

Subject: Humboldt League Meet

Date: Thu, 15 Oct 1998 21:19:32 -0700

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

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

FYI,

On Oct 15, Humboldt-Del Norte Leagues held a combined meet, featuring all the schools in Big Five and Little Six Leagues at Fortuna's Home Course (3 Miles).

Eureka boys easily won, despite resting their first and third runners. Freshman Shaun Lyle won in 16:05.

Eureka girls won against a much improved Fortuna team. Last week, Fortuna lost to Eureka by a score of 27-28 in a dual meet. This time Eureka won in 28 points. Fortuna had 39 and Arcata had 55.

Andrea Woodcock comfortable won in 19:43. Eureka's team time was 103:48 (~107:30 on a 5k course). The course is very rolling with sizable hills.

I would highly suggest your consideration for Fortuna girls in the Div IV rankings for NCS. I saw that they placed 7th at Cow Chip Classic. I think they are really looking well now. They ran from the front the last 2 weeks, killing us at the mile mark. Luckily, our girls concentrate on their passing ability the last two miles.

Fortuna's top two girls are Tara Gregg and Anna Sanders.

Thanks for your time,

Brian Purcell
Eureka Girls Coach

by the way, when will your next rankings be out?

Subject: 10-15-98 League

Date: Thu, 15 Oct 1998 18:42:54 -0700 (PDT)

From: Adam Hall <ajh5@axe.humboldt.edu>

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

Full representation from all teams. 3 hills, 3 miles; cold and windy.

This race was to be the first real battle between top squads, but Eureka nixed that before the race holding out #1 Lehrin Morey and #3 Jeremy Tout. A fast first mile (5:0x) saw Geoff Myers (A) leading Shaun Lyle and Eric Frome (E). Eureka was also holding down the 4-7 spots overall. Lyle extended his lead in the second mile and cruised to an un-preserved 13 second victory in 16:05. Myers and Frome were neck-and-neck to the finish with Myers out-leaning the Logger. Travis Moe, Chris Phelps, Chris Binschus (E), and Matt Tout rounded out the top seven. Eureka had six runners under 17 minutes and 7 of the top 8 positions.

On the girls side Fortuna looked to turn the tide on Eureka after losing a dual the previous week by a mere point. After a half-mile the top six runners were all Huskies. Their grasp on the race didn't last long, though as the bottom fell out as many of those runners faded past 15th place. Andrea Woodcock ran to victory for Eureka while Anni Kelley-Day and Megan Yarnall (3rd and 5th) backed her up. Fortuna was led by Tara Gregg whose team fell short 29-38. Arcata was a distant third. Joey Mason did not run.

Results (Men only, no true results).

>From memory.

1. S. Lyle (E) 16:05
2. G. Myers (A) 16:18
3. E. Frome (E) 16:18
4. T. Moe (E) 16:32
5. C. Phelps (E) 16:38
6. C. Binschus (E) 16:45
7. M. Tout (E) 16:49

I can confirm these tomorrow morning and send girls results.

-Adam Hall

Subject: More league results

Date: Fri, 16 Oct 1998 11:25:29 -0700 (PDT)

From: Adam Hall <ajh5@axe.humboldt.edu>

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

~~Girls individuals:~~

1. Andrea Woodcock (E) 19:43
2. Tara Gregg (Fo) 20:18
3. Anni Kelley-Day (E) 20:32
4. Andrea Lovio (A) 20:45

Arcata's boys were second with 49 points (see previous post)

-Adam Hall

PS Arcata next sees action at West Valley CC meet (Chico)
Eureka's boys see action at Mt. SAC (big race)

EXCELLENT ONE--

AFTER A MOST UNCOOL BEGINNING THE CAMPO BOYS XC TEAM IS BEGING TO ROLL...A SMEAR OF ACALANES TODAY (ALTHOUGH THEY WERE WITH OUT VETEK AND A FEW VARSITY DUDES-- BUT, HEY, OUR USUAL # 5 (A FROSH) WASN'T IN OUR TOP 7) BUT WE'RE IMPROVING...GIRLS RAN WELL WENT 1-2-3 AND ACALANES PACKED VERY WELL, BUT WE DIDN'T RUN OUR 5-6-7 LADIES DUE TO INJURIES/REST FOR TCAL NEXT FRIDAY NOV 6 1:00 AT NEWHALL... THINGS ARE FALLING INTO PLAGE. LAURA CHERDACK LOOKED GREAT KICKED BUTT AT A TOUGH HIDDEN LAKES COURSE 19:33 (3 miles)... ACA & DUBLIN HAVE BEEN CAUGHT!!

TCAL CENTER MEET 10-28 HIDDEN LAKES PARK, MARTINEZ 3 miles

Varsity Girls

PLACE	ATHLETE (3 miles)	YR	DIV	B/G	10-28	10-7	9-12
1	CHERDACK, LAURA (CAMPO)	12	V	G	19:33	20:32	
2	LEE, KAREN (CAMPO)	10	V	G	20:37	20:52	
3	ATKINS, CHRISTINE (CAMPO)	11	V	G	20:41	21:37	
4	PROWZNIK, NIKALA (ACA)		V	G	20:41		
5	THOMAS, MARY (ACA)		V	G	20:53		
6	JOHNSTONE, MEGAN (ACA)		V	G	21:00		
7	SYLVESTER, NATALIE (CAMPO)	10	V	G	21:03	22:39	
8	JUDY, AMY (ACA)		V	G	21:32		
9	KOHLER, PETRA (ACA)		V	G	21:34		
10	LEE, SABRINA (ACA)		V	G	21:55		
13	CHIBA, ELIZABETH (CAMPO)	9	V	G	22:25	14:56 (2M)	16:38
15	HERTEL, ERIN (CAMPO)	10	V	G	22:40	22:58	

24 RUNNERS

PACK 1-5: 2:52...1-4= 1:30...2-4= :26... EXCELLENT!!

