	65	77	(79)		=	280	
		Maureen Svede SO, Marcella Guerrero FR, Melissa Monahan FR, Aracelly Areas SO, Charlie Duval SO, Briquette Valenzuela FR									

John Orogren NorCal Invitational - 4 November

Crystal Springs- Belmont

Men's Race: 4.192 Miles - tough hilly course; warm weather

PLACE	FIRST	LAST	NO.	YR	COLLEGE	MEN	PACE	PLACE	FIRST	LAST	NO.	YR	COLLEGE	MEN	PACE
1	Chris	Coleman	76	SO	COLLEGE OF SEQUOIAS	21:30	5:25	69	Tim	Olsen	18	FR	BUTTE COLLEGE	25:04	6:16
2	Alejandro	Ramirez	209	SO	SAN JOAQUIN DELTA COLLEGE	21:44	5:26	70	Seth	Wang	230	FR	SAN JOSE CITY COLLEGE	25:06	6:17
3	Jason	Nunes	77	SO	COLLEGE OF SEQUOIAS	21:55	5:29	71	Cory	Boldt	166	FR	LAKE TAHOE CC	25:06	6:17
4	Luis	Granado	153	SO	HARTNELL COLLEGE	22:01	5:30	72	Charles	Wutcheson	205	FR	SACRAMENTO CITY COLLEGE	25:07	6:17
5	Steve	Moreno	156	FR	HARTNELL COLLEGE	22:07	5:32	73	Danny	Eckardt	211	FR	SAN JOAQUIN DELTA COLLEGE	25:08	6:17
6	Brian	Meyer	1	SO	AMERICAN RIVER COLLEGE	22:12	5:33	74	Mike	Hall	251	SO	SHASTA COLLEGE	25:15	6:19
7	Tim	Sanborn	241	SO	SANTA ROSA JR. COLLEGE	22:22	5:36	75	Paul	Finch	235	FR	SANTA ROSA JR. COLLEGE	25:16	6:19
8	Chris	Coats	266	FR	SIERRA COLLEGE	22:27	5:37	76	Jamie	Pugh	238	SO	SANTA ROSA JR. COLLEGE	25:22	6:21
9	Alan	Jackson	294	SO	WEST VALLEY COLLEGE	22:31	5:38	77	Stephen	Clement	127	SO	DIABLO VALLEY COLLEGE	25:23	6:21
10	Leonardo	Leon	152	FR	HARTNELL COLLEGE	22:37	5:39	78	Godfrey	Tam	57	SO	CHABOT COLLEGE	25:26	6:22
11	Greg	Tademy	231	SO	SAN JOSE CITY COLLEGE	22:42	5:41	79	George	Thompson	216	FR	SAN JOAQUIN DELTA COLLEGE	25:29	6:22
12	Joshua	Small	31	FR	CABRILLO COLLEGE	22:44	5:41	80	Anton	Escay	8	FR	AMERICAN RIVER COLLEGE	25:30	6:23
13	Sean	Svaco	130	FR	DIABLO VALLEY COLLEGE	22:45	5:41	81	Troy	Brunton	167	FR	LAKE TAHOE CC	25:35	6:24
14	John	Atwood	50	SO	CHABOT COLLEGE	22:46	5:42	82	Adam	Lumia	53	FR	CHABOT COLLEGE	25:36	6:24
15	Jason	Selby	240	SO	SANTA ROSA JR. COLLEGE	22:47	5:42	83	Eric	Ramirez	281	SO	SKYLINE COLLEGE	25:38	6:25
16	Enrique	Cerventes	154	FR	HARTNELL COLLEGE	22:49	5:42	84	Aaron	Heagerty	28	SO	CABRILLO COLLEGE	25:43	6:26
17	Brian	Dorgan	292	FR	WEST VALLEY COLLEGE	22:51	5:43	85	Tim	Raposa	204	FR	SACRAMENTO CITY COLLEGE	25:44	6:26
18	Justin	Buenrostro	213	FR	SAN JOAQUIN DELTA COLLEGE	22:53	5:43	86	Craig	Adams	253	FR	SHASTA COLLEGE	25:47	6:27
19	Cassy	Jackson	66	FR	COLLEGE OF SAN MATEO	22:53	5:43	87	Mario	Gauna	210	SO	SAN JOAQUIN DELTA COLLEGE	25:47	6:28
20	Dave	Serafini	155	FR	HARTNELL COLLEGE	22:54	5:44	88	Dusty	Robinson	252	FR	SHASTA COLLEGE	25:53	6:28
21	Paul	Temmerman	78	SO	COLLEGE OF SEQUOIAS	22:56	5:44	89	Sean	Kelsey	236	FR	SANTA ROSA JR. COLLEGE	25:54	6:29
22	Jeff	Wendling	79	SO	COLLEGE OF SEQUOIAS	22:59	5:45	90	Josh	Rains	3	SO	AMERICAN RIVER COLLEGE	25:54	6:29
23	Cecil	Litlisma	143	FR	FRESNO CITY COLLEGE	23:00	5:45	91	Josh	Bullock	195	FR	MODESTO JR. COLLEGE	25:55	6:29
24	Scott	Adam	270	FR	SIERRA COLLEGE	23:00	5:45	92	Chris	Reed	296	FR	WEST VALLEY COLLEGE	25:59	6:30
25	Jason	Repsher	169	FR	LAKE TAHOE CC	23:05	5:46	93	Rudy	Silva	116	FR	DEANEA COLLEGE	26:14	6:34
26	Jason	Yonan	201	FR	MODESTO JR. COLLEGE	23:08	5:47	94	Adan	Perea	142	FR	FRESNO CITY COLLEGE	26:25	6:36
27	Doug	Barnes	267	FR	SIERRA COLLEGE	23:09	5:47	95	Isaac	Raya	239	FR	SANTA ROSA JR. COLLEGE	26:31	6:38
28	Lonnie	Autry	291	FR	WEST VALLEY COLLEGE	23:11	5:48	96	Vince	Bernandez	228	FR	SAN JOSE CITY COLLEGE	26:32	6:38
29	Sack	Scott	200	FR	MODESTO JR. COLLEGE	23:15	5:49	97	Mike	Butryk	168	FR	LAKE TAHOE CC	26:34	6:39
30	David	Wyandt	298	FR	WEST VALLEY COLLEGE	23:20	5:50	98	Jose	Ramirez	93	FR	COLLEGE OF THE REDWOODS	26:42	6:41
31	Anthony	Morales	968	FR	YUBA COLLEGE	23:21	5:50	99	Monte	Valoria	172	FR	LAKE TAHOE CC	26:43	6:41
32	JC	Diaz	90	FR	COLLEGE OF THE REDWOODS	23:23	5:51	100	Sean	Freitas	197	FR	MODESTO JR. COLLEGE	26:51	6:43
33	David	Oleashea	269	FR	SIERRA COLLEGE	23:26	5:52	101	Ben	Sadrain	170	FR	LAKE TAHOE CC	26:53	6:43
34	Justin	O'Connell	158	FR	HARTNELL COLLEGE	23:30	5:53	102	Sokros	Chim	227	FR	SAN JOSE CITY COLLEGE	26:54	6:44
35	Josh	Lewis	268	FR	SIERRA COLLEGE	23:32	5:53	103	Matt	Mueller	257	FR	SHASTA COLLEGE	26:57	6:44
36	Carlos	Harrison	136	SO	FRESNO CITY COLLEGE	23:33	5:53	104	Luis	Chacon	26	FR	CABRILLO COLLEGE	27:00	6:45
37	Jose	Saenz	199	FR	MODESTO JR. COLLEGE	23:33	5:53	105	Brendon	Mosher	229	SO	SAN JOSE CITY COLLEGE	27:09	6:47
38	Alfredo	Garcia	138	FR	FRESNO CITY COLLEGE	23:36	5:54	106	Daniel	Hendricks	29	SO	CABRILLO COLLEGE	27:14	6:49
39	Jason	Harvey	293	FR	WEST VALLEY COLLEGE	23:37	5:54	107	Jason	Sanchez	67	FR	COLLEGE OF SAN MATEO	27:26	6:52
40	Daniel	Chen	226	FR	SAN JOSE CITY COLLEGE	23:37	5:54	108	Monty	Gayton	176	FR	MERRITT COLLEGE	27:36	6:54
41	Peter	Gibson	4	FR	AMERICAN RIVER COLLEGE	23:38	5:55	109	Ryan	Prevost	30	SO	CABRILLO COLLEGE	27:41	6:55
42	Caesar	Perez	7	FR	AMERICAN RIVER COLLEGE	23:39	5:55	110	Sauy	Leam	198	FR	MODESTO JR. COLLEGE	27:41	6:55
43	Gabe	Turco	2	SO	AMERICAN RIVER COLLEGE	23:42	5:56	111	Bryan	Jimenez	92	FR	COLLEGE OF THE REDWOODS	27:44	6:56
44	Qadir	Moshda	295	SO	WEST VALLEY COLLEGE	23:42	5:56	112	Mike	Garcia	284	SO	SKYLINE COLLEGE	27:53	6:58
45	Sach	Senf	171	FR	LAKE TAHOE CC	23:49	5:57	113	David	Uldrick	68	FR	COLLEGE OF SAN MATEO	27:59	7:00
46	Ralph	Contreras	114	SO	DEANEA COLLEGE	23:50	5:58	114	Jacob	Wilson	215	FR	SAN JOAQUIN DELTA COLLEGE	28:02	7:01
47	Agustin	Campos	196	FR	MODESTO JR. COLLEGE	23:54	5:59	115	David	Christopher	214	FR	SAN JOAQUIN DELTA COLLEGE	28:06	7:02
48	David	Rodriguez	80	FR	COLLEGE OF SEQUOIAS	23:55	5:59	116	Matthew	Hartman	967	FR	YUBA COLLEGE	28:21	7:05
49	Raul	Higgins	250	SO	SHASTA COLLEGE	24:00	6:00	117	Joseph	Peacock	54	FR	CHABOT COLLEGE	28:35	7:09
50	Juan	Morales	140	FR	FRESNO CITY COLLEGE	24:02	6:01	118	John	Nguyen	115	FR	DEANEA COLLEGE	29:08	7:17
51	Todd	Nunan	965	SO	YUBA COLLEGE	24:03	6:01	119	Avenel	Guevarra	282	FR	SKYLINE COLLEGE	29:16	7:19
52	Mike	Fender	19	FR	BUTTE COLLEGE	24:07	6:02	120	Troy	Barba	113	SO	DEANEA COLLEGE	29:18	7:20
53	Tom	Washington	69	FR	COLLEGE OF SAN MATEO	24:11	6:03	121	Marques	Harrold	208	FR	SACRAMENTO CITY COLLEGE	29:41	7:25
54	Tony	Munch	131	FR	DIABLO VALLEY COLLEGE	24:15	6:04	122	Toby	Raya	237	FR	SANTA ROSA JR. COLLEGE	29:41	7:25
55	Bryan	Caulboy	51	FR	CHABOT COLLEGE	24:16	6:04	123	Julian	Castillo	207	FR	SACRAMENTO CITY COLLEGE	30:04	7:31
56	Dan	Moller	256	FR	SHASTA COLLEGE	24:20	6:05	124	Jose	Espejo	108	FR	CONTRA COSTA COLLEGE	30:19	7:35
57	Mike	Roach	212	FR	SAN JOAQUIN DELTA COLLEGE	24:25	6:06	125	Nathan	Gaddy	254	FR	SHASTA COLLEGE	30:31	7:38
58	Ulises	Tellechea	194	SO	MODESTO JR. COLLEGE	24:27	6:07	126	David	Reneau	206	SO	SACRAMENTO CITY COLLEGE	30:33	7:38
59	Sammy	Morales	141	FR	FRESNO CITY COLLEGE	24:29	6:07	127	Michael	Saberr	95	FR	COLLEGE OF THE REDWOODS	30:33	7:38
60	Mark	Hartman	964	SO	YUBA COLLEGE	24:35	6:09	128	Marcus	Jean	969	FR	YUBA COLLEGE	31:00	7:45
61	Chris	Fitting	94	FR	COLLEGE OF THE REDWOODS	24:36	6:09	129	Jeffery	Kubo	283	FR	SKYLINE COLLEGE	31:04	7:46
62	Louis	Andre	225	FR	SAN JOSE CITY COLLEGE	24:40	6:10	130	Marcos	Ramos	55	FR	CHABOT COLLEGE	31:11	7:48
63	Lara	Minini	157	SO	HARTNELL COLLEGE	24:43	6:11	131	Aaron	Valdez	118	SO	DEANEA COLLEGE	31:30	7:53
64	Mate	Claseen	91	FR	COLLEGE OF THE REDWOODS	24:44	6:11	132	Paul	Castro	25	FR	CABRILLO COLLEGE	33:02	8:16
65	Matt	McGrav	3	FR	AMERICAN RIVER COLLEGE	24:47	6:12	133	David	Ling	242	FR	SANTA ROSA JR. COLLEGE	33:20	8:20
66	Riley	Gibbons	27	FR	CABRILLO COLLEGE	24:49	6:12	134	David	Mitchell	132	FR	DIABLO VALLEY COLLEGE	34:20	8:35
67	Yuri	Shallan	6	FR	AMERICAN RIVER COLLEGE	24:53	6:13	135	Daniel	Adams	966	FR	YUBA COLLEGE	36:49	9:12
68	Kevin	Strharasky	56	FR	CHABOT COLLEGE	25:00	6:15								

