

ALAMEDA CROSS COUNTRY 9/21/99 VS.

SAN LEANDRO
ST. JOE

OYSTERS BAY REGIONAL PARK, S L

VARSITY BOYS (3 mi) SL-29 - SJ-44 A-50

- 1) EFESON YOSIEF 16:25 (S.L.)
- 2) ZACK ARDELL-SMITH 16:57 (S.L.)
- 3) NATE BRASSMASSERY 17:18 (A)
- 4) TRAVIS WOODS (IAN MASON) 17:49 ~~(SL)~~ (SJ)
- 5) NICKY WICKY? 17:55 ~~(SL)~~ (SJ)
- 6) MATT YEE 17:57 (A)
- 7) BRIAN REYNOLDS 18:10 (SL)
- 8) MIKE ATWOOD 18:14 (SL)
- 9) GREG ORZIELL 18:18
- 10) BRANDON MCCLINTOCK 18:25 (SJ)

GIRLS VARSITY (3 mi) AL-15 SL-INC SJ-INC

- 1) SARAH WALKER (A) 21:33
- 2) CATLI SMITH (SJ) 21:49
- 3) VANIBSSA JEONG (SL) 22:10
- 4) ALICJA JAC (A) 22:45
- 5) LARA BURENIN (A) 23:35
- 6) EMILY ATWOOD (SL) 23:38
- 7) GRACE LEE (A) 23:58
- 8) EMILY MORAN (A) 24:52
- 9) TARA YAMAUCHI (A) 25:10
- 10) J.B. BLEICHER (A) 25:24

Varsity Boys
Clear Lake, Lower Lake @ Kelseyville
9/22/99

3.0 miles

1. Joe Thomas	Lower Lake	19:38
2. Daniel Glazier	Clear Lake	20:06
3. Preston Stone	Clear Lake	20:24
4. Elliot Moffat	Kelseyville	20:44
5. Nick Hamilton	Kelseyville	20:44
6. Matt Amendola	Kelseyville	21:53
7. Abraham Ortiz	Kelseyville	22:11
8. J.C. Daughtery	Lower Lake	22:35
9. Matt Kelly	Clear Lake	23:42
10. Matt Sowards	Kelseyville	23:43
11. Andy Jones	Clear Lake	24:17
12. Kevin Renker	Kelseyville	24:18
13. Keel Tiner	Lower Lake	26:32
14. Ralph Romberg	Clear Lake	26:34
15. Jon Hill	Lower Lake	26:53
16. Cask Kiser	Lower Lake	27:16

Kelseyville 32, Clear Lake 39, Lower Lake 53

JV Boys
Clear Lake, Lower Lake, Kelseyville @ Kelseyville
9/22/99

2.0 Miles

1. Jacob Stanley	Clear Lake	16:15
2. Chris Musgrave	Lower Lake	17:00
3. Ted Ryan	Clear Lake	17:32
4. Ian Fuller	Clear Lake	21:10
5. Benji Newell	Clear Lake	21:13
6. Eddie Stockman	Kelseyville	22:31

FAX

To: George Burrows

921-940-1510

From: Mr. R. Amendola - KHS

Re: KHS - 1000

Mr. Burrows

Varsity Girls
Clear Lake, Lower Lake, Kelseyville @ Kelseyville
9/22/99

2.0 Miles

1. Cassandra Nowinsky	Lower Lake	14:54
2. Jennifer Wescott	Lower Lake	17:22
3. Merissa Andre	Kelseyville	17:29
4. Sarah Jensen	Clear Lake	18:05
5. Stephanie Esberg	Clear Lake	18:15
6. Melissa Farrell	Lower Lake	18:57
7. Joan Silva	Kelseyville	19:16
8. Janelle Knight	Lower Lake	19:29
9. Tanya Kapala	Lower Lake	20:00
10. Stephanie Mitchell	Lower Lake	20:01
11. Kristin Norris	Lower Lake	20:22
12. Jessica Jones	Clear Lake	21:47
13. Leah Shaul	Clear Lake	22:18

Lower Lake 15, Clear Lake INC, Kelseyville INC

CROSS --CC--> COUNTRY RANKINGS

June 10, Number 2

Sunday, September 26, 1999

**And the answer is...
Newhall Park.**

After all the wrangling, the 1999 NCS MOC race will be held in Newhall Park in Concord as scheduled on Saturday November 20. The negotiations between the City of Concord, the Mt. Diablo Soccer field, and the combined athletic departments of De La Salle and Carondelet came us with a solution. The matches would be moved from a Concord park to a Concord high school. The sticking point was whether DLS would allow soccer games on the football field as well as the other athletic fields. Finally, the just cause of cross country prevailed and we are on again at Newhall.

The answer for next year is ... Ukiah. Actually, on a personal note, I was looking forward to Ukiah as I preferisty complicated hilly courses mired in slop. I always think that the late season courses are tailored for the fleet-footed gazelles who can zip along on these expressway courses, and do not allowed the tenacity of the gritty little chugger runner to come into play. However, that is another editorial for later on.

Send Info !!

I need your results! This means you!

League Meets! Center Meets!
Scrimmages! Workouts!
Rumors! Innuendo! Scuttlebutt!
Wild and unsubstantiated
gossip! The inside dirt and the
outside look!

There is no scrap too small nor
news too large about NCS cross
country that we cannot use.

The Rankings**Eureka Boys Romp at Viking;
Antioch Girls On a Roll**

Well, the season is in full swing and we are already in the throes of the league seasons. It is amazing how quickly a season can get underway. The first spate of invitationals have come around, and the once-dark picture is becoming clearer. Not all the teams have been visible, and not all the teams have fielded their best squads, so these rankings still contain a large amount of guesswork. But that's what makes it interesting, eh? Read on for the current version of the state of NCS cross country.

Division I (1533 +)**Boys:**

1. Mission San Jose
 2. Ygnacio Valley
 3. College Park
 4. Livermore
 5. Castro Valley
- possible: James Logan, Alameda

Mission is still very solid. They have Micah Strom (1st MV Invite, 8th DLS/Car) upfront and Jeff Squires (6th MV, 14 DLS/Car) right behind him. Ygnacio Valley brings Anthony Lopez (3rd MV, 2nd DLS/Car) and also the hot frosh Abdullah Jamali (23 DLS/Car). College Park finished 4th at its own Ed Sias Invite, behind Chris Espinosa and Justin Patute. They came back with a good team 10th at the huge DLS/Car Invite. Livermore has been busy in the pre-season: 8th at MV, 5th at Ed Sais, and 21st at DLS/Car. Castro Valley leads off with Alex Cardiasmenos (7th MV, 6th Viking Opener) with middling team finishes: 10th MV, 6th Viking Opener. Alameda runs behind Nathan Brassmassery (16th MV, 13th DLS/Car).



Efeson Yosief (San Leandro), Dawit Gezahnngn (Del Mar), Chris Lanese (Moreau Catholic), Anthony Lopez (Ygnacio Valley) and eventual winner Eric Chavez (St. Francis-Mountain View) separate from the pack early in the Adidas Carondelet/De La Salle Invitational at Newhall park.

Girls:

1. Santa Rosa
2. Mission San Jose
3. Livermore
4. College Park
5. Castro Valley

Santa Rosa went to Ohio for the Tiffin Cross Country Carnival, the second largest high school invitation in the US behind Mt SAC. The Panthers got 10th in the sweepstakes race, even with their #5 girl sick. They recovered to grab an impressive 1st (by team time) at the Viking opener with the pack running of Anna Shaver, Jackie Prange and Lindsay Johnson up front. Mission battles the soccer bug on weekends, but was impressive in getting 3rd at the MV Invite, a point behind University and barely ahead of Carondelet. Jaime Mangiardi and Hagu Soloman lead the Warriors. Livermore has defending D-II champ Dyani Jones (12th MV, 19th Ed Sais, 3rd DLS/Car rapidly getting into elite shape) The Cowboys (they need a need mascot for the girls) have also improved the team finish: 7th MV, 7th Ed Sias, 6th DLS/Car. College Park started with a moderate 8th place at its home Ed Sias Invite, and followed up with 8th at DLS/Car. Castro Valley has Courtney Stewart (17th MV, 13th Viking Opener). The Trojans improved from 12th MV to 5th Viking Opener.

Division II (1217-1532)

Boys:

1. Eureka
 2. De La Salle
 3. Montgomery
 4. Amador Valley
 5. San Leandro
- still lurking: Ukiah

Eureka opened up with a very impressive Viking Opener performance. With soph Shaun Lyle leading the way, they packed 8 guys within a minute over 3 races. De La Salle has demonstrated it can hang with the best, showing off its own tight pack with a narrow loss to Jesuit at the MV Invite and a solid 1st at its own DLS/Car Invite. Devin Callister has emerged as the Spartan leader (9th MV opener, 7th DLS/Car). Montgomery was a solid 3rd at the Ed Sias Invite, and followed with another 3rd (on team time) at its own Viking Opener. Twins Jon (12th Ed Sias, 20th Viking) and Zac (15th Ed Sias, 16th Viking) Fitch lead the Kings along with hot frosh Regan Rossi (19th Viking). Amador looks stronger with every outing. 4th at MV,

the Dons came back with 4th at DLS/Car. D.J. Chapman (26th MV, 17th DLS/Car) and Jason Oswalt (15th MV) lead for them. San Leandro did well grabbing 9th at the DLS/Car with Efeson Yosief finishing 4th, even with state meet veteran Zach Ardell-Smith fading with a case of strep throat. Ukiah has yet to emerge from the northland, but did beat Dublin in the small Ukiah Invite two weeks ago.

Girls:

1. Antioch
 2. Montgomery
 3. Clayton Valley
 4. Monte Vista
 5. San Ramon Valley
- poised on the verge: Amador Valley

Antioch is clearly the best girls team in the section until proven otherwise. They munched on Madera, the Central Section power at the Contra Loma Classic, pounded Granada (the DLS/Car winner) at the Ed Sias Invite, took national power Foothill of Redding to the limit before losing by 7 points (even though Antioch had a 20 second team time advantage), and thrashed Lincoln of Stockton at the Frogtown Invite at Angel's Camp. This is the same Lincoln that has lost only once this year, to perennial state and national power Yucaipa at the Lowell Invite. This Antioch powerhouse is led by super soph Janie Nolan, who has only lost once this year, to two-time national finalist Sarah Bei of Montgomery. If the Panthers can maintain health, they will be a real power at the State Meet. Montgomery is a special team also, with Bei a national factor. Some publications even pick her as the top returning girl nationally. She's very fast. Sara Bashall, the fine #2, is very fast also. The Vikings also have solid backup and are always a force. They split their squad at the Ed Sias Invite, going incomplete in the var but finishing 1st and 7th in var and 1st and 2nd in the GFS. Without Bei (twisted ankle) they still finished 3rd on team time at their own Viking opener. Clayton Valley is off to a slow start (for them) this year, finishing a modest 4th at Ed Sias and improving to 3rd at the DLS/Car. With their proven veterans, they can only improve and will be a serious force later. Monte Vista has the known quantity of Susan Chan (8th MV, 6th DLS/Car) but now has a team to back her up. The Mustangs took 9th at MV but 5th at DLS/Car. San Ramon has the Katies, Lee and Murphy, and a swarm of green

behind them. The Wolves were 6th at MV and 12th at DLS/Car. Amador is a solid team that runs behind Marcie Silva (9th MV, 13th DLS/Car). The Dons have finished 8th at MV and 14th at DLS/Car.

Division III (908-1216)

Boys:

1. Redwood
2. Granada
3. Maria Carillo
4. Acalanes
5. Santa Rosa

The Giants of Redwood came off their easy Stinson Relays win (a 5 x 1.6 race on the beach) to lead the rest of the pack behind Eureka at the Viking Opener. Chris Johnson (4th Viking) leads a close pack. Granada has been taking some lumps early, finishing 2nd at Ed Sias behind Bellarmine but only 6th at the DLS/Car. Still, the Matadors are very solid, with Chris Eggers (5th Ed Sias, 6th DLS/Car) their leader. Maria Carillo has hot soph Jordan Kinley (1st Viking) storming through the early season and finished 7th on team time at the Viking opener. Acalanes stands out from the rest of D-III by virtue of its 6th place at Ed Sias. Santa Rosa merits consideration on the basis of its 8th place (team time) at the Viking Opener.

Girls:

1. Granada
2. Carondelet
3. Maria Carillo
4. Analy
5. Foothill

Granada is a proven state power, and has been living up to its billing so far. Antioch got them at Ed Sais, but the Matadors took a definitive 1st at DLS/Car. Julia Fischer (5th Ed Sias, 7th DLS/Car) and Sarah Alaei (6th Ed Sias, 9th DLS/Car) lead a very good pack. Carondelet doesn't take long to reload. The arrival of frosh Jennifer Randazzo along with a strong FS group puts the Cougars back into the picture. Randazzo (14 MV, 11 DLS/Car) led them to 3rd at MV and a very strong 2nd at DLS/Car. Maria Carillo has an exceptional lead duo in Jenny Aldridge (1st Viking) and Ashlee Drady (9th Viking). They took a team 2nd at Viking behind Santa Rosa. Analy popped up with a large team and a team time 6th at the Viking Opener. Foothill has the leading duo of Megan Newton (1st MV) and Jenny Esser (5th MV, 21 DLS/Car). They took a team 11th at MV.

Division IV (401-907)

Boys:

1. Dublin
 2. Piedmont
 3. St. Mary's
 4. Moreau Catholic
 5. Campolindo
- perhaps it would be wise to notice: Willits deliberately avoiding attention: Arcata

This may well be Dublin's year. They have a fine trio up front of Marcos Gomez (2nd Ukiah, 12 DLS/Car), John Harper (3rd Ukiah, 16 DLS/Car) and Franciscan Gomez (5th Ukiah). They finished a team 8th at DLS/Car. Piedmont has a top runner in Tom Phelps (5th DLS/Car) and the Highlanders took 11th overall. St. Mary's showed up on the screen with an 18th place finish at DLS/Car. Moreau Catholic has Chris Lanese (3rd DLS/Car) up front and finished 19th overall. Campolindo came in with a 22nd place at DLS/Car. Willits was the best of the wee schools at the Viking Opener. Arcata goes up to Oregon to wallop small schools early on until they show up in section results. They'll be in contention.

Girls:

1. Bishop O'Dowd
 2. Miramonte
 3. Moreau Catholic
 4. Piedmont
 5. Novato
- skulking in the periphery: Camplindo and St. Mary's and Arcata

This is a very balanced division, with any of 6 or 7 teams capable of pulling out a top finish at any time. Bishop O'Dowd showcases a very tight interchangeable pack with no real front-runners, and emerged with a 10th place finish at DLS/Car, after a split-squad 13th at MV, to top the D-IV candidates. Miramonte came from 10th at Ed Sais to place 15th at DLS/Car. Moreau Catholic had 6th at DLS/CAa, while Piedmont and Campolindo were 17th and 18th. Novato took 1st at the Stinson Beach Relays, and then came back to grab 8th at the Viking Opener. St. Mary's has top runner Bridget Duffy (4th DLS/Car) but ran incomplete there. Arcata can be a threat but they hide well in the early season

Division V (1-400)

Boys:

1. University
2. Joseph's
3. Branson
4. Lick-Wilmerding
5. College Prep

This is always the hardest division to call. Most of these tiny schools don't show up at invitationals, and scurry around in their league meets until the end of the season. University has been running incomplete at invitationals, but has soph Sean Drake (18th MV, 20th DLS/Car). St. Joe's ran well in a 3-way scrimmage against San Leandro and Alameda. Branson is still unknown, but traditionally good. Lick took its licks at the Lowell Invite, finishing 22nd in a deep and talented field. College Prep came out to run the MV Invite, and finished 16th in a fast race.

Girls:

1. University
2. Lick-Wilmerding
3. Convent
4. Head Royce
5. Berean Christian

University is always for real. Aliza Cohen, 3rd at MV, crushed the field at the DLS/CAR for the individual win. The Red Devils were 2nd at MV, but faded quite a bit to finish 9th at DLS/Car. I suspect absenteeism of some sort. Lick-Wilmerding had a solid showing at 10th in the Lowell Invite, with Lillian Gardiner running well in 11th. Convent was 21st at DLS/Car, right ahead of Head Royce at 22nd. Head Royce does have Clara Horowitz, who was the surprise of the meet in 2nd place individually. Berean Christian is just starting up a program and took 27th at DLS/Car.

Overall:

Boys:

1. Eureka
2. De La Salle
3. Redwood
4. Mission San Jose
5. Amador Valley
6. Granada
7. Ygnacio Valley
8. Dublin
9. San Leandro
10. College park

Girls:

1. Antioch
2. Montgomery
3. Santa Rosa
4. University
5. Granada
6. Mission San Jose
7. Carondelet
8. Clayton Valley
9. Monte Vista
10. Maria Carillo

Enrollment Divisions

Well, we finally got all the teams maneuvered to the extent that they can move around in the various divisions. The final upshot is that Division I is now full, with some D-II and even D-III teams moving up to fill the division. There was a slight glitch as the Santa Rosa girls opted up to D-I from D-III, but the NCS office plopped them in D-II by mistake. So, yes they are in D-1, but the official NCS website currently has them in D-II. The final 1999 cross country divisions are as follows:

(P) = Petition to higher division
(S) = Single Gender Schools enrollment figures are double
(B) = Boys only
(G) = Girls only

DIVISION I (1533 and more)

ALAMEDA, 1230 (P)(B)(G)
ANTIOCH, 1468 (P) (B)
BERKELEY, 2444
CASTRO VALLEY, 1560
COLLEGE PARK, 1326 (P)(B)(G)
DEER VALLEY, 1877
HAYWARD, 1366 (P) (B)(G)
LIVERMORE, 1309 (P) (B)(G)
JAMES LOGAN, 2909
MISSION SAN JOSE, 1629
PINOLE VALLEY, 1589
SAN LEANDRO, 1447 (P)(G)
SANTA ROSA, 1070 (P) (G)
YGNACIO VALLEY, 1141(P)(B)(G)

DIVISION II (1217-1532)

~~ALAMEDA, 1230~~
AMADOR VALLEY, 1366
ANTIOCH, 1468 (G)
BENICIA, 1295
CALIFORNIA, 1350
CLAYTON VALLEY, 1396
~~COLLEGE PARK, 1326~~
DE LA SALLE, 1324 (S)
EUREKA, 1349
~~HAYWARD, 1366~~
~~LIVERMORE, 1309~~
MONTE VISTA, 1488
~~MONTGOMERY, 1231~~
MT. EDEN, 1525
NEWARK MEMORIAL, 1413
PITTSBURG, 1512
RANCHO COTATE, 1347
SAN LEANDRO, 1447 (B)
SAN RAMON VALLEY, 1381
UKIAH, 1356

DIVISION III (908-1216)

ACALANES, 977
 ANALY, 953
 ARROYO, 1177
 CARONDELET, 1188 (S)
 CASA GRANDE, 1133
 CORD, 1120
 LANZA, 1121
 EL CERRITO, 1067
 ELSIE ALLEN, 975
 ENCINAL, 951
 FOOTHILL, 1091
 GRANADA, 1161
 IRVINGTON, 1130 J
 J.F. KENNEDY -FREMONT, 1006
 LAS LOMAS, 1074
 LIBERTY, 1170
 MARIA CARRRILLO, 978
 NORTHGATE, 1078
 PETALUMA, 1069
 PINER, 1121
 REDWOOD, 948
 RICHMOND, 1127
 SAN LORENZO, 1026
 SANTA ROSA, 1070 (B)
 SONOMA VALLEY, 1098
 TENNYSON, 1119
 WASHINGTON, 1147
 YGNACIO VALLEY, 1141

DIVISION IV (401-907)

ALBANY, 685
 ALHAMBRA, 846
 AMERICAN, 879
 ARCATA, 799
 BISHOP O'DOWD, 805
 CAMPOLINDO, 718
 CINAL NEWMAN, 650 (S)
 DEL NORTE, 901
 DUBLIN, 718
 EL MOLINO, 881
 FORT BRAGG, 481
 FORTUNA, 836
 FREEDOM, 767
 HEALDSBURG, 759
 HOLY NAMES, 416 (S)
 J.F. KENNEDY -RICHMOND, 650
 KELSEYVILLE, 490
 LOWER LAKE, 485
 MARIN CATHOLIC, 551
 MCKINLEYVILLE, 579
 MIRAMONTE, 859
 MOREAU CATHOLIC, 902
 MT. DIABLO, 829
 NOVATO, 806
 PIEDMONT, 666
 SAN MARIN, 742
 SAN RAFAEL, 631
 SIR FRANCIS DRAKE, 682
 ST. MARY'S, 462
 TAMALPAIS, 668
 TERRA LINDA, 734
 URSULINE, 572 (S)
 WILLITS, 475
 WINDSOR, 528

DIVISION V (400 and fewer)

ANDERSON VALLEY, 137
 ATHENIAN SCHOOL, 198
 BEACON, 36
 BENTLEY, 10
 BEREAN CHRISTIAN, 279
 BRANSON SCHOOL, 239
 BRIDGEMONT, 49
 CALIF. SCHOOL/DEAF, 173
 CALISTOGA JR/SR, 177
 CHINESE CHRISTIAN, 96
 CLEAR LAKE, 339
 CLOVERDALE, 352
 COLLEGE PREP, 246
 CONTRA COSTA CHRISTIAN, 101
 CONVENT, 300 (S)
 CRYSTAL SPGS/UPLANDS, 181
 DEEP VALLEY CHRISTIAN, 69
 DREW, 140
 EMERY, 206
 FERNDALE, 113
 FRENCH AMERICAN, 150
 GEYSERVILLE, 94
 HEAD-ROYCE, 233
 HOOPA VALLEY, 236
 LAYTONVILLE, 136
 LICK-WILMERDING, 274
 LEGGETT, 22
 LYCEE FRANCAIS, 67
 MARIN ACADEMY, 271
 MATTOLE TRIPPLE JCT., 35
 MENDOCINO, 251
 MIDDLETOWN, 346
 NORTH BAY MARIN, 61
 PESCADERO, 77
 POINT ARENA, 152
 POTTER VALLEY, 79
 RINCON VALLEY CHR., 116
 ROUND VALLEY, 86
 SALESIAN, 350
 SAN DOMENICO, 107
 S.F. UNIVERSITY, 296
 SANTA ROSA CHRISTIAN, 92
 SOUTH FORK, 307
 SOUTHERN TRINITY, 42
 ST. BERNARD, 165
 ST. ELIZABETH, 183
 ST. JOSEPH NOTRE DAME, 400
 ST. VINCENT, 288
 TOMALES, 207
 UPPER LAKE, 236
 URBAN, 176

Note: The CBED enrollment figures to be used for schools in cross country are those figures certified by the school principal in October of the previous year. If a school incurs a gain/loss on enrollment of a minimum of fifteen percent in the current year, the current year CBED enrollment figures shall be used in place of the prior year. What this means is that at the end of October these figures go under review and if there is an increase that shifts a team up, and that increase is over 15%, that team will be reassigned for the MOC race.

Official Informaton and an Unabashed Pitch for Money

This is an irregular once-in-awhile publication with no official ties to the North Coast Section, published in solitude occasionally.

The management appreciates your patronage. Your appreciation can take the form of free-will donations to the cost of publication and mailing. Those of you in cyber space are free of any financial constraints, but you don't get to see the pictures I pirate off the Internet.

Communications are welcome of any sort having to do with NCS cross country. Please send all missives, complaints, gripes, accolades, opprobrium and breathless admiration to:

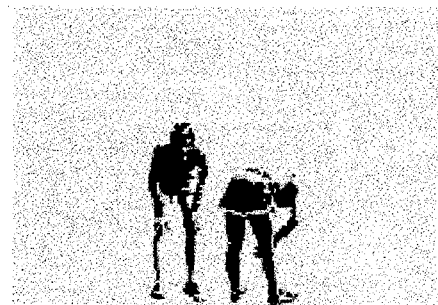
Peter Brewer

c/o Castro Valley High School
 19400 Santa Maria Ave
 Castro Valley, CA 94546

H: 925-945-8869

FAX: 925-945-1510

e-mail: pcb@internet-frontier.net



Of course it hurts.

Peter,

Before the shit hits the fan, I submitted a petition to move our boys team up to Division I. It was signed by our principal on September 10, the deadline, and our office people claimed they FAXed it to the NCS that day. The NCS office says they don't have the FAX. Our principal spoke with Gil Lemmon and re-FAXed the petition last week. At a meeting on Monday, preliminary approval was given for the petition but a final approval must be made at a different meeting on October 29.

I like these kind of surprises as much as the next guy so I'm not one to try to skirt the NCS rules. It's just not my style. I'm embarrassed about it and feel badly for any school that it might affect in a negative way.

Here's the results of our pre-season meet today at Spring Lake. Hope it helps you keep track of us northerners. Thanks again for the great job of keeping us all informed, pleased and sometimes grumbling.

Those who grumble have no idea how much work it takes to do what you do. Keep it up.

Larry Meredith
Montgomery Cross Country

From: "Larry Meredith" <thirsty@metro.net>
To: John Anderson
<jcoacha@hotmail.com>, Danny Aldridge
<dannyra@aol.com>, Mark Mantoani
<Markostar@Home.com>
Subject: Pre-Three Results
Date: Wed, Sep 29, 1999, 7:41 PM

Gentlemen,

Attached, in text format, are results of the Pre-Three Meet held this afternoon. I have also

pasted them below. Thanks for coming out to Spring Lake on such a fine, warm day. See

you later this season!

- LM

Pre-Season Three-Miler
High School
Cross Country Results

Hosted by Montgomery High School
Spring Lake County Park

All Races: 2.97 Miles
Wednesday, September 29, 1999

Varsity Boys Team Scores
1. Montgomery 20
2. Maria Carrillo 43
3. Rancho Cotate 77
Piner, Elsie Allen - incomplete
Varsity Boys Finishers

1. Jordan Kinley, MC, 16:33
2. Regan Masi, Mo, 16:35
3. Zac Fitch, Mo, 16:39
4. Jon Fitch, Mo, 16:51
5. Jeff Gardina, P, 17:19
6. Drew Fagent, Mo, 17:26
7. David Britt, Mo, 17:39
8. Matt Wagner, MC, 17:44
9. Nick Millar, Mo, 17:51
10. Jason Fung, Mo, 18:01
11. J. Infante, MC, 18:18
12. K. Fickert, MC, 18:19
13. J. McQueen, EA, 18:24
14. T. Stewart, RC, 18:33
15. A. Teicheira, RC, 18:40
16. J. Ricci, MC, 18:58
17. A. Baughman, MC, 19:37
18. J. Wolff, RC, 20:09
19. D. Young, RC, 20:12
20. E. Rice, MC, 20:15
21. T. Tiratera, RC, 20:39
22. E. Henson, EA, 22:03
23. J. Morgan, EA, 22:09
24. R. Cunningham, RC, 24:14

Junior Varsity Boys Team Scores

1. Montgomery 21
 2. Maria Carrillo 41
- Piner, Elsie Allen and Rancho Cotate - incomplete

JV Boys Finishers

1. Rod Carlsen, Mo, 19:08
2. A. Gallagher, Mo, 19:20
3. G. Bachelder, MC, 19:29
4. J. McRae, Mo, 19:53
5. J. Minkoff, Mo, 20:09
6. J. Swanson, MC, 20:29
7. M. Olson, Mo, 20:59
8. C. Proctor, Mo, 21:00
9. S. Johansen, MC, 21:14
10. D. Dranow, Mo, 21:31
11. J. Utter-Leyton, RC, 21:45
12. R. Tansey, Mo, 22:01
13. J. Becerra, EA, 22:09
14. N. Cho, Mo, 22:15
15. J. Mills, Mo, 23:05
16. R. Rudnansky, Mo, 23:20
17. B. Mills, Mo, 23:25
18. G. DeSelle, Mo, 23:55
19. M. Martell, MC, 25:02
20. J. McFarland, EA, 25:23
21. M. Leaser, Mo, 25:25
22. B. Kucich, MC, 25:43
23. J. Dailey, P, 29:33

Varsity Girls Team Scores

1. Montgomery 30
 2. Maria Carrillo 38
 3. Rancho Cotate 63
- Piner and Elsie Allen - incomplete

Top Ten Finishers

1. Jenny Aldridge, MC, 19:58
2. Naomi Bisagno, P, 20:17
3. Sarah Bashel, Mo, 20:27
4. Elisa Pedersen, Mo, 20:30
5. Lauren Charles, RC, 20:34
6. Ashlee Drady, MC, 21:18
7. Joy Terribilini, Mo, 21:37
8. Barbara Merriss, EA, 21:56
9. Rose Flores, MC, 22:27
10. Jenny Charles, RC, 22:47

11. B. Hall, Mo, 22:59
12. C. English, Mo, 23:09
13. J. Baker, MC, 23:11
14. E. Ash, P, 23:21
15. A. Thomas, 23:28
16. J. Goepel, Mo, 24:06
17. M. Poor, MC, 25:07
18. J. Campbell, P, 25:08
19. A. Pallo, RC, 25:24
20. L. Walter, MC, 25:58
21. A. Kreceman, P, 26:15
22. F. Hopkins, RC, 27:21
23. J. Flores, MC, 28:42
24. V. Campos, RC, 30:02
25. R. Campos, RC, 30:04
26. D. Chaffee, MC, 31:00
27. R. Martinez, RC, 33:12

Information:

Larry Meredith
Cross Country Coach
Montgomery High School

Home: 526-4536

Part 1.2

Name:
Pre-Three

Complete Results

Type:
Plain Text

(text/plain)

Encoding:
base64

CAMPOLINDO CROSS COUNTRY
vs LAS LOMAS, ALHAMBRA
Redwood Park, Oakland
Wednesday September 29, 1999
BOYS VARSITY
(3 miles)

Place	Athlete	Time
1	Ryan McGinnis (Las Lomas)	18:26
2	Jake Chang (Campo)	19:00
3	Jon Ide-Don (Campo)	19:03
4	Caleb Leisue (Alhambra)	19:12
5	Eric Roberts (Alhambra)	19:14
6	Trevor Ault (Campo)	19:17
7	David Foillette (Campo)	19:20
8	Georeg Katibah (Campo)	19:49
9	Carl Berdahl (Las Lomas)	19:58
10	Mitchell Hodgson (Alh)	20:14
11	Chris Matheis (Campo)	20:27
12	Matt Tammen (Campo)	20:30
13	Ryan Shelley (Campo)	20:36
14	Ivan Saphozhikov (LL)	20:49
15	Peter Holland (Alh)	20:57
16	Greg Takayama (Campo)	20:58
17	Daniel Seiger (LL)	21:02
18	Hani Ganji (Campo)	21:16
19	Brian Hansen (Alh)	21:37
20	Jeff Drew (Alh)	21:47

28 Runners

TEAM SCORES

CAMPOLINDO: (1-2-5-6-7) = 21 WINNER

ALHAMBRA: (3-4-8-11-12) = 34 (1 win -1 Lose in TCAL)

CAMPOLINDO: (2-3-4-5-6) = 20 WINNER (2 wins -0 Loses)

Las Lomas: (1-7-9-10-11) = 38 (1 win -1 Lose in TCAL)

ALHAMBRA: (2-3-5-7-9) = 26 WINNER (1 win -1 Lose in TCAL)

LAS LOMAS: (1-4-6-8-11) = 30 (0 wins -2 Loses)

CAMPOLINDO CROSS COUNTRY
vs LAS LOMAS, ALHAMBRA
Redwood Park, Oakland
Wednesday September 29, 1999
GIRLS VARSITY

NOTE**>> (2.5 miles)

Place	Athlete	Time
1	Jessica New (Alh)	16:55
2	Christine Atkins (Campo)	17:15
3	Karen Lee (Campo)	17:33
4	Beth Mork (Alh)	17:45
5	Rebecca Zamolo (Alh)	18:12
6	Erin Haffner (Campo)	18:31
7	Ashley Mehler-Clark (Campo)	18:57
8	Bonnie Chalmers (Las Lomas)	19:18
9	Meghan Lane (Campo)	19:41
10	Liz Chiba (Campo)	20:05
11	Devon Foster (Campo)	20:08
12	Kim Bear (Alh)	20:09
15	Heather Stephens (Alh)	20:13
16	Natalie Sylvester (Campo)	20:16
17	Melissa Bowhay (Campo)	20:24
18	Stacey Ackerman (Las Lomas)	20:30
19	Kelly Stephens (Alhambra)	20:33
20	Sara Guadagni (Las Lomas)	20:49

24 Runners

TEAM SCORES

CAMPOLINDO: (2-3-6-7-8) = 26 WINNER

ALHAMBRA: (1-4-5-11-12) = 33 (1 win -1 Lose in TCAL)

CAMPOLINDO: (1-2-3-4-6) = 16 WINNER (2 wins -0 Loses)

Las Lomas: (5-9-10-11-12) = 47 0 win -2 Lose in TCAL)

ALHAMBRA: (1-2-3-5-7) = 18 WINNER 1 win -1 Lose in TCAL)

LAS LOMAS: (4-6-9-11-12) = 42 (0 wins -2 Loses)

County Meet @ Anderson Marsh

9/29/99

3.4 Miles

Varsity Boys

			<u>CL</u>	<u>K</u>	<u>LL</u>	<u>M</u>
1. Daniel Glazier	Clear Lake	21:34	1			
2. Joe Thomas	Lower Lake	22:01			2	
3. Nick Hamilton	Kelseyville	22:10		3		
4. Elliot Moffat	Kelseyville	22:12		4		
5. Dale Wolkenhauer	Lower Lake	22:27			5	
6. Preston Stone	Clear Lake	22:44	6			
7. Abraham Ortiz	Kelseyville	23:06		7		
8. Logan Fiedler	Lower Lake	23:22			8	
9. Matt Amendola	Kelseyville	23:32		9		
10. Dale Hewett	Lower Lake	23:49			10	
11. Ian Hoff	Kelseyville	24:03		11		
12. Josh Hildenbrand	Middletown	24:17				12
13. J.C. Daughtery	Lower Lake	24:18			13	
14. Josh Stanis	Middletown	25:30				14
15. Kevin Renker	Kelseyville	25:36		*		
16. Andrew Jones	Clear Lake	25:37	16			
17. Evan Willig	Middletown	25:39				17
18. Matt Sowards	Kelseyville	26:48		*		
19. John Chase	Middletown	27:45				19
20. Philip Fuller	Clear Lake	27:51	20			
21. Matt Kelley	Clear Lake	27:57	21			
22. Donny Derema	Middletown	28:44				22
23. Keenan Tyner	Lower Lake	30:56				

Team Scores: Kelseyville 34, Lower Lake 38, Clear Lake 64, Middletown 84

JV Boys

1. Aral Dimmick	Kelseyville	25:25
2. Chris Musgrave	Lower Lake	28:19
3. Jacob Stanley	Clear Lake	29:15
4. Ralph Romberg	Clear Lake	31:48
5. Ted Ryan	Clear Lake	33:35
6. Ian Fuller	Clear Lake	39:01
7. Benji Newell	Clear Lake	39:04

FAY

TO: PIONEER PRESS

925-905-1510

FROM: Ron Anderson, KHS

RE: RESULTS FROM

H. J. ANDERSON

County Meet @ Anderson Marsh

9/29/306

3.4 Miles

Varsity Girls

			<u>CL</u>	<u>LL</u>	<u>M</u>
1. Casandra Nowinsky	Lower Lake	26:28		1	
2. Sarah Barrios	Middletown	28:00			2
3. Merissa Andre	Kelseyville	28:24			
4. Patti Pantoja	Lower Lake	29:12		3	
5. Jennifer Wescott	Lower Lake	30:02		4	
6. Alisa Meadows	Middletown	31:24			5
7. Kristi Meadows	Lower Lake	32:22		6	
8. Elly Schmidt	Middletown	32:31			7
9. Melissa Ferrel	Lower Lake	32:58		8	
10. Sarah Jensen	Clear Lake	33:05	9		
11. Kristi Norris	Lower Lake	33:33		*	
12. Jenny Baker	Middletown	34:27			11
13. Tanya Kappa	Lower Lake	35:35		*	
14. Summer Perez	Lower Lake	35:58			
15. Joan Sylva	Kelseyville	36:58			
16. Ruth Miller	Kelseyville	37:58			
17. Leah Shaul	Clear Lake	45:12	13		
18. Jessica Jones	Clear Lake	45:14	14		
19. Telisha Hammons	Middletown	45:58			15
20. Stephanie Mitchell	Lower Lake	45:55			
21. Tiffany Newton	Clear Lake	46:43	16		
22. Eleanor Cook	Clear Lake	48:45	17		

Team Scores: Lower Lake 22, Middletown 40, Clear Lake 69, Kelseyville 1NC

9/29/99

Joaquin Miller Park
(sunny, warm, dry)

BOYS VARSITY

St. Mary's 35
Piedmont 41
Alameda 64
St. Joseph's 84
Salesian 171 (42nd [6th runner])
Albany 171 (no 6th runner)
El Cerrito 184

St Mary's won today in a race which when it was happening didn't appear as close as the score seems to indicate. The race went out slow with a large group running together for the first 1.25 or so miles.

