

## 2nd Annual Jackie Henderson Memorial Post Meet Story by Coach Gustavo Ibarra



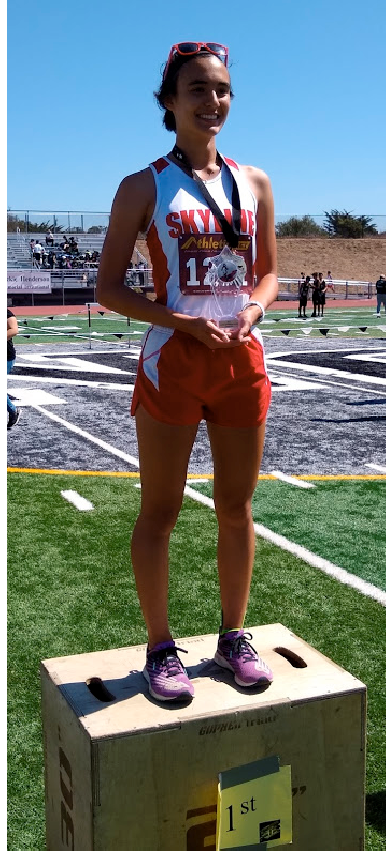
Frosh/Soph Boys Largest Race of the day with 322 finishers!

A clear sunny sky with mild temperatures and a full moon welcomed everyone to the *2nd Annual Jackie Henderson Memorial Cross Country Invitational* on Saturday, September 14th at North Monterey County High School in Castroville. Soaring temperatures had gripped the region in the days leading up the event but shifting off shore winds made for a perfect meet day with temperatures in the 60's and 70's. All 50 teams who had traveled from the heat were very pleased.



Daniel Tapia, North Monterey County High Grad wins Open race  
Team USA World Championships in Marathon

The day kicked off with a low-key memorial race for the public to remember Jackie Henderson. Daniel Tapia, who prepped at North Monterey County, won the race. He is best known for representing the United States at the World Championships in Russia in the men's marathon. He now coaches at Notre Dame (Salinas) as he gives back to the sport that has given him much. The middle schoolers then roared onto the course with a massive field (almost as big as the high school races!) led by some youngsters from the Clovis area. Watch out for them next year!



Eleanor Wikstrom (Senior) from Skyline HS 17:28 (New Course Record)



Varsity Girls Medalists

The highlight portion of the high school races (50 schools and 1500 runners) featured our varsity races with massive new course records for teams and individuals! The ladies were first. Early on there was a fast start but once the girls hit the track 400 meters into the race they all bunched up as they jockeyed for position and waited for someone to bravely take the lead. **Eleanor Wikstrom (SR-Skyline)** from the Oakland Section proved to be the fittest harrier early in the season as she blasted away from the field for a commanding **17:28 win** knocking off a whopping 1:21 off last year's **course record**. Not only that, she won by 40 seconds over a talented field. Watch out for Eleanor folks! **Anna Weirich (JR-Harker)** ran a strong second throughout much of the race and held on as her pursuers closed hard late in the race. **Claire Bringetto (SO-Clovis West)** had the best second half of the race and with a few more meters could have grabbed 2nd. You had to run 18:43 on the fast 3 mile layout to make the top 10 today!

1 Wikstrom, Eleanor	12 Skyline	17:28	(New Course Record)
2 Weirich, Anna	11 Harker	18:08	
3 Bringetto, Claire	10 Clovis West	18:15	
4 Groleau, Azalea	11 San Lorenzo Valley	18:19	
5 Aoki-Chance, Kalei	10 Clovis West	18:22	
6 Penny, Kayla	12 San Lorenzo Valley	18:29	
7 Jalal, Oriana	12 Cupertino	18:32	
8 Pannell, Viveca	11 Los Gatos	18:34	
9 Lathrop, Grace	10 Whitney	18:40	
10 Wasserman, Sonia	11 Orcutt Academy Charter	18:43	



