

Giusto wins title in the PAL

Carlmont boys, M-A girls take team championships

By Paul Salvoni
Times Tribune staff

If any doubt existed that San Mateo High School's Matt Giusto is the favorite to repeat as Central Coast Section cross country champion, Giusto erased it by winning Thursday's Peninsula Athletic League finals.

Only two runners appear capable of dethroning Giusto in the CCS meet Nov. 22 — Leigh's Chris Craig and Del Mar's Tom Legan.

Legan and Craig placed sixth and 11th, respectively, in last year's CCS meet, finishing 19.2 and 32.2 seconds behind Giusto. Legan won the mile in

the CCS track finals last spring.

Giusto, who completed Belmont's 2.9-mile Crystal Springs course in 15:04.8 in last year's CCS meet, demonstrated an impressive level of improvement Thursday, winning the PAL race in a blazing 14:40.3.

The weather was ideal Thursday — not too warm, not chilly, with a slight breeze — and Giusto's time is believed among the fastest half-dozen times ever recorded at Crystal Springs.

Meanwhile, Carlmont, led by sixth-place finisher Mike Montazer, won the team title with 49 points to Menlo-Atherton's 57. Capuchino, led by third-place finisher Paul Ghidossi, was third with 94 points.

Burlingame's Silvia Aguirre ran 18:54.3 to win the girls' race by 27 seconds over teammate Toni Hartlaub. M-A compiled 63 points to edge Aragon (67) and Mills (68) for the team title.

Giusto said he was most concerned about Mills' Chris Becerra, who finished second in 15:15.7.

"I knew he'd try to set a fast pace," Giusto said. "Once I was able to keep up with him for a while, I felt good. I pushed hard, and I was able to catch my breath on the downhill stretches.

"I've worked on bringing my arms in (closer to his body) more, and that's improved my lateral motion and helped me become a better hill runner."

"He's certainly one of the best runners I've ever had ... He's probably the best," said Don Dooley, in his 16th season as San Mateo coach.

"He's a hard worker, and he has a super attitude. He's good for the other runners. All of the qualities that outstanding athletes have, he has."

Dooley said one of Giusto's top assets

is his poise.

"His ability to handle pressure and competition is what allows him to use his skills to maximum benefit," Dooley said.

Although coach Loren Lansberry guided Carlmont to numerous successful seasons in the defunct South Peninsula Athletic League (the PAL is only its second year of existence), he found this year's title particularly satisfying.

"This is the first year in a while we haven't had a real big runner, like a Mike Anderson or a Bob Love," Lansberry said. Anderson finished second to Giusto in last year's CCS finals.

"We have five average runners, but they've worked hard and been loyal to each other. It's been a real pleasure working with this group."

Carlmont's Montazer, Tony Sangervasi and Chris Piety finished 6-7-8. Blair Bullock finished 12th, and sophomore Cort Armstrong was the Scots' fifth-highest finisher.

Senior Ben Valpey and sophomore Aaron Lopez finished fourth and fifth, respectively, to lead M-A.

Mills' Yvonne Kendall placed third in the girls' race, followed by Aragon's Glenna Auerback, M-A's Sandrine De Marval and Mills' Susan Charette.

M-A's Carla Holmes, Sue Horstmeyer and Nora Williams finished 11-13-15.

The finals in the Santa Clara Valley and De Anza athletic leagues will be held at Crystal Springs next Tuesday and Wednesday, respectively.

NONLEAGUE

Santa Clara City Championship
At Central Park (3.1 miles)
Varsity boys
Santa Clara 19, Wilcox 36
Individual leaders — 1, Matthews (SC) 17:10; 2, Peterson (SC) 18:08; 3, Cicinelli (W) 18:21; 4, Miller (SC) 18:33; 5, Kena (SC) 18:50.

Junior varsity boys
Both teams incomplete
Winner — Armstrong (SC) 19:56.
Varsity girls
Wilcox 27, Santa Clara 28
Individual leaders — 1, Van Zant (W) 19:18; 2, Champeny (SC) 19:47; 3, Woods (SC) 20:08; 4, Gilchrist (W) 21:46; 5, Eubank (W) 22:02.

Junior varsity girls
Both teams incomplete
Winner — Schinski (W) 24:58.

NONLEAGUE

At Gunn High (2.2 miles)
Varsity boys
Lynbrook 24, Gunn 31
Individual leaders — 1, Kohne (G) 11:24; 2, Mansfield (L) 11:25; 3, Ruskow (L) 11:37; 4, Tepper (L) 11:41; 5, Osborne (G) 11:41.

Junior varsity boys
Gunn 15, Lynbrook incomplete
Winner — Bueno (L) 12:54.
Frosh-soph boys
Gunn 25, Lynbrook 29
Winner — Csze (L) 11:58.

Freshman boys
Lynbrook 15, Gunn 44
Winner — Pardini (L) 12:43.