CAMPO (1-2-3-7-12)= 25 ACA(4-5-6-8-9)= 32

Varsity Boys

PLACE	ATHLETE (3 miles)	YR	DIV	B/G	10-28	10-7	9-126
1	HINOJOSA, MIGUEL (MD)		V	B	17:02		
2	CHANG, JAKE (CAMPO)	11	V	B	17:35	18:04	
3	TAMMEN, MATT (CAMPO)	10	V	B	17:50	18:37	
4	LaCRAMPE, JP (DUB)		V	B	17:56		
5	ANDERSON, ROYCE (ACA)		V		17:57		
6	GOMEZ, MARCOS (DUB)		V	B	17:59		
7	QUINONES, JOHNNY (MD)		V	B	18:02		
8	HARPER, JOHN (DUB)		V	B	18:03		
9	SWAIN, CARLTON (CAMPO)	12	V	B	18:05	19:13	
10	WONG, DARRYL (ACA)		V	B	18:13		
11	FOLLETTE, DAVID (CAMPO)	11	V	B	18:15	18:50	
12	RUDOLPH, CHRIS (CAMPO)	12	V	B	18:30	19:09	
13	TALBOT, MATT (CAMPO)	12	V	B	18:31	18:40	
14	GANJI, HANI (CAMPO)	11	V	B	18:32	19:00	
15	SHELLY, RYAN (CAMPO)	11	V	B	18:33	20:20	
16	MATHIES, CHRIS(CAMPO)	9	V	B	18:34	18:57	
23	GROVER, BEN (CAMPO)	12	V	B	19:13	19:11	
33	OLSON, CHARLIE (CAMPO)	12	V	B	21:39	21:37	

36 RUNNERS

PACK 1-5: :55...1-7= :57...1-3=:30...4-7= 17... EXCELLENT!!

CAMPO (1-2-4-6-7)=20 ACA (3-5-10-11-12)=41

CAMPO (1-2-6-7-8)= 24

Subject: Re: TCAL INFO-CAMPO/ACA/DUBLIN

Date: Wed, 28 Oct 1998 23:23:17 -0700

From: ck walsh <ckwalsh@earthlink.net>

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

References: 1, 2, 3, 4, 5

EXCELLENT ONE--

AFTER A MOST UNCOOL BEGINNING THE CAMPO BOYS XC TEAM IS BEGING TO ROLL...A SMEAR OF ACALANES TODAY (ALTHOUGH THEY WERE WITH OUT VETEK AND A FEW VARSITY DUDES--BUT, HEY, OUR USUAL # 5 (A FROSH) WASN'T IN OUR TOP 7) BUT WE'RE IMPROVING...GIRLS RAN WELL WENT 1-2-3 AND ACALANES PACKED VERY WELL, BUT WE DIDN'T RUN OUR 5-6-7 LADIES DUE TO INJURIES/REST FOR TCAL NEXT FRIDAY NOV 6 1:00 AT NEWHALL... THINGS ARE FALLING INTO PLACE. LAURA CHERDACK LOOKED GREAT KICKED BUTT AT A TOUGH HIDDEN LAKES COURSE 19:33 (3 miles)... ACA & DUBLIN HAVE BEEN CAUGHT!!

TCAL CENTER MEET 10-28 HIDDEN LAKES PARK, MARTINEZ

miles

PLACE	ATHLETE (3 miles)	YR	DIV.	B/G	10-28	10-7	9-12	
5								
1	CHERDACK, LAURA (CAMPO)	12	V		G	19:33	20:32	
5								
2	LEE, KAREN (CAMPO)		10	V		G	20:37	20:52
5								
3	ATKINS, CHRISTINE (CAMPO)	11	V		G	20:41	21:37	
5								
4	PROWZNIK, NIKALA (ACA)		V		G	20:41		5
5	THOMAS, MARY (ACA)			V		G	20:53	
5	JOHNSTONE, MEGAN (ACA)		V		G	21:00		5
6	SYLVESTER, NATALIE (CAMPO)	10V		G	21:03	22:39		
5								
8	JUDY, AMY (ACA)			V		G	21:32	
9	KOHLER, PETRA (ACA)			V		G	21:34	
10	LEE, SABRINA (ACA)			V		G	21:55	
13	CHIBA, ELIZABETH (CAMPO)	9	V		G	22:25	14:56 (2M)	1
5								
15	HERTEL, ERIN (CAMPO)	10	V		G	22:40	22:58	5

RUNNERS

EXCELLENT!!