Clovis West 1st Place Varsity  
95:57 New Course Record



Lynbrook 2nd Place Varsity



Whitney 3rd Place Varsity

On the team front, **Clovis West** was our pre-meet favorites and they delivered a tight **73-79 point win** over a very hot Lynbrook team who was looking for their 2nd win in as many weeks. Those two proved to be the class of the field. **Clovis West** clocked **95:57 and averaged 19:11** for their top 5 to **demolish the course record** (as predicted) by a whopping 7:23! **Whitney** (128) seemed to take the most medals home all day and grabbed the last team plaque here making it a diverse top 3 with the Central Section, Central Coast Section, and Sac Joaquin Section all grabbing plaques. **Gunn, Skyline, Los Gatos, San Lorenzo Valley, Leland, Orcutt Academy Charter, and San Benito** rounded out the top 10 teams.

1 Clovis West	73	2	4	19	20	28	33
Total Time:	1:35:57.00	(New Course Record)					
Average:	19:11.40						
2 Lynbrook	79	11	12	13	14	29	51
Total Time:	1:36:16.00						
Average:	19:15.20						
3 Whitney	128	8	15	30	32	43	48
Total Time:	1:39:10.00						
Average:	19:50.00						
4 Henry M. Gunn	145	22	23	24	37	39	49
Total Time:	1:40:47.00						
Average:	20:09.40						
5 Skyline	152	1	16	17	54	64	90
Total Time:	1:39:58.00						
Average:	19:59.60						
6 Los Gatos	155	7	27	35	42	44	56
Total Time:	1:40:40.00						
Average:	20:08.00						
7 San Lorenzo Valley	178	3	5	47	58	65	
Total Time:	1:42:04.00						
Average:	20:24.80						
8 Leland	239	10	40	50	66	73	
Total Time:	1:45:43.00						
Average:	21:08.60						
9 Orcutt Academy Charter	244	9	26	59	74	76	79
Total Time:	1:46:08.00						
Average:	21:13.60						
10 San Benito (Hollister)	260	31	46	53	63	67	89
Total Time:	1:46:58.00						
Average:	21:23.60						



Whitney (2nd), Scotts Valley (1st), Clovis West (3rd) Varsity Boys

We knew the boys would bring the team heat and they didn't disappoint. Clovis West was our pre-meet favorite and would have probably sealed the deal here but had to run a bit short-handed with 3 of their top guys sitting this one out after some nasty spills in a pile-up at their previous race. That opened the door just slightly and allowed Scotts Valley to pound it in! Spear-headed by a lethal 1-2 punch they delivered a very tight 83-86 win over a sharp looking Whitney squad! Scotts Valley stormed to a 79:51 team time knocking 1:31 off a solid King City course record from last year. With those types of times (15:58 average!) look for Scotts Valley to mix it up at State in D4! Also keep an eye on Whitney as they were in cruise mode preparing for a league contest this week. Even short-handed, Clovis West was only 8 points back of Whitney and delivered the thrilling team battle we expected. Watch out later as they bring back their full crew! Once again, like the ladies, the top 3 teams came from 3 different sections with the CCS taking top honors here with SJ and CS 2nd and 3rd. Rounding out the top 10 were King City, Lynbrook, Santa Teresa, Salinas, San Lorenzo Valley, Leland, and Woodside Priory.

1	Scotts Valley	83	2	3	25	26	27	36	97
	Total Time:	1:19:51.00							New Course Record
	Average:	15:58.20							
2	Whitney	86	4	10	15	24	33	38	81
	Total Time:	1:20:08.00							
	Average:	16:01.60							
3	Clovis West	94	5	14	17	23	35		
	Total Time:	1:20:21.00							
	Average:	16:04.20							
4	King City	171	7	13	39	41	71	104	130
	Total Time:	1:22:17.00							
	Average:	16:27.40							
5	Lynbrook	204	11	29	49	54	61	69	79
	Total Time:	1:23:10.00							
	Average:	16:38.00							
6	Santa Teresa	232	1	12	58	62	99		
	Total Time:	1:23:11.00							
	Average:	16:38.20							
7	Salinas	240	16	51	56	57	60	63	103
	Total Time:	1:24:01.00							