Record 20:07 by Greg Hitchcock-Sierra College 1978

MEN TEAM SCORES

1. HARTNELL COLLEGE	4	5	10	15	18	(32)	(58)	=	52	Luis Granado SO, Steve Moreno FR, Leonardo Leon FR, Dave Serafini FR, Justin O'Connell FR, Lara Minini SO
2. COLLEGE OF SEQUOIAS	1	3	19	20	46			=	89	Chris Coleman SO, Jason Nunes SO, Paul Temmerman SO, David Rodriguez FR
3. WEST VALLEY COLLEGE	9	16	26	28	37	(42)	(83)	=	116	Alan Jackson SO, Brian Dorgan FR, Lonnie Autry FR, Jason Harvey FR, Qadir Moshda SO, Chris Reed FR
4. SIERRA COLLEGE	8	22	25	31	33			=	119	Chris Coats FR, Scott Adam FR, Doug Barnes FR, Josh Lewis FR
5. MODESTO JR. COLLEGE	24	27	35	45	53	(82)	(91)	=	184	Jason Yonan FR, Sack Scott FR, Jose Saenz FR, Ulises Tellechea SO, Josh Bullock FR, Sean Freitas FR
6. AMERICAN RIVER COLLEGE	6	39	40	41	60	(62)	(73)	=	186	Brian Meyer SO, Peter Gibson FR, Caesar Perez FR, Matt McGrav FR, Yuri Shallan FR, Anton Escay FR
7. FRESNO CITY COLLEGE	21	34	36	48	54	(85)		=	193	Cecil Litlisma FR, Carlos Harrison SO, Alfredo Garcia FR, Sammy Morales FR, Adan Perea FR
8. SAN JOAQUIN DELTA COLLEGE	2	17	52	67	72	(79)	(100)	=	210	Alejandro Ramirez SO, Justin Buenrostro FR, Mike Roach FR, George Thompson FR, Mario Gauna SO, Jacob Wilson FR
9. SANTA ROSA JR. COLLEGE	7	14	69	70	81	(86)	(106)	=	241	Tim Sanborn SO, Jason Selby SO, Paul Finch FR, Jamie Pugh SO, Sean Kelsey FR, Isaac Raya FR, Toby Raya FR
10. SAN JOSE CITY COLLEGE	11	38	57	64	97	(93)	(96)	=	257	Greg Tademy SO, Daniel Chen FR, Louis Andre FR, Seth Wang FR, Vince Hernandez FR, Sokros Chim FR, Brendon Mosher SO
11. CHABOT COLLEGE	13	50	63	71	75	(102)	(112)	=	272	John Atwood SO, Bryan Caulboy FR, Kevin Strharasky FR, Adam Lumia FR, Joseph Peacock FR, Marcos Ramos FR
12. LAKE TAHOE CC	23	43	65	74	88	(90)	(92)	=	293	Jason Repsher FR, Sach Senf FR, Cory Boldt FR, Troy Brunton FR, Mike Butryk FR, Monte Valoria FR, Ben Sadrain FR
13. SHASTA COLLEGE	47	51	68	78	80	(94)	(108)	=	324	Raul Higgins SO, Dan Moller FR, Mike Hall SO, Craig Adams FR, Dusty Robinson FR, Matt Mueller FR, Nathan Gaddy FR
14. COLLEGE OF THE REDWOODS	30	56	59	89	99	(110)		=	333	JC Diaz FR, Chris Fitting FR, Mate Claseen FR, Bryan Jimenez FR, Michael Saberr FR
15. CABRILLO COLLEGE	12	61	76	95	97	(98)	(114)	=	341	Joshua Small FR, Riley Gibbons FR, Aaron Heagerty SO, Daniel Hendricks SO, Ryan Prevost SO, Paul Castro FR
16. YUBA COLLEGE	29	49	55	101	111	(115)		=	345	Anthony Morales FR, Todd Nunan SO, Mark Hartman SO, Marcus Jean FR, Daniel Adams FR
17. DEANEA COLLEGE	44	84	103	104	113			=	448	Ralph Contreras SO, Rudy Silva FR, John Nguyen FR, Aaron Valdez SO
18. SACRAMENTO CITY COLLEGE	46	77	105	107	109			=	464	Charles Wutcheson FR, Tim Raposa FR, Marques Harrold FR, David Reneau SO

Coast Conference Championships - Golden Gate Park, San Francisco - 10 November

flat and fast dirt, grass course, sunny weather

Men's Race: 4.0 Miles

PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE	PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE
1	Luis	Granado	SO	HARTNELL COLLEGE	21:14	5:19	27	Godfrey	Tam	SO	CHABOT COLLEGE	24:44	6:11
2	Steve	Moreno	FR	HARTNELL COLLEGE	21:18	5:20	28	Kevin	Strharsky	FR	CHABOT COLLEGE	24:46	6:12
3	Brian	Wilkinson	SO	HARTNELL COLLEGE	21:25	5:21	29	Sethih	Nang	FR	SAN JOSE CITY COLLEGE	24:51	6:13
4	Enrique	Cervantes	SO	HARTNELL COLLEGE	21:32	5:23	30	Brendon	Mosher	SO	SAN JOSE CITY COLLEGE	24:51	6:13
5	Alan	Jackson	SO	WEST VALLEY COLLEGE	21:40	5:25	31	Chris	Reed	FR	WEST VALLEY COLLEGE	24:56	6:14
6	John	Atwood	SO	CABRILLO COLLEGE	21:47	5:27	32	Rudy	Silva	FR	DEANZA COLLEGE	25:01	6:15
7	Brian	Dorgan	FR	WEST VALLEY COLLEGE	21:51	5:28	33	Shaun	Williams	FR	CC OF SAN FRANCISCO	25:19	6:20
8	Greg	Tademy	SO	SAN JOSE CITY COLLEGE	22:04	5:31	34	Mike	Furyama	FR	CHABOT COLLEGE	25:40	6:25
9	Justin	O'Connell	FR	HARTNELL COLLEGE	22:08	5:32	35	Jason	Sanchez	FR	COLLEGE OF SAN MATEO	25:44	6:26
10	Jushua	Small	FR	CABRILLO COLLEGE	22:10	5:33	36	David	Uldrick	FR	COLLEGE OF SAN MATEO	25:48	6:27
11	Casey	Jackson	FR	COLLEGE OF SAN MATEO	22:16	5:34	37	Chris	Gomes	FR	CHABOT COLLEGE	25:50	6:28
12	Jason	Hervey	FR	WEST VALLEY COLLEGE	22:19	5:35	38	Michael	Garcia	FR	SKYLINE COLLEGE	25:56	6:29
13	Lonnie	Autry	FR	WEST VALLEY COLLEGE	22:23	5:36	39	SokRos	Chim	FR	SAN JOSE CITY COLLEGE	26:13	6:33
14	David	Wyandt	FR	WEST VALLEY COLLEGE	22:29	5:37	40	Daniel	Hendricks	SO	CABRILLO COLLEGE	26:13	6:33
15	Ralph	Contreras	SO	DEANZA COLLEGE	22:30	5:38	41	Luis	Chacon	FR	CABRILLO COLLEGE	26:32	6:38
16	Qadir	Mozhda	SO	WEST VALLEY COLLEGE	22:39	5:40	42	David	Hefflinger	FR	CC OF SAN FRANCISCO	26:39	6:40
17	Leonardo	Leon	FR	HARTNELL COLLEGE	22:47	5:42	43	David	Prevost	SO	CABRILLO COLLEGE	26:46	6:42
18	Dave	Serafini	FR	HARTNELL COLLEGE	22:50	5:43	44	Atikum	Wondaferow	FR	CC OF SAN FRANCISCO	27:13	6:48
19	Tom	Washington	FR	COLLEGE OF SAN MATEO	23:05	5:46	45	Shannon	Lowe	FR	CC OF SAN FRANCISCO	27:20	6:50
20	Riley	Gibbons	FR	CABRILLO COLLEGE	23:05	5:46	46	Troy	Barba	SO	DEANZA COLLEGE	27:32	6:53
21	Bryan	Caulboy	FR	CHABOT COLLEGE	23:12	5:48	47	Aveneir	Guevarra	FR	SKYLINE COLLEGE	27:56	6:59
22	Lars	Minini	SO	HARTNELL COLLEGE	23:17	5:49	48	John	Nguyen	FR	DEANZA COLLEGE	27:58	7:00
23	Louis	Andre	FR	SAN JOSE CITY COLLEGE	23:40	5:55	49	Ed	Hogg	FR	CC OF SAN FRANCISCO	28:28	7:07
24	Aaron	Heagerty	SO	CABRILLO COLLEGE	24:14	6:04	50	Aaron	Valdez	FR	DEANZA COLLEGE	28:36	7:09
25	Eric	Ramirez	SO	SKYLINE COLLEGE	24:23	6:06	51	Jeffery	Kubo	FR	SKYLINE COLLEGE	28:59	7:15
26	Adam	Lumia	FR	CHABOT COLLEGE	24:29	6:07							

MEN'S TEAM SCORES

1. HARTNELL COLLEGE

1 2 3 4 9 (16) (17) = 19

Luis Granado SO, Steve Moreno FR, Brian Wilkinson SO, Enrique Cervantes SO,
Justin O'Connell FR, Leonardo Leon FR, Dave Serafini FR

2. WEST VALLEY COLLEGE

5 7 11 12 13 (15) (27) = 48

Alan Jackson SO, Brian Dorgan FR, Jason Hervey FR, Lonnie Autry FR,
David Wyandt FR, Qadir Moshda SO, Chris Reed FR

3. CHABOT COLLEGE

6 19 22 23 24 (30) (31) = 94

John Atwood SO, Bryan Caulboy FR, Adam Lumia FR, Godfrey Tam SO,
Kevin Strharsky FR, Mike Furyama FR, Chris Gomes FR

4. SAN JOSE CITY COLLEGE

8 20 25 26 32 = 111

Greg Tademy SO, Louis Andre FR, Sethih Nang FR, Brendon Mosher SO,
SokRos Chim FR

5. CABRILLO COLLEGE

10 18 21 33 34 (36) = 116

Jushua Small FR, Riley Gibbons FR, Aaron Heagerty SO, Daniel Hendricks SO,
Luis Chacon FR, David Prevost SO

6. DEANZA COLLEGE

14 28 39 40 42 = 163

Ralph Contreras SO, Rudy Silva FR, Troy Barba SO, John Nguyen FR,
Aaron Valdez FR

7. CC OF SAN FRANCISCO

29 35 37 38 41 = 180

Shaun Williams FR, David Hefflinger FR, Atikum Wondaferow FR, Shannon Lowe FR,
Ed Hogg FR

Coast Conference Championships - Golden Gate Pk., San Francisco - 10 November
flat and fast dirt, grass course, sunny weather
Women's Race: 3.0 Miles

PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE	PLACE	FIRST NAME	LAST NAME	YR	COLLEGE	TIME	PACE
1	Jackie	McCleary	FR	WEST VALLEY COLLEGE	18:20	6:07	23	Valerie	Walsh	SO	HARTWELL COLLEGE	22:29	7:3
2	Erin	Brightwell	SO	CC OF SAN FRANCISCO	19:12	6:24	24	Peggy	Marin	SO	CC OF SAN FRANCISCO	22:41	7:3
3	Kim	Wilkes	SO	CHABOT COLLEGE	19:16	6:25	25	Michelle	Valentin	FR	CC OF SAN FRANCISCO	22:44	7:3
4	Mona	Leon	SO	WEST VALLEY COLLEGE	19:21	6:27	26	Mary Ann	Bingham	FR	CHABOT COLLEGE	23:21	7:4
5	Carolyn	Benson	SO	WEST VALLEY COLLEGE	19:25	6:28	27	Lydia	Anderson	FR	COLLEGE OF SAN MATEO	23:25	7:4
6	Darci	Lewis	FR	COLLEGE OF SAN MATEO	19:54	6:38	28	Brit	Lewis	FR	CHABOT COLLEGE	23:42	7:5
7	Shauna	O'Leary	FR	COLLEGE OF SAN MATEO	20:16	6:45	29	Marique	Dale	FR	CC OF SAN FRANCISCO	23:55	7:5
8	Logan	Hiroshima	SO	CC OF SAN FRANCISCO	20:26	6:49	30	Reyna	Goodwin	FR	CC OF SAN FRANCISCO	24:04	8:0
9	Maureen	Sweda	SO	DEANZA COLLEGE	20:37	6:52	31	Allison	Moates	FR	DEANZA COLLEGE	24:57	8:1
10	Ericka	Rodarte	SO	SAN JOSE CITY COLLEGE	20:40	6:53	32	Melissa	Monahan	FR	DEANZA COLLEGE	25:02	8:2
11	Denise	Rummelhart	FR	SKYLINE COLLEGE	20:49	6:56	33	Jamila	DeCarli	FR	HARTWELL COLLEGE	25:08	8:2
12	Angela	Reyes	SO	HARTWELL COLLEGE	20:51	6:57	34	Sau	San	FR	CHABOT COLLEGE	25:23	8:2
13	Rosanna	Saffaie	SO	WEST VALLEY COLLEGE	21:10	7:03	35	Carmen	Dominguez	FR	SAN JOSE CITY COLLEGE	25:43	8:3
14	Cathy	Wiseman	FR	WEST VALLEY COLLEGE	21:31	7:10	36	Amanda	Finch	SO	CHABOT COLLEGE	26:13	8:4
15	Allison	Gurley	SO	CC OF SAN FRANCISCO	21:32	7:11	37	Charlie	Duval	SO	DEANZA COLLEGE	26:59	9:0
16	Heather	Keithly	FR	HARTWELL COLLEGE	21:54	7:18	38	Lucy	Wong	FR	CC OF SAN FRANCISCO	27:16	9:0
17	Sandra	Pinal	SO	SAN JOSE CITY COLLEGE	22:03	7:21	39	Ilana	Wolstein	SO	CHABOT COLLEGE	27:21	9:0
18	Kendra	McCarthy	SO	HARTWELL COLLEGE	22:13	7:24	40	Christina	Duran	FR	COLLEGE OF SAN MATEO	27:31	9:1
19	Becky	Loggins	FR	CHABOT COLLEGE	22:17	7:26	41	Aracely	Areas	SO	DEANZA COLLEGE	29:48	9:5
20	Marcella	Guerriero	FR	DEANZA COLLEGE	22:18	7:26	42	Brooke	Anderson	FR	COLLEGE OF SAN MATEO	30:39	10:1
21	Elisabeth	Morton	FR	WEST VALLEY COLLEGE	22:20	7:27	43	Brigitte	Valenzuela	FR	DEANZA COLLEGE	34:04	11:2
22	Sandy	Welch	FR	CC OF SAN FRANCISCO	22:28	7:29							

WOMEN'S TEAM SCORES

- WEST VALLEY COLLEGE
1 4 5 11 12 (18) = 33
Jackie McCleary FR, Mona Leon SO, Carolyn Benson SO, Rosanna Saffaie SO,
Cathy Wiseman FR, Elisabeth Morton FR
- CC OF SAN FRANCISCO
2 8 13 19 21 (22) (26) = 63
Erin Brightwell SO, Logan Hiroshima SO, Allison Gurley SO, Sandy Welch FR,
Peggy Marin SO, Michelle Valentin FR, Marique Dale FR
- HARTWELL COLLEGE
10 14 15 20 29 = 88
Angela Reyes SO, Heather Keithly FR, Kendra McCarthy SO, Valerie Walsh SO,
Jamila DeCarli FR
- CHABOT COLLEGE
3 16 23 25 30 (31) (33) = 97
Kim Wilkes SO, Becky Loggins FR, Mary Ann Bingham FR, Brit Lewis FR,
Sau San FR, Amanda Finch SO, Ilana Wolstein SO
- COLLEGE OF SAN MATEO
6 7 24 34 36 = 107
Darci Lewis FR, Shauna O'Leary FR, Lydia Anderson FR, Christina Duran FR,
Brooke Anderson FR
- DEANZA COLLEGE
9 17 27 28 32 (35) (37) = 113
Maureen Sweda SO, Marcella Guerriero FR, Allison Moates FR, Melissa Monahan FR,
Charlie Duval SO, Aracely Areas SO, Brigitte Valenzuela FR

California State Cross Country Championships - 18 November

Woodward Park, Fresno rolling grass, dirt, asphalt course, warm, sunny, still weather

Women's Race: 5000m (3.67 miles)