Greg Williams (11th) stepped up bigtime for St. Mary's. At Adidas and Cowchip Williams was St. Mary's 6th runner and behind Versher. Piedmont's large gap from 3 to 4, and the great race of St. Mary's Greg Williams, was too much to overcome today.

Alameda was missing D.J. Chapman (I don't know why), who was ahead of Vasquez and Ross at Adidas (16:29), so Alameda should be better than they looked today.

19:38 Tom Phelps P
19:59 Nathan Brassmassery Ala
20:03 Rudy Vasquez SM
20:03 James Ross SM
20:06 Graeme Joeck P
20:20 Nathan Cox P
20:30 K. Reichert Ala
20:35 Sean Geraghty SM
20:40 Nick Maniatis SM
20:51 Nick Koneklaff SJ
20:55 Greg Williams SM
20:56 Matt Yee Ala
21:13 Crosby Freeman P
21:20 Travis Mason SJ
21:22 Andrew Williams SJ
21:34 Evan Epstein P
21:37 Denye Versher SM
21:38 Michael Gordon P
21:41 Nick Malick P
21:48 Brandon McIntock SJ
21:53 Mike Sullivan P
21:56 M. Wilcock Ala
21:56 Greg Orzell Ala
21:57 Bobby Howe SM
21:58 Yoji Reichert Ala
22:07 Greg Moore P
22:15 Ian Mason SJ
22:23 Eddie Torrez SM

22:25 Marc Ramirez SJ
22:34 P. Lim Ala
22:49 Nolan Horinouchi SM
22:51 Mehmet Karayal P
23:17 Spencer K'Bury Alb
23:24 C. Lonsdale Ala
23:30 Joel Pardini Sal
23:59 Marsh Ala
24:17 James Balagot Sal
24:34 Camillo Ramirez EC
24:38 Chris Schweitzer Alb
24:57 Jeff Balagot Sal
25:01 Winzer EC
25:18 Elleck JFK
25:20 Ben McFadden EC
25:22 Justin Samudio Alb
25:34 Dylan Cheasty Alb
25:53 Matt Fujikawa Alb
26:04 Drake Sal
26:08 Hermes Parra JFK
27:32 Juan Calderon Sal
28:42 Evan Horowitz EC
28:46 Brain Bigornia Sal
28:56 Edward Firestone EC
29:37 Waston JFK

GIRLS VARSITY

St. Mary's 22
Piedmont 36
El Cerrito 79

St Mary's won easily in what ended up being a dual meet between Piedmont and St. Mary's (El Cerrito had no girls affect St. Mary's or Piedmont's score). This race also went out very slow with a group of 10+ runners staying very close for almost half the race.

Alameda started with 6 runners but finished incomplete. They had one girl turn and ankle and another drop out because of breathing problems. Alameda also held out Sarah Orzell (MOC qualifier in track, 5:30 or so) who is having some knee issues.

St Mary's had 6 in front of Piedmont's 3rd and won easily. The only highlight for the Lady Highlanders had to be Mary Phelps upsetting last years league champ Sarah Walker of Alameda and St. Mary's Bridget Duffy who is no slouch herself.

24:35 Mary Phelps P
24:49 Bridget Duffy SM

25:01 C. Roberts Ala
25:04 Sarah Walker Ala
25:58 Crissy Chavez SM
26:04 Sayaka Matsumoto SM
26:17 J. Landes-Brenman P
26:24 C. Torgersen-Bell SM
26:28 Flo Larkin SM
26:49 Bria McGuire SM
26:55 Allison Jolda P
27:06 Lauren Barbieri P
27:12 G. Lee Ala
27:17 Stephanie Pertula P
27:21 Katherine Isokowa P
27:56 A. Jac Ala
28:16 Strauss EC
28:30 Hillary Wolfe P
29:25 Maia Olson HN
32:18 Bobbie Habdas EC
32:24 Alejandra Perez EC
32:51 Ada Mayer EC
nt Allison Post EC
nt Natalie Faulkner EC
nt Carrie Faulkner EC
nt Samantha Wright HN

Questions???

Comments???

You know where to find me.

-Tony

Tony Kauke
5022 Crystalridge Ct.
Oakland, CA 94605
tel: (510) 569-8912
fax: (510) 568-4087
jakauke@earthlink.net

ACCA LEAGUE CROSS COUNTRY 9/29/99

JOAQUIN MILLER PARK - OAKLAND

VARSITY BOYS (3 MILES)

- 1.) TOM PHELPS (PIED) 19.38
- 2.) NATHAN BRASSMERRY (ALA) 19.59
- 3.) RUDY VASQUEZ (SM) 20.03
- 4.) JAMES ROSS (SM) 20.03
- 5.) GRAEME JOECK (PIED) 20.06
- 6.) NATHAN COX (PIED) 20.20
- 7.) KOTA REICHERT (ALA) 20.30
- 8.) SEAN GERAGHTY (SM) 20.35
- 9.) NICK MAISIATIS (SM) 20.40
- 10.) NICK KONEFLAFF (ST) 20.51

SCORES

ST MARYS	35
PIEDMONT	41
ALAMEDA	66
ST JOSEPH	86
ALBANY	204
SALESIAN	208
EL CERRITO	219

VARSITY GIRLS (3 mi)

- 1.) MARY PHELPS (P) 24.35
- 2.) BRIDGET DUFFY (SM) 24.47
- 3.) CORINNE ROBERTS (ALA) 25.02
- 4.) SARAH WALKER (ALA) 25.04
- 5.) CHRISSEY CHAVEZ (SM) 25.58
- 6.) SAYAKA MATSUMOTO (SM) 26.04
- 7.) JORDAN LANDES-BRENNAN (P) 26.17
- 8.) CHELSEA TORBERSON-BELL (SM) 26.24
- 9.) FLO LARSEN (SM) 26.28
- 10.) BRIA MAGUIRE (SM) 26.49

ST MARYS	22
PIEDMONT	36
EL CERRITO	79
ALAMEDA	- INC.
ALBANY	- INC.
SALESIAN	- INC.

Peter,

You ask for info!!
You need results!
Are you sure you mean me?
You asked for it.. so here it is!

This is my personal take on Division IV at this point.

Division IV Boys:

St. Mary's could be the top team... I don't know if you were able to get complete results from Adidas, but here's the deal with them. They ran an "A" and a "B" team, only one scored but they split up their team right down the middle. If you combine the two teams... they crush both Dublin and the mighty Highlanders. St. Mary's put 4 guys in front of our second at Adidas, I think that says it all.

Dublin is solid through 4. Their 4th guy was their top runner last year, didn't run all summer and is going to get better by Nov. Dublin's downfall

will be their 5th guy. Piedmont had 7 in front of him at Adidas. He ran well over 19 minutes at cow chip just this Saturday. I don't know if they got anyone hiding but if he is their real 5th guy, at NCS he'll score 100 points by himself.

Campo is better than they have looked. They have some really solid JV and F/S runners who have done very well at Ed Sias and Adidas. They are my sleeper pick to really surprise some people in Nov. Here is what Campo did

in the Boys JV race:

6. Bryce Pinkham Campolindo 11:46
8. Evan Shelly Campolindo 11:52
11. Matt Tammen Campolindo 12:00
13. Mike Young Campolindo 12:06
14. Ryan Shelly Campolindo 12:12

Combine this with Chang (11:09), Autt (11:29), Follette (11:31), Ide-Don (11:45) from the Varsity race, and they are very solid. Piedmont only had 2 guys under 12 minutes in all of the races, Campo had 6. Campo was 6th at NCS last year... don't you think Walsh is going to have those guys ready this year... I think so! Campo is back!

Arcata is for real. I had the pleasure of attending Sierra High Running camp with a few of my kids and Arcata had 6 guys their who appeared to be pretty fit. Everyone but their top guy is back from last years team. They'll hide all year (unless we see them at Stanford) and come to NCS and do well.

Moreau Catholic and Piedmont are similar. Have a great front runner, and trying to get the pack to move up. The Highlanders are fairly sick right now, I hope we can recover in time for our first league center meet this wed and Joaquin Miller Park. I don't know anything about Willits.

Girls Division IV:

Bishop O'Dowd was scary at Adidas. They are ready to go. I think Campo will still be on top come Nov. But Miramonte had better be ready to go also or BOD could grab a spot. I heard a rumor that Miramonte has some soccer players who their coach told only have to run in their meet against campo, league, and NCS. Campo's top two (Atkins and Lee) are VERY solid, they have yet to run Ashley Mehler-Clark (14:11 3-F/S Ed Sias) Devon Foster (14:23 7-F/S Ed Sias) and Liz Chiba (14:25 10-F/S Ed Sias) at the varsity level. Mehler-Clark and Foster are the 17th and 20th returning D-IV runners respectively. I feel that Campo, Miramonte, and BOD are the top three teams. Everyone else has to get alot better to run with them.

Similar to the boys, Moreau and Piedmont both have solid 1st runners in Amber Hendrix (19:59-17th Adidas) and Mary Phelps (13:08-9th Ed Sias; 19:29-8th Adidas). But if either one is going to contend their 2-5 pack must move up ALOT! At Adidas Moreau was 19:59, 21:51, 22:00, 22:44,

and

23:07. Piedmont was 19:29, 22:04, 22:27, 22:29, 22:51, and 22:58.

I think Novato could be stronger than Moreau and Piedmont. At Ed Sias

Novato hid some people. (Note: Piedmont's second runner at Ed Sias was 14:42.)

This is from Ed Sias:

- | | | | |
|-----------|----------|--------|-------|
| 41.(Var.) | Gut | Novato | 14:03 |
| 8.(F/S) | Franczak | Novato | 14:23 |
| 13.(F/S) | Lamond | Novato | 14:35 |
| 16.(F/S) | Bretan | Novato | 15:01 |
| 81.(Var.) | Medina | Novato | 15:13 |
| 21.(F/S) | Manion | Novato | 15:23 |

St Mary's has a card their not showing. Way back at Contra Loma, a

Chrissy Chavez ran 15:34 for 11th place. Bridgette Duffy was 10th in 15:08.

Chavez appears to be a solid second runner for them. But did not run at Adidas and also did not run at Cow Chip Saturday. I heard a rumor she plays soccer.

I do not know anything about Arcata's girls except that they were NOT at running camp like their guys (As if that means anything).

Alhambra's girls are developing a 5th girl and should not be forgotten.

Although Amy Loper-Riley is nursing a pulled gluteus, they could come to play in Nov.

I don't know if this is the kinda thing you are asking for, but I hope

it helps. There's not too much better than talking Cross Country... I had fun

writing it. Thanks for adding me to your list of recipients.

Take Care,

Tony

Tony Kauke
5022 Crystalridge Ct.
Oakland, CA 94605
tel: (510) 569-8912
fax: (510) 568-4087
jakauke@earthlink.net

ACCAL
#1

9/30

Hey there Peter! Thanks for keeping me on the list! I really enjoy your rankings and all sorts of insight on the sport. As someone who is not a stats freak, I rely on people like you to keep me posted.

As for News and Results --

On the LW team:

1st league meet @ Garin Park -- 2.9 mile hilly and hot

LW 24 HR 33

LW 22 CSH 37

HR 27 CSH 29

Clara Horowitz of HR looks great -- I think she'll be top 10 @ state maybe top 5 in D 5

Lillian Gardiner, Racheal Yeager and Isa Barth-Rogers (BCL hurdling champion '99) look strong on the LW girls team. Jean Schenkkan and Frosh Lindsay Erikson also make up a tight top five.

BUT here's the surprise -- while you say our boys took their licks at Lowell

:) -- keep in mind we only ran two of our top seven in the Varsity meet --

our freshman boys came in second at Lowell and our sophomore boys came in

6th (out of 12 team). Sophomore Todd Rabkin Golden placed second in his

race -- running an admirable 11:23 on the 2 mile course.

So, in our first league meet against HR and CSD our boys faired well

Lick 15 CSD 49 (where was our 7th runner -- hee hee)

Lick 20 HR 39

HR 16 CSD 42

HR has a good frosh runner who won the race -- Jesse Barnes but the LW

runners took

2-6 (So: Todd Rabkin Golden, Jr: Justin Brown (looking stronger than ever),

So: Michael Ng, So: Aaron Lim, Sr. Ben Avery)

Jr: Brian Au came in 8th overall and 6th on the LW team.

Freshman Thomas Brennan placed 12th overall w/ a time of 19:43 -- was our #7

runner.

Today we race Branson and Urban. My guess is that our boys will have their work cut out for them. I'll send you the full report.

Many thanks. you do an invaluable service to our pure sport!

Carla Silver

Carla Robbins Silver

Annual Fund Director

English/Cross Country/Track and Field

Lick-Wilmerding H.S.

415-333-4021 x 239

FAX: 415-469-5652

9/22

Peter,
Okay, you want innuendo and rumor about the Bay Counties League, I'll give you some, but I'll know much more after Wednesday's meet with Lick running against Branson and Urban. Until then, this is the best I can offer.

BCL Boys

To date, there aren't any team surprises. UHS looks like the best, but I disagree with your ranking of them first for NCS. Maybe St. Joseph's lost a lot, but if they didn't and they've added anyone, they could beat UHS. UHS has its big three back (Drake, Good, and Hom), but they have a small squad and seem to have only added one quality freshman and he's a ways back. So their 4 and 5 aren't going to scare anyone. They might be good enough to get them through the BCLs, although I'll wait to see Branson and their depth on Wednesday, but I can't picture them coming through at big meets. UHS always does a great job peaking, so maybe...

Lick and College Prep look to be similar teams ready to fight it out for third behind UHS and Branson. Lick handily defeated Head Royce and CSD last week, even with their first runner (Rabkin Golden) having an off day. Head Royce has added a new runner who looks like he'll be in the league's top 5 or 6 (Jesse Barnes), otherwise they're thin, with Lick packing almost their whole varsity ahead of their number 2 runner. CSD is decimated from last year's squad and finished well back. According to Head Royce's coach, College Prep is similar to Lick, so we'll see how that plays out. Lick's Lowell Invitational results are very misleading. The Lick team is overwhelmingly made up of sophs and freshmen. Three of their top 4 ran in the Lowell Soph Race, and two of the upperclassmen who filled out the Lick varsity team aren't even in the top half of the team's JV squad. So you can toss out that result. Rabkin Golden took second in the Soph race and the Freshman boys *team* took second in the frosh race! Over the next two years, this team is going to become very tough. How they fare against a strong Branson team Wednesday and at the Stanford Invitational Saturday will be a much more accurate gauge of how good they are this year. College Prep's Latham and Branson's Marks and Gibson are all good. Marks seems to be the only BCL runner capable of performing at Drake's level.

BCL Girls

Again, not enough in yet to say much more about the girls than I did last time. UHS is still the best, but not nearly as strong as a year ago. It isn't just that they've lost Kira Morser and Linden Bader to graduation, but a few of their returnees do not look nearly as good as last year (yet). Convent's top two runners beat UHS's 3-6 at the Adidas Invitational, which they have never done before. At the Ram Invitational this past Saturday, Aliza Cohen looked terrific, but the rest looked very beatable by other BCL runners. Still, as a team, no one in the BCLs or NCS can challenge them this year.

Right now Lick looks like number two, but, again, seeing Branson and Urban on Wednesday will reveal more. Urban surprised me by beating College Prep and Athenian on Wednesday. Urban had one solid runner last year and not much more; College Prep and Athenian had that and a host of young runners who looked ready to improve their squads markedly. So how Urban knocked them off I don't know. Are those two weaker than expected? Is Urban stronger? I'll let you know later this week. Head Royce has Horowitz (more below) and two freshmen who are only going to get better. Their weakness is depth and the strength of their number 5 runner. Improvement there and among their frosh and they could be very tough by the end of the year. Now it's a 2:30 spread from 2 to 5; Lick on the other hand has a 2:00 spread from 2 to 8 and their number 2 is ahead of HR's! Convent was beaten by Head Royce and Lick, and they simply didn't appear to run well. They've lost solid runners from last year, but their 4th, 5th, and 6th runners from a year ago were way off last year's form. If they come back as the season goes on, they too will be tough by the end. As mentioned, Lick has by far the best quality depth through #9 (when #9 recovers from an ankle problem). But this year their number 2, after a solid summer, appears ready to join the league's top 10. Like Head Royce, Lick has two very good freshmen. HR's are better, but Lick's are good enough to beat

many upperclasswomen from around the league, and they make their team very solid right now. I'm curious to see how Branson is this year; they always seem to find a new runner or two and that could move them up near the top. I'll let you know after Wednesday.

Individually the only surprise may be that UHS's lead pack doesn't appear to be in a league of their own anymore. Aliza Cohen and Head Royce's Clara Horowitz are the class of the league, and they could very well duel it out for the State title. Horowitz is that good. Cohen was very impressive at the Ram Invitational and she beat Horowitz at the Adidas Invitational (Monte Vista). As Convent proved there, the other UHS runners, at this point this year, are beatable. My daughter, Lillain, had a good race at Lowell and probably could have run with the lead group if she were more confident. Still, her 11th there was solid and knocked a minute off her time on that course from the *end* of last year. Her race against Horowitz and Convent on Wednesday was mediocre, however. Horowitz ran away with the race and left her in limbo--she beat Convent's number one by 50 seconds. So Stanford Saturday will be a better

indication of which runner she is or will be this year. Unless UHS's Schweichler, Clock, Kretzschmer, and Kapnick take off and regain last year's form, they are likely to be in a pack that includes Convent's Unjacke and McNabola, Lick's Gardiner and Rachael Yeager, College Prep's Lundgren, and Athenian's Kiley Johnson(?).

Do you have any news from other NCS Division V schools? Or is this going to be another mostly BCL year at NCS?

Note: in no way should Berean Christian's girls be ranked at 5. Granted they ran at Monte Vista, but there are at least 3 or 4 better BCL teams. For big meets, Convent at 3 ahead of Head Royce might still make sense due to how far back HR's #5 is, but that could already be changing.

Okay, I'll keep you posted Peter. Thanks again for the newsletter and something to chew on.

yours,
Jeff Gardiner

- 9/20
- >
 - > Girls:
 - > 1. University
 - > 2. Lick-Wilmerding
 - > 3. Convent
 - > 4. Head Royce
 - > 5. Berean Christian

Subject:
Sonoma County Results
Date:
Sat, 2 Oct 1999 02:22:11 EDT
From:
ZEMIE@aol.com
To:
pcb@internet-frontier.net

>From the Press Democrat

Boys: Petaluma 26, Analy 30 2.9 miles Putnam Park in Petaluma Course record Dan Brecht Petaluma 18:01 1995. 1. Holdren P 20:39 2. Tuohy A 21:04 3. McWeeney P 21:39 4. Sturges P 21:54 5. Franceschini A 22:42 (10th place was a speedy 35:37)

Girls: Analy 17, Petaluma 38. Course record Sally Cheda Petaluma 21:09 1994.
1. Briggs A 24:52 2. Reiter A 25:17 3. Beers A 26:09 4. Merriman P 27:29 5. Canova A 28:33. (10th place was 33:06) Analy is clearly the class of this league for the girls. They might be as good as Maria Carrillo. Their top three are sophomores. 4 and 5 could hurt although Canova has had some good races. With Laurel Weil not presently running Elissa Briggs is the top SCL girl. She's real good. It's her first XC season. A little reluctant to come out because she thought it would interfere with her 400 and 800. She's got some good speed. Lisa Isabeau is bringing her along quite nicely.

At El Molino: Boys: Sonoma 25, El Molino 30 2.5 miles Course record Johnny Sauzo Healdsburg 13:28 1994 1. Ballinger S 15:54 2. Haleff EM 16:03 3. Dewey EM 16:47 4. Barbose S 16:55 5. Donovan S 16:59

Girls: Sonoma 15 El Molino inc. Course Record Sara Hernandez Healdsburg 16:24 1996 1. Smith S 19:20 2. Climpson S 19:34 3. Barker EM 19:45 4. Delauer S 20:45 5. Hidalgo S 22:07 I have no idea where Laurel Weil is these days. She has a history of injuries.

At Beebe Ranch in Petaluma Boys: Healdsburg 26 Casa Grande 30 1. Kabanuck CG 17:43 2. Harrell H 19:58 3. Miller 21:17 4. Mork H 21:42 5. Horn CG 22:16 10th was 24:50 Kabanuck is the real thing, by far the class of the SCL.

Girls: Healdsburg 15, Casa Grande inc. 1. Kabanuck CG 23:35 2. Jacobo H 26:10 3. Hendren 26:58 4. Florio CG 29:05 5. Maack H 31:00

It was hot and the times reflected that. But not that much. The SCL is just a weak league.

Here are last weeks SCL scores and followed by the current standings. The NBL gets underway 10/13. No sense having meaningful races early in the year.

Boys: Petaluma 27 El Molino 30, Windsor 24 Healdsburg, Analy 21 Casa Grande 40.

Girls: Petaluma 20 El Molino 40, Healdsburg 15 Windsor inc, Analy 15 Casa Grande inc.

Standings:

Boys:	Girls:
1. Petaluma 2 0	1. Analy 2 0
2. Windsor 1 0	1. Healdsburg 2 0
3. Sonoma 1 0	3. Sonoma 1 0
4. Healdsburg 1 1	4. Petaluma 1 1
4. Analy 1 1	5. Windsor 0 1
6. Casa Grande 0 2	6. Casa Grande 0 2
7. El Molino 0 2	7. El Molino 0 2

Here are Doug's Rankings for the SCL which is the hardest group to rank. At the end of the league season there are quite a few upsets. It's certainly less predictable than the NBL.

Boys:	Girls:
1. Petaluma	1. Analy
2. Sonoma	2. Healdsburg
3. Windsor	3. Petaluma
4. Healdsburg	4. Sonoma
5. Analy	5. El Molino (only because they can field 5)
6. El Molino	6. Casa Grande
7. Casa Grande	7. Windsor (if they get Ashley)

Nickle out consistently they will move up ahead of Sonoma, some problems getting her to run with the team and make the 5th. They have some decent individuals.)

I'll try to keep giving you the Wednesday meet results. Just for fun here are my NBL rankings.

High school cross country NBL

AT SPRING LAKE

Boys

Montgomery 21, Carrillo 43, Elsie Allen 76.

Top 10—Kinley MC 16:19; Masl M 17:02; Z. Fitch M 17:03; Britt M 17:11; Miller M 17:12; McQueen EA 17:23; Facent M 17:24;

Fung M 17:23; Ricci MC 17:38; Infante MC 17:40.

JV winner: Carlsen M 18:09.

Girls

Montgomery 23, Carrillo 34; Elsie Allen inc.

Top 10—S. Bei M 17:07; Aldridge MC 18:18; Bashel M 19:01; Drady MC 19:42; Pederson M 19:58; Terribini M 20:47; Merriss EA 20:53; Flores MC 21:11; Hall M 21:55; English M 22:38.

JV winner—Goepel M 22:44.

AT SPRING LAKE

Boys 3 Miles Ukiah 19, Santa Rosa 39, Newman 82.

Top 10—Leon U 16:44; Basay U 16:48; Vau U 16:48; Stafford SR 17:14; Tonna SR 17:16; Luoto U 17:25; Traid U 17:25; Brandt CN 17:57; Nopola SR 18:06; Knight SR 18:19.

JV—Poor U 17:37.

Girls 3 Miles

Santa Rosa 26, Ukiah 34, Ursuline 65

Top 10—Schaveo SR 19:23; Troler UK 19:31; Johnson SR 19:38; Morris UK 20:25; Behnke UK 20:26; White SR 20:27; Parker SR 20:42; McGinn UK 21:16; Meade SR 21:27; Lyons UR 21:52.

JV—Barrett UR 24:06.

AT RANCHO COTATE

Boys 2.75-Miles

Rancho Cotate 15, Piner (inc.)

Top 10—Gardina P 15:15; Stewart R 16:16; Teixeira R 16:20; Flores P 17:28; Young R 17:28; Wolff R 17:39; Tiraterra R 17:42; Cunningham R 19:00.

JV—Wartman R 19:24.

Girls 2.75 Miles

Piner 25, Rancho Cotate 45

Top 10—L. Charles R 18:10; J. Charles R 18:55; Bisagno P 19:06; Ash P 19:22; Campbell P 20:31; Crezman P 20:46; Yamagishi P 21:25; Meyers P 21:27; Loughran R 21:32; Zundel P 21:58.

JV—Julianas P 23:45.

Boys:	Girls:
1. Montgomery	1. Santa Rosa
2. Ukiah (could have some problems with eligibility)	2. Montgomery
3. Maria Carrillo	3. Maria Carrillo
4. Santa Rosa (it drops off quite a bit after us.	4. Ukiah (Somewhat of a mystery. According to Danny Aldridge they are decent but Trotter is not as she was last year)
5. Rancho Cotate	5. Rancho Cotate
6. Cardinal Newman	6. Piner
7. Piner	7. Ursuline
8. Elsie Allen	8. Elsie Allen

Boys comments. Ukiah has eligibility problem with their top runner. Montgomery is by far and away the top team. If Ukiah falters Maria Carrillo and Santa Rosa will be right there to run over them. Our third boy sprained an ankle at our summer camp and just returned this week so he could be the difference with Carrillo. It's going to be close as I have a very young team with most of my best runners being Sophomores and Freshmen. They are just learning this sport. It's going to be fun. Carrillo is solid and have Jordan Kinley. Montgomery has Regan Masi. Piner has potentially a pretty good team if they could get 5 guys out. Gardina put in mega miles this summer some weeks going 70. He slowed a bit last week. We are starting our new group of stars along with Jenny Aldridge. GIRLS: Next year Montgomery's girls are going to be flat out amazing. They potentially have three girls better than the two sophomores Pedersen and Terribillini. Two of them broke Danny Aldridge's step daughters 8th grade record on the Spring Lake 2 mile course. She's been a Youth All American, Nicole Nelson. She's a soccer player but her and twin sister Amy will be out for the League Championships and MOC. They will push Carrillo way up. A 7th grader from Santa Rosa Middle School broke Kara Breithoff's 2 mile 7th grade record last week. Kara is the 8th grader that broke Nicole Nelson's course record. Christie Sweeney and Kim Connely are the other two girls that broke Nelson's record. All of them are products of our Youth Programs. Breithoff, Sweeney, and Connely are headed for Montgomery while Stephanie Heitz from Santa Rosa Middle is coming my way. Life is good. We've got some really good 5th and 6th graders waiting for their day. But I digress into the future. Back to today. Rancho has the Charles sisters but lose Blair Gabler to soccer every Wednesday. She's the 12.5 sprinter that has run some good xc races this year. Piner girls took a huge hit when Deena Witthaus moved to Palm Springs and their 2:18 half miler exchange student from Switzerland changed families and is now at El Molino which could have a solid team if Weil comes back and the Swiss girl runs for them. (You asked for scuttibutt) Naomi Bisagno is a wild card. She put in so many miles this summer with the Empire Runners (our older running club that puts on races with many of the proceeds going to local high school cross country programs—Santa Rosa, Montgomery, Rancho Cotate, Windsor and Sonoma State U. That's because the club is run by those high school coaches. Many other local coaches are very active members such as Lisa Isabea (Anal), Scotty Ames (Windsor) Pat LaFortune is back at Ursuline but he's just a member of the Empire Runners and really not active. Boy do I ramble. But maybe all of this information explains the success we have had with some outstanding individuals recently. We really have as a running community made a commitment to our youth.

Anyway Bisagno from Piner beat Bashel in the heat, although John Anderson said it cooled a bit for the girls race at 5:00. The Spring Lake Course is pretty shaded. The girls took the first mile real slow. Bashel just let Bisagno get away the last 1/4 mile. Naomi ran 1 second slower than against my girls last week. So if anything the times should have reflected a similarly timed race but they didn't. Our girls read the paper and are feeling pretty good right now.

So it is still early in the season and I get to see what my 4th and 5th and 6th and 7th girls are made of at Stanford tomorrow. Anna Shaver came back to school today after staying home yesterday with a nasty cold. Jackie Prange is now over her cold and looking good while Lindsay Johnson has just now come to life with somewhat healthy calves. I could not tell you who our best girl is. We tell the three of them at once that they are our number one girl and our next three are our number 2 runner. Oh for a bit of being a homer.

Peter I hope you enjoy this news from the Wine Country. Harvest Fair is going on.

Doug S. RANKINS

W/2

10/5

BVAL

Northgate 22, Liberty 39 Northgate 23, Deer Valley 32 Deer Valley 22, Liberty 36

3-mile run at Newhall Park, Concord

Tyler Renshaw (DV) 16:57; Devin Gallagher (L) 17:05; Mikey Ando (N) 17:38; Nathan Miyasaki (N) 17:44; Rick Alborg (N) 17:51; Jason Louie (DV) 18:14; Kent Portue (L) 18:19; Tim Cirlin (N) 18:26; Juan Gomez (DV) 18:38; James Lee (N) 18:39; Owen Brook (DV) 19:15; Collin Nelson (DV) 19:20; Josh Dodd (L) 20:59; Jeff Brown (L) 21:37; Xavier Aralos (L) 21:45.