	Average:	16:48.20							
8	San Lorenzo Valley	244	6	8	28	78	124	127	131
	Total Time:	1:23:47.00							
	Average:	16:45.40							
9	Leland	272	22	37	55	74	84	93	106
	Total Time:	1:24:53.00							
	Average:	16:58.60							
10	Woodside Priory	284	21	45	50	82	86	100	116
	Total Time:	1:25:16.00							
	Average:	17:03.20							



Varsity Boys Medalists

Individually, Mario Avila from King City set a hard early pace and pressed everyone early to stay close. He slid to 7th late but watch out as that fitness grows to match that mental strength! As the chase pack caught the early leader it was **Carson Smith (SR-Santa Teresa)** who slid away as smooth as silk to a commanding 19 second win in **15:06, good for a new course record by 42 seconds!** Carson looked extremely relaxed and efficient and looks to be among the very best California will offer this fall! The battle for the top 5 was intense as each of them took turns pushing the pace and passing one another throughout the race. **Mitchell Ross (SR-Scotts Valley)** saved a lethal kick as he came up for 2nd in 15:25 just holding off his teammate **Jeremy Kain (SO-Scotts Valley)**. Those two set the stage for their team win and will be guys to watch in 2019! The tenth finisher came in at 15:53 only 5 seconds back of the old course record!

1	Smith, Carson	12	Santa Teresa	15:06	Course Record
2	Ross, Mitchell	12	Scotts Valley	15:25	
3	Kain, Jeremy	10	Scotts Valley	15:25	
4	Dodge, Ethan	12	Whitney	15:28	
5	Lamborn, Pierson	12	Clovis West	15:30	
6	Nounnan, Cory	11	San Lorenzo Valley	15:35	
7	Avila, Mario	11	King City	15:36	
8	Ebright, Cash	10	San Lorenzo Valley	15:39	
9	Velazquez, Jose	11	Alisal	15:51	
10	Finta, Jason	11	Whitney	15:53	



**Legendary Coach Rich Parris (R) has been coming to meets sponsored by North Monterey County (Earlybird and Henderson) for 20 years! First with Madera, then Madera South, and now Clovis West!**

2019 Full Results!

[http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2019/jh\\_res.htm](http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2019/jh_res.htm)

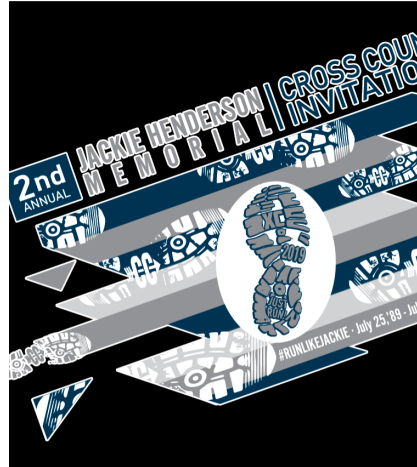
Thank you to the schools who have joined us as we honor Jackie and we hope you enjoyed the meet! Visit the meet website at; <https://sites.google.com/view/hendersonmemorialcc/home?authuser=0>



