

Craig finishes strong

Menlo senior wins three CCS events

BY DAVE REDDY
Special to the Mercury News

Menlo's Damesha Craig should have been tired by the time the gun fired for the 200 meters. She had already won the 100 and 100 hurdles.

But after Craig finished the 200 in a record 23.93 seconds a half-dozen or so yards ahead of North Salinas' Sah-Nee Roseby to earn her third gold medal Thursday at the Central Coast Section track and field championships, she looked ready to run a marathon.

She probably would have won it.

"Next year in college," said the UCLA-bound senior, "I'll be doing seven events. So this is not that big of a deal."

Actually, it's a very big deal. Craig, the only triple-winner in Thursday's championships, almost single-handedly won the team title for Menlo, which finished fourth with 31 points, and set CCS season-bests in all three of her events.

"I can definitely look myself in the mirror tomorrow and say this meet was outstanding," Craig said.

As can the St. Ignatius girls, who won their first team title in dramatic fashion by winning the 1,600 relay, the meet's final event. The Wildcats finished with 36 points, two more than North Salinas and four more than third-place Gunn.

Close win in 100

But the evening still belonged to Craig, whose first win was in the closest race of the meet — the 100 hurdles. With a final lunge, Craig took the race in 14.65 seconds, 0.06 seconds ahead of Capuchino's Mandy Mazik, who later won the 300 hurdles.

"Speed kills," Craig said. "And I just hung in there."

About 20 minutes later, Craig won the 100 easily with a hand-timed 11.6, 0.4 seconds ahead of Roseby. Even her converted time of 11.84 qualified as the best time in the section this season. She finished the day with the 23.93 in the 200, which topped a 19-year-old CCS meet record set by Kelia Bolton of Hill, who ran a converted 24.14 in 1978.

Craig now heads to the state meet in Sacramento on June 6-7, along with the top three finishers in each event.

Fremont Christian's Amy Thiel was the only other girl to win two individual events. Thiel won the discus by more than 20 feet with a toss of 141 feet, 1¼ inches. She also set a personal best in



MICHAEL RONDOL — MERCURY NEWS

Gunn's Monica Coleman, left, receives the baton from Jackie McDewitt, right, in the 400 relay, which the Titans won in 48.67.

the shot put with a heave of 41-8½.

"Last week, I wasn't happy at all," said Thiel, who won the semifinals at 38-9. "So I told my dad, 'Watch this,' and I went and threw a 41-8. This time, I had already won so there was no pressure. So I just went out and did it again."

Coleman sparks Gunn

Gunn's Monica Coleman and Gunderson's Sandra Butler provided the day's biggest surprises. Butler, who qualified at 5-2 in the high jump, tied her personal best of 5-6 and defeated favored Kim Stone of York. Stone, who jumped 5-7 in the semifinals, finished third at 5-4.

In the 400 relay, Gunn, which qualified fifth in the event, won in a CCS season-best 48.67 seconds behind Coleman's blazing anchor leg. Coleman later won the 400 with a personal-best 55.75, 0.20 seconds faster than section-leader Kameelah Elarms of Piedmont Hills.

"I just came out of nowhere," Coleman said.

The greatest drama was saved for the 1,600 relay. Four teams had a chance to win the team title entering the race, but St. Ignatius anchor Jasmine Wash-

ington pulled away from the pack to give the Wildcats the crown.

"All I could see were my teammates all around the track," Washington said. "I had to finish it for them."

Gonzales improving

Just two years after Gonzales reinstated track, junior Vanessa Yebra brought the school a title in the pole vault by beating teammate Iran Serrano in a jump off. Each girl tied the CCS meet record by clearing 10 feet, 6 inches.

And each credited Coach Jesus Santos, who won the 1985 Mission Trail Athletic League pole vault championship, for her success.

"They do 90 percent of the work," said Santos, who once cleared 15-10¼ in college. "I just guide them."

