

## RESULTS

From JIM ECHMAN (Yreka, CA)

### AAA BOYS TEAMS

1. Wilson (Portland) 66, 2. Aloha 130, 3. Lake Oswego 135.

### AA BOYS INDIVIDUALS

1. Tracy Garrison (Klamath Union) 15:36.5, 2. Eric Peterson (N Eugene) 15:40, 3. Tom Sera (Beaverton) 15:42, 4. Lou Lauman (West Linn) 15:44, 5. Lew Barnes (Aloha) 15:45, 6. Jim Grelle (Wilson) 15:48, 7. Steve Hval (Jes) 15:52, 8. Wes Tilgner (Dal) 15:55, 9. Eric Martin (Mtn View) 15:59, 10. Ron Gilbert (Wilson) 16:00. Other Wilson: 18. Tom McKillop (Wilson) 16:17.

### AA BOYS INDIVIDUALS

1. Jerred Gildehaus (Rogue River) 15:39, 2. Mike Donaghu (Madras) 15:53, 3. Willy Hewson (Estancia) 16:02.

### AAA GIRLS INDIVIDUALS

1. Marnie Mason (Klamath Union) 10:39, 2. Cathy Wall (Molalla) 10:40, 3. Pat Monnie (Lakeridge) 10:51, 4. Kristin Peterson (Corvallis) 10:55, 5. Kim Bovis (Aloha) 10:57, 6. Melynda Davis (Bar) 10:58, 7. Traci Reid (Aloha) 10:59, 8. Becky Wilson (Springfield) 11:02, 9. Liz Becker (Sunset) 11:05, 10. Stacy Hughes (Lakeridge) 11:05.

### AA GIRLS INDIVIDUALS

1. Tassie Norton (Philomath) 11:04.0, 2. Julie Link (St. Mary of Valley) 11:14.

## Sac-Joaquin Sec. X-C Champs.

from Steve Fagundes

Sierra College, Rocklin. November 11.

Senior Joni Mooney (Vacaville) captured her third consecutive section crown racing to an impressive victory in the girls division. Davis senior Sally Pinkner finished a strong second despite falling in the early stages of the race and having to work her way up from the "back of the pack". Seniors Beth Wilson and Stacey McAfee led their Del Oro (Loomis) teammates to an overwhelming victory in the team competition. Champions in 1981 and runners-up in 1982, the Eagles left no doubt as to which team is the best in the Sac-Joaquin Section. In the boys division, another Del Oro standout Pete Vicencio captured his first section title and remained undefeated against section competition. Senior Rod Grieve (Jesuit, Carmichael) finished a close second in the individual race and led the Marauders to a convincing victory and their second consecutive team championship. Placing their top six runners in the top twenty individuals, the Jesuit harriers scored only 26 points in capturing one of the most impressive victories in recent memory.

### Individual Results - Boys

1	Pete Vicencio, Del Oro	15:23
2	Rod Grieve, Jesuit	15:27
3	Rod Coker, Vacaville	15:34
4	Nick Sparks, Bella Vista	15:36
5	Mark Mastalir, Jesuit	15:42
6	Manuel Silveria, Calaveras	15:45
7	Ethan Palo, Sacramento	15:46
8	Darin Slade, Valley	15:48
9	Chris Allen, Mira Loma	15:53
10	Danny Valdez, Merced	15:54
11	Ian MacArthur, Jesuit	15:56
12	Craig Sawyer, Grace Davis	15:58
13	James Price, Sacramento	16:01
14	Eric Smedburg, El Dorado	16:03
15	Vance Goss, Nevada Union	16:04
16	Eric Mastalir, Jesuit	16:05
17	Paul Thomas, Jesuit	16:05
18	Harold Navroth, Vanden	16:12
19	James Garrett, Vacaville	16:12
20	Jim Thomas, Jesuit	16:14

### Team Scores

1. Jesuit (Carmichael) 26, 2. Nevada Union (Grass Valley) 100, 3. El Dorado (Placerville) 110, 4. Cordova (Rancho Cordova) 110, 5. Merced 129, 6. Vacaville 129, 7. Modesto 172, 8. Lincoln (Stockton) 189, 9. Placer (Auburn) 195, 10. Bret Harte (Altaville) 276.

