

1996 PAL XC Championships Results
November 6, 1996

Prep scores

Cross Country

Peninsula Athletic League Championship meet
 At Crystal Springs, Belmont
 Length—2.5 miles

BOYS

Varsity

Team scores—Half Moon Bay 50, San Mateo 57, Westmoor 64, Burlingame 111, Aragon 120, Carlmont 160, Menlo-Atherton 194, Mills 198, Terra Nova 219, Hillsdale 229, South San Francisco 314, Capuchino 346.

Top 20 finishers—Cooke (B) 15:43, White (HMB) 15:52, Mendoza (West) 16:13, Taylor (SM) 16:22, Chain (HMB) 16:24, M. Sakurada (A) 16:25, J. Greenough (SM) 16:32, B. Greenough (SM) 16:33, Naluz (West) 16:41, Dines (HMB) 16:47, Wagner (SM) 16:52, Arceneaux (West) 16:52, Rankin (M-A) 16:54, Benda (HMB) 16:55, W. Sakurada (A) 16:58, Abdul (West) 17:02, McMullin (TN) 17:03, Vartanian (B) 17:05, Wilkinson (HMB) 17:09, McGuire (H) 17:11.

Junior Varsity

Team scores—San Mateo 36, Westmoor 47, Burlingame 56, Carlmont 119, Aragon 152, Hillsdale 154, Mills 174, South San Francisco 197.

Top 5—Anderson (SM) 18:27, Dunn (SM) 18:48, Tolerson (SM) 18:55, Craig (West) 18:58, Pebet (B) 19:09.

Frosh-soph

Team scores—Burlingame 39, Aragon 71, Hillsdale 77, Half Moon Bay 89, Capuchino 127, San Mateo 169, Menlo-Atherton 182, El Camino 213, South San Francisco 241, Westmoor 248, Mills 265.

Top 5—Gallegos (B) 17:13, O'Rourke (H) 17:23, Iwakawa (B) 17:36, White (HMB) 17:54, Montalbano (H) 18:04.

Freshmen

Team scores—Westmoor 36, Mills 47, San Mateo 87, Aragon 109, Hillsdale 131, Capuchino 123, Burlingame 186, South San Francisco 222.

Top 5—Yagai (M) 19:10, Combs (HMB) 19:28, Hangan (H) 19:31, Hain (West) 19:45, Buenhaje (West) 19:52.

GIRLS

Varsity

Team scores—Half Moon Bay 59, Westmoor 64, Burlingame 73, Menlo-Atherton 125, Aragon 153, Terra Nova 155, San Mateo 157, Mills 174, Jefferson 183, Capuchino 258, Sequoia 334, South San Francisco 341.

Top 20—Portley (A) 18:19, Clare (M-A) 18:48, P. Wong (West) 19:35, Schecter (HMB) 20:24, Morales (B) 20:29, Hadi (M) 20:36, Gustafson (M) 20:39, Otfield (B) 20:40, J. Wong (West) 20:48, Parker (B) 20:58, Squire (H) 21:06, Wilson (HMB) 21:16, Tuff (HMB) 21:24, Guevarra (West) 21:25, Burmeister (M-A) 21:27, Gehrels (HMB) 21:29, Delantorum (West) 21:30, Lynn (HMB) 21:33, Boronda (TN) 21:59, Cruz (J) 22:04.

Junior Varsity

Team scores—Half Moon Bay 29, Menlo-Atherton 30, San Mateo 86, Mills 88.

Top 5—McHale (M-A) 23:12, Patterson (HMB) 23:18, Baker (HMB) 23:26, Nagayoshi (HMB) 23:55, Browne (M-A) 23:57.

Frosh-soph

Team scores—Carmont 31, Burlingame 56, Hillsdale 75, Westmoor 88, Mills 103, Aragon 118.

Top 5—Shackleton (Carl) 21:54, Stazleton (Carl) 22:23, Leydig (Carl) 23:00, Hock (B) 23:15, Michon (Carl) 23:39.

Rowing water polo

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BayAreaSports

Nov 8 Nov. 14	Today	Sat	Sun	Mon	Tue	Wed	Thur
 DEN 8 p.m. Ch 36					SEA 7 p.m. SC		MIL 7:30 p.m. SC
 DAL 7:30 p.m. SC					HAR 7:30 p.m.		

 Sunday Tampa Bay 10 a.m., Ch 4	 Sunday Dallas 1 p.m., Ch 2	 Today Seattle 7 p.m.
 Saturday Arizona St. 3:30 p.m., Ch 36	 Saturday USC 1:30 p.m., Ch 36	 Saturday Hawaii 9 p.m.