PLACE	FIRST	LAST	YR	COLLEGE	CONF	WOMEN	PACE	PLACE	FIRST	LAST	YR	COLLEGE	CONF	WOMEN	PACE
1	Maria	Lopez	SO	EL CAMINO COLLEGE	SWC	18:24	5:55	105	Lucia	Sanchez	SO	COLLEGE OF SEQUOIAS	CVC	21:23	6:53
2	Charlotte	Maycock	SO	RIVERSIDE COM. COLLEGE	OEC	18:37	6:00	106	Jenny	Toler	SO	BAKERSFIELD COLLEGE	WSC	21:30	6:55
3	Jackie	McClary	FR	WEST VALLEY COLLEGE	CC	18:39	6:00	107	Erin	Ritt	FR	RANCHO SANTIAGO COLLEGE	OEC	21:31	6:56
4	Maria	Madueno	FR	SOUTHWESTERN COLLEGE	PCC	18:45	6:02	108	Nicole	Martin	SO	ANTELOPE VALLEY COLLEGE	FC	21:32	6:56
5	Carrie	Barnett	SO	SAN DIEGO MESA COLLEGE	PCC	18:50	6:04	109	Eniko	Szarks	SO	GLENDALE COLLEGE	WSC	21:32	6:56
6	Tania	Munoz	FR	MT. SAN ANTONIO COLLEGE	SCC	18:53	6:05	110	Kristina	Spielman	SO	RIVERSIDE COM. COLLEGE	OEC	21:33	6:56
7	Liz	Robles	FR	MT. SAN ANTONIO COLLEGE	SCC	19:01	6:07	111	Sonia	Rea	SO	SANTA MONICA COLLEGE	WSC	21:33	6:56
8	Aidita	Gibson	FR	PASADENA CITY COLLEGE	SCC	19:02	6:08	112	Emily	McPhee	FR	DIABLO VALLEY COLLEGE	BVC	21:37	6:57
9	Jeanne	Robinson	SO	LONG BEACH CITY COLLEGE	SCC	19:02	6:08	113	Marri	Paulo	SO	AMERICAN RIVER COLLEGE	BVC	21:38	6:58
10	Josefina	Sanchez	SO	VENTURA COLLEGE	WSC	19:03	6:08	114	Jordi	Manley	FR	IRVINE VALLEY COLLEGE	OEC	21:39	6:58
11	Stephanie	Rivera	SO	SAN JOAQUIN DELTA COLLEGE	BVC	19:05	6:09	115	Catherine	Venables	FR	DIABLO VALLEY COLLEGE	BVC	21:39	6:58
12	Rosena	Gonzales	SO	SAN DIEGO MESA COLLEGE	PCC	19:17	6:12	116	Melanie	Bedortha	FR	ANTELOPE VALLEY COLLEGE	FC	21:41	6:59
13	Ely	Estrada	FR	RANCHO SANTIAGO COLLEGE	OEC	19:18	6:13	117	Souriya	Syhalath	FR	FRESNO CITY COLLEGE	CVC	21:44	7:00
14	Lilia	Covarrubias	SO	EAST LOS ANGELES COLLEGE	SCC	19:21	6:14	118	Julie	Cox	SO	AMERICAN RIVER COLLEGE	BVC	21:45	7:00
15	Alicia	Pedrosa	SO	SAN DIEGO MESA COLLEGE	PCC	19:27	6:16	119	Wiki	Kennerley	FR	MOORPARK COLLEGE	WSC	21:45	7:00
16	Liz	Worth	FR	SANTA BARBARA CC	WSC	19:29	6:16	120	Julia	Gutierrez	SO	EL CAMINO COLLEGE	SWC	21:46	7:00
17	Gabbe	Aispuro	FR	BAKERSFIELD COLLEGE	WSC	19:29	6:16	121	Lourdes	Padron	SO	SANTA MONICA COLLEGE	WSC	21:47	7:01
18	Jennifer	Formosa	FR	MT. SAN ANTONIO COLLEGE	SCC	19:30	6:17	122	Veronica	Terry	SO	RIO HONDO COLLEGE	FC	21:48	7:01
19	Maria	Briseno-Scul	FR	RIVERSIDE COM. COLLEGE	OEC	19:31	6:17	123	Kristen	Reyes	FR	SHASTA COLLEGE	GVC	21:51	7:02
20	Natty	Arroyo	SO	PASADENA CITY COLLEGE	SCC	19:31	6:17	124	Amelia	Leganpi	FR	SOUTHWESTERN COLLEGE	PCC	21:52	7:02
21	Kim	Wilkes	SO	CHABOT COLLEGE	CC	19:31	6:17	125	Ivonne	Cardenas	SO	GLENDALE COLLEGE	WSC	21:53	7:03
22	Andrea	Duran	FR	MT. SAN ANTONIO COLLEGE	SCC	19:34	6:18	126	Emily	Jessee	SO	AMERICAN RIVER COLLEGE	BVC	21:53	7:03
23	Bridget	Roy	FR	MOORPARK COLLEGE	WSC	19:37	6:19	127	Sarah	Phillips	FR	COLLEGE OF THE CANYONS	WSC	21:54	7:03
24	Jennifer	Overlock	SO	COLLEGE OF THE CANYONS	WSC	19:37	6:19	128	Kristi	Bauer	FR	SAN BERNARDINO VALLEY	FC	21:55	7:03
25	Jeanne	Formosa	FR	MT. SAN ANTONIO COLLEGE	SCC	19:39	6:19	129	Gina	Pimontel	FR	COLLEGE OF SEQUOIAS	CVC	22:00	7:05
26	Erin	Brightwell	SO	CC OF SAN FRANCISCO	CC	19:46	6:22	130	Denise	Rumelhart	FR	SKYLINE COLLEGE	CC	22:02	7:06
27	Wendy	Whitney	SO	SANTA ROSA JR. COLLEGE	BVC	19:47	6:22	131	Angela	Isbill	FR	SANTA BARBARA CC	WSC	22:02	7:06
28	Monica	Landa	FR	SANTA MONICA COLLEGE	WSC	19:48	6:22	132	Allison	Gurley	SO	CC OF SAN FRANCISCO	CC	22:05	7:06
29	Mona	Leon	SO	WEST VALLEY COLLEGE	CC	19:50	6:23	133	Candace	Thompson	SO	RIVERSIDE COM. COLLEGE	OEC	22:07	7:07
30	Lorinda	Lavyer	SO	PASADENA CITY COLLEGE	SCC	19:51	6:23	134	Sandra	Pinal	SO	SAN JOSE CITY COLLEGE	CC	22:08	7:07
31	Rocio	Santana	SO	L.A. MISSION COLLEGE	WSC	19:52	6:24	135	Tori	Beebe	FR	FRESNO CITY COLLEGE	CVC	22:08	7:07
32	Jennifer	Flores	FR	RANCHO SANTIAGO COLLEGE	OEC	19:56	6:25	136	Liz	Pena	FR	RANCHO SANTIAGO COLLEGE	OEC	22:09	7:08
33	Julie	Ornelan	FR	MT. SAN ANTONIO COLLEGE	SCC	19:57	6:25	137	Kim	Amador	SO	MIRA COSTA COLLEGE	PCC	22:11	7:08
34	Jolene	Argandar	SO	ANTELOPE VALLEY COLLEGE	FC	20:01	6:27	138	Leija	Askarnia	FR	MOORPARK COLLEGE	WSC	22:12	7:09
35	Wendy	Murphy	SO	SAN DIEGO MESA COLLEGE	PCC	20:02	6:27	139	Kim	Dean	FR	BUTTE COLLEGE	GVC	22:13	7:09
36	Carolyn	Beneon	SO	WEST VALLEY COLLEGE	CC	20:02	6:27	140	Cathy	Wiseman	FR	WEST VALLEY COLLEGE	CC	22:13	7:09
37	Delphina	Hartinez	FR	LOS ANGELES CITY COLLEGE	SCC	20:03	6:27	141	Robyn	Curletti	SO	SANTA BARBARA CC	WSC	22:16	7:10
38	Shauna	O'Leary	FR	COLLEGE OF SAN MATEO	CC	20:05	6:28	142	Kristine	Krider	SO	LAKE TAHOE CC	GVC	22:16	7:10
39	Christina	Peacock	FR	SHASTA COLLEGE	GVC	20:07	6:28	143	Maira	Peres	SO	RANCHO SANTIAGO COLLEGE	OEC	22:18	7:11
40	Elsa	Meza	SO	PASADENA CITY COLLEGE	SCC	20:08	6:29	144	Harata	Aqakhanyan	SO	GLENDALE COLLEGE	WSC	22:20	7:11
41	Dawn	Golding	SO	GOLDEN WEST COLLEGE	OEC	20:08	6:29	145	Rabi	Dabi	FR	AMERICAN RIVER COLLEGE	BVC	22:21	7:12
42	Carolina	Villamil	FR	PASADENA CITY COLLEGE	SCC	20:10	6:29	146	Beatriz	Rios	FR	SAN DIEGO CITY COLLEGE	PCC	22:21	7:12
43	Heather	Giles	SO	COLLEGE OF THE CANYONS	WSC	20:12	6:30	147	Gabby	Alvarez	SO	RANCHO SANTIAGO COLLEGE	OEC	22:23	7:12
44	Vickie	Greene	FR	MOORPARK COLLEGE	WSC	20:12	6:30	148	Deana	Lumel	FR	L.A. MISSION COLLEGE	WSC	22:30	7:15
45	Darci	Lewis	FR	COLLEGE OF SAN MATEO	CC	20:14	6:31	149	Rossana	Saffaie	FR	WEST VALLEY COLLEGE	CC	22:33	7:15
46	Helina	Rodriguez	FR	SAN DIEGO MESA COLLEGE	PCC	20:14	6:31	150	Haricela	Falcon	FR	EAST LOS ANGELES COLLEGE	SCC	22:38	7:17
47	Rosalia	Lopez	FR	PASADENA CITY COLLEGE	SCC	20:17	6:32	151	Kendra	McCarthy	SO	HARTNELL COLLEGE	CC	22:39	7:17
48	Silva	Vartoomian	SO	GLENDALE COLLEGE	WSC	20:18	6:32	152	Shannon	Sheldon	FR	ANTELOPE VALLEY COLLEGE	FC	22:41	7:18
49	Sandra	Garcia	SO	SAN JOAQUIN DELTA COLLEGE	BVC	20:18	6:32	153	Heather	Keithly	FR	HARTNELL COLLEGE	CC	22:43	7:19
50	Christine	Wiegert	SO	MOORPARK COLLEGE	WSC	20:20	6:33	154	Haren	Rasmussen	SO	SIERRA COLLEGE	BVC	22:43	7:19
51	Margarita	Walters	SO	SAN DIEGO MESA COLLEGE	PCC	20:21	6:33	155	Katrina	Hall	SO	SAN JOAQUIN DELTA COLLEGE	BVC	22:51	7:21
52	Wendy	Vallejo	FR	L.A. MISSION COLLEGE	FC	20:25	6:34	156	Lydia	Anderson	FR	COLLEGE OF SAN MATEO	CC	22:51	7:21
53	Patty	Ortega	FR	VENTURA COLLEGE	WSC	20:26	6:35	157	Marisela	Gonzalez	FR	BAKERSFIELD COLLEGE	WSC	22:52	7:22
54	Logan	Hiroshima	SO	CC OF SAN FRANCISCO	CC	20:27	6:35	158	Melissa	Minjarez	FR	SAN JOAQUIN DELTA COLLEGE	BVC	22:53	7:22
55	Celena	Clerke	FR	RIVERSIDE COM. COLLEGE	OEC	20:28	6:35	159	Kati	Landreth	FR	SHASTA COLLEGE	GVC	22:54	7:22
56	Karen	Blades	SO	AMERICAN RIVER COLLEGE	BVC	20:29	6:36	160	Gracie	Torres	FR	EL CAMINO COLLEGE	SWC	22:54	7:22
57	Lourdes	Menchaca	FR	EAST LOS ANGELES COLLEGE	SCC	20:30	6:36	161	Selina	Delacruz	FR	FRESNO CITY COLLEGE	CVC	22:55	7:23
58	Heather	Newcom	SO	SHASTA COLLEGE	GVC	20:30	6:36	162	Sofia	Delgado	FR	LONG BEACH CITY COLLEGE	SCC	22:56	7:23
59	Sherlyn	Beatty	SO	LONG BEACH CITY COLLEGE	BVC	20:31	6:36	163	Jan	Cochran	FR	COLLEGE OF SEQUOIAS	CVC	22:58	7:24
60	Berklee	Akutagawa	FR	SAN JOAQUIN DELTA COLLEGE	BVC	20:32	6:37	164	Peggy	Marin	SO	CC OF SAN FRANCISCO	CC	23:01	7:24
61	Maranda	Cowan	FR	SHASTA COLLEGE	GVC	20:33	6:37	165	Becky	Loggins	FR	CHABOT COLLEGE	CC	23:05	7:26
62	Andrea	Chelotta	FR	SAN JOAQUIN DELTA COLLEGE	BVC	20:34	6:37	166	Catherine	Spelis	FR	AMERICAN RIVER COLLEGE	BVC	23:05	7:26
63	Christina	Frazer	SO	SAN DIEGO MESA COLLEGE	PCC	20:35	6:38	167	Donna	Denina	FR	VENTURA COLLEGE	WSC	23:09	7:27
64	Michelle	Jacob-Iba	FR	MIRA COSTA COLLEGE	PCC	20:36	6:38	168	Cathy	Gillett	FR	CUETA COLLEGE	WSC	23:11	7:28
65	Carie	Irwin	FR	SHASTA COLLEGE	GVC	20:38	6:38	169	Brandy	Doss	FR	LASSEN COLLEGE	GVC	23:16	7:29
66	Jeanette	Yaranon	SO	RIO HONDO COLLEGE	FC	20:43	6:40	170	Angela	Coviddi	FR	RIVERSIDE COM. COLLEGE	OEC	23:18	7:30
67	Collette	Davis	FR	VENTURA COLLEGE	WSC	20:43	6:40	171	Sandi	Welch	FR	CC OF SAN FRANCISCO	CC	23:21	7:31
68	Jennifer	Baker	FR	SIERRA COLLEGE	BVC	20:47	6:41	172	Jennifer	Wilson	FR	RIVERSIDE COM. COLLEGE	OEC	23:22	7:31
69	Maria	Case	SO	PASADENA CITY COLLEGE	BVC	20:47	6:41	173	Sara	Lopez	SO	SIERRA COLLEGE	BVC	23:27	7:33
70	Raquel	Ovando	SO	LOS ANGELES CITY COLLEGE	SCC	20:49	6:42	174	Karla	Ovando	SO	COLLEGE OF SEQUOIAS	CVC	23:31	7:34
71	Miriam	Hachado	FR	L.A. MISSION COLLEGE	WSC	20:50	6:42	175	Elizabeth	Morton	FR	WEST VALLEY COLLEGE	CC	23:33	7:35
72	Marie	Phelan	FR	FRESNO CITY COLLEGE	CVC	20:51	6:43	176	Lea	Ann Dillon	SO	GLENDALE COLLEGE	WSC	23:33	7:35
73	Sonia	Lopez	FR	SAN JOAQUIN DELTA COLLEGE	BVC	20:52	6:43	177	Mary	Hung	FR	SIERRA COLLEGE	BVC	23:34	7:35
74	Kelly	Horne	FR	ANTELOPE VALLEY COLLEGE	FC	20:53	6:43	178	Blanca	Jimenez	FR	EAST LOS ANGELES COLLEGE	SCC	23:35	7:35
75	Nadia	Ayala	SO	MODESTO JR. COLLEGE	CVC	20:53	6:43	179	Michelle	Valentine	FR	CC OF SAN FRANCISCO	CC	23:38	7:36
76	Carmen	Reyes	FR	COLLEGE OF THE DESERT	FC	20:54	6:44	180	Katy	Woolfel	FR	WEST VALLEY COLLEGE	CC	23:44	7:38
77	Lagunda	Gilmore	FR	LONG BEACH CITY COLLEGE	SCC	20:55	6:44	181	Kristin	Bostick	FR	ANTELOPE VALLEY COLLEGE	FC	23:44	7:38
78	Adrienne	Ling	SO	EL CAMINO COLLEGE	SWC	20:55	6:44	182	Valerie	Walsh	SO	HARTNELL COLLEGE	CC	24:05	7:45
79	Angela	Reyes	SO	HARTNELL COLLEGE	CC	20:55	6:44	183	Connie	San	FR	CHABOT COLLEGE	CC	24:13	7:48
80	Maribah	Abiedu	FR	EL CAMINO COLLEGE	SWC	20:55	6:44	184	Connie	Sanchez	FR	BAKERSFIELD COLLEGE	WSC	24:13	7:48
81	Brooke	Warner	SO	SADDLEBACK COLLEGE	OEC	20:57	6:45	185	Marion	Reneau	FR	COLLEGE OF SEQUOIAS	CVC	24:26	7:52
82	Lynnette	Alfaro	SO	EAST LOS ANGELES COLLEGE	SCC	20:58	6:45	186	Mirella	Tellez	FR	VENTURA COLLEGE	WSC	24:57	8:02
83	Ely	Mann	FR	MT. SAN ANTONIO COLLEGE	SCC	20:59	6:45	187	Mary	Ann Bingham	FR	CHABOT COLLEGE	CC	25:09	8:06
84	Jony	Ribeira	FR	MODESTO JR. COLLEGE	CVC	21:00	6:46	188	Amy	McLain	FR	FRESNO CITY COLLEGE	CVC	25:37	8:15
85	Chezolette	Duran	FR	BAKERSFIELD COLLEGE	WSC	21:00	6:46	189	Brit	Lewis	FR	CHABOT COLLEGE	CC	25:52	8:20
86	Trina	Peres	FR	IRVINE VALLEY COLLEGE	OEC	21:00	6:46	190	Rebecca	Edwards	FR	VENTURA COLLEGE	WSC	26:05	8:24
87	Maxilus	Duran	SO	CERRITOS COLLEGE	SCC	21:02	6:46	191	Beth	Brown	FR	FRESNO CITY COLLEGE	CVC	26:07	8:24
88	Julie	Janison	FR	MODESTO JR. COLLEGE	CVC	21:03	6:47	192	Janila	DeCarli	FR	HARTNELL COLLEGE	CC	26:07	8:24
89	Roseanna	Heagerty	FR	MOORPARK COLLEGE	WSC	21:04	6:47	193	Paula	Baker	FR	LASSEN COLLEGE	GVC	26:09	8:25
90	Blanca	Gandarilla	SO	LONG BEACH CITY COLLEGE	SCC	21:04	6:47	194	Kimberly	Madden	FR	GLENDALE COLLEGE	WSC	26:21	8:29
91	Kim	Gerhard	SO	MOORPARK COLLEGE	WSC	21:05	6:47	195	Lisa	Power	FR				