### Individual Results - Girls

1	Joni Mooney, Vacaville	17:40
2	Sally Pinkner, Davis	17:57
3	Colleen Donovan, Lodi	18:11
4	Beth Wilson, Del Oro	18:16
5	Stacey McAfee, Del Oro	18:18

6	Deonne Self, Del Campo	18:47
7	Robin Madell, Davis	19:02
8	Wendy Knox, Del Oro	19:06
9	Alix Tubman, Grace Davis	19:11
10	Kelly Donaldson, Merced	19:18
11	Laura Bushing, Yuba City	19:24
12	Kim Stark, Amador	19:28
13	Mary Robinson, St. Francis	19:32
14	Brenda Payton, El Dorado	19:33
15	Julie Verke, St. Francis	19:33
16	Londa Mobley, Tracy	19:38
17	Diane Shelgren, El Camino	19:48
18	Barb Crowley, Del Oro	19:49
19	Josette Lewis, Davis	19:50
20	Tammy Foster, El Dorado	19:50

### Team Scores

1. Del Oro (Loomis) 53, 2. St. Francis (Sacramento) 105, 3. Vacaville 108, 4. Del Campo (Fair Oaks) 122, 5. Davis 127, 6. El Dorado (Placerville) 130, 7. Bella Vista (Fair Oaks) 135, 8. Merced 153, 9. Tracy 185, 10. Amador 213.

## Southern Section X-C Champs.

by Doug Speck

November 12 & 19: Mt. San Antonio College, Walnut.

On the Saturdays of November 12th and 19th the Southern Section moved itself and its four school-size divisions for the Men and Women out to Mt. SAC for its Prelims and Finals competition. The day of the 12th was marred by quite a bit of rain in the previous 24 hours which necessitated a switchover to an all-weather rain course. On a route that turned out to be 347 yards short of three miles there were few upsets in the form charts, as everyone counted on being a big part of the action made it to the Finals. The weather on November 19th broke beautifully, with the moisture during the previous week serving to keep the dust down and nicely pack the challenging Mt. SAC trails.

photo by Bob Berryman, Jr.



PETE VICENCIO

There were a number of record performances in the Finals. Palos Verdes' Kirsten O'Hara charged to an amazing 4A Women's individual win that put her name at the top of the record lists, Coach Don Braden's Barstow Men peaked in their usual super style to set another area record, and Pasadena's Jesus Gutierrez and Santa Barbara's Danny Holmes raced to an exciting individual duel in the Men's 4A. For all the details read on—

**Women's 4A Division:** Tustin had been ranked number one here from early in the season and had an amazing string of team successes along the way. A trio of squads, Palos Verdes, Irvine, and Edison (Huntington Beach), appeared able to step in should Coach Tom Coffey's Tillers falter. The upset was not to be, however, as the Tustin crew, led by Jenni Scott (2nd-18:32) put their five scorers in the top eighteen places to score 54 points (95:28, just behind their 95:20 at the Mt. SAC invite marking them as the 6th fastest ever team at Mt. SAC.). Palos Verdes was 2nd (81-95:01 5th All Time), led by O'Hara's awesome Course Record. An all underclass (with three ninth grade scorers) Buena (Ventura) team was third (121-97:28 18th All Time), as team leaders Laura Chapel (Irvine) and Nicole Ritchot (Edison) were non-finishers for their squads.