***RIP Coach Jackie Henderson***  
**July 25th, 1989-July 14th, 2017**



Jacklyn was fatally struck while visiting family by an SUV while running in Huntington, NY on July 14th, 2017. She was 27 years old. A native of Huntington, Jacklyn graduated from Oyster Bay High School before attending Hunter College, where she was a three-year member of the Hawks cross country and track and field teams. A talented distance runner, Jacklyn was a member of two CUNYAC Championship cross country teams (2010 and 2011), earning first-place in the conference championship meet in 2010 to take CUNYAC Runner of the Year honors. Jacklyn was a six-time conference All-Star and helped the Hunter distance medley relay team to a CUNYAC title at the 2010-2011 Indoor Championships. She graduated from Hunter in 2012 with a Bachelor of Arts in Biology, her childhood passion. She was a biology teacher and cross country and track and field coach at North Monterey County High School in Castroville, CA at the time of her passing. At North Monterey County High she quickly became one of the most popular teachers on campus. Hundreds of her students, athletes, and fellow staff members quickly became very fond of her. She had a great passion for life, adventures, travel, and making everyone she met feel complete and unconditional love. She was extremely family and friend oriented. She lived every day as if it were her last and made lasting impacts on those she has left behind. Her legacy will live on with all those she touched in life. Our heartfelt thoughts are with Jacklyn's family and friends, as well as her teammates, students, athletes, and colleagues. #RUNLIKEJACKIE



## 2nd Annual Jackie Henderson Memorial Preview by Coach Gustavo Ibarra

We are excited to host our *2nd Annual Jackie Henderson Memorial Cross Country Invitational* on Saturday, September 14th at North Monterey County High School in Castroville. The inaugural event last year had 14 schools and has exploded in size and interest. We had to limit the meet to 50 schools to ensure a good event! In the future we may allow more schools in and may need to break up the varsity races. We hope the event will honor Jackie Henderson who was an assistant cross country and track coach at North Monterey County who was tragically hit by a car while out on a run in the summer of 2017. This event will be held yearly on the high school campus where she taught science and coached. The course is 3 miles and features flat grass loops, track laps in a brand new state of the art track and field stadium, and hilly loops on a newly developed dirt trail on the hills nearby. It has a mix of everything with great viewing and seating in the stadium and a very exciting stadium finish area. Most of our teams are from the Central Coast Section and we especially welcome those from out of the area with teams from the Sac-Joaquin (Whitney, Chavez, Buhach Colony), Central (Clovis West, Orcutt Academy Charter) and Oakland (Skyline) section making the long trip. The meet kicks off with a free 3-mile open race (8:00 am) to honor Jackie allowing everyone to lace them up. Then the middle schoolers (6th-8th grades) are invited to show up for a free/open 2 mile (8:30 am). Finally, the traditional Frosh/Soph (9:00 Girls, 9:30 Boys), Junior Varsity (10:00 Girls, 10:30 Boys), and Varsity (11:00 Girls, 11:30 Boys) races for each gender will highlight the meet.

*We think this edition will have some fireworks for the boys on the team front while the girls should shine with highly ranked individuals clashing early on.* We'll start with the boys as we highlight team cross country. The boys feature Central Section power **Clovis West** making the trip from Fresno to the Central Coast Section and they are favored to win. They are led by legendary coach Rich Parris who led Madera High to legendary performances on the old course at North Monterey County in the initial Earlybird years before that meet moved to Toro Park. He then went on to coach at Madera South and took them to even greater heights at Earlybird and state and national recognitions. The Golden Eagles return all SEVEN of their varsity runners from last year and will be featured prominently here with a team capable of less than a 30-second

1-5 spread. They enter the season as one of the top teams to watch in all of California. But, hold on, the **Whitney** Wildcats also make a long trip from the Sac Joaquin Section and certainly have the squad to make them great challengers for the win! They placed 10th last year in state in Division 2 and return SIX from that squad! They feature a lethal front two that will provide low points while their depth is impressive. They recently put on a show at the Oakmont Invitational and were just 4 points behind State power Jesuit. **King City** represents the top local threat and should put up quite the battle after winning here going away last year establishing a **course record (81:22)** on the new layout at North Monterey County. They return FIVE from a 4th place D4 state team! **Scotts Valley** also returns FIVE from a 7th place state meet D4 team! On paper, King City and Scotts Valley are ones to watch for a possible state title runs in their small schools' division since they both feature a lethal front three and as their final scorers develop they could become very dangerous. **Lynbrook** comes in as one of the top teams in CCS D2 and hopes to close the gap to the top 4 teams here. **Alisal**, led by former North Monterey County runner Steve Munoz, will be pumped to run on his old stomping grounds. Other squads hoping for a shot at the top include **Gunn, San Lorenzo Valley, Buhach Colony, Skyline, Santa Teresa, San Benito, Carmel, Cupertino, Greenfield, Los Gatos, and Valley Christian.**