 WOMEN TEAM SCORES

1. MT. SAN ANTONIO COLLEGE
 5 6 16 20 22 (28) (67) = 69
 Tania Nunez FR, Liz Robles FR, Jennifer Formosa FR, Andrea Duran FR,
 Jeannie Formosa FR, Julia Ornelas FR, Elly Mann FR
2. SAN DIEGO MESA COLLEGE
 4 11 14 30 36 (41) (53) = 95
 Carrie Barnett SO, Rowena Gonzales SO, Alicia Pedroza SO, Wendy Murphy FR,
 Melina Rodriguez FR, Margarita Walters SO, Christina Frazer SO
3. PASADENA CITY COLLEGE
 7 18 25 33 34 (37) (57) = 117
 Aidita Gibson FR, Matty Arroyo SO, Lorinda Lawyer SO, Elsa Meza SO,
 Carolina Villamil FR, Rosalia Lopez FR, Maria Case SO
4. SAN JOAQUIN DELTA COLLEGE
 10 39 50 52 60 (114)(116) = 211
 Stephanie Rivera SO, Sandra Garcia SO, Berklee Akutagawa FR, Andrea Chelotta FR,
 Sonia Lopez FR, Katrina Hall SO, Melissa Minjarez FR
5. MOORPARK COLLEGE
 21 35 40 69 71 (91)(101) = 236
 Bridget Roy FR, Vicki Greene FR, Christine Wiegert SO, Roseanna Heagerty FR,
 Kim Gerhard SO, Niki Kennerley FR, Leija Askarnia FR
6. RIVERSIDE COM. COLLEGE
 2 17 45 86 98 (126)(128) = 248
 Charlotte Maycock SO, Maria Briseno-Sculuc FR, Celena Clerke FR, Kristina Spielman SO,
 Candace Thompson SO, Angela Coriddi FR, Jennifer Wilson FR
7. SHASTA COLLEGE
 32 48 51 54 72 (93)(117) = 257
 Christina Peacock FR, Heather Newcom SO, Maranda Cowan FR, Carie Irwin FR,
 Christy Wheeler FR, Kristen Reyes FR, Kati Landreth FR
8. LONG BEACH CITY COLLEGE
 8 49 62 70 77 (80)(120) = 266
 Jeannie Robinson SO, Sherlyn Beatty SO, Lagunda Gilmore FR, Blanca Gandarilla SO,
 Lucille Guerrier FR, Cathy Trotman FR, Sofia Delgado FR
9. WEST VALLEY COLLEGE
 3 24 31 102 108 (131)(136) = 268
 Jackie McCleary FR, Mona Leon SO, Carolyn Benson SO, Cathy Wiseman FR,
 Rosanna Saffaie FR, Elizabeth Morton FR, Katy Woelfel FR
10. RANCHO SANTIAGO COLLEGE
 12 27 76 83 100 (103)(106) = 298
 Elly Estrada FR, Jennifer Flores FR, Ana Rosales FR, Erin Kitt FR,
 Liz Pena FR, Mayra Perez SO, Gabby Alvarez SO
11. L.A. MISSION COLLEGE
 26 42 58 74 107 = 307
 Rocio Santana SO, Wendy Vallejo FR, Miriam Machado FR, Yamileth Saybe SO,
 Deana Lumel FR
12. VENTURA COLLEGE
 9 43 55 79 125 (142)(146) = 311
 Josefina Sanchez SO, Patty Ortega FR, Colette Davis FR, Saturnina Arredondo SO,
 Donna Demina FR, Mirrella Teller FR, Rebecca Edwards FR
13. BAKERSFIELD COLLEGE
 15 68 73 75 82 (115)(140) = 313
 Gabbe Aispuro FR, Charolette Duran FR, Natasha Teston FR, Beth Nakashima SO,
 Jenny Toler SO, Marisela Gonzalez FR, Connie Sanchez FR
14. EL CAMINO COLLEGE
 1 63 65 92 118 (153)(157) = 339
 Maria Lopez SO, Adrienne Ling SO, Maribah Abiedu FR, Julia Gutierrez SO,
 Gracie Torres FR, Anne Eucker FR, Janice Lee FR
15. EAST LOS ANGELES COLLEGE
 13 47 66 109 134 (150)(158) = 369
 Lilia Covarrubias SO, Lourdes Menchaca FR, Lynnette Alfaro SO, Maricela Falcon FR,
 Blanca Jimenez FR, Rebecca Escalante FR, Hortensia Machorro FR
16. ANTELOPE VALLEY COLLEGE
 29 61 84 88 111 (137) = 373
 Jolene Argandar SO, Kelly Horne FR, Nicole Martin SO, Melanie Bedorths FR,
 Shannon Sheldon FR, Kristin Bostick FR
17. AMERICAN RIVER COLLEGE
 46 78 87 90 95 (105)(124) = 396
 Karen Blades SO, Blanca Carrillo SO, Marni Paulo SO, Julie Cox SO,
 Emily Jessee SO, Keri Dahl FR, Catherine Spellis FR
18. CC OF SAN FRANCISCO
 23 44 97 122 127 (135)(154) = 413
 Erin Brightwell SO, Logan Hiroshima SO, Allison Gurley SO, Peggy Marin SO,
 Sandy Welch FR, Michelle Valentine FR, Lucy Wong FR
19. GLENDALE COLLEGE
 38 85 94 104 132 (149) = 453
 Silva Vartoomian SO, Eniko Szarka SO, Ivonne Cardenas SO, Marzeta Agakhanyan SO,
 Lee Ann Dillon SO, Kimberly Madden FR
20. FRESNO CITY COLLEGE
 59 89 99 119 144 (147) = 510
 Marie Phelan FR, Souriya Syhalath FR, Tori Beebe FR, Selina Delacruz FR,
 Amy McLain FR, Beth Brown FR
21. CHABOT COLLEGE
 19 123 139 143 145 (151)(156) = 569
 Kim Wilkes SO, Becky Loggins FR, Sau San FR, Mary Ann Bingham FR,
 Brit Lewis FR, Amanda Finch SO, Ilana Wolstetjn SO
21. COLLEGE OF SEQUOIAS
 81 96 121 130 141 = 569
 Lucia Sanchez SO, Gina Pimentel FR, Jen Cochran FR, Karla Ovando SO,
 Marion Reneau FR
23. HARTWELL COLLEGE
 64 110 112 138 148 = 572
 Angela Reyes SO, Kendra McCarthy SO, Heather Keithly FR, Valerie Walsh SO,
 Jamila DeCarli FR
24. SIERRA COLLEGE
 56 113 129 133 152 (155) = 583
 Jennifer Baker FR, Maren Rasmussen SO, Sara Lopez SO, Mary Hung FR,
 Marinda Brady FR, Sandi Watson FR

California State Cross Country Championships - 18 November

Woodward Park, Fresno rolling grass, dirt, asphalt course, warm, sunny, still weather