Aptos' Anne-Elyse Smith, the top qualifier in the 1,600, came back to win the final in 5:10.94 by passing Jeanne Fishback of Los Gatos in the stretch.

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North County's Chris Vivit, right, wins the 100 ahead of Oak Grove's Kenny Slaton.

Bryant qualifies for state

Wilcox runner recovers from injury, finishes third in 100

BY DARREN SABEDRA
Mercury News Staff Writer

Wilcox junior Aaron Bryant was out of options. Feeling the effects from an injury to his right leg, Bryant visited a faith healer Thursday morning, hoping to defy the odds by running later in the day at the Central Coast Section track and field championships.

In tears last week at the semifinals after collapsing at the finish line, Bryant showed up Thursday night and stunned the crowd at San Jose City College, qualifying for the state meet in the 100 meters by finishing third in 10.7 seconds. The top three in each event advance.

"I'm completely amazed at how that kid runs," said North Monterey County's Chris Vivit, who won in 10.5. "I respect him for it."

Slaton takes second

Oak Grove's Kenny Slaton, the top qualifier in 10.72, took second in 10.7. He finished just ahead of Bryant and three others.

"For being hurt, he ran good," said Slaton, who later won the 200 to help Oak Grove edge Del Mar for the team championship. "I mean, he had half a leg, and he still ran under 11. He's really fast. I know a lot of people look up to him for having heart like that."

Last week, Bryant ran in black tights to keep the leg warm. He also ran with a small picture of Jesus Christ taped underneath his tights. Bryant said his hopes of running — and qualifying — were in the Lord's hands.

Now, he has a week to rest before the state championships next Friday and Saturday at Sacramento City College.

Bryant visited the healer, Eulio Lopez, for just a short time Thursday. Lopez is a friend of the

family's who works in Fremont and is a native of Mexico. "He just touched it, felt my nerves — and my pain was gone," said Bryant, who last week was taken off the SJCC track on a cart. "I didn't go to any therapy. I didn't want any. I went to the healer today, and I asked him, 'Mr. Lopez, can I run?' This man's not a doctor. He's a healer, a gift from God. . . . I prayed to the Lord to get me through this."

Before the gun went off, Bryant stretched at the starting blocks and rubbed his leg several times. He then broke out of the blocks and didn't look back, staying with the leaders until the end.

"People can say it's a stupid thing to run," said Bryant, who posted one of the state's top times (10.50) earlier this season. "People can tell you not to run, but you have to really look deep inside yourself and ask yourself a million times about dropping out. I woke up this morning, my leg hurt; I was feeling terrible. Sick. I just reached deep down inside and asked myself, 'Should you run today?' And I said to my stubborn self, 'Yeah.'"

Bryant's uncle, Larry Estrada, was proud of his nephew. "I felt happiness for him and his mother," he said. "Everything was up in the air."

Surprising discus winner

In the discus, Del Mar's Michael Fought was just hoping to qualify for the state meet. Nowhere in his plan did he expect to be standing on the victory stand with a first-place medal in his possession. But there he was. Down to his last attempt, Fought unleashed a season-best 159-3. Until that point, Fought's best throw in the competition was 149.

"It still hasn't hit me yet," Fought said. "I don't really know what's going on yet. It's great."

Of the final throw, Fought said, "My coach (Bob Slover) told me to stay big; that's the last words I heard. I'm like, 'All right.' Boom! I stuck it. I almost fouled. I was like on a balancing beam. It felt great."

Hard-won team title

Though Oak Grove claimed the team title, the meet could have gone better for the Eagles. Among the leaders, Oak Grove missed a handoff in the 400 relay and didn't finish. Then in the 1,600 relay, Slaton dropped the baton about 20 meters from the finish as he passed Gunn's Brian Carson. Slaton retrieved the baton, and Oak Grove took fourth.