Individually, **Austin Vasquez (SR-Whitney)** is our favorite with 15:48 Woodward Park and 9:15 3200 track credentials. **Esteban Deniz (SR-King City)** won our inaugural event last year and holds the **course record (15:48)**. Watch for him to dip way under that mark as he attempts to defend his title after a nice 4:20 spring mile. Austin's teammate **Ethan Dodge (SR-Whitney)** will tag along as long as possible. If the pace is slow, watch out for **Jeremy Kain (SO-Scotts Valley)** who holds the **world record** for the mile for 12-year-olds (4:36) set in middle school and blazed a 4:24 as a 9th grader. Hoping to break up the individual stars will be the lethal senior-heavy pack from **Clovis West** with **Pierson Lamborn (SR), Tyler Lamborn (JR), Brayden Costales (SR), Jacob Pace (SR) and Matthew Morgan (SR)** all with sub 16:45 Woodward Park marks will truly shine as a team! Their super soph **Benjamin Reyes** who almost broke 10:00 for 2 miles last year will also join the party and will try to displace Whitney's **Jason Finta (JR), Josh Tajiri (SR), and Brenden Jacoby (SR)** in what could be a thrilling team battle. **Cosmo Cao (SR-Lynbrook)**, who had a nice spring, could move up here. **Mario Avila (JR) and Ricardo Diaz (SR)** will give **King City** a lethal front 3. **Carson Smith (SR-Santa Teresa), Justin Chiao (SR-Gunn), Brandon Johnson (SR-Santa Teresa), Will Luders (JR-Valley Christian), Mitchell Ross (SR-Scotts Valley), Jimmie Summers (JR-Buhach Colony), Cash Ebright (SO-SLV), Rigo Garcia (JR-Greenfield), and Christian Chavez (SR-San Benito)** will try to break up the team led packs ahead of them.

For the girls, **Clovis West** stands ready to take the win if everyone is on board. They feature a great young pack with some strong up-front leaders returning 6 girls with sub 20:00 marks at Woodward Park! Look for them to demolish the **course record set last year by Hughson (103:20)**. **Los Gatos** comes in as underdogs but they could develop into the top team in all of CCS this season all divisions combined with some work! They feature 3 low sticks and as they shore up their final scorers could become quite dangerous by the end of the year. **Whitney** also has 3 top girls and could battle for a top 3 team placing. **Leland** has a dynamic duo leading them and is hoping for a state berth this year in D2. **Lynbrook** showed well last week and could move up for a top 3 plaque and medals here. **Gunn, San Lorenzo Valley, Scotts Valley, Skyline, San Benito, Santa Teresa, Valley Christian, Cupertino, and Carmel** all hope to play spoilers as well.

Individually is where the girls will shine! **Melissa Cichon (JR-Leland)** won CCS D2 last year and went on to an 18:07 state meet run. Watch as this CCS star takes aim at the **course record (18:49)** by **Emily Fife (Hughson)** set last year. **Annika Paylor (SR-Los Gatos)** will hope to inspire her top team after her nice 11:01 spring 2 mile and could upset Melissa. **Gabby Hughes (SR-Santa Cruz)** was sub 19:00 at Woodward and will hang on for a top finish. **Layla Ruiz (JR-Watsonville)** also ran 11:01