Individually, Palos Verdes' Kirsten O'Hara was super! The defending individual champion here was undefeated with Course Records galore this Fall, but her performance here was truly amazing. The young ladies have been running three miles for only three years now, but there have been some solid individuals who have raced here. To win your race by over a minute and take the Course Record (17:25 Katie Dunsmlr 1982) down by nine seconds was obviously the individual performance of the Meet. Kirsten separated herself from the pack after a 5:20 relatively flat first mile, and raced away to a 17:16 effort that has to mark her as among the nation's best.

photo by Burt Davis



FRANK RAMIREZ

**Results:** Tustin 54 (95:28), Palos Verdes 81 (95:01), Buena (Ventura) 121 (97:28), Irvine 147 (98:54), Foothill (Santa Ana) 164 (99:32), Newport Harbor 178 (98:58), Edison (Huntington Beach) 178 (100:10), El Toro 188 (100:09), Westlake 188 (100:23), Thousand Oaks 191 (101:49), Hawthorne 212 (101:11), Dos Pueblos 276 (103:56). **Individual:** K. O'Hara (PV) 17:16 (course record), Scott (Tust) 18:32, McCarthy (Buena) 18:38, Morris (NH) 18:47, Donahue (Torrance) 18:47, Cox (Fthil) 18:59, Feuss (Westl) 19:00, Snyder (Edis) 19:00, Bessel (TO) 19:01, McCormick (Tust) 19:02, Schuster (Irv) 19:02.

**Men's 4A Division:** A very wide open division all season long, six teams were within 50 seconds (times of top five added up) in the Prelims. In the end it boiled down to the strength of Orange County's Seaview League. Annually providing a number of the top-ranked 4A teams in both the Men's and Women's divisions, five squads from this League graced the 1983 4A Finals. In a study of real patience, as pointed out by Richard Dunn of the Orange County Daily Pilot, Corona Del Mar and El Toro had been in the same meet five times so far this season. In three of those meets in "head-on" competition, Corona Del Mar, led by 4:14 miler Dave Anderson, had been victorious. In the other two, where they did not directly meet, Corona Del Mar had the faster team time. The sixth time was a charm, as El Toro used a 35 second 1.5 gap from 8th place Spencer Allen (15:47) to 27th place Bryan Moreno (16:22) to score 95 points (80:50) and edge Corona Del Mar 104 (80:40).

Jesus Gutierrez (Pasadena) seemed capable of cruising through the individual race to a comfortable win, as he appeared to do through two and three-quarter miles. With a quarter of a mile to go on the flat into the finish it was Jesus with about eight yards over Dan Holmes (Santa Barbara), who had been six seconds back of the Pasadena team the week before in the Prelims. Gradually picking away at the lead, Holmes was within five yards with a 110 to go, and from there he mounted a furious sprint that edged him past Gutierrez with thirty yards to go. This burst left the surprised Jesus with too little room to respond, and Holmes edged in just ahead at the chute 15:00-15:01. A star may have been born as Holmes' time ties him for No. 11 All-Time here, while Gutierrez (who has four clockings faster than 15:00 here) learned the kind of lesson his Coach Mark Evans stated you don't like to learn at this level of competition. Pat Watson (Palos Verdes) raced a fine 15:09 in third.

**Results:** El Toro 95 (80:50), Corona Del Mar 104 (80:40), Simi Valley 129 (81:42), Newbury Park 135 (81:24), Mater Dei (Santa Ana) 148 (81:54), Buena (Ventura) 163 (82:10), Lakewood 164 (82:15), Dos Pueblos (Goleta) 186 (82:45), Villa Park 191 (82:40), Colton 204 (83:16), Westlake 205 (82:56), Palos Verdes 210 (84:58). **Individual:** Holmes (Santa Barbara) 15:00, Gutierrez (Pasadena) 15:01, Watson (PV) 15:09, Anderson (CDM) 15:19, Rice (NP) 15:25, Palma (Glendale) 15:27, Esparza (Santa Barb) 15:30, Quintana (Lakew) 15:34, Green (VP) 15:34, Perez (Colton) 15:41, Myers (Westl) 15:46, Allen (ET) 15:47, Valen (El Modena, Orange) 15:49.