(4-5-6-8-9)= 32

PLACE	ATHLETE (3 miles)	YR	DIV.	B/G	10-28	10-7	9-12	
6								
1	HINOJOSA, MIGUEL (MD)		V		B	17:02		6
2	CHANG, JAKE (CAMPO)		11	V		B	17:35	18:04
6								
3	TAMMEN, MATT (CAMPO)	10	V		B	17:50	18:37	
6								
4	LaCRAMPE, JP (DUB)			V		B	17:56	
5	ANDERSON, ROYCE (ACA)		V		B	17:57		6
6	GOMEZ, MARCOS (DUB)			V		B	17:59	
7	QUINONES, JOHNNY (MD)		V		B	18:02		6
8	HARPER, JOHN (DUB)			V		B	18:03	
9	SWAIN, CARLTON (CAMPO)	12	V		B	18:05	19:13	
6								
10	WONG, DARRYL (ACA)			V		B	18:13	
11	FOLLETTE, DAVID (CAMPO)	11	V		B	18:15	18:50	
6								
12	RUDOLPH, CHRIS (CAMPO)	12	V		B	18:30	19:09	

6								
13	TALBOT, MATT (CAMPO)	12	V		B	18:31	18:40	
6								
14	GANJI, HANI (CAMPO)		11	V		B	18:32	19:00
6								
15	SHELLY, RYAN (CAMPO)	11	V		B	18:33	20:20	
6								
16	MATHIES, CHRIS (CAMPO)	9	V		B	18:34	18:57	
6								
23	GROVER, BEN (CAMPO)		12	V		B	19:13	19:11
6								
33	OLSON, CHARLIE (CAMPO)	12	V		B	21:39	21:37	6
RUNNERS								
:30....4-7= 17 EXCELLENT!!								
20								
41								
CAMPO (1-2-6-7-8)= 24								
35								

Subject: Redwood XC: MCAL Tri-meet with Novato, San Marin 10/30/98

Date: Fri, 30 Oct 1998 20:18:27 -0800

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

To: "Sam Gleason" <sam@linex.com>, "Carl Anderson" <anncarl@earthlink.net>, "Darrin Eisman" <source@h2net.net>, "Dave Hannaford" <drhanna@pacbell.net>, "<David Leipsic" <David@tam.net>, "Greg Nacco" <g_nacco@ix.netcom.com>, "Jeff Capell" <PONOKAI@aol.com>, "Joe Green" <joseph.green@aspect.com>, "John Edgcomb" <EdgcombJ@aol.com>, "Jon Vochatzer" <jevochatzer@ucdavis.edu>, "Mark Conover" <mconover@slonet.org>, "Mark Richtman" <mark.richtman@fibre.com>, "Mark Tveskov" <mark@OREGON.UOREGON.EDU>, "Mike Dibley" <mdibley@marin.k12.ca.us>, "Mike Fanelli" <mikalfan@msn.com>, "Mom And Dad" <tvlyons@mmm.com>, "Pat Swift" <pswiftx@juno.com>, "Peter Franks" <peter@lascruces.com>, "Phil Sanderson" <psanderson@wiig.com>, "Sheri Lyons" <sheri@info-overload.com>, "Suzie Lister" <SuziLister@aol.com>, "Ted Brown" <tbrown@marin.k12.ca.us>, "Tim Fitzpatrick" <tfitz@lehman.com>, "Todd Lewis" <glisan@aol.com>, "Tony Sandoval" <tsandovl@uclink2.berkeley.edu>, "Peter Brewer" <pcb@adm.internet-frontier.net>, "Bill Keene" <bkeene@harding.com>

Redwood, Novato at San Marin
Stafford Lake (Cowchip Classic course)
10/30/98
3.0 miles

Varsity Boys:
Redwood 83:08 (16:37 average)
Novato 89:36 (17:55 average)
San Marin 91:08 (18:13 average)

Redwood 15 San Marin 46
Redwood 16 Novato 45
Novato 25 San Marin 31

1 Franco Red 16:34
Ryan Red 16:35
~~Nee Red 16:35~~
Johnson Red 16:36
5 Morgan Nov 16:47
6 Kuntz Red 16:48
7 Nielsen SM 17:19
8 DeShazo SM 17:24
9 Tapia-Grassi Nov 17:31
10 Schiller Red 17:46
~~Zahradnik Red 17:47~~
12 Larson Nov 17:56
13 Olson SM 18:01
14 Porteous Nov 18:33
~~15 Jacob Nov 18:49~~
16 Arauzo SM 19:03
17 Kolsky Nov 19:06
18 Minhondo SM 19:21
~~19 Wetzler Red 19:26~~
20 Vandencline SM 19:28
21 Scannell SM 19:29
22 Hill Red 19:33
~~23 Tran SM 19:37~~
24 Weir Red 19:41
25 Thonu Nov 20:11

26 Bozdech SM 20:16
27 Gehringer Red 20:19
28 Cohen SM 20:25
29 Eldred SM 20:30
30 Summers Red 20:34
31 ~~Guinan Nov 20:45~~
32 Green SM 21:09
33 Petovello Red 21:10
34 Louie Red 21:42
35 O'Reilly Red 23:41
36 Roller Red 25:10
37 Leotta SM 25:29

Redwood, Novato at San Marin
Stafford Lake (Cowchip Classic course)
10/30/98
3.0 miles

Varsity Girls:

Novato 102:56 (20:35 average)
San Marin 111:31 (22:18 average)
Redwood 111:36 (22:19 average)