"I thought it was over," Oak Grove Coach Ken Slaton Sr. said, referring to the team title. "Kenny had the presence to reach back and pick it up. Most guys would have just looked at the baton."

Said Kenny: "I heard it hit something, and it just flew up. I feel bad (for my relay teammates) because they're not going to state meet. But they got the CCS championship."

Los Altos' Darren Marble won the high jump in a season-best 6-10. He missed on three attempts at 6-11.

"That was my goal coming into the season — 6-10," Marble said. "I think it's a great accomplishment for me. I put in a lot of hours in the off-season — in the weight room."

St. Ignatius' Brendan Fitzgibbon had a solid meet, winning the 800 in 1:53.15 and 1,600 in 4:13.00. Silver Creek's Arend Watkins (110 hurdles) and Leigh's Guy McGowan (300 hurdles) won their respective events.

CCS TRACK AND FIELD

Results from the Central Coast Section track and field championships at San Jose City College. Top three qualify for state meet, June 6-7 in Sacramento.

Girls results

Girls team scores

1. St. Ignatius 36; 2. N. Salinas 34; 3. Gunn 32; 4. Menlo 31; 5. Piedmont Hills 30; 6. Los Altos 28; 7. Aptos 24; 8. Los Gatos 23; 9. Fremont Christian 20; 10 (tie), Gonzalez and Capuchino, 18; 12. Gilroy 16; 13. Mitty 13; 14. Notre Dame-Belmont 13; 15. St. Francis 12; 16. Gunderson 11.

500

Anne-Elyse Smith, Aptos5:10.94
Katie Appenrodt, St. Ignatius ..5:12.56
Jeanne Fishback, Los Gatos5:13.01
Serena DeLaPlace, Westmont ..5:18.33
Lauren Gustafson, Mills5:19.19
April Kihara, Palo Alto5:21.00

1,200

Marielle Schlueter, S.I.10:58.8
Anne Elyse-Smith, Aptos11:02.7
Ana Lilia Martinez, King City ..11:05.9
Nicole Portley, Aragon11:15.0
Celeste Dunlap, Cupertino11:20.4
Chloe Glare, Menlo-Atherton11:30.0

500

Stephanie Chavez, Los Gatos2:12.2
Colleen Wrenn, Palo Alto2:14.1
Brianna Denley, N. Mont. Cty. ..2:15.5
Katie Rigney, Santa Catalina2:16.1
Lina Biber-Ferro, Los Gatos2:17.0
Amy La Pine, Los Gatos2:19.0

1,000

Damesha Craig, Menlo11.6
Sah Nee Roseby, N. Salinas12.0
Tenehsa Webb, Wilcox12.1
Tori Respass-Parso, RLS12.1
Enioli Smith, Gilroy12.3
Jasmine Washington, S.I.12.3

1,500

Damesha Craig, Menlo23.93
Sah Nee Roseby, N. Salinas24.58
Enioli Smith, Gilroy24.98
Tori Respass-Parso, RLS24.99
Monica Coleman, Gunn25.34
Kristie Ostojia, Hollister25.56

2,000

Monica Coleman, Gunn55.75
Kameelah Elarms, Pied. Hills55.95
Maggie Vessey, Monte Vis. Chr. ..56.05
Tracy Hess, Lincoln58.56
Trin Lapping, St. Ignatius58.78
J.J. Dickson, Burlingame58.97

50 LH

Damesha Craig, Menlo14.65
Andy Mazik, Capuchino14.71
Amisha Allen, N. Salinas14.81
Stephanie Downey, Los Altos15.20
Stephany Jones, Notre Dame15.42
Becca Saenz, Los Altos15.44

100 LH

Andy Mazik, Capuchino 42.9

2. Tamara Guley, Oak Grove 43.2
3. Michelle Steingart, St. Francis.... 43.8
4. Carey Carver, Harbor 44.4
5. Leanne Slaten, Leland 45.3
6. Rometra Craig, Menlo 45.4