Shaded box indicates home game

All numbers home games at San Jose Arena

TV&Radio

FRIDAY

Time	Sport	TV	Radio
7:30 p.m.	NBA basketball SC		
8:00 p.m.	Wizards vs. New York (replay)		
11 a.m.	Auto racing	ESPN2	
11:30 a.m.	NASCAR	ESPN	
5 p.m.	George golf	ESPN	
5:30 p.m.	Baseball	ESPN	
8:30 p.m.	NBA basketball TNT		
8:30 p.m.	Chicago vs. Detroit		
8:30 p.m.	NBA basketball Ch 36	KNSD/36	
8:30 p.m.	Wizards vs. Denver		
8:30 p.m.	Boxing	ESPN2	
9:30 p.m.	George vs. Jordan	ESPN	
7:30 p.m.	NBA basketball TNT		

BayAreaevents

TODAY

- HOCKEY**—Sharks vs. Dallas at San Jose Arena, 7:30 p.m.
- TENNIS**—Bank of the West Classic at Henry J. Kaiser Arena, Oakland (starts at 11 a.m. and 7 p.m.)
- HORSE RACING**—Throughbreds at Golden Gate Fields, Albany, 6:15 p.m.
- FOOTBALL**—Blue at Laney, 7 p.m.
- MEN'S SOCCER**—Cal vs. Portland at Lovenson, 7:30 p.m.
- WOMEN'S SOCCER**—Loyola Marymount at St. Mary's, 2:45 p.m.
- VOLLEYBALL**—Gonzaga at St. Mary's, Oregon at Stanford, Chico State at Cal State Hayward, all 7 p.m.; Oregon State at Cal, 7:30 p.m.

CountyLocalSports

Cougars repeat as champs

By Mark Foyer
CORRESPONDENT

BELMONT — Half Moon Bay High's cross-country team may be in a new league, but the story still remains the same.

The Cougars, participating in their first ever Peninsula Athletic League Cross-Country Championships, won both the boys' and girls' team titles Thursday at Crystal Springs.

The girls' crown brings back a memory or two from old North Peninsula League days — before the NPL was merged into the PAL this season — with the Cougars nipping long-time rival Westmoor 59-64, with Burlingame third with 73 points.

On the boys' side, the Cougars defeated San Mateo 50-57, with Westmoor third with 64.

Individual champions were Burlingame's Brian Cooke for the boys (he ran the 2.95-mile Crystal Springs Course in

15:43.7) and Aragon's Nicole Fertley for the girls (16:19).

But it was the effort of the Cougars that had everyone talking. In both races, Half Moon Bay's top five runners finished in the top 20, something both runner-up teams couldn't match.

So put it in the books: Half Moon Bay won the final NPL cross-country title last year, and the first championship in the newly aligned PAL, which pleased the veteran Cougar runners to no end.

"This shows how much we've improved over last year," said HMB's Louie White, who finished second in 15:52. "This is just like a center meet, with a lot of big teams. This race was fun."

"Winning the team title is better this year," added Matt Wilkinson, who was 19th in 17:09. "There's a lot more competition, (so) it means more to

win this."

Half Moon Bay was aided by having three finishers in the top 10 — White, Andy Chain (fifth, 16:24), and David Dines (10th, 16:47). Matt Benda was 14th in 16:55, with Wilkinson clinching the title with his showing.

The Cougars felt all along they would battle Westmoor for the title, and sure enough, the Rams had four runners in the top 20, led by Manuel Mendoza in third place (16:13) and Jason Nafiz ninth (16:41). But San Mateo snuck into second place with three runners in the top 10 — Darnell Taylor (fourth, 16:22), Josh Greenough (seventh, 16:32) and Brian Greenough (eighth, 16:33).

As for the girls' title, it was a battle between the Cougars and Rams all the way. Westmoor had both Pamela Wong (third, 19:35) and Jocelyn Wong (ninth, 20:48) in the top 10, while Half Moon Bay had only

one: Anna Schecter (fourth, 20:24).

But the rest of the Cougars finished in the top 20 — Virginia Wilson (12th, 21:16), Jenn Tuff (13th, 21:24), Natalie Gehrels (15th, 21:29) and Clarissa Lynn (18th, 21:33) — and that balance made the difference in their victory.

Burlingame finished third with three runners in the top 10 — Ana Morales (fifth, 20:29), Erin Ofield (eighth, 20:40) and Lauren Parker (10th, 20:59).

"This league is a lot harder," said Half Moon Bay's Schecter. "But it's better because we have a lot more teams in it."

As for Cooke, he took a great deal of pride in being the first person to take the expanded PAL title.

"This is an honor," he said. "With more competition, there are more quality people in the race. That makes winning all the better."