**Women's 3A Division:** Ever since the mid-season emergence of the super frosh duo of Julie Cooper and Beth Rosipajla to go along with the fine senior trio of Marcia Escobosa, Holly Bean, and Meg O'Neill, Coach Don Chadez's El Dorado (Placerville) Golden Hawks had been judged far and away this Division's best. The El Dorado group survived Bean's final week illness to cruise to a 67 point total win (95:59 No. 7 All-Time team) over a young Mission Viejo group (81-96:20 No. 8 All-Time). Mission Viejo features a top six of ninth and tenth graders.

Individually, San Gabriel senior Sylvia Mosqueda continued her fine season

continued on next page...



## Prep Notes

with a well-paced 17:53 victory (No. 10 All-Time) over sophs Lisa Rizzo (Hart, Newhall) 18:08 (No. 17 All-Time) and Maura Daly (Mission Viejo) 18:12 (No. 19 All-Time). Claire Feit (Mater Dei, Santa Ana), famous for her "all-or-nothing" cross country strategies, once again this year went through all the agonies during a gradually fading final mile that had her fall from near the lead to fifth place.

**Results:** El Dorado (Placentia) 67 (95:59), Mission Viejo 81 (96:20), Rowland 116 (98:35), Mater Dei 133 (99:11), Esperanza (Anaheim) 151 (100:02), Norco 162 (100:43), Bishop Amat (La Puente) 164 (101:30), Saugus 169 (100:04), Hart (Newhall) 191 (101:53), El Rancho (Pico Rivera) 205 (103:26), Rubidoux (Riverside) 215 (103:34), Alta Loma 216 (103:01). **Individual:** Mosqueda (San Gabriel) 17:53, Rizzo (Hart) 18:08, Daly (MV) 18:12, Good (Arlington) 18:27, Feit (Mater Dei) 18:31, Escobosa (El Dor) 18:39, Cooper (El Dor) 18:39, Rosipalja (El Dor) 18:52, Hutchinson (MV) 18:55, Hays (Rowland) 19:00, Maldonado (BA) 19:00, Moring (Hart) 19:01.

**Men's 3A Division:** Barstow was after its fifth consecutive trophy for a first or second place performance and Jim Ortiz of that school was out to be the first Section athlete to win three consecutive individual championships. The first goal was accomplished, but the second Barstow objective for the day was not fulfilled surprisingly due to the efforts of one of Ortiz's teammates.

The usual super peak of Coach Don Braden's desert group took a tight team race (the first seven teams within 1:07 in the Prelims) and turned it into a blowout to win by one and a half minutes 78:39-81:14 (59-104 points) over Dave Holland's Mira Costa (Manhattan Beach) group. Barstow's 78:39 is the top ever.

Southern Section time (only area team under 79:00 here), and third All-Time behind Helix of San Diego's great 78:08 from 1977. Henry Morton (Barstow), held back with dental problems for part of the year, went from 20th in the Prelims to 4th in the Finals (15:40) to help power Barstow way out in front.

Individually, the Barstow duo of Ed Toro (4:20.82 miler) and Jim Ortiz separated themselves from the pack after a mile and a half, and it appeared it was nice that they were working together, but that Ortiz would pull away, as usual, over the latter part of the race. But Mr. Toro was extra determined today and Ortiz looked to be definitely the more laboring of the two as they battled over Reservoir Hill a half mile from the finish. During the final quarter mile, and especially during the final 220 yards, Toro eased away from his teammate to the win. Eddie's 15:02 is No. 15 All-Time here, with Ortiz finishing out a brilliant prep career with his second at 15:09. Toro had never before beaten Ortiz in a major meet. Ortiz started his prep career back as a 9th grader at Kennedy Junior High in Barstow with a third at the IA level, and followed it with 2A and 3A individual victories the last two years.