400 relay

1. Gunn48.67
2. N. Salinas48.87
3. St. Francis48.91
4. Piedmont Hills48.94
5. Milpitas49.05
6. Mitty49.26

1600 relay

St. Ignatius3:53.69
2. Leland3:57.0
3. Mitty3:57.68
4. Los Gatos3:58.81
5. N. Salinas4:02.0
6. Menlo-Atherton4:04.72

Discus

1. Amy Thiel, Fremont Christian 141-1¼
2. Jenn Santos, Los Altos 118-5¼
3. Sarah Roberts, Live Oak 118-1½
4. Edie Lee, Burlingame 116-2½
5. Madolyn Orr, Mitty 106-8¼
6. Marie Walbeck, Notre Dame 105-7

Shot put

1. Amy Thiel, Fremont Christian. 41-8½
2. Shanah Keyes, Gilroy 39-1
3. Jenn Santos, Los Altos 38-6
4. Casey Uperesa, Jefferson 37-8¼
5. Kristy Prasad, Milpitas 36-7
6. Sarah Roberts, Live Oak 36-5¼

Long jump

1. Christine Chan, Mtn. View17-10½
2. Kameelah Elarms, Pied. Hills.. 17-6¼
3. Tracy Hess, Lincoln16-11
4. Jessica Wong, Santa Catalina ..16-9¾
5. Shawna Adkins, Piedmont Hills ..16-9
6. Tami Monson, Mitty16-2½

High jump

1. Sandra Butler, Gunderson 5-6
2. Holly Demeter, Los Altos 5-4
3. Kim Stone, York 5-4
4. Loren Gualco, Notre Dame-Bel. 5-2
5. Jenny Lee, St. Ignatius5-2
6. Shatoya James, Gunderson 5-0

Triple jump

1. Evelyn Shih, Gunn 37-5¼
2. Shawna Adkins, Piedmont Hills.. 37-4
3. Angela Anderson, Aptos 36-7
4. Nikki Gillott, N. Monterey Cty. 36-5¾
5. Sharon Nicks, N. Salinas 35-8¼
6. Becca Saenz, Los Altos 35-7

Pole vault

1. Vanessa Yebra, Gonzales 10-6 (won title in jump-off)
2. Iran Serrano, Gonzales 10-6
3. Kimberly Foxx, Notre Dame 9-6
4. Christie Olsson, St. Ignatius 9-0
5. Lindsay Sarn, Mitty 9-0
6. Karyn Lewis, Hollister 9-0

Boys results

Team results

1. Oak Grove 40; 2. Del Mar 39; 3. North Monterey County 37; 4. St. Ignatius 34; 5. Silver Creek 28; 6. San Lorenzo Valley 20; 6. Los Altos 20; 8. Leigh 18; 9. Gunn 17; 10. Gunderson 16; 10. Riordan 16; 12. Wilcox 14; 12. Serra 14; 12. Cupertino 14; 12. North Salinas 14; 16. Hollister 12

400 relay

1. Gunderson41.60
2. N. Monterey Cty42.41
3. Cupertino42.54
4. Del Mar42.57
5. St. Francis42.67
6. N. Salinas42.70

1,600

1. Brendan Fitzgibbon, S.I.4:13.00
2. Andrew Wulif, Bellarmine4:16.30
3. Brad Hansen, S.I.4:18.38
4. Cuco Chavez, Hollister4:19.94
5. Joma DeWald, Soquel4:21.26
6. Nuru Abdella, Cupertino4:23.73

110 high hurdles

1. Arend Watkins, Silver Creek13.6
2. Andrew Wulif, Bellarmine14.1
3. Tony Galaviz, Gunderson14.1
4. Derek Seymour, SLV14.4
5. Thomas Hocker, Silver Creek14.8
6. Rich Barbaria, Serra15.0