Ygnacio Valley 21, College Park 34; De La Salle 25, Ygnacio Valley 32; De La Salle 17, College Park 42

2.9-mile course (Lime Ridge Open Space)

Michael Koro (DLS) 16:24; Anthony Lopez (YV) 16:28; Devin Calister (DLS) 16:34; Abdullah Jamali (YV) 16:39; Nik Goodell (YV) 16:40; Mike Randazzo (DLS) 16:40; Justin Patute (CP) 16:43; Adam Yergovich (DLS) 16:48; Andrew Gardner (DLS) 16:51; Harvey Rios (YV) 17:07; Chris Espinoza (CP) 17:13; Chris Brown (CP) 17:16; Jim Reid (CP) 17:17; Matt Owen (CP) 17:18; Michael Croxton (YV) 17:33.

Antioch 23, Clayton Valley 34

Antioch 15, Pittsburg 48

Clayton Valley 19, Pittsburg 39

Pinole Valley inc.

3 miles at Contra Loma Regional Park, Antioch

John Thylre (CV) 17:27; Derek Bird (A) 18:31; Brian Grist (A) 18:42; Joey Gwynn (CV) 19:17; Jason Tyndall (A) 19:30; Jay Avitabile (A) 19:34; Justin Loomis (A) 19:35; Paul Borsula (P) 19:54; Dustin Torson (CV) 19:58; Justin Alvarez (CV) 20:00; Danie Tugeeh (P) 20:35; Steve Flashbaum (CV) 21:03; Jeff Brown (P) 21:30; Eric West (P) 21:55; Charles Lea (Pitt) 22:07

PREP GIRLS

BVAL

Deer Valley 19, Liberty 41 Deer Valley 20, Northgate 37 Northgate 22, Liberty 39

3-mile run at Newhall Park, Concord

Melissa Daley (DV) 21:34; Laura Mann (DV) 22:23; Melody Mesquite (L) 22:25; Lilly Rodriguez (N) 22:58; Angela Mori (DV) 23:02; Lilly Barajas (DV) 23:11; Lindsey Wilde (N) 23:13; Jennifer Sciacqua (N) 23:39; Kelly O'Connor (DV) 23:55; Jhila Tercheria (L) 24:32; Katie Coakley (N) 24:59; Bryn Johnson (N) 25:06; Marcella Castro (L) 26:41; Rachell Milburn (L) 27:05; Juana Madrigal (L) 27:41.

Carondelet 27, College Park 29; Carondelet 15, Ygnacio Valley 47; College Park 16, Ygnacio Valley 42

2.9-mile course, at Lime Ridge Open Space

Jennifer Randazzo (Car) 19:27; Ashley Allen (CP) 19:59; Erin Gerdtis (CP) 20:27; Sarah Elder (CP) 20:27; Stephanie Byrne (Car) 20:38; Jenna George (Car) 20:43; Jen Xepokeas (Car) 21:04; Jamie Enea (Car) 21:23; Gina Tow (CP) 21:46; Mindy Eastman (YV) 21:50; Betsy Sale (CP) 22:26; Angela Blank (YV) 22:46; Rima Spight (YV) 23:42; Jennie Waskey (YV) 24:17; Cindy Beigel (YV) 25:07.

Antioch 17, Clayton Valley 38

Pittsburg inc., Pinole Valley inc.

3-miles at Contra Loma Regional Park, Antioch

Janie Nolan (A) 19:01; Christine Perez (A) 20:07; Katie Wallace (A) 20:51; Michelle Howisey (CV) 21:04; Angela Flood (A) 21:07; Laura Simoncini (A) 21:25; Hilary Oppido (CV) 21:39; Andria Craig (CV) 22:02; Marcela Villabos (CV) 22:18; Megan Craig (CV) 22:58; Dyana Bryne (P) 28:16; Deya Letz-Pombo (P) 28:37

Cards' Glazier runs strong race

HIGHLAND SPRINGS—Taking advantage of a Lower Lake team not at full strength, the Clear Lake High School varsity boys' cross country squad knocked off the Trojans 22-34 on Wednesday during a Coastal Mountain Conference meet at Highland Springs Reservoir near Lakeport.

St. Vincent also took part in the meet but the Mustangs had an incomplete boys' team.

Lower Lake's varsity girls' team beat St. Vincent 27-37 behind top-five finishes from Cassandra Nowinsky, Patty Pantoja and Jennifer Wescott. Clear Lake was third with 53 points.

■ Varsity boys

Clear Lake's Daniel Glazier and Preston Stone and Lower Lake's Joe Thomas hooked up in a pretty good race on the 3.1-mile Highland Springs course, with Glazier win-

ning in 19 minutes, 47 seconds. Thomas finished a close second in 19:55, followed by Stone in 20:02.

St. Vincent's Brian Fuller (21:49) and Lower Lake's Cash Kaiser (22:24) rounded out the top five.

"They worked their tails off," first-year

Clear Lake coach Kristi Tripp said of her runners. "We had injured kids and sick kids last week (at the Lake County Meet) and we didn't do very well. We did much better today."

Lower Lake was minus one of its top runners in Dale Wolkenhauer, who has an injured knee. Two other runners also were unable to compete, according to Lower Lake coach Marty Udy.

"They did a darn good job considering they were missing a couple of their top runners," Tripp said. "Both teams ran hard."

Clear Lake's Andy Jones (22:38), Matt Kelly

(22:59) and Phillip Fuller (23:00) finished sixth, seventh and eight, followed by J.C. Daugherty (23:52) in ninth. Jimmy Crabb (24:59) of St. Vincent rounded out the top 10.

■ Varsity girls

St. Vincent's Mary Vegher and Ashley Burton-Smith ran 1-2 in the varsity girls' race. Vegher crossed the finish line in 23:33 and was followed by Burton-Smith in 23:55. Nowinsky (24:14), Pantoja (26:52) and Wescott (28:43) led the Lower Lake contingent.

Clear Lake's Sarah Jansen (29:22) led the second five and finished sixth overall. She was followed by Lower Lake's Melissa Farrell (29:36) and Janelle Knight (29:43). Clear Lake's Stephanie Esberg (30:08), and St. Vincent's Lauren Ferris (32:22).

■ Junior varsity

Clear Lake had the only complete team in the junior varsity division. Leading the way for the Cardinals was Jacob Stanley, who finished first in 26:30.

"They worked their tails off."

Kristi Tripp

Savarese sets M'town course record

BOGGS FOREST — Niko Savarese set a new course record while leading the Willits Wolverines to cross country victory over the Middletown Mustangs and Cloverdale Eagles on Wednesday at Boggs Forest, the home course of the Mustangs.

Savarese covered the 3.4-mile course in 20 minutes, 46 seconds, breaking the old record of 20:58.

All three Willits teams posted victories. In the varsity boys' division, it was Willits 22, Middletown 45, Cloverdale 61. In the varsity girls' division, it was Willits 25, Middletown 30. Willits had the only complete JV team.

■ Varsity boys

Following Savarese across the finish line were Willits' Danny Blake (22:15), Middletown's Josh Stanis (22:42), Cloverdale's Jared Jackson (23:24) and Willits' Wes Sanford (23:45).

Middletown's Ryan Willig (24:51) and Josh Hildebrand (25:36) finished seventh and ninth, respectively.

■ Varsity girls

Alex Garcia won the varsity girls' race in 27:28, finishing more than a minute ahead of teammate Yana Waldman, who was second in 28:51. Middletown's Sarah Barrios placed third in 29:08,

Willits' Amanda Gibbs was fourth in 29:38, and Middletown's Alisa Nelson was fifth in 30:12.

Middletown's other top-10 runners were Elly Schmidt-Hopper, sixth in 31:41; Jennie Baker, seventh in 34:54; and Telisha Hammmons, ninth in 42:14.

■ Junior varsity

Willits had the only complete team. The Wolverines were led by race winner Anthony Francis (26:05).

Middletown returns to action Saturday at the Clam Beach Invitational. The Mustangs' next CMC match is Wednesday at Kelseyville.

CMC

AT FORT BRAGG

Girls 2.9 Miles

Fort Bragg 15, Kelseyville (inc.)

Bailey FB 24:44, Miller FB 25:22, Andre KV 26:04, Clutton FB 26:04, Stenberg FB 27:08.

Boys 2.9 Miles

Kelseyville, Fort Bragg (inc.)

Moffett KV 19:28, Hamilton KV 19:48, Hoff KV 2:044, Jonas RV 20:50, Dimmick KV 21:15.

AT LAKEPORT

Boys 3.1-Miles

Clear Lake 22, Lower Lake 34, St. Vincent (inc.)

Glazier CL 19:27, Thomas LL 19:52, Stone CL 20:21, Fuller SV 21:42, Kaiser LL 22:24, Jones CL 22:38, Kelly CL 22:59, Fuller CL 23:00, Daughtery LL 23:52, Crabb SV 24:59.

JV—Stanely CL 26:30.

Girls 3.1-Miles

Lower Lake 27, St. Vincent 37, Clear Lake 53.

Vegher SV 23:33, Burton-Ness SV 23:55, Newinsky LL 24:14, Pantoja LL 26:52, Wescott LL 28:43, Jansen CL 29:22, Farrell LL 29:36, Knight LL 29:43, Esberg CL 30:08, Serris SV 32:22.

AT BOGGS FORREST

Boys

Course record (3.1 miles): Justin Cude, Middletown, 18:14, 1993.

Willits 22, Middletown 45, Cloverdale 61

Sazaresc W 20:46 or :12, Blake W 22:15, Stanis M 22:42, Jackson C 23:24, Sanford W 23:45, Branscomb 24:02 W, Willig M 24:51, Miller W 25:27, Hildebrand M 25:36, Gonzalez C 25:46.

Girls

Course record (3.1 miles): Tammy Hunt, Middletown, 21:38, 1996.

Willits 25, Middletown 30, Cloverdale (inc.)

Garcia W 27:28, Waldman W 28:51, Barrios M 29:08, Gibbs W 29:38, Nelson M 30:12, Schmidt-Hopper M 31:41, Baker M 34:54, Wise W 41:57, Hammmons M 42:14, Pingrey W 45:00.

10/6

FB 1-0
K 0-1
LL 2-0
SV 1-1
CL 0-2
W 2-0
M 1-1
CL 0-2

FORT BRAGG — Elliot Moffat ran a strong race for the Kelseyville High School varsity boys' cross country team on Wednesday as the Indians won their Coastal Mountain Conference meet with the Fort Bragg Timberwolves at Fort Bragg.

Fort Bragg was unable to field a complete team in the varsity boys' division as were the Indians in the varsity girls' division.

■ Varsity boys

Moffat completed the 2.9-mile Fort Bragg course in 19 minutes, 28 seconds. The second- and third-place runners also were Indians — Nick Hamilton in 19:48 and Ian Hoff in 20:45.

Kelseyville's other top-five finisher was Aral Dimmick, who was fifth overall in 21:15. Abraham Ortiz came in seventh in 21:47.

■ Varsity girls

Merissa Andre was Kelseyville's top finisher in the varsity girls' race as she placed third (no time was available). Ruth Miller finished seventh and Joan Sylva was eighth.

Three way dual meet Granada, Foothill, and Amador
Distance: 2.9 miles

The Granada Girls easily won their first dual meet today against Foothill and Amador. Foothill forfeited to prepare for Stanford this weekend. The score was Granada 24 Amador 32.

The real competition was in the Boys Varsity race with Granada's 33 and 1 league record for the last four years in jeopardy. We have always had respect Amador's team especially after they beat us at the Addias Invitational two weeks ago. The following is what happened.

Pride was running deep as Jason Oswald from Amador took to the lead with 67sec. at 400m in a very fast first mile under 4:50 with a pack of four on his heels Chris Eggers (G), D.J Chapman (A), Robbie Boyle (G), and Justin Rau (G). Coming off the first hill after the mile Chris Eggers took the lead opening it up to 100 meters by the half way point. D.J. and Jason had pulled away from the others by then, but the early pace was taking its toll by the 2 mile coming off the hill the second pack lead by Matt See (A) and Jerron Clark (G) were closing in. As the runners came back in to the stadium with 1000 yards to the finish Chris, with a large lead, started easing off along with Jason back within 100 yards (trying to save themselves for Stanford this weekend). Back in the race for 3rd Justin had passed D.J. who started to loose ground and Jerron with a late kick passed D. J., Matt, and then Robbie. With 50 yards to go Matt started to sprint Robbie responded and was able hold him off for 5th. The race finish with Chris Eggers (G)15:42, Jason Oswald (A)16:10, Justin Rau (G)16:25, Jerron Clark (G) 16:27, Robbie Boyle (G)16:28, Matt See (A)16:29, D.J. Chapman (A)16:39, David Piekarski (A)16:42, Jeff Helfrich (A)17:03, Chris Grigsby (A)17:09, Ernesto Hernandez (G)17:19.

Granada 24 Amador 32

It was a very good race which could have gone either way this early in the season.

Brian Davis

Cross country

PREP BOYS

BVAL

	W	L	GB
Carondelet	2	0	—
Ygnacio Valley	2	0	—
College Park	2	0	—
Deer Valley	1	1	1
Northgate	1	1	1
Pittsburg	1	1	1
Clayton Valley	0	2	2
Antioch	0	2	2
Liberty	0	2	2

**College Park 20, Clayton 43;
College Park 22, Deer Valley 39;
Deer Valley 21, Clayton 37**

At Hidden Valley Park, Martinez (3.0 miles)
Thyken (CV) 16:50, Almarinez (DV) 17:16,
Ried (CP) 17:28, Brown C. (CP) 17:31, Owen
(CP) 17:34, Renshaw (DV) 17:46, Brown N.
(CP) 17:54, Tedrus (CP) 17:59, Patute (CP)
18:01, Pivrotto (CP) 18:13, Handley (CP) 18:34,
Belezzuoli (CP) 18:49, Louie (DV) 19:04, Gomez
(DV) 19:24, Alvarez (CV) 19:27, Brooke (DV)
19:31, Adams (CP) 19:32, McAuliffe (CP) 19:41,
Wy (DV) 20:30, Turnbull (CV) 21:14, Gourtay
(CV) 21:15, Flansbaum (CV) 21:31

Ygnacio 15, Northgate 46

Ygnacio 17, Antioch 44

Northgate 26, Antioch 44

2.9 miles, Lime Ridge Open Space, Walnut Creek

Anthony Lopez (YV) 16:46, Abdullah Jamali
(YV) 17:10, Nick Goodall (YV) 17:29, Derek Bird
(A) 17:30, Michael Croxton (YV) 17:35, Harvey
Rios (YV) 17:42, Mikey Ando (NG) 17:54, Nakan
Niysa (NG) 18:04, Brian Grist (A) 18:21, Chris
Ritthaler (YV) 18:26, James Lee (NG) 18:29,
Jason Tyndall (A) 18:35, Tim Carlin (NG) 18:37,
Justin Loomis (A) 18:40, Rick Alborg (NG)
18:54, Joe Avitabile (A) 18:58.

Carondelet 15, Pittsburg 50

Carondelet 15, Liberty 50

Pittsburg 15, Liberty 50

3 miles at Heather Farm, Walnut Creek

Top-10 finishers

Jennifer Randazzo (C) 20:04, Stephanie Byrne
(C) 20:08, Jenna George (C) 20:13, Katrina
Teller (C) 20:25, Jamie Enea (C) 20:59, Alyson
Wheeler (C) 21:22, Sarah Macaulay (C) 21:27,
Mesquite (Liberty) 22:28
Leta Pombo (P) 24:40.

PREP GIRLS

BVAL

Ygnacio 17, Northgate 44

Antioch 15, Ygnacio 45

Antioch 15, Northgate 45

2.9 miles, Lime Ridge Open Space, Walnut Creek

Janie Nolan (A) 18:51, Laura Simoncini (A)
20:54, Angela Flood (A) 20:54, Christine Perez
(A) 20:54, Stefanie Nunez (A) 21:26, Mindy
Eastman (YV) 21:58, Angela Blank (YV) 23:09,
Rima Splight (YV) 23:45, Jennie Waskey (YV)
24:15, Jennifer Sciaega (NG) 24:29, Lily Ro-
driguez (NG) 25:03, Sarah Clydes (YV) 25:20,
Katie Coakley (NG) 26:40, Brianne Johnson (NG)
26:58, Jessica Carlah (NG) 27:17. **Highlights:**
Nolan broke course record of 19:10, set in 1998
by Liberty's Stephanie Ksenzulak

Clayton 22, College Park 34;

College Park 16, Deer Valley 44;

Clayton 15, Deer Valley 50

3 miles, at Hidden Valley Park, Martinez

Howisey (CV) 20:26, Gerdts (CP) 20:42, Craig
(CV) 20:45, Allen (CP) 20:50, A. Valentine (CV)
20:58, Villalobos (CV) 21:33, Oppido (CV) 21:50,
Tow (CP) 22:15, Sale (CP) 22:17, Gober (CV)
22:40, Daley (DV) 23:20, Kim (CP) 24:10, Mori
(DV) 24:29, Ahumada (CP) 24:40, Angel (DV)
24:47, Paik (CP) 24:59, O'Connor (DV) 25:13,
Dionne (CV) 25:31, Barajas (DV) 25:48.

10/8

EBAL

	W	L	GB
Granada	3	0	—
Livermore	3	0	—
Amador Valley	3	1	½
San Ramon Valley	3	1	½
Monte Vista	1	2	2
Foothill	1	3	2½
California	0	3	3
Berkeley	0	4	3½

Amador Valley 24, SRV 33

Amador Valley 15, Cal 48

SRV 15, Cal 48

3.1 miles, Shadow Cliffs Park, Pleasanton

D.J. Chapman (A) 16:56, Chris Perry (S) 17:03, Chas Pratt (S) 17:04, Jason Oswalt (A) 17:06, Matt See (A) 17:38, Jeff Helfrich (A) 17:56, Nick Degolia (S) 18:06, David Piekarski (A) 18:08, Chris Grigsby (A) 18:11, Nate Seitenrich (S) 18:16, Matt Farchin (S) 18:28, Matt Pearson (C) 18:37, Armand Sarvarian (C) 20:27, Matt Revett (C) 20:42, Adam Croley (C) 21:10, Rob Conger (C) 21:21. **Records:** Amador Valley 3-1 EBAL, San Ramon Valley 3-1, California 0-3.

Livermore 16, Foothill 44; Livermore

16 Berkeley 46, Foothill 21,

Berkeley 38

2.95 miles at Sycamore Grove, Livermore

Tony Acevedo (L) 15:22; Alex Morrison (L) 16:46; Mike Stockinger (L) 16:59; Steve Loisel (L) 17:22; Evan McLaughlin (F) 17:29; M. Glass (B) 17:50; Fred Zinnel (L) 17:55; C. Pecot (F) 18:06; M. Shen (F) 18:08; R. Dekelzer (F) 18:13; J. Gray (B) 18:39; J. Miller (F) 18:48; I. Noriega (B) 21:47; J. Berg (B) 22:49; B. Greve 24:40.

Granada 18, Monte Vista 37

2.9 miles, Granada HS

Chris Eggers (G) 15:09, Justin Rau (G) 15:43, Mike Daly (MV) 15:52, Robbie Boyle (G) 16:19, Jerron Clark (G) 16:31, Chris Roberts (G) 16:50, Aubrey Martin (MV) 16:59, Travis Berding (MV) 18:06, Matt Erickson (MV) 18:18, Ryan Orr (MV) 19:08. **Records:** Granada 3-0 EBAL, Monte Vista 1-2.

EBAL

	W	L	GB
Granada	3	0	—
Livermore	3	0	—
San Ramon Valley	3	1	½
Monte Vista	2	1	1
Amador Valley	2	2	1½
Foothill	1	3	2½
California	0	3	3
Berkeley	0	4	3½

Granada 20, Monte Vista 35

2.9 miles, Granada HS

Sarah Alael (G) 18:18, Susan Chan (MV) 18:28, Lisa Crampton (G) 18:36, Julia Fischer (G) 18:41, Laura Melendez (G) 19:10, Kaelon May (MV) 19:11, Kelly Crampton (G) 19:17, Kristin Schleicher (MV) 20:20, Jackin Galvin (MV) 20:43, Lindsay Nagle (MV) 21:04.

Records: Granada 3-0, Monte Vista 2-1.

SRV 19, Amador Valley 42

SRV 15, California inc.

Amador Valley 15, Cal inc.

3.1 miles, Shadow Cliffs Park, Pleasanton

Katie Lee (S) 19:40, Katie Murphy (S) 20:52, Kirsten Regalia (S) 21:22, Paula Calhoun (A) 22:15, Erin Blake (A) 22:24, Chrissy Argenti (S) 22:27, Jenny Galvin (S) 22:58, Sarah Worrell (A) 23:18, Clarissa Ward (A) 23:23, Juilitta Majeska (A) 24:53, Kristen Granlund (C) 30:20.

Records: San Ramon Valley 3-1 EBAL, Amador Valley 2-2, California 0-3.

Livermore 20 Foothill 38; Livermore

15, Berkeley 50; Foothill 15,

Berkeley 45.

At Sycamore Grove, Livermore (2.95 miles)

M. Newton (F) 18:42; Dyani Jones (L) 19:16; Natasha O'Neill (L) 19:35; Staci Grubaugh (L) 19:41; Allison Grandfield (L) 20:10; Emily Masamitsu (L) 20:20; N. Rodriguez (F) 20:41; J. Rycerski (F) 20:45; A. Shurtless (F) 21:32; N. Thompson (F) 21:48; Michell (B) 22:53; Elise Hunter (B) 23:59; Phillips (B) 24:06; Stanton (B) 26:49; Parsley (B) 29:03.

Subject: League Meet At McKinleyville

Date: Fri, 8 Oct 1999 08:28:06 -0700

From: "bpurcell" <bpurcell@email.msn.com>

Organization: Microsoft Corporation

To: "Peter Brewer" <pcb@internet-frontier.net>

Hello all,

I'm not going to have a lot to say today, except to give you results. This was a League Meet against Fortuna, McKinleyville, and Hoopa. Really no competition here on either side, except for a second place for a Fortuna girl.

Here we go:

Varsity Boys (3 miles, flat)

1. Shaun Lyle 16:09
2. Travis Moe 16:29
3. Chris Binschus 16:36
4. Dale Kitt 16:36
5. Robert Rakestraw 17:33
6. Matt Farr 17:33
7. Chris Woodcock 17:57
8. Spien Komak 18:03
10. Joe Maschmeier 18:25
14. Daniel Summers 19:39
19. Emmanuel Ford 21:36

Varsity Girls (3 miles, flat)

1. Andrea Woodcock 20:29
3. Megan Yarnall 21:09
4. Jillian Yerby 21:10
5. Sara Kelley-Day 21:23
7. Erica Botkin 22:51
8. Kaci Lyle 22:52
9. Amber Ray 22:53
11. Katie Marvel 24:26
13. Joella Vagle 25:48
17. Julie Imlach 26:48

This weekend is the Clam Beach Invitational. I'll have results shortly afterwards.

Bye,

Brian Purcell

Subject: Arcata CC

Date: Fri, 8 Oct 1999 08:36:00 -0700

From: "bpurcell" <bpurcell@email.msn.com>

Organization: Microsoft Corporation

To: "Peter Brewer" <pcb@internet-frontier.net>

Peter,

Here is info on Arcata's League meet yesterday.

"

Arcata Runners Triumph

Arcata High's Maya Kessler set a course record, covering 5,000 meters in 22 minutes, 13 seconds on Thursday to lead the Tiger's girls to a cross country win over South Fork High in Miranda.

Arcata's girls outscored South Fork 21-59. Arcata's boys also were triumphant, 17-80.

Kessler was followed by South Fork's Ashley Watkins in 22:45. Arcata's Katie Azevedo was third in 23:36, followed by teammate Erica Rose at 24:51. South Fork's Lilly Carl was fifth in 25 minutes.

Adam Foote, of Arcata, won the boys race in a close match. He finished in 19:12, as did teammate Clay Parker-Jones and Nile Klien. South Fork's Roger Heath was fourth in 19:32. Arcata's Tyler Frome was fifth in 19:39.

"

bye,

Brian Purcell

Subject: Clam Beach Invite

Date: Sat, 9 Oct 1999 13:15:46 -0700

From: "bpurcell" <bpurcell@email.usu.com>

Organization: Microsoft Corporation

To: "Stephanie Mathias" <Sphanie@aol.com>, "Lehrin Morey" <lehrin@aol.com>,
"Kevin B White" <kbwhite@ecst.csuchico.edu>,
"Kate Cody" <kcody@gladstone.uoregon.edu>, "Julia Blanc" <blanc@humboldt1.com>,
"Jeremy Tout" <jtout@ucsd.edu>, "Jen Swaner" <Swaner@SONOMA.EDU>,
"Greg Phillips" <gcp2@axe.humboldt.edu>, "Erin Carter" <erin.carter@stanford.edu>,
"Eric L Frome" <elfrome@students.wisc.edu>,
"Crystal Johnson" <cj11@axe.humboldt.edu>,
"Charane Wilson" <cew11@axe.humboldt.edu>, "Anni Kelley-Day" <akday@ups.edu>,
"Adrian Dewald" <adewald@ucdavis.edu>, "Adam Hall" <ajh5@axe.humboldt.edu>,
"Peter Brewer" <pcb@internet-frontier.net>,
"Marcos Mocine-McQueen" <triplem@sfsu.edu>

Hello all,

Well, it couldn't get much foggier than it was today! For pretty much all the Eureka runners, this was more a training day than racing. The times were slow and orders of finish was mixed differently. The JV Boys had to cross the river twice, but the later races skipped the crossing due to the high tide. Spien, who can't swim, was afraid to cross the river and stood there a few seconds to build up his nerve. Both the Girls and Boys varsity teams were missing key members for various reasons like SAT, vacationing in Vermont, and of course deer hunting.

Here are the results:

JV Boys (3.1 miles, all on the beach)

2. Chris Woodcock 19:22
6. Joe Maschmeier 20:35
16. Spien Komak 21:42
39. Emmanuel Ford 26:32

V Girls (3.1 miles)

Teams: Eureka 23, Arvata 44, Red Bluff 59

7. Jillian Yerby 23:34
8. Andrea Woodcock 23:35
10. Megan Yarnall 24:15
12. Sara Kelley-Day 24:42
18. Kaci Lyle 25:43
22. Amber Ray 26:38

V Boys (3.1 miles)

Teams: Eureka 18, Arvata 51, Red Bluff 85, Willits 98, Corning 113

1. Chris Binschus 18:17
3. Shaun Lyle 18:28
5. Robert Rakestraw 18:42
6. Matt Farr 18:50
7. Travis Moe 18:59
8. Matt Tout 19:01

This is definitely a day to give thanks for not getting any injuries and look towards the next couple of weeks.

Subject: Fw:

Date: Mon, 18 Oct 1999 19:50:19 -0700

From: "Lisa Bousquette" <glbousq@worldnet.att.net>

To: "bonie hanks" <bonzbox@hotmail.com>, "craig eldred" <george@cmc.net>,
"keith conning" <Conning@aol.com>,
"peter brewer" <pcb@internet-frontier.net>,
"tom lyons" <tomlyons@earthlink.net>

> From: Lisa Bousquette <glbousq@worldnet.att.net>
> To: werner garciano <werner@stanfordalumni.org>
> Subject:
> Date: Monday, October 18, 1999 7:41 PM
>
> Novato results: 10-13-99
> 2.8 miles
> (records: Girls/Ann Glenn Drake 18:30 (98); Boys/Matt Deshazo SM 15:41
> (99)
>
> BOYS
> 1. Deshazo SM 15:41
> 2. Morgan N 15:49
> 3. Wight N 16:17
> 4. Olson SM 16:47
> 5. Colombo TL 17:08
> 6. Kenyon, C. TL 17:13
> 7. Sos TL 17:17
> 8. Scannell SM 17:41
> 9. Kolsky N 17:54
> 10. Kapranos N 17:57
> 11. Larson, B. TL 18:06
> 12. Bird TL 18:28
> 13. Kenyon, J. TL 18:31
> 14. Larson, J. TL 18:58
> 15. Murray N 19:14
> 16. Barclay TL 19:22
> 17. McCollum SM 19:24
> 18. Parker N 19:46
> 19. Guinan N 19:48
> 20. Eldred SM 19:57
> 21. Ballard TL 19:58
> 22. Cushman TL 20:21
> 23. McLaughlin SM 20:34
> 24. Machizuki TL 20:53
> 25. Dale TL 20:56
> 26. Maritz TL 20:59
> 27. Cohen SM 20:59
> 28. Thelen SM 22:26
> 29. Steffan TL 22:34
> 30. Faden TL 22:51
> 31. Kellner SM 23:11
> 32. McKell N 23:53
> 33. Guasco TL 24:36
> 34. Rodriguez SM 24:46
>
> Novato 28 Terra Linda 29
>

> Novato 26 San Marin 29
>
> Terra Linda 27 San Marin 32
>
>
> GIRLS
>
> 1. Farac TL 18:59
> 2. Kellner SM 19:26
> 3. Gut N 19:33
> 4. Graham SM 20:08
> 5. Franczak N 20:29
> 6. Medina N 20:46
> 7. O'Leary TL 21:02
> 8. Grillo N 21:12
> 9. Dodson N 21:15
> 10. Mallonee SM 21:35
> 11. Manion N 21:44
> 12. Claymore SM 22:02
> 13. Nakamura TL 22:09
> 14. Tyler N 22:16
> 15. Lamond N 22:17
> 16. Needham SM 22:56
> 17. Oppenheimer TL 23:00
> 18. Nelson N 23:11
> 19. Austin N 23:12
> 20. Joa TL 23:32
> 21. Cocharane TL 24:12
> 22. Lawson TL 24:20
> 23. Kahn N 24:47
> 24. Dobkin TL 25:52
> 25. Pelmeear SM 30:04
>
> Novato 22 Terra Linda 38
>
> Novato 24 San Marin 34
>
> San Marin 24 Terra Linda 31
>
>

Subject: Re: (no subject)

Date: Thu, 14 Oct 1999 00:34:27 EDT

From: ZEEMIE@aol.com

To: pcb@internet-frontier.net

See you at MT SAC. Bringing boys and girls this year. Boys are gonna get a whoopin. If all of our girls run their best were top 7. If they run as they have been very inconsistently this year we finish further back. We're at the Embassy Suites as well and will see you there. Here are some NBL results from our first league meet. We ran against Ukiah and Cardinal Newman/Ursuline. Montgomery, Elsie Allen and Maria Carrillo were also on the course at the same time which always livens up things when the crowd is large. I don't have the other results and I'm off for Oakland tomorrow for two days of training on my day job.

Boys: Ukiah 19, Santa Rosa 39, Cardinal Newman 82. (Matched against Montgomery today Ukiah wins. Montgomery missed one of the Fitch twins though. It is going to be close for the League title although Ukiah was full of strange emotion as one of the Poor boys who won the JV race had a brother die in a car accident on Sunday night returning from Lake Tahoe. Originally Ukiah was not going to run and Newman/Ursuline and us were going to have a practice meet and score the triangular meet from the league finals. But the Ukiah kids decided to come today and I'm sure they were emotionally spurred on. They seemed to be extremely focused and ran all of their races with passion. I have no idea how this affects the rest of their season. The boy that was killed was an 8th grader from Pomolito Middle school which often hooks up with Ukiah High and so the kid was well known to all of the Ukiah runners and his brother is on the team. So here are the top ten.

Oh hell top twenty.

1. Leon	Uk	16:44	11. McGinn	Uk	18:22
2. Basey	Uk	16:48	12. Harper	Uk	18:28
3. Yau	Uk	16:48	13. Rahm	Uk	18:29
4. Stafford	SR	17:14	14. Montgomery	SR	18:53
5. Tonna	SR	17:16	15. Chesnik	SR	18:58
6. Luoto	Uk	17:25	16. Peters	SR	19:11
7. Troid	Uk	17:25	17. Kraemer	SR	19:16
8. Brandt	CN	17:25	18. Metzger	CN	19:16
9. Nopola	SR	18:06	19. Young	SR	19:31(Stopped before finish thinking he was done at about 18:59. He's deaf and couldn't hear the crowd)
10. Knight	SR	18:19	20. Cleelan	CN	19:52

Girls: Santa Rosa 26, Ukiah 34, Ursuline 65 We ran without Jackie Prange who sprained her ankle last Thursday (unknown to me) and ran your race in absolute pain. She's pretty tough and very academic but stubborn. Anyway it doesn't appear to be serious but bad enough to miss this week altogether. Jackie was our number one runner at your meet.