**Results:** Barstow 59 (78:39), Mira Costa (Manhattan Beach) 104 (81:14), Norco 114 (81:40), Mission Viejo 130 (81:46), Dana Hills 139 (82:10), Saugus 158 (82:43), Temple City 159 (82:33), South Hills 190 (83:24), Rowland 209 (83:30), Montebello 209 (83:39), Buena Park 213 (83:33), Hawthorne 230 (84:17). **Individual:** Toro (Barst) 15:02, Ortiz (Barst) 15:09, Wright (Sunny Hills, Fullerton) 15:26, Morton (Barst) 15:40, Nelson (La Sierra soph) 15:41, Christie (MV) 15:41, Fettes (Upland) 15:42, Crafton (Mira Costa) 15:42, Rubio (Hawthorne) 15:47, Scardino (Bu 15:52.

**Women's 2A Division:** Defending champion Lompoc survived another tough Northern League season and Coach Sara Malmstrom's young group (One senior) cruised through good Prelims and Finals

efforts to a repeat championship effort. The Braves scored 85 (101:19) to take League rival Arroyo Grande (102:02:44), and with only one senior, fine leader Sally Rich, the Women's Lompoc group appears to be building a dynasty similar to that built up on the Men's side of the program in the late 1960's and early 1970's. Chantal Plante (Arroyo Grande) finished out a fine regular season with a comfortable 18:32 individual victory here.

**Results:** Lompoc 85 (101:19), Arroyo Grande 102 (102:49), La Quinta (Garden Grove) 104 (103:32), Chino 116 (105:04), Diamond Bar 135 (105:35), Louisville (Woodland Hills) 136 (105:23), South Hills (Covina) 161 (105:36), Cabrillo (Lompoc) 180 (107:30), Agoura 193 (107:59), Indio 198 (108:39), Yucaipa 202 (108:46), Rosemead 276 (211:33). **Individual:** Plante (AG) 18:32, DeSantiago (Ontario) 18:45, Oslinker (South Hills) 18:46, Loveall (Lompoc) 18:46, Harkins (La Quinta) 19:18, Williams (Mt. View, El Monte) 19:28, Rich (Lompoc) 19:35, Unruhe (Nordhoff, Ojai) 19:37.

photo by Burt Davis



CHANTAL PLANTE

**Men's 2A Division:** The team championship here was a foregone conclusion, as Coach Tim O'Rourke's Arroyo (El Monte) Knights had the fastest Prelim Team Time by three and a half minutes. Their Finals effort let no one down as the Knights put seven in the top seventeen for 30 points (79:16) to successfully defend their 2A title. Arroyo's super 1984 class led them to the No. 9 Team Time ever here. Perris peaked nicely for 2nd (93:82:14), led by Allen Carlton (8th-15:55) and super soph Sal Gonzaga (13th-16:05). Individually, Lompoc's Frank Ramirez controlled the race through the final mile to win over Agoura's Paul Burroughs 15:24-15:27. Brock Reagan (15:31) and Mike Perez (15:40) led the Arroyo charge in the next two spots.

**Results:** Arroyo (El Monte) 30 (79:16), Perris 93 (82:14), Rancho Alamitos (Garden Grove) 128 (83:20), Brawley 132 (83:21), Mountain View (El Monte) 153 (84:17), Lompoc 176 (84:33), Righetti (Santa Maria) 180 (85:14), Arroyo Grande 183 (85:34), Loyola (LA) 185 (85:35), Nordhoff (Ojai) 190 (85:31), Garden Grove 201 (86:13). **Individual:** Ramirez (Lomp) 15:24, Burroughs (Agoura) 15:27, Reagan (Arr) 15:31, Perez (Arr) 15:41, Moscarro (Rosemead frosh) 15:53, Quinones (Righetti) 15:50, Hoffman (St. Bernard, Playa Del Rey) 15:54, Carlton (Perris) 15:55, Fest (Arr) 15:58, Block (Lomp) 16:00, Trejo (Arr) 16:00.

**Women's 1A Division:** Season long favorite Morro Bay was another defending champion that made good, as they sailed away from the pack to win by 55 points and an even more amazing six and a half minutes time-wise (62 points-100:43). Kathy Lewis (4th), Teresa Ogle (8th), and frosh Ashley Orton (11th) led Coach Cary Nerelli's snappy group that is probably the State's best female squad from a coed school with less than a thousand students. Los Padres League rival Atascadero was second (117:07:01).