Redwood 27 San Marin 29
~~Novato 15 Redwood 48~~
Novato 15 San Marin 44

1 Hanks Nov 19:42
2 Franczak Nov 20:36
3 ~~Ciabattari Nov 20:44~~
4 Gut Nov 20:50
5 Guglielmo Nov 21:04
6 Barkhordarian Red 21:06
7 ~~Kellner SM 21:14~~
8 Graham SM 21:16
9 Walera SM 21:33
10 Dodson Nov 21:51
11 ~~Tyler Nov 22:02~~
12 Lee Nov 22:06
13 Grant Red 22:07
14 Roberts Nov 22:11
15 ~~Cook Red 22:18~~
16 Medina Nov 22:21
17 Moscrip Red 23:01
18 Innes Red 23:04
19 ~~Wingenbach SM 23:12~~
20 Manion Nov 23:37
21 Peoples Red 23:38
22 Kahn Nov 23:49
23 ~~Orsini SM 24:16~~
24 Selfridge SM 24:19
25 Martin Red 24:58
26 Noble Red 25:30
27 ~~Ryan Red 25:42~~
28 Glass SM 25:43
29 Nelson Nov 26:29
30 Hunt Red 26:44
31 ~~DeMartini Red 26:55~~
32 Sun Red 27:12
33 Briggs Red 28:20
34 Corbett Red 28:20

35 Pelmear SM 28:48
36 Ramirez Red 29:16
37 Sullivan Red 32:58

Subject: League 10-29-98

Date: Fri, 30 Oct 1998 11:28:12 -0800 (PST)

From: Adam Hall <ajh5@axe.humboldt.edu>

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

Willow Creek-- Eureka takes men's and women's titles in full league tilt

5K Boys: Eureka ran its top three runners as it took the meet with a score of 19 with Lehrin (L-E-H-R-I-N) Morey (M-O-R-E-Y) taking individual honors in 18:09 in front of Jeremy Tout (18:16) and Shaun "There's no such thing as an off day" Lyle (18:18).

Geoff Myers (Arc) and Bob Brown (Del Norte) broke up the Logger squad finishing 4th and 5th in times of 18:38 and 18:50, while Loggers finished sixth and seventh.

Girls: The Eureka/Fortuna/Arcata battle never really materialized as Eureka ran away with the meet scoring 26 points to Arcata's 43 and Fortuna's 55. Individually Andrea Woodcock continued her undefeated streak winning by 19 seconds over Tara Gregg 22:36-22:55. Anni Kelley-Day was third in 23:03. Del Norte's Tiffany Vickers keeps surprising her HDNL foes, finishing fourth in 23:13. Arcata's Lovio was fifth in 23:40. Arcata's Joey Mason was notably absent from the top 10.

The league splits next week and runs two meets in Eureka and Arcata.

Boys:

Teams: Eureka 19
Arcata 50
Del No. 75
Fort. 88
S.Fork 107
McK 126

Ind.

1. L. Morey	Eu	18:08
2. J. Tout	Eu	18:16
3. S. Lyle	Eu	18:18
4. G. Myers	Ar	18:38
5. B. Brown	DN	18:50
6. C. Phelps	Eu	19:01
7. M. Tout	Eu	19:04
8. C. Jones	Ar	19:08
9. C. Binschus	Eu	19:16
10 D. Davis	Fo	19:20

Girls

Teams: Eureka 26
Arcata 43
Fort 55
S.Fork 86

Ind.

1. A. Woodcock	Eu	22:36
2. T. Gregg	Fo	22:55
3. A. Kelley-Day	Eu	23:03

4. T. Vickers	DN	23:13
5. A. Lovio	Ar	23:40
6. S. Kelley-Day	Eu	23:55
7. M. Yarnell	Eu	24:31
8. K. Lawrence	Fo	24:43
9. E. Drew	Ar	24:46
10. E. Rose	Ar	24:50

~~-Adam Hall~~

"Where did all the Eureka guys go?"

Geoff Myers after a dual meet two days before Mt. SAC

"Mt. SAC was a fluke."

Lehrin Morey 5 minutes after finishing the Mt. SAC invitational

Alameda-Contra Costa Athletic League

Joaquin Miller Park, Oakland

3.1 miles hilly, narrow

Thursday, November 5

Boys:

St. Joseph's-Notre Dame	39
Piedmont	50
St. Mary's	66
Alameda	68
El Cerrito	144
Albany	179

1. Alex Kexel	12	Alameda	18:25
2. Russ Griffith	Piedmont	19:12	
3. Ryan Torres	12	St. Mary's	19:17
4. Brandon McDintock		St. Joe's	19:26
5. Alex Mason	12	St. Joe's	19:32
6. Tom Phelps	Piedmont	19:33	
7. Travis Johnson	12	St. Joe's	19:33
8. Nathan Cox	Piedmont	19:34	
9. Marc Ramirez	St. Joe's	19:55	
10. Nathan Brassmassery	Alameda	19:58	

The expected match-up between Alameda's Kexel and St. Joe's Mason never materialized, as the very tough course suited for Kexel's changing style, and took away the legs from Mason. The team win went to St. Joe's as pretty much expected, but Piedmont used its historic late-season surge to beat St. Mary's who had looked very strong just last week. They will meet again in the section meet to sort things out finally.