Top Ten:

1. Shaver	SR	19:23	11. Hakel	Urs	22:16
2. Trotter	Uk	19:31	12. Helleskov	SR	22:26
3. Johnson	SR	19:38	13. Hayes	Urs	22:27
4. Morris	Uk	20:25	14. Byrne	Urs	23:01
5. Behnke	Uk	20:26	15. Steiner	Uk	23:06
6. White	SR	20:29	16. Hayden	SR	23:15
7. Parker	SR	20:42	17. Bilge	SR	23:23
8. McGinn	Uk	21:16	18. Rice	Uk	23:28
9. Meade	SR	21:29	19. Tatton	Urs	23:30

10. Lyons Urs 21:52 20. Utop? Urs 23:45

Are you doing your'e annual Spaghetti feed at the Suites? We are going to Spaghetti Eddie's for dinner at 7:00 on Friday and then off to Disneyland after the girls race.

This weekend I will e-mail you the local results from the Redwood Empire with the latest from the hot Sonoma County League.

See you next Friday.

High school cross country NBL

AT SPRING LAKE PARK

Boys

Montgomery 17, Santa Rosa 43, Rancho Cotate 81

Course record (2.97 miles): Ryan Mack, Ukiah, 14:50, 1998.

Top 10—Z. Fitch M 16:15, Masi M 16:44, Millar M 16:46, Fagent M 16:50, Stafford SR 17:02, Tonna SR 17:03, Britt M 17:19, Fitch M 17:26, Nopola SR 17:34, Fung M 17:36, JV—Gallagher M 18:17.

Girls

Montgomery 30, Santa Rosa 36, Rancho Cotate 67

Course record (2.97 miles): Julia Stamps, Santa Rosa, 16:15, 1995.

Top 10—Bei M 19:01, Shaver SR 19:09, L. Charles RC 19:46, Pederson M 19:51, Bashel M 19:52, Meade SR 19:56, Terribillini M 20:21, Parker SR 20:28, Prengre SR 20:29, J. Charles RC 20:31, JV—Ruiz SR 24:18.

AT SPRING LAKE PARK

Boys

Carmilo 21, Newman 59, Piner Inc.

Top 10—Kinley (MC) 15:48, Gardina (P) 16:23, Wagner (MC) 17:11, Ricci (MC) 17:16, Flores (P) 17:17, Fickert (MC) 17:42, Baughman (MC) 17:44, Infante (MC) 17:49, Brandt (CN) 18:08, Swanson (MC) 18:38.

Girls

Carmilo 22, Piner 44, Ursuline 54

Top 10—Aldridge (MC) 19:01, Disango (P) 19:25, A. Drady (MC) 19:33, R. Flores (MC) 20:08, Ash (P) 21:13, J. Grady (MC) 21:39, Lyons (U) 21:54, Baker (MC) 21:55, Campbell (P) 21:58, Clouse (U) 22:05.

AT UKIAH H.S.

Boys

Ukiah 15, Elsie Allen 50

Course record (3.1 miles): Jon Stevens, Mission San Jose, 16:55, 1997.

Ryan Mack, Ukiah, 16:55, 1996.

Top 10—Chadd U 18:39, Leon U 19:00, Vau U 19:14, Poor U 19:18, Luoto U 19:52, Troia U 20:09, McGinn U 20:10, McQueen EA 20:26, Harper U 20:26, Barrales 20:29, JV—Harper U 20:26.

Girls

Ukiah 15, Elsie Allen inc.

Course record (3.1 miles): Sara Bei, Montgomery, 19:09, 1997.

Top 10—Trotter U 22:58, Otto U 22:58, Merriss EA 23:05, Morris U 24:24, McGinn U 24:50, Steiner U 27:30, Cannon U 27:38, Koski U 29:05, Easterbrook U 30:06.

High school cross country

NBI

AT ELSIE ALLEN

Boys (3.1 Miles)

Rancho 26, Elsie Allen 48, Newman 50

Top 10—McQueen EA 17:28, Burandt CN 17:30, Stewart RC 17:53, Teicheva RC 17:54, Wolf RC 18:46, Daniel RC 19:03, Kreschovnovsky EA 19:15, Tiratura RC 19:20, Coeland CN 19:30, Metzger CN 19:34.

JV—Wannamaker CN 20:53.

Girls (3.1 Miles)

Ursuline 30, Cotate 47, Elsie Allen inc.

Top 10—Charles RC 20:07, Merriss EA 20:26, J. Charles RC 20:47, Lyons U 22:05, Hakel U 22:15, Byrne U 22:39, Klouse U 23:03, Hays U 23:13, Tatton U 23:22, Barrett U 23:23.

JV—Stevens U 26:02.

AT FOOTHILL PARK, WINDSOR

Boys

Course record (2.5 miles): Celedonio Rodriguez, Elsie Allen, 14:08, 1998.

Ukiah 27, Montgomery 30, Piner inc.

Top 10—Vau U 18:17, Casey U 18:19, Fitch M 18:20, Leon U 18:29, Massey M 18:31, Gardina P 19:09, Fagent M 19:13, Millar M 19:18, Troia U 19:21, Brity M 19:26.

JV—Gallagher M 20:43.

Girls

Course record (2.5 miles): Sara Bei. Montgomery, 15:48, 1997.

Montgomery 27, Ukiah 40, Piner 66

Top 10—Bei M 21:46, Trotter U 22:00, Bisagno P 22:04, Bashel M 23:05, Pedersen M 23:19, Terribilini M 23:28, Otto U 23:38, Morris U 24:48, McGinn U 25:01, Ash P 25:31.

JV—Sheldon M 28:16.

AT RINCON VALLEY PARK

Boys

Course record (2.8 miles): Steve Laurie, Maria Carrillo, 14:11, 1997.

Santa Rosa 27, Maria Carrillo 28

Top 10—Kinley MCHS 15:33, Stafford SR 16:49, Tonna SR 16:51, Wagner MCHS 17:13, Infante MCHS 17:25, Nopola SR 17:36, Knight SR 17:42, Baughman MCHS 17:59, Vandeventel SR 18:02, Ricci MCHS 18:14.

JV—Montgomery, SR. 18:52.

Girls

Course record (2.8 miles): Sara Bei. Montgomery, 16:04, 1997.

Santa Rosa 24, Maria Carrillo 36

Top 10—Aldridge MCHS 18:38, Shaver SR 18:56, A Drady MCHS 20:12, Parker SR 20:32, White SR 20:42, Meade SR 21:34, Prang SR 22:00, Heileskov SR 22:06, Baker MCHS 22:08, Haden SR 22:54.

Kelseyville's Moffat equals course record

KELSEYVILLE — Elliot Moffat tied the Kelseyville High School course record on Wednesday while leading the Indians to a 20-39 cross country victory over the Middletown Mustangs.

Moffat completed the 3.1-mile Kelseyville course in 18 minutes and 54 seconds, equaling the old record set last year by Middletown's Willie Leuzinger.

"Elliot ran a spectacular race to tie the course record," Kelseyville coach Rico Abordo said. "He's only a sophomore and he's showing tremendous promise."

The next best time in the varsity boys' race belonged to Middletown's Josh Stanis at 19:14. The only other runner to crack 20 minutes was Kelseyville's Nick Hamilton, who finished third in 19:27.

Other top-five runners were Kelseyville's Ian Hoff, fourth in 20:08, and Kelseyville's Abraham Ortiz, fifth in 20:49.

Rounding out the top 10 were Rincon Valley Christian's David Jonas (21:21), Middletown's Ryan Willig (21:23), Kelseyville's Matt Sowards (21:30), Kelseyville's Aral Dimmick (21:31), and Middletown's Josh Hildebrand (21:57).

■ Varsity girls

Middletown fielded the



Elliot Moffat

only complete team in the varsity girls' division although the race winner was Merissa Andre of Kelseyville in 25:19.

"Merissa ran an intelligent race," Abordo said. "She trailed at the mile mark from mile one and on she attacked the hills and began to put some distance between herself and Sarah Barrios."

The next three finishers were Middletown runners Alisa Nelson (25:53), Sarah Barrios (25:59), and Elly Schmidt-Hopper (26:41). Erica Goetz of Rincon Valley Christian finished fifth in 27:39.

Kelseyville's Ruth Miller came in sixth at 27:40. Jennie Baker and Telisha Hammons of Middletown placed seventh and eighth, respectively.

Clear Lake runners win a squeaker

FORT BRAGG — Up one side of Bald Mountain and down the other, cross country runners from Clear Lake and Lower Lake ran one heck of a race Wednesday during a Coastal Mountain Conference meet at Fort Bragg. Clear Lake prevailed in a squeaker, 27-28. Fort Bragg did not have a complete team.

"It was a nail-biter," Clear Lake coach Kristi Tripp said. "Both teams were missing a key runner. They were hoping it wasn't going to hurt them too much and we were hoping it wasn't going to hurt us too much."

"We were missing four runners," Lower Lake coach Marty Udy said. "I was ecstatic that we could possibly be that close to them (Cardinals)."

One of Lower Lake's best runners, Dale Wolkenhauer, started the race but pulled out after a mile because of a knee injury. The difference for Clear Lake may have been

Cross country

Volker Moeller, a foreign exchange student from Germany. He finished the 2.9-mile Fort Bragg course in 23 minutes and 55 seconds, good for ninth place overall.

"He filled a key spot for us," Tripp said. "It went in our favor and we feel thrilled about it."

Joe Thomas of Lower Lake won the varsity boys' race by nearly a full minute over Daniel Glazier of Clear Lake. Thomas clocked in a 18:28 to Glazier's 19:21. Preston Stone of Clear Lake finished third in 20:04 and Cash Kaiser of Lower Lake was fourth in 21:12.

Fort Bragg runners Michael Holcumb (21:20) and Jesse Gutnick (21:22) were next across the finish line, followed by Clear Lake's Philip Fuller (22:44) in seventh place and Lower Lake's Keenan Tyner (23:24) in eighth.

Lower Lake's Chris Musgrave (24:21) was 10th.

Varsity girls

Lower Lake defeated Clear Lake in head-to-head CMC scoring although Fort Bragg was the overall winner with 23 points to Lower Lake's 33 and Clear Lake's 64.

"Fort Bragg is the team to beat," Udy said. "We have a pretty good team this year, but I don't know if we can catch them."

Race winner Cassandra Nowinsky of Lower Lake pulled away from the pack to win in 22:57. Fort Bragg's Colleen Bailey was second in 24:19.

Other Lower Lake runners in the top 10 were Patty Pantoja, fourth in 24:38; Janelle Knight, eighth in 28:28; and Kristen Norris, ninth in 28:47. Clear Lake's Stephanie Esberg finished 10th in 28:50.

CMC

AT BROOKTRAILS, WILLITS

Boys
Willits 16, Cloverdale 45, St. Vincent inc.
Top 5—Sabarese W 17:06; Blake W 17:07; Sanford W 18:00; Branscomb W 18:20; Gonzalez C 19:20.
JV—Willits 15, SV, Cloverdale inc. Winner: Francis W 19:27.

Girls
St. Vincent 15, Willits, Cloverdale inc.
Top 5—Mary Vegher SV 19:56; Burton-Smith 20:39; Garcia W 21:25; Amanda Gibbs W 23:30; Nehmens SV 24:38.

AT FORT BRAGG

Boys 2.9 miles
Clear Lake 15, Fort Bragg inc.
Clear Lake 27, Lower Lake 28

Top 5—Thomas LL 18:28; Glazier CL 19:21; Stone CL 20:04; Keiser LL 21:12; Holcomb FB 21:20.

Girls
Fort Bragg 15, Clear Lake 39
Lower Lake 16, Clear Lake 47

Top 5—Nowinsky LL 22:57; Bailey FB 24:19; Miller FB 24:32; Pantoja LL 24:38; Clutton FB 26:12.

AT KELSEYVILLE

Boys 3.1 Miles
Kelseyville 20, Middletown 39, RVC (inc.)

Top 10—Moffat K 18:54; Stans M 19:14; Hamilton K 19:27; Hoff K 20:08; Ortiz K 20:49; Jonas RVC 21:21; Willing M 21:23; Sowards K 21:30; Bernick K 21:31.

Hiddenbrand M 21:57.

Girls 3.1 Miles
Middletown 15, Kelseyville (inc.)

Top 10—Andre K 25:19; Nelson M 25:53; Barrios M 25:59; Schmit-Hopper M 26:41; Gentry RVC 27:39; Miller K 27:40; Baker M 30:03; Hammons M 46:10.

SV 2-0

W 2-2

CL 6-4

FB 2-0

LL 3-0

CL 0-4

M 2-1

K 0-2

10/14

Cross Country

PREP BOYS

TCAL

Alhambra 26, Benicia 32, Alhambra 15, Concord inc.

Benicia 15, Concord inc.

3 miles, Benicia Community Park, Benicia

Eric Roberts (Alh) 18:44, Caleb Leisure (Alh) 18:45, Mitchell Hodgson (Alh) 19:08, Alex Bright (B) 19:09, Jimmy Downs (B) 19:39, Andrew Murphy (B) 19:44, Peter Holland (Alh) 19:58, Dylan Thomas (B) 20:04, Jim Pettit (B) 20:18, Eric Webster (Alh) 20:19. **Records:** Alhambra 4-2 TCAL, Benicia 1-4, Concord 1-6.

Dublin 20, Las Lomas 37

Las Lomas 16, Freedom 47

Dublin 15, Freedom 45

Dublin 15, Mt. Diablo inc.

Freedom 15, Mt. Diablo inc.

Las Lomas 15, Mt. Diablo inc.

3 miles, Lime Ridge, Concord

Ryan McGinnis (LL) 17:20, Marcos Gomez (D) 17:24, John Harper (D) 17:47, Francisco Gomez (D) 17:47.5, Josh Villarreal (D) 17:52, Alfredo Bautista (MD) 18:37, Jose Gonzalez (D) 18:48, Carl Berdahl (LL) 18:57, Ivan Sapozhnikov (LL) 19:37, Ryan Lopez (LL) 19:48, Brandon Fink (F) 19:58, Dan Singer (LL) 20:12, Nick Brandehoff (F) 25:38, Neal Fonseca 25:41, Ricky Nino (F) 26:32, Ken Clark (F) 28:10. **Records:** Dublin 7-0 TCAL, Las Lomas 2-5, Mt. Diablo 0-9, Freedom 4-5.

Campolindo 15, Miramonte 42;

Campolindo 17, Acalanes 38;

Acalanes 19, Miramonte 39

3 miles, Newhall Park, Concord

Jake Chang (C) 16:57, Jon Ide-Don (C) 17:11, Trevor Ault (C) 17:13, Royce Anderson (A) 17:17, Matt Tammen (C) 17:22, David Follette (C) 17:22, Vijay Sekhon (A) 17:30, Steve Vetek (A) 17:33, Joe Pabst (M) 17:39, Ben Auerbach (M) 17:42, Darryll Wong (A) 17:42, Alex Shogan (A) 17:51, Ian Young (M) 18:18, Alex Auerbach (M) 18:26, Ibrahim Rageh (M) 18:32. **Records:** Acalanes 5-2 TCAL, Miramonte 5-2, Campolindo 5-1.

PREP GIRLS

TCAL

Alhambra 17, Benicia 45, Alhambra 15, Concord inc.

Benicia 15, Concord inc.

3 miles at Benicia Community Park, Benicia

Beth Mork (Alh) 22:15, Rebecca Zamolo (Alh) 22:15.05, Tina Frouz (B) 22:51, Heather Stephens (Alh) 24:39, Kim Baer (Alh) 24:45, Samantha Jones (Alh) 24:46, Vivian Ericson (B) 26:26, Sarah Higgins (B) 26:51, Julie Baetta (B) 28:17, Megan Murphy (B) 28:19.

Records: Alhambra 4-2 TCAL, Benicia 0-5.

Las Lomas 25, Dublin 32

Las Lomas 15, Freedom inc.

Dublin 15, Freedom inc.

3 miles, Lime Ridge, Concord

Bonnie Chalmers (LL) 21:44, Elaina Vigil (D) 23:52, Erin Johnson (LL) 24:02, Mary Malone (F) 24:17, Cindy Lyerly (D) 24:34, Suzie James (D) 24:34.8, Sara Guadagni (LL) 24:37, Kristine Phillips (LL) 25:09, Stacey Acerman (LL) 25:36, Kristen Bechtel (D) 26:21, Celina Hidalgo (D) 26:37, Ria Acevedo (F) 27:30, Holly Rose Faith (F) 27:38, Ashley Kail (F) 35:00.

Records: Las Lomas 3-3 TCAL, Dublin 2-3, Freedom 3-5.

Campolindo 22, Miramonte 33;

Campolindo 15, Acalanes 48;

Miramonte 15, Acalanes 48

3 miles, Newhall Park, Concord

Karen Lee (C) 19:50, Christine Atkins (C) 20:04, Ashley Mehler-Clark (C) 20:15, Amanda Brecht (M) 20:20, Jennifer Saura (M) 20:29,

Sarah Cooke (M) 20:28, Erin Haffner (C) 20:40, Nora Jovanovich (M) 20:51, Meghan Lane (C) 20:55, Gina Perrone (M) 21:02, Nickala Prowznik (A) 21:35, Mary Thomas (A) 22:01, Roxanne Croze (A) 22:12, Sumi Kim (A) 22:28, Valerie Vradenburg (A) 22:46.

Records: Acalanes 5-2 TCAL, Miramonte 6-1 TCAL, Campolindo 6-0 TCAL.

Subject: ACCAL Center Meet results 10/14/99

Date: Thu, 14 Oct 1999 22:30:39 -0700

From: Tony Kauke <jakauke@earthlink.net>

To: pcb@internet-frontier.net

Boys Results

Piedmont	35
St. Mary's	51
SJND	62
Alameda	74
Albany	155
Salesian	185
El Cerrito	201

Place	Score	Name	School	Time
1	1	Tom Phelps	P	16:14
2	2	Nathan Brassmassery	Ala	16:28
3	3	Rudy Vasquez	SM	16:31
4	4	Crosby Freeman	P	16:38
5	5	James Ross	SM	16:44
6	6	Graeme Joeck	P	16:55
7	7	Ian Mason	SJ	16:57
8	8	Nathan Cox	P	16:58
9	9	Matt Yee	Ala	17:21
10	10	Andrew Williams	SJ	17:23
11	11	Nick Maniatis	SM	17:24
12	12	Kota Reichert	Ala	17:25
13	13	Brandon McLintock	SJ	17:28
14	14	Nick Konefklatt	SJ	17:29
15	15	Sean Geraghty	SM	17:37
16	16	Nick Malick	P	17:38
17	17	Denye Versher	SM	17:38
18	18	Travis Mason	SJ	17:40
19	19	Evan Epstein	P	18:00
20	20	Bobby Howe	SM	18:05
21	21	Mike Sullivan	P	18:10
22	22	Eric Barhaugh	SJ	18:11
23	23	Marc Ramirez	SJ	18:13
24	24	Yoji Reichert	Ala	18:16
25	25	David Hernandez	Alb	18:20
26	26	Joel Pardini	Sal	18:23
27	27	Greg Orzell	Ala	18:24
28	28	Mickey Wilcock	Ala	18:41
29	29	Greg Williams	SM	18:47
30	30	Spencer K'Bury	Alb	18:48
31	x	Eddie Torrez	SM	18:55
32	31	Peter Lim	Ala	19:00
33	x	Mehmet Karayal	P	19:04
34	32	Munyoni Kiungua	Alb	19:09
35	33	Justin Samudio	Alb	19:10
36	34	Camilo Ramirez	EC	19:11
37	x	Chris Lonsdale	Ala	19:17
38	x	Justin Marsh	Ala	19:19
39	x	Jon Villegas	Ala	19:28
40	x	Nick Bell	Ala	19:28
41	35	Chris Schweitzer	Alb	19:34
42	x	Nolan ?	SM	19:40
43	36	Arron Johnson	Alb	19:54

44	37	James Balagot	Sal	19:57
45	x	Aaron Eleck	K	20:28
46	38	Michael Drake	Sal	20:29
47	39	Jeff Balagot	Sal	20:55
48	40	Jason Merritt	EC	21:38
49	41	D'Allen Britton EC	21:49	
50	42	Iarvin Winzer	EC	21:51
51	x	Javier Ruiz	K	21:55
52	43	Matt Fujikawa	Alb	21:58
53	44	Dylan Collier	EC	22:25
54	x	Francisco Gandara	K	26:11
55	45	Luna	Sal	26:53

Girls Results

St. Mary's	28
Piedmont	44
Alameda	53
El Cerrito	113

Place	Score	Name	School	Time
1	1	Bridget Duffy	SM	18:40
2	2	Mary Phelps	P	19:45
3	3	Sarah Walker	Ala	20:09
4	4	C. Roberts	Ala	20:19
5	5	Crissy Chavez	SM	20:38
6	6	Sayaka Matsumoto	SM	20:52
7	7	C. Torgersen-Bell	SM	21:02
8	x	Caitlin Smith	SJ	21:11
9	8	Lauren Barbieri P	21:18	
10	9	Flo Larkin	SM	21:23
11	10	Stephanie Pertula	P	21:31
12	11	Allison Jolda	P	21:33
13	12	Sarah Orzell	Ala	22:01
14	13	Katherine Isokowa	P	22:01
15	14	C. Gunther-Murphy	P	22:02
16	15	A. Jac	Ala	22:09
17	16	J. Landes-Brenman	P	22:17
18	17	Julietta Strauss	EC	22:29
19	18	Bria McGuire	SM	22:40
20	x	Hillary Cote	SJ	22:43
21	x	Hillary Wolfe	P	22:44
22	19	G. Lee	Ala	22:49
23	20	L. Burenin	Ala	22:51
24	21	J. Bleicher	Ala	22:53
25	22	Bobbie Habdas	EC	23:57
26	23	Elizabeth Morrison	EC	23:58
27	x	C. Perlo	Ala	24:05
28	24	Catherine Mullarkey	SM	24:28
29	x	E. Brown	Ala	24:32
30	25	Alejandra Perez EC	24:44	
31	x	Ali Chesley	SM	24:45
32	26	Shannon Davenport	EC	24:45
33	x	Mai Olson	HN	24:46
34	x	Olivia Gulick	HN	24:49
35	27	Ada Mayer	EC	25:06
36	28	Allison Post	EC	25:15
37	x	Samantha Wright HN	26:50	

Tony Kauke
5022 Crystalridge Ct.
Oakland, CA 94605

Subject: League Meet @ Fortuna

Date: Thu, 14 Oct 1999 19:41:07 -0700

From: "bpurcell" <bpurcell@email.msn.com>

Organization: Microsoft Corporation

To: "Stephanie Matthias" <Sphanie@aol.com>, "Lehrin Morey" <lehrin@aol.com>,
"Kevin B White" <kbwhite@ecst.csuchico.edu>,
"Kate Cody" <kcody@gladstone.uoregon.edu>, "Julia Blanc" <blanc@humboldt1.com>,
"Jeremy Tout" <jtout@ucsd.edu>, "Jen Swaner" <Swaner@SONOMA.EDU>,
"Greg Phillips" <gep2@axe.humboldt.edu>, "Erin Carter" <erin.carter@stanford.edu>,
"Eric L Frome" <elfrome@students.wisc.edu>,
"Crystal Johnson" <caj11@axe.humboldt.edu>,
"Charane Wilson" <cew11@axe.humboldt.edu>, "Anni Kelley-Day" <akday@ups.edu>,
"Adrian Dewald" <adewald@ucdavis.edu>, "Adam Hall" <ajh5@axe.humboldt.edu>,
"Peter Brewer" <pcb@internet-frontier.net>,
"Marcos Mocine-McQueen" <triplem@sfsu.edu>

Hello all,

Today was an altogether League meet on Fortuna's course. The weather was partly cloudy and cool. Fortuna's course is a legit 3 miles on dirt and road and rolling hills.

Both boys and girls did pretty well, the girls improving much from a couple of weeks ago. Without further ado here are the results:

JV Boys (3 miles)

1. Chris Woodcock 17:02
2. Joe Maschmeier 17:26
3. Spien Komak 17:34
11. Emmanuel Ford 20:33

V Boys (3 miles)

Team: Eureka 15,...

1. Lehrin Morey 15:31
2. Shaun Lyle 15:32
3. Chris Binschus 15:51
4. Dale Kitt 15:55
5. Travis Moe 16:17
6. Robert Rakestraw 16:29
7. Matt Farr 16:37
12. Matt Tout 17:15
25. Daniel Summers 18:33

note: This is the first time that the top 5 have run together in a race without missing somebody. Notice also that Lehrin is finally back from Vermont, and he doesn't look worse for the trip.

V Girls (3 miles)

Team: Arcata ~33, Eureka 47, ...

3. Andrea Woodcock 19:59
4. Jillian Yerby 20:13
9. Sara Kelley-Day 21:11
11. Megan Yarnall 21:45
22. Amber Ray 22:44
23. Katie Marvel 22:54

25. Erica Botkin 23:00
37. Kasi Lyde 29:14
36. Erin Alexander 25:38
38. Joella Vagle 25:53
46. Julie Imlach 27:15

note: Jillian had probably her best race of the season. She looks to get stronger and stronger.

Well, we now have a week until our next race at Arcata (yuck!). I'll talk to you then.

Bye,

Brian Purcell

Subject: Top ten Results for league meet

Date: Fri, 15 Oct 1999 08:39:31 -0700

From: "bpurcell" <bpurcell@email.msn.com>

Organization: Microsoft Corporation

To: "Peter Brewer" <pcb@internet-frontier.net>

Peter,

Here are the partial results to HDN's league meet held yesterday.

JV Boys (3 miles)

1. Chris Woodcock E 17:02
2. Joe Maschmeier E 17:26
3. Spien Komak E 17:34
4. Cody Bunnell A 17:59
5. Yuma Lynch A 18:13

V Boys (3 miles)

Teams: Eureka 15, Arcata 50, McKinleyville 91, Fortuna 106

1. Lehin Morey E 15:31
2. Shaun Lyle E 15:32
3. Chris Binschus E 15:51
4. Dale Kitt E 15:55
5. Travis Moe E 16:17
6. Robert Rakestraw E 16:29
7. Matt Farr E 16:37
8. Adam Foote A 16:55
9. Nile Klien A 17:05
10. Roger Heath SF 17:08

V Girls (3 miles)

Teams: Arcata 34, Eureka 42, South Fork 79, Fortuna 84

1. Maya Kessler A 19:38
2. Ashley Watkins SF 19:48
3. Andrea Woodcock E 19:59
4. Jillian Yerby E 20:13
5. Caitlin Lawrence F 20:27
6. Andrea Lovio A 20:44
7. Katie Azevedo A 20:53
8. Amber Simmons DN 20:54
9. Sara Kelley-Day E 21:11
10. Lauren Buwalda A 21:31

Brian Purcell

Welcome to the 1999 MCAL Cross Country Championships held at Stafford Lake in Novato s 1999 MCAL CROSS COUNTRY ACTION

BOYS

38th Annual Stinson Beach Relays Stinson Beach, Marin County CA 9/8/99, Wednesday 5 x 1.6mi Relay on the beach
 VARSITY BOYS' TEAMS 1 Redwood 46:54 2 Sir Francis Drake 49:56 3 Tamalpais 51:53 4 Terra Linda 52:02 5 Novato 52:37 6 San Marin 55:03 7 San Rafael 55:03 8 Marin Catholic 55:44 JV BOYS' TEAMS 1 Redwood 53:23 2 Terra Linda 56:24 3 Redwood 57:16 4 San Rafael 59:06 5 Terra Linda 59:09 6 Sir Francis Drake 60:03 7 Redwood 61:24 8 Tamalpais 61:26 9 San Marin 64:27 10 Terra Linda 67:44 11 Redwood 67:45

INDIVIDUALS 1 Chris Johnson RED 8:51 2 Spencer Fishman TAM 9:09 3 Matt DeShazo SM 9:14 4 Chris Kuntz RED 9:21 5 Jeff Morgan NOV 9:25 6 Will Brett SFD 9:26 7 Kevin Colombo TL 9:27 8 Nick Franco RED 9:28 9 Darin Nee RED 9:34 10 Avery Cook SFD 9:35 11 Josh Babiak RED 9:40 12 Tommy Wight NOV 9:47 13 Chris Kenyon TL 9:55 14 Rory Kuykendall SFD 9:56 15 Erik Olson SM 9:58 16 Steve O'Mara SFD 10:03 17 Marc Sherry TAM 10:04 18 Jeff Gehringer RED 10:06 19 Luke Zahradnik RED 10:13 20 Ian Ivarson MC 10:21 21 Nick Wetzler MC 10:32 22 Keith Larson SR 10:32 23 Terence Liszewski TAM 10:35 24 Andrew Garrett RED 10:38 25 Ryan Hogan SFD 10:41 26 Chris Kapranos NOV 10:42 27 Billy Schmohl SR 10:43 28 Pat Kolsky NOV 10:45 29 Kieran Daly TL 10:45 30 Brandon Touchstone TL 10:48 31 Fred Hall TAM 10:48 32 Patrick Scannell SM 10:50 33 Tomas Martinez SR 10:52 34 Travis Bird TL 10:53 35 Shinji Sakai-Egi SFD 10:55 36 Jeff Larson TL 10:55 37 Colin Brann SR 10:57 38 Jon Kenyon TL 11:00 39 Shawn Amhadi TL 11:00 40 James Gray SR 11:01 41 Justin Schuenstuhl TAM 11:04 42 David Cushman TL 11:06 43 P.A. Cool SFD 11:08 44 Kyle Wilhelm TAM 11:09 45 Dana Hill RED 11:10 46 Evan McCollum SM 11:10 47 Ray Martinez SR 11:11 48 Tom Goldman RED 11:14 49 Federico Baradello RED 11:16 50 Tucker Kelly TAM 11:16 51 Ross Barkley TL 11:17 52 David Parker TAM 11:17 53 Brandon Sos TL 11:18 54 Greg Baumann SFD 11:19 55 Jesse Wagstaff RED 11:20 56 Chance Reeser RED 11:21 57 Toby Louie RED 11:22 58 Zack Moritz TL 11:23 59 Sterling Deaves MC 11:27 60 Peter McCullagh MC 11:28 61 O'Ryan Guthrie SR 11:29 62 George Eldred SM 11:32 63 Michael Doohar RED 11:33 64 Nathaen Ballard TL 11:39 65 Ryan Kress MC 11:44 66 Dustin Ruiz SR 11:45 67 Zack Johnson RED 11:48 68 Brandon Driscoll MC 11:50 69 Joey Dale TL 11:55 70 Mike Murray NOV 11:58 71 Ryan Guasco TL 11:58 72 Brian Larson TL 12:01 73 Alex Roedel SR 12:08 74 Conor Kamada SR 12:11 75 Jeff Wootton RED 12:14 76 Travis Petovello RED 12:18 77 Peter Thelan SM 12:21 78 George Tuttle SR 12:21 79 Nick Battjes RED 12:22 80 Ryan

Farrell RED 12:23 81 Clay Boesch SR 12:30 82 Danny Sexton SFD 12:34 83 Tim Karjalainen MC 12:36 84 Jeffrey Faden TL 12:36 85 Matt Busse RED 12:37 86 Matt McClaughlin SM 12:38 87 Matt Montesuki TL 12:47 88 Adam Cohen SM 12:53 89 Kyle Doherty RED 12:55 90 David Valls SR 13:13 91 Marcus Protelli TL 13:16 92 Gabe Schillinger SR 13:16 93 Jack O'Reilly RED 13:17 94 Camden Taylor MC 13:19 95 Chris Egeberg RED 13:27 96 Ted Fishman TAM 13:43 97 Ross Thelan SM 13:46 98 Kent Malama RED 13:52 99 Ryan Nazari RED 13:54 100 Ian Dunbar-Hall MC 14:06 101 Srinivas Gupta TAM 14:13 102 Nathaniel Riedy SFD 14:21 103 Chris Roebken RED 14:44 104 Mark Kellner SM 15:06 105 Brandon Steffan TL 19:20
 1999 Dual Meet Results

WEEK #1

Terra Linda, San Marin at Novato Indian Valley College, 2.8 Miles 10/13/99, Wednesday

Varsity Boys

Novato 28 Terra Linda 29 Novato 26 San Marin 29 Terra Linda 27 San Marin 32 1. Deshazo SM 15:41 CR 2. Morgan N 15:49 3. Wight N 16:17 4. Olson SM 16:47 5. Colombo TL 17:08 6. Kenyon, C. TL 17:13 7. Sos TL 17:17 8. Scannell SM 17:41 9. Kolsky N 17:54 10. Kapranos N 17:57 11. Larson, B. TL 18:06 12. Bird TL 18:28 13. Kenyon, J. TL 18:31 14. Larson, J. TL 18:58 15. Murray N 19:14 16. Barclay TL 19:22 17. McCollum SM 19:24 18. Parker N 19:46 19. Guinan N 19:48 20. Eldred SM 19:57 21. Ballard TL 19:58 22. Cushman TL 20:21 23. McClaughlin SM 20:34 24. Machizuki TL 20:53 25. Dale TL 20:56 26. Moritz TL 20:59 27. Cohen SM 20:59 28. Thelen SM 22:26 29. Steffan TL 22:34 30. Faden TL 22:51 31. Kellner SM 23:11 32. McKell N 23:53 33. Guasco TL 24:36 34. Rodriguez SM 24:46