Men's Race: 4.0 miles

PLACE NO.	FIRST	LAST	YR	COLLEGE	CONF	MEN	PACE	PLACE NO.	FIRST	LAST	YR	COLLEGE	CONF	MEN	PACE
1	328	Bashir Hussain	FR	RIVERSIDE COM. COLLEGE	OEC	20:14	5:04	116	151	Sammy Morales	FR	FRESNO CITY COLLEGE	CVC	22:38	5:40
2	261	Eduardo Hernandez	FR	MOORPARK COLLEGE	OEC	20:19	5:05	117	211	Jason Repsher	FR	LAKE TAHOE CC	GVC	22:38	5:40
3	342	Adalberto Sanchez	FR	SADDLEBACK COLLEGE	WBC	20:23	5:06	118	86	Alfonso Balazs	FR	CITRUS COLLEGE	FC	22:39	5:40
4	119	Ivo Rodrigues	SO	EAST LOS ANGELES COLLEGE	SCC	20:30	5:08	119	148	Cecil Litiema	FR	FRESNO CITY COLLEGE	CVC	22:40	5:40
5	134	Kenny Goodrich	FR	EL CAMINO COLLEGE	BWC	20:34	5:09	120	116	Sean Svatic	FR	DIABLO VALLEY COLLEGE	BVC	22:41	5:40
6	363	Alejandro Ramirez	SO	SAN JOAQUIN DELTA COLLEGE	BVC	20:35	5:09	121	99	JC Diaz	FR	COLLEGE OF THE REDWOODS	GVC	22:41	5:40
7	329	Cosmas Hueyoka	SO	RIVERSIDE COM. COLLEGE	OEC	20:38	5:10	122	7	Caesar Perez	FR	AMERICAN RIVER COLLEGE	BVC	22:42	5:41
8	23	Rey Sanchez	FR	BAKERSFIELD COLLEGE	WBC	20:39	5:10	123	194	Armando Morales	FR	L.A. MISSION COLLEGE	WBC	22:43	5:41
9	296	Phillip Gonzales	FR	PASADENA CITY COLLEGE	SCC	20:42	5:11	124	454	David Wyandt	FR	WEST VALLEY COLLEGE	CC	22:44	5:41
10	166	Eduardo Macias	SO	GLENDALE COLLEGE	WBC	20:43	5:11	125	264	Sabino Beltran	FR	MOORPARK COLLEGE	WBC	22:45	5:41
11	170	Ramon Serratos	SO	GLENDALE COLLEGE	WBC	20:44	5:11	126	424	David Oleaschea	FR	SIERRA COLLEGE	BVC	22:46	5:42
12	167	Jose Padilla	SO	GLENDALE COLLEGE	WBC	20:49	5:12	127	377	Louis Andre	FR	SAN JOSE CITY COLLEGE	CC	22:46	5:42
13	120	Jose Arriaga	SO	EAST LOS ANGELES COLLEGE	SCC	20:50	5:13	128	295	Oliker Vergara	FR	ORANGE COAST COLLEGE	OEC	22:46	5:42
14	133	Humberto Sanchez	SO	EL CAMINO COLLEGE	FWC	20:55	5:14	129	203	Eddy Lopez	FR	L.A. TRADE TECH	SCC	22:46	5:42
15	345	Ricky Etheridge	FR	SAN BERNARDINO VALLEY	FWC	20:58	5:15	130	440	Justin Brennan	FR	VENTURA COLLEGE	WBC	22:47	5:42
16	49	Manuel Romero	FR	SAN DIEGO MESA COLLEGE	PCC	20:59	5:15	131	333	Mario Umama	SO	RIVERSIDE COM. COLLEGE	OEC	22:49	5:42
17	181	Luis Granado	SO	HARTNELL COLLEGE	CC	21:00	5:15	132	389	Rich Hanna	FR	SANTA BARBARA CC	WBC	22:50	5:43
18	275	Thomas Beckum	SO	MT. SAN ANTONIO COLLEGE	SCC	21:02	5:16	133	205	Carlos Basurto	FR	L.A. TRADE TECH	SCC	22:51	5:43
19	297	Oscar Estrada	SO	PASADENA CITY COLLEGE	SCC	21:02	5:16	134	452	Qadir Moshda	SO	WEST VALLEY COLLEGE	CC	22:51	5:43
20	135	Ruben Rios	SO	EL CAMINO COLLEGE	SWC	21:02	5:16	135	267	Rene Canizales	FR	MOORPARK COLLEGE	WBC	22:52	5:43
21	233	Cesar Vasquez	SO	LOS ANGELES CITY COLLEGE	SCC	21:04	5:16	136	193	Rigoberto Paz	FR	L.A. MISSION COLLEGE	WBC	22:52	5:43
22	312	Franky Hernandez	FR	RANCHO SANTIAGO COLLEGE	OEC	21:09	5:17	137	463	Anthony Morales	FR	YUBA COLLEGE	BVC	22:52	5:43
23	24	Eduardo Verdejo	SO	BAKERSFIELD COLLEGE	WBC	21:15	5:17	138	252	Eack Scott	FR	MODESTO JR. COLLEGE	CVC	22:53	5:43
24	164	Jose Arias	SO	GLENDALE COLLEGE	WBC	21:17	5:19	139	242	David Picha	FR	MIRA COSTA COLLEGE	PCC	22:54	5:44
25	121	Ismael Bernal	SO	EAST LOS ANGELES COLLEGE	SCC	21:19	5:20	140	291	Henry Chian	FR	ORANGE COAST COLLEGE	OEC	22:54	5:44
26	184	Steve Moreno	FR	HARTNELL COLLEGE	CC	21:22	5:21	141	244	Josh Johnson	FR	MIRA COSTA COLLEGE	PCC	22:54	5:44
27	292	Mike Hancock	SO	ORANGE COAST COLLEGE	OEC	21:23	5:21	142	183	Dave Serafini	FR	HARTNELL COLLEGE	CC	22:55	5:44
28	313	Carlos Ramirez	FR	RANCHO SANTIAGO COLLEGE	OEC	21:28	5:22	143	314	Brian Mitzel	FR	RANCHO SANTIAGO COLLEGE	OEC	22:55	5:44
29	316	Juan Medrano	FR	RANCHO SANTIAGO COLLEGE	OEC	21:28	5:22	144	290	Jake Swanson	FR	ORANGE COAST COLLEGE	OEC	22:56	5:44
30	276	Warren Wolf	SO	MT. SAN ANTONIO COLLEGE	SCC	21:29	5:22	145	277	Andy McLarty	SO	MT. SAN ANTONIO COLLEGE	SCC	22:56	5:44
31	69	Dickson Mwai	FR	CITRUS COLLEGE	FC	21:30	5:23	146	388	Manny Ramirez	SO	SANTA BARBARA CC	WBC	22:58	5:45
32	289	Johann Appell	FR	ORANGE COAST COLLEGE	OEC	21:30	5:23	147	423	Josh Lewis	FR	SIERRA COLLEGE	BVC	22:58	5:45
33	382	Greg Tademy	SO	SAN JOSE CITY COLLEGE	CC	21:31	5:23	148	352	Todd Wilson	SO	SAN DIEGO MESA COLLEGE	PCC	22:59	5:45
34	26	Adam Blanks	FR	BAKERSFIELD COLLEGE	WBC	21:32	5:23	149	42	Joshua Small	FR	CABRILLO COLLEGE	CC	22:59	5:45
35	300	Patrick Dickson	FR	PASADENA CITY COLLEGE	SCC	21:32	5:23	150	4	Peter Gibson	FR	AMERICAN RIVER COLLEGE	BVC	23:00	5:45
36	299	Juan Carlos Morales	FR	PASADENA CITY COLLEGE	SCC	21:32	5:23	151	206	Gilberto Melgosa	FR	L.A. TRADE TECH	SCC	23:06	5:47
37	438	Ethan Schaeffer	SO	VENTURA COLLEGE	WBC	21:34	5:24	152	325	Ruben Siguenza	SO	RIO HONDO COLLEGE	FC	23:06	5:47
38	201	Jose Acuchi	FR	L.A. TRADE TECH	OEC	21:35	5:24	153	150	Juan Morales	FR	FRESNO CITY COLLEGE	CVC	23:06	5:47
39	332	Thomas Horne	FR	RIVERSIDE COM. COLLEGE	OEC	21:35	5:24	154	162	Mizram Rodriguez	FR	FULLERTON COLLEGE	OEC	23:11	5:48
40	138	Chris Hyink	SO	EL CAMINO COLLEGE	SWC	21:37	5:24	155	6	Yuri Shalhan	FR	AMERICAN RIVER COLLEGE	BVC	23:14	5:49
41	367	Justin Buenrostro	FR	SAN JOAQUIN DELTA COLLEGE	BVC	21:38	5:25	156	83	Paul Temmerman	SO	COLLEGE OF SEQUOIAS	CVC	23:16	5:49
42	169	Eric Soane	SO	GLENDALE COLLEGE	WBC	21:39	5:25	157	115	Brian Parodi	SO	DIABLO VALLEY COLLEGE	BVC	23:16	5:49
43	179	Brian Wilkinson	SO	HARTNELL COLLEGE	CC	21:40	5:25	158	114	Manuel Cardona	FR	CUYAMACA COLLEGE	PCC	23:18	5:50
44	278	Brian Baughman	FR	MT. SAN ANTONIO COLLEGE	SCC	21:40	5:25	159	85	David Rodriguez	FR	COLLEGE OF SEQUOIAS	CVC	23:19	5:50
45	451	Alan Jackson	SO	WEST VALLEY COLLEGE	CC	21:41	5:25	160	366	Michael Roach	FR	SAN JOAQUIN DELTA COLLEGE	BVC	23:20	5:50
46	168	Bryan Ramos	SO	GLENDALE COLLEGE	WBC	21:41	5:25	161	281	Gabe Cisneros	FR	MT. SAN ANTONIO COLLEGE	SCC	23:21	5:50
47	315	Ben Mejia	FR	RANCHO SANTIAGO COLLEGE	OEC	21:43	5:26	162	84	Jeff Wendling	SO	COLLEGE OF SEQUOIAS	CVC	23:23	5:51
48	113	Shilo Glass	FR	CUYAMACA COLLEGE	PCC	21:43	5:26	163	160	Eric Christopherson	SO	FULLERTON COLLEGE	OEC	23:24	5:51
49	25	Jared Caldwell	FR	BAKERSFIELD COLLEGE	WBC	21:44	5:26	164	391	Hector Oropeza	FR	SANTA BARBARA CC	WBC	23:24	5:51
50	137	Rogelio Hernandez	FR	EL CAMINO COLLEGE	SWC	21:44	5:26	165	353	Nathan Boyer	SO	SAN DIEGO MESA COLLEGE	PCC	23:26	5:52
51	67	Peter Gallardo	FR	CITRUS COLLEGE	FC	21:44	5:26	166	71	Antonio Perez	FR	CITRUS COLLEGE	FC	23:28	5:52
52	330	Abdelkader Chalbi	SO	RIVERSIDE COM. COLLEGE	OEC	21:50	5:28	167	180	Leonardo Leon	FR	HARTNELL COLLEGE	CC	23:30	5:53
53	385	Jeff Loomis	FR	SANTA BARBARA CC	WBC	21:51	5:28	168	208	Cory Boldt	FR	LAKE TAHOE CC	GVC	23:31	5:53
54	350	Larry Romero	FR	SAN DIEGO MESA COLLEGE	PCC	21:53	5:28	169	53	Bryan Caulboy	FR	CHABOT COLLEGE	CC	23:32	5:53
55	15	Matt Jacobs	SO	ANTELOPE VALLEY COLLEGE	FC	21:53	5:28	170	365	Danny Eckardt	FR	SAN JOAQUIN DELTA COLLEGE	BVC	23:33	5:53
56	82	Jason Nunes	SO	COLLEGE OF SEQUOIAS	CVC	21:55	5:29	171	70	George Paulik	FR	CITRUS COLLEGE	FC	23:37	5:54
57	195	Alejandro Tinajero	FR	L.A. MISSION COLLEGE	WBC	21:55	5:29	172	238	Tony Munch	FR	DIABLO VALLEY COLLEGE	BVC	23:38	5:55
58	139	Jason Neese	FR	EL CAMINO COLLEGE	SWC	21:57	5:29	173	192	Jesus Servin-Mata	FR	L.A. MISSION COLLEGE	WBC	23:45	5:56
59	331	Angel Romero	SO	RIVERSIDE COM. COLLEGE	OEC	21:59	5:30	174	100	Nate Claassen	FR	COLLEGE OF THE REDWOODS	GVC	23:47	5:57
60	298	Oscar Sanchez	FR	PASADENA CITY COLLEGE	SCC	22:00	5:30	175	213	Each Senf	FR	LAKE TAHOE CC	GVC	23:48	5:57
61	247	Ulises Tellechea	SO	MODESTO JR. COLLEGE	CVC	22:00	5:30	176	346	Vincent Rodriguez	SO	SAN BERNARDINO VALLEY	FC	23:49	5:57
62	439	Miguel Ibarra	FR	VENTURA COLLEGE	WBC	22:02	5:31	177	207	Antonio Olverd	FR	L.A. TRADE TECH	SCC	23:50	5:58
63	324	Luis Cervantes	SO	RIO HONDO COLLEGE	FC	22:02	5:31	178	225	Adeseye Innies	FR	LONG BEACH CITY COLLEGE	SCC	23:51	5:58
64	262	Chadd Aldrich	FR	MOORPARK COLLEGE	WBC	22:02	5:31	179	209	Troy Brunton	FR	LAKE TAHOE CC	GVC	23:52	5:58
65	421	Chris Coats	SO	SIERRA COLLEGE	BVC	22:04	5:31	180	40	Riley Gibbons	FR	CABRILLO COLLEGE	CC	23:52	5:58
66	387	Rafael Iniguez	SO	SANTA BARBARA CC	WBC	22:04	5:31	181	103	Chris Fitting	FR	COLLEGE OF THE REDWOODS	GVC	23:57	5:59
67	234	Amado Munoz	FR	LOS ANGELES CITY COLLEGE	SCC	22:05	5:31	182	37	Mike Fender	FR	BUTTE COLLEGE	GVC	23:57	5:59
68	404	Tim Sanborn	SO	SANTA ROSA JR. COLLEGE	BVC	22:06	5:32	183	249	Agustin Campos	FR	MODESTO JR. COLLEGE	CVC	23:58	6:00
69	28	Wilo Garcia	FR	BAKERSFIELD COLLEGE	WBC	22:07	5:32	184	110	Erik Best	SO	CUESTA COLLEGE	WBC	24:04	6:01
70	52	John Atwood	SO	CHABOT COLLEGE	CC	22:08	5:32	185	243	Julian Ramirez	FR	MIRA COSTA COLLEGE	PCC	24:11	6:03
71	122	Alfred Trujillo	SO	EAST LOS ANGELES COLLEGE	SCC	22:09	5:32	186	41	Aaron Heagerty	SO	CABRILLO COLLEGE	CC	24:15	6:04
72	178	Justin O'Connell	FR	HARTNELL COLLEGE	CC	22:10	5:33	187	409	Dusty Robinson	FR	SHASTA COLLEGE	GVC	24:15	6:04
73	279	Fili Cortez	FR	MT. SAN ANTONIO COLLEGE	SCC	22:11	5:33	188	57	Kevin Straharsky	FR	CHABOT COLLEGE	CC	24:16	6:04
74	136	Rene Paragas	SO	EL CAMINO COLLEGE	SWC	22:11	5:33	189	202	Victor Sapon	FR	L.A. TRADE TECH	SCC	24:19	6:05
75	94	Hector Chavez	FR	COLLEGE OF THE CANYONS	WBC	22:12	5:33	190	124	Guadalupe Banuelos	FR	EAST LOS ANGELES COLLEGE	SCC	24:20	6:05
76	448	Lonnie Autry	FR	WEST VALLEY COLLEGE	CC	22:12	5:33	191	412	Dan Muller	FR	SHASTA COLLEGE	GVC	24:21	6:05
77	386	Josh Hillis	FR	SANTA BARBARA CC	WBC	22:13	5:33	192	54	Mike Furuyama	FR	CHABOT COLLEGE	CC	24:22	6:06
78	224	David Ferguson	FR	LONG BEACH CITY COLLEGE	SCC	22:13	5:33	193	72	Dallin Smith	FR	CITRUS COLLEGE	FC	24:24	6:06
79	425	Scott Adam	SO	SIERRA COLLEGE	BVC	22:14	5:34	194	217	Nathan Brosius	FR	LASSEN COLLEGE	GVC	24:27	6:07
80	149	Alfredo Garcia	FR	FRESNO CITY COLLEGE	CVC	22:15	5:34	195	408	Mike Hall	SO	SHASTA COLLEGE	GVC	24:28	6:07
81	68	Carlos Gonzalez	FR	CITRUS COLLEGE	FC	22:16	5:34	196	410	Kraig Adams	FR	SHASTA COLLEGE	GVC	24:28	6:07
82	29	Frankie Sanchez	FR	BAKERSFIELD COLLEGE	WBC	22:16	5:34	197	364	Mario Guana	SO	SAN JOAQUIN DELTA COLLEGE	BVC	24:29	6:07
83	1	Brian Meyer	SO	AMERICAN RIVER COLLEGE	BVC	22:19	5:35	198	355	Chris Milloy	FR	SAN DIEGO MESA COLLEGE	PCC	24:30	6:08
84	263	Craig Wilson	SO	MOORPARK COLLEGE	WBC	22:20	5:35	199	58	Gedfrey Tam	SO	CHABOT COLLEGE	CC	24:33	6:08
85	294	Jia Rousseve	SO	ORANGE COAST COLLEGE	OEC	22:20	5:35	200	401	Jamie Pugh	FR	SANTA ROSA JR. COLLEGE	BVC	24:39	6:10
86	204	Juan Babena	FR	L.A. TRADE TECH	SCC	22:21	5:35	201	427	Paul Matthews	FR	SIERRA COLLEGE	BVC	24:43	6:11
87	334	Alex Delatejera	FR	RIVERSIDE COM. COLLEGE	OEC	22:21	5:35	202	265	Robert Lopez	SO	MOORPARK COLLEGE	WBC	24:47	6:12
88	253	Jason Yonan	FR	MODESTO JR. COLLEGE	CVC	22:22									