400

1. Ernesto Salinas, Gilroy48.18
2. Jelani Hogg, Riordan48.58
3. Brian Carson, Gunn48.64
4. Tom Stout, Mills49.61
5. Matt Tayan, NMC49.71
6. Arthur Crocker, Del Mar50.34

100

1. Chris Vivit, NMC 10.5
2. Kenny Slaton, Oak Grove 10.7
3. Aaron Bryant, Wilcox 10.7
4. Mike Nealy, Yerba Buena 10.7
5. Jeff Hesse, Cupertino10.7
6. Perry Dorsey, Monterey10.7

800

1. Brandon Fitzgibbon, S.I.1:53.15
2. Jason Rudolph, Palo Alto1:54.11
3. Temo Trujillo, NMC1:54.74
4. Jason Adkins, Wilcox1:54.77
5. D.J. Ozan, Del Mar1:56.46
6. Adam Tucker, St. Francis1:58.35

300 hurdles

1. Guy McGowan, Leigh38.34
2. Derek Seymour, SLV39.02
3. Thomas Hocker, Silver Creek39.05
4. Jeff Pomo, Palma39.12
5. Efrain Carrasco, Overfelt40.13
6. Brian Carroll, Saratoga40.14

200

1. Kenny Slaton, Oak Grove21.53.
2. Arvin Wu, El Camino21.86
3. Hung Nguyen, Silver Creek22.04
4. Steve Harris, Del Mar22.16
5. Perry Dorsey, Monterey22.24
6. Jeff Hesse, Cupertino22.25.

3,200

1. Gary Passanisi, Aptos9:21.44
2. Cuco Chavez, Hollister9:23.72
3. Adam Perez, Serra9:28.27
4. Neil McDonough, S.I.9:31.83
5. Mohammed Abdul, Westmoor9:35.65
6. Dan McDonough, Cupertino ...9:36.73

1,600 relay

1. Gunn3:18.65
2. Del Mar3:20.99
3. St. Francis3:21.19
4. Oak Grove3:21.77
5. Riordan3:22.0
6. North Monterey County3:22.1

Discus

1. Michael Fought, Del Mar159-3
2. Adam Sanborn, SLV158-3
3. Brandon Goldstein, Pied. Hills ..151-6
4. Mike Donnelly, S.I.148-7
5. Albert Tuipulotu, San Mateo143-4
6. Brent Bower, Gunn140-9.

High jump

1. Darren Marble Los Altos6-10
2. Adam Darcey Serra6-4
3. Ben Cook, Carmel6-4
4. B. Auch, Cupertino6-2
4. Michael Cordoba ..North Salinas ..6-2
6. Bryan McQueen Harbor6-2

Long jump

1. Chris Lucy, Oak Grove22-10¾
2. William Nero, Menlo-Ath.22-4½
3. Donald Strickland, Riordan22-2¾
4. Fred Jackson, Wilcox21-7¾
5. Tyrone Ward, Alisal21-4
6. Certes Cagape, Yerba Buena21-2¾

Pole vault

1. Steve Harris, Del Mar15-6
2. David Grijalva, NMC15-6
3. Robert Carabajal, Mt. Pleasant14-6
4. Forrest Wells, King City14-0
5. Theofis Daniels, Gonzales14-0
6. Justin Nikbash-Tali, Mitty13-0

Triple jump

1. Michael Cordoba, N. Salinas47-3¼
2. Danny Douglas, Fremont45-11¼
3. Glen Stone, Yerba Buena45-8
4. Vincent Ibia, Silver Creek45-5¼
5. Greg Fisher, NMC45-3
6. John Seol, Salinas43-9¾

Shot put

1. Pete Bjorklund, Los Altos58-6
2. Andre Carter, Oak Grove54-1¼
3. Brock Torresdal, Woodside52-11
4. Brandon Goldstein, Pied. Hills 51-11½
5. P.J. Uperesa, Jefferson50-9
6. Brett Nichols, King City50-0