Girls:

Alameda	29
Piedmont	43
St. Mary's	48
El Cerrito	113
Albany	134

1. Sarah Walker	10	Alameda	23:05
2. Mina Nikanjam	12	DeAnza	23:09
3. N. Miura	Alameda	23:18	
4. Gidget Duffy		St. Mary's	23:35
5. Sofia Van Leeuwen		Alameda	23:46
6. Ingrid Evjen-Elias		Piedmont	24:00
7. Christina Gunther-Murphy	Piedmont	24:12	
8. Ellen O'Dea	St. Mary's	24:25	
9. Janet Morrison	Alameda	24:26	
10. Jordan Landes-Brenman	Piedmont	24:36	

Alameda took this one easily, behind a 1-3-5 finish led by Sarah Walker. It took Walker the entire race to

pull away from the dogged pursuit of Nikanjam. Piedmont continued to improve to nip St. Mary's, who had been improving rapidly themselves this season. The tough course severely depressed times.

Bay Counties League

3.1 miles at Golden Gate Park Polo Grounds
flat and grassy
Friday, November 13

Boys:

University	36
Branson	69
Lick-Wilmerding	101
California School Deaf	136
Crystal Springs Upland	162
Head Royce	163
Contra Costa Christian	188
College Prep	189
Urban	192
Marin Academy	204
Athenian	224

1. Sean Drake	9 University	16:41
2. Arturo Lopez	12 Cal School Deaf	16:47
3. Brice Pruyn	Cal School Deaf	16:54
4. Thomas Munoz	Head Royce	16:56
5. Matt Marks	Branson	16:59
6. Ben Good	University	17:11
7. Eric Fischer	University	17:17
8. Kyle Concoran	Branson	17:22
9. Jeff Horn	University	17:29
10. Joe Gibson	Branson	17:35

University continued its streak of BCL titles behind the fine running of Frosh Drake, who surged near the end of the race to take the win over a tight cluster of front-runners. Branson was the only school to offer much of a challenge to University, and that was a bit back. This league and the Coastal Mountain Conference provide most of the NCS's firepower in D-V, and the quality of individuals in the BCL is top notch this year.

Girls:

University	16
Convent	63
Lick-Wilmerding	139
College Prep	153
Branson	154
Head Royce	155
Crystal Springs Upland	158
Athenian	163
Marin Academy	217

1. Wes Serkin	Willits	16:36
2. Ryan Shields	Willits	17:09
3. Rob Hynes	Lower Lake	17:26
4. Willie Lauzinger	Middletown	17:30
5. Rod Hynes	Lower Lake	17:36
6. Hurtado	Ft. Bragg	17:42
7. Shauan Welborn	Willits	17:44
8. Preston Stone	Clear Lake	18:08
9. Jorge Mendez	Clear Lake	18:10
10. Josh Stamus	Middletown	18:21

To no one's surprise Willits claimed the team title, with Serkin and Shields going 1-2 on the league. The real surprise was Clear Lake getting Lower Lake on the tie-breaker for 2nd place.

Girls:

Middletown	52
Kelseyville	56
Ft. Bragg	65
Willits	81
Lower Lake	107
Clear Lake	128
Cloverdale	incomplete
Rincon Valley Christian	incomplete
St. Vincent's	incomplete

1. Cassandra Newinsky	9	Lower Lake	20:40
2. Mary Vegher	St. Vincent's	20:51	
3. Laura Mitchell	12	Middletown	21:03
4. Angela Zarnoch		Rincon Valley	21:50
5. Sarah Barrios	Middletown	21:52	
6. Colleen Bailey		Ft. Bragg	21:57
7. Hannah Spahr		Kelseyville	23:01
8. Kristin Jones	Rincon Valley	23:08	
9. Erin Wyner	Ft. Bragg	23:08	
10. Hallie Spahr	Kelseyville	23:15	

In a true test of parity, the league title came down to which team had the best depth. Willits might have been slightly favored coming in, but it was Middletown that finally prevailed over Kelseyville in a show of which team had patched together the best backup for their frontrunners over the course of the season. Hot frosh Newinsky of Lower Lake charged to the individual win.

East Bay Athletic League

3.0 miles Shadow Cliffs Recreational Park, Pleasanton
Thursday, November 12, 1998

Boys:

Granada	28
Livermore	56

Amador Valley	59
San Ramon Valley	94
Monte Vista	120
Foothill	175
Berkeley	203
California	215

1. Donovan Jones	12	Livermore	16:06
2. Rahan Tajir	11	Amador Valley	16:14
3. Chris Eggers	Granada	16:45	
4. Matt Lave	Granada	16:47	
5. Justin Rau	Granada	16:54	
6. Jeff Helfrich	Amador Valley	17:02	
7. Robbie Boyle	Granada	17:05	
8. Tony Azevedo		Livermore	17:12
9. Eric Seammon	Granada	17:18	
10. Chris Perry	San Ramon	17:24	

Granada showed impressive grouping in placing 1-5 in :33 at the front of the championship race. The Matadors will be tough in D-3. Livermore's Donovan Jones had to run hard to shake the vastly improved Tajir of Amador, who was in full chase the entire 3 miles. Livermore edged Amador in a reversal of their dual match two weeks ago. It looks like the Cowboys are making their annual post-season surge to State.