Up front individually, Patty Almdariz (St. Monica's, Santa Monica), who had made no invitational appearances in 1983 after her 10:49.08 two mile last track season, was an easy winner in 19:02. Patty may be the first ever Sectional Cross Country divisional winner who walked up part of each hill.

**Results:** Morro Bay 62 (100:43), Atascadero 117 (107:01), Marantha (Sierra Madre) 123 (108:20), La Reina (1000 Oaks) 158 (110:39), Sherman Indian (Riverside) 159 (110:55), Paraclete (Lancaster) 165 (110:53), 29 Palms 173 (111:04), Bishop 178 (111:33), Carpinteria 184 (111:59), Westlake Academy (LA) 201 (111:48), St. Monica (Santa Monica) 215 (113:57), Azusa 273 (118:43). **Individual:** Almdariz (St. Mon.) 19:02, McKrell (Atasc) 19:21, Olson (Pasadena) Poly 19:32, Lewis (MorBay) 19:45, Lagsdon (St. Mon) 19:52, Doody (Webb, Claremont) 19:56, Robbins (29 Palms) 20:02.

**Men's 1A Division:** Sherman Indian (Riverside) and LaSalle (Pasadena) battled again, just as they have for so many years. After a pretty close Prelims team time battle in different races LS 74:35-SI 74:36 (LaSalle without its second man), Sherman ran away, literally, with the Finals. Scoring a miniscule 27 points (81:49), Coach Ken Taylor's Sherman group picked up their seventh team title in the past ten years. LaSalle, led by the cruising individual win of J.P. Hall (15:16), raced an excellent 82:20 with 64 points in second.

This division should be tough next year, as Sherman returns five of its top seven, LaSalle six of seven, and third placer Atascadero all seven of its Varsity. **Results:** Sherman Indian (Riverside) 27 (81:49), LaSalle (Pasadena) 64 (82:20), Atascadero 114 (84:58), Marantha (Sierra Madre) 145 (85:51), Cathedral (LA) 170 (86:47), Morro Bay 173 (86:45), Brentwood 183 (87:09), Fillmore 187 (86:14), Whittier Christian 196 (87:22), Bell-Jeff (Burbank) 225 (88:57), 29 Palms 278 (90:40), Lutheran (Orange) 294 (90:40). **Individual:** Hall (LS) 15:16, Mawhorter (LaVerne Lutheran) 15:43, Trujillo (SI) 16:06, Francisco (SI) 16:14, Koinva (SI) 16:19, S. Grijalva (Atasc) 16:24, Mutschler (LV Lutheran) 16:26, Hoff (MorBay) 16:31.

## New Mexico State Meet

By KEITH CONNING

**November 12. Albuquerque, New Mexico.** Simon Gutierrez (Del Norte, Albuquerque), who placed third in the '83 Kinney National Championship in San Diego, set a new course record in winning the AAAA race in 15:04.1.

The 1983 season couldn't have ended up on a happier note for Gutierrez. The Knight completed the high school season undefeated, and helped Del Norte to a second place in the AAAA at state.

"It's over," Gutierrez said to Martin Frenzelt of the *Albuquerque Journal*. "It's a big relief." Gutierrez trained with marathon runners this season in addition to his high school workouts, "...and put in a lot of work, a lot of miles. I was training every weekend."

Glenn Morgan (Del Norte), fifth in the Kinney Western Regional in Fresno, placed second in the AAAA behind Gutierrez.

## Washington State Meet

By KEITH CONNING

**November 12. Hangman Valley Golf Course, Spokane. 3 Miles.**

Brent Felt (Blanchet) defeated Kurt Messersmith (Mead, Spokane), 60th at the Kinney Western Regional, by 1.1 seconds—15:25.4 to 15:26.5—to win the Class AAA.