Varsity girls
Gunn 20, Lynbrook 35
Individual leaders — 1, Burnett (G) 13:14; 2, Seck (L) 13:26; Pickering (G) 14:06; 3, Bynoe (G) 14:07; 4, Kubokawa (G) 14:08.

Junior varsity girls
St. Francis 15, Gunn 59
Winner — Wydeven (SF) 14:06.

Cross country

PENINSULA LEAGUE FINALS At Crystal Springs, Belmont (2.9 miles)

Varsity boys
Team scores — 1, Carlmont 49; 2, Menlo-Atherton 57; 3, Capuchino 94; 4, San Mateo 98; 5, Aragon 107; 6, Woodside 136; 7, Hillsdale 166; 8, Sequoia 174; 9, Mills 204; 10, Menlo School 227; 11, Burlingame 228.

Individual leaders — 1, Giusto (SM) 14:40.3; 2, Becerra (Mills) 15:15.7; 3, Ghidossi (Cap) 15:36.3; 4, Valpey (MA) 15:38.8; 5, Lopez (MA) 15:51.1; 6, Montazer (Carl) 16:07.2; 7, Sangervasi (Carl) 16:09.6; 8, Piety (Carl) 16:10.3; 9, Munoz (Ara) 16:13.7; 10, Bartlow (MA) 16:15.8; 11, Hardy (Cap) 16:19.8; 12, B. Bullock (Carl) 16:20.5; 13, Carroll (Wood) 16:21.2; 14, Connors (Ara) 16:22.5; 15, A. Bullock (MA) 16:23.2.

Junior varsity boys
Team scores — 1, Menlo-Atherton 25; 2, Aragon 33; 3, Carlmont 63; 4, San Mateo 108; 5, Capuchino 108; 6, Hillsdale 139; other teams incomplete.

Individual leaders — 1, Beckwith (MA) 17:20.6; 2, Beck (Ara) 17:47.7; 3, Rossiter (MA) 18:03.2; 4, Blackmon (MA) 18:05.3; 5, Biagini (Ara) 18:05.8.

Sophomore boys
Team scores — 1, Mills 43; 2, Aragon 69; 3, Hillsdale 71; 4, Woodside 82; 5, San Mateo 87; 6, Burlingame 116; other teams incomplete.

Individual leaders — 1, Scopazzi (Burl) 16:41.4; 2, Brockman (Hills) 17:16.4; 3, Tanner (Hills) 17:17.7; 4, Callaia (Mills) 17:23.8; 5, Hernandez (Mills) 17:31.3.

Freshman boys

Team scores — 1, Carlmont 57; 2, Aragon 62; 3, Mills 62; 4, San Mateo 73; 5, Woodside 93; 6, Menlo-Atherton 108; other teams incomplete.

Individual leaders — 1, Arveson (Carl) 17:15.9; 2, Lacey (Menlo) 18:07; Brucker (Mills) 18:08.8; 4, Perez (Wood) 18:11.4; 5, Martin (MA) 18:19.4.

Varsity girls
Team scores — 1, Menlo-Atherton 63; 2, Aragon 67; 3, Mills 68; 4, San Mateo 73; 5, Burlingame 95; Carlmont 127; other teams incomplete.

Individual leaders — 1, Aguirre (Burl) 18:54.3; 2, Hartlaub (Burl) 19:21.3; 3, Kendall (Mills) 19:47.2; 4, Auerback (Ara) 19:59.3; 5, De Marval (MA) 20:24.0; 6, Charette (Mills) 20:29.5; 7, Carlson (SM) 20:38.9; 8, Dilladenthio (SM) 20:56.7; 9, Frias (Mills) 21:03.3; 10, Bennett (Ara) 21:03.6; 11, Holmes (MA) 21:04.5; 12, Thomas (Carl) 21:07.7; 13, Horstmeyer (MA) 21:13.4; 14, Franco (SM) 21:18.5; 15, Williams (MA) 21:28.9.

Junior varsity girls
Team scores — 1, Menlo-Atherton 27; 2, San Mateo 44; 3, Aragon 50; other teams incomplete.

Individual leaders — 1, Hageboeck (MA) 21:31.1; 2, Homan (MA) 21:33.4; 3, Ackerman (SM) 21:49.9; 4, Kaitkami (Ara) 22:04.0; 5, Miller (SM) 22:09.1.

Soccer

BAY AREA CONFERENCE

Uplands 0 1 - 1
Woodside Priory 0 0 - 0
U — Burns (unassisted)
JV — Woodside Priory 2, Uplands

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Carlmont High School's boys (from left, David Rollin, Chris Piety, Tony Sangervasi, Stewart Kume, Mike Montazer, Cort Armstrong) exult after winning

the PAL cross country title Thursday. In championship Mike Giusto (below, right) won seconds over Mills' Chris Becerra (below, left)

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