Girls:

Granada	34
Foothill	69
Amador Valley	77
Livermore	92
Monte Vista	108
San Ramon Valley	136
Berkeley	200

1. Megan Newton	11	Foothill	19:20
2. Julia Fisher	11	Granada	19:27
3. Sarah Alaei	9	Granada	19:38
4. Susan Chan	10	Monte Vista	19:48
5. Marcie Silva	11	Amador Valley	19:49
6. Katie Lee	10	San Ramon Valley	20:07
7. Jenny Esser	Foothill	20:18	
8. Laura Melendez		Granada	20:21
9. Dyani Jones	11	Livermore	20:24
10. Monikia Fischer	10	Granada	20:27

There was no surprise in Granada winning the team race, with 6 girls in the top 12. Julia Fischer again led the way, with improved frosh Sarah Alaei very close to help the team picture. The surprise was in pre-meet favorite Susan Chan of Monte Vista falling off the pace, and Foothill's Newton pulling away for the individual win in the last half of the race. Foothill solidifies its claim as a contender in D-3.

Hayward Area Athletic League

2.9 miles at Garin Park, Hayward

grassy with one hill Thursday, November 5

Boys:

Castro Valley	37
San Leandro	47
Moreau Catholic	65
Bishop O'Dowd	88
Arroyo	incomplete
Hayward	incomplete
San Lorenzo	incomplete

1. Chris Lanese	11	Moreau Catholic	15:35
2. Efeson Yosief	10	San Leandro	16:07
3. Zach Ardell-Smith	11	San Leandro	16:18
4. Alex Cardasmenos	10	Castro Valley	16:23
5. Adam Shaffer	12	Bishop O'Dowd	16:36
6. Kenpei Yamamoto	12	Castro Valley	16:42
7. Luke Sigmon	10	San Leandro	16:49
8. Kevin Dickson	10	Castro Valley	16:52
9. Beau Bettinger	9	Castro Valley	17:05
10. Scott Cain	12	Castro Valley	17:08

Chris Lanese destroyed the field in the last 1/2 miles to mark his intention to be a D-3 force. The San Leandro duo of Yosief and defending champion Ardell-Smith dropped off the pace at the halfway mark. The team competition saw Castro Valley reverse an earlier dual loss to San Leandro with a tight group.

Girls:

Castro Valley	44
Hayward	49
Bishop O'Dowd	55
Moreau Catholic	87
Arroyo	incomplete
San Leandro	incomplete

1. Larisa Solozhuk	9	Hayward	19:02
2. Jessica Marr	12	Hayward	19:05
3. Colleen McGrellis	10	Castro Valley	19:12
4. Courtney Stewart	10	Castro Valley	19:39
5. Oralia Coon	12	Hayward	20:12
6. Nyssa Thomas	12	Moreau Catholic	20:15
7. Angelina Elliot	10	Bishop O'Dowd	20:19
8. Courtney Burmann	11	Moreau Catholic	20:33
9. Vanessa Jeong	11	San Leandro	20:36

10. Jessica Brandin
20:44

12 Bishop O'Dowd

A dogfight of a race saw Castro Valley's McGrellis put on a major surge over the last 300 to open a large lead, only to be run down in the last 30 yards by both Hayward girls. The team race reflected last week's 1-point dual meet, with Castro Valley eking out wins in both races.

Humboldt-Del Norte League

3.0 miles Rohrer Park, Fortuna

chilly, willy Friday November 13

Boys:

Eureka	16
Arcata	55
Del Norte	78
McKinleyville	101
Southern Trinity	110
South Fork	112
Fortuna	117

1. Lehrin Morey	12	Eureka	16:17
2. Jeremy Tout	11	Eureka	16:21
3. Chris Binschus	11	Eureka	16:23
4. Eric Frome	11	Eureka	16:24
5. Bob Brown	Del Norte	16:33	
6. Shaun Lyle	9 Eureka	16:37	
7. Geoff Myers	12 Arcata	16:42	
8. TJ Evenson	Southern Trinity	16:50	
9. Clay Jones	Arcata	16:51	
10. Darrin George	South Fork	16:52	

The Eureka dominance is well-documented, and deservedly so. As one of the Section's best teams, the Loggers ran roughshod over the combined powers of the league. Morey ran in the lead for the entire race, pulling the Eureka pack with him. They look ready to tussle with De La Salle and Ukiah at MOC.

Girls:

Eureka	28
Fortuna	42
Arcata	43
McKinleyville	113
South Fork	130
Del Norte	incomplete

1. Tiffany Vickers	9	Del Norte	19:34
2. Andrea Woodcock	12	Eureka	19:41
3. Andrea Lovio	Arcata	20:02	
4. AnniKelly-Day	12	Eureka	20:09
5. Tara Gregg	Fortuna	20:15	
6. Megan Yarnell		Eureka	20:18
7. Anna Sanders	Fortuna	20:26	
8. Joey Mason	Arcata	20:29	
9. Sara Kelley-Day		Eureka	20:32
10. CaitlinLawrence		Fortuna	

20:34

The team race was not in doubt after the Eureka runners caught up with the hard-charging Fortuna group about halfway through the race. Arcata improved to almost get Fortuna at the end. Vickers beat a previously undefeated Woodcock in a final surge over the last 500.