Eric Hruschka (Lynwood, Bothell), 56th in the Kinney, won the Class AA title in 15:34.0.

Junior Chris Slentz (Lewis & Clark, Spokane), fourth in the Kinney Western, defeated Randy Taruscio (Walla Walla), the only runner to defeat her before the State Meet, by 4.9 seconds—18:13 to 18:17.9 to win the Class AAA.

"I felt like a shark—it was wet enough," said Slentz to Kevin Taylor of *The Spokesman Review*. "This is my first year of cross country. I was just going to run it to be a better track runner."

### RESULTS

#### AAA BOYS

1. Brent Felt (Blanchet) 15:25.4, 2. Kurt Messersmith (Mead) 15:26, 3. Matt Donnelly (Renton) 15:38, 4. Bruce McDowell (Columbia River) 15:43, 5. Brad Jones (Kennewick) 15:49.

#### AA BOYS

1. Eric Hruschka (Lynwood) 15:34.0, 2. John Hogan (Gig Harbor) 15:36, 3. Buck Jones (Ellensburg) 15:37, 4. Chris Morton (Eastmont) 15:40, 5. Travis Perry (Shorecrest) 15:41, 6. Scott Smith (Kelso) 15:43, 7. Dan Hardebeck (Eastside Catholic) 15:48.

#### A BOYS

1. Robert Price (Carroll) 15:49.2.

#### AAA GIRLS

1. Chris Slentz (Lewis & Clark) 18:13.3, 2. Randi Taruscio (Walla Walla) 18:17, 3. Michelle Swanson (Auburn) 18:34, 4. Libby Tyson (Walla Walla) 18:36, 5. Terry Esser (Wilson) 18:40, 6. Monica Campbell (Bellevue) 18:45.

#### AA GIRLS

1. Genevieve Pueller (Sehome) 18:15.2, 2. Karen McMurray (Shorewood) 18:31, 3. Stacy Larsen (Edmonds) 18:44, 4. Amy Williams (Edmonds) 18:45, 5. Lia Shirek (Gig Harbor) 18:49.

#### A GIRLS

1. Heather Maple (Tonasket) 18:40.7.

## Central Coast Section Region I

From KEITH CONNING

**November 15. Crystal Springs, Belmont. 2.93 miles.**

#### BOYS TEAMS

(Top 4 advance to CCS) 1. Bellarmine 47, 2. Carlmont 95, Menlo-Atherton 111, 4. St. Francis 140, 5. Serra 154, 6. Half Moon Bay 158, 7. South San Francisco 187, 8. San Mateo 201, 9. Aragon 230, 10. Capuchino 229, 11. St. Ignatius 244, 12. Jefferson 264, 13. Westmoor 279, 14. Woodside 349.

#### BOYS INDIVIDUALS

(Top 9 advance to CCS) 1. Matt Giusto (San Mateo) 14:56.1, 2. Chris Becerra 15:01, 3. Rob Wickstrom (Serra) 15:22, 4. Paul Ghidossi (Capuchino) 15:28, 5. Paul Leonard (St. Francis) 15:34, 6. Shawn Ayers (Bellarmine) 15:36, 7. Fernando Ramirez (So San Francisco) 15:40, 8. Shane O'Flaherty (Bellarmine) 15:42, 9. Jim Thompson (Half Moon Bay) 15:45, 10. John Dye (Half Moon Bay) 15:48, 11. Keith Allen (Bellarmine) 15:52.

#### GIRLS TEAMS

(Top 4 advance to CCS) 1. Half Moon Bay 55, 2. Menlo-Atherton 80, 3. Terra Nova 103, 4. San Mateo 114, 5. Mills 119, 6. Aragon 128, 7. Burlingame 144, 8. Westmoor 151, 9. Sacred Heart (Menlo Park) 181, 10. Carlmont 222.

#### GIRLS INDIVIDUALS

(Top 7 advance to CCS) 1. Sabrina Han (Westmoor) 17:51.6, 2. Lori Wilson (Terra