for 2 miles and is one of the up and coming stars with very little wasted energy as she runs, watch out for her. **Clovis West** will put on a team running clinic with **Kalei Aoki-Chance (SO)**, **Madison Galetti (SO)**, **Claire Bringetto (SO)**, **Olivia Renfro (SR)**, **Gabriella Preciado (JR)**, and **Annaka Reed (SO)** who all broke 20:00 at Woodward last year! Others to watch include **Grace Lathrop (Whitney)**, **Sofia Camacho (SR-North Salinas)**, **Azalea Groleau (JR-San Lorenzo Valley)**, **Viveca Pannell (JR-Los Gatos)**, **Clara Chirila-Rus (SR-Leland)**, **Lucy Klarich (SO-Los Gatos)**, **Kailea Zlatunich (SR-Aptos)**, **Angela Leavitt (SR-Notre Dame-Salinas)**, **Susana Estrada (JR-Aptos)**, **Anna Weirich (JR-Harker)**, **Cynthia Tena (10-San Benito)**, **Cherling Padilla (JR-North Salinas)**, **Lauren Okamoto (JR-San Benito)**, **Andrea Villegas (JR-North Monterey County)**, **Nellie Rubio-Pintor (FR-Ceiba)**, **Eleanor Wikstrom (SR-Skyline)**, **Sonia Wasserman (JR-Orcutt)**, **Caleam Gilliam (FR-MVC)**, and teammates **Katie Kopec (FR-Whitney)** and **Brooke Giorgi (SR-Whitney)**.

Thank you to the schools who have joined us as we honor Jackie and we hope you enjoy the meet! Scan below for a bio on Jackie, course records, and visit the website at; <https://sites.google.com/view/hendersonmemorialcc/home?authuser=0>

### ***RIP Coach Jackie Henderson***

**July 25th, 1989-July 14th, 2017**

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## **North Monterey County HS Course Records\*** **(\*3 Miles on new course made in 2018)**

### **Girls' Top Team Times**

- 1) 103:20 Hughson 2018
- 2) 106:19 North Monterey County 2018
- 3) 110:17 Mills 2018
- 4) 115:12 King City 2018
- 5) 115:53 Seaside 2018
- 6) 117:02 San Benito 2018
- 7) 124:52 Watsonville 2018

### **Girls' Top Individuals**

- 1) 18:49 Emily Fife 12 Hughson 2018
- 2) 19:04 Elizette Ysais 11 Hughson 2018
- 3) 19:14 Faith Mora 12 North Monterey County 2018
- 4) 19:40 Nicole Leon 12 Mills 2018
- 5) 19:40 Audrey Kim 11 Mills 2018
- 6) 19:57 Andrea Villegas 10 North Monterey County 2018
- 7) 20:17 Madison Wong 9 Mills 2018
- 8) 20:19 Ashley Hurdle 11 Templeton 2018
- 9) 20:39 Patricia Santos 11 Seaside 2018
- 10) 20:46 Taylor Scheuber 9 Hughson 2018

### **Boys' Top Team Times**

- 1) 81:22 King City 2018
- 2) 86:57 San Benito 2018
- 3) 87:08 Mills 2018
- 4) 89:39 North Monterey County 2018
- 5) 90:13 Soledad 2018
- 6) 91:27 Templeton 2018
- 7) 94:21 Seaside 2018
- 8) 97:11 Hughson 2018
- 9) 97:30 Watsonville 2018

### **Boys' Top Individuals**

- 1) 15:48 Esteban Deniz 11 King City 2018
- 2) 16:06 Mario Avila 10 King City 2018
- 3) 16:09 Fausto Medina 12 King City 2018
- 4) 16:09 Leo Schroeder 11 Mills 2018
- 5) 16:32 Ricardo Diaz 11 King City 2018
- 6) 16:47 Daniel Correa 12 King City 2018
- 7) 16:51 Jesus Rodriguez 12 Soledad 2018
- 8) 16:56 Josue Murillo 10 San Benito 2018
- 9) 17:03 Jiovanni Garcia 12 North Monterey County 2018
- 10) 17:07 Oscar Delgado 10 King City 2018