Tamalpais, Marin Catholic at Redwood Tennessee Valley, 2.85 Miles 10/15/99, Friday

Varsity Boys

Redwood 16 Tamalpais 47 Redwood 15 Marin Catholic 50 Tamalpais 20 Marin Catholic 38
 1 Franco Red 15:16
 #9 AT 2 Kuntz Red 15:24
 #10 AT Johnson Red 15:24
 #10 AT 4 Nee Red 15:39 5 Fishman Tam 15:46 6 Babiak Red 16:05 7 Zahradnik Red 16:40 8 Gehringer Red 16:51 9 Garrett Red 17:01 10 Sherry Tam 17:07 11 Wetzler MC 17:10

12	Hall	Tam	17:22
13	Doohar	Red	17:33
14	Hill	Red	17:37
15	Baradello	Red	17:42
16	Ivarson	MC	17:53
17	Liszewski	Tam	18:15
18	Wilhelm	Tam	18:18
19	Deaves	MC	18:34
20	Kelly	Tam	18:48
21	Louie	Red	18:50
22	Petovello	Red	19:09
23	Wagstaff	Red	19:10
24	Driscoll	MC	19:15
25	Farrell	Red	19:20
26	Reeser	Red	19:26
27	Busse	Red	19:41
28	Goldman	Red	19:41
29	Battjes	Red	19:46
30	Adeli	Tam	20:02
31	Kress	MC	20:16
32	Karjalainen	MC	20:18
33	Gupta	Tam	20:21
34	Van Herick	Red	20:33
35	Taylor	MC	20:42
36	McCullagh	MC	20:46
37	Arenson	Red	20:47
38	O'Reilly	Red	20:49
39	Parker	Tam	21:07
40	Black	Tam	21:11
41	O'Connor	Tam	21:14
42	Ismail	Tam	21:20
43	Malama	Red	21:20
44	Nazari	Red	21:47
45	Doherty	Red	22:03
46	Scheuenstuhl	Tam	22:10
47	Madrigal	MC	22:20

Sir Francis Drake at San Rafael China Camp State Park, 3.0 Miles 10/15/99, Friday

Varsity Boys

Drake 20 San Rafael 35
 1 Will Brett SFD 18:52 2 Steve O'Mara SFD 18:52 3 Rory Kuykendall SFD 18:52 4 Avery Cook SFD 18:52 5 Tomas Martinez SR 19:17 6 Ray Martinez SR 20:05 7 Billy Schmohl SR 20:10 8 Alex Roedel SR 20:13 9 James Gray SR 20:14 10 Ryan Hogan SFD 20:15 11 Collin Braun SR 20:25 12 Dustin Ruiz SR 20:42 13 Keith Larson SR 20:49 14 Shsinji Sakai SFD 21:04 15 Pierre Cool SFD 21:15 16 Connor Kamada SR 22:01 17 Dennis Ogilvie SFD 22:27 18 O'Ryan Guthrie SR 22:44 19 Joe Mellin SFD 23:25 20 Gabe Schillinger SR 23:34 21 Danny Sexton SFD 27:42 22 Nathaniel Reidy SFD 29:55 Varsity Girls
 Drake 15 San Rafael incomplete
 1 Mary Baldwin SFD 22:47 2 Morgan Banks SFD 23:10 3 Renee Johnson SFD 23:32 4 Tessa Hulls SFD 24:12 5 Dory Weston SFD 25:22 6 Blaire Williams SFD 25:38 7 Morgan Crane SR 26:41 8 Chase Finney SR 26:50 9 Rachel Foote SFD 28:26 10 Elizabeth Barajas SR 29:44
 WEEK #2

Redwood, Novato at Drake Symons Grove, Fairfax, 3.0 miles 10/20/99, Wednesday

Varsity Boys Redwood 21 Drake 36
 Redwood 21 Novato 38
 Drake 25 Novato 30
 1.C. Johnson R 16:31 2.N.Franco R 16:31
 3.W. Brett D 16:31 4.T. Wight N 16:32 5.J.
 Morgan N 16:34 6.D. Nee R 16:42 7.C.
 Kuniz R 16:42 8.R. Kuykendall D 16:45 9.S.
 O'Mara D 17:04 10.A. Cook D 17:24 11.J.
 Babiak R 17:40 12.A. Garrett R 18:18 13.P.
 Kolsky N 18:37 14.C. Kapranos N 18:37
 15.M. Dooher R 18:37 16. D. Hill R 19:03 17.
 J. Gehringer R 19:10 18.L. Zahradnik R 19:10
 19.R. Hogan D 19:16 20.M. Murray N 19:46
 21.S. Sakai-Egi D 19:50 22.R. Guinan N
 19:51 23.C. Reeser R 20:06 24.T. Louie R
 20:14 25.T. Goldman R 20:14 26.J. Wagstaff
 R 20:49 27.N. Battjes R 21:28 28.T.
 Petovello R 21:32 29.J. O'Reilly R 21:35 30.J.
 Mellin D 21:40 31.R. Farrell R 21:46 32. M.
 Busse R 21:48 33.R. Parker N 21:50 34.K.
 Malama R 22:13 35.J. Arenson R 22:13
 36.K. Doherty R 22:13 37.G. Santori D 22:13
 38.J. McKell N 25:59
 Tamalpais at San Marin
 Stafford Lake, Novato, 3.0 miles
 10/20/99, Wednesday

Varsity Boys Tamalpais 27 San Marin 29
 1 DeShazo SM 16:57
 2 Olson SM 18:13
 3 Sherry TAM 18:36
 4 Fishman TAM 18:39
 5 Hall TAM 18:40
 6 Liszewski TAM 19:21
 7 Scannell SM 19:29
 8 McCollum SM 19:52
 9 Wilhelm TAM 20:08
 10 Kelley TAM 20:18
 11 McLaughlin SM 20:53
 12 Cohen SM 22:11
 13 Gupta TAM 22:16
 14 Black TAM 23:26
 15 Parker TAM 24:07
 16 Ismail TAM 24:10
 17 Rodriguez SM 24:23
 18 Kellner SM 25:37
 19 Eldred SM 27:27

San Rafael, Marin Catholic at Terra Linda
 Back Ranch Meadows, 3.1 Miles
 10/22/99, Friday
 Varsity Boys
 Terra Linda 24 San Rafael 31
 Terra Linda 19 Marin Catholic 44
 San Rafael 20 Marin Catholic 43
 1 Kevin Colombo TL 18:49 2 Nick Wetzler
 MC 19:08 3 Brandon Sos TL 19:11 4 Bill
 Schmohl SR 19:23 5 Alex Roedel SR 19:24
 6 Ray Martinez SR 19:30 7 Jeff Larson TL
 19:37 8 Ross Barclay TL 19:41 9 Jon Kenyon
 TL 19:42 10 Tomas Martinez SR 19:45 11
 Keith Larson SR 20:04 12 Colin Brann SR
 20:09 13 Dustin Ruiz SR 20:17 14 Travis Bird
 TL 20:29 15 Kieran Daly TL 20:42 16 Ian
 Ivarson MC 20:42 17 Brandon Driscoll MC
 20:53 18 Conor Kamada SR 21:22 19
 Nathan Ballard TL 21:29 20 Tim Karjalainen
 MC 21:42 21 Joey Dale TL 21:59 22 Matt
 Mochizuki TL 22:00 23 Dave Cushman TL
 22:15 24 Clay Boesch SR 22:26 25

Sterling Deaves MC 22:33 26 Zach Moritz
 TL 22:52 27 Jeffrey Faden TL 22:53 28
 Gabe Schillinger SR 22:54 29 Brandon
 Steffen TL 23:00 30 O'Ryan Guthrie SR
 23:14 31 Camden Tayler MC 23:26 32
 Peter McCullagh MC 23:38 33 Ian Dunbar-
 Hall MC 23:58 34 Victor Madrigal MC
 24:04:00 35 Brandon Touchstone TL
 25:36:00

WEEK #3

Tamalpais, Terra Linda at Drake
 Symons Grove, Fairfax, 3.0 miles
 10/29/99, Friday

Varsity Boys Drake 22 Tamalpais 33 Drake
 19, Terra Linda 38 Terra Linda 24, Tamalpais
 33 1. Fishman T 16:09 2. Kuykendall D 16:27
 3. Brett D 16:43 4. O'Mara D 17:06 5. Cook
 D 17:08 6. Colombo TL 17:09 7. Kenyon TL
 17:41 8. Sos TL 17:42 9. Sherry T 18:03 10.
 Hall T 18:11 11. Kenyon, J. TL 18:18 12. Hogan
 D 18:21 12. Larson TL 18:27 14. Barclay TL
 18:32 15. Wilhelm T 18:34 16. Kelley T 18:46
 17. Cool D 19:02 18. Bird TL 19:27 19. Sakai-
 Egi D 19:36 20. Ogilvie D 20:07 21. Dale TL
 20:12 22. Cushman TL 20:15 23. Ballard TL
 20:16 24. O'Connor T 20:20 25. Mochizuki
 TL 20:43 26. Steffen TL 21:06 27. Mellin D
 21:13 28. Black T 21:15 29. Sexton D 21:22
 30. Moritz TL 21:28 31. Parker T 21:30 32.
 Ismio T 21:30 33. Gupta T 22:14 34.
 Touchstone TL 23:50 35. Riedy D 24:11 36.
 Faden TL 25:08
 Redwood, San Rafael at San Marin
 Stafford Lake, Novato 3.0 miles
 10/29/99, Friday

Varsity Boys

Redwood 15 San Rafael 50
 Redwood 18 San Marin 43
 San Rafael 27 San Marin 30

1	Franco	Red	15:53
	Johnson	Red	15:53
3	DeShazo	SM	16:10
4	Kuntz	Red	16:14
5	Babiak	Red	17:10
6	Nee	Red	17:10
7	Olsen	SM	17:36
8	Garrett	Red	17:39
9	Zahradnik	Red	17:53
10	Gehringer	Red	18:04
11	Larson	SR	18:18
12	Schmohl	SR	18:19
13	Dooher	Red	18:21
14	Rodel	SR	18:27
15	Scannell	SM	18:28
16	Hill	Red	18:41
17	R Martinez	SR	18:42
18	Gray	SR	18:51
19	Baradello	Red	18:56
20	R Martinez	SR	19:14
21	Reeser	Red	19:15
22	Louie	Red	19:21
23	Eldred	SM	19:26
24	McCollum	SM	19:31
25	Ruiz	SR	19:45
26	Wagstaff	Red	19:50
27	McGlaughlin	SM	20:03
28	Petovello	Red	20:31

29	Goldman	Red	20:50
30	Battjes	Red	20:53
31	Busse	Red	20:55
32	Farrell	Red	21:14
33	Boesch	SR	21:25
34	Cohen	SM	21:44
35	O'Reilly	Red	22:00
36	Schillinger	SR	22:15
37	Guthrie	SR	22:16
38	Tuttle	SR	22:18
39	Malama	Red	22:39
40	Doherty	Red	22:41
41	Kellner	SM	23:32
42	Rodrigues	SM	23:34

Marin Catholic at Novato
 Indian Valley College, Novato 2.8 miles
 10/29/99, Friday

Varsity Boys

Novato 15 Marin Catholic 42 1. Jeff Morgan
 N 15:21 CR 2. Tom Wight N 16:12 3. Pat
 Kolsky N 17:26 4. Chris Kapranos N 17:57 5.
 Mike Murray N 18:14 6. Sterling Deaves MC
 18:19 7. Ian Ivarson MC 18:46 8. Brandon
 Driscoll MC 19:06 9. Robert Guinan N 19:27
 10. Tim Karjalainen MC 19:58 11. Camden
 Taylor MC 20:07 12. Ryan Kress MC 20:38
 13. Peter McCullagh MC 21:43 14. Victor
 Madrigal MC 22:04 15. Jimmy McKell N 22:

.WEEK #4

Novato, San Rafael at Tamalpais
 Scott Valley, Mill Valley 2.95 Miles
 11/5/99, Friday

Varsity Boys

Tamalpais 28 Novato 28 (6th runner)
 San Rafael 26 Tamalpais 29
 Novato 26 San Rafael 29

1	Morgan	N	16:27
2	Fishman	T	16:35
3	Wight	N	17:25
4	Larson	SR	18:11
5	Kolsky	N	18:12
6	Hall	T	18:17
7	T Martinez	SR	18:32
8	Roedel	SR	18:34
9	Schmohl	SR	18:49
10	Sherry	T	18:52

Terra Linda at Redwood
 Tennessee Valley, 2.85 Miles
 11/5/99, Friday

Varsity Boys

Redwood 15 Terra Linda 50

1	Babiak	Red	16:00
	Kuntz	Red	16:00
	Franco	Red	16:00
	Johnson	Red	16:00
5	Gehringer	Red	16:43
	Zahradnik	Red	16:43
	Garrett	Red	16:43
8	Dooher	Red	16:58
9	Sos	TL	17:11
10	Baradello	Red	17:19
11	C Kenyon	TL	17:27
12	Hill	Red	17:35

13	J Kenyon	TL	17:58
14	Larson	TL	18:01
15	Barclay	TL	18:12
16	Dale	TL	20:07
17	Moritz	TL	20:30

JV Boys

Redwood 19 Terra Linda 41

1	Louie	Red	17:52
2	Bird	TL	18:13
3	Reeser	Red	18:17
4	Goldman	Red	18:21
5	Wagstaff	Red	18:47
6	Petovello	Red	18:54
7	Touchstone	TL	19:10
8	Farrell	Red	19:12
9	Ballard	TL	19:14
10	Battjes	Red	19:16
11	Busse	Red	19:24
12	O'Reilly	Red	19:56
13	Mochizuki	TL	20:07
14	Stephan	TL	20:26
15	Arenson	Red	20:29
16	Doherty	Red	20:50
17	Malama	Red	20:56

San Marin, Drake at Marin Catholic
Crown Road, Kentfield 3.0 Miles
11/5/99, Friday

Varsity Boys

San Marin 22 Marin Catholic 35

Drake 19 Marin Catholic 36

Drake 26 San Marin 29

1	DeShazo	SM	16:35
2	Kuykendall	D	17:10
3	Brett	D	17:10
4	Olsen	SM	17:54
5	O'Mara	D	17:57
6	Cook	D	18:01
7	Wetzler	MC	18:52
8	Ivarson	MC	19:16
9	McCollum	SM	19:35
10	Scannell	SM	19:38
11	Driscoll-Luttringer	MC	19:53
12	McLaughlin	SM	20:06
13	Deaves	MC	20:10
14	Cool	D	20:16
15	Eldred	SM	20:41
16	Houston	SM	20:51
17	Kress	MC	21:05
18	Oglivie	D	21:36
19	Cohen	SM	21:58
20	Taylor	MC	22:15
21	Mellin	D	22:39
22	Sexton	D	23:23
23	Sakai-Egi	D	23:24
24	McCullagh	MC	23:57
25	Madrigal	MC	24:05
26	Reidy	D	24:50
27	Rodriguez	SM	24:52

GIRLS

38th Annual Stinson Beach Relays Stinson Beach, Marin County CA 9/8/99,
Wednesday 5 x 1.6mi Relay on the beach
VARSITY GIRLS' TEAMS 1 Sir Francis Drake
58:30 2 Novato 62:18 3 Terra Linda 62:34 4
Redwood 62:49 5 Tamalpais 62:56 6 San
Marin 63:33 7 Marin Catholic 67:37 8 San

Rafael 72:38 JV GIRLS' TEAMS 1 Novato
65:30 2 Redwood 69:46 3 Redwood 74:35
4 Redwood 75:40 INDIVIDUALS 1
Stephanie Farac TL 10:39 2 Margaux Joffe
RED 10:55 3 Morgan Banks SFD 11:12 4
Emily Van Buskirk MC 11:14 5 Eva Gut NOV
11:16 6 Alicia Howard SFD 11:19 7 Laurel
Kellner SM 11:25 8 Tessa Hulls SFD 11:26 9
Karine Graham SM 11:36 10 Mary Baldwin
SFD 11:45 11 Dory Weston SFD 12:05 12
Melissa Howard MC 12:06 13 Bryanne
O'Leary TL 12:08 14 Renee Johnson SFD
12:09 15 Jessica Lamond NOV 12:12 16
Liana Tergis TAM 12:12 17 Rachel Boulder
TAM 12:12 18 Alexis Franczak NOV 12:14 19
Lisa Capelloni RED 12:19 20 Shannon
Wilhelm TAM 12:23 21 Blaire Williams SFD
12:24 22 Jackie Medina NOV 12:44 23
Lindsey Goldberg TAM 12:44 24 Cindy Jao
TL 12:45 25 Liza Manion NOV 12:47 26
Ashley Dodson NOV 12:49 27 Tina Turley
RED 12:50 28 Virginia Grillo NOV 12:50 29
Sophie Lawson TL 12:50 30 Meaghan
Hathorns TAM 12:51 31 Meagen Mallonee
SM 12:57 32 Emily Claymore SM 13:12 33
Lauren Nelson NOV 13:15 34 Lindsay Innes
RED 13:16 35 Geo Vittoratos MC 13:21 36
Laura Kumataka TAM 13:25 37 Molly
Moore RED 13:26 38 Danielle Grant RED
13:27 39 Nicole Peoples RED 13:29 40
Marie Hamrick SR 13:30 41 Louise
Cochrane TL 13:32 42 Rachel Foote SFD
13:40 43 Kate Oppenheimer TL 13:42 44
Caitlin Austin NOV 13:48 45 Hifumi
Nakamura TL 13:50 46 Anna Breton NOV
13:53 47 Mia Orsini SM 13:57 48 Chase
Finney SR 13:58 49 Faye Kwan RED 14:07 50
Nicole Smith RED 14:11 51 Tina Sunseri RED
14:15 52 Amy Gallagher MC 14:18 53 Kelsey
Selfridge SM 14:21 54 Valerie Riddle RED
14:30 55 Diana Dobkin TL 14:30 56
Catherine Hunter RED 14:34 57 Michelle
Kreger RED 14:35 58 Hilary Garrett RED
14:47 59 Melissa Turner RED 14:53 60
Jessica Anello RED 14:57 61 Morgan Crane
SR 14:57 62 Claudia Sun RED 14:58 63
Simone Gorrindo SR 14:58 64 Michalle
Ramirez RED 15:06 65 Jessica Smith RED
15:09 66 Elizabeth Barajas SR 15:15 67
Devin Demartini RED 15:44 68 Rachel
Henderson RED 16:03 69 Katie Palmear SM
16:05 70 Emily Ritter TAM 16:06 71
Catherine Perez RED 16:15 72 Brittany Cane
MC 16:38 73 Neysa Bell SR 16:55 74 Kate
Malone RED 17:17 75 Jen Caprio TAM 17:23
76 Ellen Ercolini SR 19:35 77 Jessica Correia
RED 20:26

1999 Dual Meet Results

WEEK #1

Terra Linda, San Marin at Novato
Indian Valley College, 2.8 Miles
10/13/99, Wednesday

Varsity Girls

Novato 22 Terra Linda 38 Novato 24 San
Marin 34 San Marin 24 Terra Linda 31 1.
Farac TL 18:59 2. Kellner SM 19:26 3. Gut N
19:33 4. Graham SM 20:08 5. Franczak N

20:29 6. Medina N 20:46 7. O'Leary TL
21:02 8. Grillo N 21:12 9. Dodson N 21:15
10. Mallonee SM 21:35 11. Manion N 21:44
12. Claymore SM 22:02 13. Nakamura TL
22:09 14. Tyler N 22:16 15. Lamond N 22:17
16. Needham SM 22:56 17. Oppenheimer TL
23:00 18. Nelson N 23:11 19. Austin N 23:12
20. Jao TL 23:32 21. Cocharane TL 24:12
22. Lawson TL 24:20 23. Kahn N 24:47
24. Dobkin TL 25:52
25. Palmear SM 30:04
Tamalpais, Marin Catholic at Redwood
Tennessee Valley, 2.85 Miles
10/15/99, Friday

Varsity Girls

Tamalpais 20 Redwood 35

Redwood 15 Marin Catholic incomplete

Tamalpais 15 Marin Catholic incomplete

1	Joffe	Red	19:00
2	Tergis	Tam	19:24
3	Van Buskirk	MC	20:11
4	Baudler	Tam	21:10
5	Wilhelm	Tam	21:20
6	Hawthorne	Tam	21:26
7	Goldberg	Tam	21:26
8	Capelloni	Red	21:26
9	Turner	Red	22:02
10	Moore	Red	22:23
11	Grant	Red	22:32
12	Peoples	Red	22:53
13	Innes	Red	23:04
14	Kumataka	Tam	23:09
15	Sullivan	Tam	24:15
16	Turley	Red	24:32
17	N. Smith	Red	24:36
18	Anello	Red	25:08
19	Riddle	Red	25:09
20	J. Smith	Red	25:24
21	DeMartini	Red	25:28
22	Sun	Red	25:29
23	Henderson	Red	25:30
24	Ramirez	Red	25:44
25	Garrett	Red	25:48
26	Kreger	Red	26:16
27	Correia	Red	26:18
28	Sunseri	Red	26:19
29	Hunter	Red	27:14
30	Malone	Red	27:31
31	Caprio	Tam	28:29
32	Rusky	Tam	31:23

Sir Francis Drake at San Rafael
China Camp State Park, 3.0 Miles
10/15/99, Friday

Varsity Girls

Drake 15 San Rafael incomplete

1 Mary Baldwin SFD 22:47 2 Morgan Banks
SFD 23:10 3 Renee Johnson SFD 23:32 4
Tessa Hulls SFD 24:12 5 Dory Weston SFD
25:22 6 Blaire Williams SFD 25:38 7
Morgan Crane SR 26:41 8 Chase Finney SR
26:50 9 Rachel Foote SFD 28:26 10
Elizabeth Barajas SR 29:44
WEEK #2

Redwood, Novato at Drake Symons Grove,
Fairfax, 3.0 miles
10/20/99, Wednesday

Varsity Girls

Novato 20 Redwood 41

Drake 22 Redwood 34

Novato 22 Drake 36

1. M. Joffe R 19:47 2. E. Gut N 19:59 3. M.

Banks D 20:04 4. J. Medina N 20:27 5. R.

Johnson D 20:52 6. V. Grillo N 21:04 7. A.

Bretan N 21:11 8. A. Franczak N 21:18 9. T.

Hulls D 21:30 10. A. Dodson N 21:35 11. M.

Baldwin D 22:24 12. L. Capelloni R 22:28 13.

M. Moore R 22:36 14. L. Manion N 22:38

15. B. Williams D 22:48 16. C. Tyler N 23:05

17. L. Nelson N 23:13 18. D. Grant R 23:29

19. C. Austin N 23:41 20. R. Foote D 24:35

21. T. Turley R 24:36 22. D. Weston D 24:45

23. J. Smith R 25:36 24. D. DeMartini R

25:40 25. K. Kahn N 25:45 26. N. Smith R

26:03 27. C. Sun R 26:07 28. J. Correia R

27:46 29. M. Ramirez R 27:47 30. J. Anello

R 28:16 31. T. Sunseri R 28:52 32. A. Borden

R 31:23

33. N. Peoples R 35:00

34. L. Innes R 35:00

Tamalpais at San Marin

Stafford Lake, Novato, 3.0 miles

10/20/99, Wednesday

Varsity Girls

Tamalpais 25 San Marin 33

1 Tergis TAM 21:10

2 Kellner SM 21:48

3 Baudler TAM 22:16

4 Mallonee SM 22:32

5 Claymore SM 22:58

6 Wilhelm TAM 23:06

7 Goldberg TAM 23:40

8 Kumataka TAM 24:20

9 Hathorne TAM 24:20

10 Needham SM 24:26

11 Sullivan TAM 26:30

12 Caprio TAM 31:10

13 Pelmeare SM 34:14

San Rafael, Marin Catholic at Terra Linda

Back Ranch Meadows, 3.1 Miles

10/22/99, Friday

Varsity Girls

Terra Linda 15 San Rafael incomplete

Terra Linda 15 Marin Catholic incomplete

San Rafael inc. Marin Catholic inc.

1 Stephanie Farac TL 20:11 CR 2 Emily Van

Buskirk MC 23:15 3 Bryanne O'Leary TL

23:45 4 Kate Oppenheimer TL 25:14 5

Hifumi Nakamura TL 25:30 6 Cindy Jao TL

25:59 7 Chase Finney SR 26:23 8 Geo

Vittoratos MC 27:13 9 Diana Dobkin TL

27:53 10 Marie Hamrick SR 28:11 11

Elizabeth Barajas SR 29:00 12 Neysa Bell SR

32:15

WEEK #3

Tamalpais, Terra Linda at Drake

Symons Grove, Fairfax, 3.0 miles

10/29/99, Friday

Varsity Girls Drake 17, Tamalpais 38 Drake

24, Terra Linda 31 Terra Linda 26, Tamalpais

29 I. Farac, TL 18:45 CR 2. Banks, D 20:17 3.

O'Leary, TL 20:31 4. Johnson, D 20:43 5.

Hulls, D 20:53 6. Baudler, T 20:54 7.

Baldwin, D 20:54 8. Williams, D 21:57 9.

Hathhorn, T 22:05 10. Nakamura, TL 22:12

11. Wilhelm, T 22:12 12. Goldberg, T 22:35

13. Oppenheimer, TL 22:48 14. Kumataka, T

22:56 15. Jao, TL 23:03 16. Weston, D 23:10

17. Cochrane, TL 23:33 18. Foote, D 24:24

19. Lawson, TL 24:43 20. Dolokin, TL 25:10

21. Blonder, T NT 22. Caprio, T NT

Marin Catholic at Novato

Indian Valley College, Novato 2.8 miles

10/29/99, Friday

Varsity Girls

Novato 15 Marin Catholic incomplete 1. Eva

Gut N 18:52 2. Emily Von Buskirk MC 19:38

3. Virginia Grillo N 19:41 4. Ashley Dodson

N 21:07 5. Liza Manion N 21:36 6. Charlotte

Tyler N 21:46 7. Lauren Nelson N 21:52 8.

Caitlin Austin N 22:58 9. Geo. Vittoratos MC

24:24 10. Kim Kahn N 25:01 11. Maisha

Nelson N 27:20 12. Ashley Lindsay MC

31:04 13. Laura Mason MC 31:14

Redwood, San Rafael at San Marin

Stafford Lake, Novato 3.0 miles

10/29/99, Friday

Varsity Girls

Redwood 27 San Marin 32

Redwood 15 San Rafael incomplete

San Marin 15 San Rafael incomplete

1 Joffe Red 20:21

2 Kellner SM 21:31

3 Mallonee SM 21:55

4 Claymore SM 22:07

5 Capelloni Red 22:43

6 Turner Red 22:59

7 Grant Red 23:56

8 Peoples Red 24:02

9 Innes Red 24:06

10 Anello Red 25:28

11 J Smith Red 25:55

12 DeMartini Red 25:57

13 Orsini SM 26:12

14 Needham SM 26:13

15 Barajas SR 26:26

16 Sun Red 27:06

17 Henderson Red 28:34

18 Hunter Red 28:59

19 Bell SR 29:00

20 Malone Red 31:54

21 Borden Red 32:14

22 Pelmeare SM 32:17

.WEEK #4

San Marin, Drake at Marin Catholic

Crown Road, Kentfield 3.0 Miles

11/5/99, Friday

Varsity Girls

Drake 25 San Marin 34

Drake 15 Marin Catholic incomplete

San Marin 15 Marin Catholic incomplete

1 Banks D 20:20

2 Kellner SM 20:36

3 Van Buskirk MC 20:37

4 Johnson D 21:22

5 Mallonee SM 21:35

6 Claymore SM 21:48

7 Hulls D 22:10

8 Baldwin D 22:15

9 Weston D 23:24

10 Williams D 23:27

11 Foote D 24:37

12 Needham SM 24:40

13 Vittoratos MC 26:18

14 Pelmeare SM 31:37

Novato, San Rafael at Tamalpais

Scott Valley, Mill Valley 2.95 Miles

11/5/99, Friday

Varsity Girls

Tamalpais 25 Novato 31

Tamalpais 15 San Rafael 49

Novato 15 San Rafael 50

1 Gut N 19:46

2 Tergis T 20:29

3 Grillo N 20:33

4 Baudler T 21:41

5 Hathorne T 22:11

6 Wilhelm T 22:13

7 Dodson N 22:15

8 Goldberg T 22:24

9 Manion N 22:43

10 Kumataka T 23:00

Terra Linda at Redwood

Tennessee Valley, 2.85 Miles

11/5/99, Friday

Varsity Girls

Redwood 26 Terra Linda 30

1 Farac TL 18:09

#11 AT

2 Joffe Red 18:47

#23 AT

3 O'Leary TL 19:43

4 Turner Red 20:52

5 Capelloni Red 21:11

6 Nakamura TL 21:26

7 Moore Red 21:27

8 Grant Red 21:39

9 Oppenheimer TL 21:41

10 Sunseri Red 21:46

11 Jao TL 22:04

12 Lawson TL 22:26

13 Peoples Red 22:35

14 J. Smith Red 23:05

15 Dobkin TL 23:16

16 Anello Red 23:52

17 Garrett Red 23:53

18 Riddle Red 23:53

19 Kregger Red 24:20

20 Sun Red 24:29

21 Ramirez Red 25:39

22 Hunter Red 26:51

23 Borden Red 27:10

24 Malone Red 27:10

10/15

Cross country

PREP BOYS

ACCAL

St Mary's 28, Piedmont 44,

Alameda 65, El Cerrito 81

2.95 miles, Point Pinole, Pinole

Bridget Duffy (SM) 18:40; Mary Phelps (P) 19:45; Sarah Walker (A) 20:12; Chrissy Chavez (SM) 20:28; Sayaka Matsumoto (SM) 20:54; Chelsea Torgerson-Bell (SM) 21:02; Florinda Larkin (SM) 21:22;

Records: ACCAL — St. Mary's 2, Piedmont 4, Alameda 7, El Cerrito 7.

10/15

**Granada 22, San Ramon Valley 33;
Granada 19, Livermore 37; San
Ramon Valley 20, Livermore 35**

3.0 miles at Oak Hill Park, Danville

Chris Eggers (G) 16:46, Robbie Boyle (G) 16:58, Justin Rau (G) 17:00, Chris Perry (SRV) 17:15, Chas Pratt (SRV) 17:24, Jeron Clark (G) 17:32, Nate Seltenrich (SRV) 17:47, Tony Azevedo (L) 17:55, Nick Degolia (SRV) 17:58, Alex Morrison (L) 18:02, Mike Stockinger (L) 18:12, Steve Loisel (L) 18:14, Matt Facchin (SRV) 18:14, Chris Roberts (G) 18:35, Fred Zin-
nel (L) 18:31.

Records: Granada 5-0, San Ramon Valley 4-2, Livermore 3-2.

Amador Valley 15, Berkeley 40

3.1 miles at Tilden Park, Berkeley

Josh Gondkoff (AV) 18:55; Jason Oswalt (AV) 18:55; D.J. Chapman (AV) 18:56; David Piekarski (AV) 19:35; Kyle Monez (AV) 19:57; Marcus Glass (Berk) 21:07; Alex Toczynski (Berk) 22:08; Aman Mebrahtu (Berk) 22:30; Maurice Delmer (Berk) 23:10; Joseph Graly (Berk) 23:48. **Records:** Amador Valley 4-1 EBAL; Berkeley 0-5.

Monte Vista 23, California 33

Monte Vista 28, Foothill 29 Foothill

24, California 33

3.0 miles, at Foothill HS

Matt Pearson (C) 18:02, Matt Erickson (MV) 18:17, Evan McLaughlin (F) 18:30, Chris Pecot (F) 18:35, Travis Berding (MV) 18:42, Matt McClelland (MV) 18:46, A.J. Smith (MV) 18:48, Armand Sarvarian (C) 19:00, Russell DeKelver (F) 19:08, Mike Shen (F) 19:09, Matt Revetirta (C) 19:09, Jared Miller (F) 19:21, Adam Croley (C) 19:22, Chris Wickman (MV) 19:32, Matt Miller (C) 19:53.

Records: Monte Vista 3-2, Foothill 2-4, California 0-5.