MEN TEAM SCORES

1. GLENDALE COLLEGE
 9 10 11 21 38 (42) (79) = 89
 Eduardo Macias SO, Ramon Serratos SO, Jose Padilla SO, Jose Arias SO,
 Eric Secane SO, Bryan Ramos SO, David Gomez SO
2. EL CAMINO COLLEGE
 4 13 18 36 45 (51) (64) = 116
 Kenny Goodrich FR, Humberto Sanchez SO, Ruben Rios SO, Chris Hyink SO,
 Rogelio Hernandez FR, Jason Weese FR, Rene Paragas SO
3. RIVERSIDE COM. COLLEGE
 1 6 35 47 52 (75) (110) = 141
 Bashir Hussain FR, Cosmas Musyoka SO, Thomas Horne FR, Abdalkader Chalbi SO,
 Angel Romero SO, Alex Delatejera FR, Mario Umans SO
4. PASADENA CITY COLLEGE
 8 17 32 33 53 (91) (92) = 143
 Phillip Gonzales FR, Oscar Estrada SO, Patrick Dickson FR, Juan Carlos Morales FR,
 Oscar Sanchez FR, Israel Rivera FR, Kevin Chilles FR
5. BAKERSFIELD COLLEGE
 7 20 31 44 59 (70) (94) = 161
 Rey Sanchez FR, Eduardo Verdejo SO, Adam Blanks FR, Jared Caldwell SO,
 Milo Garcia FR, Frankie Sanchez FR, Hector Sanchez FR
6. EAST LOS ANGELES COLLEGE
 3 12 22 61 87 (95) (150) = 185
 Ivo Rodrigues SO, Jose Arriaga SO, Ismael Bernal SO, Alfred Trujillo SO,
 Luis Castro SO, Alejandro Penalosa FR, Guadalupe Banuelos FR
7. RANCHO SANTIAGO COLLEGE
 19 25 26 43 83 (118) (187) = 196
 Franky Hernandez FR, Carlos Ramirez FR, Juan Medrano FR, Ben Mejia FR,
 Jose Rangel SO, Brian Mitzel FR, Jorge Francisco SO
8. BARTNELL COLLEGE
 15 23 39 62 80 (117) (136) = 219
 Luis Granado SO, Steve Moreno FR, Brian Wilkinson SO, Justin O'Connell FR,
 Enrique Cervantes SO, Dave Serafini FR, Leonardo Leon FR
9. MT. SAN ANTONIO COLLEGE
 16 27 40 63 78 (120) (131) = 224
 Thomas Beckum SO, Warren Wolf SO, Brian Baughman FR, Fili Cortez FR,
 Juan Escalera FR, Andy McLarty SO, Gabe Cisneros FR
10. MOORPARK COLLEGE
 2 55 72 82 105 (114) (161) = 316
 Eleazar Hernandez FR, Chadd Aldrich FR, Craig Wilson SO, Juan Cortes FR,
 Sabino Beltran FR, Rene Canizales FR, Robert Lopez SO
11. ORANGE COAST COLLEGE
 24 29 73 86 108 (116) (119) = 320
 Mike Hancock SO, Johann Appell FR, Jim Rousseve SO, Rene Munoz FR,
 Oliker Vergara FR, Henry Chian FR, Jake Swanson FR
12. SAN DIEGO MESA COLLEGE
 14 49 88 96 123 (134) (157) = 370
 Manuel Romero FR, Larry Romero FR, Armando Barajas SO, Matt Dunn FR,
 Todd Wilson SO, Nathan Boyer SO, Chris Milloy FR
13. CITRUS COLLEGE
 28 46 69 100 135 (140) (153) = 378
 Dickson Mwai FR, Peter Gallardo FR, Carlos Gonzalez FR, Akos Balaza FR,
 Antonio Perez FR, George Paulik FR, Dallin Smith FR
14. WEST VALLEY COLLEGE
 41 65 85 90 104 (113) (169) = 385
 Alan Jackson SO, Lonnie Autry FR, Jason Hervey FR, Brian Dorgan FR,
 David Wyandt FR, Qadir Moshda SO, Chris Reed FR
15. SANTA BARBARA CC
 48 57 66 111 121 (133) (165) = 403
 Jeff Loomis FR, Rafael Iniguez SO, Josh Hillis FR, Rich Hanna FR,
 Manny Ramirez SO, Hector Oropeza FR, Brendan McCarthy FR
16. SIERRA COLLEGE
 56 67 81 106 122 (160) (166) = 432
 Chris Coats SO, Scott Adam SO, Doug Barnes FR, David Oleachea FR,
 Josh Lewis FR, Paul Matthews FR, Eric Weimer FR
17. L.A. TRADE TECH
 34 74 109 112 125 (143) (149) = 454
 Jose Acuhi FR, Juan Bahena FR, Eddy Lopez FR, Carlos Basurto FR,
 Gilberto Melgoza FR, Antonio Olverd FR, Victor Sapon FR
18. SAN JOAQUIN DELTA COLLEGE
 5 37 130 139 156 (176) (183) = 467
 Alejandro Ramirez SO, Justin Buenrostro FR, Michael Roach FR, Danny Eckardt FR,
 Mario Guana SO, George Thompson FR, Jacob Wilson FR
19. MODESTO JR. COLLEGE
 54 76 77 115 146 (172) (175) = 468
 Ulises Tellechea SO, Jason Yonan FR, Jose Gaenz FR, Zack Scott FR,
 Agustin Campos FR, Sean Freitas FR, Josh Bullock FR
20. FRESNO CITY COLLEGE
 68 97 98 101 126 = 490
 Alfredo Garcia FR, Carlos Harrison SO, Sammy Morales FR, Cecil Litiema FR,
 Juan Morales FR
21. AMERICAN RIVER COLLEGE
 71 93 103 124 127 (163) (164) = 518
 Brian Meyer SO, Gabe Turco SO, Caesar Perez FR, Peter Gibson FR,
 Yuri Shallan FR, Matt McGraw FR, Josh Rains SO
22. COLLEGE OF SEQUOIAS
 50 84 128 129 132 = 523
 Jason Nunes SO, Chris Coleman SO, Paul Tommerman SO, David Rodriguez FR,
 Jeff Wendling SO
23. SANTA ROSA JR. COLLEGE
 58 89 159 167 168 (173) = 641
 Tim Sanborn SO, Jason Selby SO, Jamie Pugh SO, Emanuel Levijarvi FR,
 Isaac Raya FR, Paul Finch FR
24. SAN JOSE CITY COLLEGE
 30 107 162 170 174 = 643
 Greg Tademy SO, Louis Andre FR, Brendon Mosher SO, SokRos Chim FR,
 Sethih Nang FR
25. CHABOT COLLEGE
 60 138 148 152 158 (178) (184) = 656
 John Atwood SO, Bryan Caulboy FR, Kevin Strharsky FR, Mike Furuyama FR,
 Godfrey Tam SO, Chris Gomes FR, Adam Lumia FR
26. LAKE TAHOE CC
 99 137 142 144 180 (181) (185) = 702
 Jason Rapsber FR, Cory Boldt FR, Zach Senf FR, Troy Brunton FR,
 Ben Sadrain FR, Monte Valoria FR, Mike Sutryk FR
27. COLLEGE OF THE REDWOODS
 102 141 145 171 182 (188) = 741
 JC Diaz FR, Nate Claassen FR, Chris Fitting FR, Jose Ramirez FR,
 Bryan Jimenez FR, Michael Saberr FR
28. SHASTA COLLEGE
 147 151 154 155 177 (179) (186) = 784
 Dusty Robinson FR, Dan Moller FR, Mike Hall SO, Craig Adams FR,
 Matt Mueller FR, Nathan Gaddy FR, Brett Havener FR

results of the
30th annual Don Dooley 'Go Run One' Memorial Turkey Trot
23 Nov. 1995 - Crystal Springs Course - 2.96 miles

<i>pl.</i>	<i>name/age/affiliation</i>	<i>time</i>	<i>pl.</i>	<i>name/age/affiliation</i>	<i>time</i>
1.	Parker Kelly/27/Serra Alum	16:01	58.	(21BHS)Jordan Woods/15/Serra	22:28
2.	Jake Niebaum/29/HMB-CSM alum	16:10	59.	(22BHS)Micheal Riskin/17/SMHS	22:31
3.	Matin Smith/24/HMB-CSM alum	16:27	60.	Javier Herrera/CSM Student	22:32
4.	Steve Palladino/39/Serra-CSM alum	16:17	61.	(23BHS)Micheal Dunn/16/Aragon	22:23
5.	Juan Rangel/28/CSM Alum	16:23	62.	(24BHS)Ryan Reynolds/18/Aragon	22:33
6.	Anthony Nash/20/SMHS Alum	16:24	63.	Mark Bisordi/30/Serra Alum	22:33
7.	Steve Scholz/31/Serra Alum	16:35	64.	Jon Wolff/23/SMHS Alum	22:35
8.	Casey Jackson/19/CSM Team	16:35	65.	(8Mmas)Ira Birnbaum/51/Aragon parent	22:56
9.	(1Mmas)Jose D. Castaneda/40/Unatt.	17:14	66.	(9Mmas)Mickey McNally/45/SMHS Alum	22:37
10.	Chris Phipps/25/HMB-CSM Alum	17:26	67.	(10Mmas)Mike Laramil/59/Serra Alum	22:40
11.	Matt Romersa/26/HMB Alum	17:34	68.	(2Wm)Ariella Birnbaum/19/Aragon Alum	22:52
12.	Dave Goodrich/27/Unatt.	17:37	69.	(3Wm)Theresa Martin/32/CSM Faculty	23:08
13.	Marty Beene/33/Aragon Alum	18:15	70.	(1GHS)Jacquelyn Wong/14/SMHS	23:14
14.	Tom Washington/19/Serra-CSM Team	18:23	71.	(25BHS)Billy Porter/14/Serra	23:25
15.	All Burnett/33/Hillsdale Alum	18:33	72.	(2GHS)Suzanne Collins/17/Aragon	23:26
16.	(1BHS)Brian Greenough/14/SMHS	18:53	73.	(26BHS)Ron DiMaggio/16/Serra	23:42
17.	(2BHS)Andrew Ruiz/16/Serra	19:06	74.	(27BHS)Steven DiPaolo/14/Serra	23:46
18.	Robbie Rush/27/Serra Alum	19:09	75.	(28BHS)Brad Stapleton/17/Serra	23:58
19.	(3BHS)Partick Carey/16/Serra	19:15	76.	(29BHS)Manuel Berg/18/Serra	24:00
20.	(1Wm) Courtney Bolin/20/Aragon Alum	19:25	77.	(11Mmas)Bill Daskarolis/57/Aragon Coach	24:03
21.	(4BHS)Joshua Greenough/16/SMHS	19:28	78.	(12Mmas)Ross Wier/44/Serra Alum	24:11
22.	(5BHS)Andrew Torgerson/15/SMHS	19:29	79.	(1Wmas)Martha Greenough/41/SMHS parent	24:12
23.	(6BHS)Shawn Camden/18/Serra	19:31	80.	(30BHS)B. Jerico/16/Serra	24:16
24.	Eric Gong/20/SMHS Alum	19:49	81.	Greg Sweat/--/Aragon Alum	24:20
25.	(7BHS)Brian Wolff/18/SMHS	19:51	82.	(31BHS)Wesley Gong/15/SMHS	24:21
26.	Anthony Guaraldi/20/SMHS Alum	19:56	83.	(32BHS)Brett Esaki/16/SMHS	24:26
27.	(8BHS)David Chiesa/14/Aragon	20:06	84.	Dominic Marquez/18/Capuchino Alum	24:29
28.	(9BHS)Kevin Chen/17/SMHS	20:07	85.	(13Mmas)Jess Roat/40/SMHS Alum	24:30
29.	John Anderson/39/SMHS Alum	20:13	86.	(33BHS)Michael Steren/15/Serra	24:39
30.	(10BHS)Ricardo Cano/15/Serra	20:26	87.	(34BHS)Paul James/14/Serra	24:53
31.	(11BHS)Chris Tigrì/17/Serra	20:31	88.	(1Boy Youth)Joey Porter/11/St. Gregory's	25:01
32.	(2Mmas)Mark Greenough/41/SMHS Alum	20:32	89.	(35BHS)David Sutton/14/Serra	25:06
33.	Ron Castle/33/Serra Alum	20:36	90.	(36BHS)Chris Clark/15/Serra	25:08
34.	Andy Takaha/39/SMHS/CSM Alum	20:36	91.	(37BHS)Dylan Cappel/17/Serra	25:15
35.	(12BHS)Kirk Anderson/16/Serra	20:37	92.	(38BHS) Kevin Gurtiza/15/Serra	25:15
36.	(3Mmas)Robert Rush/60/CSM Coach	20:39	93.	Chris Kennan/--/Carlmont Alum	25:17
37.	Jeremy Matteson/25/CSM Alum	20:39	94.	(14Mmas)Dave Collins/59/Aragon parent	25:51
38.	Dean Sunquist/33/Hillsdale-CSM Alum	20:43	95.	(2Wmas)Susan Nash/41/SMHS Alum parent	26:01
39.	(4Mmas)Ricardo Cano/45/Serra parent	20:48	96.	(15Mmas)Derek Nash/44/SMHS Alum parent	26:17
40.	(13BHS)Justin Fong/14/SMHS	20:52	97.	(4Wm)Lisa Sorensen/20/SMHS Alum	26:26
41.	(14BHS)Jeff Wagner/16/SMHS	20:58	98.	Aver Chin/19/SMHS Alum	26:27
42.	Gaunic Trehan/17/Capuchino Alum	21:11	99.	George Chin/21/SMHS Alum	26:41
43.	Gaurav Trehan/18/Capuchino Alum	21:15	100.	(4Wmas)Karen Wolff/42/Aragon parent	26:50
44.	Rod Robles/28/CSM Alum	21:16	101.	Chris Penny/39/SMHS-CSM Alum	26:39
45.	(5Mmas)Dennis McNailey/46/SMHS Alum	21:16	102.	Tim Sullivan/33/Hillsdale Alum	26:51
46.	Doug Marks/31/SMHS Alum	21:28	103.	Jimmy Miyasnio/20/SMHS Alum	27:00
47.	(15BHS)Greg DiPaolo/16/Serra	21:37	104.	Sam Khoury/18/Capuchino Alum	27:20
48.	Jason Garcia/19/Caupuchino Alum	21:49	105.	J.D. DeJesus/20/Serra Alum	27:38
49.	Kurt Peterson/25/SMHS Alum	21:51	106.	(3GHS)Lily Rosenman/15/SMHS	28:15
50.	(6Mmas)Dale Fambrini/56/Jefferson Alum	22:00	107.	(4GHS)Megan Weir/15/Aragon	28:27
51.	(16BHS)Nathan Sweat/14/Aragon	22:06	108.	(16Mmas)Carlton Brown/49/CSM Alum	28:40
52.	(17BHS)Nathan Woodside/17/Serra	22:07	109.	(17Mmas)John Wesendunk/50/Aragon parent	29:12
53.	(18BHS)J.P. Tchamourlian/17/Serra	22:08	110.	(5Wm)Debra Young/21/Carlmont Alum	30:03
54.	(19BHS)Jon Narong/13/Aragon	22:09	111.	Mike Goodwin/24/Serra Alum	31:19
55.	(7Mmas)Jim Cole/--/Capuchino HS Coach	22:11	112.	Mike Klobuchar/24/Serra Alum	32:31
56.	Bill Heilman/25/Serra Alum	22:13	113.	(1Girl Youth)Abby James/8/Unatt.	33:37
57.	(20BHS)Nicholas Sutton/15/Serra	22:15			

NEWSPAPER CLIPPINGS

San Mateo Times Oct '95

College roundup

■ Cross country

In Belmont, Shauna O'Leary finished ninth out of 133 runners to lead College of San Mateo at the CSM-Crystal Springs Invitational meet.