Marin Country Athletic League

3.0 miles Stafford Lake, Novato
cow pastures, dirt trails, hilly
Saturday November 14

Boys:

Redwood 21
Sir Francis Drake 87
Novato 91
Terra Linda 109
San Marin 115
San Rafael 150
Tamalpais 151
Marin Catholic 182

1. Chris Johnson 10	Redwood	16:16
2. Nick Franco 11	Redwood	16:16
3. Chris Kuntz 10	Redwood	16:28
4. Spencer Fishman 16:45	11 Tamalpais	
5. Jeff Morgan 10	Novato	17:07
6. Spencer Nielsen 17:08	12 San Marin	
7. Nick Schiller 11	Redwood	17:22
8. Andrew Ryan 11	Redwood	17:25
9. Wesley Pettit 12	Drake	17:32
10. Matt Desharo 10	San Marin	17:39

Redwood put on a subdued performance for them, but it was still enough to overwhelm the league. Johnson and Franco ran a nice tandem to lead the Giants. The team picture saw Drake take a close 2nd over Novato.

Girls:

Novato 34
Sir Francis Drake 89
San Rafael 97
Redwood 106
Terra Linda 146
Marin Catholic 151
Tamalpais 152
San Marin 159

1. Ann Glenn 12	Drake	19:14
2. Bonnie Hanks 12	Novato	20:01
3. Terry Legg 12	San Rafael	20:22
4. Julianne McKeever 20:24	12 San Rafael	

5. Kelsey Piper 12 Marin Catholic
20:36

6. Eva Gut 10	Novato	20:45
7. Alexis Franzak 9	Novato	21:01
8. Karine Graham 10	San Marin	21:15
9. Emily Guglielmo 12	Novato	21:16
10. Lauren Ciabattari 12	Novato	21:27

A veteran Novato team, led by Bonnie Hanks, put on a clinic on how to dissect a league meet with all 17 in the top 14. The Hornets appear ready to be very impressive in D-4 action. Ann Glenn took the individual win with a runaway solo race to set a league record on the course.

Mission Valley Athletic League

3.2 miles at Coyote Hills Regional Park, Fremont
very hilly, remote Thursday, November 12

Boys:

Mission San Jose 18
James Logan 68
American 89
Irvington 109
Washington 113
Newark-Memorial 119

1. Andrew Golden 12	Mission San Jose	19:43
2. Micah Strom 11	Mission San Jose	20:14
3. Dan Rodriguez 10	Mission San Jose	20:18
4. Jason Castro 10	James Logan	20:27
5. Shamil Nawar 21:07	Mission San Jose	
6. Keith Filippi American	21:26	
7. Alex Hawkins	Mission San Jose	21:29
8. Elgie Hurd III	Newark	21:37
9. Robert Dort Irvington	21:46	
10. Rubinder Virk	James Logan	21:49

Mission took full advantage of a tough course to slap a 1-2-3 finish on the rest of the league. The Warriors amply demonstrated that they are a top D-1 team. Logan's Castro ran in the middle of the Mission pack as a top individual..

Girls:

Mission San Jose 19
Irvington 68
Washington 79
James Logan 85
Newark-Memorial 119

1. Katie Hotchiss 12	Mission San Jose	22:08
2. Katie Martin 12	Irvington	22:30

3. Hagu Solomon	11	Mission San Jose	23:14
4. Kristine Kwon		Mission San Jose	25:17
5. Vasantha Kolavennu		Mission San Jose	25:18
6. Kristin Tanaka		Mission San Jose	25:27
7. Bahati Bodden	10	James Logan	25:29
8. Kiron Punwani		Mission San Jose	25:36
9. Danielle Macedo		Washington	25:39
10. Clarisse Mesa		Washington	26:02

The Mission girls turned the league meet into a dual meet rout. Katie Hotchkiss became a 4 time MVAL champ, and for the last three it has been Irvington's Martin who chased her for 2nd place. Today was Martin's closest finish yet to Hotchkiss.

North Bay League

2.97 miles at Spring Lake Park, Santa Rosa
park trails and paths with a hill
Friday November 13

Boys:

Ukiah	37
Maria Carillo	58
Montgomery	60
Elsie Allen	105
Santa Rosa	128
Cardinal Newman	152
Rancho Cotate	198
Piner	199

1. Ryan Mack	12	Ukiah	14:50
(course record: 15:14 Steve Laurie, Maria Carillo)			
2. Steve Laurie	11	Maria Carillo	15:01
3. Celedonio Rodriguez		11 Elsie Allen	15:05
4. Brent Shaw	12	Cardinal Newman	15:53
5. Jordan Kinley	9	Maria Carillo	16:03
6. Herman Fuentes		12 Ukiah	16:16
7. Tony Leon	Ukiah		16:19
8. Zac Fitch	10	Montgomery	16:21
9. Jon Fitch	10	Montgomery	16:30
10. Greg Funk	12	Montgomery	16:34

This race was a real barnburner, with three of the best in NCS just flying through this course. Mack prevailed in record fashion (the top three all broke the course record) to reinforce his claim to being the top individual in NCS, and certainly a contender on the state level. Laurie and Rodriguez are not shabby either. The team picture saw Ukiah continue its late season surge to easily win the meet, with Maria Carillo overtaking Montgomery on the strength of its two top runners to grab 2nd.