**Granada 20, San Ramon Valley 38;
Granada 17, Livermore 41;
Livermore 23, San Ramon Valley 32**

3.0 miles at Oak Hill Park, Danville

Katie Lee (SRV) 19:11, Julia Fischer (G) 19:43, Sarah Alaei (G) 19:46, Lisa Crampton (G) 20:06, Dyani Jones (L) 20:11, Laura Melendez (G) 20:35, Kelly Crampton (G) 20:36, Natasha O'Neill (L) 20:41, Kirsten Regalia (SRV) 20:51, Emily Masamitsu (L) 21:12, Staci Grubaugh (L) 21:29, Allison Grandfield (L) 21:48, Chrissy Argenti (SRV) 21:58, Ginny Galvin (SRV) 22:08, Katie Murphy (SRV) 22:14.

Records: Granada 5-0, Livermore 4-1, San Ramon Valley 3-3.

Amador Valley 15, Berkeley inc.

3.1 miles at Tilden Park, Berkeley

Marcie Silva (AV) 23:57; Erin Blake (AV) 23:57; Sarah Worrell (AV) 24:43; Clarissa Ward (AV) 24:50; Julita Madejska (AV) 25:28; Kim Betti (AV) 25:58; Elise Hunter (Berk) 26:48; Cara Phillips (Berk) 27:58; Sarah Mitchell (Berk) 28:28; Tina Tran (AV) 30:00.

Records: Amador Valley 3-2, Berkeley 0-5.

Foothill 15, California 40

Monte Vista 24, Foothill 34

Monte Vista 15 California 45

3.0 miles at Foothill HS

Susan Chan (MV) 19:17, Jenny Esser (F) 19:23, Kristin Schleicher (MV) 21:14, Nikk Rodriguez (F) 21:30, Jackie Galvin (MV) 21:32, Christi Brown (MV) 21:33, Lindsay Nagle (MV) 21:36, Jenny Rycerski (F) 21:38, Kendra Bredlau (F) 22:26, Noel Thomsen (F) 22:35, Julie Galley (C) 23:29, Brittany Velisek (C) 24:07, Tanya Miller (C) 25:58, Kristina Lamberty (C) 25:58.3, Darby Kroyer (C) 25:58.4.

Records: Monte Vista 4-1, Foothill 2-4, California 0-5.

Peter:-

Most of this information you'll already have via the results on Stanford, but I'll fill in a few extras based on last week's dual meet between Branson-Lick-Urban-Waldorf.

Branson's boys team is for real. They have Marks and Gibson up front, and those two are joined by a newcomer (freshman?) who gives them a top 3 that is nearly the match of UHS's. Branson might be deeper than UHS, but Zingg and Timbrell of UHS ran well at Stanford and appear to give their team enough quality to hold off Branson. Not by much. Their dual meet will be interesting and at bigger meets they'll also be close. Branson is similar to Lick's boys in depth, but at each spot they are a little better. The net effect is significant. They won their meet at 24-32.

Both Branson and Lick beat Urban without much trouble. Urban has a nice nucleus of three seniors, but they aren't in the same league as the UHS or Branson trios and they have very little depth after that. Lick v. College Prep will still determine who's number 3 in the league.

On the girls side, Branson has added a very good runner in Carly (?).

She's a long-time soccer player who joined their team this year. She beat Lillian by 30 seconds and looks like she'll be in the top 3 or 4 in the league. Branson is then good through 3, but falls off at 4 and 5, which will be their undoing at a large meet. However, if 4 and 5 improve, they will be tough. Lick beat them 24-32 even though the teams were almost dead even through 3, but Lick's quality depth made the difference. Lick's 8-9 runners, for instance, beat Branson's 5. Urban finished farther back to both Lick and Branson. They've added a nice number 2 to go with Emily Wendt at 1, but they trail off significantly after that. Since they beat College Prep and Athenian in an earlier meet, I think it's safe to say that through September the league looks like this through 5:

1. UHS
2. Lick
3. Head Royce
4. Convent
5. Branson

Three through five is very close though and could change dramatically if any of those teams develops more strength at 5. Convent has three girls who were very good last year and should give them a tough 3-5 behind Uniacke and McNabola, but they haven't shown it yet this year. Head Royce's freshmen girls are coming on and they will be very tough through 4. Branson will challenge them and could, with a surprise at 5, move well up. Any of these three schools could challenge Lick for 2, but Lick's depth through 9 gives them a good likelihood that if any of their 4-9 breakthrough that the team will take off and more than protect its #8 ranking in the state. Lick has two good freshmen to complement the veterans. They aren't quite as good as Head Royce's, but they're close--we're talking 10-20 seconds difference here. If either of those two join Lick's top 3, then watch out. At Stanford, Lick won and Head Royce ran a strong second. Horowitz completely dominated the individual race. Lillian was suffering from an allergic reaction and flu, and finished a well-beaten 3rd--with a teammate close behind in 4th. Head Royce put 2-4 in behind Lick's

number 3 and ahead of Lick's first frosh at 4. Lick's other good frosh ran JV, due to when the entries went in, and did a nice job there. Horowitz and Aliza Cohen will have some exciting duels through BCLs, NCS, and the State meet. The rest of the UHS pack is well of where they've been in the past, but still much better as a team than anyone else in the BCLs. Their 2-5 are very much beatable by any of 6-7 girls in the league this year, but being beatable doesn't mean anything until they've actually been beaten. Yes, Convent's top two did beat their 3-5 at an earlier invitational.

Okay, enough for now.

yours from the sidelines,
Jeff

Subject: HDNL round-up 10-14 to 10-23

Date: Sun, 24 Oct 1999 13:16:09 -0700 (PDT)

From: Haleili <ajh5@axe.humboldt.edu>

To: Peter Brewer <pcb@internet-frontier.net>

I assume that you have been recieving Brian Purcell's stuff on the Eureka team. I thought I'd update you on everything that has been going on non-Eureka wise.

Del Norte's Tiffany Vickers has been working through a hip injury and hasn't run since the Clam Beach meet on 10-9. In that race she was beaten by South Fork sophomore Ashley Watkins who has gone on to run impressive times. Watkins has run 19:48 at a meet in Fortuna that is about 30-40 seconds faster than Woodward, followed by a 20:08 clocking at Mt. SAC yesterday. Unfortunately, I can't find which race she did it in. The local rag (the Times-Standard) quotes the coach as saying she was 12th out of 90 runners. Watkins will compete in Division V at NCS.

As strong as Watkins has performed, Arcata's Maya Kessler has been a stride ahead of her this season. The senior ran 19:38 at the meet in Fortuna (10-14), a time bested only by a mark set by Vickers last fall at the league championships. The Tigers bested the field at Fortuna scoring 34 points to Eureka's 42, South Fork's 79 and Fortuna's 84.

Both Arcata squad's captured titles at the Fort Bragg Invite., running over Cardinal Newman and Ursuline among others.

On the boys side, Roger Heath may make an impact on the Division V scene by the end of the season. The South Fork senior has been the best of the rest behind the Eureka army. Heath ran 17:08 to place 10th at a full league meet at Fortuna (Eureka went 1-7). Arcata has been led by the duo of Adam Foote and Nile Klein, but with the exception of Klein at Clam Beach, have been unable to mix it up with Eureka's top five.

On Thursday, the meet saw Kessler lead Arcata to a nearly 40-point victory over Brookings, Kessler claimed victory in 20:28 with Eureka's Andrea Woodcock (20:37) and Del Norte's Amber Simmons (21:16) giving chase. Arcata totaled 19 points with Eureka unable to field a full team.

On the boy's side, Eureka put on a sub-dued performance, holding out Shaun Lyle and running two other top five runners in trainers. Lehrin Morey and Dale Kitt led the Loggers in 16:48 and 16:49. Eureka's Matt Farr and Robert Rakestraw along with Arcata's Nile Klein rounded out the top five. Eureka's 16 points topped the field with Arcata second with 43.

Due to the fires, next week league competition will be held at South Fork instead of Hoopa (Willow Creek). All squads will be represented. A final meet will be held Nov. 4. As of right now, the league championship will be held Nov. 13 at Patrick's Pt. on the collegiate course. This 3-mile course is flatter and faster than the old league course held at the State Park (CR- Matt Creason/14:58, Vicky Fleschner/19:03).

That's about it for now.

-Adam Hall

Subject: Fw: redwood, marin catholic, tamalpais 10/15/99

Date: Mon, 18 Oct 1999 21:25:18 -0700

From: "Tom Lyons" <tomlyons@earthlink.net>

To: "Peter Brewer" <pcb@internet-frontier.net>

Tam girls are decent but Novato will likely rule the MCAL. Our boys should do just fine too. We'll be down at Mt SAC on Friday only. So, we'll see you if you stop by for your sneak preview.

Tom

-----Original Message-----

From: Tom Lyons <tomlyons@earthlink.net>

To: Werner Garciano <werner@stanfordalumni.org>; Tom Lyons <tomlyons@earthlink.net>; Richie Boulet <eboulet@msn.com>; Mark Simi <discus800@earthlink.net>; George Bousquette <glbousq@worldnet.att.net>; Dave Lapp <drlappl@aol.com>; Craig Stern <cjstern@cris.com>; Craig Eldred <george@cmc.net>; Bill Taylor <taylortravelteachrun@dellnet.com>

Date: Friday, October 15, 1999 10:52 PM

Subject: redwood, marin catholic, tamalpais 10/15/99

>Note: 19th consecutive year running at Tennessee Valley.

>

>Marin Catholic, Tamalpais at Redwood

>Tennessee Valley

>10/15/99

>2.85 miles

>CR = Skinner, REDWOOD 14:21 (1981)

>

>Varsity Boys' Team Times

>Redwood 77:48 (15:33) #6 All-Time

>Tamalpais 86:48 (17:21)

>Marin Catholic 93:08 (18:37)

>

>Varsity Boys

>Redwood 16 Tamalpais 47

>Redwood 15 Marin Catholic 50

>Tamalpais 20 Marin Catholic 38

>1 Franco Red 15:16 #9 All-Time

>2 Kuntz Red 15:24 #10 tie All-Time

> Johnson Red 15:24 #10 tie All-Time

>4 Nee Red 15:39 #25 tie All-Time

>5 Fishman Tam 15:46 #31 tie All-Time

>6 Babiak Red 16:05 #50 All-Time

>7 Zahradnik Red 16:40

>8 Gehringer Red 16:51

>9 Garrett Red 17:01

>10 Sherry Tam 17:07

>11 Wetzler MC 17:10

>12 Hall Tam 17:22

>13 Dooher Red 17:33

>14 Hill Red 17:37

>15 Baradello Red 17:42

>16 Ivarson MC 17:53

>17 Liszewski Tam 18:15

>18 Wilhelm Tam 18:18

>19 Deaves MC 18:34

>20 Kelly Tam 18:48

>21 Louie Red 18:50
>22 Petovello Red 19:09
>23 Wagstaff Red 19:10
>24 Driscoll MC 19:15
>25 Farrell Red 19:20
>26 Reeser Red 19:26
>27 Busse Red 19:41
>28 Goldman Red 19:41
>29 Battjes Red 19:46
>30 Adeli Tam 20:02
>31 Kress MC 20:16
>32 Karjalainen Tam 20:18
>33 Gupta Tam 20:21
>34 Van Herick Red 20:33
>35 Tayler MC 20:42
>36 McCullagh MC 20:46
>37 Arenson Red 20:47
>38 O'Reilly Red 20:49
>39 Parker Tam 21:07
>40 Black Tam 21:11
>41 O'Conner Tam 21:14
>42 Ismail Tam 21:20
>43 Malama Red 21:20
>44 Nazari Red 21:47
>45 Doherty Red 22:03
>46 Scheuenstuhl Tam 22:10
>47 Madrigal MC 22:20
>
>Marin Catholic, Tamalpais at Redwood
>Tennessee Valley
>10/15/99
>2.85 miles
>CR = MacSwain, Terra Linda 16:29 (1981)
>
>Varsity Girls' Team Times
>Tamalpais 104:46 (20:58)
>Redwood 107:23 (21:28)
>Marin Catholic Incomplete
>
>Varsity Girls
>Tamalpais 20 Redwood 35
>Redwood 15 Marin Catholic inc.
>Tamalpais 15 Marin Catholic inc.
>1 Joffe Red 19:00 #26 All-Time
>2 Tergis Tam 19:24 #35 All-Time
>3 Van Buskirk MC 20:11
>4 Boulder Tam 21:10
>5 Wilhelm Tam 21:20
>6 Hawthorne Tam 21:26
>7 Goldberg Tam 21:26
>8 Capelloni Red 21:26
>9 Turner Red 22:02
>10 Moore Red 22:23
>11 Grant Red 22:32
>12 Peoples Red 22:53
>13 Innes Red 23:04
>14 Kumataka Tam 23:09
>15 Sullivan Tam 24:15
>16 Turley Red 24:32
>17 N. Smith Red 24:36
>18 Anello Red 25:08

>19 Riddle Red 25:09
>20 J. Smith Red 25:24
>21 DeMartini Red 25:28
>22 Sun Red 25:29
>23 Henderson Red 25:30
>24 Ramirez Red 25:44
>25 Garrett Red 25:48
>26 Kreger Red 26:16
>27 Correia Red 26:18
>28 Sunseri Red 26:19
>29 Hunter Red 27:14
>30 Malone Red 27:31
>31 Caprio Tam 28:29
>32 Rusky Tam 31:23

>
>
>
>
>

Subject: Re: NCS --CC-> Rank No. 3

Date: Wed, 20 Oct 1999 00:08:10 EDT

From: ZEEMIE@aol.com

To: pcb@internet-frontier.net

Ok here are the results of last Wednesday's meets in NBL and SCL and Coastal Mountain. I'll the thursday edition of the Press Democrat to Mt. Sac and you can read away. We opted out of the Team sweepstakes race. Jackie has had an ankle injury and has not run recently and missed last Wednesday while Lindsay Johnson sprained her ankle on a trampoline last Saturday night. So we are running a little short for Mt Sac. Originally we were in the Team Sweepstakes race but with possibly two and for sure one missing we aren't the same team although we are able to get through league without them, of course Montgomery is next week and we will need everyone healthy. If not we get them at the league meet and we will be very tough to beat if we are healthy.

10/16/99 NBL/SCL/CMC

Boys Spring Lake

Montgomery 21, Carrillo 43, Elsie Allen 76

1. Kinley	MC	16:19
2. Masi	MHS	17:02
3. Z.Fitch	MHS	17:03
4. Britt	MHS	17:11
5. Millar	MHS	17:12
6. McQueen	EA	17:23
7. Fagent	MHS	17:24
8. Fung	MHS	17:24
9. Ricci	MC	17:38
10. Infante	MC	17:40

(A note to make you pale(r). The other Fitch twin didn't run. He's usually a second or two within his brother's time. As I see it it's a 10 second pack for Montgomery)

Girls

1. Bei	MHS	17:07
2. Aldridge	MC	18:18
3. Bashel	MHS	19:01
4. Drady	MC	19:42
5. Pedersen	MHS	19:58
6. Terribillini	MHS	20:47
7. Merriss	EA	20:53
8. Flores	MC	21:11
9. Hall	MHS	21:55
10. English	MHS	22:36

And now just scores: At Rancho Cotate Boys Rancho 15, Piner inc Gardina won in 15:15 second was 16:16.

SCL: At Maxwell Park in Sonoma 2.7 miles Boys Sonoma 27, Heladsburg 29 Girls Sonoma 15 Healdsburg inc. At Forestville (home to El Molino) 2.5 miles Boys Analy 16, El Molino 42 Girls Analy 15 El Molino inc Still no Weil Analy went 1,2,3,4. Briggs won again. At Helen Putnam Park in Petaluma 3.0 miles Boys Petaluma25 Windsor 30 Girls Petaluma 15 Windsor inc

CMC At Brooktrails in Willits Willits 16, Cloverdale45, St Vincent inc Girls St Vincent 15 (winner Mary Vegher in 19:56 over 40 seconds ahead of 2nd. She was only 30 seconds behind the 5th finishing boy. She might be worth watching for a State berth in DV.

At Ft Bragg 2.9 miles Boys Clear Lake 15 Ft Bragg inc (never thought I would see that at Ft Bragg. They usually have quite a few runners) Clear Lake 16 Lower Lake 47 winner was Thomas from Clear Lake in 18:28 a minute ahead of second. Girls Ft Bragg 15 Clear Lake 39 Lower Lake 16 Clear Lake 47 Nowinsky and easy minute and a half winner though she was a minute and a half behind the 5th guy. Be interesting to see her and Vegher at league finals. At Kelseyville 3.1 miles Boys Kelseyville 20, Middletown 39 Rincon Valley Christian inc. Moffat of Kelseyville a 10 secnd winner in 18:54.

Girls Middletown 15 Kelseyville inc RVC inc Winner was Andre in a rapid

25:19

So there you have it Peter. News from the Redwood Empire.

See you Friday
Doug

Card runners hit Willits buzzsaw

LAKEPORT — Led by Niko Savarese and Danny Blake, the undefeated Willits High School varsity boys' cross country team beat Clear Lake 21-34 on Wednesday in Coastal Mountain Conference action at the 3.1-mile Highland Springs Reservoir course.

"They're the team to beat," Clear Lake coach Kristi Tripp said. "We ran a good race." Savarese crossed the finish line in 19 min-

utes, 27 seconds, followed by teammate Blake in 19:41.

Clear Lake's Daniel Glazier (20:07) and Preston Stone (20:30) placed third and fourth and were followed by three more Willits runners — Sebastian Scheibel (20:52), Kevin Branscomb (21:00) and Wes Sanford (21:11). Philip Fuller of Clear Lake nailed down eighth place in 23:20, Willits' Timothy

Ramming was ninth in 23:40, and Clear Lake's Andy Jones was 10th in 23:40.

In varsity girls' action, Willits beat Clear Lake 19-36. Led by race winner Alex Garcia (25:20) of Willits, the first four finishers all were Wolverines.

Clear Lake's top runner, Stephanie Esberg, placed fifth in 29:12. Her teammate, Sarah Jansen, finished sixth in 29:49.

Nowinsky leads Trojans to win

MIDDLETOWN — Teammates Cassandra Nowinsky and Patty Pantoja finished 1-2 on Wednesday as the Lower Lake High School girls' cross country team turned back a strong challenge from Middletown to beat the Mustangs 25-30 in a Coastal Mountain Conference meet at the 3.4-mile Boggs Forest course.

Lower Lake also defeated Cloverdale, which did not have a complete team (five runners).

It was just the opposite result in the varsity boys' division, where Middletown edged Lower Lake 25-30 despite a 1-2 finish by Trojan runners Joe Thomas and Cash Kaiser.

In the varsity girls' division, the sophomore Nowinsky set the early pace and cruised to a

High school cross country

winning time of 27 minutes, 11 seconds. Pantoja was second in 28:47, followed by Middletown's Sarah Barrios in 29:09, Fort Bragg's Colene Bailey in 29:22, and Middletown's Alisa Nelson in 29:42.

The next five finishers were Lower Lake's Jennifer Wescott in 31:48, Fort Bragg's Alanna Steinberg in 31:57, Middletown's Ely Schmidt-Hopper in 32:00, Lower Lake's Kristy Meadows in 33:58, and Middletown's Jennie Baker in 34:08.

In the varsity boys' division, Thomas and

Kaiser finished within a second of each other, Thomas winning in 22:50 and Kaiser right behind him at 22:51.

Middletown's Josh Stanis came in third in 23:36, Cloverdale's Fermín Gonzales was fourth in 24:05, and Middletown's Ryan Willig came in fifth in 24:45.

Rounding out the top 10 runners were Fort Bragg's Jonathan Lazarus at 24:59, Middletown's Josh Hildebrand at 25:06, Cloverdale's Jared Jackson at 25:15, Fort Bragg's Jesse Gutnick at 26:39, and Middletown's Donnie Derenia at 26:38.

Middletown goes head-to-head with Rincon Valley Christian on Wednesday at Spring Lake in Santa Rosa.

K'ville boys run away with 2 wins

PETALUMA — Led by Elliot Moffat, the Kelseyville High School varsity boys' cross country team beat St. Vincent and Rincon Valley in Coastal Mountain Conference action on Wednesday at Putnam Park in Petaluma.

Moffat won the 2.7-mile race in 17 minutes, 6 seconds as the Indians knocked off Rincon Valley 24-33. St. Vincent's team was incomplete.

Joining Moffat in the top five were teammates Abraham Ortiz, who was fourth in 18:23, and Nick Hamilton, who was fifth in 18:47.

Other Kelseyville top-10 finishers were Aral Dimmick, sixth in 18:56; Matt Sowards, ninth in 19:47; and Kevin Renker, 10th in 19:48.

In the varsity girls' division, an incomplete Kelseyville team lost to both Rincon Valley and St. Vincent.

Kelseyville's top finisher was Ruth Miller, who was ninth in 28:40. Joan Sylva came in 10th in 29:18. Merissa Andre was running a strong third during the race before taking a wrong turn. She ended up 13th.

CMC

AT BOGGS RESERVE, MIDDLETOWN

Boys

Course record (3.1 miles): Justin Cude, Middletown, 18:14, 1993.

Middletown 21, Cloverdale 34
Middletown 25, Lower Lake 30
Cloverdale 25, Lower Lake 30

Top 5—Thomas LL 22:50; Kaiser LL 22:51; Staris M 23:36; Gonzalez C 24:05; Willig M 24:45.

Girls

Course record (3.1 miles): Tammy Hunt, Middletown, 21:38, 1996.

Lower Lake 25, Middletown 30, Fort Bragg inc.

Top 5—Nowinsky LL 27:11; Pantoja LL 28:47; Barrios M 29:09; Bailey C 29:22; Nelson M 29:42.

AT ST. VINCENT

Boys (2.7 miles)

Kelseyville 15, St. Vincent inc.
RV Christian 15, St. Vincent inc.
Kelseyville 24, RV Christian 33

Top 10—Moffhe K 17:06, Flickinger RV 17:17, Jonas RV 18:19, Ortiz K 18:23, Hamilton K 18:47, Dimmick K 18:56, Beach RC 19:13, Fuller SV 19:40, Sowards K 19:47, Renker K 19:48.

Girls (2.7 miles)

St. Vincent 15, Rincon Valley (inc.)
St. Vincent 15, Kelseyville (inc.)

Top 10—Vegher SV 20:14, Burton-Smith SV 20:34, Gentry RV 24:15, Bell RV 24:51, Nehmans SV 25:11, Nunez SV 27:17, Maille SV 27:30, Ferns SV 27:46, Miller K 28:40, Sylva K 29:18.

10/20

25-0
W 3-2
F 82-2
SV 4-0
RV 0-1
K 0-5

Subject: League Meet at Arcata

Date: Thu, 21 Oct 1999 18:34:33 -0700

From: "bpurcell" <bpurcell@email.msn.com>

Organization: Microsoft Corporation

To: "Stephanie Matthias" <Sphanie@aol.com>,
"Lehrin Morey" <lehrin@aol.com>,
"Kevin B White" <kbwhite@ecst.csuchico.edu>,
"Kate Cody" <kcody@gladstone.uoregon.edu>,
"Julia Blanc" <blanc@humboldt1.com>, "Jeremy Tout" <jtout@ucsd.edu>,
"Jen Swaner" <Swaner@SONOMA.EDU>,
"Greg Phillips" <gep2@axe.humboldt.edu>,
"Erin Carter" <erin.carter@stanford.edu>,
"Eric L Frome" <elfrome@students.wisc.edu>,
"Crystal Johnson" <caj11@axe.humboldt.edu>,
"Charane Wilson" <cew11@axe.humboldt.edu>,
"Anni Kelley-Day" <akday@ups.edu>,
"Adrian Dewald" <atdewald@ucdavis.edu>,
"Adam Hall" <ajh5@axe.humboldt.edu>,
"Peter Brewer" <pcb@internet-frontier.net>,
"Marcos Mocine-McQueen" <tripleM@sfsu.edu>

Hello All,

Today was the "lovely" race at Arcata. Most of the boys took this race medium to easy. The girls weren't able to field a full team due to injuries.

Here are the results

@ Arcata 3 miles (one mile up, one mile flat, and one mile down) very, very, very cold

JV Boys

1. Chris Woodcock 18:14
2. Joe Maschmeier 18:22
6. Spien Komak 19:53
11. Emmanuel Ford 21:07

V Boys

1. Lehrin Morey 16:49
2. Dale Kitt 16:49
3. Robert Rakestraw 17:08
4. Matt Farr 17:23
6. Travis Moe 17:33
11. Chris Binschus 17:53

V Girls

2. Andrea Woodcock 20:37
6. Jillian Yerby 21:55
8. Megan Yarnall 22:42
19. Kaci Lyle 24:14

NOTE: Next week we will be going to South Fork instead of Hoopa due to the fires going on. I've never

Subject: NBL results 10/20/99

Date: Thu, 21 Oct 1999 02:09:32 EDT

From: ZEEMIE@aol.com

To: pcb@internet-frontier.net

Hello Peter,

Quite a day in the Rough Bay League. Team results received over the phone network. No scores except for our dual meet with Maria Carrillo which will be given to you completely.

OK At Elsie Allens supposed 3.1 flatter than flat course on campus. Boys Rancho, Elsie Allen, Cardinal Newman. Girls: Ursuline, Rancho, Elsie Allens one girl finished 2nd overall.

At Foothill Park (should be banned) in Windsor which is Piner's course now a new distance due to Park renovation. Boys Ukiah, Montgomery, Piner. Girls: Montgomery (Bisagno beats Bashel again), Ukiah, Piner.

At Maria Carrillo's double loop 2.9 mile flat course. Boys: Santa Rosa 27, Maria Carrillo 28. How sweet it is. Girls: Santa Rosa 24 Maria Carrillo 39. Santa Rosa ran gimpy and light. On an average our girls ran personally about 30 to 60 seconds faster than last year. They really ran well. Jackie Prange ran the first time at all since Your invitational and was quite tired.

Lindsay (please note the first name spelling as she reminds me when reading the rankings) Johnson didn't run but was cleared to run this Saturday which she is not going to do. We have Montgomery on Wednesday and we need her as healthy as possible.

League Standings after 2 weeks.

Boys:

- | | |
|--|-----|
| 1. Ukiah | 4-0 |
| 2. Rancho Cotate | 3-0 |
| (Reality sets in next week as they go triangularly with us and Montgomery) | |
| 3. Montgomery | 3-1 |
| 4. Santa Rosa | 2-1 |
| 5. Maria Carrillo | 1-2 |
| 6. Elsie Allen | 1-3 |
| 7. Piner | 0-3 |
| 8. C. Newman | 0-4 |

Girls:

- | | |
|-------------------|-----|
| 1. Montgomery | 4-0 |
| 2. Santa Rosa | 3-0 |
| 3. Ukiah | 2-2 |
| 4. Ursuline | 2-2 |
| 5. Rancho Cotate | 1-2 |
| 6. Piner | 1-2 |
| 7. Maria Carrillo | 1-2 |
| 8. Elsie Allen | 1-2 |

Next week Elsie Allen travels to Ukiah while the remaining 6 teams battle at Spring Lake. Race 1 Santa Rosa, Montgomery and Rancho. Race 2 Cardinal Newman/Ursuline, Maria Carrillo, Piner. Rancho may have all of the points they are going to get. As John Anderson told me over the phone tonight "Reality Bites next week." Montgomery should handle us easily. We are going to try to break into their top 5. After the way our guys ran today I think we can do that. Carrillo should dominate the other race that happens the same time as our race. The multiple race format really works well. It makes our triangular meets big events. The Empire Runners Clock is on display and things are quite festive with the large crowds. And next week Santa Rosa and Montgomery square off in the Annual War. It's a big spectator draw. Oh it's nice to be alive in Cross Country right now.

OK the great race results. Team Scores: Santa Rosa 27, Maria Carrillo 28. Let me repeat that SR 27, MC 28. Our guys ran the best they have all year. They (Carrillo) should have beat us. It's sweet to beat the new school with all of the athletes and to do it on their home turf. I'm just now getting the picture of our Varsity team and the sophomore hurt in our running camp is now beginning to run a bit. He was our 5th guy today and I always knew he

would be the key in this race. He came through. Our two freshmen finished 6th and 7th overall. Our top two guys are Juniors. I'm excited.

1. Kinley-10	MC	15:33	1. Aldridge 10	MC	18:38
2. Stafford-11	SR	16:49	2. Shaver(Anna)SR	18:56	11
3. Tonna-11	SR	16:51	3. Drady,A 9	MC	20:12
4. Wagner 12	MC	17:13	4. Parker 10	SR	20:32
5. Infante ?	MC	17:25	5. White 12	SR	20:42
6. Nopola 9	SR	17:36	6. Meade 12	SR	21:34
7. Knight 9	SR	17:42	7. Prange 12	SR	22:00
8. Baughman ?	MC	17:59	8. Helleskov 9	SR	22:06
9. VanDeventer 10	SR	18:02	9. Baker ?	MC	22:08
10. Ricci 12	MC	18:14	10. Hayden 10	SR	22:54
11. Young 12	SR	18:19	11. Bilge 11	SR	22:54
12. Fickert ?	MC	18:20	12. Drady,J 11	MC	23:48
13. Chesnik 11	SR	18:21	13. Ruiz 11	SR	24:34
14. Bachelder ?	MC	18:27	14. Flores 9	MC	25:34

JV Scores: Santa Rosa 22, Maria Carrillo 41. Girls were both incomplete. AnnaShaver had a great race. She had not so good races at Stanford and at Castro Valley. She really was sick. She has confidence back and I'm hoping it carries through the rest of the season. She usually runs well at Mt. SAC. Becca Parker is starting to become more consistent. Jackie White has I think finally figured this sport out and has improved quite a bit recently. Anatheia Meade was and has been a big question mark for us for 4 years but is running better than she ever has and well is actually taking it serious in between discussions of Plato's Republic and Orson Scott Card's "Ender's Game". Juliana Helleskov is our Freshman having way to much fun improving and I really don't know how she will do at the end of the year in relation to the other 6. She could very well move way up. Ukiah's Girls are not bad they are like Montgomery in one sense in that they lack the 5th runner but that's the only sense they resemble Montgomery. Naomi Bisagno is a real enigma. She has now beaten Bashel the last two races, yet our girls dominate her and Bashel rules our girls although we are having serious talks about why and we will see what happens on Wednesday.

Well on Friday I bring you the Press Democrat for great reading. Take care and see you Friday.

Nowinsky wins another race for Trojans

High school cross country

WILLITS — Cassandra Nowinsky didn't exactly run away from the field on Wednesday, but the Lower Lake High School sophomore did run away with first place as the Trojans beat Willits in a Coastal Mountain Conference girls' cross country meet on a rainy Wednesday in Willits.

"It poured the majority of the time," Kelseyville coach Rico Abordo said. "It was pre-

ty nasty out there."

Kelseyville, Lower Lake and host Willits took part in the meet. In varsity boys' action, Kelseyville defeated Lower Lake 21-40, while undefeated Willits held off Kelseyville 23-33.

In varsity girls' action, Lower Lake beat Kelseyville, which had an incomplete team. Willits also defeated Kelseyville. Lower Lake and Willits go head to head next week at Spring Lake.

■ Girls

Nowinsky covered the 2.87-mile Willits course in 20 minutes, 7 seconds. The only other runner to finish the race in less

than 21 minutes was Alex Garcia of Willits (20:44). Kelseyville's Merissa Andre came in third at 21:43, followed by Lower Lake's Patty Pantoja in fourth at 21:57, and Willits' Yana Woldman in fifth at 22:09.

"She's really coming on," Lower Lake coach Marty Udy said of Nowinsky. "Her times are improving in practices and in meets."

See RACE, Page A10

Race From Page A9

The second five consisted of Willits' Amanda Gibbs (22:47), Lower Lake's Jennifer Wescott (23:47), Kristi Meadows (23:57) and Janelle Knight (24:09), and Willits' Jamie Wise (24:24).

Kelseyville runners Joan Silva (25:12) and Ruth Miller (25:16) ran 11th and 12th, respectively.

■ Boys

Niko Savarese won the boys' race (time not reported) and his teammate, Danny Blake, finished second in 16:53. Next across the finish line were Elliot Moffat of Kelseyville (17:12), Lower Lake's Joe Thomas (17:23), and Willits' Kevin Branscomb (17:40) and Wes Sanford (17:40).

Rounding out the top 10 were Kelseyville's Nick Hamilton (18:01) and Abraham Ortiz (18:13), Lower Lake's Cash Kaiser (18:22), and Kelseyville's Aral Dimmick (18:33).

Ian Hoff of Kelseyville finished 11th in 18:42.

"Elliot ran a gutsy race," Abordo said. "He was in second place up to the middle of the last mile when Blake passed him. He didn't run a conservative race and all our runners ran aggressively."

Added Abordo, "To challenge them (Wolverines) like this at their home course gives us confidence going into the CMC (finals), which takes place here (at Willits)."

The CMC finals take place Nov. 13.

Kelseyville's final regular-season meet is Wednesday at home against Clear Lake and Cloverdale. Action begins at 3:30 p.m.