Darci Lewis was 19th in 20:08. Erin Haggerty was CSM's third finisher, taking 42nd in 21:14.

Denise Rummelhart of Skyline finished 58th in 22:02.

On the men's side, CSM finished 16th as a team with 388 points. Casey Jackson led the Bulldogs, finishing 19th in 22:36.

S.M. Times 9 Oct '95

Local colleges

■ Cross country

College of San Mateo's Shauna O'Leary finished second at the Lou Vasquez Memorial Cross Country Invitational on Friday.

O'Leary ran the course, located at Golden Gate Park, in 19:12. CSM's Darci Lewis was 10th in 19:47.

Skyline's Denise Rummelhart was 30th in 21:10.

On the men's side, Casey Jackson led CSM, finishing 27th in 22:16. Tom Washington was second in 23:37.

The 'Dog Pound

CSM's cross-country team competed in a league meet at Hartnell on October 11. Among 16 men, CSM runner Casey Jackson took first place, Tom Washington, sixth, and David Uldrick, tenth. Out of 38 women, Shauna O'Leary took second, Darci Lewis, fifth, Erin Haggerty, tenth, Lydia Anderson, 23, Christina Duran, 30, and Brooke Anderson, 36.

On October 21 the Cross-Country team hosted the Crystal Springs Challenge as part of the Grand Prix Series. Entries ranged from the junior colleges to CSU Hayward and Stanford. Darci Lewis was the lone female runner for CSM, placing 32 of 114. Among 181 runners, Casey Jackson placed 63, Tom Washington 112, and David Uldrick, 143.

—Kevin Cunningham
Staff Writer

San Mateo Times - 6 Nov '95

CSM's Jackson first in Coast meet

Special to The Times

Casey Jackson of the College of San Mateo won the Coast Conference cross country meet Wednesday in Salinas.

Jackson ran the four-mile course at Torro Park in 22:53. Tom Washington was sixth in 23:07, and Dave Uldrick 10th in 26:18.

On the women's side, CSM's Shauna O'Leary finished second, running the three-mile course in 19:44. She helped CSM beat De Anza, 25-32, and City College of San Francisco, 28-35,

although the Bulldogs came up short against West Valley, 25-30.

SM Times 12 Oct '95

SM Times 19 Oct '95

■ Cross country

BELMONT — The Crystal Springs Challenge, to be held Saturday, will allow men and women to go up against runners from community colleges as well as senior colleges.

Among the senior college expected to participate include Stanford, Fresno State, College of Notre Dame, San Jose State and San Francisco State.

College of San Mateo, San Jose City and West Valley are among the community colleges that will participate.

Former CSM cross country and track and field coach Bob Rush should be running in the men's race.

The women's race (with the length being 2.95 miles) starts at 10 a.m., with the men's race (4.1 miles) going off at 11 a.m.

Anyone wishing to participate in the challenge should show up at the course at least one hour before race time, or contact current CSM coach Dave Shrock at 574-6448.

SM TIMES 30.10.95

College roundup

■ Cross country

College of San Mateo's Darci Lewis finished third at the final Coast Conference meet.

Lewis ran the 3.18-mile course in Fremont in 20:33.

On the men's side, CSM's Casey Jackson finished seventh, running the 4-mile course in 23:19. Tom Washington was 13th in 23:37.

SAN MATEO TIMES 11 Nov '95

COLLEGE ROUNDUP

■ Cross country

At the Coast Conference championships at Golden Gate Park on Friday, CSM's Casey Jackson finished 11th, running the 4.0-mile course in 22:16, and Tom Washington finished 19th in 23:05 as both qualified for the state meet next week.

Skyline's Eric Ramirez was 25th in 24:23, also good enough to advance to Fresno.

On the women's side, CSM's Darci Lewis and Shauna O'Leary finished sixth and seventh (in 19:54 and 20:16) on a 3.1-mile course.

Also running for state-bound CSM were Lydia Anderson (23:25), Christina Duran (27:31) and Brooke Anderson (30:39).

Skyline's Denise Rummelhart also qualified for state.

CSM women run into state meet

Special to The Times

The College of San Mateo women's cross country team qualified for the state meet at Saturday's Northern California championships.

The Bulldogs finished seventh behind Darci Lewis and Shauna O'Leary.

Lewis finished sixth, running the Crystal Springs 2.93-mile course in 19:24.

O'Leary was 11th in 20:05.

Also running for the

Bulldogs were Lydia Anderson, Christina Duran and Brooke Anderson.

On the men's side, Casey Jackson led CSM, running the 4.1-mile course in 22:53 for 19th place.

Wrestling

Skyline finished second at the 28th annual San Francisco State Tournament.

Claiming titles for the Trojans were Erick Vera (150 pounds) and heavyweight Gabe Zagata.

THE TIMES 6 NOV '95 -

Cross country

College of San Mateo runners set personal records at the state championships at Fresno's Woodward Park on Saturday.

On the women's side, Shauna O'Leary finished 38th (sixth among Coast Conference runners, seventh among Northern California runners) in 20:05, knocking 10 seconds off her personal best.

Darci Lewis ran in 20:14, taking a minute off her personal best. Lydia Anderson (22:51) and Christine Duran (27:38) also set personal bests.

On the men's side, Casey Jackson was 94th out of 210 runners, in 22:24. He took 30 seconds off his personal best. Tom Washington finished in 22:34.

THE 'DOG POUND

Fall season ends

SM Times - 17 Nov '95

CSM women compete at cross-country finals

MARK FOYER

Times Correspondent

Back in September, when practice started, College of San Mateo cross country coaches said the Bulldogs' women's team had a good chance of making the state meet.

Other observers thought the chances for the CSM women were remote.

But on Saturday, the Bulldogs, featuring Darci Lewis, Shauna O'Leary, Lydia Anderson, Brooke Anderson and Christina Duran, will be one of teams lining up for the start of the state championships at Woodward Park in Fresno.

The CSM women's team is the only local team to advance to state, although there are plenty of locals in the race.

Skyline's Denise Rummelhart is also in the women's race.

On the men's side, Skyline's Eric Ramirez and CSM's Casey Jackson and Tom Washington will be running.

While there is joy for the Bulldogs women in moving on to state meet, not all are healthy. O'Leary has tendinitis in her knee. The knee has bothered her for a few weeks.

Running for Bend High in Bend, Ore., Jackson was part of the state cross country championship team.

He was set to go to his local community college. He made his decision after his parents moved to Moss Beach. But when local community college — Central Oregon — dropped most of its sport programs, Jackson moved in with his parents.

Upon arriving in Moss Beach, he received a letter from CSM coach Dave Schrock, asking if he would come out for the team.

Once he received the letter, Jackson turned up his training two notches. He has been in the top 10 in most of his races.

next season with most of their starting offense returning.

The cross-country team finished their season in the Fresno state finals at Woodward Park.

Out of a field of 229 runners, Casey Jackson placed 94th overall, 18th in NorCal and 9th in CSM's conference. Tom Washington placed 107th overall, 22nd in NorCal, and 12th in the conference.

On the women's team, Shauna O'Leary placed 38th overall of 223, 8th in NorCal and 7th in the conference. Darci Lewis finished at 45 overall, 9th in NorCal and 8th in the conference.

Coach Dave Shrock was pleased with the season. "Everybody set personal records... (next season) is full of promise," said Shrock. The only departing sophomore is team captain Tom Washington.

Team awards were announced this week. The men's MVP was Casey Jackson, and most inspirational was Jason Sanchez. The women's MVP was Shauna O'Leary, and most inspirational was Darci Lewis.

San Mateo, 5 Dec '95

CSM Track Coach Gets A Run for His Money

Summer adventures include racing with bulls in Spain, rafting in India, Kenya

F3

HIGHLIGHTS

Rick Chandler

College of San Mateo Coach Runs a Different Kind of Race

During the school year, Dave Shrock is the mild-mannered coach of the cross-country and track and field teams at the College of San Mateo. But in the summer, the San Mateo native turns into a Superman of sorts.

As part of his job with a European travel agency, Shrock leads summer expeditions to Spain, where he and his customers run with the bulls at the annual 10-day festival at Pamplona.

"I guess I look at running from a different perspective," said Shrock, a 1974 graduate of Serra High in San Mateo who has been coaching at CSM since 1978. "When I was an athlete in high school (track and cross country), I would get nervous before a race. But it's hard to imagine that now.

"When you get on the starting line to run with the bulls, you know that someone on that line may not make it. Now, that's pressure."

Shrock was referring to the high rate of injuries during the 10-day Pamplona festival, which begins every July 7. This year, one runner was killed, and numerous serious injuries occur every year. Every day, bulls are herded through the city streets — about 780 meters from the town square to the bull ring — with a throng of people running among the animals.

The Pamplona excursion is only one of the trips led by Shrock, who spends his summers employed by a travel agency in London.

He also leads overland and rafting expeditions in Nepal, India, Kenya and Tibet, as well as tours throughout Europe.

"About 14 years ago, I decided that I wanted to get out and explore the world," said Shrock, whose parents are from Ireland and who retains his Irish citizenship. "I didn't want to spend my entire life coaching track; although I love the sport. I come back every year, don't I?"

In addition to coaching at CSM, where he founded the women's track program, Shrock has also

worked with Stanford head track coach Payton Jordan and was an assistant cross-country and track coach at San Jose State in the mid-1980s.

Shrock is gearing his CSM cross-country team — which he co-coaches with 27-year CSM veteran Bob Rush — for the CSM Crystal Springs Invitational tomorrow at the Crystal Springs course in Belmont. The meet will feature many of the top schools from throughout California.

Top runners for the Bulldog women so far have been Shauna O'Leary, a freshman from Half Moon Bay, and Darcy Lewis, a sophomore from Napa. O'Leary finished fourth in NorCal and ninth overall at the Fresno Invitational on September 9. Lewis was ninth in NorCal and 25th overall.

For the men, CSM is led by Tom Washington, a sophomore from Serra who was the Coast Conference Most Valuable Player last year.

Another strong runner is Casey Jackson, a native of Bend, Ore., who now lives in Half Moon Bay.

- SM Times 19 Oct '95 -

Roads to Fitness

By Al Stanbridge
Times Correspondent



Crystal Springs run set Saturday

CROSS COUNTRY IS THE VERY soul of the sport of long distance running. Road racers and track competitors all know that when fall comes around, they will probably be taking in running at its purest, most natural form. This coming Saturday, runners of all ages and abilities are invited to take part in a cross country meet which will be held on one of this county's most utilized venues, the Crystal Springs course in Belmont.

The Crystal Springs Challenge is hosted by the San Mateo Athletic Club; meet director will be Dave Schrock, head track and cross country coach at the College of San Mateo.

Saturday's meet will consist of two separate races, one for men covering 4.2 miles, and a women's race over a 2.9-mile course.

What will be unique about this meet is that participants will include community college athletes and top open and masters runners vying for points in this weekend's stop on a nine-race Grand Prix series being conducted this fall.

Schrock comments, "We are also hoping to attract local runners of all ages and abilities who want to experience a real cross country run on a great course. All you need is your shoes and your desire."

The women's race begins at 10 a.m. followed by the men at 11 a.m.

In cross country running, the course itself generates the most interest; scenery, varying terrain, hills, sharp turns all make each course unique and challenging.

The Crystal Springs course has been the site of numerous high school and collegiate meets through the years, and has also been the host to national championships and world championship qualifying races.

Thanks largely to the interest and efforts of one man, Crystal Springs has earned its stellar reputation in the sport. Bob Rush, long-time CSM track and cross country coach, literally helped design and carve out the course.

Over the years, thanks to his dedication, the course has been regularly improved and maintained, which has been no small task.

This season will mark Rush's last as a coach at CSM, and it is only fitting that he will be on the starting line as a competitor this Saturday.

To say that Crystal Springs is an important part of his life is an understatement. Schrock says, "Much of Bob's life blood and spirit have been spent on this course. He lives nearby and runs on it almost daily. During the summer he sees to it that the course is bulldozed to shape and clear the path, and he is constantly out there weeding, shoveling getting rid of bees and doing all the basic groundskeeping to keep it perfect."

Runners have run at Crystal Springs at varying stages in their careers. After starting out with four years of high school and then college, many of them return through the years to compete as open and masters runners.

The runners may change but, thanks to Rush, the course is the constant factor and finishing times can be compared forever. A few years back, he commented that what really motivates him is the concept, "that progress in cross country is measured by comparing times run on the same course year after year."

Runners can measure their times against those from different eras dating back to 1971. High schoolers today are even comparing their present performances to those of their fathers and mothers who ran on the course when they were younger."

If you want to experience this sport and run on one of the great courses in the country, head to Belmont this Saturday. From the top of Ralston Avenue, take Hallmark Drive south about one mile, and the entrance will be on the right.

For information, call 342-9551.