Girls:

Santa Rosa	35
Montgomery	46
Piner	85
Ukiah	88
Rancho Cotate	139
Maria Carillo	146
Ursuline	172
Elsie Allen	incomplete

1. Sara Bei	10	Montgomery	16:45
2. Trina Cox	12	Santa Rosa	17:04
3. Sarah Bashel	10	Montgomery	17:52
4. Jenny Aldridge	9	Maria Carillo	18:25
5. Anna Shaver		Santa Rosa	18:42
6. Amber Trotter		Ukiah	19:04
7. Dena Witthaus	11	Piner	19:07
8. Lindsay Johnson		Santa Rosa	19:09
9. Katie Stafford		Santa Rosa	19:20
10. Ivajo Otto	Ukiah		19:26

Montgomery ran surprisingly close to Santa Rosa, but perhaps not that surprising. The Sara and Sarah tandem ran fast, with Cox of Santa Rosa splitting the pair. Jenny Aldridge of Maria Carillo pulled away from the trailing pack to finish behind the big three. Piner was also a strong team today, and hopes to be a contender in D-2. This is a very strong league.

Sonoma Country League

2.97 miles at Spring Lake Park in Santa Rosa
cold and raining, park trails with a hill
Wednesday, November 10

Boys:

Analy	53		
Healdsburg	65		
Casa Grande	75		
Petaluma	85		
Windsor	117		
Sonoma Valley	133		
El Molino	158		
1. Emmanuel Vasquez		Windsor	
16:36			
2. Nate Kabanuk		Casa Grande	16:52
3. Danny Melo	Analy		16:59
4. Adam Holdren		Petaluma	17:00
5. Kevin Todd	Healdsburg		17:07
6. Sean Harrell	Healdsburg		17:13
7. Bill Tuohy	Analy		17:22
8. Mike Cervantez		Sonoma Valley	
17:30			
9. Matt Brady	Windsor		17:34
10. Eric Ljung	Casa Grande		

Analy broke up the traditional Healdsburg-Casa Grande tussle for the league title. Emmanuel Vasquez

of Windsor had a solid win in adverse conditions. Casa's Kabanuk, missing from action the last month, resurfaced to grab a 2nd. Analy, Healdsburg and Petaluma were all tied up in the dual meet standings, but Analy took the league race with a nice pack in the middle of the race.

Girls:

Analy	30
Petaluma	47
Healdsburg	82
El Molino	83
Casa Grande	incomplete
Sonoma Valley	incomplete
Windsor	incomplete

1. Laurel Weil	El Molino	19:51
2. Jennifer Franceschini	Analy	20:12
3. Heidi Hendren	Healdsburg	21:09
4. Julia Beers	Analy	21:28
5. Emily Merriam	Petaluma	21:29
6. Jenny Scanlan	Petaluma	21:30
7. Kathleen Byrnes	Analy	21:42
8. Ashley Reiter	Analy	21:42
9. Ashley Nickel	Windsor	21:47
10. Ariana Conova	Analy	21:52

Analy reversed what they considered a fluke loss to Petaluma, popping 5 into the top 10 to easily take the race. Weil of El Molino pulled a minor upset in beating Analy's Franceschini in what was essentially a two-girl race.

Tri-County Athletic League

3.0 miles at Newhall Park, Concord
cool and clear, grassy with one hill
Friday, November 6

Boys:

Dublin	48
Las Lomas	69
Miramonte	88
Acalanes	96
Campolindo	101
Alhambra	148
Mt. Diablo	167
Benicia	182
Concord	234
Freedom	298

1. Chris Vetek	Acalanes	16:45
2. Tyler Hermans	Las Lomas	16:47
3. Miguel Hinojosa	Mt. Diablo	16:48
4. Daniel Sabatini	Alhambra	16:51
5. Ryan McGinnis	Las Lomas	16:58
6. Francisco Gomez	Dublin	16:59
7. Jake Chang	Campolindo	17:14
8. J.P. LaCrampe	Dublin	17:19

9. Josh Harper	Dublin	17:21
10. Josh Villareal	Dublin	17:23

Dublin went from worst to first this year. A perennial second division team, the Gaels emerged with a tight and consistent pack and to become one of the Cinderella stories of the section. Sabatini of Alhambra took the race out over the last stretch, but faltered and was edged on the kick by a tight trio of Vetek, Hermans, and Hinojosa.

Girls:

Campolindo	39
Miramonte	47
Acalanes	66
Alhambra	70
Benicia	168
Concord	185
Dublin	198
Las Lomas	203
Mt. Diablo	incomplete
Freedom	incomplete

1. Amy Loper-Riley	11	Alhambra	18:11
2. Jessica Neu	11	Alhambra	19:00
3. Laura Cherdack	12	Campolindo	19:05
4. Gina Perrone	Miramonte	19:37	
5. Karen Lee	Campolindo	19:42	
6. Amanda Brecht	Miramonte	19:48	
7. Nicala Prowznik	Acalanes	20:15	
8. Ashley Mehler-Clark	Campolindo	20:16	
9. Mary Thomas	Acalanes	20:23	
10. Carol Ho	Miramonte	20:25	

Alhambra's impressive duo took 1-2 on the field. Loper-Riley again demonstrated why she is rated in the top 3 in the state in D-3. The team race boiled down to essentially a dual meet between Campolindo and Miramonte, with both teams showing excellent grouping as they fine-tune for MOC.