Glazier, Barrios top cross country field

SANTA ROSA — It was a good day for Clear Lake High School's cross country teams on Wednesday at Spring Lake in Santa Rosa.

All three Clear Lake teams — varsity boys, girls, junior varsity boys — scored clean sweeps against Middletown, Rincon Valley and Cloverdale in Coastal Mountain Conference action.

The Cardinals were tested by the elements as well as their opponents — it rained all day.

"But most of the course was paved, so it was OK," Clear Lake coach Kristi Tripp said. "We ran hard and we won."

Boys

Clear Lake's Daniel Glazier finished first in the 3.0-mile varsity boys' race with a winning time of 18 minutes, 9 seconds. Teammate Preston Stone (18:18) and Middletown's Josh Stanis (18:20) were close behind in second and third place, respectively.

Middletown's Josh Hildebrand came in fifth in 19:28, Clear Lake's Philip Fuller was sixth in 19:34, Clear Lake's Andy Jones finished ninth in 20:17, and Middletown's Ryan Willig came in 10th in 20:22.

Middletown fell 22-33 to Clear Lake in team scoring but did beat Cloverdale 26-29 and Rincon Valley 18-37.

Girls

Although Clear Lake had the only complete team, Sarah Barrios and Alisa Nelson of Middletown finished 1-2 in the varsity girls' race. Barrios' winning time was 23:12 and Nelson clocked in at 23:20.

Third place also went to a Middletown runner, Elly Schmidt-Hopper, at 24:23.

Clear Lake's Stephanie Esberg (24:25) and Sarah Jansen (24:44) rounded out the top five.

Other Lake County finishers in the top 10 were Middletown's Jennie Baker, eighth at 26:50; Clear Lake's Teresa Henning, ninth at 27:19; and Clear Lake's Leah Shaul, 10th at 29:01.

Junior varsity

Clear Lake had the only complete team in the junior varsity division and the Cardinals' Jacob Stanley won the JV race in 23:52.

Clear Lake returns to action on Wednesday at Kelseyville.

CMC

AT BALD HILL MOUNTAIN, FORT BRAGG

Boys
St. Vincent Inc., Fort Bragg Inc.
Course record (2.9 miles): Sal D'Acquis to, Fort Bragg, 16:53, 1984.

Top finishers—Lazarus (FB) 21:38, Holcomb (FB) 22:40, Gutnick (FB) 22:56, Fuller (SV) 23:22, Malcolm (SV) 25:04.

Girls
Fort Bragg 25, St. Vincent 30.
Course record (2.9 miles): Tammy Hunt, Middletown, 21:32, 1997.

Top finishers—Vegner (SV) 23:26, Smith (SV) 23:45, Bailey (FB) 26:21, Miller (FB) 26:58, Stenberg (FB) 26:59.

AT SPRING LAKE PARK

Boys
Course record (2.97 miles): Ryan Mack, Ukiah, 14:50, 1998.

Clear Lake 22, Middletown 33
Clear Lake 22, Cloverdale 33
Cloverdale 17, Rincon Valley 38
Middletown 26, Cloverdale 29
Middletown 18, Rincon Valley 37
Cloverdale 20, Rincon Valley 35

Top 10—Glazier CL 18:09, Stone CL 18:18, Stanis M 18:20, Gonzales C 19:23, Hildebrand M 19:28, Fuller CL 19:34, Jackson C 19:40, Jones RV 20:06, Jones CL 20:17, Willig M 20:22.
JV—Stanley CL 23:52.

Girls
Clear Lake 21, Middletown Inc., Cloverdale Inc., Rincon Valley Inc.

Course record (2.97 miles): Julia Stamps, Santa Rosa, 16:15, 1995.

Top 10—Barrios M 23:12, Nelson M 23:20, Schmidt M 24:23, Esberg CL 24:25, Jansen CL 24:44, Gertry RVC 25:08, Bell RVC 25:35, Baher M 26:50, Henna CL 27:19, Shaul CL 29:01.

AT BROOKTRAILS PARCOURSE, WILLITS

Boys
Willits 23, Kelseyville 33
Willits 19, Lower Lake 42
Kelseyville 21, Lower Lake 40

Course record (2.87 miles): Jesse Miklose, Fort Bragg, 15:29, 1990.

Top 10—Savarese W 16:43, Blake W 16:53, Moffat K 17:12, Thomas LL 17:23, Branscomb W 17:40, Hamilton K 18:01, Ortiz K 18:13, Kaiser LL 18:22, Dimmick K 18:33.

JV—Smith W 18:47.

Girls

Lower Lake 25, Willits 31, Kelseyville Inc.

Course record (2.87 miles): Tammy Hunt, Middletown, 18:02, 1997.

Top 10—Nowinsky LL 20:07, Garcia W 20:44, Andre K 21:43, Pantoja LL 21:57, Waldman W 22:09, Gibbs W 22:47, Wescott LL 23:47, Meadows LL 23:57, Knight LL 24:09, Wise W 24:24.

FB 3-2
SV 4-1
CL 3-0
M 3-5
CW 0-5
RV 0-4
LL 7-0
W 3-1
K 0-1

Subject: More on the BCLs, Branson v. UHS boys update

Date: Thu, 28 Oct 1999 11:00:11 -0700 (PDT)

From: Jeffrey Gardiner <Jeffrey.Gardiner@eng.sun.com>

To: pcb@internet-frontier.net

Peter,

Given the wonders of scheduling, two meets were running simultaneously yesterday in Golden Gate Park, so I had the chance to see Branson v. UHS--- as well as the Lick meet.

The UHS v. Branson boys race was as close and exciting as expected. At two miles, UHS held a small team lead with 3 in the top 4, and their 4th ahead of Branson's 4th. Branson's 4-7 were all ahead of UHS's 5th. Coming into the last 200 meters, Branson's Marks was flying and had pulled away from Sean Drake (though in fairness to Drake, UHS had just run Mt.SAC on Friday) to take first; he was followed by 3 UHS runners. Then came 3 Branson runners, two of whom had passed UHS's 4th since the 2-mile mark. It looked as though Branson might win by a point. Then, to my surprise, the UHS fifth runner, who looked beaten at 2 miles, came through. He passed 4 Branson runners in the last mile. That was the meet: 26-29 final score. It'll be even more interesting at the league championship and NCS. Branson's 3 and 4 runners, both young and new to the sport, were not as impressive yesterday as they had been. I was a bit surprised that Branson's 2 and 3 runners didn't press UHS's #3, Jeff Hom. Hom easily beat them. If that holds true at the big meets, UHS should be able to hold off Branson. If not, all bets are off. UHS's #5 is a freshman and is unpredictable. He could come through big-time for them, or get beaten by Branson's 5-7. And UHS's #4 has improved greatly since last year, but he's far off where their #4 was last year. I think the latest State rankings, with UHS 6th, is more accurate than the earlier readings of UHS. Branson, I think, deserves to be at the bottom of the top 10 and will prove that at NCS.

On the girls side, UHS is still the class of NCS. They are not as strong up front, but their 6th and 7th runners have improved dramatically since last month to give them a solid top 7 (Jim Tracy has done a great coaching job, again). Aliza Cohen and Head Royce's Clara Horowitz are going to have 3 great duels for BCL, NCS, and the State titles. (Their times were almost identical in their two different races at Mt. SAC---.1 difference; and they've split their head-to-head races this year).

On the team side, the recent State rankings look pretty accurate. Convent has come on strongly since the beginning of the year, thanks to a solid improvement at #3. And here's the inside scoop on Lick. My daughter, Lillian, and the team's #2 came down with mono a week or so before Stanford, which wasn't detected by doctors until after Stanford. Without those two, Convent has narrowly beaten Lick in unofficial dual meet scoring twice in the last 3 weeks (unofficial because the league only counts the first seasonal meeting of teams in the official team scoring). They both returned yesterday under strict orders to take the race as a tempo run. Lillian was fine and looks like she should be able to regain enough form by NCS to break up Convent's #s 1 & 2 (who are still 50+ seconds off where Lillian was in early September on the Lowell Invite/Convent course). Lick's #2 had a lot of trouble and probably will not come close to her early season form, which looked to be top 12 or 15 at NCS. Lick's 3-8 are all ahead of Convent's #5 (and most ahead of their #4), which should be telling at the big meets.

One possible key is that Convent's top runners are all juniors and seniors, and should be steady from here out. Whereas Lick has two freshmen and a sophomore in their top 8 and if any one of them busts out during the last month, the team will be solidly top 2. Lick could put all 7 runners in the top 25 at NCS if healthy, but will they have anyone in the top 10? Before her mono, Lillian, after a great summer of training, looked ready to be in the top 3-5 at NCS. Now I hope for her sake she'll make the top 12.

Head Royce was awful at Mt. SAC, but I don't think that they had all of their best runners there. They have a solid threesome behind Horowitz, but #5 is way back. They could surprise Lick and Convent, but I doubt it. Urban has a freshman who has come on beautifully to run with former #1 Emily Wendt, and they have a good #3. After that, nothing. Branson is in much the same situation, and their #2 is going to miss NCS for a college trip. Athenian is good through #3, but their excellent 400 meter runner, who did well in x country last year, did not come out for the team. Their 4 and 5 are way back. No one else in the league is even close. College Prep has zip after #1. CSU way off, etc.

Boys side is real clear, with only 1-2 in any doubt: 1.UHS 2. Branson 3. Lick 4. College Prep 5+. not really close: Urban, Crystal Springs, Head Royce.

Okay, Peter, that's probably more than you wanted to hear. Next installment after the BCL Championship.

here's to Lick's girls getting healthy and realizing their dream/goal,
Jeff

Subject: ACCAL Center Meet #3 10/28/99

Date: Thu, 28 Oct 1999 21:42:27 -0700

From: Tony Kauke <jakauke@earthlink.net>

To: Peter Brewer <pcb@internet-frontier.net>

Boys Varsity

Piedmont	43 (6th man 18)
St. Mary's	43 (6th man 22)
Alameda	64
St. Joseph's	65
El Cerrito	184

1. Phelps	P	16:27
2. Brassmassery	Ala	16:57
3. Vasquez	SM	17:02
4. Cox	P	17:06
5. Freeman	P	17:07
6. Maniatis	SM	17:07
7. Geraghty	SM	17:34
8. Ross	SM	17:38
9. Yee	Ala	17:40
10. K. Riechert	Ala	17:47
11. Williams	SJ	17:54
12. McLintock	SJ	18:02
13. T. Mason	SJ	18:04
14. I. Mason	SJ	18:05
15. Konefklatt	SJ	18:07
16. Malick	P	18:14
17. Sullivan	P	18:22
18. Gordon	P	18:23
19. Williams	SM	18:24
20. Y. Riechert	Ala	18:45

Girls Varsity

St. Mary's	39
Piedmont	40
Alameda	41
El Cerrito	118

1. Duffy	SM	19:54
2. Phelps	P	20:43
3. Roberts	Ala	21:13
4. Walker	Ala	21:15
5. Chavez	SM	21:18
6. Jolda	P	21:48
7. Orzell	Ala	21:55
8. Torgersen-Bell	SM	22:03
9. Smith	SJ	22:04
10. Landes-Brenman	P	22:09
11. Larkin	SM	22:32
12. Pertula	P	22:41
13. Gunther-Murphy	P	22:44
14. Jac	Ala	22:51
15. Burenin	Ala	23:15
16. McGuire	SM	23:18
17. Simpson	P	23:23
18. Bleicher	Ala	23:24

19. Wolfe	P	23:26
20. Strauss	EC	23:59
21. Barbieri	P	24:16

In the boys race, Graeme Joeck did not run for Piedmont (normally #2 or 3).
In the girls race, Sayaka Matsumoto did not run for St. Mary's (normally #3).
Add them in and these scores change quite a bit. Let me know if you want
deeper results or if you have any questions.

-Tony

Tony Kauke
5022 Crystalridge Ct.
Oakland, CA 94605
tel: (510) 569-8912
fax: (510) 568-4087
jakauke@earthlink.net

VARSITY BOYS (3.0mi.)

Piedmont 43, St. Mary's 43, Alameda 41,
SUND 65, Albany 152, El Cerrito 118

1	1	Tom Phelps	P	17:02
2	2	Nathan Brasemassery	Ala	17:07
3	3	Rudy Vasquez	SM	17:07
4	4	Nathan Cox	P	17:06
5	5	Crosby Freeman	P	17:07
6	6	Nick Marinus	SM	17:07
7	7	Sean Geraghty	SM	17:34
8	8	James Ross	SM	17:38
9	9	Matt Yee	Ala	17:40
10	10	Kota Rechert	Ala	17:47
11	11	Andrew Williams	SJ	17:54
12	12	Brandon Mountpell	SJ	18:02
13	13	Travis Mason	SJ	18:04
14	14	Ian Mason	SJ	18:05
15	15	Nick Konefkiatt	SJ	18:07
16	16	Nick Malick	P	18:14
17	17	Mike Sullivan	P	18:22
18	18	Mike Gordon	P	18:23
19	19	Greg Williams	SM	18:24
20	20	Yori Reichert	Ala	18:43
21	21	Eric Barhaugh	SJ	18:46
22	22	Bobby Howe	SM	18:57
23	23	Mickey Wilcock	Ala	19:01
24	24	Denye Versher	SM	19:01
25	25	Evan Epstein	P	19:08
26	x	Mehmet Karayal	P	19:23
27	26	Justin Samudim	Alb	19:35
28	27	Spencer K'Bury	Alb	19:37
29	28	Peter Lim	Ala	19:45
30	29	Marc Ramirez	SJ	19:45
31	x	Greg Moore	P	20:00
32	30	D'Allen Britton	EC	20:19
33	31	Ben McFadden	EC	20:23
34	x	Joel Pardini	Sar	20:33
35	x	James Baiget	Sar	20:41
36	x	Aaron Fleck	K	20:45
37	32	Arton Johnson	Alb	20:46
38	33	Anthony Camargo	Alb	21:11
39	34	Dylan Cheasty	Alb	21:14
40	35	Chris Lonsdale	Ala	22:14
41	36	Camilo Ramirez	EC	22:16
42	37	Matt Fujikawa	Alb	22:19

VARSITY GIRLS (3.0mi.)

St. Mary's 39, Piedmont 40, Alameda 41,
El Cerrito 118

1	1	Bridget Duffy	SM	19:54
2	2	Mary Phelps	P	20:43
3	3	C. Roberts	Ala	21:13
4	4	Sarah Walker	Ala	21:15
5	5	Crissy Chavez	SM	21:18
6	6	Allison Jolda	P	21:48
7	7	Sarah Orzell	Ala	21:55
8	8	Chelsea Torgersen-Bell	SM	22:03
9	x	Carlin Smith	SJ	22:04
10	9	Jordan Landes-Brennan	P	22:09
11	10	Fic Larkin	SM	22:32
12	11	Stephanie Pertula	P	22:41
13	12	C. Gunther-Murphy	P	22:44
14	13	A. Jac	Ala	22:51
15	14	L. Burenin	Ala	23:15
16	15	Bria McGuire	SM	23:18
17	16	Erica Simson	P	23:23
18	17	J. Bleicher	Ala	23:24
19	18	Hillary Wolfe	P	23:26
20	19	Julietta Strauss	EC	23:59
21	20	Lauren Barbieri	P	24:16
22	21	Katherine Isokawa	P	24:41
23	22	All Chesley	SM	25:17
24	x	Mal Olson	Ala	25:25
25	23	Shannon Davenport	EC	25:32
26	24	Elizabeth Morrison	EC	25:33
27	25	Katina Hubbard	EC	26:06
28	x	Hillary Cote	SJ	26:35
29	26	Elsa Pasquini	SM	26:49
30	27	Bobbie Habdas	EC	27:04
31	28	Allison Post	EC	27:24
32	x	Marion Adams	Alb	28:39

10/28

Cross country

PREP BOYS

TCAL

**Campolindo 15, Freedom 50;
Campolindo 15, Benicia 45; Benicia
17, Freedom 42;
Mt. Diablo Inc.**

3 miles, Redwood Park, Oakland

Jake Chang (C) 18:35, Jon Ide-Don (C) 18:49, Trevor Ault (C) 18:55, David Follette (C) 19:21, Matt Tammen (C) 19:33, Alfredo Bautista (MD) 19:39, Jimmy Downs (B) 19:46, Alex Bright (B) 19:59, Andrew Murphy (B) 20:08, Brandon Fink (F) 20:55, John Woodside (B) 21:03.

Acalanes 20, Las Lomas 43;

Acalanes 15, Concord 50

Las Lomas 15, Concord 50

3 miles, Briones Ridge, Lafayette

Ryan McGinnis (LL) 17:01, Royce Anderson (A) 17:26, V.J. Sekhon (A) 17:34, Steve Vetek (A) 17:45, Chris Carlson (C) 17:46, Darryl Wong (A) 18:05, Alex Shogan (A) 18:05, Pierce Cain (LL) 19:37, Dominic Lung (C) 19:38, Daniel Serger (LL) 19:49, Neil Tibbles (LL) 20:14, Fumiaki Kondo (LL) 20:21.

Miramonte 28, Alhambra 32; Dublin

16, Miramonte 39; Dublin 20,

Alhambra 39

3 miles, Martinez Martina

Eric Roberts (Alh) 16:29; Marcos Gomez (D) 16:30; Francisco Gomez (D) 16:54; John Harper (D) 17:01; Josh Villareal (D) 17:01; Joe Pabst (M) 17:20; Jose Gonzales (D) 17:39; Caleb Leisure (Alh) 17:45; Ian Young (M) 17:55; Ben Auerbach (M) 18:00; Alex Auerbach (M) 18:08; Mitch Hodgson (Alh) 18:08; Ibs Ragen (M) 18:13; Peter Holland (Alh) 18:43; Jeff Drew (Alh) 18:44; Eric Webster (Alh) 19:03.

PREP GIRLS

TCAL

**Campolindo 17, Freedom 41;
Campolindo 21, Benicia 36; Benicia
23, Freedom 34
Mt. Diablo Inc.**

3 miles, Redwood Park, Oakland

Tina Firouz (B) 23:45, Devon Foster (C) 24:08, Liz Chiba (C) 24:19, Meghan Lane (C) 24:37, Natalie Sylvester (C) 24:56, Mary Malone (F) 25:29, Holly Rose Faith (F) 26:00, Vivian Ericson (B) 26:36, Melissa Bowhay (C) 26:50, Sarah Higgins (B) 26:50, Megan Murphy (B) 28:46, Julie Baeta (B) 28:46, Ria Azevedo (F) 28:56.

Acalanes 20, Las Lomas 40;

Acalanes 15, Concord 50; Las

Lomas 15, Concord 50

3 miles, Briones Ridge, Lafayette

Bonnie Chalmers (LL) 20:32, Nikala Prowsnick (A) 21:25, Mary Thomas (A) 21:37, Su Mi Kim (A) 21:44, Merry Geisse (A) 21:54, Roxy Croze (A) 21:57, Erin Johnson (LL) 23:02, Stacy Ackerman (LL) 23:11, Sara Guadagni (LL) 23:31, Laura Sutherland (C) 23:44, Cory Miller (LL) 23:55, Mualdi Almaro (C) 25:44, Heather Skapinok (C) 26:41.

Miramonte 26, Alhambra 33;

Miramonte 15, Dublin 45; Alhambra

15, Dublin 45

3 miles, Martinez Martina

Jessica Neu (Alh) 19:20; Jen Sora (M) 19:49; Beth Mork (Alh) 19:58; Sarah Cooke (M) 19:59; Amanda Becht (M) 20:20; Becka Zomolo (Alh) 20:22; Norah Joramovich (M) 20:27; Gina Perrone (M) 20:49; Sarah Kestler (M) 20:54; Sharon McIntorie (M) 21:07; Amy Loper-Riley (Alh) 21:21; Sam Jones (Alh) 21:48; Suzie James (D) 22:17; Elaina Vigil (D) 22:23; Cindy Lyerly (D) 22:43; Cecina Hidalgo (D) 22:50; Erin Laird (D) 23:46.

Subject: League Meet at South Fork

Date: Thu, 28 Oct 1999 20:56:25 -0700

From: "bpurcell" <bpurcell@email.msn.com>

Organization: Microsoft Corporation

To: "Stephanie Matthias" <Sphanie@aol.com>,
"Lehrin Morey" <lehrin@aol.com>,
"Kevin B White" <kbwhite@ecst.csuchico.edu>,
"Kate Cody" <kcody@gladstone.uoregon.edu>,
"Julia Blanc" <blanc@humboldt1.com>, "Jeremy Tout" <jtout@ucsd.edu>,
"Jen Swaner" <Swaner@SONOMA.EDU>,
"Greg Phillips" <gep2@axe.humboldt.edu>,
"Erin Carter" <erin.carter@stanford.edu>,
"Eric L Frome" <elfrome@students.wisc.edu>,
"Crystal Johnson" <caj11@axe.humboldt.edu>,
"Charane Wilson" <cew11@axe.humboldt.edu>,
"Anni Kelley-Day" <akday@ups.edu>,
"Adrian Dewald" <atdewald@ucdavis.edu>,
"Adam Hall" <ajh5@axe.humboldt.edu>,
"Peter Brewer" <pcb@internet-frontier.net>,
"Marcos Mocine-McQueen" <tripleM@sfsu.edu>

Hello all,

This is the second to last league meet before HDN. It had to be moved to South Fork since Hoopa is having a little trouble with some tiny fire. On the Boys side, the guys ran pretty easy. The course has a couple of big hills on them and some tricky running areas. The girls side ran well, except for the wrong turn some of the leaders took. Here are the results.

V Boys (3.1 miles, hilly and thin trails)

1. Dale Kitt 17:54
2. Shaun Lyle 17:55
3. Travis Moe 18:02
4. Lehrin Morey 18:06
5. Chris Binschus 18:06
6. Matt Farr 18:26
12. Chris Woodcock 19:20
23. Joe Maschmeier 20:09
29. Daniel Summers 21:14
31. Tim Lorg 21:28
40. Emmanuel Ford 22:18
41. Spien Komak 22:23

V Girls (3.1 miles)

3. Andrea Woodcock 23:02
4. Jillian Yerby 23:17
7. Erica Botkin 23:43
10. Sara Kelley-Day 24:04
14. Megan Yarnall 24:35
18. Amber Ray 25:43
30. Julie Imlach 28:59

Next week, Eureka is hosting the last league meet at Sequoia Park.

See you then,

Cross country

PREP BOYS

BVAL

De La Salle 15, Antioch 40; De La Salle 15, Deer Valley 40; Antioch 19, Deer Valley 36

3.0 miles at Contra Loma Park, Antioch
Stewart Harwell (DLS) 17:11; Balmore Alas (DLS) 17:34; Tyler Renshaw (DV) 17:35; Mark Richeson (DLS) 17:45; John Kurylo (DLS) 17:56; Brian Grist (A) 17:58; Devon Almarinez (DV) 18:04; Greg Varni (DLS) 18:16; Jason Tyn-dell (A) 18:24; Matt Chavez (A) 18:43; Justin Loomis (A) 18:50; Owen Brook (DV) 18:55; Colin Nelson (DV) 19:05; Jason Louie (DV) 19:29.

Records: De La Salle 7-0; Antioch 1-3, Deer Valley 1-3.

College Park 15, Northgate 50;

College Park 15, Pittsburg 50;

College Park 15, Pinole Valley

forfeit; Northgate 17, Pittsburg 44;

Northgate 15, Pinole Valley forfeit

3-mile Course at Hidden Valley Park, Martinez

Jim Reid (CP) 16:55; Matt Owen (CP) 16:56; Justin Patute (CP) 17:00; Chris Brown (CP) 17:12; Eric Tedmus (CP) 17:18; Walter Lezama (CP) 17:19; Nick Brown (CP) 17:28; Chase Piv-rotto (CP) 17:43; M. Ando (NG) 18:00; T. Car-lin (NG); N. Miyasaki (NG) 18:13; P. Borsuk (P) 18:37; J. Lee (NG) 18:42; M. Dahlquist (NG) 19:08; D. Tugbeh (P) 19:20; J. Rittenberg (NG) 19:36; G. Lilgefelt (NG) 19:38; J. Brown (P) 19:56; C. Lea (P) 20:30; E. West (P) 20:47.

PREP GIRLS

BVAL

Antioch 19, Carondelet 36; Antioch 15, Deer Valley 40; Carondelet 15, Deer Valley 40

3.0 miles at Contra Loma Park, Antioch

Janie Nolan (A) 17:59*; Christine Perez (A) 20:00; Stephanie Munoz (A) 20:31; Jennifer Randezzo (C) 20:46; Stephanie Byrne (C) 20:48; Katie Wallace (A) 20:50; Larua Simoncini (A) 20:55; Jenna George (C) 21:02; Katrina Teller (C) 21:18; Alyson Wheeler (C) 22:00; Laura Mann (DV) 22:09; Melissa Daley (DV) 22:10; Kelley O'Connor (DV) 23:54; Angela Mori (DV) 24:45; Laura Angel (DV) 25:16.

*Course record; old record 18:51, Stephanie Ksenzulak, Liberty, 1998.

Records: Antioch 7-0, Carondelet 6-1, Deer Valley 2-4.

College Park 15, Northgate 50;

College Park 15, Pittsburg inc.;

College Park 15, Pinole forfeit;

Northgate 15, Pittsburg inc.;

Northgate 15, Pinole forfeit

3-mile Course at Hidden Valley Park, Martinez

Erin Gerdts (CP) 20:06; Ashley Allen (CP) 20:16; Sarah Elder (CP) 20:57; Gina Tow (CP) 21:31; Betsy Sale (CP) 22:12; Adriana Ahumada (CP) 22:20; Patty Paik (CP) 22:25; L. Rodriguez (NG) 22:55; Linda Kim (CP) 23:16; Sara Guziak (CP) 24:15; K. Coakley (NG) 24:30; J. Carlin (NG) 24:43; J. Sciacqua (NG) 25:00; D. Byrne (P) 26:08; B. Johnson (NG) 27:03; E. Porter (P) 31:25; K. Fitch (P) 31:25.

Clayton Valley 16, Ygnacio Valley 43;

Clayton Valley 15, Liberty 47;

Ygnacio Valley 20, Liberty 38

2.9 miles, Lime Ridge, Concord

Michelle Howissey (CV) 19:55; Hillary Op-pido (CV) 20:08; Andrea Craig (CV) 20:17; Marisa Villalbos (CV) 20:32; Mindy Eastman (YV) 20:37; Katie Grover (CV) 20:46; Angela Blank (YV) 21:02; Melody Mesquite (L) 21:37; Rima Spight (YV) 21:42; Julia Techeria (L) 23:06; Jennie Waskey (YV) 23:28; Cindy Beigel (YV) 23:59; Rochelle Milburn (L) 24:21; Lind-

10/29

Subject: Re: NCS --CC-> Rank No. 3

Date: Sun, 31 Oct 1999 01:22:03 EDT

From: ZEEMIE@aol.com

To: pcb@internet-frontier.net

Ok here are the crappy results from our Wednesday meet with Montgomery and Rancho Cotate.

Team Scores: Boys; Montgomery 17, Santa Rosa 43, Rancho 81. We popped their top 5 which was our goal. Time wise our guys aren't that far behind. We are just more inexperienced and that could hurt us at league although our guys are really running well right now and believe in themselves. We are a pain in the ass to Montgomery and Ukiah. Carrillo should beat us with Kinley up front but they run hot and cold. Wednesday, this Wednesday a week after we beat Carrillo they ran inspired. They would have demolished us. But we are an unknown and I hope it stays that way for a while. Only Montgomery matches us for youth and I really believe I have more talent. We'll see. Zach Fitch is starting to take off.

Here is the complete rundown of team scores for the NBL on Wednesday October 27.

Boys: You have our race. The other race going on within our race was Maria Carrillo 21, Cardinal Newman 59, Piner Inc. These scores aren't correct but what was reported in the Press Democrat. Pat LaFortune left the two Piner runners in for scoring even though they didn't have a team.

At Ukiah: Ukiah 15, Elsie Allen 50. What do you expect? Isaac Benton the previous coach has gone on to graduate school. He couldn't deal with the High School classroom. He was a very good coach from the viewpoint of preparing his kids. He was horrible as an administrator and putting on meets or getting information to the league for league finals. But the man coaching now has been as assistant at Piner and Elsie Allen (Al Woiscicki) for the past 15 years and hasn't a clue. He has only one girl Merriss who really is pretty good but that atmosphere is not helping her. She will be a star when she goes to SRJC.

Results of the SR, MHS, RC meet. Some huge surprises in the girls. My girls ran gimpy. Lindsay Johnson is just coming off a trampoline ankle sprain with a full blown leather wrap on her left ankle, Jackie Prange is running for the first time in two weeks with a pinched nerve in her ankle. My ballerina yanked a muscle in her upper butt and really looks funny running. Anna Shaver was pushed at MtSAC on the uphill part of the switchbacks and fell bruising her butt pretty bad. She never recovered at MtSAC as she cruised to a 5:40 first mile in about 20th and then let her hill strength take over and she had moved into about 15th when she was knocked down. That has been our season all year. Becca Parker the sophomore 300m hurdler as a Freshman was our top runner at MTSAC. She was pumped. We got whooped at MT SAC. I now have 4 girls winning races for us this year. Hey in a way I am quite fortunate. Now I have Becca feeling she can win and since then she's been running that way. The best part though was Anatheia Meade who ran a 6:09 first mile and didn't have her patented flying finish because there was no fly left. But it helped her against Montgomery when she finished only 4 seconds behind Bashel in a PR of 33 seconds. We have been waiting 4 years for Anatheia to come around. Perhaps she has. If that is the case we defeat Montgomery by 15 to 20 points at league. Lindsay and Jackie Prange are now able to run without crutches. They will be quite ready for NBL finals. By them (Monty) defeating us stopped our 4 year reign of undefeatedness. We can still share the league championship thus allowing our girls to say that they have been 4 year champions. OK now for the facts.

Varsity Girls Scores: Montgomery 30, Santa Rosa 36, Rancho Cotate 67.Boys
right

1. Bei	MHS	19:01	1. Fitch	MHS	16:15
2. Shaver	SR	19:09	2. Masi	MHS	16:44
3. Charles,L	RC	19:46	3. Millar	MHS	16:46
4. Pedersen	MHS	19:51	4. Fagent	MHS	16:50
5. Bashel	MHS	19:52	5. Stafford(Katie's taller brother)	SR	17:02
6. Meade	SR	19:56	6. Tonna	SR	17:03
7. Terribilini	MHS	20:21	7. Britt	MHS	17:19
8. Parker	SR	20:28(SICK)	8. Fitch	MHS	17:26
9. Prange	SR	20:29	9. Nopola(F)	SR	17:34
10.Charles,J	RC	20:31	10. Fung	MHS	17:36
11.White	SR	20:41	11. Chesnik	SR	17:47
12.Johnson	SR	21:08	12. VanDeventer	SR	17:50
13.Hall	MHS	21:31	13. Stewart	RC	17:55
14.Thomas	MHS	21:54	14. Teicheira	RC	18:02
15.Bilge	SR	22:30	15. Knight(F)	SR	great MtSAC race
16,Hellleskov	SR	22:31	16. Carlsen	MHS	18:30
17.English	MHS	22:40	17. Young	SR	18:43
18.Hayden	SR	23:07	18. Wolff	RC	18:45
19.Goepel	MHS	23:12	19. Tiraterra	RC	18:55
20.Pallo	RC	24:16	20. Young,D	RC	19:45
21.Loughran	RC	25:32	21. Cunningham	RC	20:08
22.Hopkins	RC	27:52			
JV Winner Gallaher	MHS	18:17			
JV winner Ruiz	SR	24:18(Girls)			

Sidebar: The Middle Schools had their championships this Thursday. They ran the wet pavement 2:17 mile course. The winner was a 7th grader from Santa Rosa Middle School running 13:09 breaking Jenny Aldridge's time (as an 8th grader) by 16 seconds. This is the same girl that joins Sara Bei and Julia Stamps breaking 12 minutes on the Slater Course. She plays soccer and hates running until Thursday. In two years hopefully I get her running XC her best sport. Sara Bei had the same dilemma. But wait to you see what happens in the Sonoma County League for girls. A new superstar has emerged.

SCL scores.

At Hoot Owl Vineyards in Healdsburg. Girls Analy 20, Healdsburg 40 Top ten to follow.

1. Rogers (H) 17:43 2. Briggs(A) 19:33 Yes that is correct. Elisa Briggs lost her first Cross Country meet this year at league. This girl Rogers from Healdsburg is a genuine star. Way up there talent wise. A soccer player that has concluded her high school season. Oh Peter if we had soccer in the winter as you people do we would go crazy in Cross Country. 3. Beers A 20:47 4. Reiter A 21:35 5. Hendren H 22:14. 6. Byrne 22:28 7. Jacobo H 22:39 8. Bojanowski H 23:16. 9. Canova A 23:20 10. Chandron A 23:54

Boys: Analy 20 Healdsburg 35 Winner

Harrell Healdsburg 16:52. That tells you how good this girl Rogers is.

At the unknown site> Boys Sonoma 25 Casa Grande 30 Winner Kabanuck 16:59 CG 2. Kiser Sonoma 19:16 Girls: Sonoma 15 CG inc (can't believe that Petaluma Working Class neighborhoods can't produce 5 girls). It's a real Sonoma County working class neighborhood community that has absolutely no identity. Spoiled in Santa Rosa we fight to maintain every one of our neighborhoods. Are we people from the Hood? I seriously doubt it but we do have our hoods. They just happen to be white and prosperous. But what about our Cambodians? Once we have them assimilated into the loop watch out everyone.

These are the most athletic kids I have ever seen. Black America step aside because you have not seen Cambodian America. If we get them to stick it will be like the good old days. OK Back to Cross Country.

Foothill Park Windsor Old shortened course. We go against Piner and Elsie Allen next week at the same place but we run a full 3/4 mile further. So adjust your Foothill Park times. The SCL always opts for the short course. So here are the SCL times>Boys Windsor25, El Molino 30 WinnerVasquez 14:50

Yes he is back. 2nd Brady W 15:31

Girls: EM 15 W inc Winner Barker 20:40 EM Weil emerged last week to win by over a minute. I have no idea where she is this week. I would anticipate her being at MOC fully ready to run. The girl from Healdsburg if she runs MOC will be quite scary.

I'm not going to give you the CMC results as they are pretty putrid. No Middletown Hunt twins to garner excitement. Besides I'm just lazy on that end of things. I'll probably give you the CMC results tomorrow because just because I don't feel like doing it just now.

Subject:

Date: Fri, 29 Oct 1999 20:16:31 -0700

From: "Lisa Bousquette" <glbousq@worldnet.att.net>

To: "craig eldred" <george@cmc.net>, "mark" <discus800@earthlink.net>,
"peter brewer" <pcb@internet-frontier.net>,
"richie boulet" <eboulet@email.msn.com>,
"tom lyons" <tomlyons@earthlink.net>,
"werner garciano" <werner@stanfordalumni.org>

NOVATO CROSS COUNTRY

10-29-99 Indian Valley College (2.8 miles)

Girls:

1.	Eva Gut	N	18:52
2.	Emily Von Buskirk	MC	19:38
3.	Virginia Grillo	N	19:41
4.	Ashley Dodson	N	21:07
5.	Liza Manion	N	21:36
6.	Charlotte Tyler	N	21:46
7.	Lauren Nelson	N	21:52
8.	Caitlin Austin	N	22:58
9.	Geo. Vittoratos	MC	24:24
10.	Kim Kahn	N	25:01
11.	Maisha Nelson	N	27:20
12.	Ashley Lindsay	MC	31:04
13.	Laura Mason	MC	31:14

Novato 19
Marin Catholic inc

Boys:

1.	Jeff Morgan	N	15:21*(Course Record)
2.	Tom Wight	N	16:12
3.	Pat Kolsky	N	17:26
4.	Chris Kapranos	N	17:57
5.	Mike Murray	N	18:14
6.	Sterling Deaves	MC	18:19
7.	Ian Ivarson	MC	18:46
8.	Brandon Driscoll	MC	19:06
9.	Robert Guinan	N	19:27
10.	Tim Karjalainen	MC	19:58
11.	Camden Taylor	MC	20:07
12.	Ryan Kress	MC	20:38
13.	Peter McCullagh	MC	21:43
14.	Victor Madrigal	MC	22:04
15.	Jimmy McKell	N	22:38

Novato 15
Marin Catholic 42

Subject: Revision of SCL Girls XC Preview

Date: Mon, 01 Nov 1999 14:58:24 -0800

From: "Larry Meredith" <thirsty@metro.net>

To: Cameron Potter <elmoxc@yahoo.com>, Scott Ames <duck4@earthlink.net>,
Danny Aldridge <dannyra@aol.com>,
Doug Courtemarche <ZEEMIE@aol.com>, Rob Lee <rjl@netdex.com>,
Peter Brewer <pcb@internet-frontier.net>, Lisa Isabeau <lisabeau@metro.net>,
John Anderson <jcoacha@hotmail.com>,
Mark Mantoani <Markostar@Home.com>, Josh Dorris <jadorris@sprynet.com>

Coaches,

In regard to the SCL Girls Cross Country Preview, and with apologies to Coach Lee and Kelly Rogers at Healdsburg High School, please accept this revision:

Freshman Sends Shock Waves

With an injury-plagued defending champ, an unknown first-timer whose single performance is remarkable, a well-known and race-tested early season favorite, and a rapidly improving sibling of the boys individual favorite, the race for the individual girls title in the SCL championship meet should be one of the most interesting ever. Analy sophomore Elissa Briggs was cruising along undefeated through four SCL dual meets, winning the frosh/soph race at the Artichoke Invitational and taking 2nd in the same division at the Viking Opener, when Healdsburg freshman Kelly Rogers came along. Rogers, a soccer player, was running in her first cross country meet against Analy on the Healdsburg home course at Hoot Owl Creek Vineyards. Rogers immediately broke for the lead and never looked back. Less than 18 minutes later Rogers crossed the finish line and there was a wait of nearly two minutes before Briggs came through the chute. While such an amazing first-time performance raises questions, Rogers and her coach Rob Lee are certain that the correct course was covered. With this one race Rogers establishes herself as one of the favorites in the championship meet.

Meanwhile defending champion Laurel Weil of El Molino suffered a lower back injury and has only been able to race once through the end of October. Weil, who as a sophomore came back from another injury to take the SCL title and eventually earn a top ten spot in the state meet, easily won the meet against Healdsburg but was absent a week later. Her status for the league meet is unknown.

Angela Kabanuck of Casa Grande, whose brother Nate is the favorite among boys, took fourth against Analy in the first week of the SCL season but has since won four dual meets by an average of about two minutes. She could be ready to challenge for the individual title.

Analy's girls are a lock for a repeat team title as, except for the dubious Rogers incident, Briggs, Julia Beers and Ashley Reiter, all sophomores, have swept the top three spots in their four other dual meets. Beers was 2nd in the Artichoke Invite frosh/soph and Reiter took 5th. Beers placed 4th in the league in 1998 and Reiter was 8th. Senior Ariana Canova has placed in the top ten in this meet for three straight years and Kathleen Byrne, another sophomore, was 7th in 1998.

If Weil can run for El Molino and Rogers repeats her debut performance for Healdsburg, those two teams will join Petaluma and Sonoma in a dogfight for the runner-up spot in the SCL. Petaluma has a tighter pack than the others and are led by last year's 5th- and 6th-place finishers, Emily Merriman and Jennie Scanlan. Jacqui Geoffrion has made much progress of late, leading the Trojans on one occasion. Three of Sonoma's four wins have come against incomplete teams but they appeared to be better than Healdsburg (minus Rogers) and El Molino (minus Weil). Melanie Barker leads El Molino when Weil is absent and Healdsburg returns Heidi Hendren, the 3rd-place finisher

in the SCL last fall. Windsor has had difficulty bringing a full team to the meets but Bailey Kennedy, who took 12th in the league last year and has won three dual meets this fall, will challenge for a top-five finish individually.

Sonoma County League Girls Teams:

1. Analy - in the early stages of a dynasty; 2. El Molino - only if Weil can run; 3. Sonoma - nobody up front but good grouping; 4. Petaluma - good dual meet record but may suffer in bigger meet; 5. Healdsburg - much stronger if Rogers delivers; 6. Windsor - not enough help for Kennedy; 7. Casa Grande - average score this season: incomplete.

Individuals:

1. Kelly Rogers, Healdsburg - only raced once, but it was phenomenal; 2. Elissa Briggs, Analy - had great performances in big meets; 3. Laurel Weil, El Molino - may be talented enough to defend title on very little training; 4. Angela Kabanuck, Casa Grande - hottest runner in October; 5. Julia Beers, Analy - very reliable; 6. Ashley Reiter, Analy - never far behind top two Tigers; 7. Bailey Kennedy, Windsor - three dual meet wins; 8. Smith, Sonoma - two dual meet wins; 9. Emily Merriman, Petaluma - came through in this meet last year; 10. Melanie Barker, El Molino - brother took 7th in @96; 11. Heidi Hendren, Healdsburg - overcoming slow start; 12. Kathleen Byrne, Analy - close to Hendren in dual; 13. Jacqui Geoffrion, Petaluma - getting more consistent; 14. Yumni Hidalgo, Sonoma - consistent distance behind teammate Smith; 15. Julie Florio, Casa Grande - took 14th last year.

SCL**AT MAXWELL PARK****Boys (2.7 miles)****Sonoma 27, Healdsburg 29**

Top 10—Harrell H. 15:48; Baldinger S. 15:57; Kiser S. 16:35; Miller H. 16:41; Mork H. 16:43; Donovan S. 16:49; Barbose S. 17:03; Costanzo H. 17:09; Sherman S. 17:38; Thompson H. 18:29.

Girls (2.7 miles)**Sonoma 20, Healdsburg inc.**

Top 10—Smith S. 19:12; Hidalgo S. 19:52; Hendren H. 20:03; Clementino S. 20:38; Bojanowski H. 21:14; DeHauer S. 21:25; Nilan S. 22:08; Torres H. 28:53.

AT FORESTVILLE**Boys 2.5 miles****Anal. 18, El Molino 42**

Top 10—Tuohy A. 15:11; Franceschini A. 15:14; Hallett EM. 15:14; Feno A. 15:15; Hoive A. 15:30; Amundsen A. 15:36; Atkinson EM. 15:48; Repesha A. 15:55; Dewey EM. 15:56; Feraco A. 16:02.

JV—DePaoli A. 16:07.

Girls 2.5 miles**Anal. 15, El Molino nc.**

Top 9—Briggs A. 17:23; Beers A. 17:35; Reiter A. 18:59; Byrne A. 19:41; Willig EM. 20:07; Canova A. 20:10; Berndt EM. 20:39; Rousseau EM. 20:39; Chardon A. 20:54.

JV—Tomich A. 21:16.

AT HELEN PUTNAM PARK**Boys 3 Miles****Petaluma 25, Windsor 30**

Top 10—Brady W. 19:15; Holdren P. 19:22; Sturges P. 20:40; Timko W. 20:52; McWeeney P. 20:59; Webber W. 21:18; Guest P. 21:27; O'Grady P. 22:33; Wilhelmsen W. 22:37; Dragoman W. 23:14.

JV Boys—Brady 15:28 (1.9 miles)

Girls 3 Miles**Petaluma 15, Windsor (inc.)**

Top 10—Kennedy W. 24:17 (DQ); Geoffrion P. 25:40; Merriman P. 25:45; Scanlan P. 25:53; Reynolds P. 27:27; Noone P. 27:35; Zapata P. 29:43; Brazie W. 30:10; Schaller W.

JV Girls—Saunders P. 18:34 (1.9 miles).

SCL**AT HOOT OWL VINEYARDS, HEALDS.****Boys****Analv 20, Healdsburg 40**

Top 10—Harrell (H) 16:52, Tuohy (A) 17:46, Feno (A) 18:01, Holvey (A) 18:01, Franceschini (A) 18:02, Feraco (A) 18:05, Amundsen (A) 18:18, Costanzo (H) 18:32, DePaoli (A) 18:36, Mork (H) 18:50.

JV—Bowerman (A) 18:54.

Girls**Analv 24, Healdsburg 35**

Top 10—Rogers (H) 17:43, Briggs (A) 19:33, Beers (A) 20:47, Reiter (A) 21:35, Hendran (H) 22:14, Byrne (A) 22:28, Jacobo (H) 22:39, Bojanowski (H) 23:16, Canova (A) 23:20, Chardon (A) 23:54.

JV—Wichtowski (A) 24:19.

AT BEEBE RANCH, PETALUMA**Boys****Sonoma 25, Casa Grande 30**

Course record (2.74 miles): Ricky Espo-
da, Casa Grande, 16:25, 1992.

Top 10—Kabanuck C 16:59, Kiser
19:16, Baldinger S 19:18, Sennello C 19:21,
Donavan S 20:00, Moeller C 20:09, Burboe
S 20:32, Sherman S 20:50, Horn C 20:51,
Fillinger C 21:52.

Girls**Sonoma 15, Casa Grande inc.**

Course record (2.74 miles): Sara Jake-
sonoma, 19:42, 1993.

Top finishers—Kabanuck C 21:18, Smith
S 23:21, Hidalgo S 24:35, Delauer S 26:28,
Clementino S 30:15, Nlan S 30:18.

AT FOOTHILL PARK, WINDSOR**Boys****Windsor 25, El Molino 30**

Course record (2.53 miles): Nate Kaban-
uck, Casa Grande, 14:32, 1999.

Top 10—Vasquez W 14:50, Brady
15:31, Dewey EM 15:53, Hallett EM 15:52,
Timko W 15:58, Atkinson EM 16:31, Webb
W 16:49, Holwell EM 17:15, Dry EM 17:16,
Dragoman W 17:23.

JV—Hayes EM 19:47.

Girls**El Molino 15, Windsor inc.**

Course record (2.53 miles): Jennifer
Franceschini, Analv, 18:25, 1998.

Top finishers—Keanie Barker EM 20:40,
Willig EM 20:58, Rousseau EM 21:55,
Bernat EM 21:57, Brize W 22:42, Fleis-
chauer W 22:50, Southworth EM 23:05,
Cassidy EM 25:46, Schaller W 28:35, Chew
W 28:35.

SCL**AT BEEBE RANCH, PETALUMA****Boys**

Course record (2.74 miles): Ricky Espon-
da, Casa Grande, 16:25, 1992.

Petaluma 27, Casa Grande 28

Top 10—Kavanuck CG 17:14; Holdren P
18:56; Sennello CG 19:21; Mcweeney P
19:52; Sturges P 19:54; Guest P 19:55;
Moeller CG 20:11; Horn CG 21:13; Fillinger
CG 21:47; O'Grady P 22:02.

Girls

Course record (2.74 miles): Sara Jakel,
Sonoma, 19:42, 1993.

Petaluma 15, Casa Grande Inc.

Top 10—Kavanuck CG 21:40; Merriman
P 23:47; Geoffrion P 24:30; Florio CG 24:47;
Reynolds P 25:51; Noone P 27:27; Zapata P
27:33; Scanlan P 30:57; Saunders P 30:57;
Guest P 31:17.

AT HOOT OWL CREEK VINEYARDS**Boys**

Course record (3.0 miles): Mike Wilson,
Healdsburg, 16:56, 1997.

El Molino 23, Healdsburg 33

Top 10—Harrell H 14:57; Hallett, EM,
15:36; Atkinson, EM, 15:47; Mork, H, 16:19;
Dewey, EM, 16:26; Dry, EM, 16:39; Howell,
EM, 16:42; Thompson, H, 16:54; Costanzo,
H, 17:34; Rodriguez EM 17:35.
JV—Lybeck EM 17:59.

Girls

Course record (3.0 miles): Jennifer
Franceschine, Anay, 21:24, 1997.

El Molino 21, Healdsburg 34

Top 10—Weil EM 18:22; Barker, EM,
19:06; Hendren H 19:41; Berndt EM 20:02;
Willig, EM, 20:30; Jacobo H 20:38; Boja-
nowski H 21:09; Maack H 22:36; Southworth
EM 22:56; Parker H 26:38.

AT MAXWELL FARMS PARK**Boys**

Course record (2.7 miles): Hector Delga-
do, Healdsburg, 14:36, 1993.

Windsor 21, Sonoma 36

Top 10—Vasquez W 15:19; Brady W
15:31; Kiser S 16:17; Timko W 16:18;
Baldinger S 16:23; Lander W 16:34;
Donovan S 16:41; Weber W 17:14; Drago-
man W 17:18; Sherman S 17:33.

Girls

Course record (2.7 miles): Sara Jakel,
Sonoma, 16:50, 1993.

Sonoma 21, Windsor 34

Top 10—Kennedy W 18:35; Smith S
19:05; Hidalgo S 19:38; Clementino S 19:47;
DeLauer S 22:46; Brazie W 22:56; Nitan S
23:13; Freischayer W 25:34; Schaller W
27:48; Chew W 27:50.

Subject: Drake girls co-champions in MCAL

Date: Sat, 6 Nov 1999 20:37:04 -0800

From: "William Taylor" <taylortravelteachrun@dellnet.com>

To: <pcb@internet-frontier.net>

It was a nice morning (see below, Peter).

Girls learn that they are co-champions of MCAL when they finish Saturday morning training run; Novato defeat gives Drake a pennant

I waited for five of them to meet at the Shady Lane bridge. Renee, Dory, Tessa, Blaire and Morgan had started their seven mile easy run at the entrance to the flat road. I picked up a newspaper at Don's market on my way to where I would meet them in Ross. It took me a little while to realize what the Friday results meant. Then, in the brief write-up on the Novato/Tam meet, I noticed the following --- "Novato's loss, coupled with Drake's tri-meet victory, creates a two-way tie atop of the MCAL standings in the last league meet of the season."

It was a delightful moment for me to watch the faces of our girls at the bridge. We didn't expect it. But the girls earned it. They destroyed undefeated Tam the week before, and then on Friday of this week they handled the mustangs. So the team that won by over three minutes at Stinson, lost all-league Alicia Howard for the season before the initial MCAL meet, was less than inspiring at Stanford, lost to the Novato in the first league meet, this team will hang a pennant in the Drake gym.

Morgan Banks raced away from two of the better MCAL runners to take the race on Crown road in 20:20. We knew we had to break up the a San Marin 1, 2, 3 finish. *Renee Johnson* placed ahead of the 2nd Mustang, with a good clocking of 21:22 on a 3 mile course that has a nasty mid-race hill. After two San Marin girls, Drake captured the next five places. *Tessa Hulls* and *Mary Baldwin* finished in 22:10 and 22:15, despite considerable hip pain. Senior *Dory Weston* and *Blair Williams* clocked 23:24 and 23:27, while senior *Rachel Cook* also finished in the scoring by pushing back the 4th and 5th Mustangs.

Boys in close one, but wrap up 6 and 1 league season

Will Brett (17:10) has been joined by sophomore *Rory Kuykendall* (17:10) as the 1999 Drake front runner. Last season, the younger one was a distant fifth man. On average, the lads and lasses ran the Crown road course 30 to 50 seconds higher than they recorded on our flat road the week before because of the hill. And the cold weather. **Except Morgan.** *Steve O'Mara* (17:57) and *Avery Cook* (18:01) were 5th and 6th, so the race was won.

Subject: Fwd: NBL

Date: Mon, 8 Nov 1999 09:52:12 EST

From: Conning@aol.com

To: DougSpeck@aol.com, pcb@internet-frontier.net, [Peter.Brewer, Castro.Valley.HS@aol.com](mailto:Peter.Brewer@Castro.Valley.HS@aol.com), peterjens@earthlink.net, [Peter.Jensen, NCS.Announcer@aol.com](mailto:Peter.Jensen.NCS.Announcer@aol.com)

Doug Speck, Peter Brewer, and Peter Jensen:

I received the following e-mail from Larry Meredith, the coach of Montgomery in Santa Rosa.

The North Bay League Meet is on Friday, November 12.

I will be attending the Sac-Joaquin Section Championship in Rocklin that same day.

The East Bay Athletic League Meet is on Saturday, November 13 at Shadow Cliffs Regional Park in Pleasanton.

Keith

Subject: Re: NBL

Date: Sun, 07 Nov 1999 21:15:23 -0800

From: "Larry Meredith" <thirsty@metro.net>

To: Conning@aol.com

North Bay League

Cross Country Preview

Meet Date: Friday, November 12

Meet Site: Spring Lake Park, Santa Rosa

NBL Squads Chant 3Four-Peat2

Santa Rosals girls and Ukiahls boys have each captured three consecutive league titles but both will have to survive challenges from the boys and girls of Montgomery if they wish to keep their strings alive in the North Bay League Championship Meet.

Bei All Alone In Front

While the girls team title is very much in question, the individual title, barring extremely unusual circumstances, is a virtual lock for Montgomery junior Sara Bei. She should cruise to her 42nd consecutive cross country win in a Viking uniform, including state titles in her freshman and sophomore seasons. Bei has stacked up invitational titles like cordwood and, with the graduation of fellow state champ Trina Cox of Santa Rosa, will likely not face a serious challenge this season until she lines up for the Western Regional Championships in December, a race she dominated a year ago. Montgomery has a strong squad behind Bei. Sarah Bashel, also a junior, was 3rd in the NBL meet a year ago, 8th in the state meet and is one of only four girls to ever break 18 minutes on the Spring Lake 3-mile course. The other three? 1997 state champ Cox, 2-time state champ Bei and 3-time state champ Julia Stamps of Santa Rosa. After winning the Viking Opener junior/senior race, Bashells season has taken a turn for the worse in recent weeks as she has been plagued by unexplainable fatigue, but even on her worst day she is still one of the leagues best. Montgomery sophomores Elisa Pedersen (16th in @98) and Joy Terribilini (14th in @98) give the Vikings one of the best top-four groups in the entire North Coast Section. Both girls have placed in the top 10 in the frosh/soph division of every invitational theylve entered this season. If there is a crack in Montgomeryls armor it is the gap back to the 5th spot on the team. Freshman Barbara Hall has improved consistently throughout the year and was a key

performer in the regular season victory over Santa Rosa.

The three-time defending champion Panthers have suffered more than their fair share of setbacks this season but still have the talent to make a run for another title. Junior Anna Shaver finished 5th in the league last fall and since has fought back from a serious injury that wiped out her track season in the spring. She took over the top spot for Santa Rosa and, despite a mid-season illness that slowed her, is a good bet to repeat as a top-five finisher at the championships again. Senior Lindsay Johnson has placed in the top eight for the past three years but a nasty ankle sprain has left her status in doubt as the season winds down. Fellow senior Jackie Prange is in the same boat. She placed 4th in the league as a sophomore and came back from injury last fall to claim 11th. How quickly these two can recover will decide the team title this time around. The good news for the Panthers is the reemergence of senior Anatheia Meade who recently broke the 20-minute barrier at Spring Lake. Meade was 14th as a freshman but hadn't contributed to the team wins the past two seasons. Senior Jackie White and sophomore Becca Parker give Santa Rosa a solid group of six that will benefit them in the team standings.

The girls from Maria Carrillo could not threaten either of the aforementioned squads during the regular season but they are likely to be assisted by freshmen soccer twins Nicole and Amy Nelson who have competed for the Pumas XC team on occasion but were not in attendance during those losses. Carrillo is led by sophomore Jenny Aldridge who, after placing 4th in the NBL last fall, took the same place at the state meet! She continued her impressive display of talent during the track season, qualifying for state in the 800 meters, and this season became one of just a handful of high school girls who have broken 18 minutes on the Stanford Invitational 5000 meter course. Freshman Ashlee Drady opened the season with some great performances and has since had a roller coaster season. Her recent mark of 19:33 on the Spring Lake course makes her a legitimate top-ten contender. With junior Rose Flores nearing the 20-minute barrier, Carrillo's shot at winning the meet is not far-fetched at all.

Ukiah returns two runners from last year's top ten, sophomore Amber Trotter, who took 6th, and senior Iva Jo Otto, who was 10th. Trotter looks strong again this fall and should battle for a top-five position. Otto suffered a setback in midseason but is working her way back up the ladder. Strada Morris and Lynette Behnke could threaten the 20-minute barrier and help the Wildcats to a finish no worse than 4th.

Junior Naomi Bisagno of Piner may be the most improved runner in the NBL. She took 21st last fall but this year should be battling a crowded group near 4th place. Bisagno was 3rd in the Viking Opener and recently ran 19:25 at Spring Lake. Sophomore Emily Ash is Piner's next runner and the rest of their pack could earn them 5th in the league.

Another runner showing rapid improvement is Rancho Cotate sophomore Lauren Charles. She finished 6th in the Viking Opener frosh/soph race, has won a couple of league dual meets and set her 3-mile PR of 19:46 on the Spring Lake course. Her sister Jenny Charles has been less consistent but is usually not far behind and placed 16th in the NBL two years ago. Barbara Merriss, a senior, is the lone girl on Elsie Allen's team but she's broken 21 minutes on the Spring Lake course. Senior Felicity Lyons leads an Ursuline pack that defeated Rancho Cotate during the regular season.

Girls Teams:

1. Montgomery - every spot vital; 2. Santa Rosa - senior girls hold team's fate; 3. Maria Carrillo - soccer players could generate upset; 4. Ukiah - if you bet on one team to finish in one spot, this would be it; 5. Piner - big gap after Bisagno, but good grouping; 6. Ursuline - lack of top performers hurts; 7. Rancho Cotate - lack of pack runners kills; 8. Elsie Allen - lack of runners, period.

Girls Individuals:

1. Sara Bei, Montgomery - in a class by herself; 2. Jenny Aldridge, Maria Carrillo - may hang with Bei early; 3. Anna Shaver, Santa Rosa - running well of late; 4. Naomi Bisagno, Piner - most improved award; 5. Amber Trotter, Ukiah - edged Bisagno on Piner course; 6. Sarah Bashel, Montgomery - return to form boosts team title hopes; 7. Ashlee Drady, Maria Carrillo - top frosh; 8. Lauren Charles, Rancho Cotate - consistently strong in October; 9. Jackie Prange, Santa Rosa - good history in this meet; 10. Elisa Pedersen, Montgomery - reliable pace, big kick; 11. Iva Jo Otto, Ukiah - beat Bisagno, Drady and Charles when healthy in September; 12. Nicole Nelson, Maria Carrillo - truly a wild card in this meet; 13. Anatheia Meade, Santa Rosa - coming on strong; 14. Lindsay Johnson, Santa Rosa - unlucky but determined; 15. Joy Terribilini, Montgomery - came up big in this meet last year.

Kinley Takes Over

The boys' storyline parallels the girls' in the NBL as a clear favorite exists for the individual title but the team prize is still up for grabs. Sophomore Jordan Kinley of Maria Carrillo finished 5th here a year ago but all four runners ahead of him were seniors. His freshman time of 15:45 on the Spring Lake 3-mile course is currently the 12-fastest in NBL history. In September he became the 5th runner and first non-senior to break ten minutes on the Spring Lake 2-mile course, running the fastest time of the day at the Viking Opener. Kinley won the Cowchip Classic Invitational in Novato a week later. This season the league is dominated by underclassmen. Kinley has never lost to any of them and isn't likely to anytime soon.

Ukiah's boys have their string of three league titles to defend and if history is any indication they will be well prepared for this meet. They edged Montgomery by a score of 27-30 on the Foothill Park course in Windsor this season. Talented sophomores Chase Vau and Casey Chadd lead the way. Chadd placed 12th here in 1998 and Vau was 13th. Vau ran 4:35 for 1600 meters last spring. This pair could follow Kinley for a top three sophomore sweep in the NBL meet. Senior Tony Leon gives Ukiah a solid shot at placing three runners among the top five finishers. Leon ran 16:19 to take 7th in last year's league final. Ukiah's weakness this season has been in the 4-5 spots but Nick Troia has closed the gap considerably of late and a good race by either Steven Poor or Jamin Luoto could wrap up another Wildcat title.

Montgomery's hopes rest not with individual stars but with excellent team grouping. Junior twins Zac and Jon Fitch placed 8th and 9th in the league last fall and this season Zac is a definite top five contender. He recently ran 16:15 on the course after clocking a fine 16:35 on the rugged 3-mile course at the Mt. SAC Invitational. Jon had a great start to the season and was the team's top finisher at the Ed Sias Invitational in September but a hip problem and a chronic energy-draining condition has him struggling to remain one of the Vikings' top five runners. Regan Masi, the league's top freshman, won two frosh/soph invitational titles this fall, has crushed the school freshman records for both the 2- and 3-mile courses and led the Montgomery team through the first half of the season. Juniors Drew Fagent, a defector from the school's soccer program, and Nick Millar both broke 17 minutes at Spring Lake in October. David Britt, another junior, has run as high as the number four spot for the Vikings and even sophomore Jason Fung, in the number seven spot, could play an important role in the team scoring.

Maria Carrillo's boys snuck by the Vikings by two points in last year's league finals, denying Montgomery a share of the title. The big problem this time is the 90-second-plus gap between Kinley and the next Puma. Seniors Matt Wagner, who finished 14th in the league as a sophomore, and Jaime Ricci are followed closely by soph Justin Infante but a repeat of last year's surprise 2nd-place finish seems unlikely.

Santa Rosa has rebuilt from the ground up and now has a strong, young team that upset Carrillo by a point on Carrillo's home course in October. Juniors Chase Stafford and Joe Tonna were not seen on the NBL map a year ago but now either or both have a good shot at breaking into the top ten. They

rarely finish more than a couple of seconds apart and are on the verge of breaking the 17-minute barrier at Spring Lake. The frosh duo of Steven Nopola and Chris Knight gives the Panthers a real shot at 3rd in the league and a bright outlook on the future.

Rancho Cotate, led by juniors Travis Stewart and Alex Teicheira, began the NBL season with three wins but their lack of up-front strength showed in losses to Montgomery and Santa Rosa. Elsie Allen's Jared McQueen, a top sprinter on the Lobos' track team, took up distance running this fall and has come a long way in a short time. He won a 3-way meet with Rancho and Cardinal Newman and clocked 17:23 on the Spring Lake course in early October. Unfortunately for the Lobos, McQueen has a long wait before seeing any of his teammates finish. Cardinal Newman has a promising runner in sophomore Kirk Brandt but, like Elsie Allen, the rest of their squad is made up of raw beginners who won't be able to make a dent in the strong NBL lineup.

Piner has failed to field a complete boys team all season long but top runner Jeff Gardina, a senior, gets the vote as most improved in the league among the boys. Gardina's summer of hard work paid dividends early as he took 2nd place in the season-opening Rancho Cotate Invitational. He has since had his ups and downs but ran a solid 16:23 at Spring Lake late in October. Sophomore Bryan Flores has shown flashes of his talent with a 17:17 for the course.

Boys Teams:

1. Ukiah - always ready for league finals; 2. Montgomery - have the depth but need to win the close battles to prevail; 3. Maria Carrillo - top spot for Kinley should keep Pumas ahead of the rest; 4. Santa Rosa - not quite ready to challenge top three but look out next year; 5. Rancho Cotate - mail this one in; 6. Elsie Allen - edged Newman by two points in October; 7. Cardinal Newman - beating Allen is a good goal for this team; 8. Piner - only chance is cloning Gardina three times.

Boys Individuals:

1. Jordan Kinley, Maria Carrillo - will toy with this field; 2. Chase Vau, Ukiah - has the speed and guts to best the rest; 3. Casey Chadd, Ukiah - always close behind Vau; 4. Zac Fitch, Montgomery - peaking at the right time; 5. Tony Leon, Ukiah - will have his game face on; 6. Jeff Gardina, Piner - has worked hard to get here; 7. Regan Masi, Montgomery - top frosh is capable of moving up; 8. Nick Millar, Montgomery - exceptional at pacing, strong final mile; 9. Drew Fagent, Montgomery - 800 runner getting used to 3-miler; 10. Chase Stafford, Santa Rosa - faster every week; 11. Joe Tonna, Santa Rosa - always shadows teammate; 12. Nick Troia, Ukiah - key performer in dual meet win over Montgomery; 13. David Britt, Montgomery - has had good late-season races; 14. Matt Wagner, Maria Carrillo - made big gains in October; 15. Jon Fitch, Montgomery - troubled season but a top five contender when healthy.

>From: Conning@aol.com
>To: ZEEMIE@aol.com, jcrowhurst@pressdemocrat.com, thirsty@metro.net Larry Meredith, Montgomery HS@aol.com
>Subject: NBL
>Date: Sun, Nov 7, 1999, 11:11 AM
>

> When is the NBL meet?
> Keith Conning
> Berkeley

ACCAL Cross-Country Final Regular Season Standings

Varsity Boys		Varsity Girls		JV Boys		JV Girls	
Piedmont	4	St. Mary's	3	Piedmont	8	Piedmont	3
St. Mary's	5	Piedmont	6	St. Mary's	9	Alameda	7
Alameda	10	Alameda	10	Alameda	10	St. Mary's	9
SJND	11	El Cerrito	11	JEK	13	El Cerrito	12
Albany	16			Salesian	15	Holy Names	15.5
Salesian	18			SJND	15.5	JEK	15.7
El Cerrito	20			El Cerrito	17		

November 10th ACCAL Championships
Crab Cove (Alameda)

Fresh/Soph Boys (unlimited entries)

JV Girls (unlimited entries)

JV Boys (unlimited entries)

Varsity Girls (seven runners max)

Varsity Boys (seven runners max)

Contact Tony Rong (SJND) or Brian Lodge (Alameda) for details

PETER,
ARE LIVERMORE GIRLS IN D-1 or 2 ? STATE
RANKINGS SHOW THEM IN 2 BUT THEY DID OPT
UP RIGHT ?

THANKS

Brian Lodge